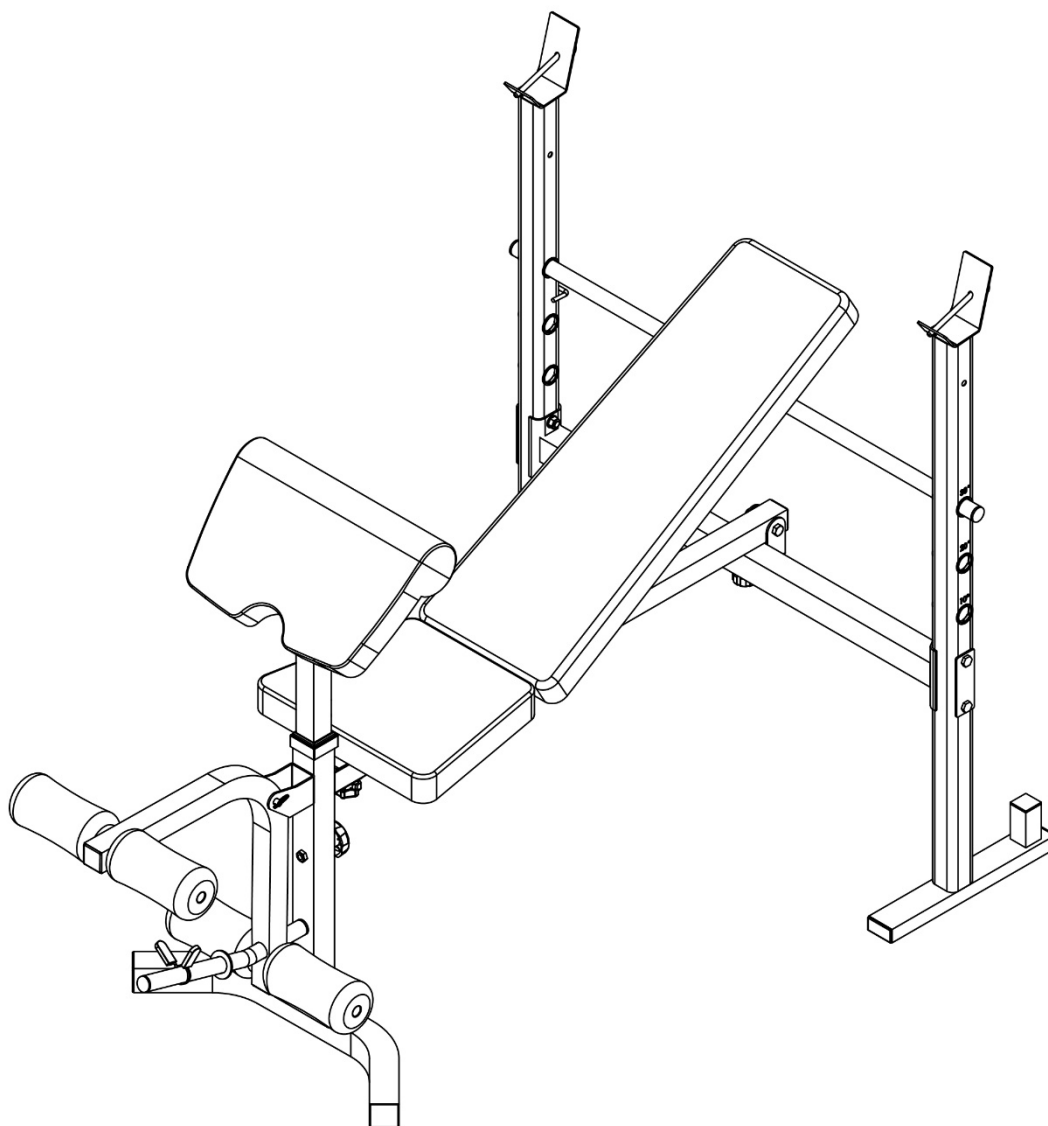


MUSCLE SQUAD

MuscleSquad Folding Multi Use Bench

Assembly & User Manual

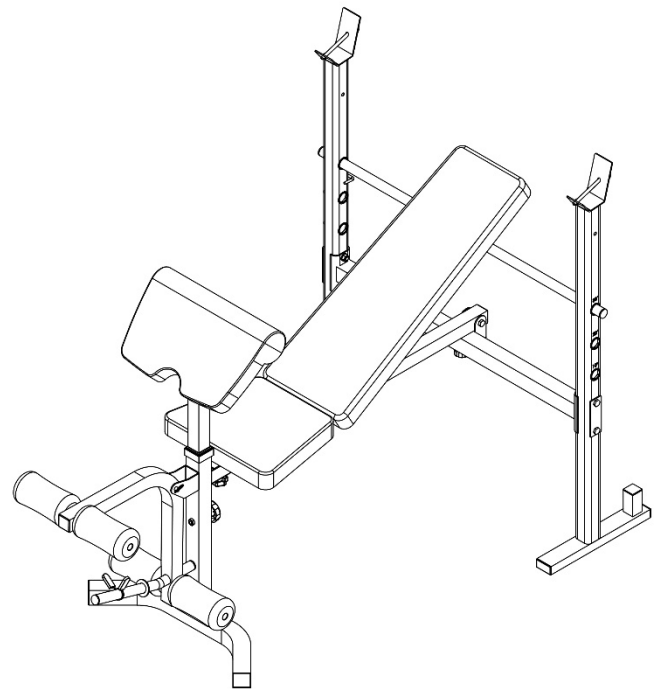


Important – Please read these instructions fully before assembly and use.

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

Contents

Safety Information	1
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Safety Information

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

Assembly

- The product must be installed on a stable and level surface.
- Assemble the item as close to its final position (in the same room) as possible.
- Make sure you have enough space to layout the parts before starting.
- Keep children and animals away from the exercise area, small parts could pose a choking hazard if swallowed.
- Dispose of all packaging carefully and responsibly.
- Check you have all the components and tools listed in the parts list, bearing in mind that, for ease of assembly, some components are pre-assembled.
- The assembly of this equipment is best carried out by 2 people.

Use

- 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.

