Soozier A91-174

Soozier Adjustable Stable Power Squat Stand Instruction Manual

Model: A91-174

Brand: Soozier

1. Introduction

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your Soozier Adjustable Stable Power Squat Stand. Please read all instructions carefully before use and retain this manual for future reference.

Key Features:

- **Super Quality:** Barbell squat rack designed for personal training and barbell exercises.
- **Height Adjustable:** Features 12 adjustable levels on the tube, allowing height adjustments between 105-160 cm (41.3"-63") to suit various user heights.
- **Multi-Use:** Can be utilized as a squat rack, barbell rack, for bench presses, squats, and as a dumbbell rack, offering versatility and space-saving design.
- **Anti-Skid:** Equipped with specially designed non-slip rubber boots to ensure stability and protect your floor from scratches.
- **Weight Capacity:** Supports a maximum weight of 330 lbs (150 kg).

2. Safety Information

Always prioritize safety when using fitness equipment. Failure to follow these instructions may result in injury.

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the squat stand on a flat, stable surface.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Always use safety spotters or safety hooks when lifting heavy weights.
- Keep children and pets away from the equipment during use.
- Inspect the equipment regularly for wear and tear. Replace damaged parts immediately.

3. Parts List

Before assembly, ensure all components are present and undamaged. Refer to the assembly video for visual guidance on identifying parts.

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Video 1: Assembly overview for a Soozier Barbell Squat Rack (Model A91-070V01). While the model number differs slightly from A91-174, this video provides a general guide to the assembly process and component identification for similar Soozier squat racks.

4. Setup and Assembly

Follow these steps for proper assembly. It is recommended to have two people for assembly.

Step 1: Assemble the Base Frames

Connect the horizontal base tubes to the vertical support posts. Ensure all bolts are finger-tightened initially.

Image 1: Illustrates the 12-level height adjustment feature of the squat stand, showing the range from 124-154 cm (41.3"-63").

Step 2: Attach Barbell Holders and Safety Hooks

Secure the barbell holders (J-hooks) and safety spotter arms to the vertical posts at your desired height. Ensure they are inserted correctly and locked into place.

Image 2: A user adjusting the height of the barbell holders on the squat stand, demonstrating the ease of adjustment.

Step 3: Install Plate Storage Posts (Optional)

If included, attach the plate storage posts to the base of the stand. These posts help organize weight plates and add stability.

Step 4: Final Tightening

Once all components are in place, use the provided tools to fully tighten all bolts and nuts. Double-check every connection to ensure maximum stability and safety.

