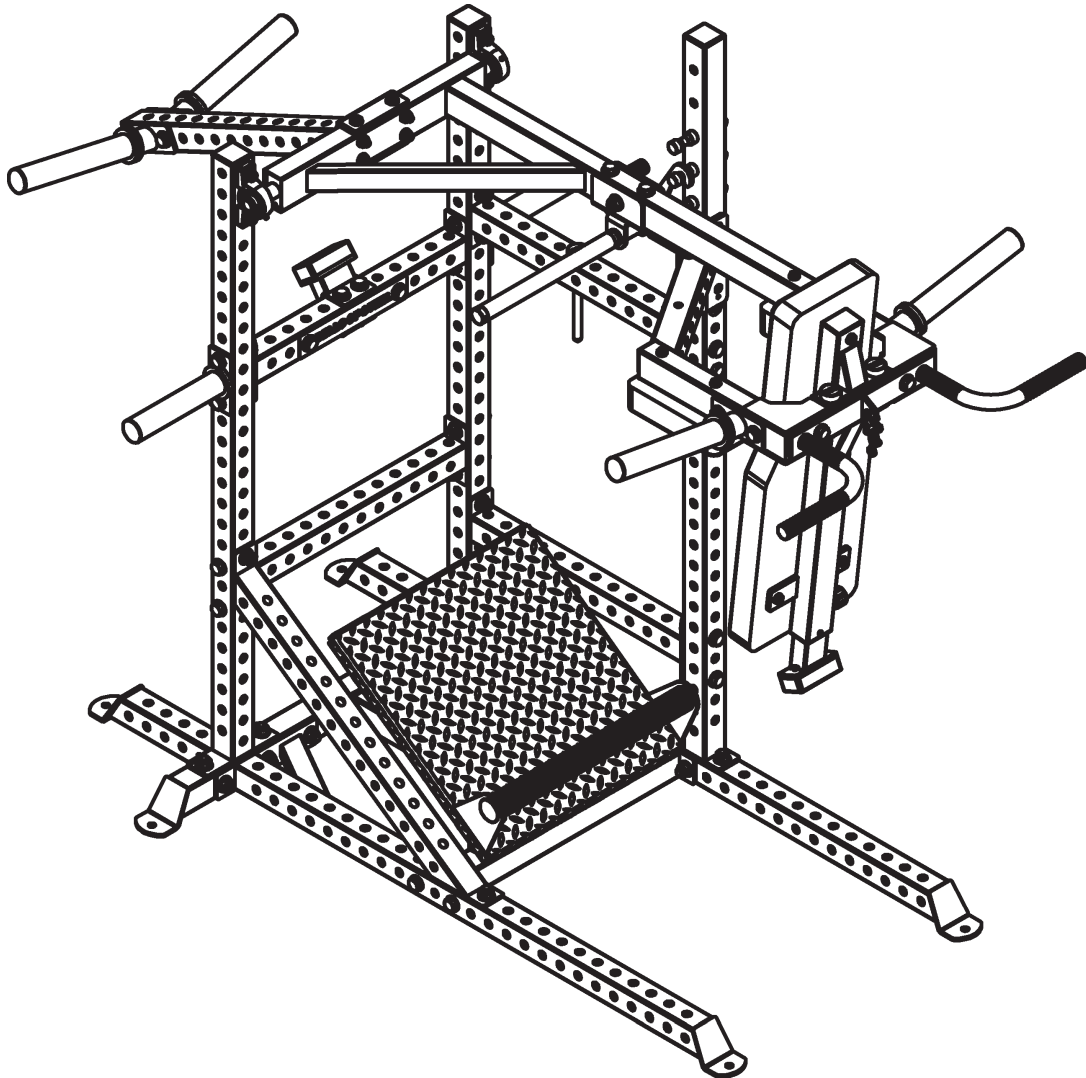




PENDULUM SQUAT 3-in-1

SKU: PSM-MA-SET
PO:



ASSEMBLY INSTRUCTIONS



Stuck? Scan the QR code for the assembly video

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BUILDING STRENGTH, ONE BOLT AT A TIME.



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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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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.

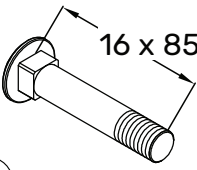
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, 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 / 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...

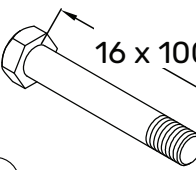
LET THE GAINZ BEGIN

Parts list

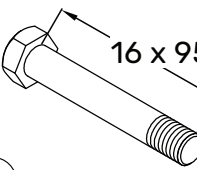
Hardware Package



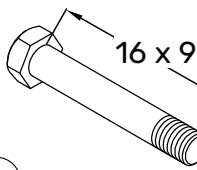
1
M16 x 86mm bolt
x7



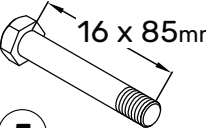
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x12



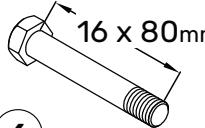
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M16 x 95mm bolt
x12



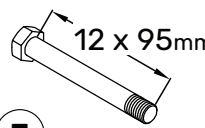
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M16 x 95mm bolt
x21



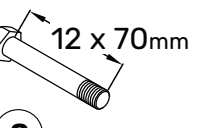
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M16 x 85mm bolt
x3



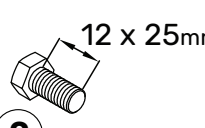
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M16 x 80mm bolt
x6



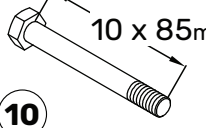
7
M12 x 95mm bolt
x8



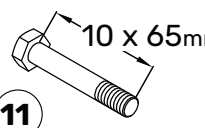
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M12 x 70mm bolt
x4



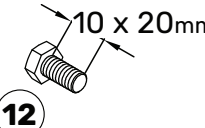
9
M12 x 25mm bolt
x4




10
M10 x 85mm bolt
x4



11
M10 x 65mm bolt
x1




12
M10 x 20mm bolt
x2




17
M16mm Lock nut
x51



18
M16mm
Standard nut
x3




19
M12mm nut
x12




20
M16mm washer
x98



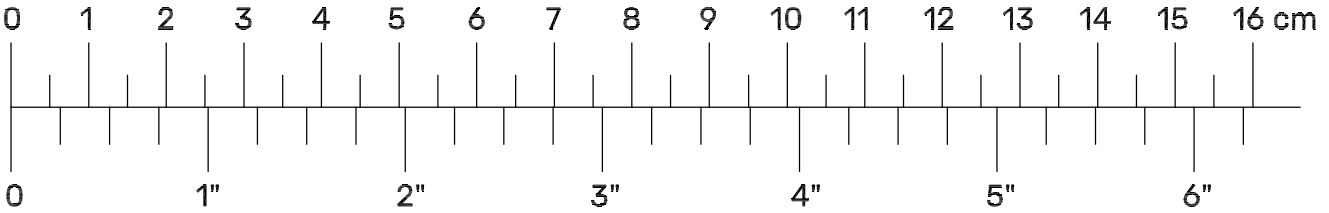
21
M16mm spring
washer
x3



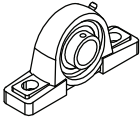
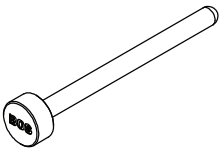
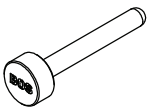
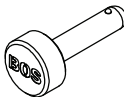

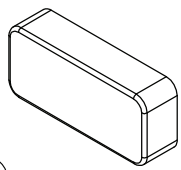
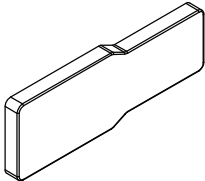
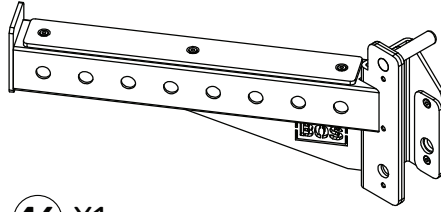
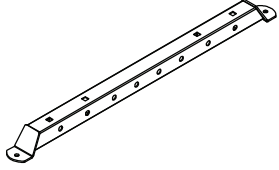
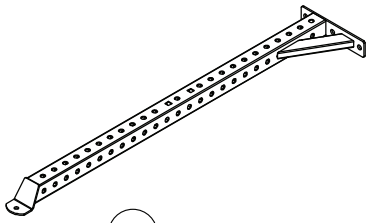
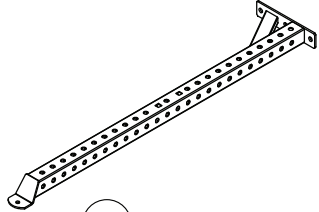
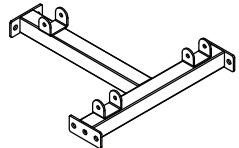
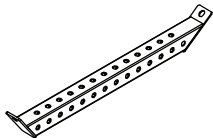
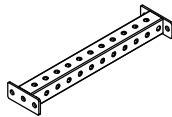
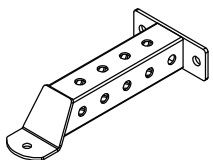
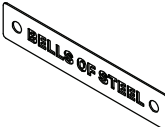
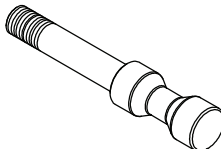
22
M12mm washer
x28



23
M10mm washer
x7

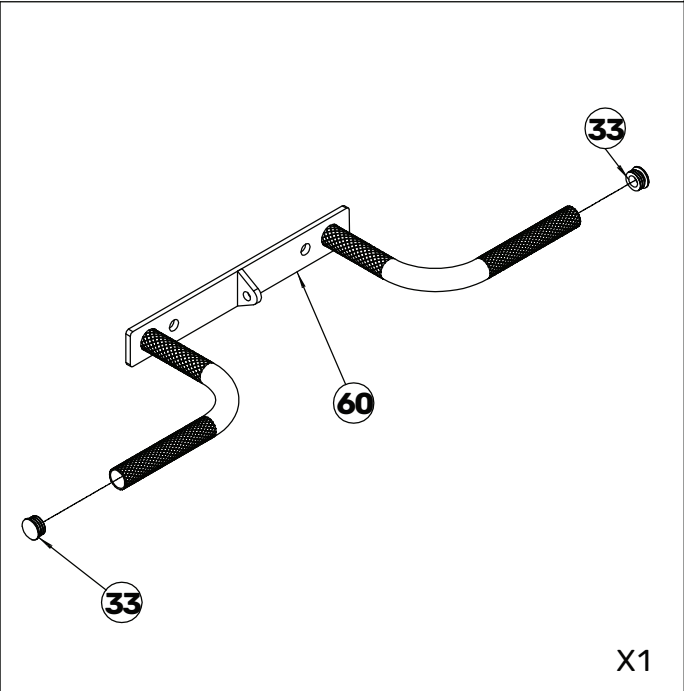
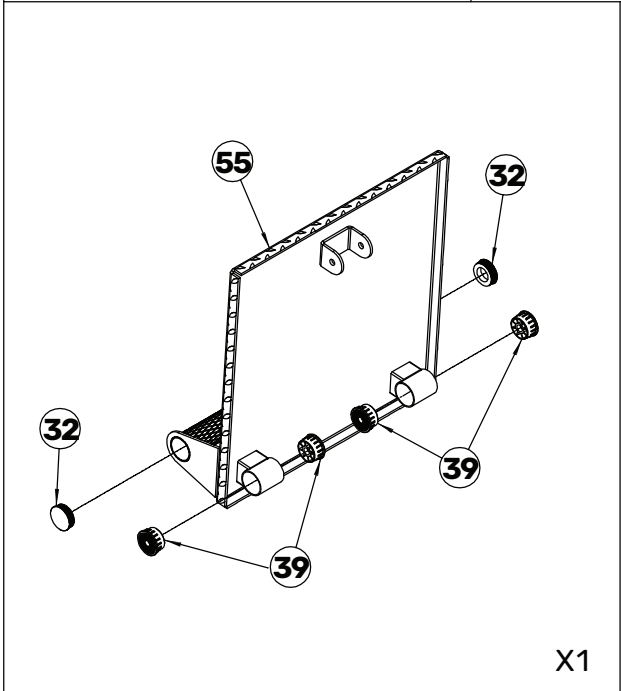
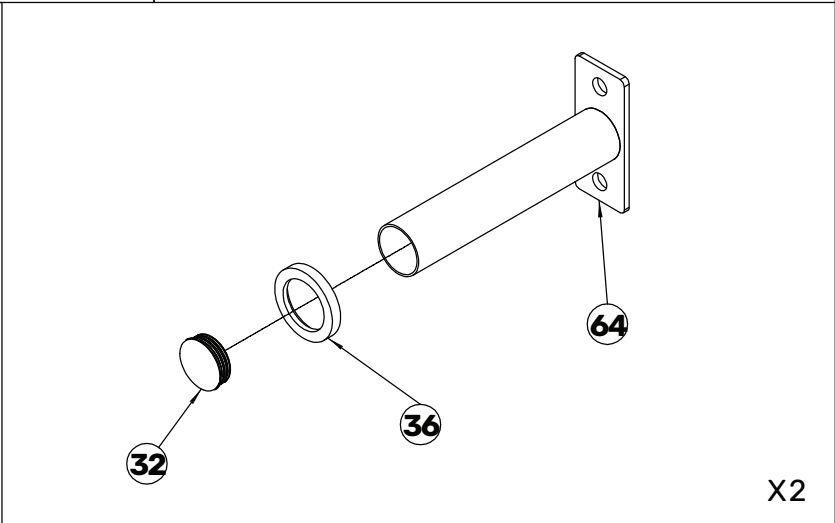
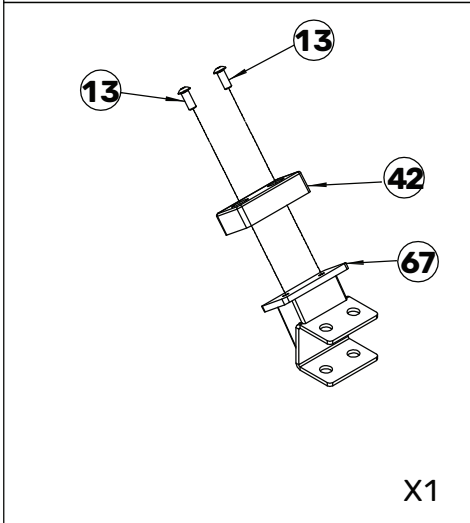
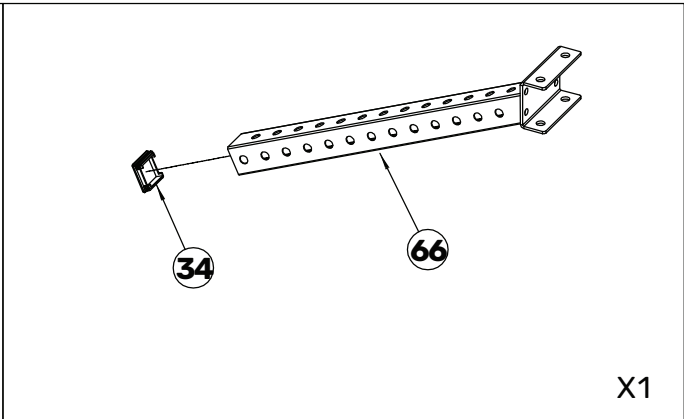
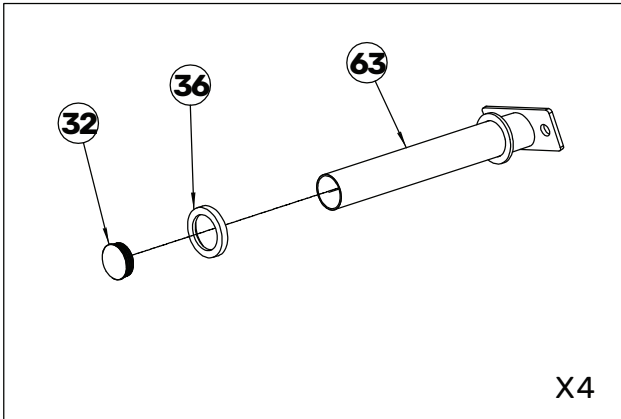


