

# BLK BOX

## Back Extension

### Setup Instructions

⚠ CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.



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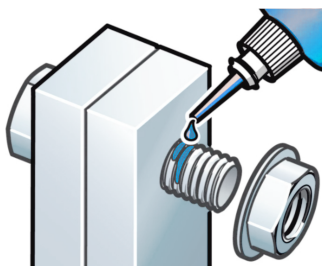
Part List.....08

# To Apply Thread Locker

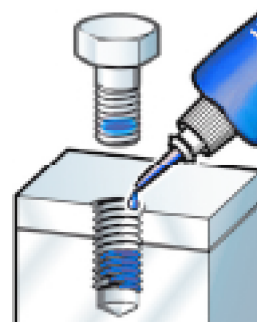
The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

## How to use

1. Degrease and clean surfaces prior to apply adhesive.
2. Insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).

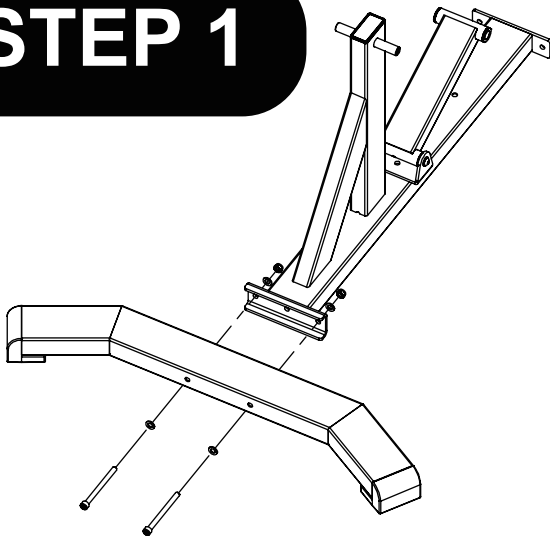


**FIG 1**



**FIG 2**

# STEP 1



## Parts

- Part No:1  
Name:Main Frame  
Q'TY: 1
- Part No:2  
Name:  
Front Bottom Tube  
Q'TY: 1

