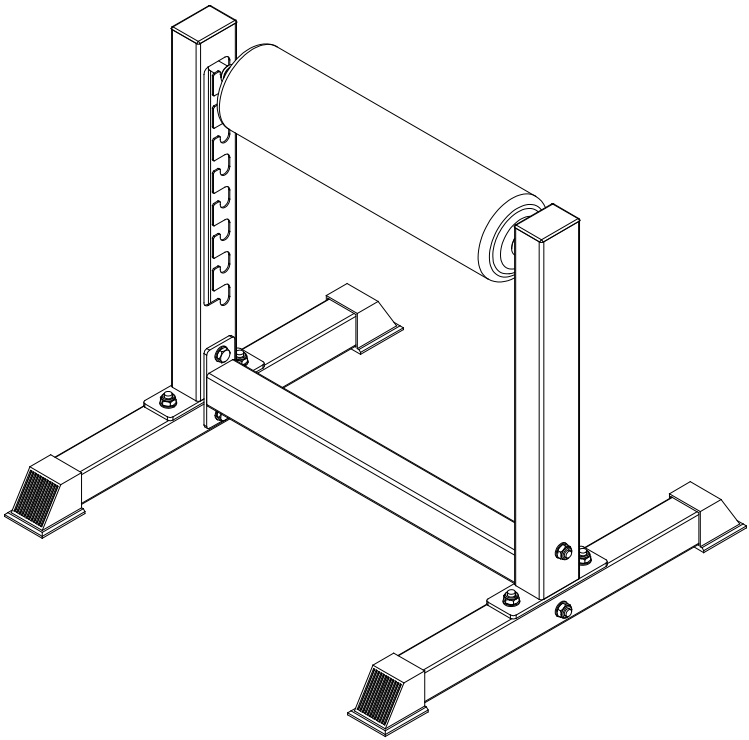
It's a device made for you

SQUAT STAND



QT1031S

OWNER'S MANUAL

▶ SAFETY PRECAUTION

Safety first

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment′ s lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

1. Assemble the equipment according to the assembly instructions and only use the individual parts enclosed for assembly of the equipment and which are listed in the parts list as being specifically for this equipment. Before you start assembly, check against the delivery to make sure that everything has been delivered and check against the packing list to make sure all parts have been enclose.
2. Read, study and understand the Owner′ s Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this owner′ s Manual, as-well-as from your local retailer.
3. It is imperative that you retain this Owner′ s Manual and be sure all warning labels are legible and intact. Replacements Owner′ s Manual and labels are available from your local retailer.

4. It is recommended that another person assist you with the assembly this unit.

5. Consult with your physician before beginning any exercise program. It is recommended that you undergo a complete physical examination.

6. Use proper discretion when children are present.

7. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.

8. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.

9. Do not attempt to lift more weight than you can control safely.

10. Work within you recommended exercise level. DO NOT work to exhaustion. If you feel any pain or discomfort, stop your workout immediately.
11. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
12. DO NOT place any sharp objects around the machine.


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▶ INSTALLATION NOTICE

Safety first

I . Notice of assembly

* An enough dimension will be required to assemble and properly use the machine.

* Please use floor padding, such as cardboard, to avoid scratching your floor during assembly.

* The nuts and bolts have a little grease on them to protect them from corrosion. Please keep a rag handy to wipe your hands.

* All plastic end caps and plugs have been assembled on the unit prior to shipment. They are shown on the assembly drawings for reference in the event replacement parts are needed.

* The machine uses several different lengths of bolts. Be careful to use the correct length of bolt called for at each step of assembly.

* Do not touch the wires and cables attention when drilling.

II . Before you begin

Locate a comfortable work site. Assemble your machine in an open space with ventilation and lighting, and with the help of other person. The machine posses a large area, so you do not place it in living room.

Find your tools. You will need the following tools to assemble your machine.

. Standard screwdriver

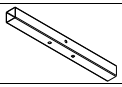
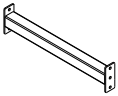
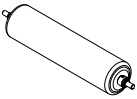
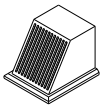
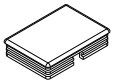
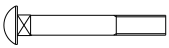
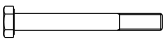
. WD40 lubricant or Vaseline (if necessary)

Review all safety guideline on Page 2 of this manual.

