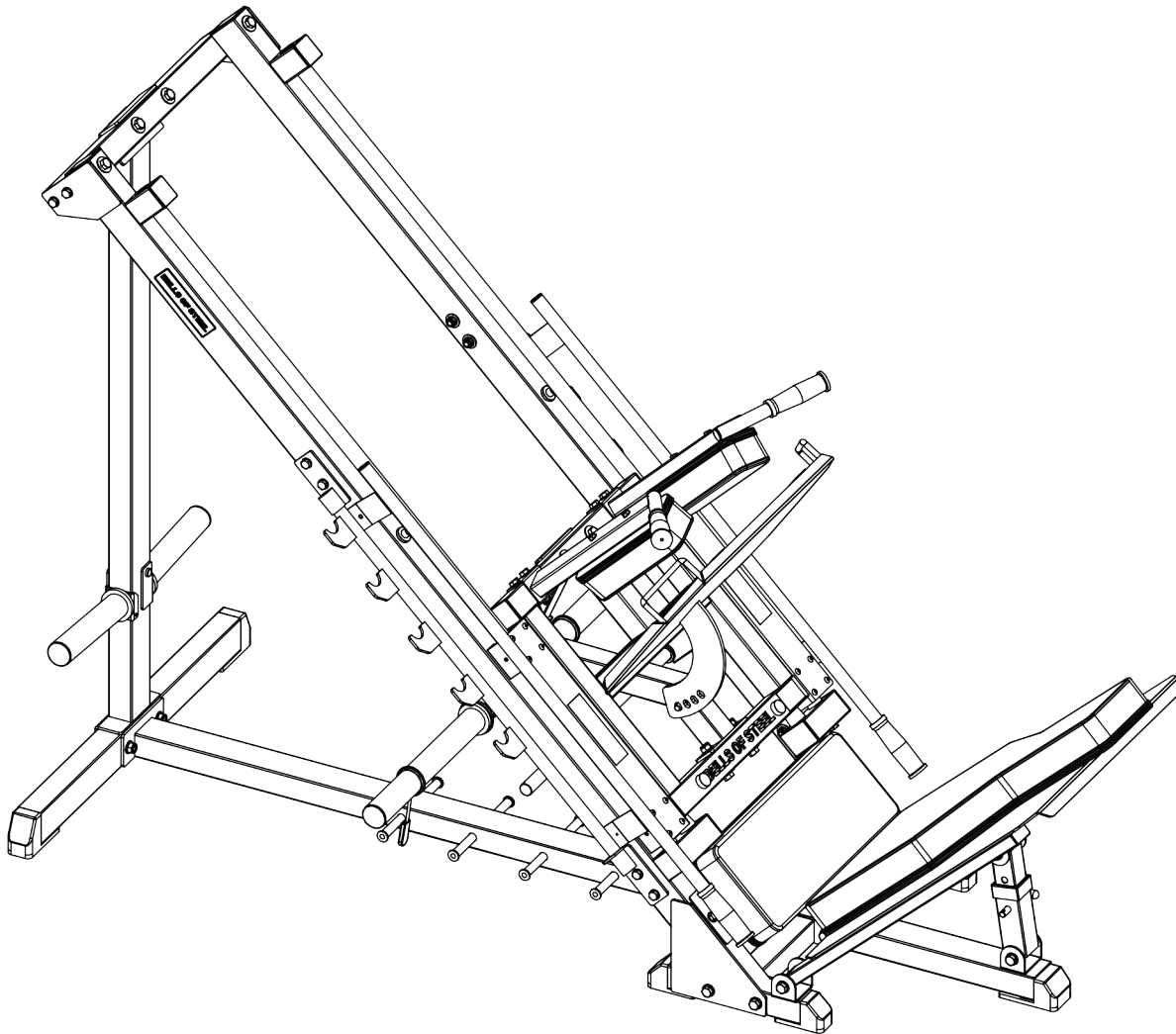




LEG PRESS / HACK SQUAT
SKU: LPHSQ-MA
PO:



ASSEMBLY INSTRUCTIONS



BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

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BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



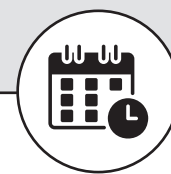
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Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



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BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

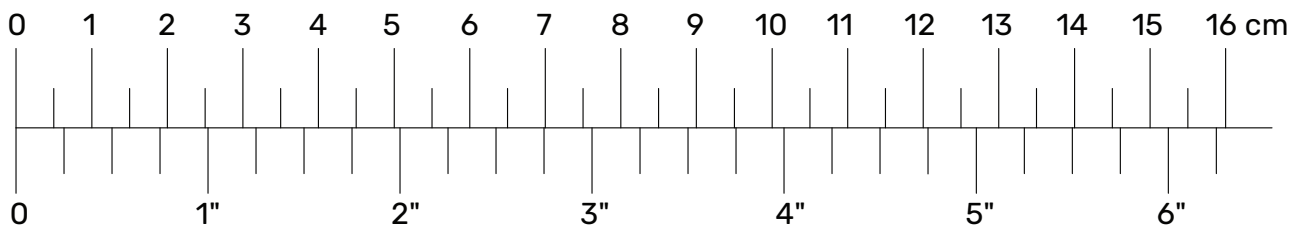
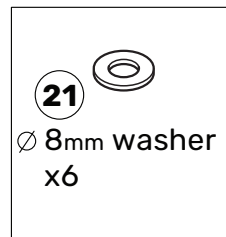
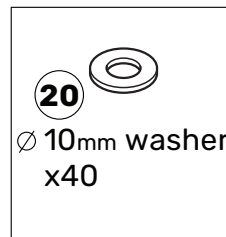
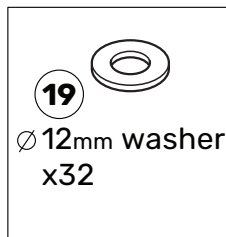
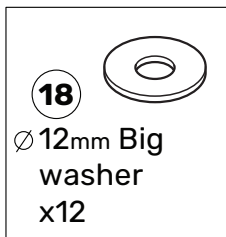
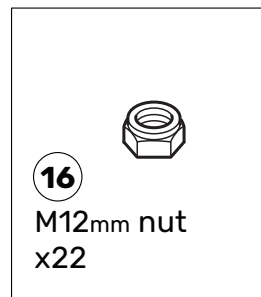
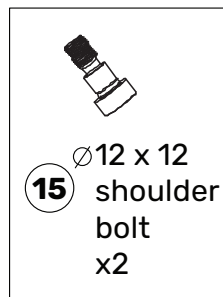
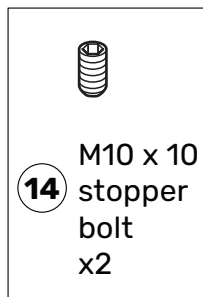
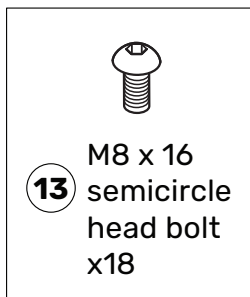
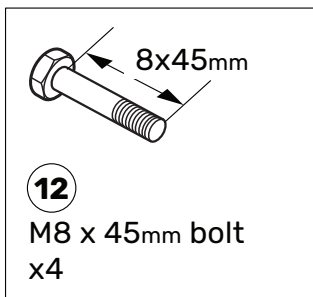
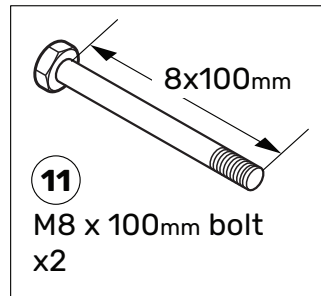
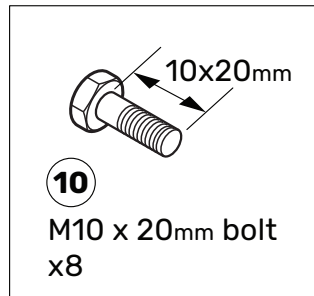
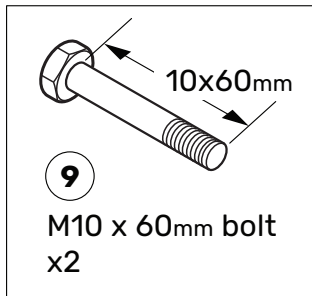
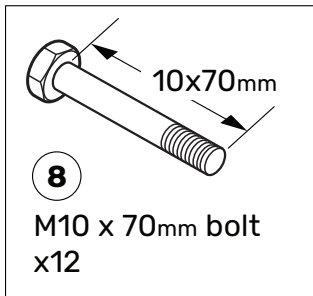
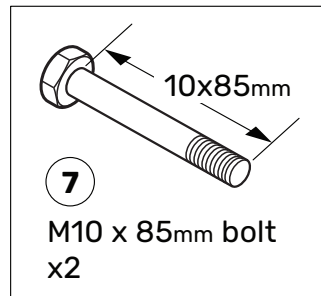
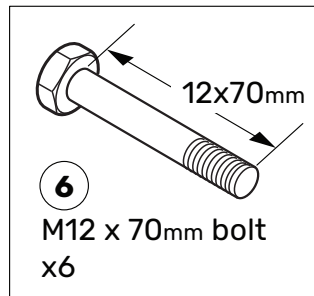
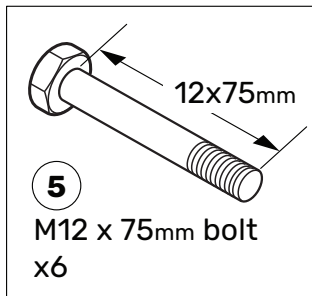
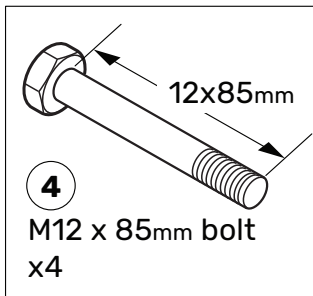
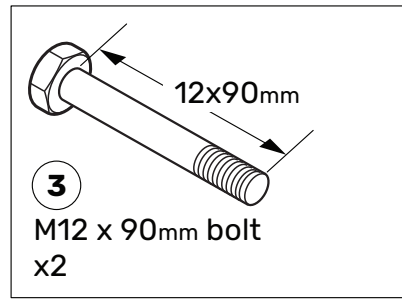
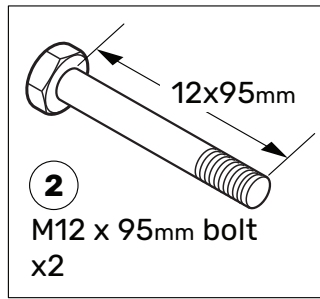
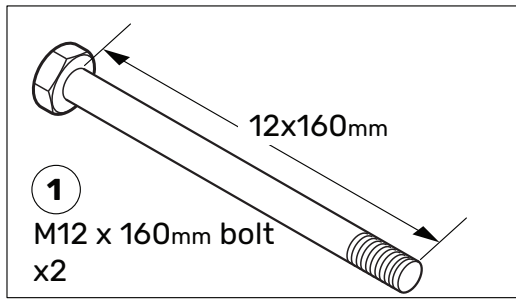
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

