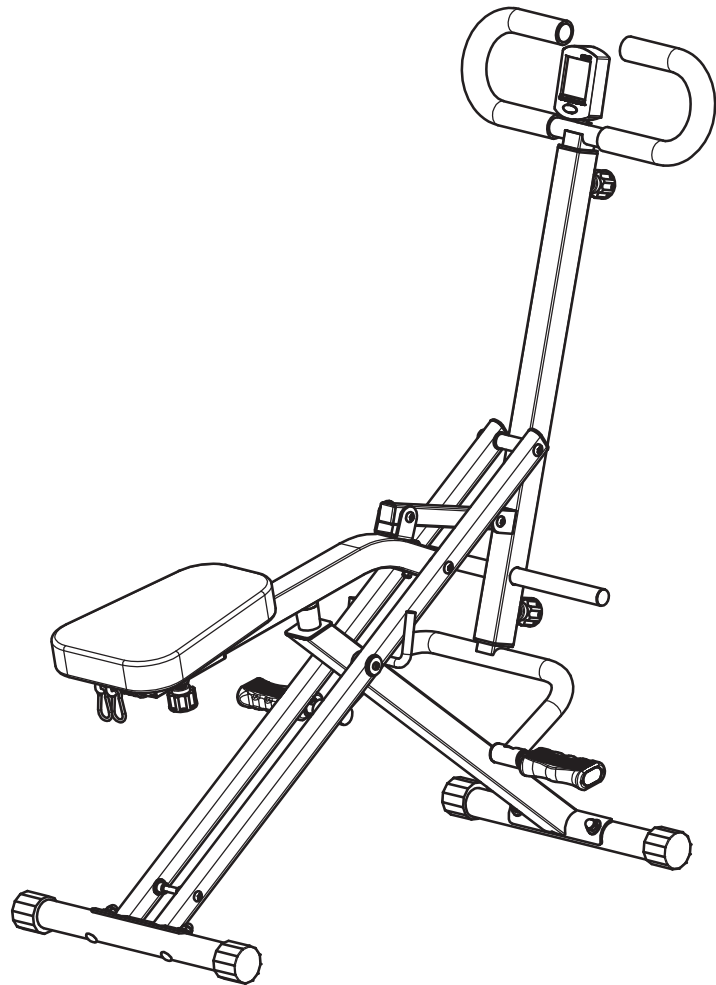


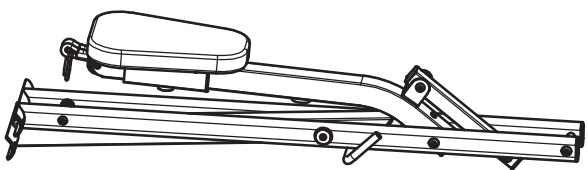
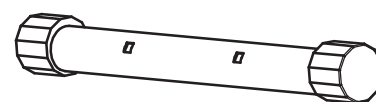
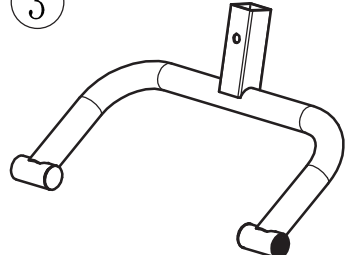
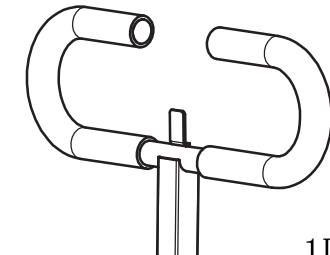
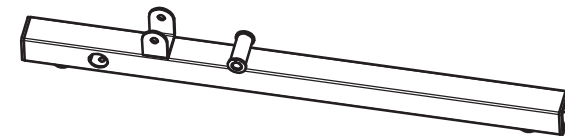
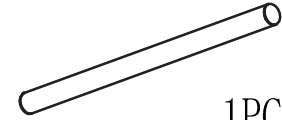

