


# BLK BOX

## Pin Select V Squat

### Setup Instructions

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



# Table Of Contents

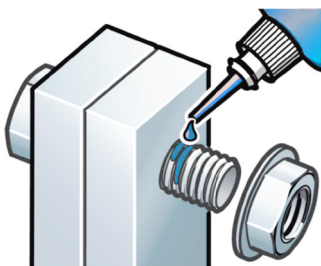
Assembly Instructions.....	2-16
Part List.....	17

# To Apply Thread Locker

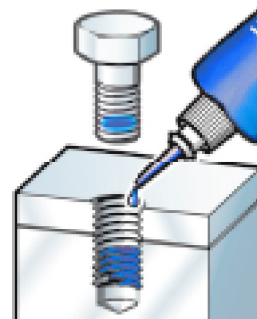
The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

## 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).

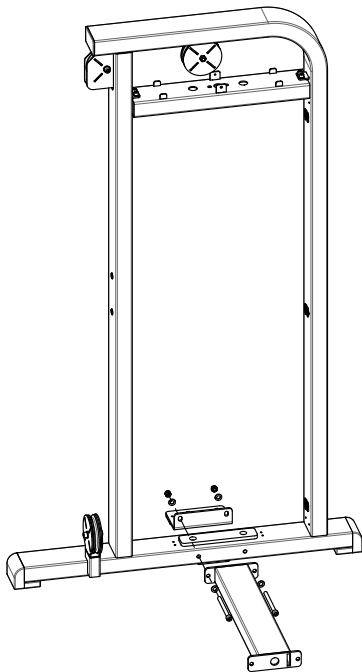


**FIG 1**



**FIG 2**

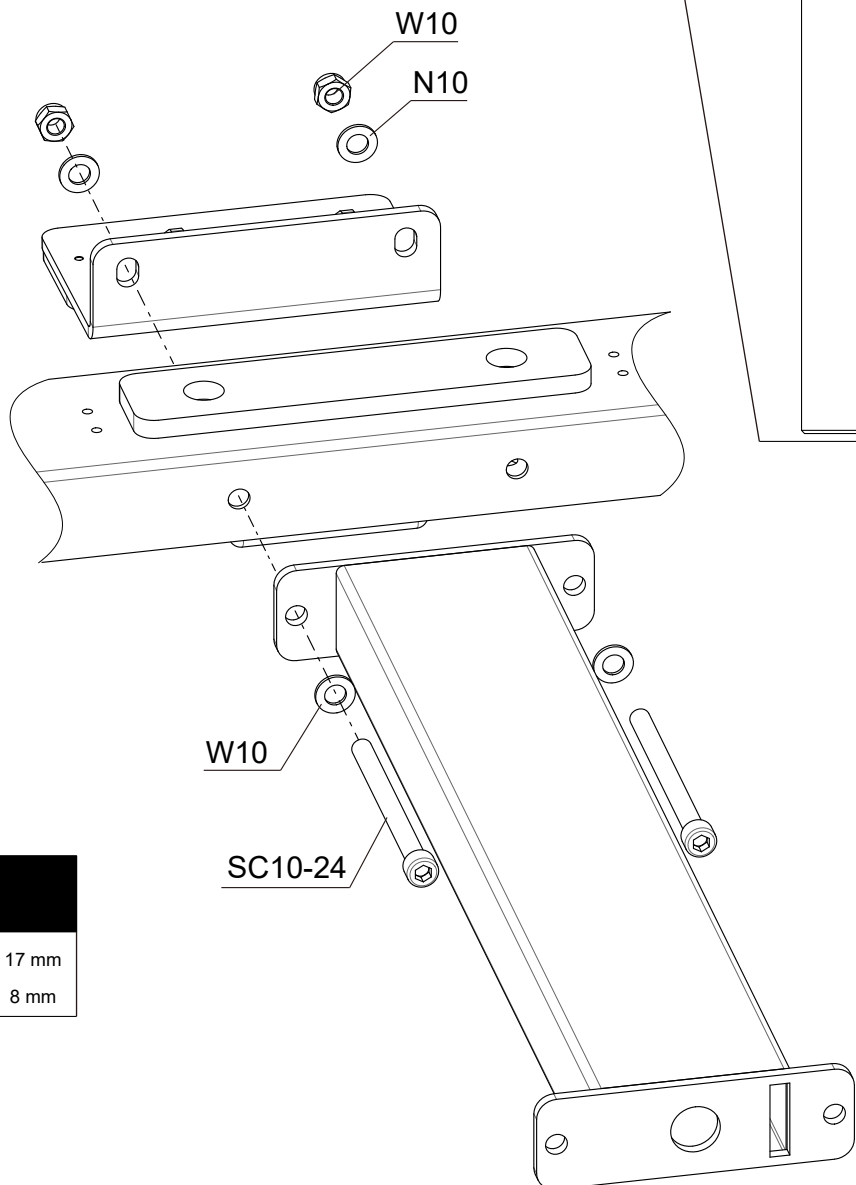
# STEP 1



Assemble the Weight Frame(#1),the Connecting Tube (#3) and the Brace(#18)

Parts	
Part No: 1 Name: Weight Frame Q'TY: 1	
Part No: 3 Name: Connecting Tube Q'TY: 1	
Part No: 18 Name: Brace Q'TY: 1	

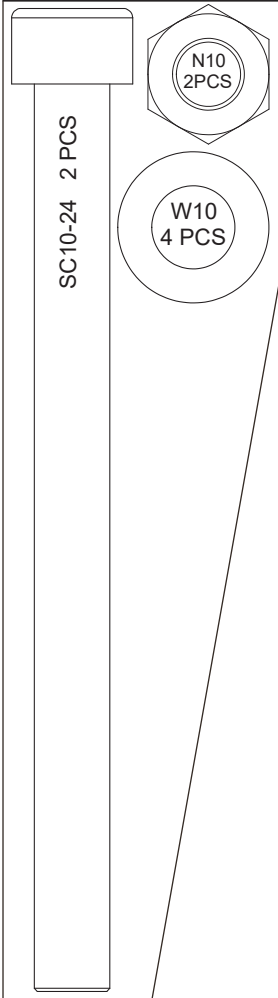
Fixings	
 N10 2PCS	 SC10-25 2 PCS
 W10 4 PCS	



Tools	
	17 mm
	8 mm



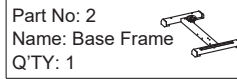
Fixings



Tools

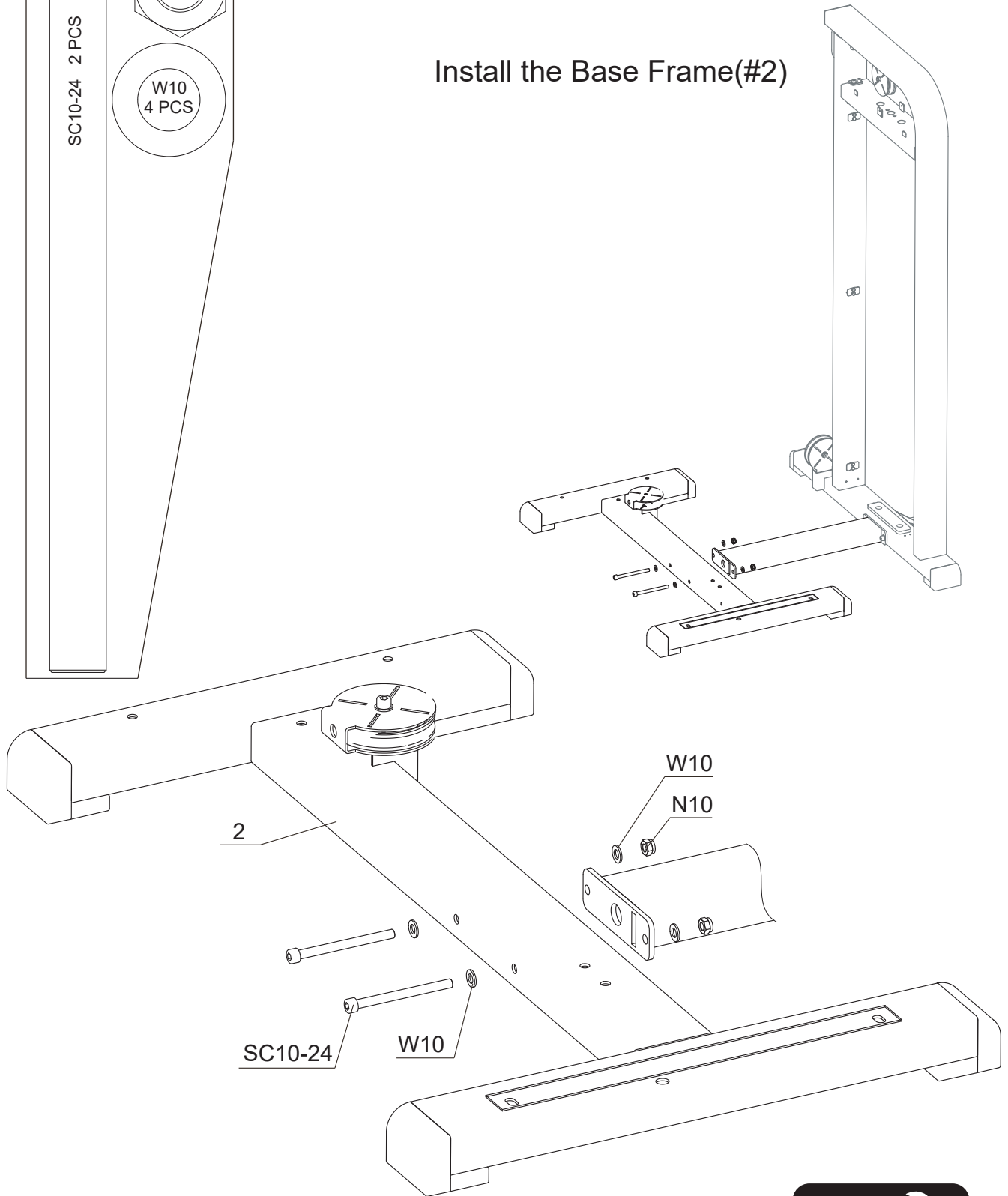


Parts



**STEP 2**

Install the Base Frame(#2)



