

FITNESS360[®]

FT8058


V-Squat - Plate Loaded



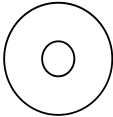
Rubber hammer
Spirit level Allen
wrench More than
2 people Circlip
pliers Adjustable
wrench

Fastener Overview


Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.




[51] (M10*60)



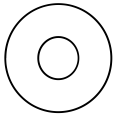
[55]Flat Washers M10-D50



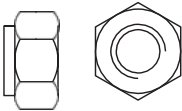
[59]spring washer M10




[52] (M10*25)




[56]Flat Washers M10-D30




[60]Hexagonal self-locking nut M10




[53] (M10*20)




[57]Flat Washers M10-D20




[54] (M8*25)



[58]Flat Washers M8-D16



[61] (M10*20)



[62] (M8*16)

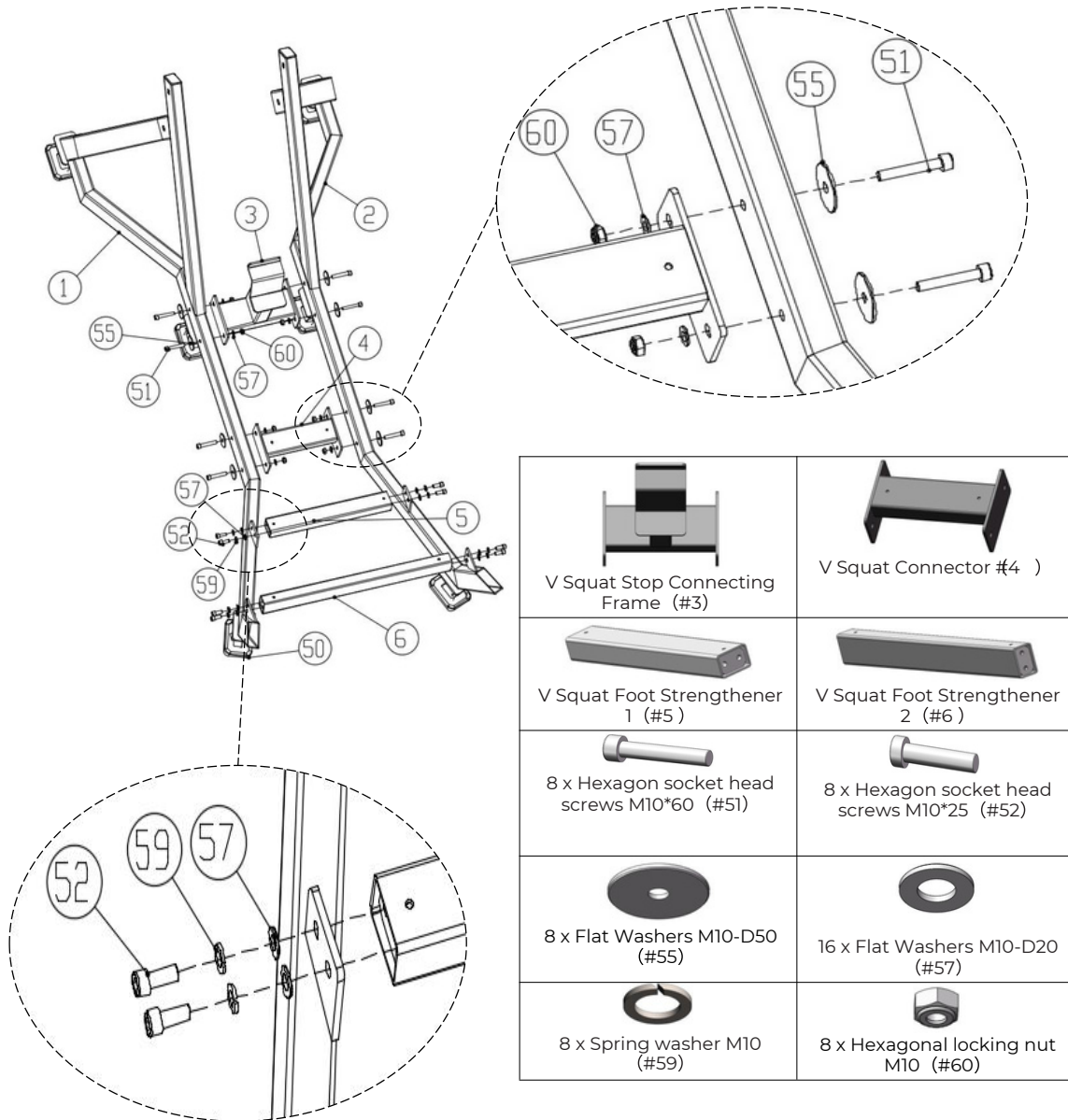
Step 1:

Connect the standing squat stop connecting frame (#3), the standing squat connecting frame (#4), the pedal reinforcement frame 1 (#5), and the footstep reinforcement frame 2 (#6) to the left frame assembly (#1) and the right frame assembly (#2).

