

**Hack Squat
Plate Loaded
ASSEMBLY INSTRUCTIONS**



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

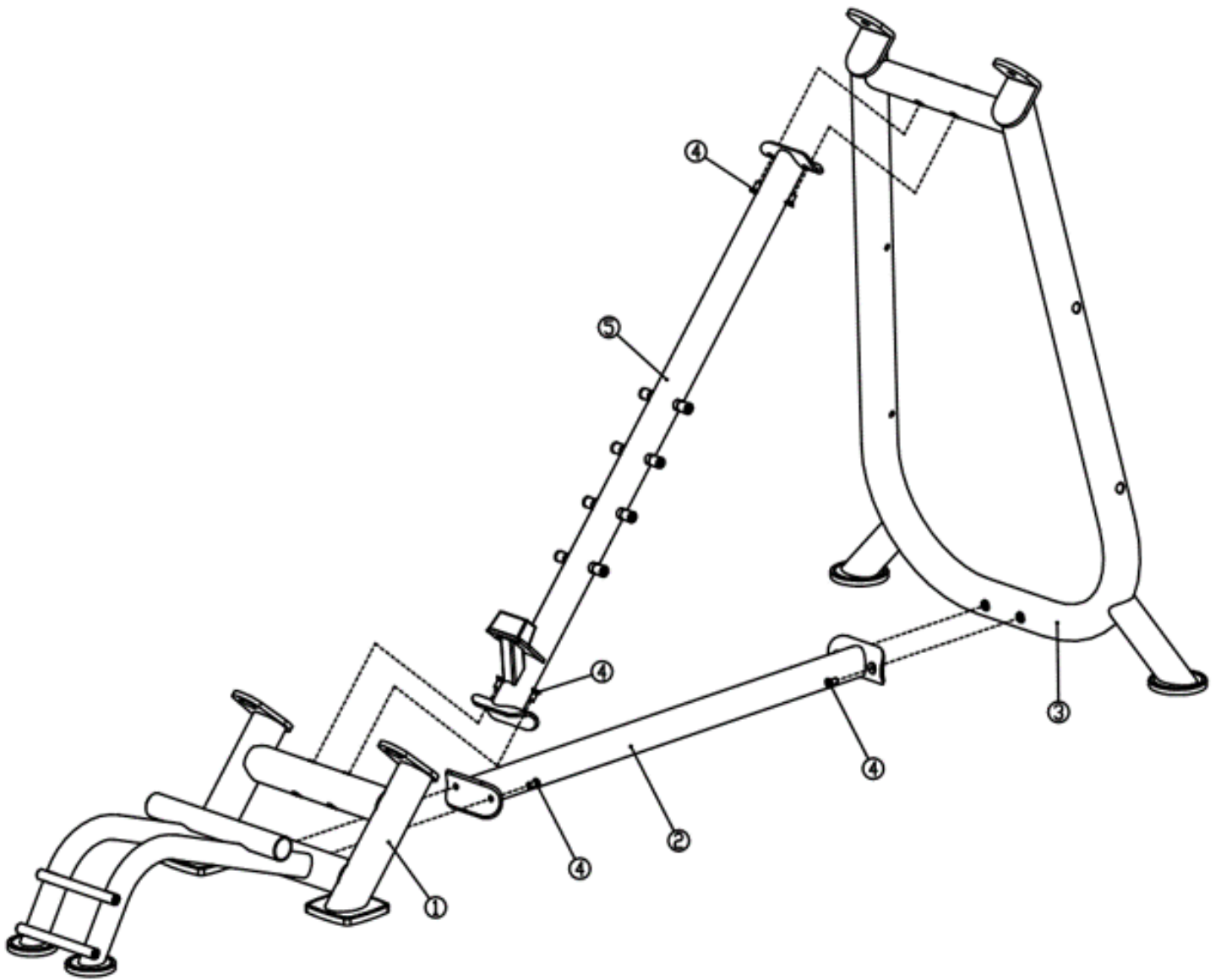
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Support Frame	1
2	Connector Frame	1
3	Main Frame	1
4	Inner Hexagon Countersunk Head Screws M12x25	8
5	Stop Frame	1
6	Slide Rack	1
7	Deep Groove Ball Bearing	2
8	Plastic Gasket	2
9	Slide Stop Shaft	1
10	Hook Bracket	1
11	Hexagon Socket Cap Screws M10x20	12
12	Gas Bar	1
13	Adjust Hand Bar	1
14	Deep Groove Ball Bearing	2
15	Plastic Gasket	2
16	Adjusting Handle Shaft	1
17	Linkage Rod	1
18	Line Wheel Shaft	2
19	Slide Pole	2
20	Slide Pole Mat Keeper	2