LET THE GAINZ BEGIN




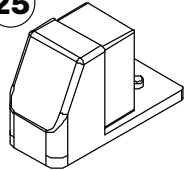
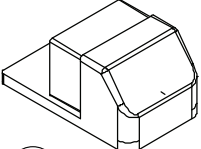
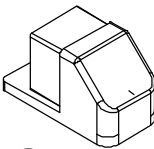

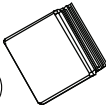
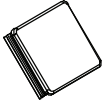



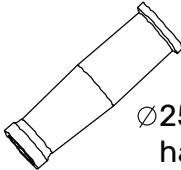
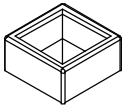



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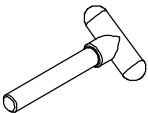
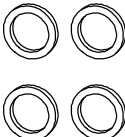
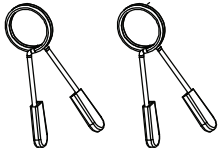
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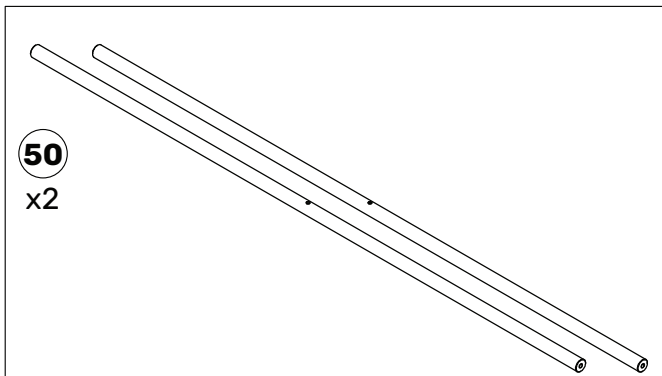
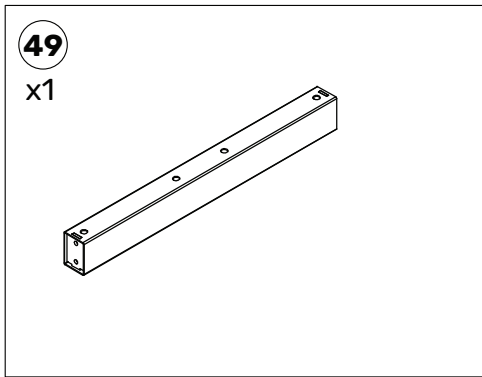
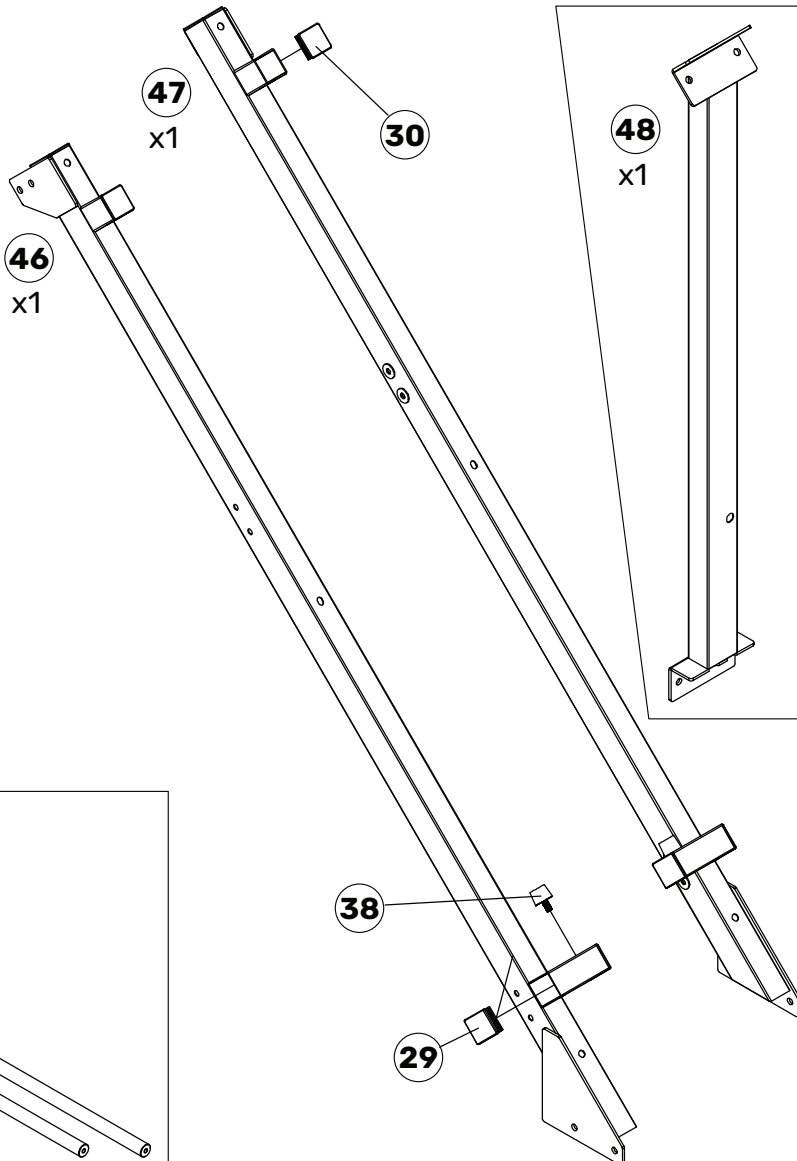
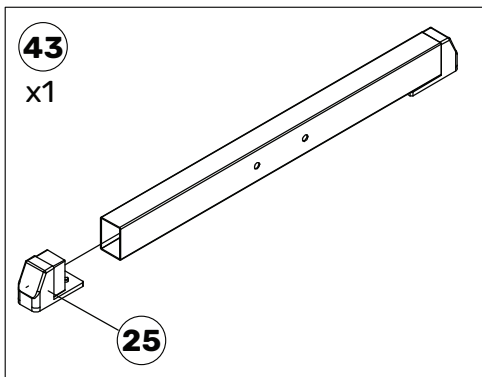
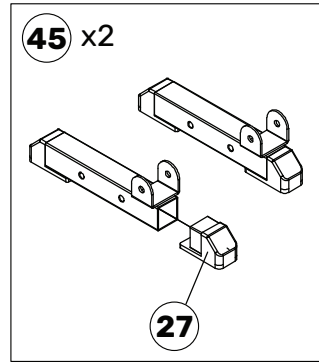
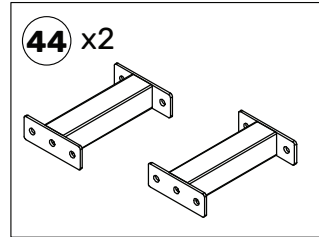
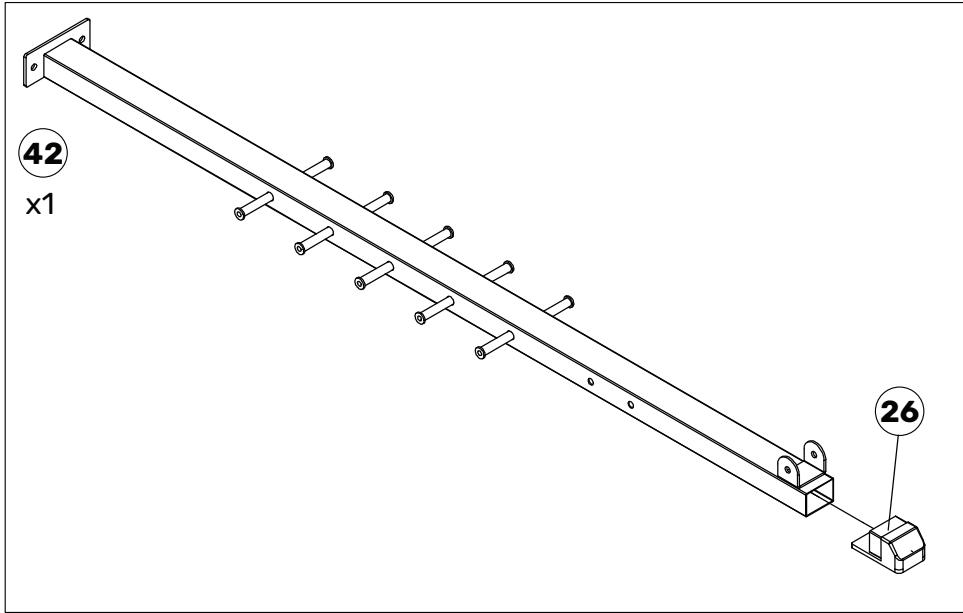
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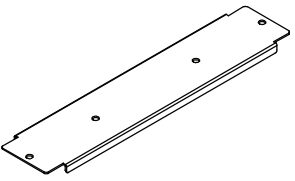
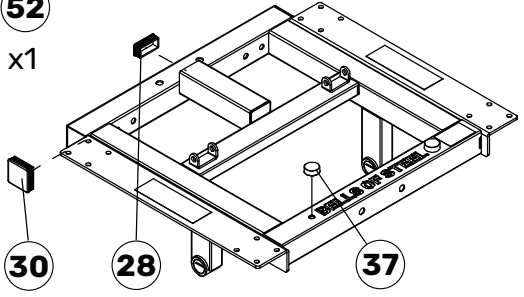
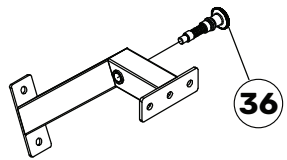
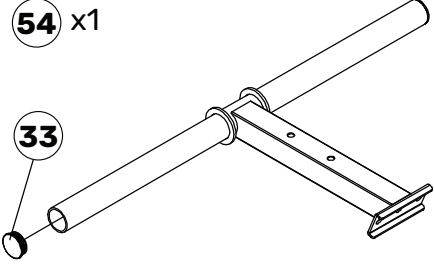
