

BLK BOX

GHD / Reverse Hyper

Setup Instructions

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



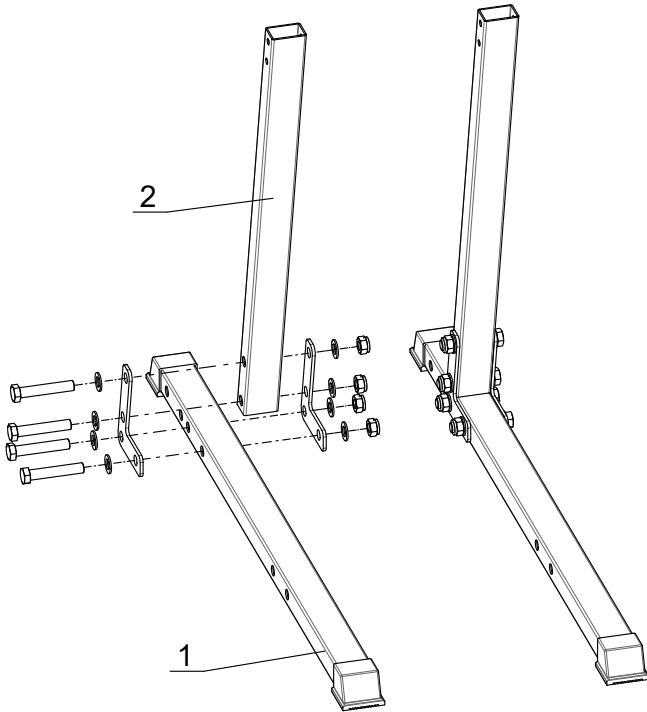
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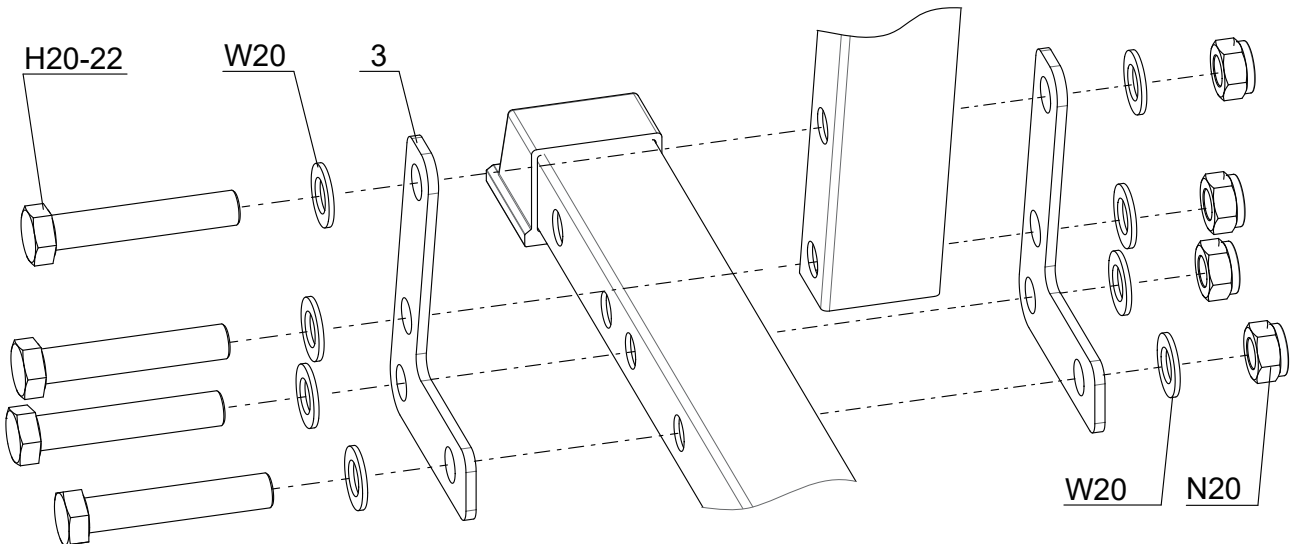
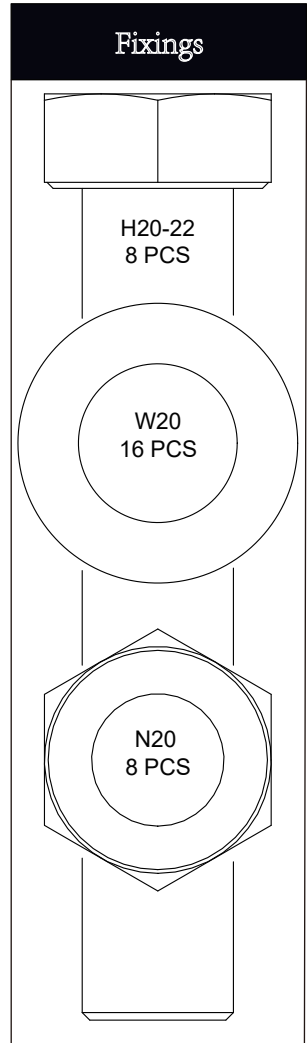
Part List..... 11

STEP 1

Assemble the Bottom Tube (#1) and the Upright (#2).



