

MAX. WEIGHT CAPACITY

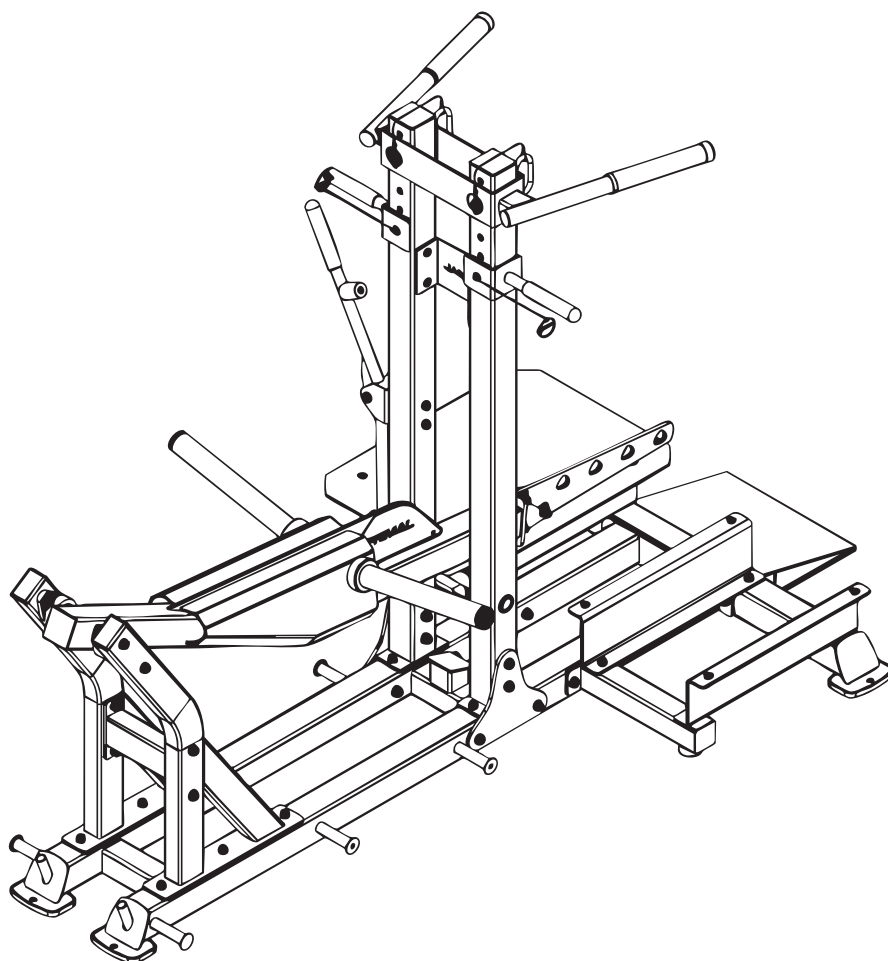
BOXED SIZE

NET WEIGHT

PRODUCT SIZE

GROSS WEIGHT

SKU: PSSS2072



PRIMAL[®]

