

IRONEDGE.

Pendulum Squat

Setup Instructions


 CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.



Table Of Contents

Assembly Instructions.....	2-20
Part List.....	21

To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

1. Degrease and clean surfaces prior to apply adhesive.
2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).

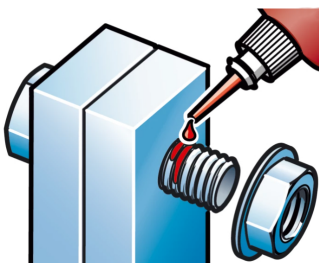


FIG 1

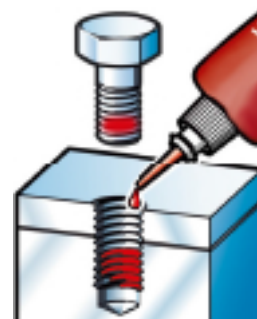
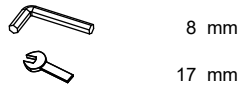


FIG 2

STEP 1

Tools



8 mm
17 mm

Parts

Part No: 1
Name:
Rear Upright Frame
Q'TY: 1



Part No: 2
Name:
Bottom Lengthwise Tube
Q'TY: 1



Fixings

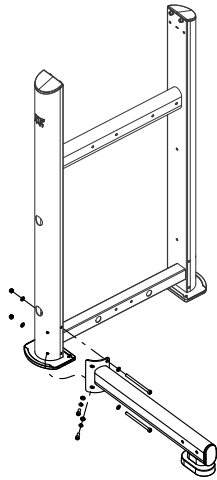
SC10-5 2 PCS

SC10-32 2 PCS

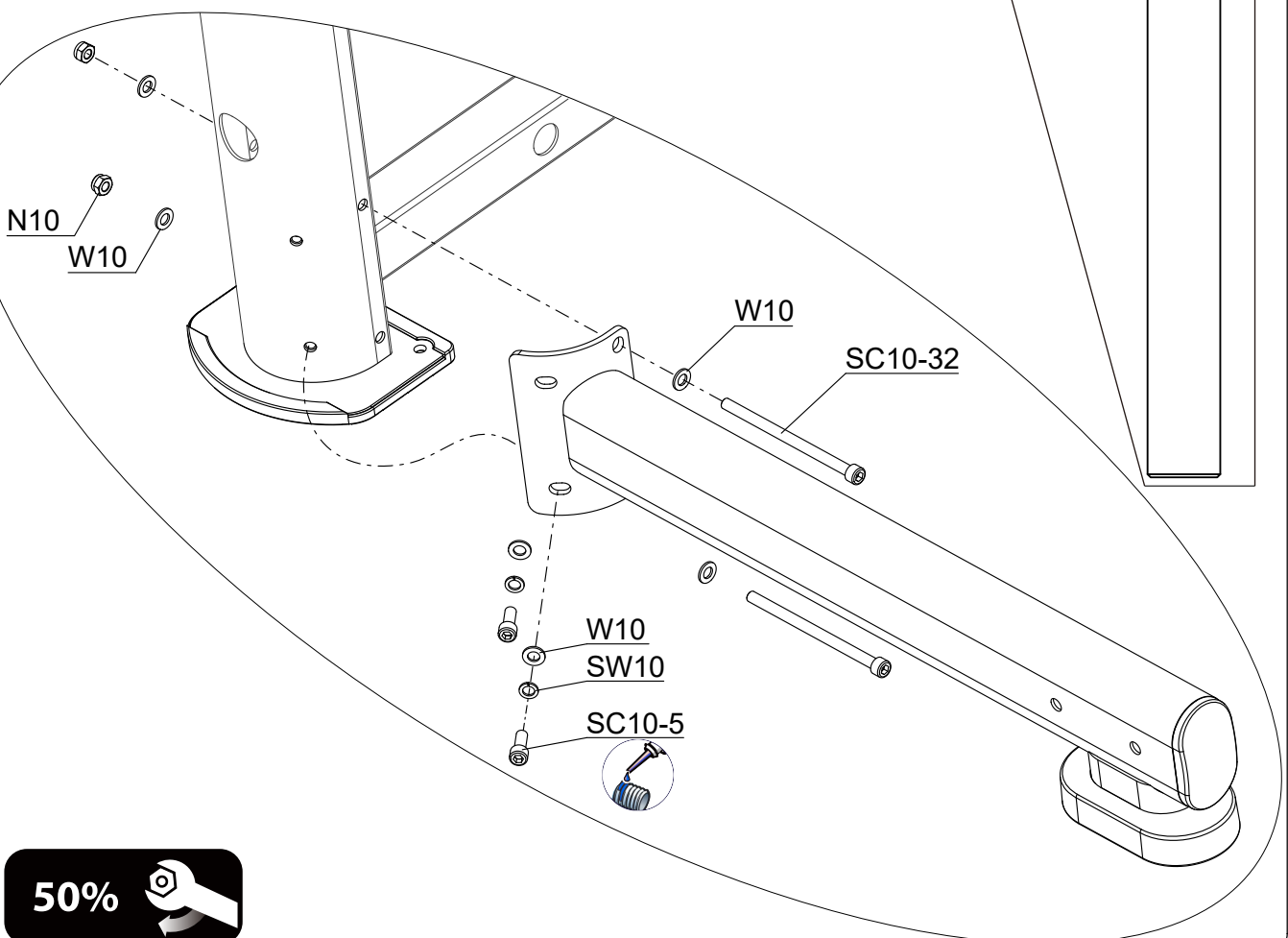
N10
2 PCS

W 10
6 PCS

SW10
2 PCS



Install the Rear Upright Frame (#1)
and the Bottom Lengthwise Tube(#2).



50%



Fixings

SC10-32 2 PCS

SC10-5 2 PCS

N10
2 PCS

W 10
6 PCS

SW10
2 PCS

Tools



8 mm

17 mm

Parts

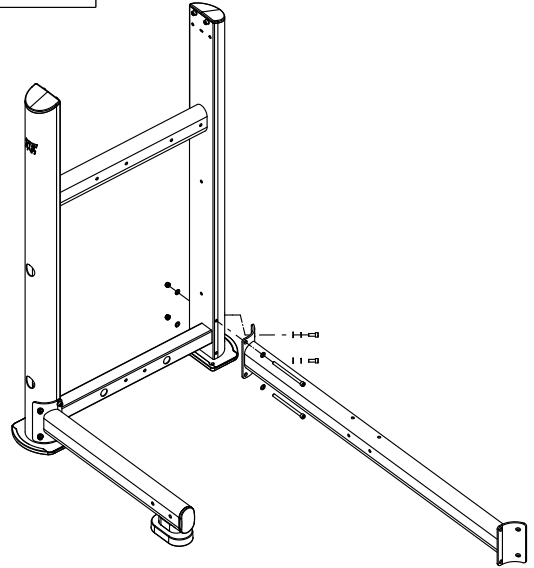
Part No: 3

Name:

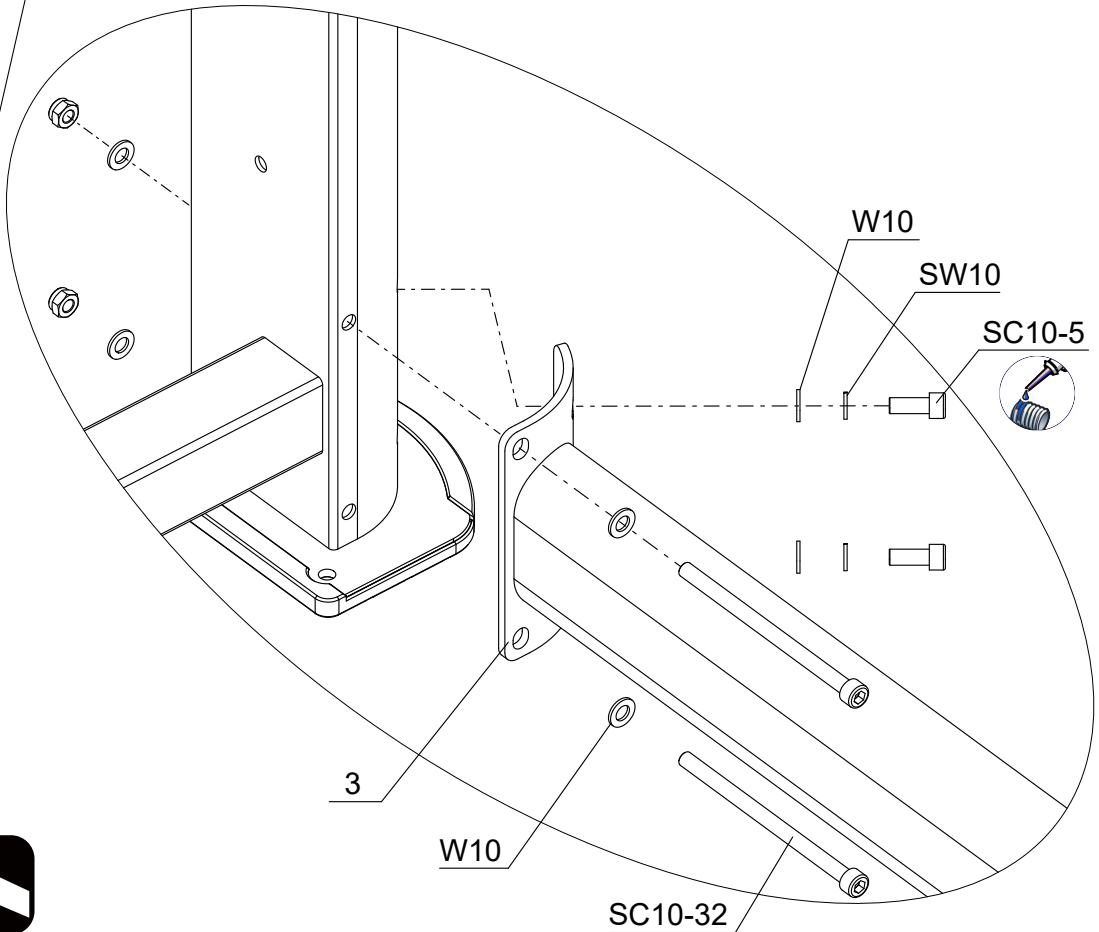
Bottom Lengthwise Tube

Q'TY: 1

STEP 2



Install the Bottom Lengthwise Tube (#3).



