PLATE LOADED UPLIFT LINE OWNER'S MANUAL

HACK SQUAT

intenza

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IMPORTANT SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of Intenza products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.
It is recommended that all users of Intenza exercise equipment be informed of the following information prior to its use.

1.1 Important Operation Instructions for Owners

Follow these guidelines to maintain proper working condition of the equipment—
IMPORTANT Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Intenza, as such attachments might cause injuries.

- Qualified technicians must perform all regular maintenance.
- Do not remove warning labels for any reason. They contain important information. If unreadable or missing, contact your Intenza dealer for a replacement.
- Check that all fasteners are securely tightened.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as loose hardware, or cracked weld. If any staff member witnesses unsafe use of the equipment, he or she should address the user directly, demonstrate the proper technique, and review the Important Safety Instructions for Users.
- Intenza recommends posting a copy of the Important Safety Instructions for Users near the equipment in a prominent location.
- Place an “out—of—order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until it is repaired. Place an “out—of—order” sign on the equipment and make sure the facility’s personnel know not to allow anyone to use the equipment until it is working properly.
- Do not place the equipment outdoors or on wet surfaces.

1.2 Important Safety Instructions for Users

Read all instructions before using the equipment. These instructions were written to ensure your safety and to protect the equipment.
Equipment is intended for commercial use.
Before beginning any fitness program, you should obtain a complete physical examination from your physician.

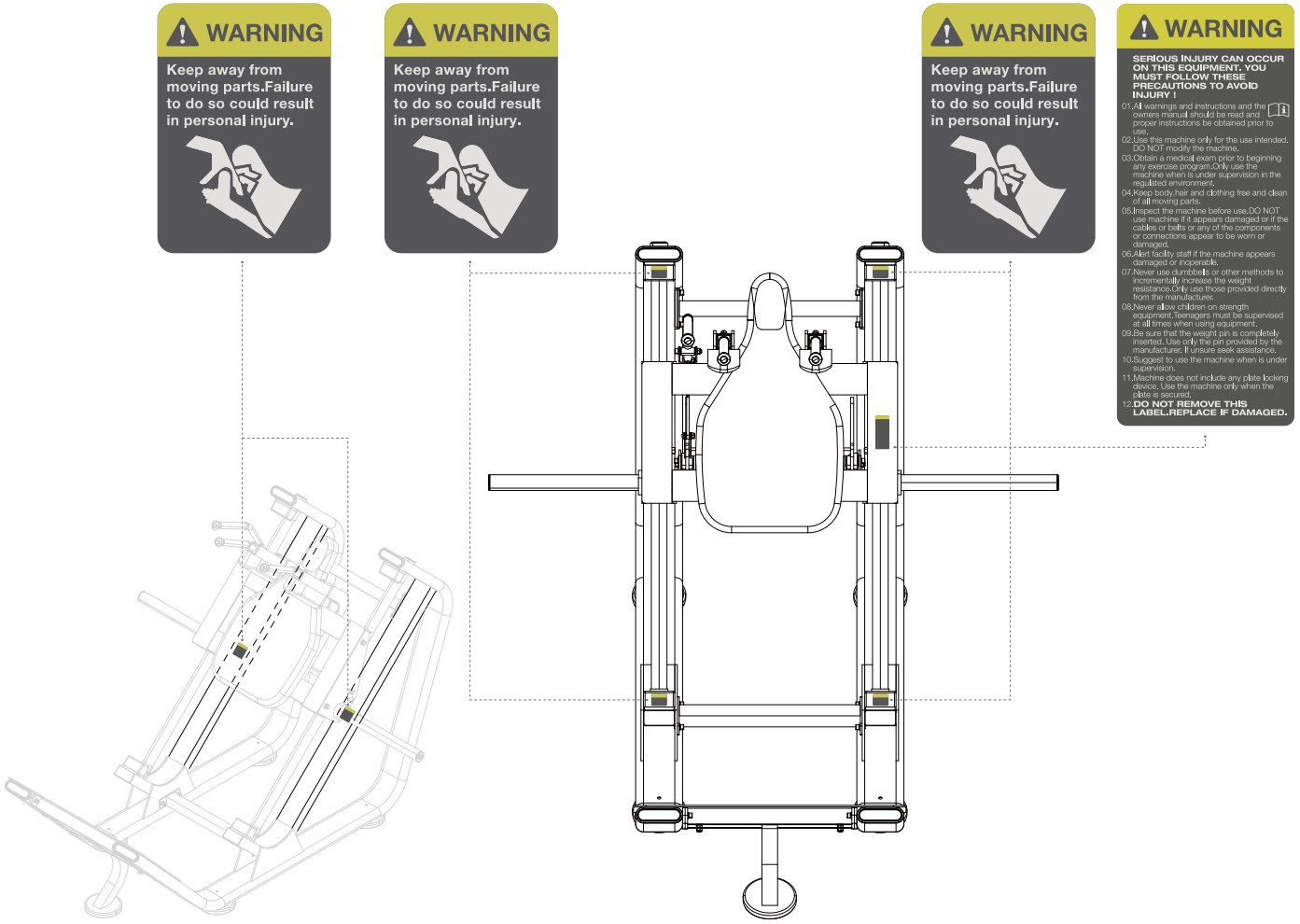
When using exercise equipment, you should always take basic precautions, including the following—

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes during a workout: no garments that impede perspiration and no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.
- Do not overexert yourself or work to exhaustion. Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Check that all fasteners are securely tightened. Handle attachments should be properly connected.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not drop or slam the weight stack while exercising.
- Use only Olympic—style weight plates with a 2" bore for training weight. Do not use dumbbells or any other means to increase weight resistance.
- Always use weight plate retention devices like straps, clamps, or pins to ensure safety.
- Add weight plates only up to the unit's load limits, and make sure they are placed entirely on the weight rod.
- Always follow the load rating guidelines for any weight equipment, including weight rods and band peg limits, to prevent accidents. If you have any questions about proper weights and loading, ask a trainer or facility representative for help.

