

BLK BOX

Plate Loaded Chest Press

Setup Instructions


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



Table Of Contents

Assembly Instructions.....2-11

Part List..... 12

STEP 1

Assemble The Side Support 1 (#1)
And The Base Frame(#3).

Fixings

W12
2 PCS

N12
2 PCS

H12-14 2 PCS

Parts

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

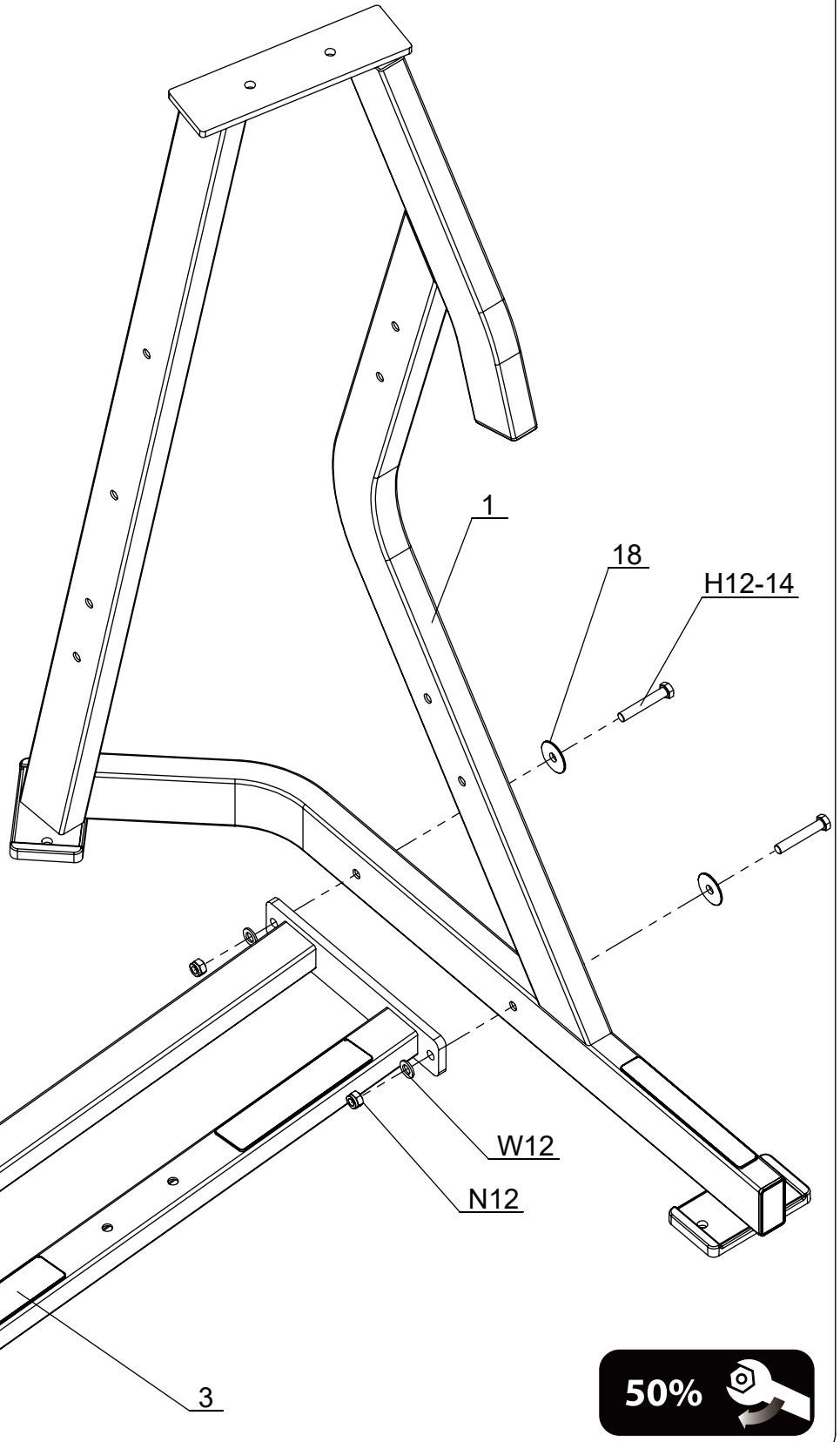
Part No: 3
