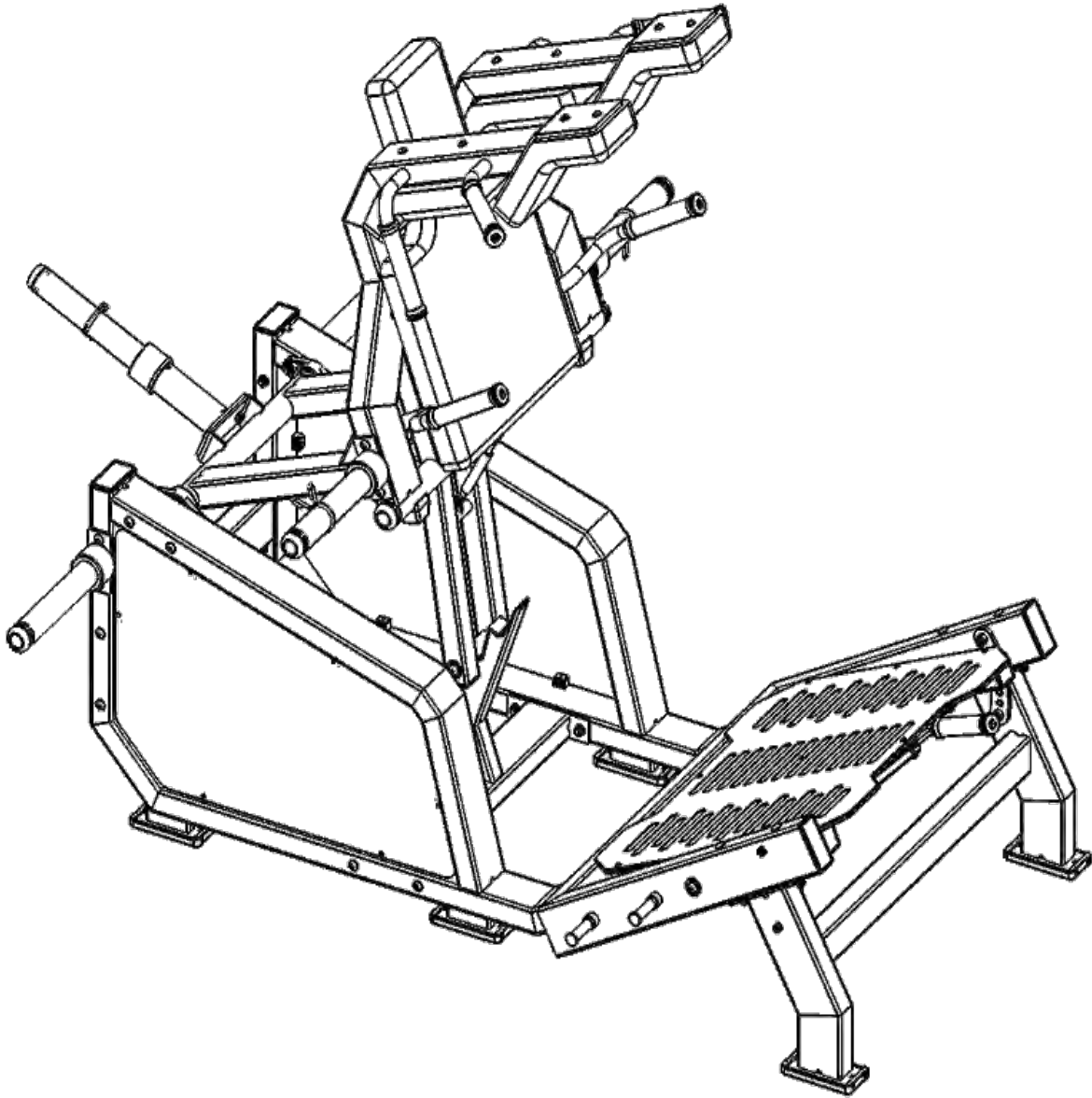




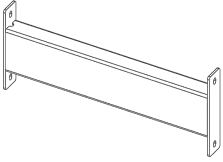
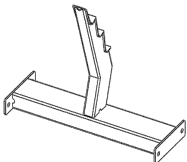
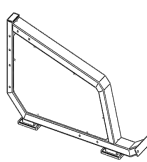
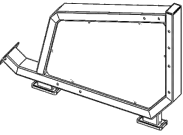
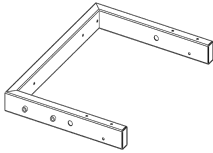
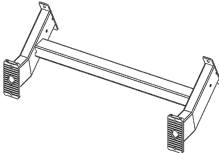
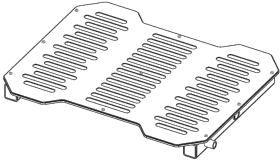
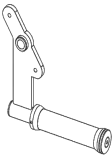
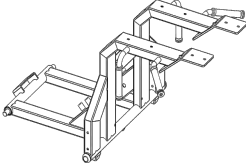
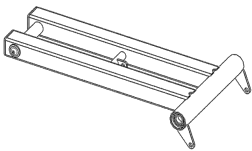
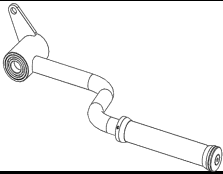

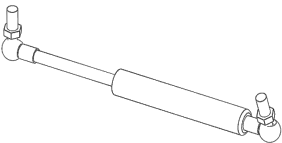
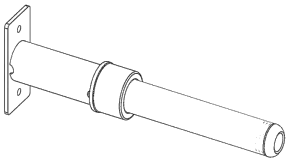
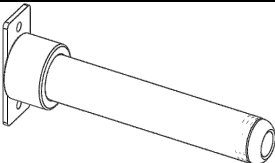
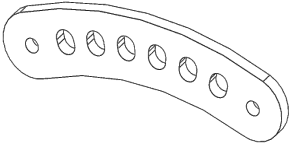
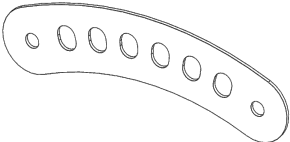
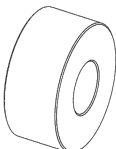
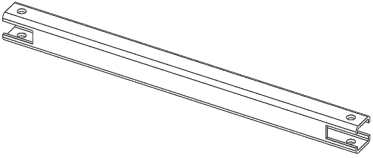
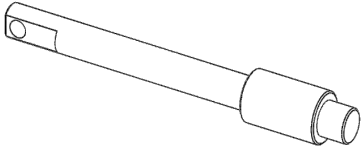
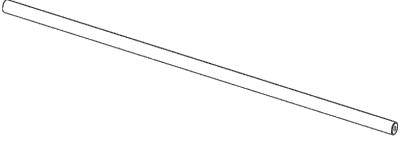
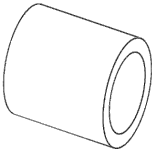
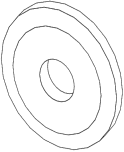
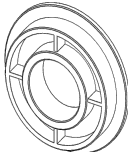
Excel Hack Squat / Front Squat Combo (PL-G-HS)


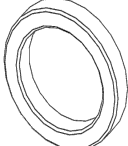
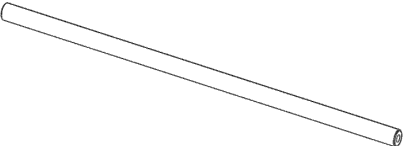
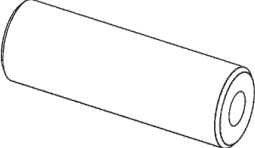
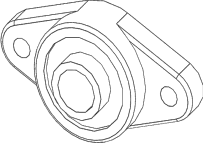
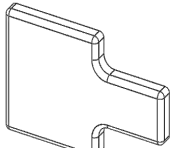
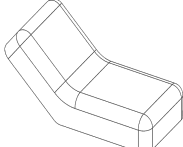
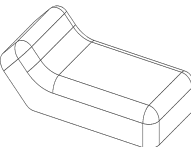

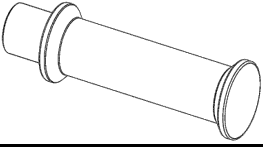
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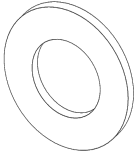

