

BLK BOX

Pin Select Multi Press

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. For through hole , 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).



Thread Locker

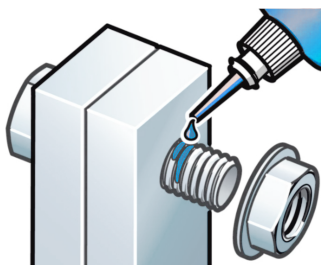


FIG 1

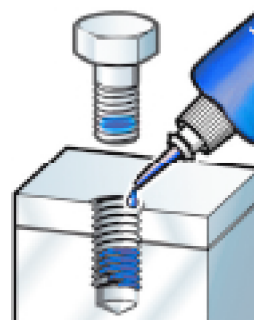


FIG 2

STEP 1

Parts

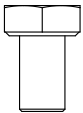
Part No:1
Name: Weight Frame
Q'TY:1



Part No:2
Name: U Plate
Q'TY:4



Fixings



H6-4
8 PCS



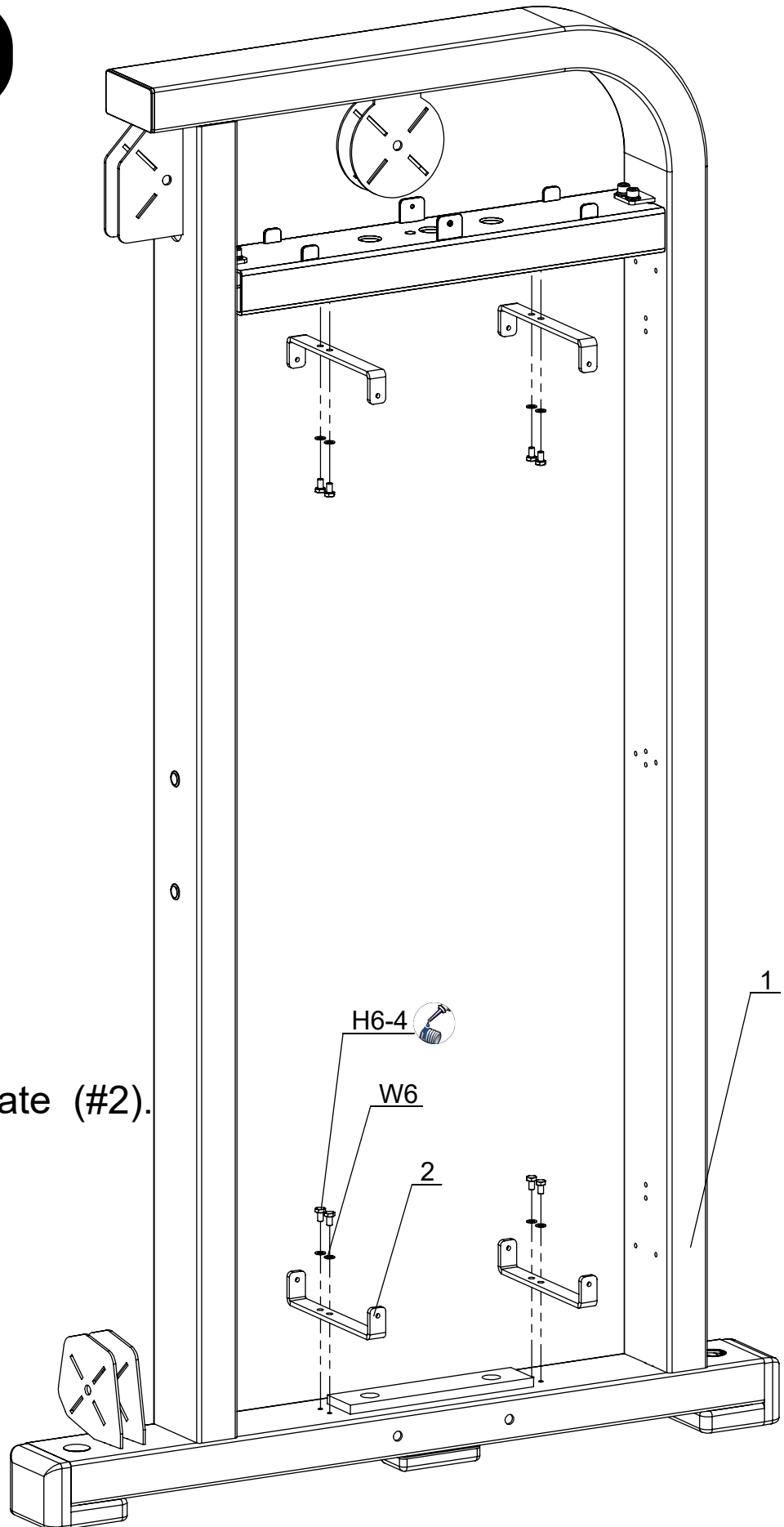
W6
8 PCS

Tools



10 mm

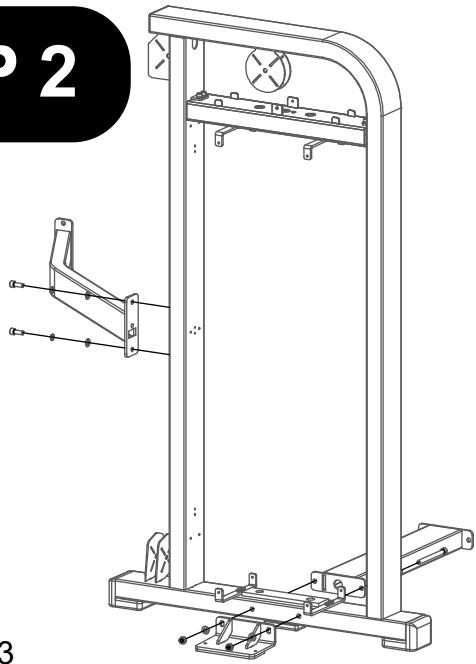
Install The U Plate (#2).