Name: Base Frame
Q'TY: 1

Part No: 18
Name: Rubber Washer
Q'TY: 2

Tools



19 mm



STEP 2

Fixings

W12
2 PCS

H12-14 2 PCS

N12
2 PCS

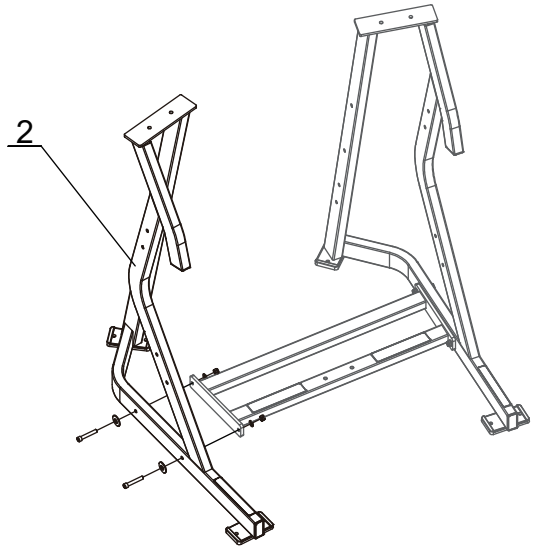
Parts

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

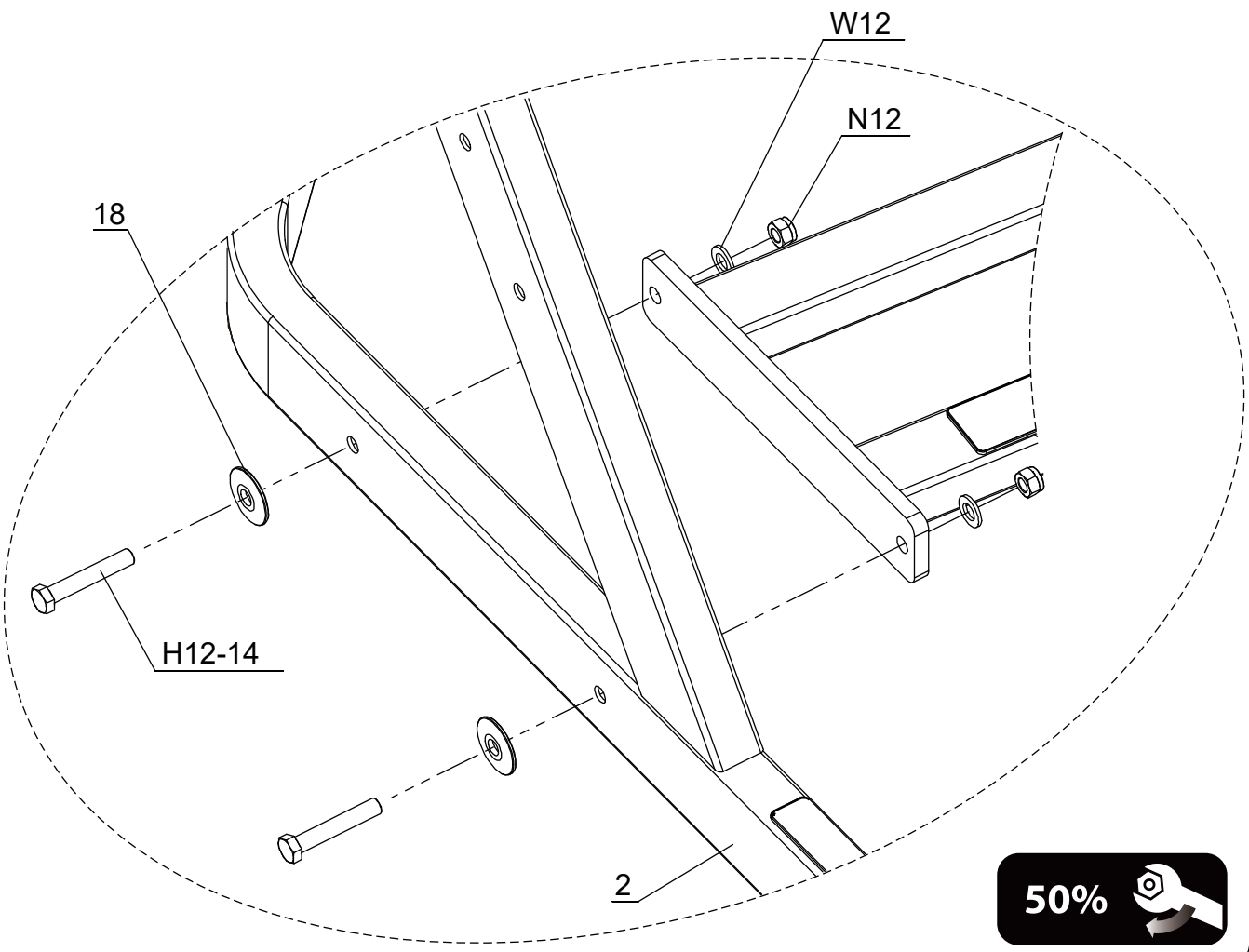
Part No: 18
Name: Rubber Washer
Q'TY: 2

Tools

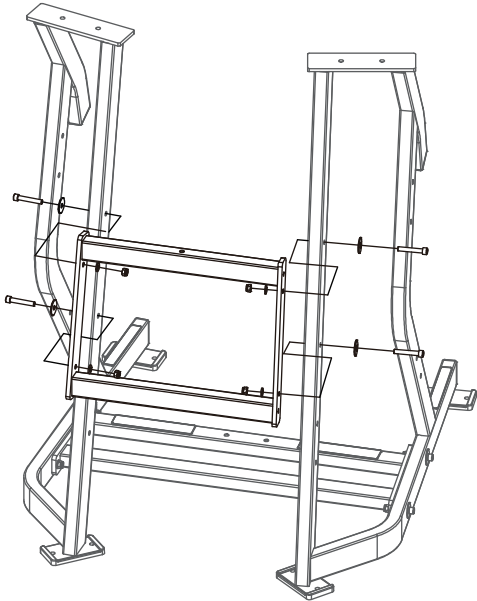
19 mm



Install the Side Support 2 (#2).