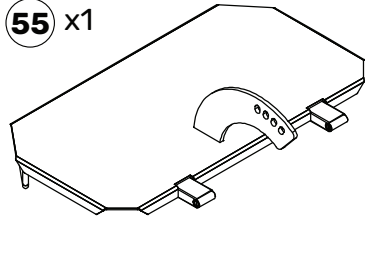
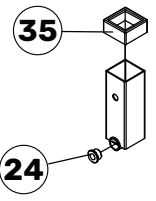
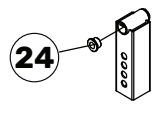
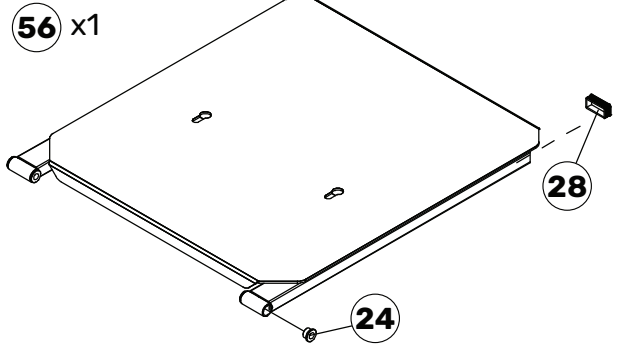
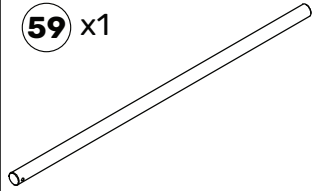
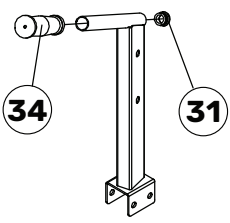
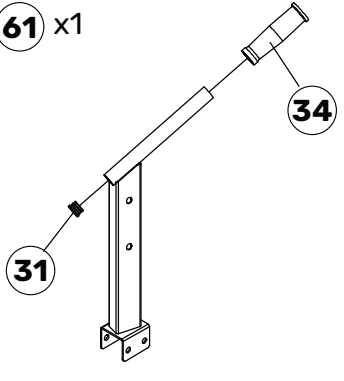
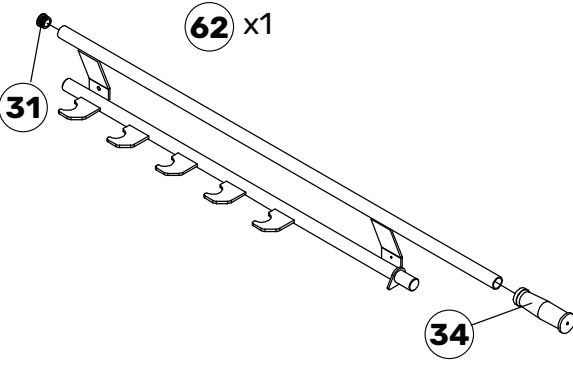
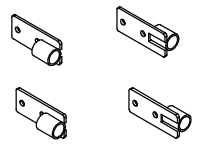
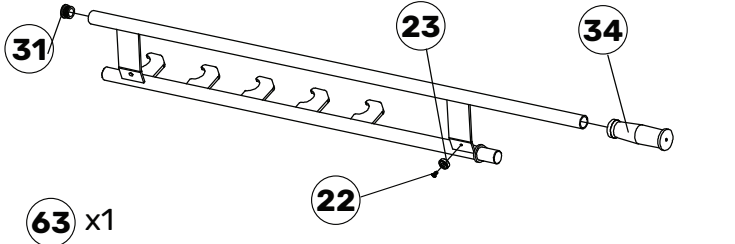
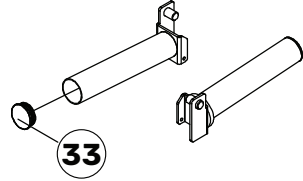
<p>22</p>  <p>M4 x 8 countersunk bolt x2</p>	<p>23</p>  <p>Ø 20 x 6 magnetic x2</p>	<p>24</p>  <p>Ø12-19-24 podwer bearing x8</p>	<p>25</p>  <p>7050 foot cover x2</p>	
<p>26</p>  <p>5070 foot cover x1</p>	<p>27</p>  <p>50 foot cover x4</p>	<p>28</p>  <p>2550 tube plug x4</p>	<p>29</p>  <p>5070 tube plug x6</p>	<p>30</p>  <p>50 tube plug x4</p>
<p>31</p>  <p>Ø25 tube plug x4</p>	<p>32</p>  <p>Ø45 tube plug x2</p>	<p>33</p>  <p>Ø48 tube plug x2</p>	<p>34</p>  <p>Ø25 handle x4</p>	<p>35</p>  <p>5045 tube bushing x1</p>
<p>36</p>  <p>M20-56 popper pin x1</p>	<p>37</p>  <p>Ø25 rubber pad x2</p>	<p>38</p>  <p>Ø30-30 rubber pad x2</p>		

