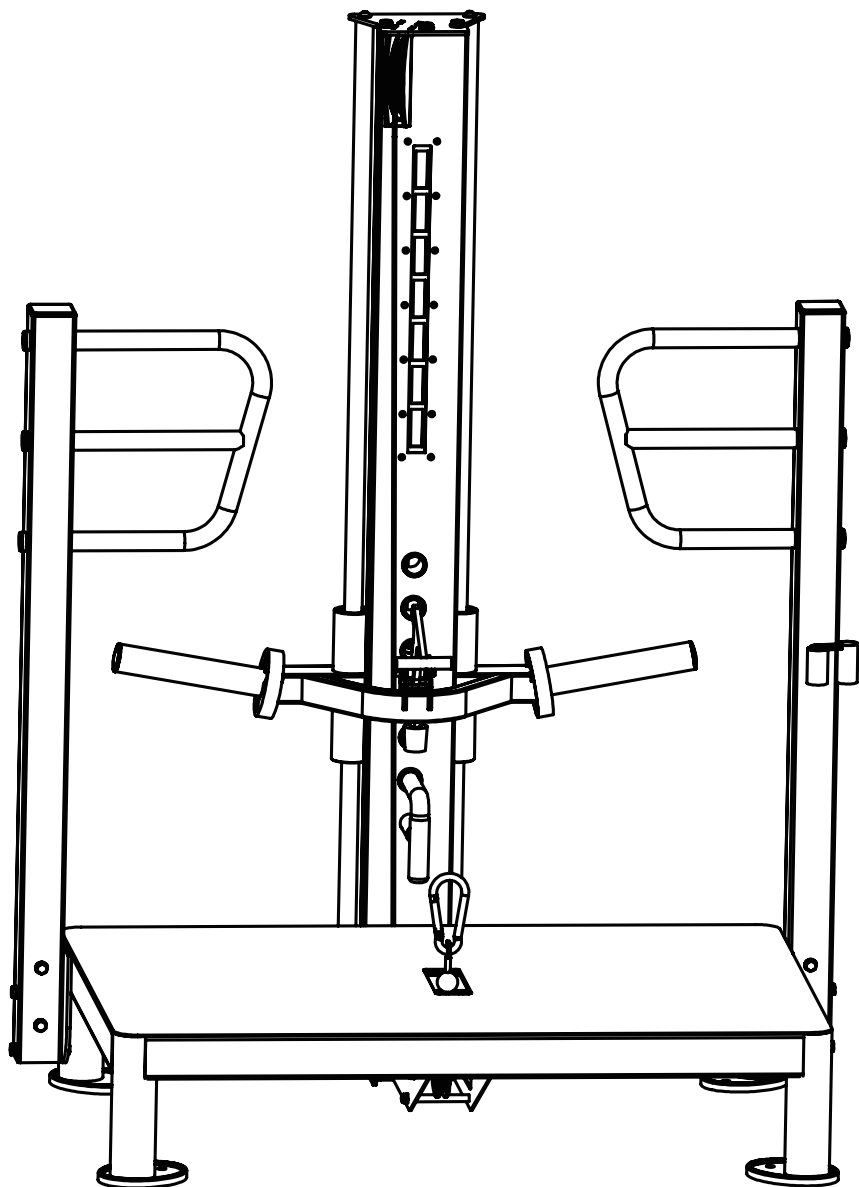




P-BSQ25

Manual



BELT SQUAT

Thank you for purchasing your new Powertec equipment.
To maximize the use of this Equipment, please take a moment to study, understand and familiarize with the assembly instructions and follow the sequence of steps as provided in the manual.

Because of our products unique features, this manual was created to provide you with information on how to assemble and properly maintain your equipment.

Table of Contents

Introduction and Weight Capacities	2
Safety Instructions, Warnings and Cautions	3
Maintenance Tips	4
Tools Required for Assembly	5
Hardware List	6-7
Part List	8
Exploded Diagram	9
Assembly Steps	10-13
Warranty Certificate	14
Warranty Registration Card	15

P-BSQ25

Belt Squat

Weight Capacity

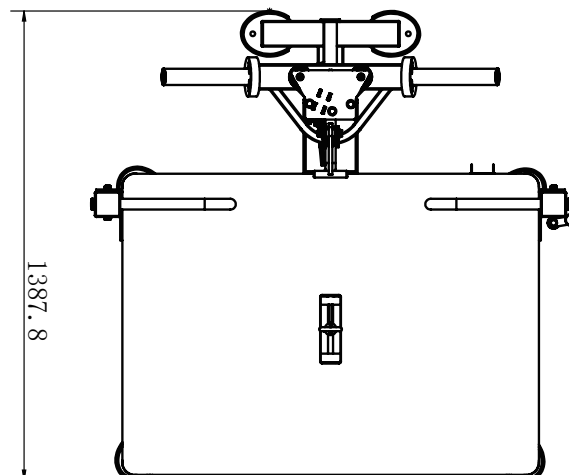
600 Lbs

Featured Exercise

Belt Squat

Recommended Strength Classic Systems

L-SCI9	Levergym Squat Calf	L-CDA+20	Levergym Chin/Dip Assist
P-HC20	Dual Hyperextension Crumch	P-BT16	Basic Trainer
P-LM20	Powertec Lat Machine		



Top-Down View (the unit is millimeter)

SAFETY INSTRUCTIONS, WARNINGS AND CAUTIONS



Medical Precaution

Before beginning any exercise program with this equipment, it is strongly recommended to consult a healthcare professional, especially if:

- You are new to exercising.
- You are over the age of 35.
- You are pregnant.
- You have existing health conditions or concerns.

