



CORE BELT SQUAT

ASSEMBLY GUIDE



IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

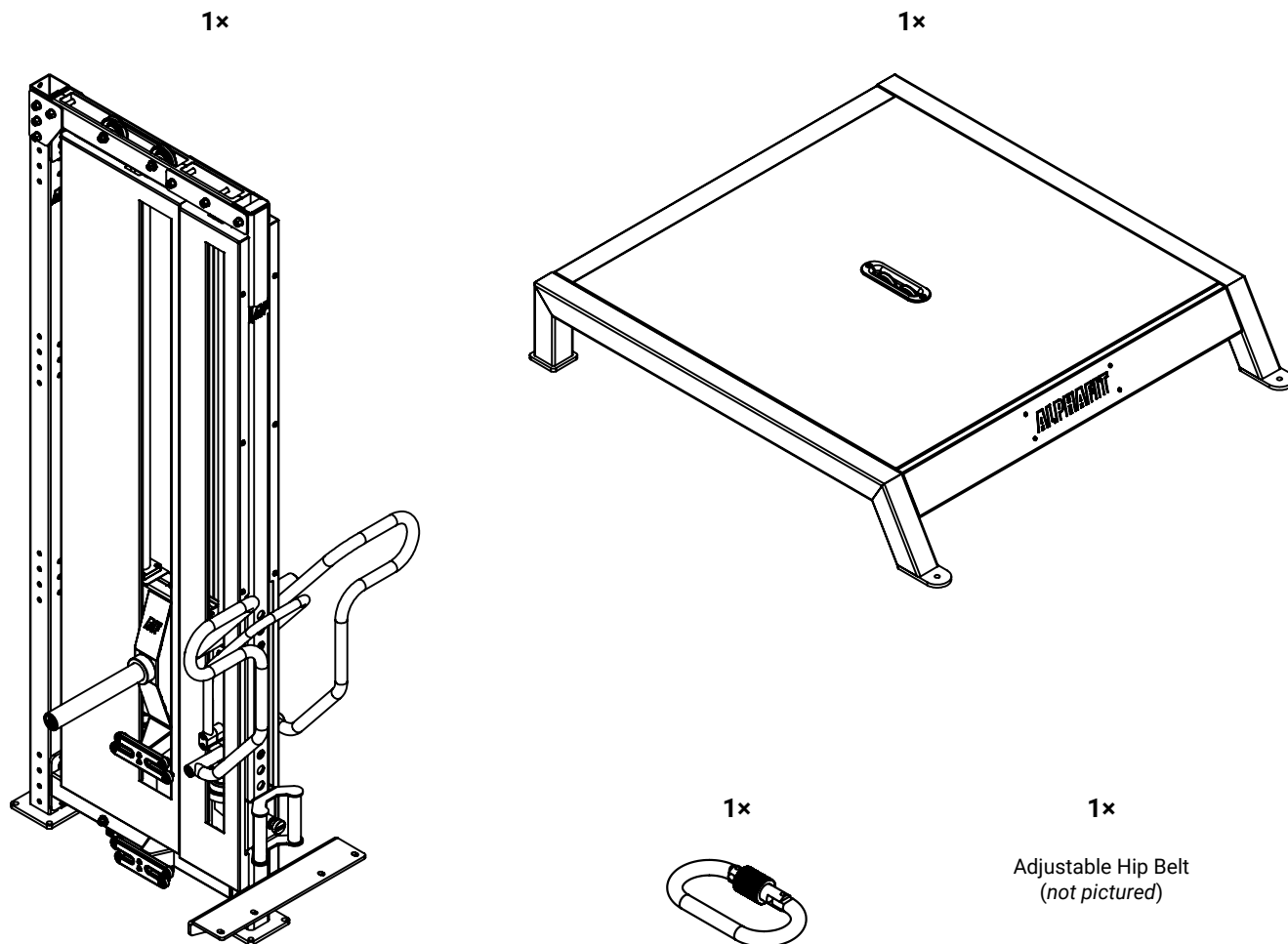
Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.

It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.

