



V 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
A1	Arm	1
A2	Connection Frame (1)	1
A3	Connection Frame (2)	1
A4	Connection Frame (3)	1
A5	Connection Frame (4)	1
A6	Side Frame	1 pair
A7	Arm Linkage	1
A8	Angled Bar	1
A9	Backplane Frame	1
1	Adjustable PC	1
2	Lever Linkage PC	1
3	Hexagon Socket Head Screws M10x35	6
4	Dampening Piece	3
5	Deep Groove Ball Bearings	4
6	Outside Washer	2
7	Arm Axis	1
8	Washer	6
9	Deep Groove Ball Bearings	6
10	Footpads	6
11	Flat Pad	6

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
12	Hexagon Socket Head Screws M10x25	6
13	Flat Pad	14
14	Hexagon Socket Head Screws M12x70	14
15	Flat Pad	10
16	Hexagon Socket head Screws M10x15	12
17	Flat Pad	15
18	Self Locking Nut M12	12
19	Half Round Stop Ball M10	2
20	Square End Cap	2
21	Bearing Housing	2
22	Sleeve Pad	2
23	Sleeve End Cap	2
24	Sleeve Tube	2
25	Sleeve End Cap	4
26	End Nut	1
27	Backplane Frame Axis	1
28	Washer	2
29	Deep Groove Ball Bearings	2
30	Handle Limit Ring	3
31	Handle Cover	3

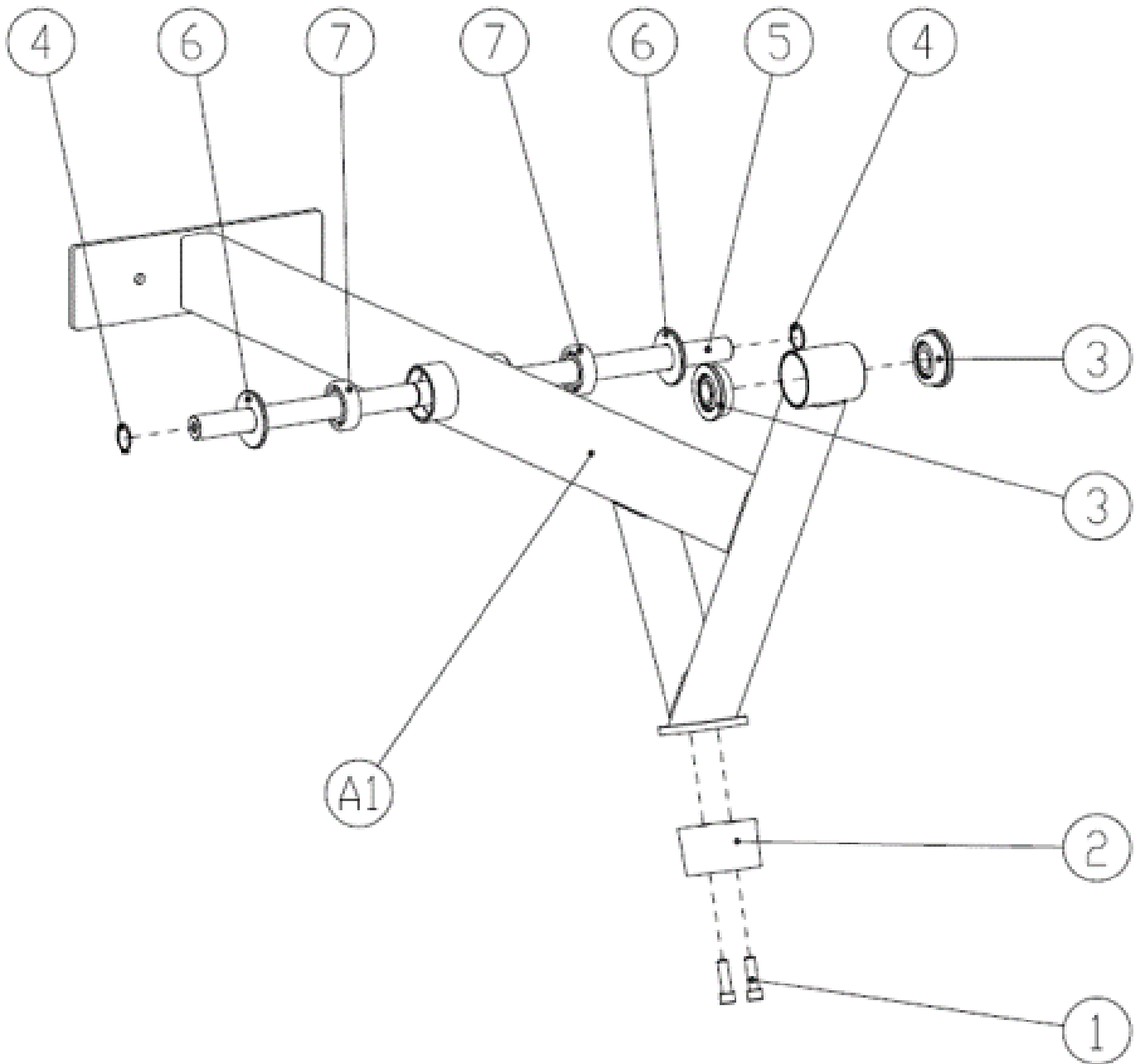
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
32	Handle End Cap	3
33	Adjustable PC Axis	1
34	Counterbalance	1
