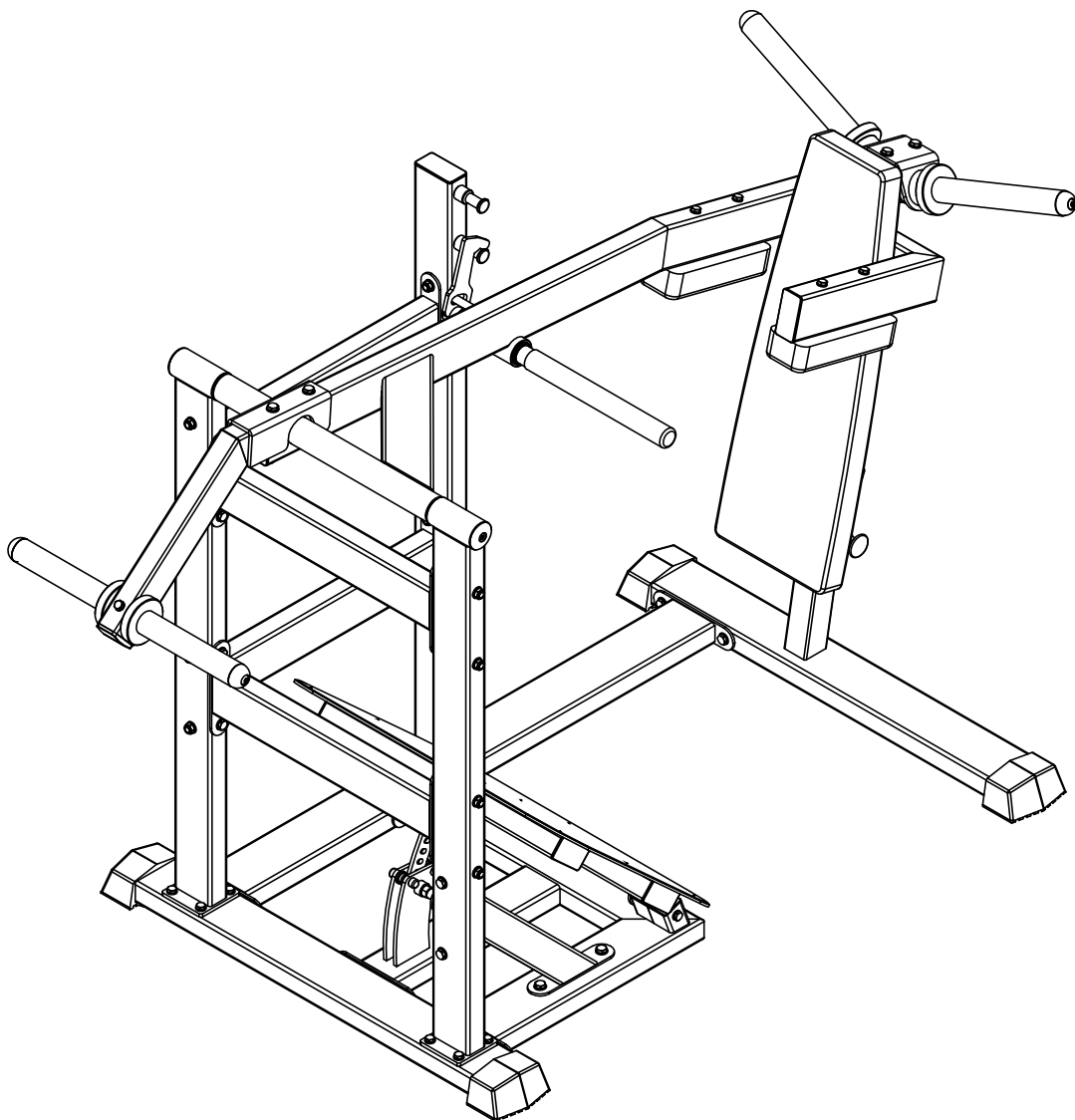


PRIMAL[®]

PRIMAL STRENGTH COMMERCIAL PENDULUM SQUAT

PSSS0123



SAFETY PRECAUTION

Safety First

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

- a. Assemble the equipment according to the assembly instructions and only use the individual part enclosed for assembly of the equipment and which are listed in the parts list as being specifically for this equipment. Before you start assembly, check against the delivery to make sure that everything has been delivered and check against the packing list to make sure all parts have been enclosed.
- b. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this owner's Manual, as well as from your local retailer.
- c. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacements Owner's Manual and labels are available from your local retailer.
- d. It is recommended that another person assist you with the assembly of this unit.
- e. Consult with your physician before beginning any exercise program. It is recommended that you undergo a complete physical examination.
- f. Use proper discretion when children are present.
- g. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- h. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- i. Do not attempt to lift more weight than you can control safely.
- j. Work within your recommended exercise level. DO NOT work to exhaustion. If you feel any pain or discomfort, stop your workout immediately.
- k. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
- l. DO NOT place any sharp objects around the machine.

