

SQUATZ

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SQABRD1

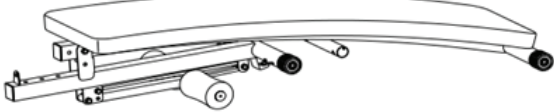
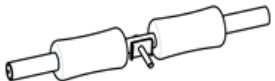







Supine Board with Handrail

USER GUIDE

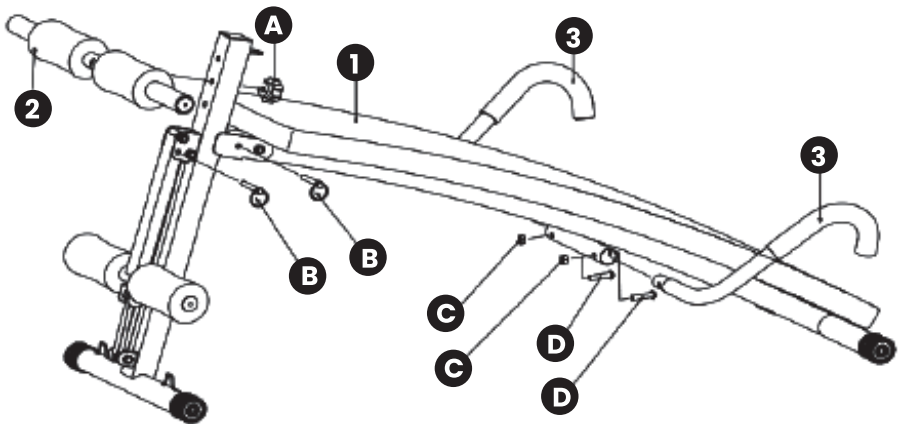
Read this user manual carefully before you use the SQABRD1 and save it for future reference.

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PARTS LIST

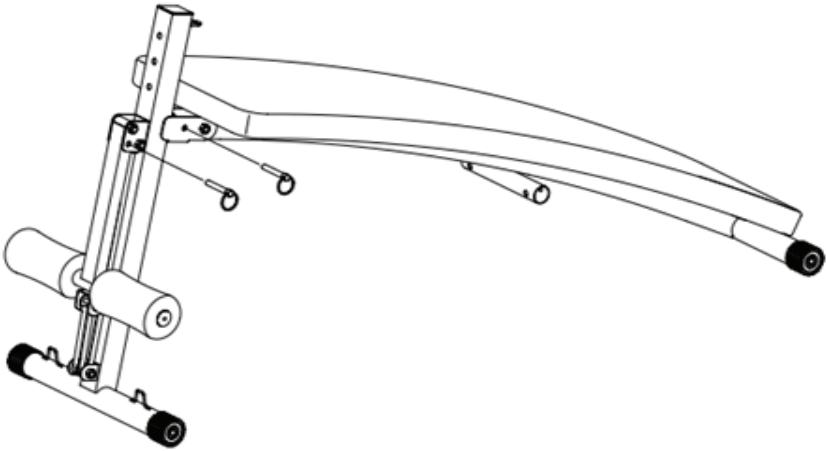
<p>(1) Main body support (1 pc with back pad)</p>		
<p>(2) Handrail (1 pc)</p>		<p>(3) Push-up handshake (2 pcs)</p> 
<p>(A) M8 with plastic handle (1 pc)</p>		<p>(B) Latch (2 pcs)</p> 
<p>(C) Lock nut M8 (2 pcs)</p>		<p>(D) Hexagon socket head cap screws M8*35 (2 pcs)</p> 
<p>(E) Allen wrench M5 (1 pc)</p>		<p>(F) Open-end wrench (1 pc)</p> 

DISMANTLING DIAGRAM



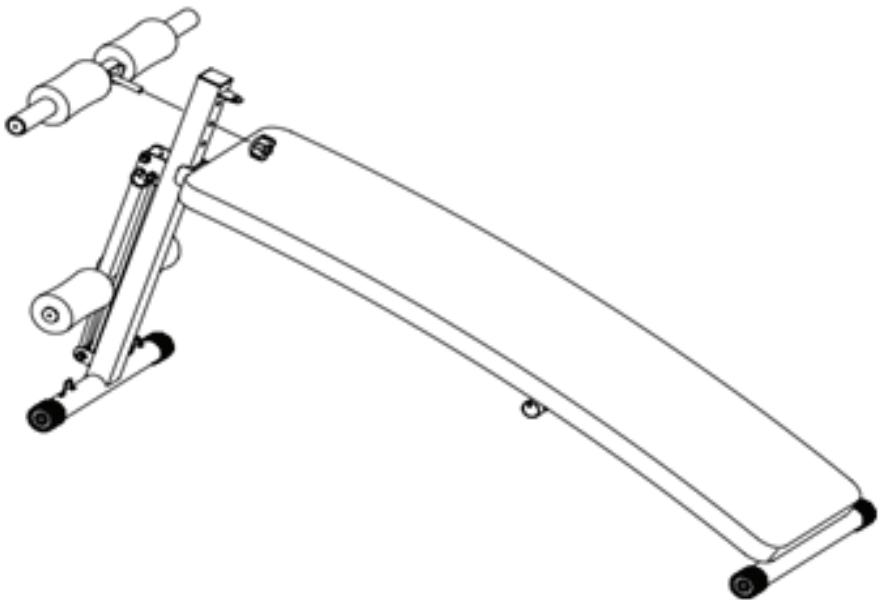
STEP 1: INSTALL ARMREST CROSSBAR AND HOOK FOOT CROSSBAR.

