

BLK BOX

Pin Select Shoulder Press

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. 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).



Blue Thread Locker
Medium strength

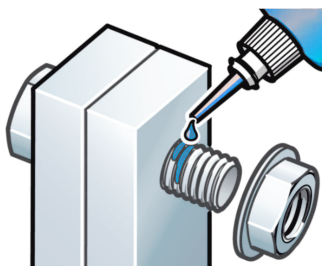


FIG 1

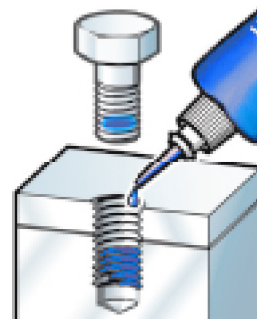
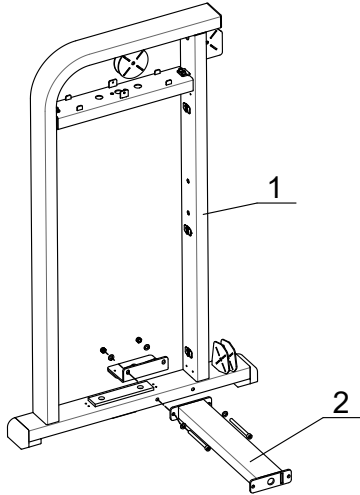


FIG 2

STEP 1

Assemble the Weight Frame(#1), the Bottom Connecting Tube(#2) and the Brace(#3).



N10

W10

3

W10

SC10-25

Parts

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

Part No: 2
Name: Bottom Connecting Tube
Q'TY: 1

Part No: 3
Name: Brace
Q'TY: 1

Fixings

N10
2 PCS

SC10-25 2 PCS

W10
4 PCS

Tools



17 mm

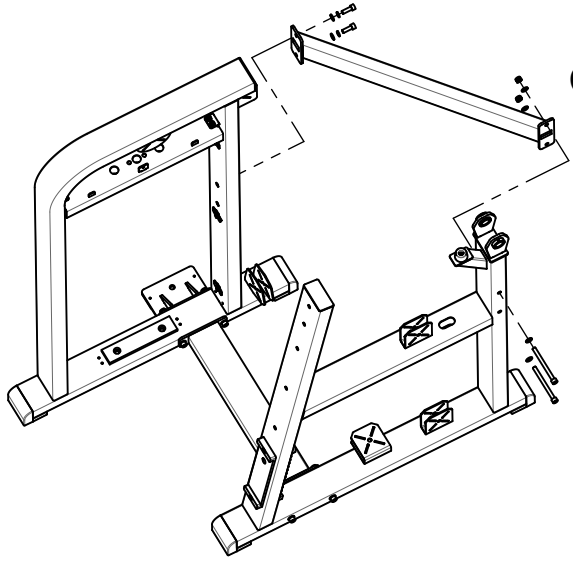
8 mm

50%



Install the Back Connecting Tube(#5).

STEP 3



Parts

Part No: 5
 Name: Back Connecting Tube
 Q'TY: 1

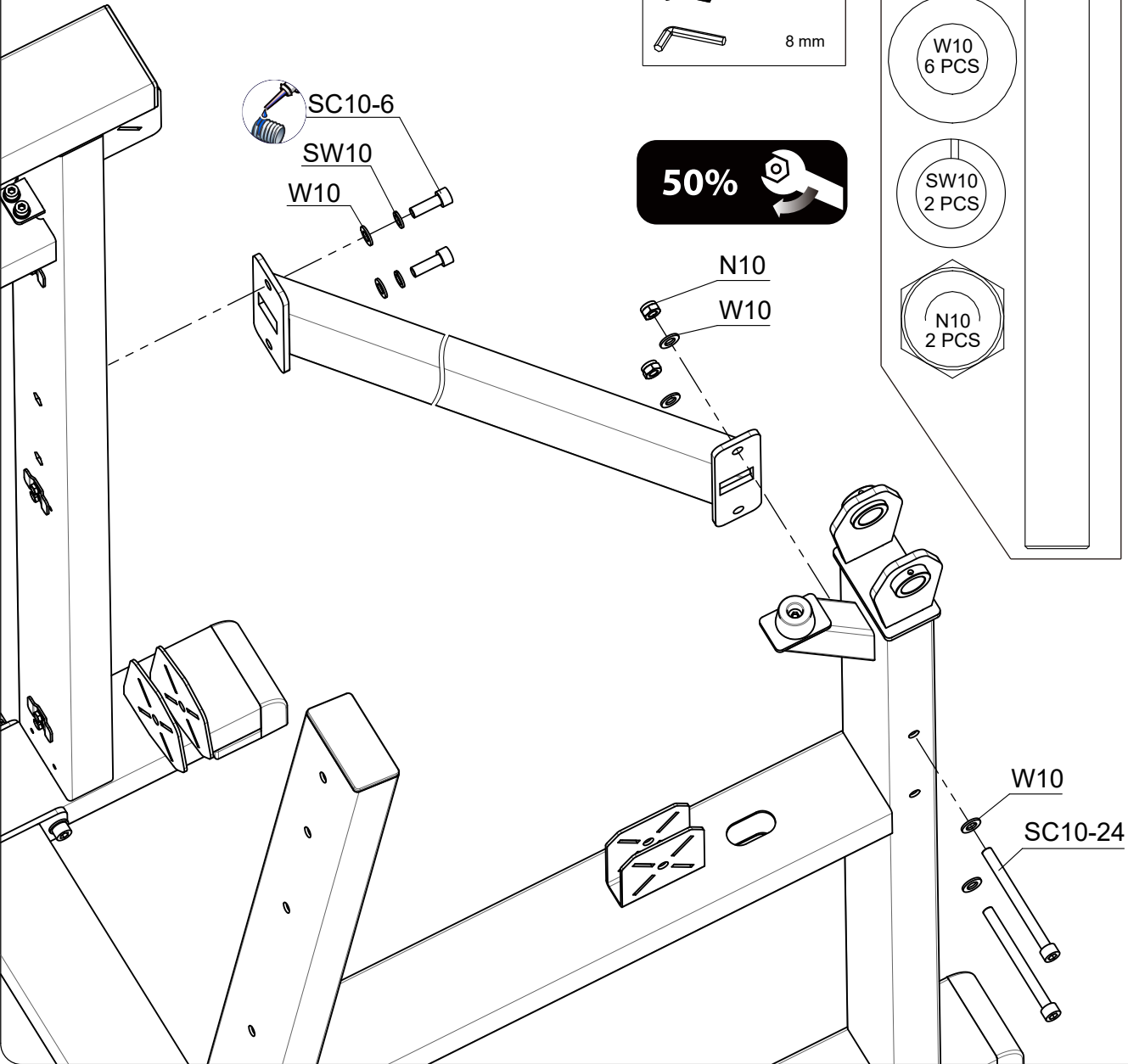
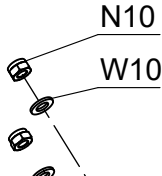
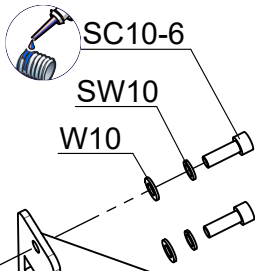
Tools