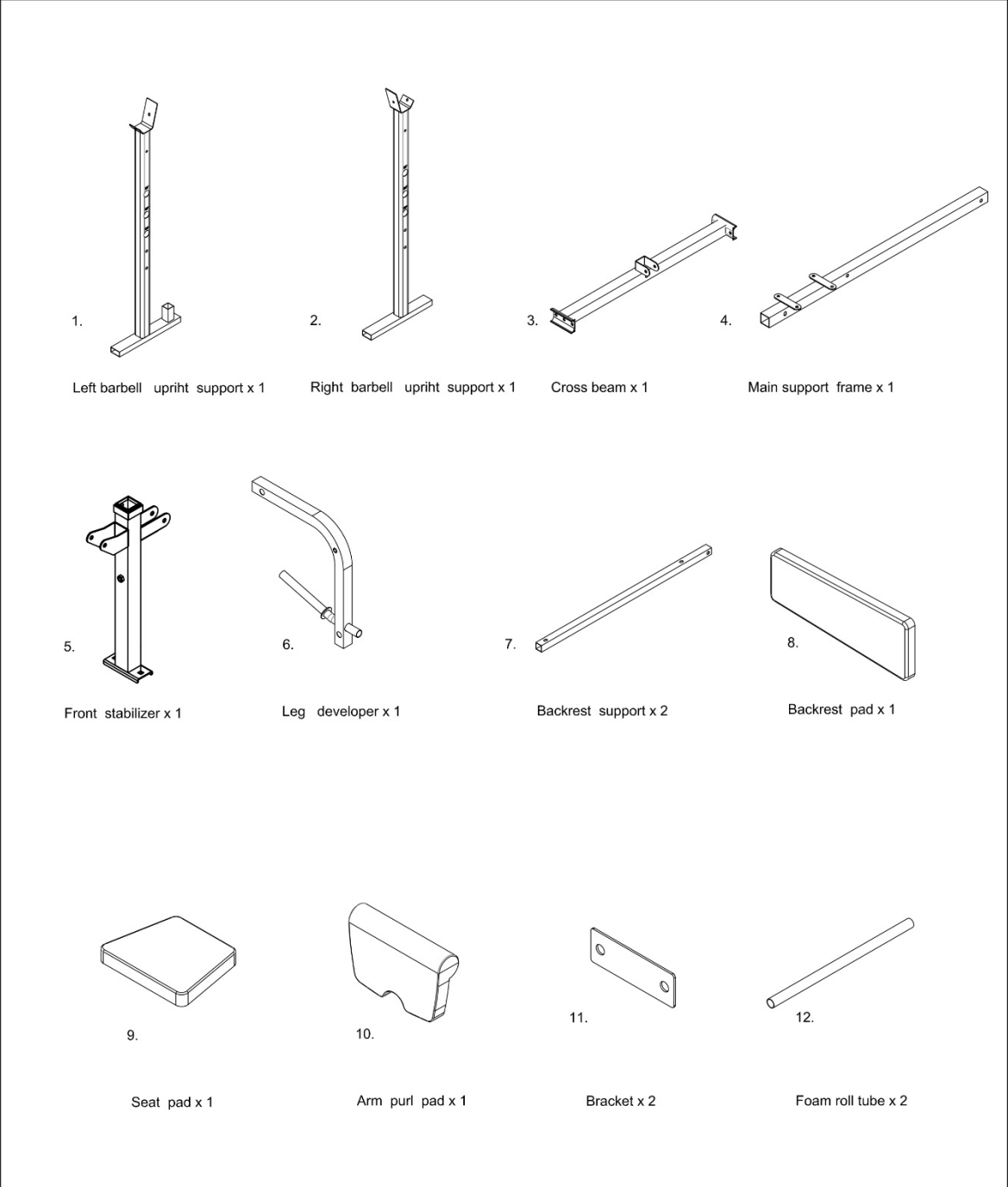
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- Your product is intended for 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.

- Keep unsupervised children away from the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- Keep hands away from all moving parts.
- If any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- Only one person at a time should use the equipment.
- A spotter is recommended during exercise.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- Injuries to health may result from incorrect or excessive training.
- This product is suitable for a maximum user weight of: 110kgs.
- The maximum training mass on leg developer: 35kgs
- This product is fit for 1" weight plates.
- This product conforms to: BS EN ISO 20957-1, and -4 Class (H) - Home Use

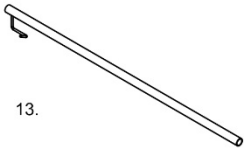
Components

Note: Some of the smaller components may be pre-fitted to larger components.



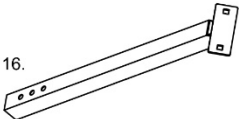
Components

Note: Some of the smaller components may be pre-fitted to larger components.



13.

Incline adjustment rod x 1



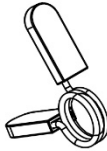
16.

Arm curl pad support x 1



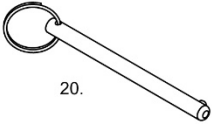
18.

∅17x∅90x170mm Foam roll x 4



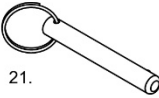
19.

∅25mm Spring collar x 1



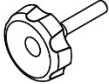
20.

∅8x110mm Lock pin x 2



21.

∅10x80mm Lock pin x 1



35.

Lock knob x 1



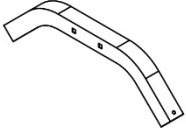
36.

Lock knob x 1



37.

Lock knob x 1

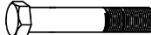
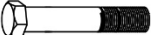
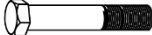
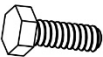










39.

Stick to bend before x 1

Components

Note: Some of the smaller components may be pre-fitted to larger components.

<p>23 </p> <p>M10x130mm Hex Bolt x1</p>	<p>24 </p> <p>M10x70mm Hex Bolt x4</p>	<p>25 </p> <p>M10x60mm Hex Bolt x2</p>
<p>26 </p> <p>M8x18mm Hex Bolt x 2</p>	<p>27 </p> <p>M6x38mm Hex Bolt x 4</p>	<p>28 </p> <p>M6x18mm Hex Bolt x 4</p>
<p>29 </p> <p>M10x55mm Carriage Bolt x 2</p>	<p>30 </p> <p>M10 Aircraft Nut x 9</p>	<p>31 </p> <p>ø10mm Washer x 10</p>
<p>32 </p> <p>ø8mm Washer x 2</p>	<p>33 </p> <p>ø6mm Washer x 8</p>	<p></p> <p>4# Allen Wrench x 1</p>

