

FITNESS360[®]

FT8071

Belt Squat



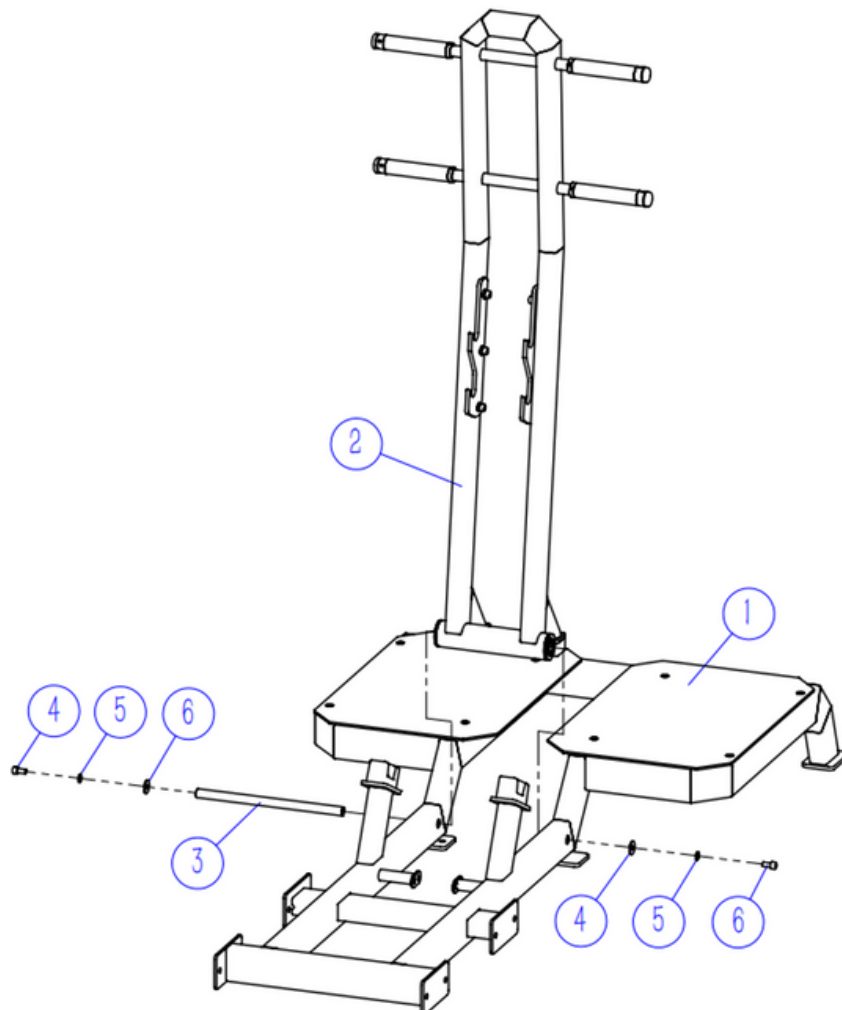
Rubber sticks
Level ruler
Hexagon wrench
Spring clamp
Adjustable Wrench

Step 1:

Use following method connect bottom frame (#1) and middle frame (#2) with axis- $\varnothing 20 \times 350$ (#3):

- 2 x Hexagon socket head screws M10*20 (#4)
- 2 x Spring washer M10 (#5)
- 2 x Flat washer M10-D30 (#6)

