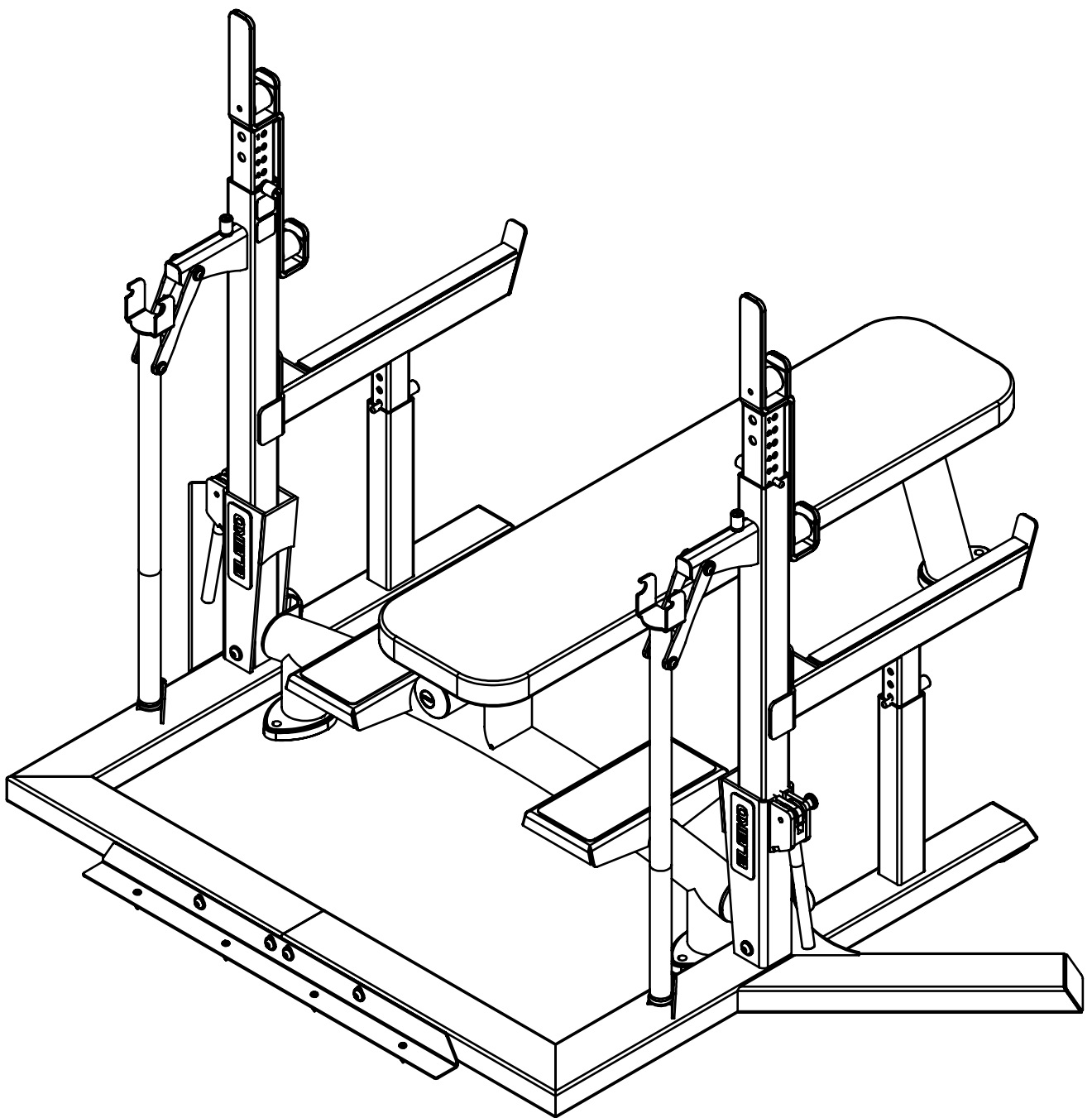


Eleiko Powerlifting Squat Stand/Bench Combo

Art.no. 3085921



ELEIKO

READ BEFORE INSTALLATION AND USE

CAUTION

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. ELEIKO recommends that all equipment is secured to floor and installed by a licensed contractor or an ELEIKO-installer.

SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an ELEIKO technician.
4. **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO-equipment (magnetic safety pin, frames, bars), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko package for products can be made of wood, be aware of splinters, **MUST** use gloves and proper work wear.
9. Eleiko package material could be a risk when handling, be aware of crushing, **MUST** use work wear including gloves and hard shoes.
10. Eleiko products and packing material is heavy, **MUST** use proper lifting technique, work wear and hard shoes.

PREVENTITIVE MAINTENANCE & INSPECTIONS

DAILY:

Cleaning of upholstery.

REGULARLY:

Clean the surfaces on frames and tubes from dust and dirt.

