


BLK BOX

Hip Thrust Machine

Setup Instructions

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

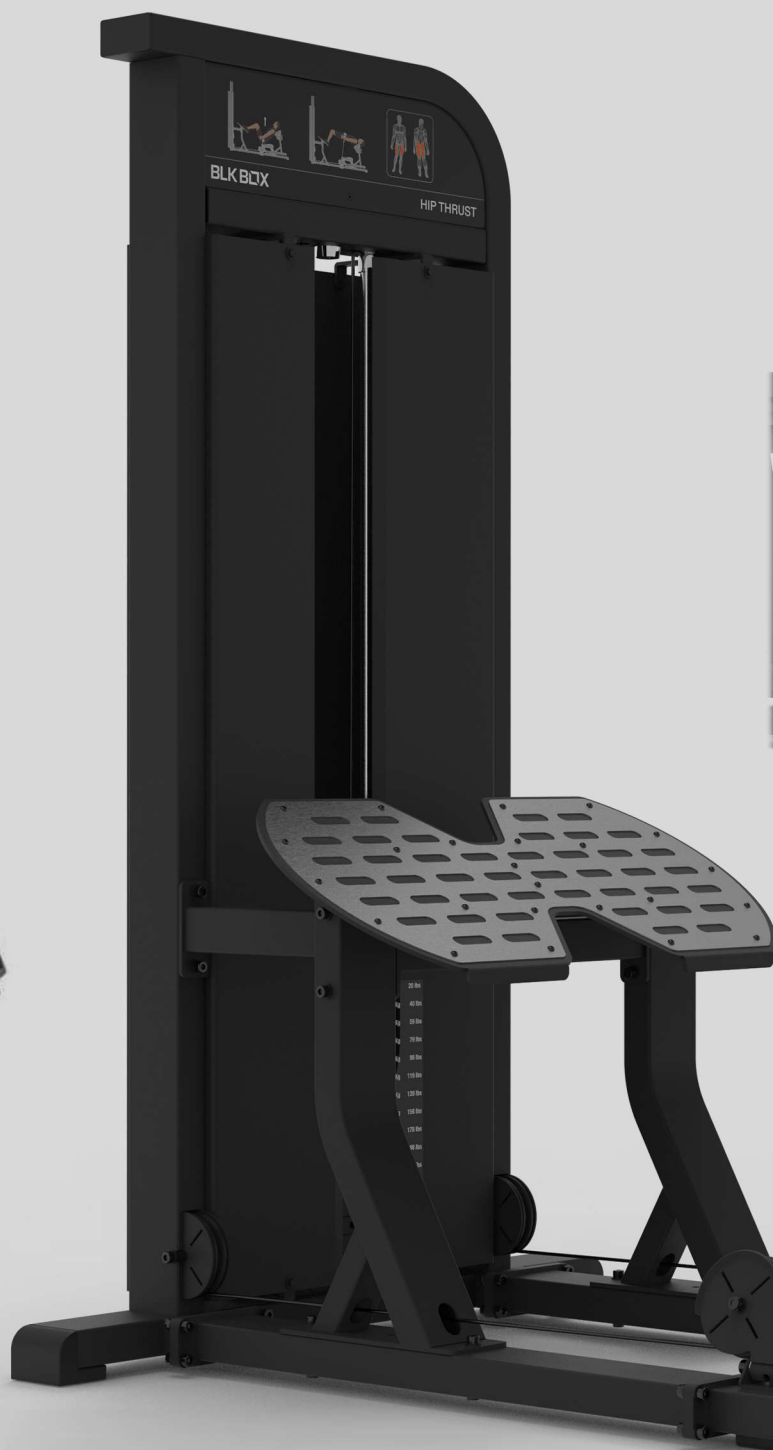


Table Of Contents

Assembly Instructions.....	2-20
Part List.....	21

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

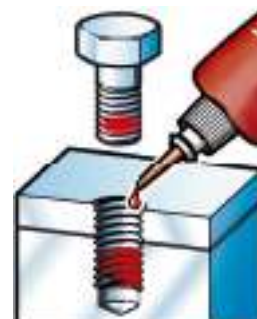
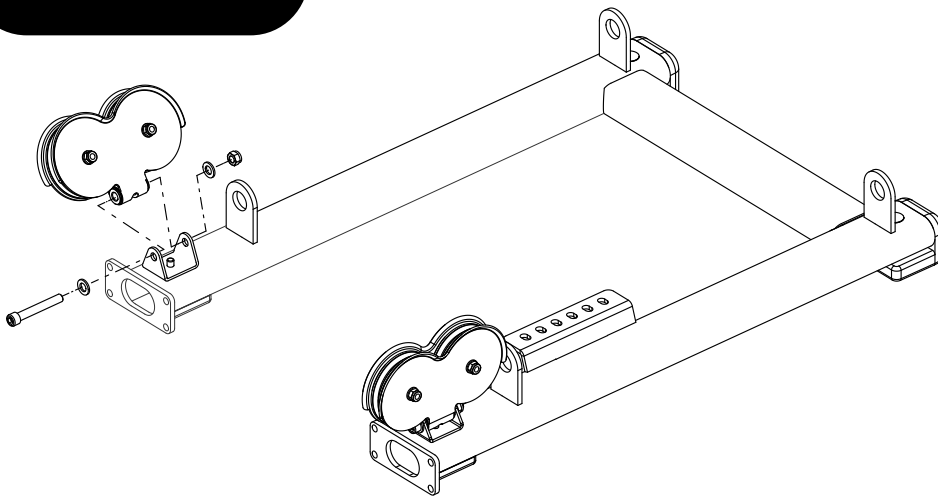


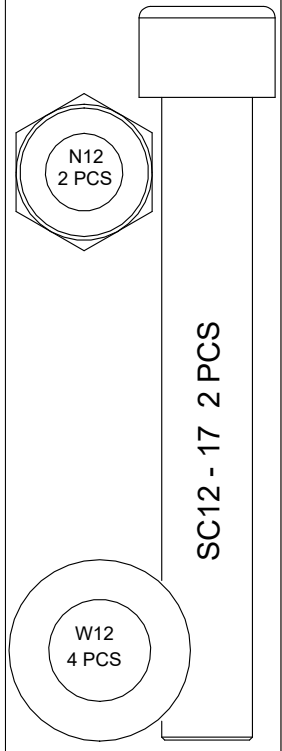
FIG 2

STEP 1



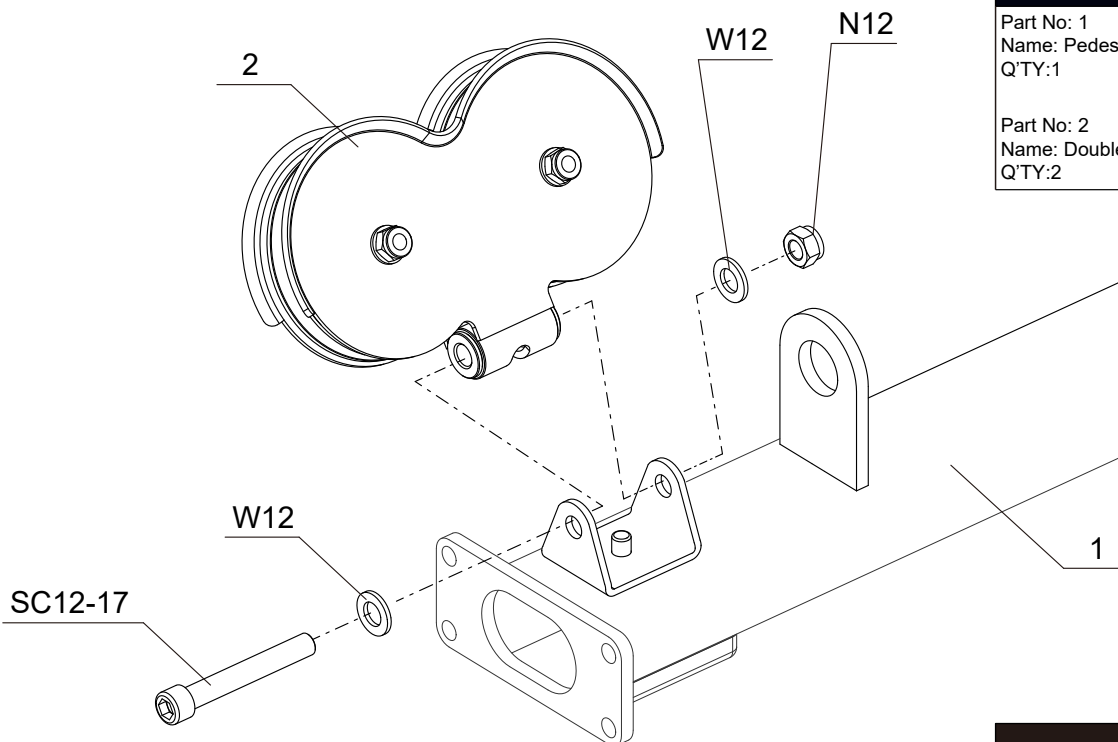
Assemble the Pedestal(#1) and the Double Pulley Holder(#2).

Fixings



Parts

Part No: 1	
Name: Pedestal	
Q'TY:1	
Part No: 2	
Name: Double Pulley Holder	
Q'TY:2	



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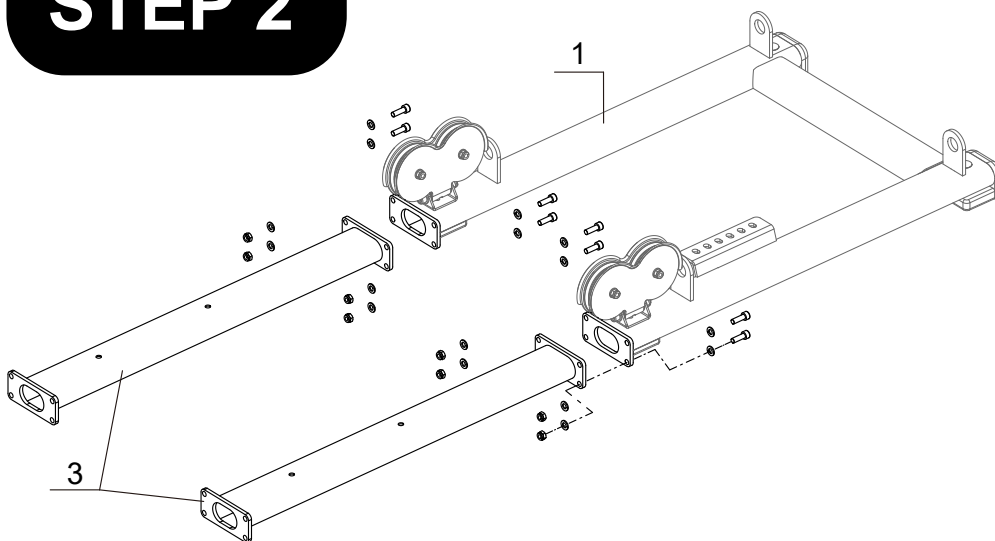
Tools



