

USER MANUAL**GM8300**

I Notice

Please read the following carefully after using or after using the product. It contains notes on usage and storage and safety. Be sure to keep the manual for proper maintenance.

Precautions before Use

1. It is suitable for users weight within 150kg and height less than 190cm.
2. This product should be exercised under the supervision of a guardian under the age of 14 and the elderly.

Environment

1. Before using the product, start the exercise with the product fully assembled.
2. Before using the product, make sure there is nothing that interferes with your workout.
3. When using the product, please move it on a flat surface when the product is shaken.
4. When using the product, please ensure enough space around the product for at least 1 m before exercising.
5. Install the product on a flat floor and do not install it in the following places.



- Outdoor/This product is made of indoor.
 - Where there is moisture or dirt
 - Slopes or slopes on the veranda
 - A place exposed to direct sunlight or right next to a heating machine
6. Do not use if product is damaged or broken.
 7. Do not push or prank when using the product.
 8. Product should be avoided contact with water directly.
 9. This product is designed for home use and is not responsible for any problems that may occur when used for commercial purposes.

User's Health Status

1. For effective exercise, please consult with the specialist before using the product.
2. Inappropriate exercise or excessive exercise may cause harm to your health, so please consult your trainer.
3. If you feel any abnormalities such as dizziness, leg cramps, or shortness of breath during exercise, immediately discontinue use and consult a doctor.
4. Children or elderly people, pregnant women, patients who require absolute stability, or patients who are being treated for other diseases are prohibited from using it. In addition, patients treated with orthopedic diseases (arthritis, rheumatism, disc), please consult your doctor before use.
5. Patients with acute disease, malignant tumor, hyperthermia, cardiac disorder, pregnancy, skin area of use, diabetes, arthritis (knee, elbow, waist, etc.) Please consult with your supervisor before use.
6. Be sure to stretch your muscles before exercising.

Precautions for Product Storage

1. Avoid places that can be easily accessed by children or pets when stored after use.
2. When storing the product, please do not store it in direct sunlight, in the place of dirt or moisture, next to the heating machine.
3. When storing the product, be careful not to let children play with the roller at the bottom.

1 Product Specifications

Specifications

Name	Deep Sissy Squat Workout Station (Multi-function)
Model	GM8300
Materials	Steel frame, PP Foam, PU leather
Installation Size	39.4 x 21.7 x 31.7 Inches
Max Weight Capacity	330 lbs
Net/Gross	26 lbs/30.6 lbs

※Product specifications are subject to change without prior notice to improve performance.



I Product Exploded View



One Resistance Band



One Screwdriver



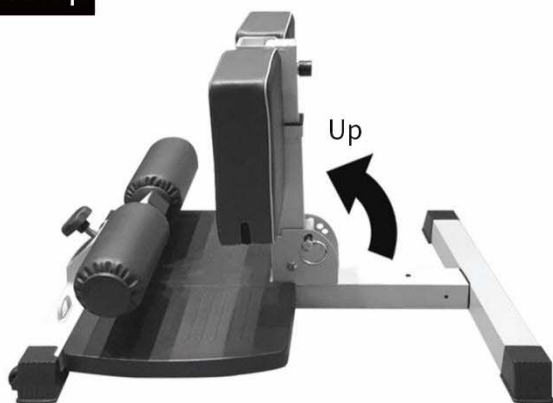
One User Manual

Product Assembly

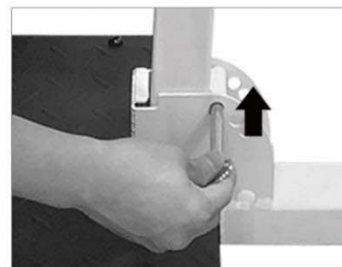
(Please be careful not to hurt your hands when assembling the product)



