

SL7040

SQUAT LUNGE

OWNER'S MANUAL

21P

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

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Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	13
Assembly Instructions-----	14
Assembly-----	15
Adjust Instructions and Exercise Instructions-----	23
Maintenance Schedule-----	24
General Maintenance Information-----	25
Weight Training Tips-----	26

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

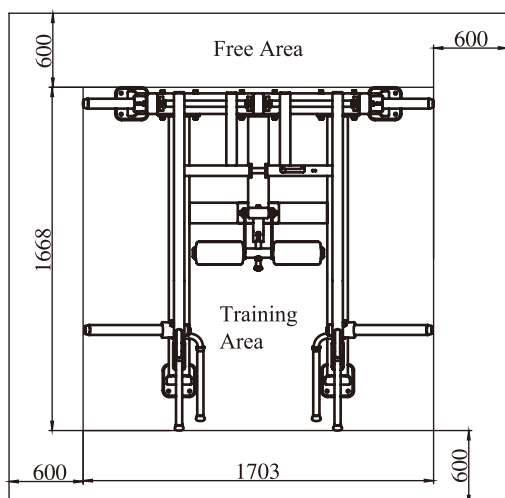
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1703*1668*636mm

Product Total Surface: 1703*1668mm

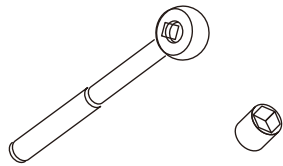
Product Total Mass: 122.9kg/ 271lbs

Instructions

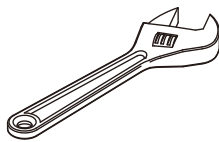
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

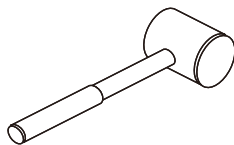
Tools Required



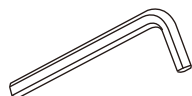
Ratchet Wrench and Socket



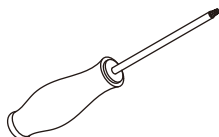
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

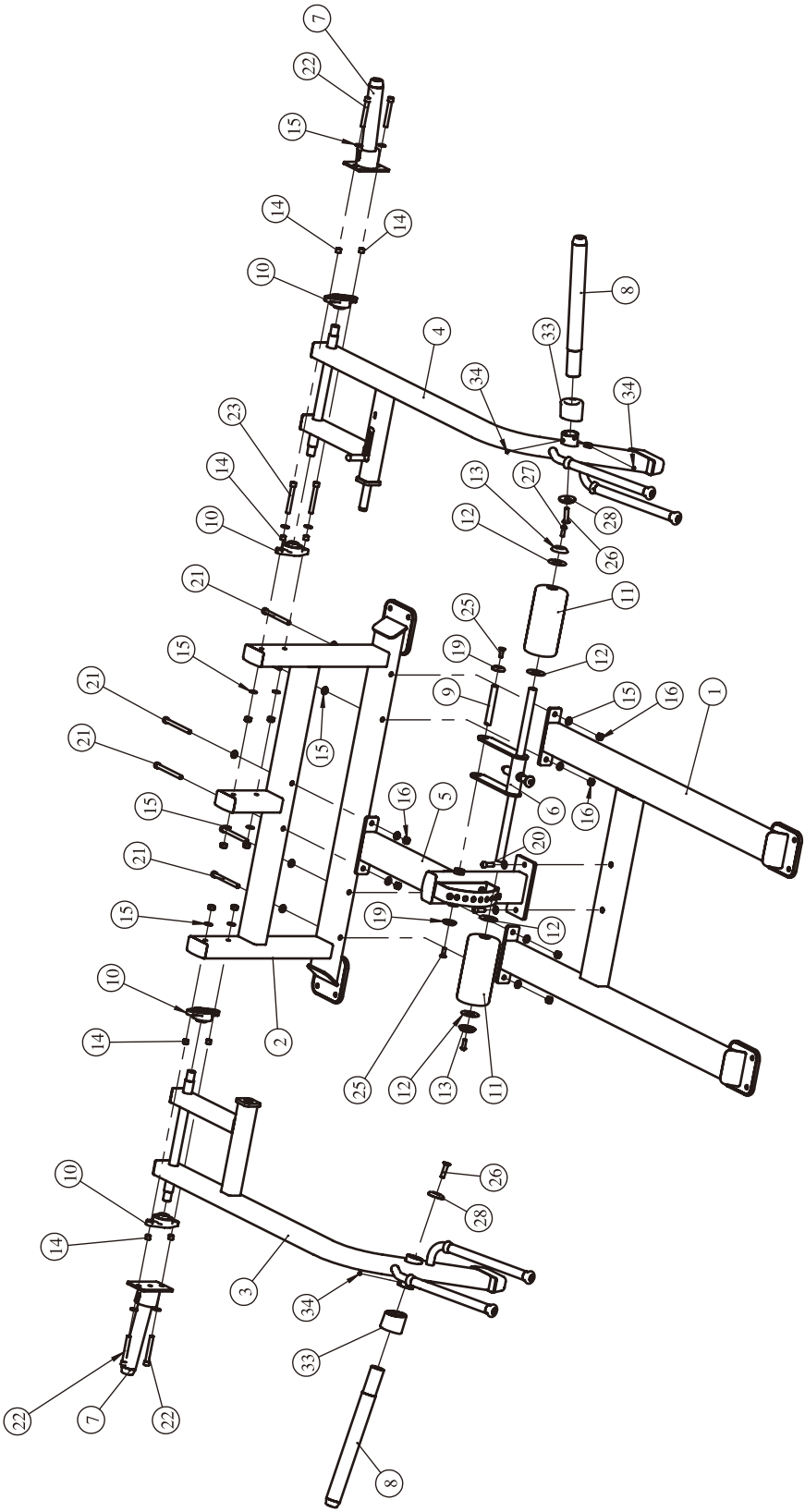
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	SL704001ASSY	Base Frame ASSY	1
2	2	SL704002ASSY	Rear Support Frame ASSY	1
3	3	SL704003ASSY	Left Swing Frame ASSY	1
4	4	SL704004ASSY	Right Swing Frame ASSY	1
5	5	SL704005ASSY	Support Frame ASSY	1
6	6	SL704006ASSY	Swing Frame ASSY	1
7	7	SL704007ASSY	Weight Plate Storage ASSY	2
8	8	SL704008ASSY	Weight Horn Assembly	2
9	9	HSP70512100	Pivot Shaft $\Phi 19$	1
10	10	UCFL205	Bearing Unit	4
11	11	IF93182100	FOAM	2
12	12	HF1652100	Plastic Bumper $\Phi 60$	4
13	13	IF81022000PBC	FOAM Cap $\Phi 56$	2
14	14	IT80038600	Spacer Sleeve	8
15	15	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	26
16	16	NM12DHS2	Nylon Lock Nut M12	12
19	19	IN-D10132300	$\Phi 43 \times \Phi 10.5 \times 8$ Aluminium Cap	2
20	20	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	2
21	21	GB70M12*130DHS20	Socket Head Cap Screw M12*130	6
22	22	GB70M12*90DHS20	Socket Head Cap Screw M12*90	4
23	23	GB70M12*95DHS20	Socket Head Cap Screw M12*95	2
25	25	CNLM10*30*30DHS20	Flat Head Cap Screw M10*30	2
26	26	CNLM12*50*50DS20NL	Flat Head Cap Screw M12*50	2
27	27	PNLM10*30*30DHS20	Button Head Cap Screw M10*30	2
28	28	SL70011700	$\Phi 54 \times \Phi 12.5 \times 10.6$ Aluminium Cap	2
29	29	NBS6DHS	Hex Key S=6	1
30	30	NBS8DHS	Hex Key S=8	1
31	31	NBS10DHS	Hex Key S=10	1
32	32	LW200BS	Wrench	1
33	33	PL0702900	Rubber Bumper	2
34	34	GB77M8*6DS18NL	Socket Set Screw M8*6	4

