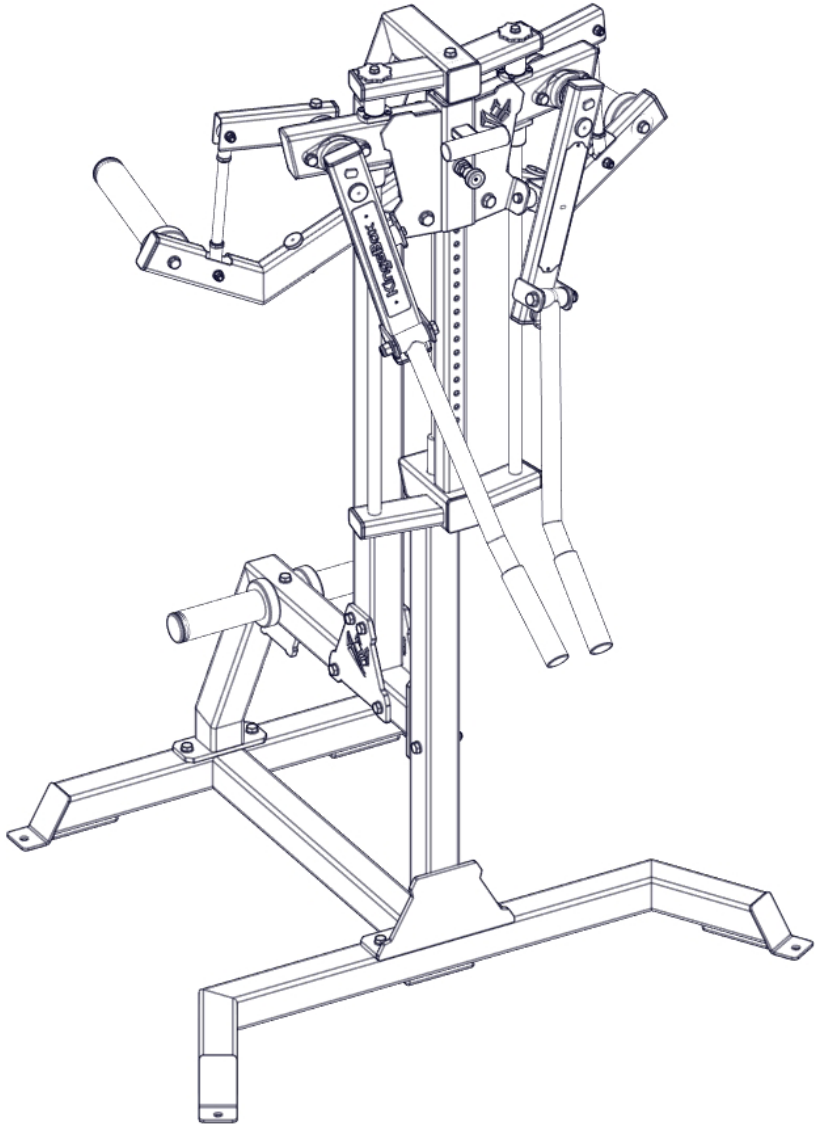


Mighty Oliphant (Freestanding Lateral Raise)

(KB06MI-119)



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

KingsBox[®]
BUILDING BETTER HUMANS

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.

Person exercising should face the training equipment at all times during the exercise to prevent danger to a third party.

Warnings:

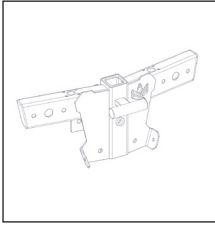
- Freestanding equipment shall be installed on a stable and levelled base
- All equipment designed with anchoring holes should be securely screwed to the ground through all the designated fixing holes and with appropriate sized screws. Anchoring screws are not included in the package - consult with a technician for the right type and size of the anchoring screw for your floor.
- Injuries to health may result from incorrect or excessive training
- Keep unsupervised children away from the equipment

Maximum training mass ⁽¹⁾: 25 kg/sleeve

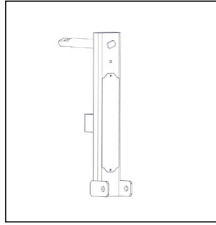
Maximum mass on storage pins: 25 kg/side

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

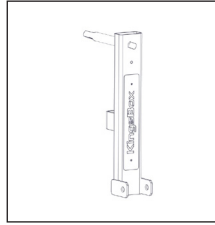
Assembly elements:



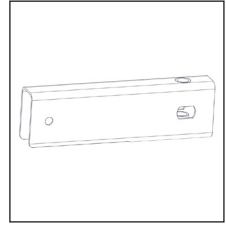
Position 1
Height Adj. Trolley (1x)



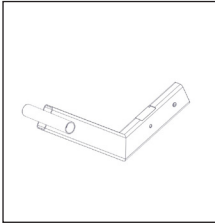
Position 2
Front Arm RH (1x)



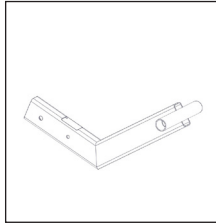
Position 3
Front Arm LH (1x)



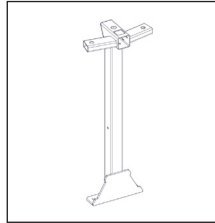
Position 4
Pull Arm (2x)



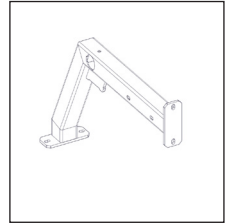
Position 5
Weight Arm RH (1x)



Position 6
Weight Arm LH (1x)



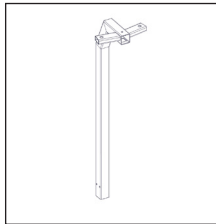
Position 7
Frame Front (1x)



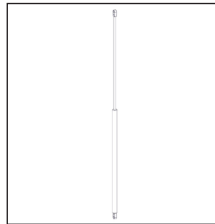
Position 8
Frame Back (1x)



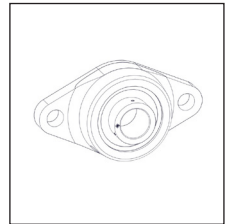
Position 9
Adj. Column (1x)



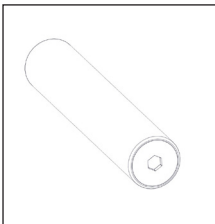
Position 10
Frame Upright (1x)



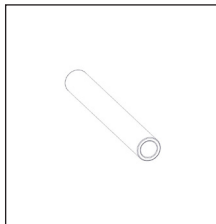
Position 11
Gas Spring 250 N (1x)