Parts list

 25 Bearing housing x2	 26 Ø16 x 195 x1	 27 Ø16 x 95 X2	 28 Ø16X55 X1
 41 X1	 44 X2	 45 X1	
 46 X1	 47 X1	 48 X1	
 49 X1	 50 X1	 52 X1	 54 X4
 56 X2	 69 X1	 70 X3	

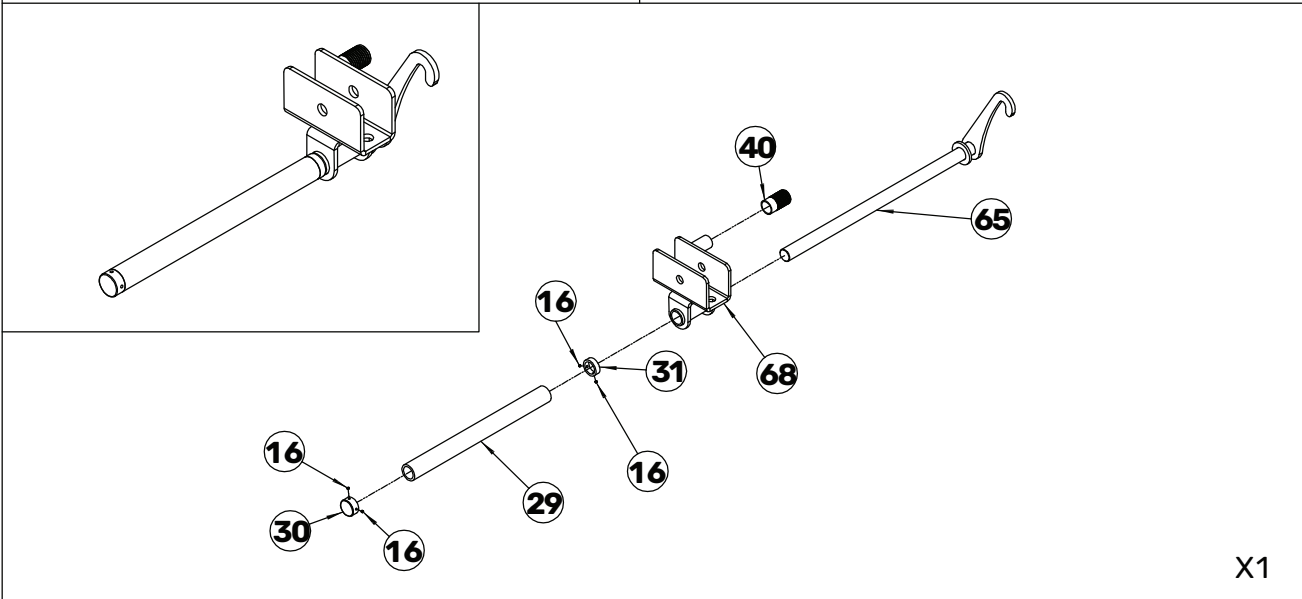
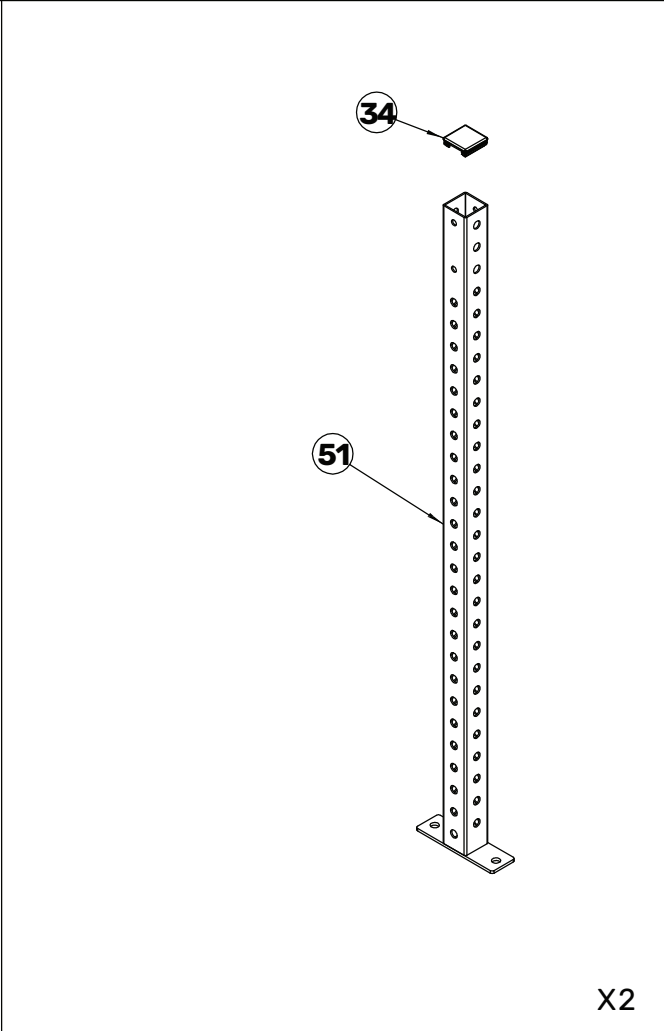
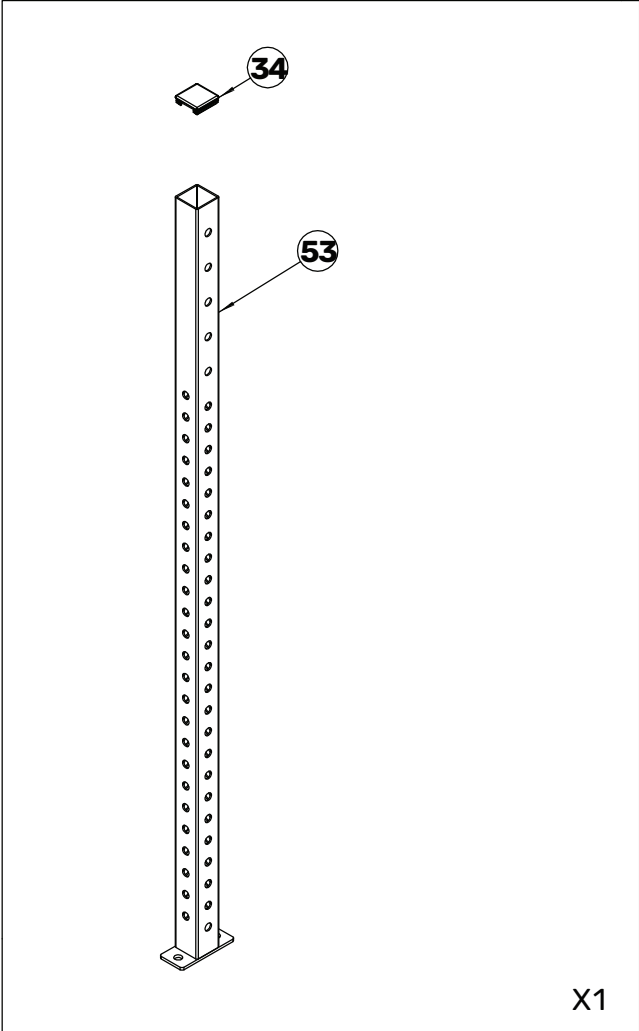
Parts list