Tools prepared by user

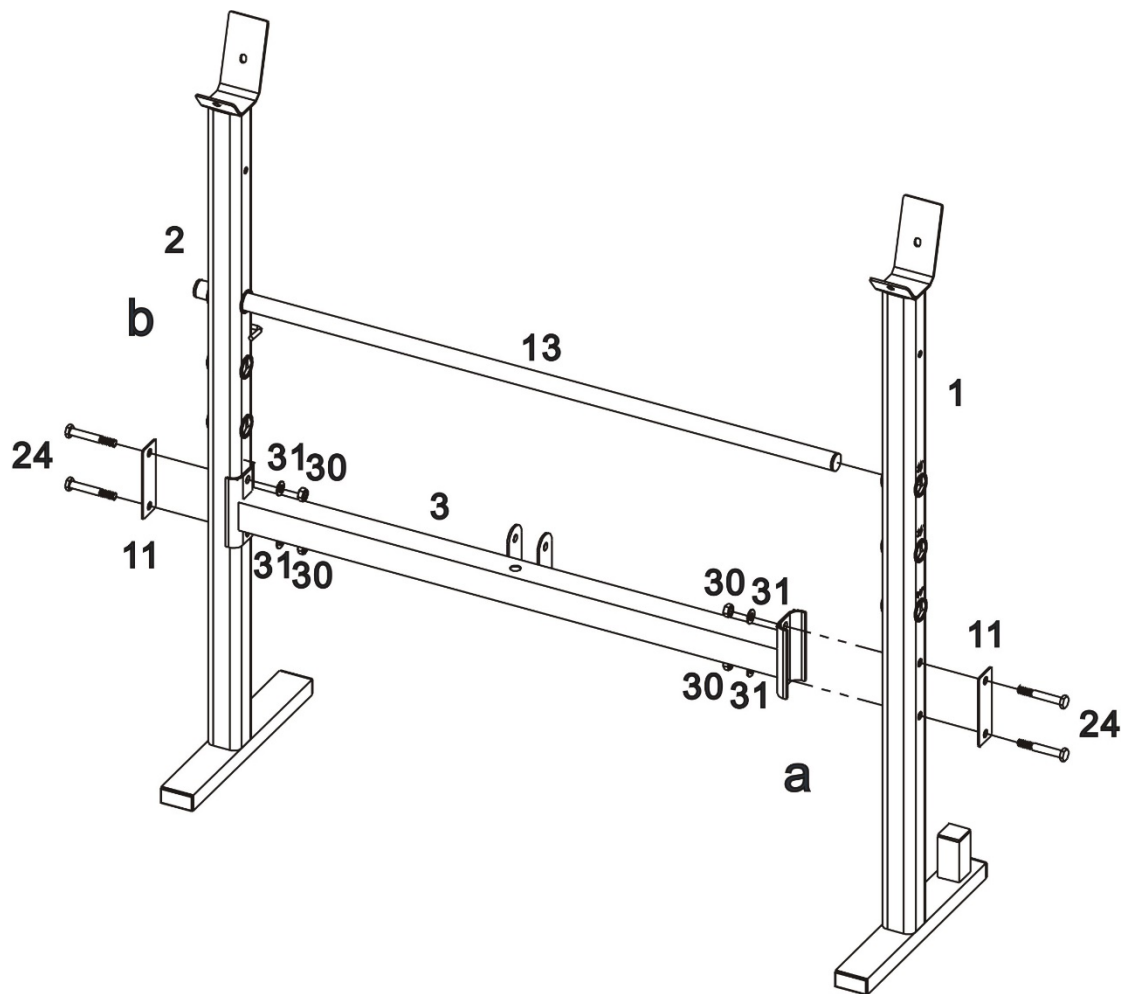


Adjustable
spanner x 2

Assembly Instructions

Step 1

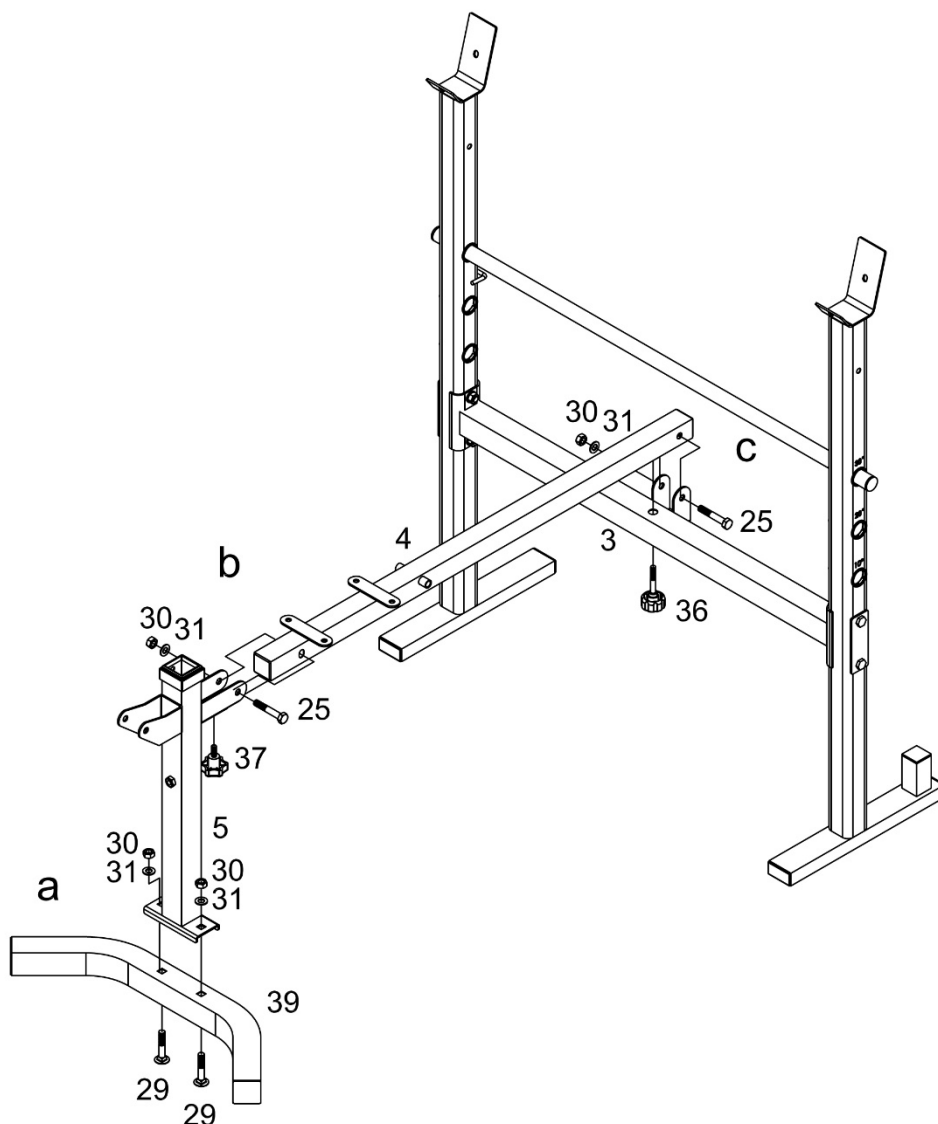
- a. Connect the Cross Beam (3) with the Left & Right Upright Support (1,2) using 4 x M10 x 70mm Hex Bolts (24), 4 x M10 Aircraft Nuts (30), 4 x ϕ 10mm Washers (31) and 2 x Brackets (11).
- b. Put the Incline Adjustable Rod (13) through the two holes on the Right Upright Support (2), and then through the two holes on the Left Upright Support (1).



