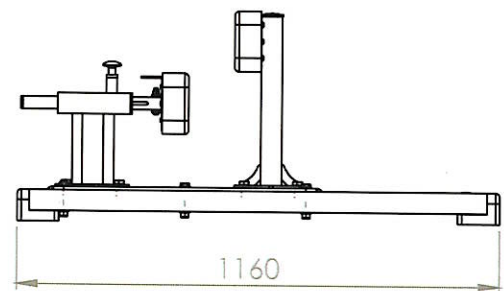
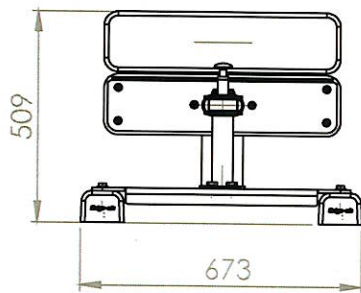
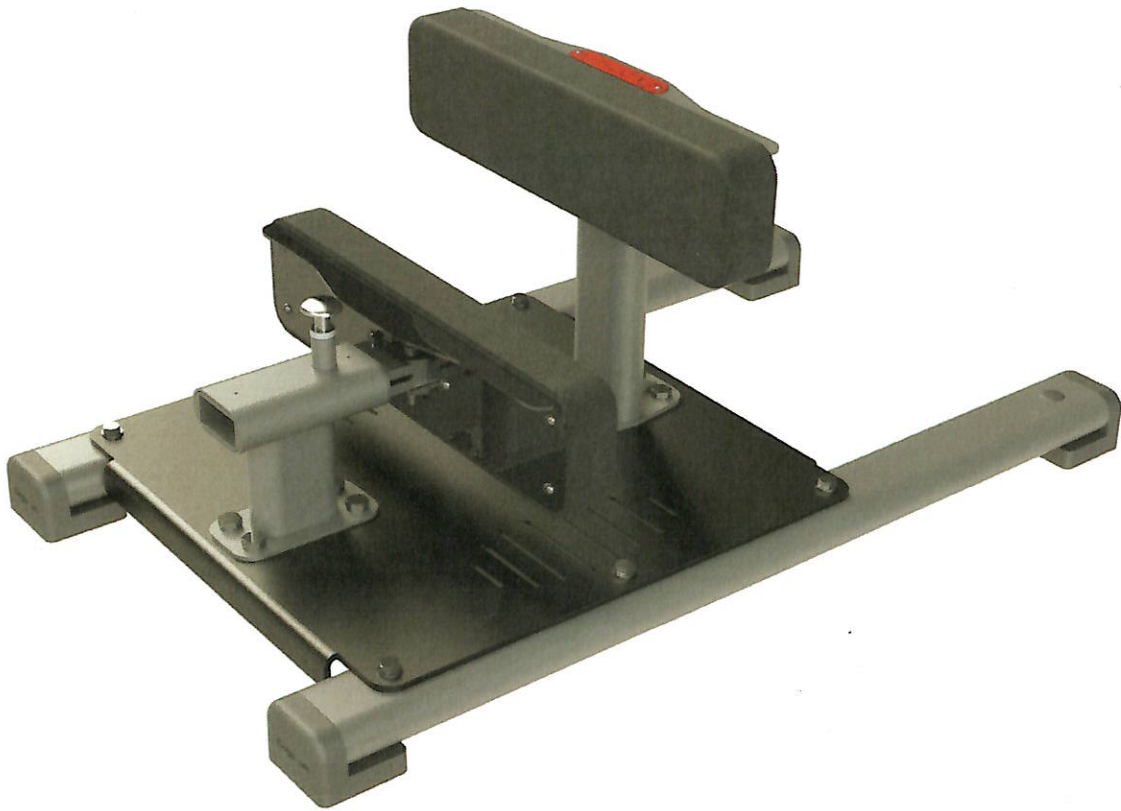








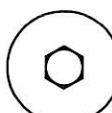
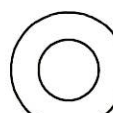