Check that all bolts between parts, walls, floors are properly tightened, according to recommendations. Check equipment for sharp edges, replace parts with sharp edges.

WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

10 years on welds on structural frame (NOT on moving parts)

1 year on PUR upholstery (6 months on SKAI upholstery)

Normal wear and tear does not fall under the warranty of 10 years.

ADDITIONAL INFORMATION

This equipment is for indoor use only.

The logo for ELEIKO, consisting of the word "ELEIKO" in a bold, uppercase, sans-serif font.

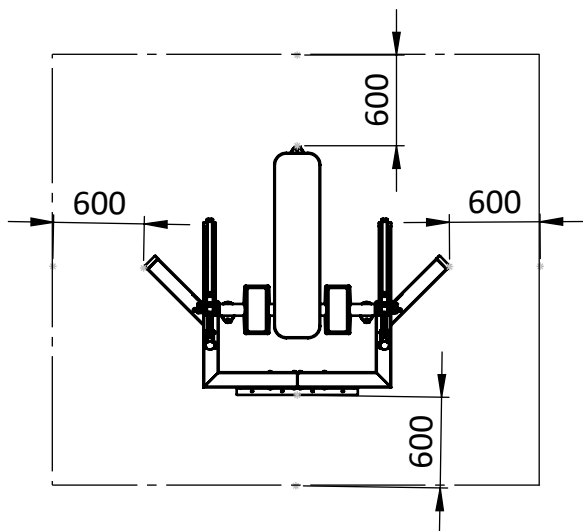
PRODUCT SPECIFICATIONS

Eleiko Powerlifting Squat Stand/Bench Combo is used for IPF powerlifting competitions and training. Bench press and squat are the two exercises it is made for.

To change height of uprights and safety arms, make sure no person is under or close to the bar, lift the upright or safety arm up and place the pin in correct hole, make sure to insert the pin properly. Lower the uprights or safety arms slowly until pin is in contact.

Product weight	115 kg 253 lbs
Max user weight	300 kg 661 lbs
Max training weight	750 kg 1650 lbs
Dimensions (L x W x H)	2010x1650x1875 mm 80" x 65" x 74"

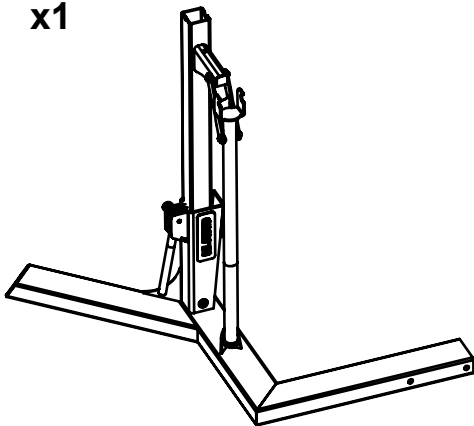
FOOTPRINT AREA



Add sufficient clearance, not less than 0,6 m, on all sides. Taking in account the accessibility to remove and replace bar and weights

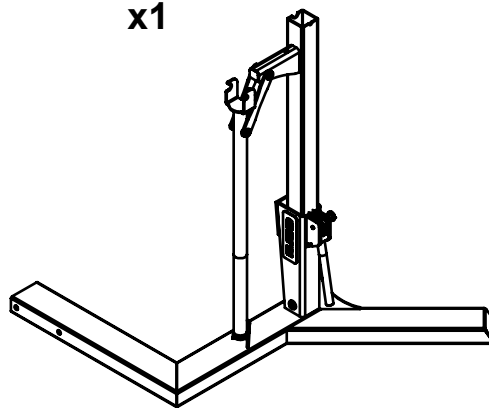
CONTENTS

x1



Right side base
3085120A56

x1



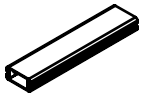
Left side base
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x2



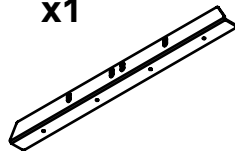
Barbell support
3085221

x1



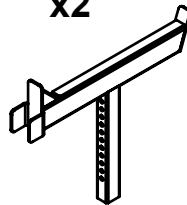
Assembly section
3085120A31

x1



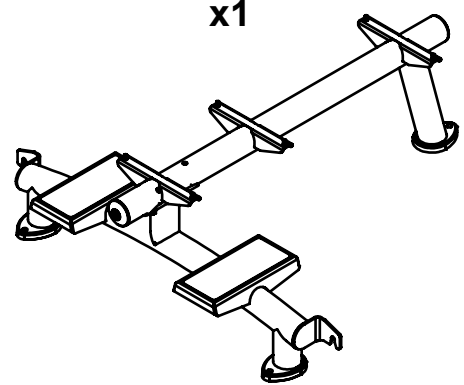
Sheet metal
3085120p162

x2



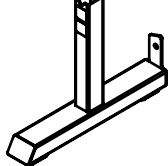
Safety arm
3085120A07

x1



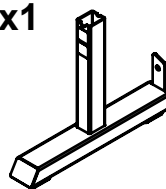
3085120a225
& 3085120a01
Pre-built

x1



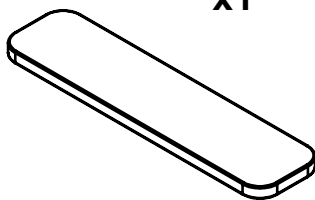
Left side safety base
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x1



