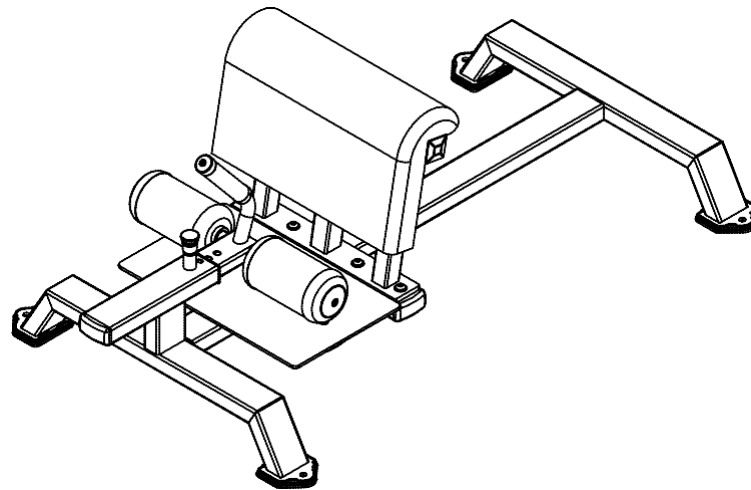
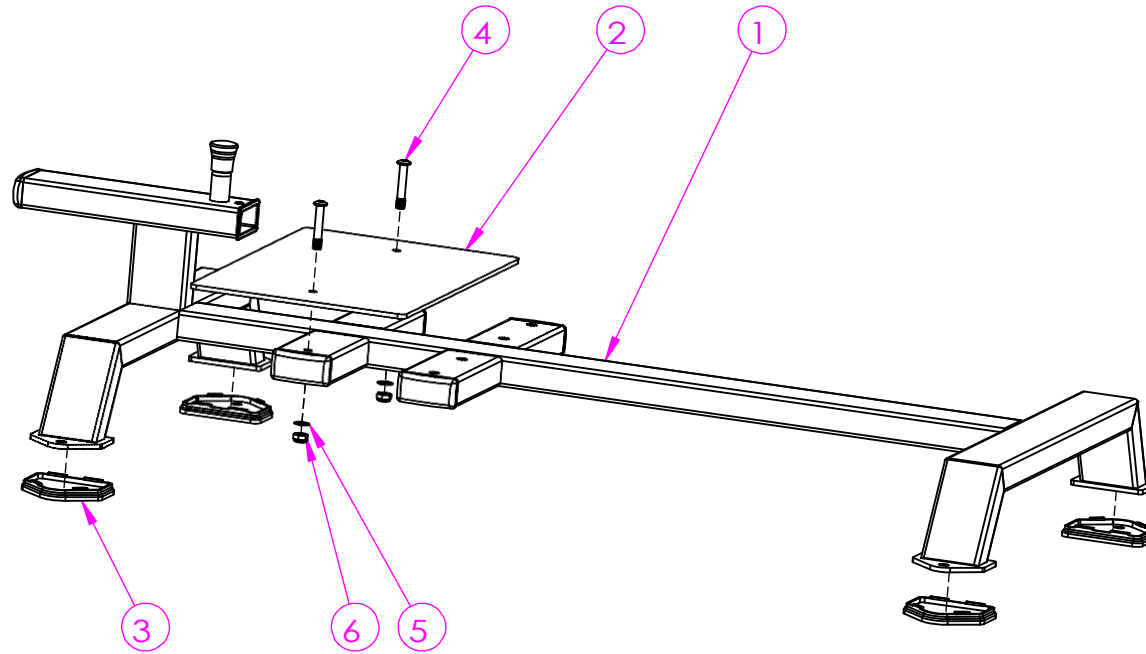


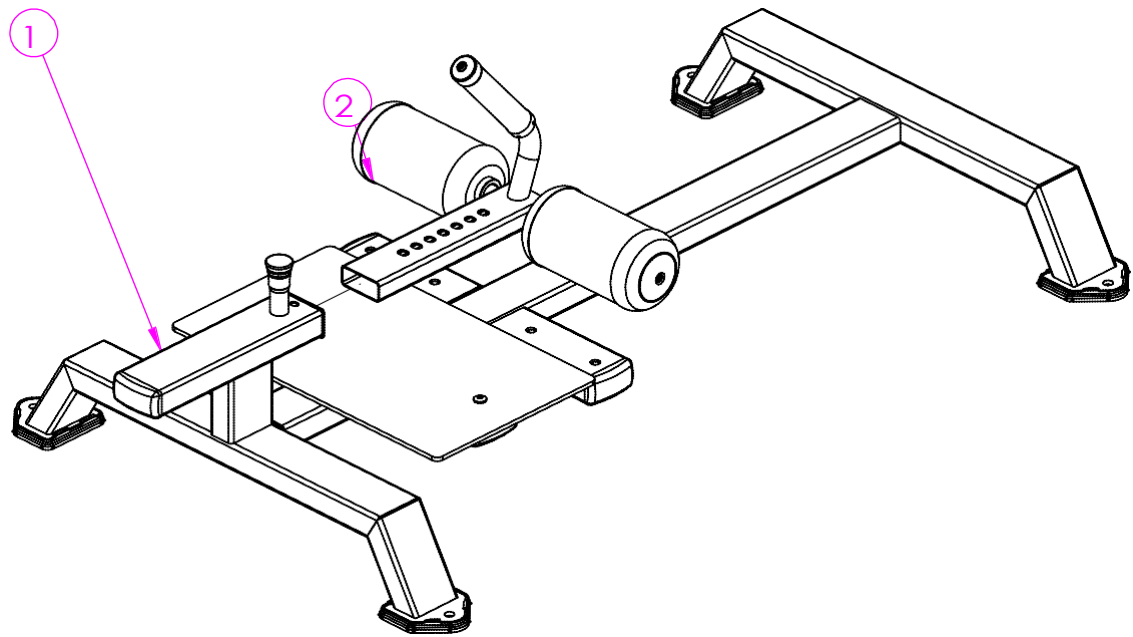
HS-1010 Sissy Squat INSTALLATION INSTRUCTION