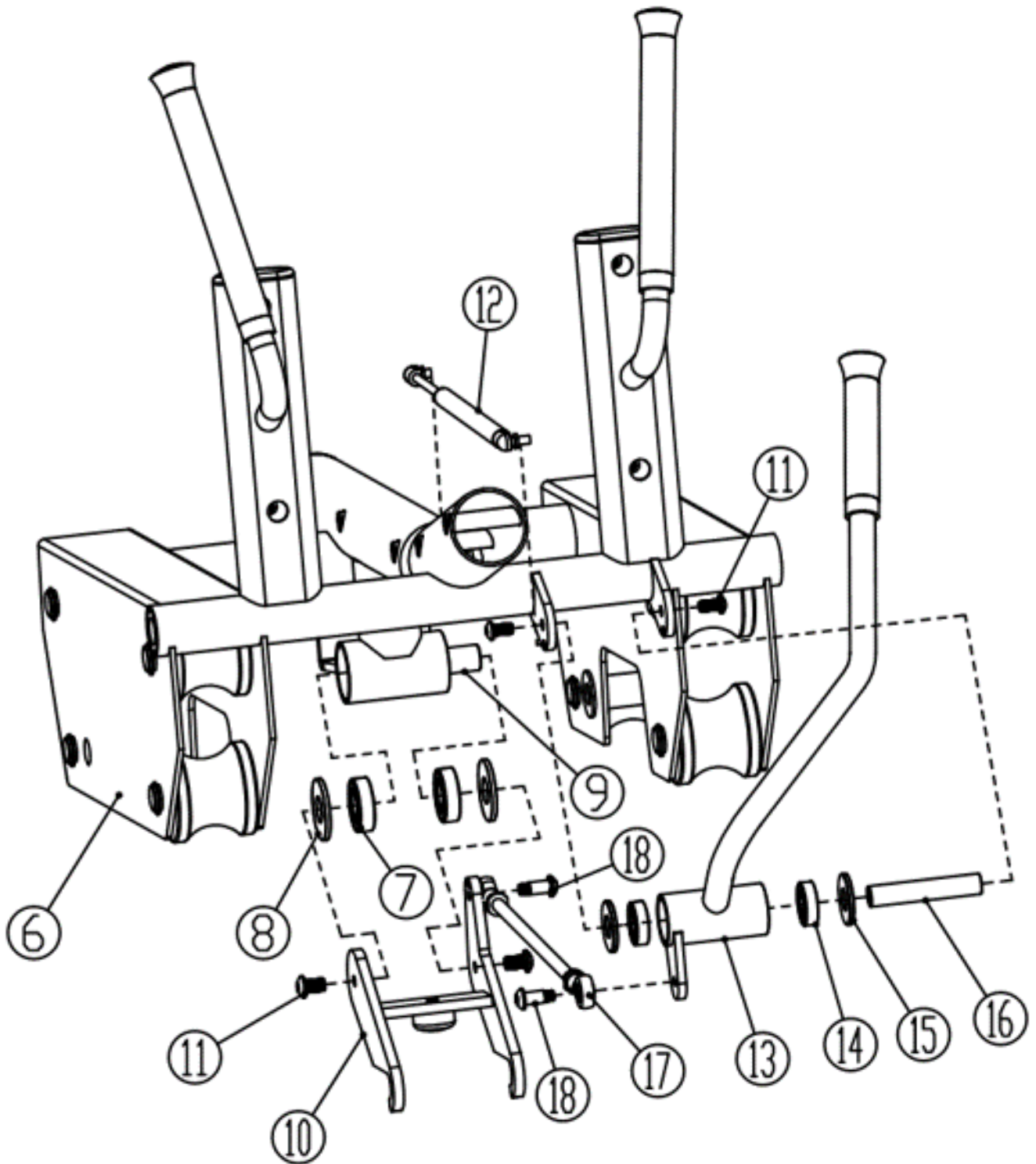
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Slide Pole Fixing Sleeve	2
22	Hexagon Socket Cap Screws M12x60	2
23	Hexagon Headed Bolts M20x30	2
24	Headrest Set	1
25	Back Pad Set	1
26	Hexagon Socket Cap Screws M8x20	14
27	Shoulder Pad	2
28	Pedal	1
29	Pedal Shaft	2
30	Bushing	4
31	Adjustable Plate	2
32	Main Frame Barbell Sleeve	4
33	Plastic Joints	4
34	Hexagon Socket Cap Screws M12x40	4
35	Barbell Sleeve Long Pole	1
36	Rubber Pad	2
37	Barbell Sleeve	2
38	Hexagon Socket Cap Screws M12x20	2
39	Plastic Cover	2
40	Slide Box Sleeve Bushing	2
41	Slide Barbell Sleeve Sets	2
42	Flat Pad	2
43	Hexagon Nut M20	2

