

BLK BOX

HOW TO ASSEMBLE A BLK BOX SAMSON NEXUS COMPACT RACK

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)



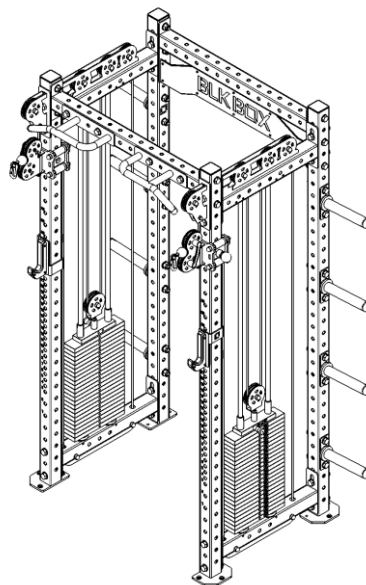
PARTS & FASTENERS INCLUDED

PARTS

- 1x LHS Samson Cable Column Attachment
- 1x RHS Samson Cable Column Attachment
- 1x Box Crossmember
- 1x Branding Box Crossmember
- 1x Pair of Multigrips
- 1x Pair of Sandwich J-Hooks
- 2x Uprights
- 3x Shelves (Client Choice)
- 8x Zinc Plated Utility Pegs

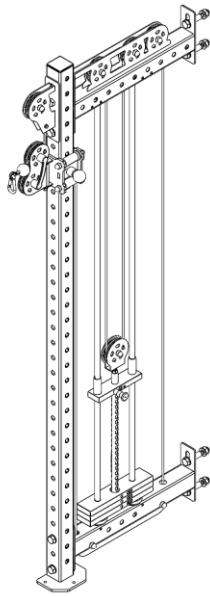
FASTENERS

- 6x M10 Sleeve Anchors
- 6x M10 Washers
- 30x M20 Hex Head Bolts
- 30x M20 Nyloc Nut
- 60x M20 Washer

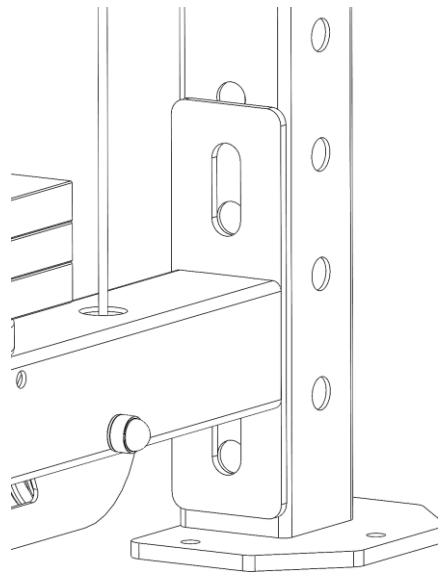
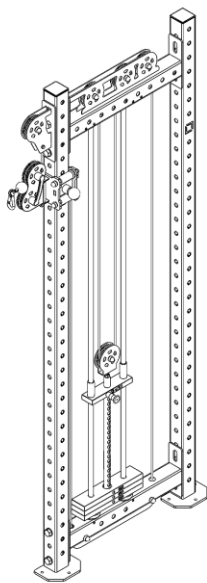


ASSEMBLY

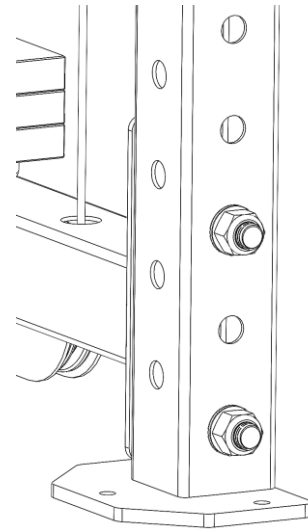
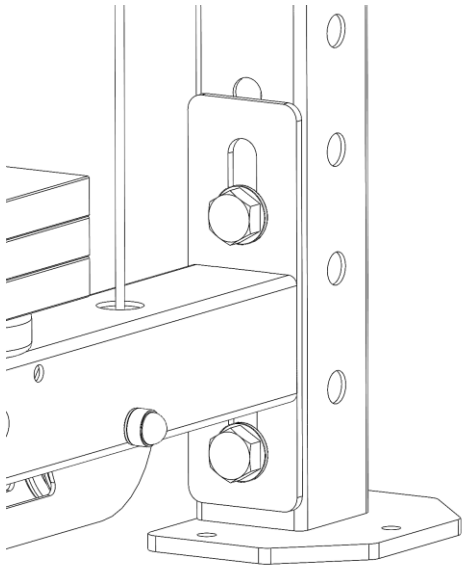
MAIN ASSEMBLY OF CABLE COLUMN TO UPRIGHT



1. Attach the Pre-Assembled Frame of the RHS Samson Cable Column to an Upright at the rear of the Cable Column.



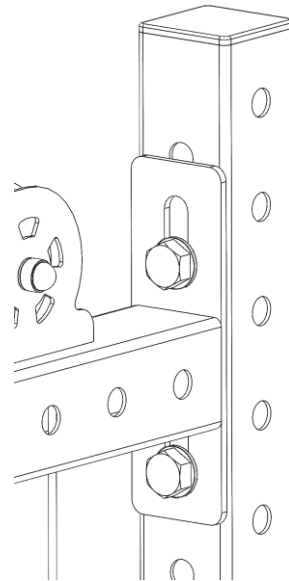
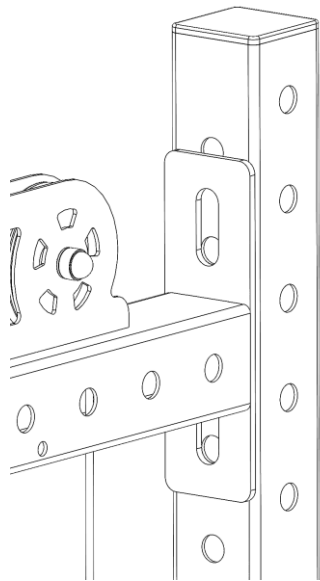
2. Line up the Pre-Assembled Frame with the Upright so that the first and third hole from the bottom line up with the slotted plate of the Bottom 0.7m Crossmember.