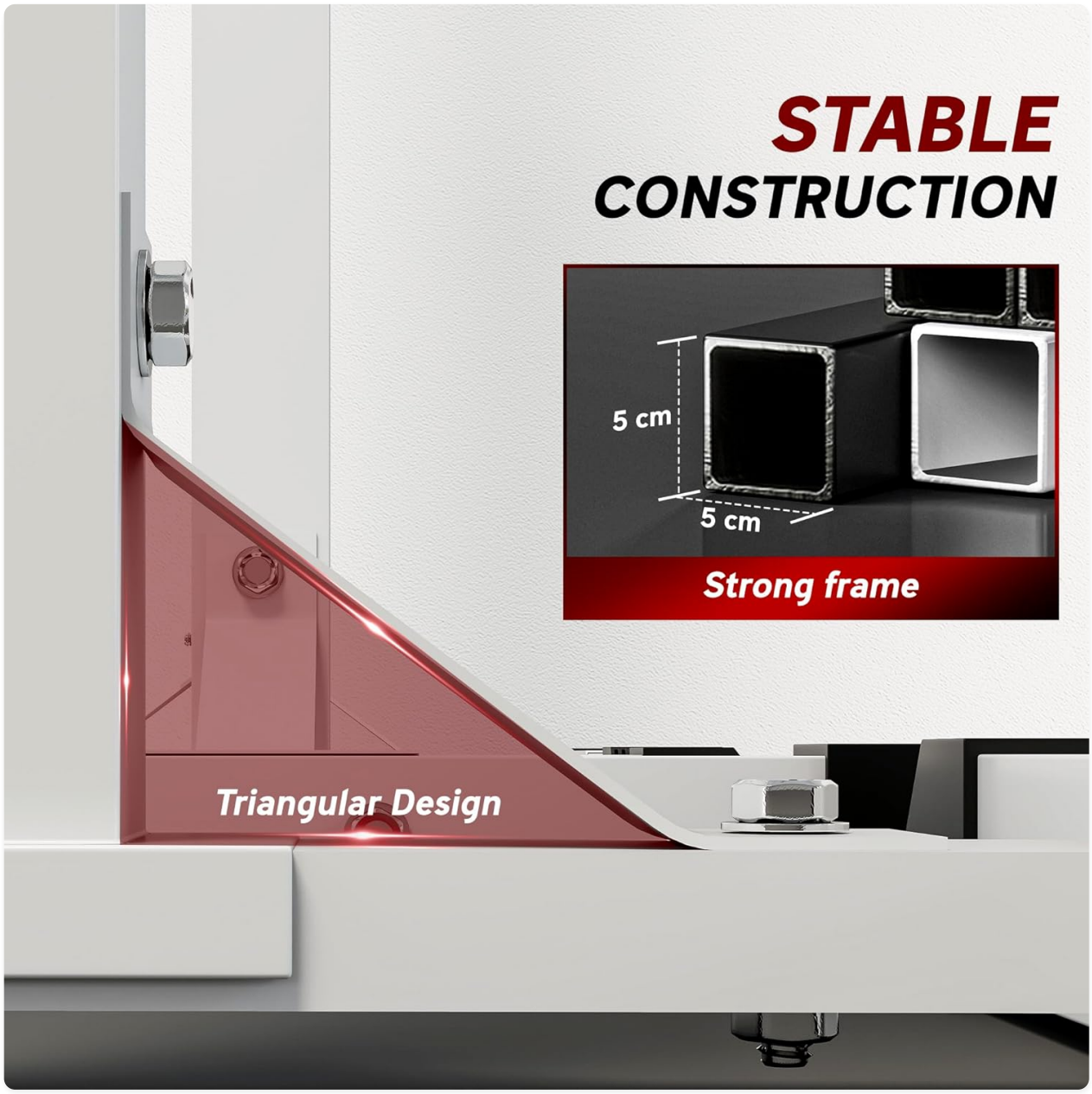

Image 3: Close-up view highlighting the stable construction of the squat stand, including the triangular design and robust 5 cm x 5 cm steel tubes.

5. Operating Instructions

The Soozier Adjustable Stable Power Squat Stand is designed for a variety of strength training exercises. Always ensure proper form and use appropriate weight.

Adjusting Height and Width:

- To adjust the height of the barbell holders, pull out the locking pin, slide the holder to the desired level, and re-insert the pin securely. Ensure both sides are at the same height.
- The stand's width is adjustable to accommodate barbells of various lengths. Position the two independent stands to match your barbell and exercise needs.

Image 4: Demonstrates the width-adjustable feature of the squat stand, allowing it to accommodate barbells of various lengths.

Recommended Exercises:

- **Squats:** Position the barbell on the holders at shoulder height. Step under the bar, unrack it, and perform squats. The safety spotter arms can be set to catch the bar if you fail a lift.
- **Bench Press:** Use the stand in conjunction with a weight bench. Adjust the barbell holders to the appropriate height for unracking and re-racking the barbell during bench presses.
- **Overhead Press:** Adjust the barbell holders to a height that allows for comfortable unracking and pressing overhead.
- **Deadlifts:** While the stand is primarily for racked exercises, it can be used to hold plates for deadlifts or other floor exercises.

Image 5: A visual representation of the squat stand's versatility, showing it being used for both squats and bench presses.

6. Maintenance

Regular maintenance will prolong the life of your squat stand and ensure safe operation.

- **Cleaning:** Wipe down the frame with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and locking pins for tightness. Tighten as necessary.
- **Wear and Tear:** Inspect the rubber boots and any plastic components for signs of wear or damage. Replace worn parts to maintain stability and floor protection.
- **Storage:** Store the squat stand in a dry, cool place away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter issues with your squat stand, refer to the following common problems and solutions:

- **Instability/Wobbling:**
  - Ensure the stand is on a level surface.

- Check all assembly bolts and nuts for tightness. Fully tighten any loose connections.

- **Difficulty Adjusting Height:**
  - Ensure the locking pin is fully disengaged.
  - Check for any obstructions in the adjustment holes.
  - Clean any debris from the adjustment mechanism.
- **Damaged Parts:**
  - Discontinue use immediately.
  - Contact customer support for replacement parts. Do not attempt to repair damaged structural components yourself.

