

# SQAPBENCH Apollo Bench

## Durable Flat Weigh Bench

### for Multifunctional Apollo Board Device

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!  
 DOWNLOAD THE SQUATZ APP TO START TRAINING!



## USER GUIDE

### Features

- Endure High-Strength Stretching Exercises and Prevent Injury
- Wide Range of Applications
- Easy to use and Ergonomic Design
- Stable, Reliable and Not Wobble
- Non-Slip Foot Cap
- Heavy-Duty Steel Structure
- Extended & Thickened Cushion
- Great for Full Body Workout like Bench Press, Dumbbell Exercise, etc.
- Angle Adjustable from 94 to 180 Degrees with 5 Levels
- Some Assembly Needed

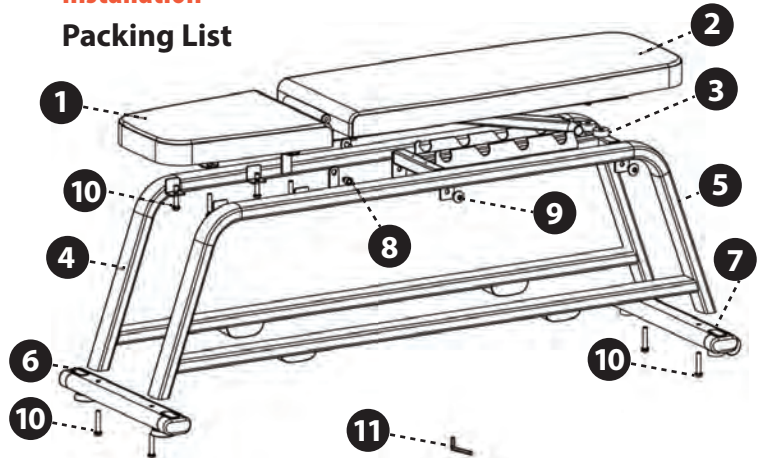
### What's in the Box:





- (1) Cushion
- (1) Back Cushion
- (1) Limit Group
- (1) Left Pipe
- (1) Right Pipe
- (1) Front Foot Tube
- (1) Rear Foot Tube
- (2) Plug Screw M8 x 4.8
- (4) Round head M8 x 15 Screw
- (8) Round head M8 x 45 Screw
- (1) L6 Allen Wrench



### Installation

#### Packing List



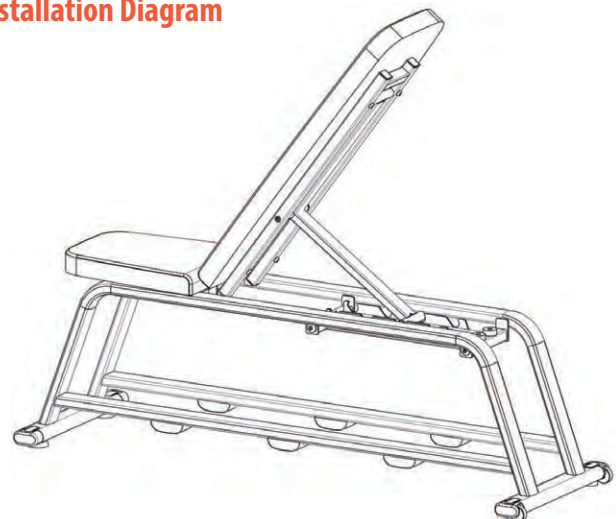
No.	Name	Volume
1	Cushion group	1
2	Back cushion group	1
3	Limit group	1
4	Left pipe group	1
5	Right pipe group	1
6	Front foot tube group	1
7	Rear foot tube group	1
8	 Plug screw M8 * 4.8	2
9	 Round head M8 * 15 screw	4
10	 Round head M8 * 45 screw	8
11	 L6 Allen wrench	1

### Technical Specs:

- Construction Material: Steel, Leather, Foam
- Weight Capacity: Up to 550lbs.
- Product Dimensions (L x W x H): 50.67" x 16.38" x 16.97" -inches