First Step



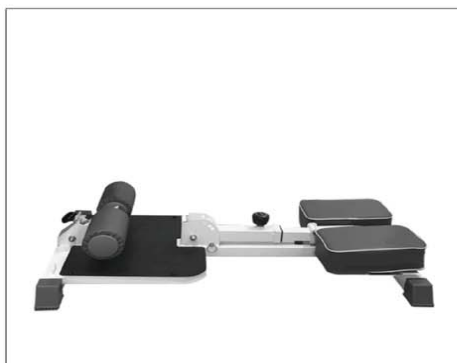
1 Remove the bolt



2 Pull up the cushion stand, fix it with the bolt



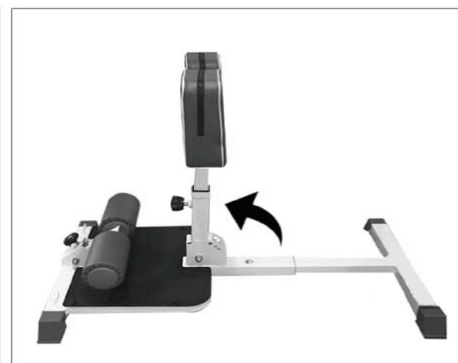
Set up for sissy squat



1 Put the machine flat and steady

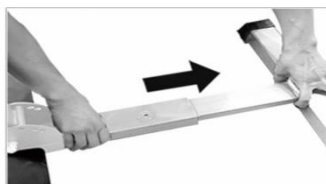
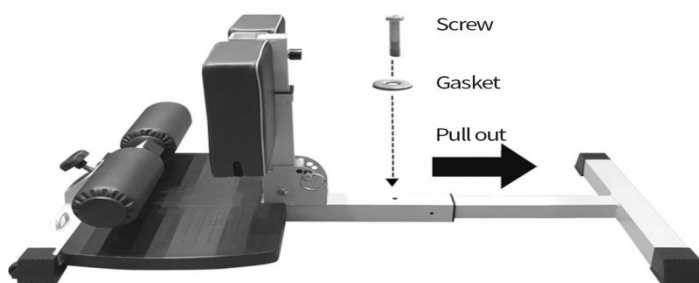


2 Pull out the bolt



3 Pull up the cushion stick according the arrow direction

Second Step



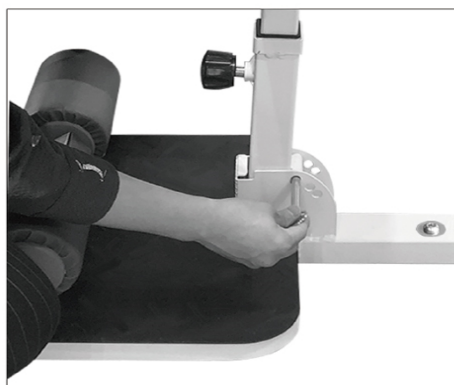
1 Pull out the main frame



2 Spot the screw hole



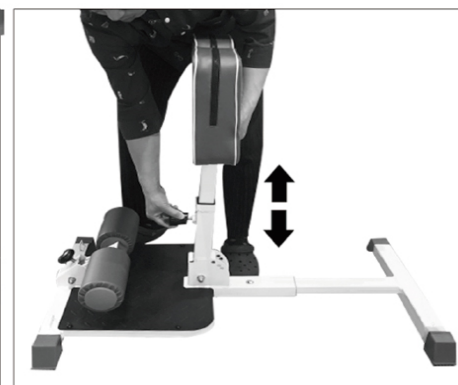
3 Insert the screw and tighten it with screwdriver