17 mm
 8 mm

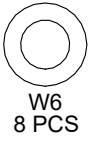
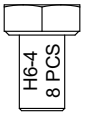
Fixings

- SC10-6 2 PCS
- SC10-24 2 PCS
- W10 6 PCS
- SW10 2 PCS
- N10 2 PCS

50%

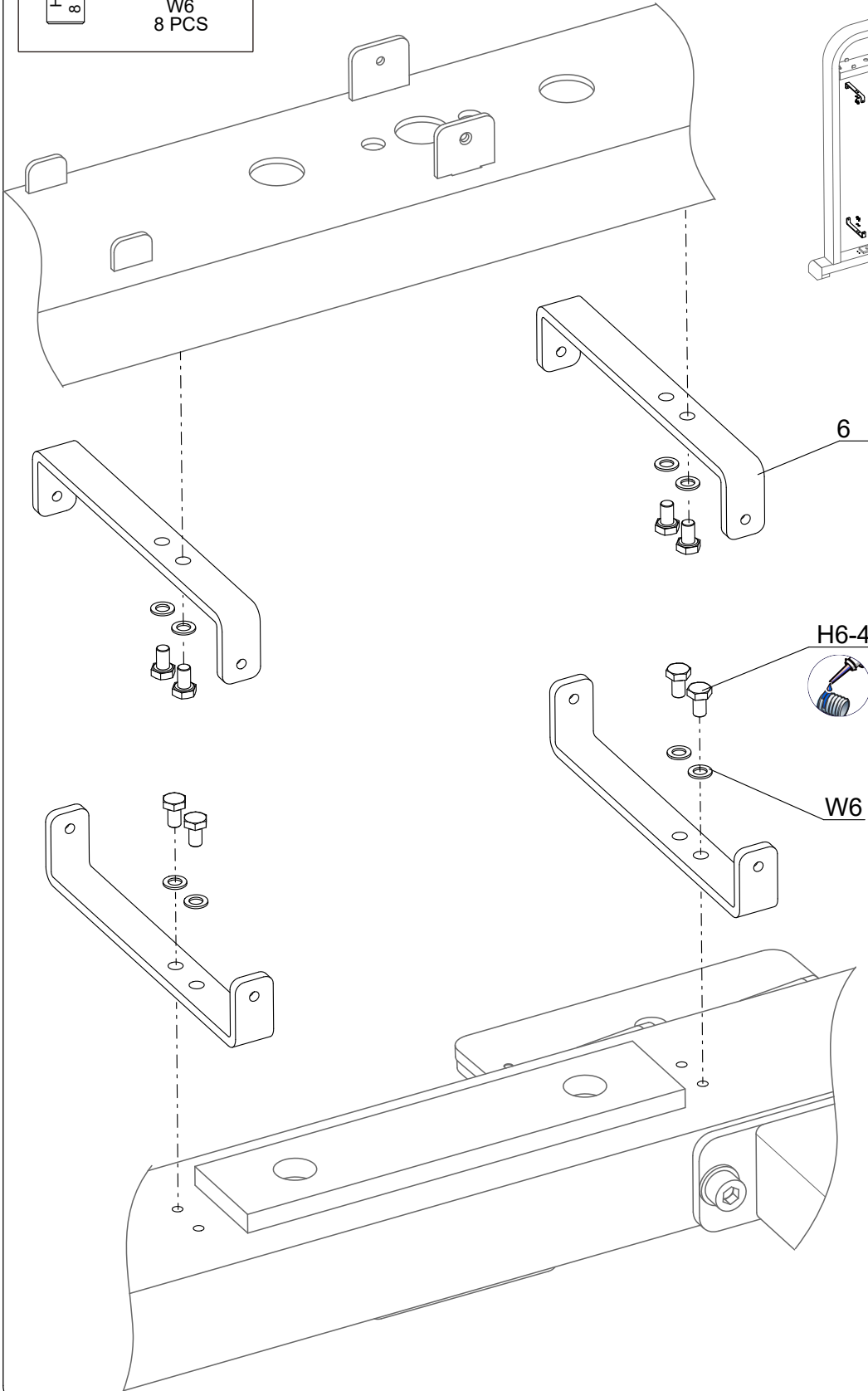
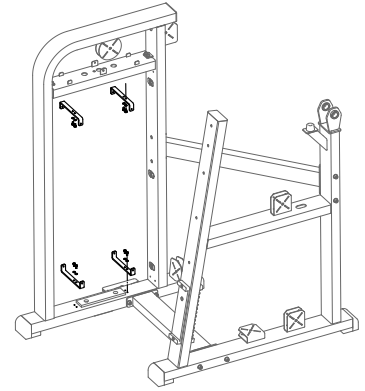


Fixings



Install the Shield Support(#6).

