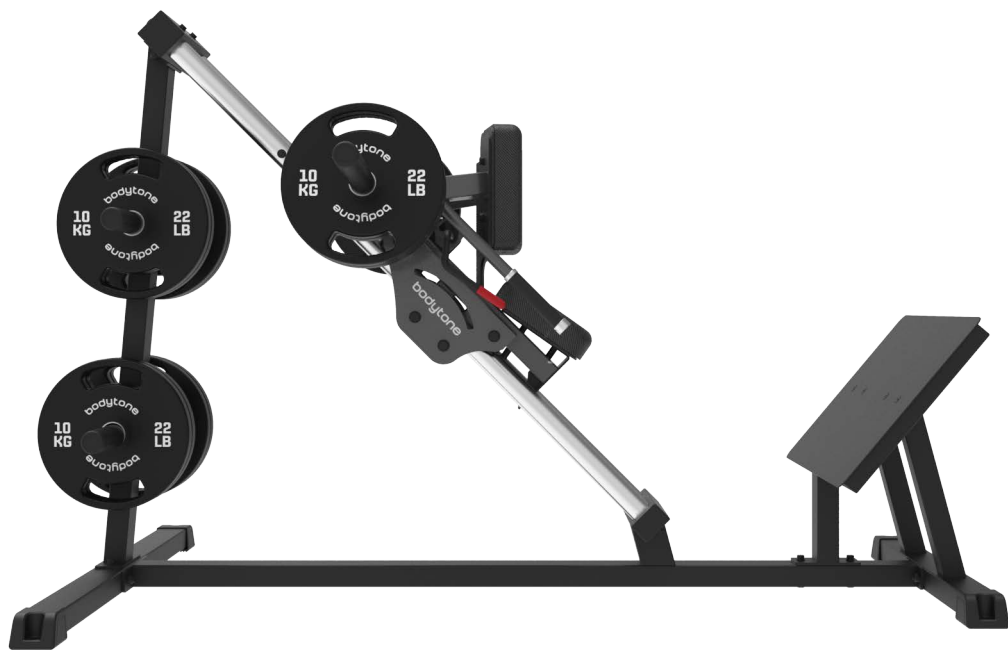


bodytone

SOLID GROW

SG57

HACK SQUAT



OWNER'S MANUAL

!CAUTION!

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

Table Of Contents

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:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. 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.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. 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.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

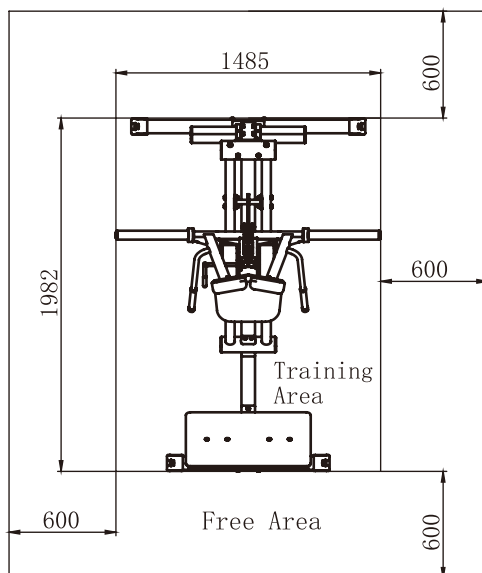
Important Safety Instructions

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.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*175kg/ 386lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1982*1485*1318mm

Product Total Surface: 1982*1485mm

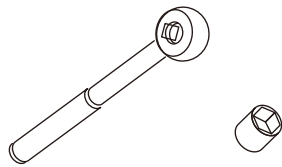
Product Total Mass: 100.6kg/ 222lbs

Instructions

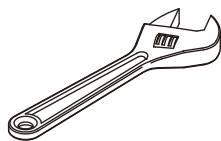
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure 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.

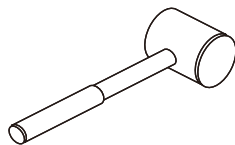
Tools Required



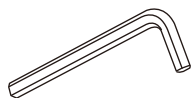
Ratchet Wrench and Socket



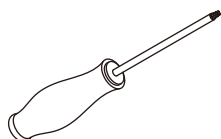
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

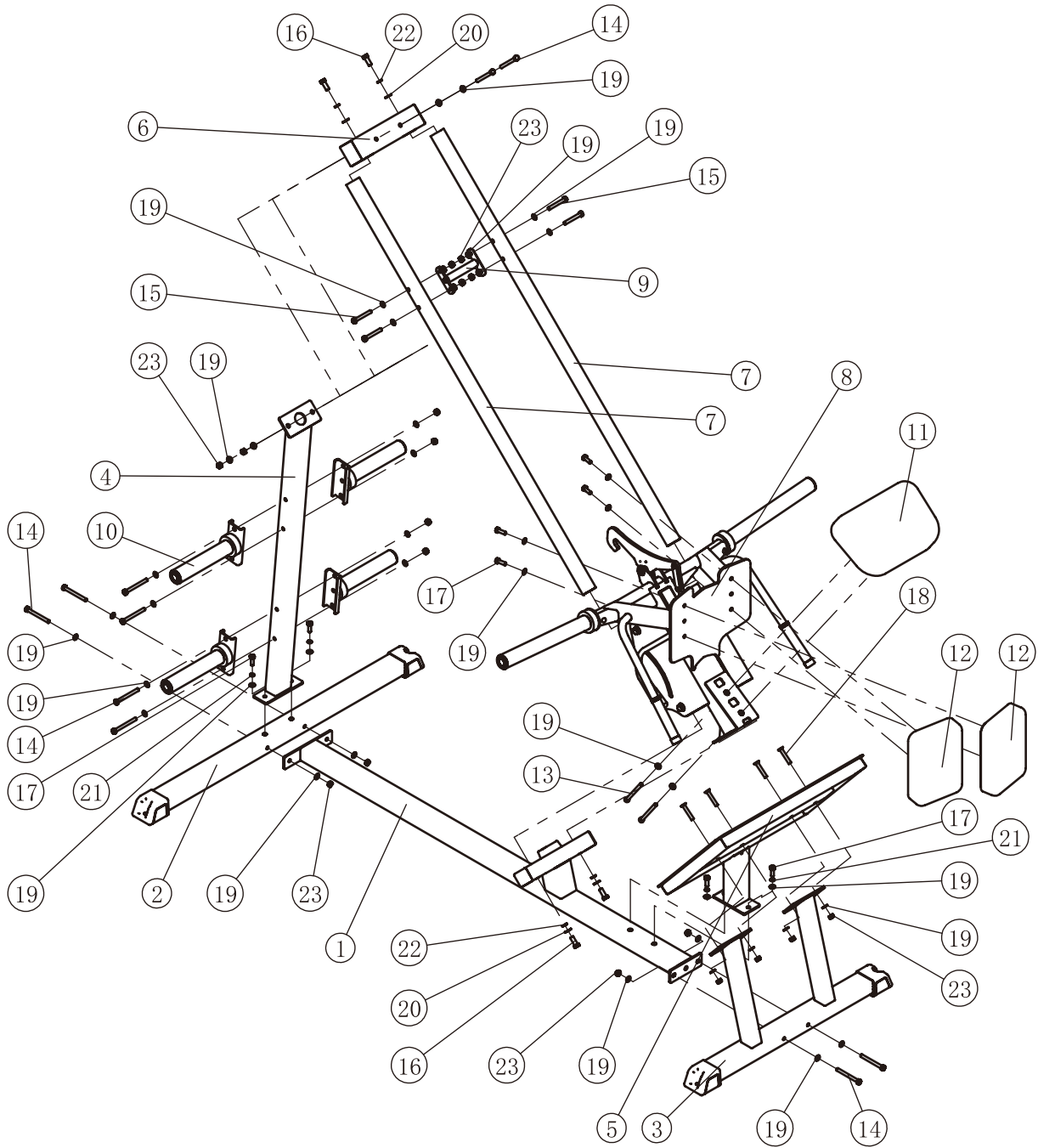
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP161701ASSY	Middle Base Frame ASSY	1
2	IFP161702ASSY	Rear Base Frame ASSY	1
3	IFP161703ASSY	Front Base Frame ASSY	1
4	IFP16170400	Rear Upright	1
5	IFP16170500	Foot Plate	1
6	IFP161706ASSY	Top Tube ASSY	1
7	IFP16170700	Linear Shaft	2
8	IFP161708SGASSY	Carriage ASSY	1
9	IFP16170900	Limiting Shaft	1
10	IFP161710ASSY	Weight Plate Storage ASSY	4
11	IFP16172000	Seat Pad	1
12	IFP16172100	Back Pad	2
13	GB70M10*115*115DHS18	Socket Head Cap Screw M10*115	2
14	GB5780M10*100DHS20	Hex Head Bolt M10*100	10
15	GB5780M10*75DHS20	Hex Head Bolt M10*75	4
16	GB5781M12*30DHS20NL	Hex Head Bolt M12*30	4
17	GB5781M10*30DHS20	Hex Head Bolt M10*30	8
18	CNLM10*60DHS20	Flat Head Cap Screw M10*60	4
19	GB9510DHS2	Flat Washer $\Phi 11*\Phi 20*2$	42
20	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	4
21	GB9310DHS12	Spring Washer $\Phi 10$	4
22	GB9312DHS12	Spring Washer $\Phi 12$	4
23	NM10DHS2	Nylon Lock Nut M10	18
24	NBS6DHS	Hex Key S=6	1
25	NBS8DHS	Hex Key S=8	1
26	YHY	Lube	1

