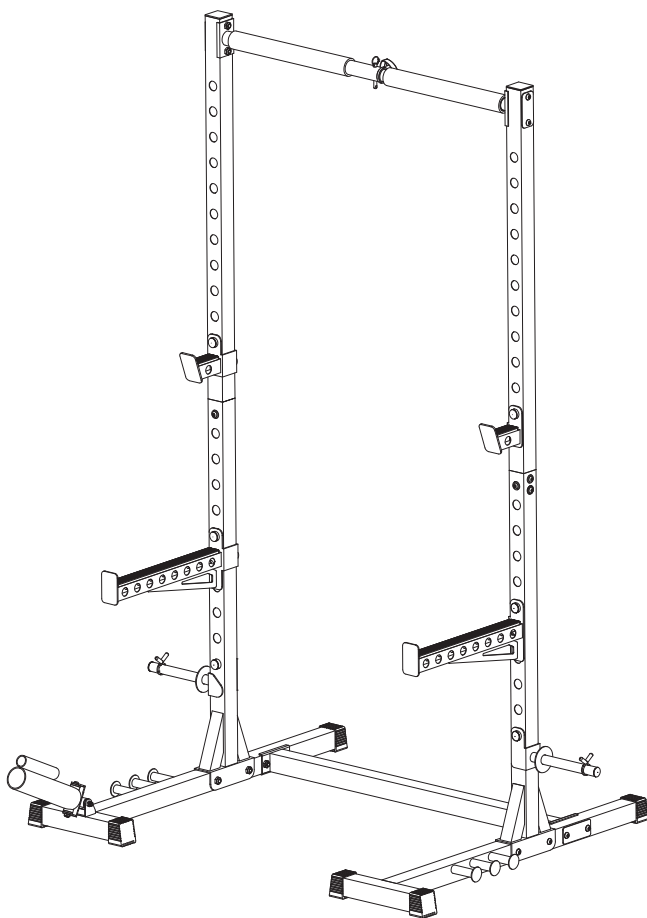




Multi-Functional Power Squat Stand



English User Manual

PRECAUTIONS

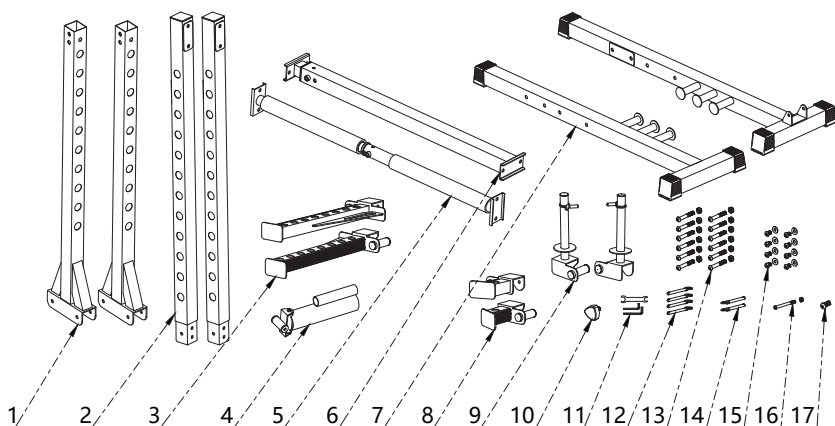
To ensure user safety, please pay attention to the following points before using the product.

1. Teenagers and the elderly should use this product under supervision.
2. Before using this product, please confirm with your doctor whether you can use it. If you feel uncomfortable during use, please stop using it immediately and consult your doctor.
3. Please install this product correctly before use and make sure that all parts are properly connected.
4. Please wear well-fitting clothes for exercise. Remove all jewelry from your body before exercising. People with long hair should tie the hair up.

NOTE:

Choose the inner width you need first, according to the bar's grip area length, then start the installation.

