



MuscleSquad Wall Mounted Folding Squat Rack

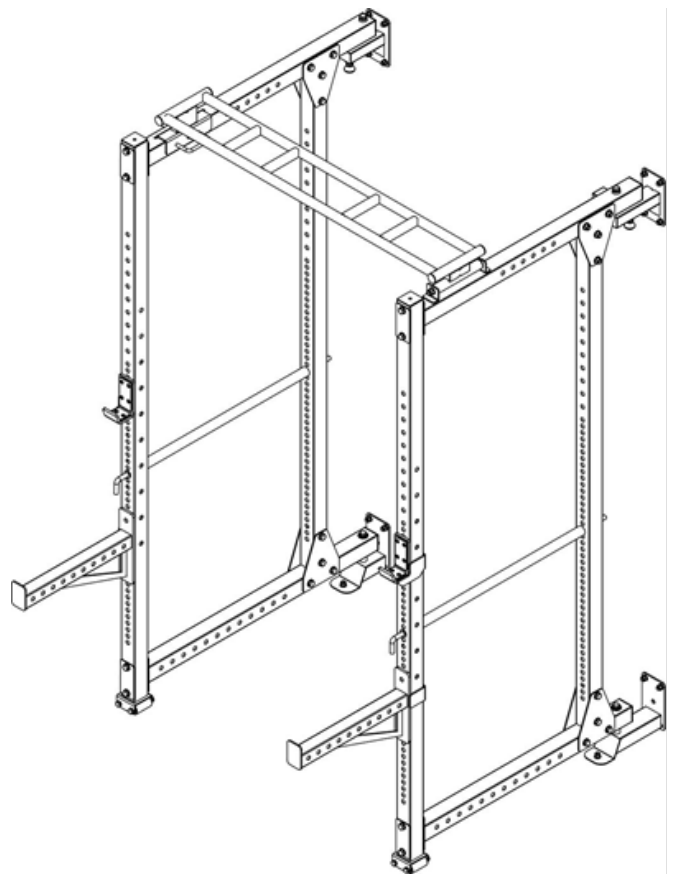
Assembly & User Manual



Important – Please read these instructions fully before assembly and use
These Instructions contain important information for assembly, safe use, and maintenance

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Safety Information

To reduce the risk of serious injury, read the entire manual before you assemble or operate this rack, 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

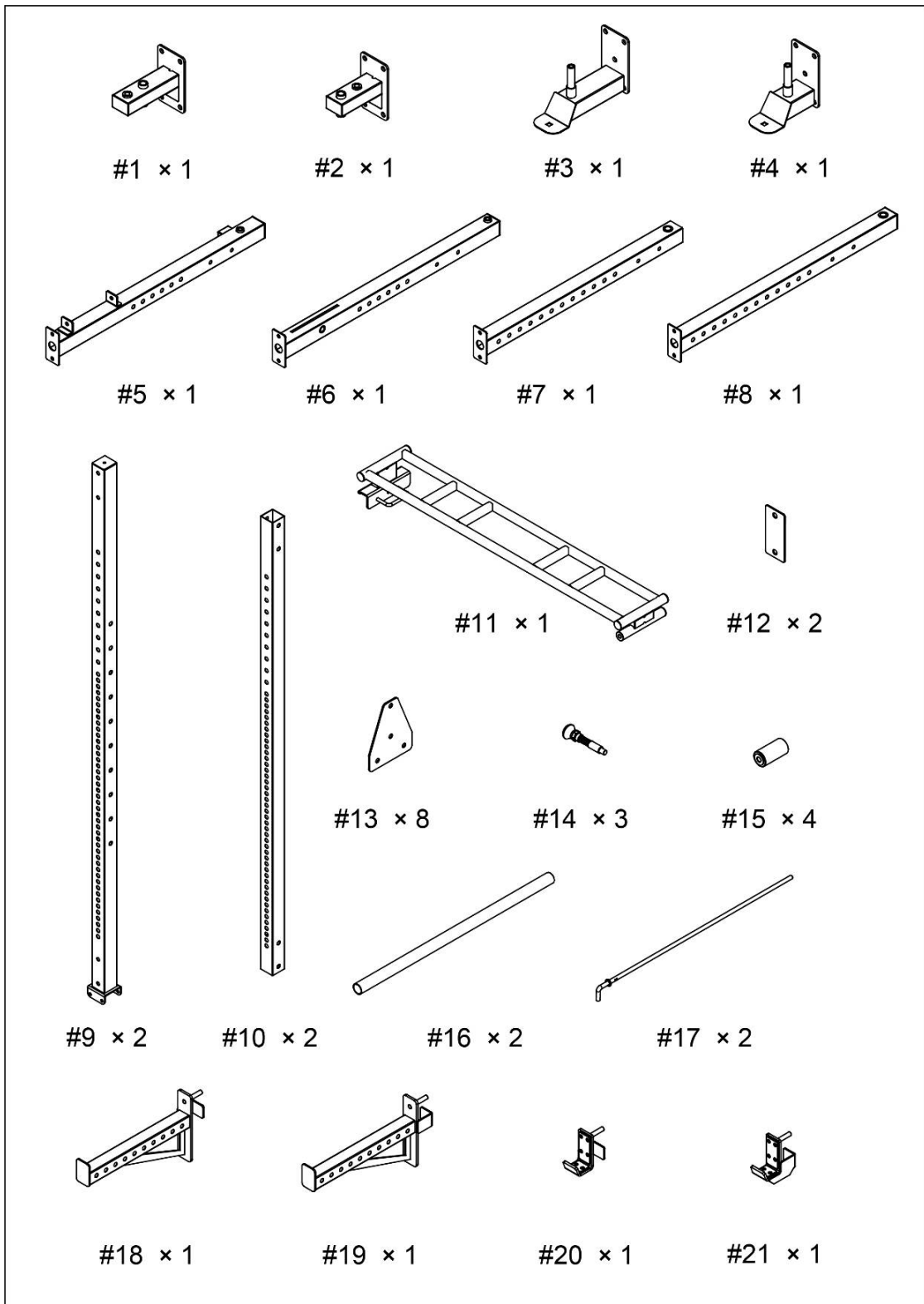
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
Do not use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always 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: **136kgs**.

Warning: Before beginning any exercise program, consult your doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product

Components

Please check you have all parts listed below

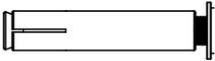
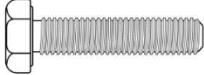
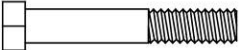
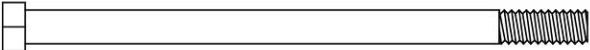
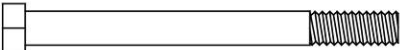
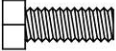





Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



Components

Please check you have all parts listed below

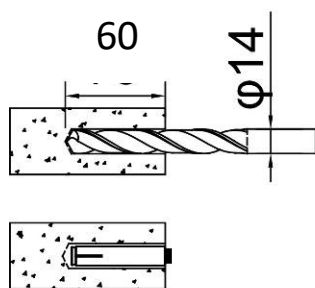
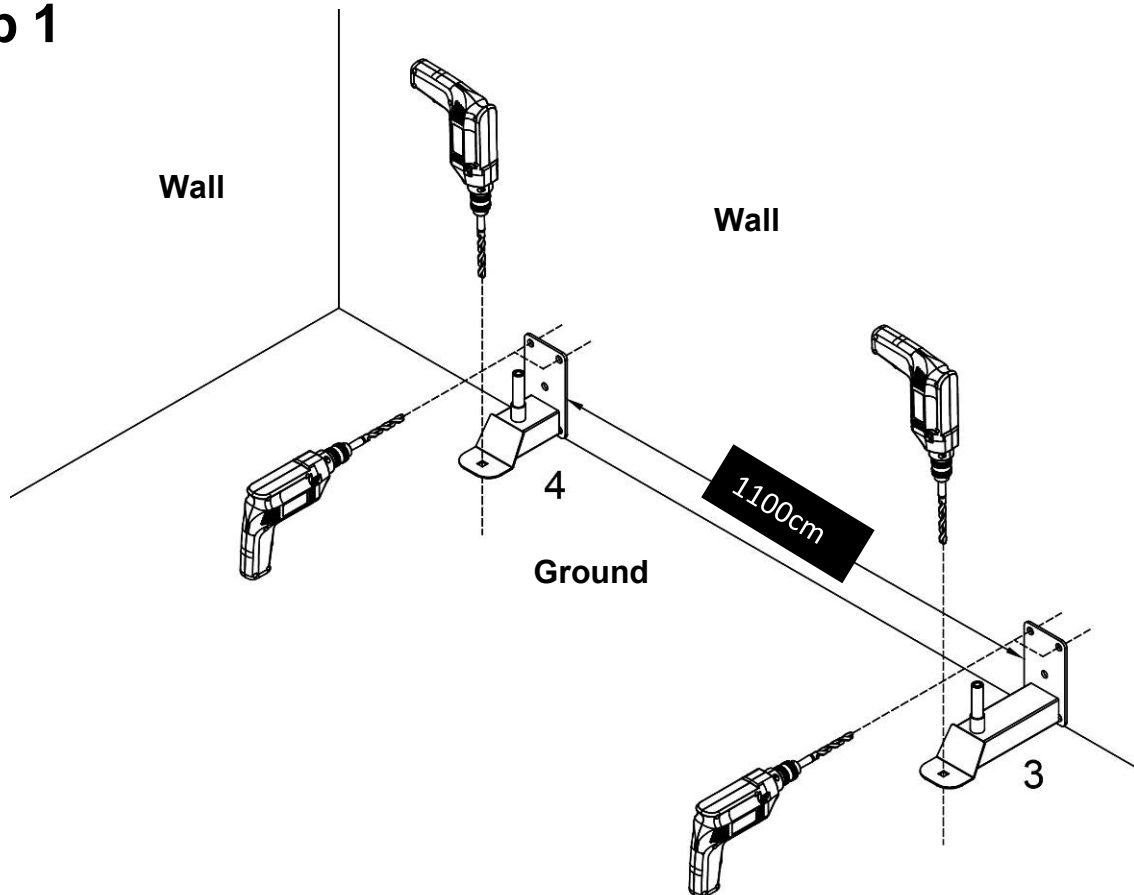
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.

| | |
|---|--|
|  |  |
| #22 M10×60 Expansion Bolt X 14 | #32 M10X60MM Hex Bolt x 14 |
|  | |
| #23 M12×85 Hex Bolt X 24 | |
|  | |
| #24 M12×210 Hex Bolt X 1 | |
|  | |
| #25 M12×145 Hex Bolt X 2 | |
|  | |
| #26 M12×20 Hex Bolt X 2 | |
|  | |
| #27 M10×95 Allen Bolt X 4 | |
|  | |
| #28 M12 Aircraft Nut X 27 | |
|  | |
| #29 12mm Washer X 56 | |
|  | |
| #30 M10 Aircraft Nut X 4 | |
|  | |
| #31 10mm Washer X 8 | |

