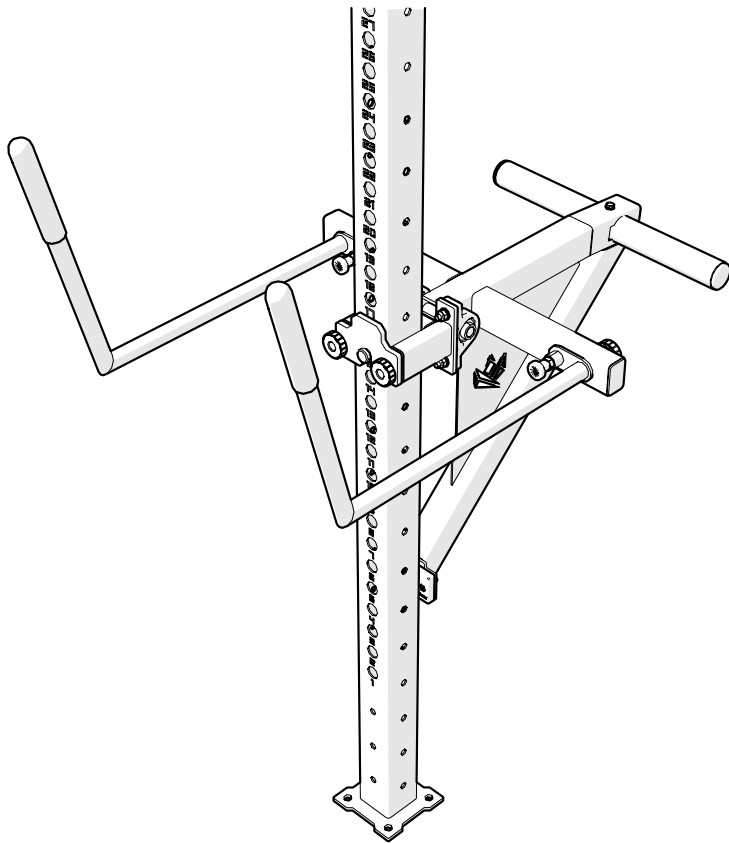


# Mighty Triceps Attachment

KB05MI-182



**Manufacturer:**  
Kingsbox d.o.o.  
Partizanska cesta 129, 6210 Sežana  
Slovenia

**KingsBox®**  
BUILDING BETTER HUMANS

**Customer service:**

Write us on [info@kingsbox.com](mailto:info@kingsbox.com) or send us a message through our website at [www.kingsbox.com/help](http://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/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 user body mass:** 100 kg

**Maximum training mass <sup>(1)</sup>:** 80 kg

<sup>(1)</sup> 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.

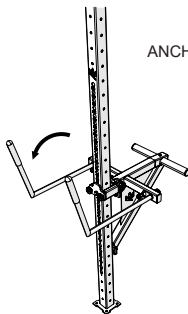
The fixing bolts for wall and / or floor are not included in the package, since different types of anchor bolts must be used for different wall / floor types.

**WARNING!**

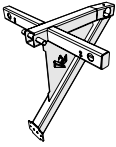
***Equipment installed on the wall:***

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.).

**WARNING!**  
**ANGER OF OVERTURNING.**  
**ANCHOR THE STRUCTURE INTO THE GROUND.**



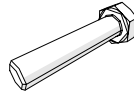
## Assembly elements:



**Position 1**  
Triceps Lever



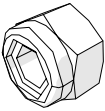
**Position 2**  
Bearing



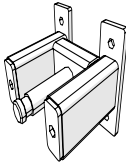
**Position 3**  
M10x40



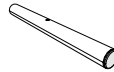
**Position 4**  
M10 Washer



**Position 5**  
M10 Nut



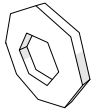
**Position 6**  
Bearing Carrier



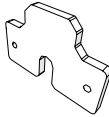
**Position 7**  
Bumper Pin



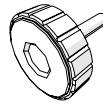
**Position 8**  
M8x35



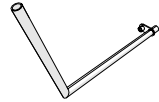
**Position 9**  
M8 Washer



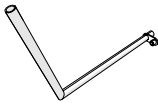
**Position 10**  
Block Plate



**Position 11**  
Clamping Knob M8x30



**Position 12**  
Adj. Handle L



**Position 13**  
Adj. Handle D

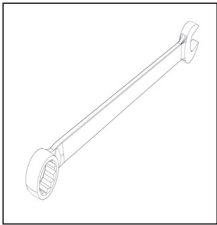


**Position 14**  
Index Plunger

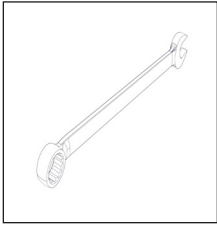


**Position 15**  
TCQ Washer

**Tools needed:**



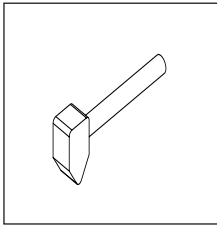
**Wrench 19**  
2x



**Wrench 17**  
2x



**Wrench 13**  
2x



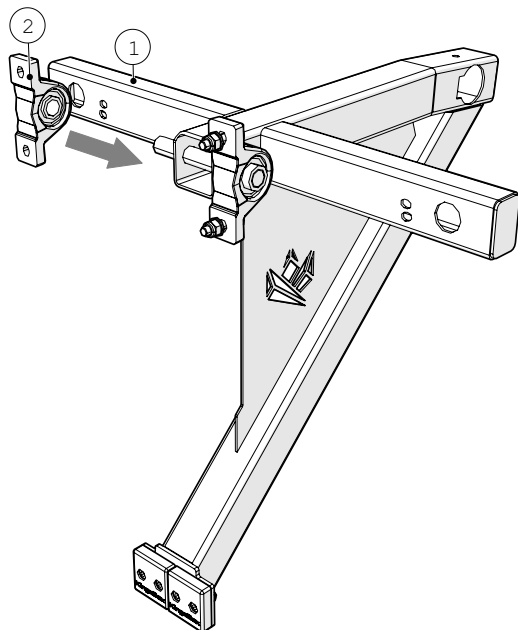
**Plastic Hammer**  
1x



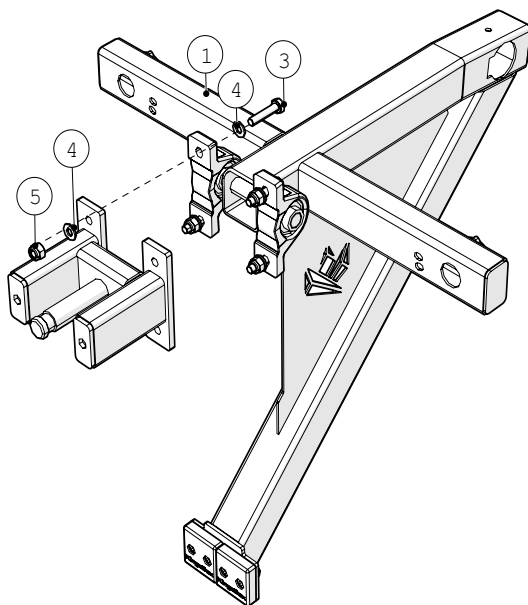
**Allen Key 3mm**  
1x

## Assembly instruction:

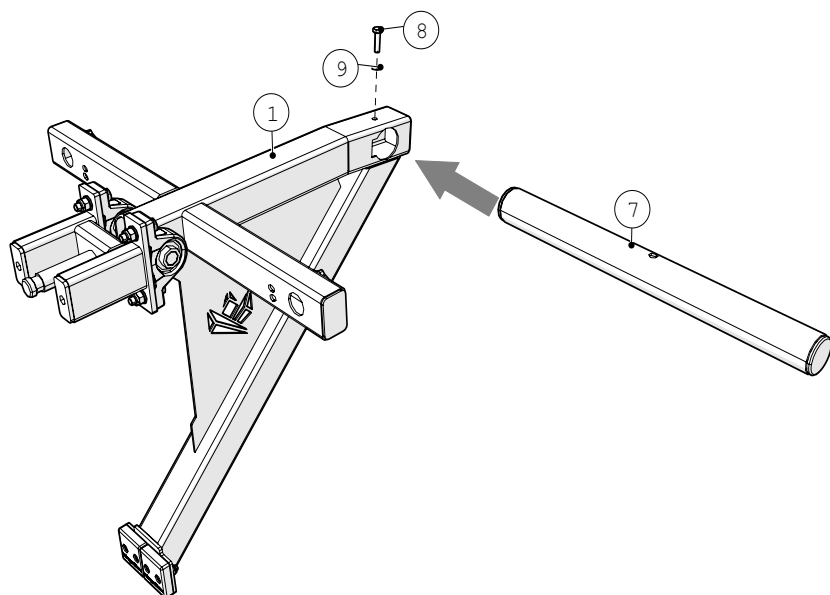
1



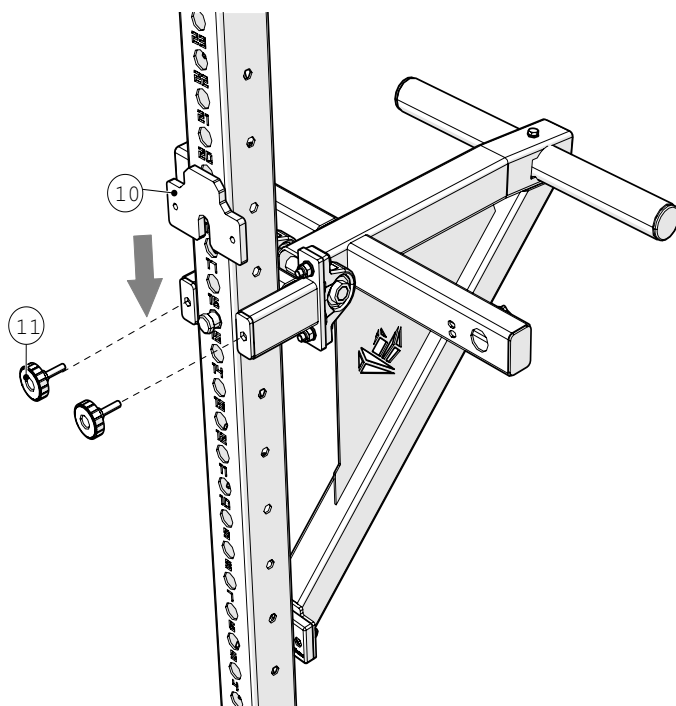
2



# 3



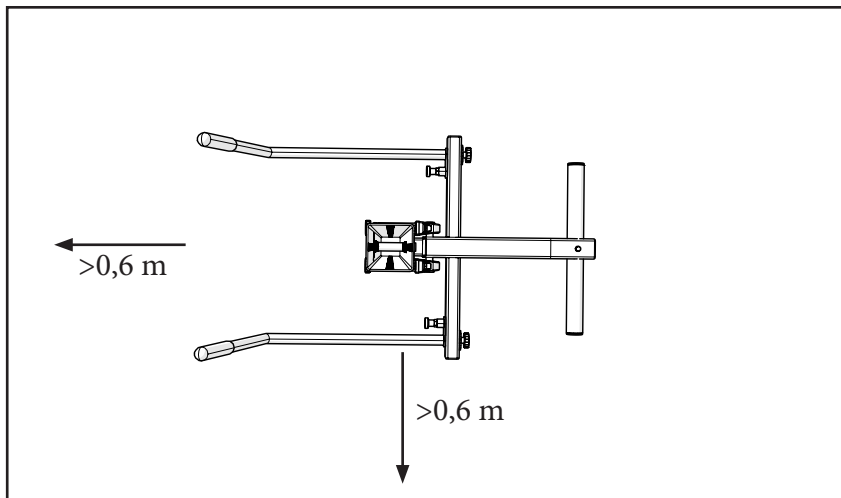
# 4



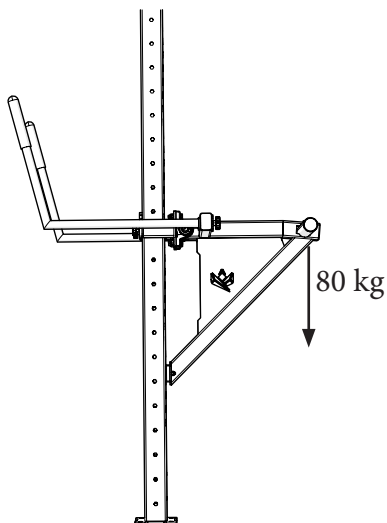


## Instructions for use:

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: 80 KG



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