19 mm

10 mm

STEP 2



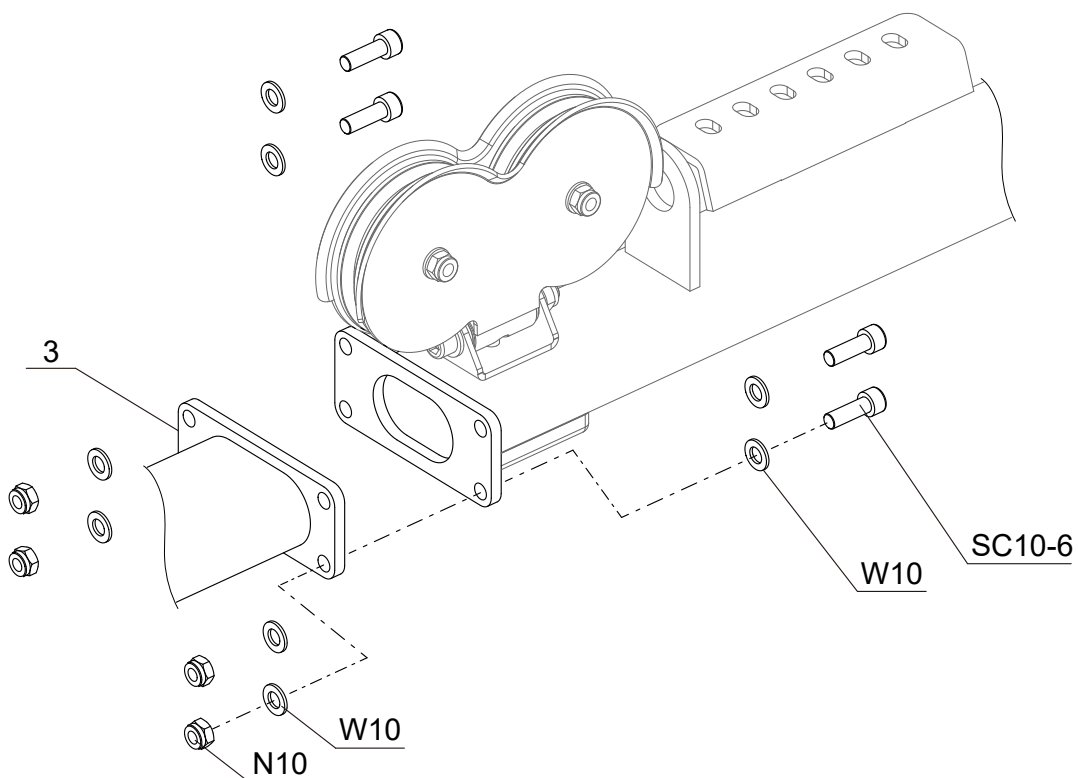
Fixings

N10 8 PCS	SC10 - 6 8 PCS
W10 16 PCS	

Parts

Part No: 3
Name: Bottom Tube
Q'TY: 2

Join The Bottom Tube (#3) and the Pedestal(#1).



Tools

	17 mm
	8 mm



STEP 3

Install the Weight Frame (#4).

Tools

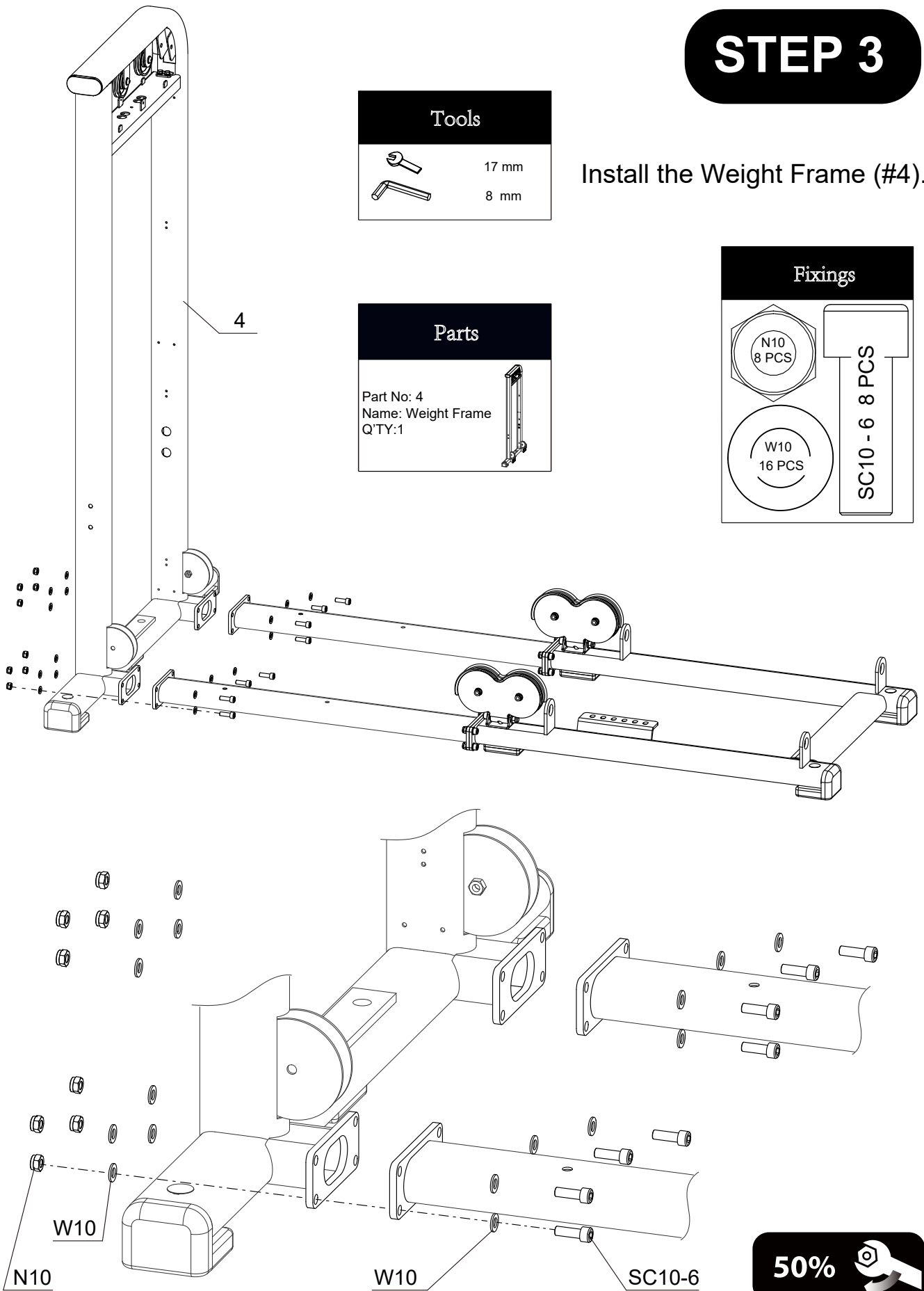
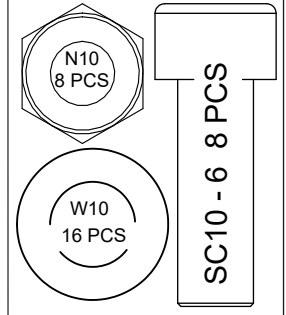


Parts

Part No: 4
Name: Weight Frame
Q'TY:1

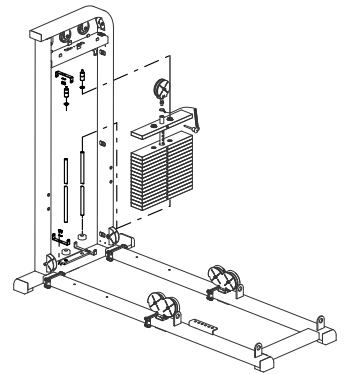


Fixings

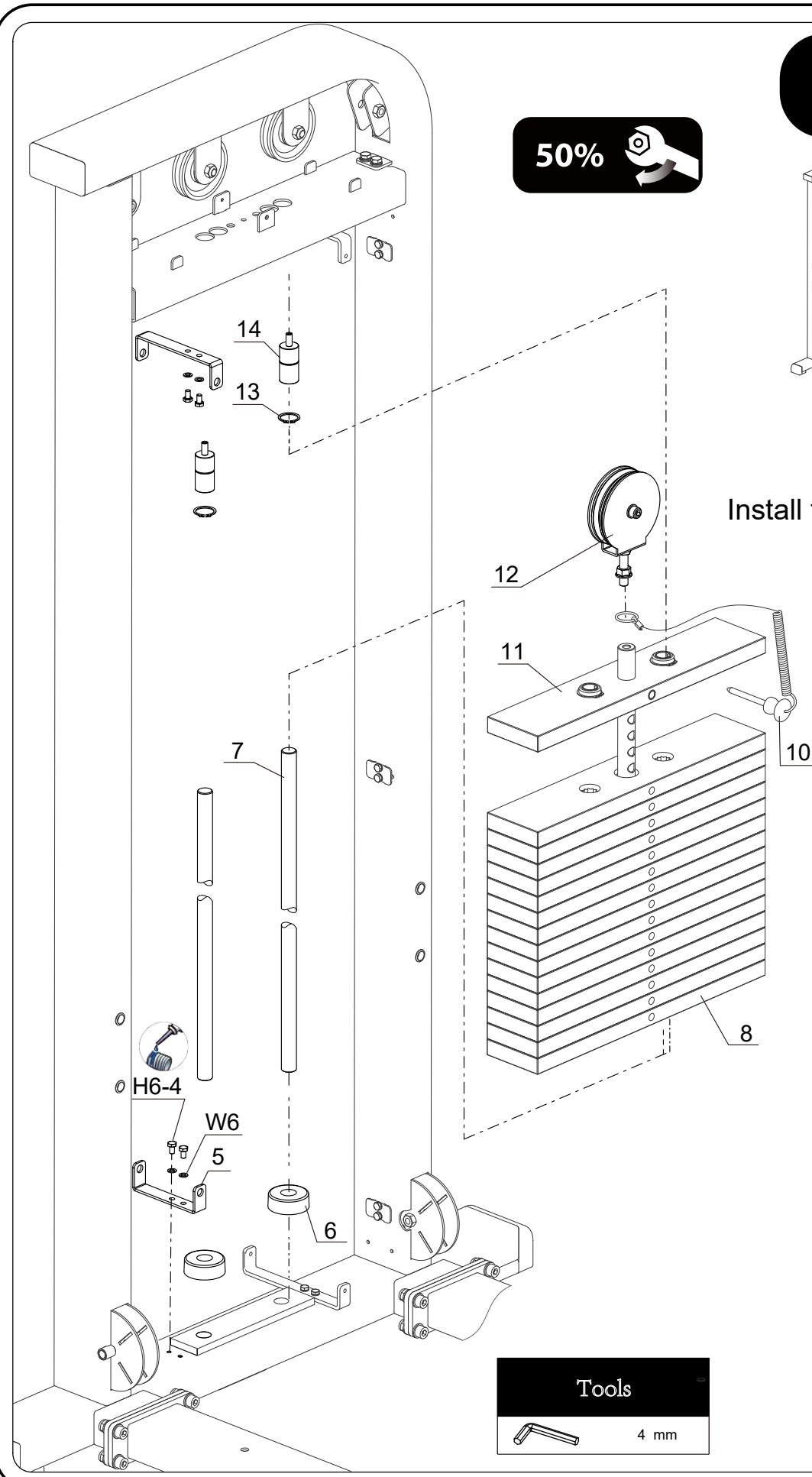


STEP 4

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Install the Weight Stack.