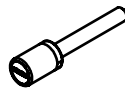
Right side safety base
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x1



Upholstry
2002370

x6



Insert pin Magnetic
2001152

x2



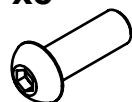
Stainless steel knob D=49,5, M12
2001539

x6



Screw M8x16
2000747-L16

x8



Screw M10x30
2000675-L30

x3



Screw M12x25
2000743-L25

x8



Washer
2000719

x4



RXS 5,5x32
2000855-L32

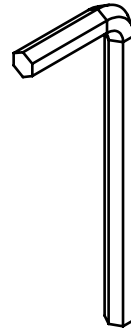
REQUIRED TOOLS



Hex key
5 mm



Hex key
6 mm



Hex key
8 mm



Screw driver
Philips

Would **not** recommend electric power tools for assembly.

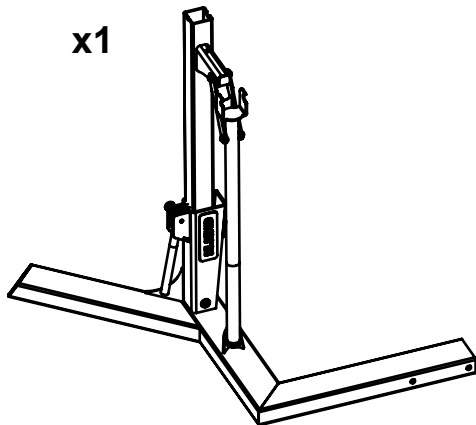
GENERAL

The table below is general torque to use for different threads. Use these torques, if nothing else is set. Below numbers are for screw/nut of quality 8.8.

THREAD	TORQUE (Nm / ftlb) Quality 8.8
M8	24 / 17,7
M10	47 / 34,7
M12	81 / 59,7

ASSEMBLY INSTRUCTIONS

1.



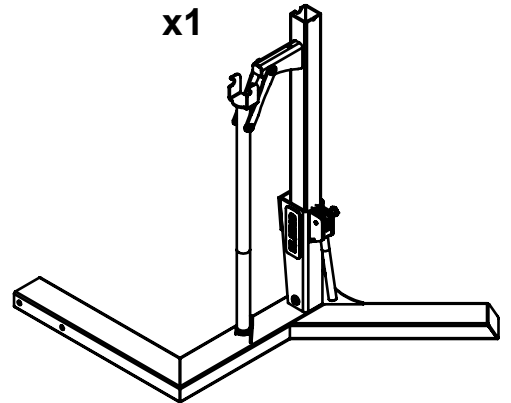
Right side base
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x1