Assembly Instructions

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

Step 1



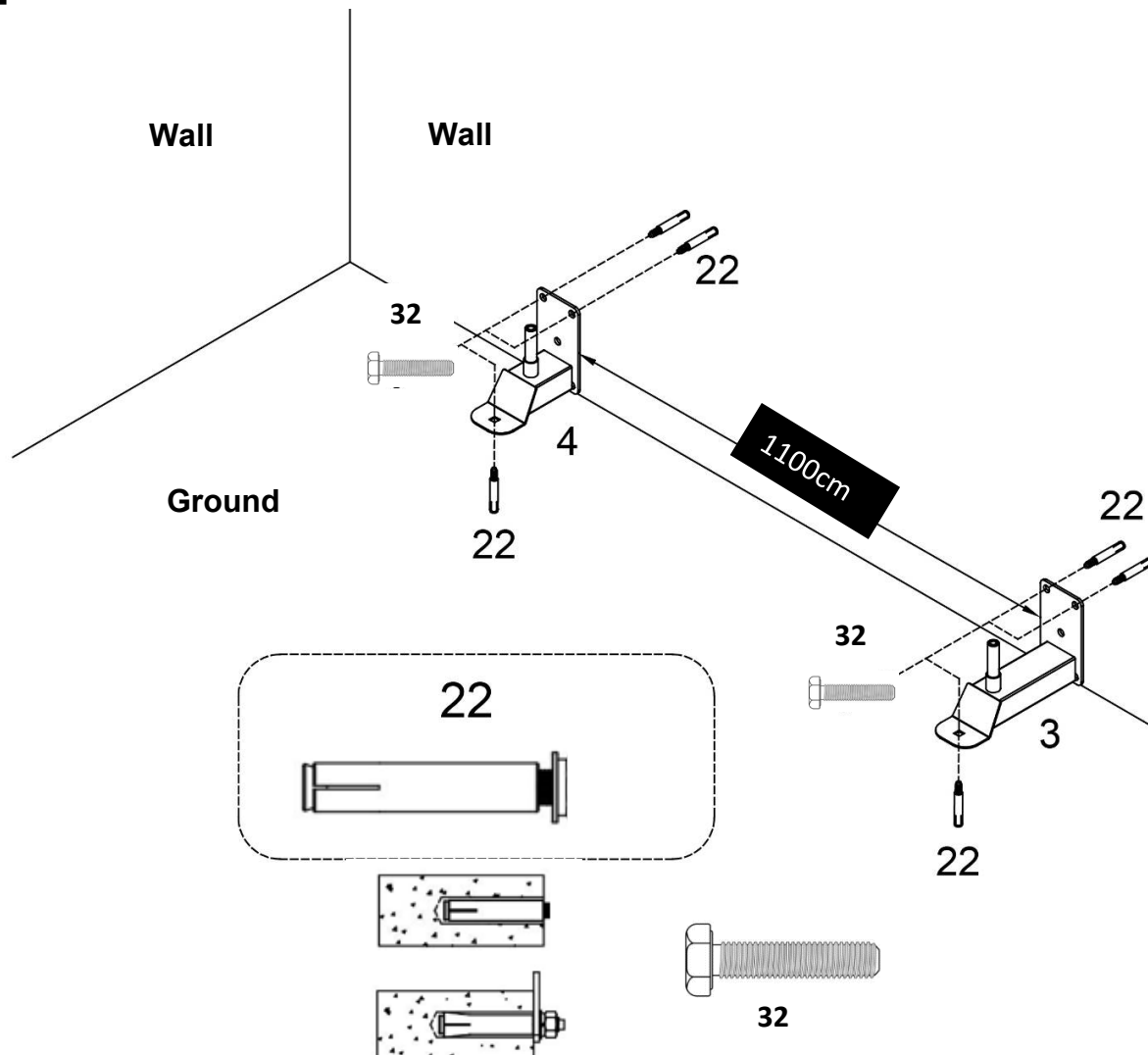
WARNING: Expansion bolts must be installed into concrete walls or brick walls.

Find an appropriate location and drill holes in the wall and ground as the diagram shows. Firstly, place Short base frame (#4) and Long base frame (#3) on the wall and ground, the fixed plate spacing between the two parts should be 11mm, then use a pen to mark the position of the six holes, remove Short base frame (#4) and Long base frame (#3), drill six $\phi 14$ holes with depth of no less than 60mm.

Assembly Instructions

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

Step 2

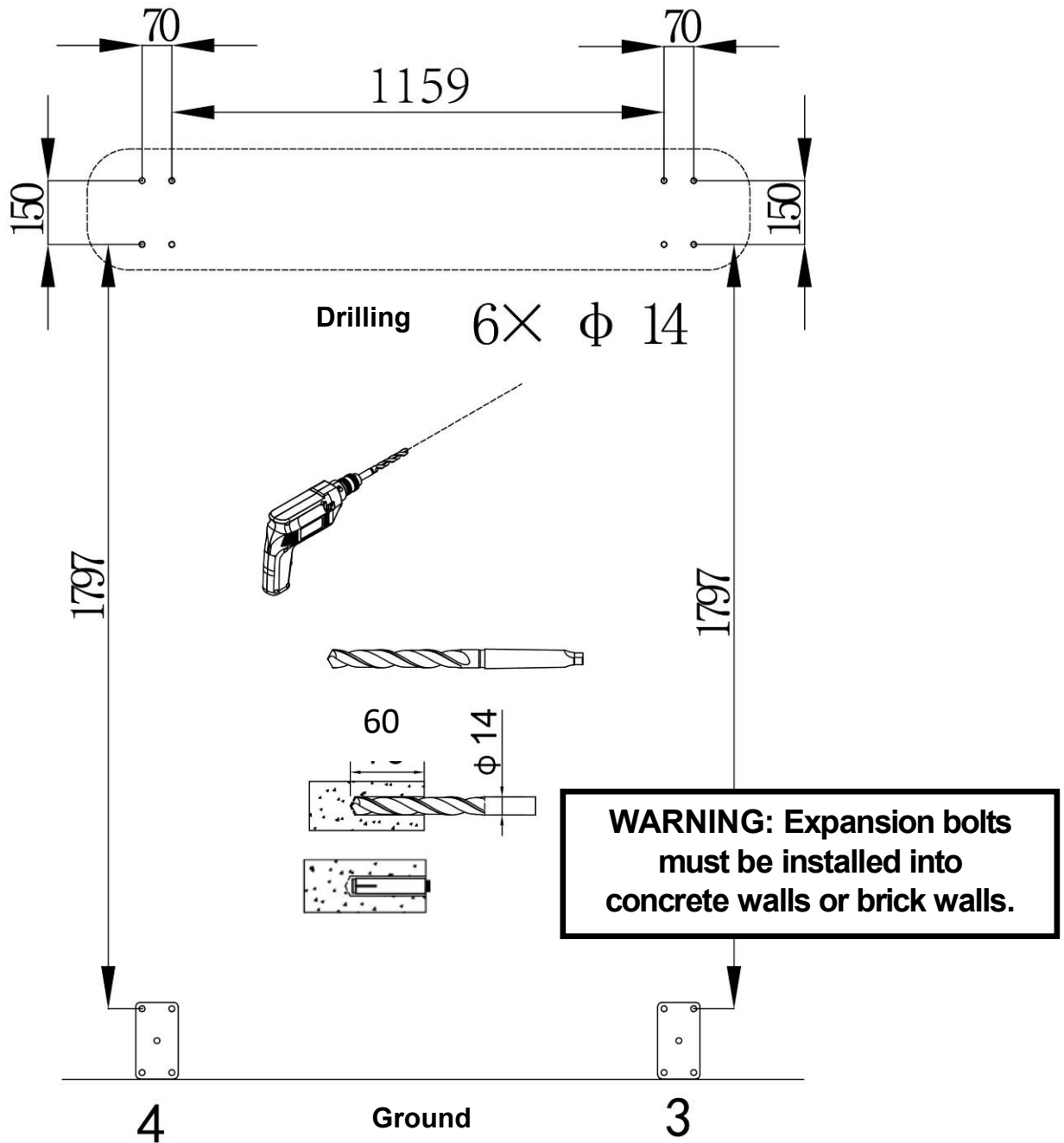


Put M10×60 Expansion bolts (#22) into the drilled holes, attach Long base frame (#3) and short base frame (#4) insert and tighten the 60cm Hex bolt (#32) fully. Fix Long base frame (#3) and short base frame (#4) to the floor and wall and insert and tighten the 60cm Hex bolt (#32) fully.

Assembly Instructions

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

Step 3

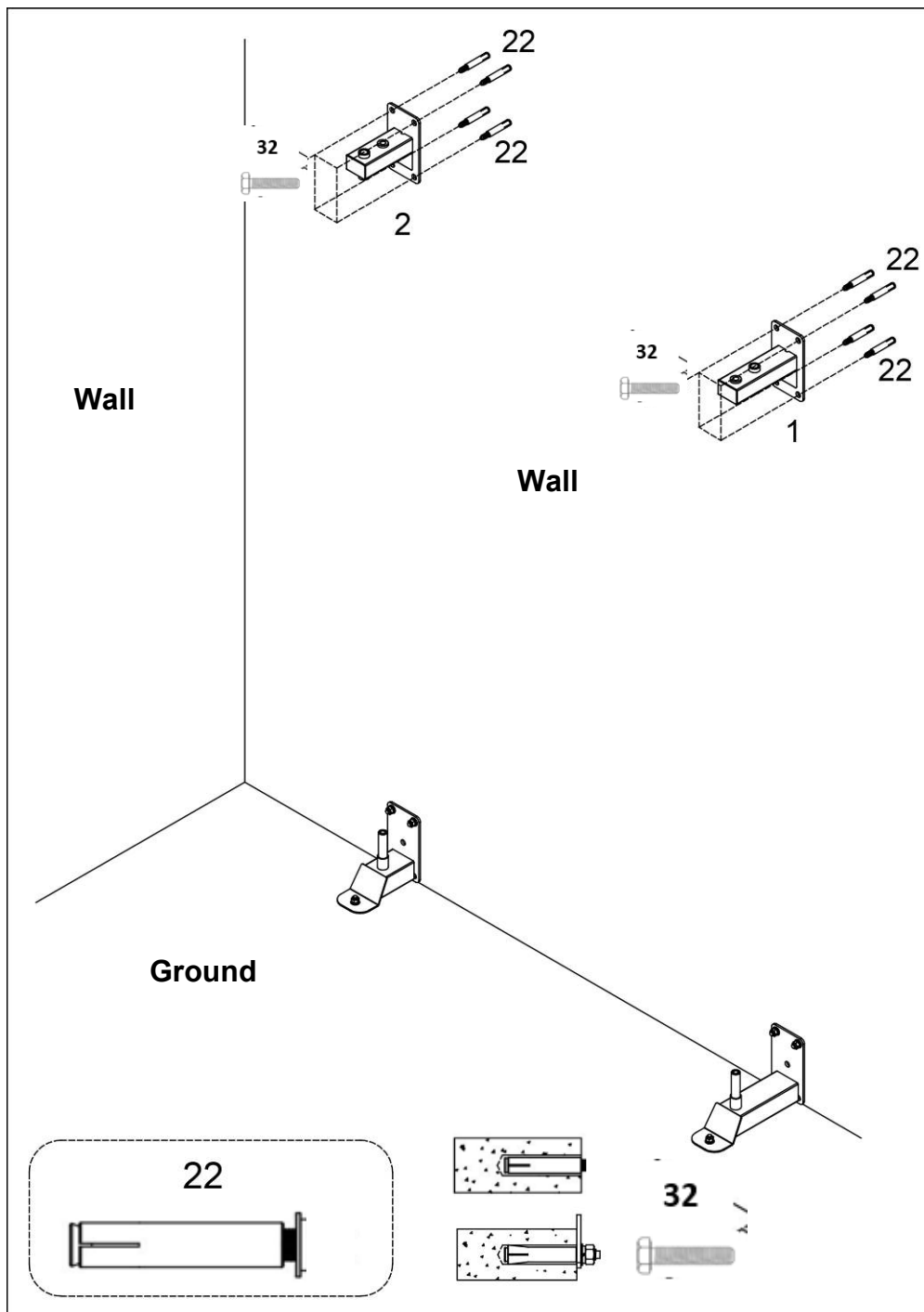


Drill 8 x $\phi 14$ holes with a depth of no less than 60mm as shown in the diagram.

