


# BLK BOX

## Plate Loaded Hack Squat

### Setup Instructions

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



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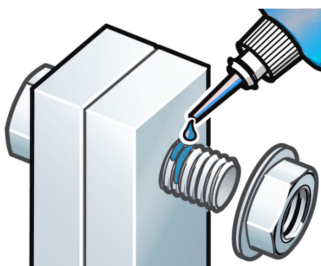
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# To Apply Thread Locker

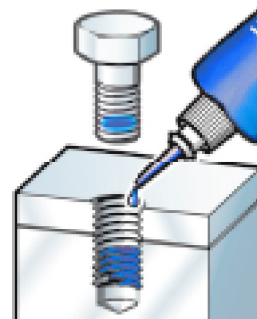
The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

## 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).



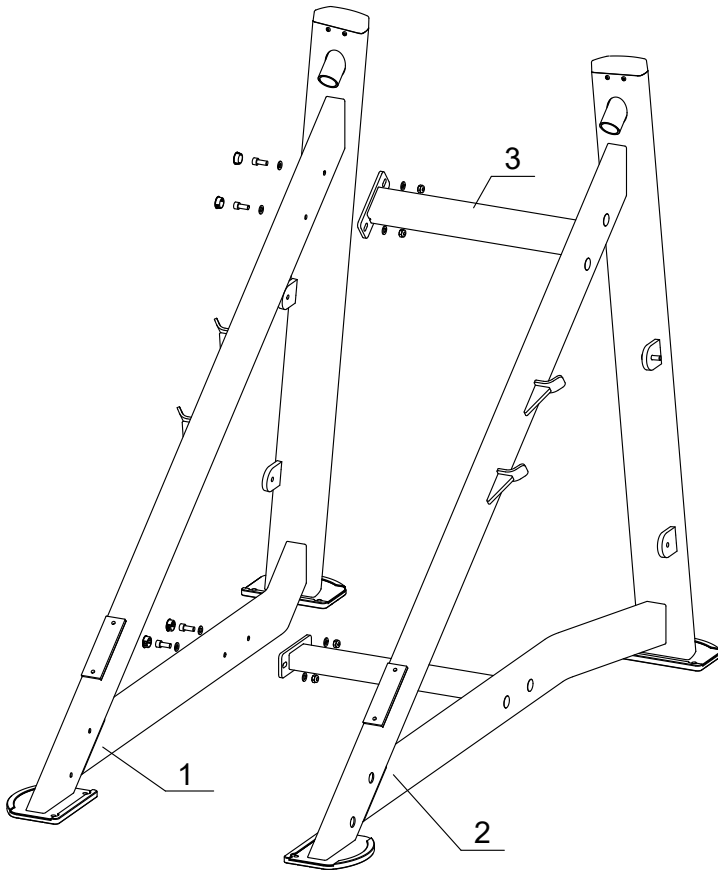
**FIG 1**



**FIG 2**

# STEP 1

Assemble the Side Upright(#1 & #2) and the Connecting Tube(#3).