CORE BELT SQUAT PART LIST:



INCLUDED FASTENERS:

4x (A)



M12 x 35mm Hex
Zinc Plated Bolt

4x (B)



M12 Spring
Washer

4x (C)



M12 Flat
Washer

REQUIRED TOOLS:

- 19mm Socket & Socket Spanner

Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of three (3) people to assemble the Core Belt Squat.**

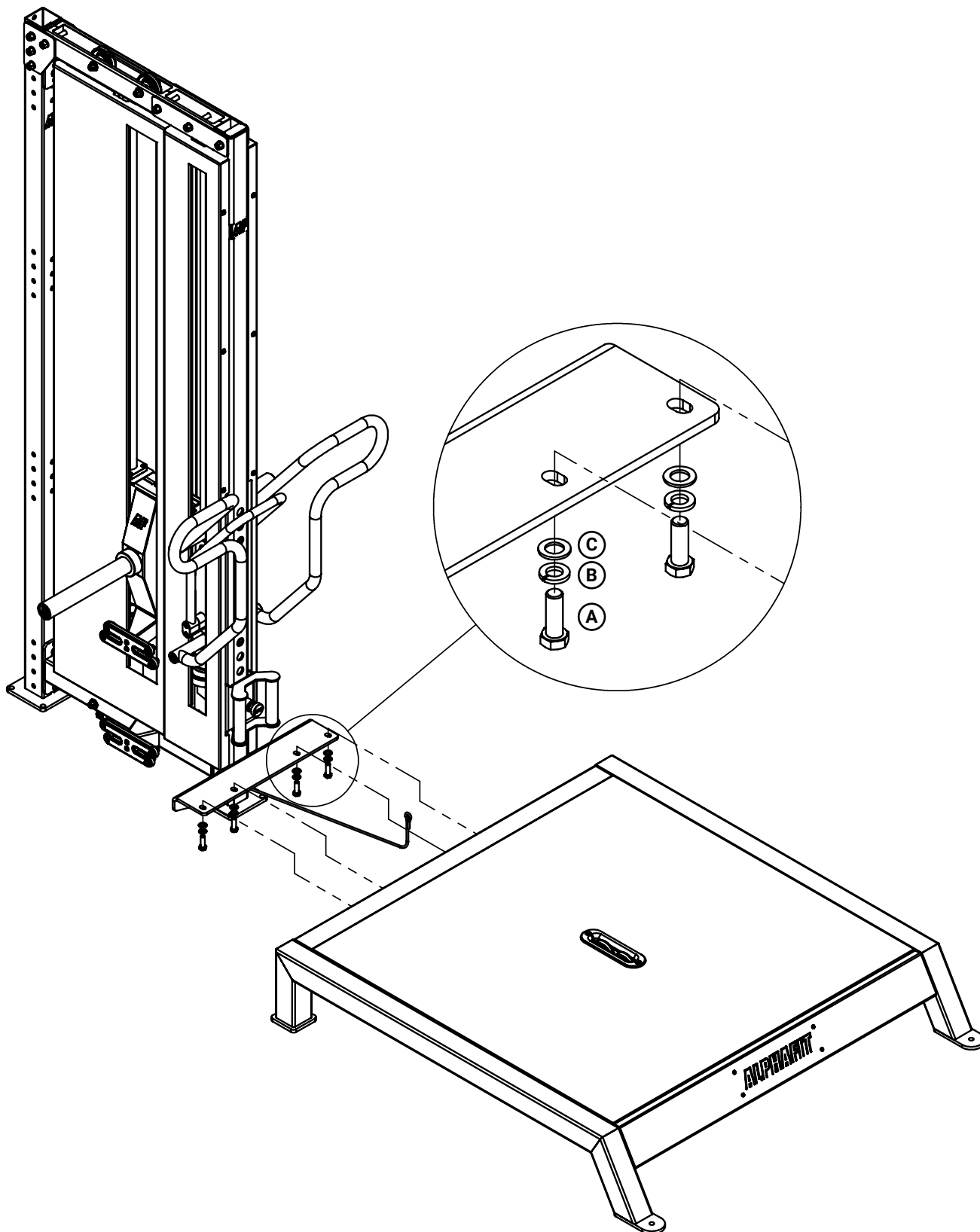
Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or admin@alphafit.com.au.

STEP 1: ATTACH PLATFORM TO TOWER

CAUTION: The tower should be held upright when removed from its transport pallet as it is not stable until attached to the platform.

Bolt the platform to the tower bracket mount. *Letters denote appropriate fasteners.*

Recommended fastener tightening torque = 35Nm.



STEP 2: ROUTE CABLE THROUGH PLATFORM SLOT

Pull the cable end out from the base of the slot in the front tower upright, route it through the pulleys in the base of the platform and up through the platform slot. Once through the platform slot, attach the carabiner to the cable end.

