

BLK BOX

Plate Loaded Shoulder Press

Setup Instructions


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




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STEP 1

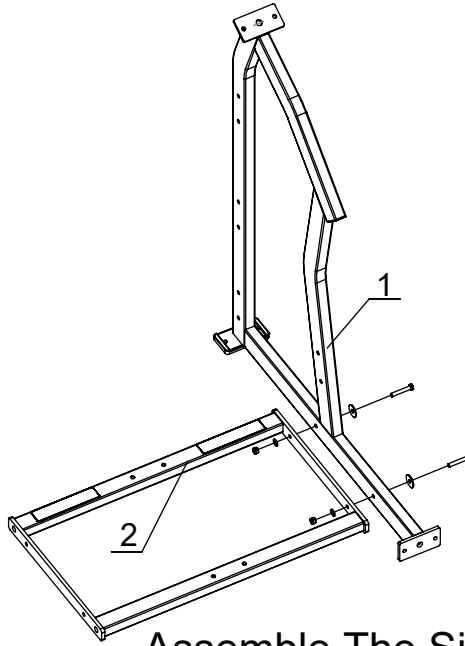
Fixings



W12
2 PCS

N12
2 PCS


H12-14 2 PCS




Assemble The Side Support (#1)
And The Base Frame(#2).

Parts

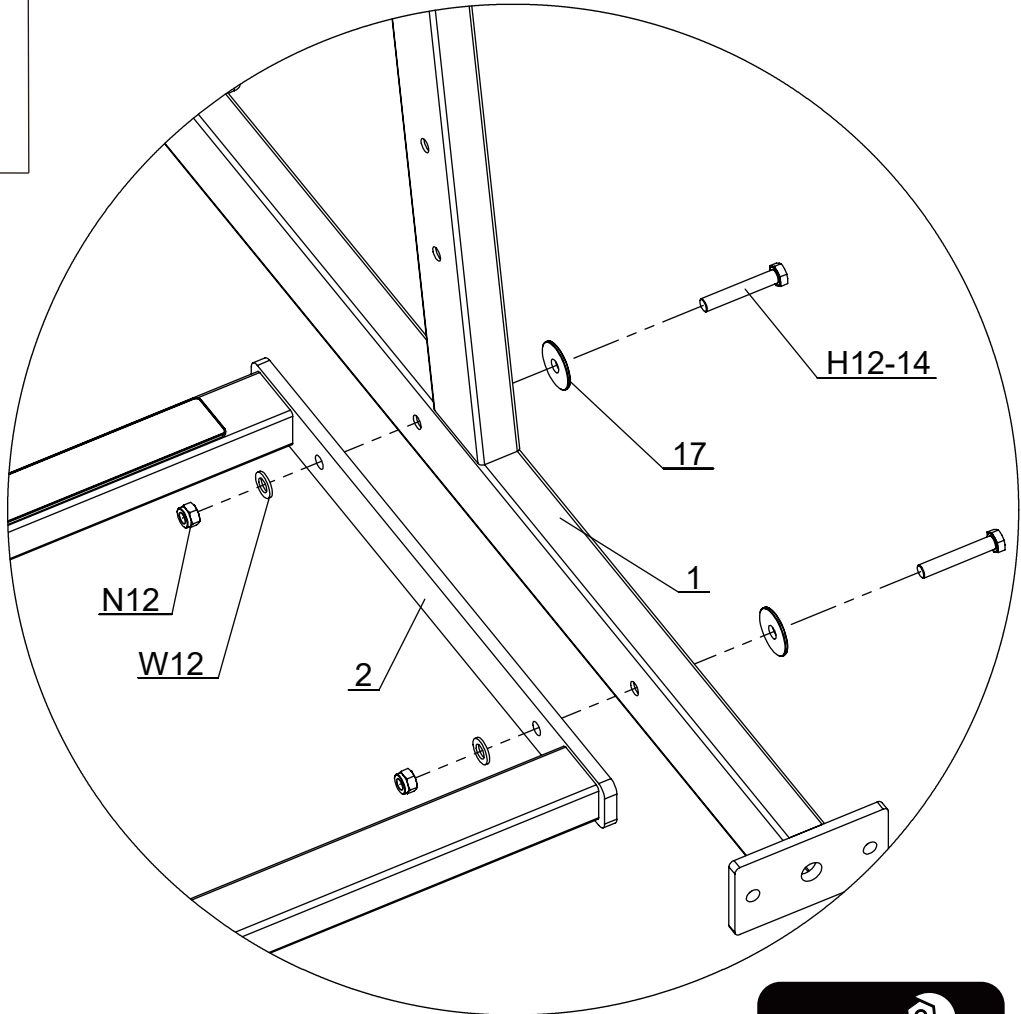

Part No: 1
Name: Side Support
Q'TY: 1



Part No: 2
Name: Base Frame
Q'TY: 1



Part No: 17
Name: Rubber Washer
Q'TY: 2



Tools



19 mm



STEP 2

Fixings

W12
2 PCS

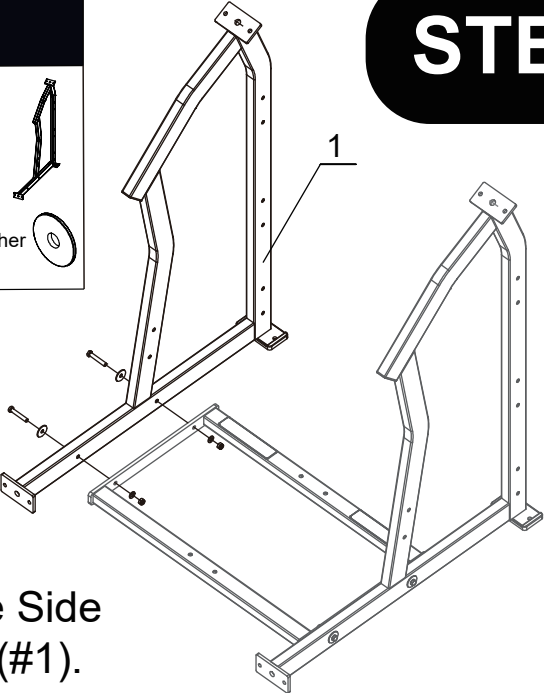
N12
2 PCS

H12-14 2 PCS

Parts

Part No: 1
Name: Side Support
QTY: 1

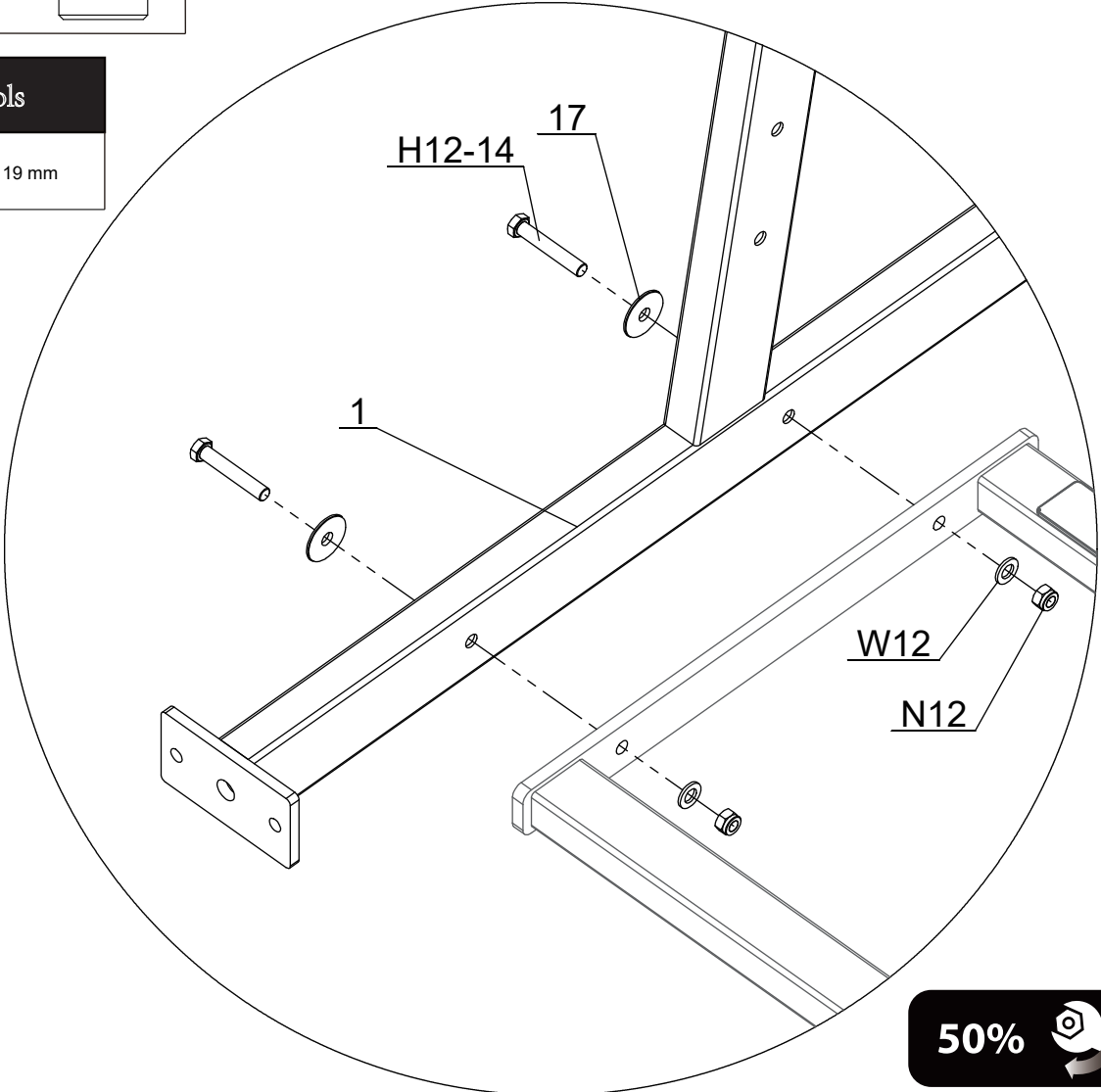
Part No: 17
Name: Rubber Washer
QTY: 2



Install the Side Support (#1).

