

SQAF-1 THOR Arm Exerciser

Arm Muscle Training Adjustable Fitness Equipment
for Men and Women-Exercise Biceps, Pectoral Muscles

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!

SQUATZ

USER GUIDE

PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION

Features

- Upgraded Hydraulic Cylinder Design
- Double Steel Tube Design
- Unique Triangle Design
- Anti-slip Ergonomic PU handle
- Safer than Spring
- Double Carbon Steel
- Heavy Duty, Strong and Thick
- Power Twister that can Adjust Different Resistances
- Adjustable from 22-440lbs with 2-20 levels
- Easily Rotate the Knobs
- Power Twister can Help to Exercise Chest
- Made of High-Density Dual-Carbon Steel
- Reinforced with Ribbed Design, and Reinforced with 10 screws
- Very Metallic, not easy to Deform and Break
- Wear-Resistant and Non-Slip, with Comfortable Grip
- Provide Stable Resistance Strength
- Very Convenient to Storage
- Adopt Unique Safe Hydraulic Adjustment System



What's in the Box:

- Twister Bar Arm Exerciser

Technical Specs:

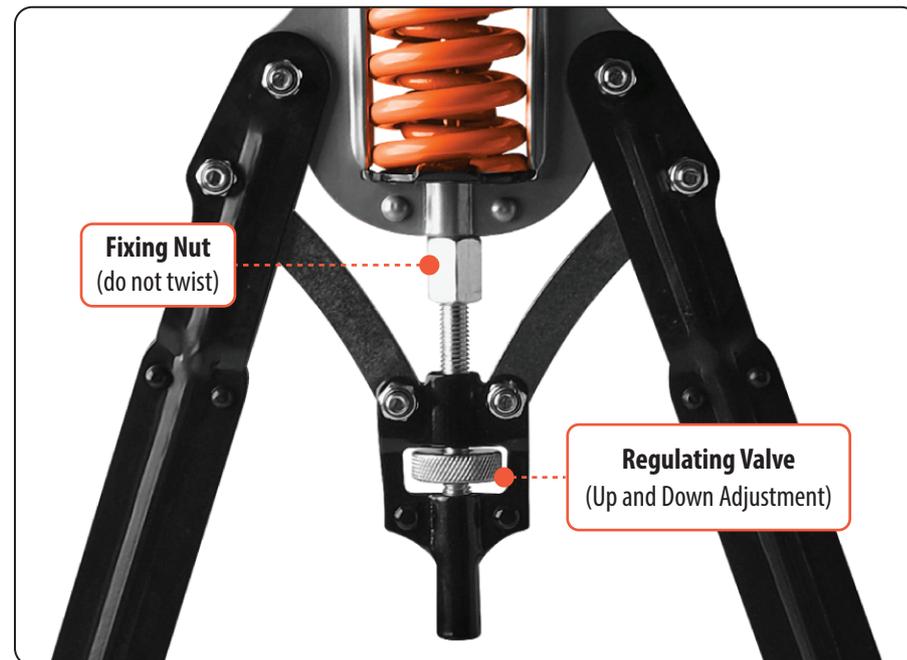
- Construction Material: Iron + TPR
- Weight Capacity: 36.37 lbs.
- Product Dimensions (L x W x H): 21.2" x 4.3" x 1.96" -in.

Questions? Comments?
We are here to help!
contact@squatiz.com

VERY IMPORTANT!

BEFORE USE, PLEASE READ THE INSTRUCTION MANUAL AND PRECAUTIONS CAREFULLY

How to open the Arm Exerciser and adjust the strength



1. **DO NOT** twist the "fixed nut"!
2. Rotate the "Regulating valve", to increase or decrease the level of resistance.
 - A:** Rotate the regulating valve upward to increase the level of resistance.
The arm of the device will slowly open.
 - B:** Rotate the regulating valve downward to decrease the level of resistance.
The arm of the device will slowly close.
3. If the fixing nut is loose, please tighten it.

WARNING

DO NOT force open the Arm Exerciser! Opening the product with force will damage it!
If you have any comments or concerns about the manual, please contact your dealer.

How to use the Arm Exerciser



- With your arms outstretched, push them **IN** hard to exercise.
- Repeat pressing back and forth to effectively exercise the chest muscles, arm muscles, shoulders and other parts.

Precautions for use

1. Before use, put both gloves into the "safety rope" on the product, pay attention to safety.
2. Please choose the strength that suits you, so as not to strain your muscles.
3. When using, you should choose a relatively spacious space, so as not to hurt people.
4. When the strength is adjusted to a large amount and cannot be pressed, please do not press violently. You need to leave some extra strength to control the device.
5. It is not recommended for children, pregnant women and those who are unwell to use the device.
6. Because the weight of this product is a little heavy, please put it in a place that is not easy for children to reach when storing it so as not to hurt the child.