Assembly Instructions

Step 2

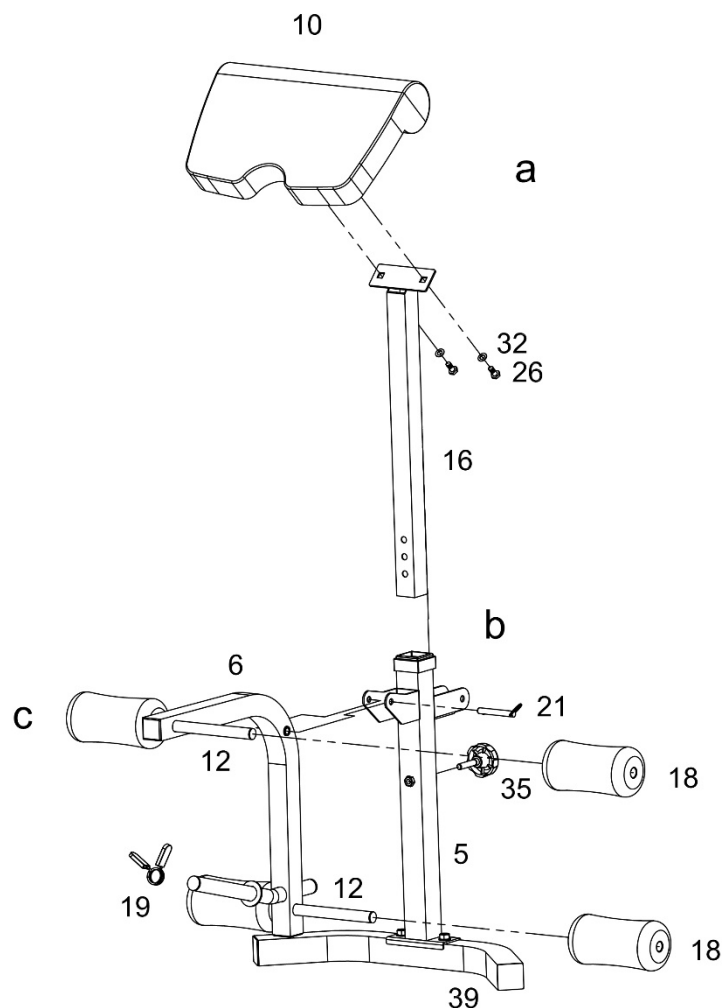
- a. Attach the Front Upright Support (5) to the Front Stabilizer (39) using 2 x M10 x 55mm Carriage Bolts (29), 2 x \varnothing 10mm Washers (31) and 2 x M10 Aircraft Nuts (30).
- b. Connect the Front Upright Support (5) with the Seat Pad Support (4) using 1 x M8x20 Lock Knob (37), 1 x M10x60mm Hex Bolt (25), 1 x \varnothing 10mm Washer (31) and 1 x M10 Aircraft Nut (30).
- c. Connect the Cross Beam (3) with the Seat Pad Support (4) using 1 x M8x55 Lock Knob (36), 1 x M10x60 Hex Bolt (25), 1 x \varnothing 10mm Washer (31) and 1 x M10 Aircraft Nut (30).



Assembly Instructions

Step 3

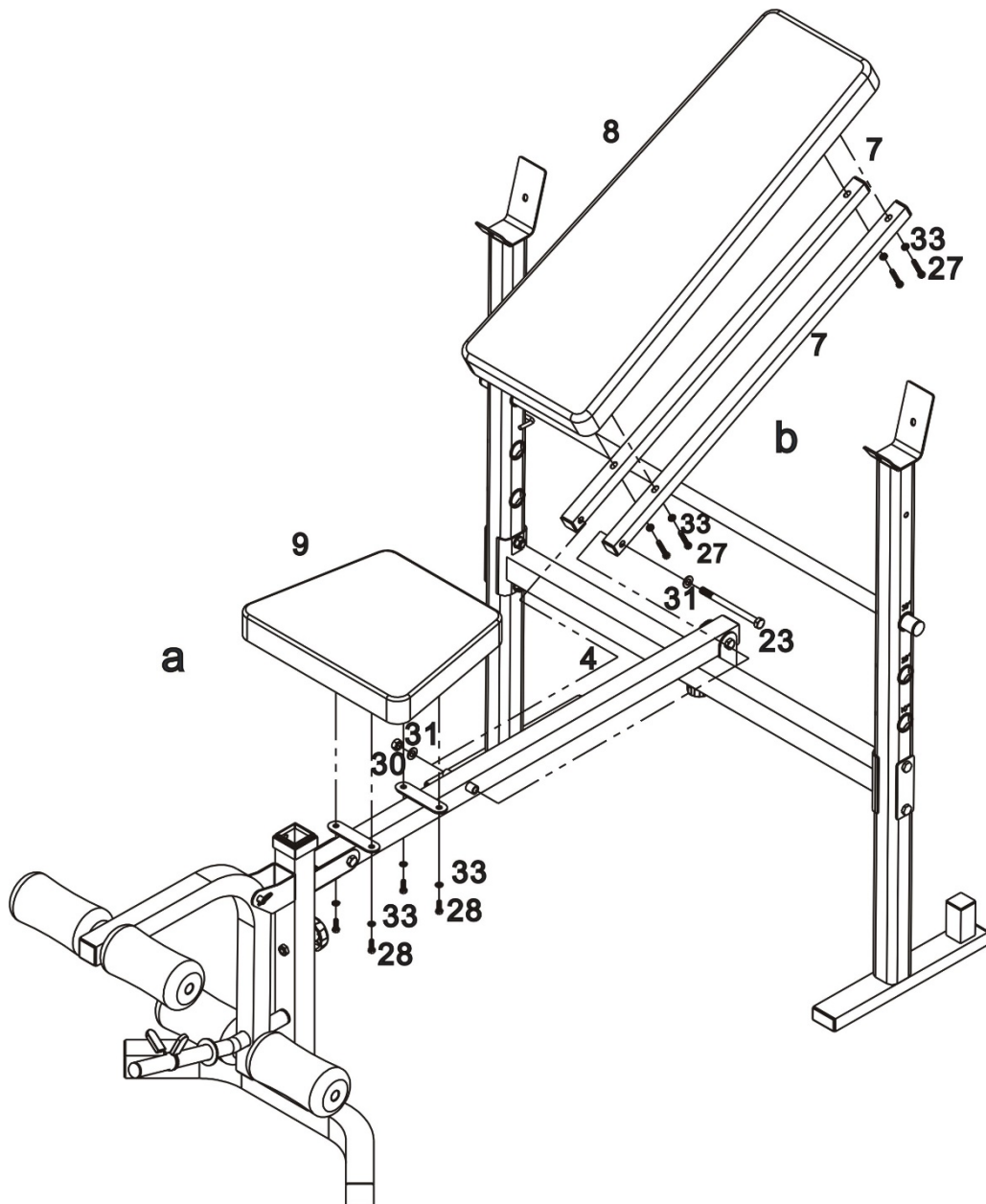
- a. Attach the Arm Curl Pad (10) to the Arm Curl Pad Support (16) using 2 x M8 x 18mm Hex Bolts (26) and 2 x \varnothing 8mm Washers (32).
- b. Insert the Arm Curl Pad Support (16) into the Front Upright Support (5) and secure with 1 x M10x50 Lock Knob (35).
- c. Attach 4 x Foam Rolls (18) to 2 x Foam Roll Tubes (12), and attach the Spring Collar (19) to the weight support on the Leg Developer (6); then attach the Leg Developer (6) to the Front Upright Support (5) using M10x75 Lock Pin (21).