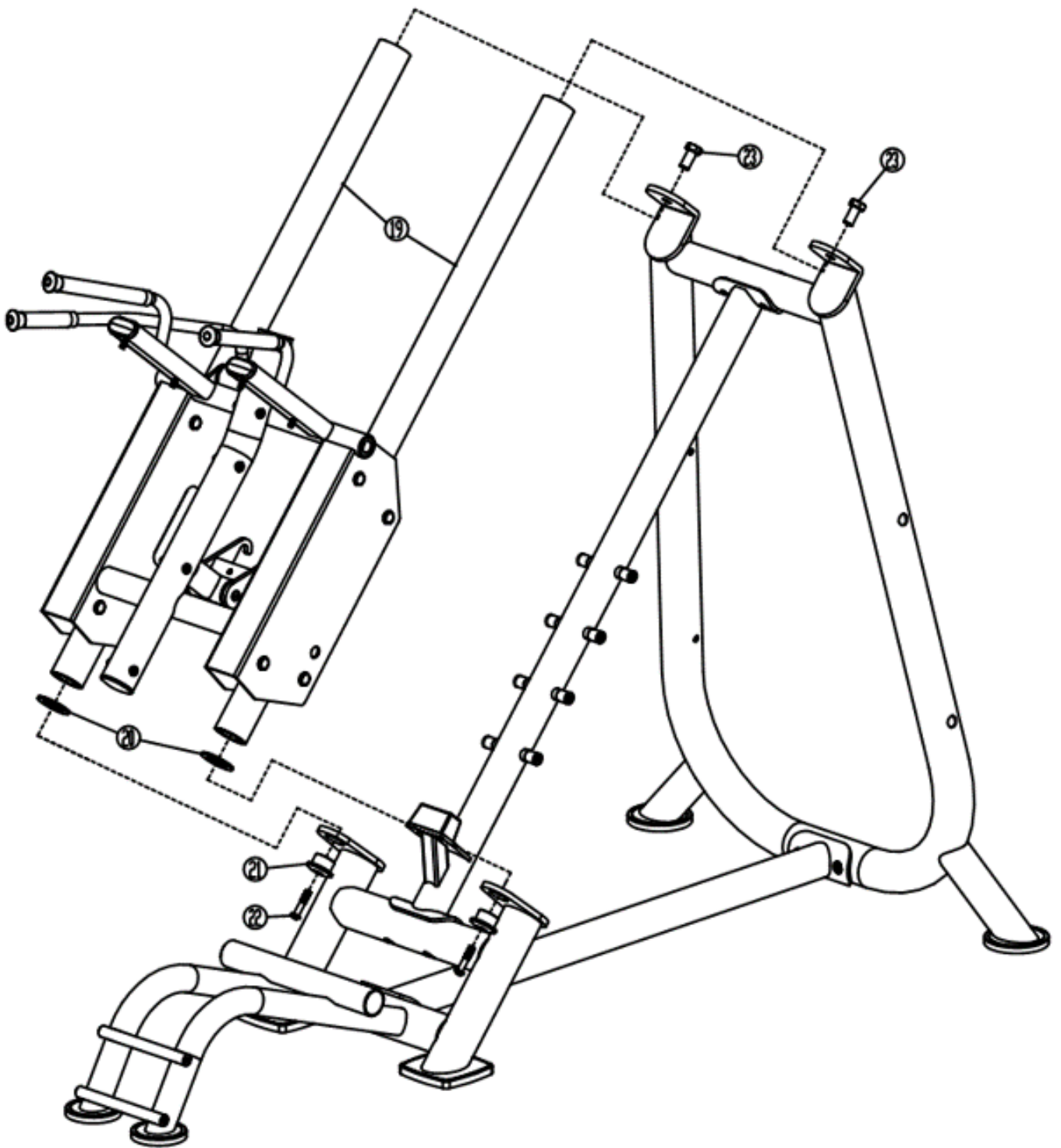
Frame Assembly



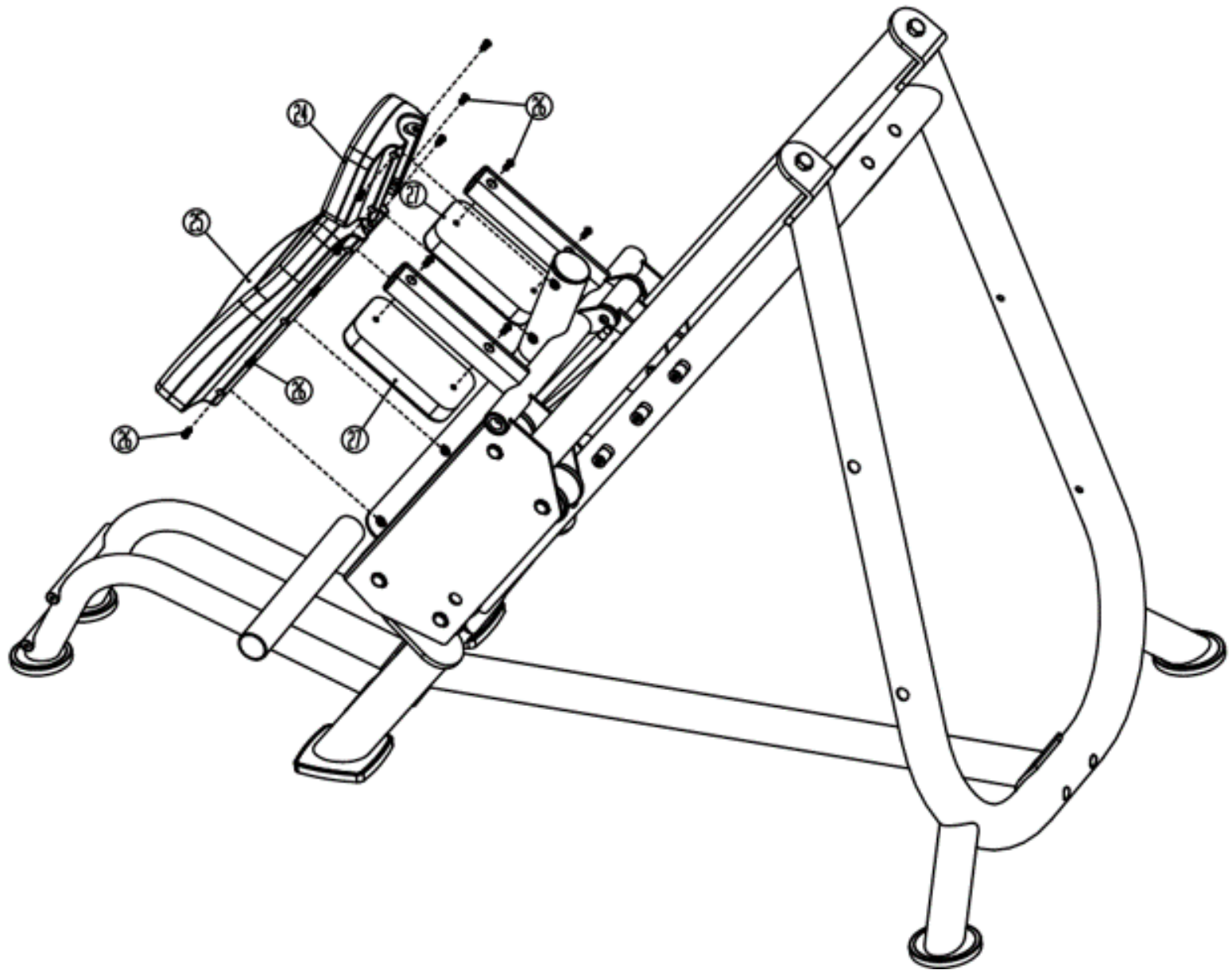
Slide System Installation