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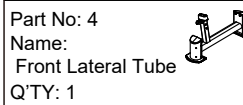


STEP 3

Tools



Parts



Fixings

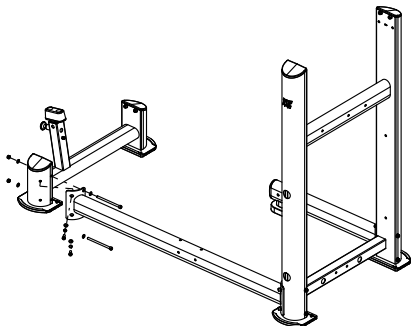
SC10-5 2 PCS

SC10-32 2 PCS

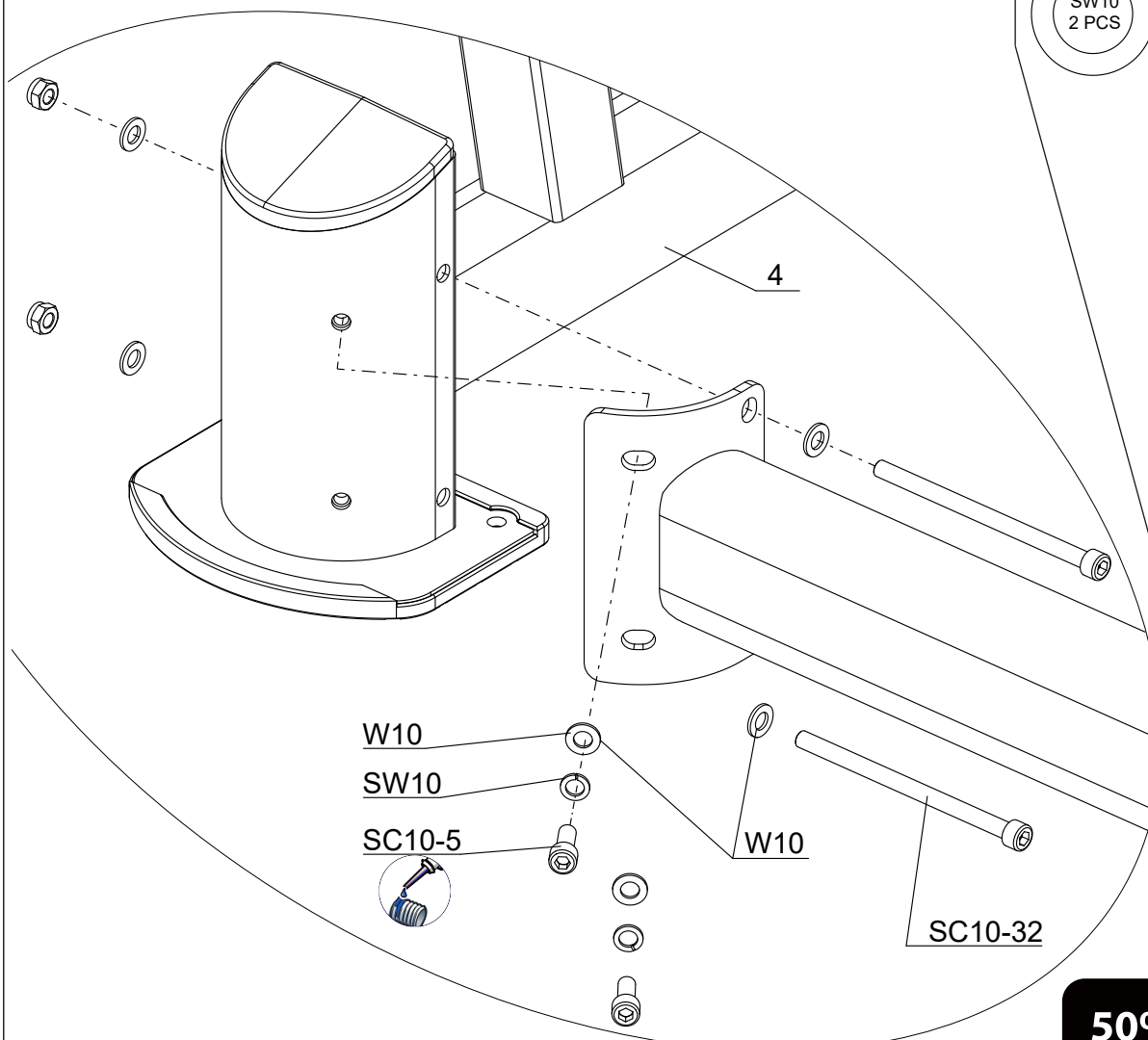
N10
2 PCS

W 10
6 PCS

SW10
2 PCS



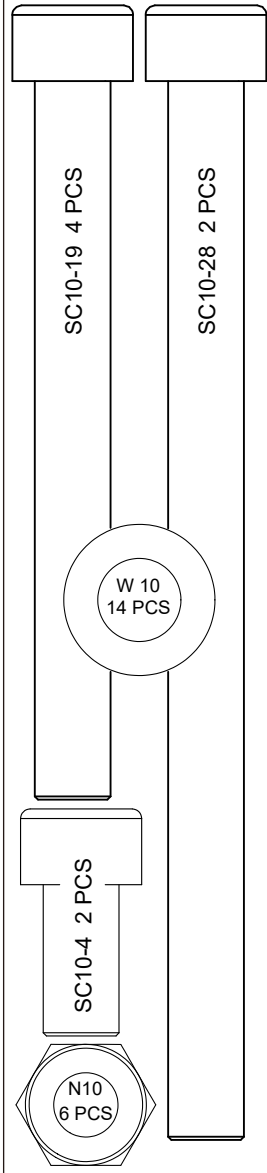
Install the Front Lateral Tube (#4).



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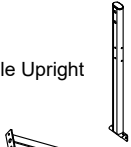


Fixings



Parts

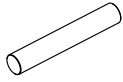
Part No: 5
Name: Middle Upright
QTY: 1



Part No: 6
Name: Middle Lateral Tube
QTY: 1



Part No: 7
Name: Peg
QTY: 2



Tools

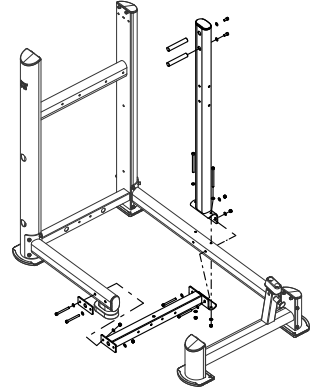


8 mm

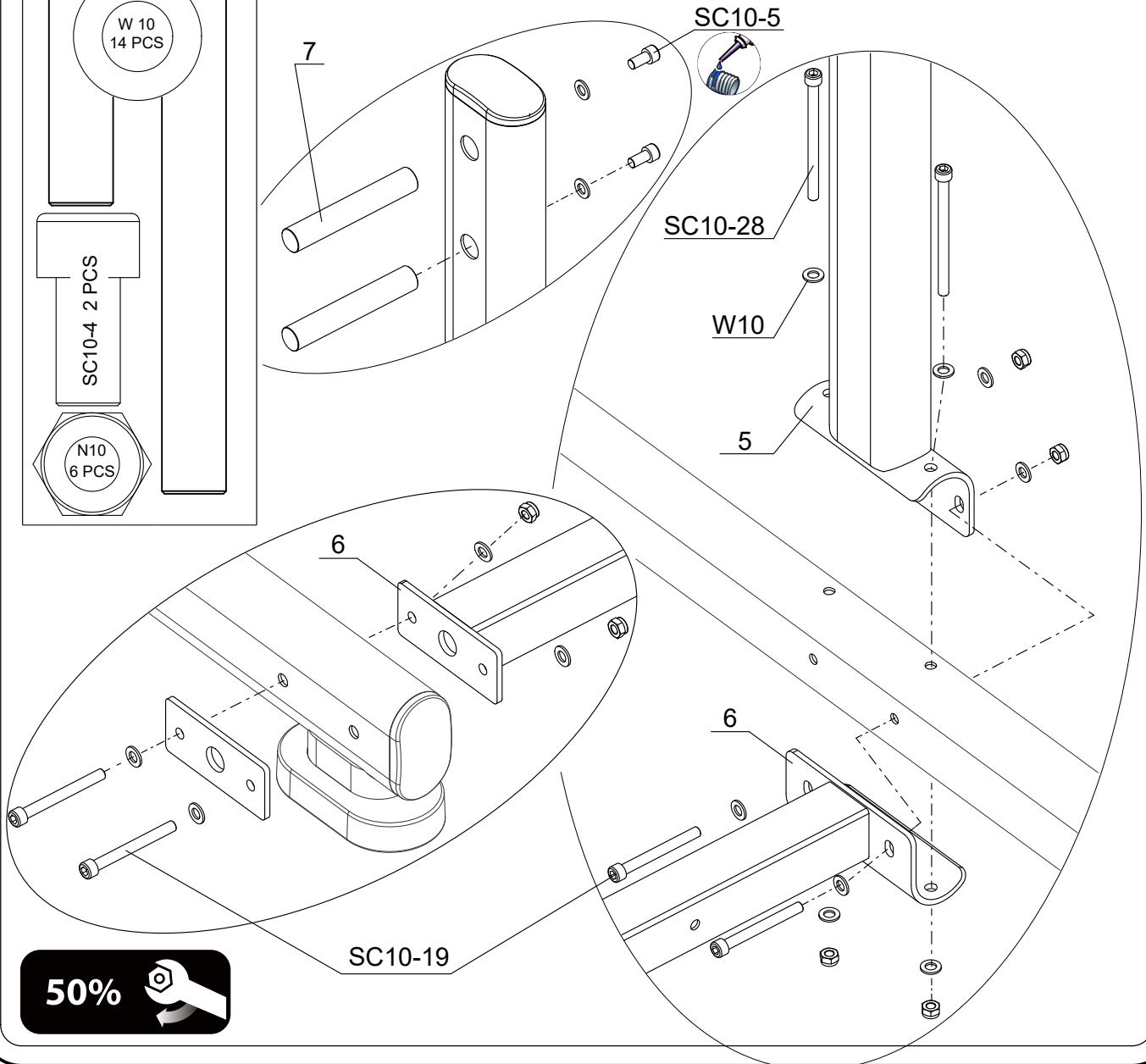


17 mm

STEP 4



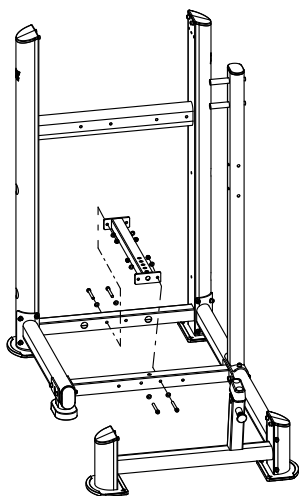
Install the Middle Upright (#5) and the Middle Lateral Tube(#6).



