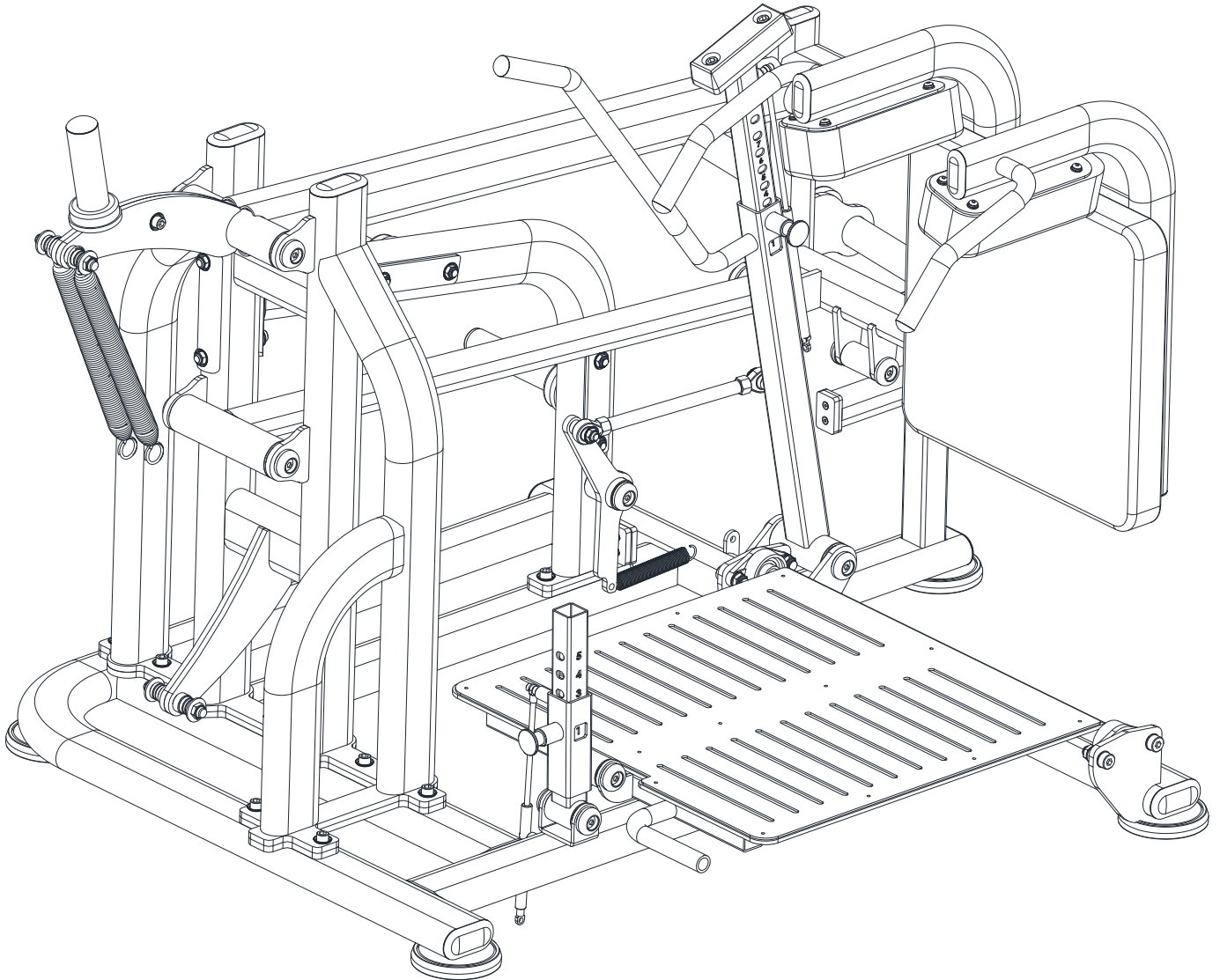




PRO STRENGTH DROP SQUAT (PL-PS-DS)



INSTALLATION MANUAL

www.muscledfit.com

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01/IMPORTANT NOTICE

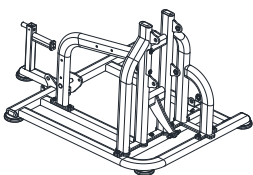
Thank you for choosing our machine. To ensure safe and efficient use, please read the instructions carefully before operating the machine. Proper usage is essential for both your convenience and safety.

