

MUSCLE SQUAD Multi Functional Rack User Manual

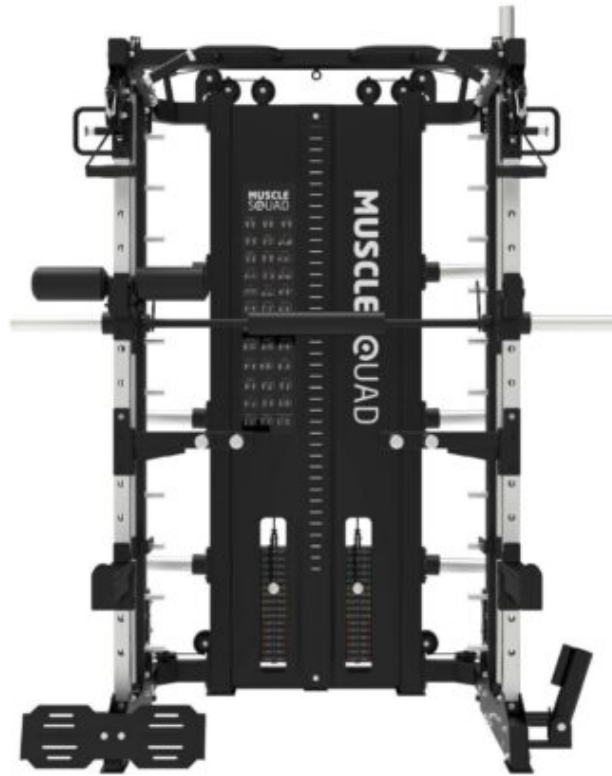
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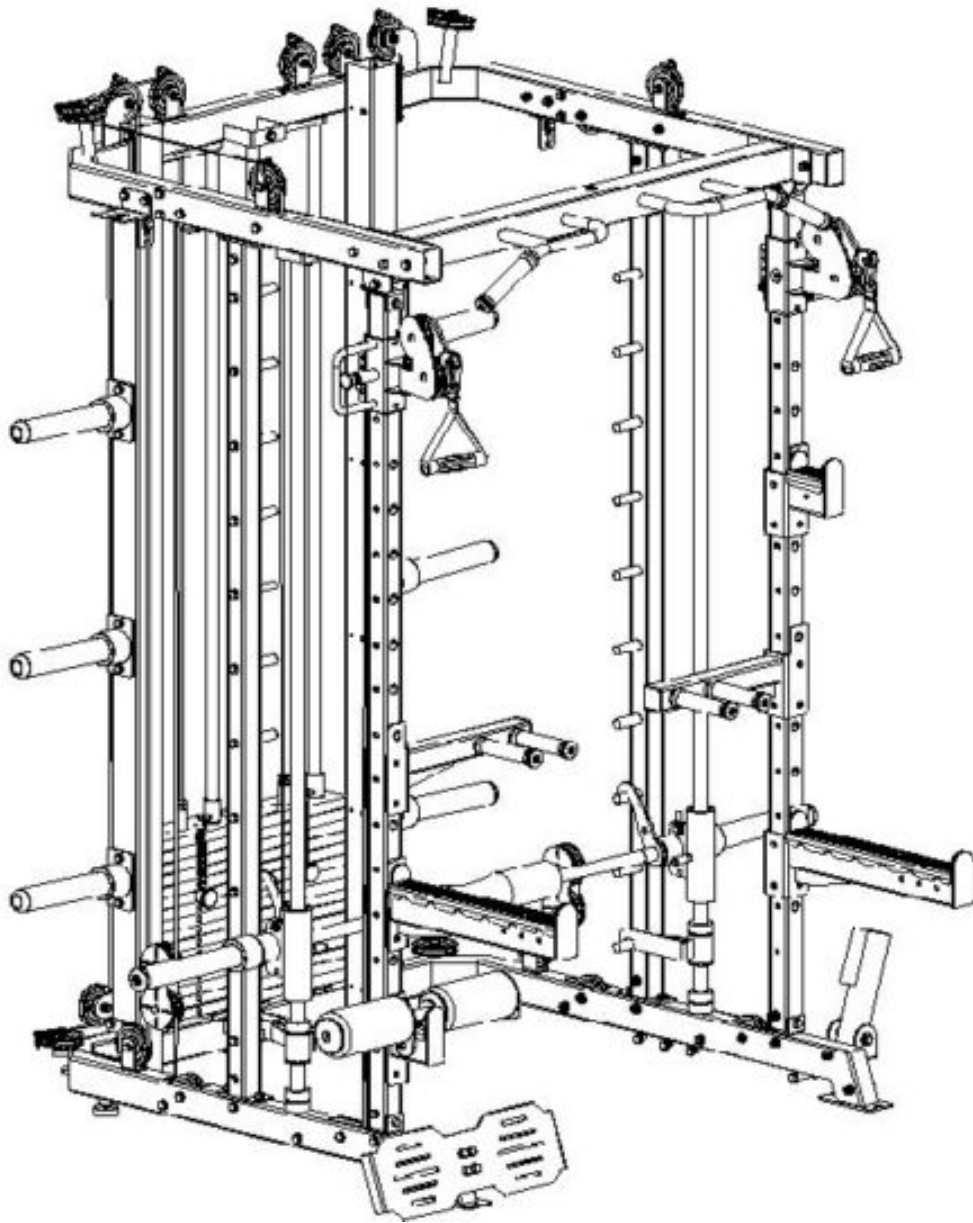
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MUSCLE SQUAD Multi Functional Rack User Manual



Important – Please read these instructions fully before assembly and use
These Instructions contain important information for assembly, safe use, and maintenance.



Please Note: Expected installation time is between 4-6 hours.

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 286kg.

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 (H) – Home Use – Class (C).

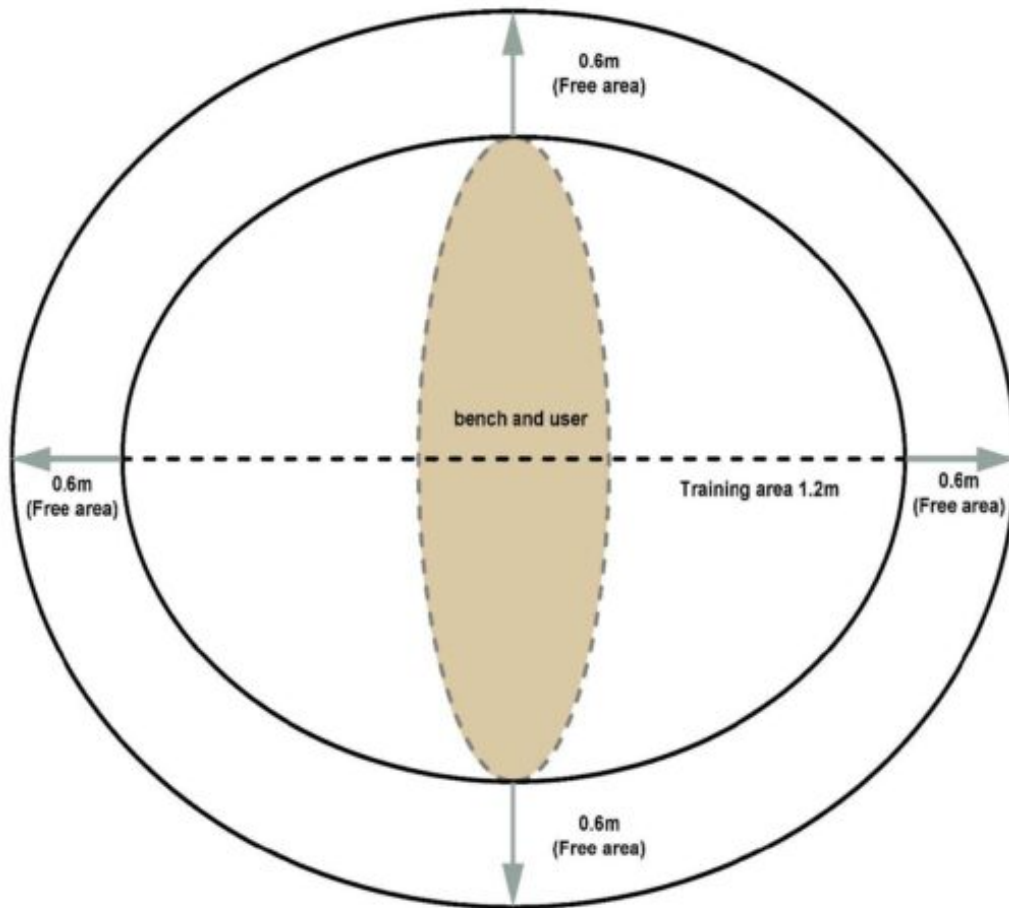
This product is not suitable for therapeutic purposes.