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.

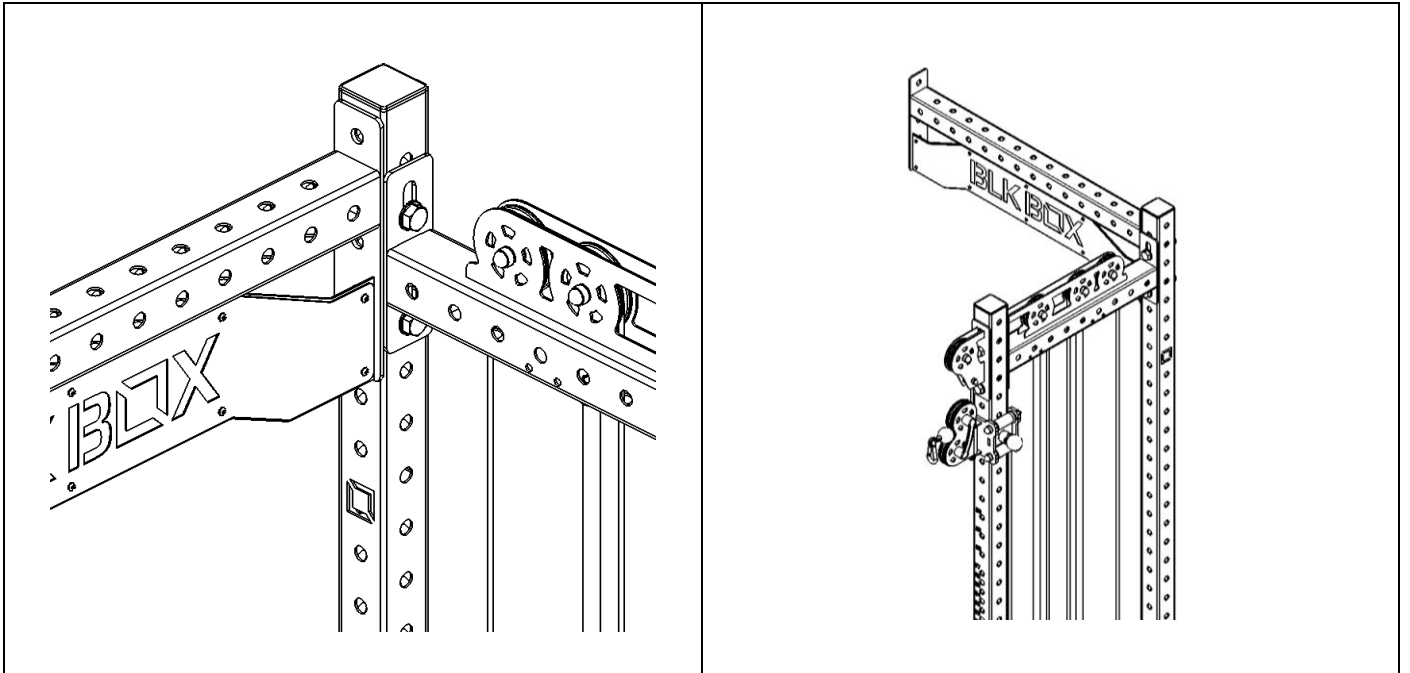
Tighten using 2x 30mm Spanners.



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.

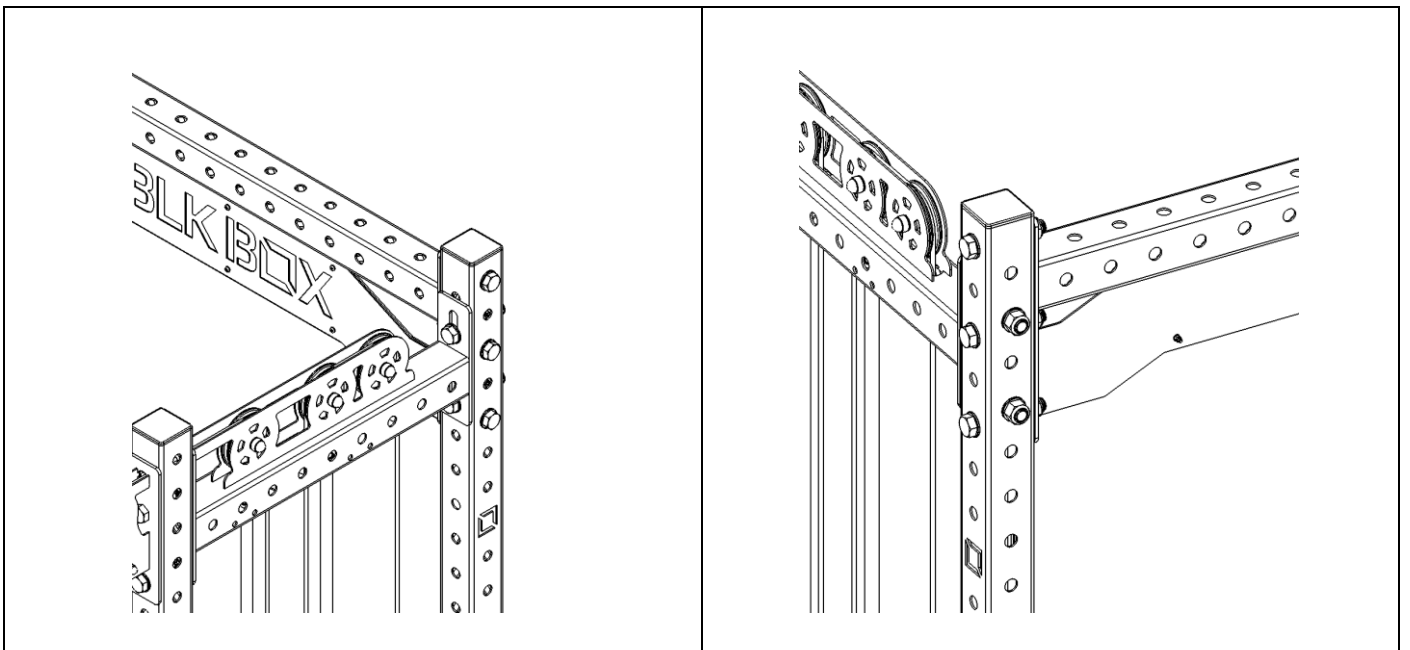
Repeat Steps 1 to 4 for the LHS Samson Cable Column Attachment.