STEP 3



Parts

Part No: 4
Name: Linking Frame
Q'TY: 1

Part No: 18
Name: Rubber Washer
Q'TY: 4

Tools

19 mm

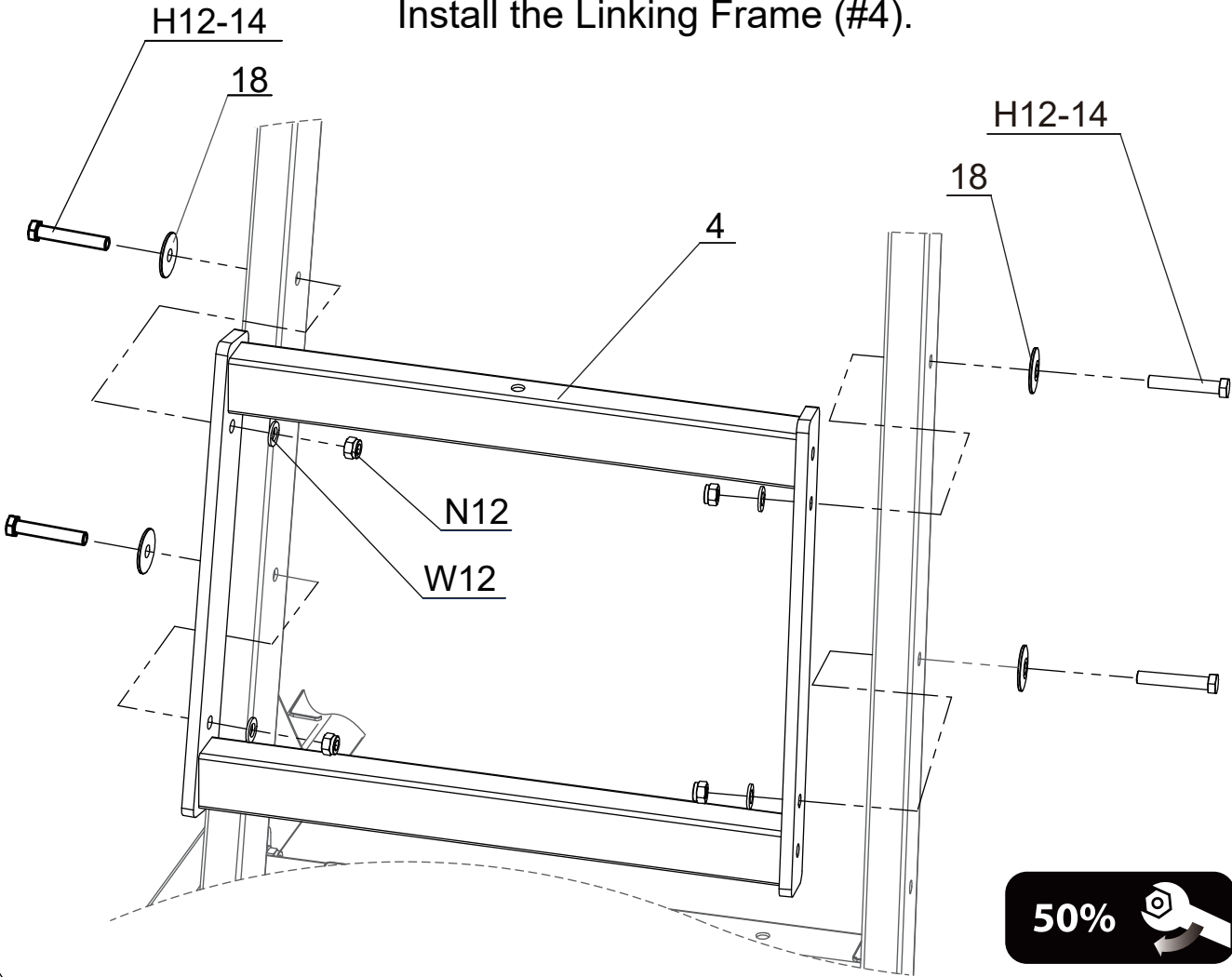
Fixings

W12
4 PCS

N12
4 PCS

H12-14 4 PCS

Install the Linking Frame (#4).



Fixings

W12
12 PCS

N12
12 PCS

H12-14 12 PCS

Parts

Part No: 5
Name: Weight Plate Tube
Q'TY: 6

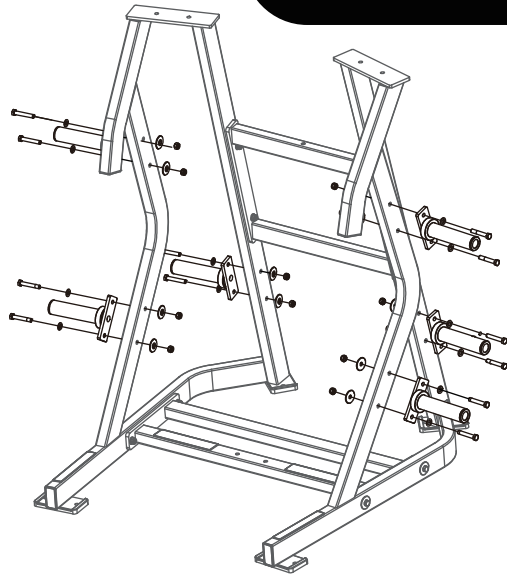
Part No: 18
Name: Rubber Washer
Q'TY: 12

