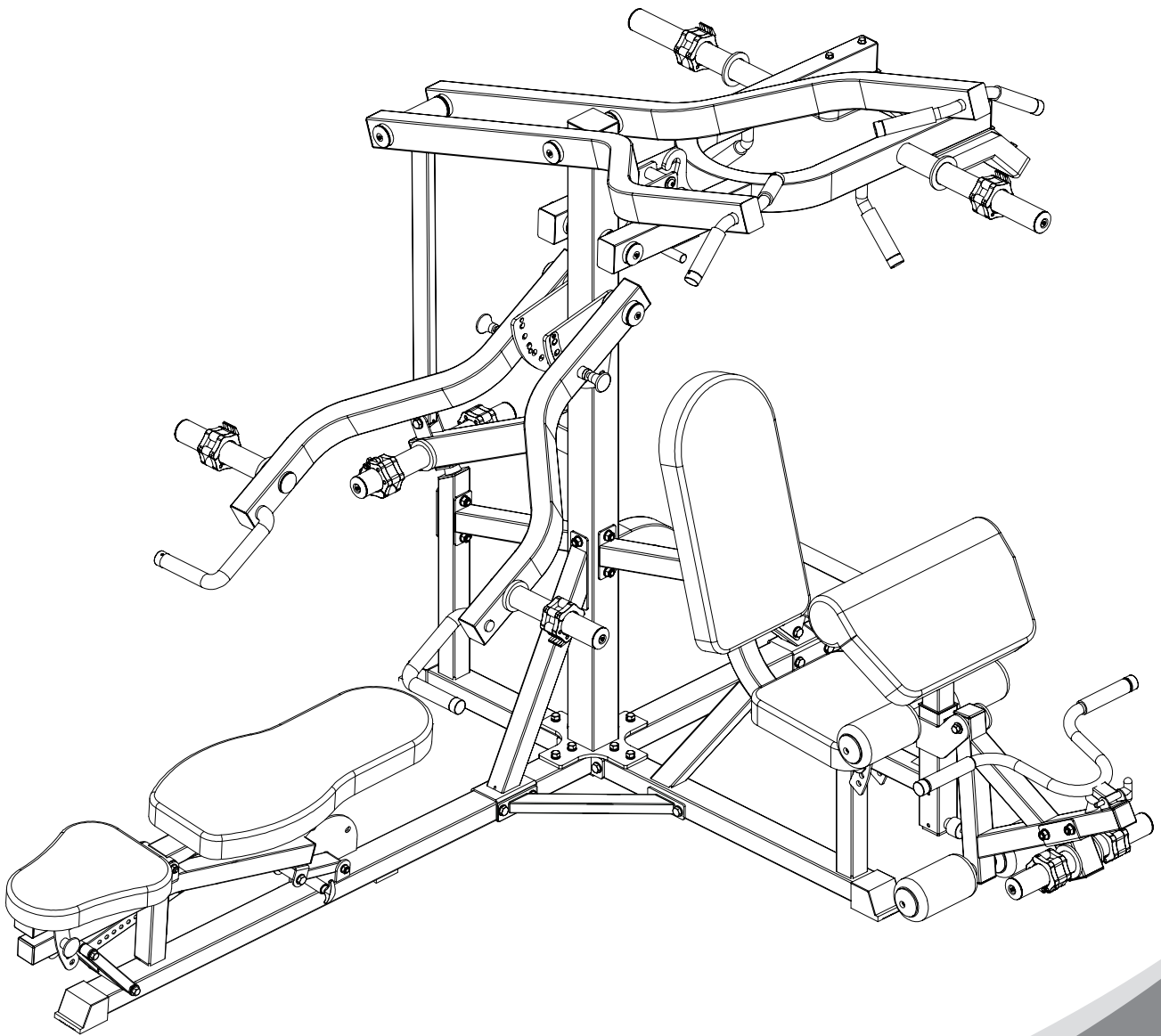


BK-167

Multi-Station Leverage Gym

Installation instructions



Contents

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Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-167-1	base frame		1
2	BK-167-2	base frame left		1
3	BK-167-3	base frame right		1
4	BK-167-4	upright frame		1
5	BK-167-5	hexagon bolt	M12*100	2
6	BK-167-6	gasket	Φ12	37
7	BK-167-7	lock nut	M12	19
8	BK-167-8	hexagon bolt	M10*30	8
9	BK-167-9	spring gasket	Φ10	20
10	BK-167-10	gasket	Φ10	18
11	BK-167-11	hexagon bolt	M12*95	4
12	BK-167-12	hexagon bolt	M12*105	4
13	BK-167-13	bending tube left		1
14	BK-167-14	bending tube right		1
15	BK-167-15	hexagon bolt	M12*80	3
16	BK-167-16	footplate		1
17	BK-167-17	hexagon bolt	M12*75	4
18	BK-167-18	hexagon bolt	M10*75	1
19	BK-167-19	lock nut	M10	7
20	BK-167-20	connection tube right		1
21	BK-167-21	connection tube left		1
22	BK-167-22	reinforcing plate		1
23	BK-167-23	seat pad left		1
24	BK-167-24	back pad left		1
25	BK-167-25	seat pad frame		1
26	BK-167-26	back pad front		1
27	BK-167-27	gasket	Φ8	24
28	BK-167-28	hexagon bolt	M8*55	4
29	BK-167-29	hexagon bolt	M8*35	4
30	BK-167-30	hexagon bolt	M8*20	12
31	BK-167-31	arm curl pad		1
32	BK-167-32	arm curl pad adjuster tube		1
33	BK-167-33	hexagon bolt	M10*20	10
34	BK-167-34	big gasket	Φ25*10*2.0	8
35	BK-167-35	shaft		1
36	BK-167-36	leg curl tube		1
37	BK-167-37	barbell rod ring		8
38	BK-167-38	allen bolt	M8*25	4

