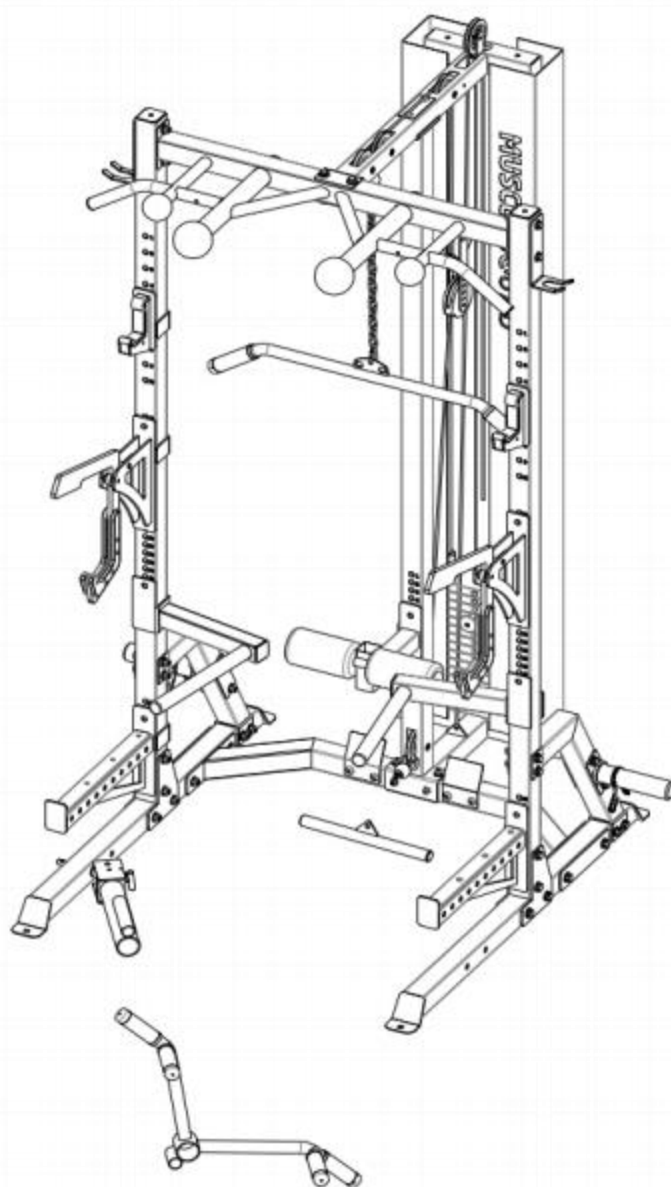




# MuscleSquad Phase 2 Quarter Rack Pin Loaded

## Assembly & User Manual

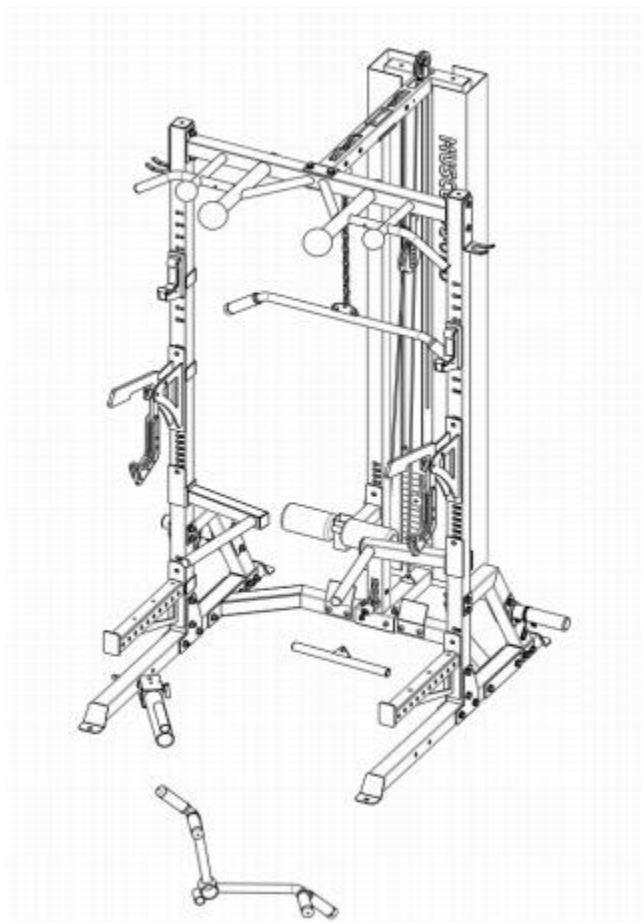


**Important – Please read these instructions fully before assembly and use.**

**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 precautions:

## 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 the 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 be maintained 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.
- This product is suitable for a maximum user weight of:

**136kgs.**

- Maximum capacity on bar: **100kgs** (Including bar and weights)

- Your product is intended for use in clean dry conditions. You should avoid storing it 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 1.2.4 class (H) - Home Use - Class (C).

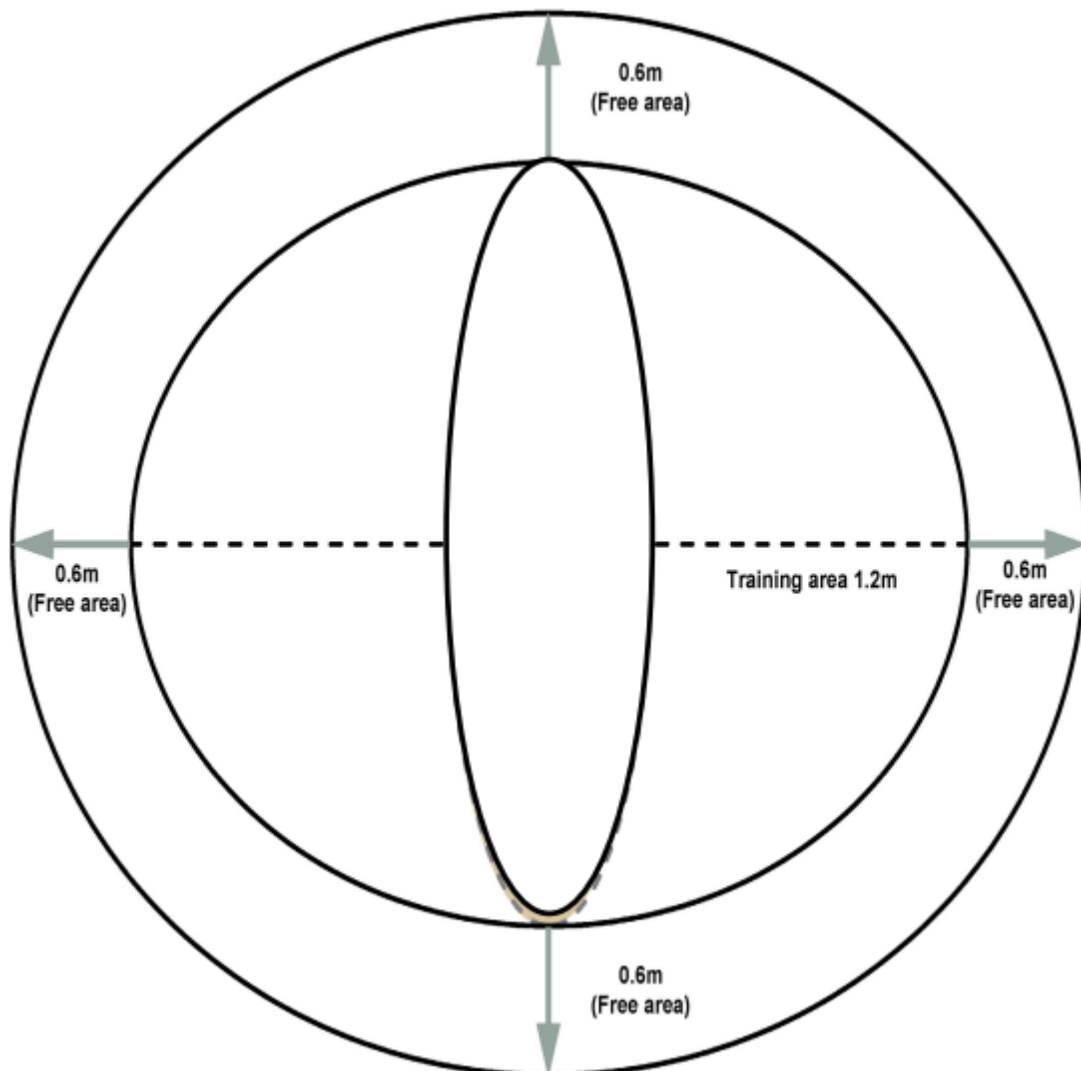
**This product is not suitable for therapeutic purposes.**

- This exercise product has been designed and manufactured to comply with the latest (BS EN ISO 20957) British and European Safety Standard.

