


**IRONEDGE**

# Belt Squat Manual

## Setup Instructions

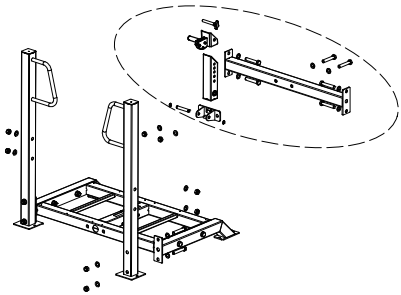
 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



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# STEP 1

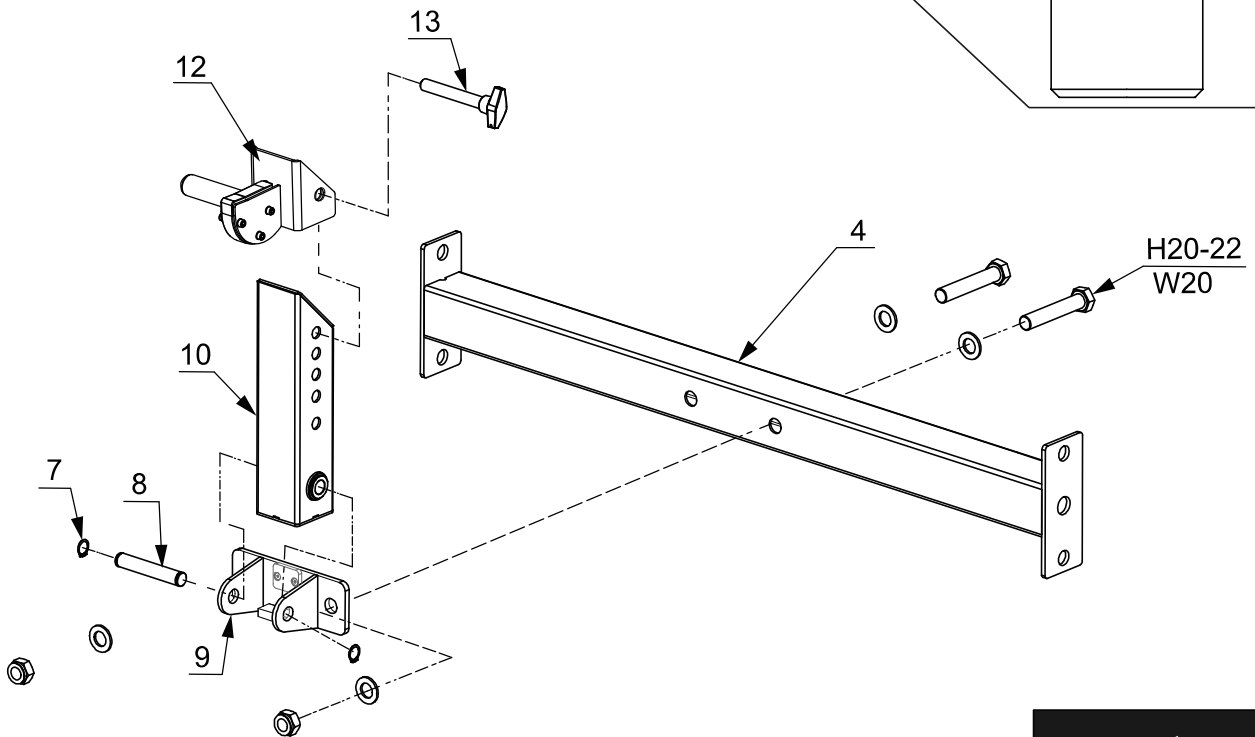
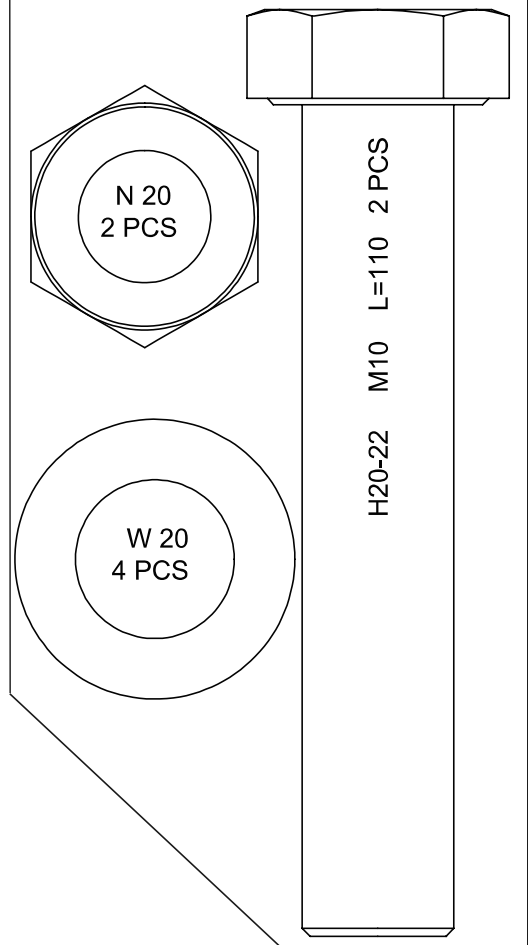


Assemble The Holding Hook Group(#12) With The Pivoted Tube Assy (#10), Then Assemble ( 4#) With Them.



## Parts

-  Part No: 4  
Name: Transverse Tube Assy  
Q'TY: 1
-  Part No: 7  
Name: External Circlip  
Q'TY: 2
-  Part No: 8  
Name: Shaft  
Q'TY: 1
-  Part No: 9  
Name: Bracket  
Q'TY: 1
-  Part No: 10  
Name: Pivoted Tube Assy  
Q'TY: 1
-  Part No: 12  
Name: Holding Hook Assy  
Q'TY: 1
-  Part No: 13  
Name: Retaining Pin  
Q'TY: 1

## Fixings



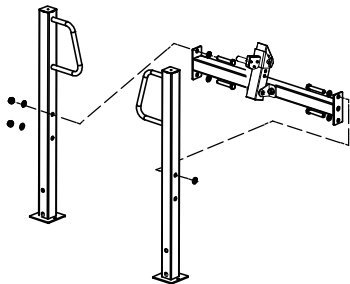
## Tools

-  30 mm
-  External Circlip Pliers

50%



# STEP 2

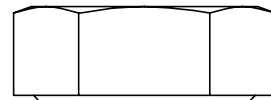
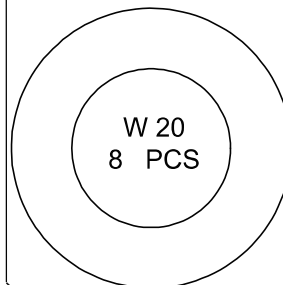
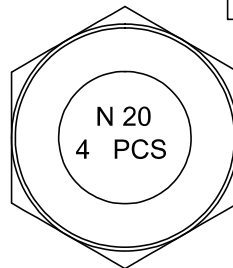


