



SIT UP BAR WITH SUCTION CUP

SQSUB01BK



Features:

- Floor-Mounted Sit-Up Bar
- Quick, Tool-Free Installation
- Dual 4.5" Suction Cups for Secure Hold on Smooth Surfaces
- 3 Height Settings for Customized Support
- Lightweight and Portable Design
- Optimized for Abdominal and Core Workouts
- Enlarged Foot Support Bar for Added Comfort
- Thick, Slip-Resistant Foam Padding for Stability and Comfort
- Multi-Purpose Training (Core, Legs, Sit-Ups, Stretching)
- Supports Up to 661 lbs.
- Height-Adjustable Design Accommodates Users of Varying Body Sizes
- Includes Transparent Plastic Stickers for Improved Suction on Textured Surfaces

What's in the Box:

- (1) Base Set
- (1) Top
- (2) Transparent Plastic Stickers

Technical Specs:

- Construction Material: Iron, PP Plastic, EVA Foam
- Number of Height Settings: 3 Levels
- Maximum Downward Force Capacity: 661 lbs.
- Maximum Suction Life: Up to 4 Hours on Smooth, Clean Surface
- Item Weight: 2.07 lbs.
- Product Dimensions (L x W x H): 9.84 x 4.72 x 11.81 Inches

California Prop 65 Warning

WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov



Questions or Comments

We are here to help!
Phone: 1.718.535.1800
SQUATZ.com/ContactUs

SQUATZ USER GUIDE



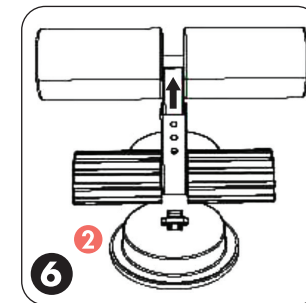
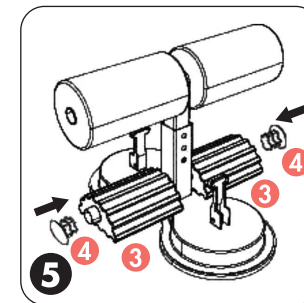
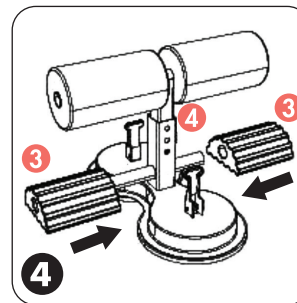
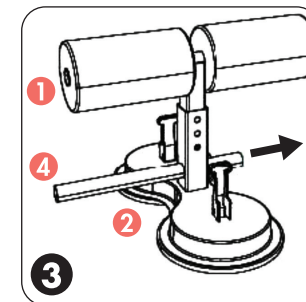
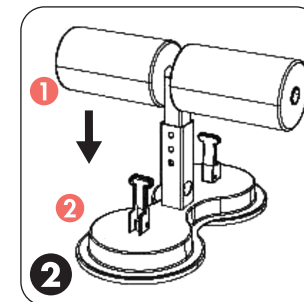
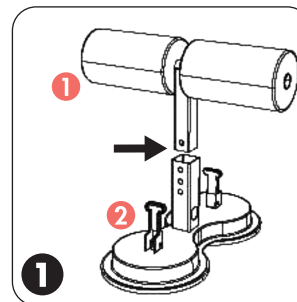
Abs Master Sit-up Bar Installation

Parts:

1. T shape bar
2. Suction Base
3. Foam x2
4. Support Bar
5. Stopper x2



Assembly Method



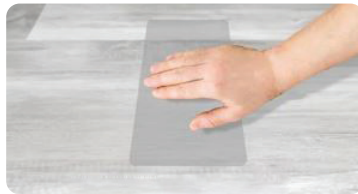
1. Align the button on the T-shape bar (1) with the holes on the suction base (2).
2. Press and hold the button on the side of the T-shape bar and push down to connect it to the suction base. Check to ensure the button and holes are securely locked.
3. Insert the support bar (4).
4. Slide the two foam pieces (3) onto the support bar.
5. Attach the stoppers (5) to both ends of the support bar.
6. Pull up on the T-shape bar to check that it is securely locked.

Convenient Installation

1. Find a clean, flat surface with no gaps. Clean the area thoroughly.



Clean the floor



Apply Sticky pad

2. Peel off the backing of the sticky pads, place them on the ground, and smooth out any air bubbles.
3. Remove the protective film from the top of the two suction cups.
4. Wipe the floor with a damp cloth to remove dust, then place the unit on the sticky pads, making sure the suction cups are fully within the pads and there are no gaps.
5. Use your body weight to press the bar down and push out any air. While doing this, engage the locking levers and adjust the gear height as needed. Press the button to set your desired height.



Secure Sit-up bar

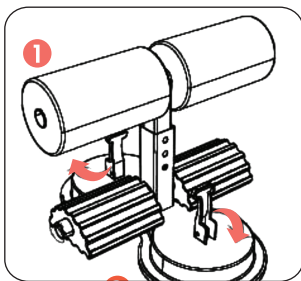


Press lever down

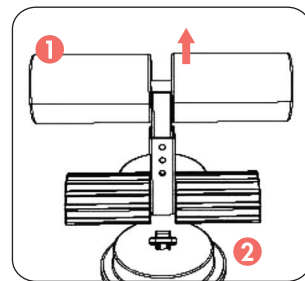


Lock lever firmly

6. Before each workout, confirm that the equipment is securely attached to the floor to avoid accidents.



Pull down the suction lever 2 on both sides of the device. Place your feet on both Support Bars.



Pull up T shape bar 1 part with normal force. If the suction plate 2 on the floor doesn't move, it means it's stable and ready to use.

⚠️ Note: Sticky pads may lose suction after removal. We recommend choosing a fixed location for installation and leaving the pads in place. You can reuse them for your next workout without removing them.

Q & A

Q: Why can't the suction cup adhere to the ground?

A: Ensure the floor is flat and smooth (ideal on wood, tile, marble, terrazzo).

Wipe the area with a damp cloth before use, and make sure the suction cups are fully placed on the sticky pads without gaps. Add a bit of moisture between the suction cups and the surface for better adhesion.

Q: Why does the product have a smell?

A: The slight odor is from high-temperature molding during manufacturing.

It is harmless and will dissipate naturally after placing the product in a ventilated area for 2–3 days.

Q: Can children use it?

A: Yes, but only under adult supervision. Safety must always be a priority.

Important Safety Precautions

1. Keep this manual for future reference.
2. Children may use the product only under responsible adult supervision.
3. Use a yoga mat for extra comfort during training.
4. Incorrect or excessive use may cause muscle injury. Start with light exercises.
5. If adding extra weight, ensure the equipment is properly secured beforehand.
6. Keep the product away from direct sunlight, heat, moisture, rain, and corrosive chemicals to extend its lifespan.
7. Follow instructions carefully and do not use the equipment if any part is defective.
8. Do not exercise for more than 1 hour per session. Avoid overexertion.
9. This product is for abdominal and waist exercises only.
10. Always ensure all locking buttons are securely fastened before use.
11. This equipment is not a medical device and should not be used as such.

REGISTER PRODUCT

Register online to activate your warranty and access expert support.

Keeps your SQUATZ product in top condition.

START HERE



Model Number:
SQSUB01BK
SQUATZ.com/register