MAIN ASSEMBLY OF COMPACT RACK



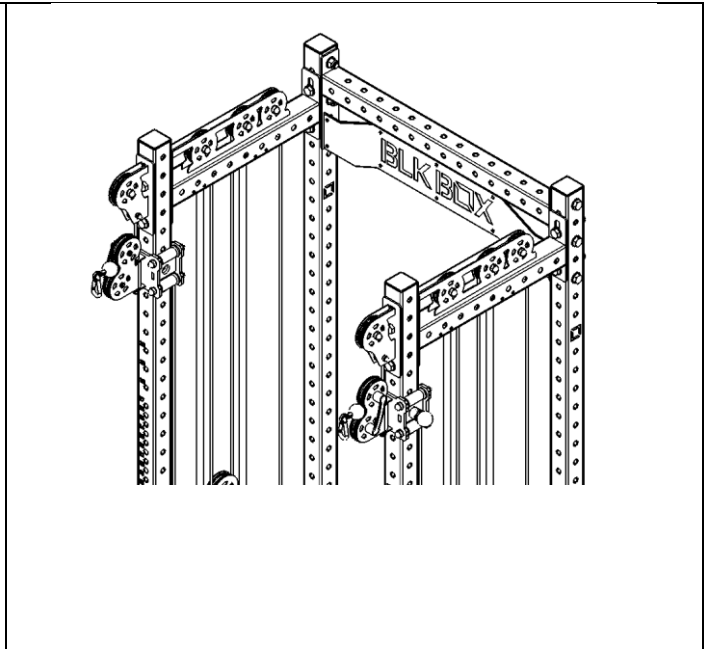
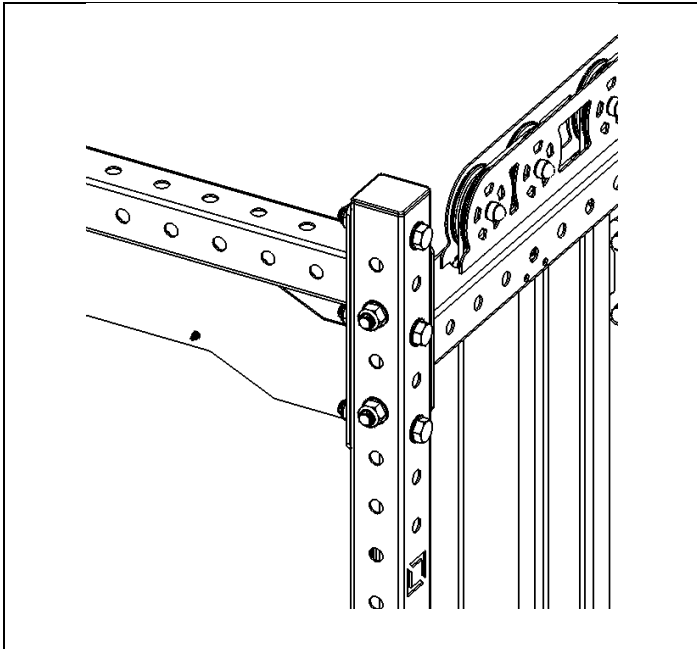
1. Align the RHS Samson Cable Column Attachment with Branding Box Crossmember, as shown.

Note: This may require 2 to 3 people to balance the Cable Column Attachment and hold the Branding Box Crossmember.



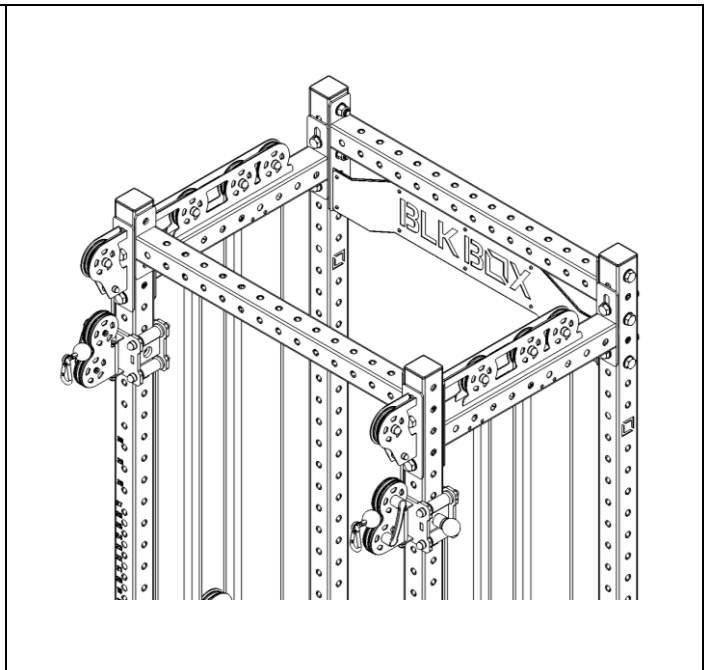
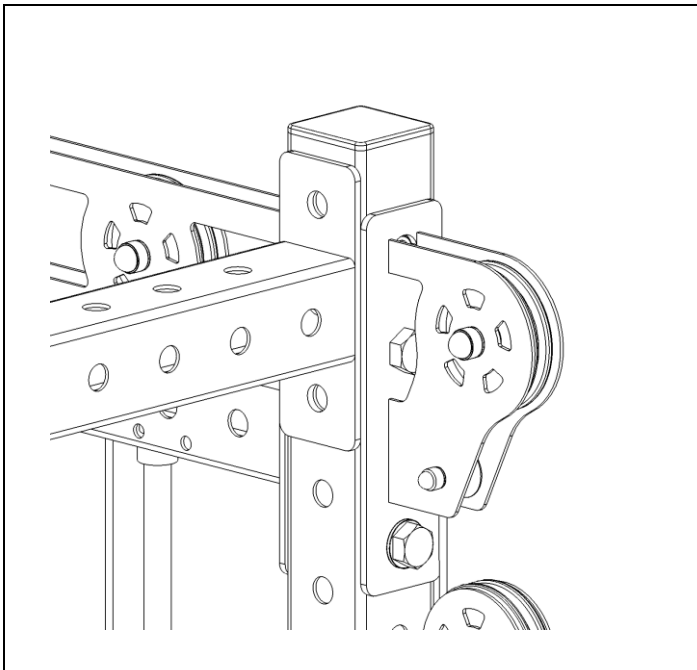
2. Insert 3x M20 Hex Head Bolts with a M20 Washer on each bolt through the first, third and fifth hole on the Upright and through the plate on the Branding Box Crossmember.
3. Place a M20 Washer on the opposite side and screw on a M20 Nyloc Nut to each bolt.
4. Tighten the three bolts using 2x 30mm Spanners (NOT INCLUDED).