# STEP 3

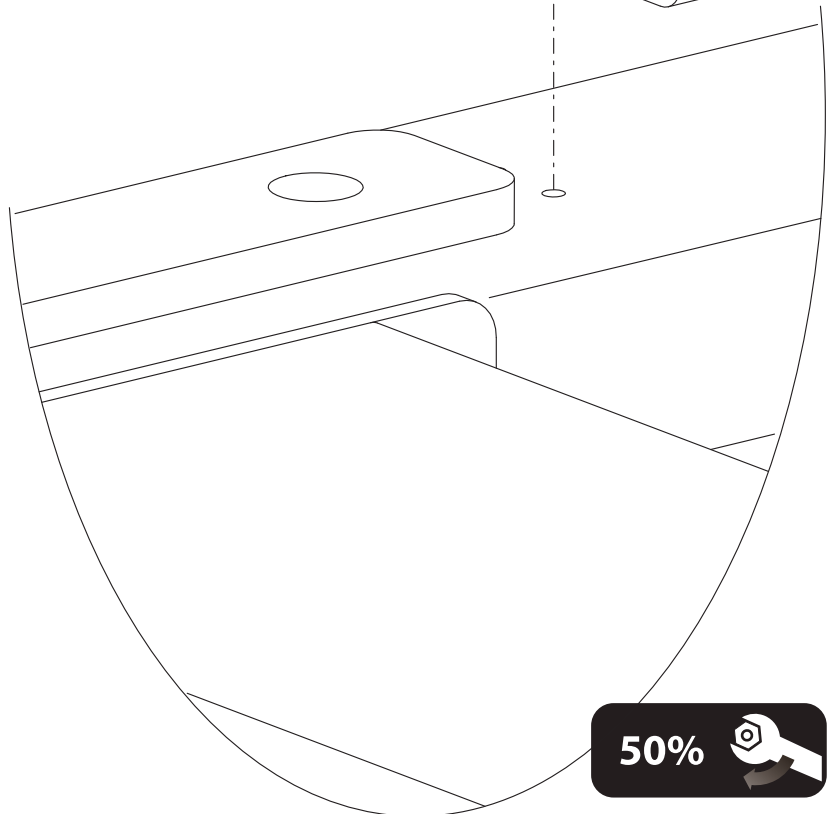
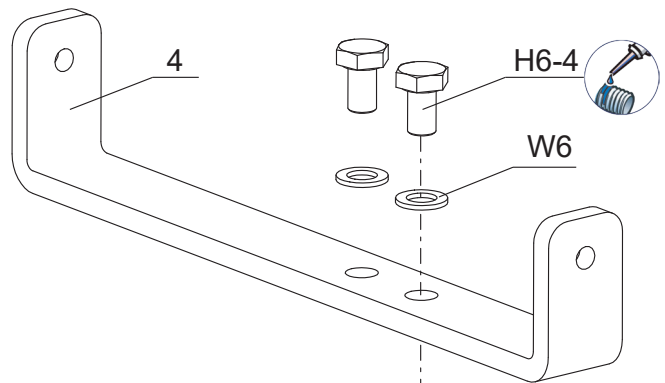
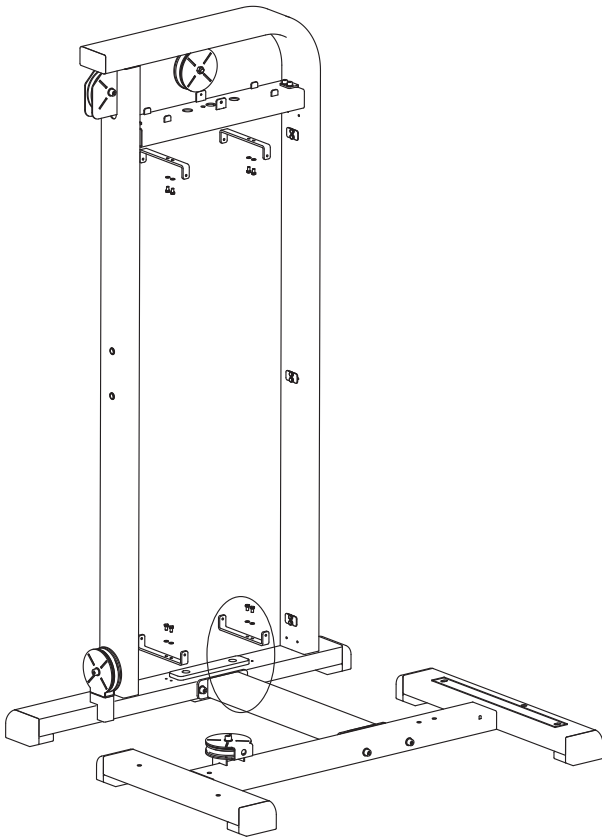
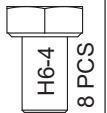
Fix the Shield Support(#4).

## Parts

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



## Fixings



## Tools



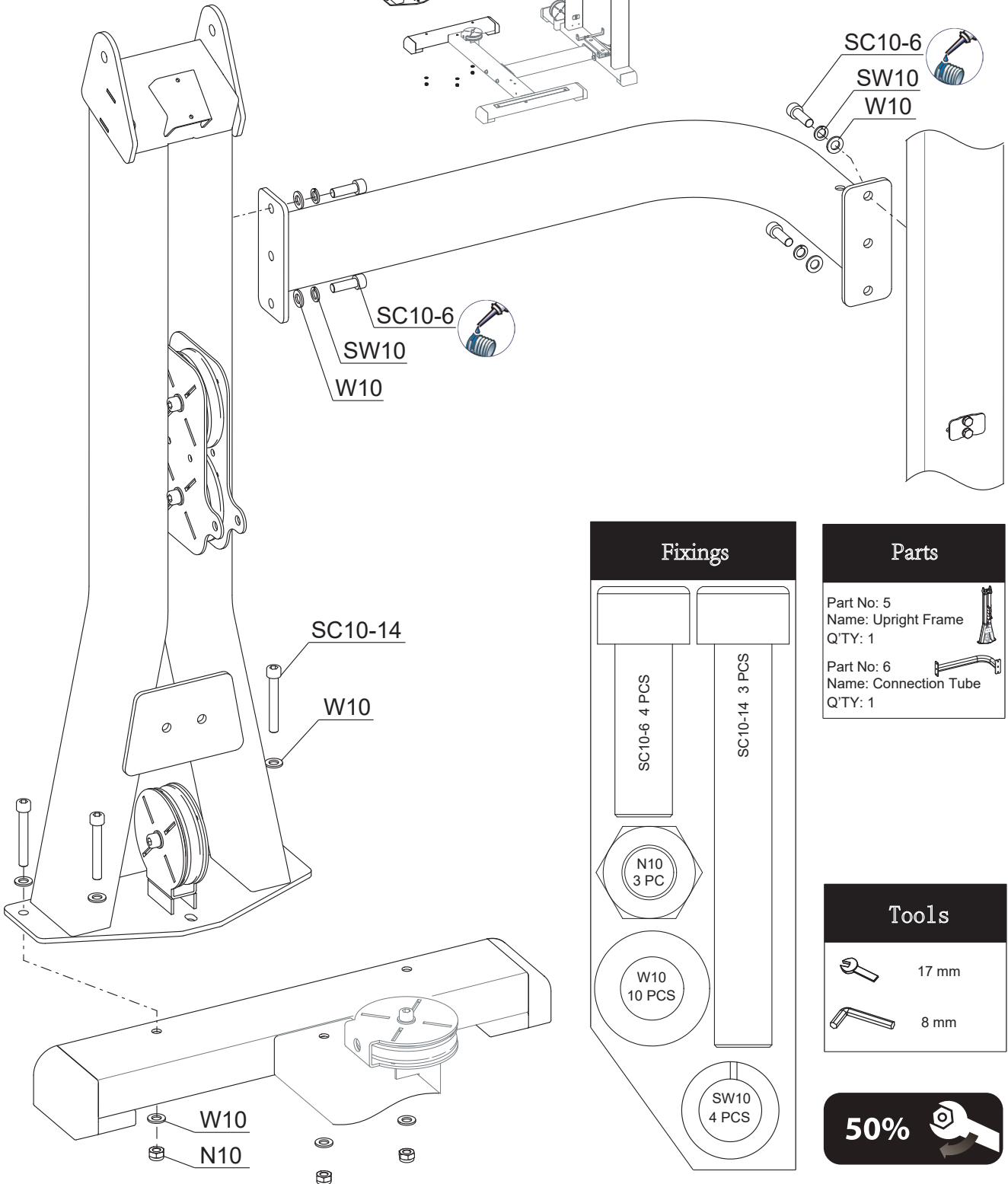
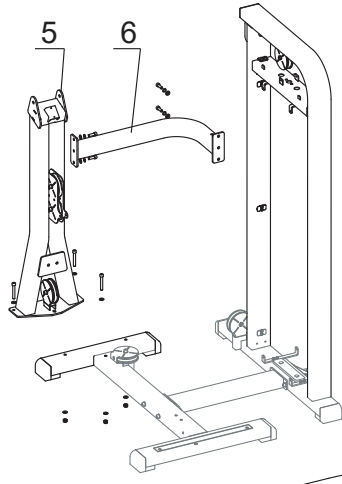
10 mm

