

Quick Start Guide

Set up in about 30–60 minutes

STEP 1 — Assemble Rear Support Frame

Attach the rear support frame to the base frame to create a stable foundation.

- Slide the tubes fully into position.
- Make sure the base rests flat on the floor (no rocking).
- Hand-tighten only for now.



STEP 2 — Install the Middle Resistance Support Assembly (Most Important)

- This step locks the resistance system to the main base frame. Do not skip.
- Place the resistance support assembly onto the main frame and align the mounting holes.
- Insert the spring U-bracket bolt into the frame slots (ensure the bolt is fully seated).
- Install BOTH M8×55 socket bolts so they pass completely through the bottom tube (left to right) and secure the resistance support assembly.
- Start both M8×55 bolts by hand first. Then tighten evenly on both sides.

Critical Warning (Do Not Omit)

The M8×55 bolts are the primary locking fasteners that anchor the resistance system to the bottom tube. If the M8×55 bolts are missing or not fully engaged, the resistance system may shift under load and can tear/strip the fasteners on the bottom tube. Do not use the unit until BOTH M8×55 bolts are installed and fully tightened.



Tool 3 wrench



Tool 2 wrench

- **✓ Correct / X Wrong (Quick Visual Check)**
- ✓ Correct: M8×55 bolts pass THROUGH the bottom tube and fully engage. Holes aligned first; start both bolts, then tighten evenly.
- X Wrong: M8×55 bolt missing or not through the tube. Forcing misaligned holes, or tightening one side first. Assembly shifts when shaken.
- **✓ Quick Check (Before Moving to Step 3)**
- You can see/feel BOTH M8×55 bolts fully passing through the bottom tube.
- The assembly does not wiggle, lift, or shift when shaken by hand.
- Both sides are tightened evenly (no gaps).

Before You Start

- Assembly is easiest with two people (optional).
- Work on a flat, level surface.
- Do not fully tighten bolts until the step says “Tighten”. Start all hardware first, then tighten evenly.
- You don’t need any tools beyond what’s included in the box.

STEP 3 — Install the Front Support Leg

Position the front connection assembly and align it with the mounting holes.

- Insert bolts and hand-tighten.
- Once aligned, tighten securely.



STEP 4 — Install Stabilizer Bar & Handle Assembly

Secure the handle assembly so you can stay balanced and confident while squatting.

- Attach the stabilizer bar / handles to the frame and align the holes.
- Start all fasteners, then tighten securely.
- Re-check that the unit sits flat and stable.



STEP 5 — Final Inspection (Before First Use)

- Ensure all bolts and screws are fully tightened.
- Gently shake the unit to confirm it feels solid and stable.
- Test a few shallow, controlled squats while holding the handles.

Quick Use — Adjust the Resistance

- Turn clockwise to increase resistance.
- Turn counterclockwise to decrease resistance.



Need step-by-step help?

Scan the QR code for the full assembly video and extra setup tips.

Important Safety Notes

- Use only on a flat, level surface.
- Keep hands and fingers clear of moving parts (springs/rollers).
- Do not use until the unit is fully assembled and stable.
- For complete instructions and safety information, please refer to the User Manual.