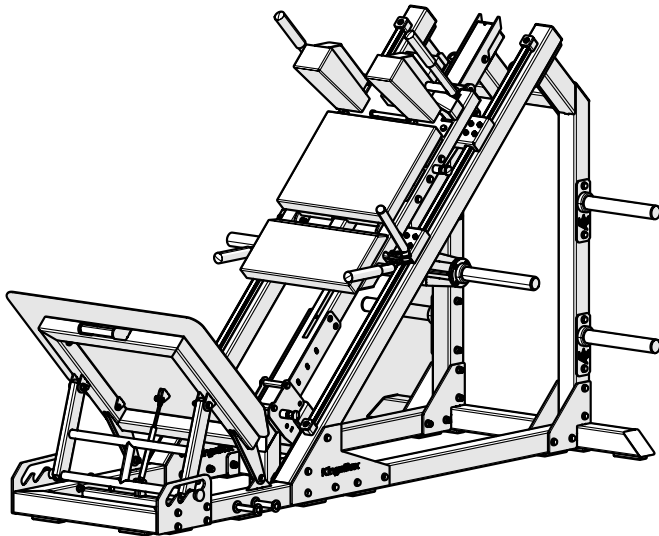


The Mighty Hack Squat & Press (KB06MI-150)



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.

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

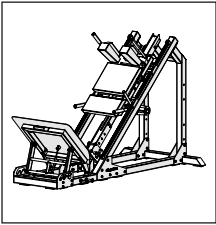
Maximum user body mass: 120 kg

Maximum training mass ⁽¹⁾: 200 kg

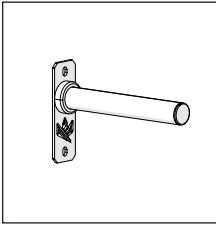
Maximum mass on storage pins: 70 kg/pin

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

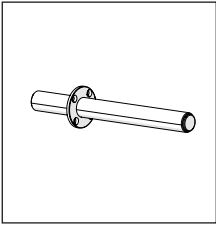
Assembly elements:



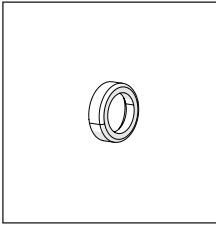
Position 1
The Mighty Hack Squat (1x)



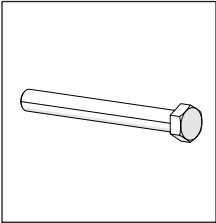
Position 2
Bumper 1 Storage Chrome (4x)



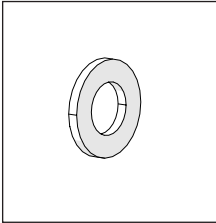
Position 3
Weight Pin Chrome (2x)



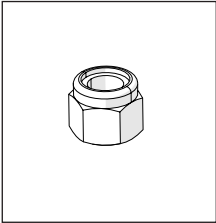
Position 4
Rubber Spacer f48 (6x)



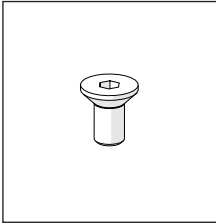
Position 5
M12x110 (8x)



Position 6
Washer M12 (16x)

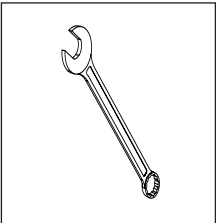


Position 7
Nut M12 (8x)

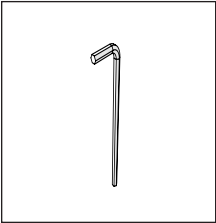


Position 8
Countersunk Screw M8x16 (8x)

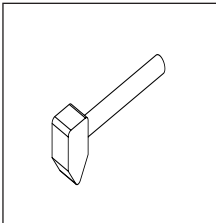
Tools needed:



Wrench 19
2x



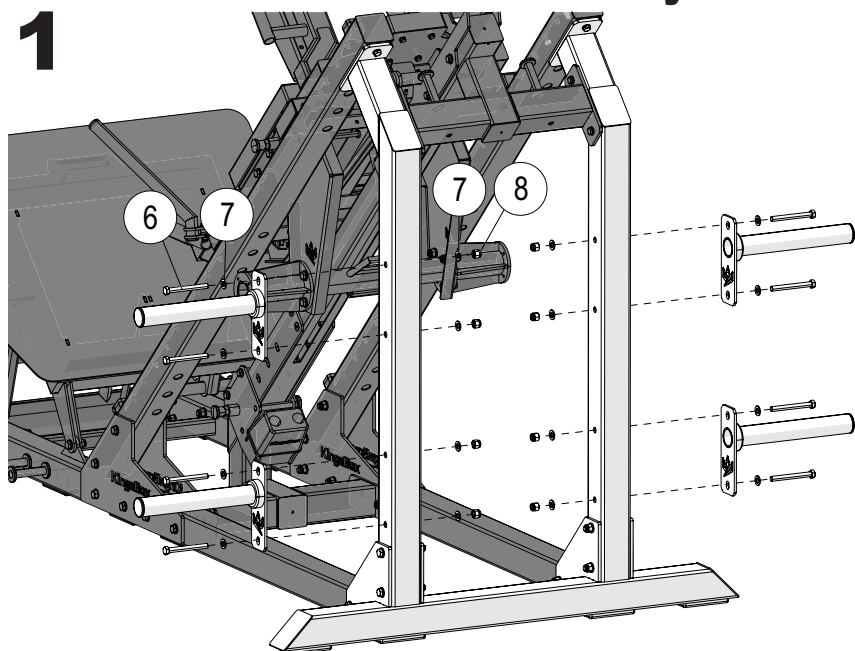
Allen Key 5
2x



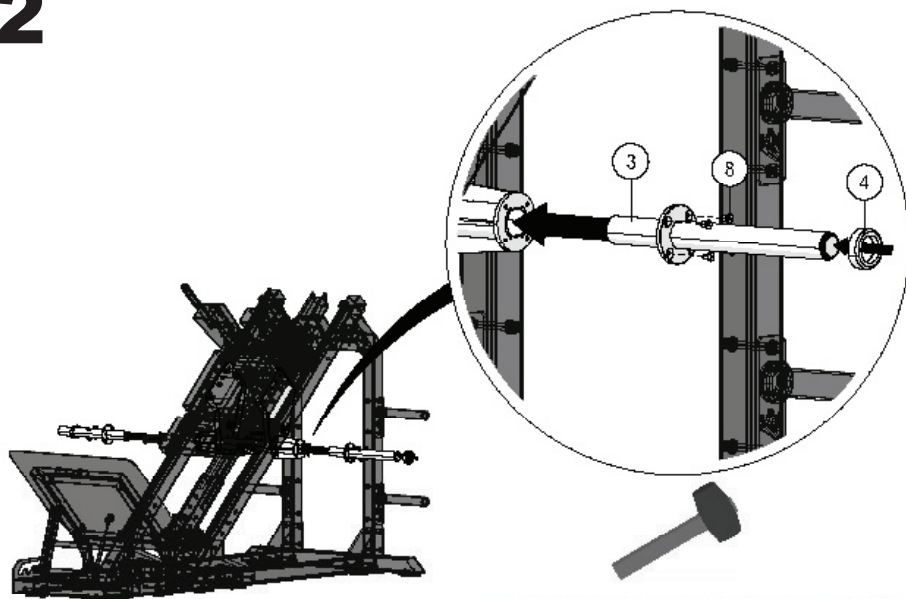
Plastic Hammer
1x

Assembly instruction:

1

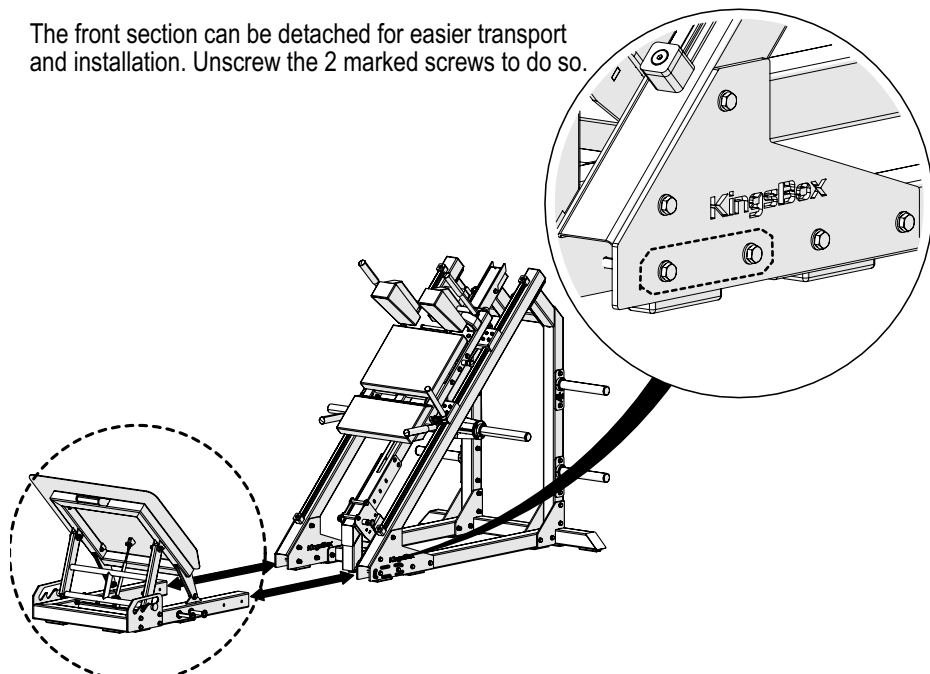


2



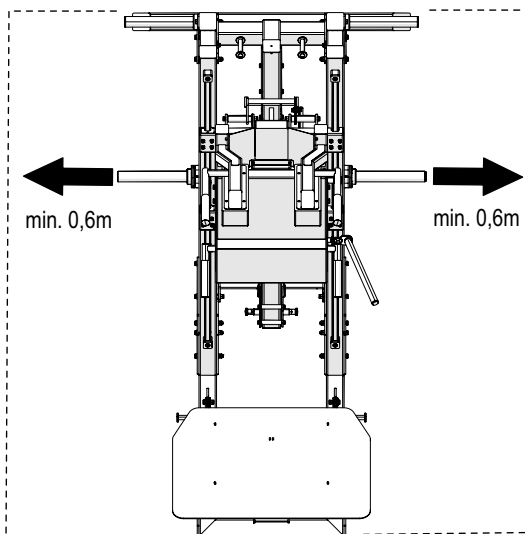
If needed, use soft hammer to slide the weight pin in.

The front section can be detached for easier transport and installation. Unscrew the 2 marked screws to do so.

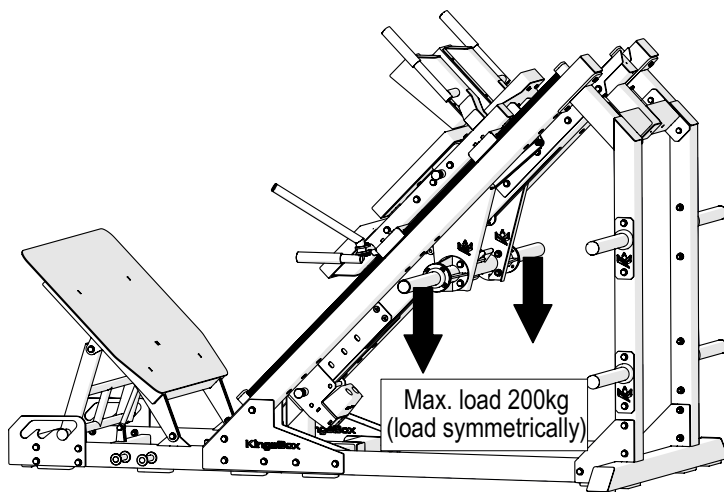


Instructions for use:

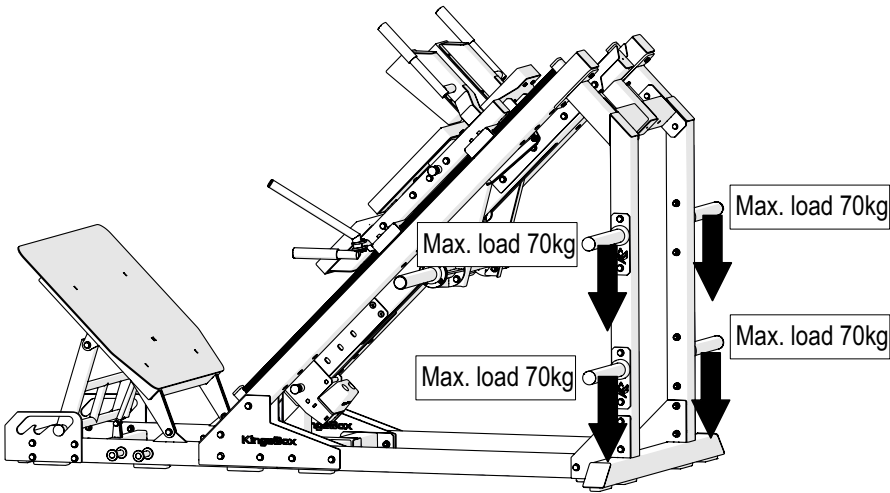
Free area around the training equipment should be $>0,6\text{m}$ than the training area in the direction from which the equipment is accessed.



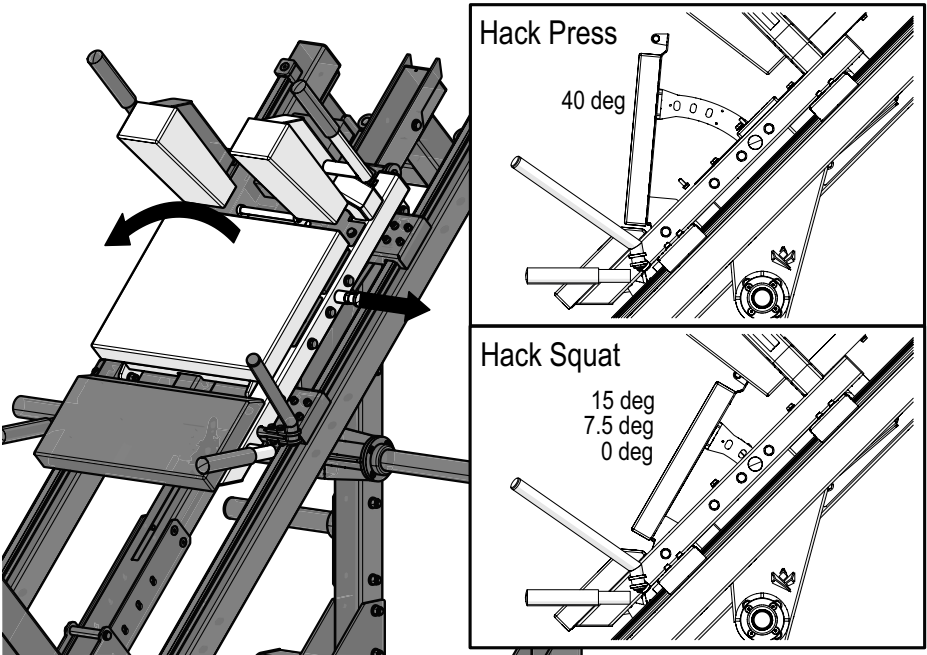
MAX. LOAD - Weight pins::



