

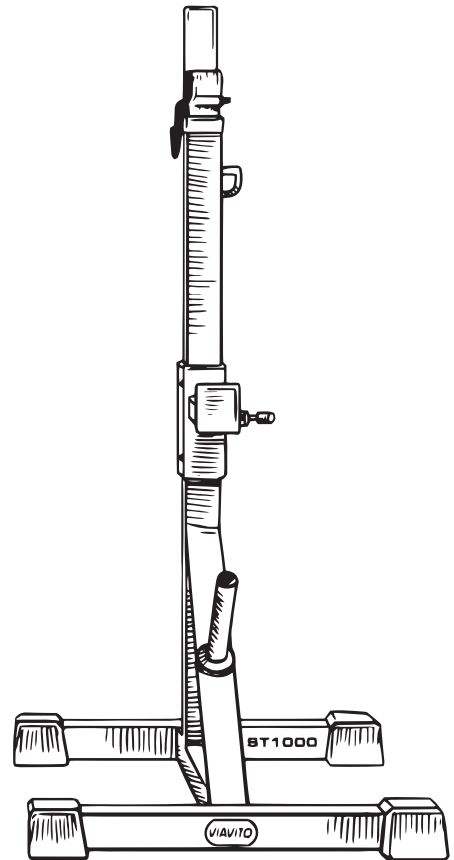
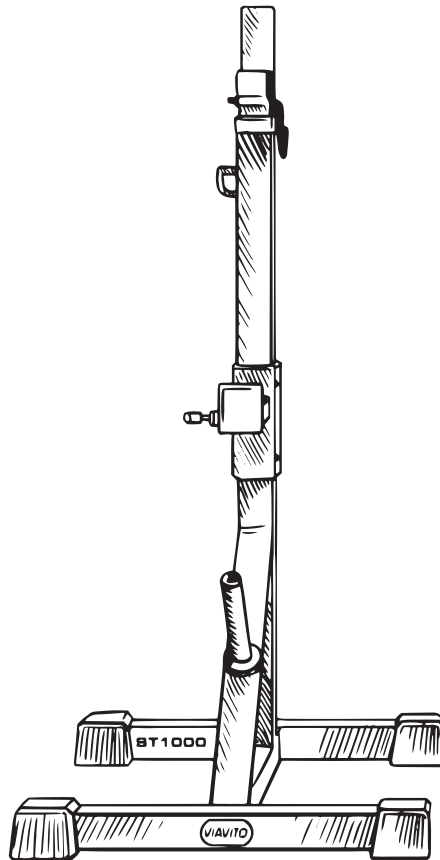
VIAVITO[®]

Owner's Manual.

ST1000

Squat Stand

www.viavito.com



Manual version 1.1



Congratulations
on purchasing your
very own **ST1000**
Squat Stand.

You have chosen a high-quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner’s manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at **support@viavito.com**

Safety Standards:

The weight bench conforms to the following standard:
EVS-EN ISO 20957-1-2013



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Safety Information

- Please read all the instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you operate your machine. In particular, note the following safety precautions:

- 02** This product is intended for indoor, home use only. Do not use the stand in any commercial, rental, or institutional setting.
- 03** Set up the stand in a dry, level place and keep it away from moisture and water.
- 04** Choking hazard! Keep small parts and polybags away from children.
- 05** Place the stand on a stable and level surface with enough clearance around.
- 06** Only use the stand for its intended purpose. It is not suitable for therapeutic or medical purposes.
- 04** Always wear appropriate workout clothing when exercising. Sports shoes are required when using this equipment.
- 05** Always examine your unit before using to ensure all parts are in working order.
- 07** Keep children and pets away from the squat stand at all times.
- 08** Damaged or worn parts may be dangerous for users and the integrity of the squat stand. Replace worn or damaged components immediately and do not use the squat stand until any issues have been resolved. Use only spare parts supplied by Viavito.
- 09** Periodically check all bolts, nuts and other connections to make sure that they are secure and in good working condition.
- 09** The squat stand is designed to support a maximum loading weight, including a barbell, of 140kg. Note: The squat stand does not include a barbell or weights.
- 10** Unauthorized repairs or altering the squat stand's design or functions may be dangerous and will void the warranty.
- 11** If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

WARNING: Before beginning using this equipment or doing any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.

