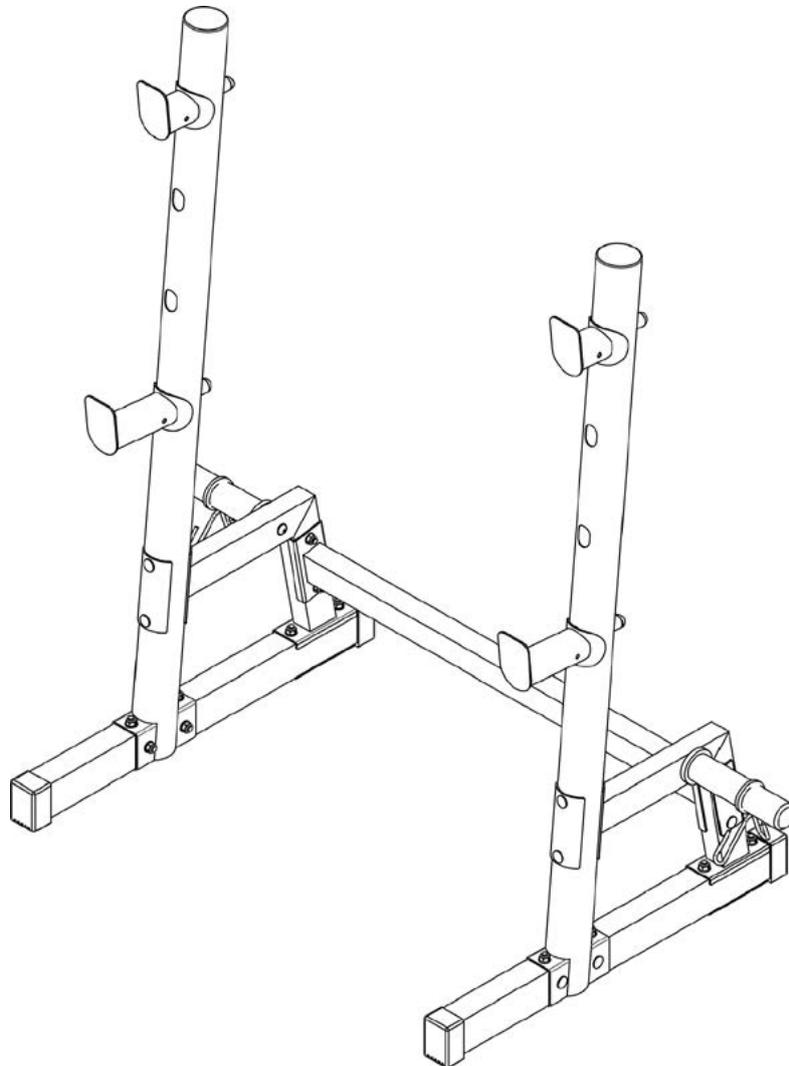


# SQUAT RACK BR500

(code: 91501)

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Assembly instructions



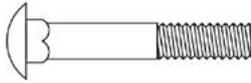
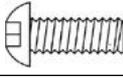
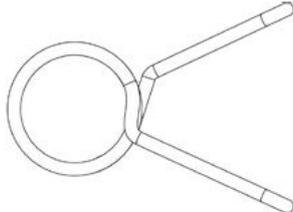
IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE MACHINE,  
READ THIS INSTRUCTIONS.

# ASSEMBLY INSTRUCTIONS OF SQUAT RACK BR500

## SAFETY INSTRUCTIONS

1. Read all instructions and warm-up before using this machine.
2. Check all parts before assembly/use and make sure they all are in perfect condition and ready for use..
3. This machine should be placed on an perfectly flat surface and, since such is not usually the case, the use of a mat or carpet is recommended.
4. Consult your doctor about the level of exerction you should reach. This is an absolute must if you are over 45 years of age or have a medical history.
5. For your exercise to be effective, it must be done on a daily basis and for at least 20 minutes.
6. Before exercising, it is advised to warm-up, in order to not injure any of your muscles. Also, after your exercise, you should also do some stretching ald relaxation exercises.
7. Do not use outdoors.
8. Do not use the machine for any other purpose than the reccomended one.
9. Always wear sneakers.
10. Do not exercise one hour before eating; do not eat one hour before exercising.
11. If you feel unwell, dizzy, nauseous or anything else, stop exercising immediately and consult a doctor..