Assembly Instructions

Step 4

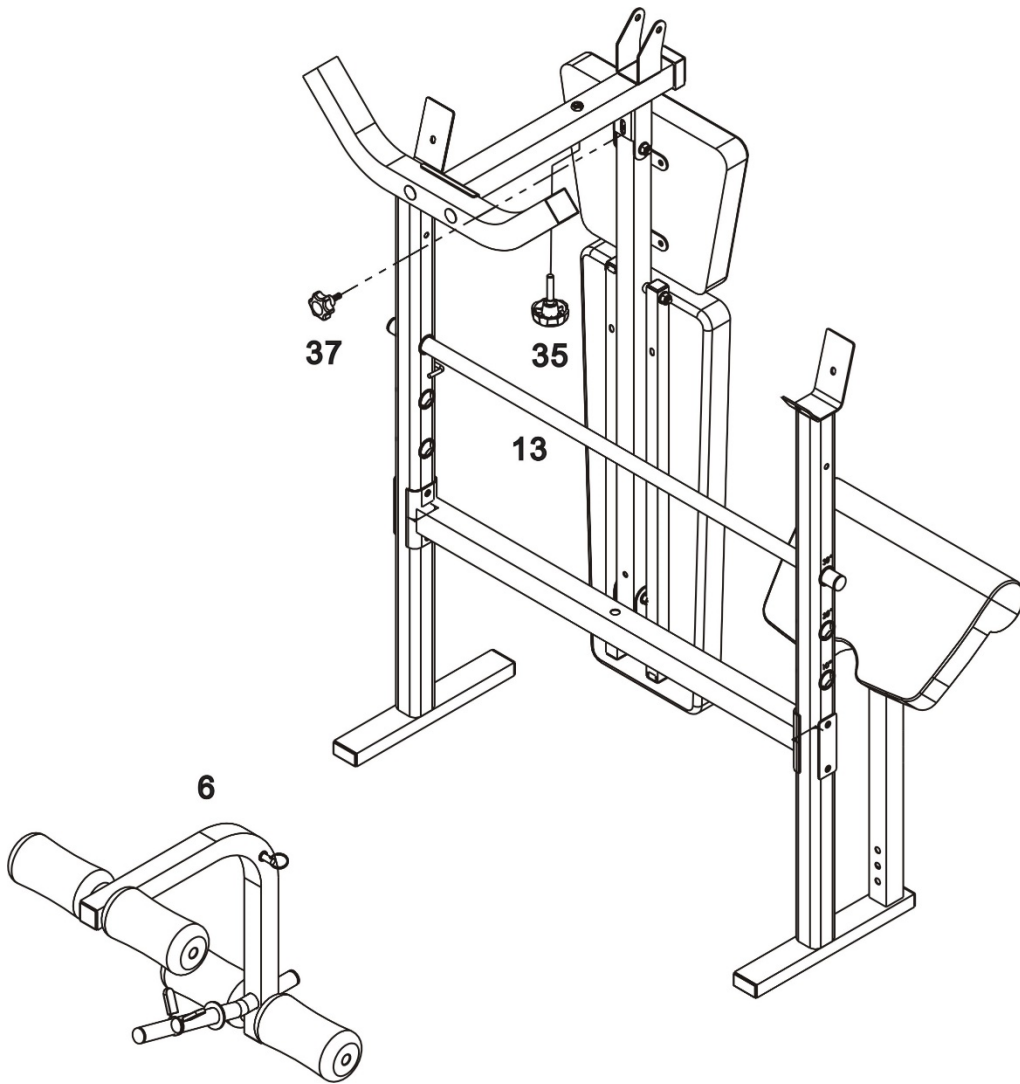
- a. Attach the Seat Pad (9) to the Seat Pad Support (4) using 4 x M6×18mm Hex Bolts (28) and 4 x Ø6mm Washers (33).
- b. Connect the Backrest Support (7) with the Seat Pad Support (4) using 1 x M10×130mm Hex Bolt (23), 2 x Ø10mm Washers (31) and 1 x M10 Aircraft (30).
- c. Attach the Backrest Pad (8) to 2 x Backrest Support (7) using 4 x M6×38mm Hex Bolts (27) and 4 x Ø6mm Washers (33).



Folding Information

Step 1

Remove the $\varnothing 10 \times 75$ Lock Pin (21), Leg Developer (6) and M10 \times 50 Lock Knob (35), move the Arm Curl Pad Support (16) to the spare tube of the Left Upright Support (1), remove the M8 \times 20 Lock Knob (37) and Incline Adjustable Rod (13), then fold the bench, and finally insert the Incline Adjustable Rod (13) back into the L & R Upright supports.