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STEP 2



Parts

- Part No:4
Name: Bottom Connection Tube
Q'TY:1
- Part No:3
Name: Upper Connection Tube
Q'TY:1
- Part No: 5
Name: Brace
Q'TY:1

Fixings

SC10-5 2 PCS

SC10-25 2 PCS

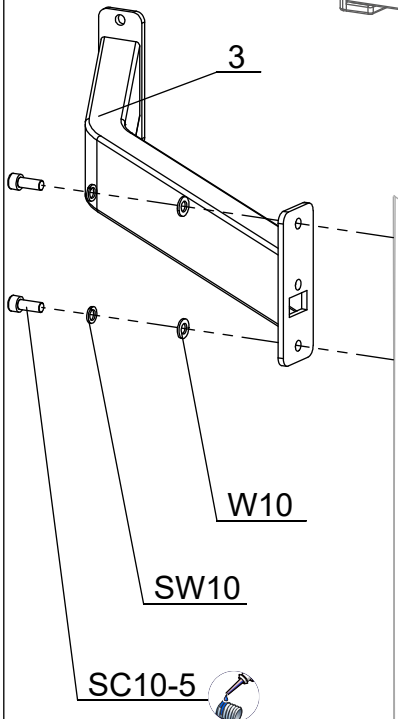
SW10
2 PCS

N10
2 PCS

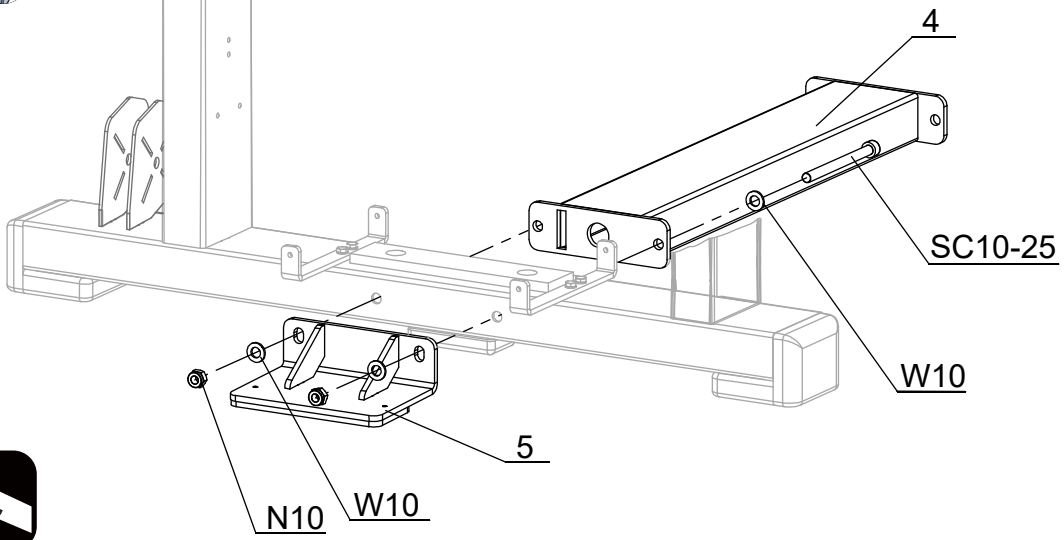
W10
6 PCS

Tools

- 8 mm
- 17 mm



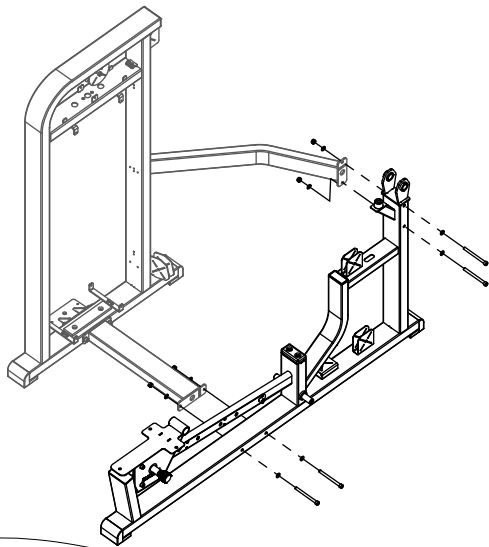
Assemble The Upper Connection Tube(#3) , Bottom Connection Frame (#4) And The Brace(#5).






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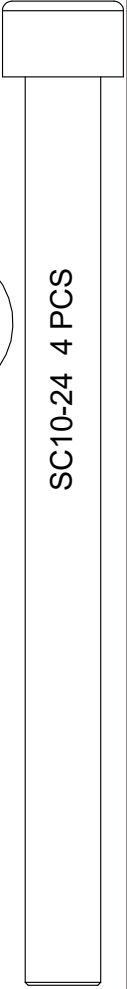