Viavito assumes no responsibility for personal injury and/or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS.

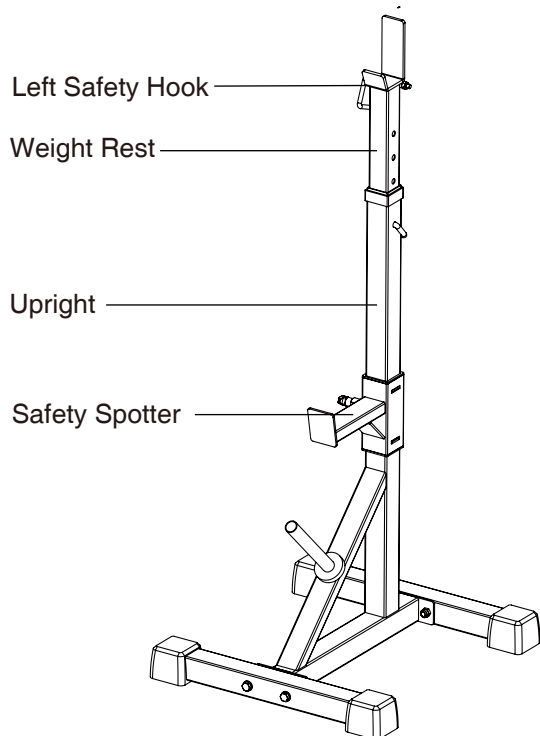
Assembly

Product Overview

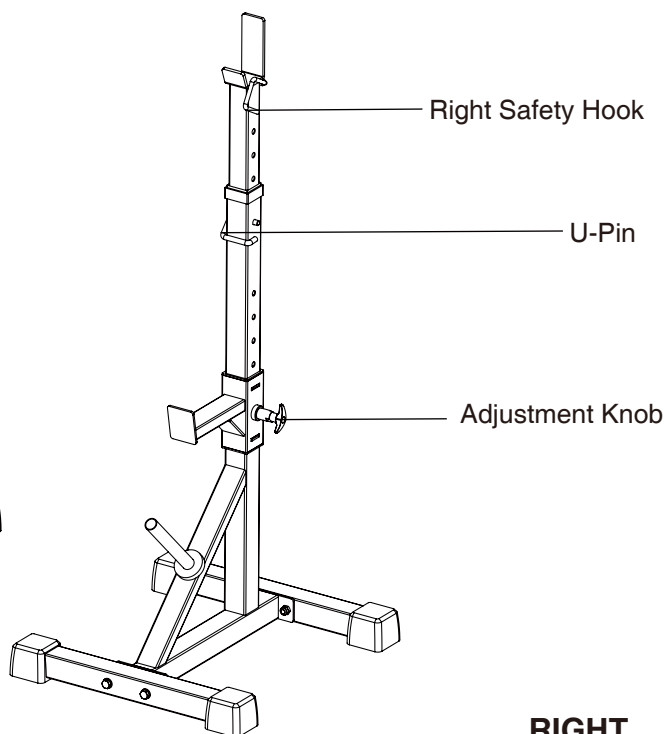
Thank you for selecting the Viavito ST1000 squat stand. This manual will guide you through the assembly process.

ASSEMBLED DIMENSIONS:

148 x 58 x 177cm



LEFT

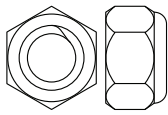


RIGHT

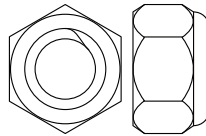
Part Identification Chart

Refer to the drawings below to identify small parts used in assembly. The number in brackets by each drawing is the key number of the part, from the Parts List on page 18.

