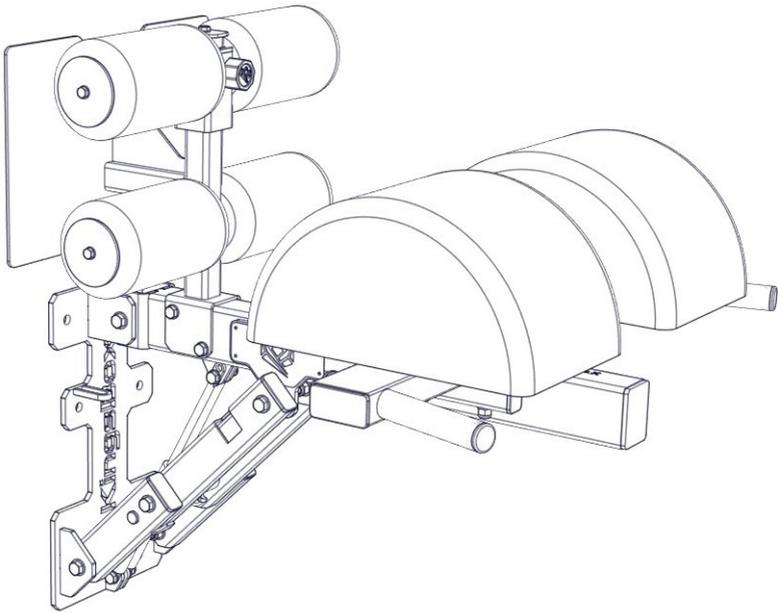


# Foldable Wall GHD 2.0

(KB07MI-010)



**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 <sup>(1)</sup>:** 20 kg

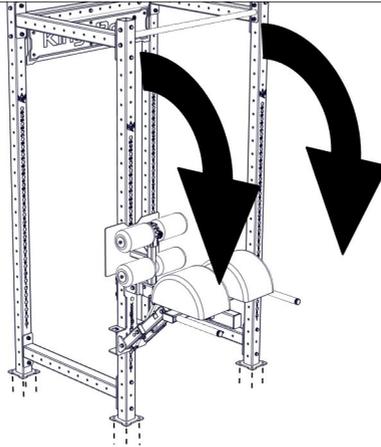
<sup>(1)</sup> Training mass - achieved through different means of resistance (weight plates, stacked weights, dumbbells, elastic cords, etc.), excluding user's body-weight.

## 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:

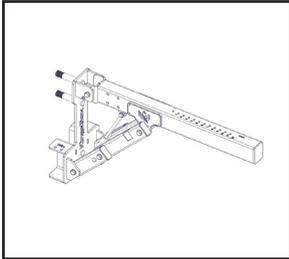
The equipment **MUST** be securely anchored to an appropriate wall (stable concrete wall in good condition) to avoid any failure of the equipment during exercise (such as equipment detaching from the wall, wall damage, wall overturning etc.).

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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.

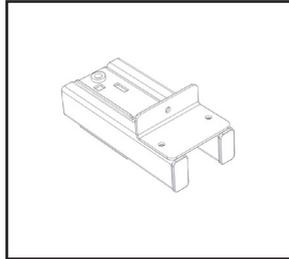
The fixing bolts for wall and / or floor are not included in the pack-age, since different types of anchor bolts must be used for different wall / floor types.

