

BLK BOX

Chest 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

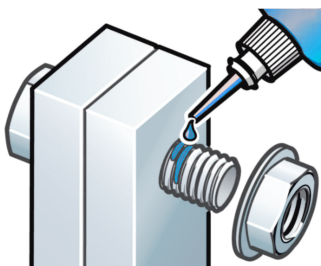


FIG 1

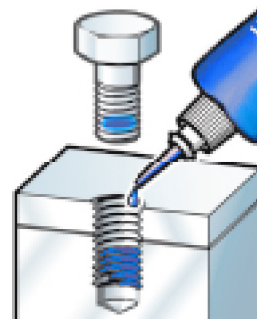
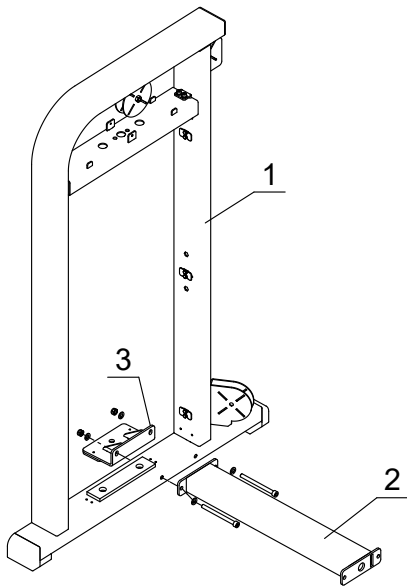


FIG 2

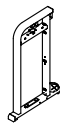
STEP 1

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



Parts

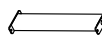
Part No: 1
Name: Weight Frame
Q'TY: 1



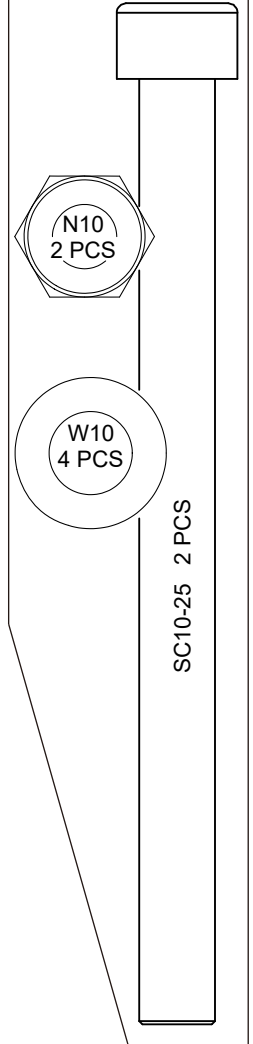
Part No: 2
Name: Brace
Q'TY: 1



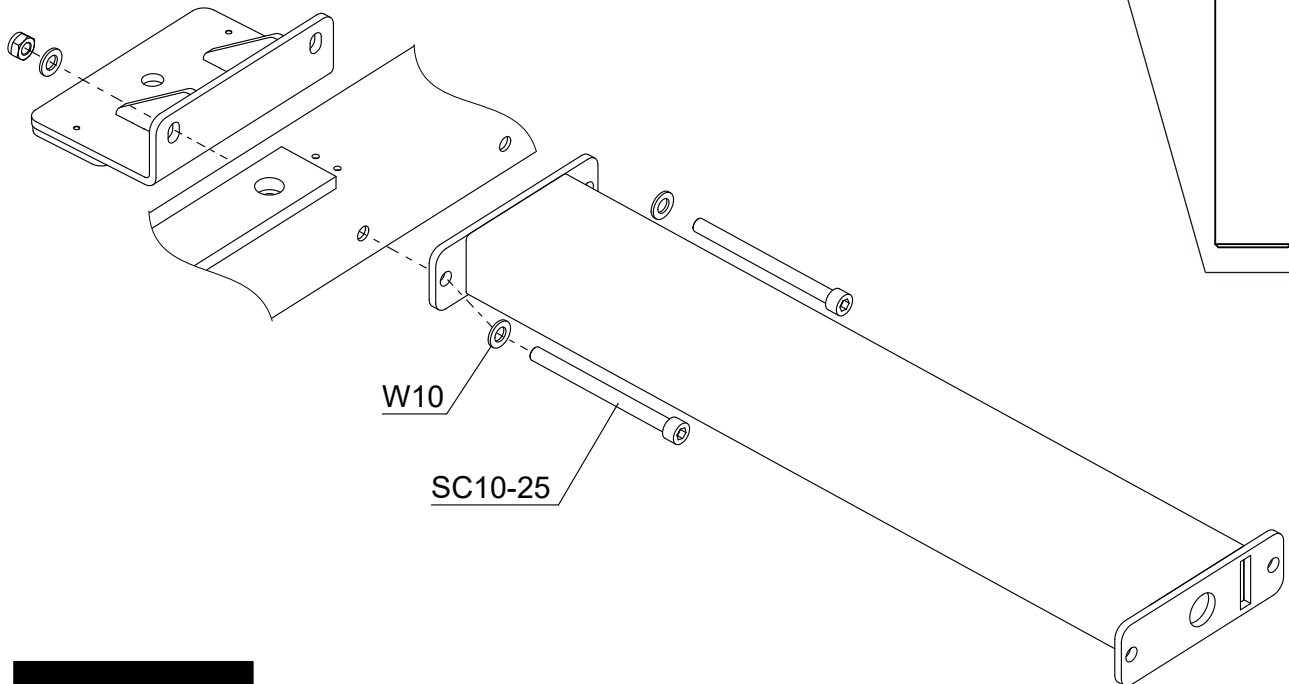
Part No: 3
Name: Bottom Connecting Tube
Q'TY: 1



