

# LEVERAGE SQUAT MACHINE

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LVGSQT1-LVGSQT2

400937

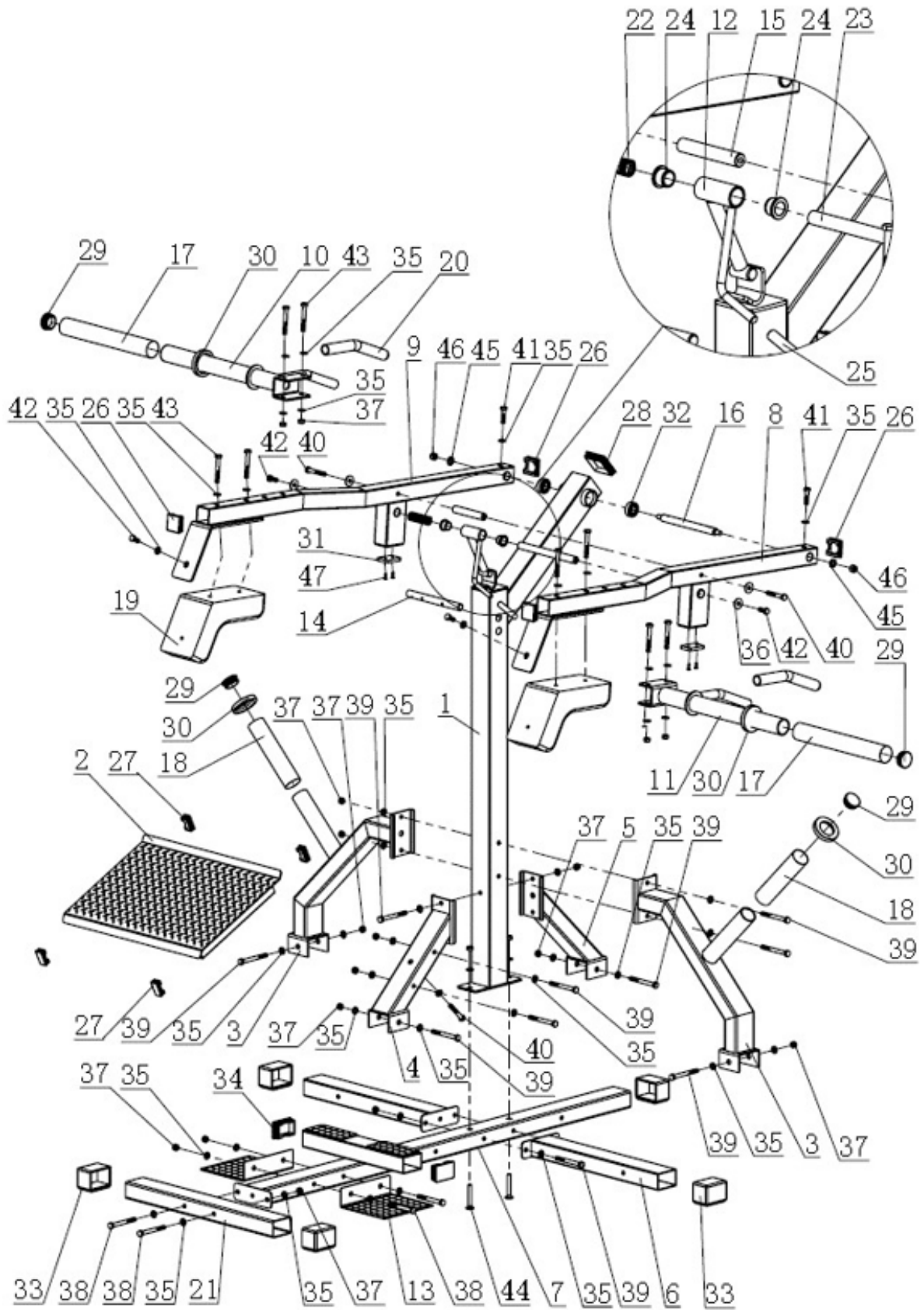


## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY
(1)	1	UPRIGHT FRAME	1
(2)	1	PEDAL FRAME	1
(3)	2	SUPPORT FRAME	2
(4)	2	FRONT SUPPORT FRAME	1
(5)	2	REAR SUPPORT FRAME	1
(6)	1	LEFT AND RIGHT BASE FRAME	2
(7)	2	BASE CONNECT FRAME	1
(8)	1	RIGHT SHOULDER FRAME	1
(9)	1	LEFT SHOULDER FRAME	1
(10)	2	LEFT HANDLE BAR FRAME	1
(11)	2	RIGHT HANDLE BAR FRAME	1
(12)	1	STOP	1
(13)	2	L-SHAPE PEDAL	2
(14)	1	AXIS	1
(15)	1	SYNCHRONIZING SHAFT	1
(16)	1	ROTATION SHAFT $\phi 20*255*M12$	1
(17)	2	LONG STAINLESS STEEL SLEEVE	2
(18)	2	SHORT STAINLESS STEEL SLEEVE	2
(19)	1	SHOULDER PAD	2
(20)	2	GRIP	2
(21)	1	FRONT BASE FRAME	1
