

FITNESS360[®]

FT8060

Hack Squat - Plate Loaded



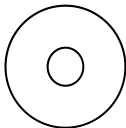
Rubber mallet
Level ruler
Allen key
Two person
spring clamp
Adjustable Wrench

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.



[52] (M10*70)



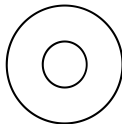
[60]flat washer M10-
D50



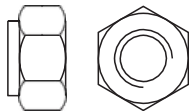
[57]spring washer
M10



[53] (M10*60)



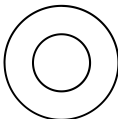
[61]flat washer M10-
D30



[64] Hexagonal self-
locking nuts M10



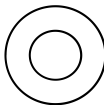
[54] (M10*25)



[62]flat washer M10-
D20



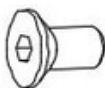
[55] (M10*20)



[63]flat washer M8-
D16



[56] (M8*25)

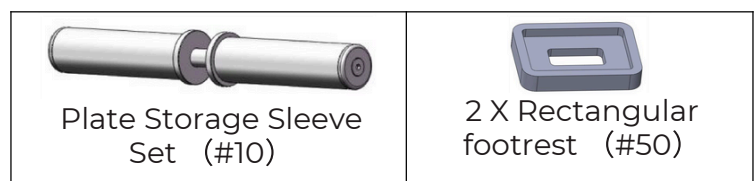
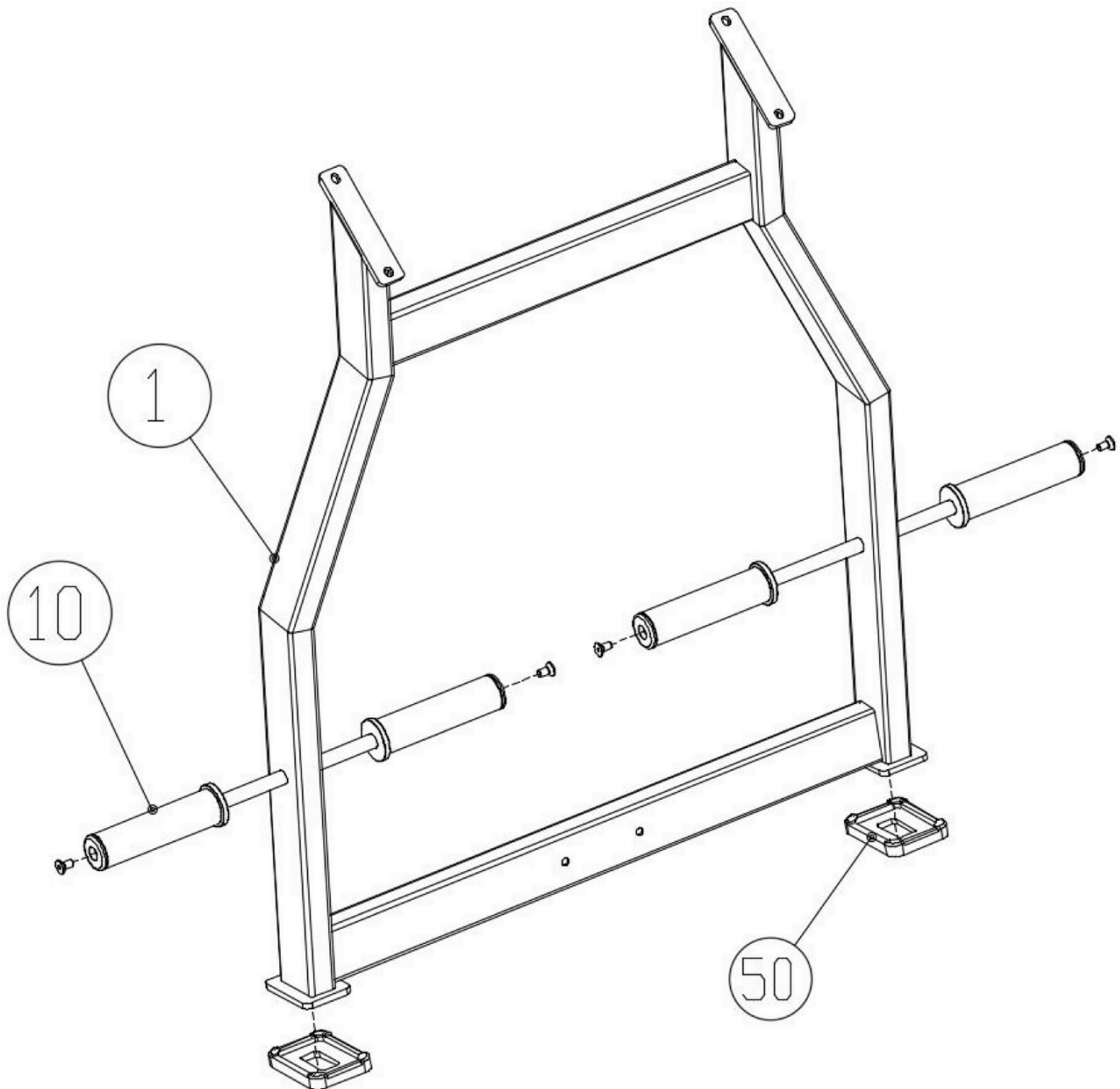