8. Specifications

Feature	Detail
Model Number	A91-174
Overall Dimensions (each stand)	52 cm (L) x 48 cm (W) x 105-160 cm (H) / 20.5"L x 18.9"W x 41.3"-63"H
Material	Alloy Steel
Color	Black and White
Weight Capacity	330 lbs (150 kg)
Item Weight	15 kg (33 lbs)
Number of Items	2 (individual stands)
Frame Type	H-Frame

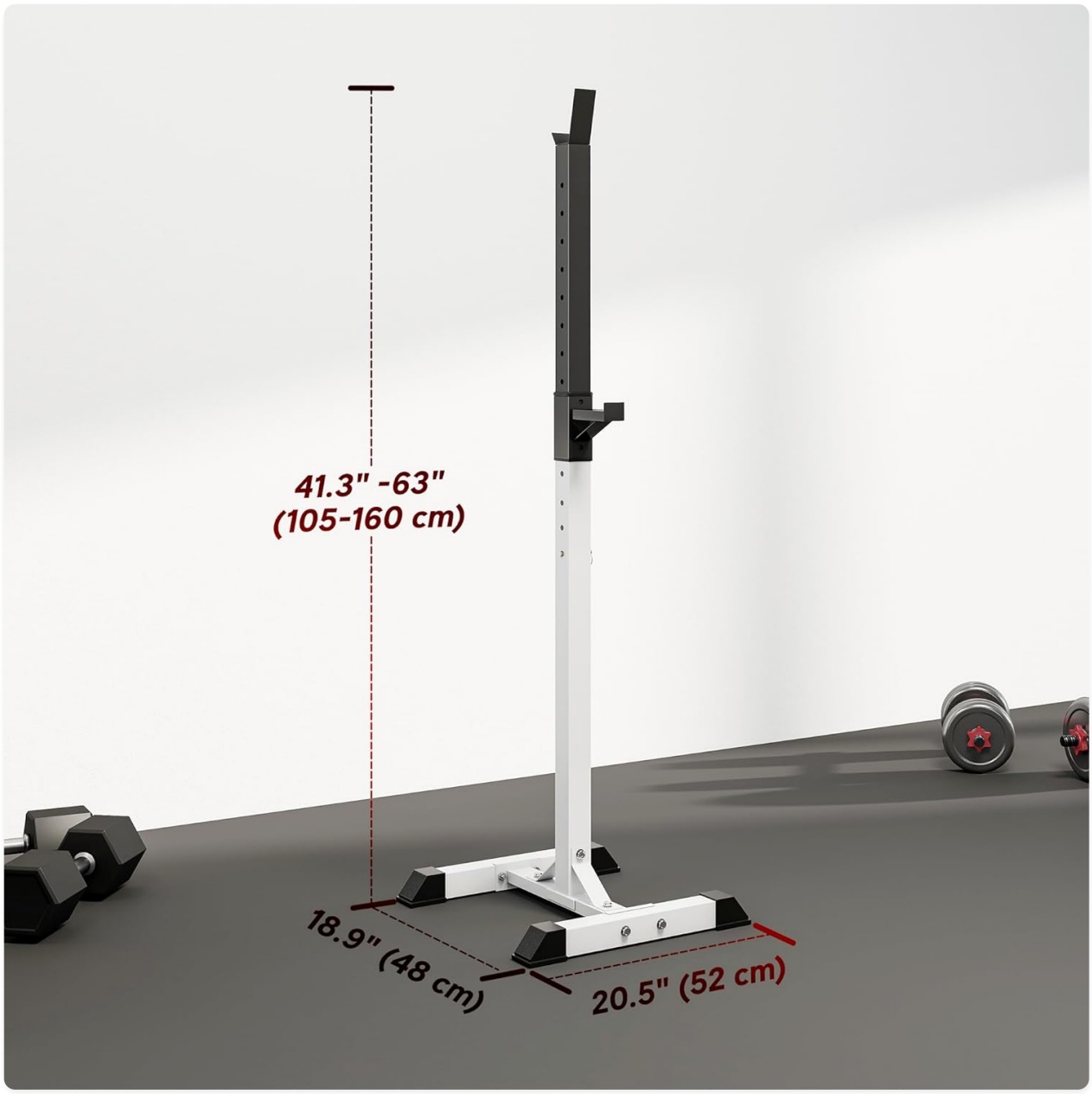

Image 6: Detailed dimensions of the squat stand, showing height from 41.3"-63" (105-160 cm), width 18.9" (48 cm), and depth 20.5" (52 cm).

9. Warranty and Support

For warranty information, technical support, or to order replacement parts, please contact Soozier customer service. Keep your purchase receipt and model number (A91-174) handy for faster service.
Manufacturer: Aosom Canada
Place of Business: Markham, Ontario, CA
Contact: Refer to your product packaging or the official Soozier website for the most current contact information.