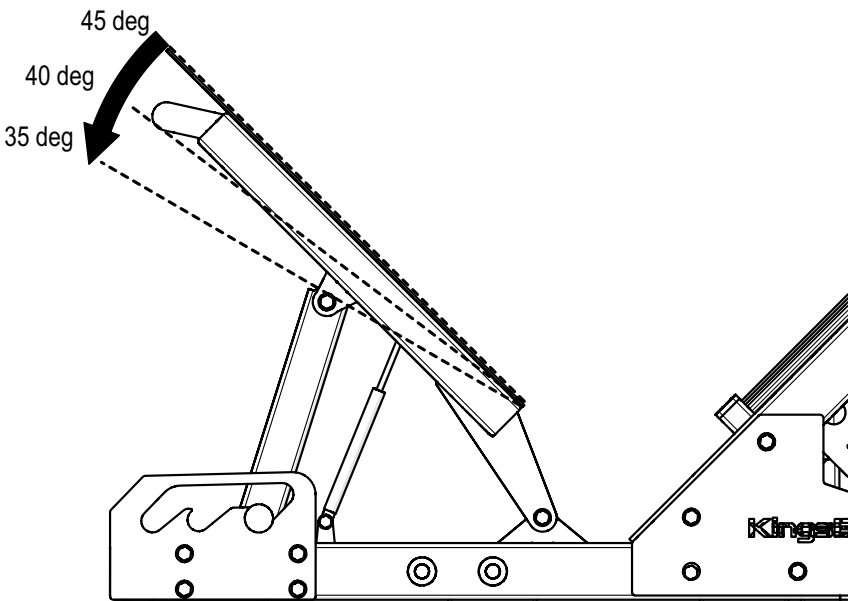
MAX. LOAD - Storage Pins:



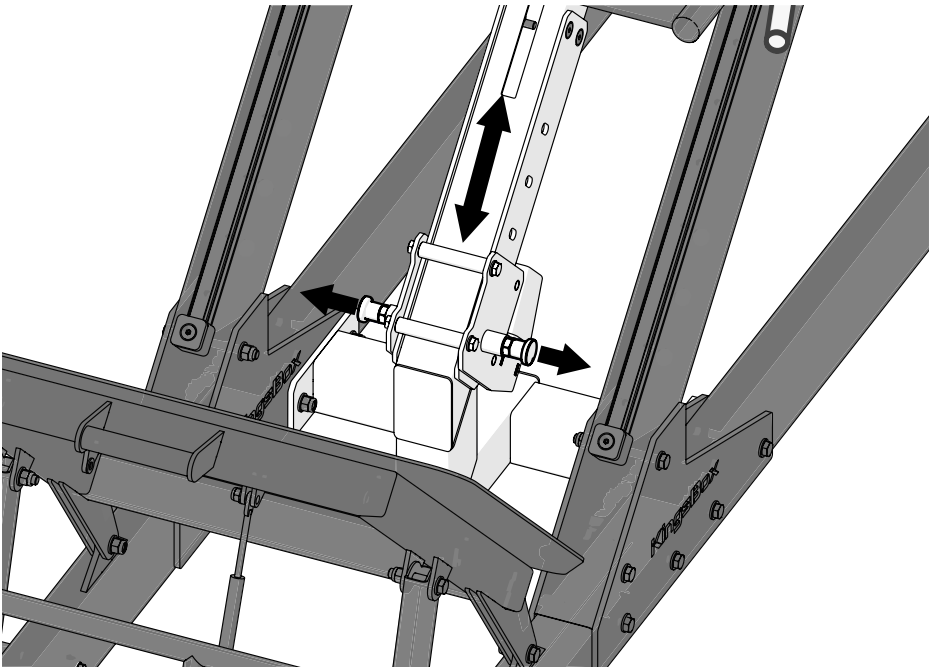
BACK PAD ADJUSTMENT:



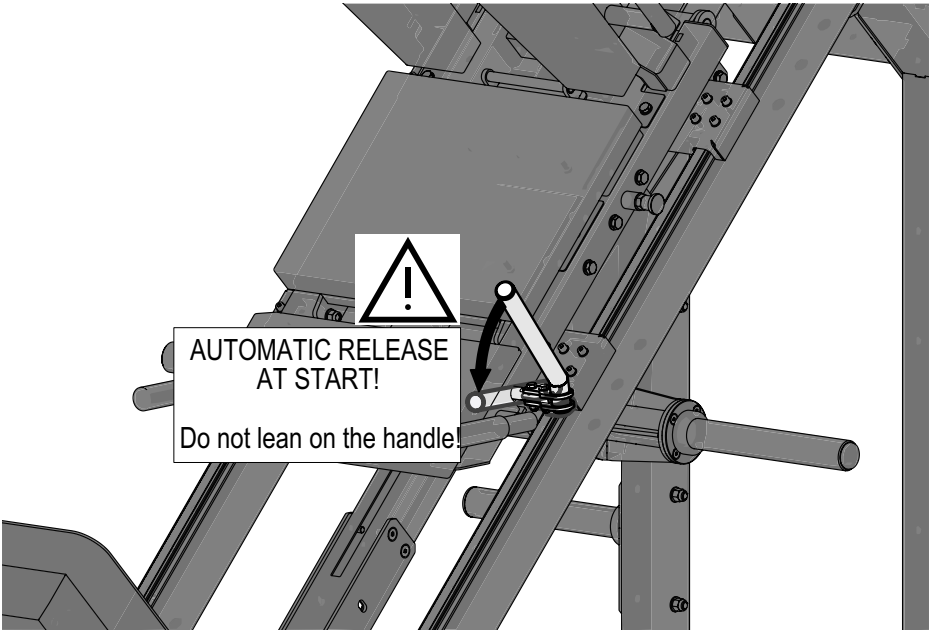
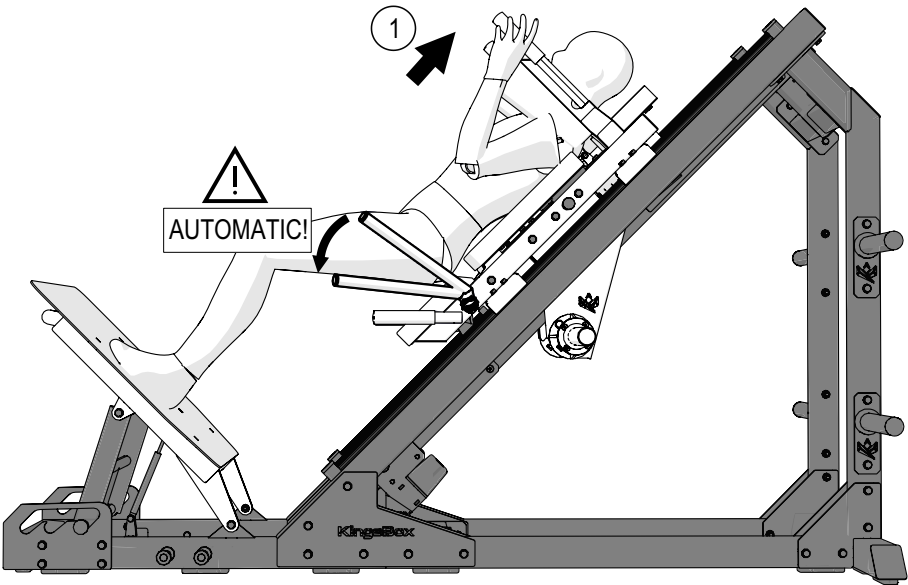
PLATFORM ANGLE ADJUSTMENT:



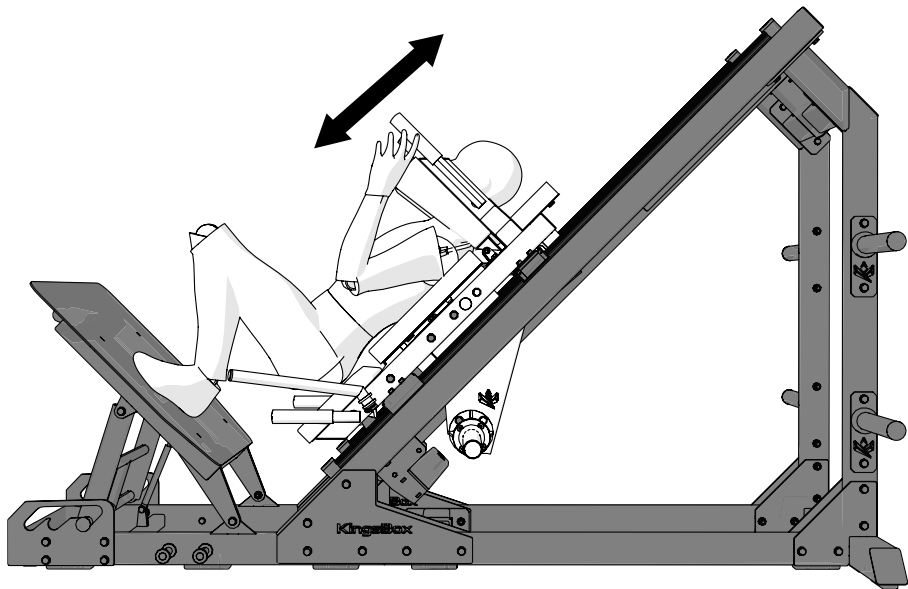
DROP STOP ADJUSTMENT:



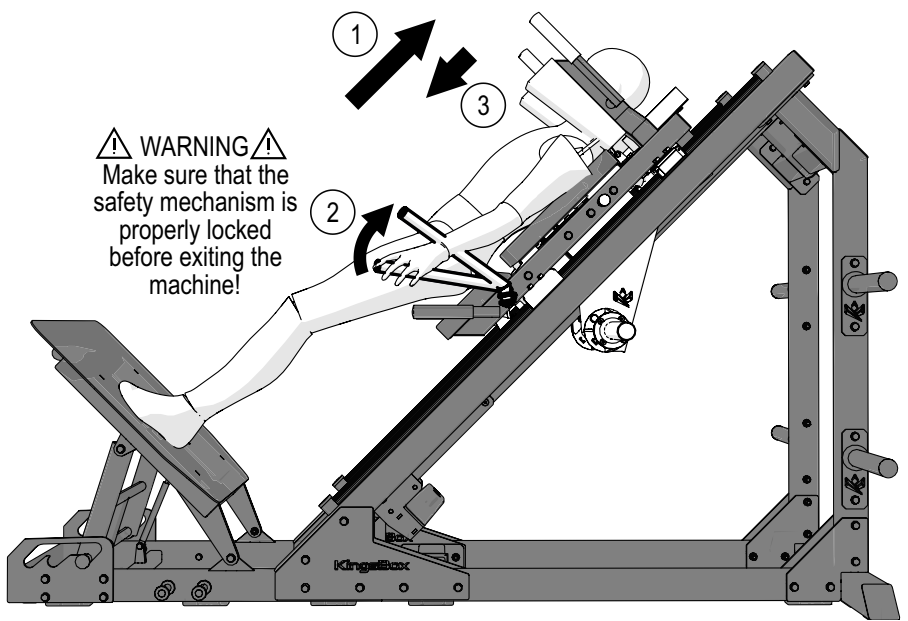
START OF EXCERCISE:



EXCERCISE MOVEMENT:



END OF EXCERCISE (SAFETY HOOK MANUAL ACTIVATION):



Instructions for use:

Proper maintenance ensures smooth operation, long service life, and safe use of the machine. Follow the instructions below regularly.

1. Regular Maintenance (Weekly or as needed)

Cleaning the guide rods

The guide rods must be kept clean and properly lubricated to ensure smooth movement of the sled.

1. **Wipe the guide rods using a dry cloth or cloth lightly coated with silicone oil to maintain a thin protective layer.**

Important

- **Do not use a wet cloth.**
- **Do not use water or aggressive cleaning agents.**
- **Moisture can remove lubrication and lead to corrosion or poor movement of the linear bearings.**

Regular cleaning prevents dust and debris from entering the linear bearings and prolongs their lifespan.