## Parts



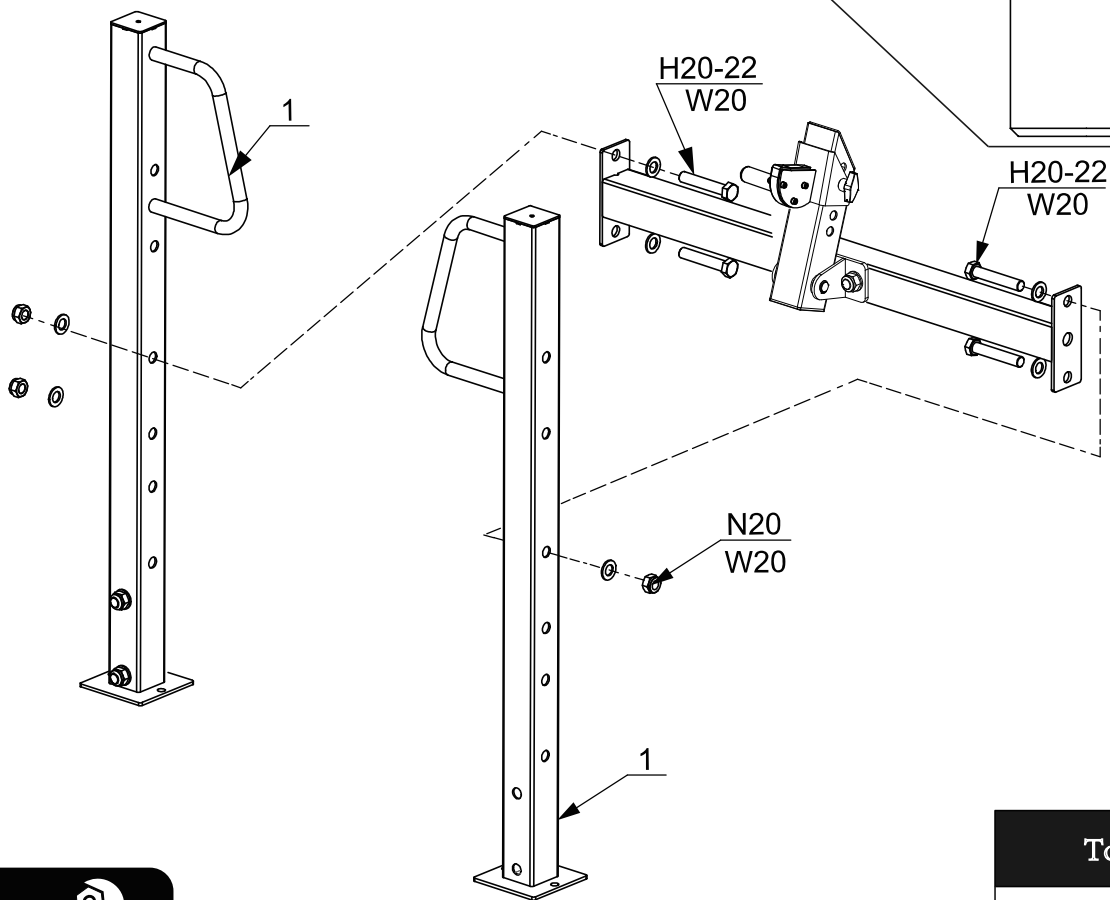
Part No: 1  
Name: Upright Tube  
Q'TY: 2

## Fixings



H20-22 M10 L=110 4 PCS

Assemble The Part Of Step 1 With The Upright Tube(#1).