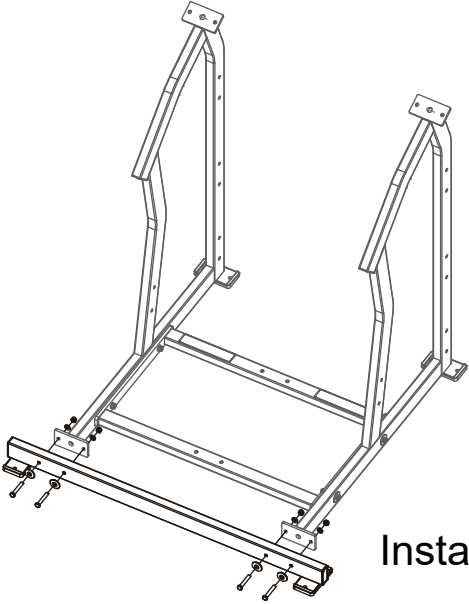
Tools

19 mm



50%

STEP 3



Parts

Part No: 3
Name: Linking Frame
Q'TY: 1

Part No: 17
Name: Rubber Washer
Q'TY: 4

Tools

19 mm

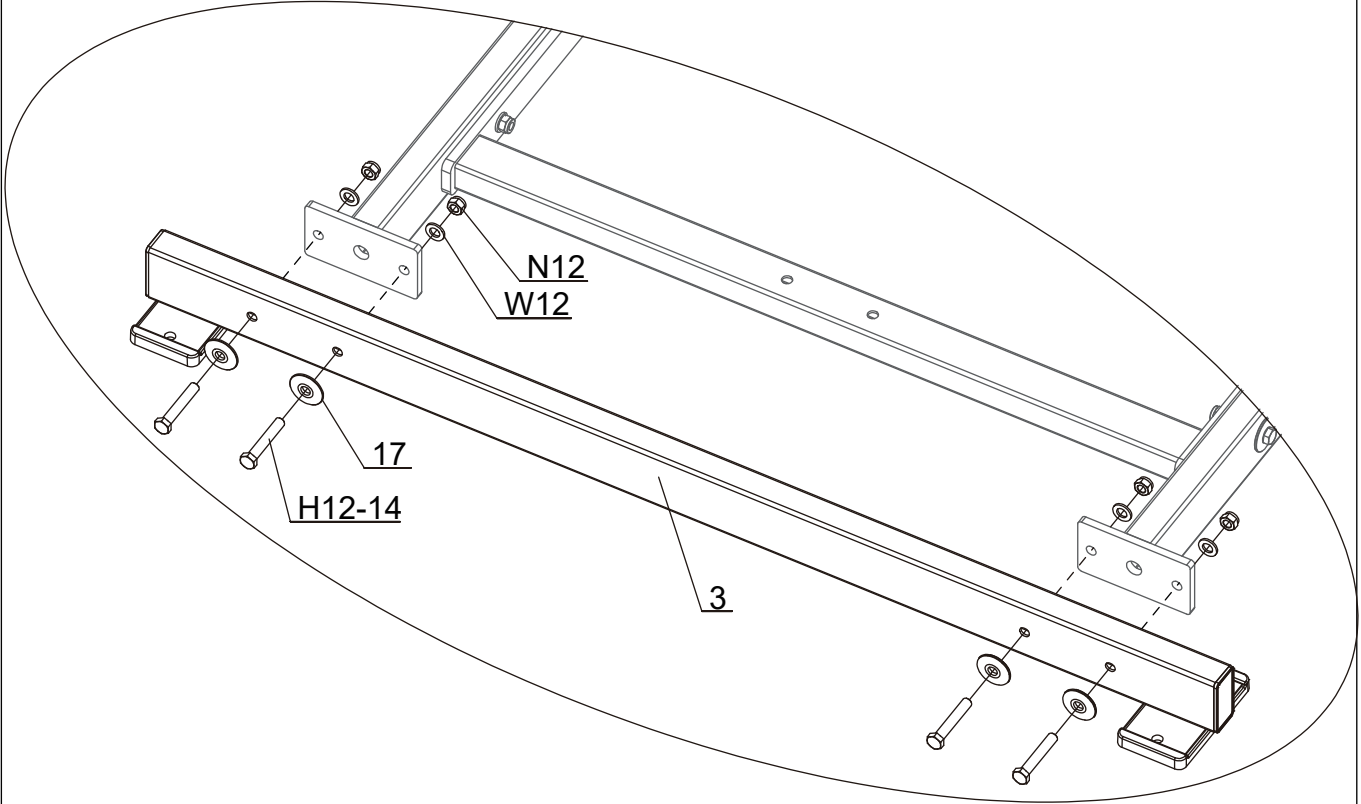
Fixings

W12
4 PCS

N12
4 PCS


H12-14 4 PCS

Install the Linking Frame (#3).



STEP 4

Fixings



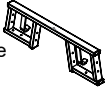
W12
4 PCS

N12
4 PCS


H12-14 4 PCS

Parts


Part No: 4
Name: Top Tube
Q'TY: 6



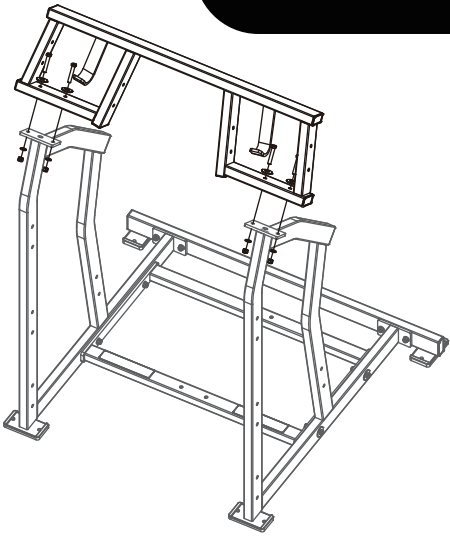
Part No: 17
Name: Rubber Washer
Q'TY: 4



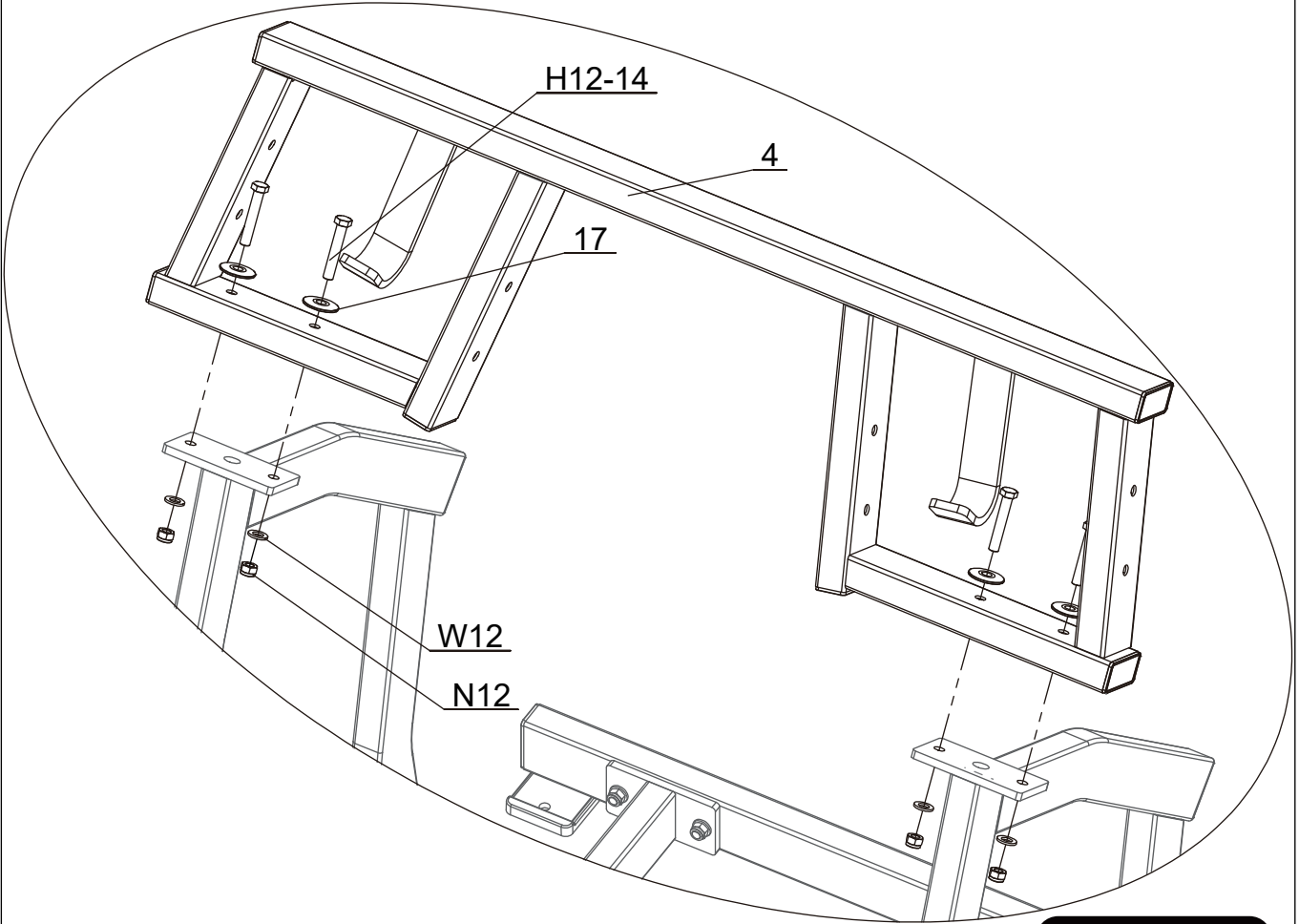
Tools



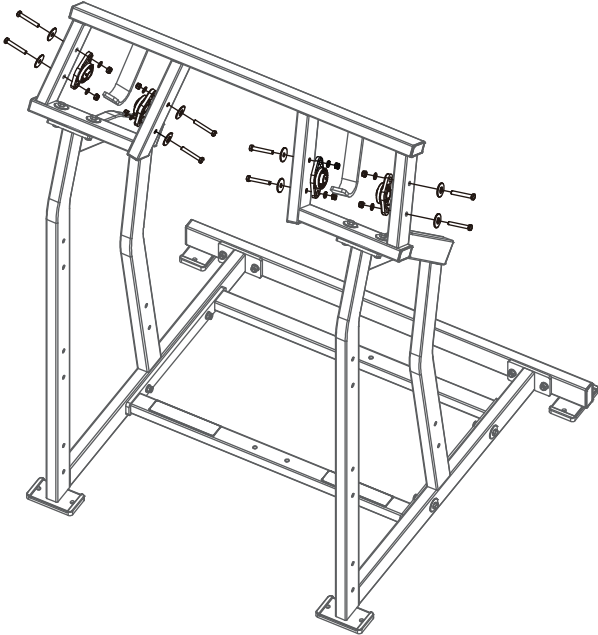
19 mm



Install the Top Tube (#4).




