



SQUATZ SQSISSY-1 Multi-Function Sissy Squat Machine User Manual

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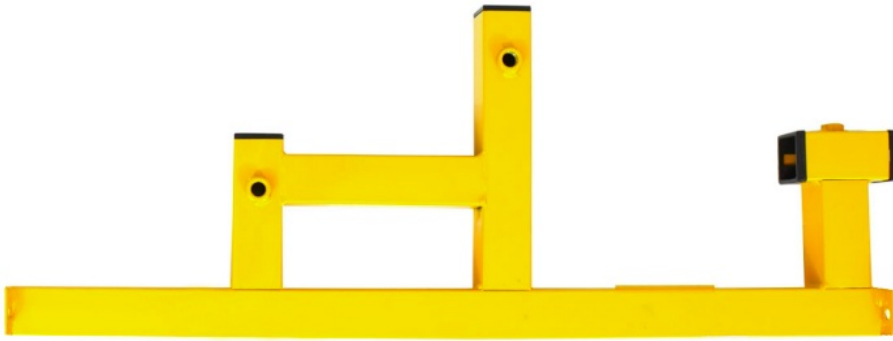


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Parts List

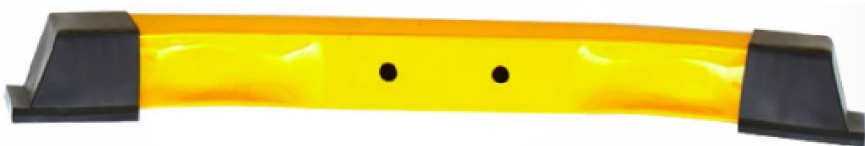
1. The main fram



2. Front foot



3. Hind foot



4. The cushion



5. The pedal



6. Fist plate



7. Foam(*2)



8. Seat adjustment rod



9. Fist plate adjustment rod



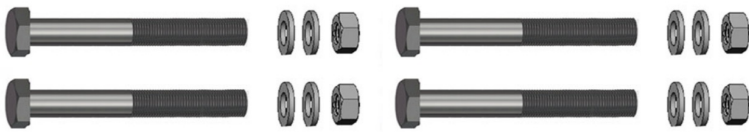
10. Foam adjustment rod



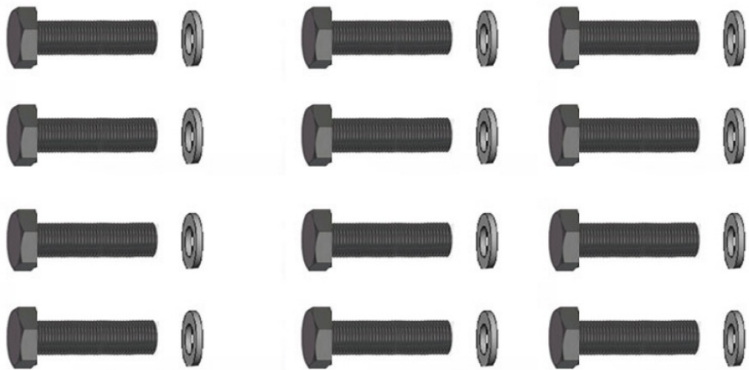
11. Elastic latch(*3)