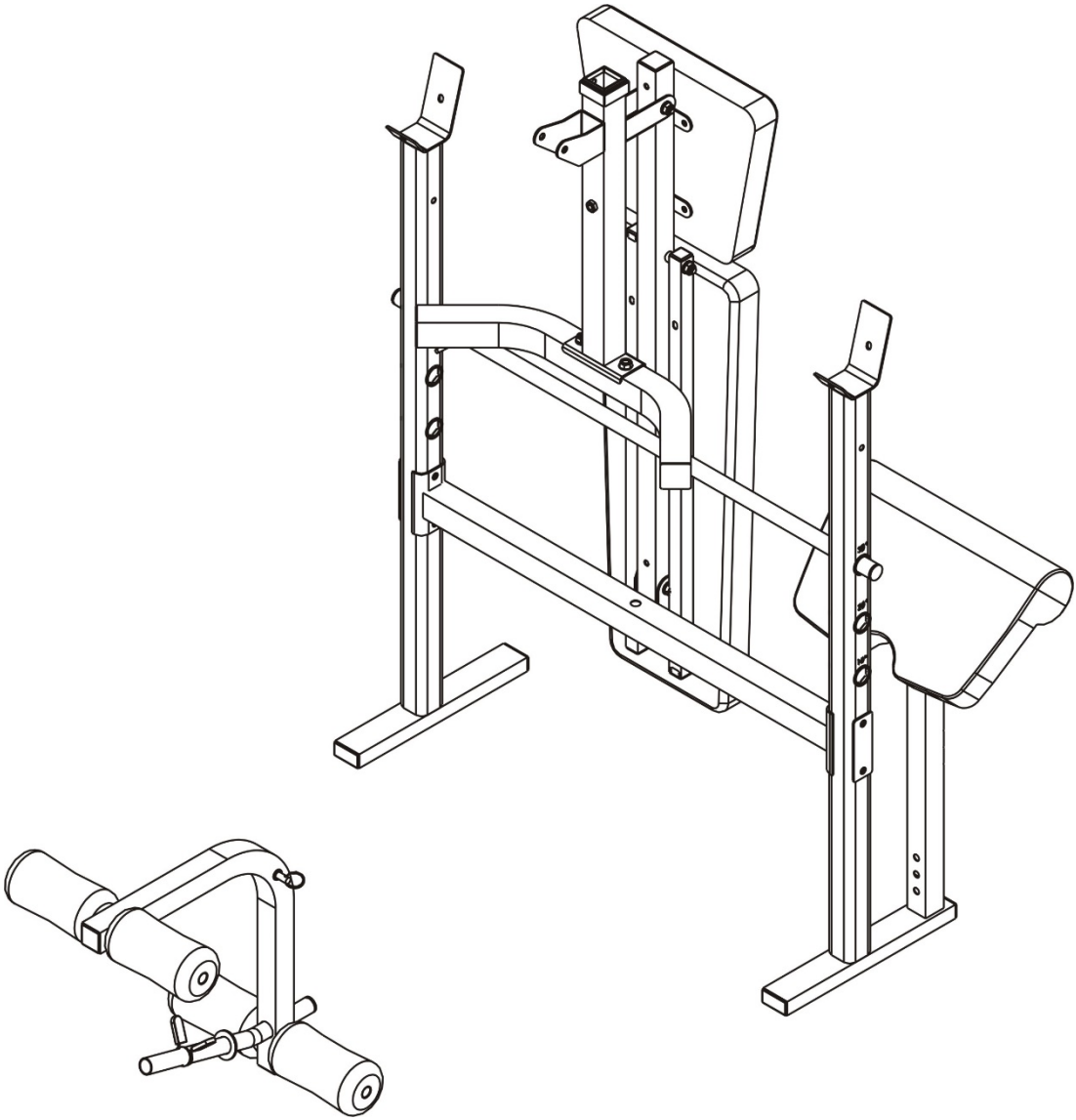


Folding Information

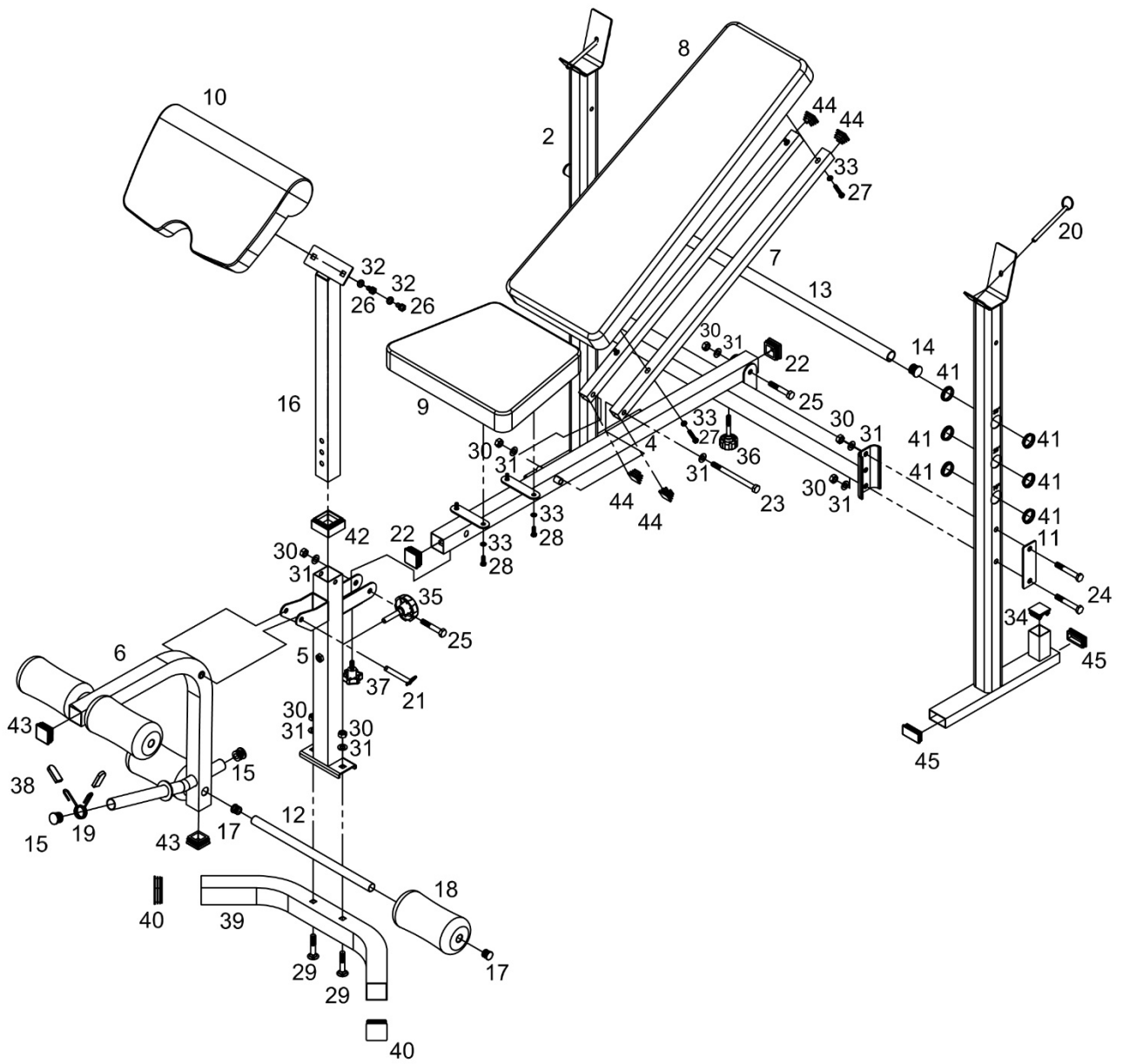
Step 2

In the fold position

Note:Weight plate for leg extension -1" bore size, max diameter 42cm, max13.5cm thickness, max training weight load 35kg.



Exploded Parts Diagram



Parts List

Part	Description	Qty.	Part	Description	Qty.
1	Left Upright Support	1	24	M10×70mm Hex Bolt	4
2	Right Upright Support	1	25	M10×60mm Hex Bolt	2
3	Cross Beam	1	26	M8×18mm Hex Bolt	2
4	Seat Pad Support	1	27	M6×38mm Hex Bolt	4
5	Front Upright Support	1	28	M6×18mm Hex Bolt	4
6	Leg Developer	1	29	M10 x 55mm Carriage Bolt	2
7	Backrest Support	2	30	M10 Aircraft Nut	9
8	Backrest Pad	1	31	Ø10mm Washer	10
9	Seat Pad	1	32	Ø8mm Washer	2
10	Arm Curl Pad	1	33	Ø6mm Washer	8
11	Bracket	2	34	33.4×1.2 End Cap	1