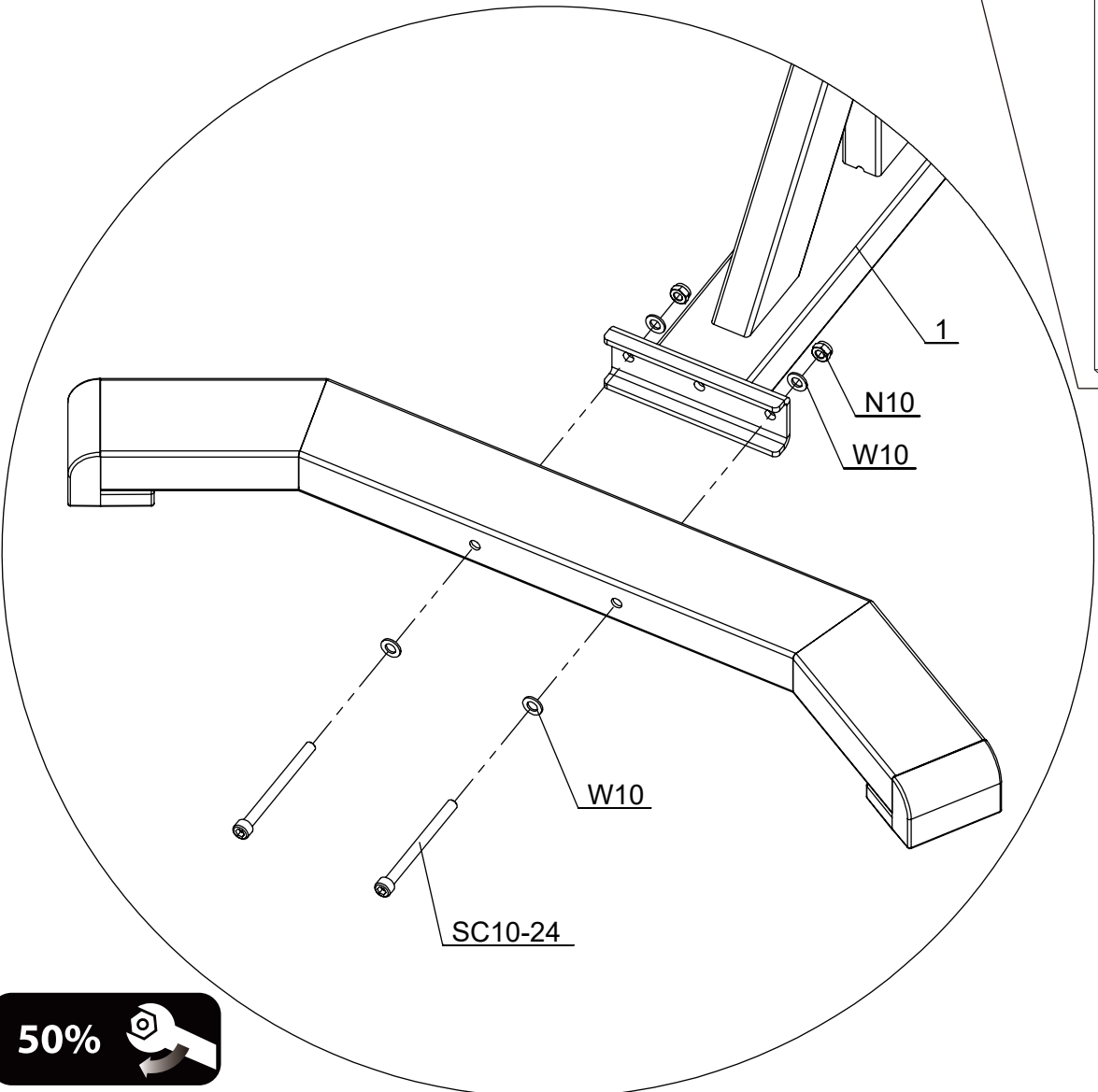
## Tools

- 17 mm
- 8 mm

## Fixings

- N10  
2 PCS
- W10  
4 PCS
- SC10-24 2PCS

Assemble the Main Frame (#1)  
and the Front Bottom Tube(#2).