STEP 4



Parts

Part No: 6
Name:Shield Support
Q'TY: 4



Tools



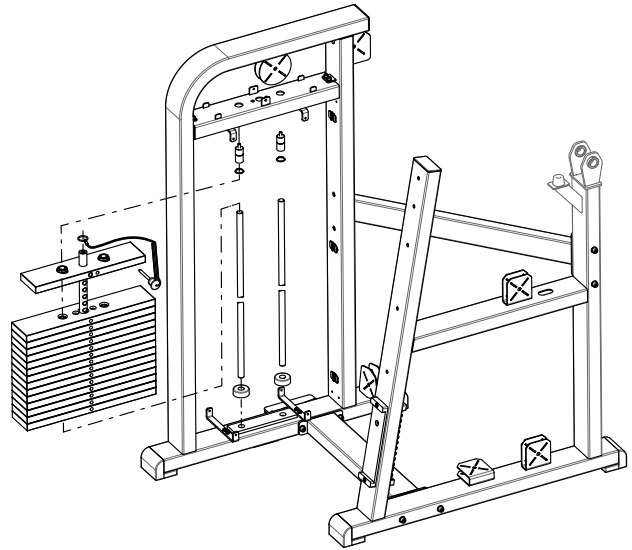
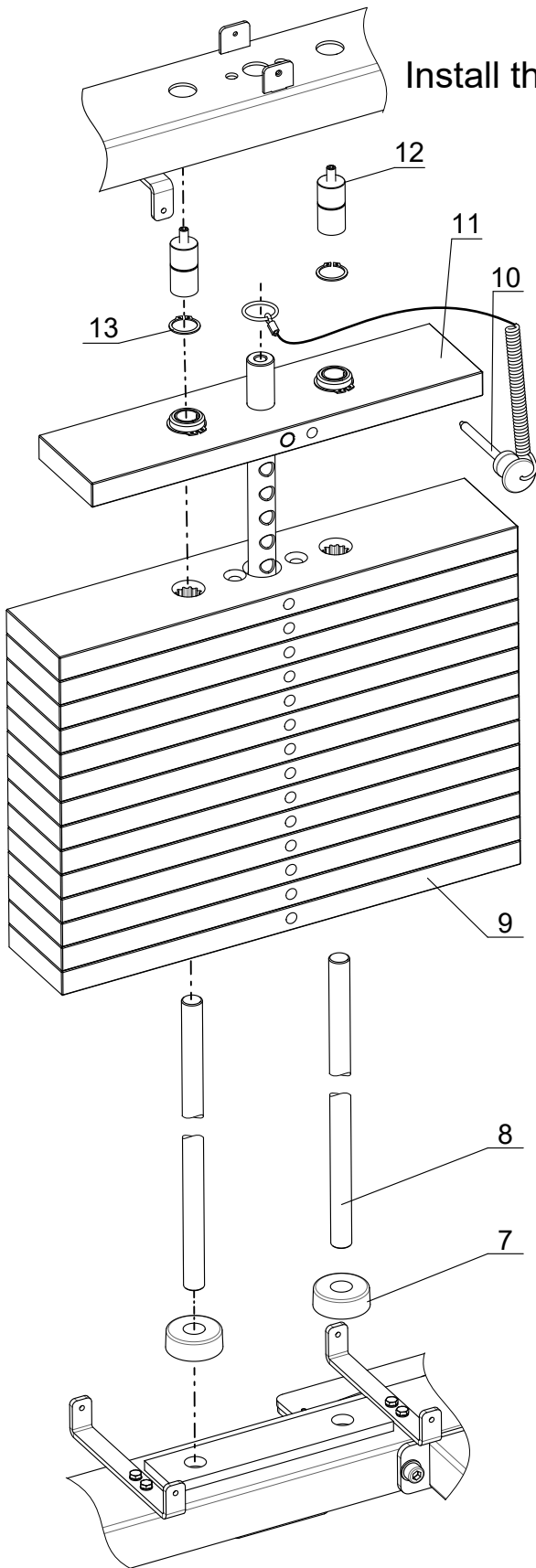
10 mm

50%



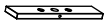






Install the Weight Stack.

STEP 5



Parts

Part No: 7	
Name: Buffer	
Q'TY: 2	
Part No: 8	
Name: Guide Rod	
Q'TY: 2	
Part No: 9	
Name: Weight Plate	
Q'TY: 14	
Part No: 10	
Name: Weight Pin	
Q'TY: 1	
Part No: 11	
Name: Top Weight Plate	
Q'TY: 1	
Part No: 12	
Name: Retainer	
Q'TY: 2	
Part No: 13	
Name: Retaining Ring	
Q'TY: 2	

Tools



NOTE 1: Please clean the weight plates before sticking the weight labels , and avoid touching the adhesive of the sticker.

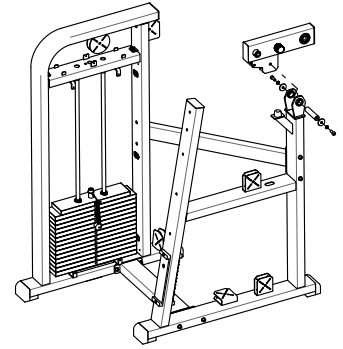
NOTE 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

50%

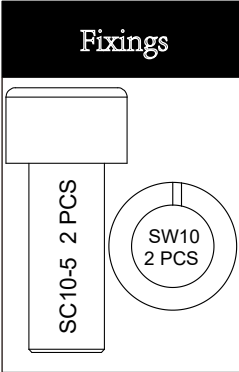


STEP 6

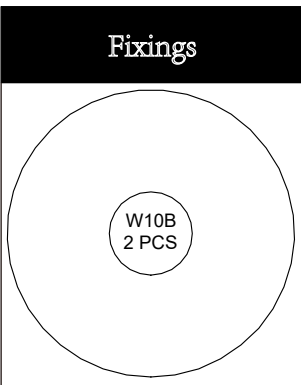
Install the Swing Tube(#14).