Parts

- Part No: 5
Name: U Shaped Plate
Q'TY:4
- Part No: 6
Name: Rubber Buffer
Q'TY:2
- Part No: 7
Name: Guide Rod
Q'TY:2
- Part No: 8
Name: Weight Plate 9 kG
Q'TY:15
- Part No: 11
Name: Top Weight Plate
Q'TY:1
- Part No: 12
Name: Pulley Support
Q'TY:1
- Part No: 13
Name: External Retaining Ring
Q'TY:2
- Part No: 14
Name: Retainer
Q'TY:2
- Part No: 10
Name: Weight Pin
Q'TY:1

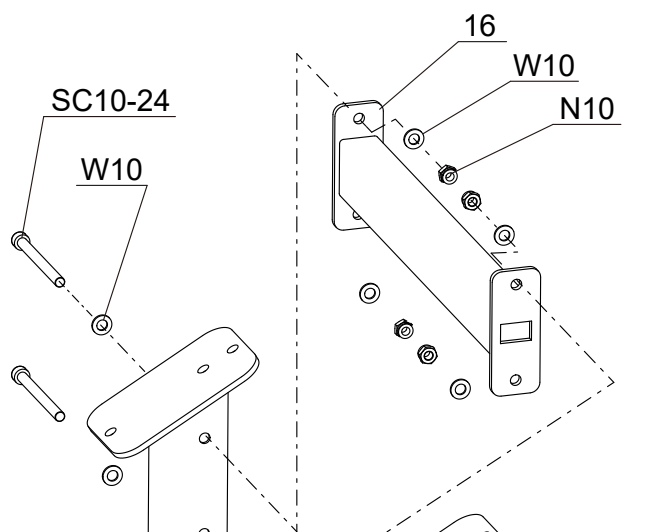
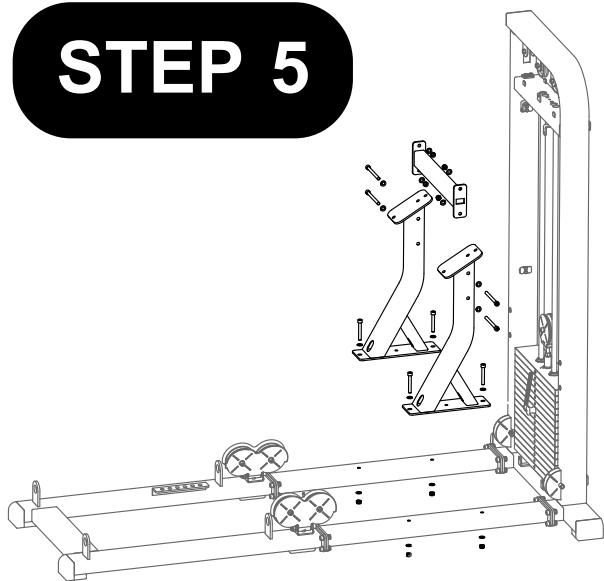
Tools


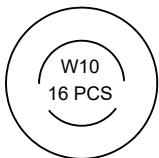




4 mm

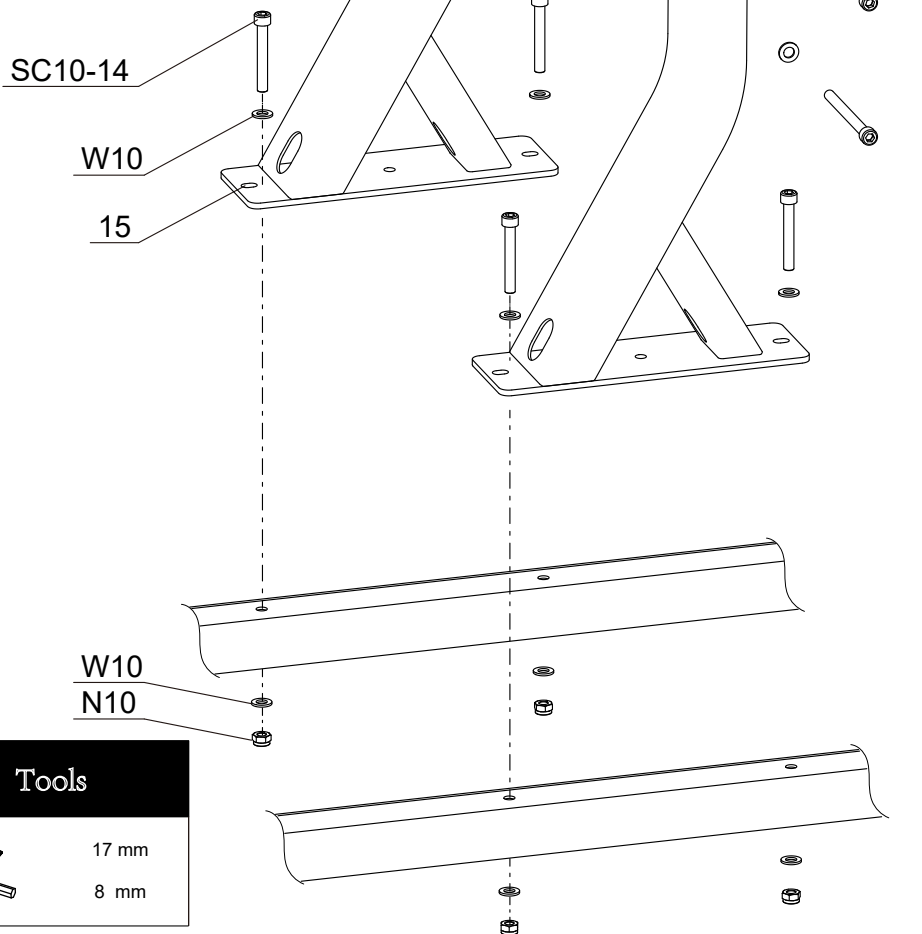
STEP 5



Install the Pedal Support (#15) and the Connection Tube(#16).



Fixings	
SC10 - 24 4 PCS	SC10 - 14 4 PCS
 N10 8 PCS	
 W10 16 PCS	

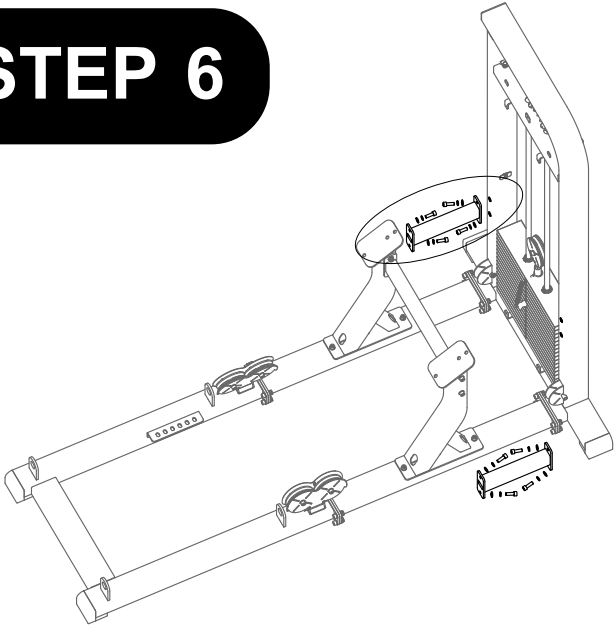
Parts	
Part No: 15 Name: Pedal Support Q'TY:2	
Part No: 16 Name: Connection Tube Q'TY:1	



Tools	
	17 mm
	8 mm



STEP 6



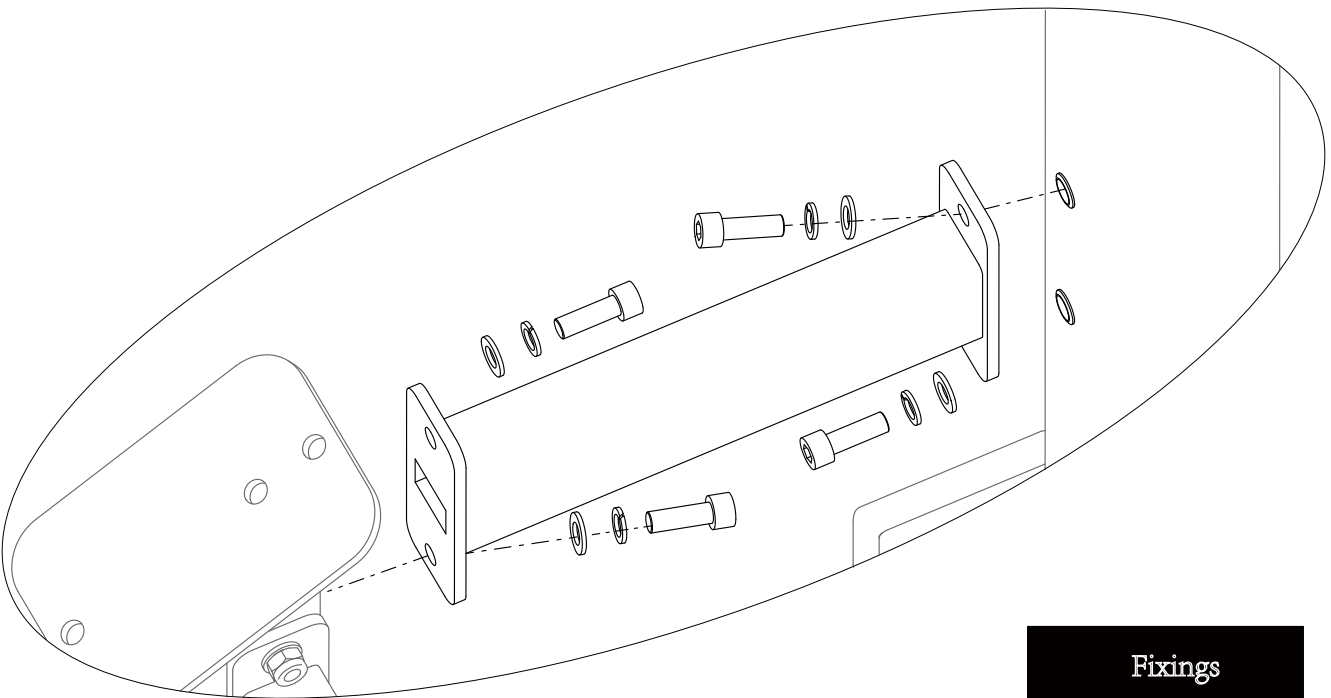
Parts

Part No: 17
Name: Connection Tube
Q'TY:2

Tools

 8 mm

Install the Connection Tube (#17).