Parts	
Part No: 1	
Name: Bottom Tube	
Q'TY: 2	
Part No: 2	
Name: Upright	
Q'TY: 2	
Part No: 3	
Name: Backing Plate	
Q'TY: 4	



Tools	
	30 mm



Parts

Part No: 2
Name: Upright
Q'TY: 2



Part No: 4
Name: Pedal Tube
Q'TY: 2



Part No: 5
Name: Backing Plate
Q'TY: 4

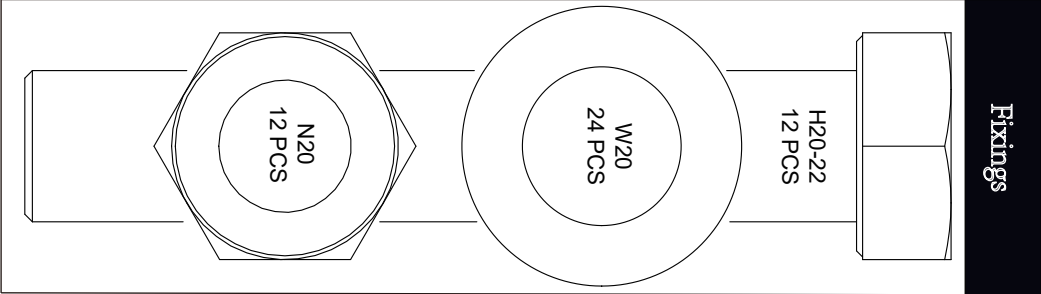
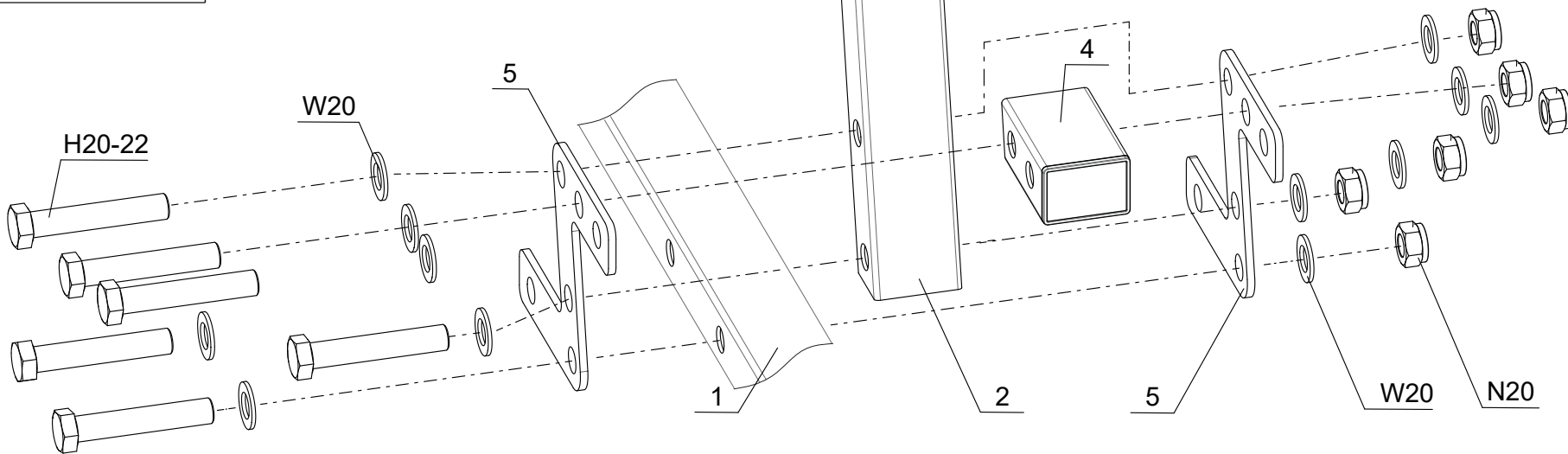


Tools



30 mm

50%



Assemble the Bottom Tube (#1) and the Upright (#2) and the Pedal Tube (#4).


STEP 2

STEP 3

Install the Top Frame (#6) and the Backing Plate (#7).