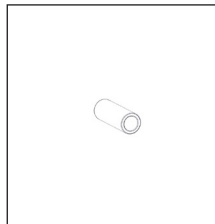
Position 12
Bearing PCJT 20 (4x)



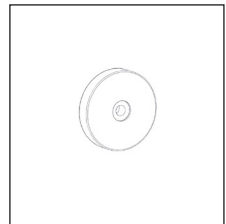
Position 13
Weight Sleeve f50 (2x)



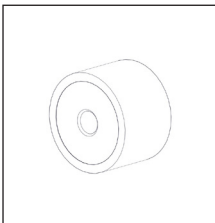
Position 14
Bearing Sleeve f120x170 (2x)



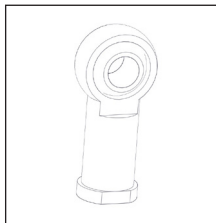
Position 15
Bearing Sleeve f120x60 (2x)



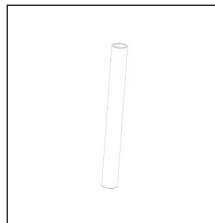
Position 16
Rubber Magnet (6x)



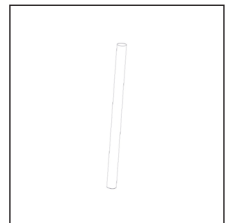
Position 17
Rubber Buffer (2x)



Position 18
Eye Bearing M12 (4x)

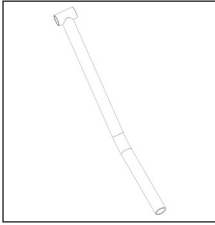


Position 19
Distance sleeve f16 (2x)

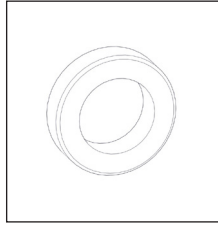


Position 20
Thread Rod M12 (2x)

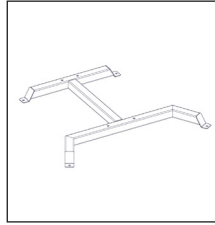
Assembly elements:



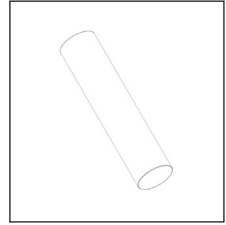
Position 21
Handle (2x)



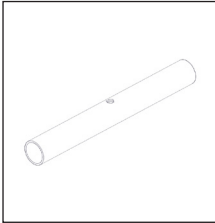
Position 22
Rubber Spacer (4x)



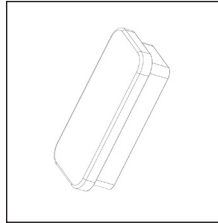
Position 23
Frame leg (1x)



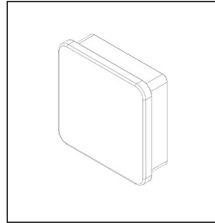
Position 24
Rubber Handle (2x)



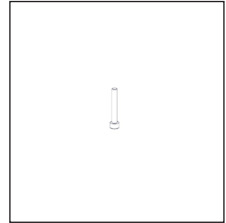
Position 25
Storage Sleeve (1x)



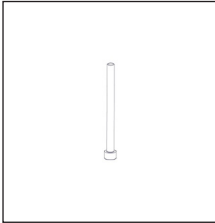
Position 26
Plug 60x30 (12x)



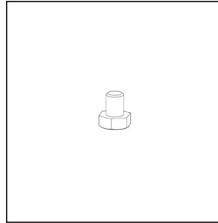
Position 27
Plug 60x60 (2x)



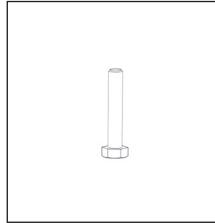
Position 28
M5x35 (2x)



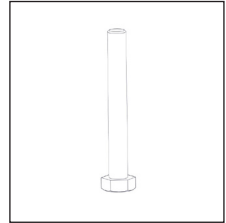
Position 29
M5x65 (2x)



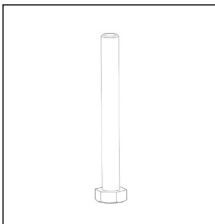
Position 30
M8x10 (2x)



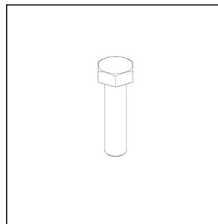
Position 31
M8x45 (4x)



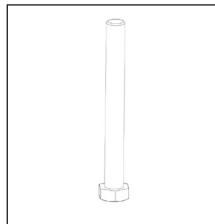
Position 32
M10x80 (7x)



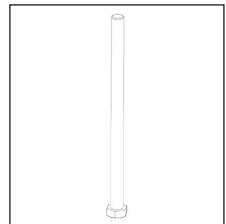
Position 33
M10x90 (4x)



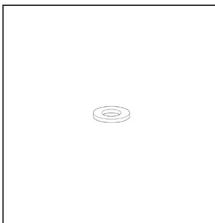
Position 34
M10x40 (6x)



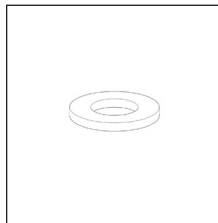
Position 35
M12x90 (2x)



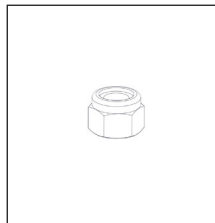
Position 36
M12x200 (2x)



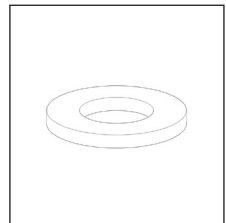
Position 37
M5 Washer (22x)



Position 38
M8 Washer (14x)

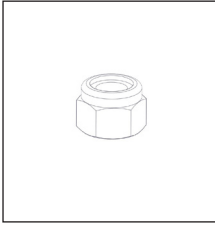


Position 39
M8 Nut (4x)

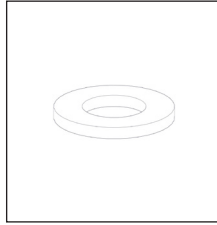


Position 40
M10 Washer (34)

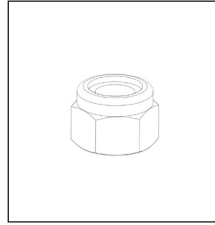
Assembly elements:



Position 41
M10 Nut (11x)



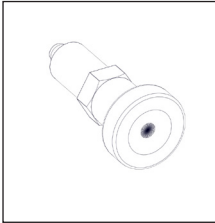
Position 42
M12 Washer (8x)



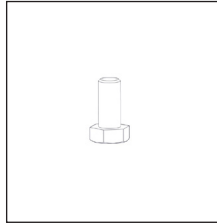
Position 43
M12 Nut (4x)