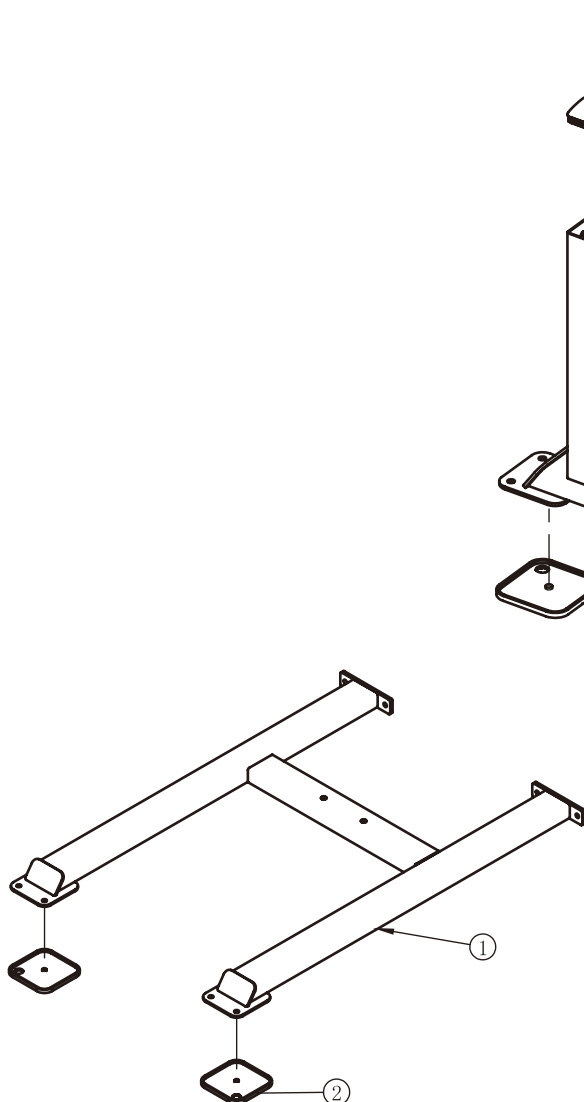
Exploded View and Parts List

Overall

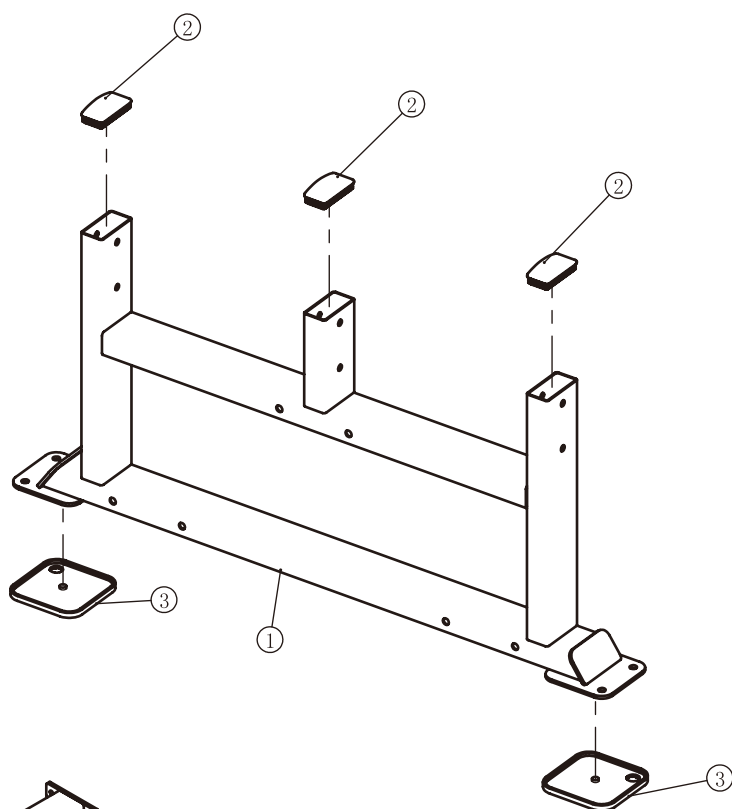


Exploded View and Parts List

Base Frame ASSY



Rear Support Frame ASSY

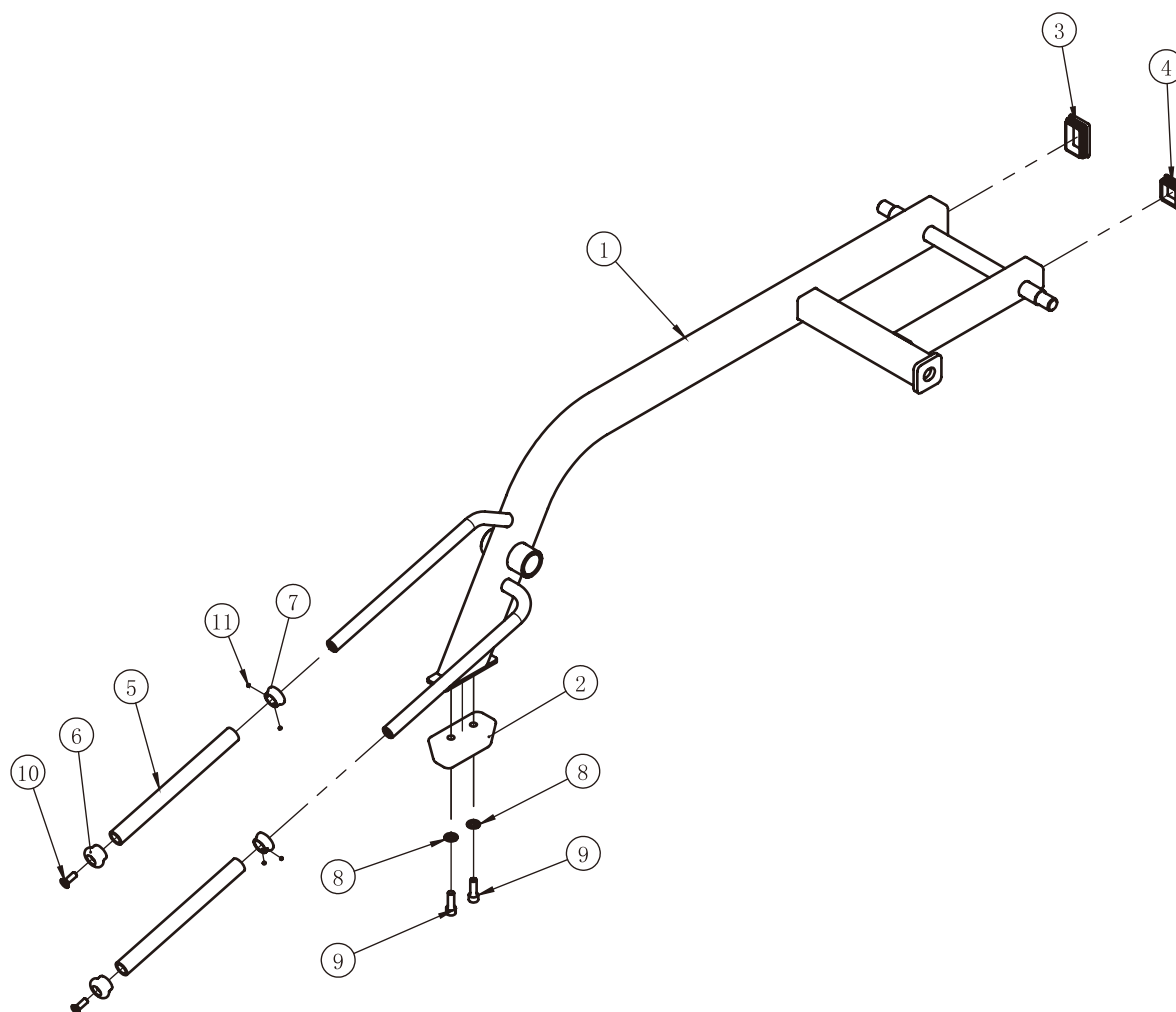


ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70400100	Base Frame	1
2	1.2	CWRVL0051200	Rubber Foot	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	SL70400200	Rear Support Frame	1
2	2.2	VLP8000	Pipe Plug	3
3	2.3	CWRVL0051200	Rubber Foot	2

