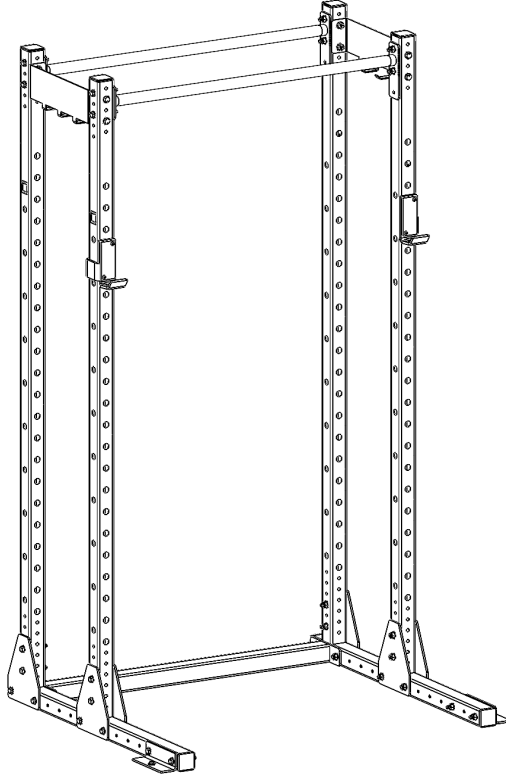


BLK BOX BLACKOUT HALF RACK - 2.2M

21-0711



PRODUCT SPECIFICATION

	PRODUCT WEIGHT	-	88kg
	MAX USER WEIGHT	-	125kg
	MAX USER	-	1
OWNERS MANUAL & QUICK START GUIDE	MAX TRAINING WEIGHT	-	350kg
NOTE : PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING THIS PRODUCT.	DIMENSIONS	-	1200mmx1100mmx2266mm
	SAFE WORKING ZONE	-	2312mmx2820mmx3076mm

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.

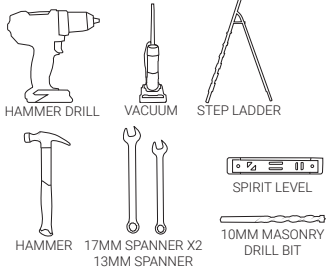
PLEASE BE AWARE OF THIS SYMBOL AS AN INDICATION TO CHECK THAT A PART IS LEVEL OR PLUMB.



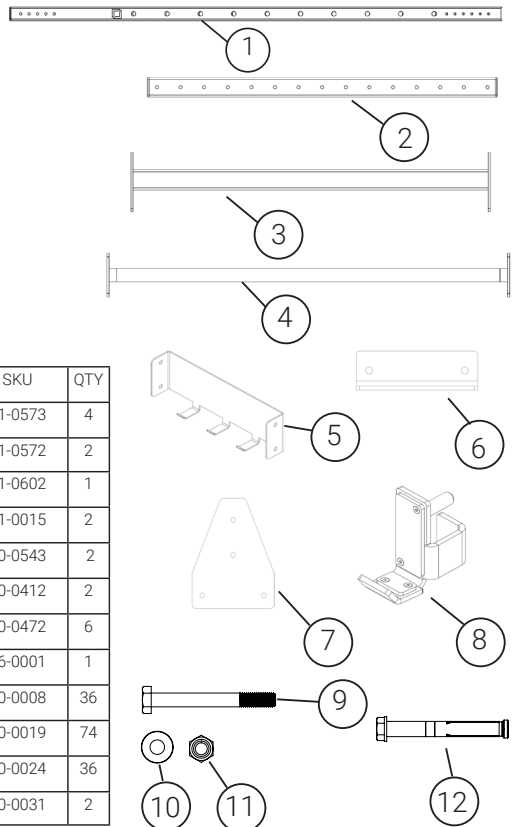
THIS SYMBOL IS AN INDICATION OF THE RECOMMENDED TORQUE EACH BOLT SHOULD BE TIGHTENED TO. THIS VALUE WILL BE DEPENDENT ON THE BOLT TYPE. PLEASE HAND TIGHTEN ALL BOLTS UNTIL YOU SEE THIS SYMBOL.



