



# V Squat Plate Loaded ASSEMBLY INSTRUCTIONS



**Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call or email Mayhem Strength immediately for after-sales instructions) When assembling the equipment, please follow the instructions for proper installation.**



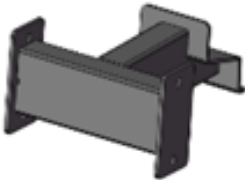




**This equipment is designed to provide the most fluid and effective exercise training. After installation, proper understanding of the functions of this machine must be understood. Immediately stop any improper usage in order to avoid damage to the machine or harming the user and their safety. Any questions or concerns in regards to the usage or functionality of the machine may be forwarded to Mayhem Strength via call or email.**

**It is required that all Mayhem Strength machines be anchored into the concrete or floor beneath them for safe and effective use.**




<b>Tools Required for Installation:</b>
Rubber Rod
Level Ruler
Hexagonal Wrench
Spring Clamp
Adjustable Wrench

**Note: Installation requires 2 people**

# PARTS/HARDWARE LIST

Item Number	Name	Picture	Qty
1	#1		1
2	#2		1
3	#3		1
4	#4		1
5	#5		1
6	#6		1
7	#7		1

## PARTS/HARDWARE LIST Continued

Item Number	Name	Picture	Qty
8	#8		1
9	#9		1
10	#10		1
11	#11		1
12	#12		1
13	#13		1
14	#14		1

## PARTS/HARDWARE LIST Continued

<b>Item Number</b>	<b>Name</b>	<b>Picture</b>	<b>Qty</b>
15	#15		1
16	#16		2
17	#17		2
18	#18		1

## PARTS/HARDWARE LIST Continued

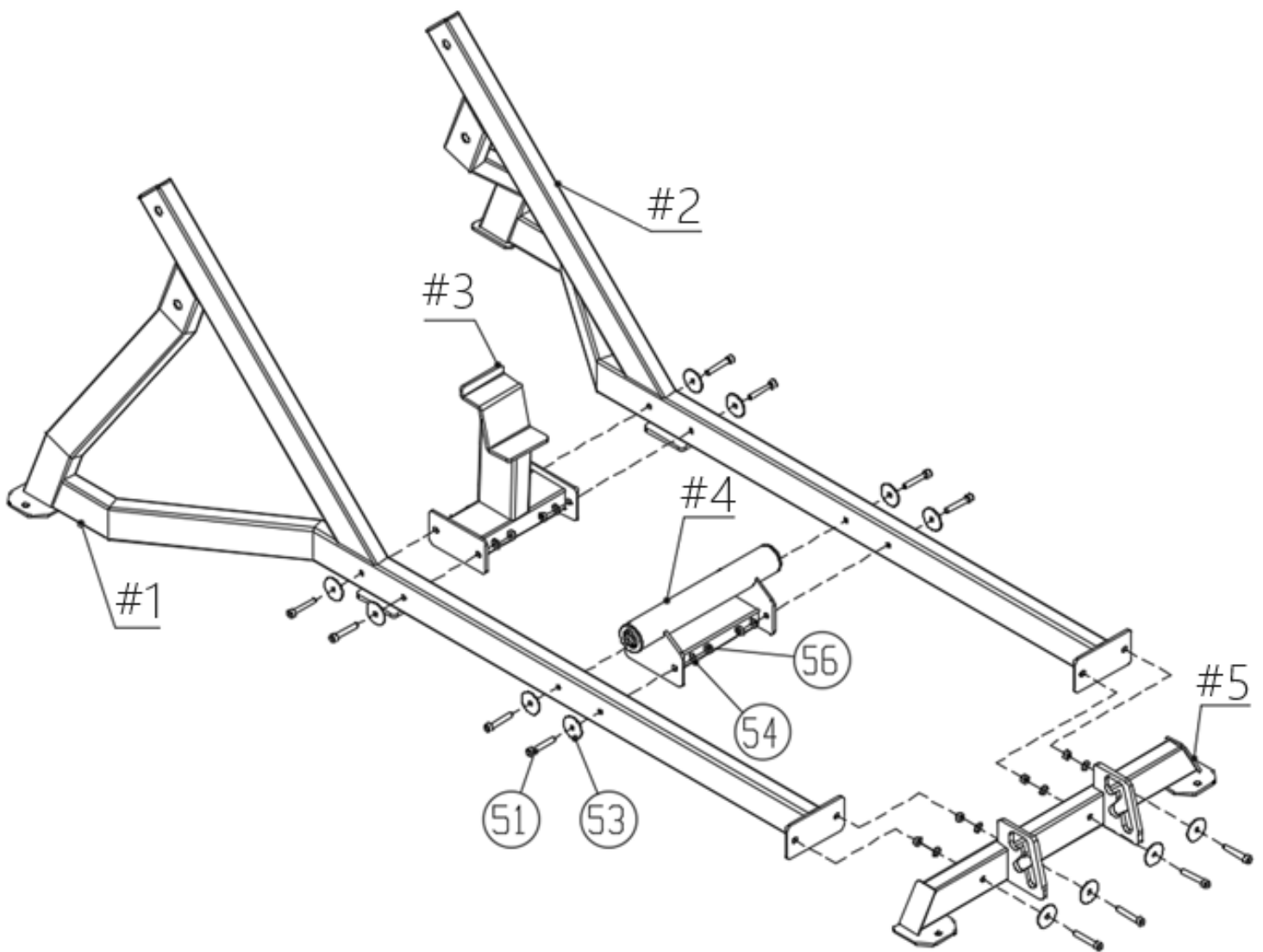
<b>Item Number</b>	<b>Name</b>	<b>Qty</b>
49	20 Plug	3
51	Hex Socket Head Cap Screw M10*60	12
52	Hex Socket Head Cap Screw M8*25	17
53	Flat Washers M10-D50	12
54	Flat Washers M10-D20	12
55	Flat Washers M8-D16	17
56	Hexagon Self-Locking Nut M10	12
57	Hexagon Socket Head Screw M10*25	6

