

BLK BOX

Hip Thrust

Setup Instructions


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



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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. For through hole , 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).

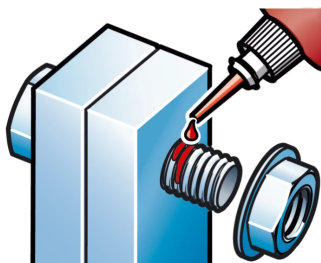


FIG 1

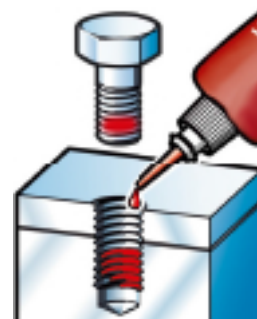


FIG 2

STEP 1

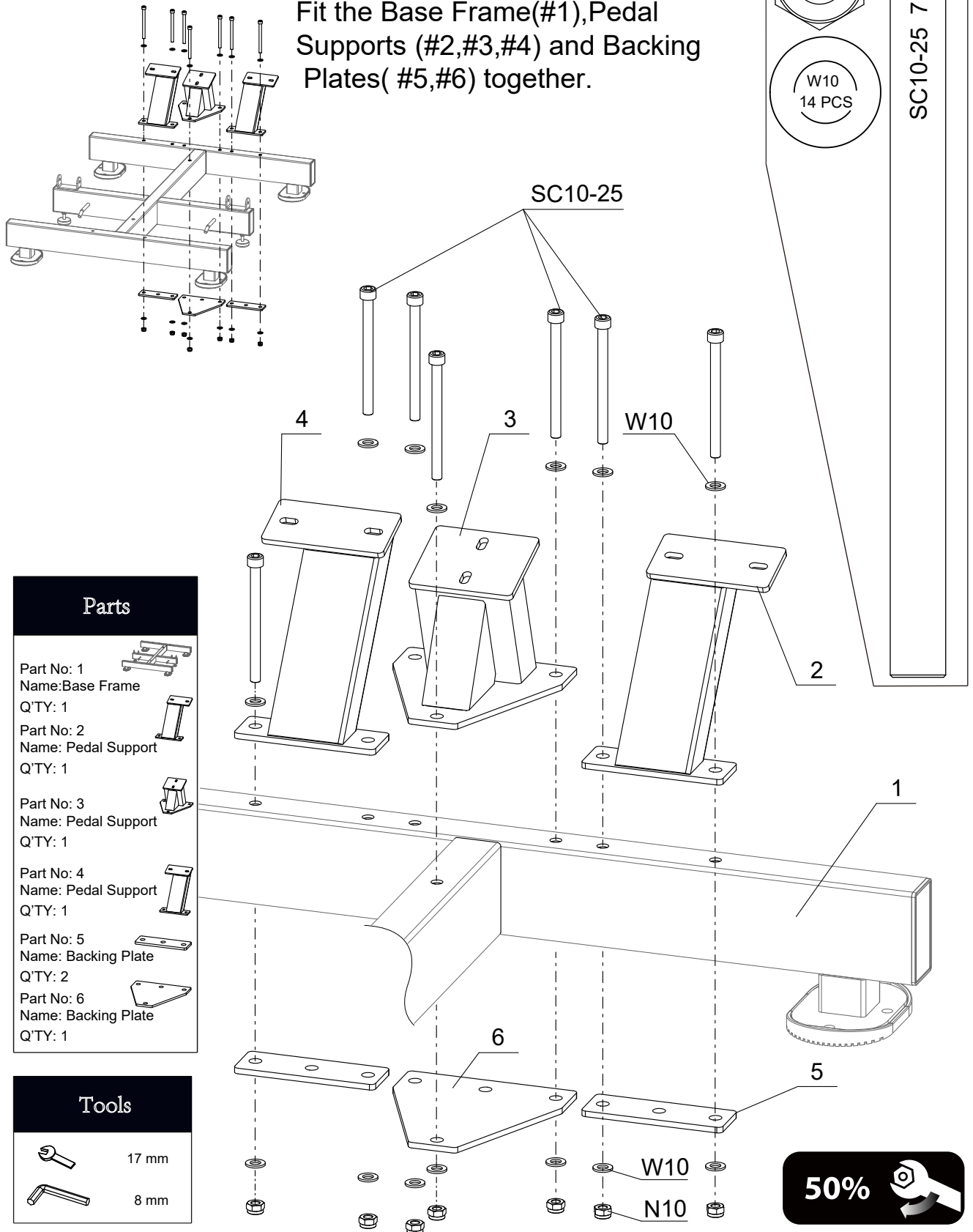
Fit the Base Frame(#1),Pedal Supports (#2,#3,#4) and Backing Plates (#5,#6) together.