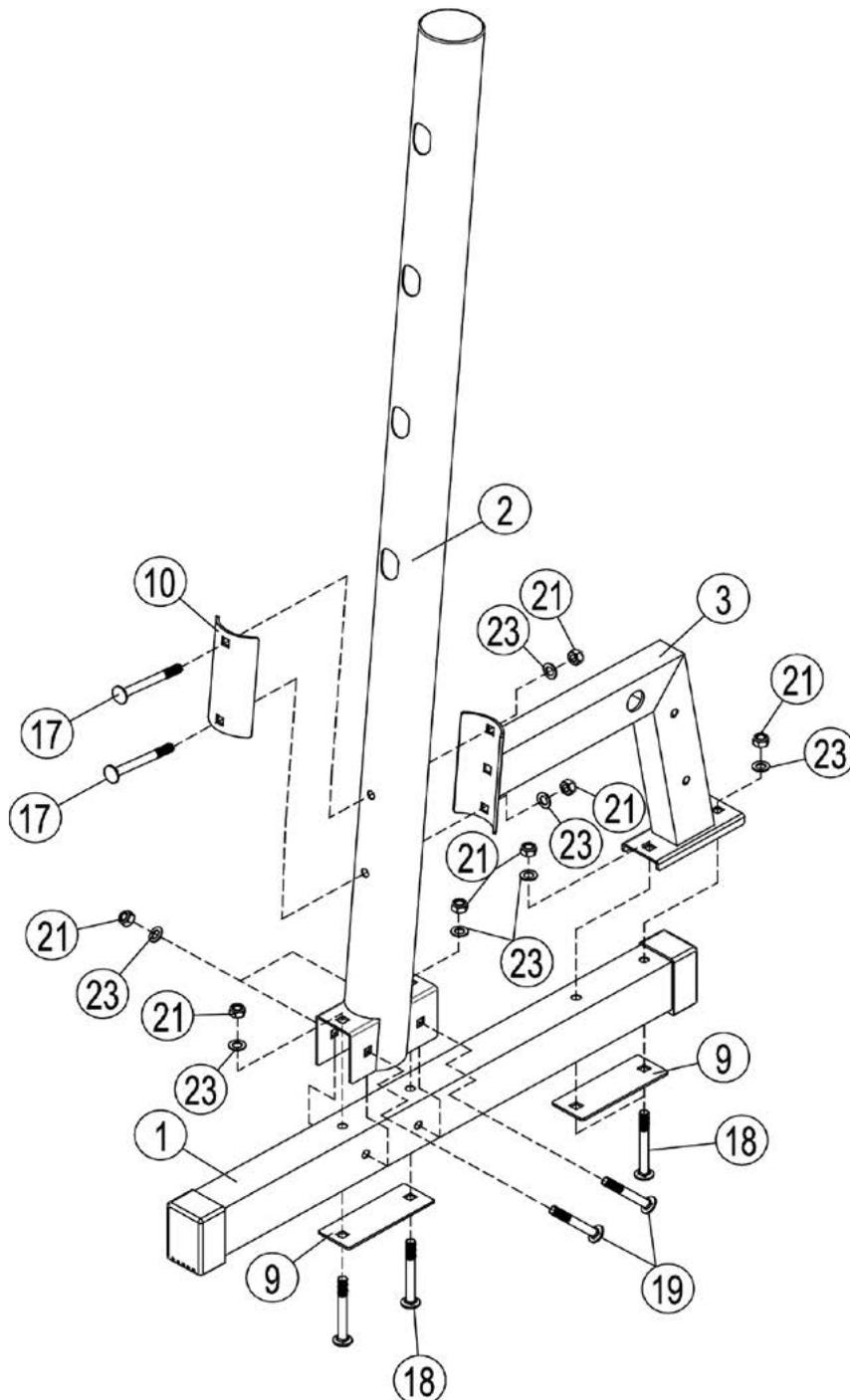
## PARTS LIST

Diagram	#	Pcs	Description
	17	4	Carriage bolt M10x95mm
	18	8	Carriage bolt M10x90mm
	19	4	Carriage bolt M10x70mm
	20	4	Carriage bolt M10x60mm
	22	2	Bolt M10x25mm
	21	20	Aircraft nut M10
	23	22	Washer Ø10
	16	2	Spring clip Ø49
	—	—	Allen wrenches #4 και #6