## Parts

Part No: 1  
Name: Side Upright  
Q'TY: 1



Part No: 2  
Name: Side Upright  
Q'TY: 1



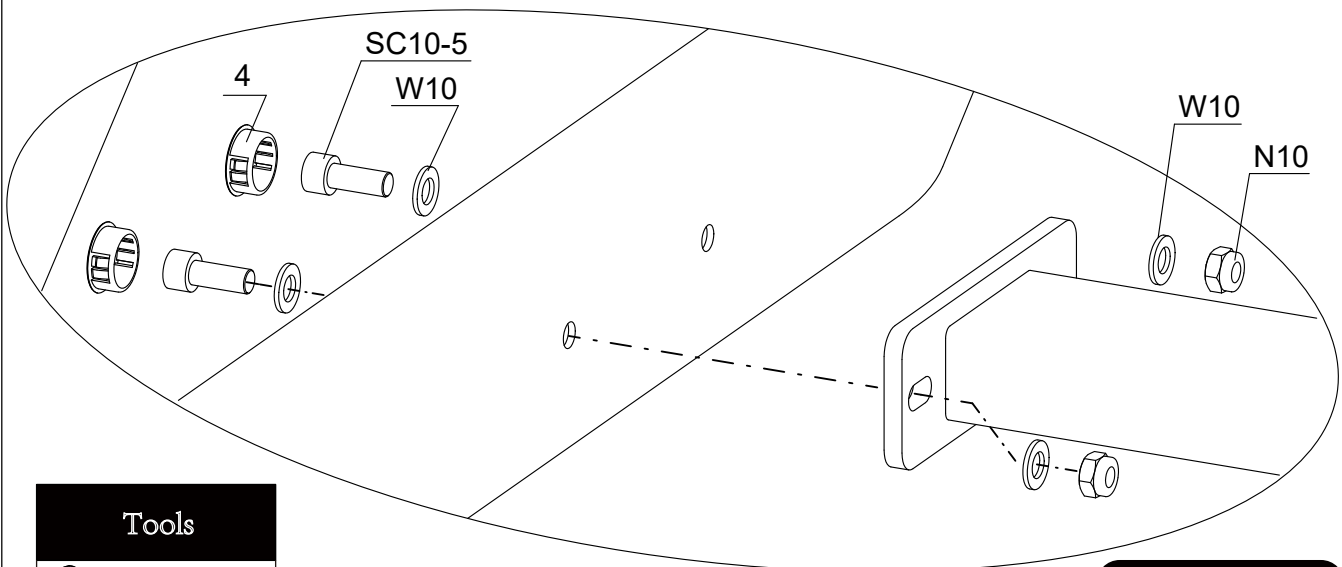
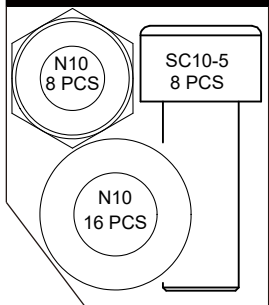
Part No: 3  
Name: Connecting Tube  
Q'TY: 2



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



## Fixings



## Tools



17 mm

8 mm

50%

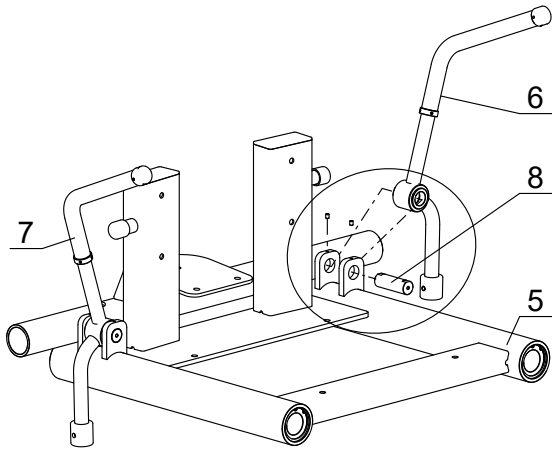


# STEP 2

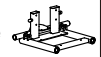
Assemble the Carriage(#5) and the Handle(# 6 & # 7)