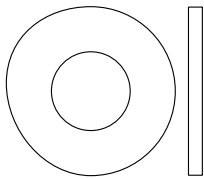
Note: Some small parts may have been preattached. If a part is not in the hardware kit, check if it has been preattached.



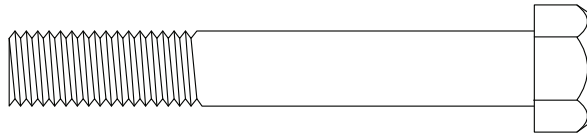
M8 Locknut (18)



M10 Locknut (19)



M10 Washer (17)



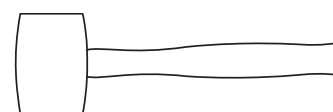
M10 x 70mm Bolt (16)

Before You Begin

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- The following tools (not included) may be required for assembly:



- 2 adjustable wrenches
- 1 rubber mallet
- 1 standard screwdriver
- 1 Phillips screwdriver

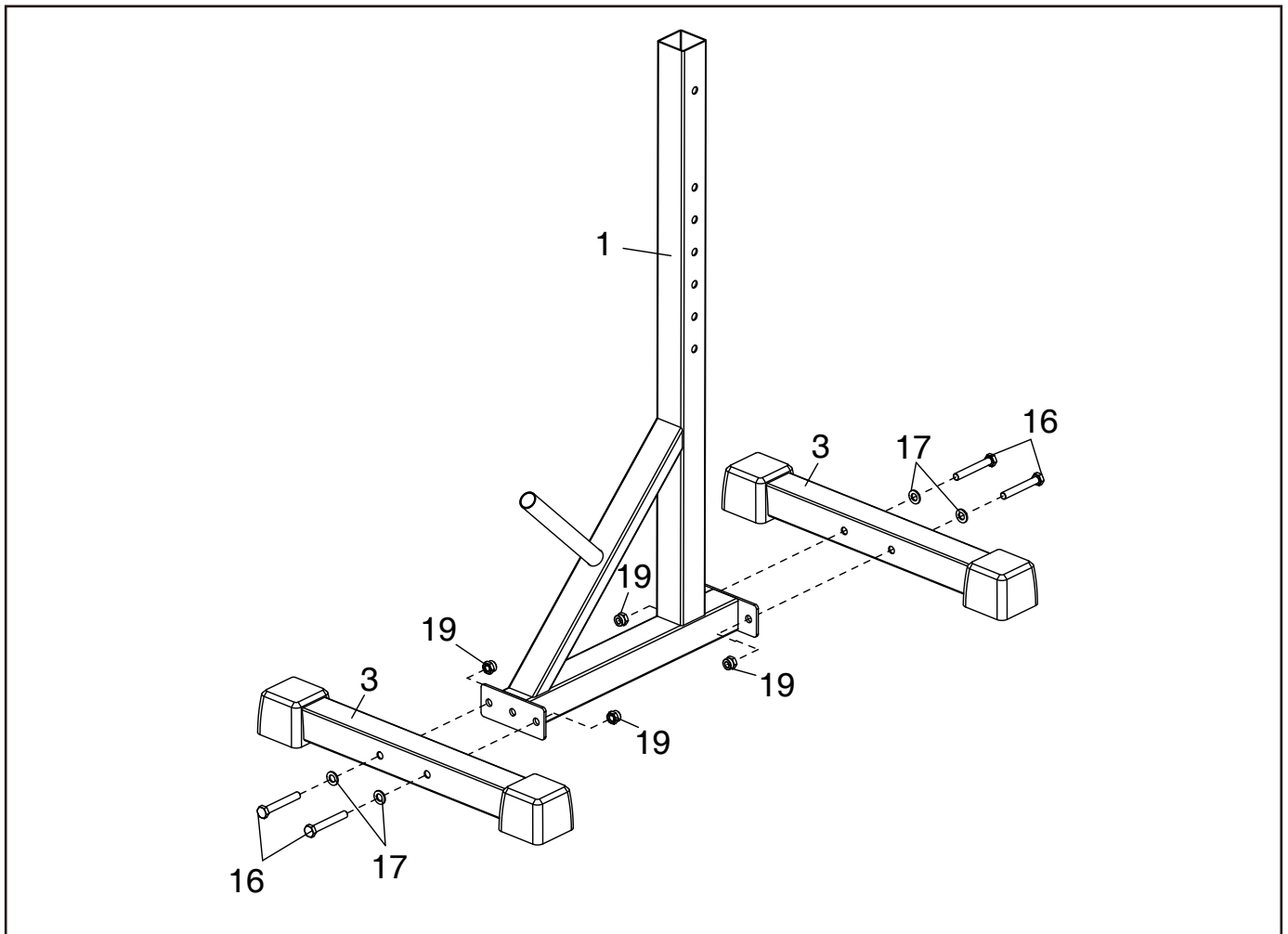
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