Fixings



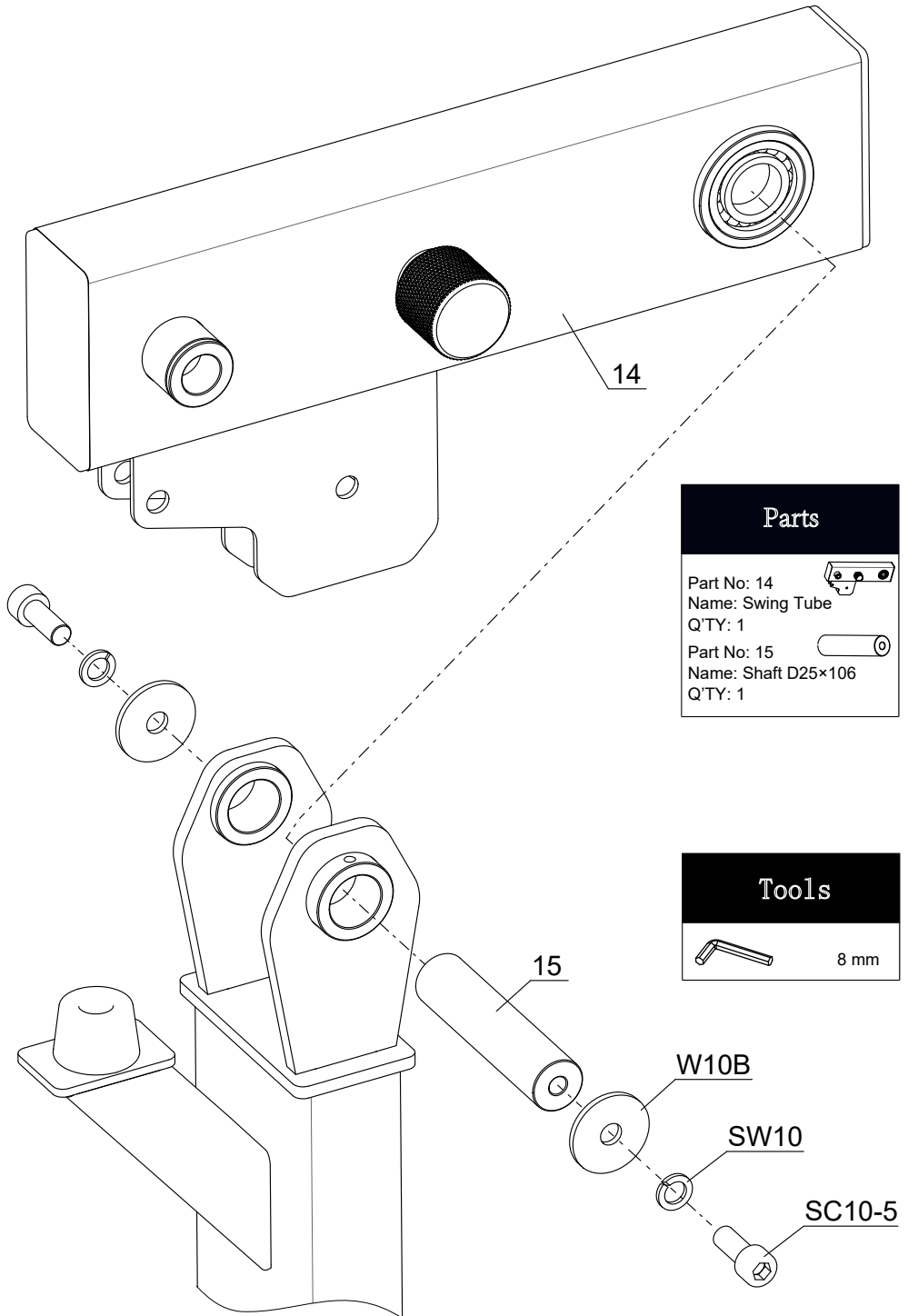
Fixings



Parts

Part No: 14
Name: Swing Tube
Q'TY: 1
Part No: 15
Name: Shaft D25×106
Q'TY: 1

Tools

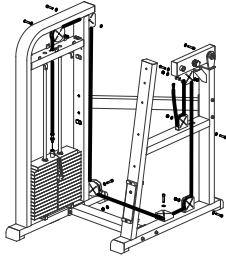


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STEP 7

Route The Cable.