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

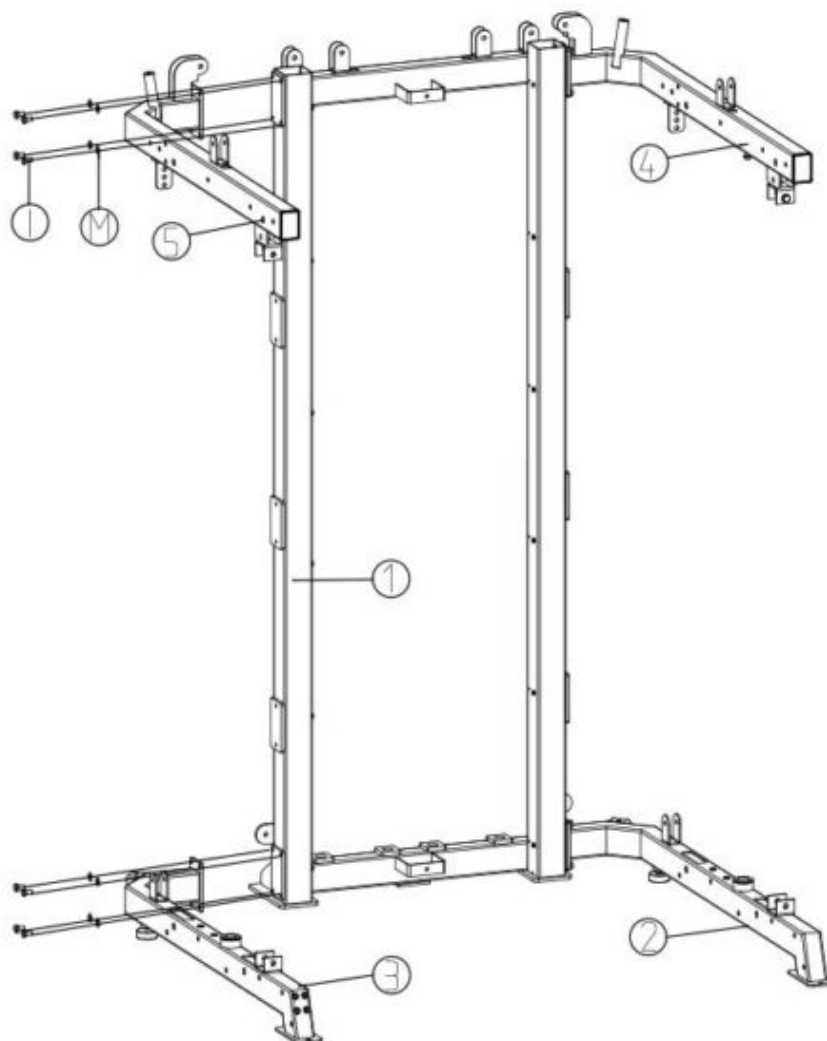
Free area should not be less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount.

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.

ASSEMBLY INSTRUCTIONS

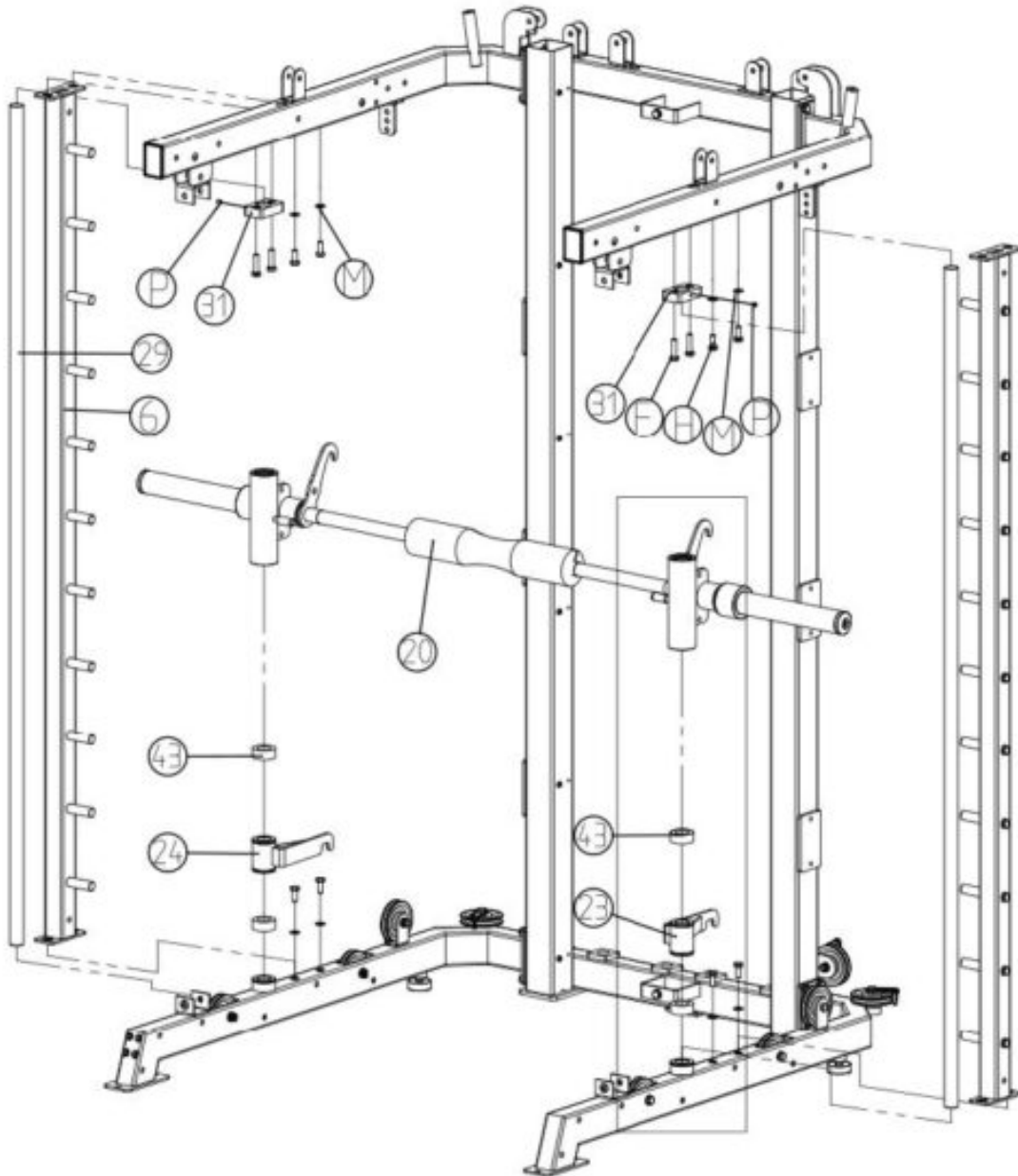


Key no	Descriptions	QTY
1	Weight Stack Frame	1
2	Left Upright Support	1
3	Right Upright Support	1
4	Left Side Top Frame	1
5	Right Side Top Frame	1
I	M10*16 Bolt	16
M	Ø10 Washer	16

Step 1

1. Attach Left & Right Upright Supports (#2 & #3) to Weight Stack Frame (#1). Secure each of them with four M10 x 16mm Hex Bolts (# I) and four Ø10 Washer (# M) .
2. Attach the Left & Side Top Frame (#4 & #5) to the Weight Stack Frame (#1). Secure each of them with four M10 x 16mm Hex Bolts (# I) and four Ø10 Washer (# M) .

