

Squat Handle Bar

PARTS: Squat Handle Bar



ATTACHMENT INSTRUCTIONS

STEP 1. Position the opening in the mounting bracket against the lower edge of the glideboard.



STEP 2. Push or slide the Squat Handle Bar onto the glideboard using the heel of the hand to apply pressure to secure it into place. You will need to hold the glideboard in place to prevent it from moving when applying the Squat Handle Bar.



ACCESSORY IN USE



Squat (bilateral); to be used with weight bar and weights.



Squat (unilateral); to be used with weight bar and weights.