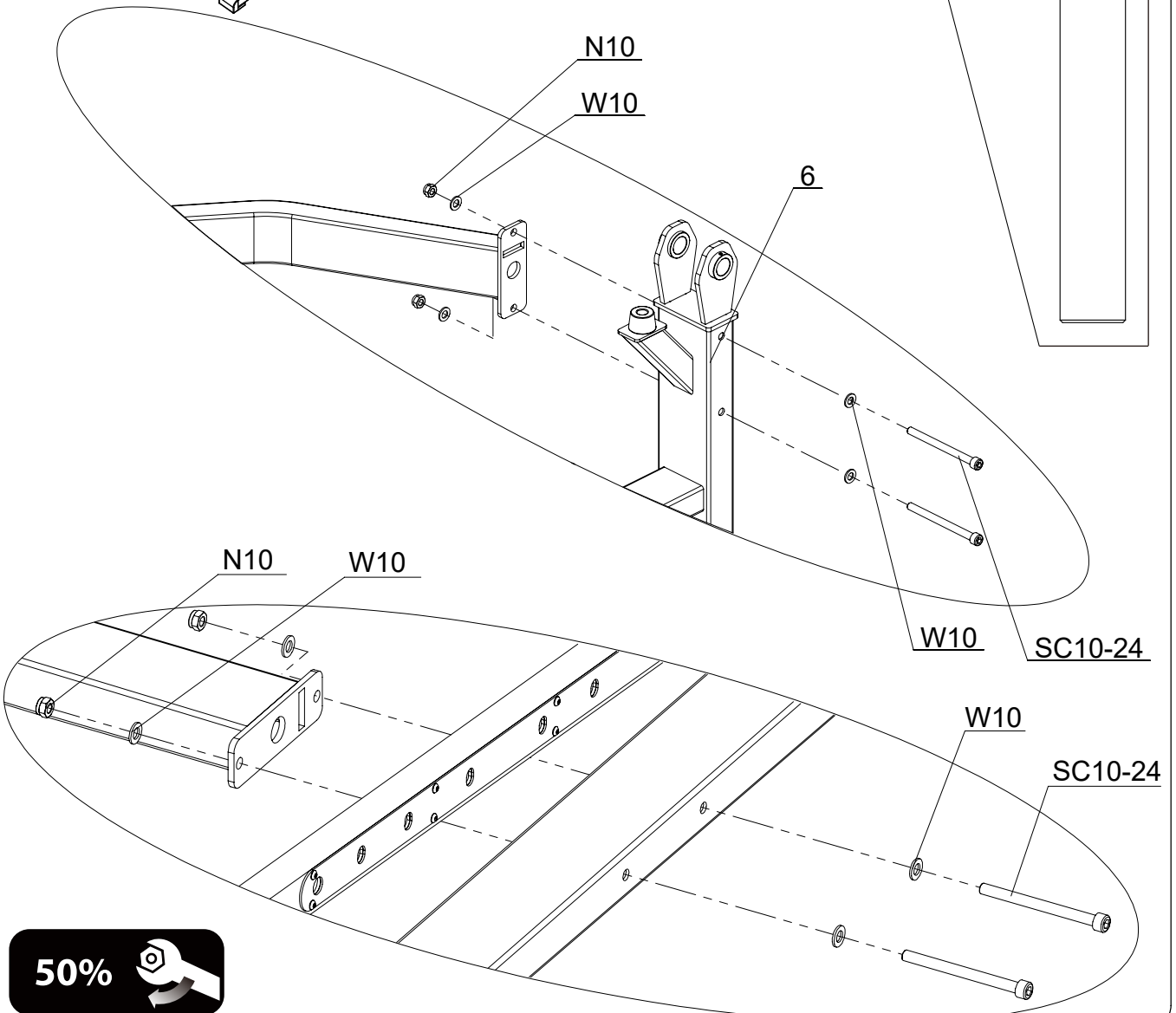
STEP 3



Parts	
Part No: 6	
Name: Main Frame	
Q'TY:1	

Tools	
	17 mm
	8 mm

Fixings	
	N10 4 PCS
	W10 8 PCS
	SC10-24 4 PCS



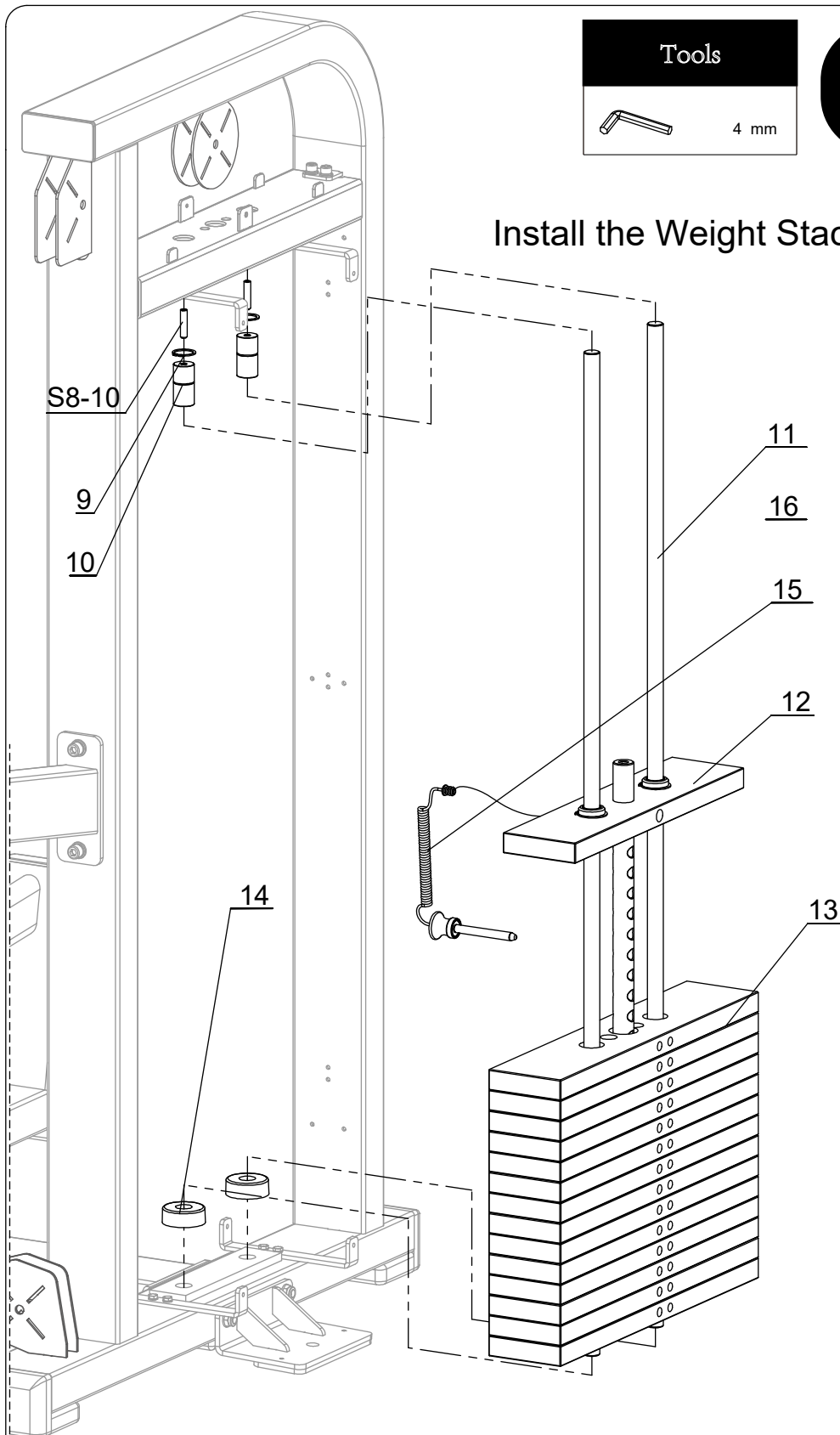
Tools



4 mm

STEP 4

Install the Weight Stack.



Parts

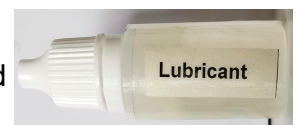
- Part No:9
Name: External Retaining Ring
Q'TY: 2
- Part No:10
Name: Rod Retainer
Q'TY: 2
- Part No: 11
Name: Guide Rod
Q'TY: 2
- Part No:12
Name: Top Weight Plate
Q'TY: 1
- Part No:13
Name: Weight Plate
9 KG
Q'TY: 14
- Part No: 14
Name: Rubber Buffer
Q'TY: 2
- Part No:15
Name: Weight Pin
Q'TY: 1

Fixings



Note 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

Note 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.