1.3 Warning Label Locations

WARNING

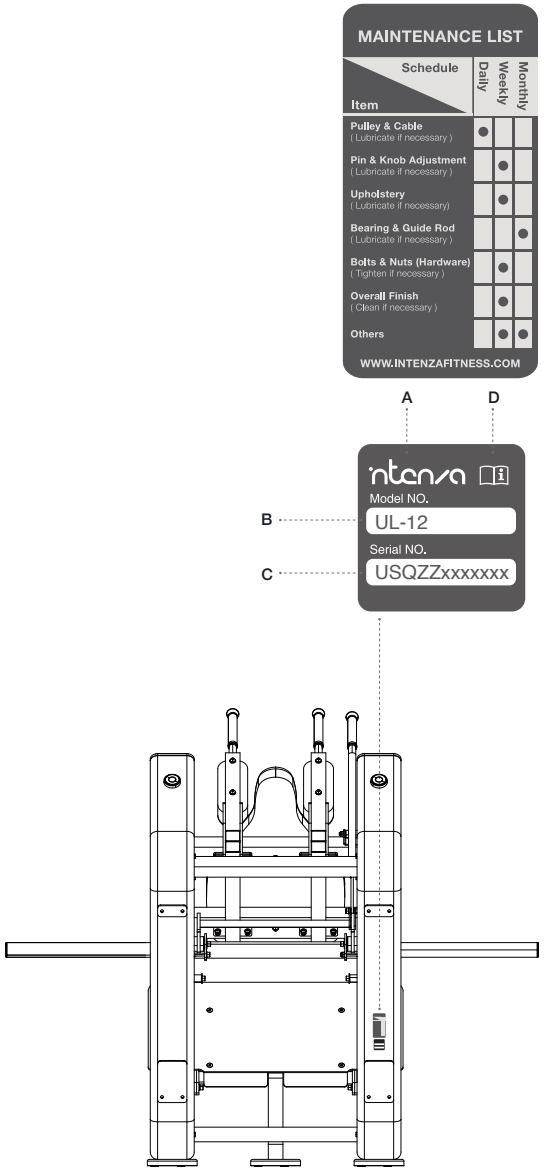
During all operations involving transport, maintenance and cleaning, pay attention to any part of the equipment where body parts may become trapped. Attention must be paid to the labels attached to the equipment, as they provide information about possible risks and hazards. We recommend immediately replacing the labels when they become damaged or difficult to read.



2. Installation and Assembly

2.1 Product Information

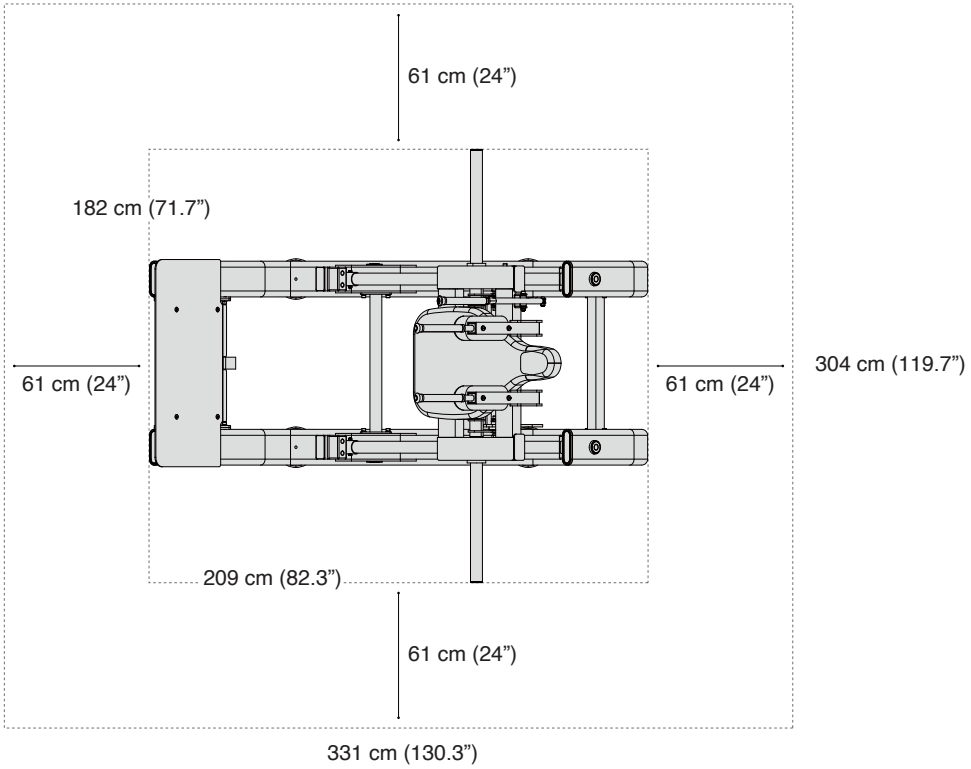
SERIAL NUMBER LABEL LOCATION



A	Manufacturer's name	LENGTH	182 cm	71.7 inches
B	Model number	WIDTH	209 cm	82.3 inches
C	Serial number	HEIGHT	156 cm	61.4 inches
D	Consultation of user manual required	EQUIPMENT WEIGHT	239 kg	526.9 lbs
		LIVE AREA	304 x 331 cm	119.7 x 130.3 inches

