

**SQPBK-3** ATLAS VI

## Pull-Up and S-type Push Up Bar

Strength Training Pull-Up Bars for Body Workout,  
Home Gym Exercise

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

**SQUATZ**

**USER GUIDE**

**PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION**

### Features

- Diamond-Like Base Disperses Pressure
- Removable and Easy to Carry
- 32" Anti-Skid Horizontal Bars
- Adjustable Pull up Bar
- Suitable for Standard Doorway
- Safety with Deadlock Design Pull-Up Bars
- Non-Slip Soft Foam Handle Minimize Hand Fatigue and Pain
- Heavy Duty and Strong Grip
- S-shaped Protect Floor Surfaces and Helps to Add Stability During Workout
- Solid Steel Handles
- Thick High-Quality Foam, Soft and Comfortable, Sweat-Absorbent
- Non-slip, Anti-skid Pads on the Bottom to Prevent Damage
- Ideal for Developing Muscles in the Chest, Arms and Shoulder



### What's in the Box:

- (1) Push Up Bar
- (1 Pair Pull-up Bar

### Technical Specs:

- Construction Material: (Metal Part) Iron Pipe, (Rubber Part) PVC, (Plastic Part) ABS, (Foam) EVA + Iron
- Pull-Up Bar Weight Capacity: 440 Pounds
- S-Type Bar Weight Capacity: 0.93 lbs.
- Pull-Up Bar Adjusting Length: 29.5" - 45" inches
- Pull-Up Bar Dimensions (L x W x H):  
29.9" x x 4.7" x 7.7" -inches
- S-Type Bar Dimensions (L x W x H):  
6.5" x 5.31" x 4.33" -inches

**Questions? Comments?**

We are here to help!  
[contact@squat.com](mailto:contact@squat.com)

### Installation Notes

**Step 1:** Loosen the locks on both sides outwards and extend the horizontal bar to the same width as the mounting surface.

#### Method One:

Place the horizontal bar horizontally on a clean ground, keep both ends still, hold the foam in the middle, and rotate it in the direction of the arrow to extend the horizontal bar.

#### Method Two:

Sit on a chair or sofa, place the horizontal bar horizontally on our legs, and the main body in the middle does not move, rotate the two ends of the horizontal bar in the opposite direction of the arrow to extend the horizontal bar.

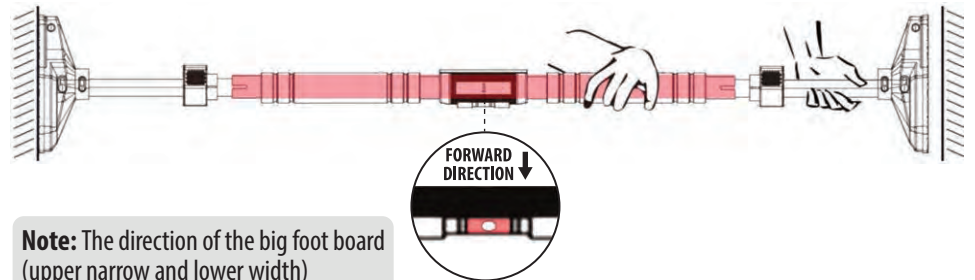
#### Method Three:

Sit on a chair or sofa, place the horizontal bar upright, the main body in the middle does not move, and rotate the two ends of the horizontal bar in the opposite direction of the arrow to extend the horizontal bar.



**Step 2:** Tighten the horizontal bar firmly and fix it on the mounting surface.

**Fixing Method:** Hold one end of the horizontal bar with one hand and place the other end of the horizontal bar against the mounting surface, and then hold the middle foam with one hand and rotate it in the direction of the arrow until both ends are against the mounting surface (make sure the horizontal bar is level and the bubbles in the level are stable in the center), and then continue to tighten in the direction of the arrow until the horizontal bar is tightened.



**Note:** The direction of the big foot board (upper narrow and lower width)

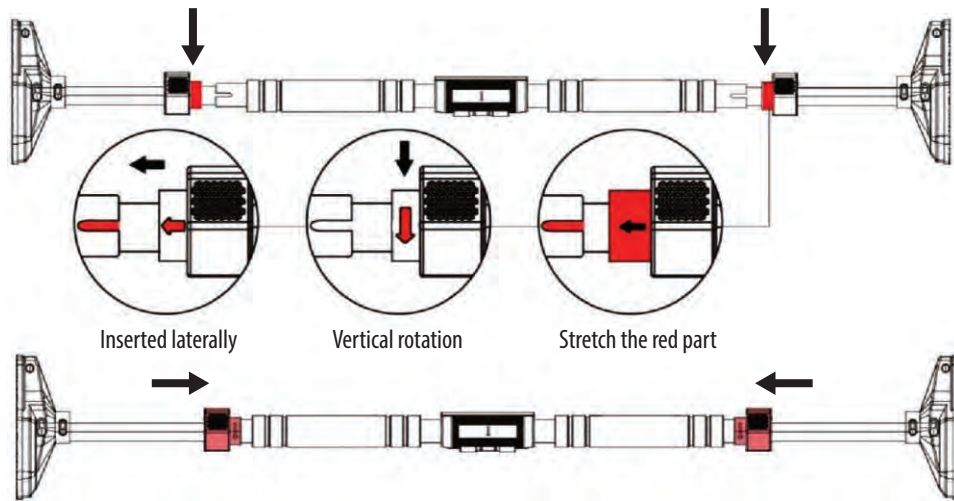
### Reinforcement tips

1. Be sure to rotate in the direction indicated by the vertical arrow in the red part until the horizontal arrow in the red part is aligned with the main pole card slot;
2. Align the entire lock buckle with the main bar slot and push it in to reinforce the horizontal bar;
3. After fixing, rotate the main rod in the opposite direction of the arrow.  
If it cannot be rotated, it is really fixed;
4. When disassembling, push the buckle out of the slot before disassembling.

### Step 3: After the horizontal bar is fixed, close the locks at both ends to improve safety

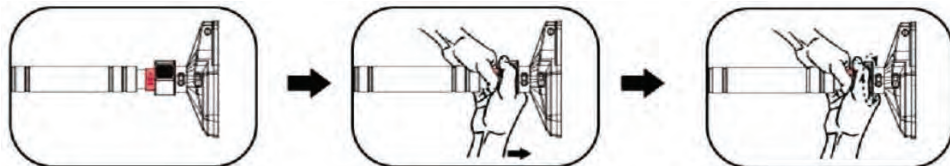
**Reinforcement Method:** Stretch the red part inside the lock, rotate it in the direction of the vertical arrow, align the horizontal arrow with the groove of the main pole, and then insert it forcefully (if you encounter resistance, stretch the red part again.)

**(Reminder:** There will be a certain sound when the lock is inserted, which is normal)



**Reminder:** After we receive the horizontal bar, if the lock and the pole are tight and the big foot pole is difficult to turn out, we must first loosen the locks on both sides.

**Solution:** We can first take out the horizontal bar from the package, hold the red part of the lock buckle in one hand, hold the black part of the lock buckle in the other hand and pull it out; let it rotate in the opposite direction of the vertical arrow, then release the lock buckle and turn it out Bigfoot.



### Gravity Enhancement Tips



1. When the horizontal bar receives more gravity, the buttons on both ends will slide down, which is a normal phenomenon;
2. When the button slides down, the two sides of the horizontal bar will protrude outward, forming a triangular structure. Increasing the supporting force of the wall guarantees your safety.