Regular Maintenance Activities

Preventative maintenance activities must be performed to maintain normal operation of your equipment. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventative maintenance activities. Briefly, they include:

Daily

1. Clean upholstery.

Weekly

1. Inspect all nuts and bolts for looseness. Tighten as required.
2. Check for worn handles, worn snap links, and worn warning labeling. Replace all worn parts immediately.
4. Inspect weight stacks for proper alignment and operation. Correct all improper alignment and operation issues immediately.
5. Recurrent lubricating the bearings, cylinders, and other rotating parts.

As Required

1. Inspect grips and replace as necessary.

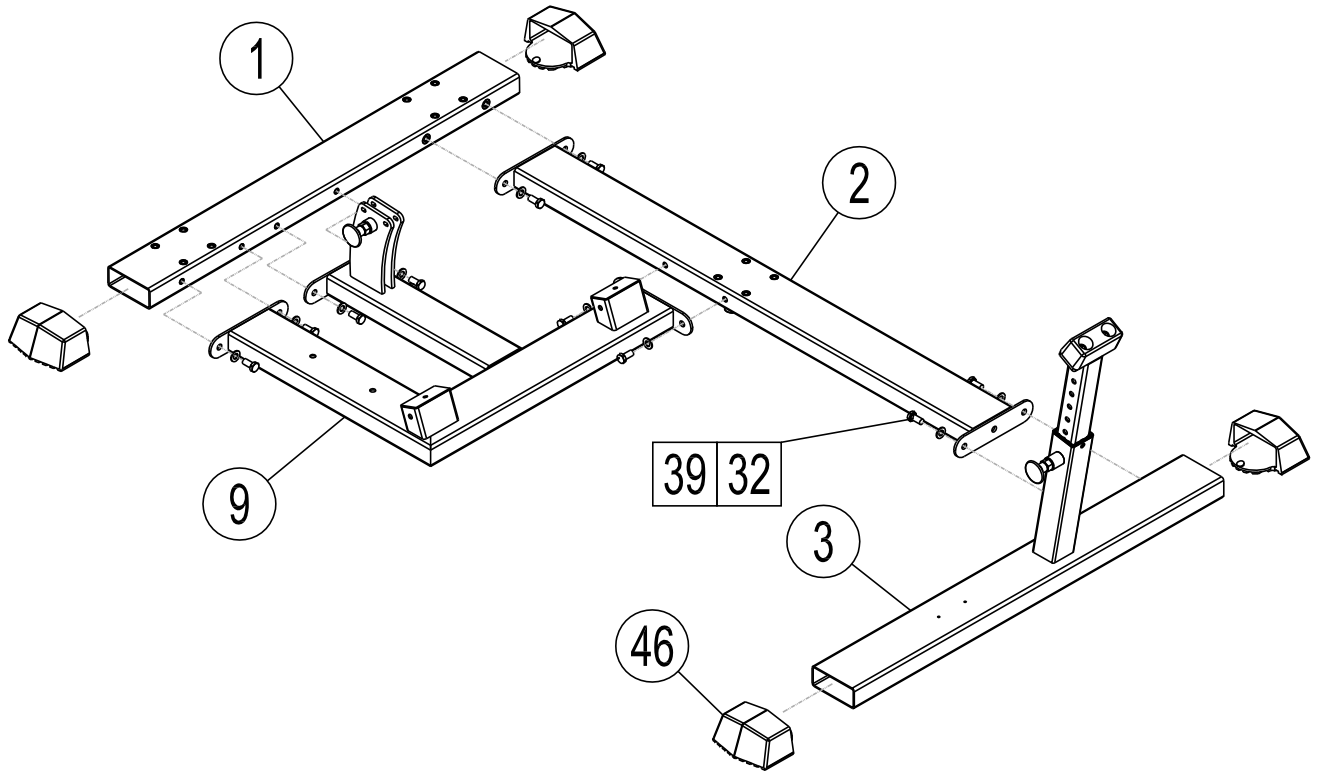
Using Proper Form

Before working out, read and understand the exercises located on the placard.

