


BLK BOX

Plate Loaded V Squat

Setup Instructions

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

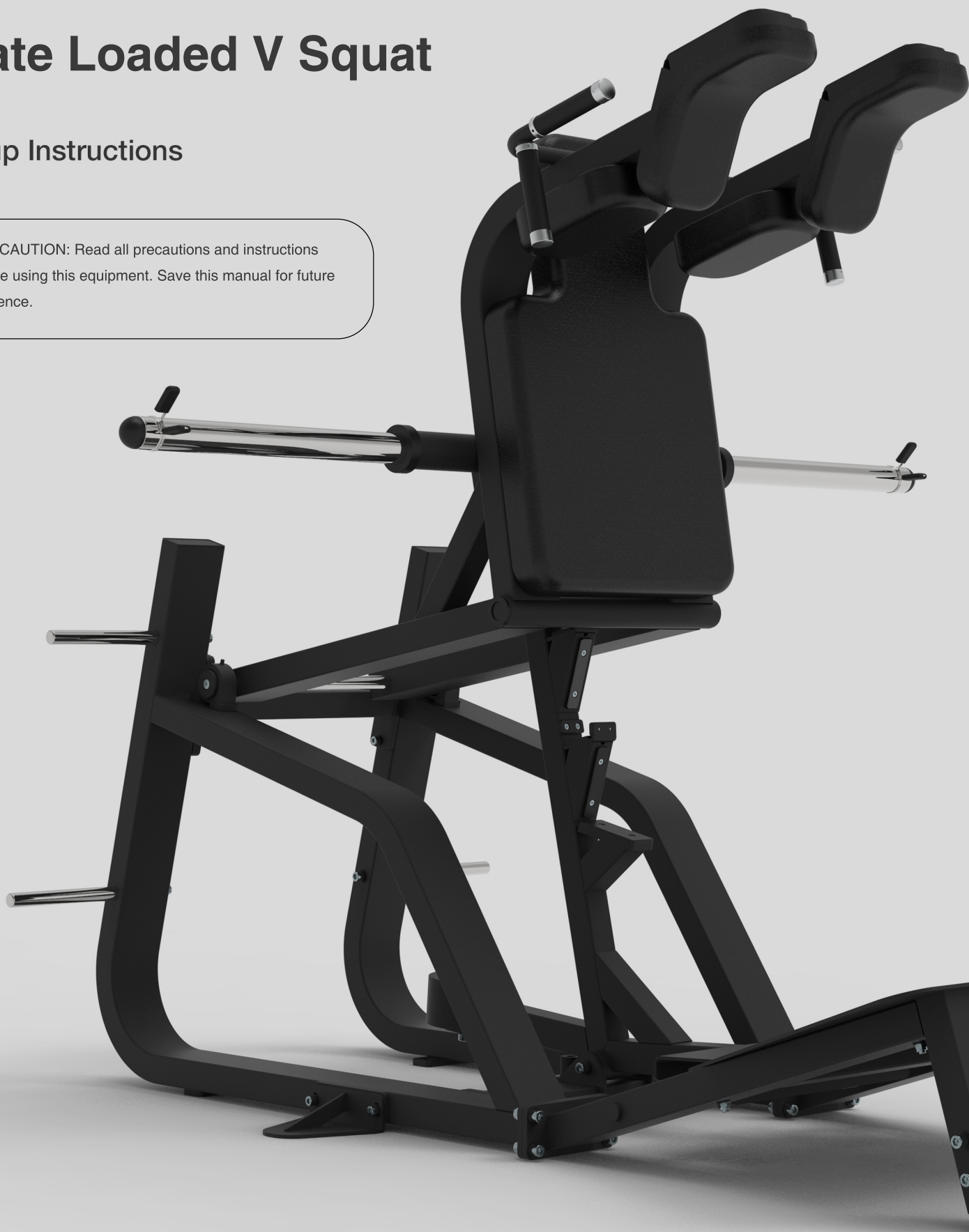


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To Apply Thread Locker

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).

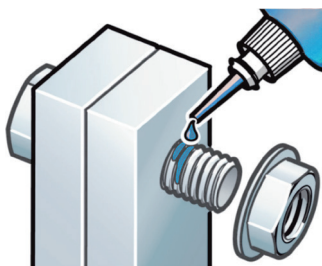


FIG 1

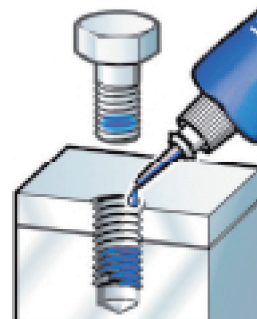


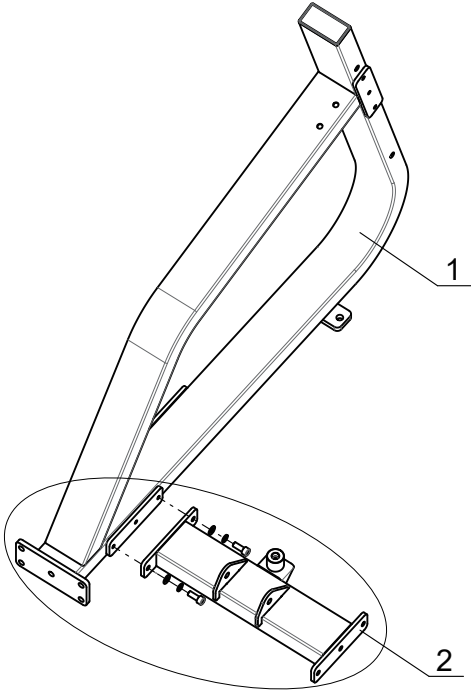
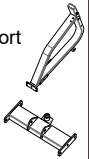
FIG 2

