


# BLK BOX

## Pin Select Leg Press

### Setup Instructions

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



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# STEP 1

## Parts

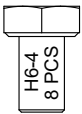
Part No: 1  
Name: Weight Frame  
Q'TY: 1



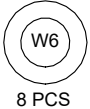
Part No: 2  
Name: U Plate  
Q'TY: 4



## Fixings



H6-4  
8 PCS

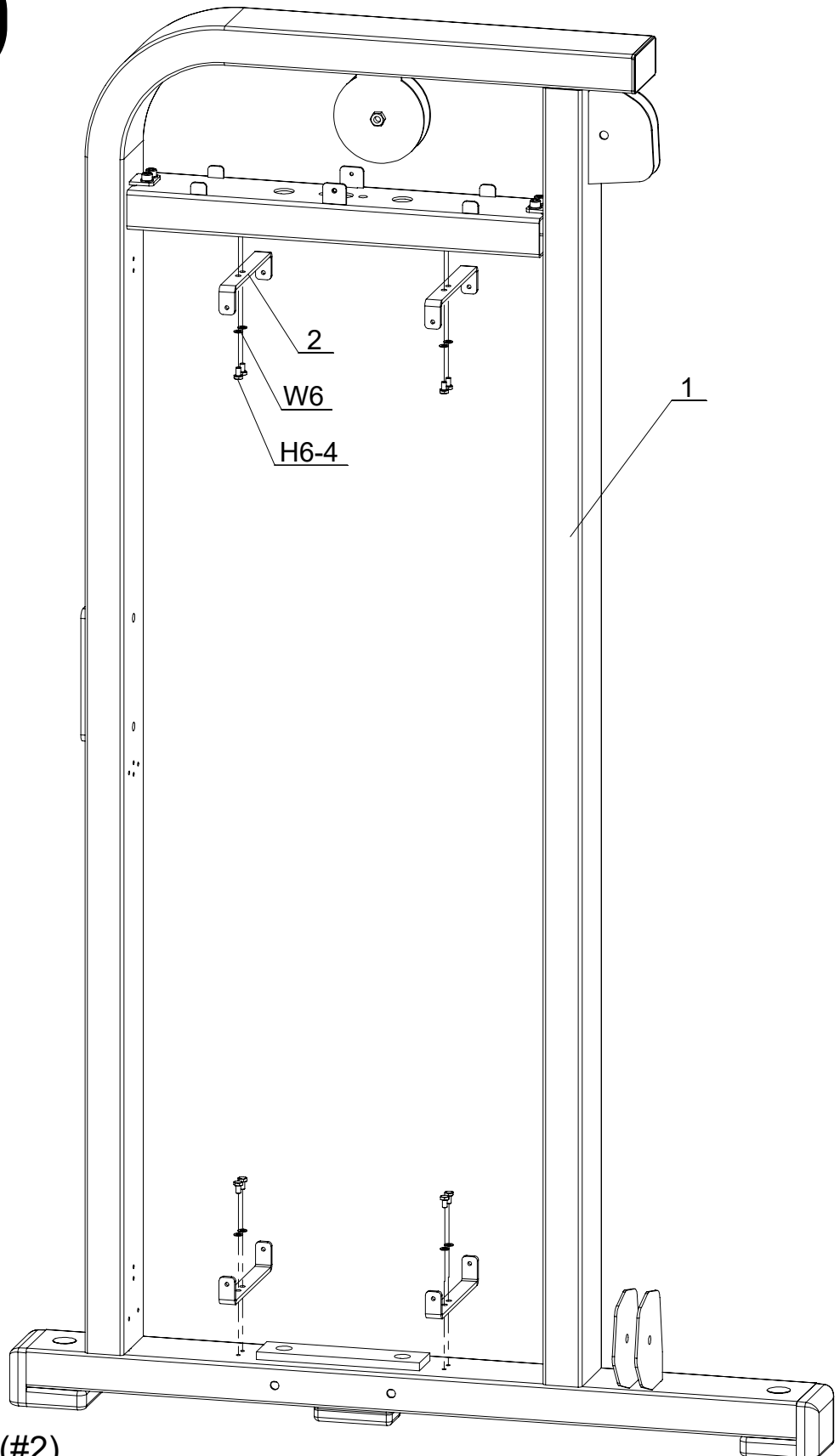


W6  
8 PCS

## Tools



10 mm





Install The U Plate(#2)  
To The Weight Frame(#1).

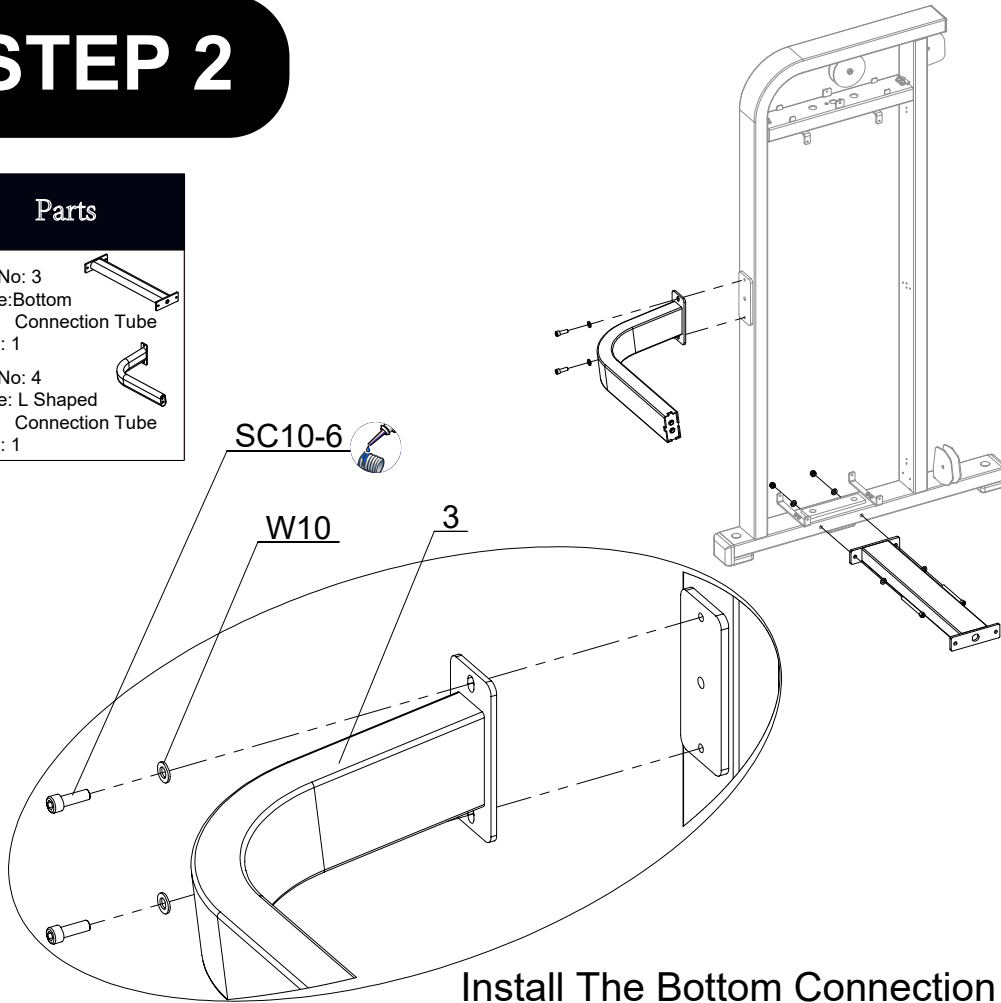
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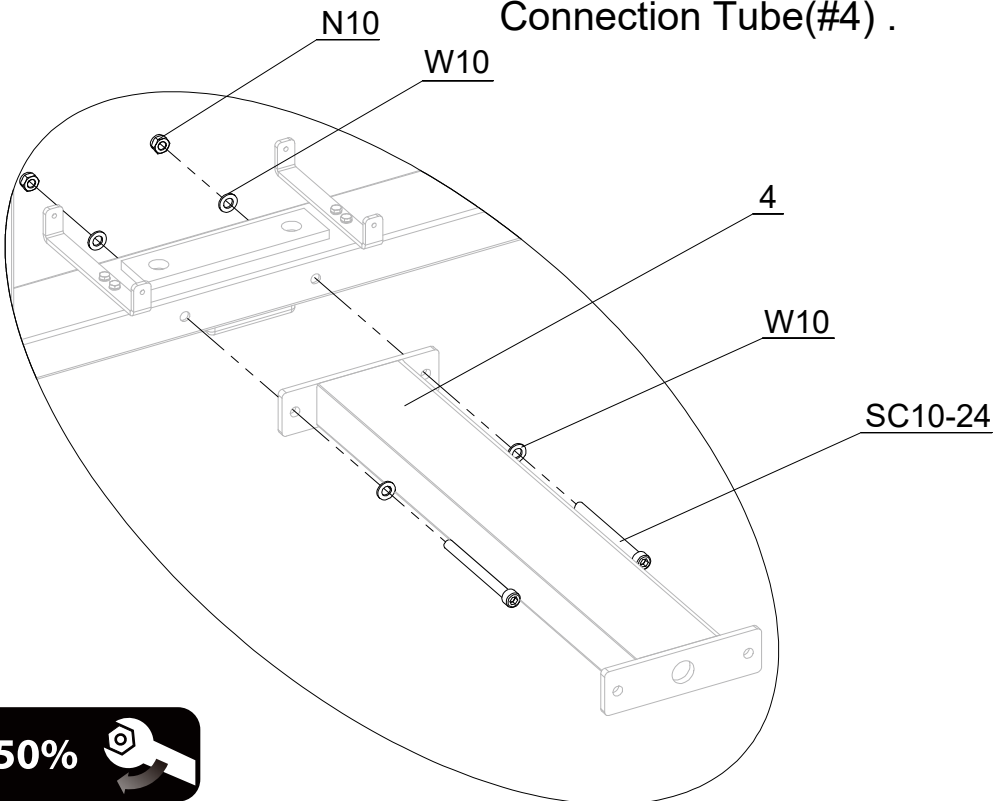
# STEP 2

