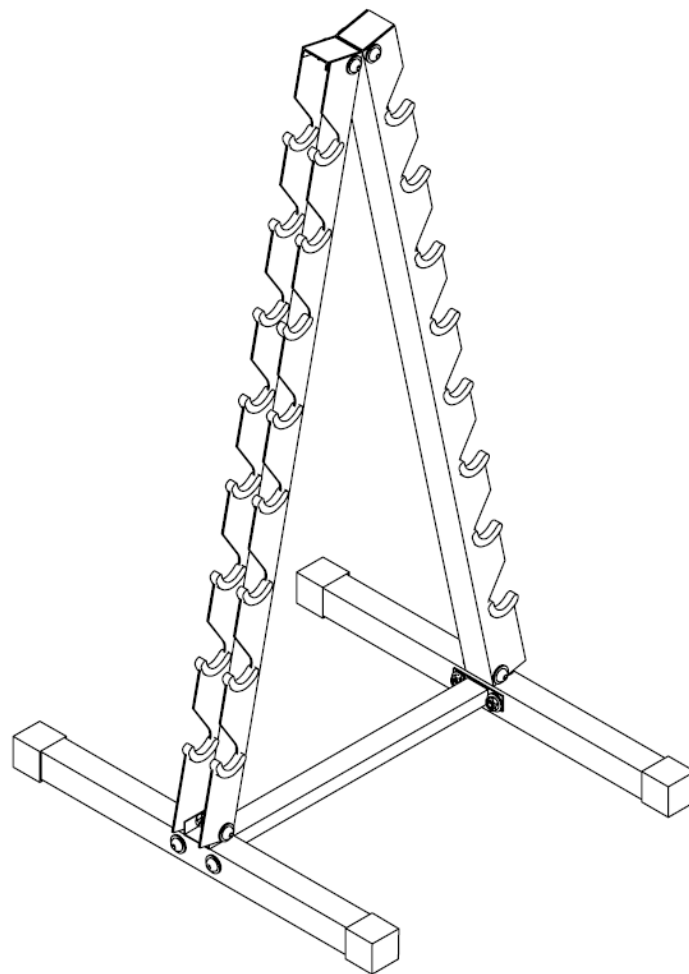


MuscleSquad 8 Pair A-Frame Dumbbell Rack

Assembly & User Manual

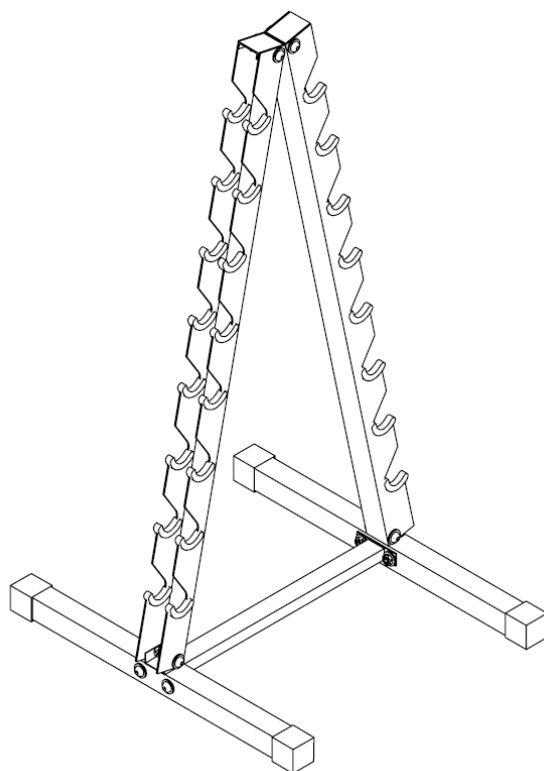


Important – Please read these instructions fully before assembly and use.

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

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Safety Information

Important – Please read fully before assembly or use

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble, operate or use this equipment. In particular, note the following safety precaution.

Assembly

- Check you have all the components and tools
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work area, small parts can cause choking if swallowed.
- Make sure you have enough space to layout the parts before starting.
- The assembly of this equipment is best carried out by 2 people.
- 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

- Do not use the equipment near water or outdoors.
- Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
- Before using the equipment to exercise, always warm up with stretching exercise.
- This product is intended for domestic use only.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms STOP the workout at once.