General Safety Guidelines

Read and Follow All Warnings and instructions

- Carefully review this manual and all product labels before use.

Keep the Area Safe

- Ensure the product is set up and operated on a solid, level surface.
- Avoid placing the equipment on loose rugs, uneven floors, or other unstable surfaces.
- Allow adequate space around the equipment for safe movement and exercise.
- Keep children and pets away from the equipment during use.

Inspect Equipment Regularly

- Before and after each use, check the equipment for:
 - Loose, worn, or damaged parts.
 - Signs of instability or improper operation.
- If any issues are found, stop using the equipment immediately and repair or replace damaged components.

Usage Guidelines

Stability and Functionality

- This equipment is designed to meet industry standards for safe, stable performance during exercise.
- The equipment must be positioned on a secure, level surface to ensure safe operation during exercise.

Personal preparation

- Choose a workout plan that matches your fitness level, physical strength, and flexibility.
- Understand your limits and the limitations of the equipment to prevent overexertion or improper use.

Footwear and Attire

- Wear appropriate footwear with non-slip rubber soles, such as running, walking, or cross-training shoes, to ensure proper support and grip.
- Do not exercise barefoot or in socks.

For Assistance

If you have any questions or concerns about using or maintaining this equipment, contact Powertec Customer Service at **800-250-6665** or consult your authorized dealer

By following these precautions, you can ensure a safe and effective workout experience.

Maintenance Guidelines for Optimal Performance

To ensure the safety and longevity of this equipment, regular inspection and maintenance are essential. Follow the steps below to identify and address any signs of damage or wear promptly.

Daily inspection (Before Each Use)

- **Visual check:** Examine the system thoroughly for signs of wear, damage, or loose components.
- **Operational check:** Confirm that all parts are in good working condition and the equipment operates smoothly.
- **Immediate Action:** If any damage or irregularities are found, **do not use the equipment**. Set it aside until repairs are made or damaged components are replaced. Contact your authorized Powertec dealer or the Powertec Customer Service Center for support.

Post-Use Cleaning and inspection

- **Cleaning:** Wipe down the system using a clean, dry cloth. If needed, use a mild detergent or spray cleaner for the upholstery. Avoid cleansers containing enzymes, as they may damage the surface.

Weekly Maintenance

- **Thorough Cleaning:** Use an ammonia-based cleaner to sanitize and maintain the system.
- **Rust Prevention:** Inspect the frame for scratches or paint wear. Use touch-up paint on any exposed metal to prevent rust.

Monthly Structural Check

- **Frame Examination:** Look for signs of structural issues, such as cracks, permanent bends, or other abnormalities in the frame.
- **Action Required:** If any structural damage is identified, **immediately discontinue use** and contact Powertec Customer Service at **800-250-6665** for assistance.

General Maintenance Tips

- Always use the equipment as intended and follow proper operation.
- Store the equipment in a clean, dry environment to prevent unnecessary wear and tear.

Need Help? Contact Us!

For any questions regarding the maintenance or correct use of this equipment, please reach out to your authorized distributor or the Powertec Customer Service team at **800-250-6665**.

Our Commitment to You:

"Committed to Stronger Lives"

Tools Required for Assembly



• M10 Allen Wrench



• 8" Adjustable wrench



• Wrenches

- 8 mm = M8
- 10 mm = M10
- 12 mm = M12

Helpful Tips for Assembly

1. Complete the Warranty

- Scan and email the **Limited Warranty Card** to service@powertec.com.

2. Choose a Stable Setup Location

- Assemble the unit on a **solid, flat surface** to ensure stability and proper leveling.

3. Allow Ample Space

- Ensure there is enough open space around the equipment for safe access and use.

4. Insert Bolts Uniformly

- For a polished look, insert all bolts in the **same direction** unless otherwise instructed in the manual.

5. Leave Room for Adjustments

- Tighten bolts, nuts, and screws to keep the unit stable but leave them slightly loose for final adjustments.

6. Organize Parts Before Starting

- Lay out all components and hardware in a well-lit, organized workspace. Check that all parts are accounted for before starting assembly.

7. Protect Floors and Surfaces

- Place a protective mat or cardboard underneath the equipment during assembly to prevent floor damage and protect parts.

8. Have a Partner Assist

- For heavy or large components, have a second person assist to avoid injury and ensure proper alignment.

9. Double-Check After Assembly

- After assembly is complete, verify that all bolts and screws are fully tightened and that the equipment is stable and level before use.

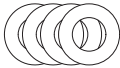
HARDWARE LIST



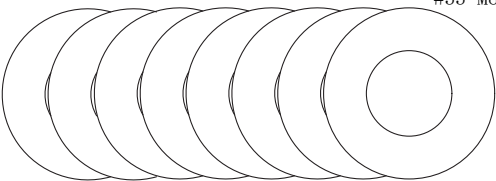
HARDWARE PACK(1-1)



#20 $\Phi 13 \times \Phi 24 \times 2$ Flat Washer (pcs3)



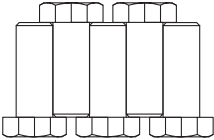
#18 $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (pcs4)



#22 $\Phi 14 \times \Phi 28 \times 2$ Flat Washer (pcs8)



#23 M12 Nylon Lock Nut (pcs3)



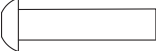
#21 M12X30 Socket Head Cap Screw (pcs5)



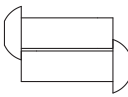
#33 M8 Nylon Lock Nut (pcs1)