Assembly Instructions

Step One.

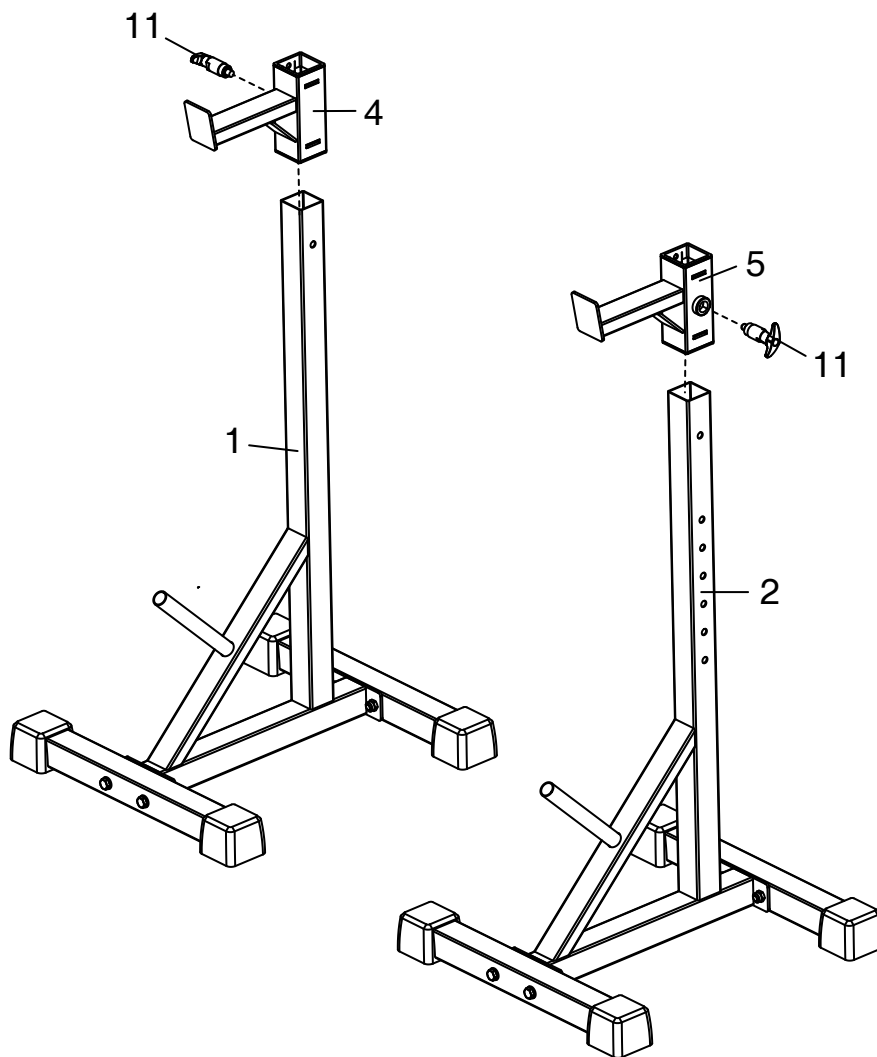
01 Attach the Left Upright (1) to the Bases (3) with four M10 x 70mm Bolts (16) , four M10 Washers (17) and four M10 Locknuts (19).