Preassembled



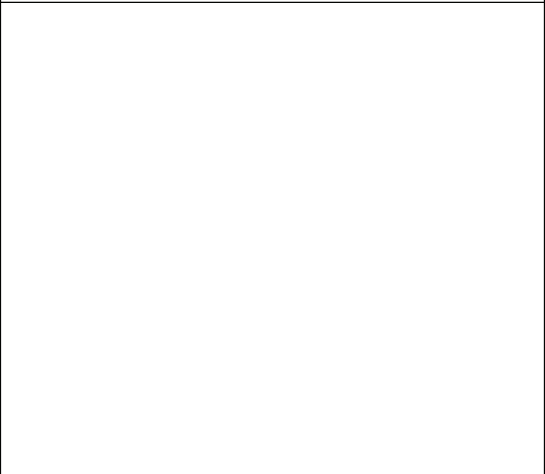
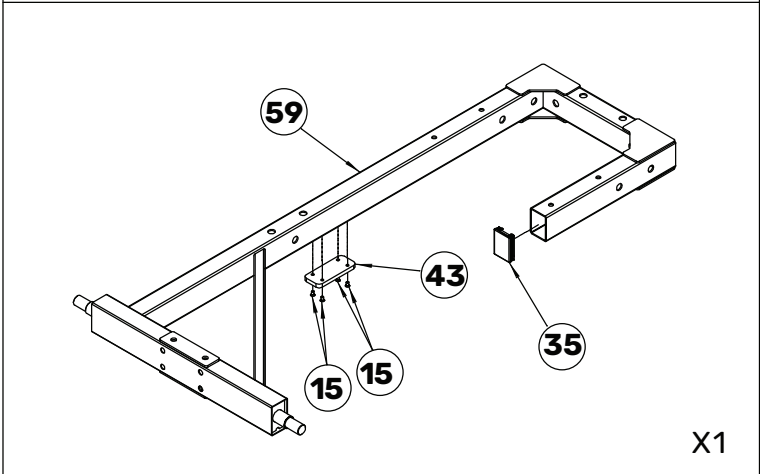
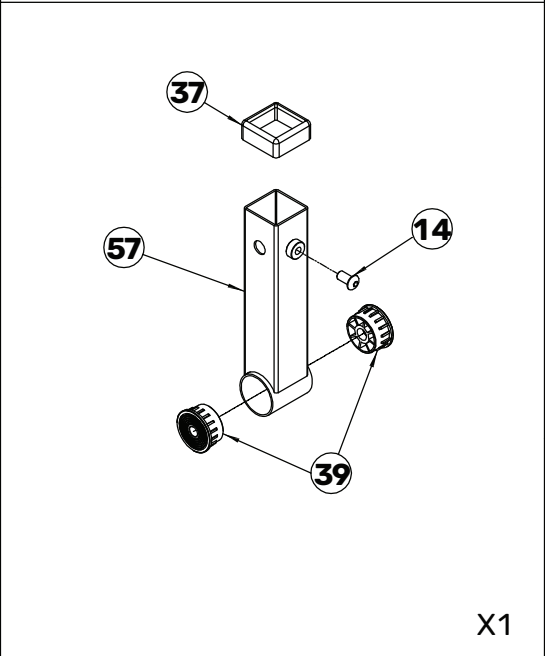
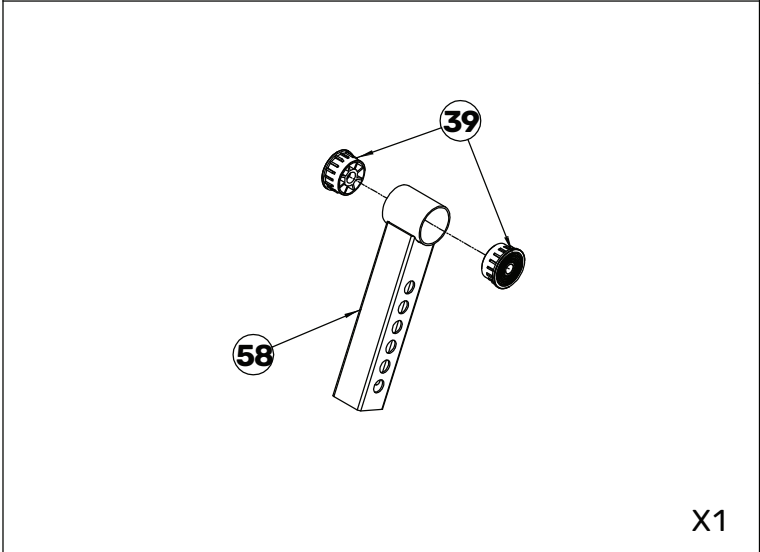
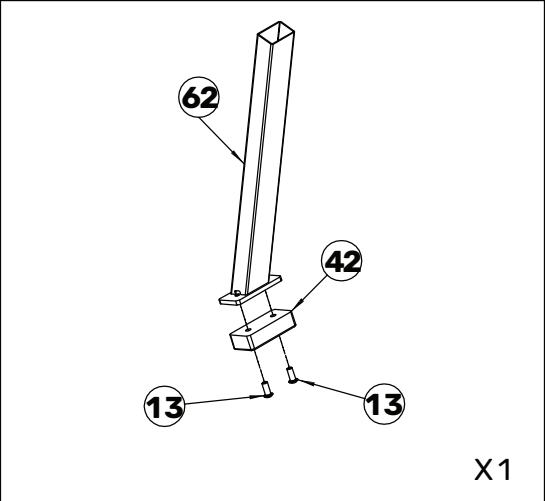
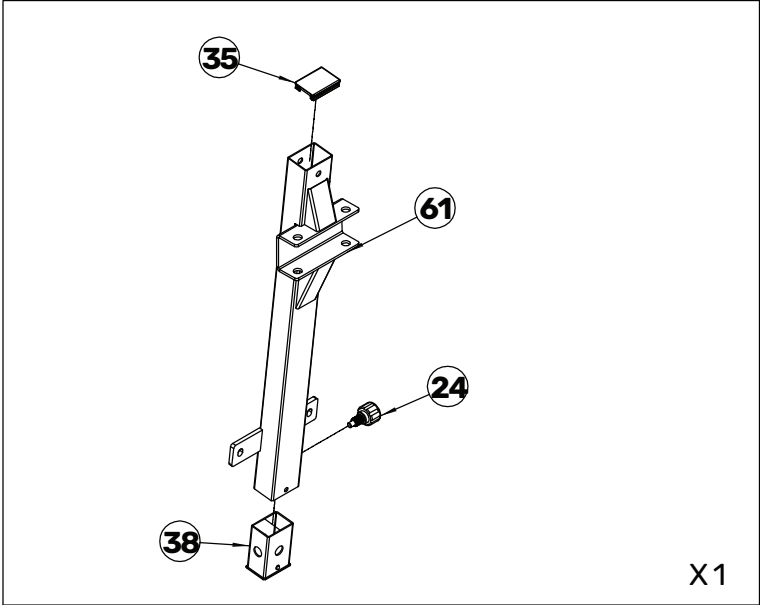
Parts list

Preassembled

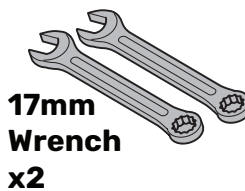
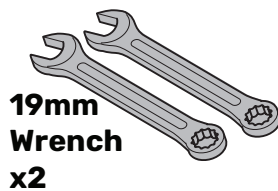
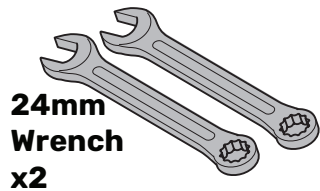


Parts list

Preassembled



Tools Required



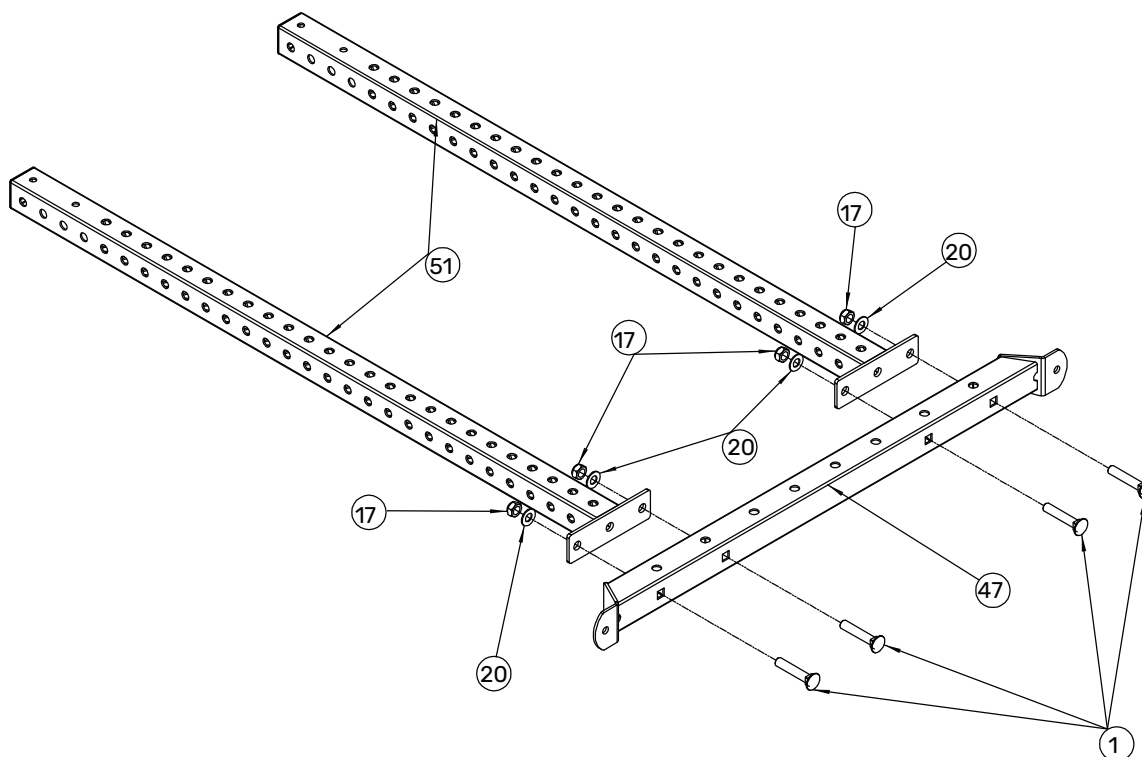
You can use an impact/ socket wrench but not required.

ASSEMBLY

PRO TIPS: For easier assembly, group the hardware together for each step. Group the bolts, washers and nuts according to sizes. (M12 bolt, M12 washer, M12 nut), (M10's).

1

Assemble the base frame. After laying down (47) and connecting it with the two pieces (51), fix it with carriage bolts M16X85 (1), M16 flat washer (20), and M16 lock nut (17).

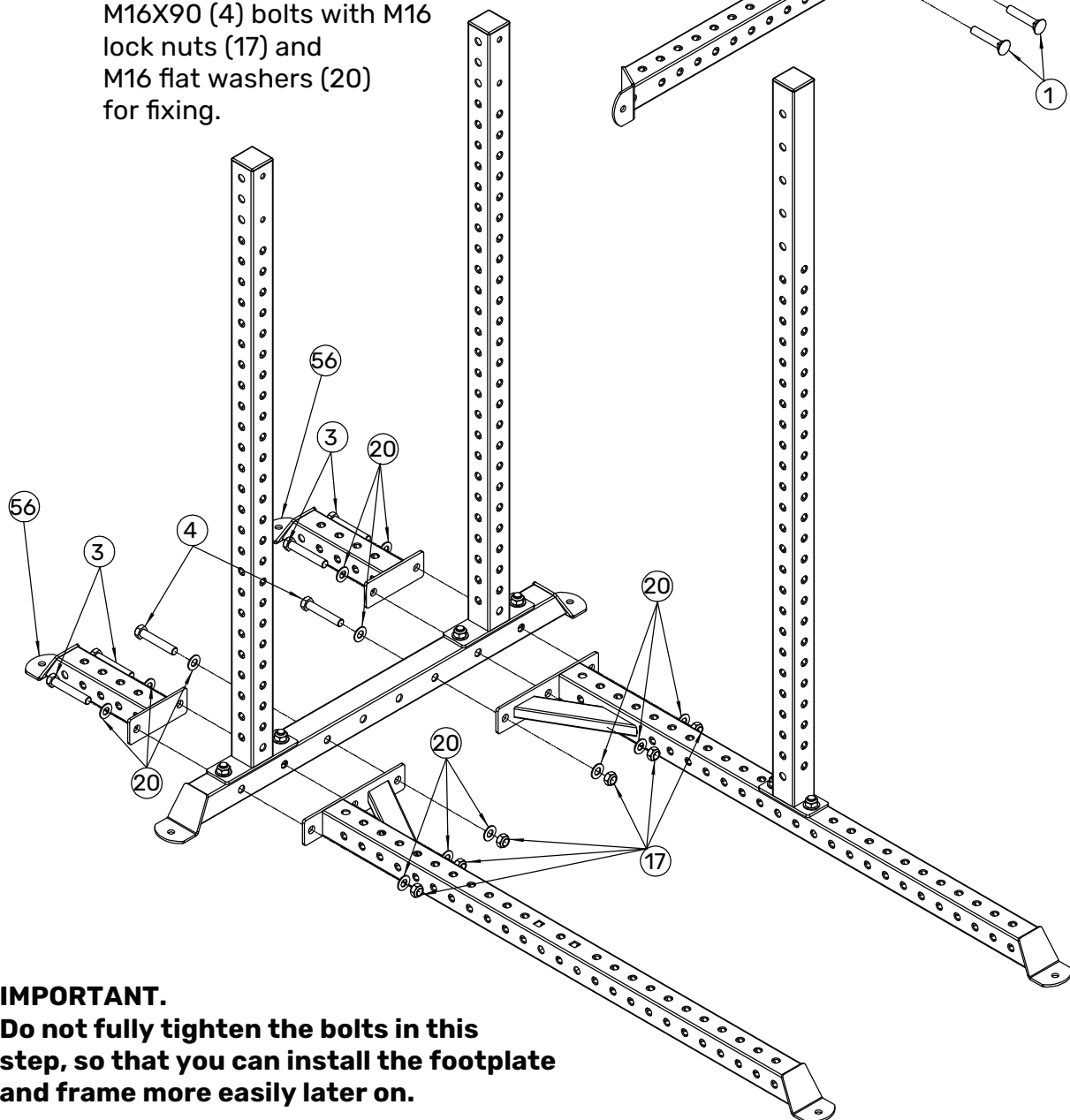


2

Assemble the base frame. Fix (49) and (53) together with carriage bolts M16X85 (1), M16 lock nuts (17), and M16 flat washers (20).

3

Assemble the bottom corner connection. After assembling the parts in the first and second steps, connect them to the parts (56) and use M16X95 (3) and M16X90 (4) bolts with M16 lock nuts (17) and M16 flat washers (20) for fixing.



IMPORTANT.

Do not fully tighten the bolts in this step, so that you can install the footplate and frame more easily later on.