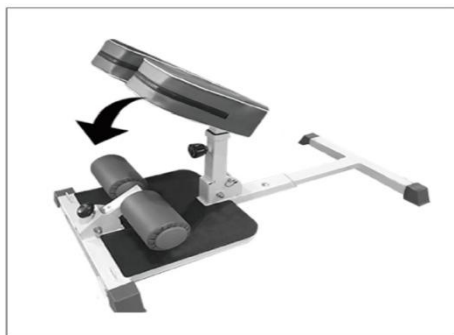
4 Fix the position with the bolt



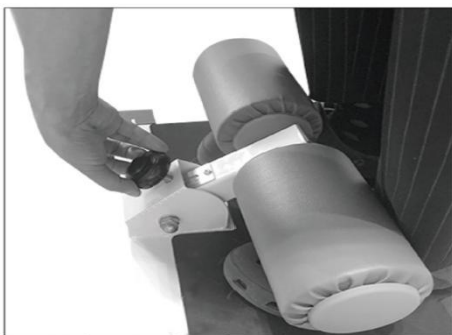
5 Pull the knob



6 Adjust the height of cushion to fit your need



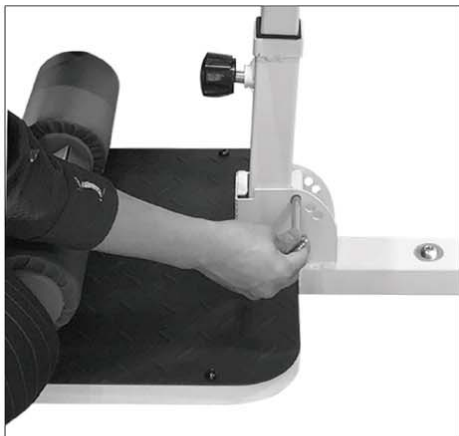
7 Fold the cushion



8 Adjust the knob to secure the feet by foot-holder



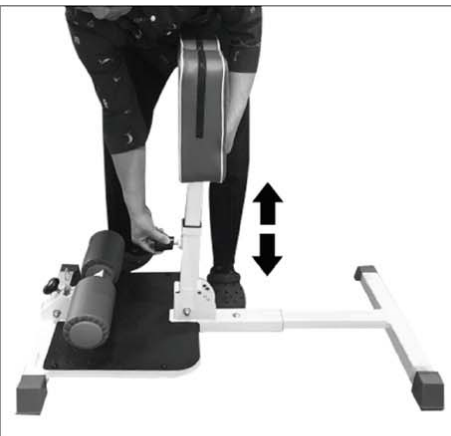
9 Good to do sissy squat



4 Fix the position with the bolt



5 Pull the knob



6 Adjust the height of cushion to fit your need

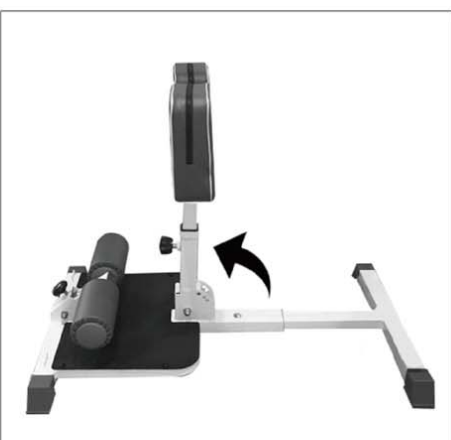
Set up for back extension



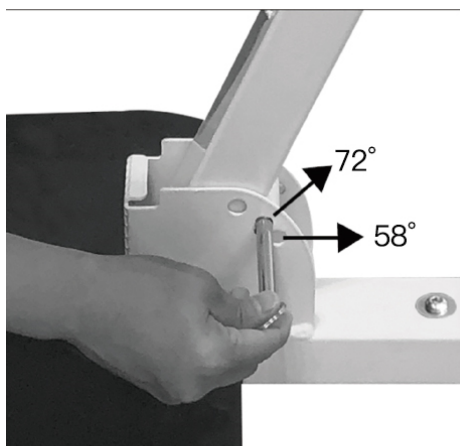
1 Put the machine flat and steady



2 Pull out the bolt



3 Pull up the cushion stick according the arrow direction



