BLK BOX
COMPACT SINGLE LEG SQUAT

21-0216
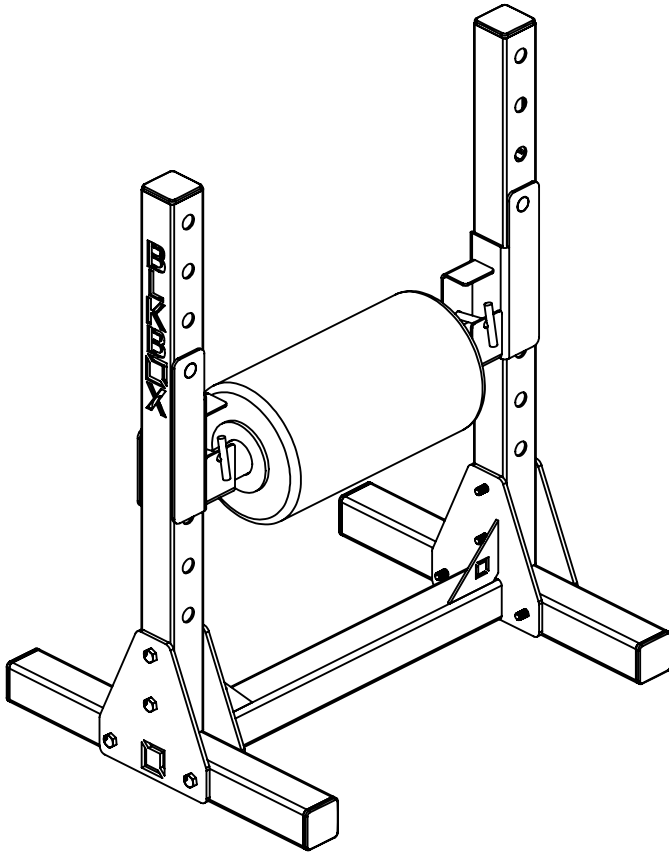
PRODUCT SPECIFICATION

OWNERS MANUAL & QUICK START GUIDE

PRODUCT WEIGHT	-	30kg
DIMENSIONS	-	885mm x 694mm x 550mm

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.

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.
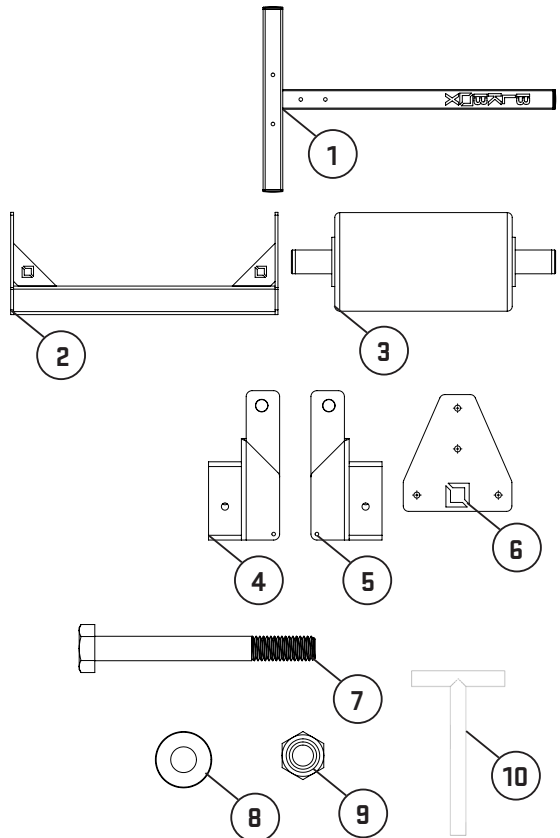
XX Nm

TOOLS REQUIRED

17MM SPANNER X2

PARTS & ATTACHMENTS

| No.	Name	SKU	QTY
1	SLS FRAME DNA60	21-0100	2
2	SLS COMPACT CM	21-0103	1
3	COMPACT SINGLE LEG SQUAT PAD	21-0105	1
4	SINGLE LEG SQUAT BRACKET LHS	21-0101	1
5	SINGLE LEG SQUAT BRACKET RHS	21-0102	1
6	SLS PLATE	20-0098	2
7	M10X90 BOLT	10-0008	8
8	M10 FLAT WASHER	10-0019	16
9	M10 NYLOCK NUT	10-0024	8
10	BAND PEG	21-0134	2

