

BLK BOX

Plate Loaded Row

Setup Instructions

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



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STEP 1

Parts

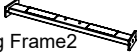
Part No: 2
Name: Base Frame1
Q'TY: 1



Part No: 3
Name: Base Frame 2
Q'TY: 1



Part No: 4
Name: Linking Frame2
Q'TY: 1



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



Fixings

W12
4 PCS

N12
4 PCS

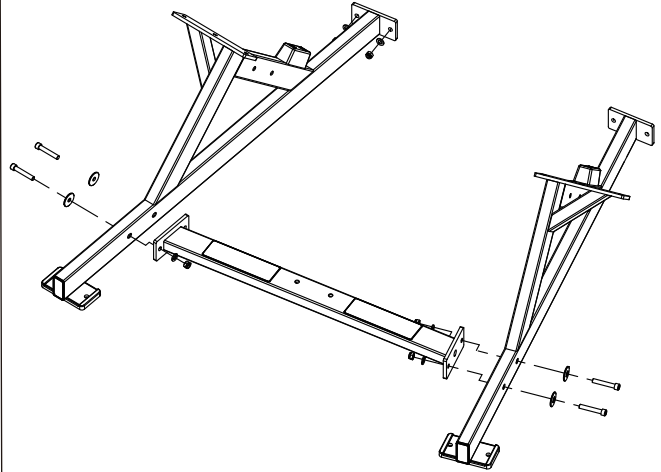
H12-14 4 PCS



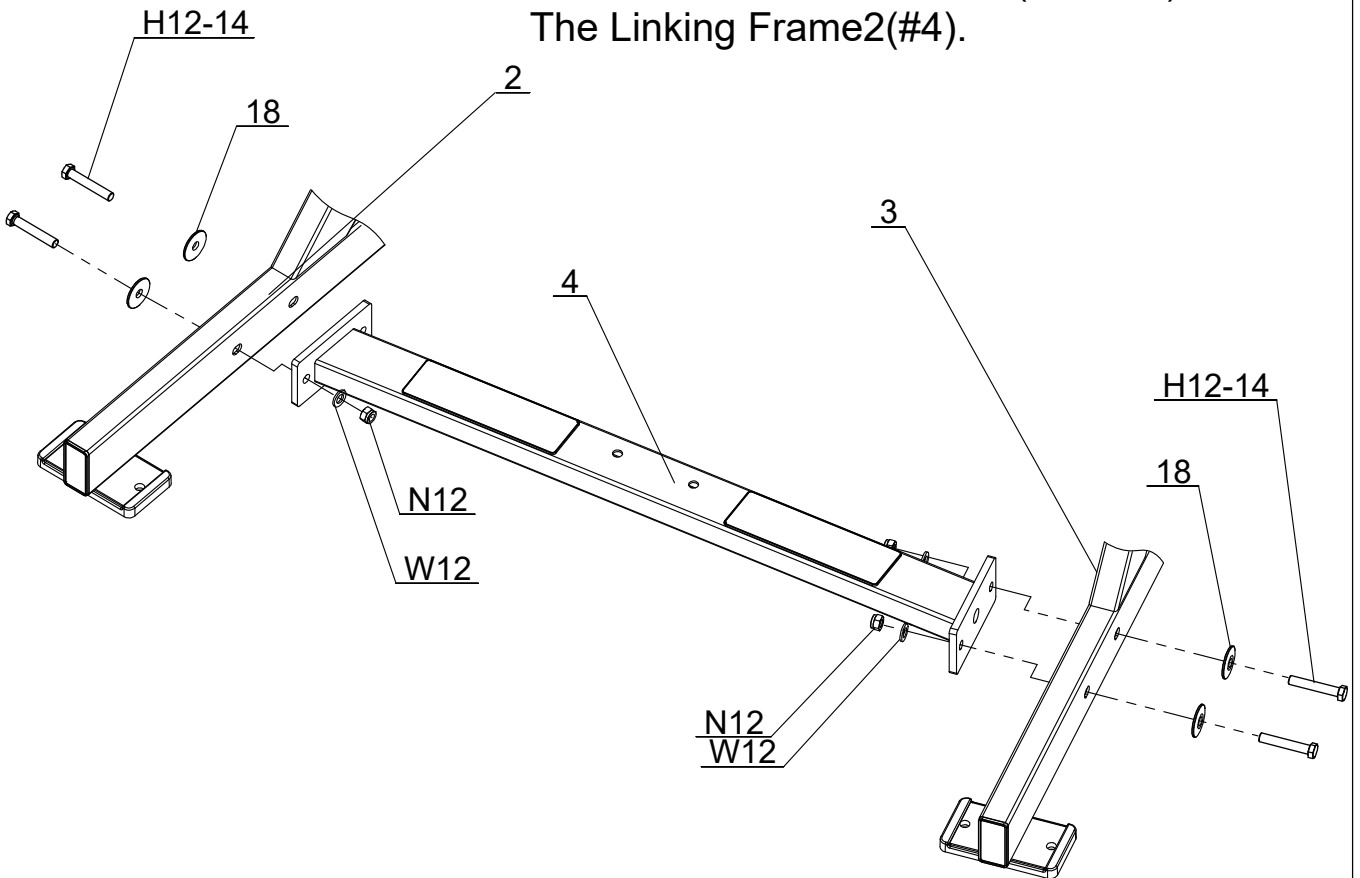
Tools



19 mm



Install The Base Frame1&2(#2 & #3) And The Linking Frame2(#4).