02 Repeat this step for the Right Upright (2) and the other Base (3).



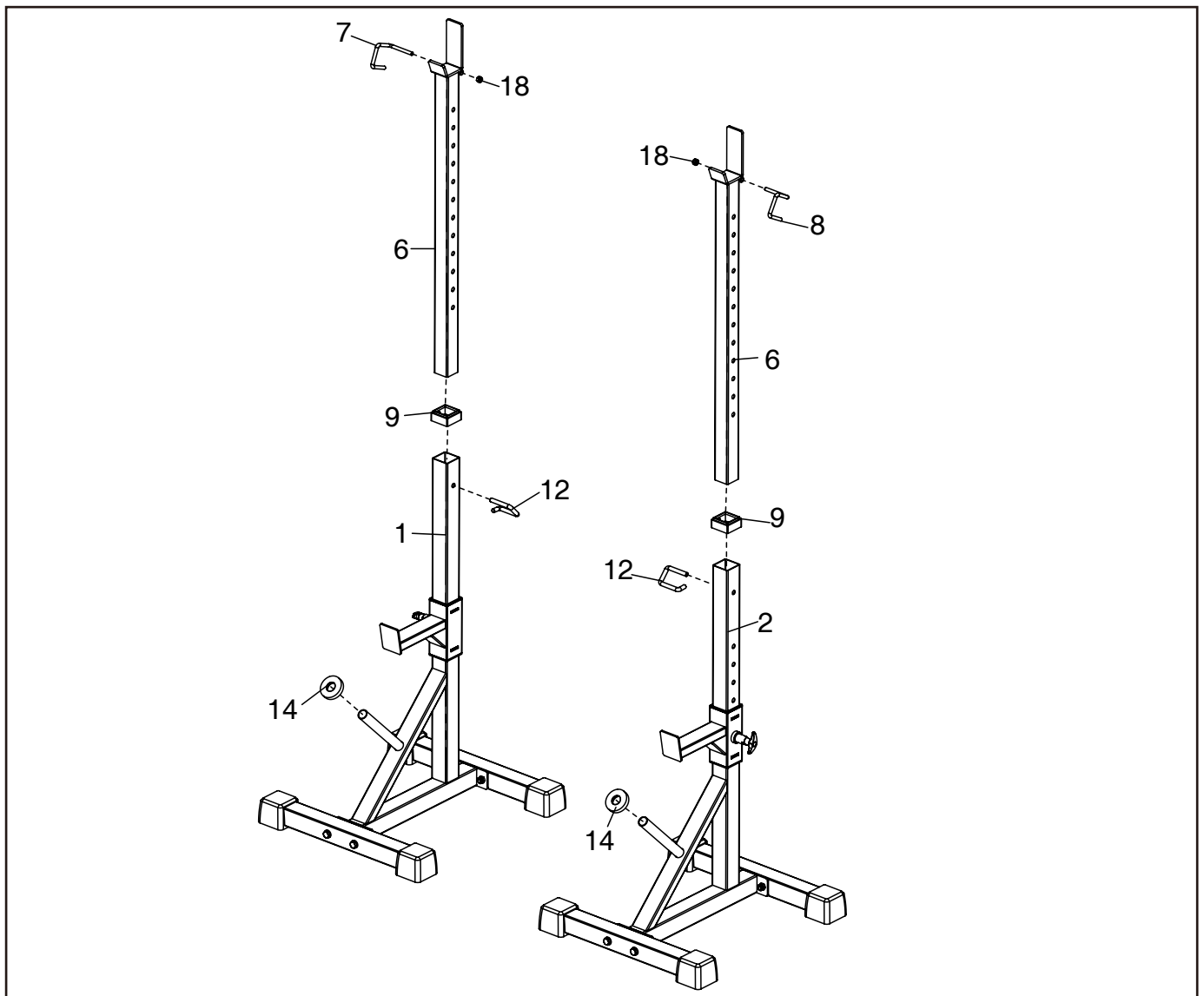
Step Two.

