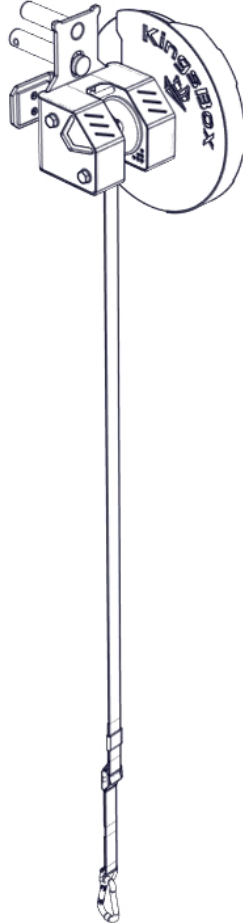


Mighty / Royal Flywheel

(KB05MI-100 / KB05RI-107)



Manufacturer:
Kingsbox d.o.o.
Bazoviška 7a, 6210 Sežana
Slovenia

Customer service:

Write us on info@kingsbox.com or send us a message through our website at www.kingsbox.com/help

Usage class:

Indoor use - Studio (S)

Designed in compliance with:

ISO 20957

Gym owner shall provide the user with all the warnings and instructions. The training equipment shall only be used in areas where access, supervision and control is specifically regulated by the owner.

For training equipment designed with stacked weights - person exercising should face the training equipment at all times during the exercise to prevent danger to a third party.

Warnings:

- Freestanding equipment shall be installed on a stable and levelled base
- All equipment designed with anchoring/attachement holes (e.g. rigs, racks, equipment and accessories for racks, storage pins/shelves, etc.) should be securely screwed to the fixed ground/wall/structure through all the designated fixing holes and with appropriate sized screws.
- Injuries to health may result from incorrect or excessive training
- Keep unsupervised children away from the equipment

Maximum training mass ⁽¹⁾: 120 kg of equivalent pulling force

⁽¹⁾ Training mass - achieved through different means of resistance (weight plates, stacked weights, dumbbells, elastic cords, etc.), excluding user's bodyweight.

WARNING!

Equipment installed on the rigs and racks:

The structure (rig/rack) onto which the equipment is attached **MUST** be securely anchored into the ground, otherwise a high risk of structure overturning exists.

Failure to do so presents a high risk of injuries that could eventually lead to death of the people exercising or present near the equipment.

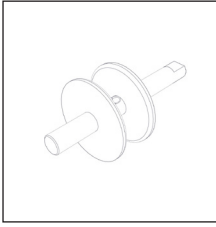
The fixing bolts for wall and / or floor are not included in the package, since different types of anchor bolts must be used for different wall / floor types.

WARNING!

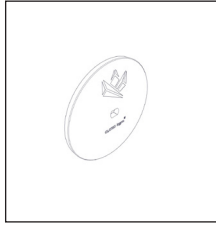
Equipment installed on the wall:

The equipment **MUST** be securely anchored to an appropriate wall (stable concrete wall in good condition) to avoid any failure of the equipment during exercise (such as equipment dettaching from the wall, wall damage, wall collapse etc.).

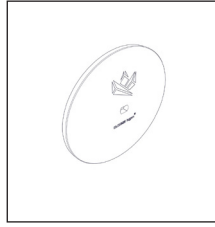
Assembly elements:



Position 1
SHAFT (1x)



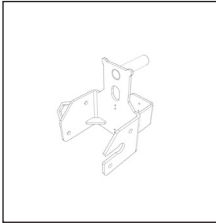
Position 2
FLYWHEEL 0,010 kgm2 (1x)



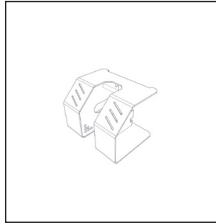
Position 3
FLYWHEEL 0,025 kgm2 (1x)



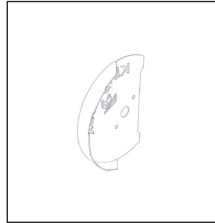
Position 4
FLYWHEEL 0,050 kgm2 (1x)