Parts

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

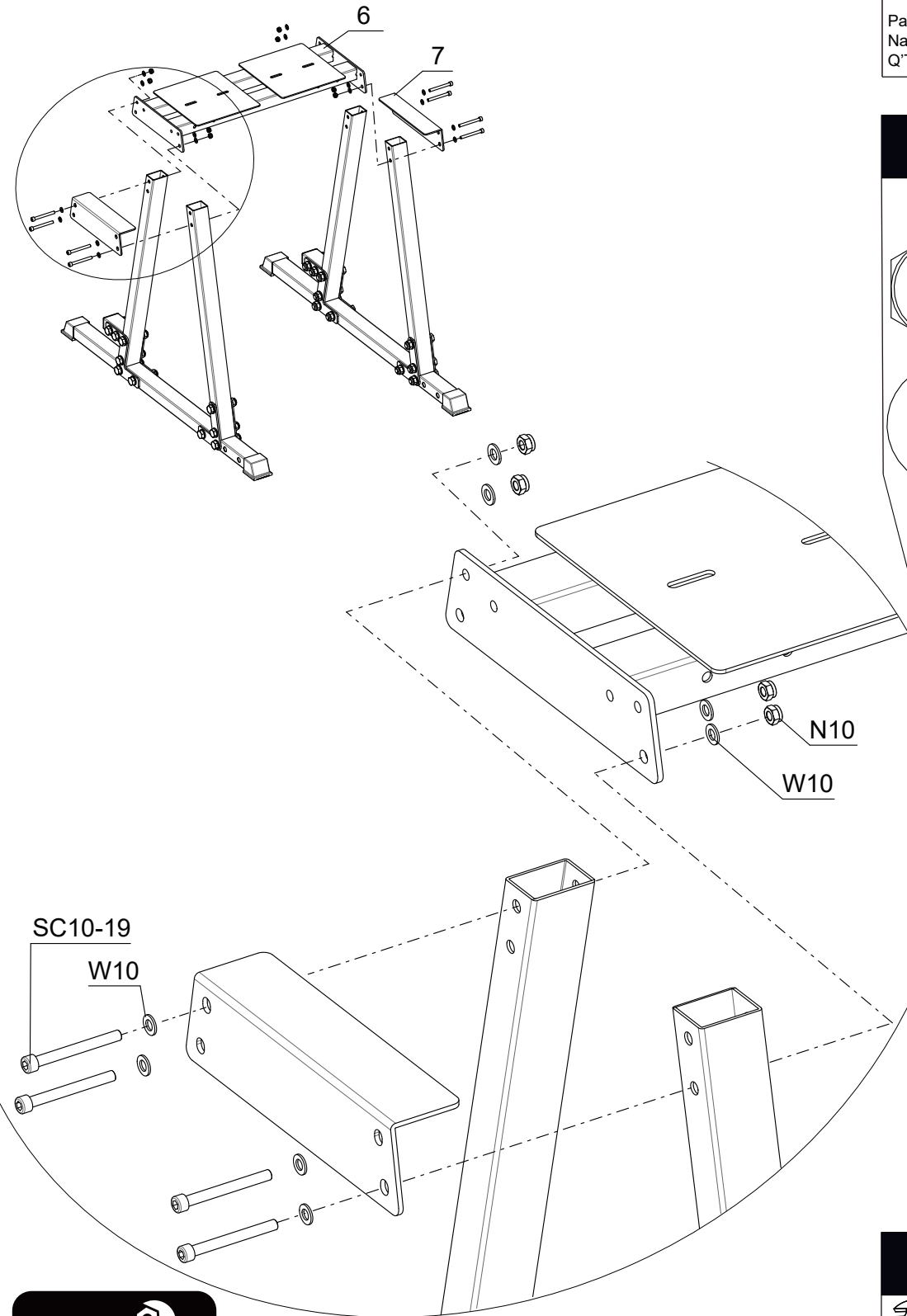
Part No:7 
 Name: Backing Plate
 Q'TY: 2