Parts list

39	BK-167-39	foam inner cover		4
40	BK-167-40	foam outer cover		4
41	BK-167-41	foam		4
42	BK-167-42	foam rod		2
43	BK-167-43	bending handle		1
44	BK-167-44	T shape pin	Φ10*75	1
45	BK-167-45	hexagon bolt	M12*55	1
46	BK-167-46	allen bolt	M10*20	10
47	BK-167-47	end cap-50	Φ50*Φ11*9.5	10
48	BK-167-48	lat pull tube left		1
49	BK-167-49	lat pull tube right		1
50	BK-167-50	upright connection tube		1
51	BK-167-51	barbell plate holder tube		1
52	BK-167-52	shaft	Φ20*74	1
53	BK-167-53	hook		2
56	BK-167-56	shoulder pushing tube		1
57	BK-167-57	shaft	Φ25*254	1
58	BK-167-58	hexagon bolt	M10*65	2
59	BK-167-59	shaft	Φ25*256	3
60	BK-167-60	selector plate right		1
61	BK-167-61	selector plate left		1
62	BK-167-62	barbell plate holder		1
63	BK-167-63	frame		1
64	BK-167-64	tube plug		1
65	BK-167-65	locking spring knob		2
66	BK-167-66	rubber cushion		3
67	BK-167-67	tube plug	32-25	2
68	BK-167-68	powder metallurgy sleeve	Φ22*Φ18*Φ12*15	10
69	BK-167-69	rivet nut	M10	10
70	BK-167-70	magnetic pin		2
71	BK-167-71	double screw rod	M12*218	1
72	BK-167-72	selector frame		1
73	BK-167-73	rubber cushion	Φ40*Φ25*Φ11*29	1
74	BK-167-74	tube plug		8
75	BK-167-75	foot cover		4
76	BK-167-76	allen bolt	M8*16	3
77	BK-167-77	tube plug		6
78	BK-167-78	shaft	Φ12*92	1
79	BK-167-79	shaft	Φ12*125	2

Parts list

80	BK-167-80	sleeve tube		1
81	BK-167-81	back pad frame 1		1
82	BK-167-82	bearing	6001	4
83	BK-167-83	tube plug	Φ40*60	2
84	BK-167-84	selector tube		1
85	BK-167-85	powder metallurgy sleeve	Φ32*Φ29*Φ20*18	8
86	BK-167-86	tube plug	Φ45*45*2.0	2
87	BK-167-87	support tube		1
88	BK-167-88	locking spring knob		1
89	BK-167-89	base frame		1
90	BK-167-90	seat pad adjuster frame		1
91	BK-167-91	support frame		2
92	BK-167-92	powder metallurgy sleeve	Φ26*Φ22*Φ16*12	8
93	BK-167-93	back pad frame 1		1
94	BK-167-94	big gasket	Φ30*Φ10.5*3.0	4
95	BK-167-95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	20
96	BK-167-96	shaft	Φ25*67-M10	1
97	BK-167-97	allen bolt	M10*20	3
98	BK-167-98	rubber sheet	t4.0*45*85	1
99	BK-167-99	screw	ST4.0*12	12
100	BK-167-100	tube plug	Φ40*Φ25*Φ11*29	1
101	BK-167-101	tube plug	32-25	2
102	BK-167-102	tube		2
103	BK-167-103	end cap	Φ50*Φ11*11	8
104	BK-167-104	allen bolt	M10*25	6
105	BK-167-105	tube plug		1
106	BK-167-106	handle cover	Φ25*130	2
107	BK-167-107	end cap	Φ25	10
108	BK-167-108	screw	M4*3	10
109	BK-167-109	plastic nut	M8	4
110	BK-167-110	tube plug	□50*70*2.0	14
111	BK-167-111	handle cover	Φ25*150	6
112	BK-167-112	tube	Φ50*200	2
113	BK-167-113	rubber ring	Φ70*Φ50*10	4
114	BK-167-114	bearing	6005	4
115	BK-167-115	tube	Φ50*260	2
116	BK-167-116	handle cover	Φ25*400	2
117	BK-167-117	tube plug	Φ48	4
118	BK-167-118	locking spring knob	75	2