Fixings

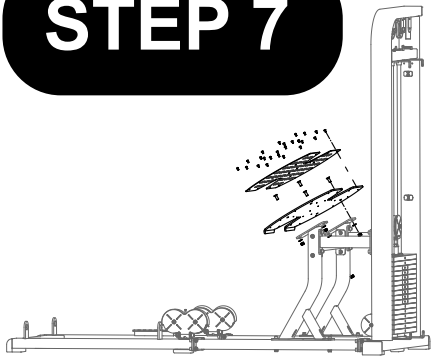
SC10 - 6 8 PCS

SW10
8 PCS

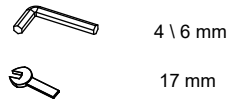
W10
8 PCS



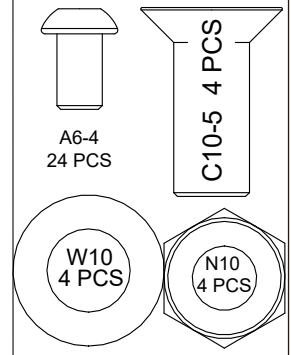
STEP 7



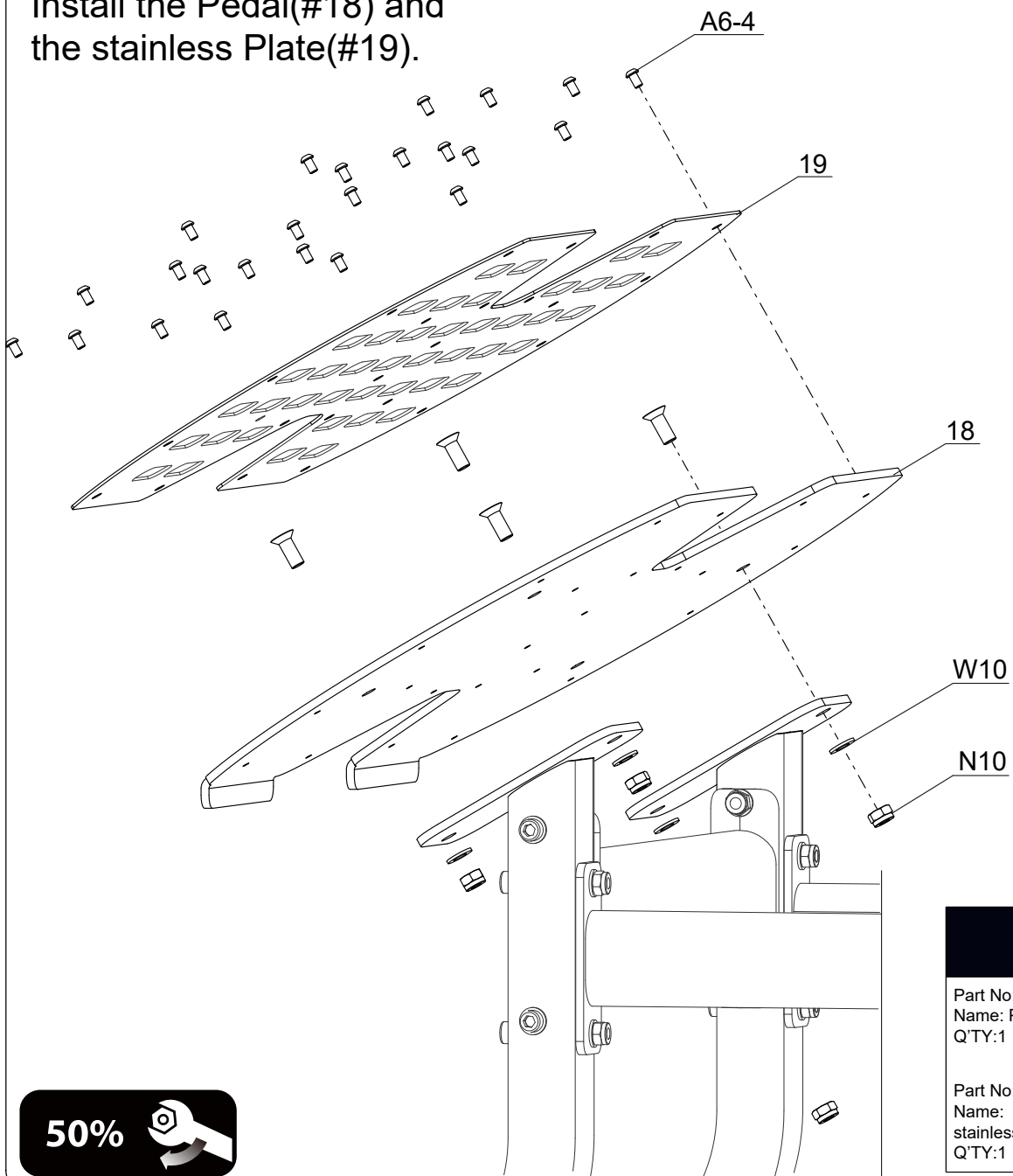
Tools



Fixings

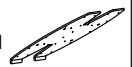


Install the Pedal(#18) and the stainless Plate(#19).



Parts

Part No:18
Name: Pedal
Q'TY:1



Part No:19
Name:
stainless Plate
Q'TY:1

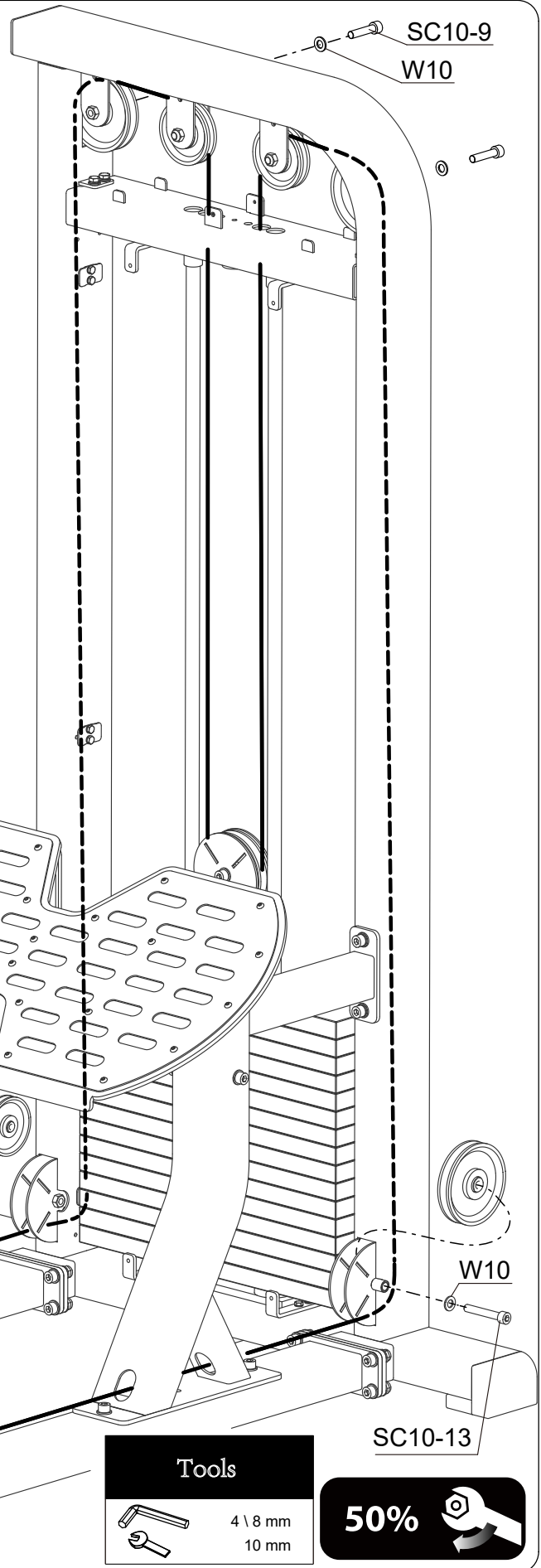
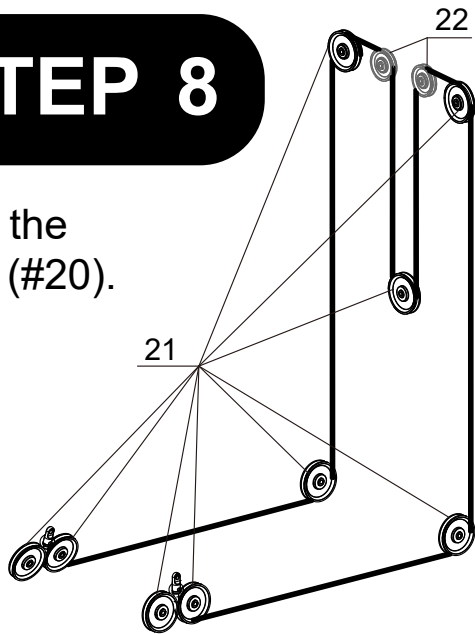


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STEP 8

Route the Cable (#20).



Fixings

SC10-13 2 PCS

SC10-9 2 PCS

W10
4 PCS

Parts

Part No:20
Name: Cable
Q'TY:1

Part No:21
Name: Pulley OD114
Q'TY:4

Part No:22
Name: Pulley OD89
Q'TY:2

Tools

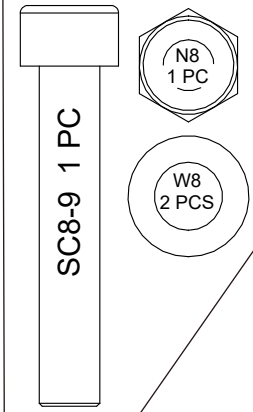


4 \ 8 mm
10 mm

50%



Fixings



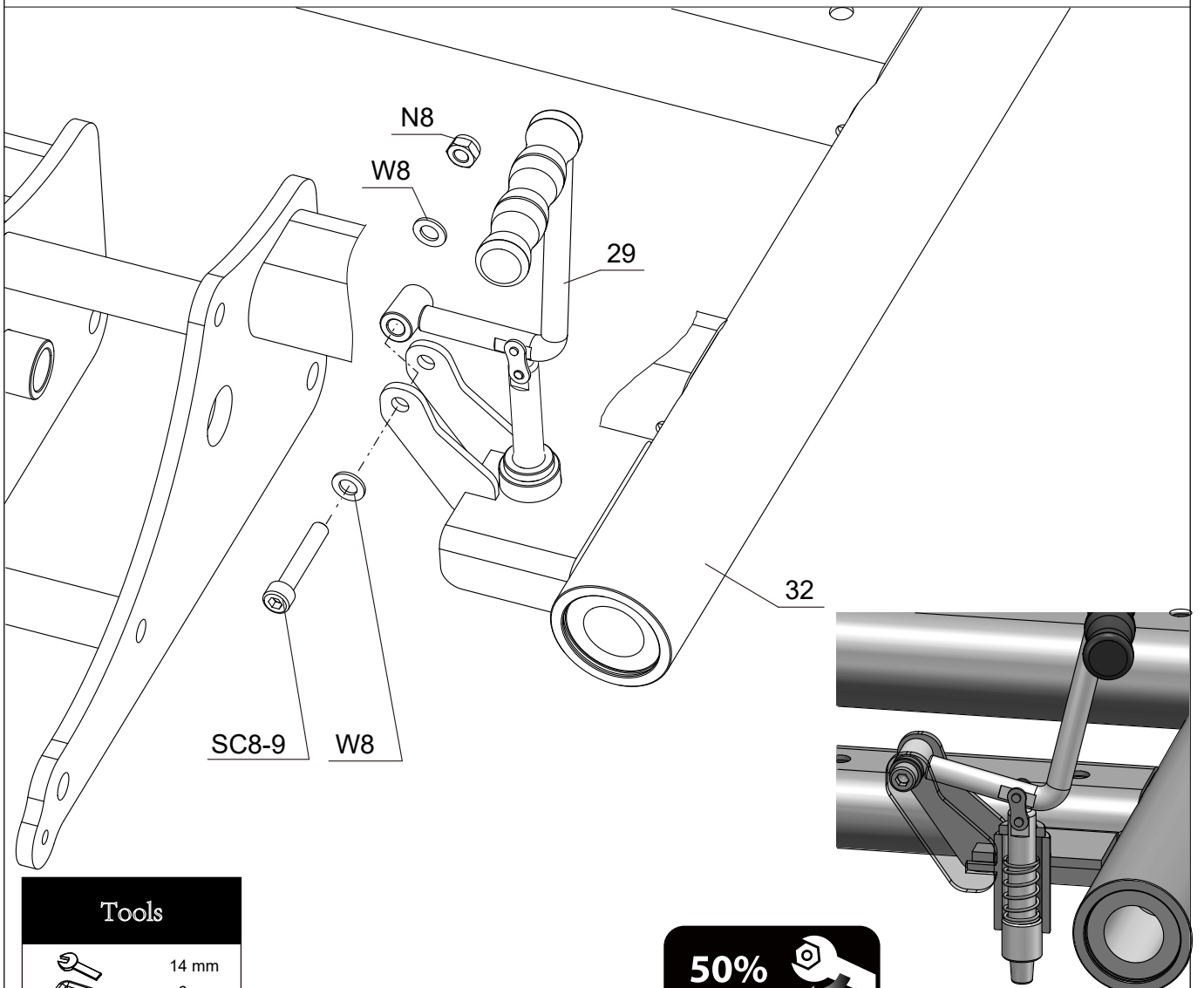
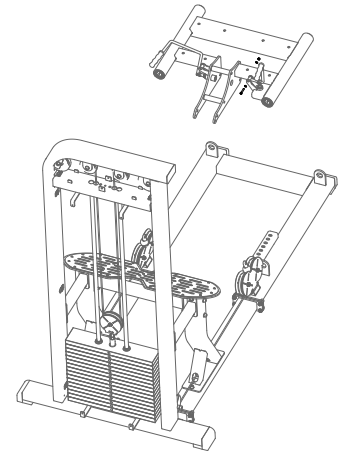
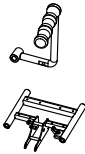
Screw the Handle (#29).