Note: This may require 2 to 3 people to balance the Cable Column Attachment and hold the Branding Box Crossmember.



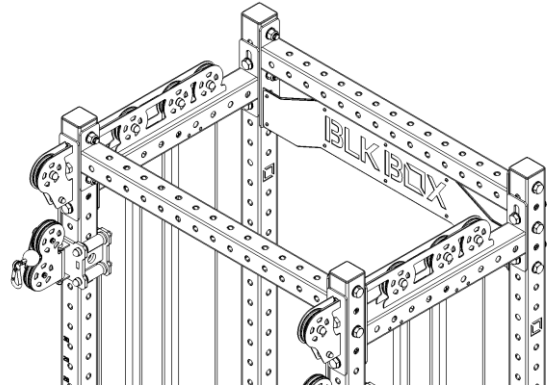
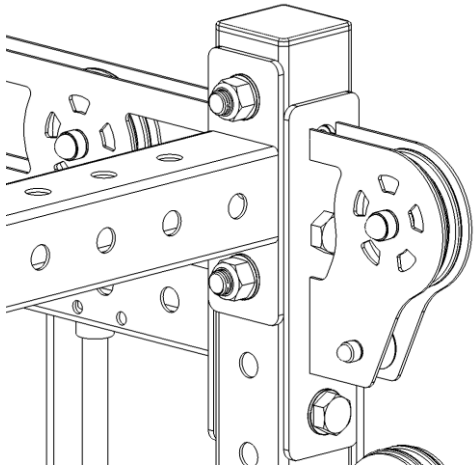
5. Repeat Steps 1 to 4 for the LHS Cable Column Attachment.

Note: This may require 2 to 3 people to balance the Cable Column Attachment and hold the Branding Box Crossmember.



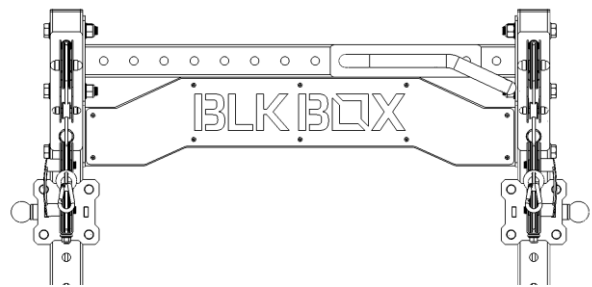
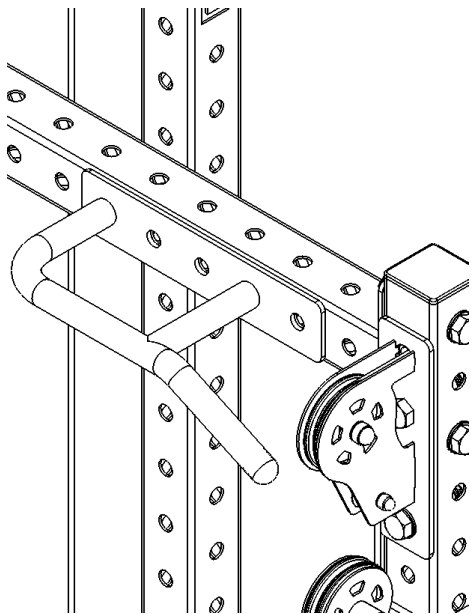
6. Align the Box Crossmember in between the Cable Column Attachments, as shown.

Note: This may require 2 people.