7 Two extra angles



8 Back extension with 72 degree

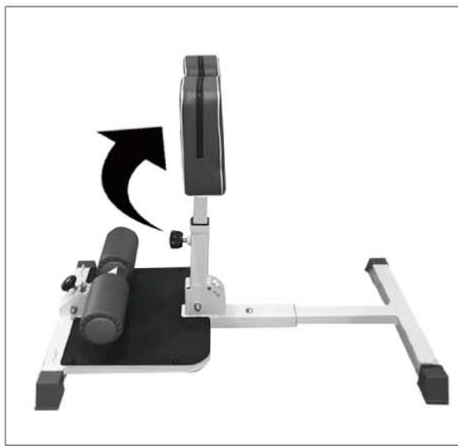


9 Back extension with 58 degree

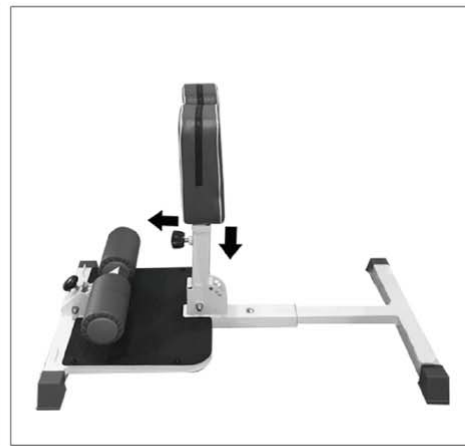
Set up for sit-up



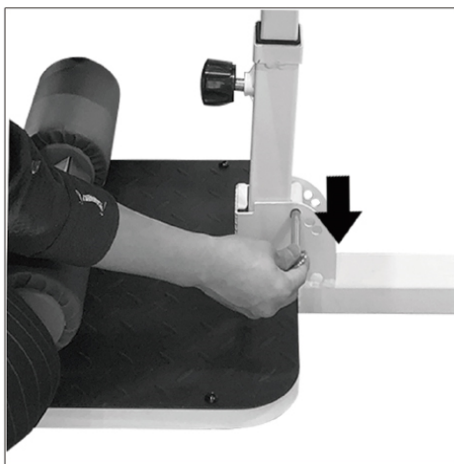
1 Put the machine flat and steady



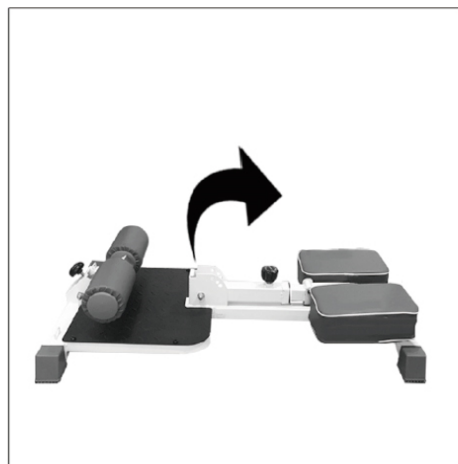
2 Unfold the cushion



3 Pull the knob, set the cushion at lowest position



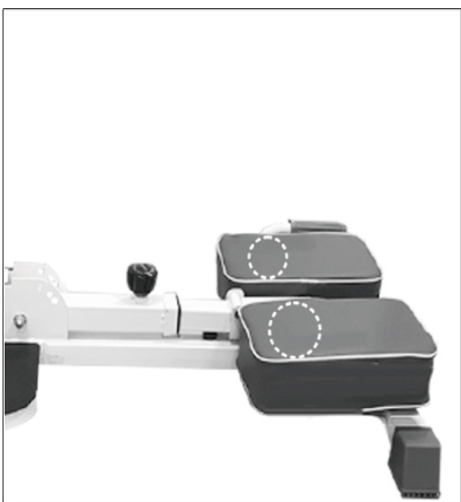
4 Pull out the bolt



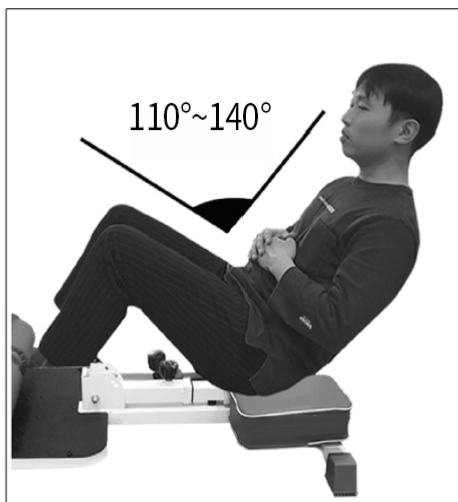
5 Put the cushion flat



6 Fix the position with the bolt

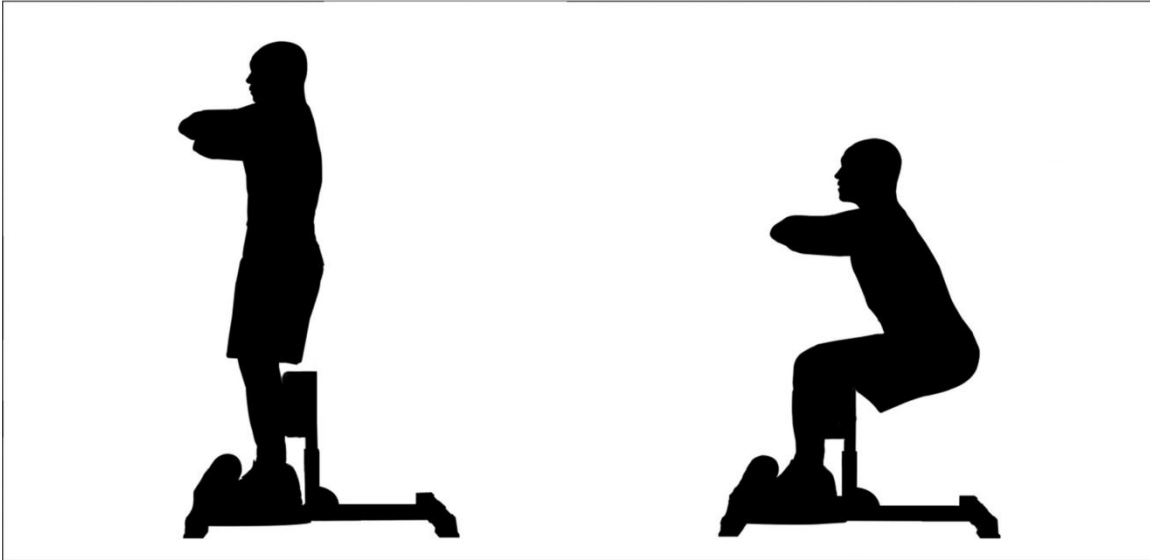


7 Sit on the top of the cushion

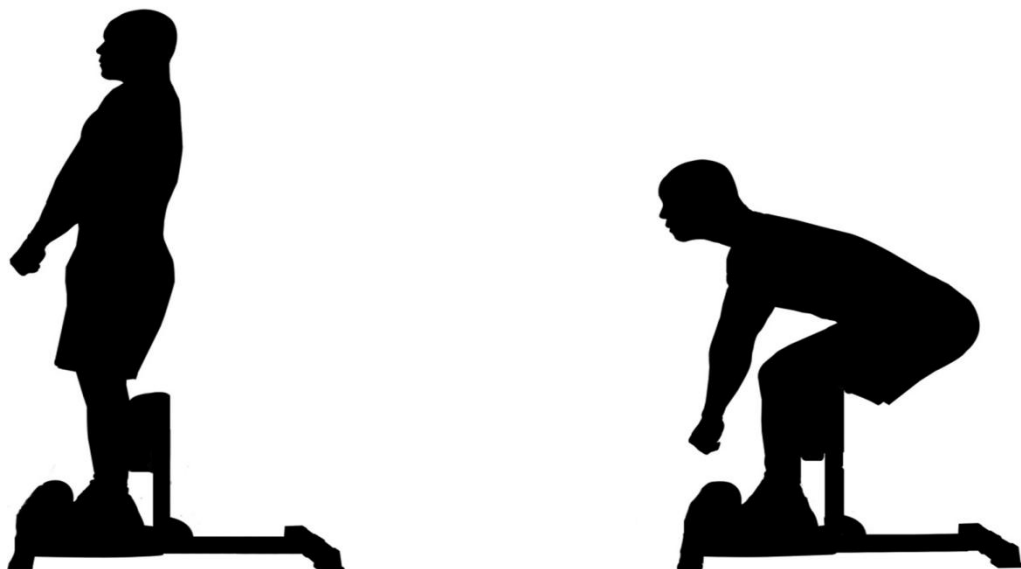


