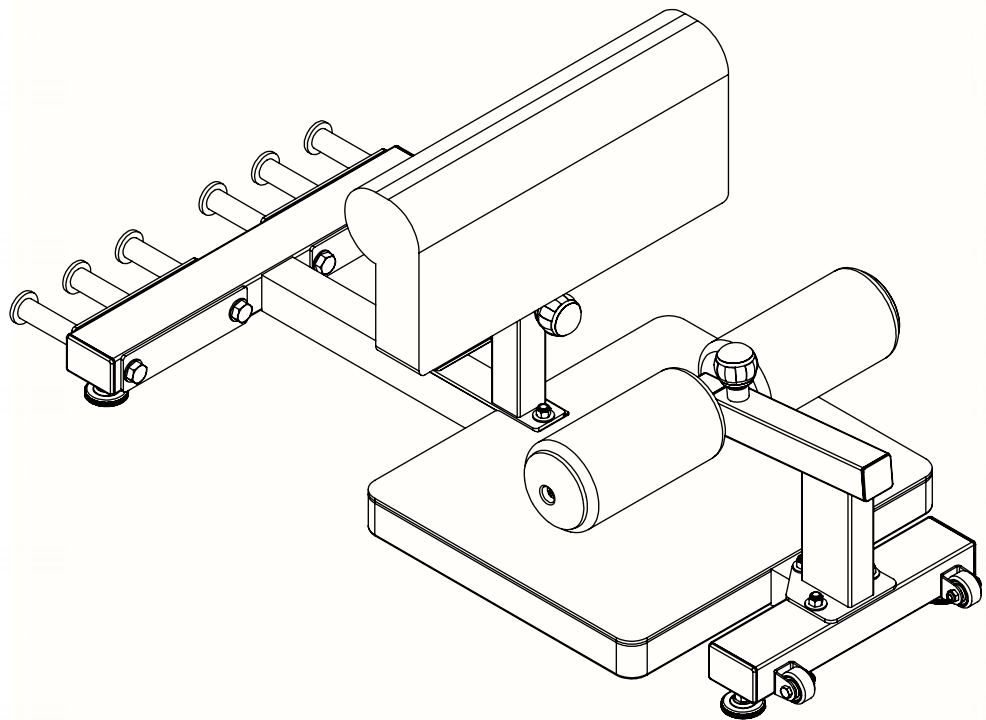




P-SSQ23

Manual



SISSY 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.

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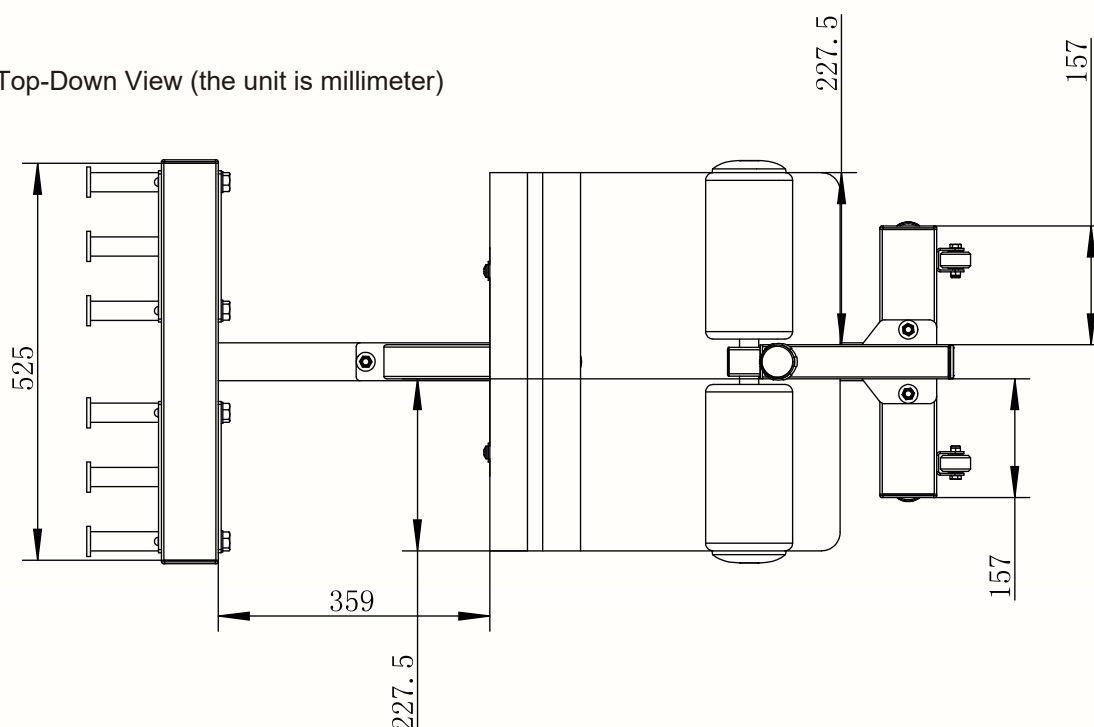
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P-SSQ23 Sissy Squat