1. Read all user manuals before operating the machine, and follow the instructions carefully. Keep the manual for reference until the machine is no longer in use.
2. Ensure all users read and understand the safety precautions.
3. Maintain proper ventilation and ensure sufficient space around the machine for safe operation.
4. Keep the machine in good condition by regularly checking that all fixed parts are secure and no extra parts are present. Inspect components that may wear out over time.
5. Contact your dealer or after-sales support for replacement of worn-out or defective parts. Do not operate the machine if it is damaged or out of order.
6. Wear appropriate sports clothing and gym shoes before using the machine. Avoid wearing skirts, jewelry, and make sure to tie back long hair to prevent any accidents.
7. Warm up before using the machine to prepare your body for exercise.
8. Stop exercising and consult a doctor if you experience any unusual symptoms, such as headaches, pain, or dizziness.
9. Children should only use the machine under adult supervision.
10. Warning: Keep hands and feet away from moving parts.
11. Warning: Do not exceed the adjustable settings range.
12. Warning: Keep babies and pets away from the machine during use.
13. Warning: Ensure all control mechanisms are in the correct position before use.
14. Warning: Always operate the machine as instructed. Improper use may not only limit the workout effectiveness but also cause potential harm to your health.
15. It is recommended to operate the machine in a controlled area to ensure safety.

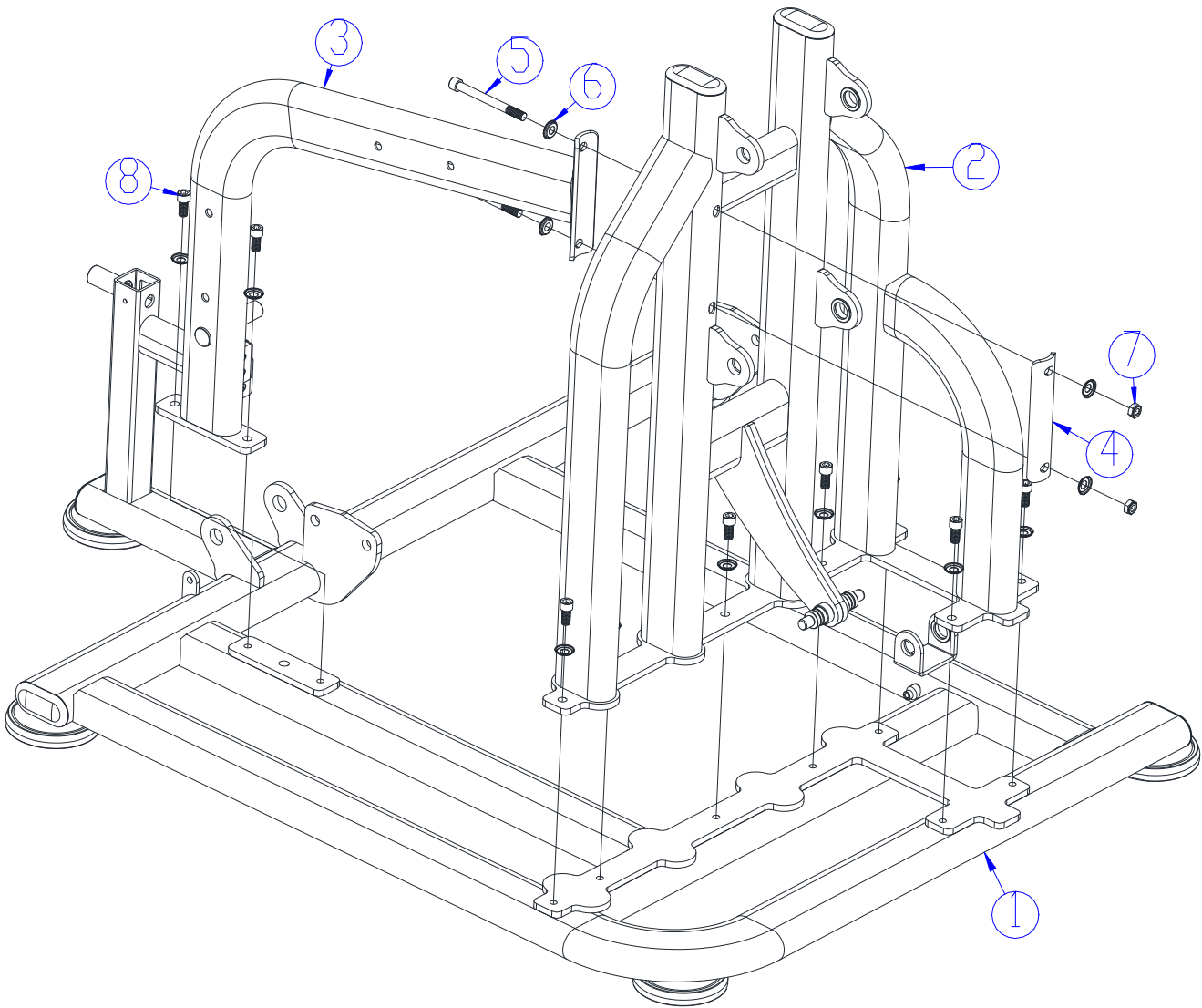
02/ASSEMBLY PROCEDURE

1) Step 1

Finished diagram

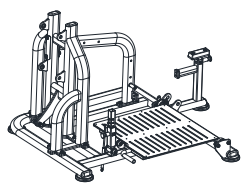


Bill of Materials			
1	Bottom tube	Weldment	1
2	Main frame	Weldment	1
3	Side frame	Weldment	1
4	Arc-shaped connection plate	200*42.4*T6	1
5	Hexagon socket cylinder bolt	M12*125	2
6	Flat washer	Ø12	13
7	Hexagon lock nut	M12	2
8	Hexagon socket cylinder bolt	M12*25	9



