

# BLK BOX

## Seated Leg Extension

### 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

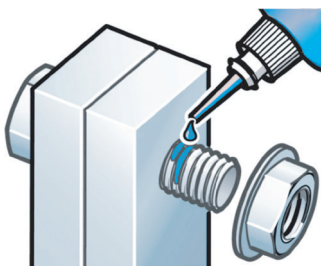
The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

## How to use

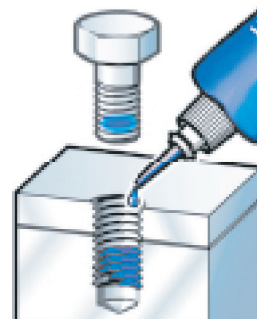
1. Degrease and clean surfaces prior to apply adhesive.
2. Insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).



Blue Thread Locker  
Medium strength



**FIG 1**



**FIG 2**

# STEP 1

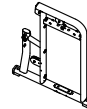
## Tools



17 mm  
8 mm

## Parts

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



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



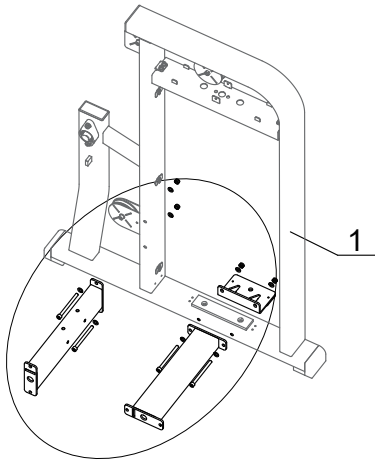
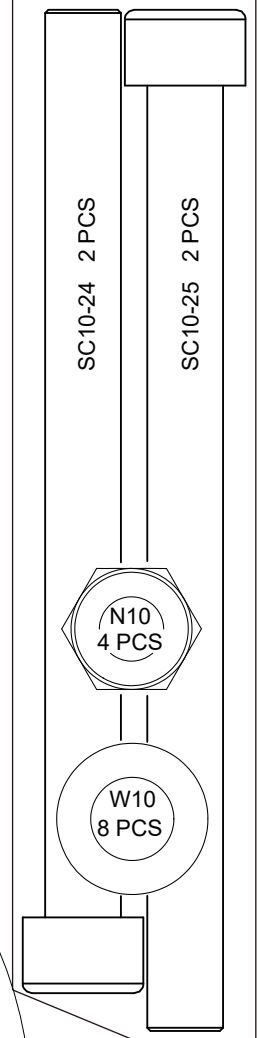
Part No: 3  
Name: Front Connection Tube  
Q'TY: 1



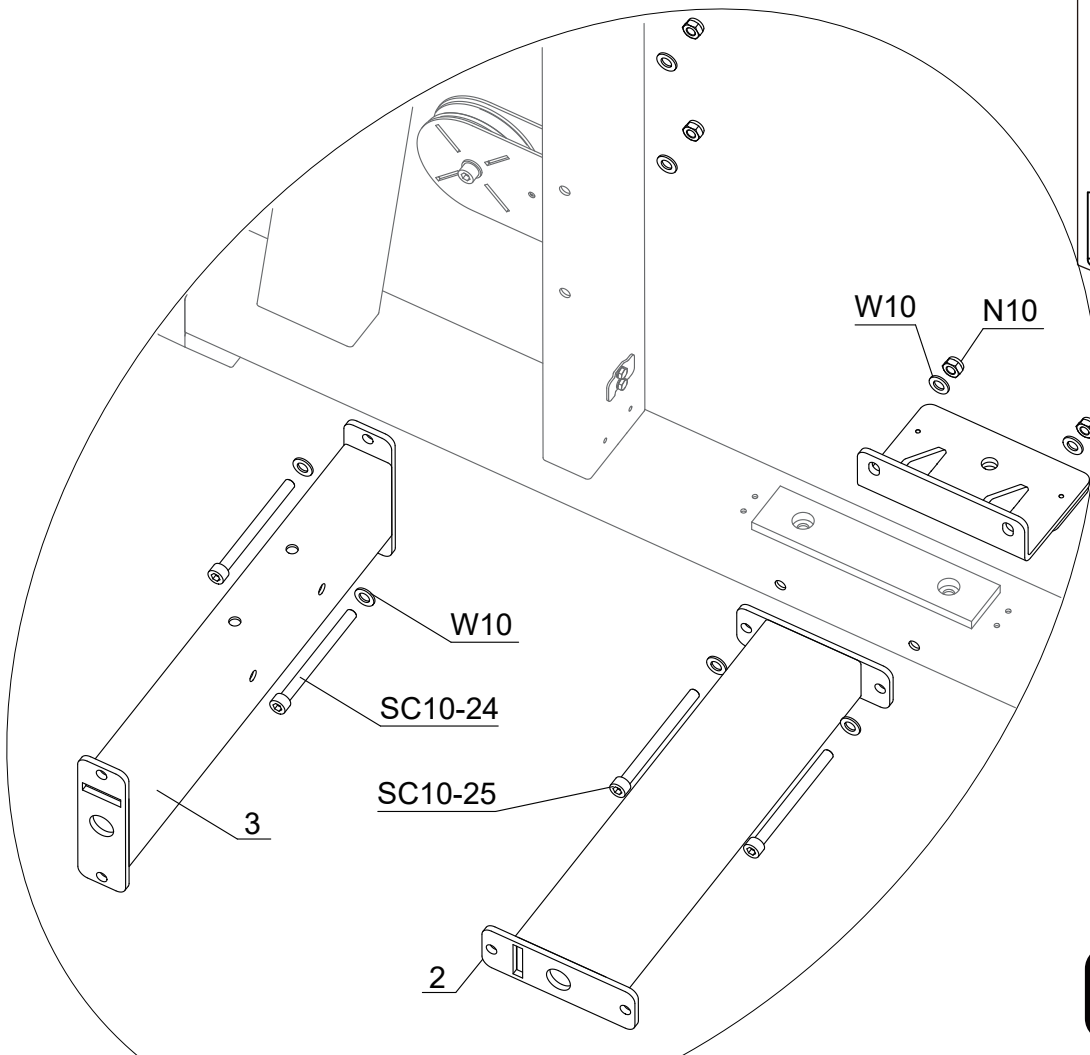
Part No: 14  
Name: Brace  
Q'TY: 1



## Fixings

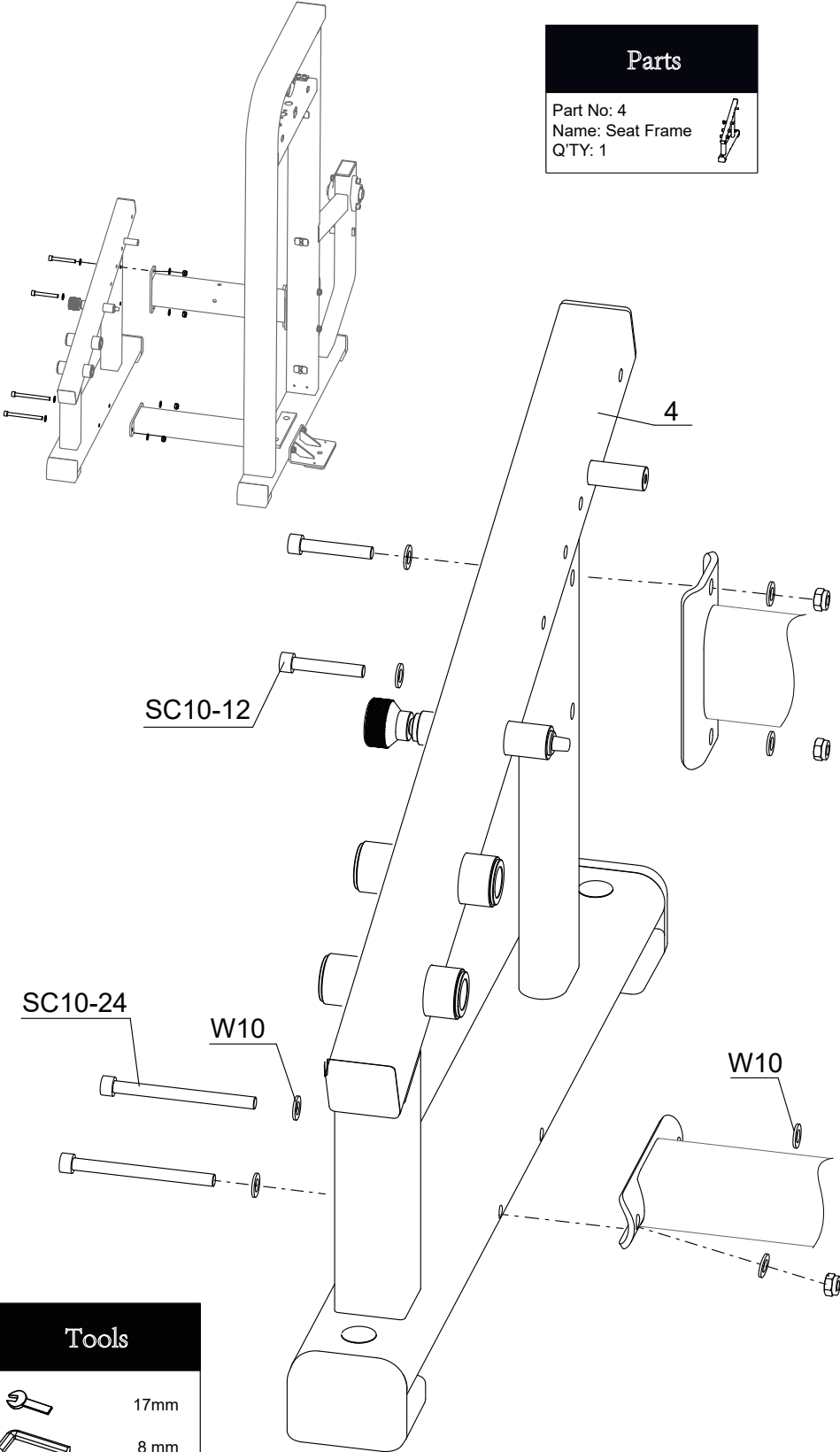


Assemble the Weight Frame (#1), Bottom Connecting Tube (#2) and the Front Connecting Tube (#3).