(22)	1	SPRING $\phi 24*\phi 1.5*75$	1
(23)	1	LIMIT SHAFT	1
(24)	1	SPACE BUSH $\phi 20$	2
(25)	1	GRIP $\phi 11.5*2*70$	1
(26)	4	END CAP $\square 50*3$	4

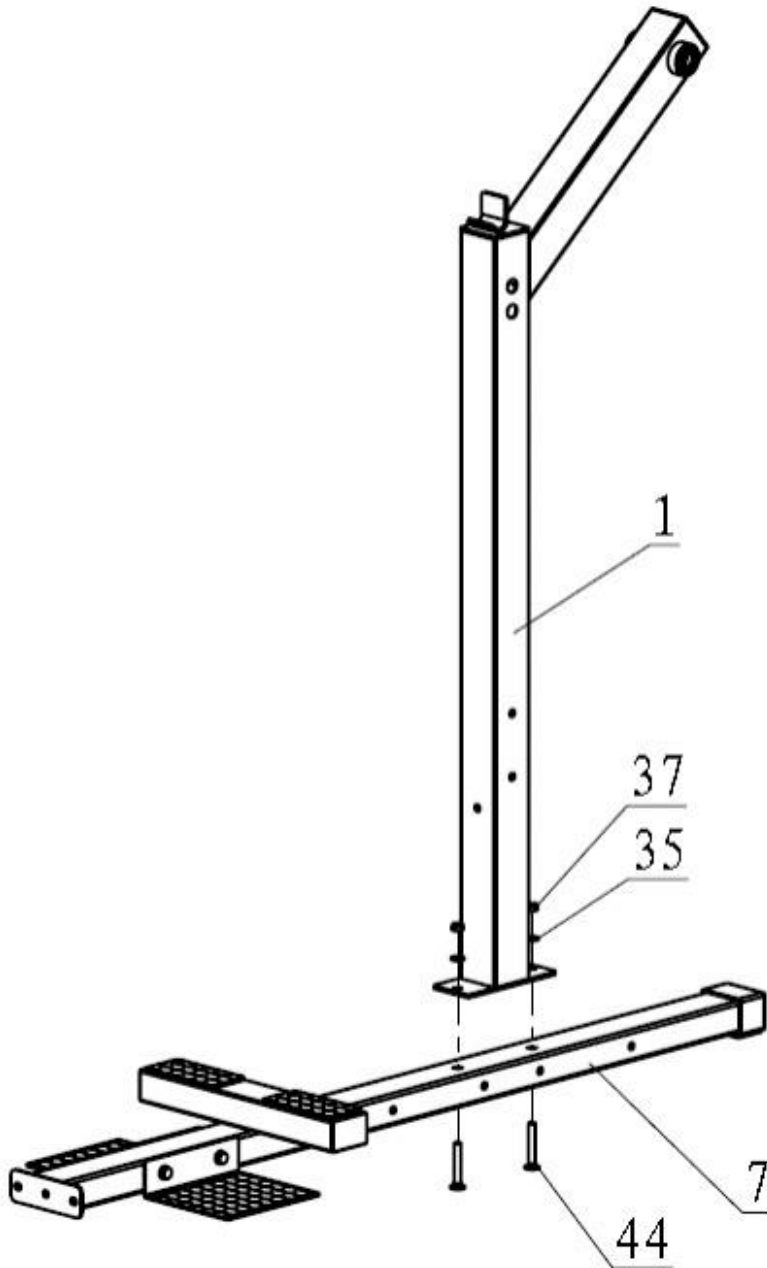
(27)	1	END CAP J25*50*2	4
(28)	2	END CAP □75*2.5	1
(29)	2	END CAP φ48*3	4
(30)	2	RUBBER BUMPER φ77*φ47.5*13	4
(31)	1	RUBBER BUMPER	2
(32)	1	BEARING 6004ZZ	2
(33)	1&2	PIPE SLEEVE	5
(34)	2	END CAP J50*75*2.5	2
(35)	1&2	FLAT WASHER φ11*φ20*2	49
(36)	1	FLAT WASHER φ10.5*φ30*2.5	4
(37)	1&2	NUT M10	21
(38)	1&2	HEX BOLT M10*95	4
(39)	1	HEX BOLT M10*100	11
(40)	1	HEX BOLT M10*65	3
(41)	1	HEX BOLT M10*40	2
(42)	1	HEX BOLT M10*25	4
(43)	1	HEX BOLT M10*75	8
(44)	1	CARRIAGE BOLT M10*70	2
(45)	1	FLAT WASHER φ13.5*φ24*2.5	2
(46)	1	NUT M12	2
(47)	1	COUNTERSUNK HEAD SCREWS M5*15	4

