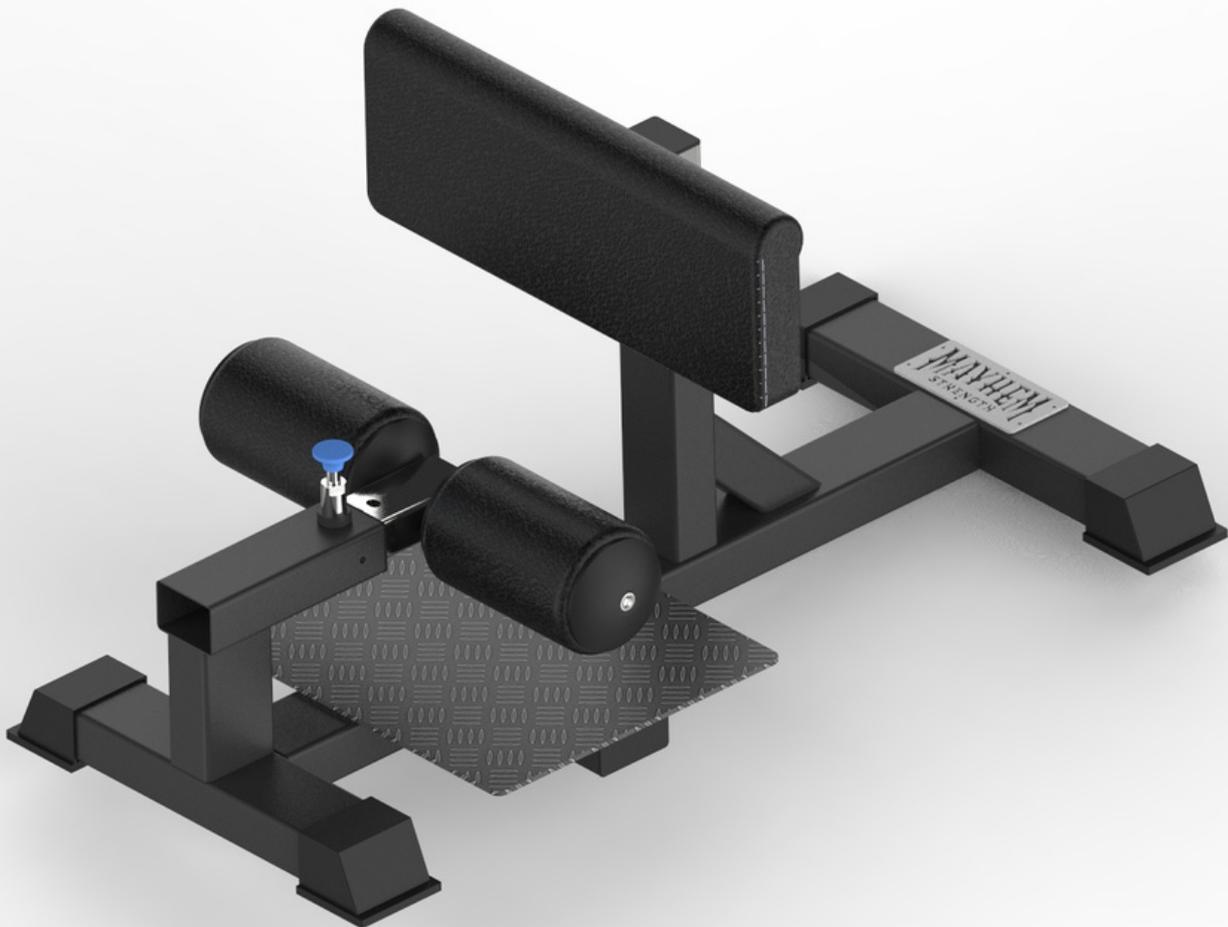




# Sissy Squat

## ASSEMBLY INSTRUCTIONS



**Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.**

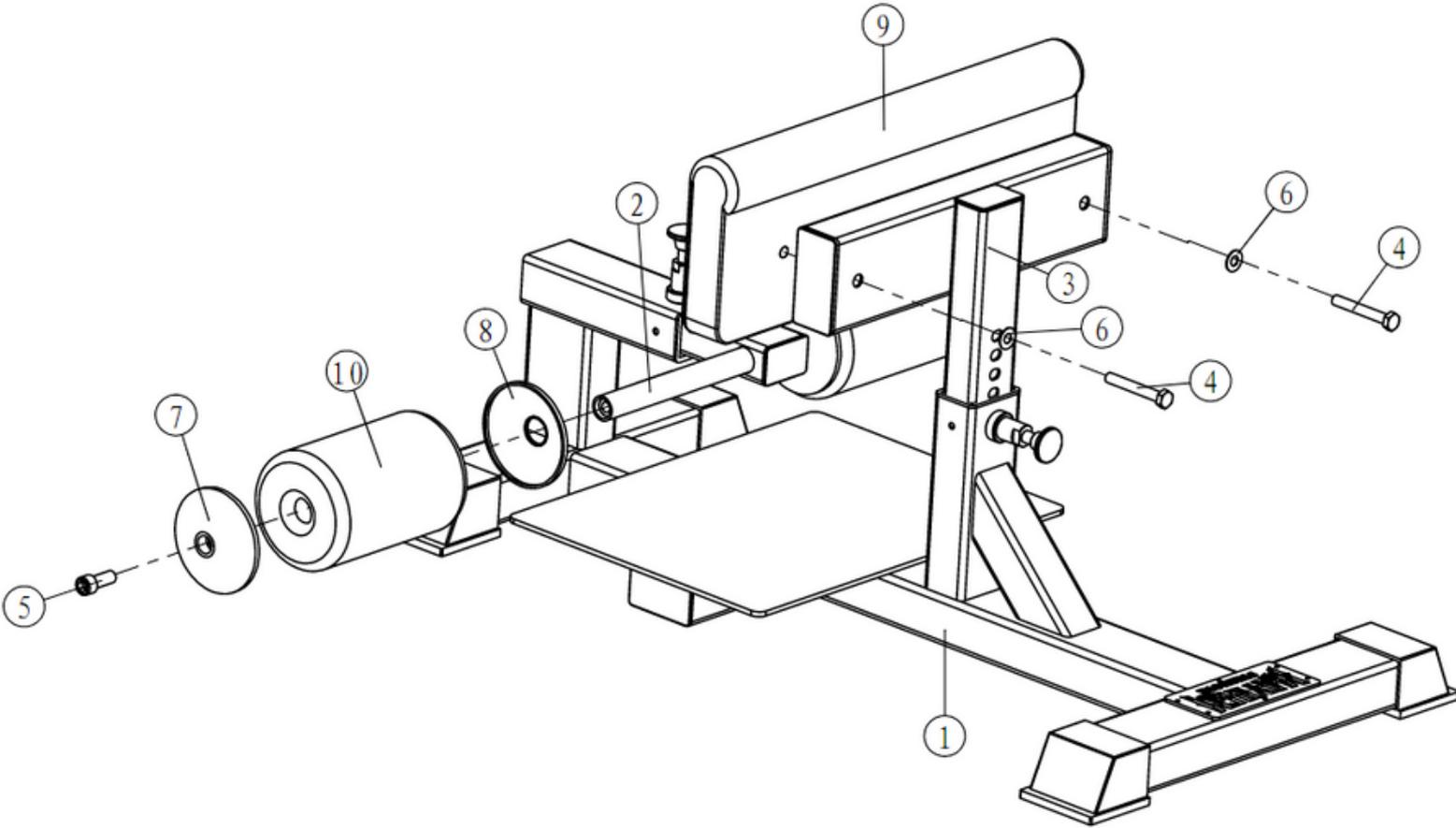
**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.**

<b>Tools Required for Installation:</b>
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

## PARTS/HARDWARE LIST

<b>Number of Parts</b>	<b>Part Description</b>	<b>Quantity</b>
1	Support Upright	1
2	Arm Adjustment (Inner Tube)	1
3	Leg Pad Frame	1
4	Hexagon Head Bolts M10x70	2
5	Hexagon Socket Head Cap Screws M12x30	2
6	Plain Washers	2
7	Plastic Washer	2
8	Plastic Washer	2
9	Knee Pad	1
10	Shin Pad	2

# Frame Assembly



**Have a question about assembly?**



**Please contact a Gym Bro Fitness Team Member!**

**Hours of Operation:**

**Monday-Friday 9:00am - 5:00pm (PST)**

**Saturday 9:00am - 3:00pm (PST)**

**Sunday CLOSED**

**Phone: (662)GYM-BROS**

**Email: [info@gymbrofitness.com](mailto:info@gymbrofitness.com)**

**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**