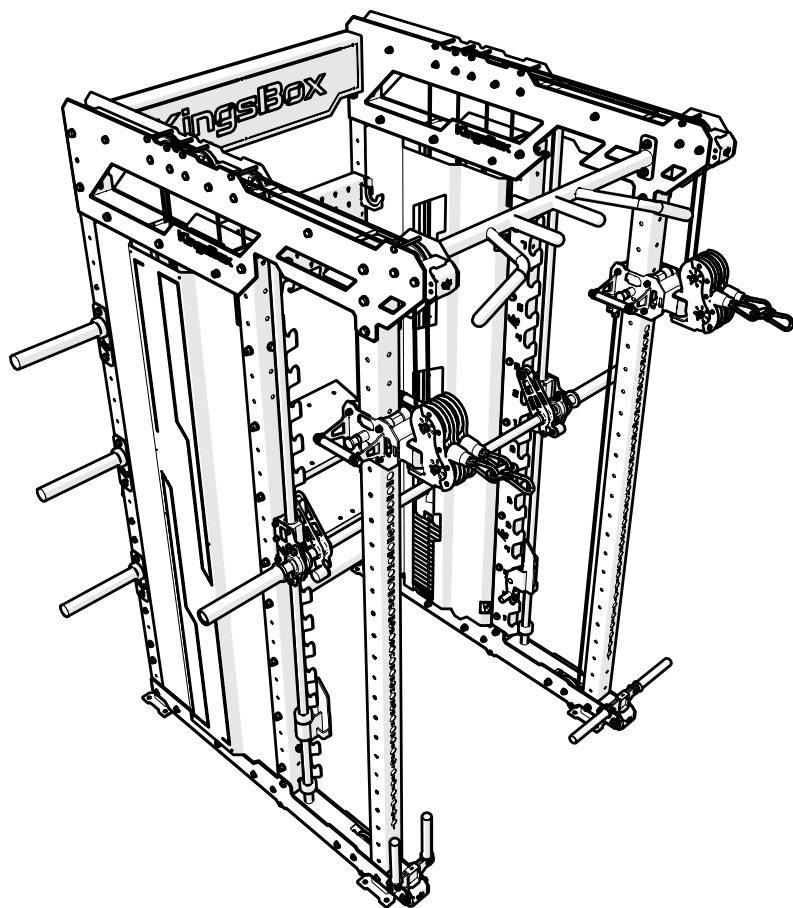


M.A.D. Rack

(KB04MI-154 / 156 / 158)



Manufacturer:
Kingsbox d.o.o.
Partizanska cesta 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:

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/attachment 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 user body mass: 120 kg

Maximum training mass ⁽¹⁾: Pulley: 120 kg / Smith machine: 150 kg, J-cups: 250 kg

Maximum mass on storage pins: 70 kg/pin

Maximum mass on storage shelves: 200 kg/shelve

⁽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.

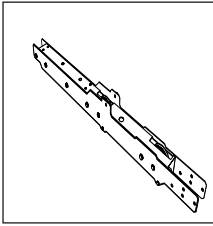
The fixing bolts for wall and / or floor are not included in the package, since different types of anchor bolts must be used for different wall / floor types.

WARNING!

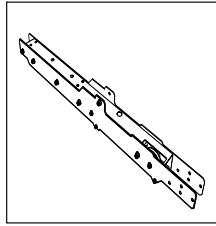
Equipment installed on the wall:

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

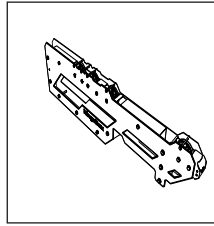
Assembly elements:



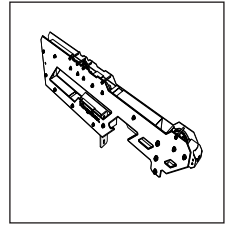
Position 1
Bottom LEFT pre-assembly



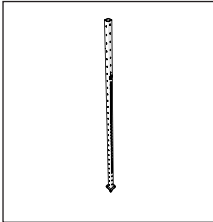
Position 2
Bottom RIGHT pre-assembly



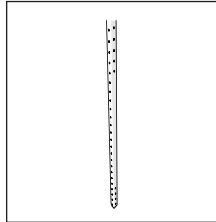
Position 3
Top LEFT pre-assembly



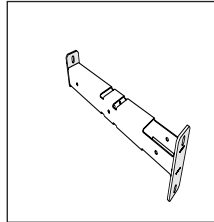
Position 4
Top RIGHT pre-assembly



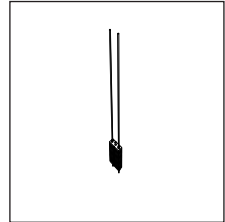
Position 5
Upright



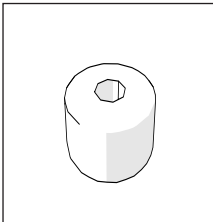
Position 6
Smith Upright



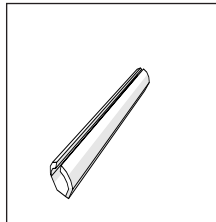
Position 7
MAD Rack_Middle Profile



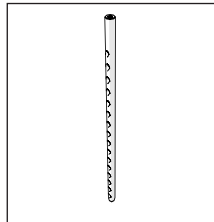
Position 8
Complete Weight Stack



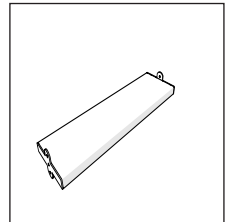
Position 9
WS Rubber Cushion



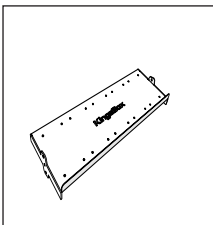
Position 10
WS Cotter



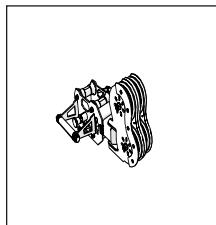
Position 11
WS Selector Bar



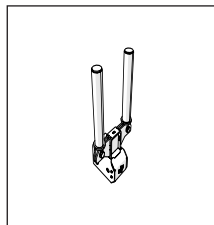
Position 12
KT Shelf



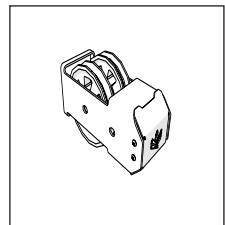
Position 13
DB Shelf



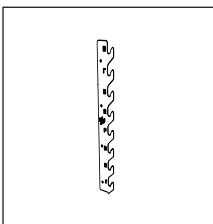
Position 14
MAD Rack_Adj. Pulley Trolley



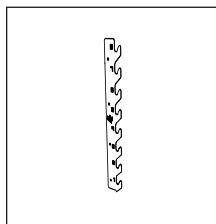
Position 15
MAD Rack_Row Support



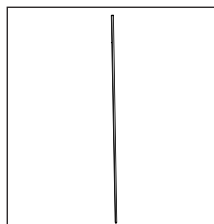
Position 16
MAD Rack_Top FRONT Profile



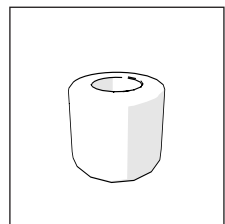
Position 17
Smith Salmon Ladder_LH



Position 18
Smith Salmon Ladder_RH

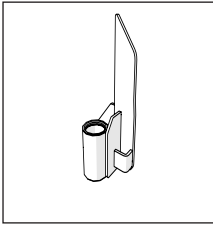


Position 19
Smith Guide f30x2410

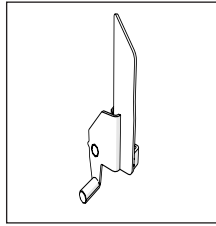


Position 20
Rubber Bush 32-60

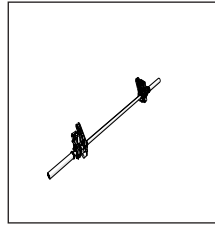
Assembly elements:



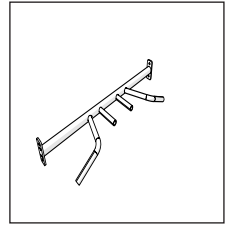
Position 21
Smith Safety Blocker LH



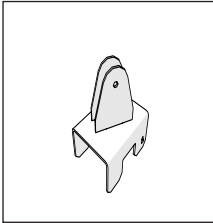
Position 22
Smith Safety Blocker RH



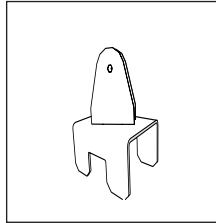
Position 23
Smith Bar



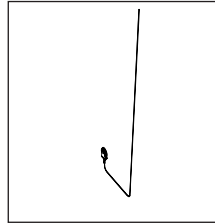
Position 24
MAD Rack Multi Grip Bar



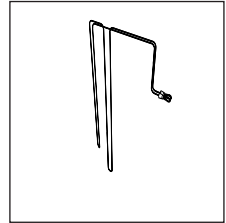
Position 25
Stack Pulley Holder Angled



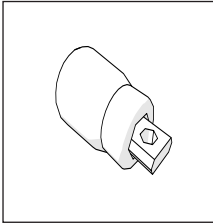
Position 26
Stack Pulley Holder Angled RH



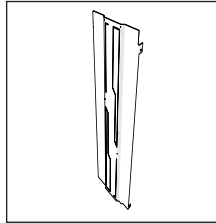
Position 27
Tension Cable



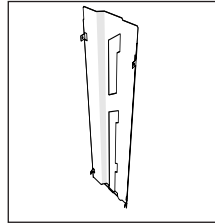
Position 28
Main Cable



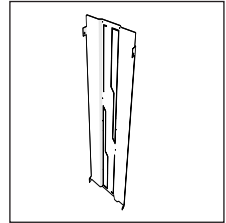
Position 29
Cable Ending Ball



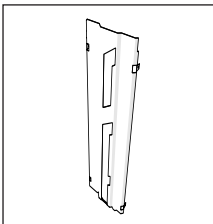
Position 30
Safety Plate OUT_L



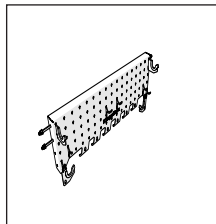
Position 31
Safety Plate IN_L



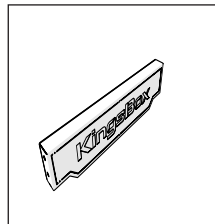
Position 32
Safety Plate OUT_R



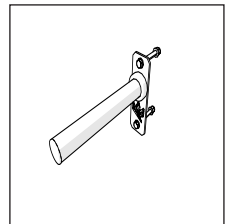
Position 33
Safety Plate IN_R



Position 34
Handles Storage-High

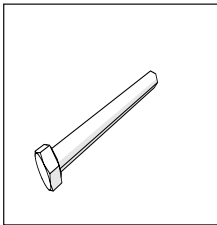


Position 35
MAD Rack Logo Sign

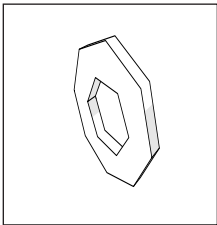


Position 36
Bumper Wall Storage

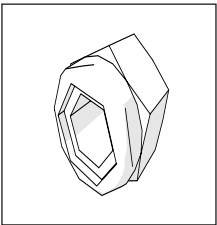
Assembly elements:



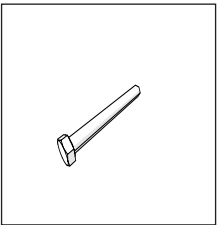
Position A
M12x110



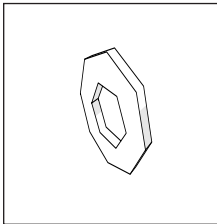
Position B
M12 Washer



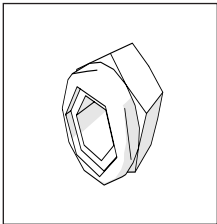
Position C
M12 Nut



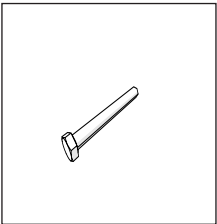
Position D
M10x100



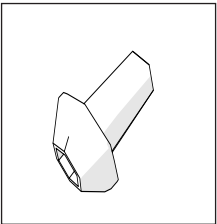
Position E
M10 Washer



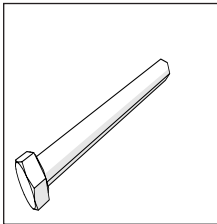
Position F
M10 Nut



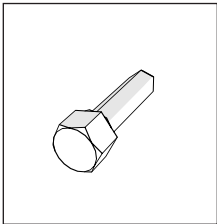
Position G
M8x100



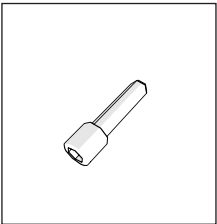
Position H
NAME



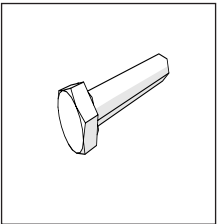
Position I
M12x120



Position J
M12x30

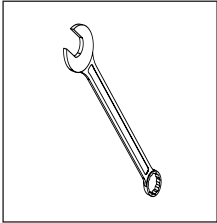


Position K
M12x30 Imbus

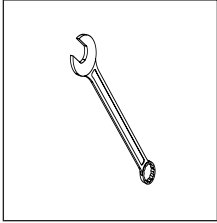


Position L
M10x50

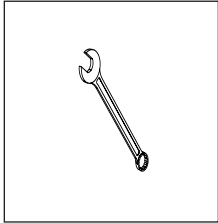
Tools needed:



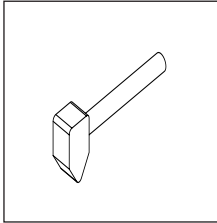
Wrench 19
2x



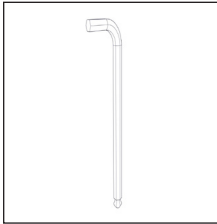
Wrench 17
2x



Wrench 13
2x



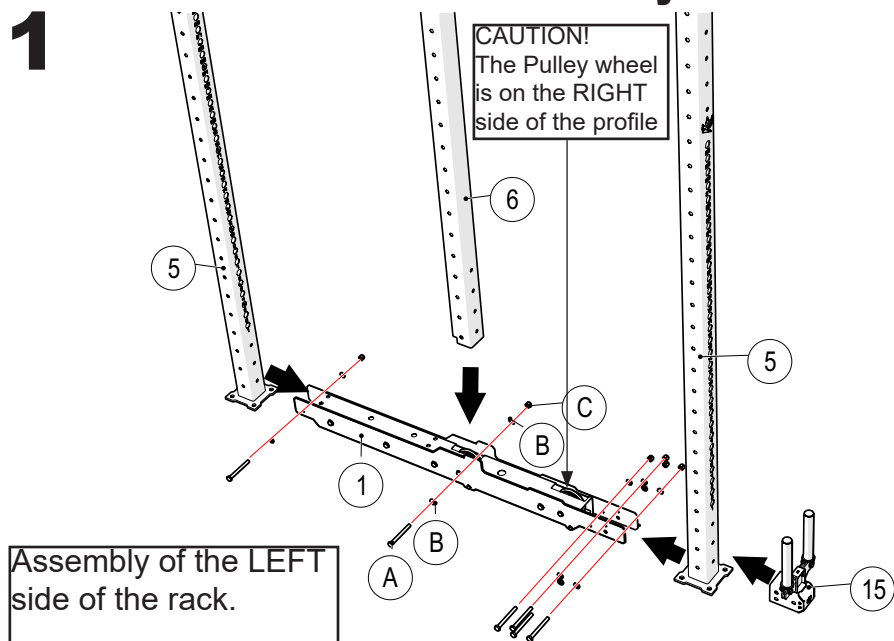
Plastic Hammer
1x



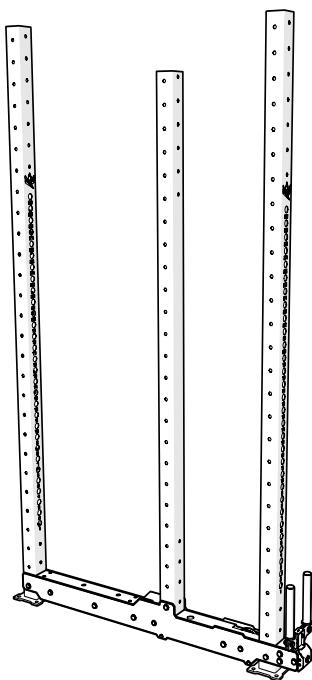
Allen Key 3mm
1x

Assembly instruction:

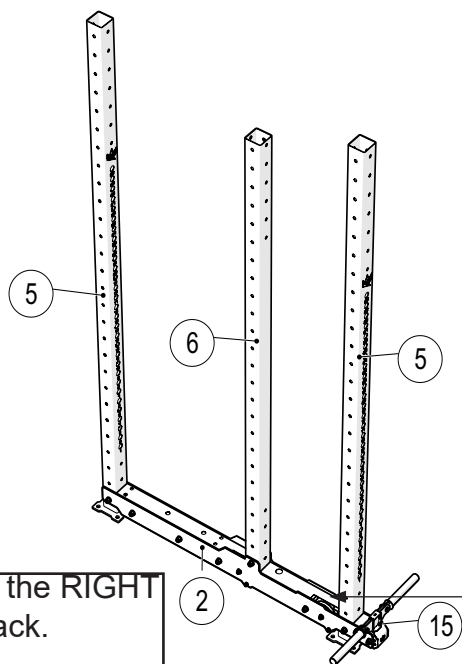
1



1.1



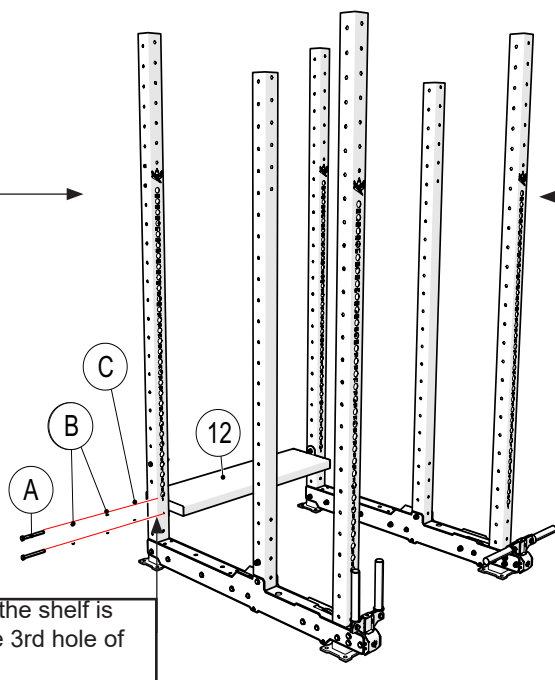
2



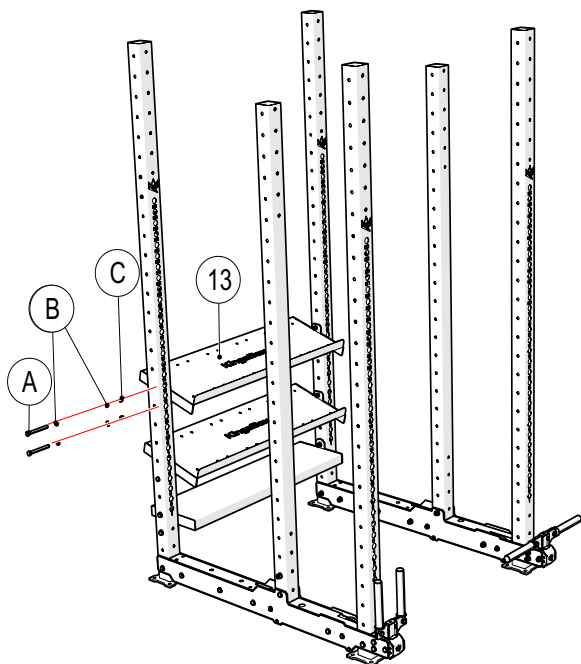
3

LEFT SIDE →

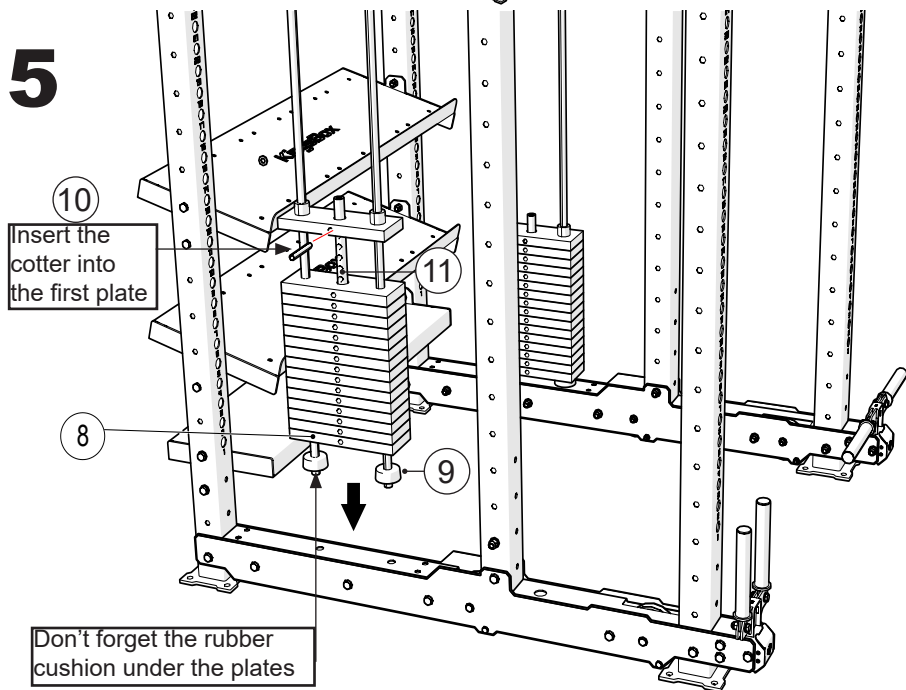
← **RIGHT SIDE**



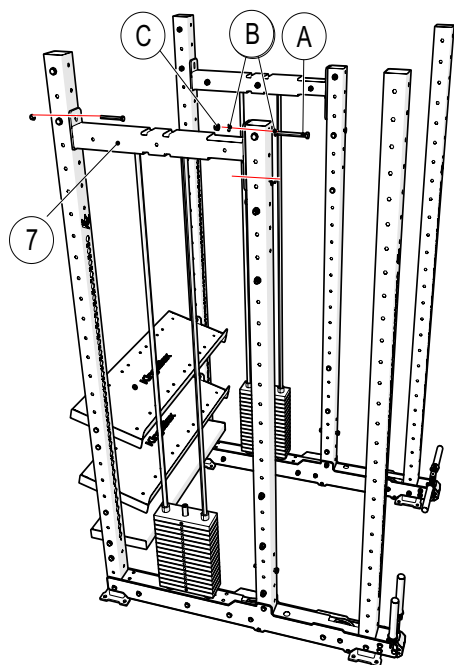
4



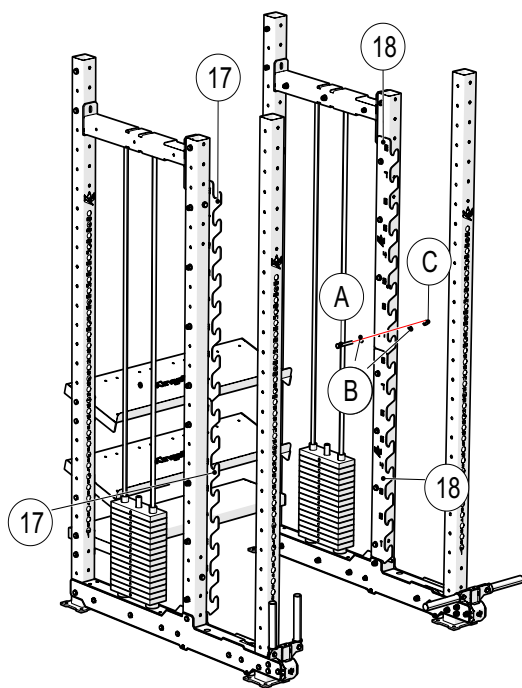
5



6



7

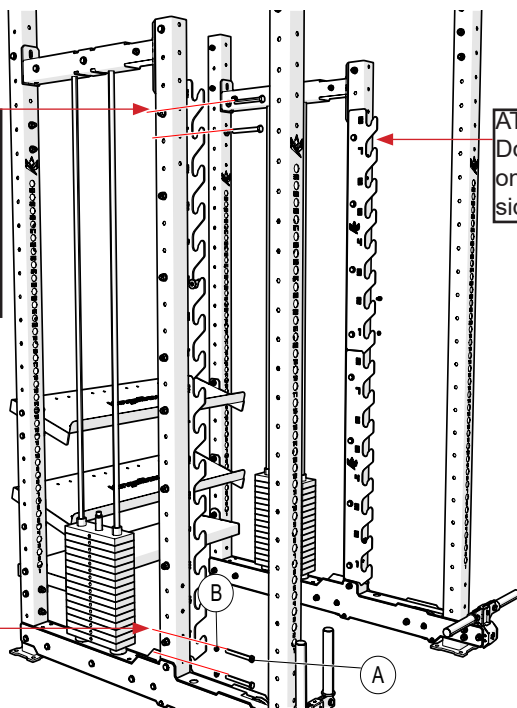


7.1

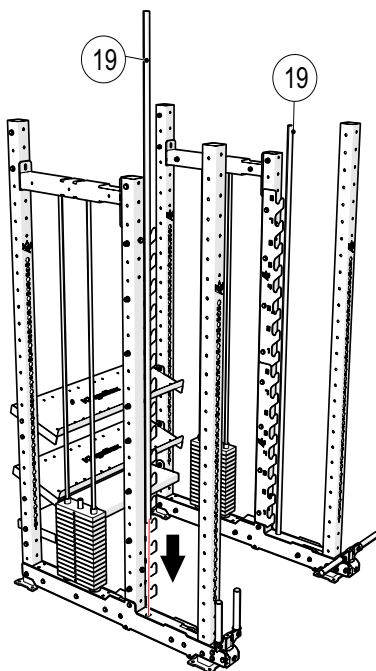
ATTENTION:
Pre-Insert bolts and washers in the middle pillar.
Use the 4th and 5th hole from the top down!

ATTENTION:
Do the same
on the RIGHT
side as well

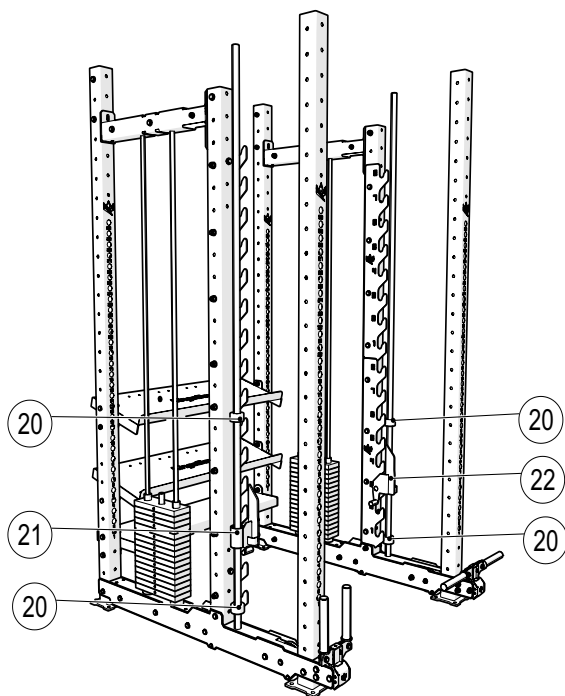
ATTENTION:
Pre-Insert bolts and washers in the middle pillar.
Use the last two holes from the bottom up!



