


BLK BOX

Sissy Squat

Setup Instructions

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

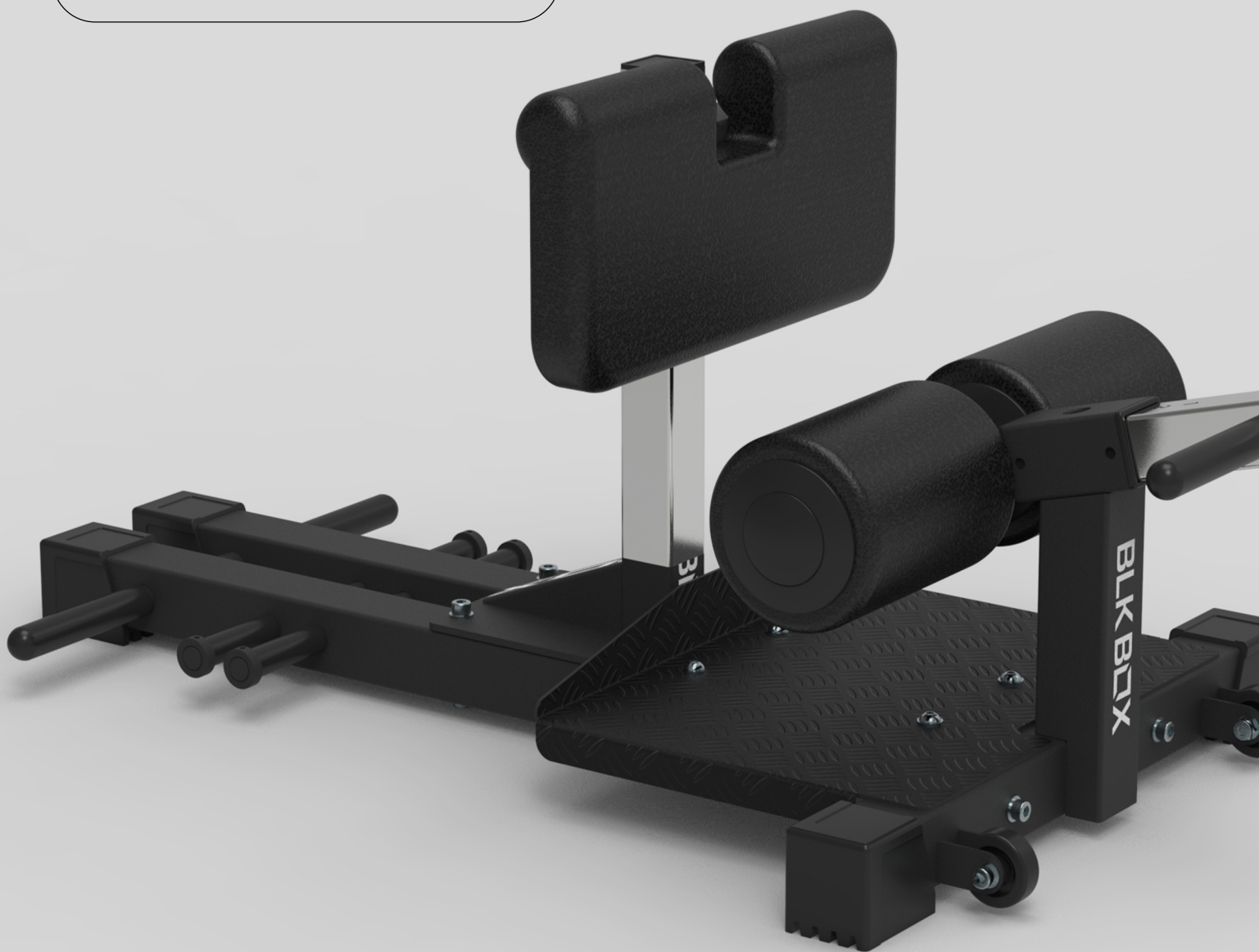


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To Apply Thread Locker

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).

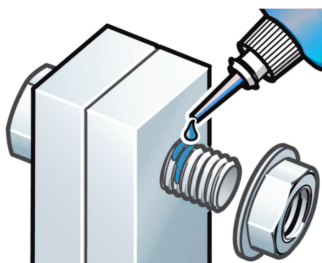


FIG 1

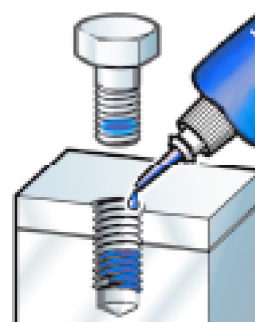
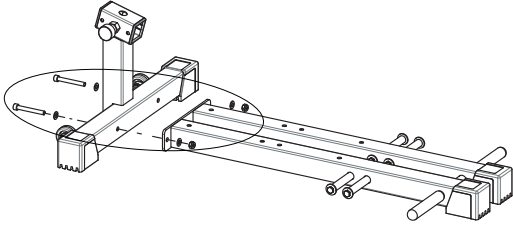


FIG 2

STEP 1



Assemble the Bottom Lengthwise Tube (#1) and the Bottom Lateral Tube(#2).