Tools

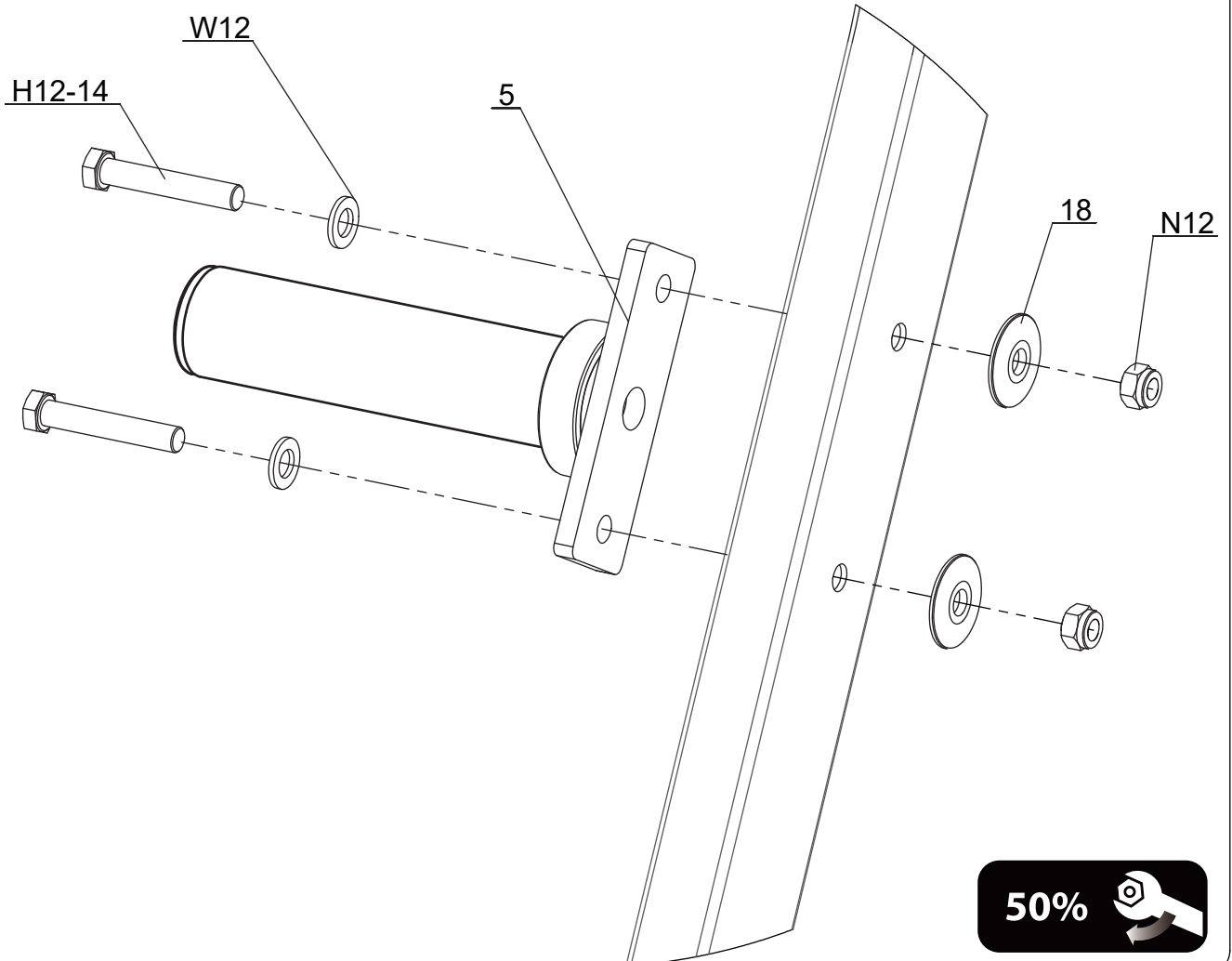


19 mm

STEP 4



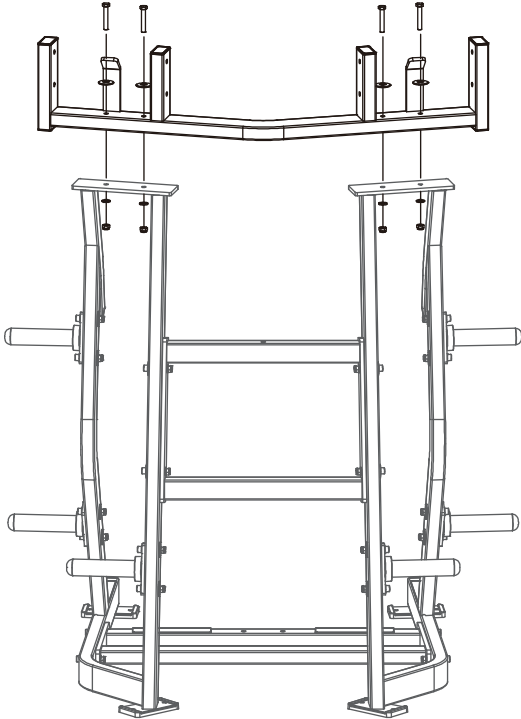
Install the Weight Plate Tube (#5).



50%

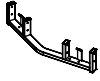


STEP 5




Parts


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



Part No: 18
Name: Rubber Washer
Q'TY: 4

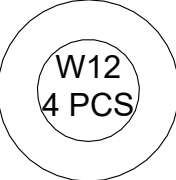


Tools




19 mm


Fixings



W12
4 PCS

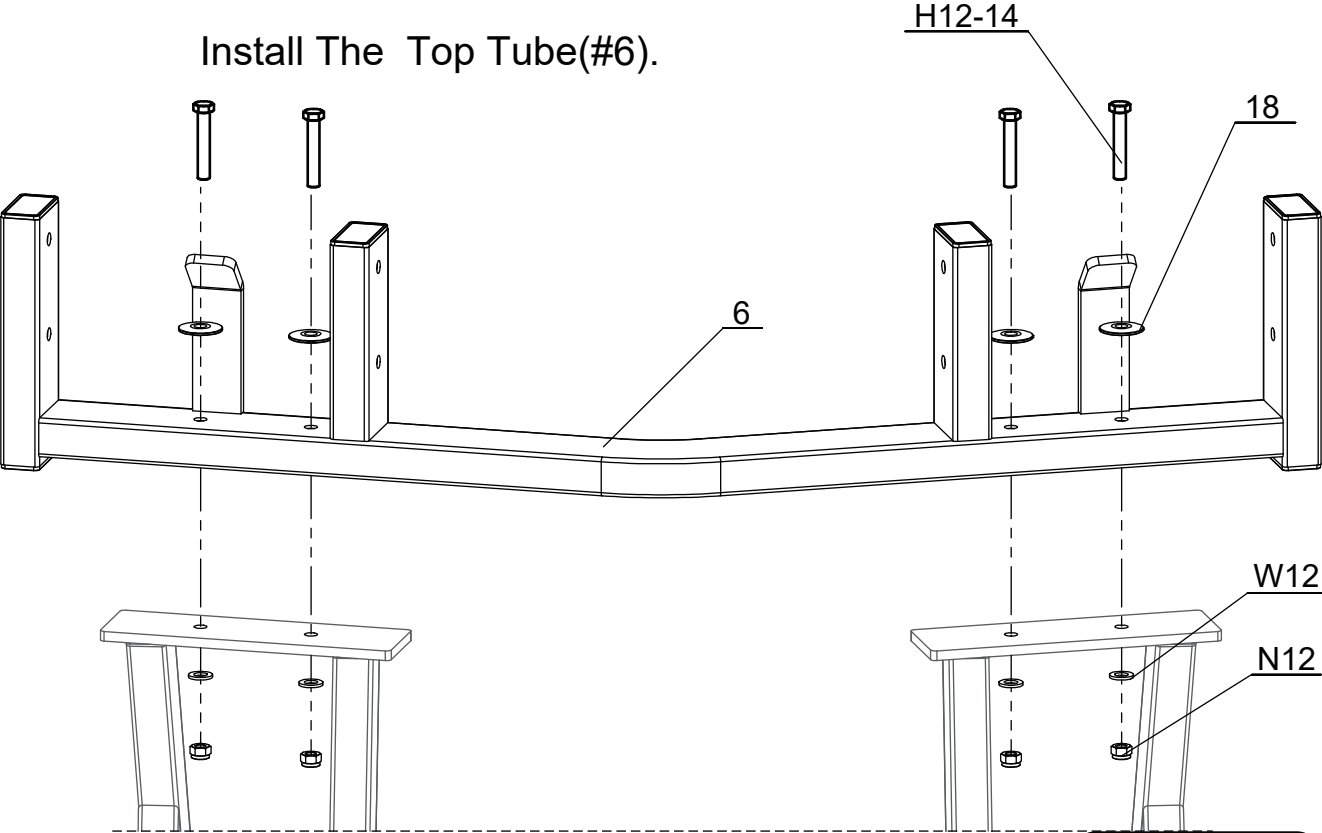


N12
4 PCS



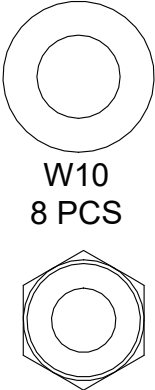
H12-14 4 PCS

Install The Top Tube(#6).