## Parts

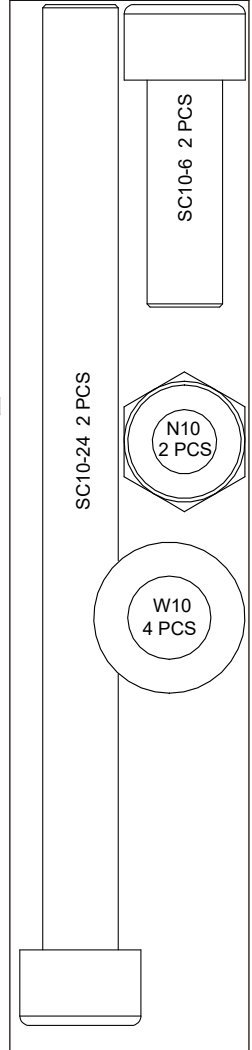
- Part No: 3 
- Name: Bottom Connection Tube
- Q'TY: 1
- Part No: 4 
- Name: L Shaped Connection Tube
- Q'TY: 1



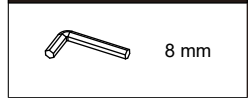
Install The Bottom Connection Tube(#3) And The L Shaped Connection Tube(#4) .



## Fixings



## Tools



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# STEP 3

## Parts

Part No: 5  
Name: Main Frame  
Q'TY: 1

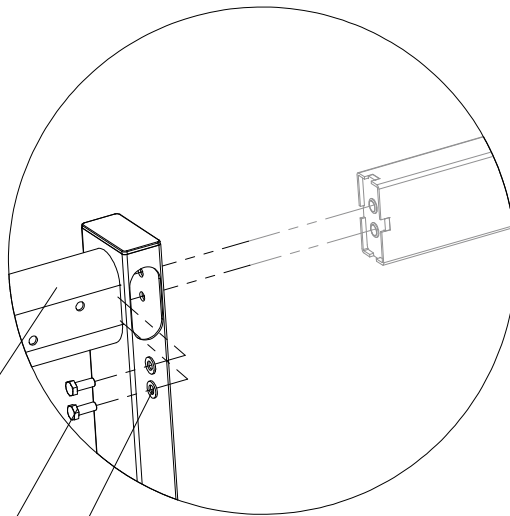
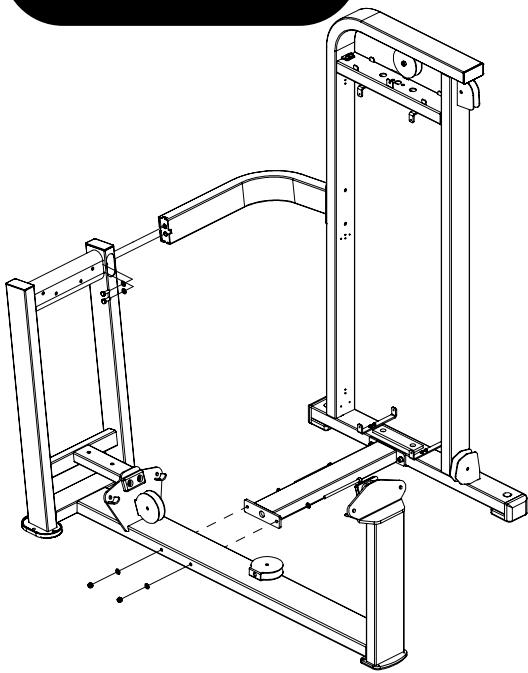


## Tools

- 17 mm
- 8 mm

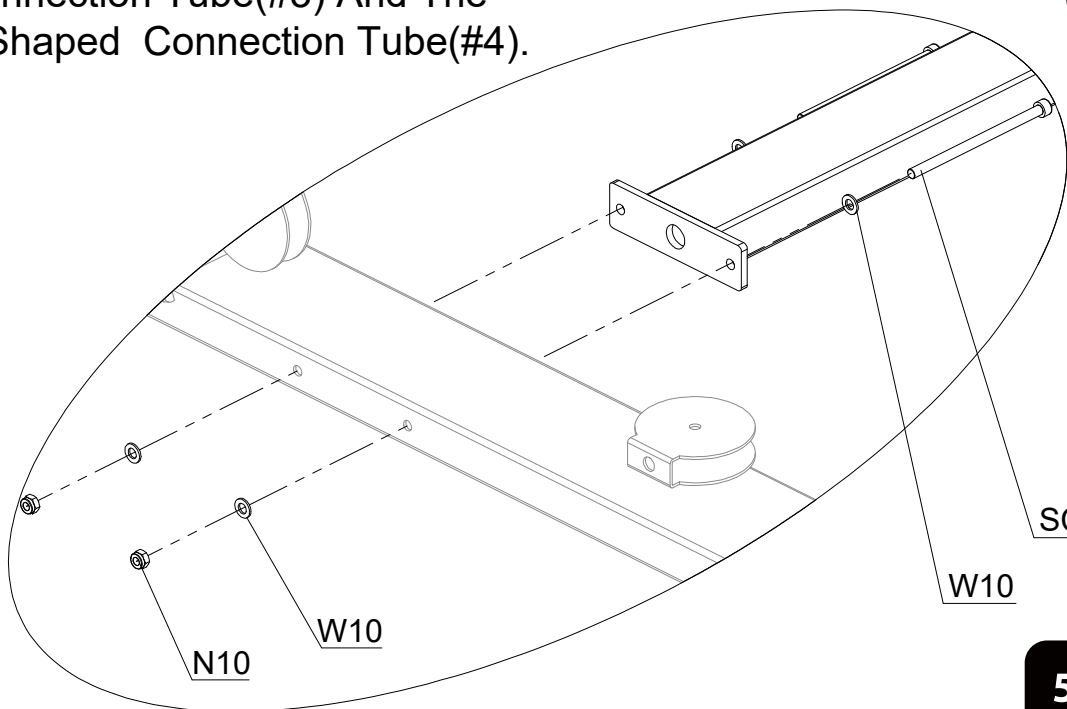
## Fixings

- H10-5 2 PCS
- N10 2 PCS
- W10 6 PCS
- SC10-35 2 PCS



5  
H10-5  
W10

Assemble The Main Frame(#5), The Bottom Connection Tube(#3) And The L Shaped Connection Tube(#4).