Fixings

S10-16
2 PCS

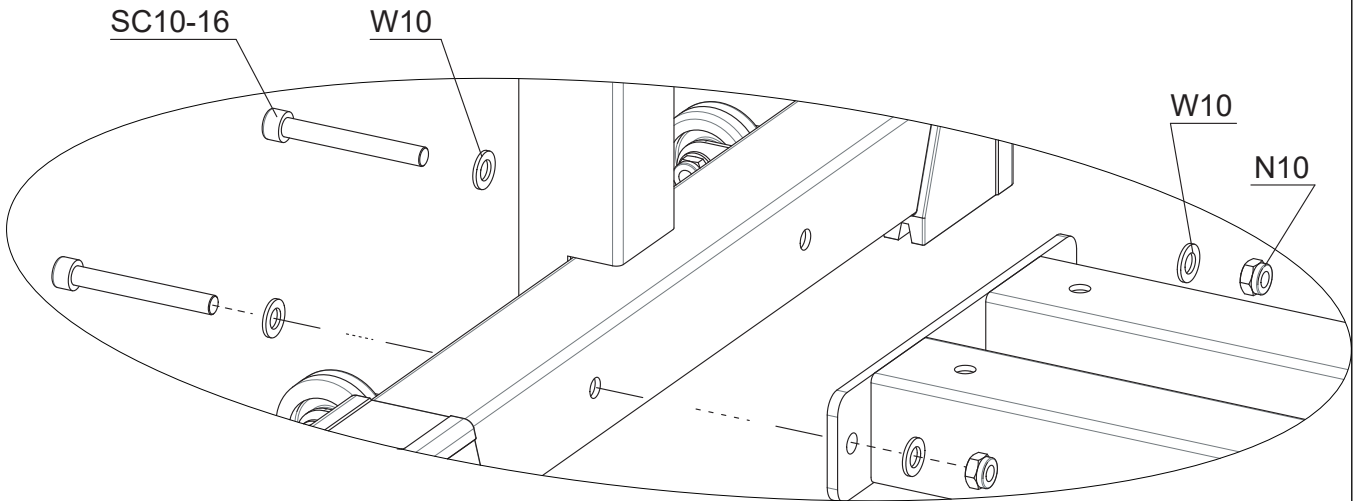


Parts

Part No:1
Name:
Bottom Lengthwise Tube
Q'TY: 1



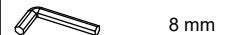
Part No:2
Name:
Bottom Lateral Tube
Q'TY: 1