50%



STEP 2

Fixings

W12
4 PCS

N12
4 PCS

H12-14 4 PCS

Parts

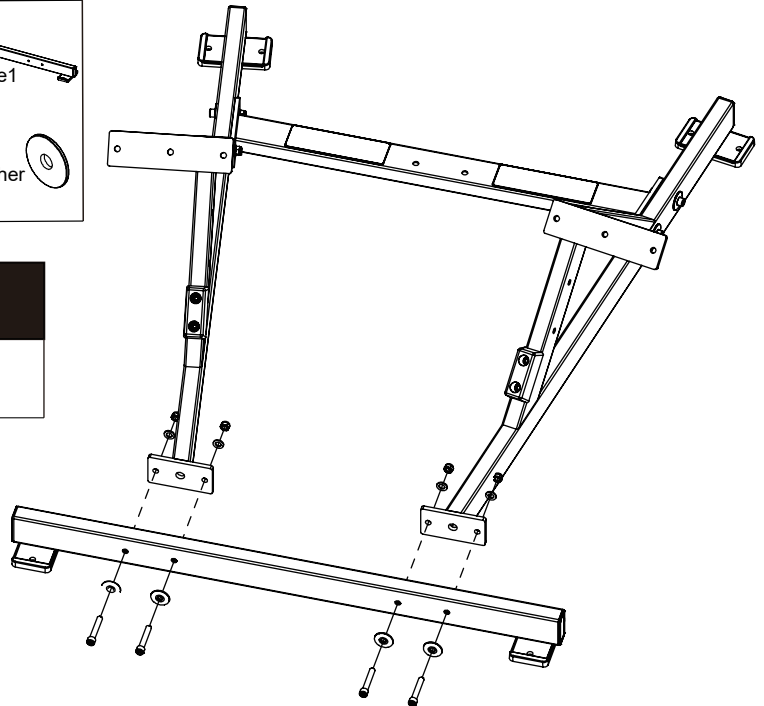
Part No: 1
Name: Linking Frame1
Q'TY: 1

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

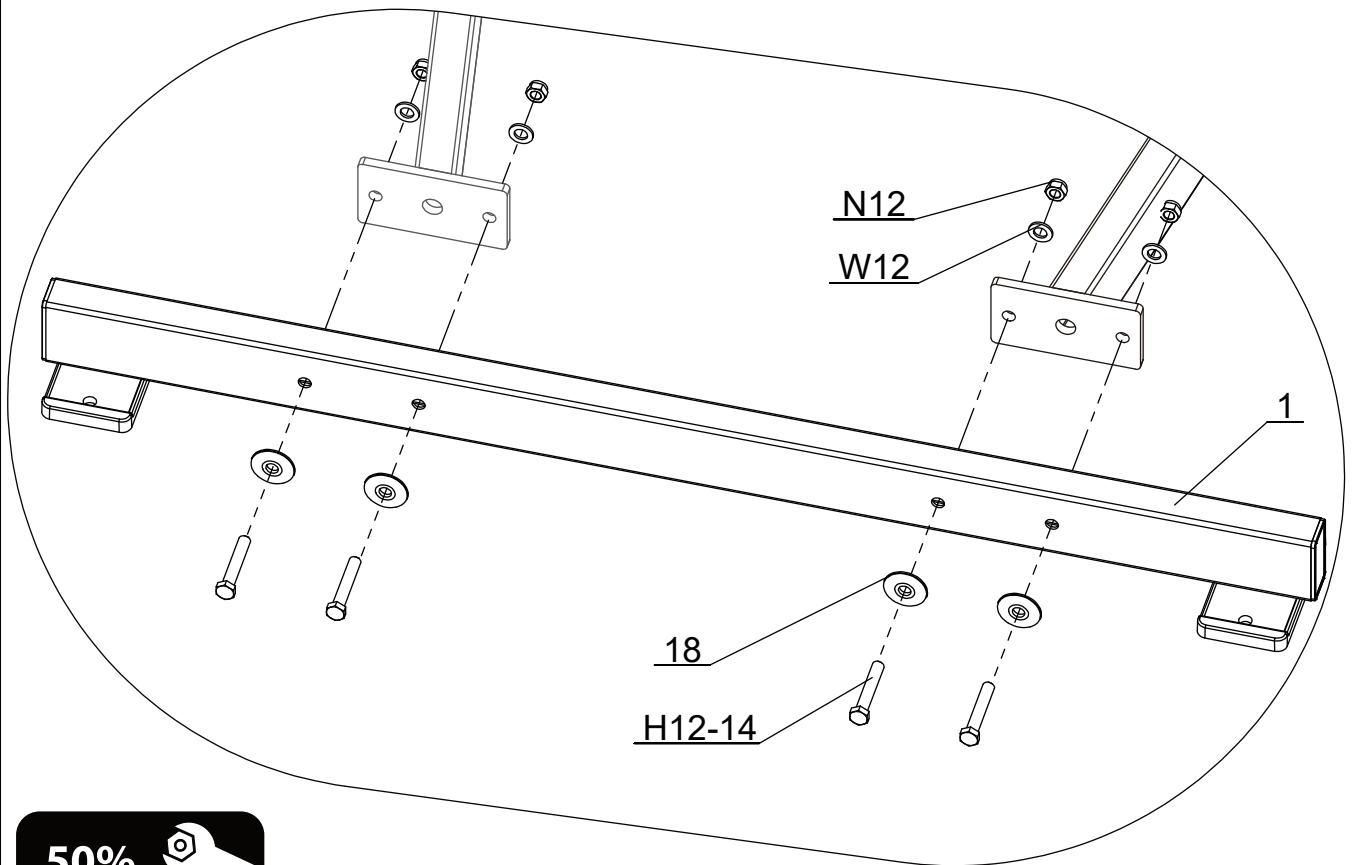
Tools



19 mm



Install The Linking Frame1(#1).