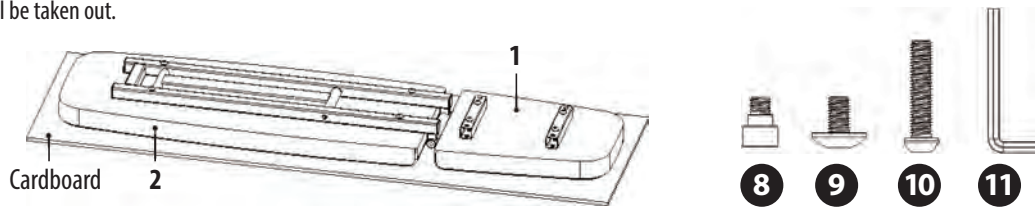
### Installation Diagram



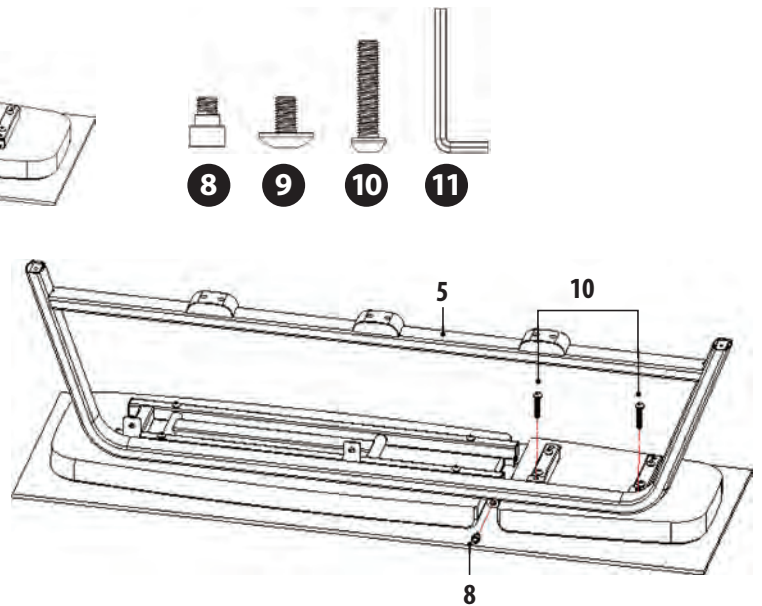
**Questions? Comments?**  
 We are here to help!  
[contact@squatz.com](mailto:contact@squatz.com)

## Installation Steps

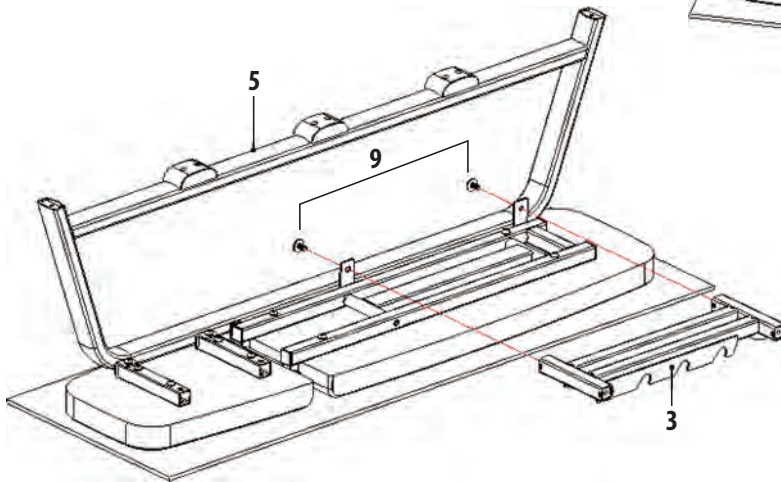
1. Take out the cardboard box, place it on the floor. Put the cushion group 1 and the back the cushion group 2 shall be placed flatly, and the parts package 8, 9, 10 screws and 11 wrenches shall be taken out.