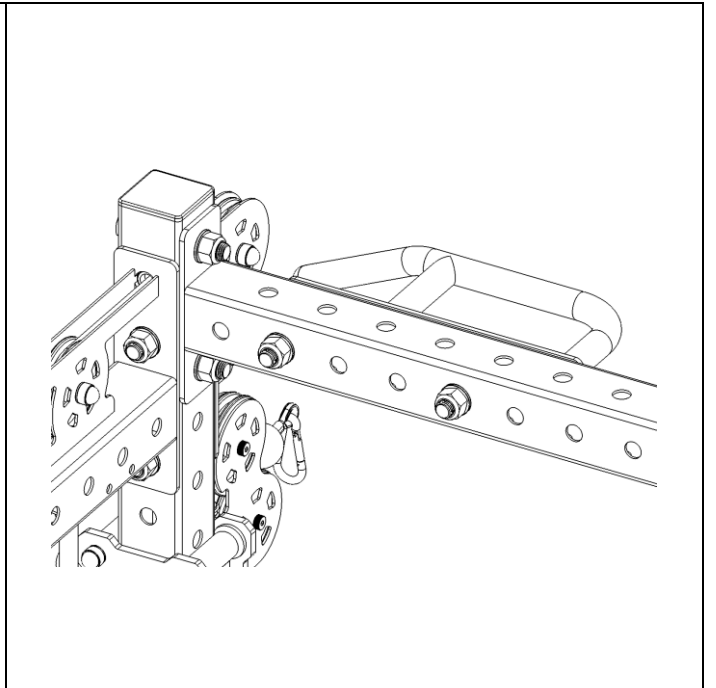
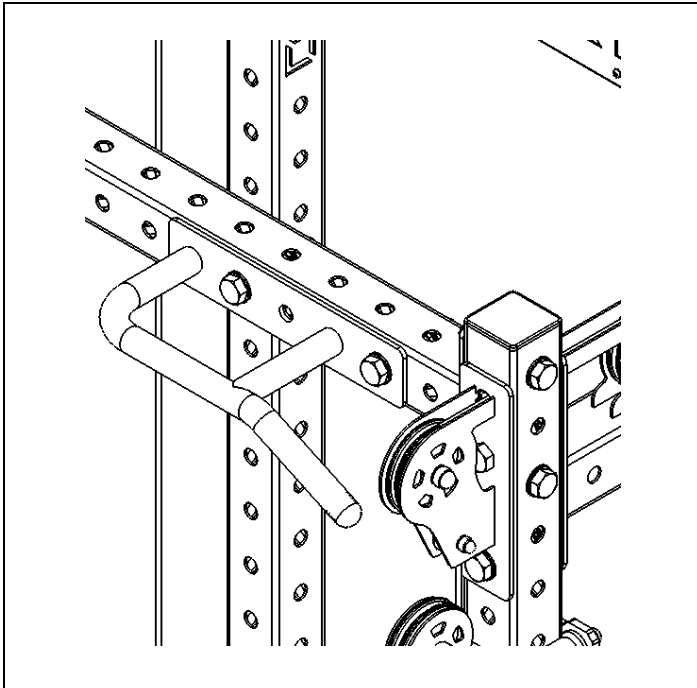
7. Insert 4x M20 Hex Head Bolts with a M20 Washer on each bolt through the first and third hole on either Upright of the Cable Column Attachments and through the plate on each side of the Box Crossmember.
8. Place a M20 Washer on the opposite side and screw on a M20 Nyloc Nut to each bolt.
9. Tighten the four bolts using 2x 30mm Spanners (NOT INCLUDED).

Note: This may require 2 people.



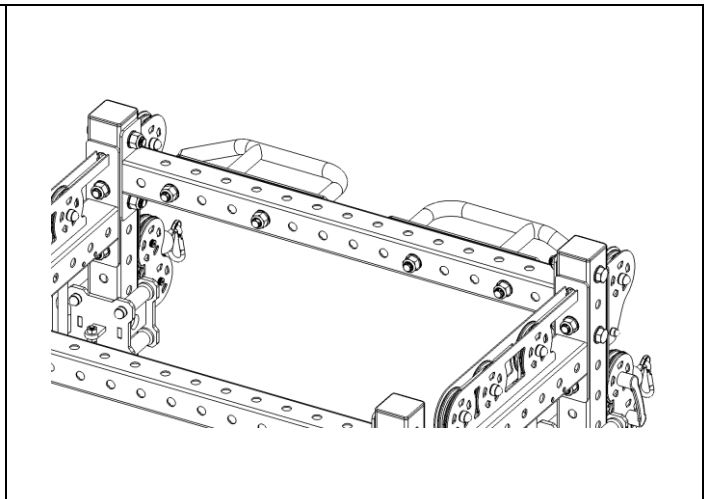
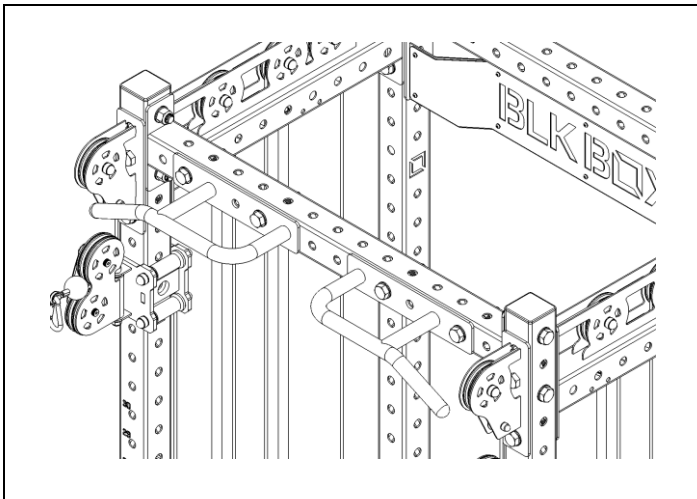
10. Align the RHS Multigrip with the Box Crossmember, as shown.

Note: This may require 2 people.



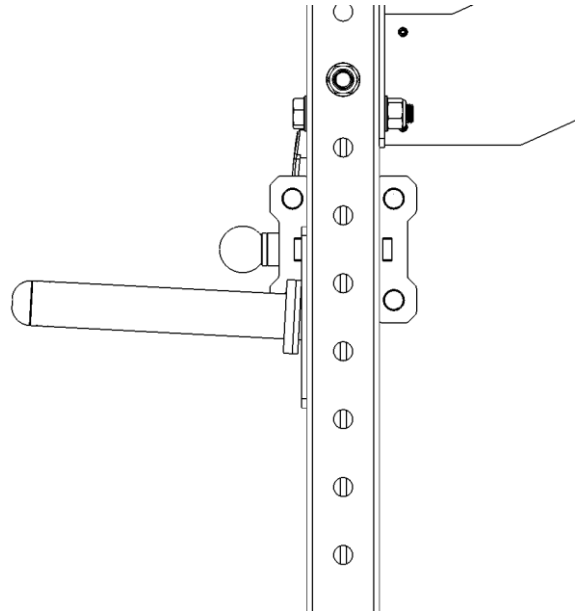
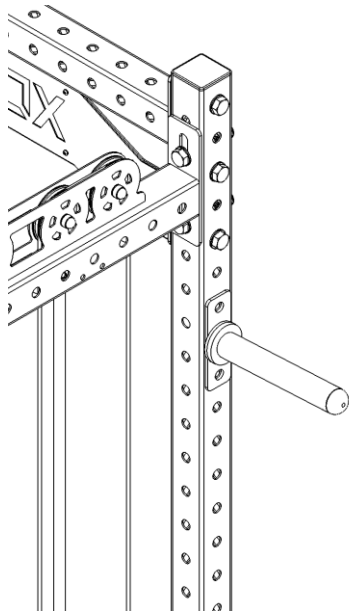
11. Insert 2x M20 Hex Head Bolts with a M20 Washer on each bolt through the plate on the Multigrip and through the second and fifth hole on the Box Crossmember.
12. Place a M20 Washer on the opposite side and screw on a M20 Nyloc Nut to each bolt.
13. Tighten the two bolts using 2x 30mm Spanners (NOT INCLUDED).

