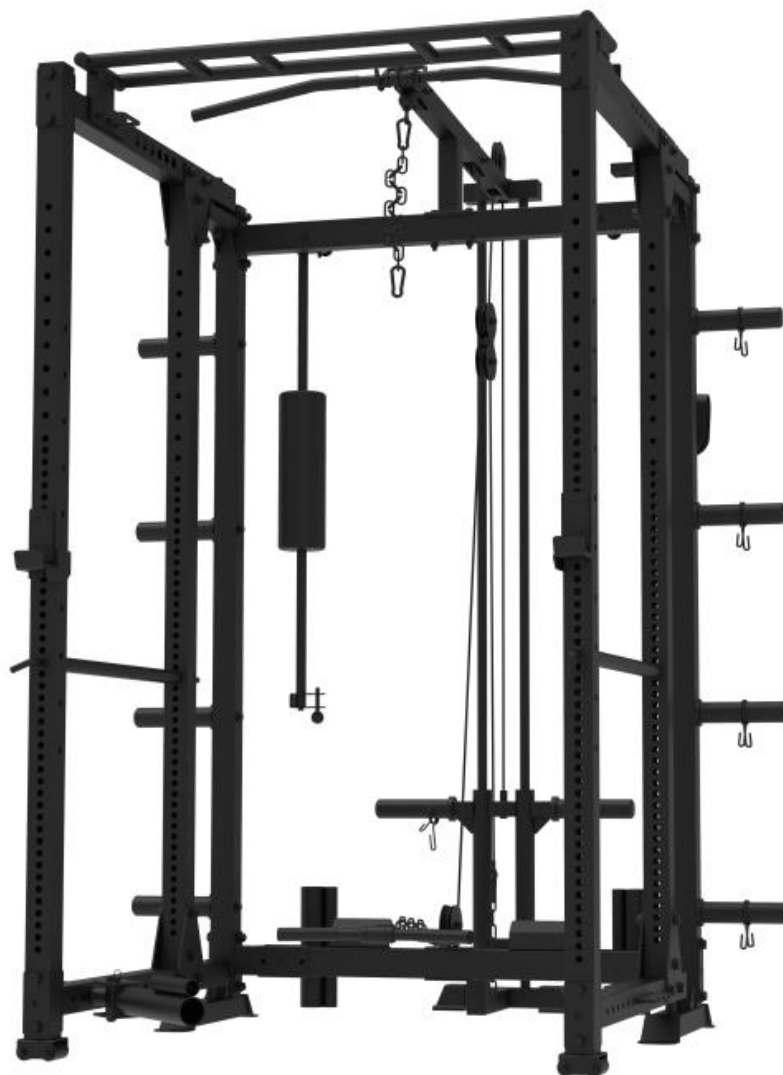




MuscleSquad Phase 2 Freestanding Folding Rack with Pulley

Assembly & User Manual

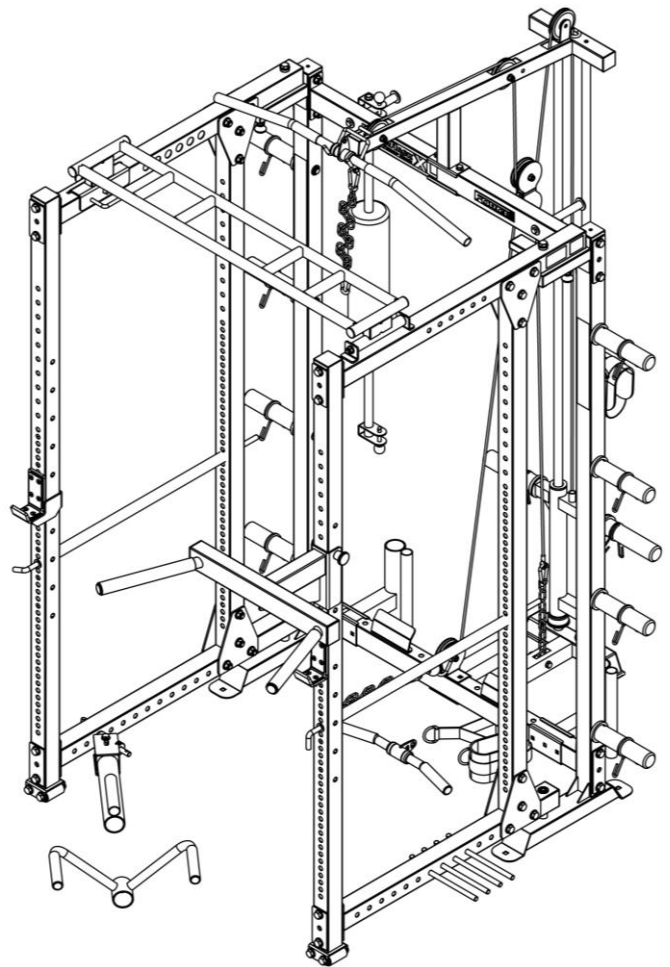


Important – Please read these instructions fully before assembly and use.

These Instructions contain important information for assembly, safe use, and maintenance.

Contents

Safety Information	2
Components – Fixing	3 -6
Assembly Instructions	7-17
Folding Diagram	18
Exercise Information	19
* Before Starting to Exercise	19
* Muscle Chart	20
* Warming Up and Cooling Down	12-22
Care and Maintenance	23
Exploded Parts List	24-29



Safety Information

Important – Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate this WALL AMOUNT FOLDING RACK, In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, they could choke on small parts could choke if they swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

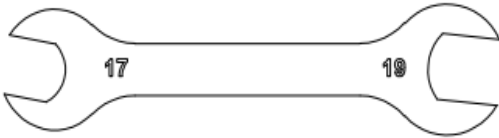
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
Do not use in any commercial, rental, or institutional setting.

- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
 - Only one person at a time should use the equipment.
 - Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for maximum user's weight of: **286kgs.**

Components - Fixings



On Card 5 of 6
#47 Pulley Bushing $\phi 22 \times \phi 10.2 \times 15$ (Qty4)



On Card 1 of 6
#48 Wrench $\times 2$



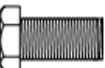
On Card 2 of 6
4# 6# Allen Wrench (Tool) (Qty 2)



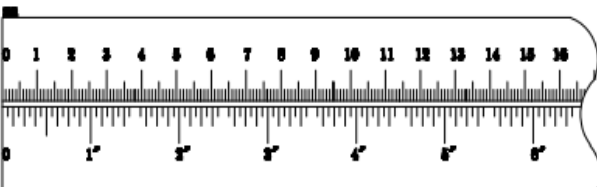
On Card 3 of 6
#72 Lock pin (Qty2)



On Card 5 of 6
#75 M10X65MM Hex Bolt (Qty1)



On Card 3 of 6
#76 M12X25MM Hex Head $\times 8$



On Card 5 of 6
#90 $\phi 10$ mm Washer (Qty42)



On Card 6 of 6
#91 $\phi 12$ mm Washer (Qty80)



On Card 5 of 6
#93 M10 Aircraft Nut (Qty19)



On Card 6 of 6
#94 M12 Aircraft Nut (Qty35)

Components - Fixings



On Card 3 of 6
#77 M10X25MM Hex Head (Qty4)



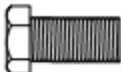
On Card 4 of 6
#78 M10X50MM Hex Bolt (Qty4)



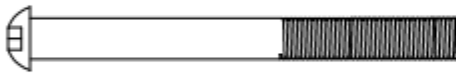
On Card 4 of 6
#79 M10X70MM Hex Bolt (Qty2)



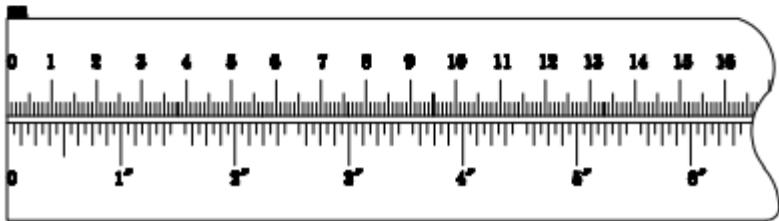
On Card 4 of 6
#80 M10X75mm carriage Bolt (Qty 4)



On Card 5 of 6
#81 M10X20MM Hex Bolt (Qty4)



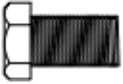
On Card 4 of 6
#82 M10X95MM Socket Head Allen Bolt (Qty4)



