



SQSISSY-2 CENTRUM II

Multifunction Sissy Squat Machine

Adjustable Squat Bench for Home Gym Workout Station
and Leg Exercise (Black & Orange)

USER GUIDE

**Before use, please read this manual carefully to ensure correct operation.
KEEP THIS MANUAL FOR FUTURE REFERENCE.**

Features:

- Easy to Use and Easy to Store
- Foldable Cushions and Foldable Bench
- Space Saver Workout Station Machine
- Design to Train Abs, Thighs, and Glutes
- Help to Build Muscle, Strength, Balance, Durability, and Flexibility
- Made of Premium and Quality Material
- Made of Heavy-Duty Steel Main Frame
- Adjustable Foam Foot Holder
- Comfortable and Adjustable Rear Cushion for Feet and Legs
- Large Steel Non-Slip Footplate
- Adjustable Design Workout Station that Fits Different Body Shapes

What's in the Box:

- Main Frame
- Front Foot
- Hind Foot
- Cushion
- Pedal
- Fist Plate
- (2) Foam
- Seat Adjustment Rod
- Fist Plate Adjustment Rod
- Foam Adjustment Rod
- (3) Elastic Latch
- (4) Screw (10x70)
- (4) Nut
- (8) Gasket
- (12) Screw (8x20)
- (12) Gasket
- Bolt

Technical Specs:

- Construction Material: Steel Tube
- Weight Capacity: 440.9 Lbs.
- Item Weight: 27.5 Lbs.
- Product Dimensions (L x W x H): 42.5" x 28" x 22" -inches