Exploded View and Parts List

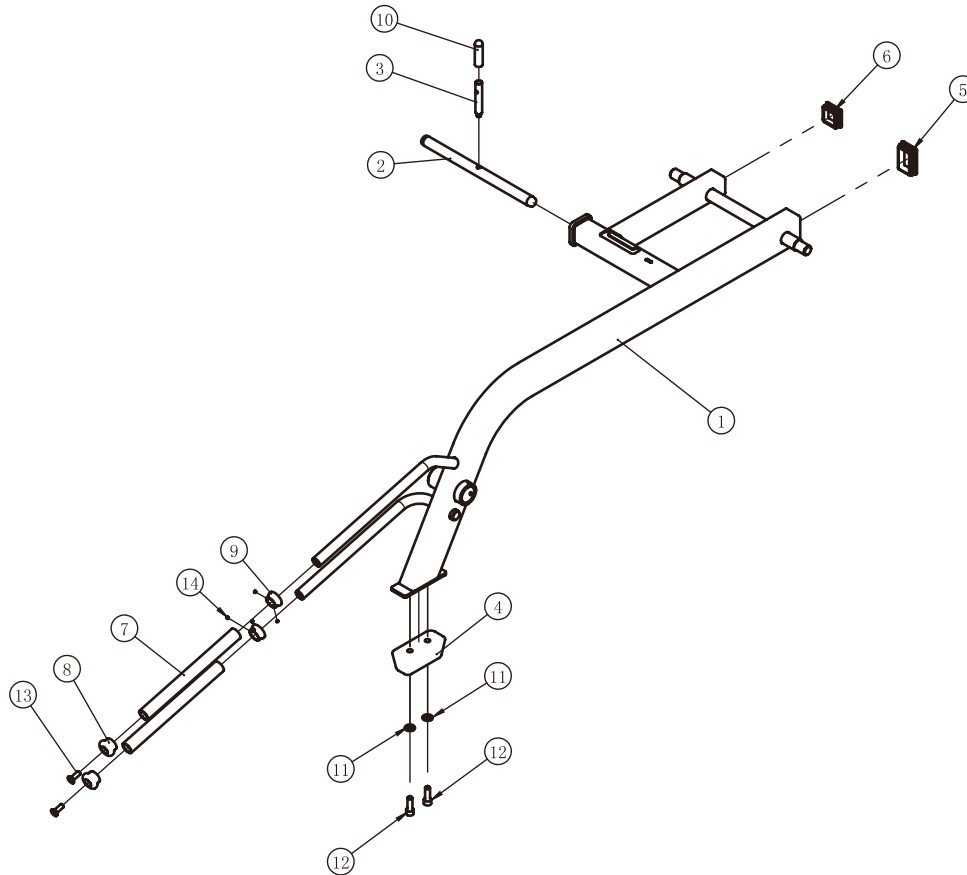
Left Swing Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	SL70400300	Left Swing Frame	1
2	3.2	PL380800	Large Rubber Bumper	1
3	3.3	KPSFID2800	End Cap □50.8*76.2	1
4	3.4	KPSFID3000	End Cap □50.8	1
5	3.5	IT95333000	Grip ST Φ30*Φ22*325	2
6	3.6	IT90102100	Aluminium Grip Cap Φ25	2
7	3.7	IT90102200	Aluminium Grip Ring Φ25	2
8	3.8	GB9512DHS2	Flat Washer Φ13*Φ24*2.5	2
9	3.9	GB70M12*35DHS20	Socket Head Cap Screw M12*35	2
10	3.10	CNLM10*30*30DHS20	Flat Head Cap Screw M10*30	2
11	3.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

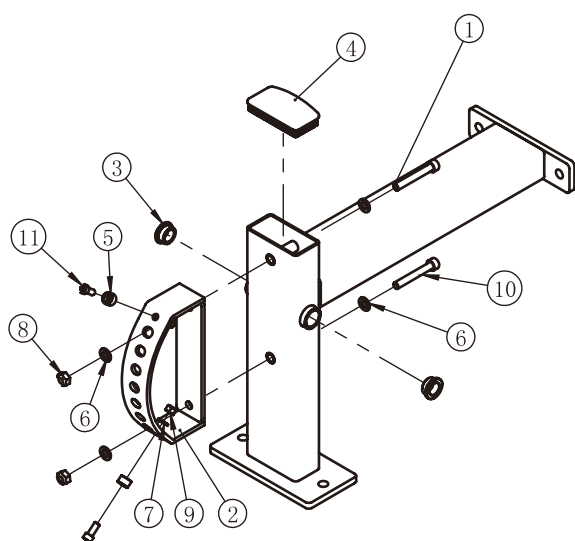
Right Swing Frame ASSY



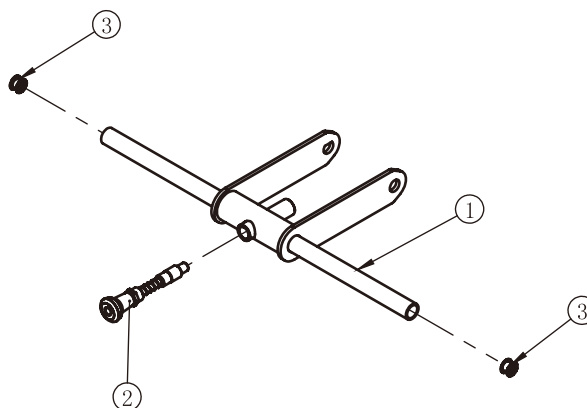
ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	SL70400400	Right Swing Frame	1
2	4.2	SL70402000	Axle	1
3	4.3	SL70403000	Handle	1
4	4.4	PL380800	Large Rubber Bumper	1
5	4.5	KPSFID2800	End Cap □ 50.8*76.2	1
6	4.6	KPSFID3000	End Cap □ 50.8	1
7	4.7	IT95333000	Grip ST Φ30*Φ22*325	2
8	4.8	IT90102100	Aluminium Grip Cap Φ25	2
9	4.9	IT90102200	Aluminium Grip Ring Φ25	2
10	4.10	CG50001700	Rubber Grip	1
11	4.11	GB9512DHS2	Flat Washer Φ13*Φ24*2.5	2
12	4.12	GB70M12*35DHS20	Socket Head Cap Screw M12*35	2
13	4.13	CNLM10*30*30DHS20	Flat Head Cap Screw M10*30	2
14	4.14	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

Support Frame ASSY



Swing Frame ASSY



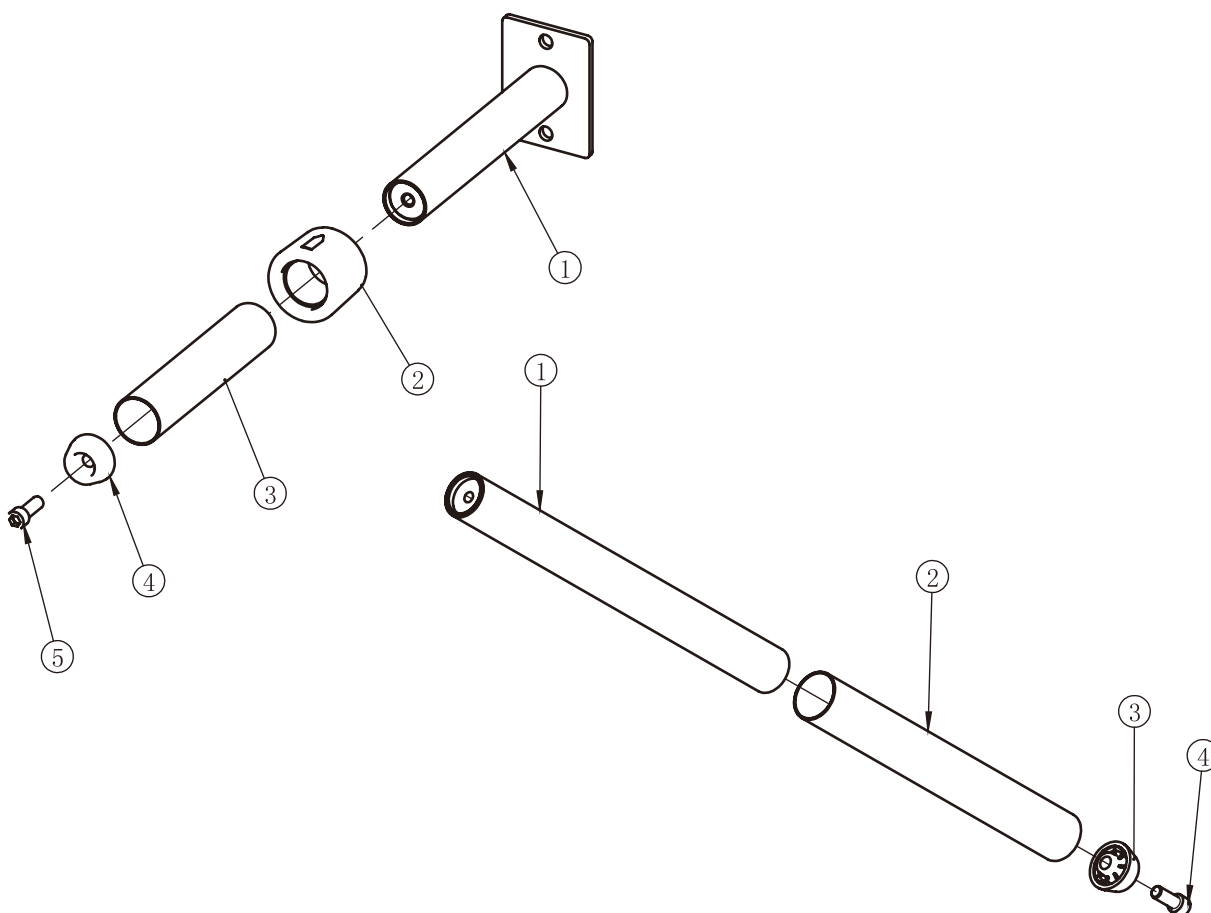
ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	SL70400500	Support Frame	1
2	5.2	HSP70512200ZH	Arc-shaped Adjust Plate	1
3	5.3	HVCORE5300	Bushing $\Phi 19$	2
4	5.4	VLP8000	Pipe Plug	1
5	5.5	IN-S10111200	Little Bumper	2
6	5.6	GB9510DHS2	Flat Washer $\Phi 11*\Phi 20*2$	4
7	5.7	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
8	5.8	NM10DHS2	Nylon Lock Nut M10	2
9	5.9	NM8DHS2	Nylon Lock Nut M8	2
10	5.10	GB70M10*70DHS20	Socket Head Cap Screw M10*70	2
11	5.11	GB70M8*20DHS20	Socket Head Cap Screw M8*20	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70400600	Swing Frame	1
2	6.2	ST70131700	Spring Pin	1
3	6.3	IF81165000	Nut M10	2

