

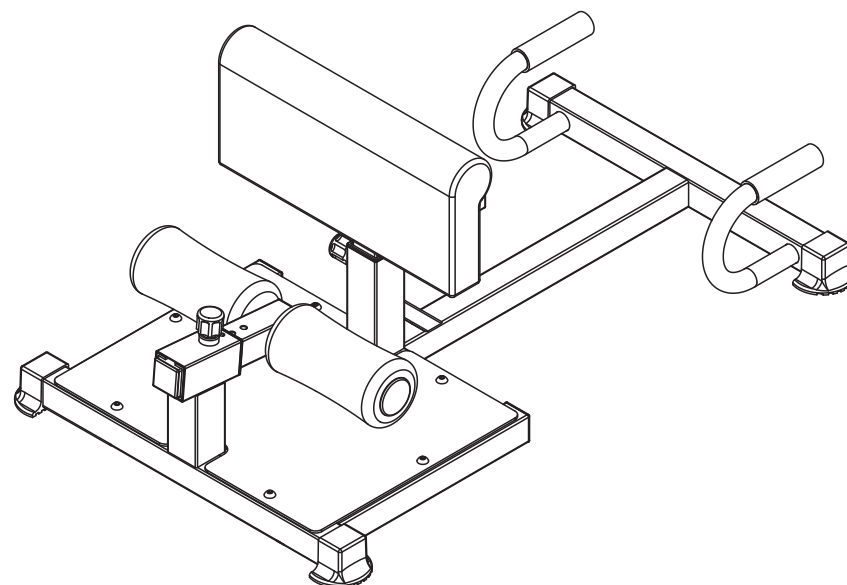


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Contact our friendly customer service department for help first.
Replacements for missing or damaged parts will be shipped ASAP !

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Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



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USER'S MANUAL

Squat Machine FH10024

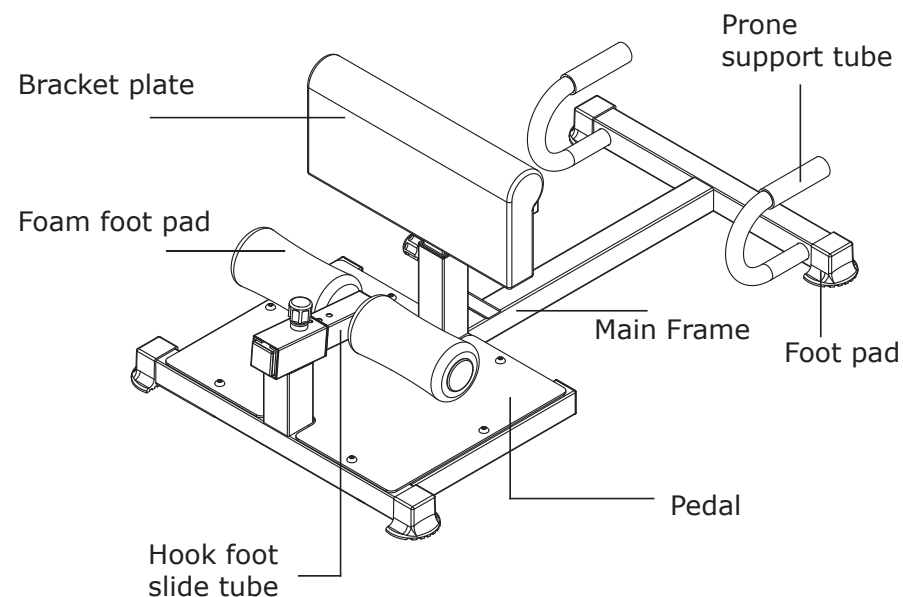
THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



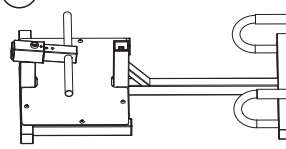
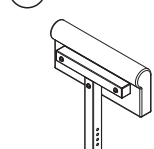