# STEP 2

## Fixings

- SC10-24 2 PCS
- N10 3 PCS
- W10 6 PCS
- SC10-5 1 PC

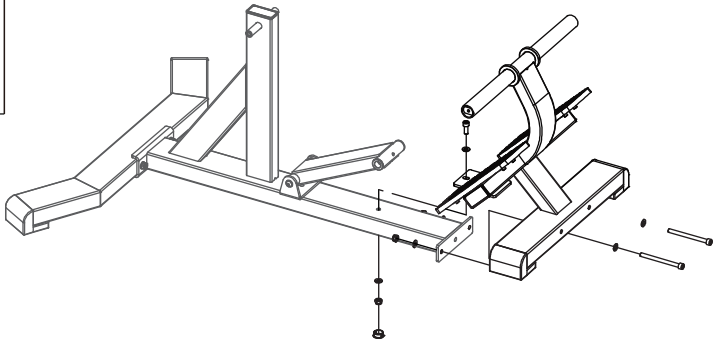
## Parts

Part No:3  
Name: Footrest Frame  
Q'TY: 1

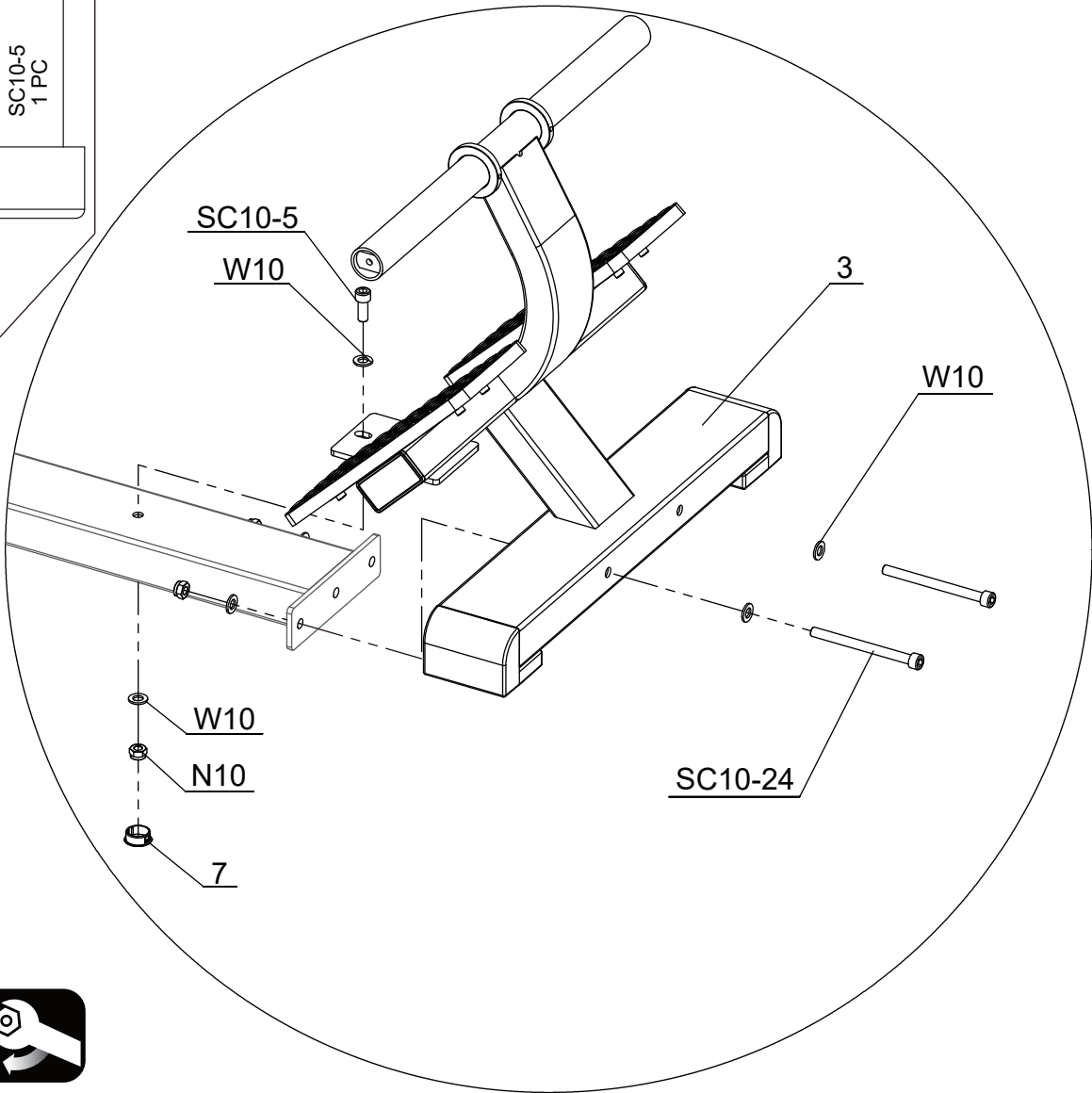
Part No:7  
Name: D25 Cap  
Q'TY: 1

## Tools

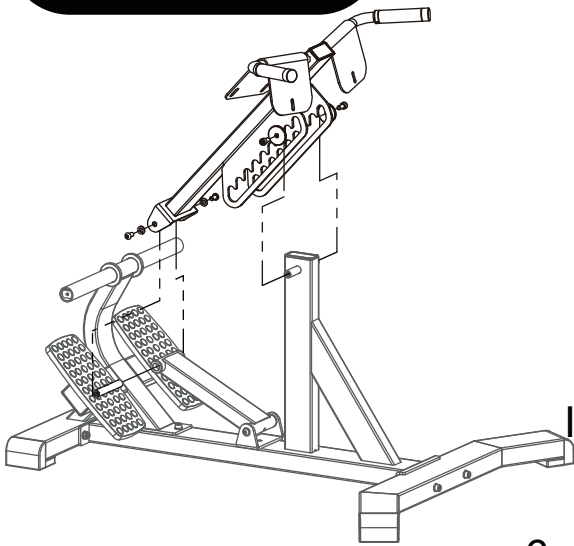
- 17 mm
- 8 mm



Install the Footrest Frame (#3).