35	Linkage Axis	1
36	Hex Nuts M16	2
37	Rod End bearing	1
38	Hexagon Socket Head Screws M10x60	2
39	Spring Washer	1
40	Hexagon Socket Head Screws M16x50	1
41	Hexagon Socket Countersunk Head Screws M8x15	4
42	Foot Plate	1
43	Air Rod	1
44	Sleeve Tube	2
45	Sleeve Rod	2
46	Sleeve End Cap	2
47	Hexagon Socket Head Screws M12x20	2
48	Back Pad Group	1
49	Shoulder Pad Group	2
50	Square End Cap	2
51	Flat Pad	8

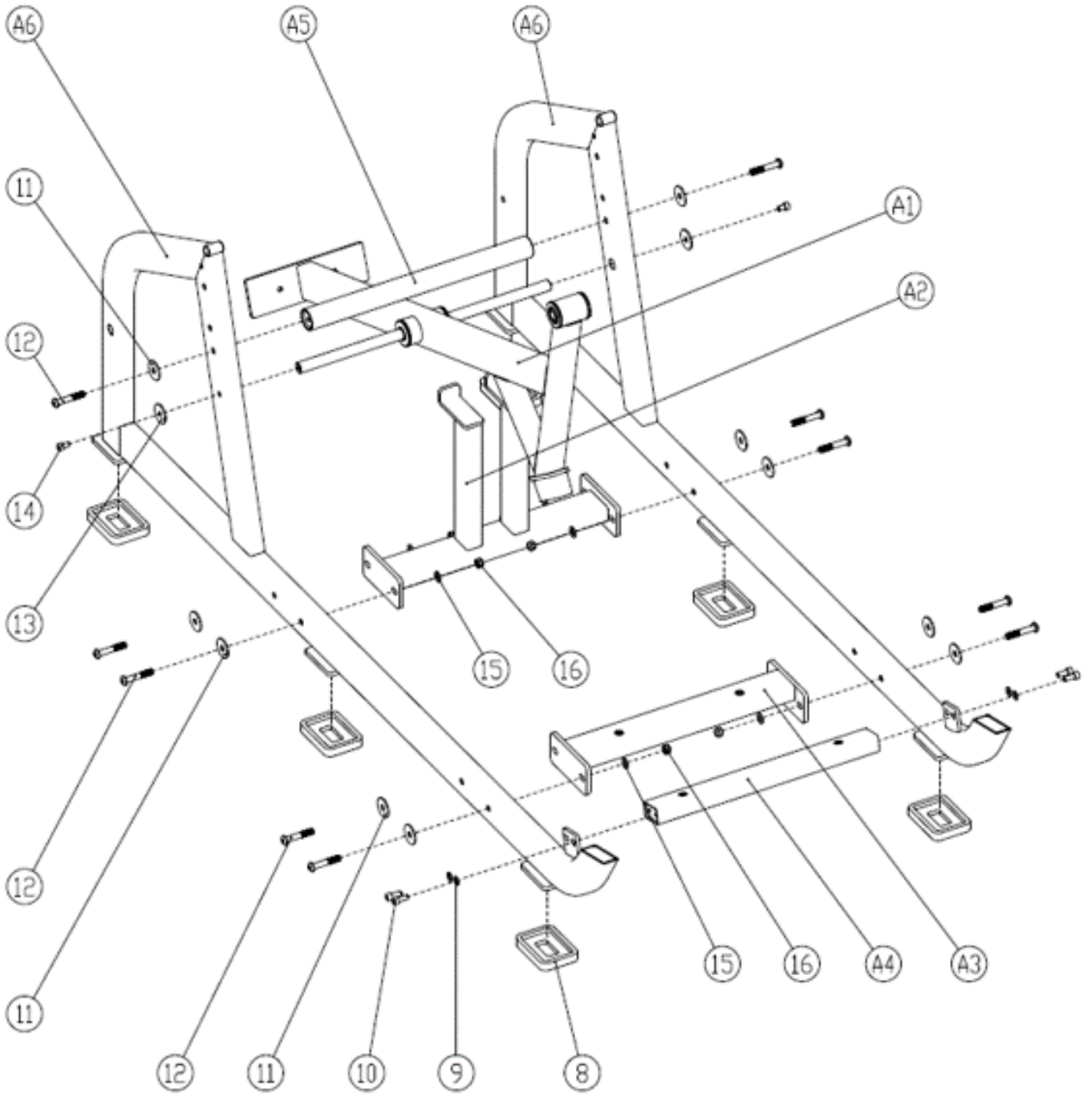
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
52	Hexagon Socket Head Screws M8x30	10
53	Bolt	2
54	Headrest Set Group	1