Weight Capacities

450 Lbs.

Top-Down View (the unit is millimeter)



SAFETY INSTRUCTIONS, WARNINGS AND CAUTIONS



It is recommended that users of this equipment receive a thorough medical exam before commencing any exercise program. This is especially important if you have never Exercised and or are over the age of 35, are pregnant or suffer from any health issues.

Read All Warnings and Cautions on this Manual and on the Product

This product should only be used after a thorough review of the Owner's Manual.

Keep children away from the product when in use.

Set up and operate the product on a solid level surface.

Do not set up the product on loose rugs or uneven surfaces.

Make sure adequate space is available to exercise and move around the product.

Inspect product before and after each use, inspect for worn out or loose parts, repair or replace as needed.

This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this equipment to perform stretching or body weight exercises as it can result to equipment instability and lead to serious injuries.

Always choose a workout that best fits your needs, physical strength and flexibility Levels, know your limits and your product limits and train within them.

Always wear proper footwear with nonskid rubber soles such, running, walking or Cross training shoes that fit well and provide support.

Do not exercise bare foot or in socks.

Always use common sense when exercising.



MAINTENANCE



The safety and performance of this product can be maintained only if it is examined regularly for damage and normal wear.
Examine the equipment before each use for damage and wear. Replace damaged and worn components immediately or put the equipment out of use until repaired.

Inspect Daily / Before Each Use!

Inspect system. Make sure it is in good condition and operates smoothly.
If you find damage, **DO NOT USE**. Contact your authorized Powertec dealer or Powertec Customer Service Center for assistance.

Inspect Daily / After Each Use!

Clean system with a clean, dry cloth. Use a mild detergent or spray on upholstery.
Do Not use cleansers containing enzymes.

Inspect Weekly!

Clean your system fully with a clean and ammonia based cleaner.
Touch up any scratches with touch-up paint to prevent rust, if necessary.

Inspect Monthly!

Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Powertec Customer Service Immediately.
If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

Our Customer Service Mission:

"Committed to Stronger Lives"

By providing friendly and understanding service.

Tools Required for Assembly



M6 Allen Wrench



8" Adjustable Wrench



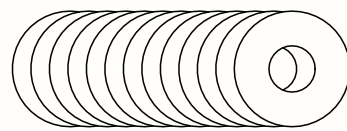
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

Helpful Tips

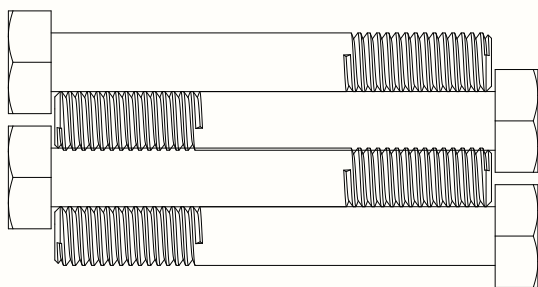
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows for easier access.
- **Insert all bolts in the same direction.** For aesthetic purposes, insert all the bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as bolts, nuts, and screws), so the unit is stable, but leave room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

HARDWARE LIST

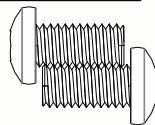
P-SSQ23 HARDWARE PACK(1-1)