50%



# STEP 4

Install the Upright Frame(#5) to the Base Frame(#2), and connect it to the Weight Frame with the Connection Tube(#6).



Fixings	
SC10-6 4 PCS	SC10-14 3 PCS
N10 3 PC	
W10 10 PCS	
SW10 4 PCS	

Parts	
Part No: 5 Name: Upright Frame Q'TY: 1	
Part No: 6 Name: Connection Tube Q'TY: 1	

Tools	
	17 mm
	8 mm



# STEP 5

## Parts

Part No: 7  
Name: Pedal Support  
Q'TY: 1



## Tools



17 mm



8 mm

## Fixings

SC10-6 2 PCS

SC10-14 2 PCS

N10

2 PC

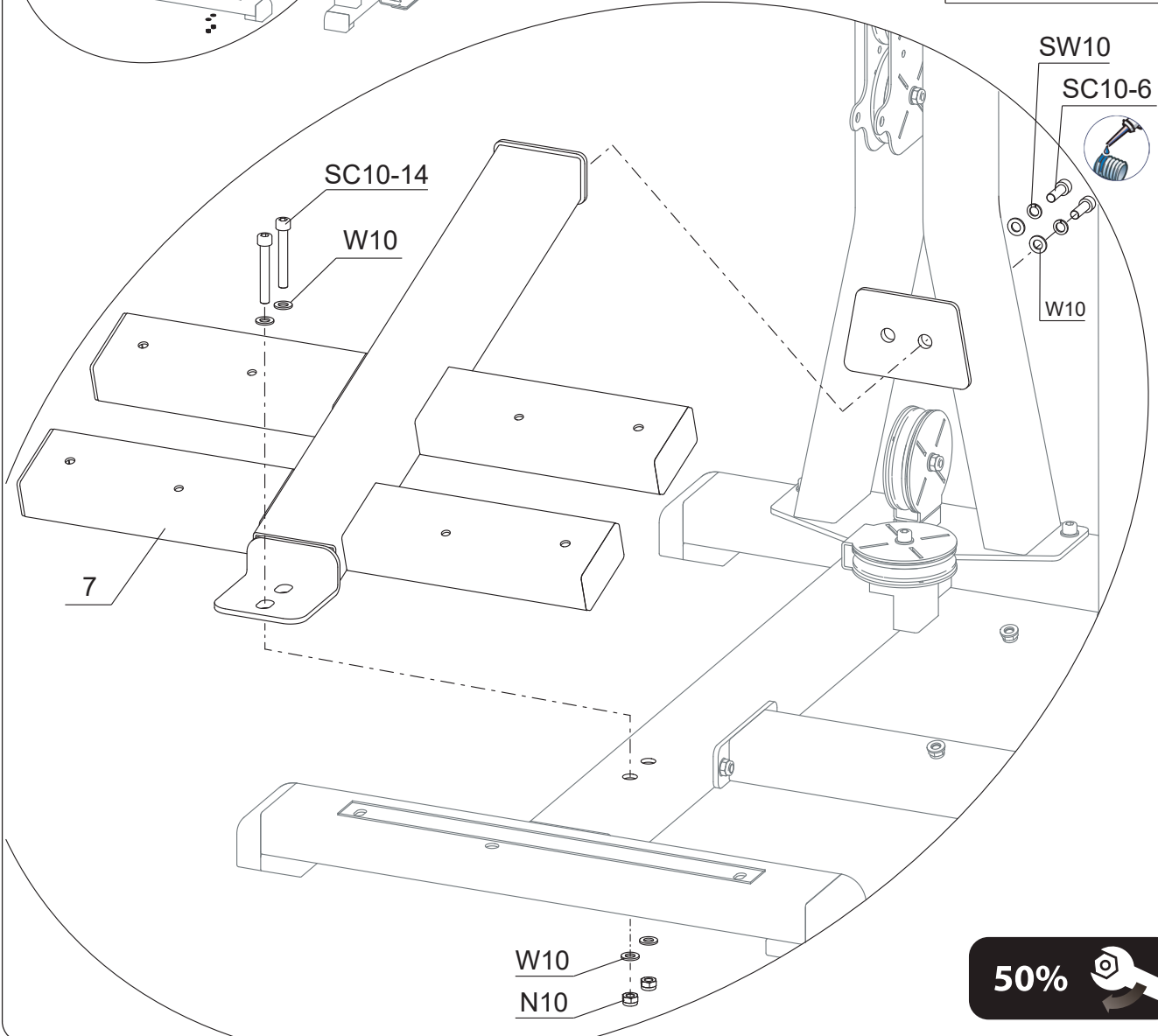
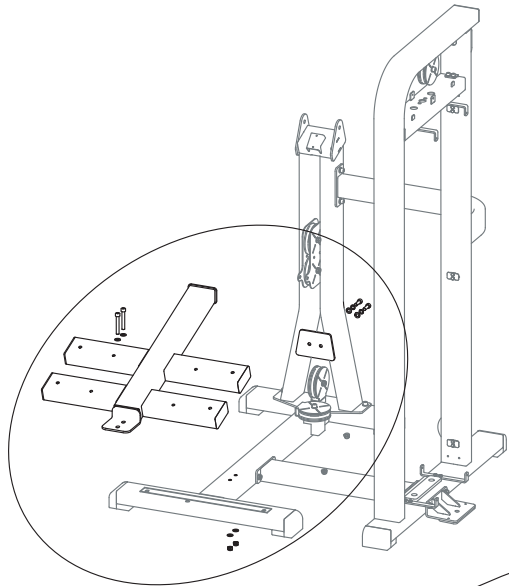
SW10

2 PCS

W10

6 PCS

Install the Pedal Support(#7)



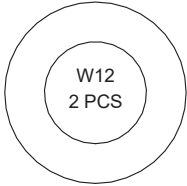
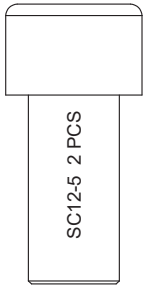
W10