STEP 1

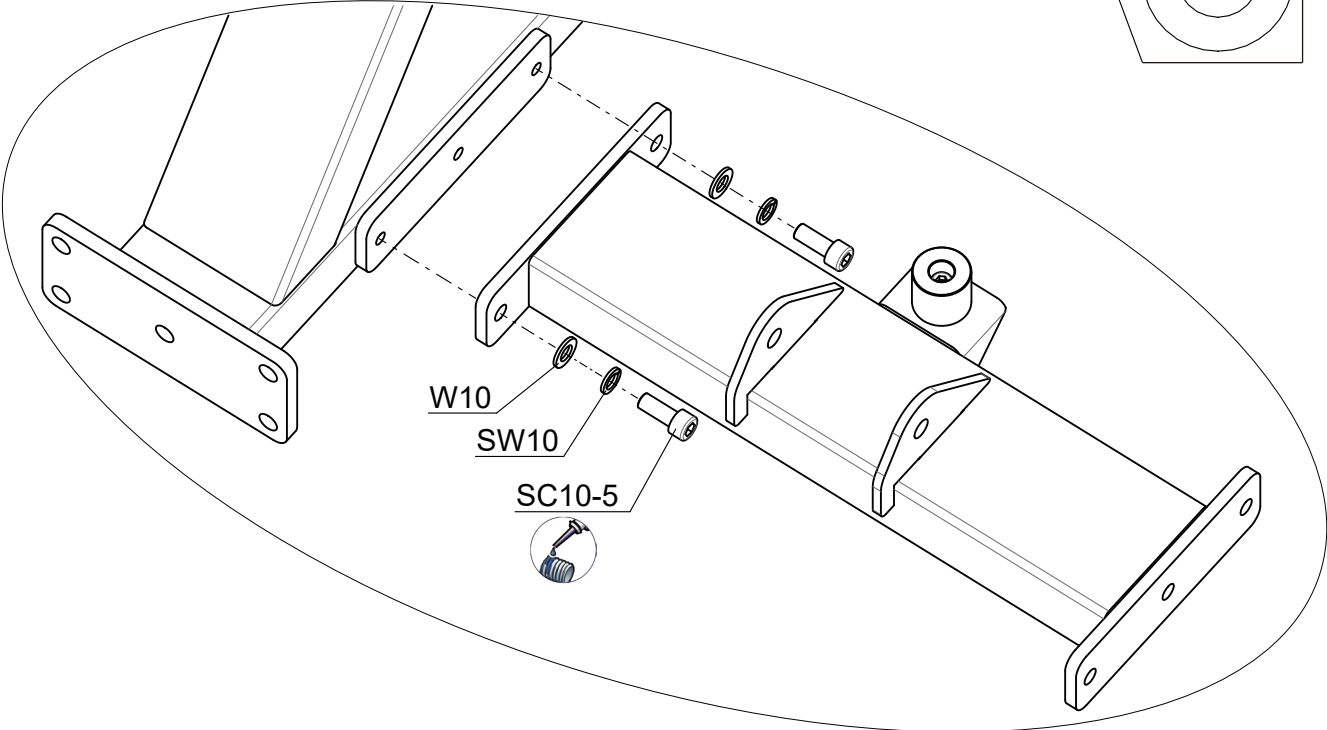
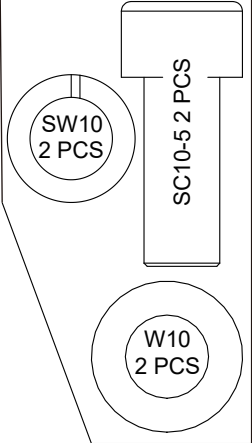
Assemble the Side Support (#1) and the Bottom Connecting Tube (#2).

Parts

- Part No: 1
Name: Side Support
Q'TY: 1
- Part No: 2
Name: Bottom Connecting Tube
Q'TY: 1



Fixings



Tools



8 mm



Parts

Part No: 3
Name: Side Support
Q'TY: 1



Install the Side Support (#3).

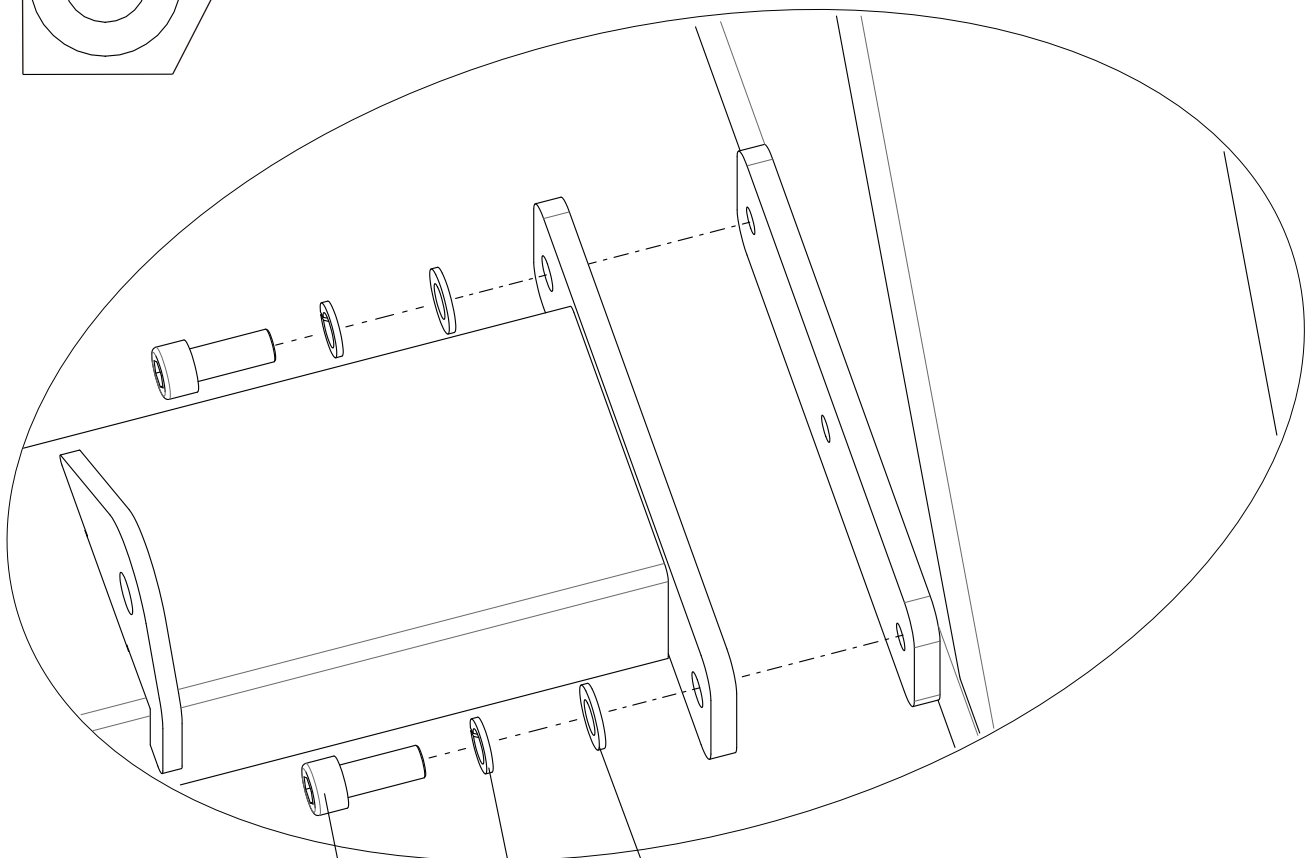
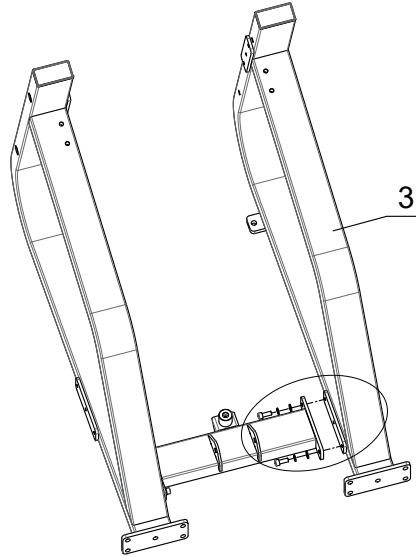
STEP 2

