


BLK BOX

HOW TO ASSEMBLE A BLK BOX SINGLE CABLE PULLEY ATTACHMENT

TOOLS REQUIRED

<ul style="list-style-type: none">NO TOOLS REQUIRED	
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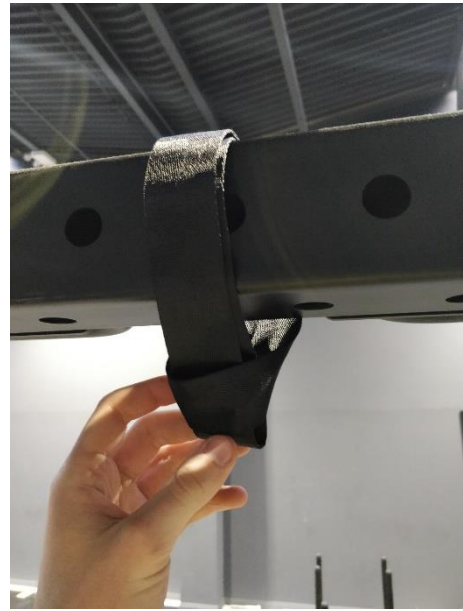
PARTS & FASTENERS INCLUDED

<p>PARTS</p> <ul style="list-style-type: none">1x Roller Bearing Nylon Pulley1x 12" Heavy Duty Nylon Strap1x 18" Heavy Duty Nylon Strap1x 1.9m 5mm Nylon Coated Steel Cable1x Loadable Weight Pin (IF VARIANT SELECTED) <p>FASTENERS</p> <ul style="list-style-type: none">1x Large Carabiner2x Small Carabiners	
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ASSEMBLY



12" Strap



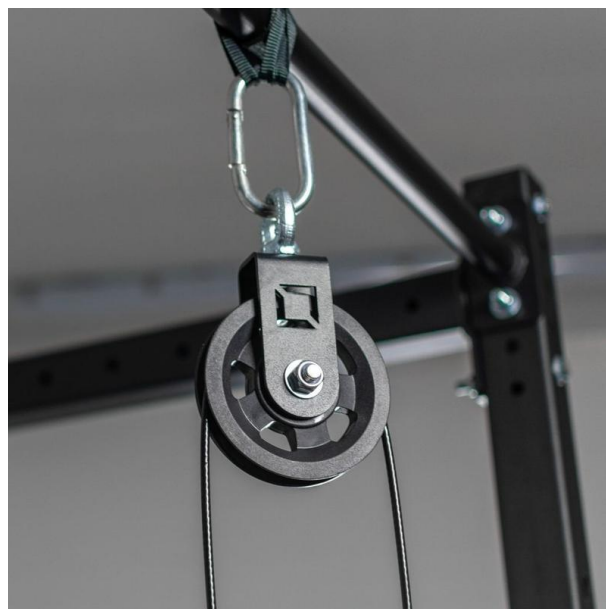
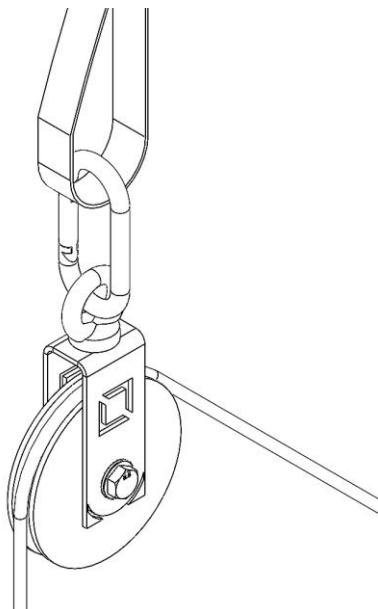
18" Strap

1. Wrap one of the straps around the bar or crossmember and loop it back through itself.

Note: If connecting your BLK BDX Single Cable Pulley to a single bar or something of narrow diameter, use the 12" Heavy Duty Nylon Strap but if connecting to a box crossmember or something of greater diameter, use the 18" Heavy Duty Nylon Strap.



2. Pull the strap tight to create a loop.



3. Attach the large oval-shaped Carabiner to the eyelet on the top of the Pulley Bracket and the attach this to the loop created by the strap on the crossmember.



4. Slide desired bumper plates on to the Loadable Weight Pin and attach this to one end of the cable with the small Carabiner.

Note: Alternatively, the other strap can be looped around a kettlebell or weight and attached to the cable using the small Carabiner.



5. Select your desired attachment (SOLD SEPARATELY) and attach it to the other end of the cable with the other small Carabiner.

Note: Before using, ensure the cable is in the slot of the pulley so it does not stick or get caught.



6. Your BLK BOX Single Cable Pulley Attachment is now ready for use.