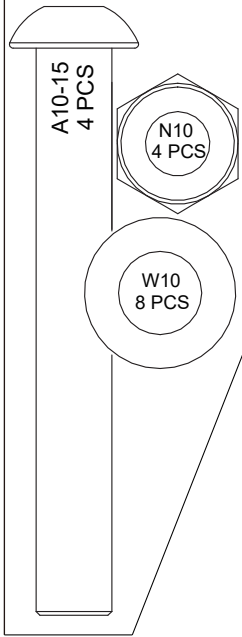
50%



Tools



Fixings

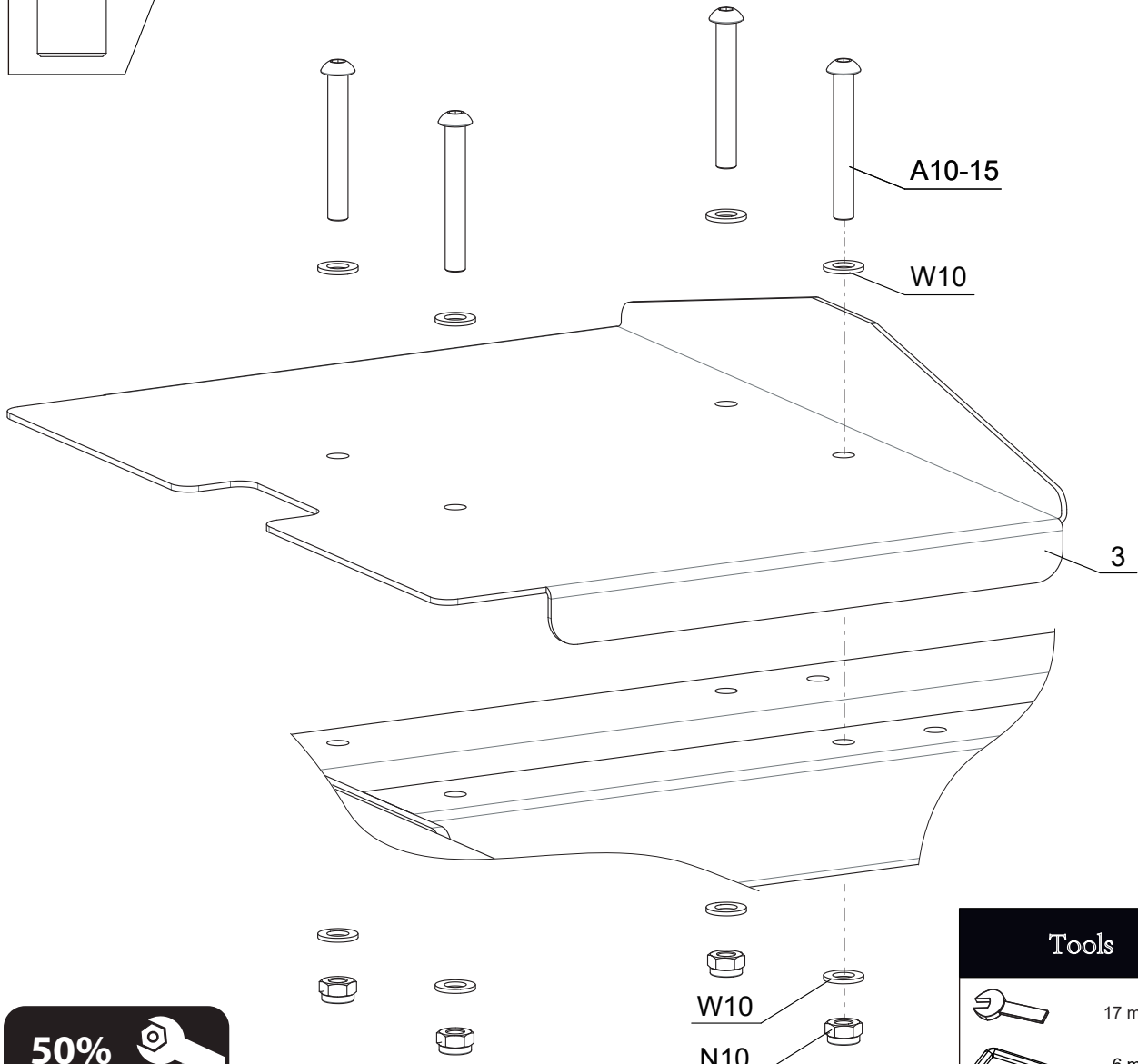
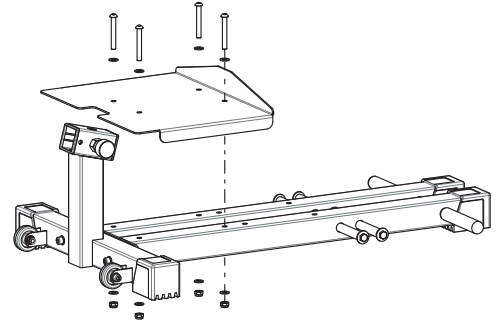


Install the Pedal (#3).