III . Assembling your machine

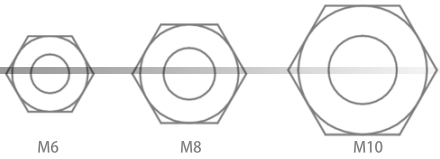
▶ PARTS LIST

The parts of this product

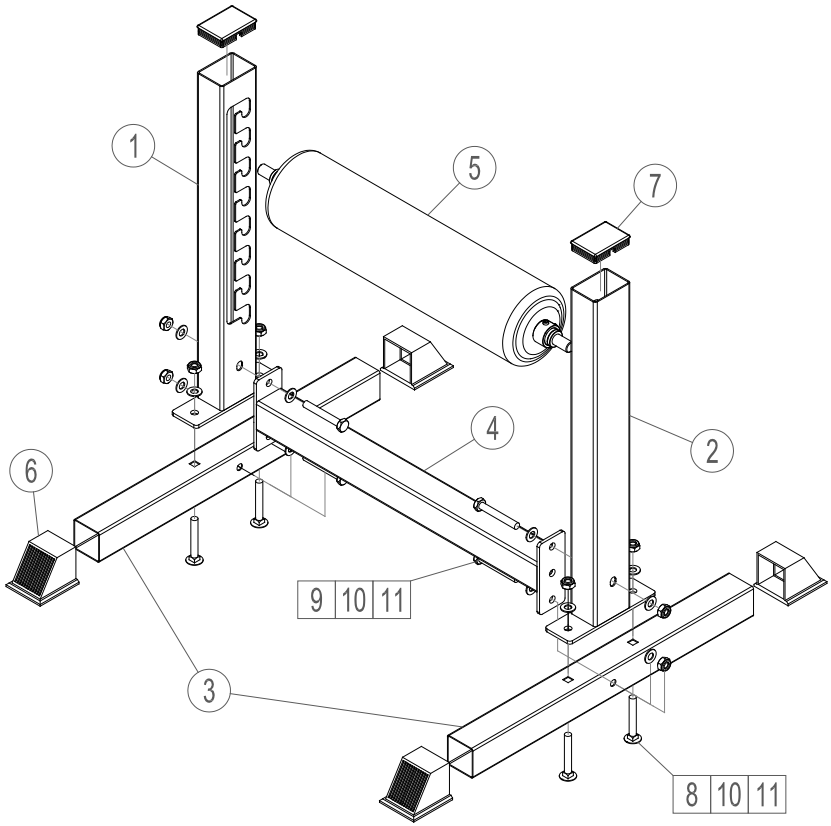
NUMBER	DESCRIPTION	GRAPHIC	QUANTITY
1	LEFT FRAME		1
2	RIGHT FRAME		1
3	FRAME BASE		2
4	CONNECTION		1
5	FOAM		1
6	FOOT COVER		4
7	PLUG		2
16	SCREW M10*70		4
17	BOLT M10*70		4
21	WASHER 10		12
23	LOCK NUT M10		8

▶ STEP 01

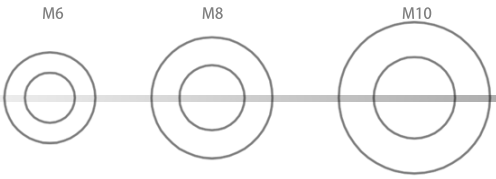
You need to follow the steps to install it



SIZE CHART



8#		M10*70	Qty:4
9#		M10*70	Qty:4
10#		10	Qty:12
11#		M10	Qty:8



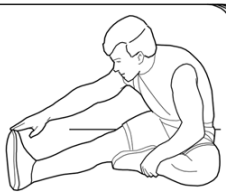
SIZE CHART

▶ EXERCISING IINFORMATION

Warming up and Cooling down exercise

Harmstring Stretch

Hold for 15 counts,and then relax.
Repeat 3 times for each leg.





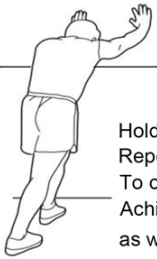
Toe Touch Stretch

Hold for 15 counts,and then relax.
Repeat 3 times.

Quadriceps Stretch

Hold for 15 counts,and then relax.
Repeat 3 times for each leg.





Calf/Achill Stretch

Hold for 15 counts,and then relax.
Repeat 3 times for each leg.
To cause further strentching of the Achilles tendons,bend your back leg as well.