## Tools

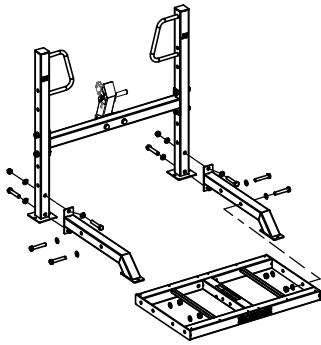


30 mm




50%



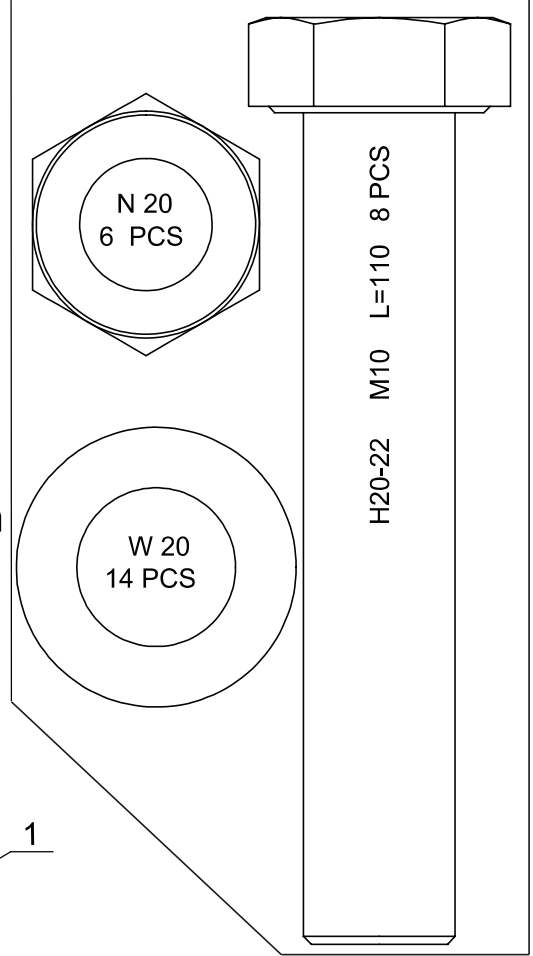
# STEP 3



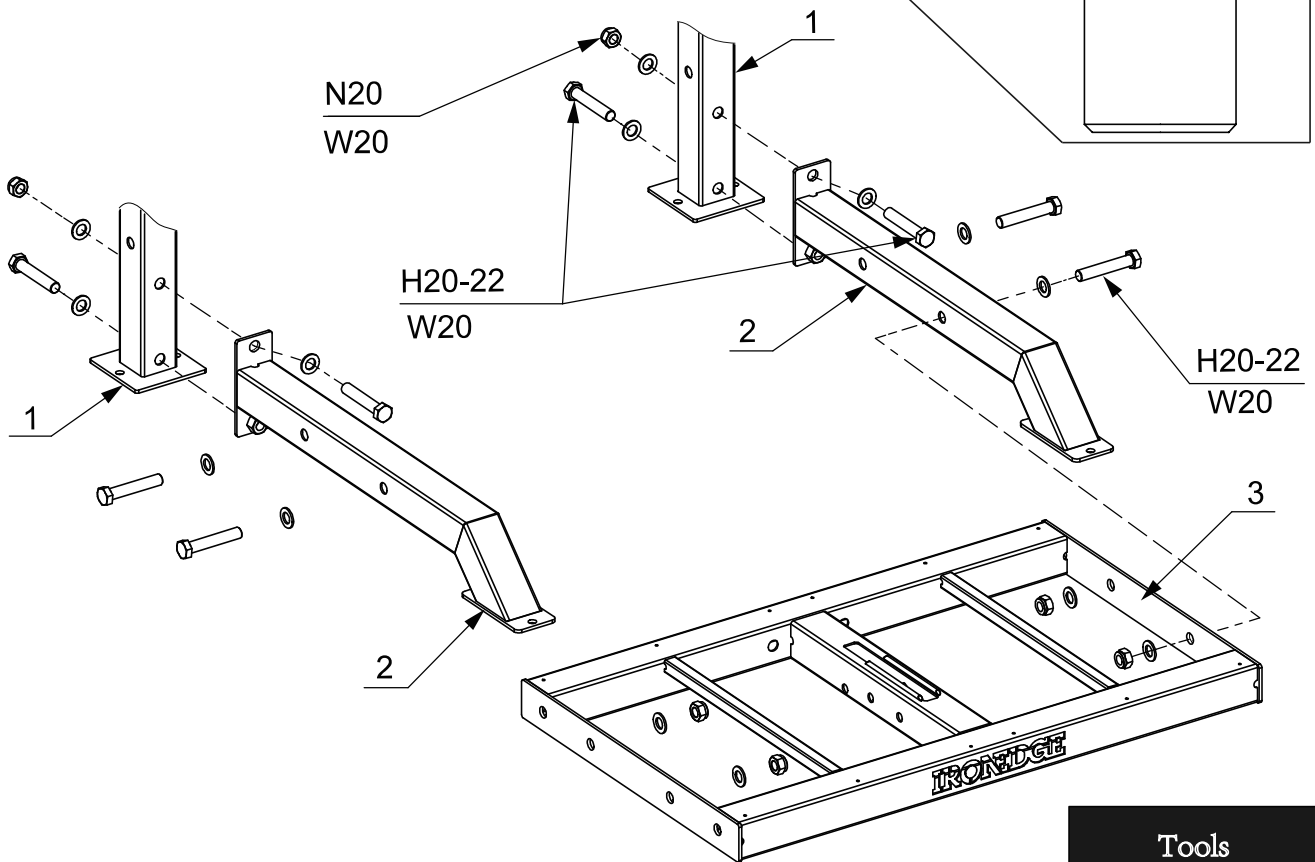
## Parts

-  Part No: 1  
Name: Upright Tube  
Q'TY: 2
-  Part No: 2  
Name: Bottom Side Tube  
Q'TY: 2
-  Part No: 3  
Name: Platform Frame Assy  
Q'TY: 1

## Fixings



Assemble Platform Frame Assembly(#3) And (Both Side) Bottom Side Tube(#2) On The Upright Tube(#1).



## Tools

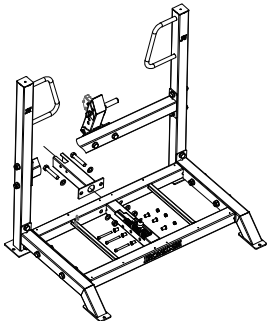


30 mm






50%





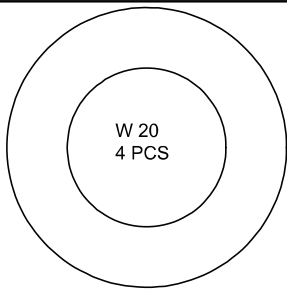
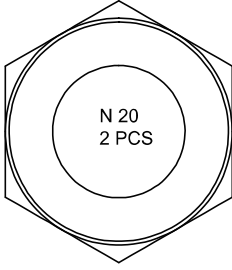

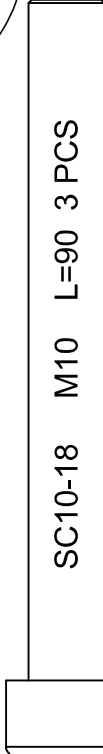
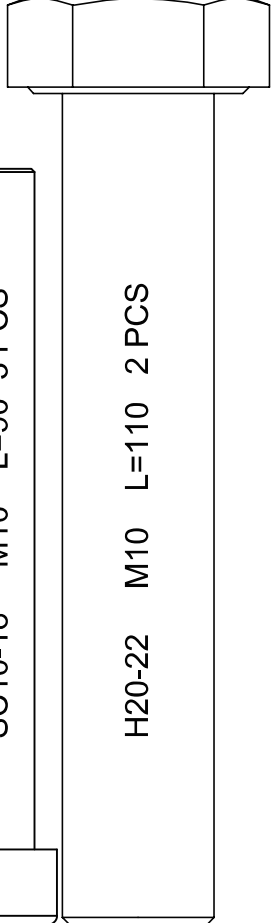
# STEP 4

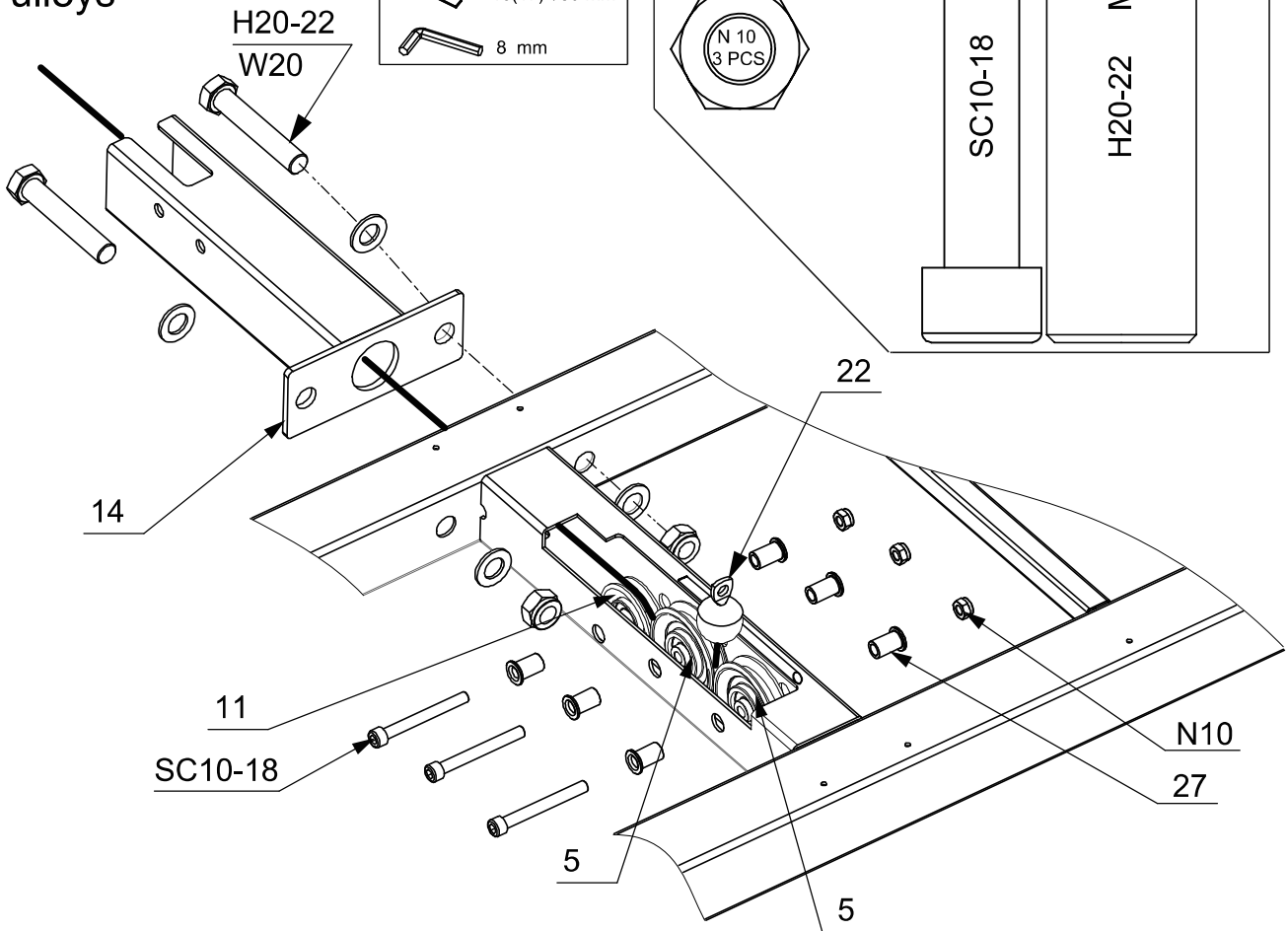


Install The Cable,  
And The Bottom  
Pulleys

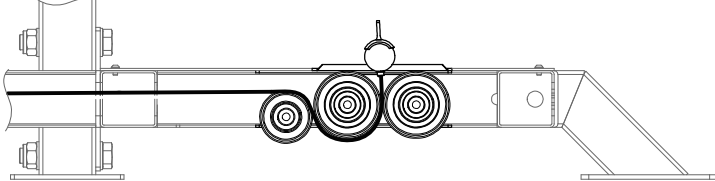
Parts	
	Part No: 27 Name: Spacer 1 Q'TY: 6
	Part No: 22 Name: Cable Q'TY: 1
	Part No: 14 Name: Connection Tube Assy Q'TY: 1
	Part No: 11 Name: 70 Pulley Q'TY: 1
	Part No: 5 Name: 89 Pulley Q'TY: 2