Exploded View and Parts List

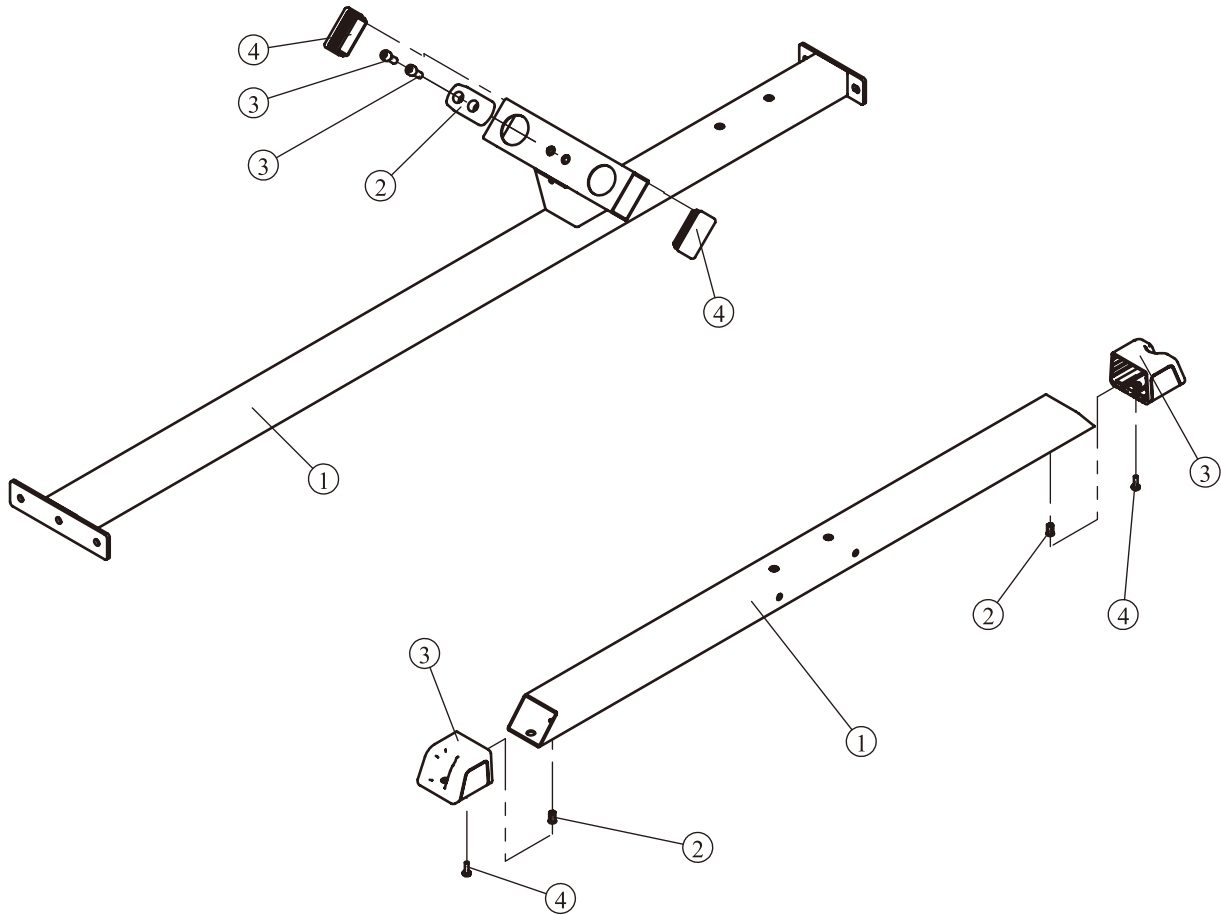
Overall



Exploded View and Parts List

Middle Base Frame ASSY

Rear Base Frame ASSY

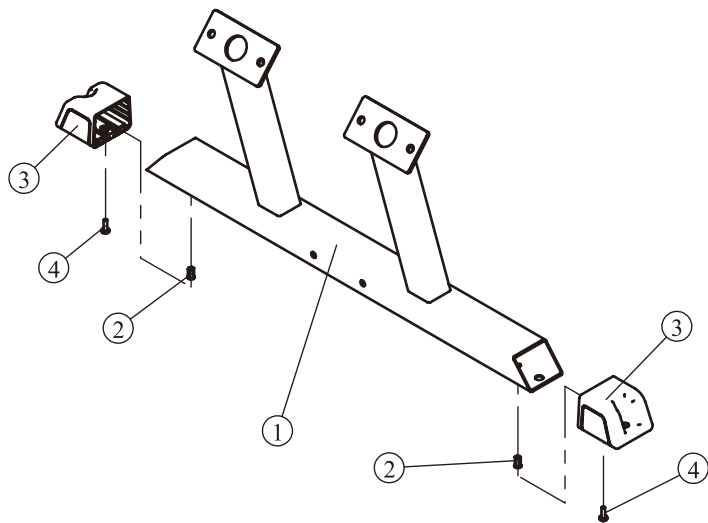


Grade No.	Part No.	Description	QTY
1.1	IFP16170100	Middle Base Frame	1
1.2	RS17000400	Rubber Bumper	1
1.3	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2
1.4	KPSFID2800	Plastic Insert Cap □50.8*76.2	2