Parts

Part No: 16
Name: Cable
Q'TY:1

Part No: 17
Name: 89 Pulley
Q'TY:3

Part No: 18
Name: 114 Pulley
Q'TY:4

Fixings

A10-9
2 PCS

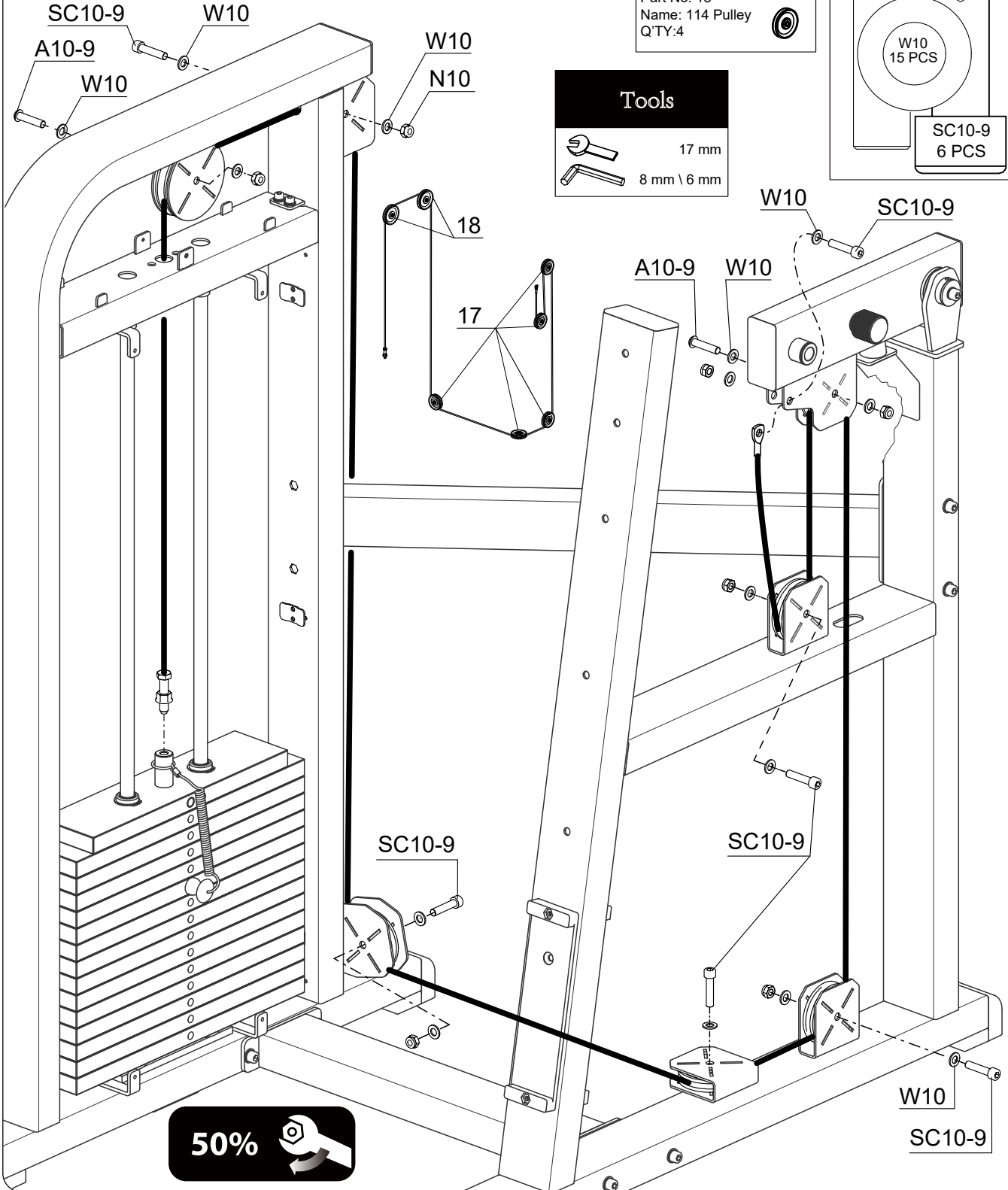
N10
7 PCS

W10
15 PCS

SC10-9
6 PCS

Tools

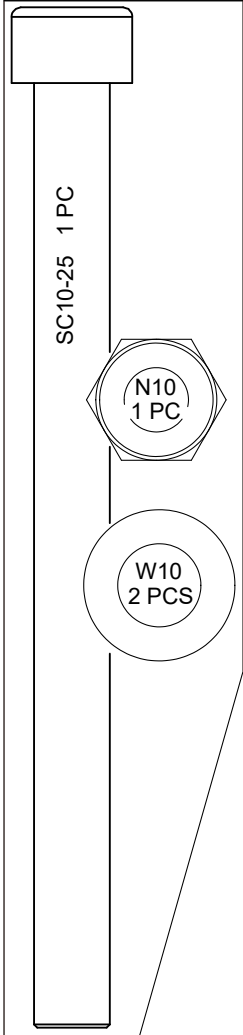
- 17 mm
- 8 mm \ 6 mm



50%



Fixings



Parts

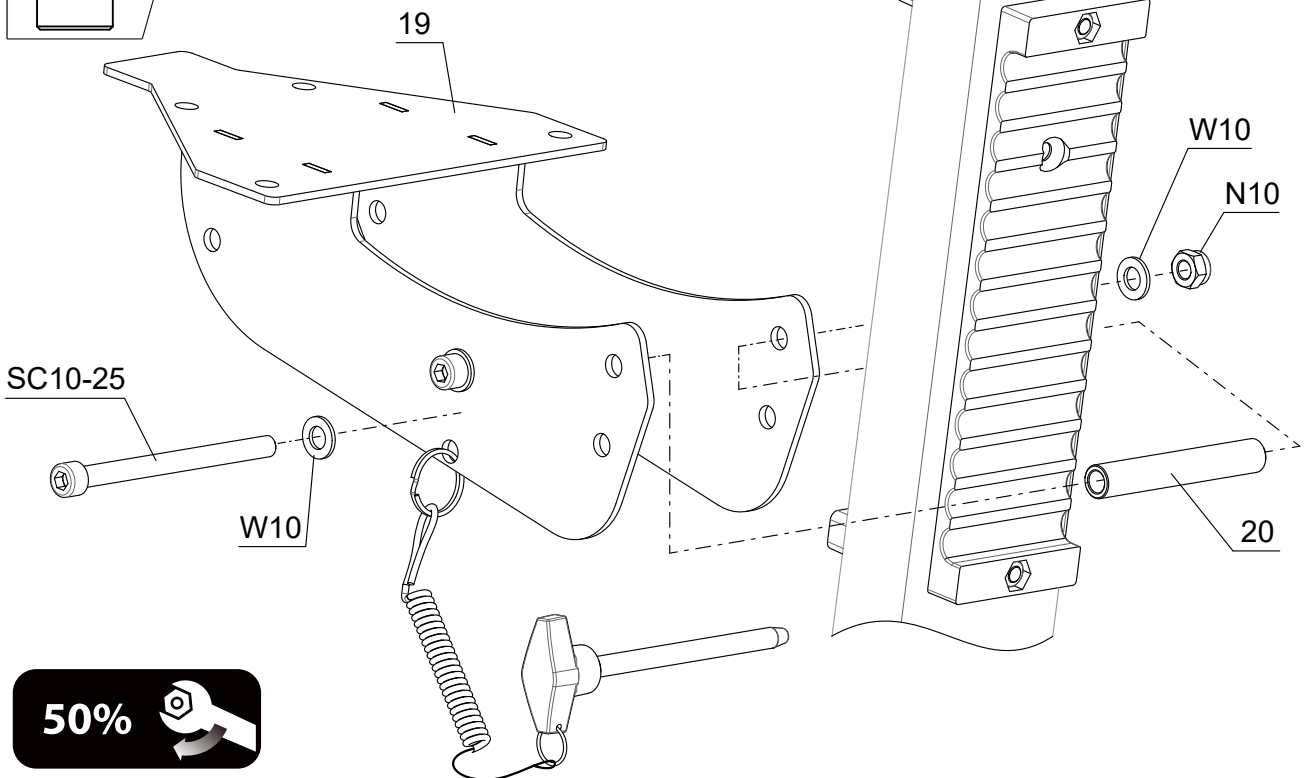
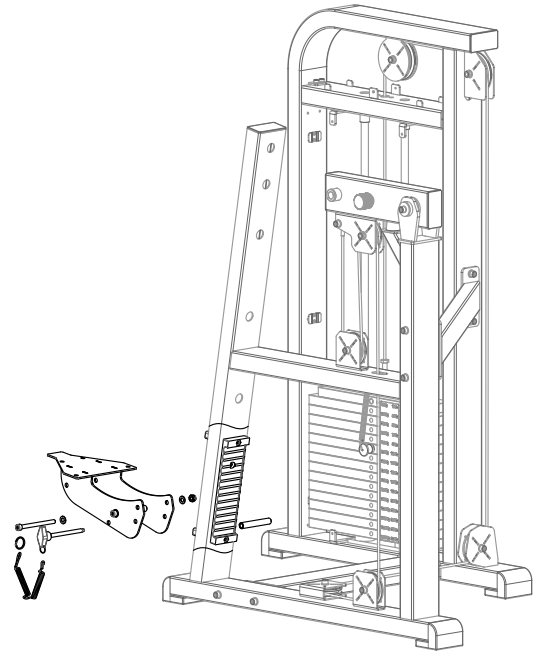
- Part No: 19
Name: Seat Frame
Q'TY:1
- Part No: 20
Name: Sleeve L 103
Q'TY:2

Tools

- 17 mm
- 8 mm

Install The Seat (#19)

