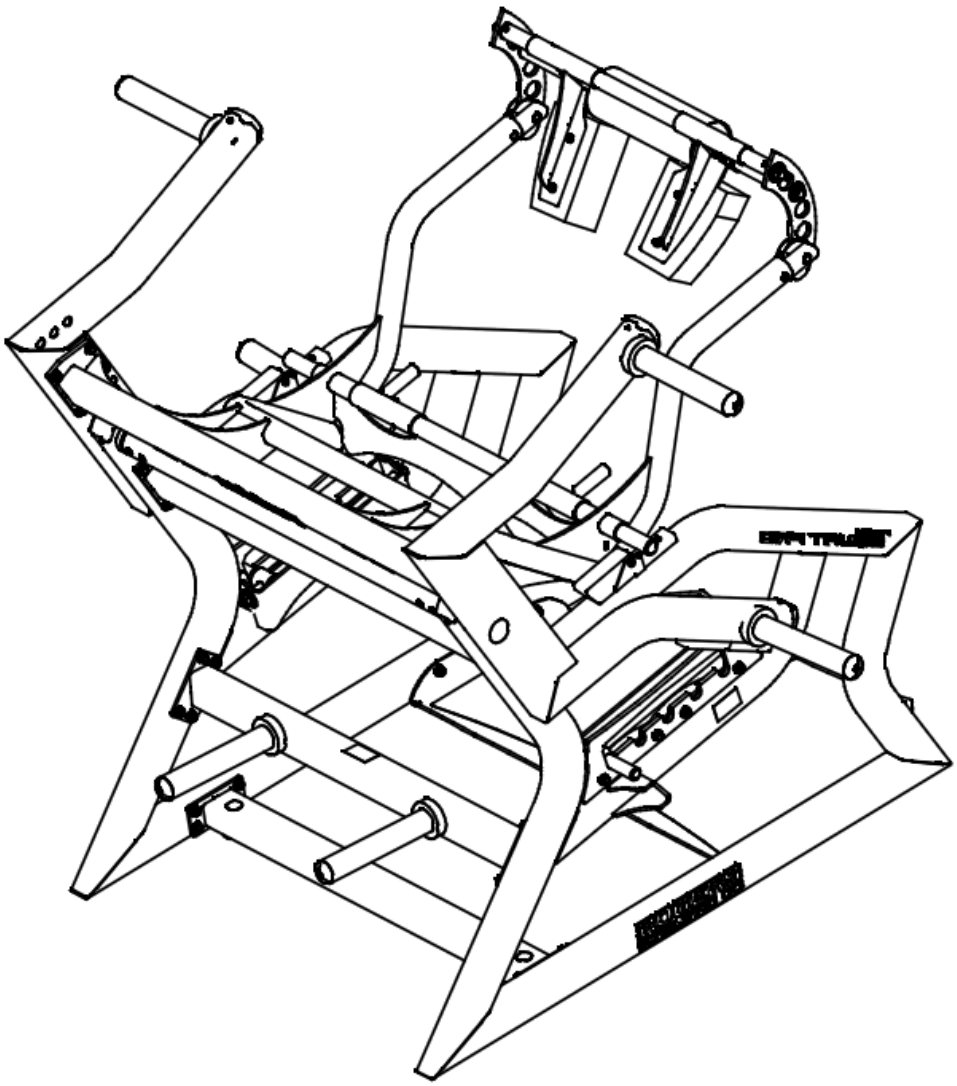
ROGERS

Product Information Packet

Product Name: Pendulum Power Squat Pro

Product Part Number: 410605

Patent #6,802,800; other patents pending



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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INTRODUCTION

The Pendulum Power Squat Pro by Rogers Athletic has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your Power Squat will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new Power Squat and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 800-457-5337.

BECAUSE ROGERS ATHLETICS MAINTAINS AN ONGOING PROGRAM OF PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE RIGHT TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN SPECIFICATIONS WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL THEM ON UNITS PREVIOUSLY SOLD.

GENERAL SAFETY RULES

WARNING!
READ AND UNDERSTAND ALL INSTRUCTIONS.
Failure to follow all instructions listed below may result in serious personal injury.