Fixings

N10
7 PCS

W10
14 PCS

SC10-25 7 PCS



Parts

Part No: 1
Name: Base Frame
Q'TY: 1

Part No: 2
Name: Pedal Support
Q'TY: 1

Part No: 3
Name: Pedal Support
Q'TY: 1

Part No: 4
Name: Pedal Support
Q'TY: 1

Part No: 5
Name: Backing Plate
Q'TY: 2

Part No: 6
Name: Backing Plate
Q'TY: 1

Tools

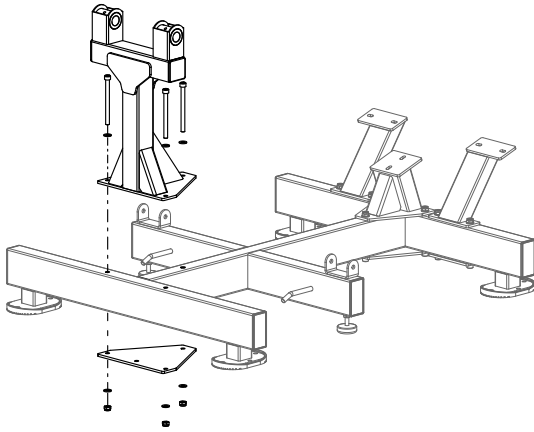
 17 mm

 8 mm

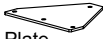

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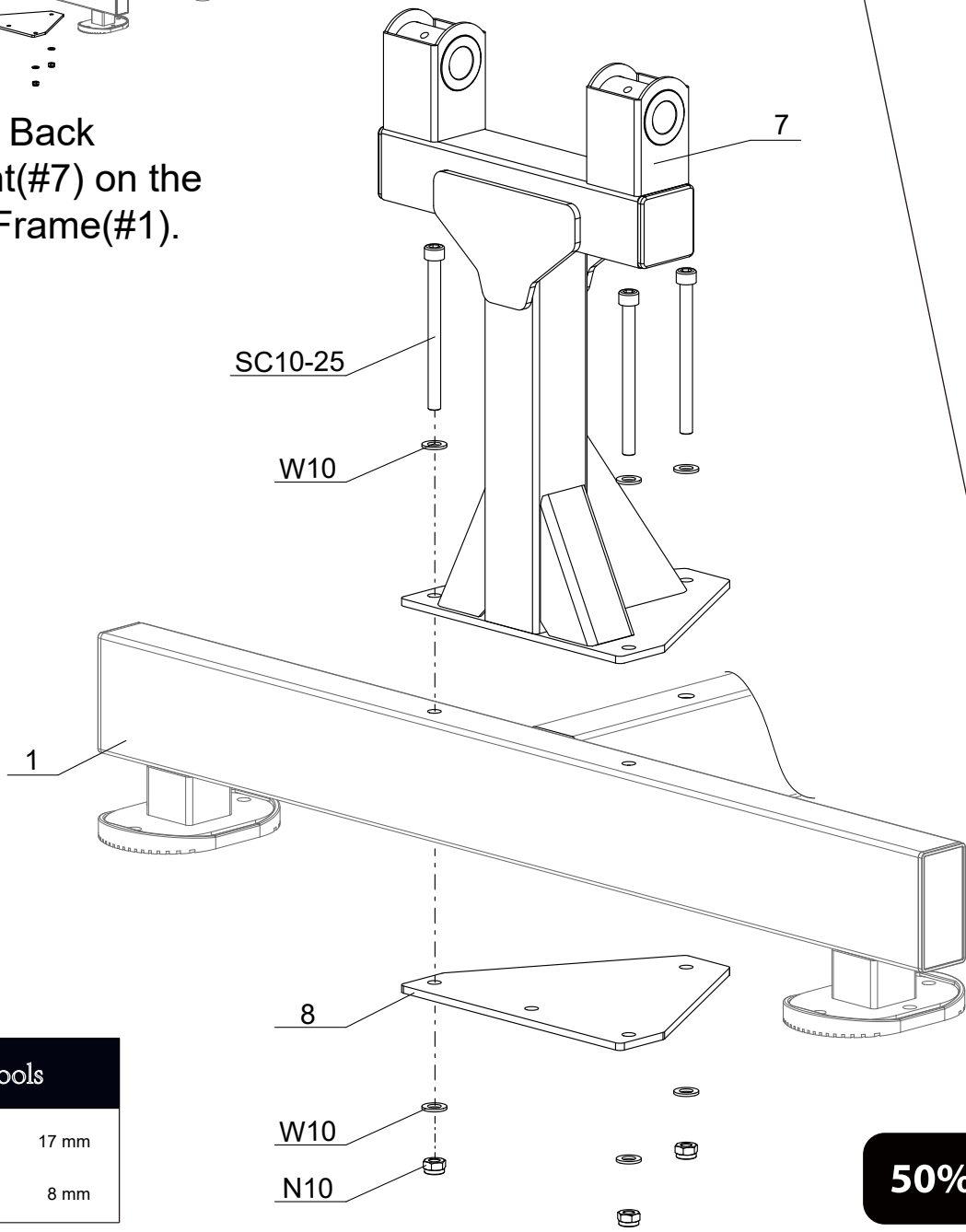
STEP 2