## ASSEMBLY INSTRUCTIONS

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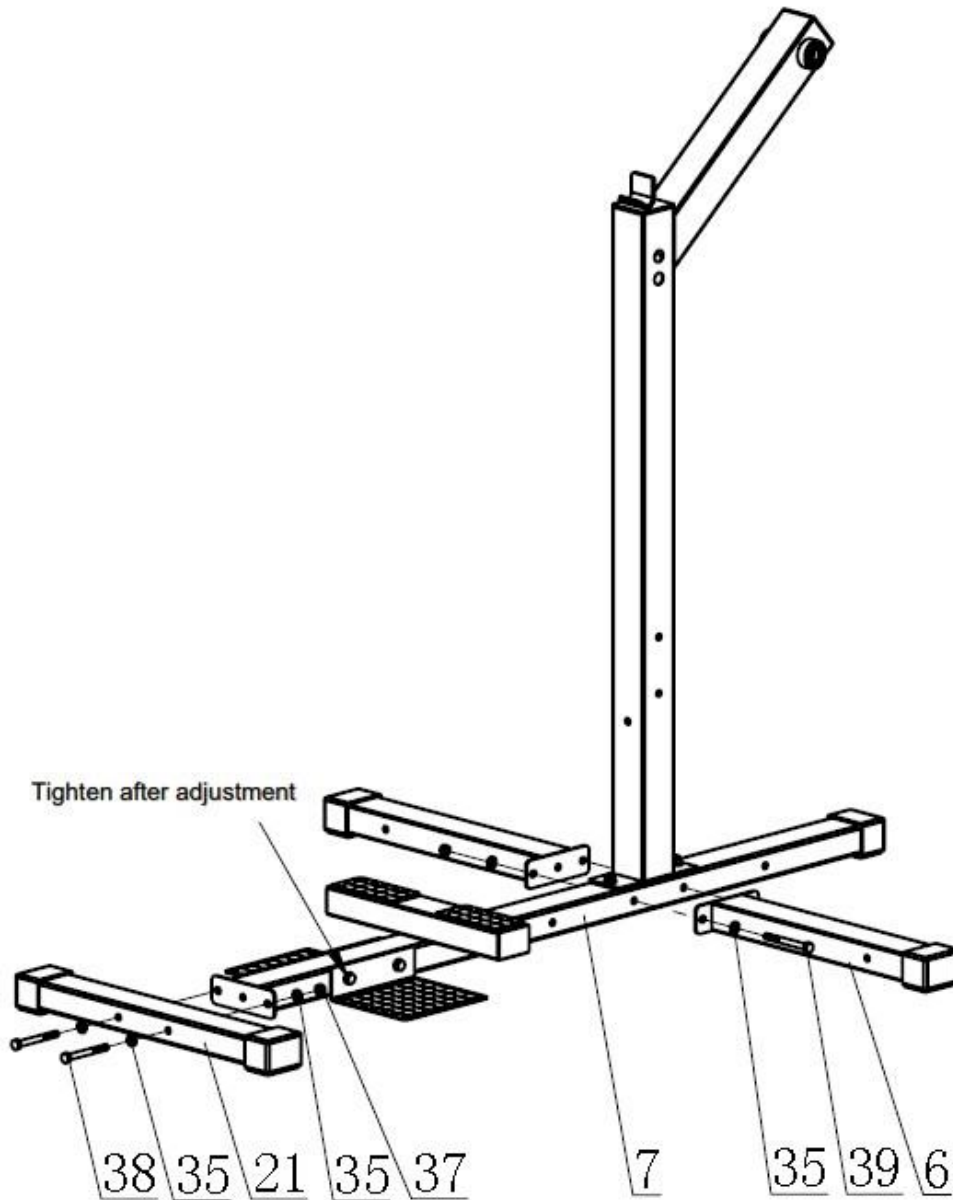
### Step 1