# STEP 3



## Fixings

A10-4 2PCS

SC10-4 2PCS

W10  
4 PCS

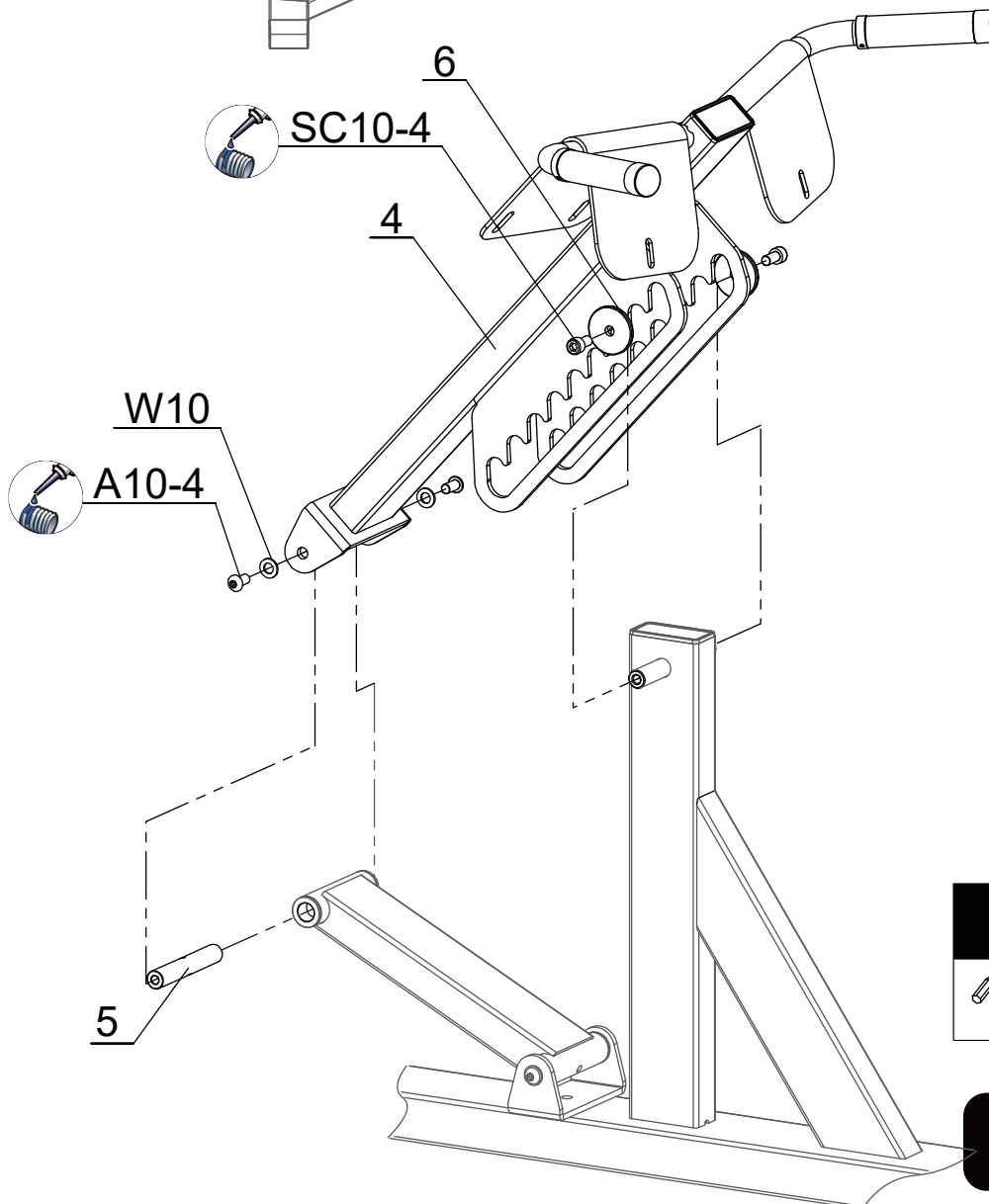
## Parts

Part No: 4  
Name: Haddock  
Support Frame  
Q'TY: 1

Part No: 5  
Name: Shaft  
Q'TY: 1

Part No: 6  
Name: Limit Plate  
OD50-ID10.5-H5  
Q'TY: 2

Install the Haddock support frame (#4).



## Tools

618 mm

50%



### Parts

Part No: 9  
Name: Foam Roller  
Q'TY: 2



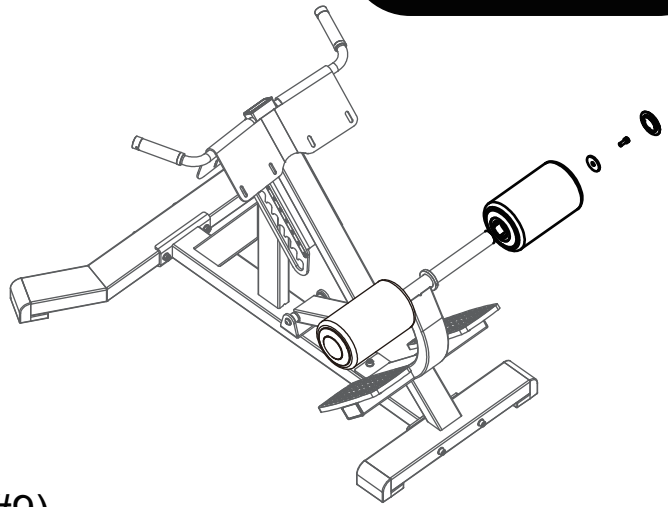
Part No: 10  
Name: Washer OD45  
Q'TY: 2