Note: This may require 2 people.

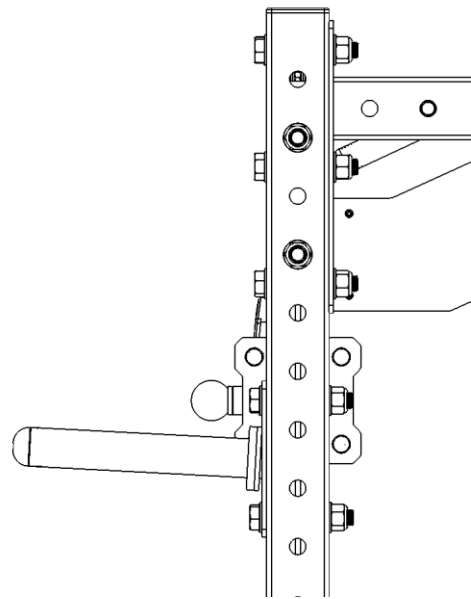
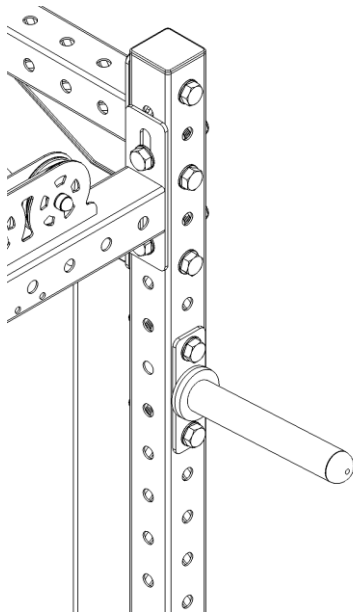


14. Repeat Steps 10 to 13 for the LHS Multigrip.

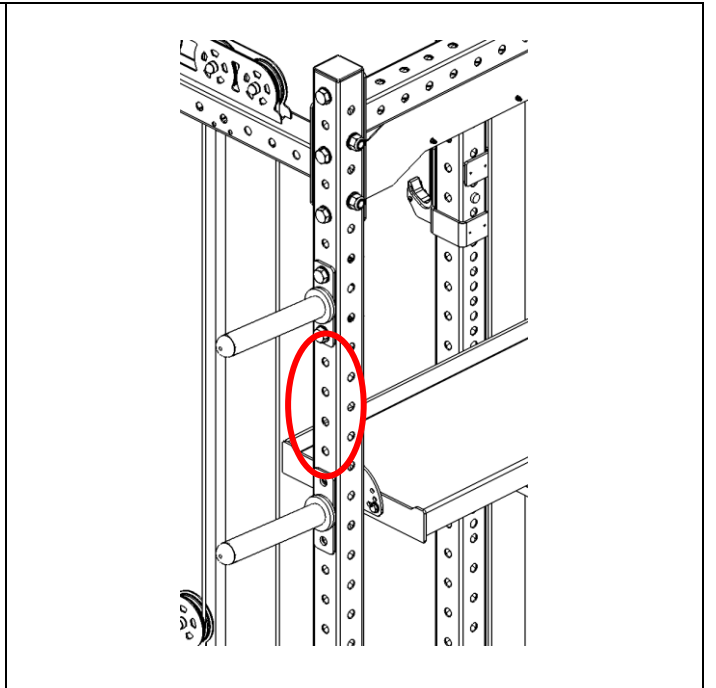
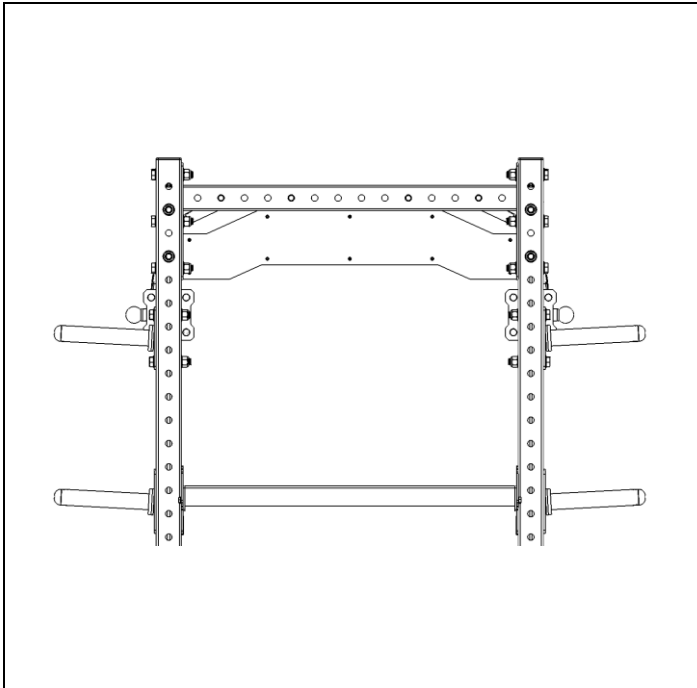
Note: This may require 2 people.