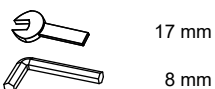
Fixings



N10
W10



Tools



17 mm

8 mm

50%



STEP 2

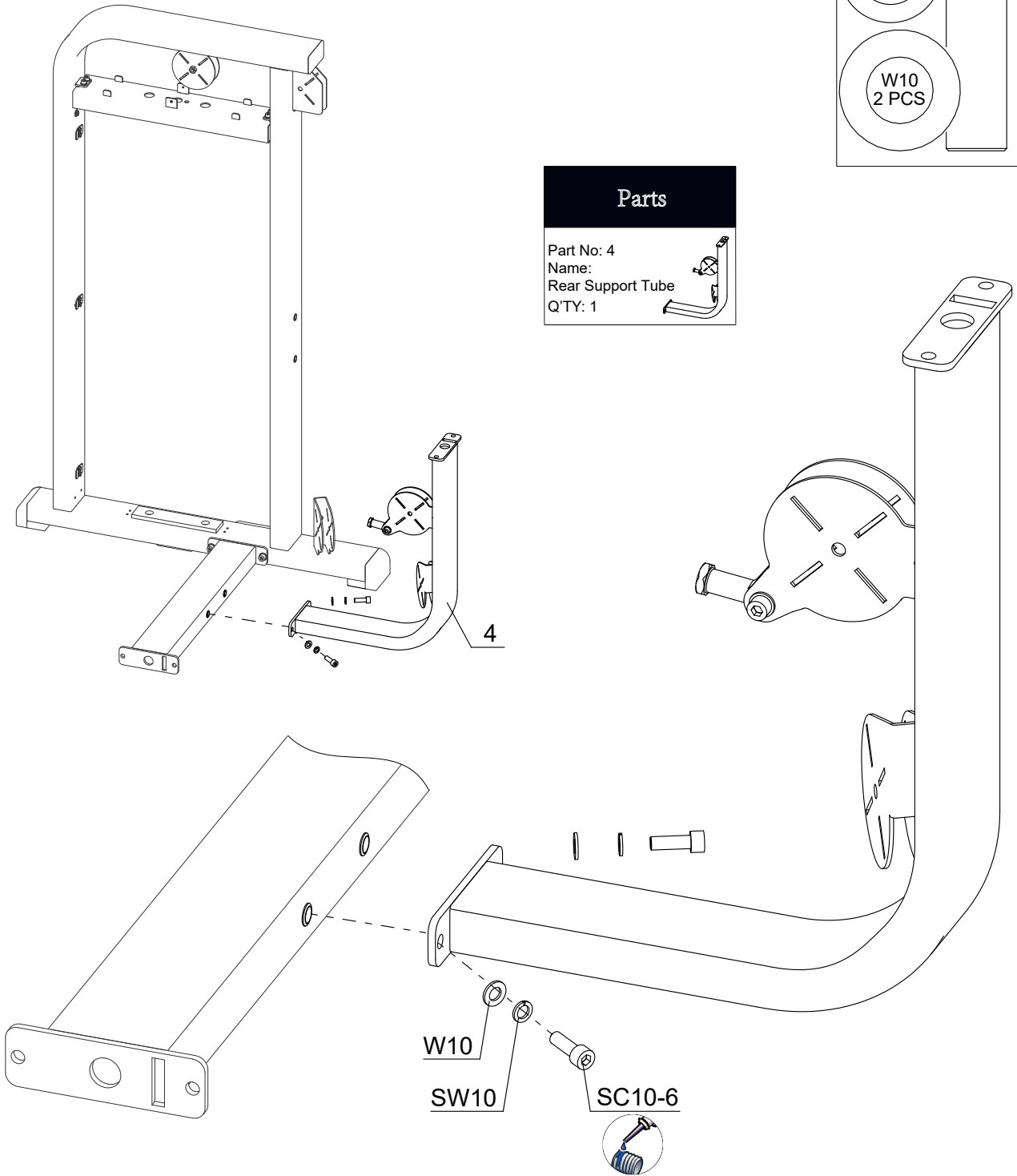
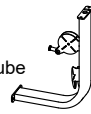
Install the Rear Support Tube(#4).

Fixings

SW10 2 PCS	SC10-6 2 PCS
W10 2 PCS	

Parts

Part No: 4
Name:
Rear Support Tube
Q'TY: 1



Tools



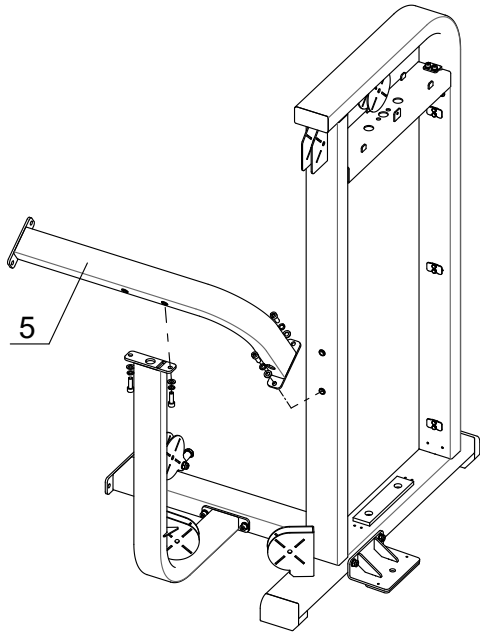
8 mm

50%



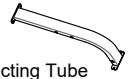
STEP 3

Install the Rear Connecting Tube(#5).

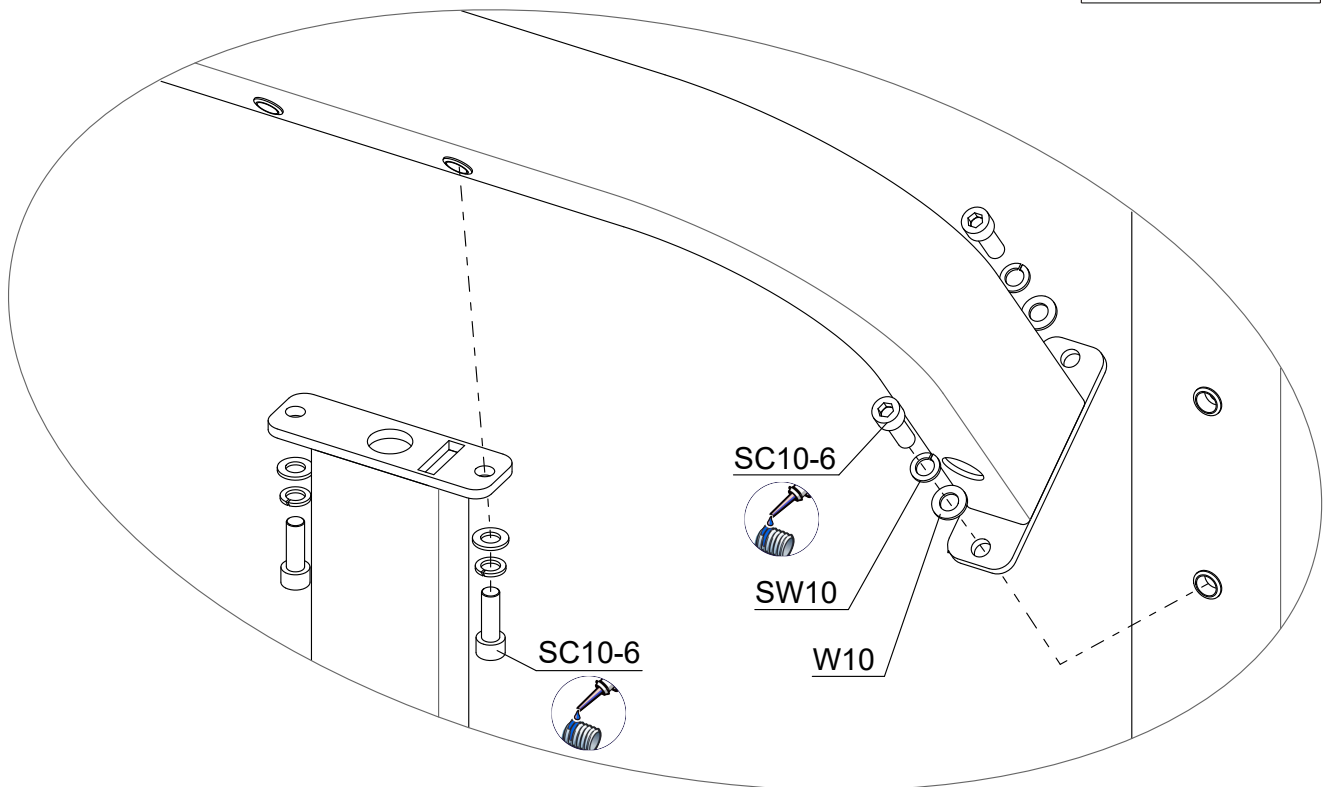
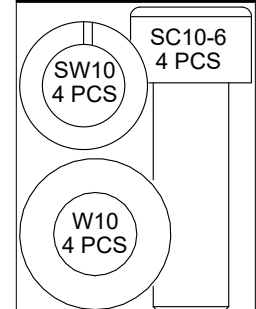