**Note: Pre-assembled parts are not listed in this table.**

# Installation

**Step 1: use follow method combine #1、 #2、 #3、 #4、 #5:**

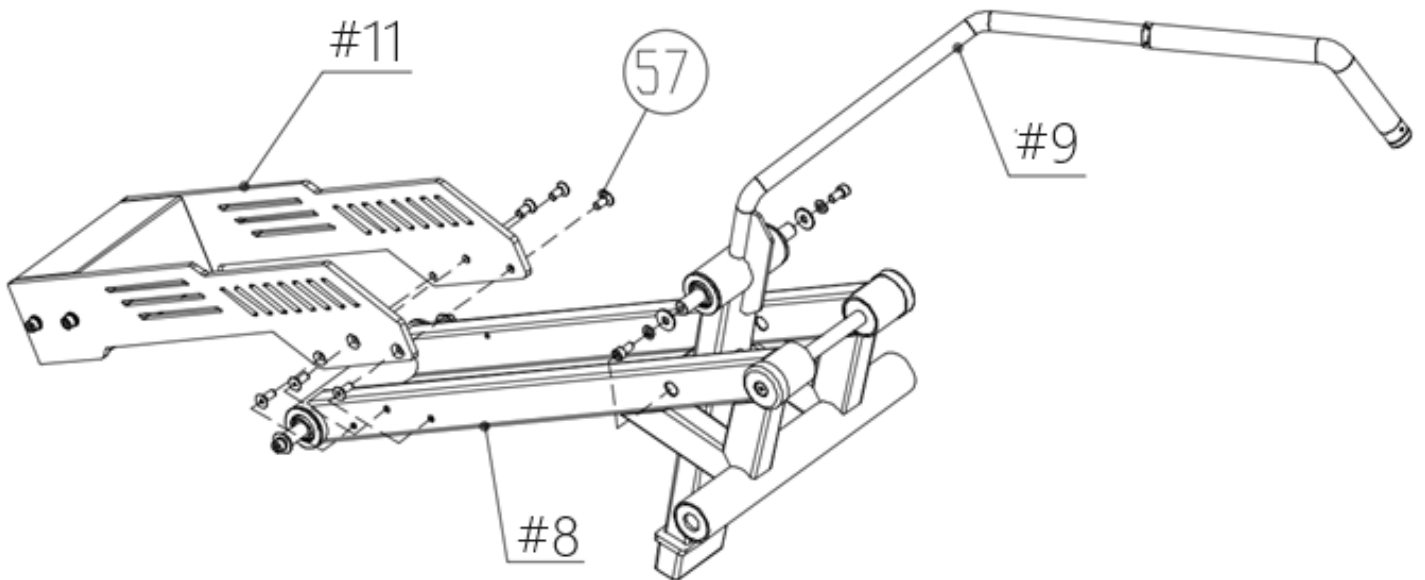
- 12x Hex socket head cap screw M10\*60 (#51)**
- 12x big washer M10-D50 (#53)**
- 12x Flat Washers M10-D20 (#54)**
- 12x Hexagon self-locking nut M10 (#56)**