[65] (M8*16)

Step 1:

Attach the Plate Storage Sleeve Set (#10) to both sides of the Incline Squat Riser (#1).

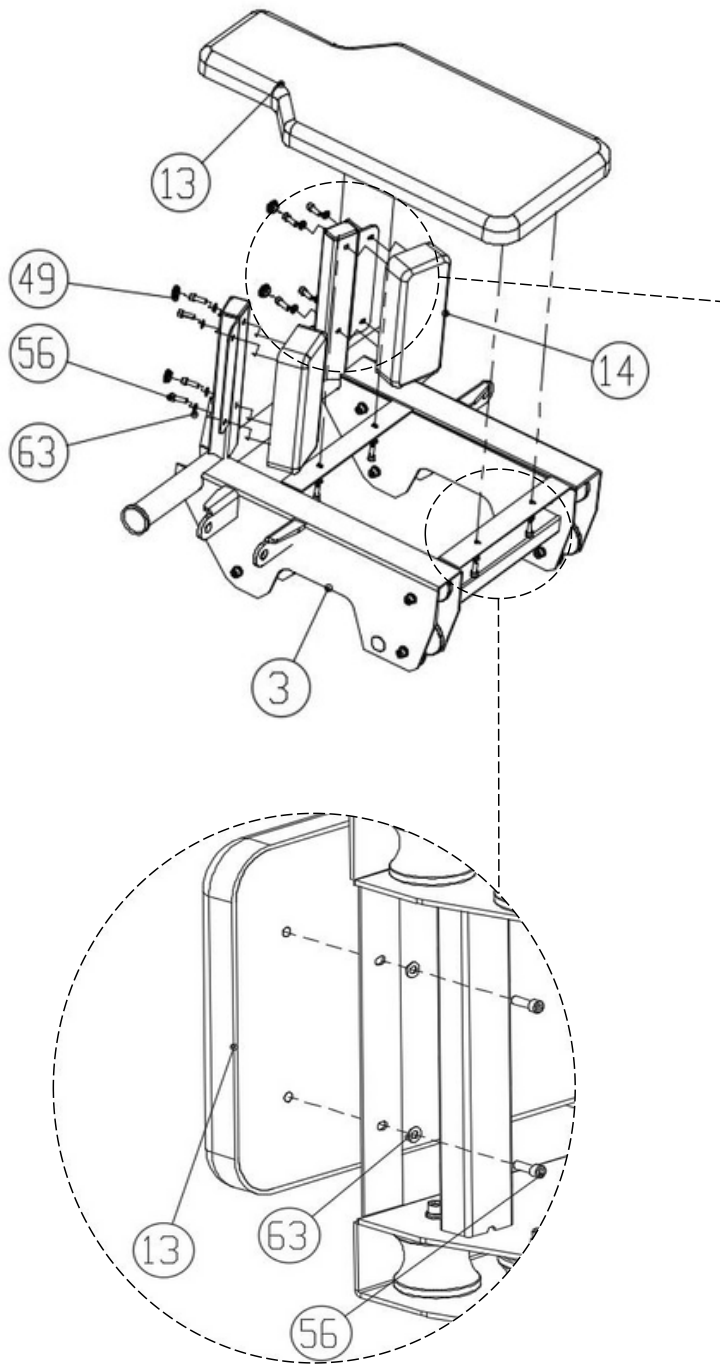
Then, install the 2 Rectangular Foot Pads (#50) to the bottom corners of the Incline Squat Riser (#1) as shown.