<p>39 Ø 12 x 65 T-shaped pin X1</p> 	<p>40 Ø 48 x 65 x 8 rubber washer X4</p> 	<p>41 Ø 48 spring clip X2</p> 
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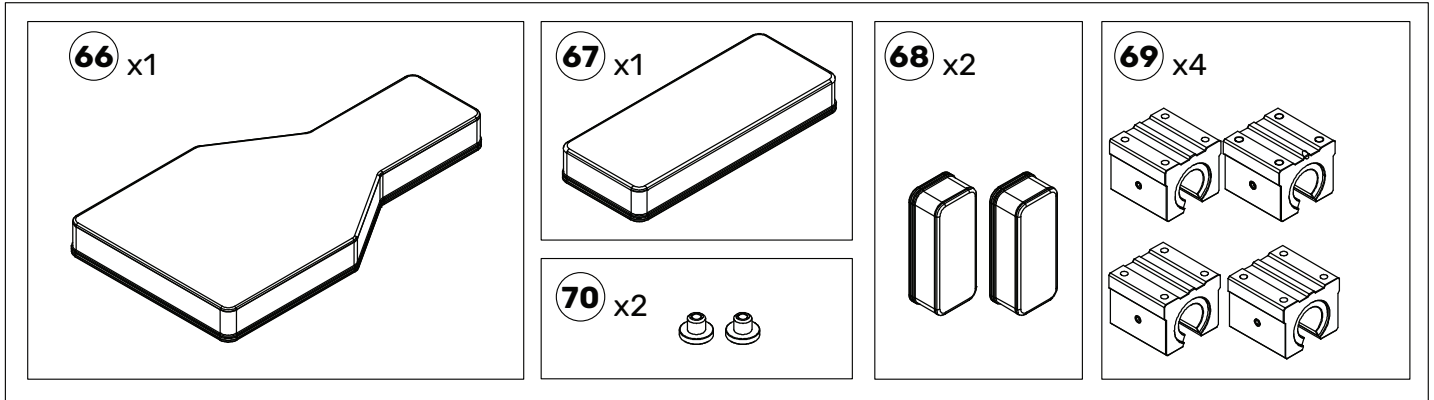
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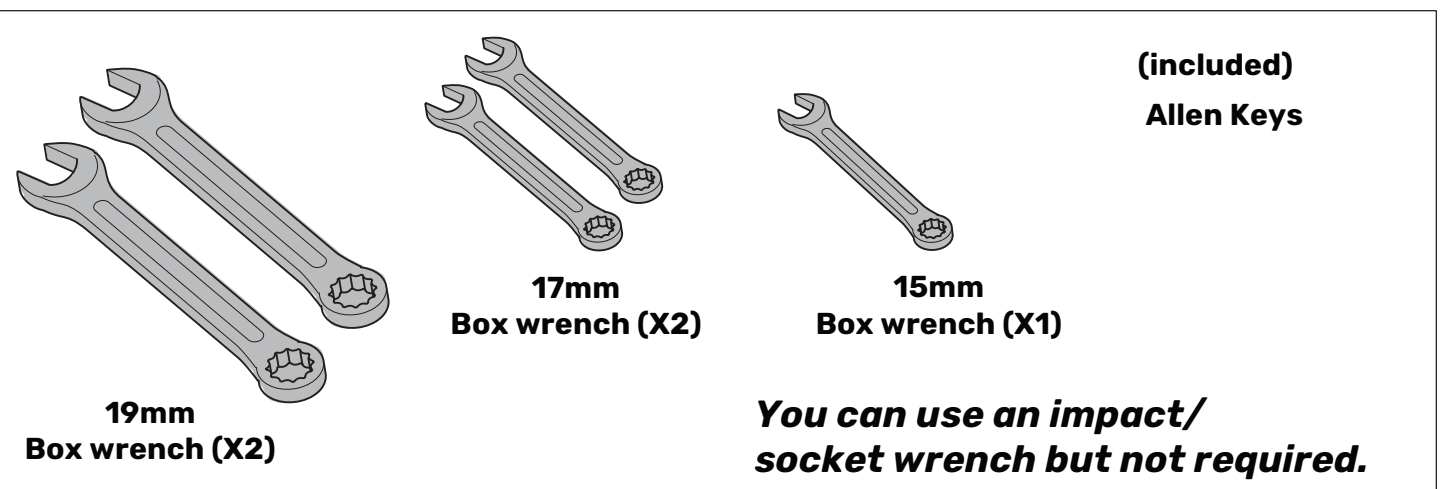
PARTS LIST

<p>51 x1</p> 	<p>52 x1</p> 	<p>53 x1</p> 	
<p>54 x1</p> <p>33</p> 	<p>55 x1</p> 	<p>57 x1</p> <p>35</p> <p>24</p> 	<p>58 x1</p> <p>24</p> 
<p>56 x1</p> <p>28</p> <p>24</p> 	<p>59 x1</p> 	<p>60 x1</p> <p>34</p> <p>31</p> 	
<p>61 x1</p> <p>34</p> <p>31</p> 	<p>62 x1</p> <p>31</p> <p>34</p> 	<p>65 x4</p> 	
<p>63 x1</p> <p>22</p> <p>23</p> <p>34</p> <p>31</p> 	<p>64 x2</p> <p>33</p> 		

PARTS LIST



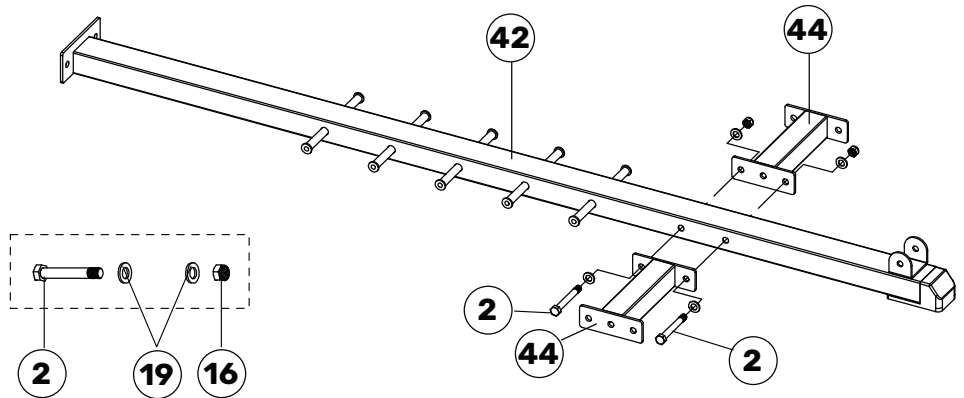
TOOLS REQUIRED



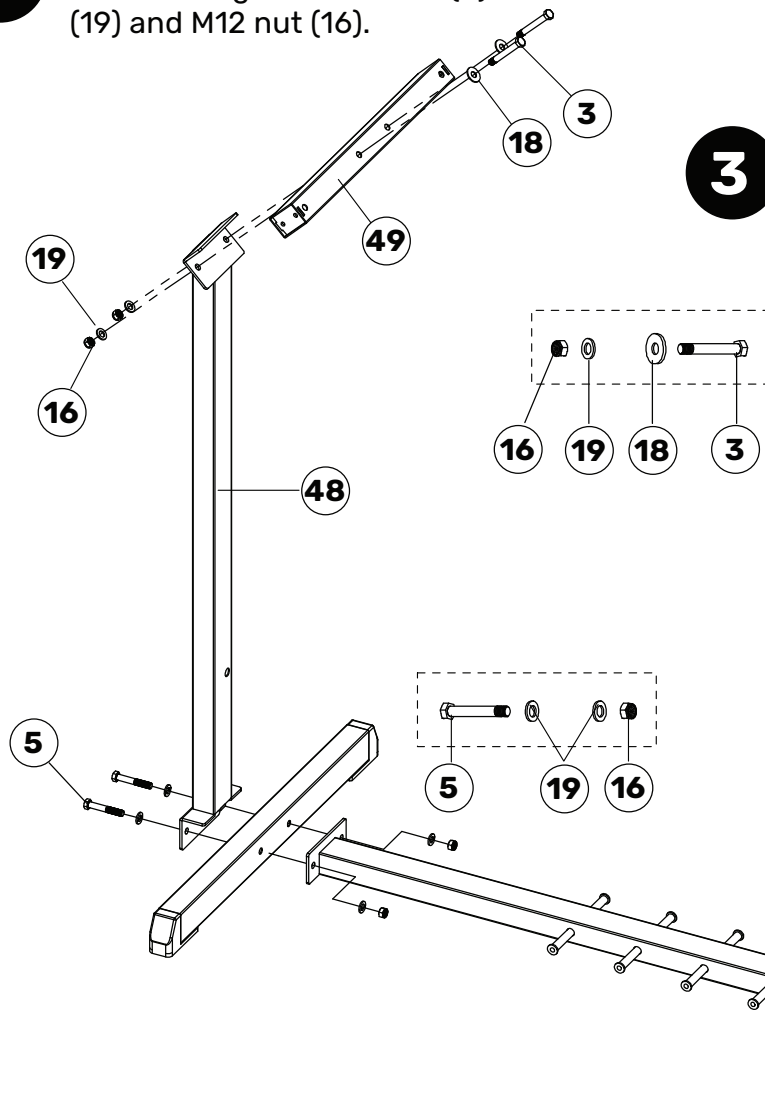
ASSEMBLY

Pro tips: For easier assembly, group the hardware together for each step. Group the bolts, washers and nuts according to sizes.

