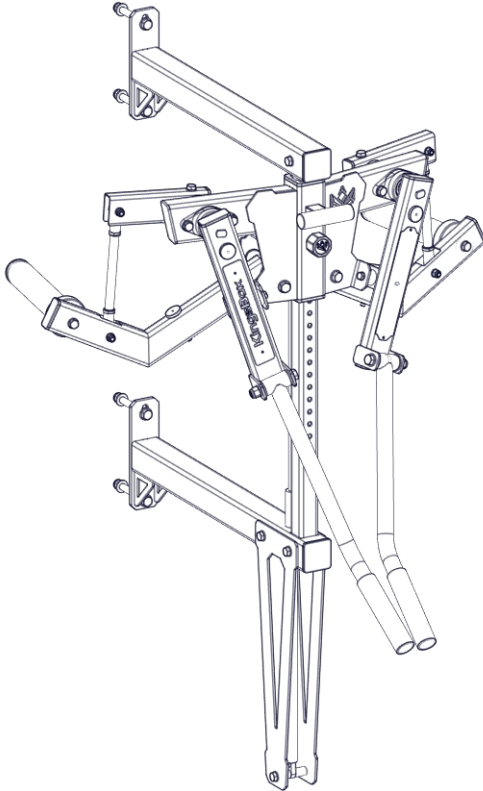


Mighty Oliphant (Lateral Raise)

(KBOSMI-136)



Manufacturer:

Kingsbox d.o.o.
Partizanska 129, 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:

Studio (S)

Designed in compliance with:

ISO 20957

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

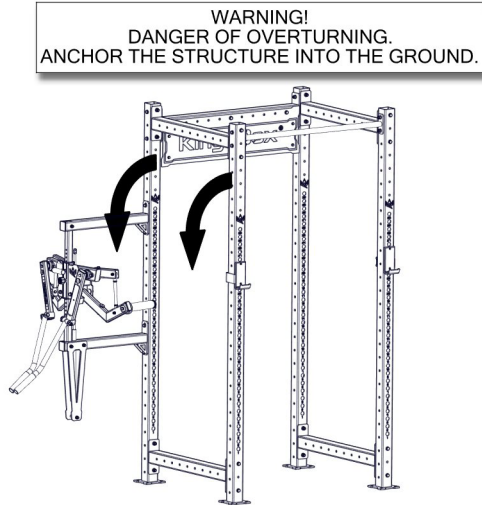
Maximum training mass ⁽¹⁾: 25 kg/sleeve

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

WARNING!

a) Mighty Oliphant (Lateral Raise) - *Rig installation:*

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



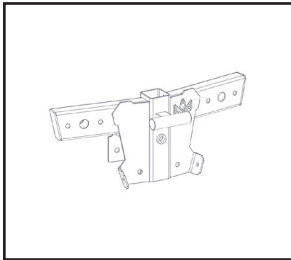
a) Mighty Oliphant (Lateral Raise) - *Wall installation:*

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 detaching from the wall, wall damage, wall overturning etc.).

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

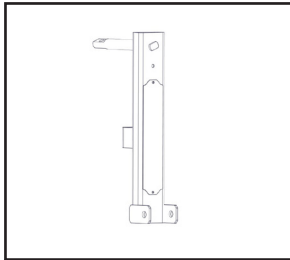
The fixing bolts for wall and / or floor are not included in the pack-age, since different types of anchor bolts must be used for different wall / floor types.

Assembly elements:



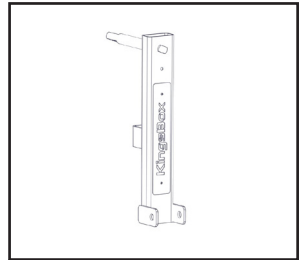
Position 1

**Height Adj. Trolley
(1x)**



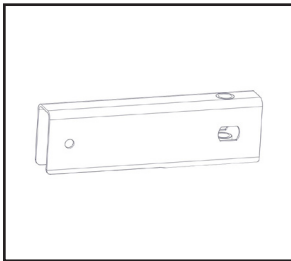
Position 2

Front Arm RH (1x)



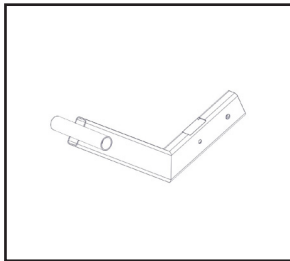
Position 3

Front Arm LH (1x)



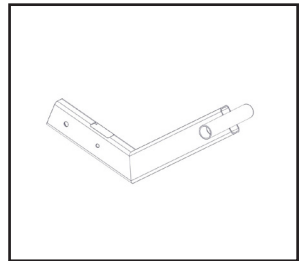
Position 4

Pull Arm (2x)



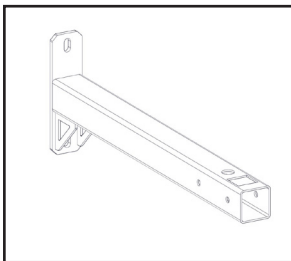
Position 5

Weight Arm RH (1x)



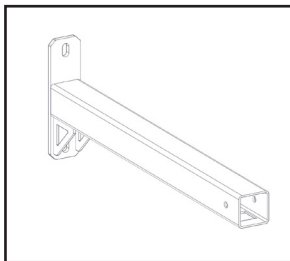
Position 6

Weight Arm LH (1x)