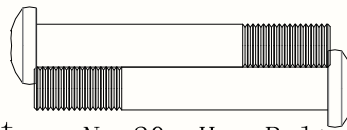
No. 16 Washer, 3/8" (13pcs)



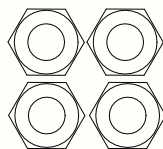
No. 18 Hex Bolt 1/2" x 3-3/4" (4PCS)



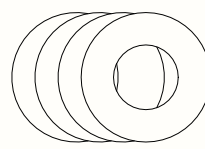
No. 13 Hex Bolt
3/8" x 3/4" (2pcs)



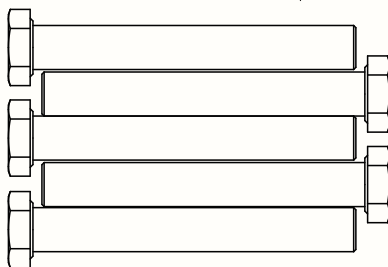
No. 20 Hex Bolt
3/8" x 2-3/4" (2pcs)



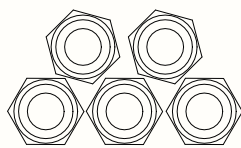
No. 17 Hexagon nut
M10 (4PCS)



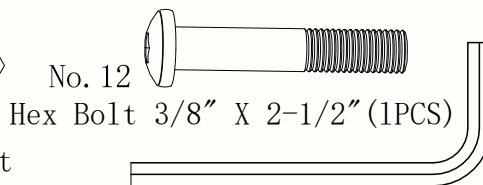
No. 15 Washer,
1/2" (4pcs)



No. 19 Hex Bolt
3/8" x 2-3/4" (5PCS)



No. 14 Nylon Nut
3/8" 11T (5pcs)



No. 12 Hex Bolt 3/8" x 2-1/2" (1PCS)

Hex Key S=5 (pcs1)



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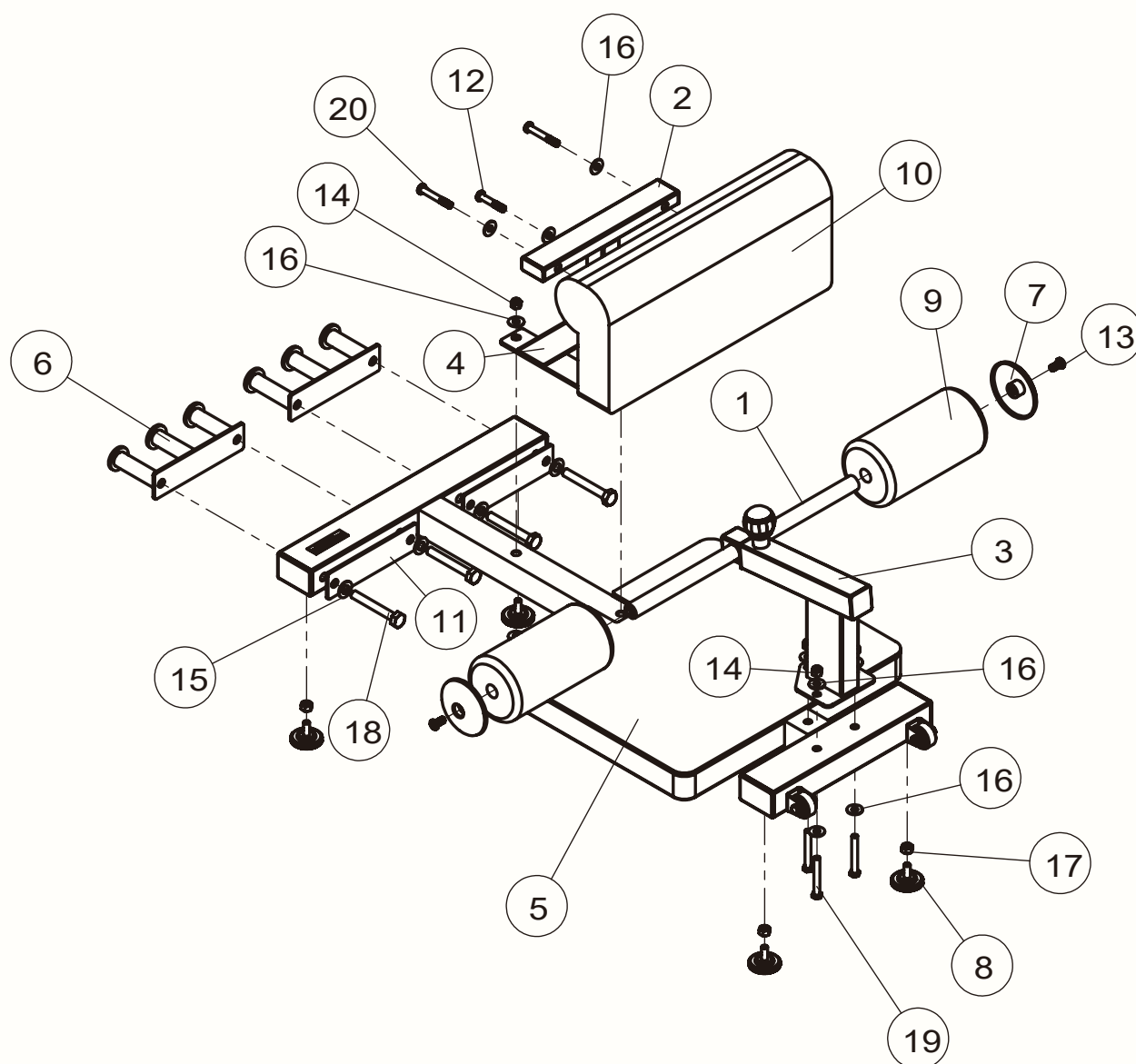
Part No.	Description	Qty
1	Calf Adjustment Frame	1
2	Pad Adjustment Frame	1
3	Calf Support Frame	1
4	Pad Support Frame	1
5	Base Frame	1
6	Peg	2
7	Round Outer End Cap	2
8	Adjusted Foot Pad	4
9	Foam Roller	2
10	Pad	1
11	Peg Connection Plate	2
12	Hex Bolt 3/8" x 2"-1/2"	1
13	Hex Bolt 3/8" x 3/4"	2
14	Nylon Nut 3/8" 11T	5
15	Washer 1/2"	4
16	Washer 3/8"	13
17	Hexagon Nut M10	4
18	Hex Bolt 1/2" x 3-3/4"	4
19	Hex Bolt 3/8" x 2-3/4"	5
20	Hex Bolt 3/8" x 2 3/4"	2

