



# Pendulum Squat

## 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.**

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

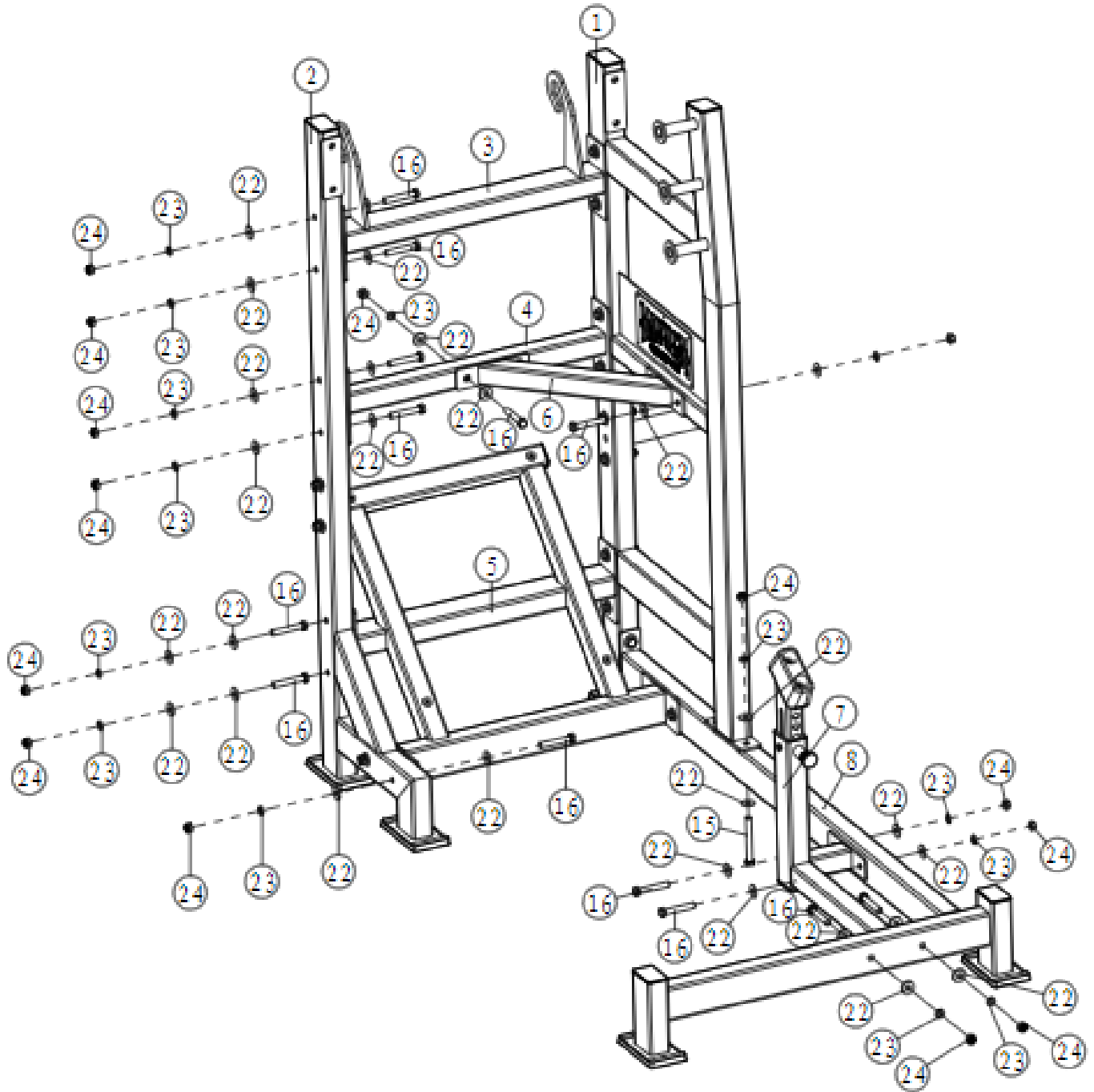
## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
1	Main Upright	1
2	Support Upright	1
3	Cross Assembly (1)	1
4	Cross Assembly (2)	1
5	Cross Assembly (3)	1
6	Support	1
7	Arm Adjustment	1
8	Base Frame	1
9	Arm Assembly	1
10	Pivotal Pad Mount	1
11	Safety Pothook	1
12	Block Bearing	2
13	Weight Holder (1)	2
14	Weight Holder (2)	3
15	Hexagon Head Bolts M12x105	4
16	Hexagon Head Bolts M12x75	33
17	Hexagon Head Bolts M12x120	4
18	Hexagon Head Bolts M12x35	2
19	Hexagon Head Bolts M12x80	2
20	Hexagon Head Bolts M12x60	4