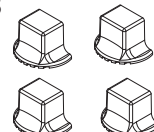
Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

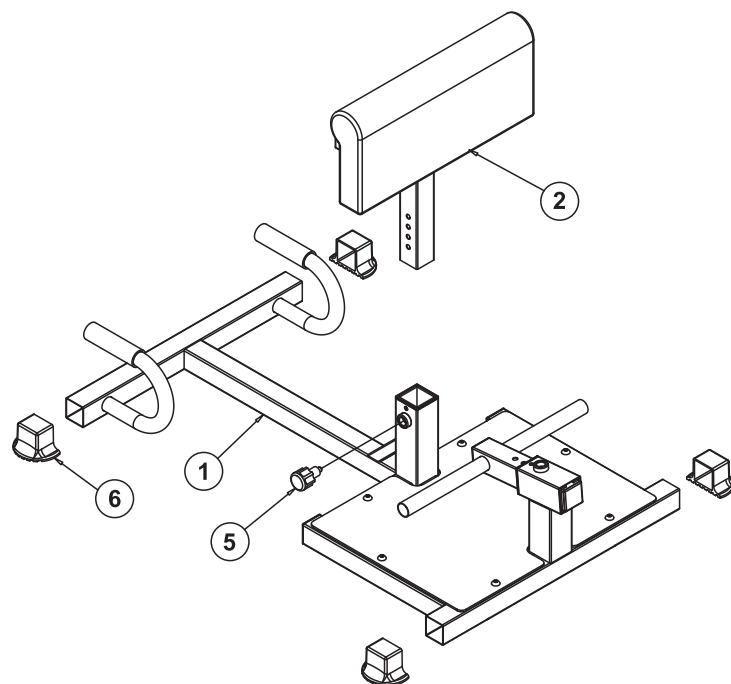
• Product Display



• Parts List

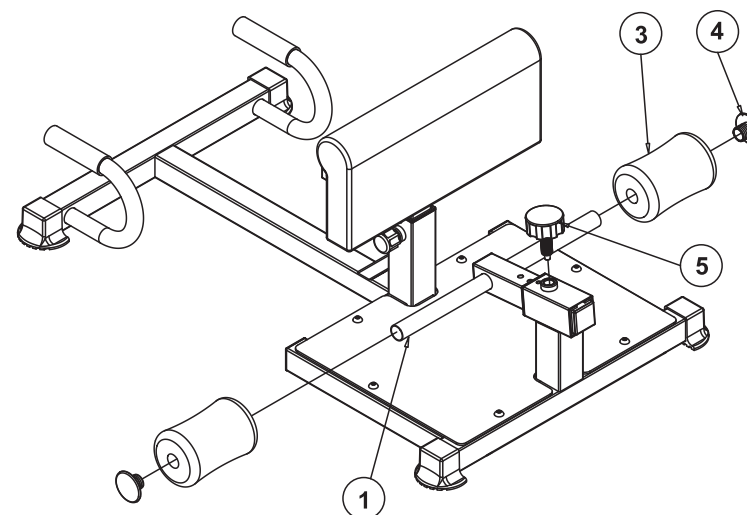
① x1  Main Frame	② x1  Bracket plate	③ x2  Foam foot pad
④ x2  Pipe plug	⑤ x2  Elastic pull pin	⑥ x8  Foot pad (extra 4 pcs for replacement)

• Installation Steps



Step 1: Assemble the Bracket Plate

1. Load the foot pads ⑥ into the main frame ①.
2. Install the bracket plate ② into the main frame ①, fix it to the appropriate hole position with the elastic pull pin ⑤, and tighten and lock it.



Step 2: Assemble Foam Foot Pads and Pipe Plugs

1. Tighten the elastic pull pin ⑤ to fix it to the correct hole position and lock.
2. Insert foam foot pads ③ into the hook tube on the main frame ①, and then install pipe plugs ④ to the hook tube on the main frame ①.