8 Good to go sit-ups

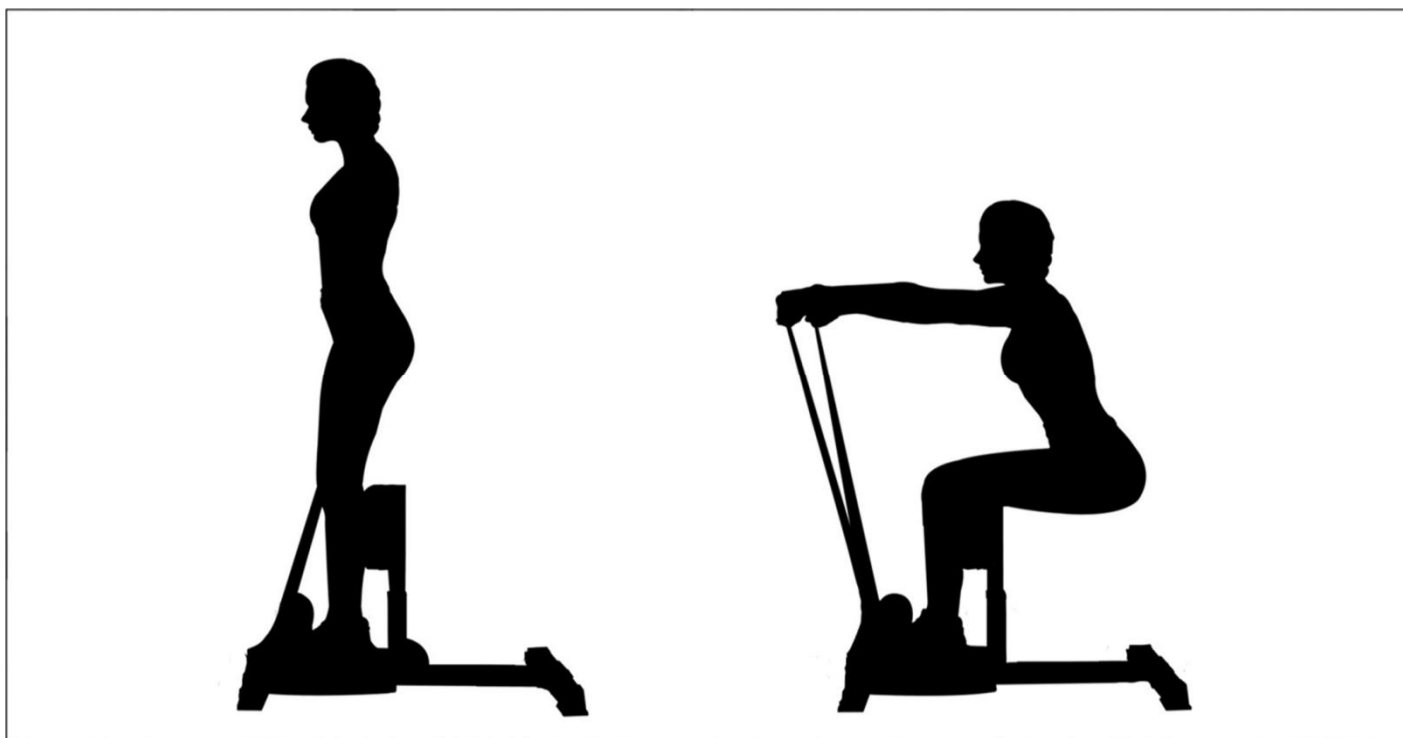
Exercise posture and exercise method



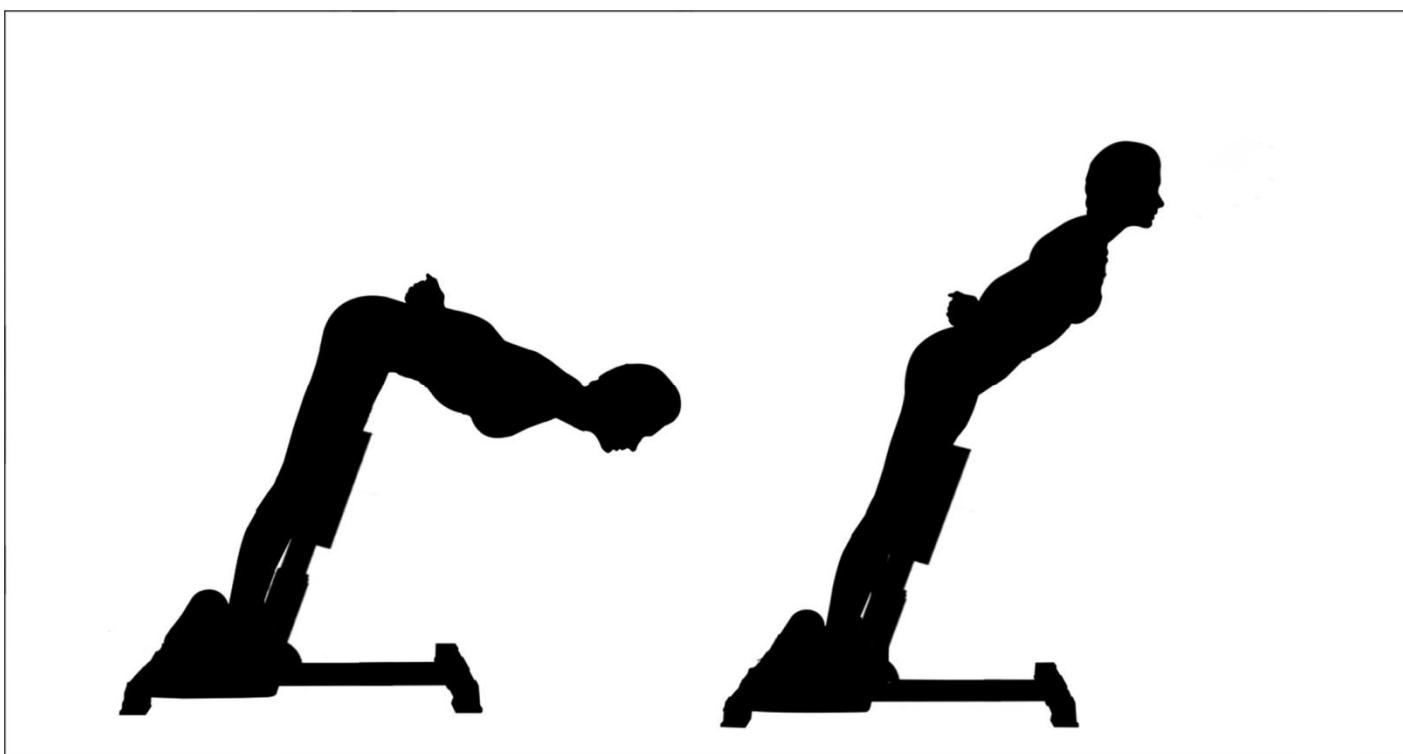
SQUAT: Squat I and climb up both hands to the chest, and gaze to the front when you sit down! Move as far back as you can, and keep your knees and thighs at right angles.



DEAD LIFT: Drift down to the bottom of the knee to have the heap as far back as possible. Moving, and the upper body comes up and draws attention to the front. Look at the front!



BAND SQUAT: Keep your hands on your knees / thighs when you sit at the right angle to hold the band. Head up the position as you climb up, and look as close as you can to the front of the hips.



BACK EXTENSION: Straighten your waist to your leg support while holding your legs up slowly. Raise your upper body down.

I Stretching Method

Stretching

It is best to stretch for 5 to 10 minutes before beginning the workout. Stretching reduces the risk of accidents during exercise by requiring muscle tension. Stretching should be so soft and easy that you can not feel pain.

1. Breathing control When you bend your body, and exhale. When you raise your body, when you breathe, it helps to relax the muscle contraction by smoothly supplying oxygen to your muscles. During stretching, pull out the force of the whole body as much as possible, and when relaxing the muscles, take the maximum comfortable position.
2. Stretching In order to do stretching.
3. It should be kept for 30 seconds per posture. Do not pull the muscles too strongly or avoid sensitive movements.



Stretching thigh



Row string Stretching



Groin stretching



Stretching side



Stretching thigh



Arm stretching

Finishing exercise

After the exercise, you have to finish the exercise. The finish movement is reddened by the exercise! It circulates the state normally and plays a role in stabilizing the heartbeat blood pressure and the like. Cool down at a low speed for about 5 minutes and finish the same way as stretching when you start your workout. Keep one posture as long as possible 30 seconds.