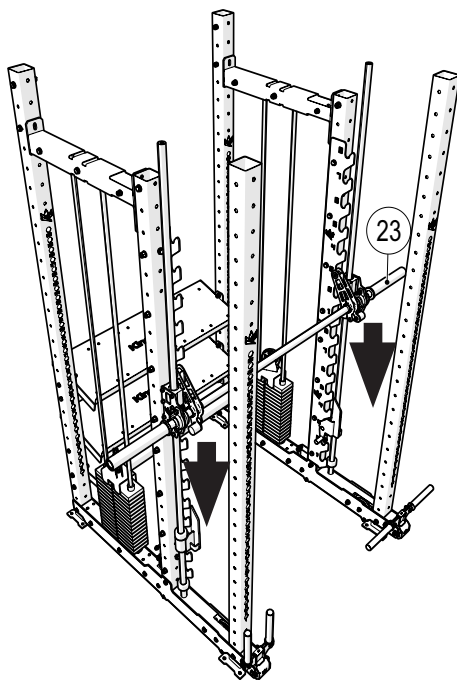
8



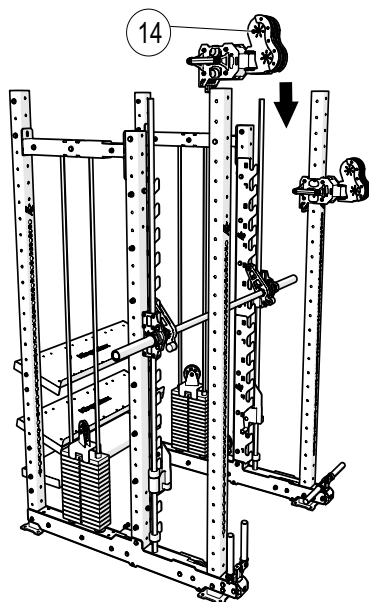
9



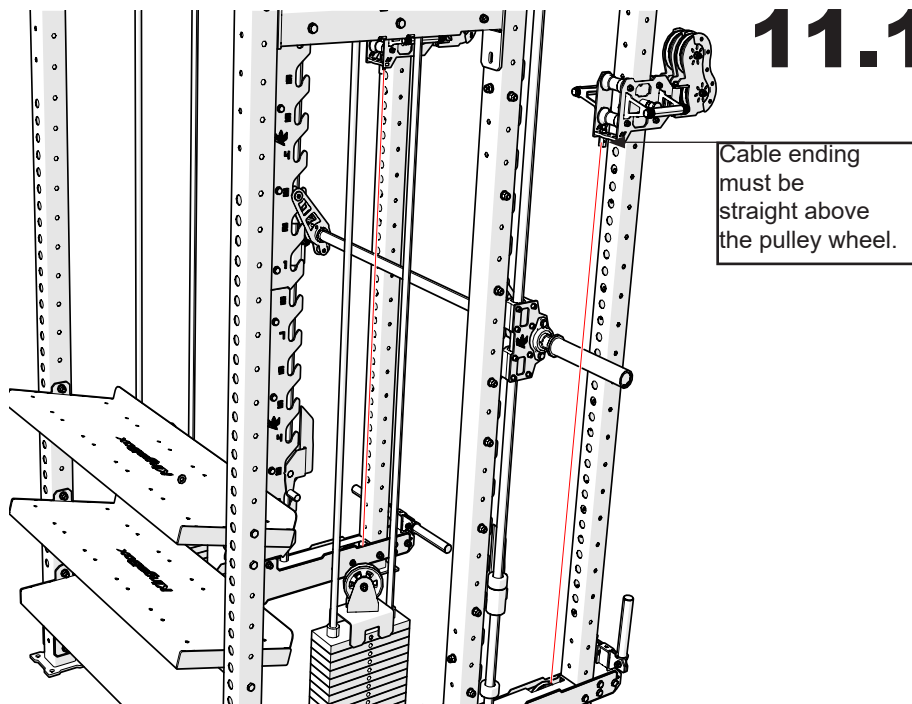
10



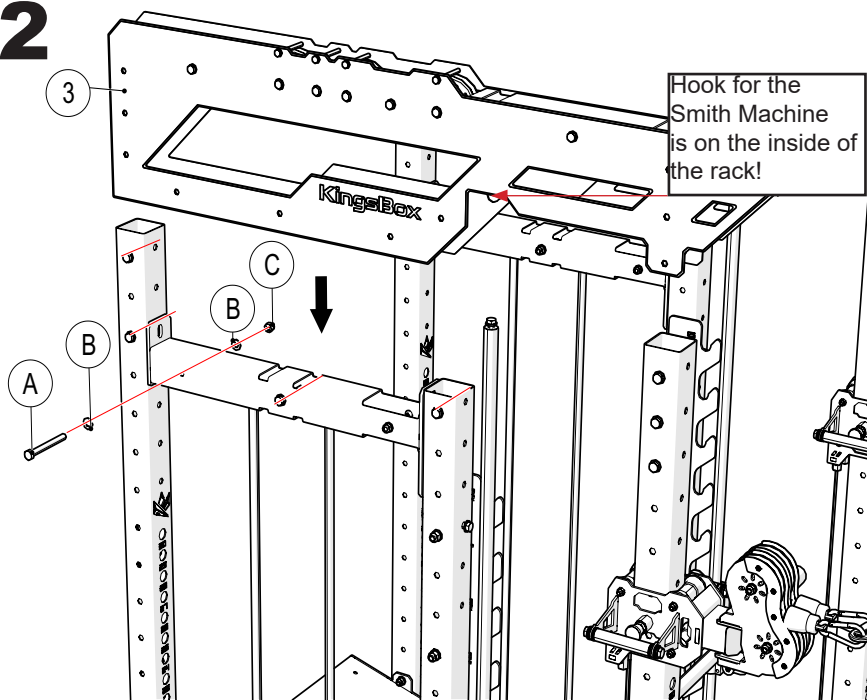
11



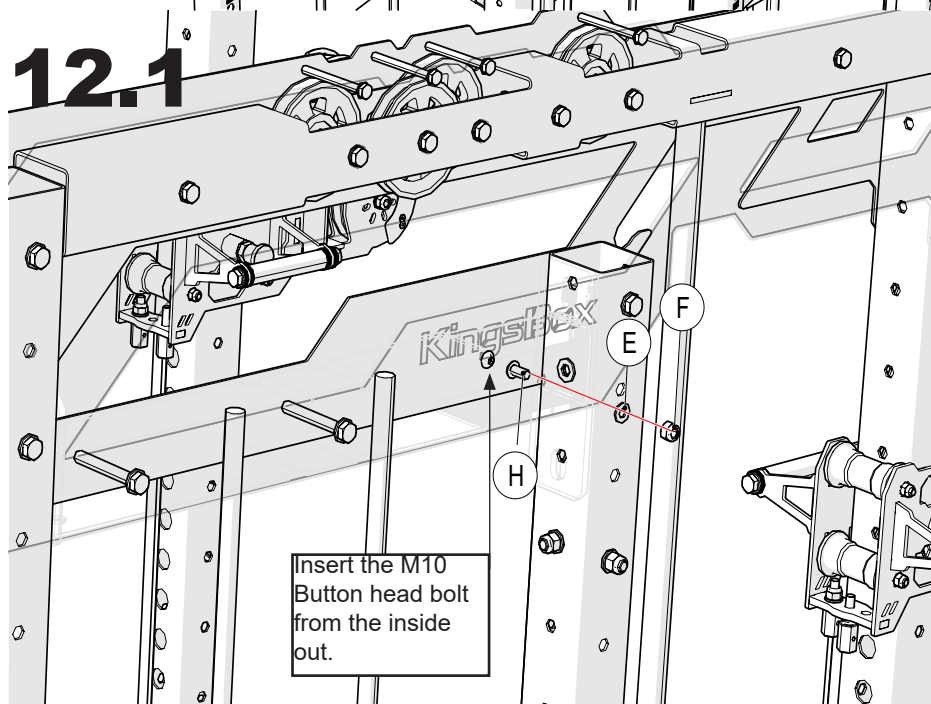
11.1



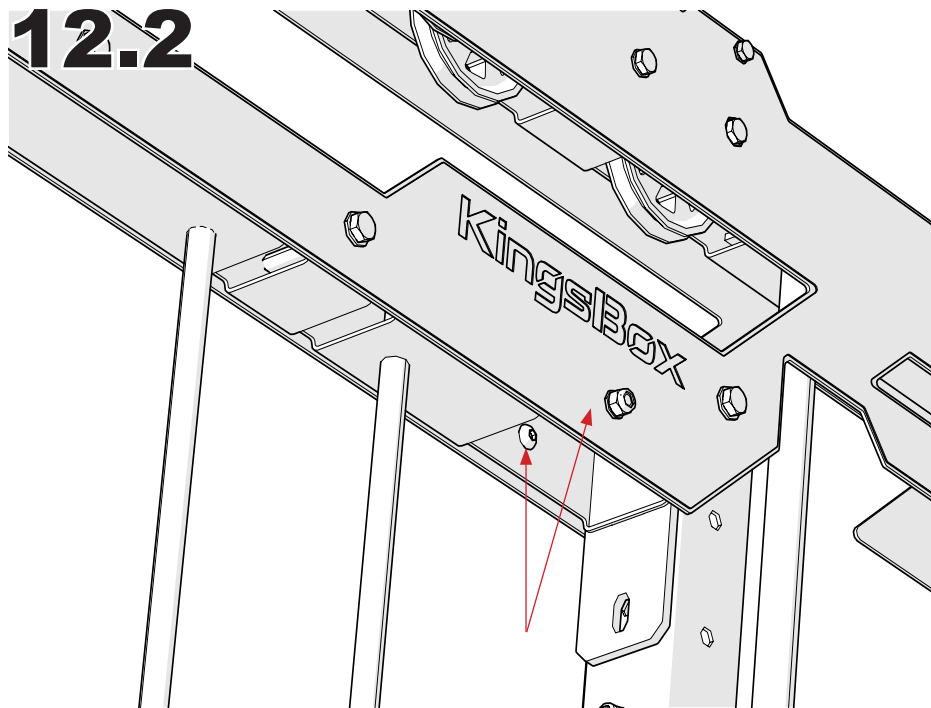
12