ASSEMBLY DIMENSIONS

LIVE AREA



2.2 Place of Installation

To ensure safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements. In particular, before choosing where to install the equipment we recommended that you check the following conditions are available—

- A temperature between +10°C and +25°C.
- Sufficient ventilation to maintain a humidity level between 20% and 90%, when the equipment is in use.
- Sufficient lighting to make the area a safe and relaxing place to exercise.
- Sufficient clearance on all sides of the equipment, taking into account its maximum dimensions when in use, to ensure safety.
- A flat, stable and vibration—free floor surface, with sufficient load bearing capacity for the equipment's weight.
- If the equipment is to be installed in a public recreation area, the place of installation must comply with all the requirements of the regulations currently in force.

WARNING

The equipment must be installed and used in a place where access and supervision are specifically controlled by the owner. When installing the equipment, use suitable personal protective equipment.

2.3 Assembly Guide

UNPACKING

Thank you for purchasing a Intenza product. Your Intenza product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the part list. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

The weight of the product is heavy. To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine.

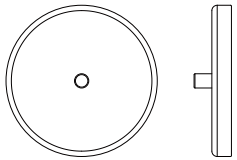
2.3 Assembly Guide

TOOLS

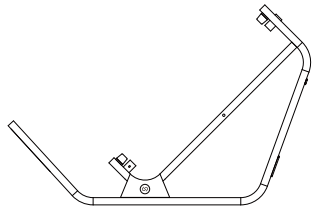
1. Allen Wrench,
6mm, 8mm

2. Open / Adjustable Wrench
13mm, 16mm

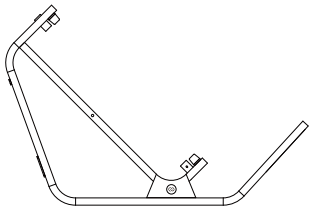
PART LIST



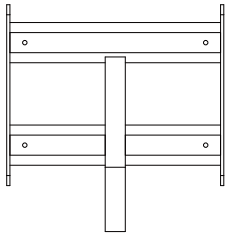
1. Rubber Foot Plate
QTY 5



2. Left Support Frame
QTY 1

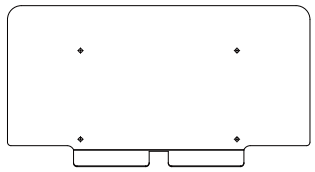


3. Right Support Frame
QTY 1

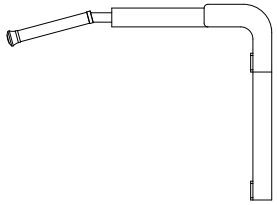


4. Base Frame
QTY 1

5. Frame Connector
QTY 2

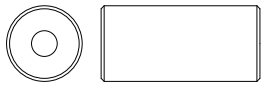


6. Foot Platform
QTY 1

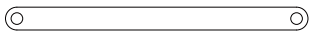


7. Shoulder Support Arm
QTY 2

8. Hook Bracket
QTY 1



9. Spacer
QTY 2

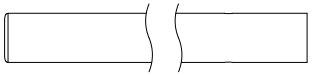


10. Hook Linkage
QTY 1

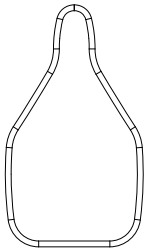
11. Hook Release Handle
QTY 1

12. Spring
QTY 1

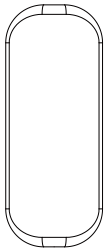
2.3 Assembly Guide



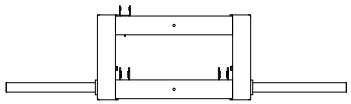
13. Guide Rod
QTY 2



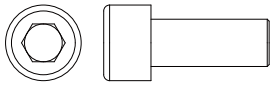
14. Back Pad
QTY 1



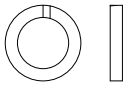
15. Shoulder Pad
QTY 2



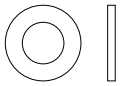
16. Back Pad Frame
QTY 1



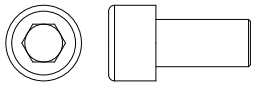
17. Socket Screw, M10x25
QTY 6



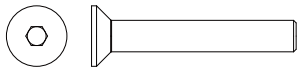
18. Spring Washer, M10
QTY 32



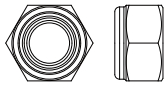
19. Flat Washer,
OD20xID11x2T, Black
QTY 34