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STEP 5



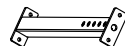
Tools



8 mm
17 mm

Parts

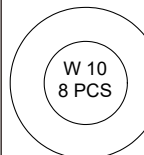
Part No: 8
Name:
Lengthwise Tube
Q'TY: 1



Fixings



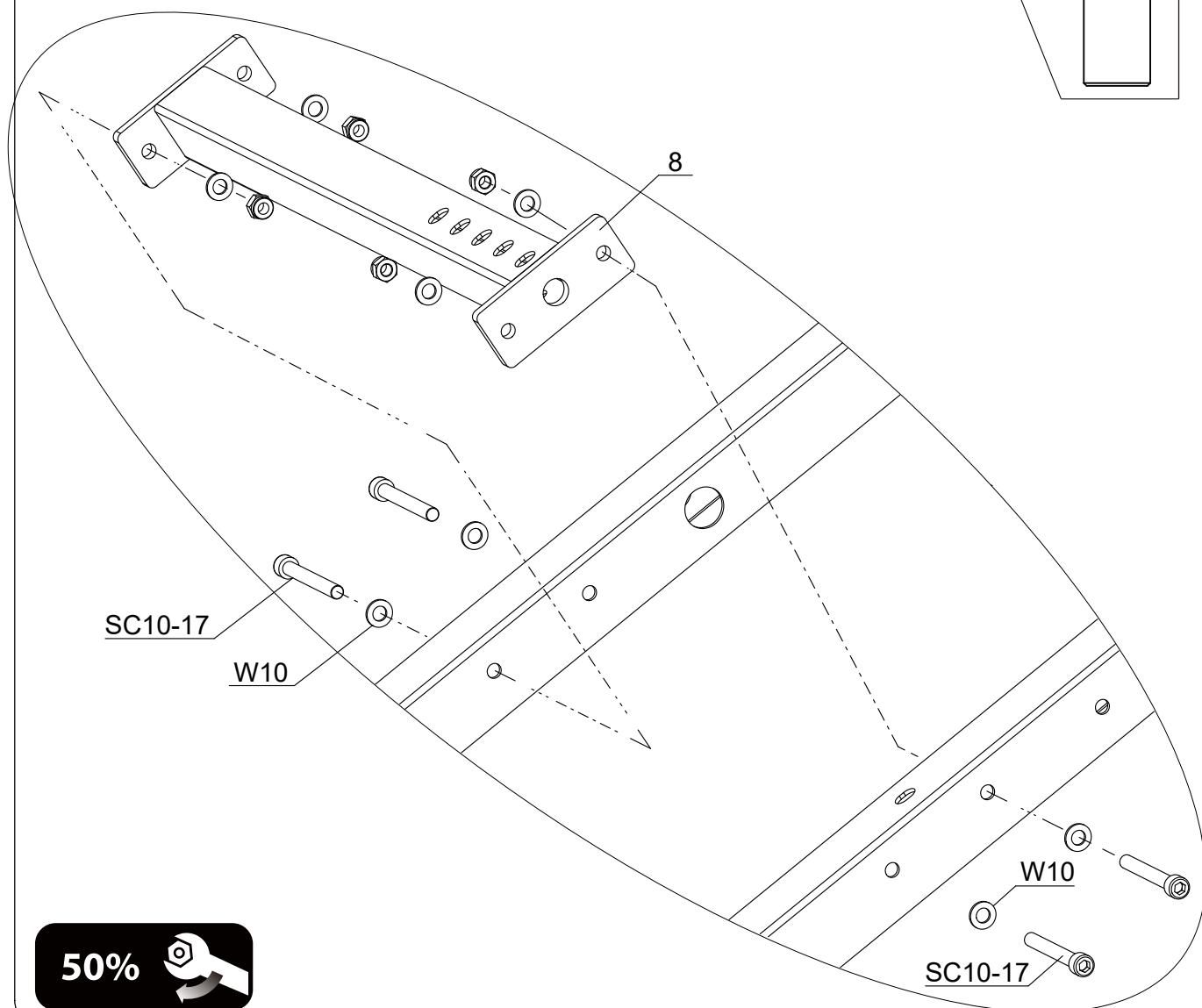
N10
4 PCS



W 10
8 PCS

SC10-17 4 PCS

Install the Lengthwise Tube(#8).



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Tools



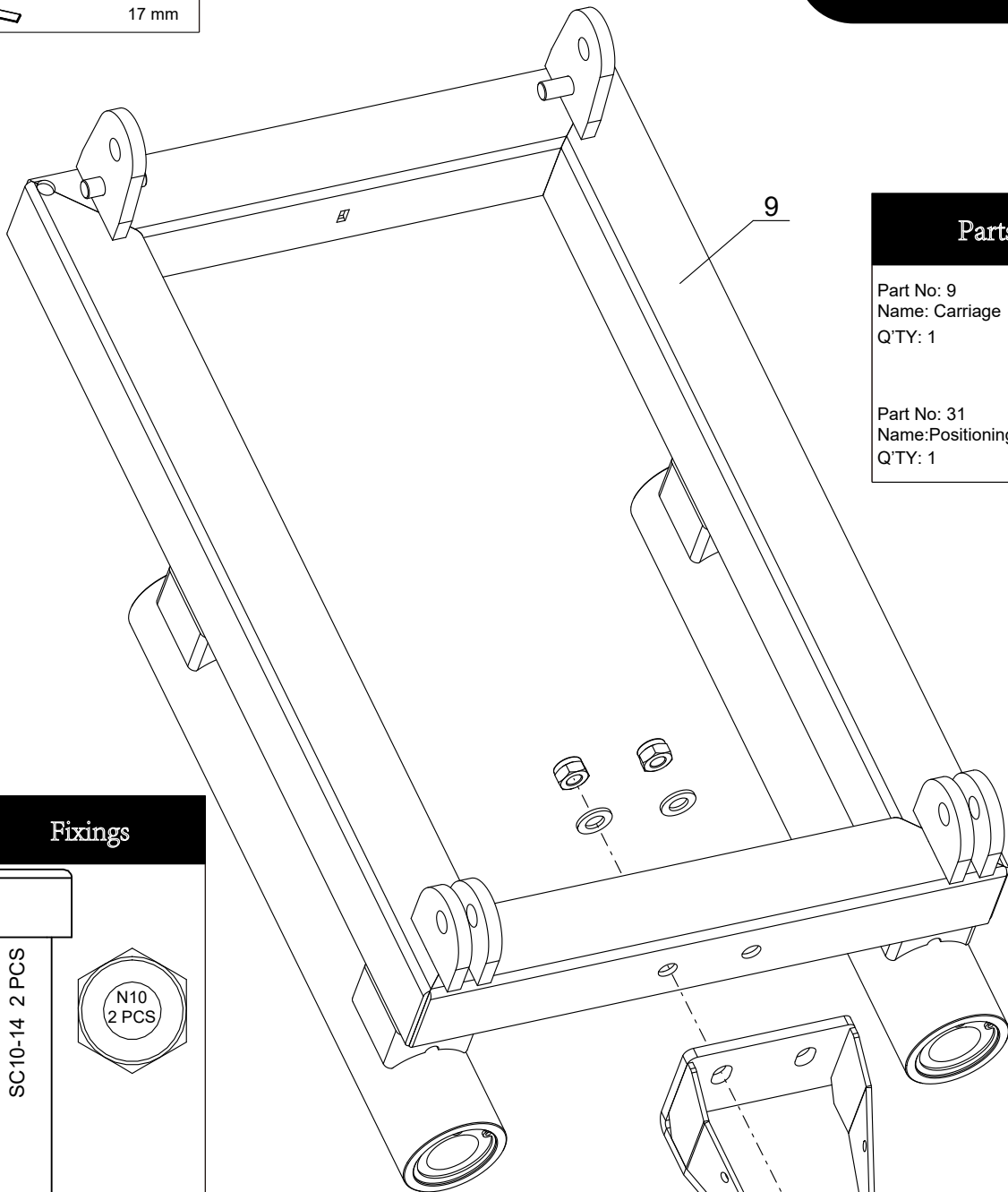
8 mm



17 mm

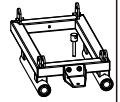
Assemble the Carriage (#9) and the Positioning Plate(#31).

STEP 6



Parts

Part No: 9
Name: Carriage
Q'TY: 1



Part No: 31
Name: Positioning Plate
Q'TY: 1



Fixings

SC10-14 2 PCS

N10
2 PCS

W 10
4 PCS

50%



31

W10

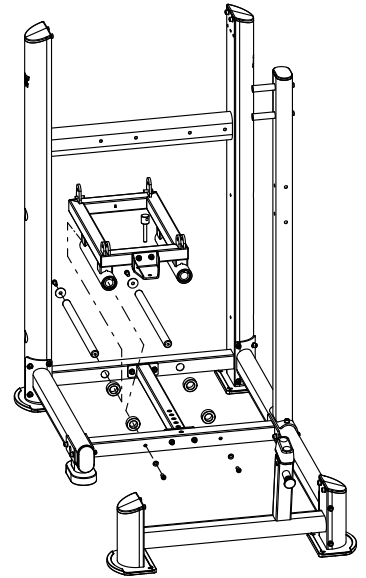
SC10-14

Tools



8 mm

STEP 7



Install the Carriage (#9).