STEP 8



STEP 9

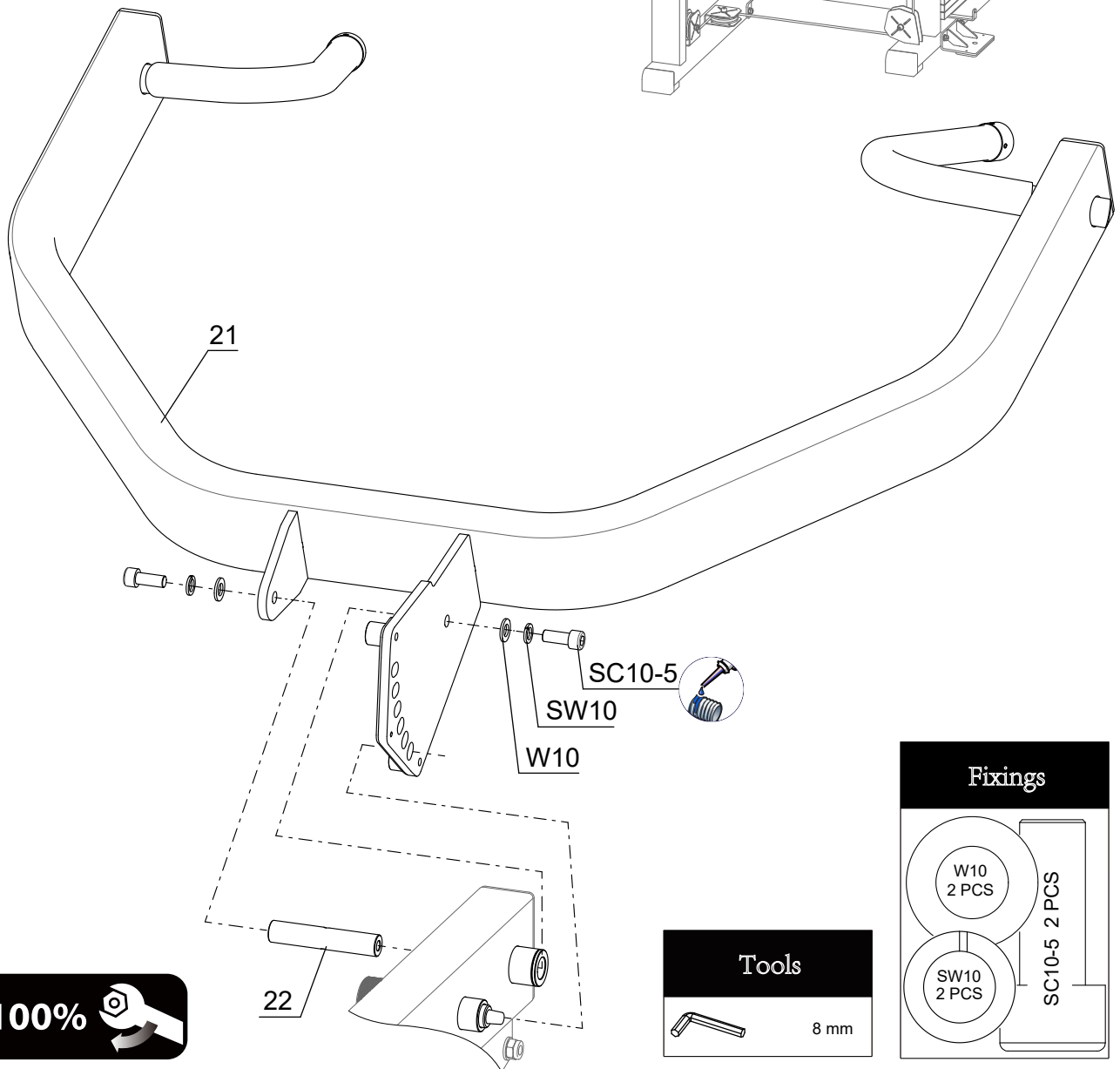
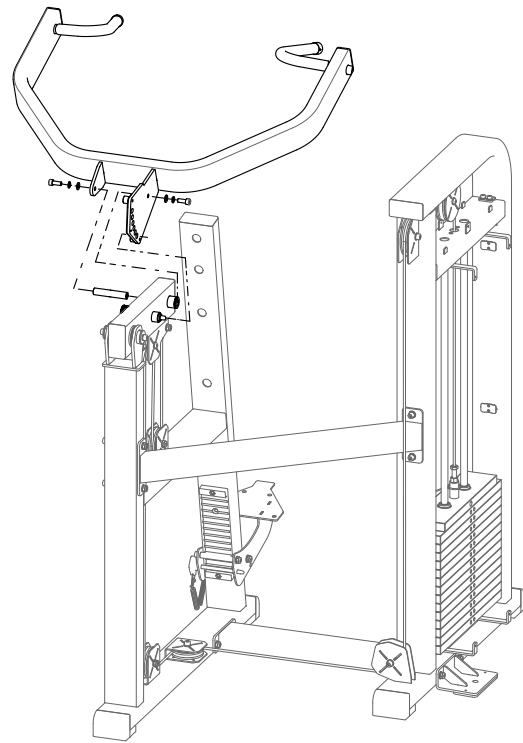
Install the Swing Arm (#21)