STEP 6

Fixings



W10
8 PCS


N10
8 PCS




H10-14 8 PCS

Parts


Part No: 10
Name: Bearing 205
Q'TY: 4



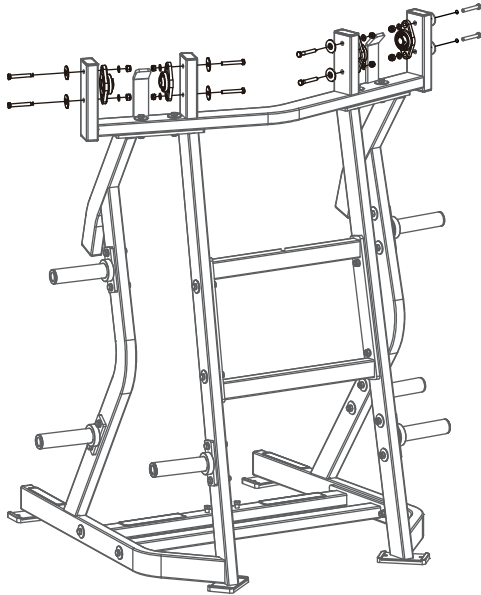
Part No: 18
Name: Rubber Washer
Q'TY: 8



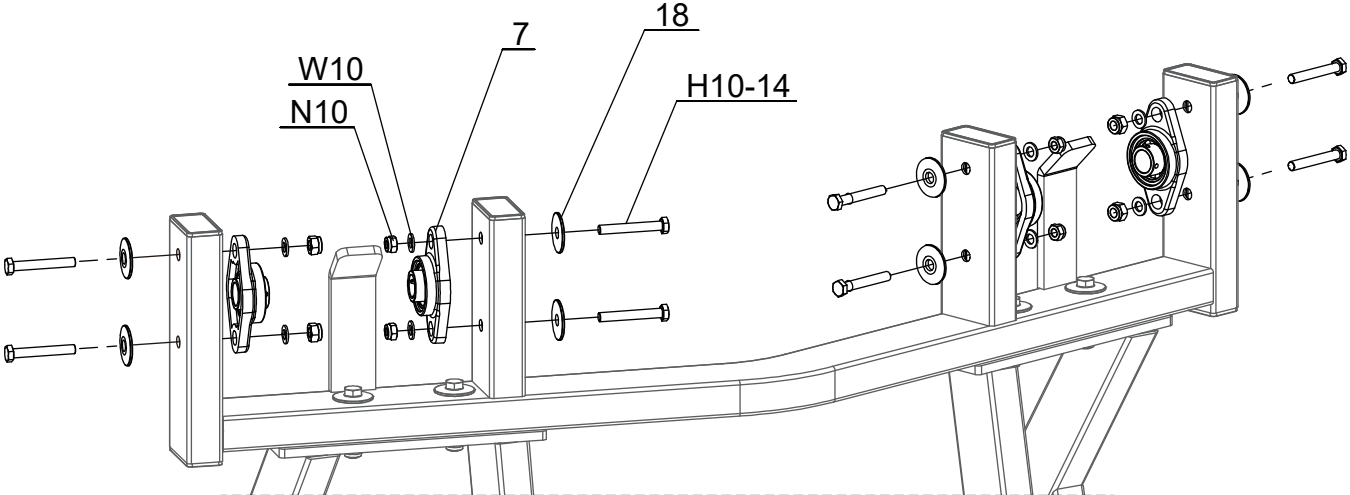
Tools



17 mm



Install The Bearing 205(#7).