SC10-35

W10

N10

W10



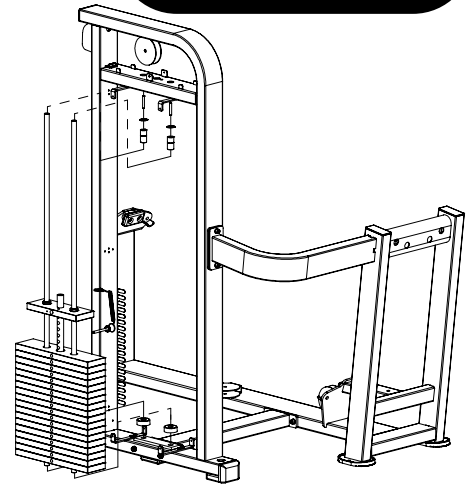
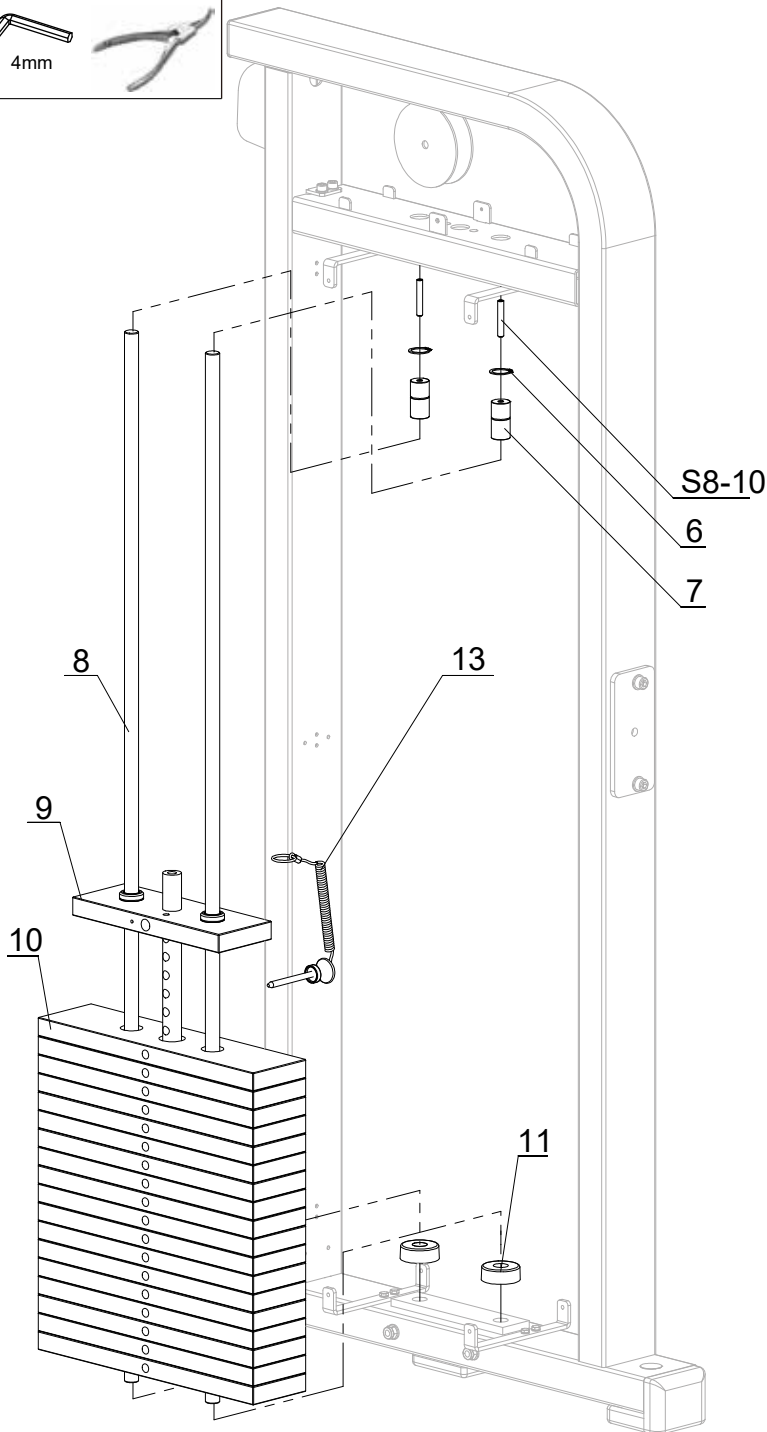
## Tools



4mm

## Install The Weight Stack.

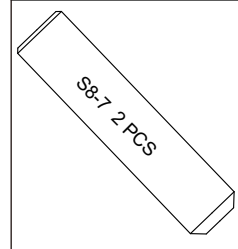
# STEP 4



## Parts

Part No: 6	
Name:External Retaining Ring D19	
Q'TY: 2	
Part No: 7	
Name:Retainer	
Q'TY: 2	
Part No: 8	
Name:Guide Rod	
Q'TY: 2	
Part No: 9	
Name:Top Weight Plate 7.5 Kg	
Q'TY: 1	
Part No: 10	
Name:Weight Plate 7.5 Kg	
Q'TY: 19	
Part No: 11	
Name:Buffer Ring	
Q'TY: 2	
Part No: 13	
Name:Weight Pin	
Q'TY: 1	

## Fixings



**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.

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# STEP 5

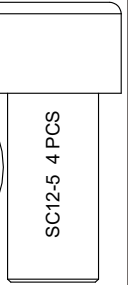
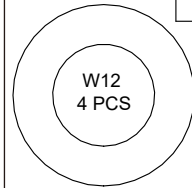
## Tools