STEP 9

Parts

Part No: 29
Name: Handle
Q'TY:1

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



Tools



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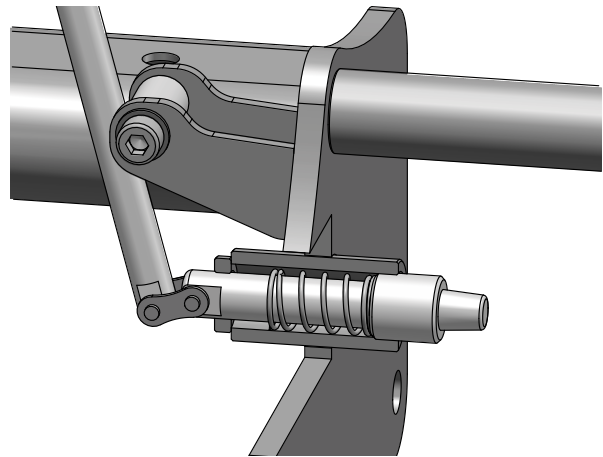
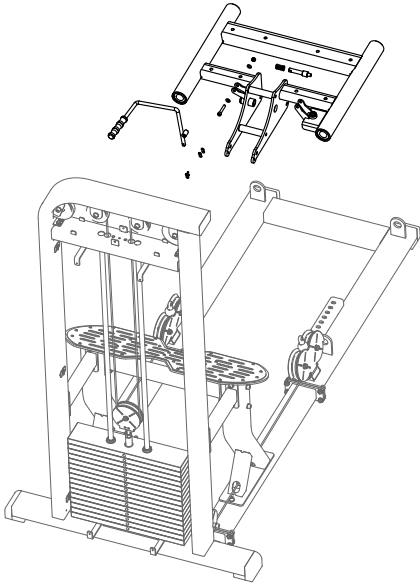


STEP 10

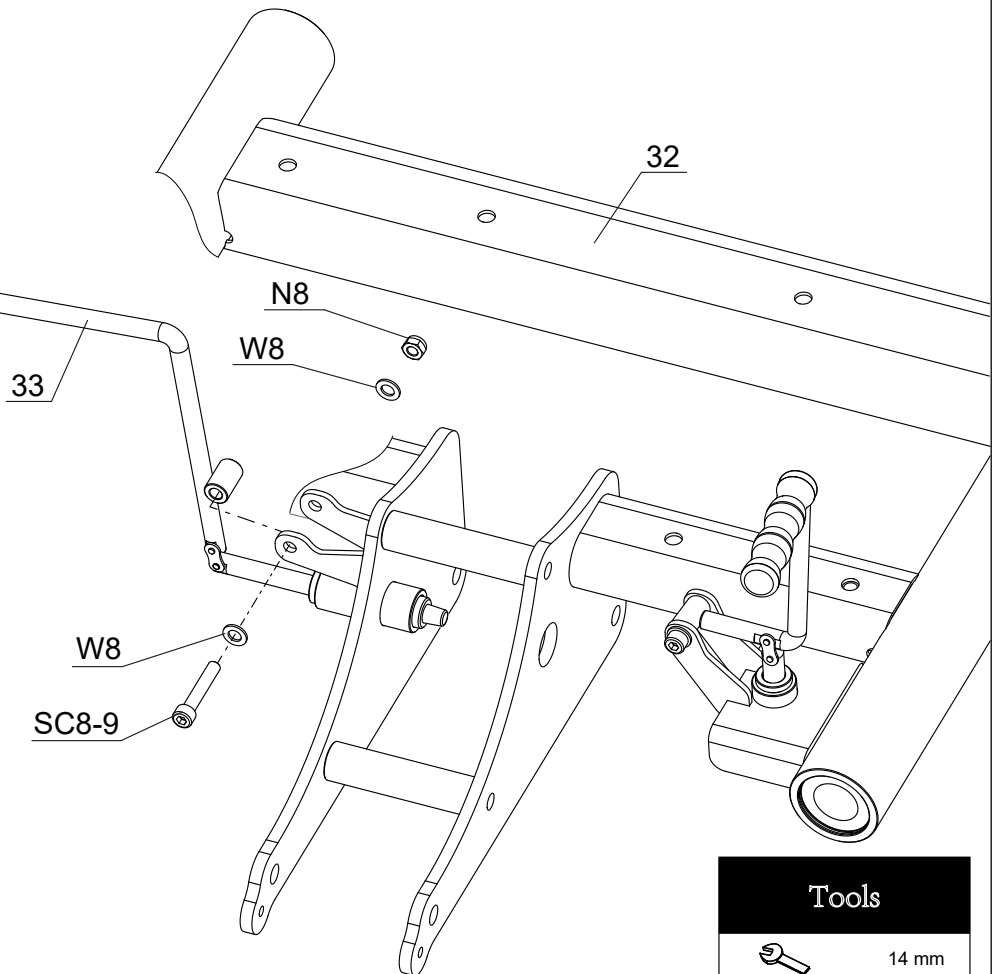
Screw the Handle(33).

Parts

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



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Fixings

SC8-9 1 PC

N8
1 PC

W8
2 PCS

Tools



14 mm
6 mm

Parts

Part No: 34
Name: Big Washer OD38
Q'TY: 2

Part No: 35
Name: Rubber Buffer
Q'TY: 4

Part No: 36
Name: Guide Rod
Q'TY: 2

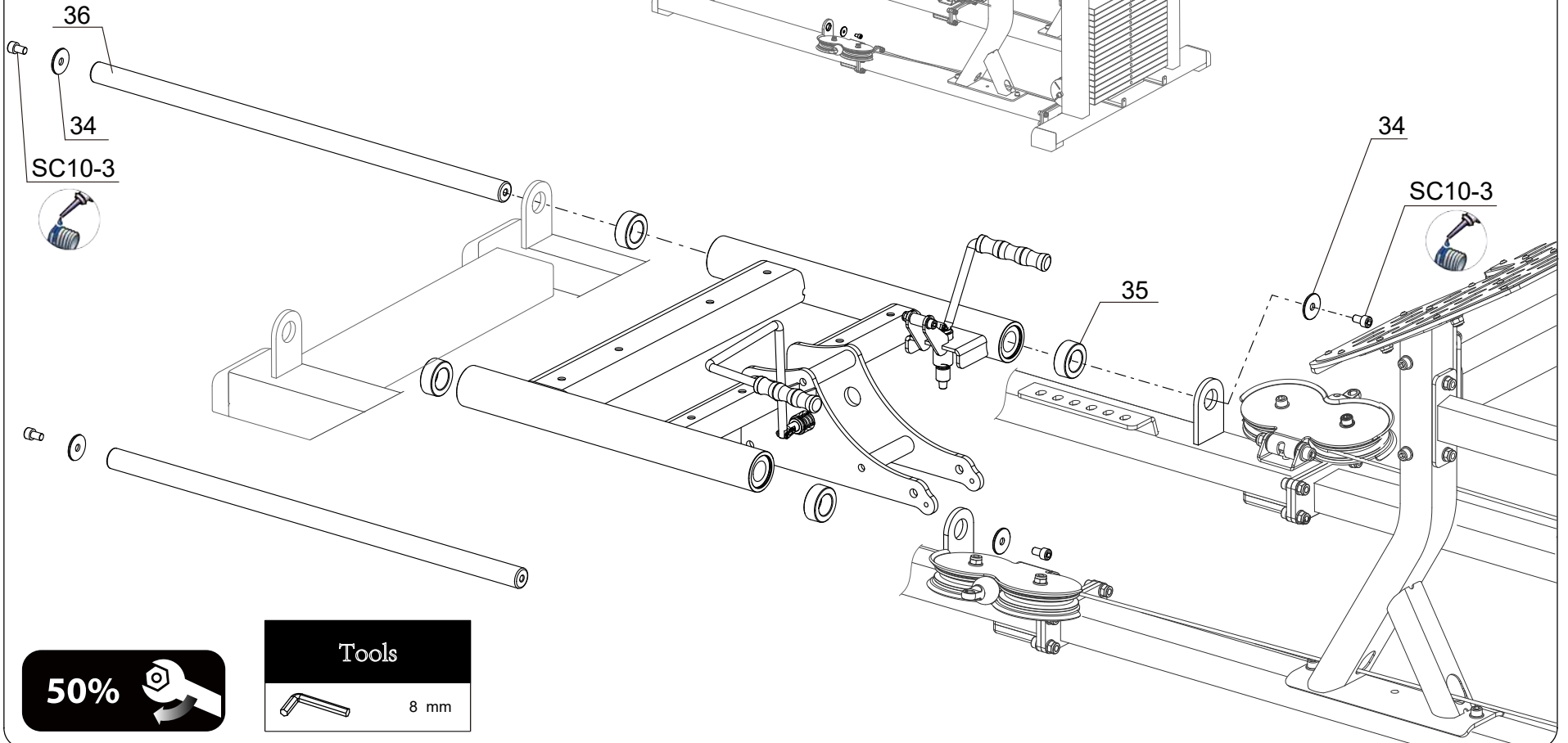
Fixings

SC10-3
4 PCS

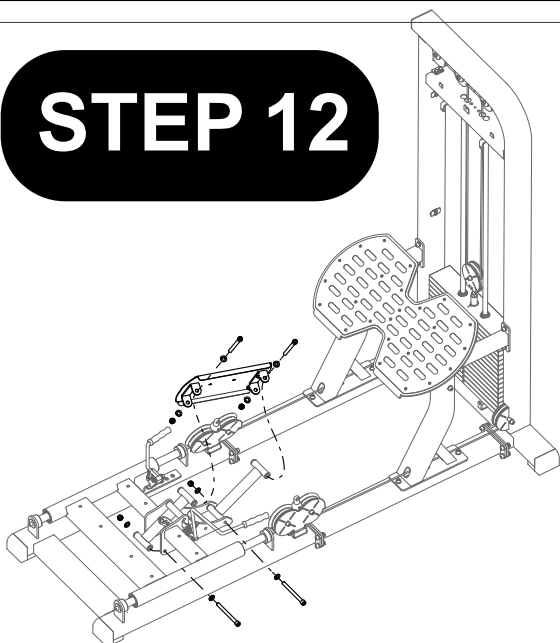
STEP 11



Install the Carriage(#32) on the Pedestal(#1).