Assembly Instructions

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

Step 4

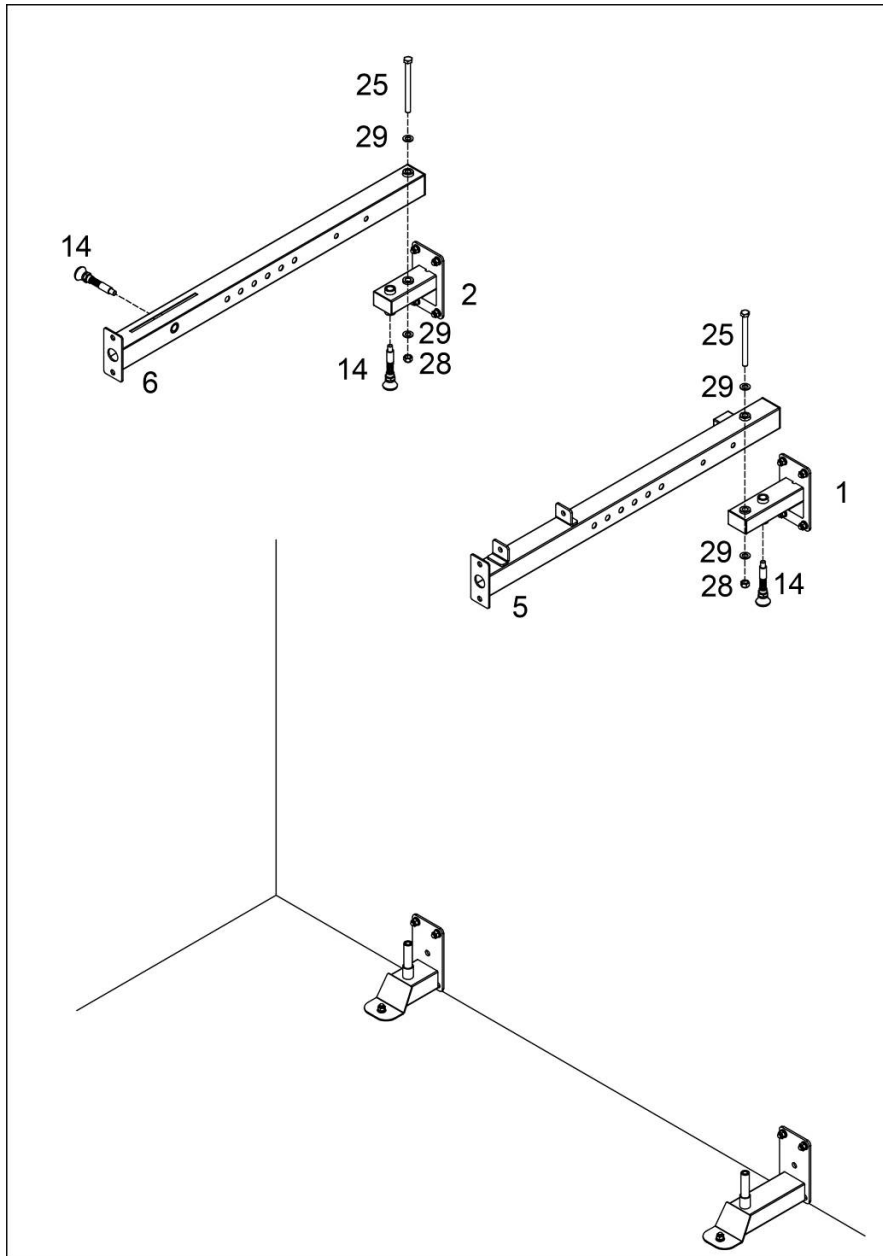


Put 8 x M10×60 Expansion bolts (#22) into the drilled holes, attach Long adjust frame (#1) and Short adjust frame (#2) to the 60cm Hex bolts (#32), fix Long adjust frame (#1) and Short adjust frame (#2) to the floor and wall, insert and tighten the 60cm Hex bolt (#32).

Assembly Instructions

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

Step 5

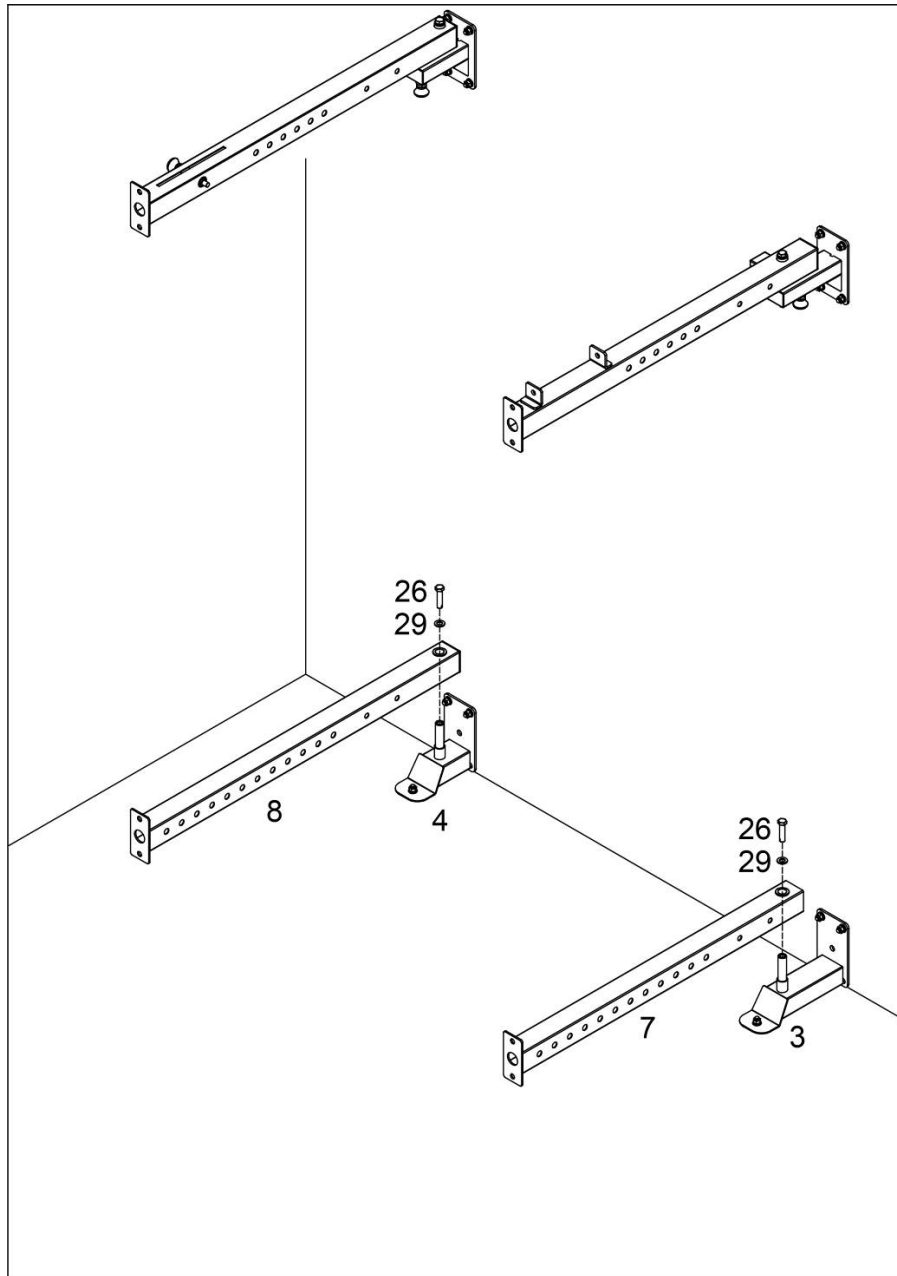


- A.** Attach Short adjust frame (#6) to Short adjust frame (#2) using 1 x M12×145 Hex bolt (#25) and 2 x 12mm washers (#29).
- B.** Attach 1 x Pull pin (#14) to Short adjust frame (#2).
- C.** Attach 1 x Pull pin (#14) to Short adjust frame (#6).
- D.** Attach Short adjust frame (#6) to Long adjust frame (#1) using 1 x M12×145 Hex bolt (#25) , 2 x 12mm washers (#29) and 1 x M12 Aircraft nut (#28).
- E.** Attach 1 x Pull pin (#14) to Long adjust frame (#1).

