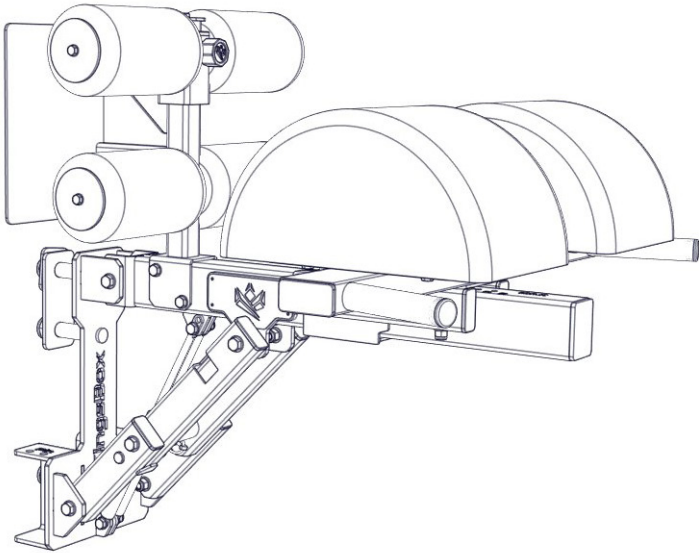


Foldable Rig GHD 2.0

(KB05MI-160)



KingsBox®
BUILDING BETTER HUMANS

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

Equipment was designed for following excercises:

- Hamstring curls
- Sit-ups
- Back Extension

For correct execution of excercises, consult with a training professional.

Maximum user body mass: 130 kg

Maximum training mass ⁽¹⁾: 20 kg

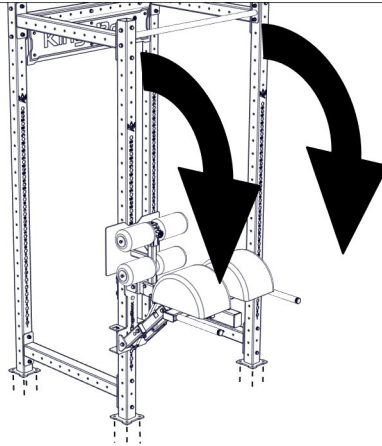
⁽¹⁾ Training mass - achieved through different means of resistance (weight plates, stacked weights, dumbbells, elastic cords, etc.), excluding user's body-weight.

WARNING!

a) Foldable *Rig* GHD:

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.

WARNING!
DANGER OF OVERTURNING.
ANCHOR THE STRUCTURE INTO THE GROUND.



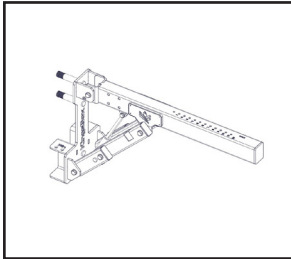
b) Foldable *Wall* GHD:

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.

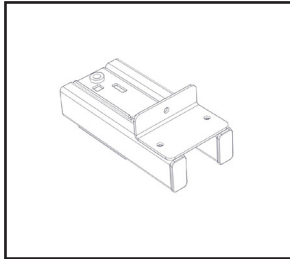
The fixing bolts for wall and / or floor are not included in the pack-age, since different types of anchor bolts must be used for different wall / floor types.

Assembly elements:



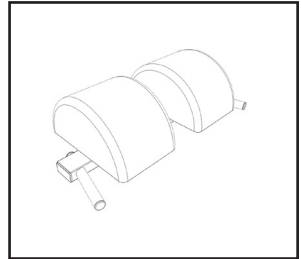
Position 1

1x Main Arm Assembly



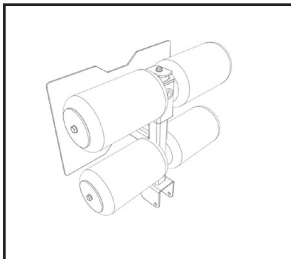
Position 2

1x Adjustable Arm



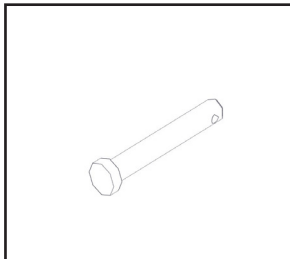
Position 3

1x Pillow Assembly



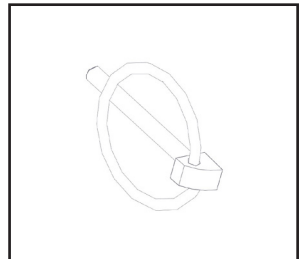
Position 4

1x Leg Pillow Assembly



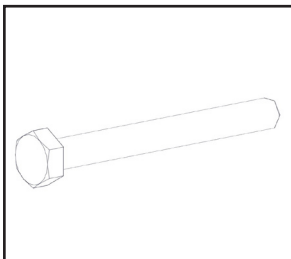
Position 5

2x Lock Pin $\phi 12$



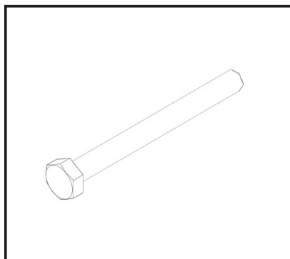
Position 6

2x Safety pin $\phi 4,5$



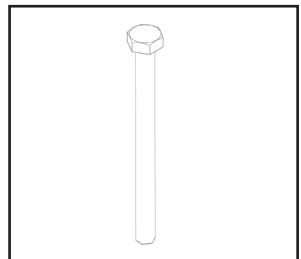
Position 7

2x Screw M10x90



Position 8

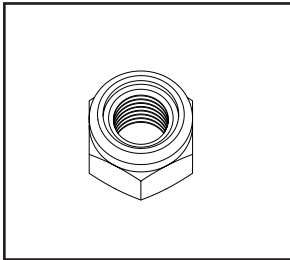
1x Screw M10x100



Position 9

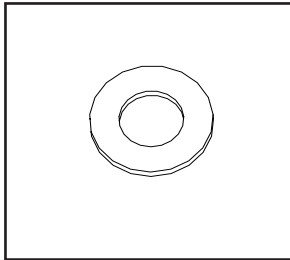
2x Screw M10x120

Assembly elements:



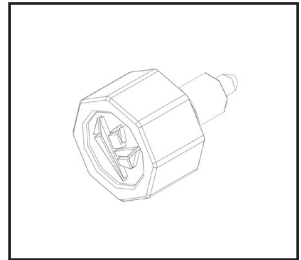
Position 10

5x Nut M10



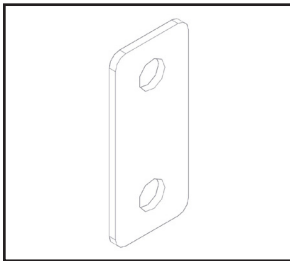
Position 11

10x Washer M10



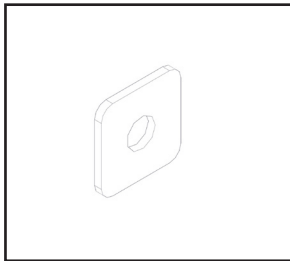
Position 12

2x Screw Pin



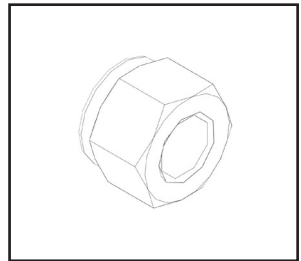
Position 13

1x Washer Plate 1



Position 14

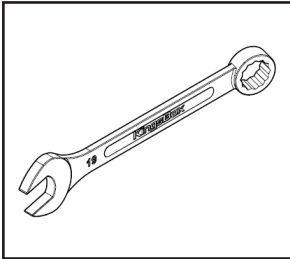
1x Washer



Position 15

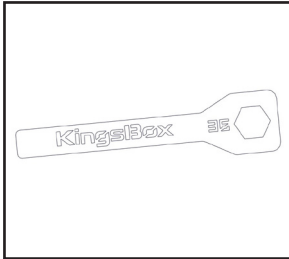
3x Nut M24

Tools needed:



Wrench 17

2X

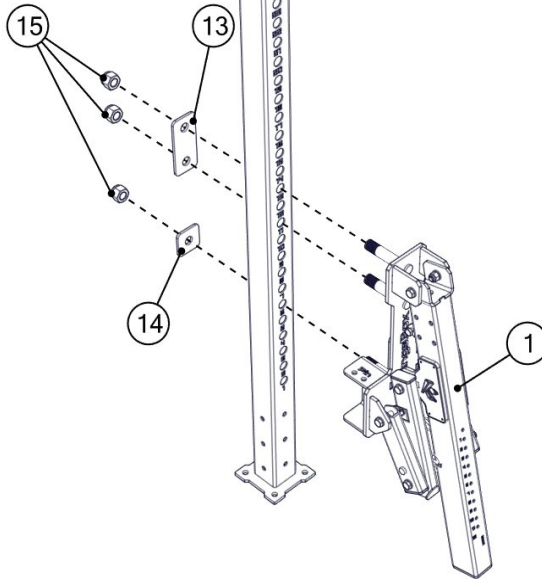


Wrench 36

1x (Included in the package)

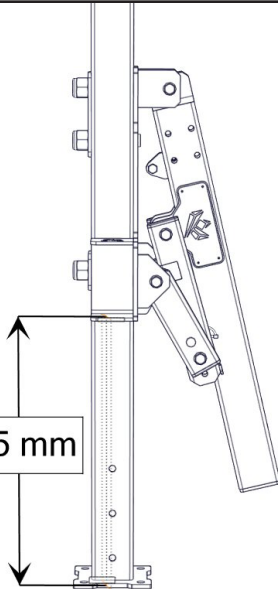
Assembly instruction:

STEP: 1

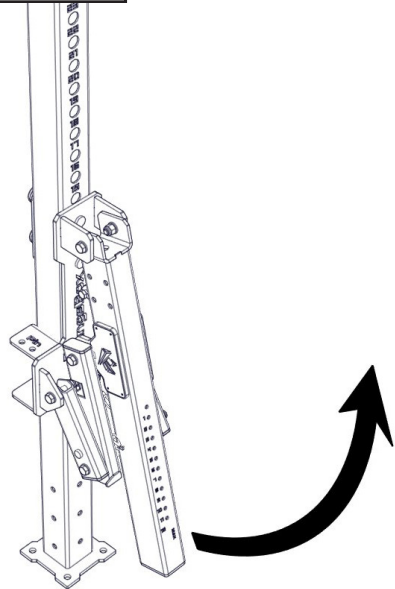


Min. height of installation:

375 mm

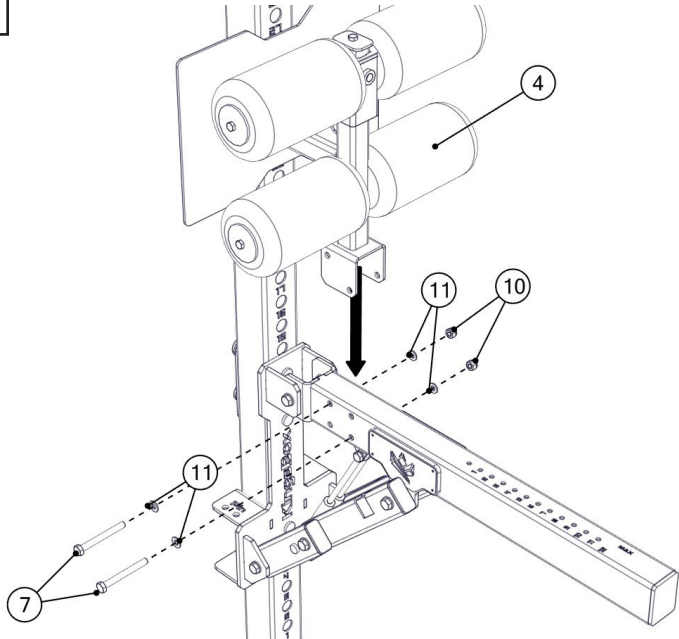


STEP: 2

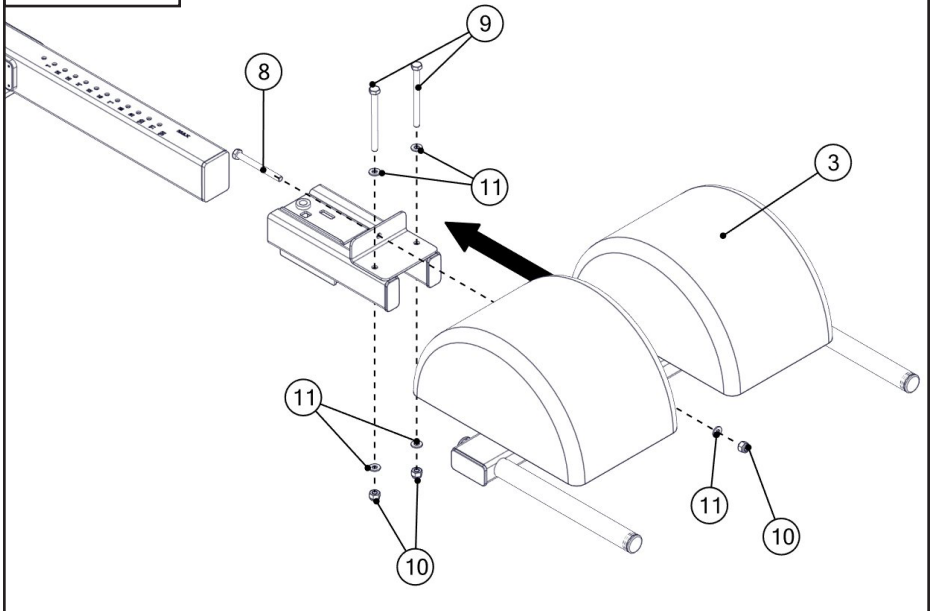


Assembly instruction:

STEP: 3

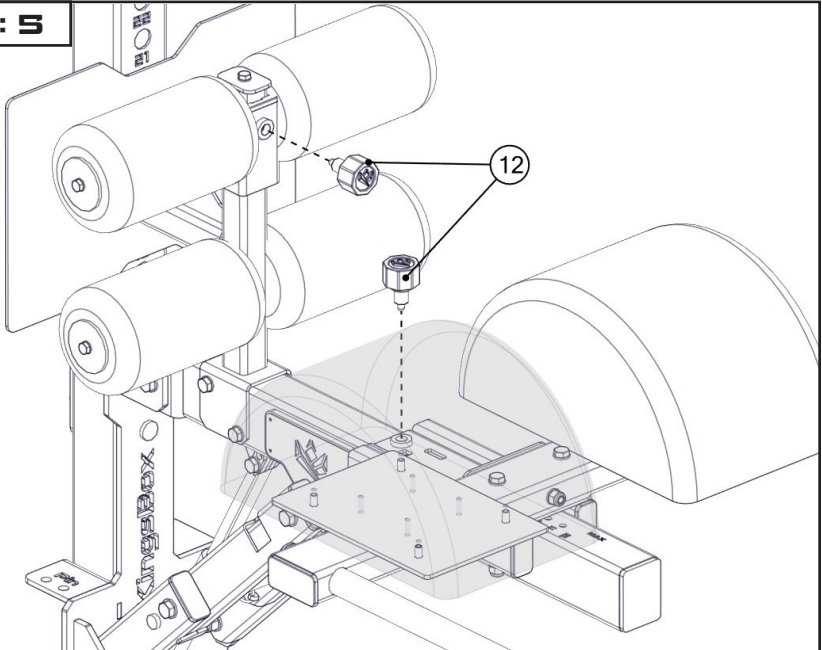


STEP: 4

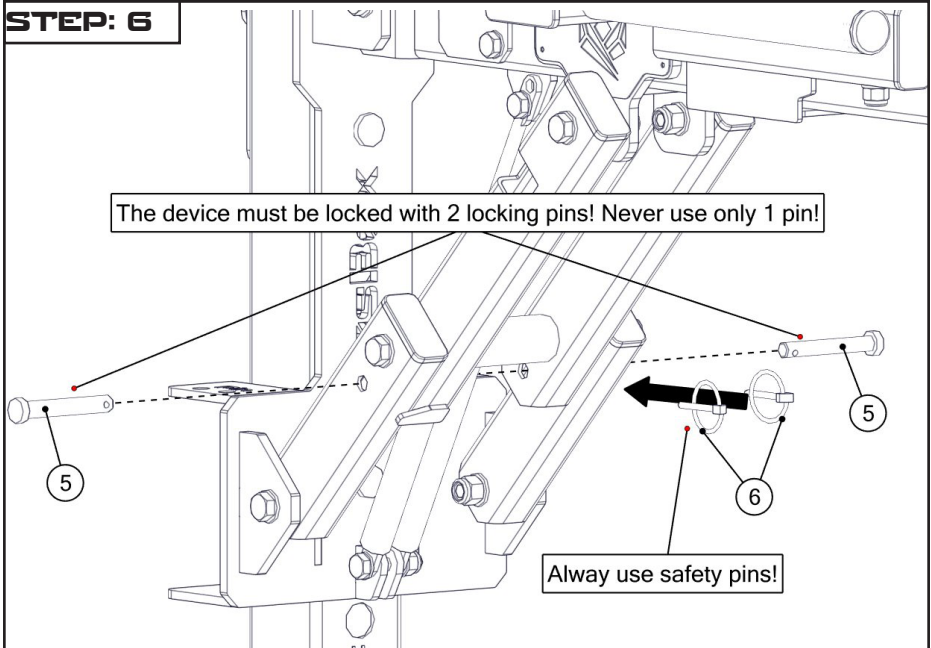


Assembly instruction:

STEP: 5

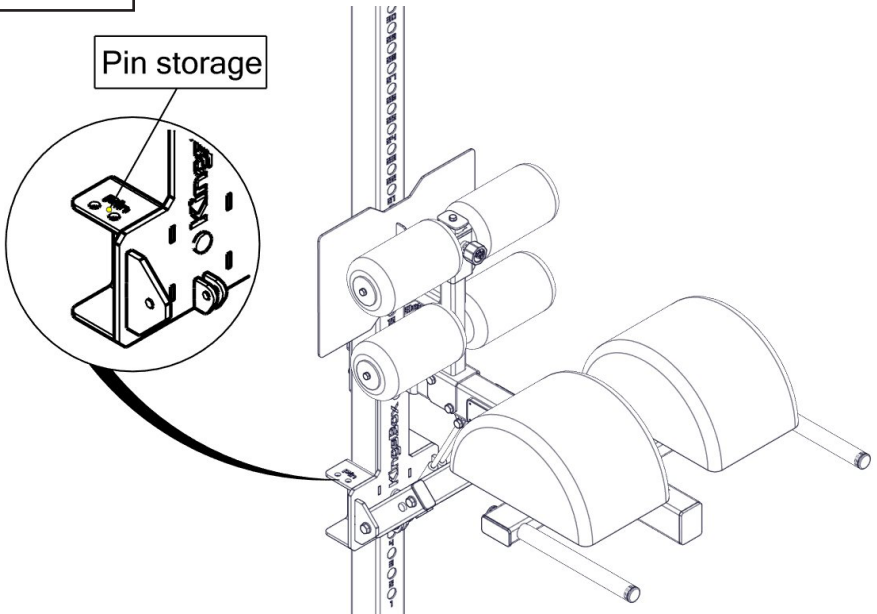


STEP: 6

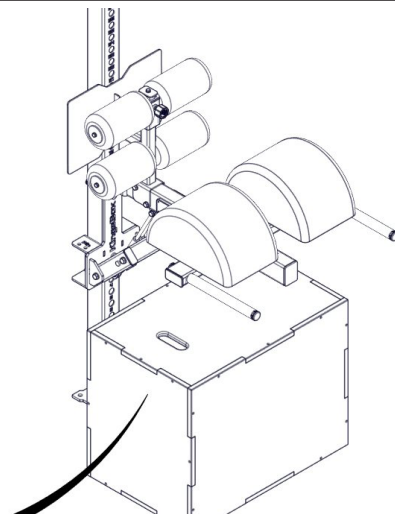


Assembly instruction:

STEP: 7



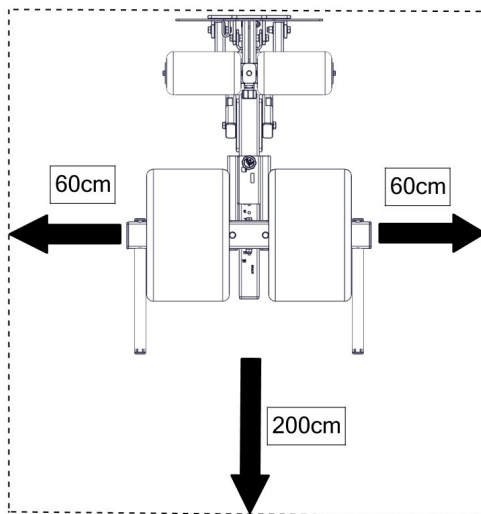
GHD Access:



Place a plyobox,
a bench or a stable
chair to enter the GHD machine.

Note:

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



Max. loading:

Max. user weight: 130kg
Max. training load (extra weights): 20kg