Then, use the method shown to attach the rectangular foot pad (#50) to both the left frame assembly (#1) and the right frame assembly (#2).

- 8x socket head screws M10*60 (#51)
- 16x flat washers M10-D20 (#57)
- 8x spring washers M10 (#59)
- 8x flat washers M10-D50 (#55)
- 8x hexagon socket head screws M10*25 (#52)
- 8x hex self-locking nuts M10 (#60)

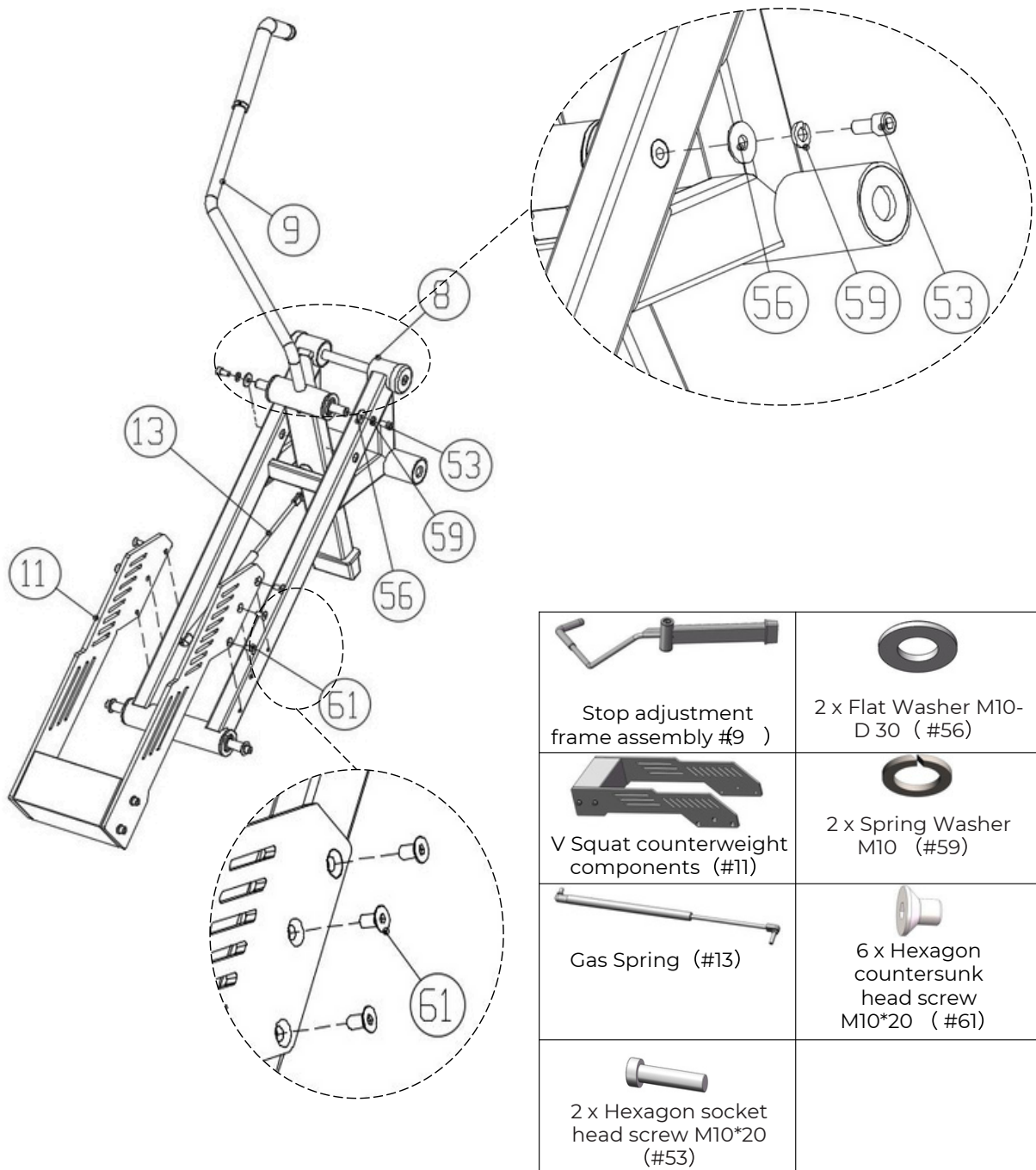
Tighten all bolts with a wrench before moving to the next step.