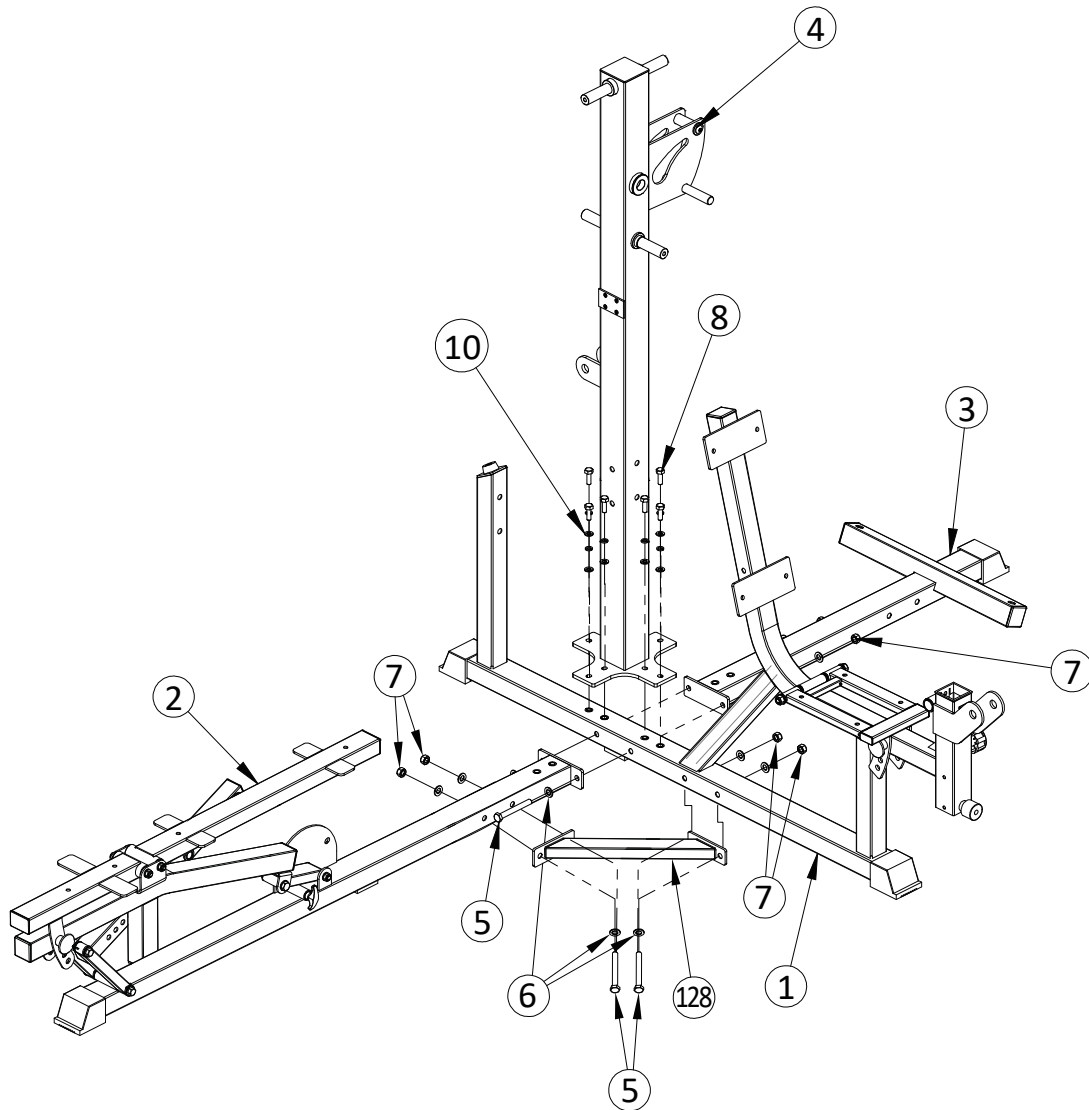
Parts list

119	BK-167-119	selector plate		2
120	BK-167-120	inner thread lock screw	M4*5	6
121	BK-167-121	outer thread lock screw	Φ5*8-M4	6
122	BK-167-122	tube	Φ50*300	2
123	BK-167-123	pad		2
124	BK-167-124	allen bolt	M10*30	2
125	BK-167-125	hexagon bolt	M8*100	4
126	BK-167-126	rubber sheet	t4.0*45*85	2
127	BK-167-127	handle cover	Φ12*70	1
128		connecting bar		1