50%



STEP 3

Fixings

W12
4 PCS

N12
4 PCS

H12-14 4 PCS

Parts

Part No: 5
Name: Linking Frame3
Q'TY: 1



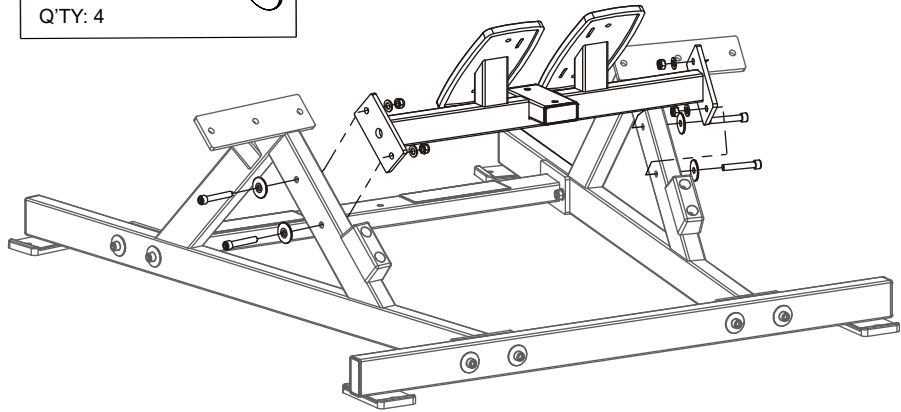
Part No: 18
Name: Rubber Washer
Q'TY: 4



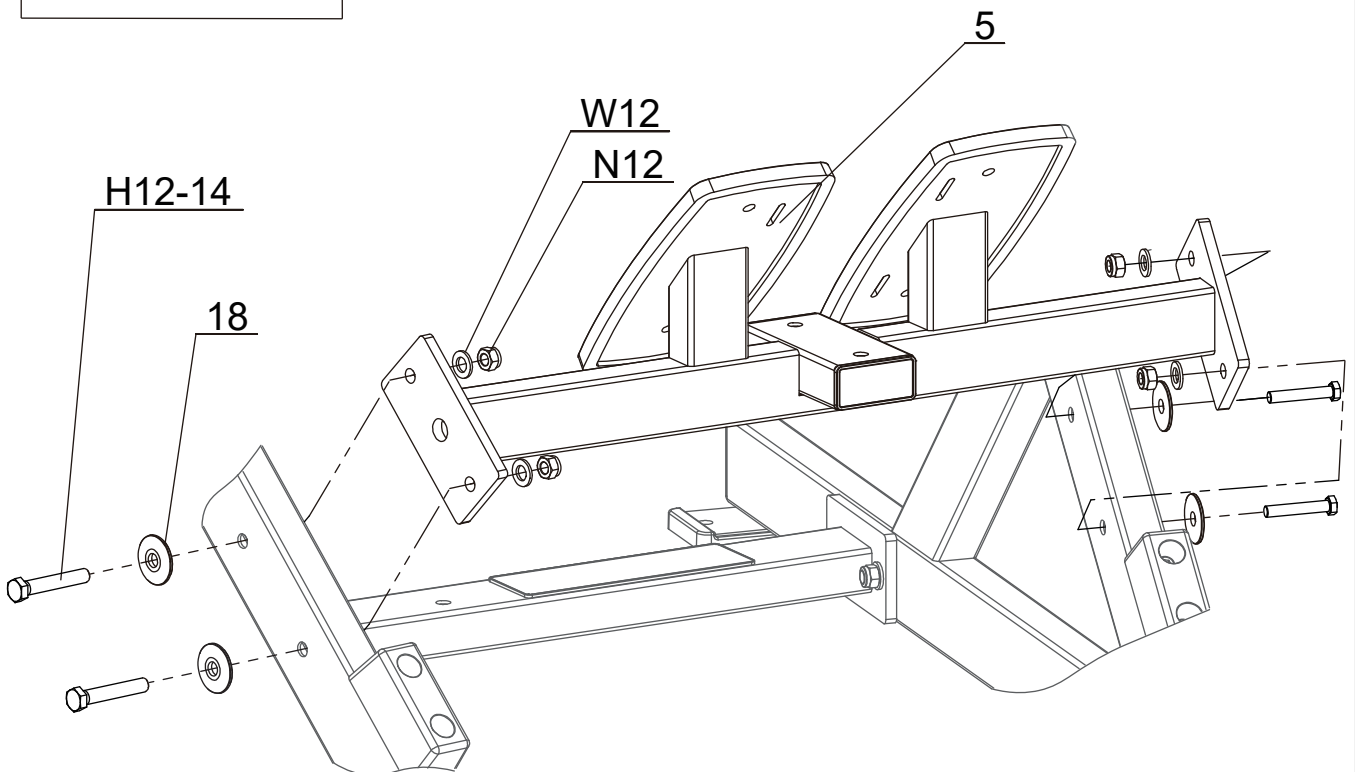
Tools



19 mm



Install The Linking Frame3(#5).