## Fixings

S6-3  
4 PCS



Part No: 5  
Name: Carriage  
Q'TY: 1



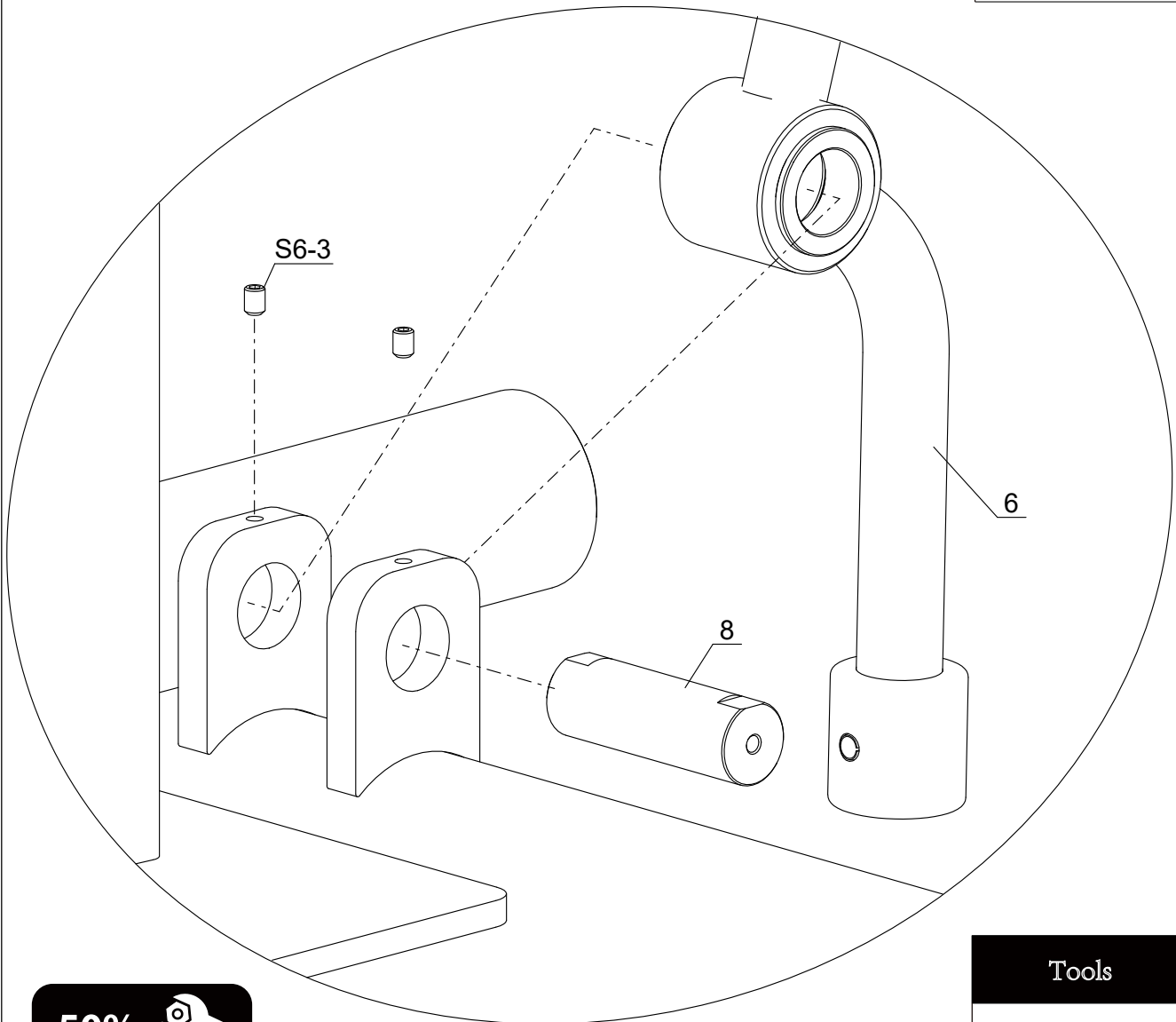
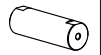
Part No: 6  
Name: Handle  
Q'TY: 1



Part No: 7  
Name: Handle  
Q'TY: 1



Part No: 8  
Name: Shaft  
Q'TY: 2



50%

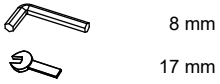


## Tools



3 mm

### Tools

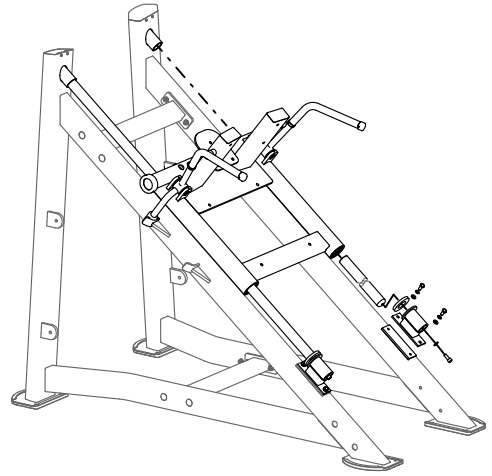


Install the Carriage(#5).