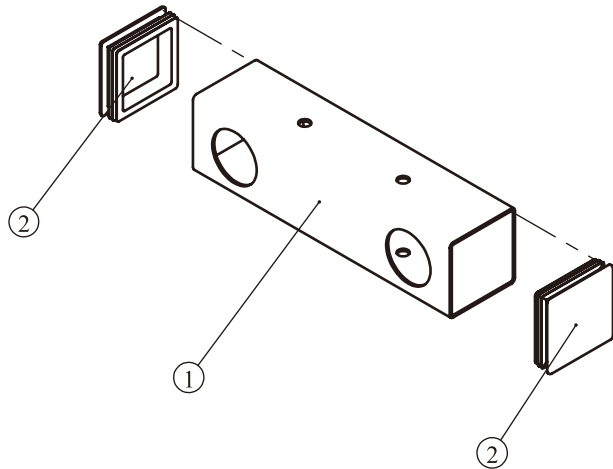
Grade No.	Part No.	Description	QTY
2.1	IFP16170200	Rear Base Frame	1
2.2	GB17880.5M6*16.5DS17	Flat Head Hexagon Riveted Nut M6*16.5	2
2.3	IFP12013300	Plastic Horizontal Rectangular Shoe	2
2.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

Front Base Frame ASSY



Top Tube ASSY

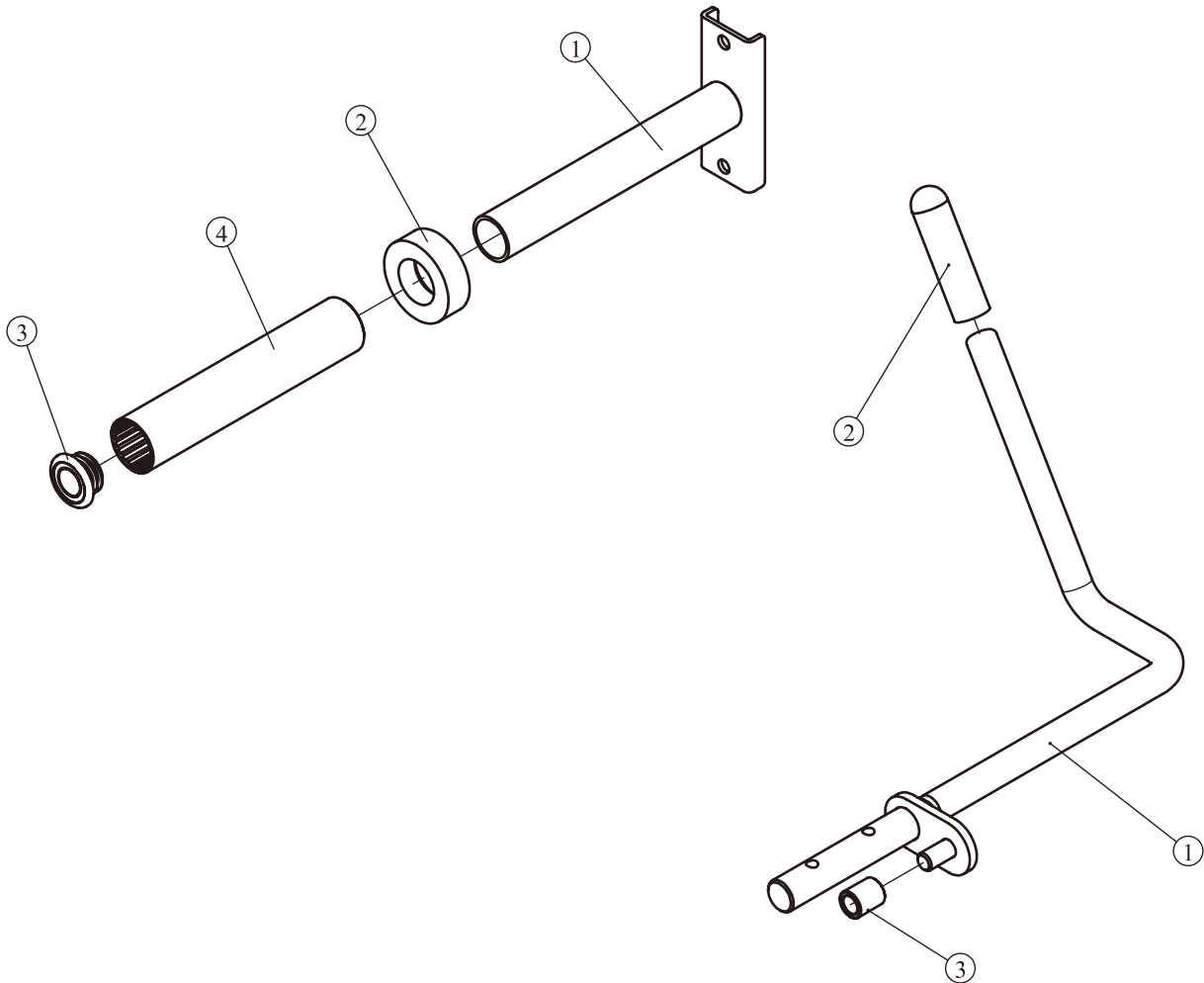


Grade No.	Part No.	Description	QTY
3.1	IFP16170300	Front Base Frame	1
3.2	GB17880.5M6*16.5DS17	Flat Head Hexagon Riveted Nut M6*16.5	2
3.3	IFP12013300	Plastic Horizontal Rectangular Shoe	2
3.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Grade No.	Part No.	Description	QTY
6.1	IFP16170600	Top Tube	1
6.2	PBF30013	Pipe Plug □76.2	2

Exploded View and Parts List

Weight Plate Storage ASSY Adjustable Handle ASSY

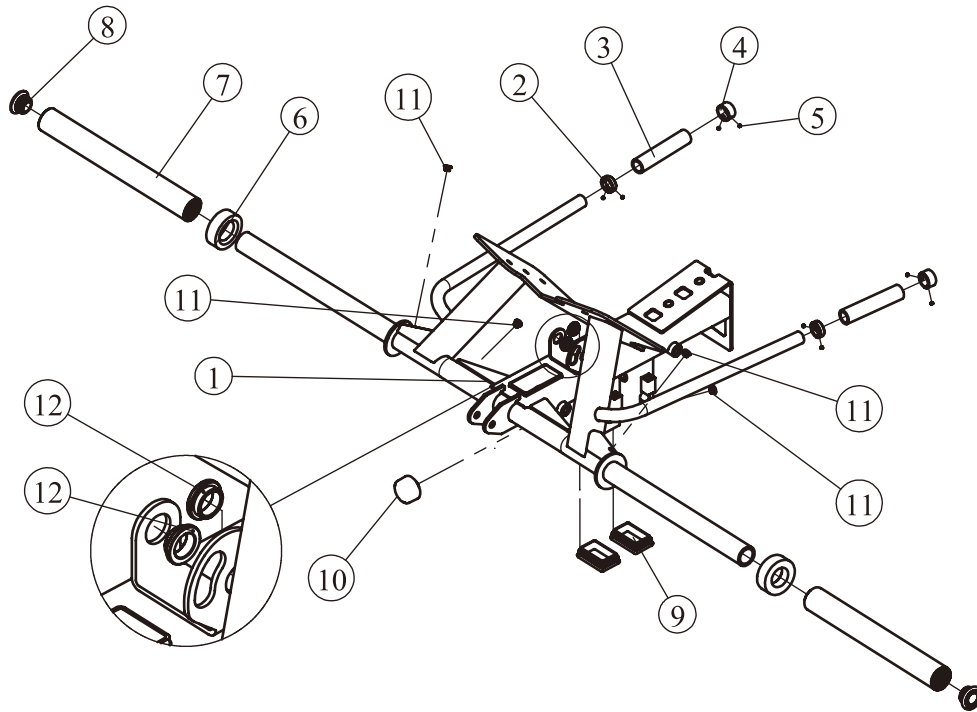


Grade No.	Part No.	Description	QTY
10.1	IFP16171000	Weight Plate Storage	1
10.2	HF985A1500	Weight Horn Rubber Donut	1
10.3	IFP12013500	Weight Horn Plastic Cap	1
10.4	IFP12013400	Weight Horn Sleeve $\Phi 50 \times 250$	1