# STEP 2

## Install the Seat Frame(#4).



### Parts

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



### Fixings

N10  
4 PCS

W10  
8 PCS

SC10-12 2 PCS

SC10-24 2 PCS

### Tools



17mm

8 mm

50%



# STEP 3

Install the Shield Support (#5).

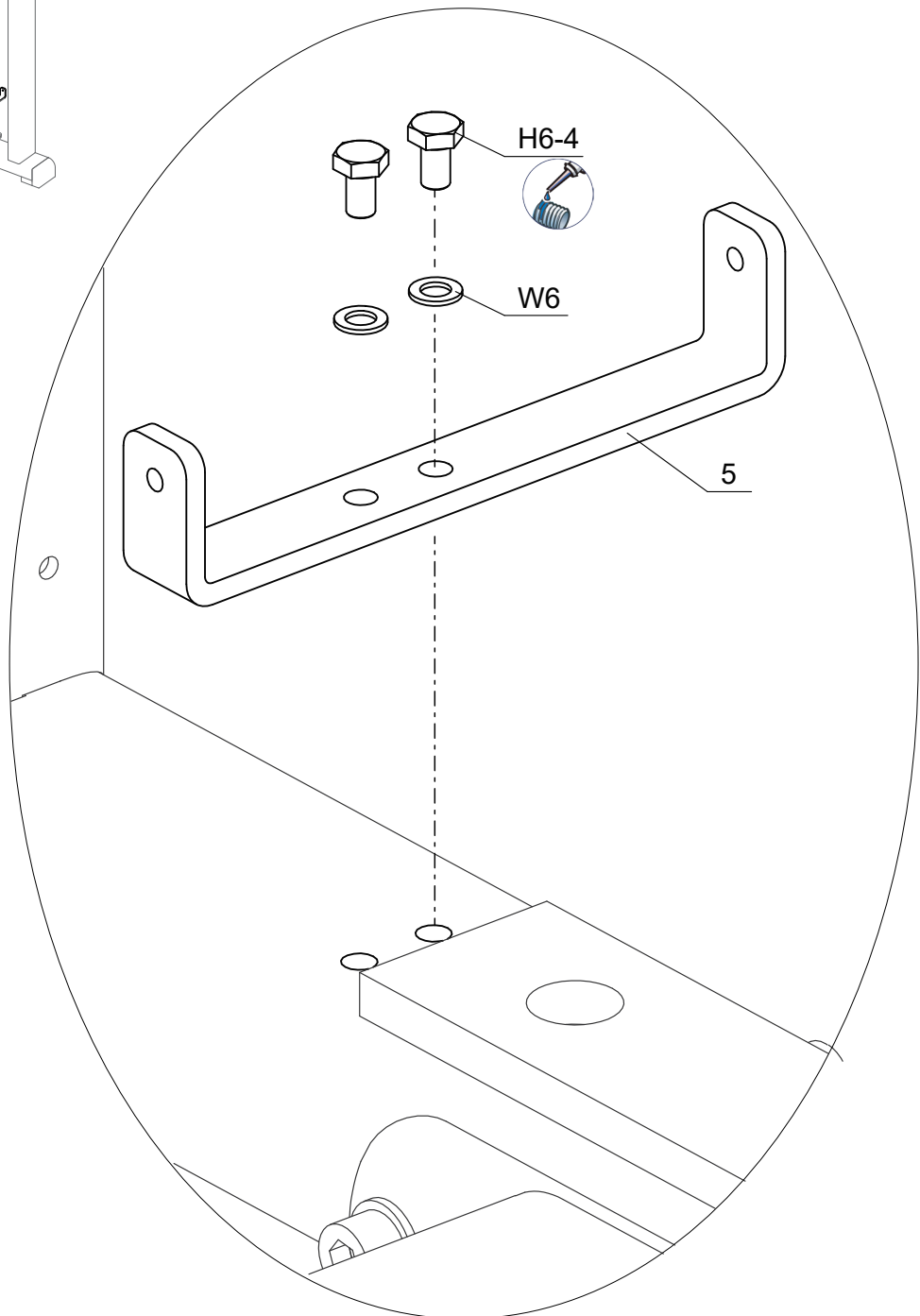
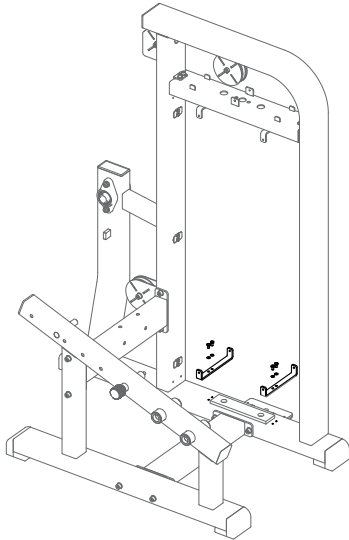
## Parts

Part No: 5  
Name: Shield Support  
Q'TY: 4

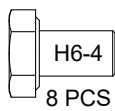
## Tools



10 mm



## Fixings



50%

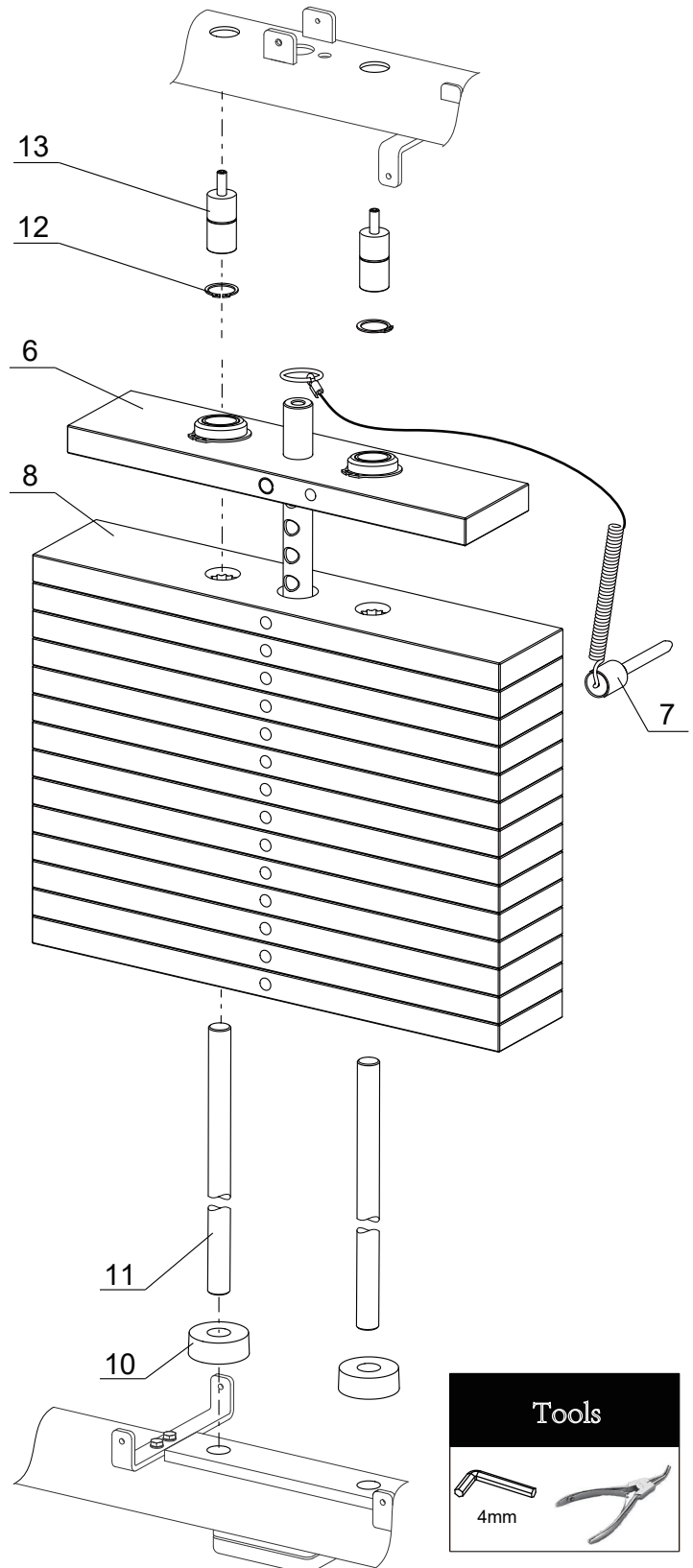
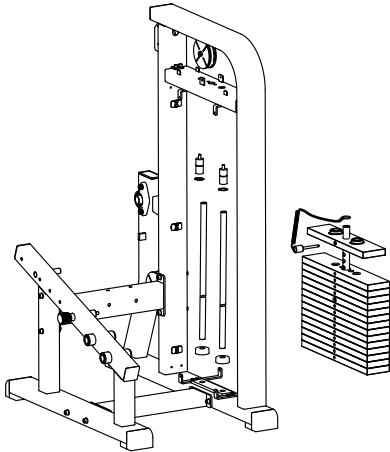


# STEP 4





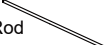


50%



Install The Weight Stack.