Tighten the bolts with a wrench before proceeding to the next step



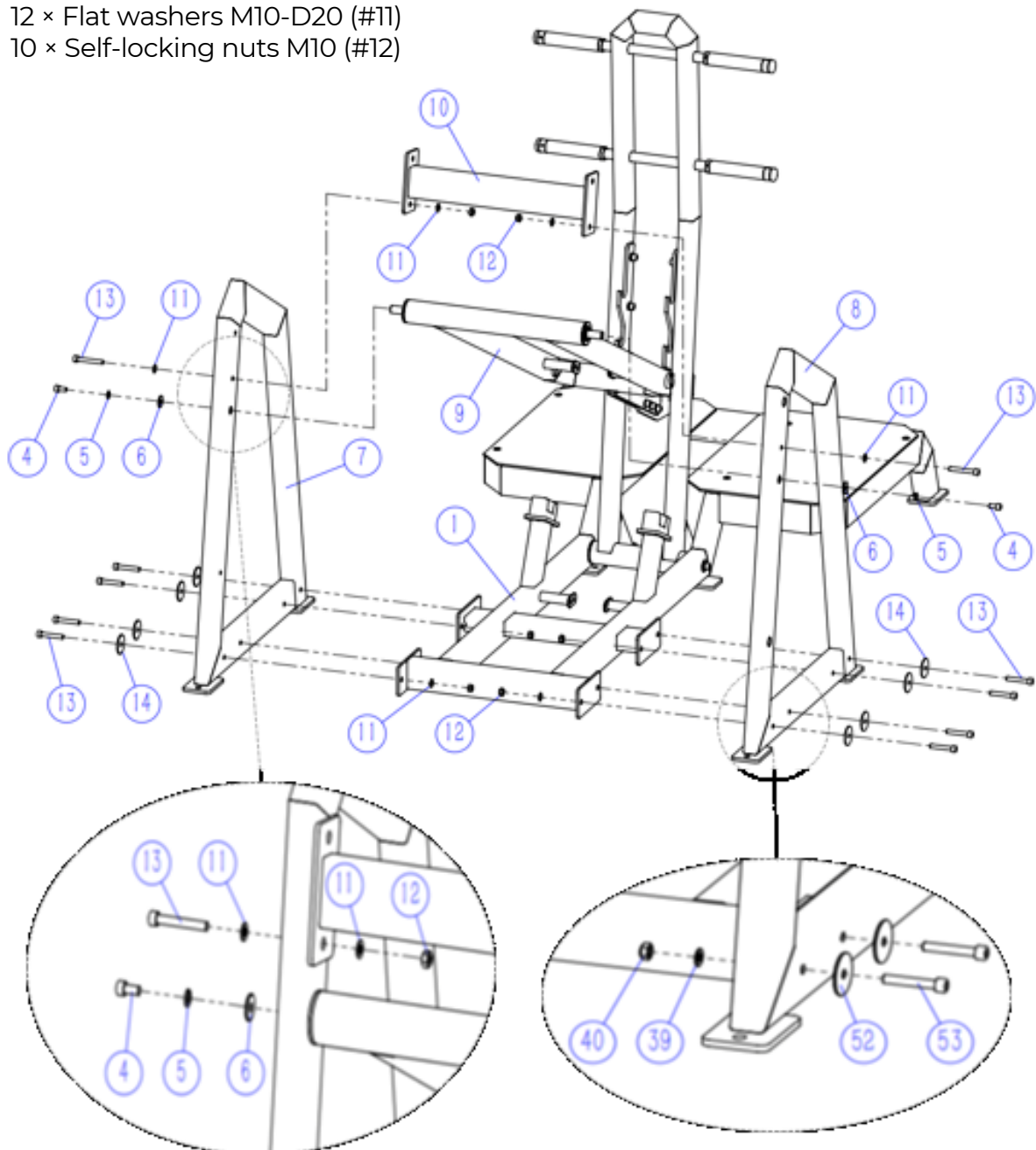
Step 2:

Connect the following parts:

- Bottom frame (#1)
- Arm movement (#9)
- Arm support frame (#10)
- Left frame (#7)
- Right frame (#8)

Use the following hardware:

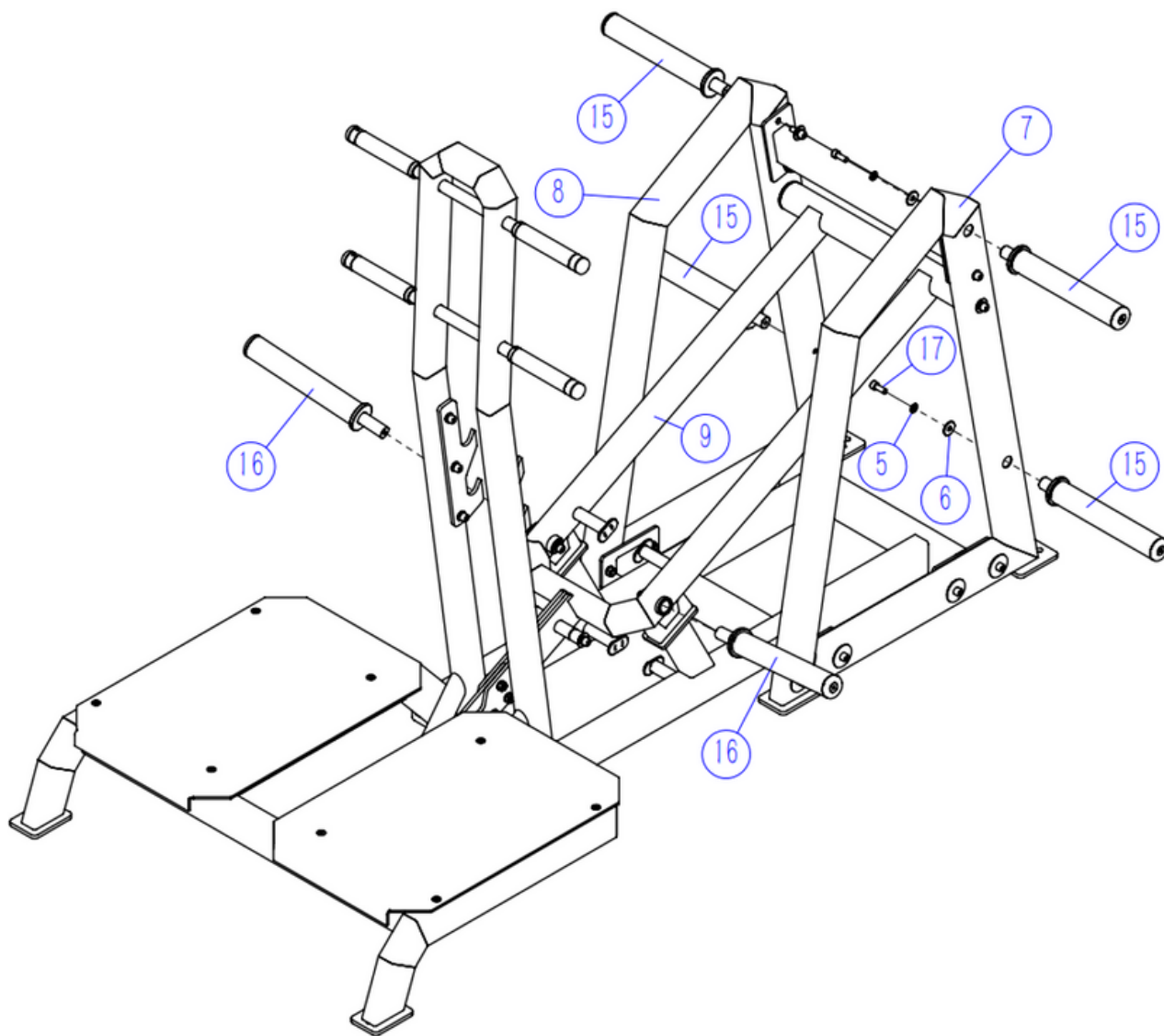
- 2 × Hexagon socket head screws M10*20 (#4)
- 2 × Spring washers M10 (#5)
- 2 × Flat washers M10-D30 (#6)
- 10 × Hexagon socket head screws M10*60 (#13)
- 8 × Flat washers M10-D50 (#14)
- 12 × Flat washers M10-D20 (#11)
- 10 × Self-locking nuts M10 (#12)



Step 3:

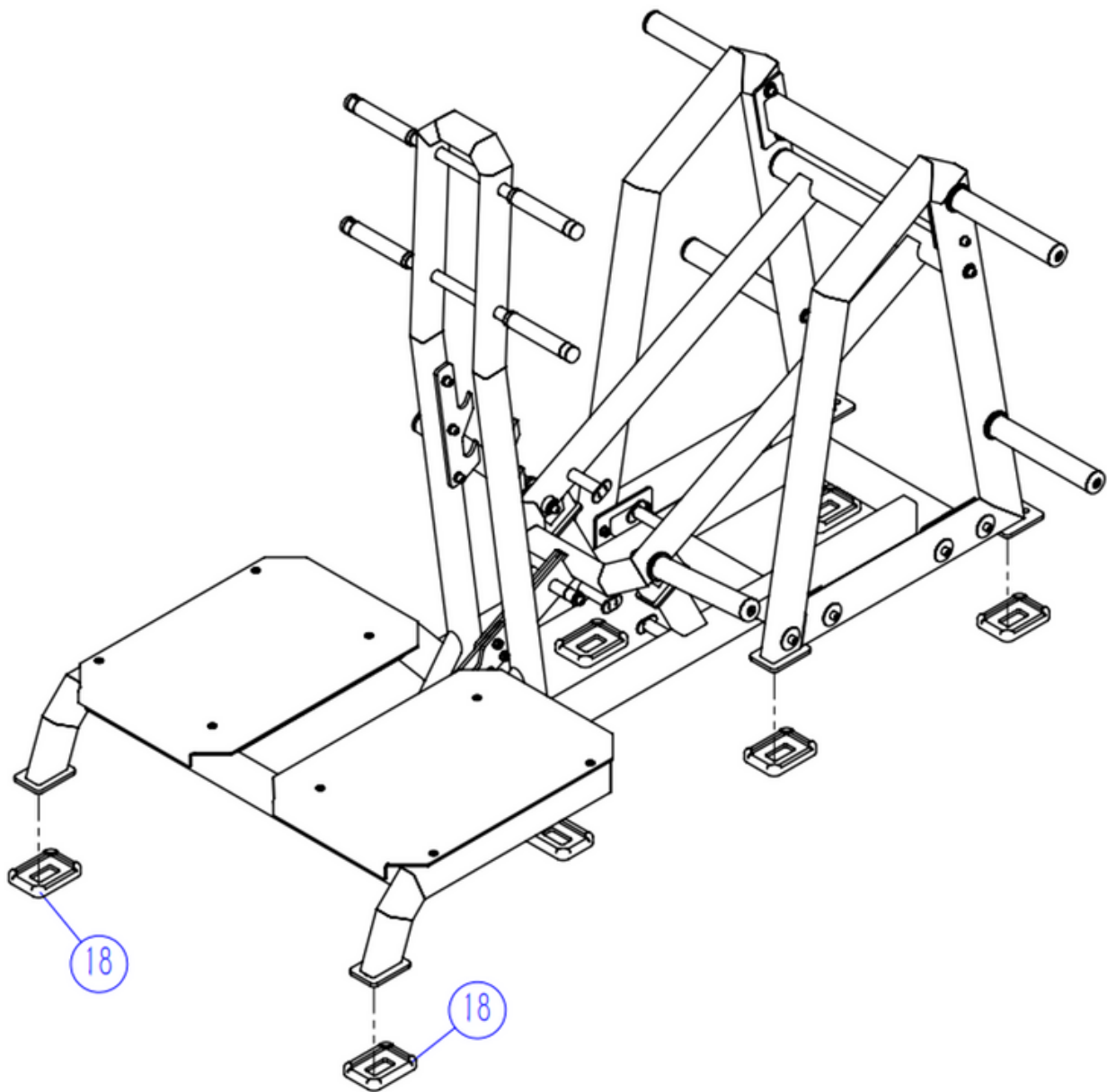
Use following method connect 4 pcs stoarge sleeves (#15) to left frame (#7), right frame (#8); Install sleeves (#16) to arm movement (#9):

- 6 x Hexagon socket head screws M10*25 (#17)
- 6 x Flat washer M10-D30 (#5)
- 6 x Spring washer M10 (#6)



Step 4:

Install 8 foot pads (#18)



Important Tips

Now that the Belt Squat is fully assembled, take a moment to ensure the unit is both level and vertically aligned (plumb).

Use a spirit level to verify that the guide rods are upright in both directions. If the unit is not properly aligned, loosen the frame hardware, adjust the alignment, and then retighten all bolts securely.

Accessory List

NO.	NAME	QTY
1	Bottom frame	1
2	Middle frame	1
3	axis- ϕ 20*350	1
4	Hexagon socket head screws M10*20	6
5	Spring washer M10	18
6	Flat washer M10-D30	12
7	Left frame	1
8	Right frame	1
9	Arm movement	1
10	Arm movement support frame	1
11	Flat washer M10-D20	26
12	Self-locking nuts M10	14
13	Hexagon socket head screws M10*60	10
14	Flat washer M10-D50	8
15	<u>Stoarge</u> sleeve	4
16	Sleeve	2
17	Hexagon socket head screws M10*25	12
18	Foot pad	8
19	Axis- ϕ 20*582	1
20	Bearing- ϕ 60	4
21	Cover	2
22	Hexagon socket head screws M10*40	4
23	Hexagon socket head screws M10*35	4
24	Rectangle rubber pad	2
25	Sleeve cap	4
26	Sleeve rod	2
27	Sleeve cap A	6
28	Hexagon socket countersunk head screw M10*25	6
29	Sleeve axis	4
30	Sleeve cap B	4
31	Hook plate	1
32	Limit hook plate	2
33	Square rubber pad	2
34	footrest	2
35	Hexagon socket countersunk head screw M8*16	8
36	Handle cap-33	2
37	Handle cover-150	2
38	Limit ring-33	2

Exploded view