Fixings

SC10-5 2 PCS

SW10
2 PCS

W10
2 PCS



Tools



8 mm

SC10-5



SW10

W10

50%

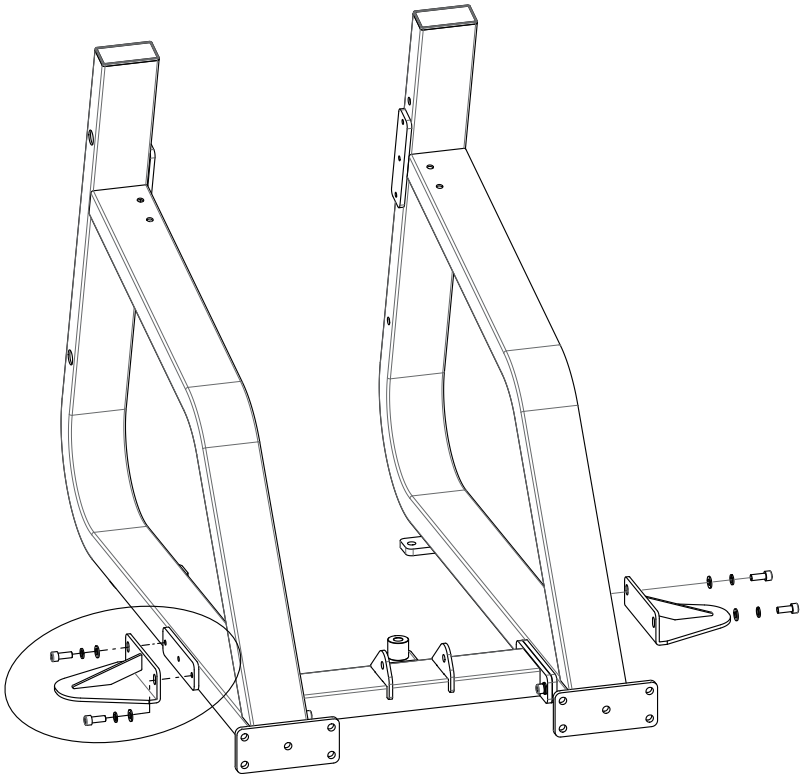



STEP 3

Install the Brace (#4).

