

SQUATMAX-MD

401933 - SQTMAXv1b

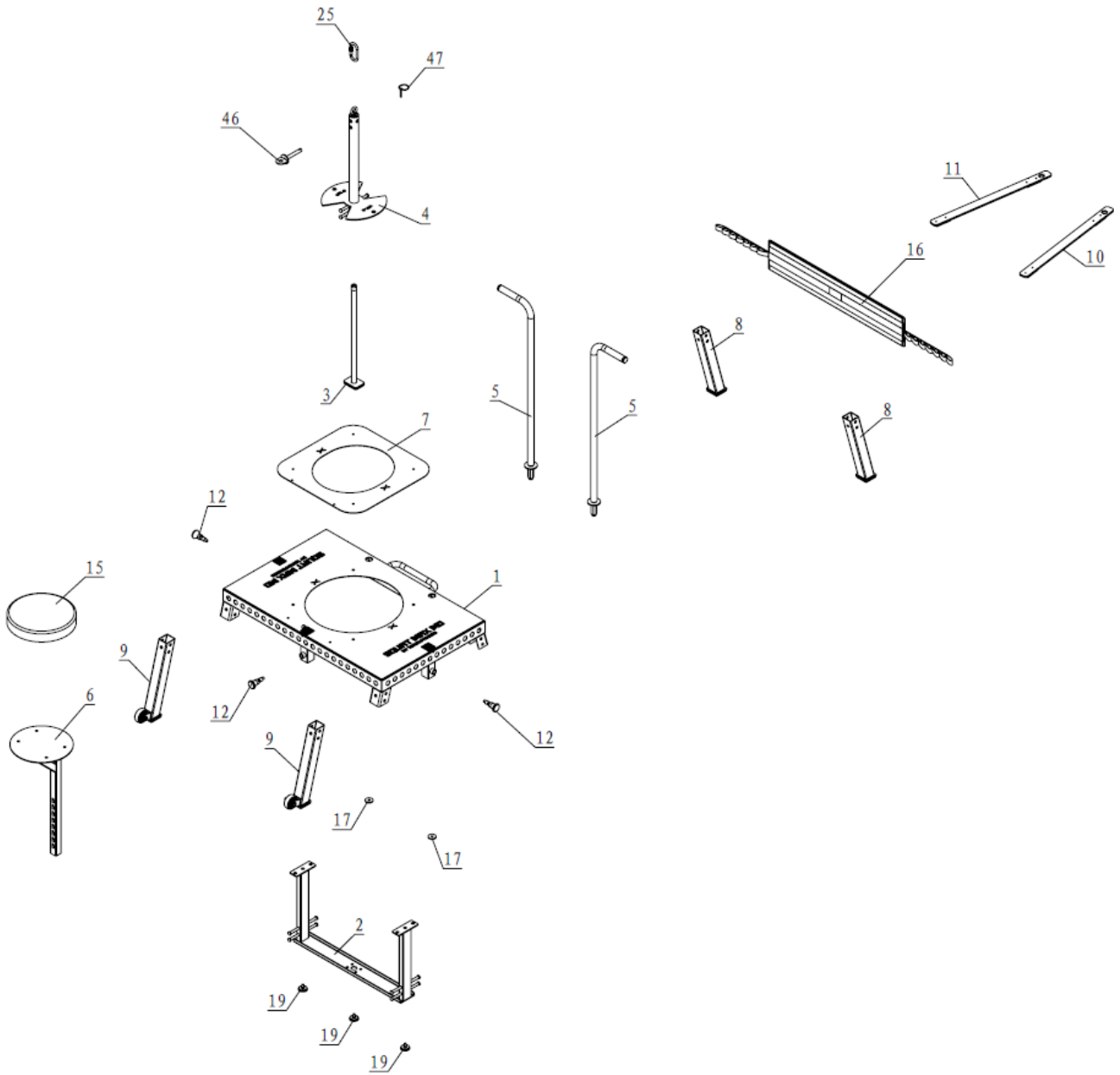


Operator's Manual



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!