ASSEMBLY

1

BOLT 1QTY SLS COMPACT CM (21-0103) BETWEEN 2QTY SLS FRAME (21-0100) WITH 2QTY SLS PLATES (20-0098) ON THE OUTSIDE OF THE SLS FRAME USING THE BOLT ASSEMBLY BELOW.
ATTACH 1QTY SINGLE LEG SQUAT BRACKET LHS (21-0101) AND 1QTY SINGLE LEG SQUAT BRACKET RHS (21-0102) TO THE FRAME (21-0100)
PLACE 1QTY SQUAT PAD (21-0105) BETWEEN THE BRACKETS (21-0101/21-0102) AND SECURE WITH 2QTY BAND PEGS (21-0134)
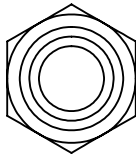TIGHTEN ALL BOLTS TO SPECIFIED TORQUE.

x8

SKU	QTY
10-0008	1
10-0019	2
10-0024	1

x8

30
Nm
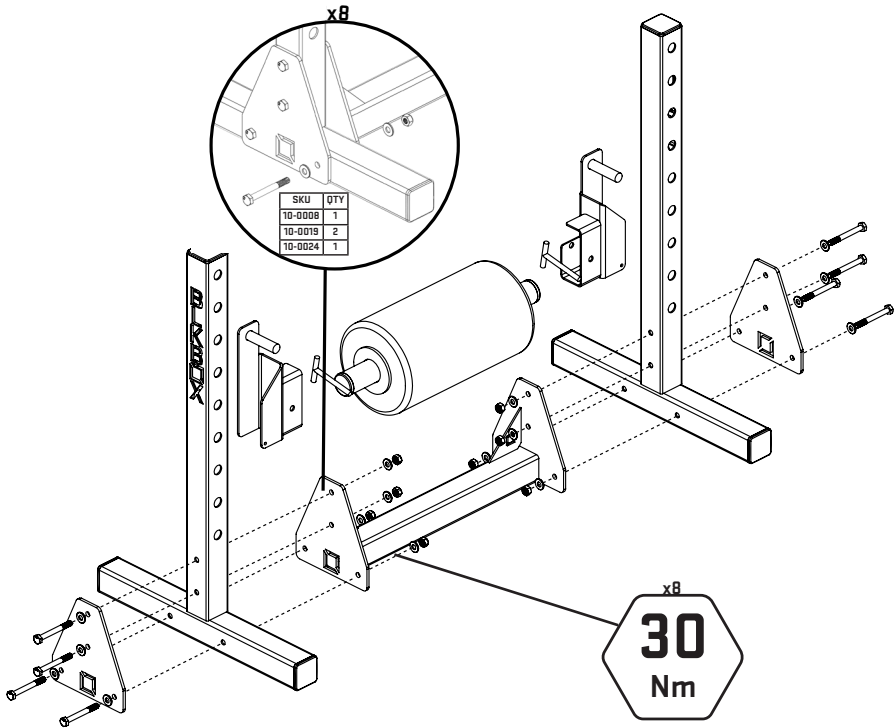
1:1 SCALE FASTENERS

M10x90 BOLT
10-0008
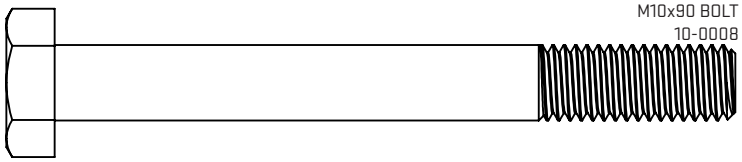
M10 FLAT WASHER
10-0019
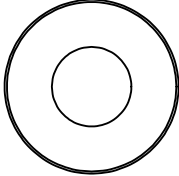
NYLOCK NUT
10-0024

FOR TERMS AND CONDITIONS VISIT OUR WEBSITE AT
www.blkboxfitness.com/pages/terms-conditions

GET IN TOUCH
TEL: 028 9045 4123
EMAIL: info@blkboxfitness.com

DISCOVER MORE AT:
www.blkboxfitness.com