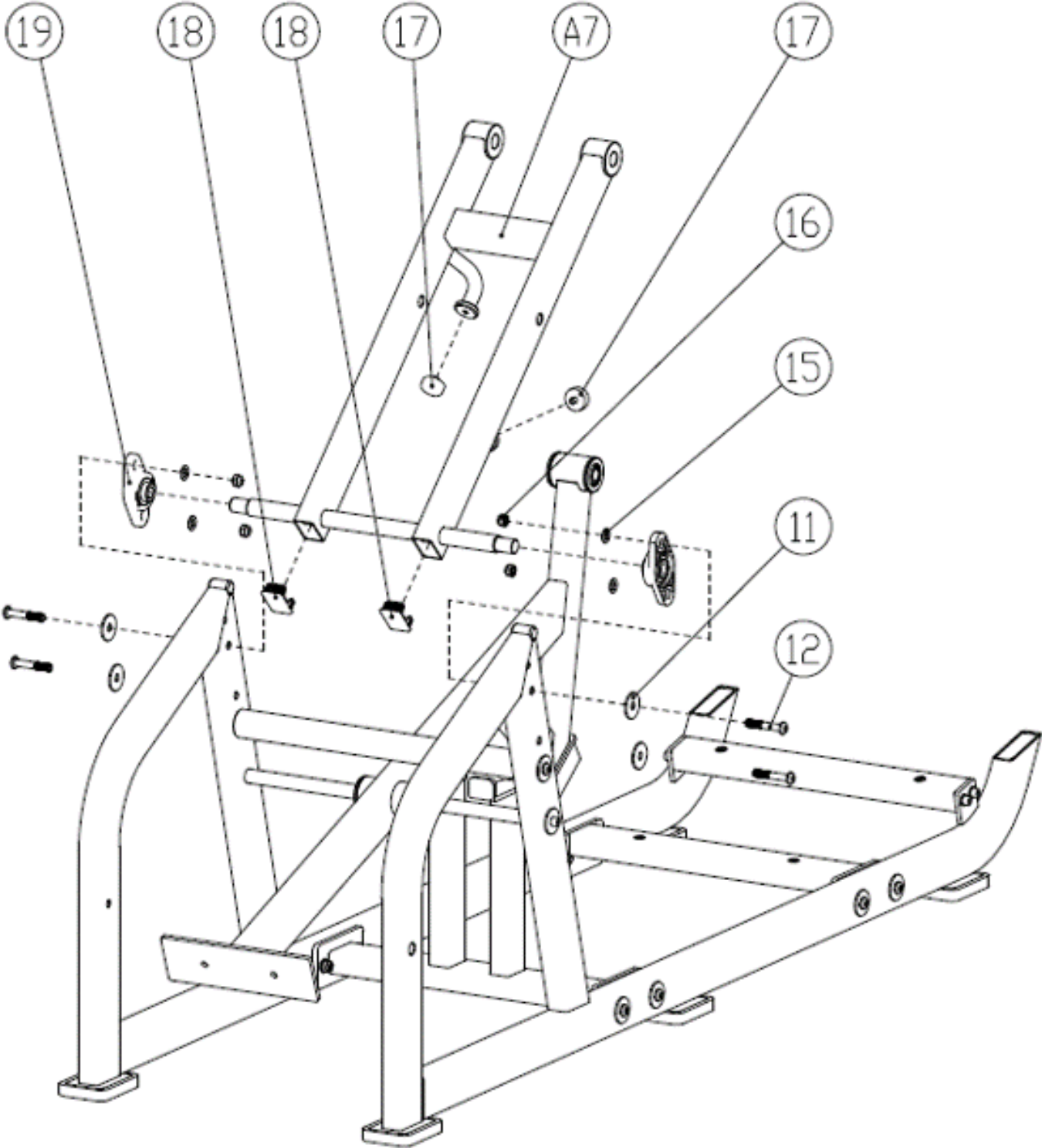
Force Arm Assembly



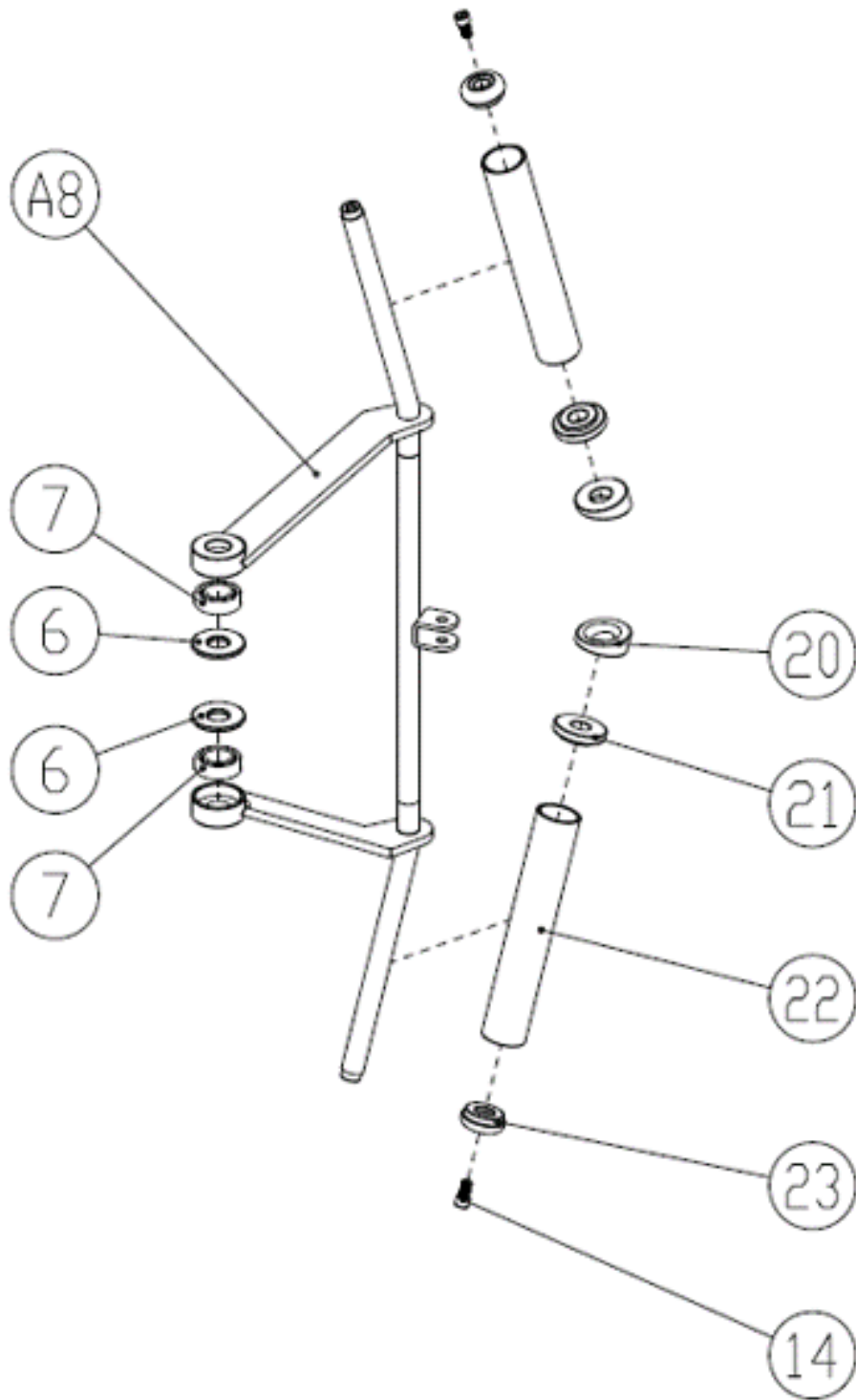
Frame Assembly



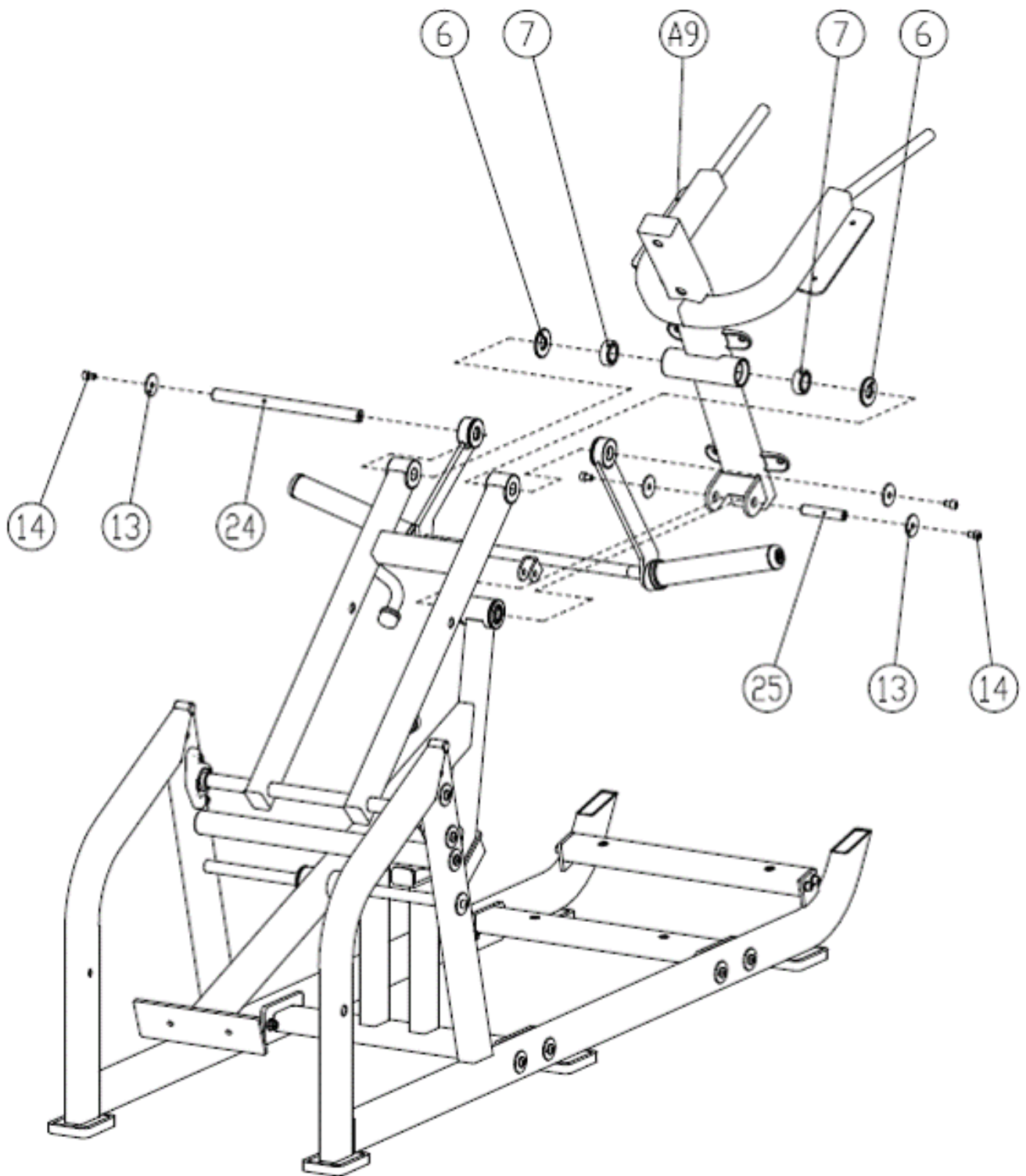
Linkage Parts Assembly



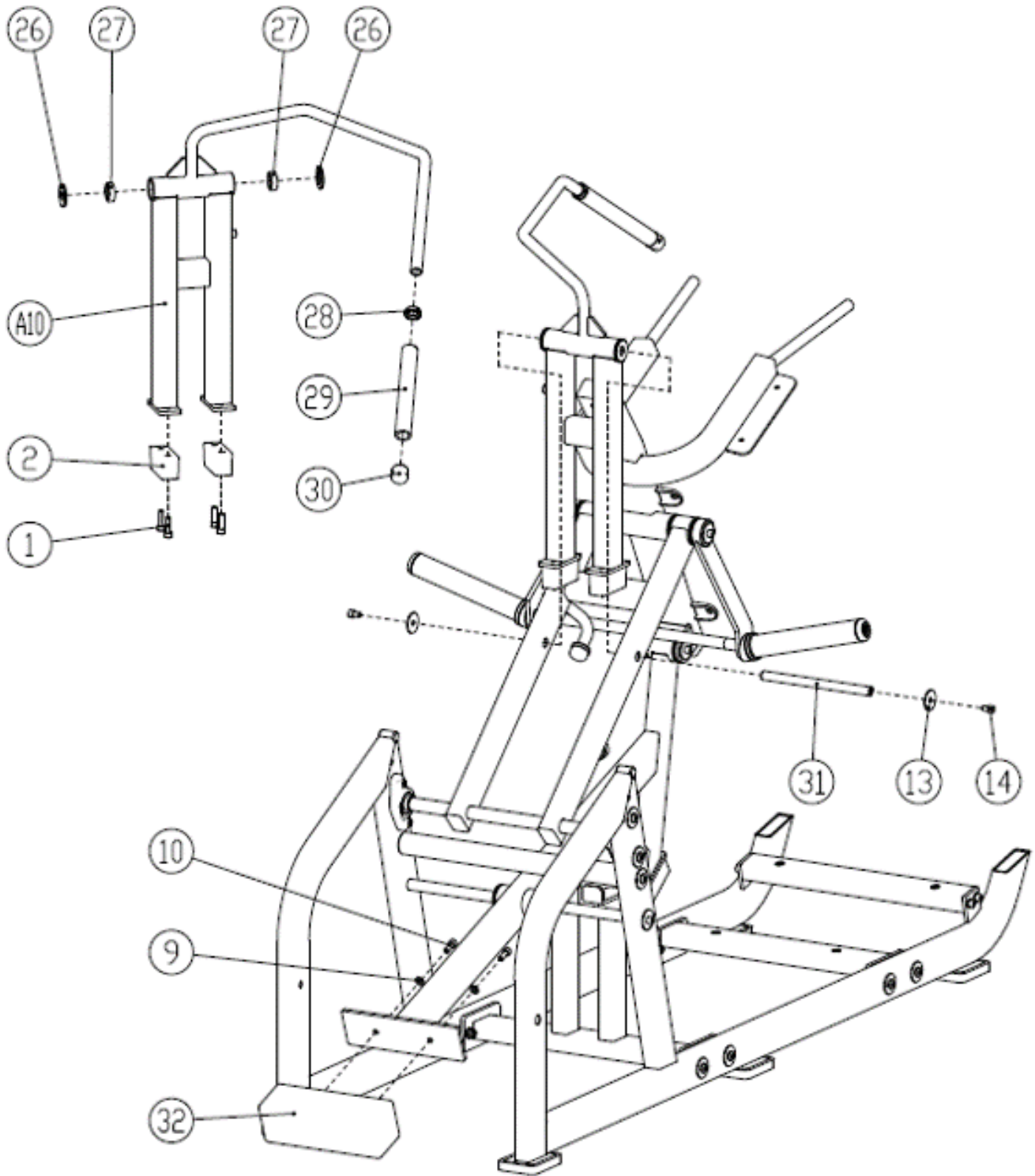
Barbell Rack Installation



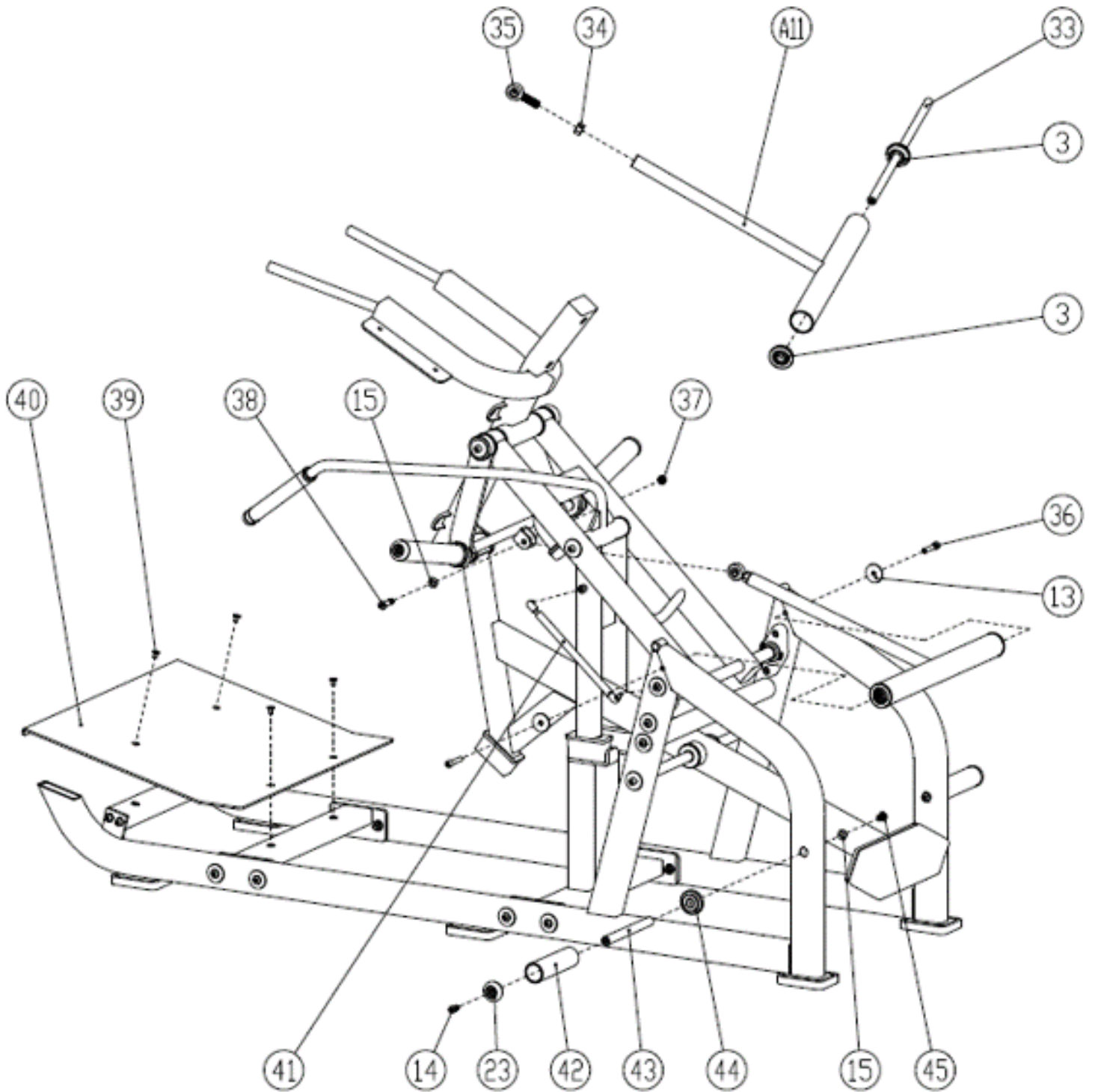