Tools	
	16(17) \ 30 mm
	8 mm

Fixings	
	W 20 4 PCS
	N 20 2 PCS
	N 10 3 PCS
	SC10-18 M10 L=90 3 PCS
	H20-22 M10 L=110 2 PCS



## Sectional View



# STEP 5

## Tools



4 mm

## Parts



Part No: 15  
Name: Pedal 2  
Q'TY: 1

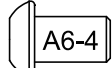


Part No: 6  
Name: Pedal 1  
Q'TY: 1

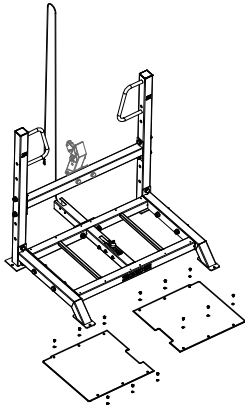
## Fixings



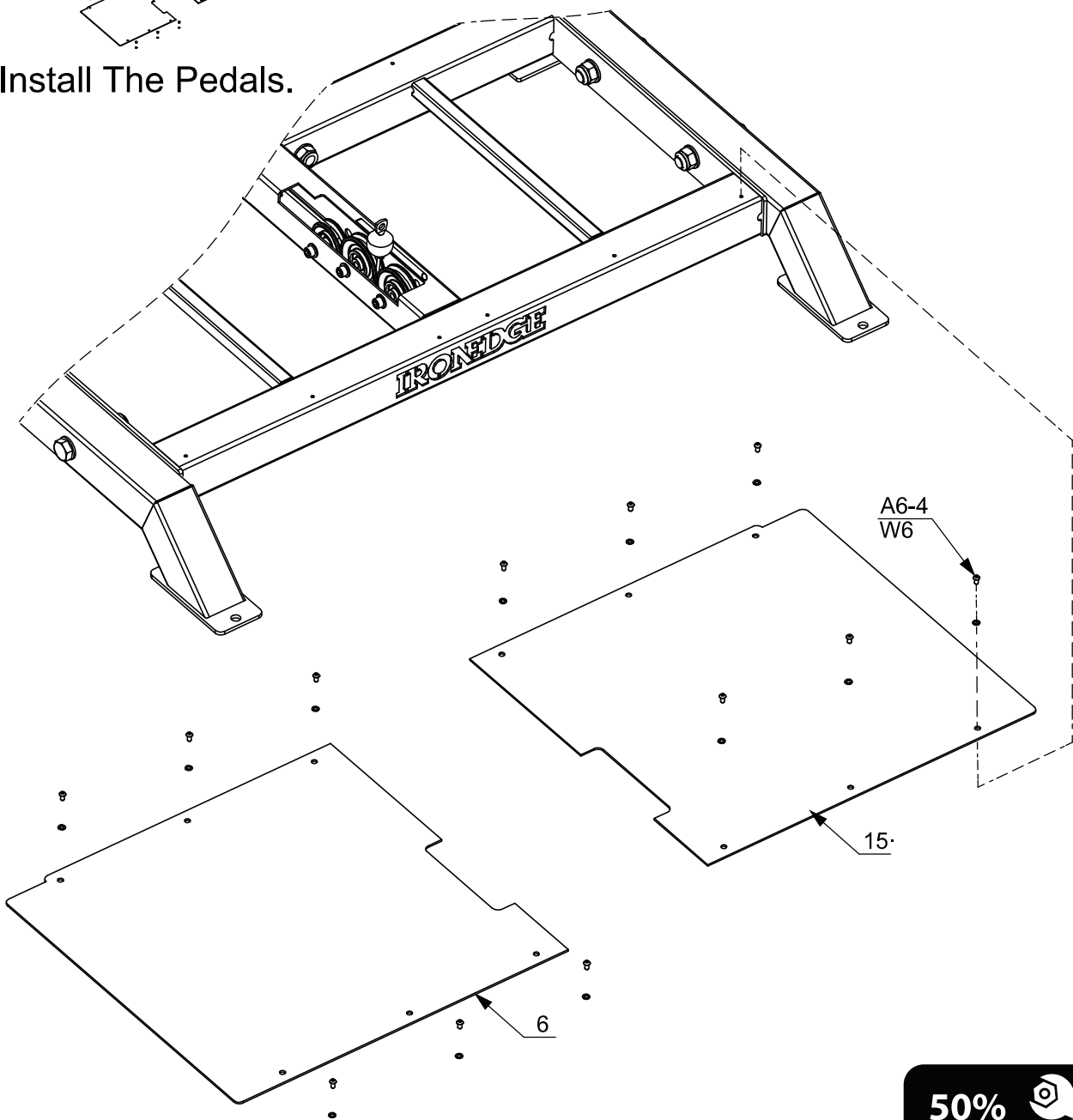
Q'TY: 12



Q'TY: 12



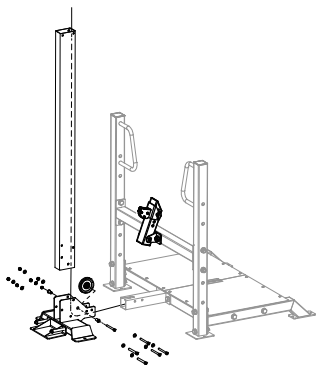
Install The Pedals.



