

# LEVERAGE SQUAT MACHINE

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LVGSQT1-LVGSQT2, LVGSQT1v1b, LVGSQT2v1b

400937, 401859, 401860

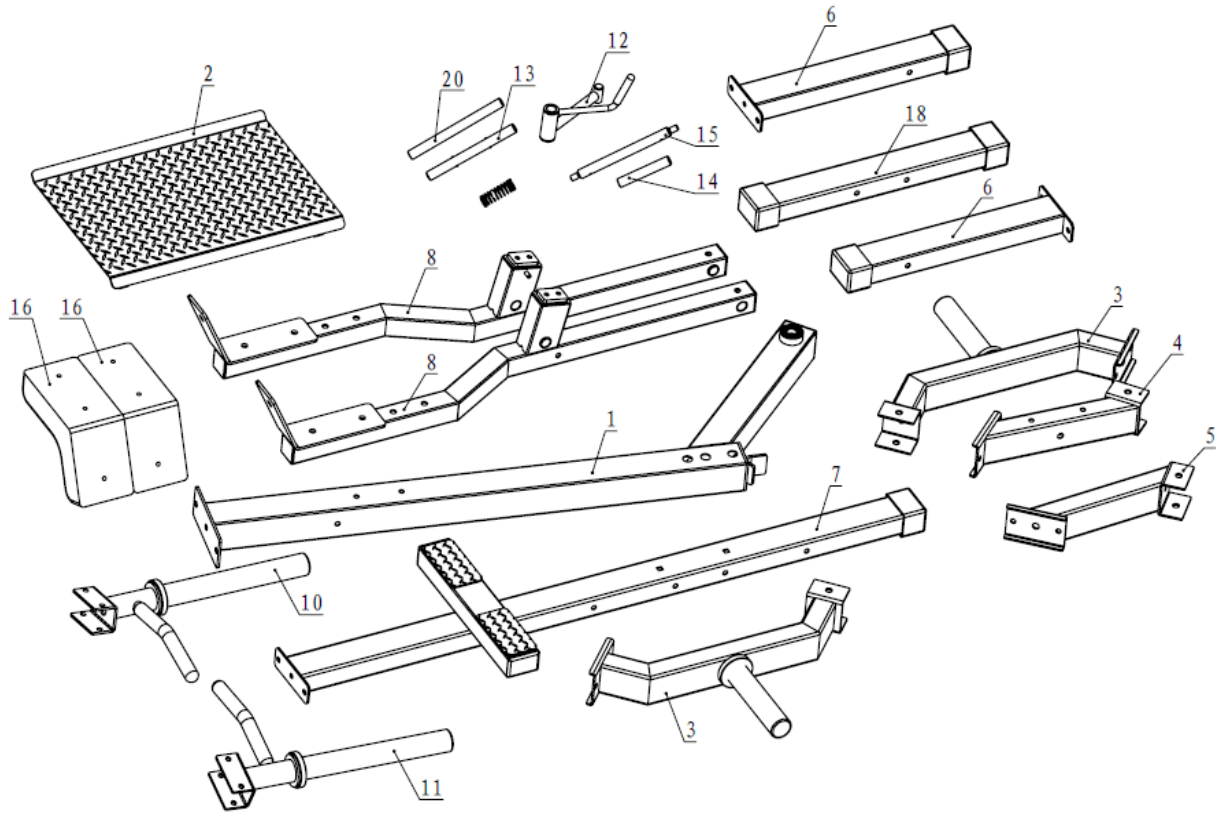


## Operator's Manual



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!

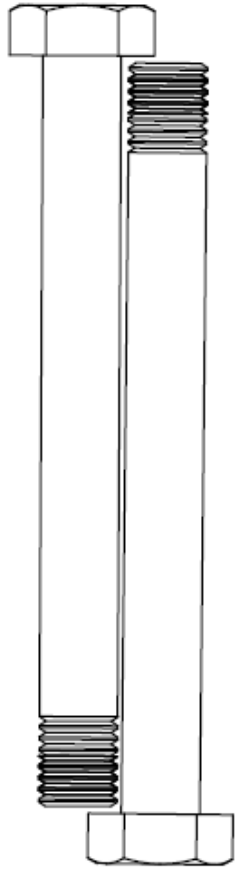
**ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW**



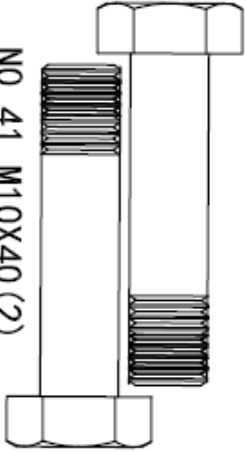
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
2	1	PEDAL FRAME	1	18	1	FRONT BASE FRAME	1
16	1	SHOULDER PAD	2	8	1	RIGHT SHOULDER FRAME	1
1	1	UPRIGHT FRAME	1	9	1	LEFT SHOULDER FRAME	1
12	1	STOP	1	5	1	REAR SUPPORT FRAME	1
19	1	SPRING	1	4	1	FRONT SUPPORT FRAME	1
13	1	AXIS	1	3	1	SUPPORT FRAME	2
14	1	SYNCHRONIZING SHAFT	1	7	1	BASE CONNECT FRAME	1
20	1	LIMIT SHAFT	1	11	1	RIGHT BELL PLATE FRAME	1
15	1	ROTATION SHAFT	1	10	1	LEFT SHOULDER FRAME	1
6	1	LEFT AND RIGHT BASE FRAME	2		1		

# HARDWARE PACK (1/3)

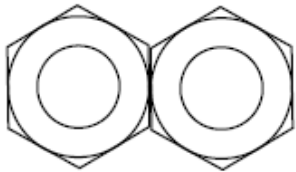
LSM10



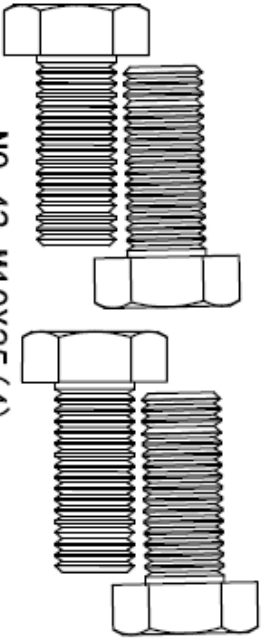
NO. 38 M10X95 (2)