STEP 5




Parts


Part No: 5
Name: Bearing 205
Q'TY: 4



Part No: 17
Name: Rubber Washer
Q'TY: 8

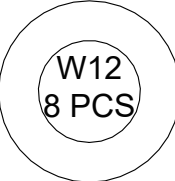


Tools




19 mm

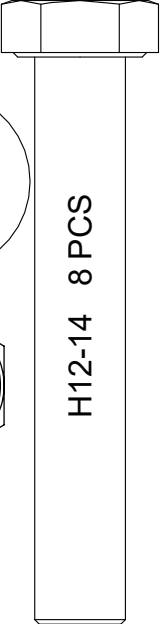
Fixings



W12
8 PCS

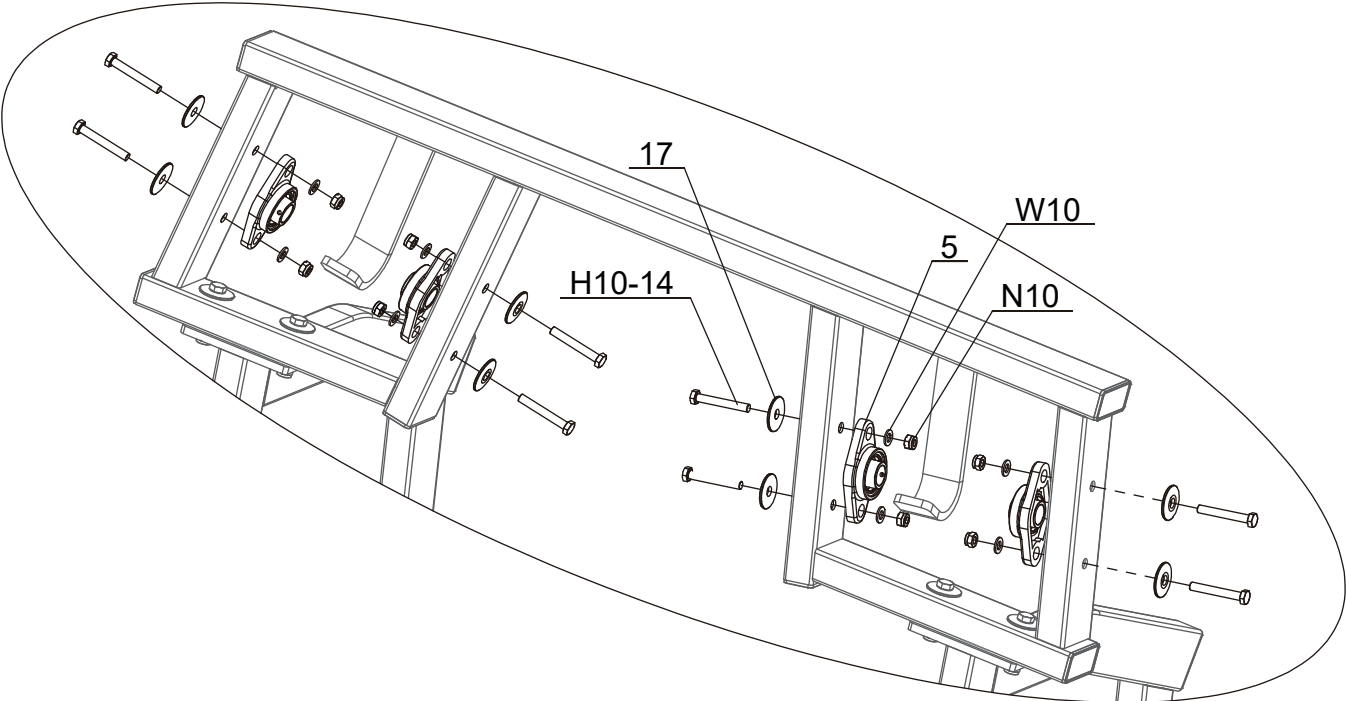


N12
8 PCS



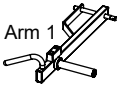
H12-14 8 PCS

Install The Bearing 205(#5).