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STEP 4

Parts



Part No: 6
Name: Chest Support Frame
QTY : 1

Tools



19 mm

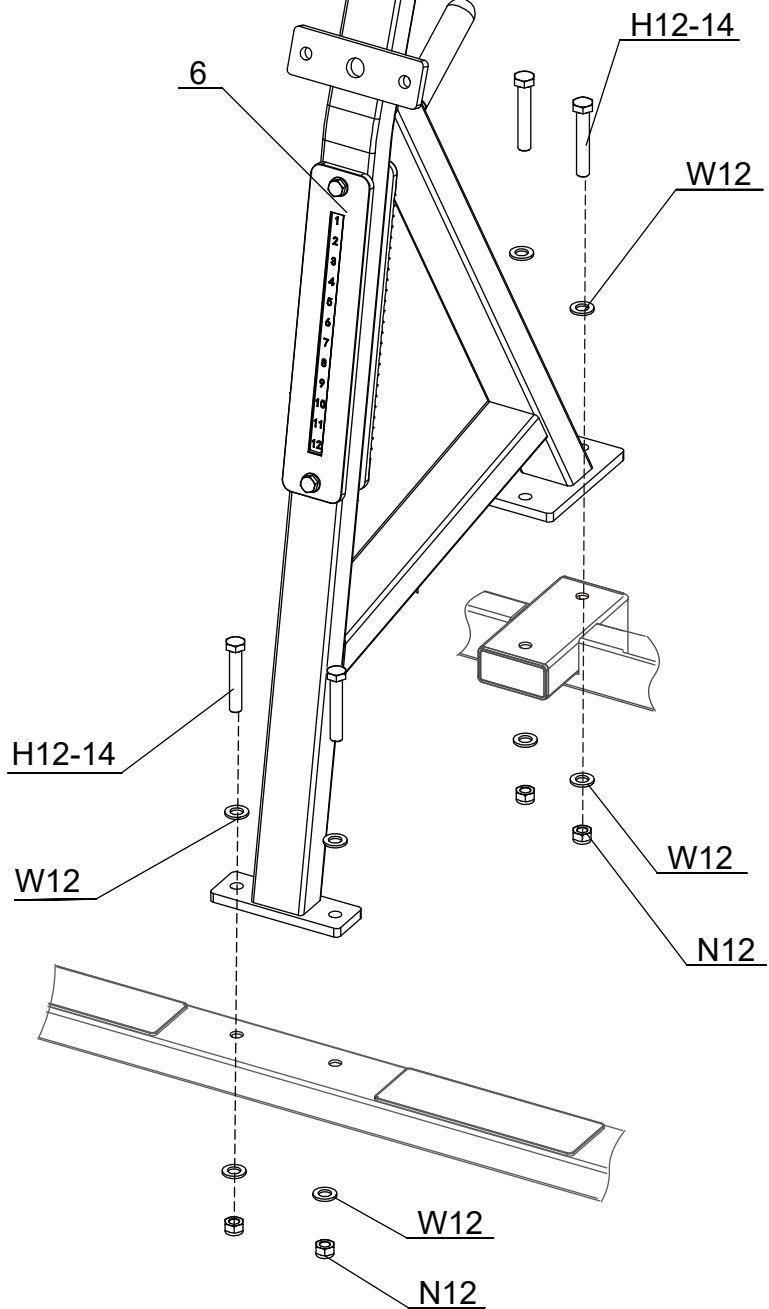
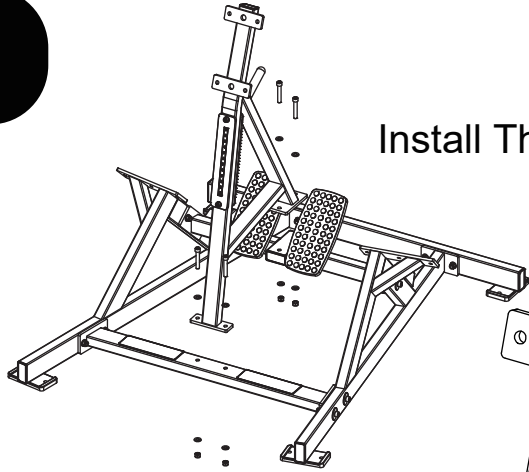
Fixings

W12
8 PCS

N12
4 PCS

H12-14
4 PCS

Install The Chest Support Frame(#6).



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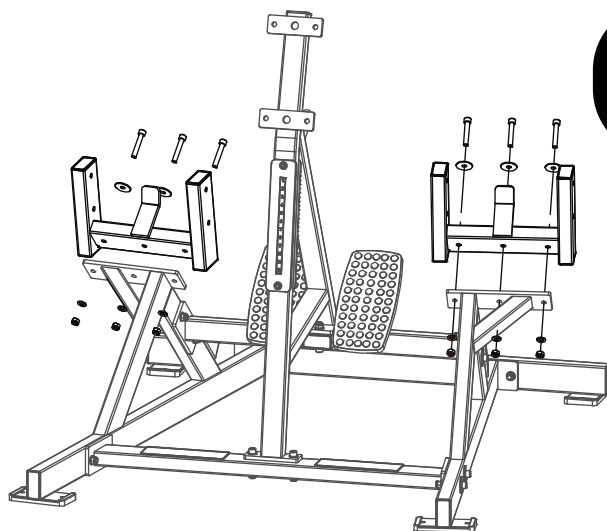