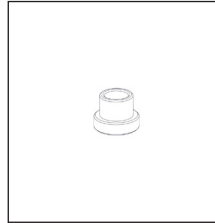
Position 44
Plug fi50 (4x)



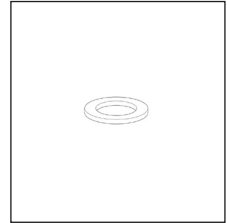
Position 45
Index plunger (1x)



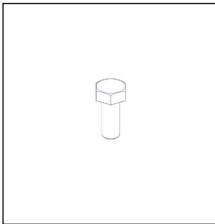
Position 46
M10x30 (5x)



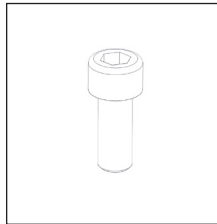
Position 47
Distance Bushing (8x)



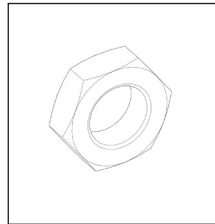
Position 48
Copper Washer fi20x1,5 (4x)



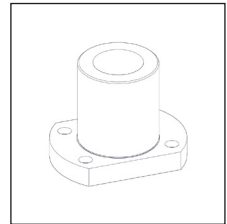
Position 49
M8x20 (4x)



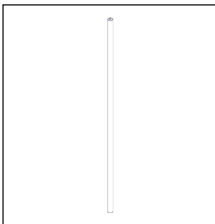
Position 50
M10x25 Hex Socket Screw (12x)



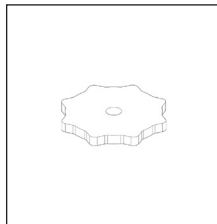
Position 51
Nut M16x1,5 (1x)



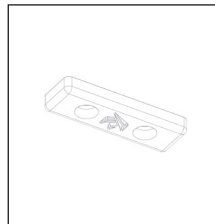
Position 52
Linear Bearing (4x)



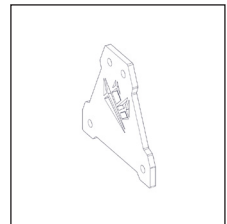
Position 53
Round Guide fi 20 (2x)



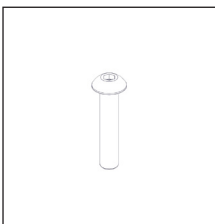
Position 54
TCQ Washer (2x)



Position 55
Rubberized Mat 125x40 (5x)

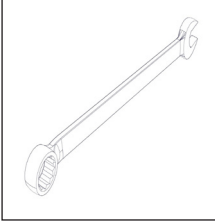


Position 56
Connecting Plate (2x)

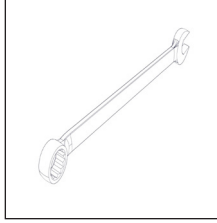


Position 57
M5x25 Button Head Screw (16x)

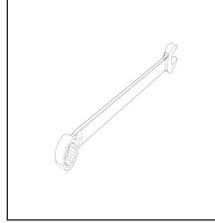
Tools needed:



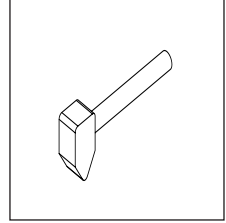
Wrench 19
2x



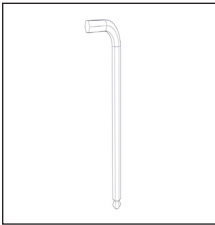
Wrench 17
2x



Wrench 13
2x



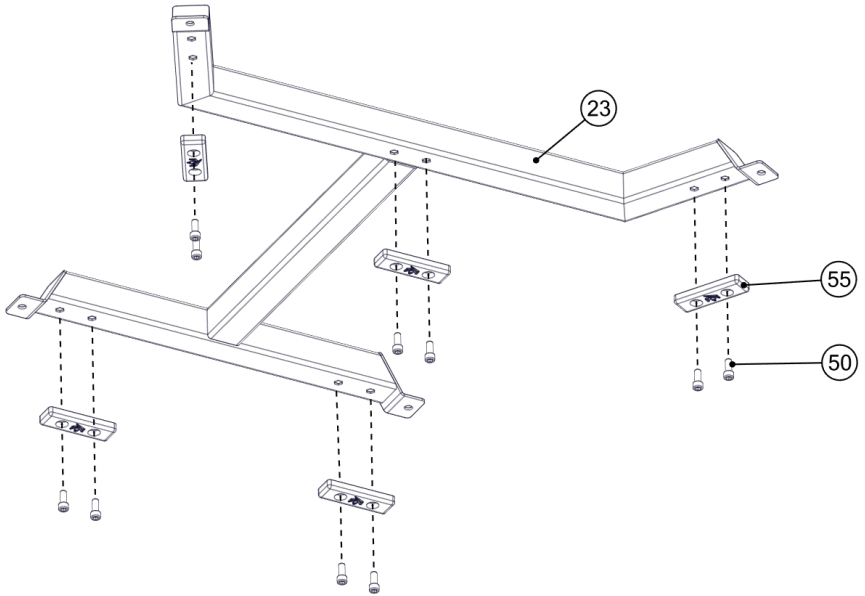
Plastic Hammer
1x



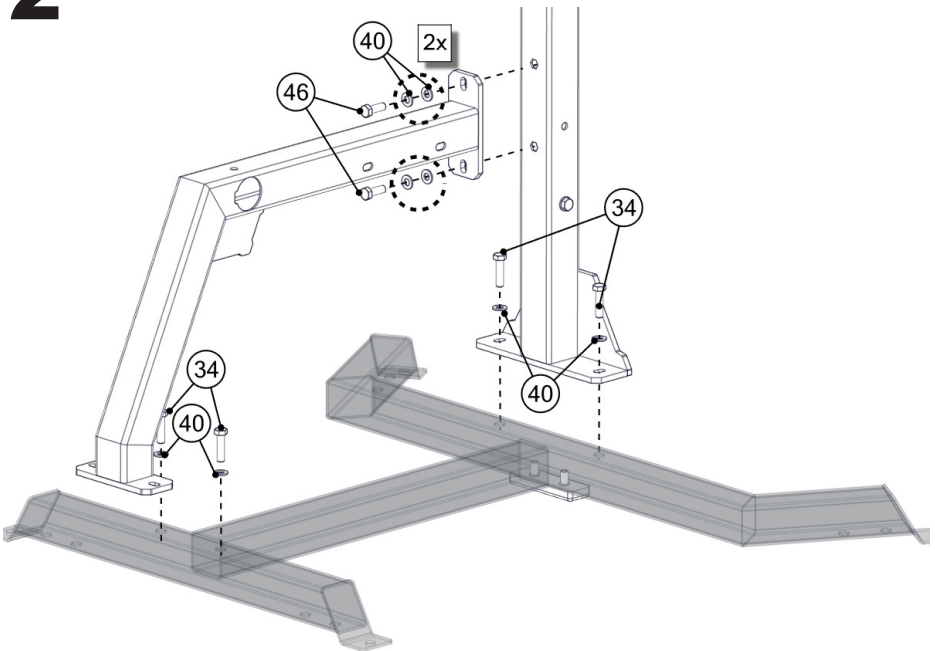
Allen Key 3mm
1x

Assembly instruction:

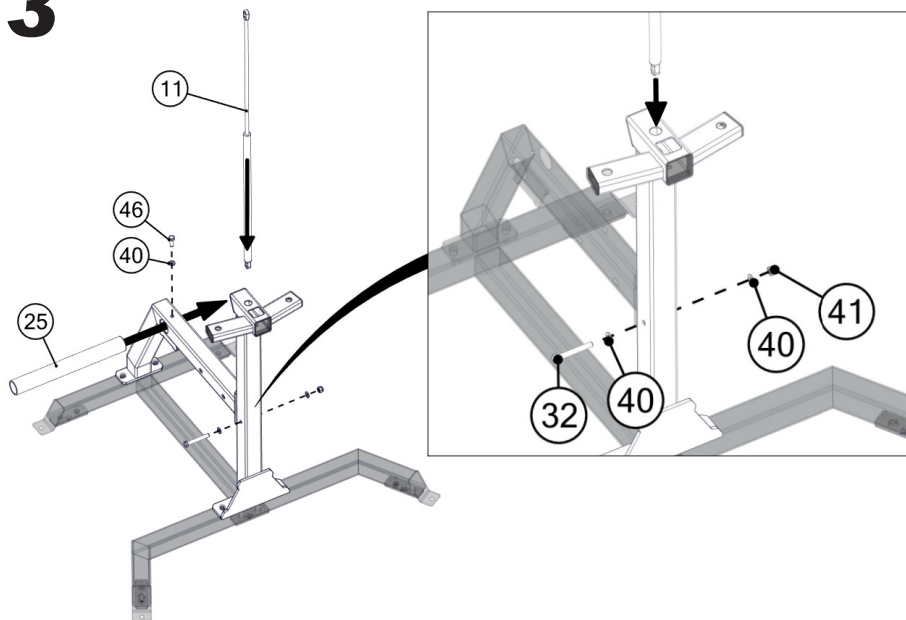
1



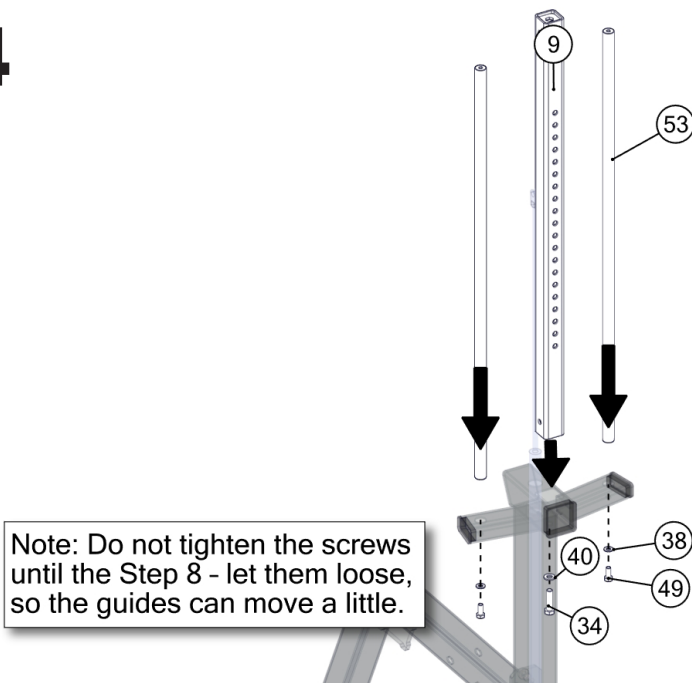
2



3

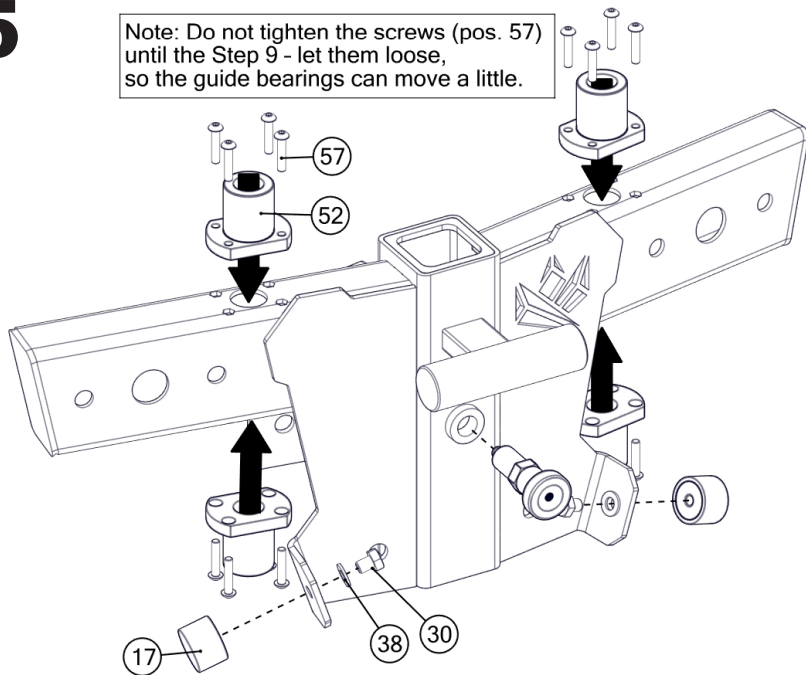


4

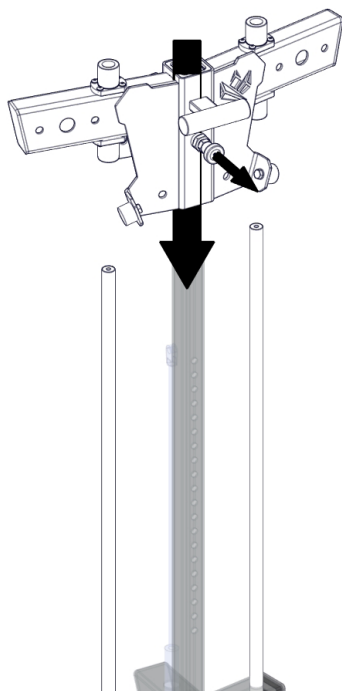


5

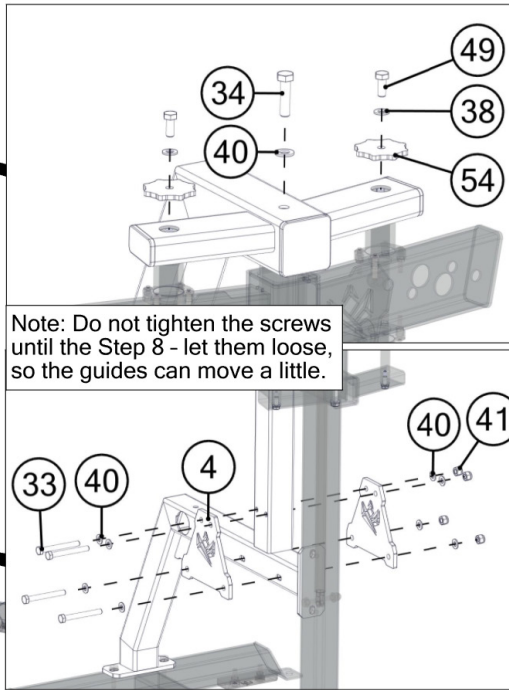
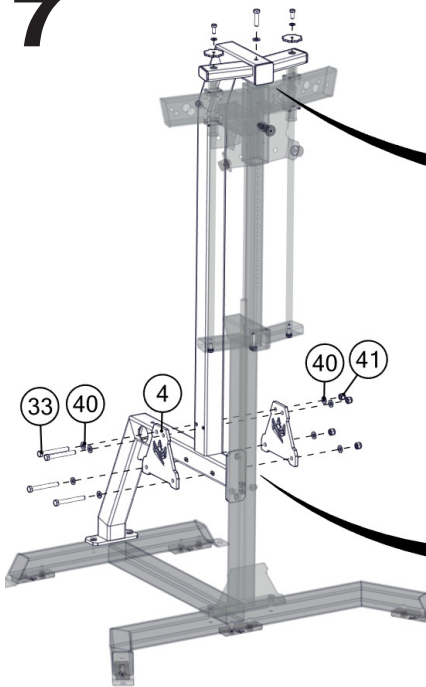
Note: Do not tighten the screws (pos. 57) until the Step 9 - let them loose, so the guide bearings can move a little.