Step 2:

Use the following method to connect the stop adjustment frame assembly (#9), squat balance weight assembly (#11), gas spring (#13) and standing squat moment arm B assembly (#8)

- 2 x hex socket head screws M10*20 (#53)
- 2 x Flat Washer M10-D30 (#56)
- 2 x spring washers M10 (#59)
- 6 x hex socket countersunk head screws M10*20 (#61)

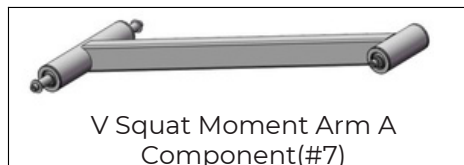
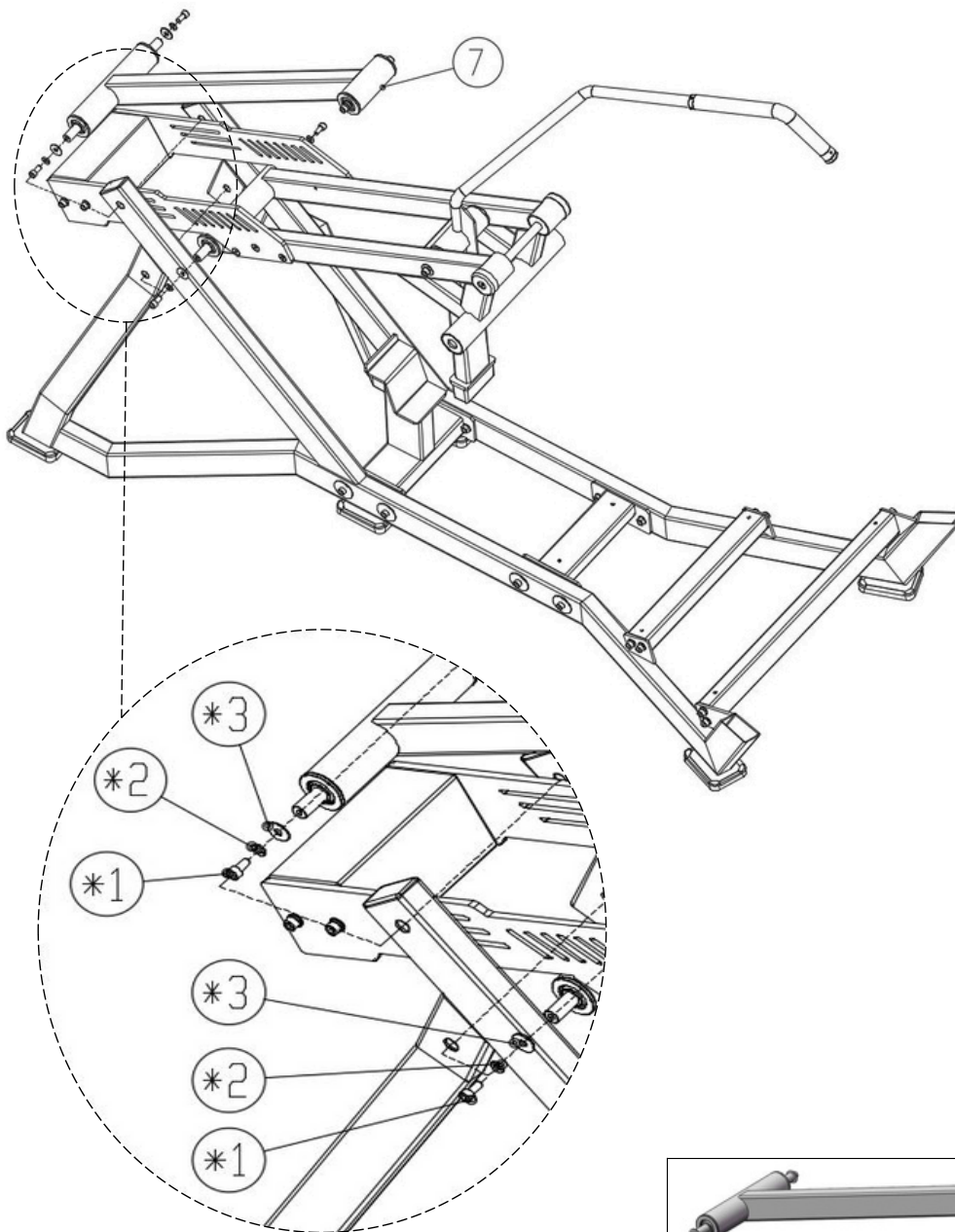


Step 3:

Connect Step 2, Standing Squat Moment Arm A component (#7) to Step 1 using the following method

