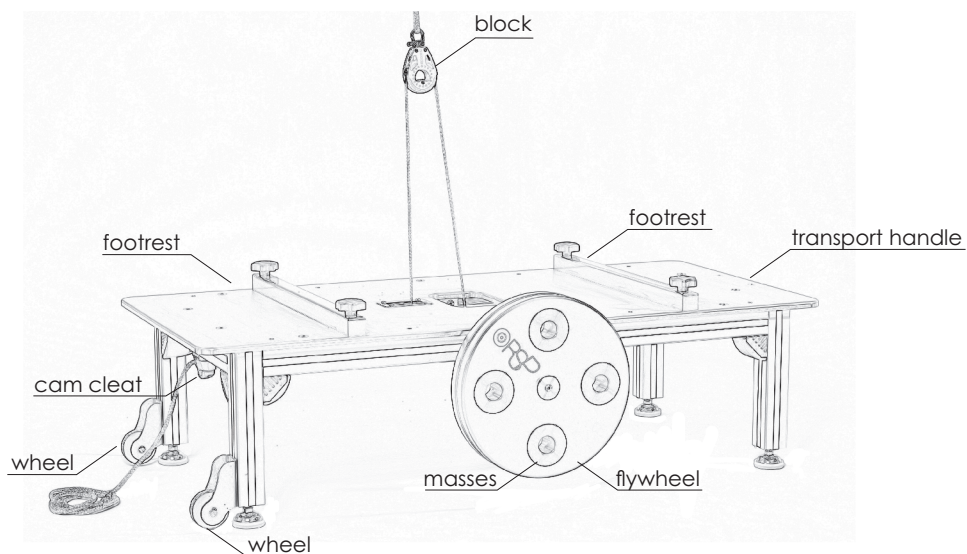
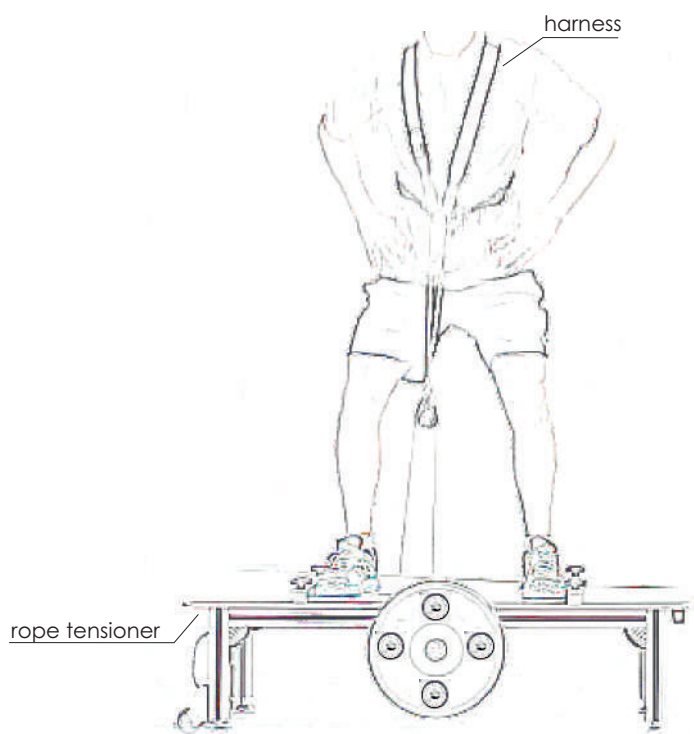


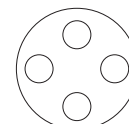
# RSP SQUAT. Components



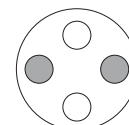
# RSP SQUAT. Instalation



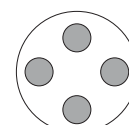
Placement masses:



without masses



2 masses



4 masses

Before you start standing on the machine fully stretched, we must tighten the rope.