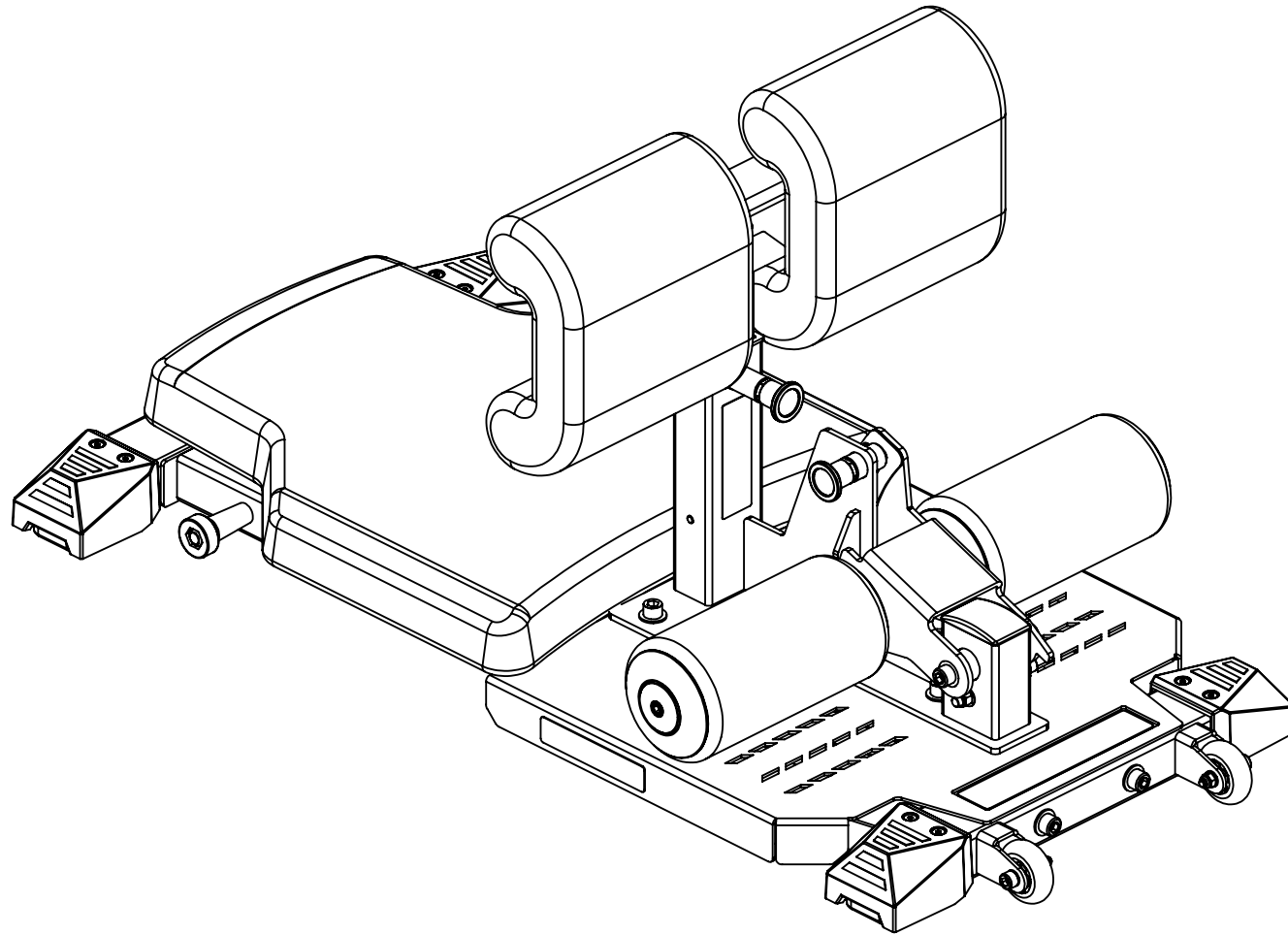


SISSY SQUAT AND FLOOR GLUTE HAM RAISE ASSEMBLY GUIDE

VERSION: XSSGHR

PART: 5919501-C

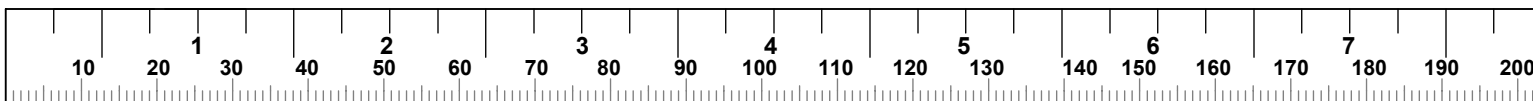


TORQUE USA

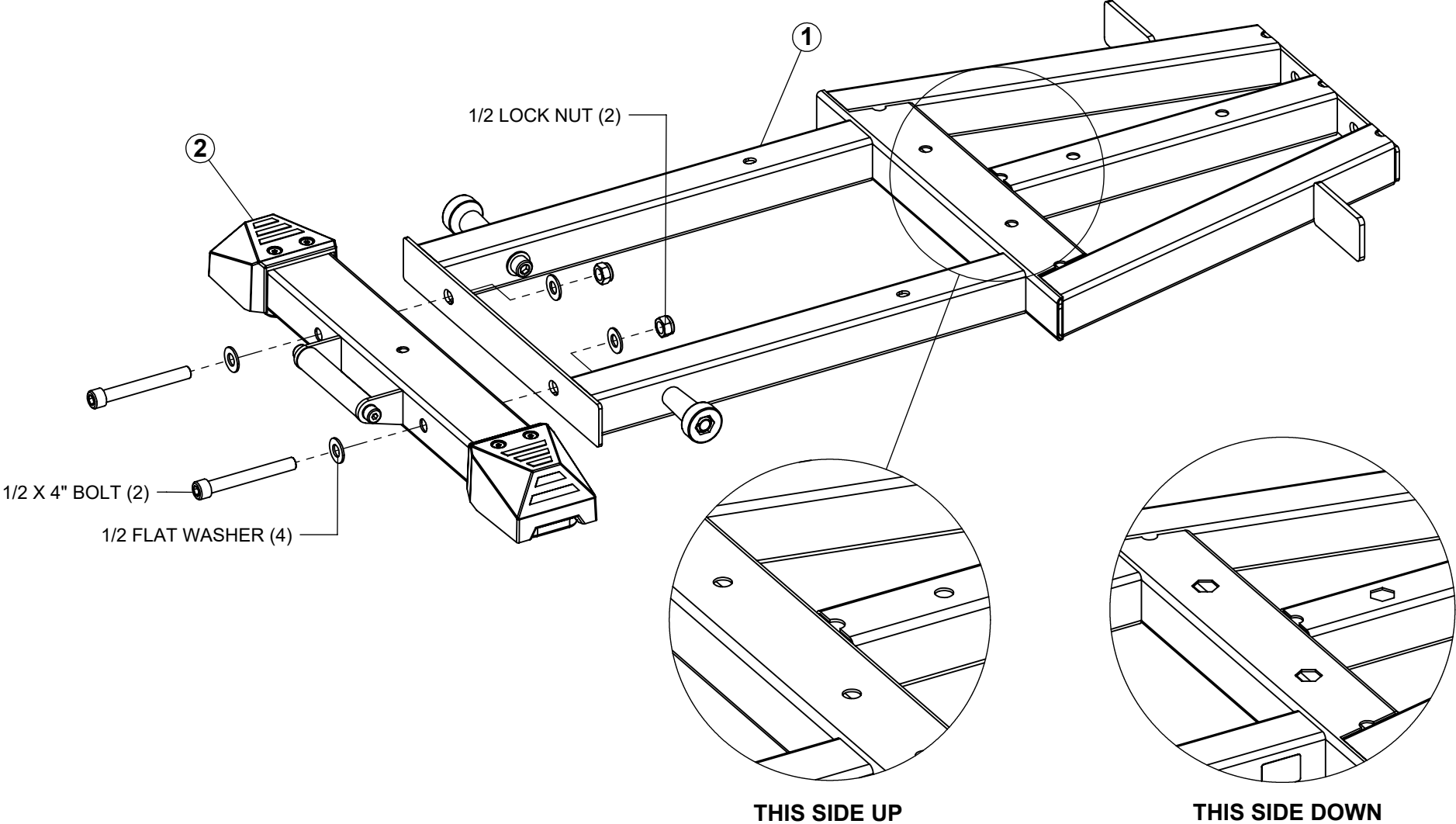
ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	58080PA	PTD ASSY, SISSY SQUAT FRAME	1
2	58408PA	PTD ASSY, REAR BASE	1
3	58078PA	PTD ASSY, FRONT BASE	1
4	5809801	WLDMT, SISSY SQUAT CALF PAD ADJUST	1
5	58090PA	PTD ASSY, SISSY SQUAT FOOT BRACKET	1
6	58089PA	PTD ASSY, SISSY SQUAT FOOT ADJUST	1
7	5809701	PAD, SISSY SQUAT CALF	2
8	5840901	PAD, SISSY SQUAT BACK	1
9	58095PA	PTD ASSY, XSS FOOT PLATE	1
10	2005815	BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD	4