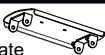


13



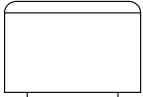
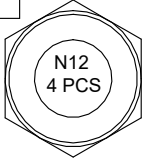
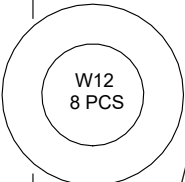
STEP 12

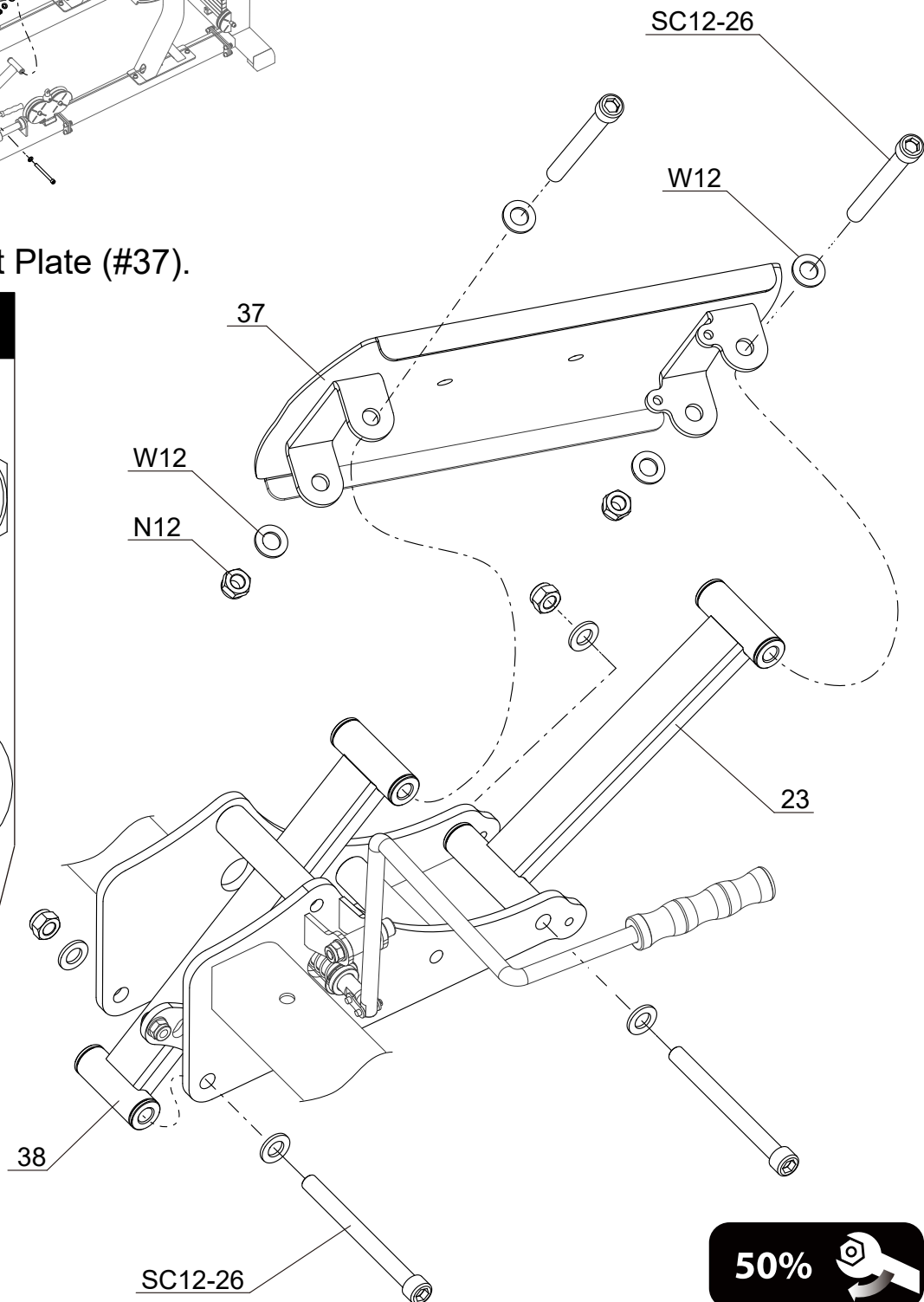


Tools	
	19 mm
	10 mm

Parts	
Part No:37 Name: Seat Plate Q'TY:1	
Part No:38 Name: Link tube Q'TY:1	
Part No:23 Name: Link tube Q'TY:1	

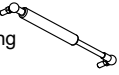
Install the Seat Plate (#37).

Fixings
 SC12-26 4 PCS  N12 4 PCS
 W12 8 PCS



Parts

Part No: 39
Name: Gas Spring
Q'TY: 2



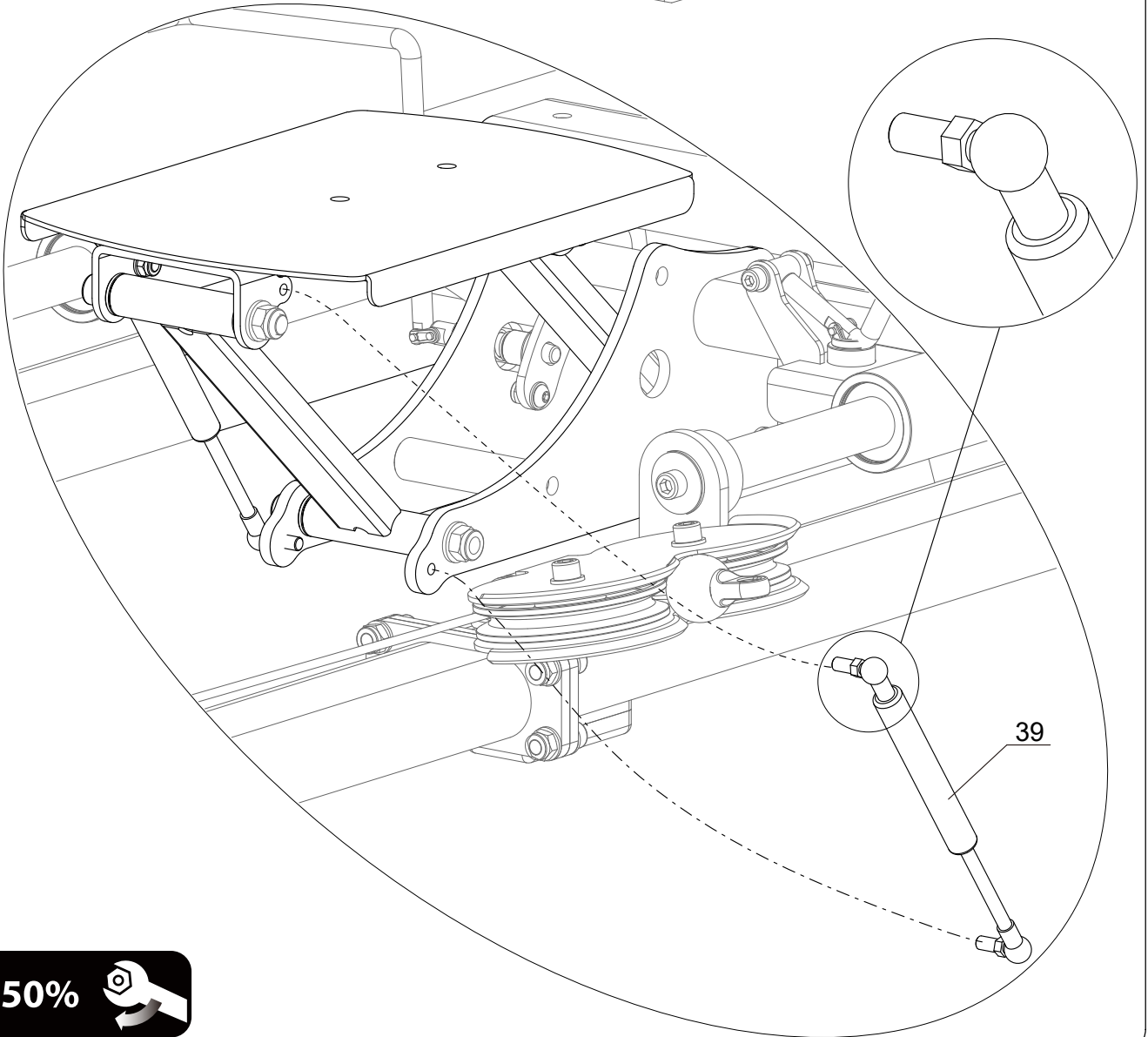
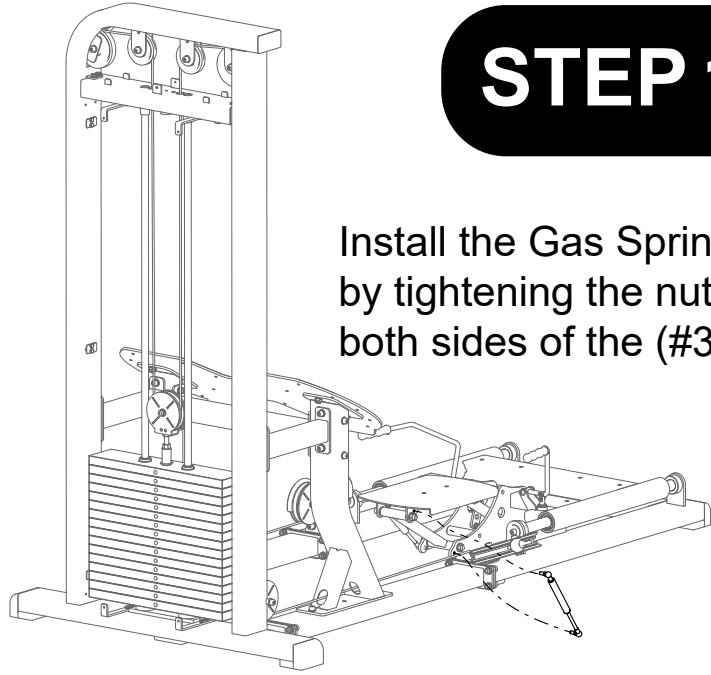
Tools



13 mm

STEP 13

Install the Gas Spring(#39)
by tightening the nuts on
both sides of the (#37).