# Assembly elements:



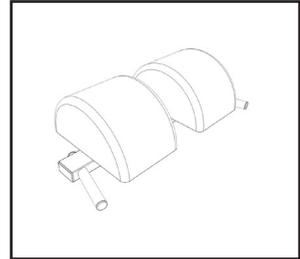
**Position 1**

**1x Main Arm Assembly**



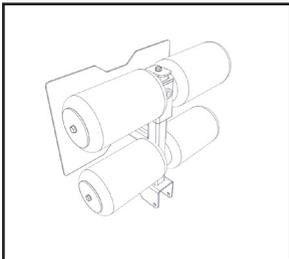
**Position 2**

**1x Adjustable Arm**



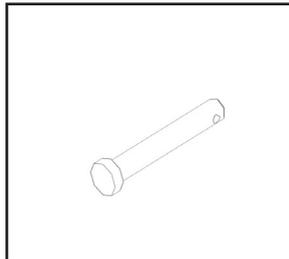
**Position 3**

**1x Pillow Assembly**



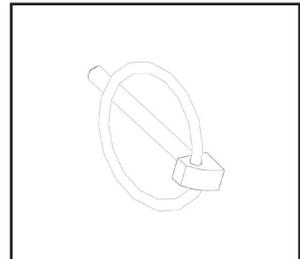
**Position 4**

**1x Leg Pillow Assembly**



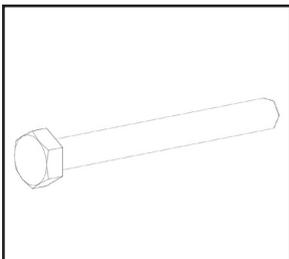
**Position 5**

**2x Lock Pin  $\phi 12$**



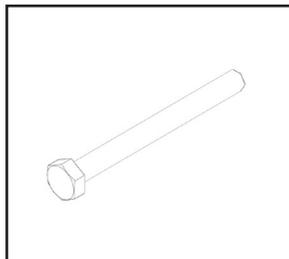