ASSEMBLY INSTRUCTIONS



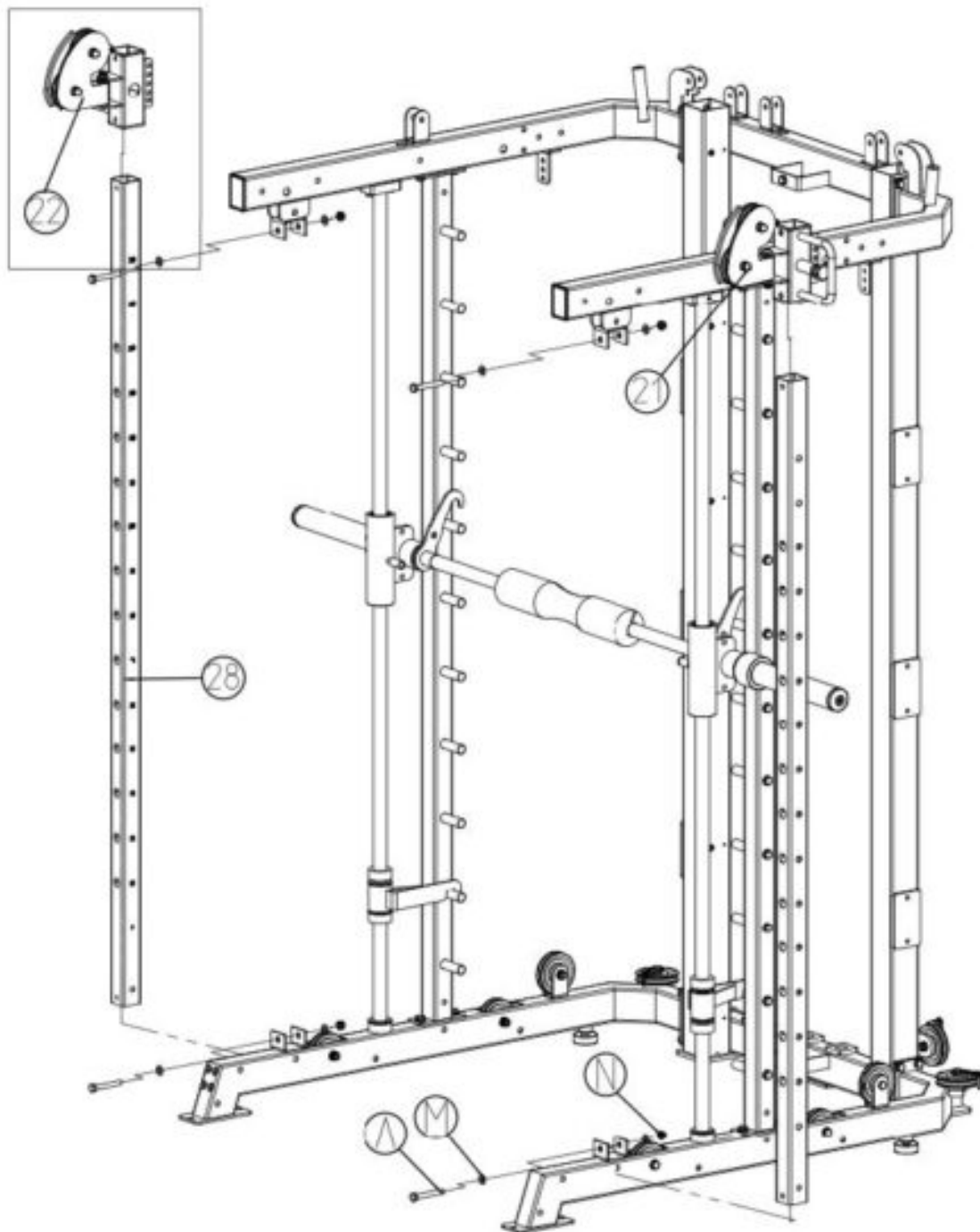
Key no	Descriptions	QTY
29	Smith Bar Support Rod	2
6	Mid Vertical Support	2
43	Rubber Stopper	4
24	Smith Bar Support Right	1
23	Smith Bar Support Left	1
31	Sliding Shaft Fixing Block*2 pcs	2
20	Smith Bar	1
N	M10 Nyloc Nut	4
P	M8*8 Top Thread	3
M	Ø10 Washer	8
H	M10*25 Bolt	8
F	M10*40 Bolt	4

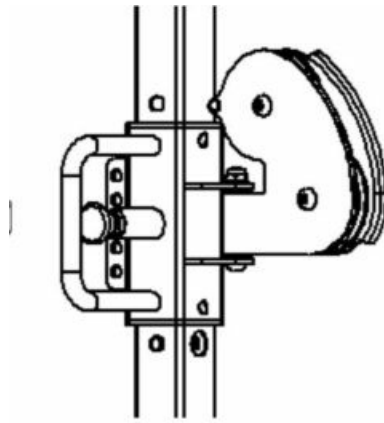
Step 2

1. Slide one Rubber Stopper (#43), one Smith Bar Support Left(#23), one Rubber Stopper (#43), one Smith bar (#20) and one Rod Fixing Block (#31) from the top of the Smith Bar Support Rod (#29) to bottom in turn. Repeat the same process for the other Smith Bar Support Rod (#29). Then place the bottom side of each Smith Bar Support Rod (#29) into the circular base of the Left/Right Upright Support(#2/#3), and fix each Rod Fixing Block (#31) to the Left/ Right side Top Frame (#4/#5) by turning it to the left/right with two M10*40 Bolts (#F), as shown (Note that the direction of the hooks should be the same as in the diagram).
2. Attach the Mid Vertical Support (#6) from Left Upright Support (#2) to Left Side Top Frame (#4). Make sure that the nail side is facing inwards, as shown in the picture above. Secure each end with two M10*25 Bolt (#H) and two Ø10 Washer (#M).
3. Attach another Mid Vertical Support (#6) from Right Upright Support (#3) to Right Side Top Frame (#5). Make sure the nail side is facing inwards, as shown in the picture above. Secure each end with two M10*25 Bolts (#H) and two Ø10 Washer (#M).