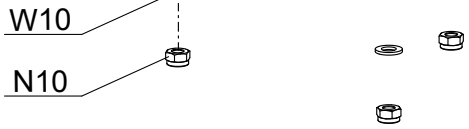
Fit the Back Upright(#7) on the Base Frame(#1).

Parts	
Part No: 8	
Name: Backing Plate	
Q'TY: 1	
Part No: 7	
Name: Back Upright	
Q'TY: 1	

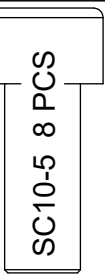
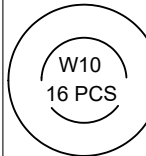
Fixings	
	SC10-25 3 PCS
	
SC10-25 3 PCS	



Tools	
	17 mm
	8 mm

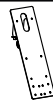


Fixings



Parts

Part No: 10
Name: Swing Arm
Q'TY: 1

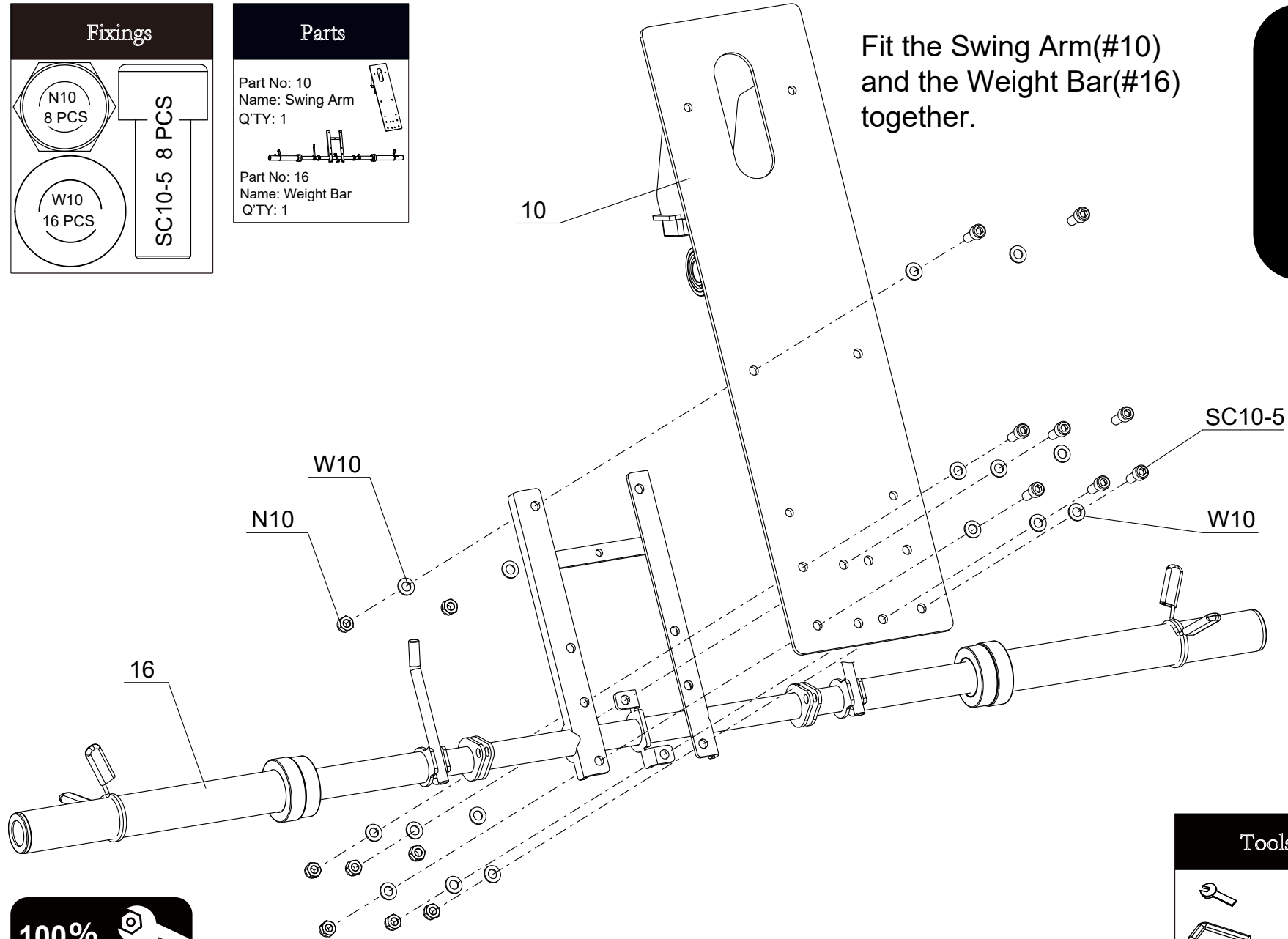




Part No: 16
Name: Weight Bar
Q'TY: 1



Fit the Swing Arm(#10) and the Weight Bar(#16) together.