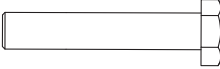
#27 M10 Nylon Lock Nut (pcs1)



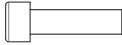
#26 M10X45 Button Head Cap Screw (pcs1)



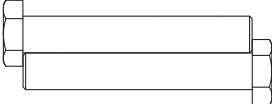
#19 M10X25 Button HeadCap Screw (pcs2)



#24 M12X65 Hex Head Bolt (pcs1)



#32 M8X30 Socket Head Cap Screw (1pcs)



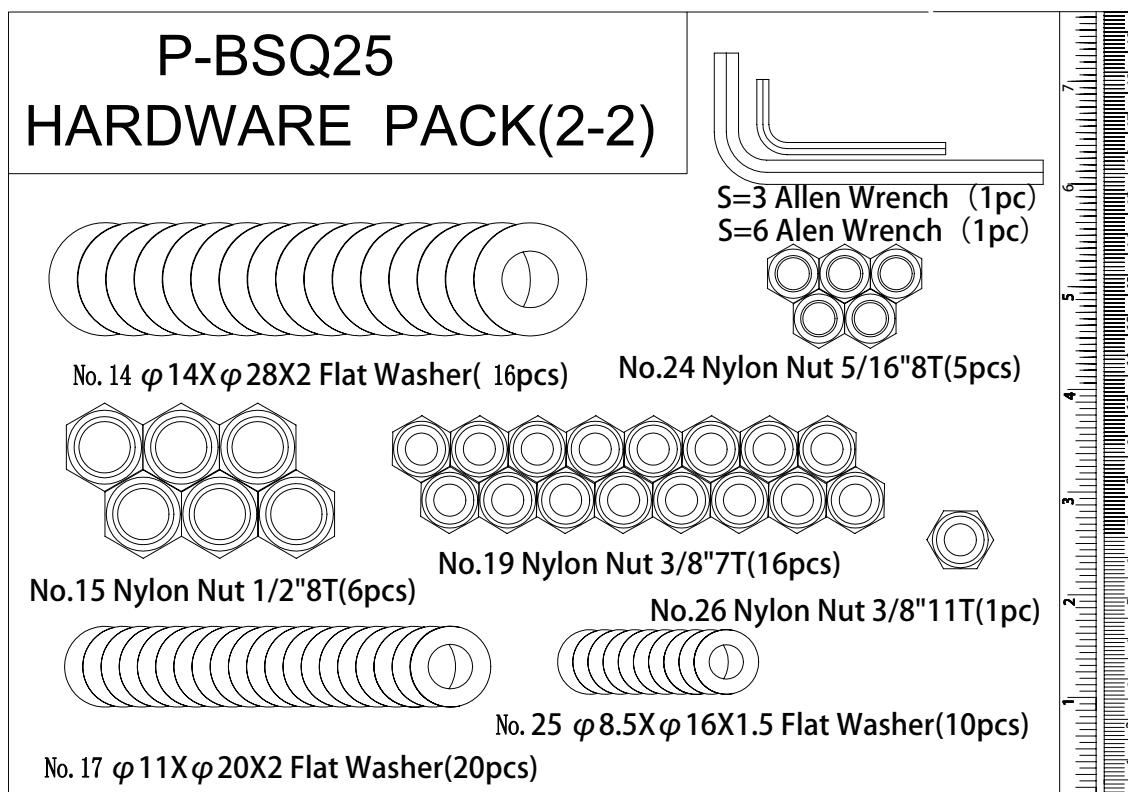
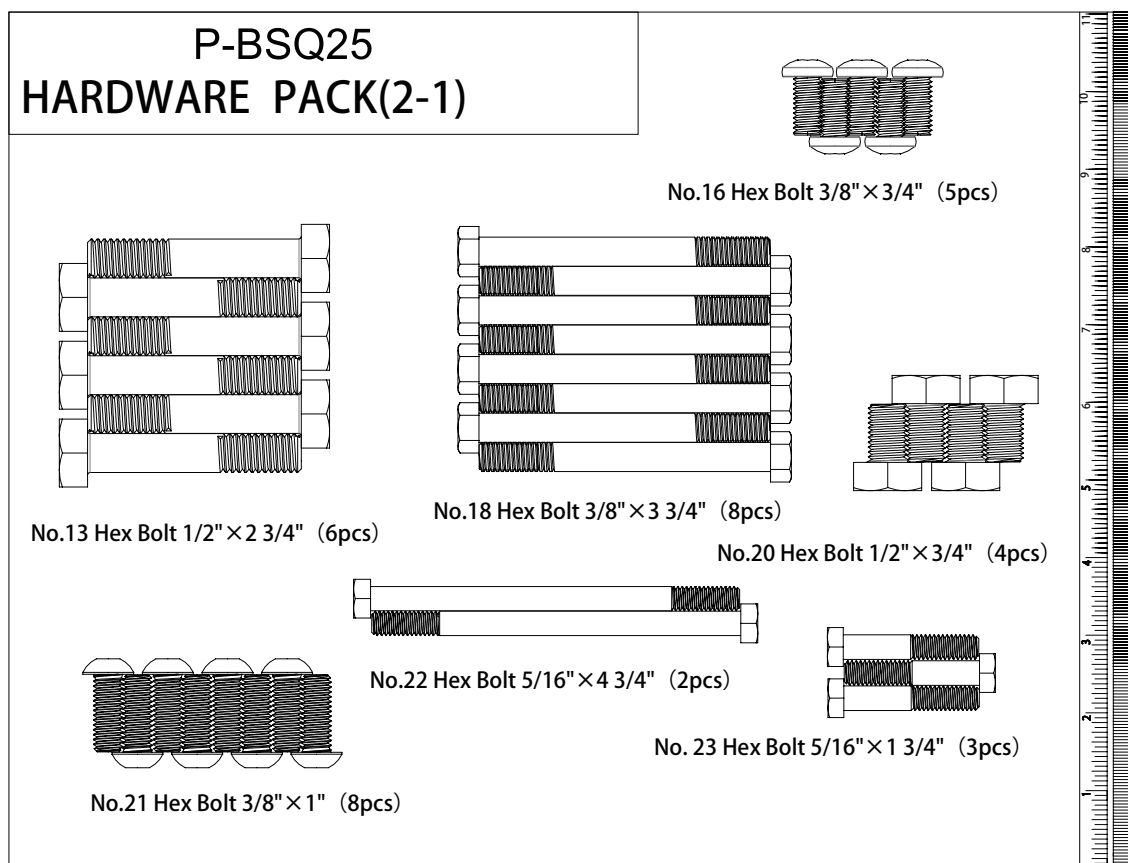
#25 M12X75 Hex Head Bolt (pcs2)