**Position 6**

**2x Safety pin  $\phi 4,5$**



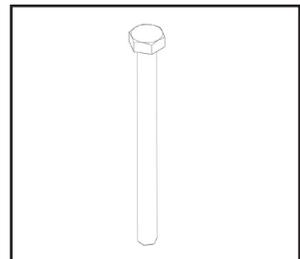
**Position 7**

**2x Screw M10x90**



**Position 8**

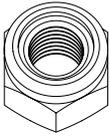
**1x Screw M10x100**



**Position 9**

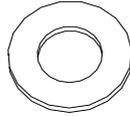
**2x Screw M10x120**

# Assembly elements:



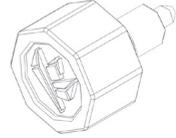
**Position 10**

**5x Nut M10**



**Position 11**

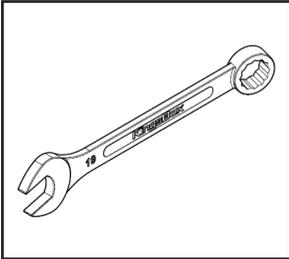
**10x Washer M10**



**Position 12**

**2x Screw Pin**

# Tools needed:

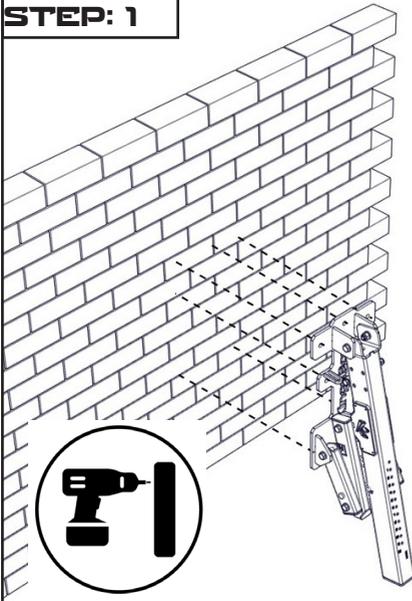