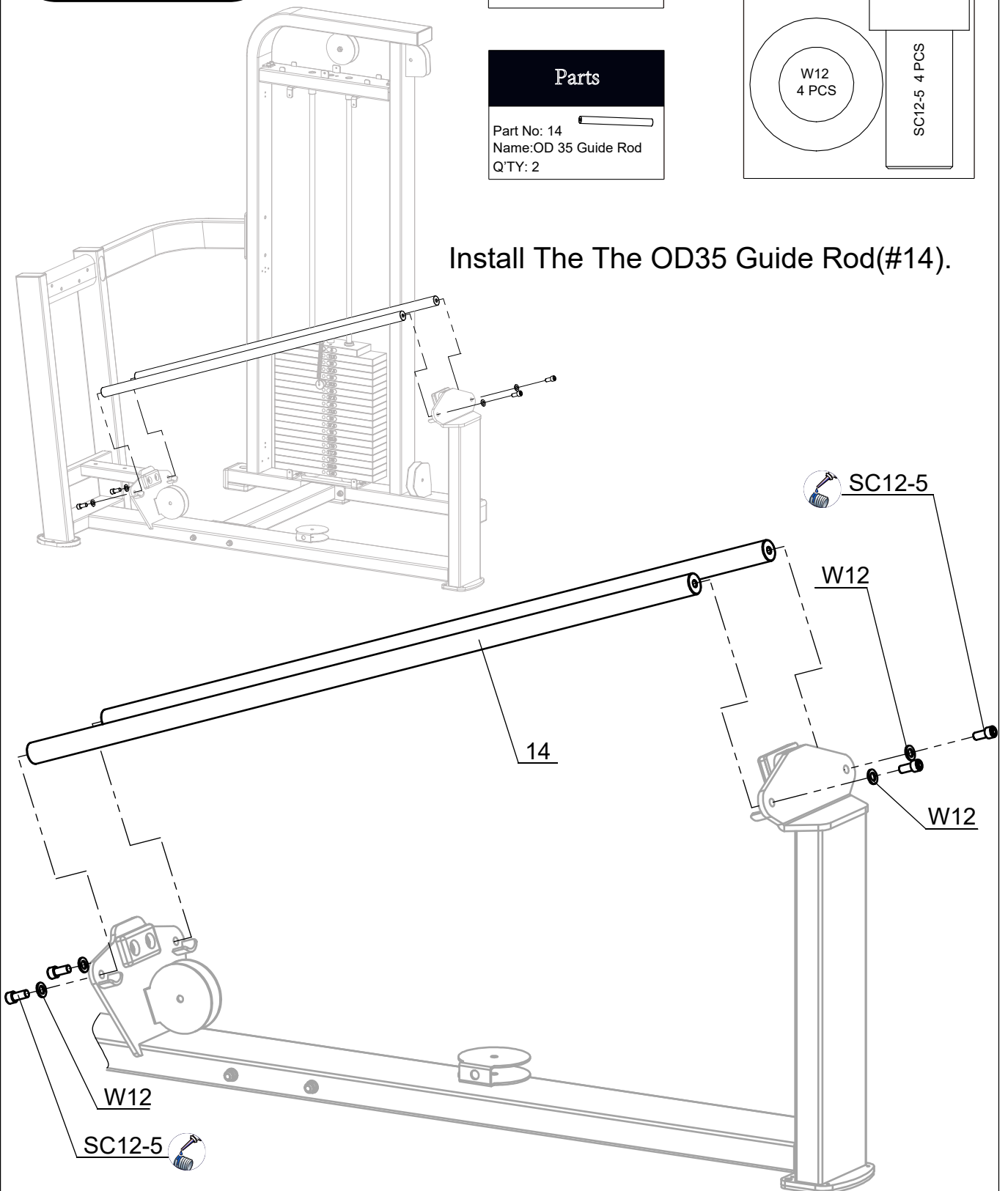
## Parts

Part No: 14  
Name: OD 35 Guide Rod  
QTY: 2

## Fixings



Install The The OD35 Guide Rod(#14).

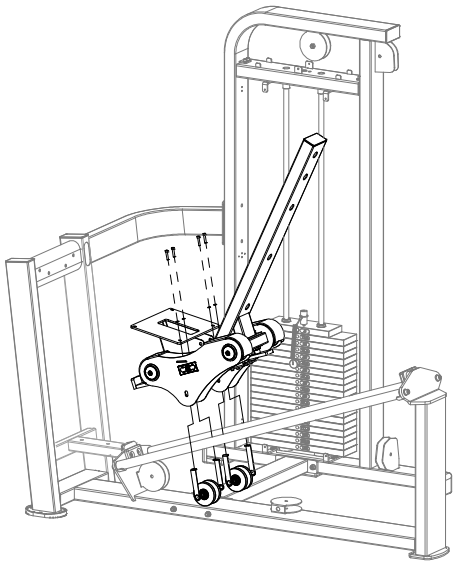


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# STEP 6

Assemble The Seat Carriage(#15) And The OD35 Guide Rod(#14).



## Fixings



## Tools



5 mm

## Parts

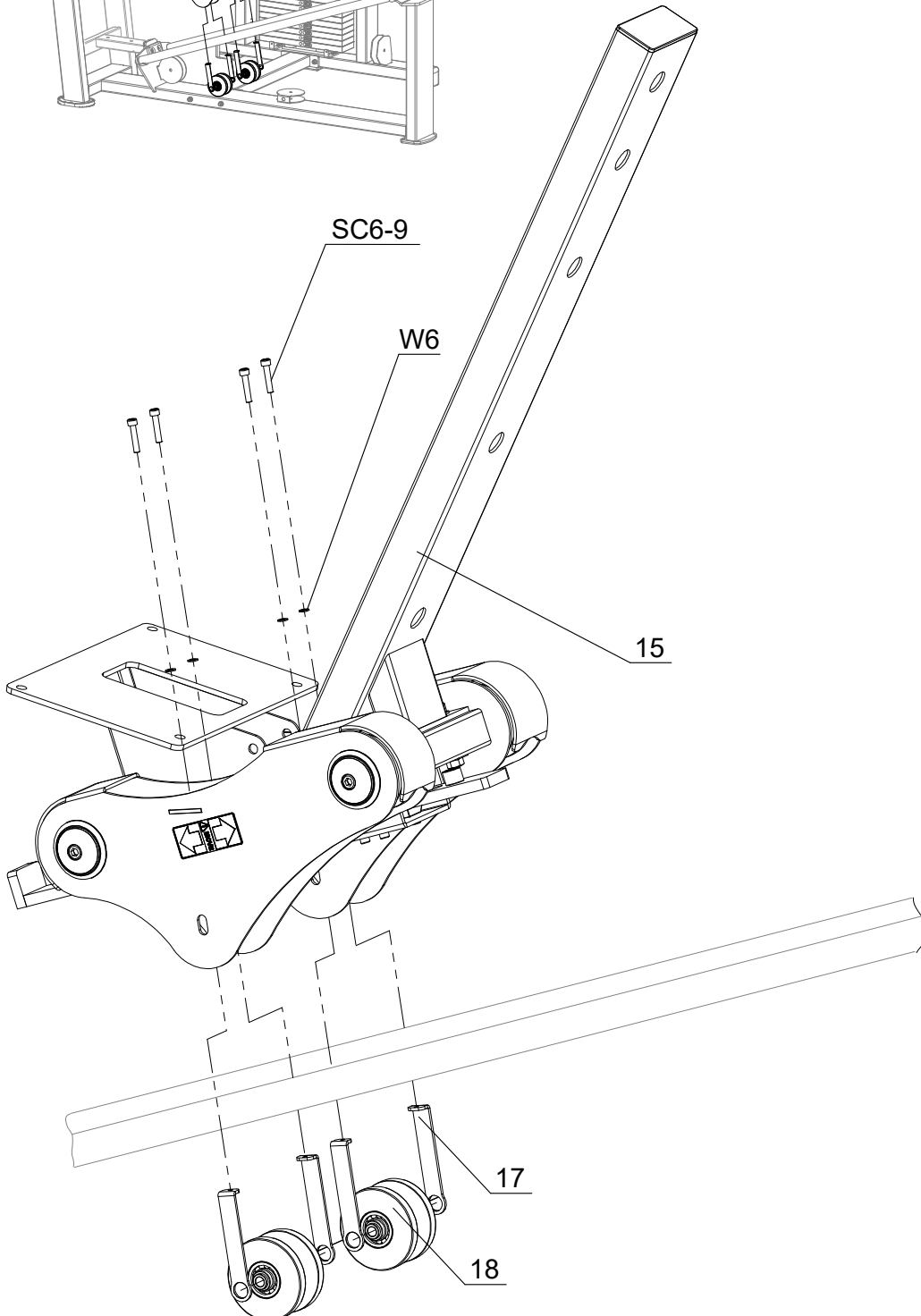
Part No: 15  
Name: Seat Carriage  
Q'TY: 1



Part No: 17  
Name: Tension Plate  
Q'TY: 4



Part No: 18  
Name: Wheel  
Q'TY: 2



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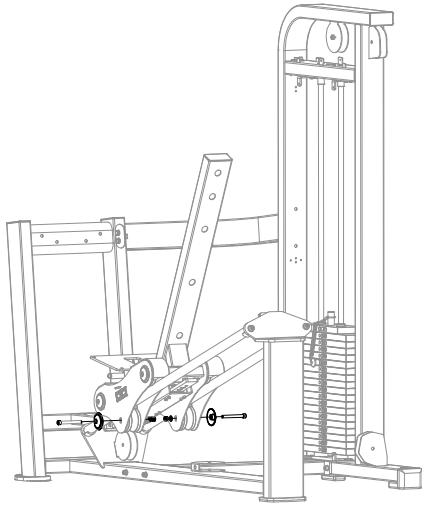
# STEP 7

## Parts

Part No: 16  
Name: Decration Cover  
Q'TY: 2

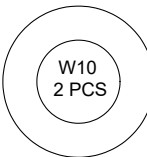
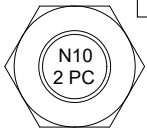
## Tools