Fixings

W12
6 PCS

N12
6 PCS

H12-14 6 PCS



STEP 5

Parts

Part No: 7
Name: Support Group
Q'TY: 2



Part No: 18
Name: Rubber Washer
Q'TY: 6

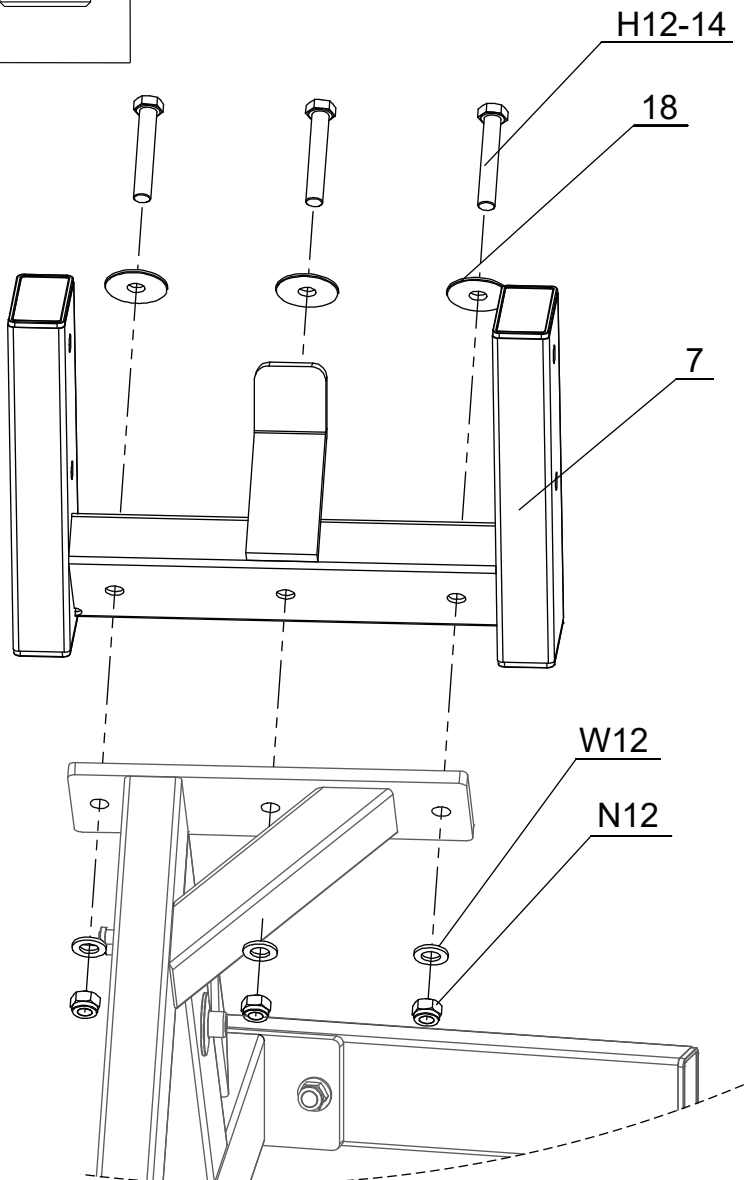


Tools



19 mm

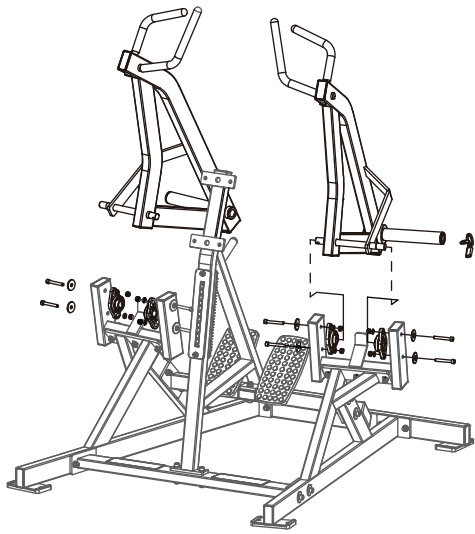
Install the Support Group(#7).



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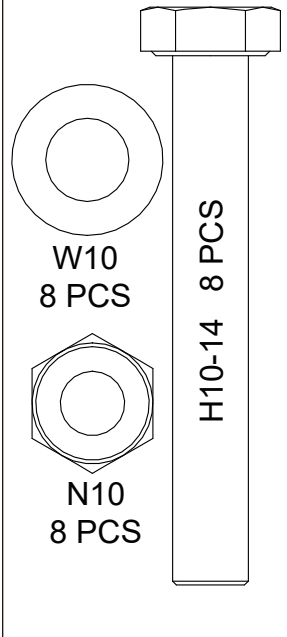