Parts

Part No: 4
Name: Brace
Q'TY: 2

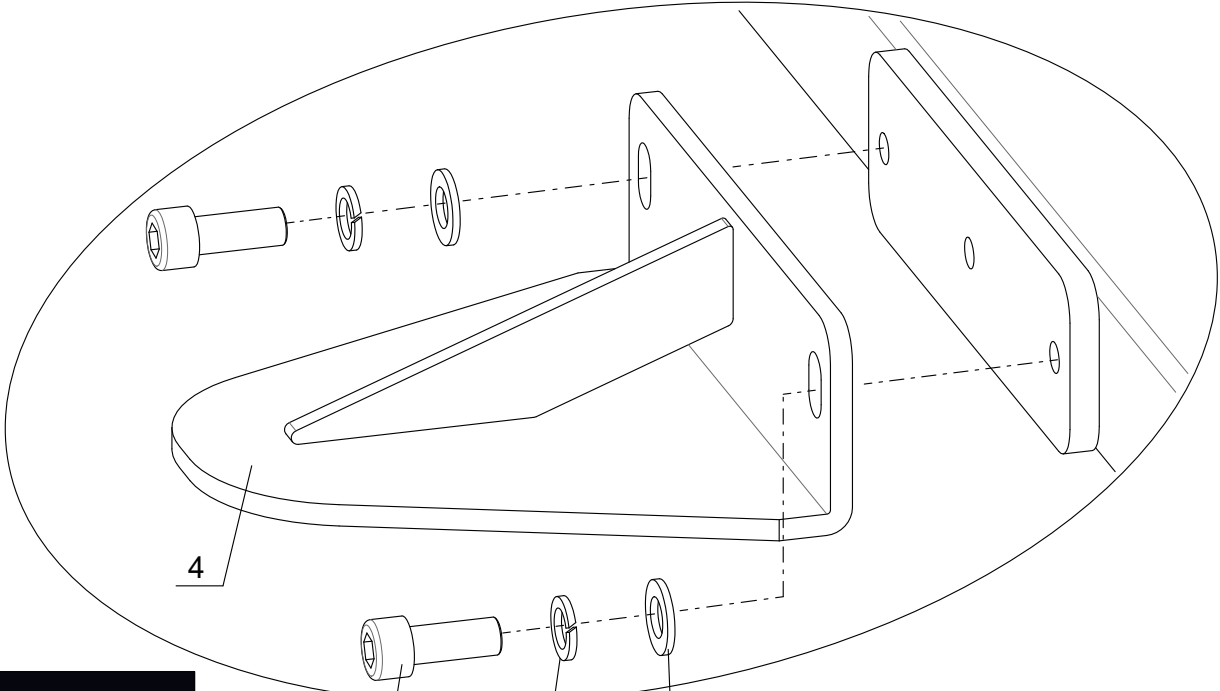


Fixings


SW10
4 PCS

SC10-5 4 PCS

W10
4 PCS




Tools



8 mm

SC10-5 SW10 W10



50%



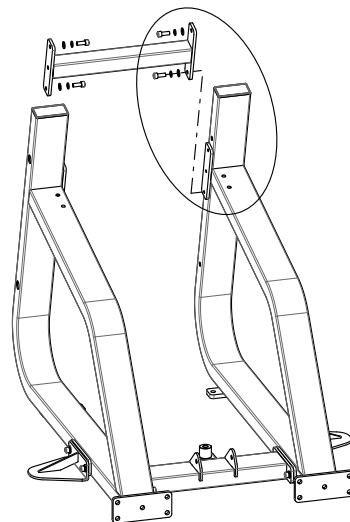
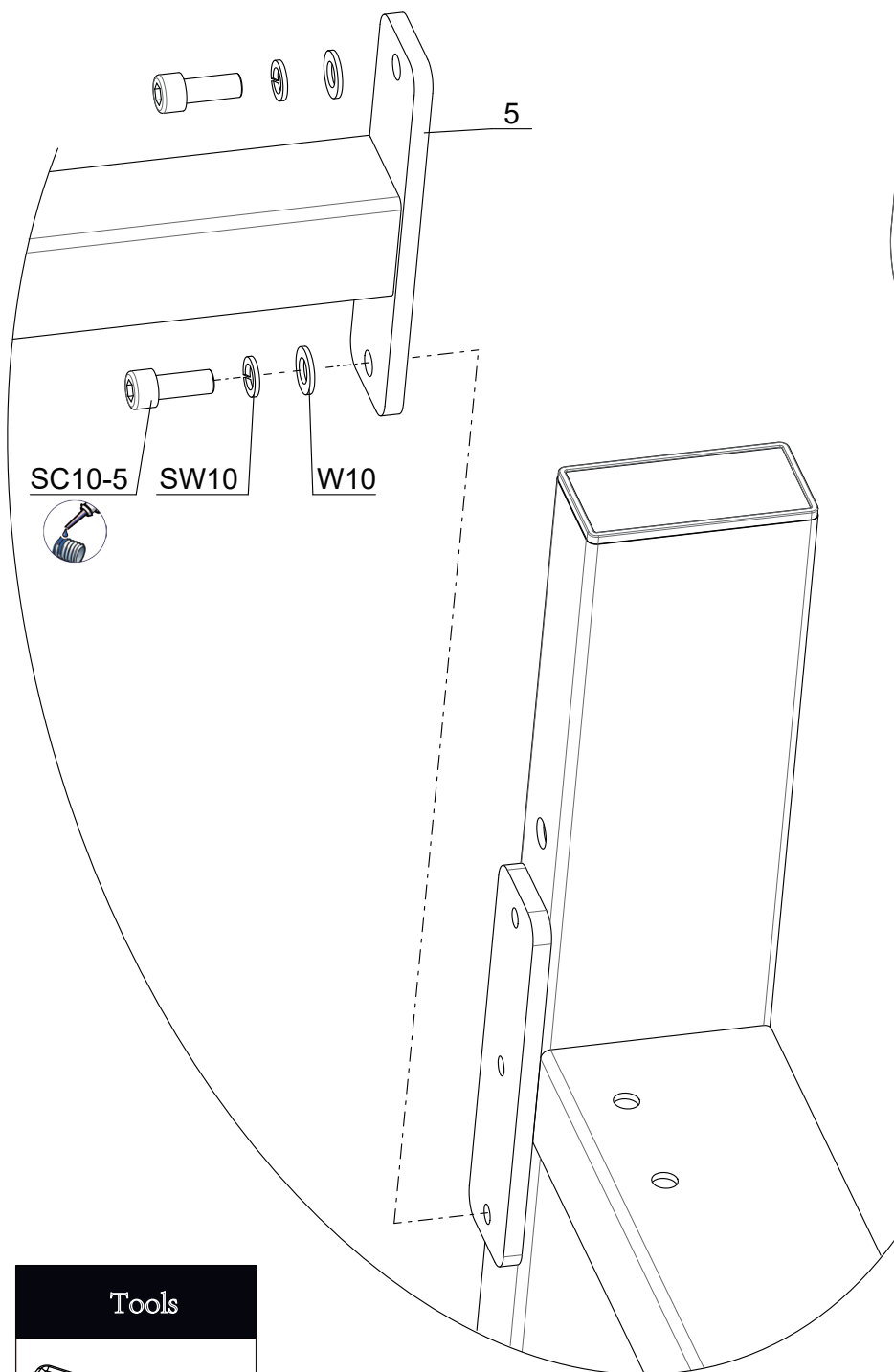
Parts

Part No: 5
Name:
Connecting Tube
Q'TY: 1

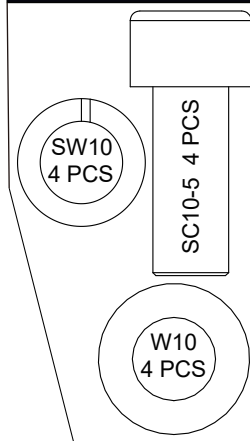


STEP 4

Install the Connecting Tube (#5).



Fixings



Tools



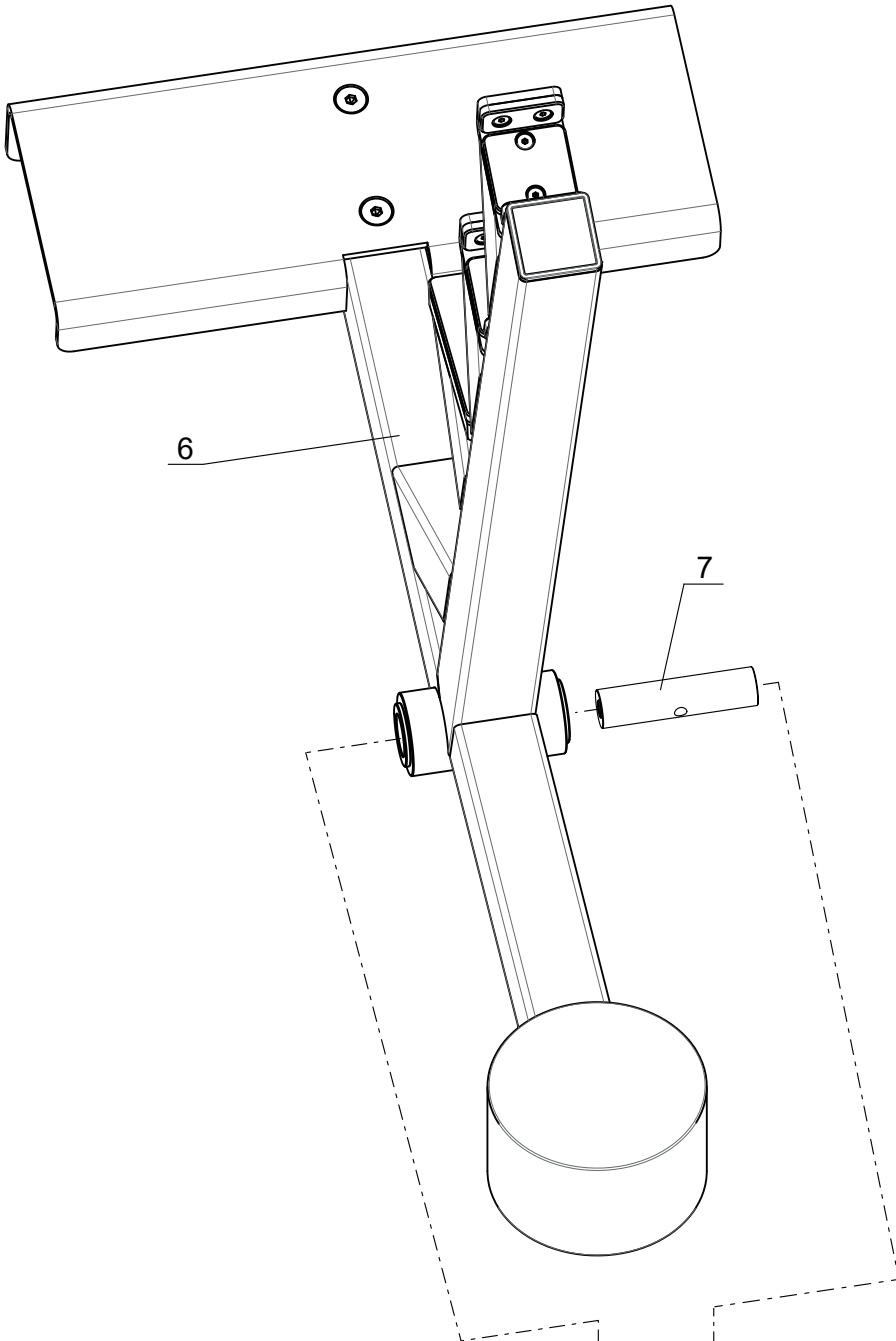
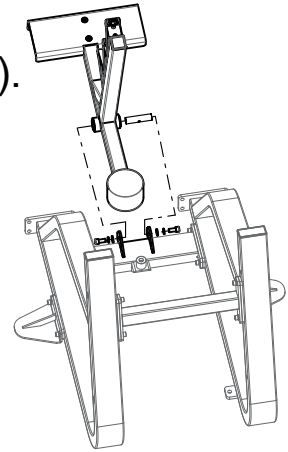
8 mm

50%



STEP 5

Install the Holding Frame (#6).