#17 M10X16 Button HeadCap Screw (pcs8)

P-BSQ25
BELT SQUAT

HARDWARE LIST



PART LIST

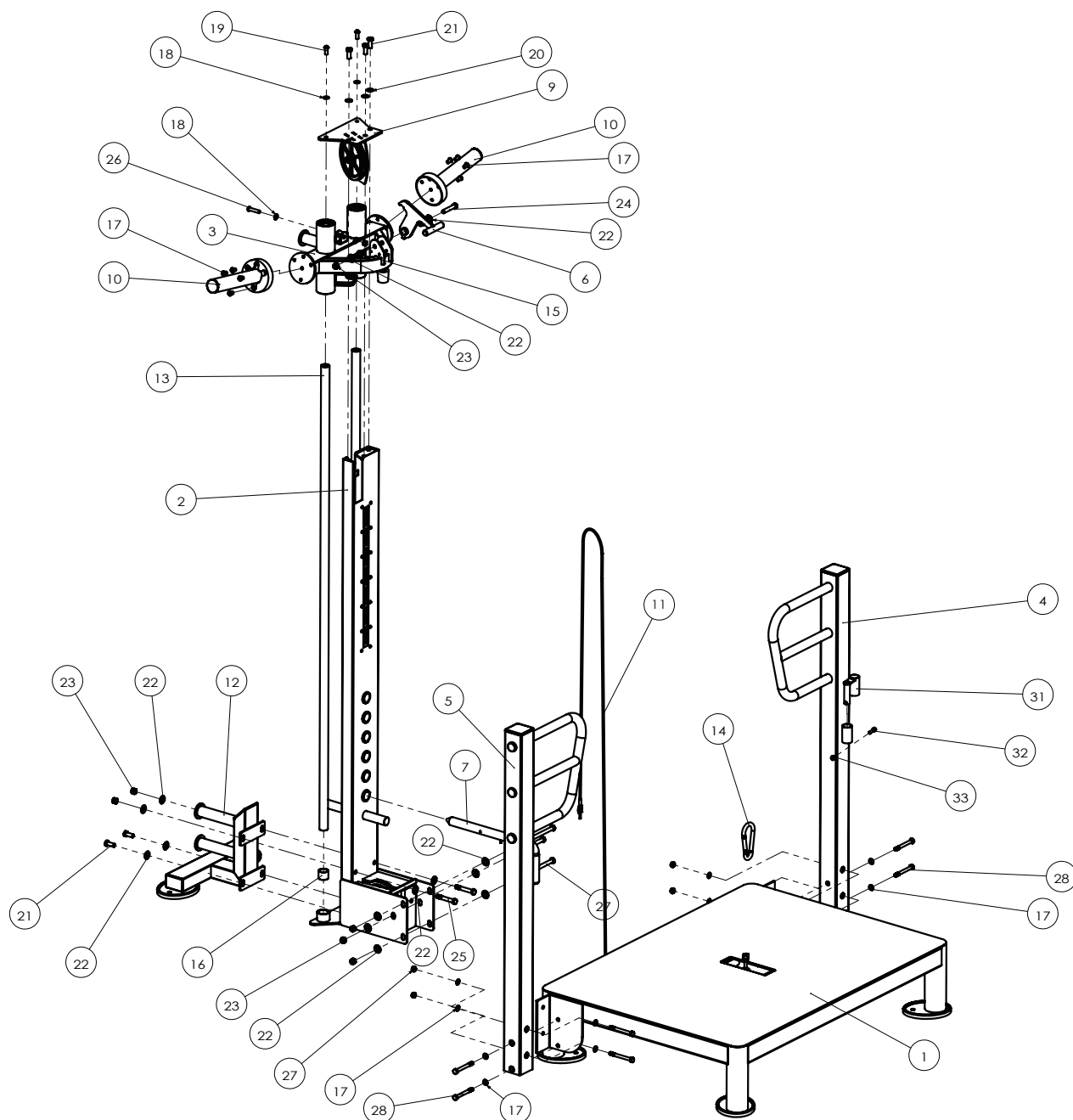


Part#	Description	Qty	Blister No.
1	Platform Assembly	1	
2	Upright Assembly	1	
3	Load Bearing Support Assembly	1	
4	Right Handle Assembly	1	
5	Left Handle Assembly	1	
6	Hook Weldment	1	
7	Stop Rod Assembly	1	
9	Top Pulley Assembly	1	
10	Barbell Tube Assembly	1	
11	Wire Rope Assembly	1	
12	Support Frame Assembly	1	
13	Guide Rod	1	
13	Hex Bolt 1/2"×2 3/4"	6	2-1
14	Hook	1	
14	Flat Washer $\phi 14 \times \phi 28 \times 2$	12	2-2
15	Powder Metallurgy	1	
15	Nylon Nut 1/2"8T	6	2-2
16	Sound Insulation Sleeve	1	
17	Button Head Cap Screw M10×16	8	1-1
17	Flat Washer $\phi 11 \times \phi 20 \times 2$	16	2-2
18	Flat Washer $\phi 11 \times \phi 20 \times 2$	4	1-1
18	Hex Bolt 3/8"×3 3/4"	8	2-1
19	Button Head Cap Screw M10×25	2	1-1
19	Nylon Nut 3/8"7T	8	2-2