Parts

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



Fixings



Tools



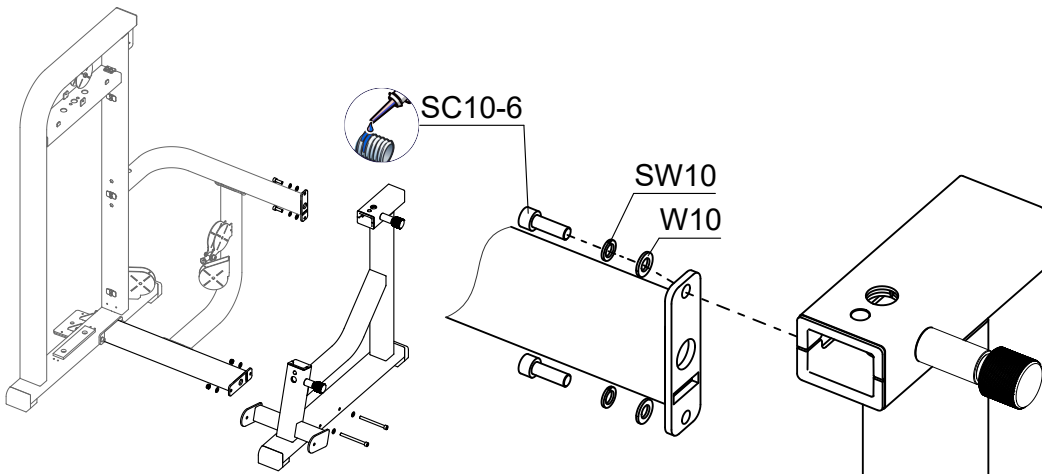
8 mm

50%



STEP 4

Install the Main Frame(#6).

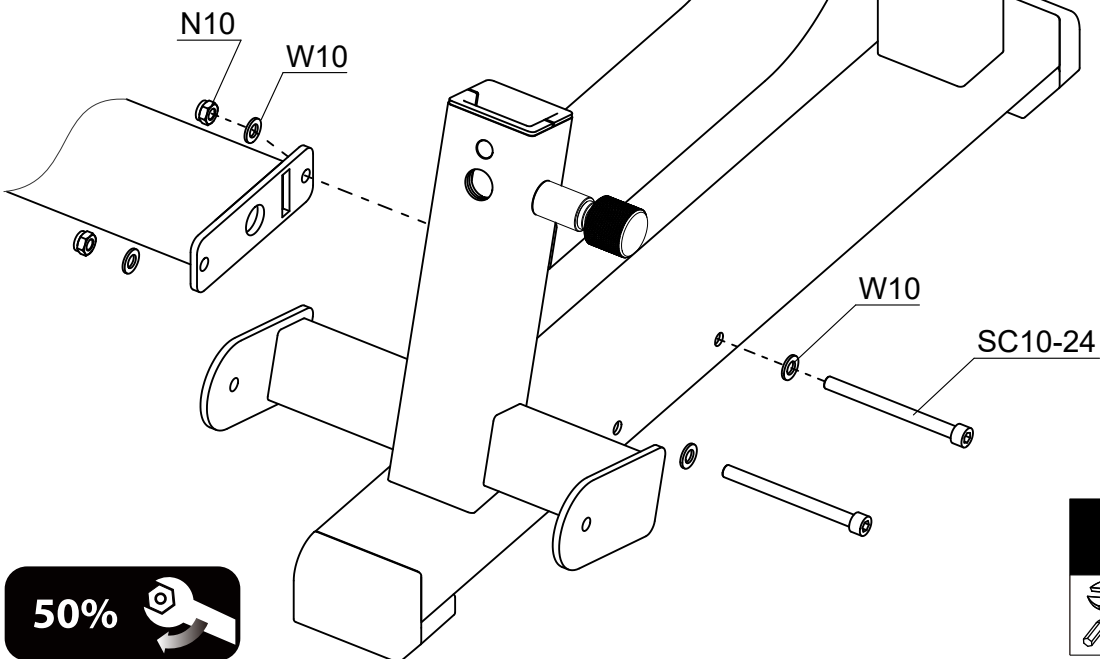
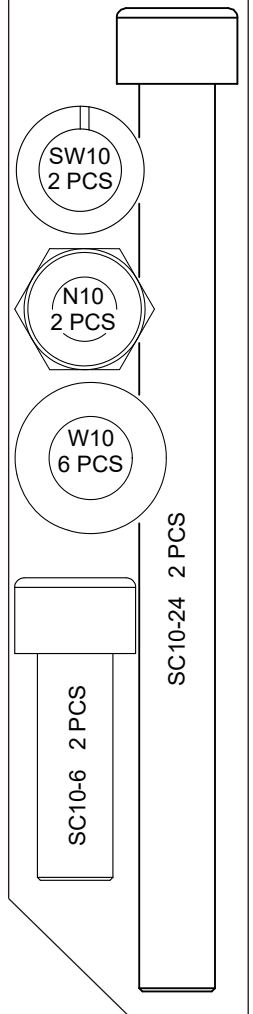


Parts

Part No: 6
Name: Main Frame
Q'TY: 1



Fixings



50%



Tools

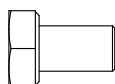


17 mm
8 mm

STEP 5

Install the Shield Support (#7).