Grade No.	Part No.	Description	QTY
8.4.1	IFP16171300	Adjustable Handle	1
8.4.2	CG50001700P201C	Red Grip $\Phi 19 \times 70$	1
8.4.3	C015PL2300	Sleeve $\Phi 15.2 \times \Phi 10 \times 18$	1

Exploded View and Parts List

Carriage Sub ASSY



Grade No.	Part No.	Description	QTY
8.1.1	IFP16170800	Carriage	1
8.1.2	V39500	Aluminium Grip Ring $\Phi 25.4$	2
8.1.3	FE97031800	$\Phi 25.4$ Grip	2
8.1.4	V39600	Aluminium Grip Cap $\Phi 25.4$	2
8.1.5	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32UNF*3.2	8
8.1.6	HF985A1500	Weight Horn Rubber Donut	2
8.1.7	IFP17113400	Weight Horn Sleeve $\Phi 50*400$	2
8.1.8	IFP16053100	Weight Horn Plastic Cap	2
8.1.9	KPSFID2800	Plastic Insert Cap $\square 50.8*76.2$	2
8.1.10	CW40393-101	Rubber Bumper $\Phi 50.8*34.9$	1
8.1.11	BNH0720	Hole Plug $\Phi 10$	4
8.1.12	C011PL1900	Bushing $\Phi 28*8.5$	2