## Parts

- Part No: 6  Name: Top Weight Plate 7.5Kg  
Q'TY: 1
- Part No: 7  Name: Weight Pin  
Q'TY: 1
- Part No: 8  Name: Weight Plate 9Kg  
Q'TY: 14
- Part No: 10  Name: Rubber Buffer  
Q'TY: 2
- Part No: 11  Name: Guide Rod  
Q'TY: 2
- Part No: 12  Name: External Retaining Ring D19  
Q'TY: 2
- Part No: 13  Name: Rod Retainer  
Q'TY: 2

### Note :

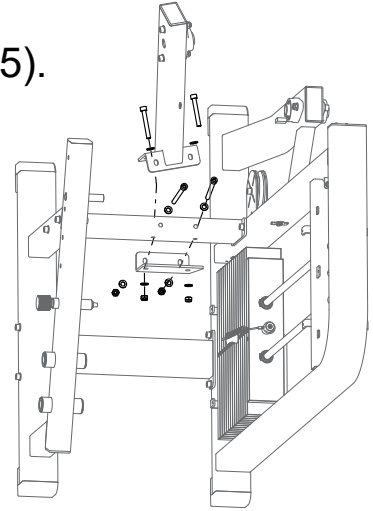
If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

## Tools




# STEP 5

Install the Support Tube (#15).

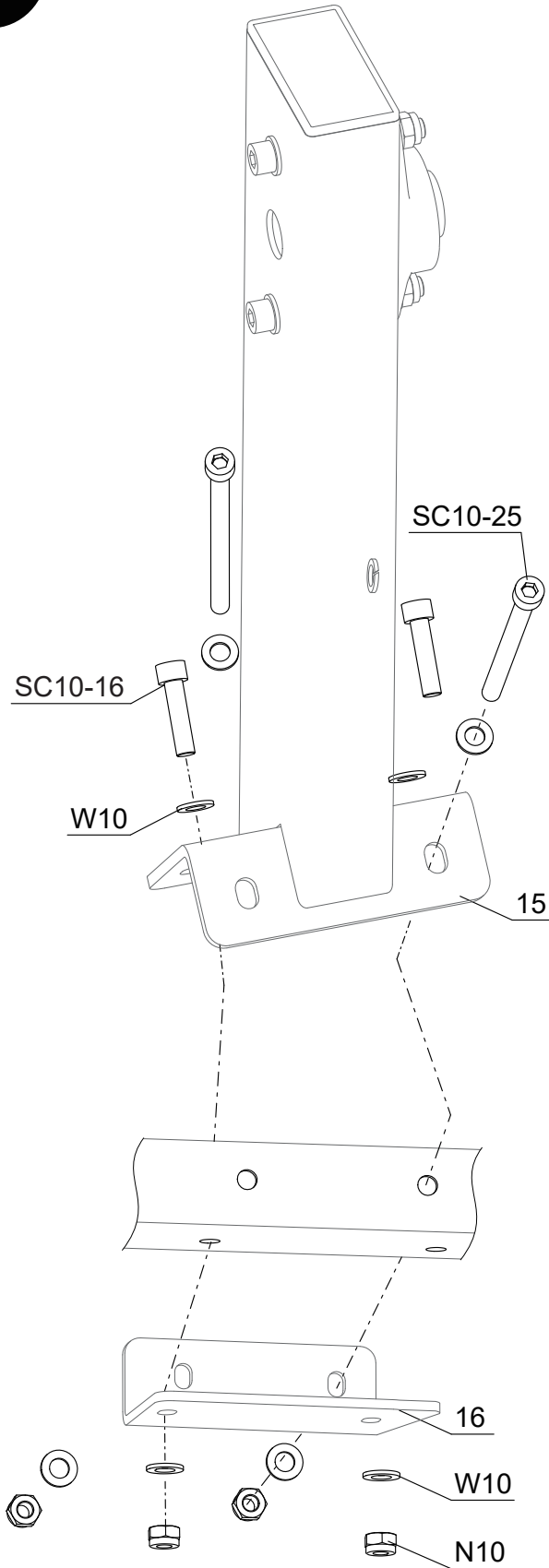



**Parts**

Part No: 15  
Name:  
Support Tube  
Q'TY: 1




Part No: 16  
Name:  
Backing Plate  
Q'TY: 1



**Fixings**

SC10-25 2 PCS
SC10-16 2 PCS
N10 4 PCS
W10 4 PCS

**Tools**



8 mm

50%

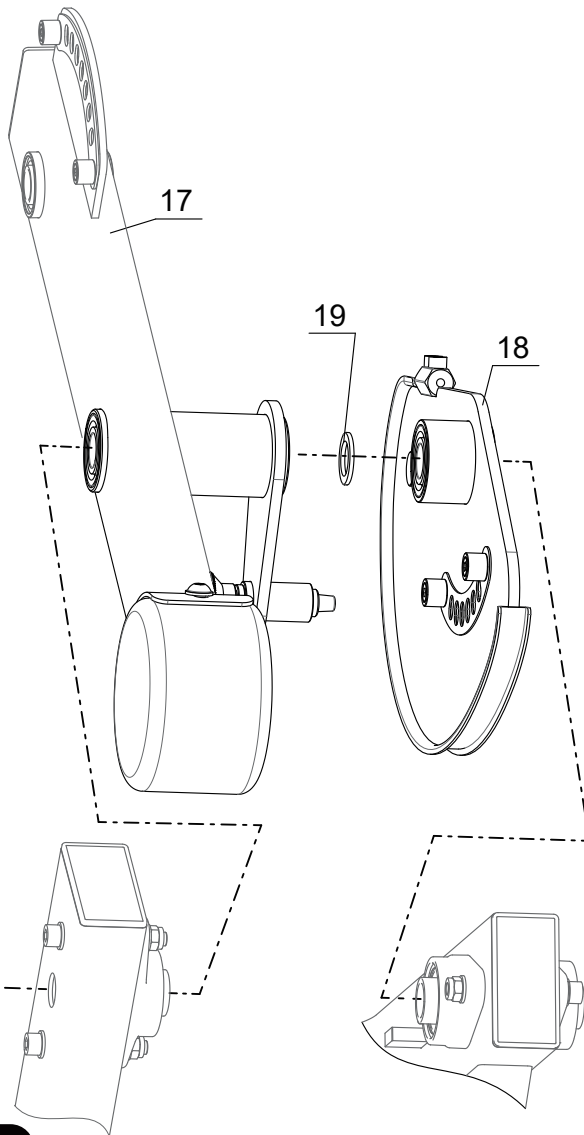
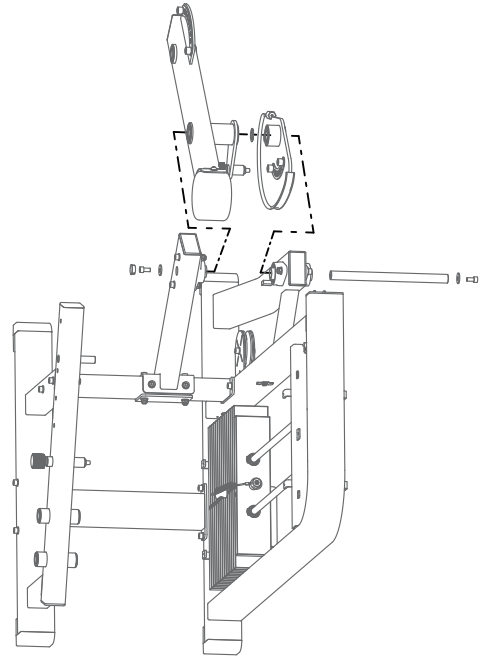


# STEP 6

Install the  
Swing Arm(#17).

## Parts

- Part No: 17  
Name: Swing Arm  
Q'TY: 1
- Part No: 18  
Name: Cam  
Q'TY: 1
- Part No: 19  
Name: Washer ID25.5 OD38  
Q'TY: 1
- Part No: 20  
Name: Shaft  
Q'TY: 1
- Part No: 21  
Name: D25 Hole Cap  
Q'TY: 1



## Fixings

SC10-4  
2 PCS

SW10  
1 PC

W10B  
2 PCS

SC10-4

W10B

## Tools

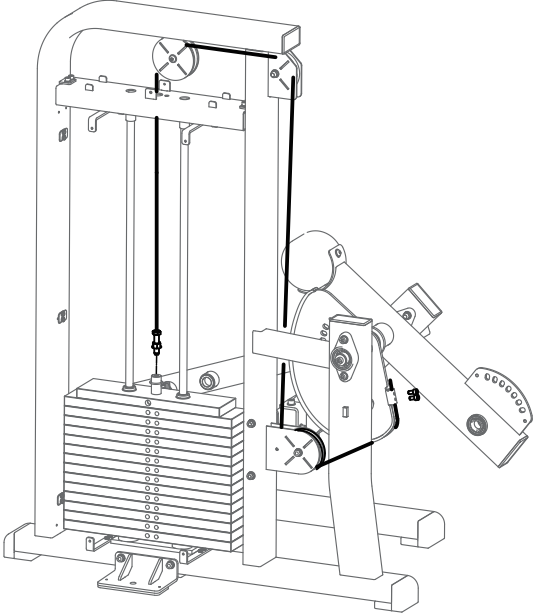
8 mm

50%



# STEP 7

**Parts**  
Part No: 22  
Name: Cable  
Q'TY:1



Route the Cable(#22).

**Tools**  
19 mm  
6 mm



22

**Fixings**  
SC8-3  
2 PCS

SC8-3

50%

# STEP 8

Install The Work Arm(#23).