Bolt length meter

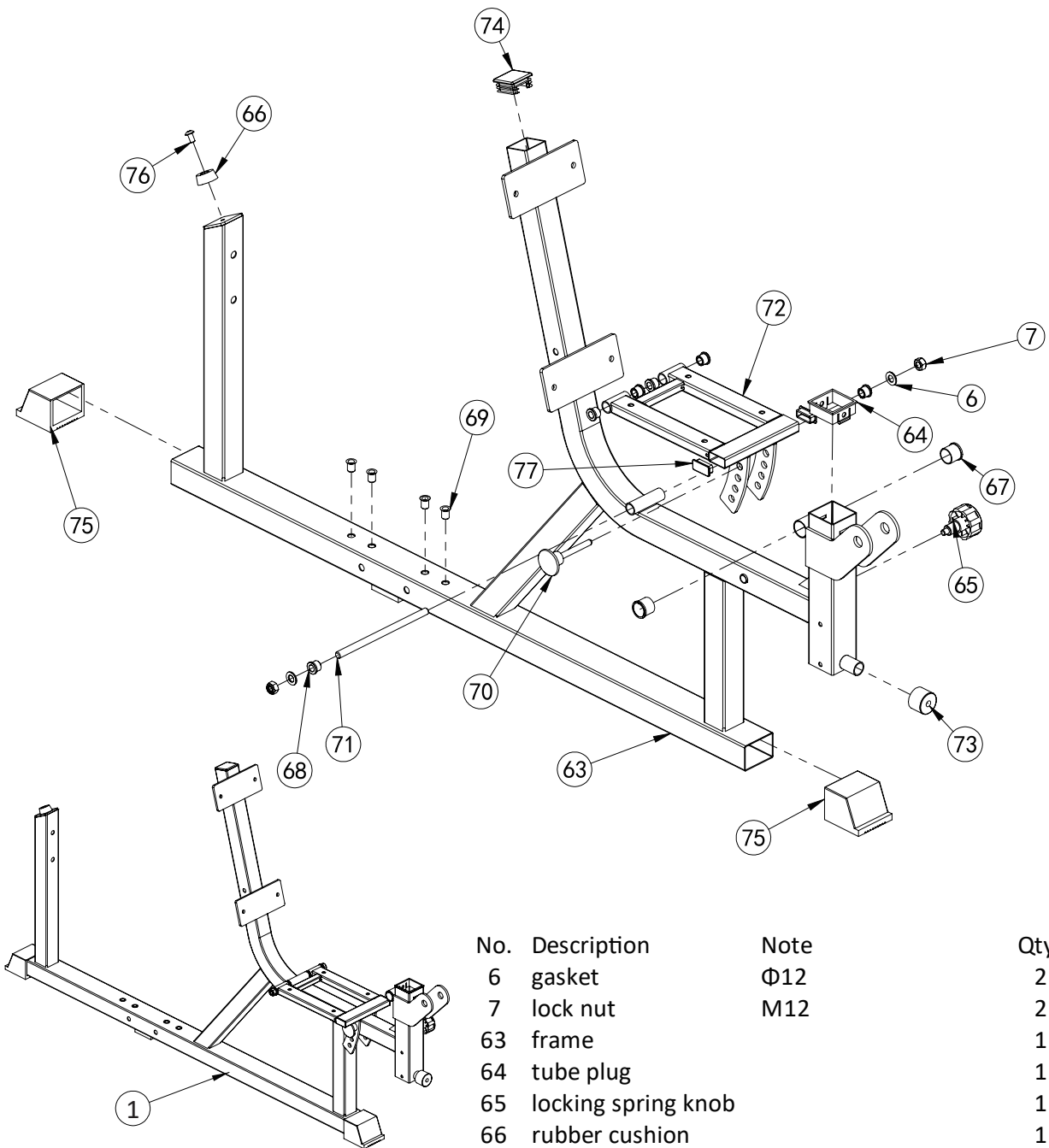


Assembly step-1 explosion drawing



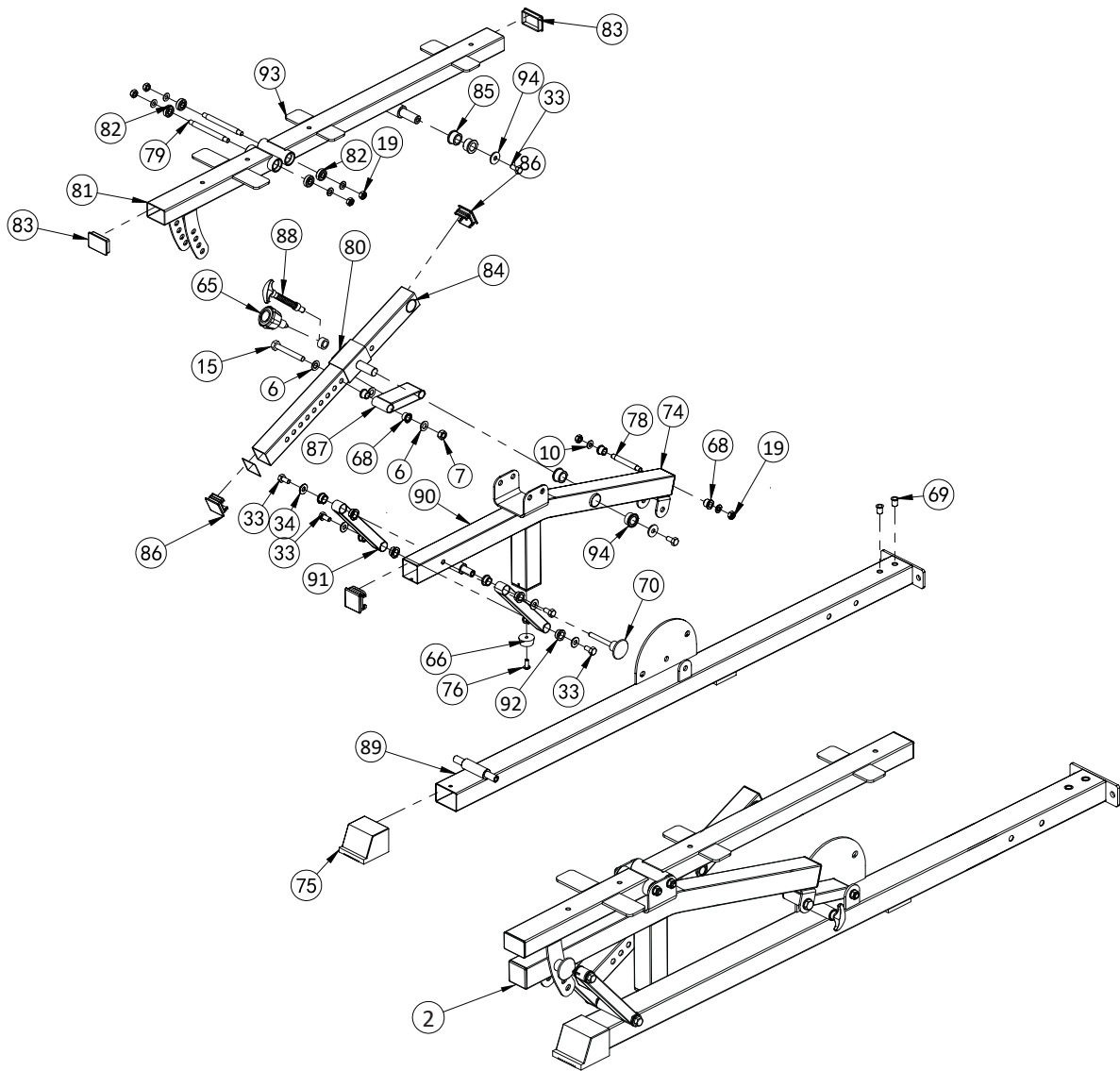
No.	Description	Note	Qty.
1	base frame		1
2	base frame left		1
3	base frame right		1
4	upright frame		1
5	hexagon bolt	M12*100	6
6	gasket	Φ12	8
7	lock nut	M12	6
8	hexagon bolt	M10*30	8
9	spring gasket	Φ10	8
10	gasket	Φ10	8
128	connecting bar		1

Factory assembly explosion drawing



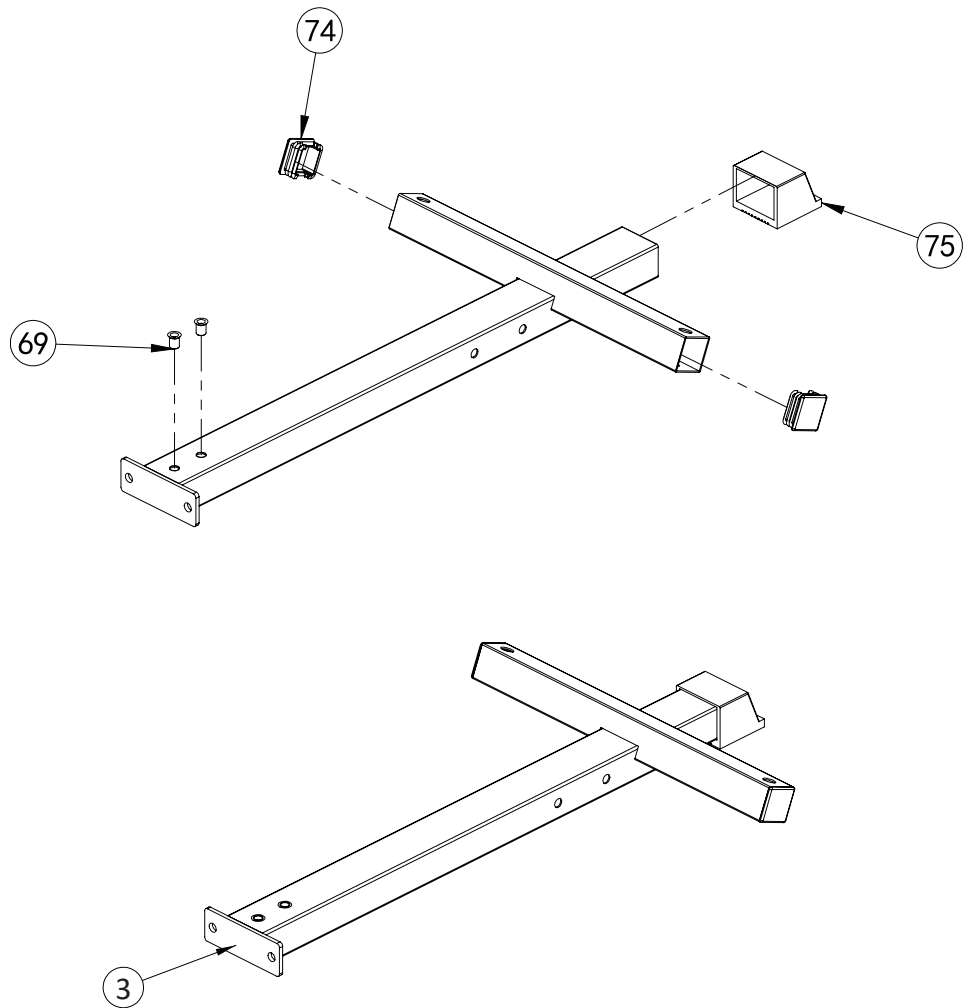
No.	Description	Note	Qty.
6	gasket	Φ12	2
7	lock nut	M12	2
63	frame		1
64	tube plug		1
65	locking spring knob		1
66	rubber cushion		1
67	tube plug	32-25	2
68	powder metallurgy	Φ22*Φ18*Φ12*15	6
69	rivet nut	M10	4
70	magnetic pin		1
71	double screw rod	M12*218	1
72	selector frame		1
73	rubber cushion	Φ40*Φ25*Φ11*29	1
74	tube plug		1
75	foot cover		2
76	allen bolt	M8*16	1
77	tube plug		2