Fixings

SC10-19
 8 PCS

N10
 8 PCS

W10
 16 PCS



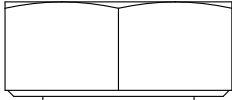
SC10-19
 W10

50% 

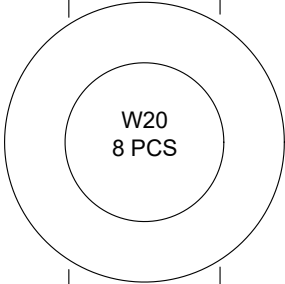
Tools

 17 mm
 8 mm

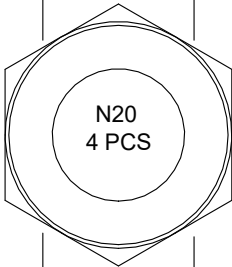
Fixings



H20-20
4 PCS



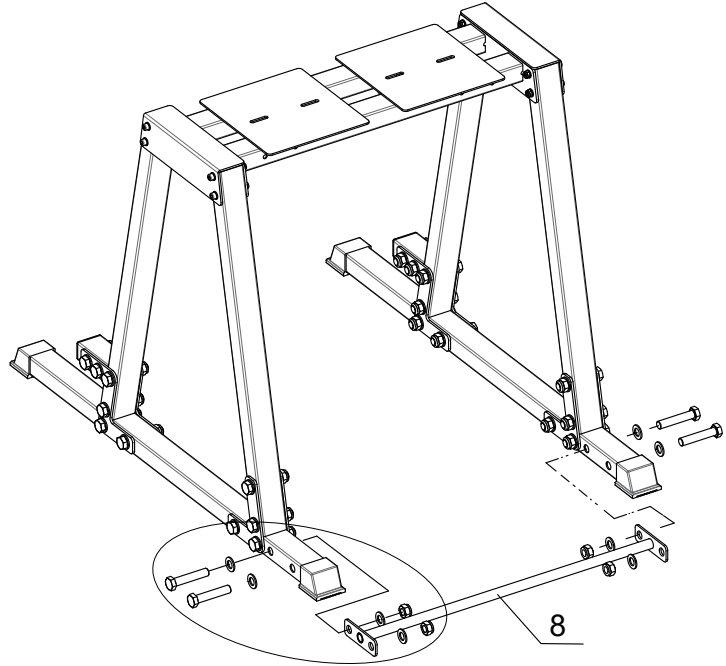
W20
8 PCS




N20
4 PCS

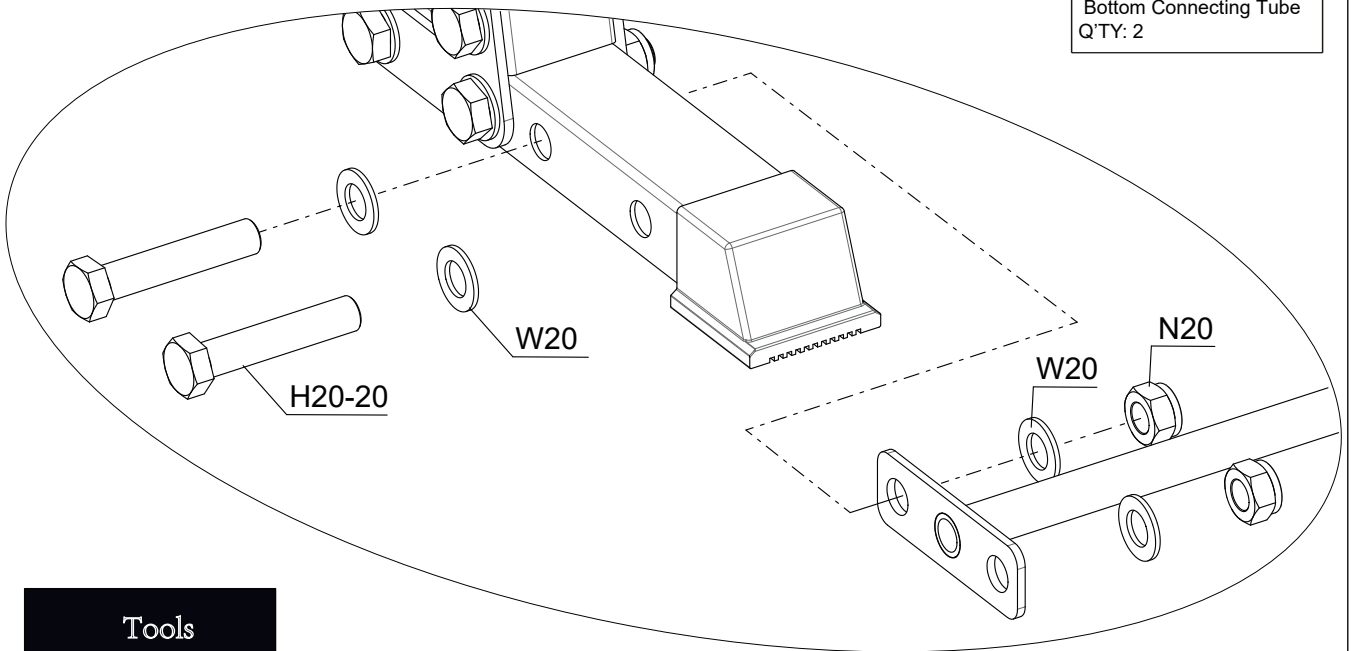
Install the Bottom Connecting Tube (# 8).

STEP 4



Parts

Part No: 8 
Name:
Bottom Connecting Tube
Q'TY: 2



Tools



30 mm

50%



Fixings

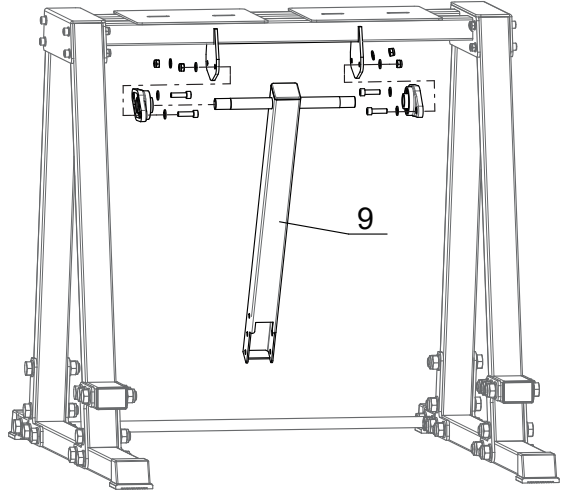
SC10-7
4 PCS

N10
4 PCS

W10
8 PCS

Install the Swing Arm (#9).