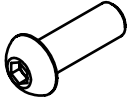
Assembly section
3085120A31

x1



Left side base
3085120A55

x8



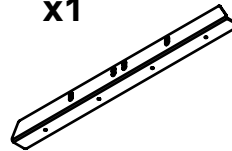
Screw M10x30
2000675-L30

x8

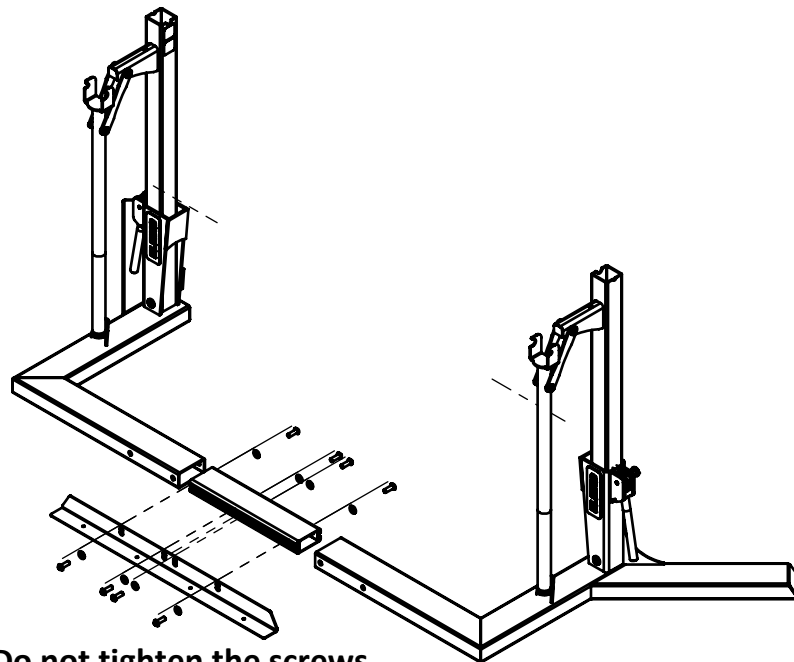


Washer
2000719

x1

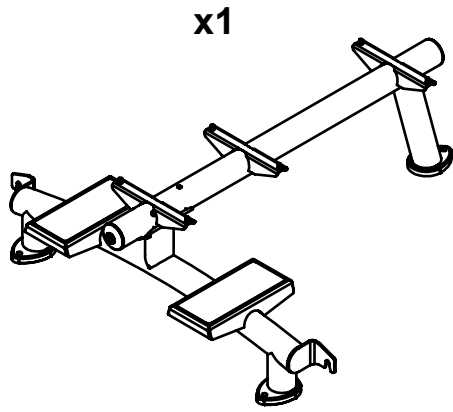


Sheet metal
3085120p162



Do not tighten the screws,
Loose fit

2.



