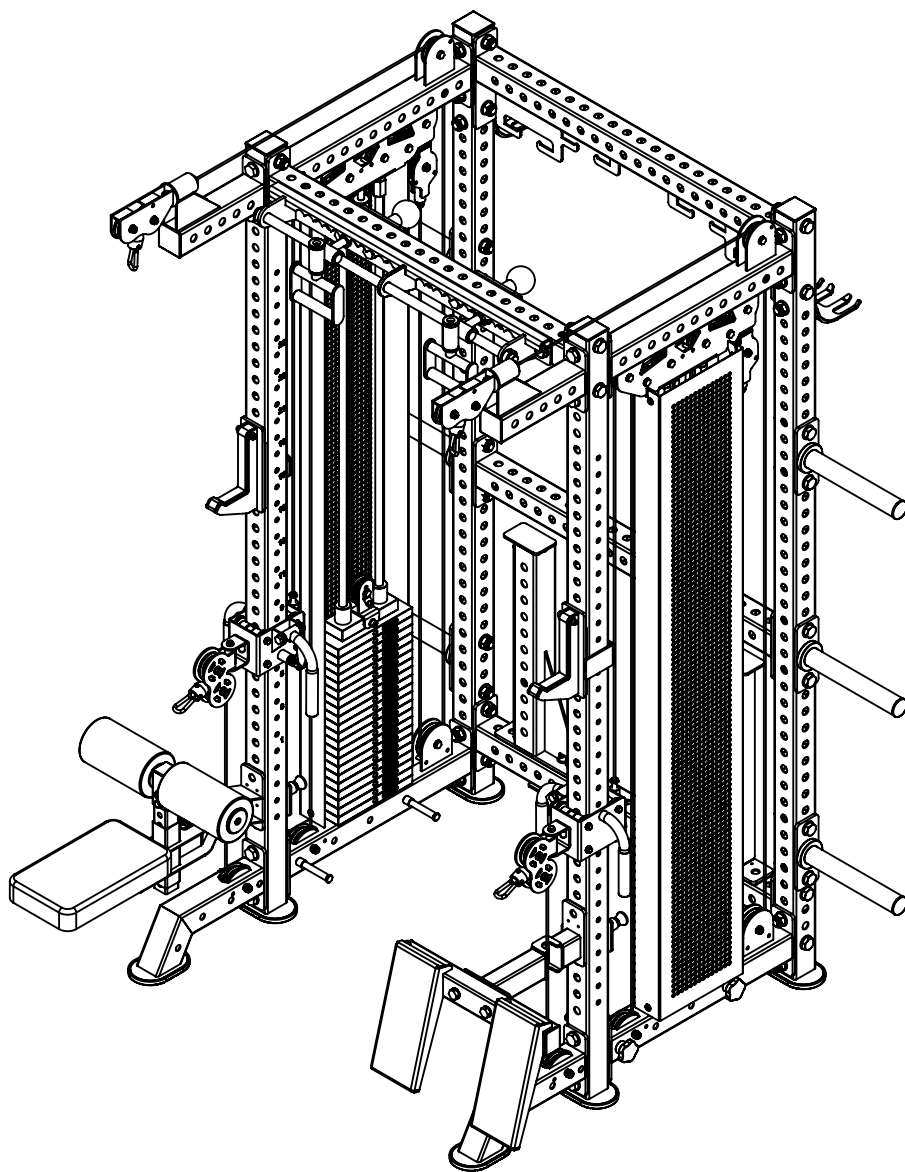




# MuscleSquad Phase 4 Multi-Function Rack

## Assembly & User Manual

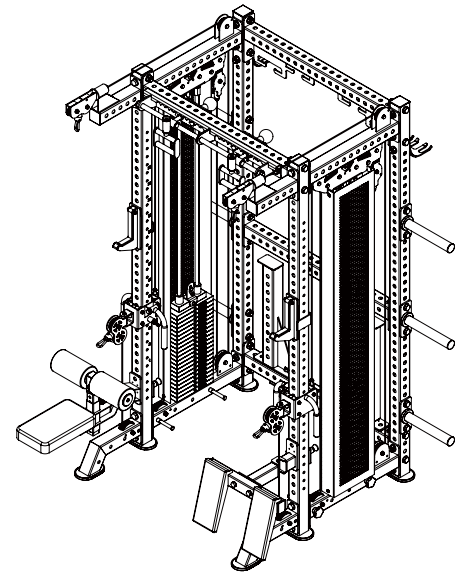


**Important – Please read these instructions fully before assembly and use**

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

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## SAFETY INFORMATION

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. 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.

Always keep children and pets away from the equipment. Do not leave children unattended in the same room with the equipment.

Before using the equipment to exercise, always warm up with stretching exercises.

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.

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.

**Max Training Weight 350kg.**

**Total weight of machine :522kg**

**Machine size:2360MM(H)X1230MM(WX1585MM(D)**

Your product is intended for use in clean dry conditions.

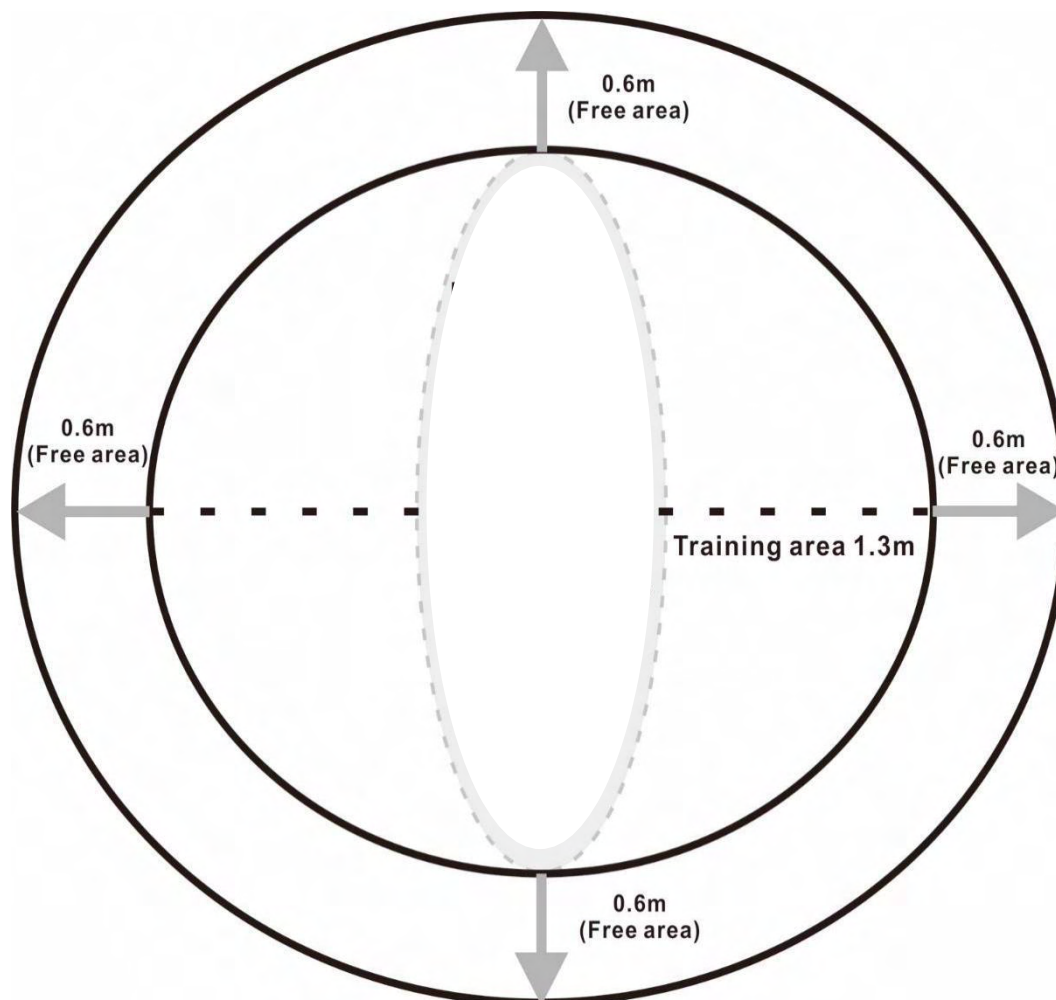
You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside of our control.

This product conforms to: (BS EN ISO 20957) PARTS 1.2.4 class (S) - Commercial Use - Class (S). 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 – WORKOUT AREA

Free area should not be 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 free area space may be shared. Keep unsupervised children away from the equipment.



