

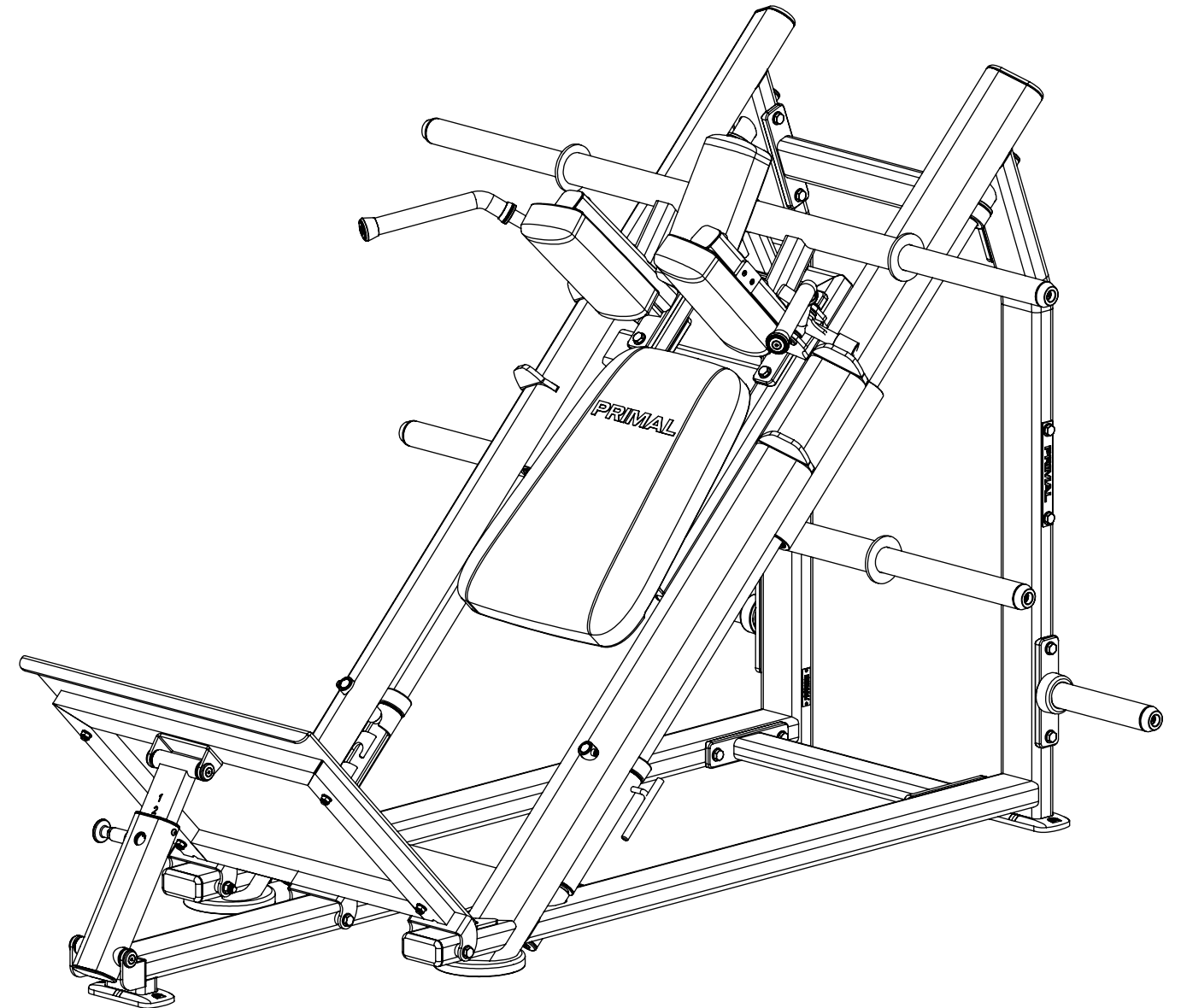
PRIMAL®

**Primal Strength Performance Series
Angled Hack Squat**

PSSS0154

Primal Strength Performance Series Angled Hack Squat

PSSS0154



USER'S MANUAL

Before use, please read through the guide book and keep well.



CAUTION:

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout---no loose clothing.
- Be careful when getting on or off the equipment.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged.
- Never drop or insert anything into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Do not attempt to lift more weight than you can control safely.
- Do not use the equipment outdoors.

Personal Safety During Assembly

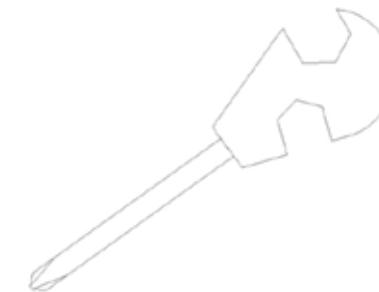
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your carton. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

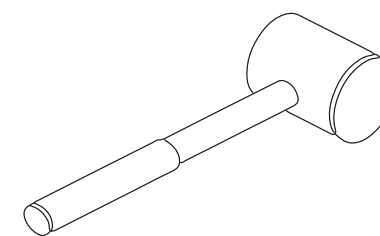
Tools Required



Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

Note: some of these parts may come pre-installed.

