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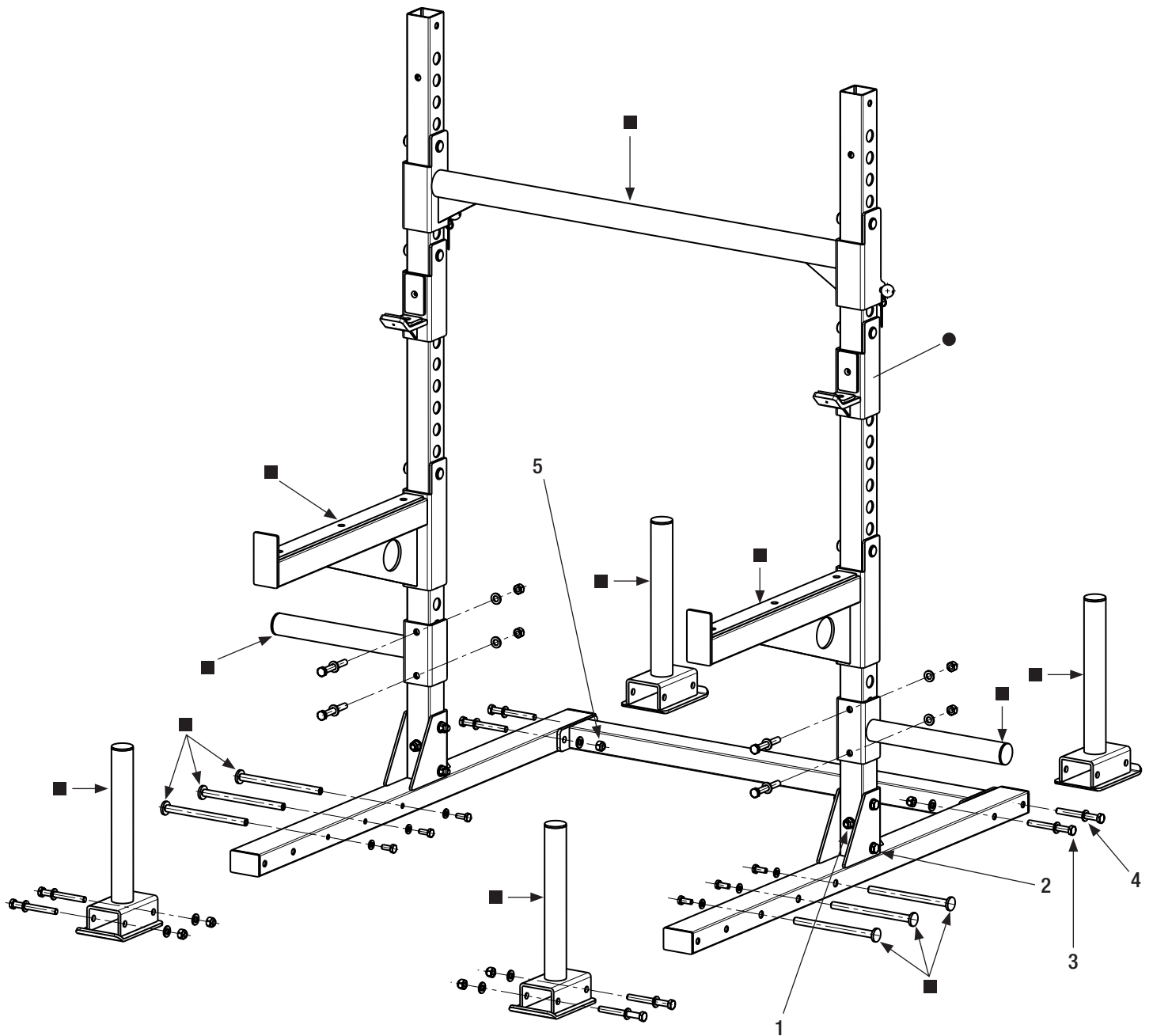
- ASSEMBLY INSTRUCTIONS -

HEAVY DUTY SQUAT STAND

- OPTIONS -

- Yoke & Sled Cross-Bar
- Yoke & Sled plates Support and Sled Skies
- Safety Spotter Arm
- Plates Storage Sleeve
- Band Pegs