SAVE THESE INSTRUCTIONS

- **Supervision of athletes while using the equipment is recommended.** Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- **Athletes should be oriented in the proper use of the equipment.**
- **Athletes should be properly fit to engage in a workout regimen.** Obtaining a medical exam prior to beginning any exercise program is recommended. If an athlete feels faint, dizzy, or experiences pain at any time while exercising, they should stop exercising and consult a physician.
- **Athletes should wear close fitting clothing to keep the clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use.** DO NOT use if it appears damaged or inoperable.
- **This Product Information Packet is an integral part of this machine.** Save these instructions. If they are lost or damaged or if you would like another copy, a copy can be downloaded from **www.RogersAthletic.com**
- **Reading the Product Information Packet is recommended.** Failure to read this Packet is considered a misuse of this equipment.
- **Warning labels are an integral part of this machine.** Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- **Install the equipment allowing sufficient room for safe access to the machine, adequate room for the spotters to stand and to ensure that the machine does not collide with a wall or another machine through the entire range of motion.**
- **Use of a spotter is recommended.** Spotters should stand behind the athlete using the machine or to either side of the athlete.
- **Stay clear of all pinch points.** Instruct all athletes to keep fingers away from the weight arm and away from moving parts that may present danger of pinching.
- **Unit is designed for performing a squat with proper technique using only authorized Rogers Athletic components.** Do not use weight equipment for anything other than its approved purpose.
- **Equipment is designed for use by one person at a time.** Keeping other athletes and spectators away from the machines during use is recommended.

- **Anchoring the machine in place is recommended.** The Pendulum Power Squat Pro by Rogers Athletic has built-in anchor points allowing it to be bolted down. Rogers Athletic is not responsible for the installation of the anchors. Use a professional contractor to anchor the machine(s). Use 3/8" grade 5 or better fasteners.

- **A clean workout environment is recommended to avoid trip hazards.**

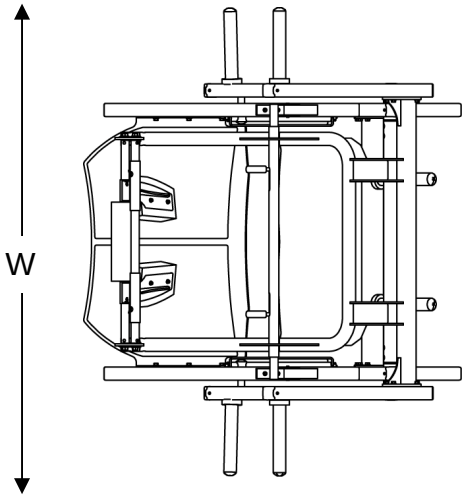
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at www.RogersAthletic.com

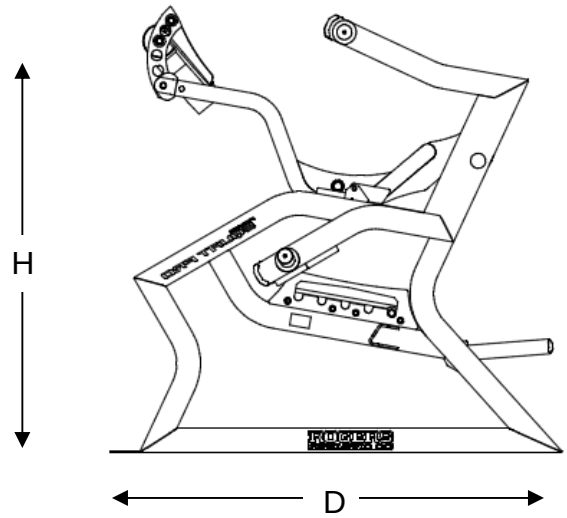
SYMBOLS

	Safety Alert: Precautions that involve your safety
	Athletes must be properly trained before using equipment. Failure to train athletes may result in personal injury.
	Stay Clear Warning Label: Stay clear of weight equipment when it's in use. Only spotters should be in close proximity when the equipment is being used by someone else.

Rogers Athletic Weight Equipment Specifications

Pendulum Power Squat Pro by Rogers Athletic





Weight:	504 lbs
Height:	56”
Width:	71”
Depth:	57”