# Safety Information

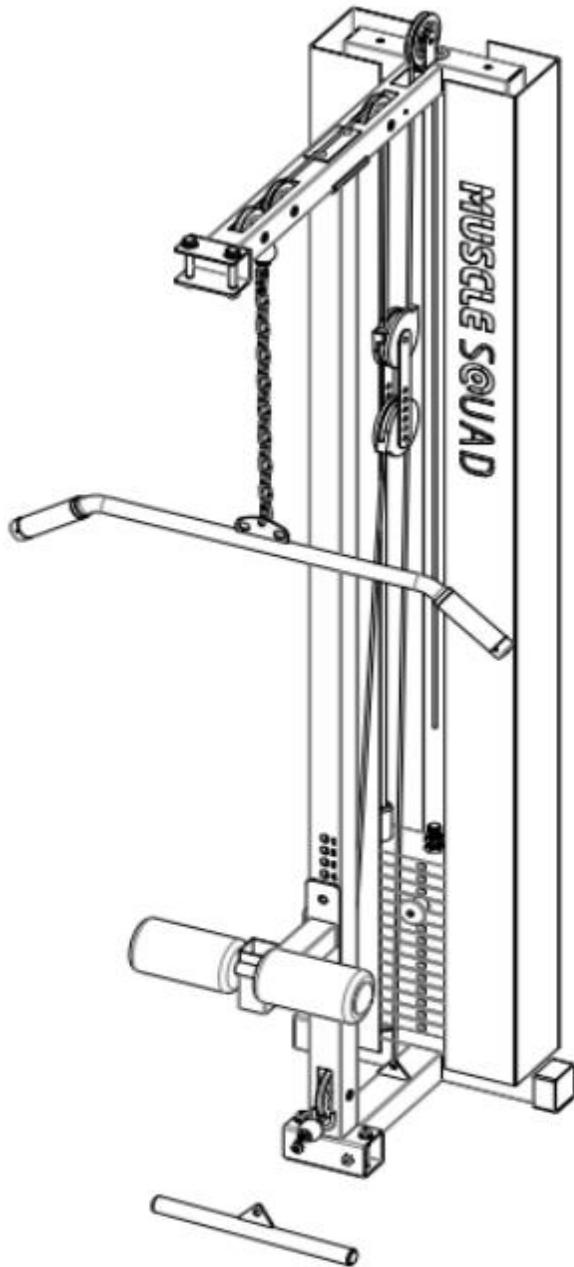
Free area should be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. Keep unsupervised children away from the equipment.

**Only one person should be within the training area when the equipment is in use.**



# Opening the Carton

Pulley



# Hardware Pack



#1\*1



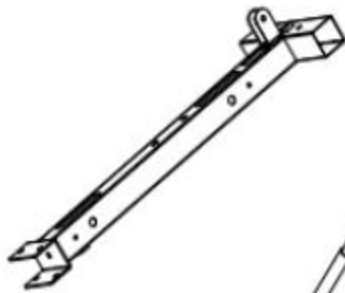
#2\*2



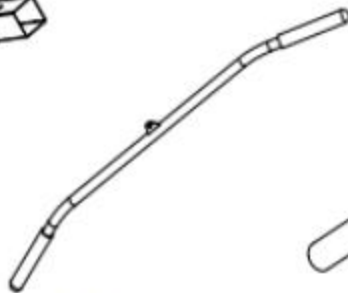
#3\*1



#4\*1



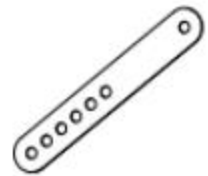
#5\*1



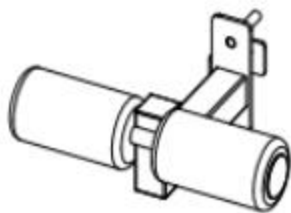
#6\*1



#7\*1



#8\*2



#9\*1



#10\*2



#11\*1



#12\*2



#13\*1



#16\*2

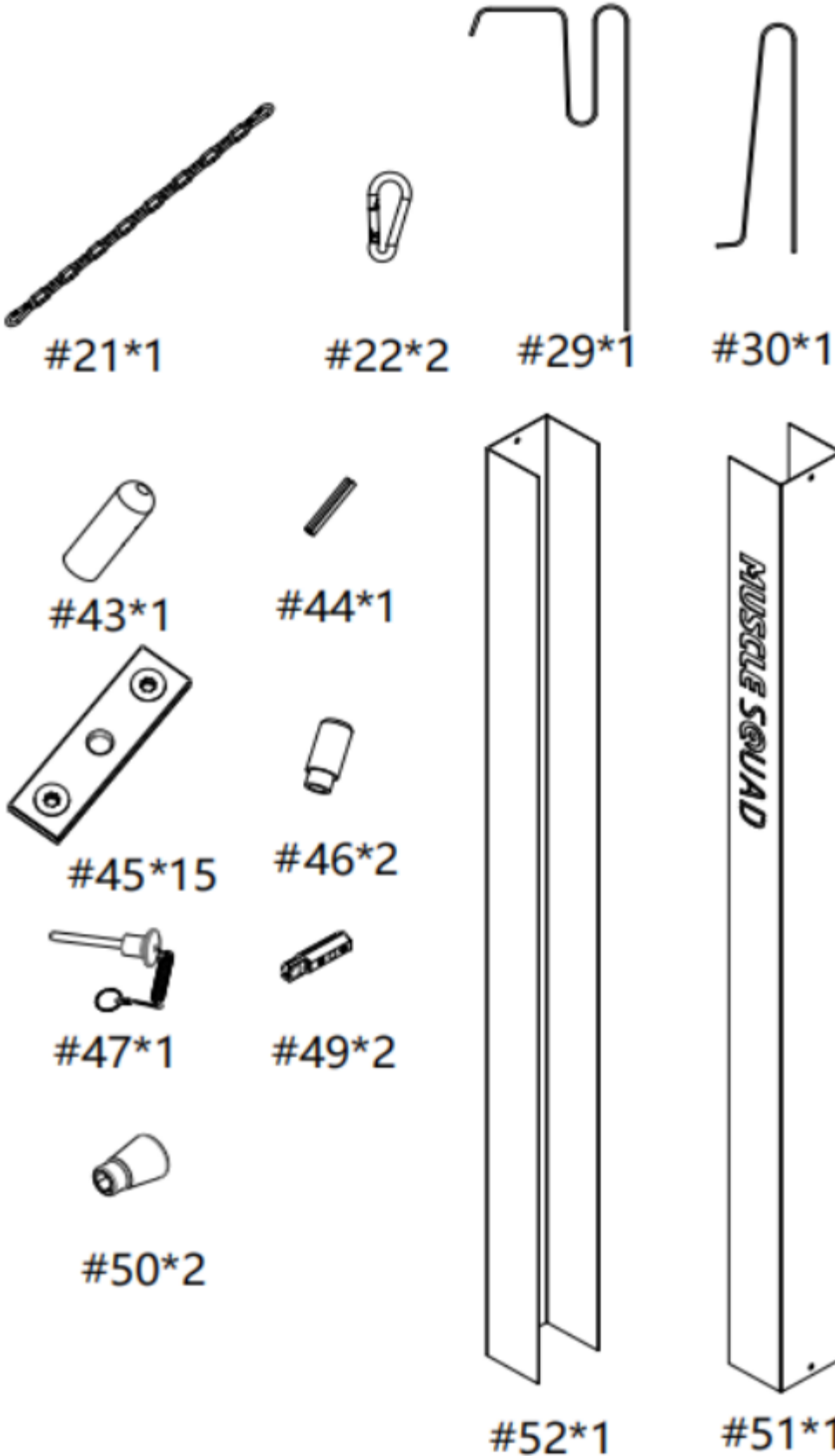


#19\*7



#20\*4


# Hardware Pack










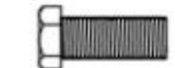
# Hardware Pack


- 31



M10X80mm carriage Bolt (Qty 8)
- 32


M10X75MM HexBolt (Qty4)
- 33



M12X90MM HexBolt (Qty2)
- 34



M10X45MM HexBolt (Qty3)
- 35


M10X25MM HexBolt (Qty4)
- 36



M8X15MM StudBolt (Qty3)
- 37



M10 Aircraft Nut (Qty17)


38


φ 10mm Washer (Qty20)
- 38


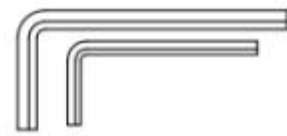
M12 Aircraft Nut (Qty2)

40


φ 12mm Washer (Qty4)
- 49


M10X75mm carriage Bolt (Qty 2)
- 41


Bushing φ 15.9 × φ 10.2 × 17.2 (Qty8)

42


4# 6# AllenWrench (Tool) (Qty2)