Item#	Part Name	SPEC	QTY
1	Left support frame assembly		1
2	Right support frame assembly		1
3	Left adjustment sleeve assembly		1
4	Right adjustment sleeve assembly		1
5	The front ground frame assembly		1
6	Shoulder frame assembly		1
7	Back pad frame assembly		1
8	Sliding frame assembly		1
9	Lower load-bearing frame assembly		1
10	Foot frame assembly welding		1
11	Outer sleeve assembly		1
12	Adjustment frame assembly		1
13	Left handle frame assembly		1
14	Right handle frame assembly		1
15	Lower front linkage assembly		1
16	Front linkage assembly welding		2
17	Short barbell rack assembly		4
18	Long barbell bar assembly		2
19	φ19x72 swivel	φ19x72	2
20	φ19x136 rotating shaft	φ19x136	2
21	Limit shaft	φ20×122.5	2
22	Slider bar	Φ30×1775	2
23	Foot tread pattern plate	644.5x30x750x6	1
24	Patterned pedal	700x330x6	1
25	Curved pad	300X131X70	3
26	Floor-mounted foot mat		2
27	Seat cushion	600×434×74	1
28	Round floor mat	φ170	2
29	Rubber Cover A	Φ48×Φ78×30	4
30	Shock-absorbing pad	Φ29×Φ55×30	2

31	Shock-absorbing pad (Φ31)	Φ31×Φ55×30	2
32	Decorative end cap φ32	Φ9×Φ32×7	8
33	Decorative end cap 40	Φ40×6.5	4
34	Hexagon socket countersunk head screws	M8X30	2
35	Hexagon socket countersunk head screws	M8X25	12
36	Hexagon socket countersunk head screws	M10X25	4
37	Hexagon socket countersunk head screws	M10X50	4
38	Hexagon socket countersunk head bolts	M10X30	6
39	Hexagon socket umbrella head bolts	M10X65	2
40	Hexagon socket umbrella head bolts	M10X75	4
41	Hexagon socket cheese head bolts	M8×12	2
42	Hexagon bolts	M8X25	1
43	Hexagon bolts	M12X35	42
44	Hexagon bolts	M12X160	3
45	Nylon cap	M10	4
46	Nylon cap	M12	3
47	Spring washers	Φ10	2
48	Flat washers	Φ11XΦ20X2	16
49	Flat washers	Φ13×Φ24×2	48

Assembly

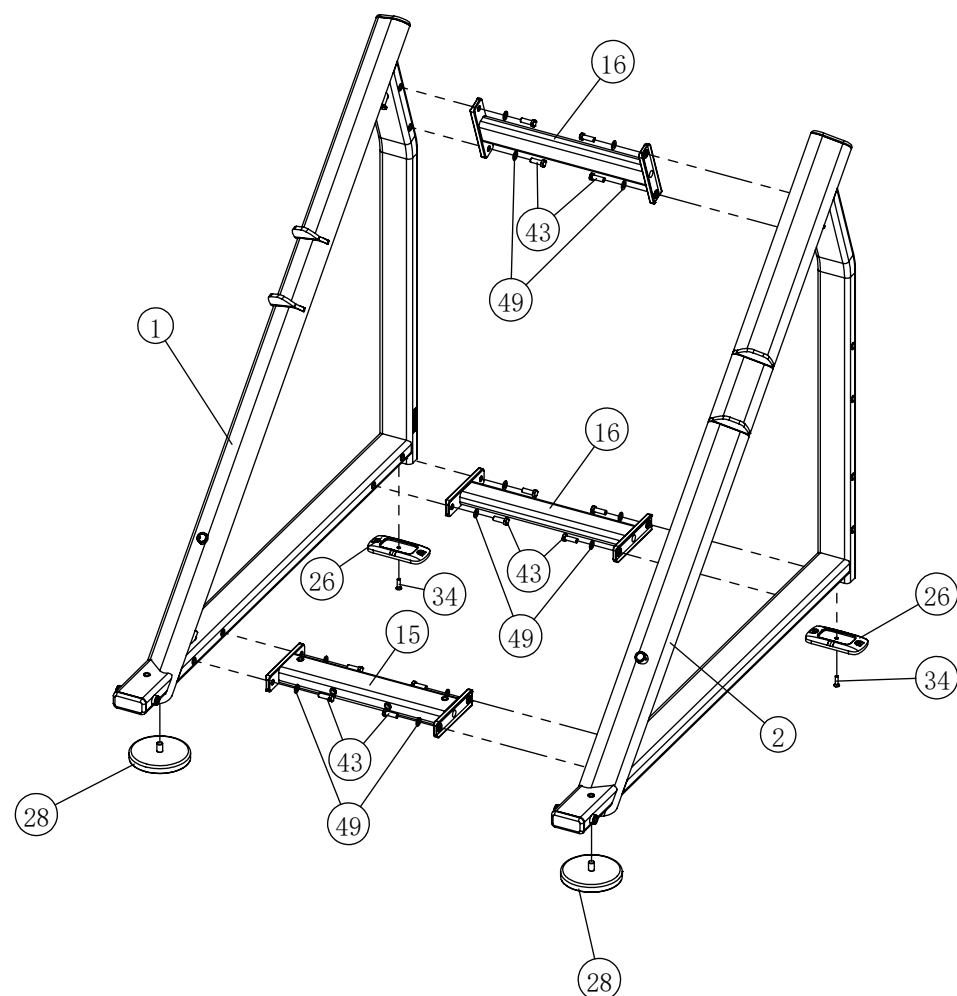
Note: As with any assembled part, correct calibration and adjustment are essential. When tightening the fasteners, be sure to leave room for adjustment. Do not fully tighten the fasteners until you are instructed. Please follow this guide