N10

50%

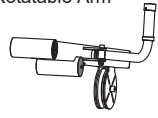


Fixings

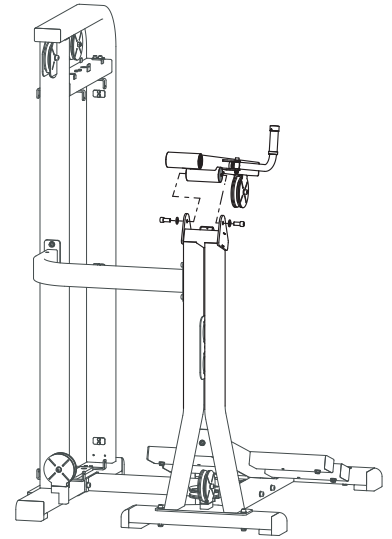


Parts

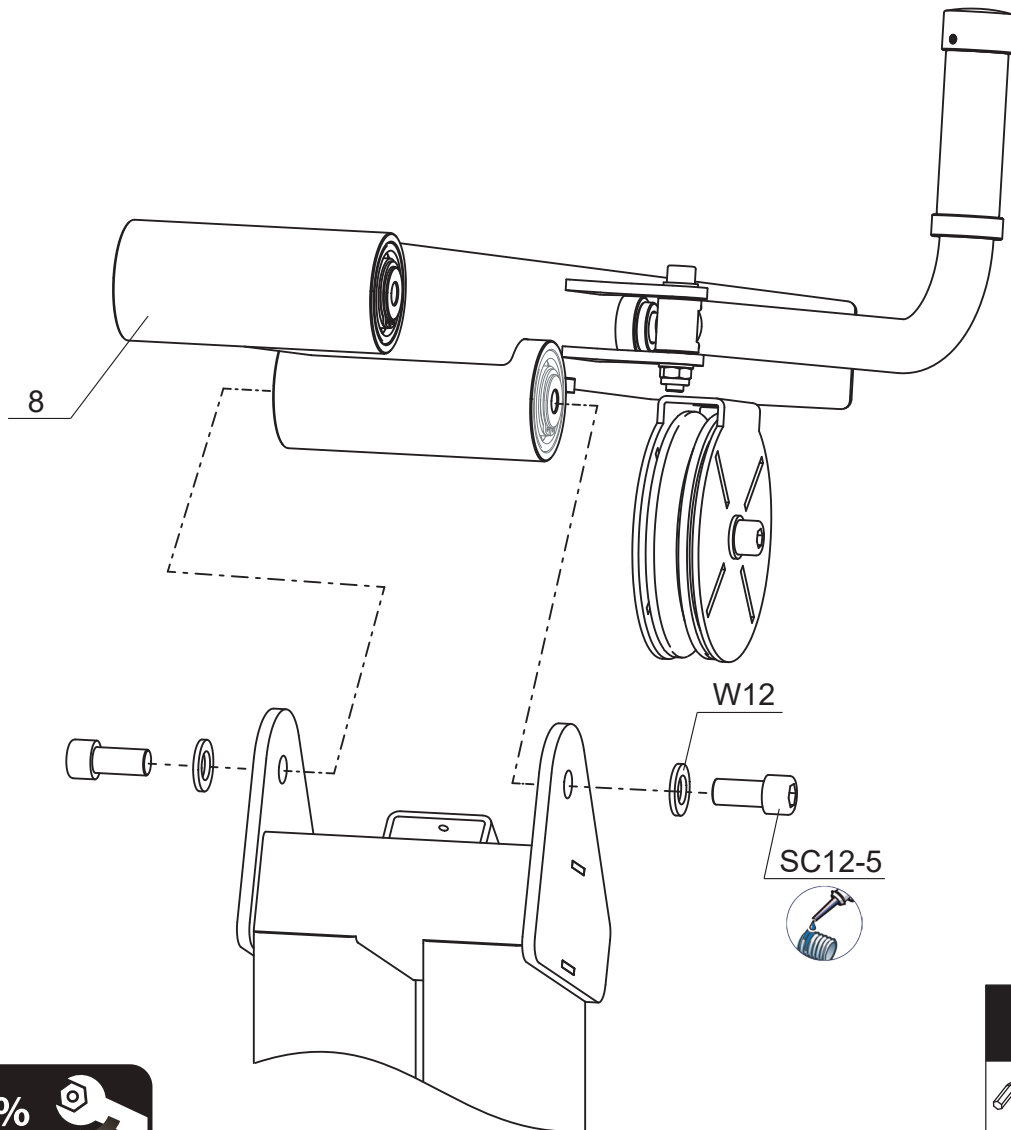
Part No: 8  
Name: Rotatable Arm  
Q'TY: 1



STEP 6



Install The Rotatable Arm(#8).

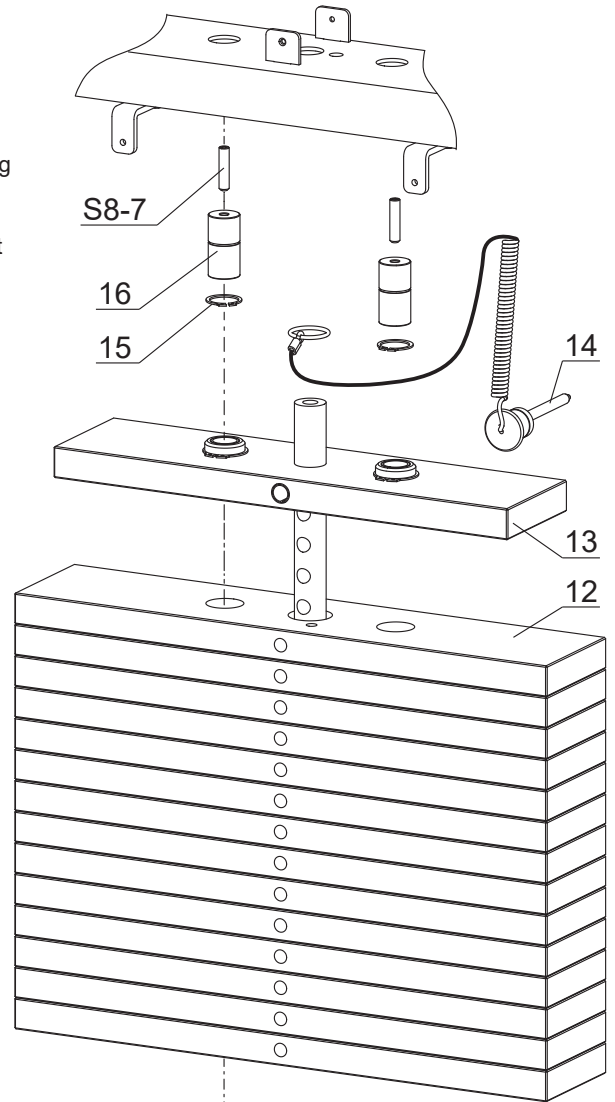
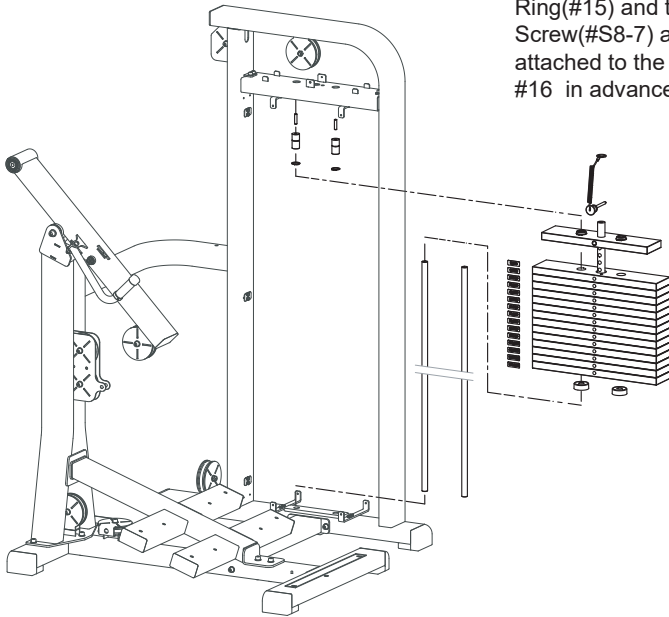


50%

Tools  
 10 mm

# STEP 7

The Outer Retaining Ring(#15) and the Screw(#S8-7) are attached to the part #16 in advance.



Install The Weight Stack.

**NOTE:**  
If the movement of the weight stack is not smooth during exercising. Please lubricate the guide rods.

## Parts

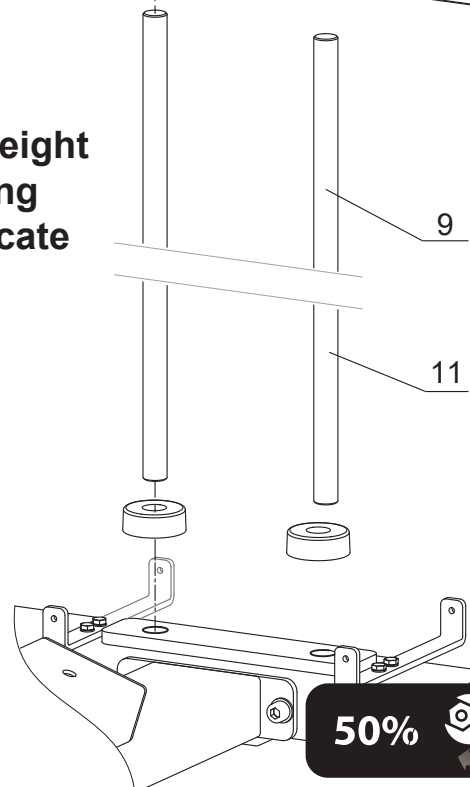
- Part No: 9  
Name: Guide Rod  
Q'TY: 2
- Part No: 11  
Name: Rubber Buffer  
Q'TY: 2
- Part No: 12  
Name: Weight Plate 9Kg  
Q'TY: 14
- Part No: 13  
Name: Top Weight Plate 7.5Kg  
Q'TY: 1
- Part No: 14  
Name: Weight Pin  
Q'TY: 1
- Part No: 15  
Name: Outer Retaining Ring D19  
Q'TY: 2
- Part No: 16  
Name: Rod Retainer  
Q'TY: 2