-  17 mm
-  8 mm

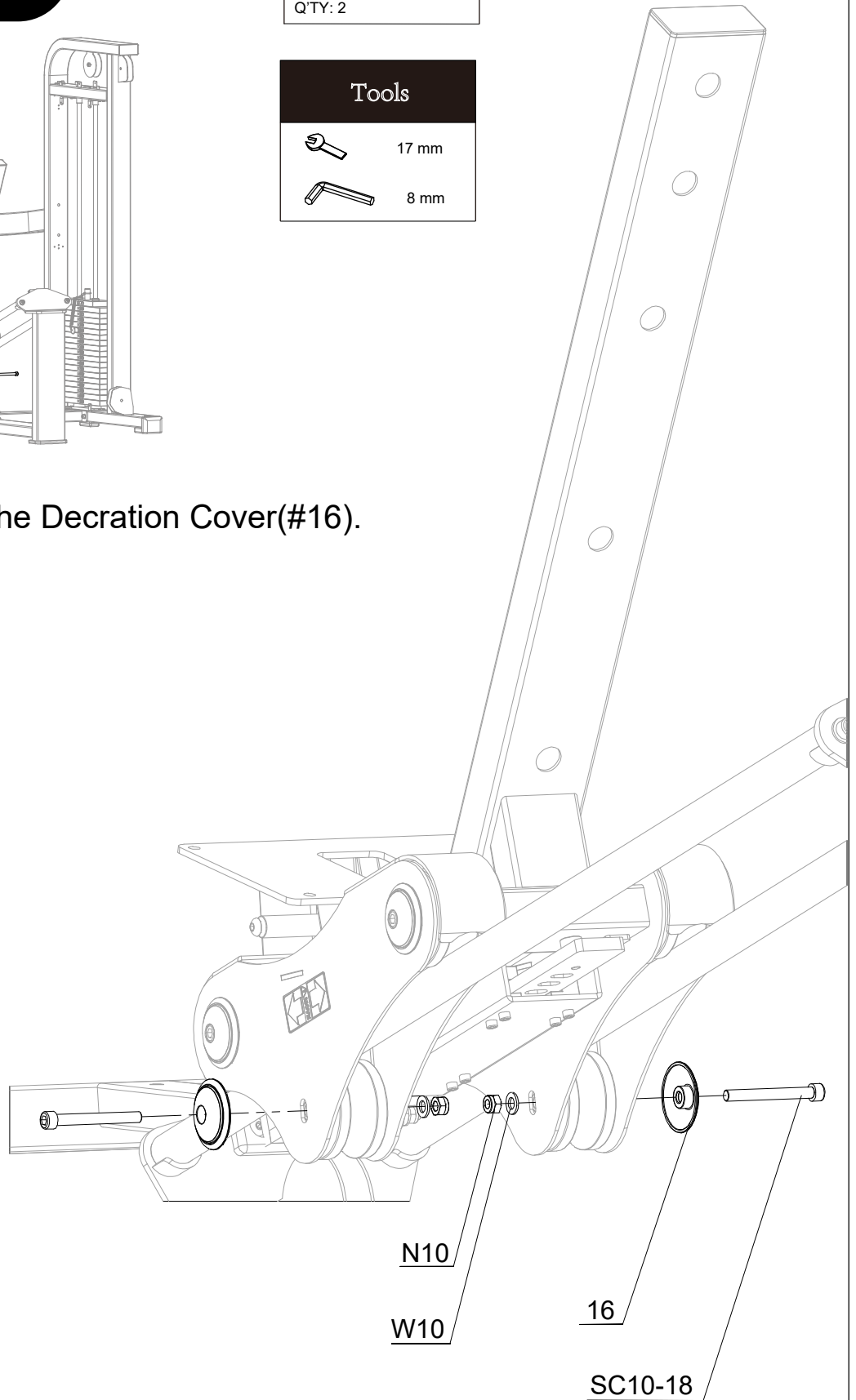


Install The Decration Cover(#16).

## Fixings

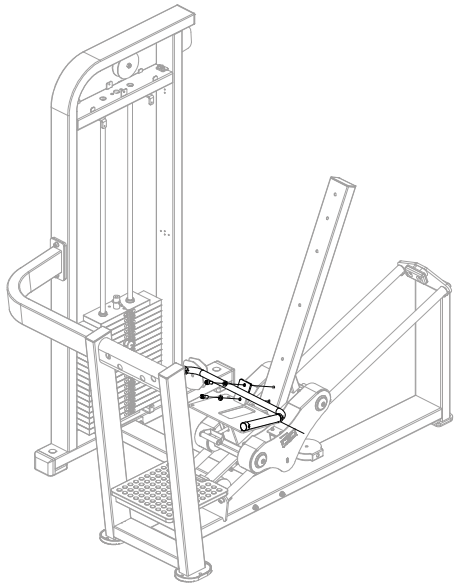


SC10-18 2 PCS



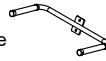
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### Parts