STEP 2

Parts

Part No:3
Name: Pedal
Q'TY: 1



50%



Tools



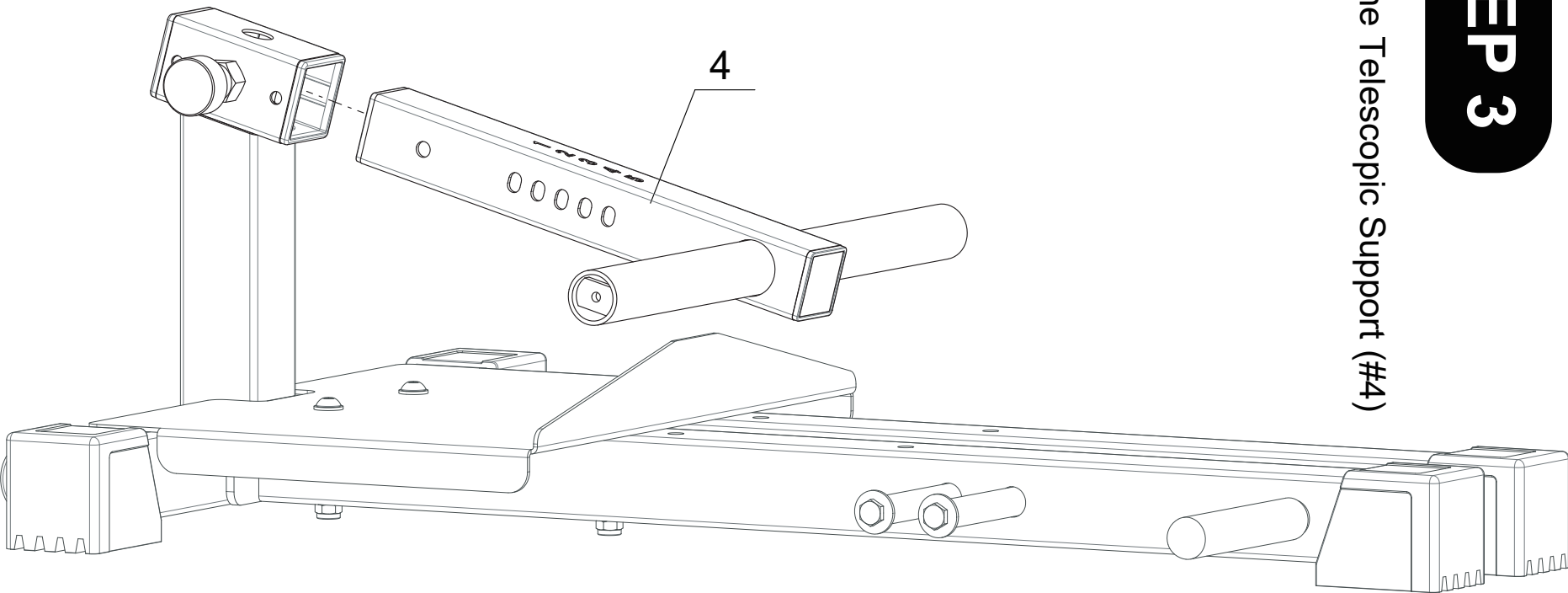
17 mm



6 mm

STEP 3

Install the Telescopic Support (#4)



05



Parts

Part No: 4 

Name: Telescopic Support

Q'TY: 1

Parts

Part No: 5
Name: Plastic Cover
Q'TY: 4

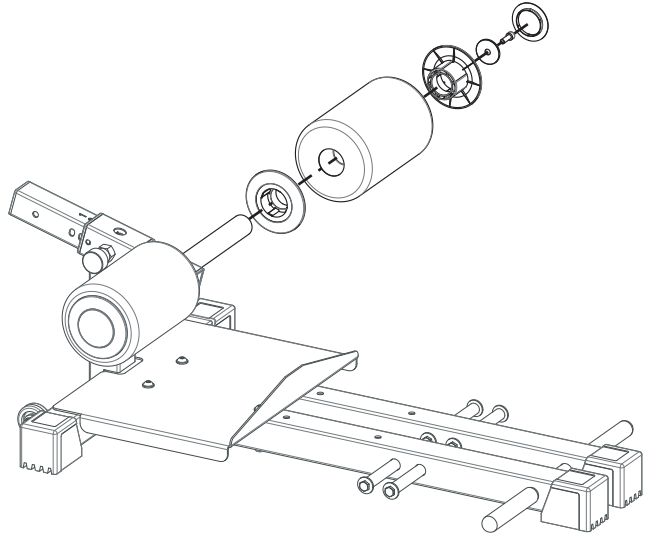
Part No: 6
Name: Foam Roller
Q'TY: 2

Part No: 7
Name: Washer OD45
Q'TY: 2

Part No: 8
Name: End Cover
Q'TY: 2

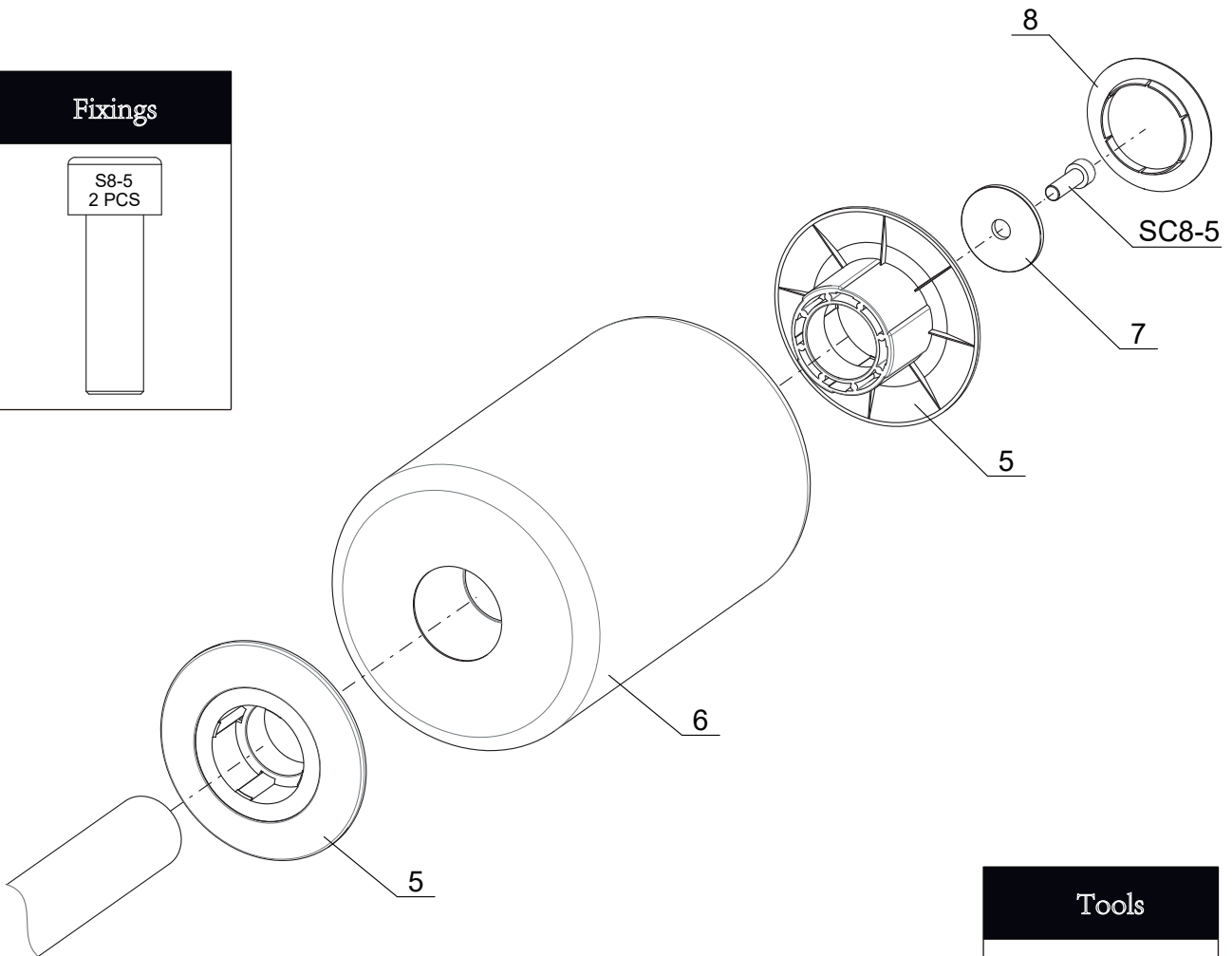
Install the Foam Roller (#6).

