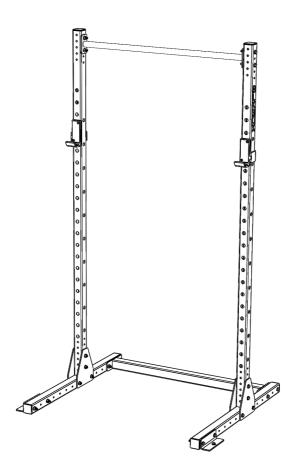
BLK BOX GOLIATH QUARTER RACK

21-0113-00



PRODUCT SPECIFICATION

	PRODUCT WEIGHT	-	55kg
	MAX USER WEIGHT	-	125kg
OWNERS MANUAL & QUICK START GUIDE	MAX USER	-	1
	MAX TRAINING WEIGHT	-	350kg
NOTE: PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING THIS PRODUCT.	DIMENSIONS	-	1112mm x 1320mm x 2266mm
	SAFE WORKING ZONE	-	2312mm x 2820mm x 3076mm

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





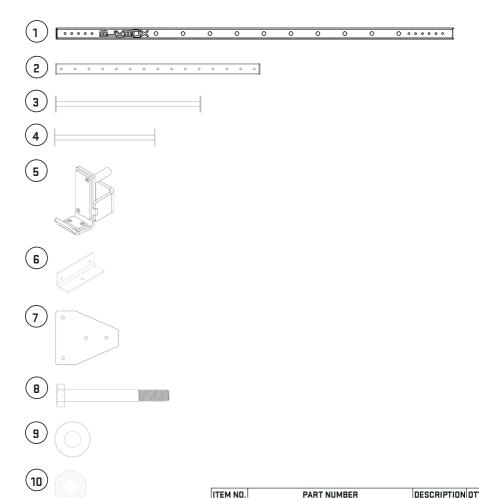




ACUUM 10MM MASONRY

M MASONRY 2x 17MM SPANNER

PARTS & ATTACHMENTS



	ITEM NO.	PART NUMBER	DESCRIPTION
	1	GOLIATH QUARTER RACK UPRIGHT - SA	21-0573-0A
	2	GOLIATH QUARTER RACK BASE FRAME - SA	21-0572-0A
(11)	3	1.2 SINGLE BAR CM DNA60	21-0015-0A
	4	GOLIATH QUATER RACK BACK CM - WA	21-0602-0A
	5	BASIC J HOOK WELDED WT HOLES	21-0695-0A
	6	GOLIATH QUARTER RACK FOOT PLATE	20-0412-0A
	7	GOLIATH BRACE PLATE	20-0472-0A
	8	M10X90 HEX HEAD BOLT	10-0008

9

10

11

BLK BUX #MADEINBELFAST

M10 WASHER

M10 NYLOCK NUT

M10 SLEEVE ANCHOR BOLT

DESCRIPTION QTY. 21-0573-0A

10-0019

10-0024

10-0031

2

2

1

1 2

4

20

42

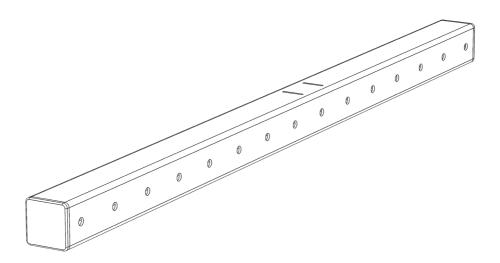
20

2

ASSEMBLY

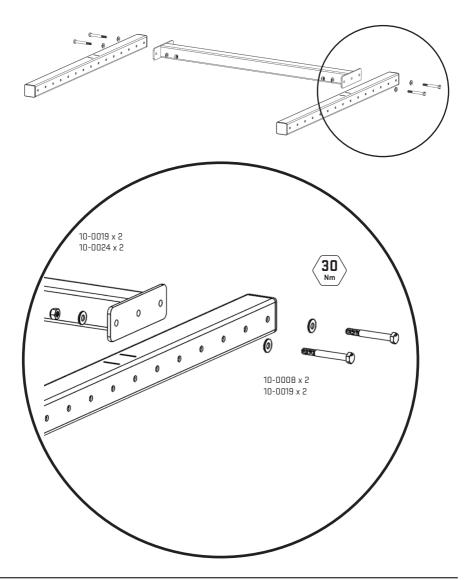


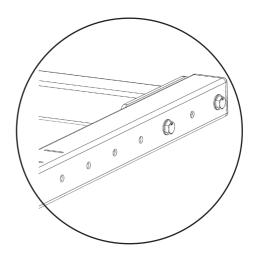
ARRANGE 20TY OF QUARTER RACK BASE FRAME (21-0572-0A) ON THE GROUND. ENSURE THEY ARE ORIENTATED SO THAT 2 SLOTS ARE VISIBLE ON TOP, AS SHOWN BELOW. NOT 4 SLOTS.