Fix Upright Frame (1) to the Base connect Frame (7), using Carriage Bolt M10\*70 (44), Flat Washer  $\Phi 11*\Phi 20*2$  (35) and Nut M10(37).



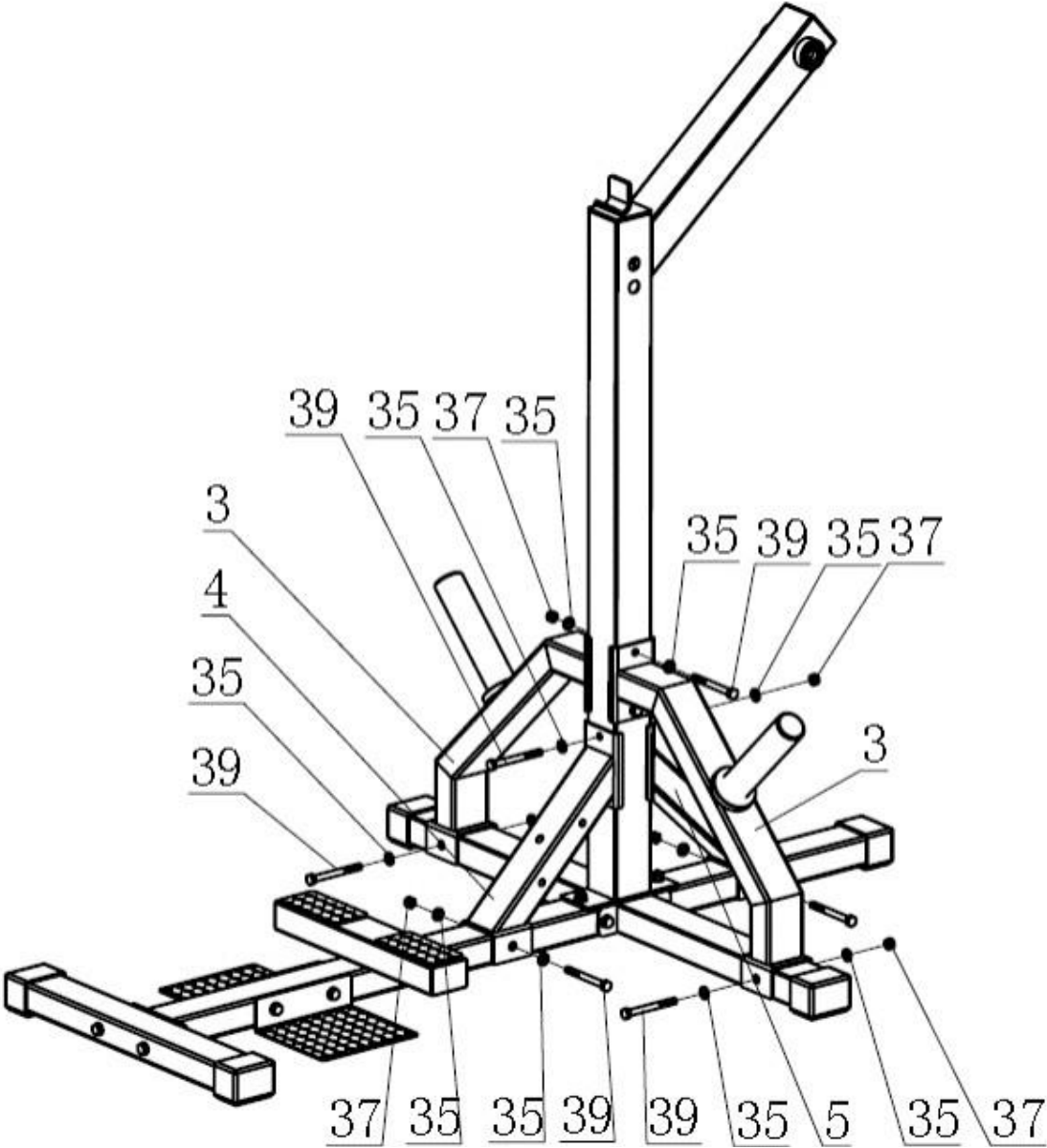
## Step 2

Fix Left & Right Base Frame (6) and Front Base Frame (21) to the Base connect Frame (7), using Hex Bolt M10\*95 (38), Hex Bolt M10\*100 (39), Flat Washer  $\Phi 11*\Phi 20*2$  (35) and Nut M10(37).



**Step 3**

Fix Left & Right Support Frame (3), Front Support Frame (4) and Rear Support Frame (5) to the Base  
