

Operating Instructions

Belt Squat Attachment for IM2000

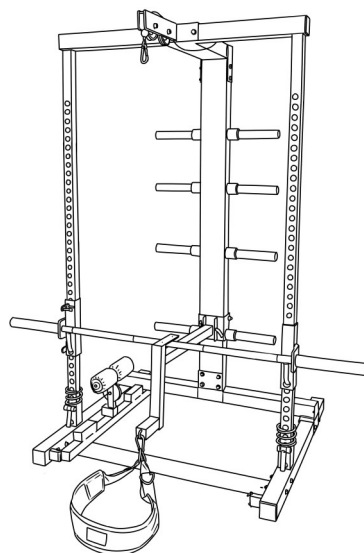
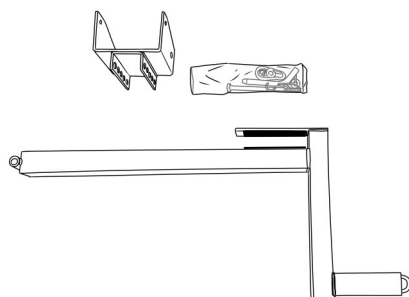
Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.

CONTENTS:

1x Belt Squat Attachment Main Frame

1x Spine Tube Bracket

1x Hardware Pack



Shown with IM2000 and Ironmaster Squat Belt (sold separately)

BOLT PACK CONTENTS:

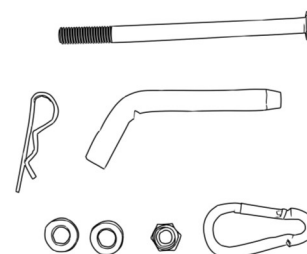
1x 180mm x 12mm Bolt

1x M12 Nylock Nut

2x M12 Washer

1x Pivot Pin/Retaining Clip

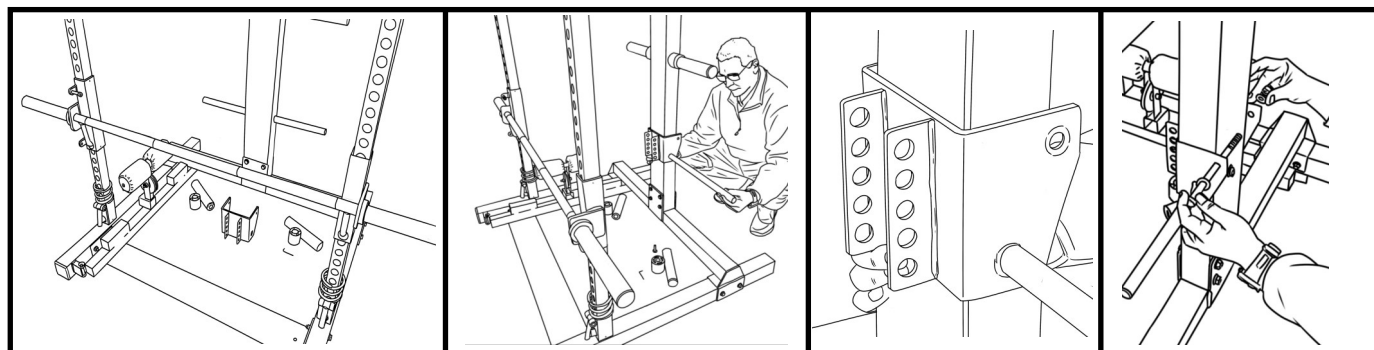
1x Carabiner



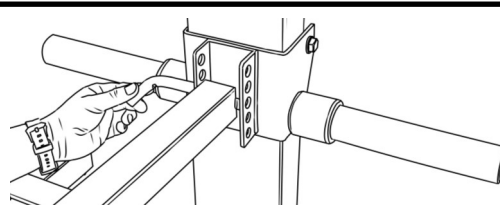
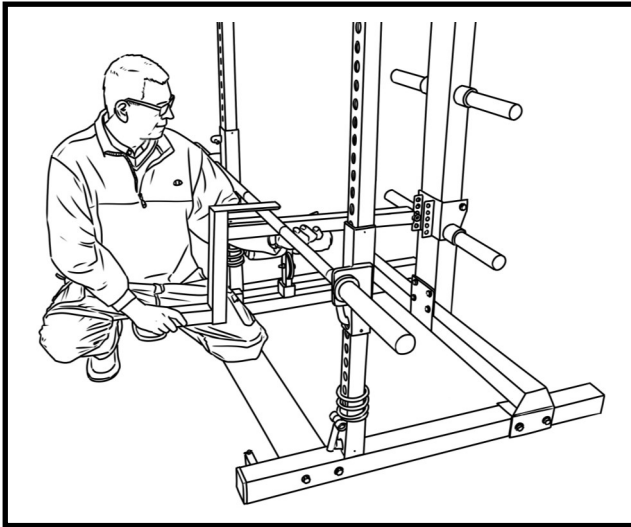
PRODUCT DESCRIPTION:

This device is for belt squats and to be used only in conjunction with the Ironmaster IM2000. The load rating for this attachment is 600 lbs on the lifting bar. The lever advantage is approximately 70%. For example if you load 300 lbs on the lifting bar (including the weight of the bar) you will feel 210 lbs. Only load weight on the IM2000 lifting bar as shown in these instructions.

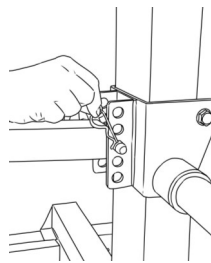
You may elect to use any appropriate work out belt that may safely attach to the supplied carabiner.



Assembly: Prepare your IM2000 for the Belt Squat attachment assembly by first removing your lower weights from lowest PLATE HOLDER, then Olympic Sleeve Adaptors (if applicable) and STAND OFF Plastic Spacers as shown above. Next, from the rear, remove the M10x40mm bolt and M10 Washer from the PLATE HOLDER and remove. Next, take the BELT SQUAT BRACKET and align it as shown over the REAR SPINE of IM2000 and align lower large hole with PLATER HOLDER hole on IM2000 SPINE. Install PLATE HOLDER through BRACKET and SPINE as shown above and replace the M10x40mm bolt and washer. Next, using the supplied M12x180mm bolt, M12 Washers and M12 Nylock nut, secure the upper portion of the BELT SQUAT ATTACHMENT BRACKET to the SPINE of IM2000. Tighten with two 19mm (3/4inch) wrenches, but only until bracket begins to distort slightly. Replace STAND OFFS and Olympic sleeves on the PLATE HOLDER (if applicable).

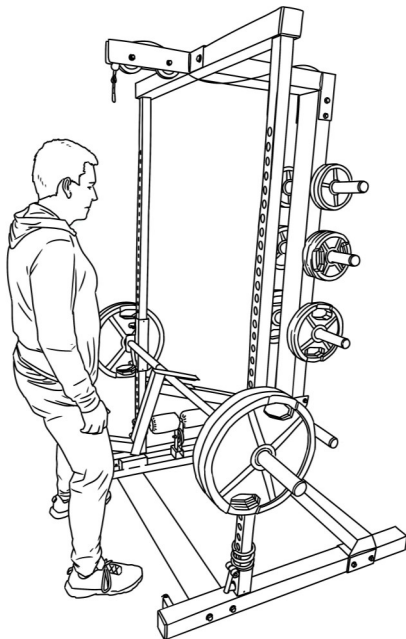
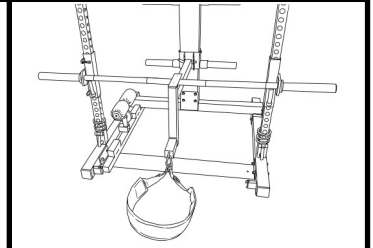
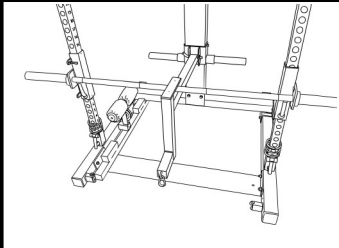
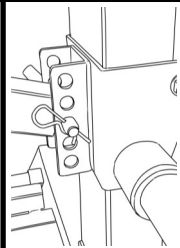


Slide BELT SQUAT ATTACHMENT MAIN FRAME into IM2000 with LIFTING BAR between the plastic pads as shown left.



Align the MAIN FRAME pivot end with BRACKET front then insert the PIVOT PIN into one of the 5 holes in the BRACKET and secure with RETAINING CLIP as shown.

Once final assembly is completed. Attach the belt as shown far right. **See below for instructions on use.** The connection point for the belt may vary depending on the style of belt. Be sure your belt is rated for heavy squat loads and not simply for weighted dips.