Parts

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

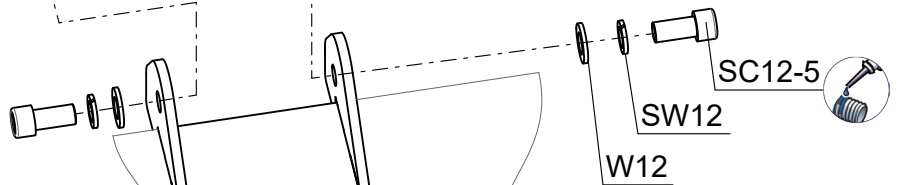
Part No:7
Name: Shaft
Q'TY: 1

Fixings

- SC12-5
2 PCS
- SW12
2 PCS
- W12
2 PCS

Tools

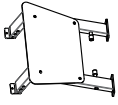
10 mm



50%

Parts

Part No: 8
Name: Pedal
Q'TY: 1



Install the Pedal (#8).

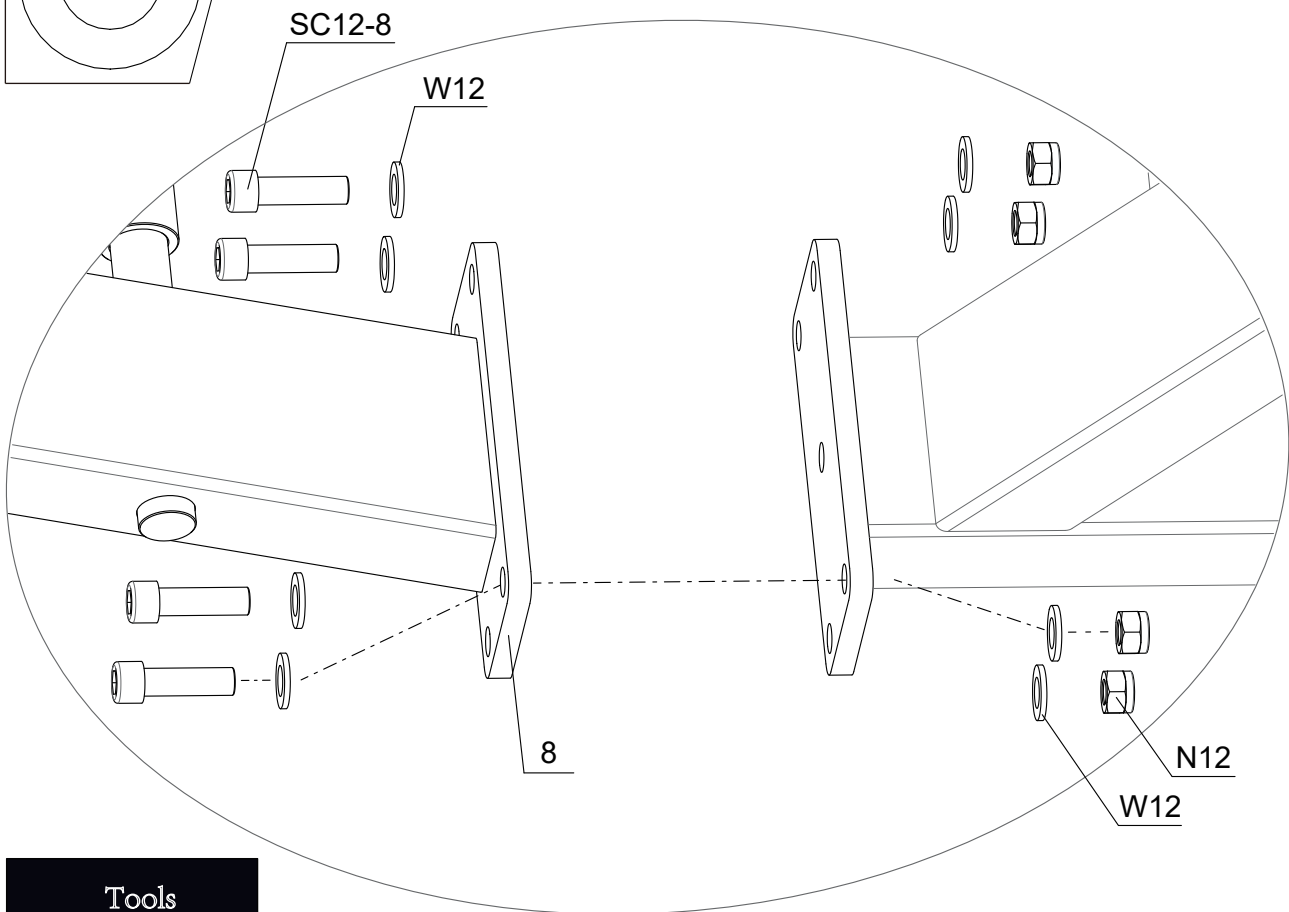
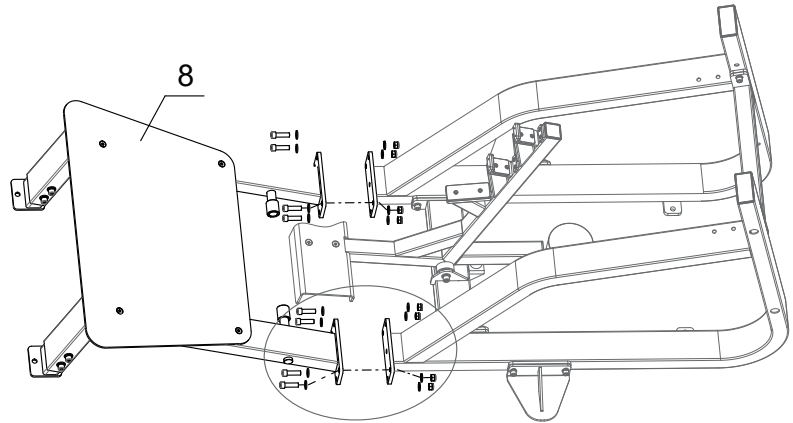
STEP 6