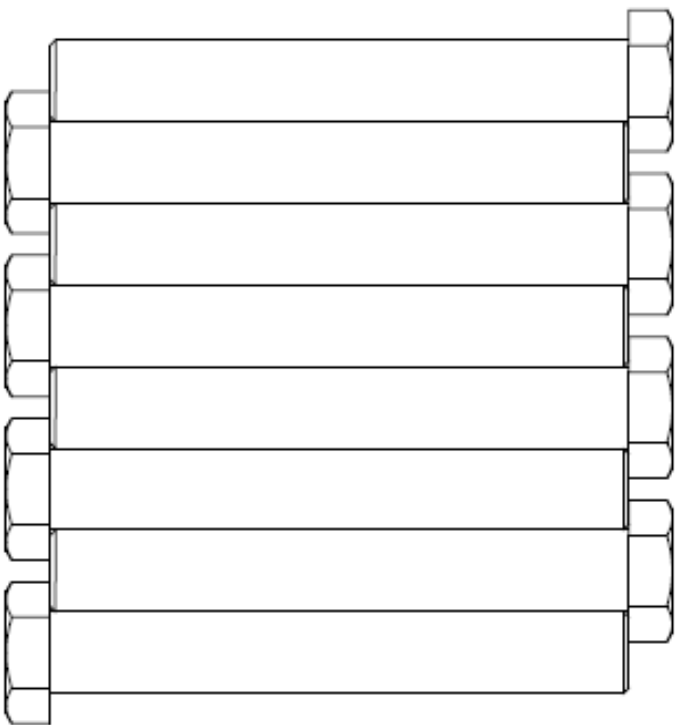
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



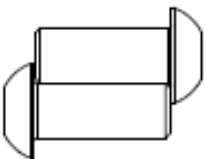
KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	PEDAL FRAME	1	11	LEFT SAFETY FRAME	1
2	BASE FRAME	1	12	PIN ASSEMBLY	3
3	STOPPER	1	15	SEAT CUSHION	1
4	LOAD-BEARING FRAME	1	16	TAPE 970*175*16	1
5	HANDLE FRAME	2	17	METAL PLATE $\Phi 40*\Phi 10*5$	2
6	ADJUSTABLE FRAME	1	19	ADJUSTABLE FOOT MAT	3
7	WEIGHT PLATE HOLDER	1	25	SAFETY HOOK $\Phi 10*110$	1
8	FRONT LEG FRAME	2	46	PIN RACK	1
9	REAR LEG FRAME	2	47	O-SHAPE PIN	1
10	RIGHT SAFETY FRAME	1			

HARDWARE PACK (1/3)

SR90



No. 39 M12X85 (8)



No. 32 M8X20 (2)



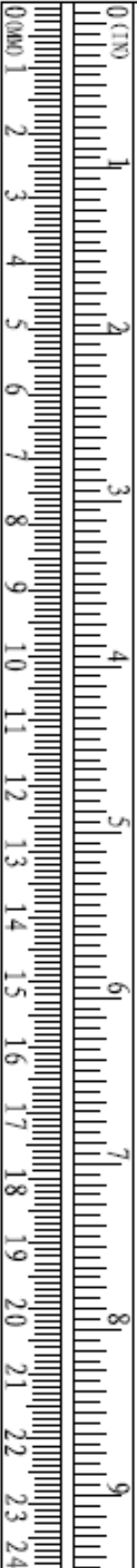
No. 34 ø8 Washer (2)



No. 41 ø12 Washer (28)

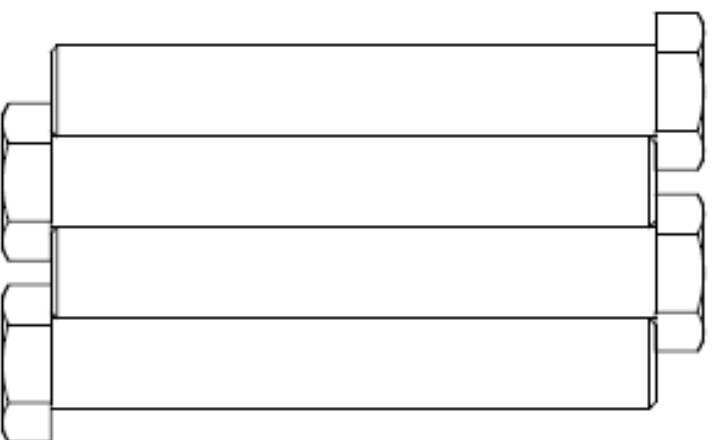


No. 33 ø8 Spring Washer (2)