# Hardware Pack

55  Dome Head Bolt M8\*20\*6

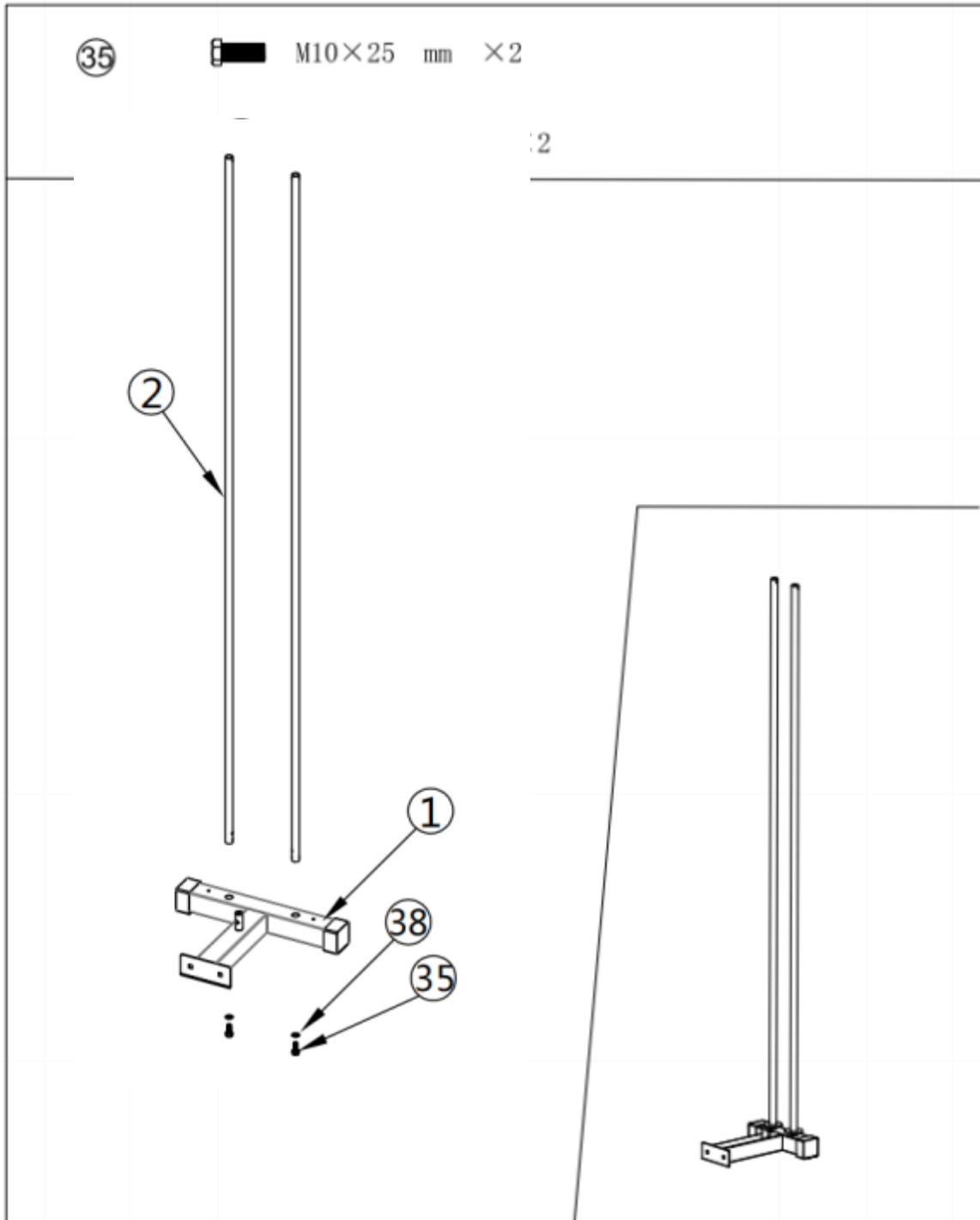
54  Washer  $\varphi 8 \times 6$

56  Socket Head Bolt M8\*20\*2

48  JackScrew M8\*10\*8

 2.5# Allen Wrench (Tool) (Qty 1)

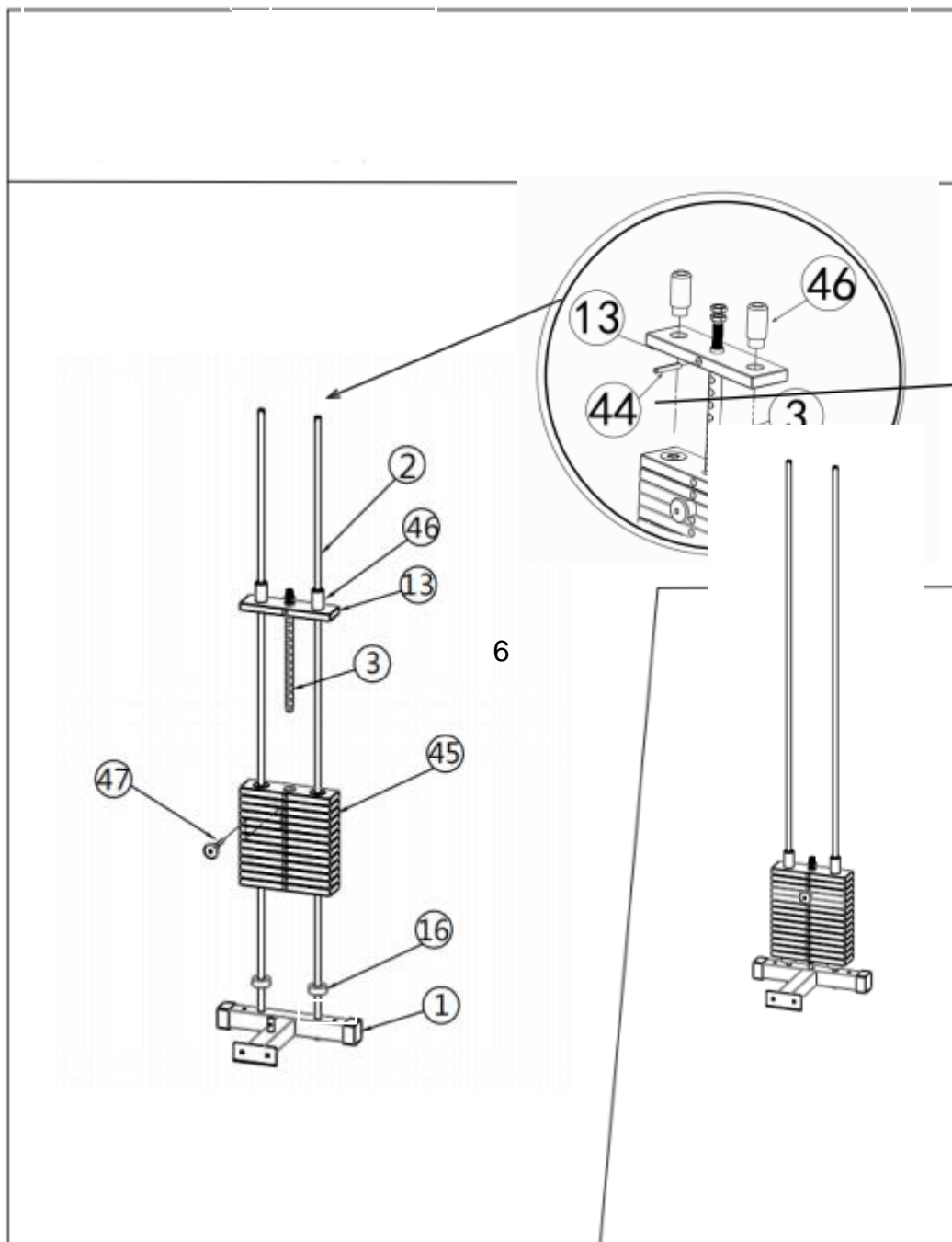
# Assembly Instructions



## Step 1

7. Insert the two Guide Rods (#2) into the holes on the Rear Base Stabilizer (#1), secure with two M10x25mm Hex Bolts (#35) and two  $\phi$ 10mm Washers (#38).