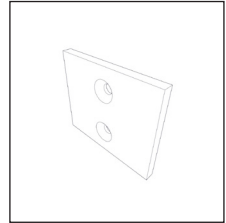
Position 5
MAIN PLATE (1x)



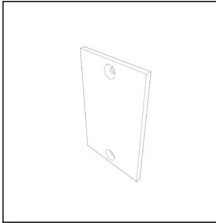
Position 6
HOUSING (1x)



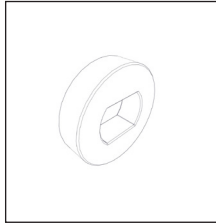
Position 7
Protection Cover (1x)



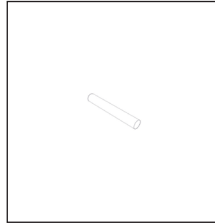
Position 8
PLASTIC 1 (1X)



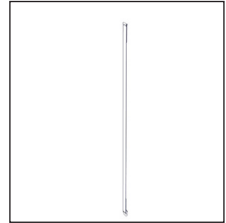
Position 9
PLASTIC 2 (1X)



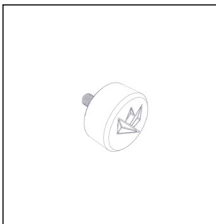
Position 10
SPACER (1X)



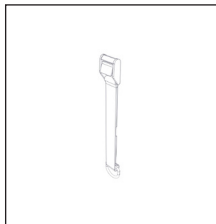
Position 11
NAME



Position 12
NAME



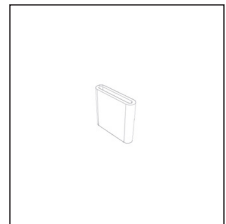
Position 13
NAME



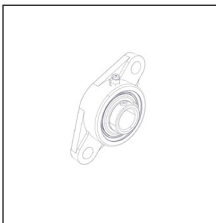
Position 14
NAME



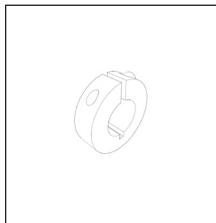
Position 15
NAME



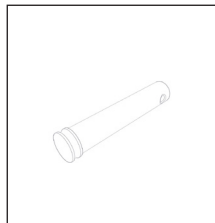
Position 16
NAME



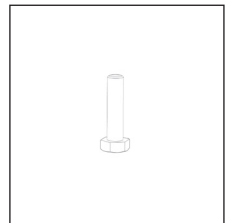
Position 17
NAME



Position 18
NAME

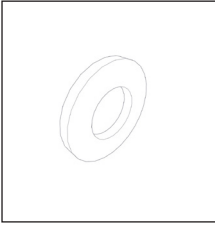


Position 19
NAME

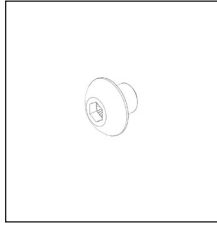


Position 20
NAME

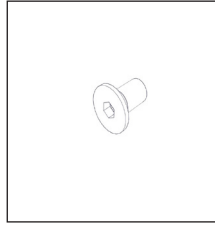
Assembly elements:



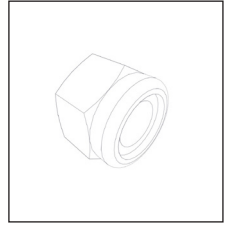
Position 21
NAME



Position 22
NAME

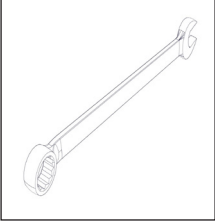


Position 23
NAME



Position 24
NAME

Tools needed:



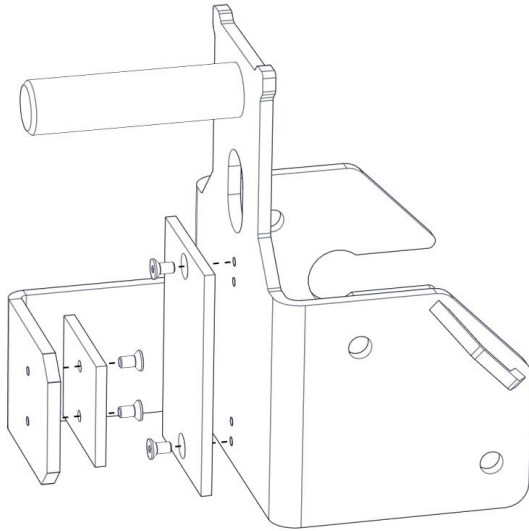
Wrench 17
2x



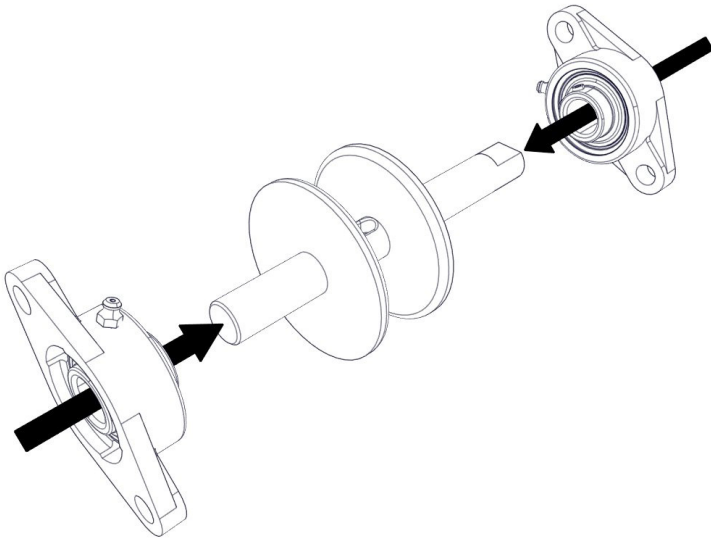
Allen Key 3mm
1x

Assembly instruction:

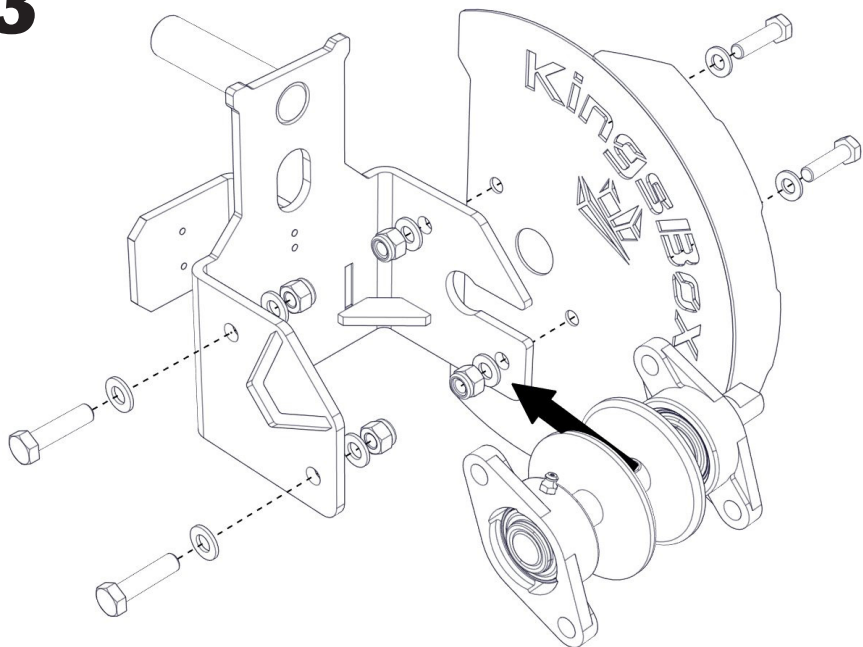
1



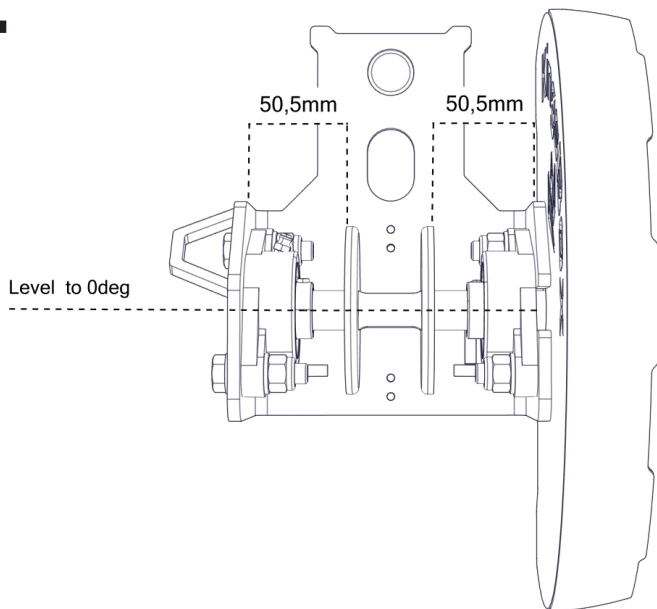
2



3

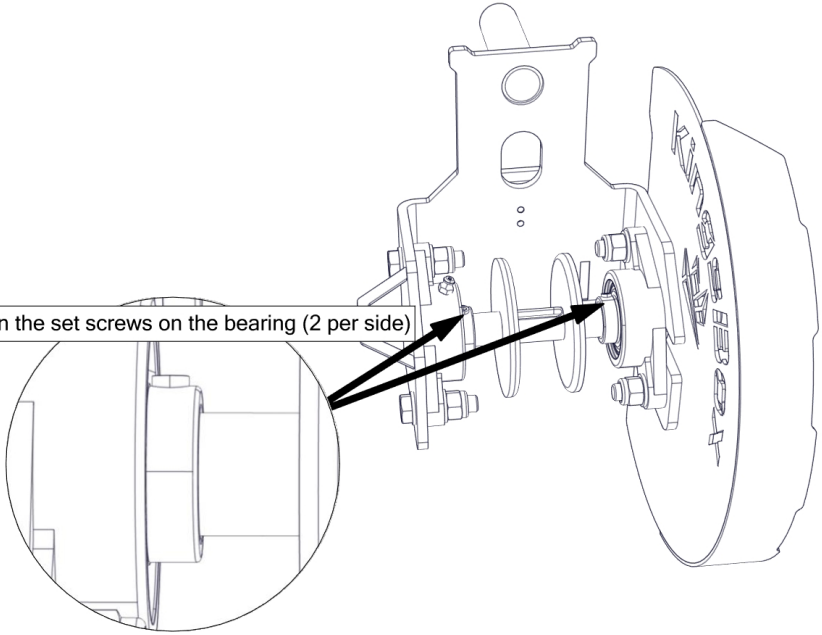


4

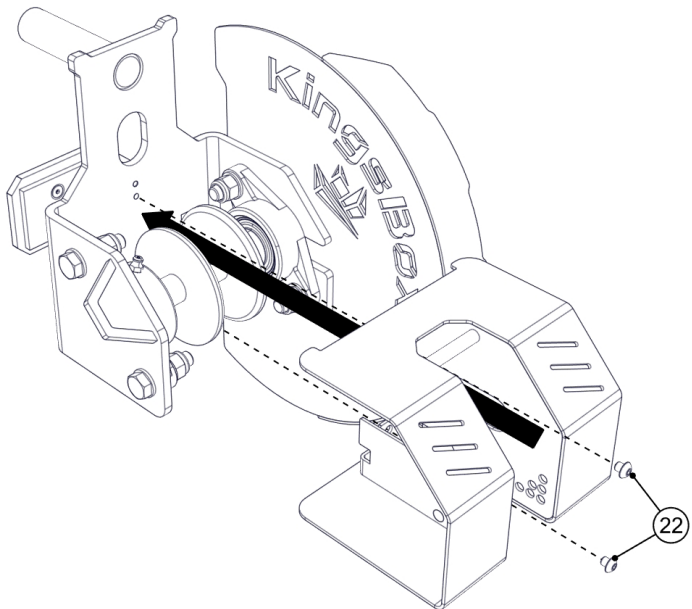


5

Tighten the set screws on the bearing (2 per side)

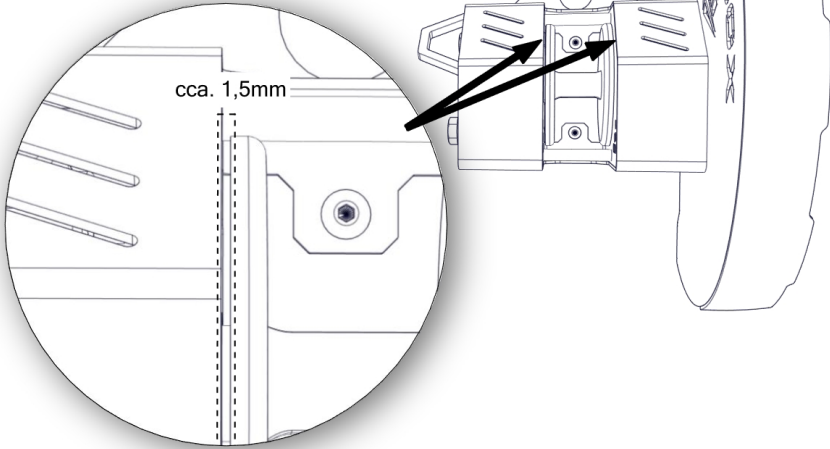


6

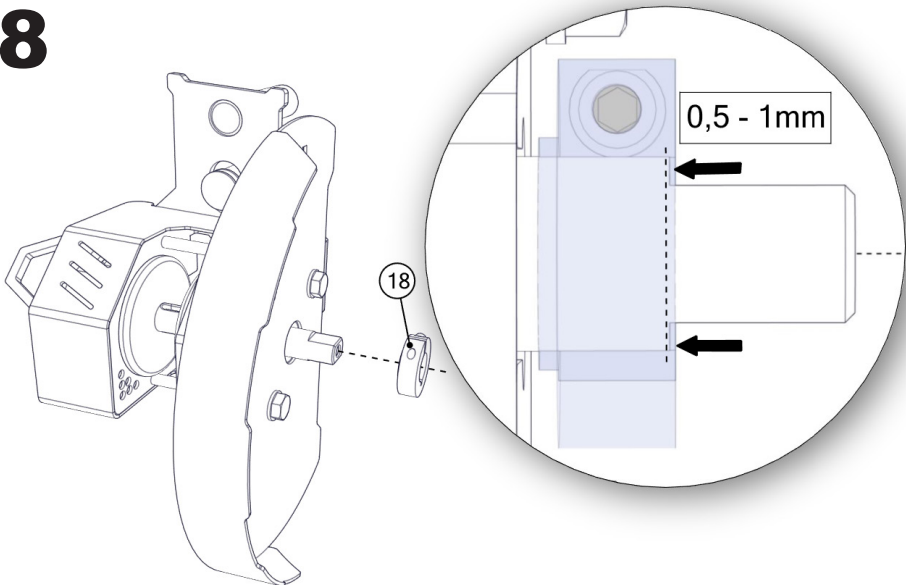


7

1. Check clearance between the shaft and the housing. It should be equal (1-2mm) on each side.
2. If adjustment is needed, repeat steps 4 & 5 & 6.