x1

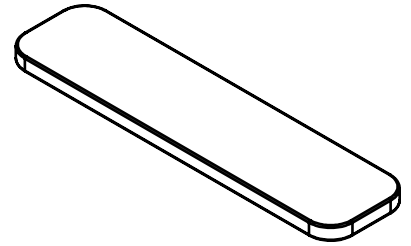
3085120a225
& 3085120a01
Pre-built

x6



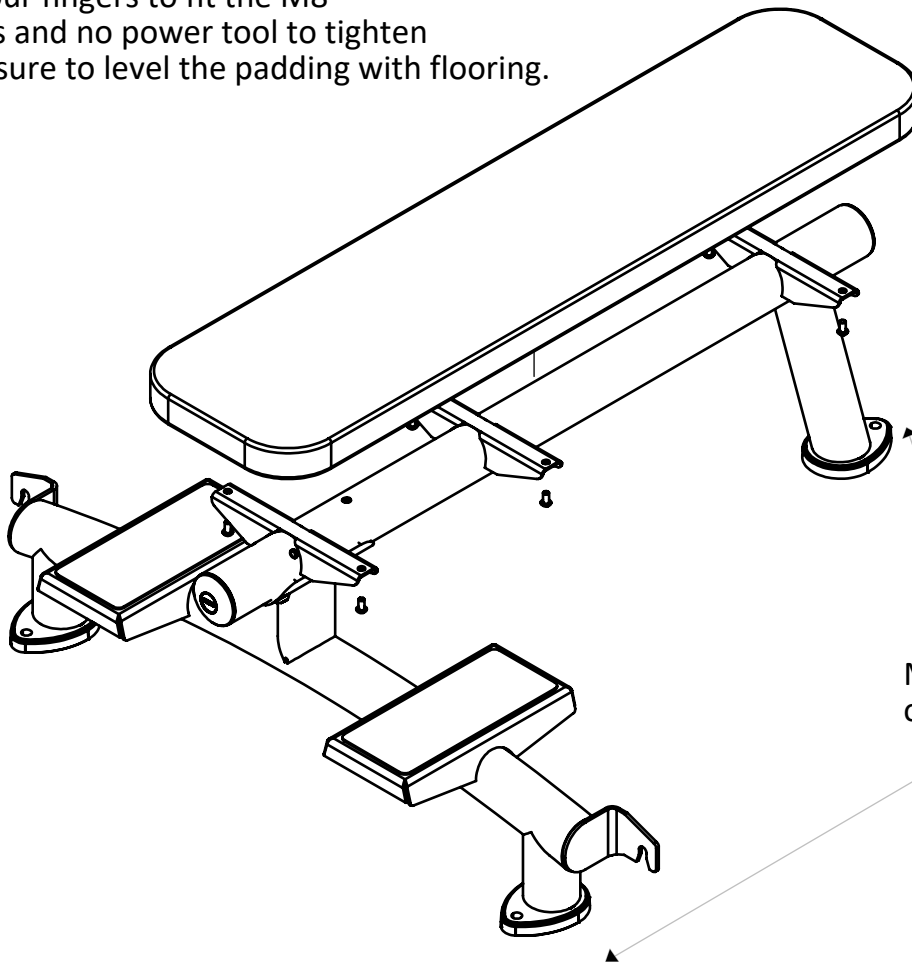
Screw M8x16
2000747-L16

x1



Upholstry
2002370

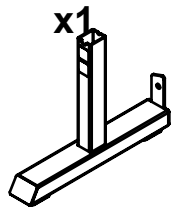
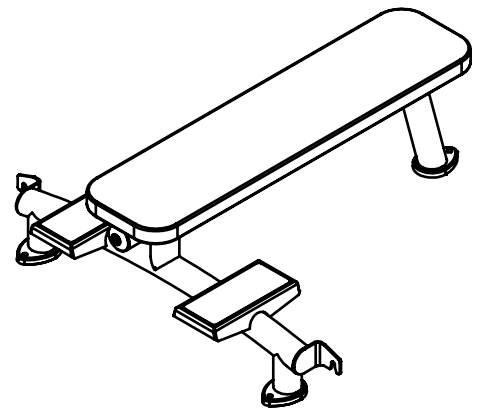
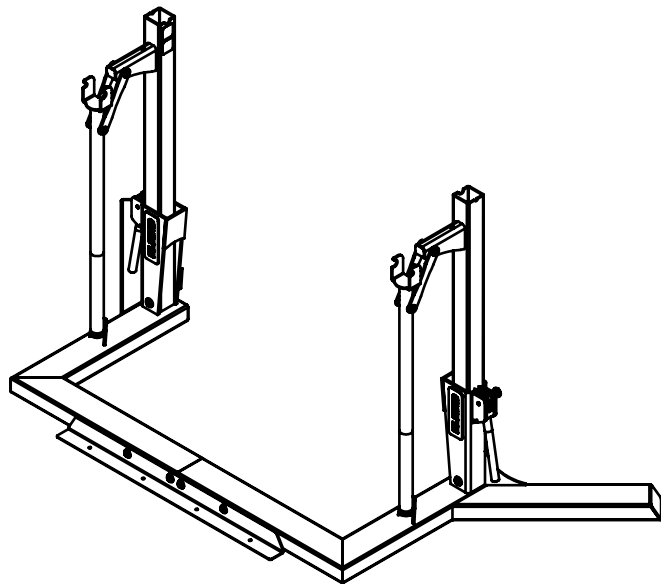
Use your fingers to fit the M8
Screws and no power tool to tighten
Make sure to level the padding with flooring.



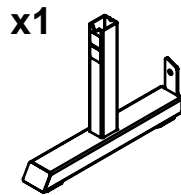
Make sure feet are in
opposite direction!

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3.