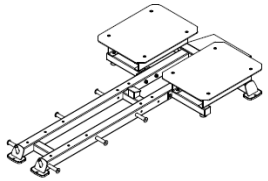
PERFORMANCE SERIES
BELT SQUAT

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02/ASSEMBLY PROCEDURE

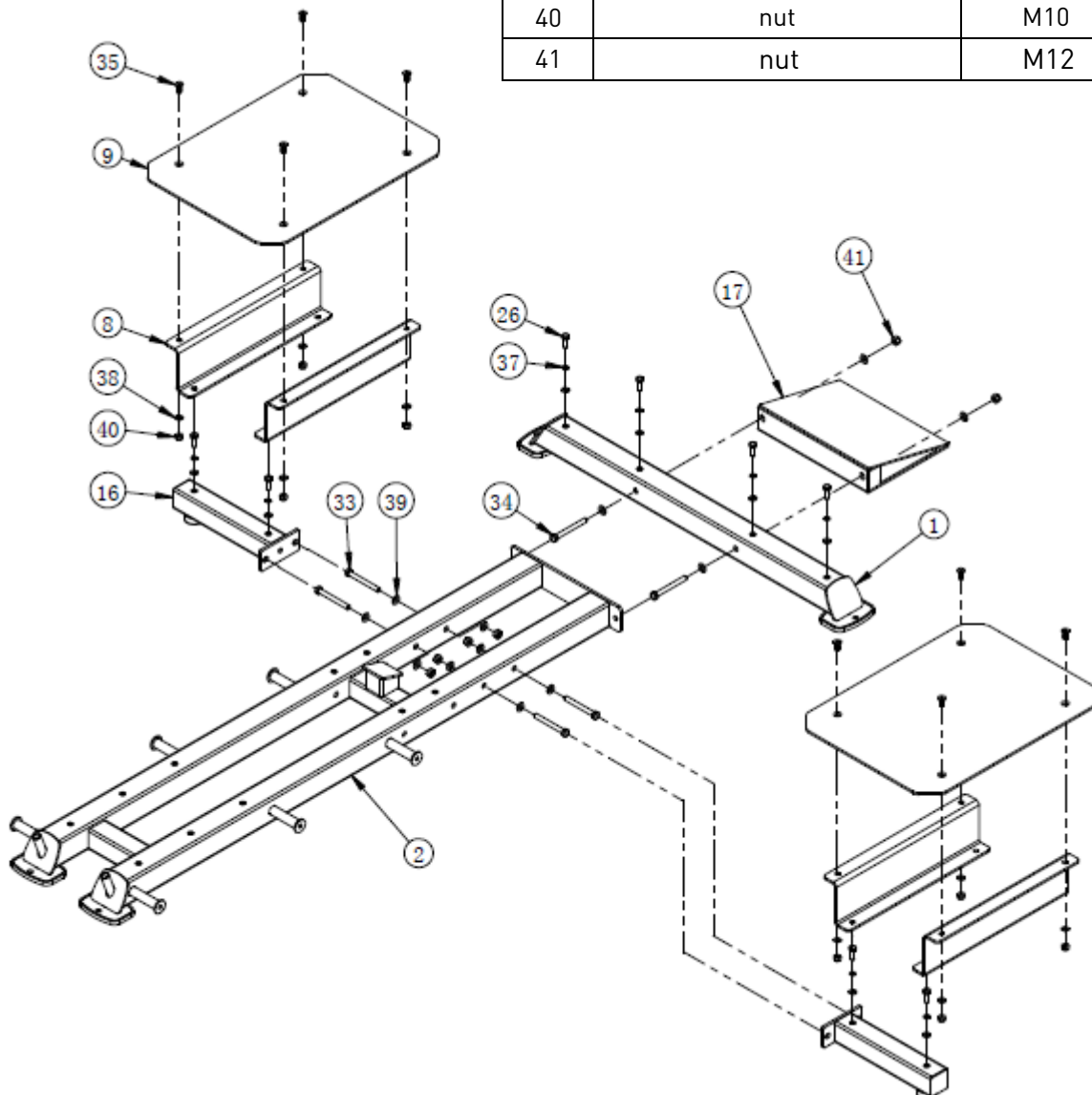
1) Step 1

Finished diagram



Bill of materials

No.	Name	Specification	Qty
1	Base support frame assembly	Assembly	1
2	Base frame assembly	Assembly	1
8	Bottom support frame assembly	520*157*46	4
9	Foot Platform	660*500*6	2
16	Side support frame assembly	Assembly	2
17	Rear Foot Platform	Weldment	1
26	hexagon-head bolt	M0*30	8
33	hexagon-head bolt	M12*105	4
34	hexagon-head bolt	M12*110	2
35	Hexagon countersunk screws	M10*25	8
37	Spring washer	Φ10	8
38	Flat washer	Φ11*Φ20*2	16
39	Flat washer	Φ13*Φ24*2.5	12
40	nut	M10	8
41	nut	M12	6



