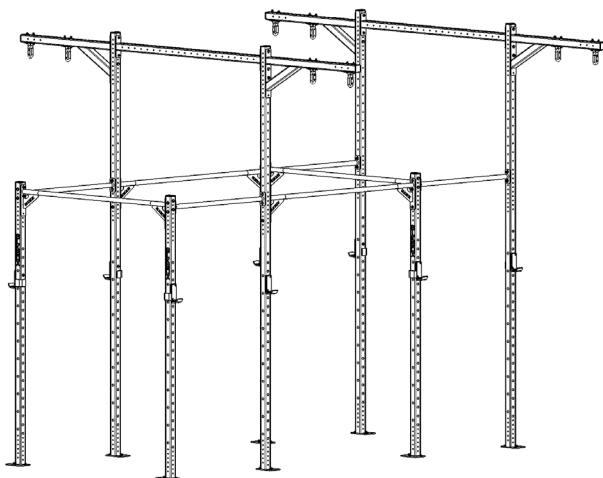


BLK BOX

GOLIATH FREE STANDING FUNCTIONAL RIG

4 BAY

21-0815



PRODUCT SPECIFICATION

PRODUCT WEIGHT	-	225kg
MAX USER WEIGHT	-	125kg
MAX USER	-	4
MAX TRAINING WEIGHT	-	300kg
DIMENSIONS	-	4260mm x 4020mm x 3614mm

OWNERS MANUAL & QUICK START GUIDE

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.

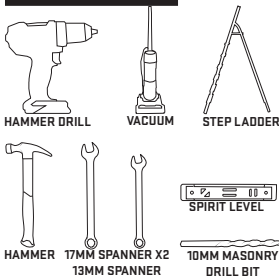
PLEASE BE AWARE OF THIS SYMBOL AS AN INDICATION TO CHECK THAT A PART IS LEVEL OR PLUMB.



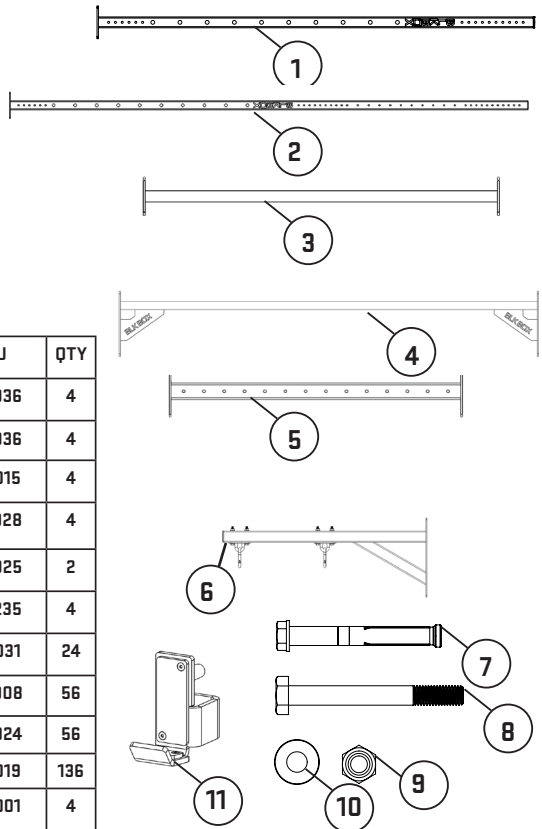
THIS SYMBOL IS AN INDICATION OF THE RECOMMENDED TORQUE EACH BOLT SHOULD BE TIGHTENED TO. THIS VALUE WILL BE DEPENDENT ON THE BOLT TYPE. PLEASE HAND TIGHTEN ALL BOLTS UNTIL YOU SEE THIS SYMBOL.