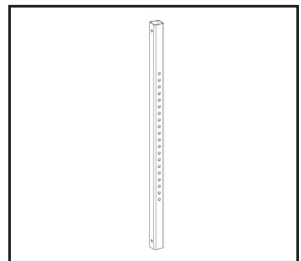
Position 7

Arm Bottom (1x)



Position 8

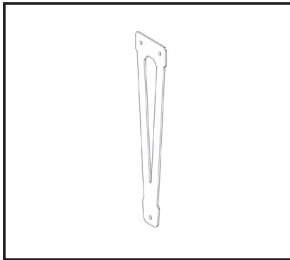
Arm Top (1x)



Position 9

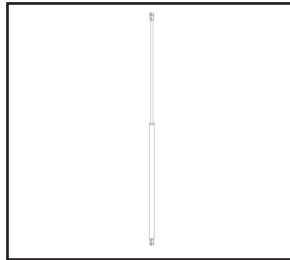
Adj. Column (1x)

Assembly elements:



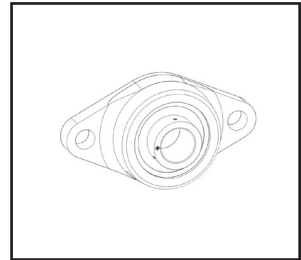
Position 10

Side plate (2x)



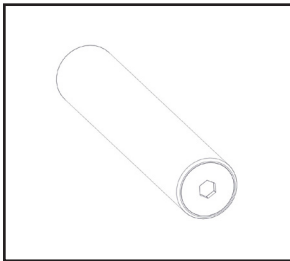
Position 11

Gas spring (1x)



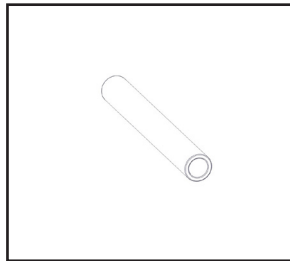
Position 12

**Bearing PCJT 20
(4x)**



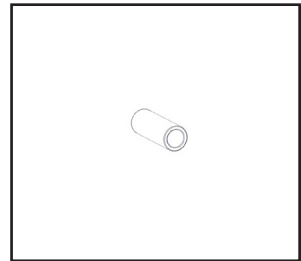
Position 13

**Weight Sleeve fi50
(2x)**



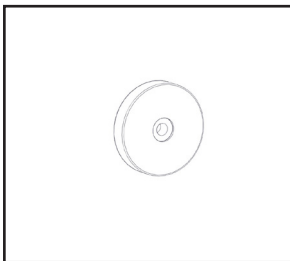
Position 14

**Distance Sleeve
fi20x170 (2x)**



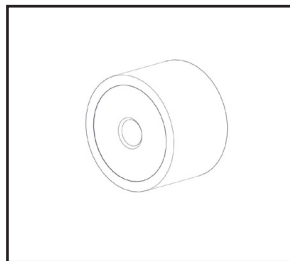
Position 15

**Distance sleeve
fi20x60 (2x)**



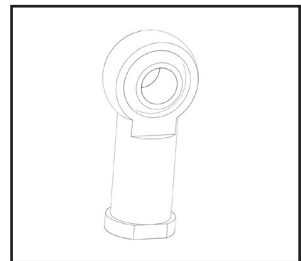
Position 16

Rubber Magnet (4x)



Position 17

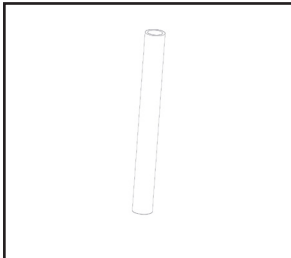
Rubber Buffer (2x)



Position 18

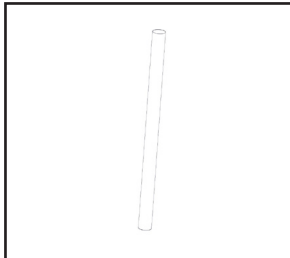
**Eye Bearing M12
(4x)**

Assembly elements:



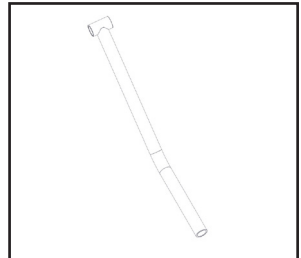
Position 19

**Distance Sleeve
fi16x150 (2x)**



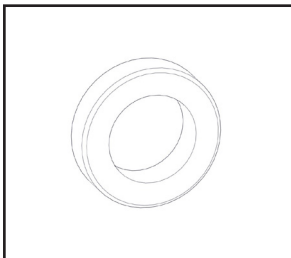
Position 20

**Thread Rod M12
(2x)**



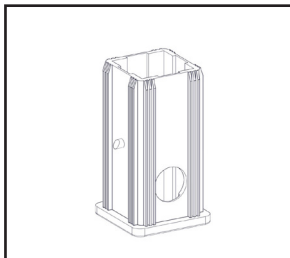
Position 21

Handle (2x)



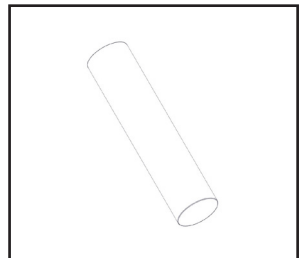
Position 22

**Spacer fi48 Rubbery
(2x)**



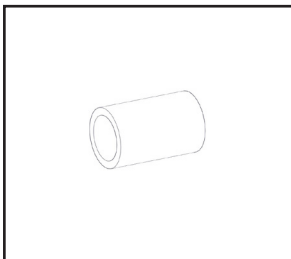
Position 23

Resize Plastic (2x)



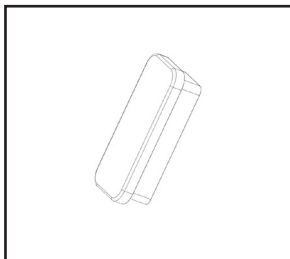
Position 24

Rubber Handle (2x)



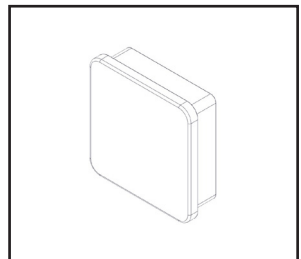
Position 25

Spacer fi16 (2x)



Position 26

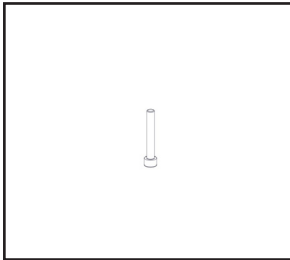
Plug 60x30 (8x)



Position 27

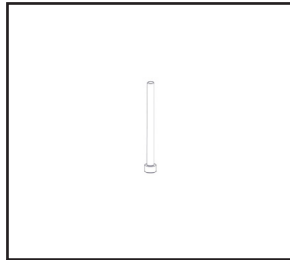
Plug 60x60 (2x)

Assembly elements:



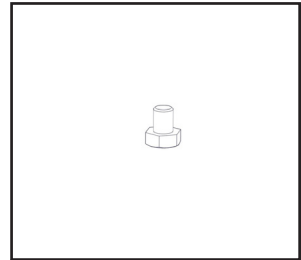
Position 28

M5x35 (2x)



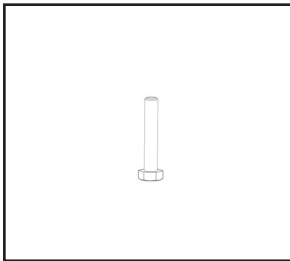
Position 29

M5x65 (2x)



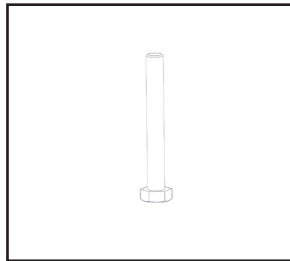
Position 30

M8x10 (2x)



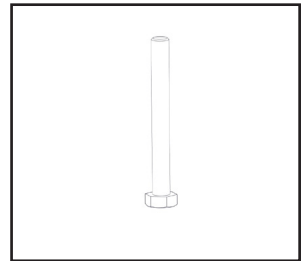
Position 31

M8x45 (4x)



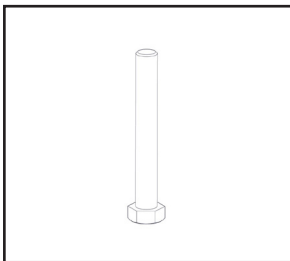
Position 32

M10x80 (7x)



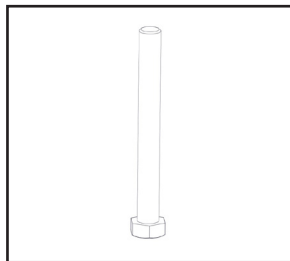
Position 33

M10x90 (3x)



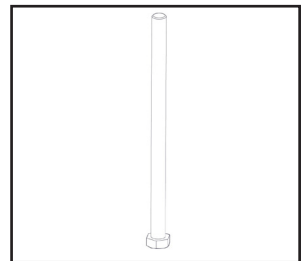
Position 34

M12x90 (2x)



Position 35

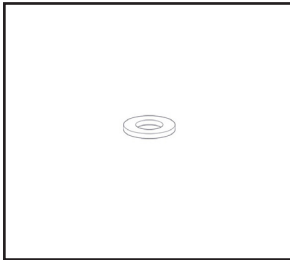
M12x110 (4x)



Position 36

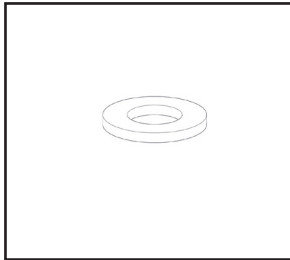
M12x200 (2x)

Assembly elements:



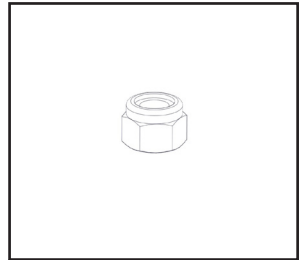
Position 37

M5 Washer (4x)



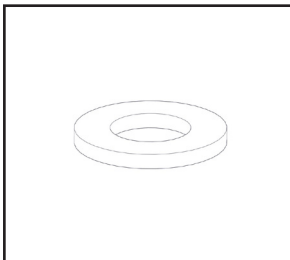
Position 38

M8 Washer (12x)