11	2001301	WASHER, FLAT 1/2 SAE ST ZN	12
12	2001401	NUT, 1/2-13 LK ST ZN	4
13	2001101	WASHER, FLAT 3/8 SAE ST ZN	7
14	2001010	BOLT, 3/8-16 X 3" BUTTON HEAD	3
15	2008404	BOLT, 3/8-16 X 1-1/4" (32mm) ST HT SOCKET HEAD	4
16	2046301	NUT, M12 X 1.75. FLANGED BO	4
17	2043006	SHCS, M12 X 1.75 X 65 CZ	4
18	2052901	SHCS, M5 X 12 SHOULDER W/NP	1
19	5620601	WRENCH, 10MM ALLEN	1
20	5919501	ASSY INST, XSSGHR	1

TOOLS NEEDED FOR ASSEMBLY:

- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 7/32" ALLEN WRENCH
- 1/8" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET
- RUBBER MALLET

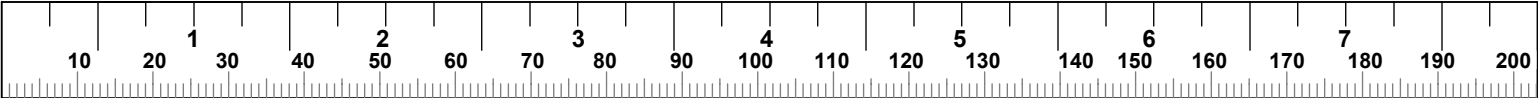


STEP 1

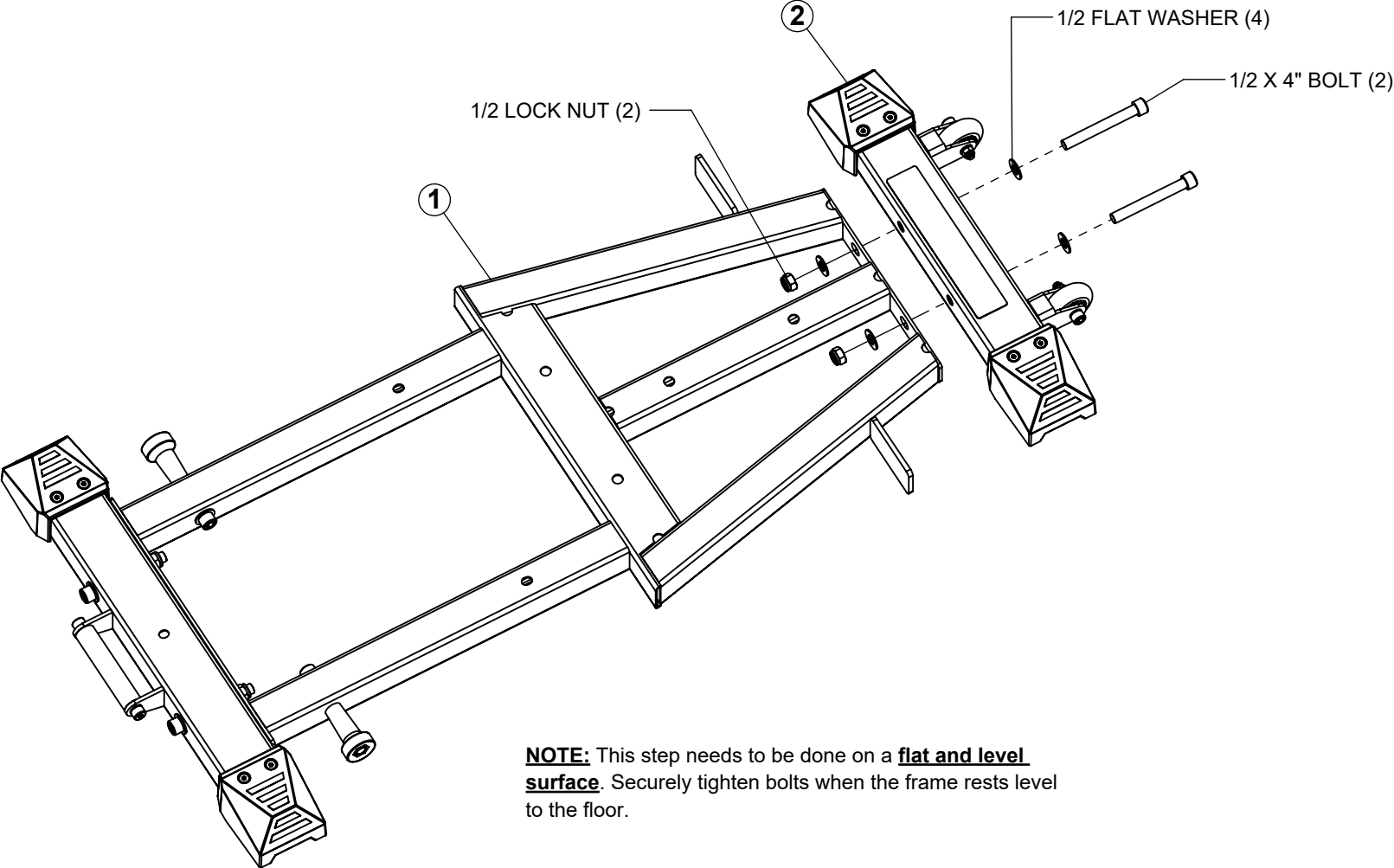


NOTE:

LOOSELY tighten all bolt connections in this step.