CONSULT A DOCTOR IMMEDIATELY

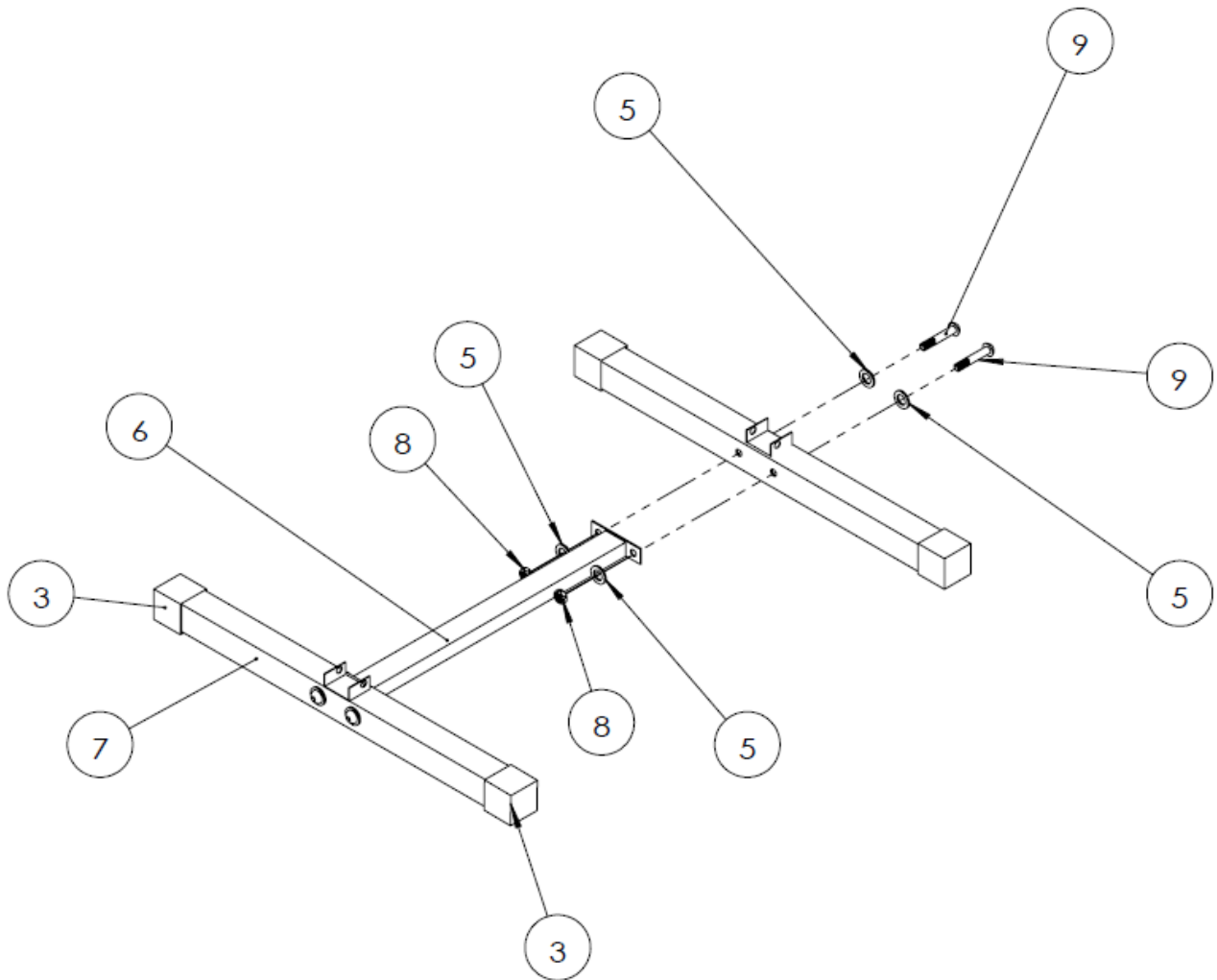
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear loose flowing clothing that could become caught in the equipment.

Running or aerobic shoes are also required when using the equipment.

- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
 - Do not place any sharp objects on or near the equipment.
 - Disabled persons should not use the equipment without a qualified person or doctor in attendance.
 - Never operate or use the equipment if it is damaged or not functioning properly.
 - Examine the equipment frequently especially the easily damaged parts. The safety level of the equipment can only remain if it is examined regularly. Replace any defective components immediately. Do not use the equipment until it has been repaired.
 - Parents and others responsible for children must be aware that playing on the equipment could be dangerous and lead to possible injury. Children must not be left unattended with the equipment.
 - A spotter is recommended during exercise.
 - Maximum capacity : 300kgs
 - Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
 - This product conforms to: (BS EN ISO 20957)
 - PARTS 1 class (H) - Home Use - Class (C).
- This product is not suitable for therapeutic purposes.
- This exercise product has been designed and manufactured to comply with the latest (BS EN ISO 20957) British and European Safety Standard.