Assembly Instructions

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

Step 6

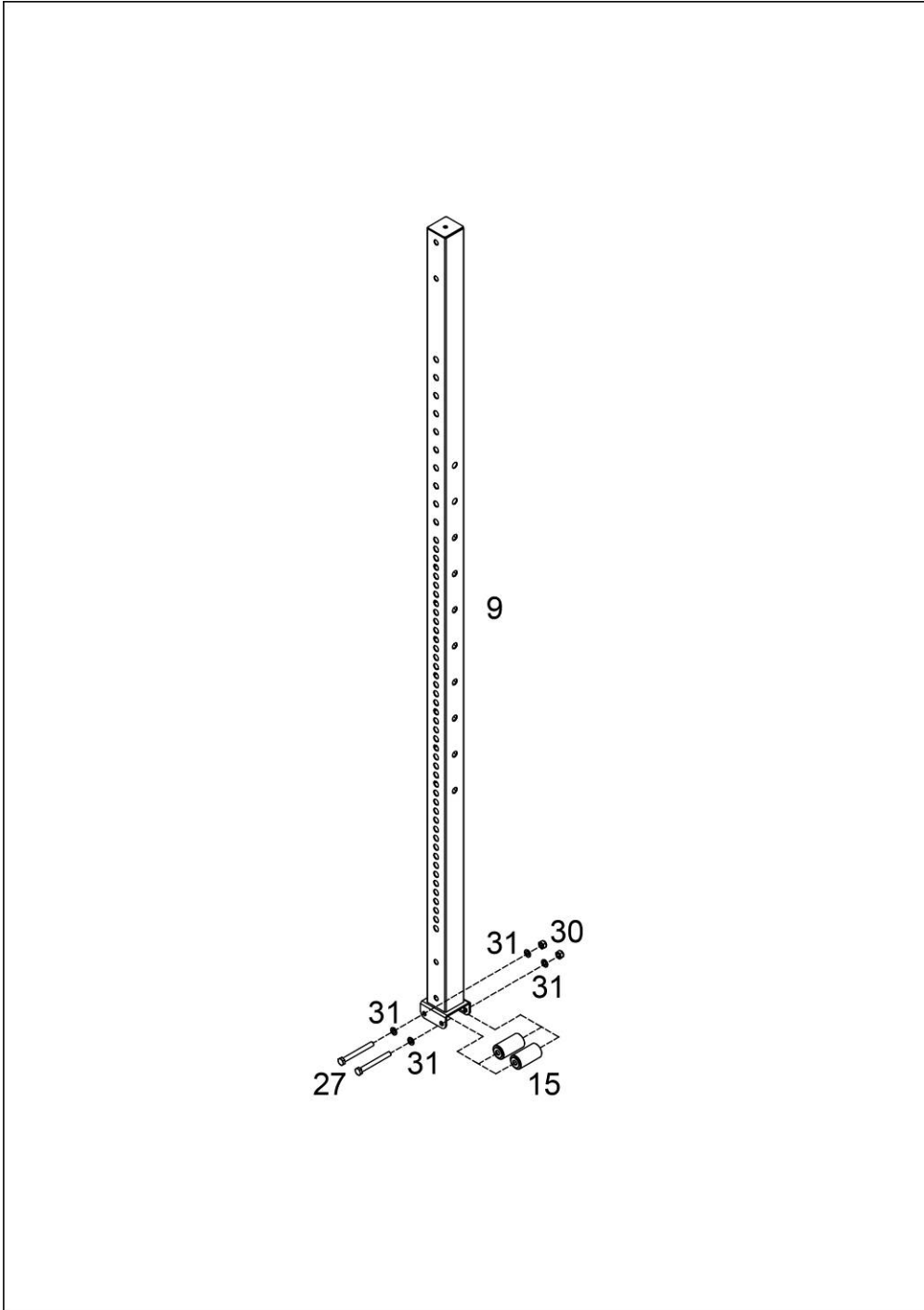


- A.** Attach Short connect frame (#8) to #4 using 1 x M12×20 Hex bolt (#26) and 1 x 12mm washer (#29)
- B.** Attach Long connect frame (#7) to #3 using 1 x M12×20 Hex bolt (#26) and 1 x 12mm washer (#29)

Assembly Instructions

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

Step 7

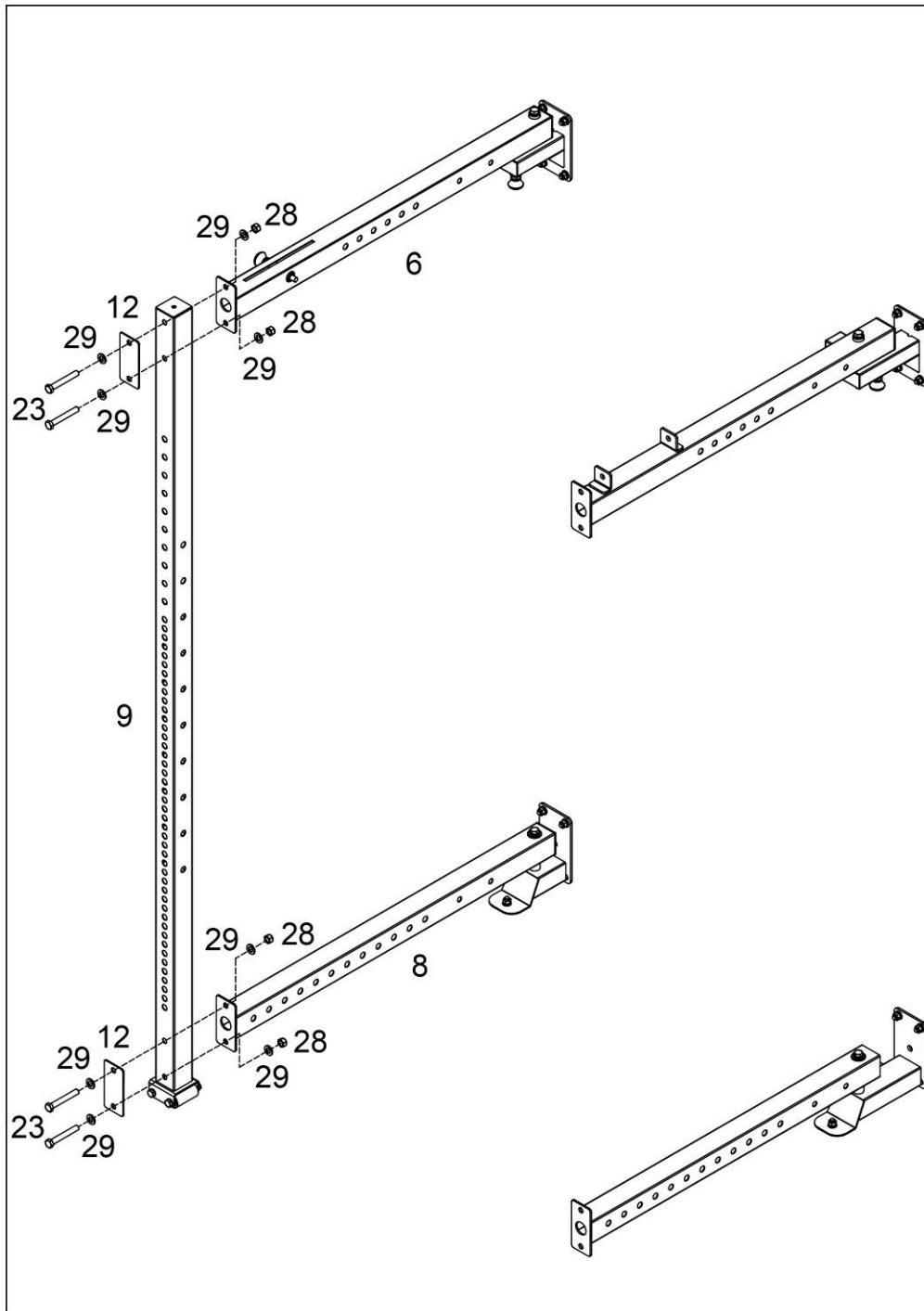


Attach 4 x Wheels (#15) to 2 x Front vertical frames (#9) respectively using 1 x M10×95 Allen bolt (#27), 2 x 10mm washers (#31) and 1 x M10 Aircraft nut (#30)

Assembly Instructions

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

Step 8



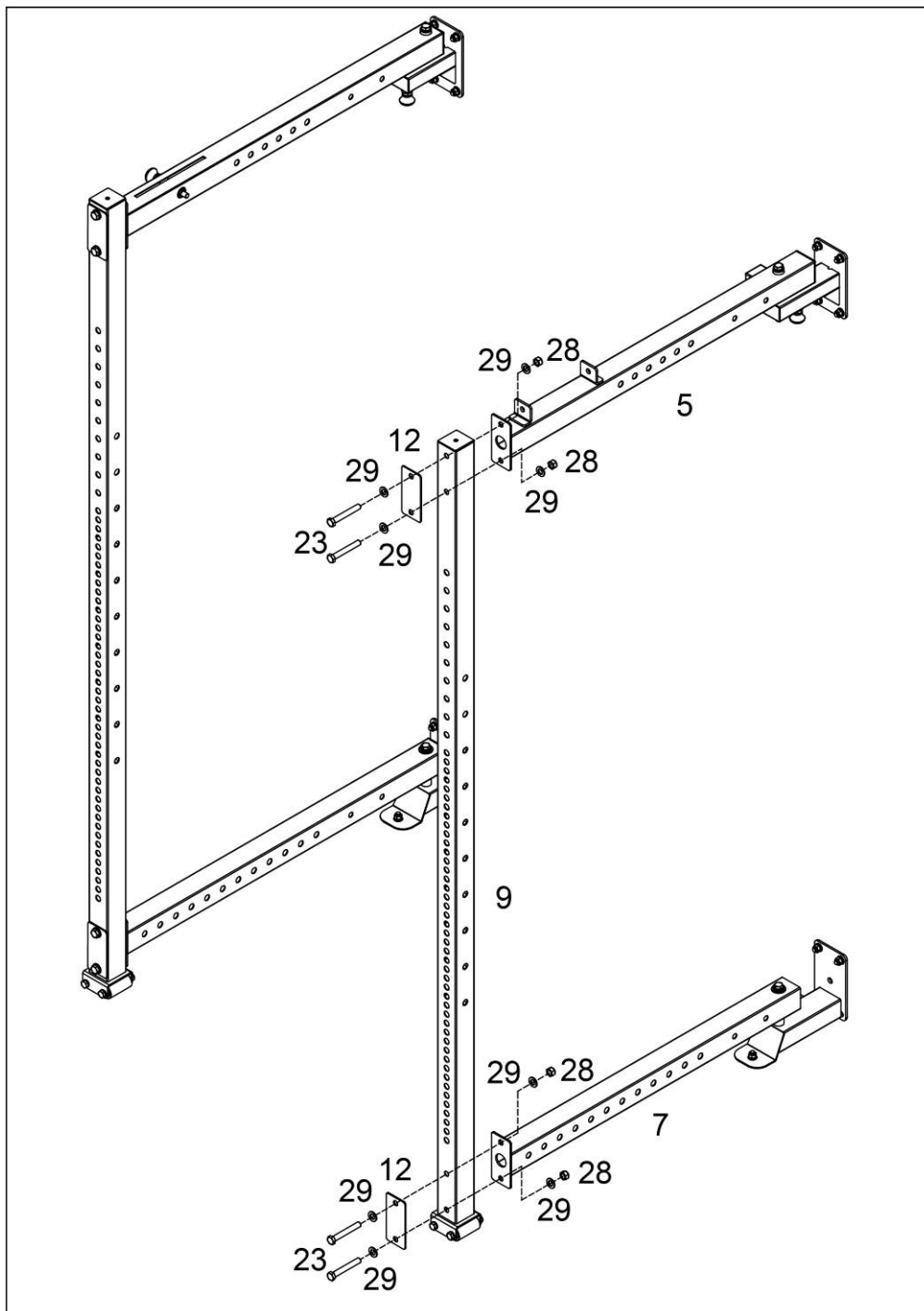
A. Attach Connect plate (#12) and Front vertical frame (#9) to Short adjust frame (#6) using 2 x M12x85 Hex bolts (#23, 4 x 12mm washers (#29) and 2 x M12 Aircraft nuts (#28) .