- 4x hexagon socket head screws M10*20 (*1)
- 4x flat washers M10-D30 (*3)
- 4x spring washers M10 (*2)

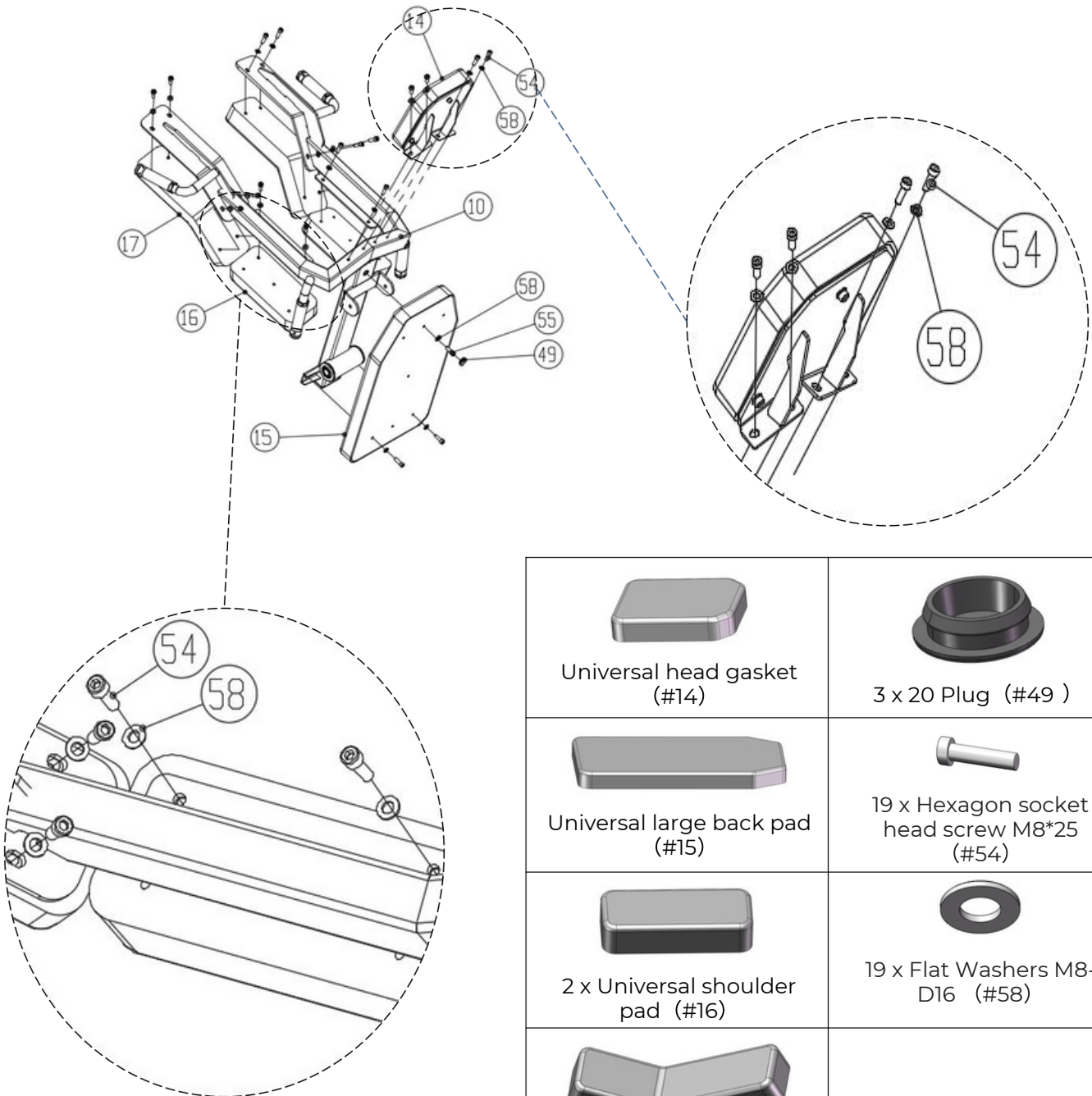
(*1) (*2) (*3) are pre-assembled parts and are not included in the ingredient list







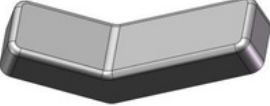


Step 4:

Use the following method to combine the Universal Head Pad (#14), Universal Large Back Pad (#15), 2X Universal Shoulder Pad (#16), and 2X Shoulder Pad Slant Sponge (#17), connect the 3X20 plug (#49) to the standing squat back frame (#10):