Components - Fixings



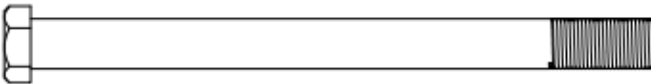
On Card 4 of 6
#83 M10X90mm carriage Bolt (Qty 4)



On Card 3 of 6
#84 M12X20MM Hex Head ×2



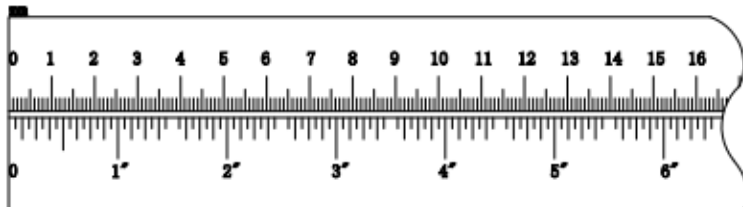
On Card 3 of 6 & 2 of 6
#85 and #17 M12X90MM Hex Head ×32



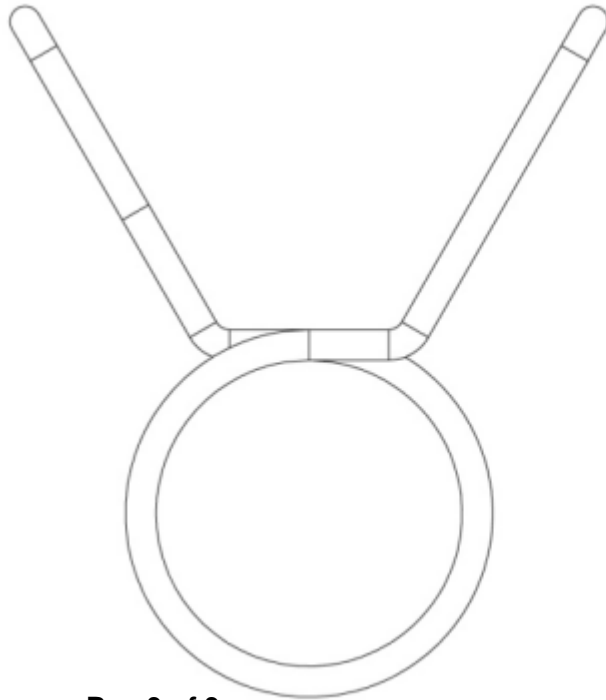
On Card 3 of 6
#87 M12X145MM Hex Head ×2



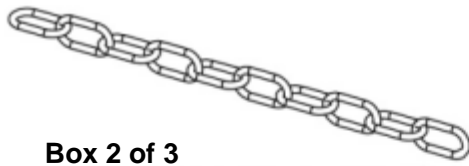
On Card 3 of 6
#88 M12X235MM Hex Head ×1



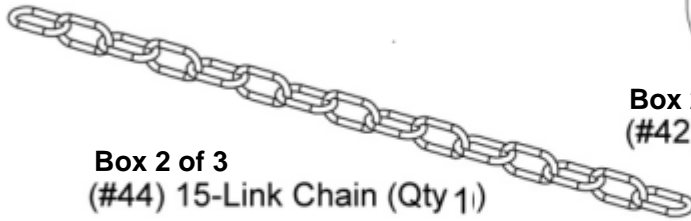
Components - Fixings



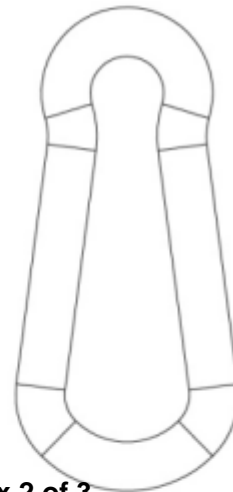
Box 3 of 3
(#40) Ø49 Spring Clip (Qty 10)



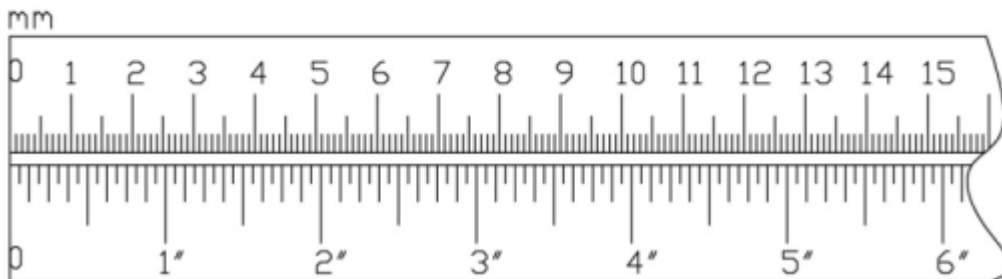
Box 2 of 3
(#43) 10-Link Chain (Qty 2)



Box 2 of 3
(#44) 15-Link Chain (Qty 1)



Box 2 of 3
(#42) Ø8 Hook (Qty 6)

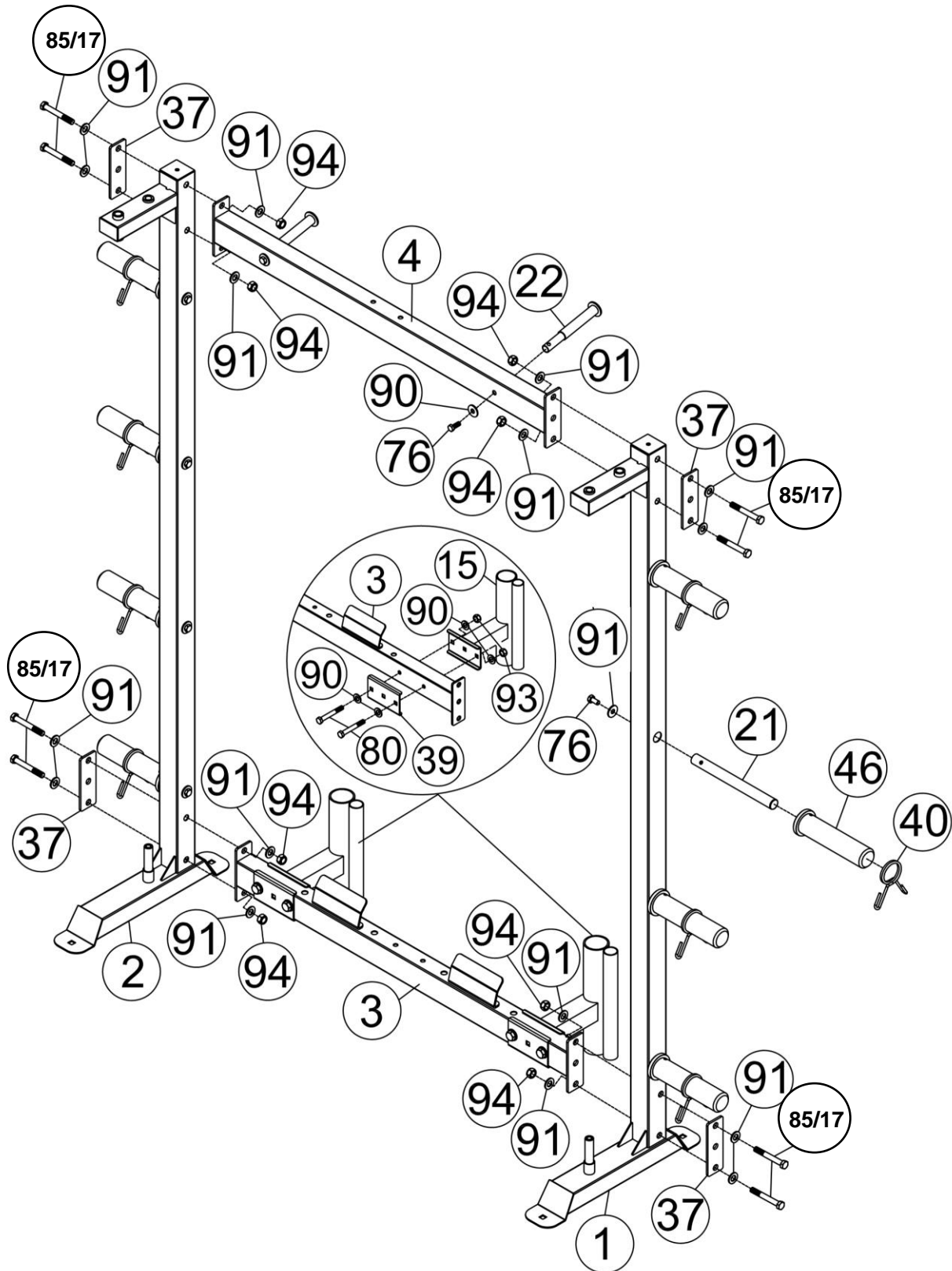


Assembly Instructions

Step 1

Diagram 1

NOTE: It is strongly recommended that two or more people assemble this model.