## Parts

Part No: 24  
Name: Shaft  
Q'TY: 1

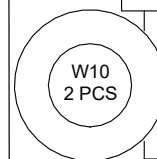


Part No: 23  
Name: Work Arm  
Q'TY: 1

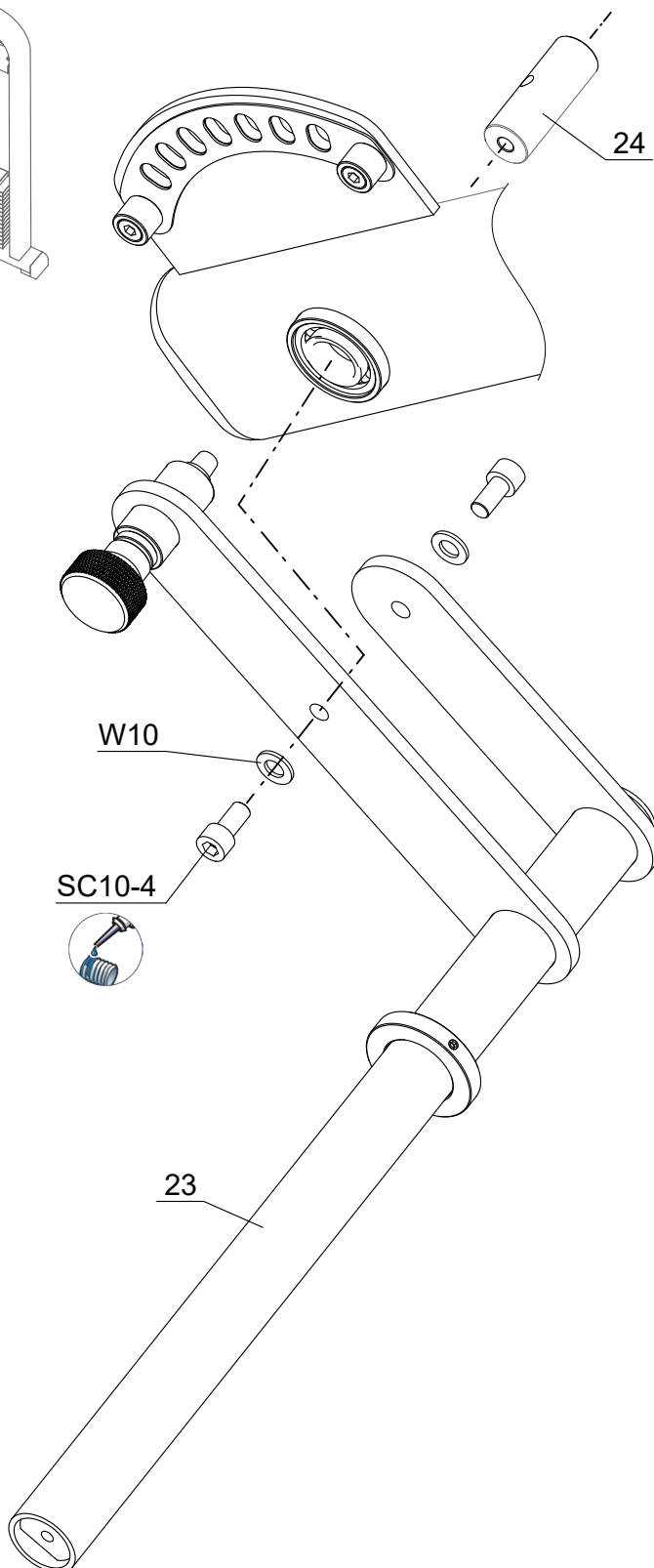
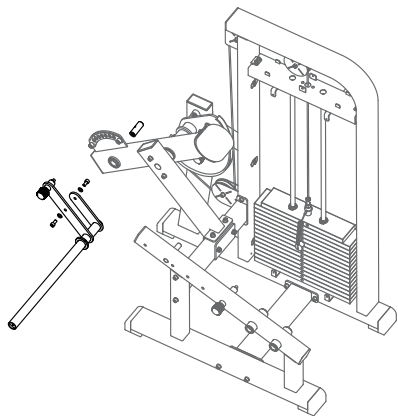


## Fixings

SC10-4  
2 PCS



W10  
2 PCS



## Tools



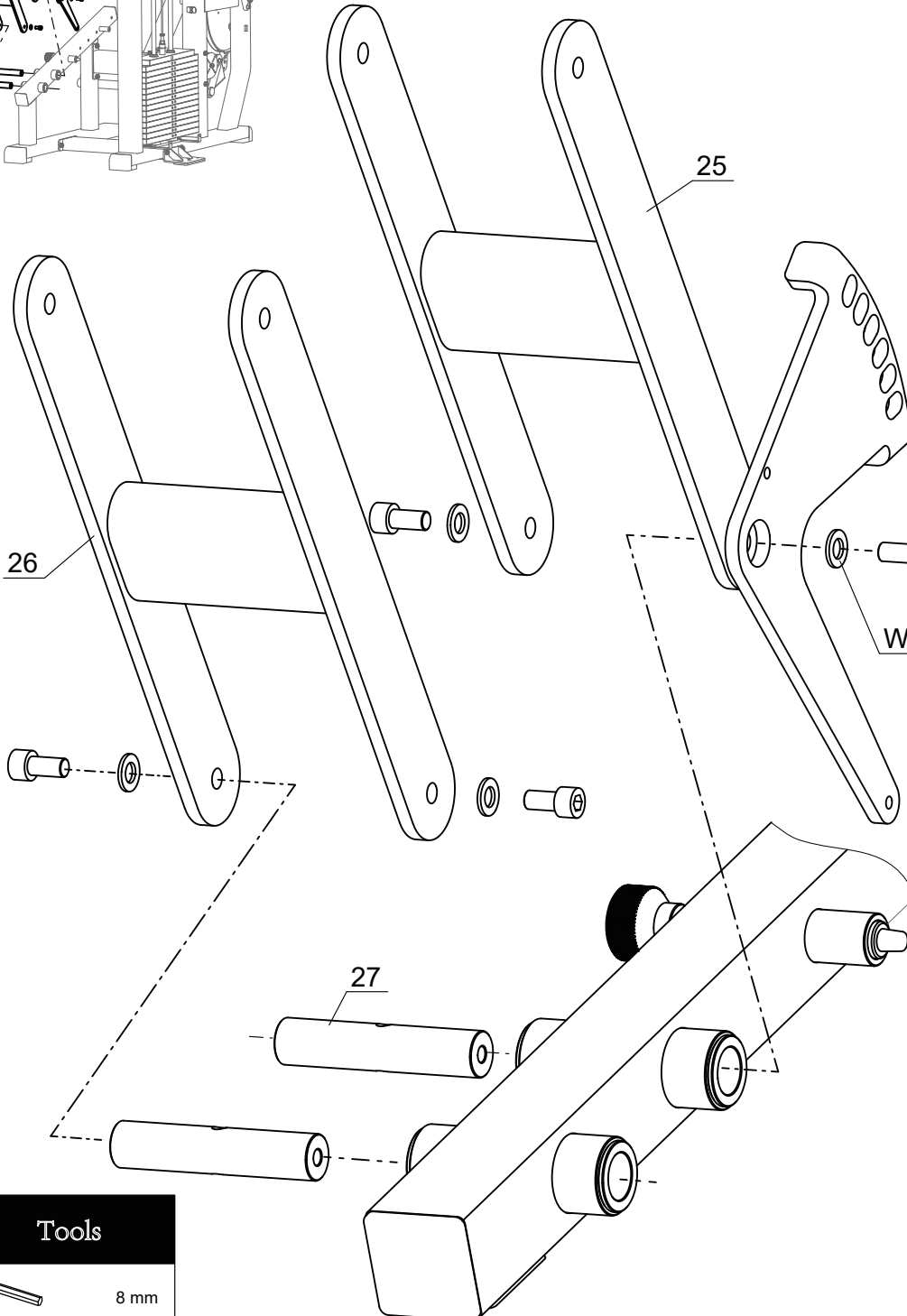
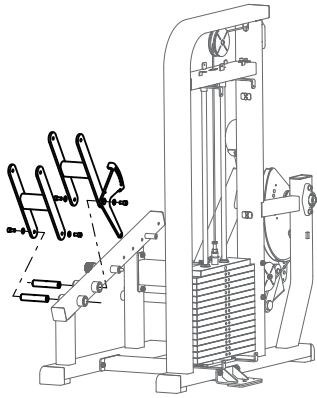
8 mm

50%



# STEP 9

Install the Link Arm(#25 &#26).