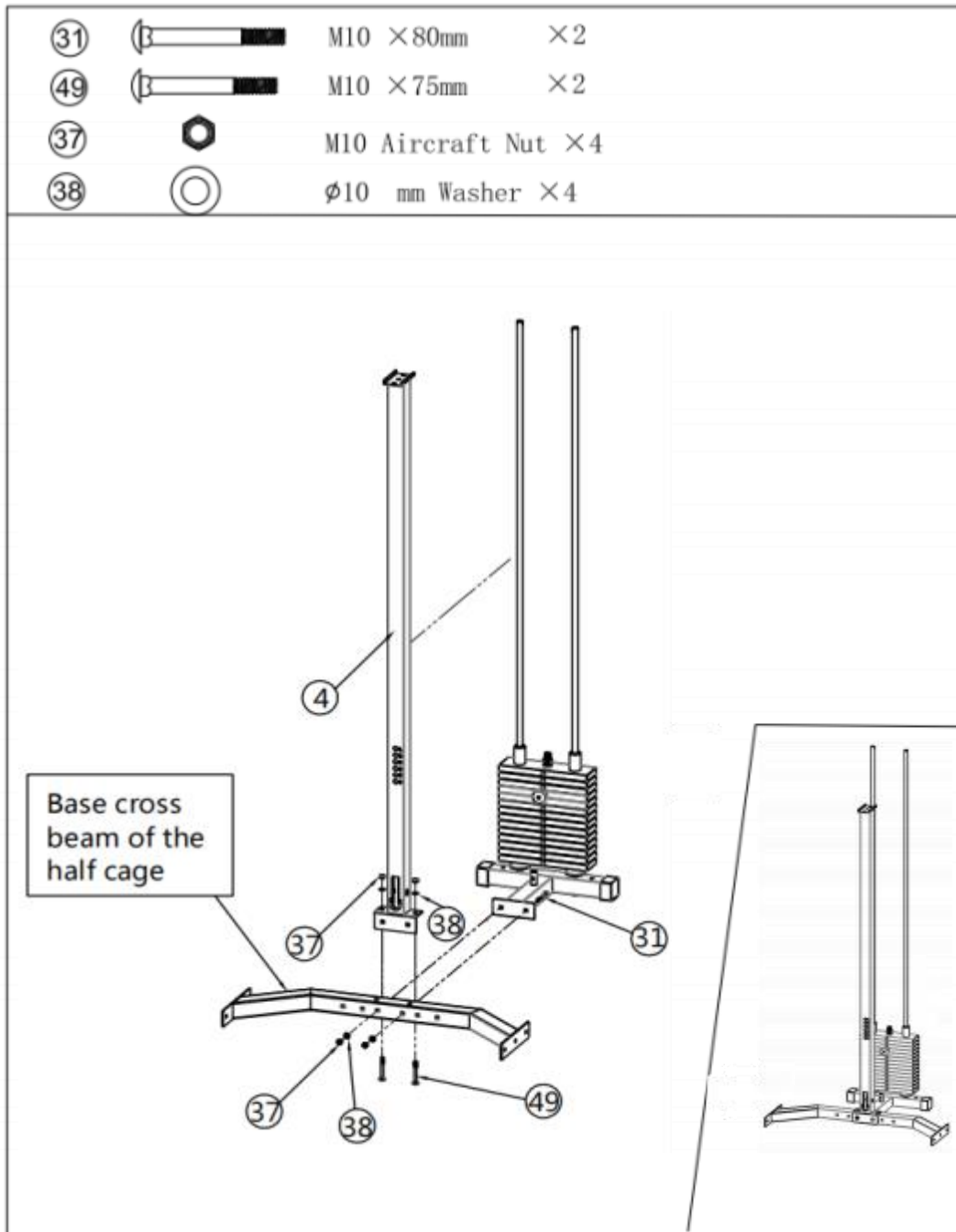
# Assembly Instructions



## Step 2

1. Slide two Rubber Bumpers (#16) from the top of the two Guide Rods (#2) to the bottom.
2. Slide the Stack Weight from the top of the two Guide Rods (#2) to the bottom.

# Assembly Instructions

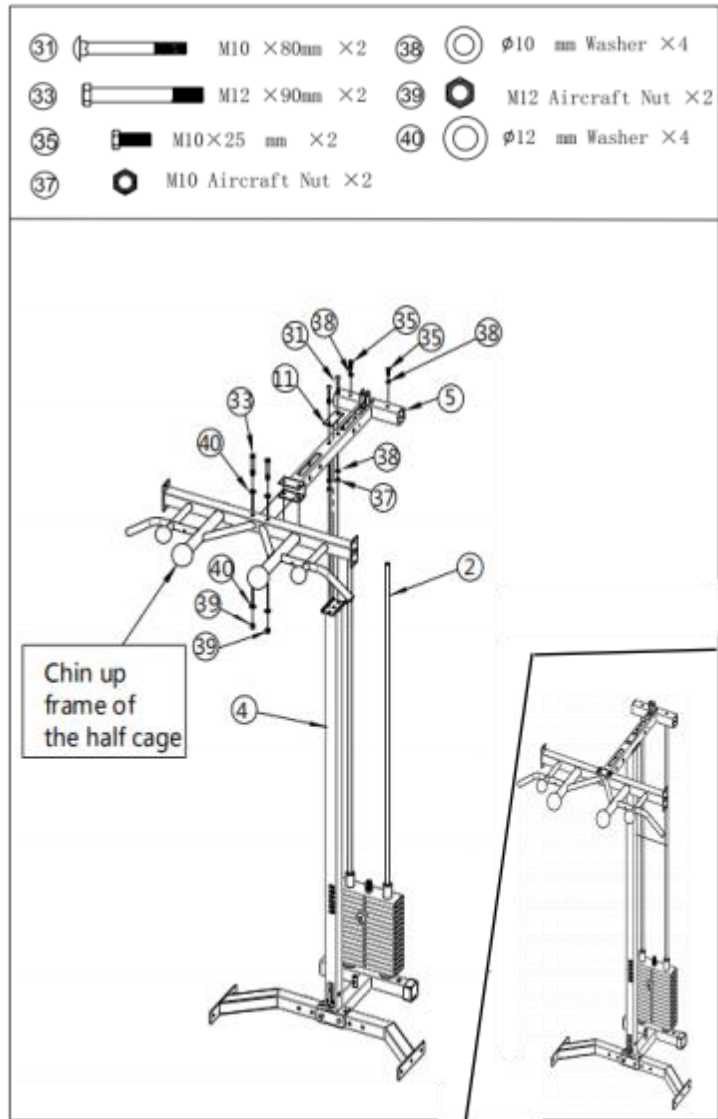




## Step 3

1. Attach Rear Base Stabilizer (#1) and Rear Vertical Support (#4) to the Base Cross Beam (#4) of the Quarter Rack, align the holes and secure with two M10x80mm Carriage Bolts (#31), two  $\phi$ 10mm Washers (#38) and two M10 Aircraft Nuts (#37) in the horizontal direction.
2. Align the holes in the vertical direction, and secure with two M10x75mm Carriage

# Assembly Instructions



# Step 4

1. Attach the Upper Beam (#5) to the two Guide Rods (#2) and Rear Vertical Support (#4).





**2. PLEASE NOTE YOU NEED TO ATTACH THE U-SHAPED BRACKET ON THE FRONT SIDE OF THE UPPER BEAM (#5) TO THE CENTRE OF THE CHIN-UP FRAME (#13) OF THE QUARTER RACK.**

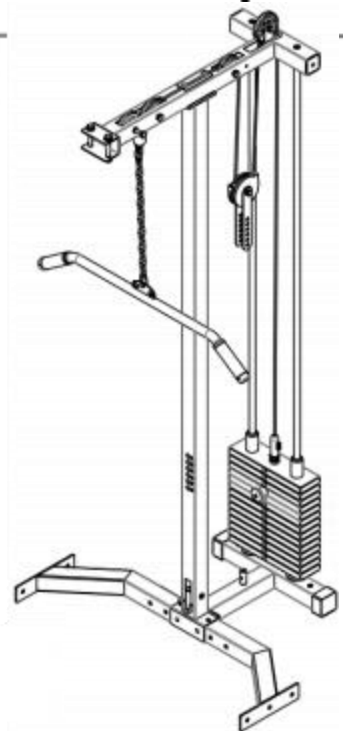
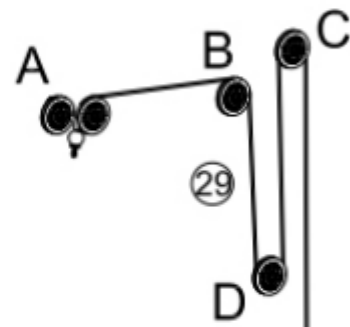
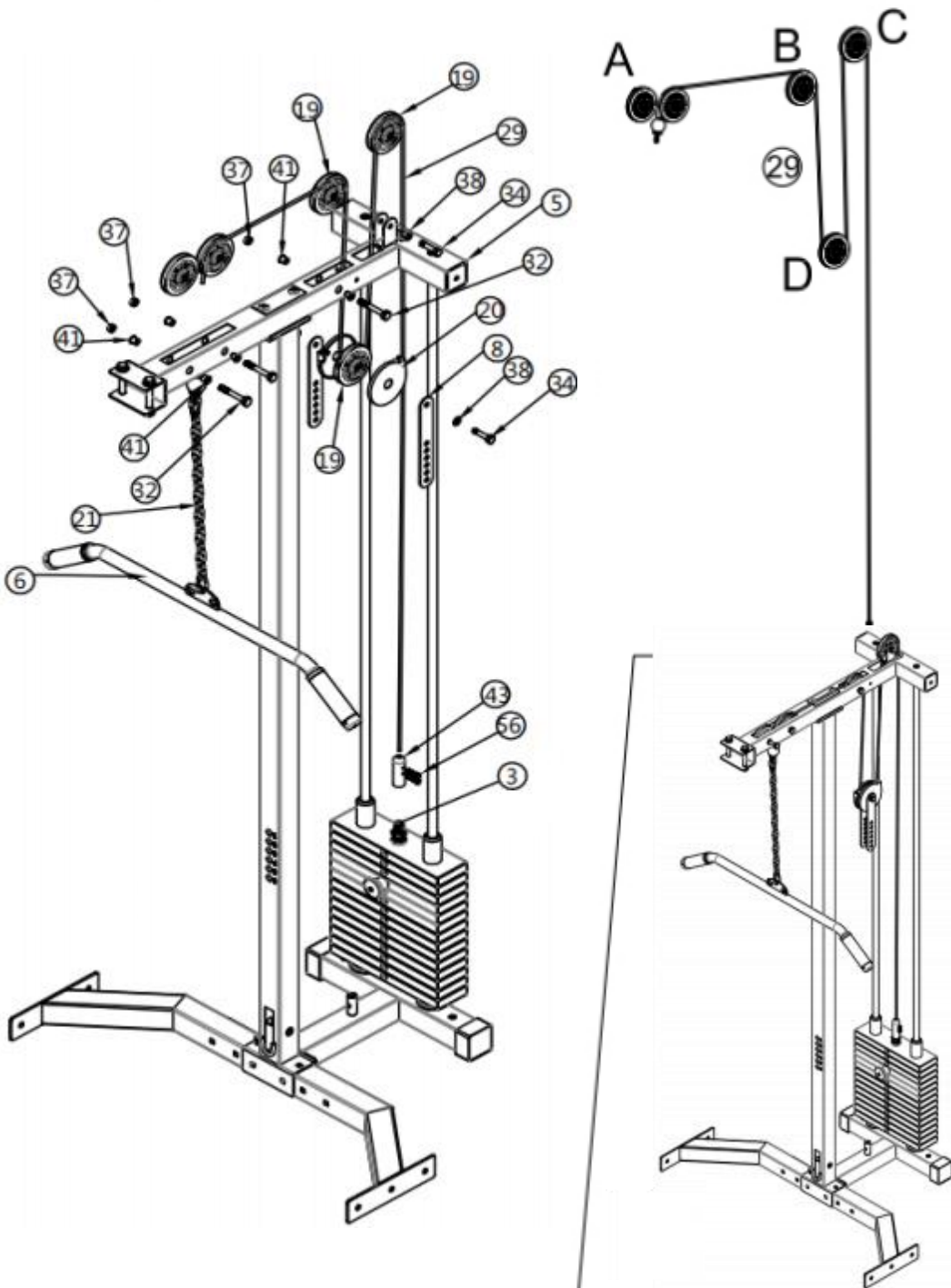
3. Secure the Upper Frame (#5) and two Guide Rods (#2) with two M10x25mm Hex Bolts (#35) and two  $\phi$ 10mm Washers (#38).

