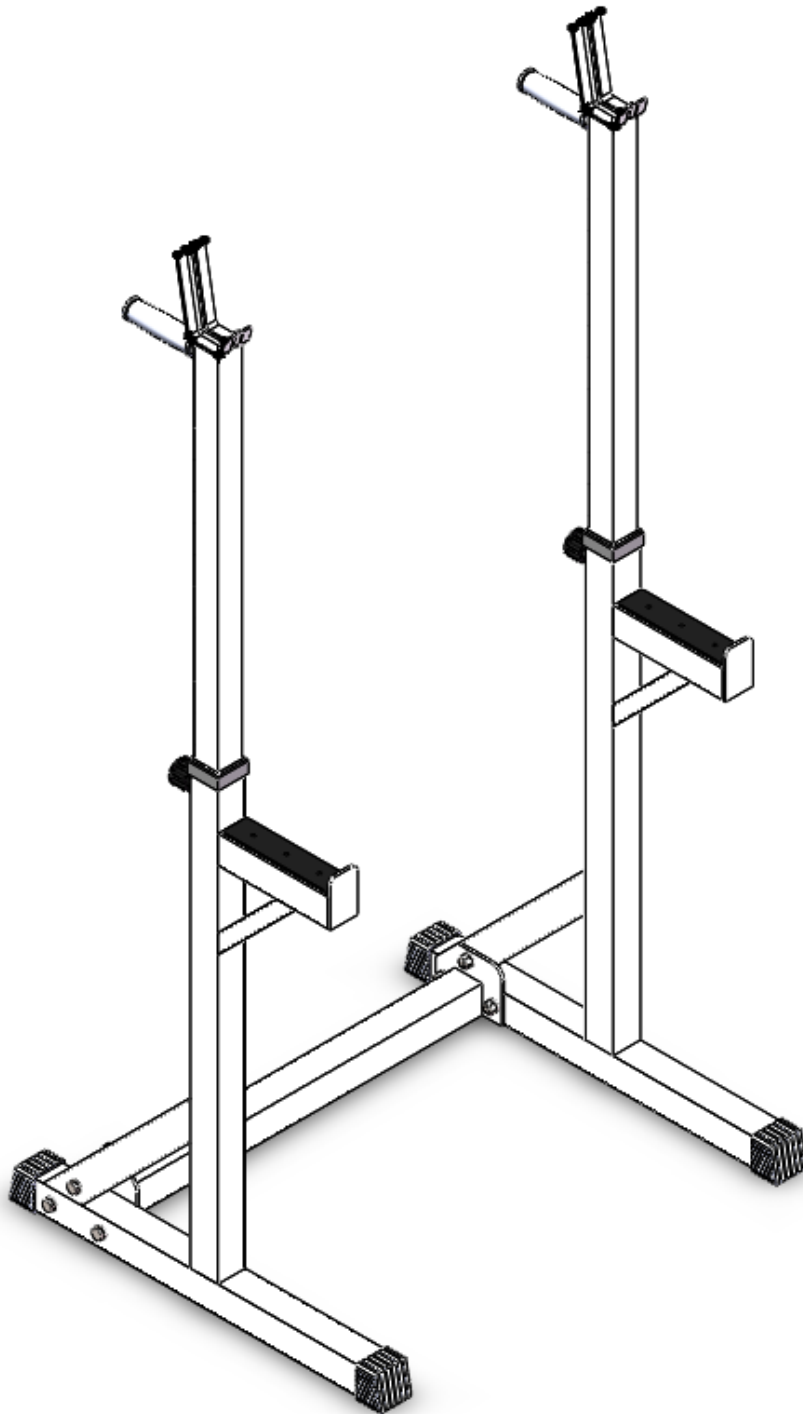


**HIT00323**

**ADJUSTABLE SQUAT**  
**RACK / STANDARD**

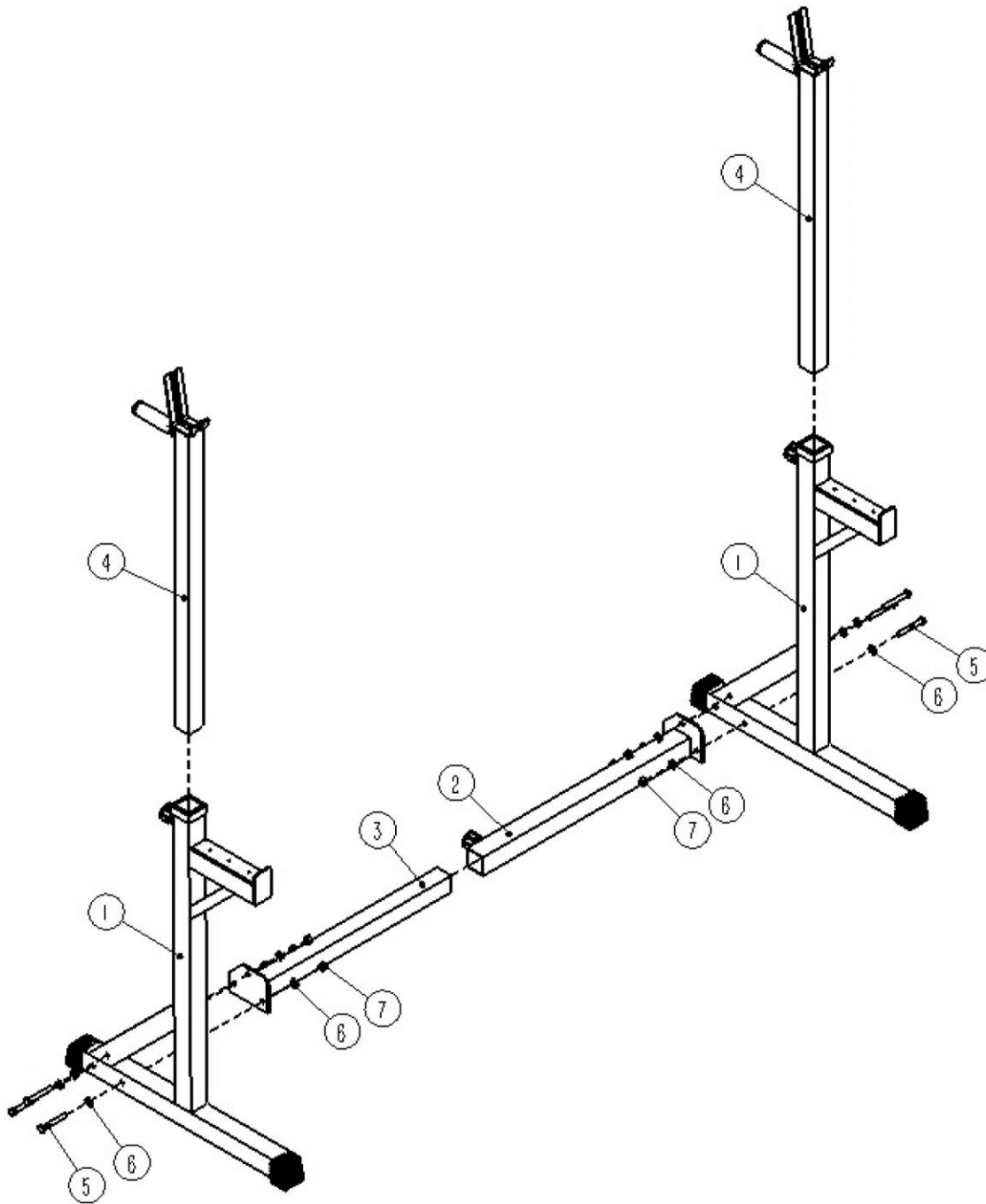


**OWNER'S MANUAL**

## PART LIST

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PART NO:	DESCRIPTION	Q'TY
1.	LEFT&RIGHT VERTICAL FRAME	2
2.	REAR BOTTOM CONNECTION FRAME 50*50MM	1
3.	REAR BOTTOM CONNECTION FRAME 44*44MM	1
4.	ADJUSTABLE BARBELL HOLDER	2
5.	HEX BOLT M10*70	6
6.	WASHER $\Phi$ 10	12
7.	NYLON NUT M10	6



## STEP 1

1. CONNECT (1) AND (3) WITH (5,6,7);
2. CONNECT (1) AND (2) WITH (5,6,7);
3. INSERT (3) INTO (2), ADJUST WIDTH ACCORDING TO NEEDS
4. INSERT (4) INTO (1), ADJUST HEIGHT ACCORDING TO NEEDS.

**NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THIS RACK!**