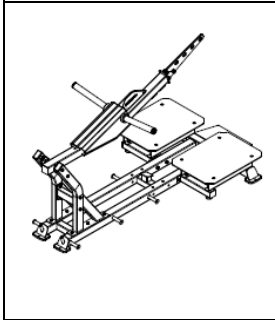
PSSS2072 Belt Squat – Step-by-Step Assembly Guide

STEP 1 — Assemble the Base Structure

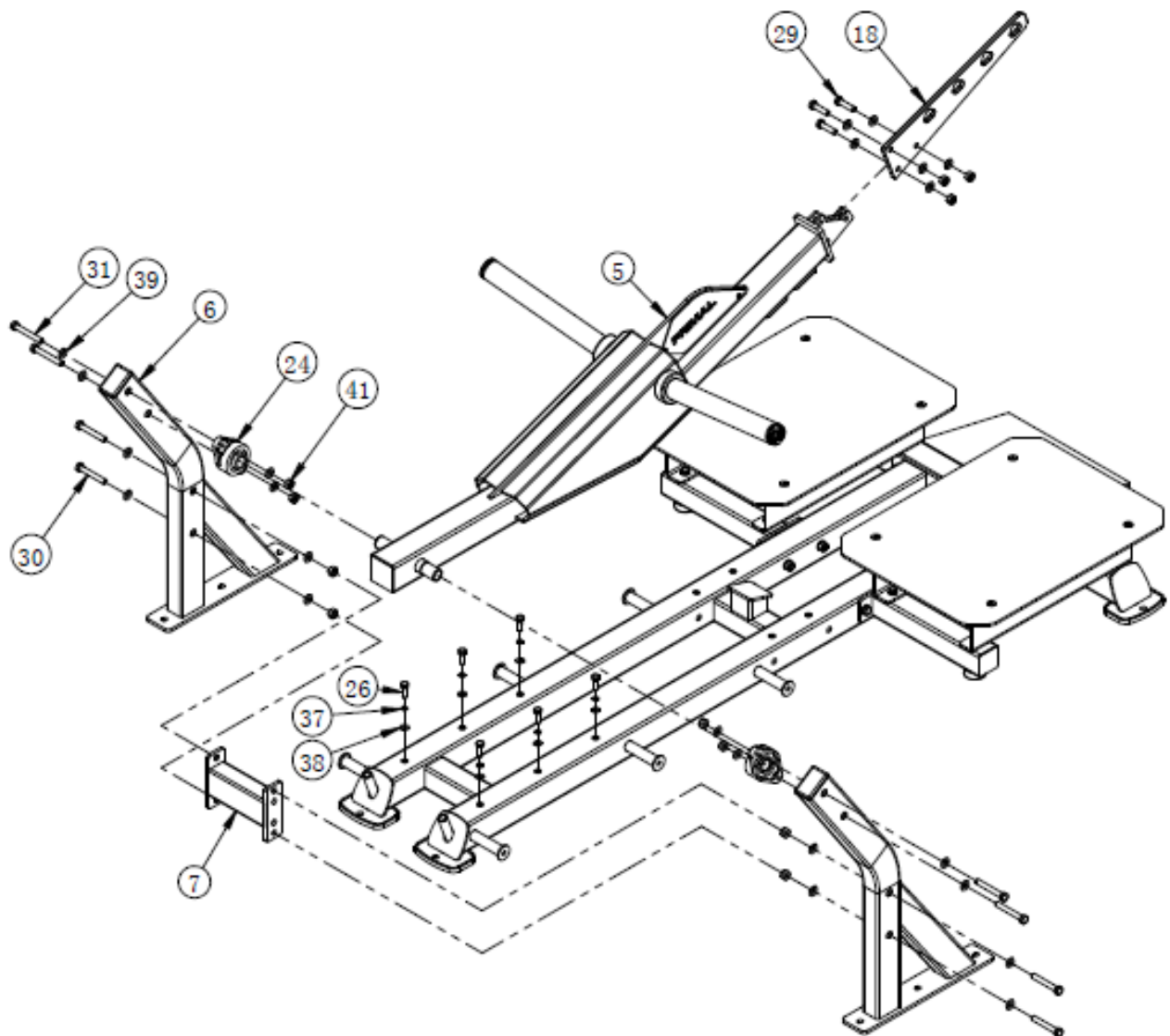
1. Place the Base Support Frame Assembly (Part 1) and Base Frame Assembly on the floor (Part 2).
2. Position the four Bottom Support Frame (4 x Part 8) assemblies beneath the base and align them with the bolt holes.
3. Attach both Foot Platforms (Part 9) (660×500×6) onto the frame.
4. Install the Side Support Frame Assemblies (Part 16) on each side.
5. Fit the Rear Foot Platform Weldment (Part 17) at the back of the machine.
6. Secure all components using the M10×30 and M12 bolts, with all spring washers and flat washers shown in the diagram.
7. Tighten all fixings to complete the lower frame.