TOOLS REQUIRED



PARTS & ATTACHMENTS

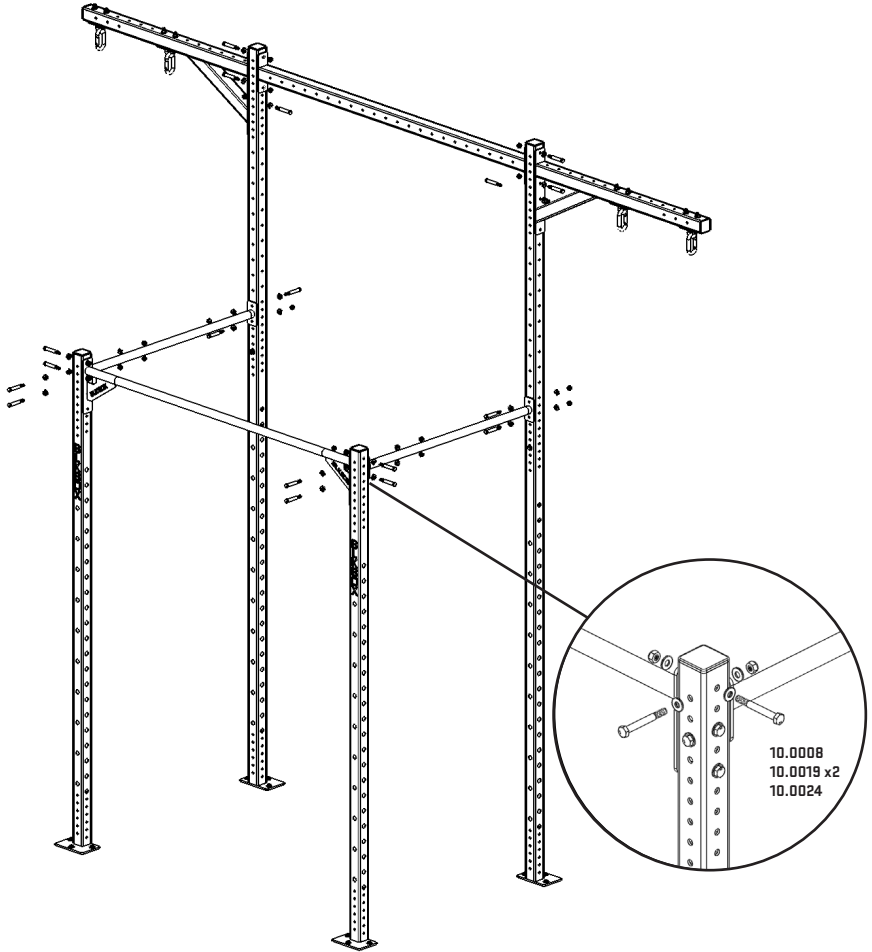


No.	Name	SKU	QTY
1	2.4 UPRIGHT DNA60 WITH FEET	21-0036	4
2	3.6 UPRIGHT DNA60 WITH FEET	21-0036	4
3	1.2 SINGLE BAR CM DNA60	21-0015	4
4	1.8 SINGLE BAR CM DNA60	21-0028	4
5	1.8 BOX CM DNA60	21-0025	2
6	1.2 GOLIATH ARM	21-0235	4
7	M10X80 SLEEVE ANCHOR	10-0031	24
8	M10X90 BOLT	10-0008	56
9	M10 NYLOCK NUT	10-0024	56
10	M10 FLAT WASHER	10-0019	136
11	J-HOOKS PAIR	16-0001	4