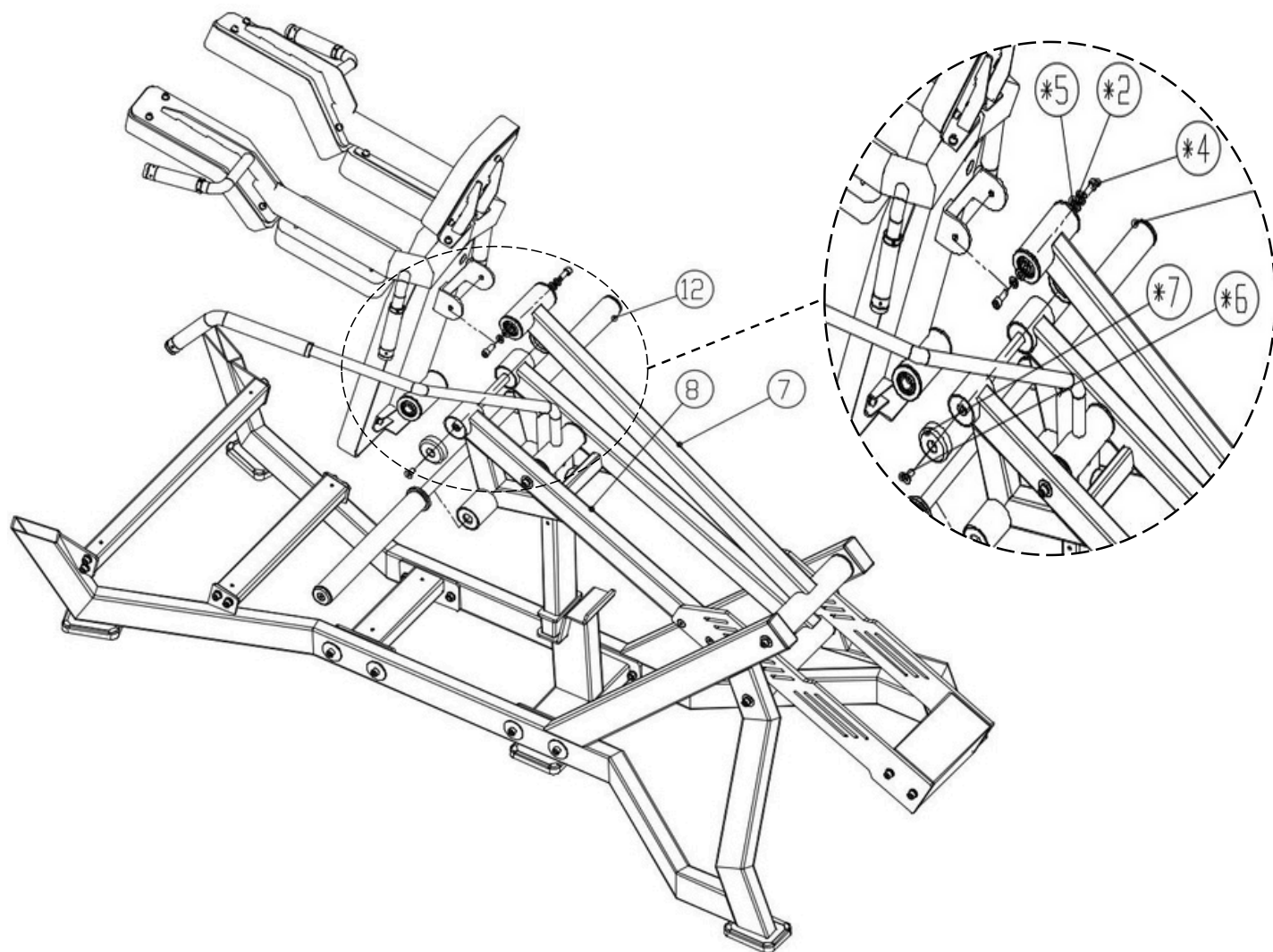
- 19x hex socket head screws M8*25 (#54)
- 19x Flat Washer M8-D16 (#58)



 <p>Universal head gasket (#14)</p>	 <p>3 x 20 Plug (#49)</p>
 <p>Universal large back pad (#15)</p>	 <p>19 x Hexagon socket head screw M8*25 (#54)</p>
 <p>2 x Universal shoulder pad (#16)</p>	 <p>19 x Flat Washers M8- D16 (#58)</p>
 <p>2 x Sloping sponge shoulder pad (#17)</p>	

Step 5:

Use the following method to connect the incline pedal sleeve rod (#12) and Step 4 to the standing squat moment arm B component (#8); use the standing squat moment arm A component (#7) to connect the step 4 connect.