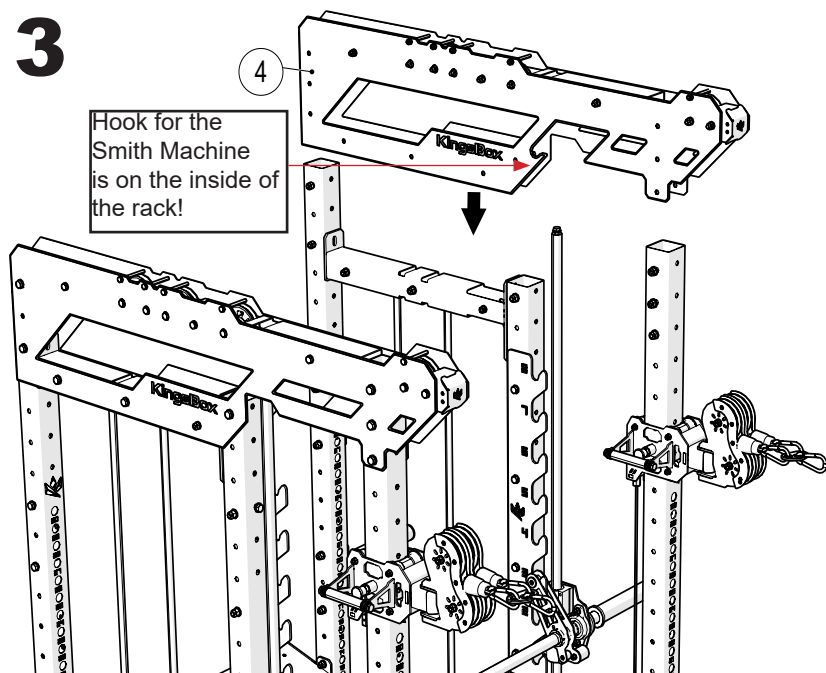
12.1



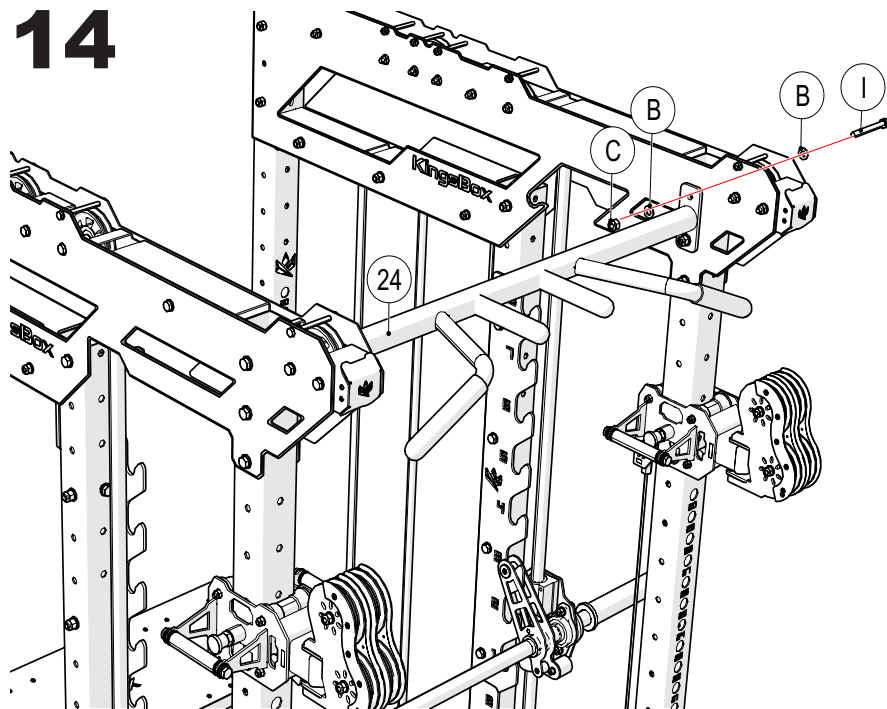
12.2



13

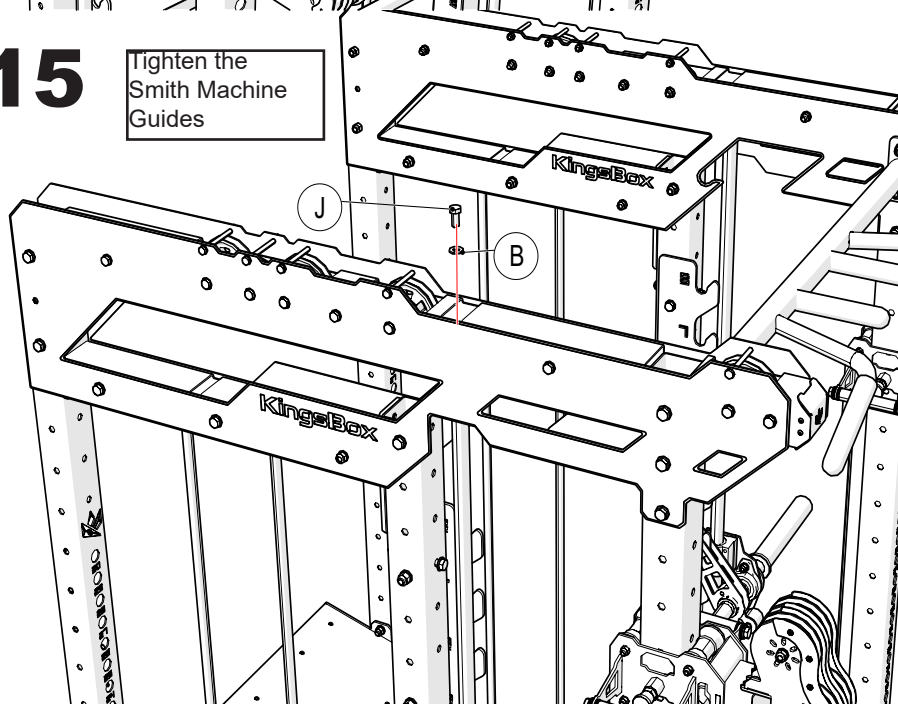


14

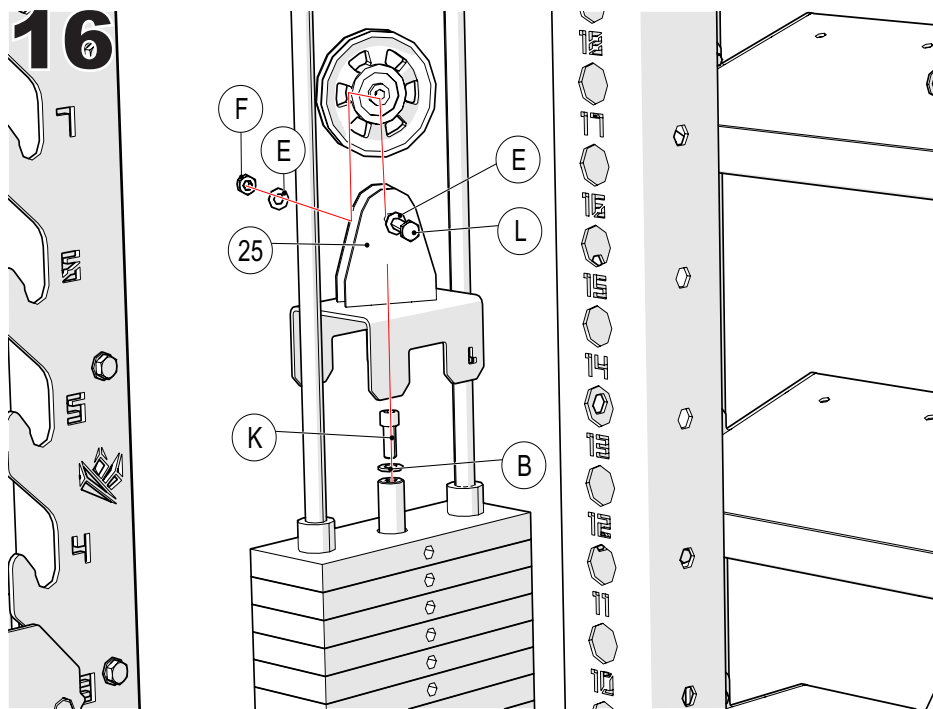


15

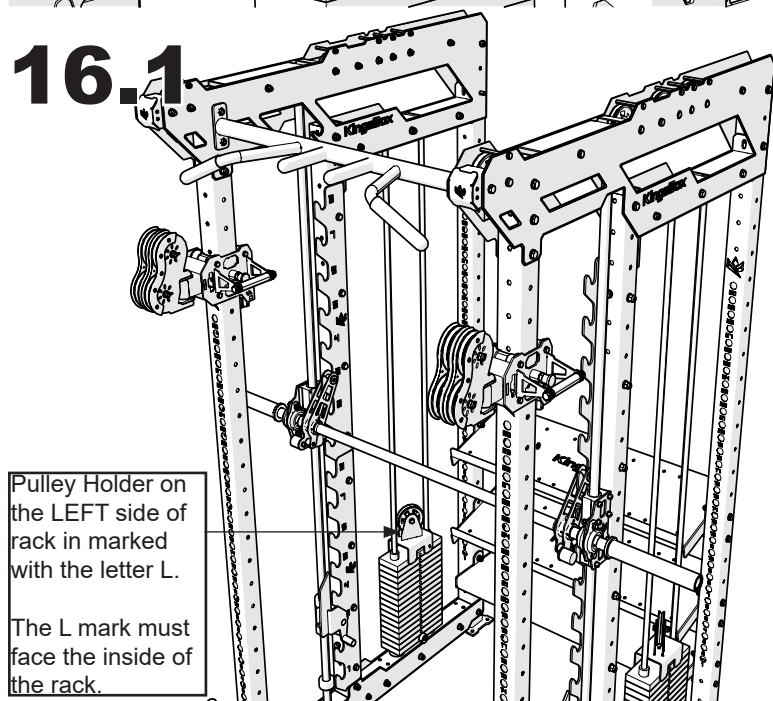
Tighten the
Smith Machine
Guides



16