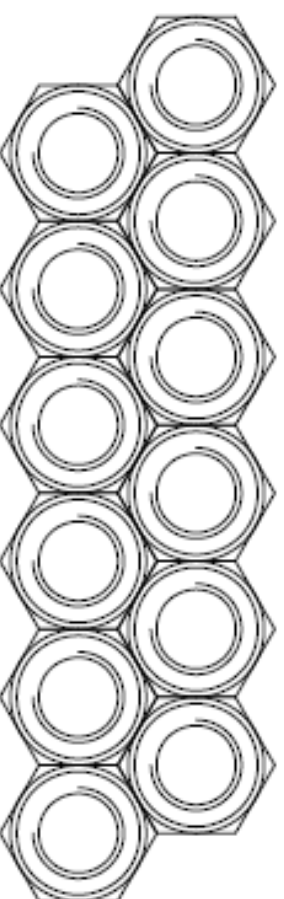


HARDWARE PACK (2/3)

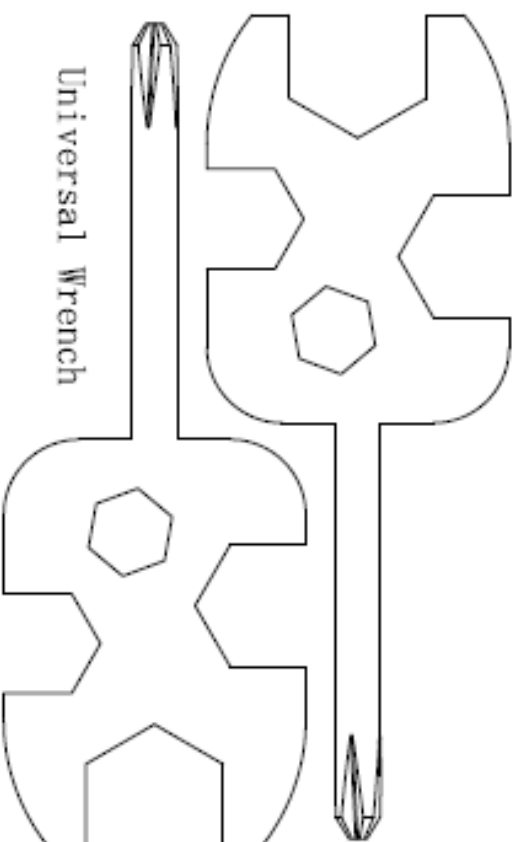
SR90



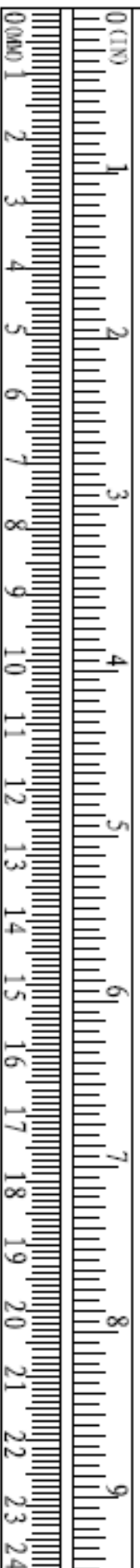
No. 38 M12X80 (4)



No. 43 M12 Nut (12)

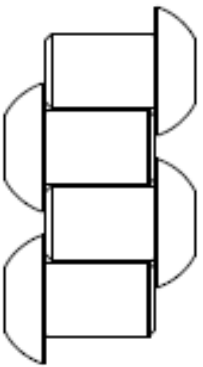


Universal Wrench

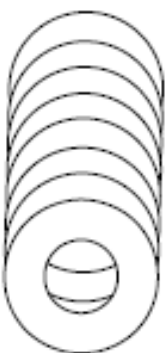


HARDWARE PACK (3/3)

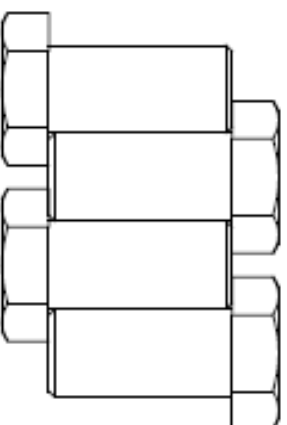
SR90



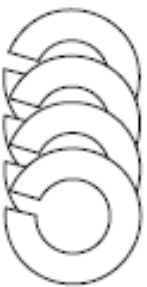
No. 35 M10X15(4)



No. 40 ø10 Washer(8)