12	Foam Roll Tube	2	35	M10×50 Lock Knob	1
13	Incline Adjustable Rod	1	36	M8×55 Lock Knob	1
14	End Cap Ø25×2	4	37	M8×20 Lock Knob	1
15	End Cap Ø25×1.5	6	38	Cap	14
16	Arm Curl Pad Support	1	39	Front Stabilizer	1
17	End Cap Ø19×1.0	4	40	End Cap 45×1.5	2
18	Foam Roll	4	41	Bush	12
19	Spring Collar	1	42	Sleeve □ 45×□ 38	1
20	Lock Pin Ø8×110	2	43	End Cap 38×1.5	2
21	Lock Pin Ø10×80	1	44	End Cap 25×1.3	4
22	End Cap 38×1.2	2	45	End Cap 25×50×1.5	4
23	M10×130mm Hex Bolt	1		4mm Allen Key	1

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.

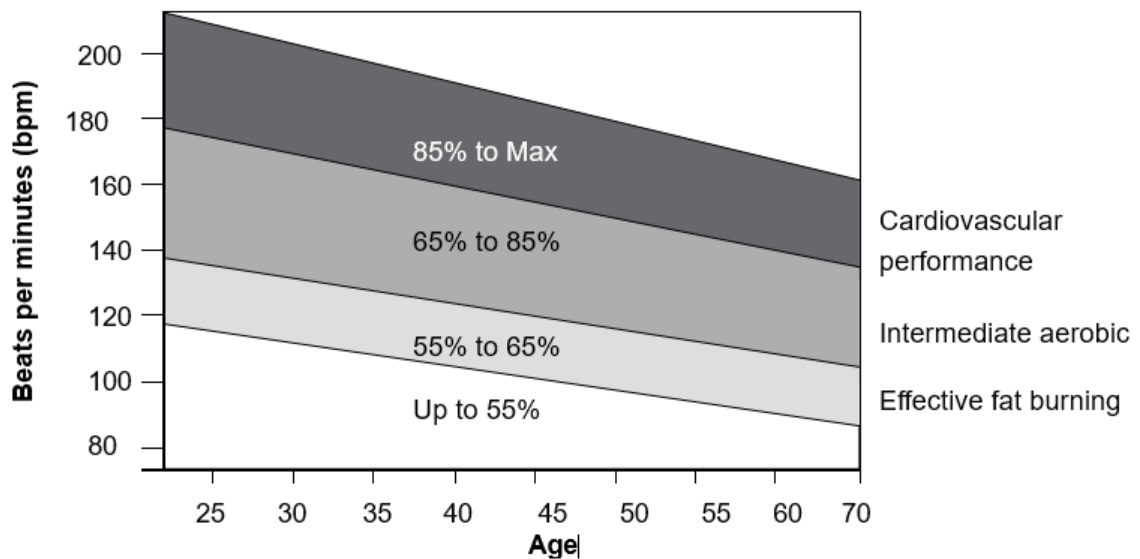
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Do not be discouraged if it takes longer. It is important to work at your own pace.

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.

