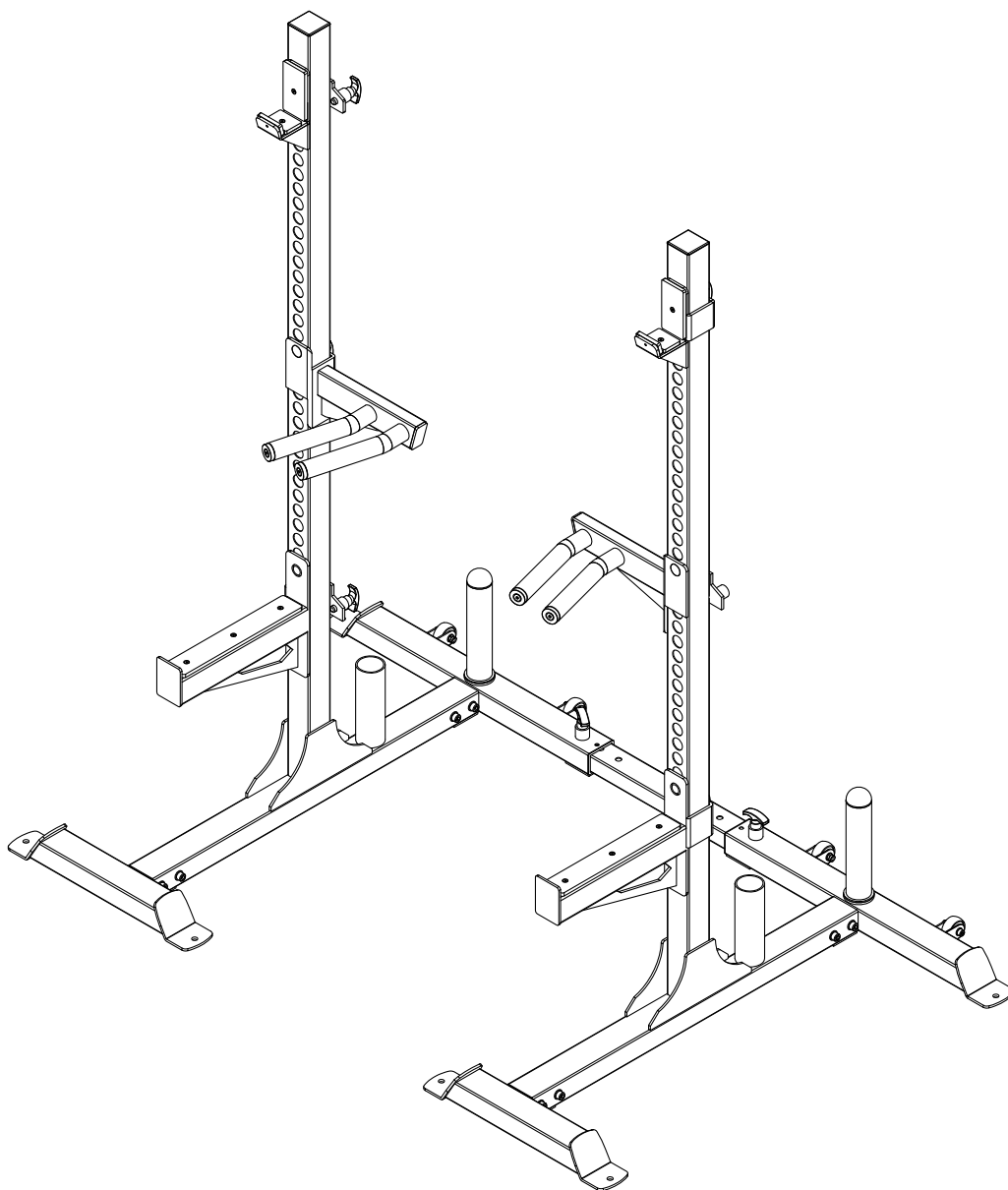




NO
DOUBTS

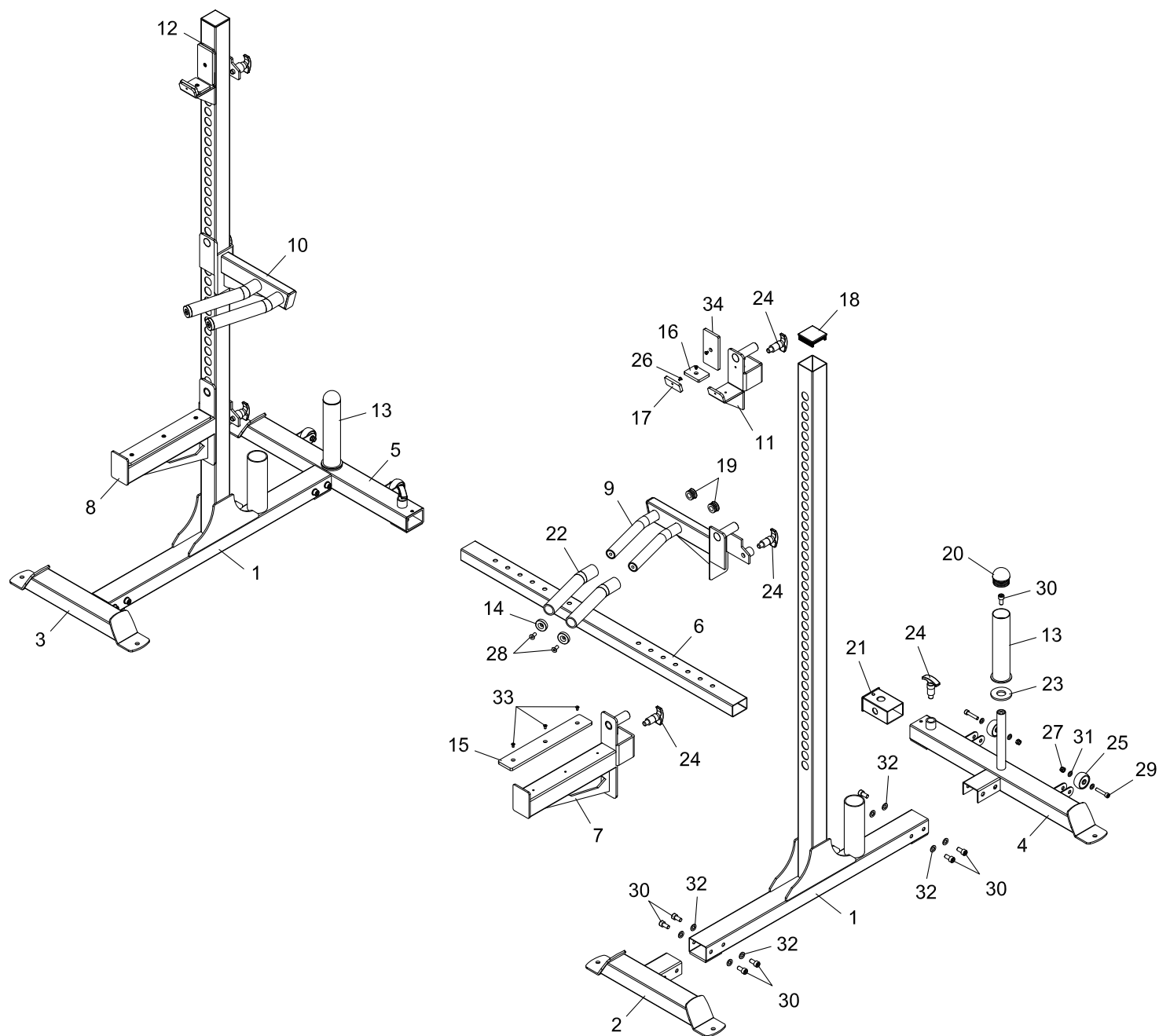
SPART



SQUAT RACK

ST3001

EXPLODED DIAGRAM

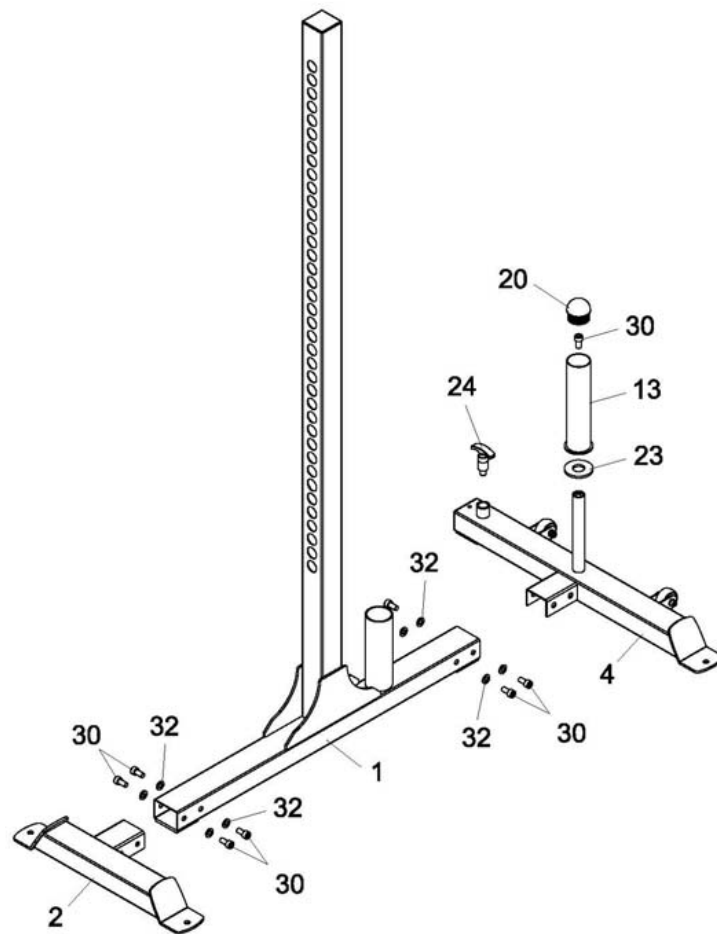


PART LIST

NUMBER	DESCRIPTION	Q'TY
1	UPRIGHT SUPPORT	2
2	RIGTH SHORT BASE	1
3	LEFT SHORT BASE	1
4	RIGHT LONG BASE	1
5	LEFT LONG BASE	1
6	JOINT TUBE	1
7	RIGHT HOLD SUPPORT	1
8	LEFT HOLD SUPPORT	1
9	RIGHT SUPPORT	1
10	LEFT SUPPORT	1
11	RIGHT BARBELL SUPPORT	1
12	LEFT BARBELL SUPPORT	1
13	PLATE ADAPTER	2
14	SHEATHING	4
15	LARGE RUBBER PLATE	2
16	RUBBER PLATE	2
17	SMALL RUBBER PLATE	2
18	SQUARE PLUG	2
19	ROUND PLUG	4
20	BALL HEAD ROUND PLUG	2
21	RECTANGULAR BUSHING	2
22	FOAM ROLLER	4
23	RUBBER RING	2
24	FAST PIN	8
25	WHEEL	4
26	M5*10 SOCKET HEAD SCREW	6
27	LOCK NUT M8	4
28	M8*25 SOCKET SCREW	4
29	M8*45 SOCKET CAP SCREW	4
30	M10*25 SOCKET CAP SCREW	18
31	WASHER 8MM	8
32	WASHER 10MM	16
33	M5*16 SOCKET HEAD SCREW	6
34	RUBBER PLATE	2