Parts

Part No: 9
Name: Carriage
Q'TY: 1



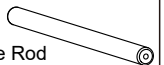
Part No: 10
Name: Pin
Q'TY: 1



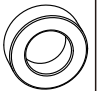
Part No: 11
Name: Washer OD40
Q'TY: 2



Part No: 12
Name: Guide Rod
Q'TY: 2



Part No: 13
Name: Buffer Ring
Q'TY: 4

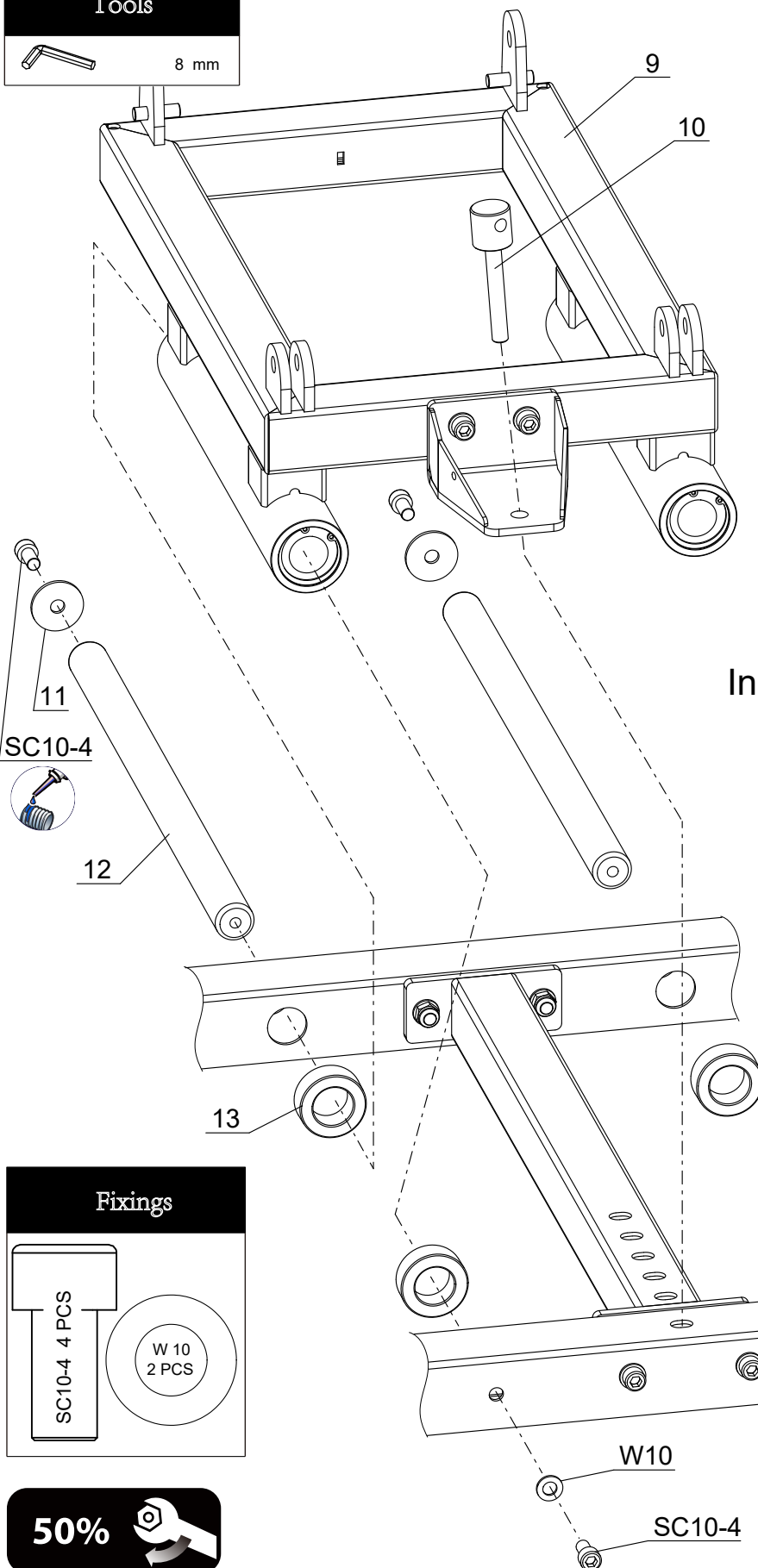


Fixings

SC10-4 4 PCS

W 10
2 PCS

50%



STEP 8

Tools

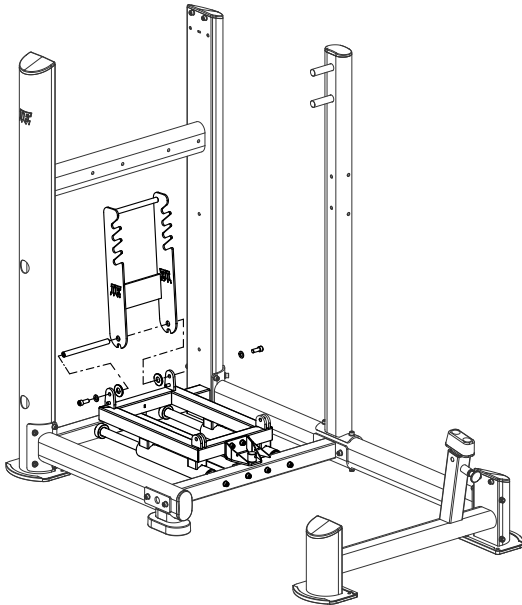


10 mm

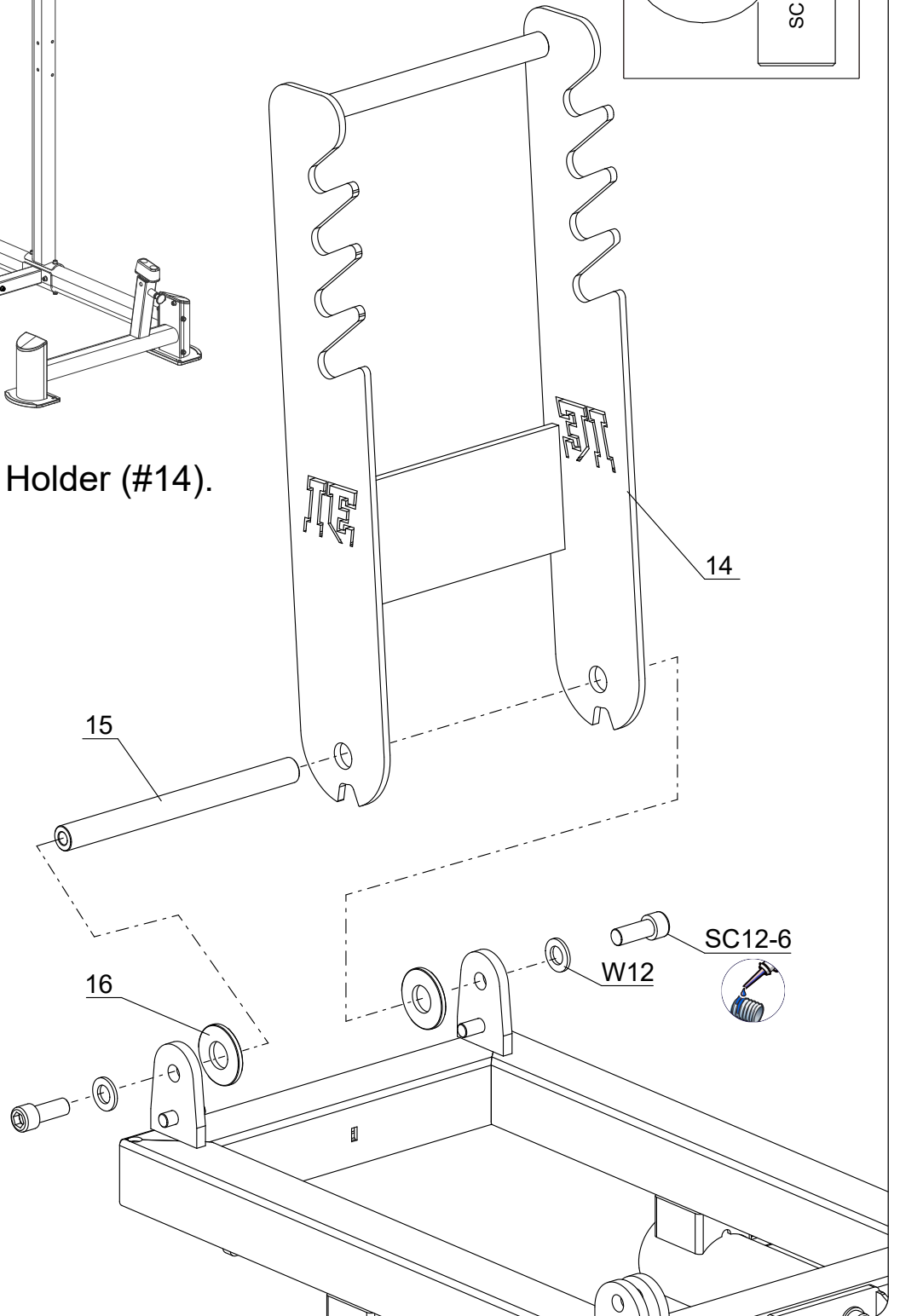
Fixings

W 12
2 PCS

SC12-6
2 PCS



Install the Pedal Holder (#14).



Parts

Part No: 14
Name: Pedal Holder
Q'TY: 1



Part No: 15
Name: Shaft
Q'TY: 1



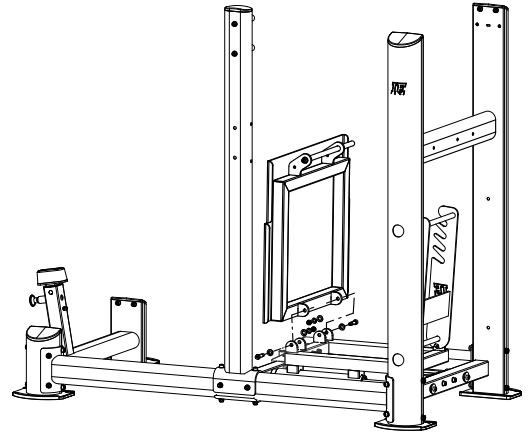
Part No: 16
Name: Spacer
Q'TY: 2



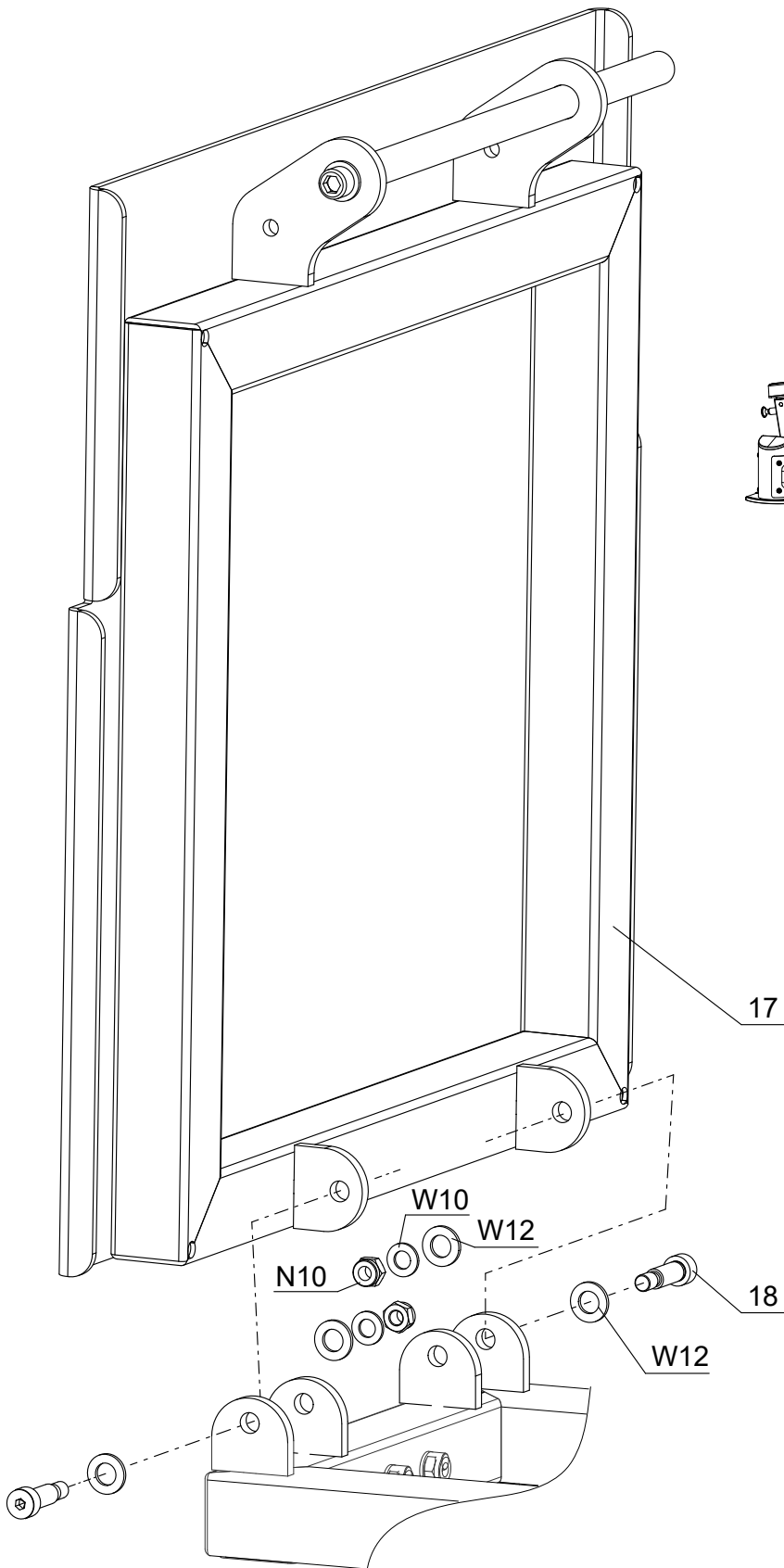
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STEP 9

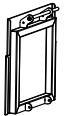


Install the Pedal (#17).