## Fixings

S8-7  
2 PCS

## Tools

4 mm

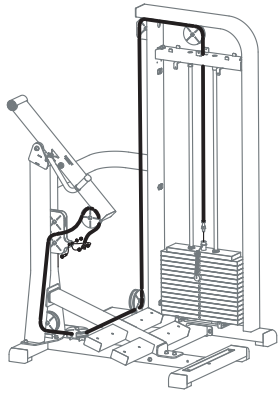


50%

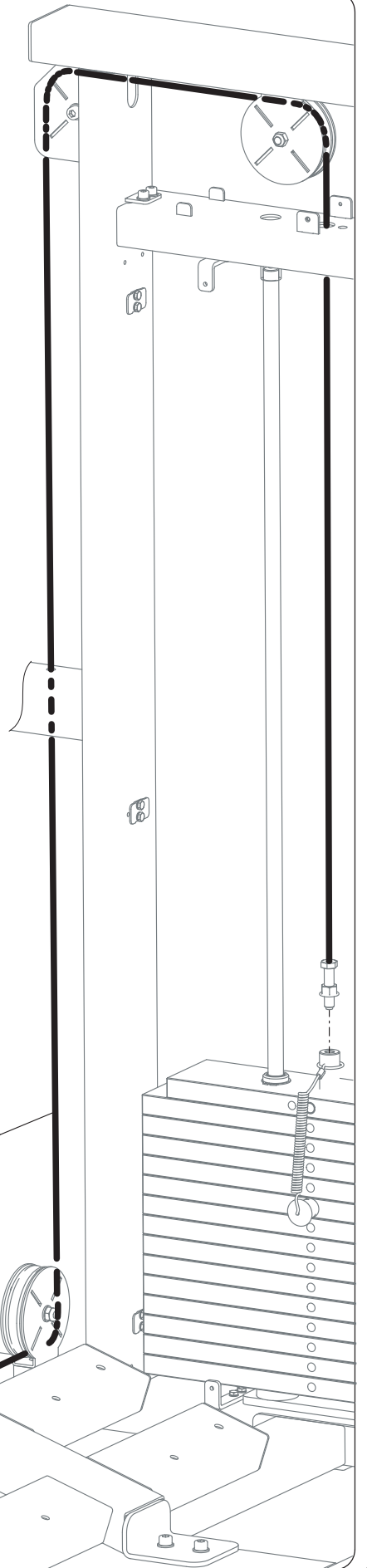
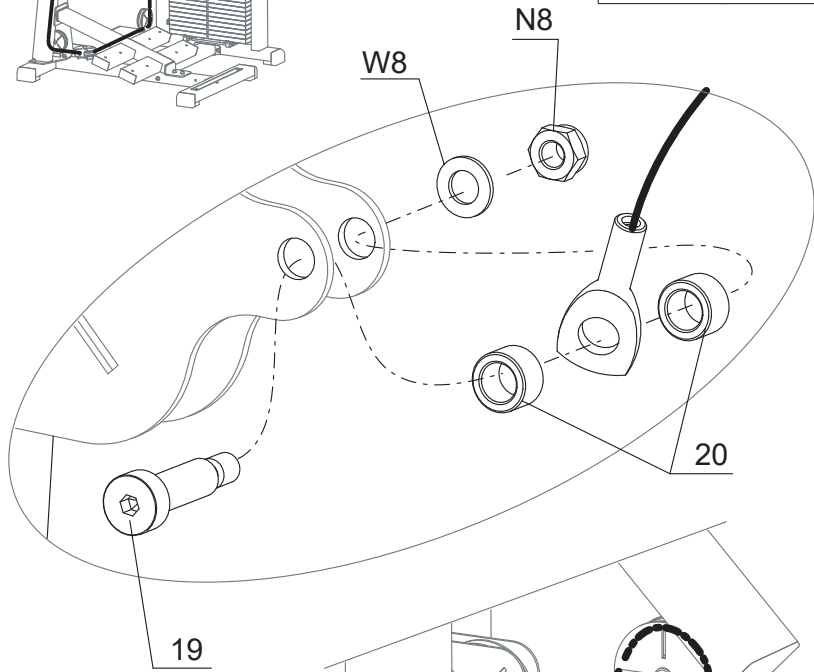


# STEP 8

Route the Cable.



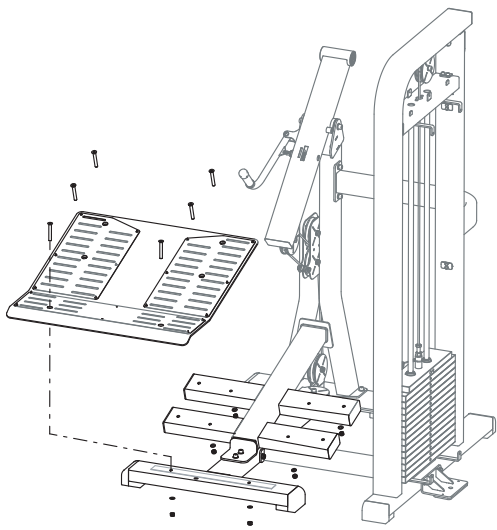
Parts	
Part No: 17 Name: Cable Q'TY: 1	
Part No: 19 Name: Shoulder Bolt Q'TY: 1	
Part No: 20 Name: Spacer Q'TY: 2	







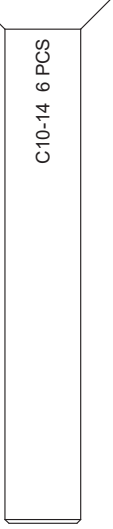
Fixings	
 W8 1 PC	 N8 1 PC


Tools	
 14 \ 17 \ 19 mm	
 5 \ 8 mm	

# STEP 9

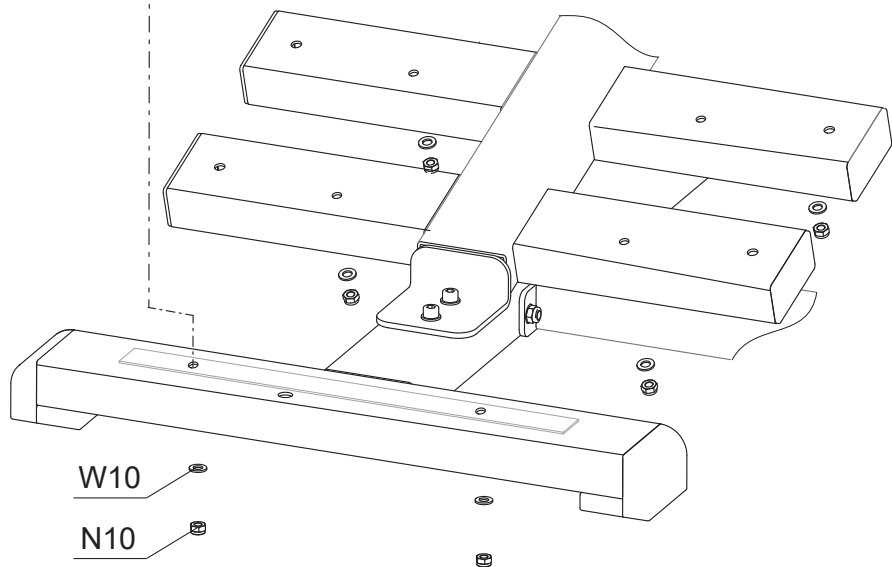
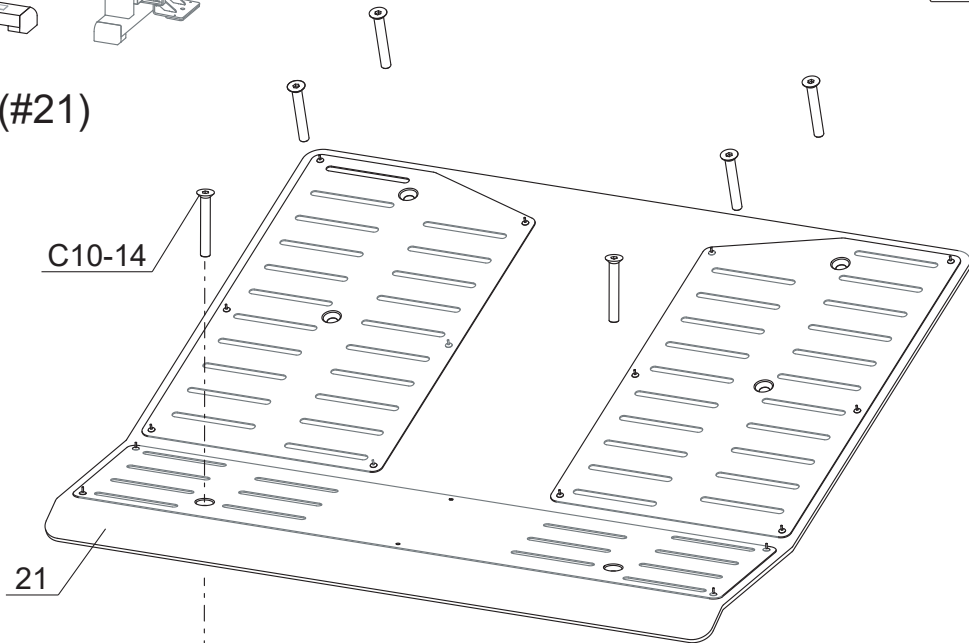