STEP 01

NO DOUBTS

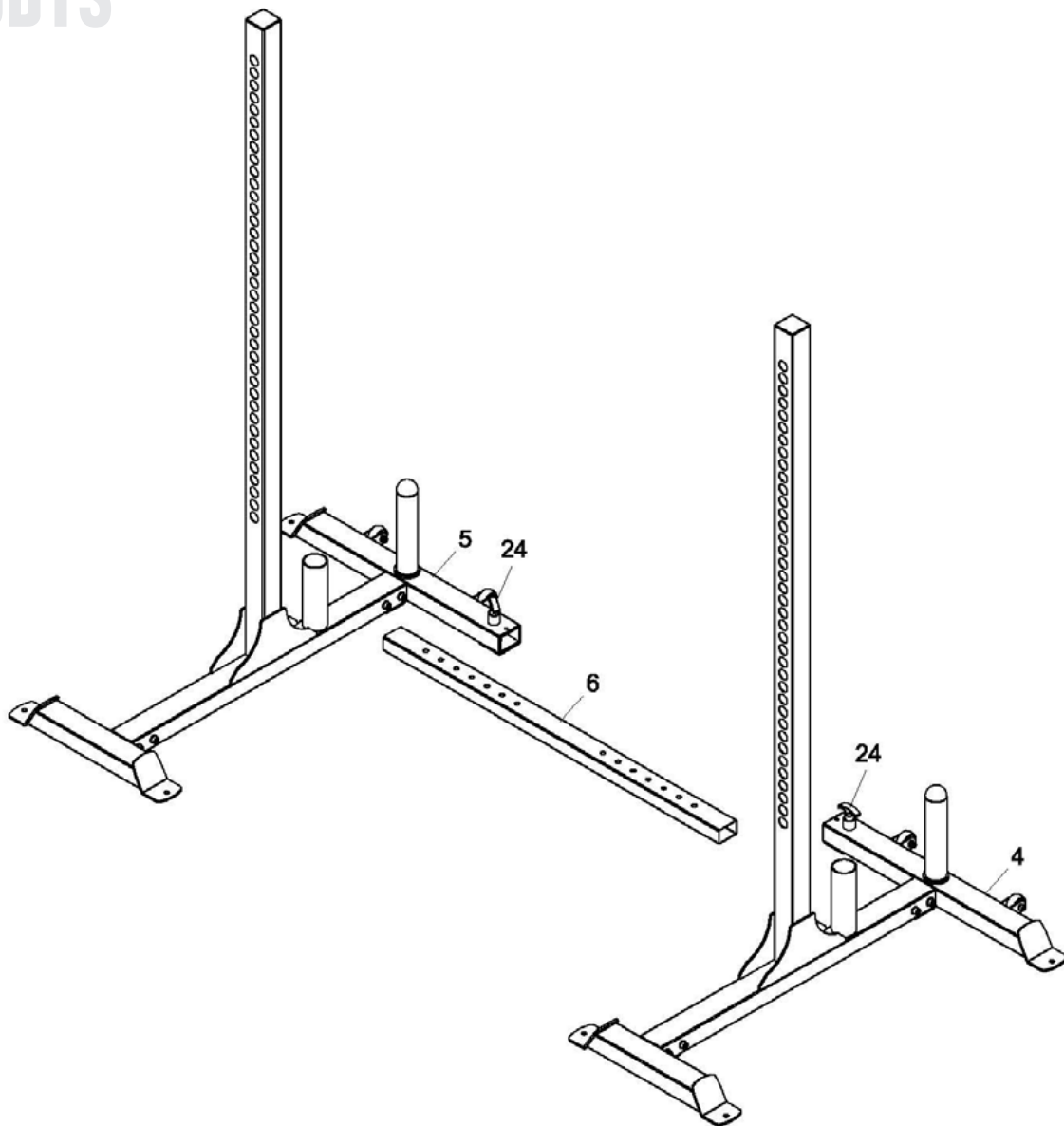


1. Slide RUBBER RING (23) and PLATE ADAPTER (13) onto RIGHT LONG BASE (4). Secure with SCREW M10*25 (30). Attach BALL HEAD ROUND PLUG (20) to PLATE ADAPTER (13).
2. Attach FAST PIN (24) to RIGHT LONG BASE (4).
3. Attach RIGHT LONG BASE (4) to UPRIGHT SUPPORT (1) using four SCREWS M10*25 (30) and four WASHERS 10MM (32).
4. Attach RIGHT SHORT BASE (2) to UPRIGHT SUPPORT (1) using four SCREWS M10*25 (30) and four WASHERS 10MM (32).
5. The assembly step of left side is the same as the right one.