STEP 5

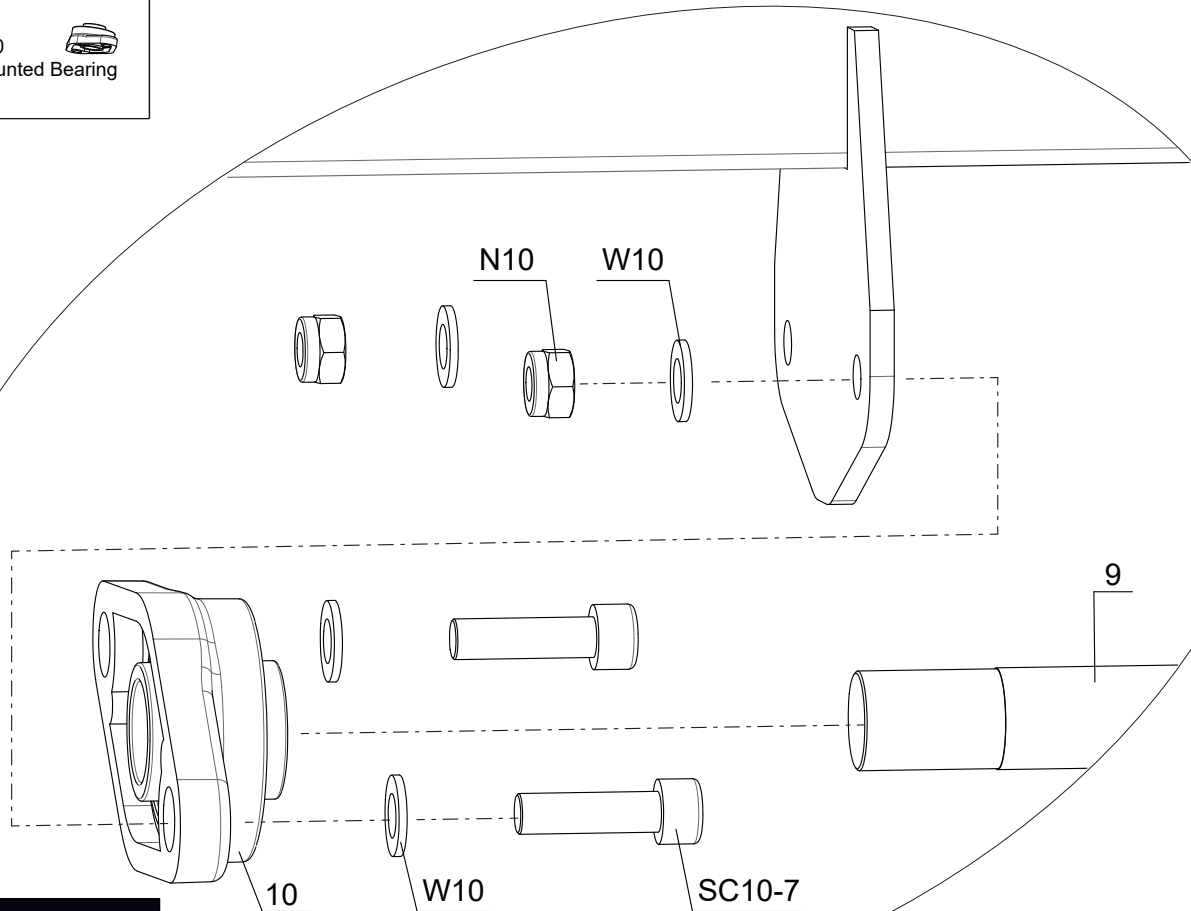


Parts

Part No: 9
Name: Swing Arm
Q'TY: 1



Part No: 10
Name: Mounted Bearing
Q'TY: 2



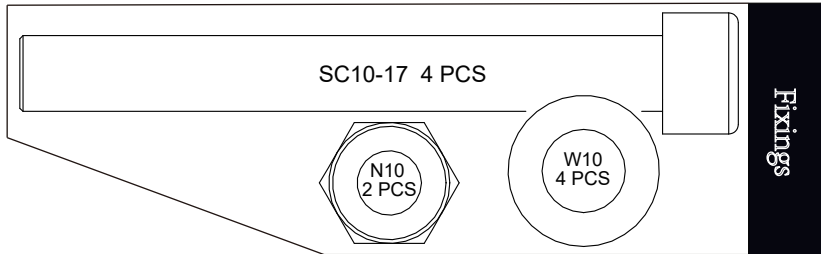
Tools



10 mm


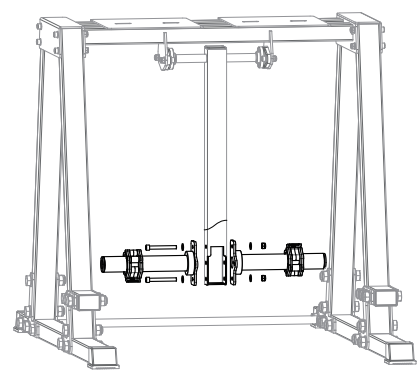
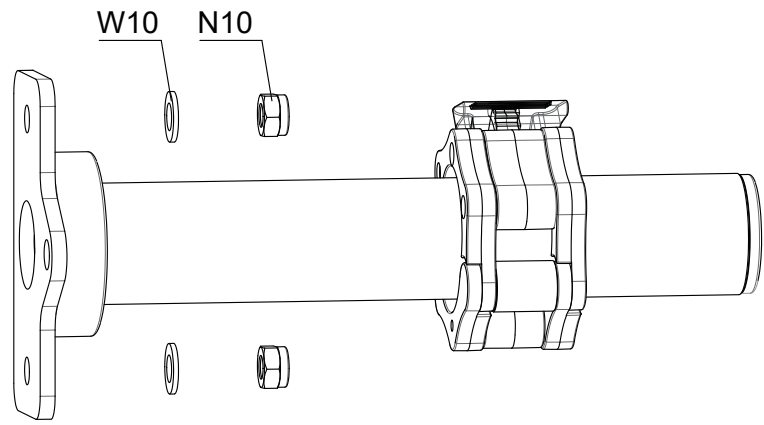