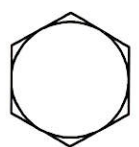
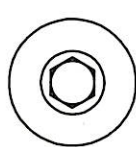
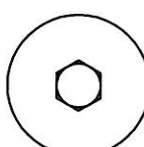
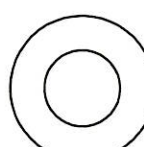
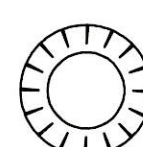
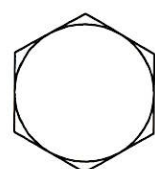
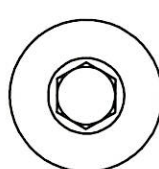
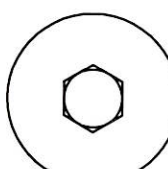
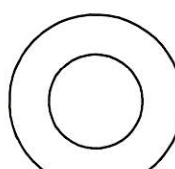
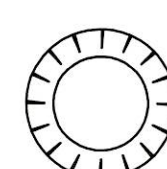
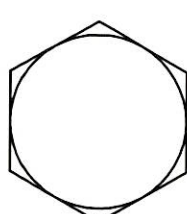
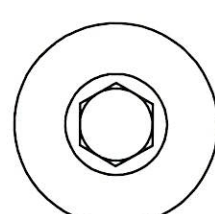
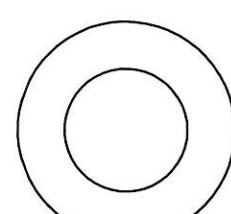
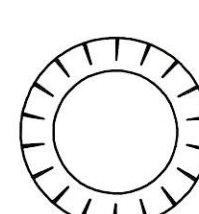
# 2415 SISSY SQUAT INSTRUCTIONS



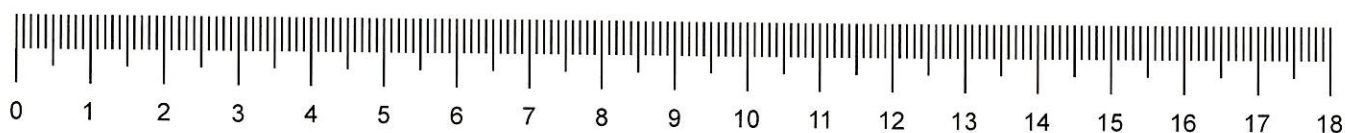
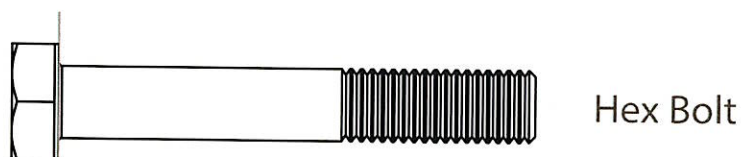
Item no	Description	Quantity	
1	M12 x 75 Bolt	6	
2	M12 x 35 Button Head	8	
3	M12 Washer	28	
4	M12 Nyloc	14	
5	M8 x 25 Button Head	12	
6	M8 Fan disk	12	
7	M8 x 50 Button Head Bolt	2	
8	M8 Washer	4	
9	M8 Nyloc Nut	2	
10	Plastic End Foot	4	
11	No8 x 1 1/2 Pozi Pan Tek Screw	4	
12	25.4mm Dia Domed Blanking Plug	2	

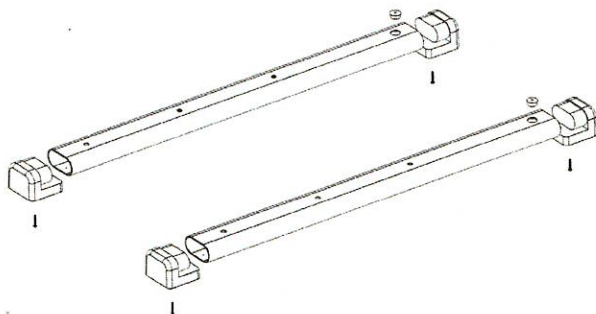
Item no	Description	Quantity	
A	Pad Adjuster	1	
B	Pad Laser	1	
C	F/O Legs	2	
D	Foot Plate	1	
E	Pads	2	
F	Rear Pad Upright	1	

# PLACE THE BOLT HEAD OR WASHER OVER THE SIZING CHART BELOW

	Hex Bolt	Buttonhead	Countersunk	Washer	Fan Disc Washer
M6					
M8					
M10					
M12					
M16					