B. Attach Connect plate (#12) and Front vertical frame (#9) to Short connect frame (#8) using 2 x M12x85 Hex bolts (#23, 4 x 12mm washers (#29) and 2 x M12 Aircraft nuts (#28)

Assembly Instructions

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

Step 9



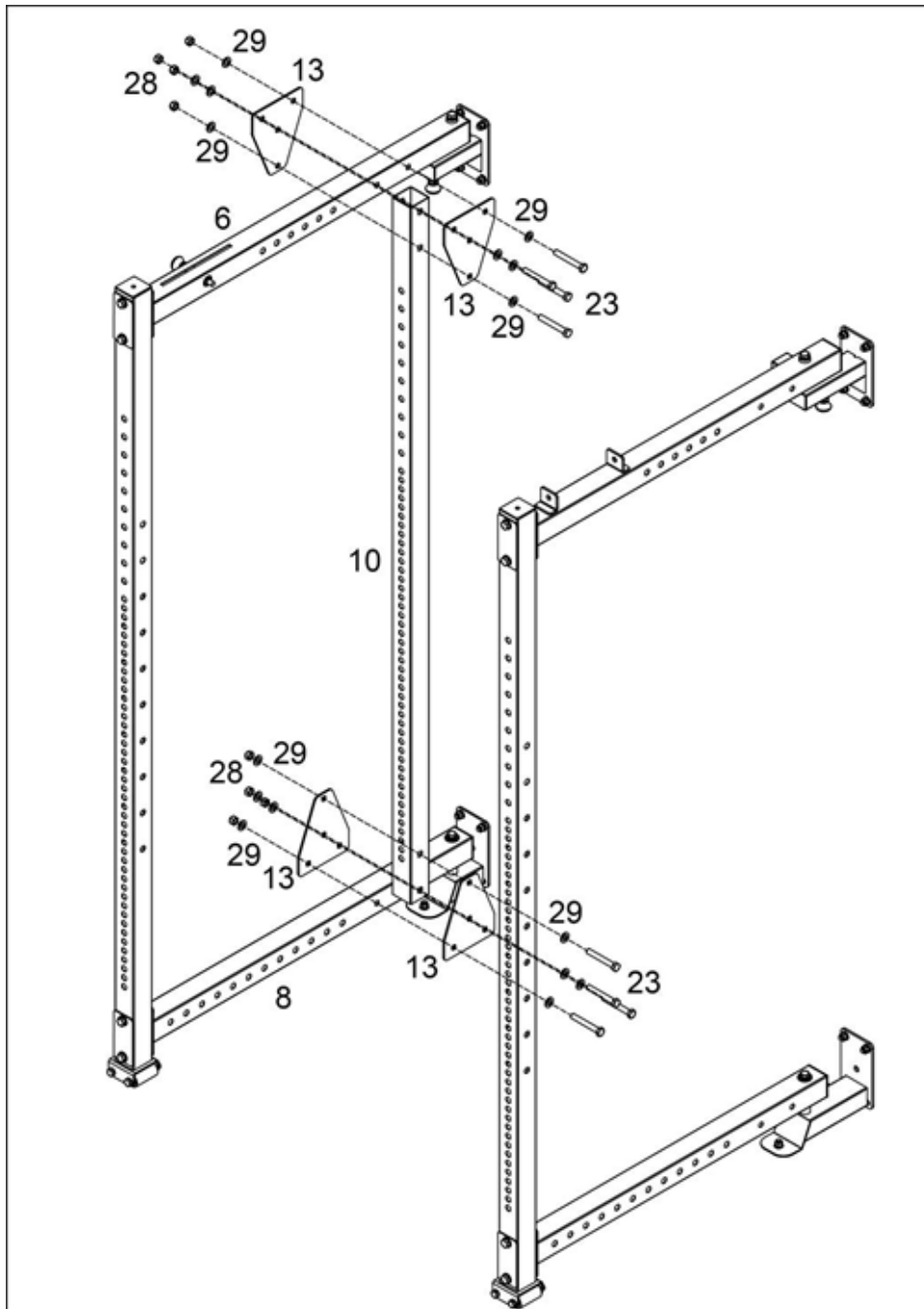
C. Attach Connect plate (#12) and Front vertical frame (#9) to Long adjust frame (#5) using 2 x M12x85 Hex bolts (#23), 4 x 12mm washers (#29) and 2 x M12 Aircraft nuts (#28) .

D. Attach Connect plate (#12) and Front vertical frame (#9) to Long connect frame (#7) using 2 x M12x85 Hex bolts (#23), 4 x 12mm washers (#29) and 2 x M12 Aircraft nuts (#28)

Assembly Instructions

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

Step 10



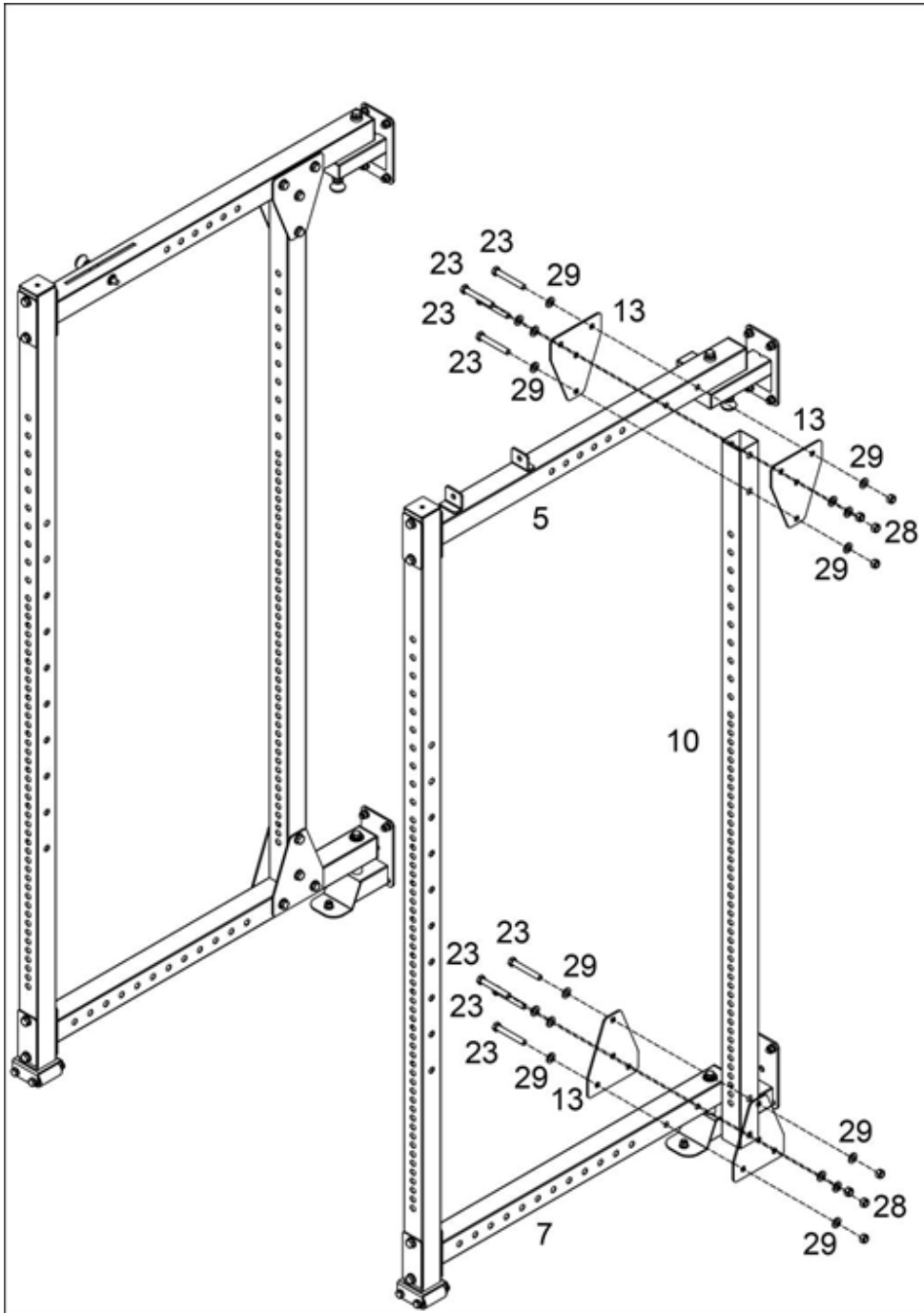
A. Attach Triangle bracket (#13) and Rear vertical frame (#10) to Short adjust frame (#6) using 4 x M12×85 Hex bolts (#23), 8 x 12mm washers (#29) and 4 x M12 Aircraft nuts (#28) .

B. Attach Triangle bracket (#13) and Rear vertical frame (#10) to Short connect frame (#8) using 4 x M12×85 Hex bolts (#23), 8 x 12mm washers (#29) and 4 x M12 Aircraft nuts (#28)

Assembly Instructions

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

Step 11



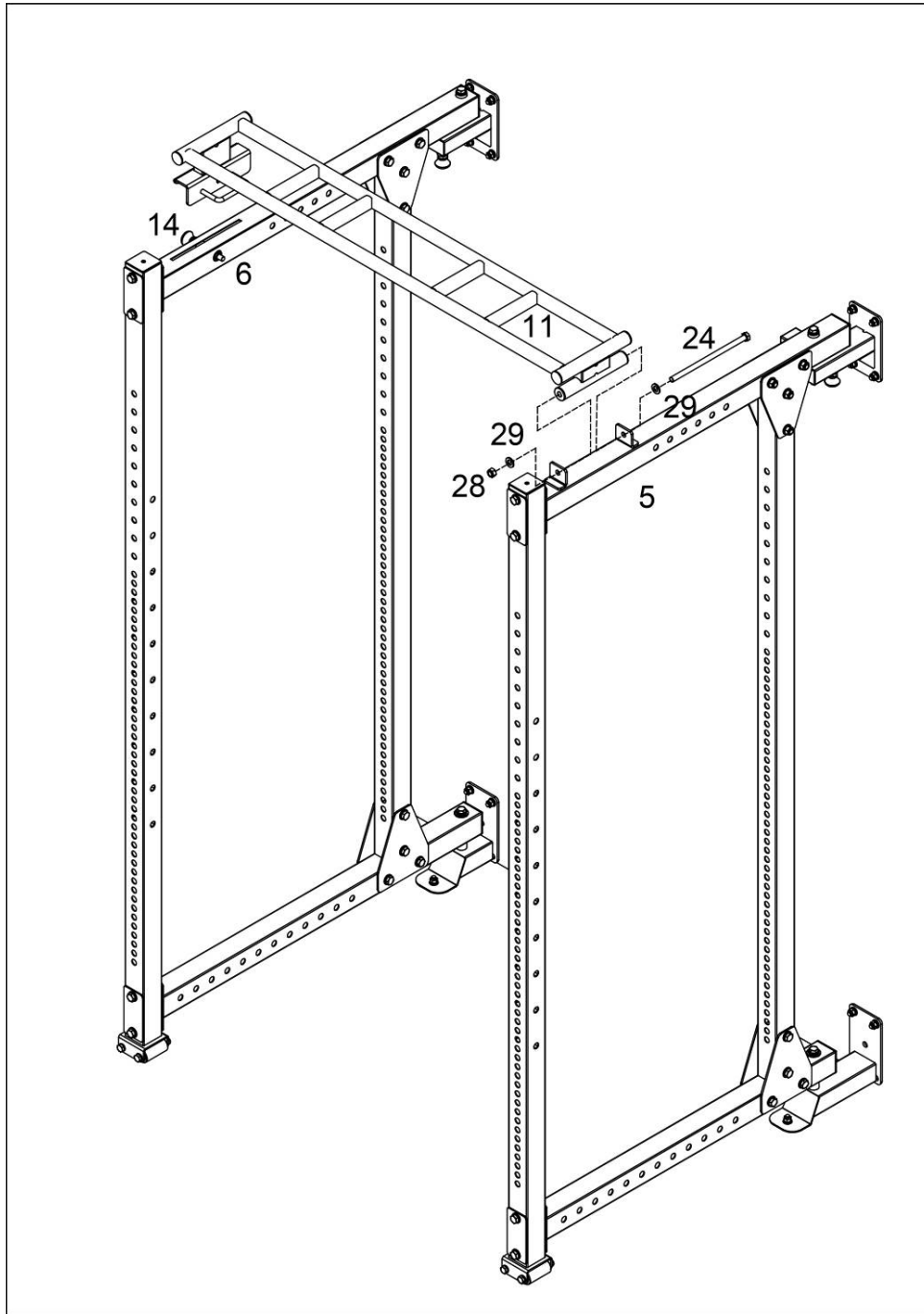
A. Attach Triangle bracket (#13) and Rear vertical frame (#10) to Long adjust frame (#5) using 4 x M12x85 Hex bolts(#23), 8 x 12mm washers(#29) and 4 x M12 Aircraft nuts(#28) .