NO.	DESCRIPTION	QTY
1	FRONT FRAME	1
2	MIDDLE FRAME	1
3	REAR BOTTOM FRAME	1
4	LEFT FRAME	1
5	RIGHT FRAME	1
6	REAR FRAME	1
7	PEDAL	1
8	CONNECTING COLUMN	1
9	PEDAL SUPPORT FRAME	1
10	RIBBED INSERT	1
11	MOUNTING FRAME	1
12	GUIDE ROD	1
13	ADJUSTING PLATE	1
14	SIDE SUPPORT	1
15	WEIGHT HANGERS	1
16	PLATE STORAGE ROD	2
17	ALUMINUM END CAP	4
18	BIG END CAP	2
19	SMALLEND CAP	2
20	ROUND TUBE	2
21	BUMP STOP	2
22	LOCKING PIN	2
23	SPACER SLEEVE	2

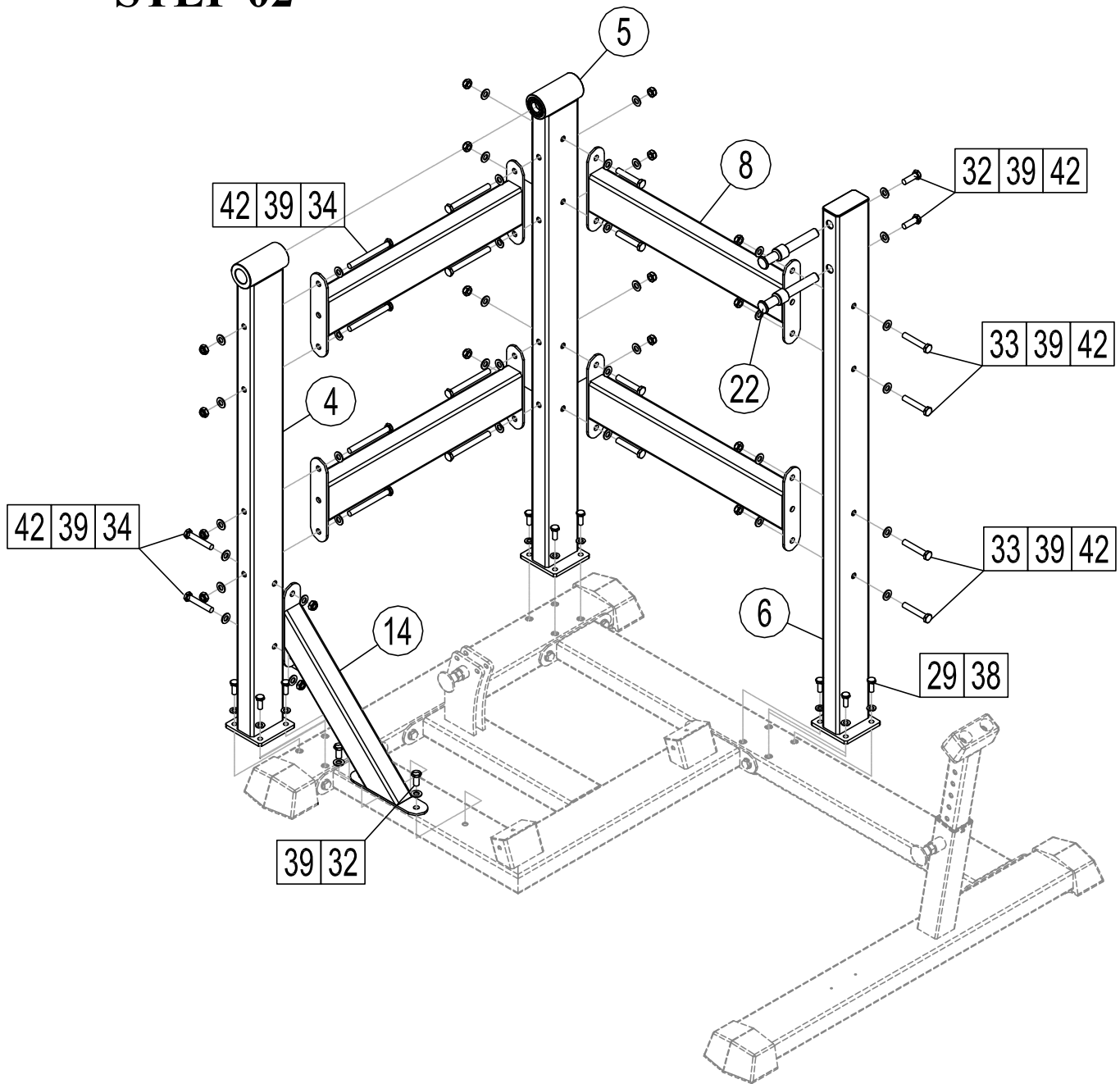
N O.	DESCRIPTION	QTY
24	RUBBER WASHER	4
25	ALLEN BOLT M10*25	2
26	ALLEN BOLT M10*50	2
27	BOLT M8*25	8
28	BOLT M8*45	2
29	BOLT M10*25	14
30	BOLT M10*125	2
31	BOLT M10*130	4
32	BOLT M12*25	16
33	BOLT M12*70	10
34	BOLT M12*120	8
35	BOLT M12*125	2
36	SOCKER HEAD CAP BOLT M12*80	2
37	WASHER 8	12
38	WASHER 10	24
39	WASHER 12	56
40	LOCK NUT M8	2
41	LOCK NUT M10	2
42	LOCK NUT M12	20
43	BACK CUSHION	1
44	ARM CUSHION	2
45	NYLON CAP	4
46	PIPE SLEEVE	4