STEP 3



Tools	
	17 mm
	8 mm

STEP 4

Tools



8 mm

Parts

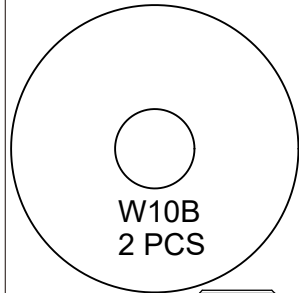


Part No: 10
Name: Swing Arm
Q'TY: 1



Part No: 9
Name: Shaft D25×290
Q'TY: 1

Fixings



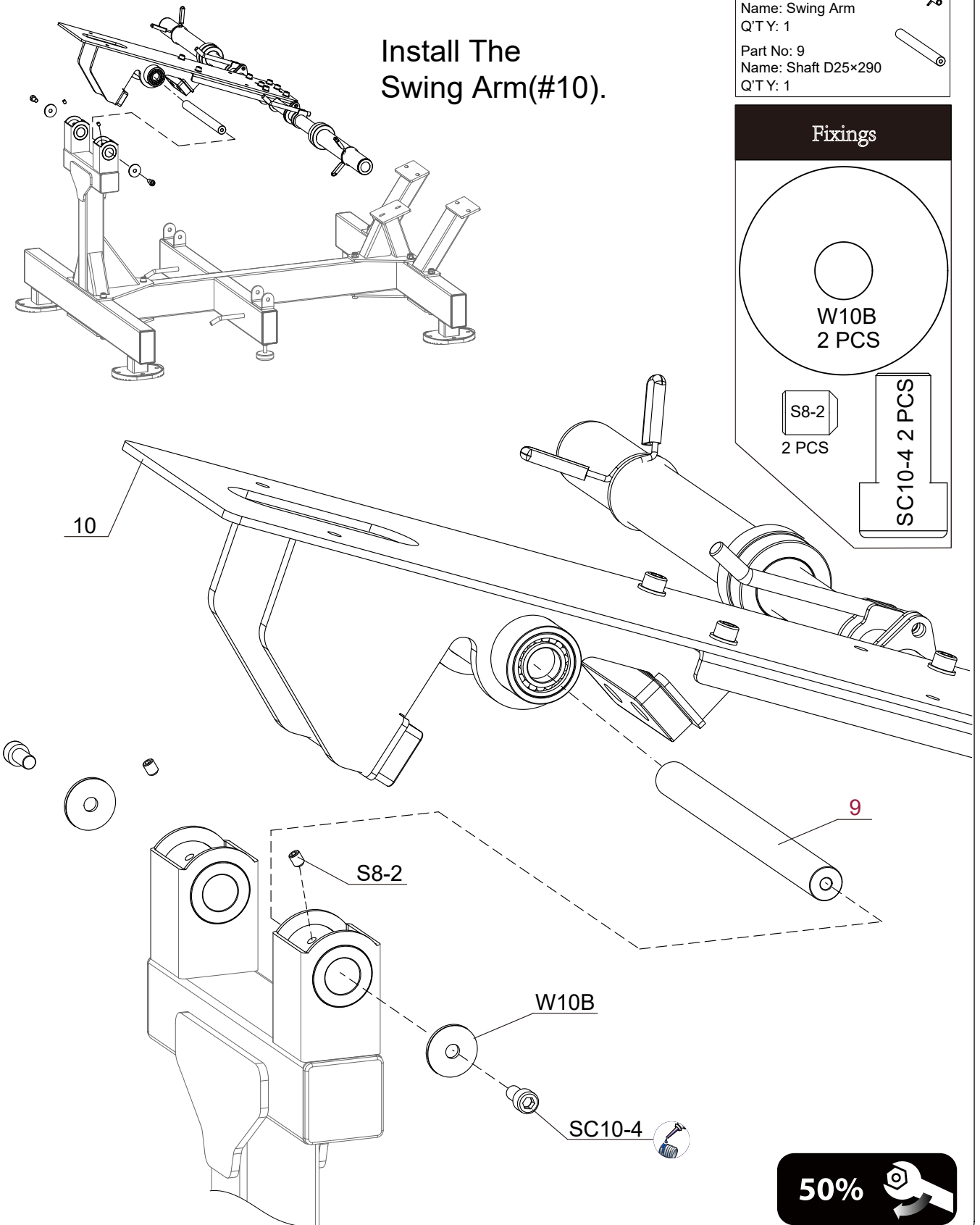
W10B
2 PCS



S8-2
2 PCS

SC10-4 2 PCS

Install The
Swing Arm(#10).

