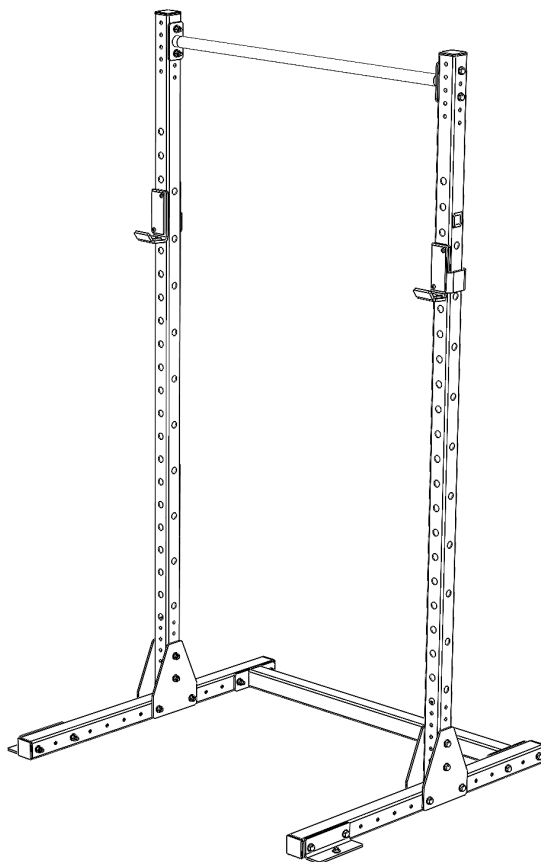


BLK BOX

BLACKOUT SQUAT STAND - 2.2M

21-0113-0E



PRODUCT SPECIFICATION

PRODUCT WEIGHT	-	55kg
MAX USER WEIGHT	-	125kg
MAX USER	-	1
MAX TRAINING WEIGHT	-	350kg
DIMENSIONS	-	1112mm x 1320mm x 2266mm
SAFE WORKING ZONE	-	2312mm x 2820mm x 3076mm

OWNERS MANUAL & QUICK START GUIDE

NOTE : PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING THIS PRODUCT.

WARNING

SERIOUS OR FATAL INJURIES MAY OCCUR FROM INCORRECTLY ASSEMBLED EQUIPMENT. ALWAYS ENSURE BOLTS ARE TIGHTENED CORRECTLY AND ALL PARTS ARE LEVEL AND PLUMB. TO FURTHER REDUCE RISK OF INJURIES OR DEATH PLEASE USE OUR SUGGESTED TOOLS AND PERSONAL PROTECTIVE EQUIPMENT (PPE). WE SUGGEST THAT A MINIMUM OF THREE PEOPLE ARE INVOLVED IN THE ASSEMBLY OF THIS PRODUCT. EACH PERSON SHOULD BE EQUIPPED WITH SAFETY GLASSES, STEEL TOE CAP BOOTS AND EAR PLUGS.

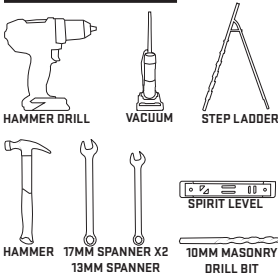
PLEASE BE AWARE OF THIS SYMBOL AS AN INDICATION TO CHECK THAT A PART IS LEVEL OR PLUMB.