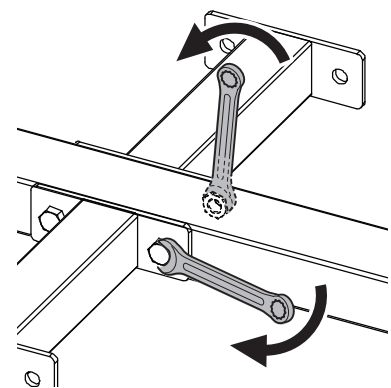
- 1** Attach (44) to (42) using M12 x 95 bolt (2), M12 washers (19) and M12 nut (16). Both sides.



- 2** Attach (48) to base you assembled in step 1 and fix using M12 x 75 bolt (5), M12 washers (19) and M12 nut (16).



- 3** Attach (49) fix using M12 x 90 bolt (3), M12 washers (19) and M12 nut (16).



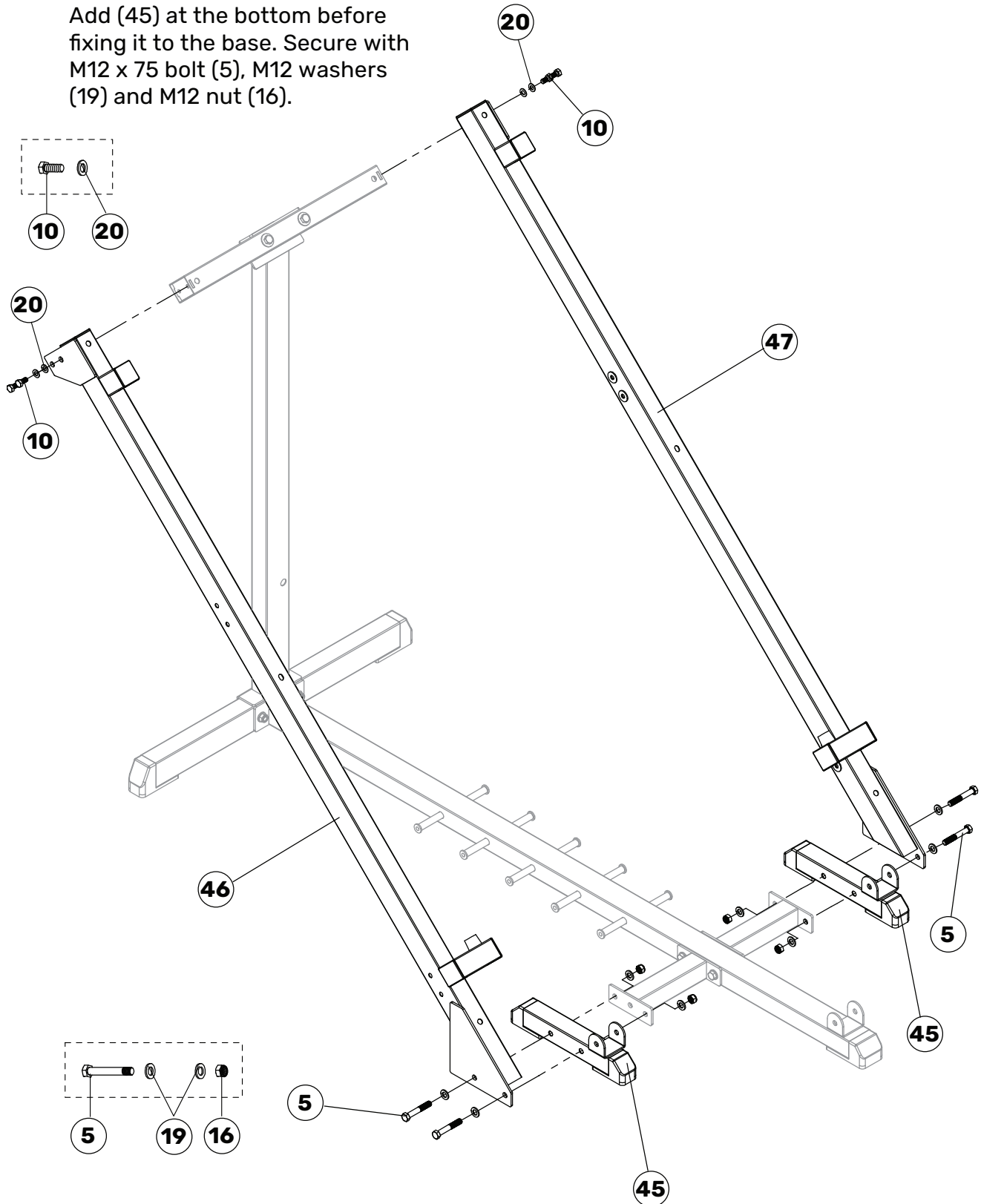
Tighten bolt and nut as shown.

ASSEMBLY

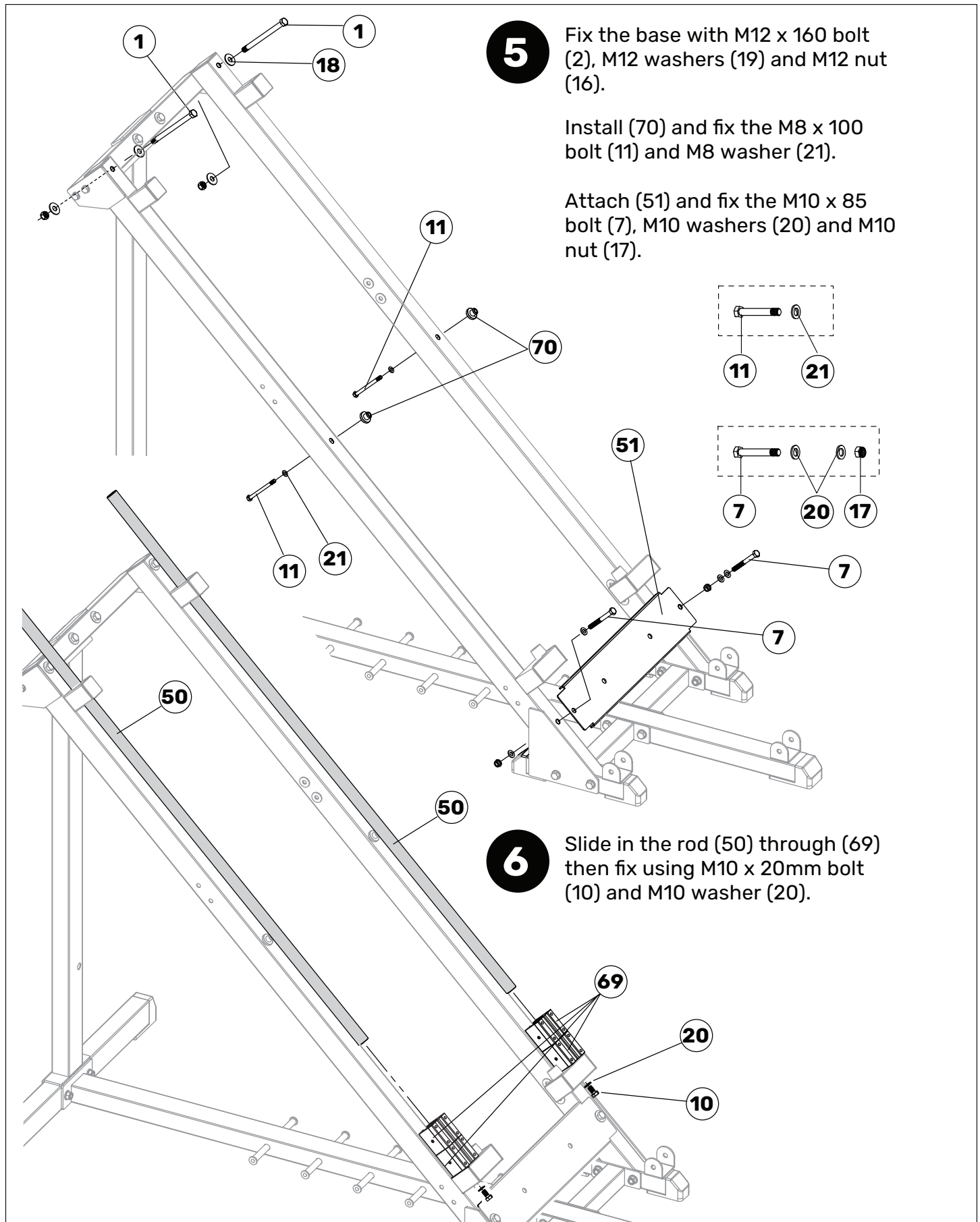
4

Attach (46) and (47) on both sides. Fix the top with M10 x 20 bolt (10), M10 washers (20).

Add (45) at the bottom before fixing it to the base. Secure with M12 x 75 bolt (5), M12 washers (19) and M12 nut (16).



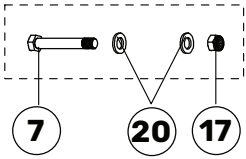
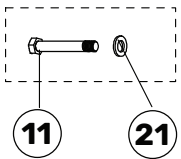
ASSEMBLY



5 Fix the base with M12 x 160 bolt (2), M12 washers (19) and M12 nut (16).

Install (70) and fix the M8 x 100 bolt (11) and M8 washer (21).

Attach (51) and fix the M10 x 85 bolt (7), M10 washers (20) and M10 nut (17).

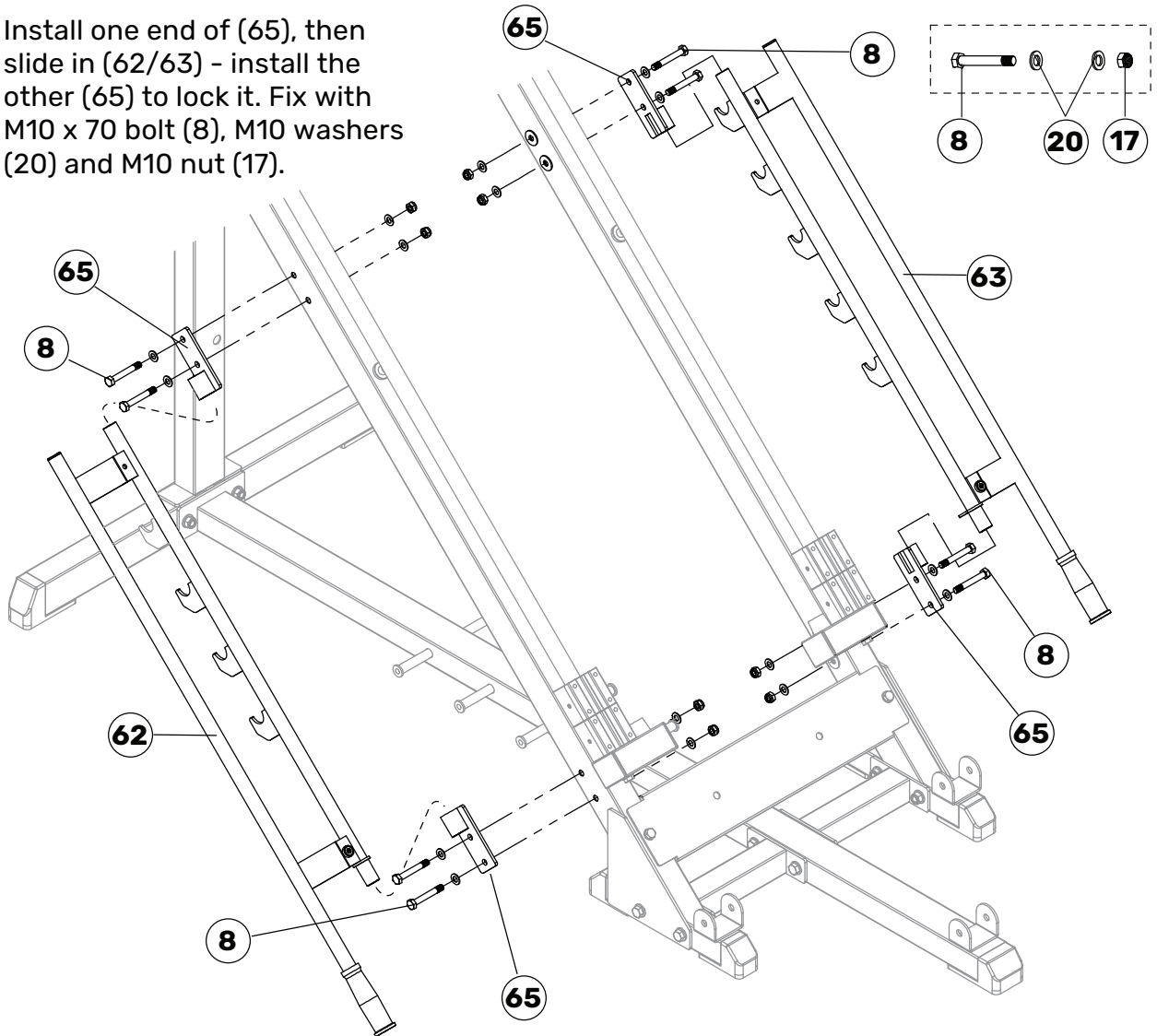


6 Slide in the rod (50) through (69) then fix using M10 x 20mm bolt (10) and M10 washer (20).

ASSEMBLY

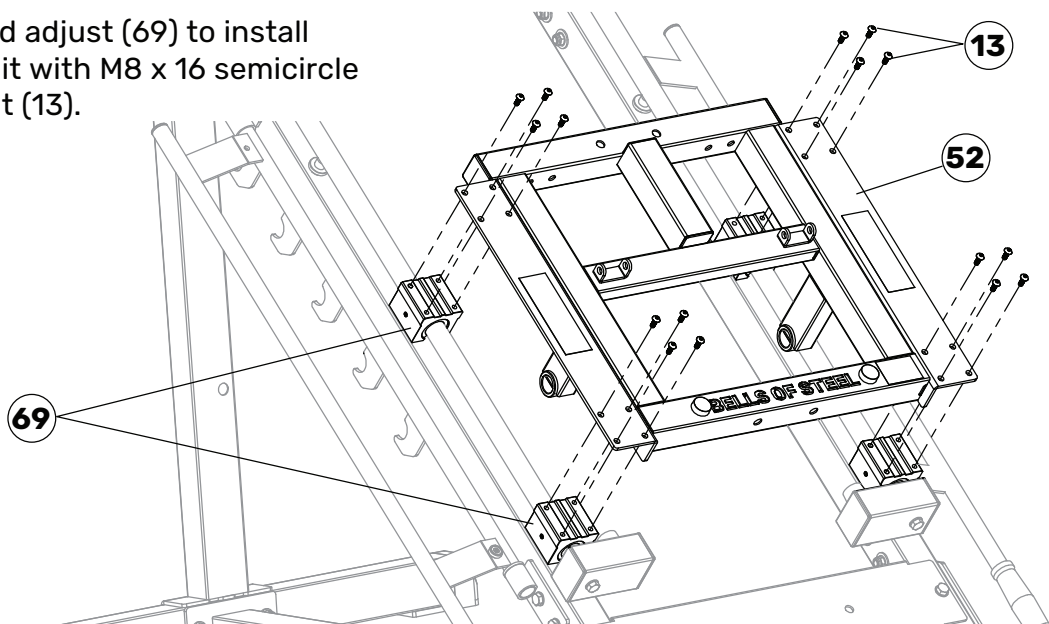
7

Install one end of (65), then slide in (62/63) - install the other (65) to lock it. Fix with M10 x 70 bolt (8), M10 washers (20) and M10 nut (17).



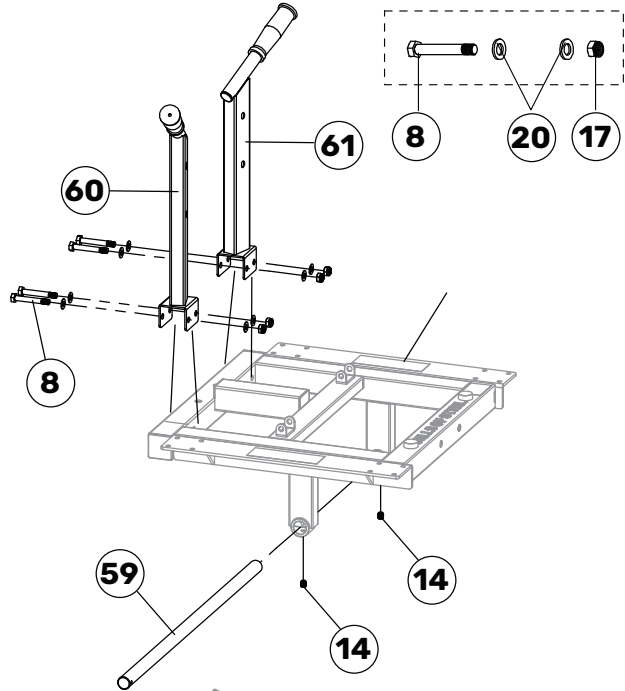
8

Move and adjust (69) to install (52). Fix it with M8 x 16 semicircle head bolt (13).