Fixings



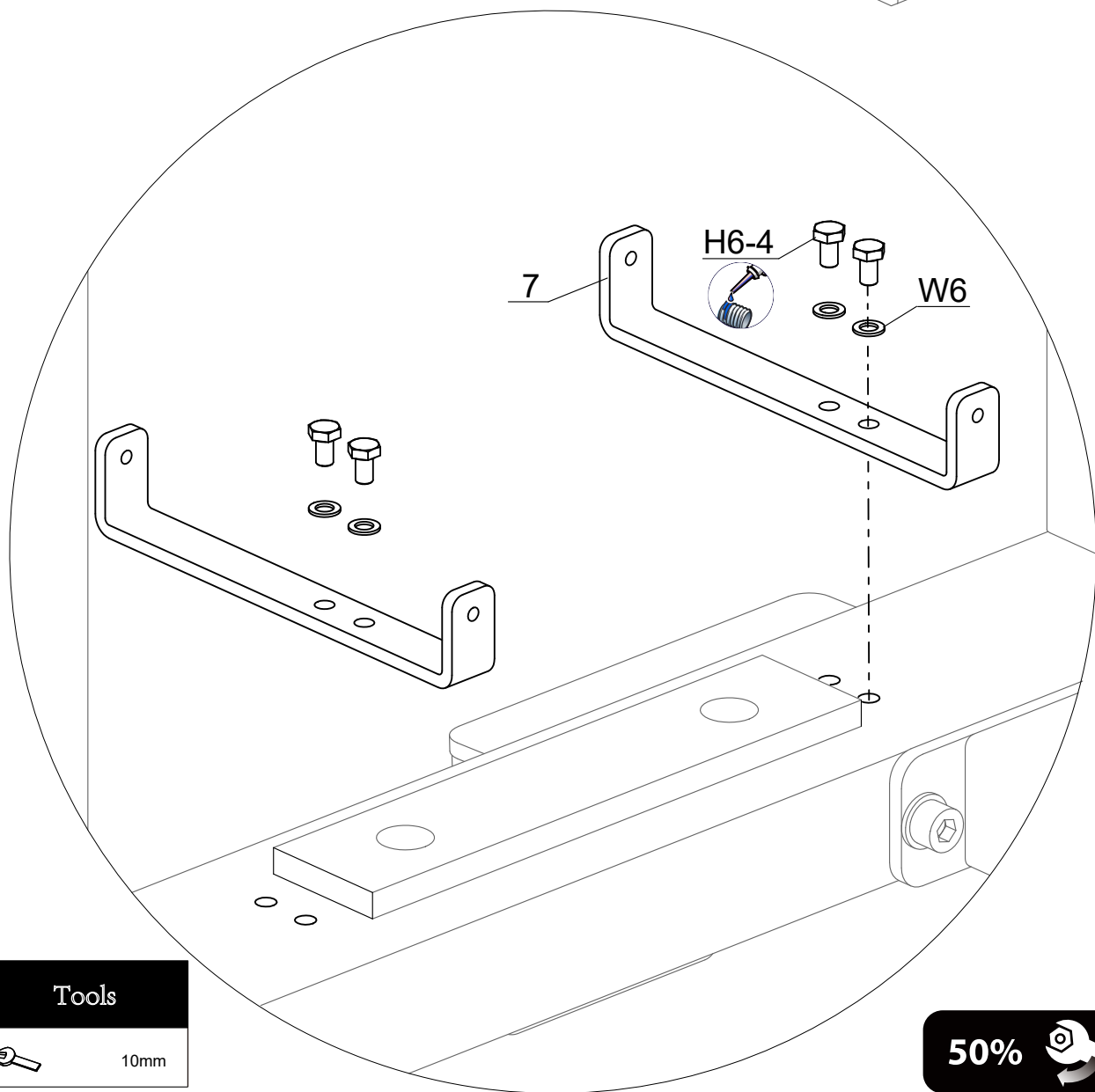
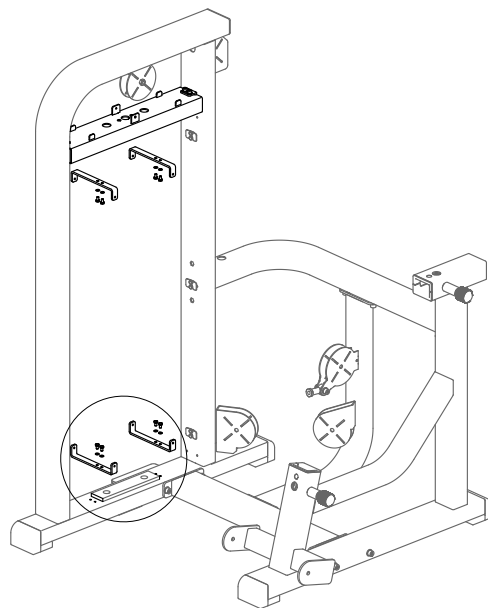
H6-4
8PCS



W6
8 PCS

Parts

Part No: 7
Name: Shield Support
Q'TY: 4



Tools



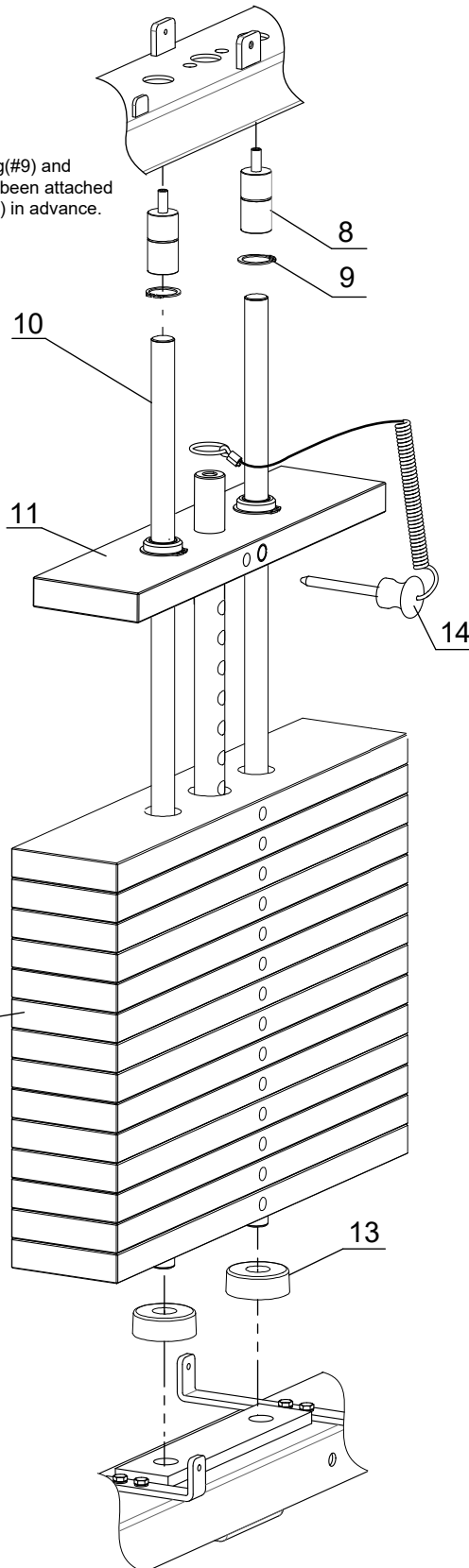
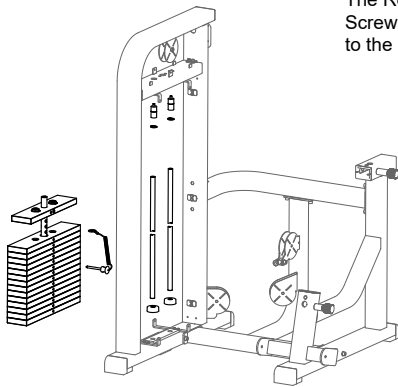
10mm

50%



STEP 6

The Retaining Ring(#9) and Screw(S8-7) have been attached to the Retainer (#8) in advance.