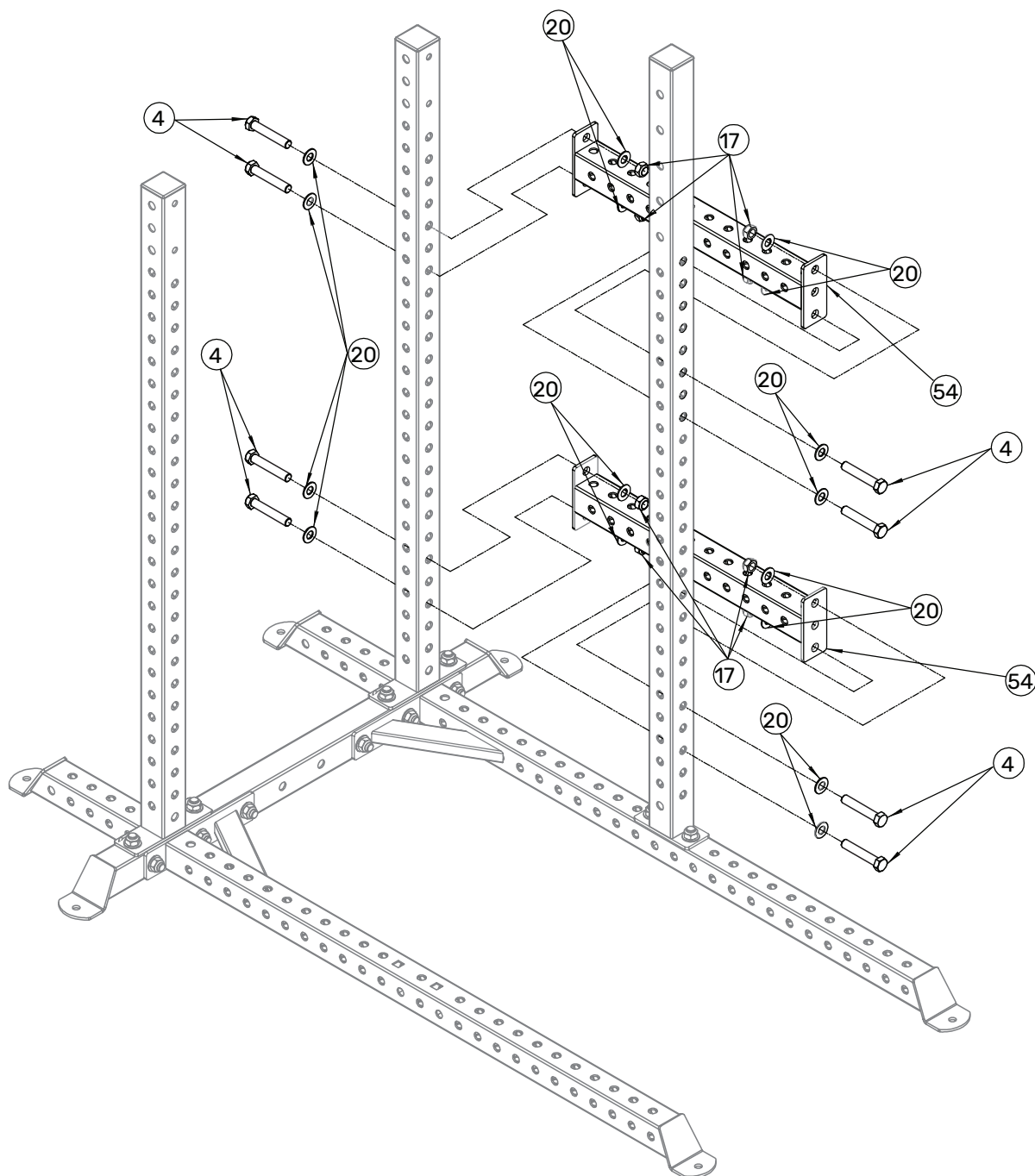
Assembly Instructions

4

Assemble the crossmember. Two pieces (54) are fixed with M16X90 (4) bolts, M16 flat washers (20) and M16 damping nuts (17).

Attach top crossmember at the 5th and 7th holes from the top of the rear upright.

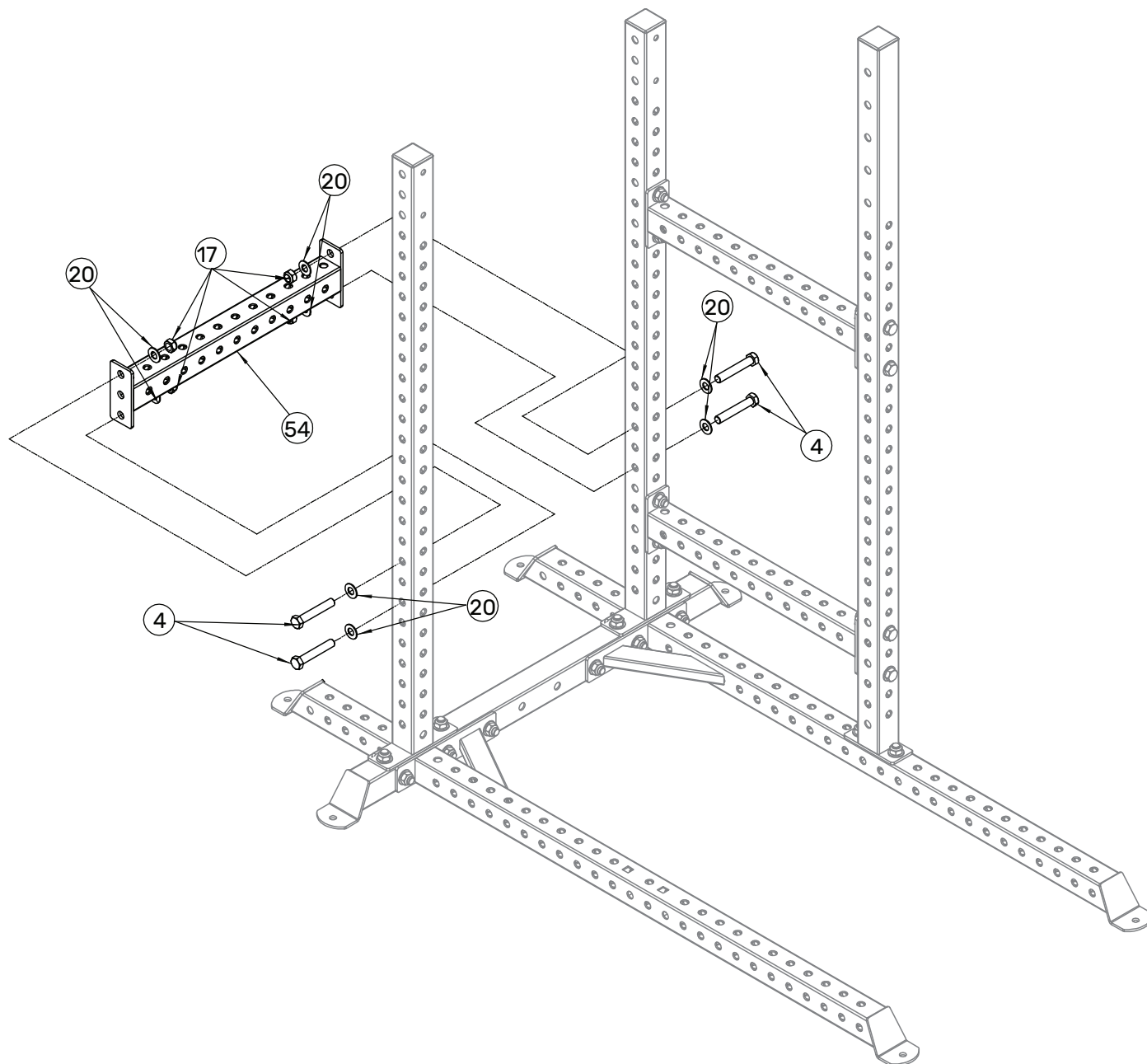
zAttach bottom crossmember at the 4th and 6th holes from the bottom of the rear upright.



Assembly Instructions

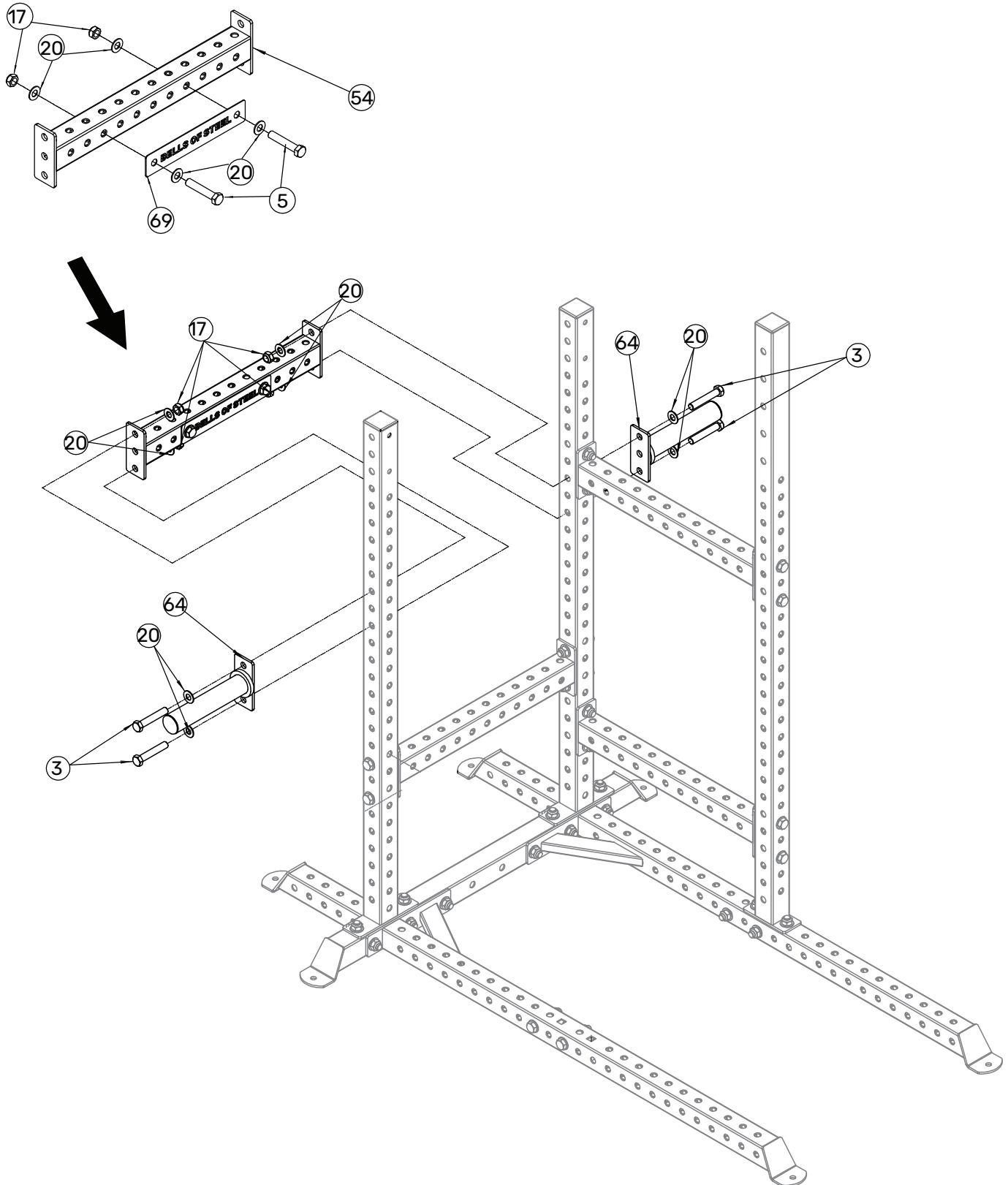
- 5** Assemble the connecting bracket (54). Use M16X90 (4) bolts, M16 flat washers (20), and M16 lock nuts (17).

Use the 7th and 9th holes from the bottom to attach the lower rear crossmember.