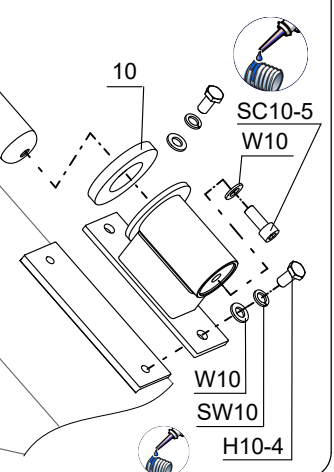
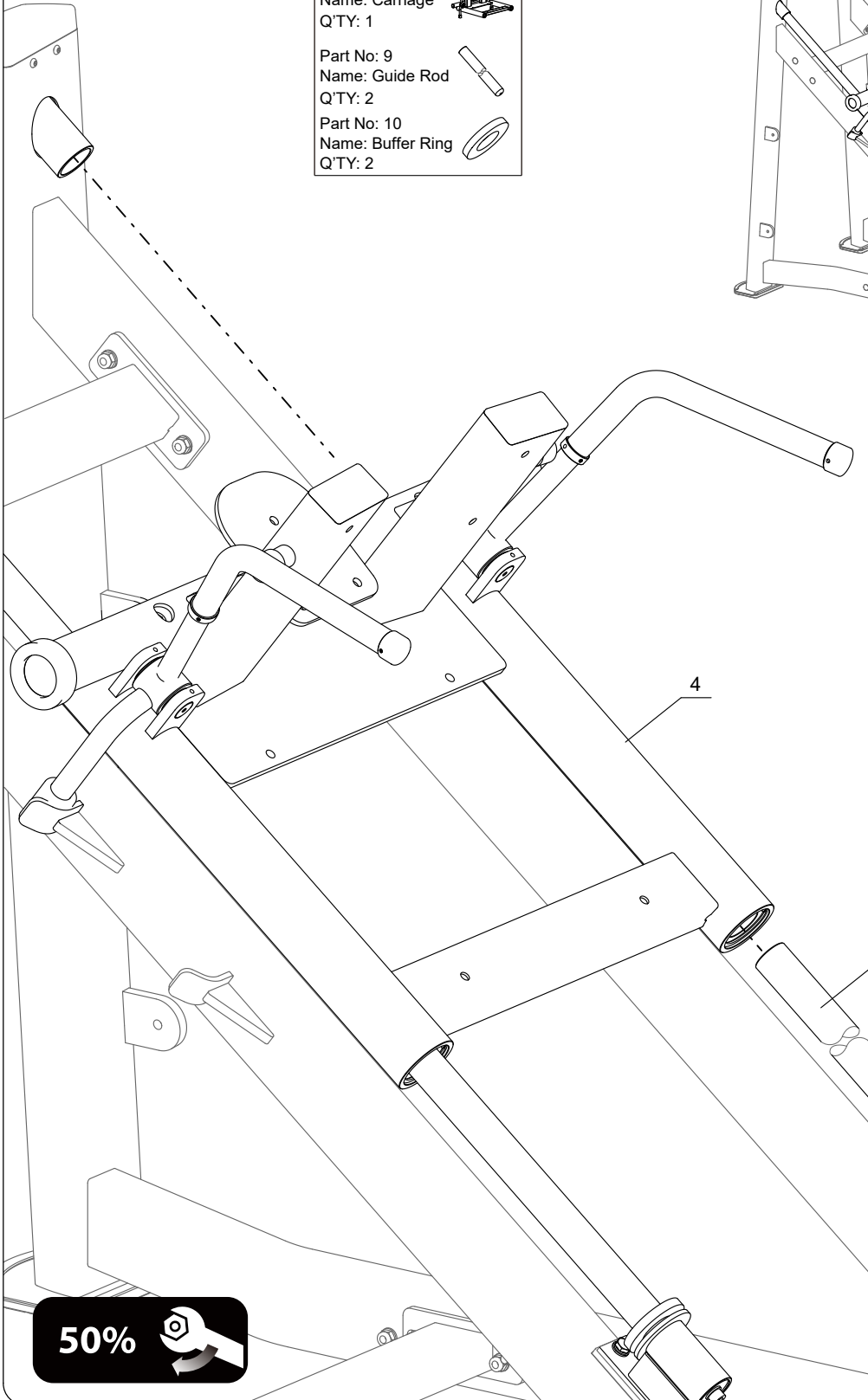
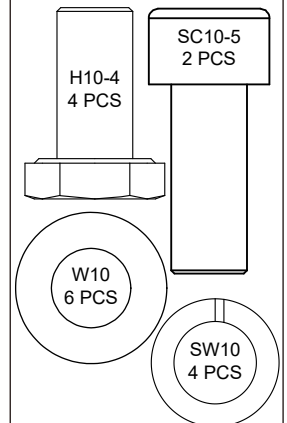
# STEP 3