Parts

Part No: 21
Name: Swing Arm
Q'TY: 1



Part No: 22
Name: Shaft D16x103
Q'TY: 1



100%

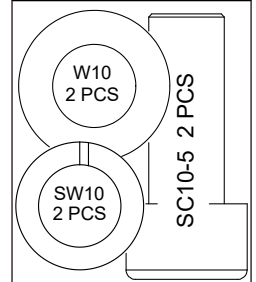


Tools



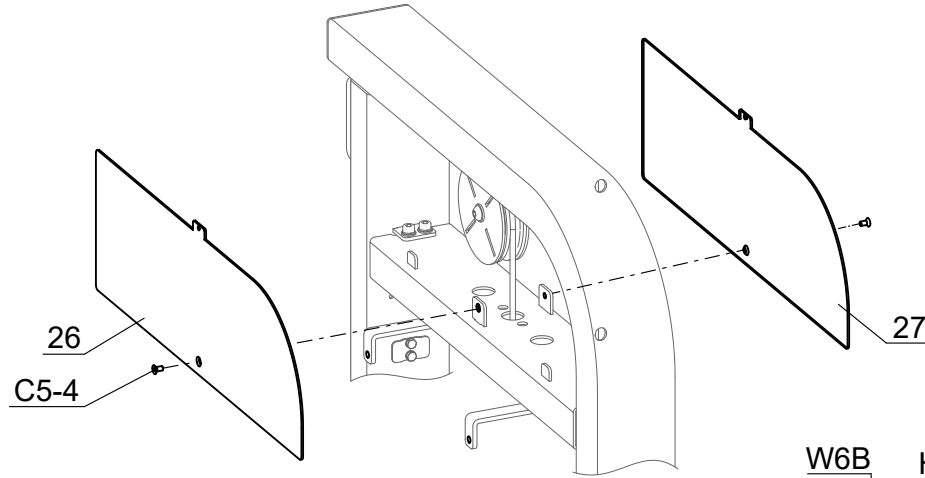
8 mm

Fixings



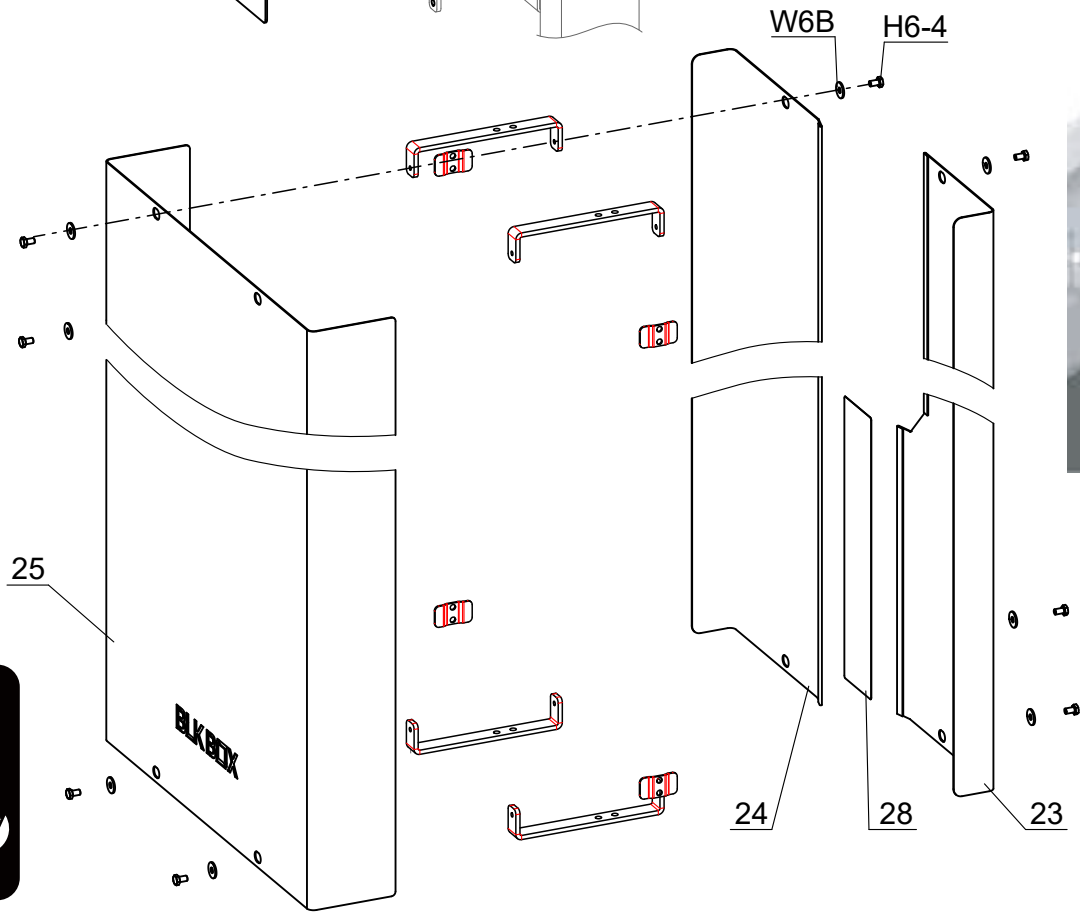
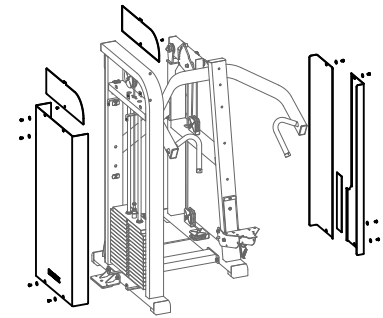
STEP 10

Install The Shield.



Fixings

- W6B 8 PCS
- C5-4 2 PCS
- H6-4 8 PCS



Assembled

Parts

Part No: 23	
Name: Front Lower Shield	
Q'TY: 1	
Part No: 24	
Name: Front Lower Shield	
Q'TY: 1	
Part No: 25	
Name: Back Lower Shield	
Q'TY: 1	
Part No: 26	
Name: Back Logo Plate	
Q'TY: 1	
Part No: 27	
Name: Front Logo Plate	
Q'TY: 1	
Part No: 28	
Name: Weight Label	
Q'TY: 1	

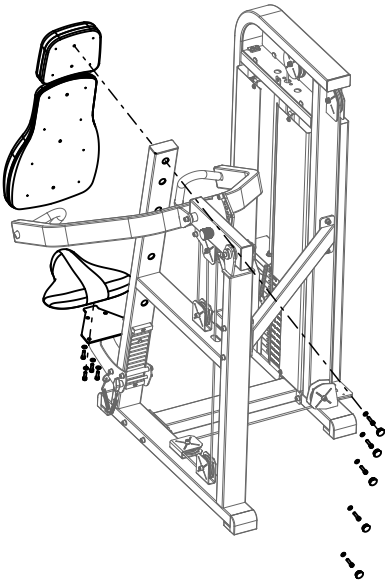
Tools

	3 mm
	10 mm




Install the Seat Pad (#29),
Backrest Pad(#30) and the
Head Pad (#31).