First unfold (1) the main body support, then the holes correspond, and finally fix it with (B) pins through the holes.



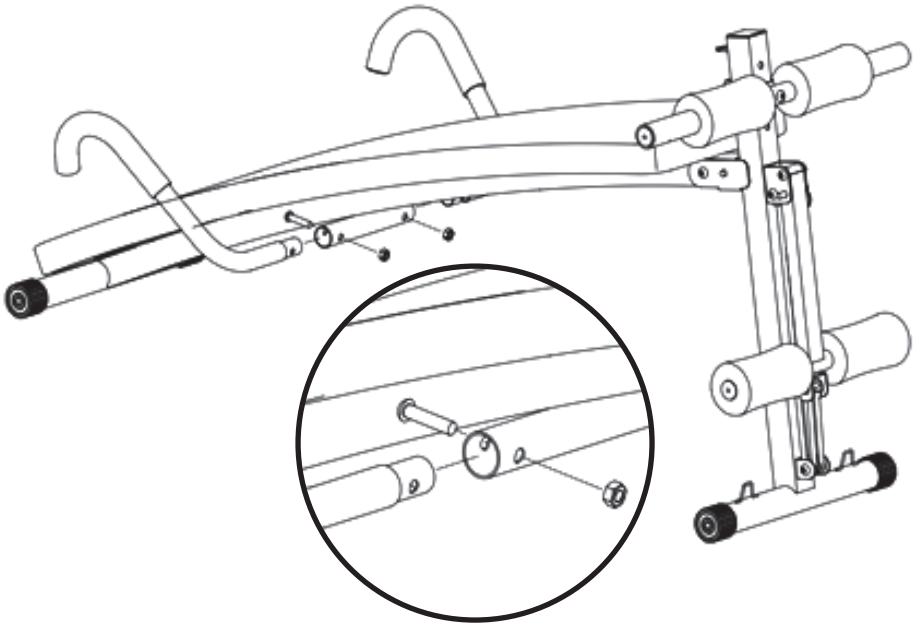
STEP 2: INSTALL THE HANDRAIL

Select the hole position according to your preference, put (2) armrest cross bar into the corresponding hole position, and fasten with (A) M8 plastic handle nut.

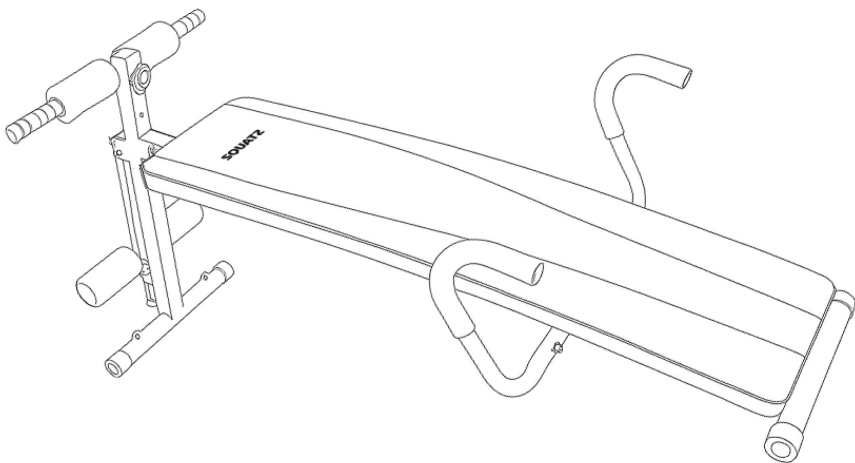


STEP 3: INSTALL THE PUSH-UP GRIP

Put the (3) push-up grip rod into the fixing tube (note: the holes are aligned with the holes), then use (D) M8 * 30 hex head screws to pass through, and finally tighten with (3) M8 locknuts.



THE INSTALLATION IS COMPLETE.



FEATURES



- Five Levels of Adjustment
- Adjustable Height
- Convenient to Use
- Spring Auxiliary that Helps Exercise Arms Easily
- Safe and Stable
- Soft and Comfortable Foam Pad
- Sweat and Scratch Resistant
- Triangular Support Design
- Between Legs and Thick Cotton Foam
- Sturdy, Safe and Durable Tube
- Rubberized Anti-Skid Handle
- Help Exercise Abs, Build Muscles and Body Sculpting
- Concave Angle Steel Reinforcement Technology

WHAT'S IN THE BOX



- (1) Main Body Support
- (1) Handrail
- (2) Push-Up Handshake
- (1) M8 with Plastic Handle
- (2) Latch
- (2) Lock Nut M8
- (2) Hexagon Socket Head Cap Screws M8x35
- (1) Allen Wrench M5
- (1) Open-end Wrench

TECHNICAL SPECS

- Construction Material: Steel
- Weight Capacity: 330 lbs.
- Expand Size: 52.4", 20.7", 24" -inches
- Back size: 47.2", 13" -inches
- Steel tube thickness: 0.059" -inches(1.5mm)
- Packing Size: 53.5", 15.4", 7.5" -inches
- Product Dimensions (L x W x H): 52.4" x 20.7" x 24" -inches

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**QUESTION OR COMMENTS?
WE ARE HERE TO HELP!**

1.718.535.1800

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