### Parts

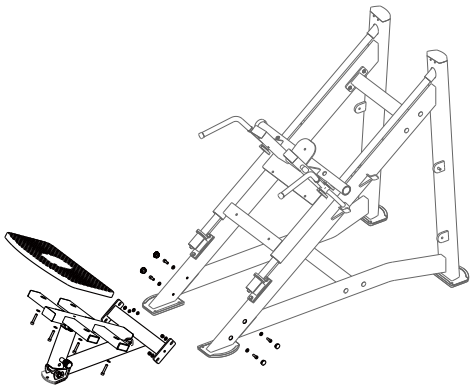
- Part No: 5  
Name: Carriage  
Q'TY: 1
- Part No: 9  
Name: Guide Rod  
Q'TY: 2
- Part No: 10  
Name: Buffer Ring  
Q'TY: 2



### Fixings



# STEP 4

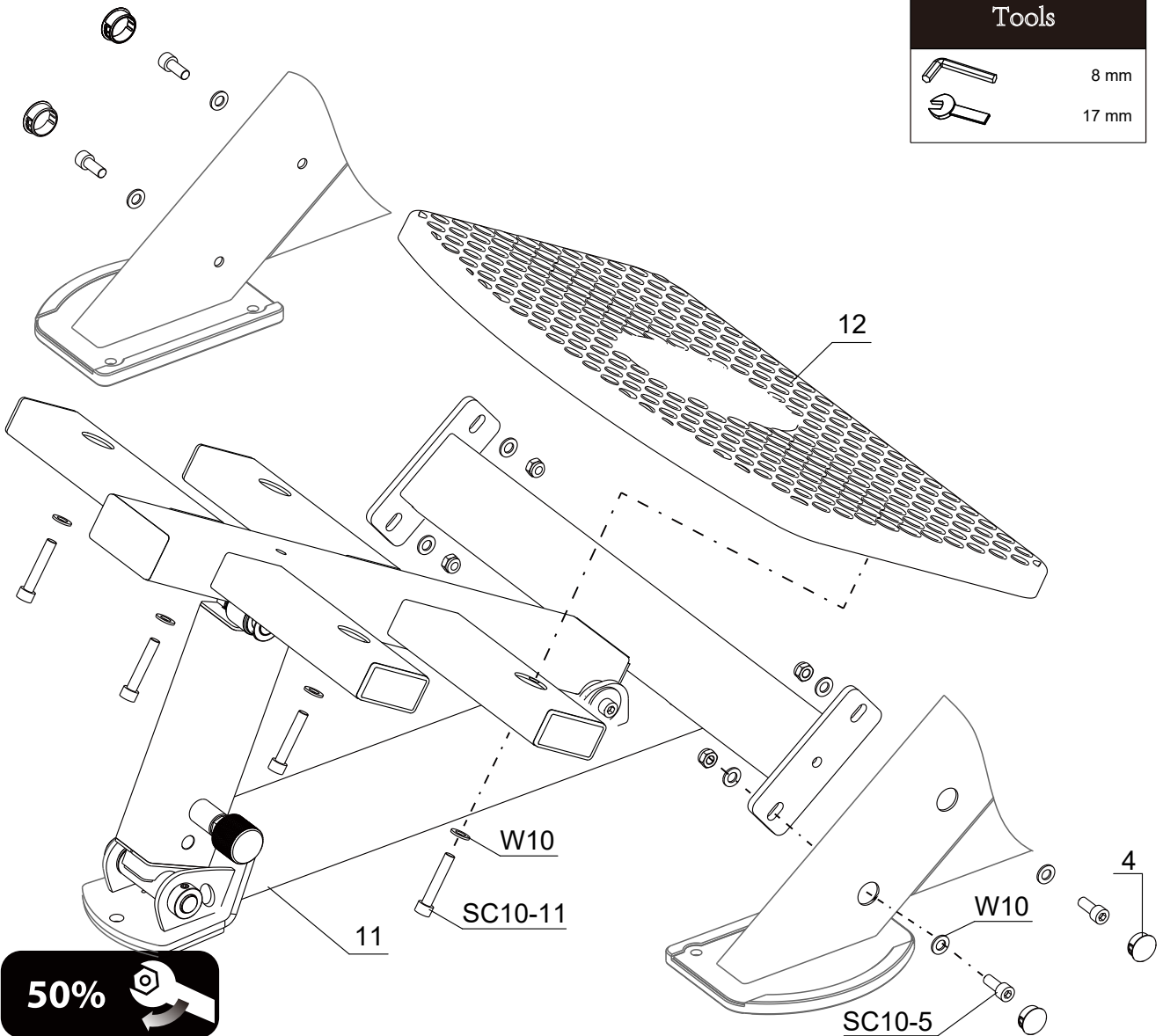


Parts	
Part No: 11	
Name: Pedal Support	
Q'TY: 1	
Part No: 12	
Name: Pedal	
Q'TY: 1	
Part No: 4	