STEP 01



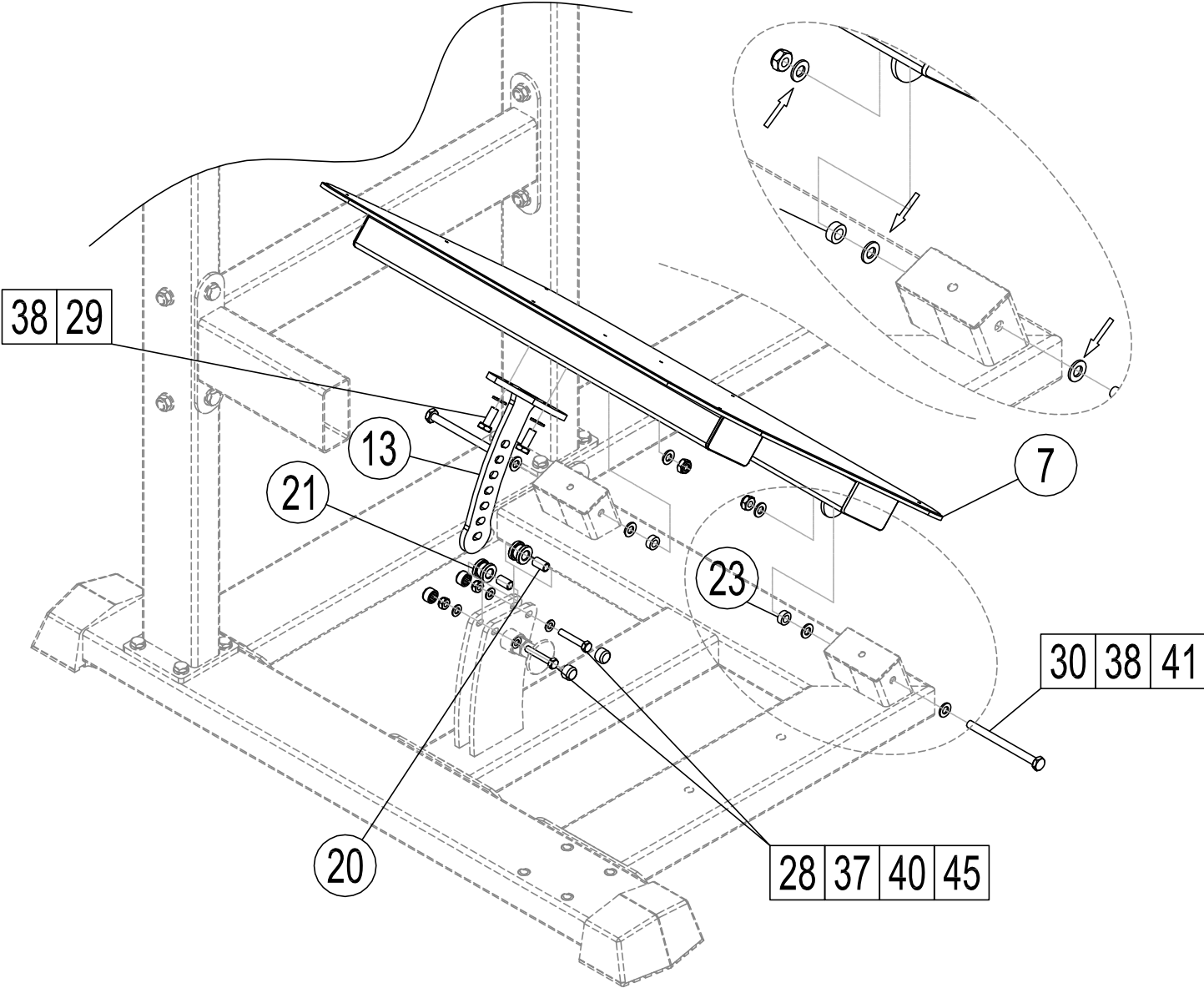
32#		M12*25	Qty:10
39#		12	Qty:10

STEP 02



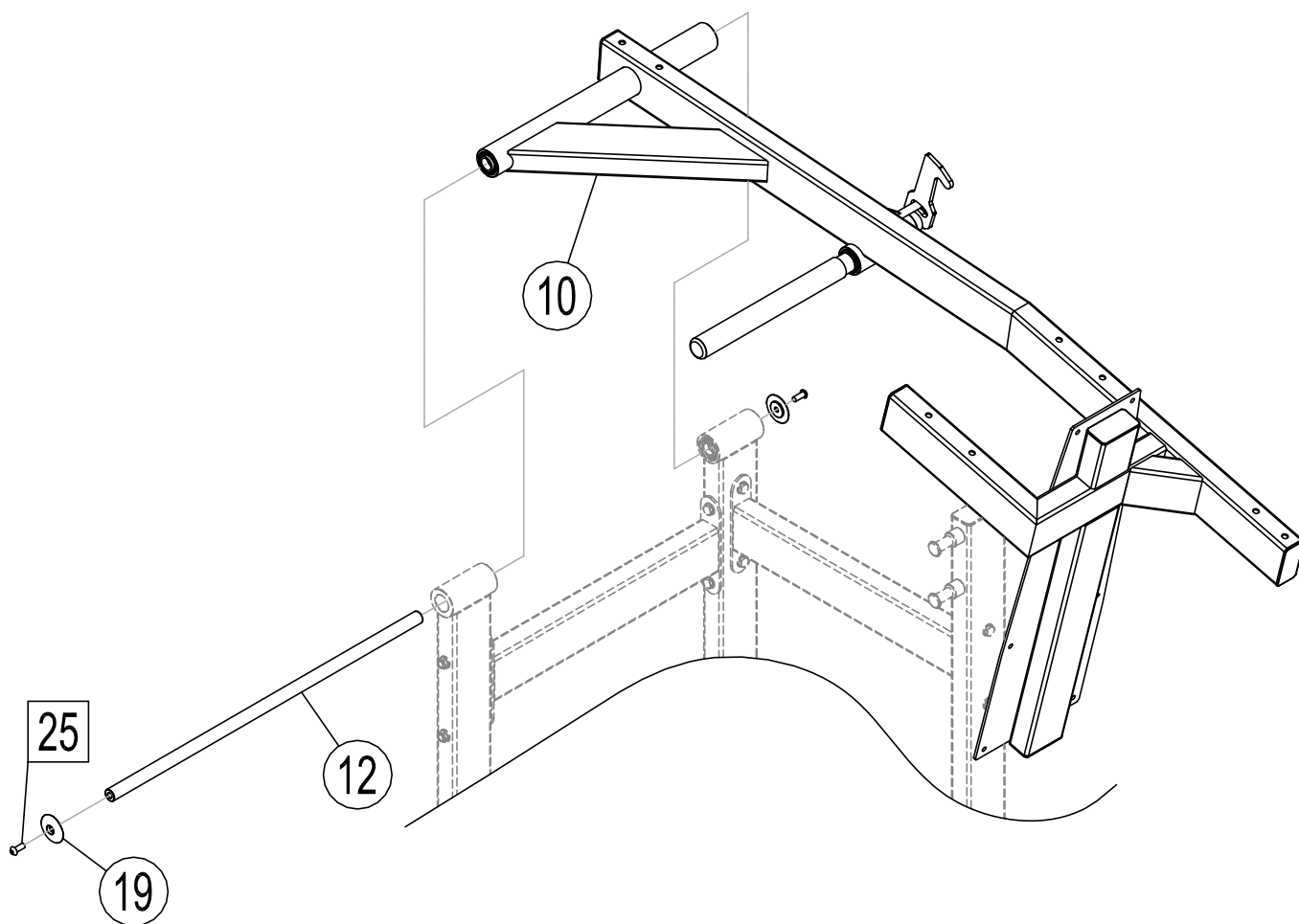
29#		M10*25	Qty:12	38#		10	Qty:12
32#		M12*25	Qty:4	39#		12	Qty:40
33#		M12*70	Qty:10	42#		M12	Qty:18
34#		M12*120	Qty:8				