50%



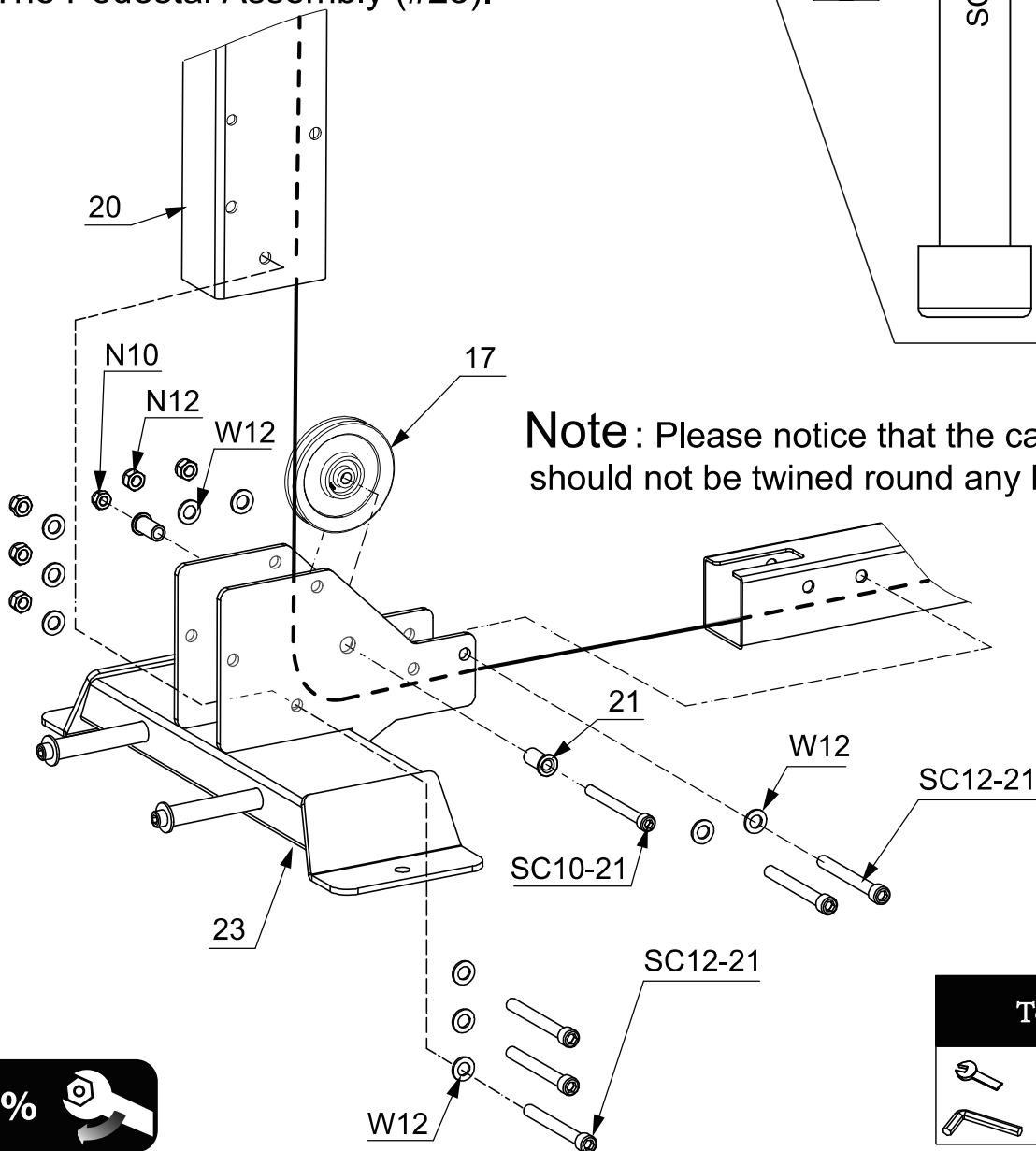
# STEP 6



Parts	
Part No: 17 Name: 114 Pulley Q'TY:1	
Part No: 20 Name: Guide Tube Q'TY:1	
Part No: 21 Name: Spacer 2 Q'TY:2	
Part No: 23 Name: Pedestal Assembly Q'TY:1	

Fixings	
 N 12 5PCS	SC10-21 M10 L=105 1 PC
 W12 10PCS	
 N 10 1 PCS	
	SC12-21 M12 L=105 5 PCS

Install The Guide Tube(#20) & Pulley(#17) On The Pedestal Assembly (#23).

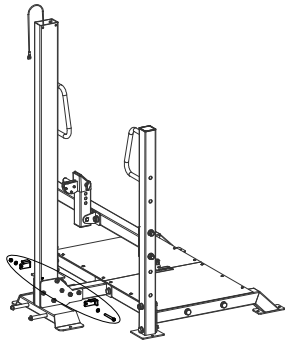


**Note:** Please notice that the cable should not be twined round any bolts.



Tools	
	17 \ 19 mm
	8 \ 10 mm

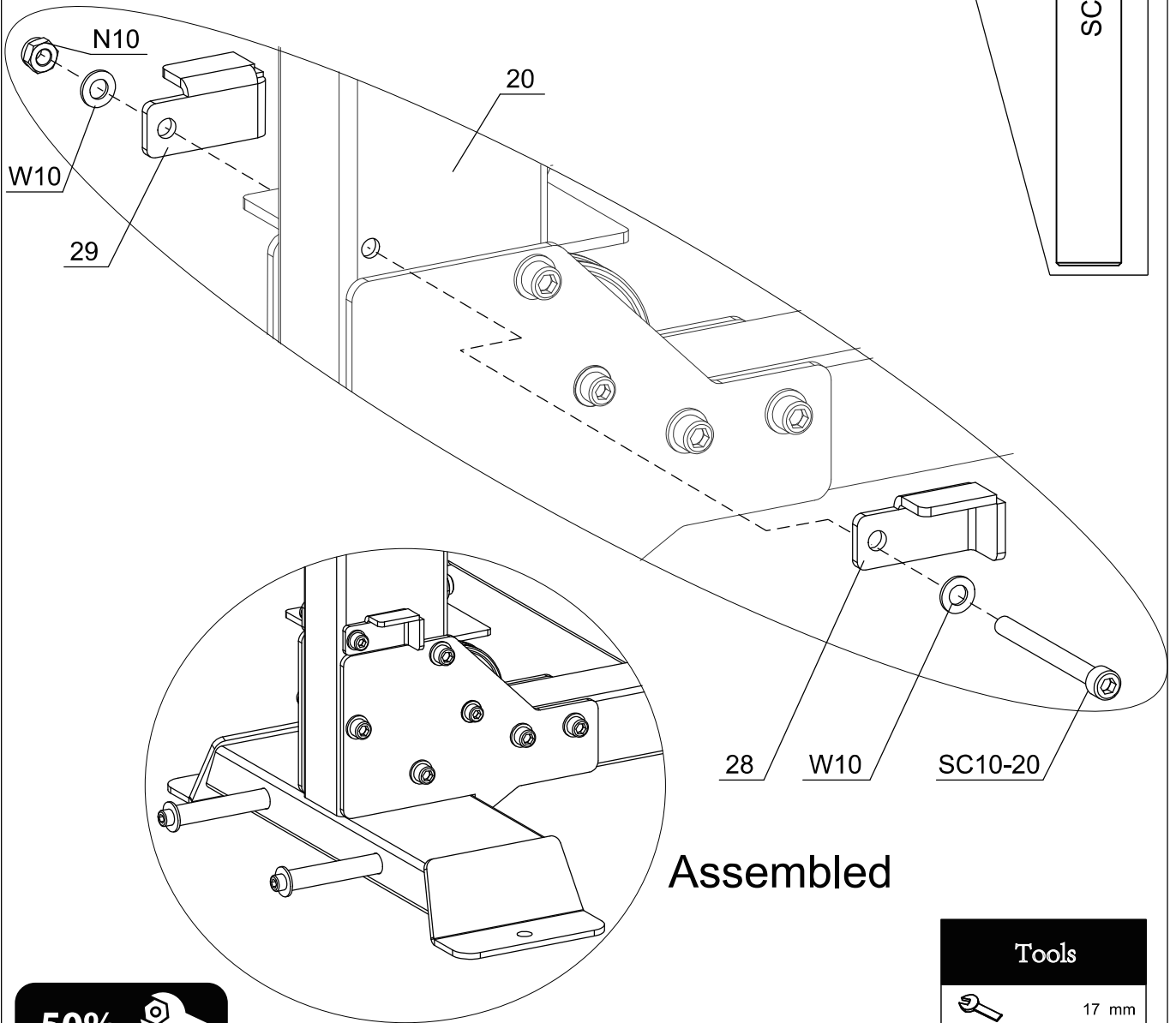
# STEP 7



Parts	
Part No: 28 Name: Holding Plate Q'TY:1	
Part No: 29 Name: Holding Plate Q'TY:1	

Fixings	
 N 10 2 PCS	 SC10-20 M10 L=90 1 PC
 W10 2 PCS	

Install the Holding Plate(#28 & # 29) on the Guide Tube(#20).