Parts

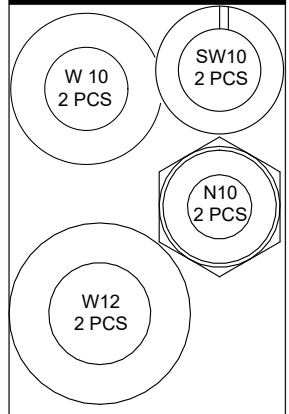
Part No: 17
Name: Pedal
Q'TY: 1



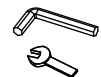
Part No: 18
Name: Shoulder Bolt 12x30
Q'TY: 2



Fixings



Tools





6 mm

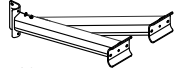


17 mm

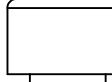
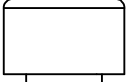

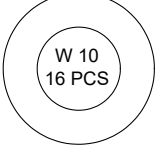
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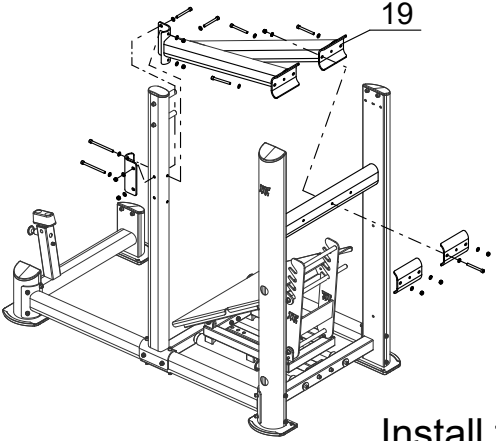


STEP 10

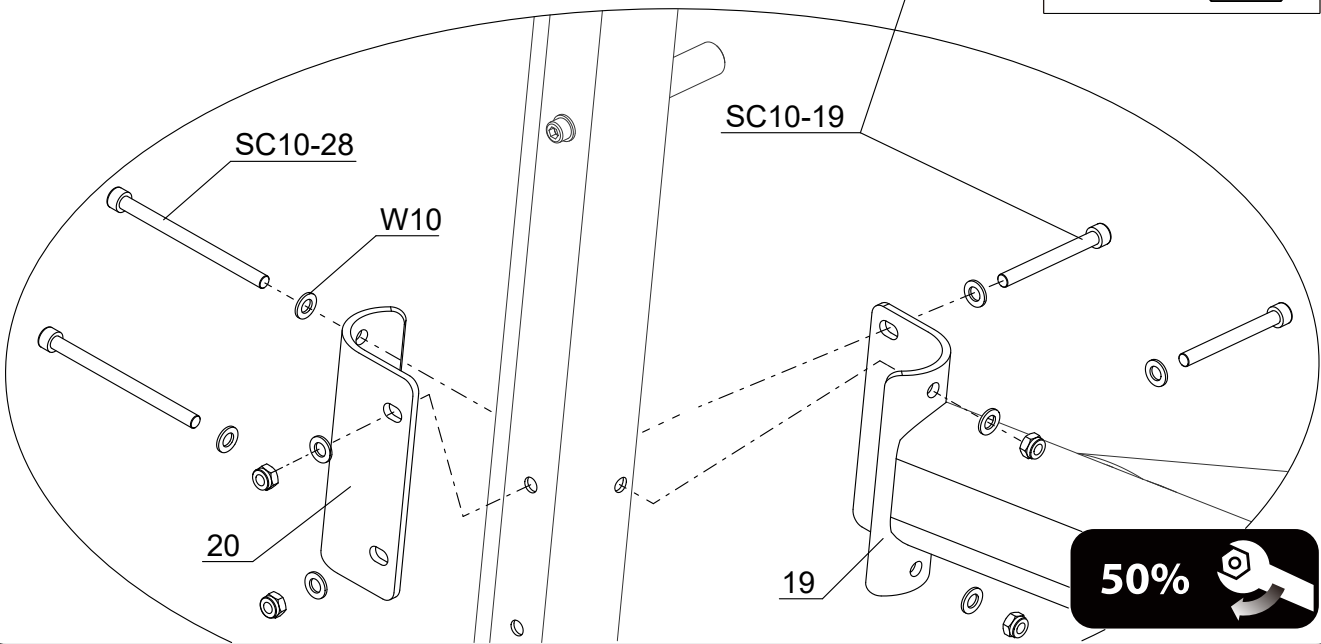
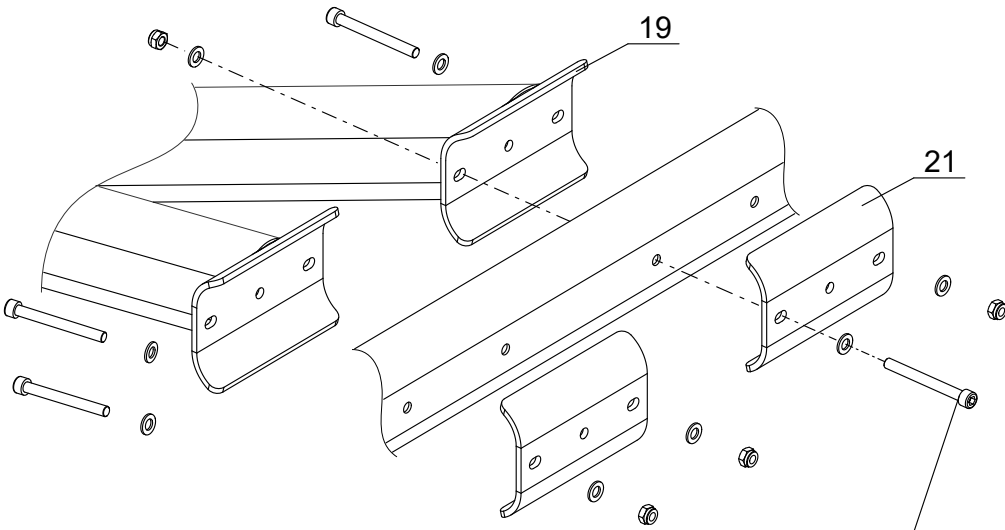
Tools	
	8 mm
	17 mm

Parts	
	Part No: 19 Name: Connection Frame Q'TY: 1
	Part No: 20 Name: Backing Plate Q'TY: 1
	Part No: 21 Name: Backing Plate Q'TY: 2

Fixings	
	
SC10-19 6 PCS	SC10-28 2 PCS
	
N10 8 PCS	
	
W 10 16 PCS	



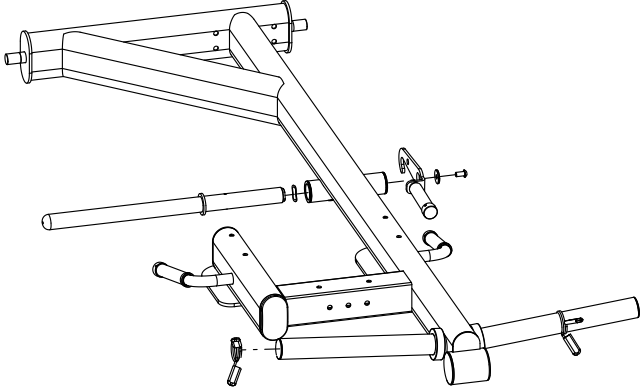
Install the Connection Frame (#19)



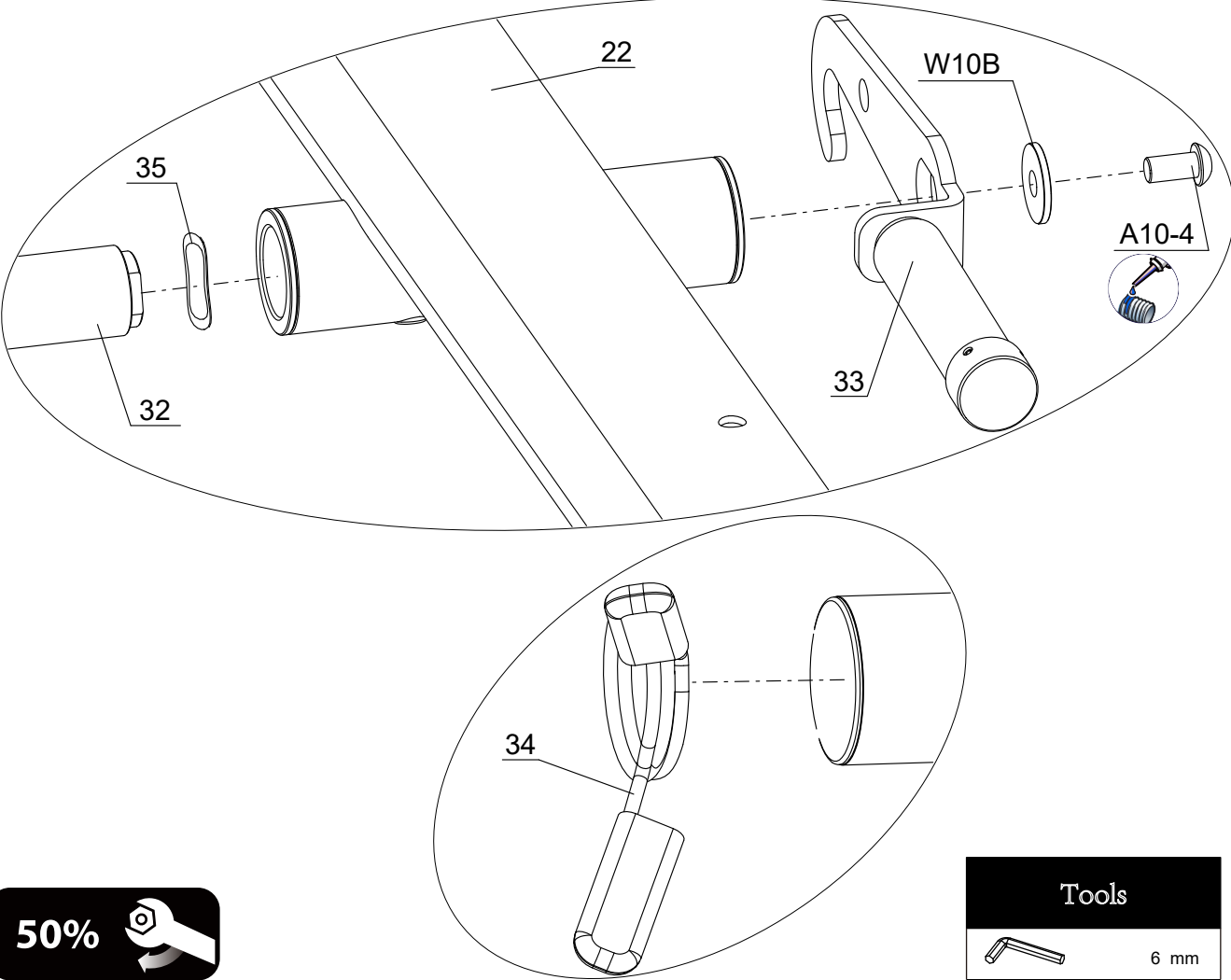
STEP 11

- Parts**
- Part No: 22
Name: Work Arm
Q'TY: 1
 - Part No: 32
Name: Rod
Q'TY: 1
 - Part No: 33
Name: Hook
Q'TY: 1
 - Part No: 34
Name: Barbell Clip
Q'TY: 1
 - Part No: 35
Name: Wave Washer
Q'TY: 1

- Fixings**
- A10-4 1 PC
 - W10B 1 PC



Assemble the Work Arm (#22), Rod (#32), Hook (#33) and the Barbell Clip (#34).