B. Attach Triangle bracket (#13) and Rear vertical frame (#10) to Long connect frame (#7) using 4 x M12x85 Hex bolts (#23), 8 x 12mm washers (#29) and 4 x M12 Aircraft nuts (#28)

Assembly Instructions

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

Step 12



A. Attach Handlebar (#11) to Long adjust frame (#5) using 1 x M12x210 Hex bolt (#24) , 2 x 12mm washers (#29) and 1 x M12 Aircraft nut (#28) .

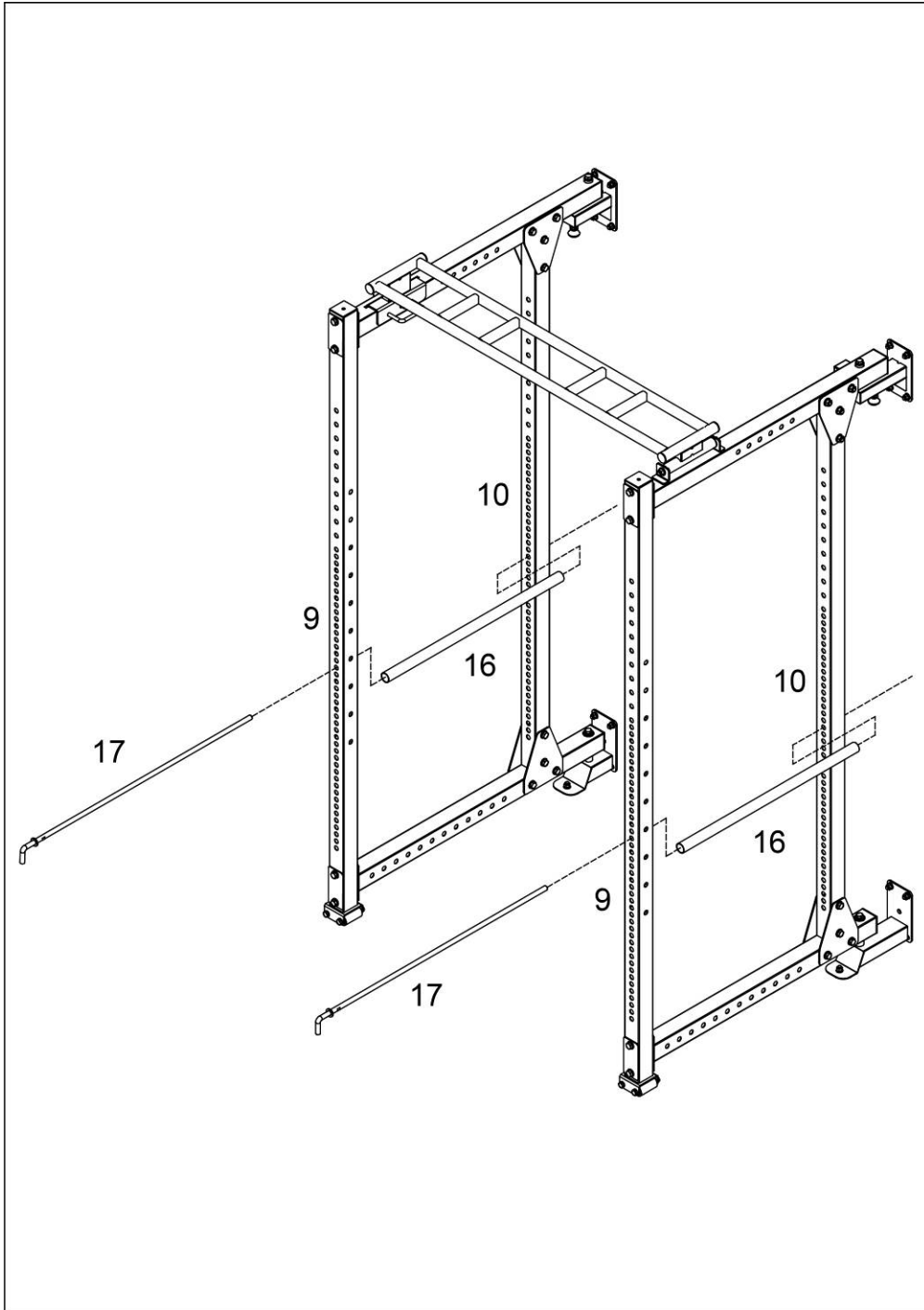
B. Place another end of Handlebar (#11) on the slot of Short adjust frame (#6) .

C. Use Pull pin (#14) to fix Handlebar(#11)

Assembly Instructions

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

Step 13

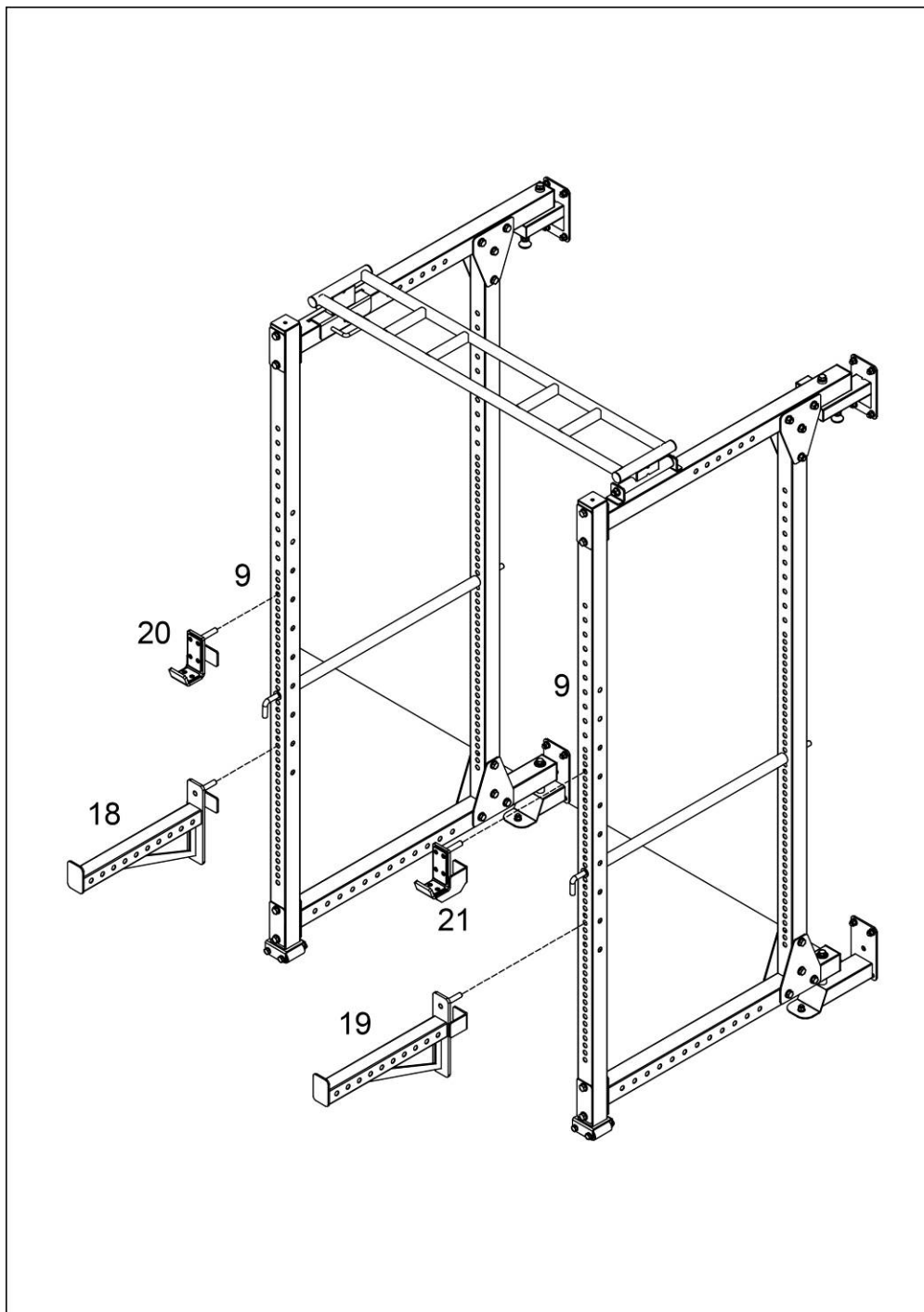


Install Safety bar(#17) and Safety sleeve (#16) as as shown in the above diagram.

