

# BLK BOX

## HOW TO ASSEMBLE A BLK BOX SAMSON CABLE COLUMN ATTACHMENT

### TOOLS REQUIRED

- 30mm Spanners x2
- 19mm Spanners x 2
- 17mm Spanner x1
- 3mm Allen Key x1
- Power Drill
- 10mm Masonry Drill Bit

(TOOLS NOT PROVIDED)



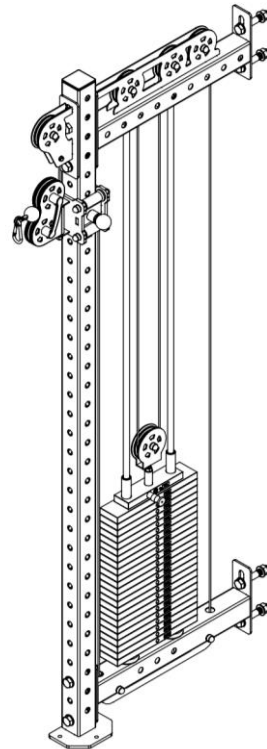
### PARTS & FASTENERS INCLUDED

#### PARTS

- 1x Frame Assembled (1x Upright, 2x 0.7m CM)
- 1x Cable Column Adjuster
- 1x Nylon Steel Cable Assembly
- 2x Guide Rods & Guide Rod Locks
- 2x Rubber Buffers
- 1x Magnetic Weight Pin
- 1x Weight Stack Top Plate (5kg)
- 23x Weight Plates (5kg)

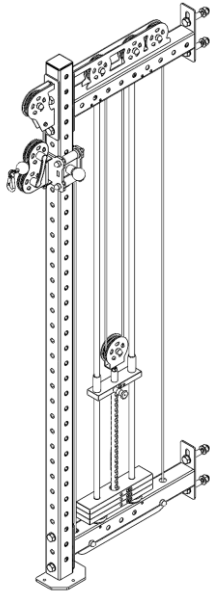
#### FASTENERS

- 4x M20 Hex Head Bolts
- 8x M20 Washer
- 8x M20 Nyloc Nut
- 3x M10 Sleeve Anchors
- 3x M10 Washers

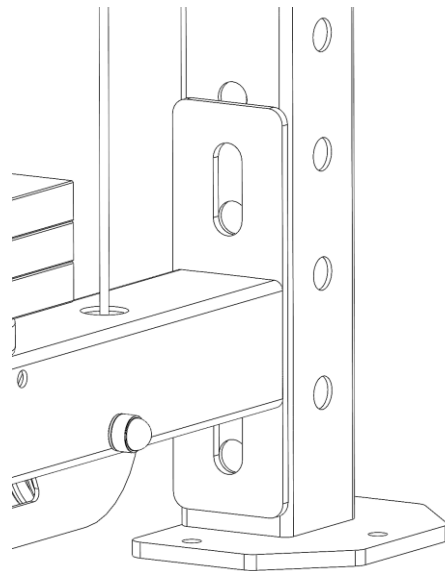
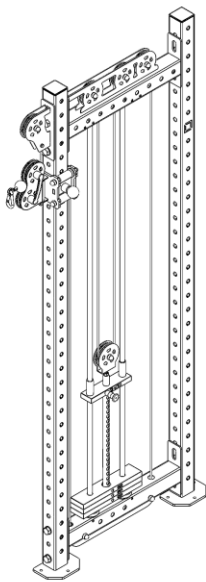


# ASSEMBLY

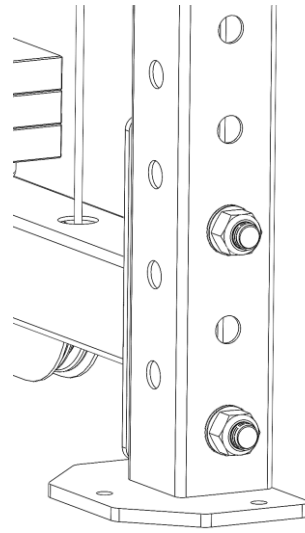
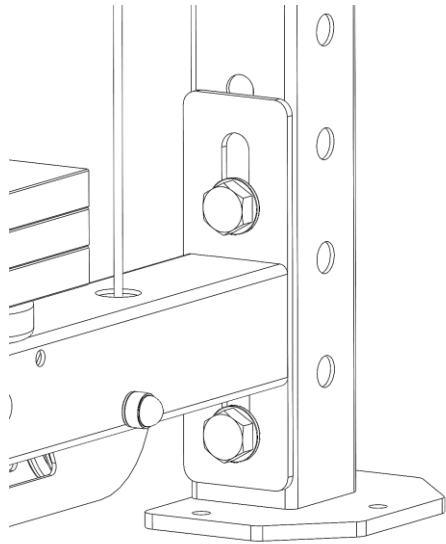
## MAIN ASSEMBLY OF FRAME TO UPRIGHT