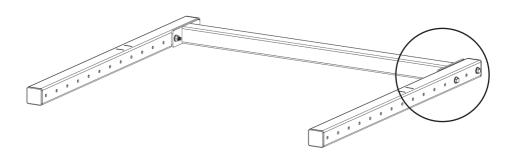


2

ASSEMBLE THE 2QTY BASE FRAMES (21-0572-0A) WITH THE BACK CM (21-0602-0A). FASTEN TOGETHER USING 2QTY M10X90 HEX HEAD BOLT (10-0008), 4QTY M10 WASHER (10-0019) AND 2QTY M10 NYLOC NUT (10-0024) PER SIDE.



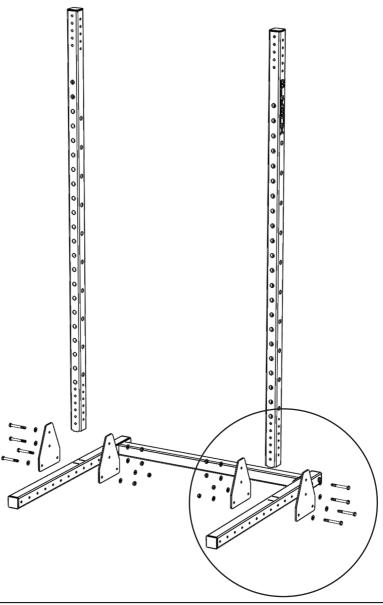


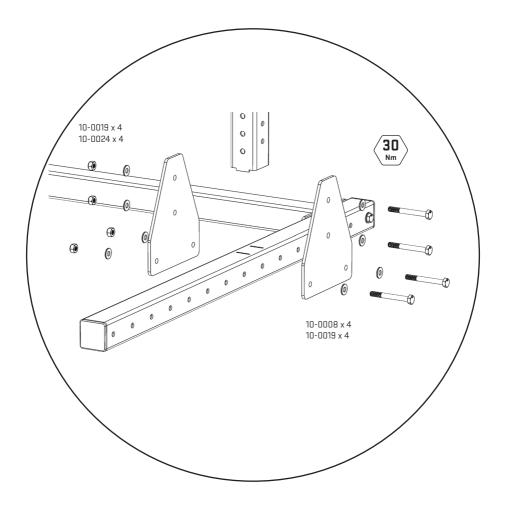


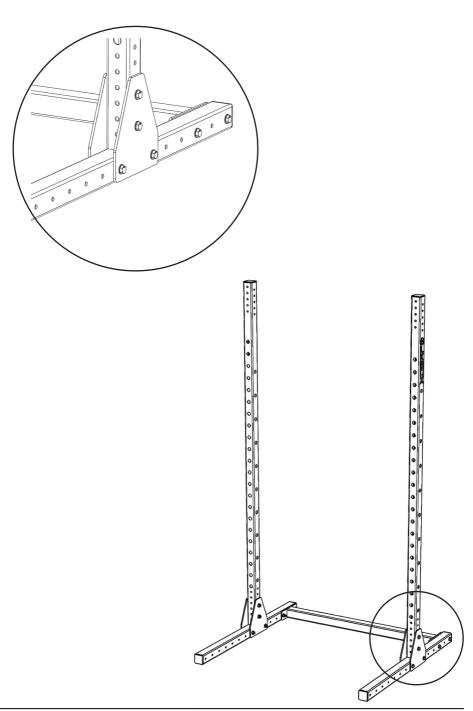
3

ASSEMBLE 20TY QUARTER RACK UPRIGHT (21-0573-0A). ENSURE THE TABS ON THE UPRIGHTS ALIGN WITH THE SLOTS ON THE BASE FRAMES (21-0572-0A). ALSO ENSURE THAT THE BLK BOX LOGO IS FACING OUTWARD FROM THE RACK.

FASTEN TOGETHER USING 40TY GOLIATH BRACE PLATE (20-0472-0A), 80TY M10X90 HEX HEAD BOLT (10-0008), 160TY M10 WASHER (10-0019), AND 80TY M10 NYLOC NUT (10-0024).