ACCESSORIES LIST



1.Lower Vertical Tubes

2.Higher Vertical Tubes

3.Safety Spotter Arms

4.Landmines

5.Upper Support Bar

6.Bottom Support Bar

7.Base Frames

8.J-Hooks

9.Weight Plates Holders

10.M10 Fixed Knob

11.Hardware

12.M8*80 Pins

13.M10*65 Screws + Nuts

14.M8*68 Pins

15.M8 *16 Screws + 8 Spacers

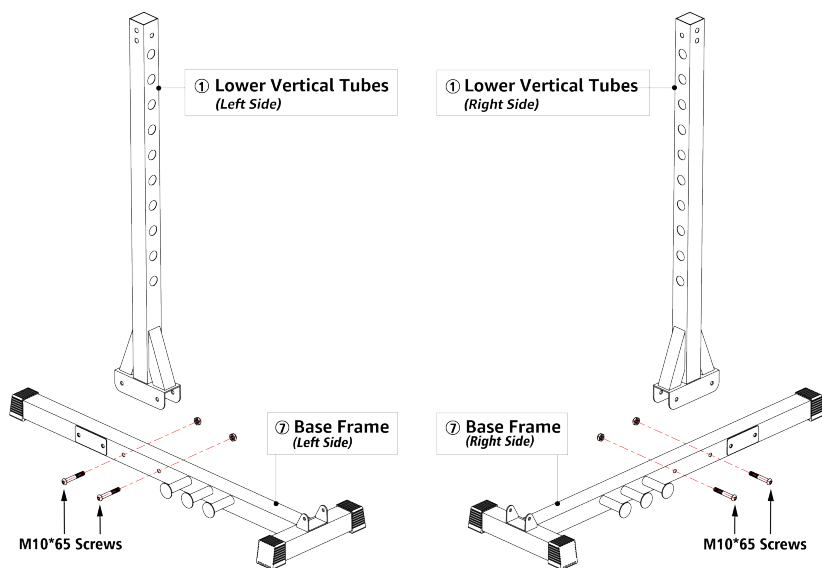
16.M8 *80 Screw + Nuts

17.M10*20 Screw

ASSEMBLY INSTRUCTIONS

STEP 1

Connect ⑦ **Base frames** to ① **Lower Vertical Tubes** with **M10*65**.

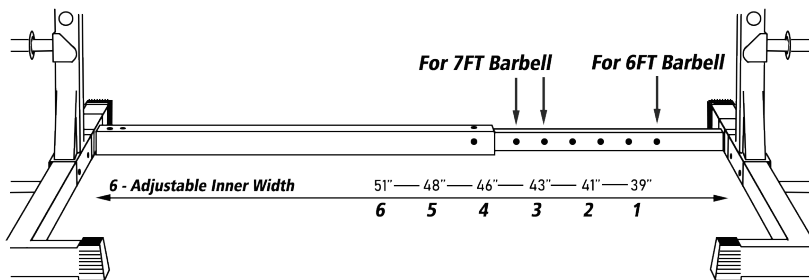


STEP 2

Choose the **Inner Width** you need with ⑥ **Bottom Support Bar**, according to **the LENGTH of Bar's GRIP AREA**.

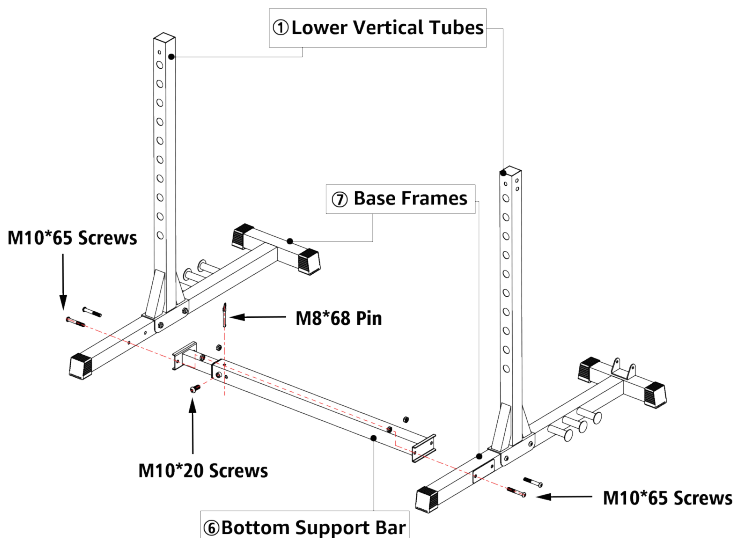
FLYBIRD Squat Rack have 6 inner width: 39"—41"—43"—46"—48"—51"