Part No: 11  
Name: End Cover  
Q'TY: 2



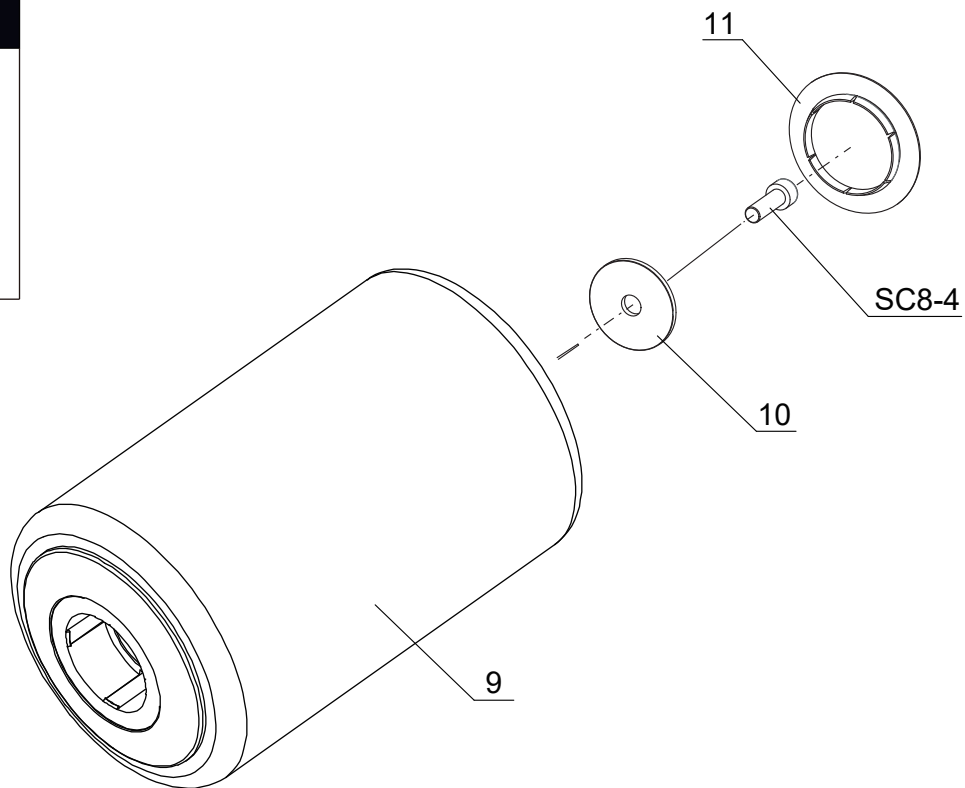
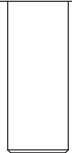
## STEP 4



Install the Foam Roller (#9).