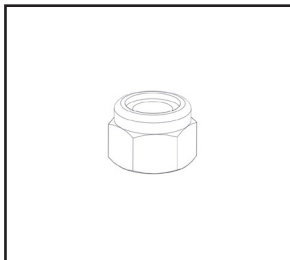
Position 39

M8 Nut (6x)



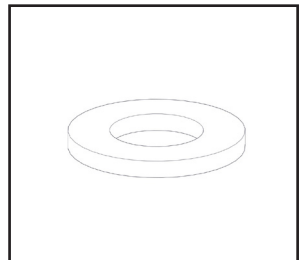
Position 40

M10 Washer (18x)



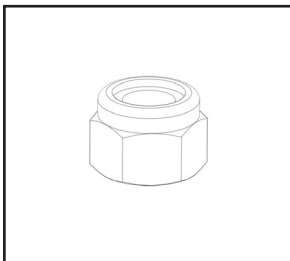
Position 41

M10 Nut (10x)



Position 42

M12 Washer (16x)



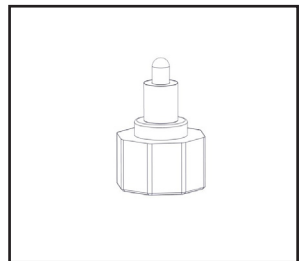
Position 43

M12 Nut (8x)



Position 44

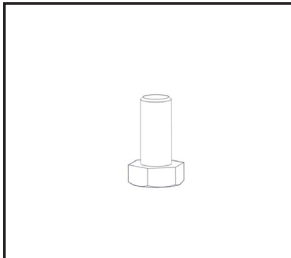
Plug fi50 (2x)



Position 45

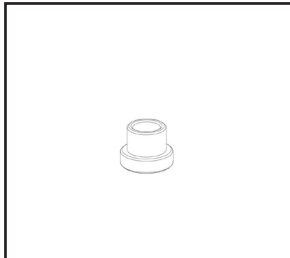
Position Pin (1x)

Assembly elements:



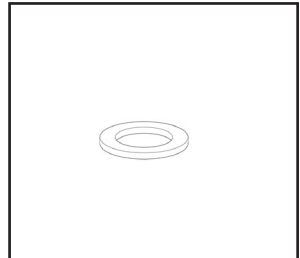
Position 46

M10x30 (2x)



Position 47

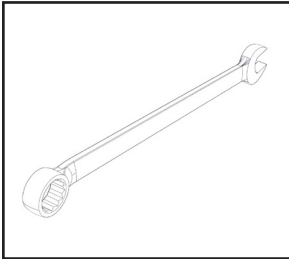
**Distance Bushing
(8x)**



Position 48

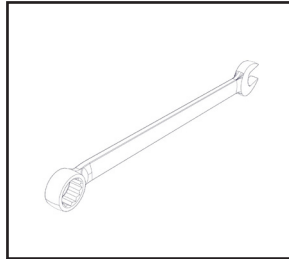
**Copper Washer
fi20x1,5 (4x)**

Tools needed:



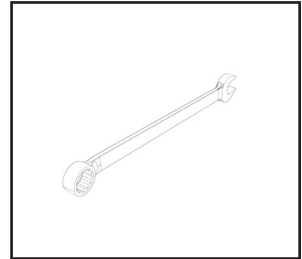
Wrench 19

2X



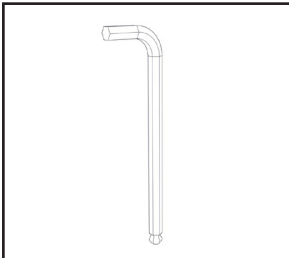
Wrench 17

2x



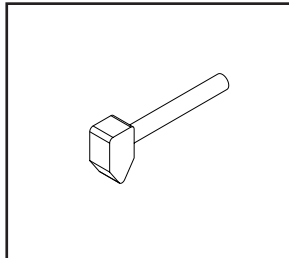
Wrench 13

2x



Allen Key 3

1x

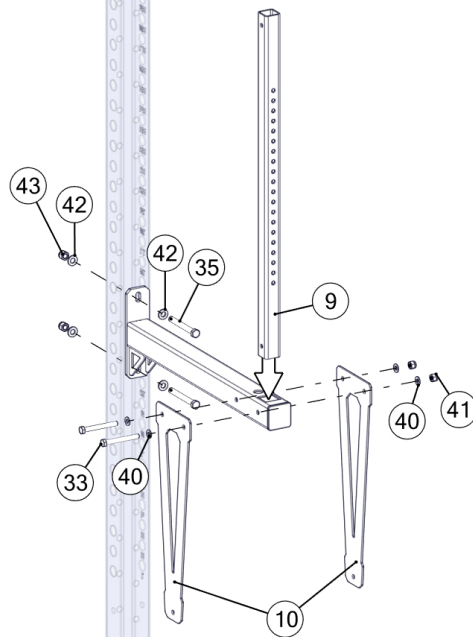


Plastic Hammer

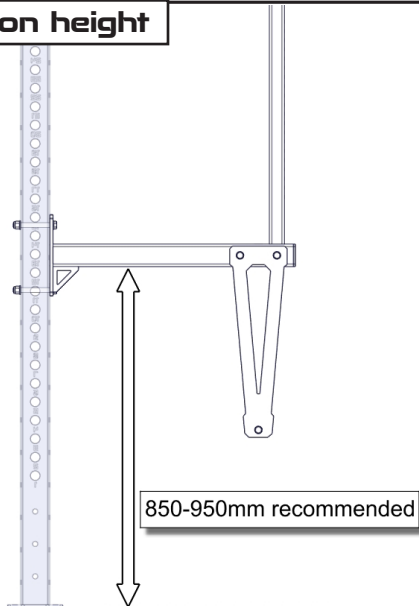
2x

Assembly instruction:

STEP: 1

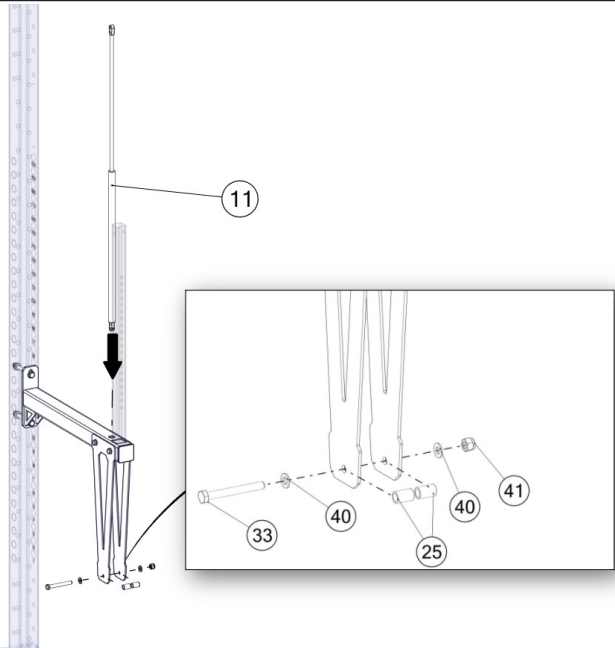


STEP: 2 - installation height

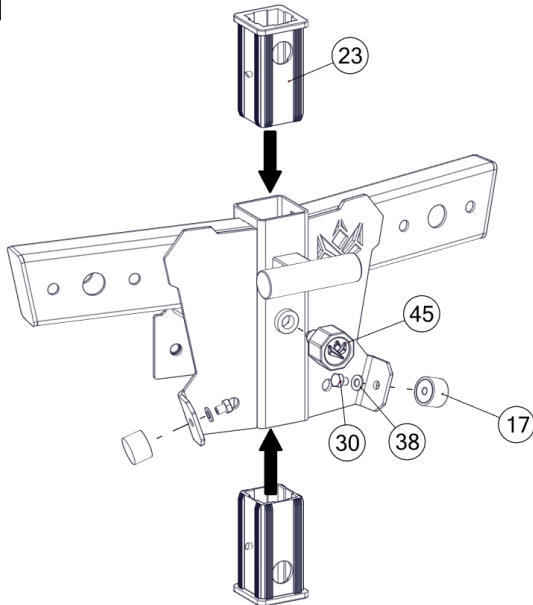


Assembly instruction:

STEP: 3

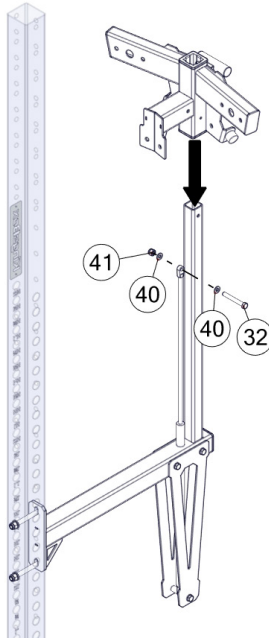


STEP: 4

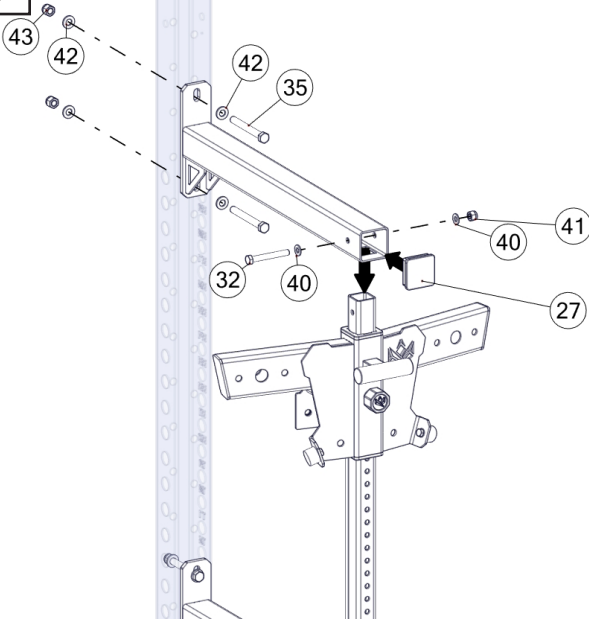


Assembly instruction:

STEP: 5

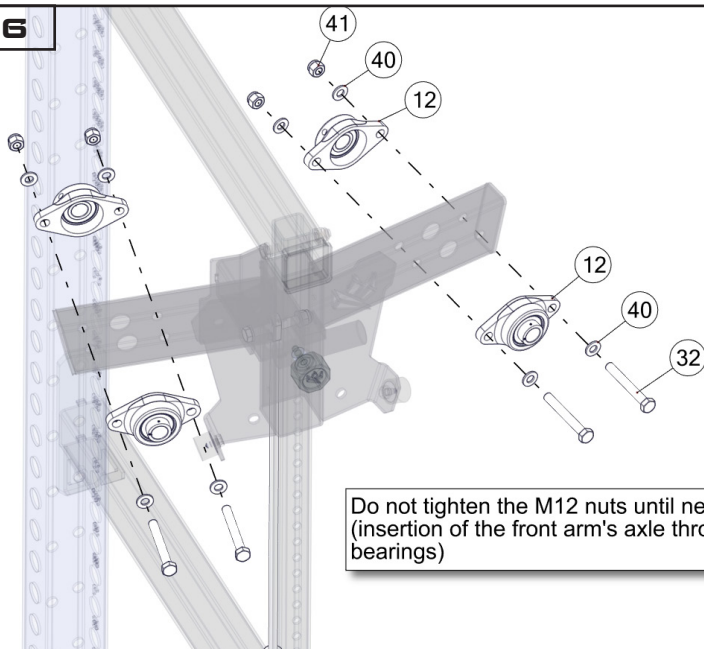


STEP: 6



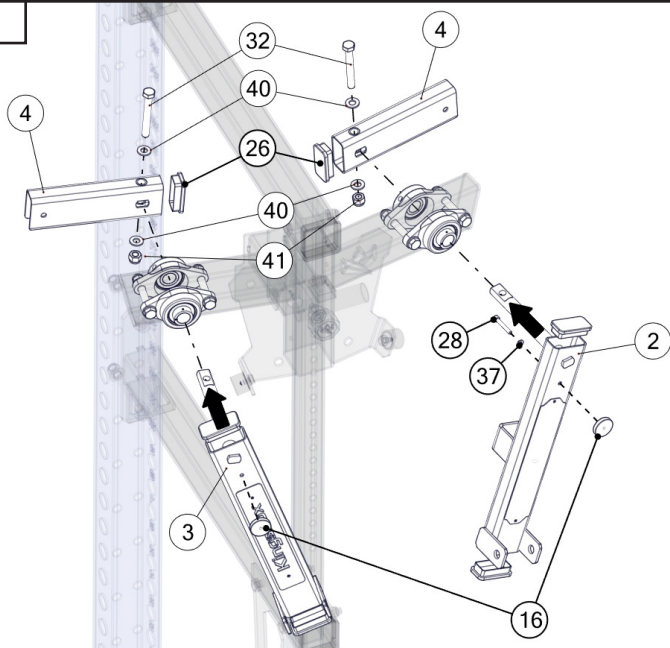
Assembly instruction:

STEP: 6



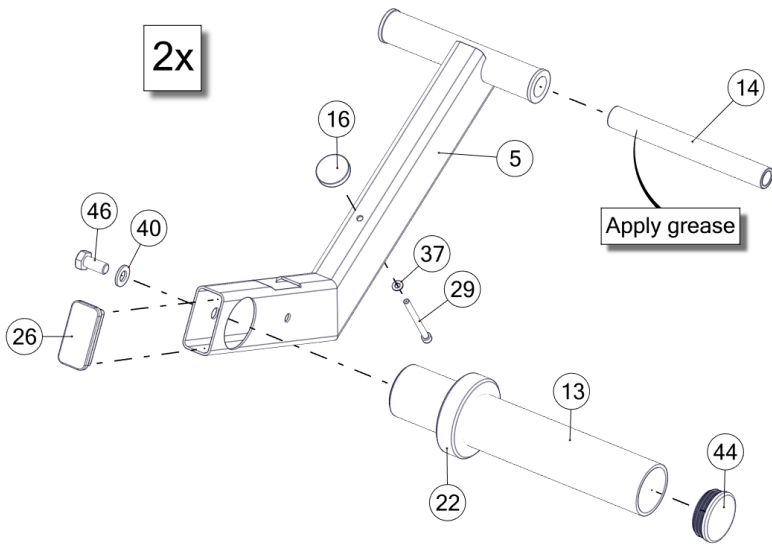
Do not tighten the M12 nuts until next step (insertion of the front arm's axle through both bearings)

STEP: 7

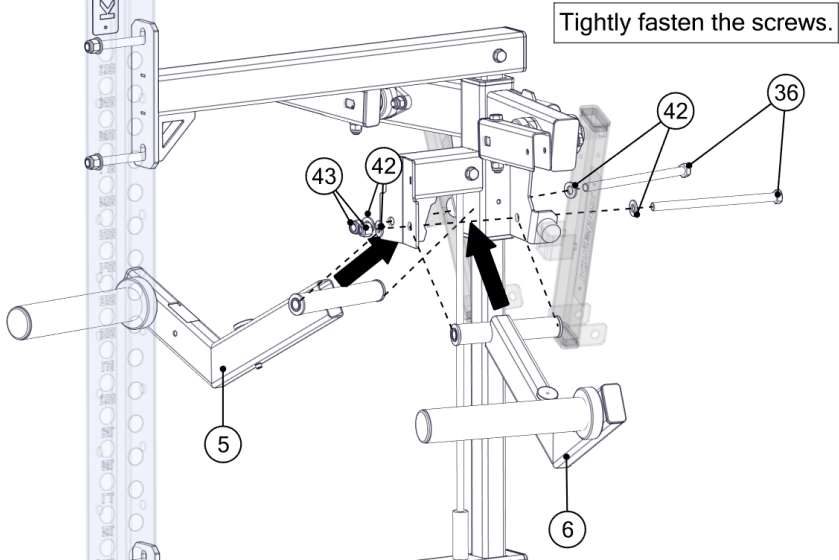


Assembly instruction:

STEP: 8

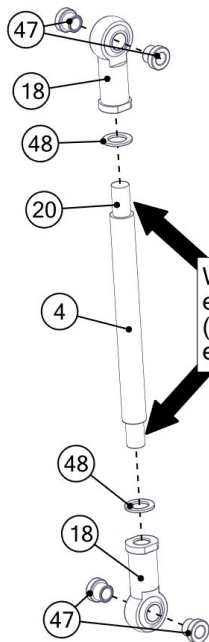


STEP: 9



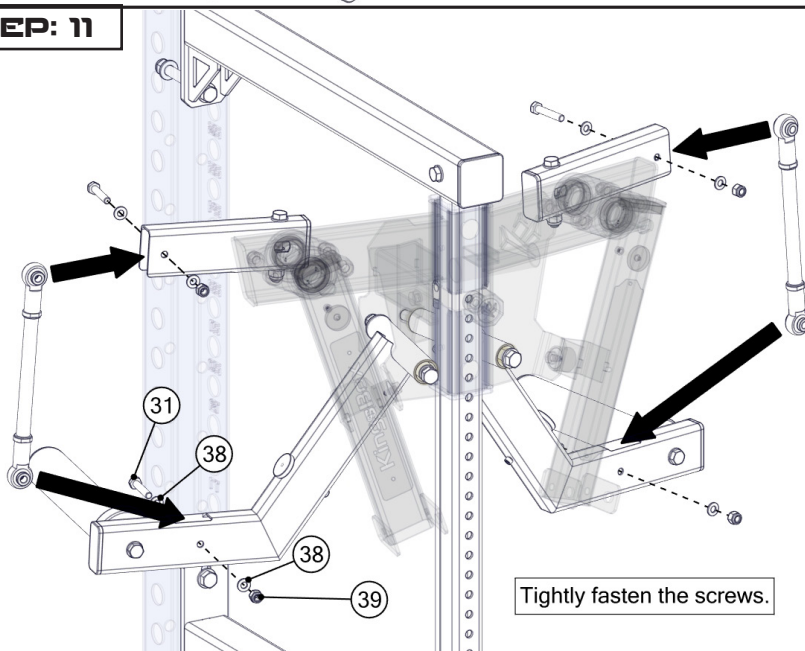
Assembly instruction:

STEP: 10



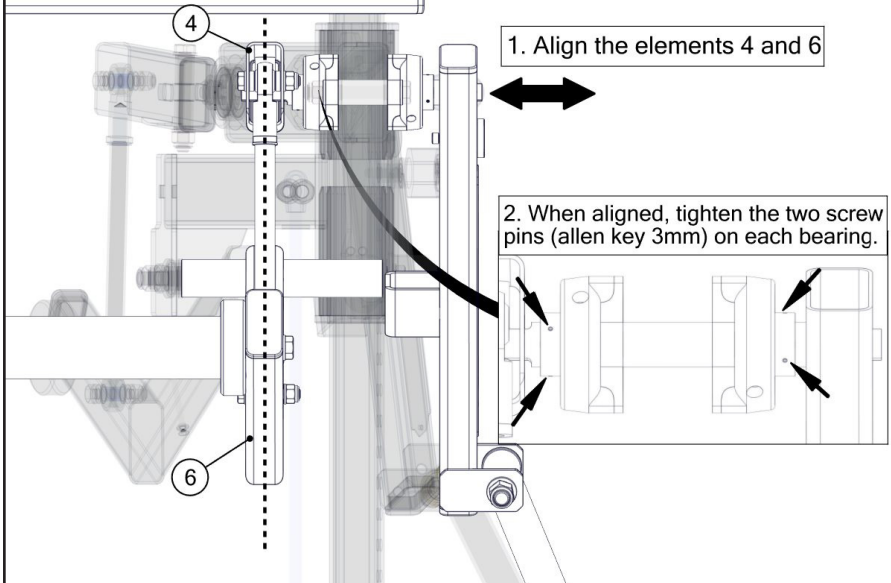
With cca. 20mm of the thread rod (pos. 20) on each side, tightly fasten the eye bearings (pos. 18) so that the sides of the top/bottom eye bearings are parallel.

STEP: 11

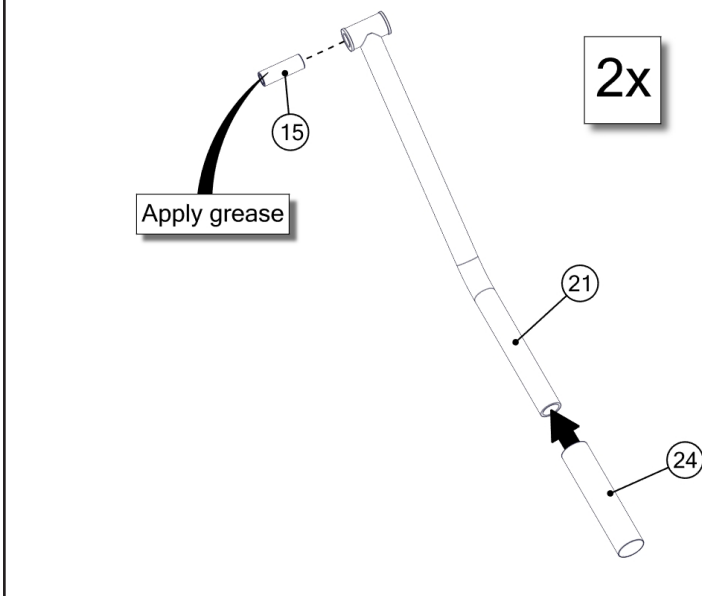


Assembly instruction:

STEP: 12

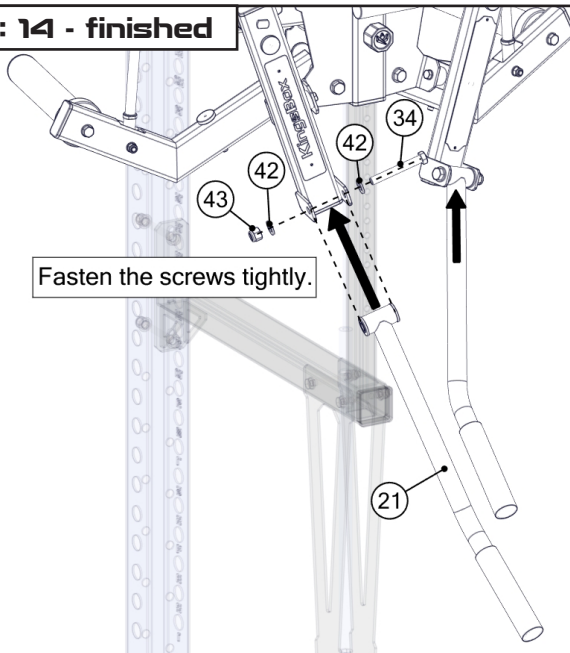


STEP: 13



Assembly instruction:

STEP: 14 - finished

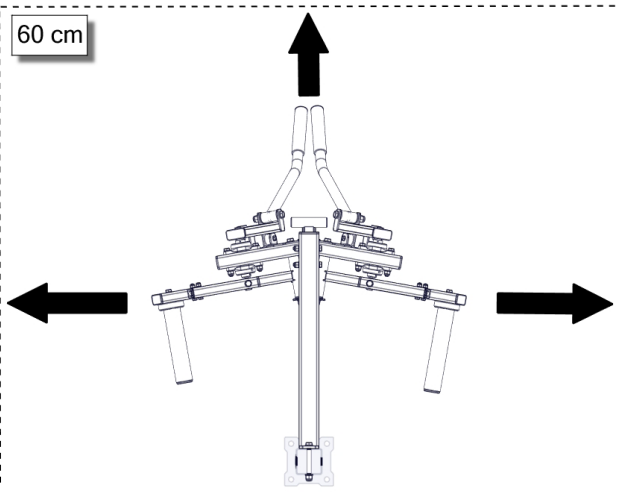


Maintenance:

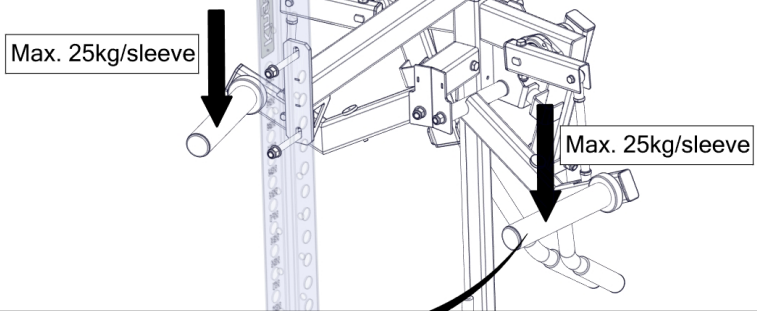
- Check regularly for any loosen screws and fasten them if needed
- If during operation any squeaking noises occur, disassemble and clean the elements. Then apply silicon grease to the bearing surface.

Note:

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



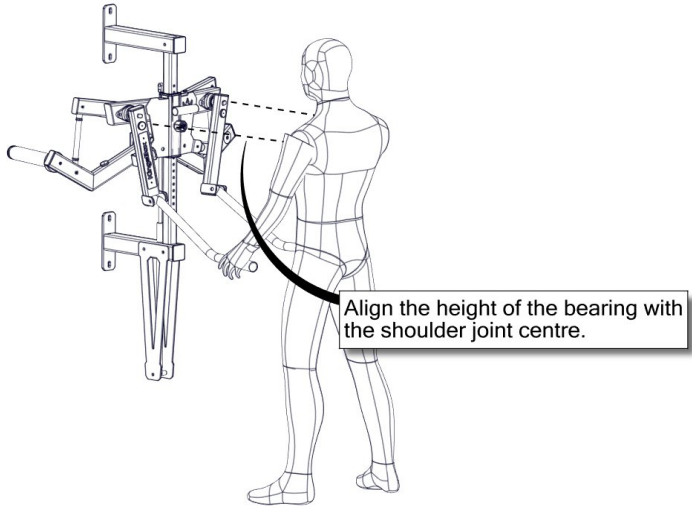
Max. loading / training mass:



Always install lock collars on the bumper sleeves to prevent bumpers from sliding off.

Note:

Start position (for lateral raise):



End position (for lateral raise):