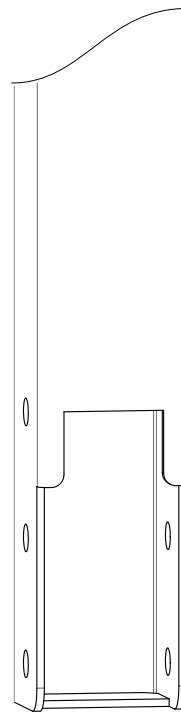
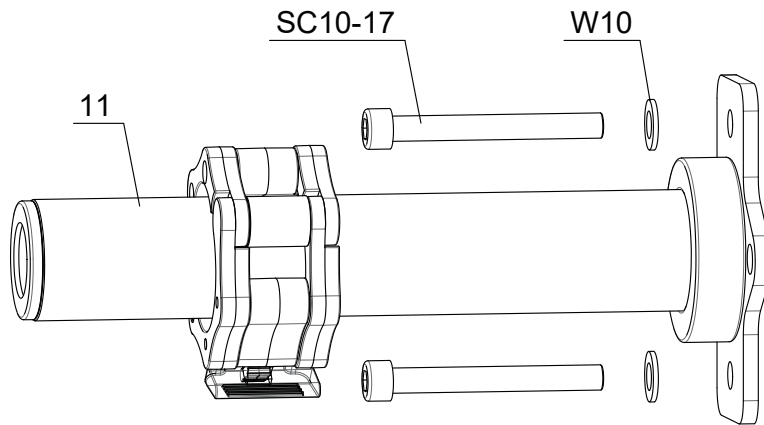
50%





Parts

Part No: 11
Name: Barbell Bar
Q'TY: 2






STEP 6

Install the Barbell Bar (#11).

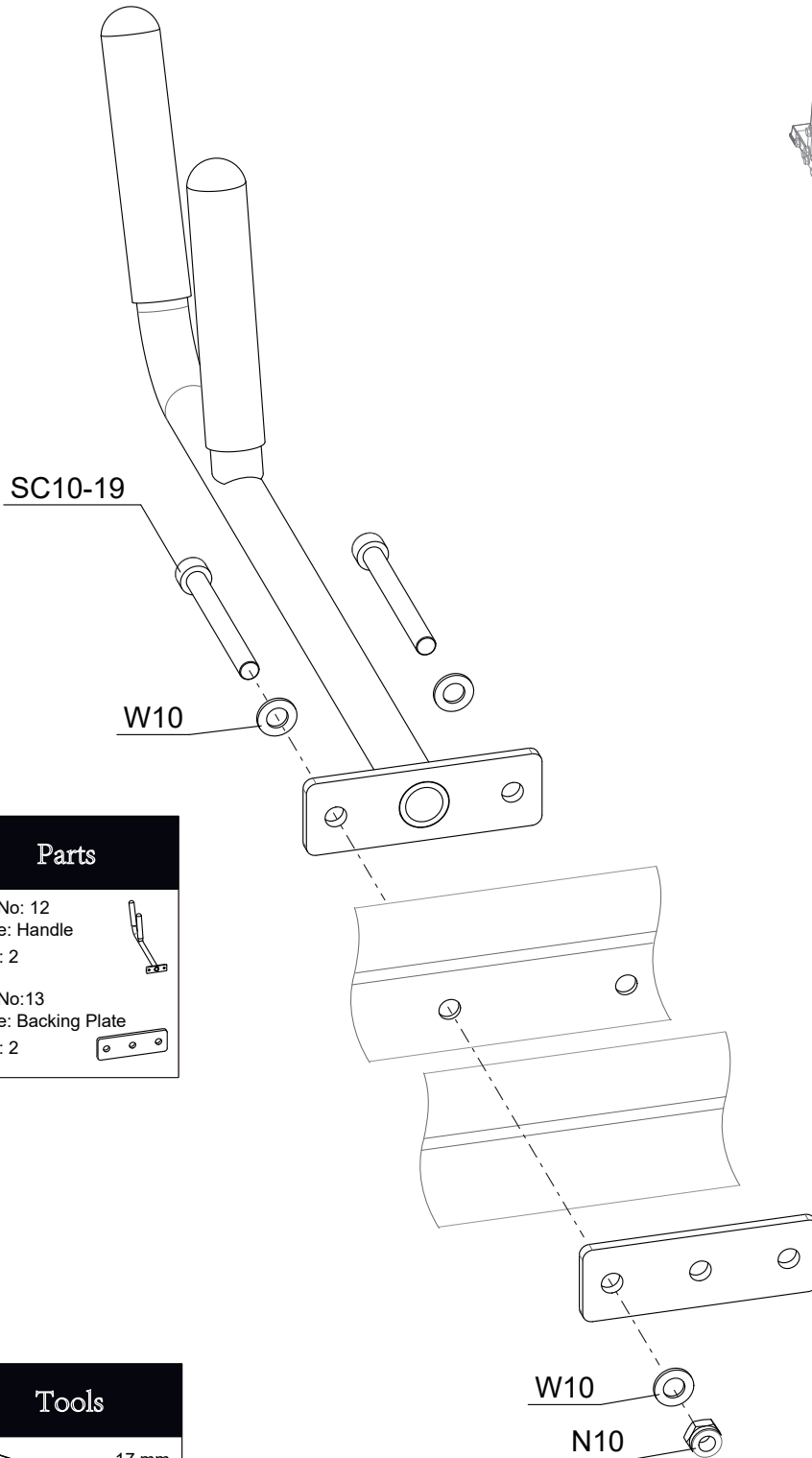
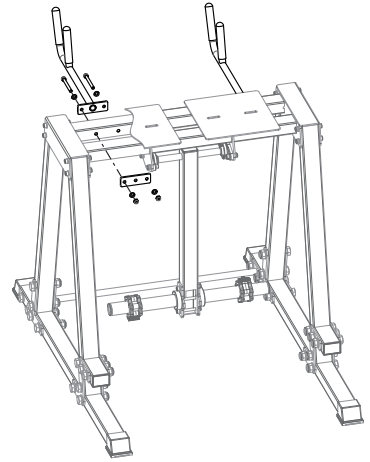
50%