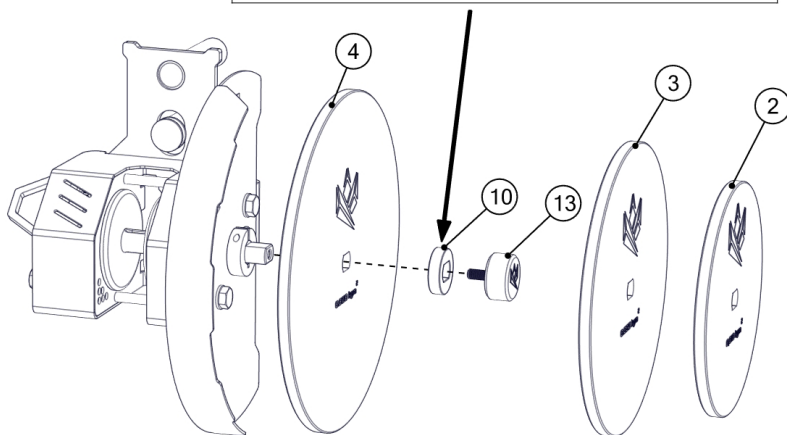


8



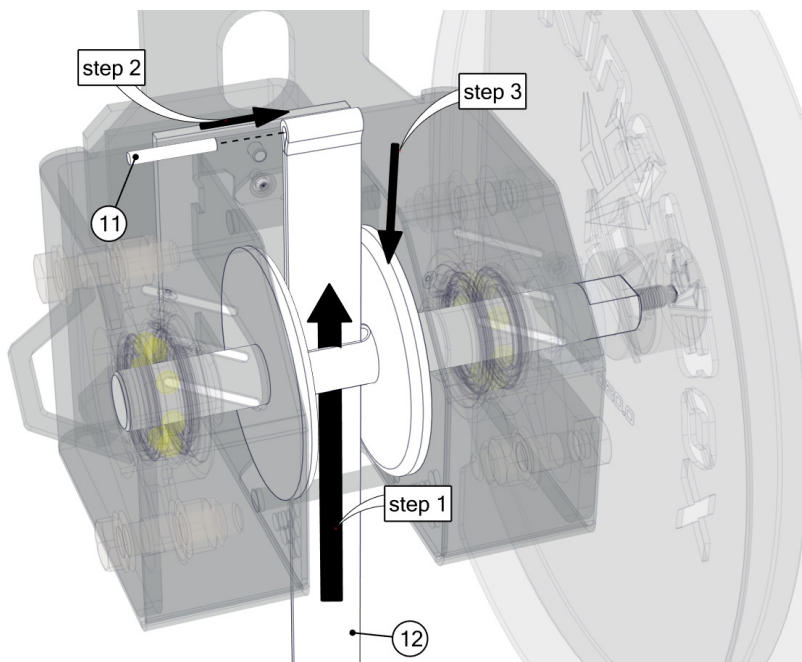
9

When only 1 flywheel disc is installed, place a spacer (pos. 10) between the disc and the retaining screw (pos. 13).

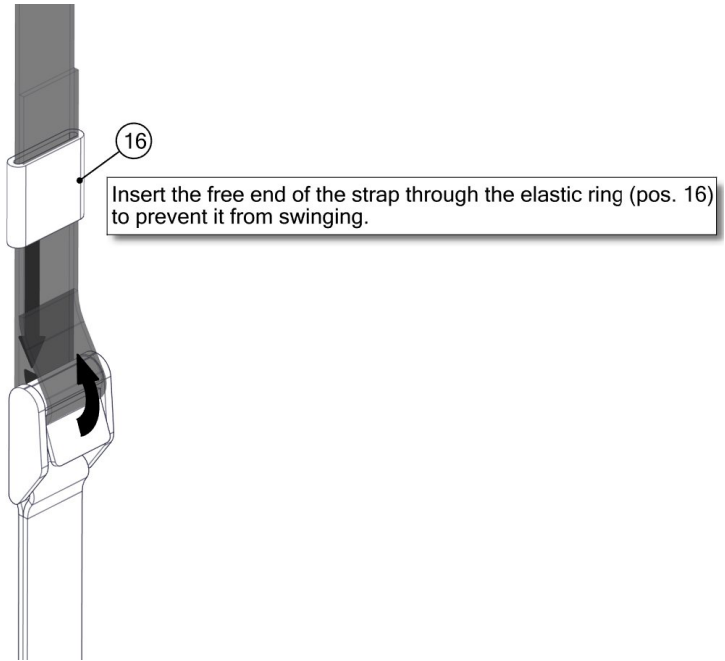


Max. 2 discs installed at once - use different combinations of discs to achieve different pulling resistance at the handle. Bigger wheel = bigger resistance.