Assembly Instructions

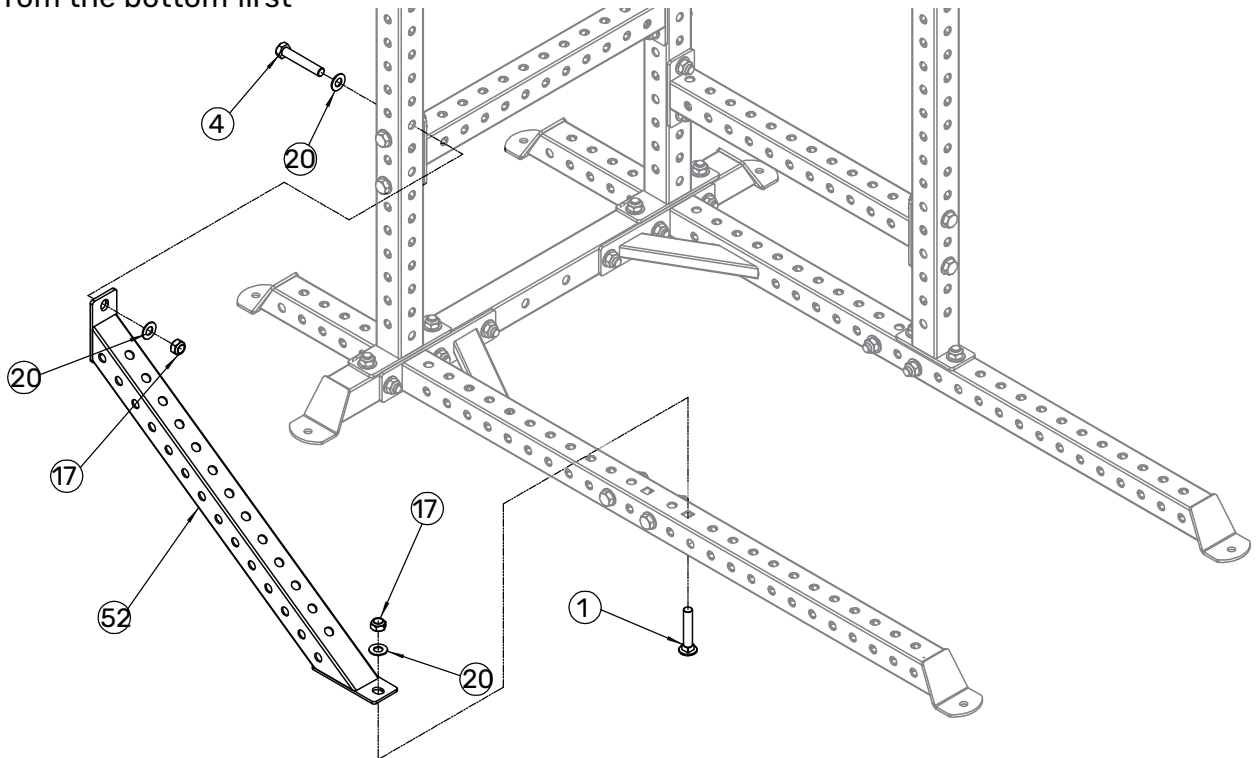
- 6** Assemble the connecting bracket (54), diagonal support (52), and nameplate (69) of the straight barbell plate storage assembly (64). First, assemble the nameplate (69) and (54). Fix the two barbell plate storage components (64) together with the connecting bracket (54) on the riser.



Assembly Instructions

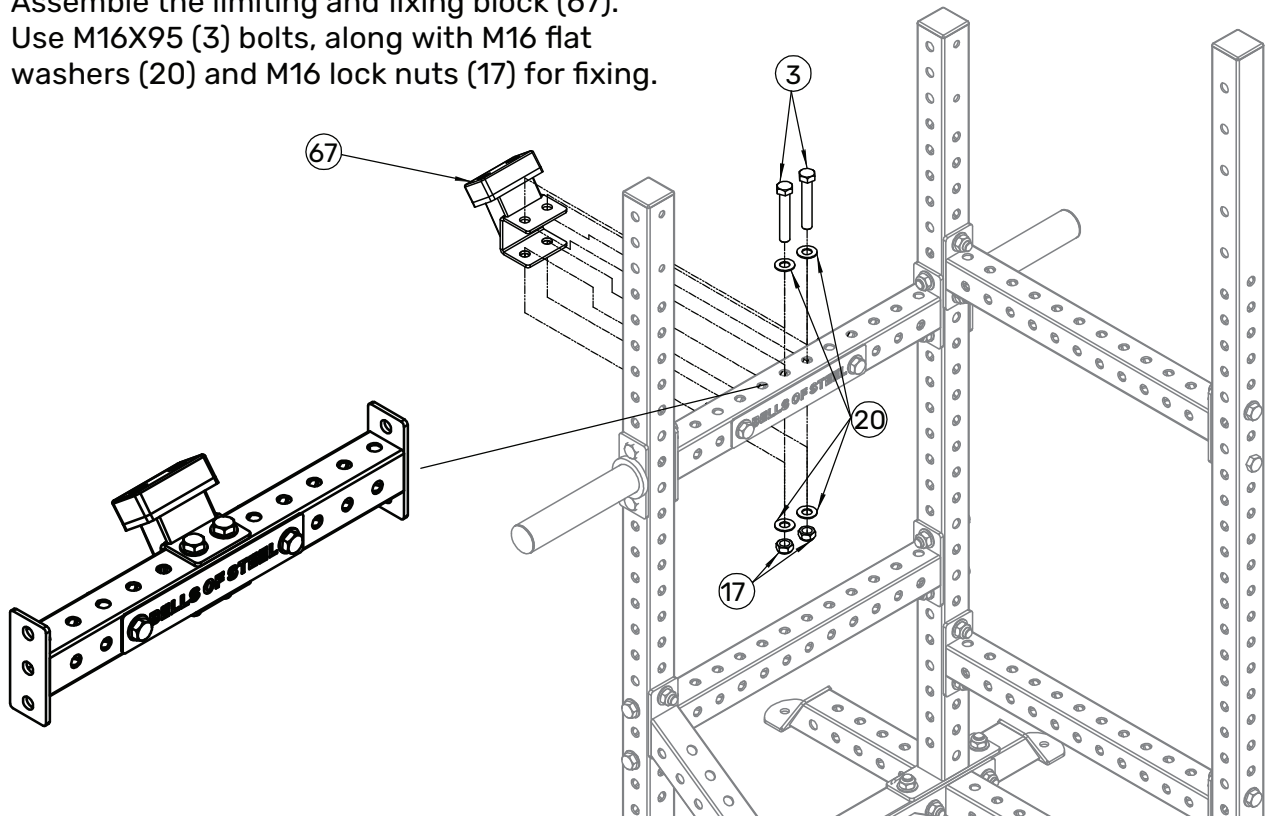
7

Fix the diagonal support (52) with carriage bolts M16X85 (1), M16X95 (3), and M16X90 (4) with M16 flat washers (20) and M16 damping nuts (17). Note that when installing the diagonal support (52), you need to lift the bracket and insert the carriage bolt (1) from the bottom first



8

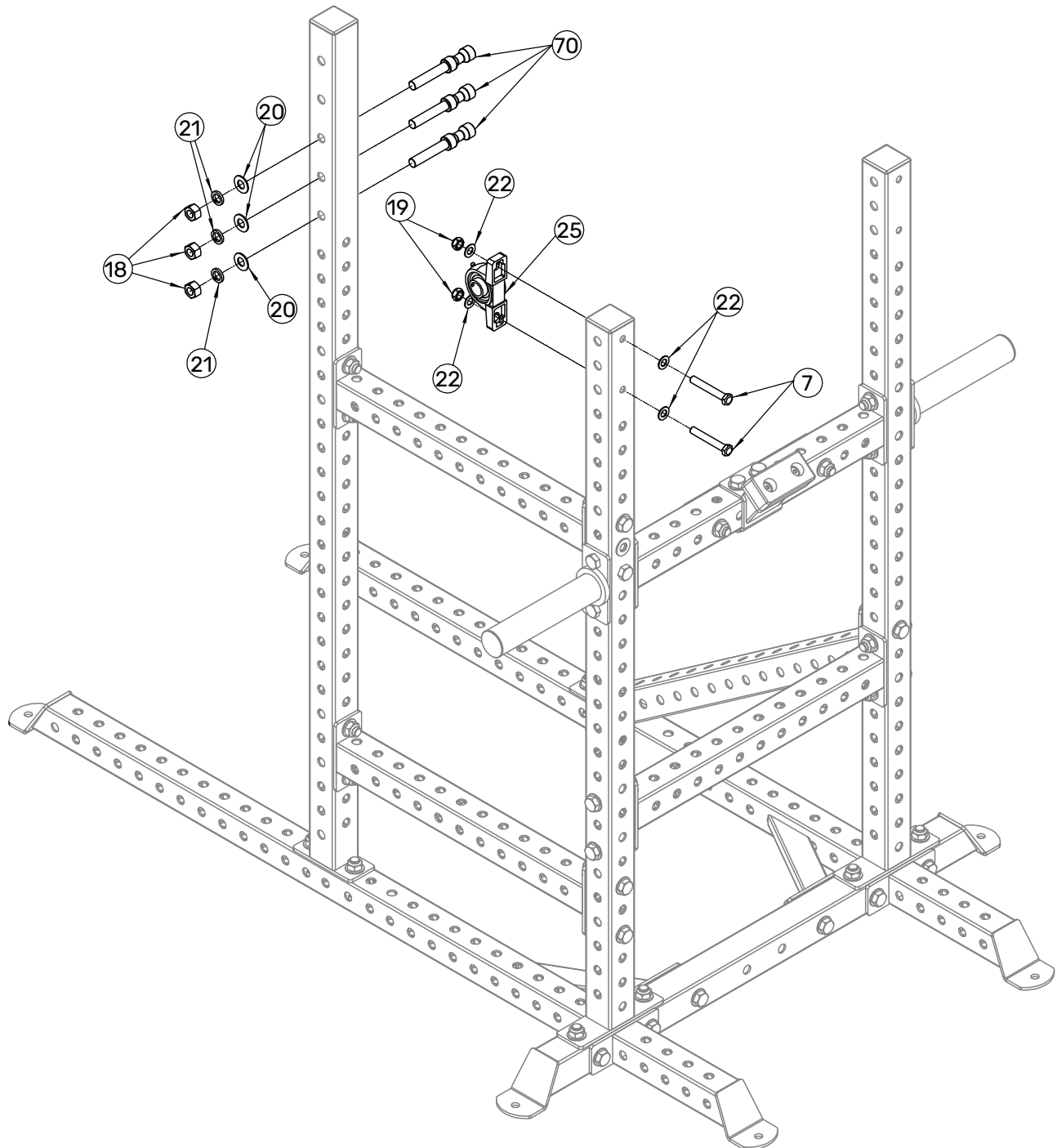
Assemble the limiting and fixing block (67). Use M16X95 (3) bolts, along with M16 flat washers (20) and M16 lock nuts (17) for fixing.



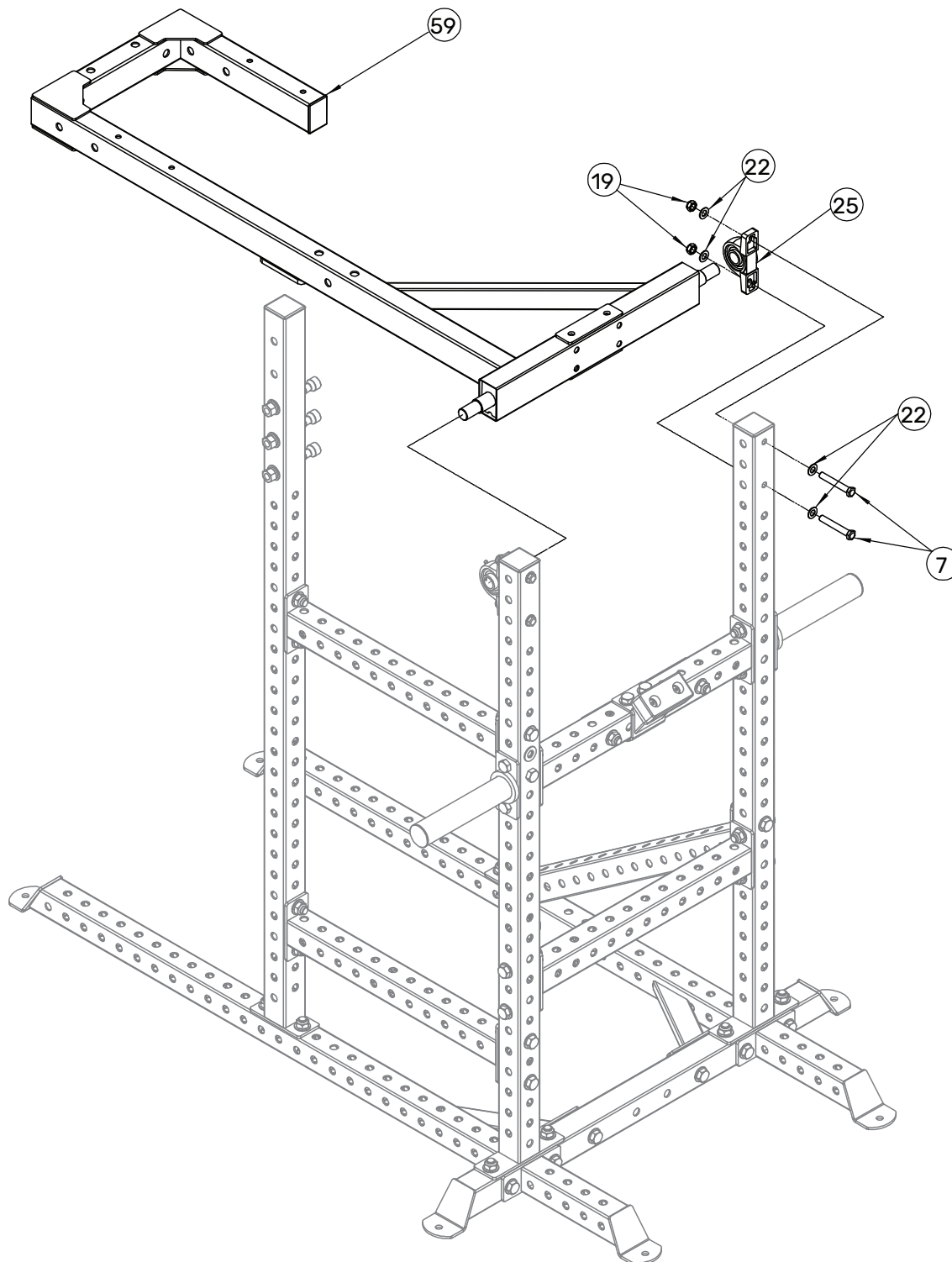
Assembly Instructions

9

Assemble the safety rungs (70) and bearing seat (25). Insert the safety rungs (70) into the tube and fix it with a common nut M16 (8), a spring washer M16 (21), and an M16 flat washer (20). The left side bearing (25) is fitted with an M12X95 (7) bolt, an M12 washer (22), and an M12 nut (19). **Note the orientation.**