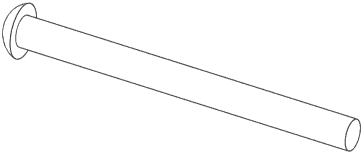
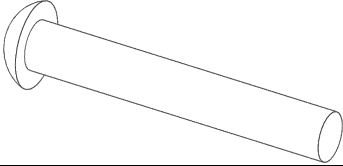
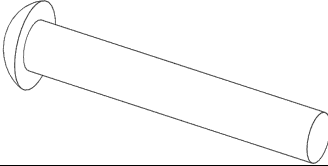
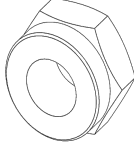
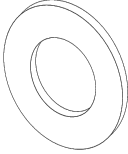

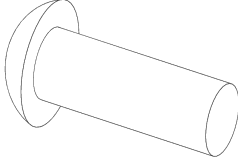
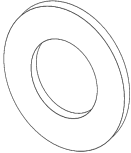
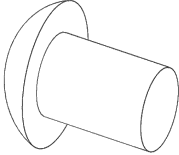
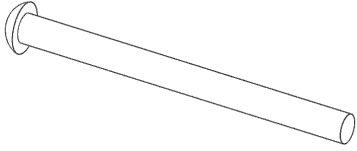
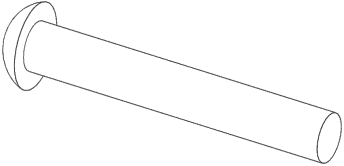
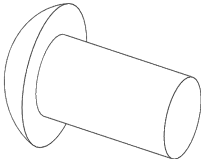
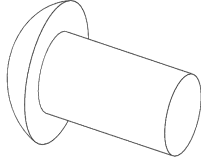
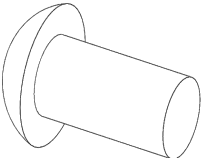
Parts list (individually packaged)

		
1	2	3
		
4	5	6
		
7	8	9
		
10	11	12
		
13	14	15
		
16	17	18
		
19	20	21
		
22	23	24

		
<p>25</p>	<p>26</p>	<p>27</p>
		
<p>28</p>	<p>29</p>	<p>30</p>
		
<p>31</p>	<p>32</p>	<p>33</p>
		
<p>34</p>		

Item	Name	Qty
1	Connecting brace welding group	1
2	Limit welding group	1
3	Left base assembly	1
4	Base right component	1
5	Fixed pedal assembly	1
6	Support pedal components	1
7	Pedal components	1
8	Adjustment handle assembly	1
9	Boom assembly	1
10	Support components	1
11	Left handle assembly	1
12	Right handle assembly	1
13	08YQ-18-8-220-100N gas spring	1
14	Barrel components	1
15	Barbell plate set	4
16	Adjustment plate	2
17	Stainless steel adjustment plate	2
18	Limit sleeve column	4
19	Connecting pipe	2
20	Pin (galvanized)	2
21	Galvanized shaft	1
22	Nylon cover	2
23	0211 gasket	2
24	Polybing spacer	2
25	Aluminum alloy end cap	2
26	0204 spacer ring	2
27	Assemble the shaft	1
28	Assemble connecting shaft 1	2
29	UCFL205 bearing seat	2
30	Big backrest	1
31	Curved shoulder pad	2
32	Shoulder pads	2
33	Butterfly clip	3
34	Hanging column	4

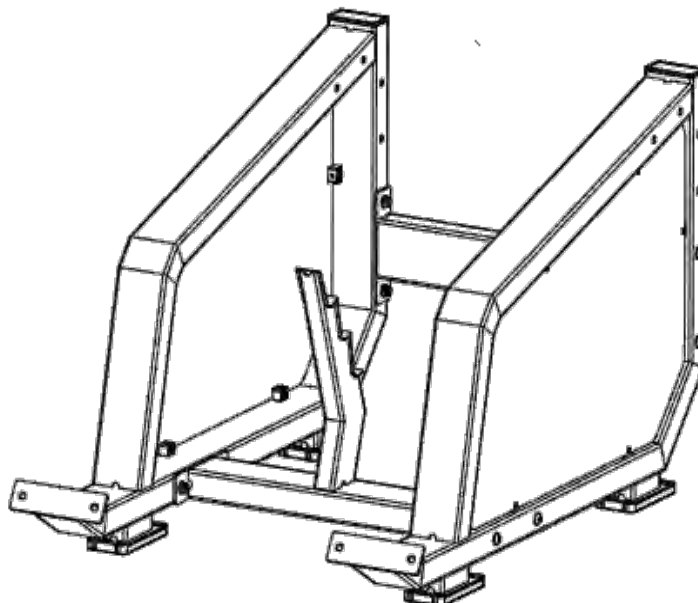
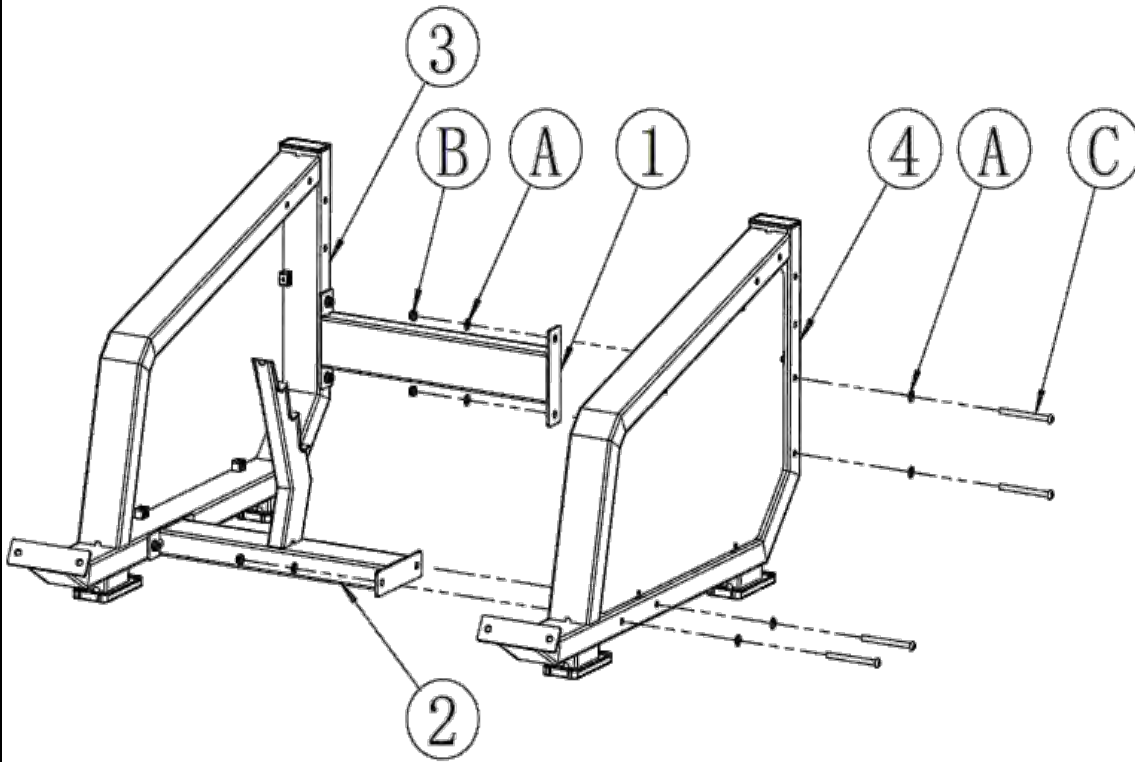
Blister package screw list

		
A	B	C
		
D	E	F
		
G	H	J
		
K	L	M
		
N	P	Q
		
R		

Item	Name	Qty
A	Flat washerΦ10	65
B	Lock nut M10	30
C	Hexagon socket head screw M10X120	20
D	Hexagon socket head screw M10X70	4
E	Hexagon socket head screw M8X75	4
F	Lock nut M8	6
G	Flat washerΦ8	24
H	Lock nut M6	4
J	Hexagon socket head screw M6X25	4
K	Flat washerΦ6	8
L	Hexagon socket head screw M10X16	7
M	Hexagon socket head screw M10X130	4
N	Hexagon socket head screw M8X70	10
P	Hexagon socket head screw M8X25	8
Q	Hexagon socket head screw M10X25	2
R	Hexagon socket countersunk head screw M10X25	2