Backboard Rack Installation



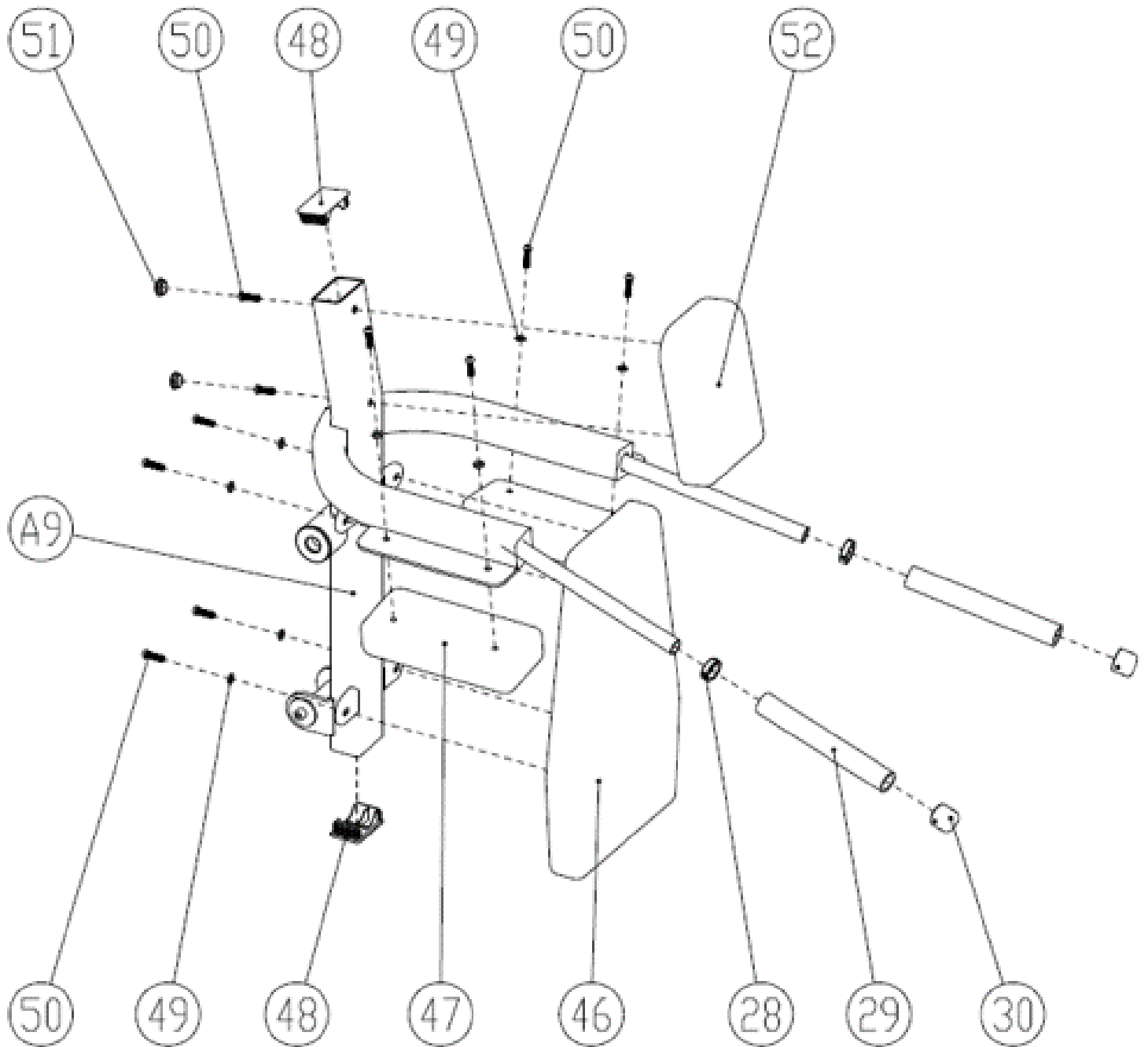
Regulating Parts Installation



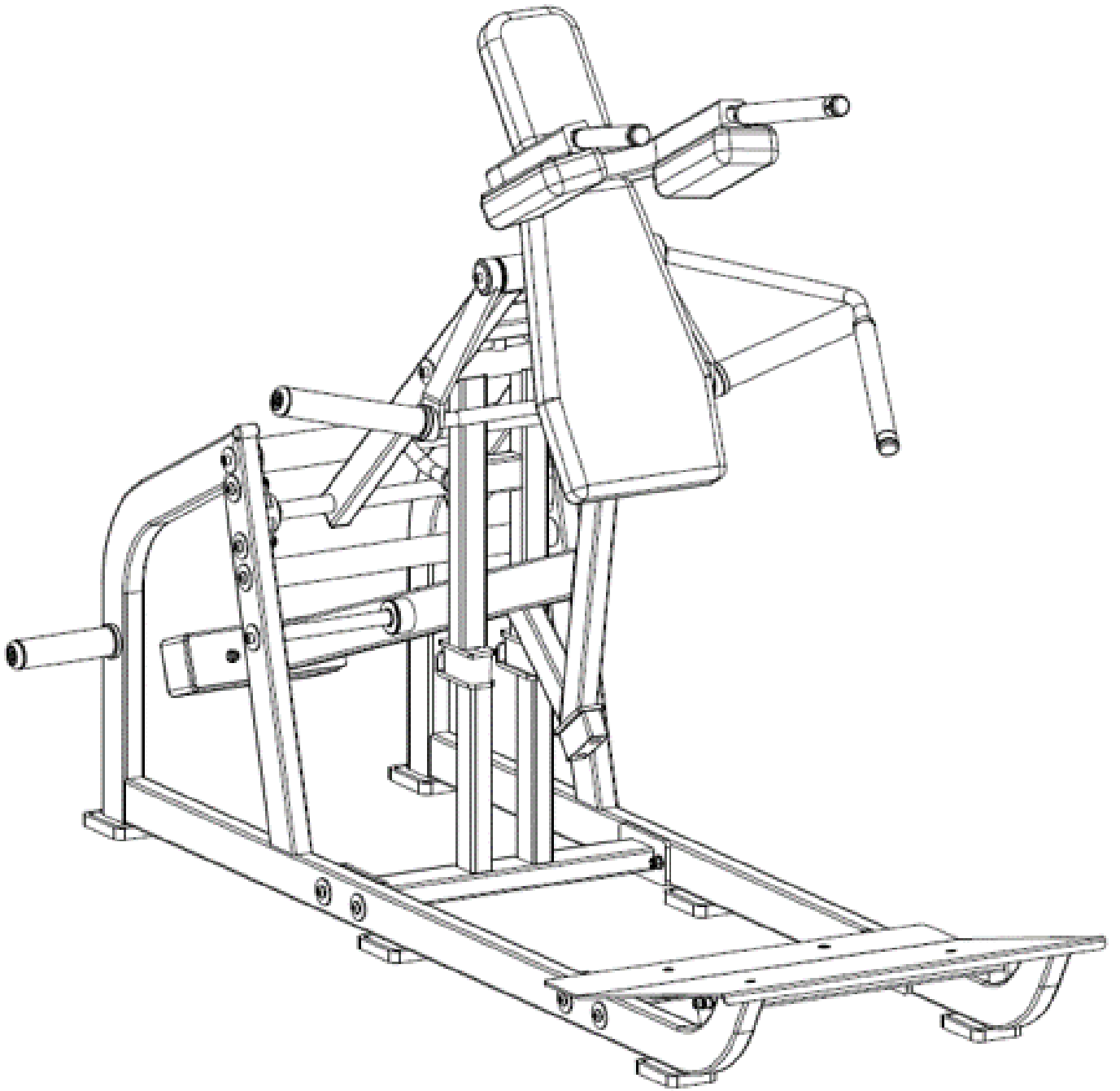
Accessory Installation



Cushion 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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