



## **SQSISSY-3 CENTRUM III**

### **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
- Fore Foot
- Back Foot
- Support Board
- Pedal
- (2) Foam
- Support Board Adjustment Lever
- Foam Adjustment Lever
- (2) Pulley
- (2) Snap
- (2) Elastic Pull Pin
- (2) Ground Balance Adjustment Nut
- (4) Screw (10x70)
- (4) Nut
- (8) Gasket
- (8) Screw (8x10)
- (8) Gasket
- (2) Screw (8x40)
- (4) Gasket
- (2) Nut

### **Technical Specs:**

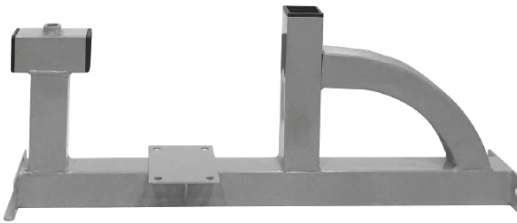
- Construction Material: Steel Tube
- Weight Capacity: 440.9 Lbs.
- Item Weight: 29.7 Lbs.
- Product Dimensions (L x W x H): 42.5" x 21.6" x 22.4" -inches



**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. Back foot



4. Support board



5. Pedal



6. Foam



7. Support board adjustment lever



8. Foam adjustment lever



9. Pulley



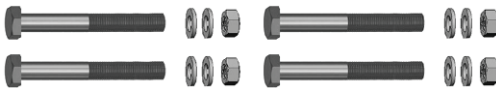
10. Snap



11. Elastic pull pin



12. Ground balance adjustment nut



a. Screw (10x70) -4 / - 8 Gasket / -4 Nut



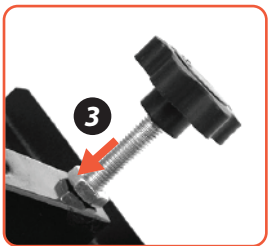
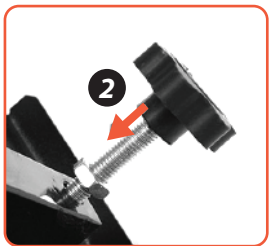
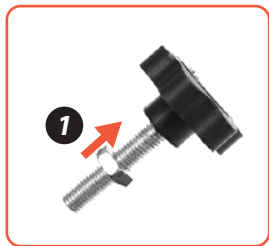
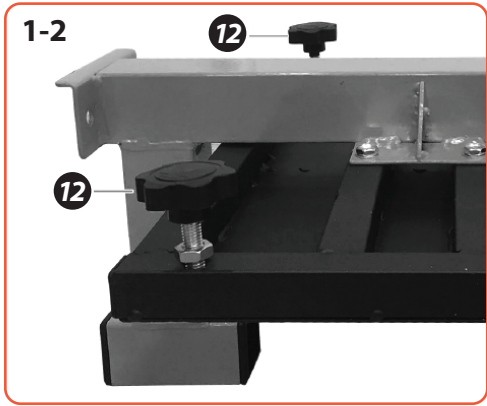
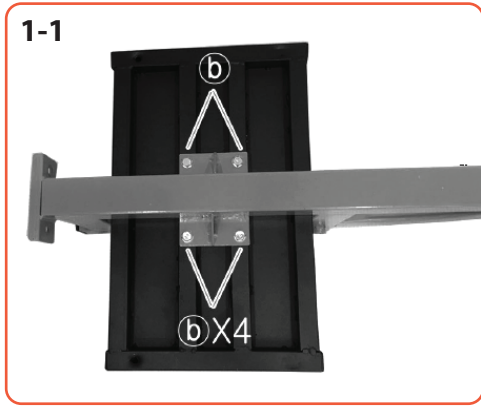
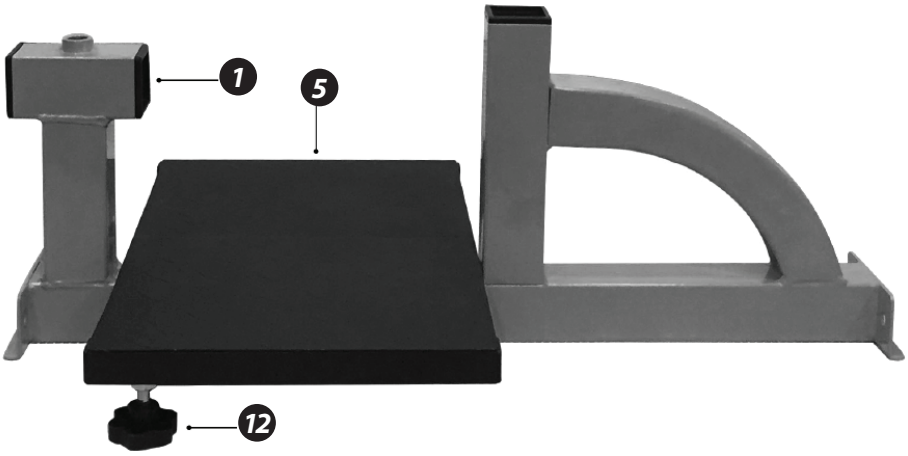
9. Fist plate adjustment rod