# Installation

**Step 2: Step 1-use follow method combine #8、 #9、 #11:**

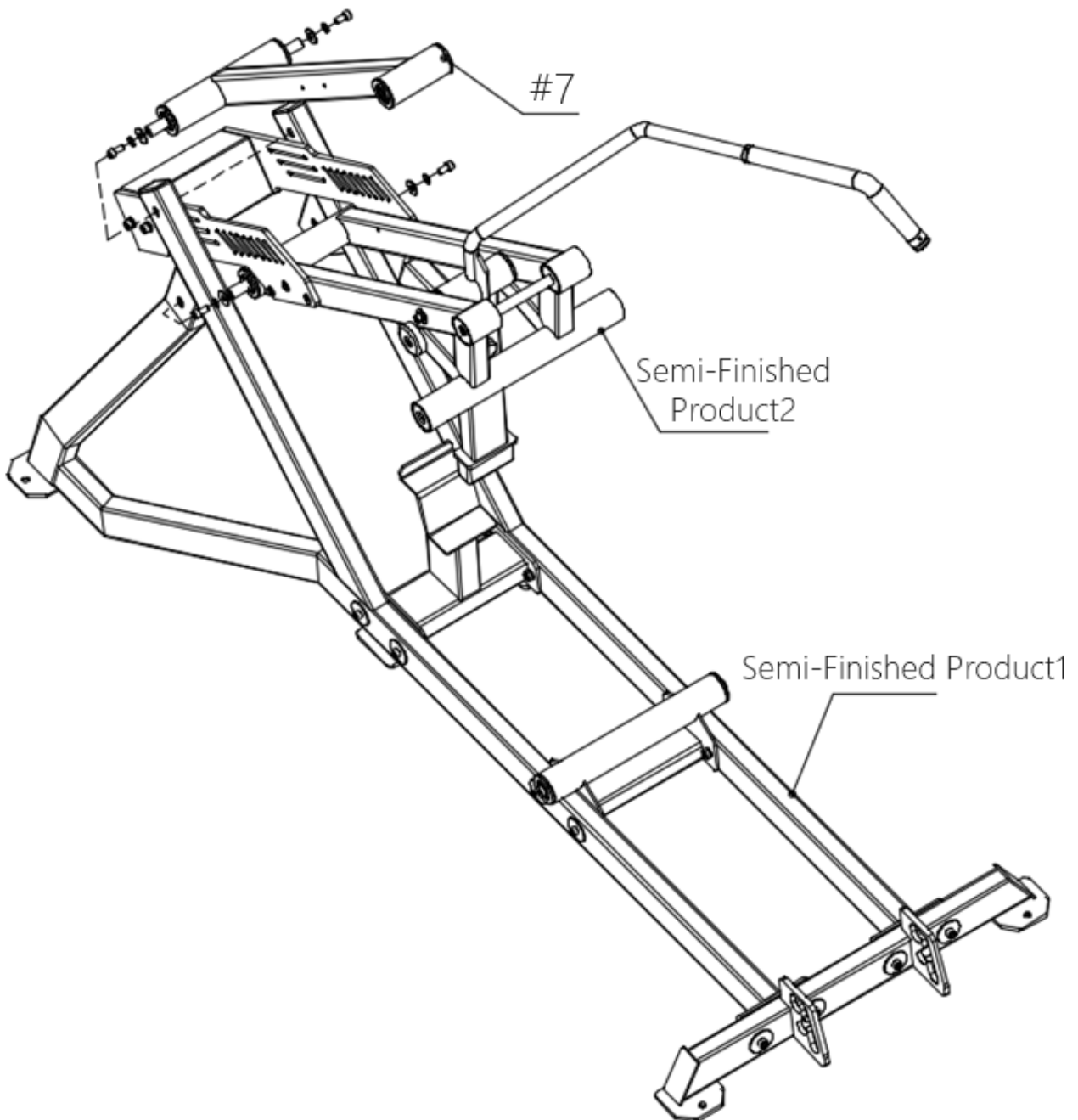
**- 6x Hexagon socket head screw M10\*25 (#57)**