STEP 7

Parts

Part No: 8
Name: Swinging Arm 1
Q'TY: 1



Part No: 9
Name: Swinging Arm 2
Q'TY: 1



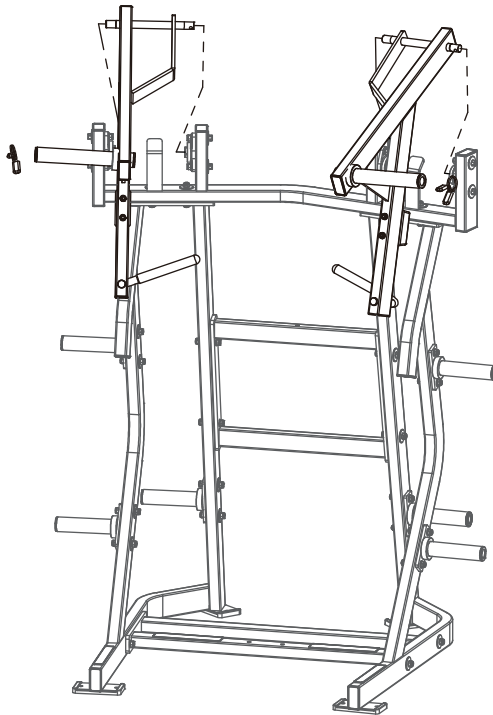
Part No: 10
Name: Barbell Clip
Q'TY: 2



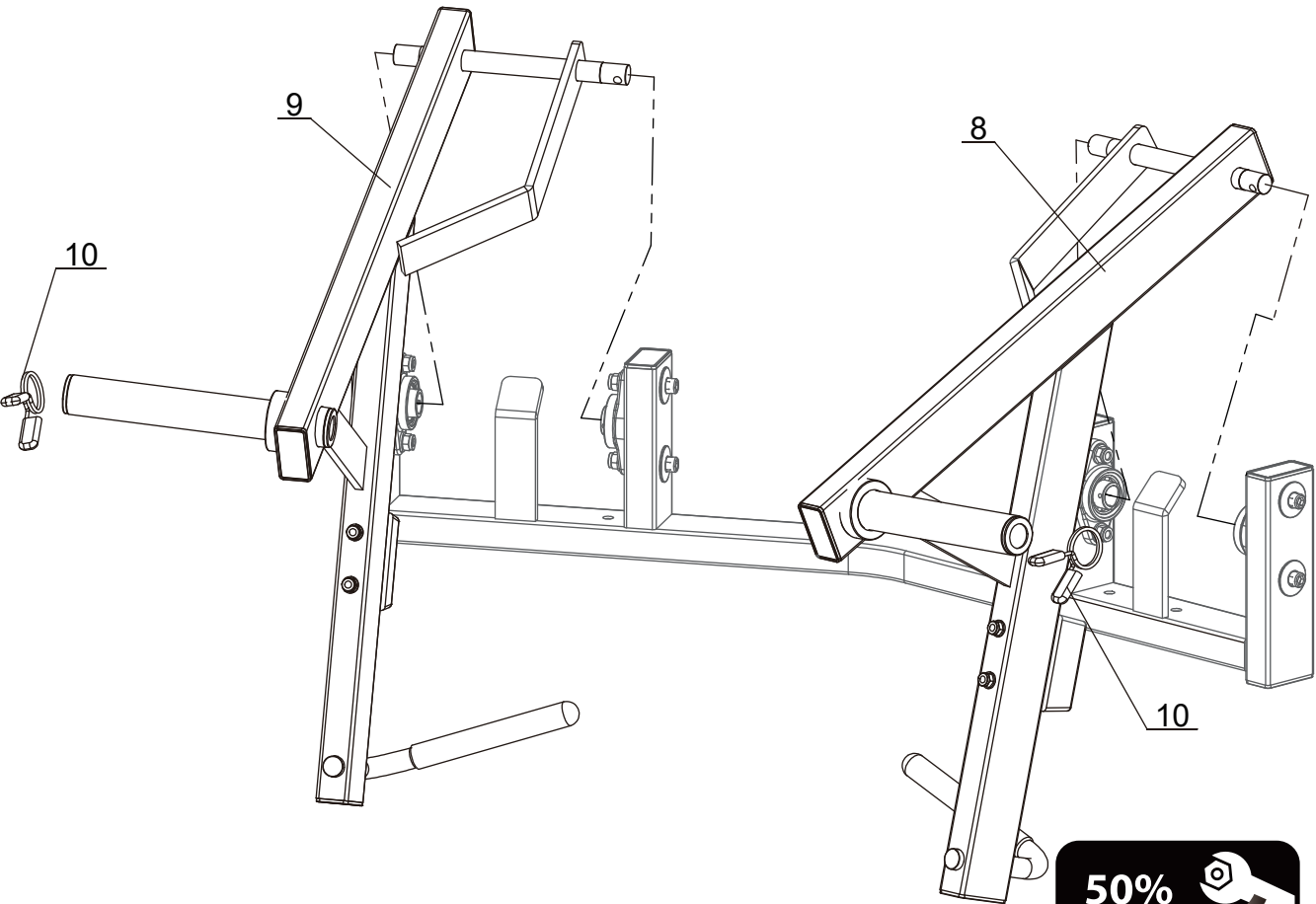
Tools



3 mm

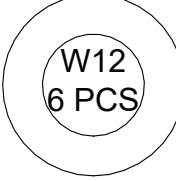
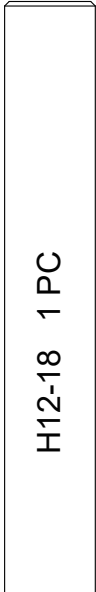
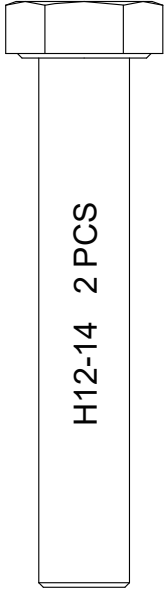


Install the Swinging Arm (#8 & #9).



STEP 8

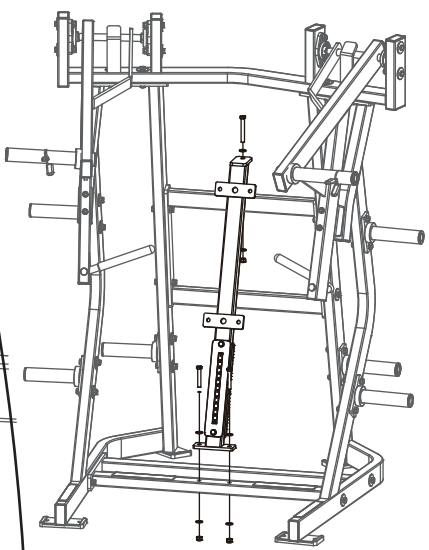
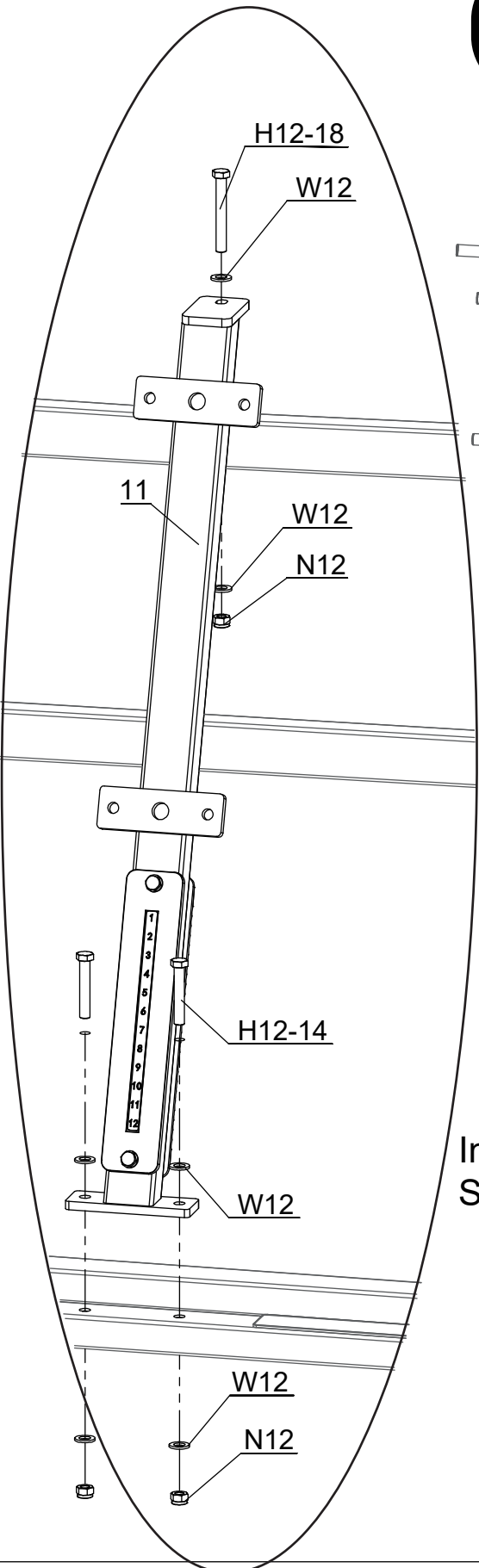
Fixings



Parts

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

17 mm

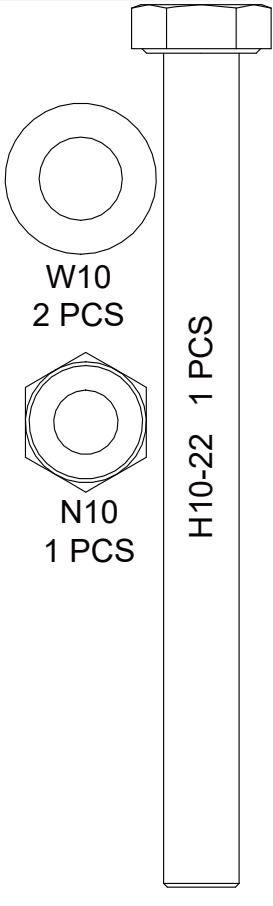


Install the Backrest Support Frame (#11).