Step 2:

Attach the Angled Squat Back Pad (#13), 2 Shoulder Pad Assemblies (#14), and 4 20 Plugs (#49) to the Chute Support Bracket Set (#3) using the following components:

- 12x Hexagon socket cheese head screws M8*25(#56)
- 12x flat washer M8-D16(#63)



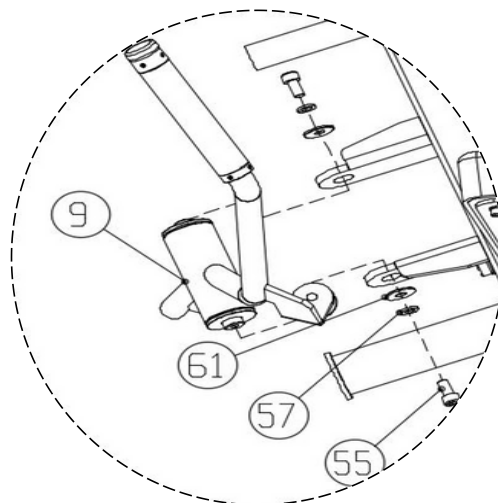
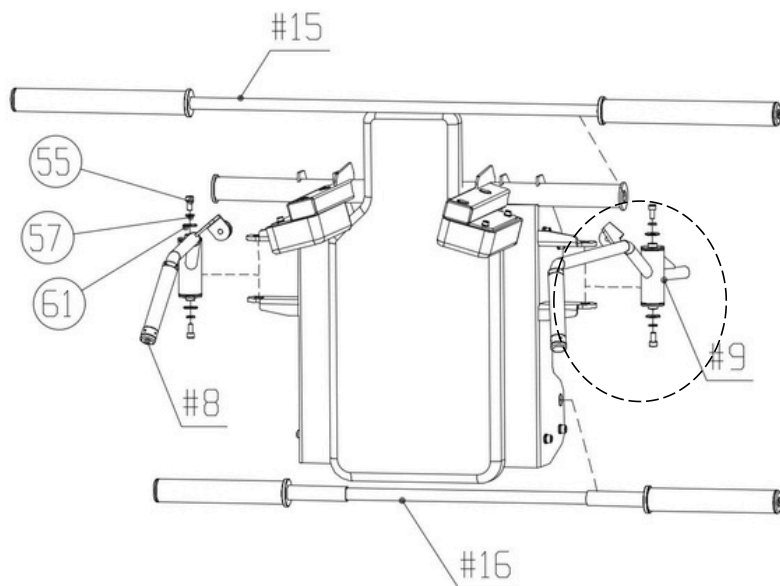

Back pad(#13)

2x shoulder pad(#14)

4 X 20plug(#49)

12 x Hexagon socket cheese head screws M8*25 (#56)








12 x flat washerM8-D16 (#63)

Step 3:

Attach the limit handle holder left (#8), limit handle holder right (#9), chute sleeve assembly 1 (#15), and chute sleeve assembly 2 (#16) to the completed assembly from step 2 using the following components:

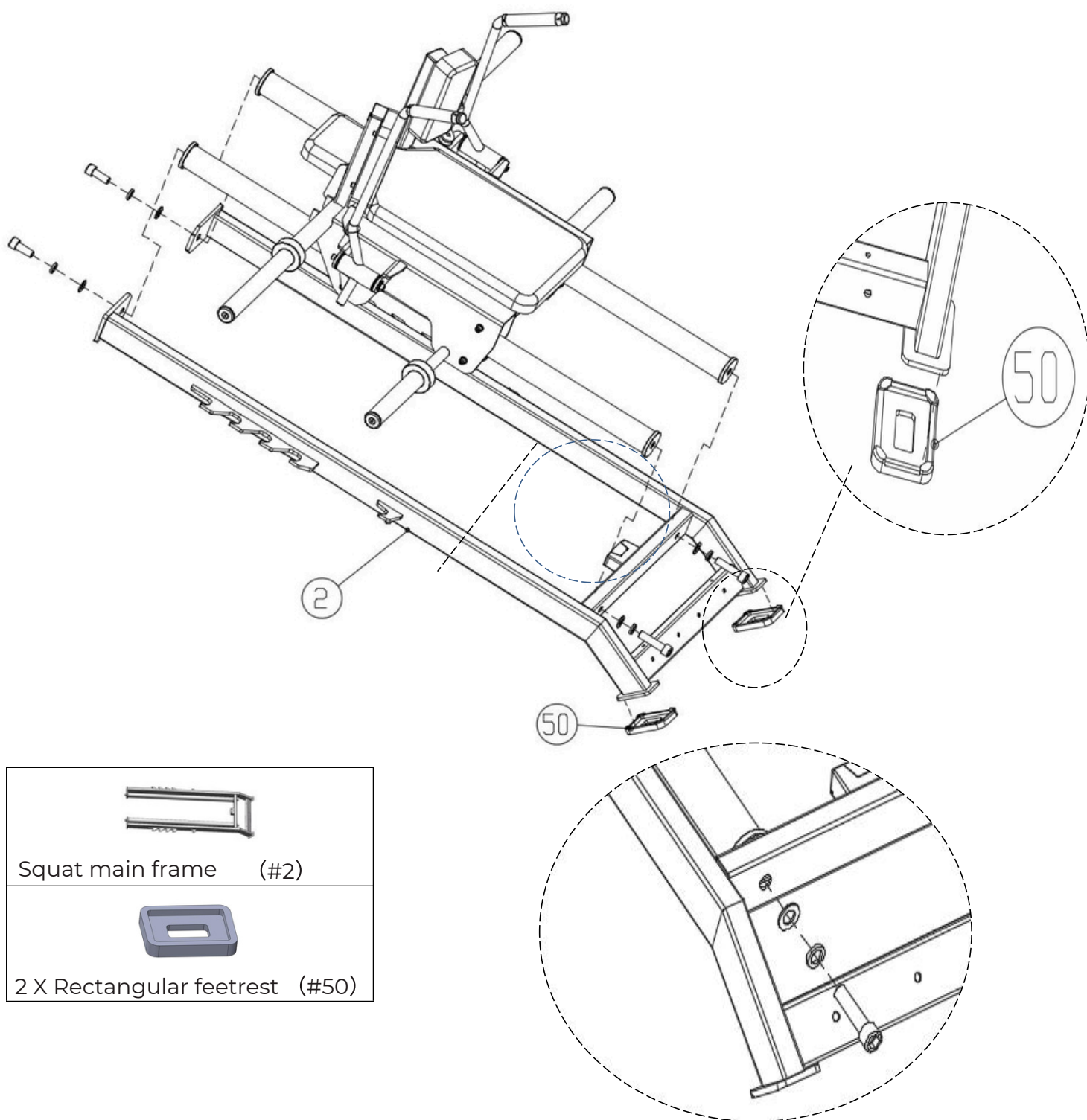
- 4x Hexagon socket cheese head screws M10*20(#55)
- 4x flat washer M10-D30(#61)
- 4x spring washer M10 (#57)




Limit Left Handle Frame (#8)

Limit Right Handle Frame (#9)

Slideway sleeve assembly 1 (#15)

Slideway sleeve assembly 2 (#16)

4x Hexagon socket cheese head screws M10*20 (#55)

4x flat washer M10-D30(#61)

4xSpring washer M10 (#57)

Step 4:

Attach the Angled Squat Main Frame (#2) to the completed assembly from Step 2 using the following; Attach 2 Rectangular Foot Pads (#50) to the Angled Squat Main Frame (#2).