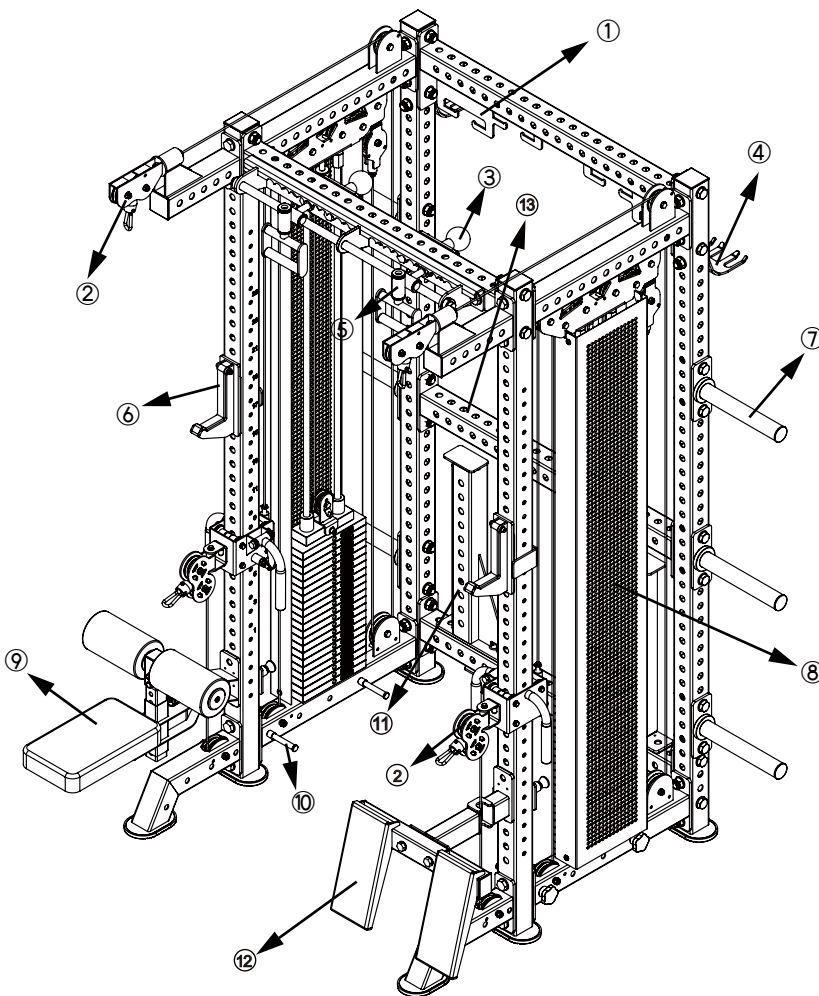
**Warning:** Before beginning any exercise programme, consult your doctor. This is especially important for individuals over the age of 35, or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. We assume no responsibility for personal injury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



# FUNCTION AND LOADING CAPACITY INSTRUCTION

Our Phase 4 Cable Multifunctional Squat Rack is the perfect focal point of any home or commercial gym setting. Made from 75x75mm 3mm steel, It's 4 pulley design, small form factor and incredible versatility make it the ideal choice if you want to gain a full gym experience at home. Not only is it a fully functioning squat rack complete with J hooks and Spotter arms, but it also bridges the gap of functional fitness by featuring a 4-cable pulley system and 2 x 100kg weight stacks. Two of the cables are fully adjustable and allow for functional trainer like movements, these operate on a 2:1 ratio giving you more cable travel and smaller incremental weight jumps for more isolated exercise work. Then the two top pulleys are specifically placed higher up and operate on a 1:1 ratio meaning you feel the full 100kg weight when performing high pulley exercises like lat pulldowns. The rack also comes with a lat pulldown seat as well as a low row foot plate attachment, 6 plate poles, branded storage hooks, claw barbell storage and a back storage beam.

If you're looking for a rack to perform traditional power movements like bench pressing and squatting, but also add functional trainer qualities, with the ability to utilise both 2:1 and 1:1 ratios in a smaller form factor then this rack is for you!



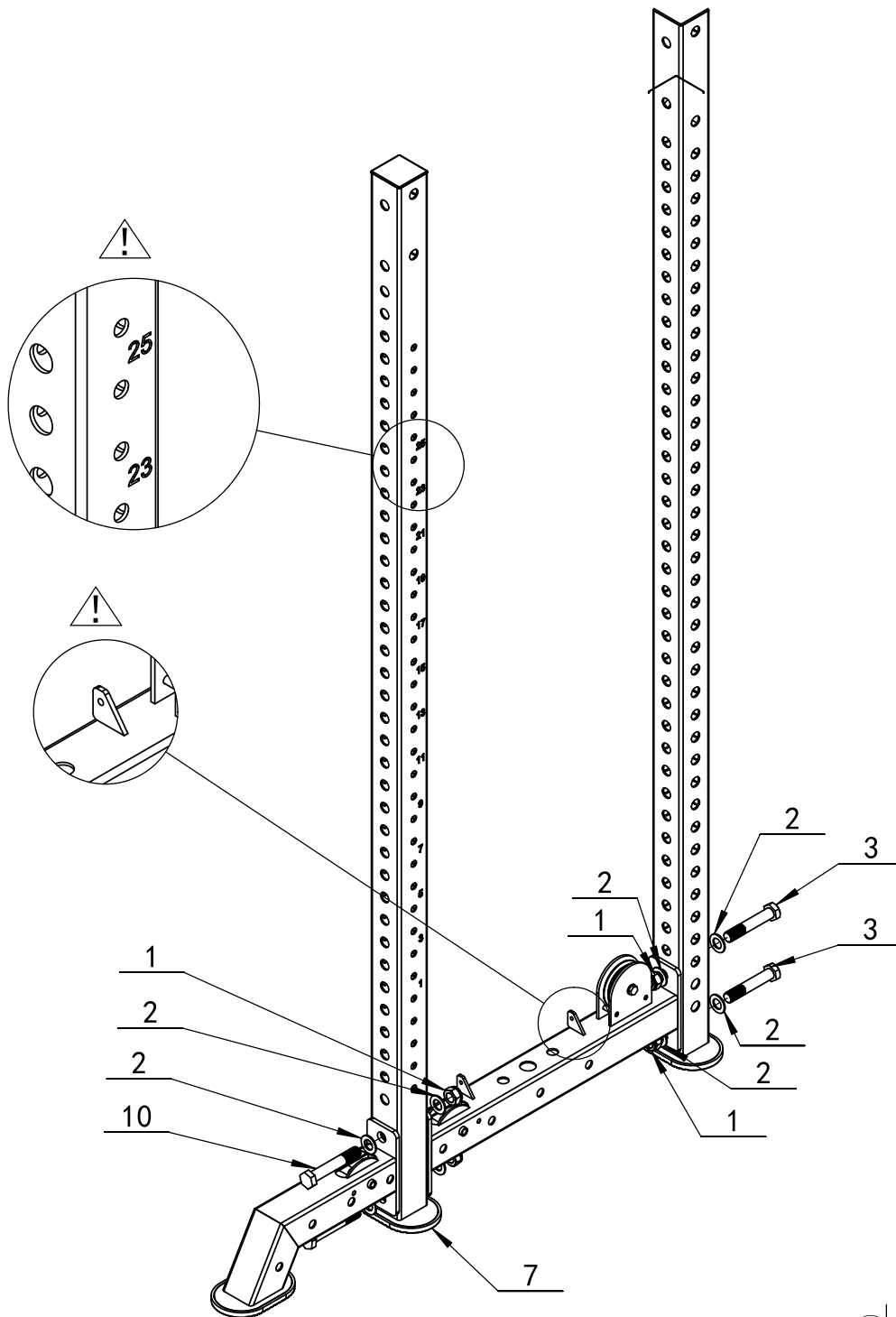
- ① Logo board with hook design for storing your weight vest ,resistance bands etc small accessories and min loading capacity is 20kg
- ② Top dual stationary high pulleys 1: 1 ratio options/Bottom dual adjustable pulleys 1: 2 ratio options allowing you to pull, push and fly from any position, high or low and 100kg stacked weight with everlasting size stickers each side (26\*12.5\*2.5cm per weight)
- ③ Two metal balls for palm exercise at the top back and loading capacity is 200kg per pair
- ④ Claw storages for barbells: 1pc on each side and loading capcity is 40kg per pc
- ⑤ Movable adjustable D shape pull up handles for pull up training and loading capacity is 200kg per pair
- ⑥ Detachable sandwich hooks with 600 kg loading capacity per pair can hold your barbell bar after or during training
- ⑦ Bumper holders: 3pcs on each side with 200kg capacity can storage your plate
- ⑧ Metal boards on each side to protect the stacked weight
- ⑨ Detachable seat with leg foam with loading capacity 180kg to do sit up training
- ⑩ Band pegs: 2pcs on each side with 100kg loading capacity and to do resistance trianing with bands rtx etc
- ⑪ Durable safety arms with 600kg per pair to avoid the injury with dropped barbell bar
- ⑫ Detachable footrest rowing pedals with 200kg loading capacity and you can do row training with a bench
- ⑬ Storage crossbeam with 150kg loading capacity for storing your safety arms. sandwich hooks and other accessories


**PARTS LIST**

<b>Parts list</b>			
PART	DESCRIPTION	SIZE	QTY
1	Aircraft Nut	M20	48
2	Washer	M20	96
3	Hex Bolt	M20×110	36
4	Aircraft Nut	M10	6
5	Washer	M10	18
6	Hex Socket Cap Screws	M10×90	2
7	Rubber Mat	170×110	6
8	Bumper Block	φ 50	4
9	Hex Bolt	M10×20	4
10	Hex Bolt	M20×120	12
12	Hex Bolt	M10×25	4
13	Aircraft Nut	M16	2
14	Washer	M16	4
15	Hex Bolt	M16×80	2
16	Hex Bolt	M10×100	4
17	Allen Bolt	M8×10	8
18	Washer	M8	8
19	Pulley	φ 73	4
20	Wrench	17-19	2