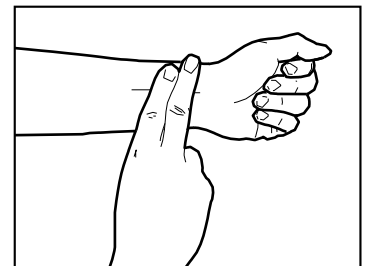
Exercise intensity

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

Aerobic Exercise

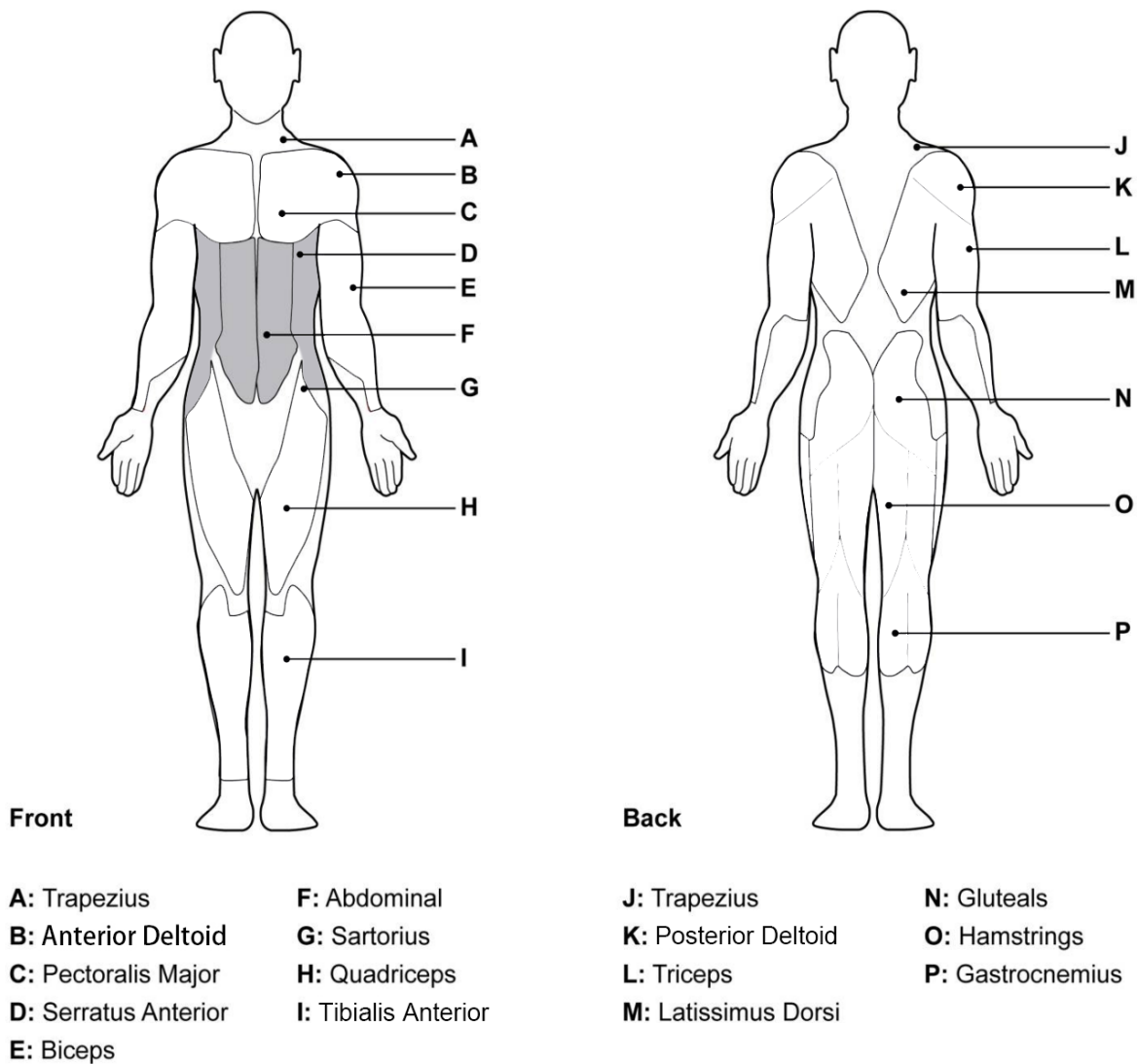
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

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

Each workout should include the following three parts:

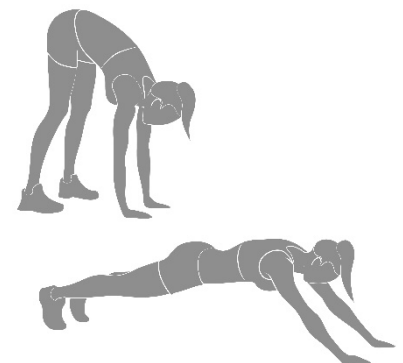
1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. A training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.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

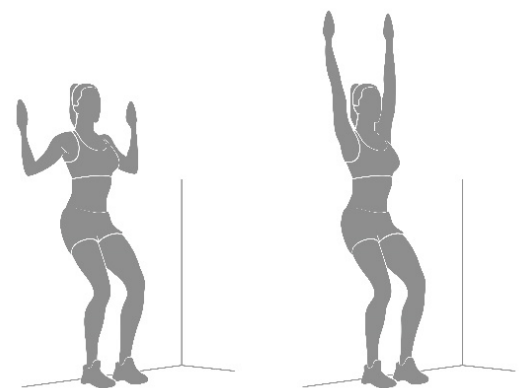
Walkout T-Rotation

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.



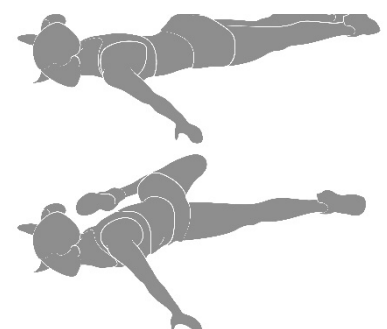
Wall Slides

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

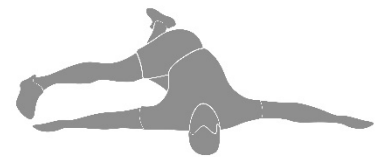
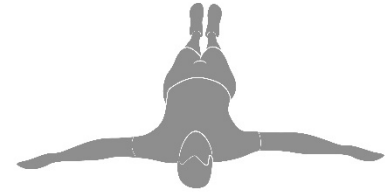
Laying face down on the floor, take arms out to sides with palms down (creating T shape with body if looking from birdseye view). Bring opposite heel of foot up towards opposite extended hand rotating through torso and lifting chest. Ensure arm/shoulder of extended arm you are aiming for heel to touch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

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.



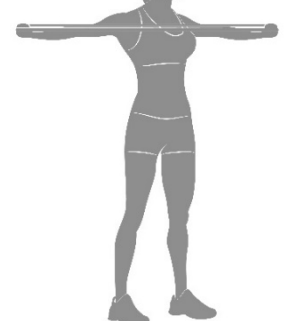
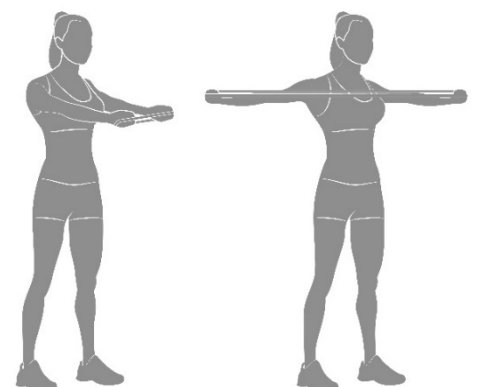
Quadruped T-Spine Rotation

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

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.

Product Guarantee

The frame of this product is guaranteed against manufacturing defects for a period of 1 year from the date of purchase.

Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible 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 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.