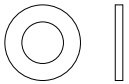
20. Socket Screw, M10x20
QTY 20



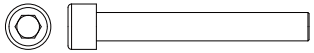
21. Countersunk Screw, M10x65
QTY 4



22. Lock Nut, M10, Black
QTY 4

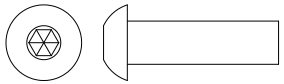


23. Flat Washer,
OD20xID11x2T, Silver
QTY 4

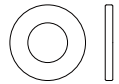


24. Socket Screw, M10x75
QTY 1

25. Lock Nut, M10, Silver
QTY 3

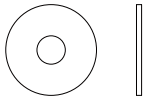


26. Dome Screw, M10x25
QTY 2



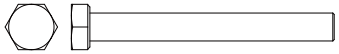
27. Flat Washer, OD20xID10.5x2T
QTY 4

2.3 Assembly Guide

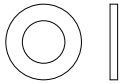


28. Flat Washer, OD32xID10x1.8T
QTY 4

29. Dome Screw, M10x75
QTY 6



30. Hex Screw, M8x70
QTY 2

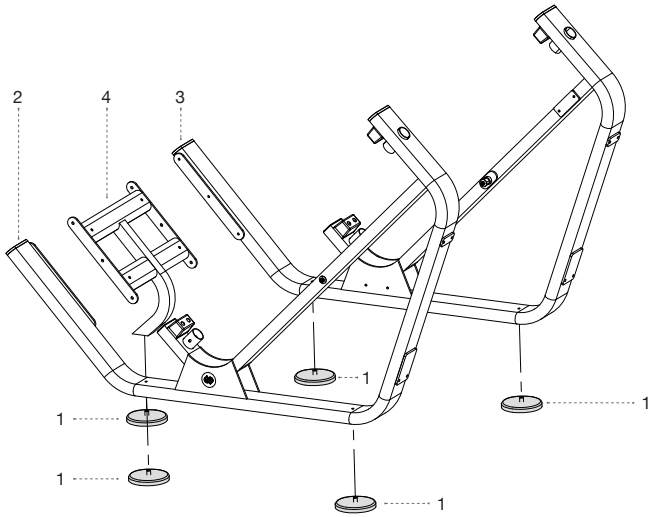


31. Flat Washer, OD16xID9x1.6T
QTY 4

32. Lock Nut, M8
QTY 2

2.3 Assembly Guide

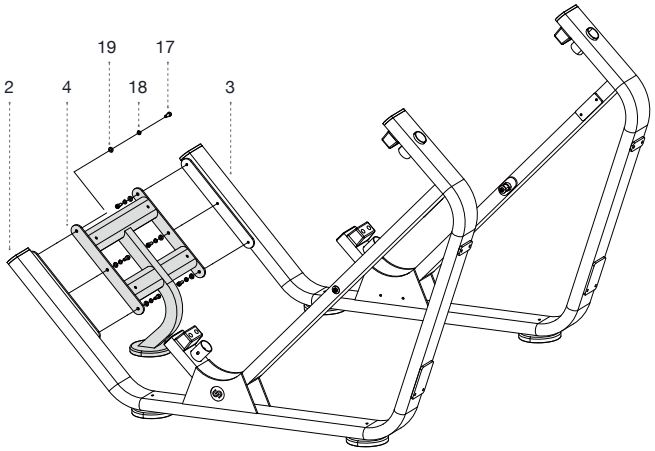
STEP 1



COMPONENTS

Rubber Foot Plate (1), Left Support Frame (2),
Right Support Frame (3), Base Frame (4)

STEP 2

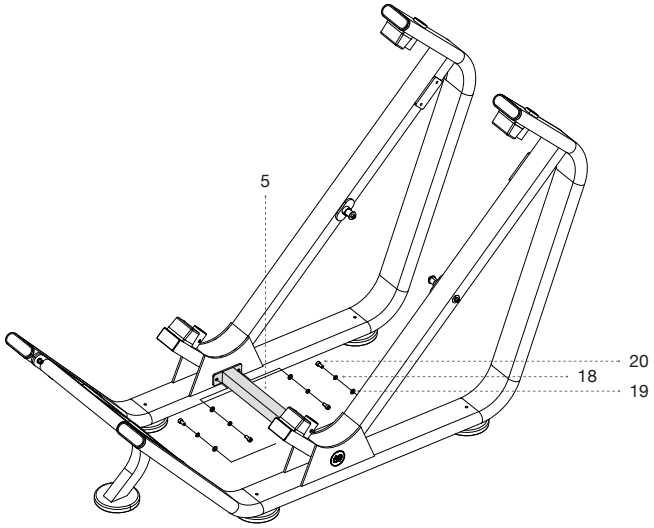


COMPONENTS

Left Support Frame (2), Right Support Frame (3), Base Frame (4),
Socket Screw, M10 x 25 (17), Spring Washer, M10 (18),
Flat Washer, OD20 x ID11 x 2T, Black (19)