STEP 6



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

Fixings

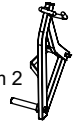


Parts

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



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



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



Part No: 11
Name: Barbell Clip
Q'TY: 2



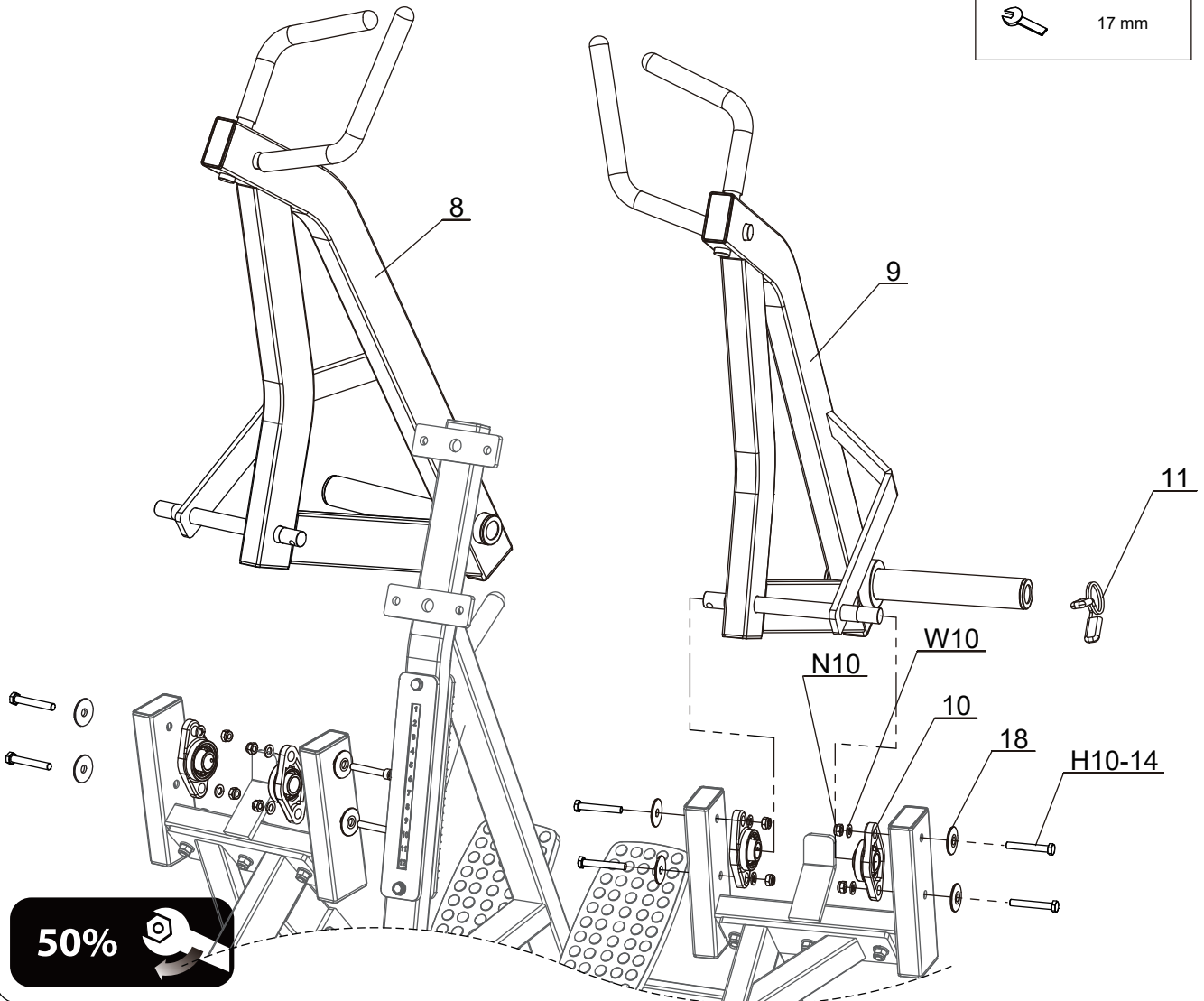
Part No: 18
Name: Rubber Washer
Q'TY: 8



Tools

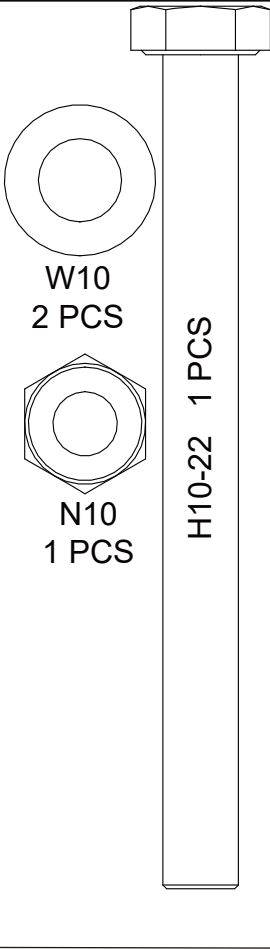


17 mm



STEP 7

Fixings

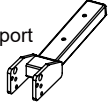


Parts

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



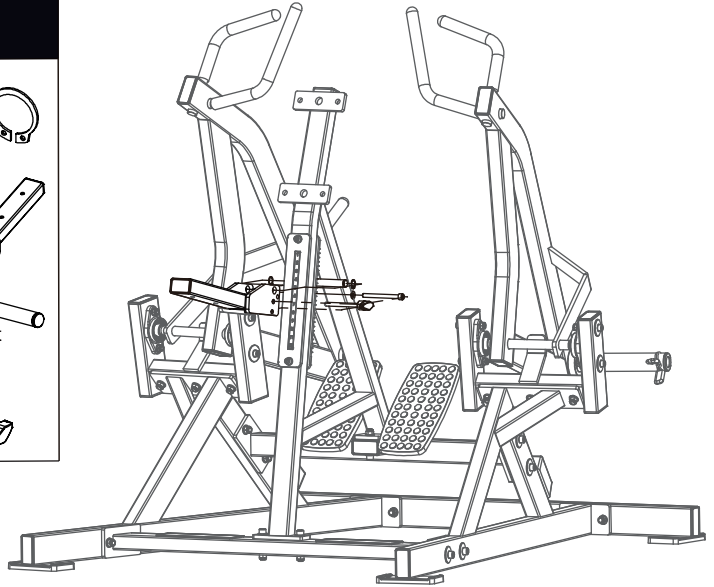
Part No: 13
Name: Seat Support
Frame
Q'TY: 1