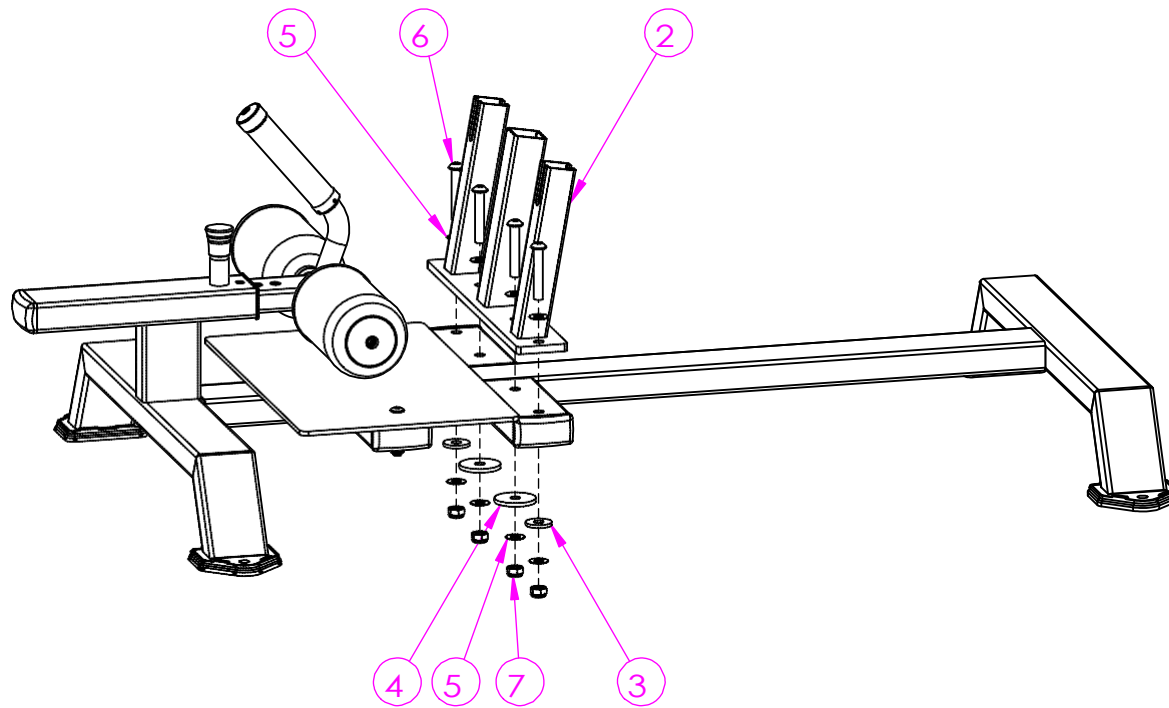
NO.	CODE	NAME	QUANTITY
1	R20-1416	Bottom Frame	1
2	R02-5028	Checker plate	1
3	R06-1034	40X80Square Pad	4
4	Cup Head M10X60	Cup Head M10X60	2
5	M10 Flat Washer	M10 Flat Washer	2
6	M10 anti-loose nut	M10 anti-loose nut	2



NO.	CODE	NAME	QUANTITY
1	Step 1		
2	R20-1417	Adjustable Tube	1



NO.	CODE	NAME	QUANTITY
1	Step 2		1
2	R04-1154	Chrome	1
3	35 Washer	35 Washer	2
4	R02-1386	55 Washer	2
5	M12 Flat Washer	M12 Flat Washer	8
6	Cup Head M12X70	Cup Head M12X70	4
7	M12 anti-loose nut	M12 anti-loose nut	4



NO.	CODE	NAME	QUANTITY
1	Step 3		1
2	R20-1418	Cushion frame	1
3	R07-1123	Washer	1
4	M8 Flat Washer	M8 Flat Washer	4
5	M8X80	Cup Head M8X80	4