# Installation

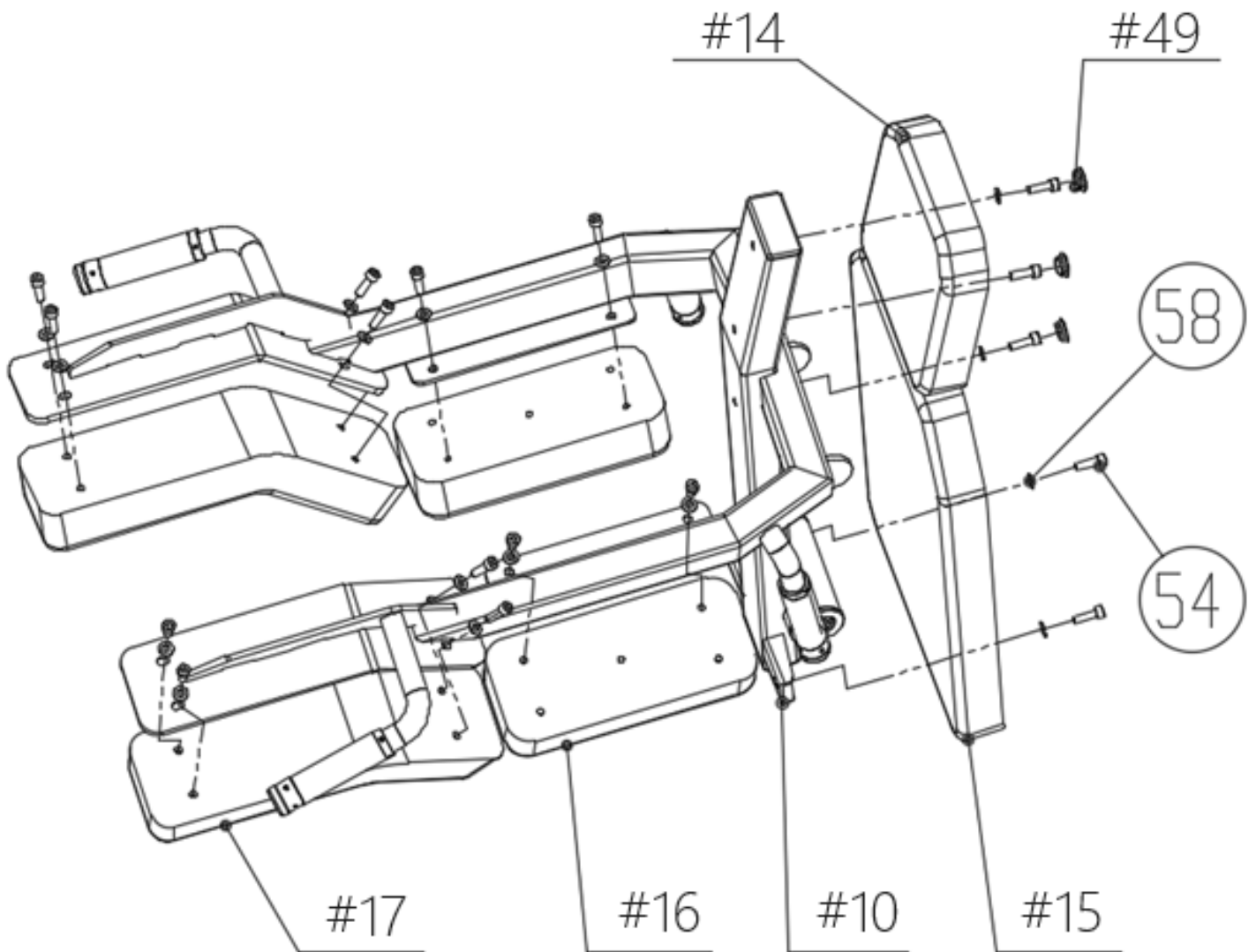
**Step 3:use follow method combine#7、 Step 1 frame ,step 2 frame :**