Part No: 14
Name: Adjustable Shaft
Q'TY: 1



Part No: 15
Name: Pin
Q'TY: 1



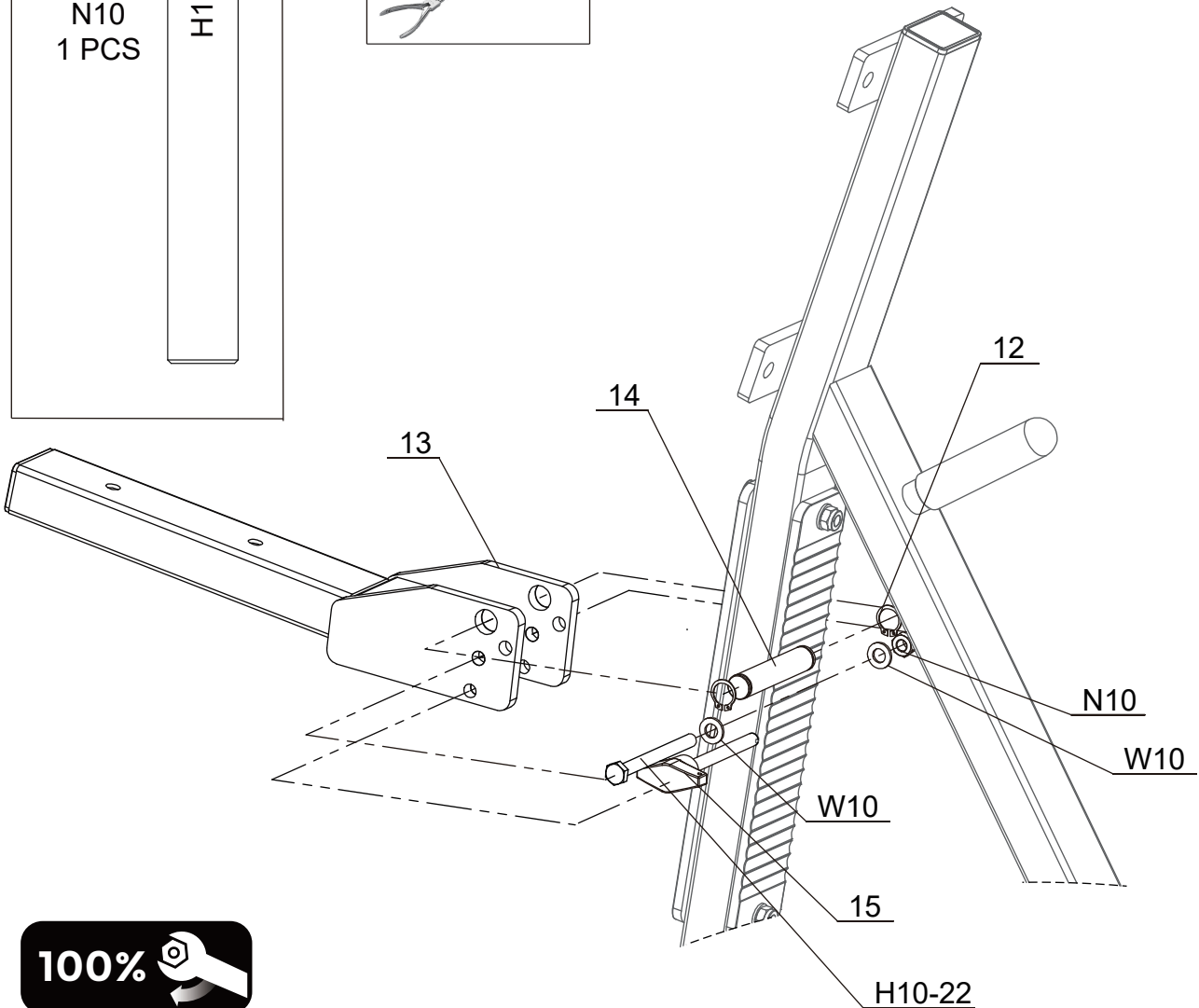
Tools



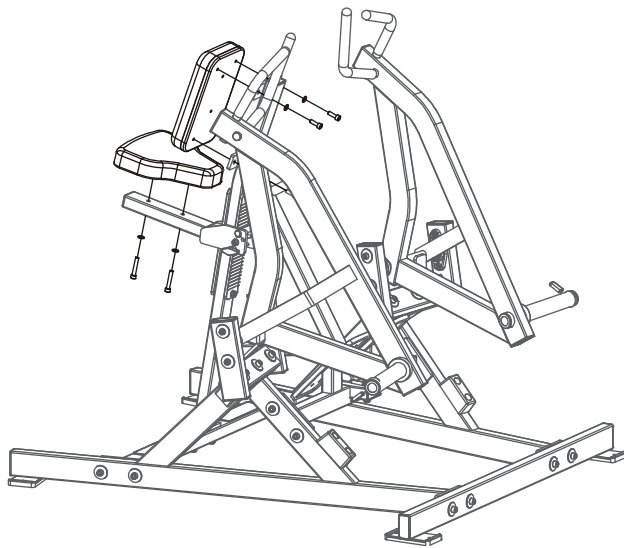
17 mm



Install The Seat Support Frame(#13).