Fixings

SC12-8 8 PCS

N12
8 PCS

W12
16 PCS



Tools



19 mm

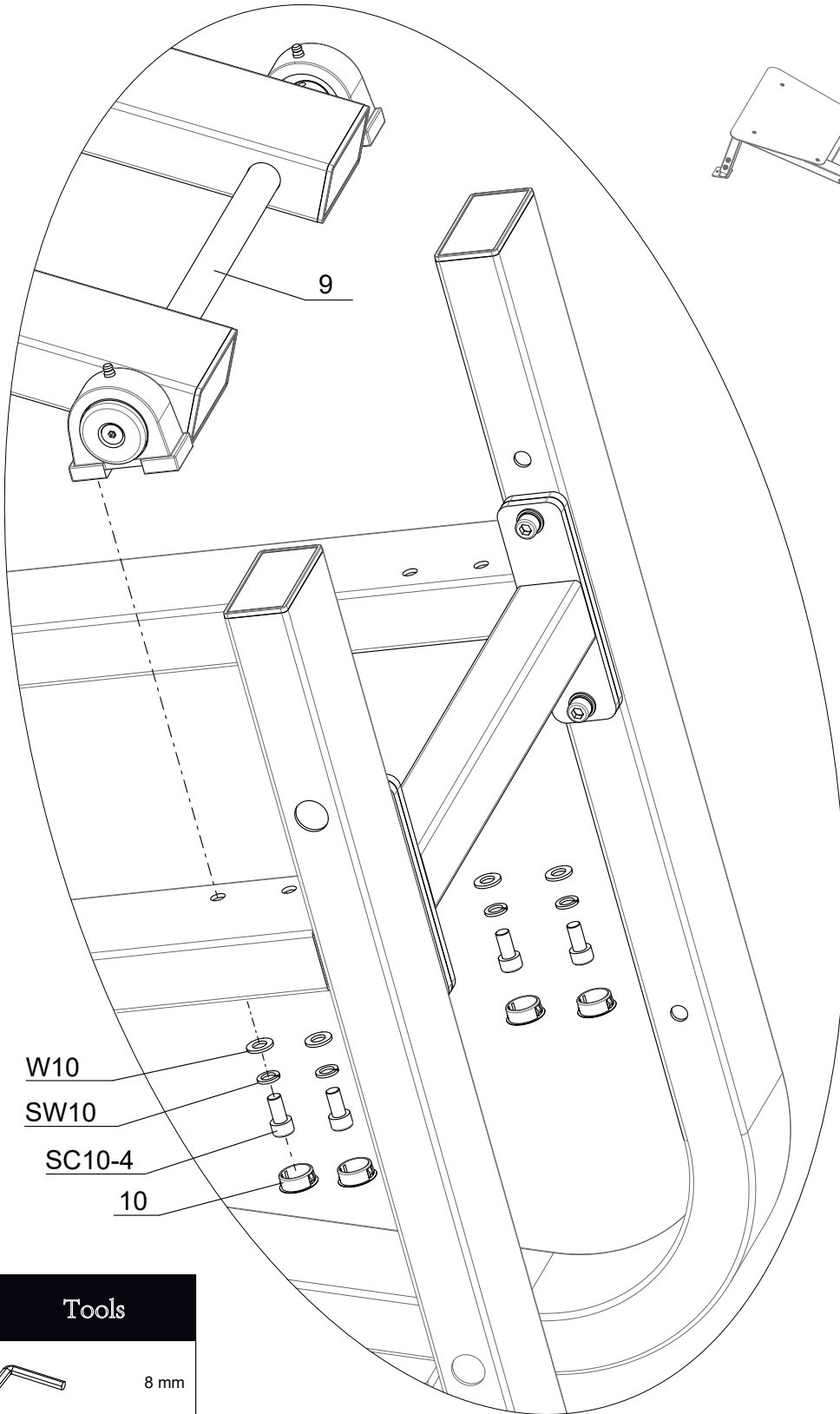
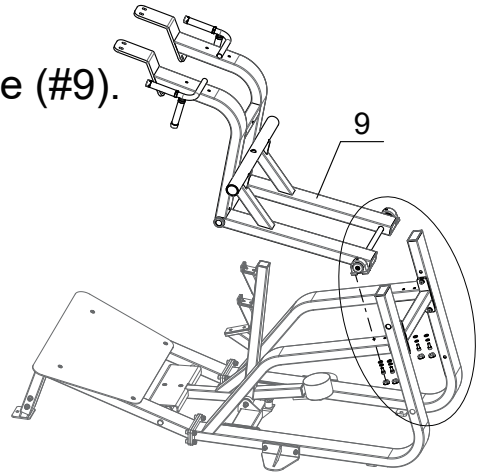
10 mm

50%



STEP 7

Install the Swing Frame (#9).



Parts

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



Part No: 10
Name: D25 Hole Cap
Q'TY: 4



Fixings

SW10
4 PCS

SC10-4 4 PCS

W10
4 PCS

Tools

8 mm

50%

Fixings

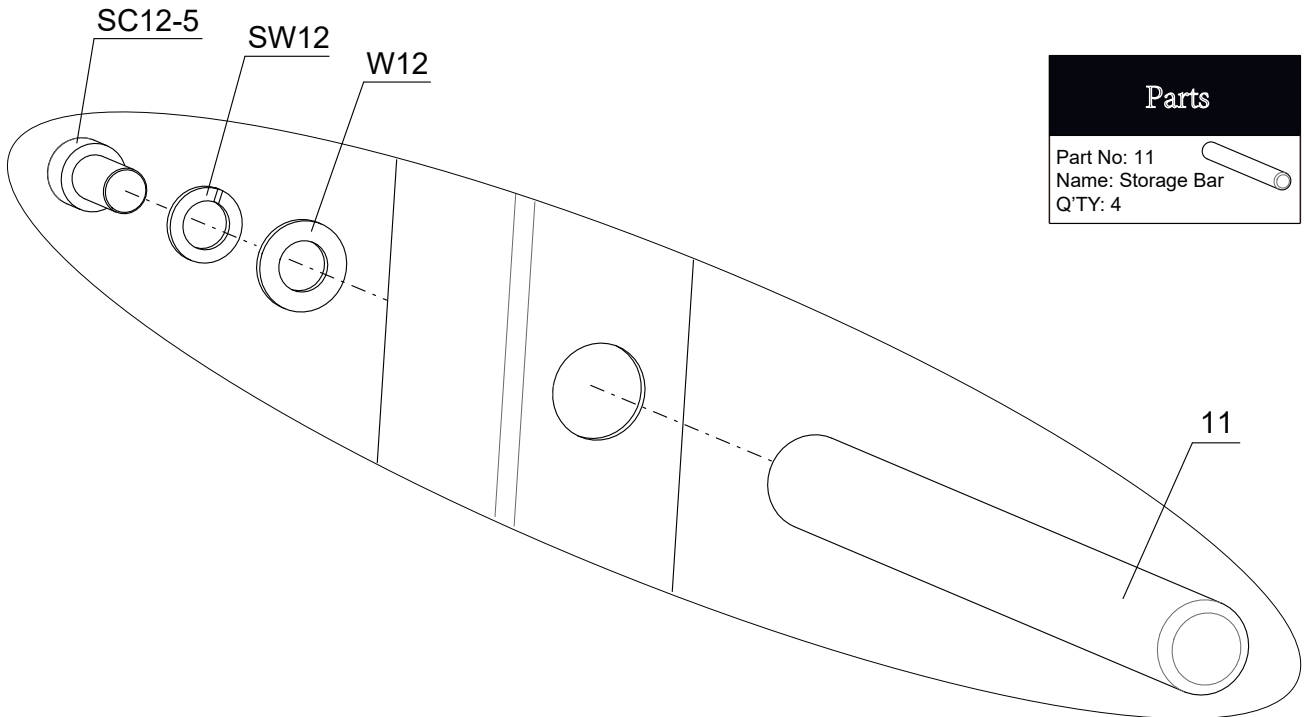
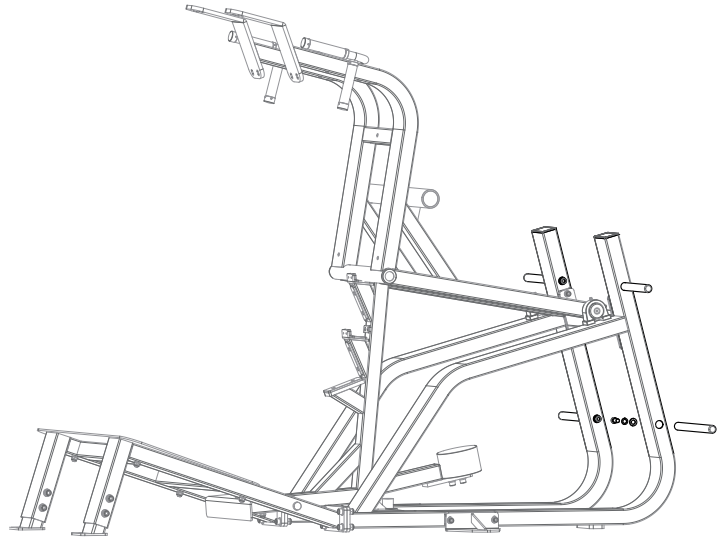
SC12-5
4 PCS