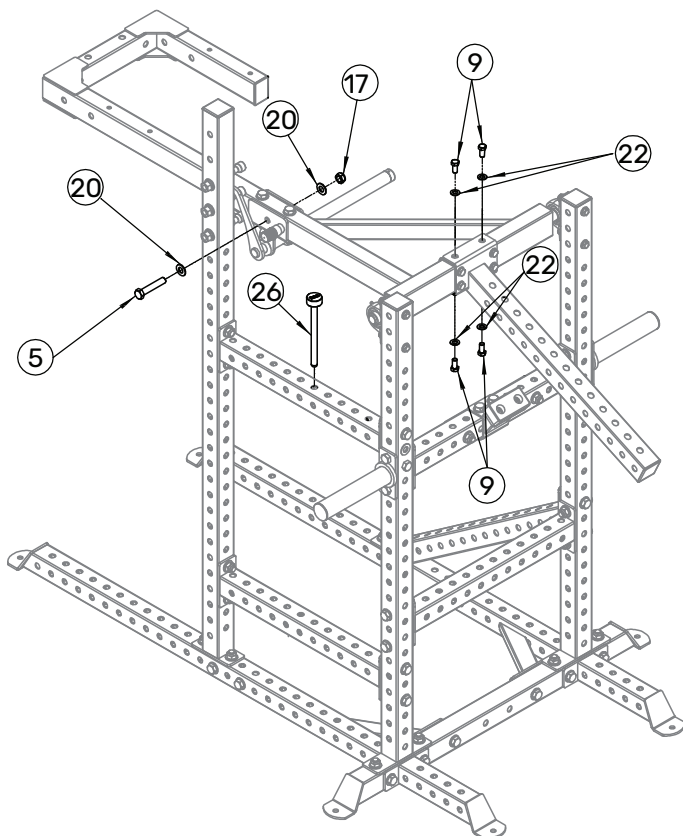
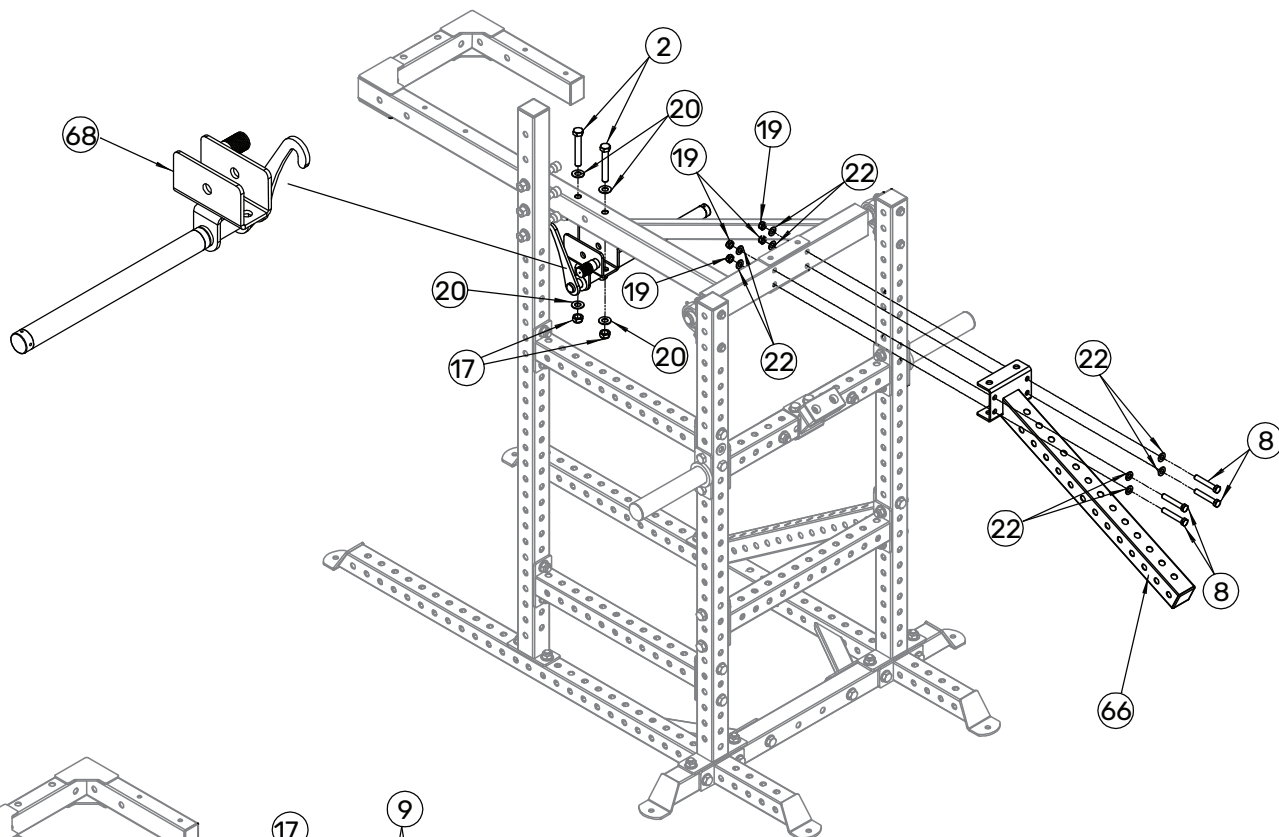
- 10** Assemble the swing frame (59) and bearing housing (25). Insert the swing rod into the already installed set of bearing housings, then insert another bearing housing, and fix it with bolts M12X95 (7), M12 flat washers (22), and nuts M12 (19), paying attention to the direction.



Assembly Instructions

11

Assemble the lever (68) and the slant arm tube (66). Assemble the lever (68) and fix it with bolts M16X100 (2), M16 flat washers (20), and lock nuts M16 (17). Then lift the swing bracket (59) and block it with part (68). Finally, install the slant arm tube (66) and fix it with bolts M12X70 (8), M12 flat washers (22), and nuts M12 (19), paying attention to the direction.

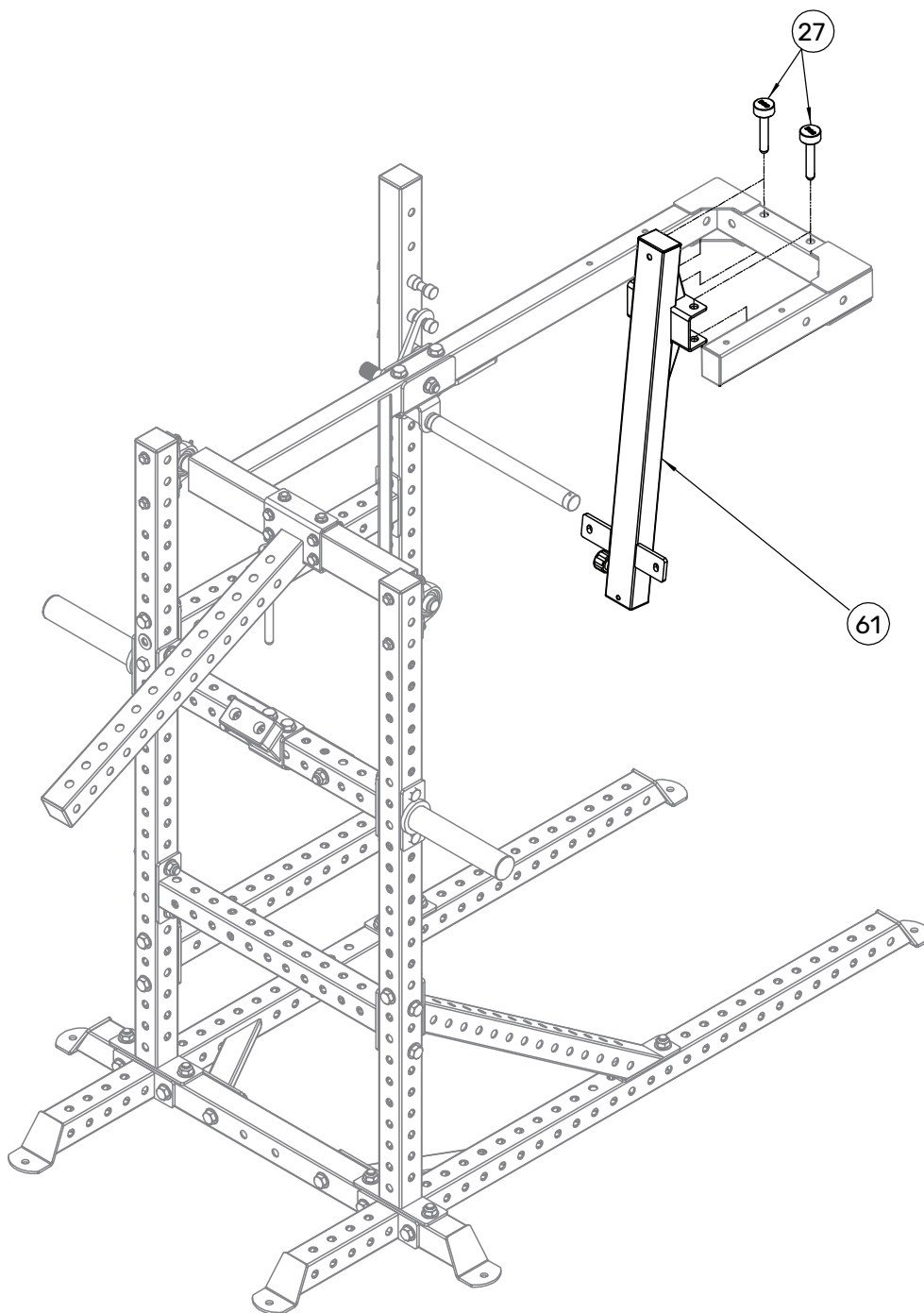


12

Secure the rear lever (68) and the slant arm tube (66) with bolts M16X85 (5), M16 flat washer (20), and lock nut M16 (17). Secure the slant arm tube (66) with bolts M12X25 (9) and M12 flat washer (22). Finally, insert the magnetic pin (26) and pay attention to the direction.

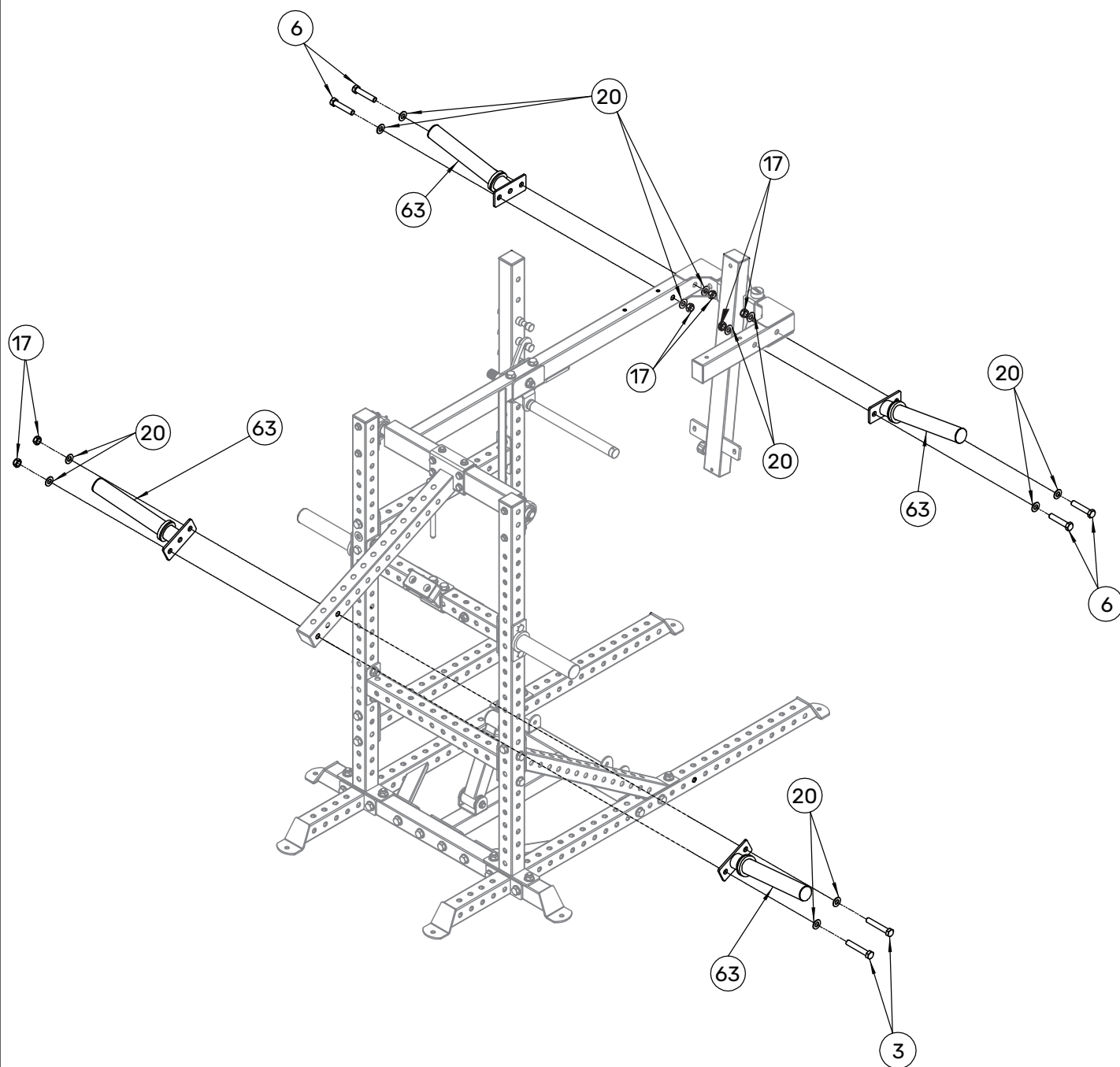
13

Insert the pad bracket (61) into the tube and insert the magnetic pin (27) to fix it.