STEP 4



Fixings

S8-5
2 PCS



Tools

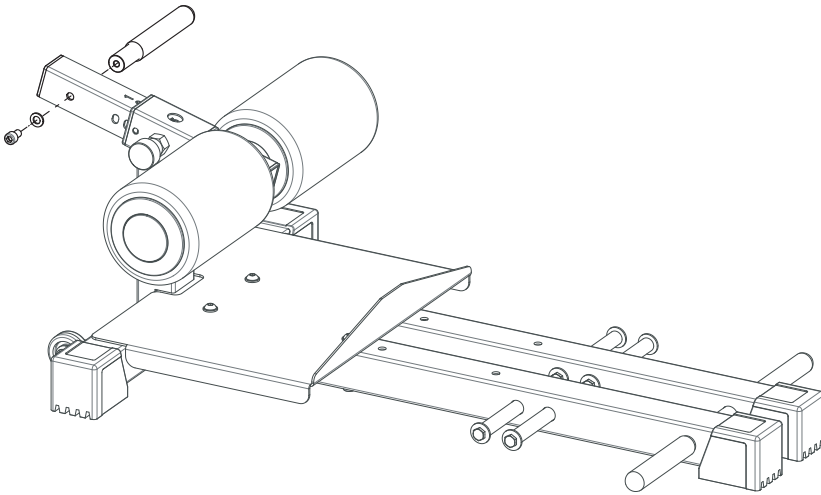
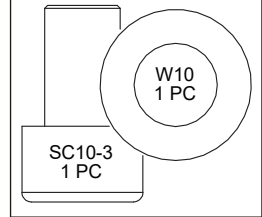


6 mm

STEP 5

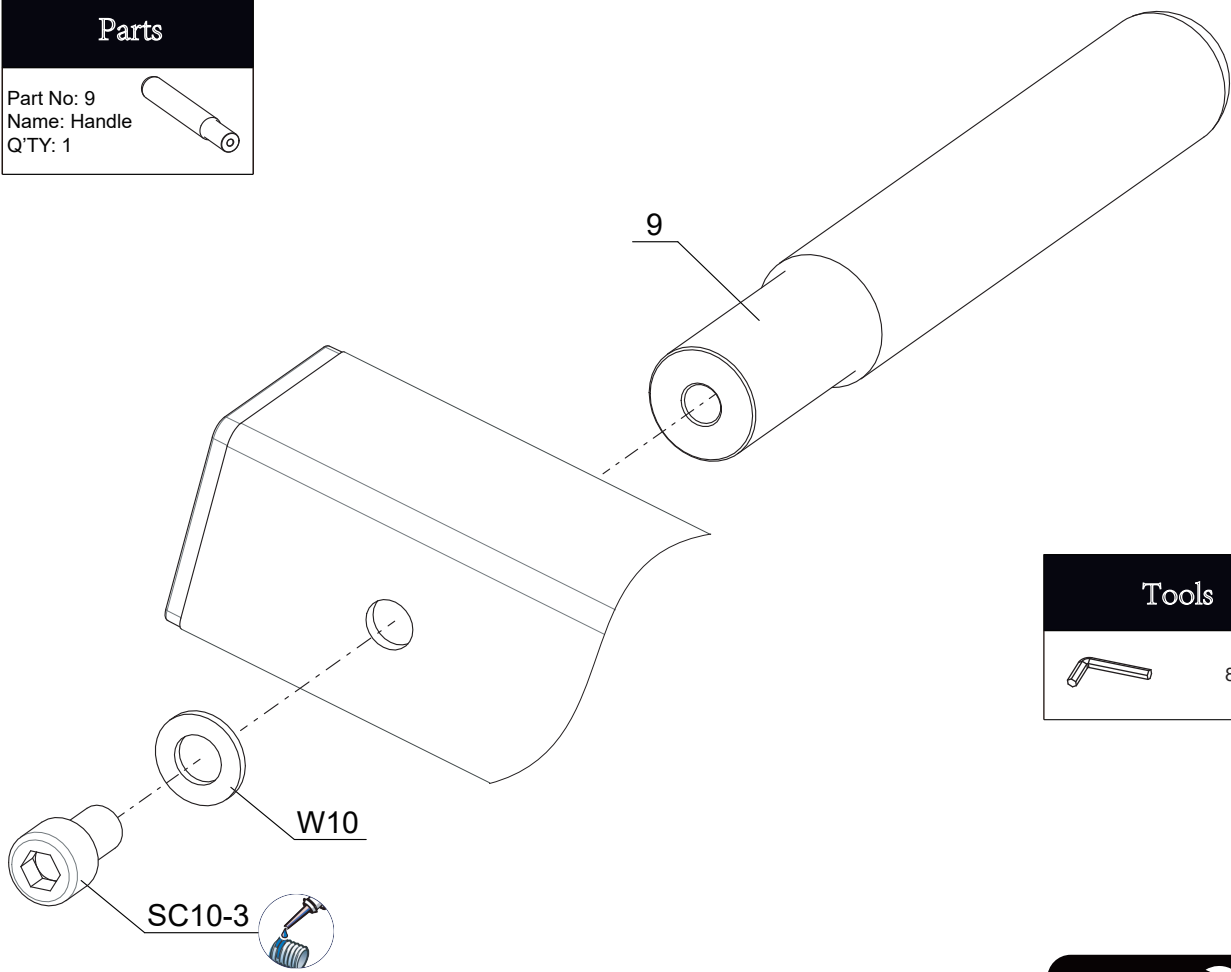
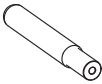
Install the Handle (#9).