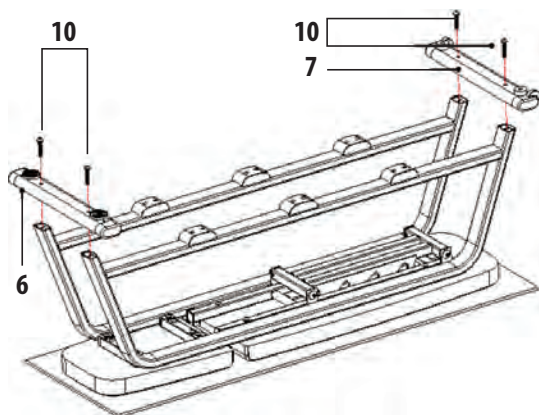
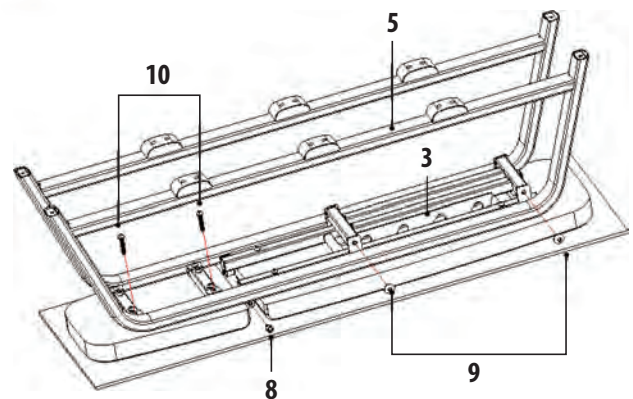
2. Use two half round head screws 10 and a plug screw 8 to pass through the fixing plate of the right pipe group 5 respectively, and fix the right pipe group 5 on the cushion group 1 and the back cushion group 2 (pay attention not to lock the screws completely).



3. Use two round head screws 9 to pass through the fixing plate of the right pipe group 5 respectively, and fix the limit group 3 on the right pipe group 5 (note that the reverse tooth direction of the limit group 3 is consistent with the figure, and the screws shall not be locked completely).

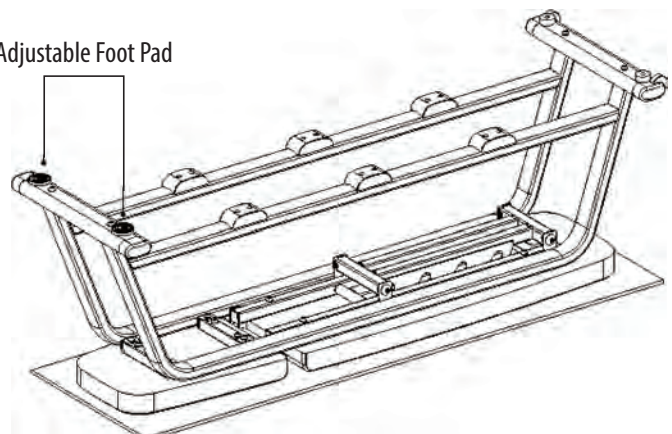


4. Use two round head screws 10, one plug screw 8 and two round head screws 9 to pass through the fixing plate of the left pipe group 4 respectively, and fix the left pipe group 4 with the cushion group 1, back cushion group 2 and limit group 3 (pay attention not to lock the screws completely)



5. Fix the front foot tube group 6 and the rear foot tube group 7 on the left and right tube groups 4 and 5 respectively with four round head screws 10 (pay attention not to lock the screws completely).

Adjustable Foot Pad



6. Lock the above mounting screws 8, 9, 10 in turn with a hexagonal wrench 11 to complete the installation. If the four feet are uneven, the adjustable foot pad in the front foot tube group can be adjusted.