

SQGR-1 TORMENTUM **Adjustable Squat Rack Stand** Barbell Rack, Stand Home Gym Weight Rack



USER GUIDE

DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT!
ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!

PRODUCT INTRODUCTION

To ensure your safety and health, please use this equipment correctly.

It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.



1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet (120 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 800 LBS (360KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.



WHAT'S IN THE BOX



A. 2 Upright Post



B. 2 Safety Arm



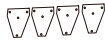
C. 1* Pull Up Bar



D. 1* Cross Bar



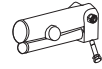
E. 2* Hook



F. 4* Upright Post Bracket



G. 2* Stabilizer



H. 1* Landmine Attachment



I. 13* M10
90mm Bolt



J. 5* M10 65mm



K. 36* Washer



L. 18* M10
Lock Nut

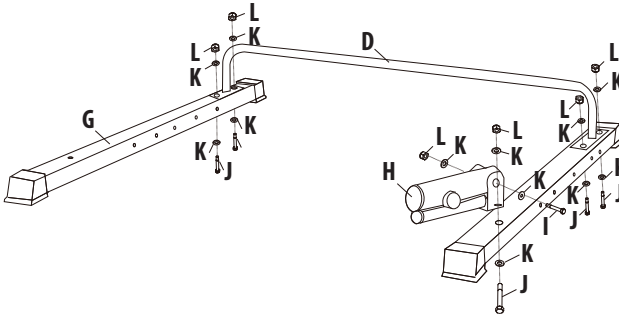


M. 2* Open End Wrench

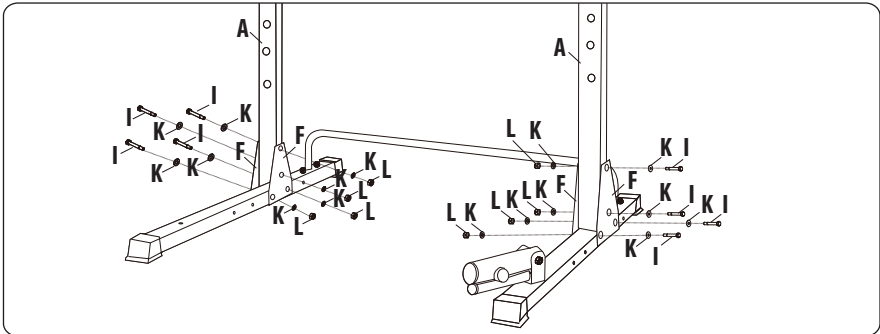
ASSEMBLY INSTRUCTIONS

1. Attach 2 Stabilizers (G) with Cross Bar (D) using 4 M10* 65 mm bolts (J), 4 Lock Nuts (L), 8 Washers (K) and secure with Open End Wrenches (M). Install Land mine bracket by 1 M10* 65mm bolt (J), 1 Lock Nut (L), 2 Washers (K), Reassemble the Land mine by 1 M10* 90mm Bolt (I), 1 Lock Nut (L), 2 Washers (K).

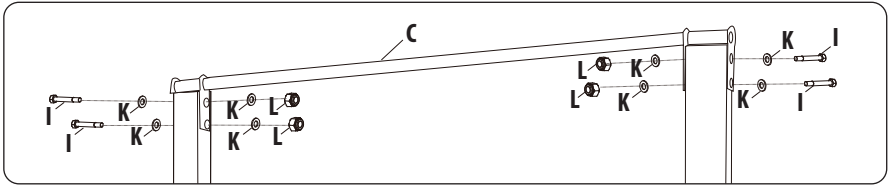
Note: 5 M10* 65mm Bolts (J) have to install from bottom of the Stabilizers.



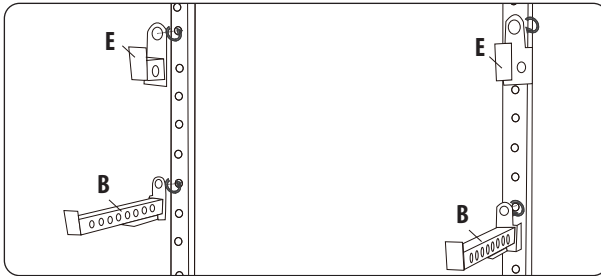
2. Attach 2 Upright Posts (A) onto 2 Stabilizers (G) with 4 Upright Post Brackets (F) using 8 M10* 90mm Bolts (I), 8 Lock Nuts (L) and 16 Washers (K). Secure with Open End Wrench (M).
Do not tighten the 8 M10* 90mm Bolts (I) during this step.



3. Attach Pull Up Bar (C) onto 2 Upright Posts (A) using 4 M10* 90mm Bolts (I), 4 Lock Nuts (L) and 8 Washers (K). Secure with Open End Wrench (M). Check and firmly tighten all the bolts from **STEP 1**, **STEP 2** and **STEP 3**.



4. Insert 2 Hooks (E) and 2 Safety Arms (B) into Upright Posts (A) as the arrow showed on the picture to tighten.



Features:

- Safe and Stable Adjustable Squat Rack
- Heavy Duty Steel Construction
- Powder Coated Finish
- Rust Resistance
- Safety Locking System
- Easier to Adjust Height and Ensure Safety.
- Provides Extra Stability and Support Frames Up to 800 lbs.
- Adjustable Spotters to Fit Height
- Suitable for a Variety of Height Requirements
- Multi-Functional Design for Fitness Exercises
- Made with High-Quality Metal Nuts Equipped with Inner Non-Slip Washers
- Landmine attachment compatible with Standard and Olympic barbells
- Bars for Push-Ups, Pull-Ups

Technical Specs:

- Construction Material: Metal Steel
- Weight Capacity: 800 lbs.
- Product Dimensions (L x W x H): 51.38" x 51.38" x 81.50"-inches

California Prop 65 Warning

⚠️ WARNING:

This product contains Lead And Cadmium which is known to the state of California to cause cancer birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov

Questions? Comments?

We are here to help!

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