## ASSEMBLY

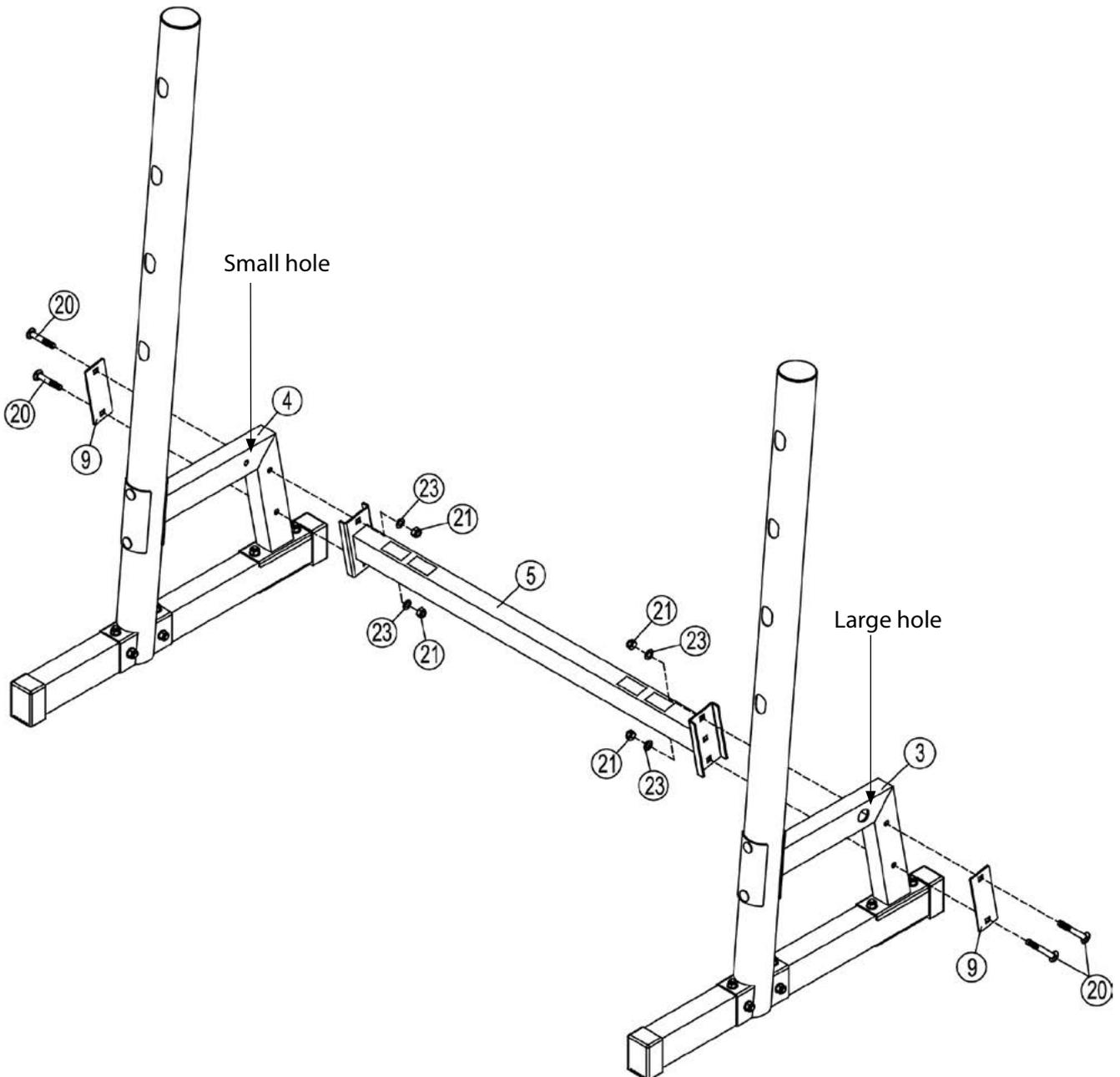
### Step 1

- 1) Attach the upright beams (2) to the stabilizers (1) and secure them:
  - α) From up/down: with connector (9), 2 bolts (18), 2 washers (23) and 2 nuts (21).
  - β) From left/right: with 2 bolts (19), 2 washers (23) and 2 nuts (21).
- 2) Secure the curved ends of the supports (3 and 4) to the upright beams using curved brackets (10), 2 bolts (17), 2 washers (23) and 2 nuts (121).
- 3) Secure the other ends of the supports (3 and 4) to the stabilizers (1) using connectors (9), 2 bolts (18), 2 washers (23) and 2 nuts (21).