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EXPLODED DIAGRAM

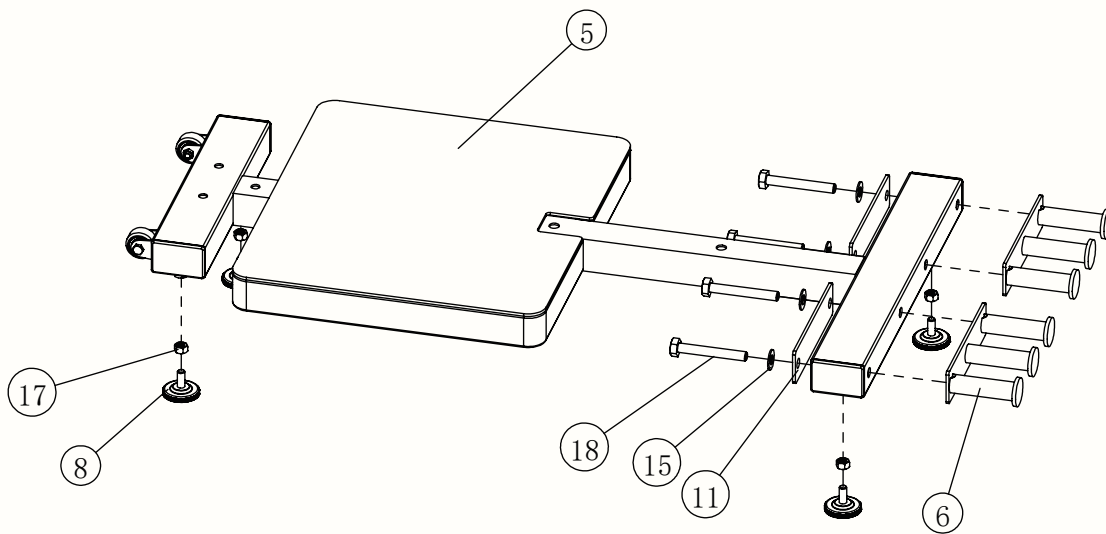

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SISSY SQUAT

ASSEMBLY ONE



Step 1

Install Hexagon Nut M10 No. 17 onto Adjusted Foot Pad No. 8, then lock them on Base Frame No. 5, after leveling, lock with Hexagon Nut M10 No. 17