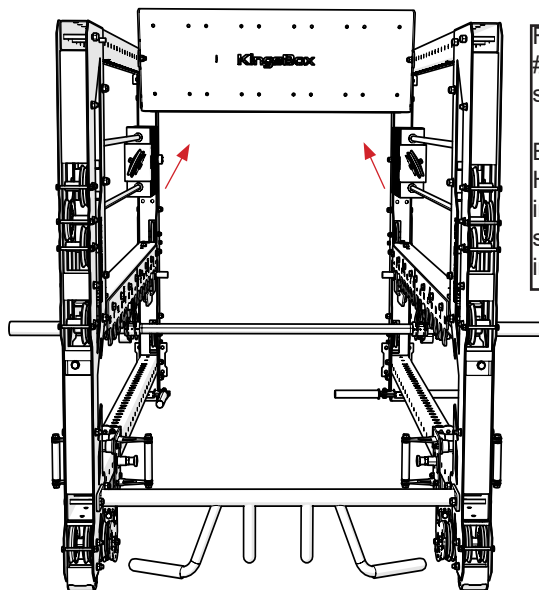
16.1



Pulley Holder on the LEFT side of rack in marked with the letter L.

The L mark must face the inside of the rack.

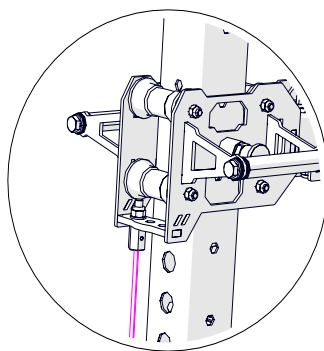
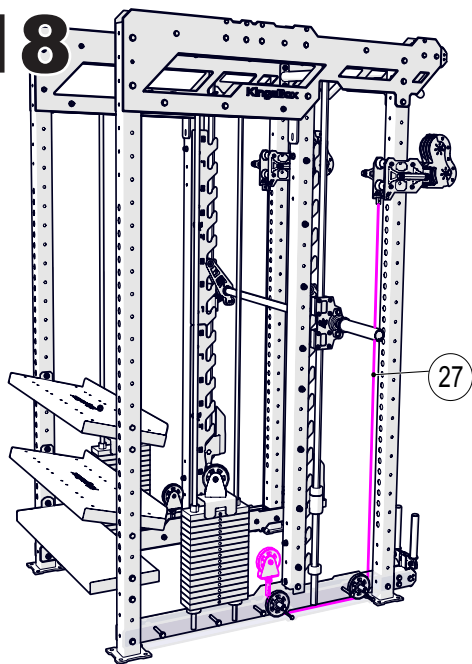
17



Repeat the step #16 on the RIGHT side.