Tools

	17 mm
	8 mm

STEP 7

Install The Handle (#12).



Parts

Part No: 12
Name: Handle
Q'TY: 2



Part No: 13
Name: Backing Plate
Q'TY: 2



Tools

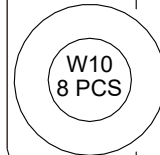


17 mm

8 mm

Fixings

S10-19
4PCS



100%



STEP 8

Tools

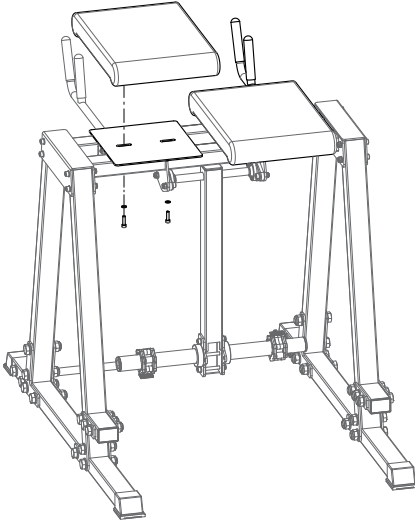


6 mm

Fixings

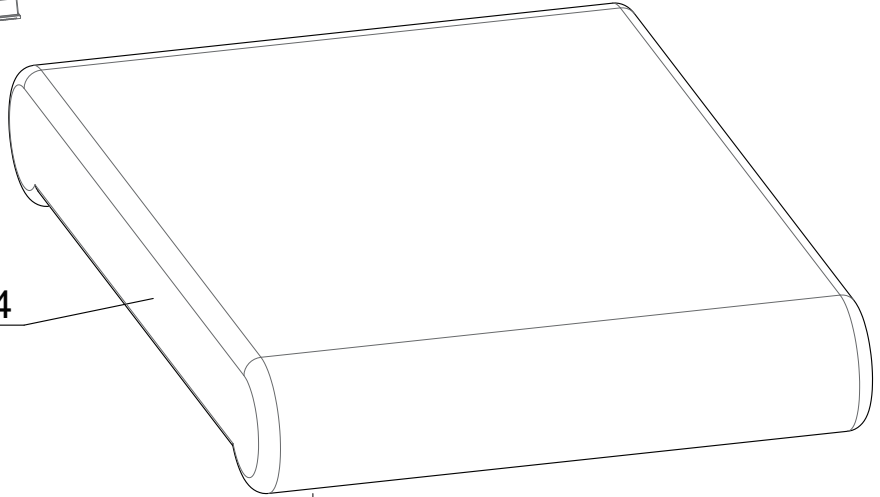
W8
4 PCS

SC8-6
4 PCS



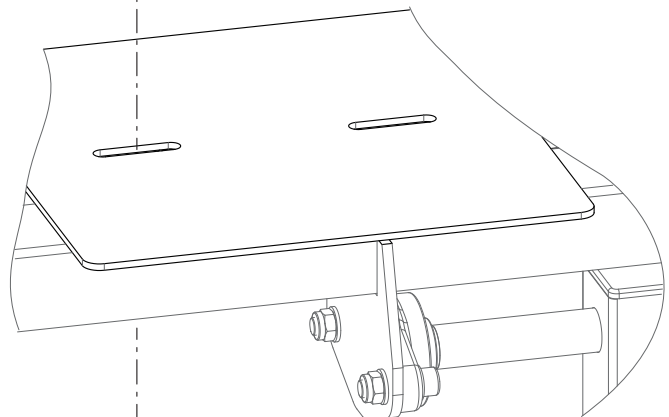
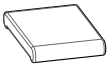
Install The Pad (#14).