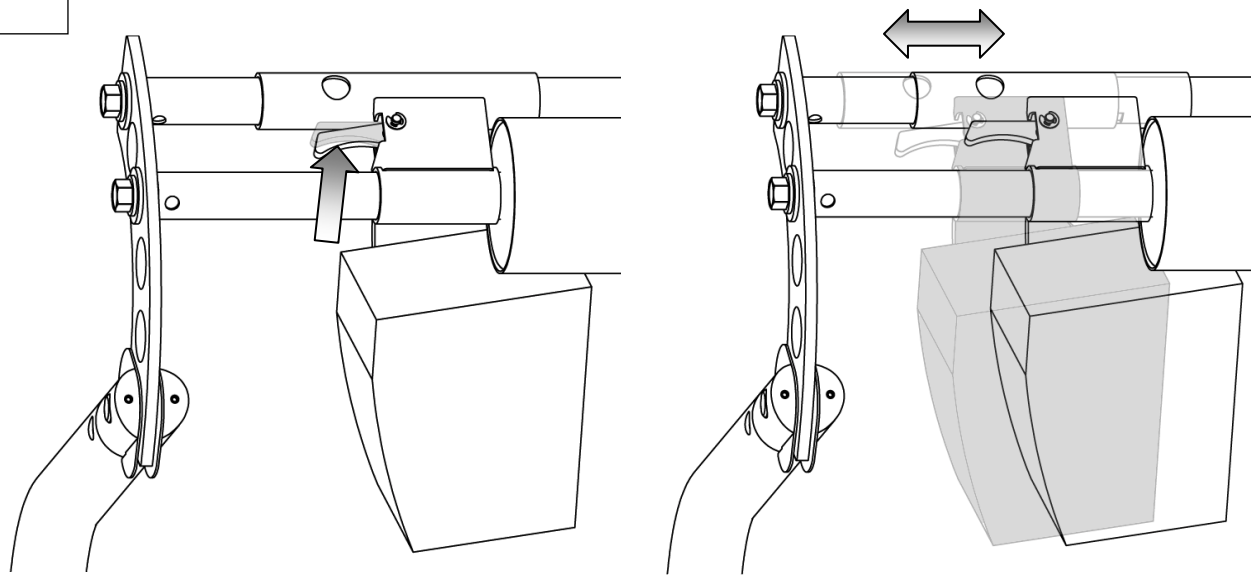
- The Power Squat Pro provides a workout that targets core areas using motions designed to maximize results
- Top and bottom load position for optimal strength training
- Adjustable shoulder pads for comfort during training
- Range limiter for comfort and to reduce the risk of over-extension
- Two weight horns for plate storage
- Equipped for floor anchorage
- Durable bumper stops
- Color choices available

Construction, Finish, and Hardware

- Constructed of ASTM specified steel
- Weight Horn Construction: Steel insert Urethane over-mold
- Baked-on powder coat finish
- Zinc plated hardware of Grade 5 or equivalent

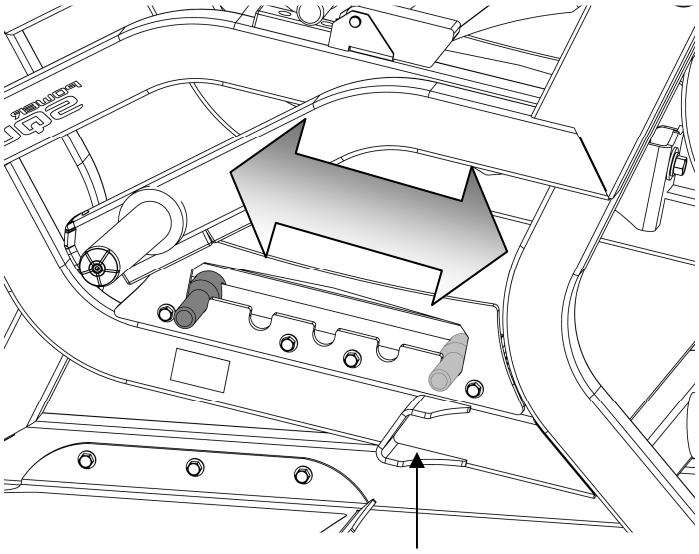
User Instrucitons

1



To adjust the shoulder pads, squeeze the trigger lock and slide pad into the desired position.