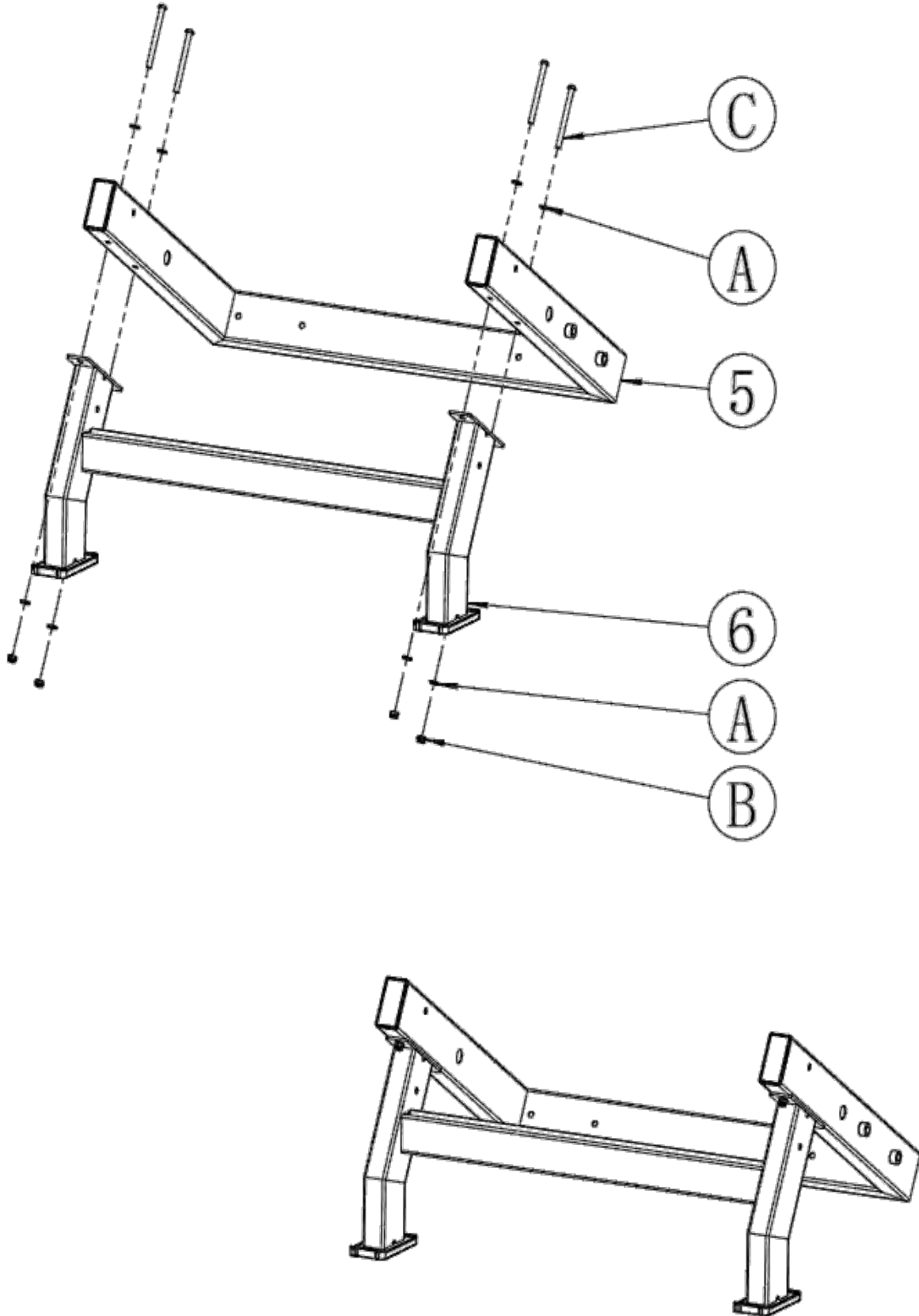
Assembly steps

Step	Item NO	Name	Qty
1	1	Connecting brace welding group	1
	2	Limit welding group	1
	3	Left base assembly	1
	4	Base right component	1
	A	Flat washer $\Phi 10$	16
	B	Lock nut M10	8
	C	Hexagon socket head screw M10X120	8



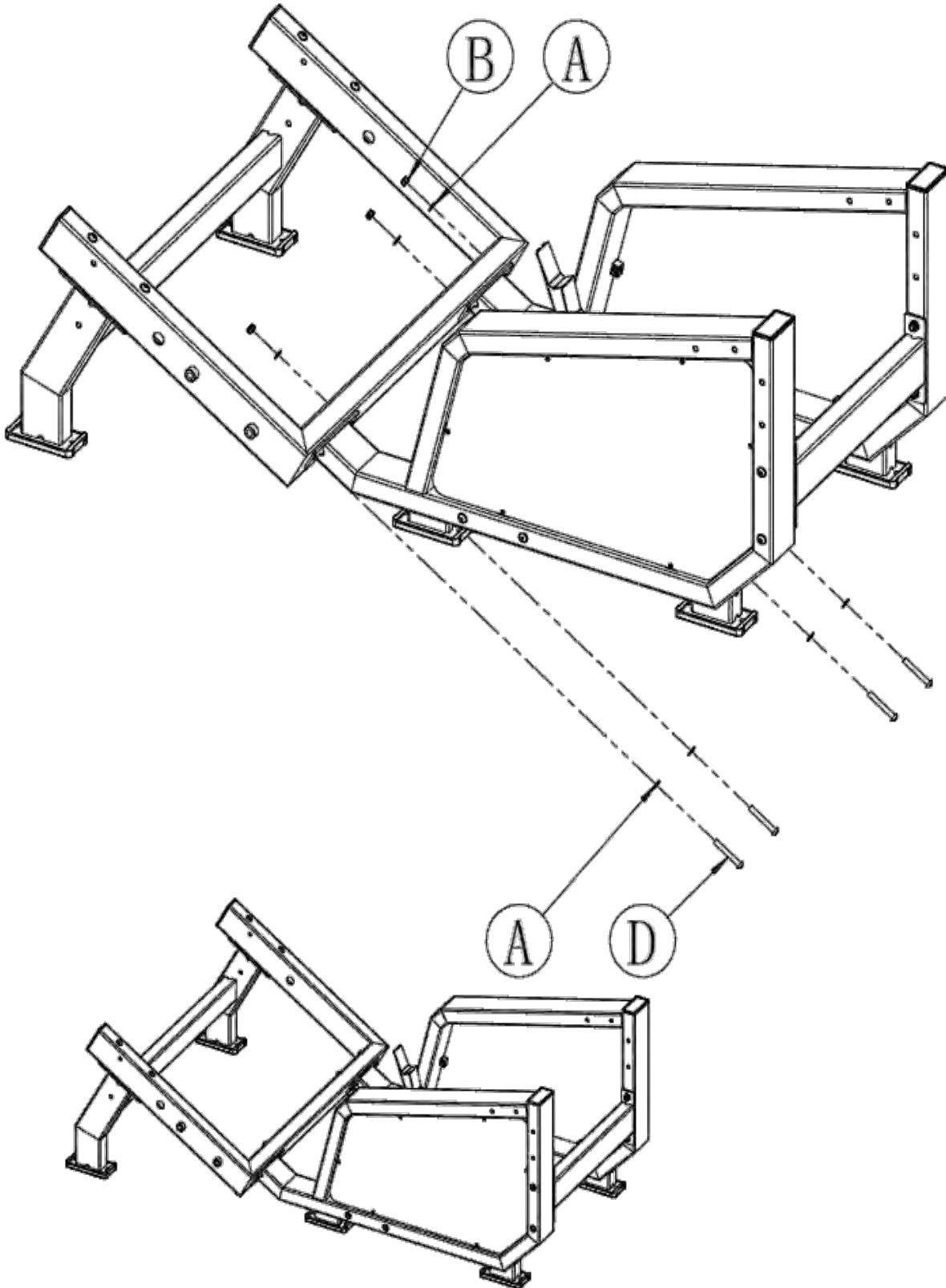
Assembly steps

Step	Item NO	Name	Qty
2	5	Fixed pedal assembly	1
	6	Support pedal components	1
	A	Flat washerΦ10	8
	B	Lock nut M10	4
	C	Hexagon socket head screw M10X120	4



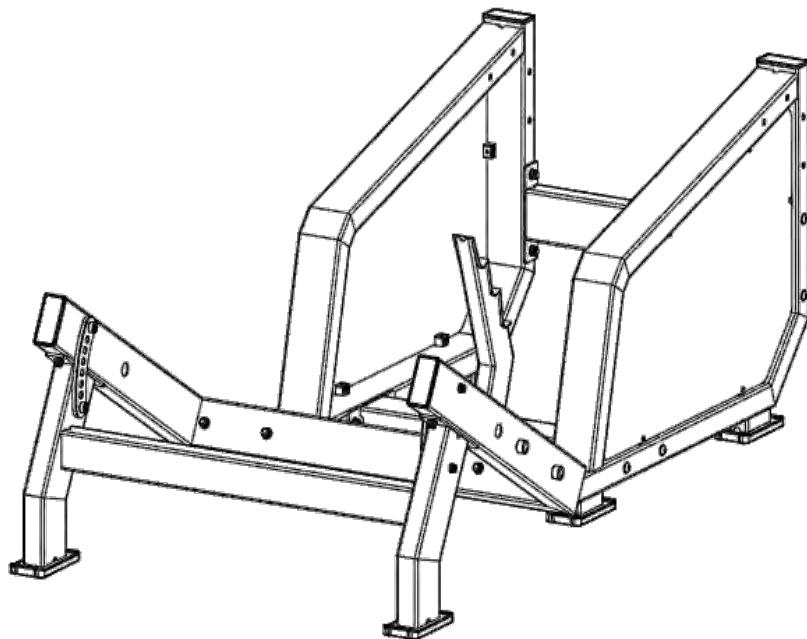
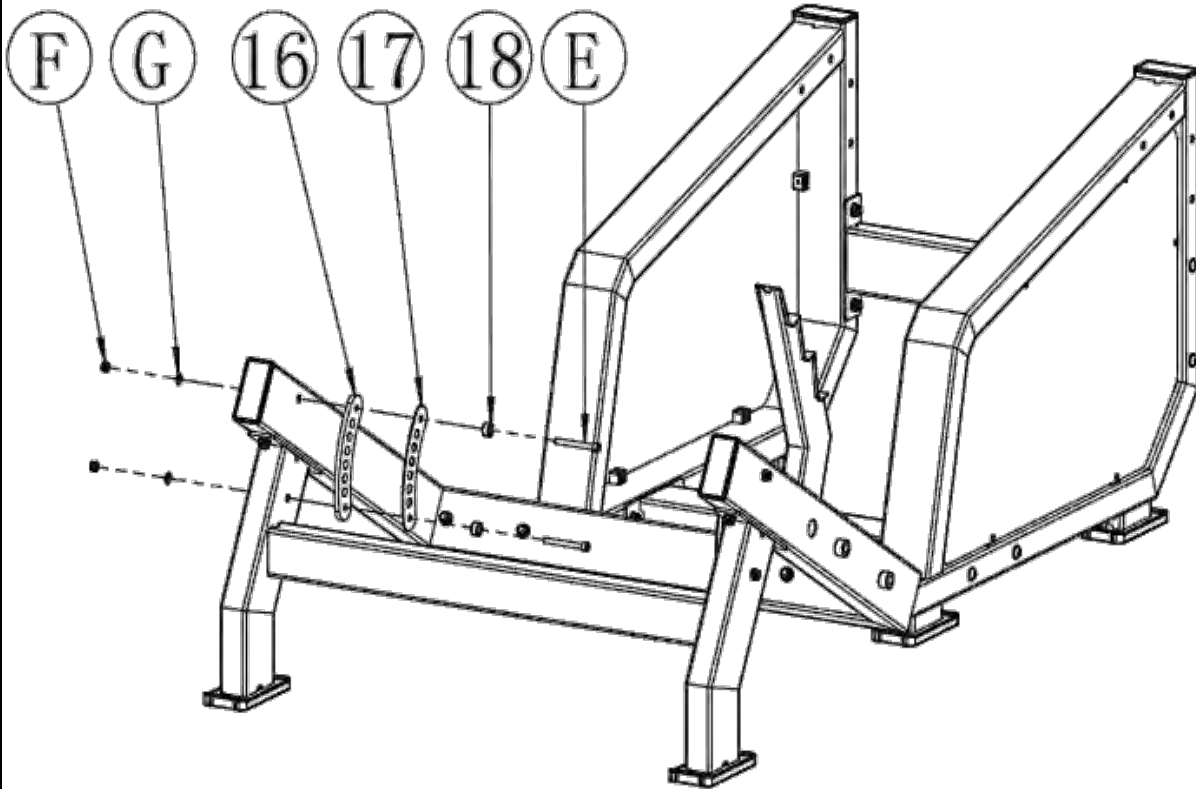
Assembly steps

Step	Item NO	Name	Qty
3	A	Flat washerΦ10	8
	B	Lock nut M10	4
	D	Hexagon socket head screw M10X70	4



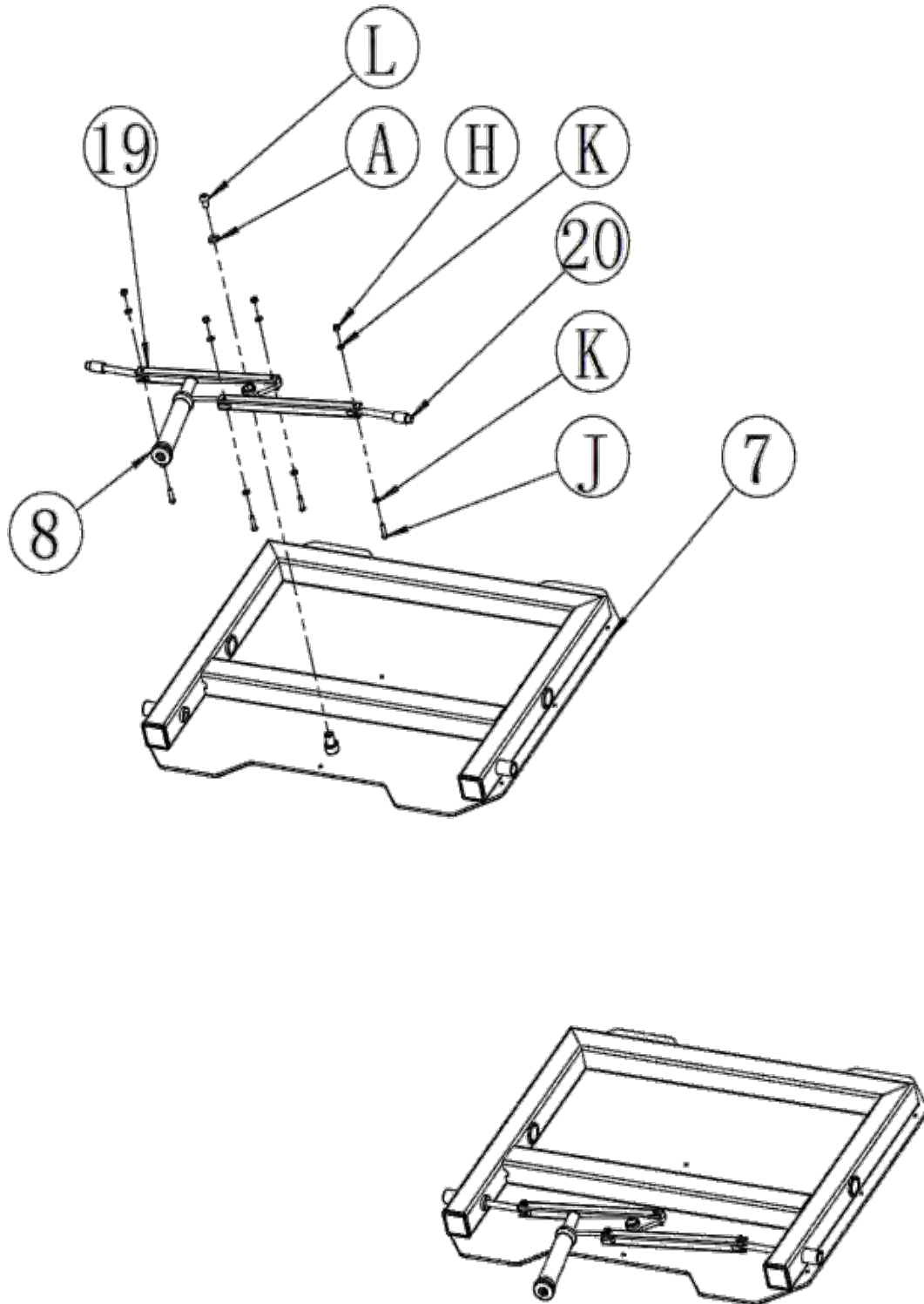
Assembly steps

Step	Item NO	Name	Qty
4	16	Adjustment plate	2
	17	Stainless steel adjustment plate	2
	18	Limit sleeve column	4
	E	Hexagon socket head screw M8X75	4
	F	Lock nut M8	4
	G	Flat washerΦ8	4



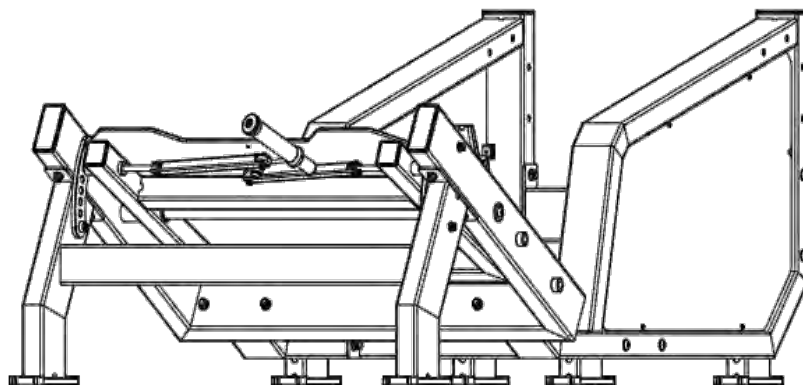
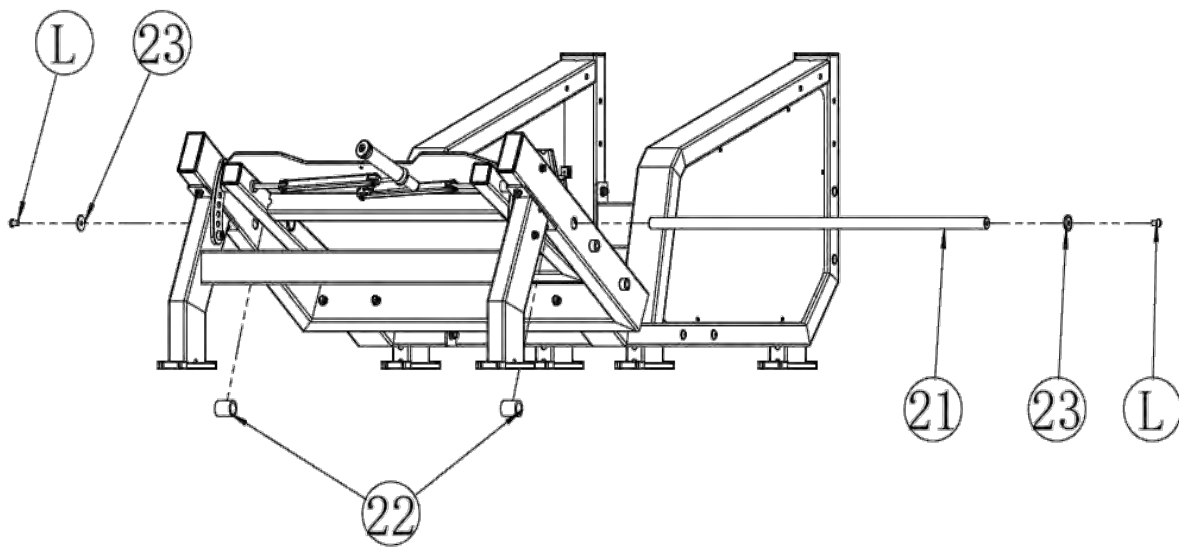
Assembly steps

Step	Item NO	Name	Qty
5	7	Pedal components	1
	8	Adjustment handle assembly	1
	19	Connecting pipe	2
	20	latch	2
	A	Flat washerΦ10	1
	H	Lock nut M6	4
	J	Hexagon socket head screw M6X25	4
	K	Flat washerΦ6	8
	L	Hexagon socket head screw M10X16	1



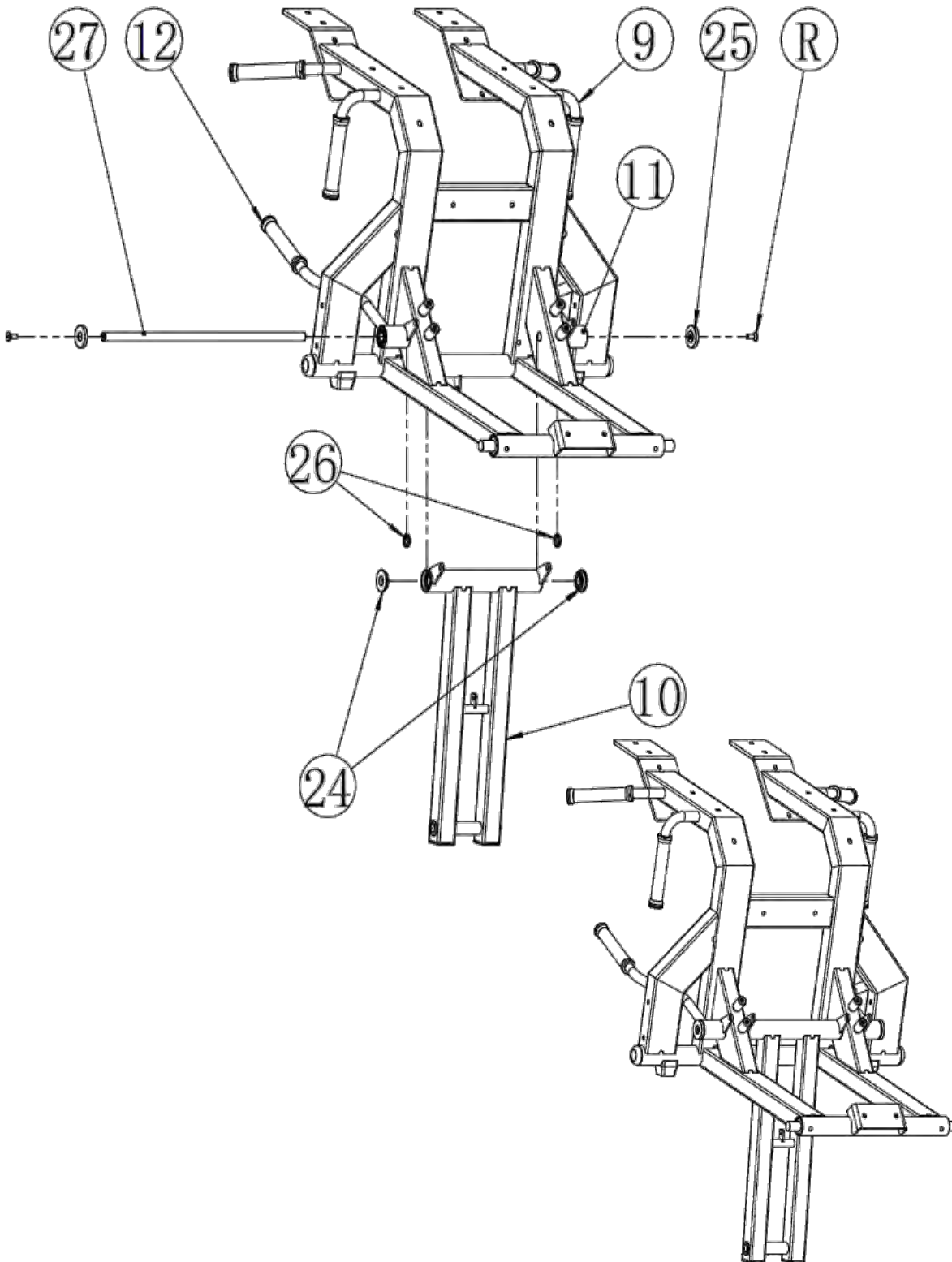
Assembly steps

Step	Item NO	Name	Qty
6	21	Galvanized shaft	1
	22	Nylon cover	2
	23	0211 gasket	2
	L	Hexagon socket head screw M10X16	2



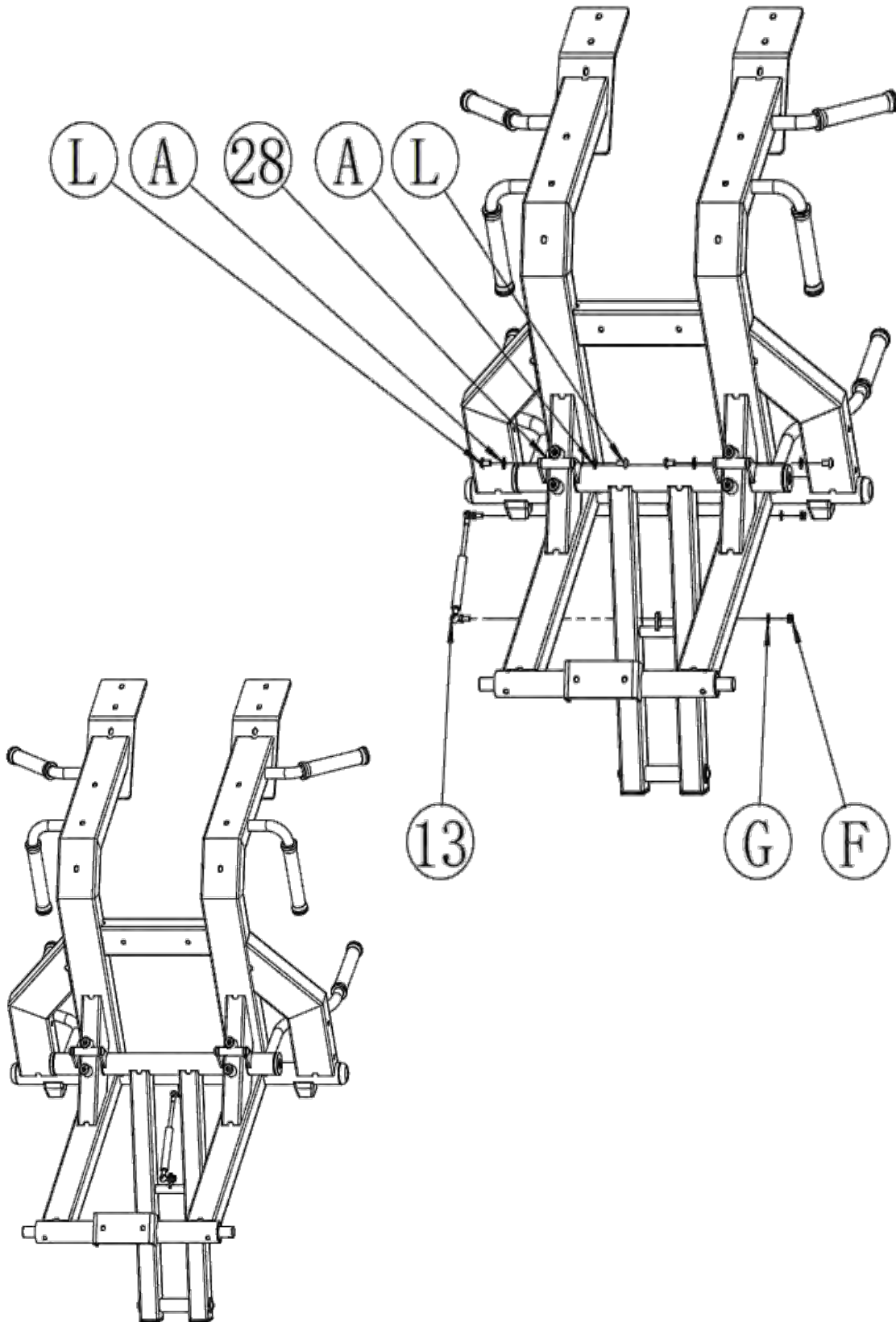
Assembly steps

Step	Item NO	Name	Qty
7	9	Boom assembly	1
	10	Support components	1
	11	Left handle assembly	1
	12	Right handle assembly	1
	24	polybing spacer	2
	25	Aluminum alloy end cap	2
	26	spacer ring	2
	27	Assemble the shaft	1
	R	Hexagon socket countersunk head screw M10X25	2



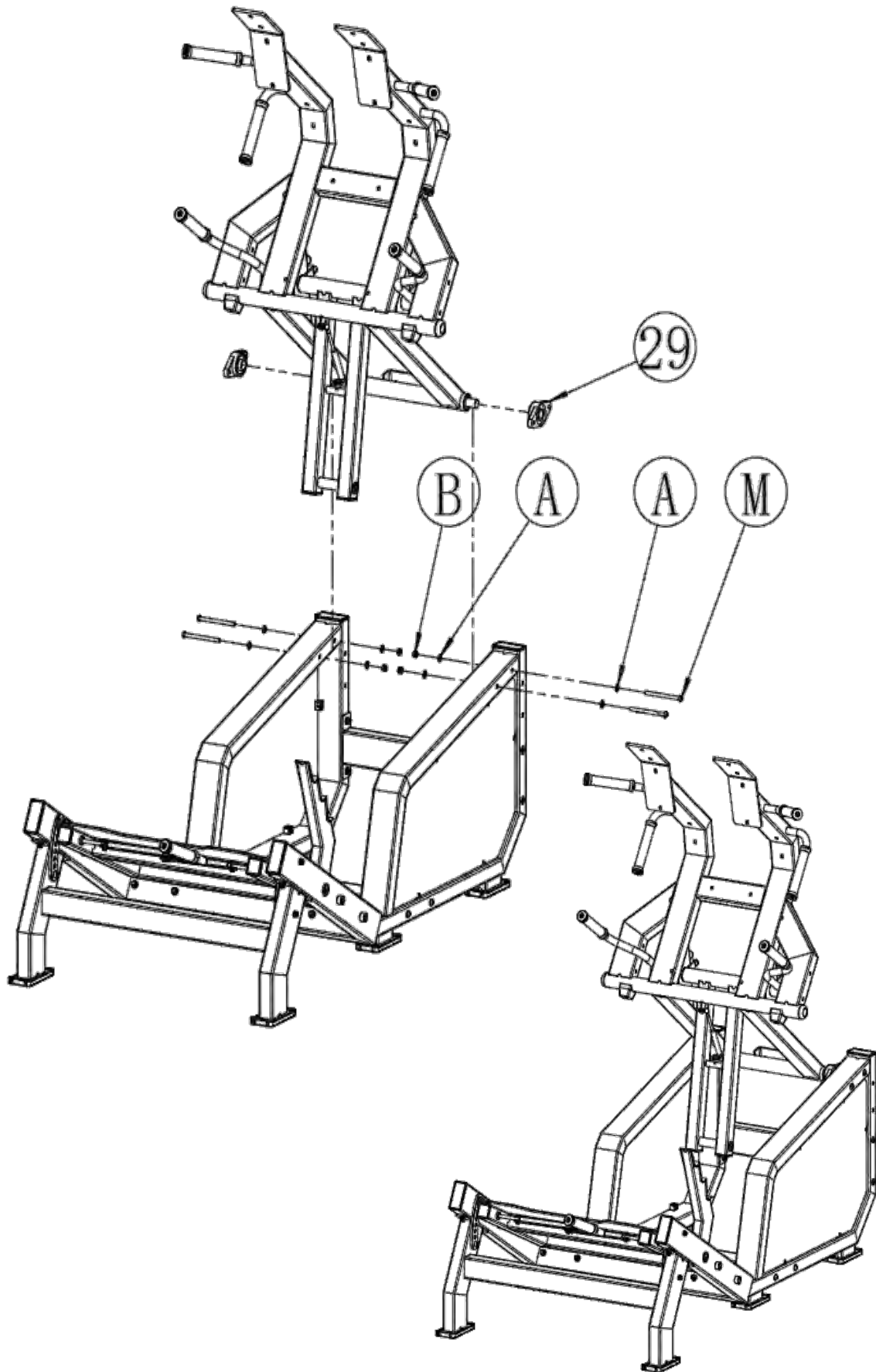
Assembly steps

Step	Item NO	Name	Qty
8	13	Gas Spring	1
	28	Assemble connecting shaft 1	2
	A	Flat washerΦ10	4
	F	Lock nut M8	2
	G	Flat washerΦ8	2
	L	Hexagon socket head screw M10X16	4



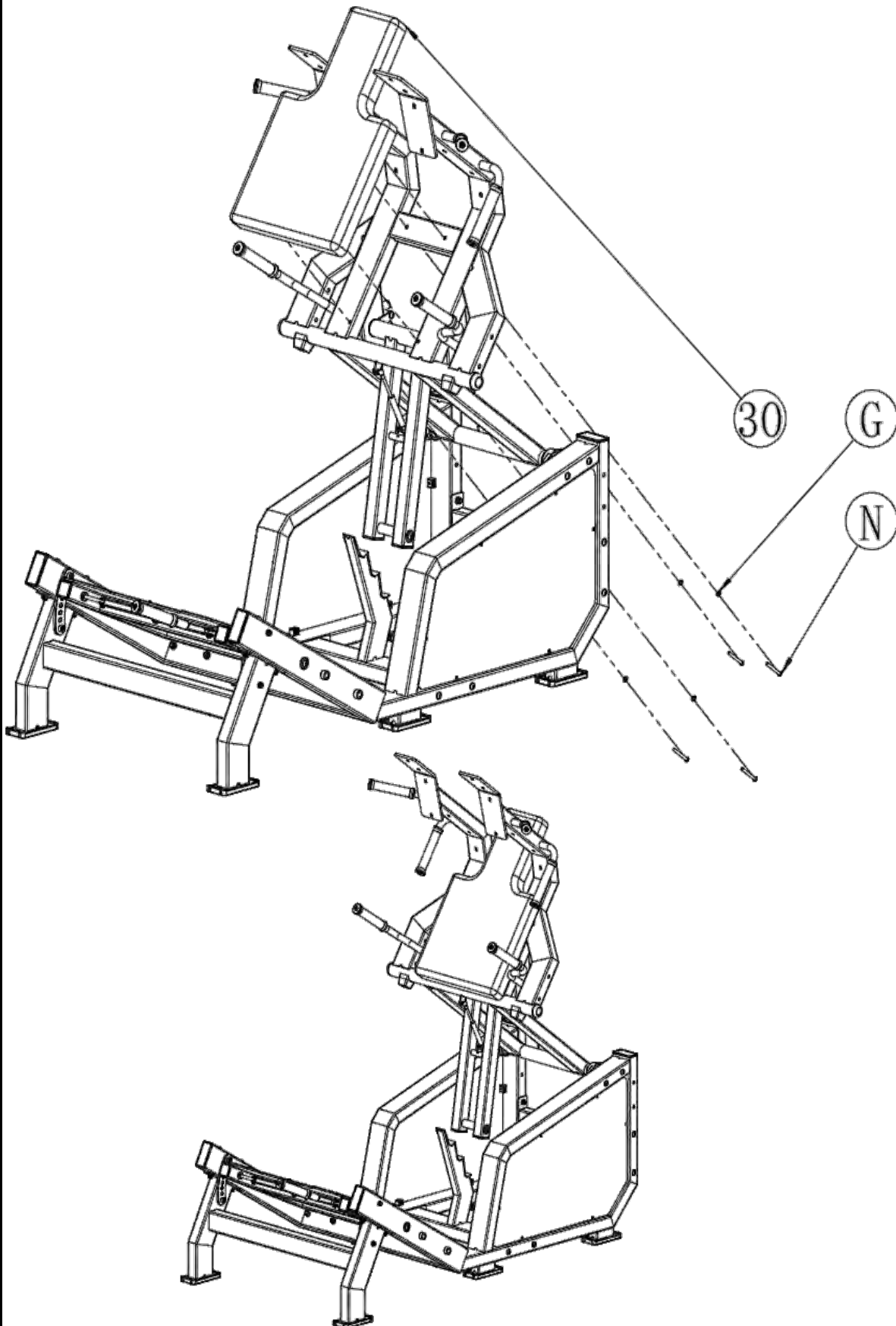
Assembly steps

Step	Item NO	Name	Qty
9	29	UCFL205 bearing seat	2
	A	Flat washerΦ10	8
	B	Lock nut M10	4
	M	Hexagon socket head screw M10X130	4



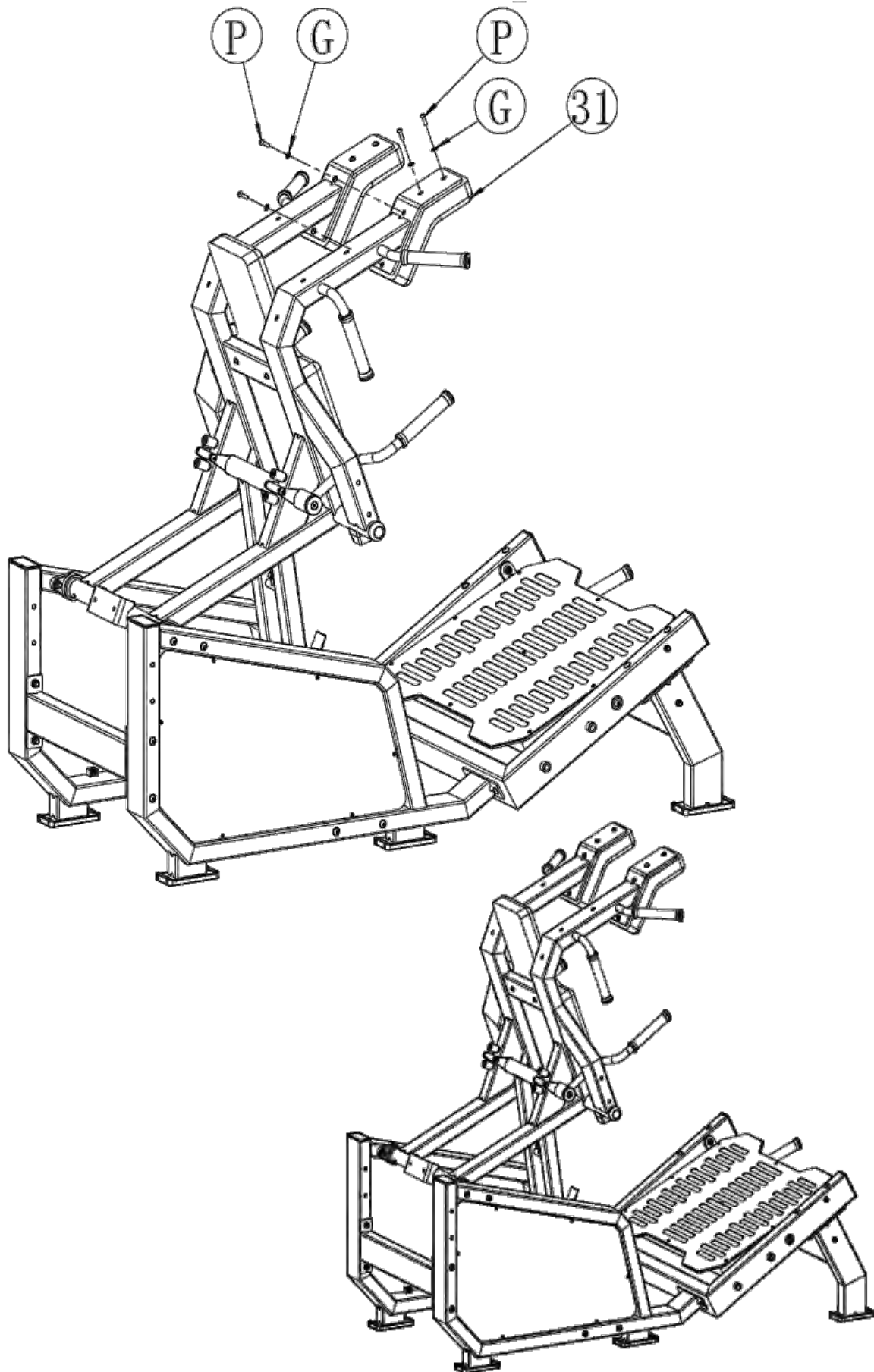
Assembly steps

Step	Item NO	Name	Qty
10	30	Big backrest	1
	G	Flat washerΦ8	4
	N	Hexagon socket head screw M8X70	4