Hardware

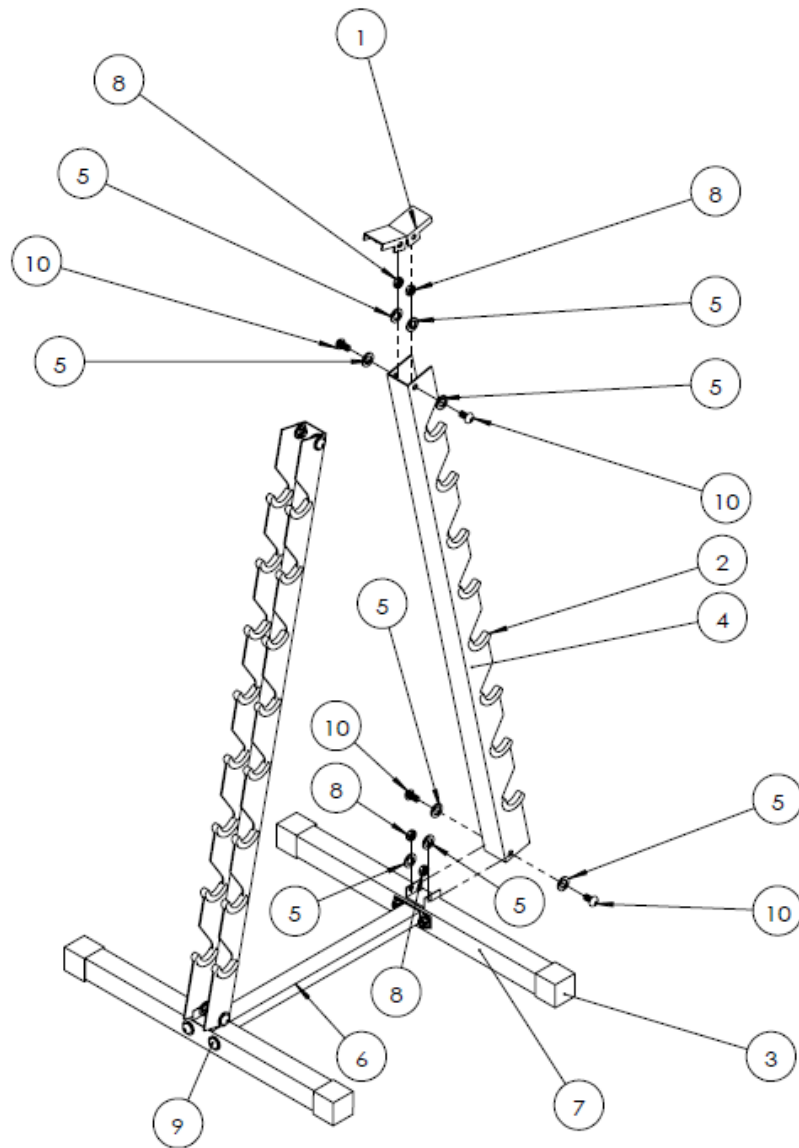
Assembly Instructions



Step 1

Attached two Base Stabilizers (#7) to each side the Center Cross Base (#6), Aline the holes and secure each of them with two M10x60mm Allen Bolts (#9), four c10mm Washers (#5) and two M10 Aircraft Nuts (#8).