Assembled


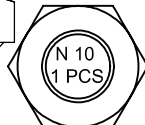
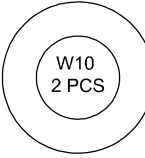


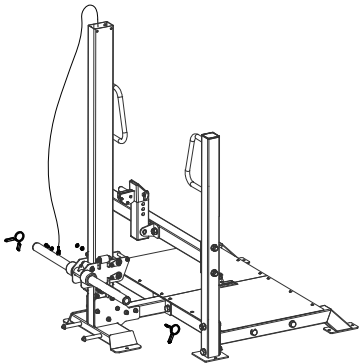
Tools	
	17 mm
	8 mm

# STEP 8

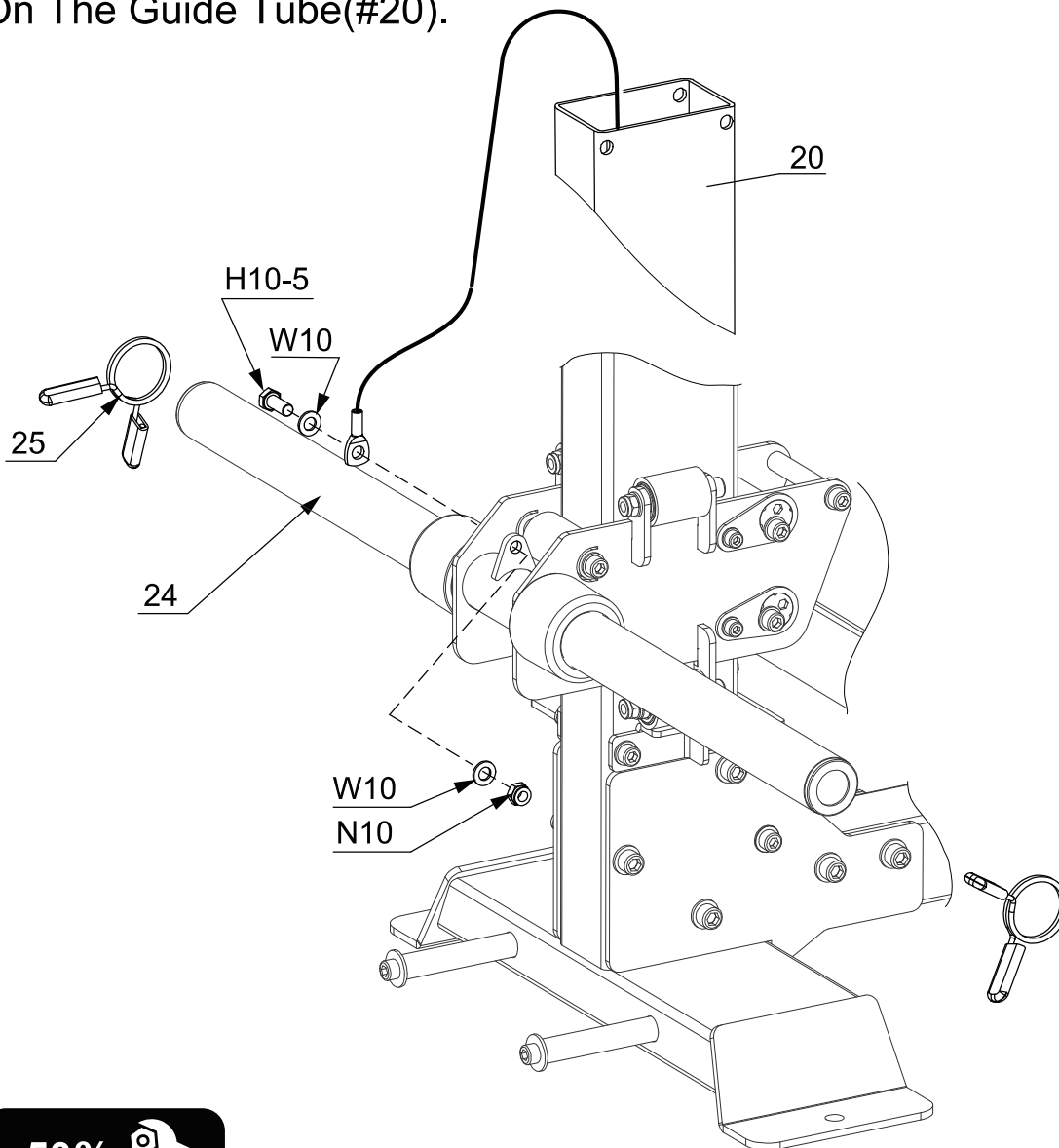
Tools	
	16(17) mm

Parts	
	Part No: 24 Name: Barbell Plate Holder Q'TY: 1
	Part No: 25 Name: Barbell Clip Q'TY: 2

Fixings	
	H10-5 1PC
	N 10 1 PCS
	W10 2 PCS

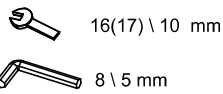


Install The Barbell Holder Set(#24)  
On The Guide Tube(#20).

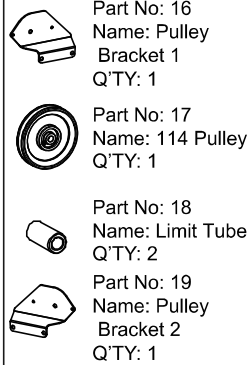


# STEP 9

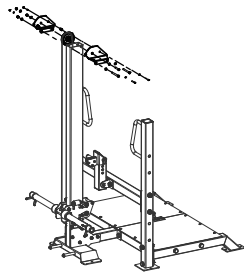
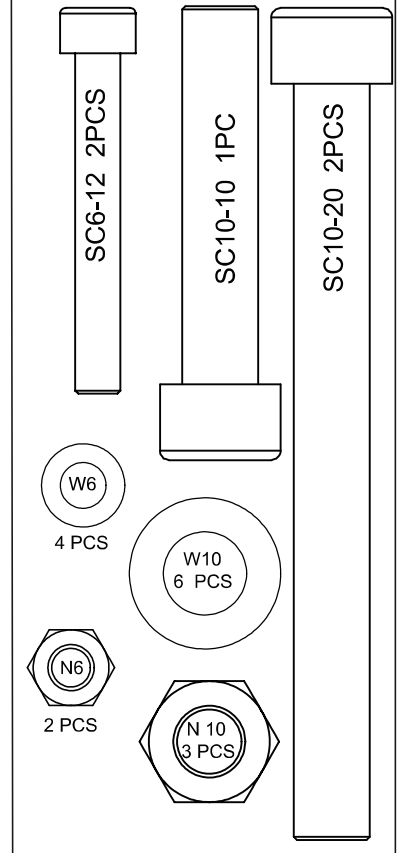
## Tools