Fixings



Parts

Part No: 9
Name: Handle
Q'TY: 1



Tools



8 mm

50%

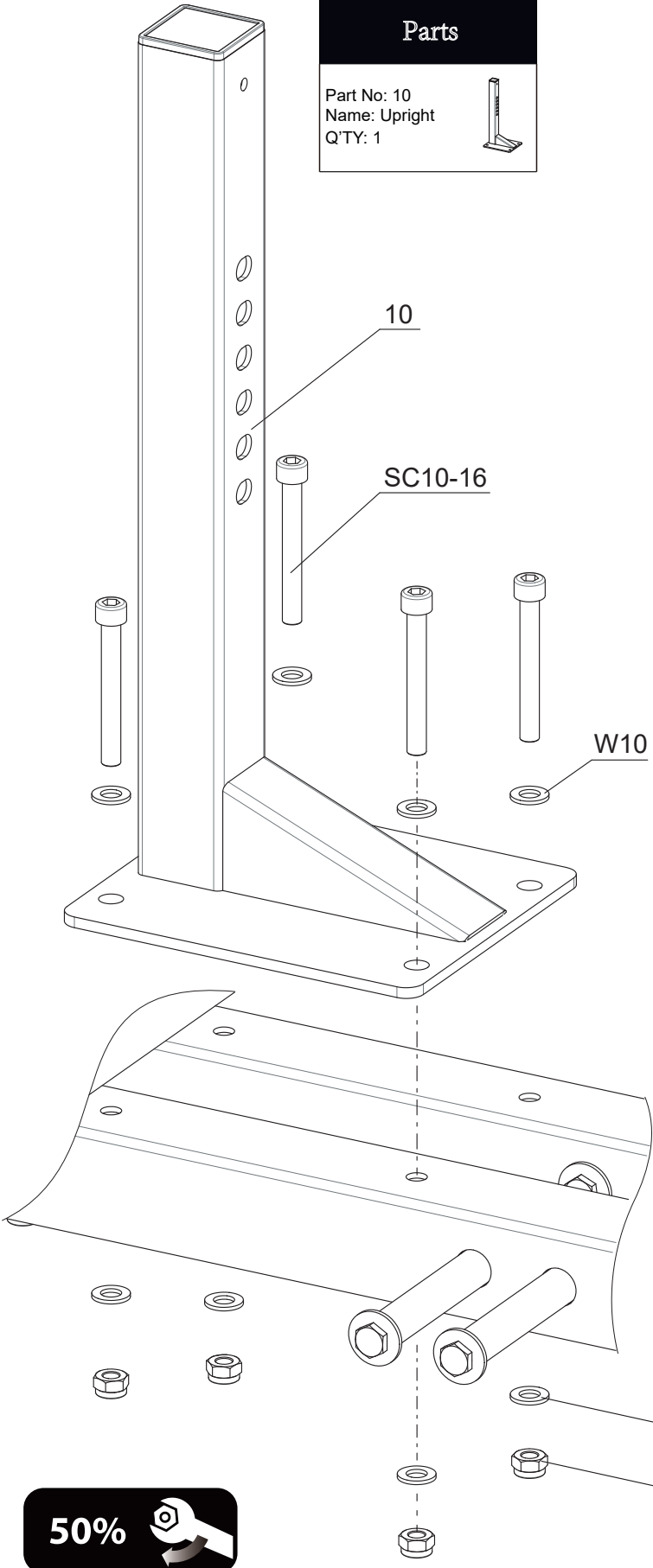
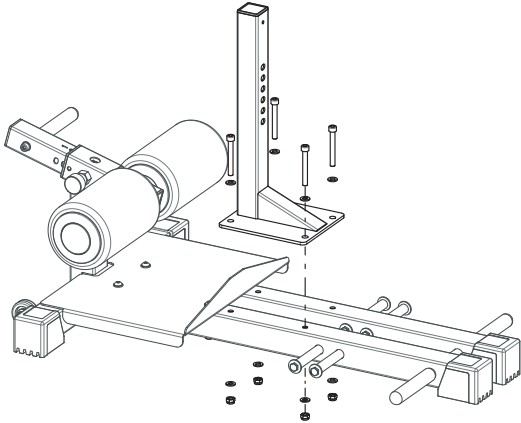



