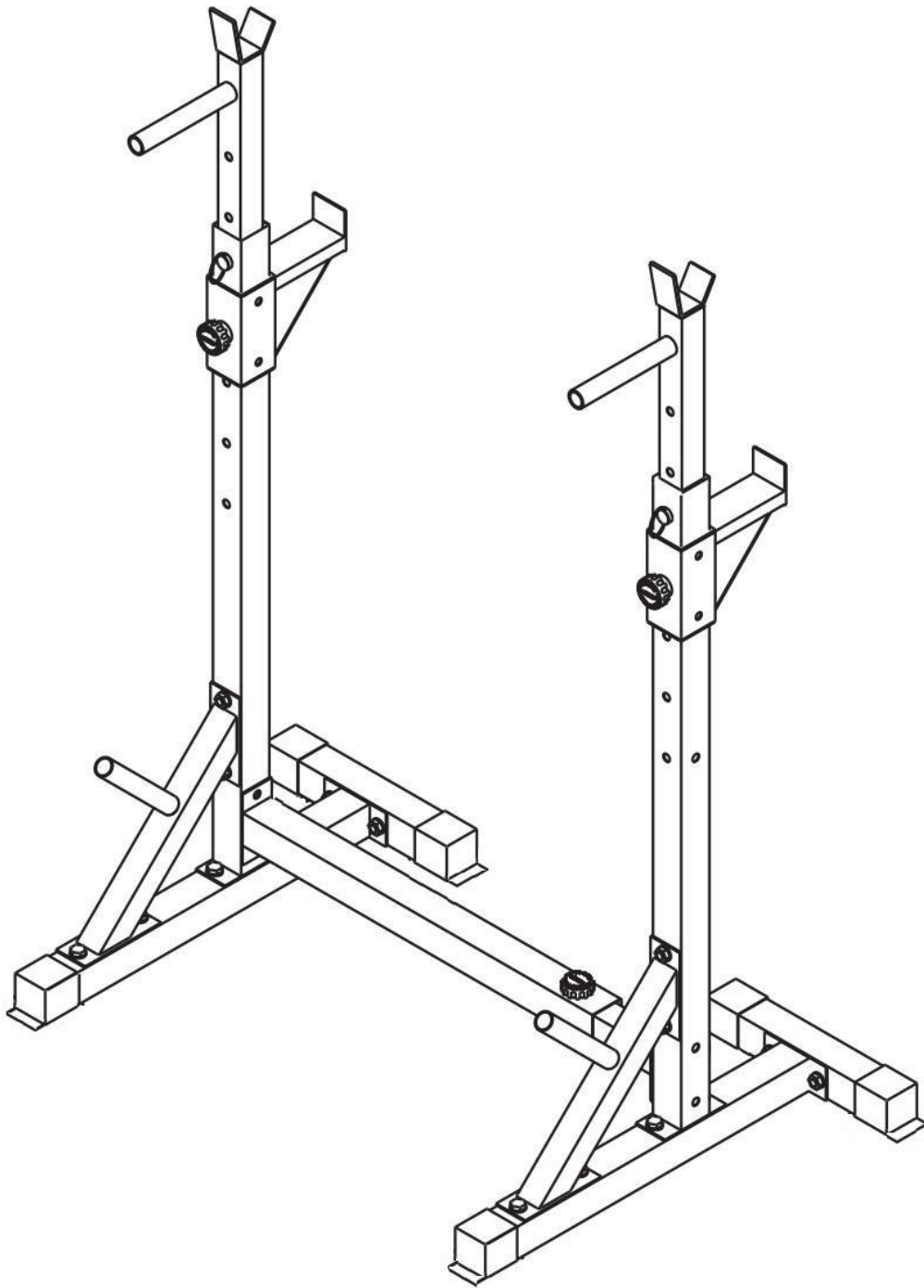
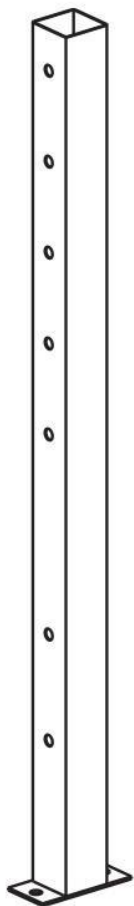