## Fixings

SC10-4  
4 PCS

W 10  
4 PCS

## Parts

Part No: 25  
Name: Link Arm  
Q'TY: 1



Part No: 26  
Name: Link Arm  
Q'TY: 1



Part No: 27  
Name: Shaft D25×119  
Q'TY: 2



## Tools



8 mm

50%

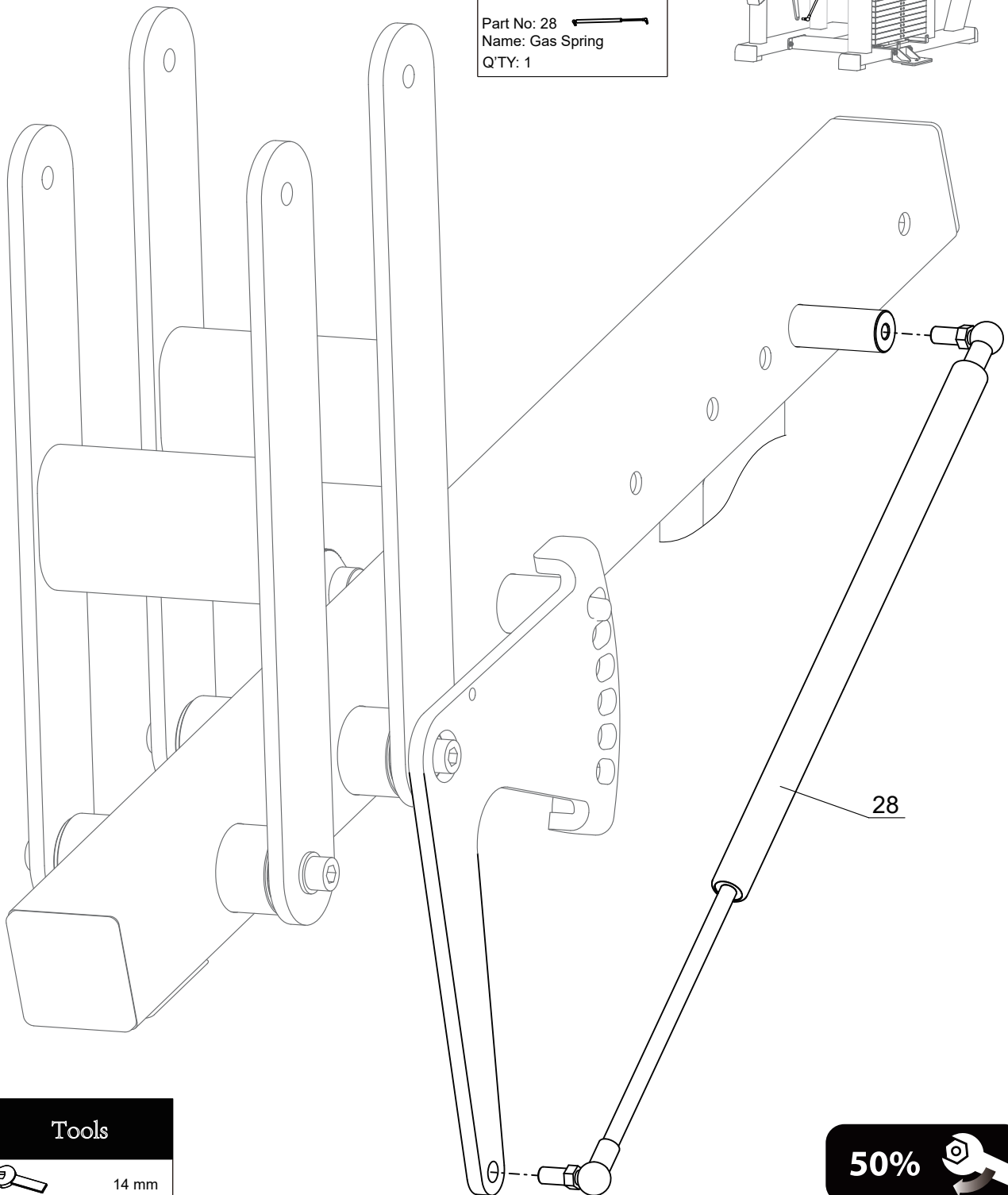
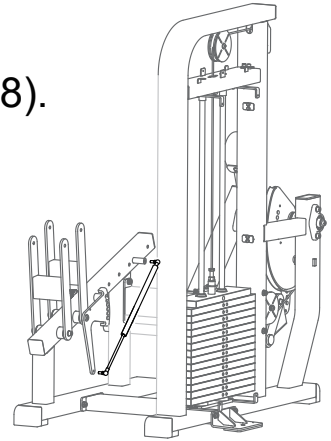


# STEP 10

Install the Gas Spring(#28).

## Parts

Part No: 28  
Name: Gas Spring  
Q'TY: 1



## Tools



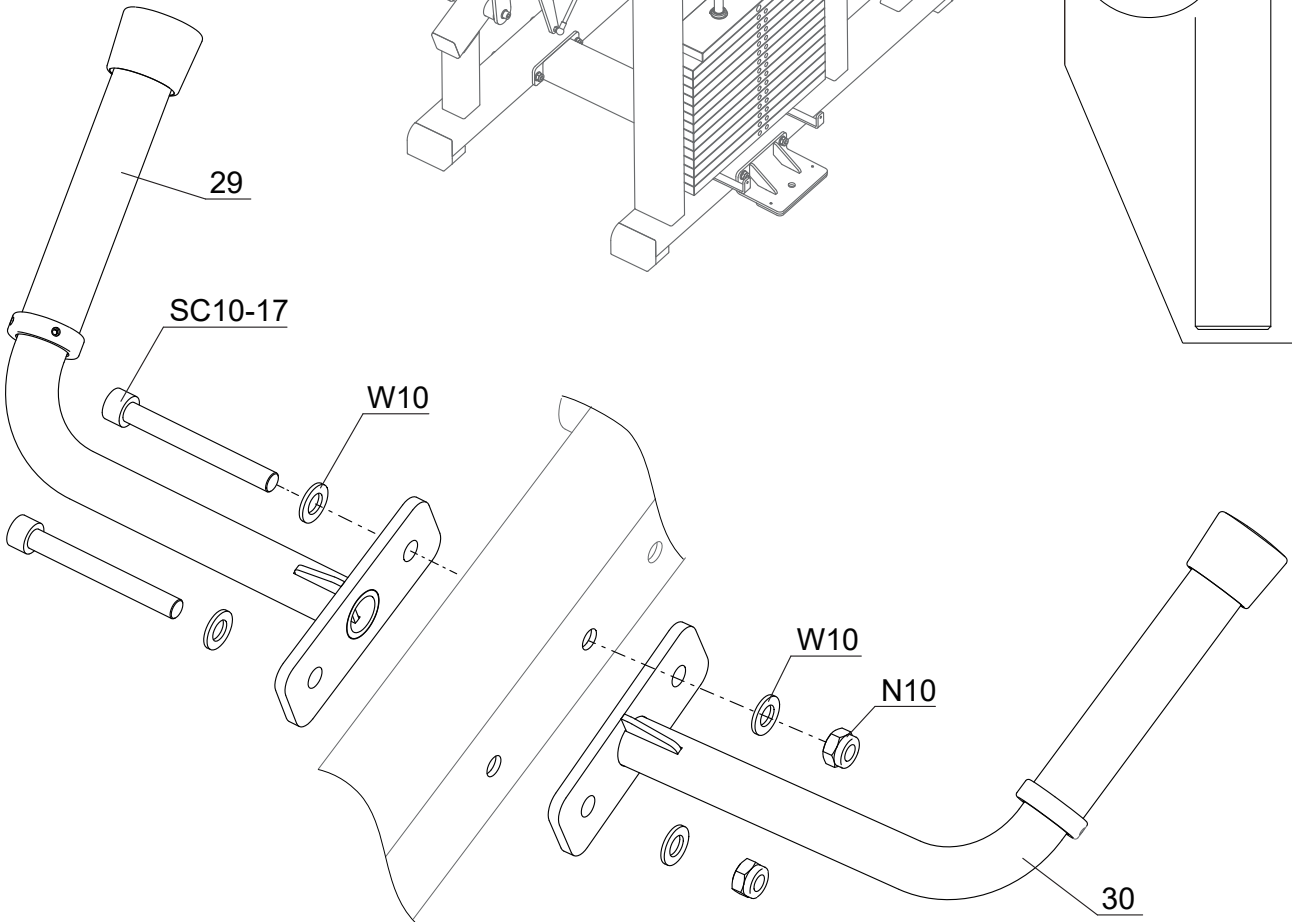
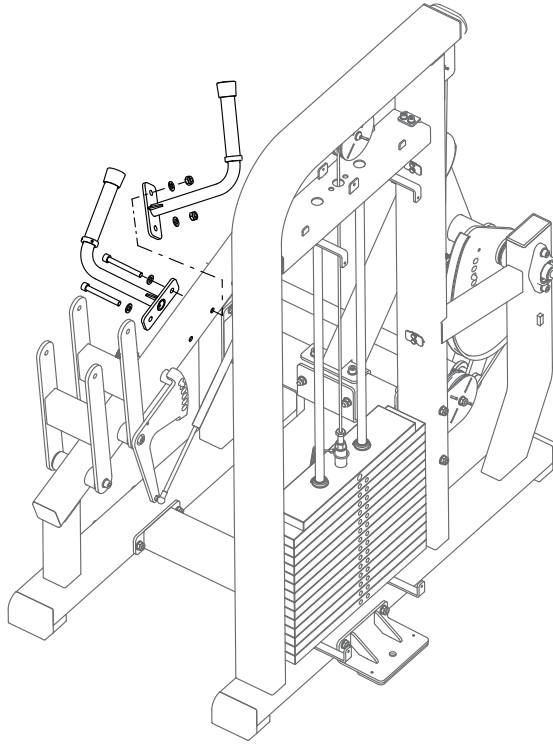
14 mm

50%



# STEP 11

Install the Handles  
( #29 & #30).