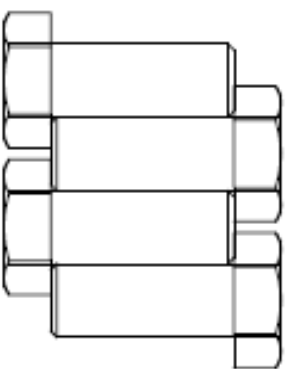
No. 37 M12X25(4)



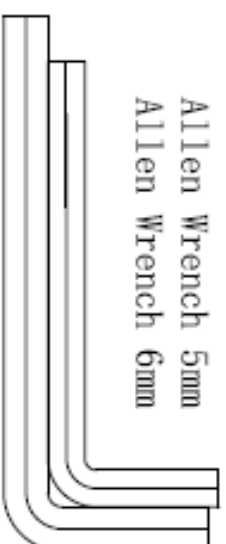
No. 48 ø10 Spring Washer(4)



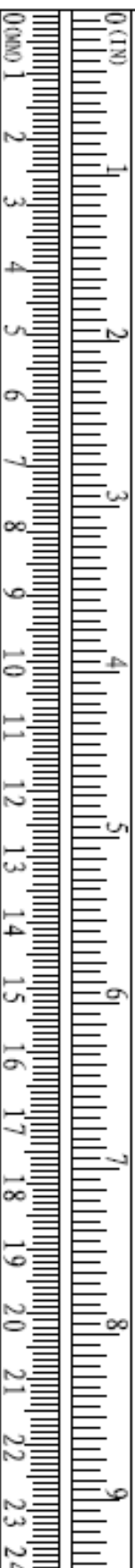
No. 42 ø12 Spring Washer(4)



No. 36 M10X25(4)