4. Finally, tighten the M8*8 Top Thread (#P) from each side.

ASSEMBLY INSTRUCTIONS



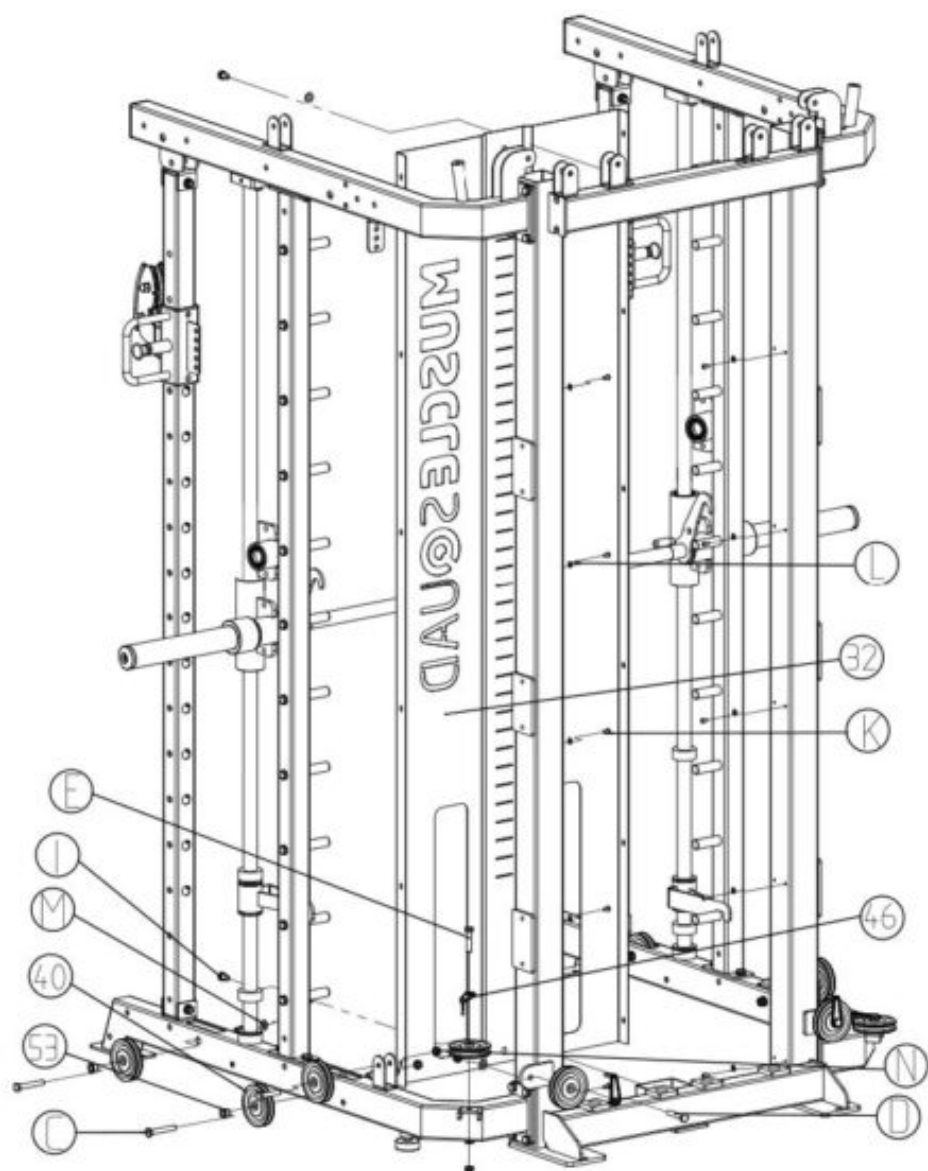


Key no	Descriptions	QTY
22	Right Cable Crossover Pulley Set	1
21	Left Cable Crossover Pulley Set	1
N	M10 Nyloc Nut	4
28	Stainless Steel Tubes	2
A	M10*75 Bolt	4
M	Ø10 Washer	8

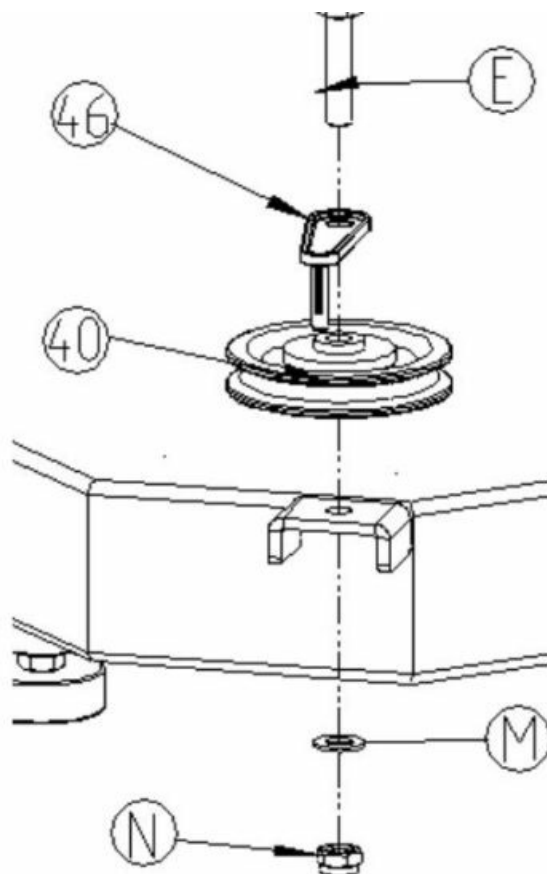
Step 3

1. Slide one Left Cable Crossover Pulley Set (#22) over the Stainless Steel Tubes (#28). Make sure the securing pin on the Left Cable Crossover Pulley Set (#22) points outwards, and the numbers on the Stainless Steel Tubes (#28) face towards the middle of the rack. Repeat the same process to install the Stainless Steel Tube on the right side.
2. Fix the Stainless Steel Tubes (#28) on the Left Upright Support (#2) with one M10*75 Bolt (#A), two Ø10 Washer (#M) and one M10 Nyloc Nut (#N). Then fix the Stainless Steel Tubes (#28) on the Left Side Top Frame (#4) with one M10*75 Bolt (#A), one Ø10 Washer (#M) and 1 pc M10 Nyloc Nut(# N). Repeat the same process to install the Stainless Steel Tube on the right side.

ASSEMBLY INSTRUCTIONS



Key no	Descriptions	QTY
32	Rear Brand Plate	1
53	Plastic Bushing	8
46	Cable Guide	4
40	Pulley	10
D	M10*50 Bolt	4
I	M10*25 Bolt	2
L	Ø6 Washer	12
K	M6*10 Half Round Head Screw	12
M	Ø10 Washer	12
N	M10 Nyloc Nut	10
C	M10*65 Bolt	4
E	M10*45 Bolt	2



Step 4

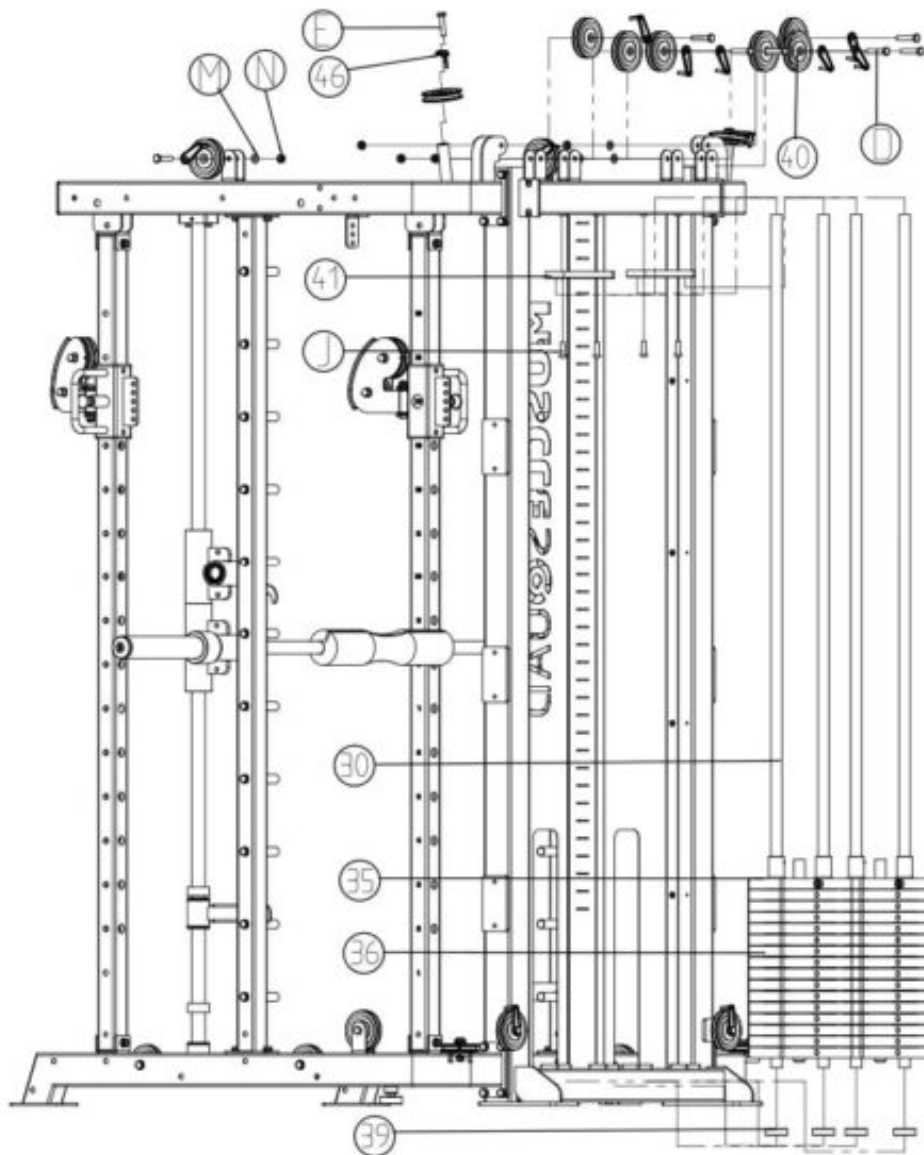
1. Fix Brand Plate (#32) with 8 M6*10 Half Round Head screws (#K) and 8 Ø6 Washer (#L) (placed as shown in the picture). This step can be completed at the end of the assembly to improves access to the rear of the rack.
2. Attach a Plastic Bushing(#53) to each side of the Pulley (#40) and put them in the Inner Pulley Position of Left

Upright Support (#2). Then, use one M10*65 Bolt (#C) to hold them in the correct position. Use one M10 Nyloc Nut (#N) and one Ø10 Washer (#M) to tighten.