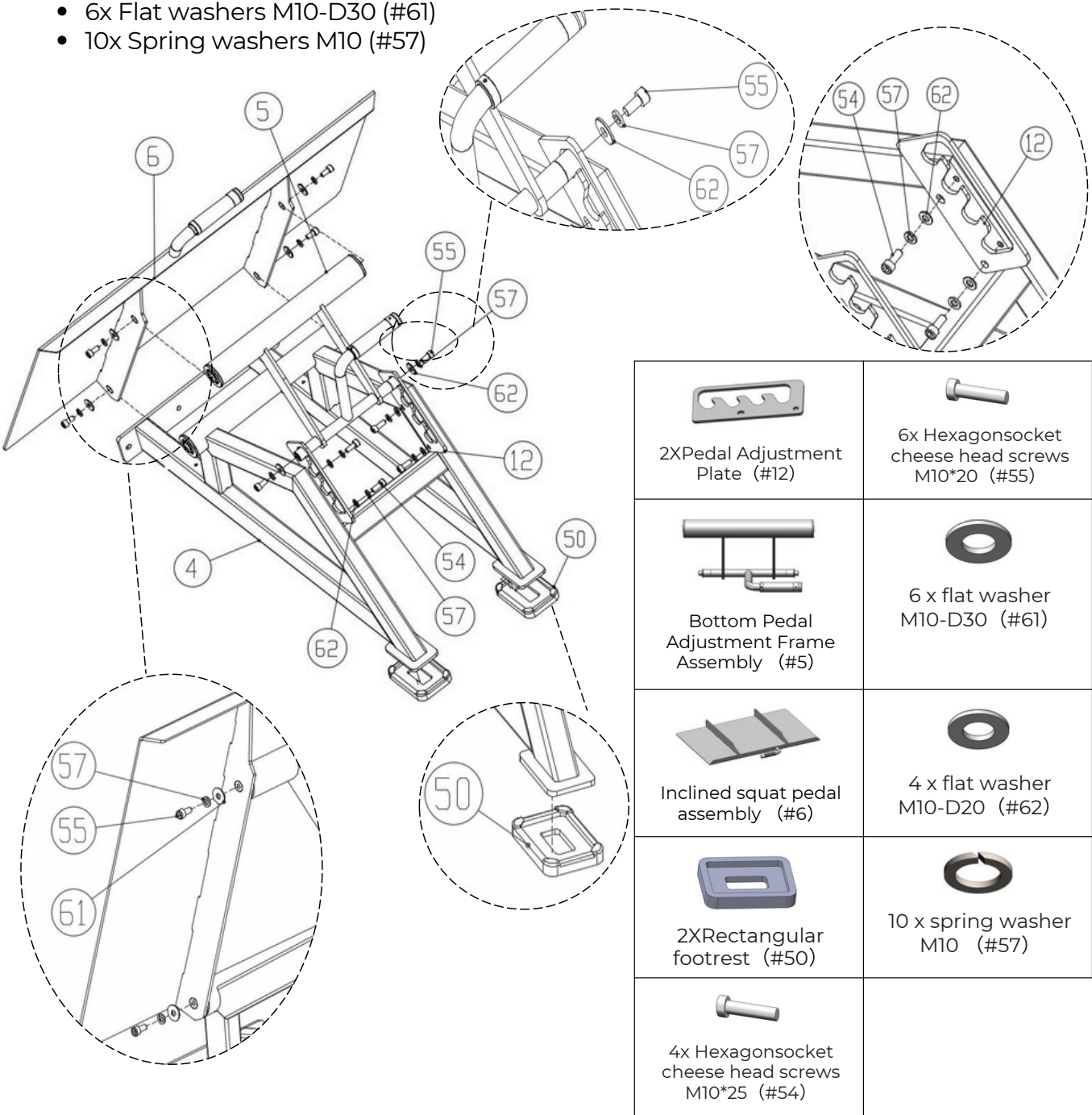
Step 5:

Attach the 2 Pedal Adjustment Plates (#12) to the Tilt Squat Rear Bracket (#4).
Mount the Bottom Pedal Adjustment Frame (#5) to the Pedal Adjustment Plates (#12).

Connect the Tilt Squat Pedal Assembly (#6) to both the Rear Bracket (#4) and the Bottom Frame Assembly (#5).

Secure the 2 Rectangular Foot Pads (#50) to the Rear Bracket (#4). Use the following components:

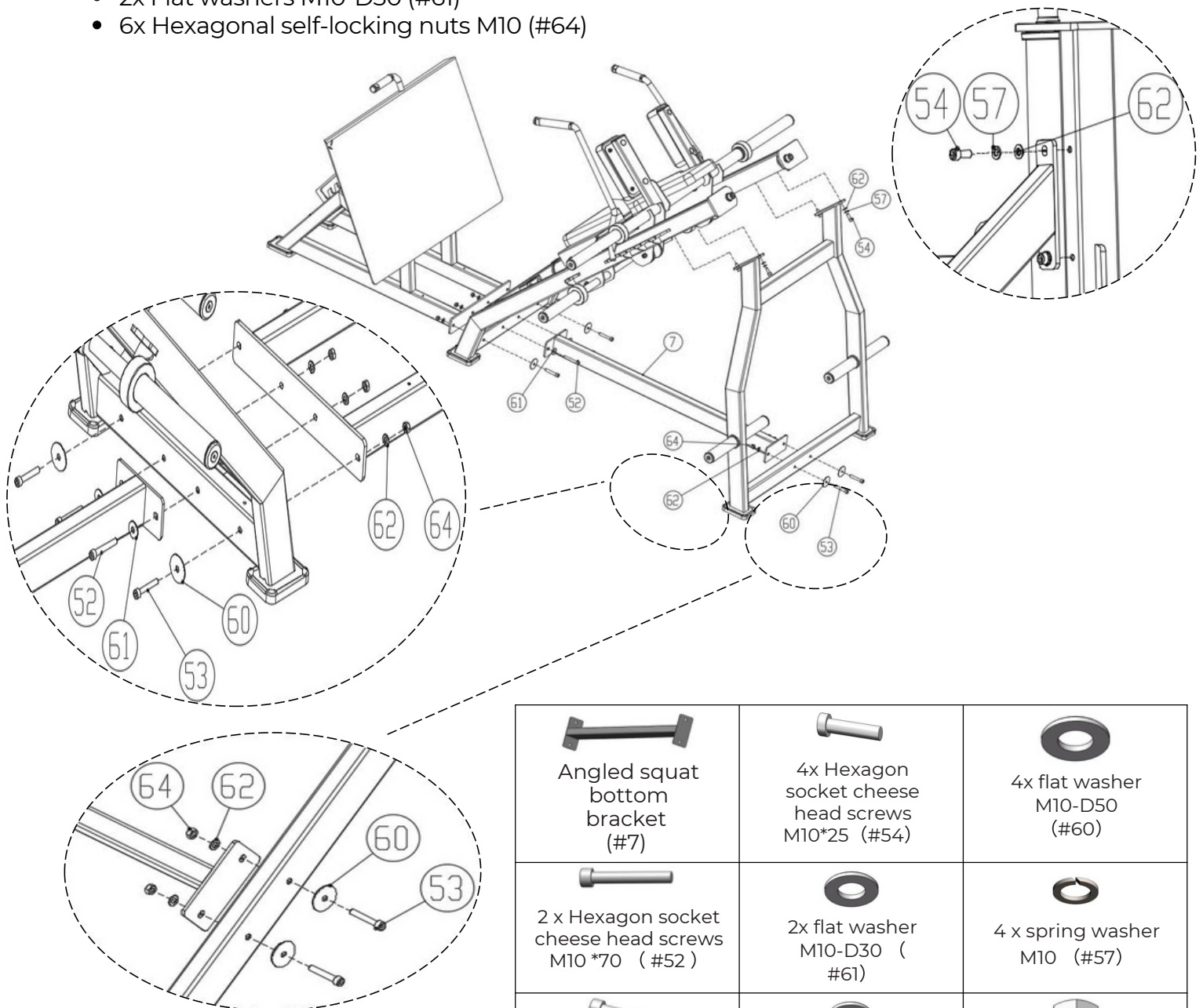
- 4x Hexagon socket screws M10×25 (#54)
- 6x Hexagon socket screws M10×20 (#55)
- 4x Flat washers M10-D20 (#62)
- 6x Flat washers M10-D30 (#61)
- 10x Spring washers M10 (#57)












Step 6:

Connect Step 1 (upper section) to the top of Step 4. Connect Step 1 (lower part) to the bottom of Step 4 using the Angled Squat Bottom Bracket (#7). Connect Step 5 to Step 4 using the parts listed below.

- 4x Hexagon socket screws M10×25 (#54)
- 4x Spring washers M10 (#57)
- 4x Flat washers M10-D20 (#62)
- 4x Hexagon socket screws M10×60 (#53)
- 2x Hexagon socket screws M10×70 (#52)
- 4x Flat washers M10-D50 (#60)
- 2x Flat washers M10-D30 (#61)
- 6x Hexagonal self-locking nuts M10 (#64)