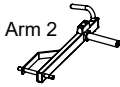


Parts

Part No: 6
Name: Swinging Arm 1
Q'TY: 1



Part No: 7
Name: Swinging Arm 2
Q'TY: 1



Part No: 8
Name: Barbell Clip
Q'TY: 2

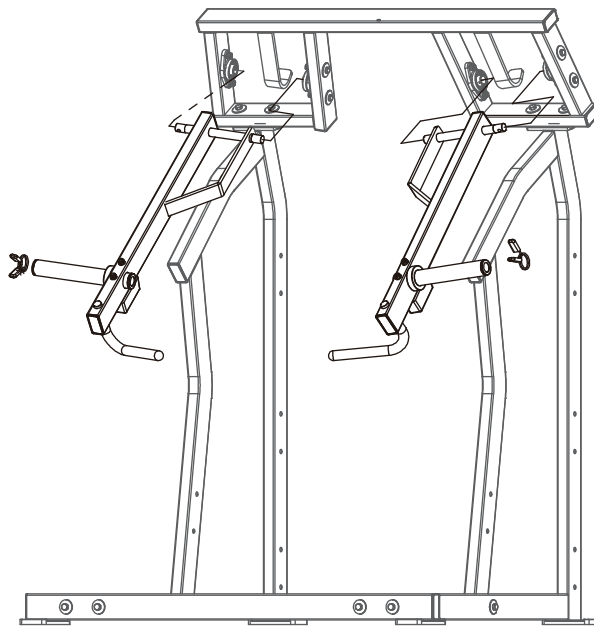


Tools

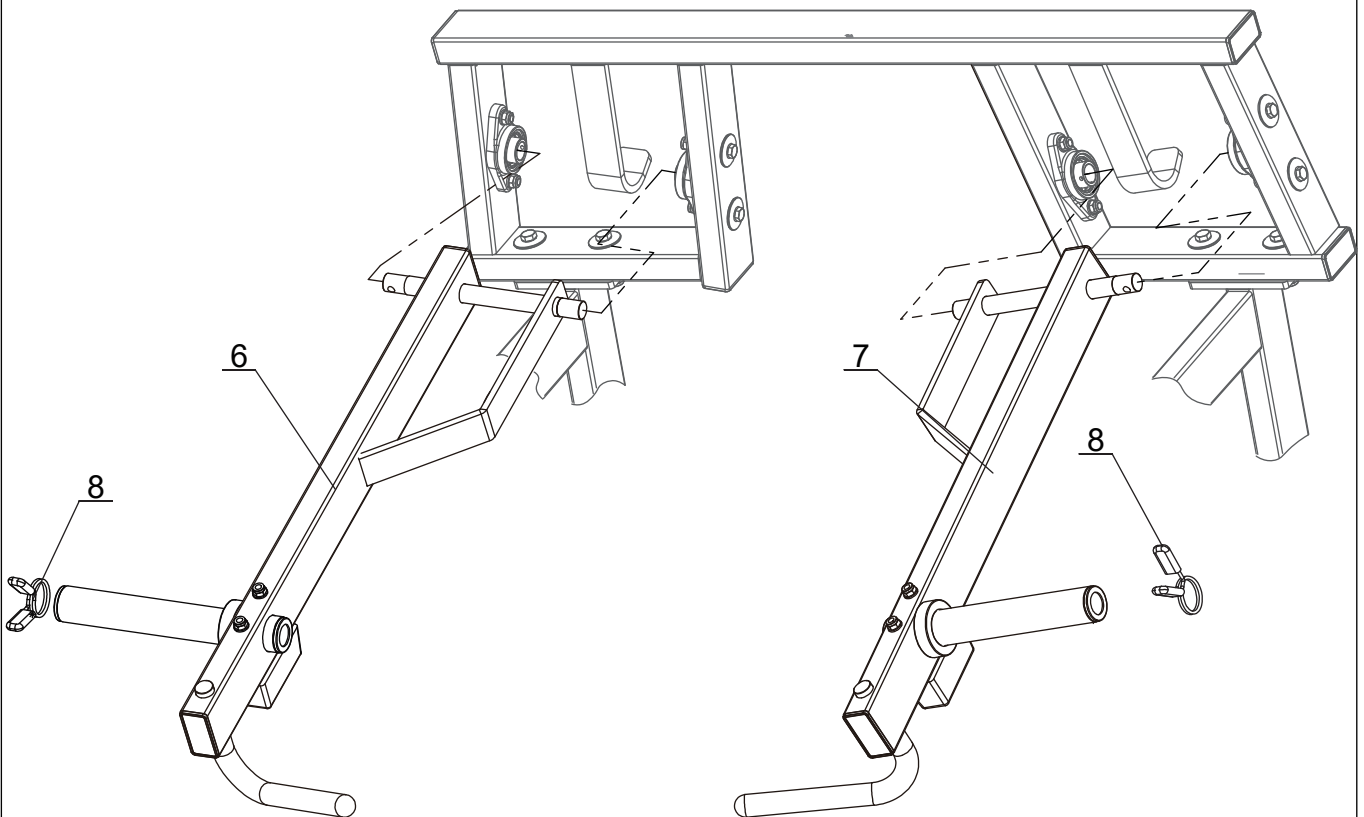


3 mm

STEP 6



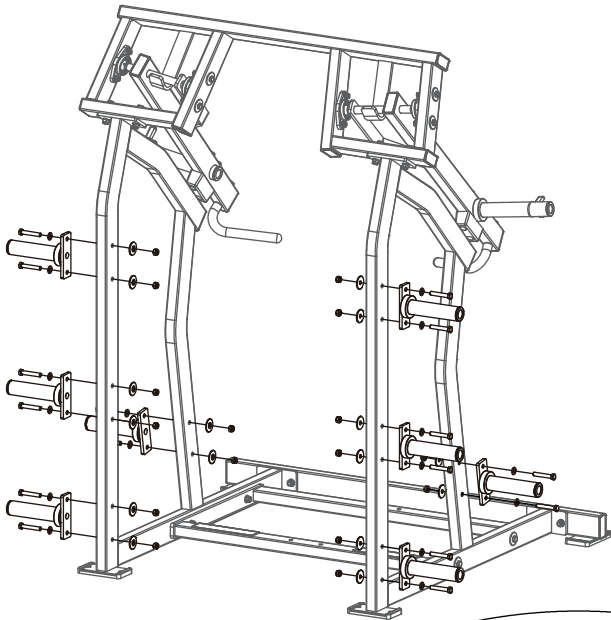
Install the Swinging Arm (#6 & #7).



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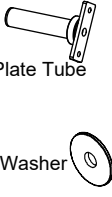
STEP 7