Connect Frame (7) and Upright Frame (1), using Hex Bolt M10\*100 (39), Flat Washer  $\Phi 11*\Phi 20*2$  (35) and Nut M10(37).



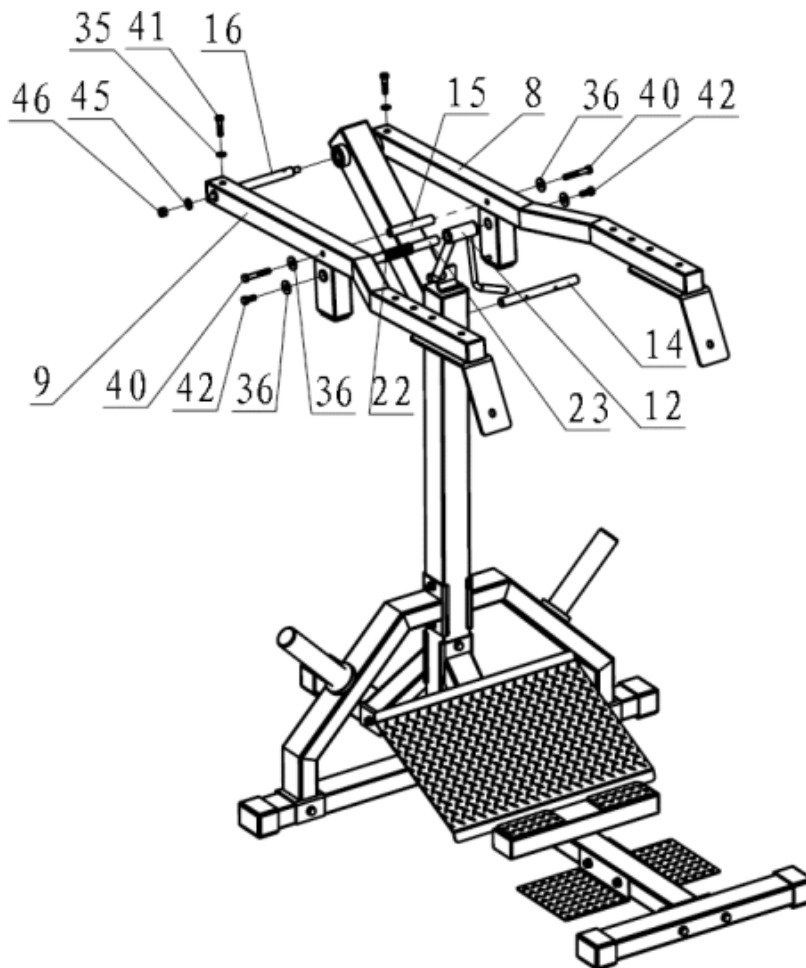
#### Step 4

Fix the Rotation Shaft (16) to the Left Shoulder Frame (9), using Hex Bolt M10\*40 (41) and Flat Washer  $\Phi 11*\Phi 20*2$  (35).

Fix the Synchronizing Shaft (15) to the Left Shoulder Frame (9), using Hex Bolt M10\*65 (40) and Flat Washer  $\Phi 10.5*\Phi 30*2.5$  (36).

Fix the Limit Shaft (23) to the Left Shoulder Frame (9), using Hex Bolt M10\*25 (42) and Flat Washer  $\Phi 10.5*\Phi 30*2.5$  (36). Then through the Stop (12) and Axis (14).

