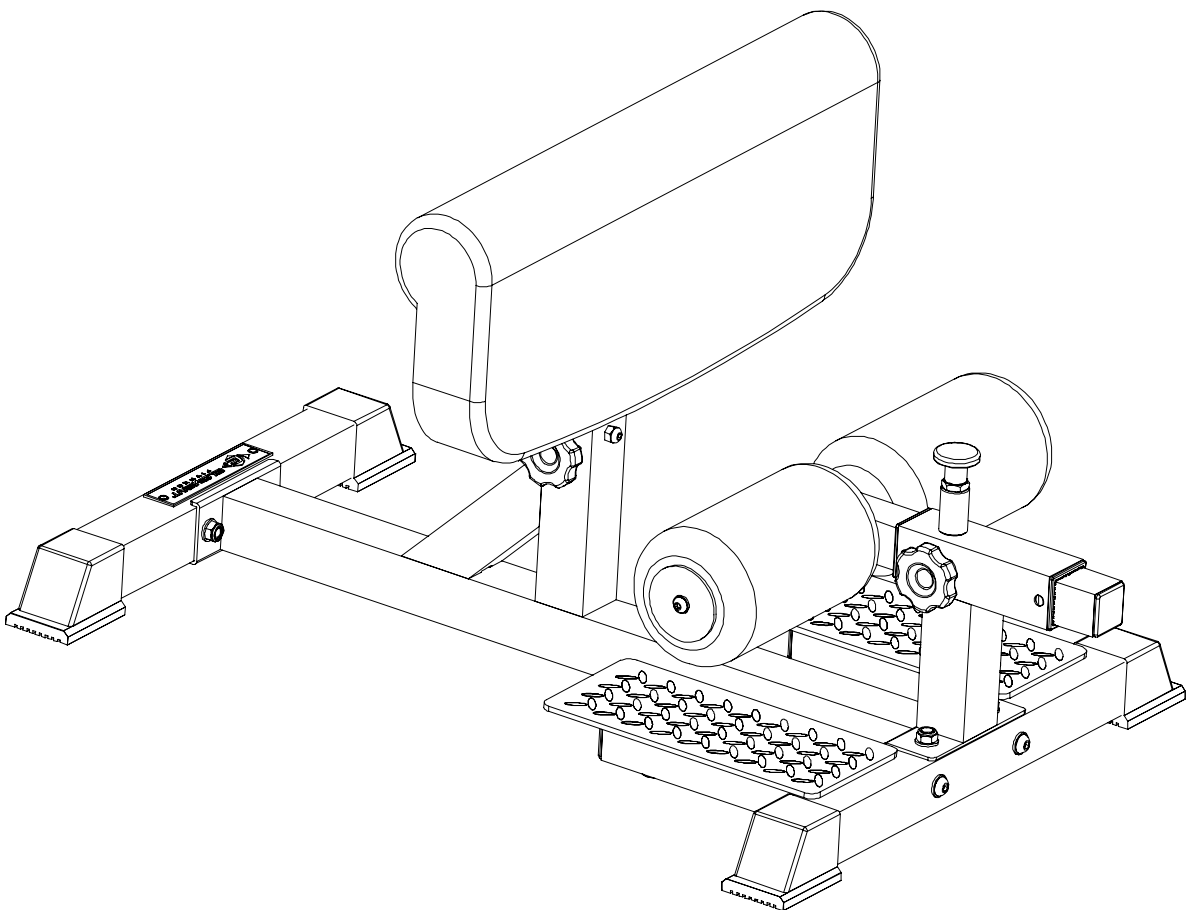