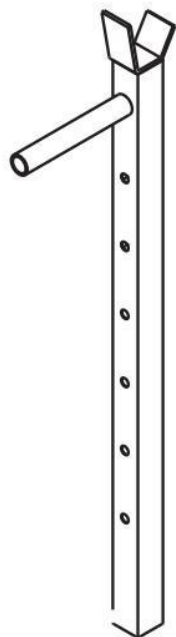
Squat Rack

User Manual

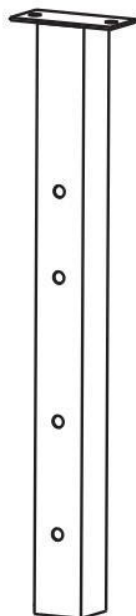




Main holder tube A*2



Height adjustabel tube B*2



Bottom holder tube C*2



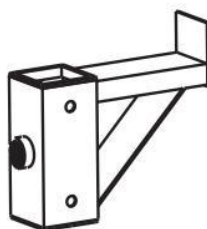
Bottom holder tube D*2



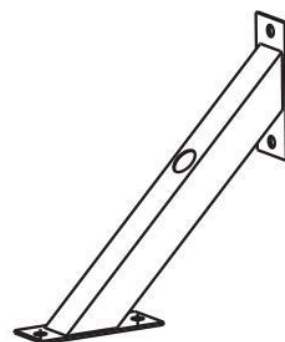
Connect ing tube H*1



Barbell stand tube E*2



Barbell stand tube F*2



Supporting tube G*2



Screw A (M10*65)*20



Washer*40



Nut (M10)*20



Adjustable screw*3



Screw B (M8*20)*2



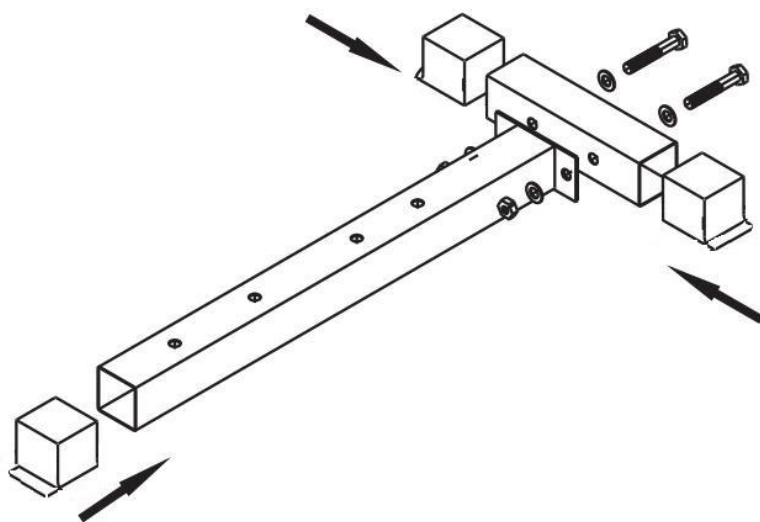
Wrench*2



Safety pin*2

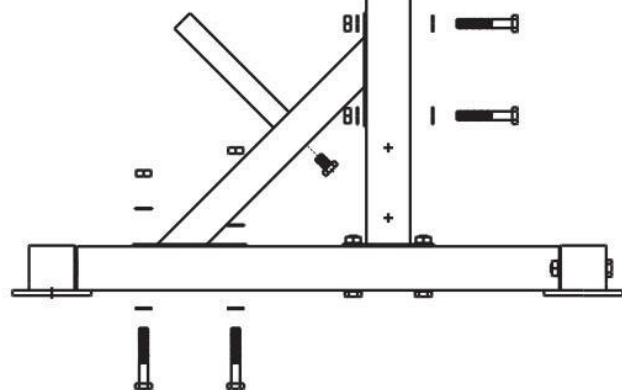
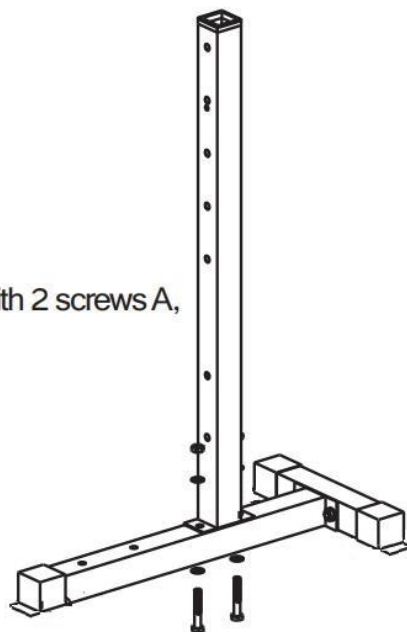