4. Secure the Upper Frame (#5) and Rear Vertical Beam (#4) with two M10x80mm Carriage Bolts (#31) one U-shaped Bracket (#11), two  $\phi$ 10mm Washers (#38) and two M10 Aircraft Nuts (#39).

5. Secure the Upper Frame (#5) and Chin-up Frame (#13 of Quarter Rack) with two M12x90mm Hex Bolts (#33) and four  $\phi$ 10mm Washers (#38) and two M10 Aircraft Nuts (#39).

# Assembly Instructions

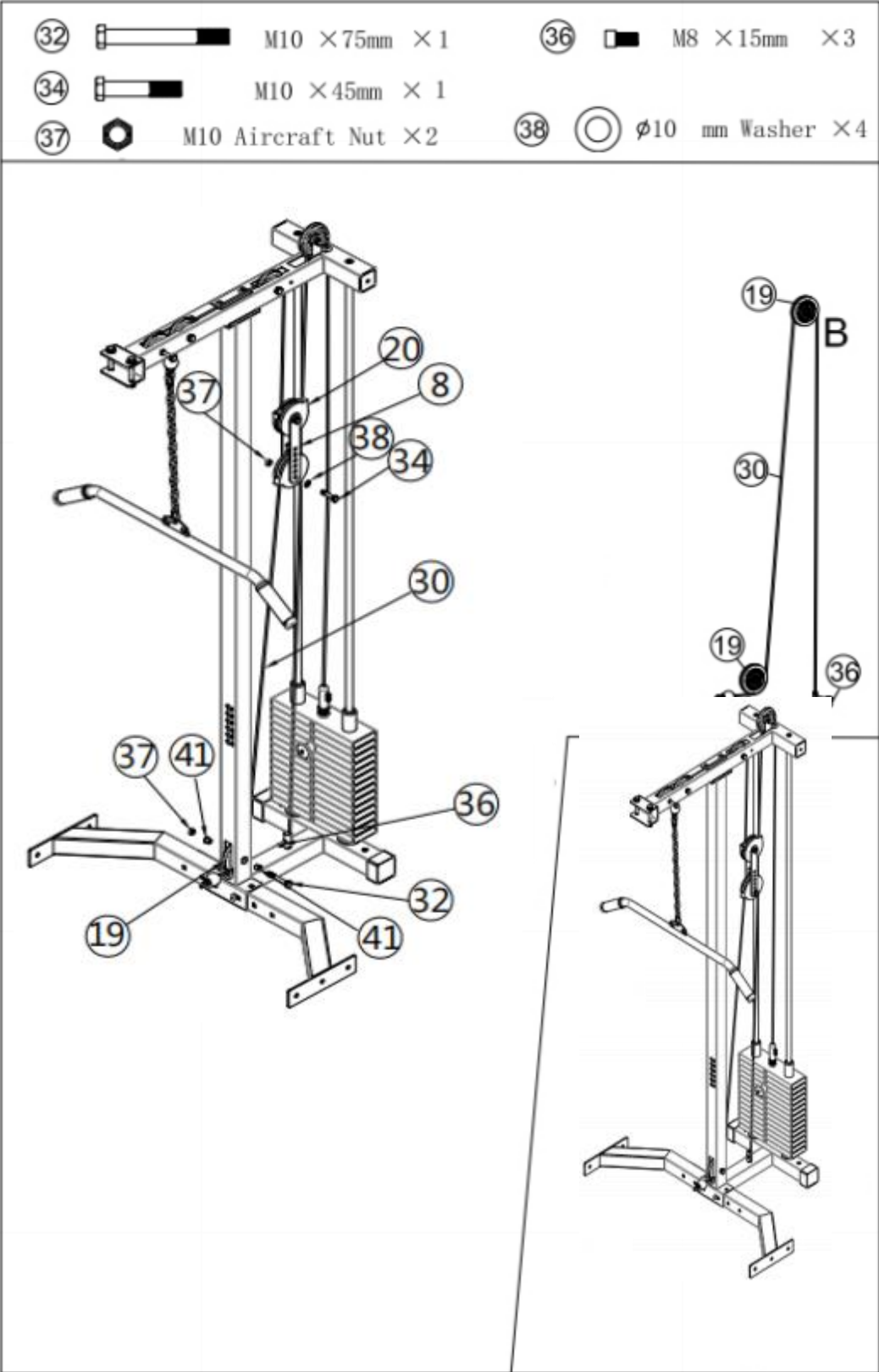
- |    |   |                |    |  |                      |
|----|---|----------------|----|--|----------------------|
| ③② |  | M10 × 75mm × 3 | ③⑦ |   | M10 Aircraft Nut × 4 |
| ③④ |  | M10 × 45mm × 2 | ③⑧ |  | ∅10 mm Washer × 5    |



## Step 5

1. See above diagram and Cable Loop Diagram on Page 28, loop the bolt end of the Upper Cable (#29) through the gap on the front of the Upper Beam (#5), keep the ball end of the Upper Cable underneath the gap.
2. Attach two  $\phi 97$ mm Pulley (#19) to the gap and make sure the Upper Cable (#29) is on the top Groove of the Pulley (#19), align the hole and secure the pulley to the gap of the Upper Beam (#5) with two M10x75mm Hex Bolt (#32), four  $\phi 15.9 \times \phi 10.2 \times 17.2$ mm Pulley Bushings (#41) and two M10 Aircraft Nut (#37).
3. Keep one  $\phi 97$ mm Pulley (#19) underneath the Upper Cable (#29) then loop the bolt end of the Cable through the center gap of the Upper Beam (#5) in a downward direction. Attach the pulley to the center gap of Upper Beam (#5), align the hole and secure with one M10x75mm Hex Bolt (#32), two  $\phi 15.9 \times \phi 10.2 \times 17.2$ mm Pulley Bushings (#41) and one M10 Aircraft Nut (#37).
4. Attach one  $\phi 97$ mm Pulley (#19) on the Upper Cable (#29), attach the two Double Floating Pulley Brackets (#8) and two Pulley Covers (#20) to each side of the Pulley (#19), align the hole and secure with one M10x45mm Hex Bolt (#34), two  $\phi 10$ mm Washers (#38) and one M10 Aircraft Nut (#37).
5. Keep the Double Floating Pulley Brackets (#8) hanging, then loop the bolt end of the Upper Cable upward through the rear gap on the Upper Beam (#5). Attach one  $\phi 97$ mm Pulley (#19) underneath the Upper Cable then secure the Pulley (#3) to the bracket on the rear side of the Upper Beam (#5). Secure with one M10x45mm Hex Bolt, two  $\phi 10$ mm Washers (#38) and one M10 Aircraft Nut (#37).
6. Loop the bolt end of the Upper Cable (#29) downward through the hole on the rear side of the Upper Beam (#5), tighten the bolt end into the thread hole of the Weight Plate Holder (#3).
7. Attach the 15 Joint Chain (#21) and Lat Bar Assembly (#6) to the ball end of the Upper Cable