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



PARTS IDENTIFICATION



1. Main Frame



2. Front foot



3. Hind foot



4. Cushion



5. Pedal



6. Fist plate



7. Foam (*2)



8. Seat adjustment rod



9. Fist plate adjustment rod



10. Foam adjustment rod



11. Elastic latch (*3)



a. screw (10*70) *4 / gasket*8 / nut*4



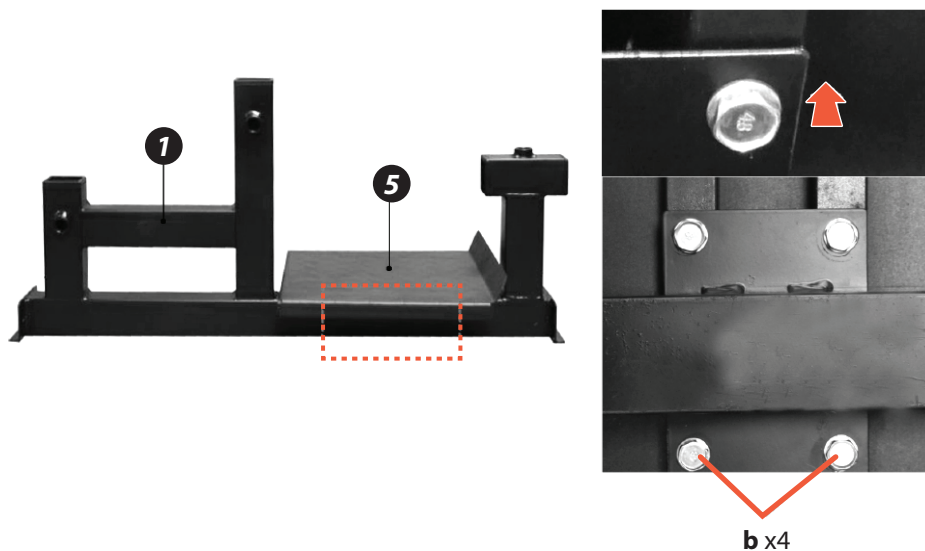
b. Screw(8*20)*12/ gasket*12



c. Bolt

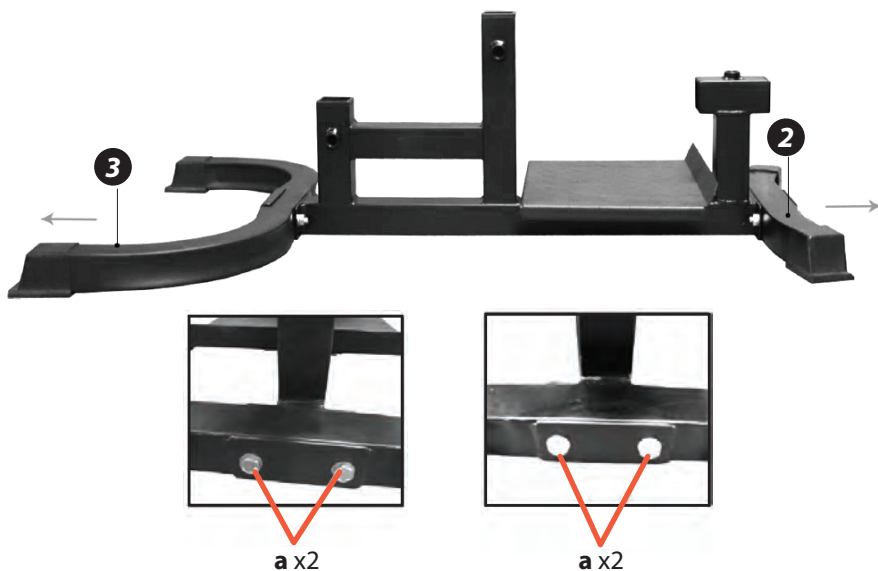
ASSEMBLY INSTRUCTIONS

1. Install the pedal 5 on main frame 1, assemble and fix with screw and gasket.

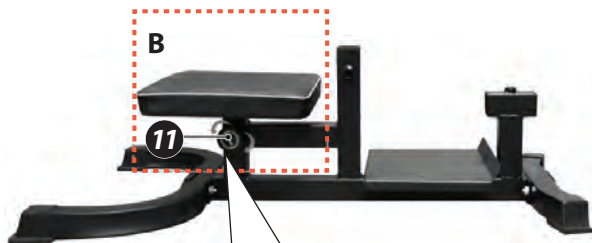
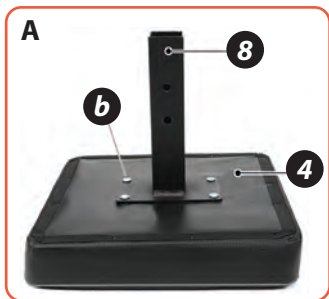


2. Install front foot 2 and hind foot 3 on main frame 1 respectively, assemble and fix with screw, gasket and nut.

Attention: *The curved front and hind foot face the outside of the main frame.*

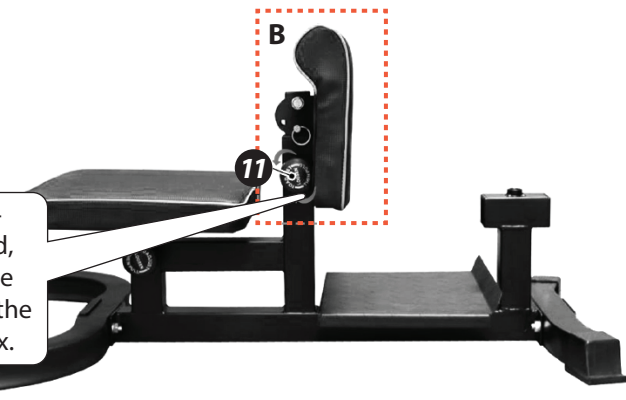
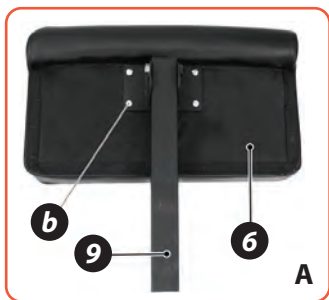


- 3. A:** Assemble the seat adjustment rod **8** and cushion **4** using screw and gasket.
- B:** Insert the assembled seat adjustment rod into the main frame **1**, turn the elastic latch clockwise into the seat adjustment rod to fix.



(Rotate counterclockwise 3-4 circles, pull the latch outward, the seat adjustment rod can be adjusted up and down, turn the latch clockwise to lock and fix.)

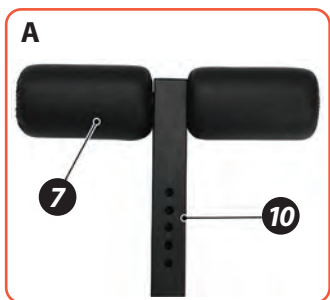
- 4. A:** Assemble the fist plate adjustment rod **9** and fist plate **6** using screw and gasket.
- B:** Inset the assembled fist plate adjustment rod into the main frame **1** turn the elastic latch clockwise into the fist plate adjustment rod to fix.



(Rotate counterclockwise 3-4 circles, pull the latch outward, the fist adjustment rod can be adjusted up and down, turn the latch clockwise to lock and fix.)

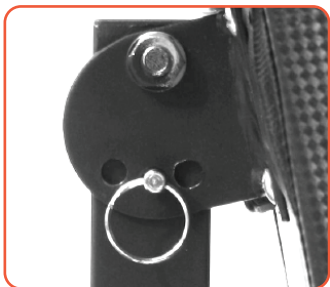
5. A: Put the foam **7** into the foam rod **10**.

B: Insert the assembled foam adjustment rod into the main frame **1**, turn the elastic latch clockwise into the foam adjustment rod.



(Rotate counterclockwise 3-4 circles, pull the latch outward, the foam adjustment rod can be adjusted up and down, turn the latch clockwise to lock and fix.

6. Insert the bolt into the fist plate adjustment rod, different positions can adjust the gradient of the fist plate.







Questions? Comments?

We are here to help!

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