- **6FT barbell bar**, choose the **1 hole position(39")** -



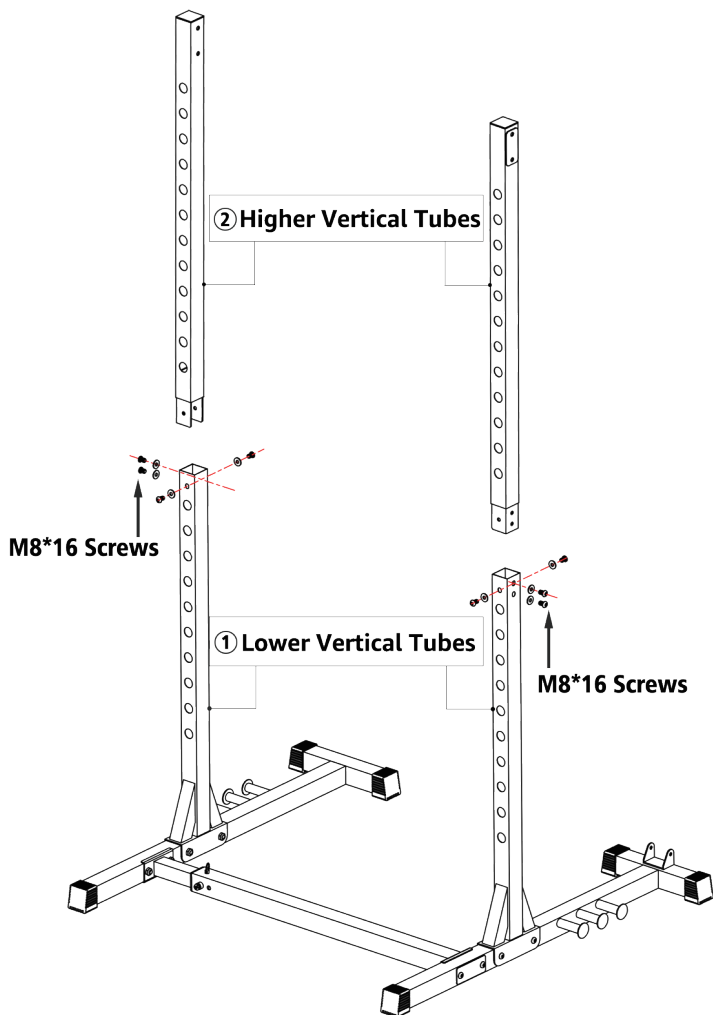
After determining the width, plug in **M8*68 Pin** vertically and fix with **M10*20 Screw**.

Connect ⑥ **Bottom Support Bar** to both sides of ⑦ **Base Frames** with **M10*65 Screws** as shown in the picture.