Exploded View and Parts List

Weight Plate Storage ASSY

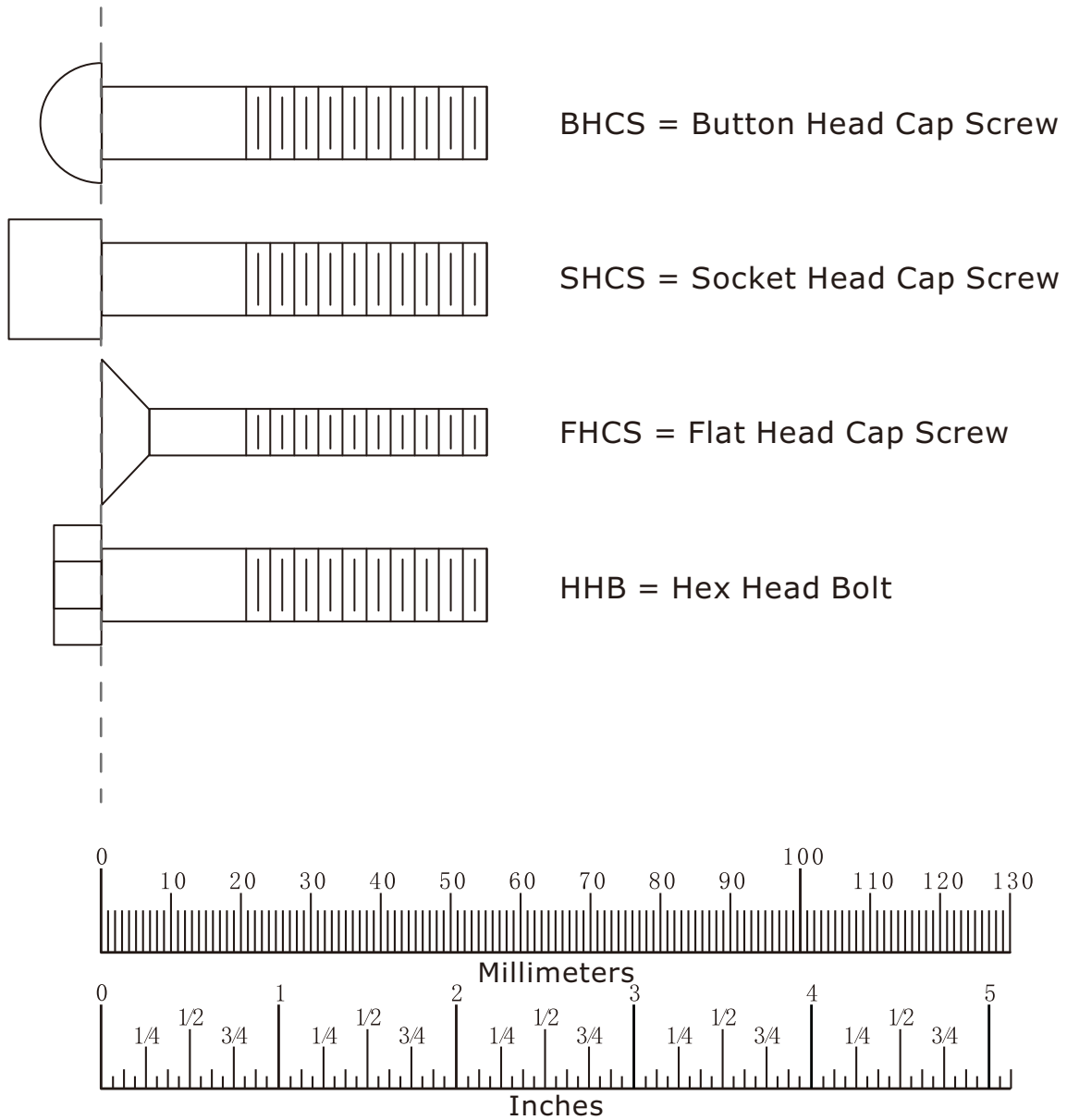
Weight Horn Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	SL70400700	Weight Plate Storage	1
2	7.2	PL4003200	Rubber Bumper $\Phi 76.2 \times 62.2$	1
3	7.3	PL0702800	Weight Horn Donut $\Phi 48 \times \Phi 45 \times 233$	1
4	7.4	PL0702300	Plastic Cap	1
5	7.5	GB70M12*35DHS20	Socket Head Cap Screw M12*35	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	SL70400800	Weight Horn	1
2	8.2	HSP70522000	Long Weight Horn Sleeve	1
3	8.3	SL70012000	Plastic Cap	1
4	8.4	GB70M12*30DS20NL	Socket Head Cap Screw M12*30	1

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

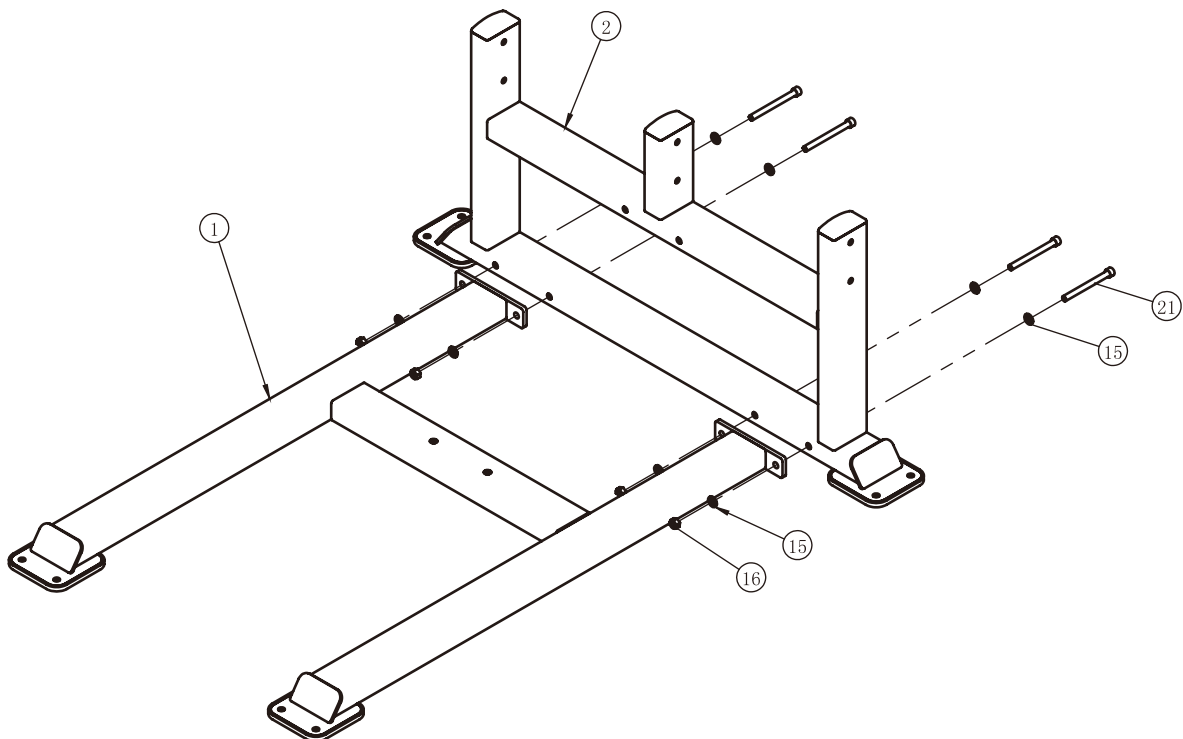
Attach one Rear Support Frame ASSY (#2) to Base Frame ASSY (#1), using:

eight $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#15)

two M12 Nylon Lock Nut (#16)

two M12*130 SHCS (#21)

Note: No Need To Tighten Bolts.



Assembly

STEP 2

Attach one Support Frame ASSY (#5) to Rear Support Frame ASSY (#2) and Base Frame ASSY (#1), using:

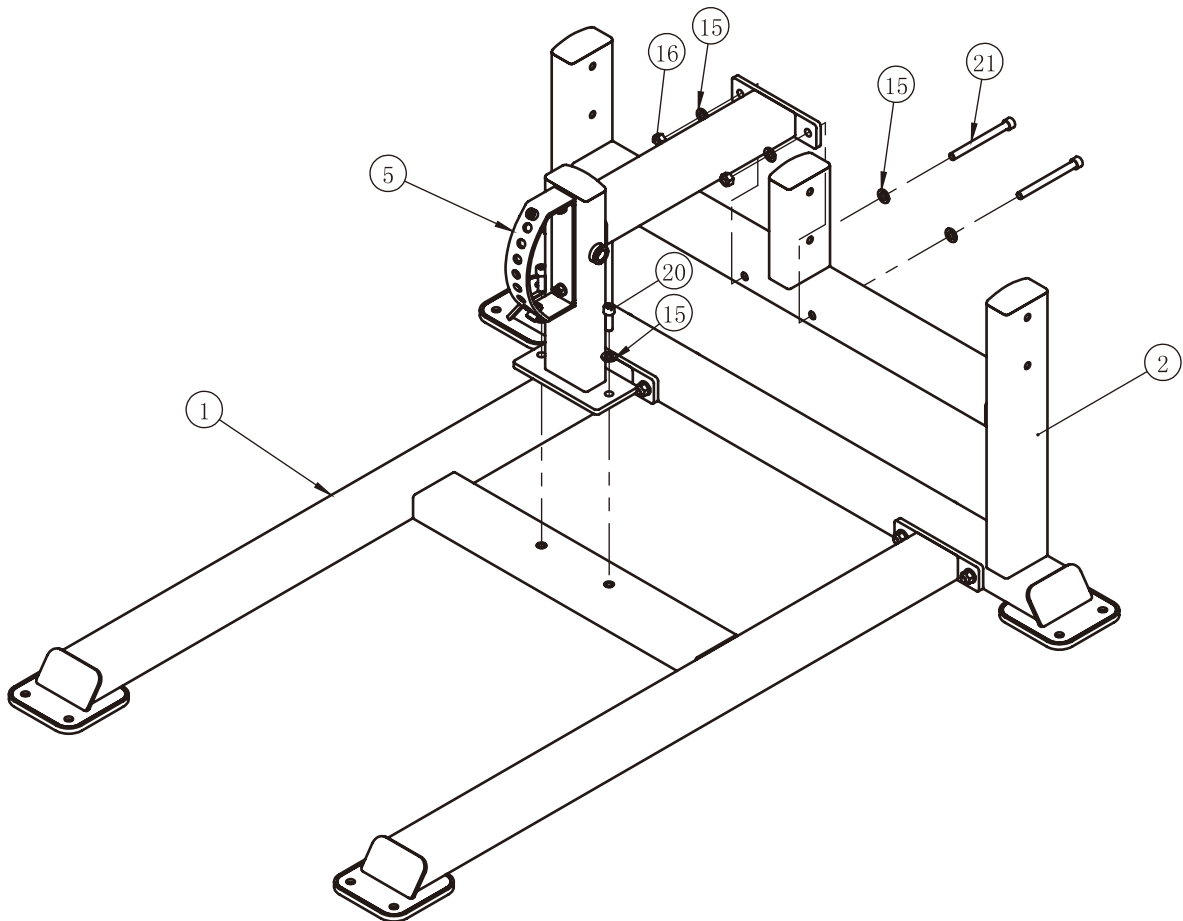
six $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#15)

two M12 Nylon Lock Nut (#16)

two M12*130 SHCS (#21)

two M12*35 SHCS (#20)

Note: Wrench Tighten Bolts.