6

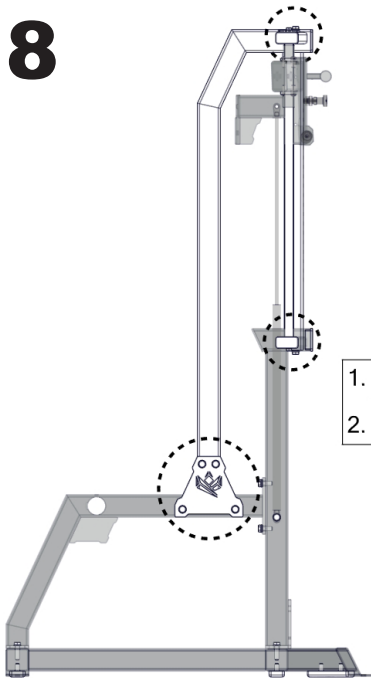


7



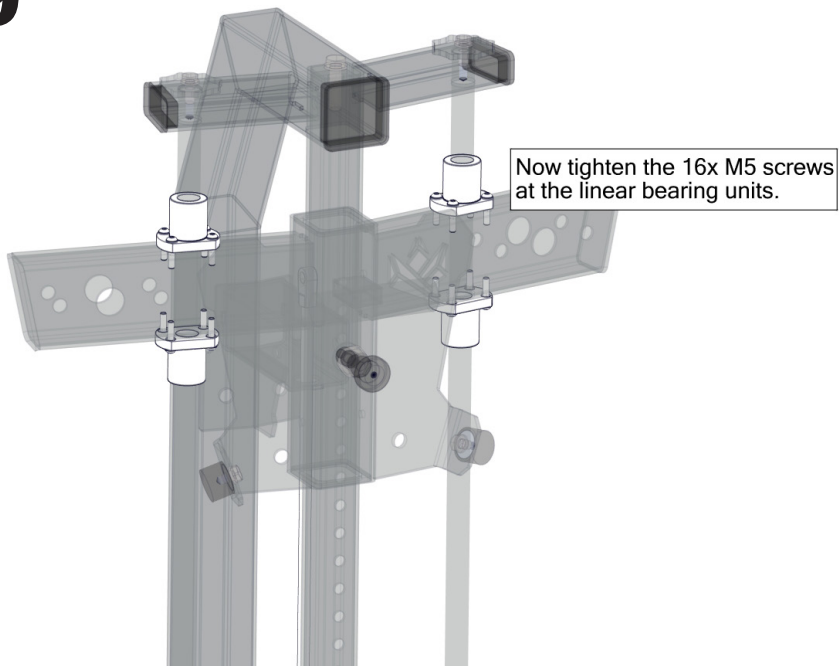
Note: Do not tighten the screws until the Step 8 - let them loose, so the guides can move a little.

8

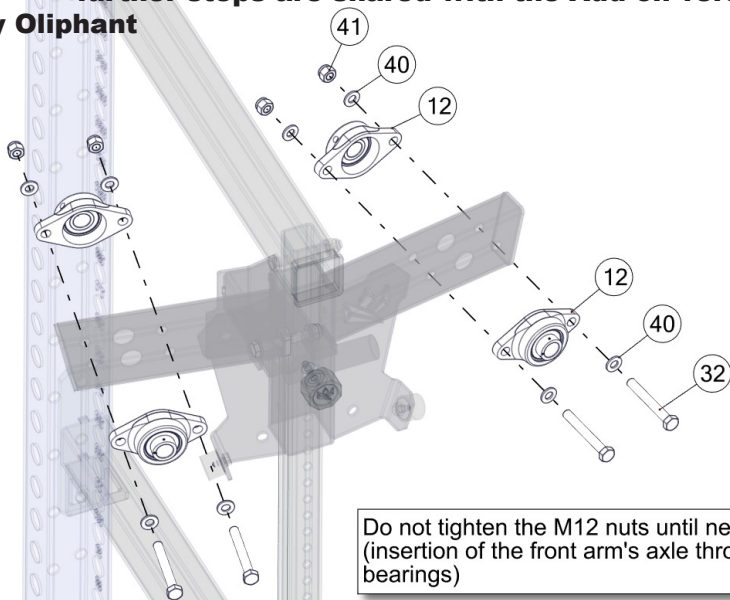


1. Align the guides so they are perpendicular ($90^\circ \pm 1^\circ$) to the ground.
2. Tighten the screws in marked areas (from step 4 & 7)