Max body Weight:180 kg

# ASSEMBLY INSTRUCTIONS

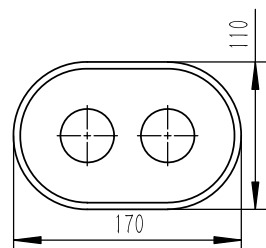



1.  M20

2.  M20

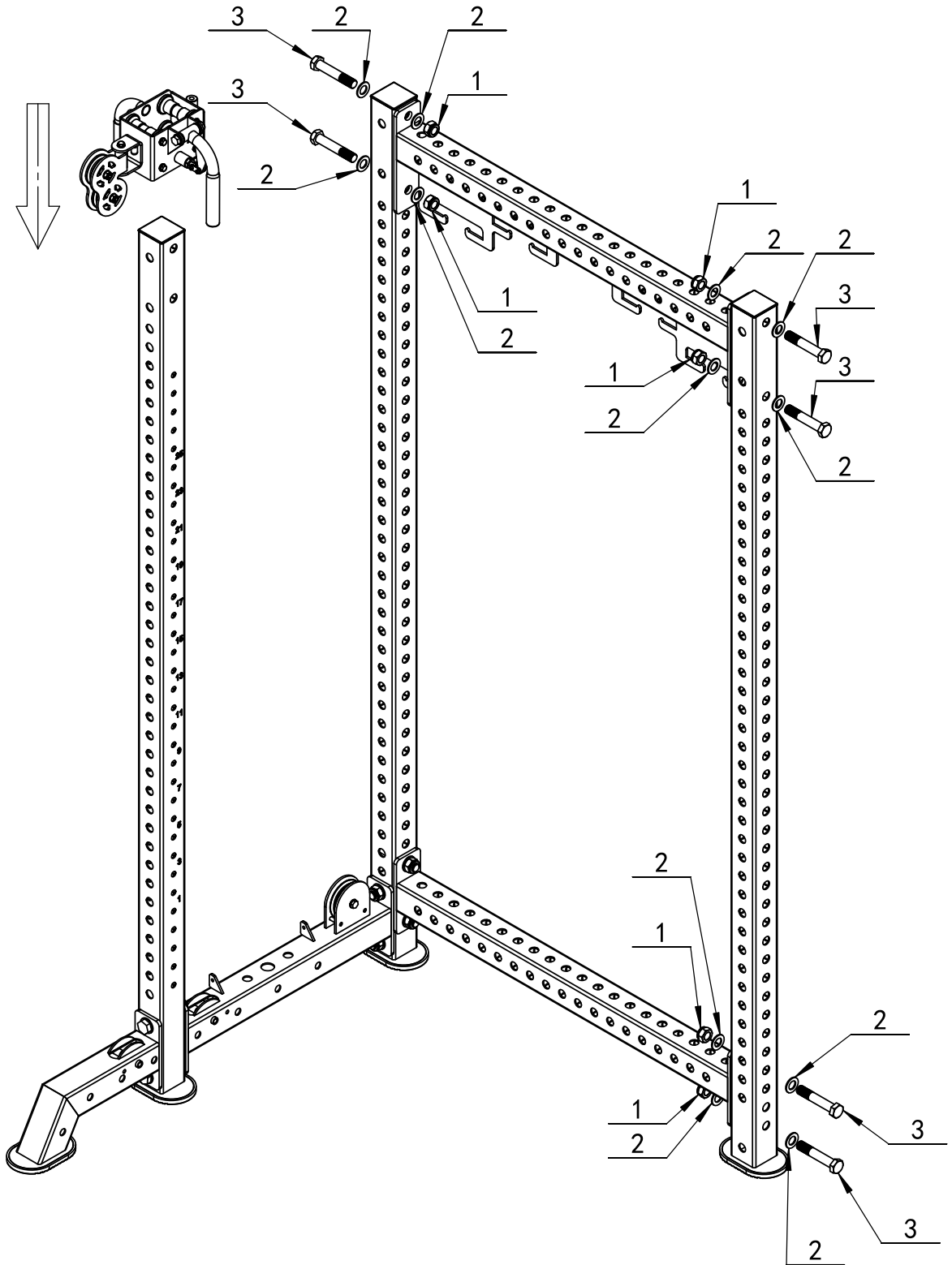
3.  M20 × 110

7.



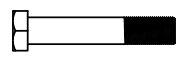
10.  M20 × 120

# ASSEMBLY INSTRUCTIONS

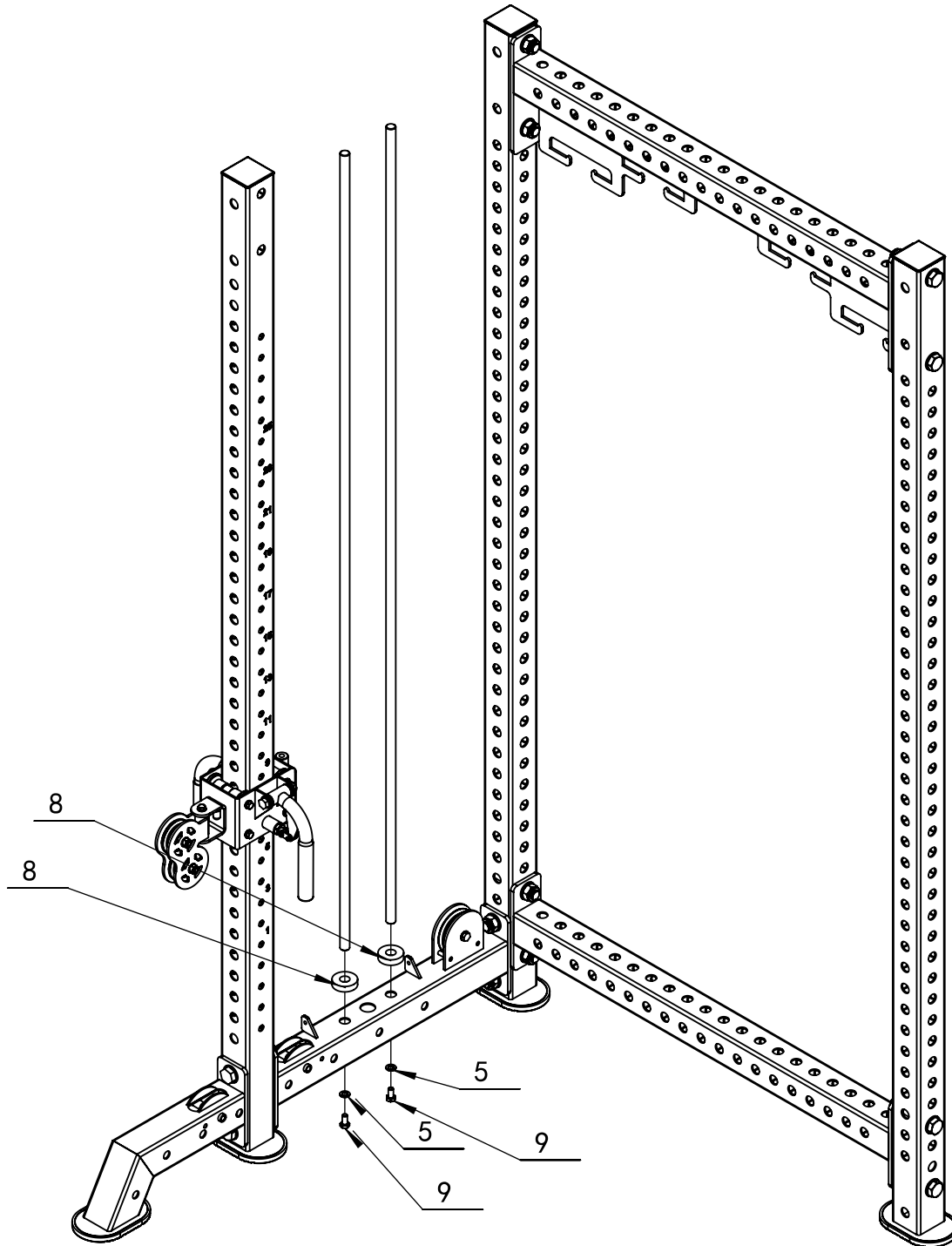



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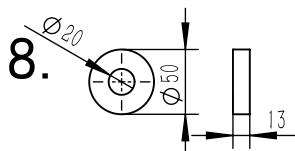
2.  M20