**Fixings**

SC10-17 2 PCS
N 10 2 PCS
W 10 4 PCS

**Parts**

Part No: 29 Name: Handle Q'TY: 1	
Part No: 30 Name: Handle Q'TY: 1	

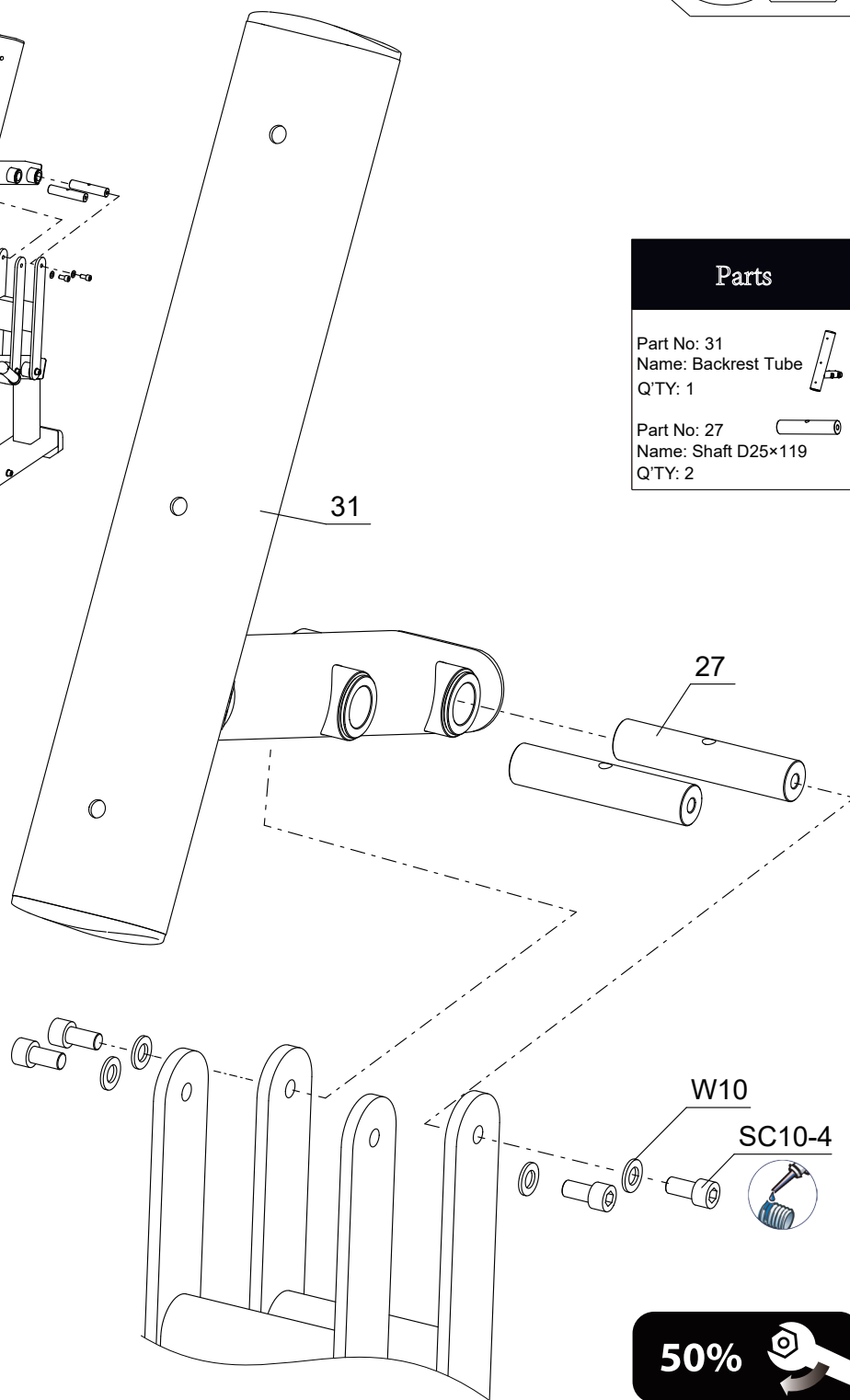
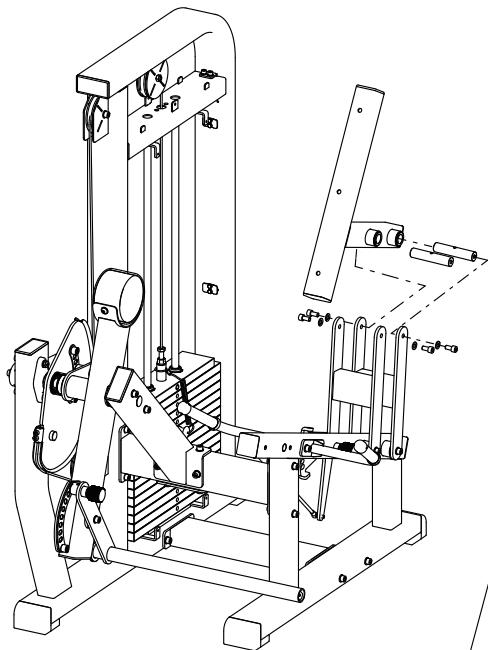
**Tools**

	17 mm
	8 mm



# STEP 12

Install the Backrest Tube(#31).



## Fixings

SC10-4  
4 PCS

W 10  
4 PCS

## Parts

Part No: 31  
Name: Backrest Tube  
Q'TY: 1

Part No: 27  
Name: Shaft D25×119  
Q'TY: 2

## Tools



8 mm

50%



# STEP 13

## Tools



17 mm

8 mm

## Parts

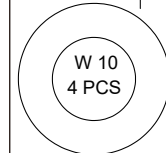
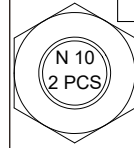
Part No: 32  
Name: Holding Plate  
QTY: 1



Part No: 33  
Name: Holding Plate  
QTY: 1

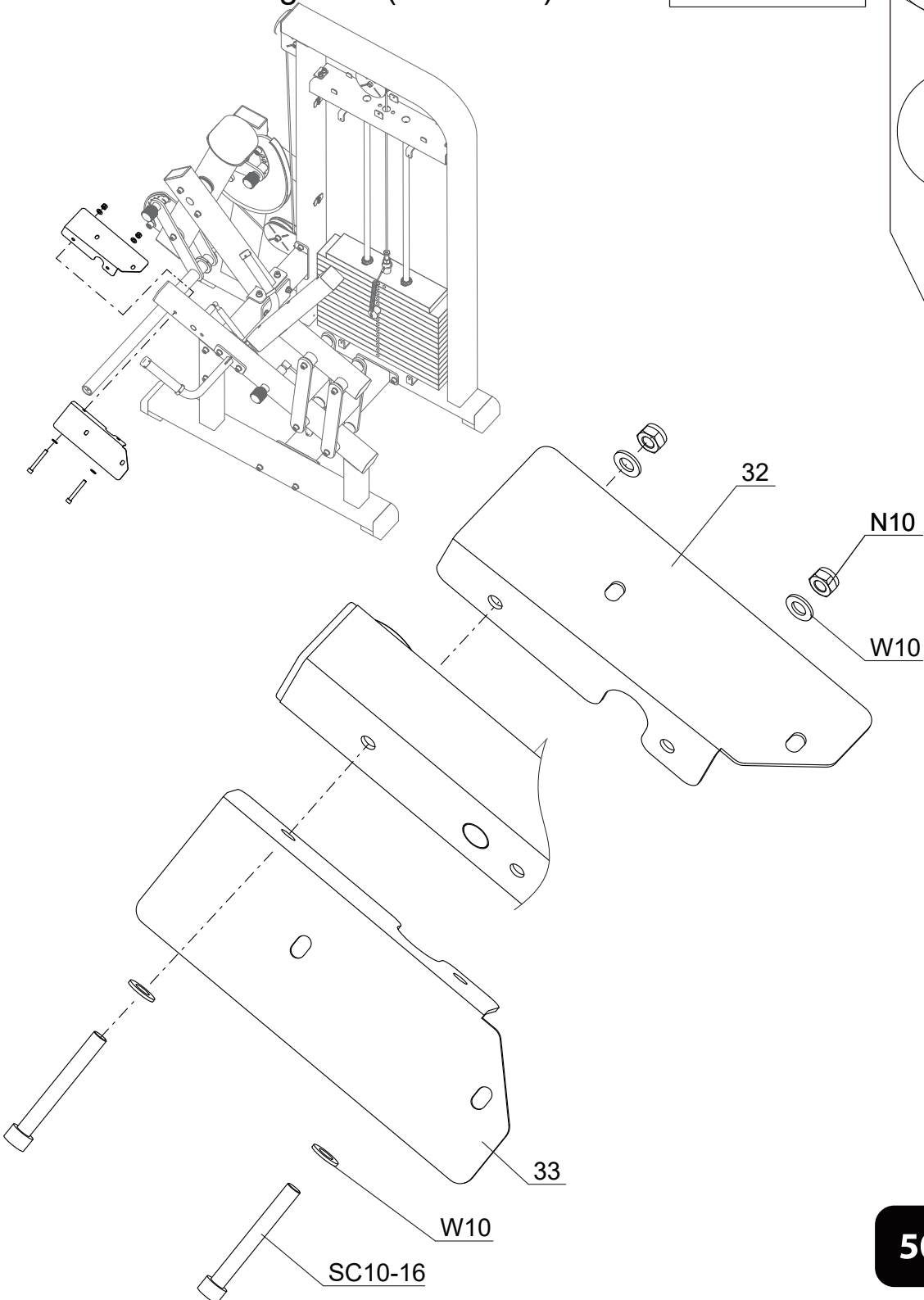


## Fixings



SC10-16 2 PCS

Install the Holding Plate(#32 & #33).