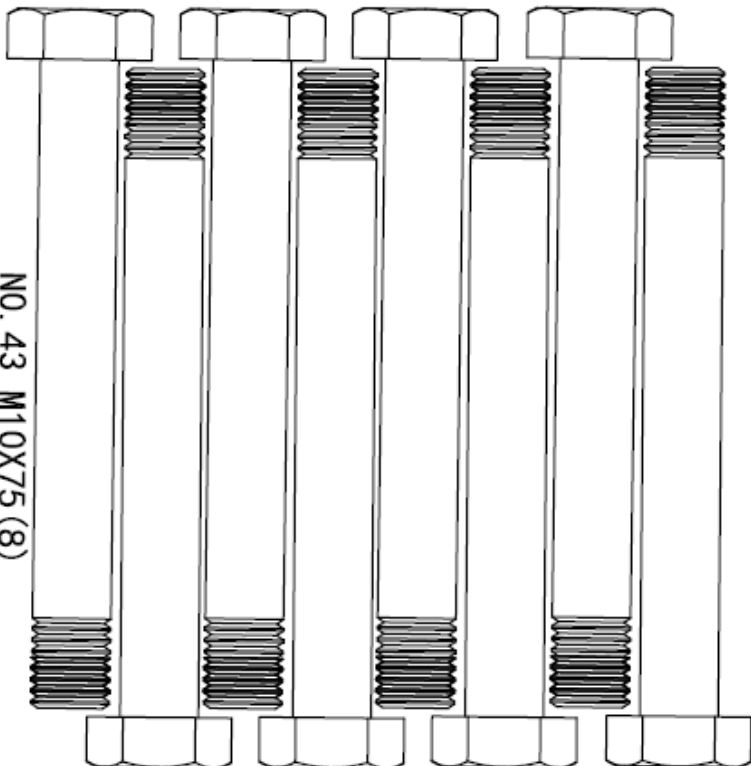
NO. 41 M10X40 (2)



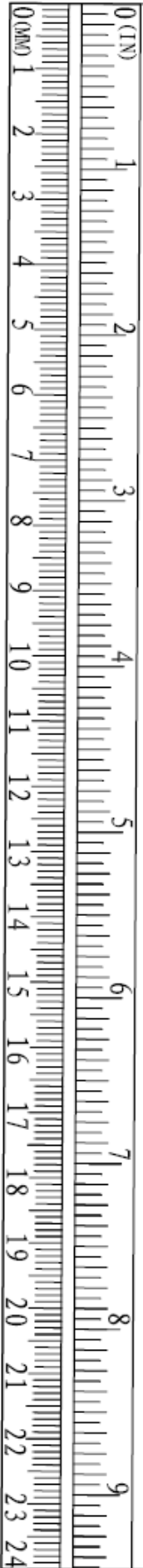
NO. 46 Nut M12 (2)



NO. 42 M10X25 (4)

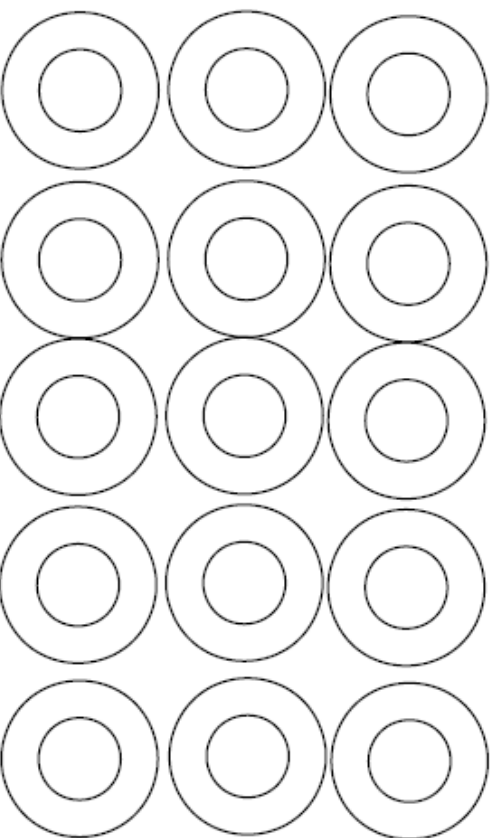


NO. 43 M10X75 (8)

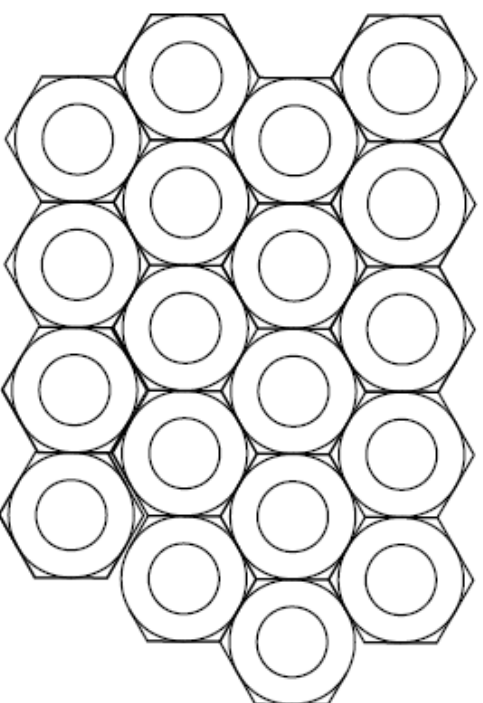


# HARDWARE PACK (2/3)

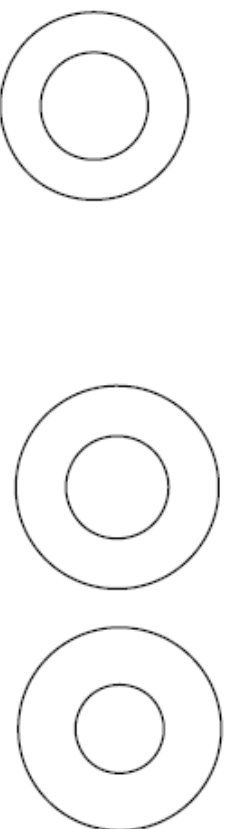
LSM10



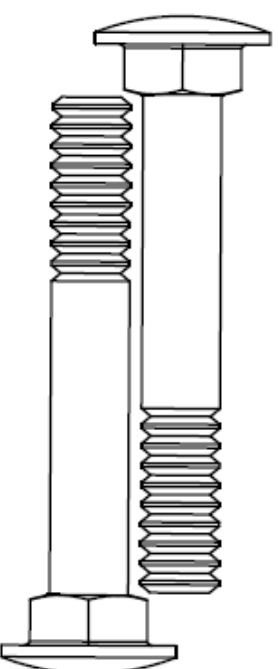
NO. 35 Washer M10 (45)