Step 1

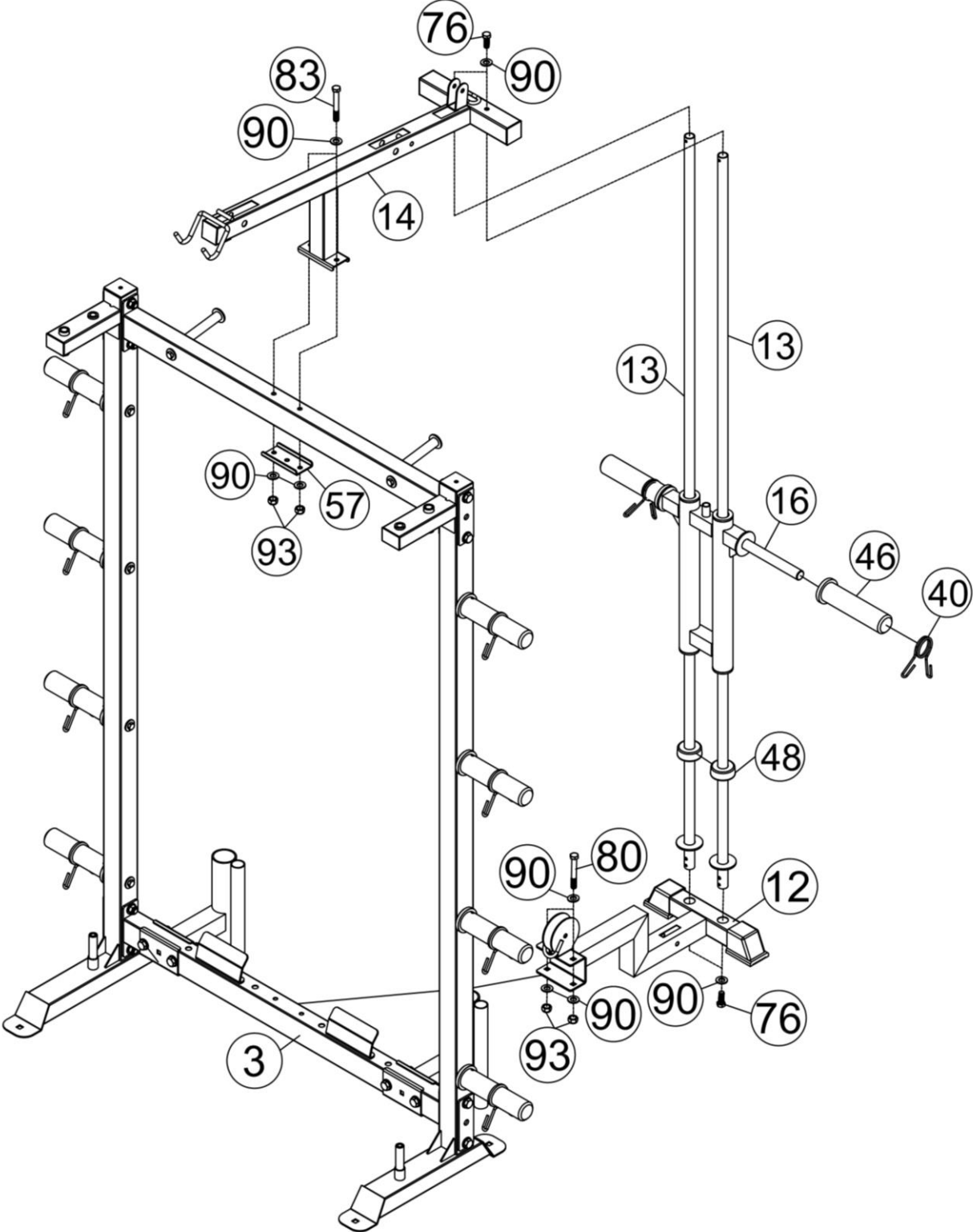
See diagram above.

- Set Left Rear Stand (part#1) upright and bolt Lower Support Bar (part#3) at 90 degrees. Do the same with (part#2). Reinforce the structure by placing the Mounting Plate 1 (part#37) with $\varnothing 12$ Washer (part#91) as shown in the illustration and fasten with M12×90 Hex Bolt (part#85/#17) and M12 Aircraft Nut (part#94).
- Fix Rear Barbell Rack (part#15) to the Lower Support Bar (part#3) using M10×75 Carriage Bolt (part#80) and M10 Aircraft Nut (part#93). Use Mounting Plate 3 (part#39) and $\varnothing 10$ Washer (part#90) between the nuts and bolts.
- Set up the Upper Support Bar (part#4) with a partner. Bolt the top part of the frame on each side using M12×90 Hex Bolt (part#85/#17), $\varnothing 12$ Washer (part#91), Mounting Plate 1 (part#37) and $\varnothing 12$ Washer (part#91), M12 Aircraft Nut (part#94).
- Upper left hole - Insert the Hitch Tube (part#22) in the hole and lock the tube using M10*20 Hex Bolt (part#81) with $\varnothing 10$ Washer (part#90).
- Set up the Weight plate racks by inserting the Standard Plate tube (part#21) and secure with $\varnothing 12$ Washer (part#91) and M12*25 Hex Bolt (part#76). Use the Olympic Barbell Sleeve (part# 46) and Olympic Spring Clip (part#40) if necessary. Fix the Olympic Barbell Sleeve using 4# Allen Wrench (Tool).


Assembly Instructions

Step 2

Diagram 2



Step 2

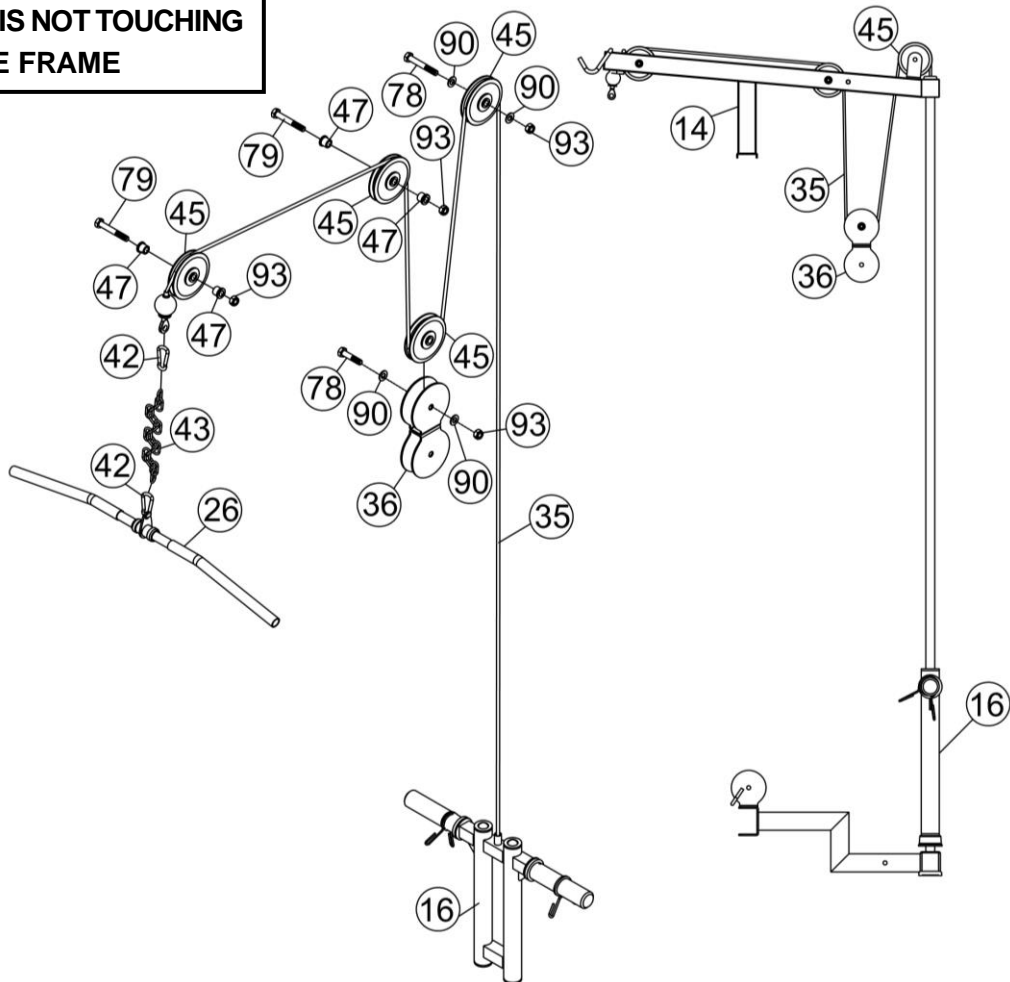
- Bolt Connecting bar (part#12) to (part#3) and fasten with M10×90 Carriage Bolt (part#83), Ø10 Washer (part#90), M10 Aircraft Nut (part#93) accordingly.
- Bottom: Connect the Guide shaft (part#13) to (part#12). Use M10×25 Hex Bolt (part#77), Ø10 Washer (part#90). (This step needs to lean the whole machine.)
- Fix Rubber Bumpers (#48) on the Guide shaft (part#13) as shown in the illustration and then slide the Load-bearing frame (part#16) to the Guide shaft (part#13)
- Bolt the Boom (part#14) to the Upper Support Bar (part#4). Fasten with M10×90 Carriage Bolt (part#83), Mounting Plate 1 (part#57), Ø10 Washer (part#90), M10 Aircraft Nut (part#93) accordingly.
- Top: Connect the Guide shaft (part#13) to (part#14). Use M10×25 Hex Bolt (part#77) , Ø10 Washer (part#90).
- Use the Olympic Barbell Sleeve (part#46) and Olympic Spring Clip (part#40) if necessary.  Olympic Barbell Sleeve on the Load-bearing frame (part#16) using 4# Allen Wrench (Tool).