STEP 03



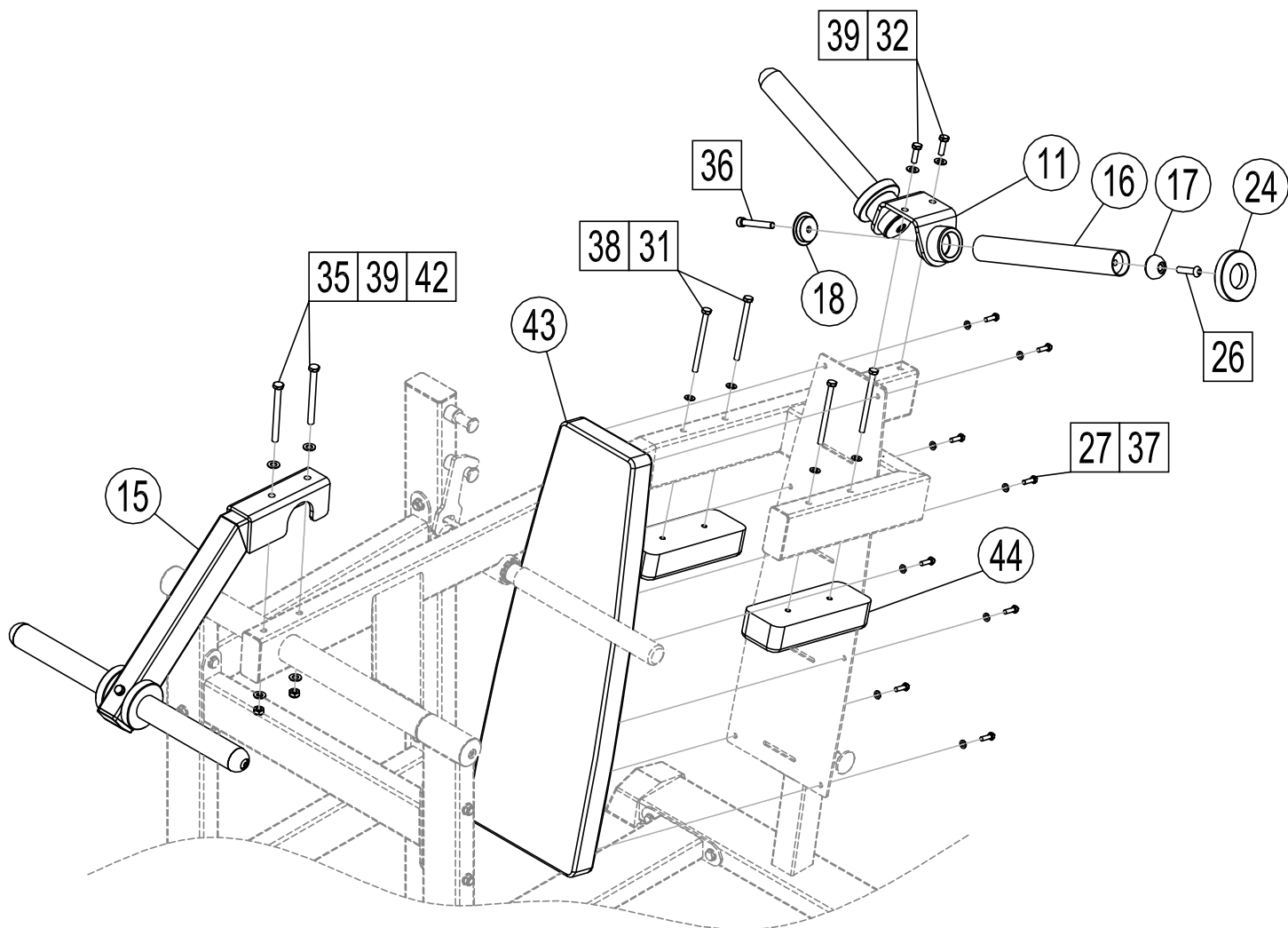
28#		M8*45	Qty:2	38#		10	Qty:8
29#		M10*25	Qty:2	40#		M8	Qty:2
30#		M10*125	Qty:2	41#		M10	Qty:2
37#		8	Qty:4	45#		8	Qty:4

STEP 04



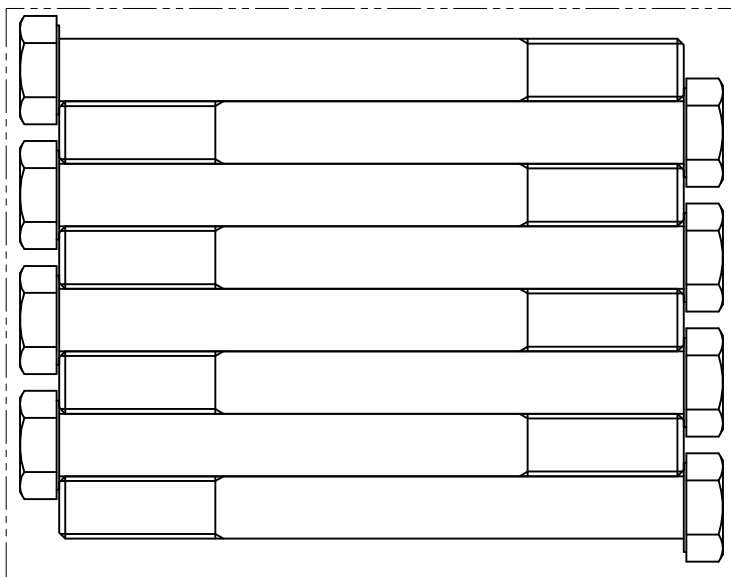
25#		M10*25	Qty:2
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STEP 05

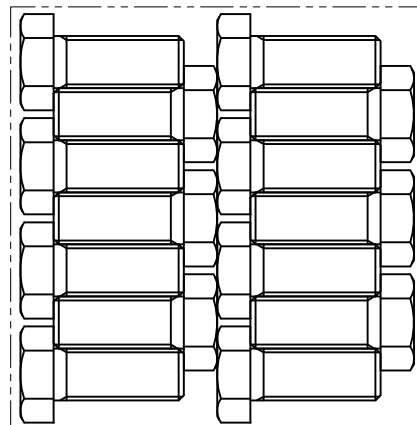


26#		M12*50	Qty:2	36#		M12*80	Qty:2
27#		M8*25	Qty:8	37#		8	Qty:8
31#		M10*130	Qty:4	38#		10	Qty:4
32#		M12*25	Qty:2	39#		12	Qty:6
35#		M12*125	Qty:2	42#		M12	Qty:2