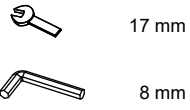


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STEP 5

Tools



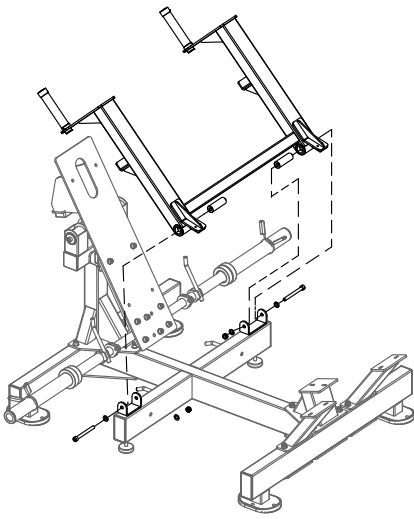
Parts

Part No: 11
Name: Arm Holder
Q'TY: 1
Part No: 12
Name: Shaft D25×77
Q'TY: 2

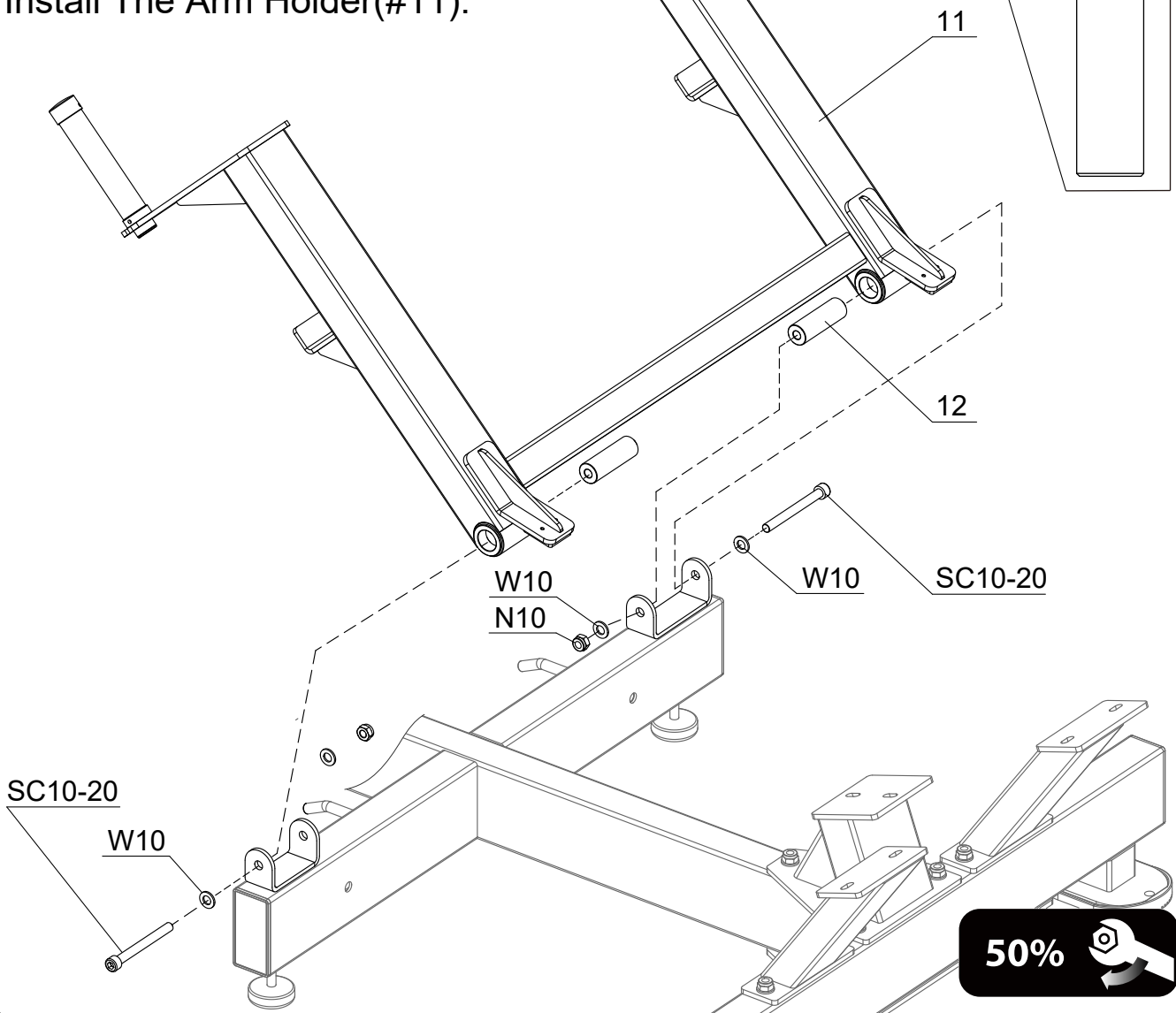
Fixings



SC10-20 2 PCS



Install The Arm Holder(#11).