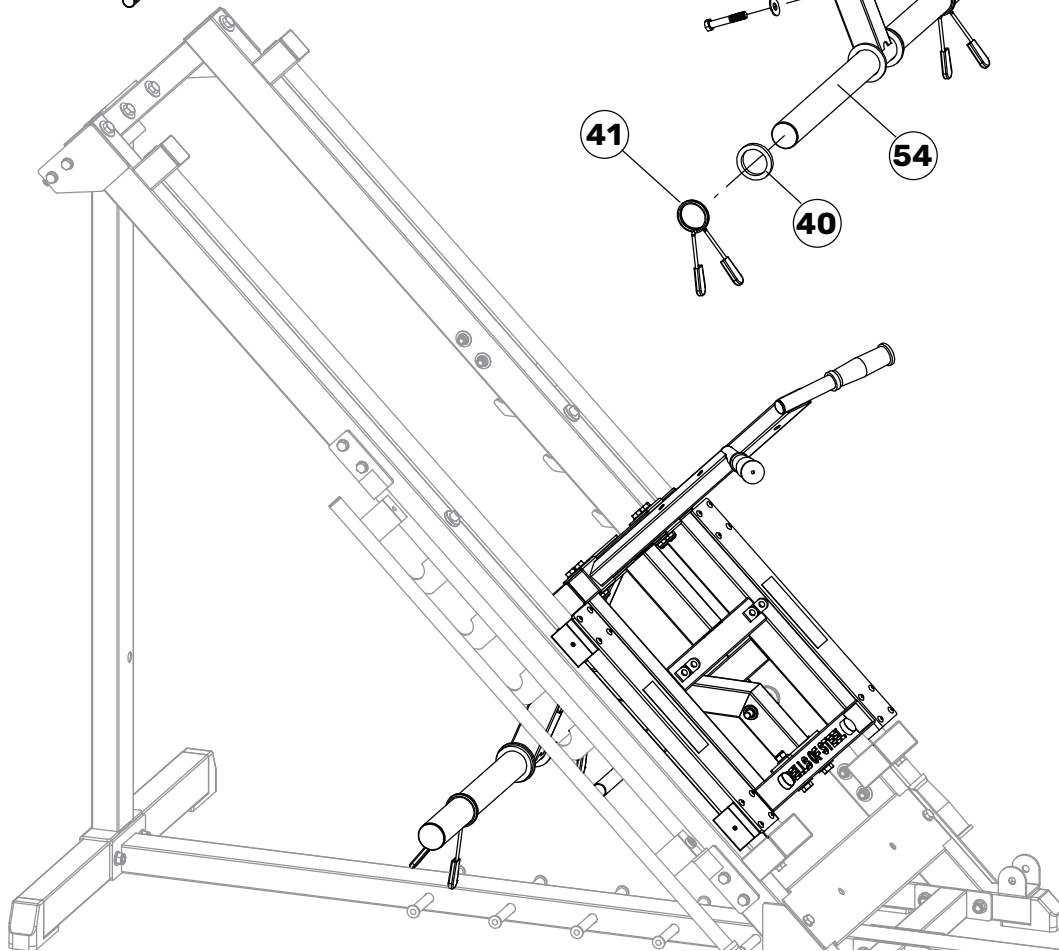
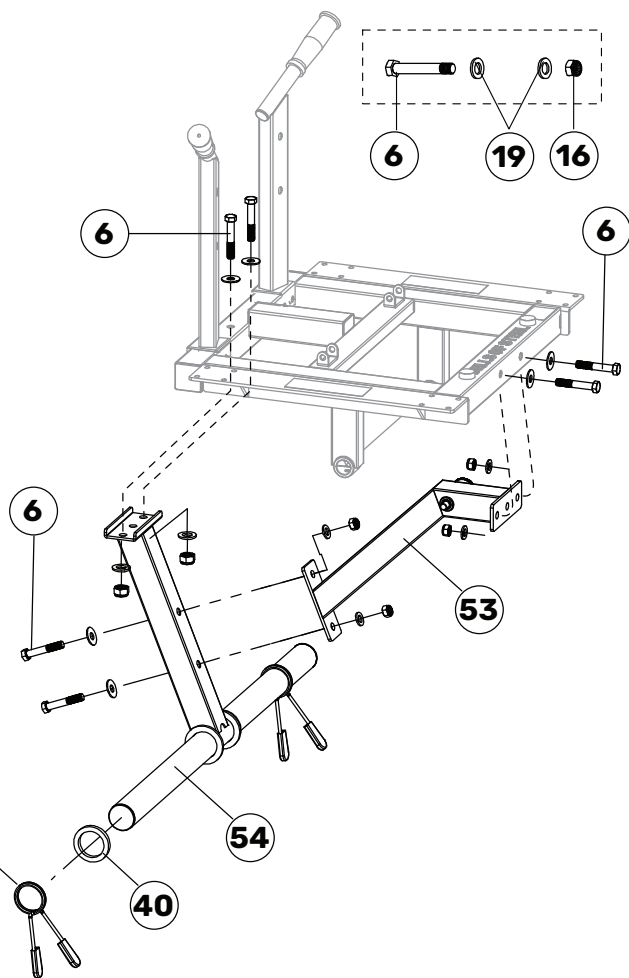


ASSEMBLY

- 9** Slide (59) to (52) and lock it with (14). Install (60) and (61) and fix with M10 x 70 bolt (8), M10 washers (20) and M10 nut (17).



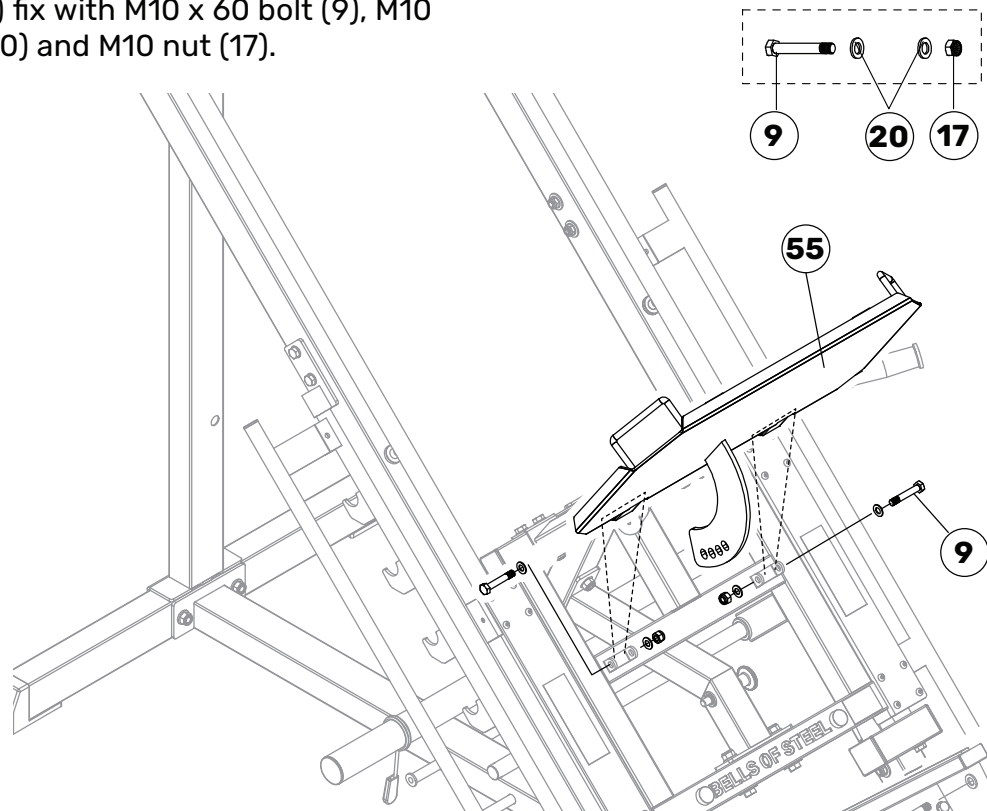
- 10** Assemble (54), (40) and (41) and fix it to the base with M12 x 70 bolt (6), M12 washers (19) and M10 nut (16).