SW12
4 PCS

W12
4 PCS

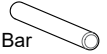
Install the Storage Bar (#11).

STEP 8



Parts

Part No: 11
Name: Storage Bar
Q'TY: 4



Tools



10 mm

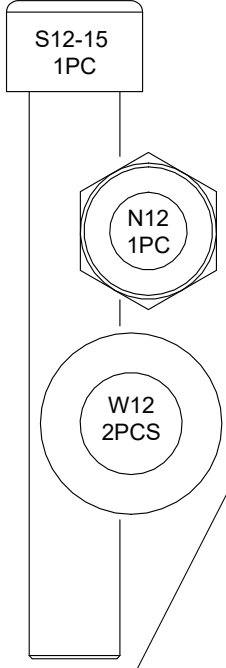
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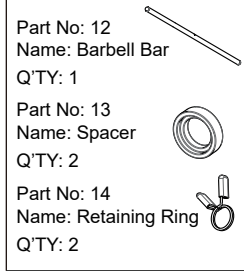
STEP 9

Install The Barbell Bar

Fixings



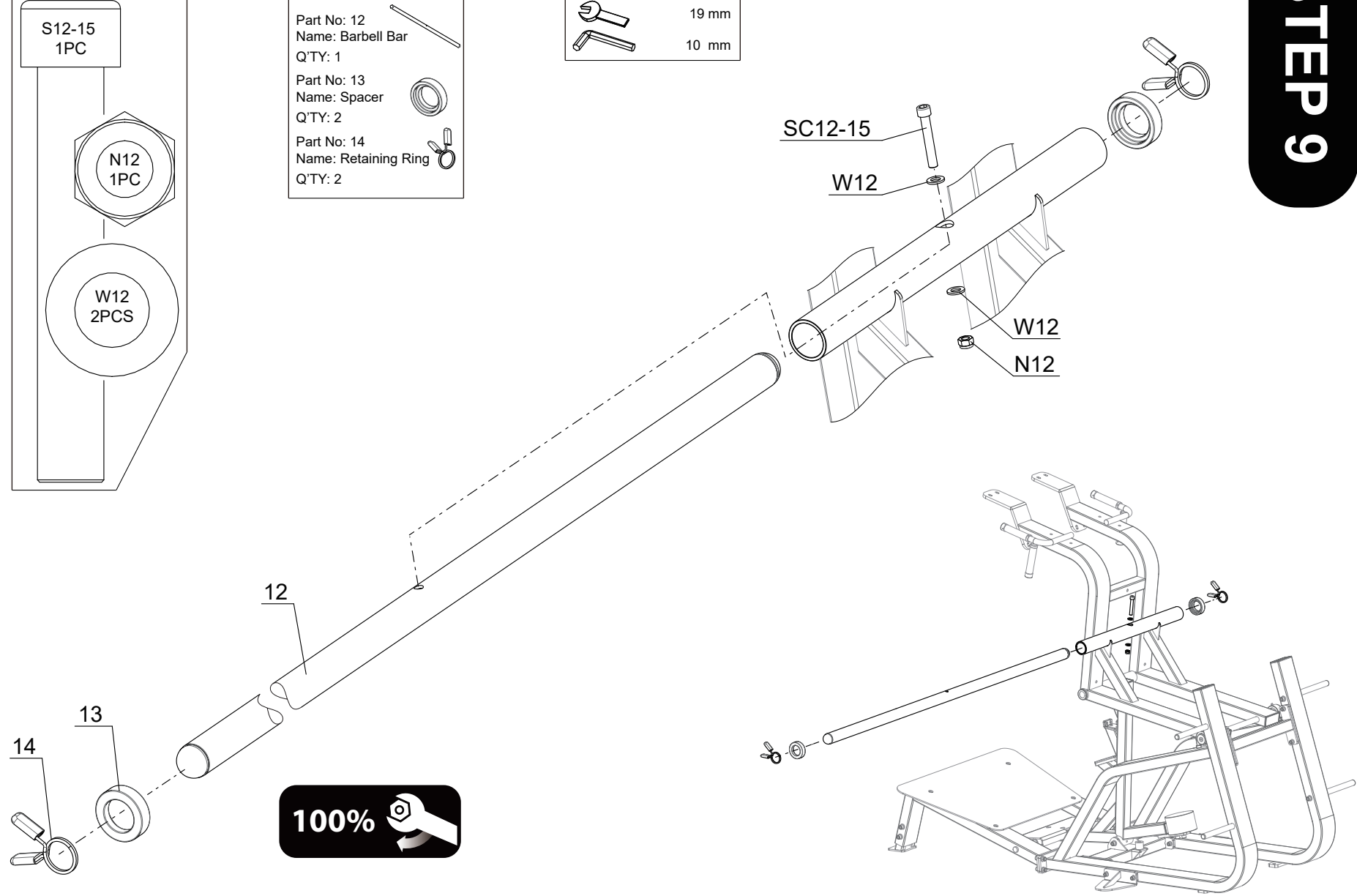
Parts



Tools

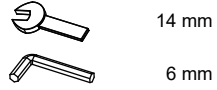


11



STEP 10

Tools



Parts

Part No:15
Name: Shoulder Pad
Q'TY: 2



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



Install The Shoulder Pad.