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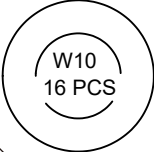
STEP 14

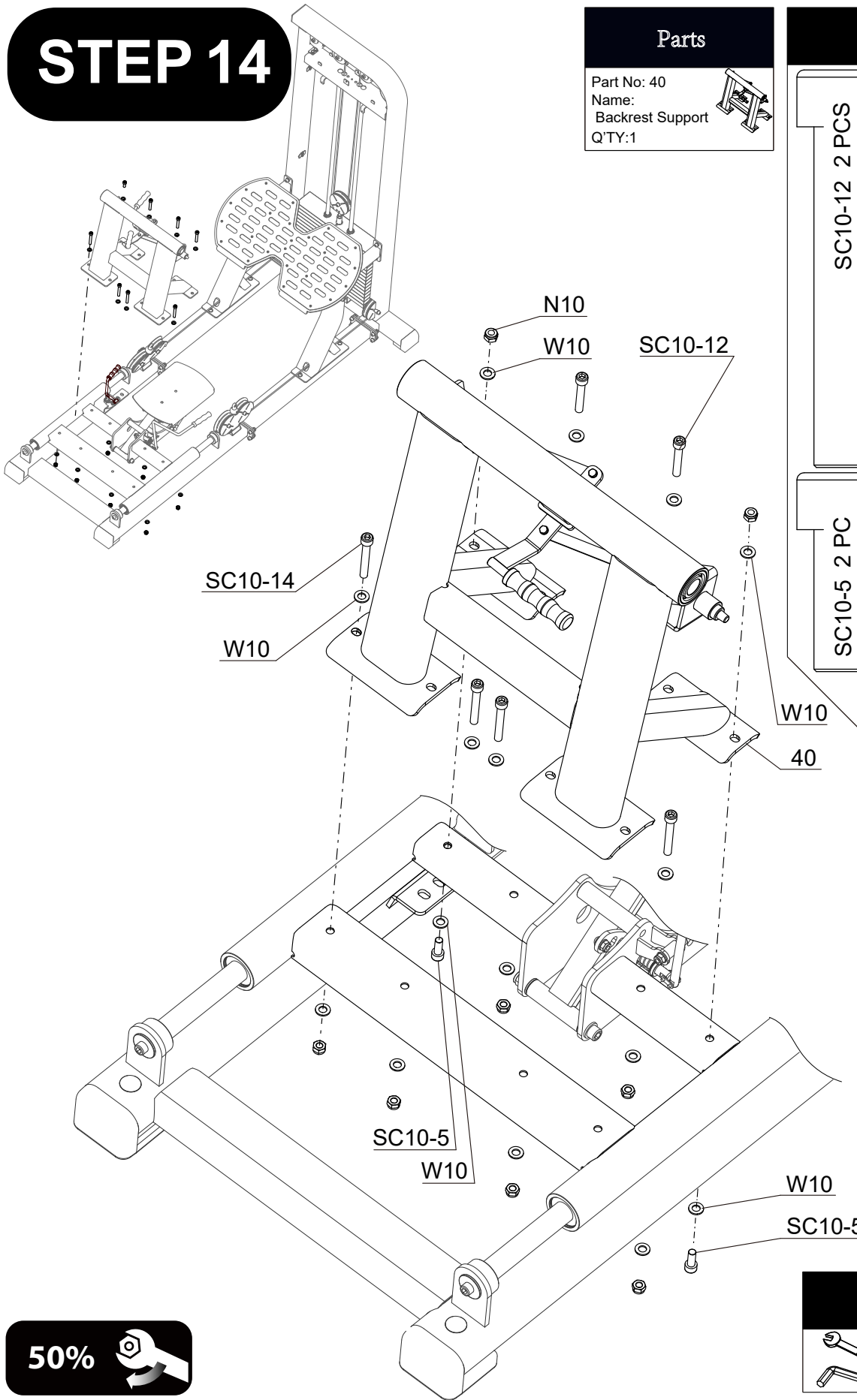
Parts

Part No: 40
 Name:
 Backrest Support
 Q'TY:1





Fixings

SC10-12 2 PCS	SC10-14 4 PCS
SC10-5 2 PC	 N10 8 PCS  W10 16 PCS



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Tools

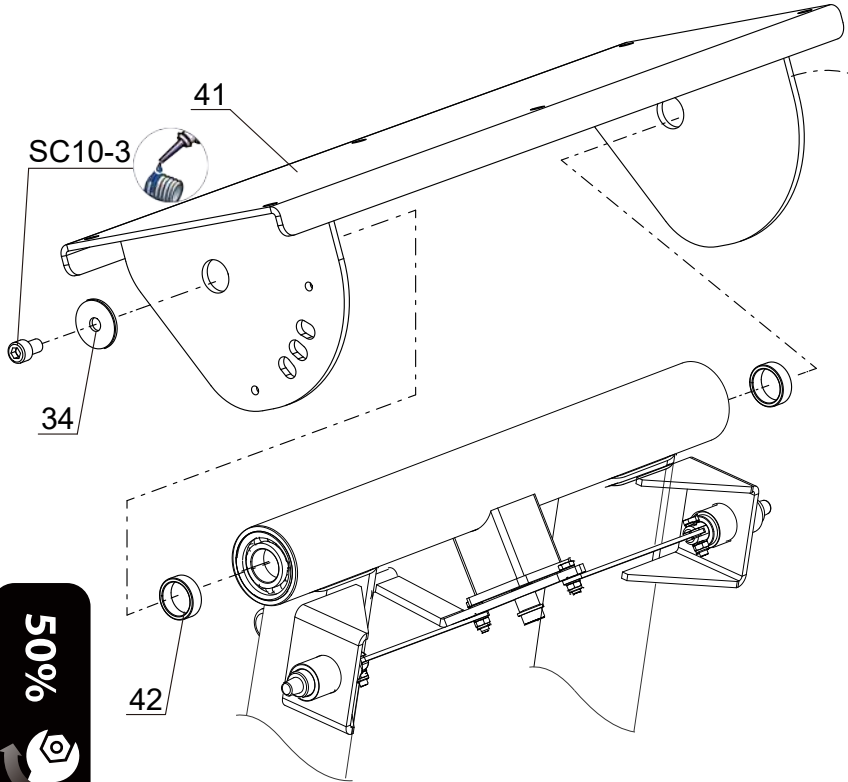
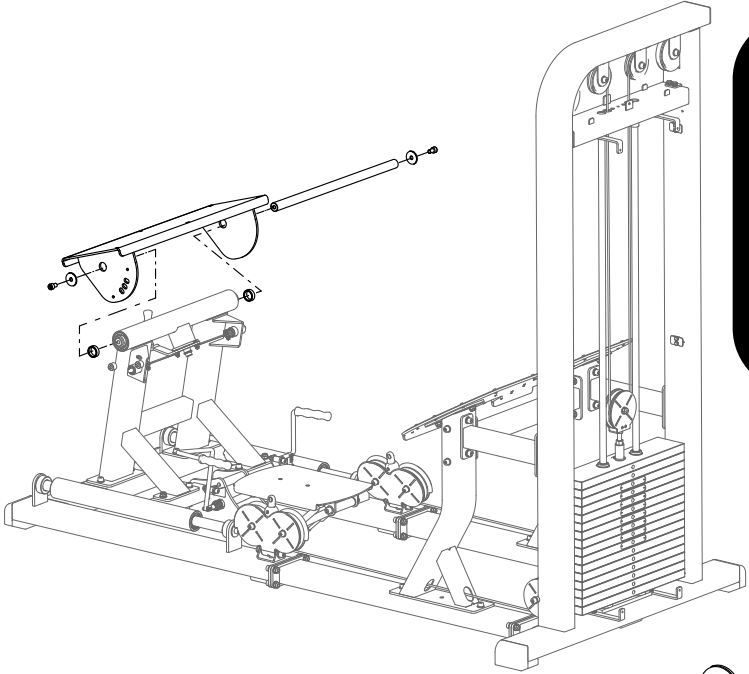
	17 mm
	8 mm

STEP 15

- | Parts |
|--|
| Part No:34
Name: Big Washer
Q'TY:2 |
| Part No:41
Name: Backrest Frame
Q'TY:1 |
| Part No:42
Name: Spacer Ring
Q'TY:2 |
| Part No:43
Name: Shaft
Q'TY:1 |

- | Fixings |
|--------------|
| SC10-3 2 PCS |

- | Tools |
|-------|
| 8 mm |

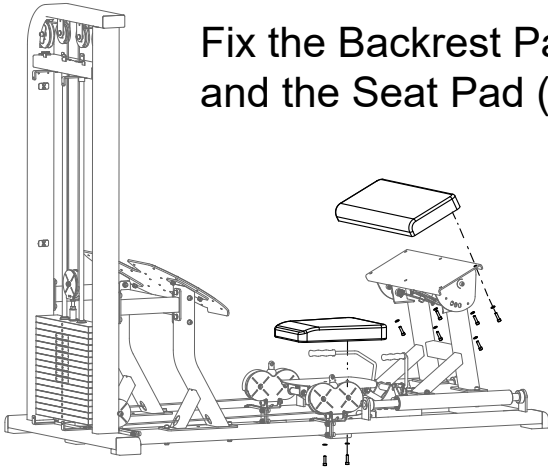


17



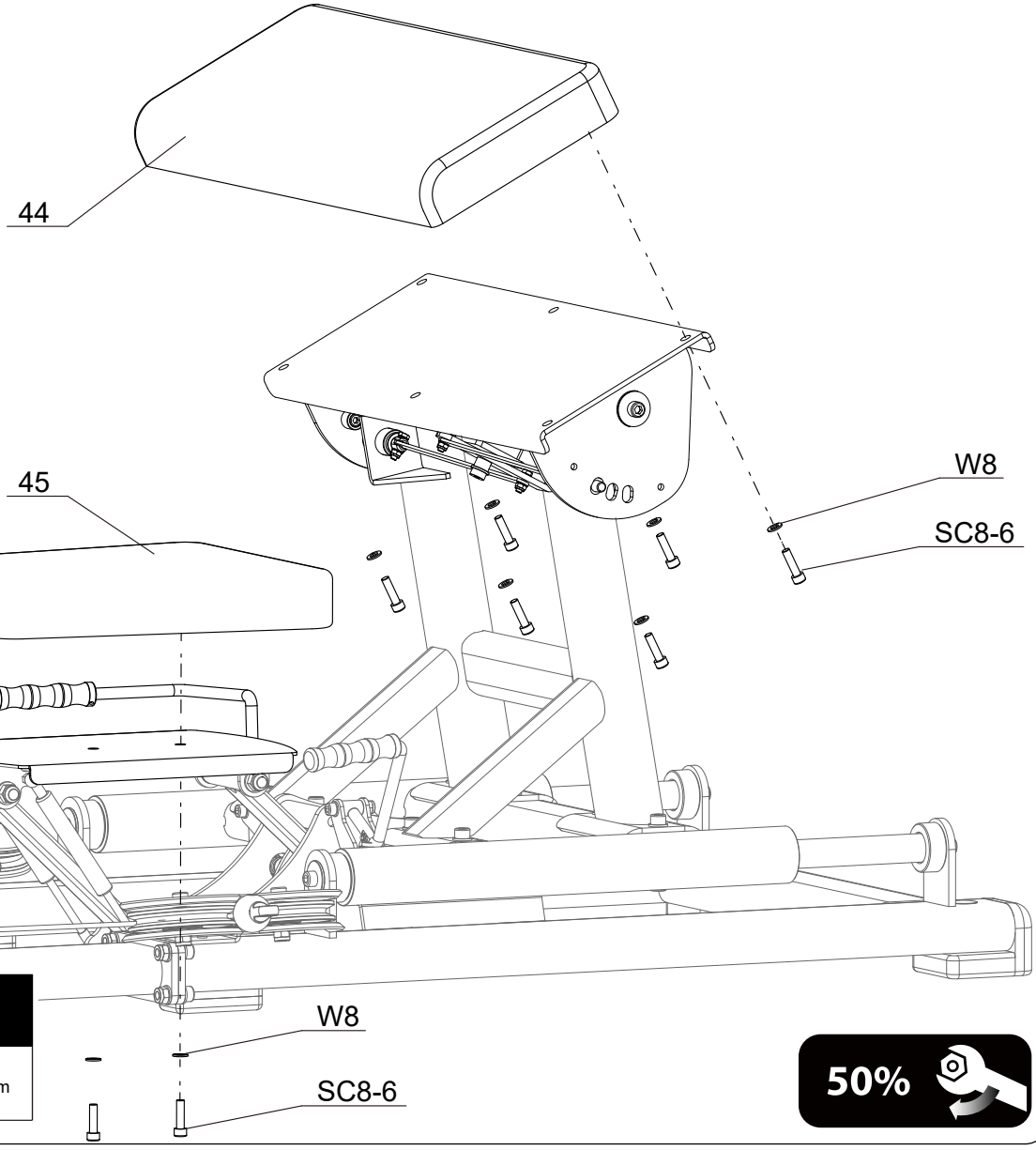
STEP 16


Fix the Backrest Pad (#28) and the Seat Pad (#29).