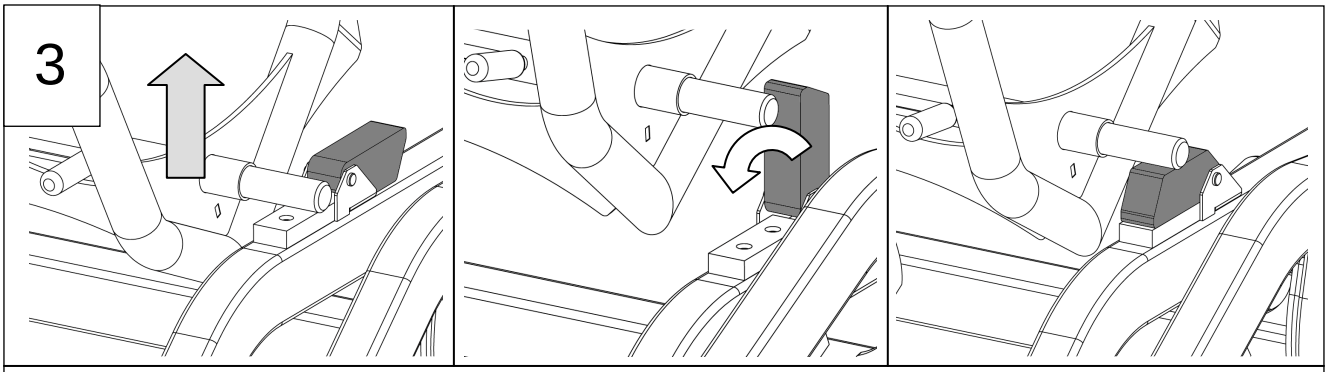
2



Welded Stop

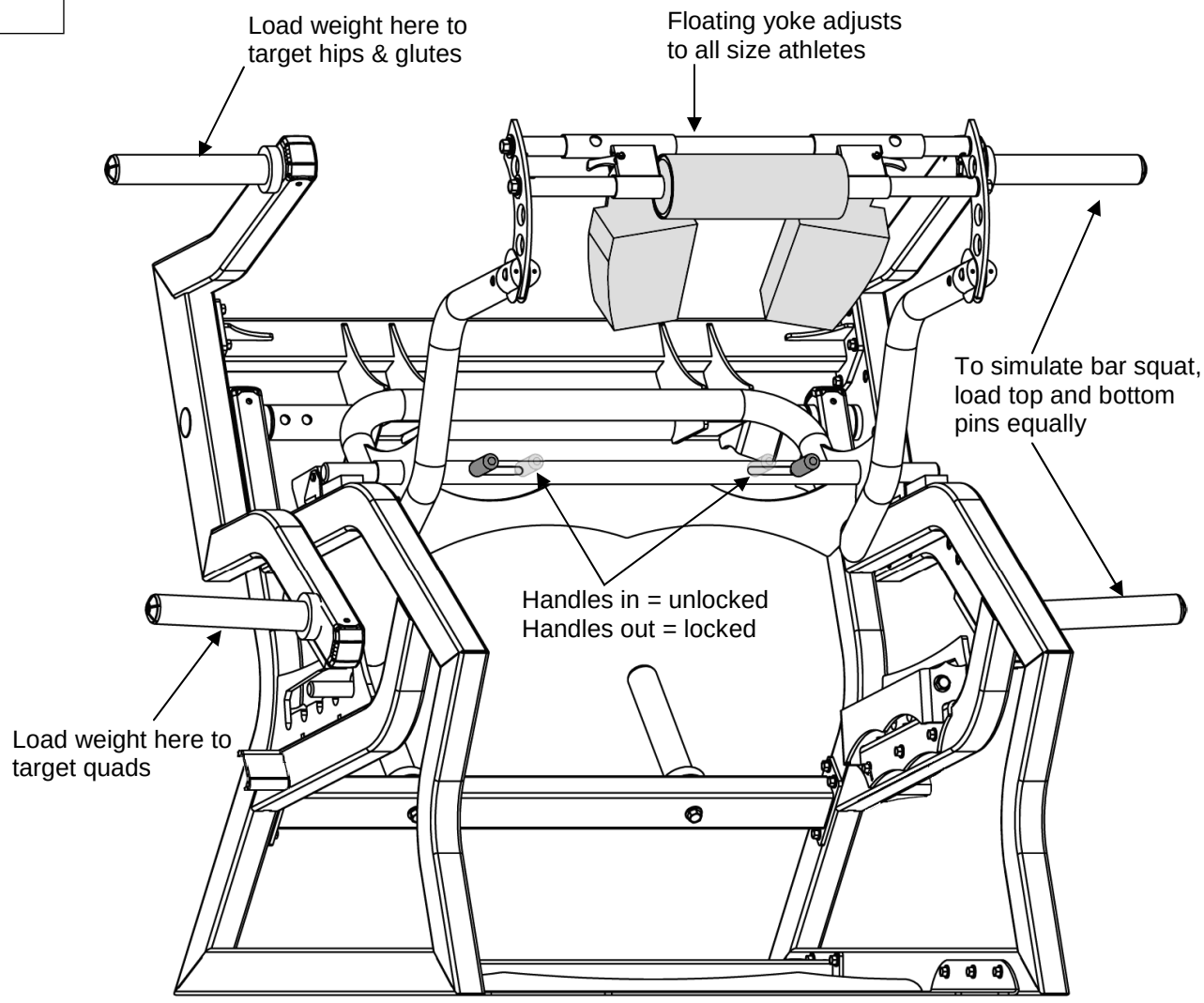
To adjust range of motion, pull lever up and slide adjuster left or right into the desired slot. The welded stop acts as a safety backup, not allowing the machine to pass that range.