Parts


Part No: 9
Name: Weight Plate Tube
Q'TY: 8

Part No: 17
Name: Rubber Washer
Q'TY: 16



Tools

19 mm

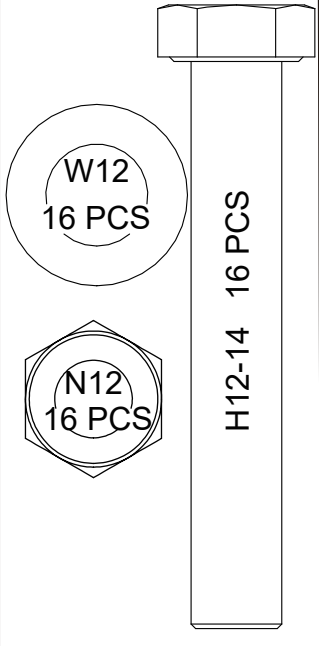


Fixings

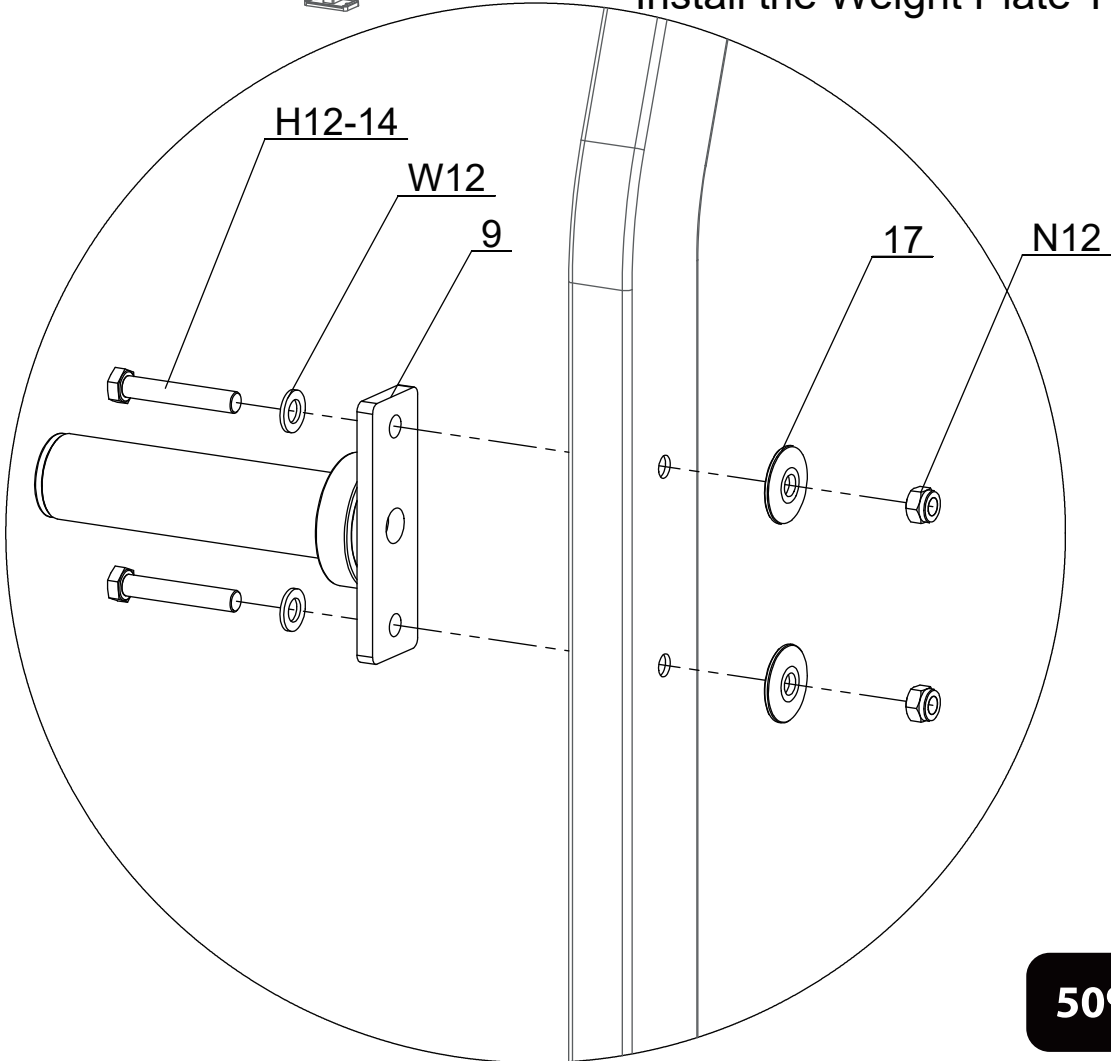
W12
16 PCS

N12
16 PCS

H12-14 16 PCS



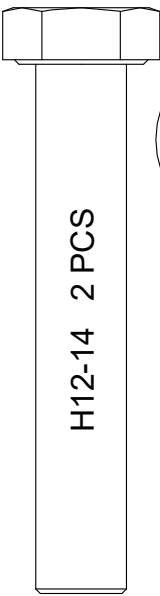
Install the Weight Plate Tube (#9).



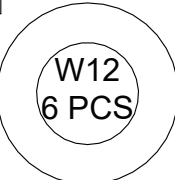
STEP 8

Install the Backrest Support Frame (#10).