NO. 37 Nut M10 (19)

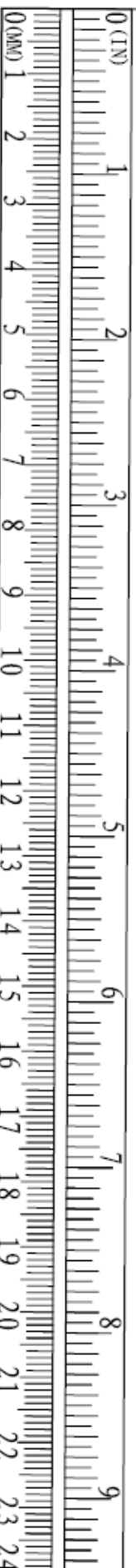


NO. 36 Washer  $\Phi 10.5 * \Phi 30 * 2.5$  (4)



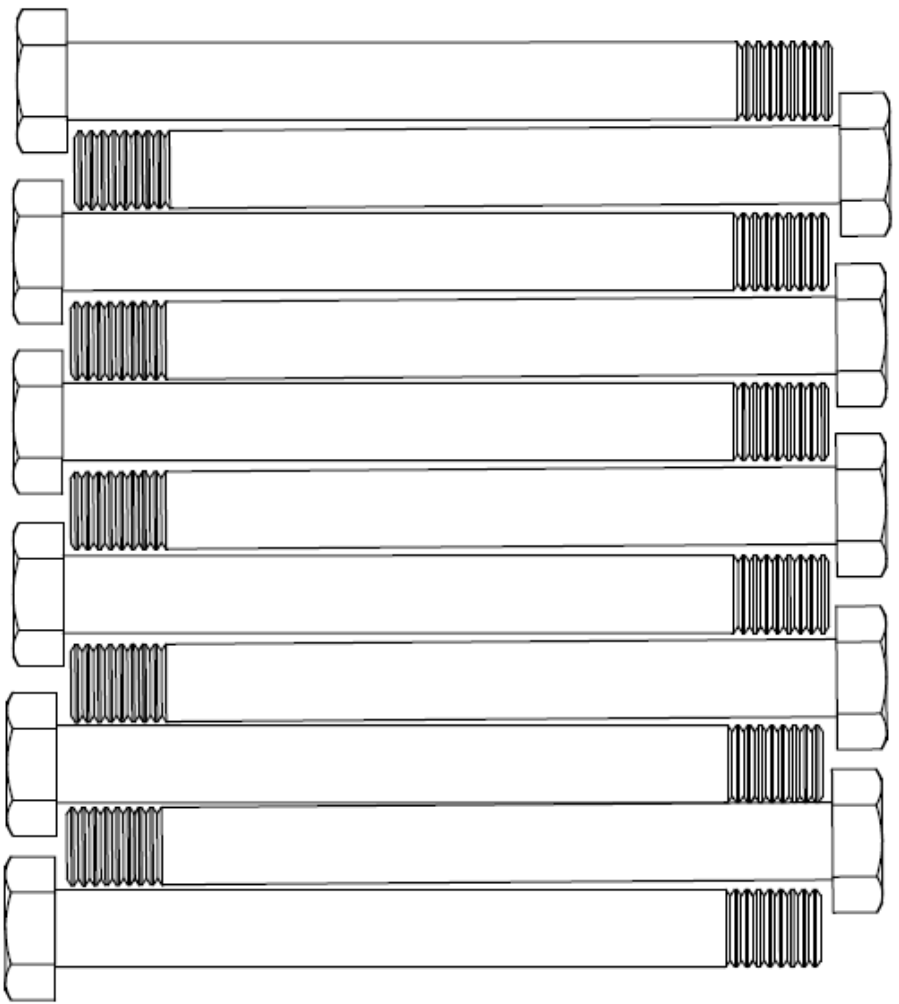
NO. 44 M10X70 (2)

NO. 45 Washer M12 (2)

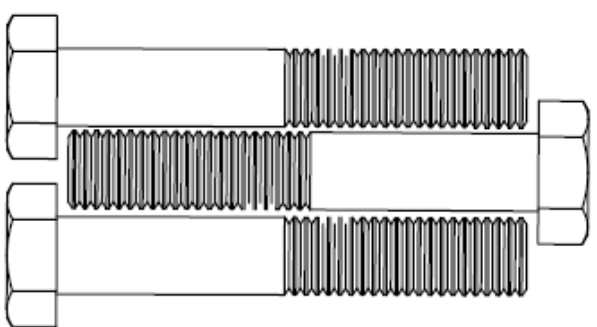


# HARDWARE PACK (3/3)

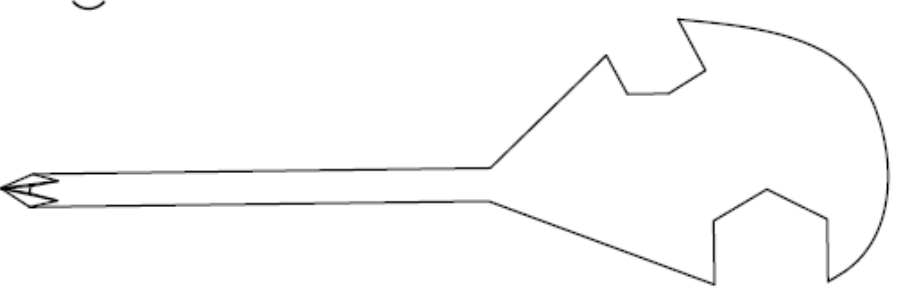
LSM10



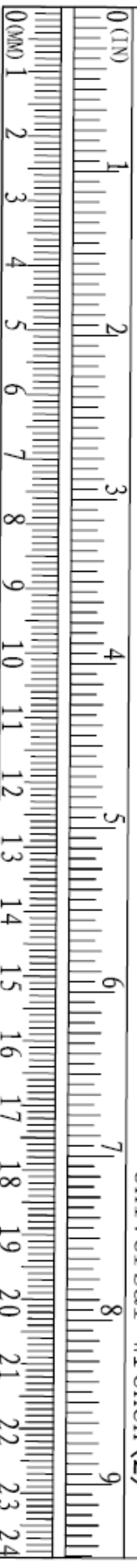
NO. 39 M10X100 (11)