14



Parts

Part No: 14
Name: Pad
Q'TY: 2



W8

SC8-6



100%



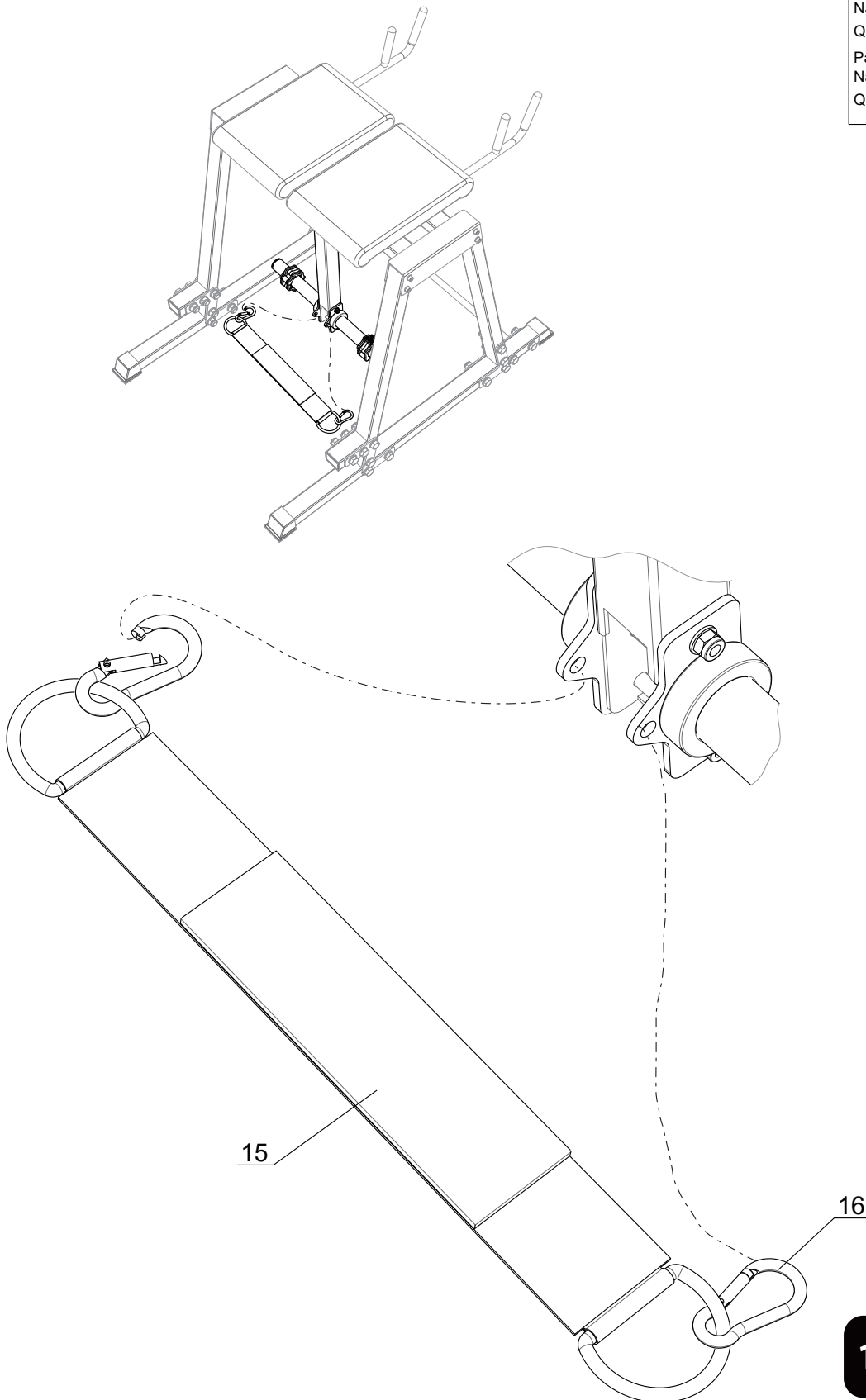
ACCESSORIES

Parts



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

Part No: 16
Name: Carabiner
Q'TY: 2



PARTS LIST

PART#	DESCRIPTION	Qty
1	Bottom Tube	2
2	Upright	2
3	Backing Plate	4
4	Pedal Tube	2
5	Backing Plate	4
6	Top Frame	1
7	Backing Plate	2
8	Bottom Connecting Tube	1
9	Swing Arm	1
10	Mounted Bearing	2
11	Barbell Bar	2
12	Handle	2
13	Backing Plate	2
14	Pad	2

PART#	DESCRIPTION	Qty
15	Belt	1
16	Carabiner	2
N10	Lock Nut M10	18
N20	Lock Nut M20	24
H20-20	Hex Head Bolt M20×100	4
H20-22	Hex Head Bolt M20×110	20
SC8-6	Socket Head Cap Screw M8×30	4
SC10-7	Socket Head Cap Screw M10×35	4
SC10-17	Socket Head Cap Screw M10×85	2
SC10-19	Socket Head Cap Screw M10×95	12
W8	Plain Washer 8	4
W10	Plain Washer 10	36
W20	Plain Washer 20	48