10

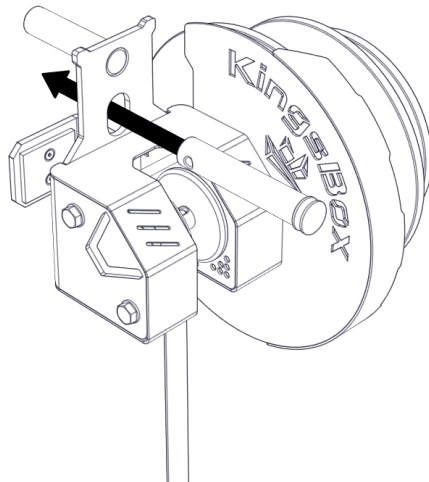


11

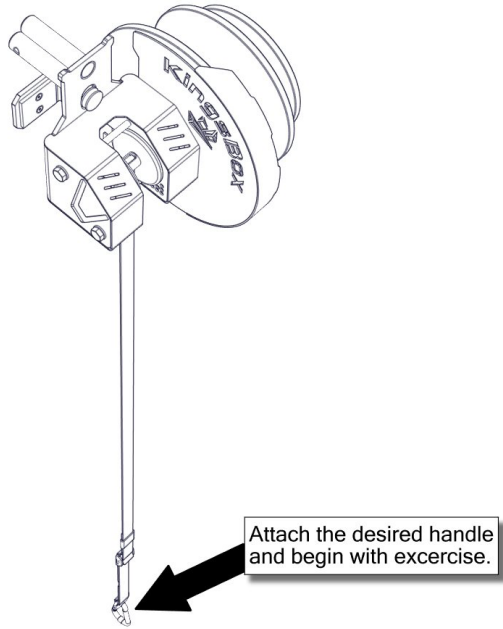


12

Always install the securing pin before exercising!



13

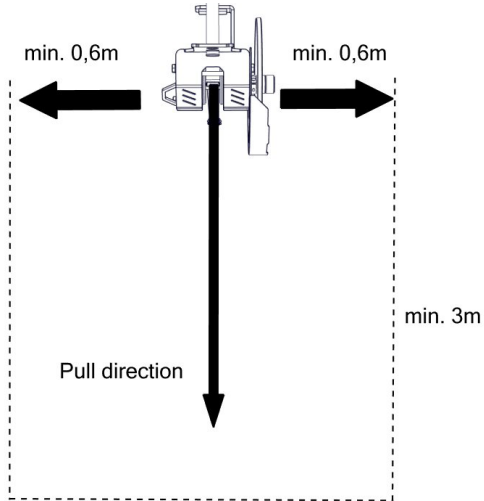


Maintenance and warnings:

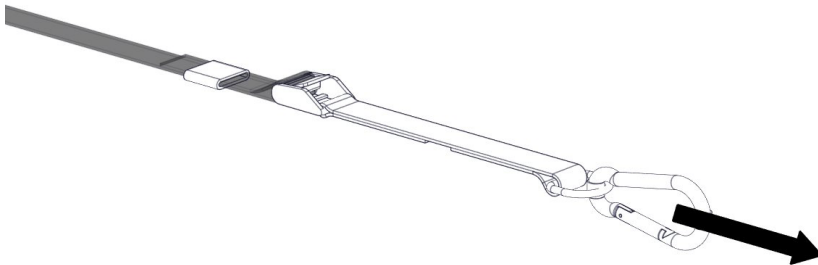
- Check the belt for any damage regularly and replace it if worn. Do not exercise with a damaged belt!
- Check the safety screw that prevents the flywheel from coming off the axle after every set of exercise and retighten it if needed.
- Flywheel discs can spin very fast and can present danger to people around - always face the machine when performing exercise to prevent other people from approaching the machine too close.

Instructions for use:

Free area around the training equipment should be $>0,6\text{m}$ than the training area in the direction from which the equipment is accessed.



Max. loading/ training mass:



Max. load - should not exceed the equivalent of 120 kg