Step 2

Install Peg No. 6, Peg Connection Plate No. 11 to Base Frame No. 5, using Hex Bolt 1/2" x 3-3/4" No. 18 and Washer 1/2" No. 15

Step 3

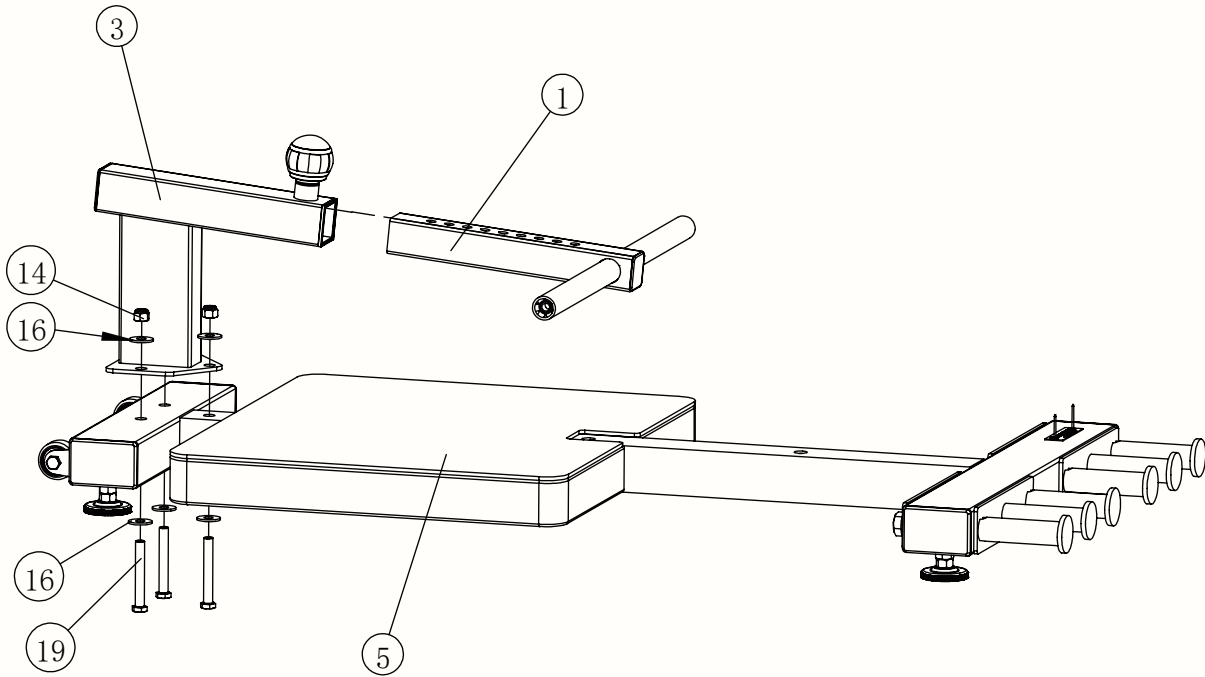
Fully Tighten Assembly One.

Important note:

Please use a level on the platform for leveling (Level not included).

ASSEMBLY TWO

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Step 1

Install Calf Support Frame No. 3 to Base Frame No. 5, using Hex Bolt 3/8" x 2-3/4" No. 19, Washer 3/8" No. 16 and Nylon Nut 3/8" 11T No. 14

Step 2

Install Calf Adjustment Frame No.1 to Calf Support Frame No. 3, adjust the position and lock with the Pin.

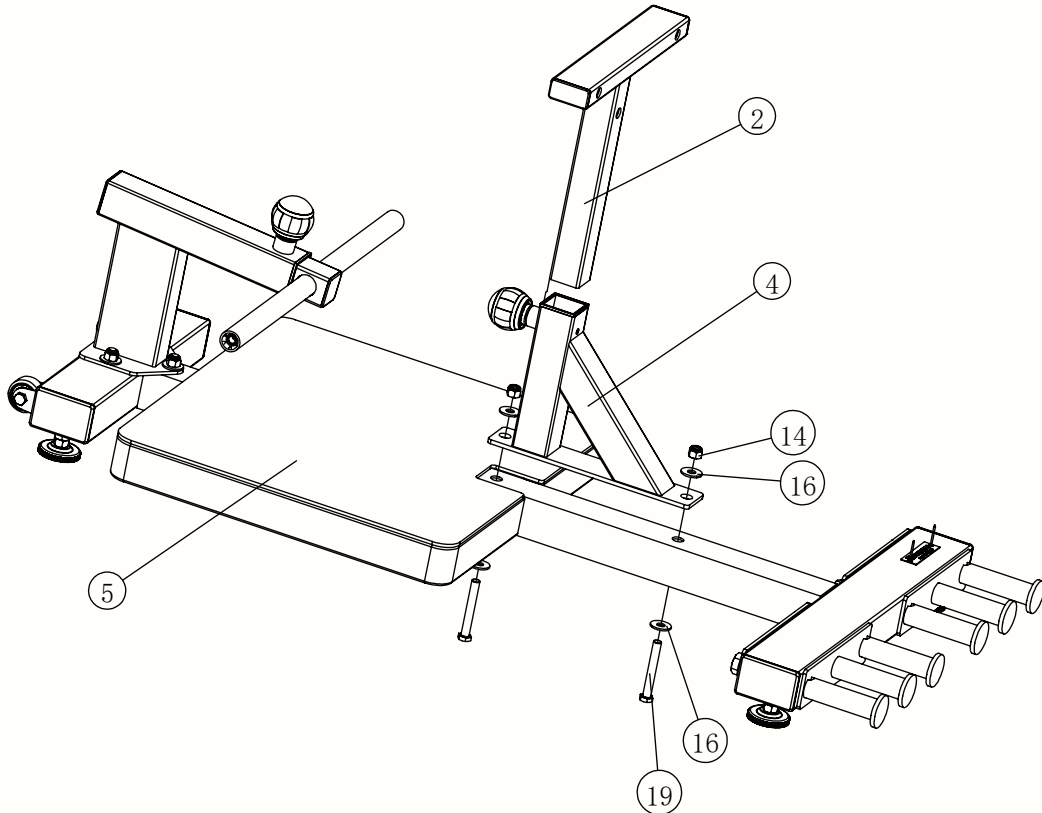
Important note:

Do Not Fully Tighten Until Assembly 3 Has Been Finished.

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SISSY SQUAT

ASSEMBLY THREE

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Step 1

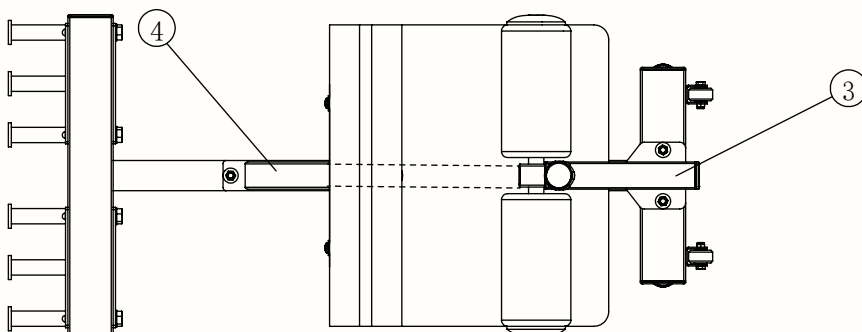
Install Pad Support Frame No. 4 to Base Frame No. 5, using Hex Bolt 3/8" x 2-3/4" No. 19, Washer 3/8" No. 16 and Nylon Nut 3/8" 11T No. 14

Step 2

Install Pad Adjustment Frame No. 2 to Pad Support Frame No. 4, adjust the position and lock with the Pin. Fully Tighten Assembly 2 and Assembly 3.