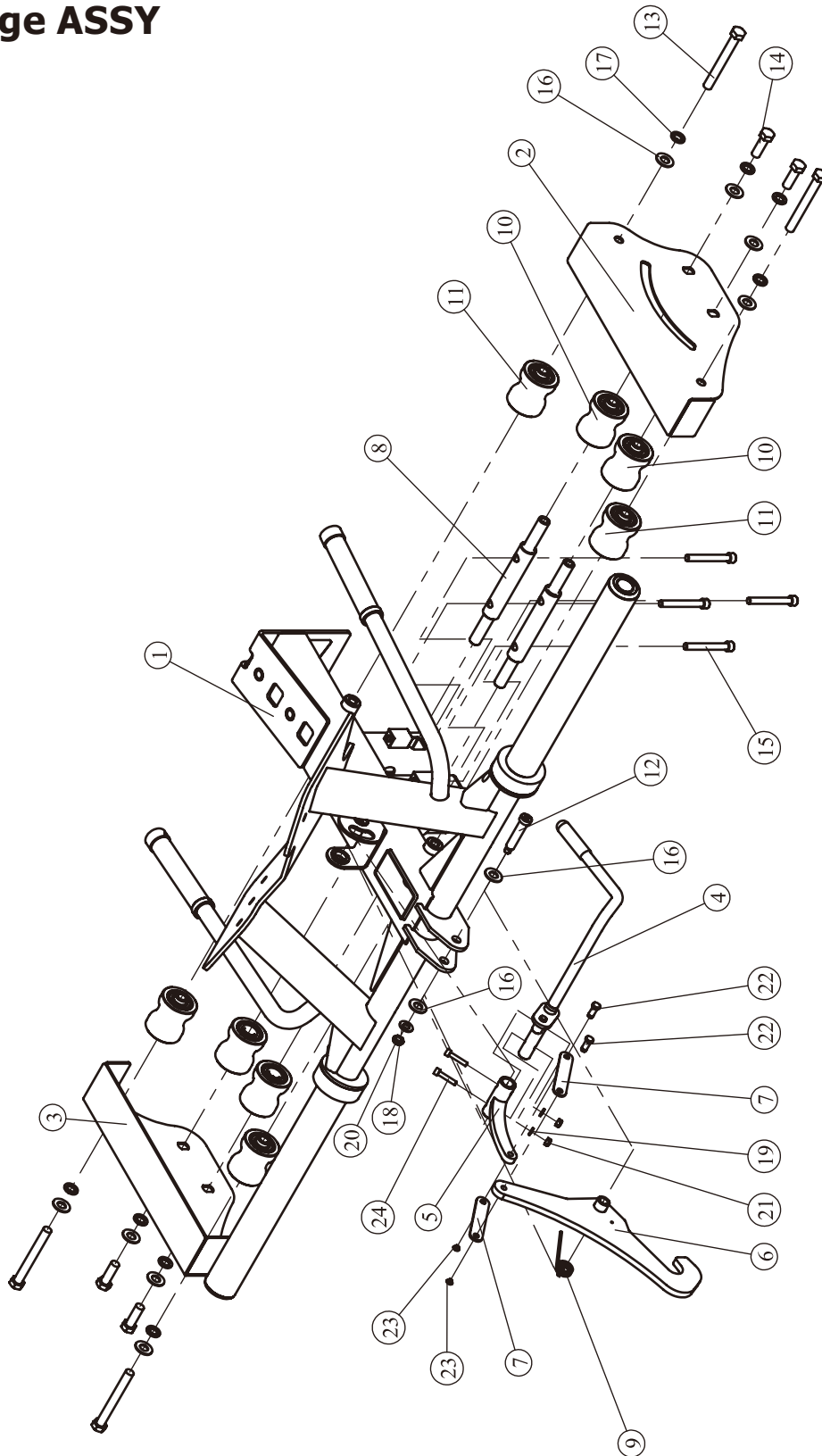
Exploded View and Parts List

Carriage ASSY

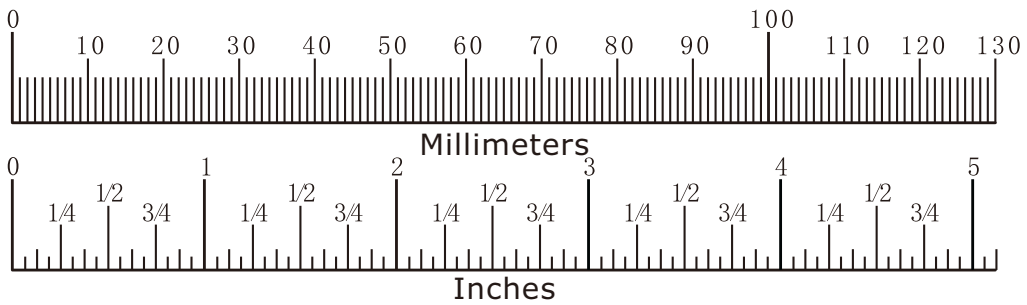
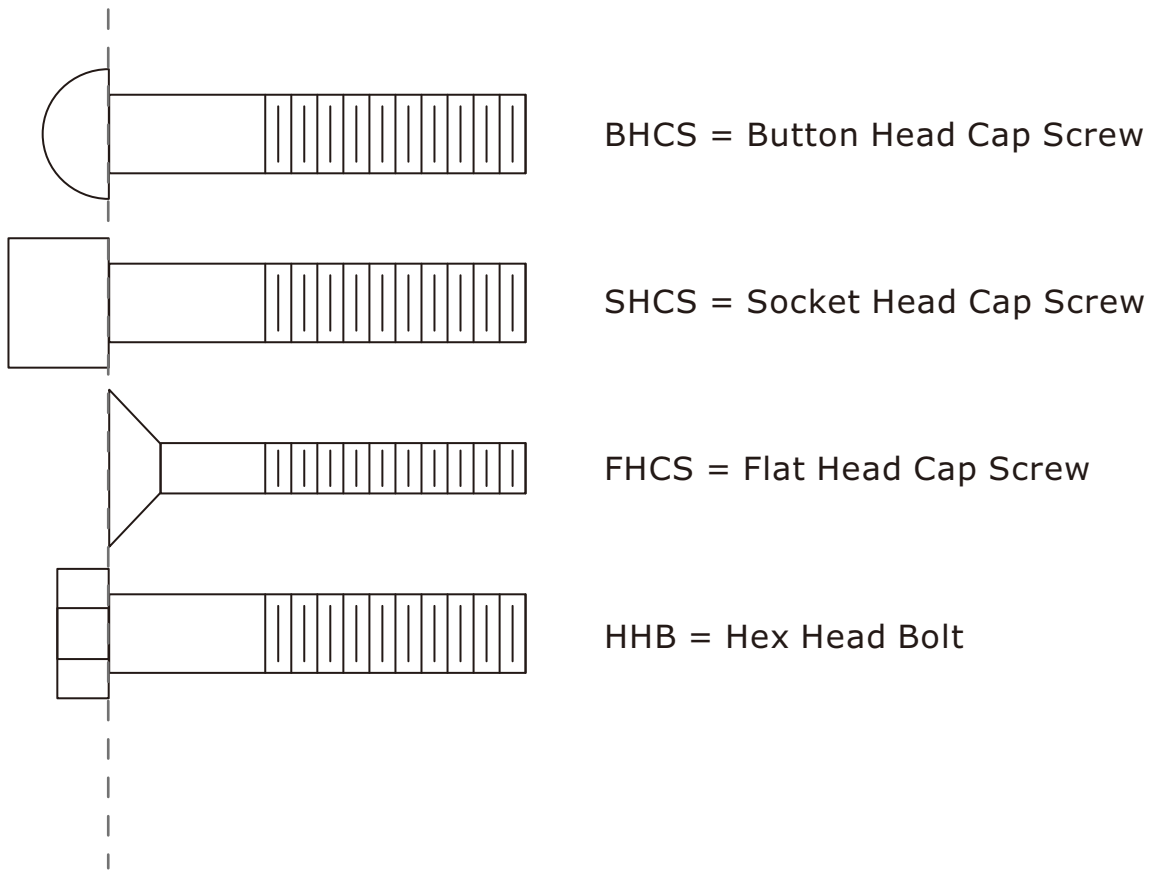
Grade No.	Part No.	Description	QTY
8.1	IFP16170800ASSY	Carriage Sub ASSY	1
8.2	IFP16171100	Cover Plate LT	1
8.3	IFP16171200	Cover Plate RT	1
8.4	IFP161713SGASSY	Adjustable Handle ASSY	1
8.5	IFP16171400	Swing Bracket	1
8.6	IFP16171500	Safety Hook	1
8.7	IFP16171600	Connecting Plate	2
8.8	CLH3002100	Rail Wheel Axle	2
8.9	IFP16171700	Torsional Spring	1
8.10	BNH2472-2V1	Rail Wheel (1 Bushing)	4
8.11	BNH2472	Rail Wheel	4
8.12	CSM6001900	Shoulder Bolt Alloy 3/8"*64.5	1
8.13	YLS0.5*13*108DHS20	Hex Head Bolt 1/2"-13UNC*108	4
8.14	YLS0.5*13*38DHS2	Hex Head Bolt 1/2"-13UNC*38	4
8.15	YYNL0.375*16*76.2DS20	Socket Head Cap Screw 3/8"-16UNC*76.2	4
8.16	YDQ13.5*27*2DHS2	Flat Washer Φ 13.5* Φ 27*2	10
8.17	YTDQ13.5*21.3*2.5DHS12	Spring Washer 1/2"	8
8.18	YDQ10.5*21*1.8DHS2	Flat Washer Φ 10.5* Φ 21*1.8	1
8.19	GB956DHS2	Flat Washer Φ 6.6* Φ 12*1.6	2
8.20	YNM0.375*16*7DHS2	Nylon Lock Nut 3/8"-16UNC*7	1
8.21	NM6DHS2	Nylon Lock Nut M6	2
8.22	IFP16171900	Shoulder Shaft	2
8.23	GB894.18FH12	Circlip For Shaft Φ 8	2
8.24	GB70M6*30DHS2	Socket Head Cap Screw M6*30	2

Exploded View and Parts List

Carriage ASSY



Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

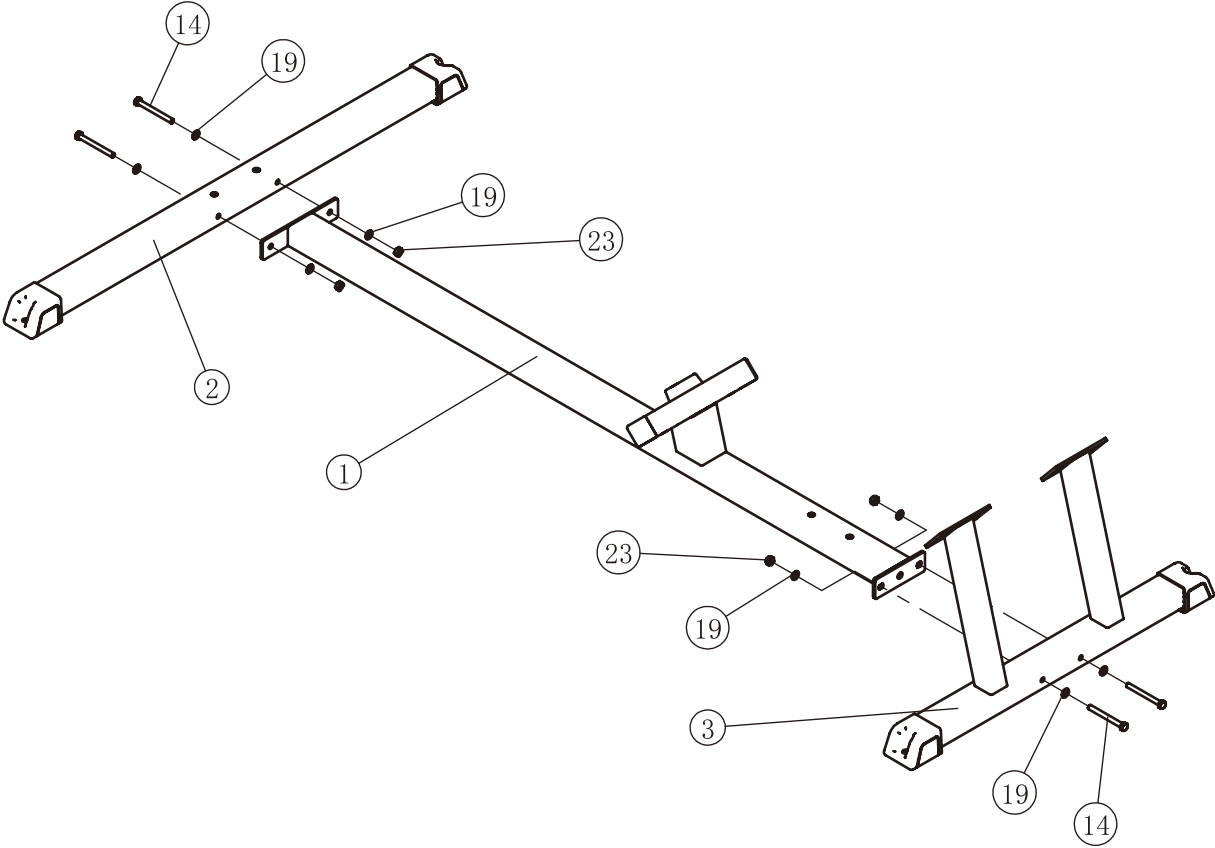
Assembly

STEP 1

Attach the Rear Base Frame ASSY (#2) and the Front Base Frame ASSY (#3) to the Middle Base Frame ASSY (#1) using:

- four M10*100 HHB (#14)
- eight $\Phi 11*\Phi 20*2$ Flat Washer (#19)
- four M10 Nylon Lock Nut (#23)

Note: Hand Tighten Bolts and Nylon Lock Nuts until machine is fully assembled.