20	Flat Washer $\phi 13 \times \phi 24 \times 2$	2	1-1
21	Socket Head Cap Screw M12×30	5	1-1
22	Flat Washer $\phi 14 \times \phi 28 \times 2$	8	1-1
22	Hex Bolt 5/16"×4 3/4"	2	2-1
23	Nylon Lock Nut M12	3	1-1
24	Hex Head Bolt M12×65	1	1-1
24	Nylon Nut 5/16"8T	2	2-2
25	Hex Head Bolt M12×75	2	1-1
25	Flat Washer $\phi 8.5 \times \phi 16 \times 1.5$	4	2-2
26	Button Head Cap Screw M10×45	1	1-1
27	Nylon Lock Nut M10	1	1-1
31	Stop Rod Adapter	1	
32	Socket Head Cap Screw M8X30	1	1-1
33	Nylon Lock Nut M8	1	1-1

P-BSQ25
BELT SQUAT

EXPLODED DIAGRAM

POWERTEC®



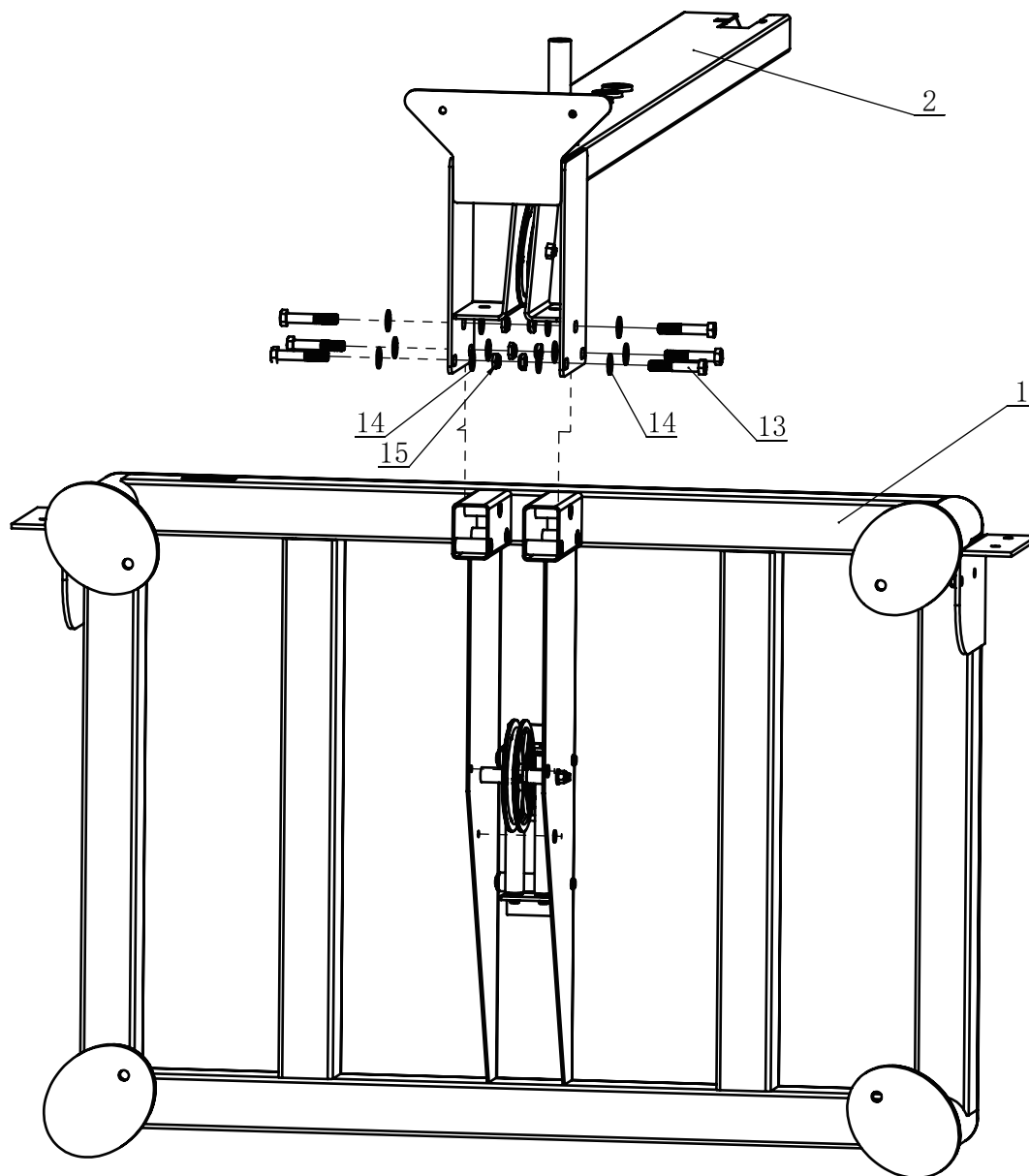
P-BSQ25
BELT SQUAT

ASSEMBLY ONE

Step 1

Use 6 pcs of Hex Bolt 1/2"×2 3/4" (#13) , 12 pcs of Flat Washer $\phi 14 \times \phi 28 \times 2$ (#14) , and 6 pcs of Nylon Nut 1/2"8T (#15) to assemble the Platform Assembly (#1) and Upright Assembly (#2) together.