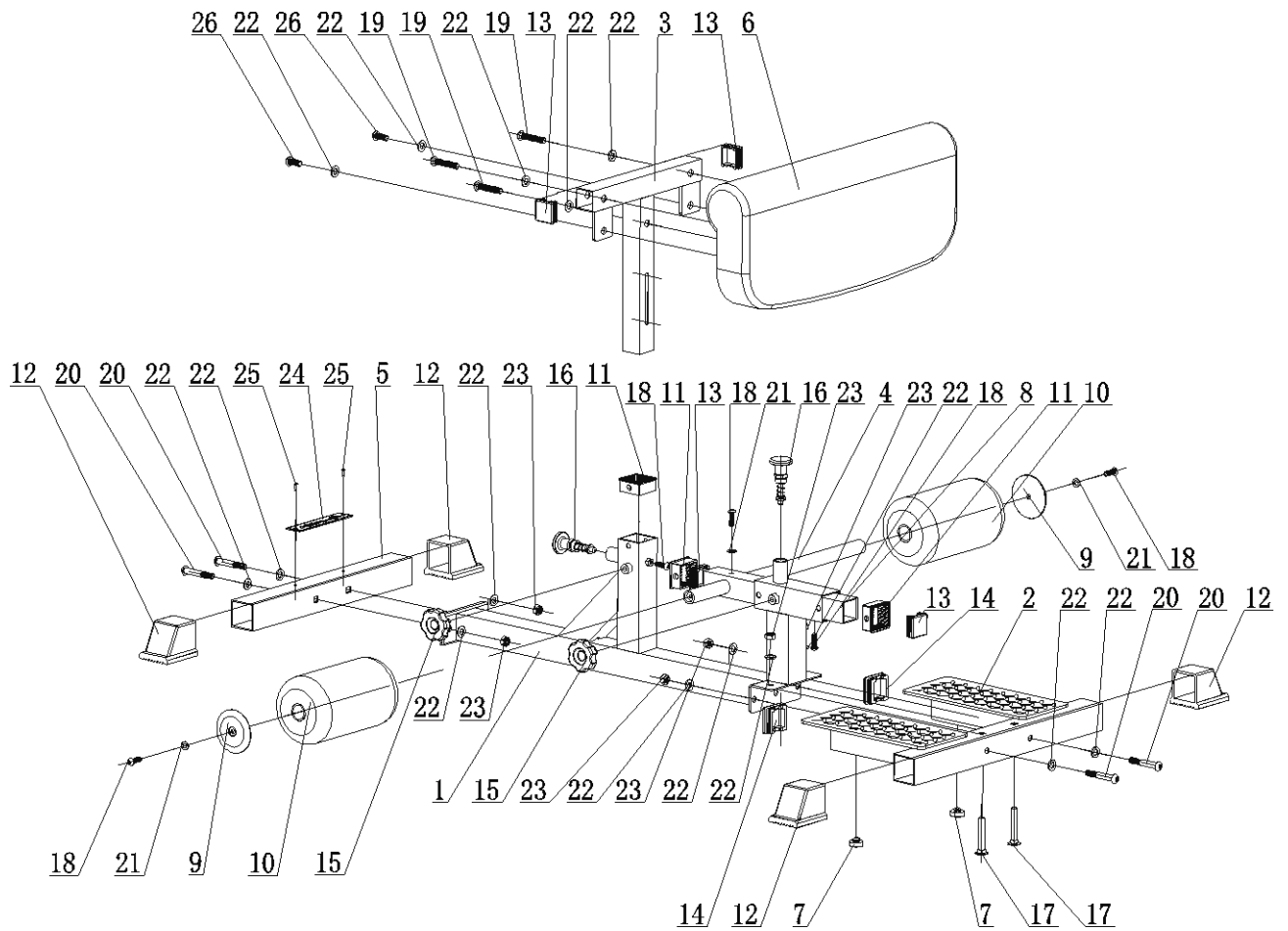