3.  M20 × 110

# ASSEMBLY INSTRUCTIONS

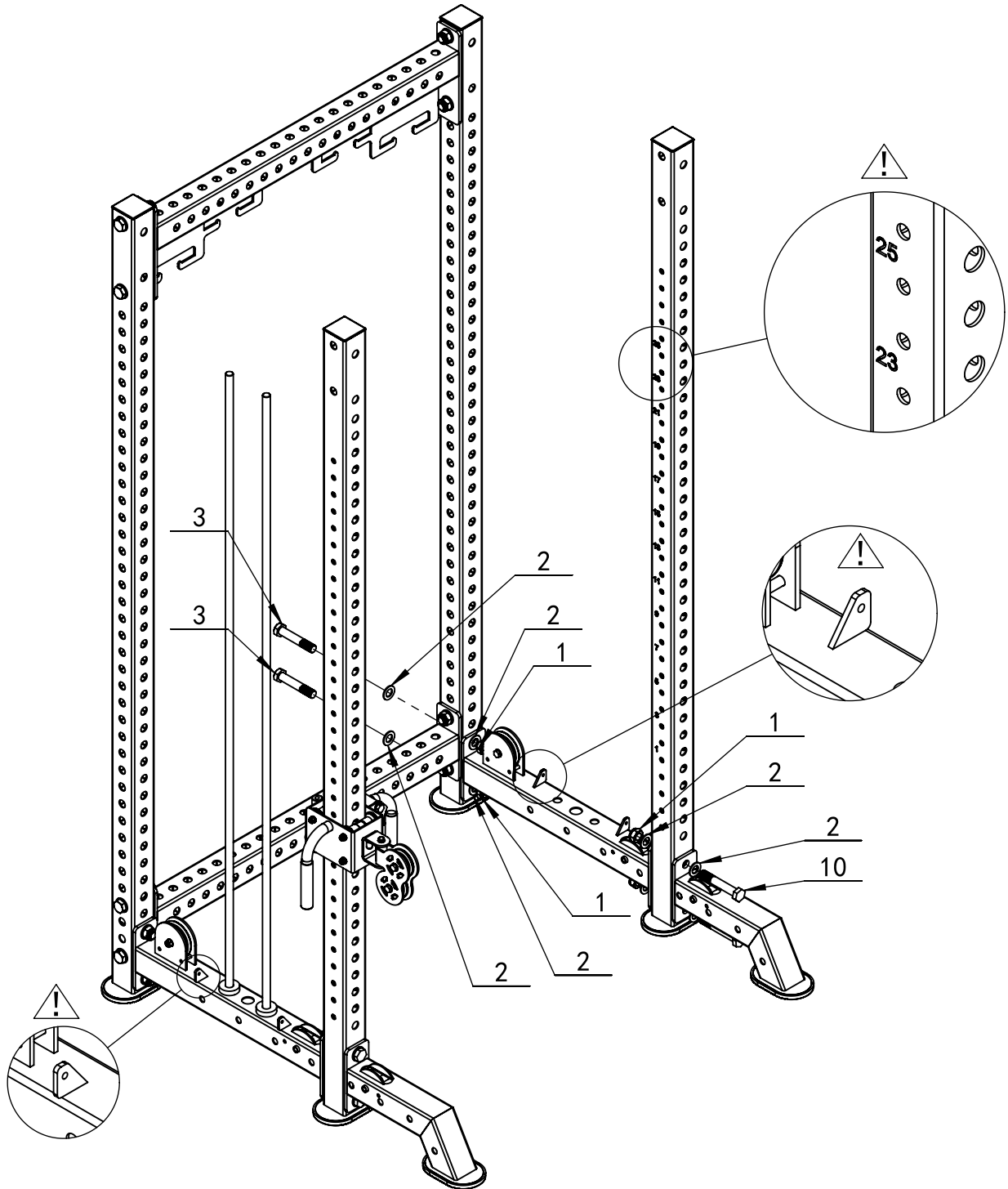



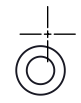
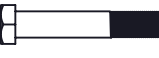
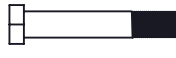
5.   
M10



