

GYMSTICK™

PRESS & SQUAT STAND USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.



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BEFORE YOU BEGIN

Thank you for choosing the Gymstick Press & Squat Stand. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

SAFETY INSTRUCTIONS

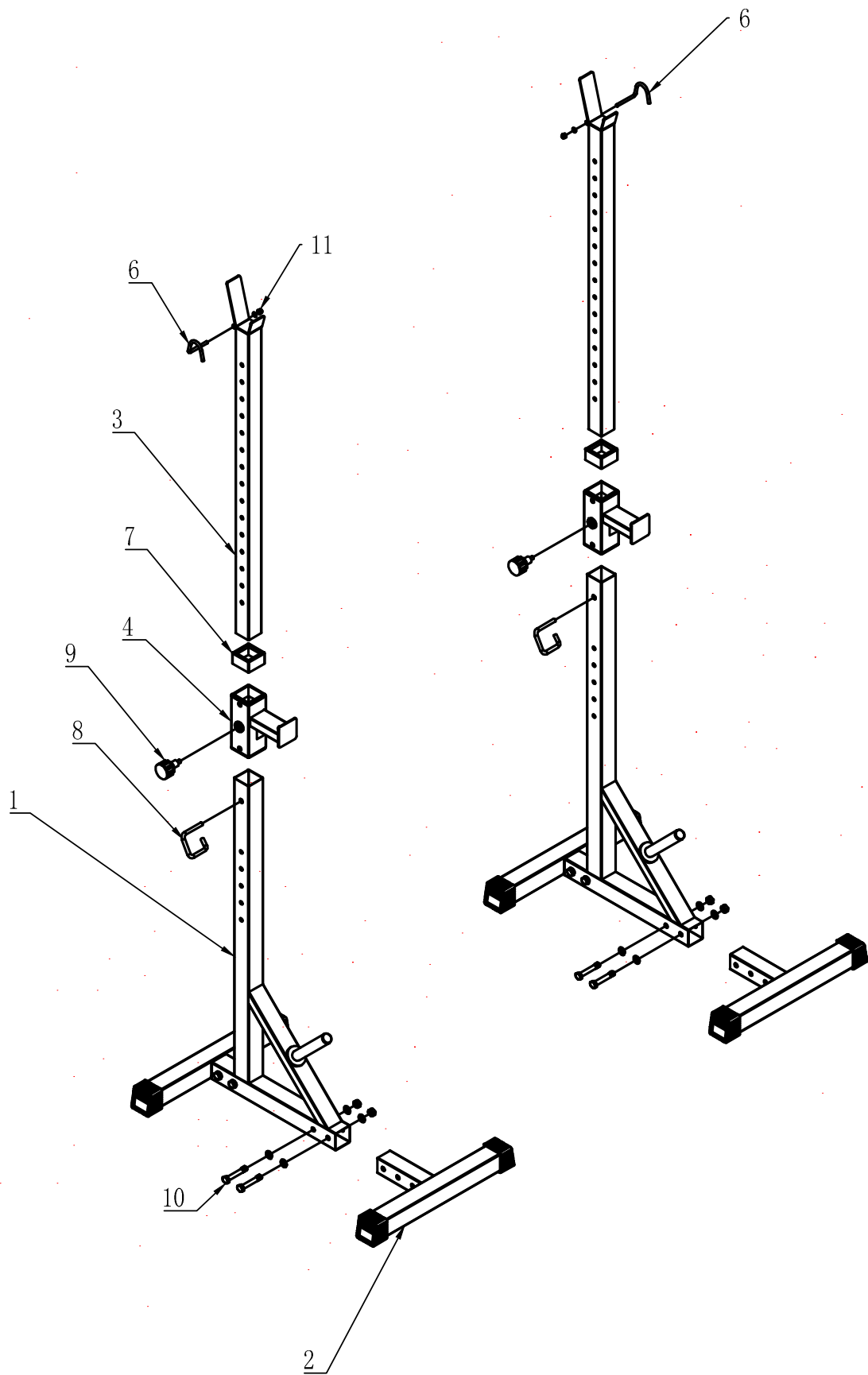
- Misuse and abuse of this product is dangerous and can cause serious injuries.
- All purchasers and all persons using the Press & Squat Stand must become familiar with the manufacturer's recommendations for proper assembly, use and care.
- The owner and supervisors of the Press & Squat Stand are responsible to make all users aware of these Safety Instructions.
- Place the Press & Squat Stand on a level and dry surface before use.
- Inspect your the product before each use. Replace any worn, defective, or missing parts.
- The Press & Squat Stand is not a toy. Do not allow children to use this product. Keep small children and pets away from the product at all times (including assembly).
- Place the Press & Squat Stand away from walls, structures, fences, play areas, furniture and other exercise equipment. Maintain a clear space on all sides of the product.
- The Press & Squat Stand should always be used by only one person at a time.
- Always store the product indoors in a dry place.
- For maintenance and cleaning. Please clean the dirt with detergent scour, using dry rag and clean water (do not use gas, dilution and other chemicals).
- Secure the product against unauthorized and unsupervised use. The Press & Squat Stand is for consumer use only. Public or semipublic use is not allowed.
- **The maximum weight load is 150kg (100kg on the Weight Support).**

WARNING:

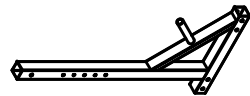

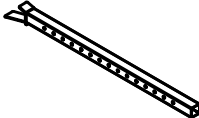
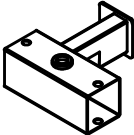
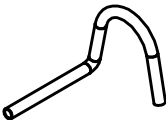





Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

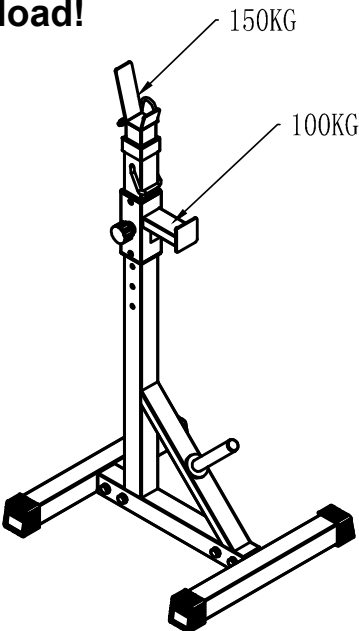
ASSEMBLY INSTRUCTIONS



HARDWARE LIST

1. Main Foot Tube	2. Foot Tube	3. Weight Support Tube	4. Weight Support
			
2 pcs.	4 pcs.	2 pcs.	2 pcs.
6. Upper Secure Pin	7. Square End Cap	8. Lower Secure Pin	9. Quick Lock
			
2 pcs.	2 pcs.	2 pcs.	2 pcs.
10. M10x65 Bolt & Washer	11. Nut & Washer		
			
8 pcs.	8 pcs.		

NOTE! Maximum weight load!



PARTS LIST

PART NO	DESCRIPTION	Q'TY
01	MAIN FOOT TUBE	2
02	FOOT TUBE	4
03	WEIGHT SUPPORT TUBE	2
04	WEIGHT SUPPORT	2
06	UPPER SECURE PIN	2
07	SQUARE END CAP	2
08	LOWER SECURE PIN	2
09	QUICK LOCK	2
10	M10x65 BOLT & WASHER	8
11	NUT & WASHER	8

IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note! Wear parts and expendable parts are also not covered. The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

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