Tube cover*6

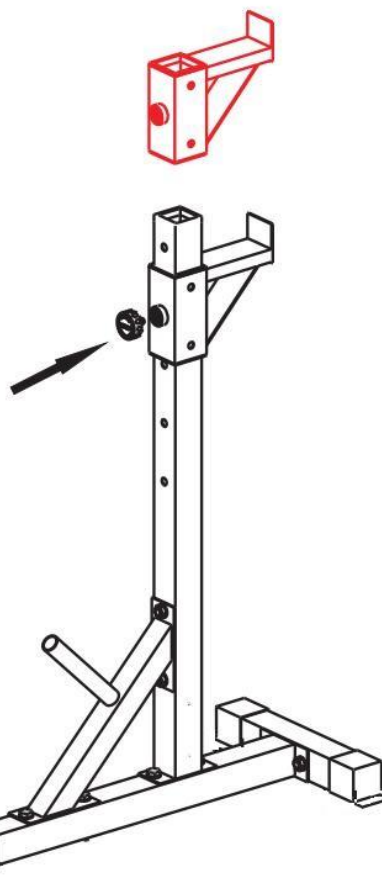


1. Install tube cover 3, Then to Connect tube C and D with 2 screws A, 4 washers and 2 nuts.

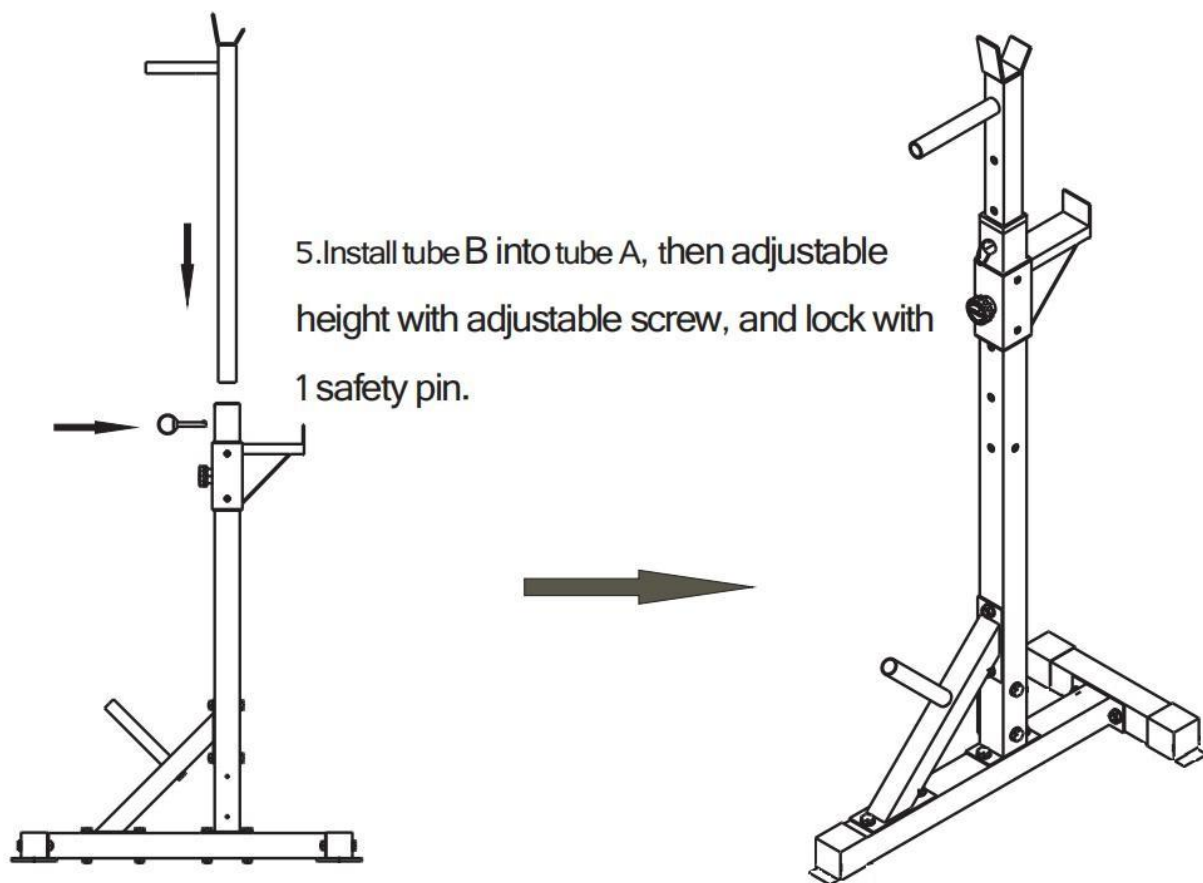
2. Connect tube A and C with 2 screws A, 4 washers and 2 nuts.