2) Step 2

Finished diagram



Bill of materials			
No.	Name	Specification	Qty
5	Arm Lever Assembly	Assembly	1
6	Support Frame Assembly	Assembly	2
7	Cross Beam	Weldment	1
18	Hanging board	489.2*108.3*10	1
24	Seat Bearing	UCFLU206-30	2
26	hexagon-head bolt	M10*30	6
29	hexagon-head bolt	M12*45	3
30	hexagon-head bolt	M12*80	4
31	hexagon-head bolt	M12*85	4
37	Spring washer	Φ10	6
38	Flat washer	Φ11*Φ20*2	6
39	Flat washer	Φ13*Φ24*2.5	22
41	nut	M12	11



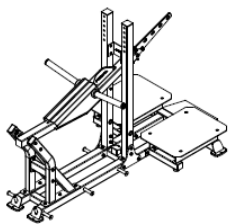
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STEP 2 — Fit the Lever Arm & Support Frames

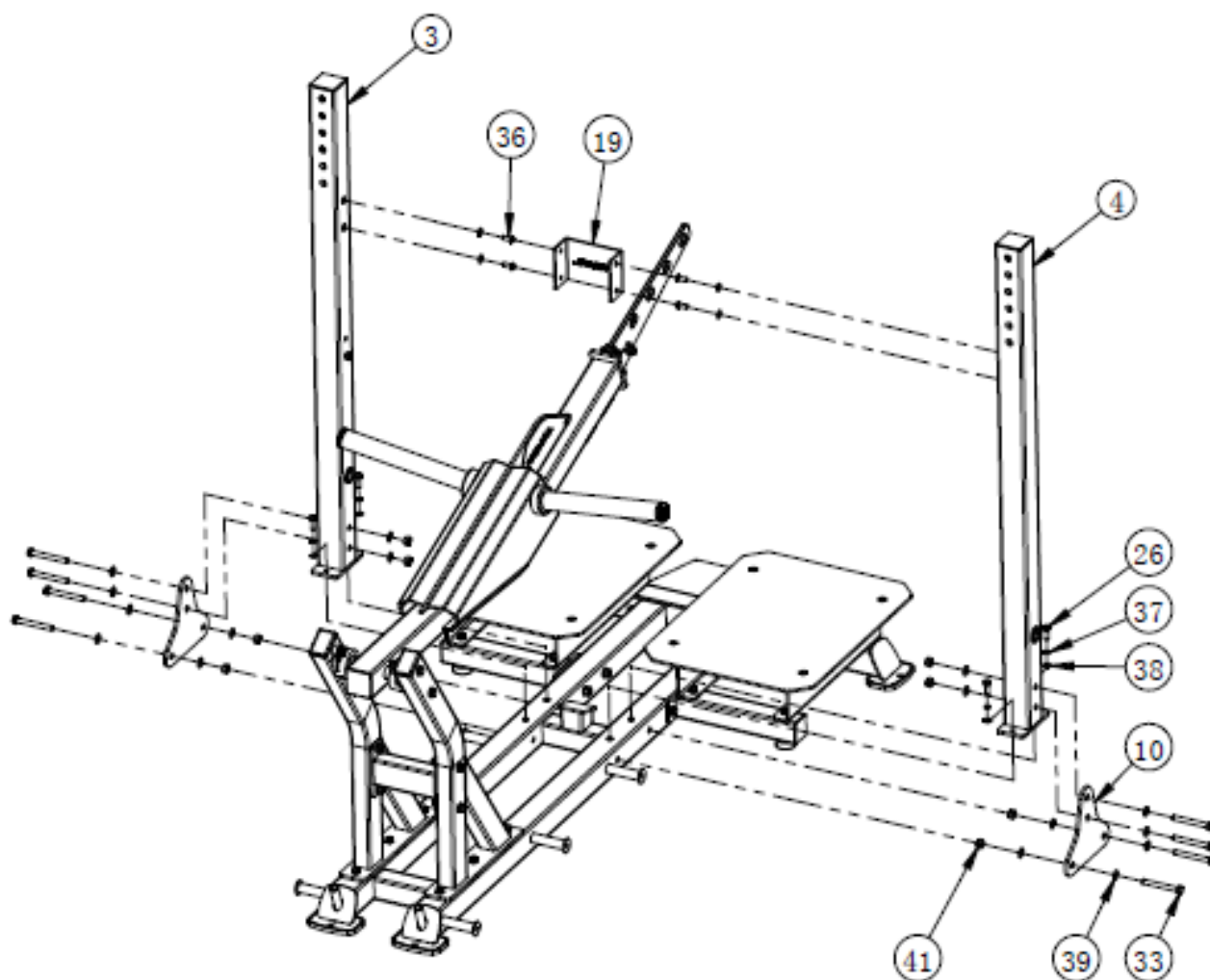
1. Place the Arm Lever Assembly (Part 5) on the centre of the frame.
2. Attach both Support Frame Assemblies (2 x Part 6) (left & right).
3. Install the Cross Beam Weldment (Part 7) at the front, securing it using M12 bolts.
4. Mount the Hanging Board (Part 18) (489.2×108.3×10) to the lever mechanism.
5. Attach the two Seat Bearings (2 x Part 24) (UCFLU206-30) on each side of the lever.
6. Insert and tighten all M10 and M12 bolts with spring washers and flat washers.

3) Step 3

Finished diagram



Bill of materials			
No.	Name	Specification	Qty
3	Upright Assembly 1	Assembly	1
4	Upright Assembly 2	Assembly	1
10	Junction Plate	260*216*8	2
19	LOGO PLATE	168*120*69	1
26	hexagon-head bolt	M10*30	4
33	hexagon-head bolt	M12*105	8
36	nylon socket head screws	M10*25	4
37	Spring washer	Φ10	4
38	Flat washer	Φ11*Φ20*2	8
39	Flat washer	Φ13*Φ24*2.5	16
41	nut	M12	8



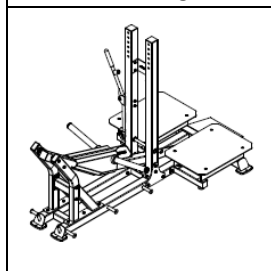
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STEP 3 — Install Uprights and Junction Plate

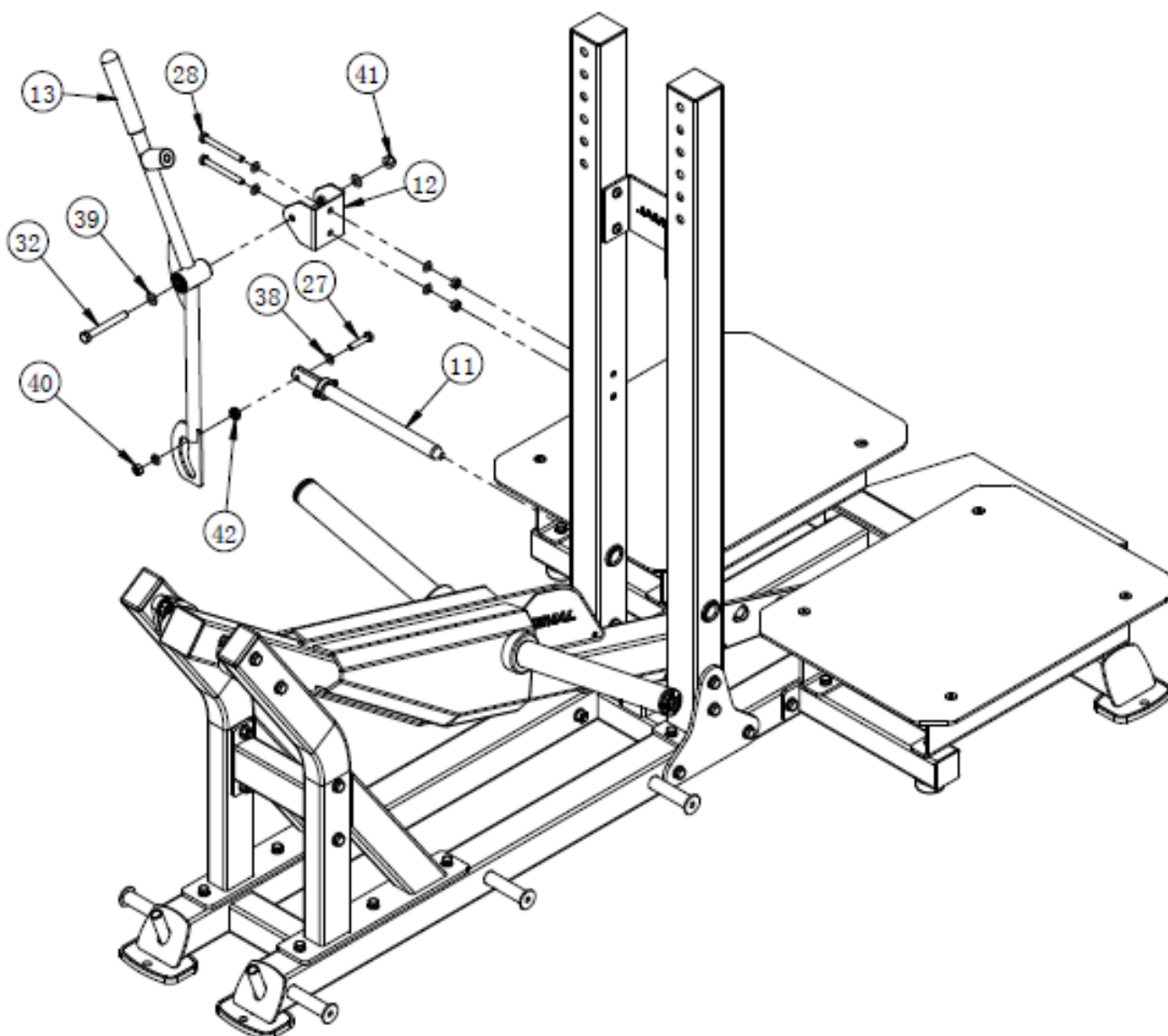
1. Stand Upright Assembly 1 (Part 3) and Upright Assembly 2 (Part 4) vertically on the frame.
2. Bolt each upright using M12 bolts with flat washers and nuts.
3. Attach the Junction Plate (2 x Part 10) (260×216×8) at the base between uprights.
4. Mount the Logo Plate (Part 19) (168×120×69) onto the crossbeam using M10 nylon socket-head screws.
5. Ensure both uprights are straight and fully tightened.

4) Step 4

Finished diagram



Bill of materials			
No.	Name	Specification	Qty
11	Inserted pin assembly	assembly	1
12	U-shaped bracket	Weldment	1
13	Adjustment handle Bar assembly	assembly	1
27	hexagon-head bolt	M10*45	1
28	hexagon-head bolt	M10*95	2
32	hexagon-head bolt	M12*95	1
38	Flat washer	Φ11*Φ20*2	6
39	Flat washer	Φ13*Φ24*2.5	2
40	nut	M10	3
41	nut	M12	1
42	deep groove ball bearing	Φ22*Φ10*6	1



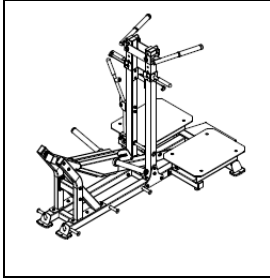
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STEP 4 — Fit the Adjustment Handle & U-Bracket Assembly

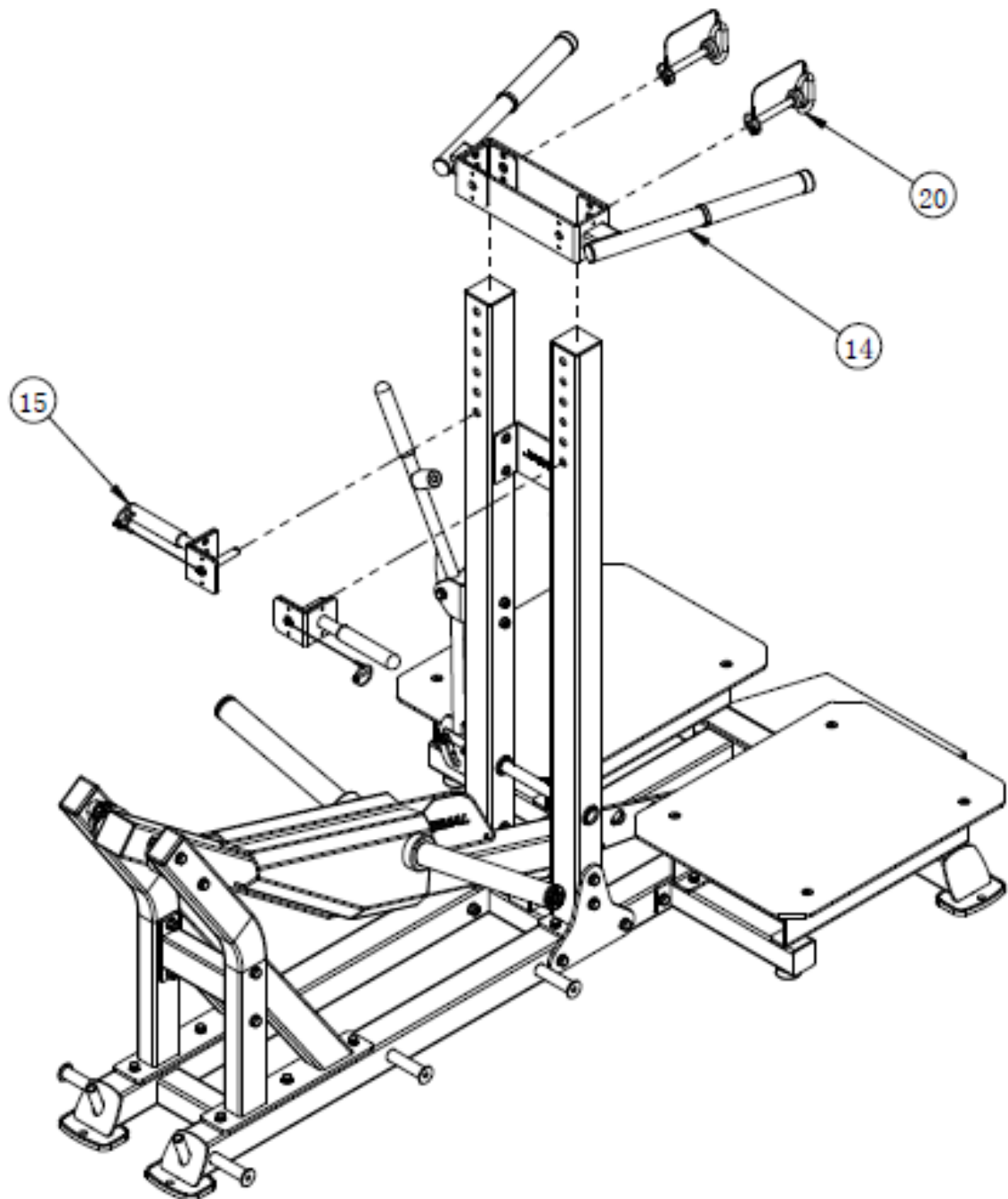
1. Position the Inserted Pin Assembly (Part 11) into the guiding hole on the frame.
2. Attach the U-Shaped Bracket (Part 12) Weldment to the uprights using M10 and M12 bolts.
3. Install the Adjustment Handle Bar (Part 13) Assembly so it pivots smoothly.
4. Insert the Deep-Groove Ball Bearing (Part 42) ($\Phi 22 \times \Phi 10 \times 6$) into the pivot point.
5. Tighten all nuts and washers, ensuring the adjustment system moves freely.