2.3 Assembly Guide

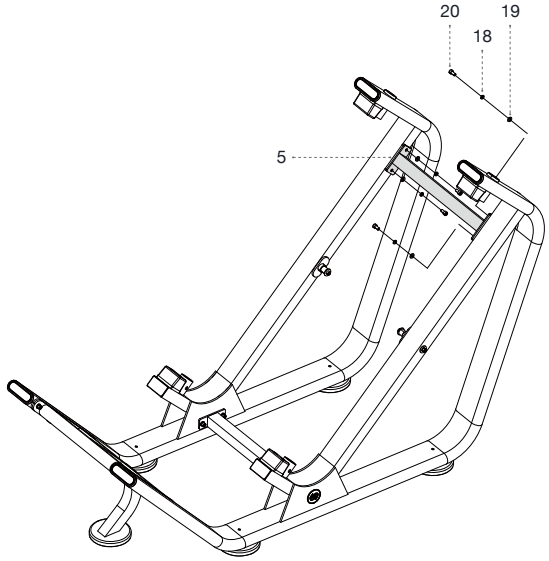
STEP 3



COMPONENTS

Frame Connector (5), Spring Washer, M10 (18),
Flat Washer, OD20 x ID11 x 2T, Black(19),
Socket Screw, M10 x 20 (20)

STEP 4

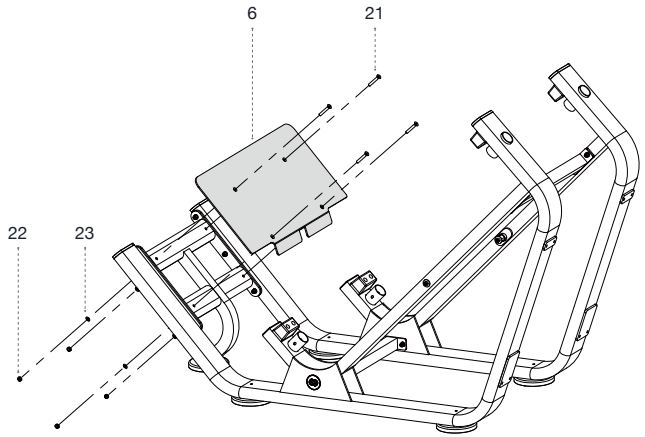


COMPONENTS

Frame Connector (5), Spring Washer, M10 (18),
Flat Washer, OD20 x ID11 x 2T, Black(19),
Socket Screw, M10 x 20 (20)

2.3 Assembly Guide

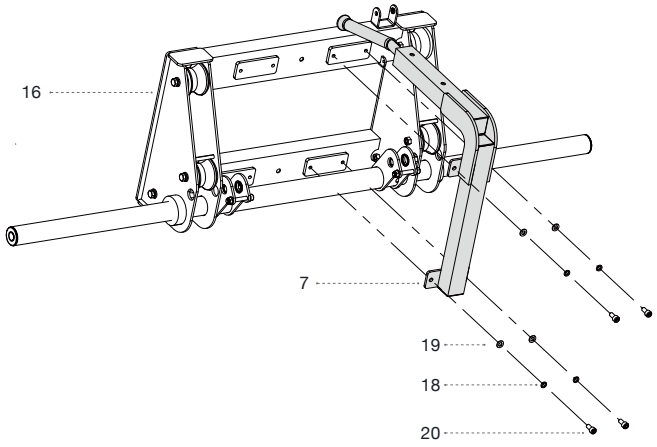
STEP 5



COMPONENTS

Foot Platform (6), Countersunk Screw, M10 x 65 (21),
Lock Nut, M10, Black (22), Flat Washer, OD20 x ID11 x 2T, Silver (23)

STEP 6

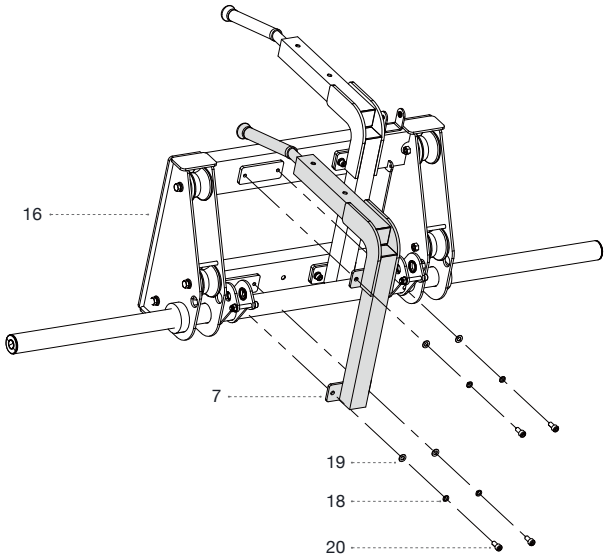


COMPONENTS

Shoulder Support Arm (7), Back Pad Frame (16),
Spring Washer, M10 (18), Flat Washer, OD20 x ID11 x 2T, Black(19),
Socket Screw, M10 x 20 (20)

2.3 Assembly Guide

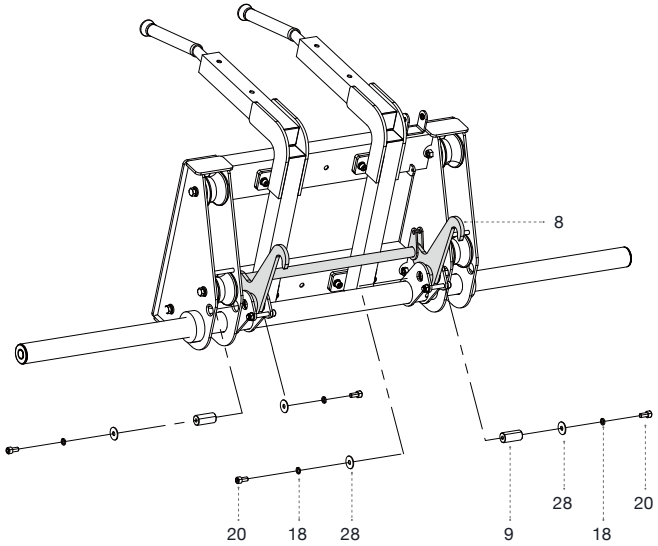
STEP 7



COMPONENTS

Shoulder Support Arm (7), Back Pad Frame (16),
Spring Washer, M10 (18), Flat Washer, OD20 x ID11 x 2T, Black (19),
Socket Screw, M10 x 20 (20)