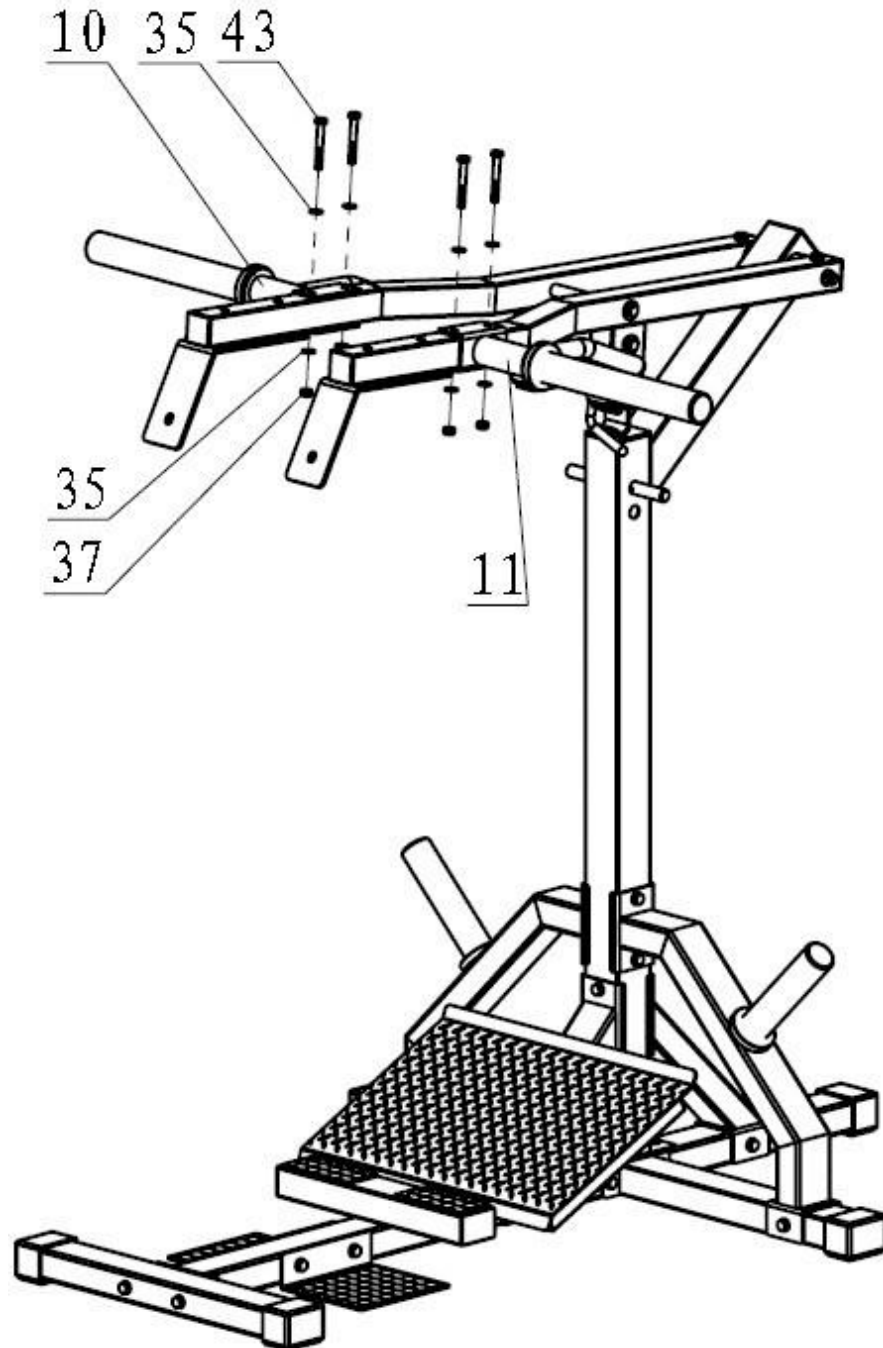
Insert the Left Shoulder Frame (8) to the Rotation Shaft (16), Using Hex Bolt M10\*40 (41) and Flat Washer  $\Phi 11*\Phi 20*2$  (35). Then fix them using Flat Washer  $\Phi 10.5*\Phi 30*2.5$  (36), Hex Bolt M10\*65 (40) and Hex Bolt M10\*25 (42)