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STEP 5

Tools



Parts

Part No:25
Name: Big Washer
Q'TY:2



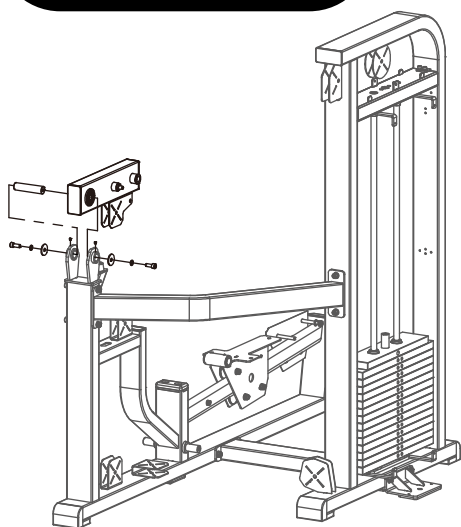
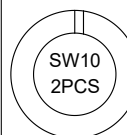
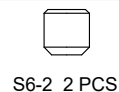
Part No:17
Name: Adjusting Arm
Q'TY:1



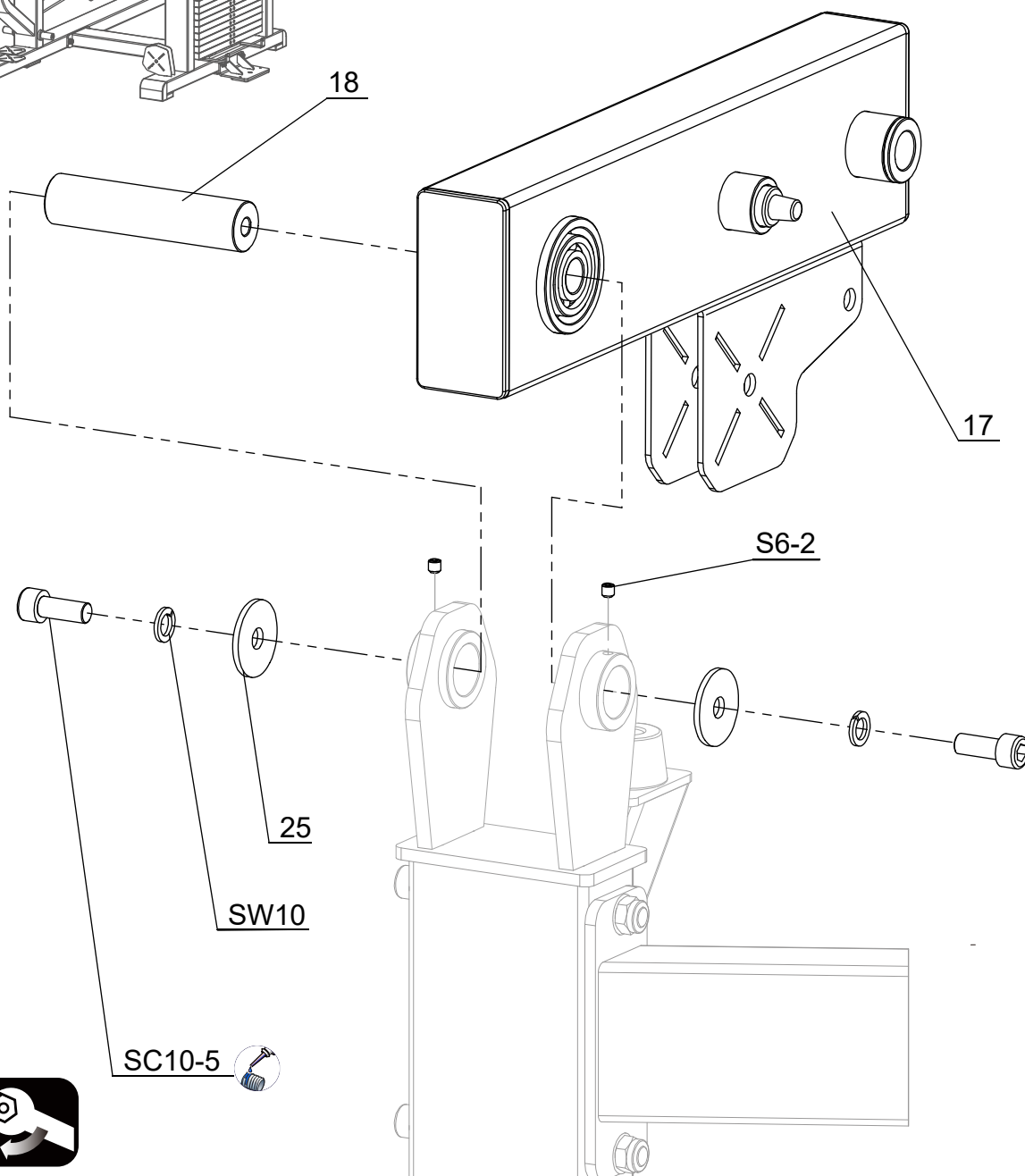
Part No:18
Name: Shaft D25 x 106
Q'TY:1



Fixings



Install the Adjusting Arm (#17).



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STEP 6

Route The Cable (#22).