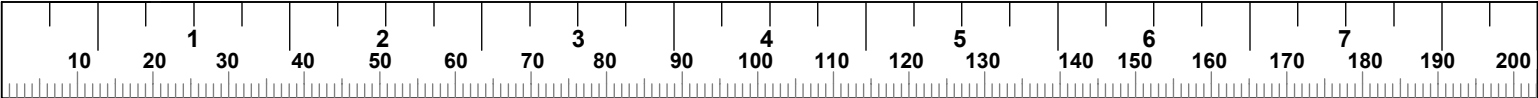
STEP 2



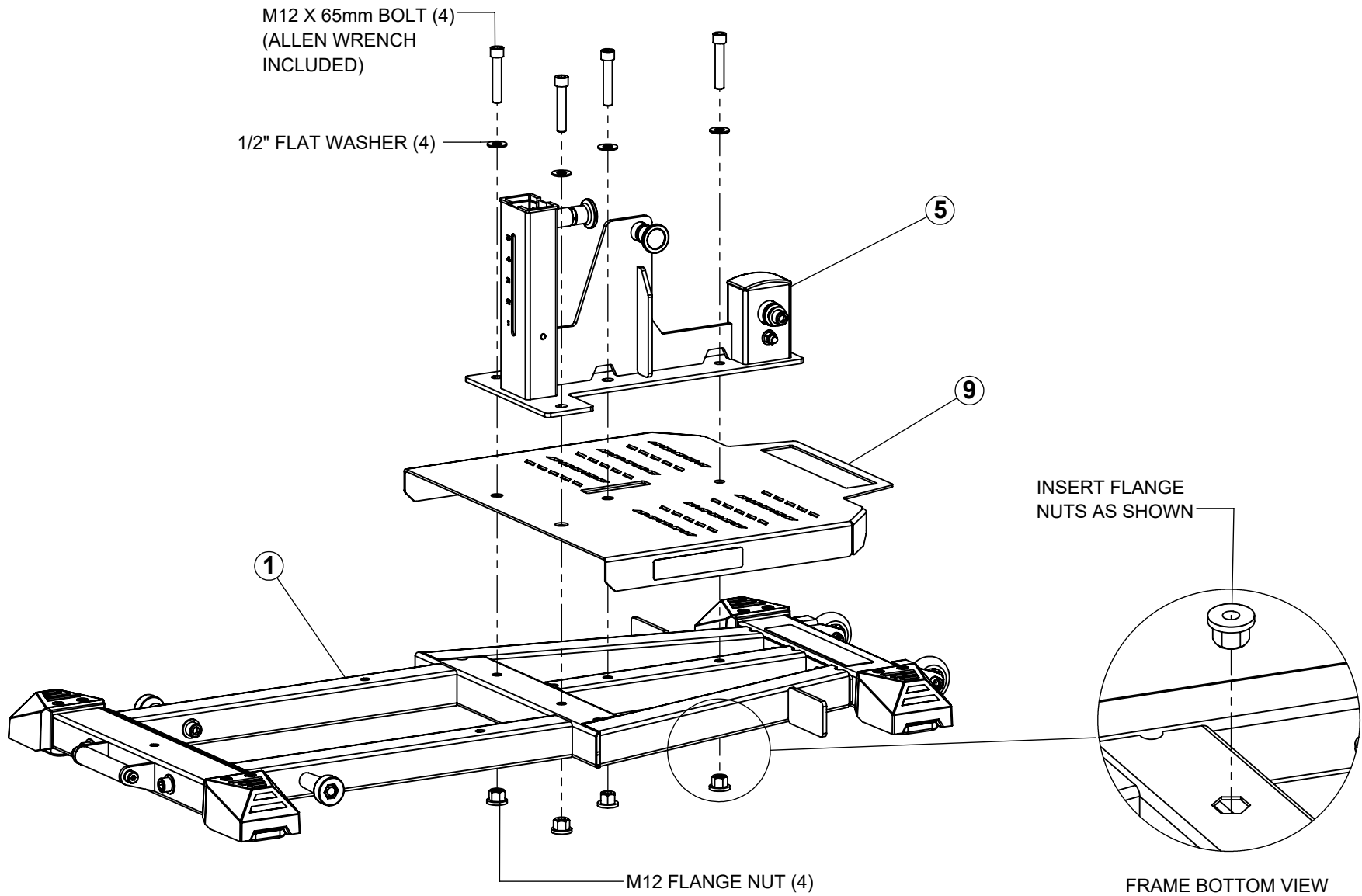
NOTE: This step needs to be done on a **flat and level surface**. Securely tighten bolts when the frame rests level to the floor.

NOTE:

SECURELY tighten all bolt connections in this step and previous steps.