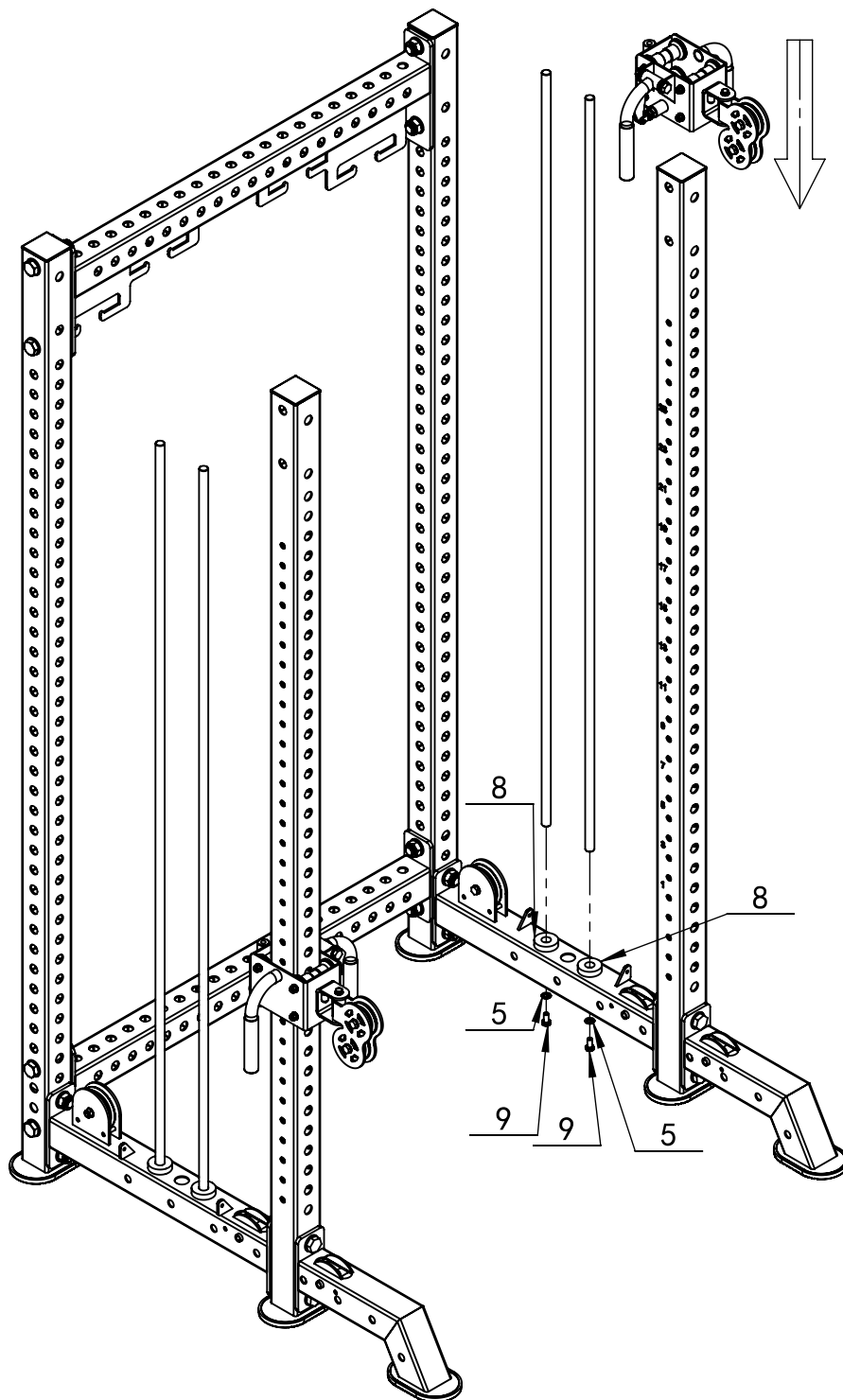
9.   
M10 × 20

# ASSEMBLY INSTRUCTIONS

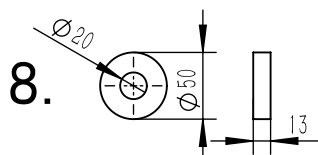


- |  |  |  |  |
|--|--|--|--|
| 1.  | 2.  | 3.  | 10.  |
| M20  | M20  | M20 × 110  | M20 × 120  |

# ASSEMBLY INSTRUCTIONS

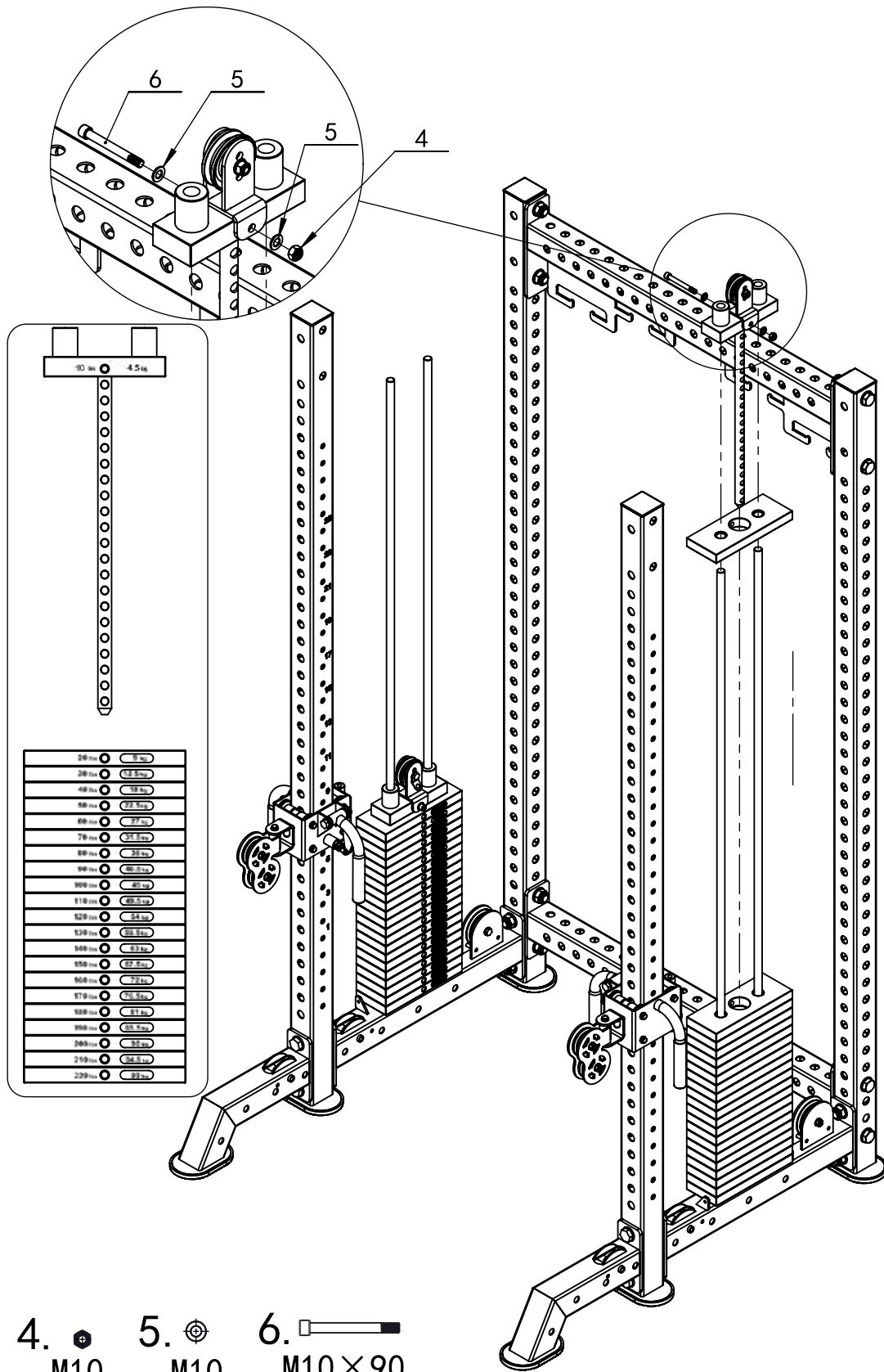


5.  M10



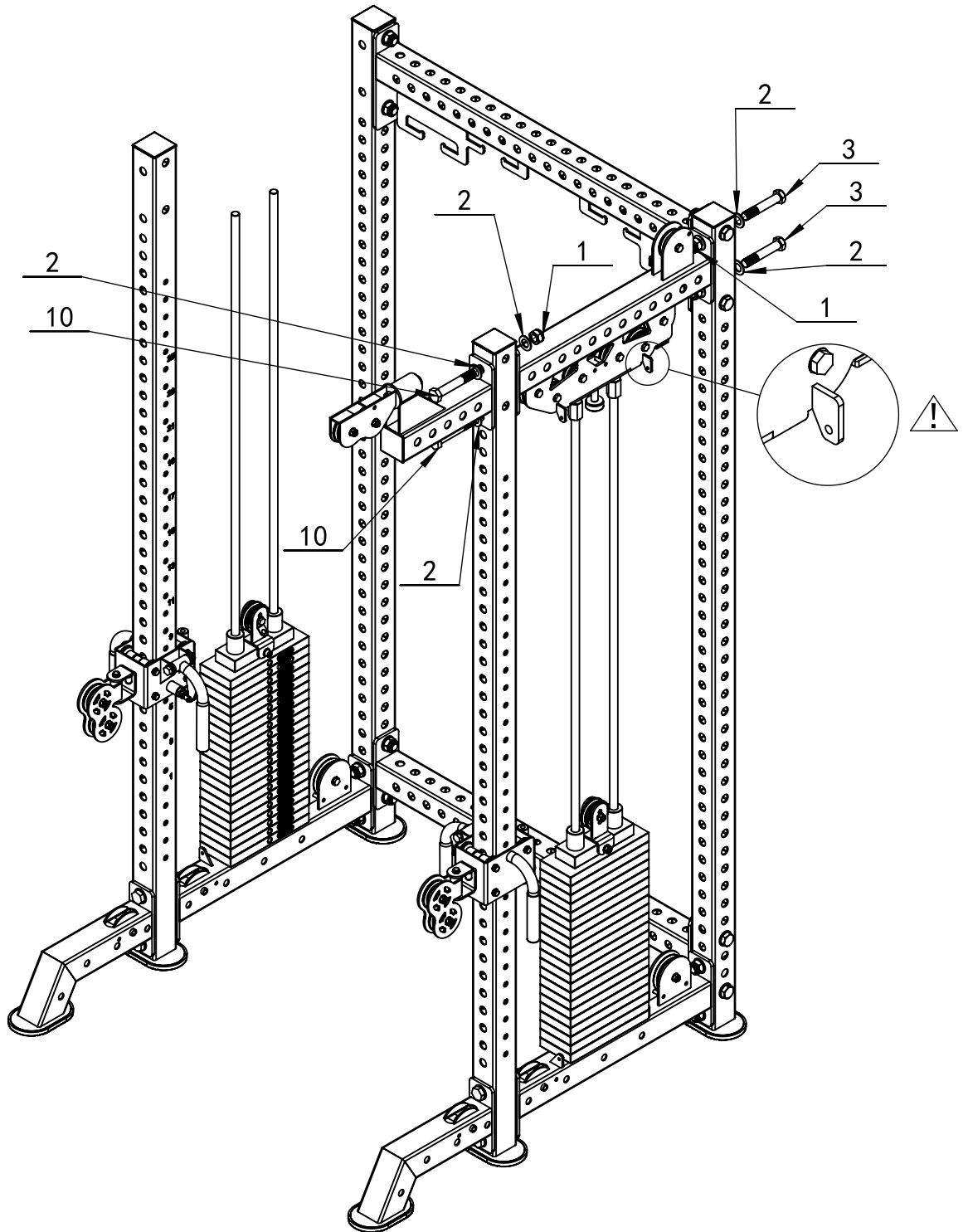
9.  M10 × 20



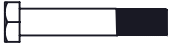
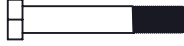
# ASSEMBLY INSTRUCTIONS