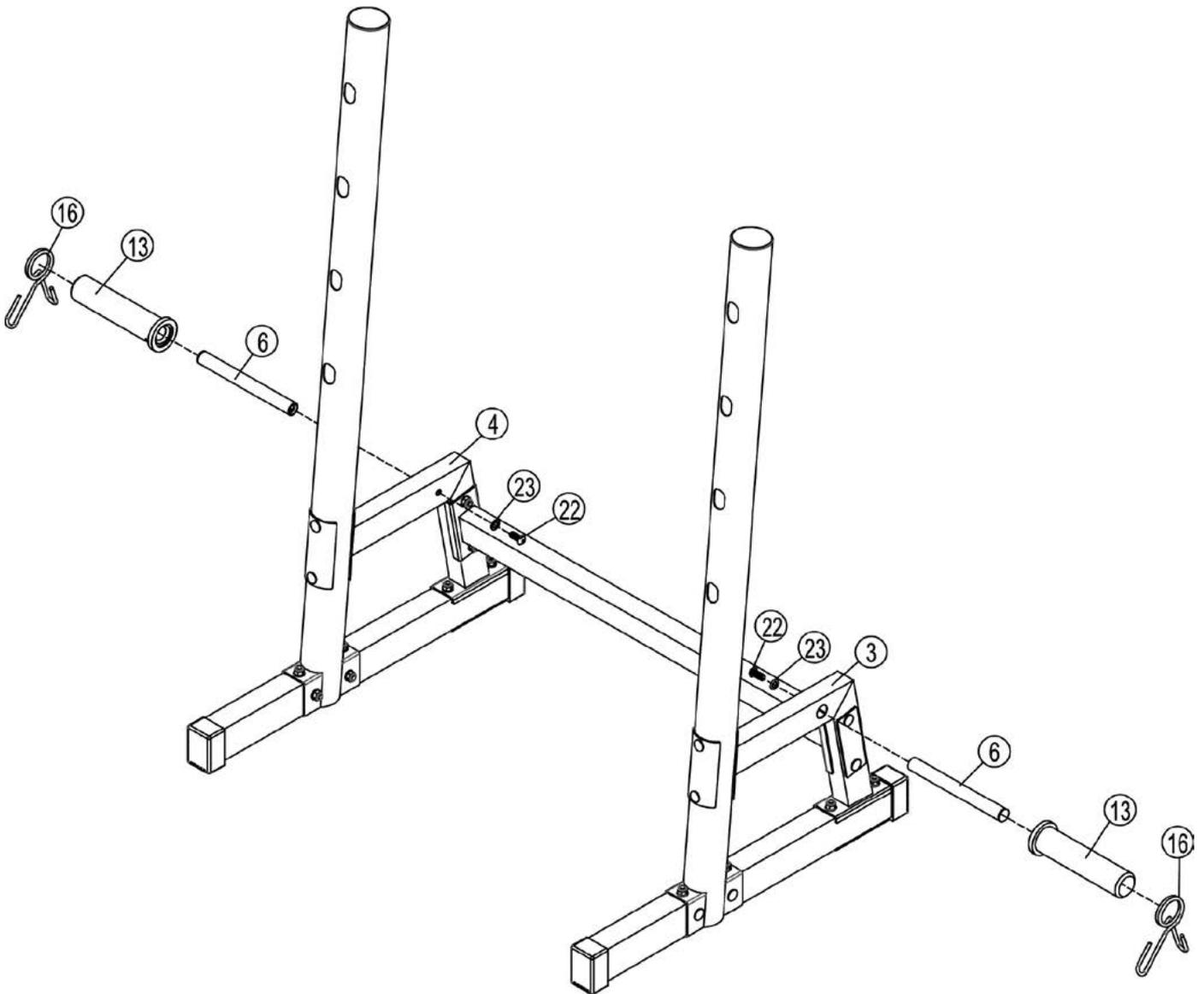
## Step 2

- 1) Place the uprights you previously assembled one opposite the other. In order to place them correctly, have a look at the corners of the supports (3 & 4), where you will see a small hole on one side and a large hole on the other. Place the uprights so that the small holes are on the inner side.
- 2) Attach the cross beam (5) to the supports (3 & 4) using (on each side) one flat connector (9), 2 bolts (20), 2 washers (23) and 2 nuts (21).