14

Assemble the plate pegs (63). Use M16X80 (6) bolts, along with M16 washers (20) and M16 lock nuts (17), paying attention to the direction.



Assembly Instructions

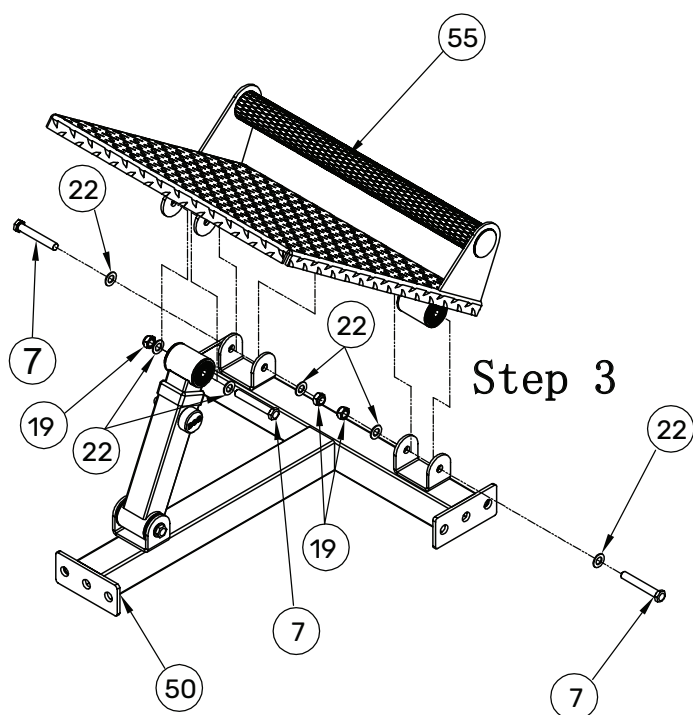
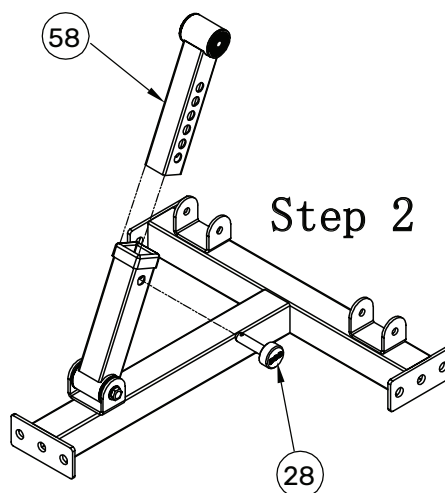
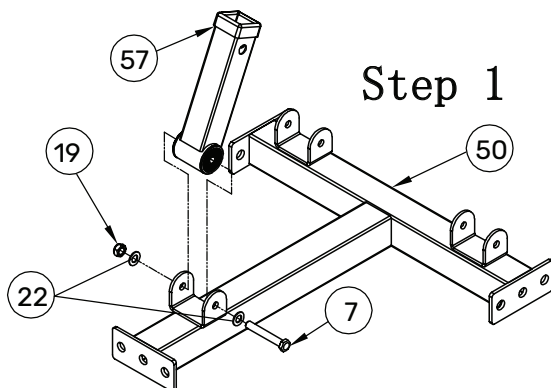
15

First, assemble parts (50), (55), (57), and (58).

Step 1: Secure (57) to (50) using M12X95 bolts (7), M12 nuts (19), and M12 washers (22).

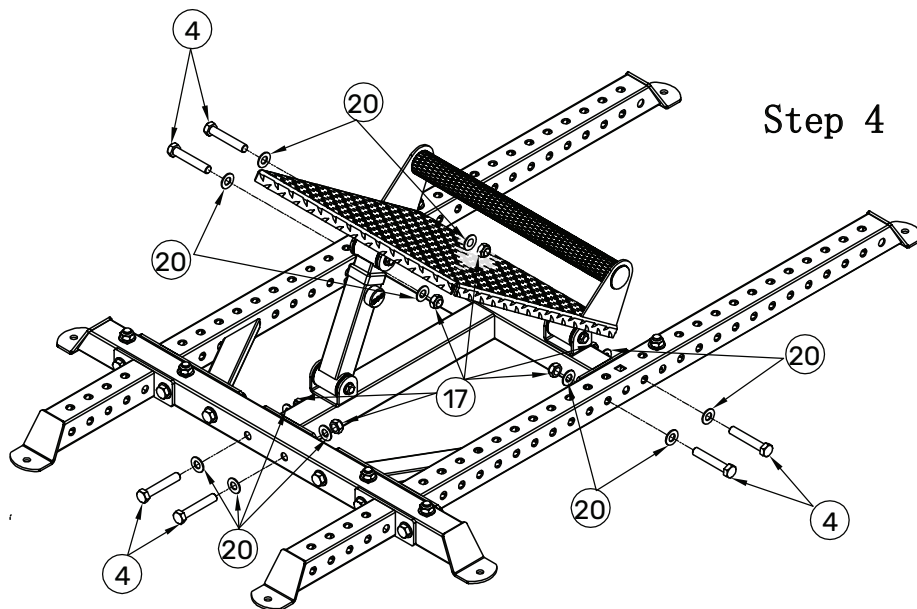
Step 2: Insert part (58) into part (57) and position it using magnetic pins (28).

Step 3: Secure part (55) to (50) and (58) using M12X95 bolts (7), M12 nuts (19), and M12 flat washers (22).

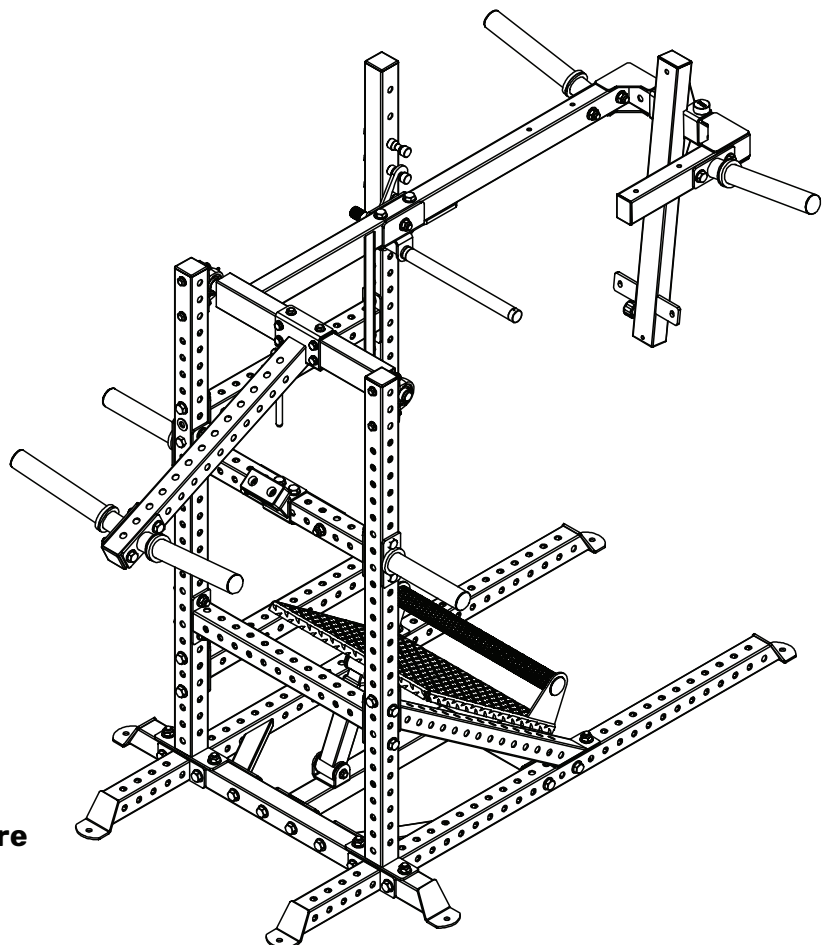


16

Step 4: Secure the assembled parts from the first three steps to the base frame using M16X90 bolts (4), M16 lock nuts (17), and M16 flat washers (20).



Step 4



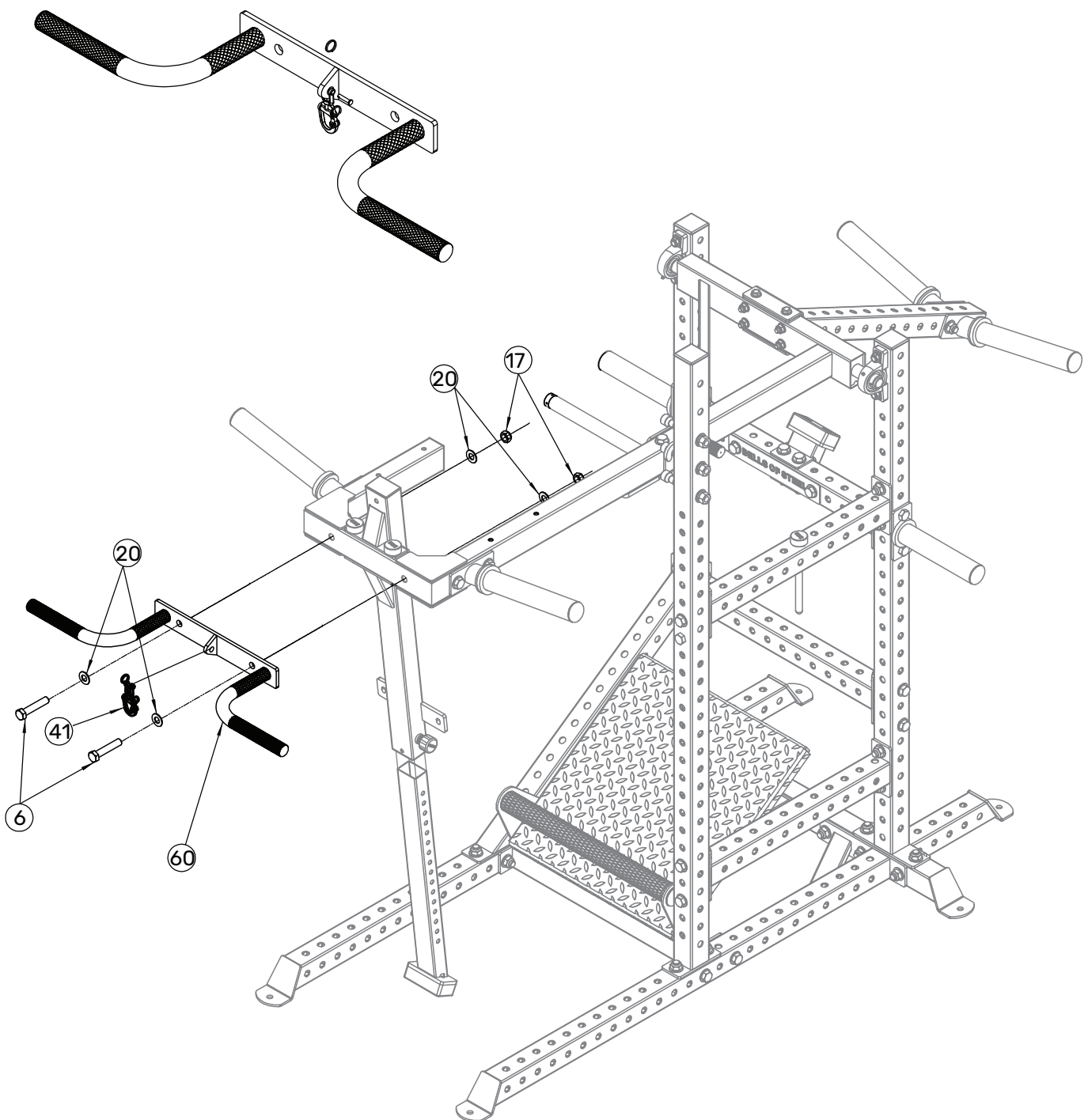
IMPORTANT.