Install the Weight Stack.

Parts

Part No: 8
Name: Retainer
Q'TY: 2



Part No: 9
Name: Retainer Ring
Q'TY: 2



Part No: 10
Name: Guide Rod
Q'TY: 2



Part No: 11
Name: Top Weight Plate
Q'TY: 1



Part No: 12
Name: Weight Plate 9 KG
Q'TY: 14



Part No: 13
Name: Buffer
Q'TY: 2



Part No: 14
Name: Weight Pin
Q'TY: 1



Tools



4mm



Note 1:

After Assembling the weight stack, please lubricate the guide rods. And the guide rods should be lubricated when the motion of the weight plates are not smooth.

50%



STEP 7

Install the Seat Support(#15).

Parts

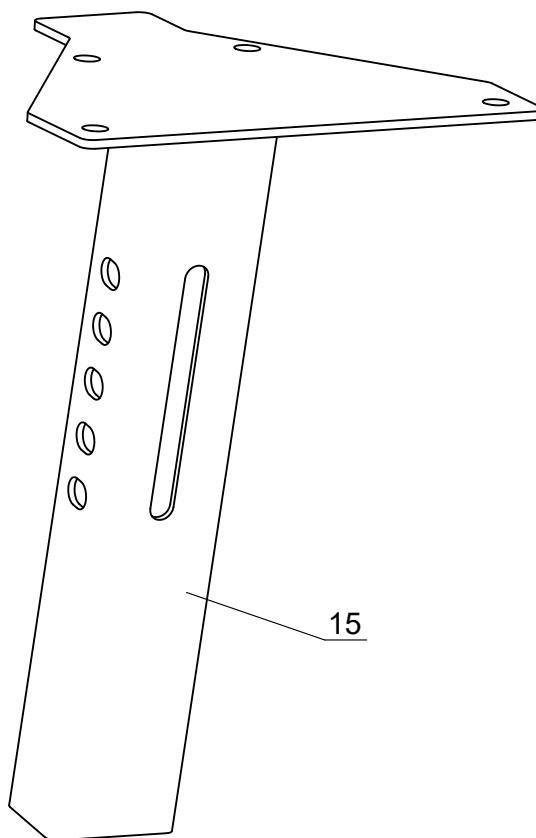
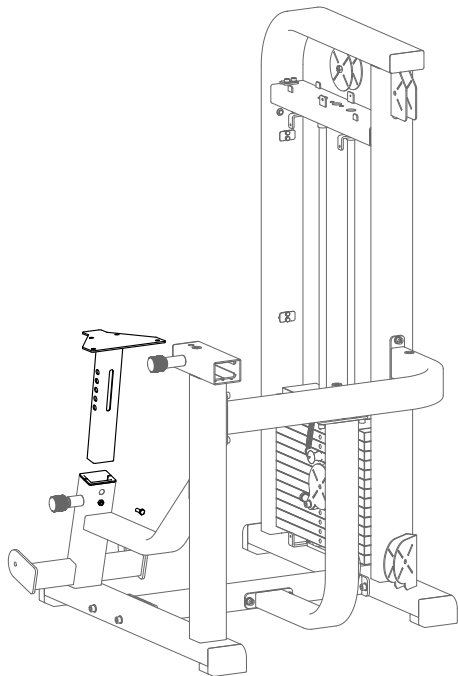
Part No: 15
Name: Seat
Q'TY:1



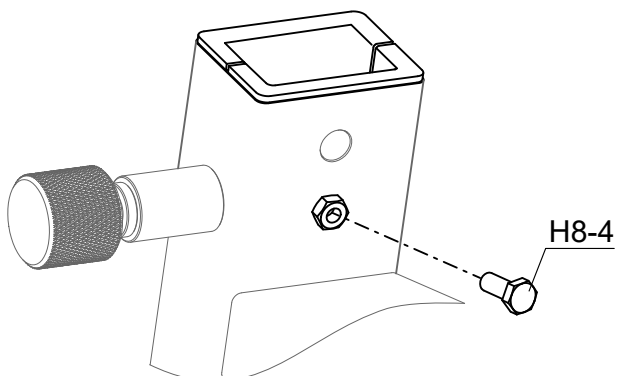
Tools



14 mm



15



H8-4

Fixings

H8-4 1 PC

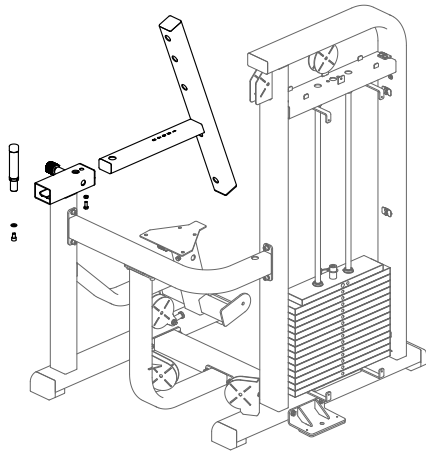
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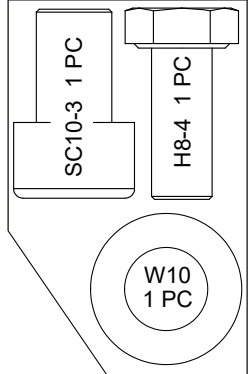
STEP 8

Install the Backrest Tube(#17) and the Handle(#18).