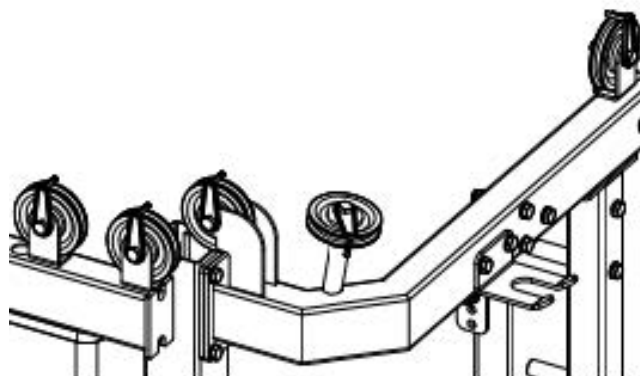
3. Attach a Cable Guide (#46) to the outer side of the Pulley (#40) and put it on the Outer Pulley Position (refer to Figure 2). Then, use one M10*45 Bolt (#E) to hold them in the correct position. Use one M10 Nyloc Nut (#N) and one Ø10 Washer (#M) to tighten.
4. Attach a Cable Guide (#46) to the outer side of the Pulley (#40) and put it on the Outer Pulley Position (refer to Figure 2). Then, use one M10*50 Bolt (#D) to hold them in the correct position. Use one M10 Nyloc nut (#N) and one Ø10 Washer (#M) to tighten.
5. On the right side, please repeat above steps 2,3 and 4.

Please Note: Only finger tighten the pulley wheels in the frame as they will need to be removed for cable routing at a later stage

ASSEMBLY INSTRUCTIONS



Key no	Descriptions	QTY
39	Round Shock Absorbing Pad	4
40	Pulley	10
41	Guide Rod Fixing Block	2
35	Top weight plate	2
36	Weight Plates	30
30	Guide Rod	4
46	Cable Guide*14 pcs	10
E	M10*45 Bolt	2
M	Ø10 Washer	10
N	M10 Nyloc Nut	10
J	M10*30 Half Round Head Screw	4
D	M10*50 Bolt	8



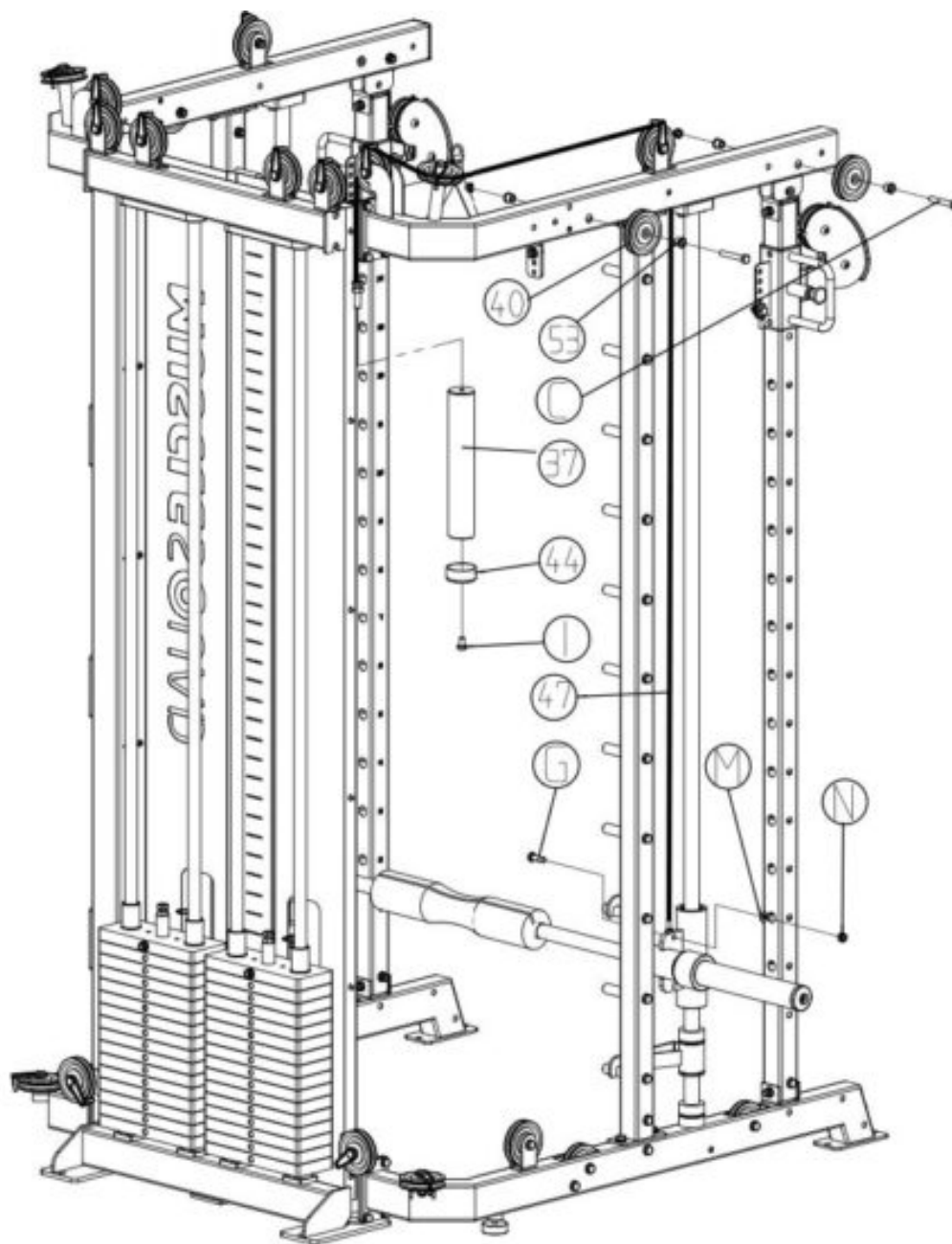
Step 5

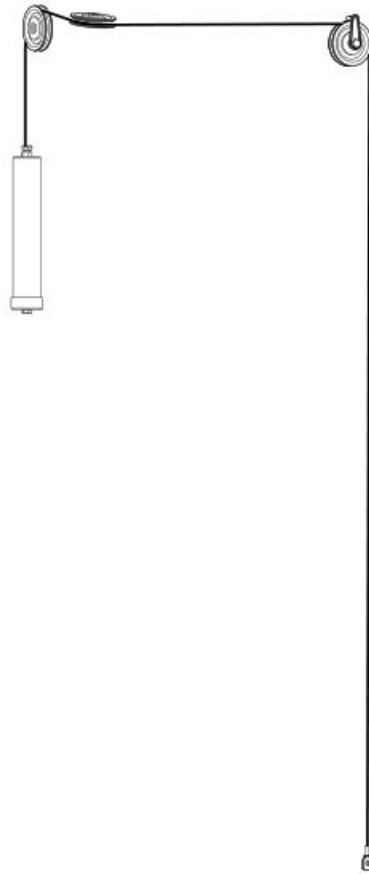
1. Please refer to Step 4 (2,3,4,5) for the installation of the pulley for the top section of the rack.
2. Insert the two Guide Rods (#30) into the two Guide Rods holes on the bottom left side of the Weight Stack Frame (#1). Slide one Round Shock Absorber (#39) onto each Guide Rod, followed by 15 Weight Plates (#36),
1
Top weight plate (#35) (supplied in the main box separate to other weight plates this is secured to the weight rod using the supplied M10 bolt and Nyloc nut – video also on YouTube) and Guide Rod Fixing Blocks (#41). Then assemble the Rod Fixing Blocks (#41) on the top of the Weight Stack Frame (#1) with 2 M10*30 Half Round Head Screws.
3. The installation steps for the right side are the same as above.