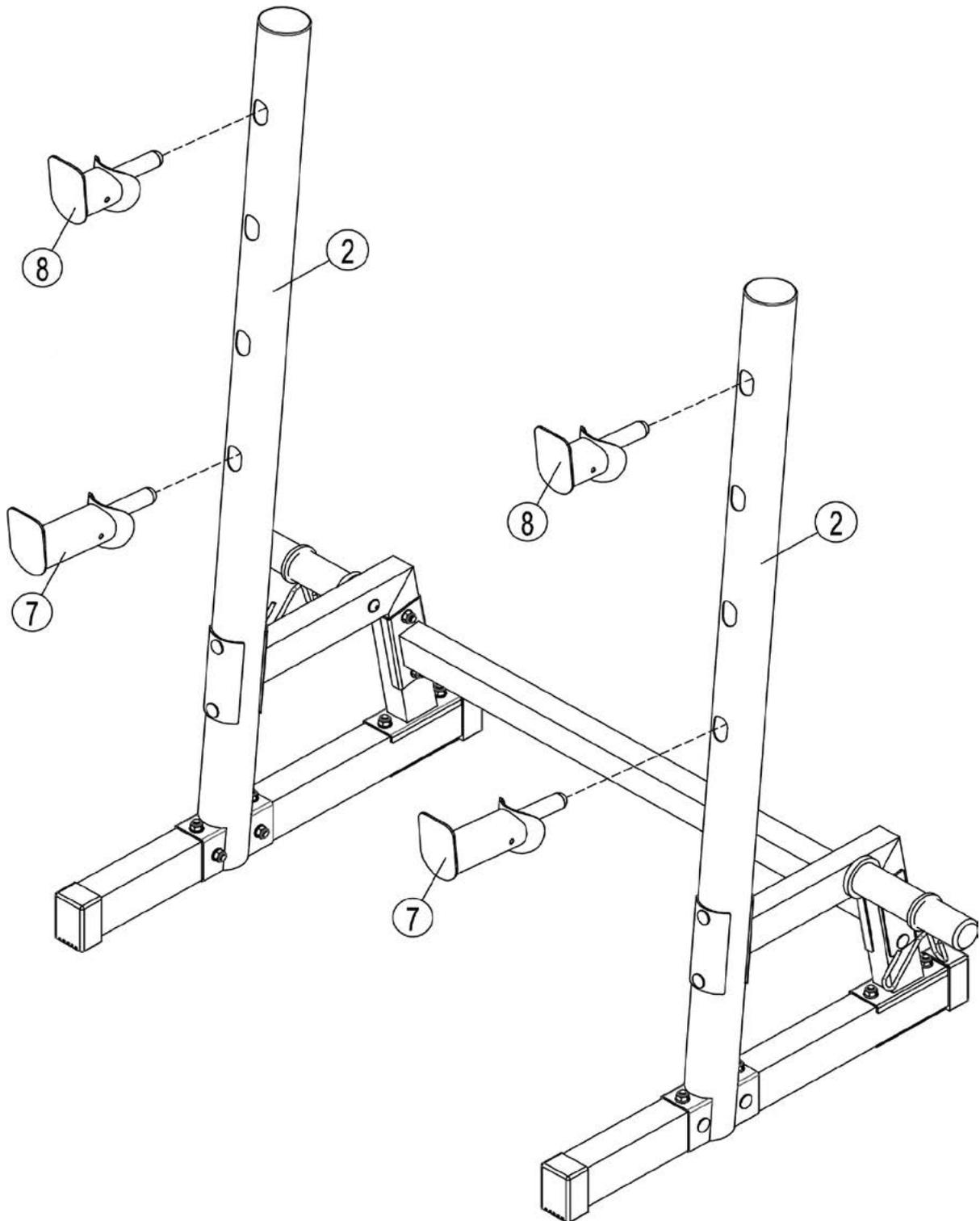
### Step 3

- 1) Attach the axles (6) to the supports (3 & 4) using a bolt (22) and a washer (23).
- 2) Afterwards, place sleeves (13) on the axles (6) and then spring clips (16) on the sleeves (13).