Tools

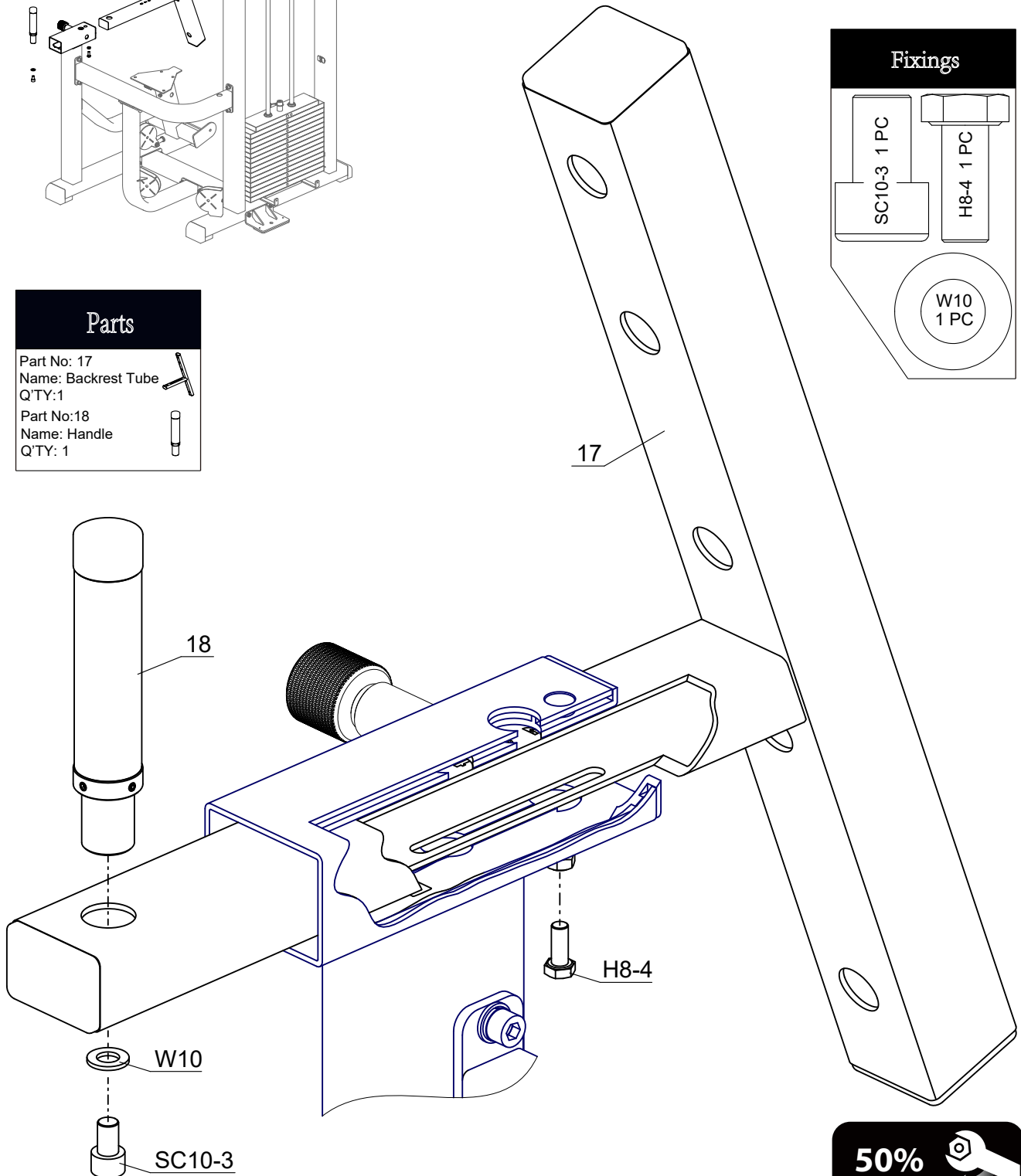


Fixings



Parts

Part No: 17
Name: Backrest Tube
Q'TY:1
Part No:18
Name: Handle
Q'TY: 1

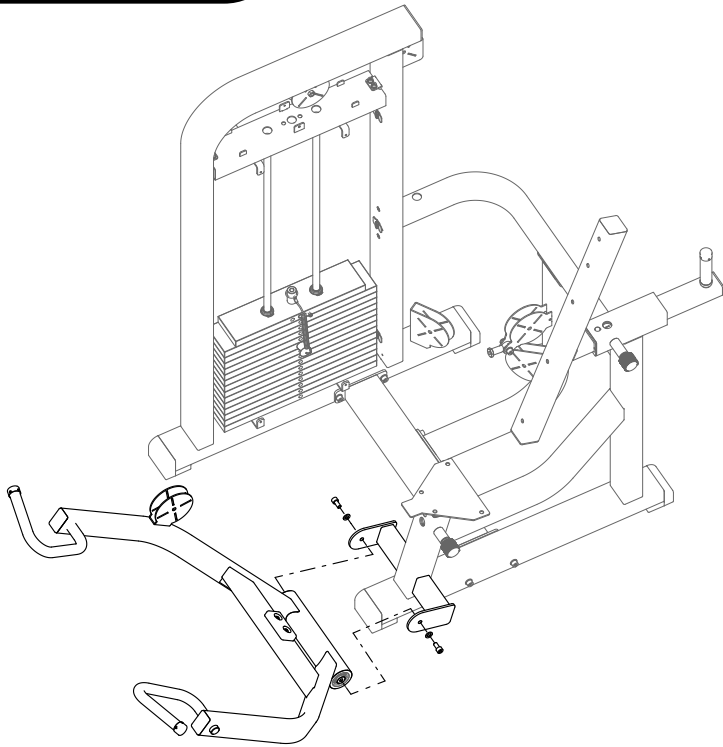


50%

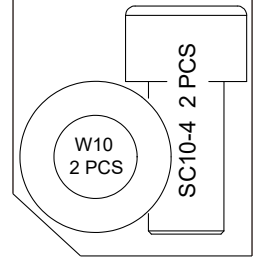


STEP 9

Install the Work Arm(#19).