Fixings



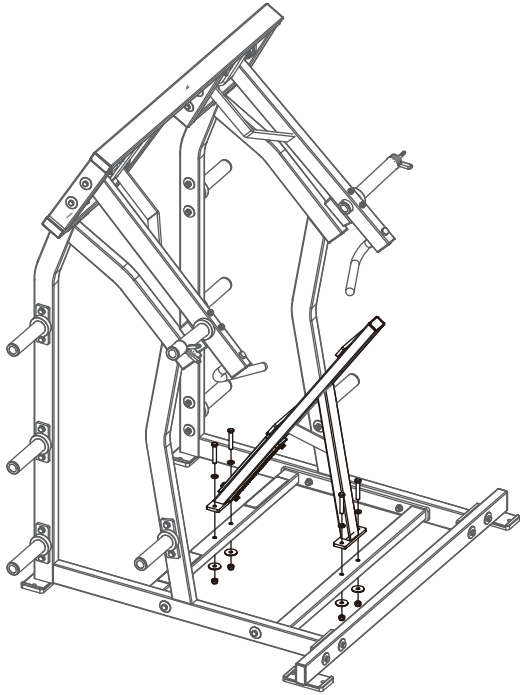
H12-14 2 PCS



W12
6 PCS





N12
3 PCS

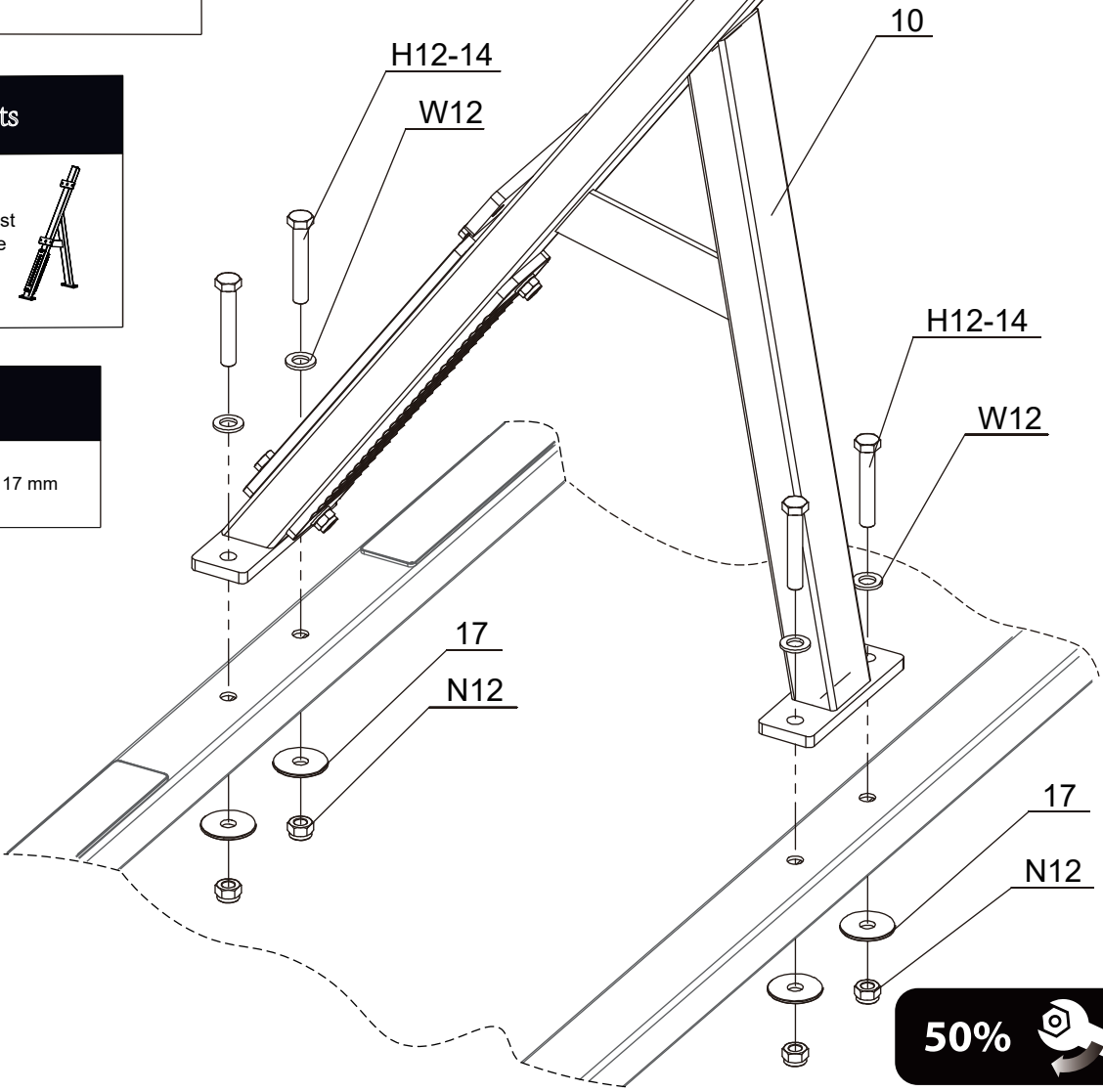


Parts

Part No: 10
Name: Backrest Support Frame
QTY : 1



17 mm



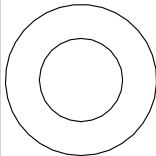
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STEP 9