3



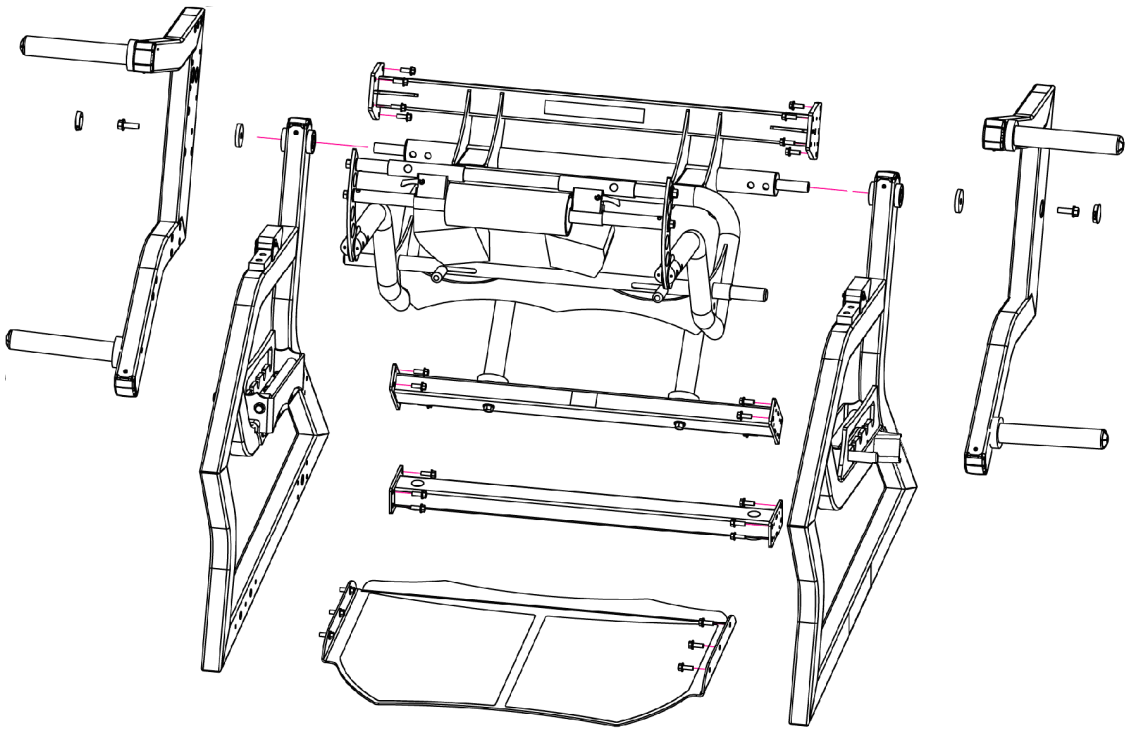
To change the start height, lift up on the yoke and flip the adjuster block up or down according to height. Shorter users use without block, taller users use with block.

4



To begin the exercise, place weights on the weight horns (upper horns target hips and glutes, lower horns target quads). With head and shoulders in yoke, slide lock handles in and begin the squat.

Disassembly for moving



MAINTENANCE

WARNING!
READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.
Failure to follow all procedures listed below may cause serious injury and decrease the equipment's functional existence.

- **Frequently check to see that all bolts are securely fastened**
- **Touch up paint can be used to cover any scratches or blemishes sustained through use.**
- **A silicone based lubricant may be used on moving parts to maintain proper function.**
- **Mild detergent or disinfectant may be used to clean weight equipment.** For Naugahyde covered pads, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth, or soft bristle brush if necessary.
- **Replace any damaged equipment with genuine Rogers Athletic parts.** Failure to do so may result in unsafe equipment and/or personal injury.

CUSTOMER SERVICE

For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information package. Hours of phone service are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 457-5337. Fax toll free at (888) 549-9659 or mail:

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