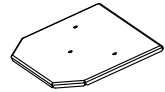


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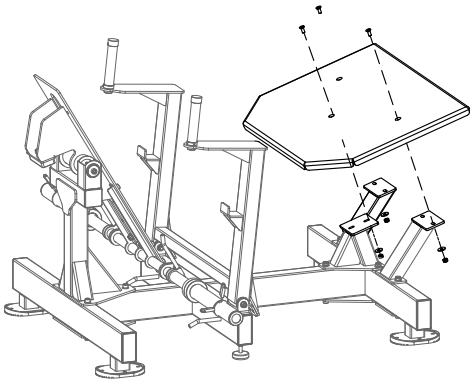


STEP 6

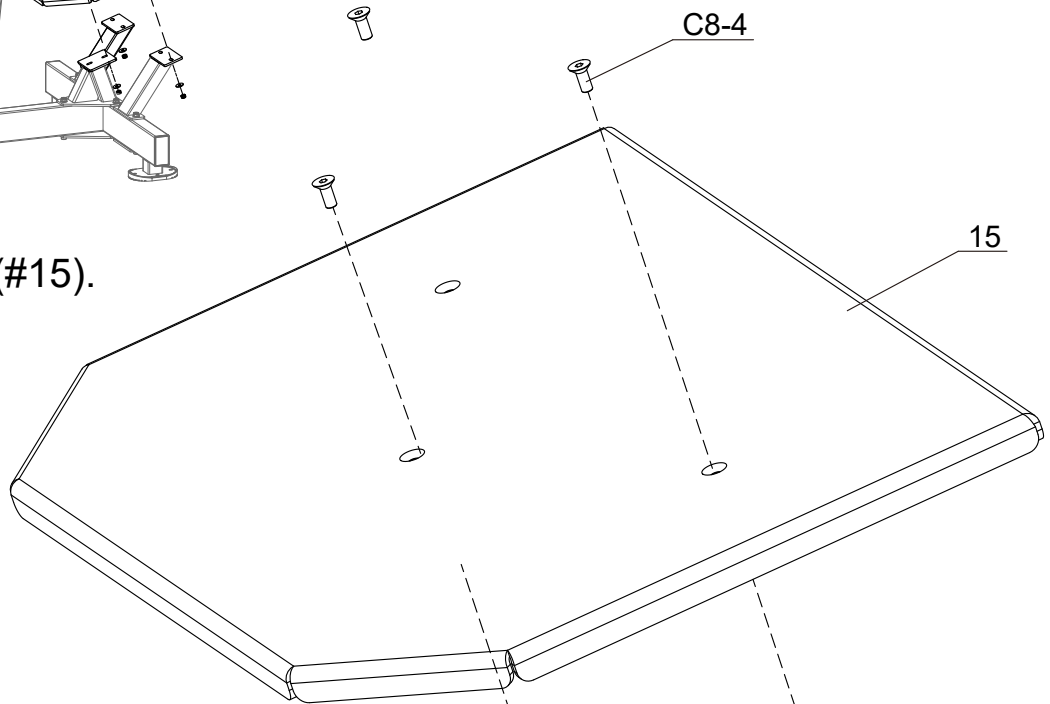
Parts



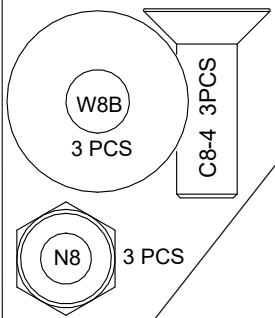
Part No: 15
Name: Pedal
QTY:1



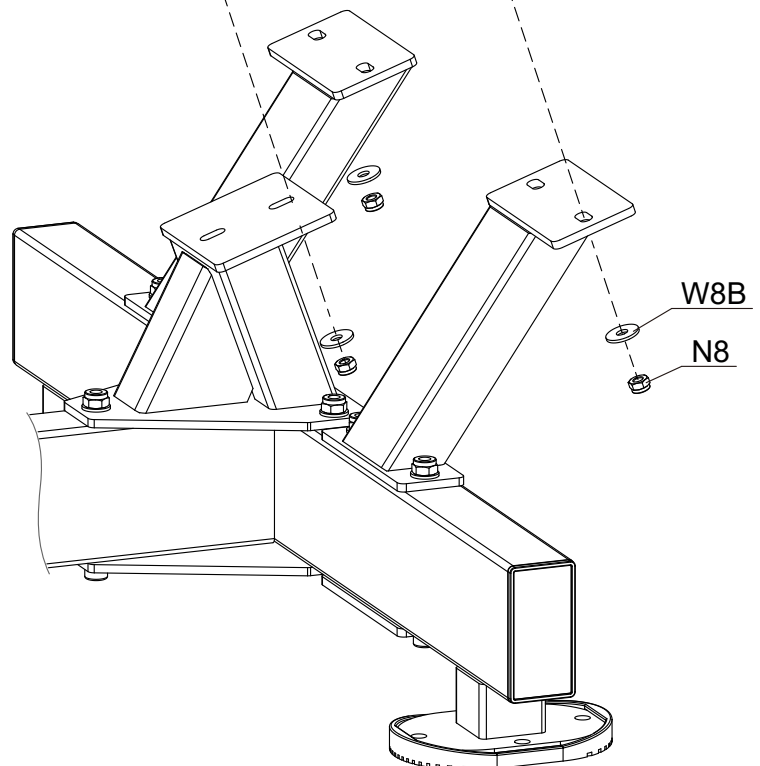
Fit The Pedal(#15).



Fixings

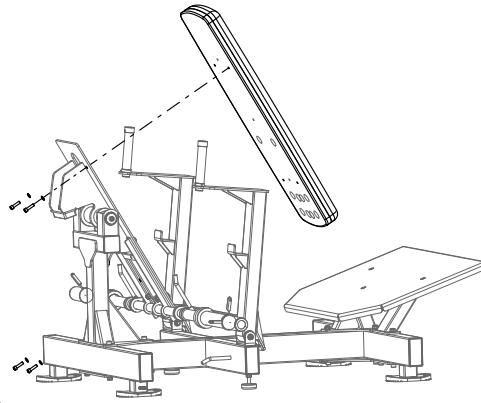


Tools



STEP 7

Fit The Backrest Pad(#18).