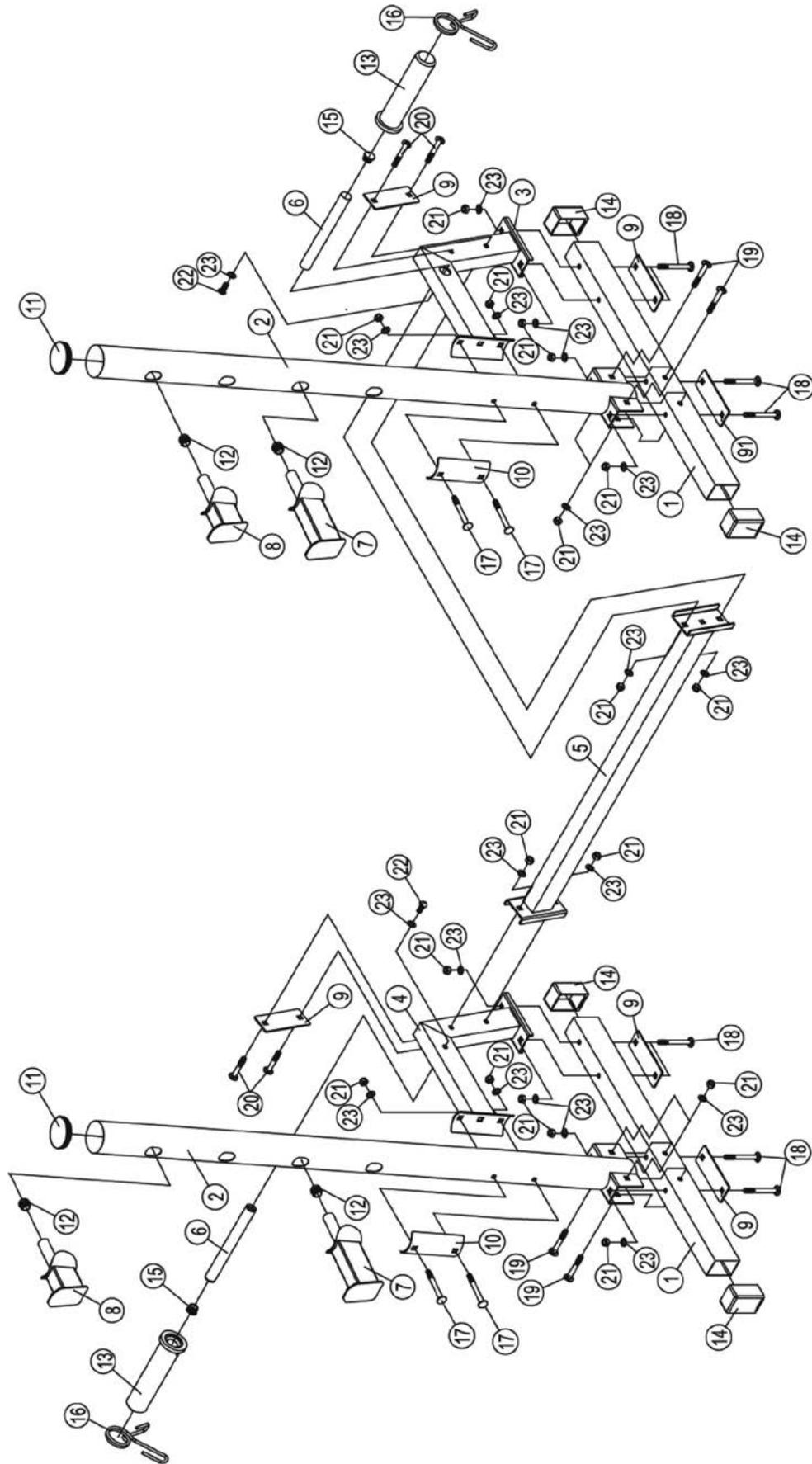


### Step 4

1) Finally, attach the short (8) and long (7) J-hooks to the holes on the uprights (2).



# EXPLODED DIAGRAM



## WARM-UP EXERCISES

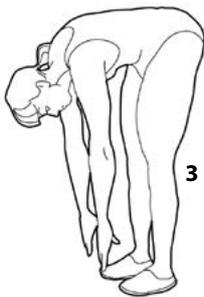
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:



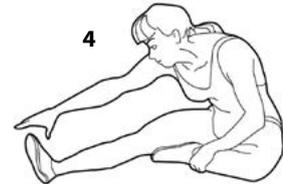
**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



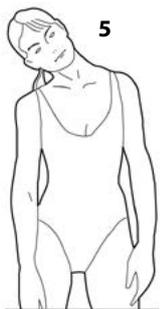
**2. Adductor exercise:** Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.



**3. Touch the toes:** Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



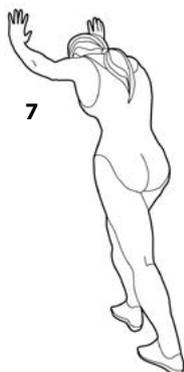
**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



**5. Neck stretching (Head rolling):** Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



**6. Shoulder lift:** Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



**7. Tension of the Achilles tendon:** This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



**8. Side stretching:** Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

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