Part No: 19  
Name: Handle  
Q'TY: 1



### Tools



8 mm

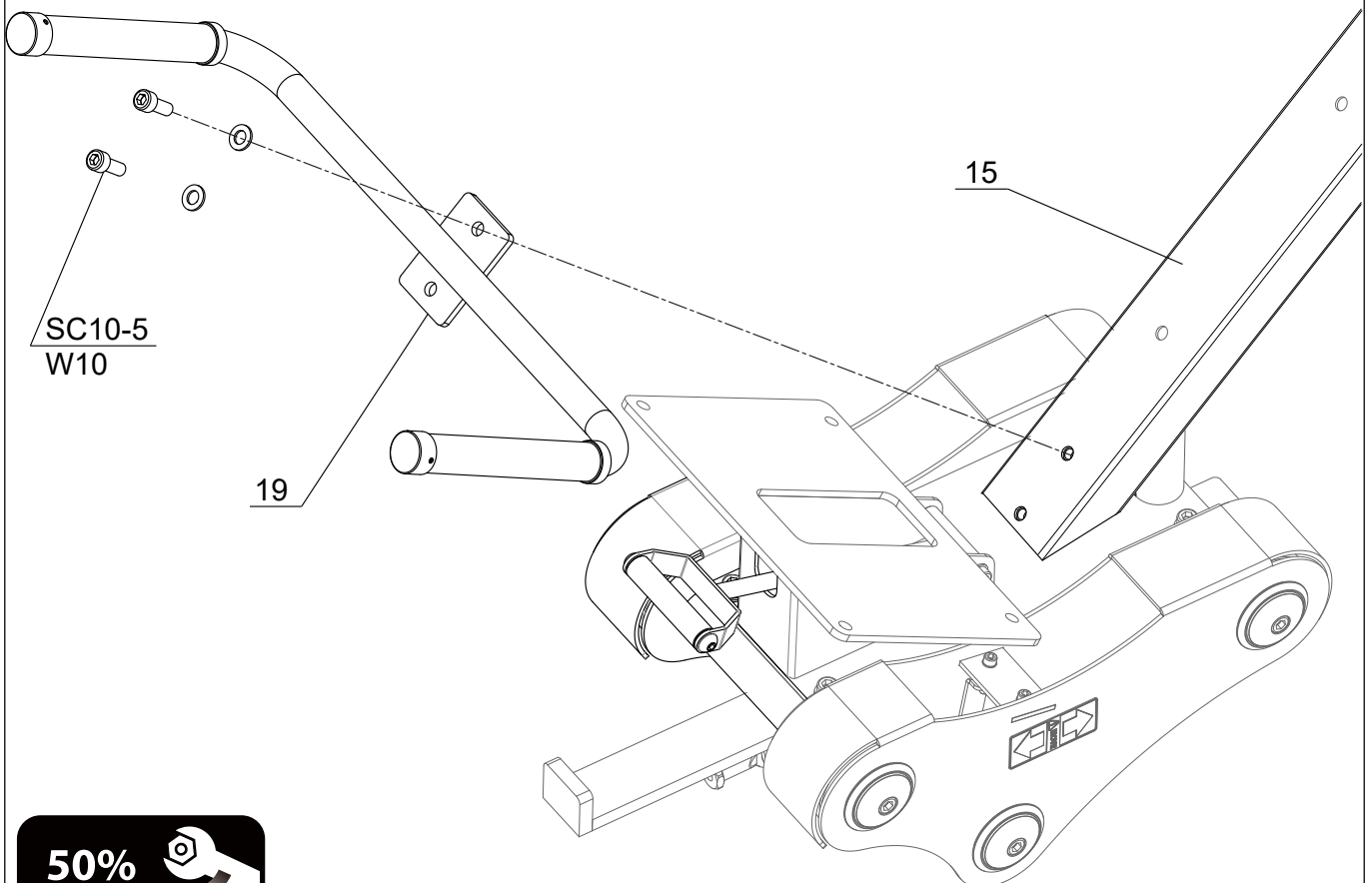
### Fixings

W10  
2 PCS

SC10-5 2 PCS

# STEP 8

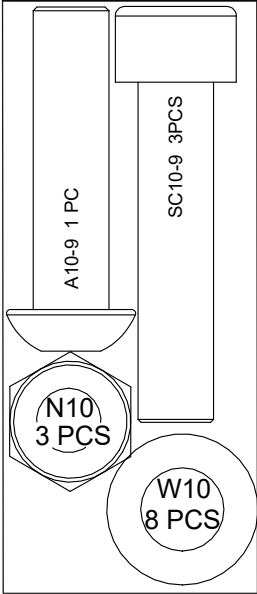
Assemble The Seat Carriage(#15) And The Handle(#19).



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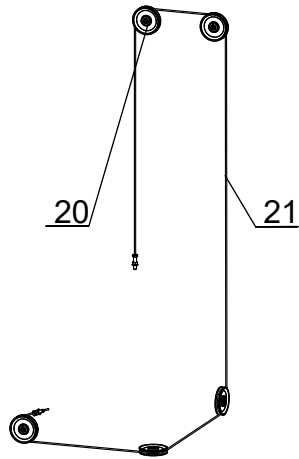


### Fixings

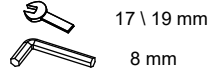


### Parts

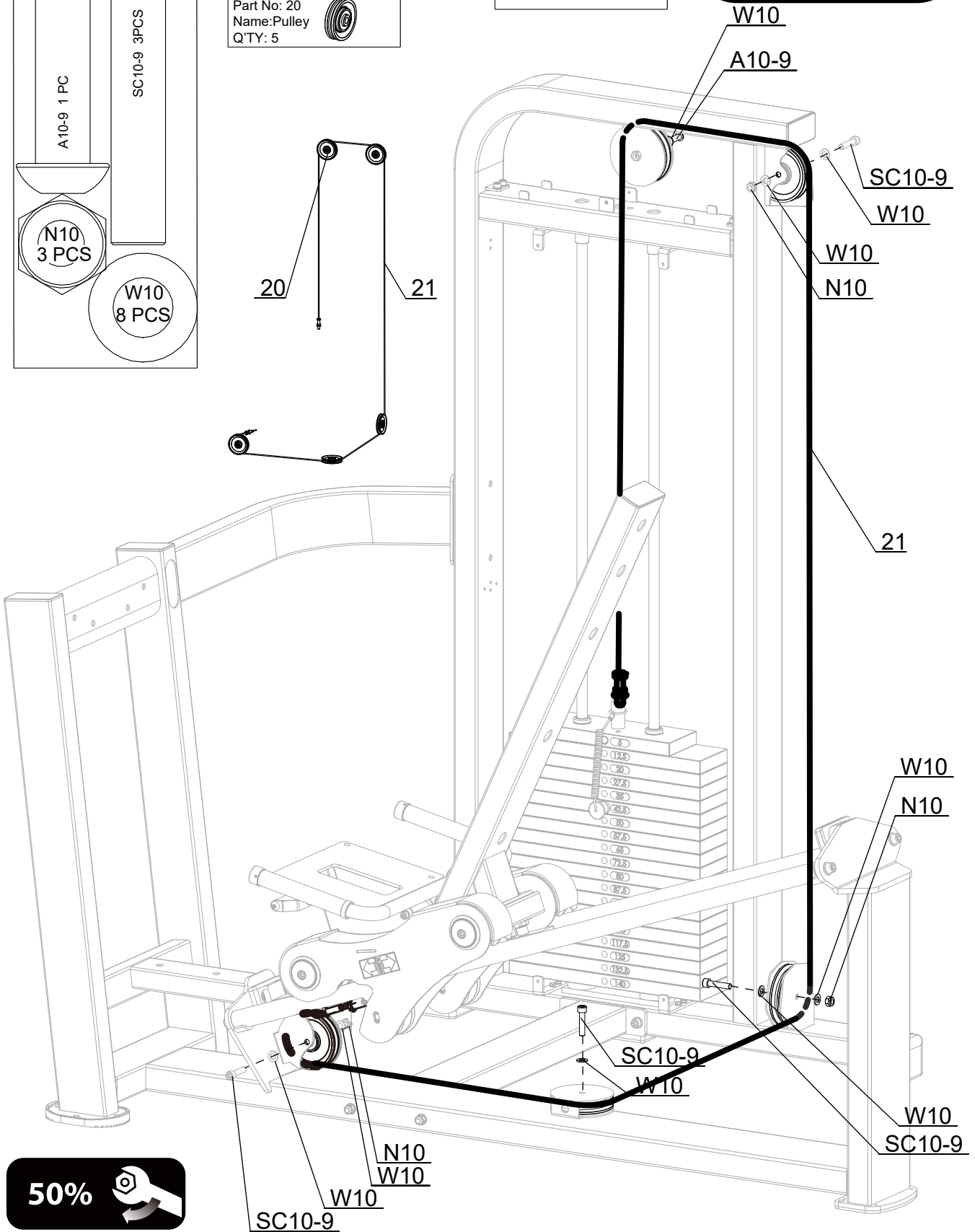
Part No: 21  
Name: Cable  
Q'TY: 1  
Part No: 20  
Name: Pulley  
Q'TY: 5



### Tools



# STEP 9

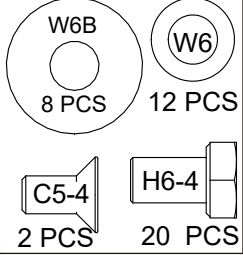


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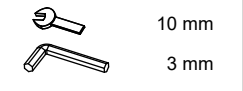