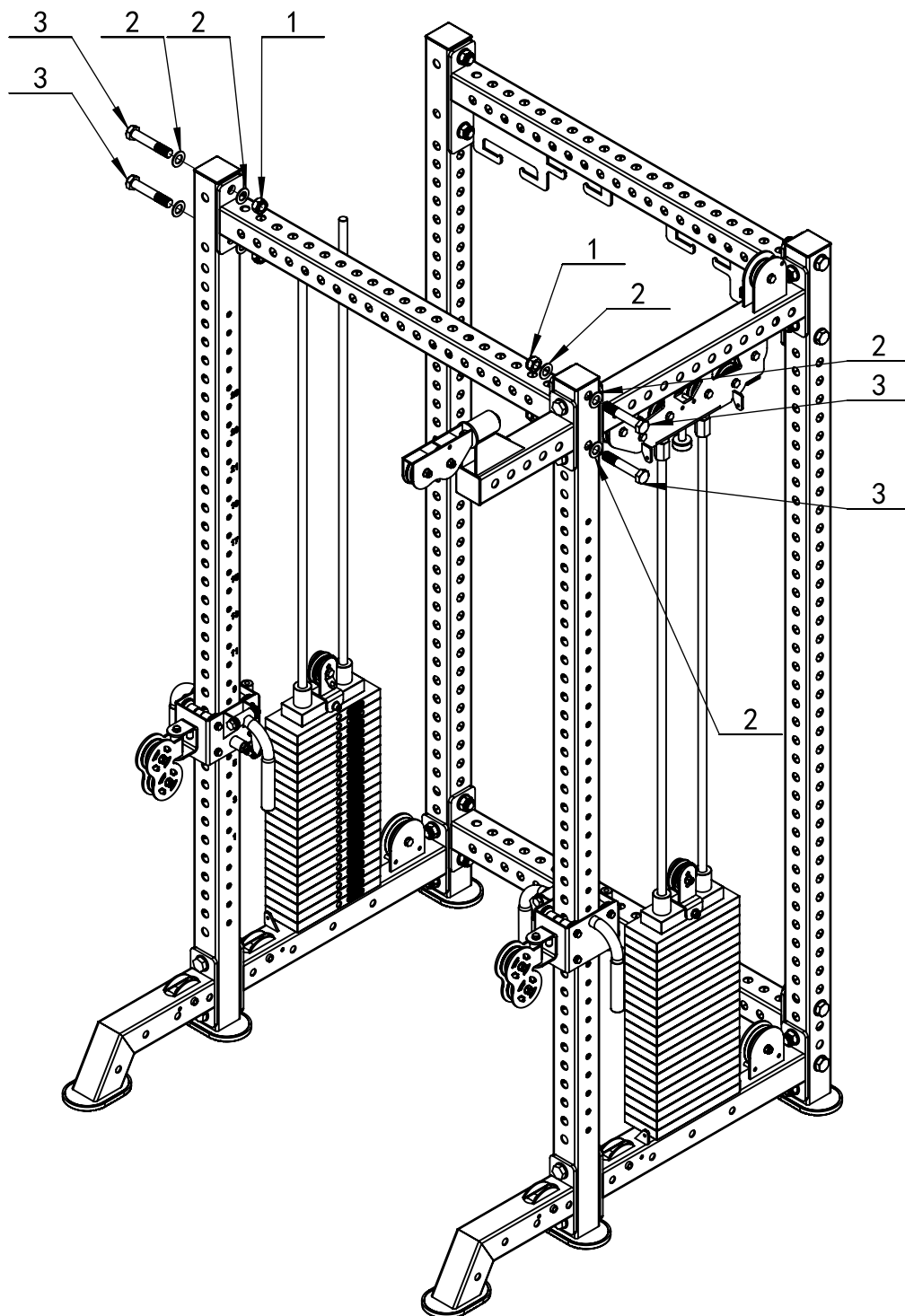


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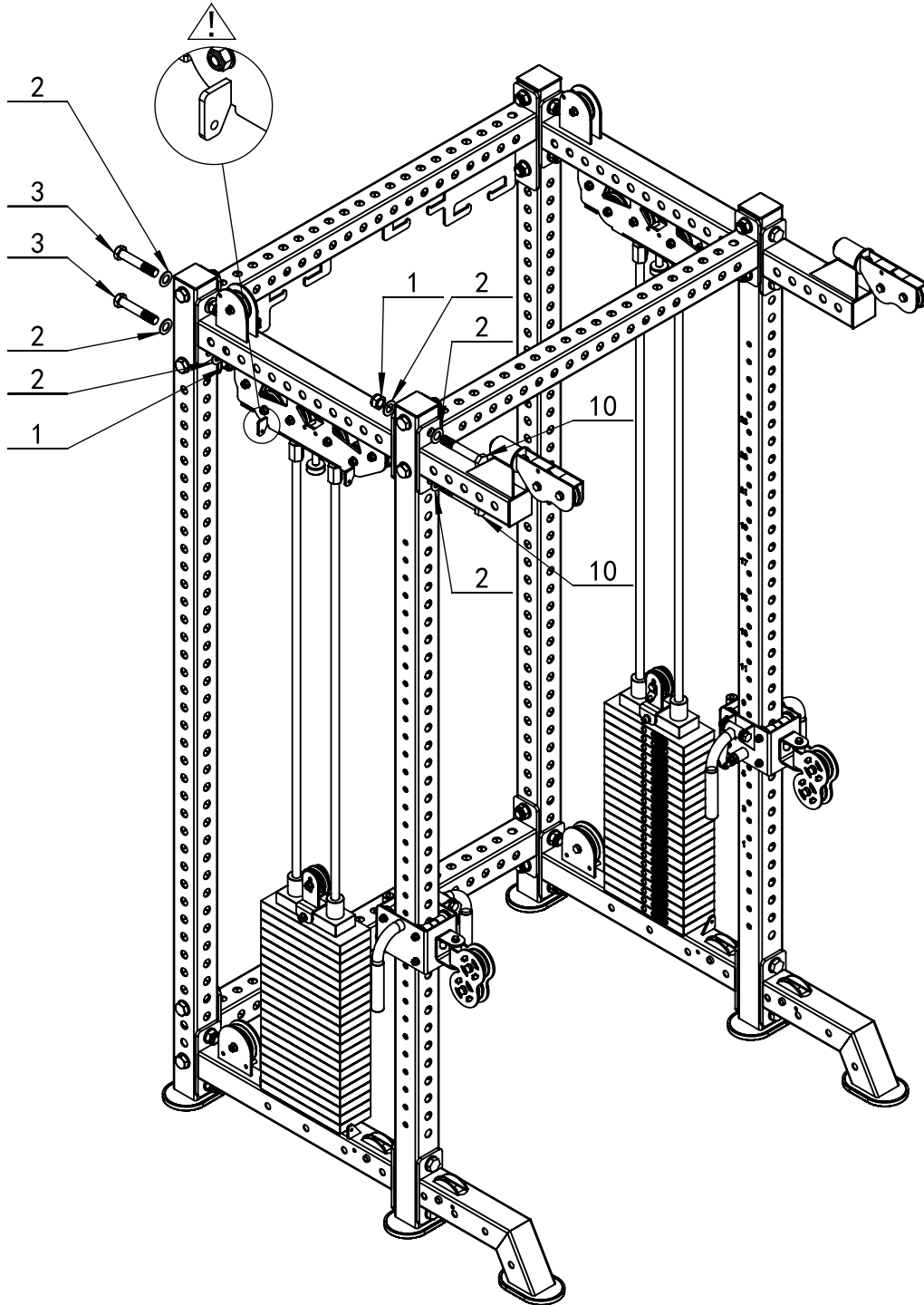
1.  M20     
 2.  M20     
 3.  M20 × 110     
 10.  M20 × 120




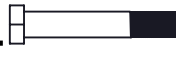
# ASSEMBLY INSTRUCTIONS



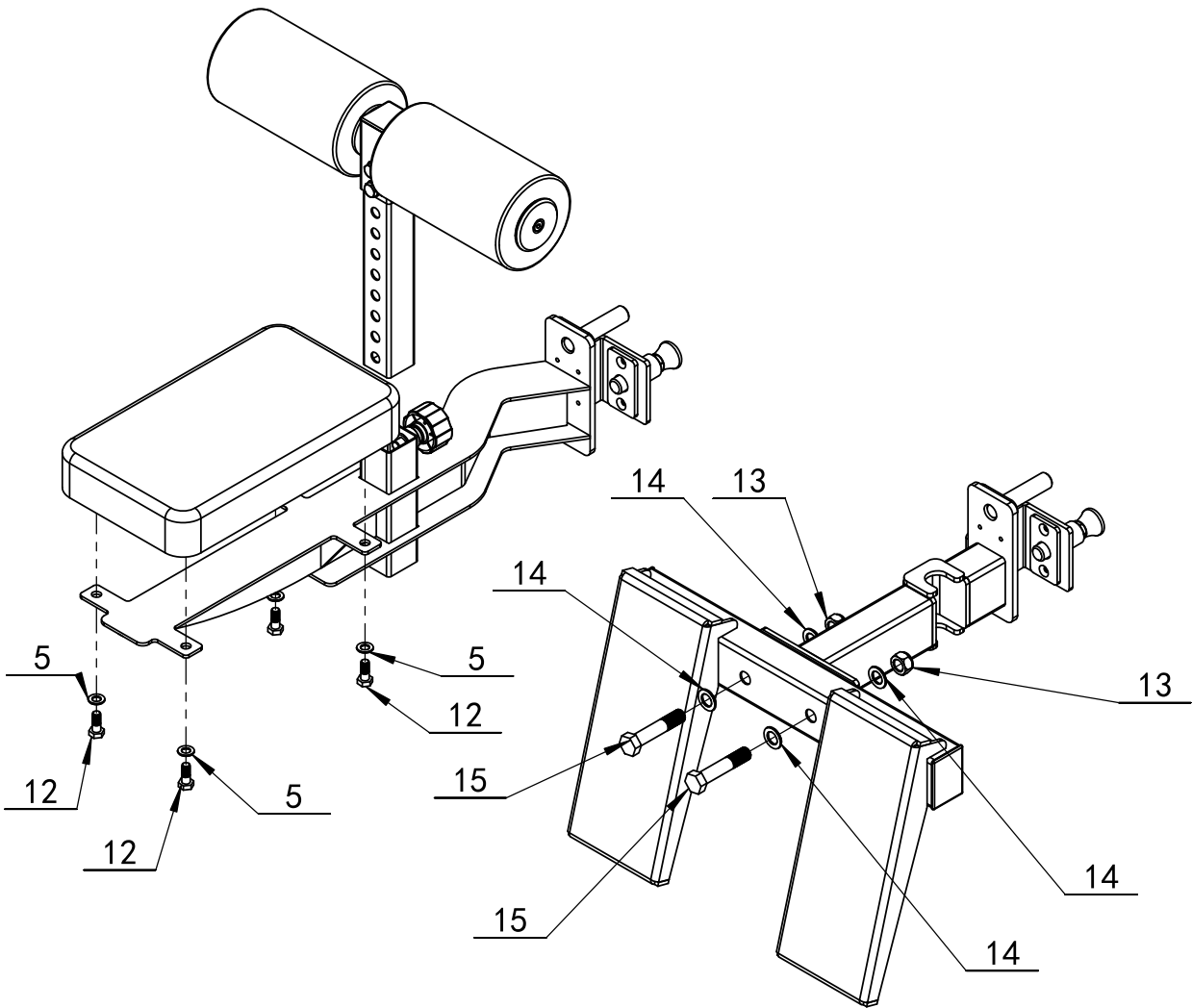
- 1.  M20
- 2.  M20
- 3.  M20 × 110

# ASSEMBLY INSTRUCTIONS



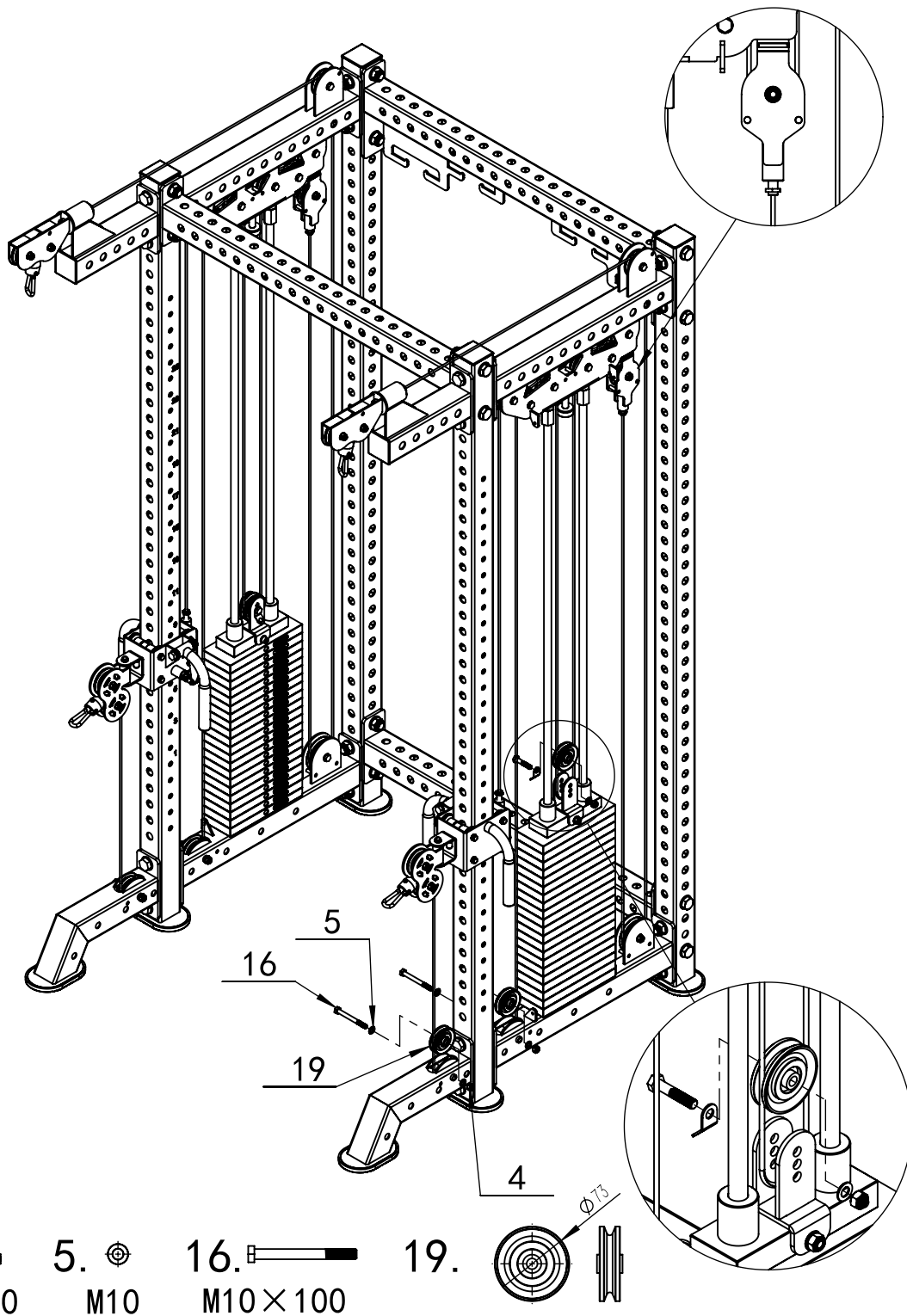
1.  M20    2.  M20    3.  M20 × 110    10.  M20 × 120