- 01** Attach the Adjustment Knobs (11) to the Right Safety Spotter (5) and orient it as shown.
- 02** Pull the Adjustment Knob (11). Slide the Right Safety Spotters (5) onto the Right Upright (2) and then release the Adjustment Knob to the adjustment hole, tighten the Adjustment knob.
- 03** Repeat this step for the Left Upright (1) and the Left Safety Spotter (4). Make sure to Safety Spotters to the same height.



Step Three.

- 01** Insert the Weight Rest (6) into the Uprights (1,2) with two Bushings (9) and two U-Pins (12).
- 02** Attach the Safety Hooks (7,8) to the Weight Rests (6) with two M8 Locknuts (18).
- 03** Slide two Bumpers (14) onto the Uprights (1,2).
- 04** Make sure to Weight Rest (6) to the same height.
- 05** Make sure that all parts are properly tightened before you use the Squat Stand. Congratulations! You have completed assembly of your Squat Stand.



Adjustment

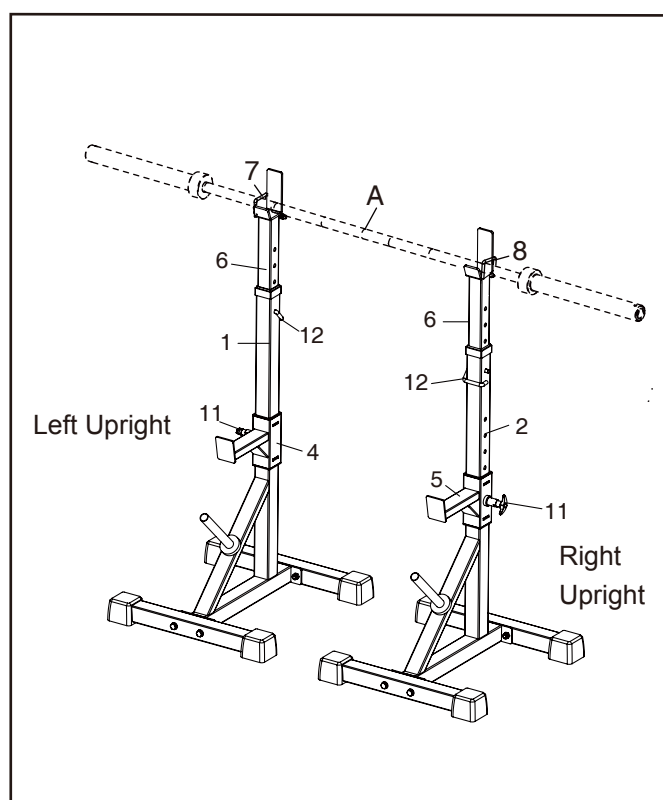
Make sure all parts are properly tightened each time you use the Squat Stand. Replace any worn parts immediately. The Squat Stand can be cleaned with a damp cloth and a mild, non-abrasive detergent; do not use solvents.

ADJUSTING THE WEIGHT RESTS AND THE SAFETY SPOTTERS

To adjust the height of the Weight Rests (6), raise the Weight Rests to the desired height and tighten an U-Pin (12) into Uprights (1,2). Make sure that the Weight Rests are at the same height and that the U-Pins (12) are fully tightened into the Uprights.

Pull the Adjustment Knob (11) outward, slide the Safety Spotters (4,5) upward or downward to the desired position, and then release the Adjustment Knob into one of the adjustment holes in the uprights (1,2), tighten the adjustment knob.

Put the Barbell (A) (not included) on the Weight Rests (6). Then, slide the Safety Hooks (7,8) against the Barbell.