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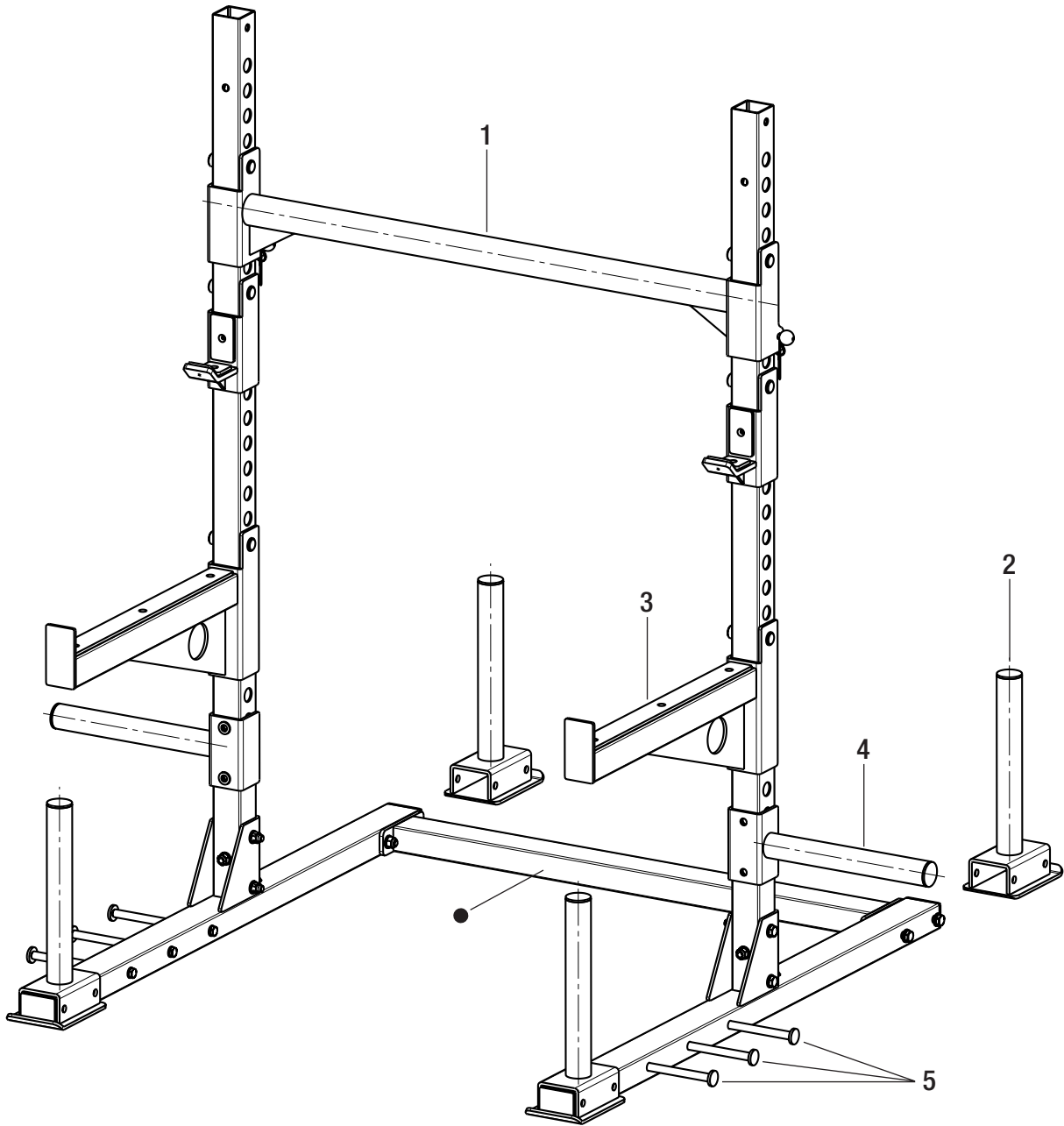
● Bar J-Rack (2 pcs set): included

■ Options are sold separately

HEAVY DUTY SQUAT STAND (VSSQST01) - HARDWARE
(HARDWARE FOR OPTIONS NOT INCLUDED)

N°	DESCRIPTION	Q.TY
1	Washer D.12	20
2	Hexagonal bolt M12x100	4
3	Hexagonal bolt M12x110	4
4	Washer D.12	20
5	Self locking nut M12	10

- HEAVY DUTY SQUAT STAND -



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● Do not bolt in case of use of option n°2 (Yoke & Sled plates Support and Sled Skies)

HEAVY DUTY SQUAT STAND (VSSQST01) - OPTION AND HARDWARE

N°	OPTION DESCRIPTION	UM	HARDWARE	Q.TY
1	Yoke & Sled Cross-bar (VSYSCBAR01)	1 pc	-	-
2	Yoke & Sled plates Support and Sled Skies (VSYKSD01)	4 pcs set	Hexagonal bolt M12x110 Washer D.12 Self Locking Nut M12	8 16 8
3	Safety Spotter Arm (VSAXFIT09)	2 pcs set	-	-
4	Plates Storage Sleeve (VSAXFIT10)	2 pcs set	Hexagonal bolt M12x90 Washer D.20 Self Locking Nut M12	4 8 4
5	Band Pegs (VSBDPG01)	6 pcs set	Hexagonal bolt M10x20 Washer D.10	6 6