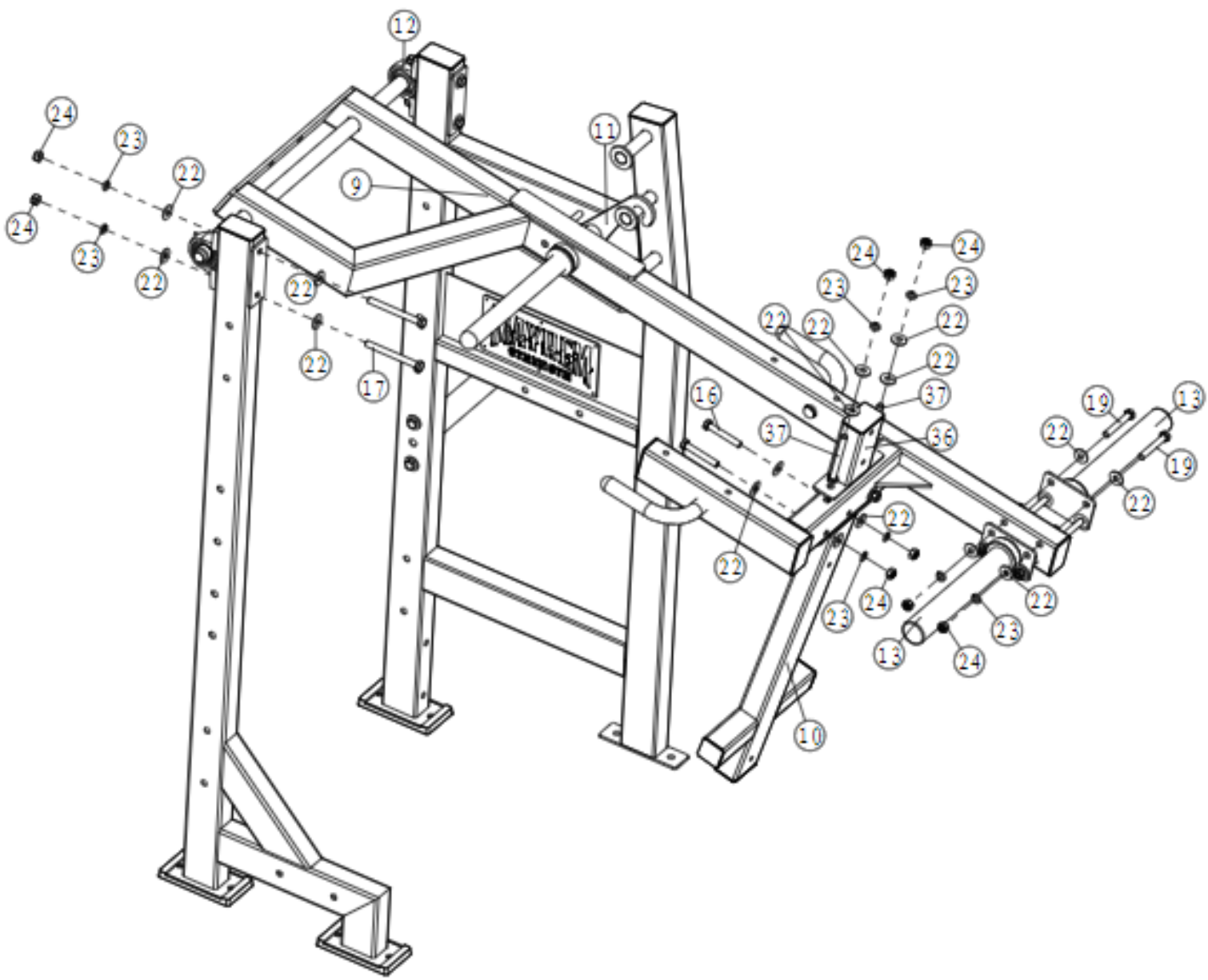
## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
21	Hexagon Head Bolts M12x95	4
22	Plain Washers	94
23	Spring Lock Washers	49
24	Hexagon Nuts M12	47
25	Plain Washers	8
26	Arm Pads	2
27	Back Pad Assembly	1
28	Head Pad Assembly	1