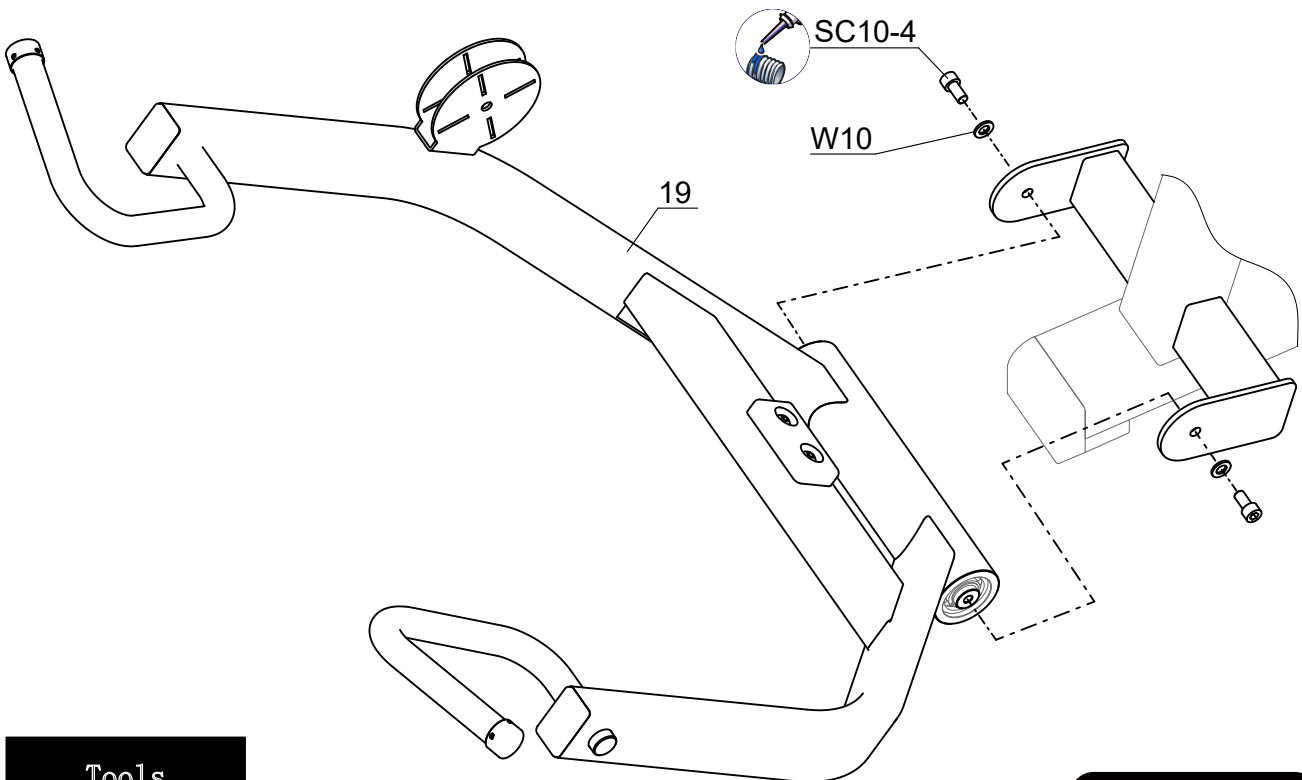


Fixings



Parts

Part No: 19
Name: Work Arm
Q'TY: 1



Tools



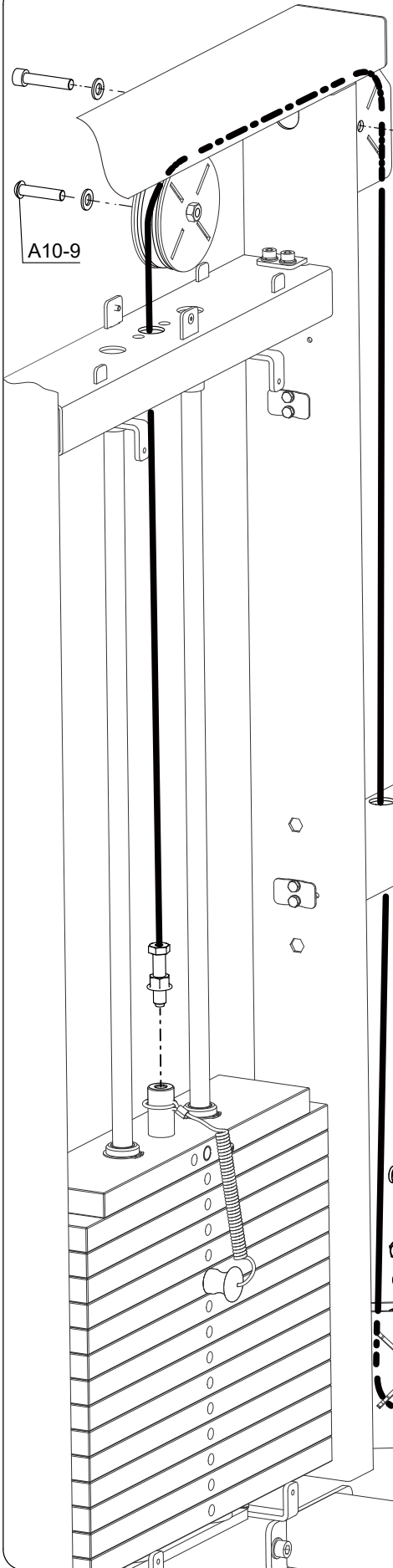
8 mm

50%



STEP 10

Route the Cable (#20).



Fixings

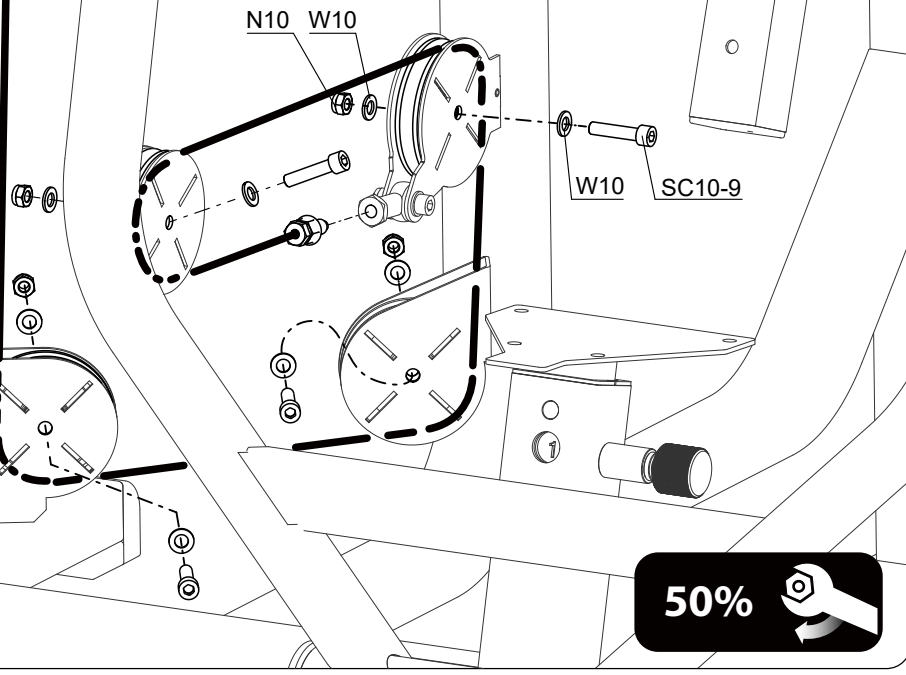
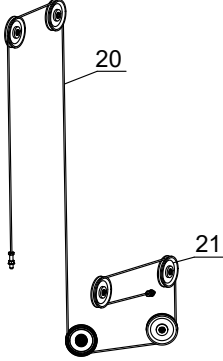
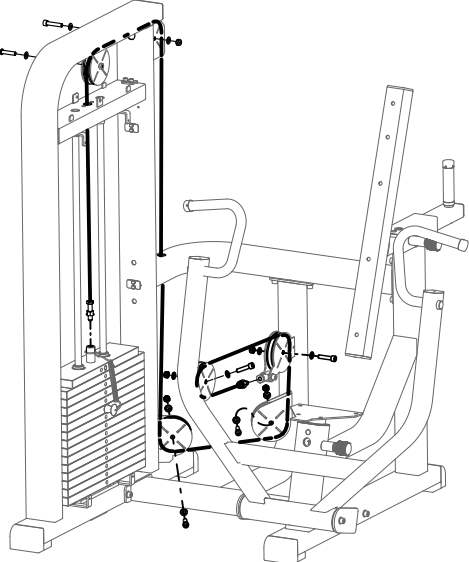
N10 5 PCS	SC10-9 5 PCS
W10 11 PCS	
A10-9 1 PC	

Tools

	17 mm
	6 \ 8 mm

Parts

Part No: 20 Name: Cable Q'TY: 1	
Part No: 21 Name: Pulley Q'TY: 6	



50%

STEP 11

Install the Seat Pad(#24), Backrest Pad(#23) and the Head Pad(#22).

