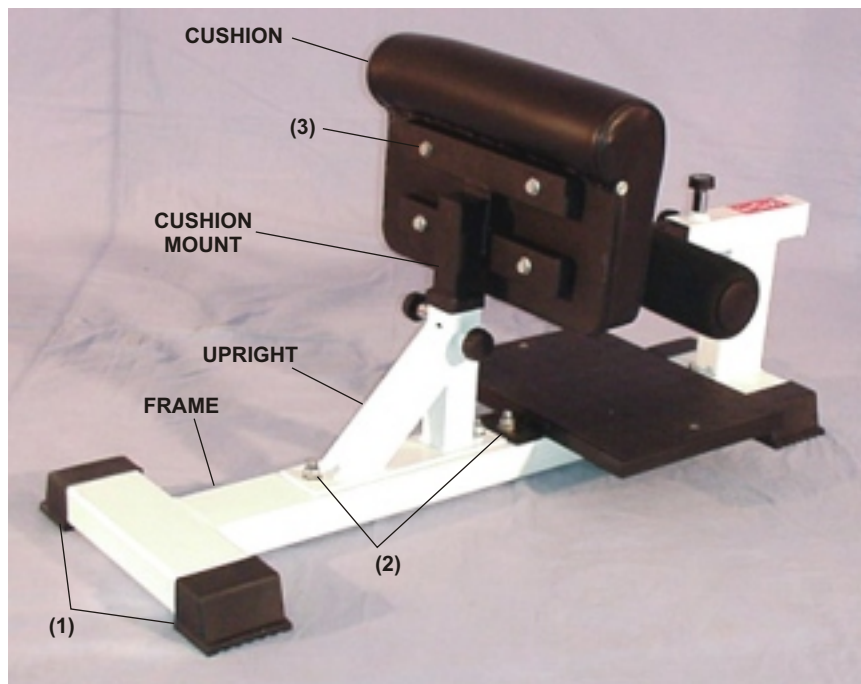
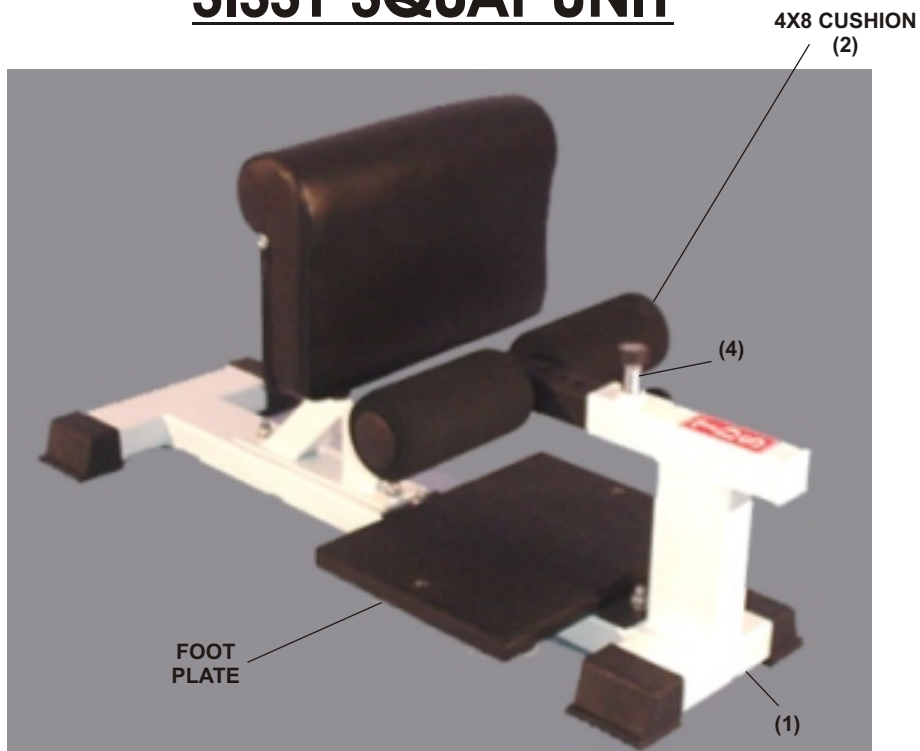