Name: D25 Hole Cap	
Q'TY: 4	

Fixings	
	SC10-11 4 PCS
	SC10-5 4 PCS
	N 10 4 PCS
	W10 12 PCS

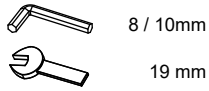
Install The Pedal Support(#11 ) and the Pedal(# 12)

Tools	
	8 mm
	17 mm

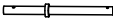




# STEP 5

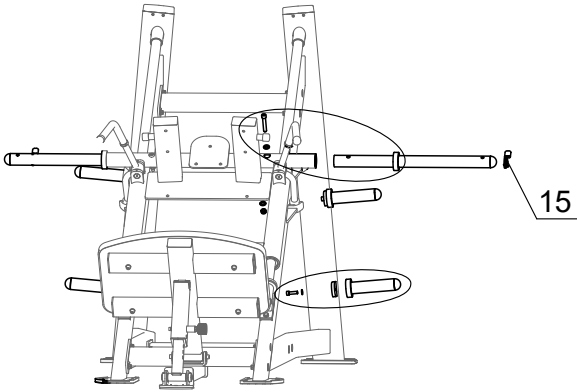
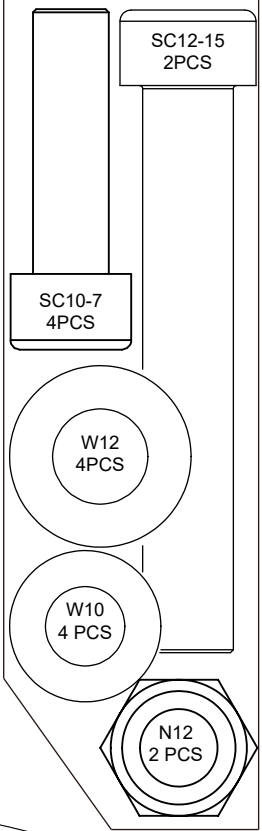
## Tools