Both Pulley Holders must face in the directions shown in the image.

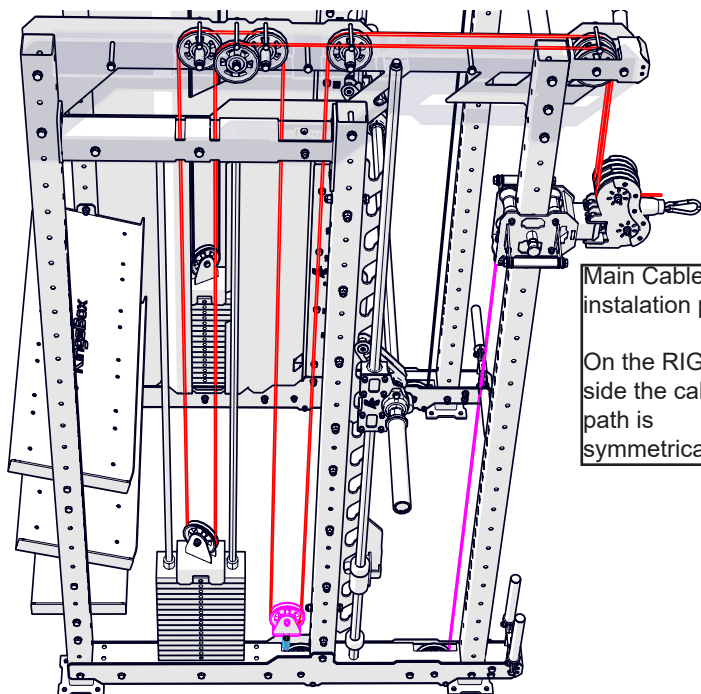
18



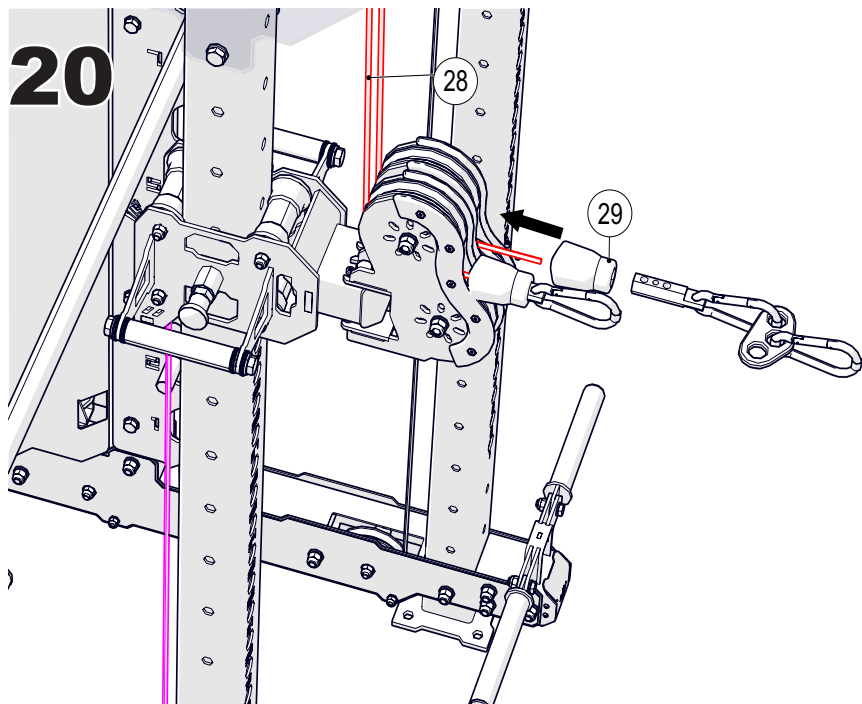
Insert the "Tensioner Cable" into the cable ending on the Trolley. Tighten the cable using the three small black screws in the cable ending.

Do this on both sides of the rack.