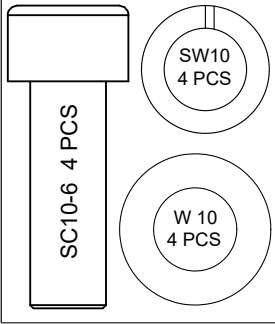


50%

Tools

6 mm

Fixings



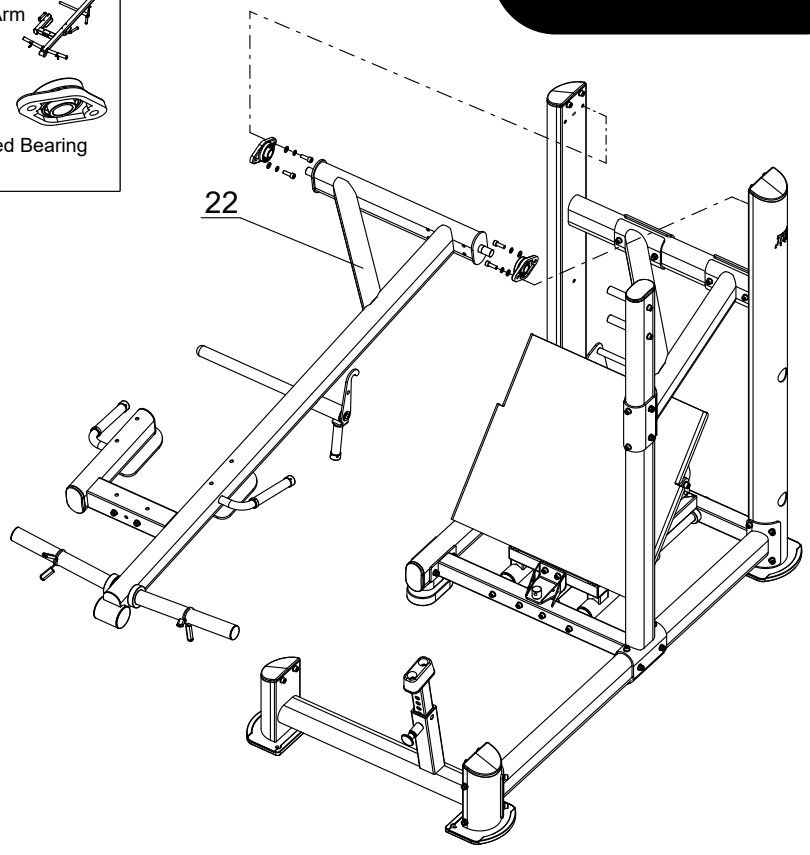
Parts

Part No: 22
Name: Work Arm
Q'TY: 1

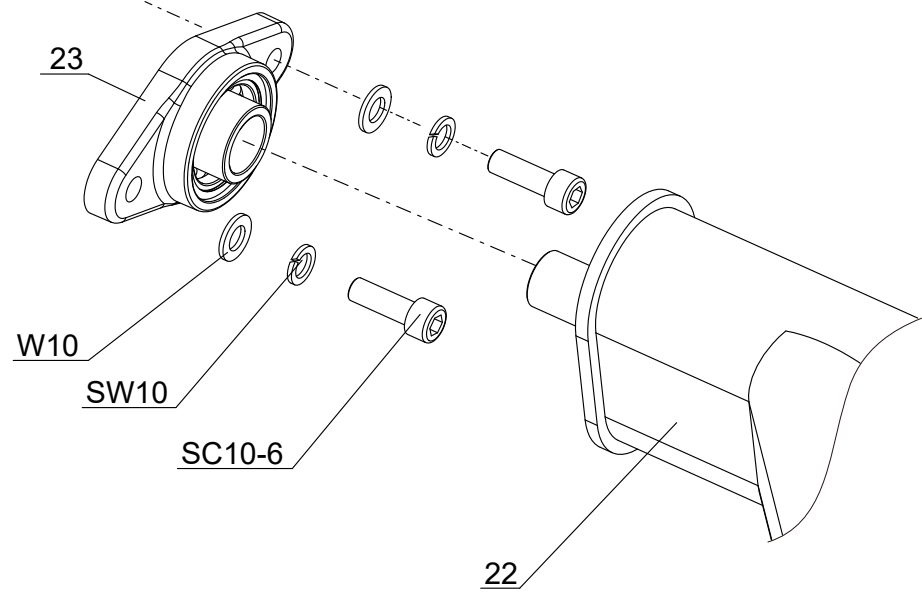
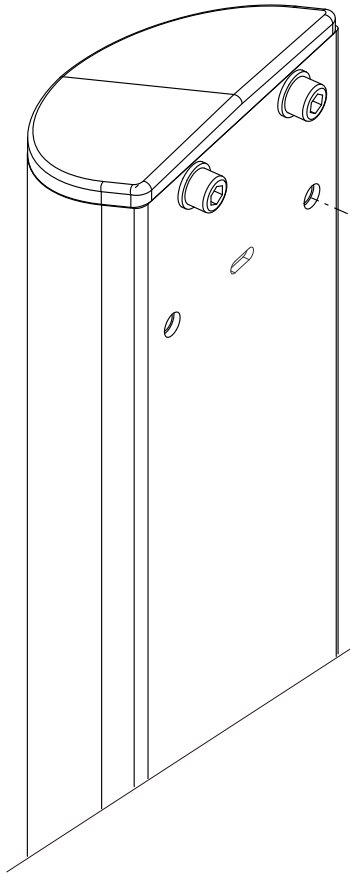
Part No: 23
Name: Mounted Bearing
Q'TY: 2



STEP 12



Install the Work Arm (#22)



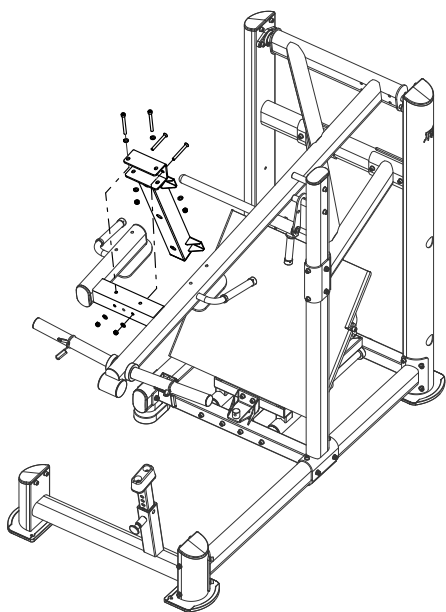
Tools

8 mm

50%

STEP 13

Install the Backrest Tube (#24).



SC10-21

C10-19

W10

24

W10

N10

Fixings

C10-19 2 PCS

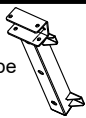
SC10-21 2 PCS

W 10
6 PCS

N10
4 PCS

Parts

Part No: 24
Name: Backrest Tube
Q'TY: 1



Tools



6 \ 8 mm



17 mm

50%



Parts

Part No: 25
Name: Weight Holder
Q'TY: 1



STEP 14

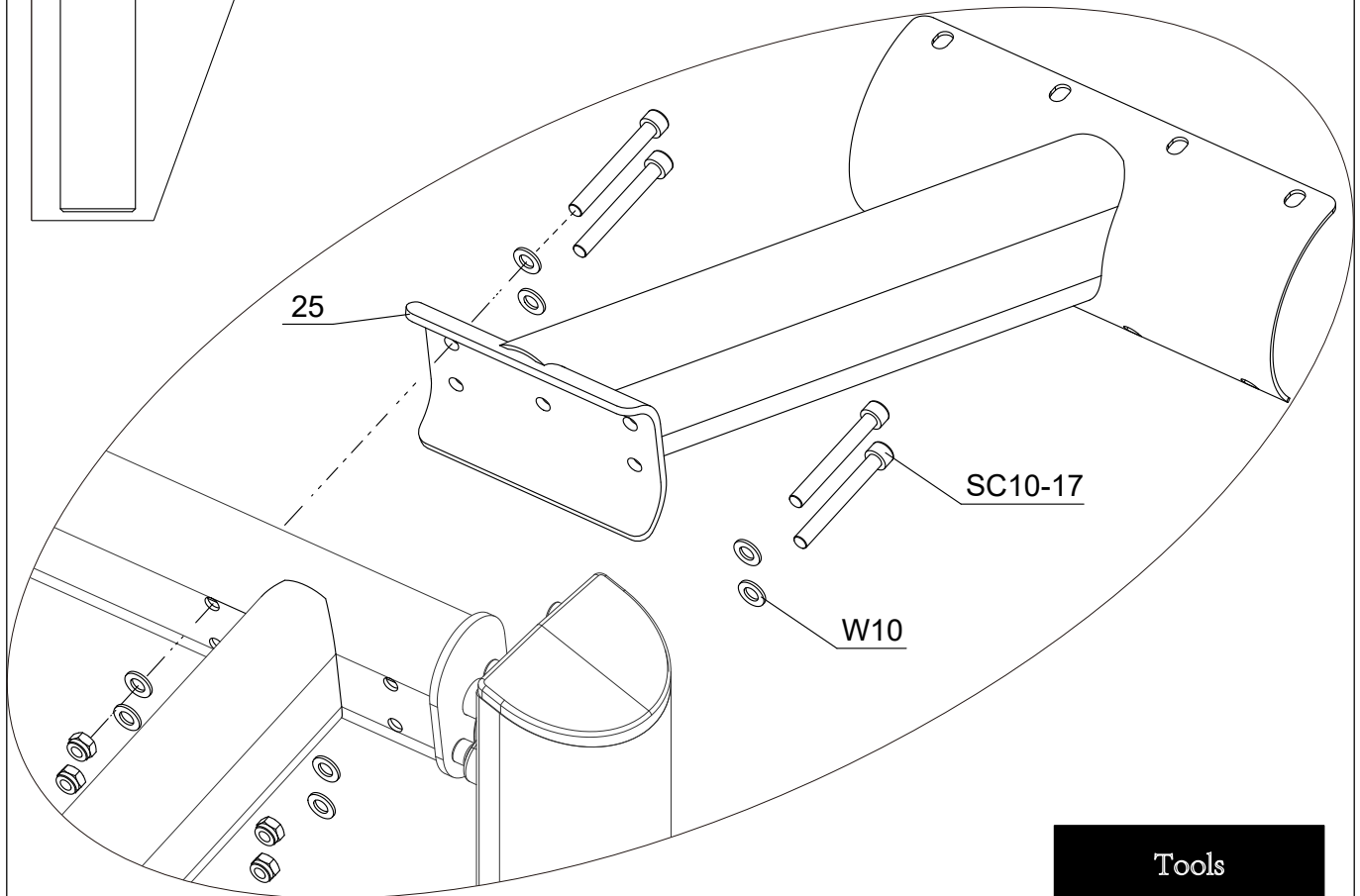
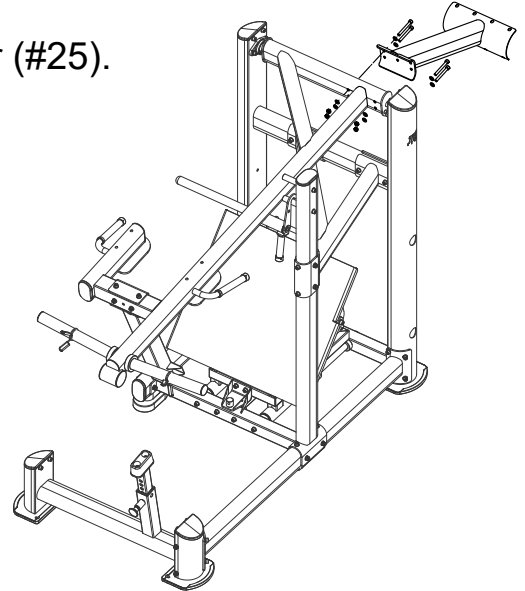
Install the Weight Holder (#25).