ASSEMBLY

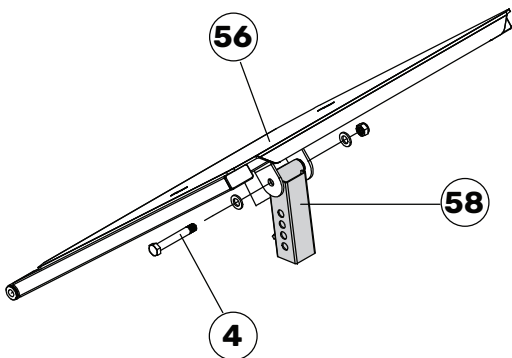
11

Attach (55) fix with M10 x 60 bolt (9), M10 washers (20) and M10 nut (17).



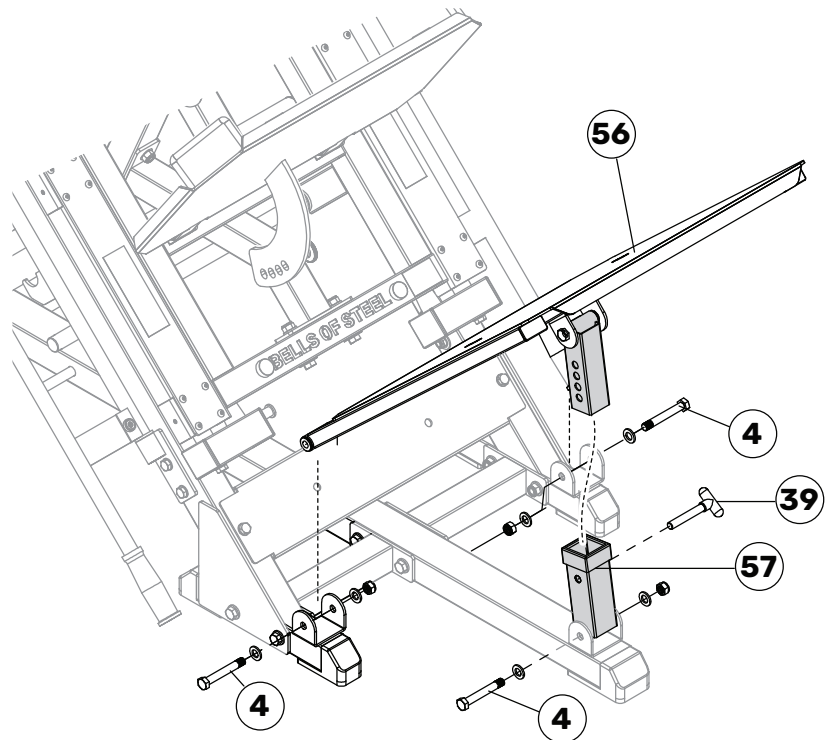
12

Assemble (56) and (58), fix with M12 x 85 bolt (4), M12 washers (19) and M12 nut (16). Do not overtighten.



13

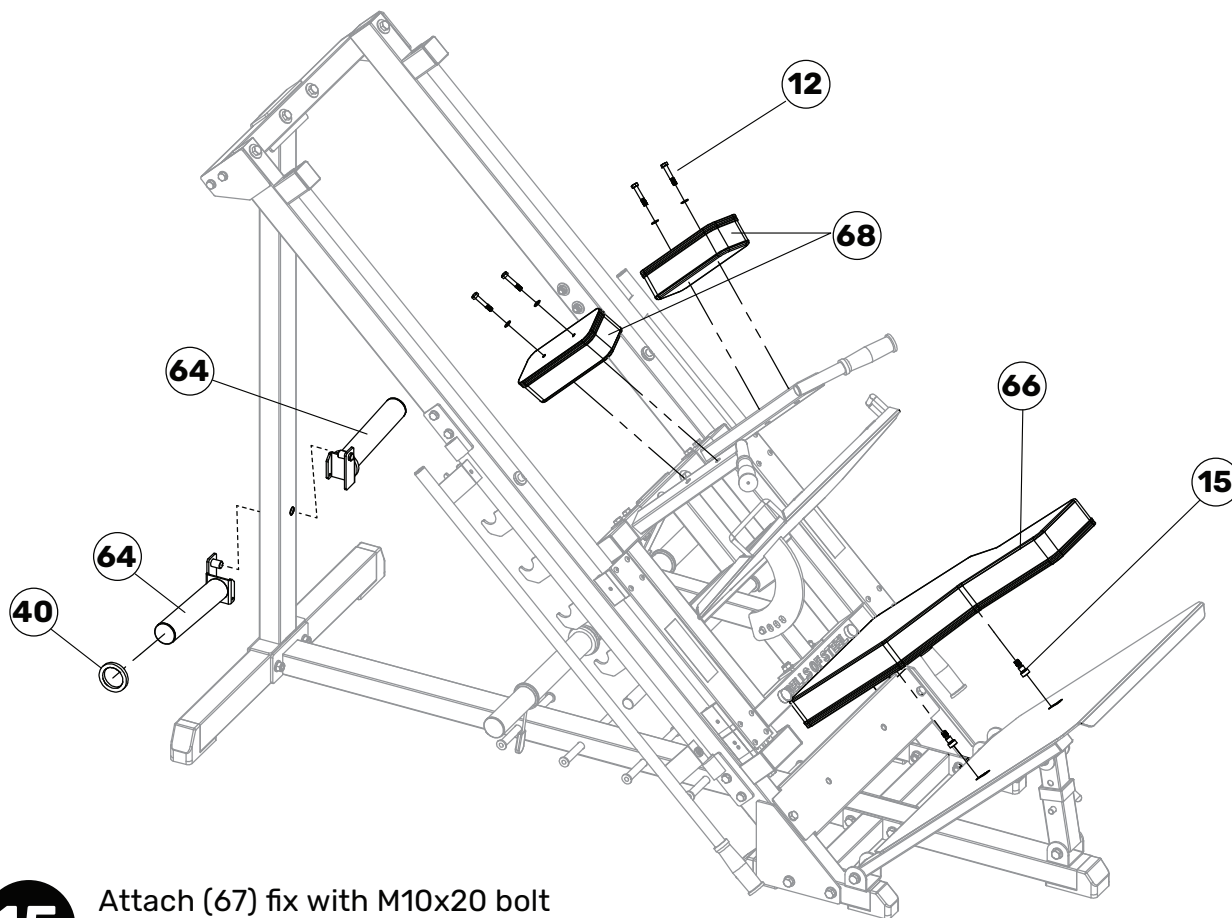
Install (56), fix with M12 x 85 bolt (4), M12 washers (19) and M12 nut (16).



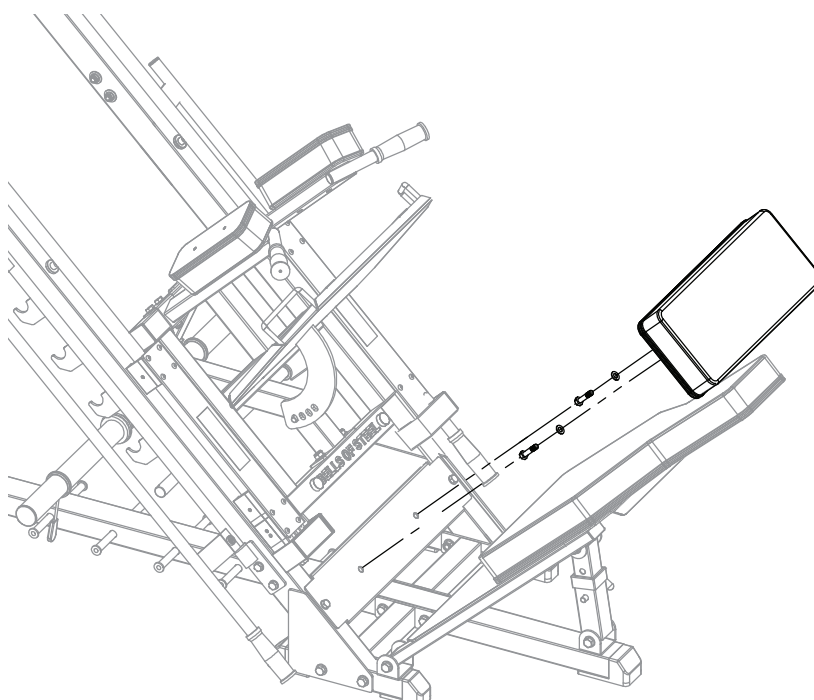
ASSEMBLY

14 Attach (64) with (40). Install (68) and fix with M8x45 bolt (12) and M8 washer (21).

Attach (66) fix with 12 x 12 shoulder bolt (15).



15 Attach (67) fix with M10x20 bolt (10) and M10 washer (20).



YOU'RE FINISHED!

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