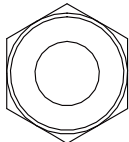
Fixings



H10-22 1 PCS



W10
2 PCS



N10
1 PCS

Parts

Part No: 12
Name: D19 Ring
Q'TY: 2



Part No: 11
Name: Seat Support
Frame
Q'TY: 1



Part No: 13
Name: Adjustable Shaft
Q'TY: 1



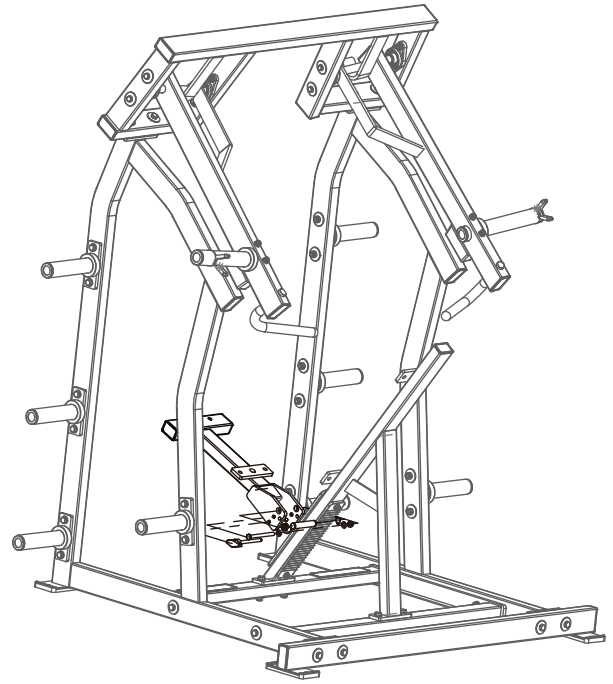
Part No: 14
Name: Pin
Q'TY: 1



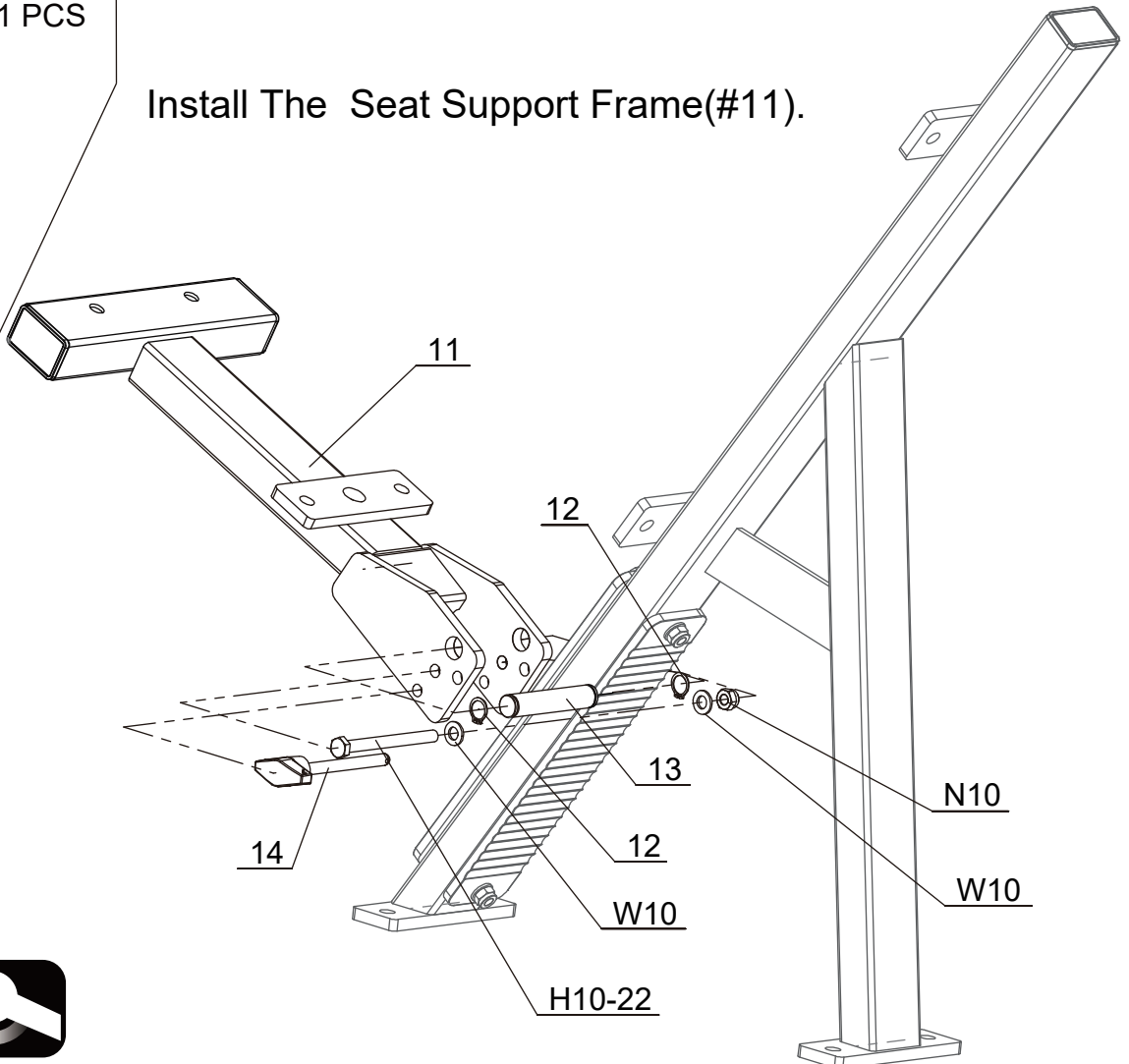
Tools



17 mm



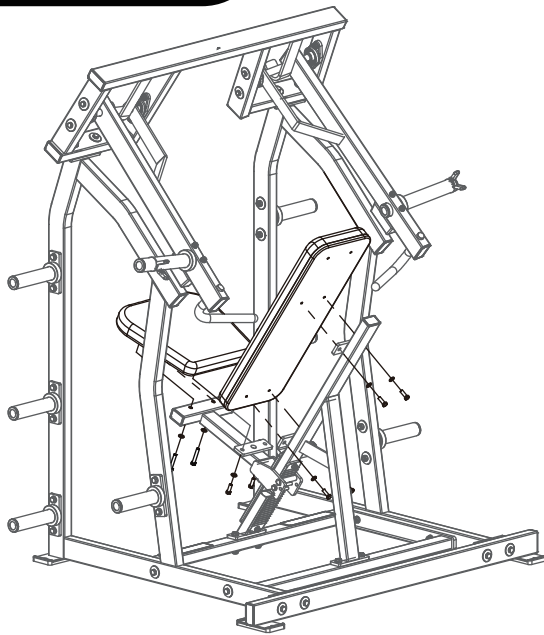
Install The Seat Support Frame(#11).



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STEP 10



Parts

Part No: 16
Name: Backrest Pad
QTY: 1



Part No: 15
Name: Seat Pad
QTY: 1

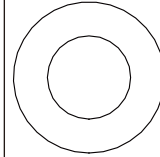


Tools

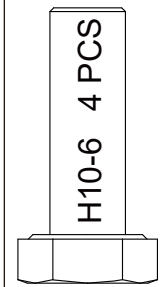


17 mm