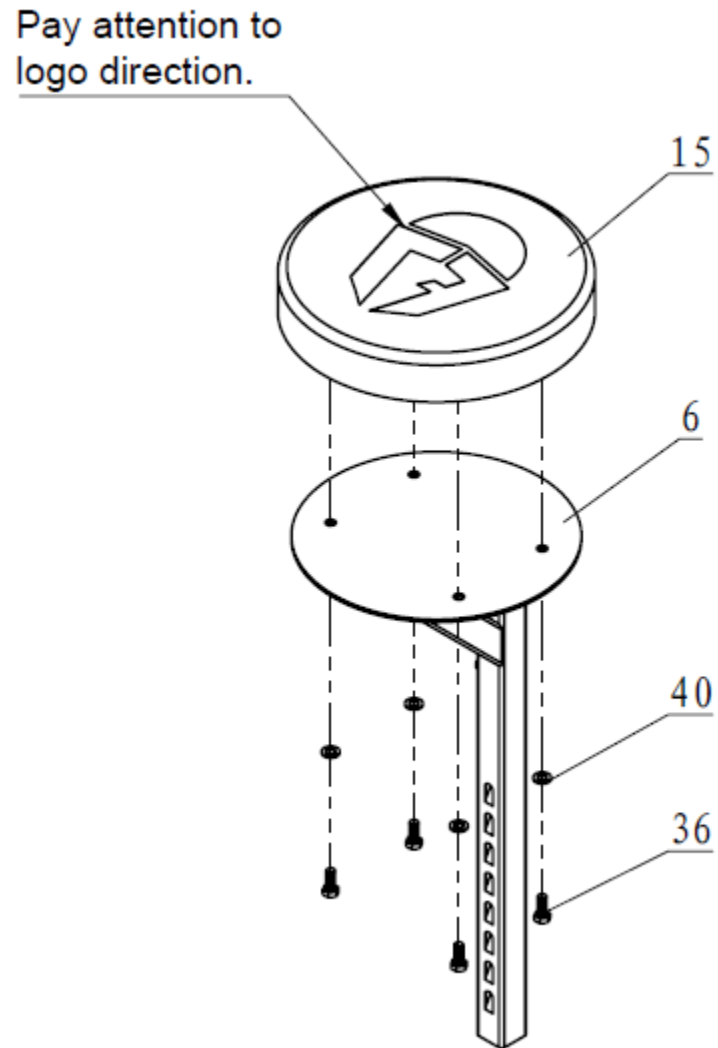
Allen Wrench 5mm
Allen Wrench 6mm



ASSEMBLY INSTRUCTIONS

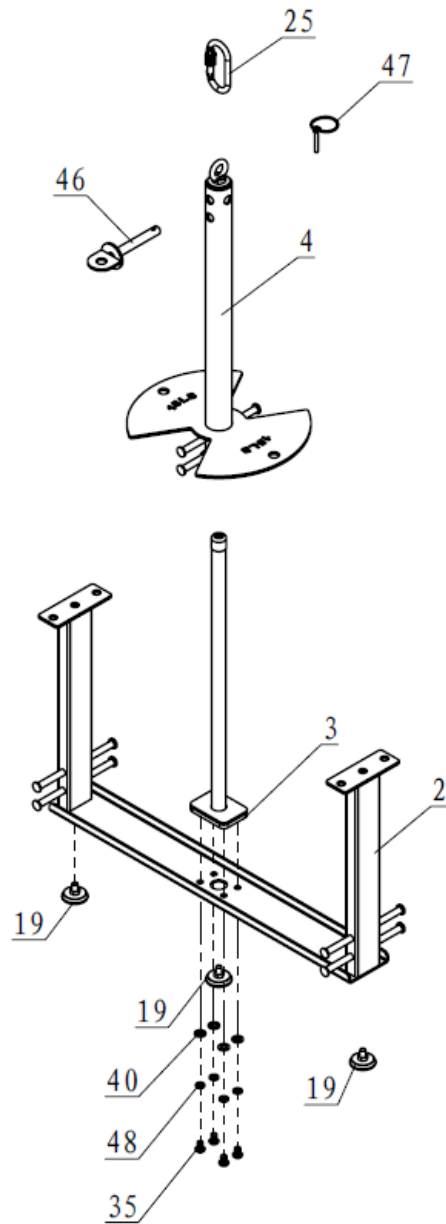
Step 1

Install the Seat Cushion (15) on the Adjustable Frame (6), using Flat Washer $\Phi 11*\Phi 20*2$ (40) and Hex Bolt M10*25 (36).