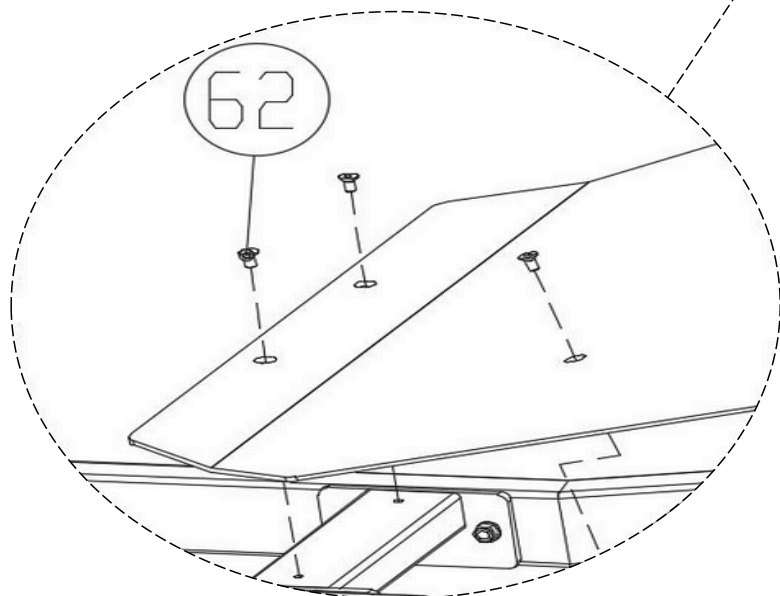
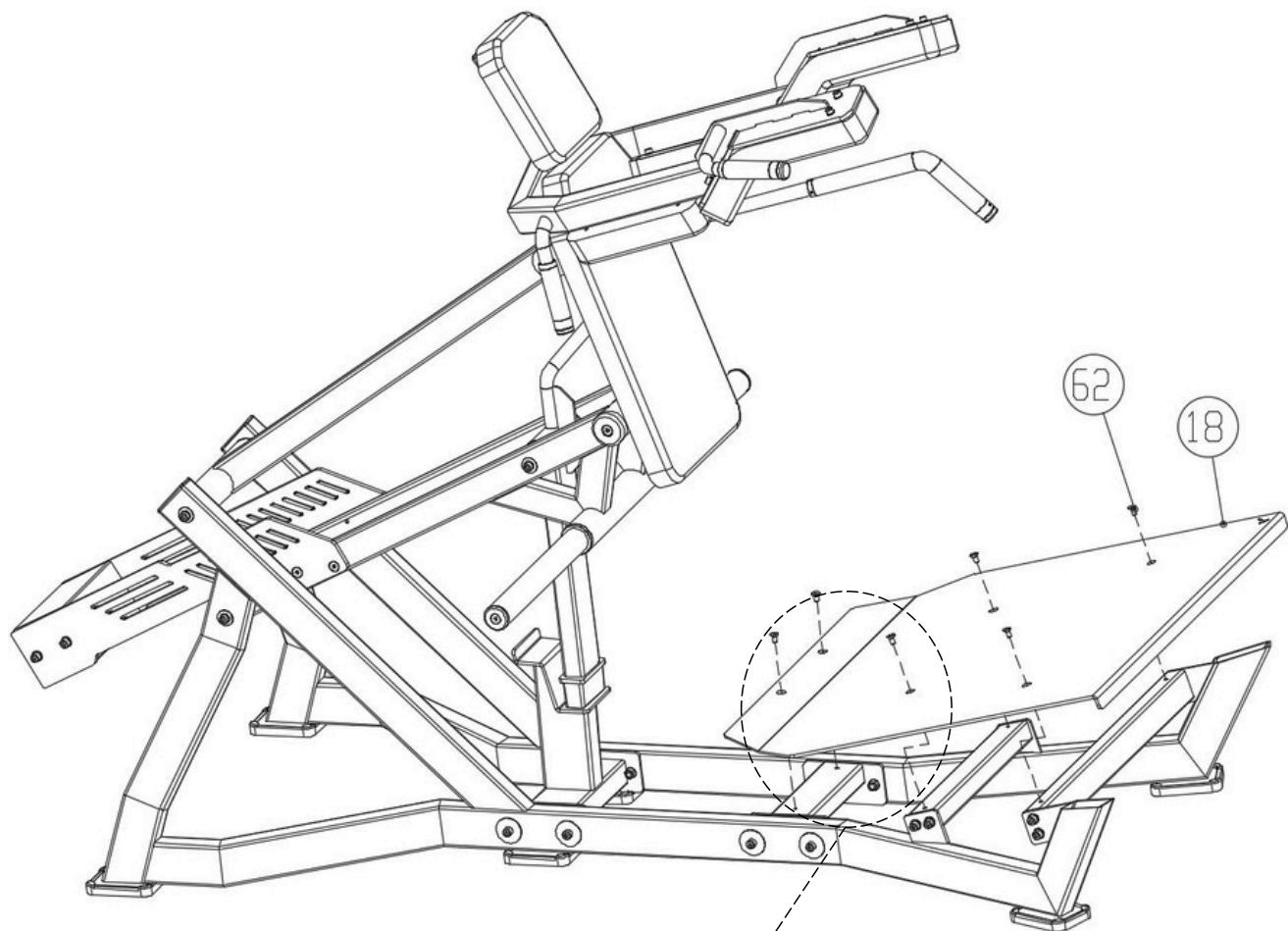