Fixings

SC10-17 4 PCS

N10
4 PCS

W 10
8 PCS



Tools



8 mm

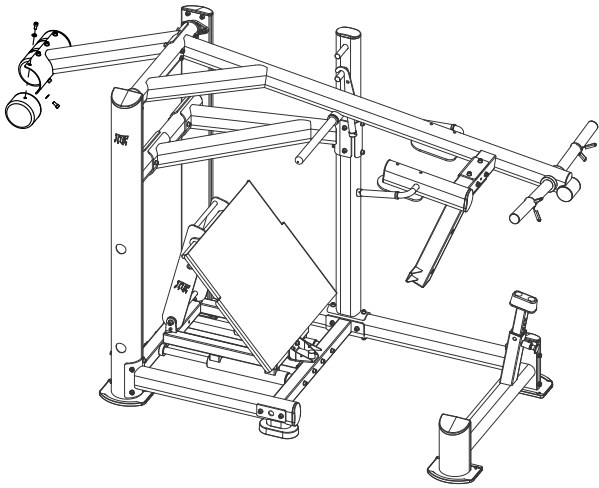


17 mm

50%



STEP 15



Parts

Part No: 26
Name:
Counter Weight
QTY: 4

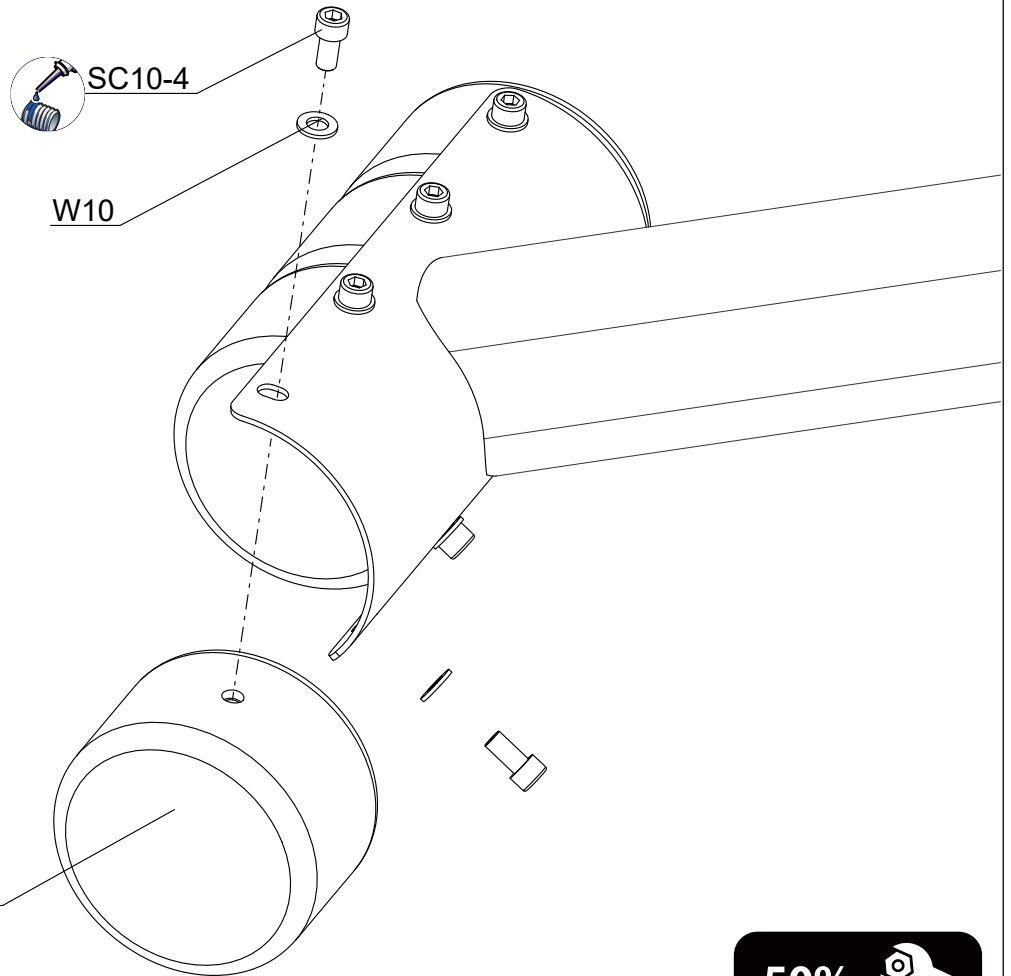


Fixings

SC10-4 8 PCS

W 10
8 PCS

Install the Counter Weight (#26).



Tools



8 mm

50%



Fixings

SC8-26 4PCS

SC8-6 3 PCS

W8
3 PCS

W8B
4 PCS

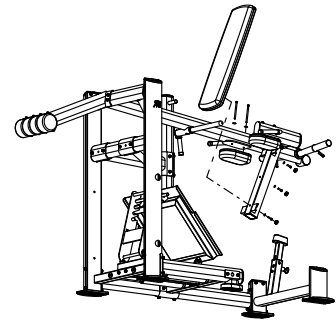
Tools



6 mm

STEP 16

Install the Backrest Pad (#27)
and the Shoulder Pad(#28).

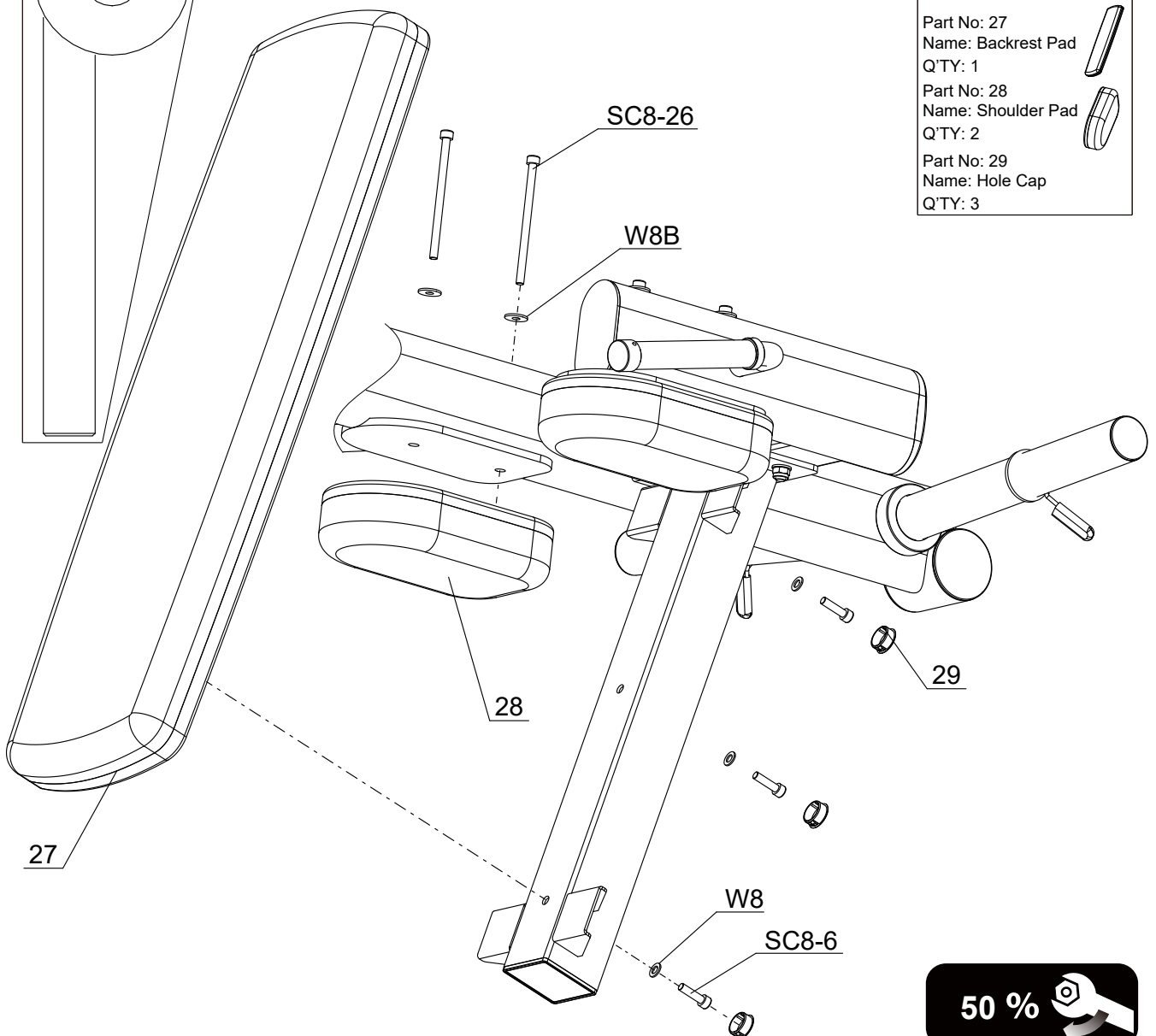


Parts

Part No: 27
Name: Backrest Pad
Q'TY: 1

Part No: 28
Name: Shoulder Pad
Q'TY: 2

Part No: 29
Name: Hole Cap
Q'TY: 3

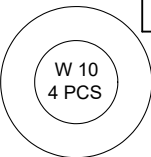
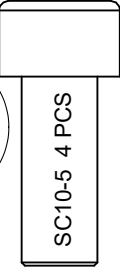