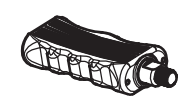

















KC: 43723805 2 in 1 Deep Squat & Row Fitness Trainer



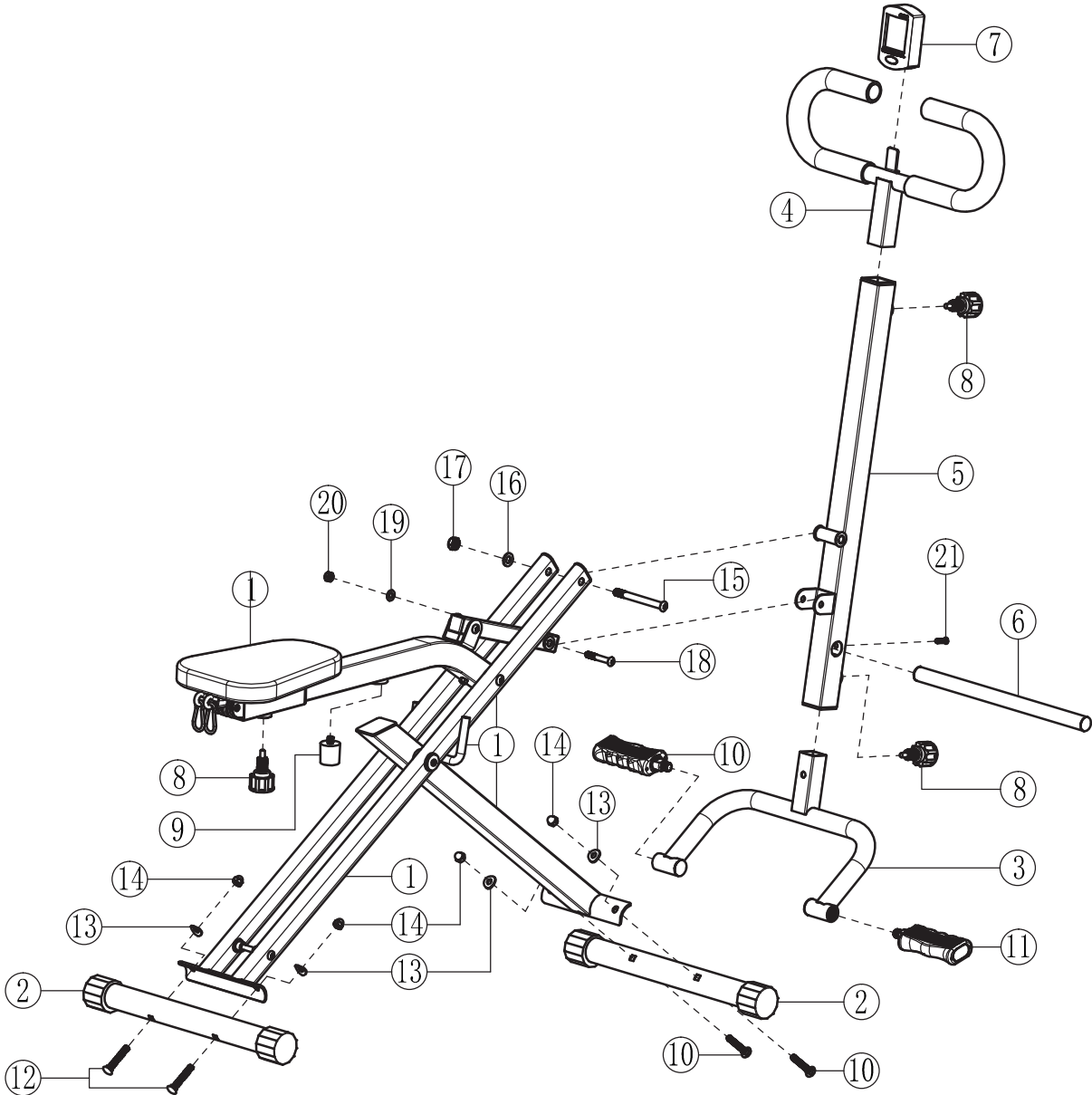
Caution:

Before using this equipment, follow this instruction and read all precautions carefully, then retain for future reference.

Parts

<p>① Main Body</p>  <p>1PC</p>		<p>② Bottom tube</p>  <p>2PCS</p>		<p>③ Lower tube</p>  <p>1PC</p>		<p>④ Handle</p>  <p>1PC</p>	
<p>⑤ Middle tube</p>  <p>1PC</p>		<p>⑥ Tube</p>  <p>1PC</p>		<p>⑦ Monitor</p>  <p>1PC</p>		<p>⑩ Left pedal</p>  <p>Pedal-L 1PC</p>	
		<p>⑧ Ball pin</p>  <p>3PCS</p>		<p>⑨ Crash pad</p>  <p>1PC</p>		<p>⑪ Right pedal</p>  <p>Pedal-R 1PC</p>	
<p>⑫ M8X50 Screw</p>  <p>4PCS</p>	<p>⑬ M8 Washer</p>  <p>4PCS</p>	<p>⑭ M8 Nut</p>  <p>4PCS</p>	<p>⑮ M10x100 Screw</p>  <p>1PC</p>	<p>⑯ M10 Washer</p>  <p>1PC</p>	<p>⑰ M10 Nut</p>  <p>1PC</p>		
<p>⑱ M8X50 Screw</p>  <p>1PC</p>	<p>⑲ M8 Washer</p>  <p>1PC</p>	<p>⑳ M8 Nut</p>  <p>1PC</p>	<p>㉑ M6X20 Screw</p>  <p>1PC</p>	<p>㉒ Allen Wrench L5</p>  <p>1PC</p>	<p>㉓ Allen Wrench L6</p>  <p>1PC</p>		
				<p>㉔ Wrench S13-S15</p>  <p>1PC</p>	<p>㉕ Wrench S17-S19</p>  <p>1PC</p>		