TOOLS REQUIRED



PARTS & ATTACHMENTS

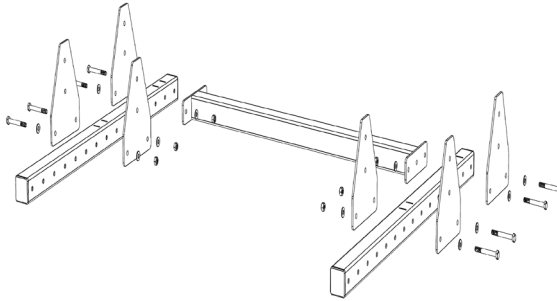


No.	Name	SKU	QTY
1	BLACKOUT SQUAT STAND UPRIGHT 2.2M	21-0573	4
2	BLACKOUT SQUAT STAND BASE FRAME	21-0572	2
3	BLACKOUT SQUAT STAND BACK CM	21-0602	1
4	GOLIATH 1.2 SINGLE BAR	21-0015	2
5	BLACKOUT HALF RACK CM	20-0543	2
6	BLACKOUT SQUAT STAND FOOT PLATE	20-0412	2
7	BLACKOUT BRACE PLATE	20-0472	6
8	J-HOOK (PAIR)	16-0001	1
9	M10X90 HEX HEAD BOLT	10-0008	36
10	M10 WAHER	10-0019	74
11	M10 NYLOCK NUT	10-0024	36
12	M10 SLEEVE ANCHOR BOLT	10-0031	2

ASSEMBLY

1

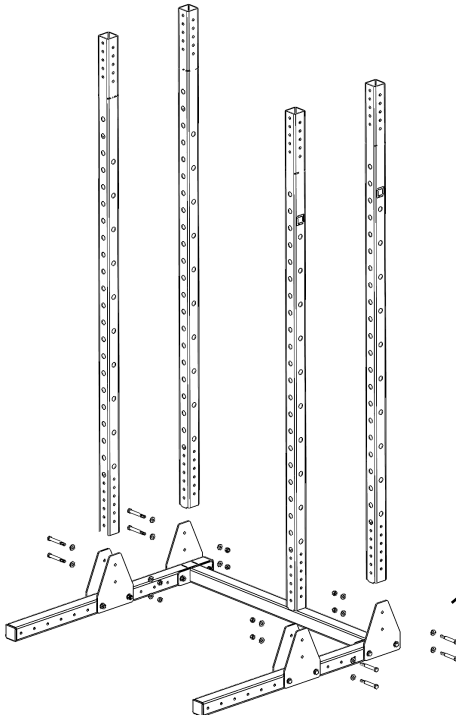
BOLT 1QTY BACK CM (21-0602), 2QTY BASE FRAME (21-0572) AND 6QTY BRACE PLATE (20-0472) WITH BOLTS ASSEMBLY AS SHOWN.



BOLT ASSEMBLY
FOR EACH HOLE:
10.0008
10.0019 x2
10.0024

2

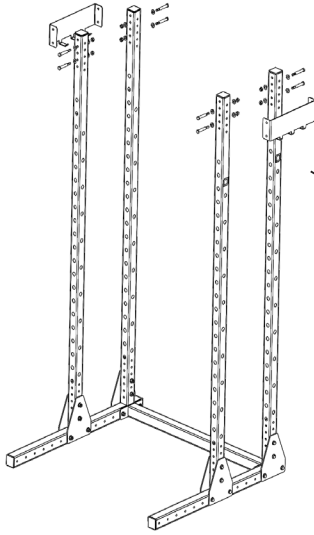
INSERT 1QTY UPRIGHT (21-0573) INTO TAB SLOTS ON BASE FRAME (21-0572) AND ATTACH USING BOLT ASSEMBLIES AS SHOWN BELOW. REPEAT FOR EACH SET OF TAB SLOTS.



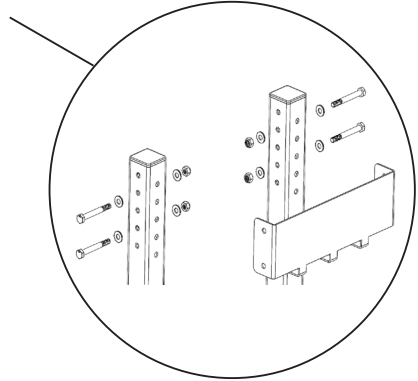
BOLT ASSEMBLIES:
10.0008
10.0019 x2
10.0024

3

PLACE 1QTY HALF RACK(20-0543) BETWEEN 2 UPRIGHTS AND ATTACH WITH BOLT ASSEMBLIES AS SHOWN. REPEAT ON OPPOSITE SIDE.