NO. 40 M10X65 (3)



Universal Wrench (2)

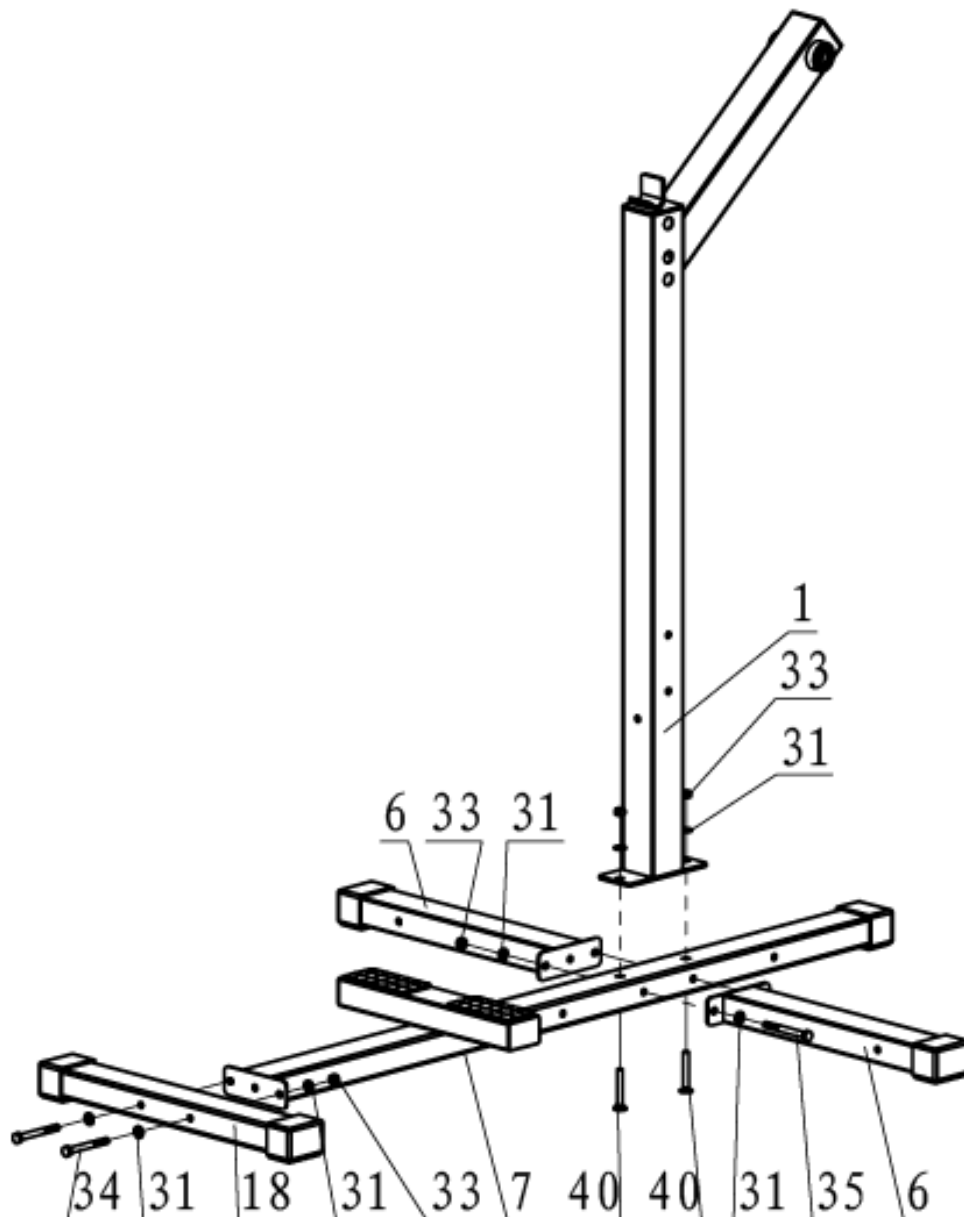


## ASSEMBLY INSTRUCTIONS

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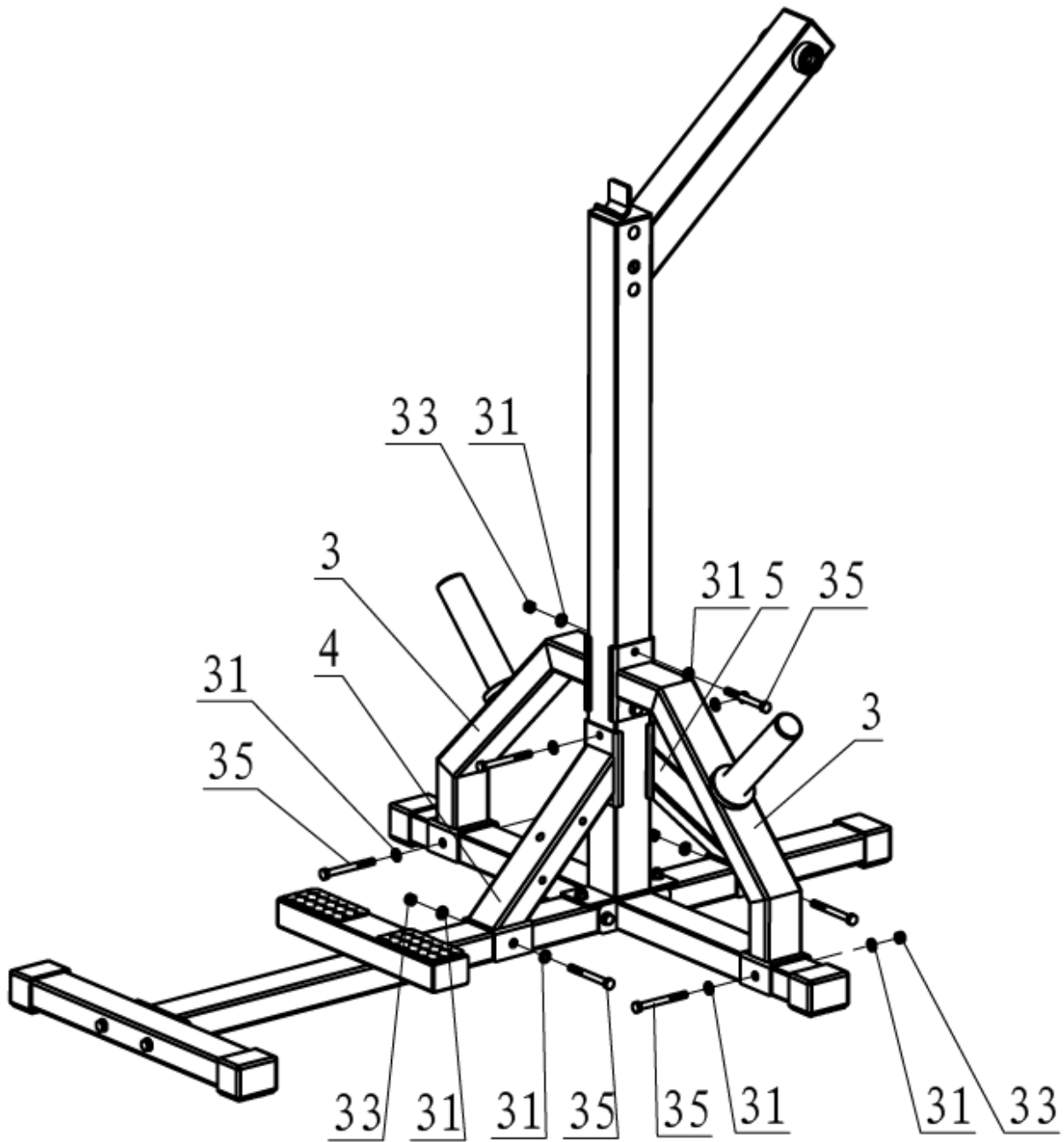
### Step 1

1. Fix Upright Frame (1) to the Base Connect Frame (7), using Carriage Bolt (40), Flat Washer (31) and Nut (33).