Installation Step 1

1. Install #26 Floor-mounted foot mat (1 pc) and #28 Round floor mat (1 pc) on #1 Left support frame assembly.
Use: 1 PC #34 Hexagon socket countersunk head screws (M8x30)

2. Install #26 Floor-mounted foot mat (1 pc) and #28 Round floor mat (1 pc) on #2 Right support frame assembly.
Use: 1 PC #34 Hexagon socket countersunk head screws (M8x30)

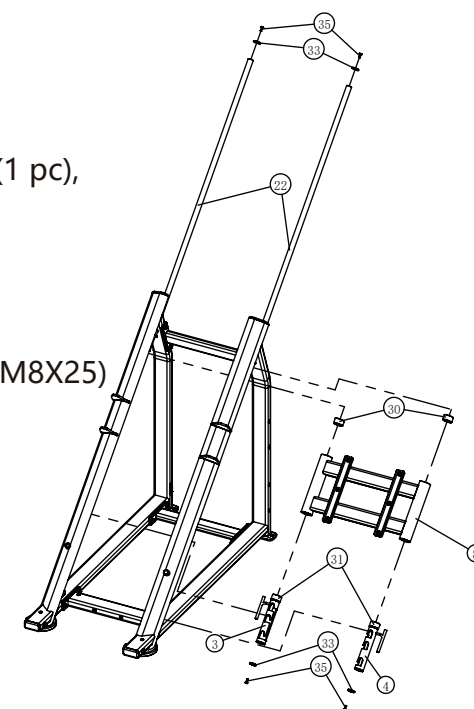
3. Attach #1 Left support frame assembly (1 pc), #2 Right support frame assembly (1 pc), #15 Lower front connecting frame assembly (1 pc) and 6# Front connecting frame group welding (2 pcs) assembled together.
Use: 12 pcs #43 Hexagonal bolts (M12X35)
12 pcs #49 Flat washers ($\Phi 13 \times \Phi 24 \times 2$)



Assembly

Installation Step 2

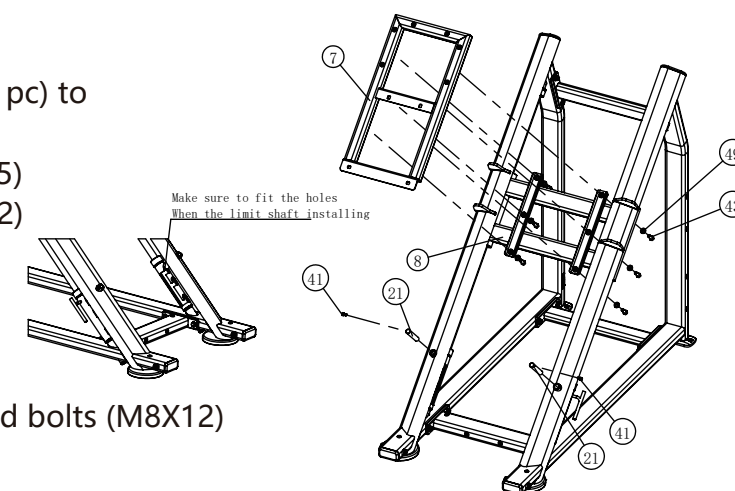
1. Attach #22 Slide bar (2 pcs), #8 Sliding frame assembly (1 pc), #30 Shock pad (2 pcs), #31 Shock pad ($\Phi 31$) (2 pcs), #3 Left adjusting sleeve assembly, and #4 Right adjusting sleeve assembly to the whole machine.
Use: 4 PCS #33 Decorative end caps 40
4 PCS #35 Hexagon socket countersunk head screws (M8X25)



Installation Step 3

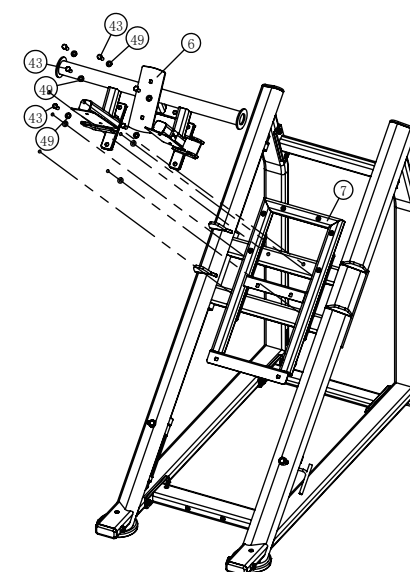
1. Attach #7 Backing bracket assembly (1 pc) to #8 Sliding bracket assembly.
Use: 6 PCS #43 Hexagonal bolts (M12X35)
6 PCS #49 flat washers ($\Phi 13 \times \Phi 24 \times 2$)

2. Install #21 Limit shaft (2 pcs) on #1 Left support frame assembly and #2 Right support frame assembly.
Use: 2 PCS #41 Hexagonal cylindrical head bolts (M8X12)

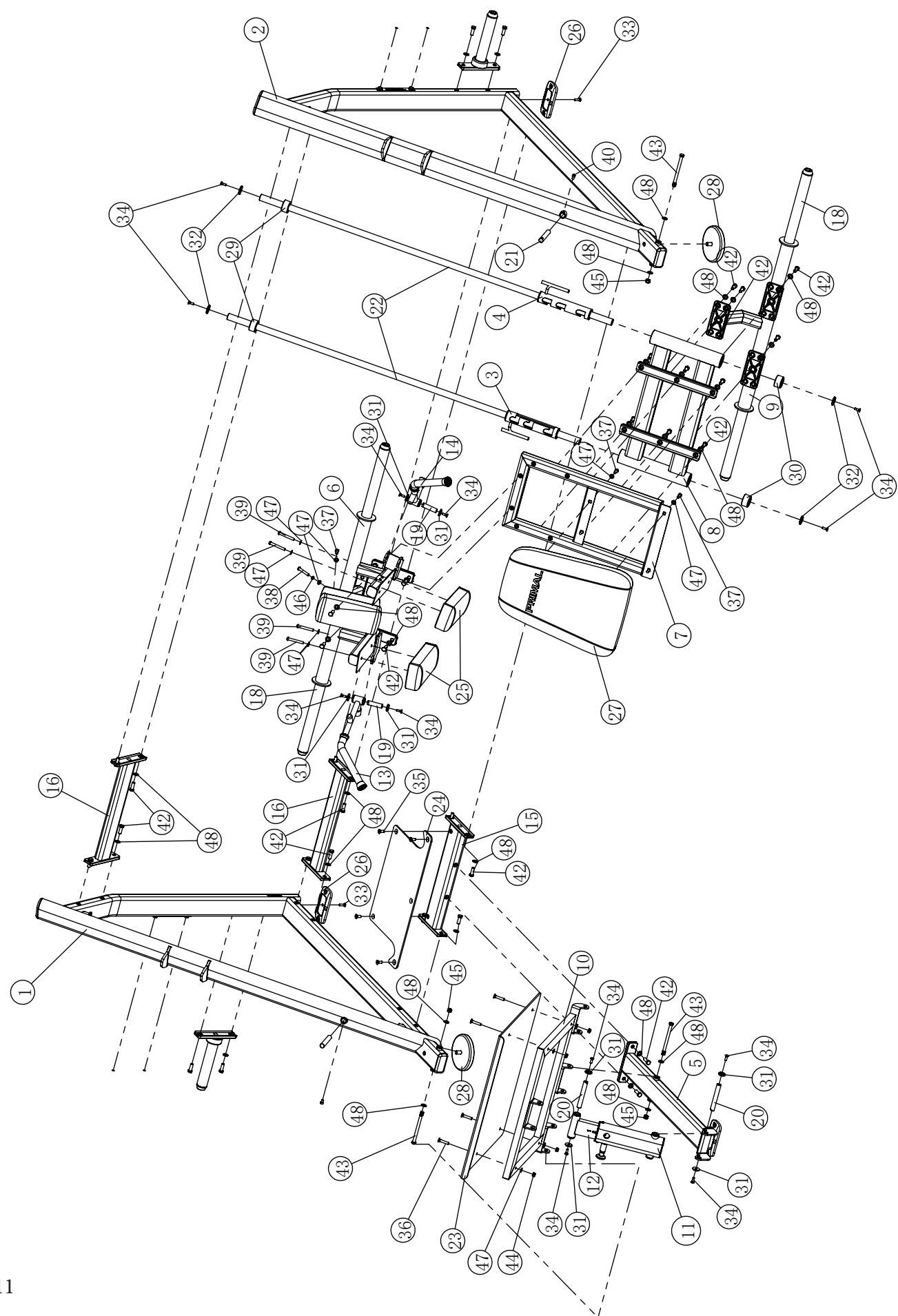


Installation Step 4

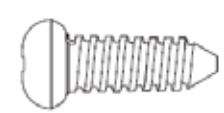
1. Install #6 Shoulder frame assembly (1 pc) on #7 Back pad frame assembly.
Use: 6 PCS #43 Hexagonal bolts (M12X35)
6 PCS #49# flat washers ($\Phi 13 \times \Phi 24 \times 2$)



Exploded View



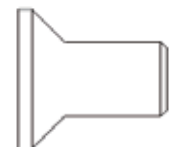
Measurement Guide



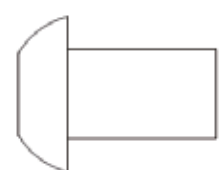
Cross Recessed Pan Head Tapping Screw



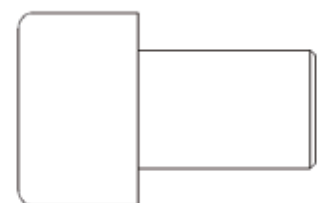
Hex Socket Set Screw with Flat Point



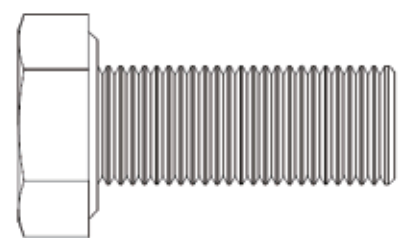
Flat Head Cap Screw



Button Head Cap Screw



Socket Head Cap Bolt



Hex Bolt

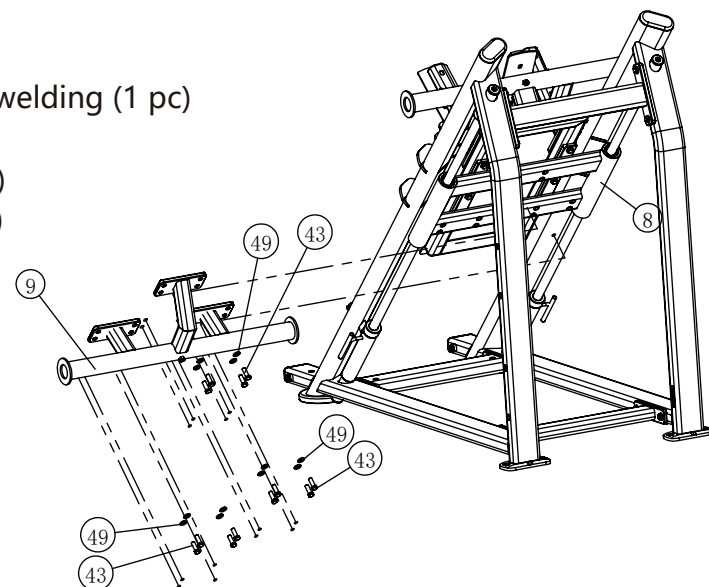


Assembly

Installation Step 5

Install #9 Lower load-bearing frame group welding (1 pc) on #8 Sliding frame assembly.

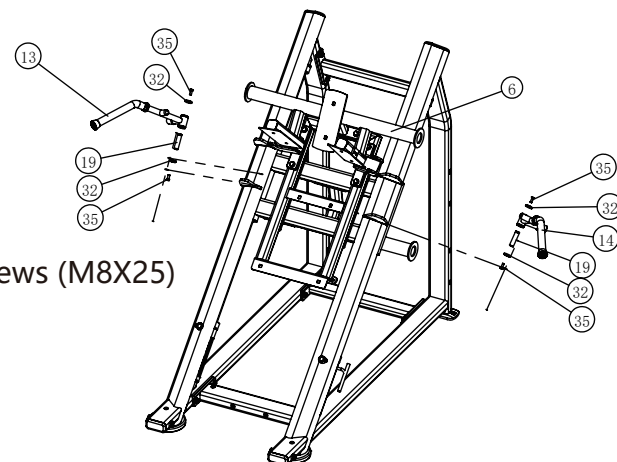
Use: 12 PCS #43 Hexagonal bolts (M12X35)
12 PCS #49 Flat washers (Φ13×Φ24×2)



Installation Step 6

1. Install #13 Left handle frame assembly (1 pc) on #6 Shoulder frame assembly.

Use: 1 PC #19 φ19x72 spindle
2 PCS #32φ32 decorative end caps
2 PCS #35 hexagon socket countersunk head screws (M8X25)



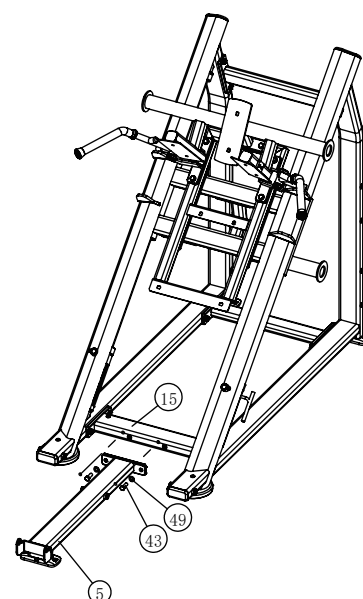
2. Attach #14 Right handle frame assembly (1 pc) to #6 Shoulder frame assembly.

Use: 1 PC #19φ19x72 swivel
2 PCS #32φ32 decorative end caps
2 PCS #35 hexagon socket countersunk head screws (M8X25)

Installation Step 7

1. Install #5 The front ground frame assembly (1pc) on #15 Lower front linkage assembly.

Use: 2pcs #43 Hexagonal bolts (M12X35)
2pcs #49 Flat washers (Φ13×Φ24×2)



Assembly

Installation Step 8

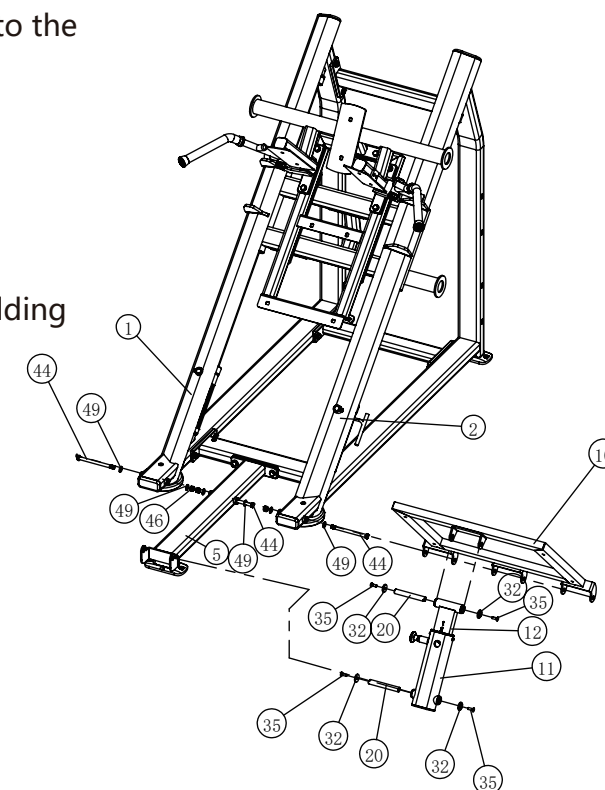
1. Attach #10 Foot frame assembly welding (1pc) to the whole machine as the figure.

Use: 3pcs #44 Hexagon bolts (M12X160)
6pcs #49 Flat washers (Φ13×Φ24×2)
3pcs #46 Nuts (M12)

2. Attach 11# Outer sleeve assembly (1 pc) and #12 Adjustment frame assembly (1 pc) together.

Two ends are fixed in #10 Foot frame assembly welding and #5 The front ground frame assembly

Use: 2pcs #20 Rotating shaftφ19x136
4pcs #32 Decorative end cap φ32
4pcs #35 Hexagon socket countersunk head screws (M8X25)



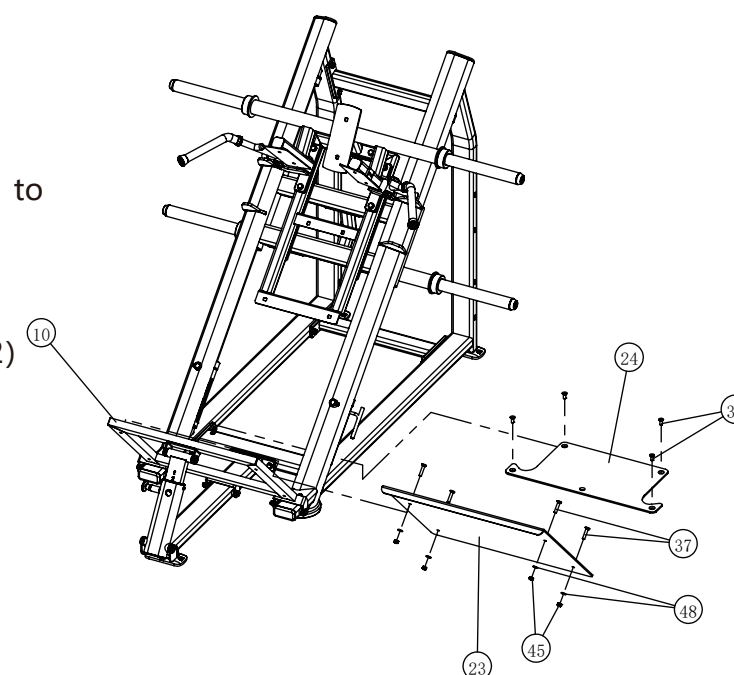
Installation Step 9

1. Attach #24 Patterned pedal (1pc) to the whole machine as the figure:

Use: 4cps #36 Hexagon socket countersunk head screws (M10X25)

2. Attach #23 Foot tread pattern plate (1pc) to #10 Foot frame assembly welding.

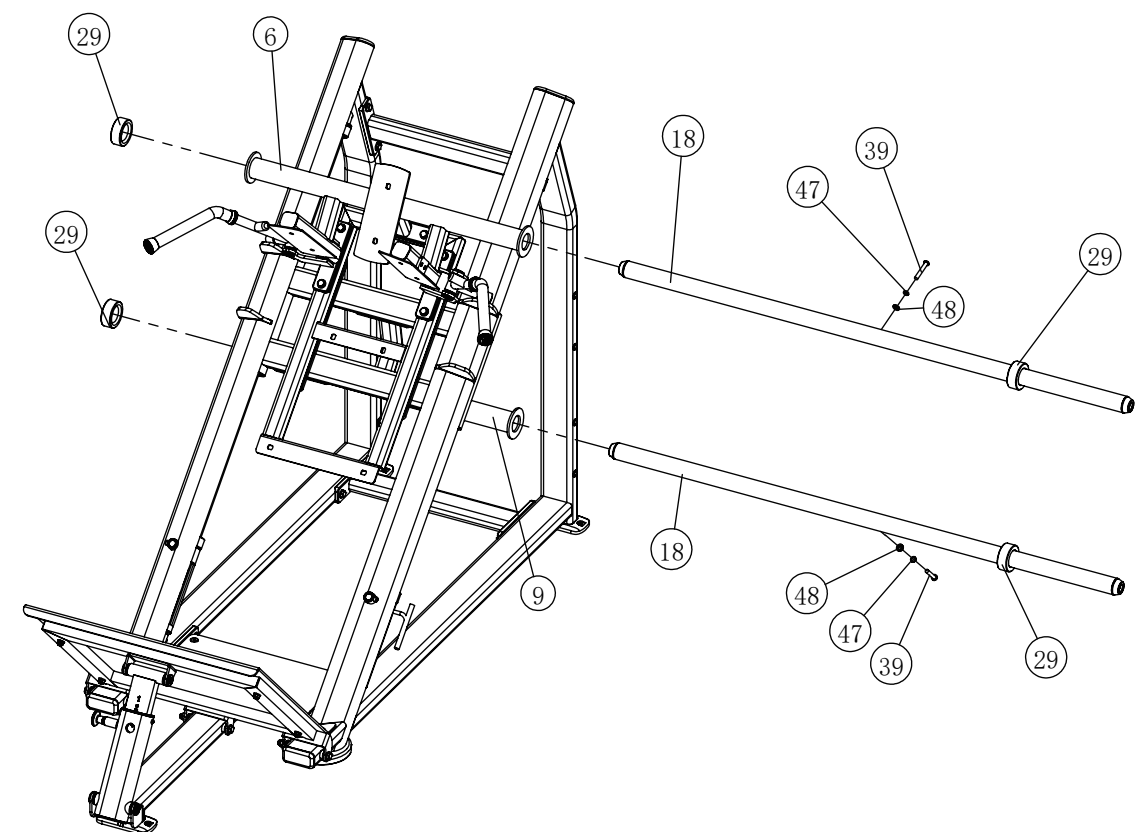
Use: 4pcs #37 Hexagon socket countersunk head screws (M10X50)
4pcs #48 Flash Washers (Φ11XΦ20X2)
4pcs #45 Nuts (M10)



Assembly

Installation Step 10

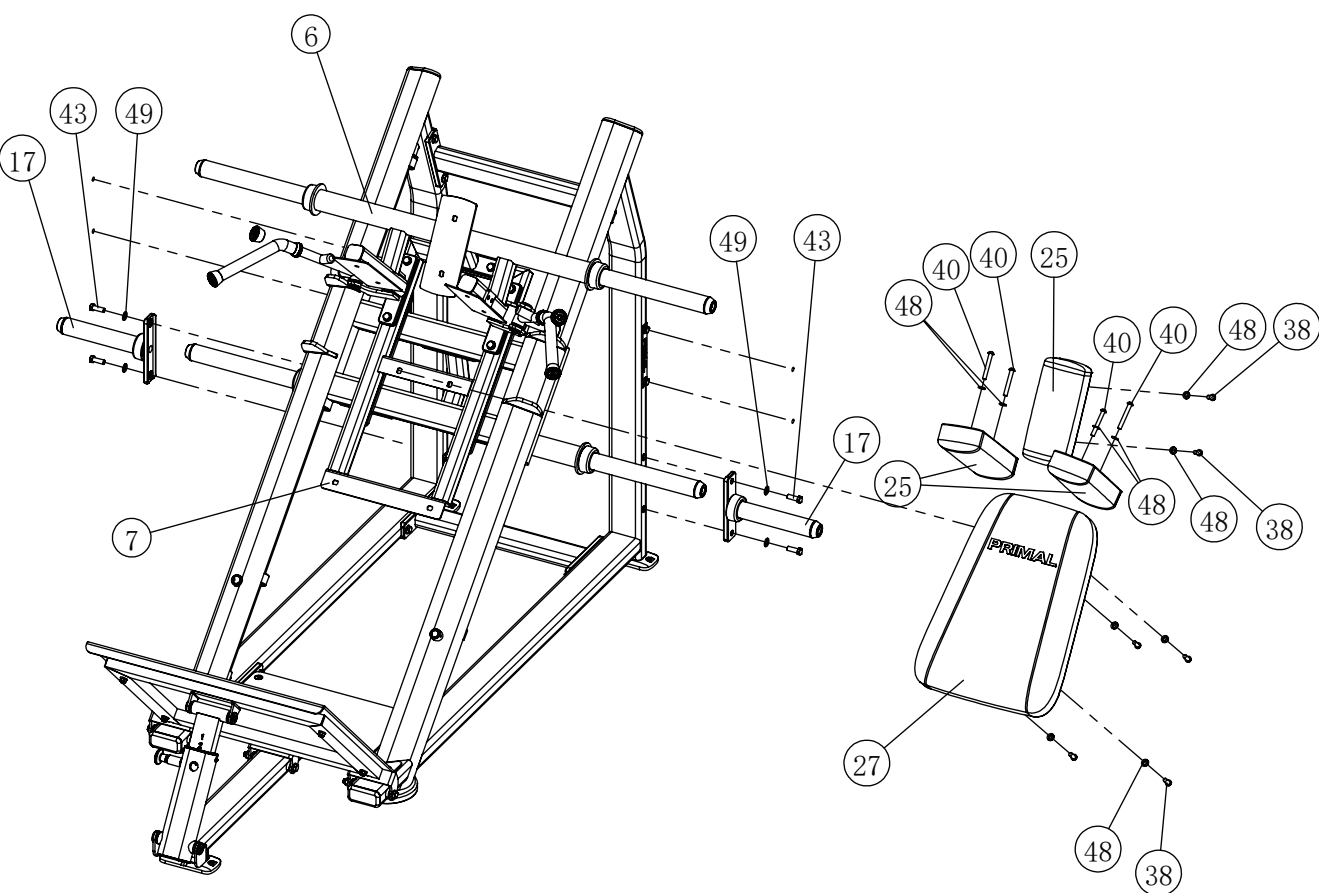
- 1.Install #18 Long barbell bar assembly (1pc), #29Rubber Cover A (2pc) on #6Shoulder frame assembly
Use: 1pc #39 Hexagon socket umbrella head bolts (M10X65)
1pc #47 Spring washers (Φ10)
1pc #48 Flat washers (Φ11XΦ20X2)
- 2.Attach #18 Long barbell bar assembly (1pc), #29 Rubber Cover A (2pcs) to #9 Lower load-bearing frame assembly
Use: 1pc #39 Hexagon socket umbrella head bolts (M10X65)
1pc #47 Spring washers (Φ10)
1pc #48 Flat washers (Φ11XΦ20X2)



Assembly

Installation Step 11

- 1.Install #25 Curved pad (3pcs) on#6 Shoulder frame assembly.
Use: 2pcs #38 Hexagon socket countersunk head bolts (M10X30)
4pcs #40 Hexagon socket umbrella head bolts (M10X75)
6pcs #48 Flat washers (Φ11XΦ20X2)
- 2.Attach #27 Seat cushion (1pc) to #7 Back pad frame assembly.
Use: 4pcs #38 Hexagon socket countersunk head bolts (M10X30)
4pcs #48 Flat washers (Φ11XΦ20X2)
- 3.Attach #17 Short barbell rack assembly (4pcs件) to the whole machine as the figure:
Use: 4 pcs #43 Hexagon bolts (M12X35)
4 pcs #49 Flat washers (Φ13×Φ24×2)



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

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.

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, e tc) 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.