The above fasteners use P-BSQ25 Blister Packs (2-1) and (2-2).



POWERTEC®

Do Not Fully Tighten Until Assembly Has Been Completed

**P-BSQ25
BELT SQUAT**

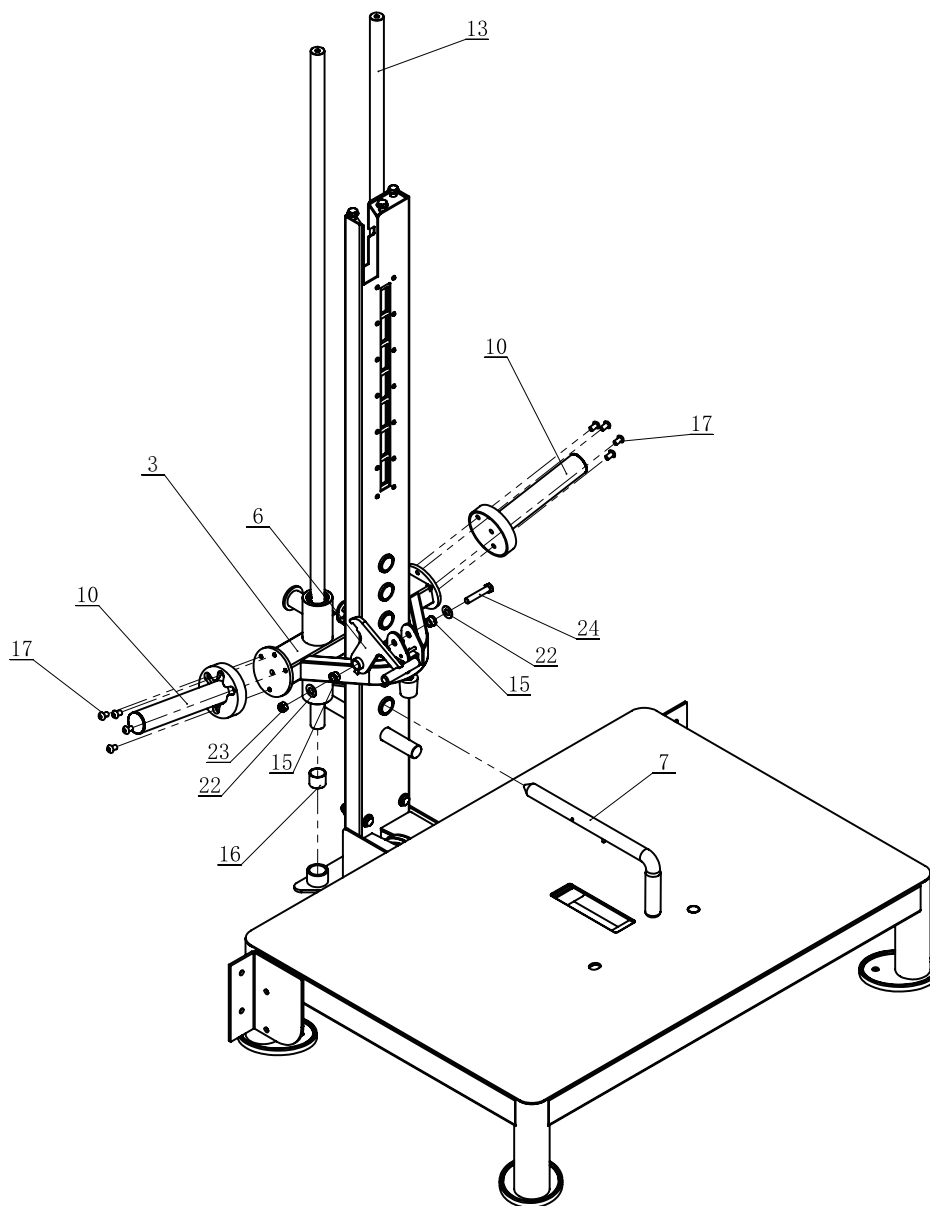
ASSEMBLY TWO

Step 1

Assemble the Sound Insulation Sleeve (#16) , Guide Rod (#13) , Load Bearing Support Assembly (#3) , Barbell Tube Assembly (#10) , Stop Rod Assembly (#7) , Hook Weldment (#6) , and Powder Metallurgy (#15) together.

Use 1 pc of Hex Head Bolt M12×65 (#24) , 1 pc of Nylon Lock Nut M12 (#23) , 2 pcs of Flat Washer $\phi 14 \times \phi 28 \times 2$ (#22) , and 8 pcs of Button Head Cap Screw M10×16 (#17).

****The above fasteners use Blister Pack (1-1).****



Do Not Fully Tighten Until Assembly Has Been Completed

P-BSQ25
BELT SQUAT

POWERTEC®

ASSEMBLY THREE

Step 1

Assemble the Wire Rope Assembly (#11) , Top Pulley Assembly (#9) , Support Frame Assembly (#12) , and Hook (#14) together.

(Note when installing the wire rope: The cable must pass from above the screw at the bottom of the platform. After connecting the cable, install the Top Pulley Assembly.)