### Fixings

SC8-4  
2 PCS

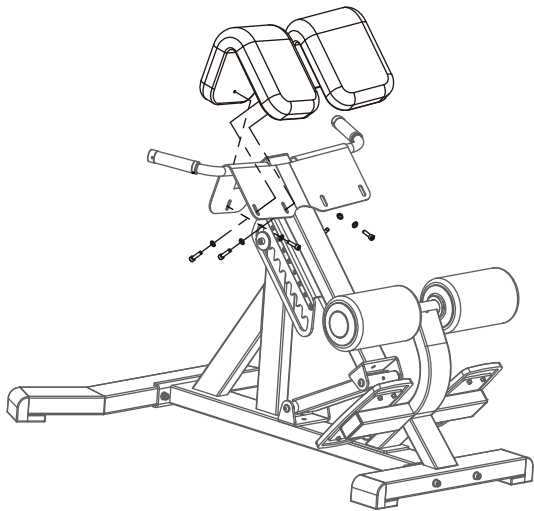


### Tools



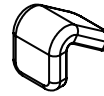
6 mm

# STEP 5



## Parts

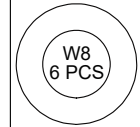
Part No: 8  
Name: Ab Pad  
Q'TY: 2



## Fixings

SC8-6  
6 PCS

W8  
6 PCS

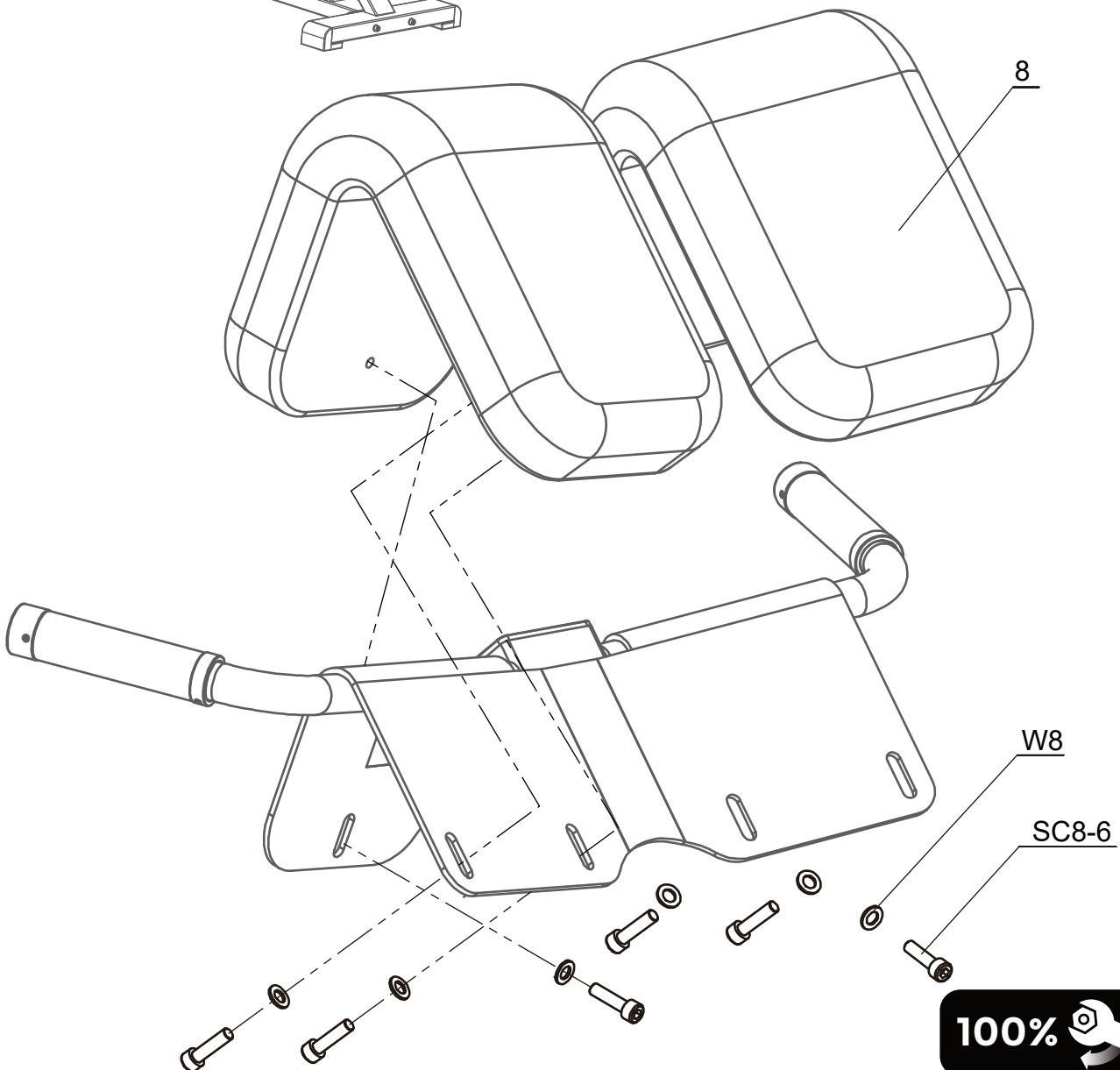


## Tools



6 mm

Install the Ab Pad (#8).



# PARTS LIST

PART#	DESCRIPTION	QTY
1	Main Frame	1
2	Front Bottom Tube	1
3	Footrest Frame	1
4	Hassock support frame	1
5	Shaft	1
6	Limit Plate OD50-ID10.5-H5	2
7	D25 Cap	1
8	Ab Pad	2
9	Foam Roller	2
10	Washer OD45	2
11	End Cover	2
N10	Nut M10	5
A10-4	Button Head Screw M10X20	2
SC8-4	Socket Cap Screw M8x20	2
SC8-6	Socket Cap Screw M8x30	6
SC10-4	Socket Cap Screw M10x20	2
SC10-5	Socket Cap Screw M10x25	1
SC10-24	Socket Cap Screw M10x120	4
W8	Washer 8	6
W10	Washer 10	12