5) Step 5

Finished diagram



Bill of materials			
No.	Name	Specification	Qty
14	Upper handle Bar assembly	assembly	2
15	Side handle Bar assembly	assembly	1
20	Pin Assembly	assembly	2



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STEP 5 — Attach Handles and Locking Pins

1. Install both Upper Handle Bar Assemblies (2 x Part 14) at the top of the uprights.
2. Fit the Side Handle Bar Assembly (Part 15) to the side bracket.
3. Insert the two Pin Assemblies (2 x Part 20) into the adjustment holes on each upright.
4. Confirm each handle is secure and slides smoothly between positions.

04/ PRODUCT PARAMETER

Name	Belt Squat	Model	PSSS2072
Floor space	1196*2265*1520		
Net weight	224Kg	Level	S
Category: S: Professional and Commercial; H: household			

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean: Upholstery	DAILY	WEEKLY						
Inspect: Cables or Belts and their tension	DAILY	WEEKLY						
Inspect: Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect: All Decals	WEEKLY	3 MONTHS						
Inspect: All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect: Anti-skid Surface	WEEKLY	3 MONTHS						
Clean&Lubricate: Guide rods with a Teflon(PTFE) based lubricant(Superlube)	MONTHS	3 MONTHS						
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHS	3 MONTHS						
Clean and Wax: All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease: Linear Bearings	6 MONTHS	YEARLY						
Replace: Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

General Maintenance Information

Warning: Injuries to health may result from incorrect or excessive training.

Examined regularly for damage and wear, e.g. connection points. Replace defective components immediately and keep the equipment out of use until repair.

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- Check all pieces for signs of visible wear or damage.
- Check springs in snap hooks and pull-pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- Periodically take the time to use a mild soap or approved vinyl upholstery cleaner to deter the onset of cracking or drying.
- Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- Replace ripped or worn upholstery immediately.
Keep sharp or pointed objects clear of all upholstery.

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed.
- Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- We use only high quality belt, and mil-spec cables.
- Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tensions:

- Referring to the Owner's Manual, when belts or cables are used check all bolts attachment to be sure they are properly attached.
- Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- Wipe down adjusting tubes with a dust free rag before applying lubricant.
- Lubricate seat sleeves and Guide Rods with silicon or Teflon based lubricant spray.

Linear Bearings:

- Referring to the owner's manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Specifications

Assembled Dimension: 143.3×75.9×113.2 cm
Net Weight: 70 kg