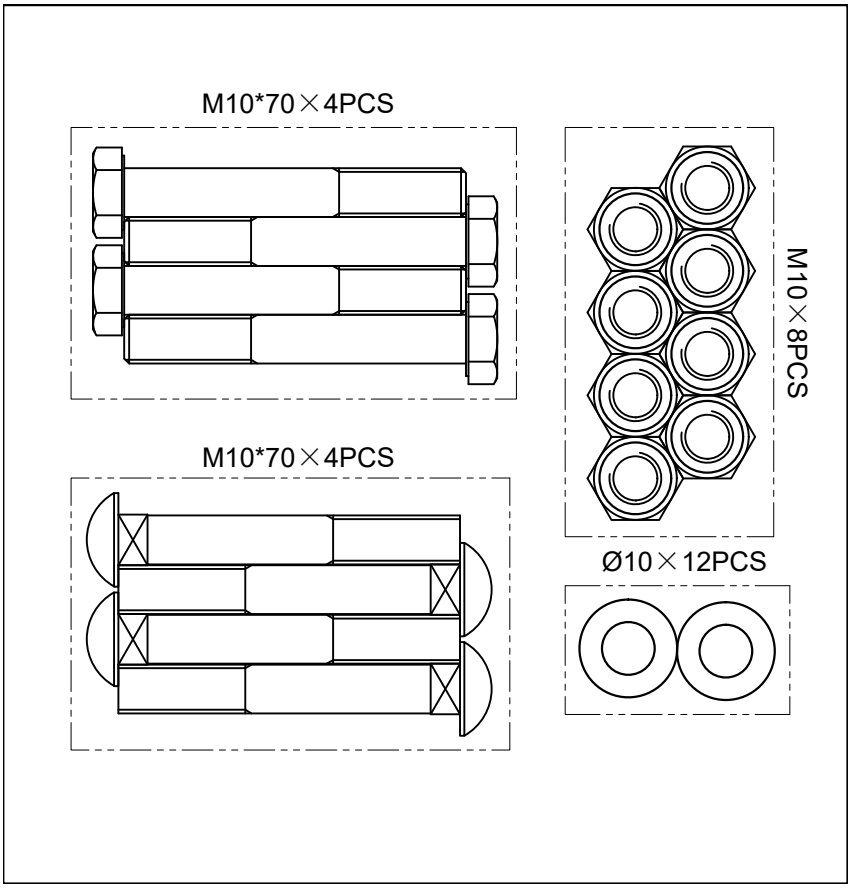
Inner Thigh Stretch

Hold for 15 counts,and then relax.
Repeat 3 times.



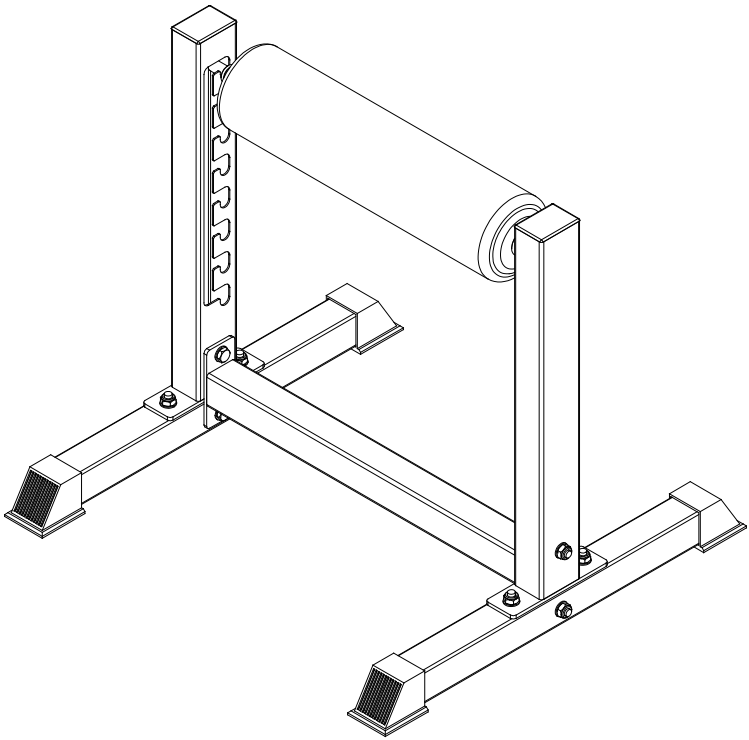
▶ BLISTER PAPER

You need to follow the steps to install it



THANK YOU FOR READ

RD：2025.08.20：R0



OWNER'S MANUAL