Please Note: The following section of the assembly is installing the cables. This can sometimes cause frustration and confusion, we have tried our best to visually explain the process below. You can also find a video of the cable routing on YouTube by searching for MuscleSquad Multi-Functional Trainer – Cable Assembly Guide or by finding

the video on our YouTube channel.

ASSEMBLY INSTRUCTIONS





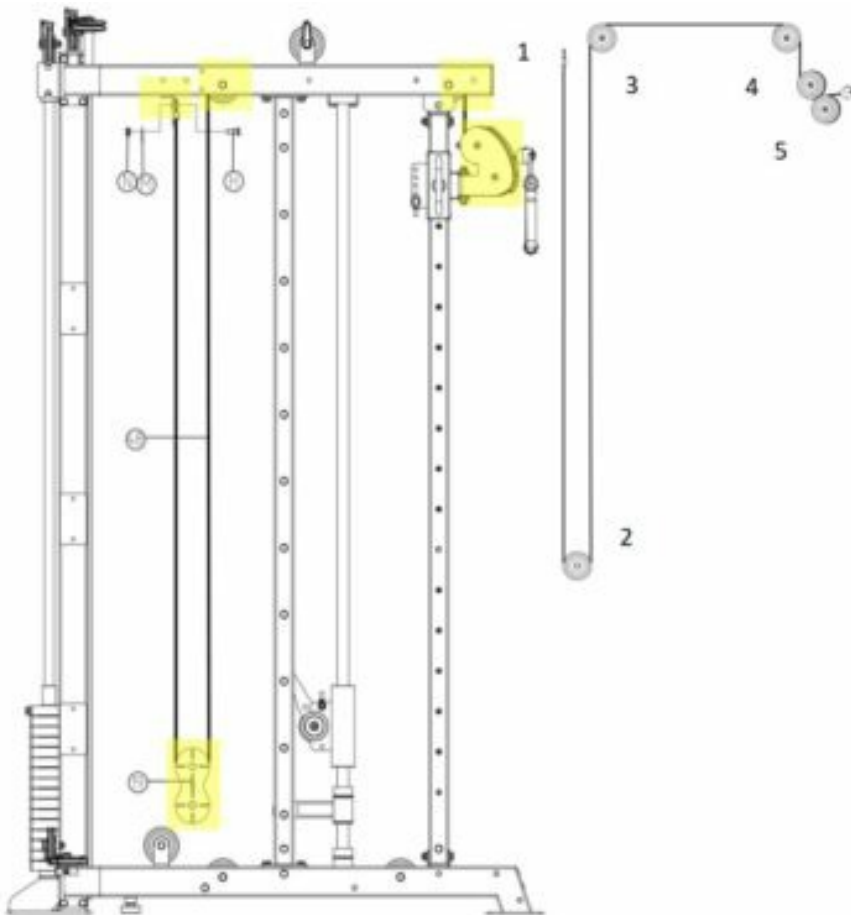
Key no	Descriptions	QTY
53	Plastic Bushing	8
40	Ø90 Pulley	4
37	Smith Bar Counter Weight	2
44	Protective Cover	2
47	Steel Cable 1	2
G	M10*30 Bolt	2
M	Ø10 Washer	2
N	M10 Nyloc Nut	6
I	M10*16 Bolt	2
C	M10*65 Bolt	4

Step 6

1. Attach the Protective Cover (#44) to the end of the Smith Bar Counterweight (#37) using one M10*16 Bolt.
2. Attach the Steel cable (#47) the opposite end of the Smith Bar Counter weight.
3. Removing the pulley wheel which is placed above the weight stack frame. Place the Smith Bar Counterweight

- (#37) into the Weight Stack Frame (#1). Place one Counterweight Block (#37) into the hole at the top right side of the Weight Stack Frame (#1) at the back you can drop the weight all the way down the tube. Do not let the cable fall down the tube.
4. Thread Steel Cable 1 (#47) through all the pulleys as shown in the second picture. Secure the end of the cable to the screw hole on the top right side of the Smith Bar (#20) with one M10*30 Bolt (#G).
 5. Repeat the same installation steps on the left side.

ASSEMBLY INSTRUCTIONS



Key no	Descriptions	QTY
M	Ø10 Washer	2
N	M10 Nyloc Nut	2
H	M10*25 Bolt	2
48	Steel Cable 2	2
19	Figure of Eight Pulley	

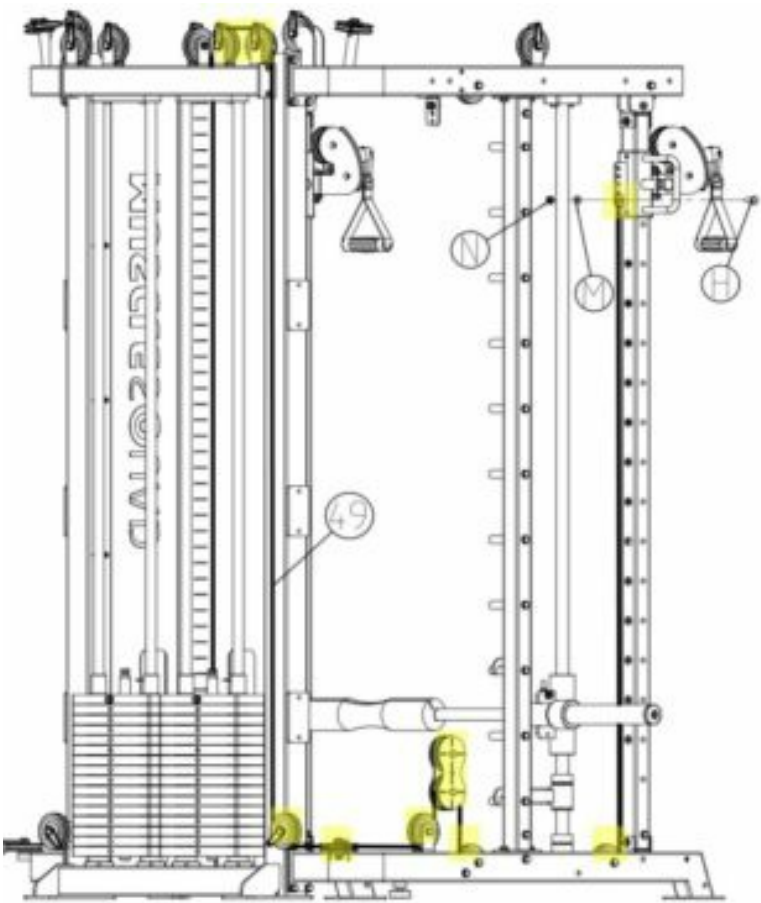
Please Note: The cable will run in the frame between pulley wheels 3 and 4. Please ensure the cable is not catching or rubbing on the frame before use.