Refer to the auxiliary view for the correct routing of Wire Rope Assembly (#11) . First, pass the flat end of the cable through the platform pulley, then route it from the bottom pulley of the upright to the top pulley assembly, and finally connect it to the weight carriage.

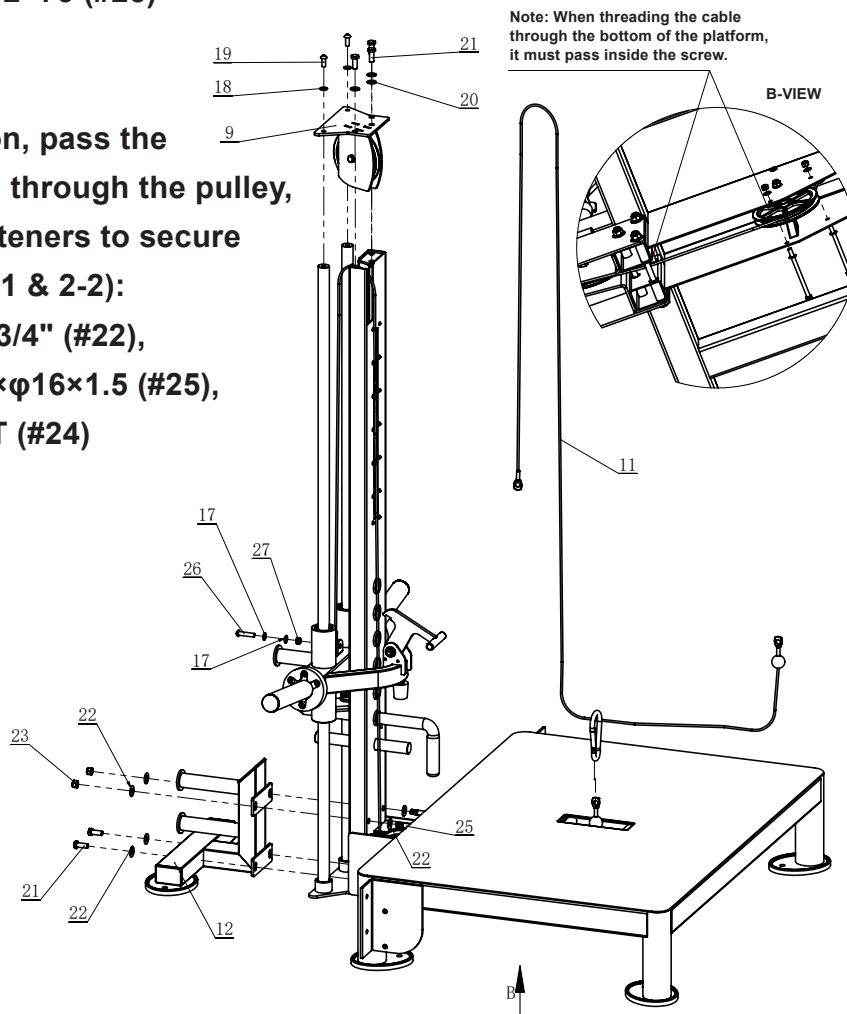
Fasteners used (Blister Pack 1-1):

2 pcs of Button Head Cap Screw M10×25 (#19), 4 pcs of Flat Washer $\phi 11 \times \phi 20 \times 2$ (#18), 6 pcs of Flat Washer $\phi 14 \times \phi 28 \times 2$ (#22), 5 pcs of Socket Head Cap Screw M12×30 (#21), 2 pcs of Flat Washer $\phi 13 \times \phi 24 \times 2$ (#20), 1 pc of Button Head Cap Screw M10×45 (#26), 1 pc of Nylon Lock Nut M10 (#27), 2 pcs of Nylon Lock Nut M12 (#23), 2 pcs of Hex Head Bolt M12×75 (#25)

Step 2

As shown in the illustration, pass the Wire Rope Assembly (#11) through the pulley, then use the following fasteners to secure the cable (Blister Packs 2-1 & 2-2):

2 pcs of Hex Bolt 5/16"×4 3/4" (#22),
4 pcs of Flat Washer $\phi 8.5 \times \phi 16 \times 1.5$ (#25),
2 pcs of Nylon Nut 5/16"8T (#24)



Do Not Fully Tighten Until Assembly Has Been Completed

P-BSQ25
BELT SQUAT

ASSEMBLY FOUR

POWERTEC®

Step 1

Attach the Left Handle Assembly (#5) to the Platform Assembly (#1) using:
4 pcs of Hex Bolt 3/8"×3 3/4" (#18), 8 pcs of Flat Washer $\phi 11 \times \phi 20 \times 2$ (#17),
4 pcs of Nylon Nut 3/8"7T (#19)

Fasteners use Blister Packs (2-1) & (2-2)