Assembly Instructions

Step 3

Diagram 3

WARNING – PLEASE ENSURE THE CABLE RISE IS NOT TOUCHING THE FRAME



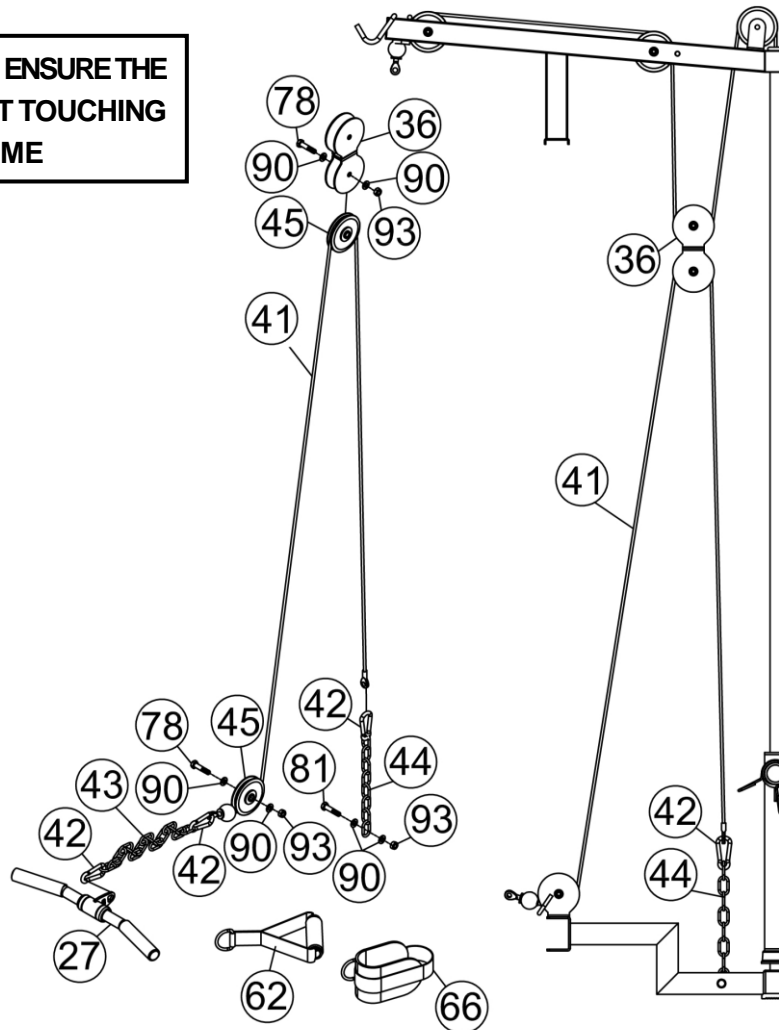
- Upper and Mid-Pulley assembly: As the illustration shows, set the Cable (Part#35) to the Boom (part#14). Use M10x70 Hex Bolt(part#79), Pulley Bushing (part#47) and M10 Aircraft Nut (part#93) to secure the pulley (part#45).
- Wrap the Cable (part#35) around the pulley (part#45) and then place the pulley (part#45) into Plates (part#36). Use M10x45 Hex Bolt (part#78), Ø10 Washer (part#90), Ø10 Washer (part#90), M10 Aircraft Nut (part#93) to secure the Pulley.
- Place the pulley(part#45) and secure them with bolts, nuts and washers provided.
- Set the Cable (part#35) by following the diagram and fasten the flat end of the cable to the Load-bearing frame (part#16).
- As is shown in the diagram, connect the Cable (part#35), Steel Hook (part#42),10 Joint Chain (part#43) and Bar(part#26).