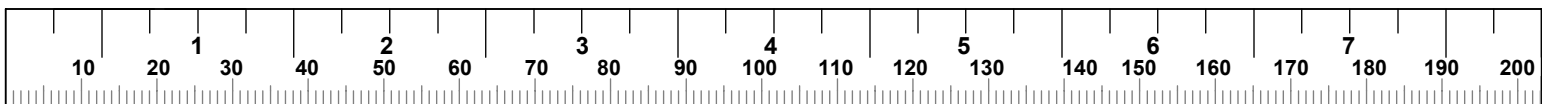
STEP 3



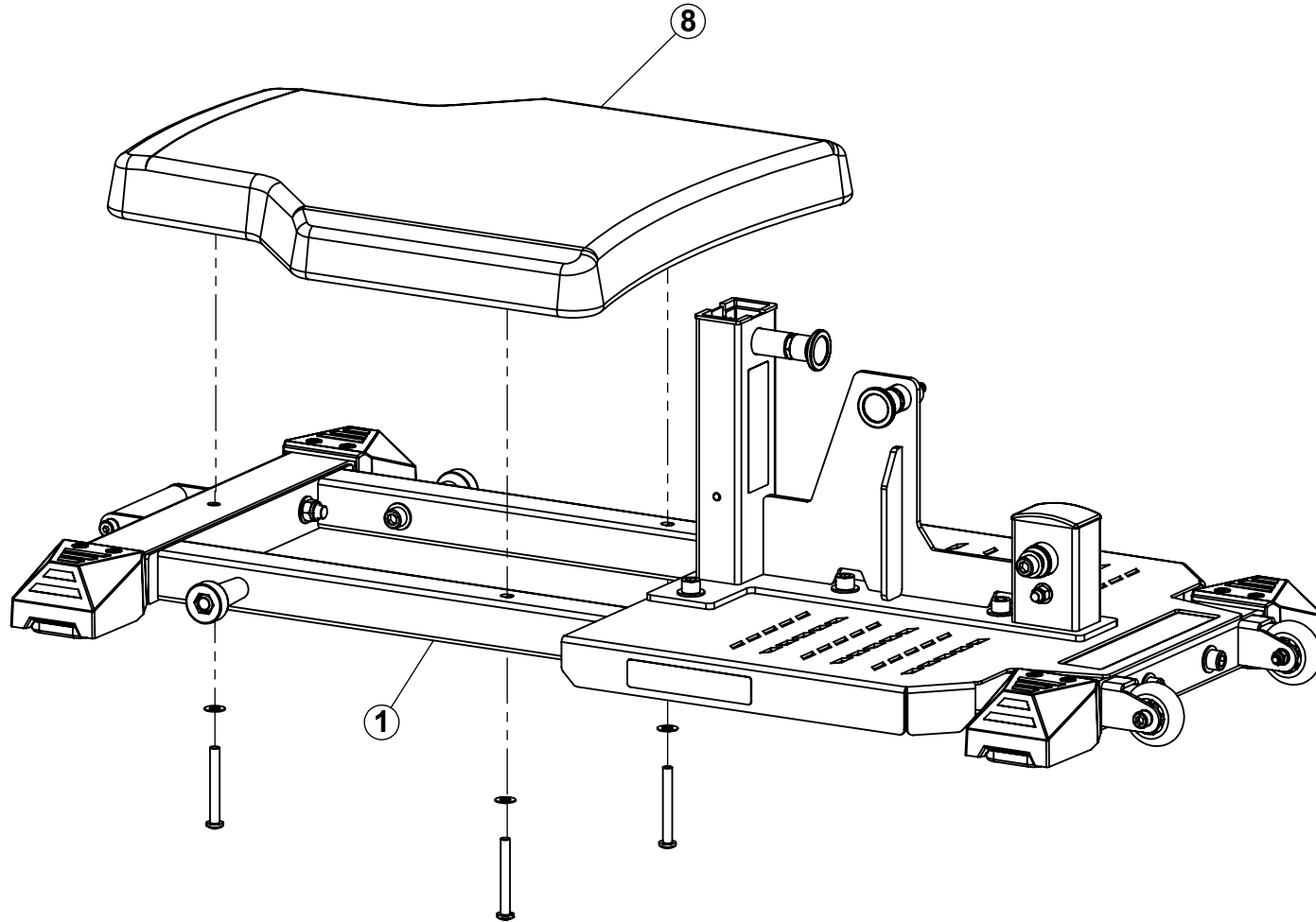
NOTE:

Carefully elevate the frame to access the bottom for installing the flange nuts.

SECURELY tighten all bolt connections in this step.

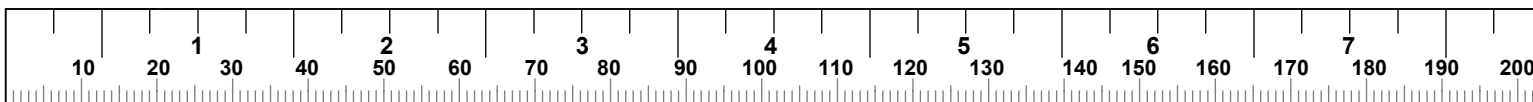


STEP 4

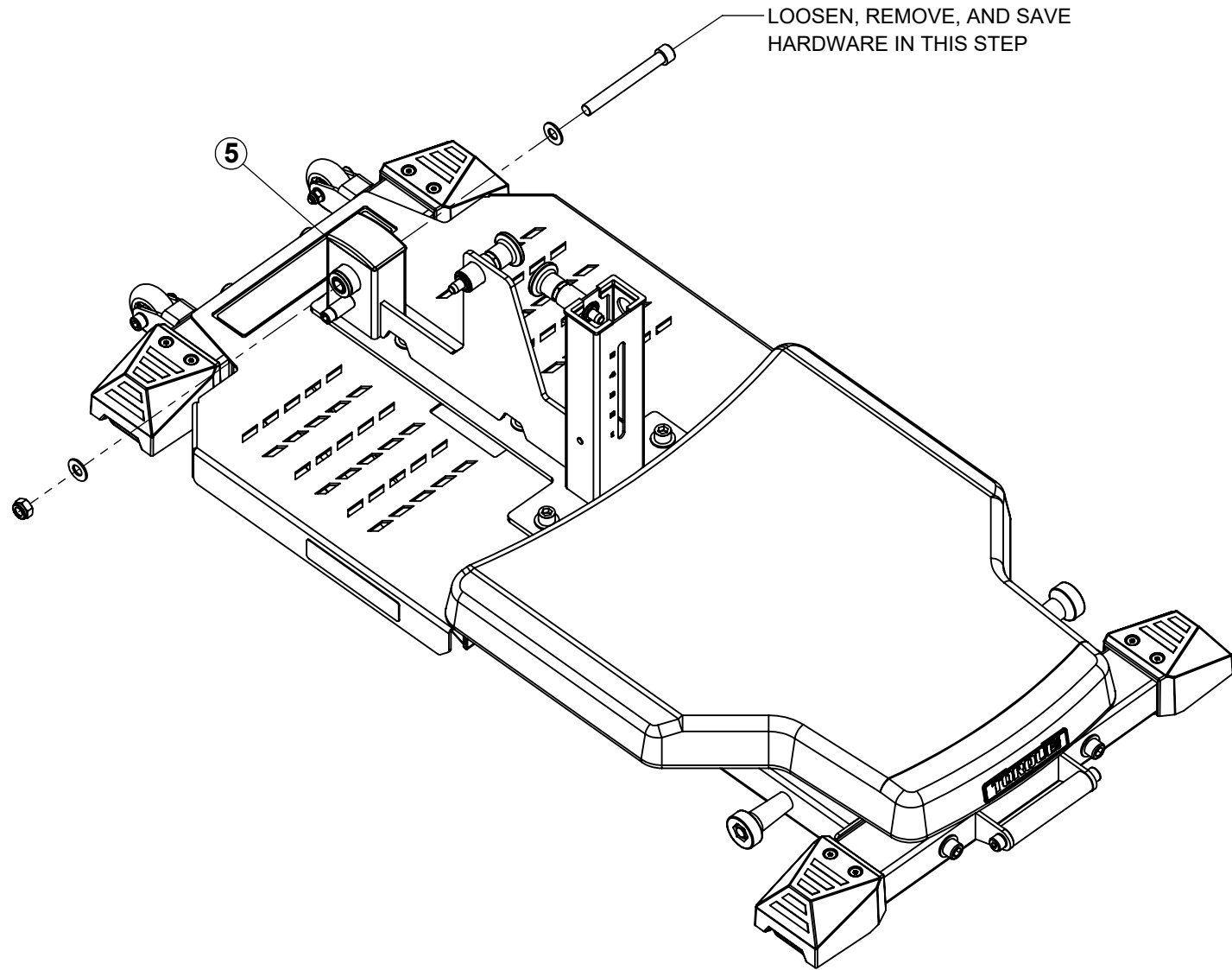


NOTE:

SECURELY tighten all bolt connections in this step.