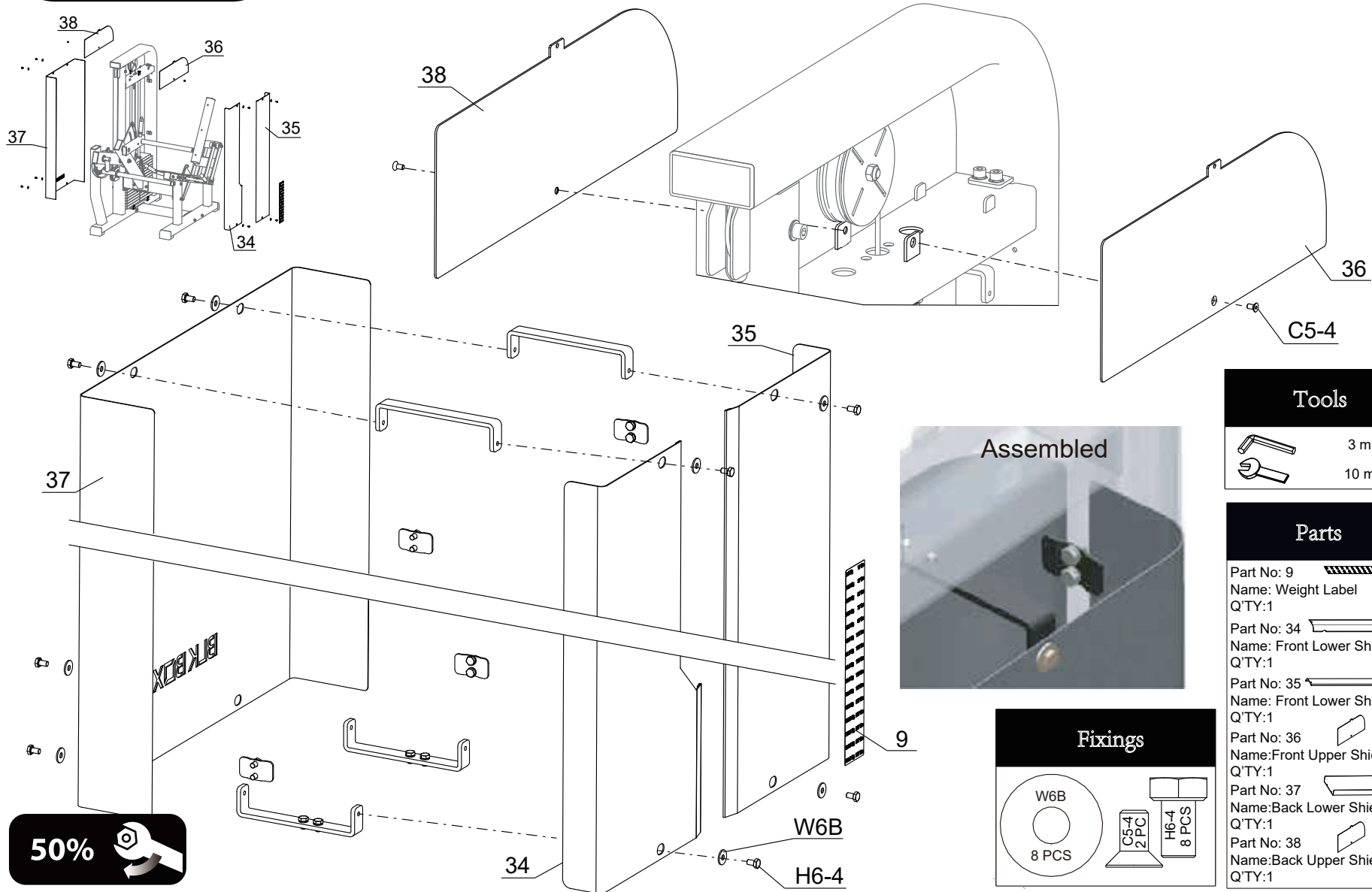


50%



# STEP 14

Fix The Front Lower Shield(#34 & #35) , Front Upper Shield (#36),Back Lower Shield(#37) And The Back Upper Shield(#38).



16

### Tools

- 3 mm
- 10 mm

### Parts

- Part No: 9 Name: Weight Label Q'TY:1
- Part No: 34 Name: Front Lower Shield Q'TY:1
- Part No: 35 Name: Front Lower Shield Q'TY:1
- Part No: 36 Name:Front Upper Shield Q'TY:1
- Part No: 37 Name:Back Lower Shield Q'TY:1
- Part No: 38 Name:Back Upper Shield Q'TY:1

Assembled

### Fixings

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

50%



# STEP 15

Install the Backrest Pad(#39).

## Tools



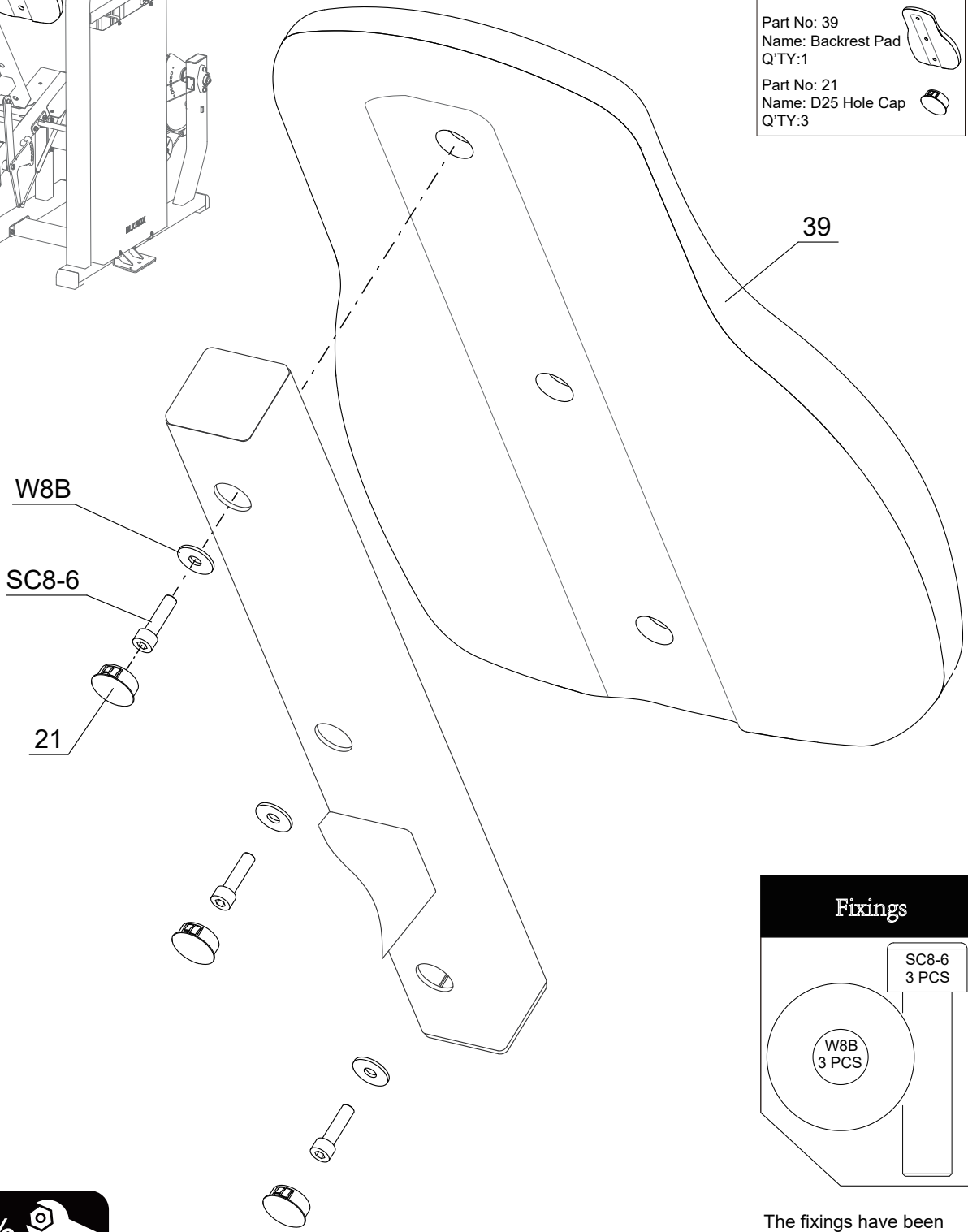
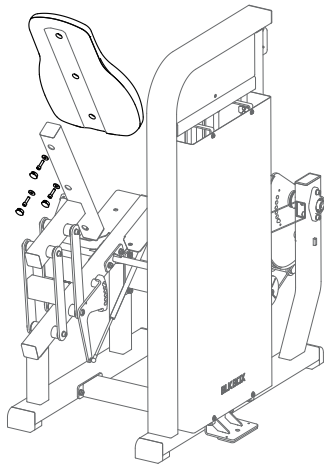
6 mm

## Parts

Part No: 39  
Name: Backrest Pad  
Q'TY:1



Part No: 21  
Name: D25 Hole Cap  
Q'TY:3



## Fixings

SC8-6  
3 PCS

W8B  
3 PCS

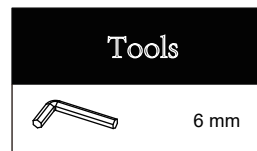
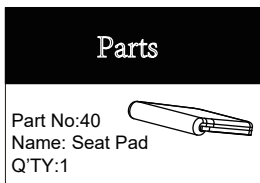
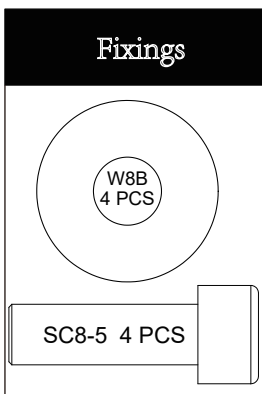
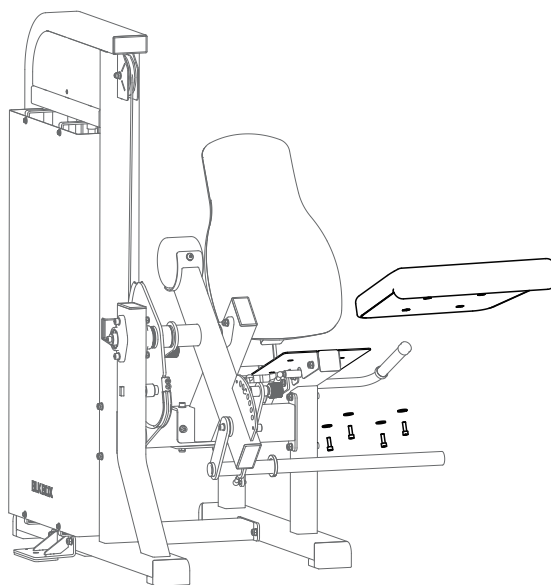
100%