STEP 8

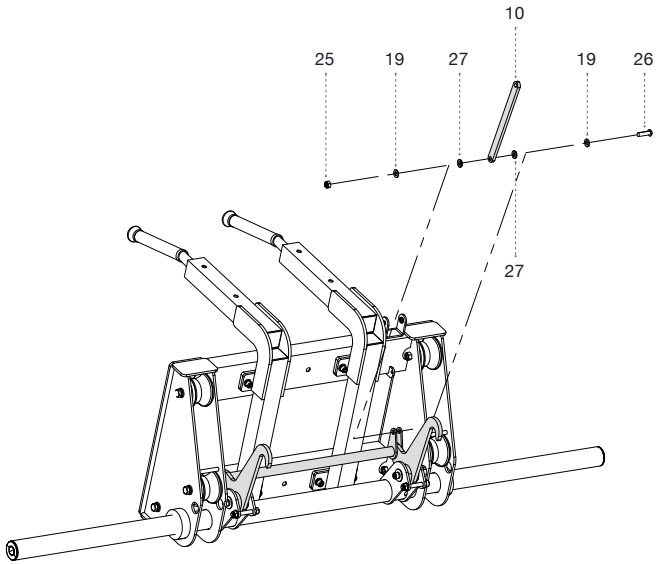


COMPONENTS

Hook Bracket (8), Spacer (9), Spring Washer, M10 (18),
Socket Screw, M10 x 20 (20), Flat Washer, OD32 x ID10 x 1.8T (28)

2.3 Assembly Guide

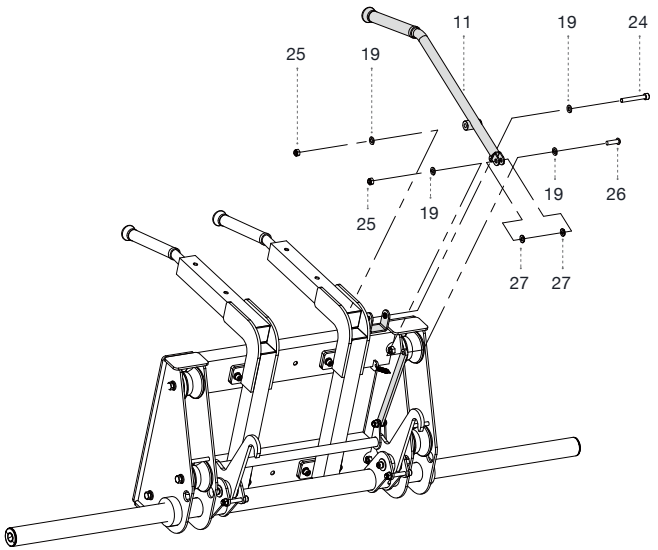
STEP 9



COMPONENTS

Hook Linkage (10), Flat Washer, OD20 x ID11 x 2T, Black (19),
Lock Nut, M10, Silver (25), Dome Screw, M10x25 (26),
Flat Washer, OD20 x ID10.5 x 2T (27)

STEP 10

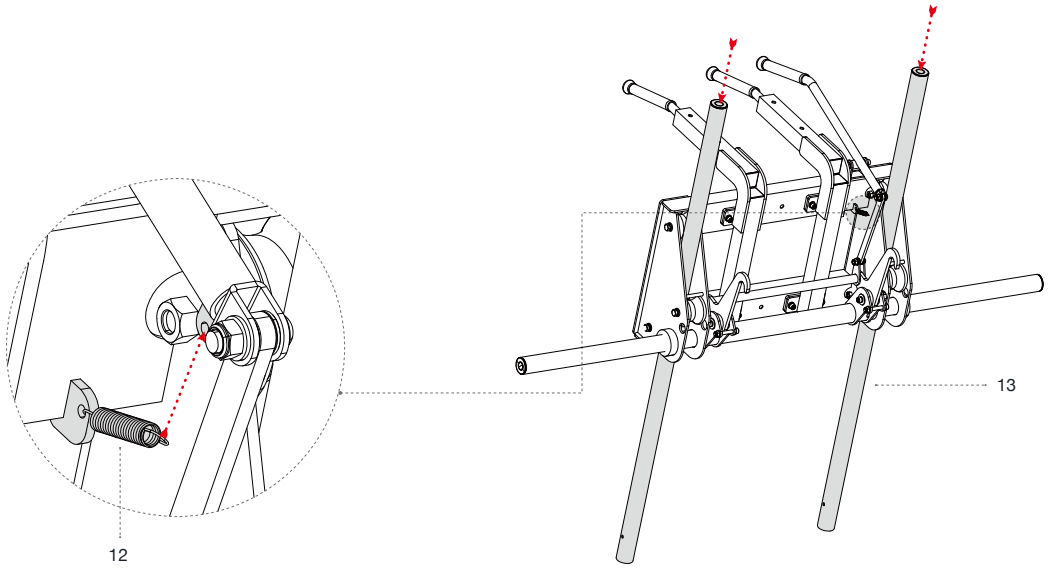


COMPONENTS

Hook Release Handle (11),Flat Washer, OD20 x ID11 x 2T, Black (19),
Socket Screw, M10 x 75 (24), Lock Nut, M10, Silver (25),
Dome Screw, M10 x 25 (26), Flat Washer, OD20 x ID10.5 x 2T (27)