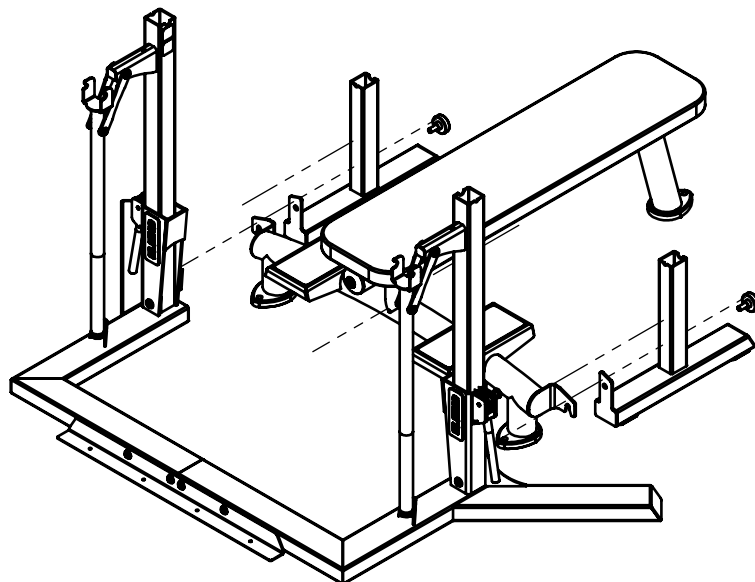
Left side safety base
3085120A27



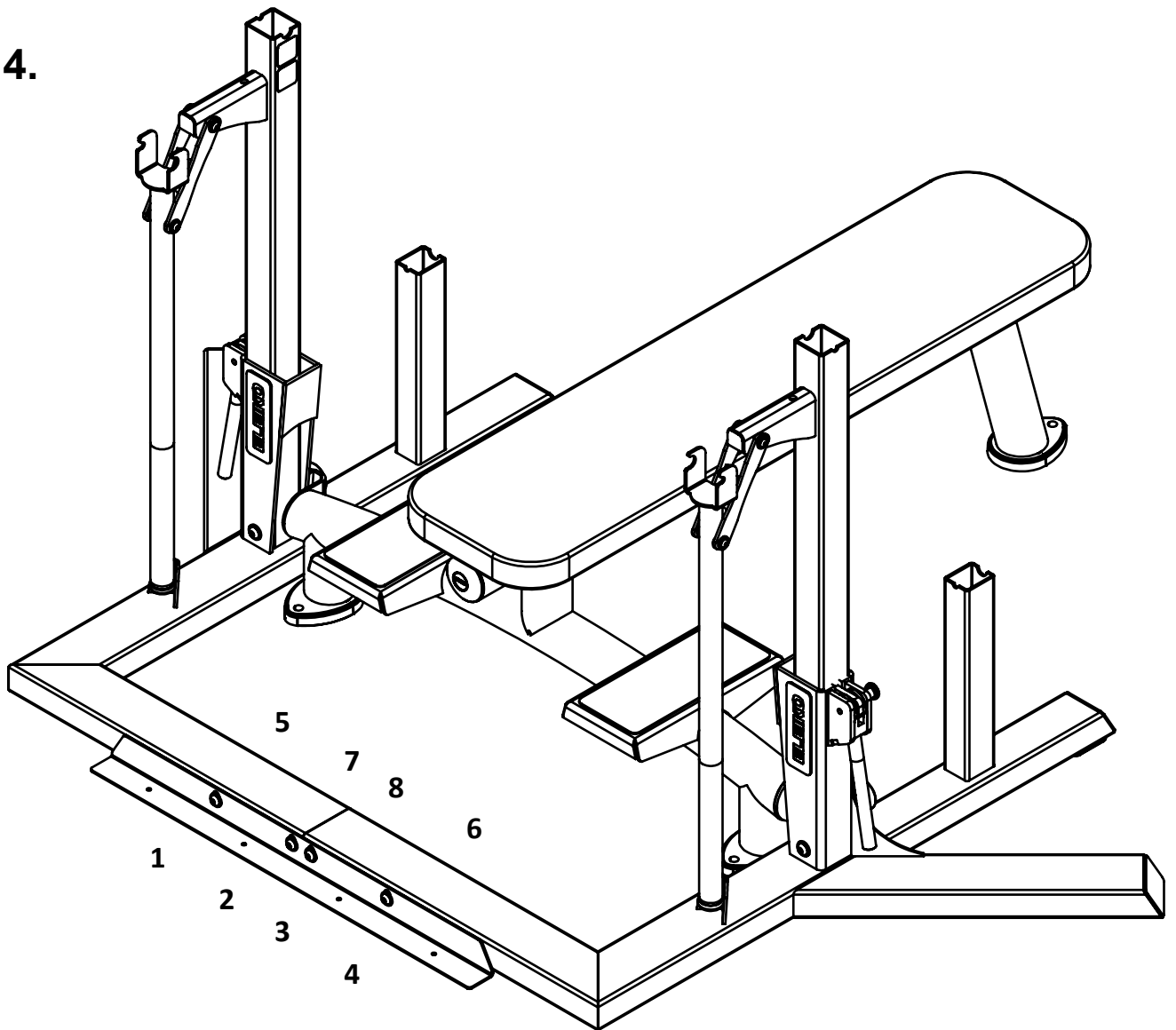
Right side safety base
3085120A34



Stainless steel knob D=49,5, M12
2001539

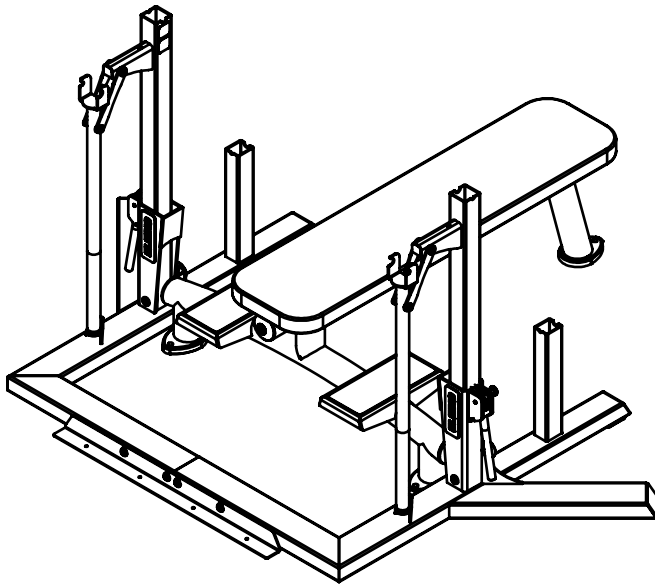


4.



Tighten the screws in order 1-8

5.