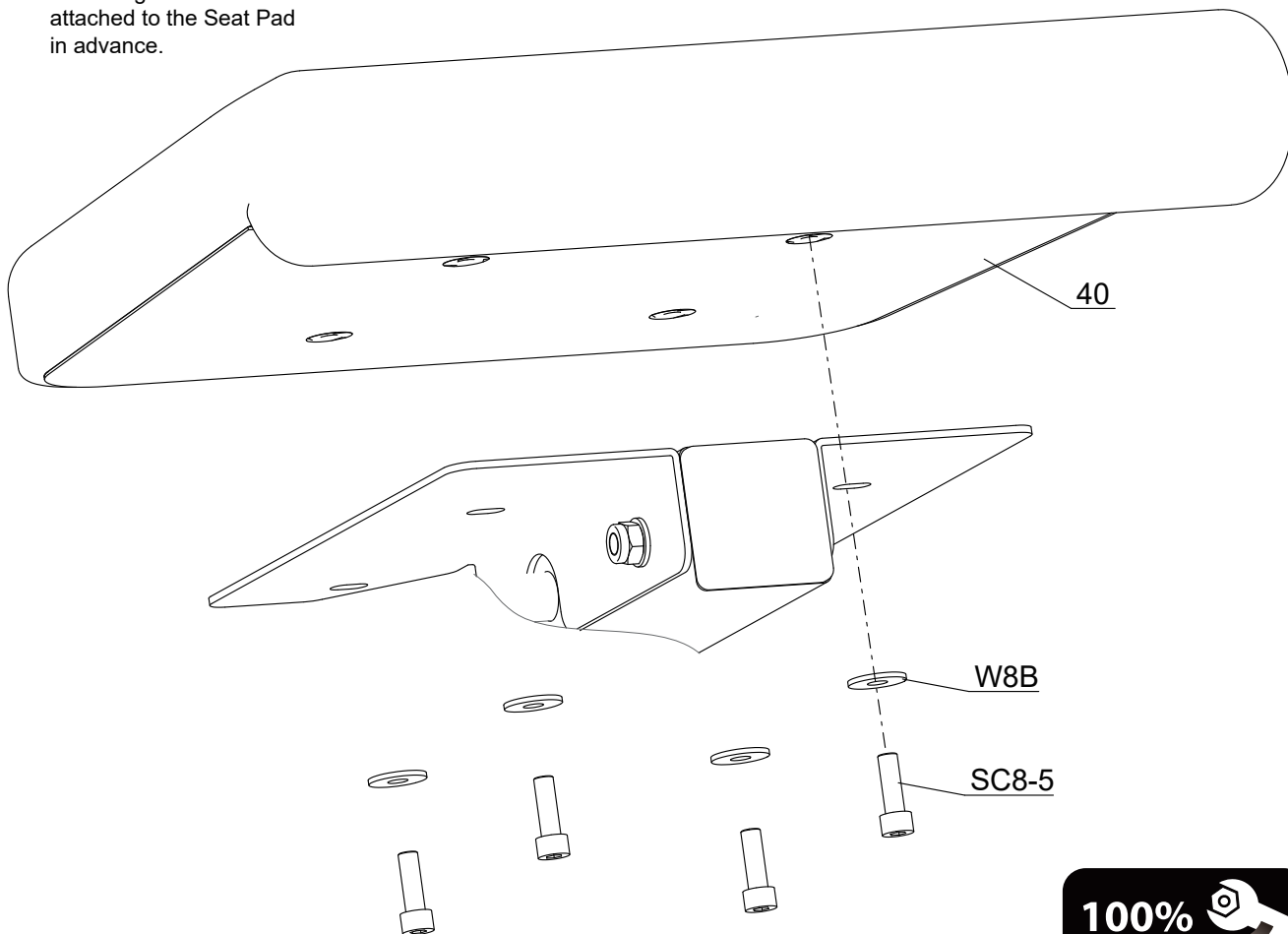
The fixings have been attached to the Seat Pad in advance.

# STEP 16

Install The Seat Pad(#40).

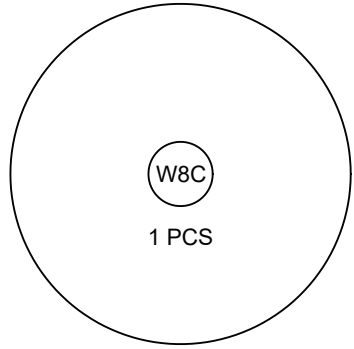


The fixings have been attached to the Seat Pad in advance.



### Fixings

SC8-5 1 PC



The fixings have been attached to the Work Arm in advance.

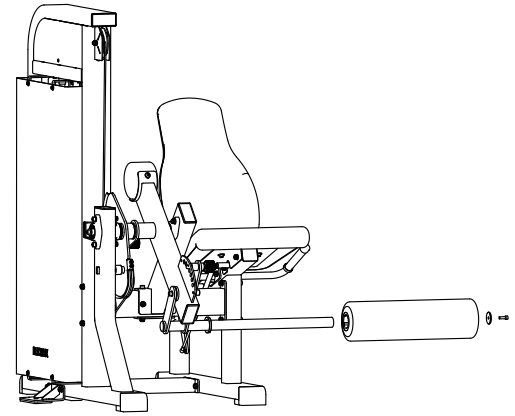
### Parts

Part No:41  
Name: Foam Roller  
Q'TY:1

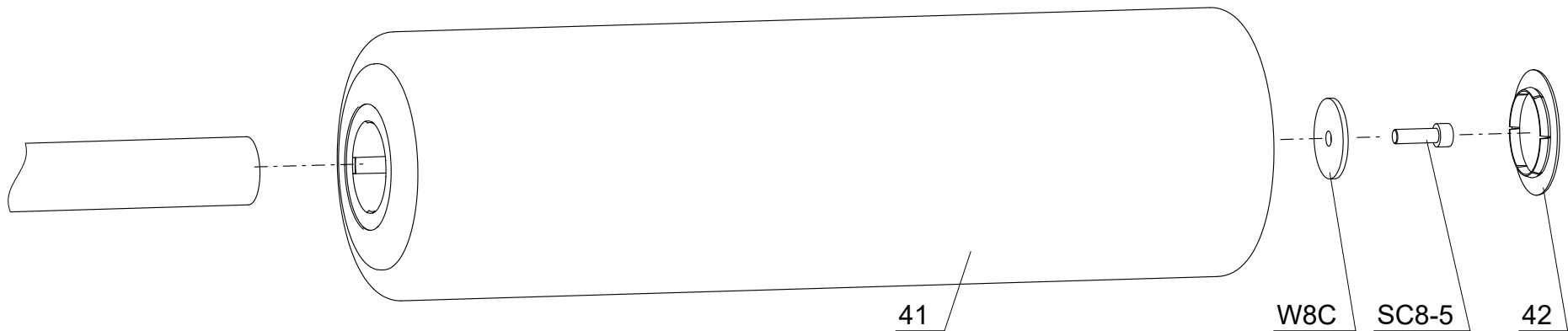
Part No:42  
Name: Cap  
Q'TY:1

The Cap have been attached to the Foam Roller in advance.

# STEP 17



Install The Foam Roller(#41).



### Tools



6 mm

## PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	Bottom Connection Tube	1
3	Front Connection Tube	1
4	Seat Frame	1
5	Shield Support	4
6	Top Weight Plate 7.5Kg	1
7	Weight Pin	1
8	Weight Plate 9Kg	14
9	Weight Label	1
10	Rubber Buffer	2
11	Guide Rod	2
12	External Retaining Ring D19	2
13	Rod Retainer	2
14	Brace	1
15	Support Tube	1
16	Backing Plate	1
17	Swing Arm	1
18	Cam	1
19	Washer ID25.5 OD38	1
20	Shaft	1
21	D25 Hole Cap	4
22	Cable	1
23	Work Arm	1
24	Shaft	1
25	Link Arm	1
26	Link Arm	1
27	Shaft D25×119	4
28	Gas Spring	1
29	Handle	1
30	Handle	1
31	Backrest Tube	1

PART#	DESCRIPTION	QTY
32	Holding Plate	1
33	Holding Plate	1
34	Front Lower Shield	1
35	Front Lower Shield	1
36	Front Upper Shield	1
37	Back Lower Shield	1
38	Back Upper Shield	1
39	Backrest Pad	1
40	Seat Pad	1
41	Foam Roller	1
42	Cap	1
C5-4	Countersunk Head Screw M5X10	2
H6-4	Hex Head Bolt M6X10	16
N10	Lock Nut M10	16
SC8-3	Socket Head Cap Screw M8X15	2
SC8-5	Socket Head Cap Screw M8X25	8
SC10-4	Socket Head Cap Screw M10X20	12
SC10-12	Socket Head Cap Screw M10X60	2
SC10-16	Socket Head Cap Screw M10X80	2
SC10-16	Socket Head Cap Screw M10X80	2
SC10-17	Socket Head Cap Screw M10X85	2
SC10-24	Socket Head Cap Screw M10X120	4
SC10-25	Socket Head Cap Screw M10X125	4
SW10	Spring Washer 10	1
W6	Washer 6	8
W6B	Big Washer 6	8
W8B	Big Washer ID8.5 OD24	7
W8C	Big Washer ID8.5 OD45	1
W10	Washer 10	38
W10B	Washer ID11 OD30	2