# STEP 10

## Fixings

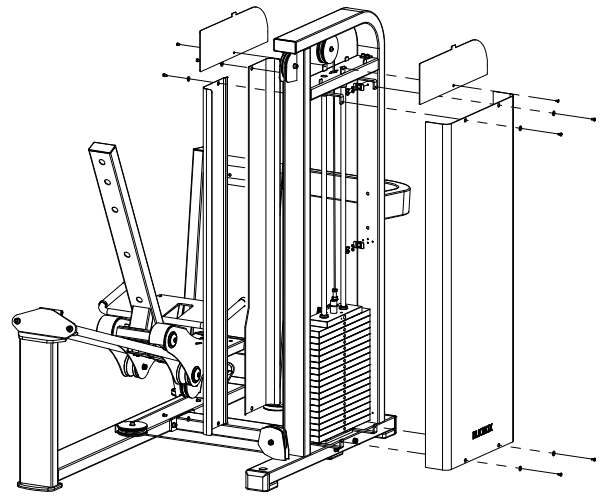


## Tools

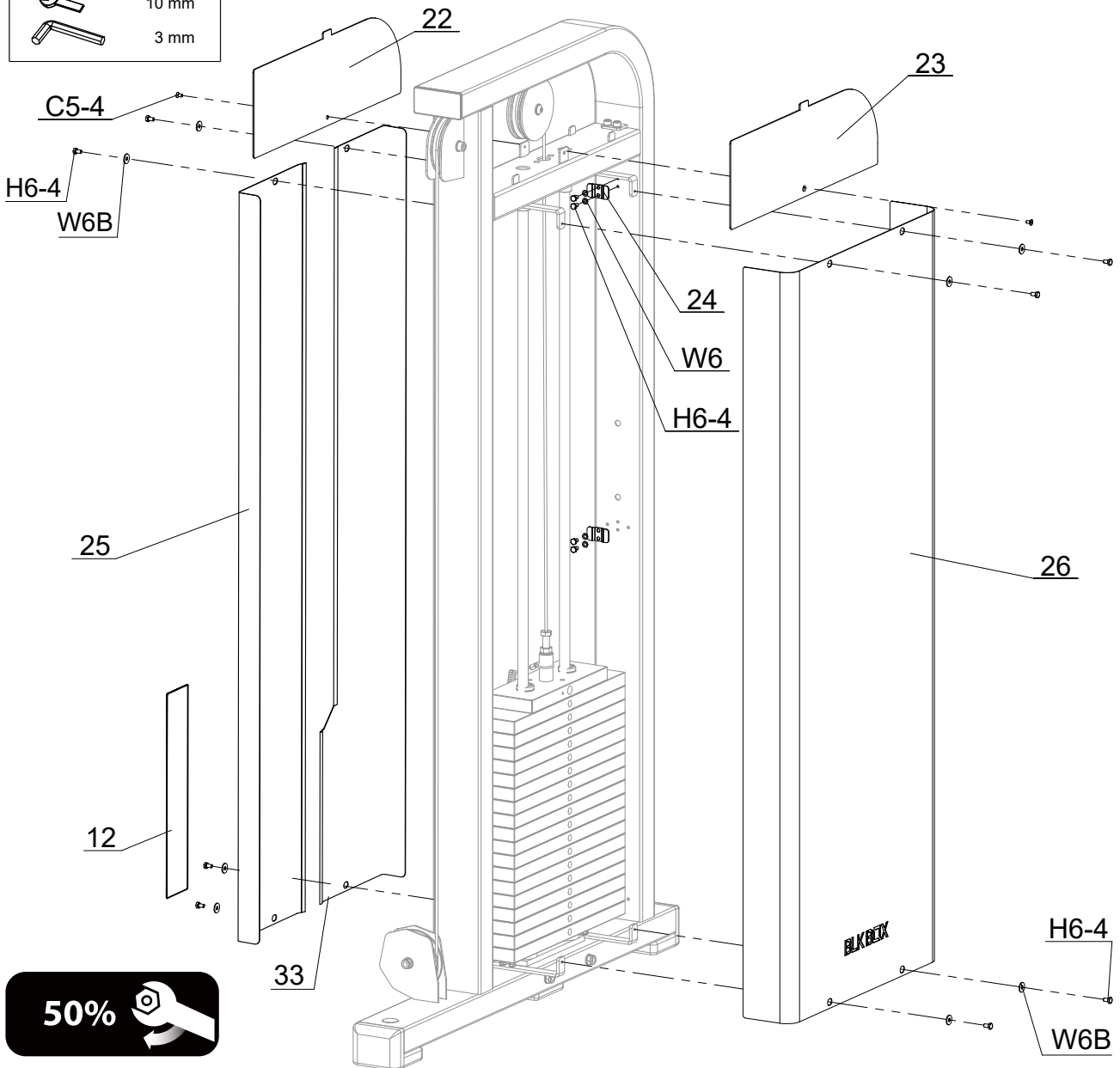


## Parts

- Part No: 12  
Name: Weight Label  
Q'TY: 1
- Part No: 24  
Name: Clamp Plate  
Q'TY: 6
- Part No: 22  
Name: Logo Plate 1  
Q'TY: 1
- Part No: 23  
Name: Logo Plate 2  
Q'TY: 1
- Part No: 25  
Name: Shield  
Q'TY: 1
- Part No: 26  
Name: Back Shield  
Q'TY: 1
- Part No: 33  
Name: Shield  
Q'TY: 1



Install The Shield Plate.



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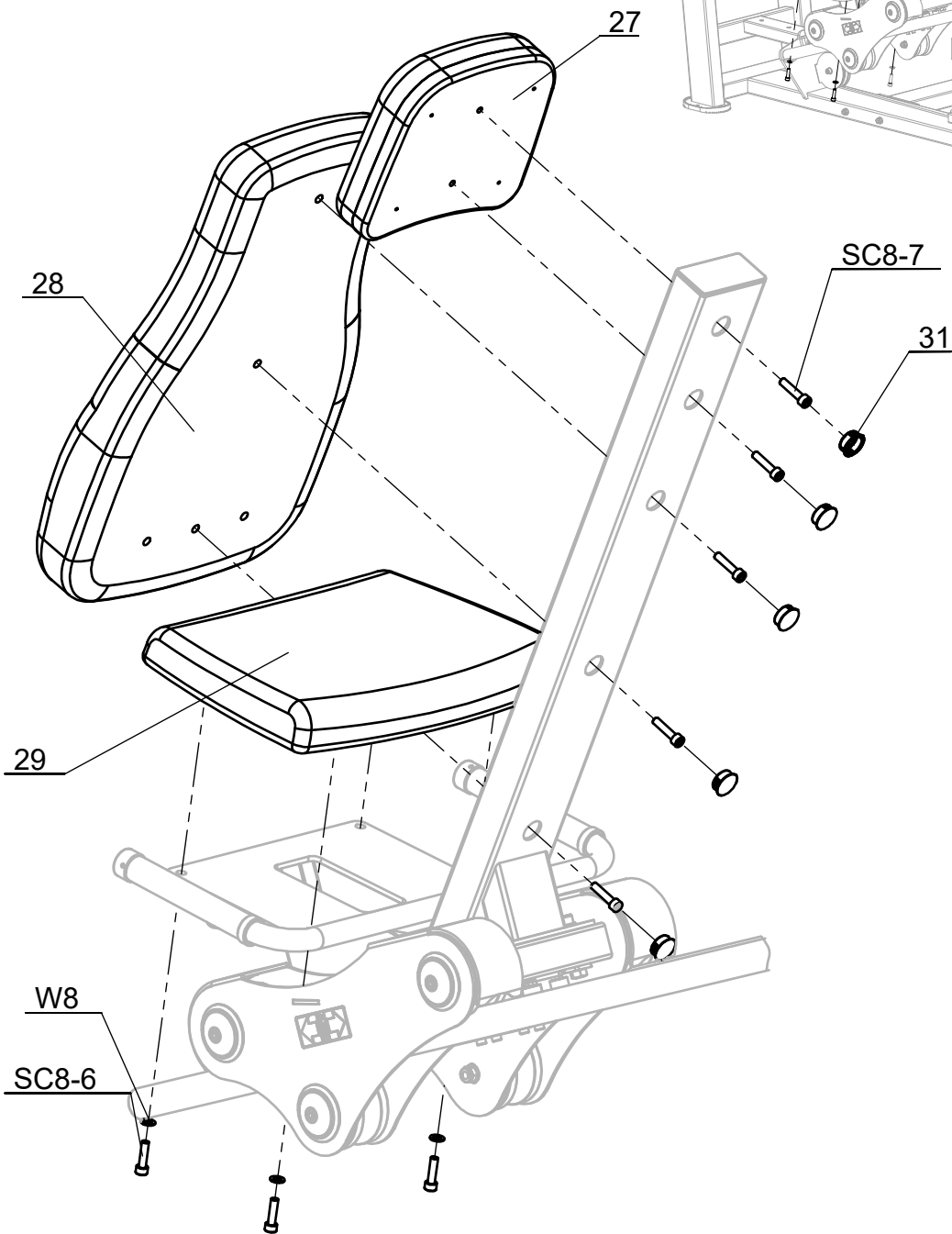
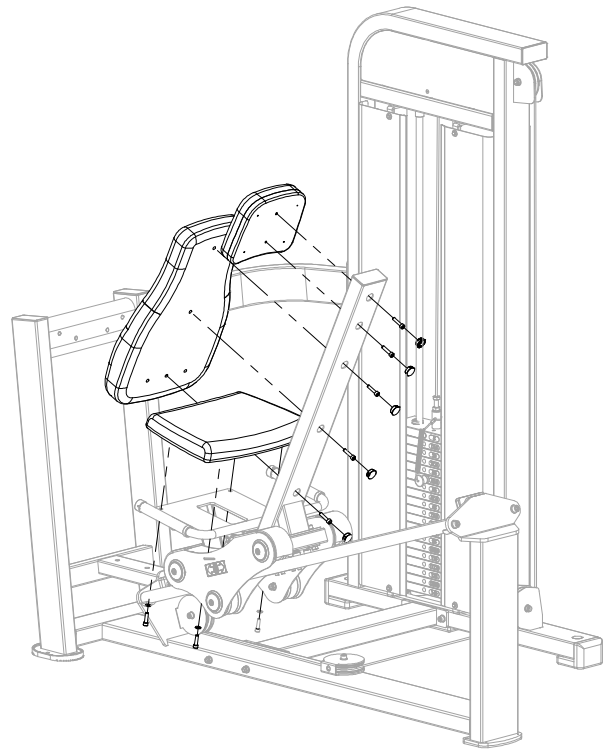