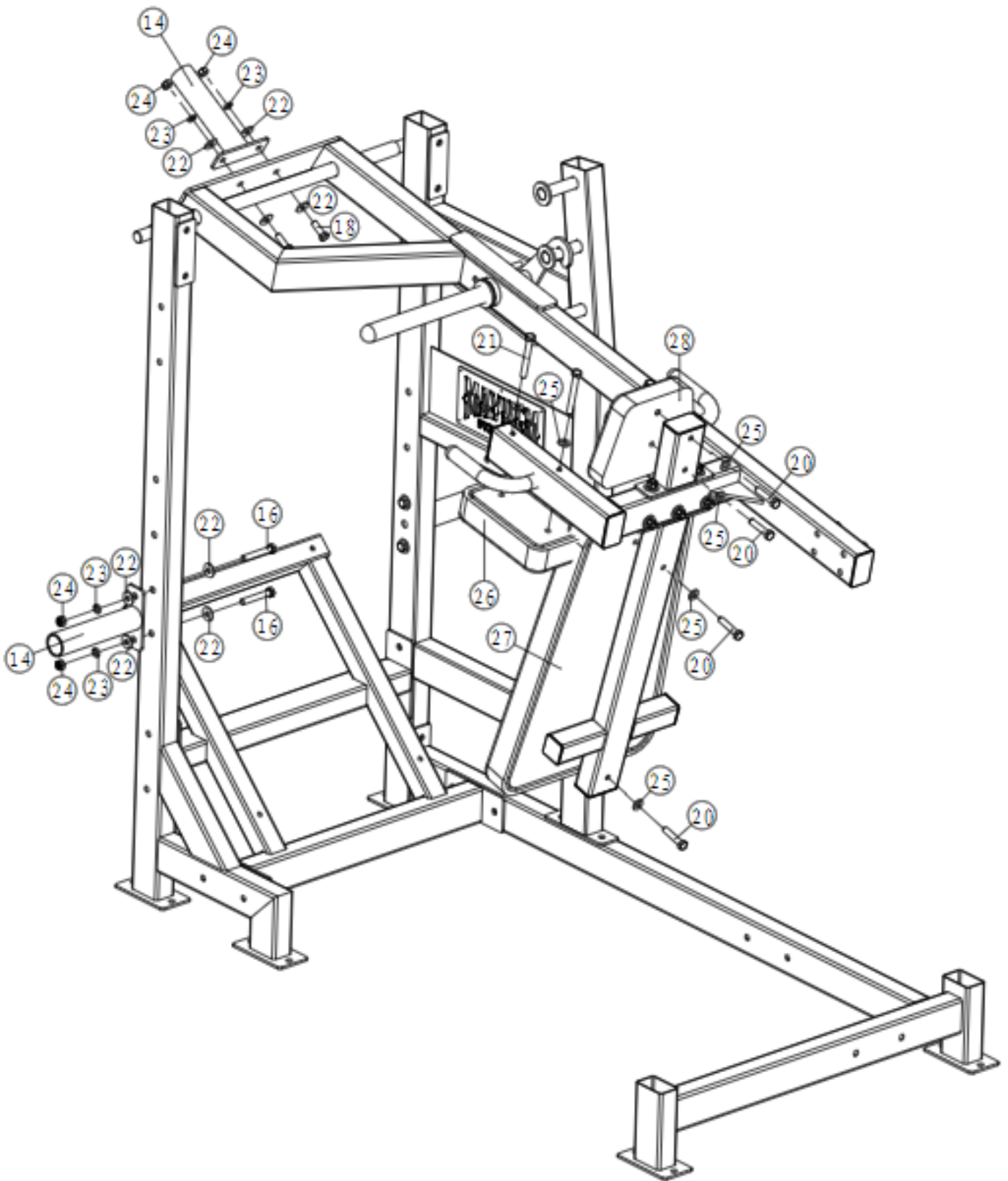
# Frame Assembly



# Force Arm Installation



## Cushion and Weight Holder Installation



**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**

**Phone: (662)GYM-BROS**

**Email: [info@gymbrofitness.com](mailto:info@gymbrofitness.com)**

**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**