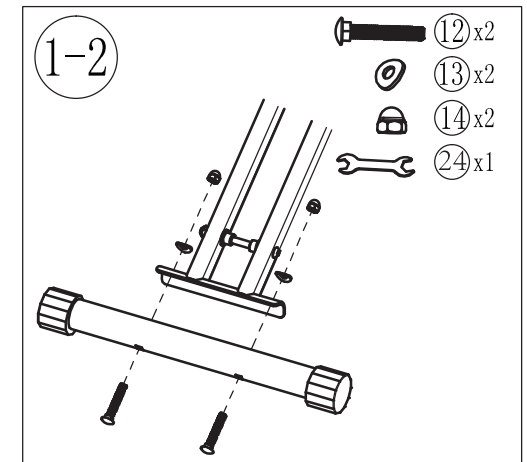
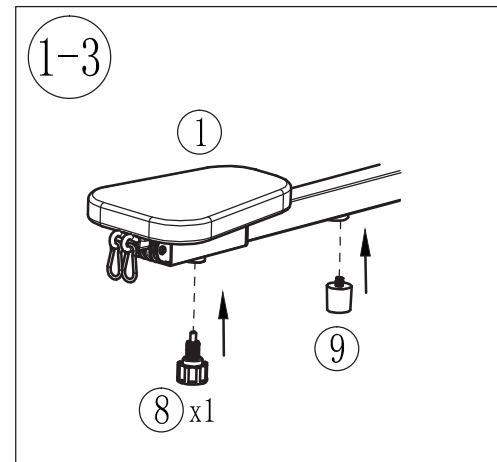
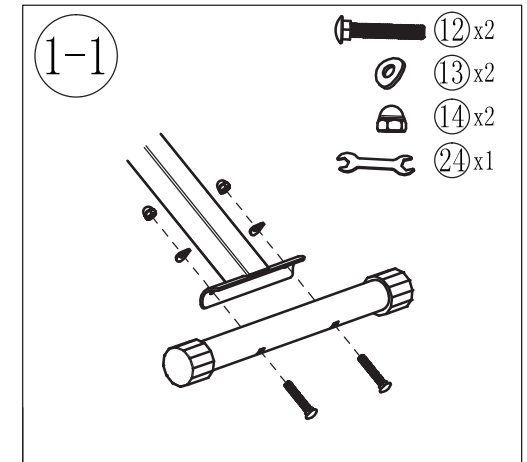
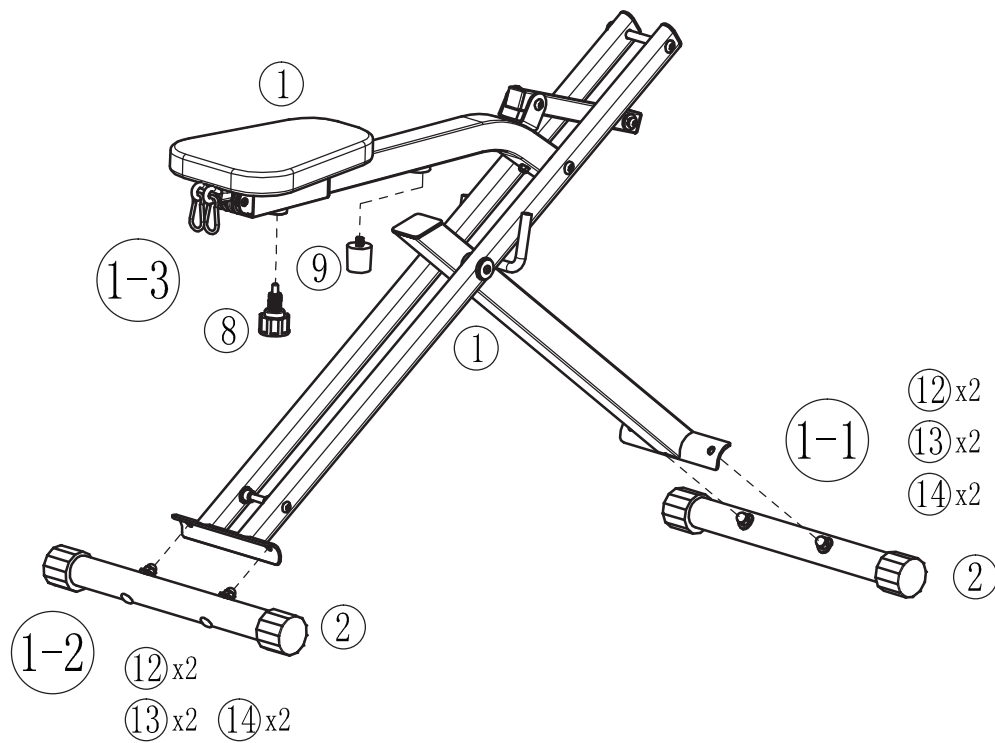
Diagram



Assembling Step 1:

1-1: Connect the bottom tube(2) with the main body(1) by screw(12), washer(13), nut(14) and wrench(24)

1-2: Insert the ball pin(8) and crash pad(9) on the main body as the illustration in below pictures.