Tools	
	17 mm
	6 mm

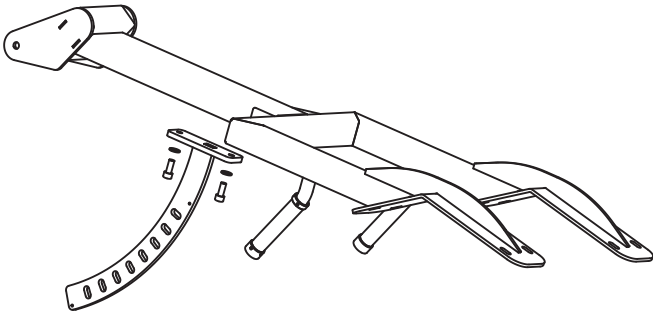
Fixings	
	N10 6 PCS
	W10 6 PCS
	C10-14 6 PCS



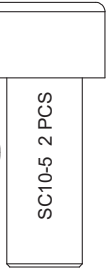
Parts	
Part No: 21	
Name: Pedal	
Q'TY: 1	

Fix The Pedal(#21)

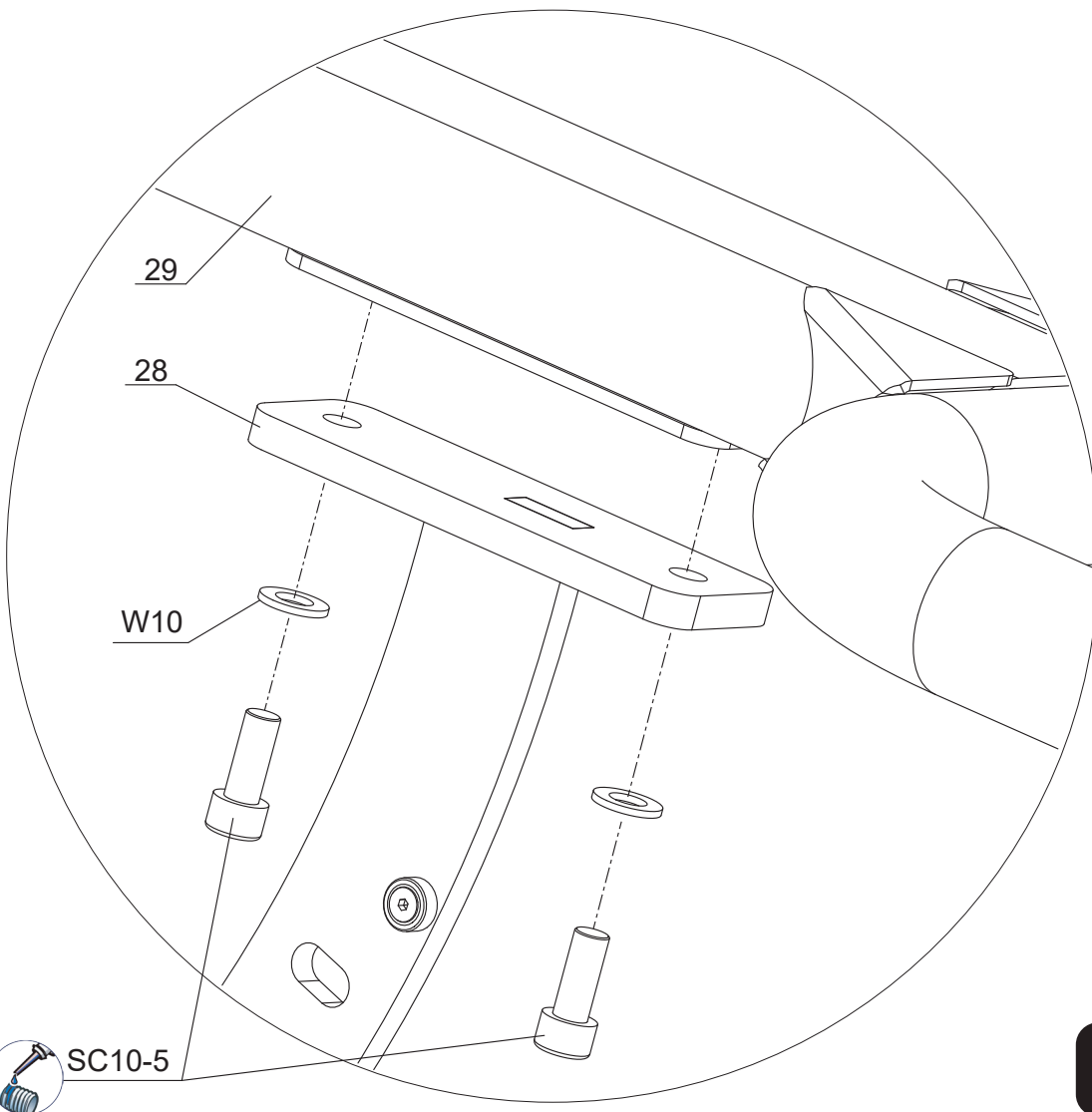


# STEP 10



Fixings	Tools
 W10 2 PCS	 8 mm
 SC10-5 2 PCS	Parts
	Part No: 28 Name: Adjusting Plate Q'TY: 1
	Part No: 29 Name: Work Arm Q'TY: 1

Assemble The Adjusting Plate(#28) And The Work Arm(#29).



# STEP 11

## Tools



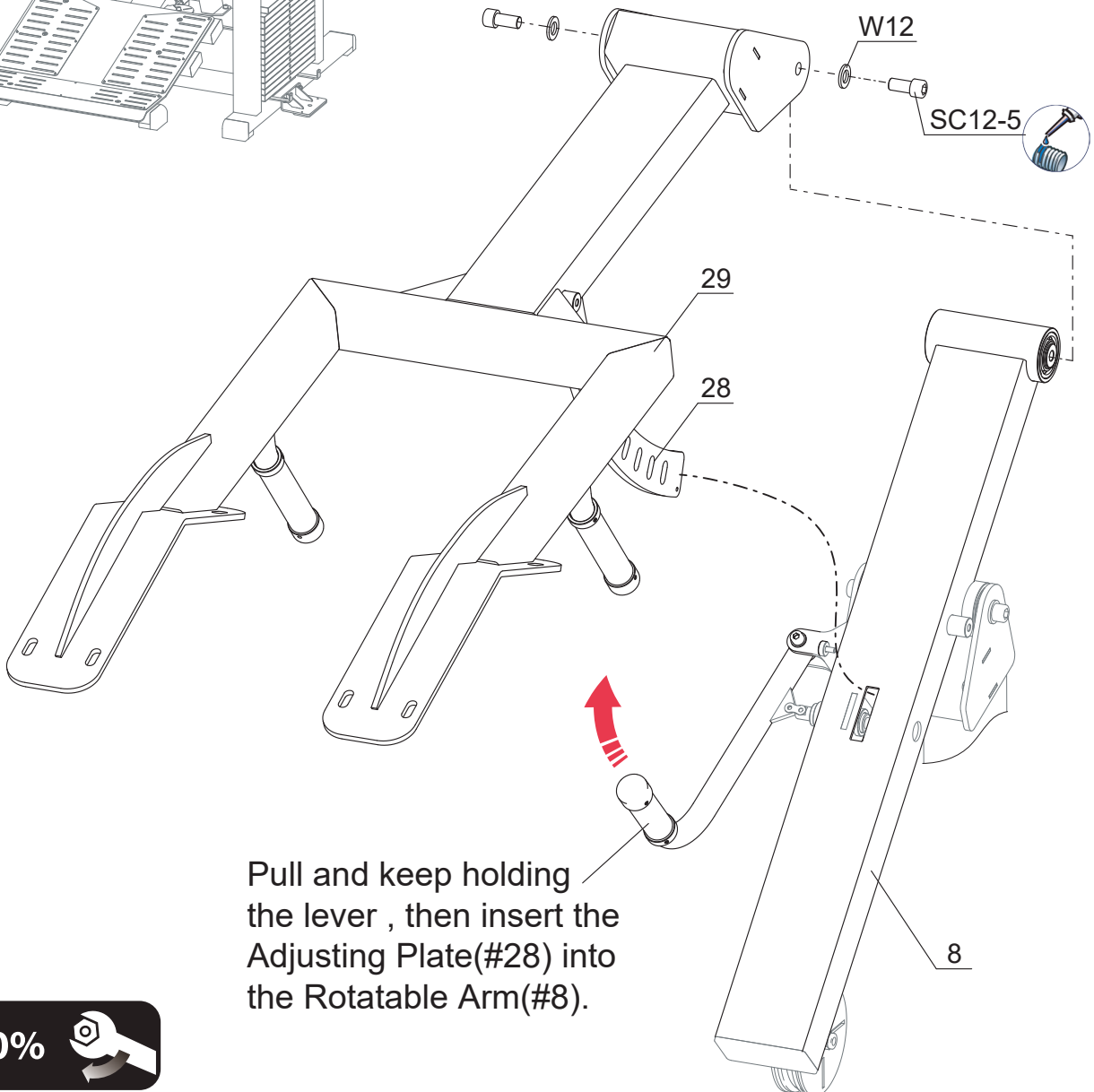
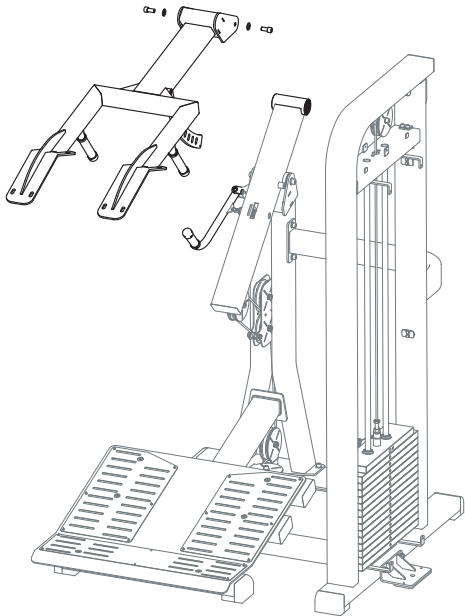
10 mm

## Fixings

SC12-5 2 PCS

W12  
2 PCS

Assemble The Work Arm(#29)  
And The Rotatable Arm(#8).



