



SCAN ME
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TRICEPS PRESS DOWN CABLE ATTACHMENT SQTBS1

SQUATZ

USER GUIDE

FEATURES:

- Multiple, Varying Grip Positions
- Isolate Different Parts of Back and Lat Muscles
- Rubber Coating Designed for Comfort and Grip
- Easily Attach to any Cable Machines
- Pro-Quality Steel
- Clean Outlook
- Fit Well in the Palm
- Designed for all Cable Systems
- Anti-Slip Handle
- Prevents Corrosion
- Great Dimension that Provides Comfort During Workout
- Constructed of Heavy-Duty Steel with High Polished Chrome Finish
- Ideal for Developing Triceps, Biceps, Back, Shoulders, and Abs and Improving Grip Strength



WHAT'S IN THE BOX:

- (5) LAT Pulldown Attachment

TECHNICAL SPECS:

- Construction Materials: Steel Iron + Neoprene
- Wide Handle Size: 33.1" x 4.6" x 6.9"
- Mid-range Inward Size: 24" x 4.6" x 7.6"
- Mid-range Outward Size: 22.8" x 4.6" x 6.9"
- Narrow-range Inward Size: 13.4" x 4.7" x 8.3"
- Narrow-range Outward Size: 12.2" x 4.02" x 5.91"
- Items Weight: 31.11 lbs.

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

USAGE METHOD

- Handles #1 and #2:** Narrow-range, differing in grip direction. Best for targeting the trapezius and rhomboid muscles.
- Handles #3 and #4:** Medium-range, differing in grip direction. Suitable for working a wide range of upper body muscles.
- Handle #5:** Wide-range, ideal for focusing on the teres major, teres minor, and latissimus dorsi muscles.



Attach the desired handle to your cable machine and perform exercises slowly and in a controlled manner to prevent injury.

CLEANING, MAINTENANCE, AND STORAGE

Cleaning:

- Wipe the handles with a soft, dry cloth after each use to remove sweat and dust.
- For a deeper clean, use a damp cloth with mild soap, then dry thoroughly.
- Avoid harsh chemicals or abrasive materials to protect the coating.

Maintenance:

- Regularly inspect handles for wear, cracks, or loose fittings.
- Ensure all attachment points are secure before each workout.
- If the rubber grip becomes damaged, replace it to maintain safety.

Storage:

- Store in a dry, cool location away from direct sunlight and moisture.
- Keep the handles off the floor to prevent corrosion and scratches.
- For long-term storage, cover with a cloth or place in a storage bag to avoid dust buildup.

REGISTER PRODUCT

Thank you for choosing SQUATZ. By registering your product, you ensure that you receive the full benefits of our exclusive warranty and personalized customer support. Complete the form to access expert support and to keep your SQUATZ purchase in perfect condition.

Start Here



Model Number:
SQTBS1

[SQUATZ.com/register](https://www.squatzen.com/register)