Tools

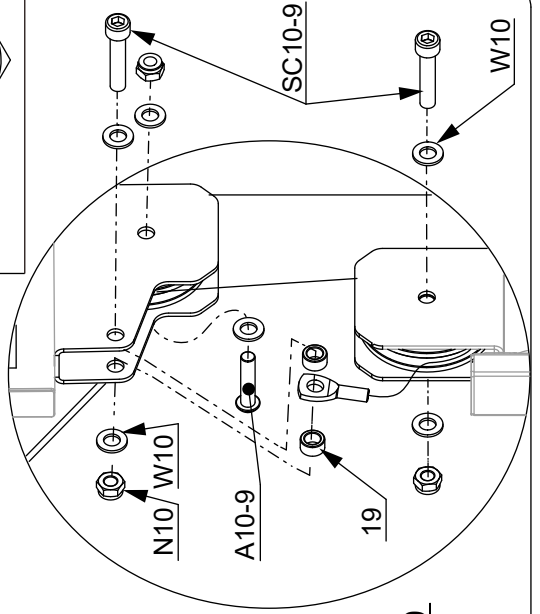
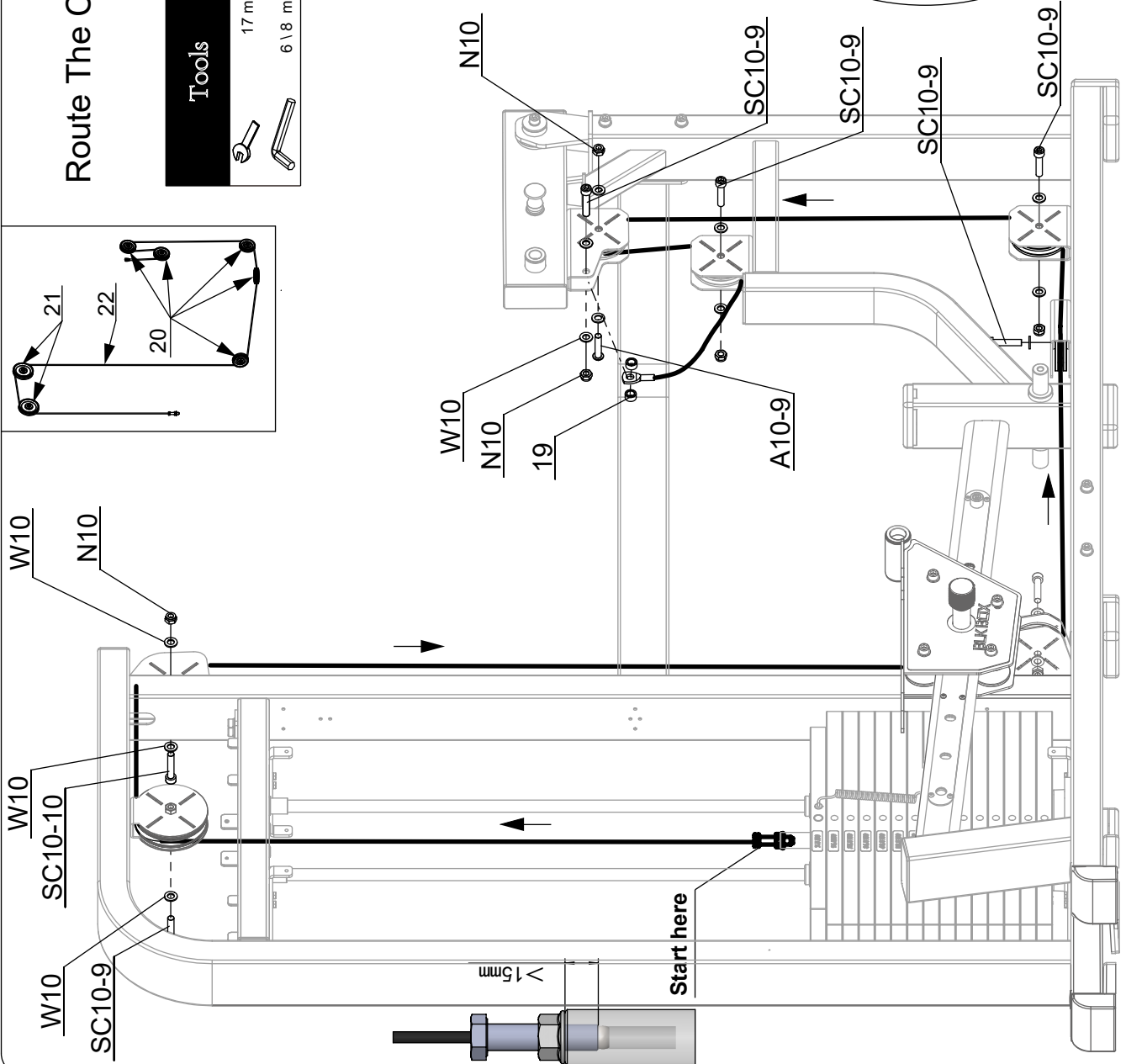
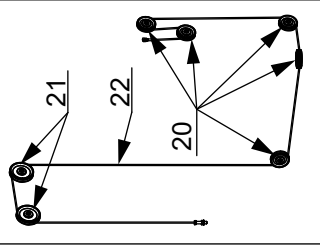
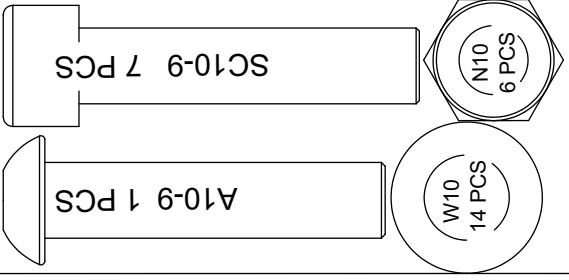


17 mm
6.8 mm

Parts

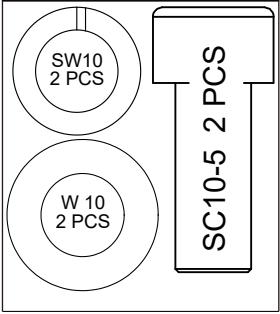
Part No: 20	Name: Small Pulley	Q'TY:5
Part No: 21	Name: Big Pulley	Q'TY:2
Part No: 22	Name: Cable	Q'TY:1
Part No: 19	Name: Spacer	Q'TY:2