ASSEMBLY

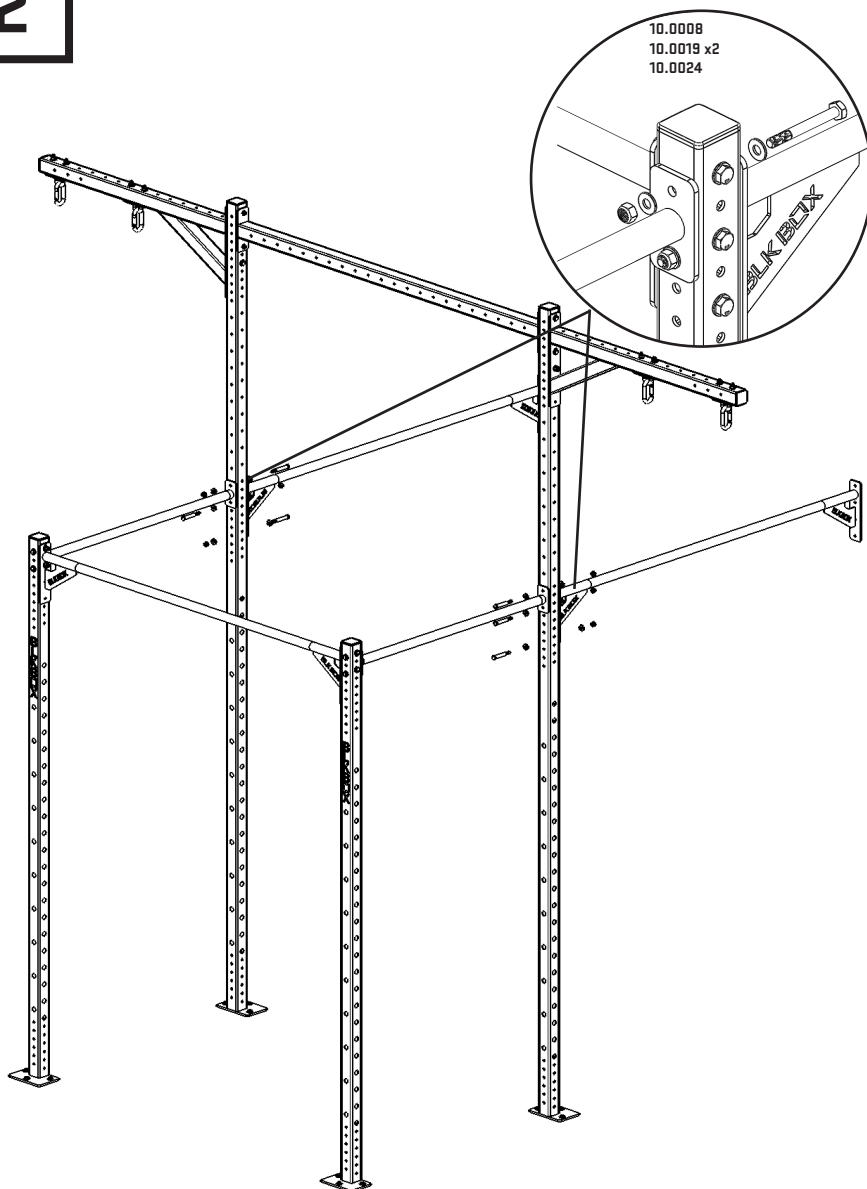
1

BOLT 1QTY 1.8 SINGLE BAR CM (21-0028) BETWEEN 2QTY 2.4 UPRIGHTS (21-0036), AND BOLT 2QTY 1.2 SINGLE BAR CM (21-0126) WITH BOLTS ASSEMBLY AS SHOWN. ENSURE LOGO ON UPRIGHTS ARE FACING OUTWARD AND ALL BOLTS FACING INWARDS. BOLT 1QTY 1.8 BOX CM (21-0025) AND 2QTY GOLIATH ARM (21-0235) TO 2QTY 3.6 UPRIGHT (21-0038). BOLT ASSEMBLY TO 2QTY 1.2 SINGLE BAR CM.



