

# BLK BOX

## HOW TO ASSEMBLE A BLK BOX HIP THRUST BENCH

### TOOLS REQUIRED

- 17mm Spanner x2

(TOOLS NOT PROVIDED)



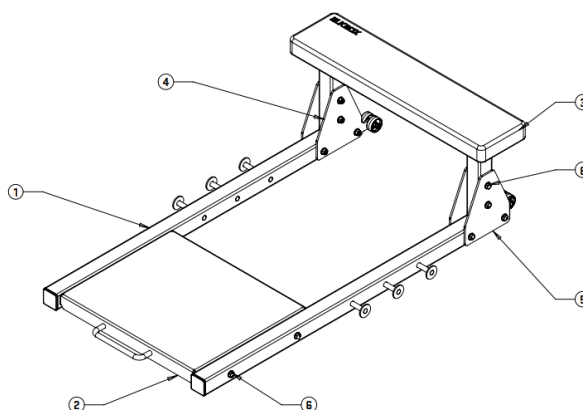
### PARTS & FASTENERS INCLUDED

#### PARTS

1. Hip Thrust Bench Side members x2
2. Hip Thrust Bench Mat Tray x1
3. Hip Thrust Bench Pad x1
4. Brace Plate with Wheels x2
5. Brace Plate x2

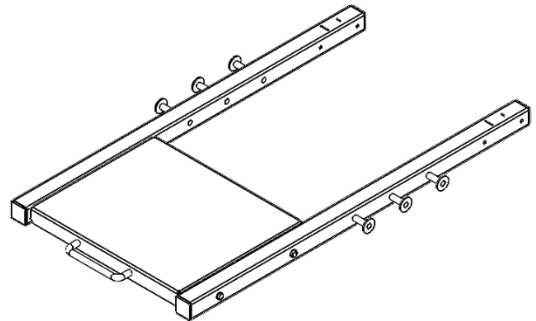
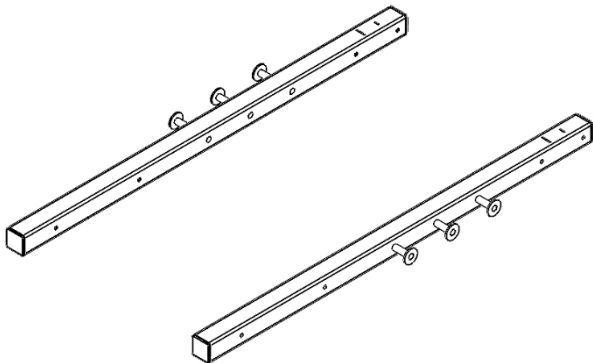
#### FASTENERS

6. M10x80 Hex Head Bolt x4
7. M10 Washer x24
8. M10x90 Hex Head Bolt x8
9. M10 Nyloc Nut x12

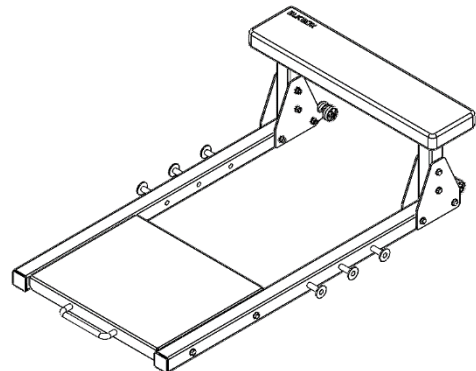
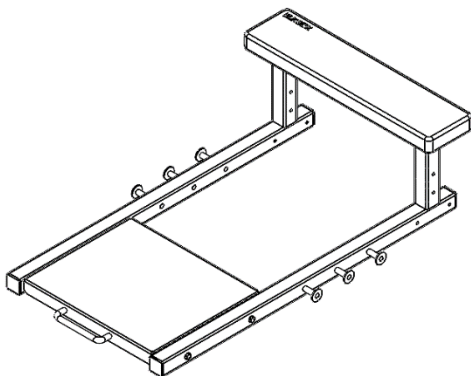


# ASSEMBLY

## MAIN ASSEMBLY OF HIP THRUST BENCH



1. Attach Mat Tray to Side Members with 4no M10x80 bolts, 8no M10 washers and 4no M10 nyloc nuts. Tighten using 2no 17mm spanners.



2. Attach Pad Assembly to Side Members. Attach 2no Brace plates with Wheels to the inside of Side Members. Attach 2no Brace Plates to the outside of Side Members with 8no M10x90 bolts, 16no M10 washers and 8no M10 nyloc nuts. Tighten using 2no 17mm spanners. The product is fully assembled.