## MEASURE BOLT FROM THIS LINE AS SHOWN



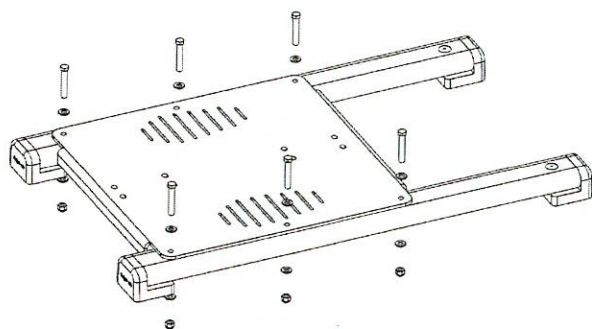


## Step 1

Knock in plastic end feet into the legs and screw in No8 x 1 1/2 Pozi Pan Tek Screw to secure.

Fit 25.4mm Dia Domed Blanking Plug into the hole above the feet.

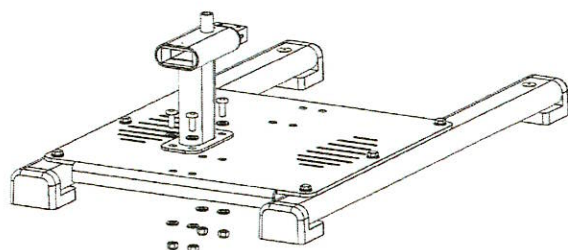
- 10) 4 - Plastic End Feet
- 12) 2 - 25.4mm Dia Domed Blanking Plug
- 11) 4 - No8 x 1 1/2 Pozi Pan Tek Screw



## Step 2

Attach foot plate to legs using:

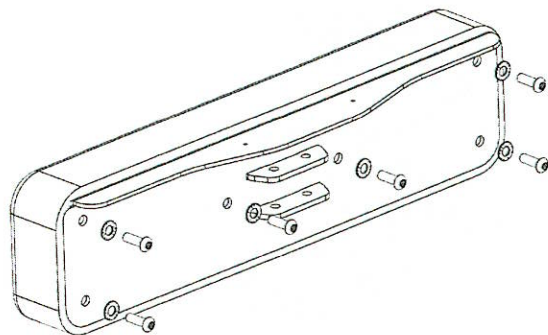
- 1) 6 - M12 x 75 Bolts
- 3) 12 - M12 Washers
- 4) 6 - M12 Nyloc Nuts



## Step 3

Bolt the front pad mount onto the main foot plate.

- 2) 4 - M12 x 35 Button Head
- 3) 8 - M12 Washers
- 4) 4 - M12 Nyloc Nuts



## Step 4

Attach pad to laser backing plate using:

- 5) 6 - M8 x 25 Button Head Bolts
- 6) 6 - M8 Fan disk Washers





**SERIOUS INJURIES TO USERS, BYSTANDERS OR INSTALLERS CAN OCCUR IF THE INSTRUCTIONS AND WARNINGS CONTAINED IN THIS MANUAL ARE NOT FOLLOWED.**

**TO MINIMIZE THIS RISK, READ THE MANUAL BEFORE BEGINNING THE INSTALLATION TO FAMILIARIZE YOURSELF WITH ITS CONTENTS AND THEN BE CERTAIN TO FOLLOW EACH OF THE STEPS AND PRACTICES DESCRIBED.**

**IN ADDITION, REVIEW THE GENERAL MAINTENANCE MANUAL, FACILITY SAFETY SIGN AND OTHER DOCUMENTS THAT MAY ACCOMPANY EACH MACHINE, FOR IMPORTANT SAFETY AND MAINTENANCE TIPS.**

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### **Final Checks**

Check that all fixings are tightened and that the equipment is safe to use. Check the equipment regularly before use to ensure it is in safe working order and that all fixings are tight.

### **Daily Checks**

To ensure safety and to keep the equipment well maintained, daily checks will have to be performed.

- Clean and inspect equipment frames.
- Check warning and instructional labels and replace if needed.
- Check fixings are secure and that the equipment is stable.

To remove grease and dirt, clean frames with a mild soap and water solution in a spray bottle. Wipe the equipment down with a clean damp cloth and dry completely. Ensure both painted and chrome parts are cleaned. As you clean inspect the frames for cracks, rust or other damage.