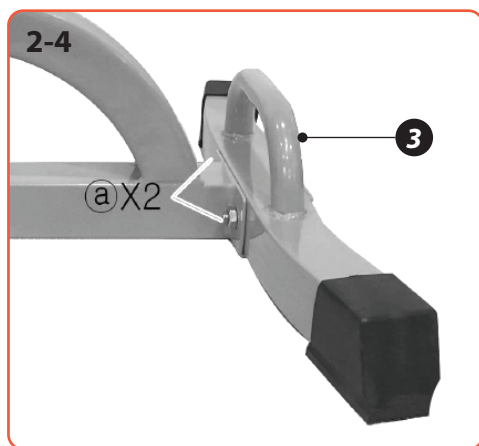
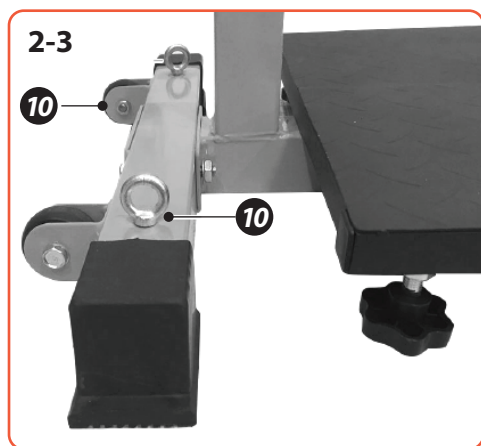
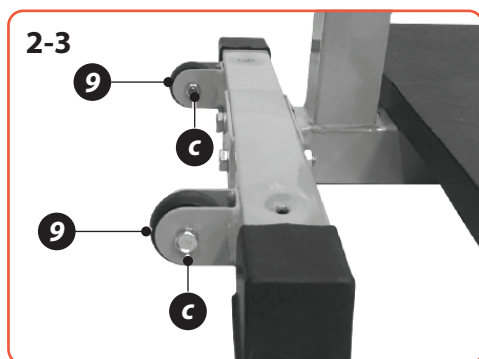
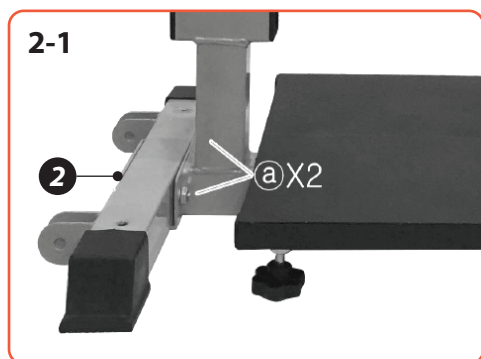
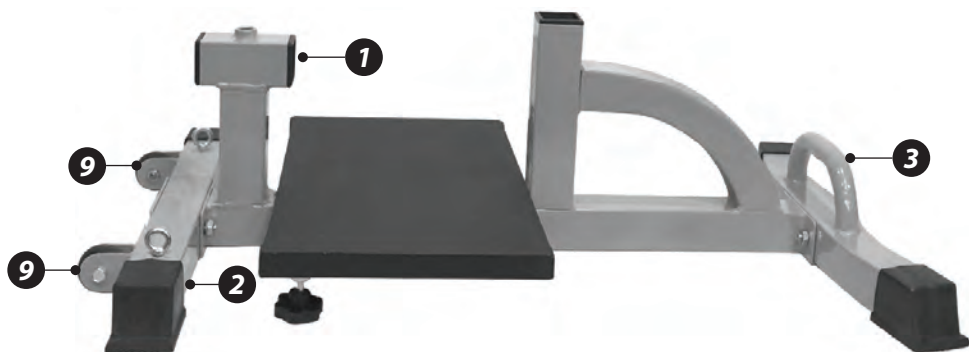
8. Seat adjustment rod