15. Align one Zinc Plated Utility Pegs with the back Upright, as shown.

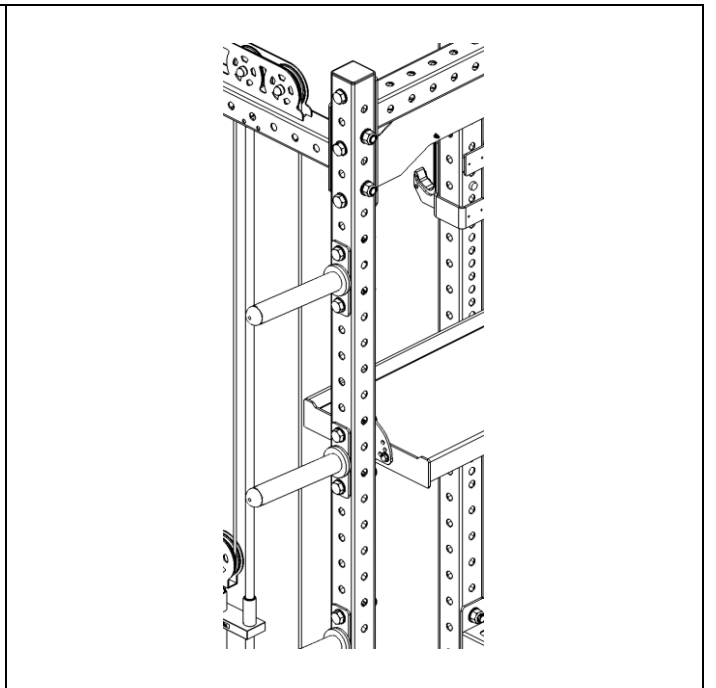
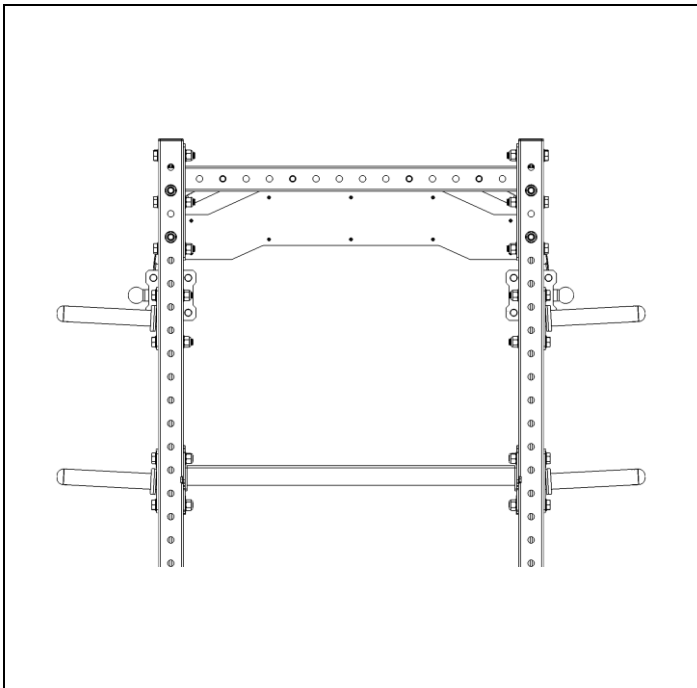


16. Insert 2x M20 Hex Head Bolts with a M20 Washer on each bolt through the plate on the Utility Peg and through the seventh and ninth hole from the top of the Upright.
17. Place a M20 Washer on the opposite side and screw on a M20 Nyloc Nut to each bolt.
18. Tighten the two bolts using 2x 30mm Spanners (NOT INCLUDED).
19. Repeat this on the opposite back Upright.



20. Align a Shelf with two Zinc Plated Utility Pegs and the back Uprights, as shown.

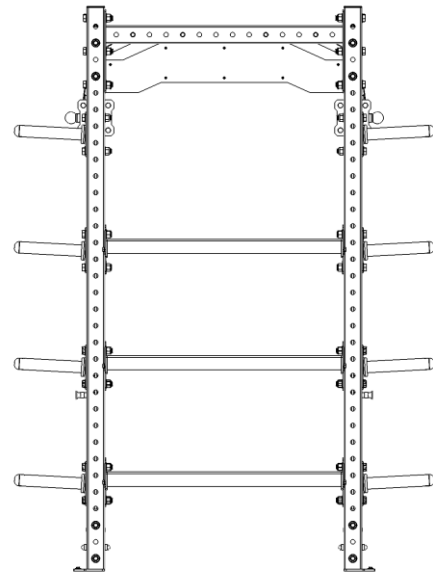
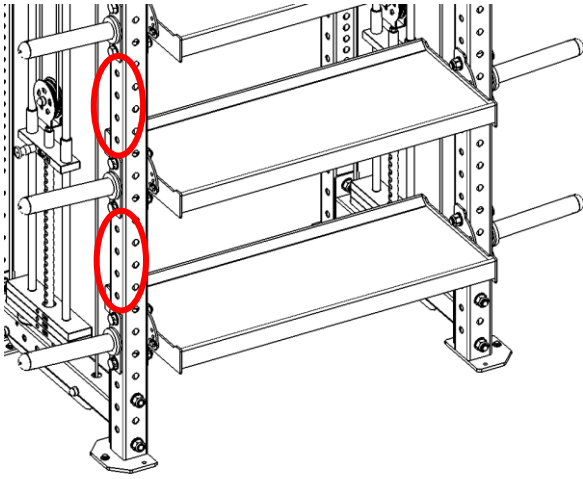
Note: There should be 4 holes visible between the first and second Utility Peg.