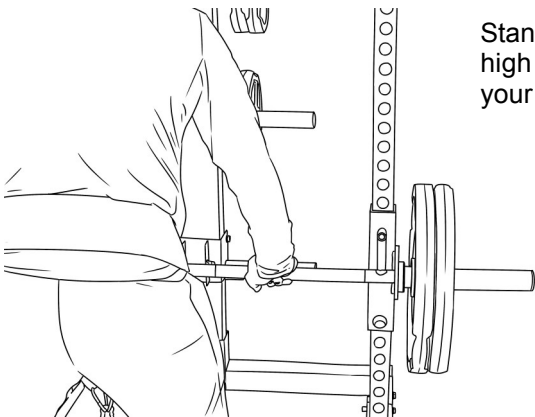


Start with the LIFTING BAR pins locked into a position high enough that you can comfortably fit the belt on your hips. Also be sure the connection height allows you to stand up tall enough to raise the LIFTING BAR a bit to support the weight. You will need to be able to then rotate the lifting bar sleeve to get the locking pins out of the slide rail holes (shown bottom left).

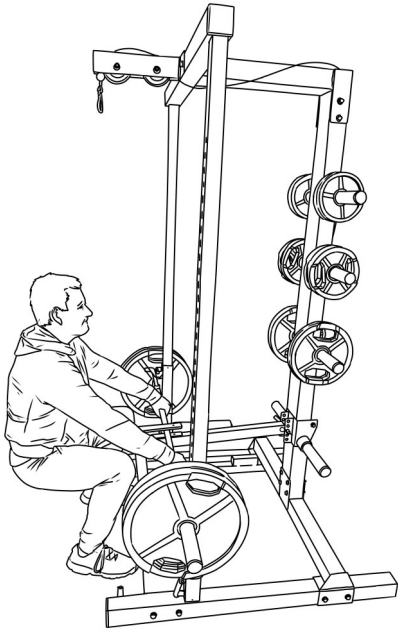
It is highly recommended to check the setup for operation before loading heavy weights.

Choose one of 5 hole locations for the PIVOT PIN prior to use depending on user height and preferred range of motion. You may need to try different pivot positions to get the best feel.

NOTE: Taller users will probably find the upper two holes the most comfortable. Shorter users will probably find the lower two holes best. Average users in the 5-9' -6' (168-181cm) height range should find the center hole position ideal.



Stand up tall and rotate the LIFTING BAR locking pins up as high as they will go. *You will now be supporting the load.* Keep your hands on the LIFTING BAR.

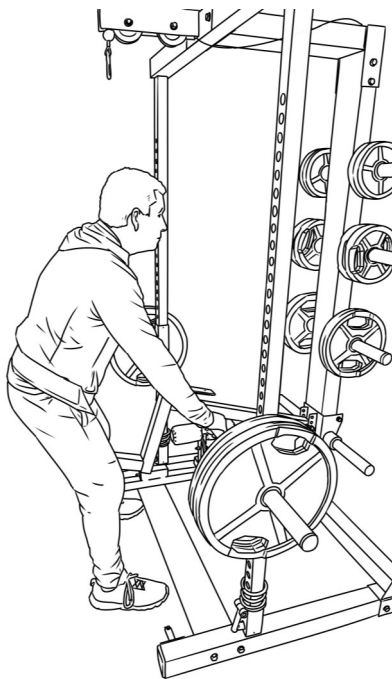


With your hands holding the lifting bar, lower down to begin the exercise. You can alter your foot position as desired but be sure to always face toward the machine as pictured and set yourself up close enough to maintain control of the lifting bar.

When the set is finished, stand up tall enough to support the load. Rotate the locking pins into a hole position on the slide rails that will allow you to step out of the belt.

If you are not able to stand up fully on the last repetition you can simply lock out the lifting bar pins or squat down low enough for the lever arm to bottom out. Disconnect the belt and reset the position of the lifting bar, lever arm and belt for the next set.

This attachment should not need any maintenance but adding some lubricant to the pivot joint and/or pivot pin can help if any noise develops. Silicone spray lubricant on the nylon plastic pads can help if rotating the lifting bar sleeve is difficult.



Be sure the RETAINING CLIP is securely in place before use. If this clip is lost or damaged, discontinue use until an appropriate replacement clip is found. This clip is common for truck trailer hitches.

Remove the lever arm frame, pivot pin and retaining clip and set aside when done. Do NOT remove the bracket from the IM2000 SPINE.

For further details regarding this product, operation, tutorials and video links, please visit our website www.ironmaster.com

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in-home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized Service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.