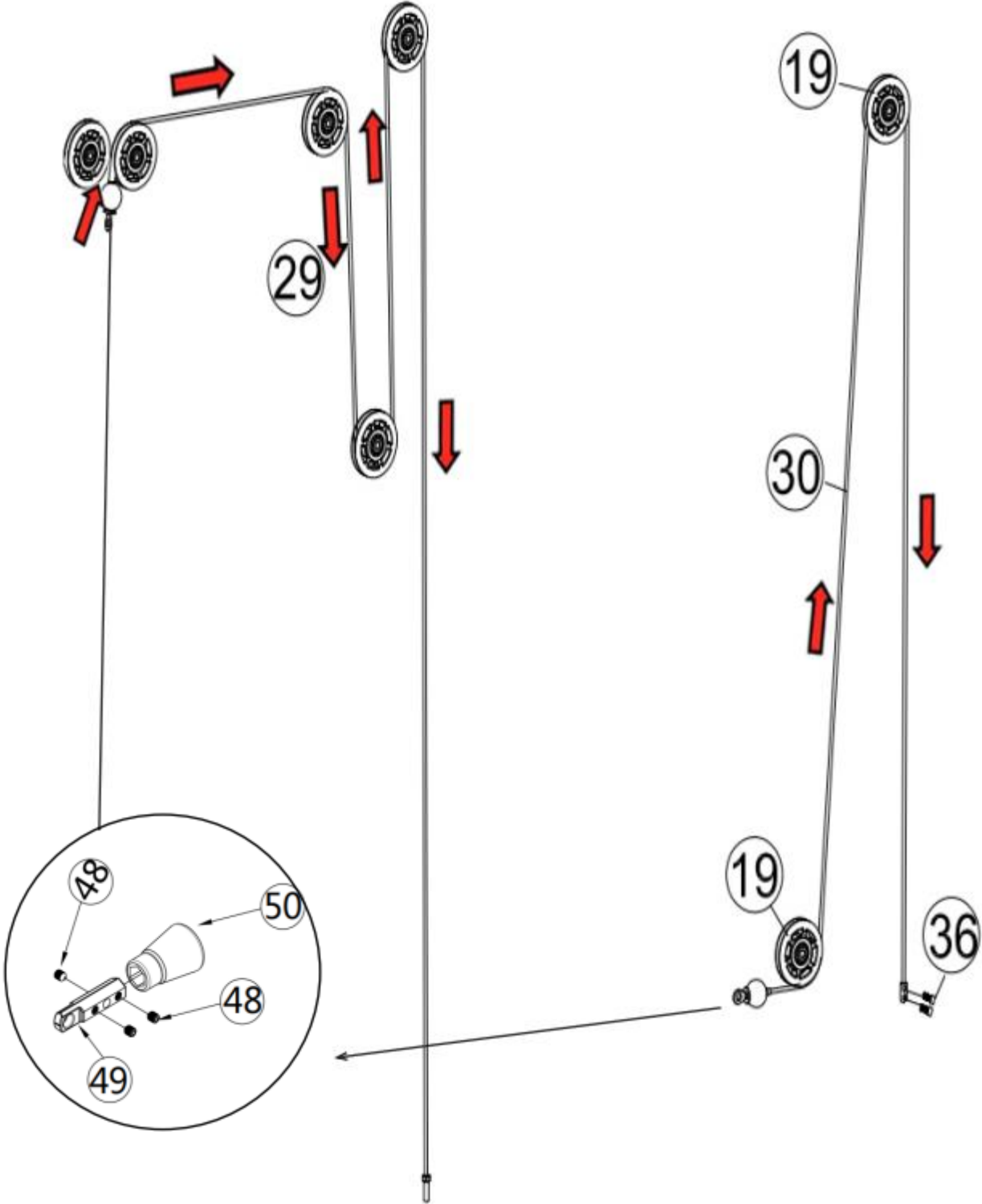
# Assembly Instructions



## Step 6

1. See above diagram and Cable Loop Diagram on Page 28. Loop the end of the Lower Cable (#30) through the gap on bottom of the Rear Vertical Support (#4), keep the ball end of the Lower Cable in the front of the gap.
2. Attach one  $\phi 97$ mm Pulley (#19) onto the Lower Cable (#30), then attach the  $\phi 97$ mm Pulley (#19) to the bracket on the rear & bottom of the Rear Vertical Support (#4). Align the hole and secure with one M10x75mm Hex Bolt (#32), two  $\phi 10$ mm Washers (#38) and one M10 Aircraft Nut (#37)
3. Loop the end of the Lower Cable (#30) upward, attach one  $\phi 97$ mm Pulley (#19) underneath the Lower Cable (#30) then attach the Pulley (#19) to the Double Floating Pulley Bracket (#8), secure with one M10x45mm Hex Bolt (#34), two Pulley Covers (#20), two  $\phi 10$ mm Washers (#38) and one M10 Aircraft Nut (#37).
4. Loop the Lower Cable (#30) downward then insert the end of the cable into the open tube which is welded onto the Rear Base Stabilizer (#1), fix by using three M8x15mm Stud Bolts (#36) which thread into the side holes of the open tube.
5. Attach the Short Bar (#7) to the ball end of the Lower Cable (#30) by Chain and Gourd Hook