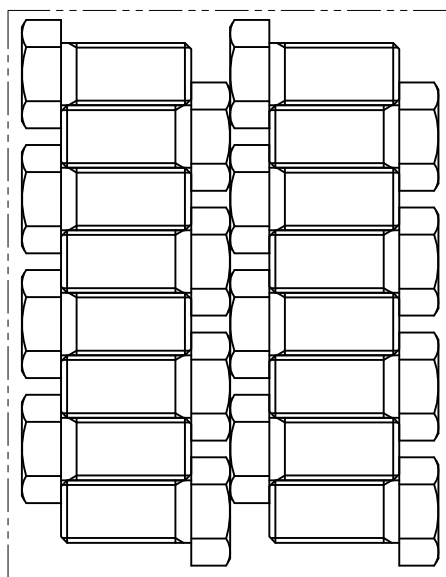
M12*120×8PCS



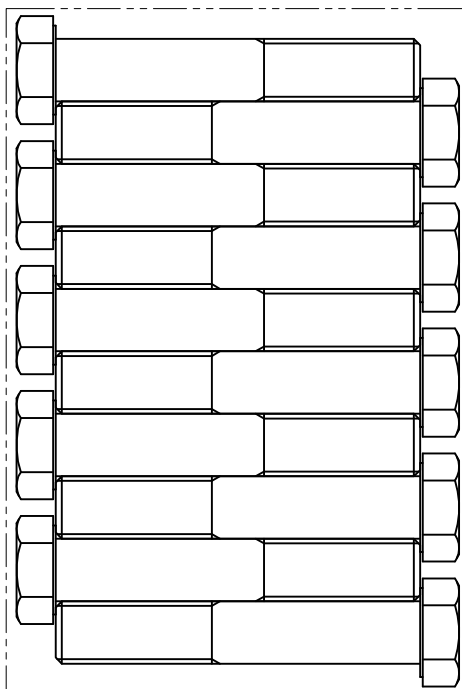
M10*25×14PCS



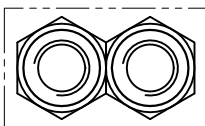
M12*25×16PCS



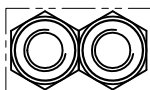
M12*70×10PCS



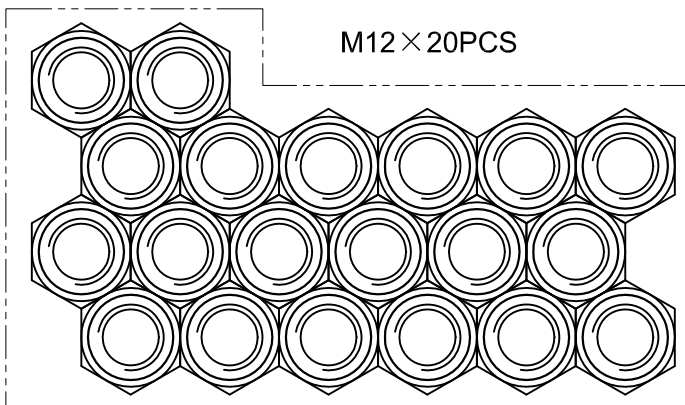
M10×2PCS



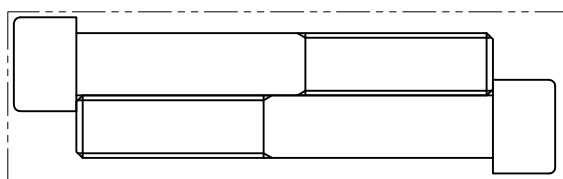
M8×2PCS



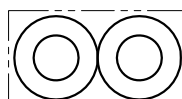
M12×20PCS



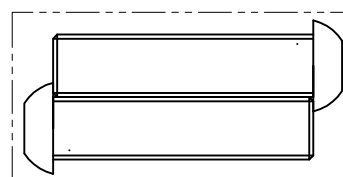
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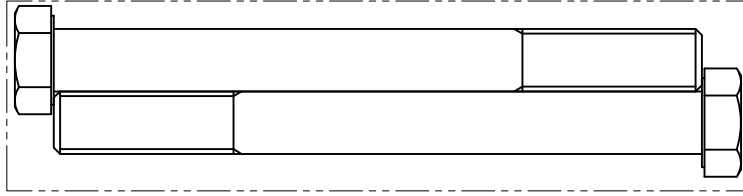
Ø8×12PCS