Step 7 – Please note you will have to remove pulley wheels when threading the cable

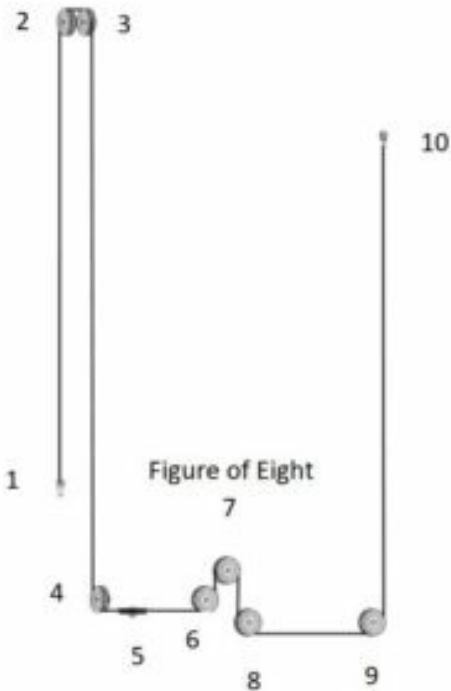
1. Following the images above, attach the smaller end of the Steel Cable to the Right Side Top Frame (#5) with one M10*25 Bolt (#H), one Ø10 Washer (#M) and one M10 Nyloc Nut (#N).
2. Referring to the two pictures above, pass the smaller end of the Steel Cable 2 (#48) through all the pulleys in the order above, threading through position 2 once the end is secured to position 1. The Figure of Eight Pulley (#19) should be located beforehand, you will have to loosen the bolt to thread through the Figure of Eight Pulley (#19).
3. To attach the removal ball end on the carabiner end of the Steel Cable remove the allen key bolt, place the black ball end over the cable, house the cable in the metal casing and connect the two pieces by reinserting the allen key bolt.

4. The left side should mirror the installation steps performed on the right side.

ASSEMBLY INSTRUCTIONS



Key no	Descriptions	QTY
M	ø10 Washer	2
N	M10 Nyloc Nut	2
49	Steel Cable 3	2
H	M10*25 Bolt	2

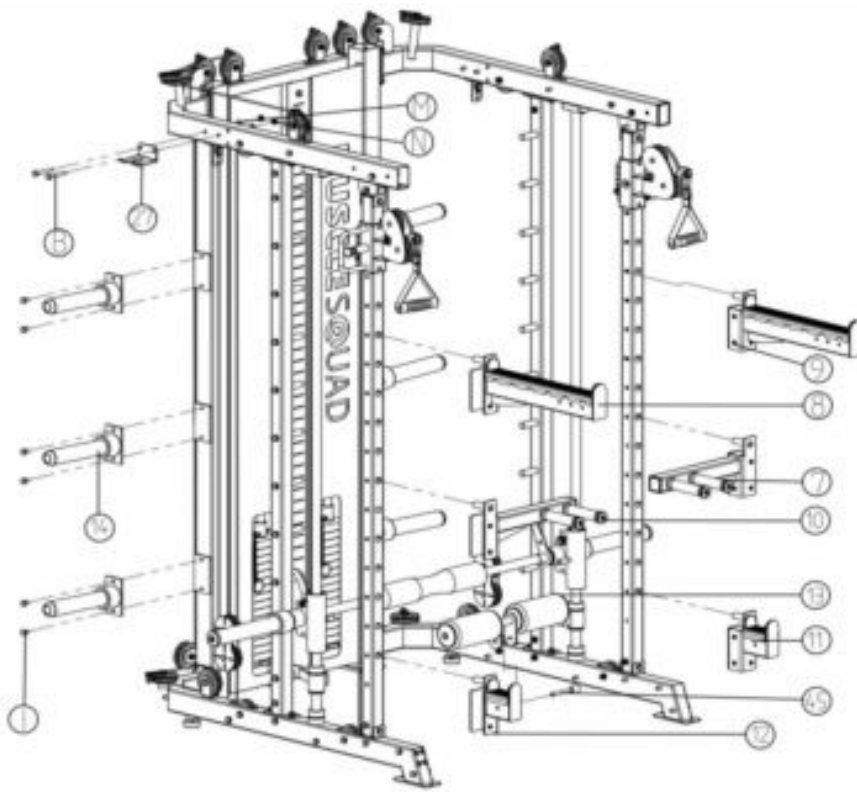


Step 8 – Please note you will have to remove pulley wheels when threading the cable

- 1. Referring to the two pictures above, pass the smaller end of Steel Cable 3 (#49) through all the pulleys in the above order. Loosely support the threaded end of the cable above the weight stack while threading the cable. We will secure the cable in step 3. Please note position 7 is the other Pulley Wheel in Figure of Eight Pulley (#19)
- 2. Secure the smaller end of Steel Cable 3 (#49) to the Right Cable Crossover Pulley Set (#22).
- 3. Secure the round end of Steel Cable 3 (#49) to the Counterweight Components (#35).
- 4. The left side should mirror the installation steps performed on the right side.

Please Note: The cable will run in the frame between pulley wheels 8 and 9. Please ensure the cable is not catching or rubbing on the frame before use.

ASSEMBLY INSTRUCTIONS

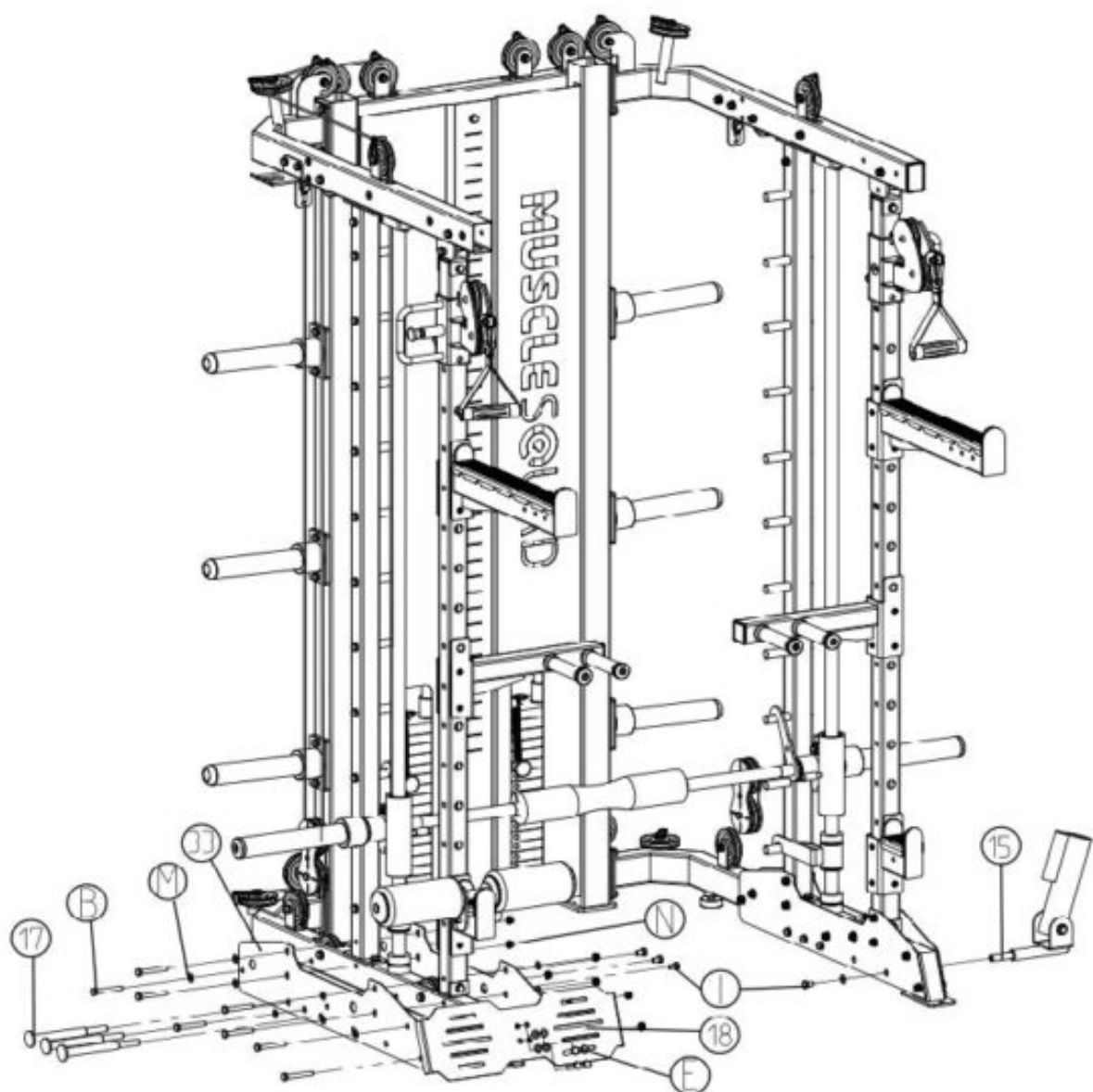


Key no	Descriptions	QTY
I	M10*16 Bolt	12
14	Weight Plate Storage	6
8	Right Safety Catch	1
10	Right Dip Arm	1
12	Right J-Hook	1
27	Bar Claw	2
M	Ø10 Washer	4
13	Leg Fixing Kit	1
11	Left J-Hook	1
9	Left Safety Catch	1
7	Left Dip Arm	1
45	Spherical Pins	1
B	M10*70 Bolt	4
N	M10 Nyloc Nut	4