2. Lubrication of Linear Bearings (aprox. 1x/year)

The linear bearings require periodic lubrication to maintain smooth movement and prevent wear.

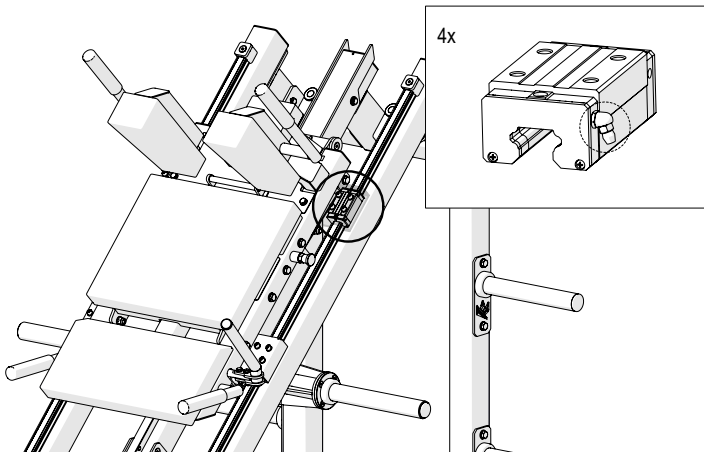
Lubrication procedure

1. **Use grease specifically designed for linear bearings.**
2. Apply grease through the lubrication ports on the linear bearings (accessible from under the machine)

Lubrication interval

- approximately once per year, or
 - earlier if the guide rods appear dry and no visible grease layer is present.
- A visible thin layer of grease on the guide rods indicates proper lubrication.

Apply bearing grease through the grease port aprox. 1x / year.



3. Safety Mechanism Inspection (Very Important)

The safety mechanism must always function properly to ensure safe use of the machine. During regular inspections:

- **Check that the safety hooks engage correctly.**
- **Ensure the mechanism moves smoothly without resistance or sticking.**
- **Verify that there is no excessive play (movement or looseness) in the safety mechanism**
- **Confirm that the handles activate and release the safety mechanism properly.**

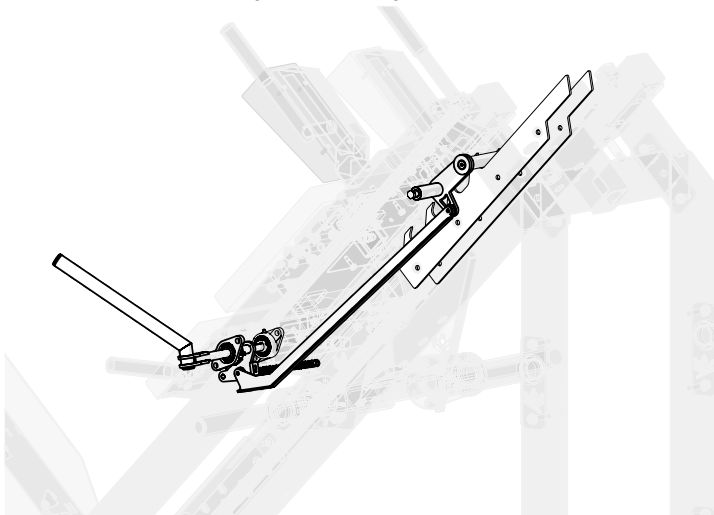
Important

If the safety mechanism:

- does not engage correctly
- has excessive play
- does not move smoothly
- or shows any signs of damage

stop using the machine immediately.

The safety mechanism must be inspected and repaired before the machine is used again.



4. General Inspection (Recommended Weekly)

Perform a general inspection of the machine:

- Check that all bolts and fasteners are properly tightened.
- Inspect handles and grips for damage or looseness.
- Ensure the sled moves smoothly along the guide rods without unusual resistance or noise.
- Confirm that all moving parts operate correctly.

Regular maintenance and inspection will ensure that The Mighty Hack Squat machine operates smoothly, safely, and reliably over time.