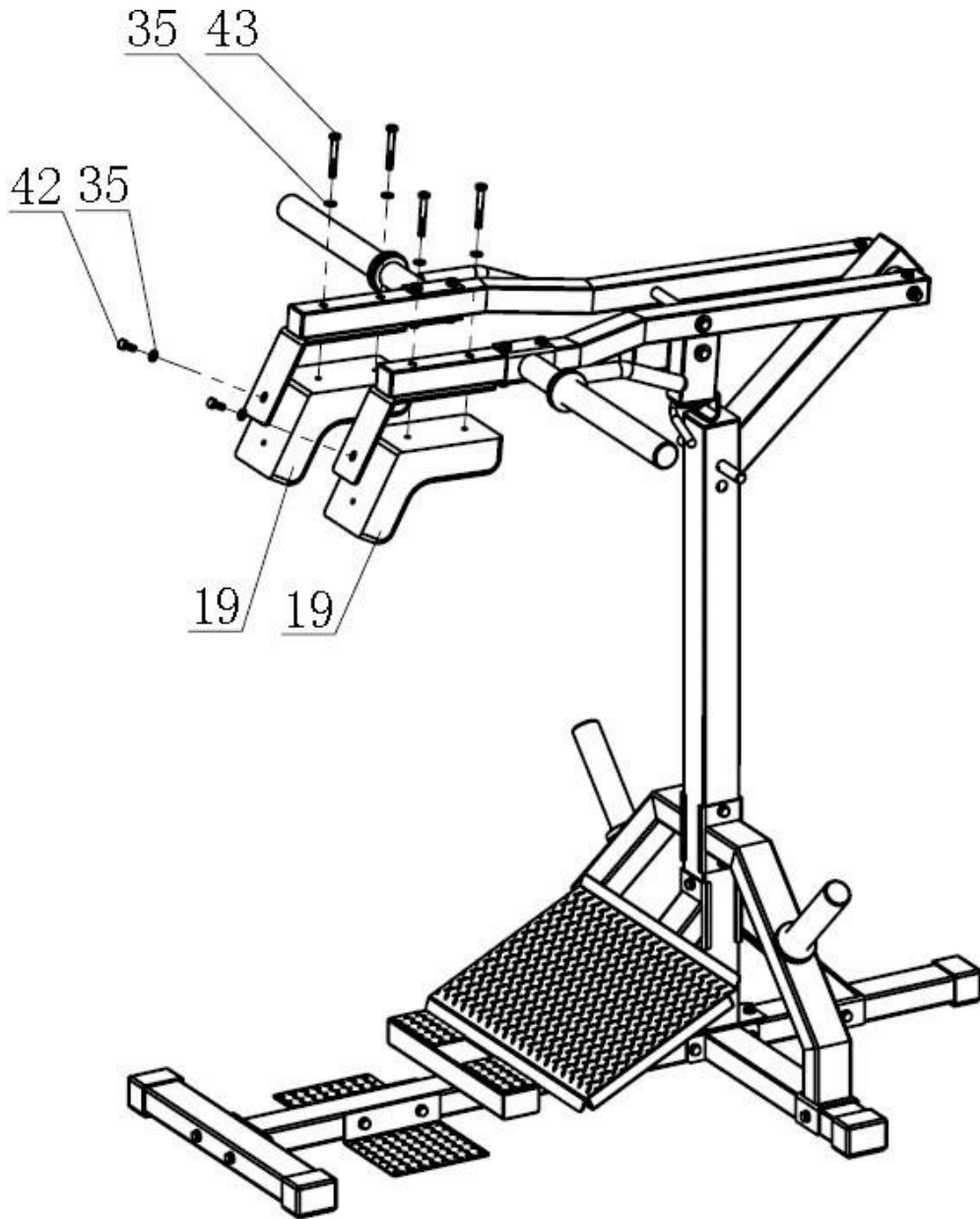
**STEP 5**

Fix Left & Right Handle Frame (10&11) to the Shoulder Frame (8&9), Using Hex Bolt M10\*75 (43), Flat Washer  $\Phi 11*\Phi 20*2$  (35) and Nut M10(37).



**STEP 6**

Fix the Shoulder Pad (19) to the Left & Right Handle Frame (10&11), Using Hex Bolt M10\*25 (42), Hex Bolt M10\*75 (43), and Flat Washer  $\Phi 11*\Phi 20*2$  (35).



## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

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Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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