NO
DOUBTS

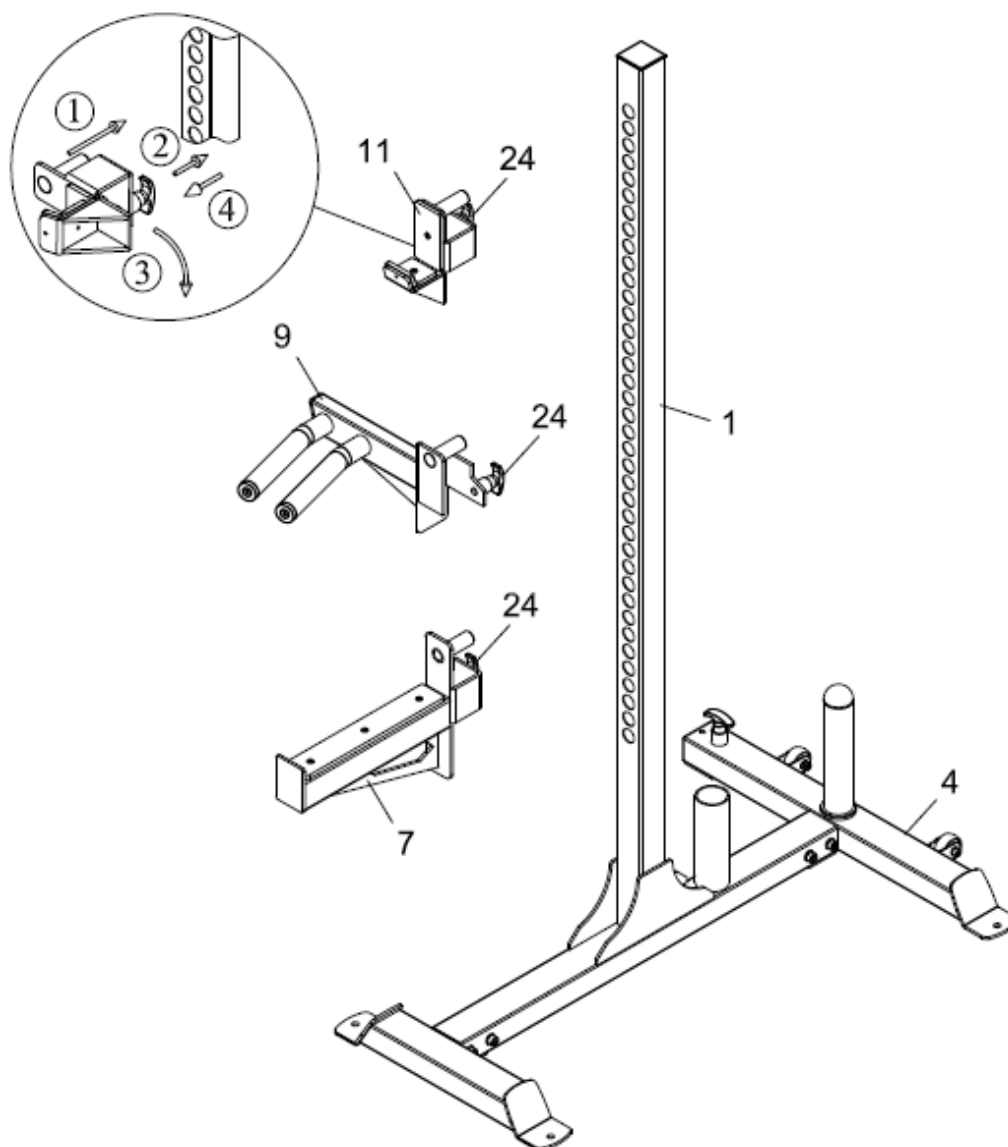
STEP 02



1. Insert JOINT TUBE (6) into port of RIGHT LONG BASE (4) and pull the FAST PIN (24) on RIGHT LONG BASE (4), select proper location and release the FAST PIN (24).
2. Insert JOINT TUBE (6) into port of LEFT LONG BASE (5) and pull the FAST PIN (24) on LEFT LONG BASE (5), select proper location and release the FAST PIN (24).



STEP 03



1. Attach the RIGHT BARBELL SUPPORT (11) to UPRIGHT SUPPORT (1).
 - ① Insert the axis on RIGHT BARBELL SUPPORT (11) into hole on UPRIGHT SUPPORT (1)
 - ② Pull the FAST PIN (24) on RIGHT BARBELL SUPPORT (11)
 - ③ Keep pull the FAST PIN (24) and rotating the RIGHT BARBELL SUPPORT (11)
 - ④ When the RIGHT BARBELL SUPPORT (11) is in the correct location, release the FAST PIN (24).
2. The RIGHT SUPPORT (9) and RIGHT HOLD SUPPORT (7) are the same assembly steps as the RIGHT BARBELL SUPPORT (11).
3. The assembly step of left side is the same as the right one.



**NO
DOUBTS**

www.zunfit.com



ITALY OFFICE

Zun Srl
via Mammarella snc
66100 Chieti Scalo (CH), Italy
Email: info@zunfit.com
Phone: +39 0871 551762

CHINA OFFICE

Zunone
83# South Tongfu Road,
Nantong Jiangsu China
Email: simon@zunone.cn
Phone: +0086-13901602295