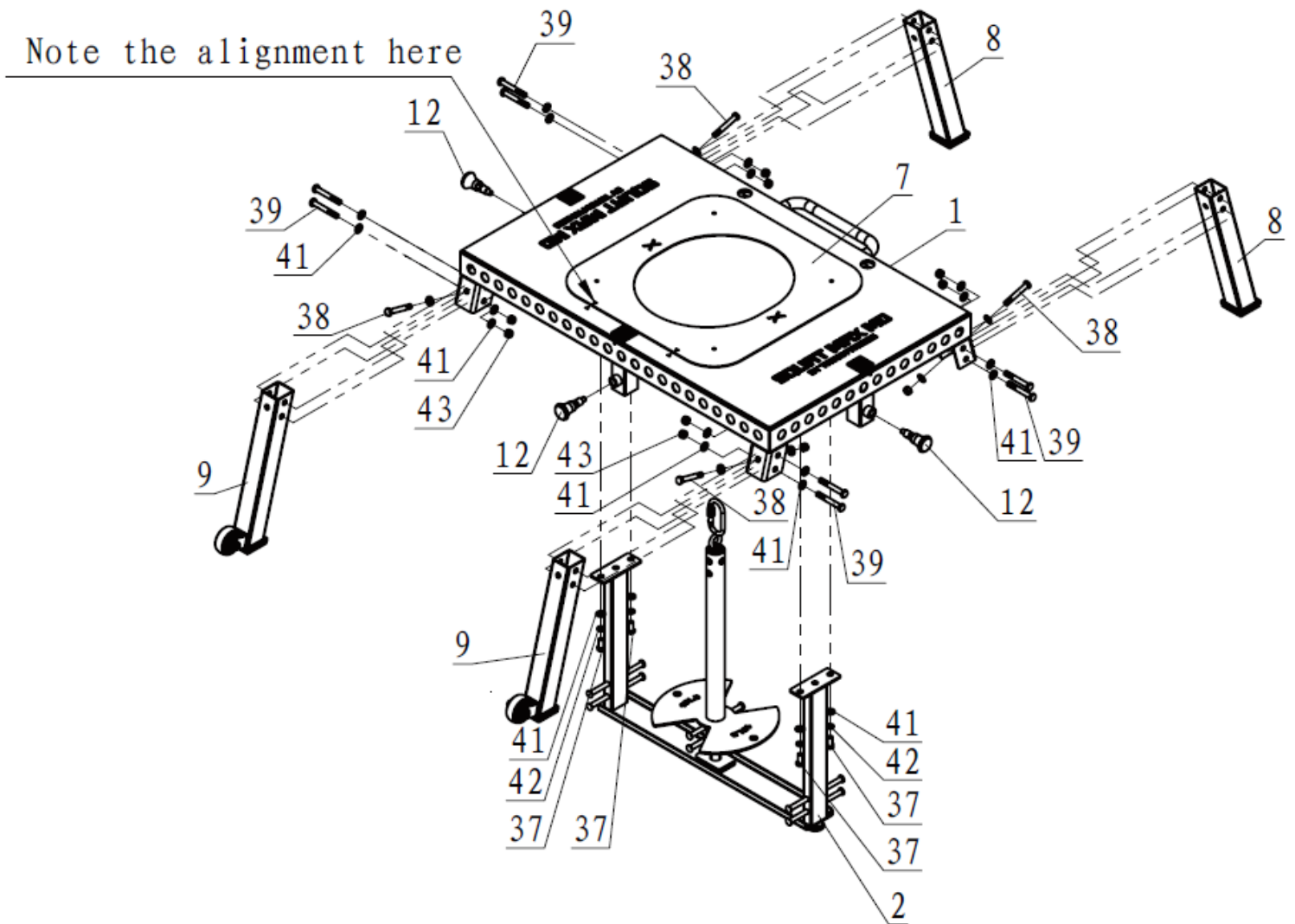
Step 2

1. Assemble the Adjustable Foot Mat (19) on the Base Frame (2), tighten it.
2. Connect Stopper (3) and Base Frame (2), using Hex Bolt M10*15 (35), Flat Washer Φ 10 (40) and Spring Washer Φ 10 (48).
3. Install the Load-bearing Frame (4) on the Stopper (3).
4. Assemble the Safety Hook Φ 10*110 (25), Pin Rack (46) and O-shape Pin to the Load-bearing Frame (4).