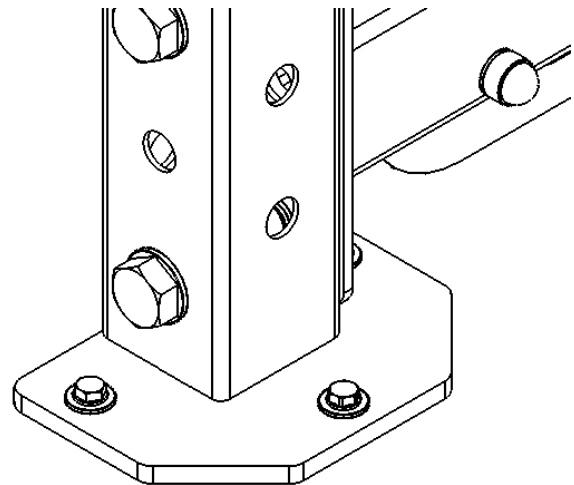
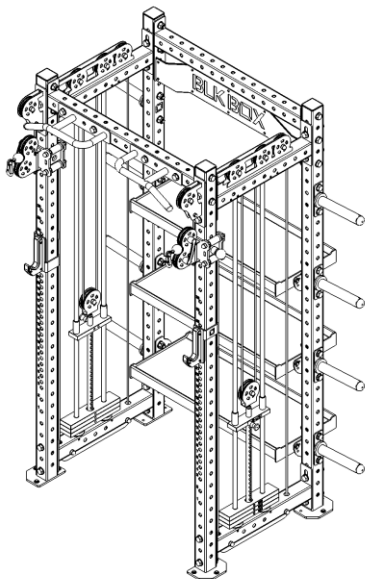
21. Insert 4x M20 Hex Head Bolts with a M20 Washer on each bolt through the plates on the Utility Pegs, through the fourteenth and sixteenth on the back Uprights, and through the plate of the Shelf.

22. Place a M20 Washer on the opposite side and screw on a M20 Nyloc Nut to each bolt.

23. Tighten the four bolts using 2x 30mm Spanners (NOT INCLUDED).



24. Repeat Steps 20 to 23 for the other 2 Shelves, ensuring to maintain the 4-hole spacing between each Utility Peg.

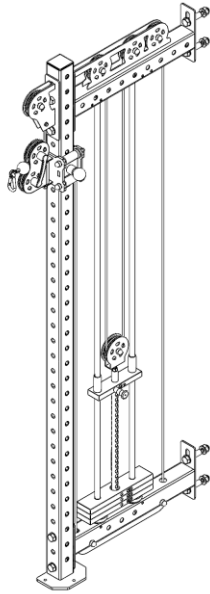


25. Bolt the 4 Uprights to the ground using the M10 Sleeve Anchors and M10 Washers provided.

Note: This step will require the use of a power drill which is not included.

You are now ready to install the Weight Stack on each Cable Column.

MAIN ASSEMBLY OF THE WEIGHT STACK



1. 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.

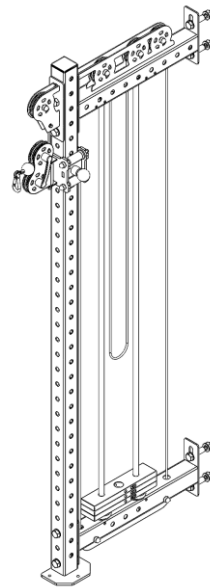


2. Start by removing the Guide Rod Locks using a 3mm Allen Key (NOT INCLUDED).



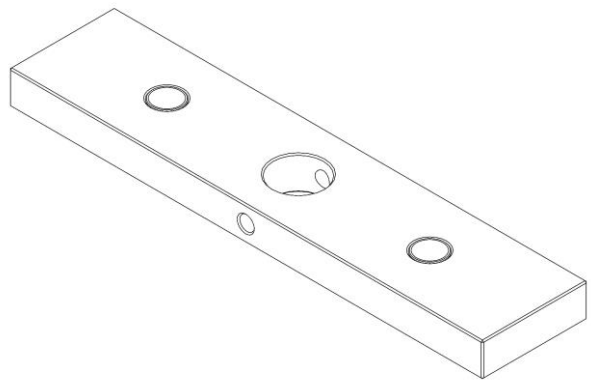
3. Tilt the Guide Rods out slightly and slide the Weight Stack Top Plate up to the top of the Guide Rods. Continue until the Weight Stack Top Plate is clear of the guide rods.

Note: May require 2 people for this step.



4. 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.



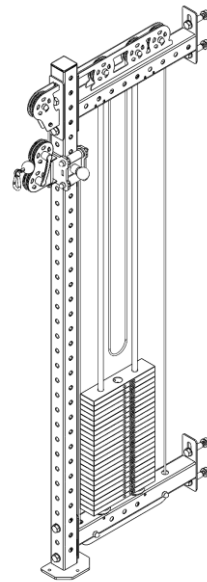
5. Before beginning installation of the Weight Plates, follow the order shown on the boxes. This is to ensure the weight plates are installed in the correct order. (5kg, 10kg, 15kg etc)



6. 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.



7. 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.



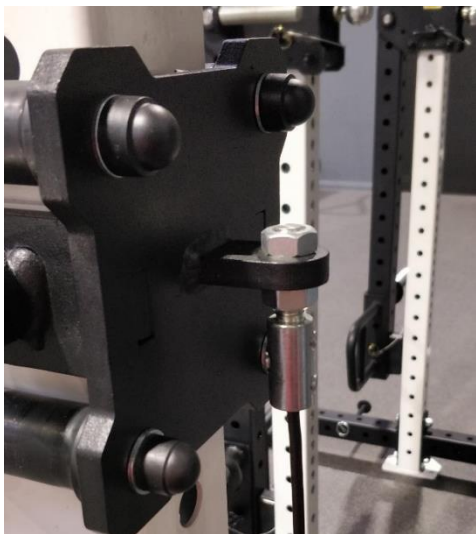
8. Reinstall the Weight Stack Top Plate by carrying out Step 3 in reverse.



9. 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).



10. Once the Weight Stack is fully installed, adjust the tension (if needed) 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.



11. Your Samson Performance Compact Rack is now fully assembled and ready for use!