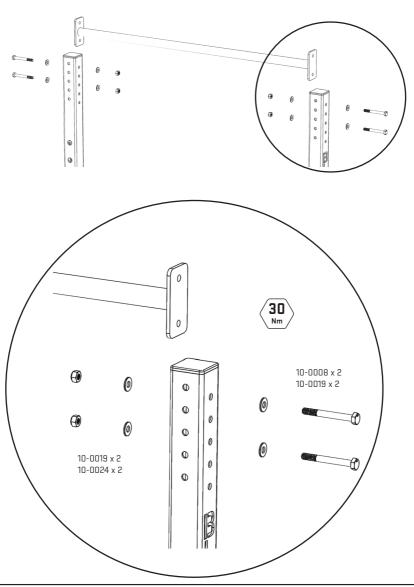


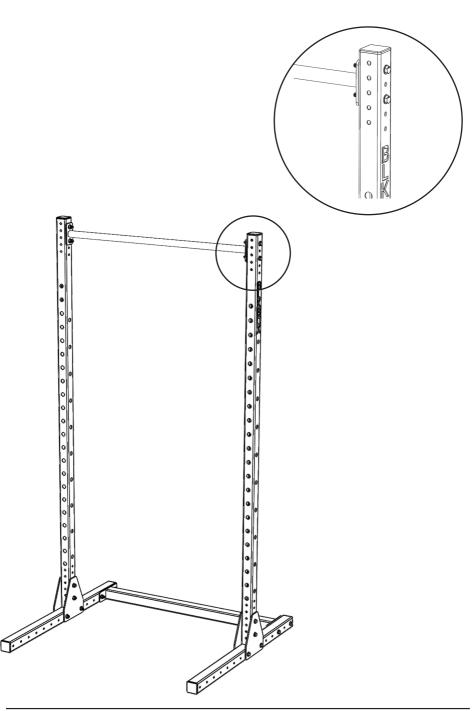






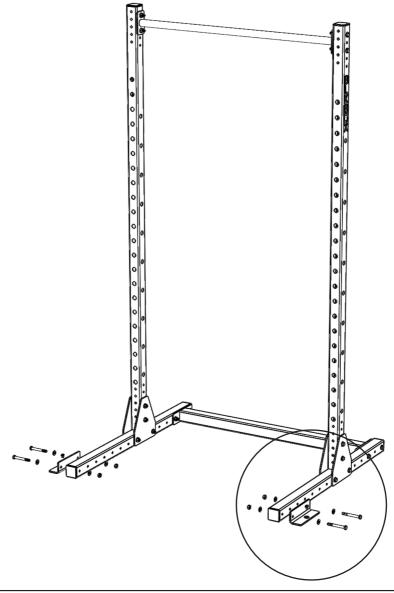
FASTEN 10TY TO 1.2 SINGLE BAR (21-0015-0A) TO THE 20TY UPRIGHTS USING 40TY M10X90 HEX HEAD BOLT, BOTY M10 WASHER, AND 40TY M10 NYLOC NUT.



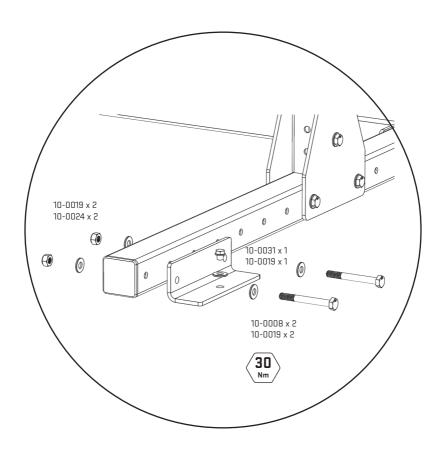




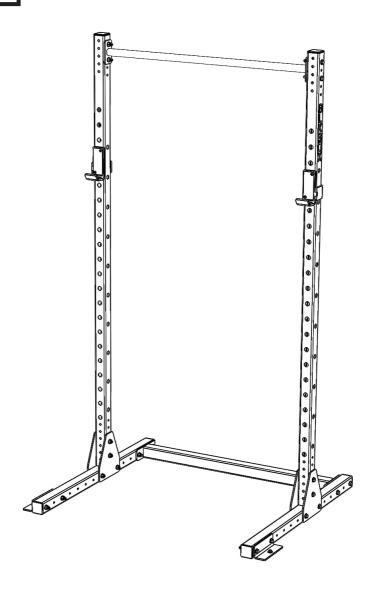
FINALLY, ASSEMBLE THE 2QTY FOOT PLATE $\{20\text{-}0142\text{-}04\}$ ONTOT THE BASE FRAME. FASTEN THE PLATES ONTO THE FRAME USING 4QTY M10X90HEX HEAD BOLT, 8QTY M10 WASHER, AND 4QTY M10 NYLOC NUT.



THE QUARTER RACK CAN ALSO BE BOLTED TO THE FLOOR. TO DO SO DRILL 10MM HOLES 90MM DEEP INTO THE FLOORING AND FASTEN EACH PLATE 10TY USING M10 SLEEVE ANCHOR BOLT (10-0031) AND 10TY M10 WASHER.







1:1 SCALE FASTENERS





M10 SLEEVE ANCHOR BOLT 10-0031

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

THIS IS A BLANK PAGE