STEP 8



Parts

Part No: 16
Name: Chest Pad
Q'TY: 1



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

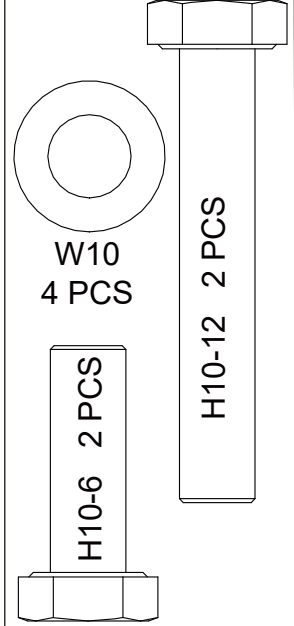


Tools

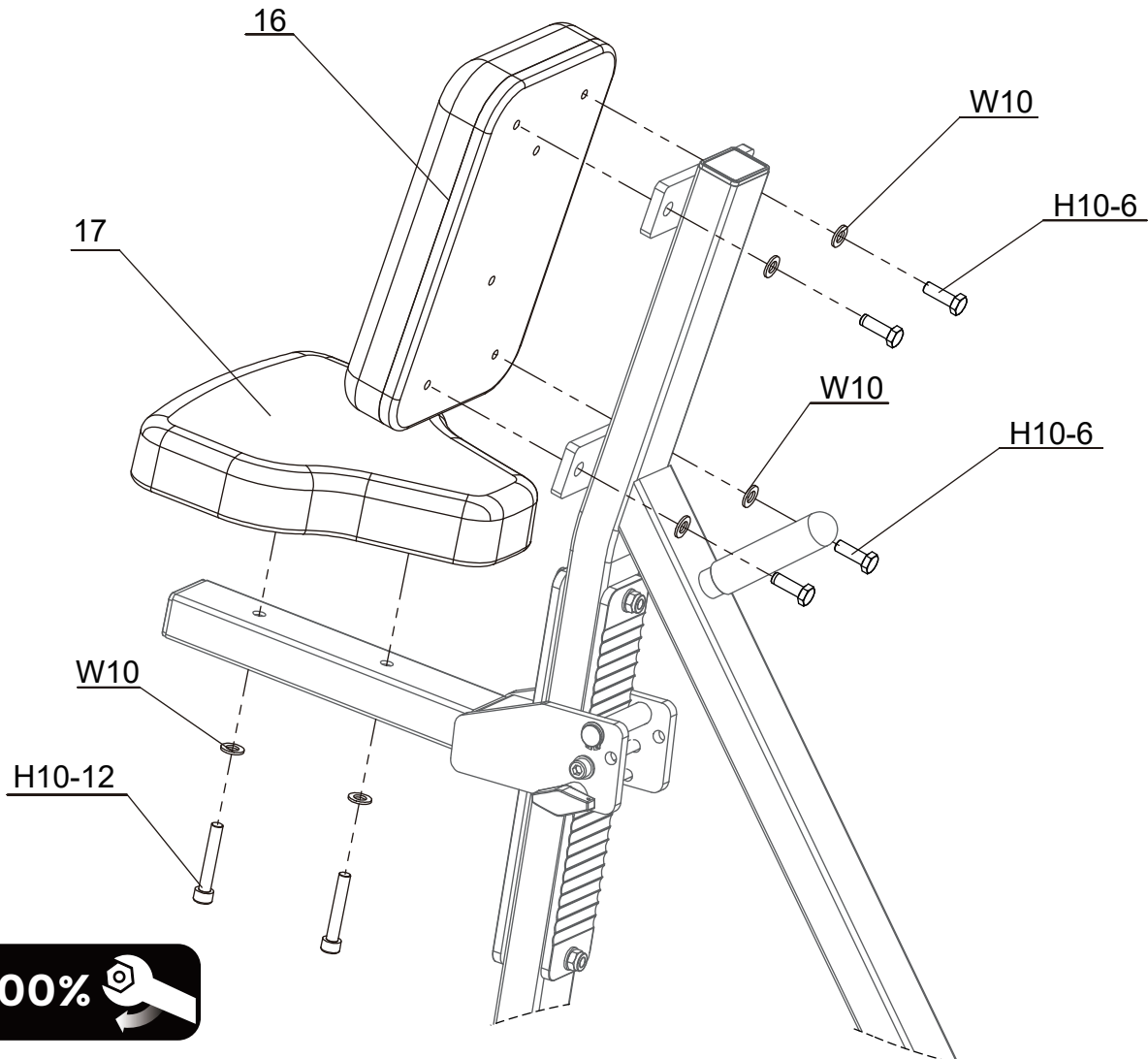


17 mm

Fixings



Install The Pad (#16 & #17).



100%



PARTS LIST

PART#	DESCRIPTION	QTY
1	Linking Frame1	1
2	Base Frame1	1
3	Base Frame2	1
4	Linking Frame2	1
5	Linking Frame3	1
6	Chest Support Frame	1
7	Support Group	2
8	Swinging Arm 1	1
9	Swinging Arm 2	1
10	Bearing 205	4
11	Barbell Clip	2
12	D19 Ring	2
13	Seat Support Frame	1
14	Adjustable Shaft	1
15	Pin	1
16	Chest Pad	1
17	Seat Pad	1
18	Rubber Washer	26
N10	Nut M10	9
N12	Nut M12	22
H10-6	Hex Head Bolt M10X30	4
H10-12	Hex Head Bolt M10X60	2
H10-14	Hex Head Bolt M10X70	8
H10-22	Hex Head Bolt M10X110	1
H12-14	Hex Head Bolt M12X70	22
W10	Washer Φ 10	16
W12	Washer Φ 12	26