Fixings

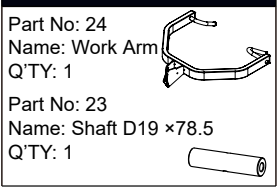


STEP 7

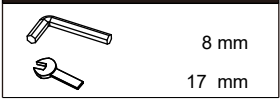
Fixings



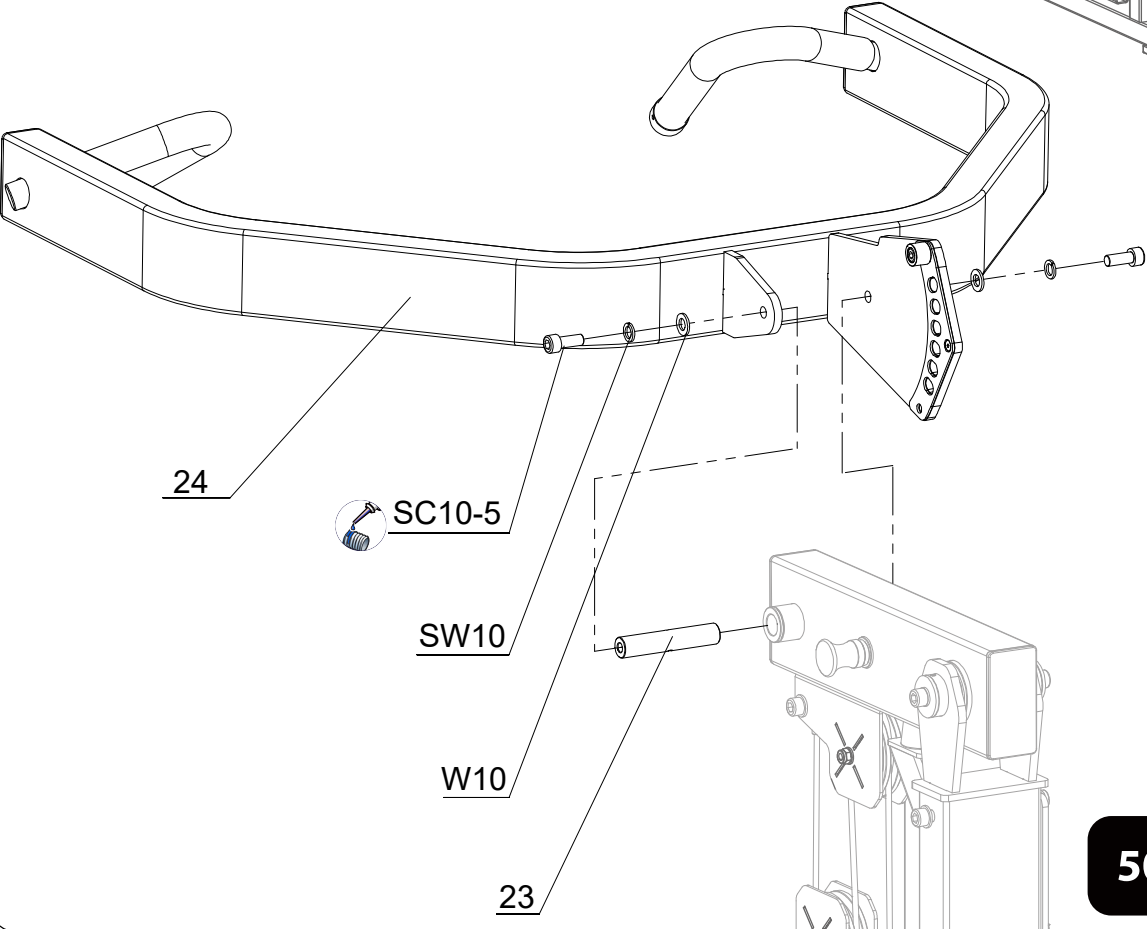
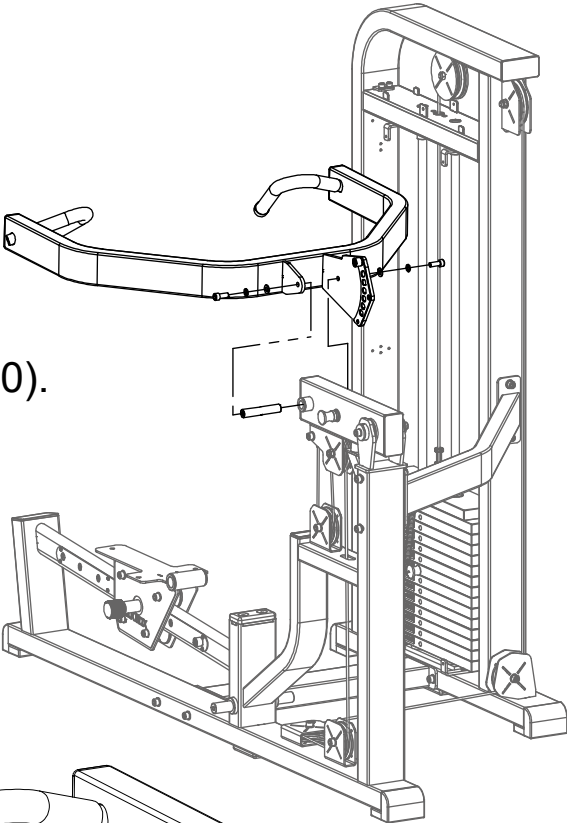
Parts



Tools



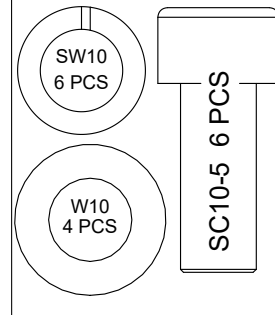
Install the Work Arm(#20).



STEP 8

Install the Backrest Tube (#27).