2. Fix Base Frame (6) to the Base Connect Frame (7), using Flat Washer (31), Nut (33) and Hex Bolt (35).
3. Fix Front Base Frame (18) to the Base Connect Frame (7), using Flat Washer (31), Nut (33) and Hex Bolt (34).



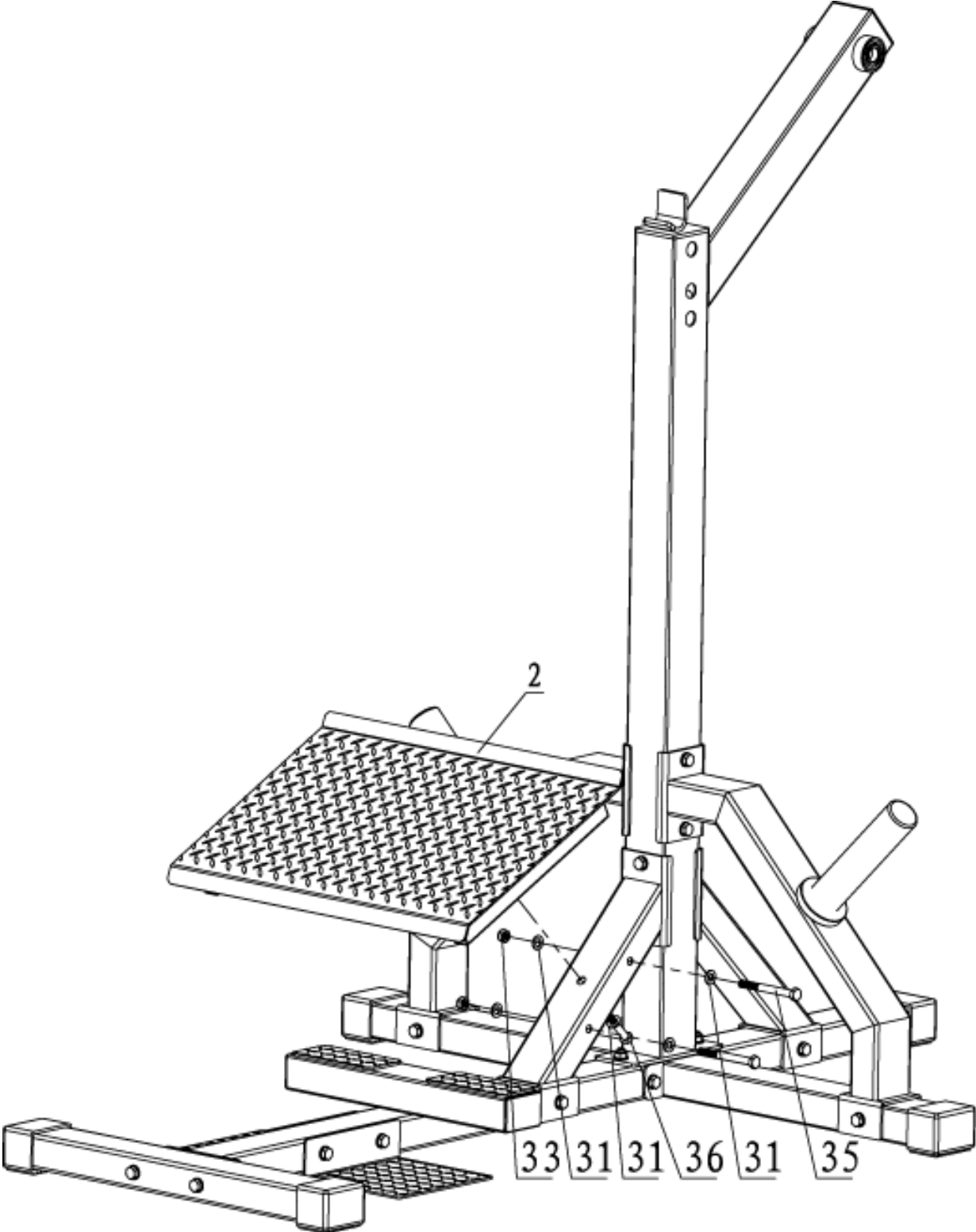
## Step 2

Fix Left & Right Support Frame (3), Front Support Frame (4) and Rear Support Frame (5) together, using Hex Bolt (35), Flat Washer (31) and Nut (33).