2.3 Assembly Guide

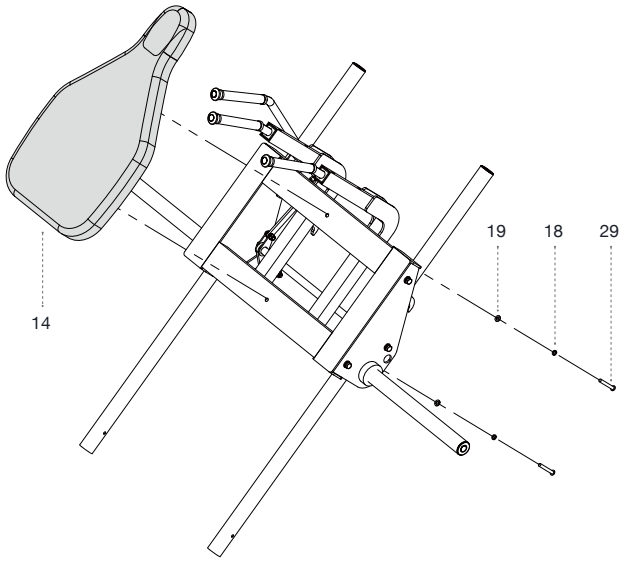
STEP 11



COMPONENTS

Spring (12), Guide Rod (13)

STEP 12

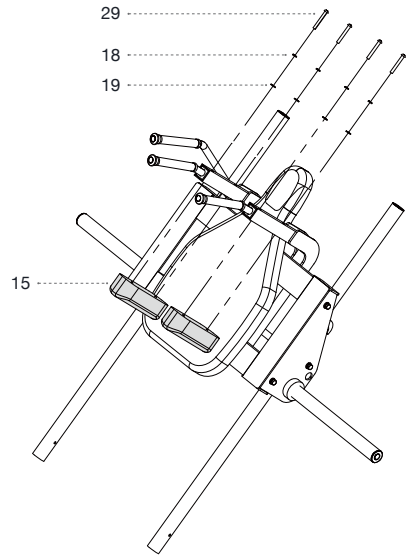


COMPONENTS

Back Pad (14), Spring Washer, M10 (18), Flat Washer, OD20 x ID11 x 2T, Black (19), Dome Screw, M10 x 75 (29)