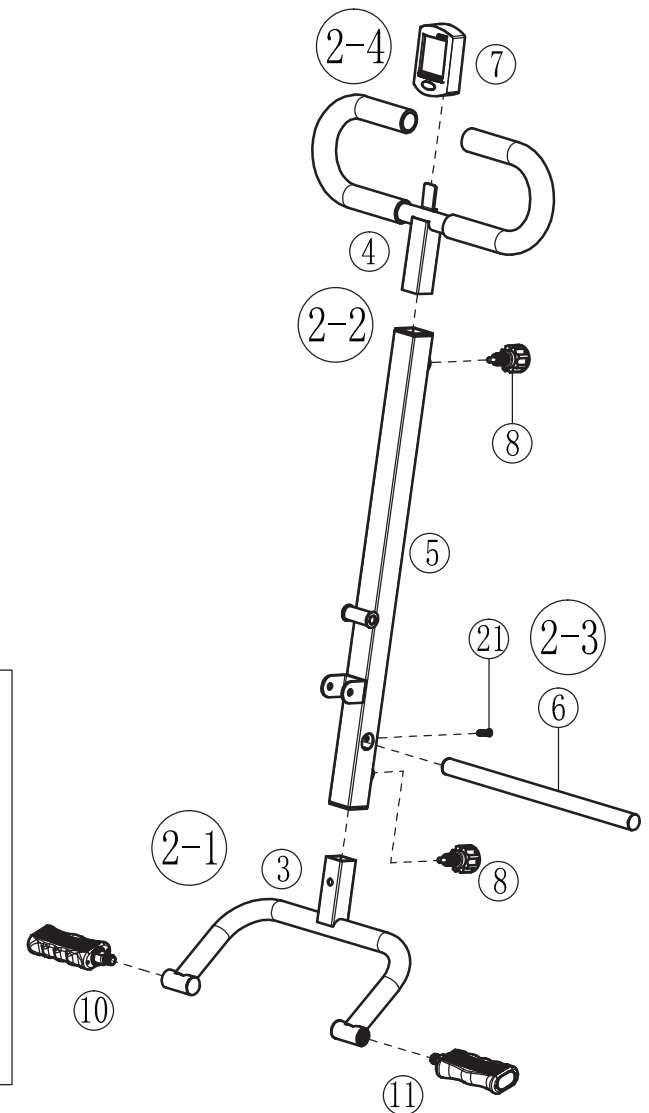
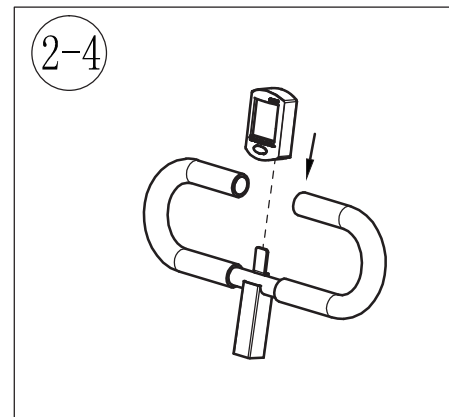
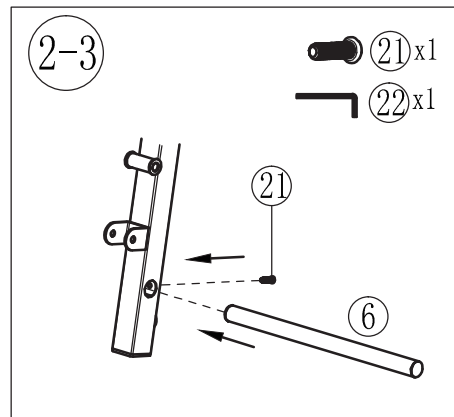
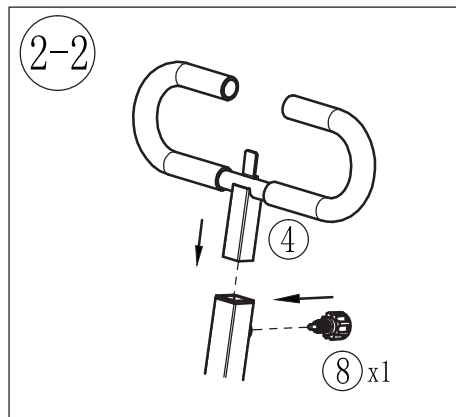
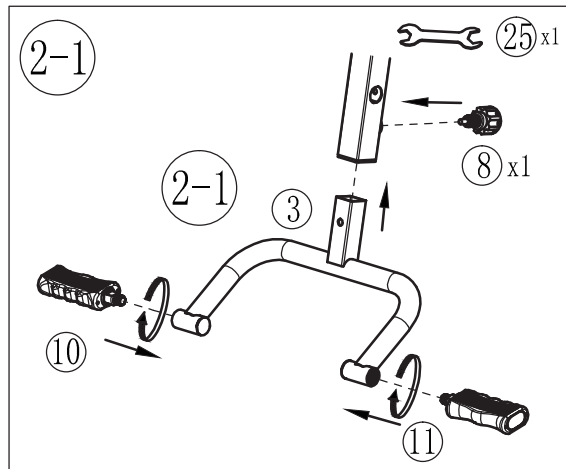
Assembling Step 2:

2-1: Assemble the left & right pedal(10&11) on the lower tube(3), and lock both pedals

2-2: Connect the middle tube(5) with the handle(4) by ball pin(8).