Incline pedal sleeve rod (#12)

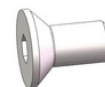
Step 6:

Attach the squat footrest (#18) to step 1 using the method below.

- 4 x hex socket countersunk head screws M8*16 (#62)

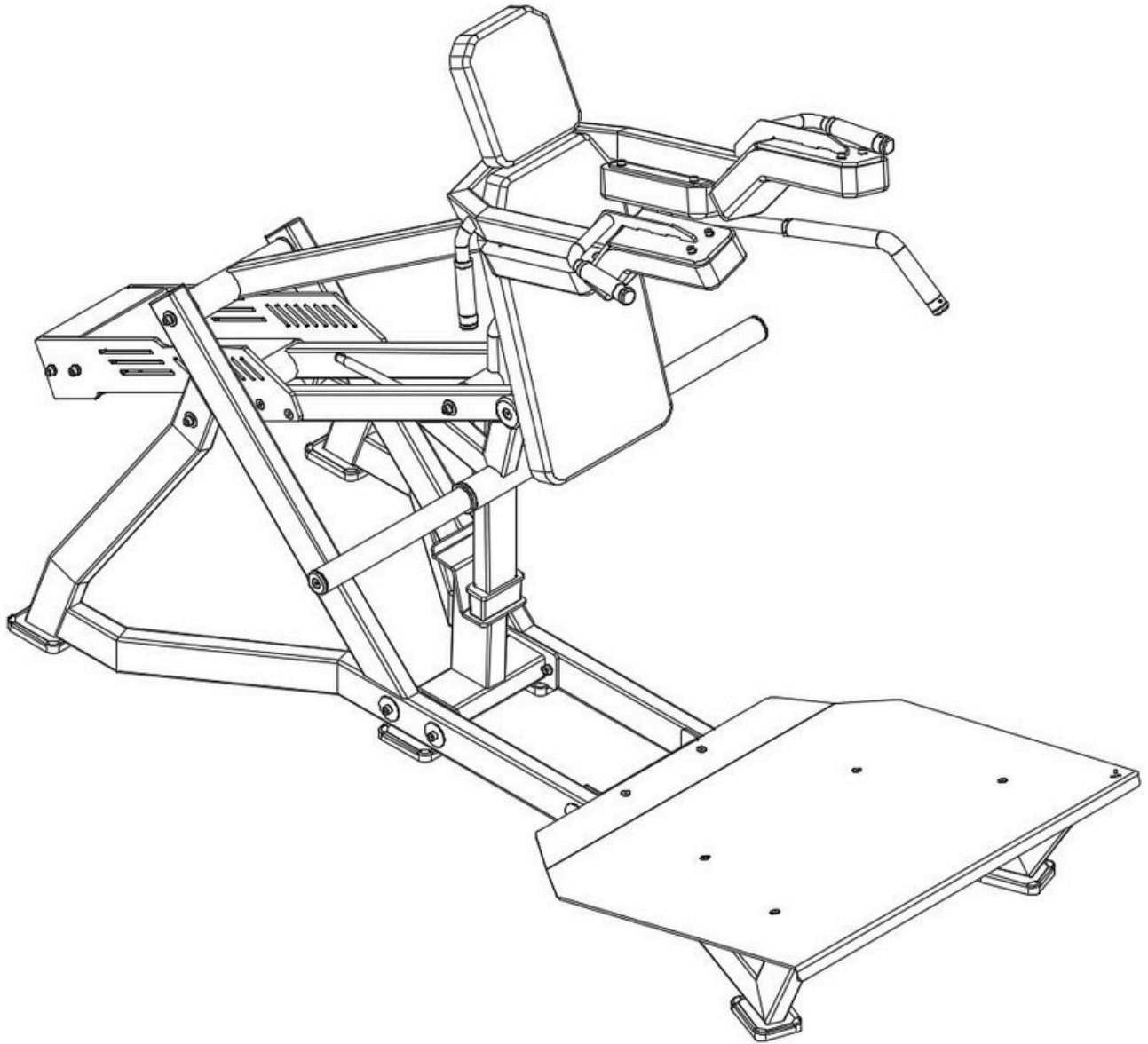


Squat pedal (#18)



4 x Hexagon countersunk head screws M8*16 (#62)

Fully Installation



Important Tips

Now that your V-Squat - Plate Loaded unit is fully assembled, take a moment to ensure that it is both level and plumb. Use a spirit level to check the vertical alignment of the guide rods in all directions.