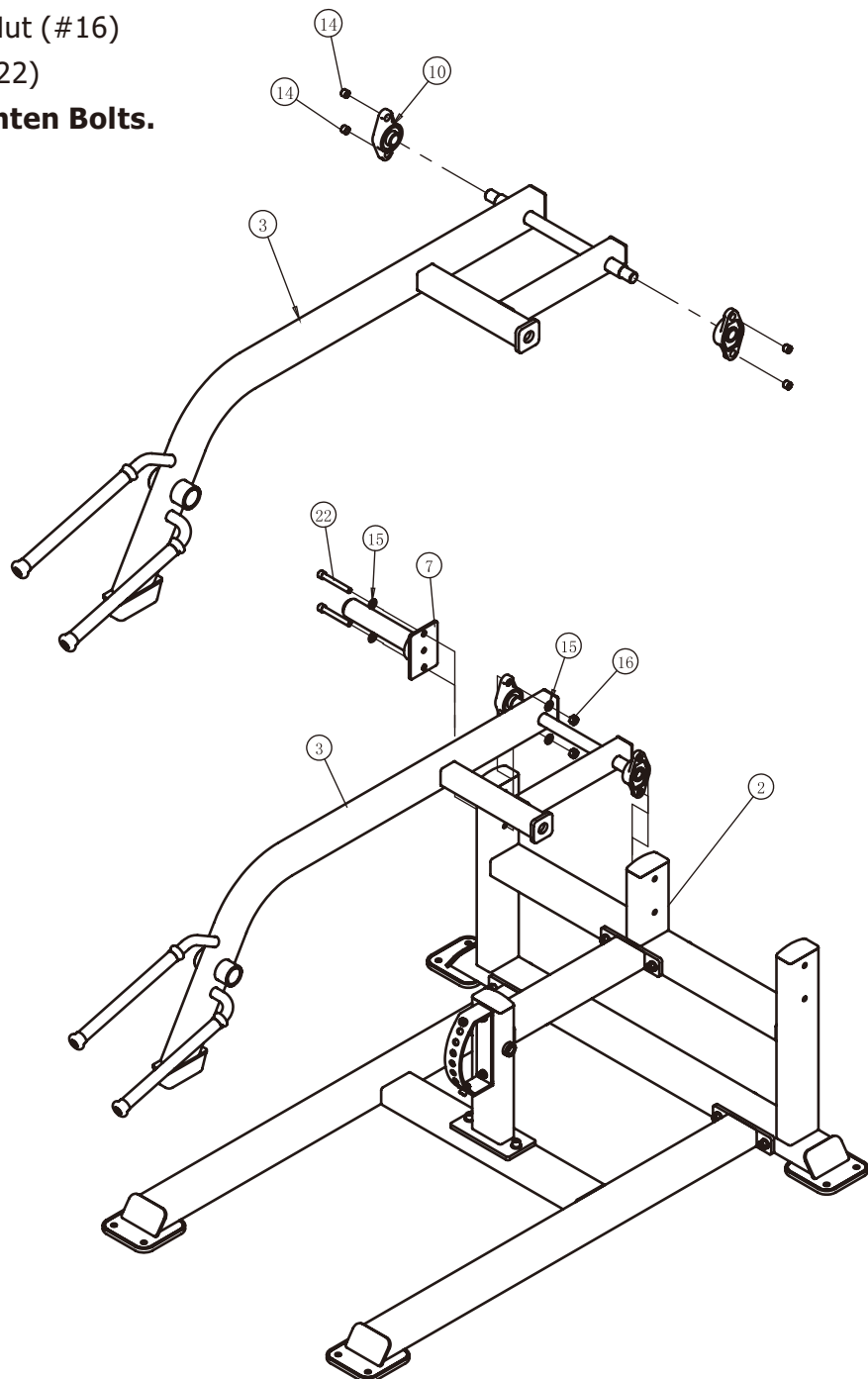


Assembly

STEP 3

1. Attach two Bearing Unit (#10) to Left Swing Frame ASSY (#3), joint closely.
Attach four Spacer Sleeve (#14) to two Bearing Unit (#10) severally.
2. Attach one Left Swing Frame ASSY (#3) and one Weight Plate Storage ASSY (#7) to Rear Support Frame ASSY (#2), using:
four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#15)
two M12 Nylon Lock Nut (#16)
two M12*90 SHCS (#22)

Note: No Need To Tighten Bolts.

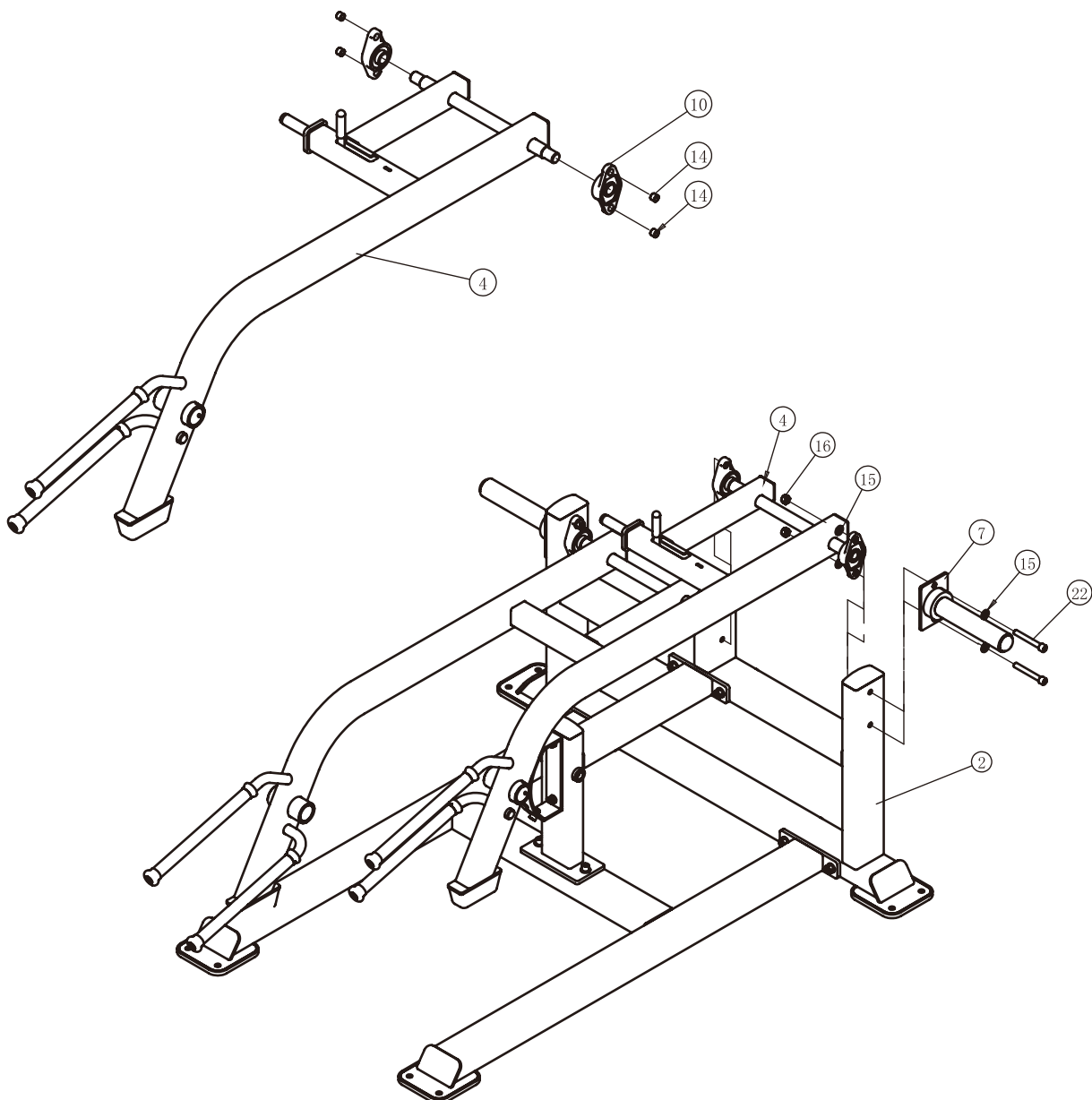


Assembly

STEP 4

1. Attach two Bearing Unit (#10) to Right Swing Frame ASSY (#4), joint closely.
Attach four Spacer Sleeve (#14) to two Bearing Unit (#10) severally.
2. Attach one Right Swing Frame ASSY (#4) and one Weight Plate Storage ASSY (#7) to Rear Support Frame ASSY (#2), using:
four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#15)
two M12 Nylon Lock Nut (#16)
two M12*90 SHCS (#22)

Note: No Need To Tighten Bolts.



Assembly

STEP 5

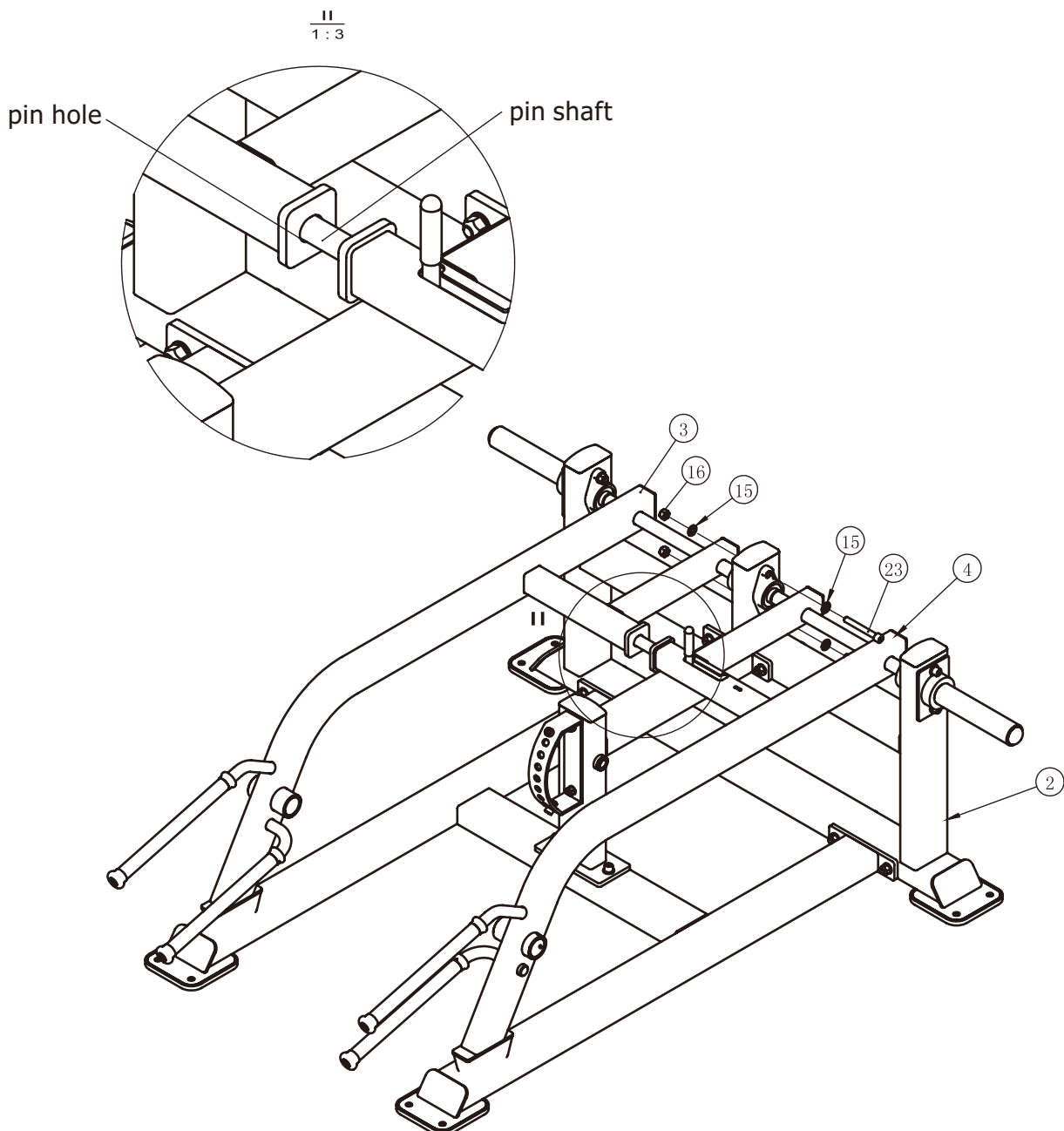
Attach one Left Swing Frame ASSY (#3) and one Right Swing Frame ASSY (#4) to Rear Support Frame ASSY (#2), using:

four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#15)

two M12 Nylon Lock Nut (#16)

two M12*95 SHCS (#23)

Note: Before tighten the bolts, make sure the pin shaft can insert into the pin hole smoothly.



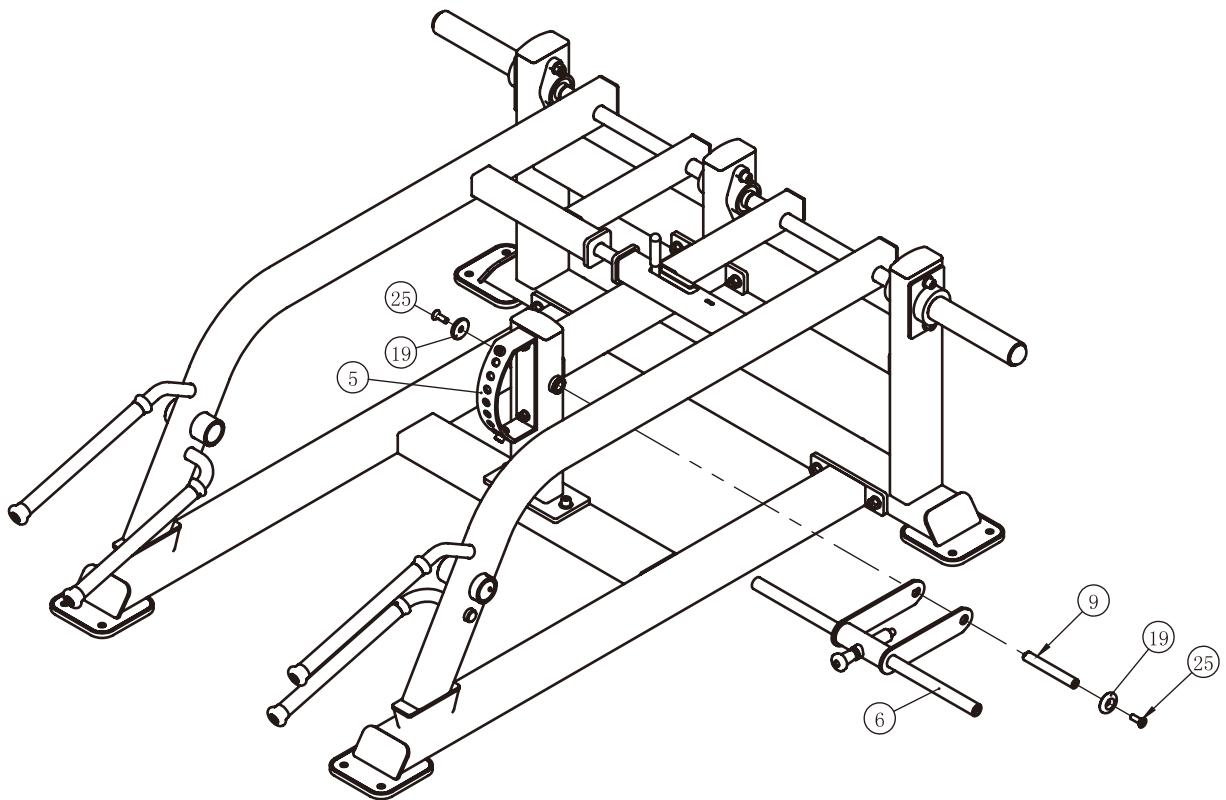
Assembly

STEP 6

1. Attach one Swing Frame ASSY (#6) and one Pivot Shaft (#9) to Support Frame ASSY (#5), using:
two $\Phi 43$ Aluminium Cap (#19)
two M10*30 SHCS (#25)

2. Adjust the Arc-shaped Adjust Plate to make the Axle can insert in the holes smoothly.

Note: Before Tighten Bolts, make sure the Axle can insert in the holes smoothly.



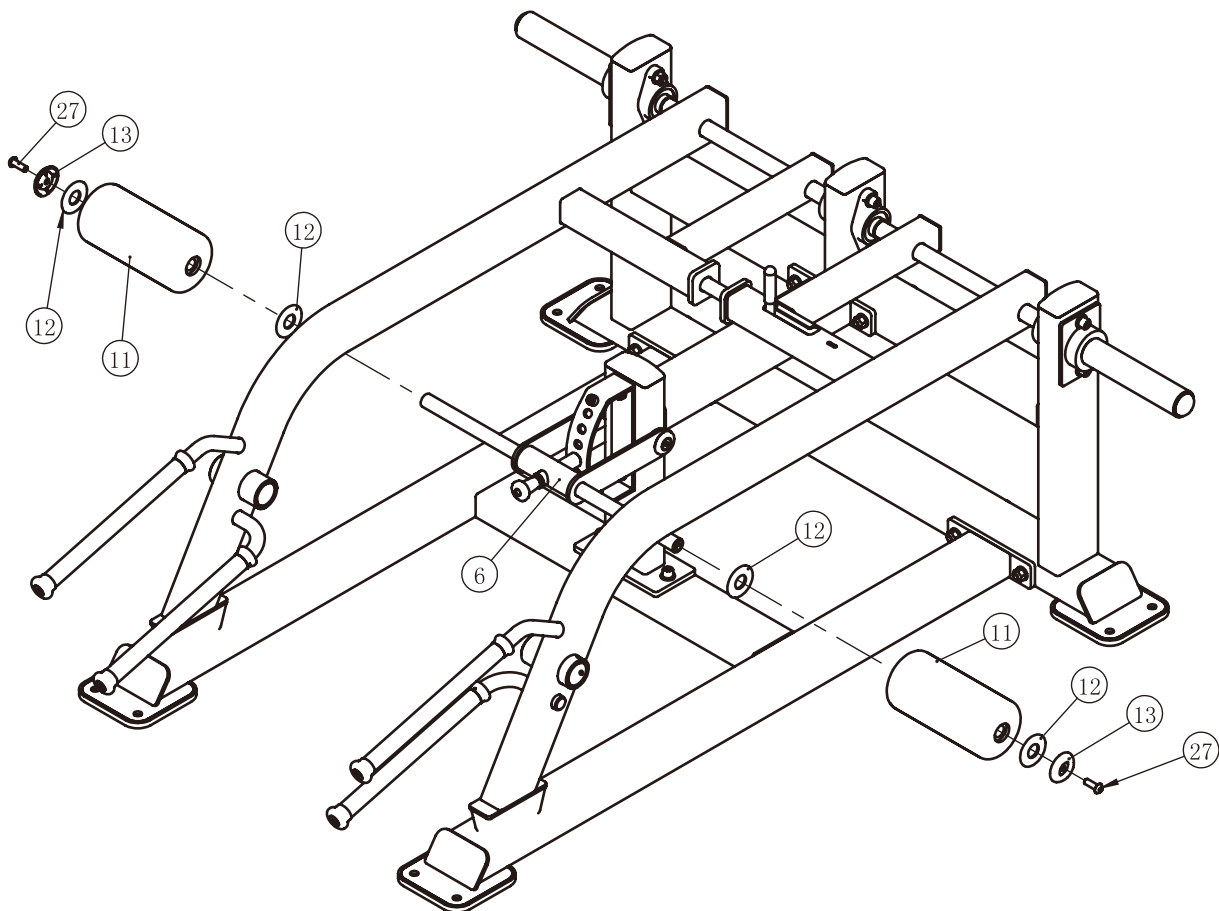
Assembly

STEP 7

Attach two FOAM (#11), four Plastic Bumper (#12) and two FOAM Cap (#13) to Swing Frame ASSY (#6) severally, using:

two M12*30 SHCS (#27)

Note: Wrench Tighten Bolts.