50%

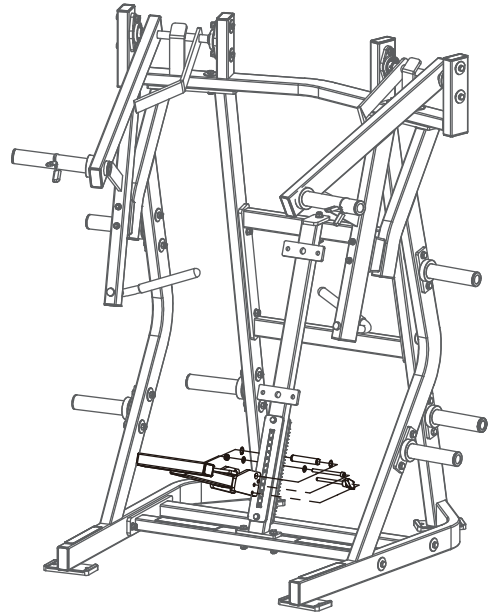
STEP 9

Fixings



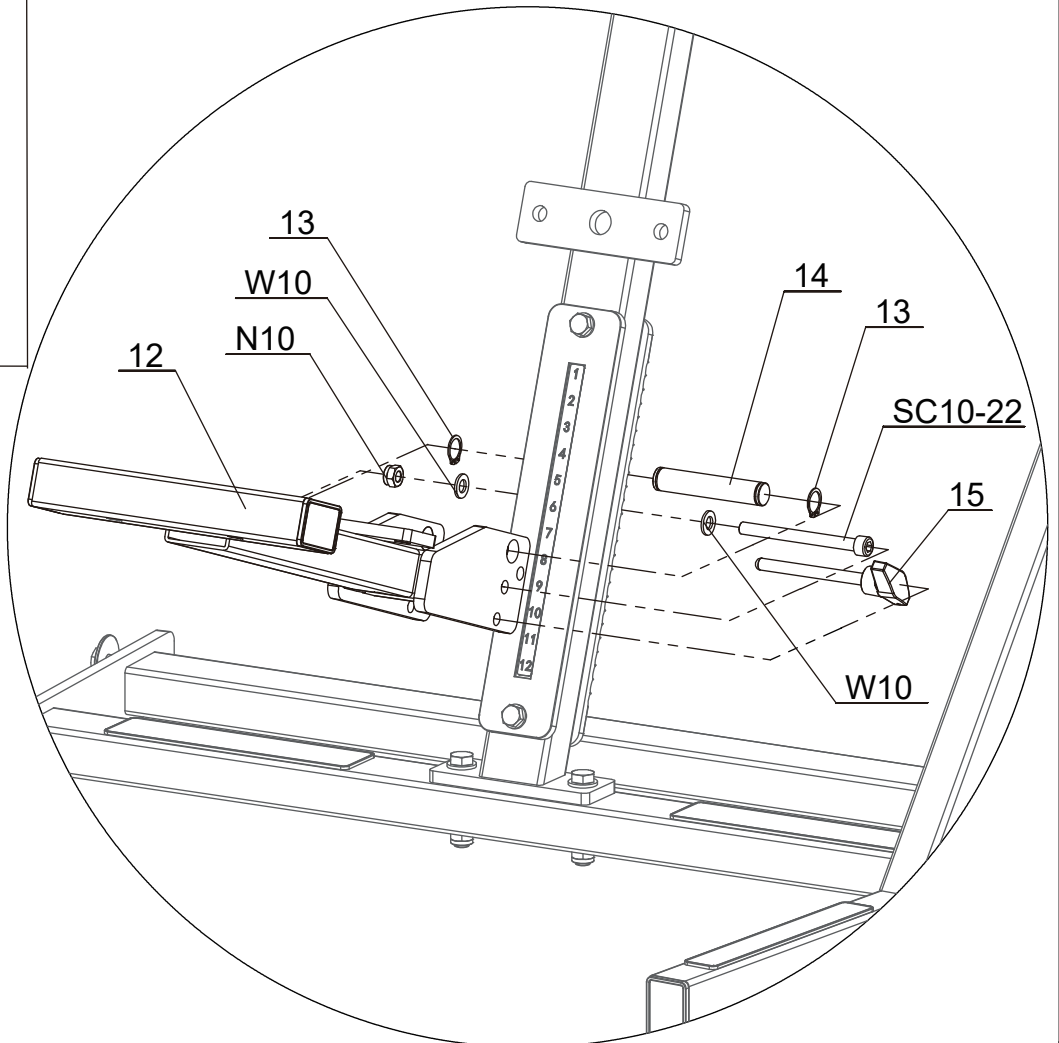
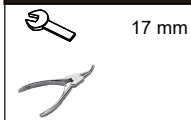
Parts

- Part No: 13
Name: D19 Ring
Q'TY: 2
- Part No: 12
Name: Seat Support
Frame
Q'TY: 1
- Part No: 14
Name: Adjustable Shaft
Q'TY: 1
- Part No: 15
Name: Pin
Q'TY: 1

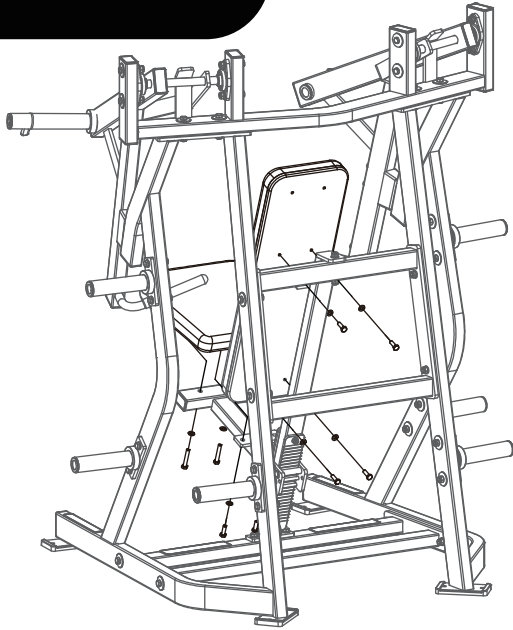


Install The Seat Support Frame(#12).