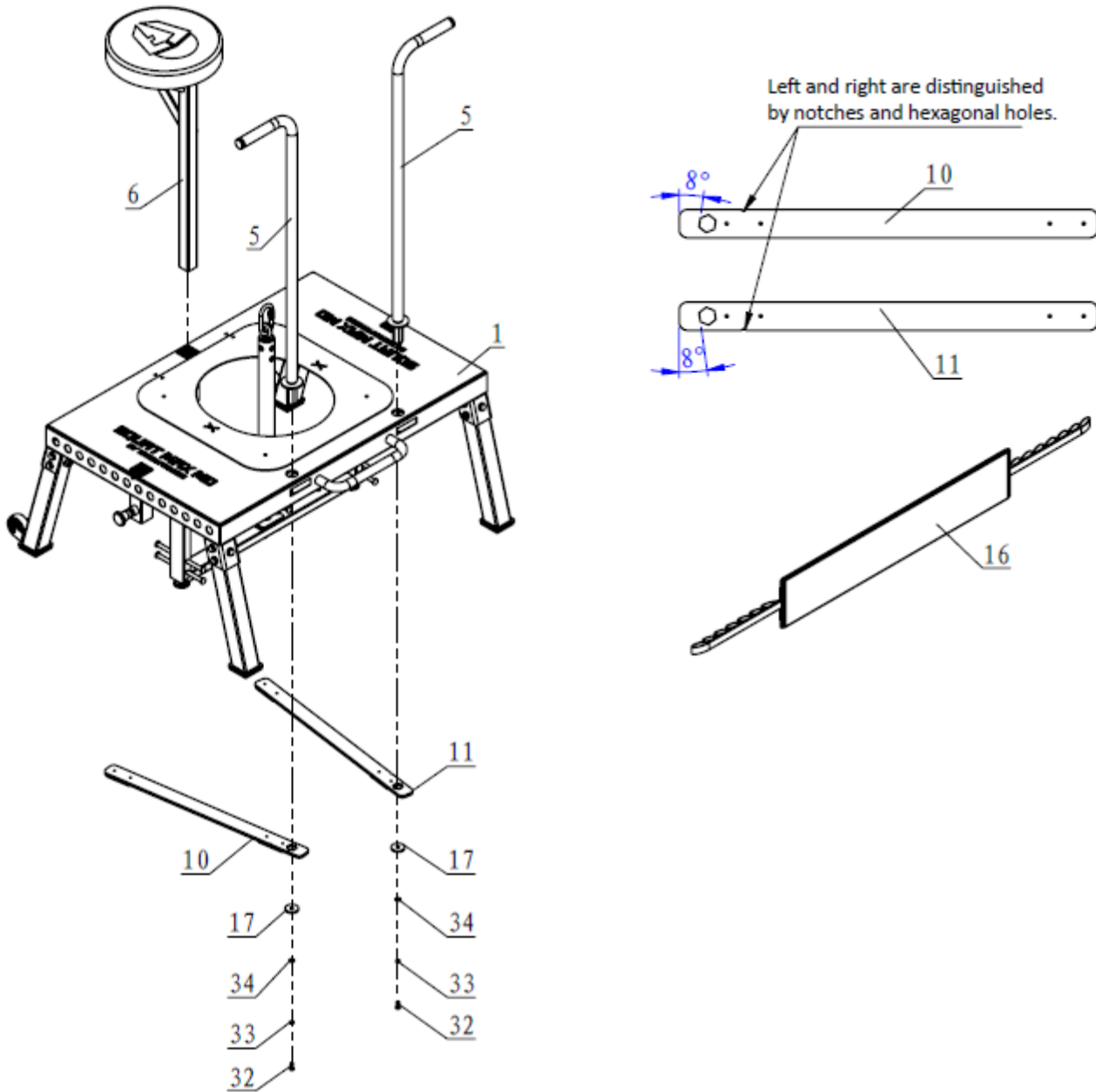
Step 3

1. Put the Weight Plate Holder (7) on the Pedal Frame (1).
2. Assemble the Pin (12) on the Pedal Frame (1).
3. Connect the Base Frame (2) with the Pedal Frame (1), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (41), Spring Washer $\Phi 12$ (42), and Hex Bolt M12*25(37), tighten it.
4. Connect the Front Leg Frame (8) and Rear Leg Frame (9) with Pedal Frame (1), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (41), Nut M12 (43), Hex Bolt M12*80 (38) and Hex Bolt M12*85 (39) to tighten.