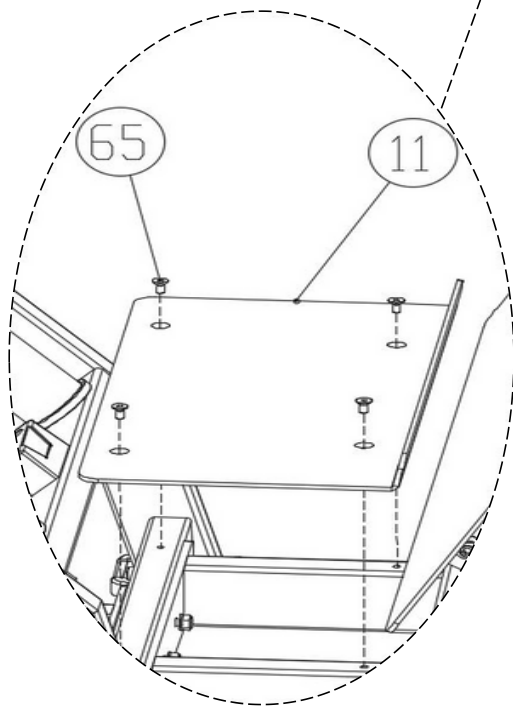
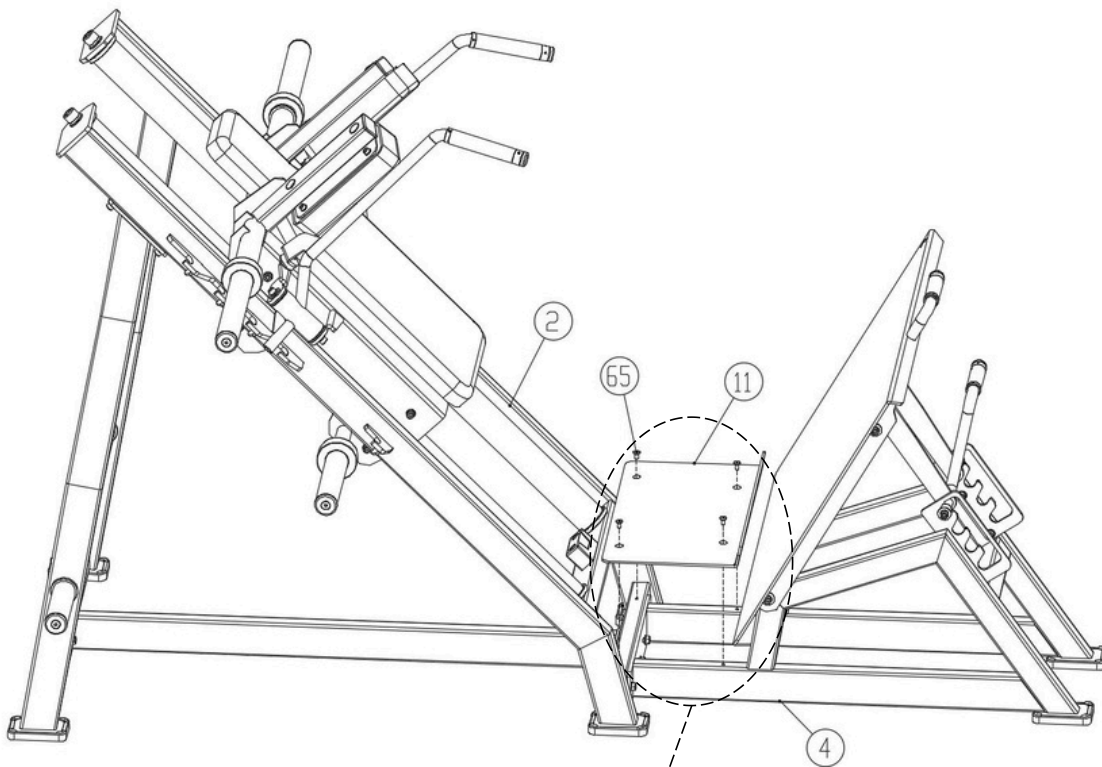


 <p>Angled squat bottom bracket (#7)</p>	 <p>4x Hexagon socket cheese head screws M10*25 (#54)</p>	 <p>4x flat washer M10-D50 (#60)</p>
 <p>2x Hexagon socket cheese head screws M10 *70 (#52)</p>	 <p>2x flat washer M10-D30 (#61)</p>	 <p>4x spring washer M10 (#57)</p>
 <p>4x Hexagon socket cheese head screws M10 *60 (#53)</p>	 <p>10xflat washer M10-D20 (#61)</p>	 <p>6xHexagonal locknuts M10 (#64)</p>

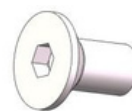
Step 7:

Connect the entry pedal (#11) to the incline squat main rack (#2) and the incline squat back brace (#4) in the following parts:

- 4 x Hexalobular socket countersunk head screws M8*16(#65)