Once the footplate and frame are installed, go back and tighten down the bolts from step 3.

Assembly Instructions

17

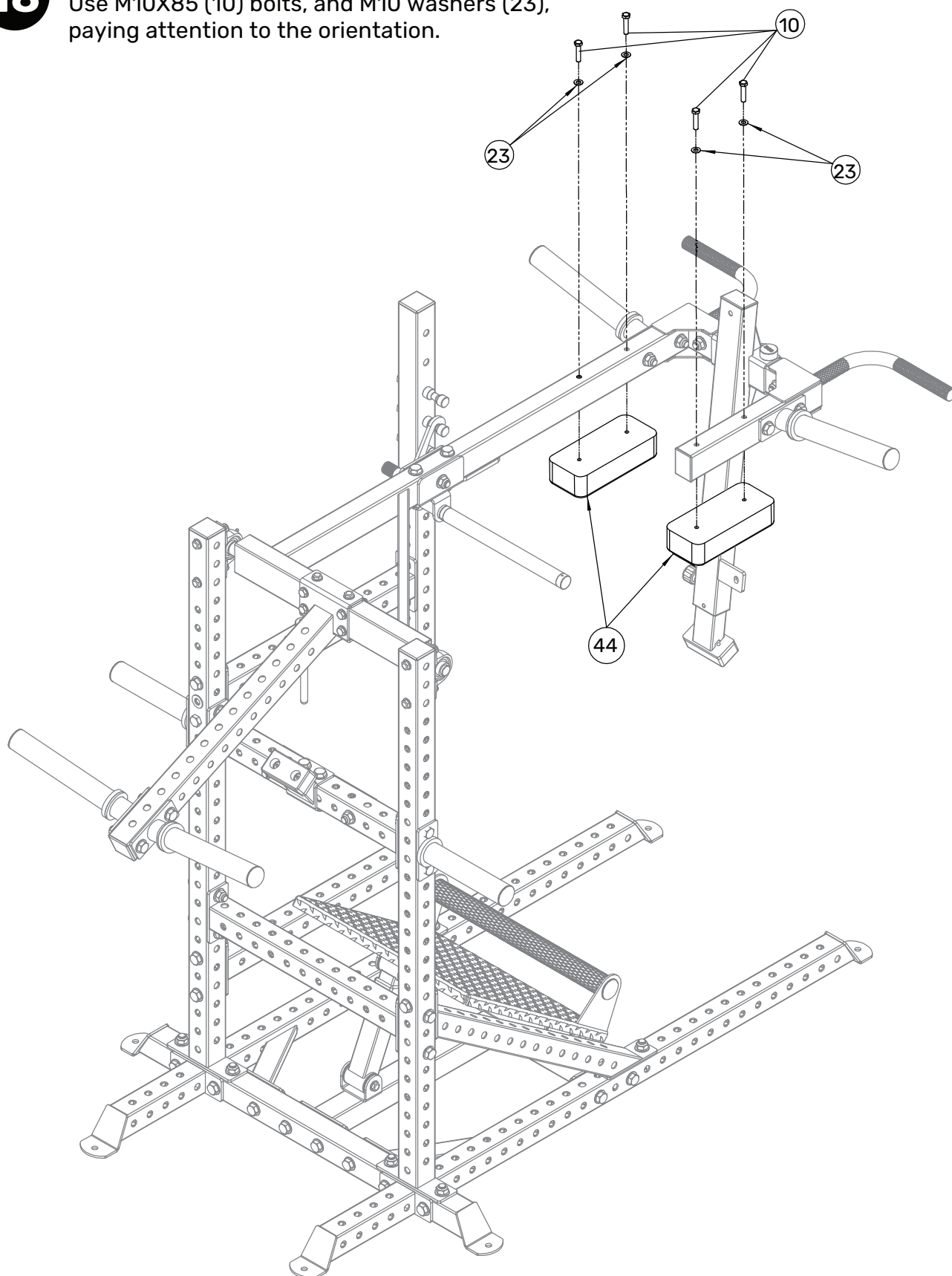
Assemble the viking press bar (60) and use M16X80 (6) bolts, along with M16 washers (20) and M16 lock nuts (17). Finally, hang the part (41). Note that the eccentric hole of the viking press bar plate should face downwards.



Assembly Instructions

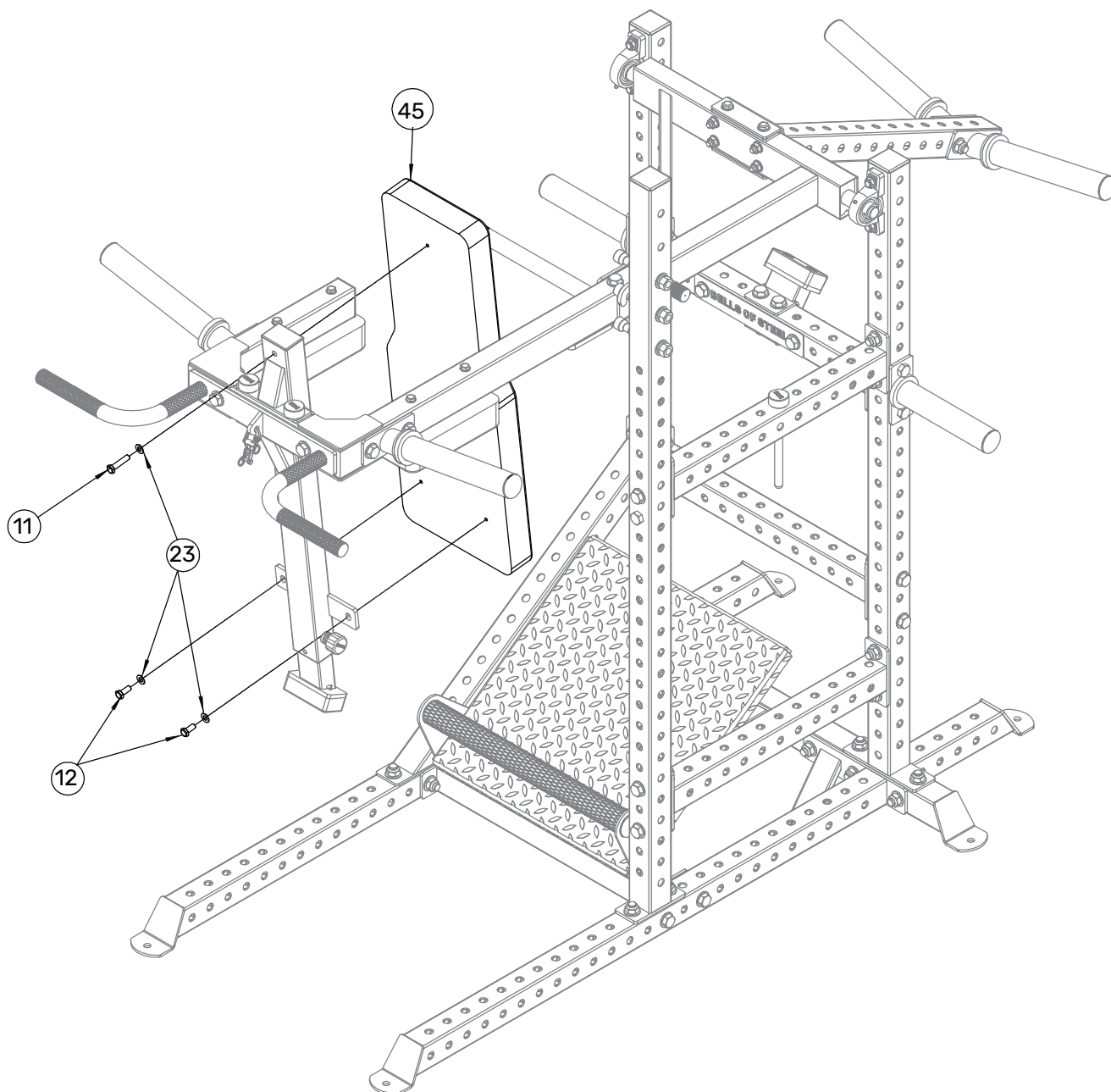
18

Assemble the shoulder pad (44).
Use M10X85 (10) bolts, and M10 washers (23),
paying attention to the orientation.



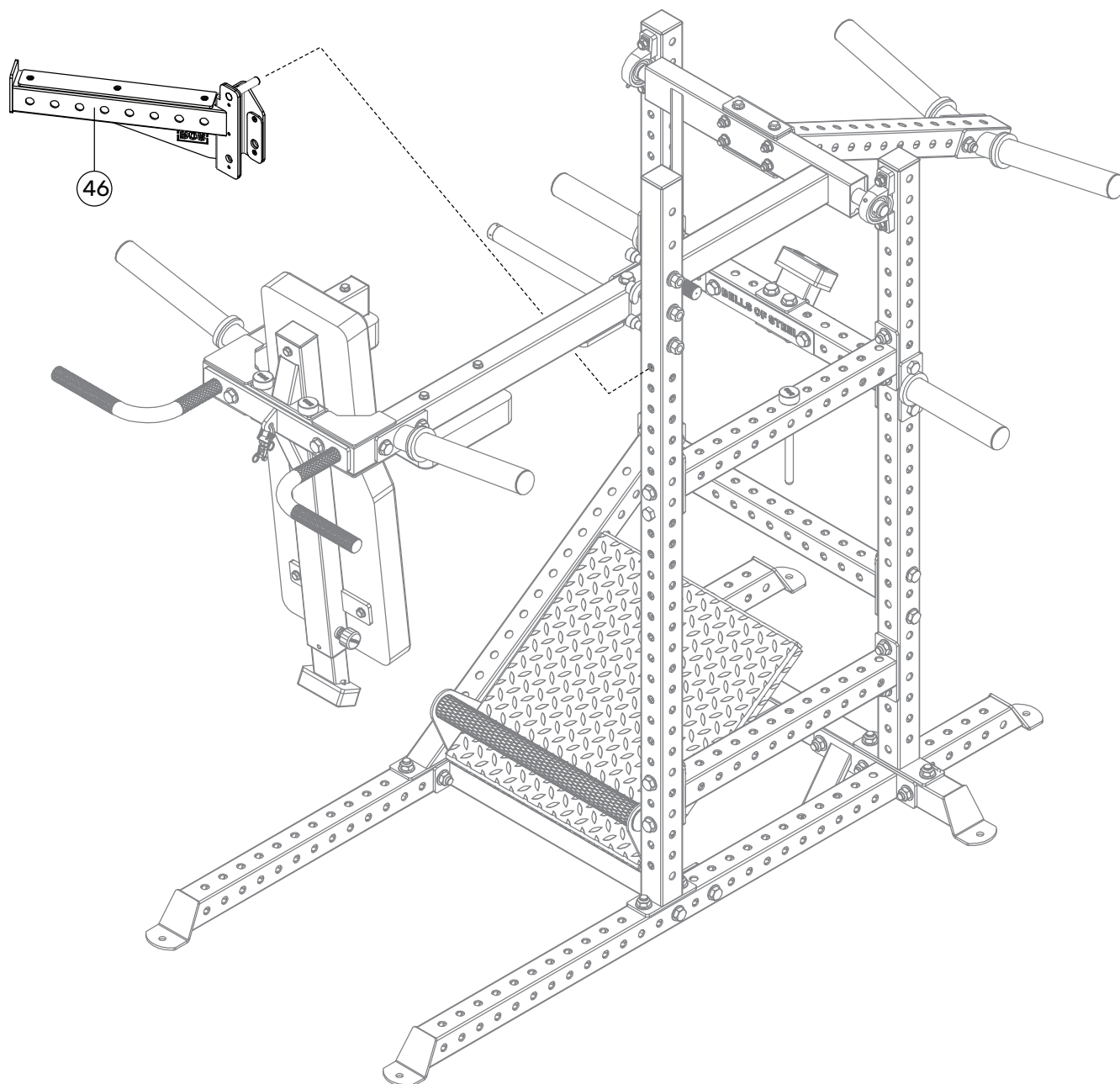
19

Assemble the back pad (45). Use M10X65 (11) bolts and M10X20 (12) bolts, along with M10 washers (23), paying attention to the orientation.



20

Assemble accessory (46), insert pin into tube opening, pay attention to direction and position.



YOU'RE FINISHED!

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