Conditioning Guidelines

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

Why exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

Beginner's Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so, particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions.
- You have not exercised for over a year.
- You are over 35 and do not currently exercise.
- You are pregnant or are a new mother.
- You have diabetes.
- You have chest pain, or experience dizziness or fainting spells.
- You are recovering from an injury or illness.

Workout tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

How to begin

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the intensity to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.

How hard should you work?

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

Stretching Guide

Tips for stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

Warm-up and cool-down

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warm-up

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

Stretching

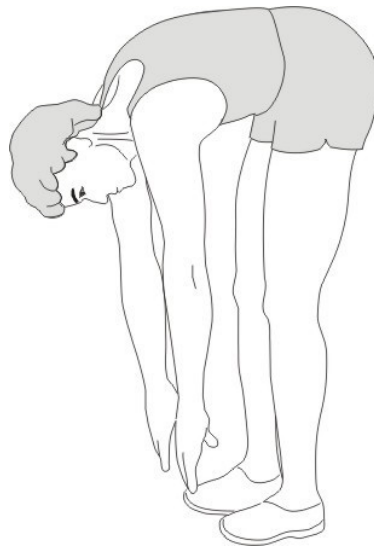
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

Do not bounce or over-stretch. Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



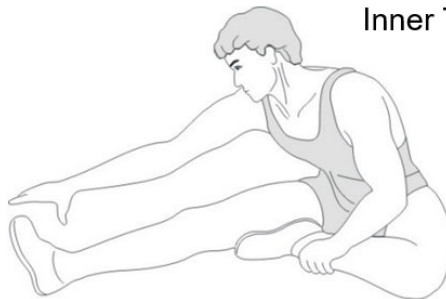
Side Stretch



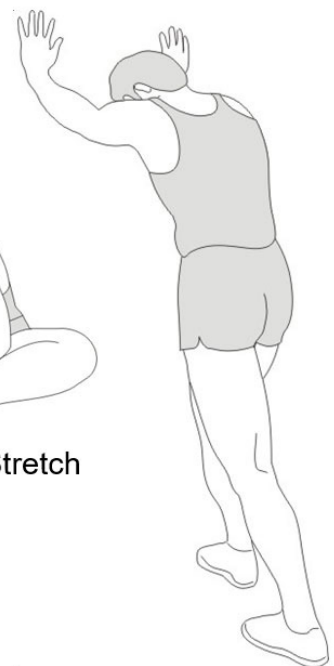
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



Customer Support

Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

IMPORTANT! Please retain your sales receipt. Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website: **www.viavito.com**

Viavito

94 Cleveland Street

London

W1T 6NW

Email: **support@viavito.com**



<https://www.facebook.com/MyViavito>



<https://instagram.com/Viavito>



<https://twitter.com/MyViavito>



Manufacturer's Warranty

Viavito warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com**. Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**.

Terms.

This warranty extends only to the original purchaser and is not transferable.

The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
 - a) Transport
 - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
 - c) Non-home use - including commercial, professional, or rental purposes
 - d) Repairs not provided by Viavito
 - e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
 - f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