Important note:

Ensure that Part No. 3 from Assembly Two aligns with Part No. 4 from Assembly Three.

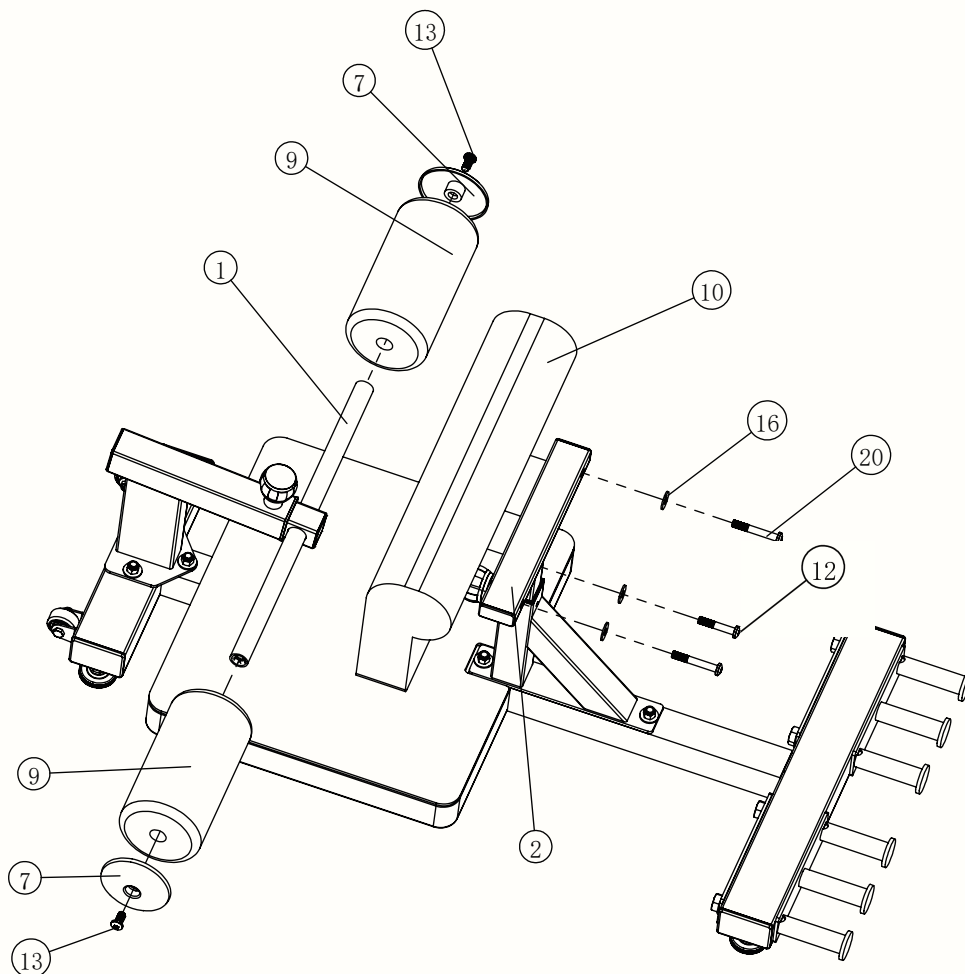


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ASSEMBLY FOUR

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Step 1

Install Round Outer End Cap No. 7, Foam Roller No. 9 to Calf Adjustment Frame No. 1, using Hex Bolt 3/8" x 3/4" No. 13. Lock the other end in the same way.

Step 2

Install Pad No. 10 to Pad Adjustment Frame No. 2, using Hex Bolt 3/8" x 2-3/4" No. 20 and Washer 3/8" No. 16 On top and repeat step on opposite side. Use Hex Bolt 3/8" x 2 1/2" No. 12 and Washer 3/8" No. 16 for the bottom opening.

Caution:

Only use P-SSQ on a stable, level floor. Before use, ensure that Adjusted Foot Pad No. 8 are locked on a leveled reading (level not included).

Although the pull pin is spring loaded, it is nevertheless mandatory that the pull pin be tightened firmly into Calf Adj Frame No. 1 and Pad Adj Frame No. 2 before use.

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SISSY 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@powertecfitness.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



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68390 Sausheim – France

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E-Mail: contact@Powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here

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