**Wrench 17**

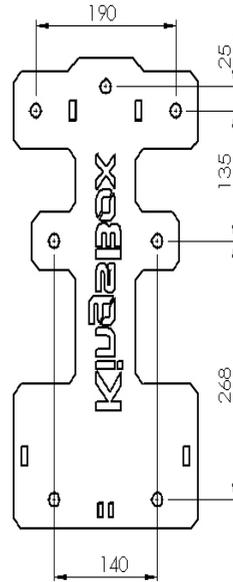
**2X**

# Assembly instruction:

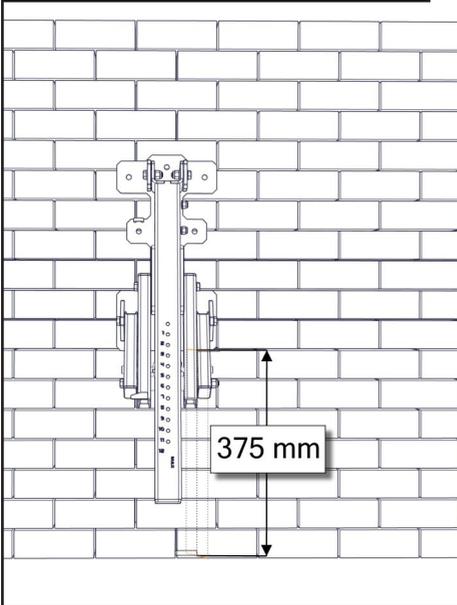
**STEP: 1**



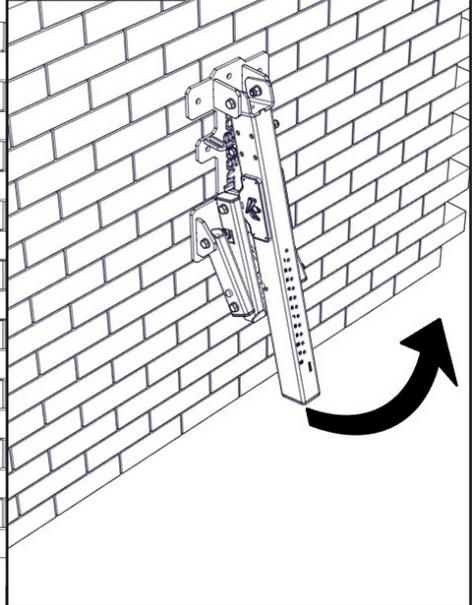
**Hole's dimension fi 14**



**Min. height of installation:**

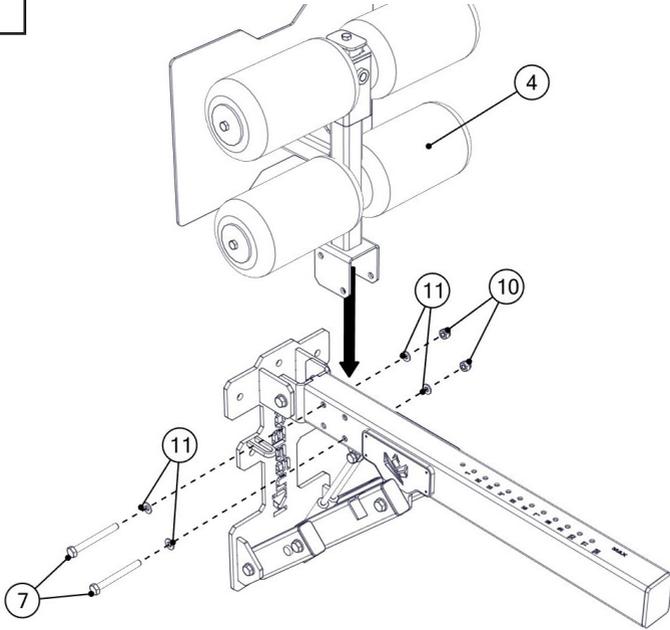


**STEP: 2**

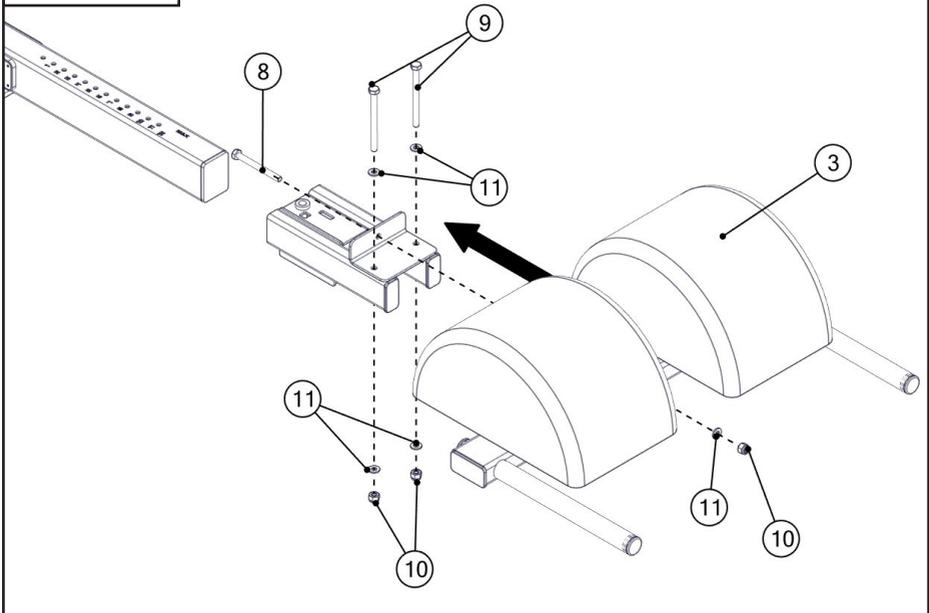


# Assembly instruction:

## STEP: 3

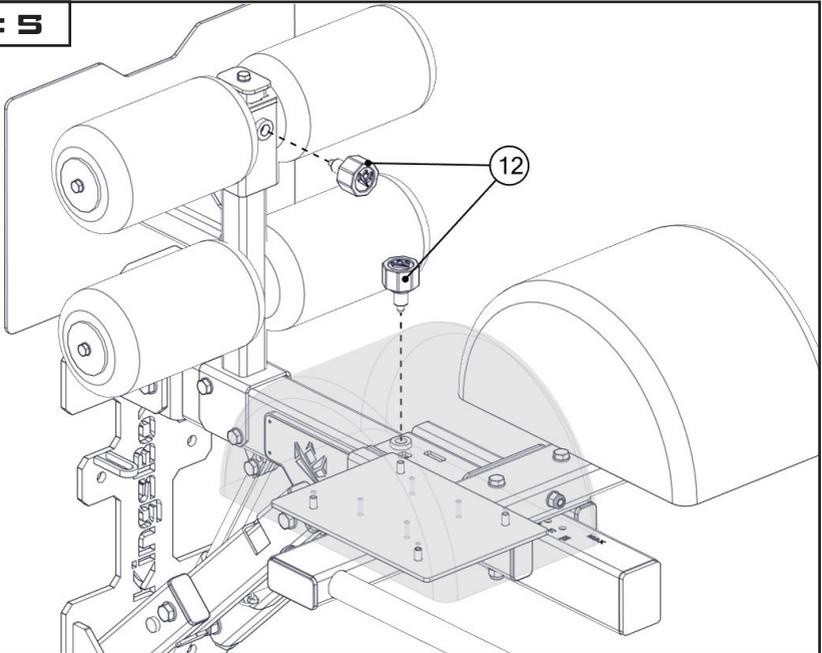


## STEP: 4



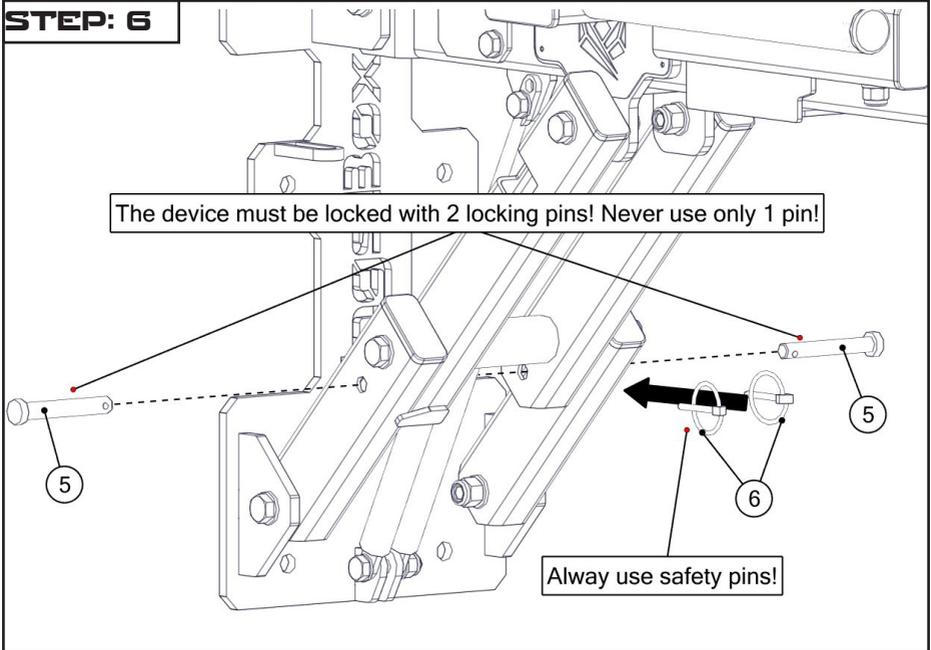
# Assembly instruction:

## STEP: 5



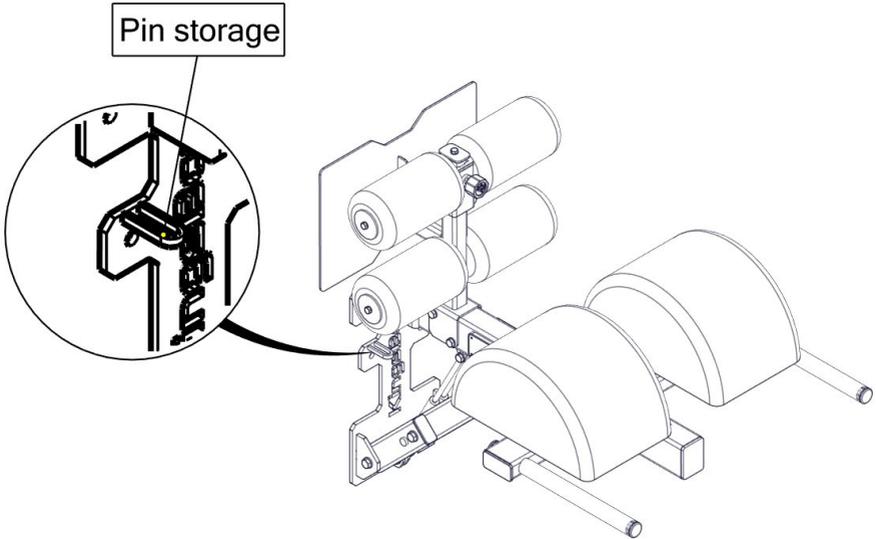
## STEP: 6

The device must be locked with 2 locking pins! Never use only 1 pin!

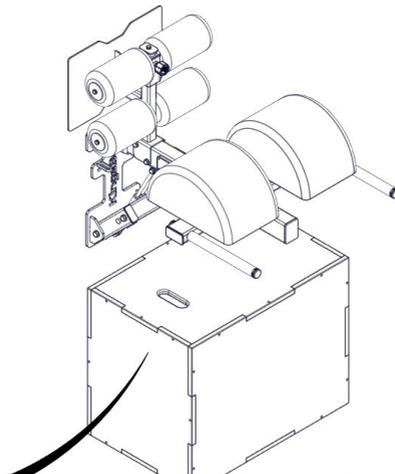


# Assembly instruction:

**STEP: 7**



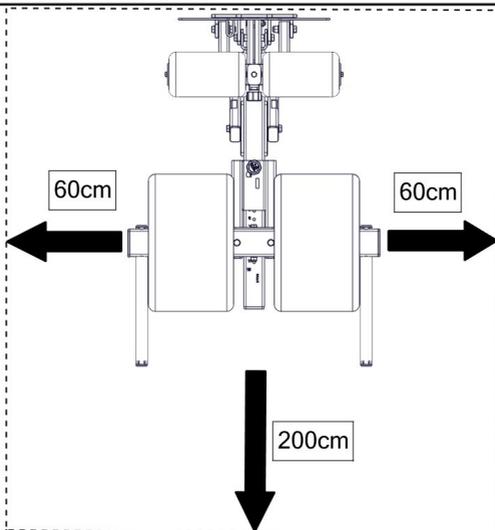
**GHD Access:**



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:**



Check that the equipment is securely fitted to the wall before every exercise!

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