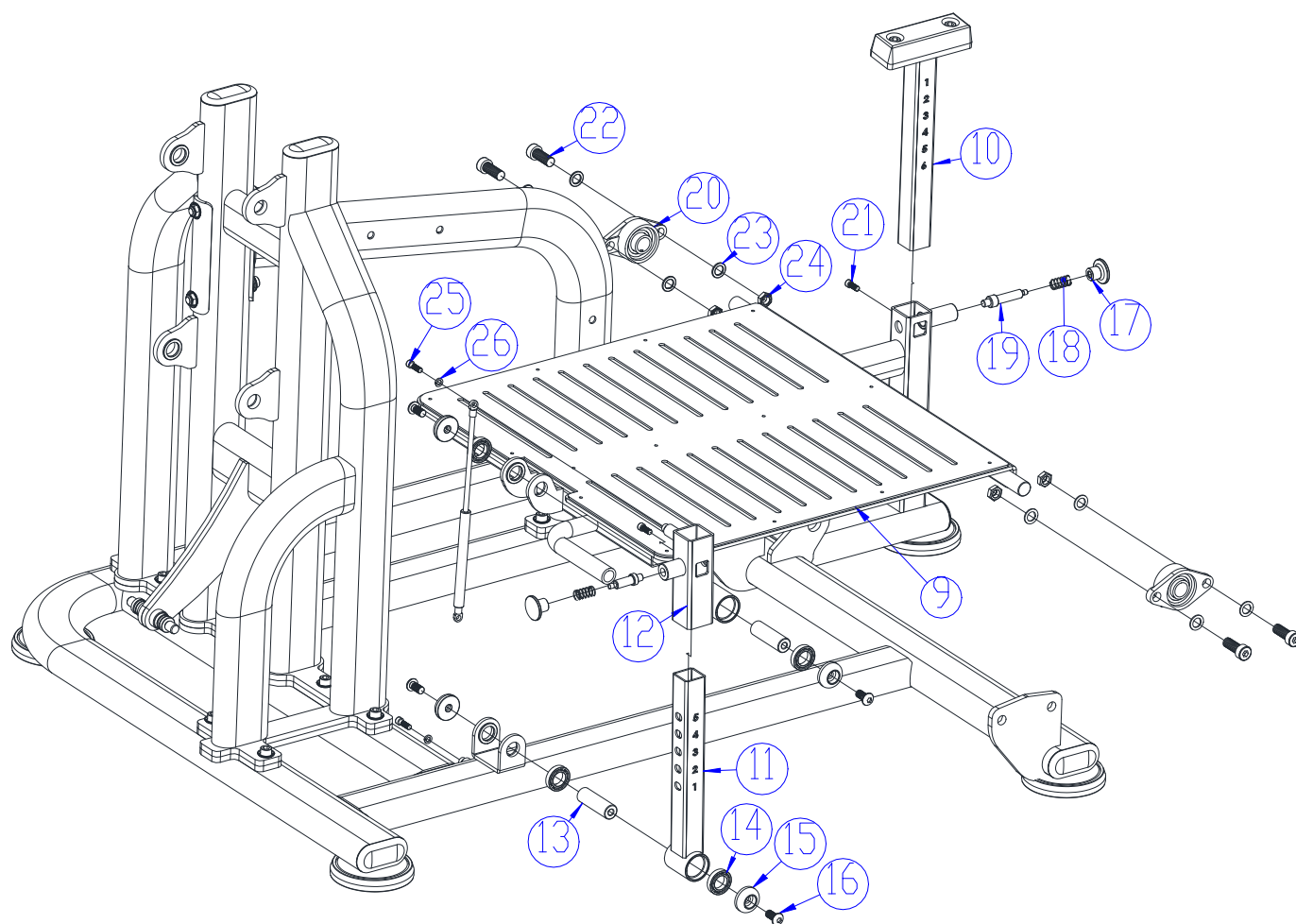
2) Step 2

Finished diagram



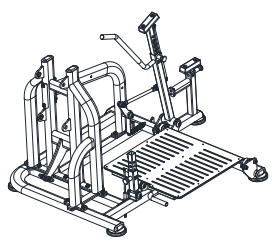
Bill of Materials

9	Footrest	Weldment	1
10	Buffer adjustment assembly	Weldment	1
11	Footrest adjustment assembly 1	Weldment	1
12	Footrest adjustment assembly 2	Weldment	1
13	Rotation shaft	Φ 25*79	2
14	Deep groove ballbearing	6905ZZ	4
15	End cover	Φ43.5*14.5	4
16	Hexagon socket flat head bolt	M12X25	4
17	Pop pin	Φ43*34*M8	2
18	Pressure spring	Φ17*31	2
19	Latch	Φ19*62	2
20	Bearing	UCFL205	2
21	Hexagon socket cylinder bolt	M8*20	2
22	Hexagon socket cylinder bolt	M16*40	4
23	Flat washer	Φ16	8
24	Hexagon lock nut	M16	4
25	Hexagon socket cylinder bolt	M8*20	2
26	Spring washer	Φ8	2



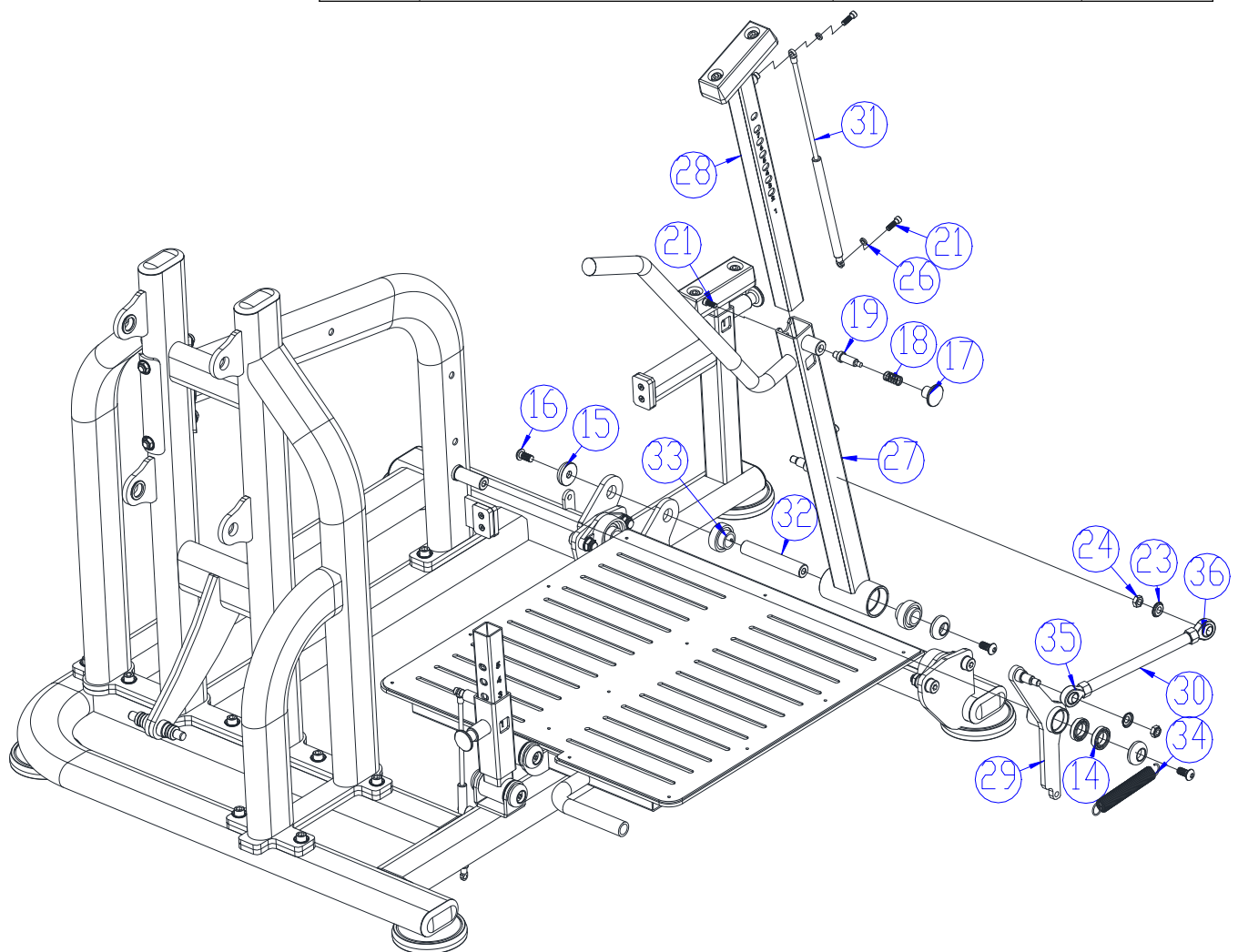
3) Step 3

Finished diagram



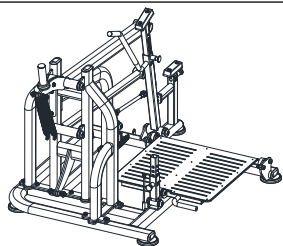
Bill of Materials

27	Buffer adjustment assembly 1	Weldment	1
28	Buffer adjustment assembly 2	Weldment	1
29	Moving assembly 3	Weldment	1
30	Connection rod	Φ 20*230	1
31	Gas spring	80N	1
32	Rotation shaft	Φ25*143	1
33	Bearing	UC205	2
34	Tension spring	Φ25*183*Φ2.2	1
35	Joint bearing left-hand thread	SA16-GB/304.1-2002	1
36	Joint bearing right-hand thread	SA16-GB/304.1-2002	1
14	Deep groove ball bearing	6905ZZ	2
15	End cover	Φ43.5*14.5	3
16	Hexagon socket flat head bolt	M12X25	3
17	Pop pin	Φ43*34*M8	1
18	Pressure spring	Φ17*31	1
19	Latch	Φ19*62	1
21	Hexagon socket cylinder bolt	M8*20	3
23	Flat washer	Φ16	2
24	Hexagon lock nut	M16	2
26	Spring washer	Φ8	3



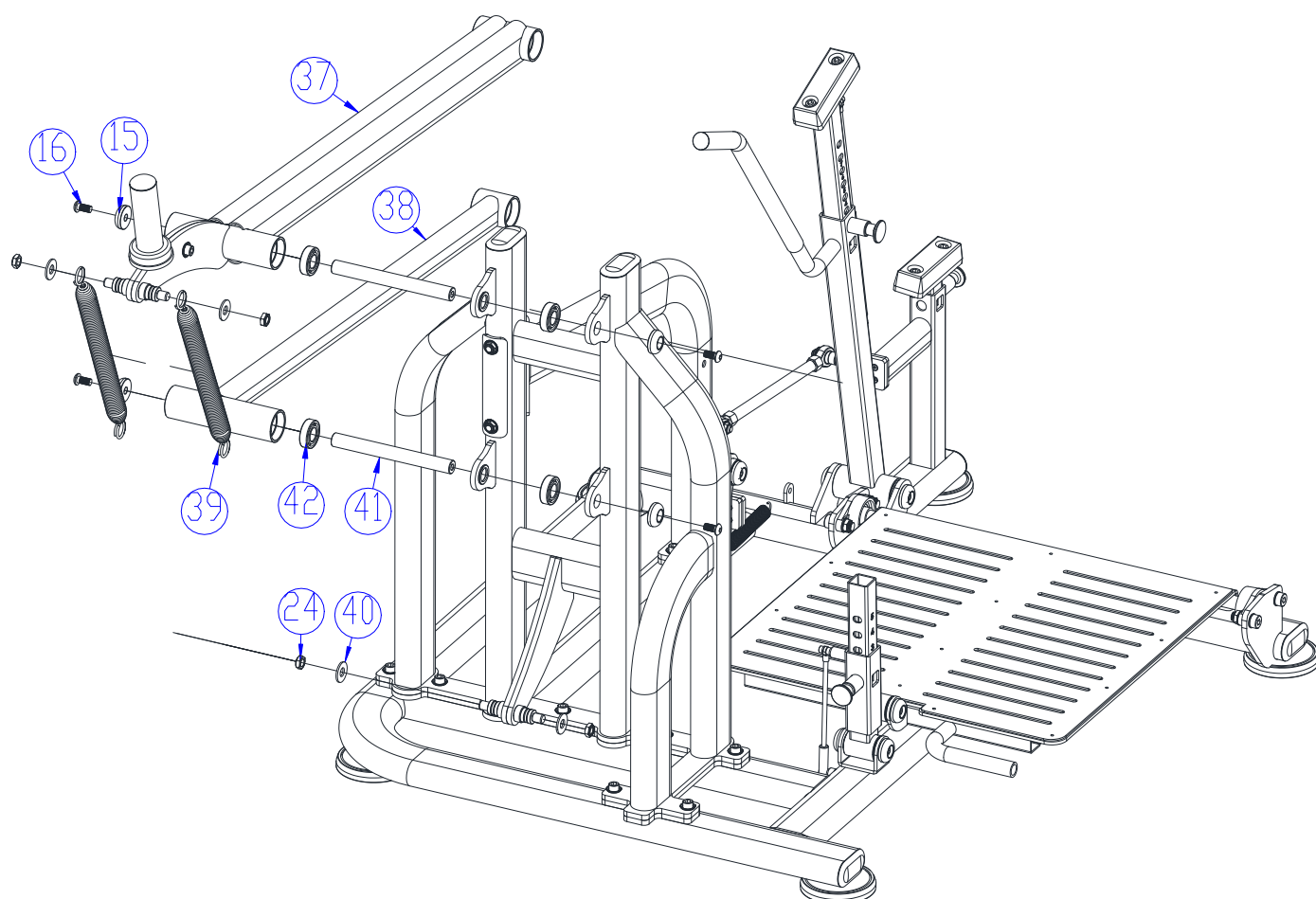
4) Step 4

Finished diagram



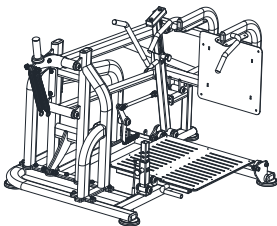
Bill of Materials

37	Upper moving assembly	Weldment	1
38	Nother moving assembly	Weldment	1
39	Torsional spring		2
40	Tension spring barrier	∅ 38*∅ 16.5*T3	4
41	Long shaft	∅25*240	2
42	Deep groove ball bearing	6205ZZ	4
15	End cover	∅43.5*14.5	4
16	Hexagon socket flat head bolt	M12X25	4
24	Hexagon lock nut	M16	4

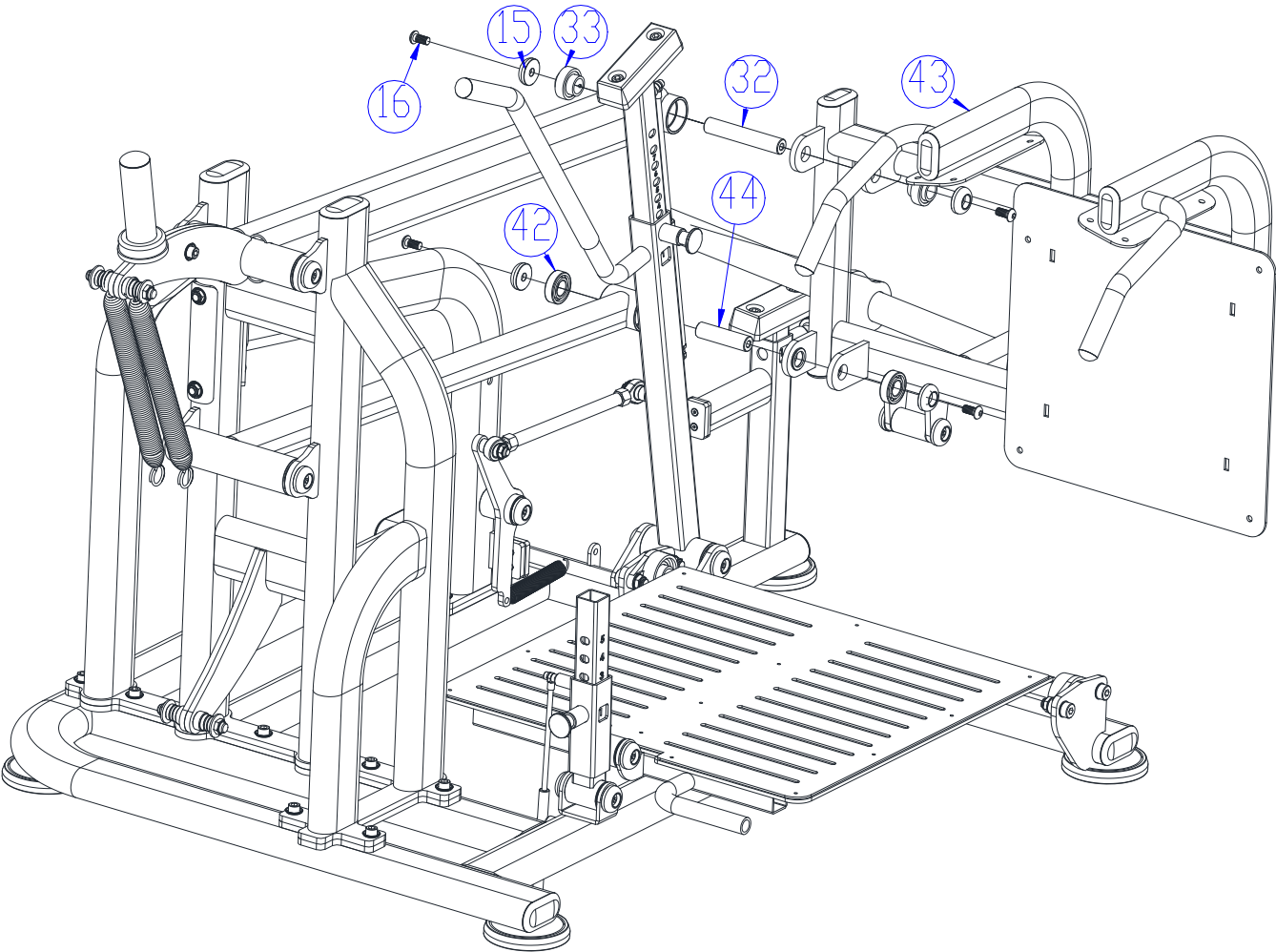


5) Step 5

Finished diagram

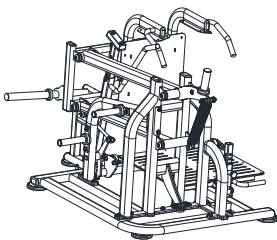


Bill of Materials			
43	Back pad assembly	Weldment	1
44	Handle rotation shaft	Φ25*95	2
15	End cover	Φ43.5*14.5	4
16	Hexagon socket flat head bolt	M12X25	4
32	Rotation shaft	Φ25*143	1
33	Bearing	UC205	2
42	Deep groove ball bearing	6205ZZ	2



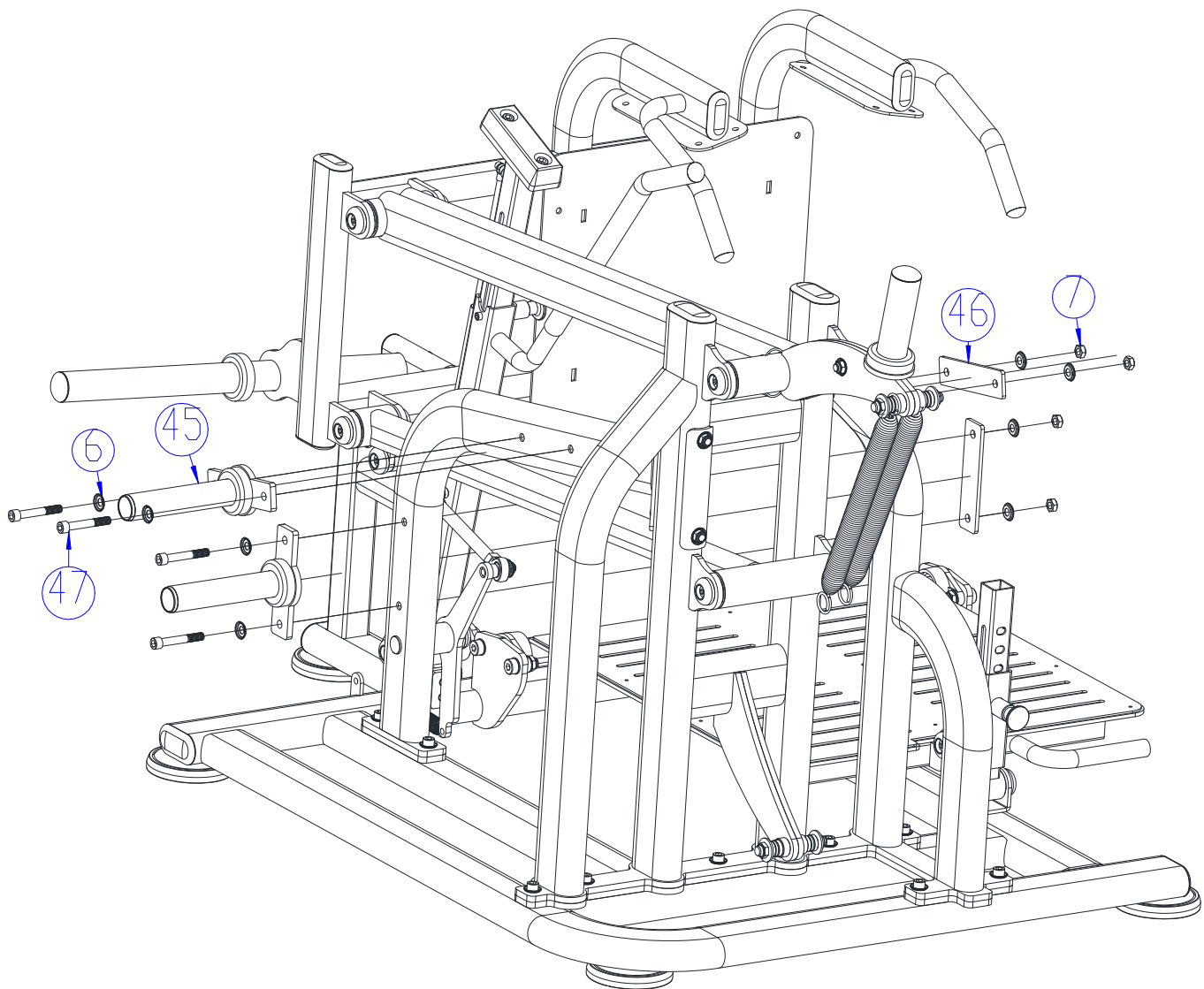
6) Step 6

Finished diagram



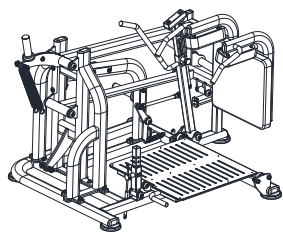
Bill of Materials

45	Bull horn assembly	Weldment	2
46	Bull horn subplate	180*45*T6	2
47	Hexagon socket cylinder bolt	M12*80	4
6	Flat washer	Ø12	8
7	Hexagon lock nut	M12	4



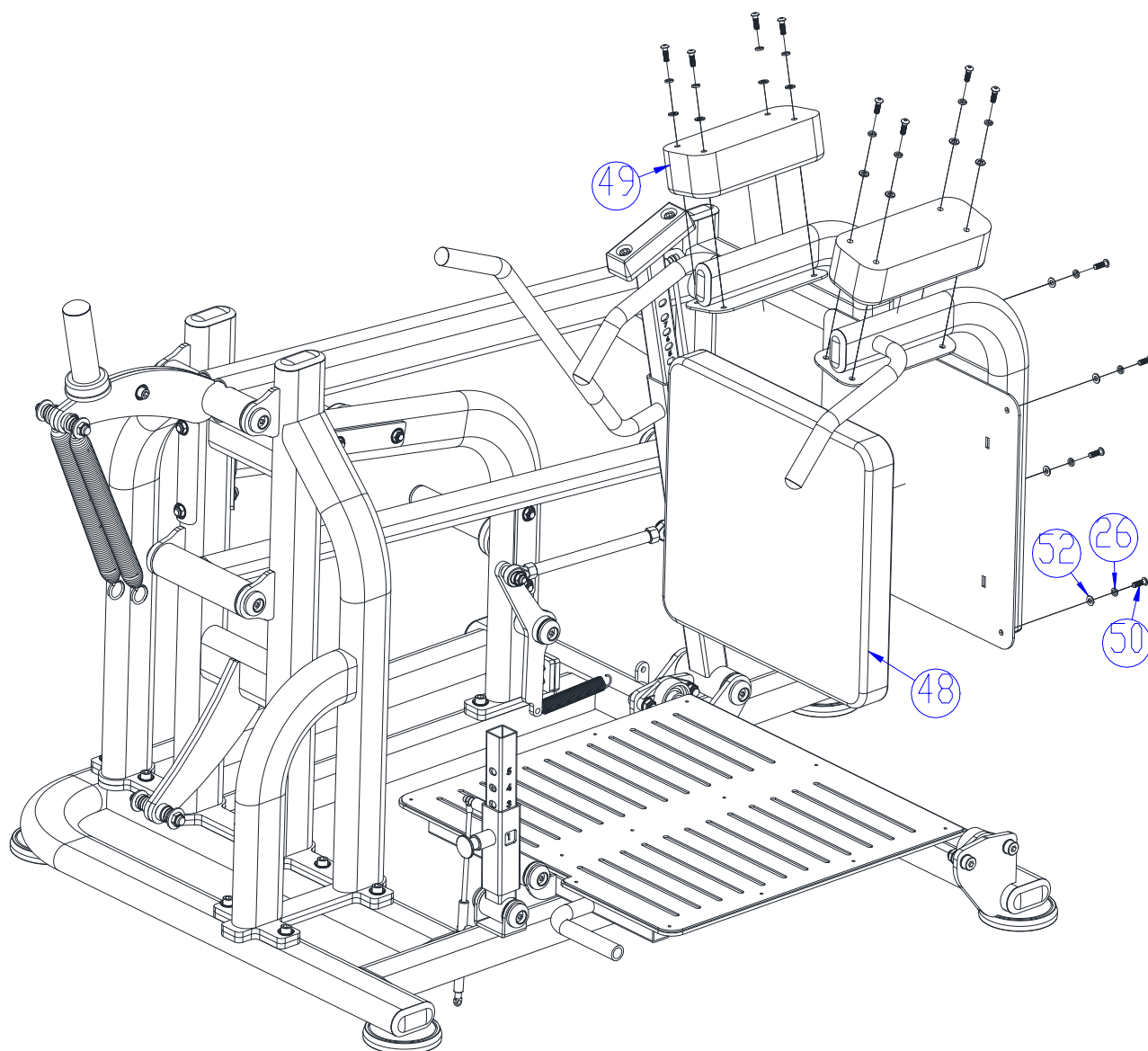
7) Step 7

Finished diagram



Bill of Materials

Part Number	Part Name	Dimensions	Quantity
48	Back pad	505*525*60	1
49	Chest pad	295*120*T80	2
50	Hexagon socket flat head bolt	M8*25	12
52	Flat washer	Φ8	12
26	Spring washer	Φ8	12



03/PRODUCT DESCRIPTION

This machine is an indoor fitness equipment designed for aerobic exercise. It primarily strengthens cardiovascular function while also providing muscle toning benefits. Regular use helps build and strengthen the pectoral muscles and other muscle groups, supporting overall bodybuilding and fitness goals.

The machine features a functional diagram that clearly explains how to use it properly, making it easy for users to learn and operate. The resistance level can be easily adjusted using the weight stack to suit individual fitness levels.

The design and construction of the machine are optimized to align with the natural movement of the human body, ensuring both safety and durability.

The use of large-size steel tubing and electrostatic spraying ensures both safety and long-lasting durability.

03/ PRODUCT PARAMETER

Name	Pro Strength Drop Squat	SKU	PL-PS-DS
Dimensions	72" x 60" x 65"		
Weight	450 lb		

05/ MAINTENANCE GUIDELINE

1. Regularly inspect all bolts and screws to ensure they are tightly secured. Rotating parts should move smoothly and without any unusual noises.
2. Keep the machine clean at all times. Do not use harsh cleaning solvents to clean the machine.
3. Replace or repair any worn or damaged parts that are under stress immediately to maintain safe operation.