Assembly Instructions

Step 4

Diagram 4

WARNING – PLEASE ENSURE THE CABLE RISE IS NOT TOUCHING THE FRAME

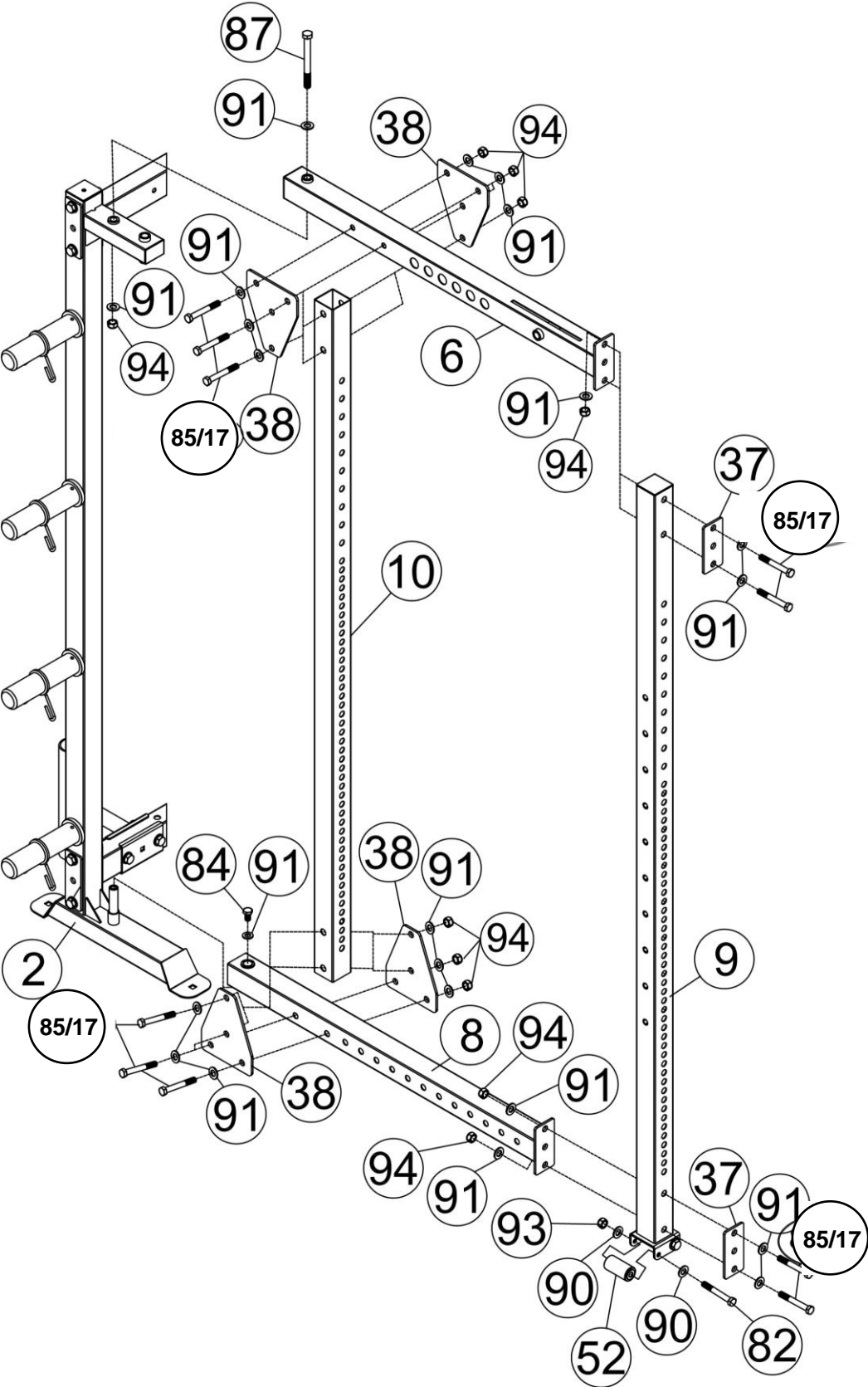


- Lower Pulley assembly: Connect the other end of the Cable (part#41) to the Steel Hook (part#42) and 15 Joint Chain (part#44) as shown in the diagram. Fasten it on the connecting bar (part#12) using M10x65 Hex Bolt (part#75), Ø10 Washer (part#90), Ø10 Washer (part#90) and M10 Aircraft Nut (part#93).
- Place the other end of the cable in the middle of the horizontal circles. Put the pulley (part#41) in and lock it with M10x50 Hex Bolt (part#78), Ø10 Washer (part#90), and M10 Aircraft Nut (part#93).
- As is shown in the diagram, connect the Cable (part#41), Steel Hook (part#42), 10 Joint Chain (part#43) and Bar (part#27).

Assembly Instructions

Step 5

Diagram 5



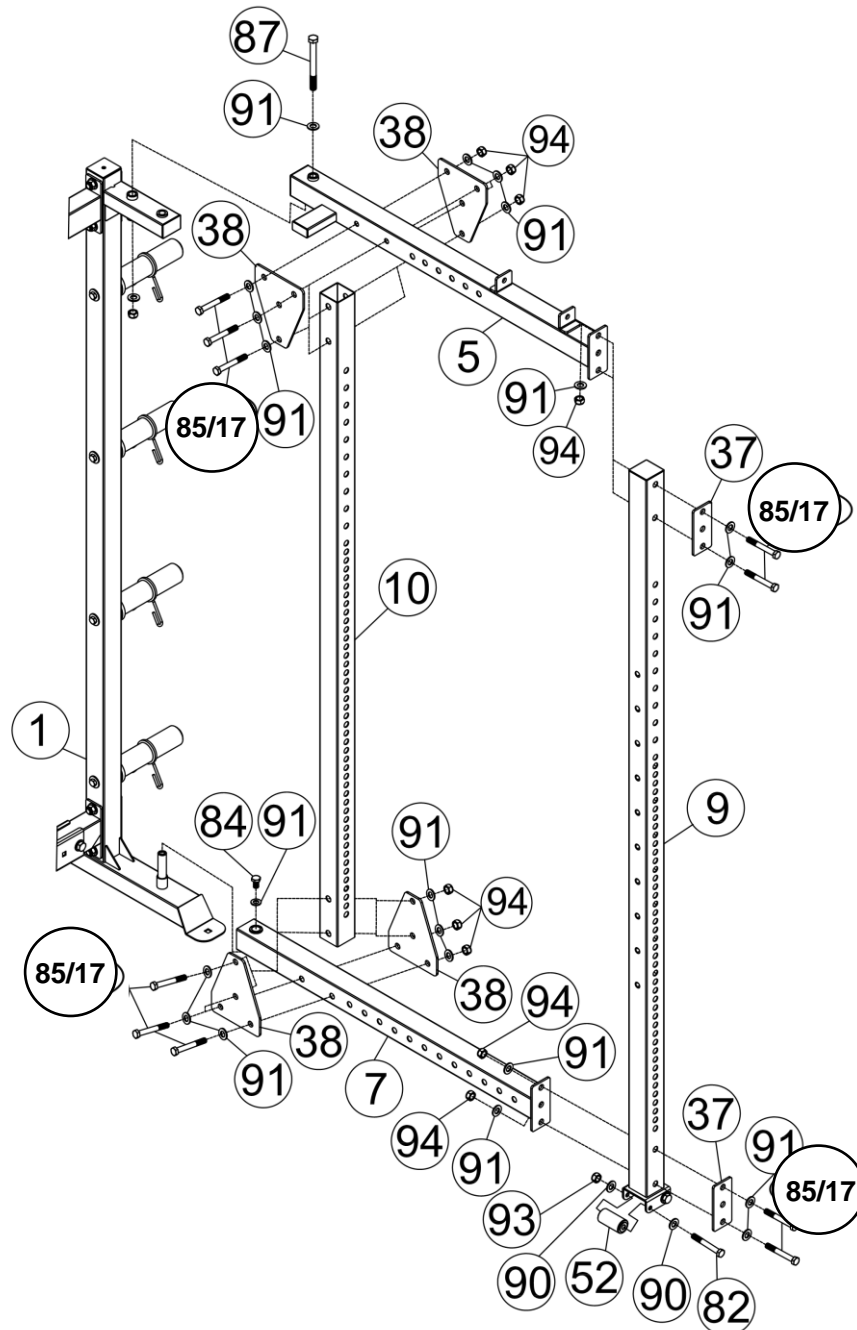
Step 5

- Fasten the Rack bar bottom R (part#8) on the lower end of the Right RearStand (part#2) using M12x20mm Hex Bolt (part#84) and Ø12 Washer (part#91)
- Fasten the Right upper connecting frame (part#6) on the upper end of the Right RearStand (part#2) using M12x145mm Hex Bolt (part#87) ,Ø12 Washer (part#91) and M12 Aircraft Nut (part#94)
- Fix the two Roller (part#52) using M10x95mm Socket Head Allen bolt (part#82), Ø10 Washer (part#90),Ø10 Washer (part#90) and M10AircraftNut (part#93)
- Fasten the lower end of the Front Rack Post (part#9) with the Rack bar bottom (part#8) using M12×90 Hex Bolt (part#85 or #17), Ø12 Washer (part#91), Mounting Plate 1 (part#37) and Ø12 Washer (part#91), M12 Aircraft Nut (part#94)
- Fasten the upper end of the Front Rack Post (part#9) with the Right upper connecting frame(part#6) using M12×90 Hex Bolt (part#85/#17), Ø12 Washer (part#91), Mounting Plate 1 (part#37) and Ø12 Washer (part#91), M12 Aircraft Nut (part#94)
- Fasten the lower end of the Rear Rack Post(part#10) with the Rack bar bottom(part#8) using M12×90 Hex Bolt (part#85/#17), Ø12 Washer (part#91), Mounting Plate 1 (part#38) and Ø12 Washer (part#91), M12 Aircraft Nut (part#94)
- Fasten the upper end of the Rear Rack Post(part#10) with the Right upper connecting frame (part#6) using M12×90 Hex Bolt (part#85/#17), Ø12 Washer (part#91), Mounting Plate 1 (part#38) and Ø12 Washer (part#91), M12 Aircraft Nut (part#94)