C-PRO93165
SISSY SQUAT UNIT



**THIS EQUIPMENT
DESIGNED BY TDS IN USA
MANUFACTURED IN CHINA**

**T.D.S. FITNESS EQUIPMENT
P.O. BOX 4189
ELMIRA, NY 14904, USA
607-733-6789**

C PRO 93165 SISSY SQUAT ASSEMBLY INSTRUCTIONS

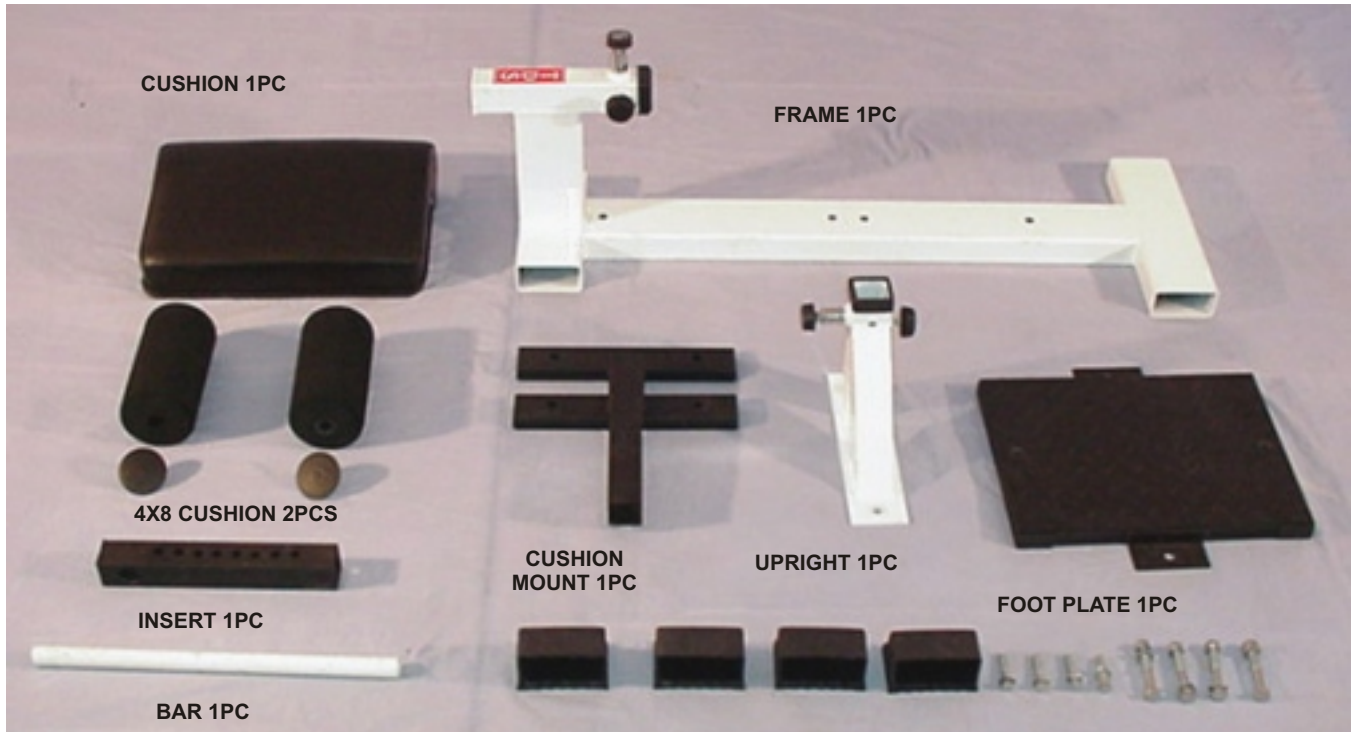
THIS UNIT REQUIRES (2) 9/16 WRENCH AND (2) 3/4 WRENCH FOR ASSEMBLY. DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED TO.

1. PUSH (4) PLASTIC FOOT ONTO FRAME.
2. ATTACH UP RIGHT AND FOOT PLATE TO FRAME WITH (4) 1/2 x3 1/2 BOLT, (8) 1/2 FLAT WASHERS AND (4) 1/2 LOCKNUT. SET UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE.
3. INSTALL (1) TURN POP PIN AND (1) HAND KNOB INTO UPRIGHT. ATTACH CUSHION TO CUSHION MOUNT WITH (4) 3/8x2 BOLTS AND (4) 3/8 FLAT WASHERS FINGER TITE. CENTER CUSHION ON CUSHION MOUNT AND TIGHTEN HARDWARE. DO NOT OVER TIGHTEN. INSERT CUSHION MOUNT INTO UPRIGHT AND SET HEIGHT WITH TURN POP PIN AND HAND KNOB.
4. INSTALL (1) TURN POP PIN AND (1) HANDKNOB INTO TUBE ON FRONT OF FRAME. PUSH BAR THRU INSERT. PUSH (2) 4x8 CUSHIONS ONTO BAR, PUSH (2) CUSHION CAPS ONTO BAR. PLACE INSERT INTO TUBE AND SET LENGTH WITH TURN POP PIN AND HAND KNOB.

HARDWARE LIST:

- (4) 3/8x2 BOLTS
- (8) 3/8 FLAT WASHERS
- (4) 1/2 x3 1/2 BOLTS
- (8) 1/2 FLAT WASHER
- (4) 1/2 LOCKNUT
- (2) TURN POP PIN
- (2) HAND KNOB
- (4) FOOT
- (2) CUSHION CAP

C-PRO93165
SISSY SQUAT UNIT
PACKING LIST



HARDWARE 1 PKG.

LITERATURE 1 PKG