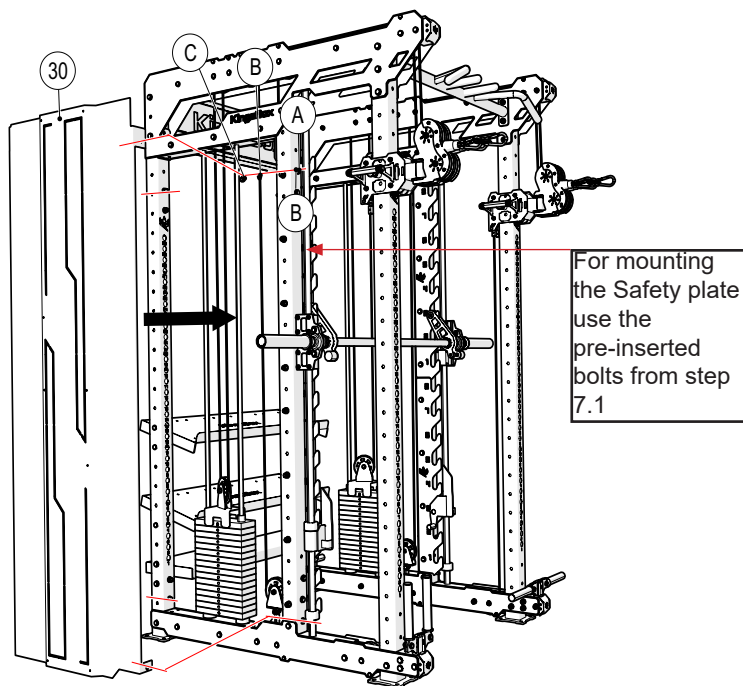
19



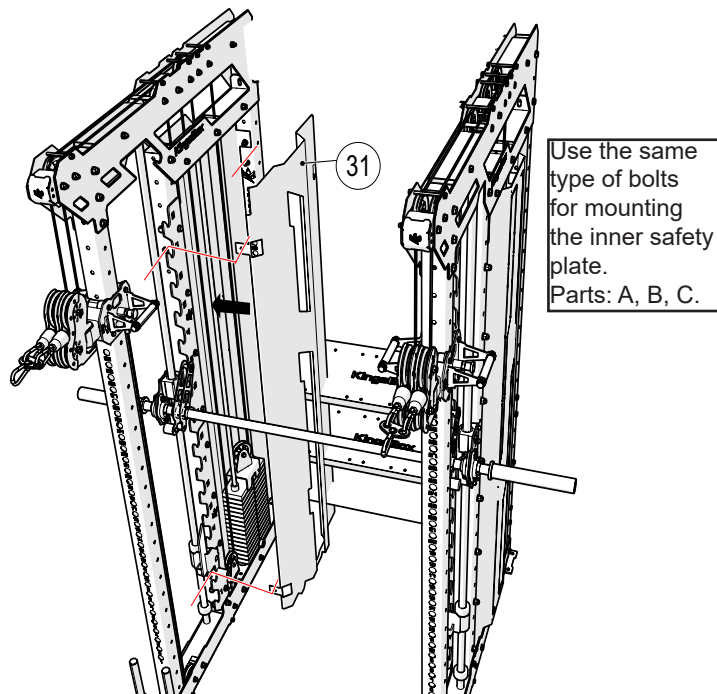
20



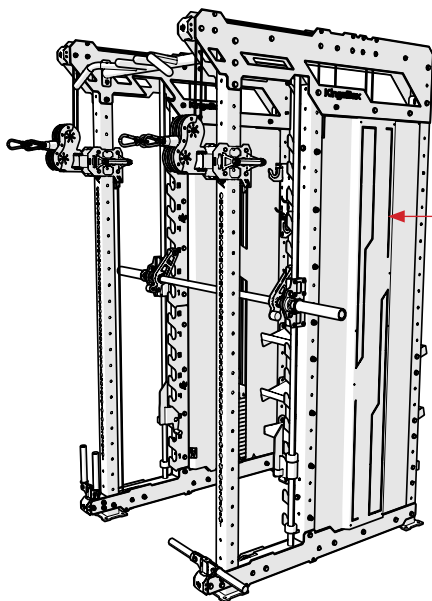
21



22

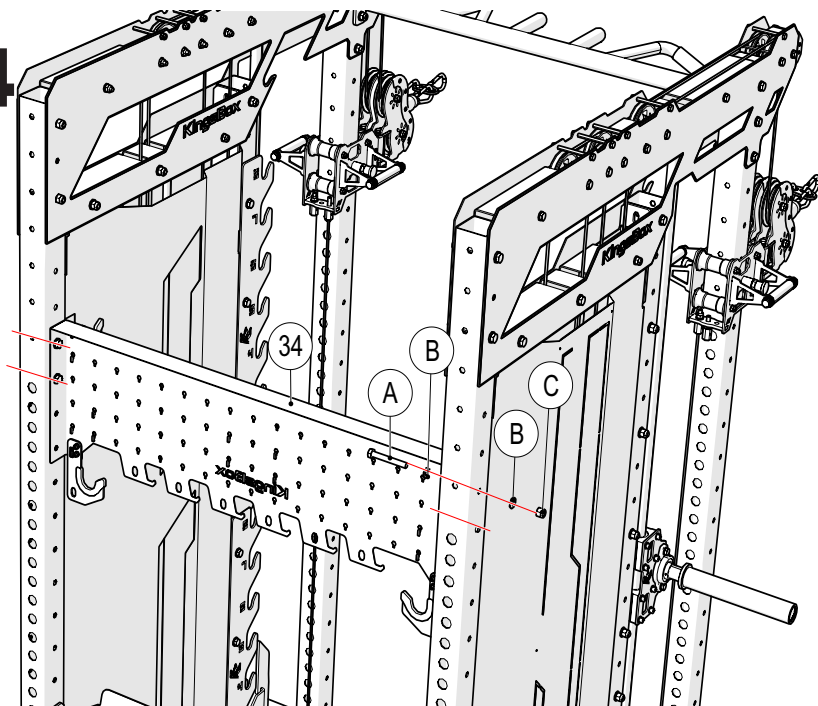


23

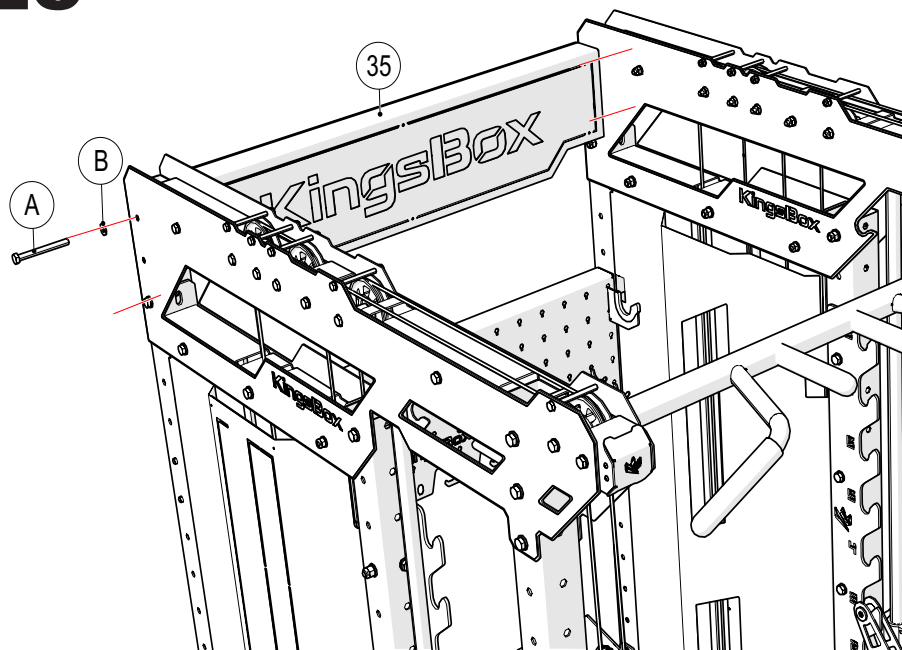


Repeat the safety plates installation on the RIGHT side.

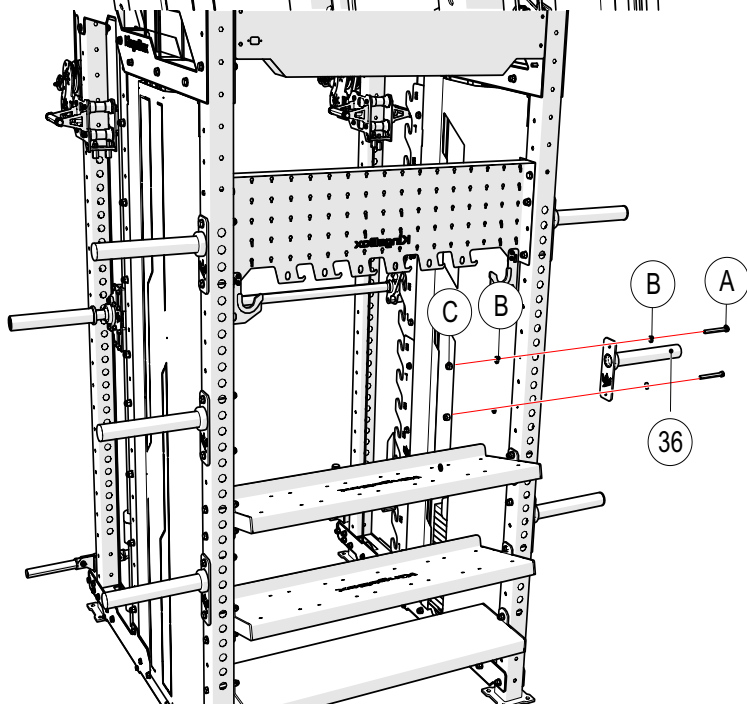
24

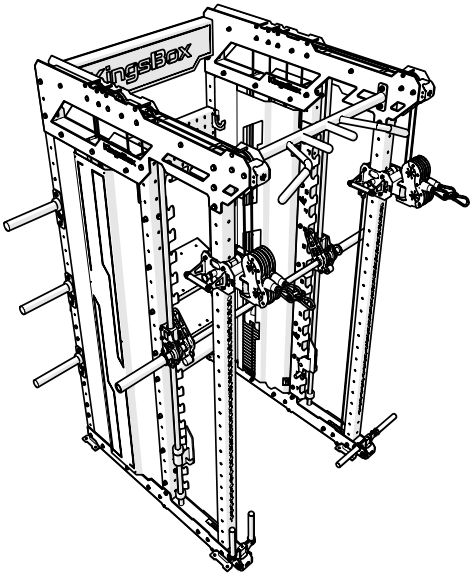


25



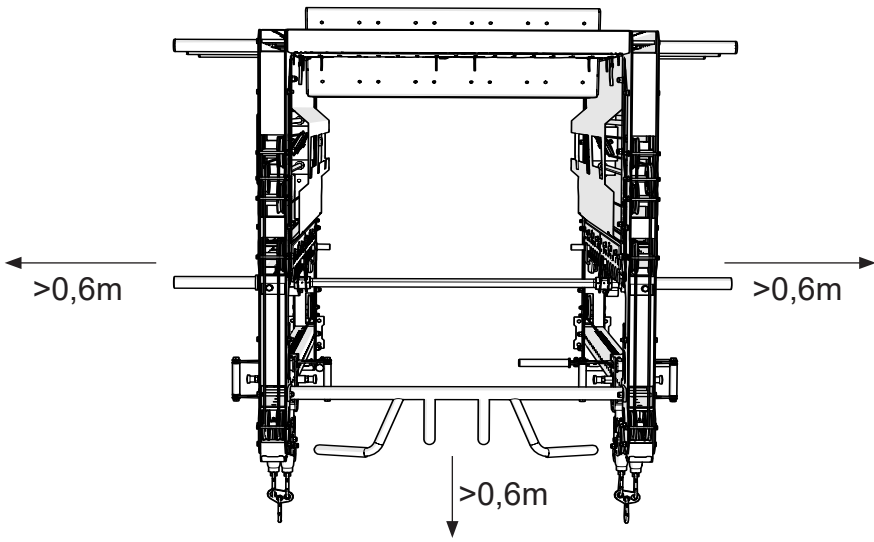
26





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:

