

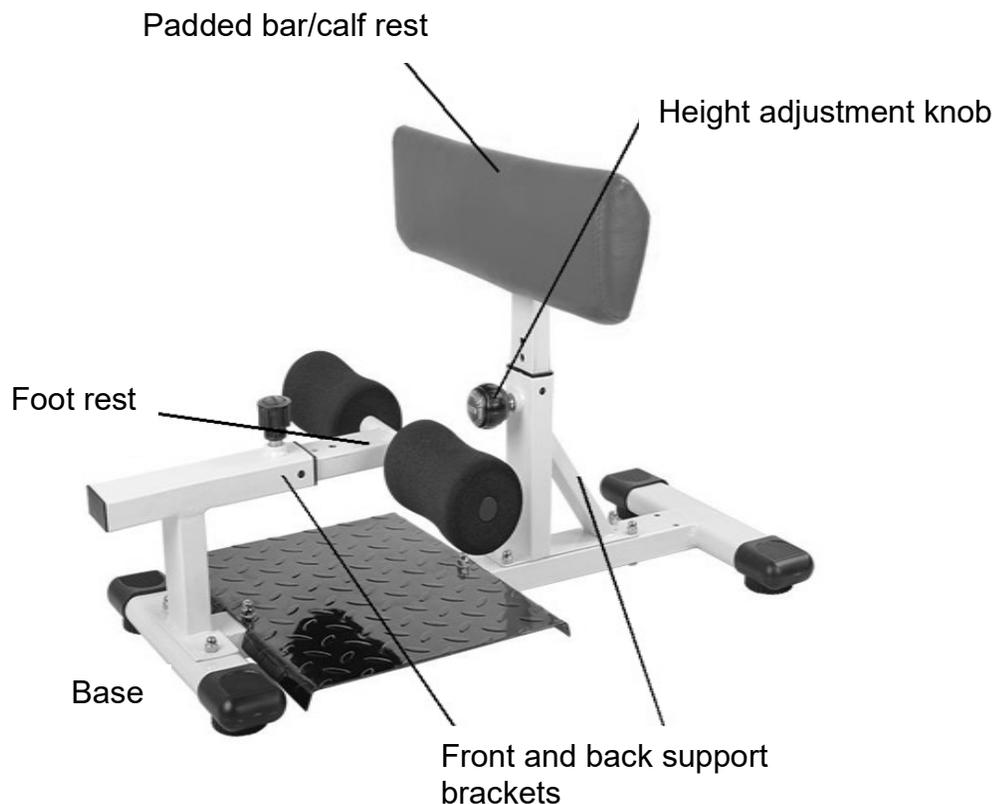


Product name: Sissy Squat Machine
SKU: 330-SSQUAT
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

Conquer Sissy Squat Exercise Machine Assembly Manual

Warnings:

1. Any exercise program poses a health risk; please consult a physician before using this fitness machine.
2. If you feel faint or dizzy, stop using the product immediately.
3. Improper assembly and use may cause injury.
4. Always check that bolts and nuts are securely tightened before using.
5. Serious bodily injury can occur if all instructions are not followed.
6. Keep children and pets away from equipment when in use.
7. Weight limit for the machine is 265 lbs.
8. Follow all instructions and safety warnings in this manual.

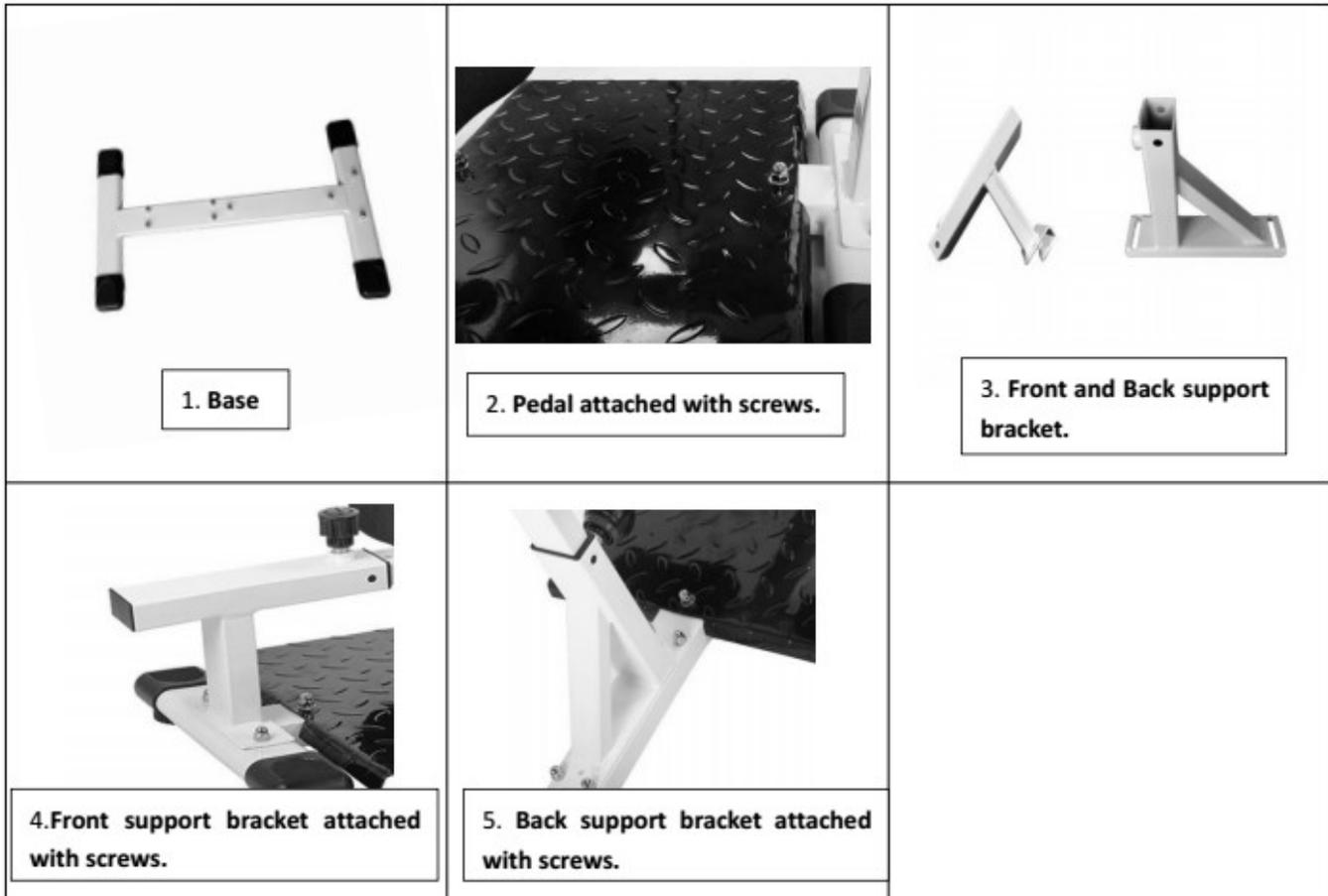




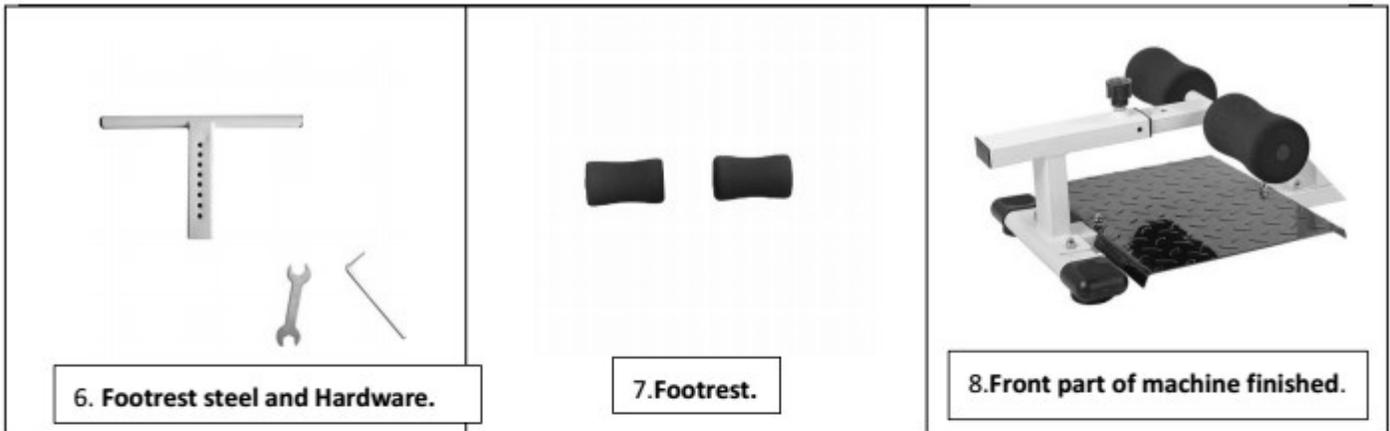
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ASSEMBLY INSTRUCTIONS

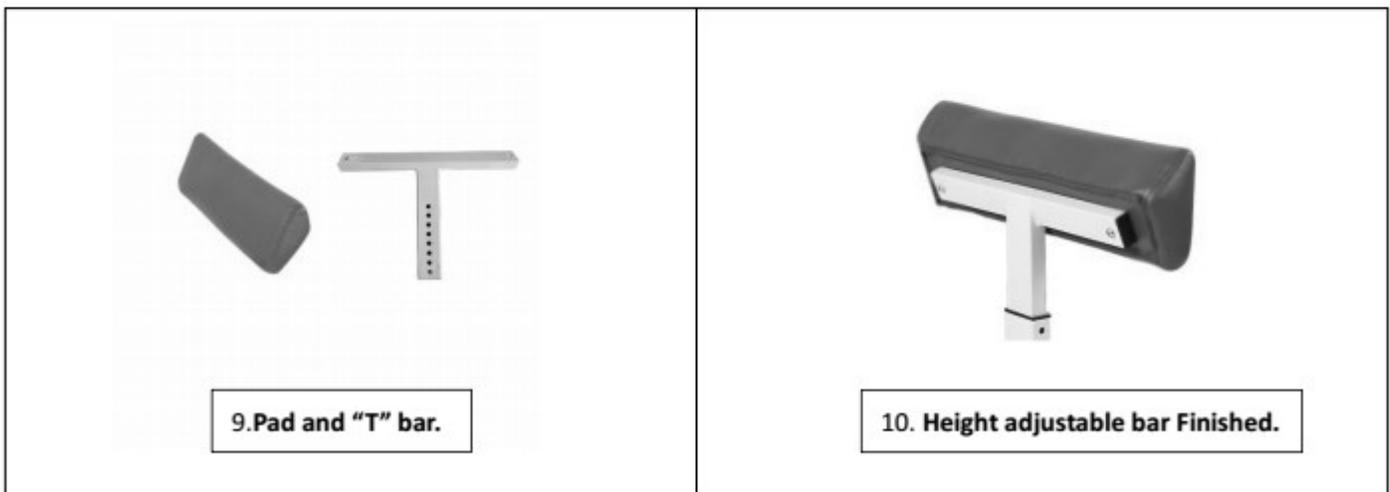
Remove all parts and hardware from box, place in a clear, flat area and position everything on the floor. Remove all packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning assembly.



STEP 1: Most screws have been fixed on the base(fig.1), Identify Base, Pedal(fig.2), Front and Back support bracket(fig.3). Find correct holes, then attach them with screws.(fig.4and fig.5)



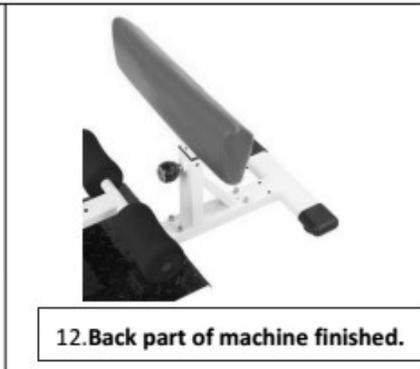
STEP 2: Locate Footrest parts and Hardware(fig.6 and fig.7).Then, Line up Footrest Steel with hole in the front support bracket(fig.8),then attach with knob. After that, put the Footrest on(fig.8).



STEP 3: Find Pad and The "T" shaped bar(fig.9). Attach with two screws(fig.10).



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STEP 4: Take padded bar and height adjustment knob(fig.11) and align with the hole in Back support bracket,use knob to attach padded bar to bracket(fig.12). All finished,adjust to your height(fig.13).



Sissy Squats

This type of squat is an awesome exercise to help define quadriceps. Place feet under foot rest pads and calves against the padded bar. Raise and lower body while keeping body in control.

Thank you for purchasing our product. Check out help.conquerequipment.com for additional information, videos and assembly help.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a positive product review. If you need help or have questions, please email at customercare@conquerequipment.com and we will do everything in our power to be sure you are happy.