Parts

- Part No: 22
Name: Head Pad
Q'TY: 1
- Part No: 23
Name: Backrest Pad
Q'TY: 1
- Part No: 24
Name: Seat Pad
Q'TY: 1
- Part No: 25
Name: Hole Cap
Q'TY: 5

Fixings

W 8
9 PCS

SC8-6
9 PCS

Tools



6 mm

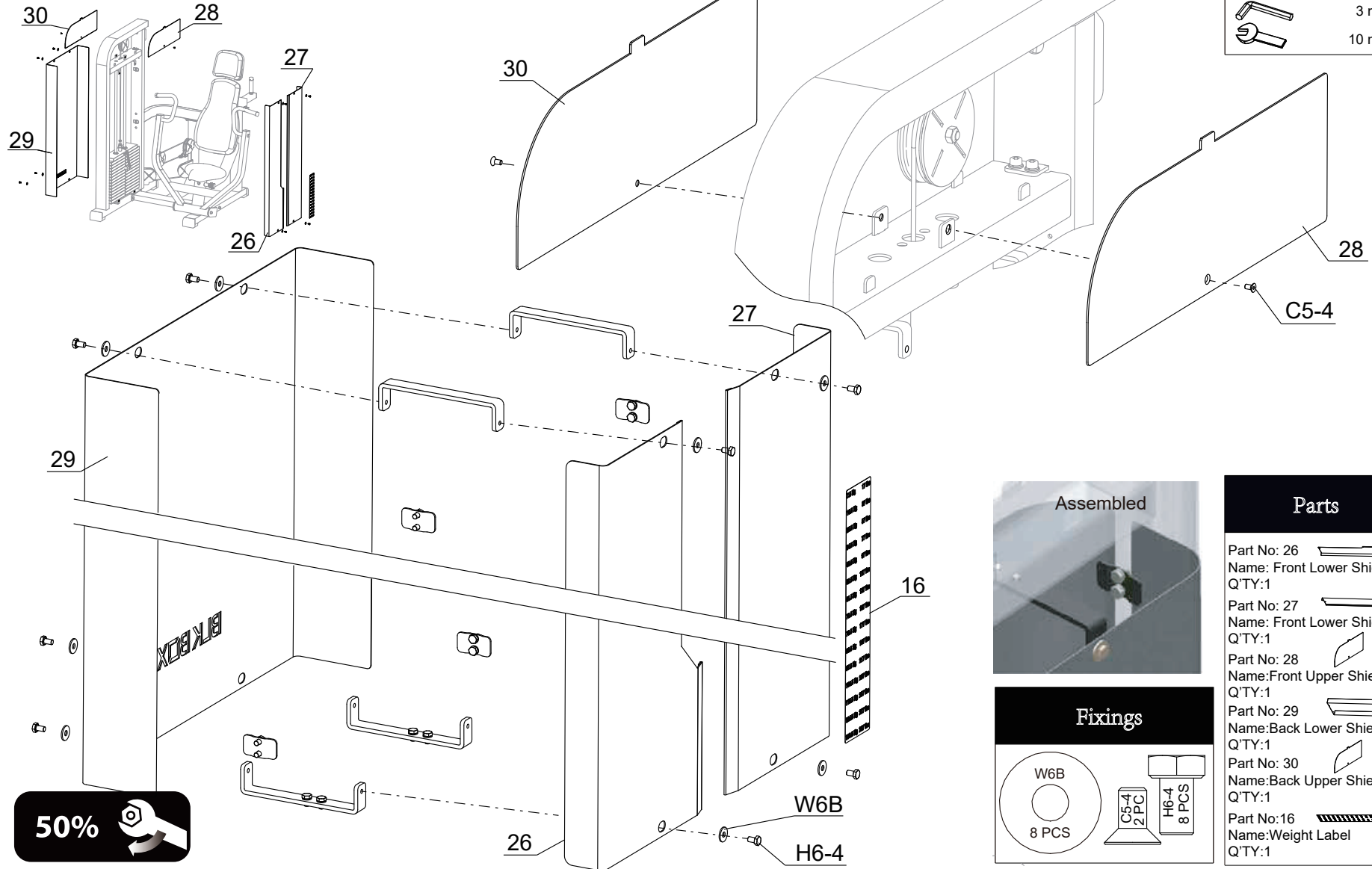
50%



STEP 12

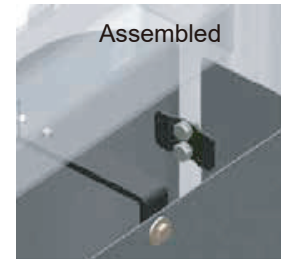
Fix The Front Lower Shield(#26) , Front Upper Shield (#28),Back Lower Shield(#29) And The Back Upper Shield(#30).

Tools



14

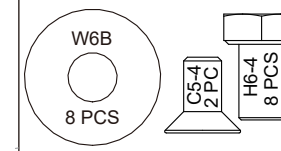
Assembled



Parts

- Part No: 26 Name: Front Lower Shield Q'TY:1
- Part No: 27 Name: Front Lower Shield Q'TY:1
- Part No: 28 Name: Front Upper Shield Q'TY:1
- Part No: 29 Name: Back Lower Shield Q'TY:1
- Part No: 30 Name: Back Upper Shield Q'TY:1
- Part No: 16 Name: Weight Label Q'TY:1

Fixings



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	Brace	1
3	Bottom Connecting Tube	1
4	Rear Support Tube	1
5	Rear Connecting Tube	1
6	Main Frame	1
7	Shield Support	4
8	Retainer	2
9	Retaining Ring	2
10	Guide Rod	2
11	Top Weight Plate	1
12	Weight Plate 9 KG	14
13	Buffer	2
14	Weight Pin	1
15	Seat	1
16	Weight Label	1
17	Backrest Tube	1
18	Handle	1
19	Work Arm	1
20	Cable	1
21	Pulley	1
22	Head Pad	1
23	Backrest Pad	1
24	Seat Pad	1
25	Hole Cap	5
26	Front Lower Shield	1
27	Front Lower Shield	1
28	Front Upper Shield	1
29	Back Lower Shield	1
30	Back Upper Shield	1

PART#	DESCRIPTION	QTY
A10-9	Button Head Screw M10X45	1
C5-4	Countersunk Head Screw M5X10	2
H6-4	Hex Head Bolt M6X10	16
H8-4	Hex Head Bolt M8X20	2
N10	Lock Nut M10	9
S8-6	Socket Set Screw M8X30	9
SC10-3	Socket Head Cap Screw M10X15	1
SC10-4	Socket Head Cap Screw M10X20	2
SC10-6	Socket Head Cap Screw M10X30	8
SC10-9	Socket Head Cap Screw M10X45	5
SC10-24	Socket Head Cap Screw M10X120	2
SC10-25	Socket Head Cap Screw M10X125	2
SW10	Spring Washer 10	8
W6	Washer 6	8
W6B	Big Washer 6	8
W8	Washer 8	9
W10	Washer 10	30