Parts
Part No: 44
Name: Backrest Pad
Q'TY:1
Part No: 45
Name: Seat Pad
Q'TY:1

Fixings
W8 8 PCS
SC8-6 8 PCS

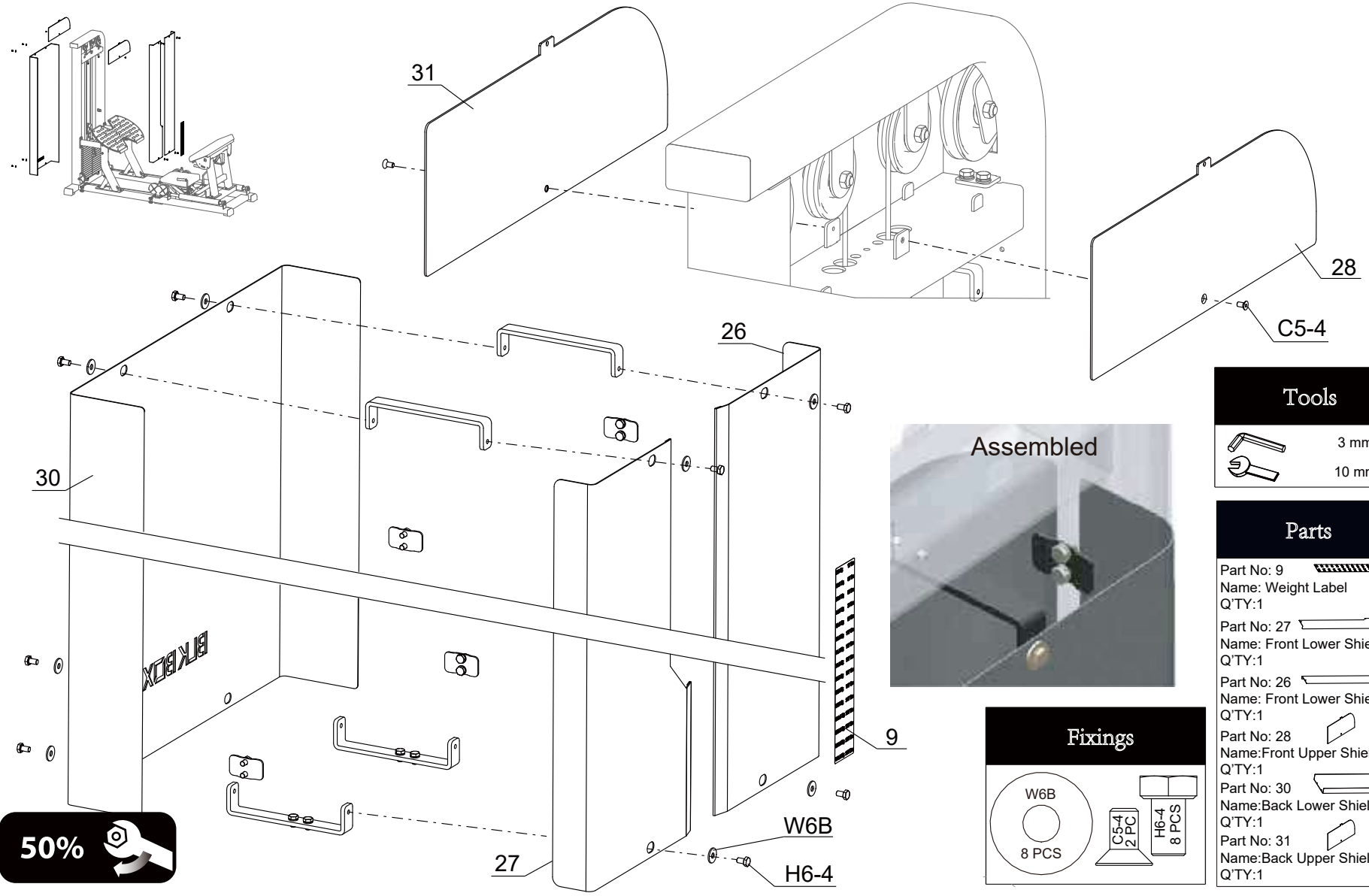


Tools

6 mm

50% 



STEP 17

Fix The Front Lower Shield(#26 & #27) , Front Upper Shield (#28),Back Lower Shield(#30) And The Back Upper Shield(#31).









19


Tools

-  3 mm
-  10 mm

Parts



- Part No: 9  Name: Weight Label Q'TY:1
- Part No: 27  Name: Front Lower Shield Q'TY:1
- Part No: 26  Name: Front Lower Shield Q'TY:1
- Part No: 28  Name: Front Upper Shield Q'TY:1
- Part No: 30  Name: Back Lower Shield Q'TY:1
- Part No: 31  Name: Back Upper Shield Q'TY:1

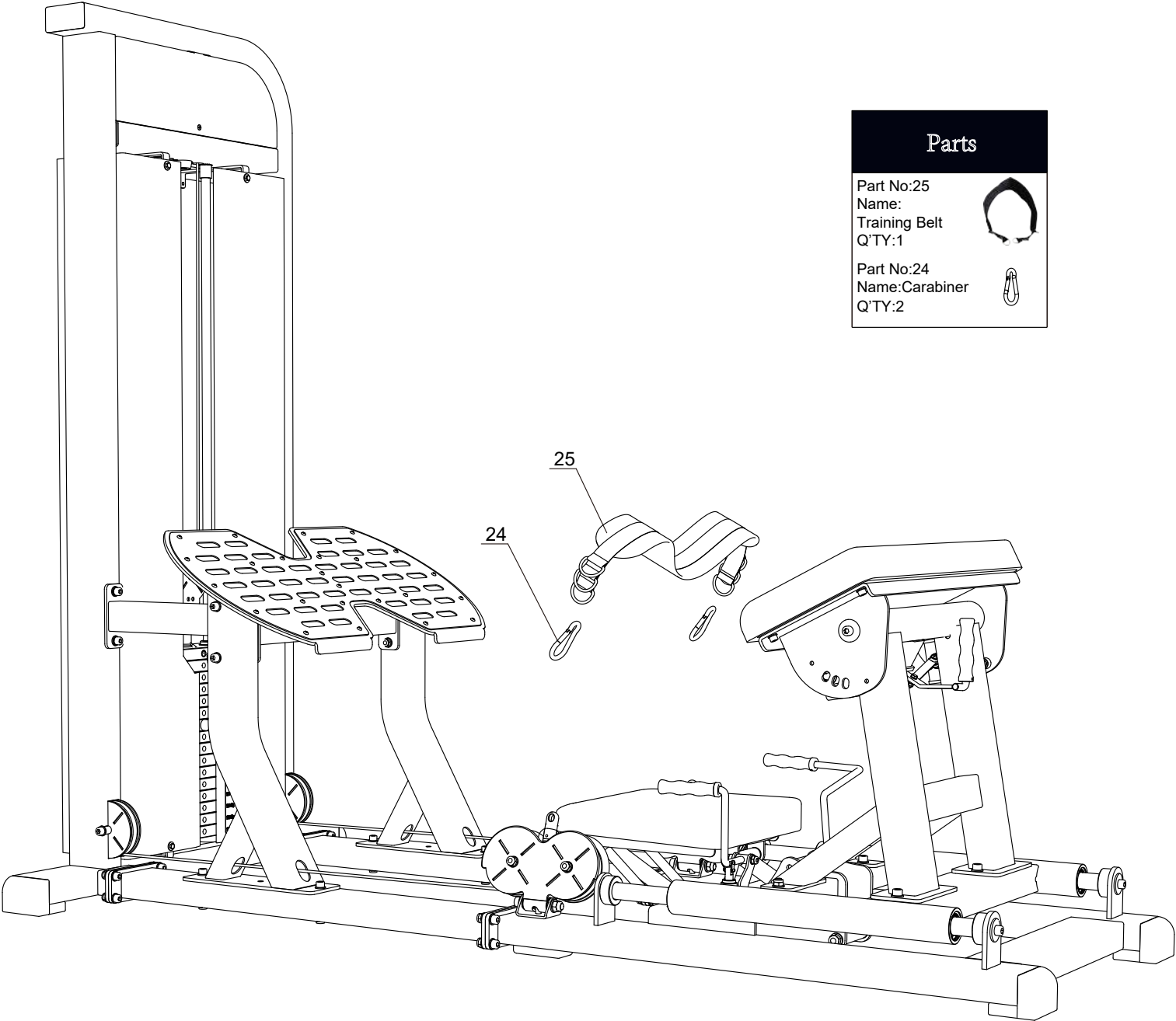
Fixings

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



ACCESSORIES

Parts	
Part No:25 Name: Training Belt Q'TY:1	
Part No:24 Name:Carabiner Q'TY:2	



PARTS LIST

PART	DESCRIPTION	QTY
1	Pedestal	1
2	Double Pulley Holder	2
3	Bottom Tube	2
4	Weight Frame	1
5	U Shaped Plate	4
6	Rubber Buffer	2
7	Guide Rod	2
8	Weight Plate 9 Kg	15
9	Weight Label	1
10	Weight Pin	1
11	Top Weight Plate	1
12	Pulley Support	1
13	External Retaining Ring	2
14	Retainer	2
15	Pedal Support	1
16	Connection Tube	1
17	Connection Tube	2
18	Pedal	1
19	stainless Plate	1
20	Cable	1
21	Pulley OD114	9
22	Pulley OD89	2
23	Link Tube	1
24	Carabiner	2
25	Training Belt	1
26	Front Lower Shield	1
27	Front Lower Shield	1
28	Front Upper Shield	1
29	Handle	1
30	Back Lower Shield	1
31	Back Upper Shield	1
32	Carriage	1
33	Handle	1
34	Big Washer OD38	6
35	Rubber Buffer	4
36	Guide Rod	2
37	Seat Plate	1
38	Link tube	1
39	Gas Spring	2
40	Backrest Support	1
41	Backrest Frame	1
42	Spacer Ring	2
43	Shaft	1
44	Backrest Pad	1
45	Seat Pad	1

PART	DESCRIPTION	QTY
A6-4	Button Head Screw M6×10	24
C5-4	Countersunk Head Screw M5×10	2
C10-5	Countersunk Head Screw M10×25	4
H6-4	Hex Head Bolt M6×10	16
N8	Lock Nut M8	2
N10	Lock Nut M10	36
N12	Lock Nut M12	10
SC8-6	Socket Head Cap Screw M8 ×30	8
SC8-9	Socket Head Cap Screw M8 ×45	2
SC10-3	Socket Head Cap Screw M10 ×25	6
SC10-5	Socket Head Cap Screw M10 ×25	2
SC10-6	Socket Head Cap Screw M10 ×30	24
SC10-9	Socket Head Cap Screw M10 ×45	2
SC10-12	Socket Head Cap Screw M10 ×60	2
SC10-13	Socket Head Cap Screw M10 ×65	2
SC10-14	Socket Head Cap Screw M10 ×70	8
SC10-24	Socket Head Cap Screw M10 ×120	4
SC12-17	Socket Head Cap Screw M12 ×85	2
SC12-26	Socket Head Cap Screw M12 ×130	4
SW10	Spring Washer 10	8
W6	Washer 6	8
W6B	Washer ID 6.5 OD18	8
W8	Washer 8	12
W10	Washer 10	80
W12	Washer 12	8