Fixings



SC8-6 4 PCS

Parts



Part No: 18
Name: Backrest Pad
Q'TY: 1

Tools



6 mm

W8

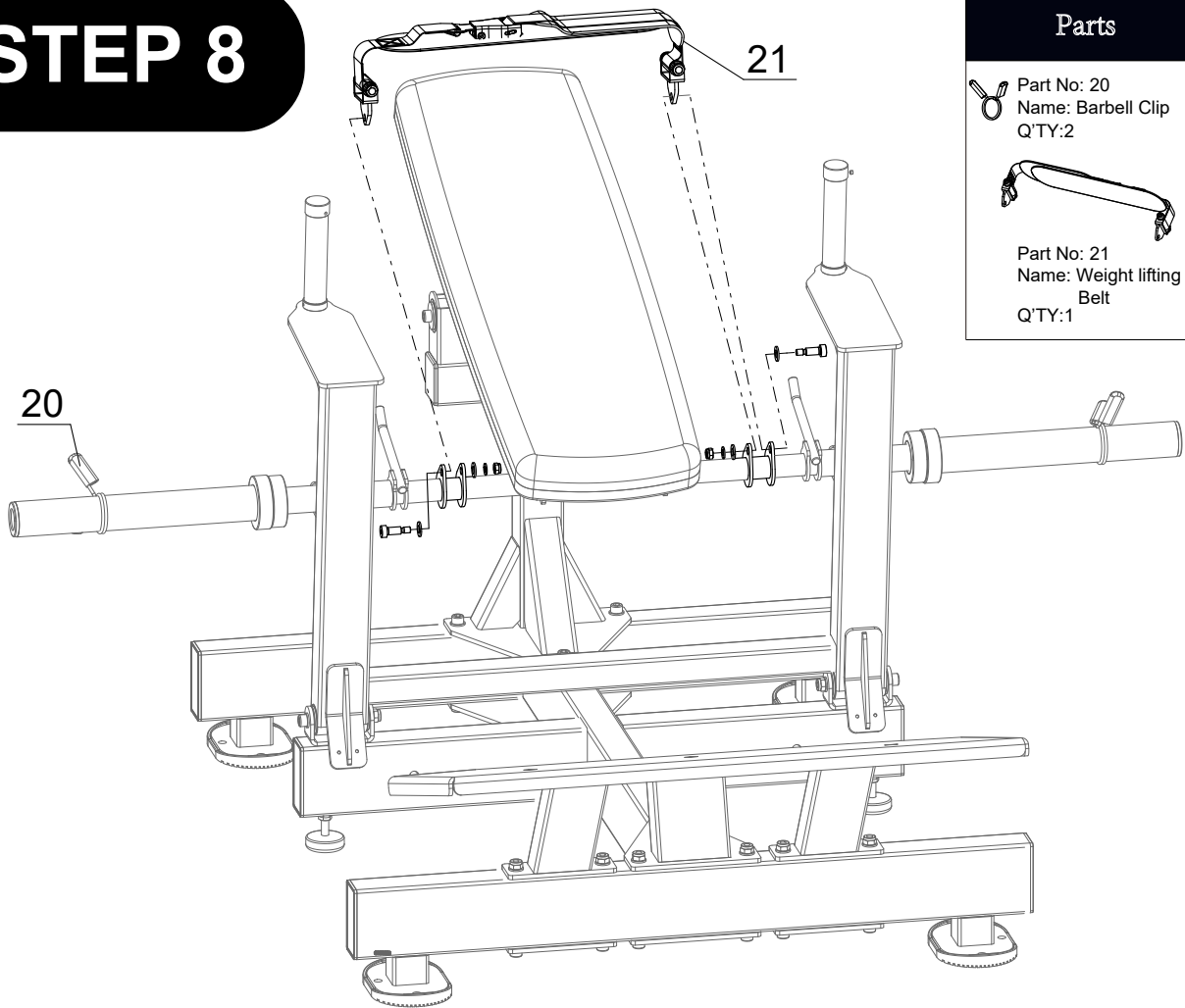
SC8-6

18


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STEP 8



Parts


 Part No: 20
 Name: Barbell Clip
 Q'TY:2


 Part No: 21
 Name: Weight lifting Belt
 Q'TY:1

Install The Weight lifting Belt (#21).

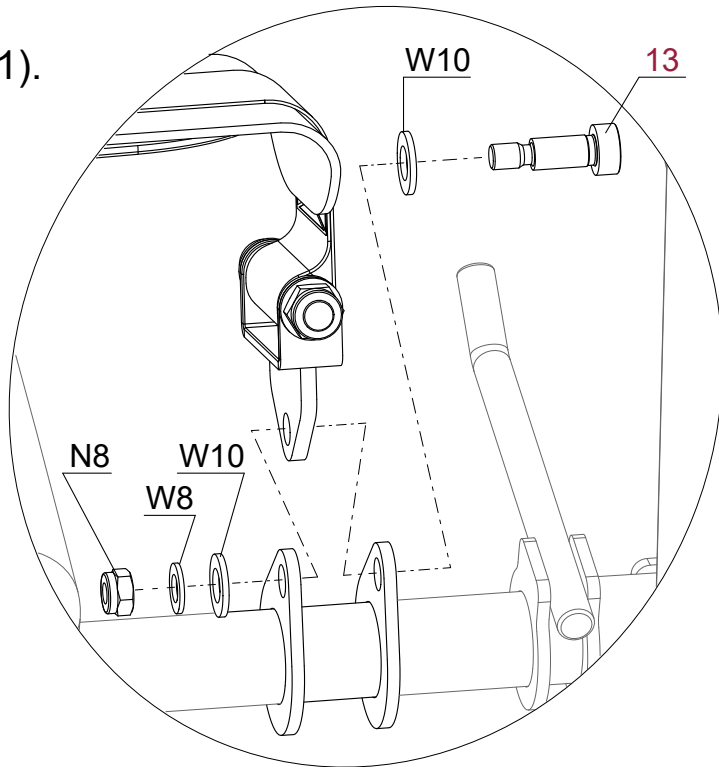
Fixings

- N8 2 PCS
- W10 4 PCS
- W8 2 PCS
- 13 2 PCS



Tools

- 14 mm
- 5 mm



PARTS LIST

PART NO.	DESCRIPTION	QT'Y
1	Base Frame	1
2	Pedal Support	1
3	Pedal Support	1
4	Pedal Support	1
5	Backing Plate	2
6	Backing Plate	1
7	Back Upright	1
8	Backing Plate	1
9	Shaft D25 ×290	1
10	Swing Arm	1
11	Arm Holder	1
12	Shaft D25×77	2
13	Shoulder Bolt 10×20	2
15	Pedal	1
16	Weight Bar	1
18	Backrest Pad	1
20	Barbell Clip	2
21	Weight lifting Belt	1
C8-4	Countersunk Head Screw M8×20	3
N8	Nut M8	5
N10	Nut M10	20
S8-2	Socket Set Screw M8×10	2
SC8-6	Socket Head Cap Screw M8×30	4
SC10-4	Socket Head Cap Screw M10×20	2
SC10-5	Socket Head Cap Screw M10×25	8
SC10-20	Socket Head Cap Screw M10×100	2
SC10-25	Socket Head Cap Screw M10×125	10
W8	Washer 8	6
W8B	Big Washer 8	3
W10	Washer 10	44
W10B	Big Washer 10	2