Tools



STEP 10



Parts

Part No: 17
Name: Backrest Pad
QTY: 1



Part No: 16
Name: Seat Pad
QTY: 1

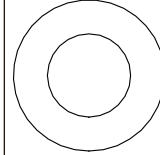


Tools



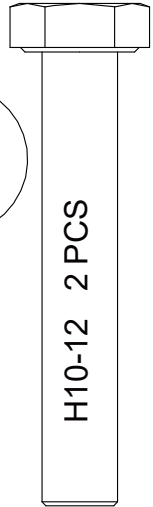
17 mm

Fixings



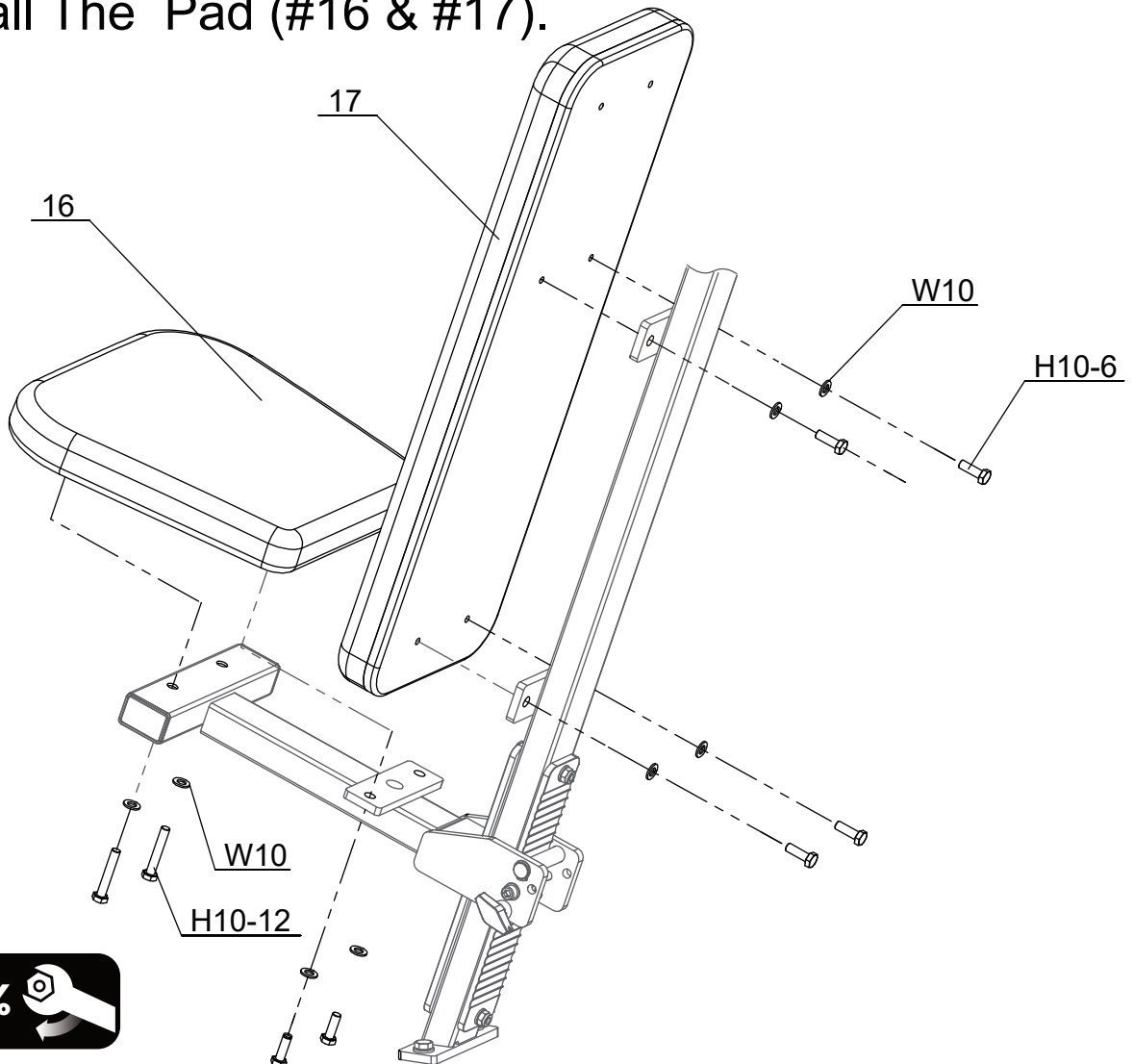
W10
6 PCS

H10-6 4 PCS



H10-12 2 PCS

Install The Pad (#16 & #17).



100%



PARTS LIST

PART#	DESCRIPTION	QTY
1	Side Support 1	1
2	Side Support 2	1
3	Base Frame	1
4	Linking Frame	1
5	Weight Plate Tube	6
6	Top Tube	1
7	Bearing 205	4
8	Swinging Arm 1	1
9	Swinging Arm 2	1
10	Barbell Clip	2
11	Backrest Support Frame	1
12	Seat Support Frame	1
13	D19 Ring	2
14	Adjustable Shaft	1
15	Pin	1
16	Seat Pad	1
17	Backrest Pad	1
18	Rubber Washer	32
N10	Nut M10	9
N12	Nut M12	27
H10-6	Hex Head Bolt M10 × 30	6
H10-12	Hex Head Bolt M10 × 60	2
H10-14	Hex Head Bolt M10 × 70	8
H10-22	Hex Head Bolt M10 × 110	1
H12-14	Hex Head Bolt M12× 70	26
H10-18	Hex Head Bolt M12× 90	1
W10	Washer Φ10	10
W12	Washer Φ12	30