Fixings



Parts

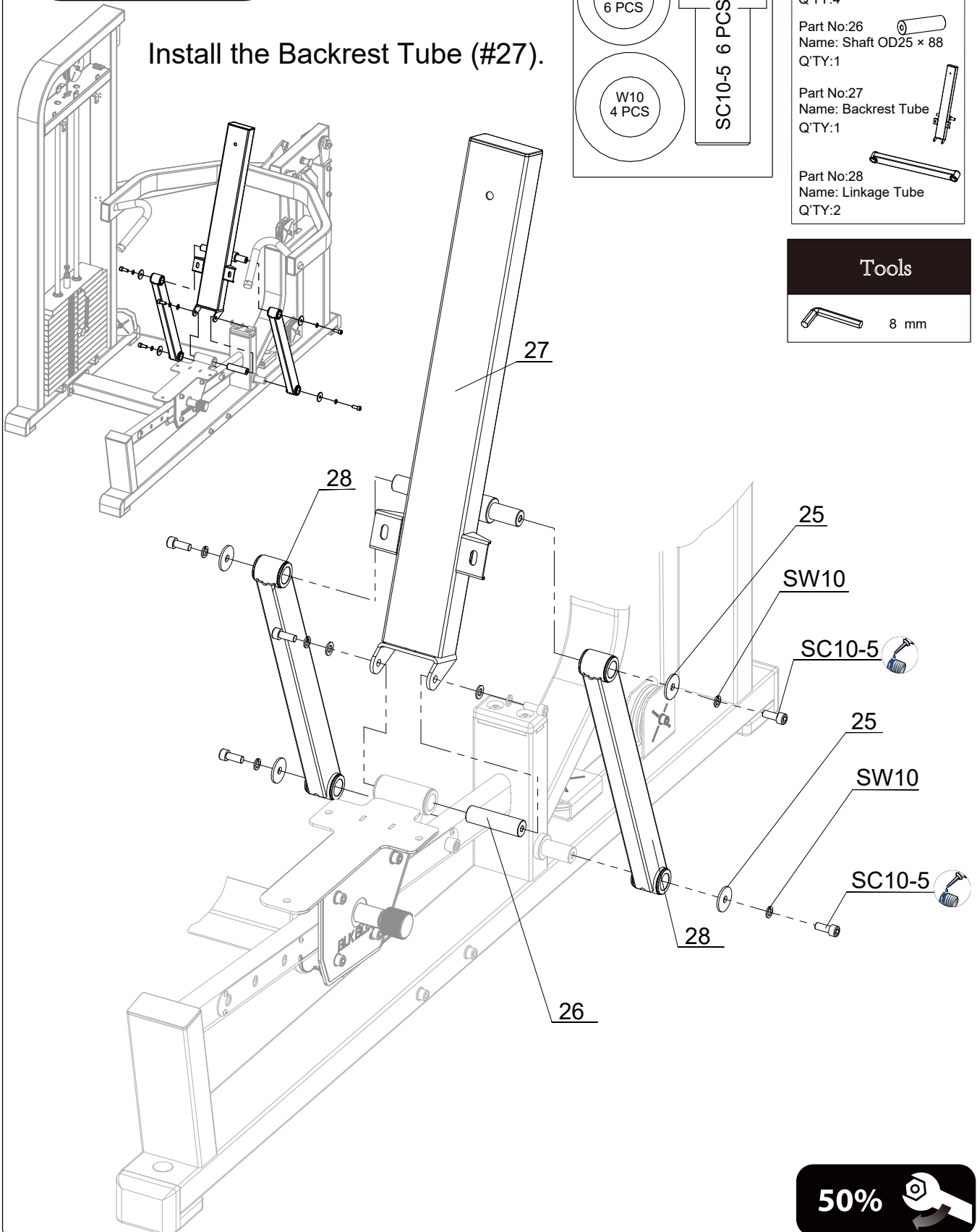
Part No:25
Name: Big Washer
Q'TY:4

Part No:26
Name: Shaft OD25 × 88
Q'TY:1

Part No:27
Name: Backrest Tube
Q'TY:1

Part No:28
Name: Linkage Tube
Q'TY:2

Tools



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STEP 9

Tools



6 mm

Fixings

SC8-7 3 PCS

SC8-6 3 PCS

W8
6 PCS

Parts

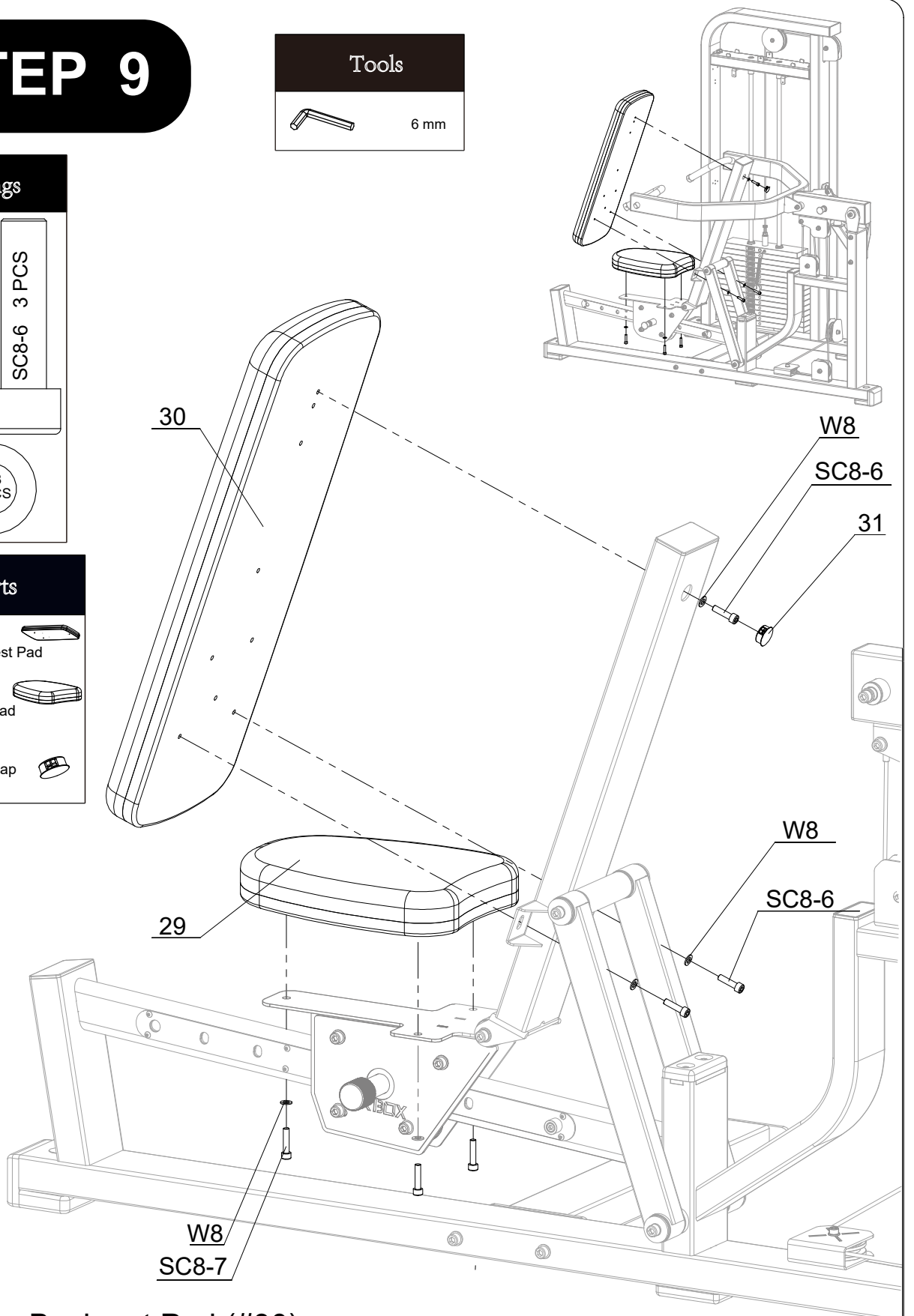
Part No: 30
Name: Backrest Pad
Q'TY:1



Part No: 29
Name: Seat Pad
Q'TY:1



Part No: 31
Name: Hole Cap
Q'TY:1





Fix the Backrest Pad (#30)
and the Seat Pad (#29).