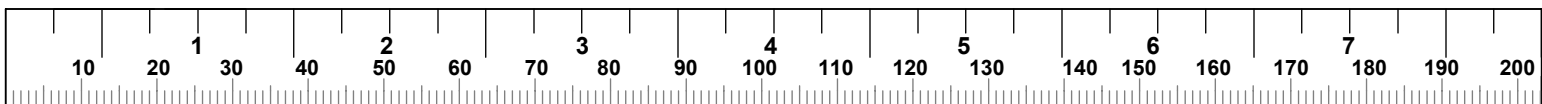


STEP 5

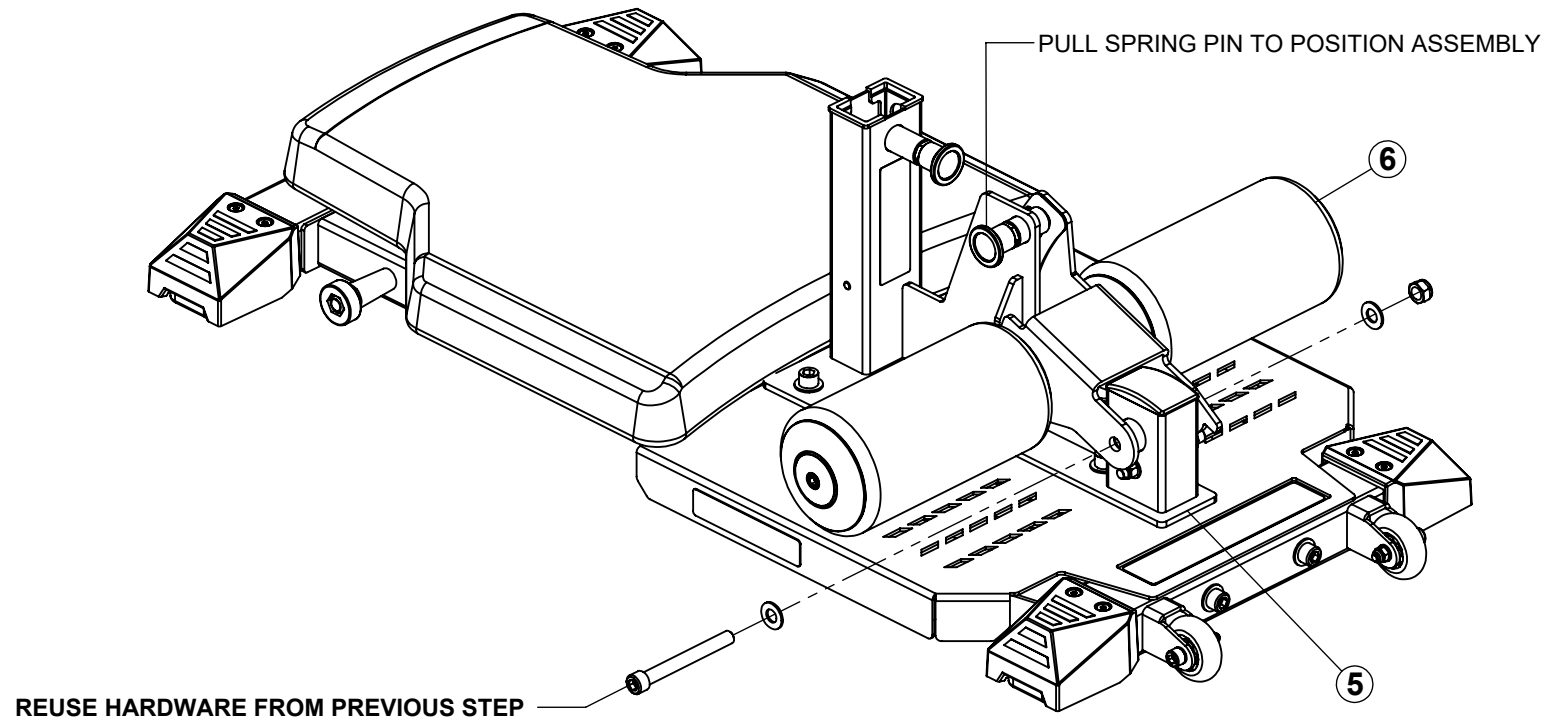


NOTE:

SECURELY tighten all bolt connections in this step.