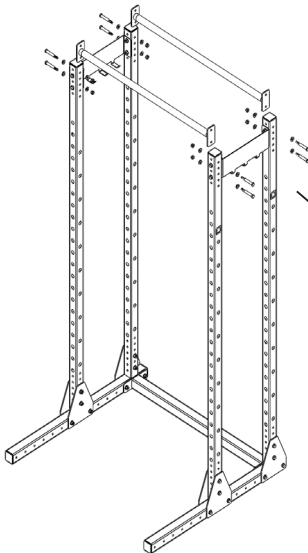


BOLT ASSEMBLY
FOR EACH HOLE:
10.0008
10.0019 x2
10.0024

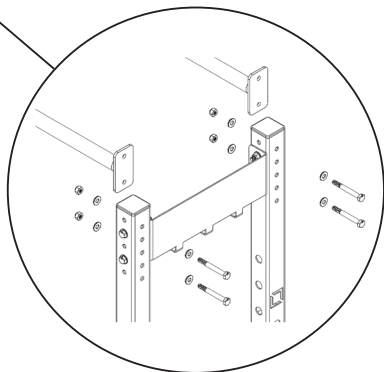


4

BOLT 1QTY SINGLE BAR(20-0543) TO UPRIGHTS AND ATTACH WITH BOLT ASSEMBLIES AS SHOWN. REPEAT ON OPPOSITE SIDE.



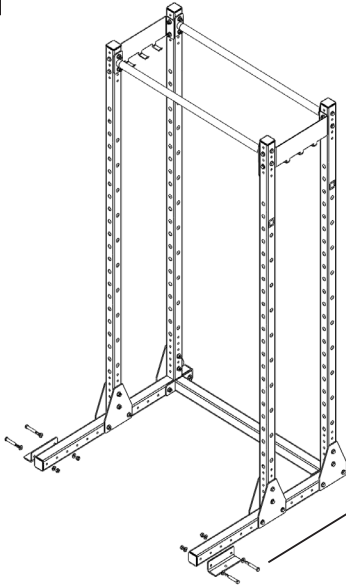
BOLT ASSEMBLY
FOR EACH HOLE:
10.0008
10.0019 x2
10.0024



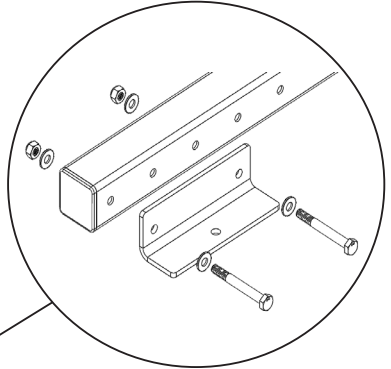
5

ATTACH 1 QTY FOOT PLATE (20-0412) USING BOLT ASSEMBLIES AS SHOWN. REPEAT ON OPPOSITE SIDE.

FOLLOW 4 STEP GUIDE BELOW FOR FLOOR MOUNTING.



BOLT ASSEMBLY
FOR EACH HOLE:
10.0008
10.0019 x2
10.0024

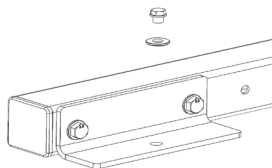


6

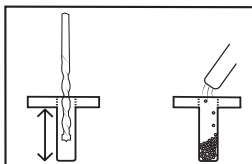
TIGHTEN ALL BOLT ASSEMBLIES TO 30NM.
ENSURE UPRIGHTS ARE PLUMB AND ALL SINGLE BARS ARE LEVEL.



FLOOR MOUNTING

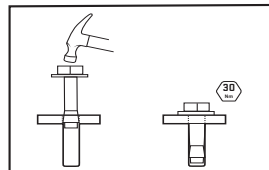


1. USING HAMMER DRILL, DRILL A 10MM WIDE HOLE, 90MM DEEP USING FOOT PLATE AS A GUIDE.
2. VACUUM OUT THE DUST.
3. HAMMER SLEEVE ANCHOR BOLT INTO THE HOLE.
4. TIGHTEN SLEEVE ANCHOR BOLT TO SPECIFIED TORQUE USING 13MM SPANNER.



DRILL HOLE
90MM

VACUUM

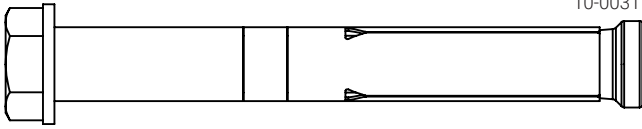


HAMMER IN BOLT

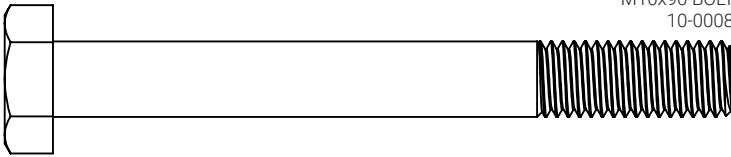
TIGHTEN

1:1 SCALE FASTENERS

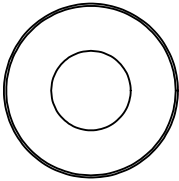
M10x80 SLEEVE ANCHOR
10-0031



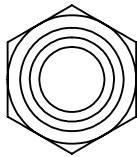
M10x90 BOLT
10-0008



M10 FLAT WASHER
10-0019



NYLOCK NUT
10-0024



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