Factory assembly explosion drawing



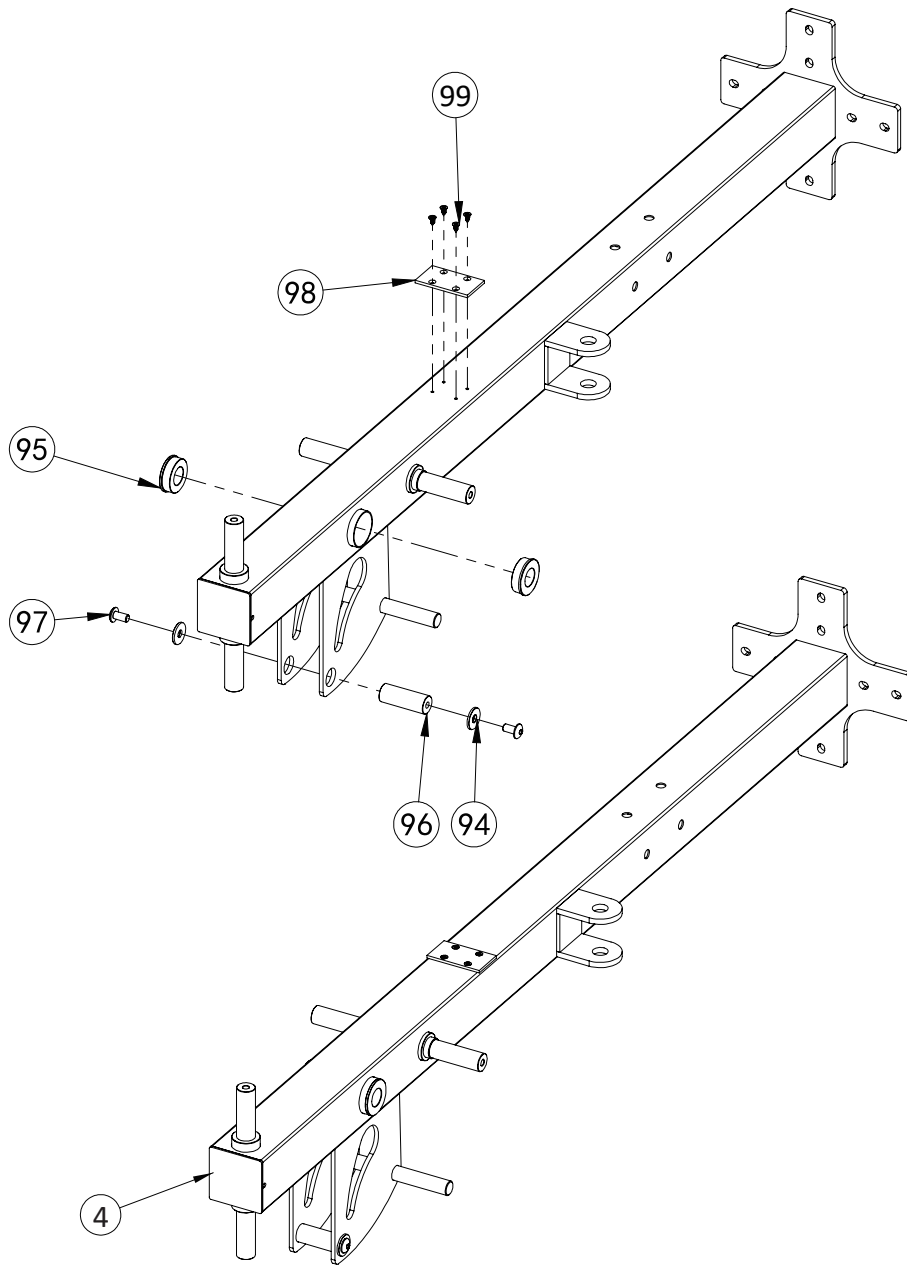
No.	Descrip on	Note	Qty.	No.	Descrip on	Note	Qty.
6	gasket	Φ12	2	79	sha	Φ12*125	2
7	lock nut	M12	1	80	sleeve tube		1
10	gasket	Φ10	6	81	back pad frame 1		1
15	hexagon bolt	M12*80	1	82	bearing	6001	4
19	lock nut	M10	6	83	tube plug	Φ40*60	2
33	hexagon bolt	M10*20	6	84	selector tube		1
34	big gasket	Φ25*Φ10*2.0	4	85	powder metallurgy sleeve	Φ32*Φ29*Φ20*18	4
65	locking spring knob		1	86	tube plug	Φ45*45*2.0	2
66	rubber cushion		1	87	support tube		1
68	powder metallurgy sleeve	Φ22*Φ18*Φ12*15	4	88	locking spring knob		1
69	rivet nut	M10	2	89	base frame		1
70	magne c pin		1	90	seat pad adjuster frame		1
74	tube plug		2	91	support frame		2
75	foot cover		1	92	powder metallurgy sleeve	Φ26*Φ22*Φ16*12	8
76	allen bolt	M8*16	1	93	back pad frame 1		1
78	sha	Φ12*92	1	94	big gasket	Φ30*Φ10.5*3.0	2