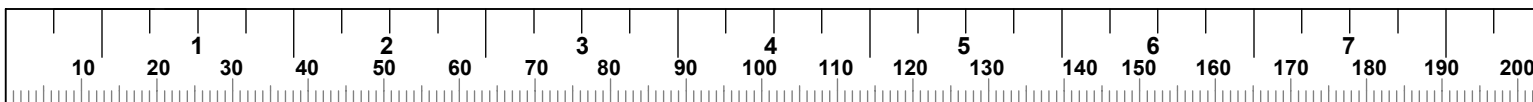


STEP 6

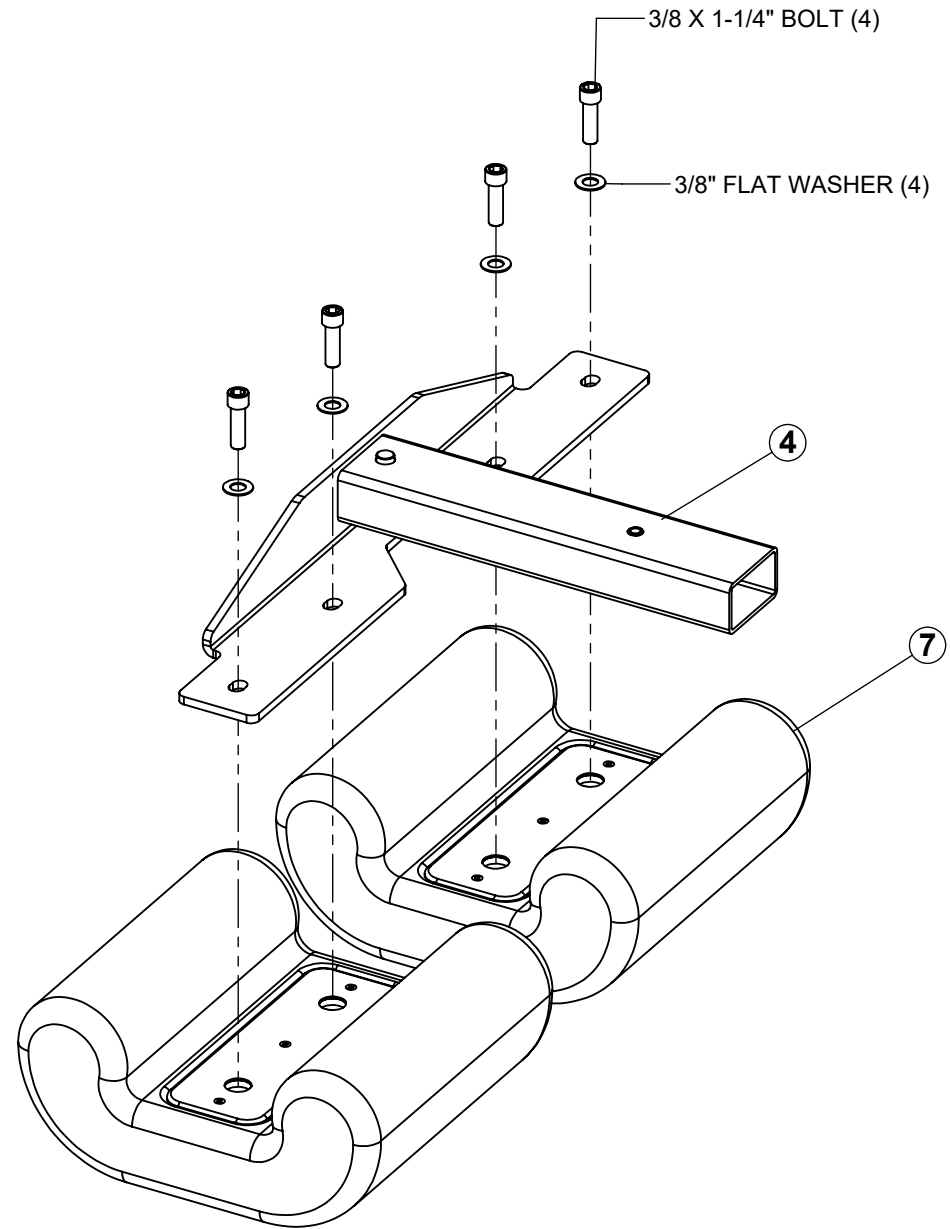


NOTE:

SECURELY tighten all bolt connections in this step.

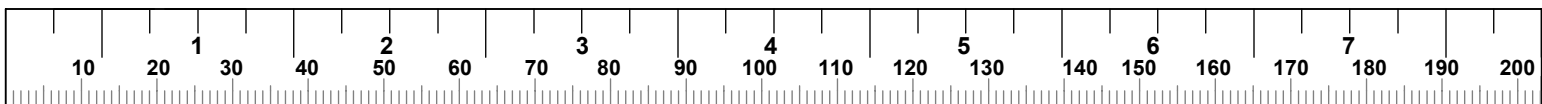


STEP 7

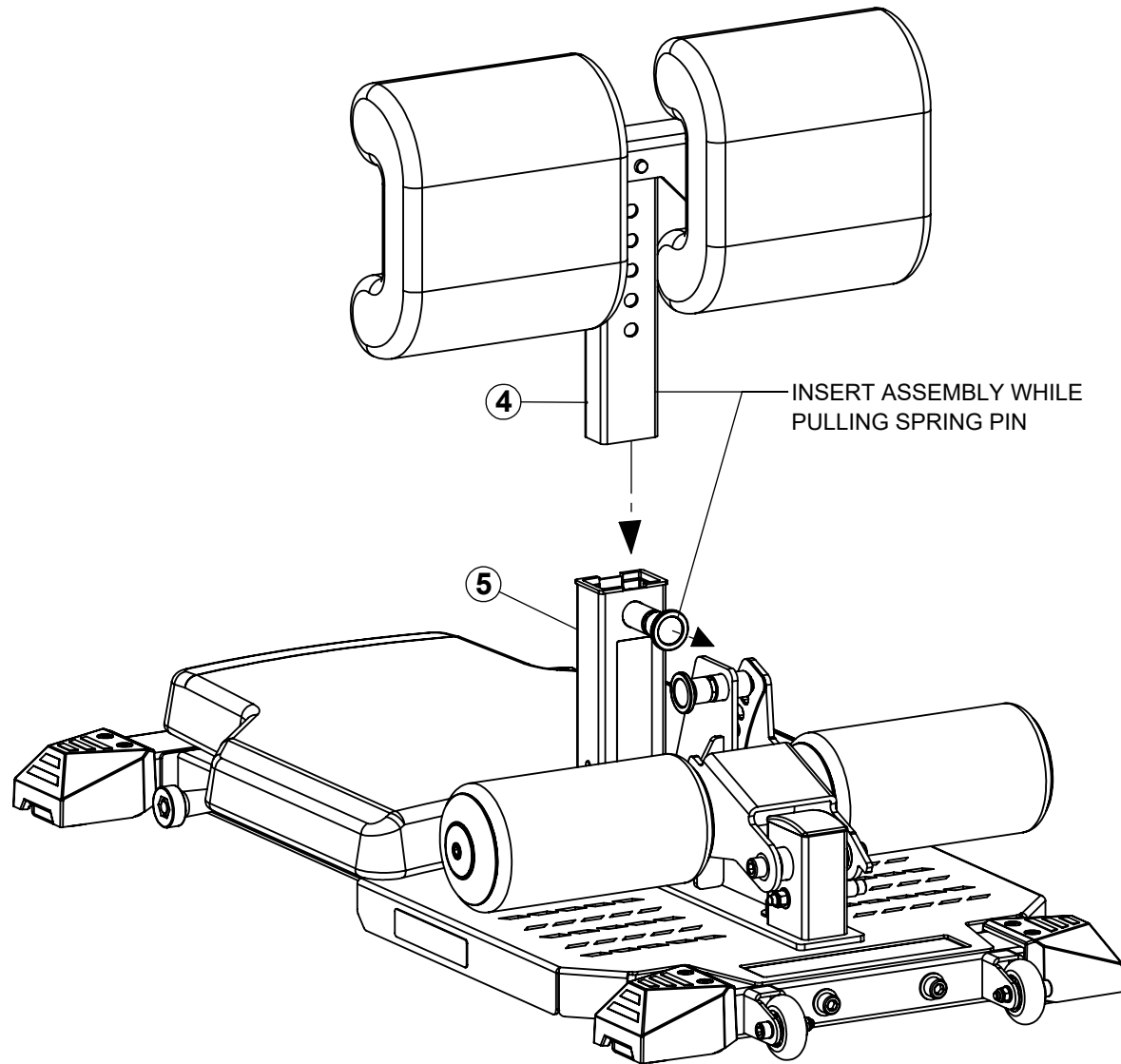


NOTE:

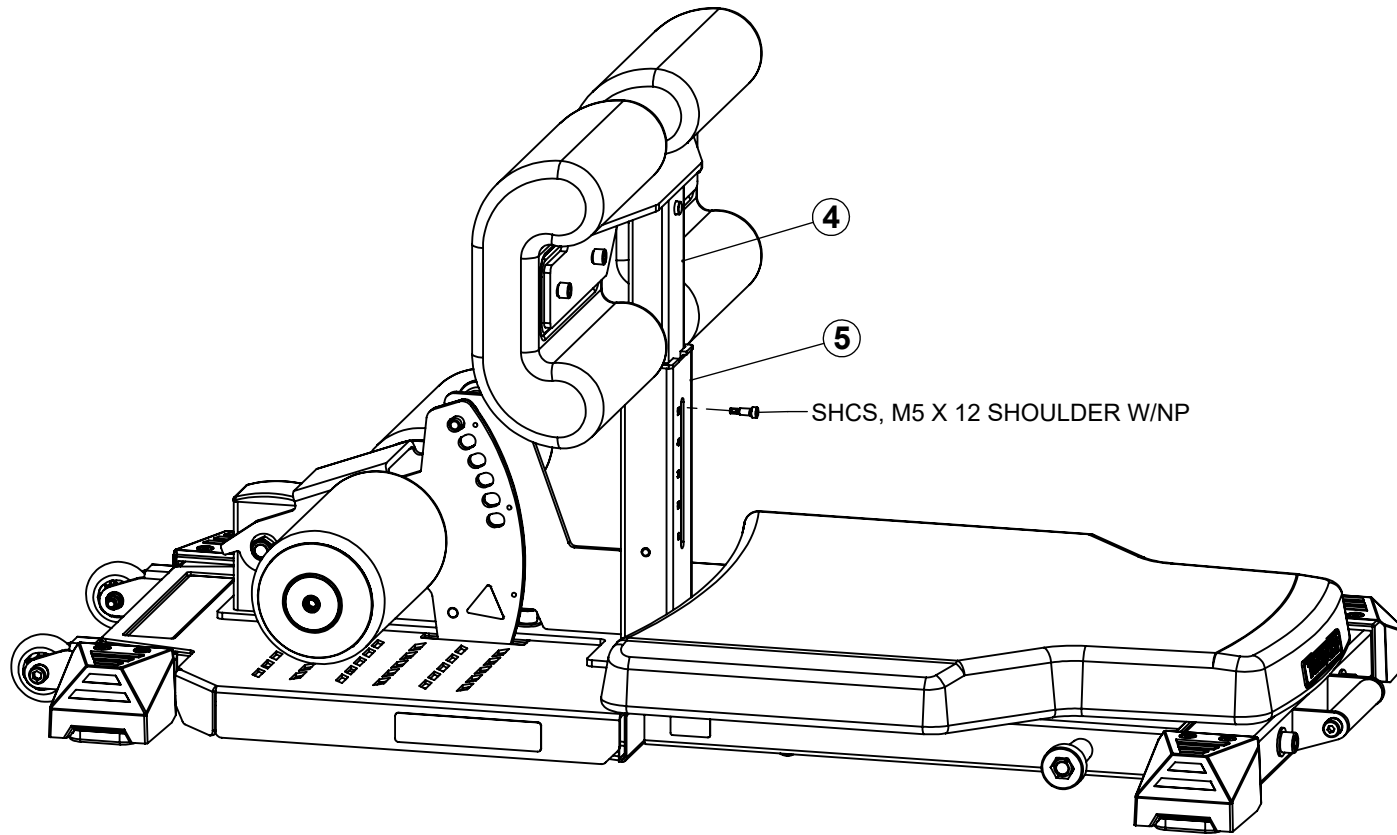
SECURELY tighten all bolt connections in this step.



STEP 8

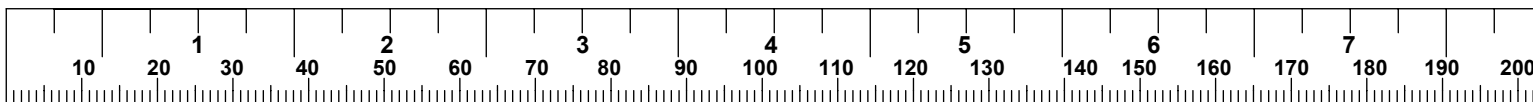


STEP 9

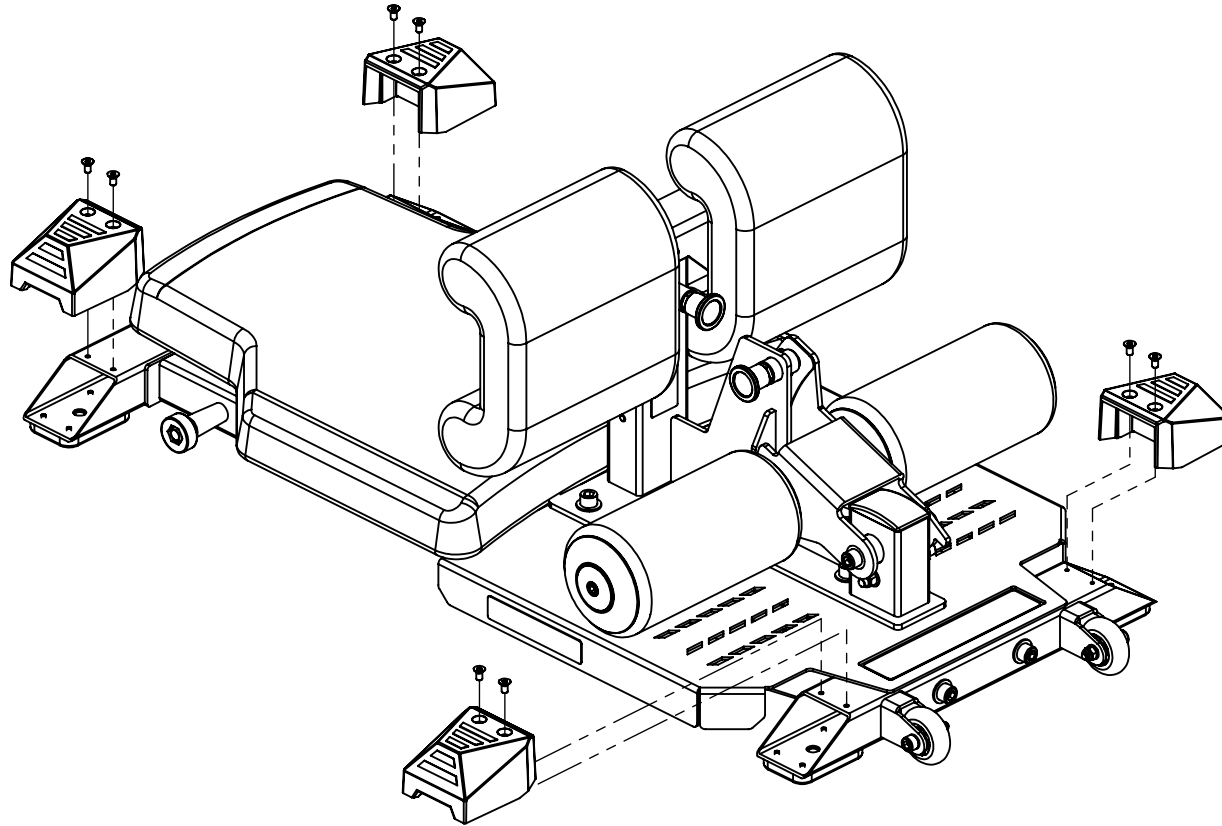


NOTE:

SECURELY tighten all bolt connections in this step.