Step 9

1. Attach the Bar Claw (#27) to the Right Side Top Frame (#5) using two M10*70 Bolts(#B) , two Ø10 Washers (#M) and two M10 Nyloc Nut (#N).
2. Attach each Weight Plate Storage (#14) on the right side of the Weight Stack Frame (#1) with two M10*16 Bolts (#I).
3. The left side should mirror the installation steps performed on the right side.
4. Attach the accessories to the machine based on your training preference. Refer to the numbers on diagram above to locate the specific accessories and follow the corresponding installation instructions.

ASSEMBLY INSTRUCTIONS

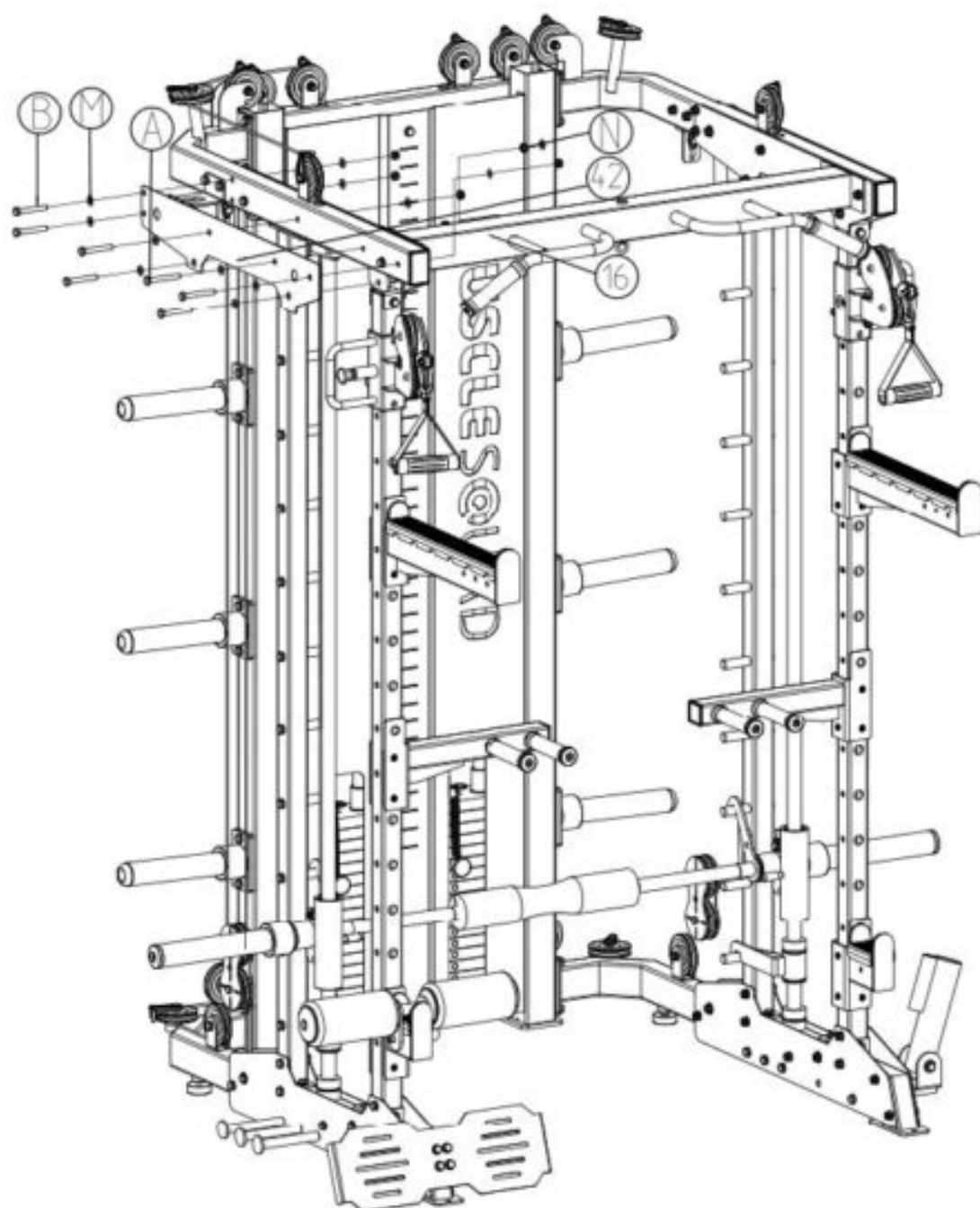


Key no	Descriptions	QTY
I	M10*16 Bolt	12
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8	Right Safety Catch	1
10	Right Dip Arm	1
12	Right J-Hook	1
27	Bar Claw	2
M	Ø10 Washer	4
13	Leg Fixing Kit	1
11	Left J-Hook	1
9	Left Safety Catch	1
7	Left Dip Arm	1
45	Spherical Pins	1
B	M10*70 Bolt	4
N	M10 Nyloc Nut	4

Step 10

1. Attach two Finishing Plate(# 33) on both sides of the Right Upright Support (#3) using 8 M10*70 Bolts (#B), 16 Ø10 Washers (#M) and 8 M10 Nyloc Nuts (#N).
2. Attach 3 Resistance Band Pegs (#17) on the outside of the Right Upright Support (#3) with 3 Ø10 Washer(#M) and 3 M10*16 Bolts (#I). Please note due to tolerance you may need to wiggle in a circular motion for the first time of inserting the pegs
3. The left side should mirror the installation steps performed in above 2 steps.
4. Install the Footrest Assembly (#18) on the designated location of the Right Upright Support (#3) using 4 M10*45Bolts (#E).
5. Attach the Landmine Components (#15) to the designated location by using 1 Ø10 Washer (#M) and 1 M10*16 Bolt (#I). Please note due to tolerance you may need to wiggle in a circular motion for the first time of inserting the pegs

ASSEMBLY INSTRUCTIONS



Key no	Descriptions	QTY
17	Resistance Band Pegs	6
18	Footrest Assembly	1
33	Finishing Plate	4
15	Landmine Components	1
B	M10*70 Bolt	16
M	Ø10 Washer	43
N	M10 Nyloc Nut	16
I	M10*16Bolt	7
E	M10*45Bolt	4

Please note the bolt securing the pulley wheel at the top of the stainless steel tube will need to have a final tighten before assembly of the pull up bar as the pull up bar will cover the bolt.

Step 11

1. Attach one the Upper Finishing Plate (# 42) on each side of the Right Side Top Frame (#5). Then, attach the Upper Beam Assembly (#16) on the inner side of the Upper Finishing Plate (#42). Finally, fix them in place with 7 M10*70 Bolts (#B), 14 Ø10 Washers (#M) and 7 M10 Nyloc Nuts (#N).
2. The left side should mirror the installation steps performed above.

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Documents / Resources

MUSCLE
SQUAD

MuscleSquad Multi-Functional Rack

Model: MSQRK-001



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Multi Functional Rack, Rack

References

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