Assembly Instructions

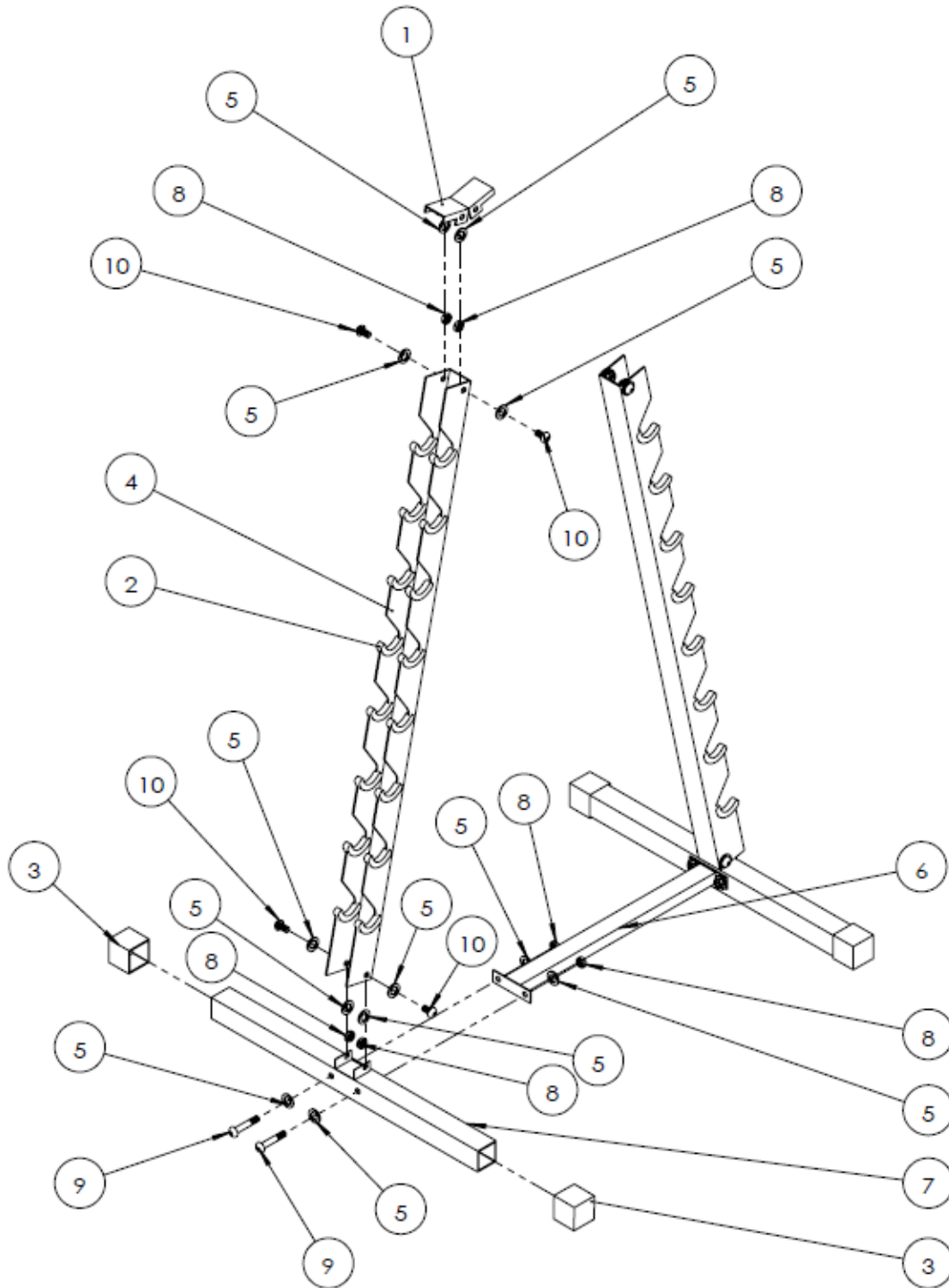


Step 2

Connect the two Dumbbell Holders (#4) to the two Base Stabilizers (#7), Align the hole and secure each of them with two M10x16mm Allen Bolts(#10) , Four ϕ 10mm Washers (#5) and two M10 Aircraft Nuts (#8).

Attach the Connect Bracket (#1) to the top side of two Dumbbell Holders (#4), Align the holes and secure each of them with two M10x16mm Allen Bolts(#10) , Four ϕ 10mm Washers (#5) and two M10 Aircraft Nuts (#8).

Exploded Diagram



Parts List

key No.	Description	QTY	key No.	Description	QTY
1	Connect Bracket	1	6	Center Cross Base	1
2	Rubber Sheet	32	7	Base Stabilizer	2
3	Rubber Foot	4	8	M10 Aircraft Nut	12
4	Dumbbell Holder	2	9	M10x60mm Allen Bolt	4
5	φ10mm Washer	24	19	M10x16mm Allen Bolt	8

Guarantee

Product Guarantee

This product is guaranteed against manufacturing defects for a period of 12 Months.

This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible, during this period by the dealer from whom you purchased the unit.

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.
- 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.