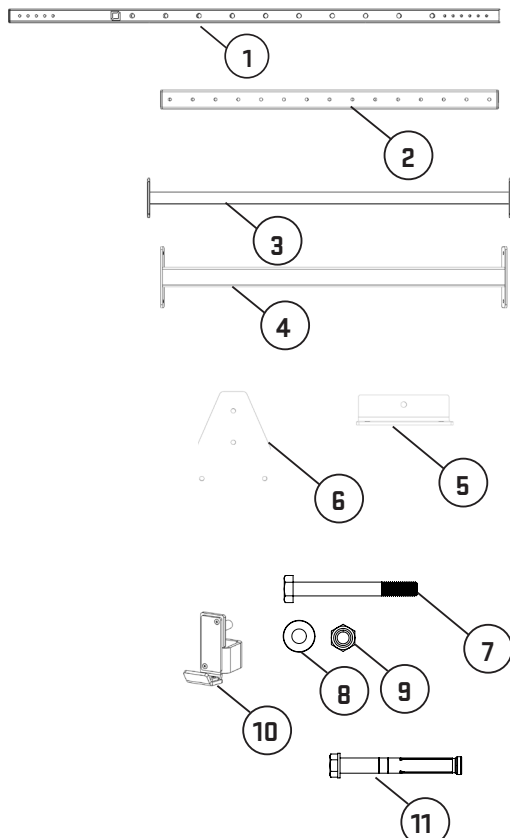
THIS SYMBOL IS AN INDICATION OF THE RECOMMENDED TORQUE EACH BOLT SHOULD BE TIGHTENED TO. THIS VALUE WILL BE DEPENDENT ON THE BOLT TYPE. PLEASE HAND TIGHTEN ALL BOLTS UNTIL YOU SEE THIS SYMBOL.



TOOLS REQUIRED



PARTS & ATTACHMENTS

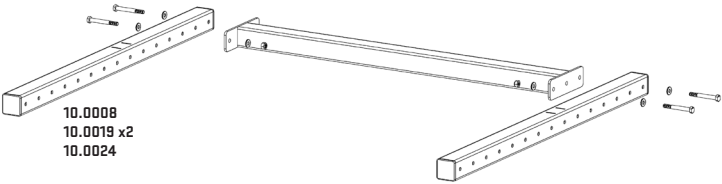


No.	Name	SKU	QTY
1	UPRGIHT 2.2M	21-0573	2
2	BASE FRAME - SA	21-0572	2
3	1.2 SINGLE BAR	21-0015	1
4	BACK CM	21-0602	1
5	FOOT PLATE	20-0412	2
6	BRACE PLATE	20-0472	4
7	M10X90 HEX HEAD BOLT	10-0008	20
8	M10 WAHER	10-0019	42
9	M10 NYLOCK NUT	10-0024	20
10	J-HOOK (PAIR)	16-0001	1
11	SLEEVE ANCHOR	10-0031	2

ASSEMBLY

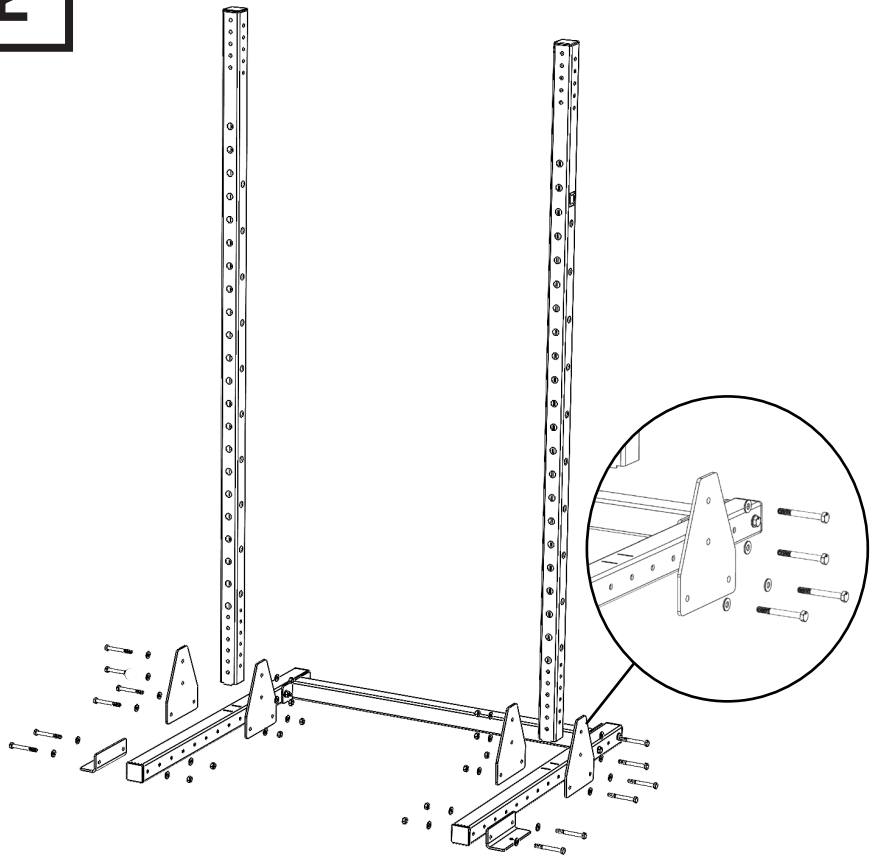
1

BOLT 1QTY BACK CM (21-0602) AND 2QTY BASE FRAME (21-0572) WITH BOLTS ASSEMBLY AS SHOWN.