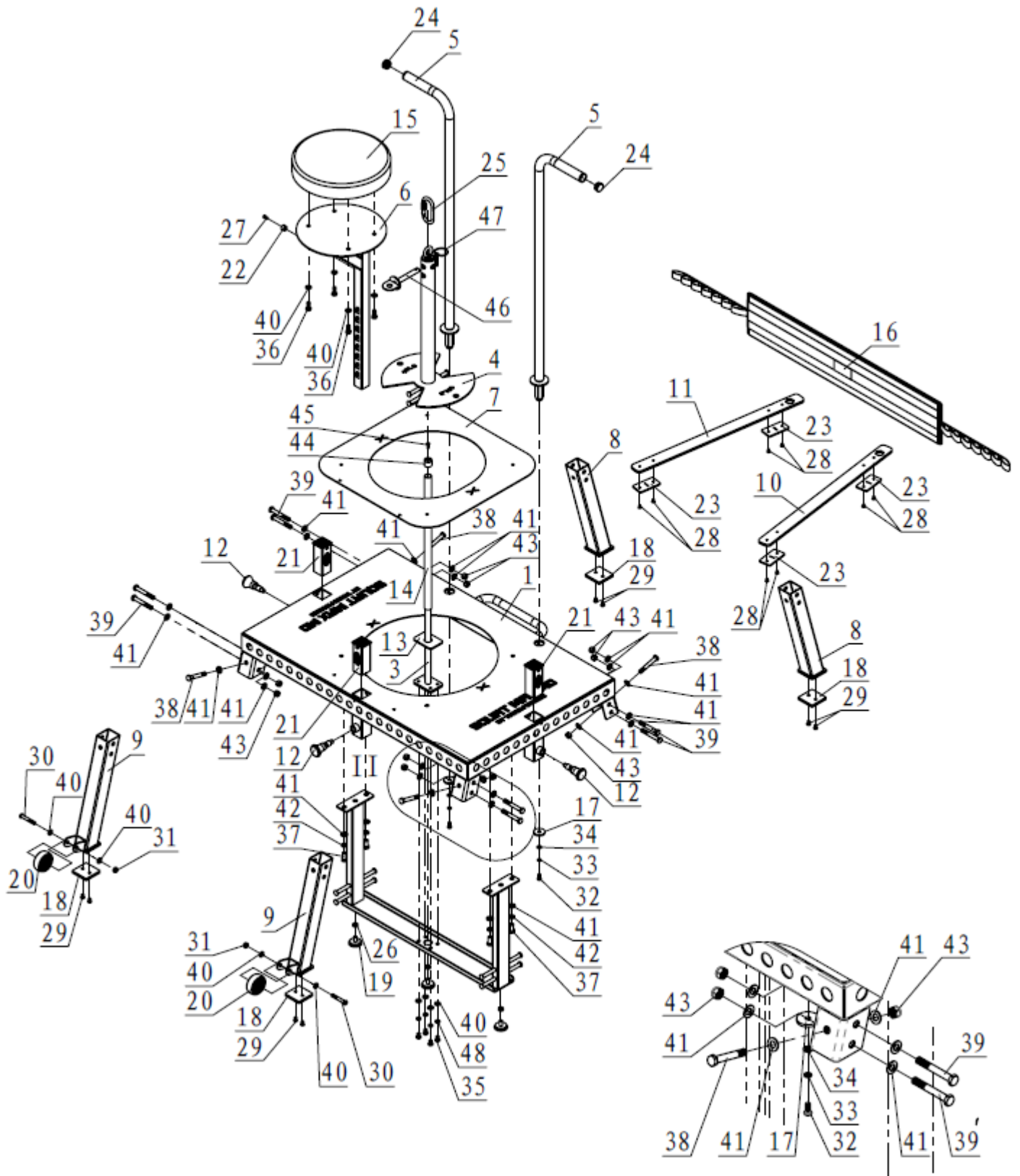


Step 4

1. Install the Seat Cushion Adjustable Frame (6) on the Pedal Frame (1).
2. Insert the Right Safety frame (10) and Left Safety Frame (11) into the Pedal Frame (1).
3. Insert the Handle (5) through the Pedal Frame (1), and the Right Safety frame (10) and Left Safety Frame (11), fixing by metal Plate (17), Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (34), Spring $\Phi 8$ (33), and Hex Bolt M8*20(32).
4. Put the Tape (16) on the Pedal (1).



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



FULL PARTS LIST

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Pedal Frame	1	(25)	1	Safety Hook $\Phi 10 \times 110$	1
(2)	1	Base Frame	1	(26)	1	Nut M10	3
(3)	1	Stopper	1	(27)	1	Hexagon socket Head Screws M6*10	1
(4)	1	Load-bearing Frame	1	(28)	1	Countersunk Head Screws M6*10	8
(5)	1	Handle	2	(29)	1	Pan Head, Hex Bolt M8*12	8
(6)	1	Adjustable Frame	1	(30)	1	Pan Head, Hex Bolt M10*65	2
(7)	1	Weight Plate Holder	1	(31)	1	Nut M10	2
(8)	1	Front Leg Frame	2	(32)	1	Pan Head, Hex Bolt M8*20	2
(9)	1	Rear Leg Frame	2	(33)	1	Spring Washer $\Phi 8$	2
(10)	1	Right Safety Frame	1	(34)	1	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
(11)	1	Left Safety Frame	1	(35)	1	Pan Head, Hex Bolt M10*15	4
(12)	1	Pin Assembly	3	(36)	1	Hex Bolt M10*25	4
(13)	1	Buffered Washer 90*65*5	1	(37)	1	Hex Bolt M12*25	4
(14)	1	Plastic Tube	1	(38)	1	Hex Bolt M12*80	4
(15)	1	Seat Cushion	1	(39)	1	Hex Bolt M12*85	8
(16)	1	Tape 970*175*16	1	(40)	1	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	12
(17)	1	Metal Plate $\Phi 40 \times \Phi 10 \times 5$	2	(41)	1	Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$	28
(18)	1	Floor Mat	4	(42)	1	Spring Washer $\Phi 12$	4
(19)	1	Adjustable Foot Mat	3	(43)	1	Nut M12	12
(20)	1	Roller $\Phi 75 \times 40$	2	(44)	1	Plastic Cap	1
(21)	1	Hollow Sleeve	3	(45)	1	Countersunk Head Screws M6*20	1
(22)	1	Sleeve	1	(46)	1	Pin Rack	1
(23)	1	Guard Plate 90*48*5	4	(47)	1	O-shape Pin $\Phi 6 \times 45$	1
(24)	1	End Cap $\Phi 32 \times 2$	2	(48)	1	Spring Washer $\Phi 10$	4

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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