STEP 6

Install the Upright (#10).

Parts

Part No: 10
Name: Upright
Q'TY: 1



Fixings

- SC10-16
4 PCS
- N10
4 PCS
- W10
8 PCS

Tools

- 17 mm
- 8 mm



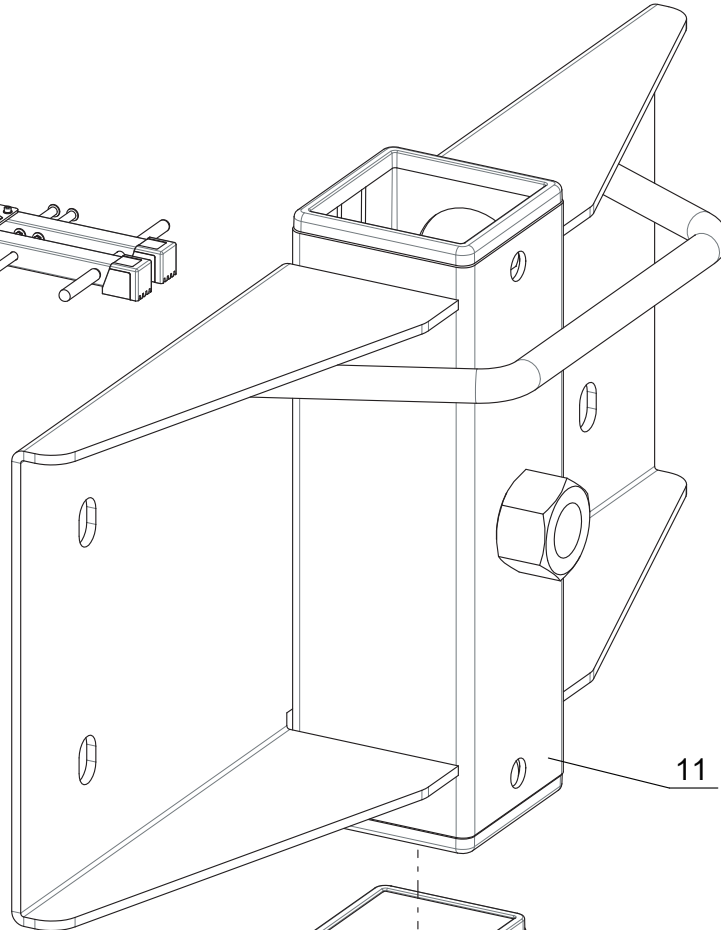
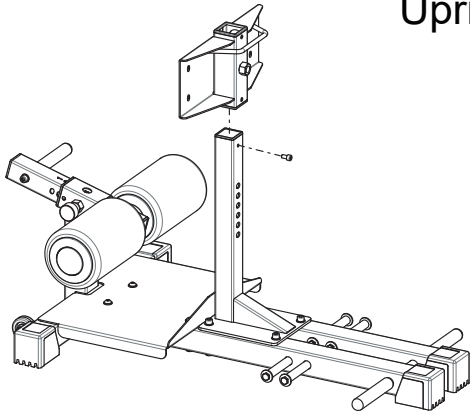
STEP 7

Fit the Pad Support (#11) onto Upright Support first, then install the screw (SC8-3) onto the Upright Support.