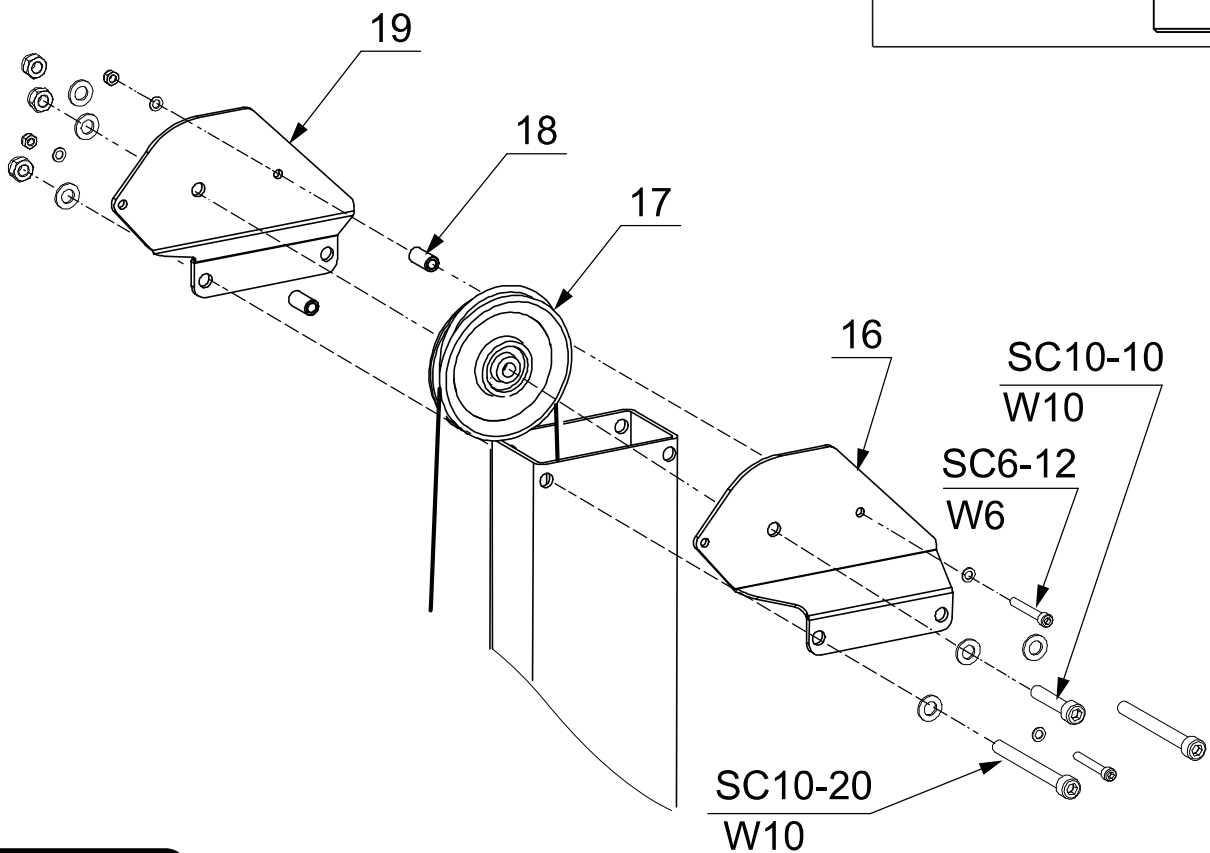
## Parts



## Fixings



Install Pulley Bracket(#16 & #19)  
And 114 Pulley(#17) On The Top  
Of The Guide Tube(#20).




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# STEP 10

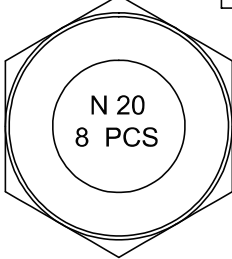
Install The Barbell Storage Holder(#26).