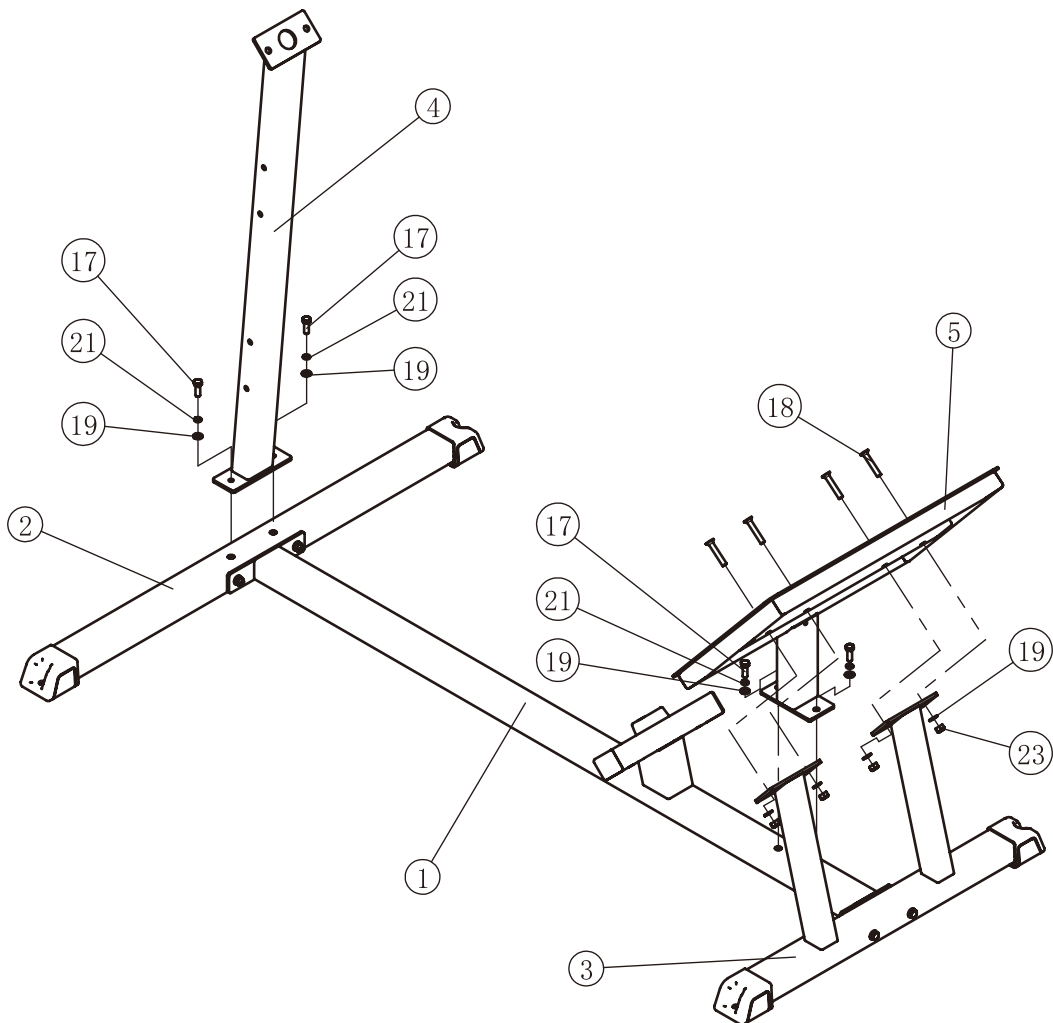


Assembly

STEP 2

1. Attach the Rear Upright (#4) to the Rear Base Frame ASSY (#2) using:
 - two M10*30 HHB (#17)
 - two $\Phi 11*\Phi 20*2$ Flat Washer (#19)
 - two $\Phi 10$ Spring Washer (#21)
2. Attach the Foot Plate (#5) to the Middle Base Frame ASSY (#1) and the Front Base Frame ASSY (#3) using:
 - two M10*30 HHB (#17)
 - four M10*60 FHCS (#18)
 - six $\Phi 11*\Phi 20*2$ Flat Washer (#19)
 - two $\Phi 10$ Spring Washer (#21)
 - four M10 Nylon Lock Nut (#23)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3

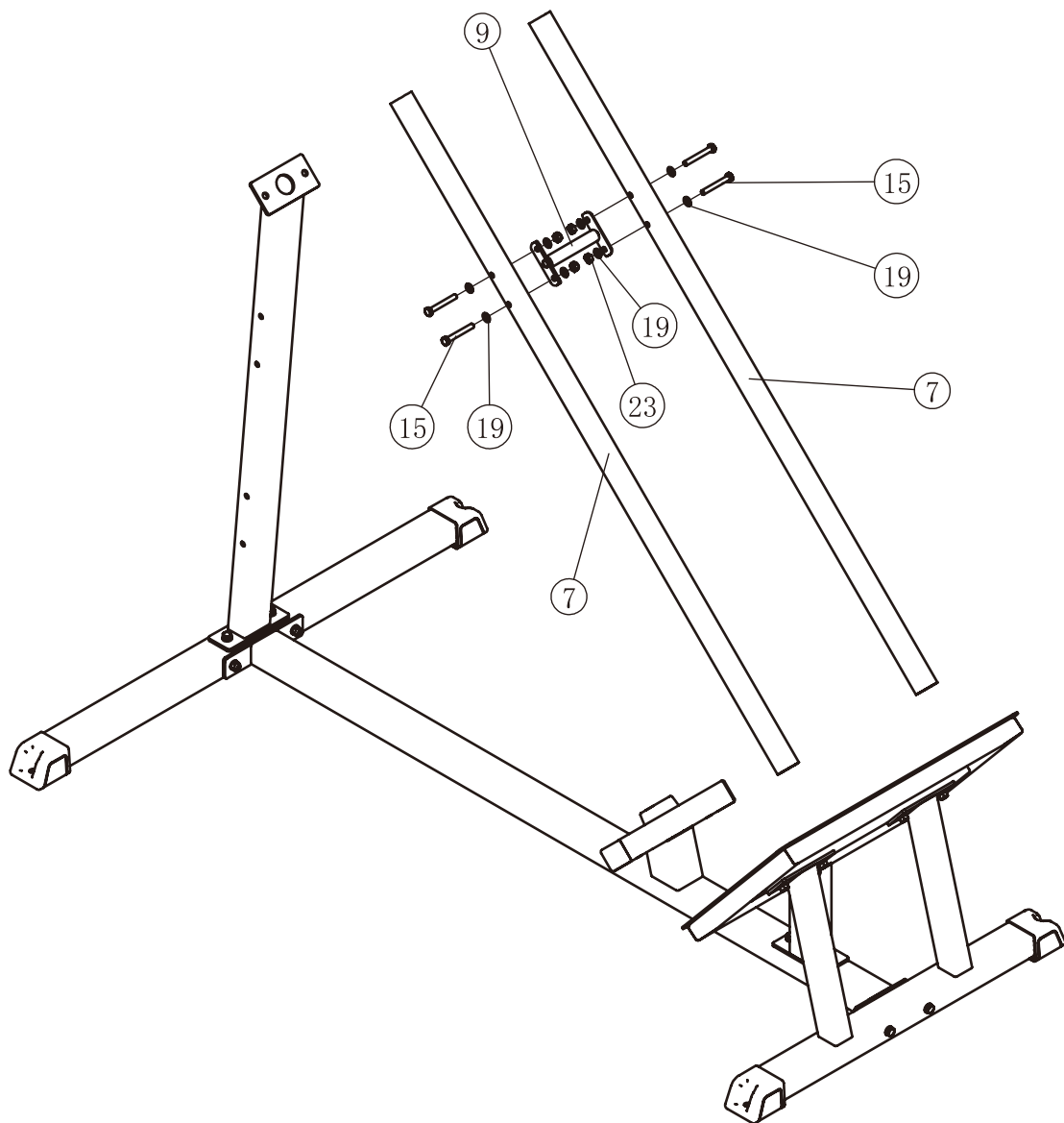
Attach two Linear Shafts (#7) to the Limiting Shaft (#9) using:

four M10*75 HHB (#15)

eight $\Phi 11*\Phi 20*2$ Flat Washer (#19)

four M10 Nylon Lock Nut (#23)

Note: Hand Tighten Bolts and Nylon Lock Nuts until machine is fully assembled.

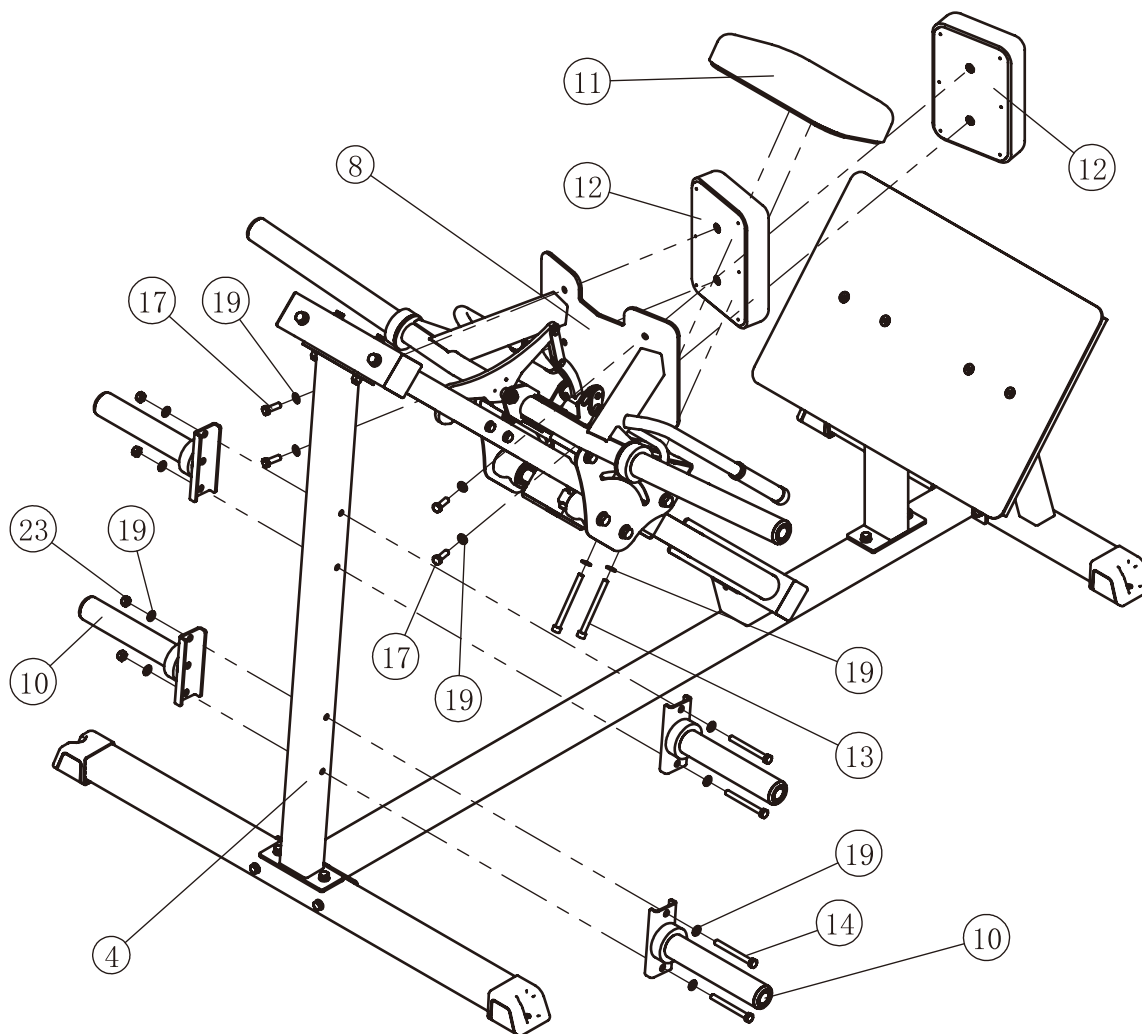


Assembly

STEP 5

1. Attach four Weight Plate Storage ASSY (#10) to the Rear Upright (#4) using:
four M10*100 HHB (#14)
eight $\Phi 11*\Phi 20*2$ Flat Washer (#19)
four M10 Nylon Lock Nut (#23)
2. Attach the Seat Pad (#11) to the Carriage ASSY (#8) using:
two M10*115 SHCS (#13)
two $\Phi 11*\Phi 20*2$ Flat Washer (#19)
3. Attach two Back Pads (#12) to the Carriage ASSY (#8) using:
four M10*30 HHB (#17)
four $\Phi 11*\Phi 20*2$ Flat Washer (#19)

Note: Wrench Tighten Bolts and Nylon Lock Nuts. All equipment must be anchored to the floor to prevent movement and increase stability.