Factory assembly explosion drawing



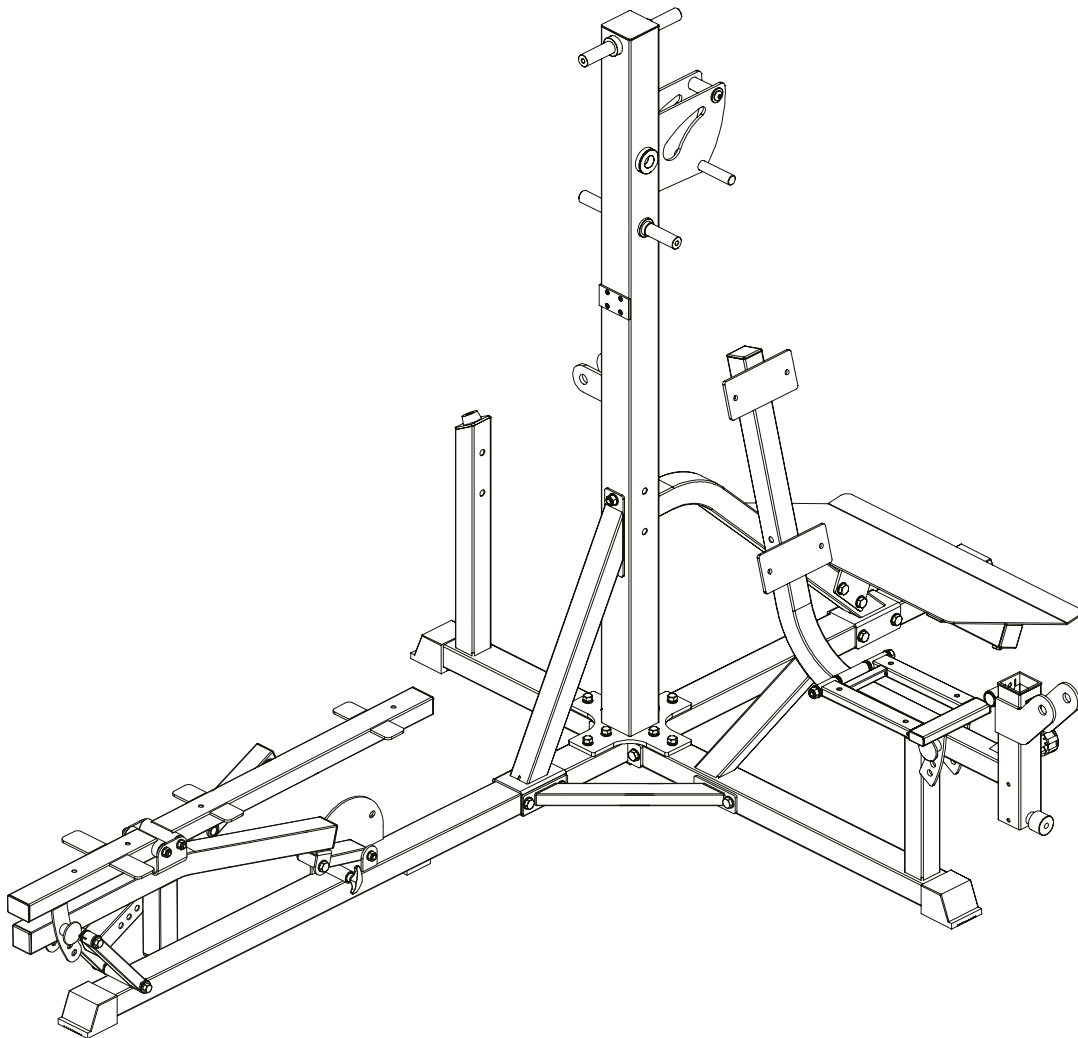
No.	Description	Note	Qty.
69	rivet nut	M10	2
74	tube plug		2
75	foot cover		1

Factory assembly explosion drawing



No.	Description	Note	Qty.
94	big gasket	$\Phi 30 * \Phi 10.5 * 3.0$	2
95	powder metallurgy sleeve	$\Phi 50 * \Phi 47 * \Phi 25 * 15$	2
96	shaft	$\Phi 25 * 67 - M10$	1
97	allen bolt	M10*20	2
98	rubber sheet	t4.0*45*85	1
99	screw	ST4.0*12	4