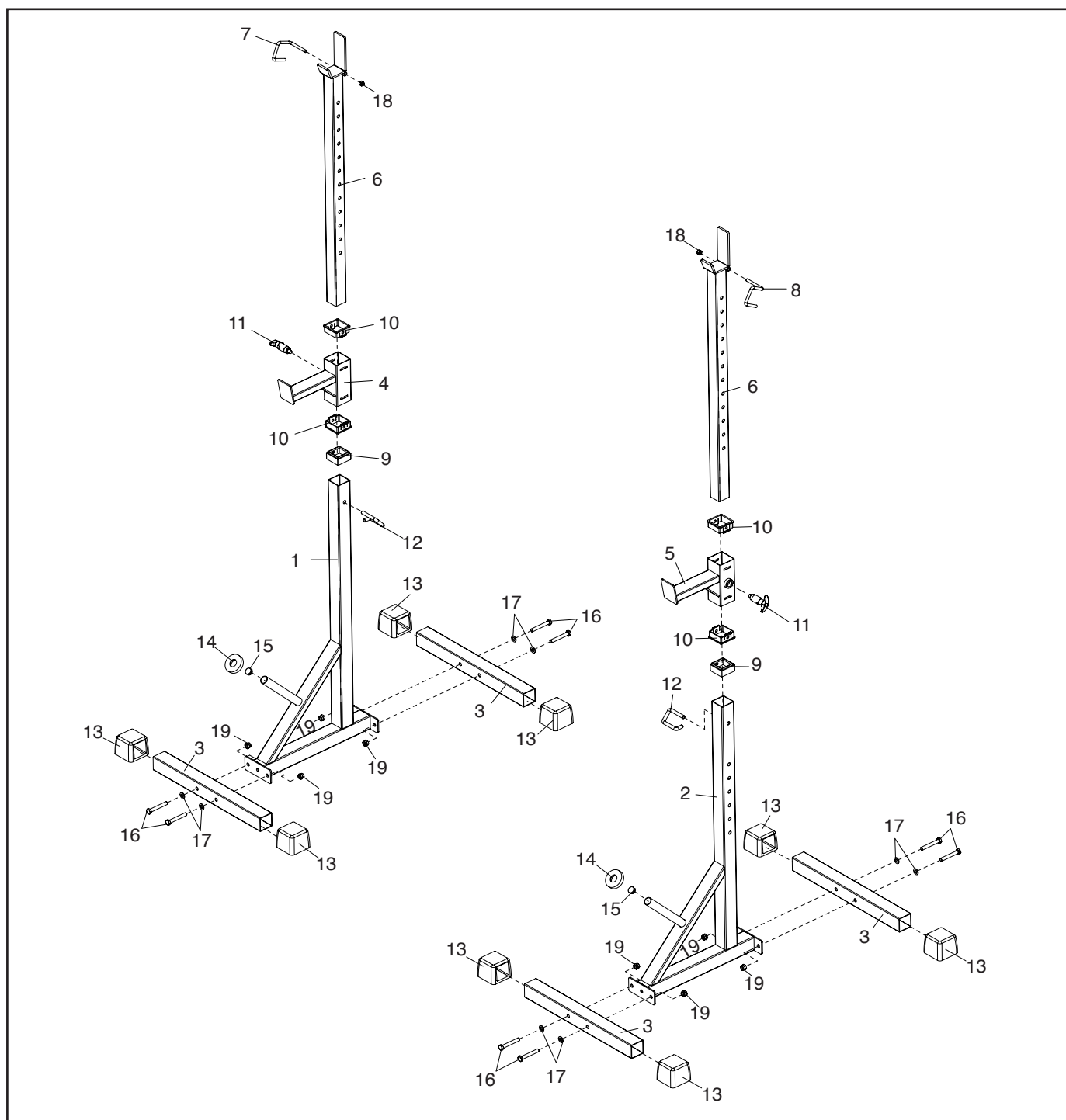
This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

This warranty is in addition and does not in any way affect your statutory rights.

Technical Information

Exploded Diagram



Parts List

KEY NO.	DESCRIPTION	Q'TY
1	Left Upright	1
2	Right Upright	1
3	Base	4
4	Left Safety Spotter	1
5	Right Safety Spotter	1
6	Weight Rest	2
7	Left Safety Hook	1
8	Right Safety Hook	1
9	Upright Bushing	2
10	Safety Spotter Bushing	4
11	Adjustment Knob	2
12	U-Pin	2
13	End Cap	8
14	Bumper	2
15	Inner Cap	2
16	M10 x 70mm Bolt	8
17	M10 Washer	8
18	M8 Locknut	2
19	M10 Locknut	8

Appendix 1: Space Required

For safety reasons, minimum clearance for the equipment is 0.6m in all directions.