**Parts**

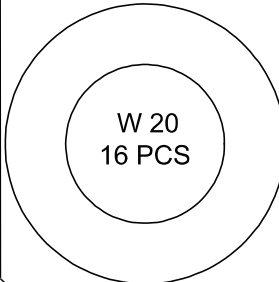


Part No: 26  
Name: Barbell storage holder  
Q'TY: 4

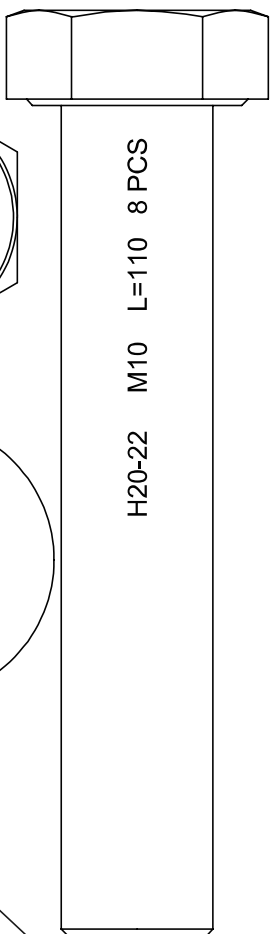
**Fixings**



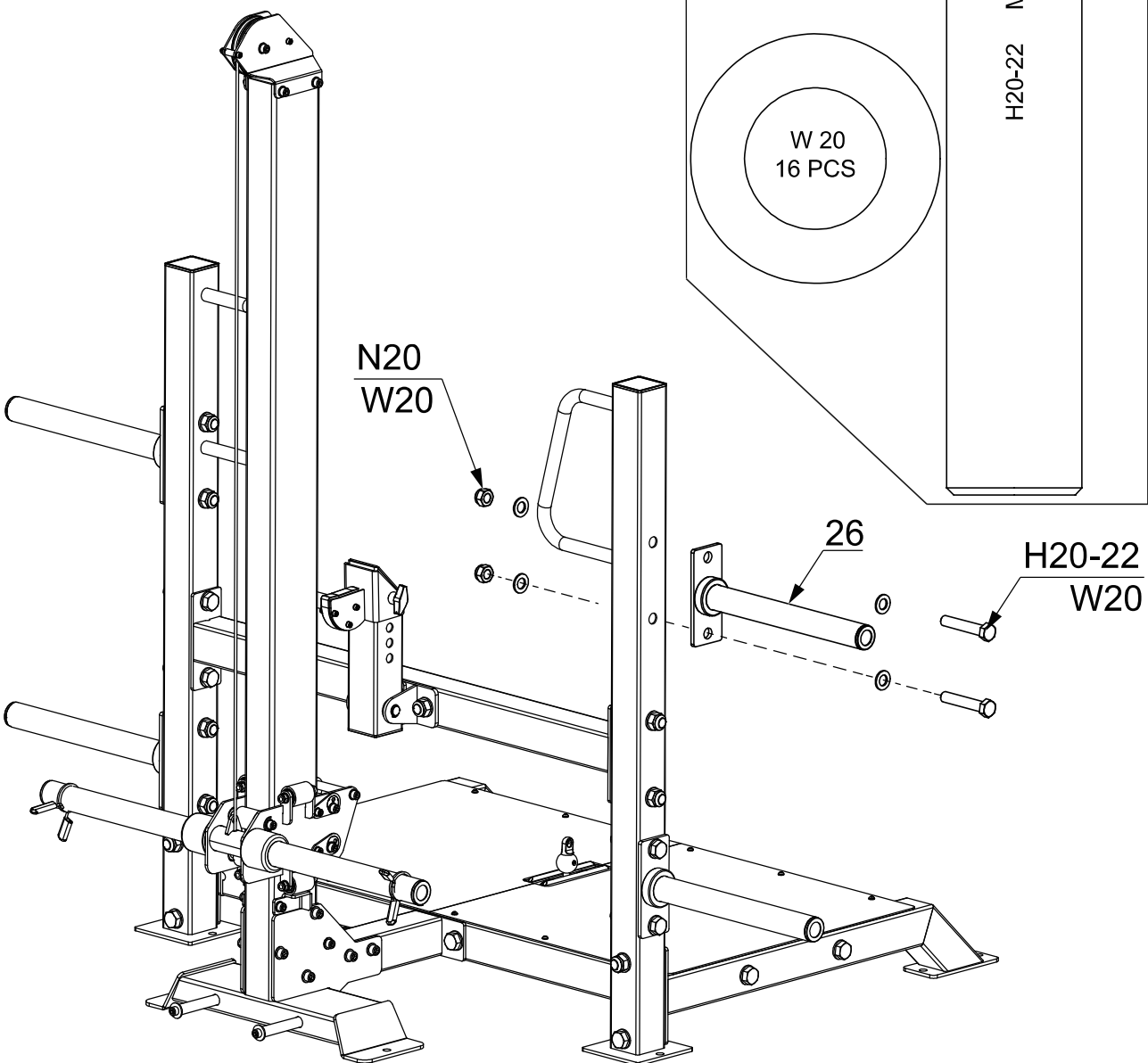
N 20  
8 PCS




W 20  
16 PCS



H20-22 M10 L=110 8 PCS



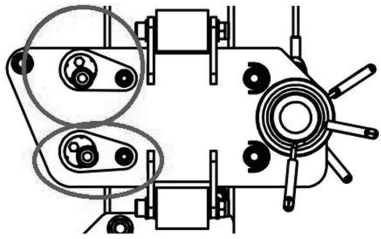
100% 

**Tools**



30 mm

# Instruction of adjusting the sliding adjuster



There are 2 sector plates on both left and right side.

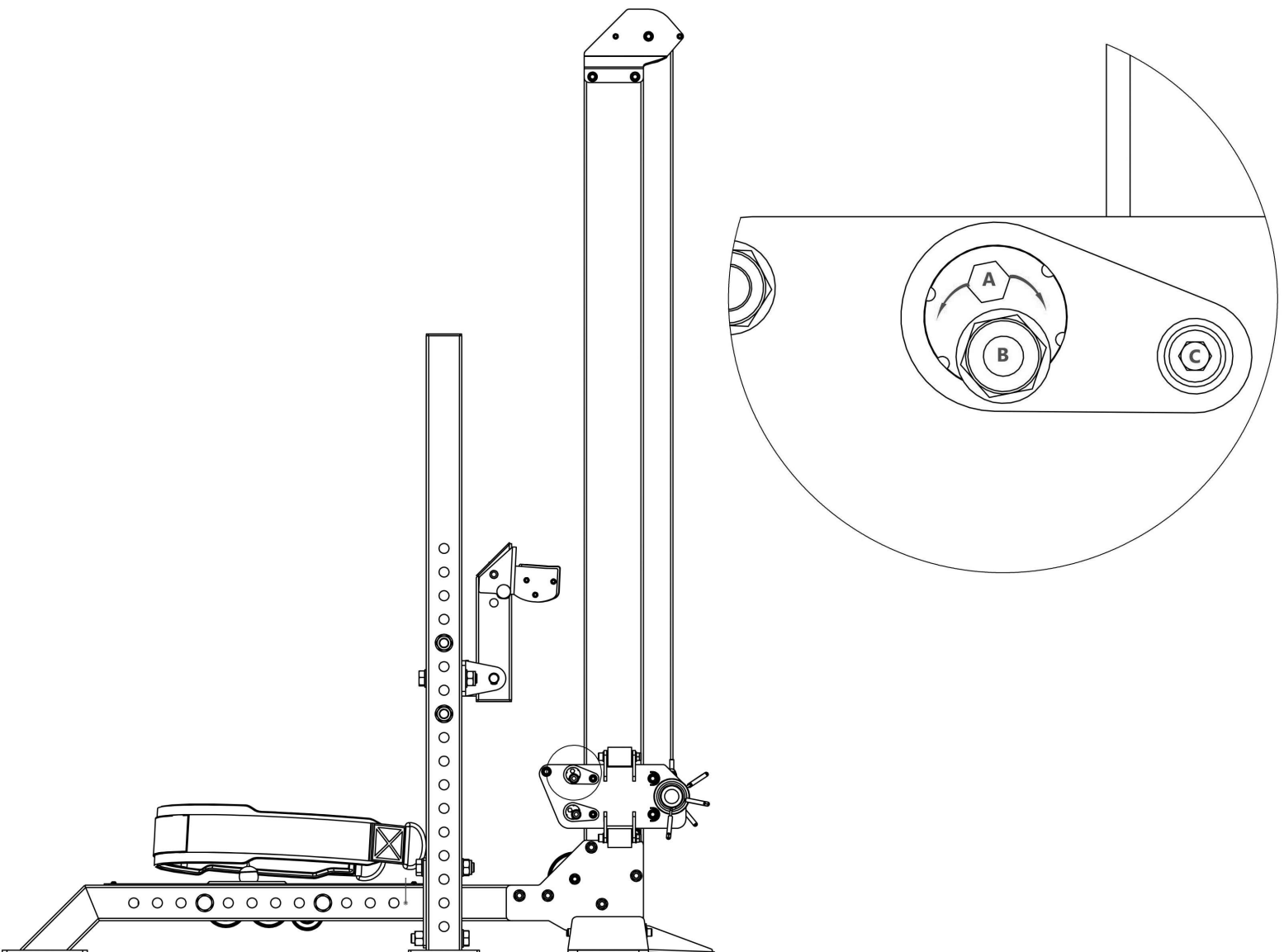
Please see the below close-up picture of the sector plate.

Part A (Hex metal piece) is a key to adjust the gap between the mechanism and upright.

**STEP 1:** Loose Part A, Bolt B & C little bit.

**STEP 2:** Adjust the proper gap by switch Part A by the tool wrench.

**STEP 3:** Once the proper gap done, tighten Bolt B & C accordingly.



# PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Upright Tube	2
2	Bottom Side Tube	2
3	Platform Frame Assembly	1
4	Transverse Tube Assembly	1
5	89 Pulley	2
6	Pedal 1	1
7	External Circlip	2
8	Shaft	1
9	Bracket	1
10	Pivoted Tube Assembly	1
11	70 Pulley	1
12	Holding Hook Assy	1
13	Retaining Pin	1
14	Connection Tube Assembly	1
15	Pedal 2	1
16	Pulley Bracket 1	1
17	114 Pulley	2
18	Limit Tube	2
19	Pulley Bracket 2	1
20	Guide Tube	1
21	Spacer 2	1
22	Cable L=4360 mm	1
23	Pedestal Assembly	1
24	Barbell Plate Holder	1
25	Barbell Clip	2
26	Barbell Storage Holder	4
27	Spacer 1	6
28	Holding Plate	1
29	Holding Plate	1
W6	Washer 6	16
W10	Washer 10	10
W12	Washer 12	10
W20	Washer 20	48
N6	Nut M6	2
N10	Nut M10	9
N12	Nut M12	5
N20	Nut M20	24
A6-4	Button Head Screw M6X10	12
H10-5	Hex Head Screw M10X25	1
SC6-12	Socket Head Cap Screw M6X45	2
SC10-10	Socket Head Cap Screw M10X50	1
SC10-18	Socket Head Cap Screw M10X90	3

PART NO.	DESCRIPTION	QTY
SC10-20	Socket Head Cap Screw M10X100	3
SC10-21	Socket Head Cap Screw M10X105	1
SC12-21	Socket Head Cap Screw M12X105	5
H20-22	Hex Head Cap Screw M20X110	24