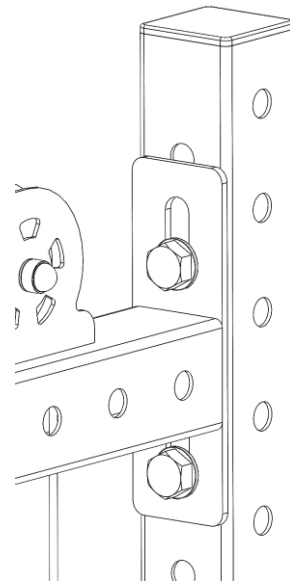
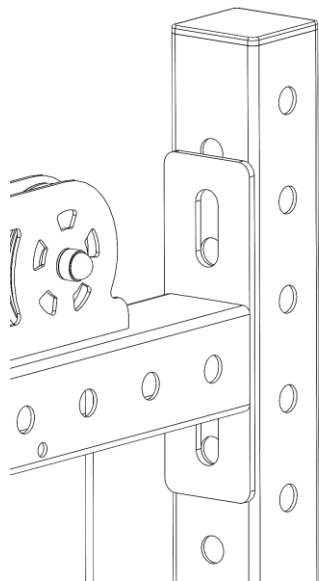
1. Attach the Pre-Assembled Frame of the Samson Cable Column to an Upright at the rear of the Cable Column. The Upright should be part of a rig or rack and it should be fully built up before installing the Cable Column Attachment.



2. Line up the Pre-Assembled Frame with the Upright so that the first and third hole from the bottom line up with the slotted plate of the Bottom 0.7m Crossmember.



3. Insert an M20 Hex Head Bolt and M20 washer through the plate and upright. Secure on the opposite side of the upright with another M20 Washer and M20 Nyloc Nut. Tighten using 2x 30mm Spanners.

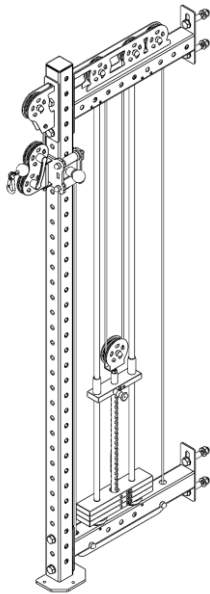


4. Repeat Step 2 and 3 with the Top 0.7m Crossmember. Ensure that the slotted plate of the Top 0.7m Crossmember lines up with the second and fourth hole from the top on the Upright.

*Note: Once the Cable Column Attachment is fully bolted to the upright, it is advisable to secure the front Upright of the Cable Column to the floor using M10 Anchor Bolts.*

*You are now ready to install the Weight Stack.*

## MAIN ASSEMBLY OF THE WEIGHT STACK



5. This is how your Samson Cable Column will arrive. It will have the frame all assembled, cable routed around all the pulleys, Guide Rods installed with the Weight Stack Top Plate and 3 Weight Plates on the guide rod for reference.

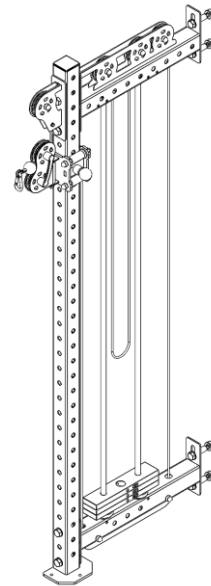


6. Start by removing the Guide Rod Locks using a 3mm Allen Key (NOT INCLUDED).



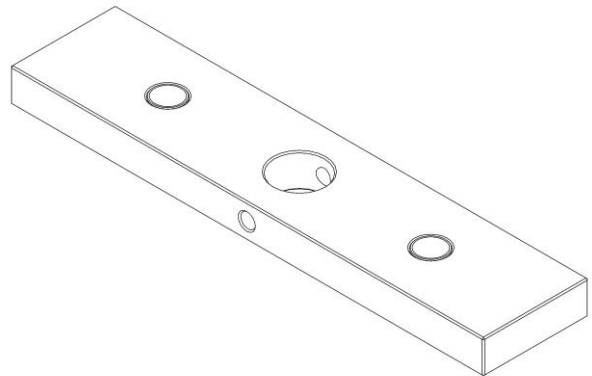
7. Tilt the Guide Rods out slightly and slide the Weight Stack Top Plate up to the top of the Guide Rods. Continue until the Weight Stack Top Plate is clear of the guide rods.