Assembly

STEP 8

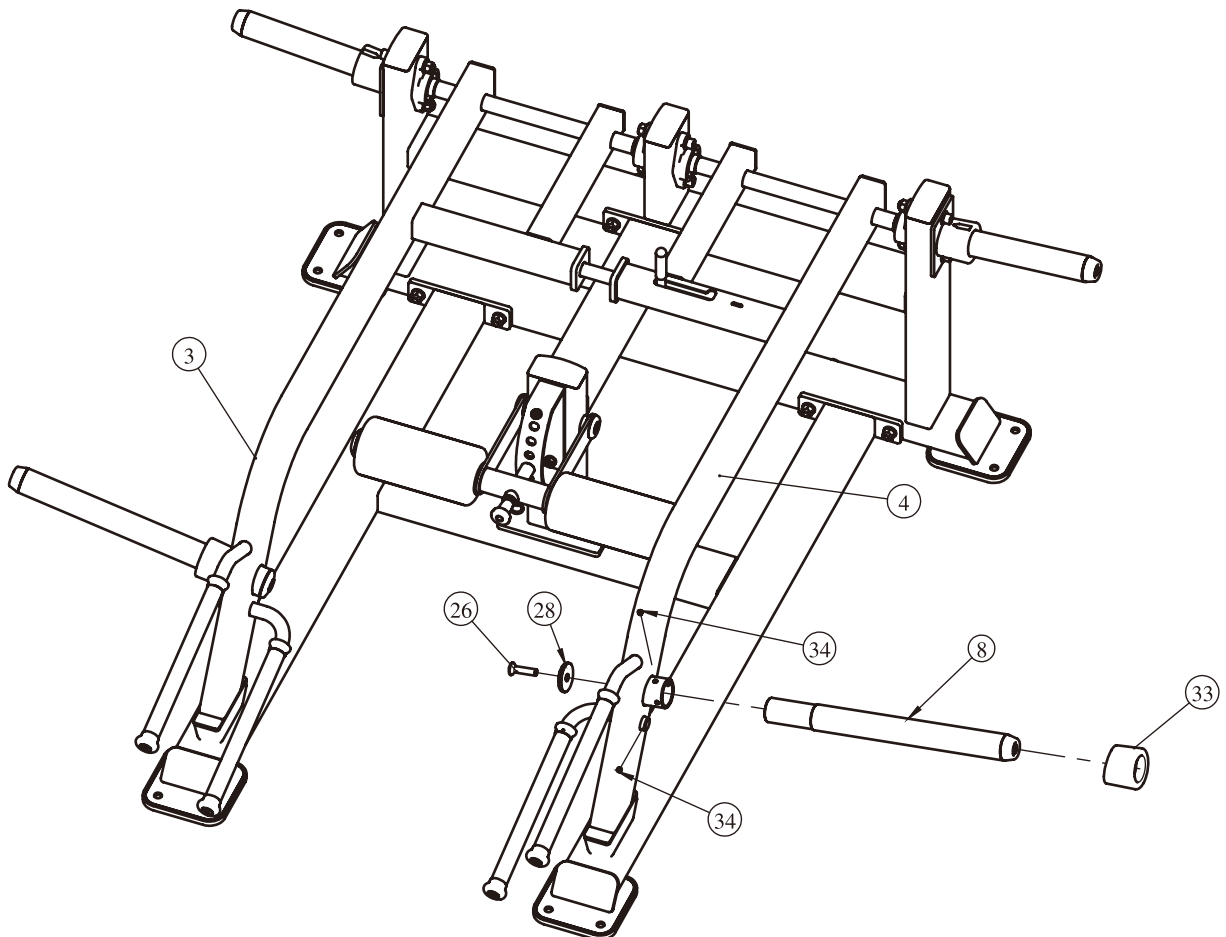
Attach one Weight Horn Assembly (#8) and one Rubber Bumper (#33) to Left Swing Frame ASSY (#3) and Right Swing Frame ASSY (#4) severally, make sure the both sides are symmetrical, using:

two M12*50 FHCS (#26)

two $\Phi 54$ Aluminium Cap (#28)

four M8*6 Socket Set Screw (#34)

Note: Wrench Tighten Bolts.



Adjust Instructions and Exercise Instructions

FOAM adjust Instructions

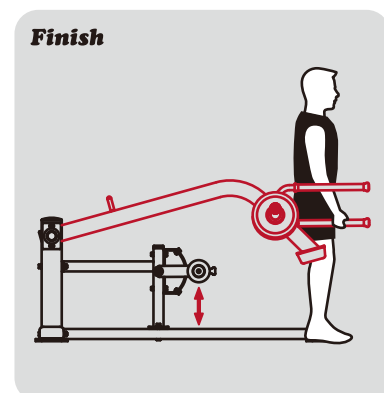
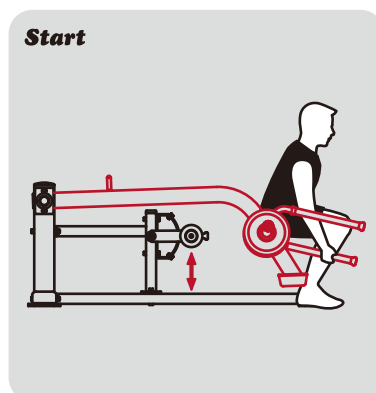
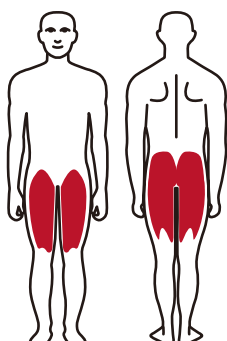
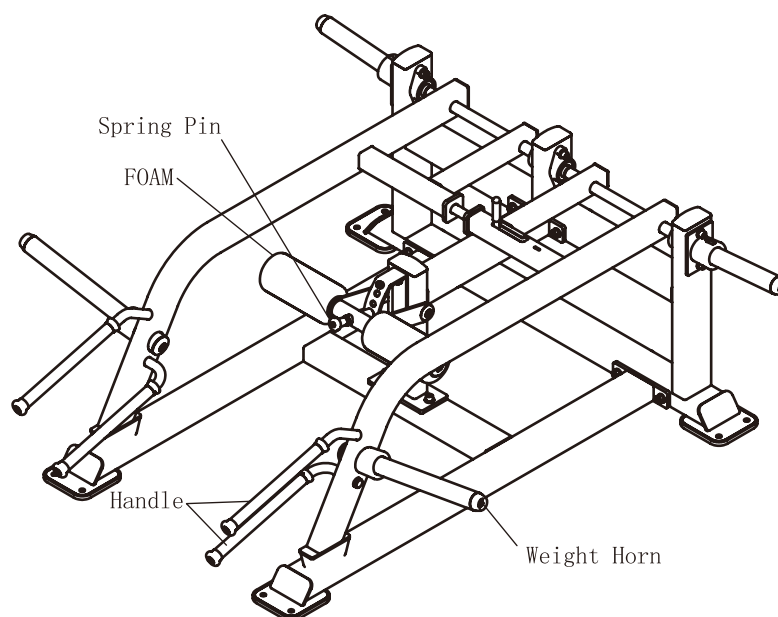
Pull the Spring Pin and adjust the FOAM to the desired position, then lock the Spring Pin.

Weight Instructions

Put the applicable weight of the barbell disc on the barbell rack.

Exercise Instructions

1. Put (or not) the applicable weight of the barbell disc on the barbell rack.
2. Adjust the FOAM to the appropriate height.
3. Back to the device, eyes always looking forward, neck and body straight, hips up, hands clenched on the handle, Bend your knees for up and down pull training, or put one foot on the FOAM for one leg pull training.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