A. screw(10*70 *4 / gasket*8 / nut*4



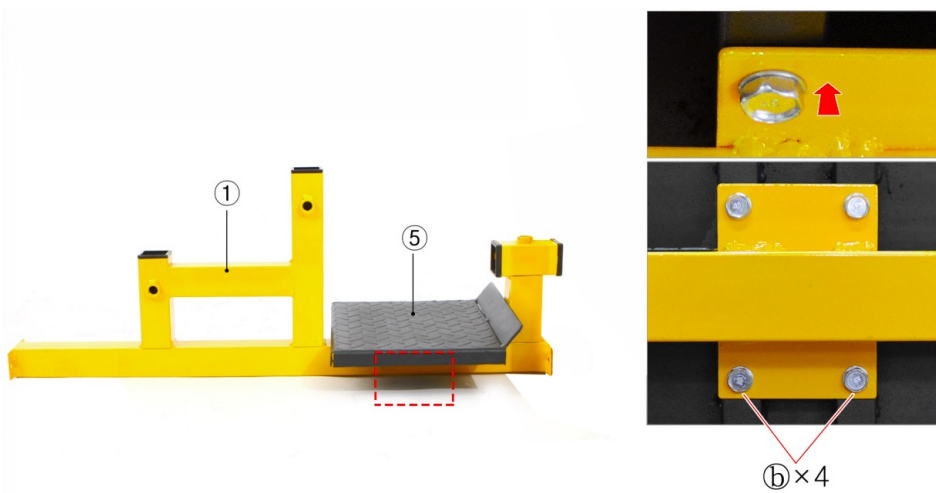
B. Screw(8*20)*12/ gasket*12



C. bolt

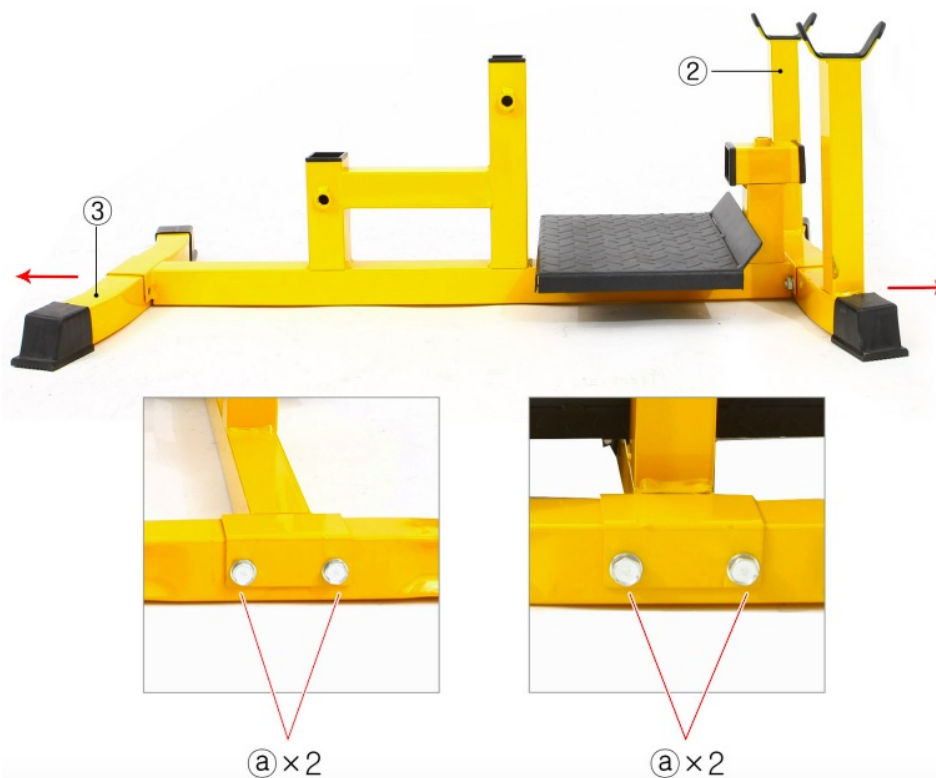


1. Install the pedal ⑤ on main frame ① assemble and fix with screw and gasket.

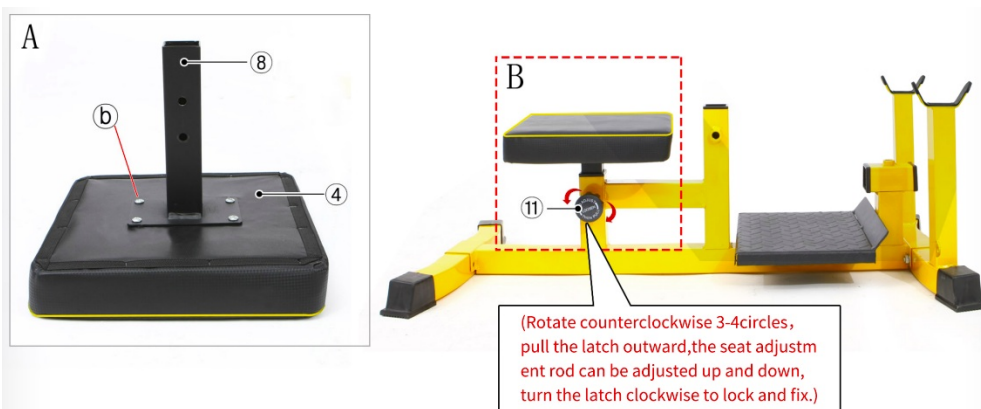


2. Install front foot ② and hind foot ③ on main frame respectively, assemble and fix with screw . gasket and nut.

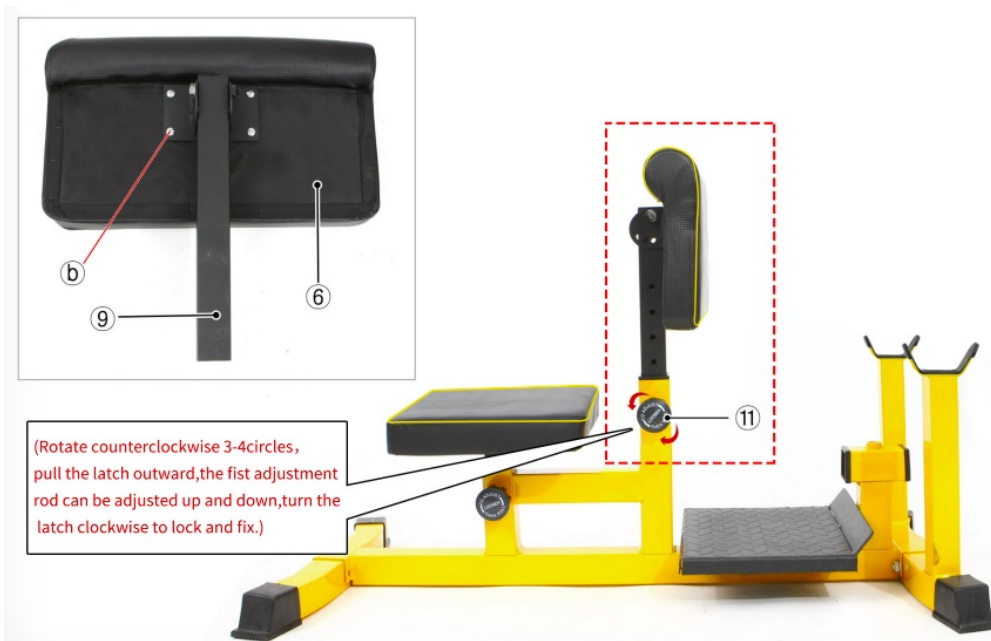
Attention: The curved front and hind foot face the outside of the main fram!



3. **A:** Assemble the seat adjustment rod ⑧ and cushion ④ using screw and gasket. **B:** Insert the assembled seat adjustment rod into the main frame ① turn the elastic latch clockwise into the seat adjustment rod to fix.