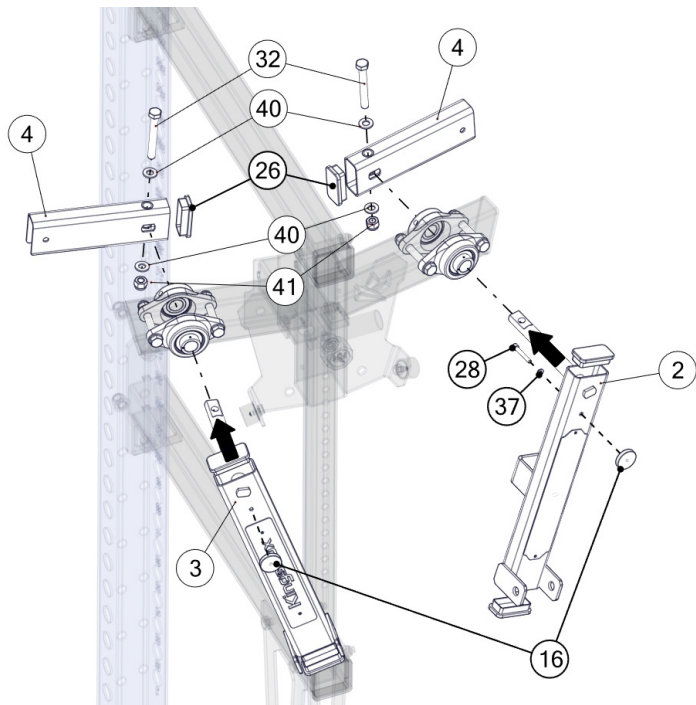
9



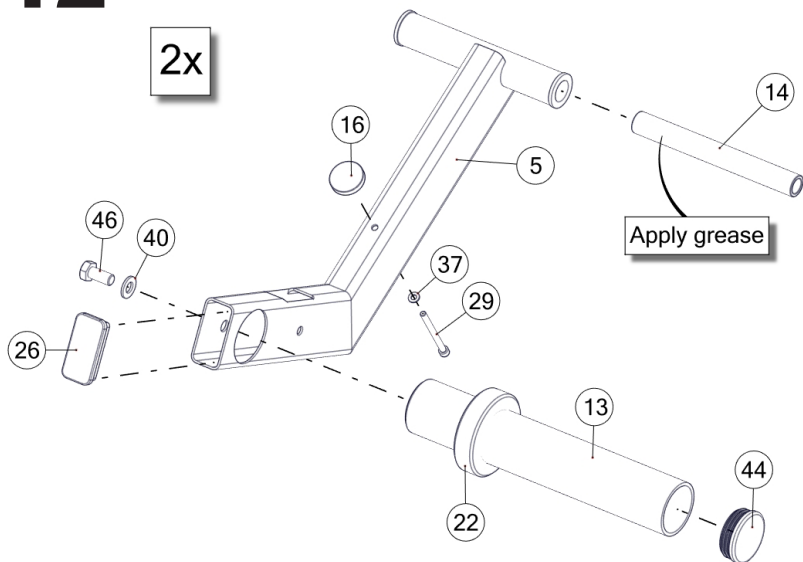
10

 - further steps are shared with the Add-on version of Mighty Oliphant

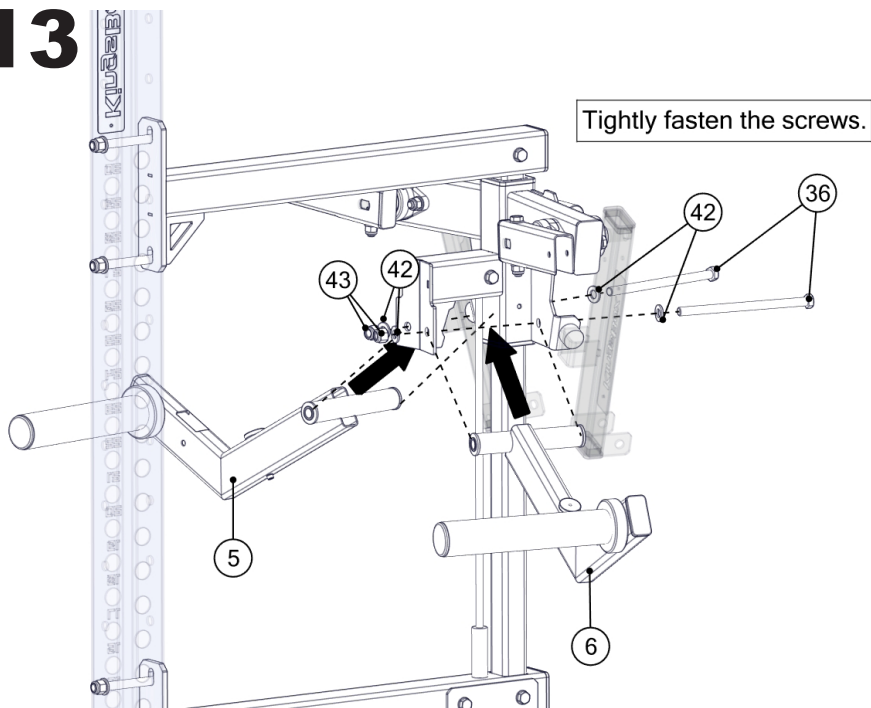
11



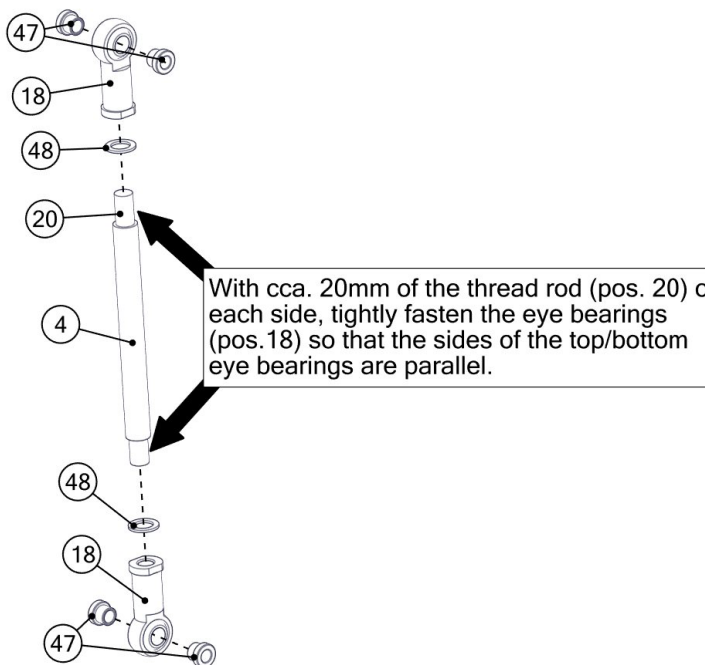
12



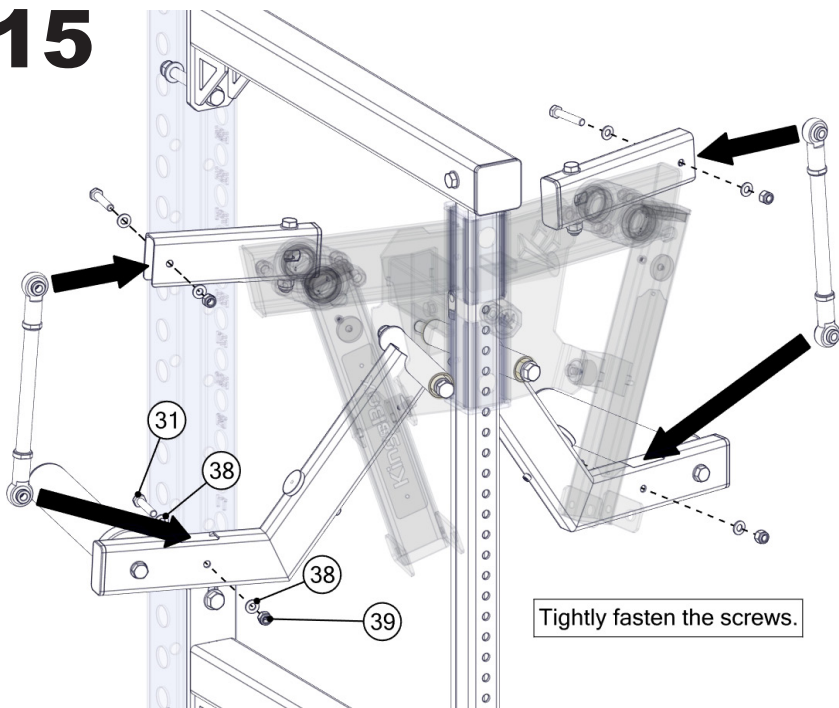
13



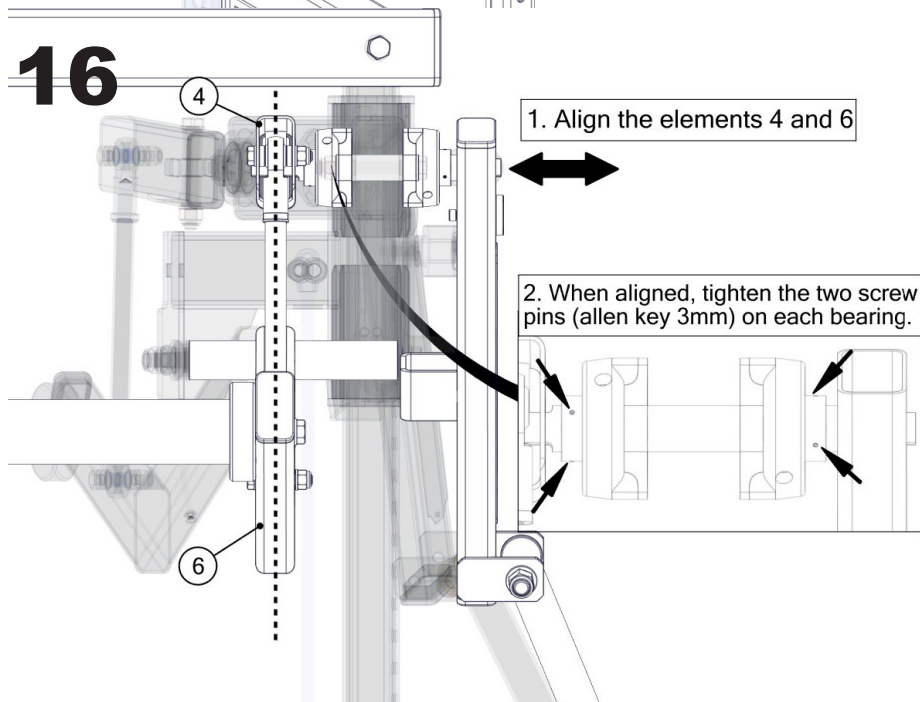
14



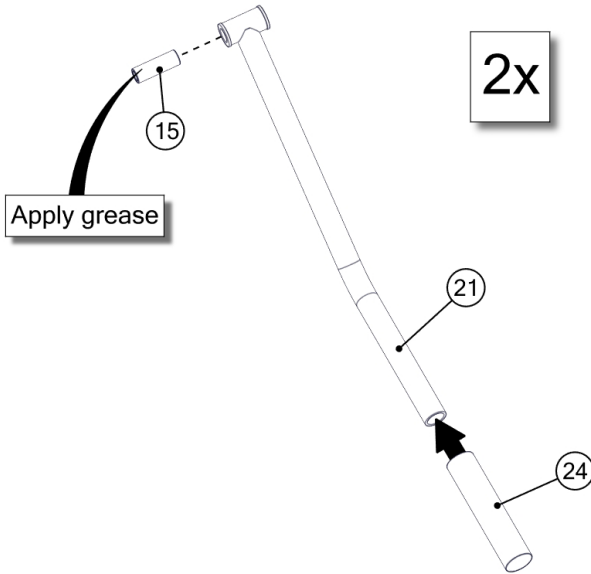
15



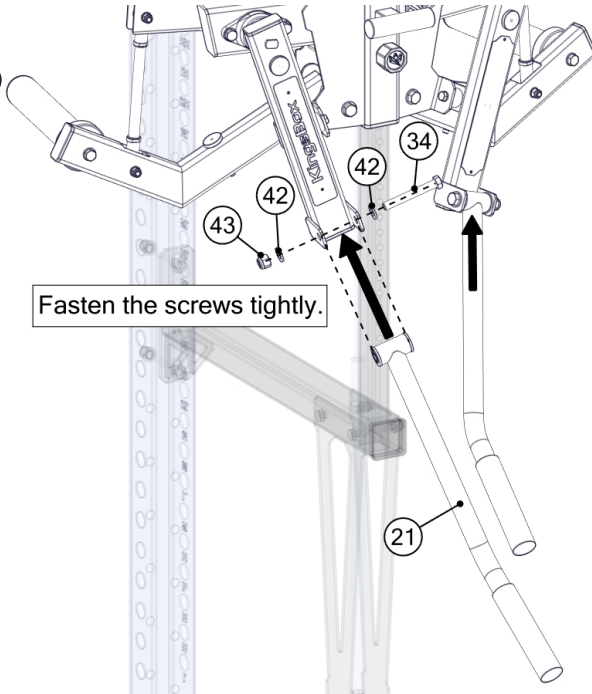
16



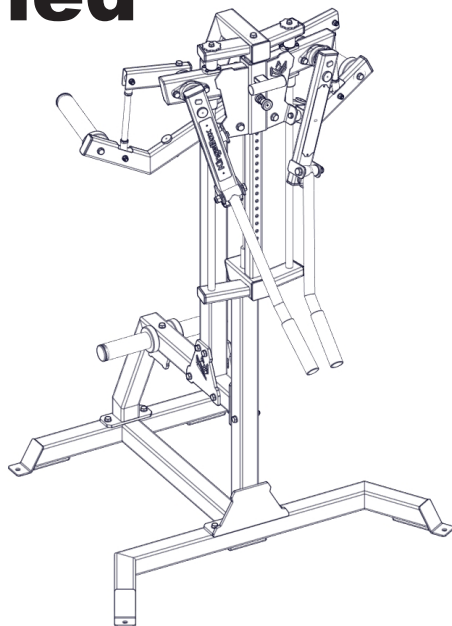
17



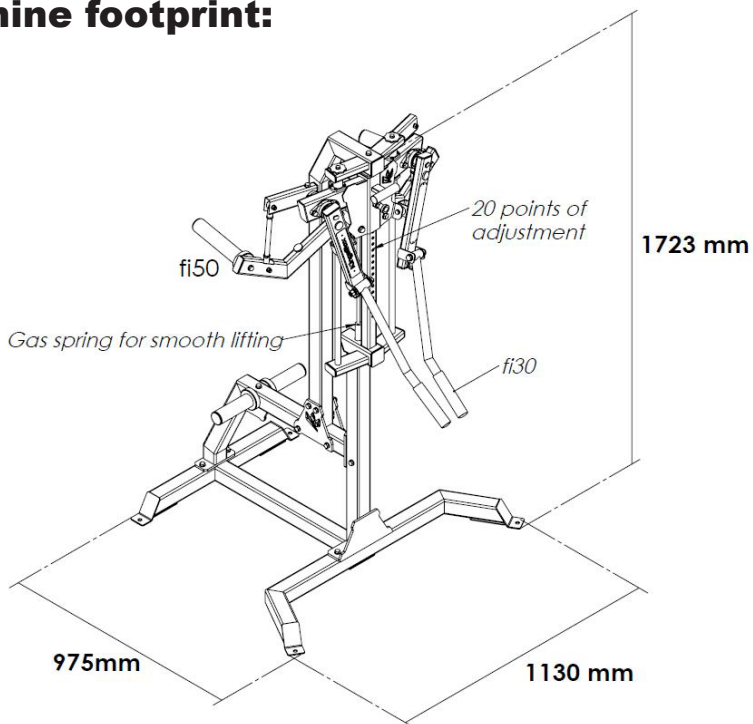
18



Finished