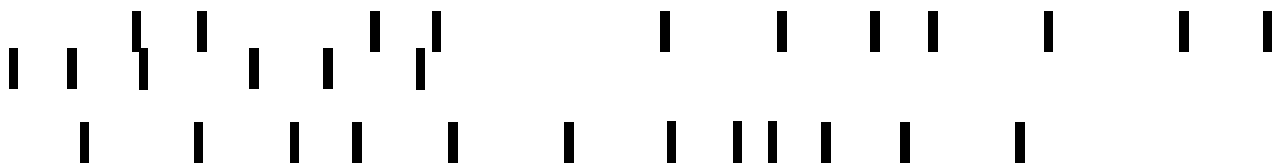
# Cable Loop Diagram

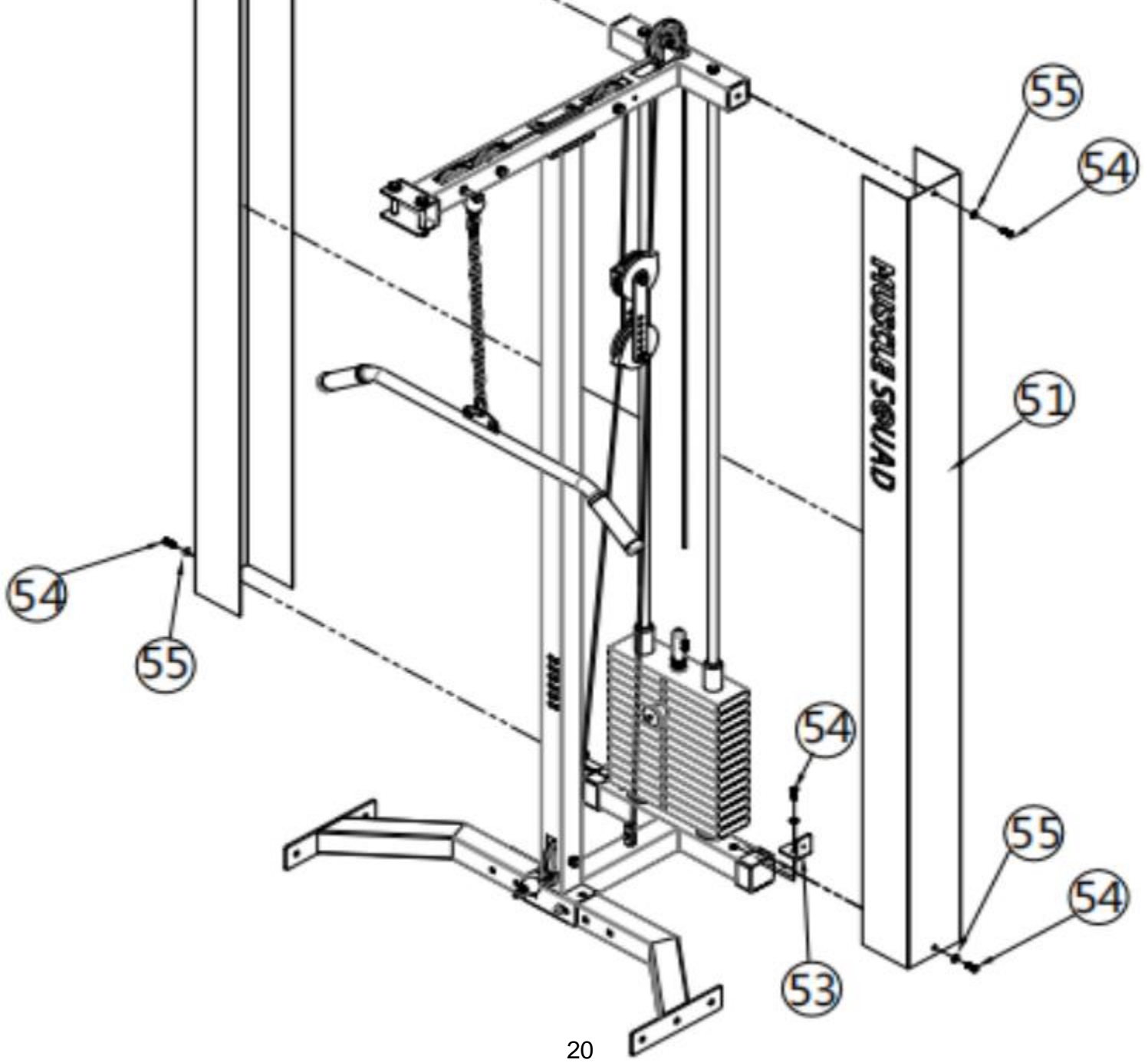




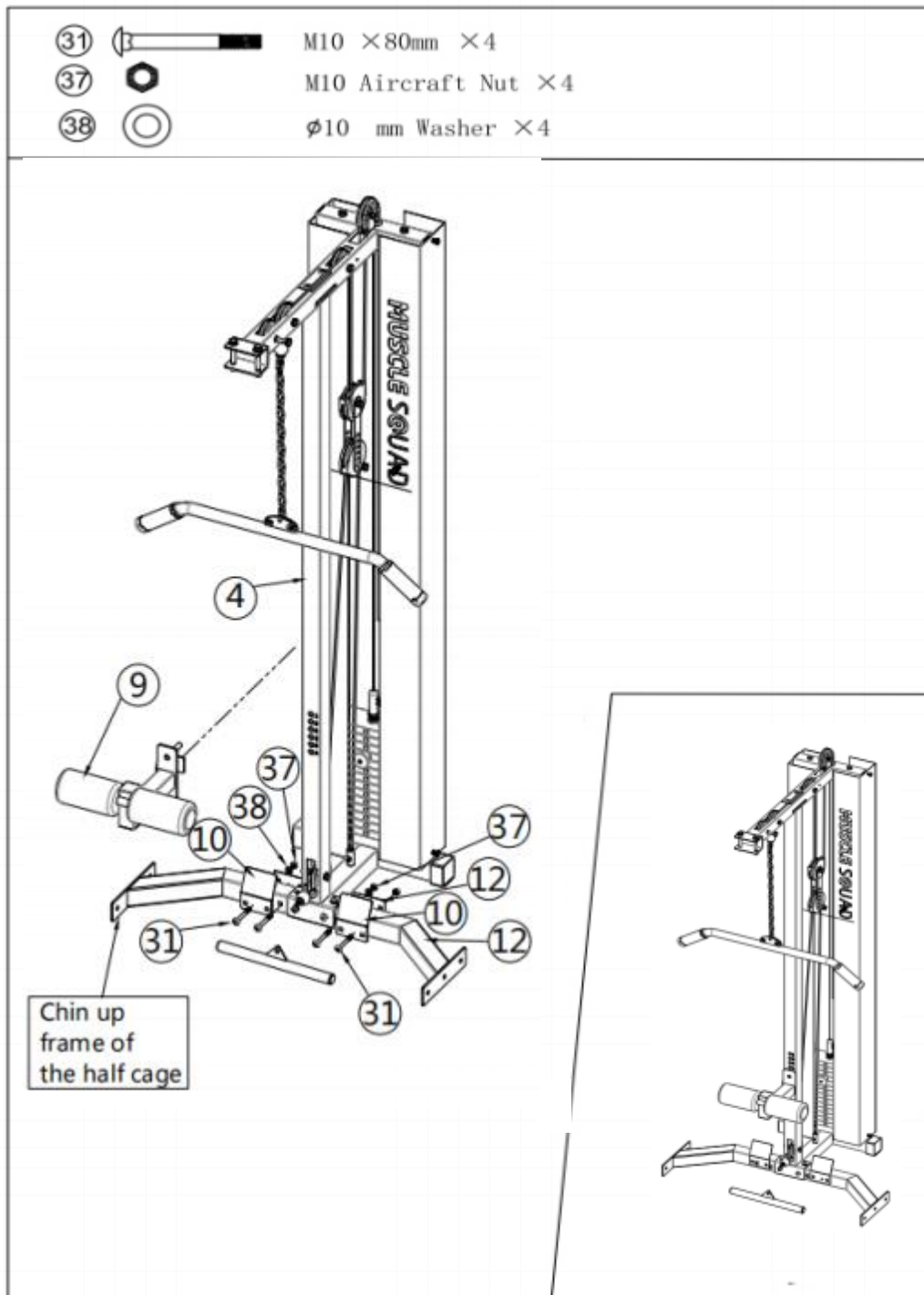
# Assembly Instructions

## Step 7





# Assembly Instructions

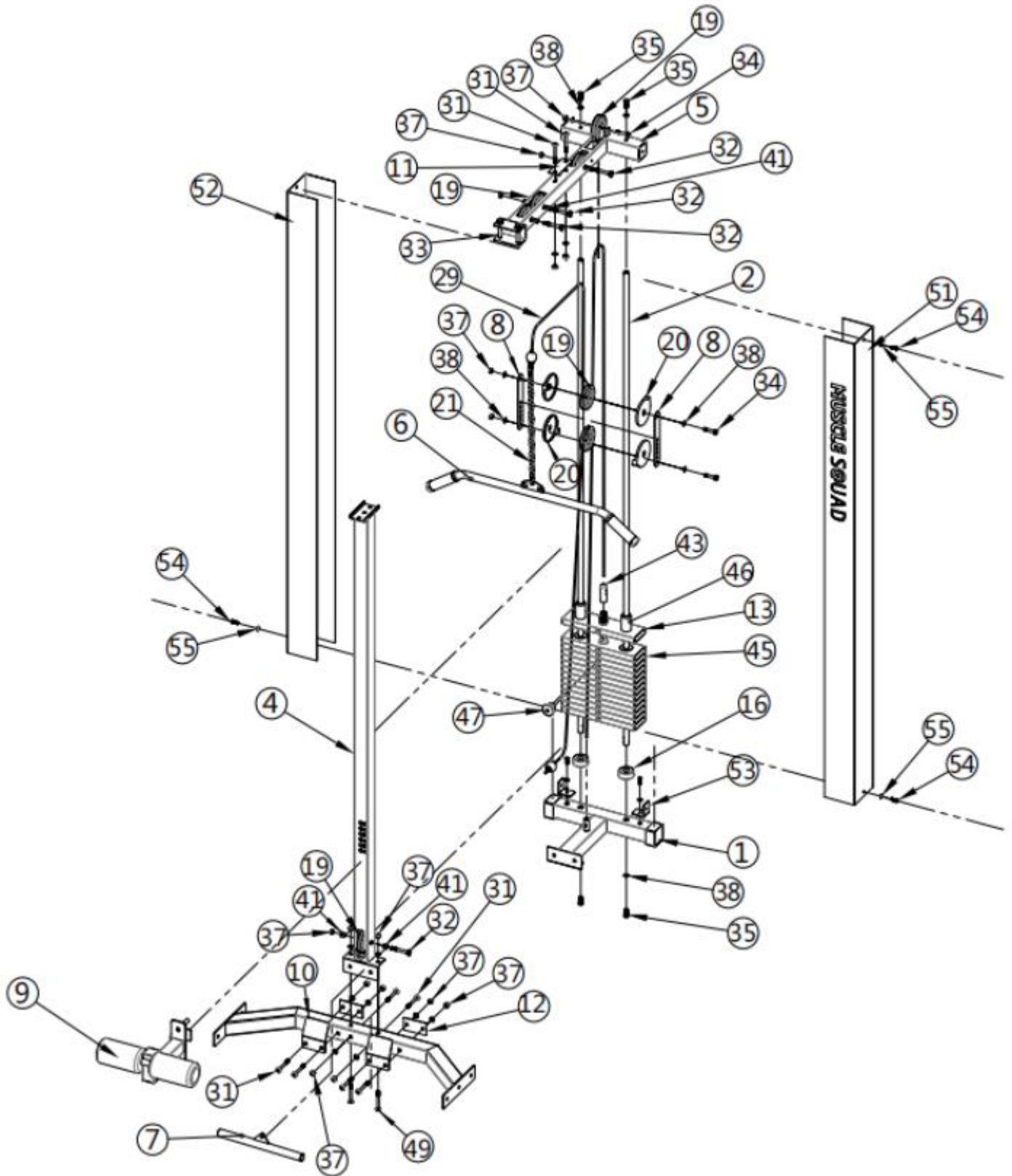


## Step 8

1. Attach two Foot Plates (#10) to the Base Cross Beam (#4 of Quarter Rack), secure with two M10x80mm Hex Bolts (#31), one 100x55x2.0mm Bracket (#12), two  $\phi$ 10mm Washers (#38) and two M10 Aircraft Nuts (#37).