*Note: May require 2 people for this step.*



8. Allow the Weight Stack Top Plate to sit to the side for now.

*Note: It may be good to secure the Weight Stack Top Plate with some type of tie to ensure it does not fall.*



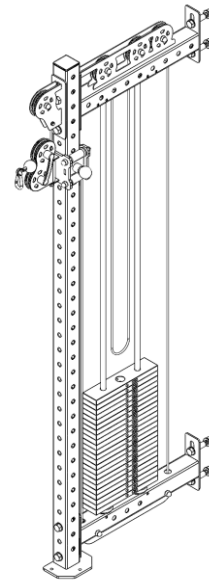
9. Before beginning installation of the Weight Plates, follow the order shown on the boxes. This is to ensure the weight plates are installed in the correct order. (5kg, 10kg, 15kg etc)



10. Using a stepladder or raised platform, begin installing the Weight Plates one by one.

Line up the two Guide Roads with the two holes in the Weight Plates and gently slide the Weight Plate down the Guide Rod until it reaches the other Weight Plates already installed.

*Note: Proceed with caution when standing on the raised platform. This step may be best carried out by two people.*



11. Continue until all the weight plates are installed on the guide rod, as shown.

*Note: Proceed with caution when standing on the raised platform. This step may be best completed by two people.*



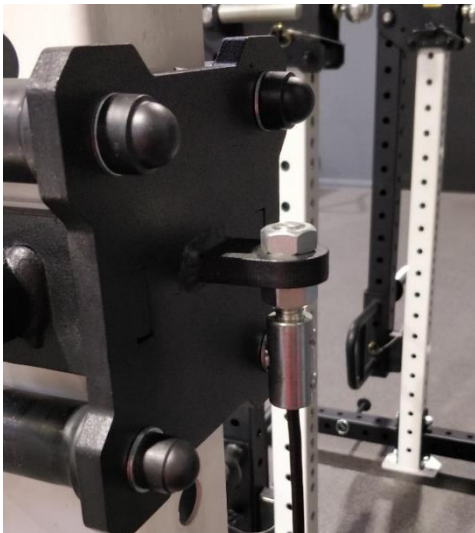
12. Reinstall the Weight Stack Top Plate by carrying out Step 3 in reverse.



13. Reinstall the Guide Rod Locks by sliding the Guide Rod Locks on to the Guide Rods.

Line up the Guide Rods with the holes in the Top Crossmember and slide the Guide Rod Locks up so that the shoulder slots up into the hole in the crossmember.

Tighten the grub screw using a 3mm Allen Key (NOT INCLUDED).

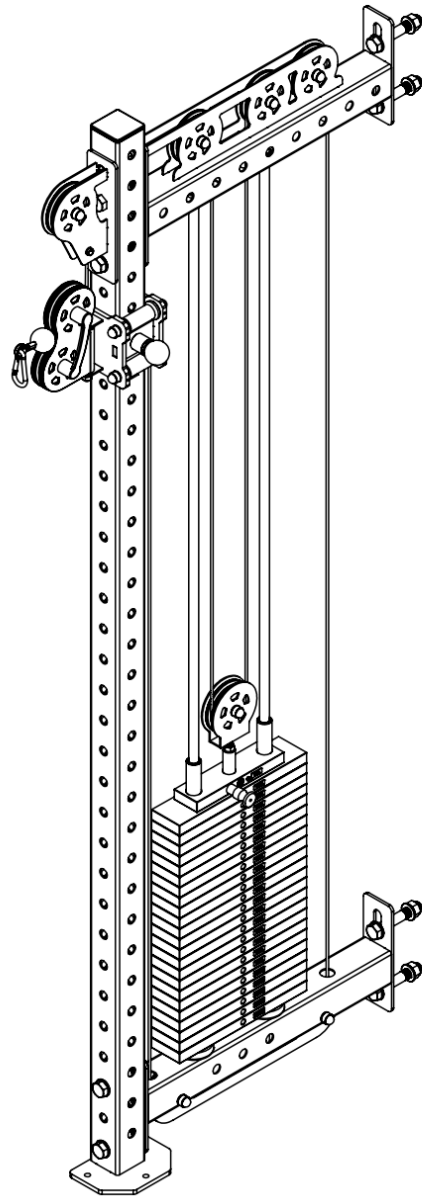


14. Once the Weight Stack is fully installed, adjust the tension in the nylon cable until the cable is slightly taught without it lifting the Weight Stack Top Plate whenever the Magnetic Selector Pin is removed.

Whenever carrying this step out, ensure the Rubber Stopper on the end of the cable is held against the pulley wheels.

*Note: This may take some playing about with and may require adjustment once the cable and weight plates have settled in.*





15. Your Samson Cable Column is now fully assembled and ready for use!