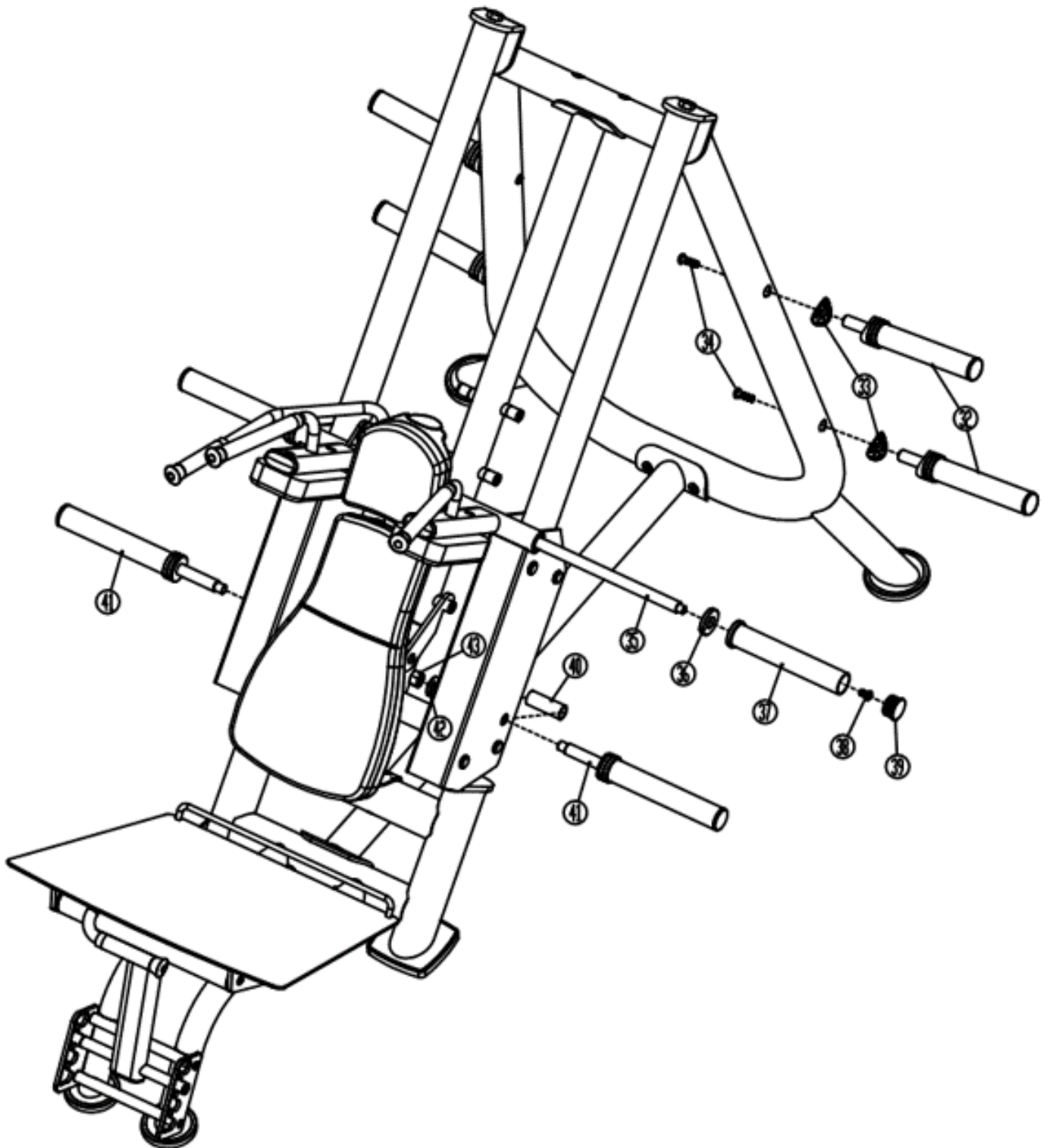
Slide Pole Installation



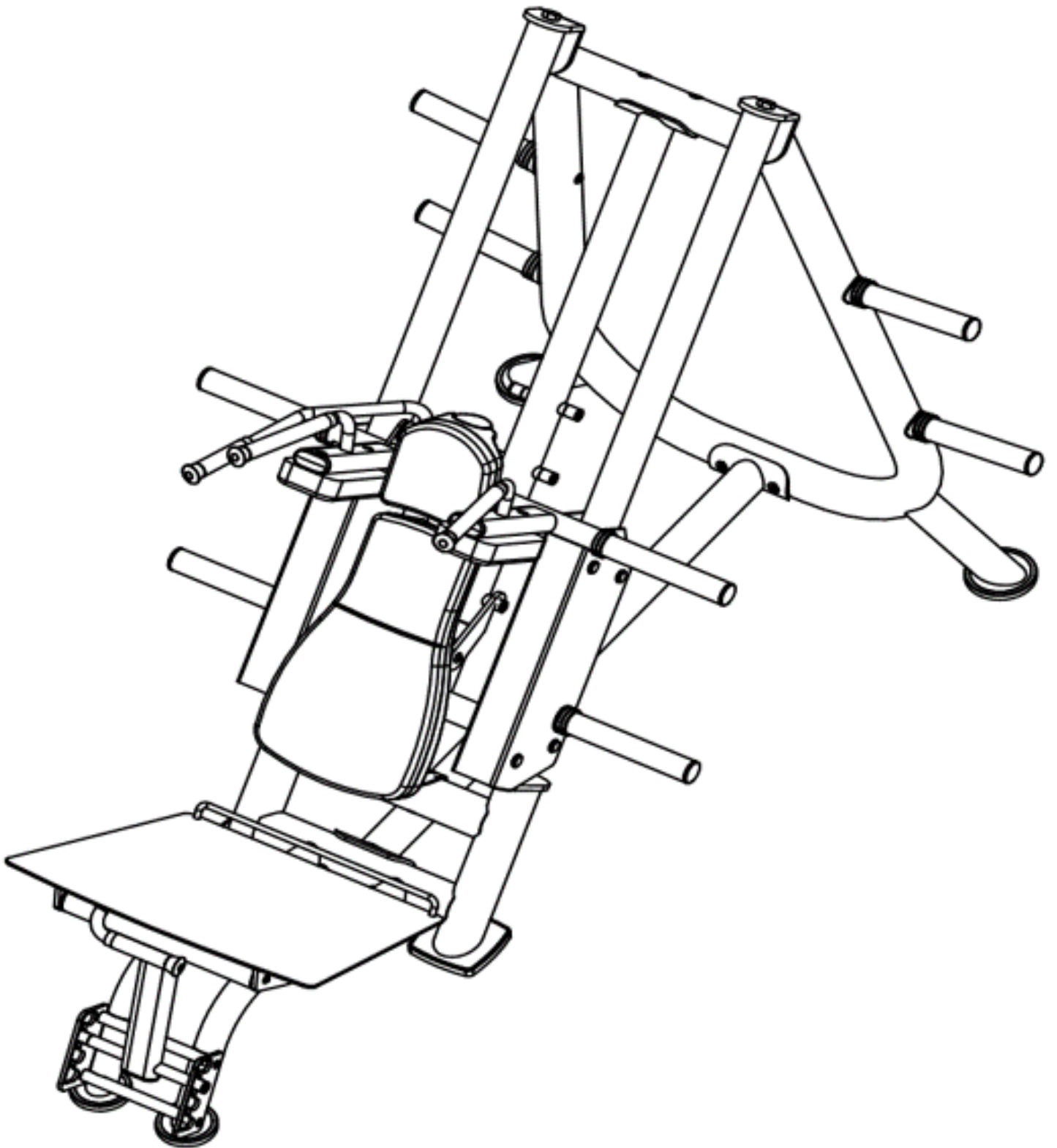
Back Cushion Installation



Barbell Sleeve Installation



Final Product



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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Visit Our Website: www.gymbrofitness.com