# ASSEMBLY INSTRUCTIONS

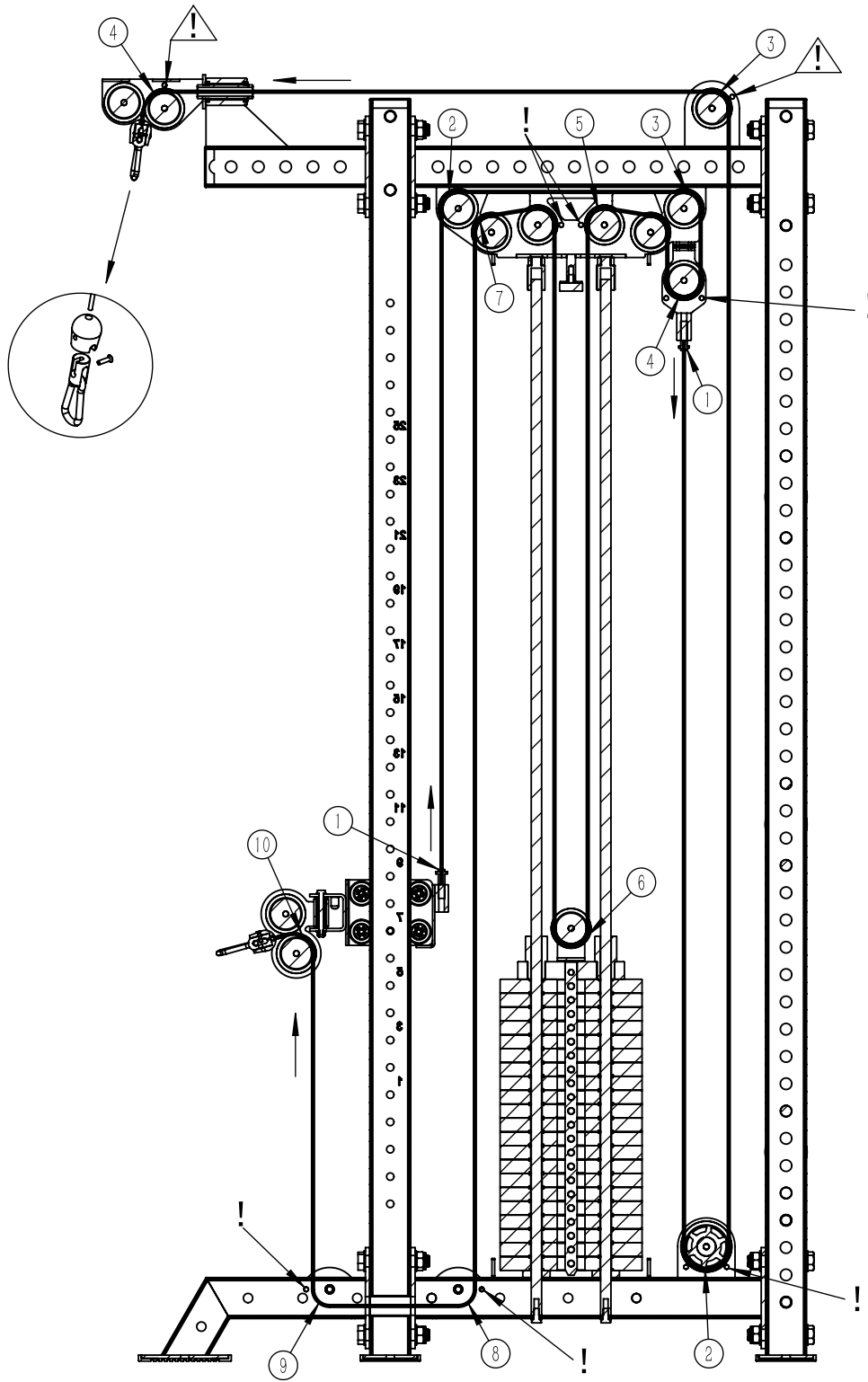


5.  M10   
 12.  M10×25   
 13.  M16   
 14.  M16   
 15.  M16×80

# ASSEMBLY INSTRUCTIONS



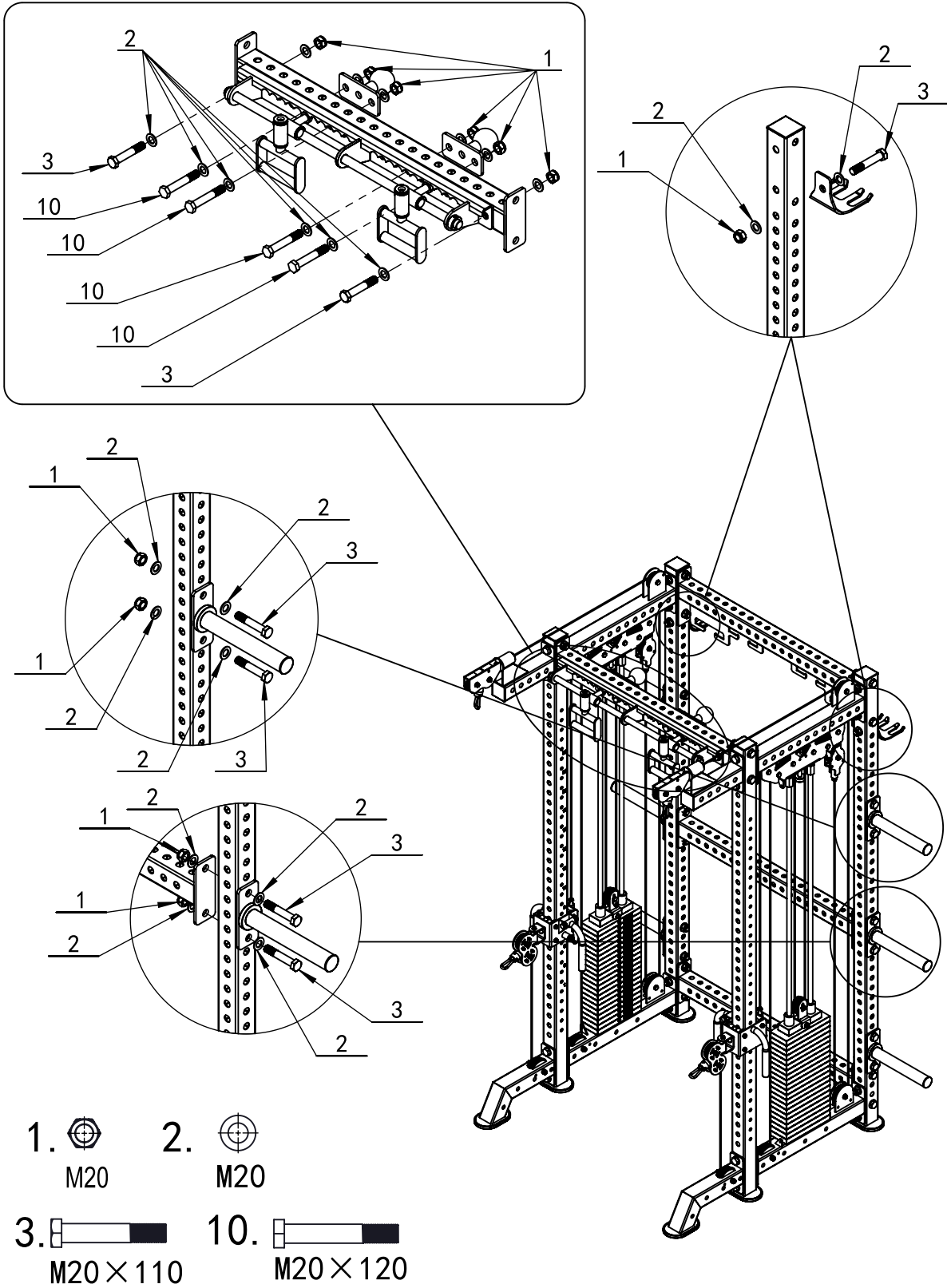
# ASSEMBLY INSTRUCTIONS



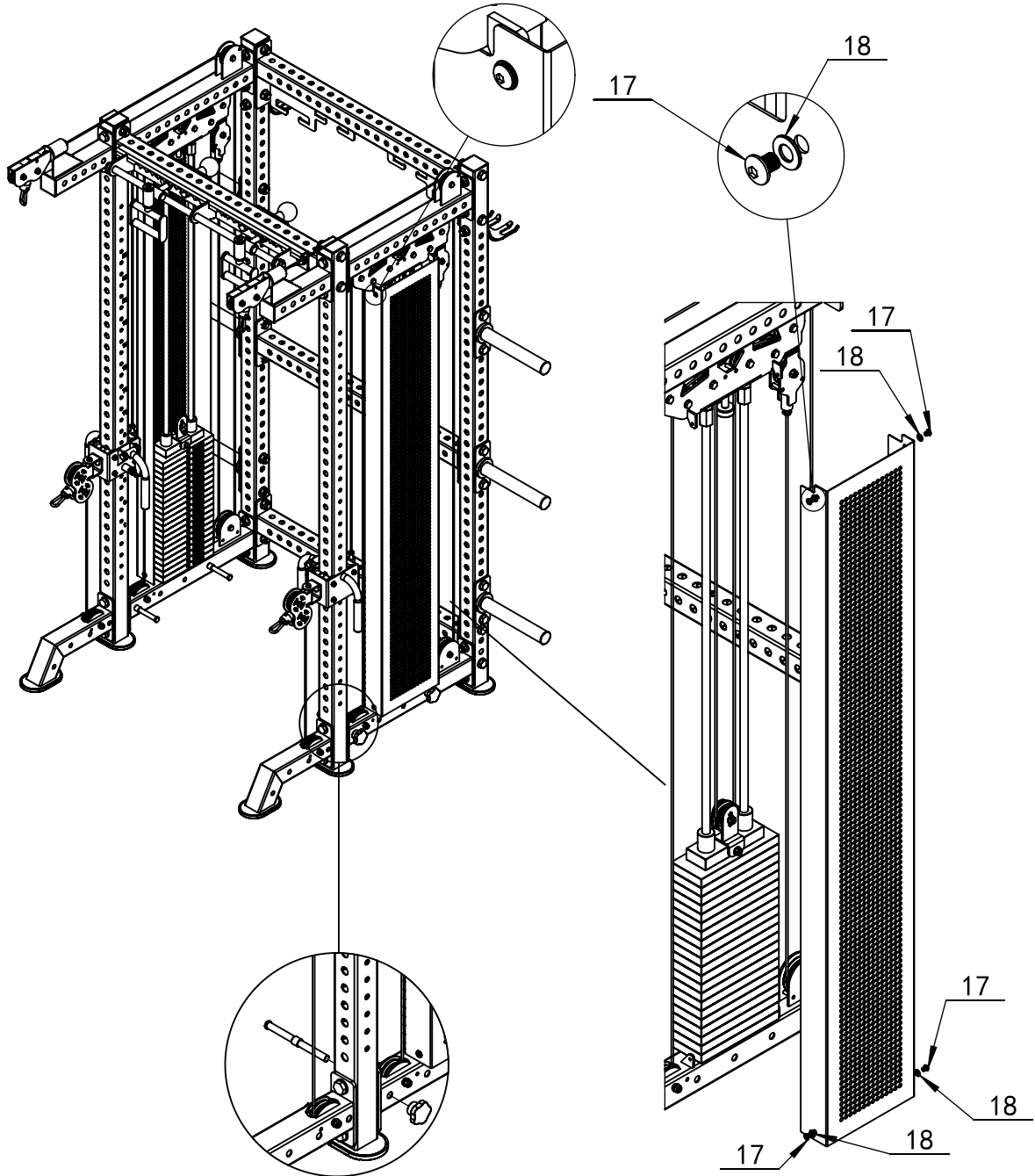
Linear order 1: ①②③④⑤⑥⑦⑧⑨⑩

Linear order 2: ①②③④

# ASSEMBLY INSTRUCTIONS



# ASSEMBLY INSTRUCTIONS



17. ■ 18. ⊕  
M8×10 M8



## 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.

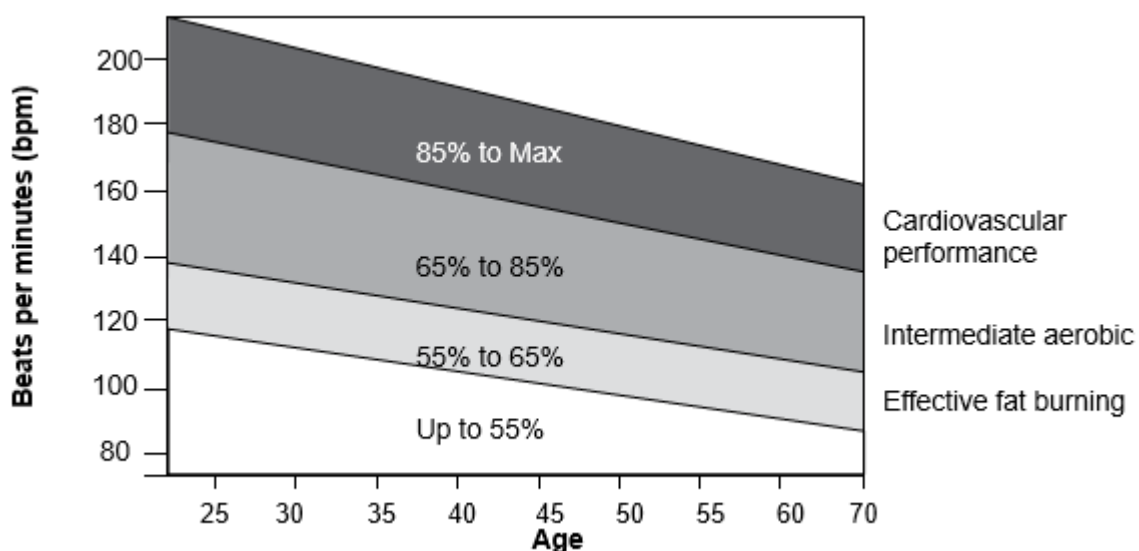
Initially, you may be able to exercise for only a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Do not be discouraged if it takes longer. It is important to work at your own pace.

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 maximise 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.



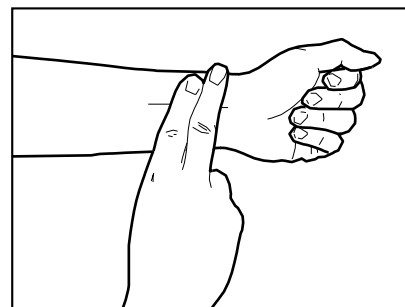
### Age

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.

# EXERCISE INFORMATION

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.



## Aerobic Exercise

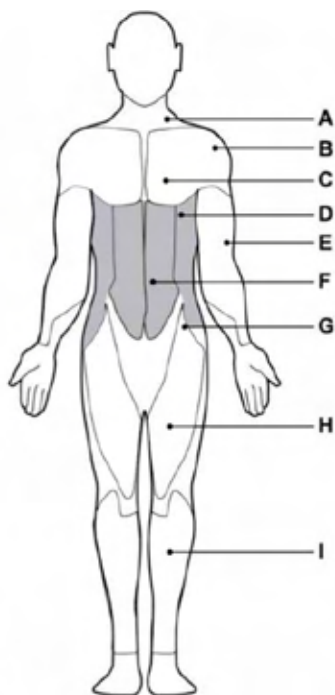
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs or buttocks, for example).

## 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.

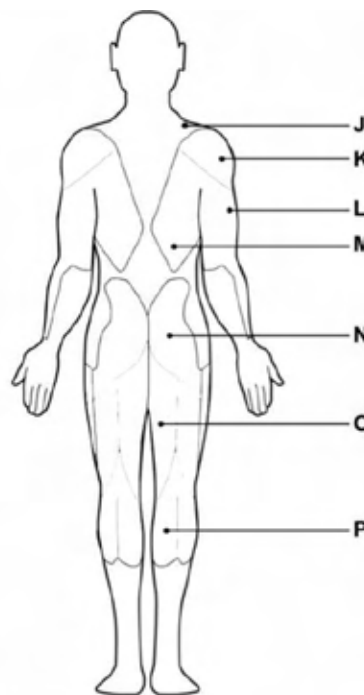
## Targeted Muscle Groups

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

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



Back

- J: Trapezius
- K: Posterior Deltoid
- L: Triceps
- M: Latissimus Dorsi
- N: Gluteals
- O: Hamstrings
- P: Gastrocnemius

## 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

Lie face down on the floor, move arms out to sides with palms down (creating T shape with body if looking from a birds eye 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 the heel to touch stays pushed down into the ground to stretch through the chest and front of shoulder. Repeat on other side. Repeat for 10-12 repetitions each side.