Assembly Instructions

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

Step 14



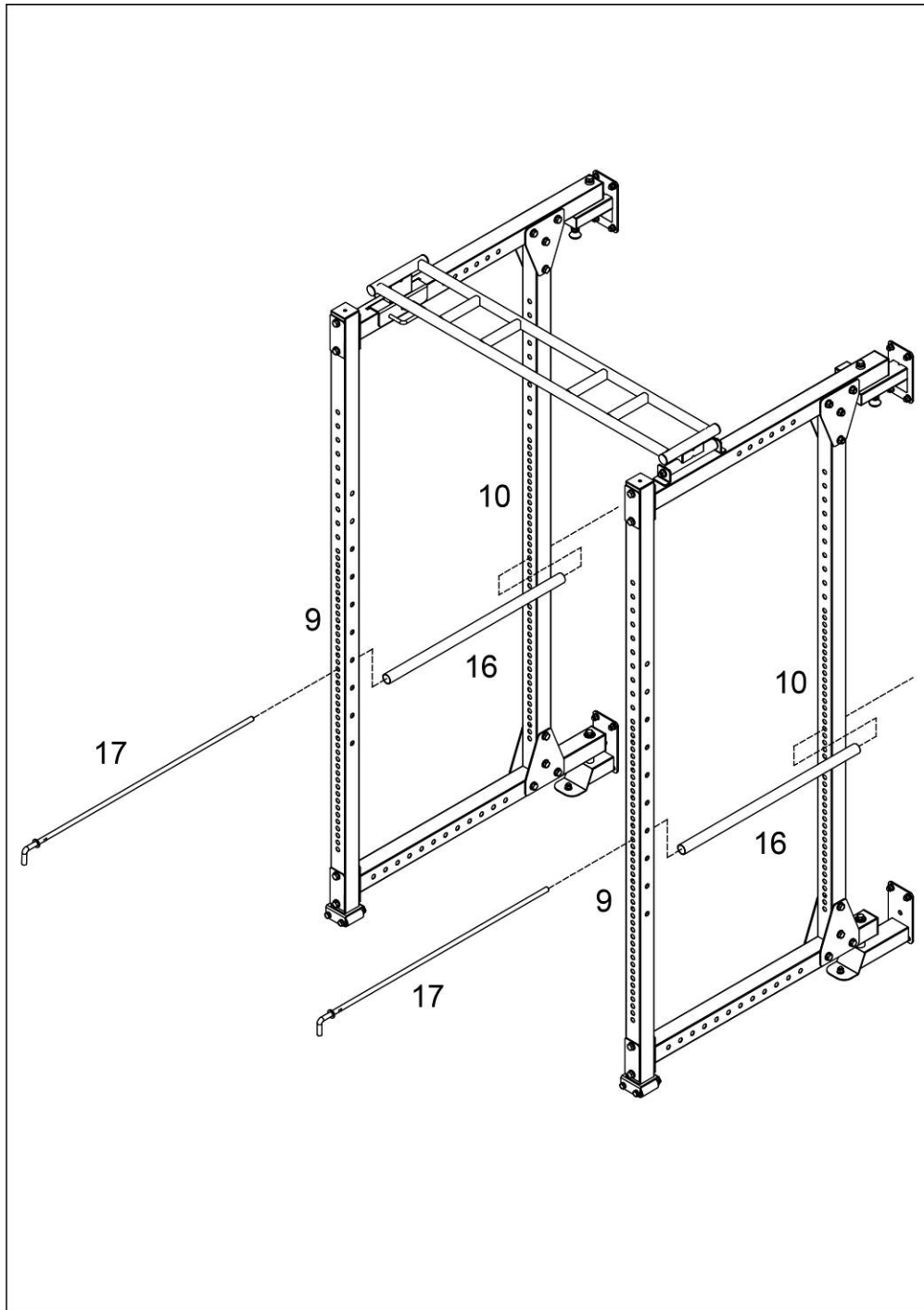
A. Install Left Long Rack (#18) and Right Long Rack (#19) as shown in the above diagram.

B. Install Left Short Rack (#20) and Right Short Rack (#21) as shown in the above diagram.

Assembly Instructions

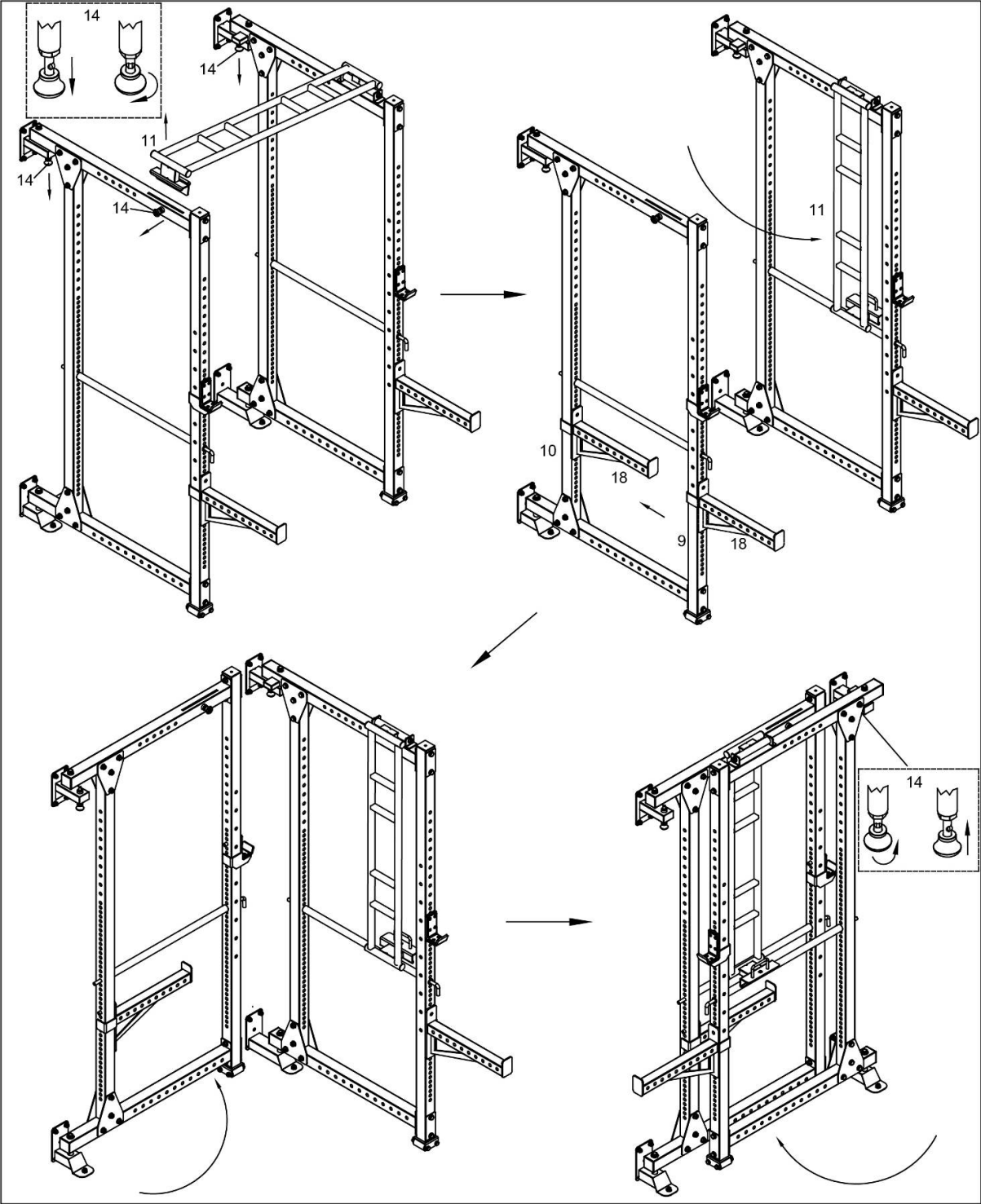
Note: It is strongly recommended that two or more people assemble this model.

Step 15



Fold this product as shown in the above diagram.

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.

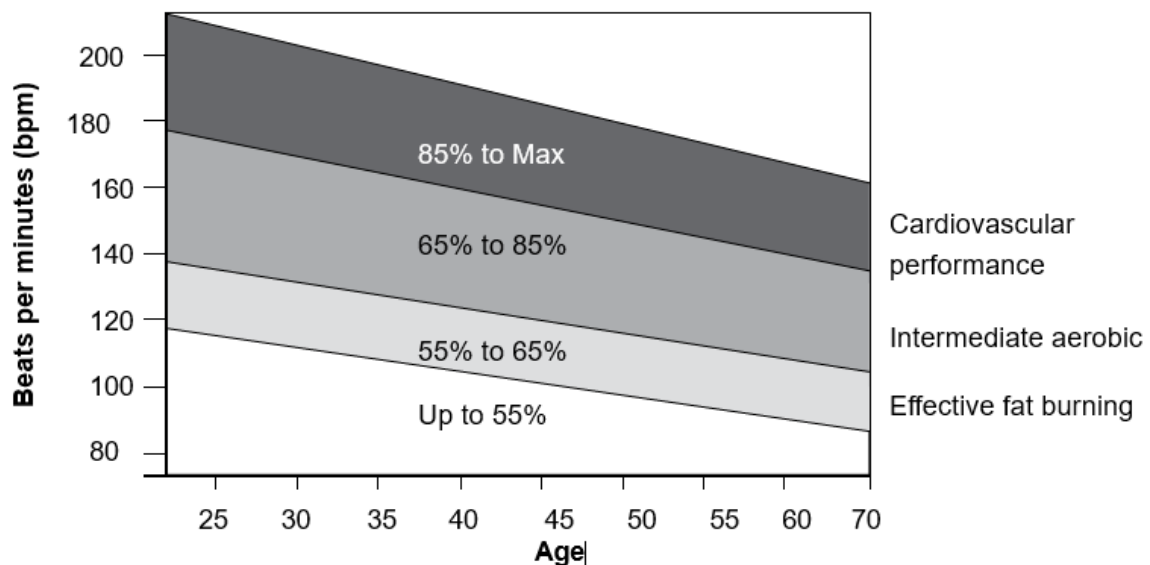
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Do not be discouraged if it takes longer. It is important to work at your own pace.

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

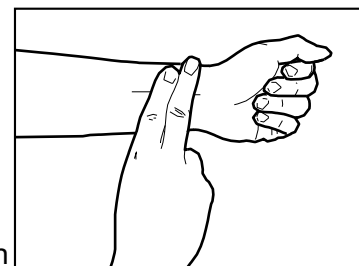
To maximize the benefits of exercising, it is important to exercise with proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you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