# ASSEMBLY INSTRUCTIONS

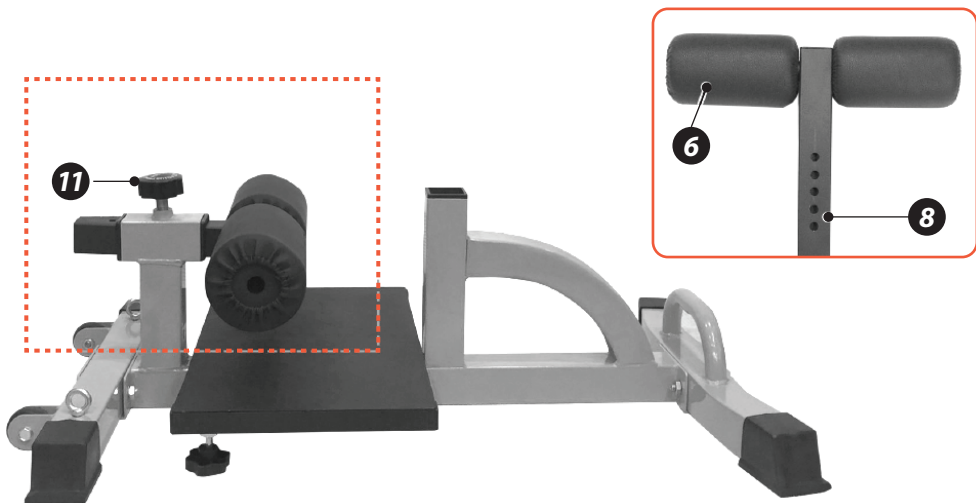
**Step 1:** Install the pedal 5 on main frame 1, which is fixed by (b) screw.  
Then install 12 on the pedals 5.



**Step 2:** Install Front foot **2** and Back foot **3** separately on the main frame **1** which is fixed by **(a)** screw. Then install pulley **9** and snap **10** on the Front foot **2**.

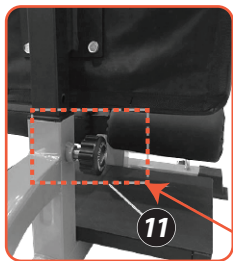


**Step 3:** Load foam **6** into foam rod **8**. Then insert installed foam adjustment lever into **1** and turn elastic pull pin **11** into foam adjustment lever.

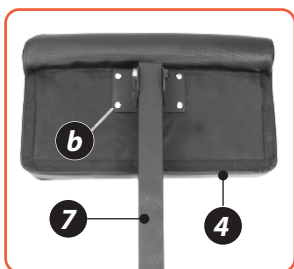


**Step 4:**

- A:** Assemble support board **4** and support board adjustment lever **7** with **(b)** screw.
- B:** Insert installed support board adjustment lever into main frame **1** and then turn elastic pull pin **11** clockwise to secure support board adjustment lever.



**11:** Turn 3-4 rounds counter-clockwise and pull the pin out, which adjust support board adjustment lever up and down. Turn the pin clockwise to lock and fix.







***Questions? Comments?***

We are here to help!

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