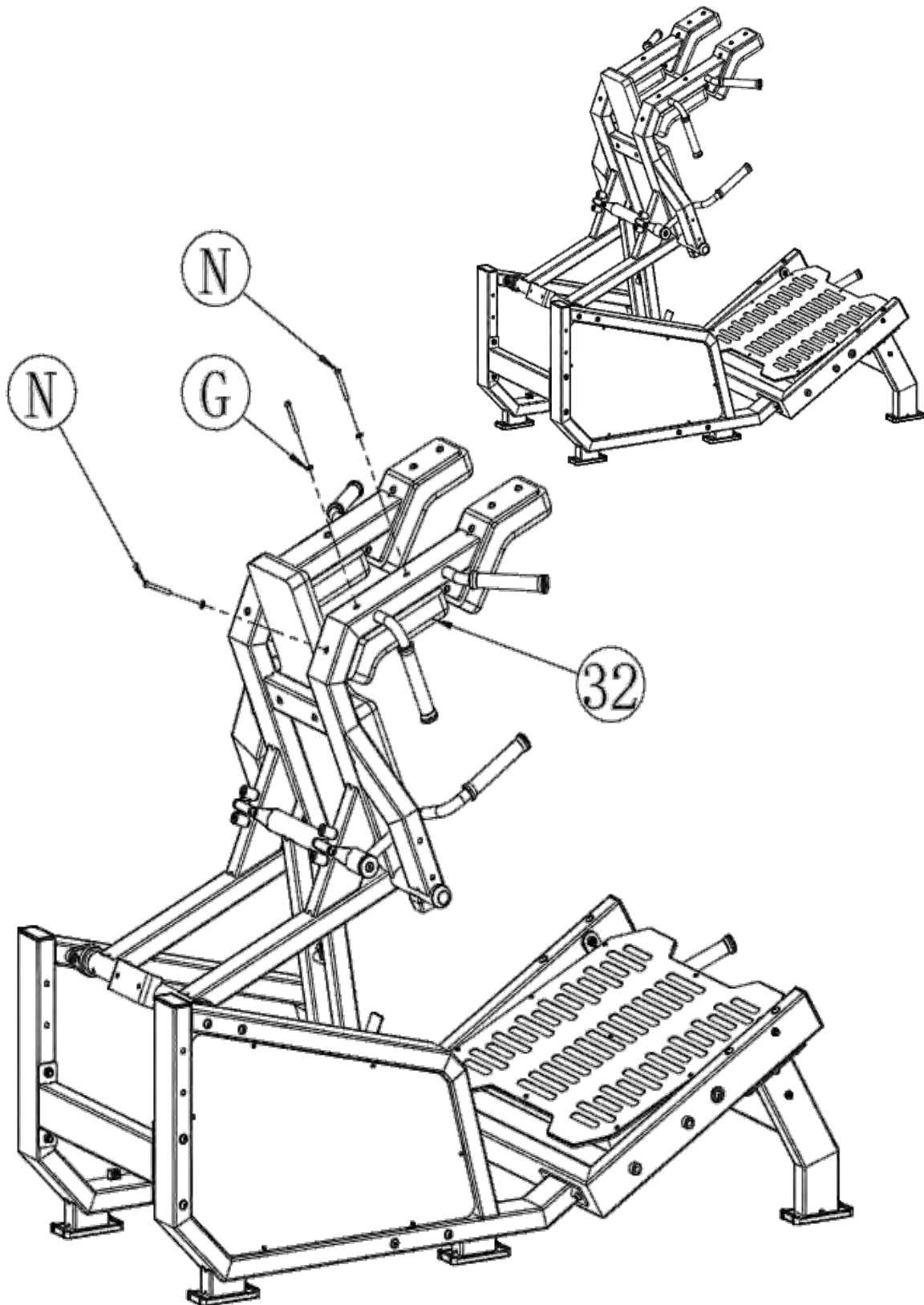
Assembly steps

Step	Item NO	Name	Qty
11	31	Curved shoulder pad	2
	G	Flat washerΦ8	8
	P	Hexagon socket head screw M8X25	8



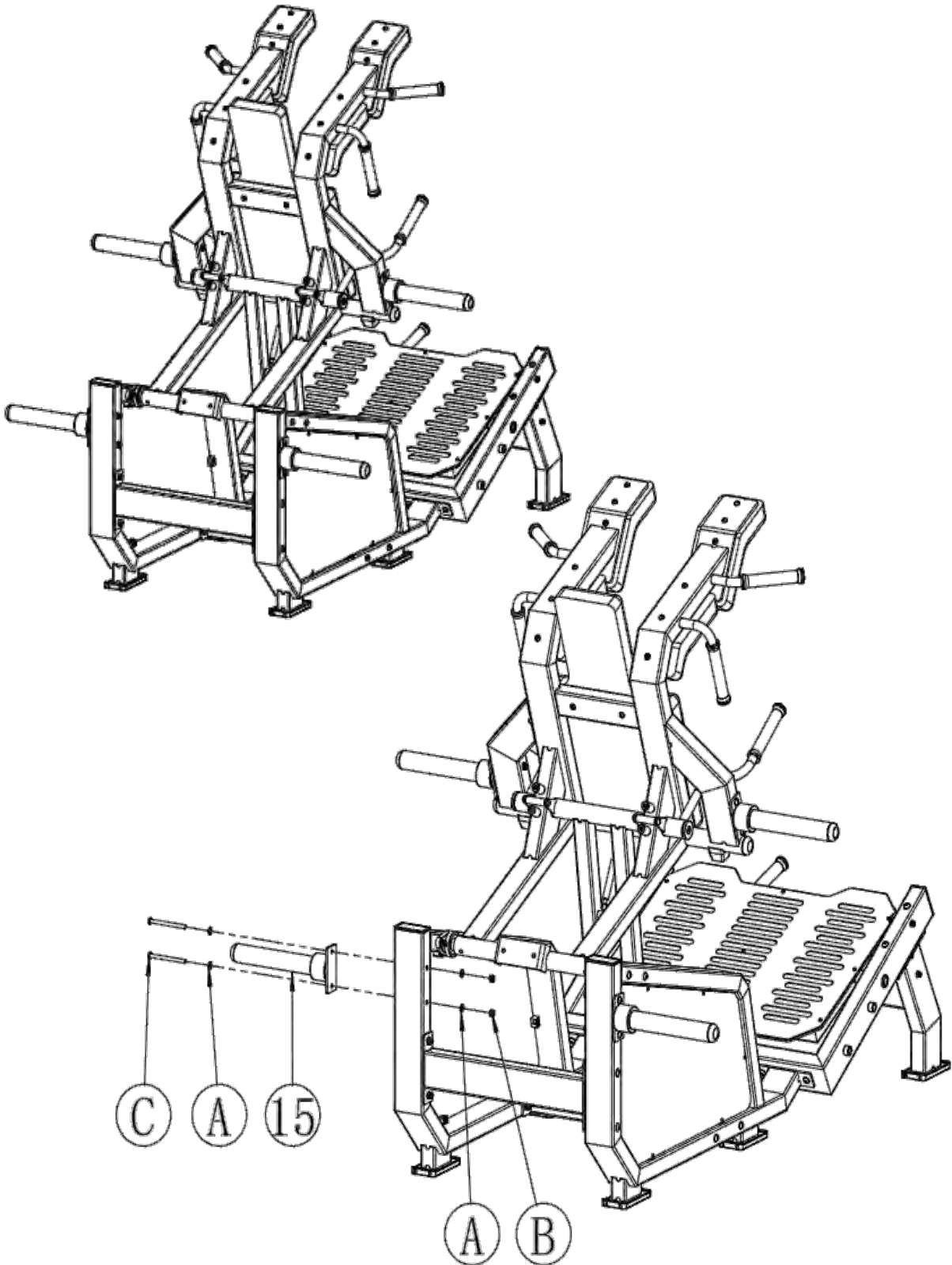
Assembly steps

Step	Item NO	Name	Qty
12	32	Shoulder pads	2
	G	Flat washerΦ8	6
	N	Hexagon socket head screw M8X70	6



Assembly steps

Step	Item NO	Name	Qty
13	15	Barbell plate set	3
	A	Flat washerΦ10	16
	B	Lock nut M10	8
	C	Hexagon socket head screw M10X120	8



Assembly steps

Step	Item NO	Name	Qty
14	14	Barrel components	1
	33	butterfly clip	3
	34	hanging column	4
	A	Flat washerΦ10	4
	B	Lock nut M10	2
	Q	Hexagon socket head screw M10X25	2