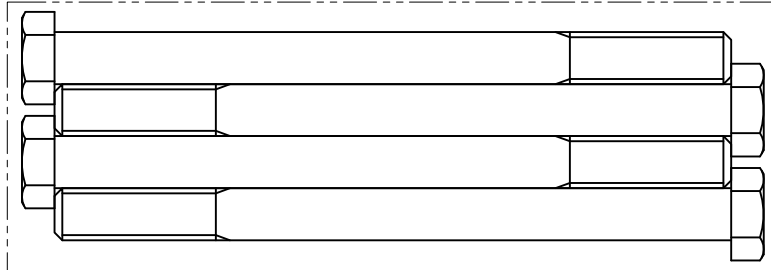
M12*50×2PCS



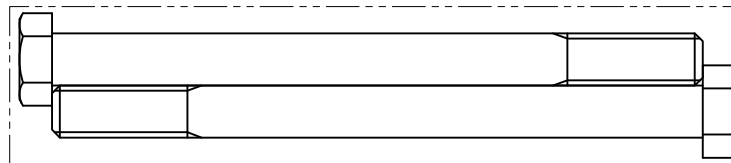
M12*125×2PCS



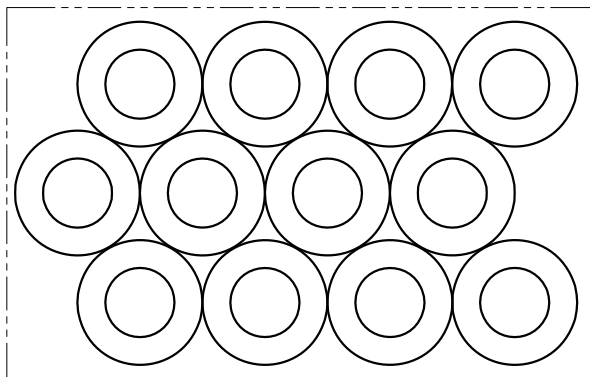
M10*130×4PCS



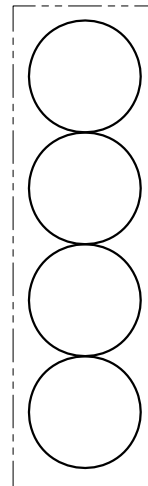
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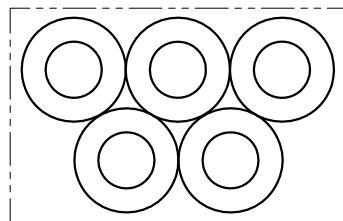
Ø12×56PCS



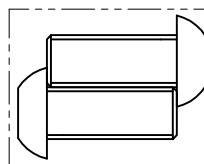
M8×4PCS



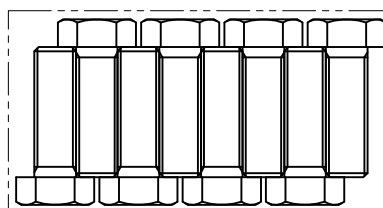
Ø10×24PCS



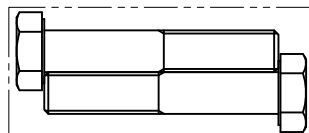
M10*25×2PCS



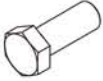
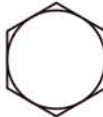
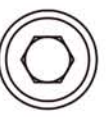
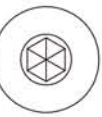
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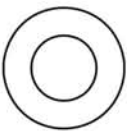
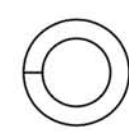
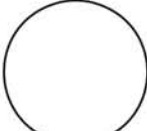
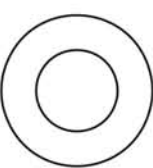
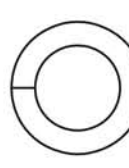
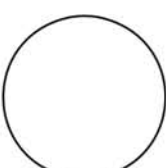
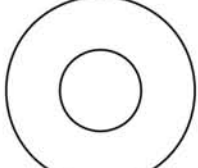
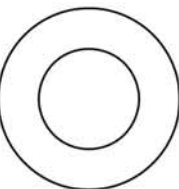
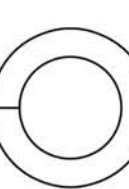
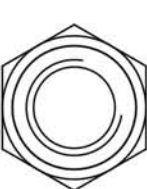
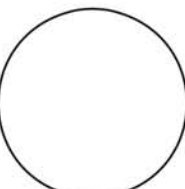
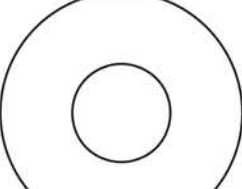


M8*45×2PCS



SIZE CHART

					
M8					
M10					
M12					

M8					
M10					
M12					
	Washer 	Spring Washer 	Lock Nut 	Nut Cap 	Big Washer 