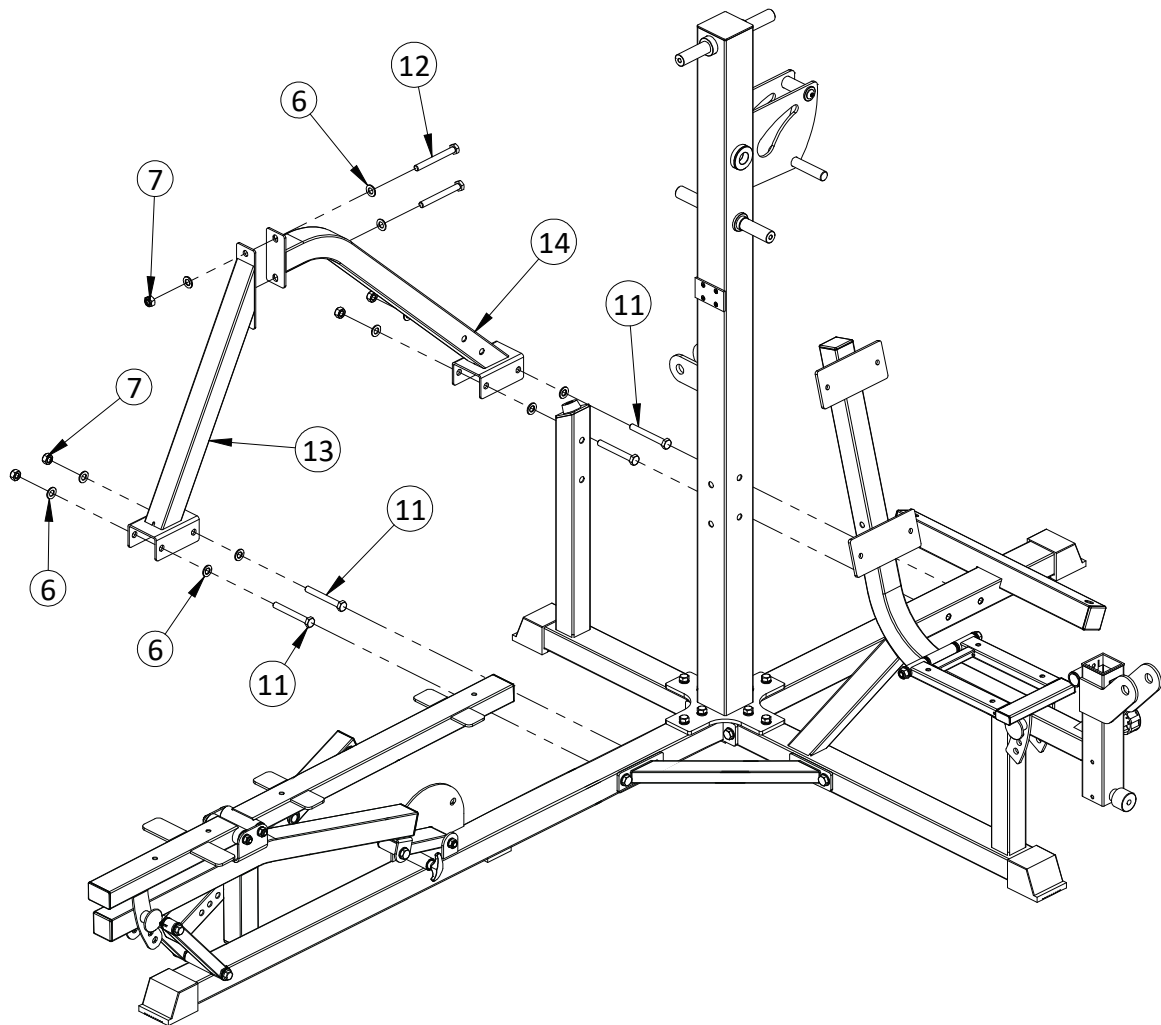
Assembly step-1 drawing



Assembly step-1 installation instruction

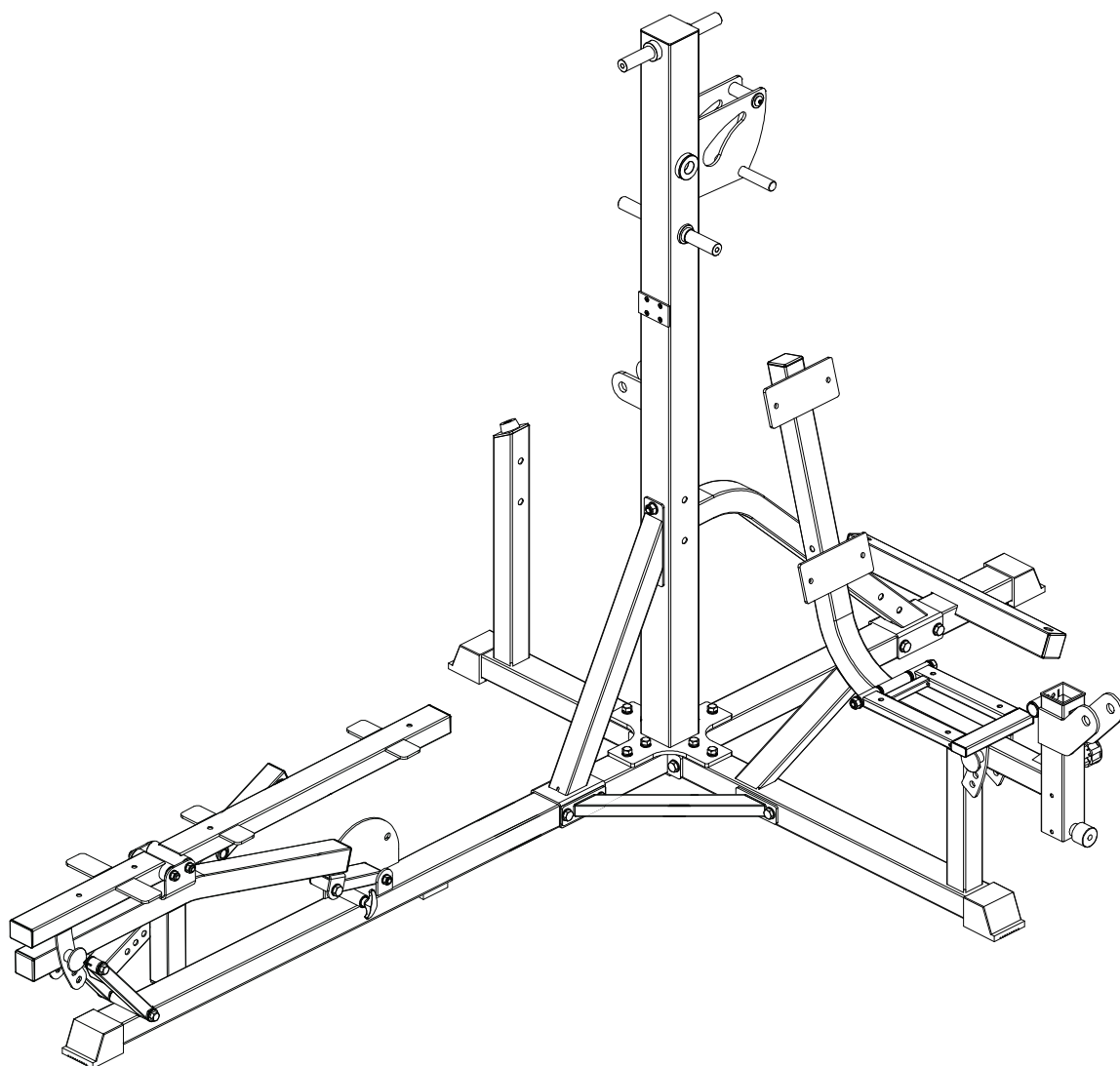
- 1 Fix base frame left-2 and base frame right-3 fastening with base frame-1 using M12*105 hexagon bolt-5, Φ 12 gasket-6 and M12 lock nut-7.
- 2 Fix upright frame-4 fastening with base frame left-2, base frame right-3 and base frame-1 using M10*30 hexagon bolt-8, Φ 10 spring gasket-9 and Φ 10 gasket-10.

Assembly step-2 explosion drawing



No.	Description	Note	Qty.
6	gasket	Φ12	11
7	lock nut	M12	5
11	hexagon bolt	M12*95	4
12	hexagon bolt	M12*105	2
13	bending tube left		1
14	bending tube right		1