# Installation

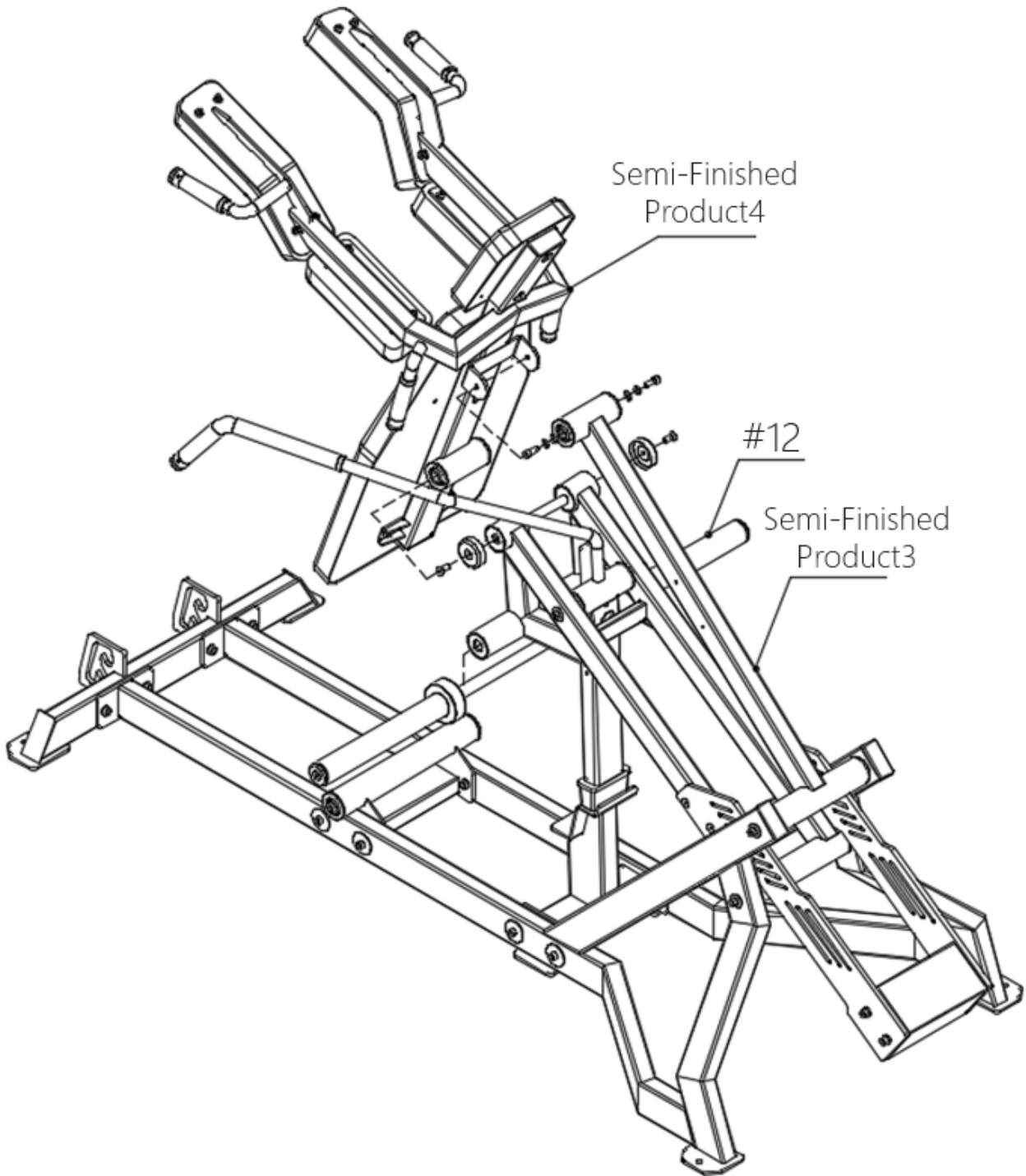
**Step 4:use follow method combine#10、 #14、 #15、 #16、 #17;**