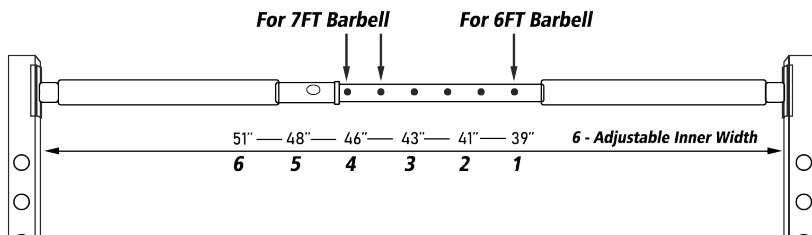
STEP 3

Connect ②Higher Vertical Tubes to ①Lower Vertical Tubes with M8*16 Screws

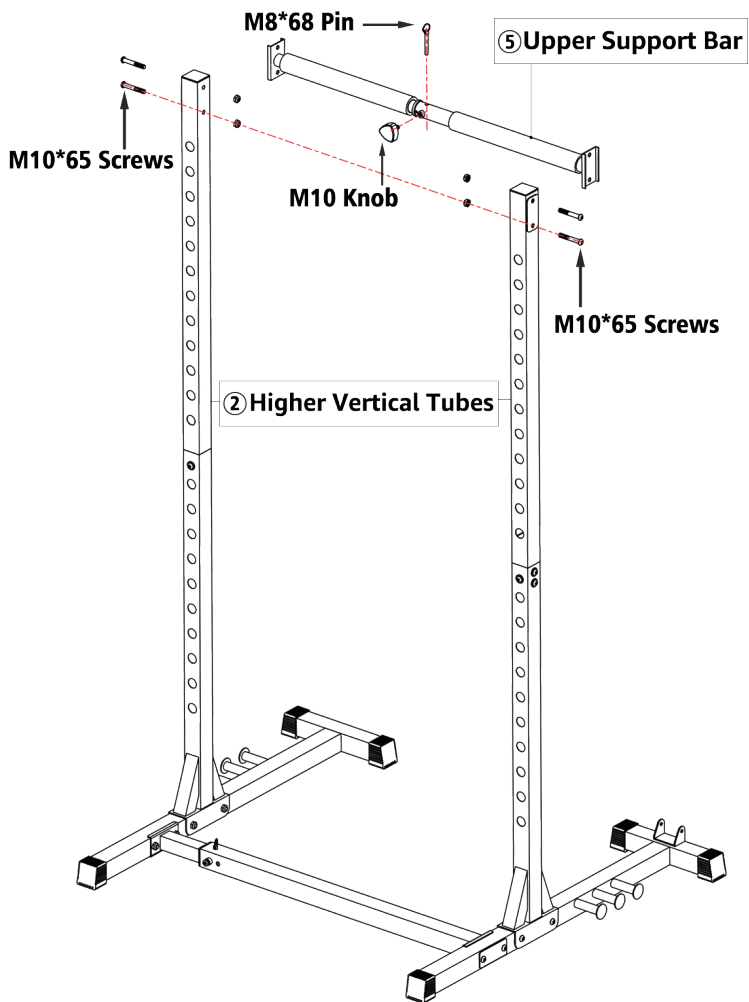


STEP 4

Adjust the **Width** of the ⑤**Upper Support Bar**, line with the **Bottom Support Bar**(Position the holes in line), plug in **M8*68 Pin** vertically, and fix with **M10 Knob**.

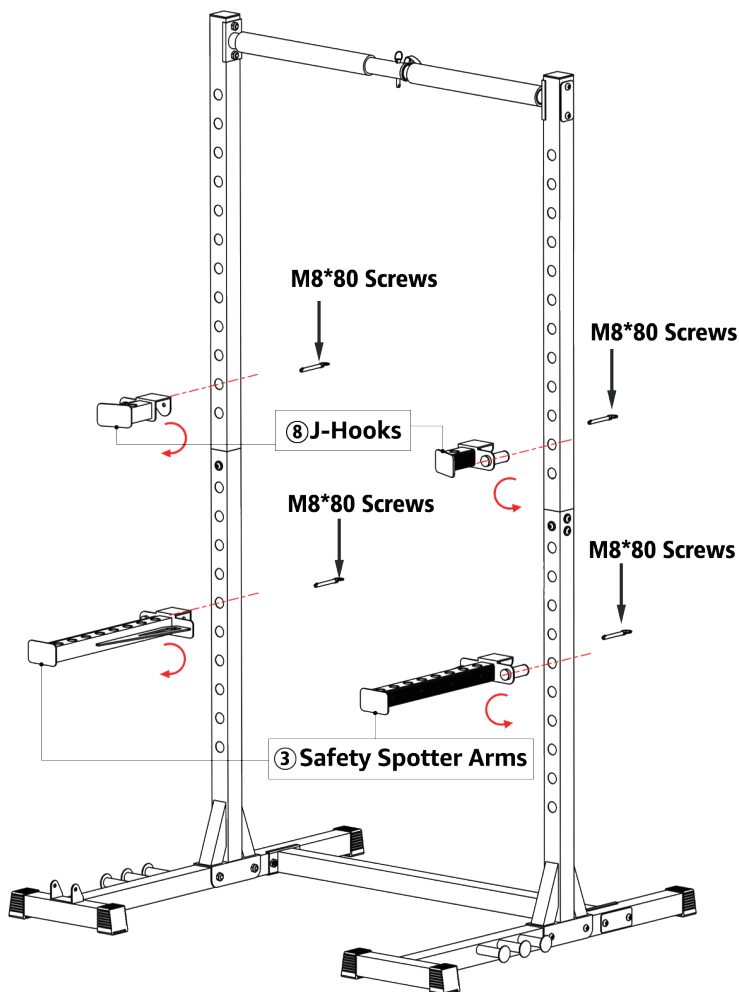


Connect ⑤Upper Support Bar to Higher Vertical Tubes with M10*65 Screws.