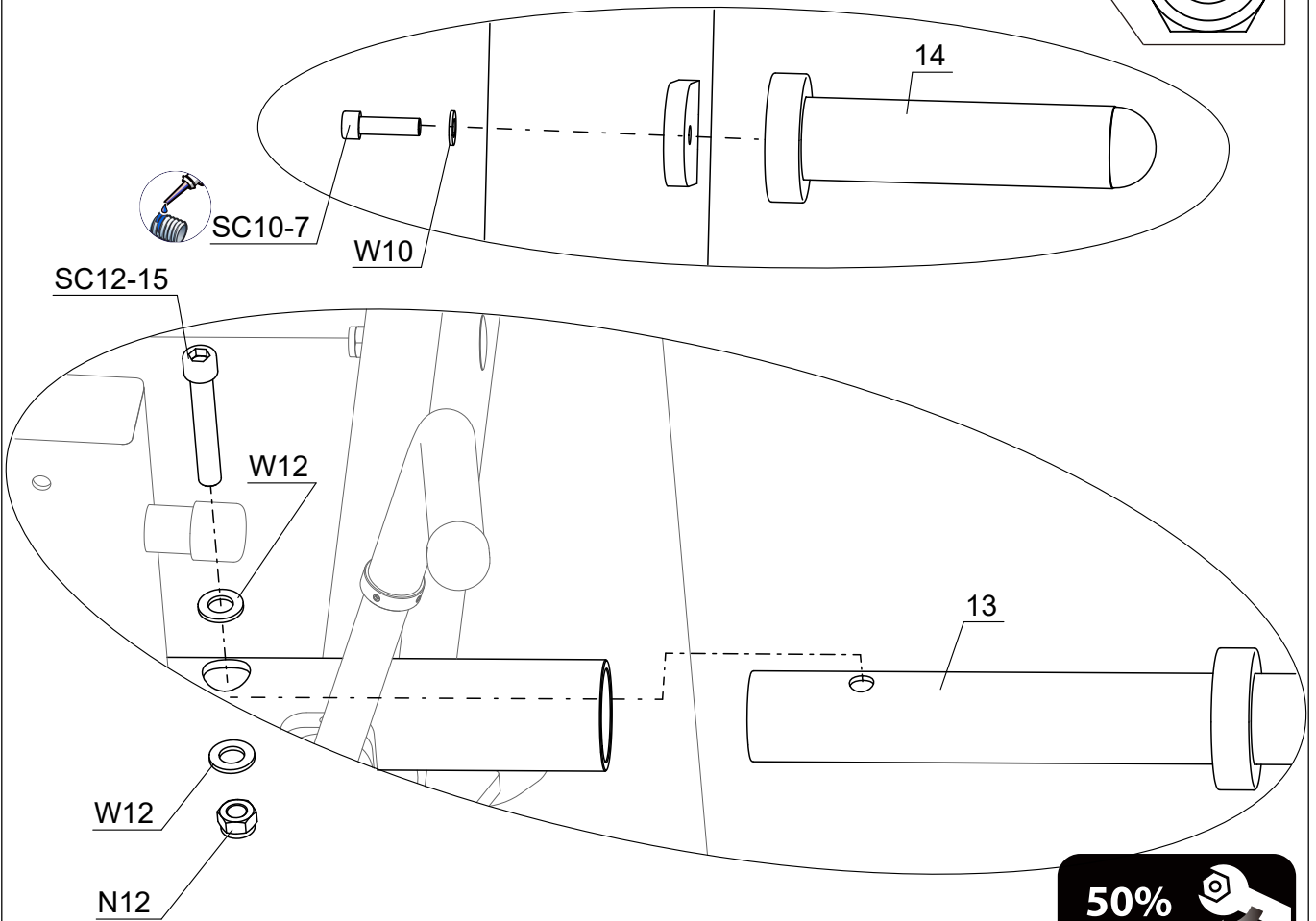
## Parts

Part No: 13   
Name: Weight Bar  
Q'TY: 2  
Part No: 14   
Name: Holding Bar  
Q'TY: 4  
Part No: 15   
Name: Barbell Clip  
Q'TY: 2

## Fixings



Install the Weigth Bar(# 13)  
and the Holding Bar(# 14).