Tools



6 mm



Parts

Part No:11
Name: Pad Support
Q'TY: 1



11

SC8-3

Fixings



SC8-3
1 PC

100%



Parts

Part No:12
Name: Leg Pad
Q'TY: 1



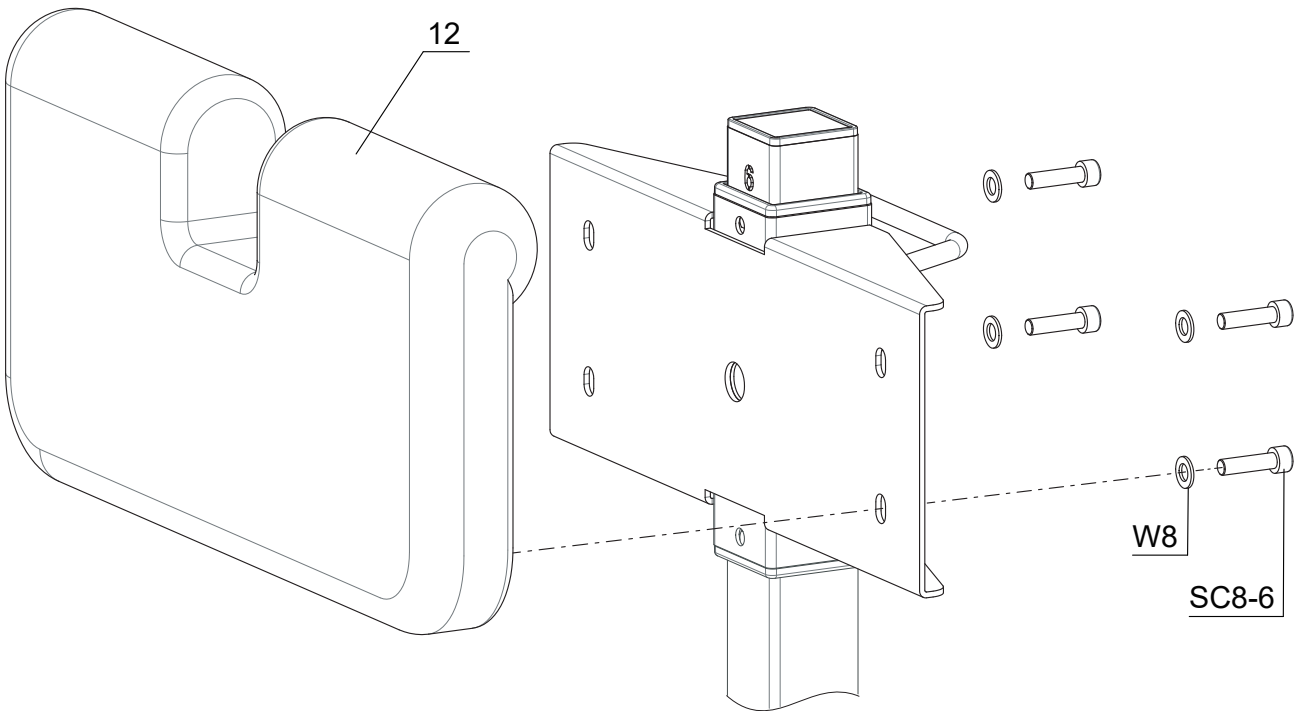
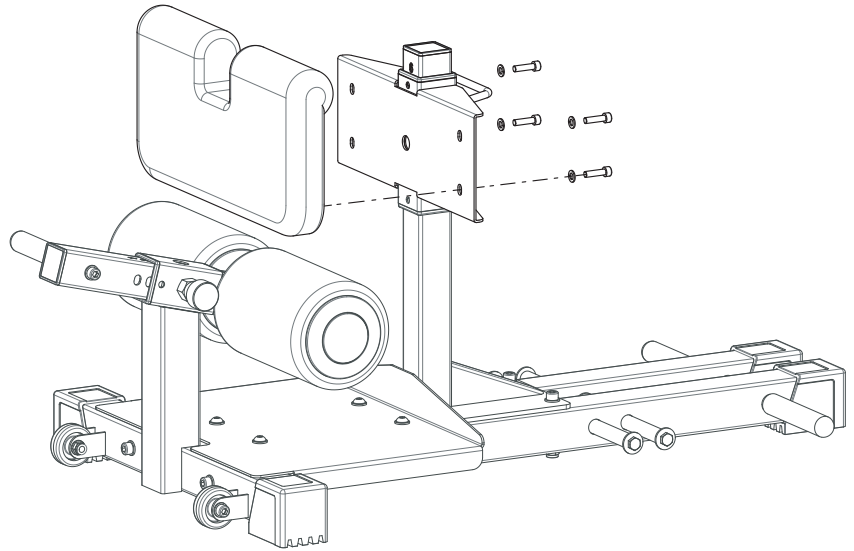
Install the Leg Pad (#12).

STEP 8

Fixings

SC8-6
4 PCS

W8
4 PCS



W8

SC8-6

Tools



6 mm

100%



PARTS LIST

PART#	DESCRIPTION	Qty
1	Bottom Lengthwise Tube	1
2	Bottom Lateral Tube	1
3	Pedal	1
4	Telescopic Support	1
5	Plastic Cover	4
6	Foam Roller	2
7	Washer OD45	2
8	End Cover	2
9	Handle	1
10	Upright	1
11	Pad Support	1
12	Leg Pad	1

PART#	DESCRIPTION	Qty
A10-15	Button Head Screw M10×75	4
N10	Lock Nut M10	10
SC8-3	Socket Head Cap Screw M8×16	1
SC8-5	Socket Head Cap Screw M8×25	2
SC8-6	Socket Head Cap Screw M8×30	4
SC10-3	Socket Head Cap Screw M10×16	1
SC10-16	Socket Head Cap Screw M10×80	6
W8	Plain Washer 8	4
W10	Plain Washer 10	21