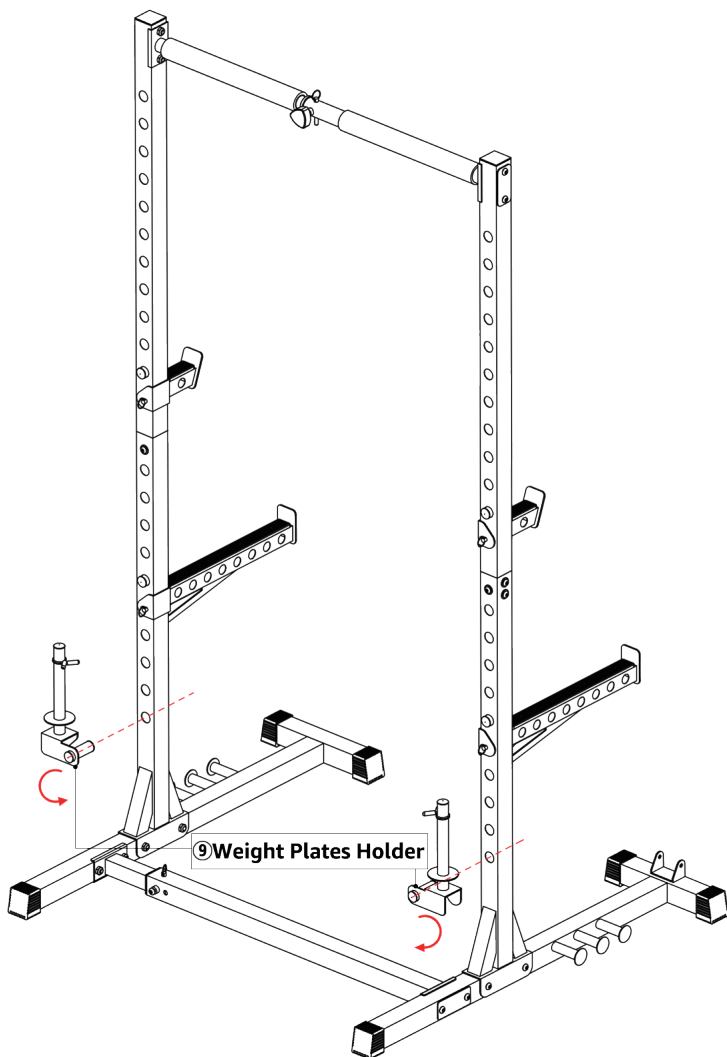
STEP 5

Install ③**Safety Spotter Arm** and ⑧**J-Hooks**, fix with **M8*80 Pins**.



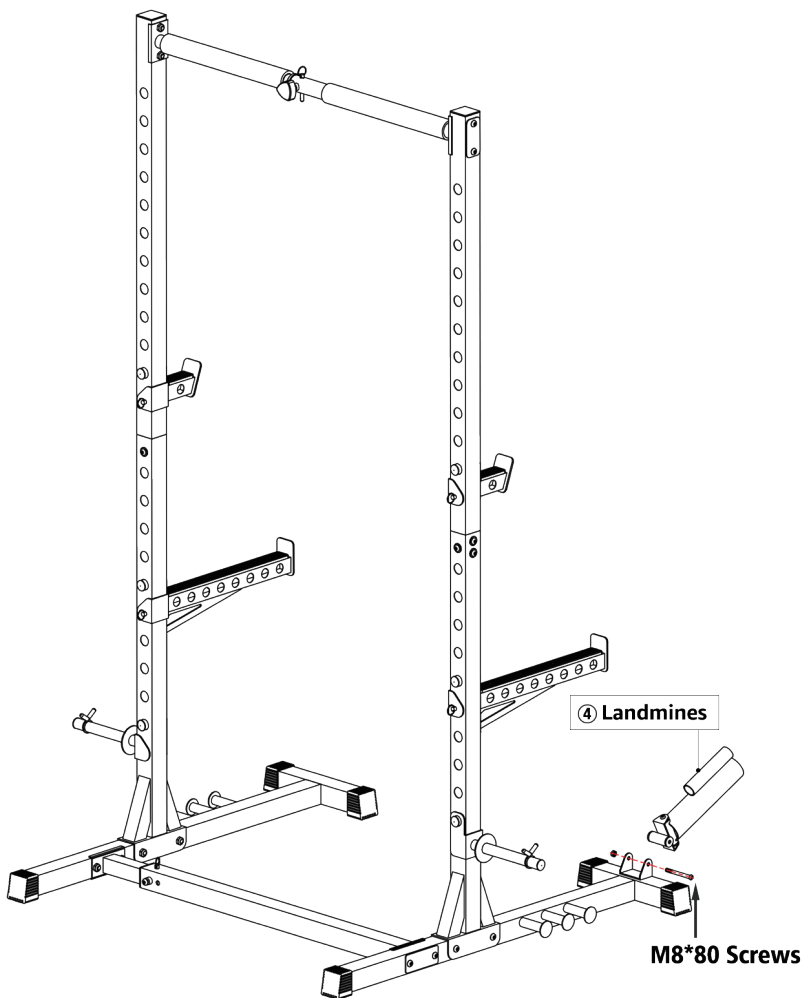
STEP 6

Install ⑨**Weight Plate Holder** at the lowest hole position.



STEP 7

Install ④ **Landmines** at left side of the **Base Frames** with **M8*80 Screw**.



Warranty

We provide a **1-year warranty** for this product. In this period, replacements for all accessories are freely provided. If you need replacement parts or support from the seller, please contact us via Amazon

(Login your amazon account > choose "Your orders" > find the order ID > click "Contact seller")

Our customer service will get back to you within 24 hours.