2. Select desired height and attach the Leg Holder (#9) to the Rear Vertical Support (#4).

# Exploded Diagram



# Parts List

Key no.	Descriptions	QT Y	Key no.	Descriptions	QT Y
1	Rear Base Stabilizer	1	26	Φ30mm Zinc Plated End Cap	2
2	Guide Rod	2	27	Φ30mm Zinc Plated Ring	2
3	Weight Plate Holder	1	28	Flat Head Lock Bolt	16
4	Rear Vertical Support	1	29	Upper Cable	1
5	Upper Beam	1	30	Lower Cable	1
6	Lat Bar Assembly	1	31	M10×80mm Carriage Bolt	8
7	Short Bar	1	32	M10×75mm Hex Bolt	4
8	Double Floating Pulley Bracket	2	33	M12×90mm Hex Bolt	2
9	Leg Holder Assembly	1	34	M10×45mm Hex Bolt	3
10	Foot Plate	2	35	M10×25mm Hex Bolt	4
11	U Shape Bracket	1	36	M8×15mm Stud Bolt	3
12	100×55×2mm Bracket	2	37	M10 Aircraft Nut	17
13	Olympic Sleeve	2	38	Φ10mm Washer	22
14	Spring Collar	2	39	M12 Aircraft Nut	2
15	Φ50×Φ27×50mm Bushing	4	40	Φ12mm Washer	4
16	Rubber Bumper	2	41	Φ15.9×Φ10.2×17.2mm Pulley Bushing	8

17	□50mm Foot	2	42	4# Allen Wrench	1
18	□50 Mm End Cap	2	43	Φ25×130mm Handle Grip	2
19	∅97mm Pulley	7	44	Φ25mm Zinc Plated End Cap	2
20	Pulley Cover	4	45	Φ25mm Zinc Plated Ring	2
21	15 - Joint Chain	1	46	M8×25mm Stud Bolt	2
22	7# Gourd Hook	2	47	Φ8mm Washer	2
23	Foam Roller	2	48	50mm End Cap	2
24	Foam Roller End Cap	2	49	M10×75mm Carriage Bolt	2
25	Φ30×110mm Handle Grip	2			

# 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.

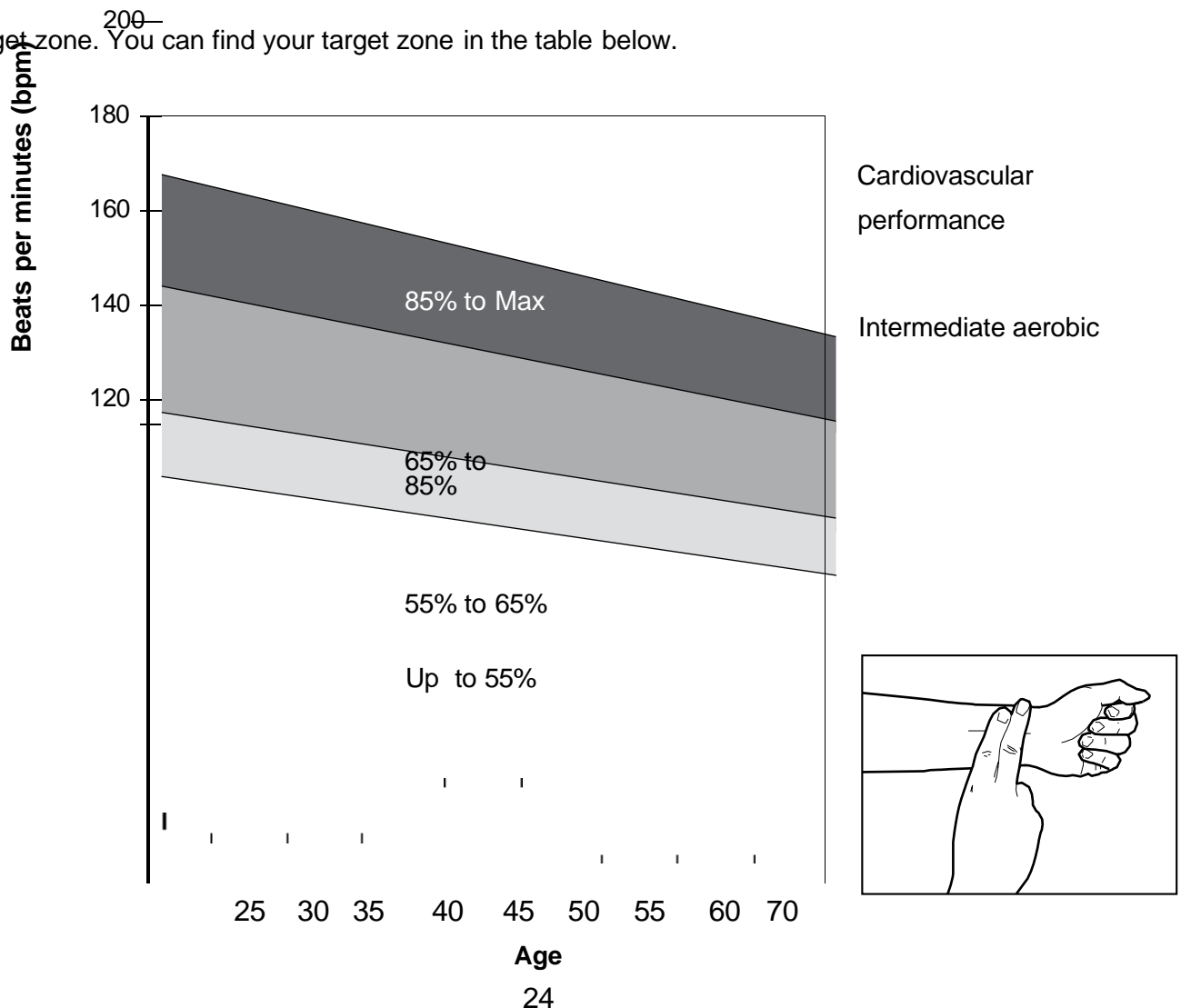
## ***Please remember these essentials:***

- 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**

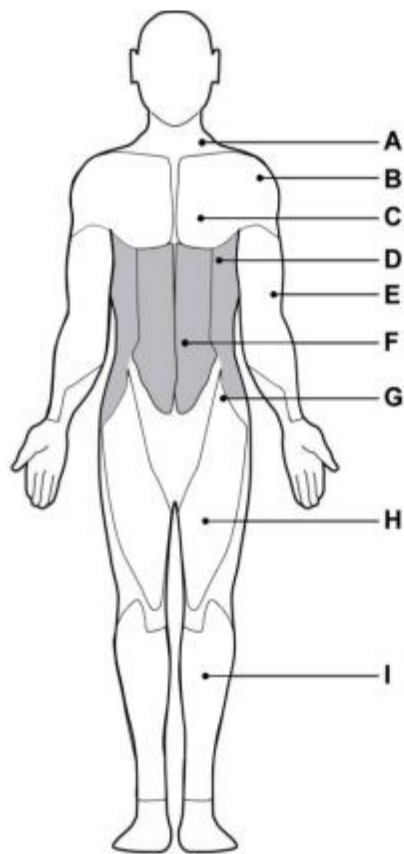
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

### **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.

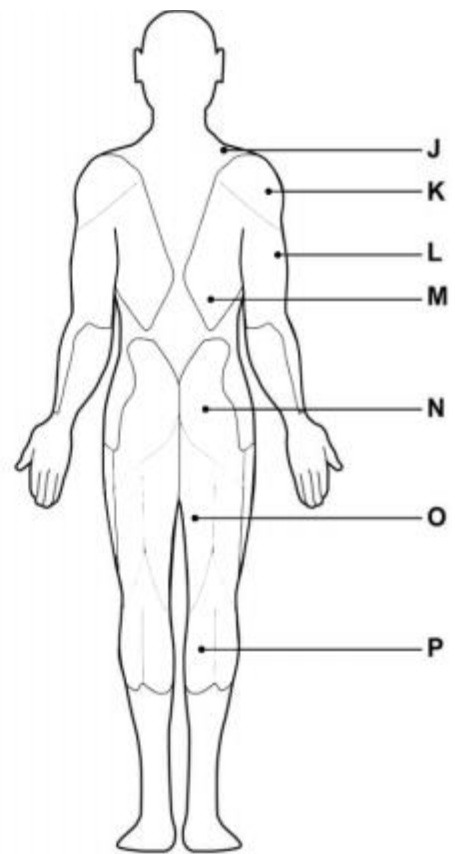
### **Targeted Muscle Groups**

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.



**Front**

- |                             |                             |
|-----------------------------|-----------------------------|
| <b>A:</b> Trapezius         | <b>F:</b> Abdominal         |
| <b>B:</b> Anterior Deltoid  | <b>G:</b> Sartorius         |
| <b>C:</b> Pectoralis Major  | <b>H:</b> Quadriceps        |
| <b>D:</b> Serratus Anterior | <b>I:</b> Tibialis Anterior |
| <b>E:</b> Biceps            |                             |



**Back**

- |                             |                         |
|-----------------------------|-------------------------|
| <b>J:</b> Trapezius         | <b>N:</b> Gluteals      |
| <b>K:</b> Posterior Deltoid | <b>O:</b> Hamstrings    |
| <b>L:</b> Triceps           | <b>P:</b> Gastrocnemius |
| <b>M:</b> Latissimus Dorsi  |                         |

# 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 10- 12 repetitions each

side.

# 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

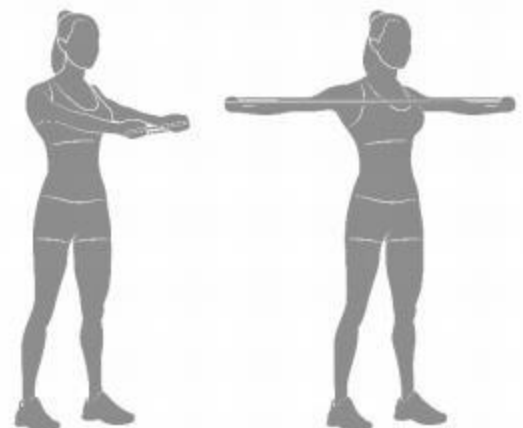
In kneeling position and sitting on heels place hands in front of knees. Take palm of one hand to back of head. Draw elbow of this arm down to opposite knee, then rotate elbow up as high as

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](http://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 5 years from the date of purchase.

Any parts, excluding the frame, is guaranteed against manufacturing defects for a period of 2 years 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.