- 17 x Hex socket head cap screw M8\*25 (#52)
- 17 x Flat Washers M8\*D16 (#55)



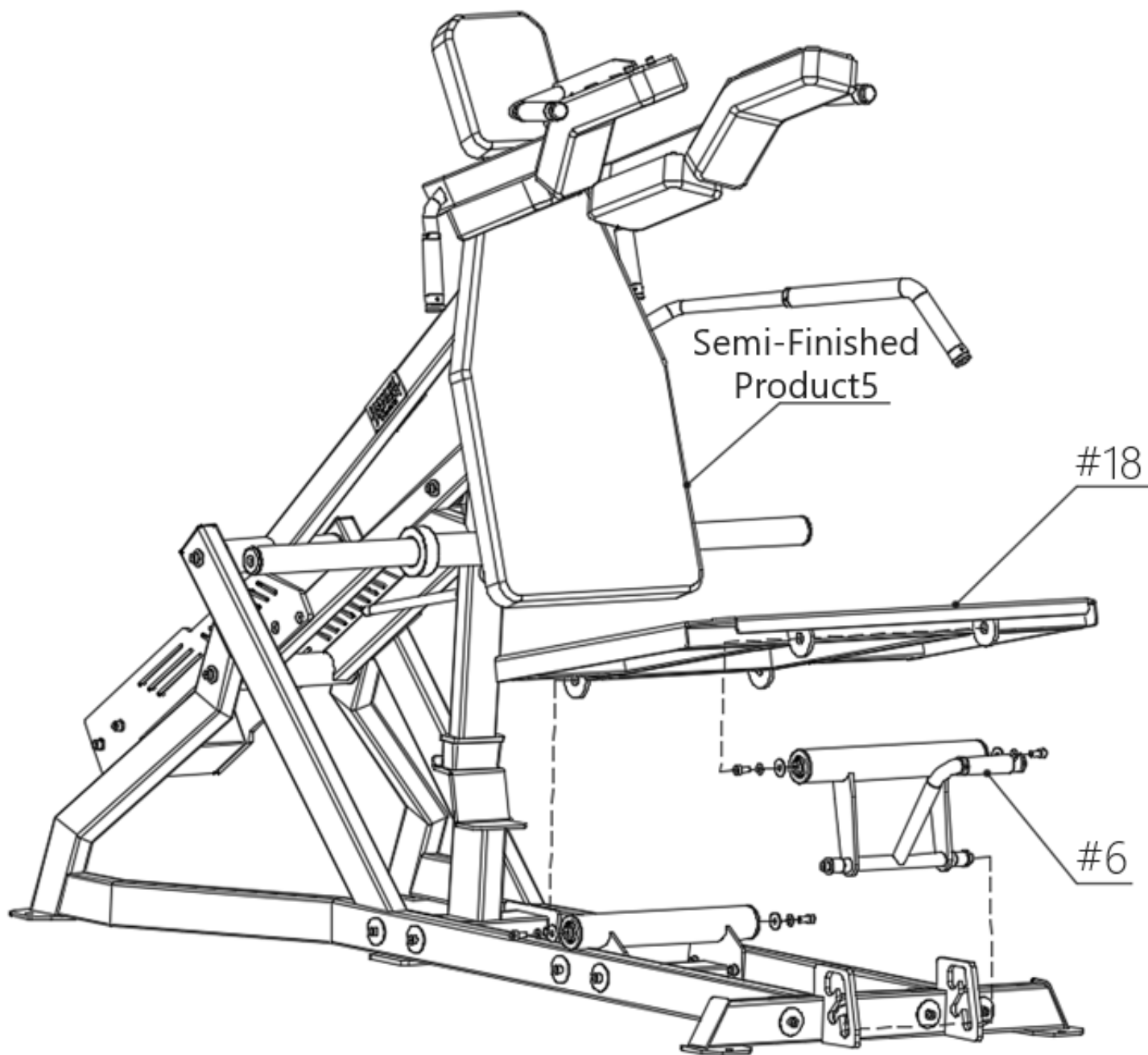
# Installation

**Step 5:use follow method combine step 3 frame、 step 4 frame、 #12;**



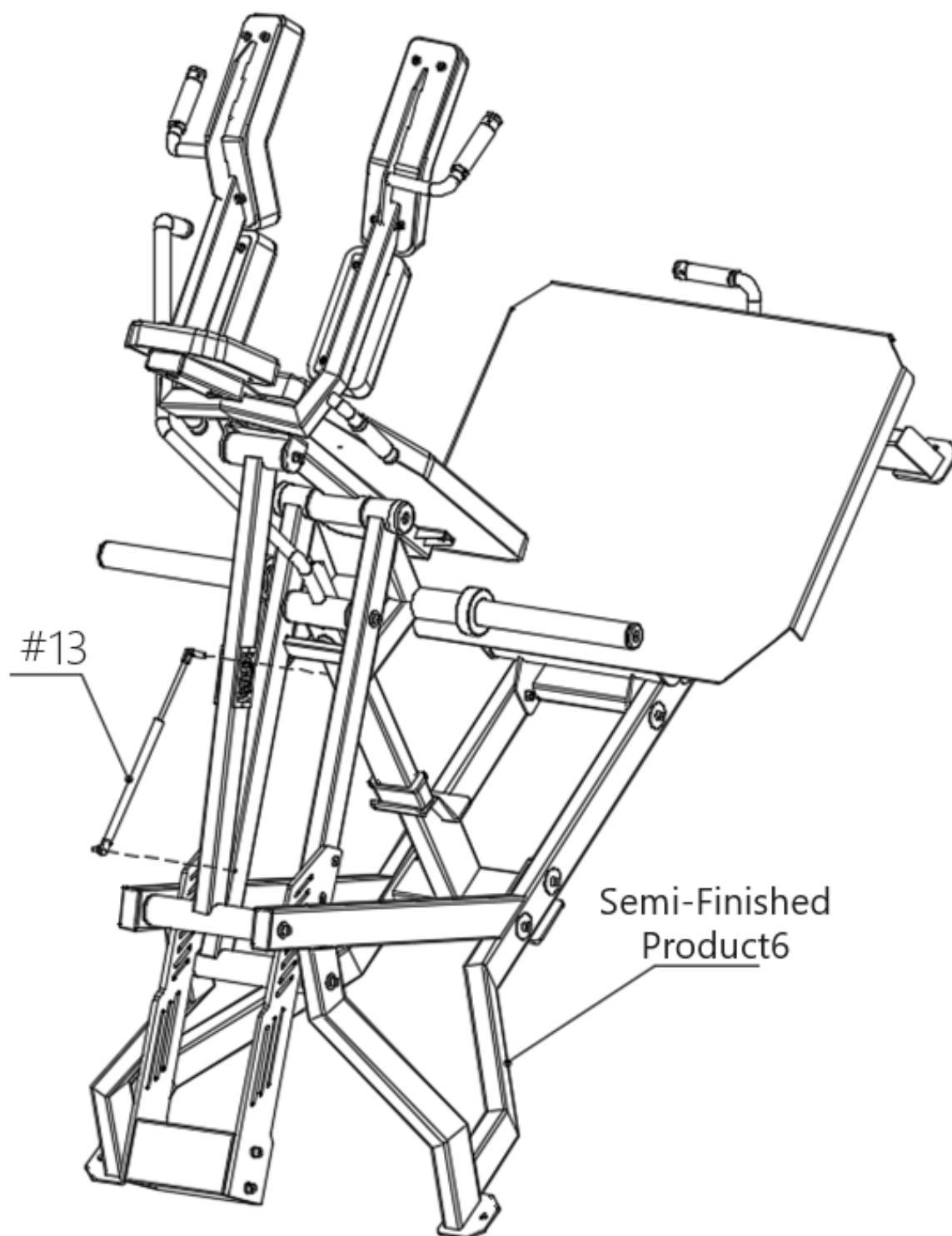