Pull and keep holding  
the lever , then insert the  
Adjusting Plate(#28)  
into the Rotatable Arm(#8).

50%



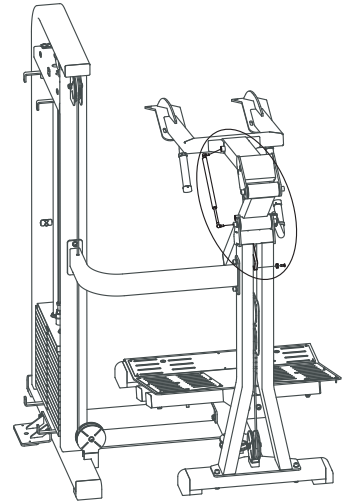
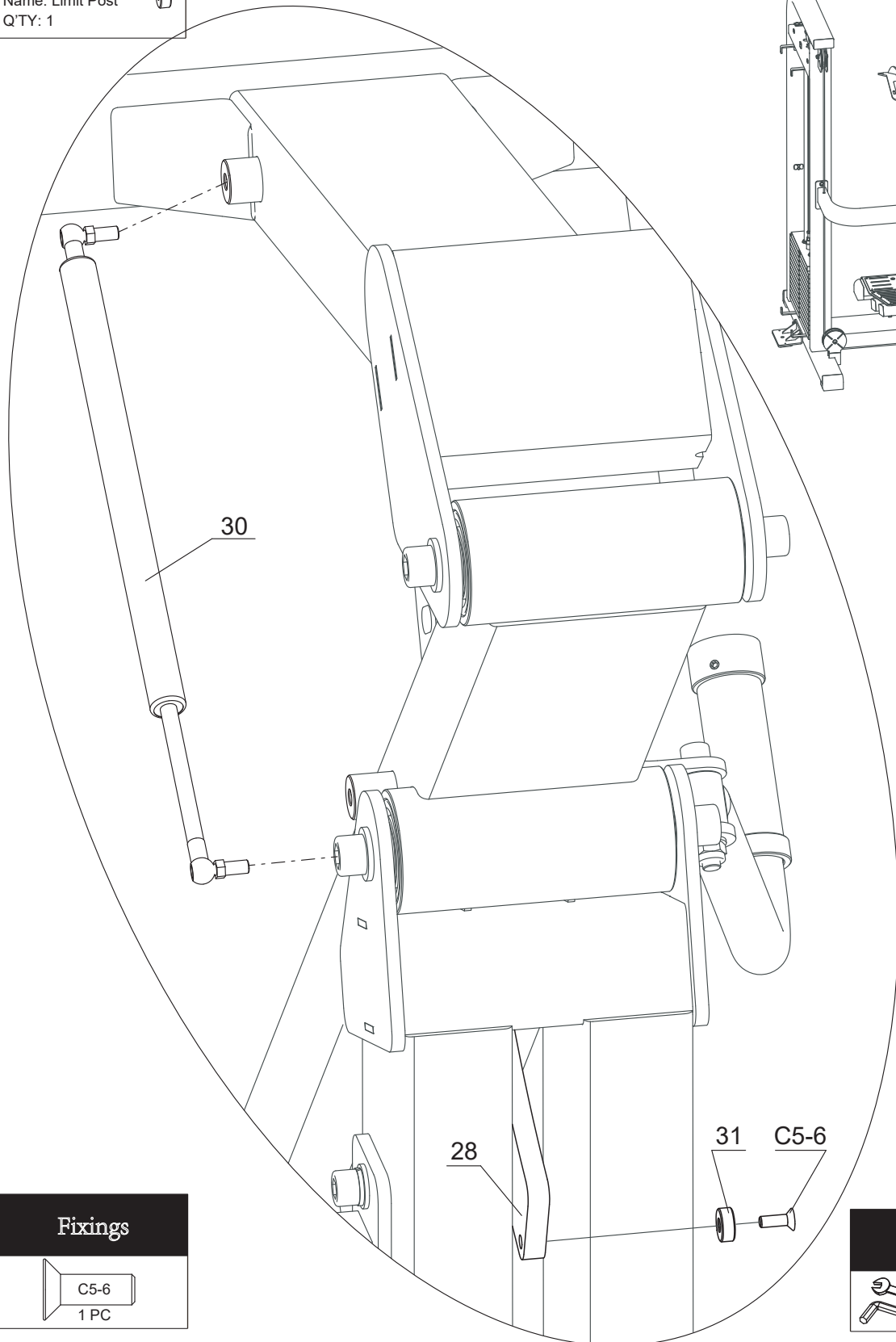
### Parts

Part No: 30  
Name: Gas Spring  
Q'TY: 1

Part No: 31  
Name: Limit Post  
Q'TY: 1

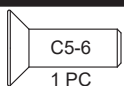
Install the Gas Spring (#30)  
and the Limit Post(#31).

# STEP 12



The Limit Post (#31) and the Screw(#C5-6) are attached to the Adjusting Plate(#28) in advance.