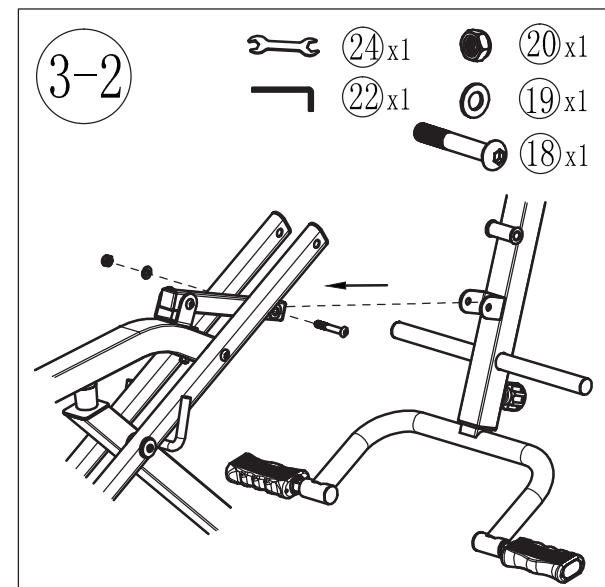
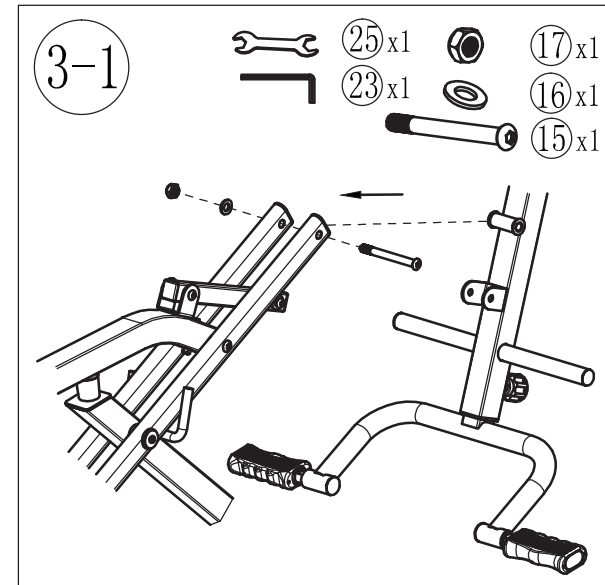
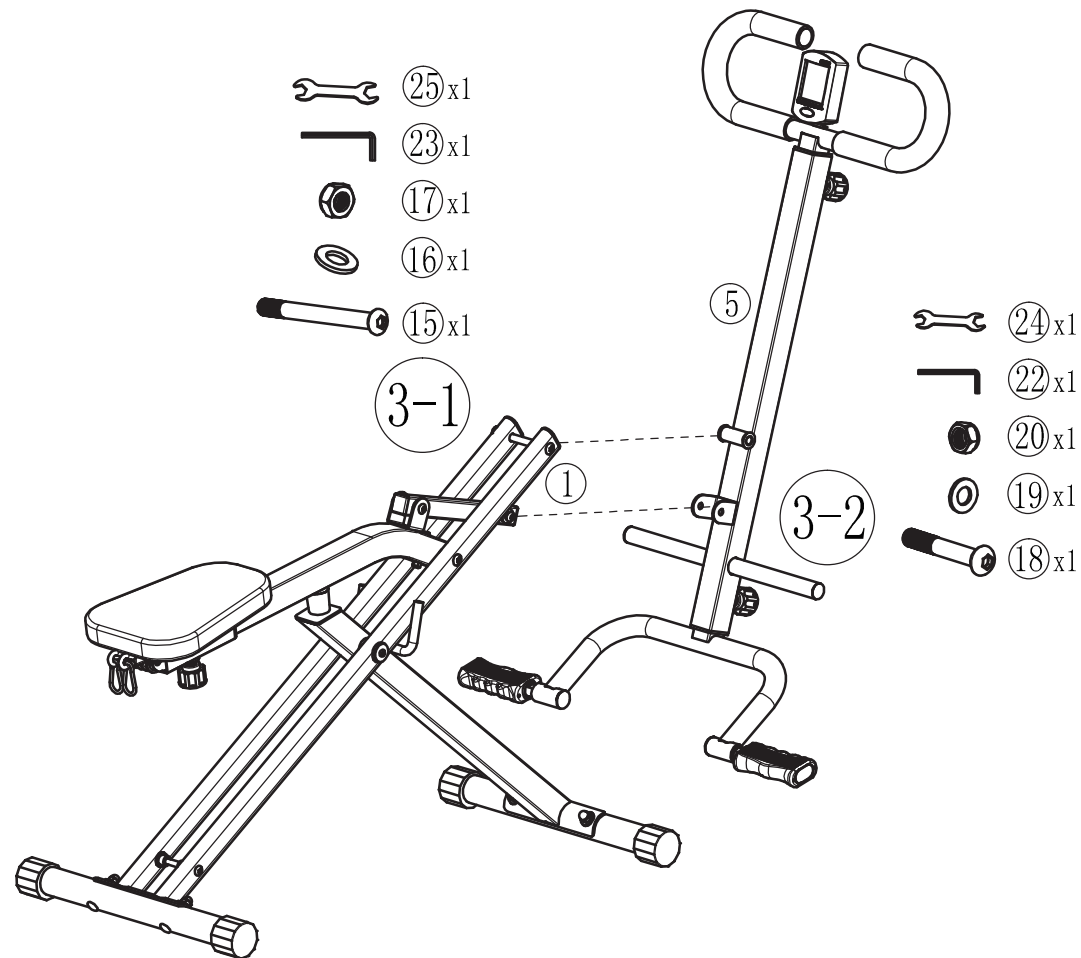
2-3: Connect the tube(6) with the middle tube(5) by screw(21) and allen wrench(22).