Assembly Instructions

Step 6

Diagram 6

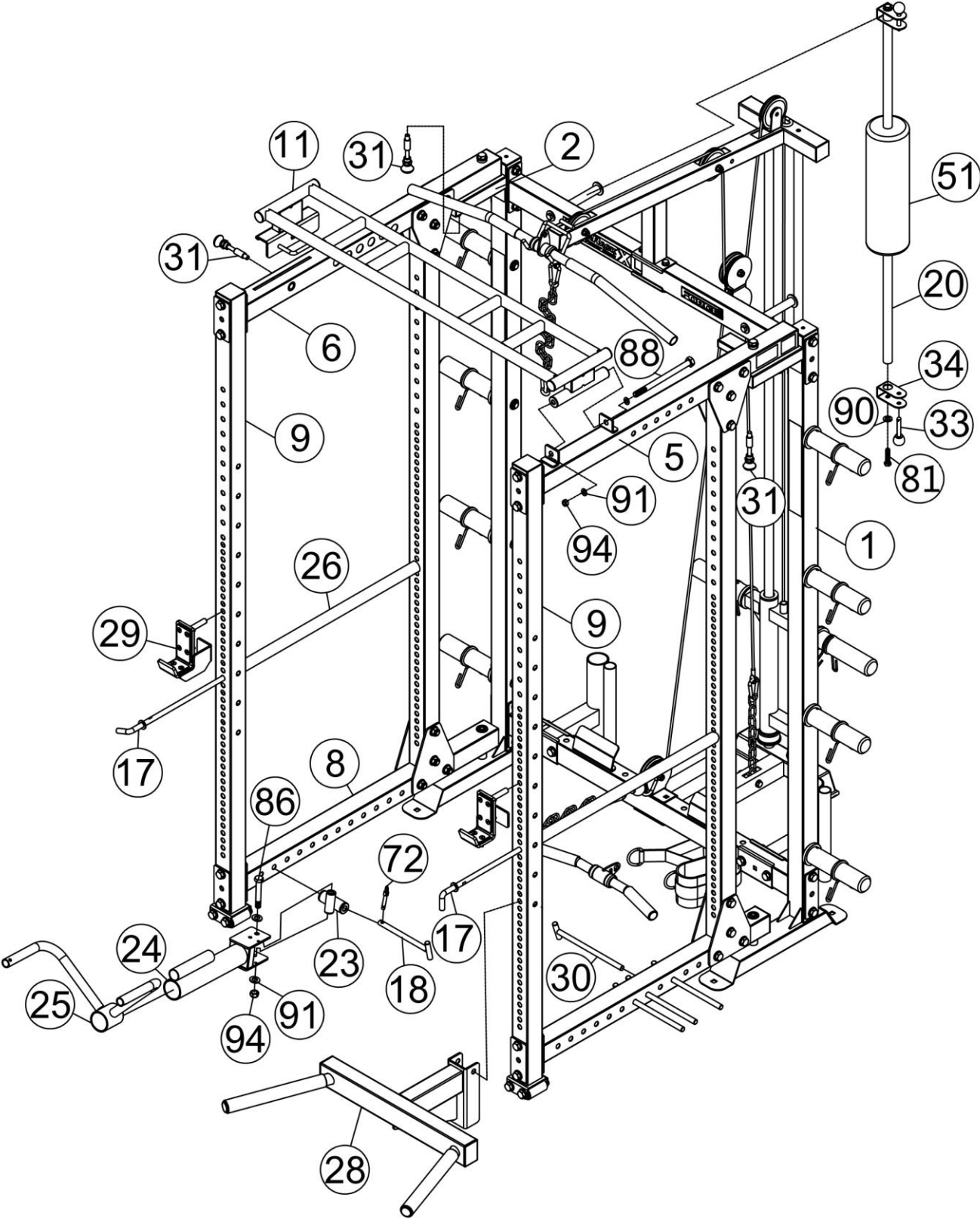


- Do the same as DIAGRAM 5 on the left side.
- Tighten all the nuts and bolts and make sure that the lines are not crooked, and the angles are square and not twisted.
- Place all the plastic ends/caps 3.

Assembly Instructions

Step 7

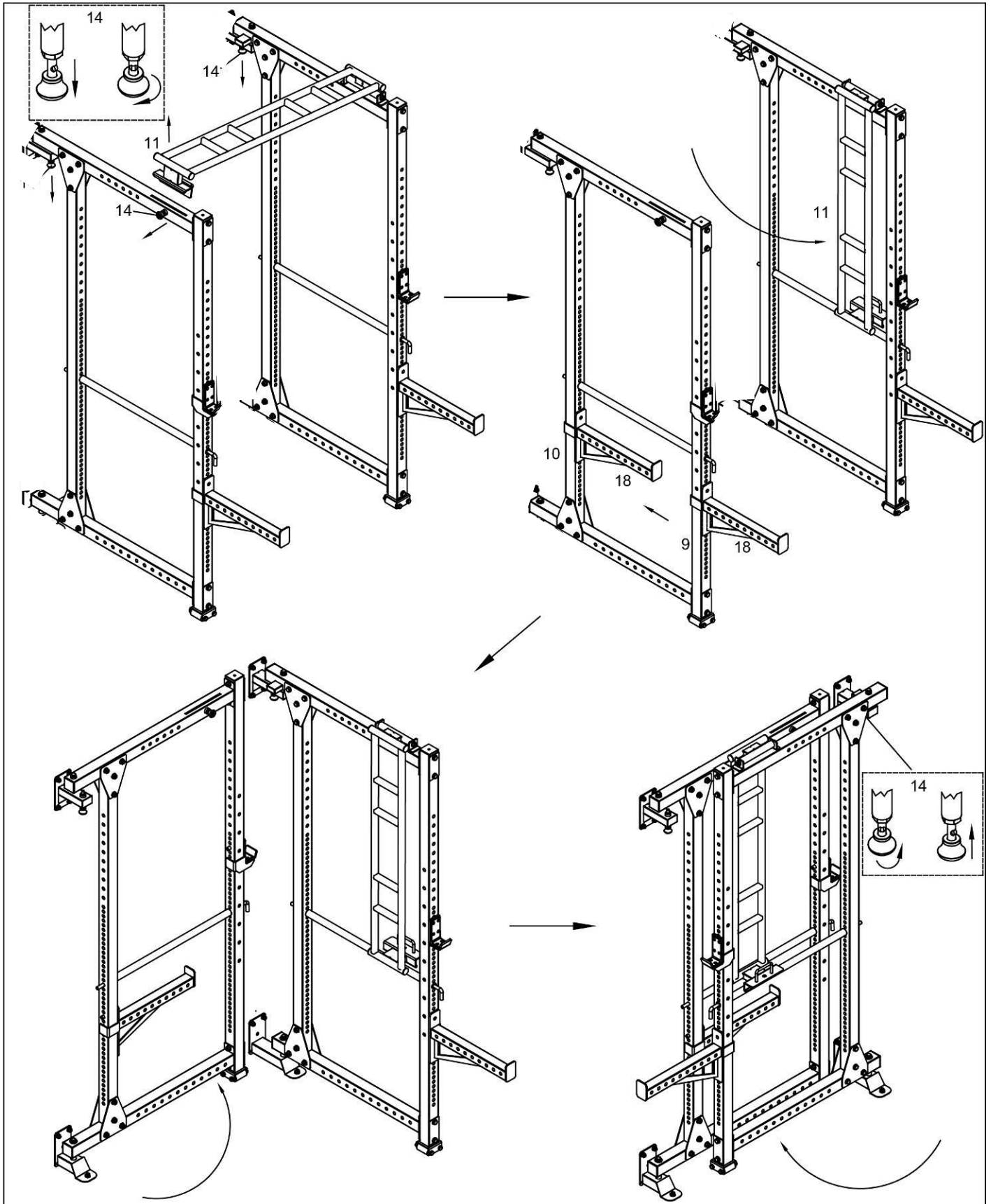
Diagram 7



Step 7

- Install one end of the Chin up Bar (part#11) on the Left Upper connecting frame using M12×235 Hex Bolt (part#88), Ø12 Washer (part#91), Mounting Plate 1 (part#37) and Ø12 Washer (part#91), M12 Aircraft Nut (part#94). Place the other end of the Chin up Bar (part#11) on the Right upper connecting frame (part#6) using Securing pin 1(part#31) to fasten it.
- Attachments can be removed if not in use. Insert the Foam Shaft (part#20) into the foam Roller (part#51), set the two C Bracket (part#34) on the two end of the Foam Shaft (part#20) and fasten it using M10×25 Hex Bolt (part#77) , Ø10 Washer (part#90).Install the finished structure on the Hitch (part#22),using the Roundhead pin (part#33) to fix it.
- Dip bars should be stowed away when using the power rack for Barbell exercises.
- Cables and pulleys should move smoothly.

Folding Diagram



Exercise Information

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and gradually increase your time on the equipment; a few minutes per workout increase is advisable.