SISSY SQUAT

SS20-LT(SISSY)



EXPLODED DRAWING & PARTS LIST

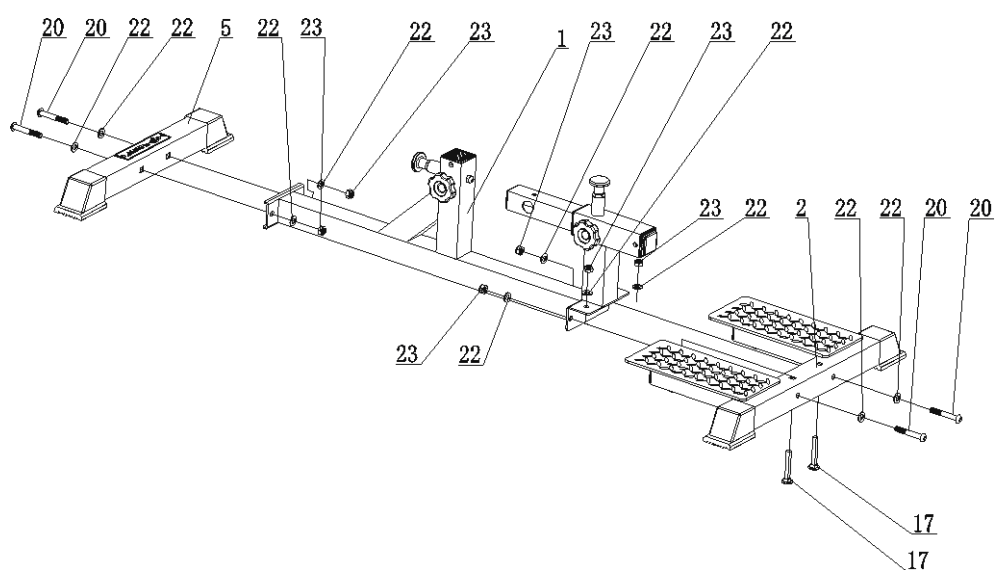


Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Base Frame	1	14	Square plug 50mm	2
2	Front Frame	1	15	Lock Bolt M10	2
3	Adjustable Frame	1	16	Knob	2
4	Foam Roller Frame	1	17	Carriage bolt M10*65	2
5	Rear Frame	1	18	Allen bolt M8*25	4
6	Leg Pad	1	19	Allen bolt M10*55	3
7	Φ25 Washer	2	20	Allen bolt M10*65	4
8	Support Frame of Foam Roller	1	21	Washer Φ9*Φ16*1.6	2
9	Foam Roller Plate Stopper	2	22	Washer Φ11*Φ20*2	13
10	Foam Roller	2	23	Nut M10	6
11	Sleeve	3	24	Name Plate	1
12	Square end cap 50mm	4	25	Rivet Φ4*12	2
13	Square plug 40mm	4	26	Allen Bolt M10*25	2

STEP 1

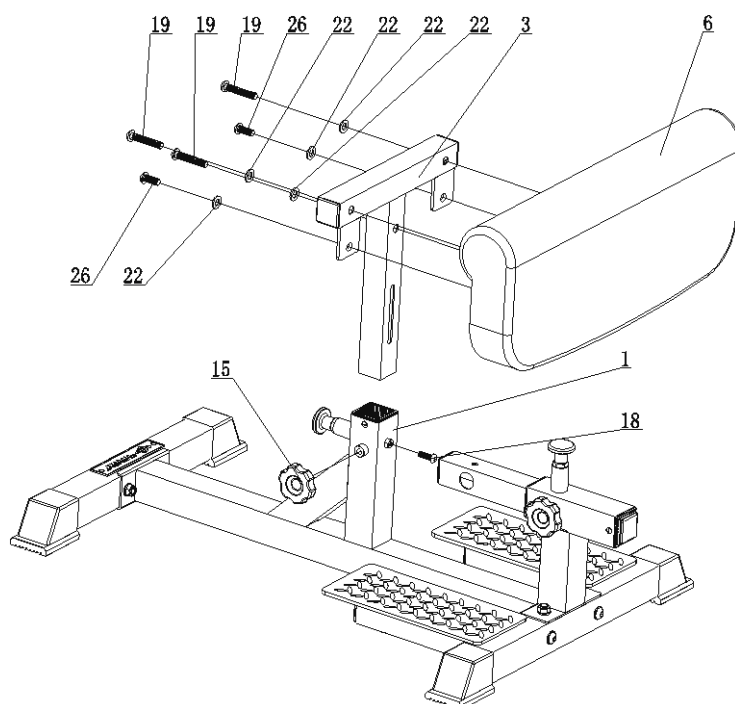
Assemble Base Frame(1), Front Frame(2) and Rear Frame(5) using Carriage bolt M10*65(17),Allen bolt

M10*65 (20) , Washer $\Phi 11*\Phi 20*2$ (22) and Nut M10(23).



STEP 2

Remove Lock Bolt M10 (15) and Carriage bolt M10*65(17) first.
 Install Leg Pad (6) to Adjustable Frame (3) using Allen bolt M10*55 (19), Washer $\Phi 11*\Phi 20*2$ (22) and Allen Bolt M10*25(26); then install Allen bolt M8*25(18) to Base Frame (1) as drawing.
 Please tighten Lock Bolt M10 (15) and Carriage bolt M10*65(17).



STEP 3

Assemble Foam Roller Frame(4), Foam Roller(10) to Base Frame(1) as drawing; then install Foam Roller

Plate Stopper (9) to Foam Roller Frame(4) using Allen bolt M8*25(18) and Washer $\Phi 9*\Phi 16*1.6$ (21)。
Please tighten all the bolts.