### Fixings



C5-6  
1 PC


### Tools



10 mm  
3 mm


# STEP 13

**Tools**




6 mm

**Parts**

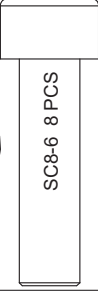


Part No: 27  
Name: Shoulder Pad  
Q'TY: 2

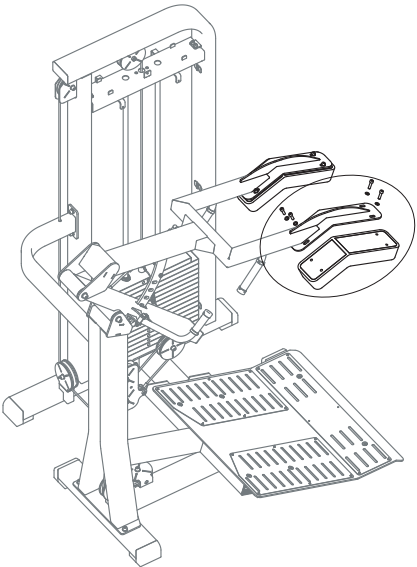
**Fixings**



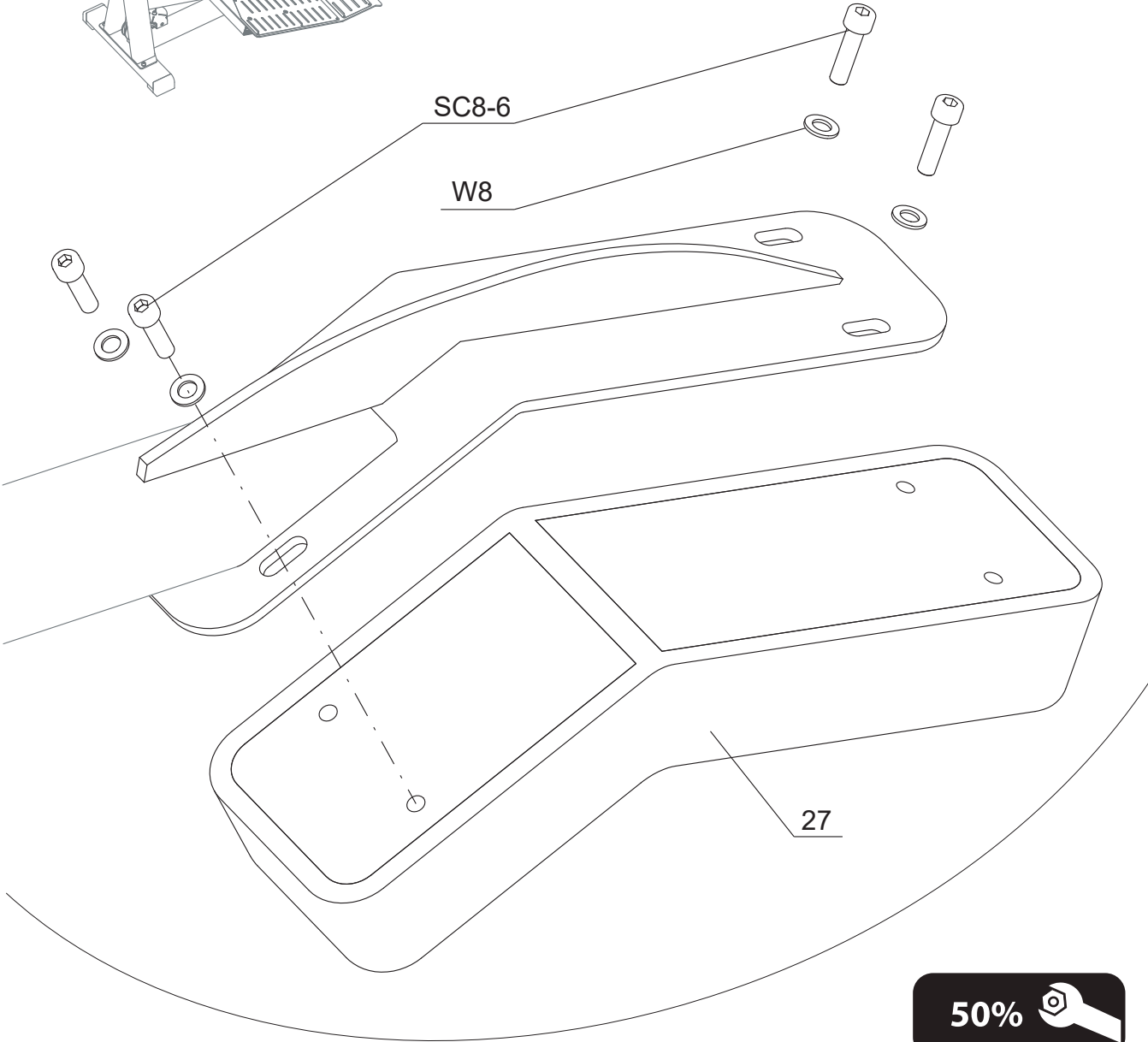
W8  
8 PCS



SC8-6 8 PCS

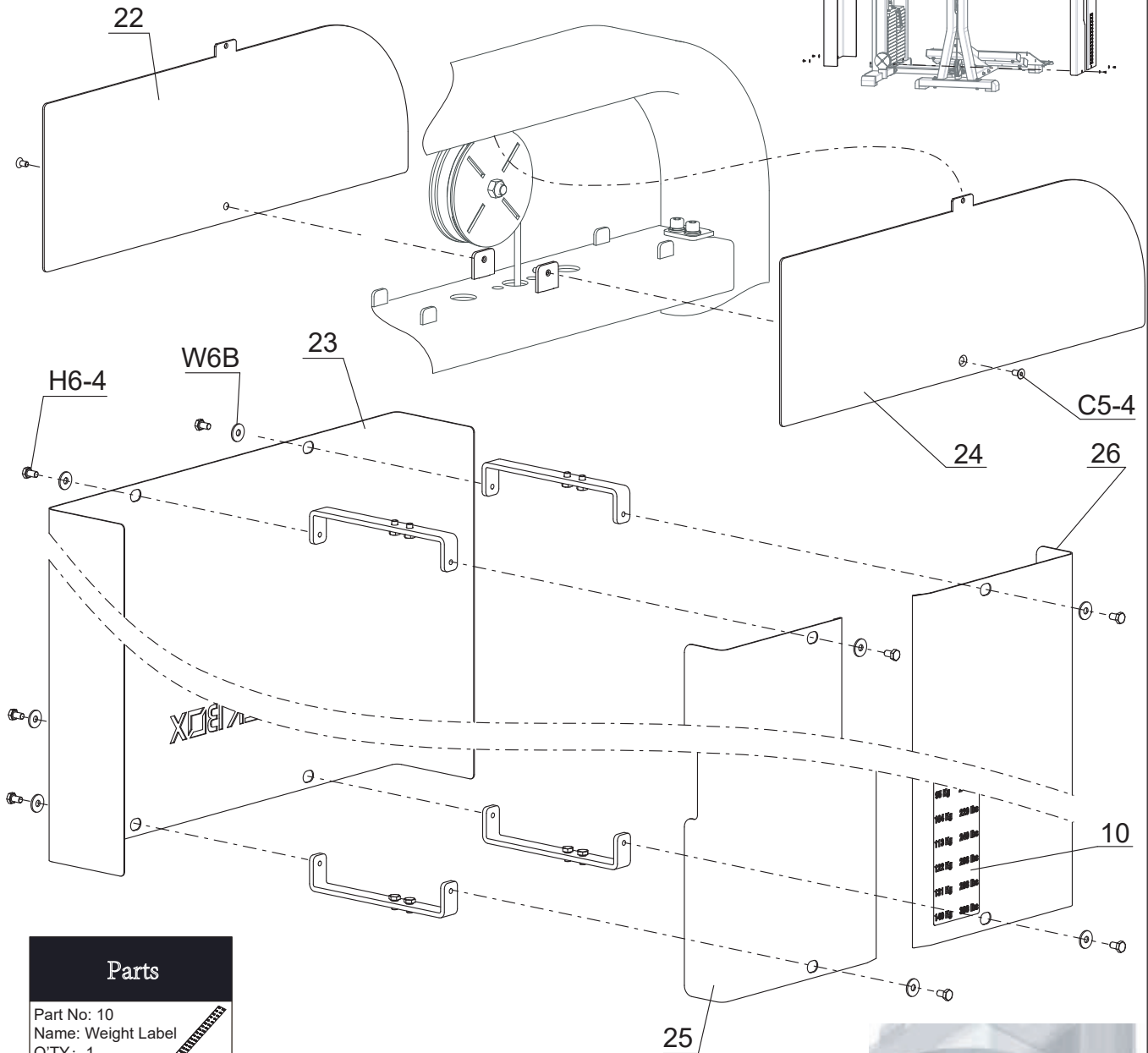
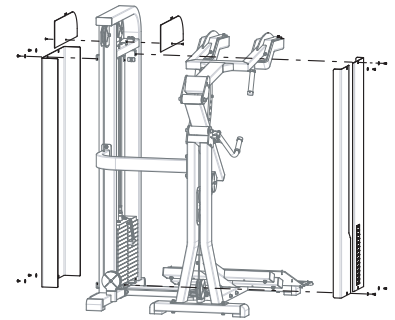


Fix the Shoulder Pad(#27)



# STEP 14

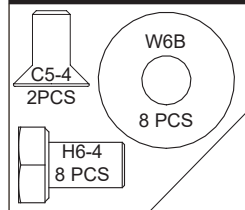
Install the Shield Plate.



## Parts

- Part No: 10  
Name: Weight Label  
Q'TY: 1
- Part No: 22  
Name: Back Upper Shield  
Q'TY: 1
- Part No: 23  
Name: Back Lower Shield  
Q'TY: 1
- Part No: 24  
Name: Front Upper Shield  
Q'TY: 1
- Part No: 25  
Name: Front Lower Shield  
Q'TY: 1
- Part No: 26  
Name: Front Lower Shield  
Q'TY: 1

## Fixings



## Tools



Assembled



100%



## PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	Base Frame	1
3	Connection Tube	1
4	Shield Support	4
5	Upright Frame	1
6	Connection Tube	1
7	Pedal Support	1
8	Rotatable Arm	1
9	Guide Rod	2
10	Weight Label	1
11	Rubber Buffer	2
12	Weight Plate 9Kg	14
13	Weight Plate 7.5Kg	1
14	Weight Pin	1
15	Retaining Ring D19	2
16	Rod Retainer	2
17	Cable	1
18	Brace	1
19	Shoulder Bolt	1
20	Spacer	2
21	Pedal	1
22	Back Upper Shield	1
23	Back Lower Shield	1
24	Front Upper Shield	1
25	Front Lower Shield	1
26	Front Lower Shield	1
27	Shoulder Pad	2
28	Adjusting Plate	1
29	Work Arm	1
30	Gas Spring	1
31	Limit Post	1

PART#	DESCRIPTION	QTY
C5-4	Countersunk Head Screw M5×10	2
C10-14	Countersunk Head Screw M10×70	6
H6-4	Hex Head Bolt M6×10	16
N8	Lock Nut M8	1
N10	Lock Nut M10	15
SC8-6	Socket Head Cap Screw M8×30	8
SC10-5	Socket Head Cap Screw M10×25	2
SC10-6	Socket Head Cap Screw M10×30	6
SC10-14	Socket Head Cap Screw M10X70	5
SC10-24	Socket Head Cap Screw M10X120	2
SC10-25	Socket Head Cap Screw M10X125	2
SC12-5	Socket Head Cap Screw M12X25	4
W6	Washer 6	8
W6B	Big Washer 6	8
W8	Washer 8	9
W10	Washer 10	32
W12	Washer 12	4