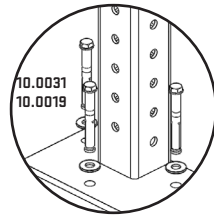
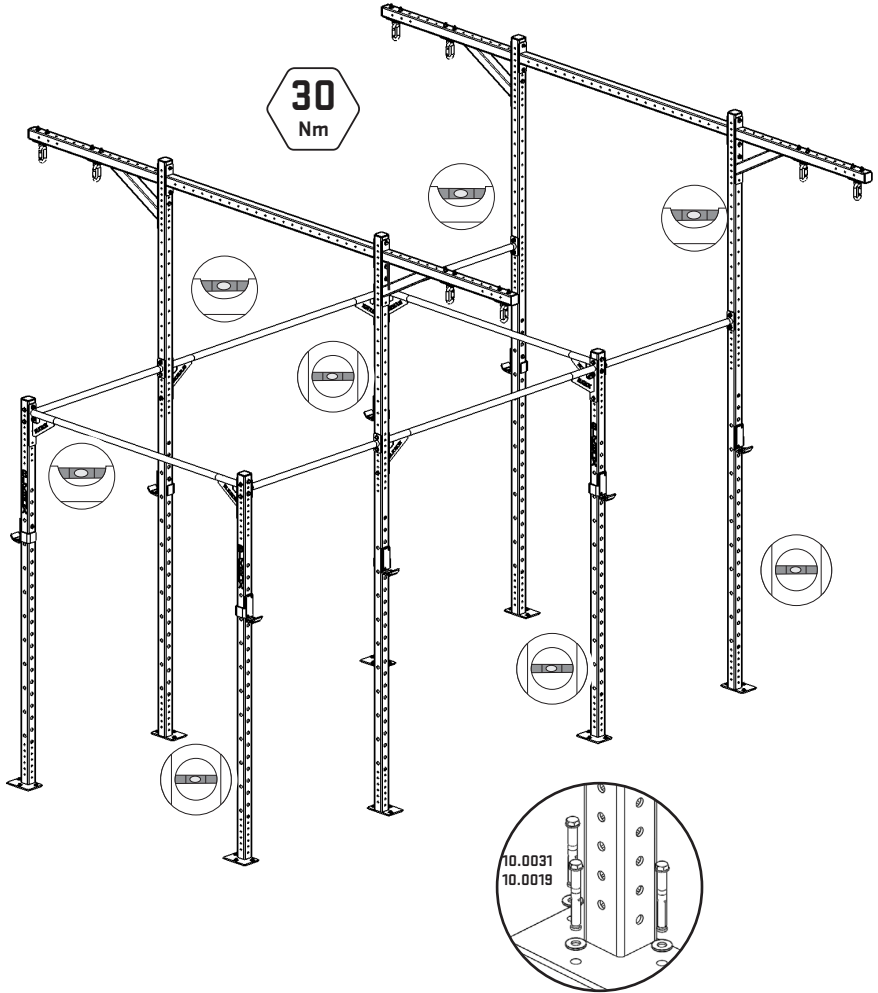
2

BOLT 2QTY 1.8 SINGLE BAR (21-0028) TO THE SIDE OF THE 3.6 UPRIGHT (21-0038) REUSING BOLT ASSEMBLY AS SHOWN. ENSURE THAT BOLTS ARE FACING INWARD.



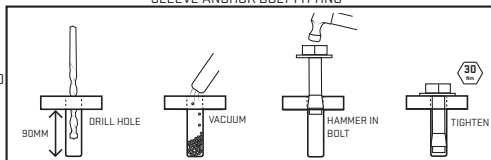
3

REPEAT STEP 1 FOR ADDITIONAL BAY, BOLT TO 2QTY 1.8 SINGLE BAR (21-0038) TIGHTEN ALL BOLT ASSEMBLIES TO 30Nm TORQUE. ENSURE UPRIGHTS ARE PLUMB. DRILL AND SECURE UPRIGHTS, AS SHOWN IN GUIDE.



SLEEVE ANCHOR BOLT FITTING

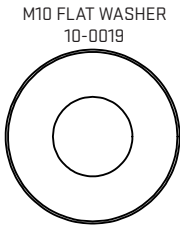
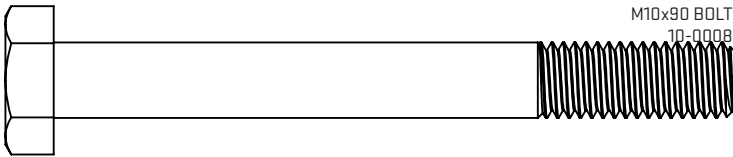
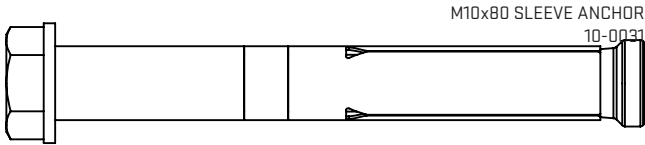
- DRILL 10MM HOLE, 90MM DEEP USING PLATE AS A GUIDE.
- VACUUM OUT THE DUST.
- HAMMER SLEEVE ANCHOR INTO THE HOLE.
- TIGHTEN SLEEVE ANCHOR TO SPECIFIED TORQUE USING 13MM SPANNER.



4

REPEAT FIRST THREE STEPS FOR ADDITIONAL BAYS.

1:1 SCALE FASTENERS



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