**Step 3**

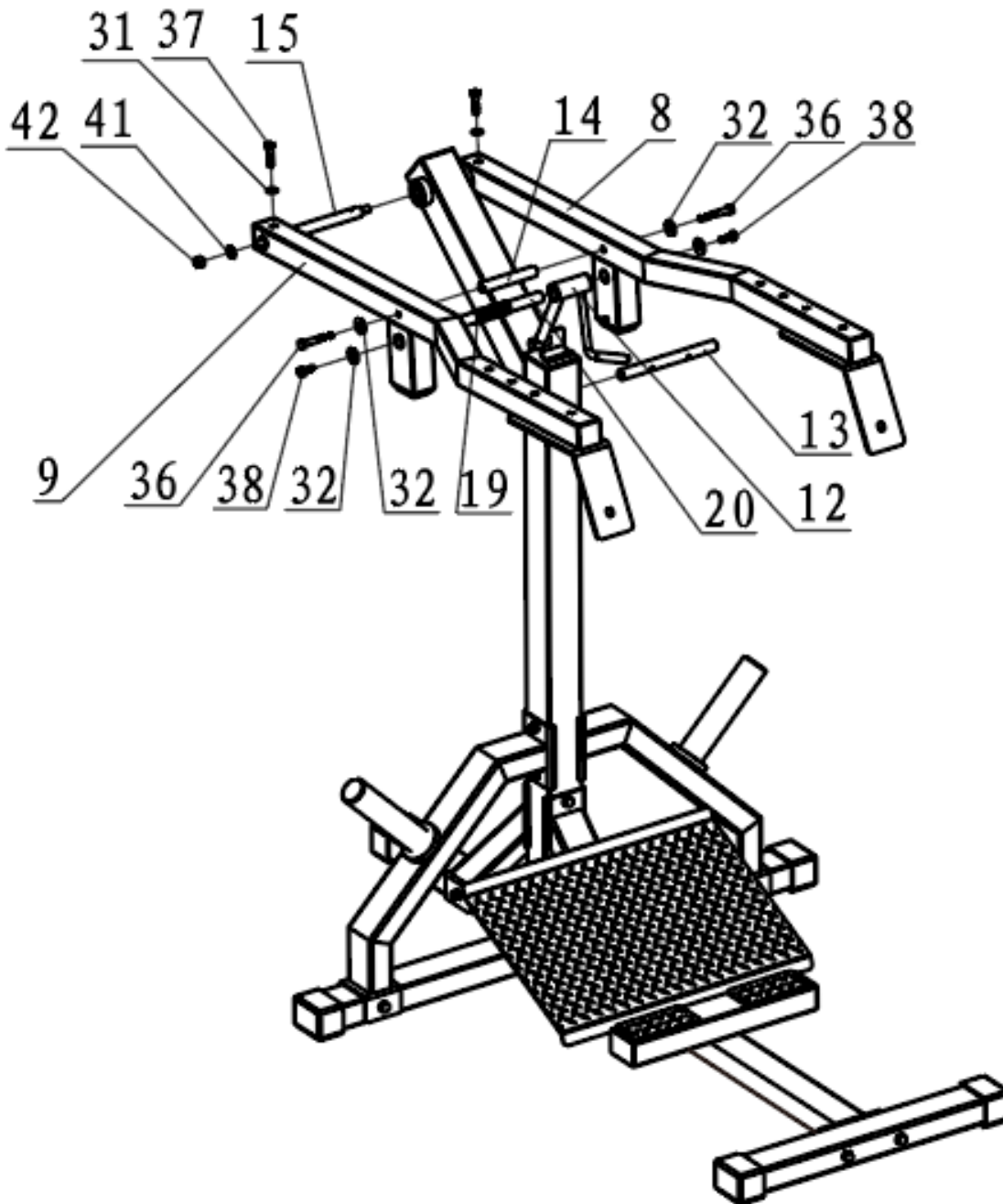
Fix Pedal Frame (2) to the location shown in the picture, using Hex Bolt (35), Hex Bolt (36), Flat Washer (31) and Nut (33).