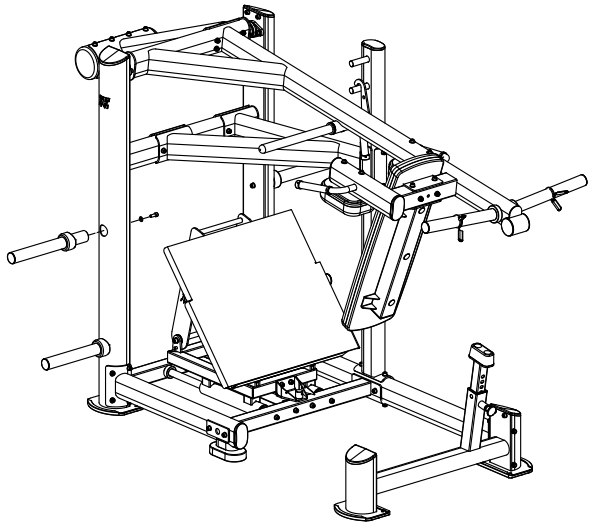
50 %



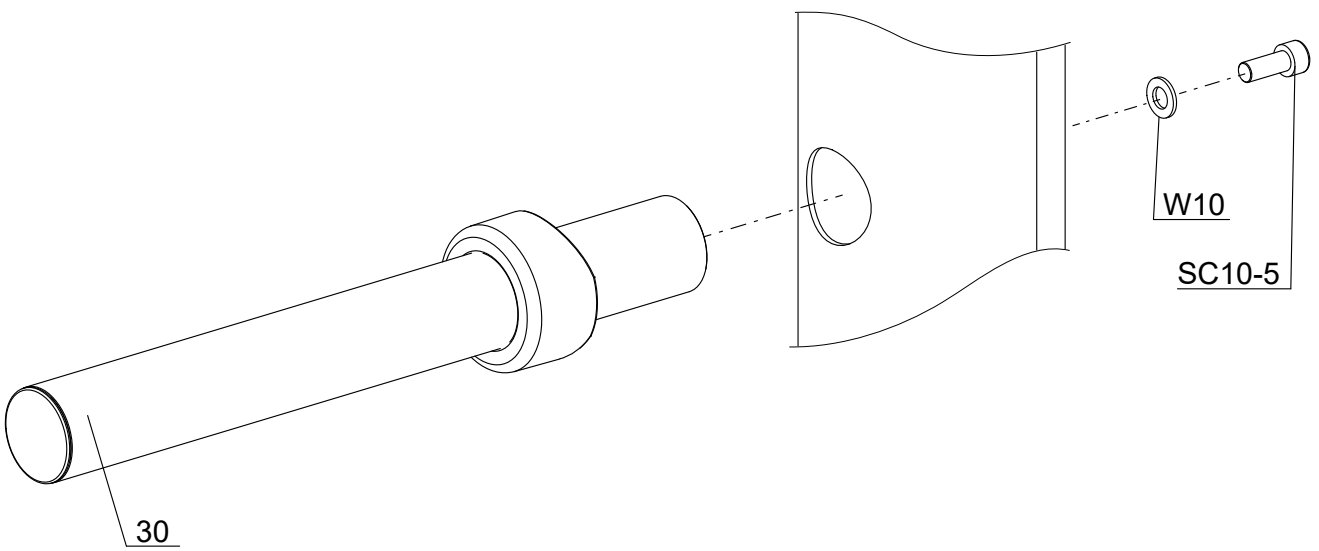
STEP 17

Parts
Part No: 30 
Name: Barbell Holder
Q'TY: 4


Fixings
 W 10
4 PCS
 SC10-5 4 PCS



Install the Barbell Holder (#30).



50% 

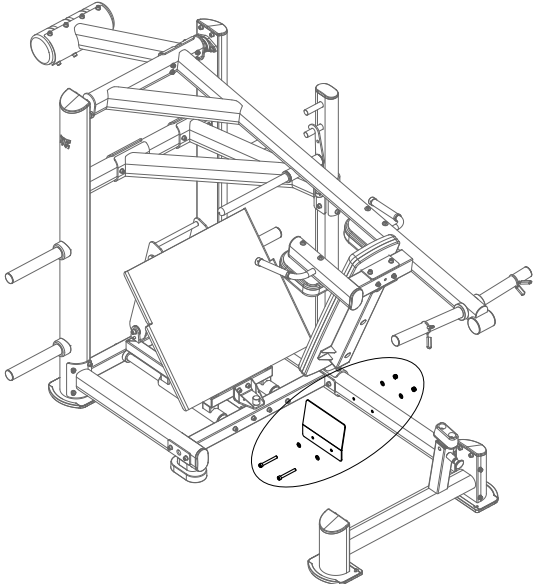
Tools
 8 mm

STEP 18

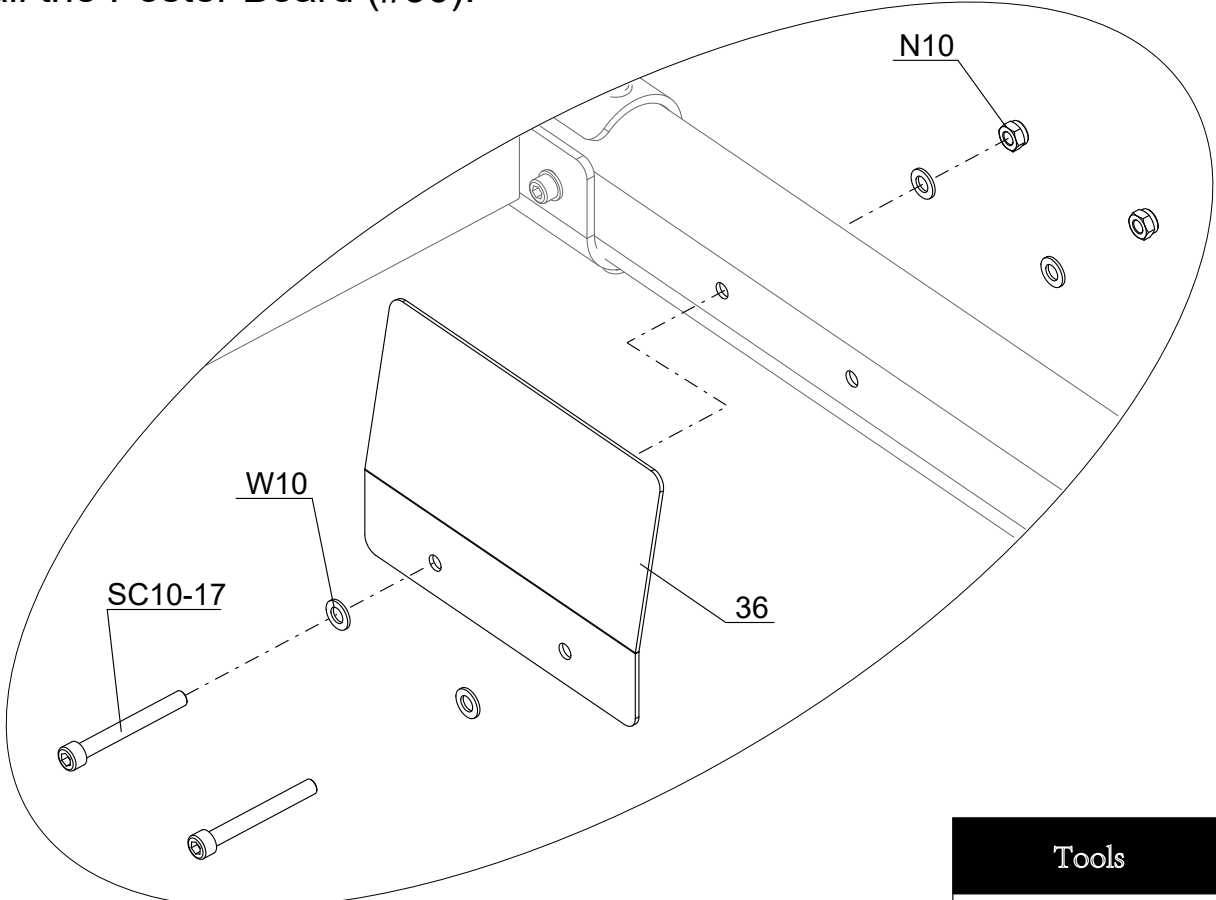
Parts
 Part No: 36
 Name: Poster Board
 QTY: 1

Fixings

- W 10
4 PCS
- N10
2 PCS
- SC10-17
2 PCS



Install the Poster Board (#36).



100%

Tools

- 17 mm
- 8 mm

PARTS LIST

PART #	DESCRIPTION	QTY
1	Rear Upright Frame	1
2	Bottom Lengthwise Tube	1
3	Bottom Lengthwise Tube	1
4	Front Lateral Tube	1
5	Middle Upright	1
6	Middle Lateral Tube	1
7	Peg	2
8	Lengthwise Tube	1
9	Carriage	1
10	Pin	1
11	Washer OD40	2
12	Guide Rod	2
13	Buffer Ring	4
14	Pedal Holder	1
15	Shaft	1
16	Spacer	1
17	Pedal	1
18	Shoulder Bolt 12×30	2
19	Connection Frame	1
20	Backing Plate	1
21	Backing Plate	2
22	Work Arm	1
23	Mounted Bearing	2
24	Backrest Tube	1
25	Weight Holder	1
26	Counter Weight	4
27	Backrest Pad	1
28	Shoulder Pad	2
29	Hole Cap	3
30	Barbell Holder	3
31	Positioning Plate	1
32	Rod	1
33	Hook	1
34	Barbell Clip	2
35	Wave Washer	1
36	Poster Board	1
A10-4	Button Head Screw M10×20	1
C10-19	Countersunk Head Screw M10×95	2
N10	Lock Nut M10	38
SC8-6	Socket Head Cap Screw M8 x 30	3
SC8-26	Socket Head Cap Screw M8 x 130	4
SC10-4	Socket Head Cap Screw M10 x 20	12
SC10-5	Socket Head Cap Screw M10 x 25	12
SC10-6	Socket Head Cap Screw M10 x 30	4
SC10-14	Socket Head Cap Screw M10 x 70	2

PART #	DESCRIPTION	QTY
SC10-17	Socket Head Cap Screw M10 x 85	10
SC10-19	Socket Head Cap Screw M10 x 95	10
SC10-21	Socket Head Cap Screw M10 x 105	2
SC10-28	Socket Head Cap Screw M10 x 140	4
SC10-32	Socket Head Cap Screw M10 x 160	6
SC12-6	Socket Head Cap Screw M12 x 30	2
SW10	Spring Washer 10	12
W8	Washer 8	3
W8B	Big Washer 8	4
W10	Washer 10	98
W10B	Big Washer 10	1
W12	Washer 12	4