OPTIONS TO BE PURCHASED AS SEPARATE

- HEAVY DUTY SQUAT STAND -



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Heavy Duty Squat Stand

⚠ WARNINGS ⚠

⚠ Max load: 600 Lbs./300 Kg. ⚠

• Before to start any handling and/or assembling procedure, read and understand the herein instruction and warning sheet as long as the provided demo assembly drawing. (both can also be downloaded at www.xeniosusa.com). Should you have any doubts, do not hesitate to contact the dealer's technicians you bought Xenios USA® from, or directly Xenios USA at product@xeniosusa.com. The products you have bought come fully unassembled and they must be set by bolting/attaching parts together. All items that need to be bolted together come with all the necessary hardware (bolts, nuts, washers). The same do not come with any assembling tool and/or wrench. Users must bolt together all the parts by themselves. While assembling parts, it is necessary to issue common sense and to make sure to be in a safe environment, clear from persons, animals, object and fragile properties. It is duly recommended to un-pack, handle, move and assemble them by team-working (at least two people). Xenios USA® and its international licensors are not responsible for any damage to persons, animals, objects and properties that may occur while handling and assembling items.

TIPS & TRICKS: In order to make assembling procedures as easier as possible, it is advised to first set all parts together by lightly tightening bolts and nuts (leave them lose), then, just once all parts are set together and all parts' holes has been coupled, firmly tight all bolts and nuts. By tightening all bolts and nuts before having coupled all the parts, some holes may result not perfectly aligned.

• Although Xenios USA® products are developed for severe workouts, they can't be outdoor used or set or stored for a long time. Elements can damage painting and steel. Warranty will void. Should products be outdoor used, always wipe and clean then from damp and/or water in order to avoid rust.

• It is duly recommended to periodically inspect all bolts and nuts tightness as long as parts integrity, and welding lines good standing. Should some bolts be found lose or some part be found damaged or lose or some welding line be found cracked, stop using the products and take proper actions to fix found problems or to ask for the intervention of the dealer's technicians you bought them from. Xenios USA® and its international licensor are not responsible for any damage to persons, animals, objects or properties caused by careless of maintenance and/or inspection.

• All options that can be attached to the main frames by using pins and/or slide-in/slide-out means, must be attached by paying attention to the hands and the fingers. Slide-in / slide-out parts can hurt users' fingers and hands if they are not kept clear from parts in movement. Make sure that all safety-pin-equipped parts are attached by having sled-in the safety pins: do not exercise with un-done safety pins. Xenios USA® and its international licensors are not responsible for any damage to persons, animals, object and properties, caused by a mis-placing of pin-equipped items.

• It is recommended to do not overload items. Xenios USA® and its international licensors are not responsible for any damage to persons, animals, objects and properties caused by overloading of items and/or overloaded bars' drops.

• It is always recommended to use the items by being supervised by an experienced trainer.

• Children shouldn't use training products unless supervised by adults. Training items are not a toy or a playground device!

• Xenios USA® always recommends to carefully read all Warranty rules, Care and Maintenance instructions and Safety & Usage guidelines, before to use a Xenios USA® product. Above charts are all available at www.xeniosusa.com

• This is a product thought, developed and manufactured for training purposes. Xenios USA LLC and its international licensors assume no liability or responsibility for accidents or injury to person or property that may result from improper use of this product. Always issue common sense when using a trainign tool: it will avoid any risks to injury yourself, other persons around you, animals, objects and properties.

• Do not use this product if it, and/or any components are damaged, broken, missing or loose. Should this product or any of its component looks damaged or broken, please contact the dealer you bought it from, or contact us directly at: product@xeniosusa.com

• Be sure to consult your health professional or your physician before beginning any type of exercise program. It is always recommended to consult an expert trainer before to attempting any kind of physical exercise. Avoid any over-training will prevent the risk of injuries to muscles, joints or tendons.

• Children shouldn't use this product unless supervised by adults. All training tools are not a toy!

• Although Xenios USA® cares that all products are manufactured without the use of hazardous materials or poisonous chemicals and metals, Xenios USA® always recommends to avoid mouth or eyes be in touch with products' surface. It is recommended to not swallow flakes or chips that may come form products' surface finishing, such as painting or chroming. Always pay attention to children: training tools are not a toy ! Xenios USA® and its international licensors are not responsible for any kind of allergic reaction and/or personal injuries that may be caused to users by exercising with the Xenios USA® training products. Be aware that chemicals and metals, such as lead, nickel, or cadmium are industrial environments common used materials and they may result in to allergies or body injuries.

• Some items (or parts of them) might smell once un-packed, due to the long stay in to their sealed package. It has to be considered normal and the smell will fade by keeping the same products

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Xenios USA® always recommends to carefully read all Warranty rules, Care and Maintenance instructions and Safety & Usage guidelines, before to use a Xenios USA® product. Above charts are all available at www.xeniosusa.com XENIOS USA® reserves the right to change product design, construction materials and specifications at any time without notice. While every effort has been made to ensure that all graphic representations and descriptions of goods available from XENIOS USA® correspond to the actual goods, Xenios USA® and/or its International Licensors are not responsible for any variations from these descriptions. Error & omissions excepted. Some of the products could not be available within all countries.

ACCESSORIES THAT MAKE A DIFFERENCE



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