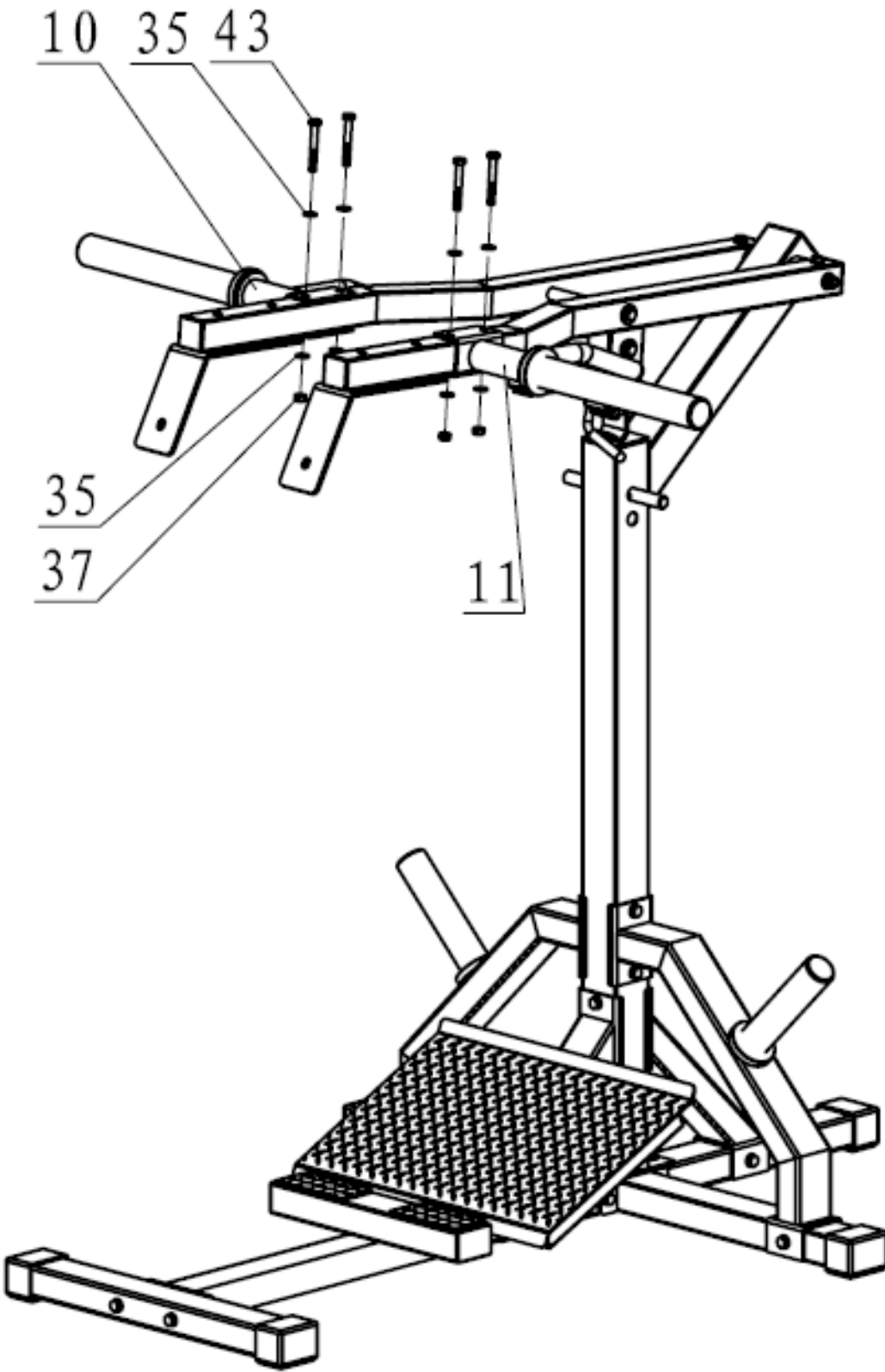
## Step 4

1. Fix the Rotation Shaft (15) to the Left Shoulder Frame (9), using Nut (42) and Flat Washer (41). Then penetrate the column bearing.
2. Fix the Synchronizing Shaft (14) to the Left Shoulder Frame (9), using Hex Bolt (36) and Flat Washer (32).
3. Fix the Limit Shaft (20) to the Left Shoulder Frame (9), using Hex Bolt (38) and Flat Washer (32). Then through the Spring (19) and Stop (12).
4. Insert the Left Shoulder Frame (8) to the Rotation Shaft (15), using Flat Washer (41) and Nut (42).
5. Then fix them using Flat Washer (31), Flat Washer (32), Hex Bolt (36), Hex Bolt (37) and Hex Bolt (38).



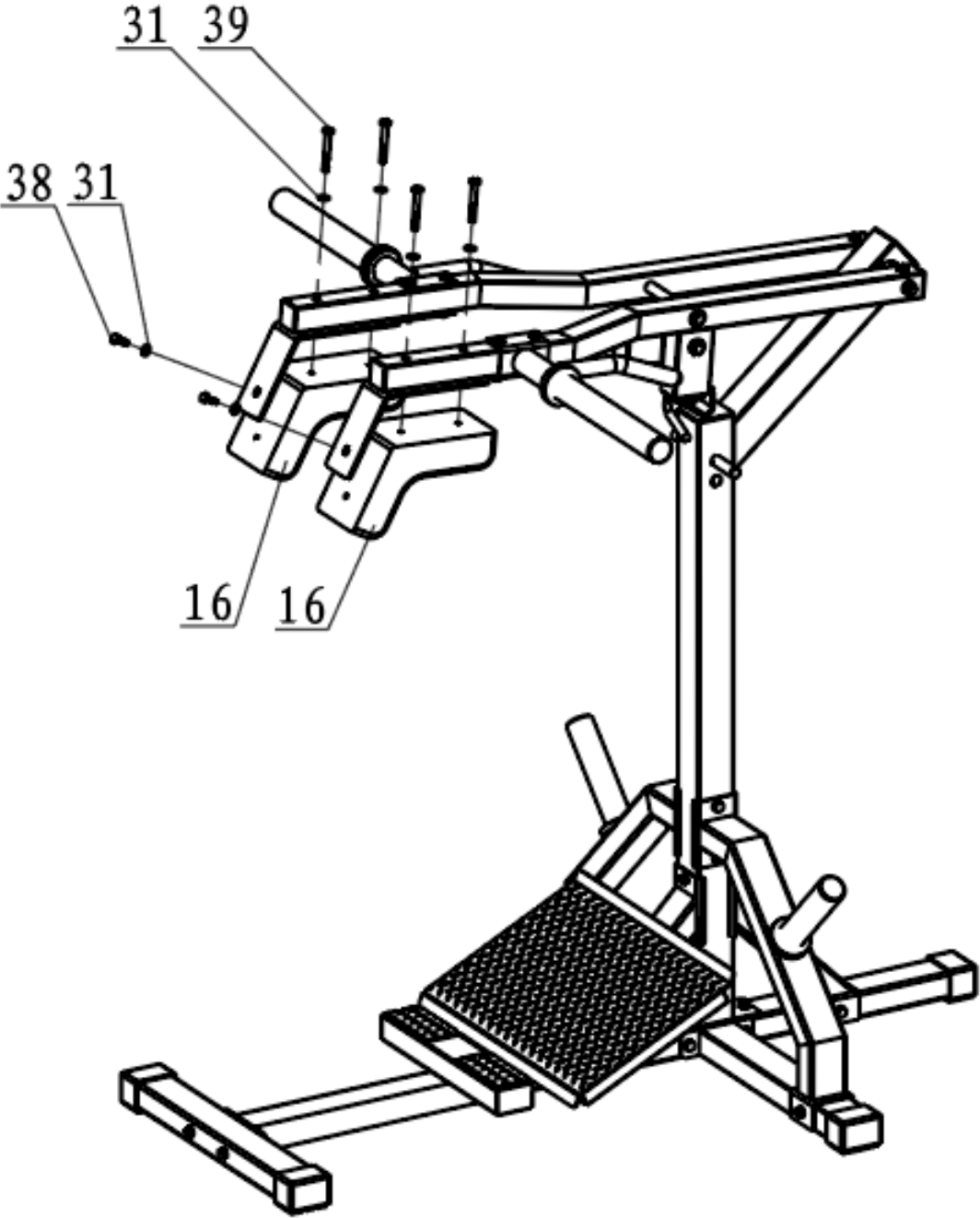
**Step 5**

Fix Left & Right Handle Frame (10&11) to the location shown in the picture, using Hex Bolt (43), Flat Washer (35) and Nut (37).