# Installation

**Step 6-use follow method combine step 5 frame、 #6、 #18;**

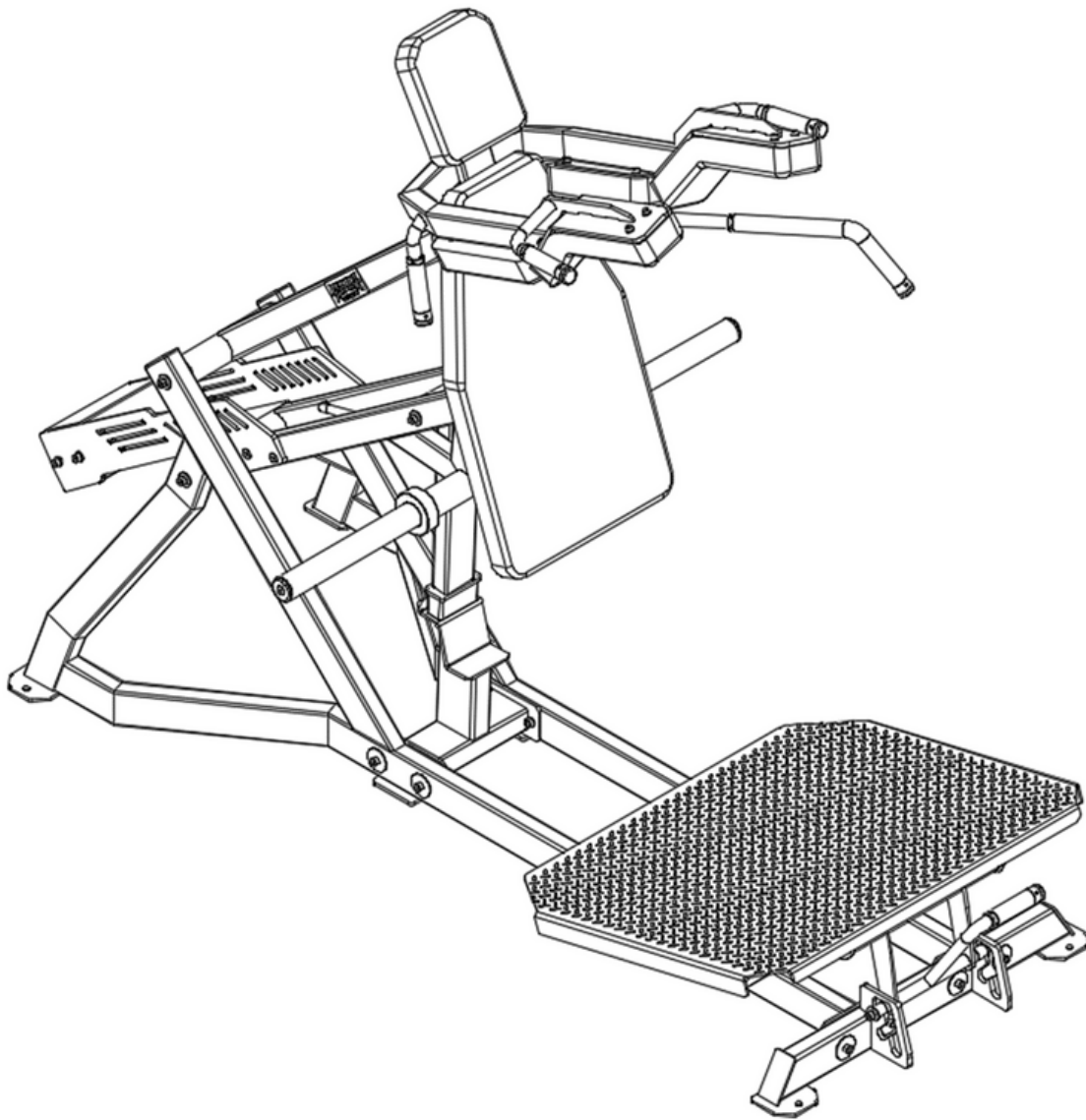


# Installation

**Step 7:use follow method combine step 6 frame、 #13;**



## Final Product



## Important Tips

**Now that the V-Squat is assembled, you need to take a moment to make sure your unit is horizontal and vertical.**



**Have a question about assembly?**



**Please contact a Gym Bro Fitness Team Member!**

**Hours of Operation:**

**Monday-Friday 9:00am - 5:00pm (PST)**

**Saturday 9:00am - 3:00pm (PST)**

**Sunday CLOSED**

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