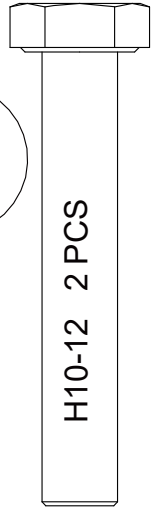
Fixings



W10
6 PCS

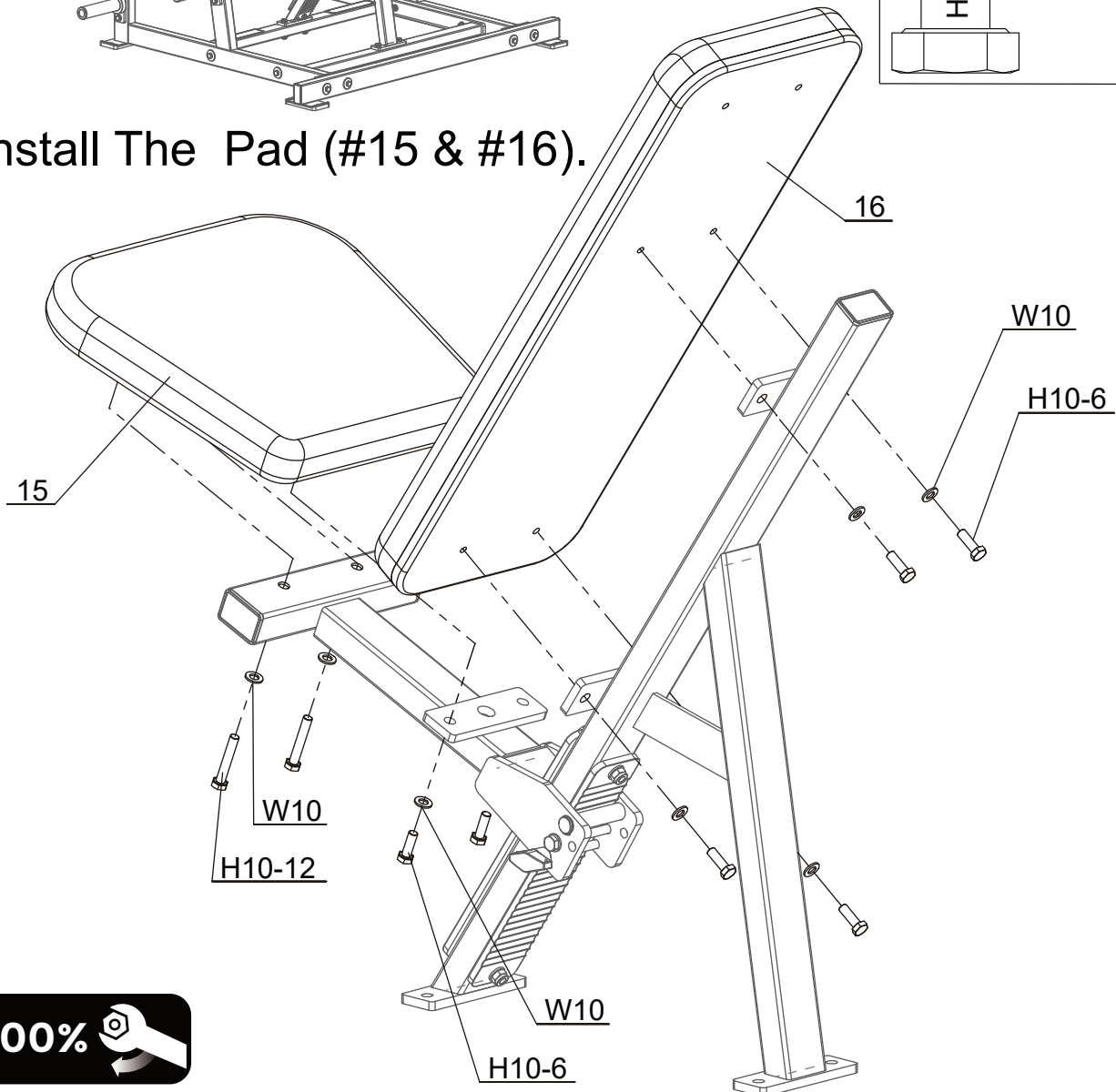


H10-6
4 PCS



H10-12
2 PCS

Install The Pad (#15 & #16).



100%



PARTS LIST

PART#	DESCRIPTION	QTY
1	Side Support	2
2	Base Frame	1
3	Linking Frame	1
4	Top Tube	1
5	Bearing 205	4
6	Swinging Arm 1	1
7	Swinging Arm 2	1
8	Barbell Clip	2
9	Weight Plate Tube	8
10	Backrest Support Frame	1
11	Seat Support	1
12	D17 Ring	2
13	Adjustable Shaft	1
14	Pin	1
15	Seat Pad	1
16	Backrest Pad	1
17	Rubber Washer	40
N10	Nut M10	9
N12	Nut M12	32
H10-6	Hex Head Bolt M10 × 30	6
H10-12	Hex Head Bolt M10 × 60	2
H10-14	Hex Head Bolt M10 × 60	8
H10-22	Hex Head Bolt M10 × 110	1
H12-14	Hex Head Bolt M12× 70	32
W10	Washer Φ10	18
W12	Washer Φ12	32