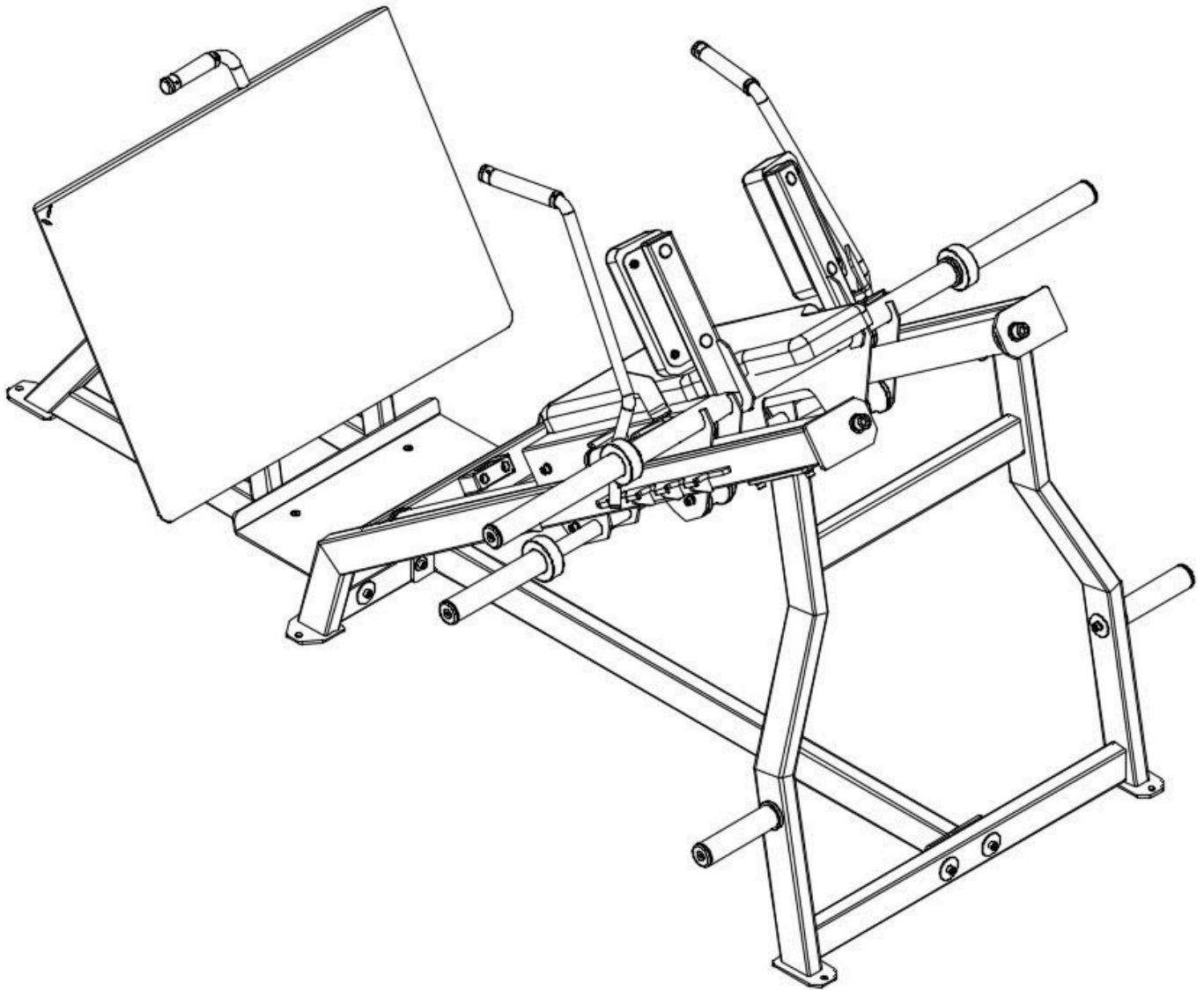


entry pedal(#11)



4 x Hexagon socket countersunk
head screws M8*16(#65)

Fully Installation



Important Tips

Now that your Hack 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	squatting rack	1
2	squatting frame	1
3	Chute Support Frame Set	1
4	Inclined squat back brace	1
5	Bottom Pedal Adjustment Frame Assembly	1
6	Hack squat pedal assembly	1
7	Angled squatting bottom bracket	1
8	Limit handle holder left	1
9	Limit handle holder right	1
10	Plate Storage Sleeve Set	2
11	entry pedal	1
12	Pedal Adjustment Plate	2
13	Back pad (#13)	1
14	Shoulder pad assembly	2
15	Slideway Sleeve Assembly 1	1
16	Slideway Sleeve Assembly 2	1
49	20plug	4
50	Rectangular footrest	6
52	Hexagon socket cheese head screws M10*70	2
53	Hexagon socket cheese head screws M10*60	4
54	Hexagon socket cheese head screws M10*25	8
55	Hexagon socket cheese head screws M10*20	10
56	Hexagon socket cheese head screws M8*25	12
57	Spring washer M10	18
60	Flat washer M10-D50	4
61	Flat washer M10-D30	12
62	Flat washer M10-D20	14
63	Flat washer M8-D16	12
64	Hexagonal self-locking nuts M10	6
65	Hexagon socket countersunk head screws M8*16	4

Exploded view