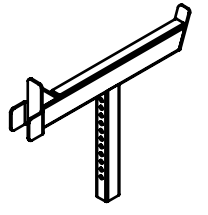


x2



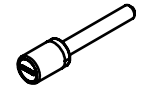
Barbell support
3085221

x2



Safety arm
3085120A07

x6

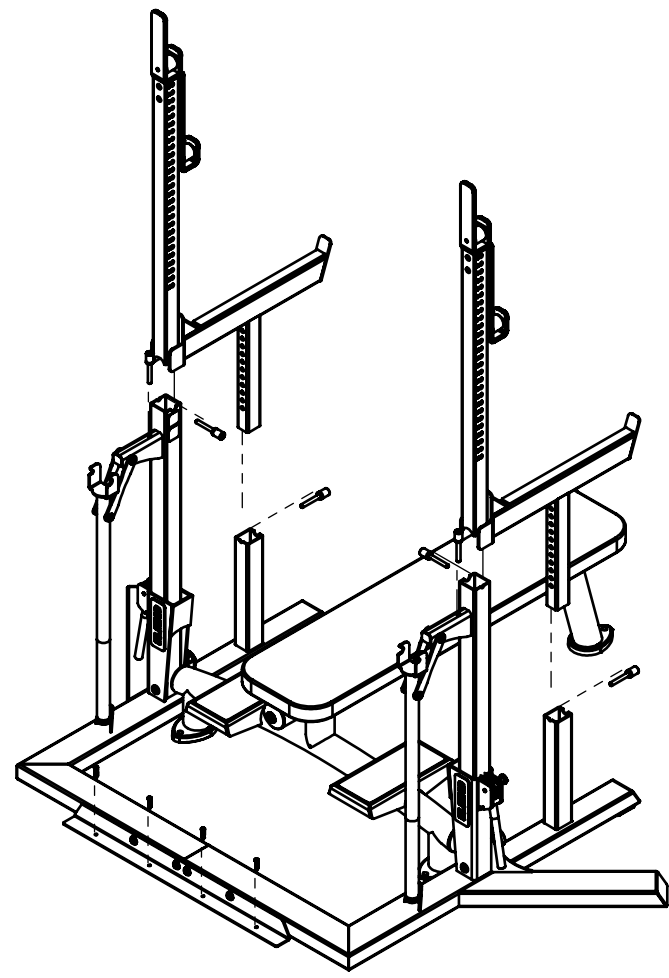


Insert pin Magnetic
2001152

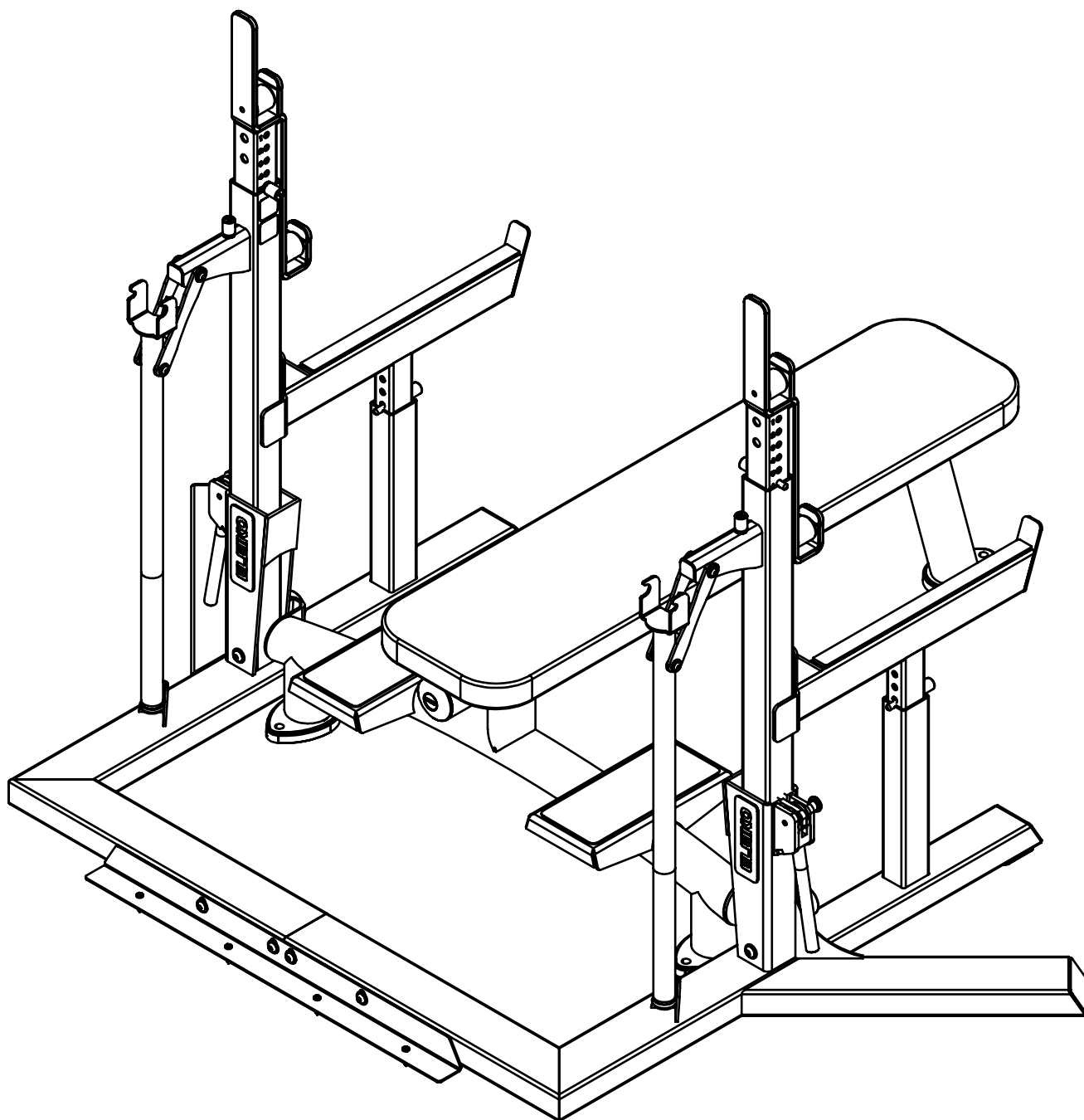
x4



RXS 5,5x32
2000855-L32



6.



Tighten all screws properly
For safe use, be certain pins are properly inserted
before load bar on bench.

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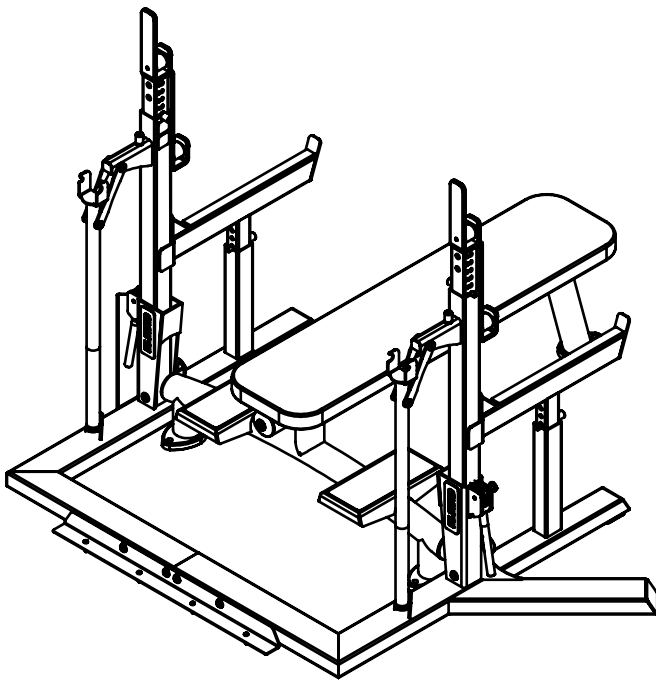