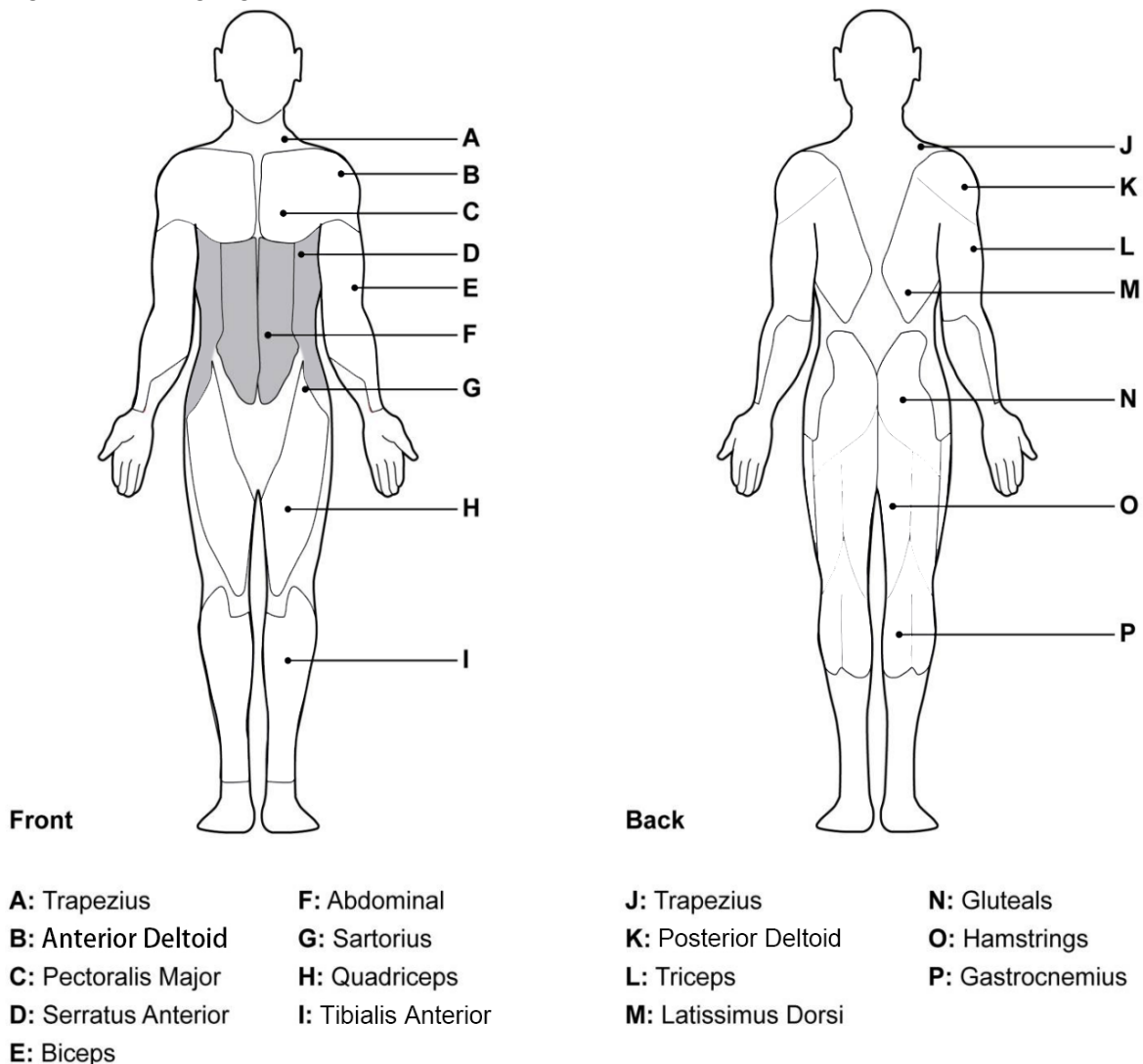
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

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

Warm Up

Each workout should include the following three parts:

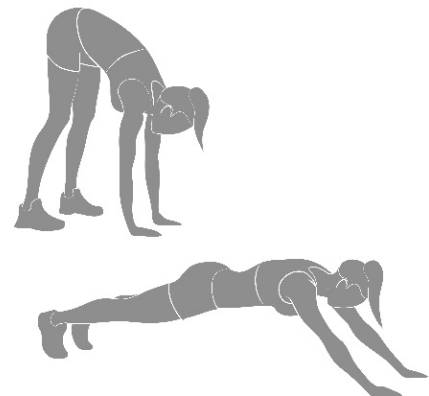
1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. A training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**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.

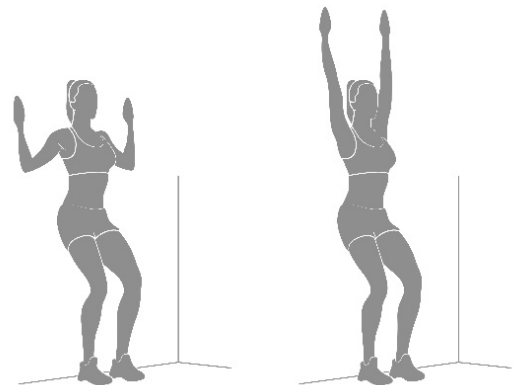
Walkout T-Rotation

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.



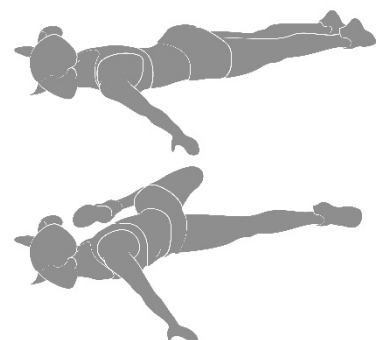
Wall Slides

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 10-12 repetitions each side.

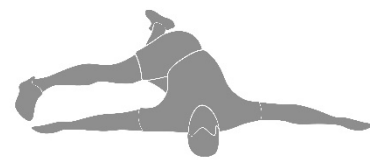
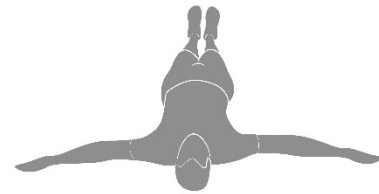


Exercise Information

Warm 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.



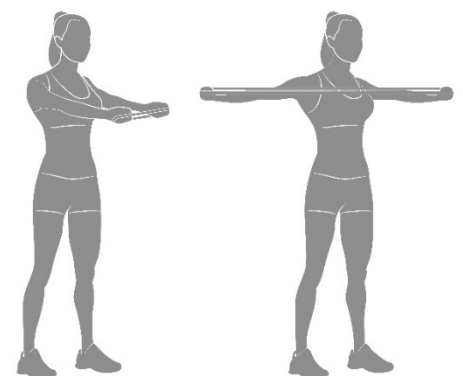
Quadruped T-Spine Rotation

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.



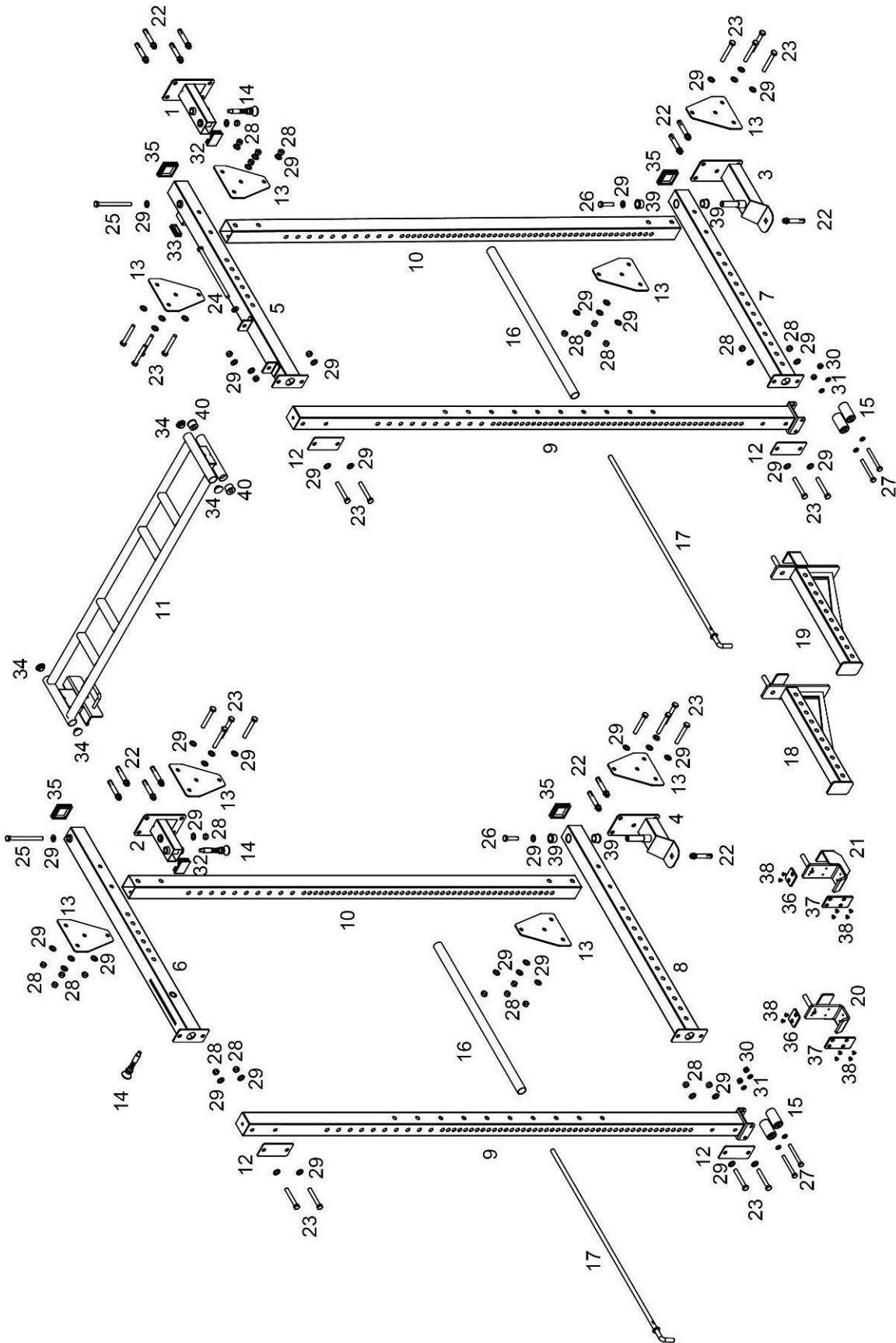
Band Pull Aparts

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

Exploded Diagram



Parts

| Part No. | Part Description | Qty |
|----------|----------------------------|-----|
| 1 | Long adjust frame | 1 |
| 2 | Short adjust frame | 1 |
| 3 | Long base frame | 1 |
| 4 | Short base frame | 1 |
| 5 | Long adjust frame | 1 |
| 6 | Short adjust frame | 1 |
| 7 | Long connect frame | 1 |
| 8 | Short connect frame | 1 |
| 9 | Front vertical frame | 2 |
| 10 | Rear vertical frame | 2 |
| 11 | Handlebar | 1 |
| 12 | Connect plate | 4 |
| 13 | Triangle bracket | 8 |
| 14 | Pull pin | 3 |
| 15 | Wheel | 4 |
| 16 | Safety sleeve | 2 |
| 17 | Safety bar | 2 |
| 18 | Left Long Rack | 1 |
| 19 | Right Long Rack | 1 |
| 20 | Left Short Rack | 1 |
| 21 | Right Short Rack | 1 |
| 22 | M10×100 Expansion bolt | 12 |
| 23 | M12×85 Hex bolt | 24 |
| 24 | M12×210 Hex bolt | 1 |
| 25 | M12×145 Hex bolt | 2 |
| 26 | M12×20 Hex bolt | 2 |
| 27 | M10×95 Allen bolt | 4 |
| 28 | M12 Aircraft nut | 27 |
| 29 | 12mm washer | 56 |
| 30 | M10 Aircraft nut | 4 |
| 31 | 10mm washer | 8 |
| 32 | 40×60×2 End cap | 2 |
| 33 | 50×25×2 End cap | 1 |
| 34 | ∅32×2 End cap | 4 |
| 35 | 60×2 End cap | 4 |
| 36 | Buffering plate 1 | 2 |
| 37 | Buffering plate 2 | 2 |
| 38 | M6×12 Sunk hex socket bolt | 12 |
| 39 | Bushing | 4 |
| 40 | Bushing | 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.

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**