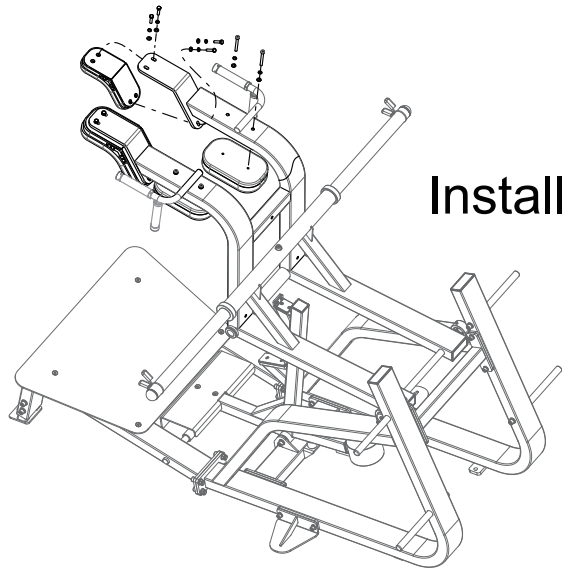
Fixings

H8-7 8 PCS

SC8-15 4 PCS

W8
12 PCS

SW8
12 PCS



H8-7

SW8

W8

SC8-15

SW8

W8

15

16

100%



STEP 11

Tools



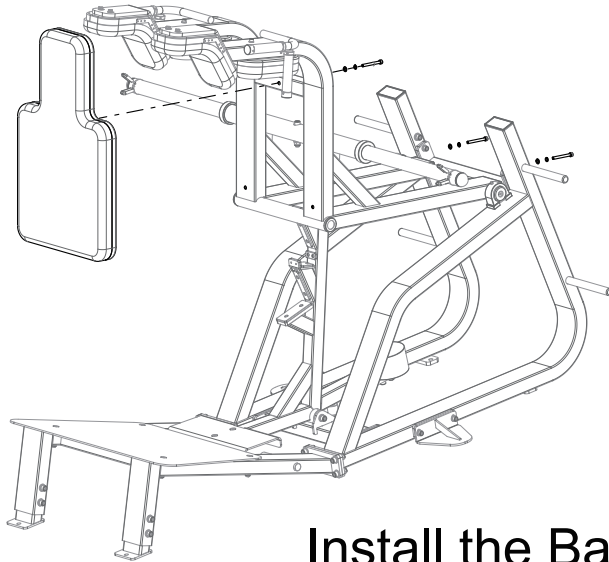
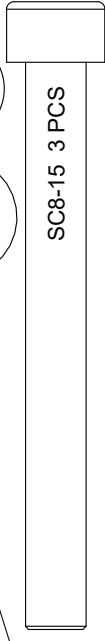
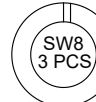
6 mm

Parts

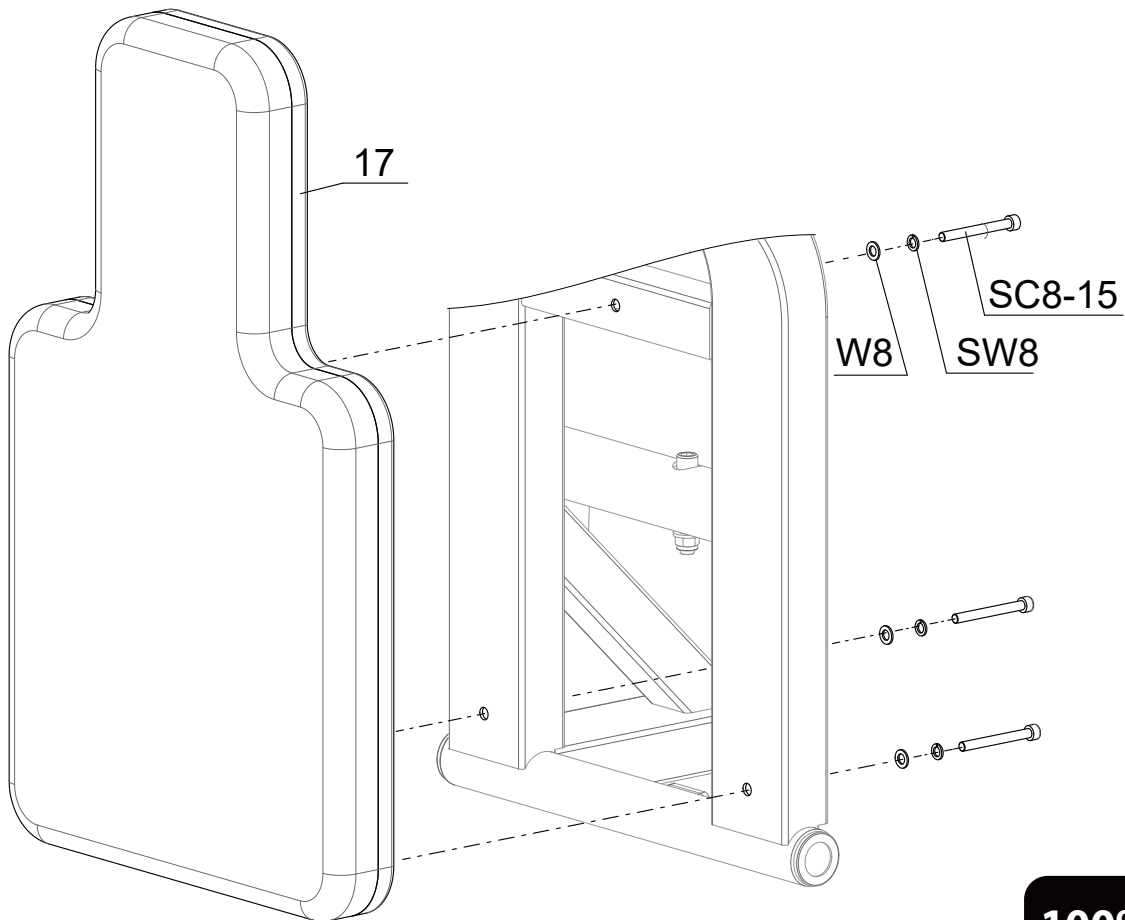
Part No:17
Name: Backrest Pad
Q'TY: 1



Fixings



Install the Backrest Pad (#17).



100%



PARTS LIST

PART#	DESCRIPTION	Qty
1	Side Support	1
2	Bottom Connecting Tube	1
3	Side Support	1
4	Brace	2
5	Connecting Tube	1
6	Holding Frame	1
7	Shaft	1
8	Pedal	1
9	Swing Frame	1
10	D25 Hole Cap	4
11	Storage Bar	4
12	Barbell Bar	1
13	Spacer	2
14	Retaining Ring	2
15	Shoulder Pad	2
16	Shoulder Pad	2
17	Backrest Pad	1

PART#	DESCRIPTION	Qty
H8-7	Hex Head Bolt M8×35	8
N12	Lock Nut M12	9
SC8-15	Socket Head Cap Screw M8×75	7
SC10-4	Socket Head Cap Screw M10×20	4
SC10-5	Socket Head Cap Screw M10×25	12
SC12-5	Socket Head Cap Screw M12×25	6
SC12-8	Socket Head Cap Screw M12×40	8
SC12-15	Socket Head Cap Screw M12×75	1
SW8	Spring Washer 8	15
SW10	Spring Washer 10	16
SW12	Spring Washer 12	6
W8	Spring Washer 8	15
W10	Spring Washer 10	16
W12	Spring Washer 12	24