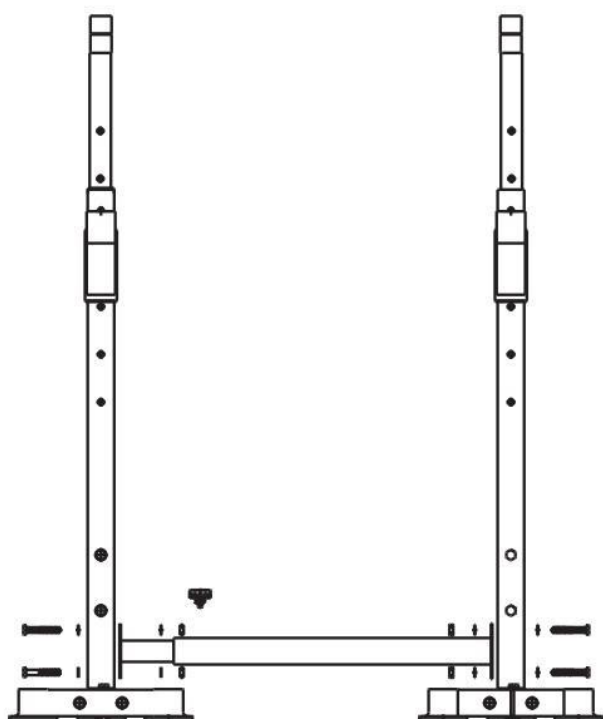
3. Connect tube G, tube A and tube C with 4 screws A, 8 washers and 4 nuts, Then to Connect tube E on tube G with 1 screw B.



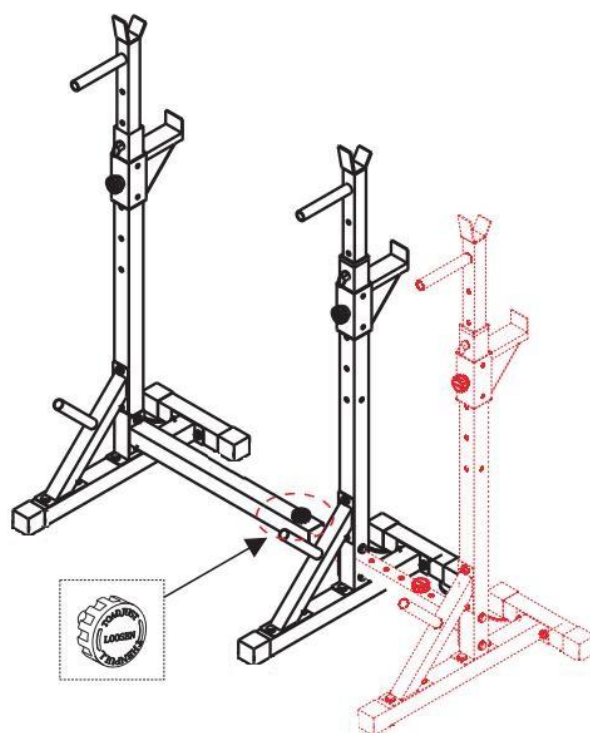
4. Install tube F and tube A with 1 adjustable screw.



6. The another is done with the same steps.



7. Connect 2 tube A with connecting tube H ,with 4 screws A 8 washers and 4 nuts.



8. Adjust suitable length with adjustable screw.