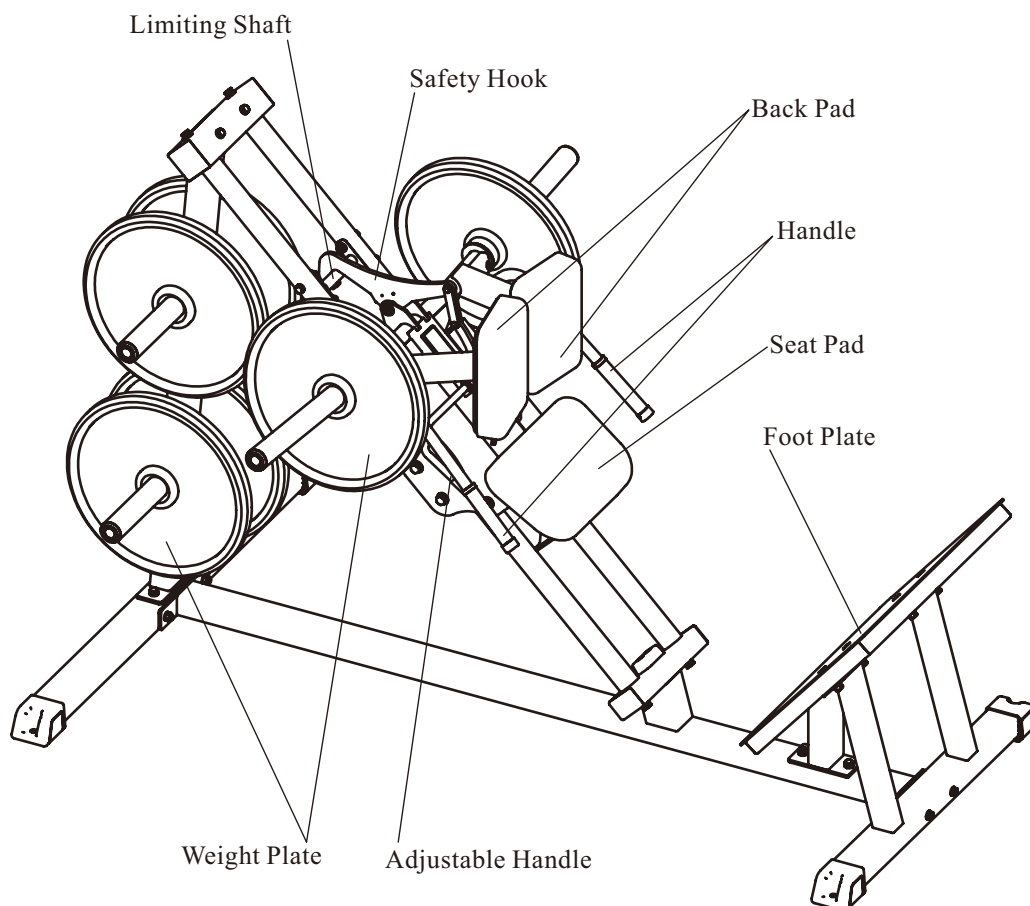
Adjust and Exercise Instruction

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side cannot be greater than 175kg.
3. This equipment does not contain Weight Plate.

Exercise Instructions

1. Select an appropriate weight.
2. Sit with back against back pad, hold the handle, put your feet on the foot plate, and then push back pad backward.
3. Pause slightly then squat down to the appropriate position slowly.
4. Slowly return to starting position.
5. Before finished, push down on the adjustable handle, make sure the safety hook hangs on the limiting shaft firmly.

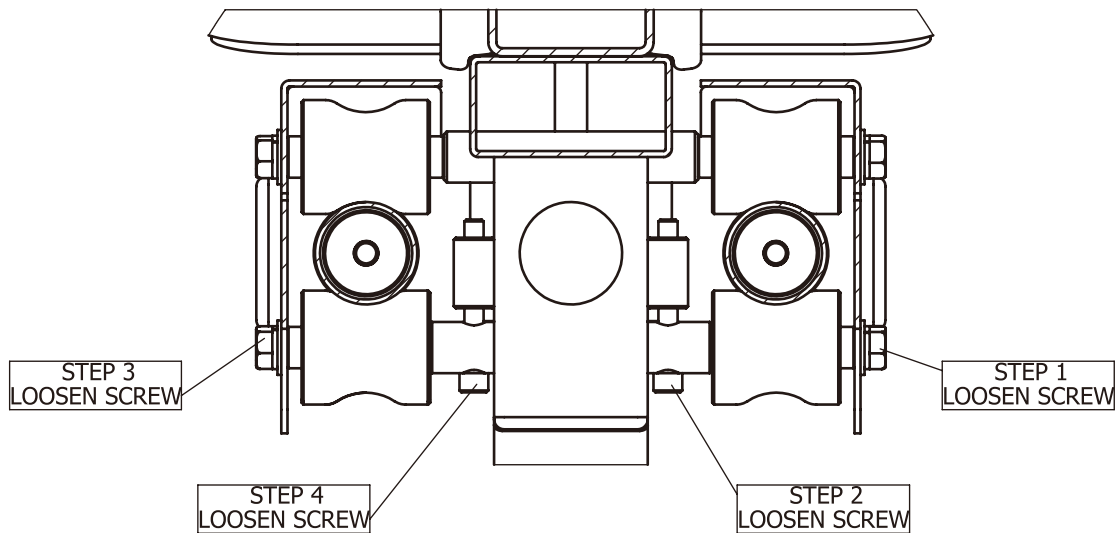


Adjust and Exercise Instruction

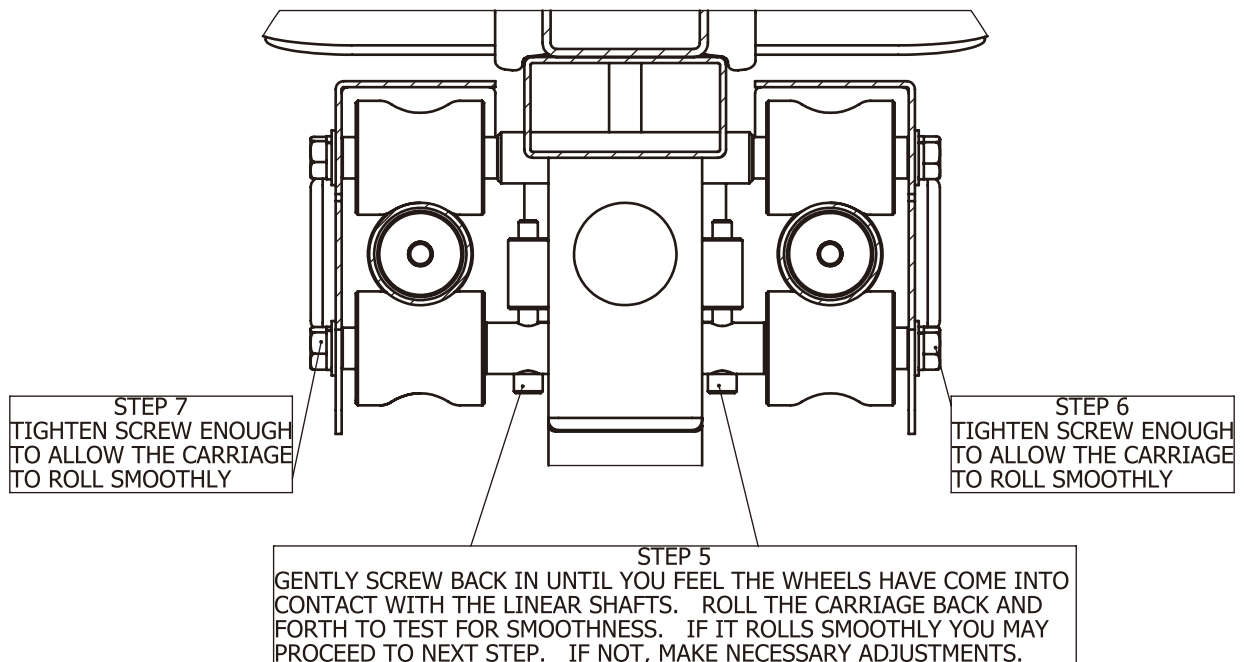
Rail Wheel Adjustment

Note: Repeat these steps on a needed basis when the carriage feels loosen on the rails.

Rail Wheel Adjustment Step 1



Rail Wheel Adjustment Step 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)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	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						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

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.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

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 Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments 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 a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using 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.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



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