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
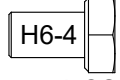


STEP 10








Tools

-  10 mm
-  3 mm

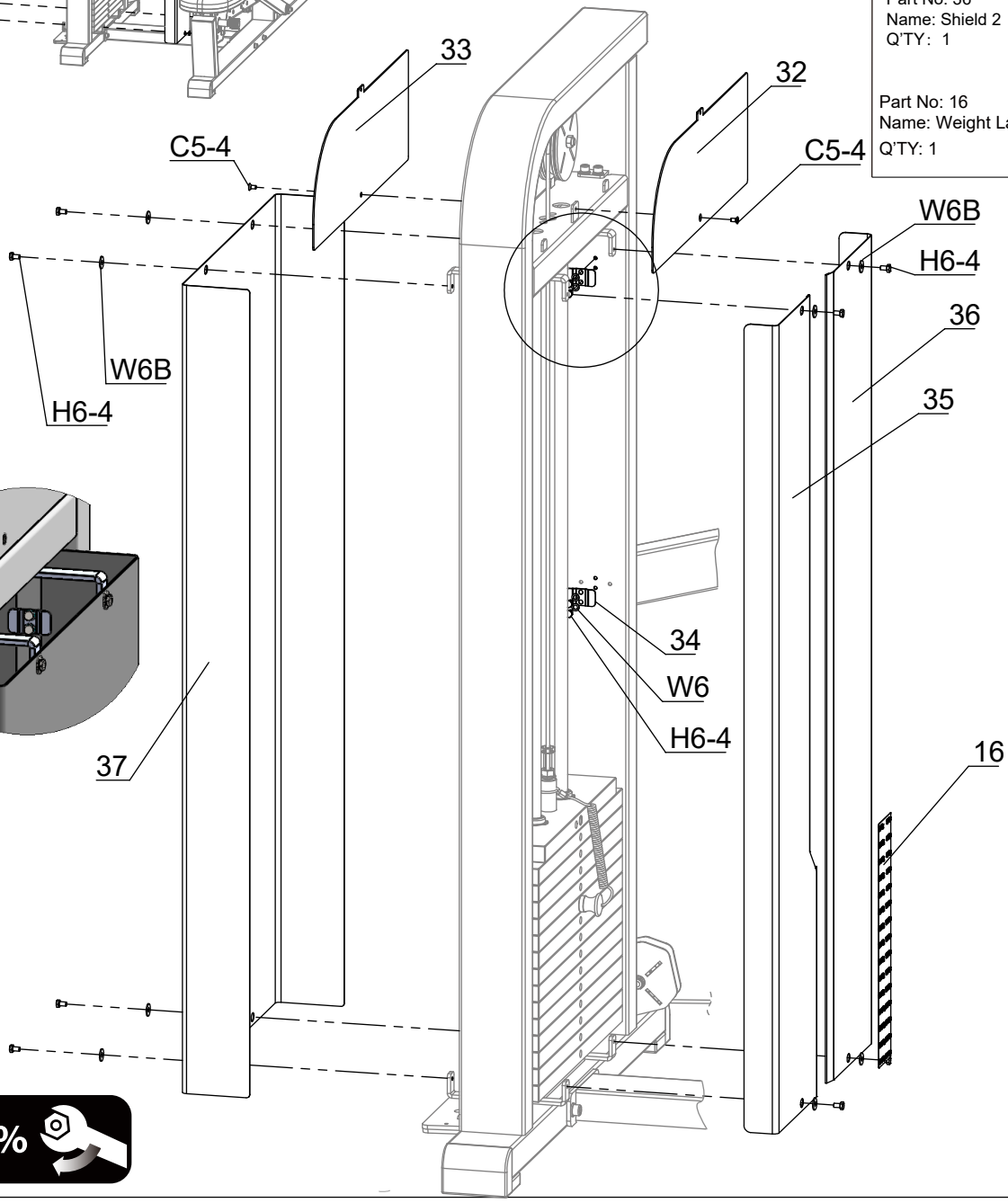
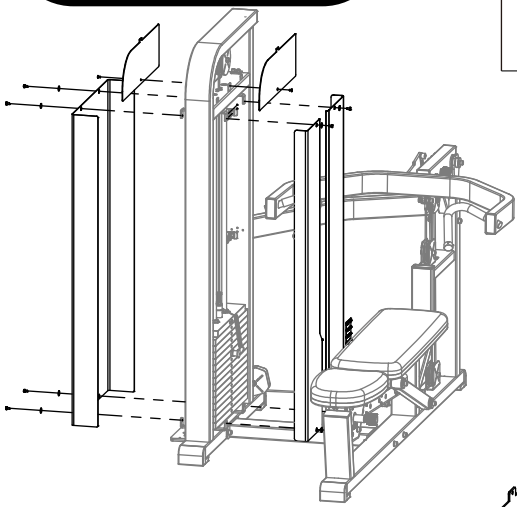
Fixings

-  W6B
8 PCS
-  W6
12 PCS
-  C5-4
2 PCS
-  H6-4
20 PCS

Parts

- Part No: 34
Name: Clamp Plate
Q'TY: 6 
- Part No: 32
Name: Logo Plate 1
Q'TY: 1 
- Part No: 33
Name: Logo Plate 2
Q'TY: 1 
- Part No: 37
Name: Back Shield
Q'TY: 1 
- Part No: 35
Name: Shield 1
Q'TY: 1 
- Part No: 36
Name: Shield 2
Q'TY: 1 
- Part No: 16
Name: Weight Label
Q'TY: 1 

Install The Shield Plate.



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PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	U Plate	4
3	Upper Connection Tube	1
4	Bottom Connection Tube	1
5	Brace	1
6	Main Frame	1
*		
*		
9	External Retaining Ring	2
10	Rod Retainer	2
11	Guide Rod	2
12	Top Weight Plate	1
13	Weight Plate 9 KG	14
14	Rubber Buffer	2
15	Weight Pin	1
16	Weight Label	1
17	Adjusting Arm	1
18	Shaft D25 × 106	1
19	Spacer	2
20	Small Pulley	5
21	Big Pulley	2
22	Cable	1
23	Shaft D19 × 78.5	1
24	Work Arm	1
25	Big Washer	6
26	Shaft OD25 × 88	1
27	Backrest Tube	1
28	Linkage Tube	2
29	Seat Pad	1
30	Backrest Pad	1
31	Hole Cap	1

PART#	DESCRIPTION	QTY
32	Logo Plate 1	1
33	Logo Plate 2	1
34	Clamp Plate	6
35	Shield 1	1
36	Shield 2	1
37	Back Shield	1
N10	Nut M10	12
A10-9	Button Head Screw M10X45	1
C5-4	Button Head Screw M10X45	2
H6-4	Hex Head Bolt M6X10	28
S6-2	Socket Set Screw M6X6	2
S8-10	Socket Set Screw M8X50	2
SC8-6	Socket Cap Screw M8X30	3
SC8-7	Socket Cap Screw M8X35	3
SC10-5	Socket Cap Screw M10X25	12
SC10-9	Socket Cap Screw M10X45	6
SC10-10	Socket Cap Screw M10X50	2
SC10-24	Socket Cap Screw M10X120	4
SC10-25	Socket Cap Screw M10X125	2
SW10	Spring Washer 10	12
W6B	Big Washer 6	8
W6	Washer 6	20
W8	Washer 8	6
W10	Washer 10	32