STEP 11



Tools



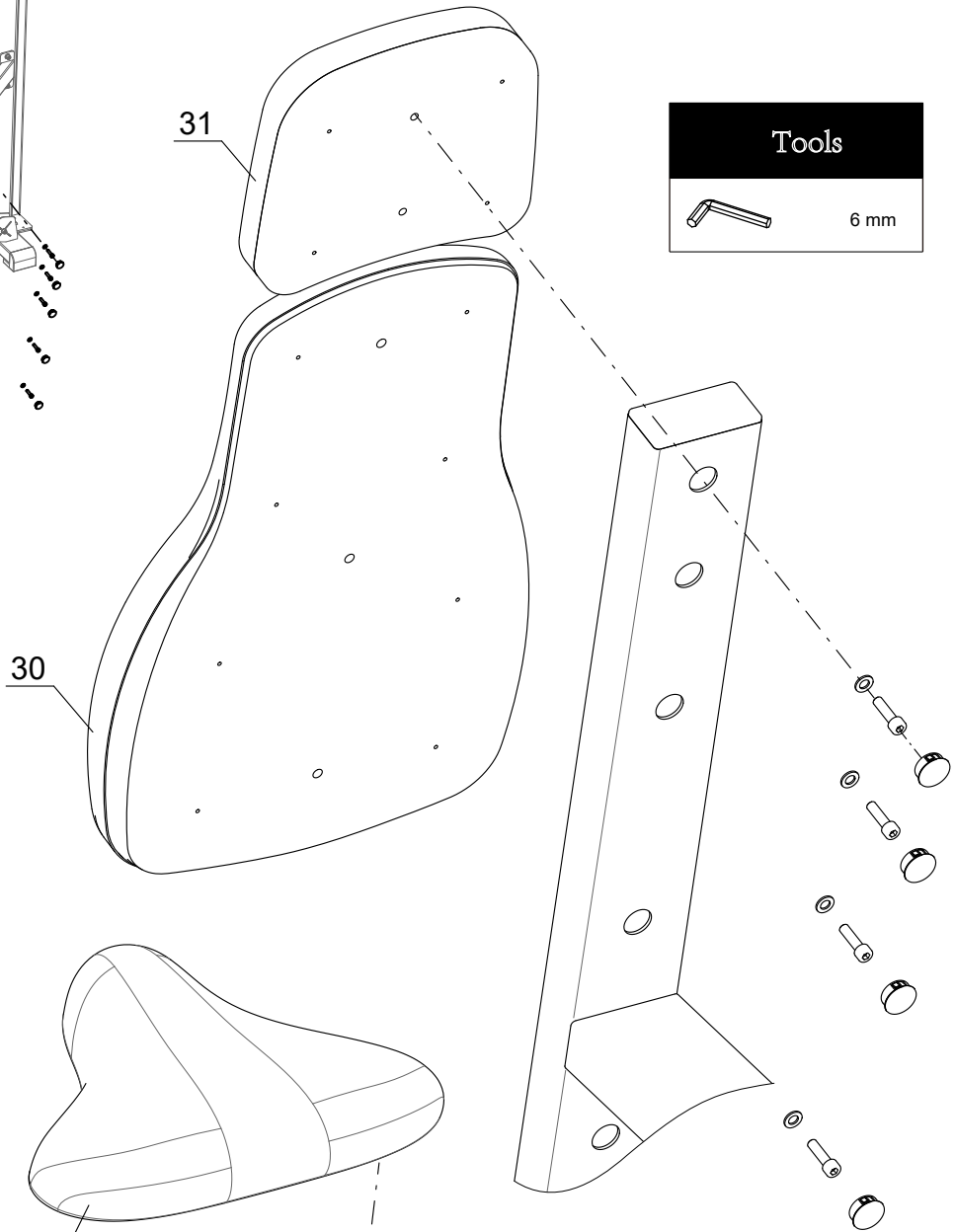
6 mm

Fixings

SC8-6
5 PCS

W8
9 PCS

SC8-5
4 PCS



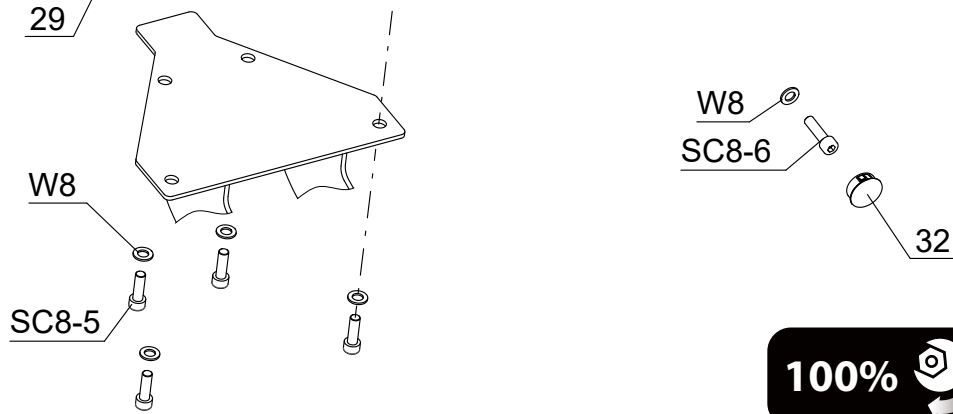
Parts

Part No: 29
Name: Seat Pad
Q'TY:1

Part No: 30
Name: Backrest Pad
Q'TY:1

Part No: 31
Name: Head Pad
Q'TY:1

Part No: 32
Name: D25 Hole Cap
Q'TY:5



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	Bottom Connecting Tube	1
3	Brace	1
4	Main Frame	1
5	Back Connecting Tube	1
6	Shield Support	4
7	Buffer	2
8	Guide Rod	2
9	Weight Plate	14
10	Weight Pin	1
11	Top Weight Plate	1
12	Retainer	2
13	Retaining Ring	2
14	Swing Tube	1
15	Shaft D25×106	1
16	Cable	1
17	89 Pulley	3
18	114 Pulley	4
19	Seat Frame	1
20	Sleeve L103	1
21	Swing Arm	1
22	Shaft D16×103	1
23	Front Lower Shield	1
24	Front Lower Shield	1
25	Back Lower Shield	1
26	Back Logo Plate	1
27	Front Logo Plate	1
28	Weight Label	1
29	Seat Pad	1
30	Backrest Pad	1
31	Head Pad	1
32	D25 Hole Cap	5

PART#	DESCRIPTION	QTY
A10-9	Button Head Screw M10X45	2
C5-4	Countersunk Head Screw M5X10	2
H6-4	Hex Head Bolt M6X10	16
N10	Nut M10	14
S8-5	Socket Set Screw M8X25	5
SC8-6	Socket Cap Screw M8X30	9
SC10-5	Socket Cap Screw M10X25	4
SC10-6	Socket Cap Screw M10X30	2
SC10-9	Socket Cap Screw M10X45	6
SC10-24	Socket Cap Screw M10X120	4
SC10-25	Socket Cap Screw M10X125	3
SW10	Spring Washer 10	6
W6	Washer 6	8
W6B	Big Washer 6	8
W8	Washer 8	9
W10	Washer 10	33
W10B	Big Washer 10	2