2-4: Assemble the monitor(7) on the handle(4).

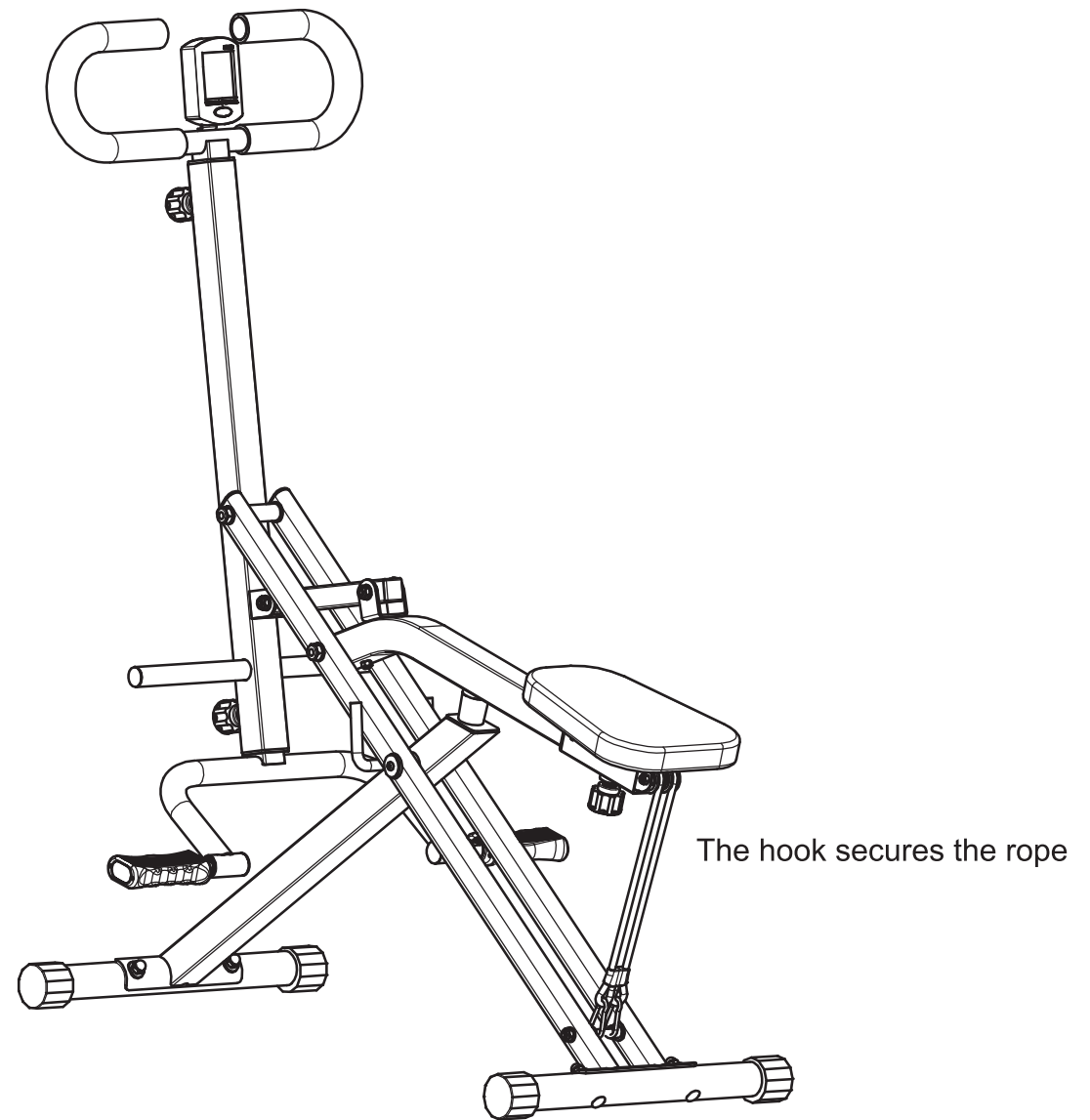
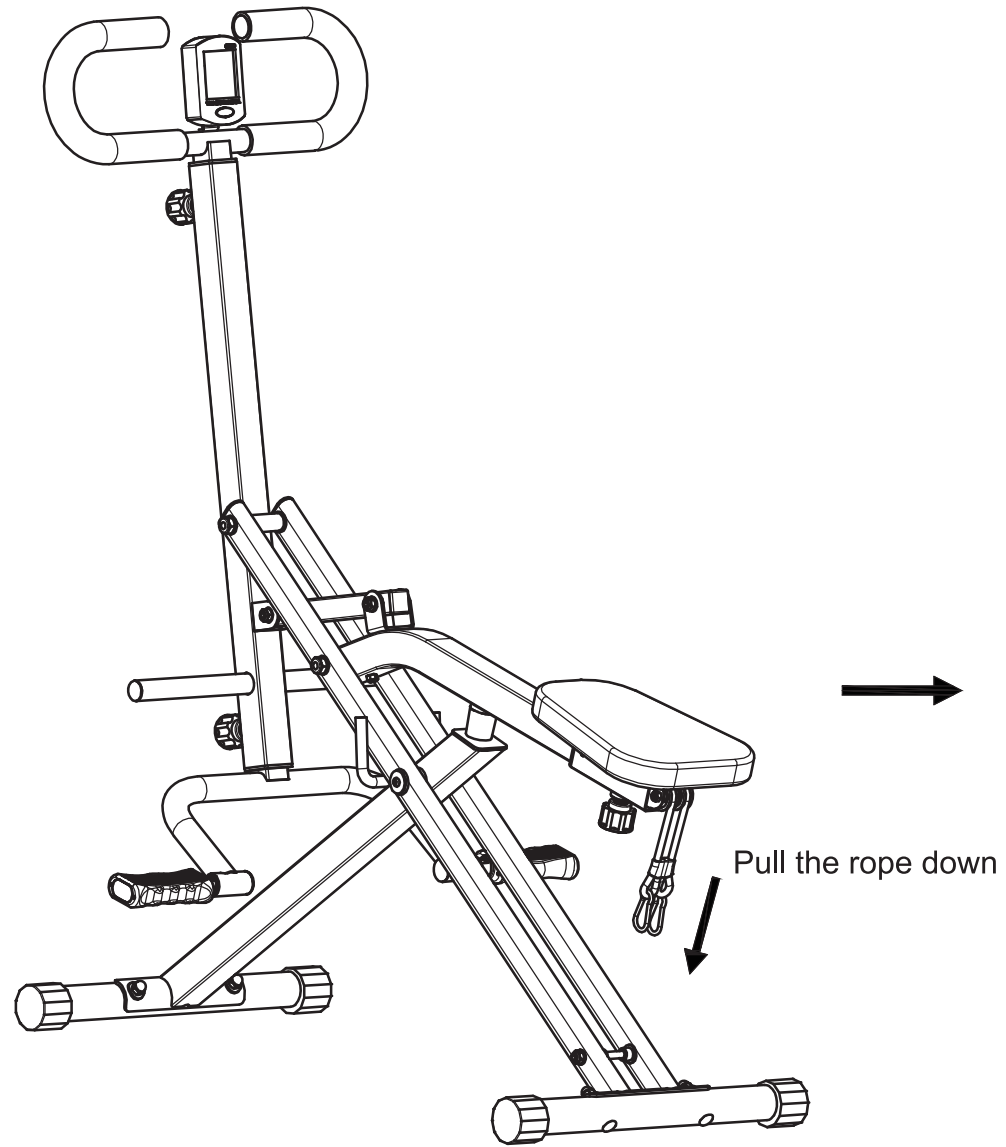