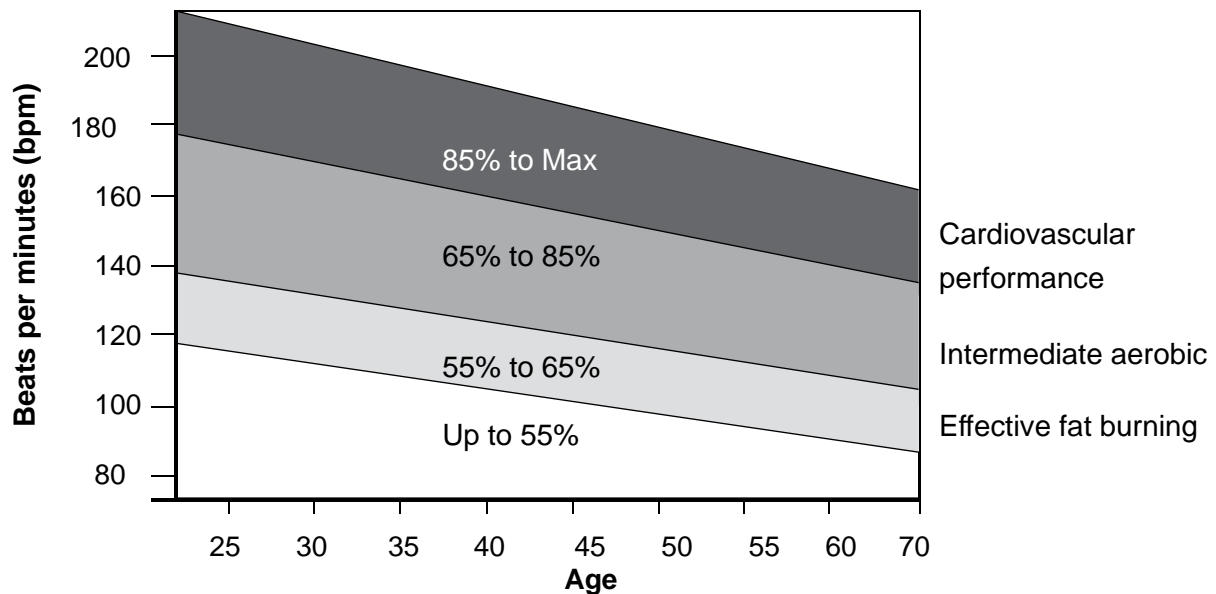
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Do not be discouraged if it takes longer. It is important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programme to advise you of a workout routine you should adopt.
- Begin your training programme slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with an adequate training area, as prescribed in this manual.

Exercise intensity

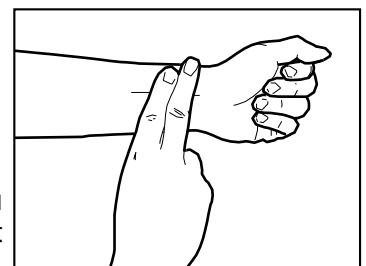
To maximize the benefits of exercising, it is important to exercise with proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise programme, keep your heart rate near to the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

(A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Exercise Information

Muscle Chart

Aerobic Exercise

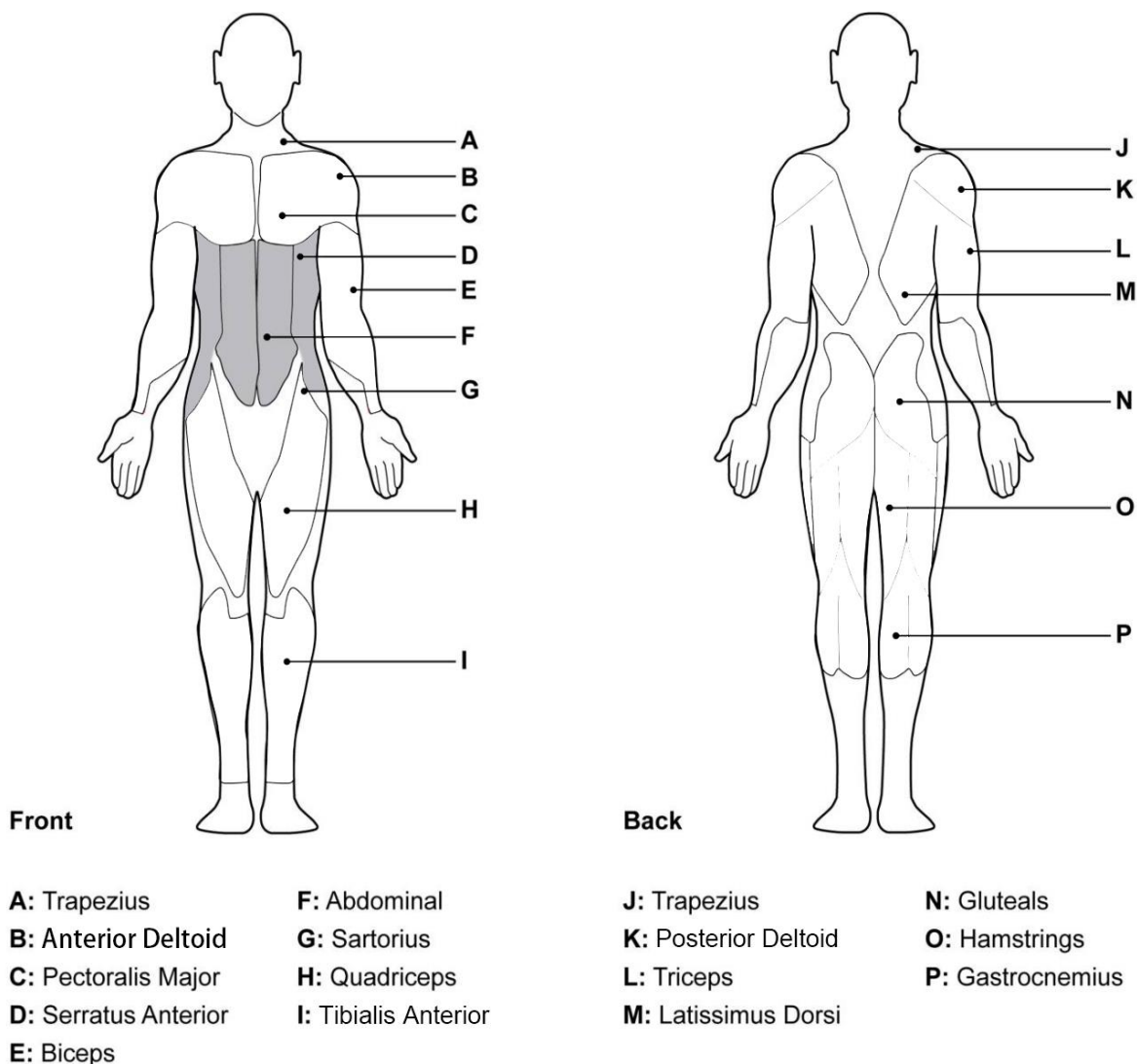
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps.

Targeted Muscle Groups

The exercise routine that is performed on the training bench will develop the core muscle groups. These muscle groups are highlighted on the muscle chart below.



Exercise Information - Warming up

Each workout should include the following three parts:

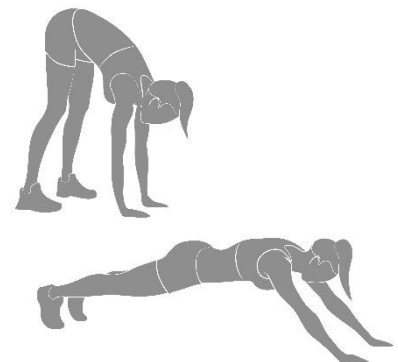
1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. A training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise programme, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

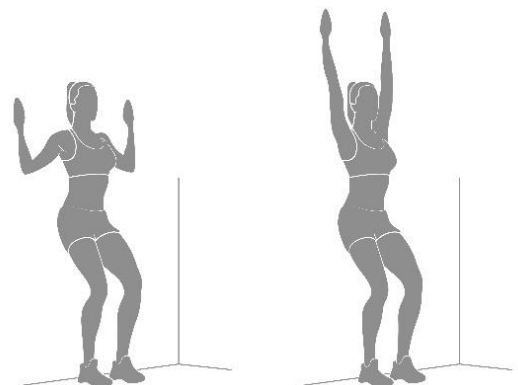
Walkout T-Rotation

Feet shoulder width apart reach down to floor and walk hands away from feet into a plank position. Twist through torso to raise one hand up to ceiling and reach back to further stretch the pectoral region. Return to plank position and repeat on other side. Walk back up to standing and repeat for 12-15 repetitions. For a little extra, add a push up each time you are in the plank position.



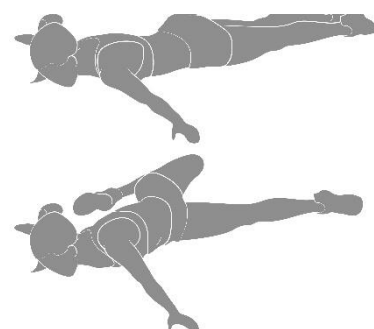
Wall Slides

With back and heels against the wall, raise arms up over head and place back of hands and elbows against the wall. Keeping elbows and backs of hands against the wall draw elbows down and in towards ribcage, then return to overhead position. Repeat for 12-15 repetitions.