2

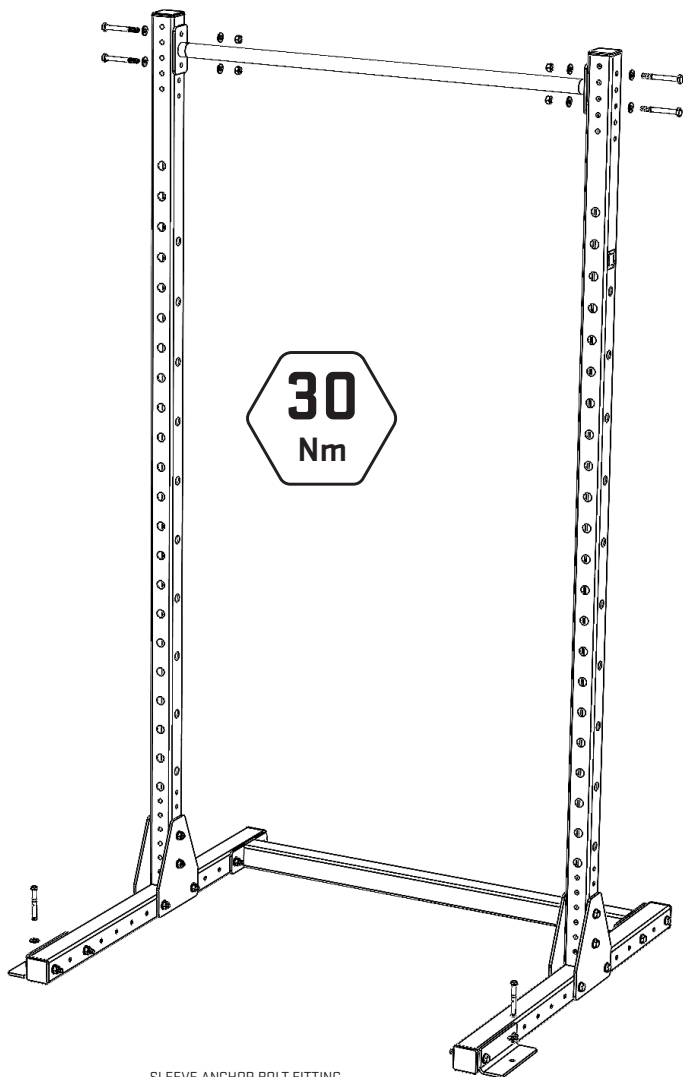
INSERT 1QTY UPRIGHT (21-0573) INTO SLOT ON BASE FRAME (21-0572) AND ATTACH USING 2QTY BRACE PLATE (20-0472) AND BOLT ASSEMBLIES AS SHOWN. ATTACH 1 QTY FOOT PLATE (20-0412) USING BOLT ASSEMBLIES AS SHOWN. REPEAT FOR OPPOSITE SIDE.



3

PLACE 1QTY 1.2 SINGLE BAR (21-0015) AT PREFERRED HEIGHT ATTACH WITH BOLT ASSEMBLIES AS SHOWN.
FOLLOW GUIDE BELOW FOR FLOOR MOUNTING.

TIGHTEN ALL BOLT ASSEMBLIES TO 30NM.



SLEEVE ANCHOR BOLT FITTING

- DRILL 10MM HOLE, 90MM DEEP USING PLATE AS A GUIDE.
- VACUUM OUT THE DUST.
- HAMMER SLEEVE ANCHOR INTO THE HOLE.
- TIGHTEN SLEEVE ANCHOR TO SPECIFIED TORQUE USING 13MM SPANNER.