Step 2

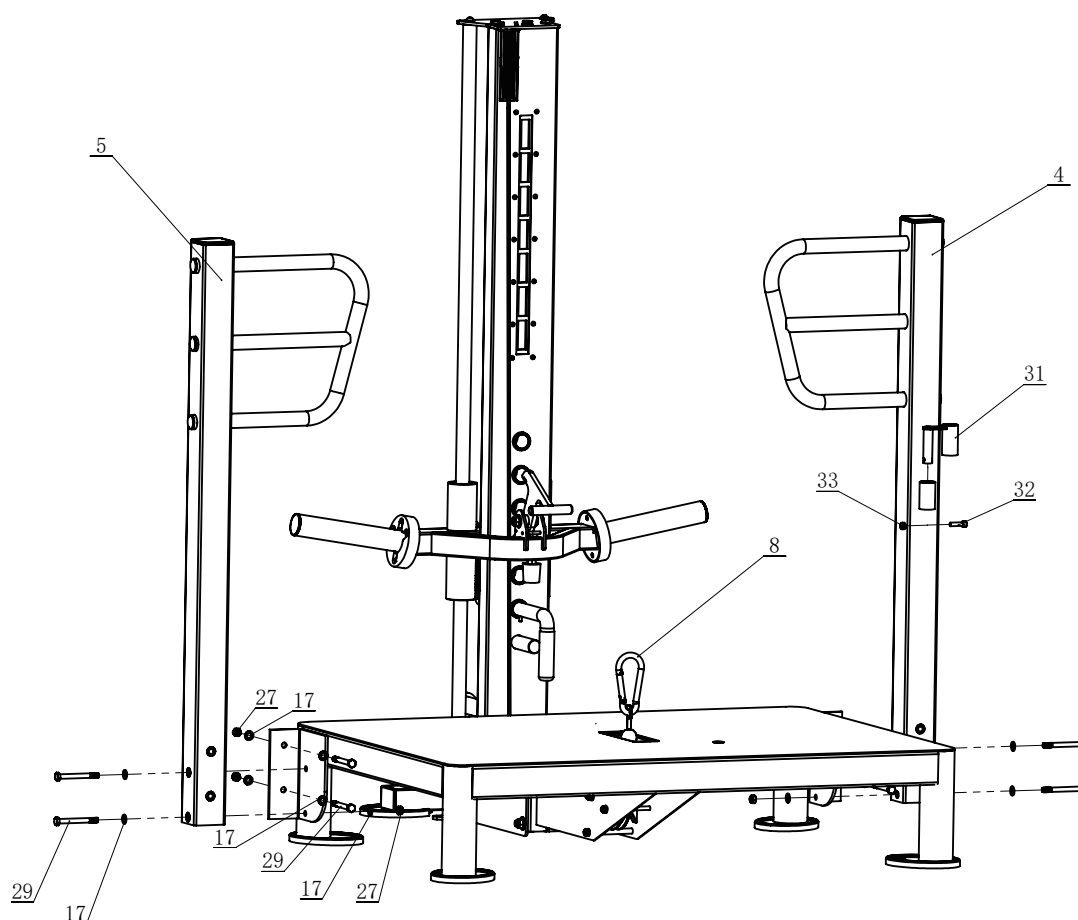
Attach the Right Handle Assembly (#4) to the Platform Assembly (#1) using:
4 pcs of Hex Bolt 3/8"×3 3/4" (#18), 8 pcs of Flat Washer $\phi 11 \times \phi 20 \times 2$ (#17),
4 pcs of Nylon Nut 3/8"7T (#19)

Fasteners use Blister Packs (2-1) & (2-2)

Step 3

Install the Stop Rod Adapter (#31) onto the right handle assembly using:
1 pc of Socket Head Cap Screw M8×30 (#32), 1 pc of Nylon Lock Nut M8 (#33)

Fasteners use Blister Pack (1-1)



Do Not Fully Tighten Until Assembly Has Been Completed

P-BSQ25
BELT SQUAT

WARRANTY

Serial No.

Thank you for purchasing one of Powertec's products.

Powertec warrants that the Product you have purchased is free from defects in materials and workmanship.

Powertec offers a Lifetime Warranty on Structural Frame.(Excludes Surface Finish).
5 year warranty on Moving Frames (Press Arms and other unspecified moving components).
Two year warranty on Components (Bearings, Locking Pins, Pulleys, Cables, Slide Rods).
One year warranty on Pads, Grips and other unspecified parts.

- All parts are shipped free of charge for first 90 days of date of purchase.
- Warranty is to original purchaser only (excluding dealer). Warranty is not Transferable in the event you sell the product.
- Warranty claims are subject to inspection and are voided if equipment shows Signs of abuse or alterations made other than the ones recommended by Powertec.
- Missing parts must be reported within 30 days from receipt of unit(s).
- Proof of purchase is required; your sales receipt must show date of purchase.
- For more information on the warranty or to obtain warranty service, please contact The appropriate Powertec Customer Service Department in the USA or Europe.

Powertec Inc. USA
6301 Alondra Blvd.,
Paramount, CA 90723- USA

Phone: (800) 250-6665
E-mail: service@powertec.com

Powertec Europe
2 rue d'Aquitaine
68390 Sausheim - France

Phone: + 33(0) 6 43 592 803
E-mail: contact@powertec-europe.fr

Thank you for giving us the opportunity to fulfill your strength and fitness needs.



Customer Warranty Information Sheet

Last Name: _____ First Name: _____

Company: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone No: _____ Alternate Telephone No. _____

E-Mail: _____ Date of Purchase: _____ Purchase Price: _____

Dealer Name and Address: _____

Model Name & Code: _____ Optional: Male / Female: _____ Age: _____ Occupation: _____

POWERTEC IS NOT LIABLE IF THE TRAINER SHOULD INJURE THEMSELVES WHILE
USING POWERTEC EQUIPMENT OR WHILE PERFORMING THE TRAINING ROUTINE



POWERTEC INC.
6301 Alondra Blvd.,
Paramount, CA 90723
USA
Phone: (800) 250-6665

service@powertecfitness.com
www.powertecfitness.com

POWERTEC EUROPE
2 rue d'Aquitaine
68390 Sausheim – France

Phone: +33 (0)6 43 592 803
E-Mail: contact@Powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here