Assembling Step 3:

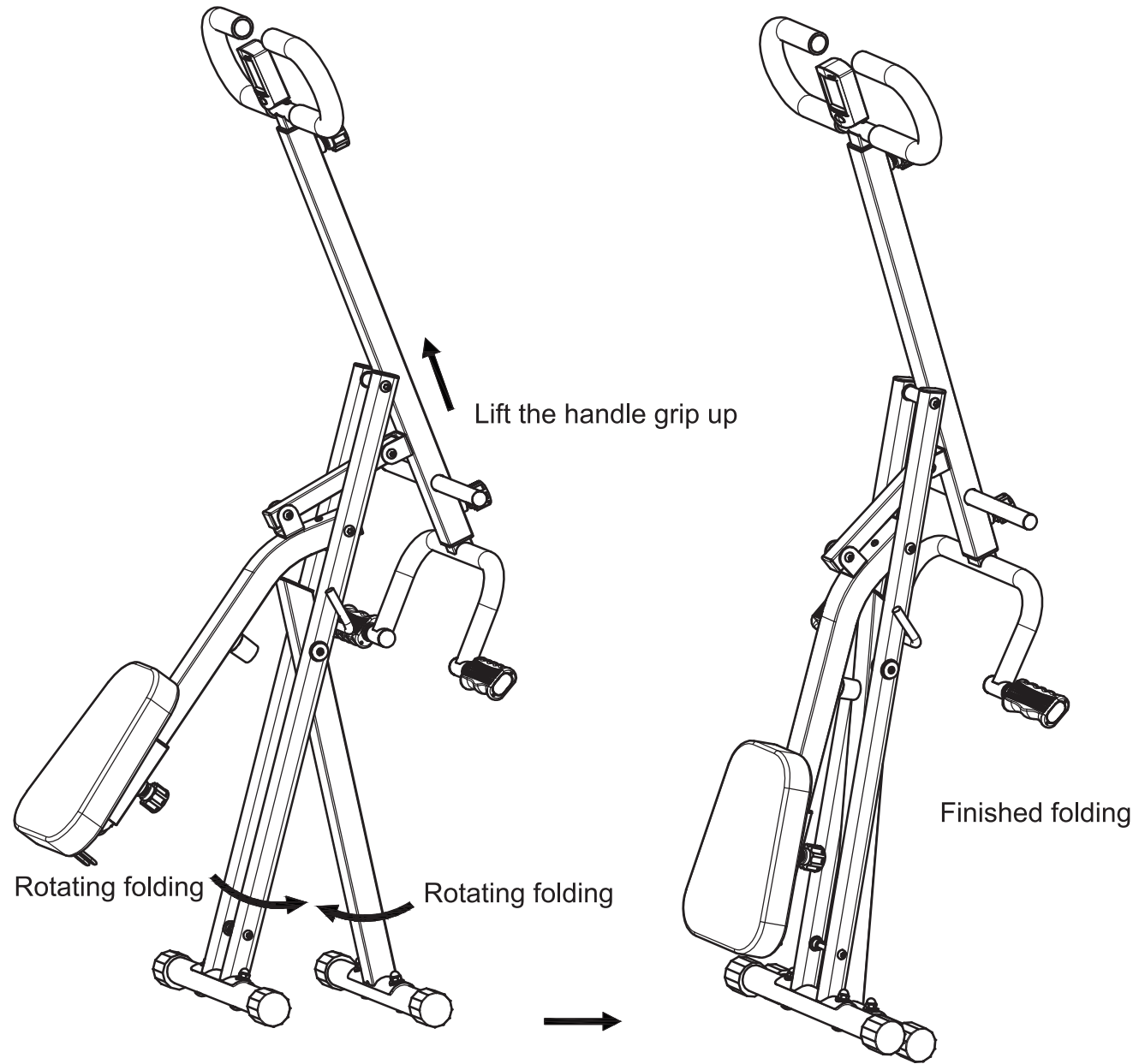
3-1: Connect the middle tube(5) on the main body(1) by screw(15), washer(16), nut(17), wrench(25) and allen wrench(23).
 3-2: Connect the middle tube(5) on the main body(1) by screw(18), washer(19), nut(20), wrench(24) and allen wrench(22).



Assembling the resistance tubes:



Folding:



Monitoring:



**REQUIRES 2 X 1.5V AAA
BATTERIES (NOT INCLUDED).**

Insert batteries in the correct polarity.
Do not mix new and used batteries, alkaline, standard (carbon- zinc), or rechargeable(nickel cadmium) batteries.
Remove batteries if product will be stored for an extended period.
Dispose of used batteries responsibly.

COUNT: 0-9999	COUNT is on the right corner of screen when screen is on, shows the number of movements during single exercise. Display: 0-9999.
TIME: 0:00-99:59	Press the red button until the word TIME appears on the screen; the monitor will show the actual time of training. Display: 0:00-99:59.
TCNT: 0-9999	Press the red button until the word TCNT appears on the screen; the monitor will show the total number of movements of all exercises, display: 0-9999.
CAL: 0-999.9	Press the red button until the word CAL appears on the screen; the monitor will show the calories of single training. Display: 0-999.9.
SCAN	Press the red button until the word SCAN appears on the screen; the monitor will automatically cycles through the display modes: TIME, TCNT, and CAL.
CLEAR	All the number will automatically reset to 0 after exceeding max.Long press the red button, all the datas will be reset to 0.(except TCNT)

Auto screen-off after 4 minutes.

TIPS FOR USING SQUAT MACHINE

Use Squat Machine half an hour a day, three times a week.

SAFETY WARNING

- Always read the instruction manual before using Squat Machine.
- If you have any questions about your physical condition or suffer from an ailment, always consult your doctor before using squat Machine.
- If you suffer from asthma or any other respiratory ailment, consult your doctor before using Squat Machine.
- Always place Squat Machine on a flat surface.
- Do not allow children to play on or around this product..
- Do not use Squat Machine if you are pregnant.
- Do not drink alcoholic beverages when using the device.
- Drink water and/or an isotonic beverage after use.
- As with any physical exercise machine, consult your doctor before you start using Squat Machine.
- Keep fingers clear of moving parts. Use only under competent supervision.

This product is not designed to be used by individuals who are with reduced physical, sensory or mental abilities, or by people without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device. The maximum weight for using the device is 100 kg.

WARRANTY

This warranty does not cover damages resulting from inadequate use, negligent commercial use, abnormal wear and tear, accidents or improper handling.

DISPOSAL OF MATERIALS



A symbol of a crossed-out wheeled bin means you should find out about and follow local regulations about disposing of this kind of product. Do not dispose of this product as you would other household waste. Dispose of this device in accordance with the corresponding local regulations. Electrical and electronic devices contain hazardous substances that can have harmful effects on the environment and/or human health and should be recycled properly.