If they are not perfectly vertical, loosen the frame bolts slightly, adjust the alignment, and re-tighten all bolts securely.

Accessory List

No.	Name and specification	Qty
1	Left shelf	1
2	Right shelf	1
3	V Squat Stop Connecting Frame	1
4	V Squat Connector	1
5	V Squat Foot Strengthener 1	1
6	V Squat Foot Strengthener 2	1
7	V Squat Moment Arm A Component	1
8	V Squat Moment Arm B Component	1
9	Stop adjustment frame assembly	1
10	V Squat Back Plank	1
11	V Squat counterweight components	1
12	Incline pedal sleeve rod	1
13	Gas Spring	1
14	Universal head gasket	1
15	Universal large back pad	1
16	Universal shoulder pad	2
17	Sloping sponge shoulder pad	2
18	Squat pedal	1
49	20 plugs	3
50	Rectangular foot pad	6
51	Hexagon socket head screw M10*60	8
52	Hexagon socket head screw M10*25	8
53	Hexagon socket head screw M10*20	2
54	Hexagon socket head screw M8*25	19
55	Flat washer M10-D50	8
56	Flat washer M10-D30	2
57	Flat washer M10-D20	16
58	Flat washer M8-D16	19
59	Spring washer M10	10
60	Hexagonal self-locking nut M10	8
61	Hexagon socket countersunk head screw M10*20	6
62	Hexagon socket countersunk head screw M8*16	6

This exploded perspective view illustrates the assembly of a mechanical device. The components are numbered as follows: 1 (main frame), 2 (upper arm), 3 (lower arm), 4 (central pivot), 5 (small rectangular component), 6 (long thin rod), 7 (cylindrical part), 8 (small rectangular component), 9 (small rectangular component), 10 (small rectangular component), 11 (small rectangular component), 12 (long thin rod), 13 (small rectangular component), 14 (small rectangular component), 15 (small rectangular component), 16 (small rectangular component), 17 (small rectangular component), 18 (small rectangular component), 19 (small rectangular component), 20 (small rectangular component), 21 (small rectangular component), 22 (small rectangular component), 23 (small rectangular component), 24 (small rectangular component), 25 (small rectangular component), 26 (small rectangular component), 27 (small rectangular component), 28 (small rectangular component), 29 (small rectangular component), 30 (small rectangular component), 31 (small rectangular component), 32 (small rectangular component), 33 (small rectangular component), 34 (small rectangular component), 35 (small rectangular component), 36 (small rectangular component), 37 (small rectangular component), 38 (small rectangular component), 39 (small rectangular component), 40 (small rectangular component), 41 (small rectangular component), 42 (small rectangular component), 43 (small rectangular component), 44 (small rectangular component), 45 (small rectangular component), 46 (small rectangular component), 47 (small rectangular component), 48 (small rectangular component), 49 (small rectangular component), 50 (small rectangular component), 51 (small rectangular component), 52 (small rectangular component), 53 (small rectangular component), 54 (small rectangular component), 55 (small rectangular component), 56 (small rectangular component), 57 (small rectangular component), 58 (small rectangular component), 59 (small rectangular component), 60 (small rectangular component), 61 (small rectangular component), 62 (small rectangular component), 63 (small rectangular component), 64 (small rectangular component), 65 (small rectangular component), 66 (small rectangular component), 67 (small rectangular component), 68 (small rectangular component), 69 (small rectangular component), 70 (small rectangular component), 71 (small rectangular component), 72 (small rectangular component), 73 (small rectangular component), 74 (small rectangular component), 75 (small rectangular component), 76 (small rectangular component), 77 (small rectangular component), 78 (small rectangular component), 79 (small rectangular component), 80 (small rectangular component), 81 (small rectangular component), 82 (small rectangular component), 83 (small rectangular component), 84 (small rectangular component), 85 (small rectangular component), 86 (small rectangular component), 87 (small rectangular component), 88 (small rectangular component), 89 (small rectangular component), 90 (small rectangular component), 91 (small rectangular component), 92 (small rectangular component), 93 (small rectangular component), 94 (small rectangular component), 95 (small rectangular component), 96 (small rectangular component), 97 (small rectangular component), 98 (small rectangular component), 99 (small rectangular component), 100 (small rectangular component).