- 6.** Eleiko Powerlifting Squat Stand/Bench Combo is used for IPF powerlifting competitions and training. Bench press and squat are the two exercises it is intended for.

User Manual

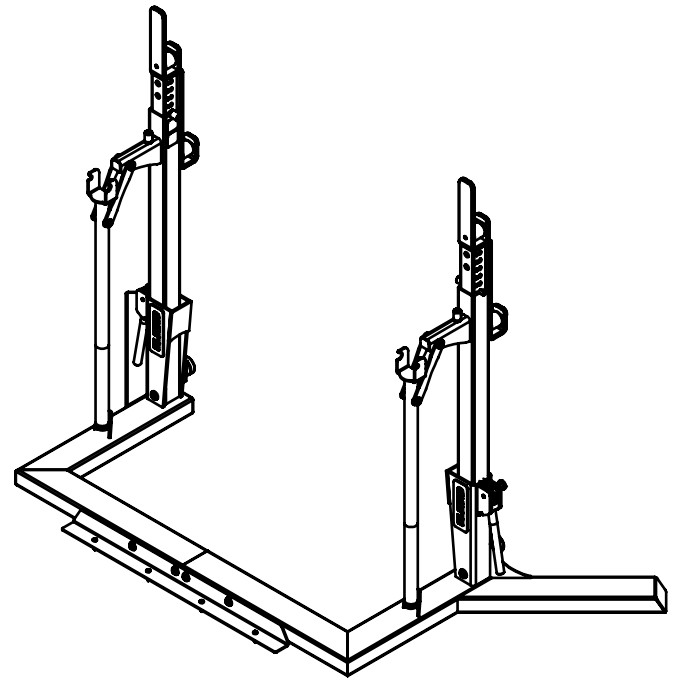
Set up according to below:

Bench press

-Set safety arms 3 or higher



Squat



ELEIKO

RAISE THE BAR

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E-mail: info@eleiko.com | Phone: +46 35 17 70 70

www.eleiko.com