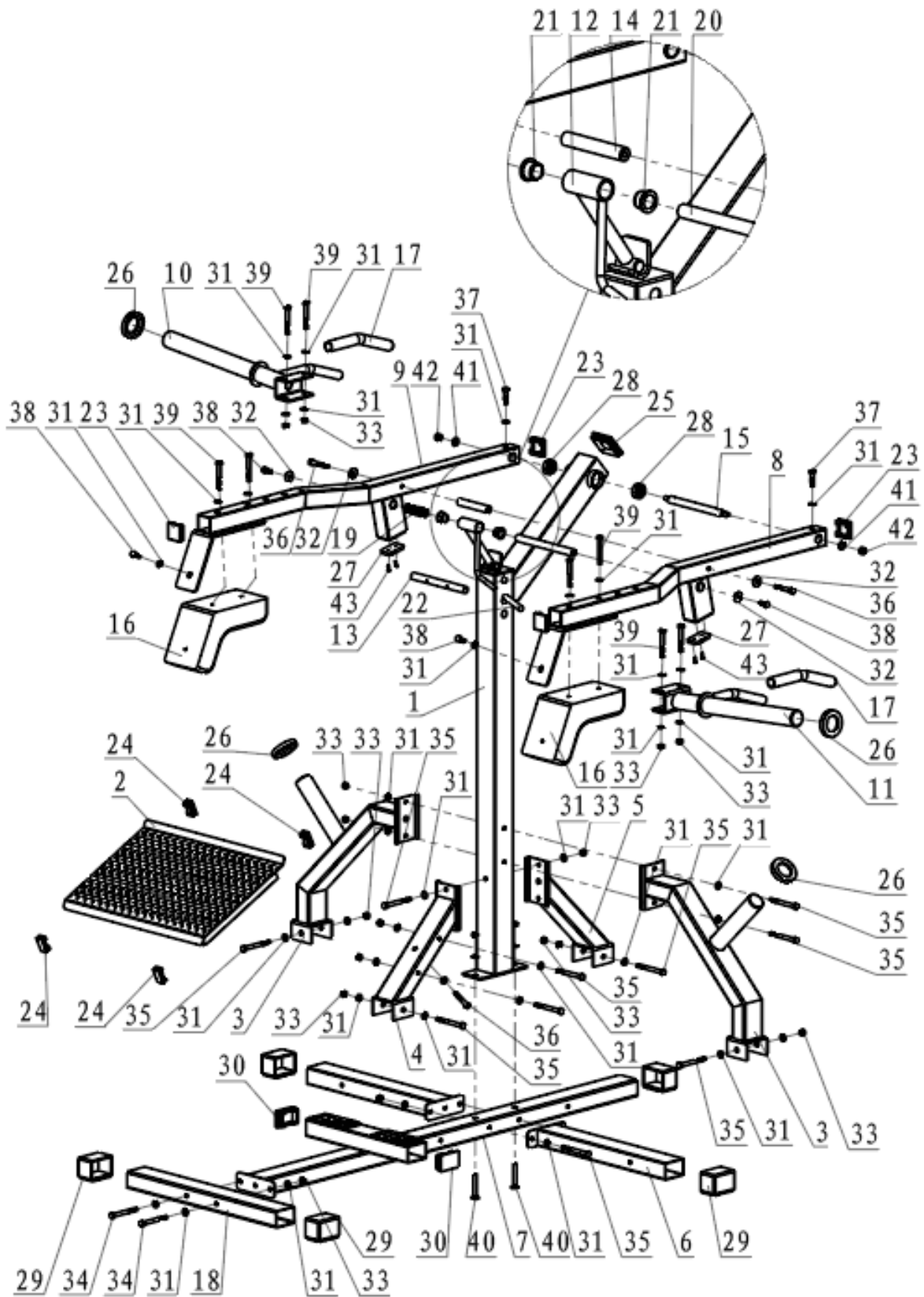


**Step 6**

Fix the Shoulder Pad (16) to the location shown in the picture, using Hex Bolt (38), Hex Bolt (39), and Flat Washer (31).



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Upright Frame	1	(23)	1	End Cap50*50*3	4
(2)	1	Pedal Frame	1	(24)	1	End Cap J25*50*2	4
(3)	2	Support Frame	2	(25)	1	End Cap75*75*2.5	1
(4)	2	Front Support Frame	1	(26)	2	Rubber Bumper $\Phi 77*\Phi 47.5*13$	4
(5)	2	Rear Support Frame	1	(27)	2	Rubber Bumper	2
(6)	1	Left and Right Base Frame	2	(28)	2	Bearing 6004ZZ	2
(7)	2	Base Connect Frame	1	(29)	1	Pipe Sleeve	5
(8)	1	Right Shoulder Frame	1	(30)	2	End Cap J50*75*2.5	2
(9)	1	Left Shoulder Frame	1	(31)	1&2	Flat Washer $\Phi 11*\Phi 20*2$	45
(10)	2	Left Bell Plate Frame	1	(32)	2	Flat Washer $\Phi 10.5*\Phi 30*2.5$	4
(11)	2	Right Bell Plate Frame	1	(33)	1&2	Nut M10	19
(12)	1	Stop	1	(34)	1	Hex Bolt M10*95	2
(13)	2	Axis	1	(35)	1&2	Hex Bolt M10*100	11
(14)	1	Synchronizing Shaft	1	(36)	1&2	Hex Bolt M10*65	3
(15)	1	Rotation Shaft $\Phi 20*255*M12$	1	(37)	1	Hex Bolt M10*40	2
(16)	1	Shoulder Pad	2	(38)	1	Hex Bolt M10*25	4
(17)	2	Grip	2	(39)	1	Hex Bolt M10*75	8
(18)	2	Front Base Frame	1	(40)	1	Carriage Bolt M10*70	2
(19)	1	Spring $\Phi 24*\Phi 1.5*75$	1	(41)	1	Flat Washer $\Phi 13.5*\Phi 24*2.5$	2
(20)	2	Limit Shaft	1	(42)	1	Nut M12	2
(21)	1	Spacer Bush $\Phi 20$	2	(43)	1	Countersunk Head Screws M5*15	4

## **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.

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