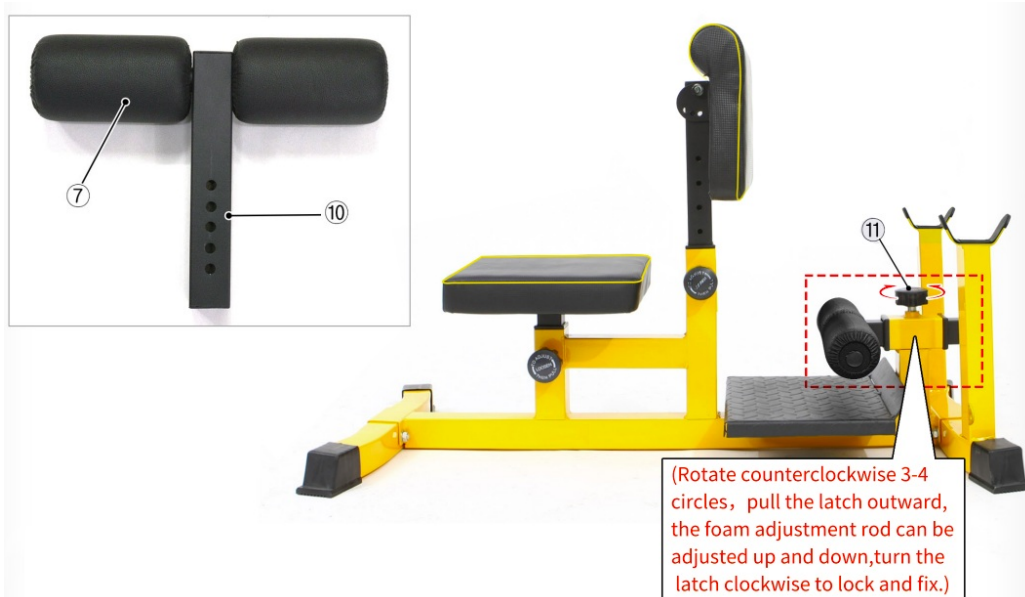


4. Assemble the fist plate adjustment rod ⑨ and fist plate ⑥ using screw and gasket. **B:** Inset the assembled fist plate adjustment rod into the main frame ① turn the elastic latch clockwise into the fist plate adjustment rod to fix.



5. **A:** Put the foam ⑦ into the foam rod ⑩

B: Insert the assembled foam adjustment rod into the main frame ⑪ turn the elastic latch clockwise into the foam adjustment rod.



6. Insert the bolt into the first plate adjustment rod, different positions can adjust the gradient of the first plate.



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