50%



# STEP 6

## Install The Pads

### Tools



6 mm

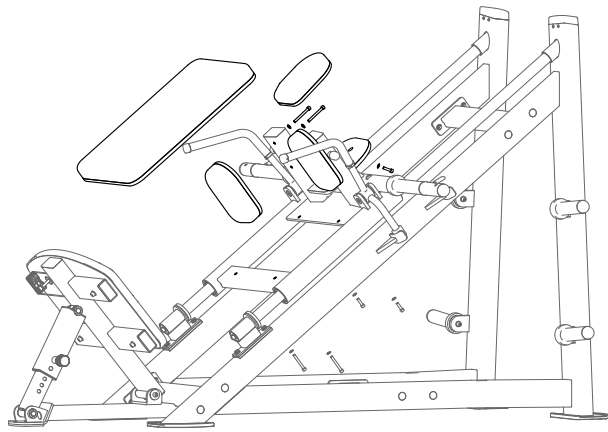
### Fixings

SC8-15 4 PCS

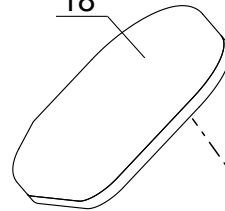
SC8-13 2 PCS

W8  
11 PCS

SC8-6 5 PCS

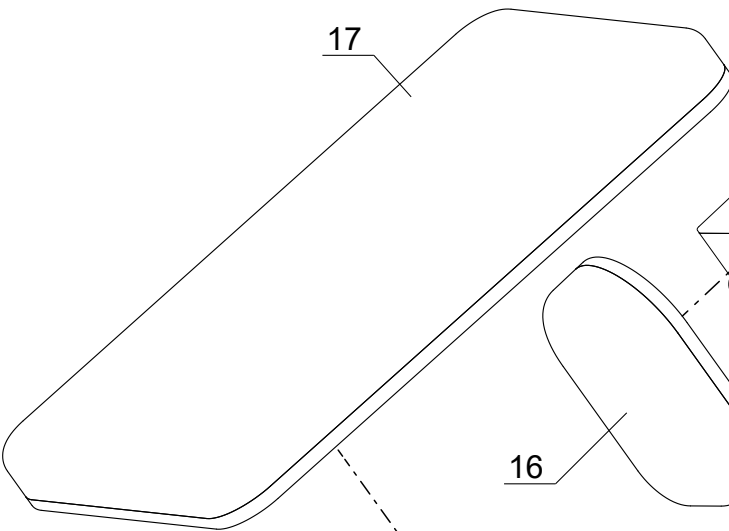


18



17

SC8-15



16

SC8-6

W8

SC8-13

### Parts

Part No: 16  
Name: Shoulder Pad  
Q'TY: 2



Part No: 17  
Name: Back Pad  
Q'TY: 1



Part No: 18  
Name: Head Pad  
Q'TY: 1



100%



# PARTS LIST

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PART #	DESCRIPTION	QTY
1	Side Upright	1
2	Side Upright	1
3	Connecting Tube	2
4	D25 Hole Cap	8
5	Carriage	1
6	Handle	1
7	Handle	1
8	Shaft	2
9	Guide Rod	2
10	Buffer Ring	2
11	Pedal Support	1
12	Pedal	1
13	Weight Bar	2
14	Holding Bar	4
15	Barbell Clip	2
16	Shoulder Pad	2
17	Back Pad	1
18	Head Pad	1
H10-4	Hex Head Bolt M10 x20	4
N10	Lock Nut M10	12
N12	Lock Nut M12	2
S6-3	Socket Set Screw M6x8	4
SC8-6	Socket Head Cap Screw M8 x 30	5
SC8-13	Socket Head Cap Screw M8 x 65	2
SC8-15	Socket Head Cap Screw M8 x 75	4
SC10-5	Socket Head Cap Screw M10 x 25	14
SC10-7	Socket Head Cap Screw M10 x 35	4
SC10-11	Socket Head Cap Screw M10 x 55	4
SC12-15	Socket Head Cap Screw M12 x 75	2
SW10	Spring Washer 10	4
W8	Washer 8	10
W10	Washer 10	38
W12	Washer 12	4