Scorpions

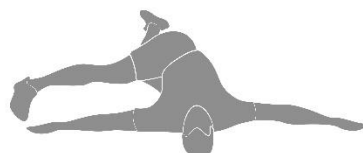
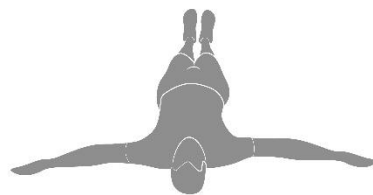
Laying face down on the floor, take arms out to sides with palms down (creating T shape with body if looking from birdseye view). Bring opposite heel of foot up towards opposite extended hand rotating through torso and lifting chest. Ensure arm/shoulder of extended arm you are aiming for heel to touch stays pushed down into the ground to stretch through chest and front of shoulder. Repeat on other side. Repeat for



Exercise Information - Warming up

Iron Crosses

Laying flat on back, take arms out to side with palms face up to create T shape with body if looking from above. Raise one leg and bring up and across body to touch down on opposite side floor (bend knee for less intense stretch and straighten to intensify). Ensure back and shoulders stay flat on floor.



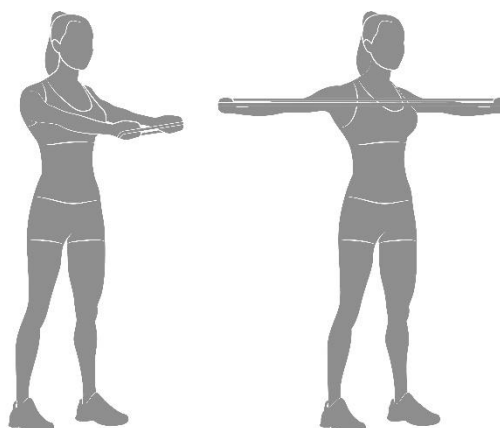
Quadruped T-Spine Rotation

In kneeling position and sitting on heels place hands in front of knees. Take palm of one hand to back of head. Draw elbow of this arm down to opposite knee, then rotate elbow up as high as you can to ceiling by turning through torso. Other hand and knees must remain flat on floor. Repeat for 12-15 repetitions each side.



Band Pull Aparts

Using a light resistance band, hold the band with hands just wider than shoulder width apart and at shoulder height. Keeping arms straight, pull arms apart from each other to stretch band across front of chest and pinch shoulder blades together. With control, and arms remaining straight, return to start position. Repeat for 12-15 repetitions. To make harder, hold band closer together. To make easier, hold band further apart.



Resistance bands available at:
www.musclesquad.com

Parts List

Key no	Description	QTY	Key no	Description	QTY
1	Left Rear Stand	1	25	Handle	1
2	Right Rear Stand	1	26	Bar attachment 1	2
3	Lower Support Bar	1	27	Bar attachment 2	1
4	Upper Support Bar	1	28	Dipping Bar	2
5	Left Upper connecting frame	1	29	Horizontal Barbell rack	4
6	Right upper connecting frame	1	30	Resistance Band Peg	4
7	Rack bar bottom L	1	31	Securing pin 1	3
8	Rack bar bottom R	1	32	Securing pin 2	1
9	Front Rack Post	2	33	Roundhead Pin	1
10	Rear Rack Post	2	34	87×40×30×3mm C Bracket	2
11	Chin up Bar	1	35	High cable	1
12	Connecting bar	1	36	218×38×3mm Pulley link Plate	2
13	Guide shaft	1	37	Mounting Plate 1	8
14	Boom	1	38	Mounting Plate 2	8
15	Rear Barbell Rack	1	39	Mounting Plate 3	2
16	Load-bearing frame	1	40	φ49mm Olympic Spring Clip	10
17	Dips support bar M12×85mm Hex Bolt	2	41	Low Cable	1
18	Rotating Shaft	1	42	φ8mm Steel Hook	4
19	Top Bracket	1	43	10 Joint Chain	2
20	Foam Shaft	1	44	15 Joint Chain	1
21	Standard Plate Rack	8	45	φ97mm Pulley	6
22	Hitch	2	46	Olympic Barbell Sleeve	10
23	Spacer 1	1	47	φ22×φ10.2×15mm Pulley Bushing	4
24	Rotating frame	1	48	Rubber bumpers or Wrench	2

Parts List

Key no	Description	QTY	Key no	Description	QTY
49	Φ23×440mm Handle Grip	2	73	M6X12mm Countersunk head Screw	12
50	Reinforcement tube	4	74	M6×16mm Pan-head screws	2
51	φ22×φ120×400mm Foam Roller	1	75	M8×80mm Hex Bolt	1
52	φ35×φ10.5×59mm Roller	4	76	M10×20mm Hex Bolt	12
53	Φ23×150mm Rubber Grip 2	4	77	M10×25mm Hex Bolt	1
54	Washer 2	1	78	M10×45mm Hex Bolt	4
55	□50×70mm End Cap	2	79	M10×65mm Hex Bolt	2
56	M8×25mm Hand Tightening bolt	2	80	M10×70mm Hex Bolt	7
57	Mounting Plate 4	2	81	M10×75mm Hex Bolt	2
58	φ25mm End Cap	24	82	M10×85mm Hex Socket Screw	4
59	□25×50mm End Cap	1	83	M10×85mm Hex Bolt	2
60	Φ32mm End Cap	4	84	M12×20mm Hex Bolt	2
61	φ30×300mm Handle Grip	2	85	M12×85mm Hex Bolt	32
62	handle	1	86	M12×90mm Hex Bolt	1
63	□50mm End Cap	3	87	M12×145mm Hex Bolt	2
64	□40×60mm End Cap	2	88	M12×235mm Hex Bolt	1
65	□60mm End Cap	6	89	∅6mm Washer	1
66	Ankle Strap	1	90	∅10mm Washer	51
67	φ25×φ21.8×φ12.2×8mm Bushing	12	91	∅12mm Washer	74
68	φ30×φ26×φ20×16mm Bushing	4	92	M8 Aircraft Nut	1
69	φ38×φ34×φ25×22mm Bushing	2	93	M10 Aircraft Nut	21
70	Rack Liner 1	2	94	M12 Aircraft Nut	36
71	Rack Liner 2	2	95	∅12mm Elastic Ring	2
72	Lock Pin with Chain	1			

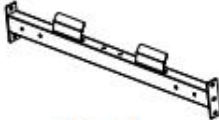
Parts List



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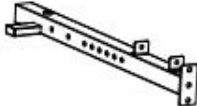
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#3*1



#4*1



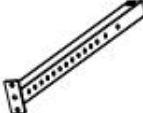
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#7*1



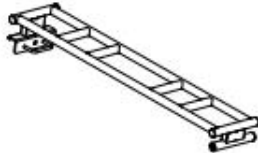
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#9*2



#10*2



#11*1



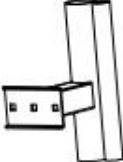
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#13*2



#14*1



#15*2

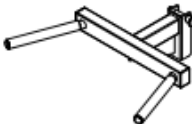
Parts List



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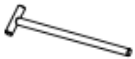
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#28*1



#29*2



#30*4



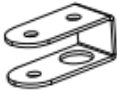
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#32*1



#33*2



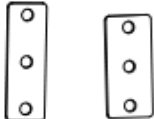
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#35*1



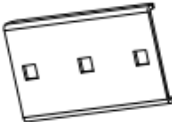
#36*1



#37*8



#38*8



#39*2



#40*10

Parts List



#41



#42*6



#43*2



#44*1



#45*6



#46*10



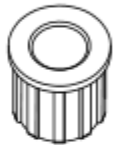
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#48*2



#49*1



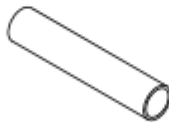
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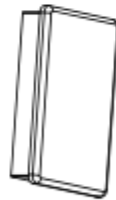
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#53*4



#54*1



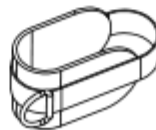
#55*2



#57*1



#62*1



#66*2

Care & Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. the connection points.
2. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repaired. Pay special attention to the components most susceptible to wear.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.
4. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the MuscleSquad on **info@musclesquad.com**.

Guarantee:

For guarantee purposes, please retain your purchase receipt.



All MuscleSquad Racks come with an Extended Guarantee for ultimate peace of mind.

This includes:

10 years frame cover
2 years parts cover

During this time if any repairs are needed please contact us directly so we can arrange a replacement.

**10 Year Frame
Warranty**

**2 Year Parts
Warranty**

**For ultimate
peace of mind**

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by an inexpert repair or modification.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for any incidental or consequential damages.
- The guarantee is in addition to and does not diminish your statutory or legal rights.