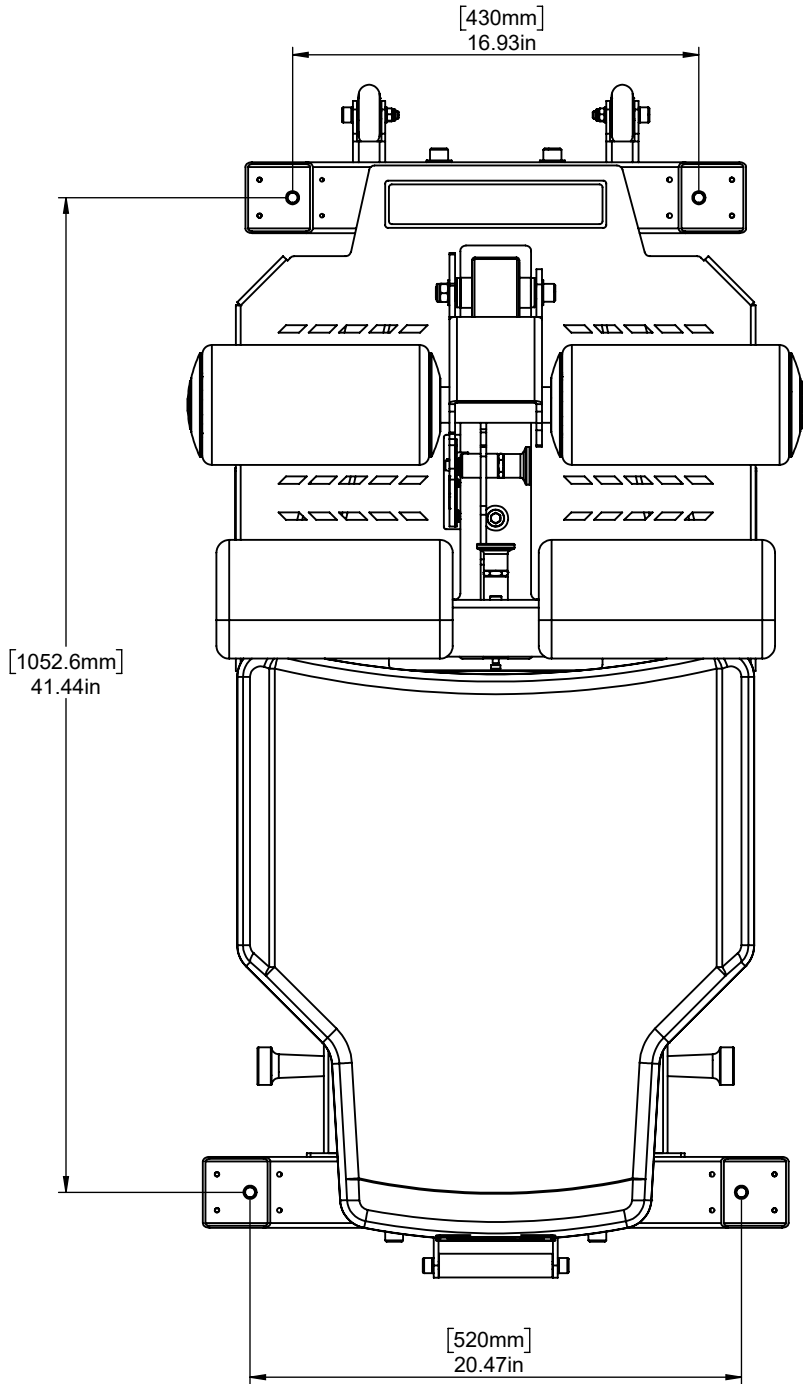
STEP 10 (OPTIONAL FLOOR ANCHOR)



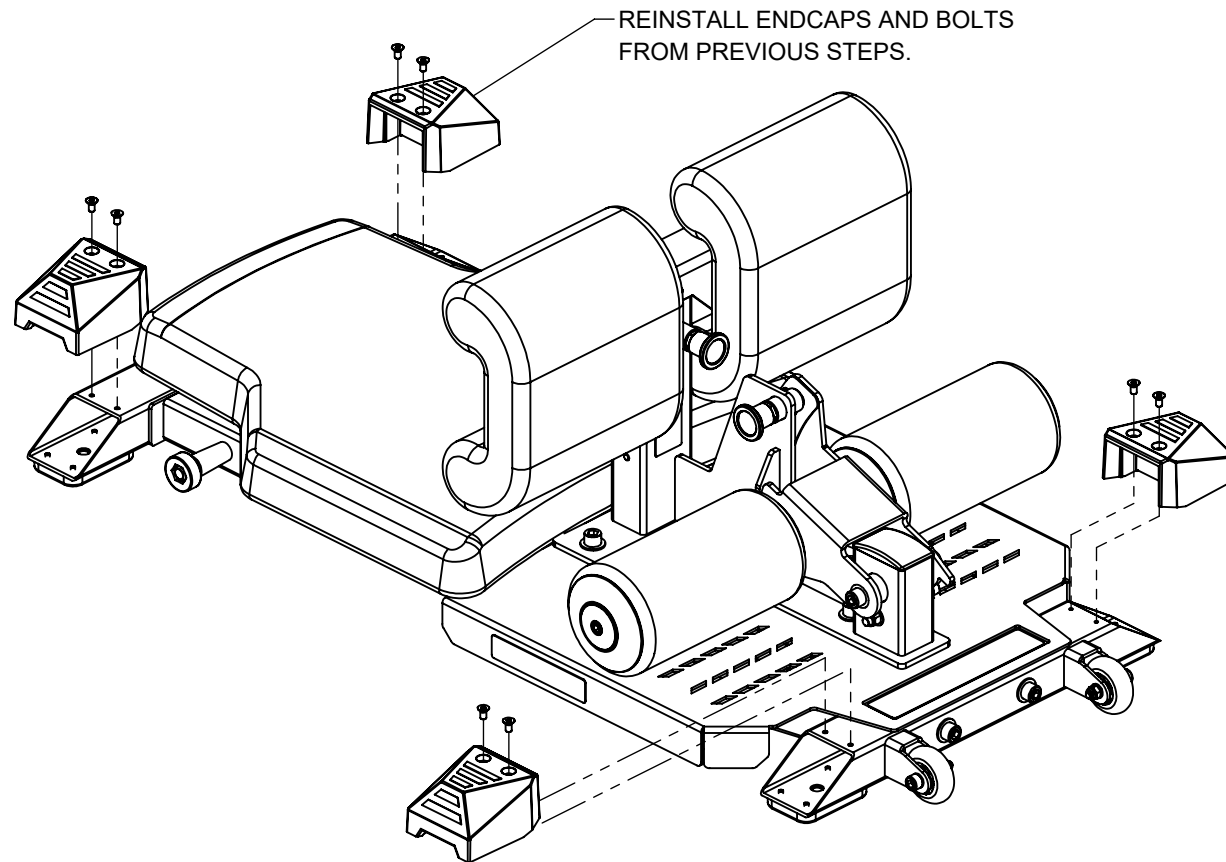
NOTE:

SAVE ALL HARDWARE AND ENDCAPS in this step.

STEP 10 (OPTIONAL FLOOR ANCHOR)



STEP 12 (OPTIONAL FLOOR ANCHORS)



NOTE:

SECURELY tighten all bolt connections in this step.

STEP 13

MAINTENANCE:

NUTS/BOLTS: Tighten and/or adjust as needed.

SPRING PINS: Check that spring pin fully engages the hole when released. Tighten spring pin nut as needed.

FRAME: Wipe down with a damp rag.

UPHOLSTERY: Wipe down and dry after each use. Clean and condition periodically.

For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST).
www.service@torquefitness.com