2.3 Assembly Guide

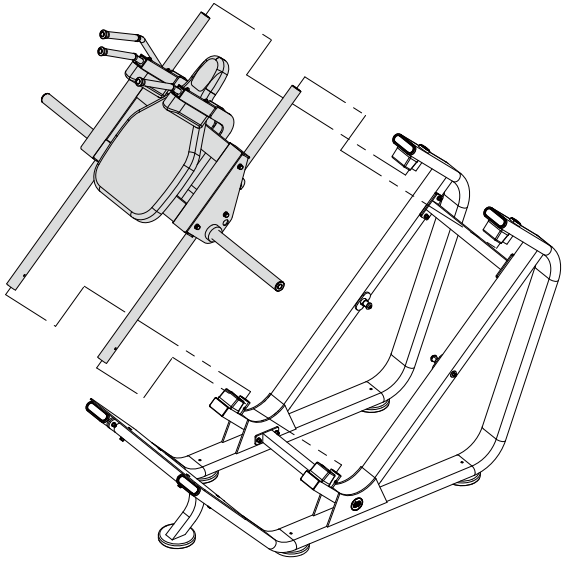
STEP 13



COMPONENTS

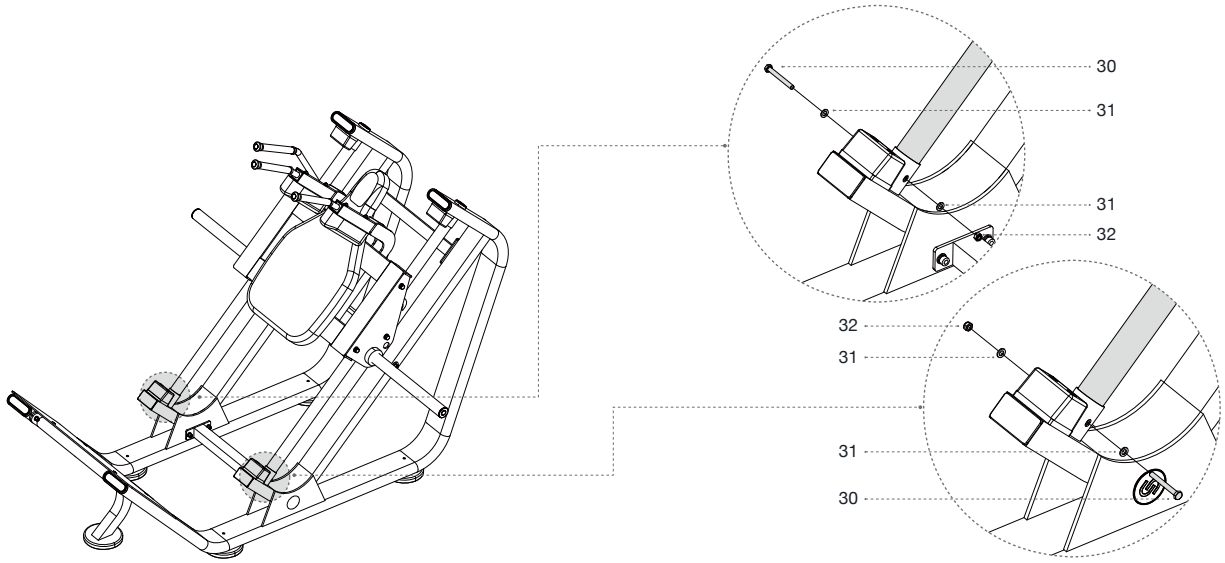
Shoulder Pad (15), Spring Washer, M10 (18),
Flat Washer, OD20 x ID11 x 2T, Black (19),
Dome Screw, M10 x 75 (29)

STEP 14-1



2.3 Assembly Guide

STEP 14-2



COMPONENTS

Hex Screw, M8 x 70 (30), Flat Washer, OD16 x ID9 x 1.6T (31),
Lock Nut, M8 (32)

3. Care and Maintenance

3.1 Commercial Maintenance Schedule

INSPECT	DAILY	WEEKLY	MONTHLY	6 MONTHS	ANNUALLY
All adjustment pins, set screws, snap links, and pulleys	•				
All safety and instructional decals	•				
All nuts and bolts and tighten if needed		•			
All anti—slip surfaces and replace as needed		•			
All accessory bars and handles		•			
CLEAN					
Upholstery	•				
Guide rods and lubricate with a teflon lubricant			•		
LUBRICATE					
Hack bearings and linear bearings				•	

BEFORE YOU BEGIN

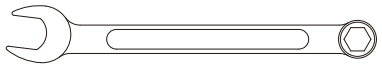
Preventative maintenance is crucial to maintaining the function and safety of this equipment. Your facility must establish written guidelines for preventative maintenance and keep written or online records of the maintenance performed on these products. As a minimum, the items presented in the Safety Instructions section of this document and the items that follow here, should be included in your maintenance program.

IMPORTANT Always purchase replacement parts and hardware from Intenza. Many parts are tested and manufactured specifically for Intenza commercial strength equipment. If you use parts not approved by Intenza, you could void the Intenza Limited Warranty. Use of parts not approved by Intenza may cause injury. Intenza recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

NOTE If the equipment requires assembly, please refer to 2.3 Assembly Guide Section in this manual.

TOOLS

1. ALLEN WRENCH, 6MM, 8MM



2. OPEN / ADJUSTABLE WRENCH 13MM, 16MM

3.2 Daily Inspection & Maintenance

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use. Intenza is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect all adjustment pins, set screws, snap links, and pulleys if equipped.
- Inspect all safety and instructional decals.
- Verify that rubber hand grips are intact and secure.
- Verify that anti—skid foot grips are intact and secure.

3.3 Weekly Inspection & Maintenance

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each week. Intenza is not responsible for performing or scheduling regular maintenance or inspections.

- Verify that each pulley rotates freely when performing the exercise if equipped with pulleys. A pulley that does not rotate will cause extreme cable wear and could lead to cable failure. Determine cause and remedy immediately.
- Verify that the adjustment pop pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Verify that all hardware is tightened and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only Intenza supplied parts.

3.4 Other Scheduled Preventive Maintenance

Intenza recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.intenzafitness.com to contact a local Intenza authorized service technician.

MONTHLY

Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

EVERY 6 MONTHS

Lubricate pivot bearing and linear bearings with lithium grease.

3.5 Clean the Equipment

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

CAUTION

Certain anti—bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the upholstery.

HEAVY DUTY CLEANING

GUIDE RODS (IF EQUIPPED)	Clean and lubricate with a Teflon Spray. Be sure to coat the entire guide rod. Spraying lubricant into the cap plate bushings is also recommended.
CHROMED ADJUSTMENT TUBES	Wipe away dust and dirt before applying a Teflon spray lubricant. Intenza recommends using TriFlow or a similar brand.
LINEAR BEARINGS	Clean the linear shaft and lubricate (as required) with Teflon based grease. Keeping linear bearings clean and lubricated is critical to long life and good performance.
PAINTED FRAMES	If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilution of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. DO NOT use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound.
UPHOLSTERY	For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5—10% household bleach diluted with water. Be sure to test an inconspicuous area first. DO NOT use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry.
PLASTIC PARTS	Use a mild soap solution to clean dirt and grease marks.
LABELS	Use a mild soap solution to clean dirt and grease marks.
SHROUDS	Use a mild soap solution to clean dirt and grease marks.

CAUTION

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the Intenza Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

CAUTION

If you determine that the equipment needs service, make sure that the equipment cannot be used inadvertently and ensure other users know that the machine needs service.

*To order parts or to contact a Intenza Authorized Service representative, please visit www.intenzafitness.com.

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