# STEP 11

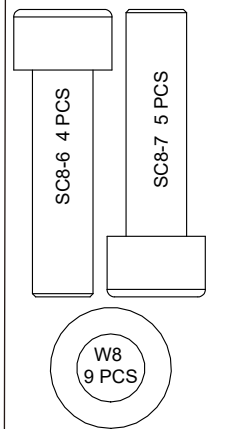
## Tools







6 mm



## Fixings



## Parts

- Part No: 29  
Name: Seat Pad   
Q'TY:1
- Part No: 28  
Name: Backrest Pad   
Q'TY:1
- Part No: 27  
Name: Head Pad   
Q'TY:1
- Part No: 31  
Name: D25 Hole Cap   
Q'TY:5



# STEP 12

## Tools



## Parts

Part No: 30  
Name: Lower Pedal  
Q'TY: 1



Part No: 31  
Name: D25 Hole Cap  
Q'TY: 4



Part No: 32  
Name: Pedal  
Q'TY: 1



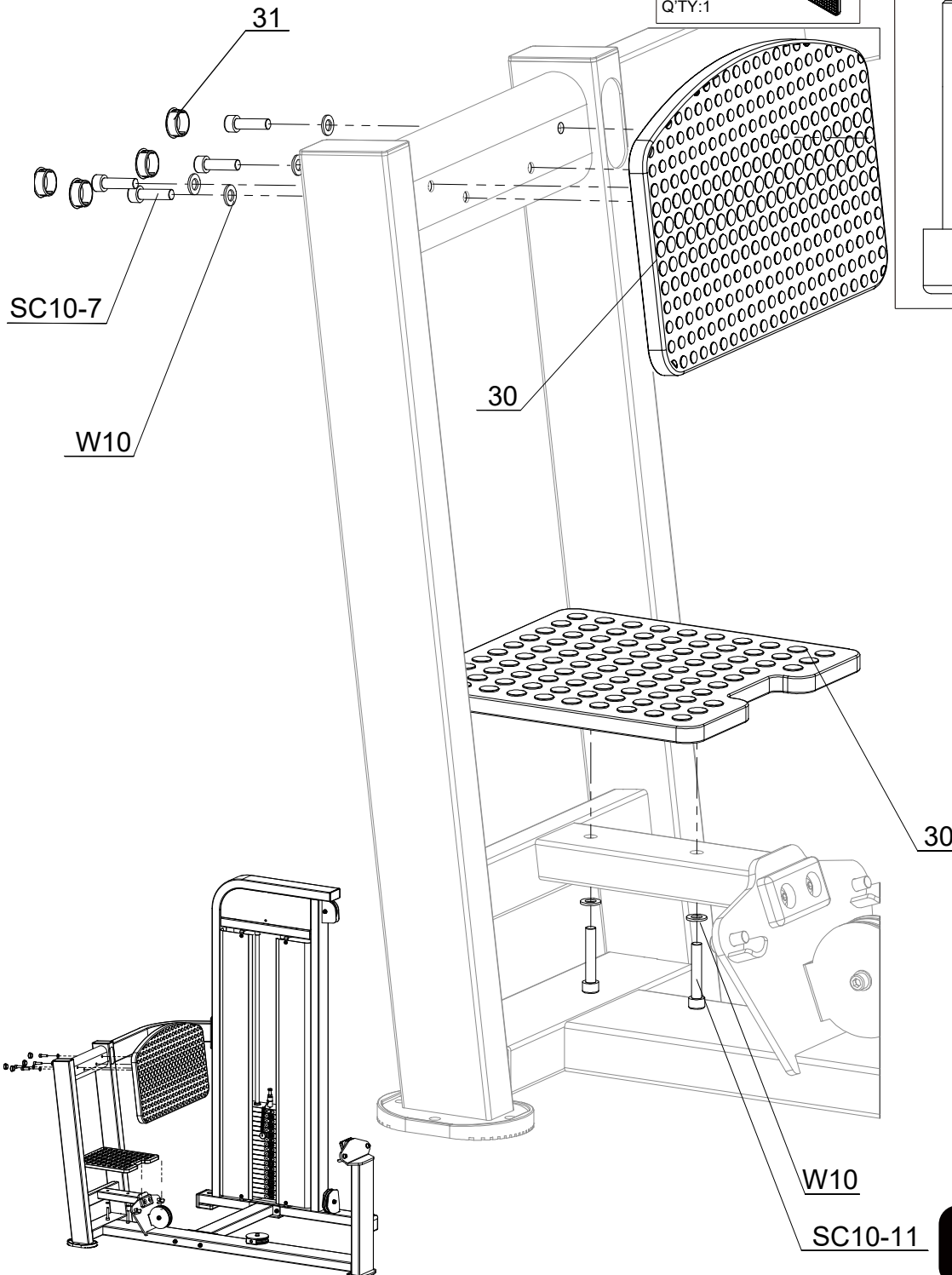
## Fixings

W10  
6 PCS

SC10-7  
4 PCS

SC10-11  
2 PCS

Install The Lower Pedal(#30) And The Pedal(#32).



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## PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	U Plate	4
3	Bottom Connection Tube	1
4	L Shaped Connection Tube	1
5	Main Frame	1
6	External Retaining Ring D19	2
7	Retainer	2
8	Guide Rod	2
9	Top Weight Plate 7.5 Kg	1
10	Weight Plate 7.5 Kg	18
11	Buffer Ring	1
12	Weight Label	1
13	Weight Pin	1
14	OD 35 Guide Rod	2
15	Seat Carriage	1
16	Decration Cover	2
17	Tension Plate	2
18	Wheel	2
19	Handle	1
20	Pulley	5
21	Cable	1
22	Logo Plate 1	1
23	Logo Plate 2	1
24	Clamp Plate	6
25	Shield	1
26	Back Shield	1
27	Head Pad	1
28	Backrest Pad	1
29	Seat Pad	1
30	Lower Pedal	1
31	D25 Hole Cap	9
32	Pedal	1
33	Shield	1

PART#	DESCRIPTION	QTY
N10	Nut M 10	9
A10-9	Button Head Screw M10X45	1
C5-4	Countersunk Head Screw M5X10	2
H6-4	Hex Head Bolt M6X10	28
H10-5	Hex Head Bolt M10X25	2
S8-10	Socket Set Screw M8X50	4
SC6-9	Socket Cap Screw M6X30	4
SC8-6	Socket Cap Screw M8X30	4
SC8-7	Socket Cap Screw M8X35	5
SC10-5	Socket Cap Screw M10X25	2
SC10-6	Socket Cap Screw M10X30	2
SC10-7	Socket Cap Screw M10X35	4
SC10-9	Socket Cap Screw M10X45	4
SC10-11	Socket Cap Screw M10X55	1
SC10-18	Socket Cap Screw M10X90	2
SC10-24	Socket Cap Screw M10X120	2
SC10-35	Socket Cap Screw M10X175	2
SC12-5	Socket Cap Screw M12X25	4
W6B	Big Washer 6	8
W6B	Washer 6	24
W8	Washer 8	9
W10	Washer 10	28
W12	Washer 12	4