## EXERCISE INFORMATION

### Iron Crosses

Lay flat on back, move 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. Move 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 towards ceiling by turning through torso. Other hand and knees must remain flat on floor. Repeat for 12-15 repetitions each side.

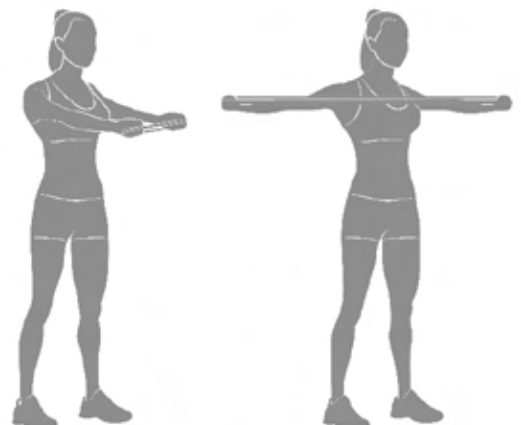


### Band Pull Aparts

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.g. the connection points.
2. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/orkeep the equipment out of use until repaired. Pay special attention to the components most susceptible towear
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not usesolvents.
4. Pls note that adjustable drop stops shall be positioned during stretching or allowing resistance straps ropes or other means to be attached to it can result in injury
5. Pls noted that adjustable drop stops shall be positioned and used appropriately for the specific exercise
6. Pls make sure distance between plate and plate or plate to ground over 60mm when loaded on the holder
7. Pls make sure "stop" mark should be set on the barbell safety frame, so that it can always keep a distance of more than 710mm from the ground.
8. Pls noted that enjuries to health may result from incorrect or excessive training. Instructions shall be given in respect lof every major exercise type for whict the equipment is designed.
9. Pls noted that if any of the adjustment devices are lefl projecting, they could interfere with the user' s movement.
10. Customer service :Unit 11 Garamonde Drive Wymbush Milton Keynes MK8 8DF
11. Do not attempt to repair this equipment yourself. Should you have any dificulty with the assemblyoperation, or use of your exercise product or if you think that you may have parts missing contact theMuscleSquad on [info@musclesquad.com](mailto:info@musclesquad.com)

## 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 inexperienced 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.