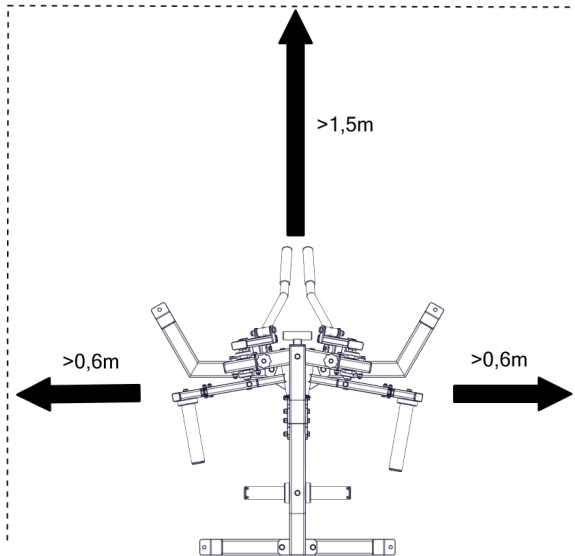


Machine footprint:

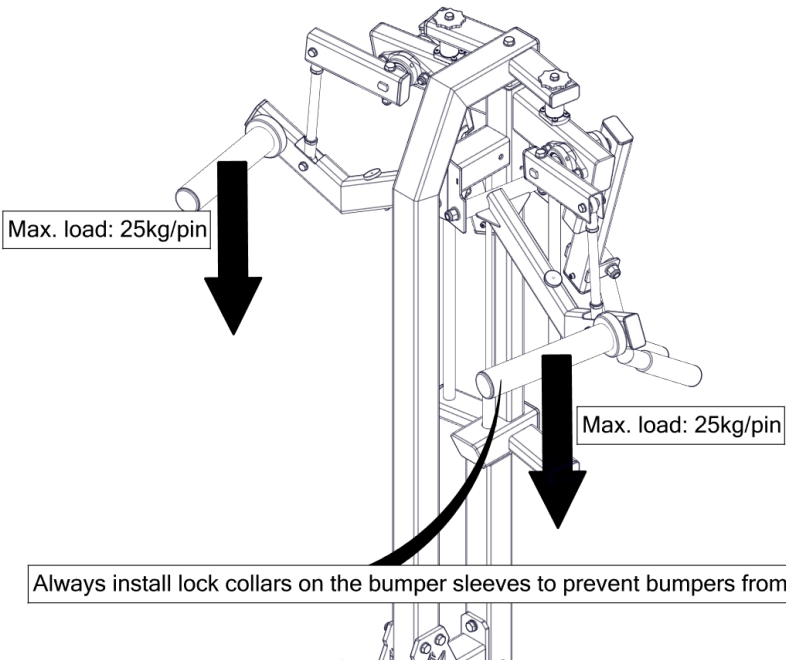


Instructions for use:

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:



Instructions for use:

For correct adjustment and ways of using the machine, please see the video instructions by scanning the QR code:



Maintenance:

- Check the machine for loose screws regularly and tighten them if needed.
- If, during operation, squeaking noises occur, disassemble and clean the elements which cause the noise. Then apply silicon grease to the bearing surface.
- The Machine uses a 250N gas spring to support the weight of the adjustable trolley (pos. 1) and help the user lift the trolley when adjusting the height of the arms. If the main unit starts falling when the adjusting pin is pulled, the gas spring needs to be replaced with a new one - contact Kingsbox sales to arrange a new gas spring for you.
- Wipe and lubricate the guides regularly. Apply lubricating oil to a clean rag and wipe the guides. Do not spray lubricating oil directly to the guides, to avoid applying excessive amount and thus keep the machine clean.