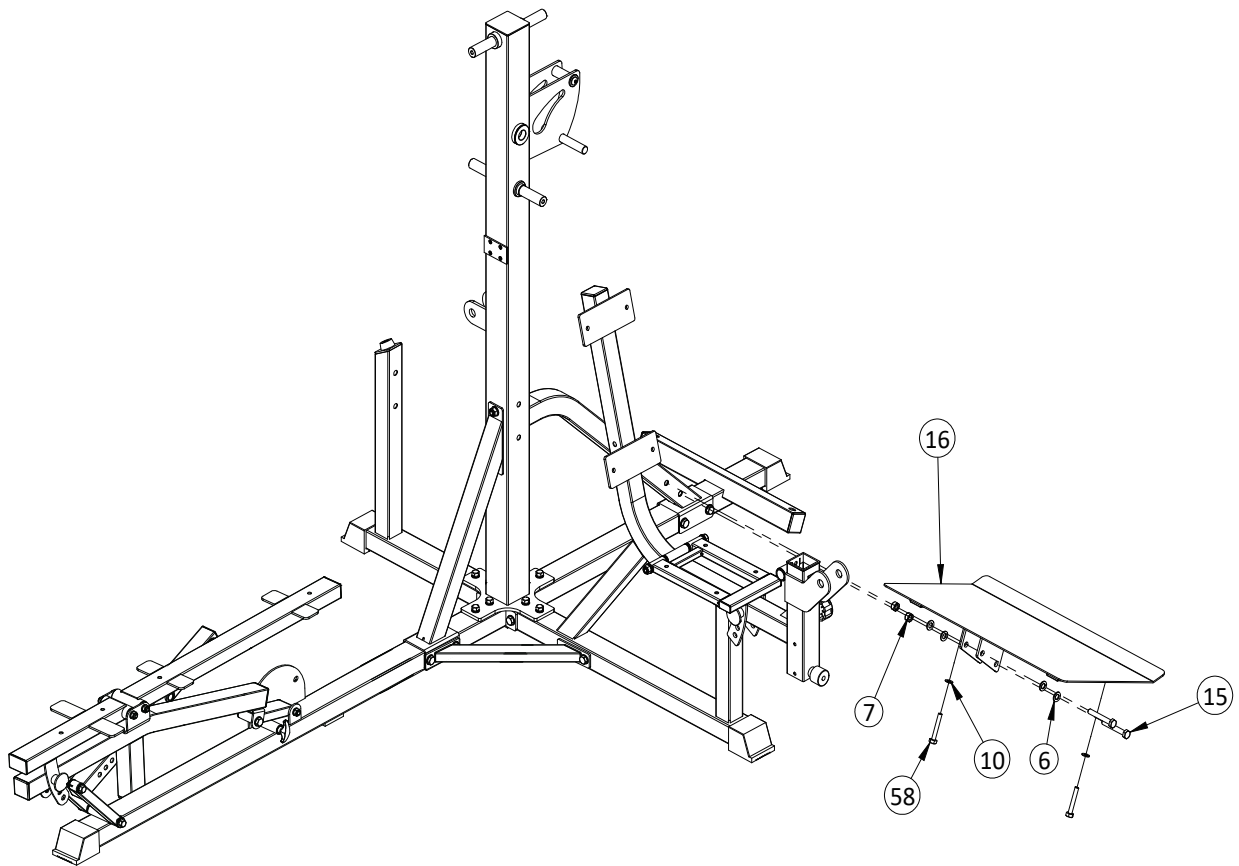
Assembly step-2 drawing



Assembly step-2 installation instruction

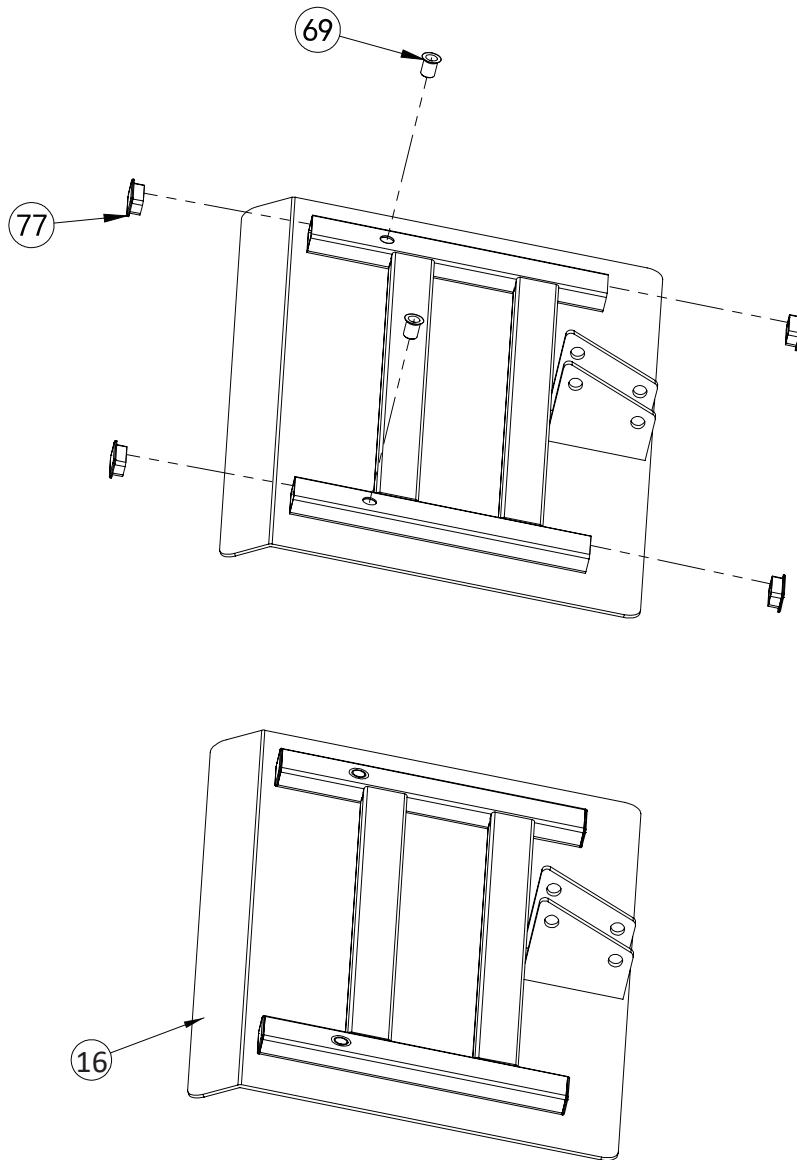
- 1 Fix bending tube left-13 fastening on base frame left-2 using M12*95 hexagon bolt-11, Φ 12 gasket-6 and M12 lock nut-7
- 2 Fix bending tube right-14 fastening on base frame right-3 using M12*95 hexagon bolt-11, Φ 12 gasket-6 and M12 lock nut-7.
- 3 Fix bending tube left-13 and bending tube right-14 fastening on main frame using M12*105 hexagon bolt-12, Φ 12 gasket-6 and M12 lock nut-7.

Assembly step-3 explosion drawing



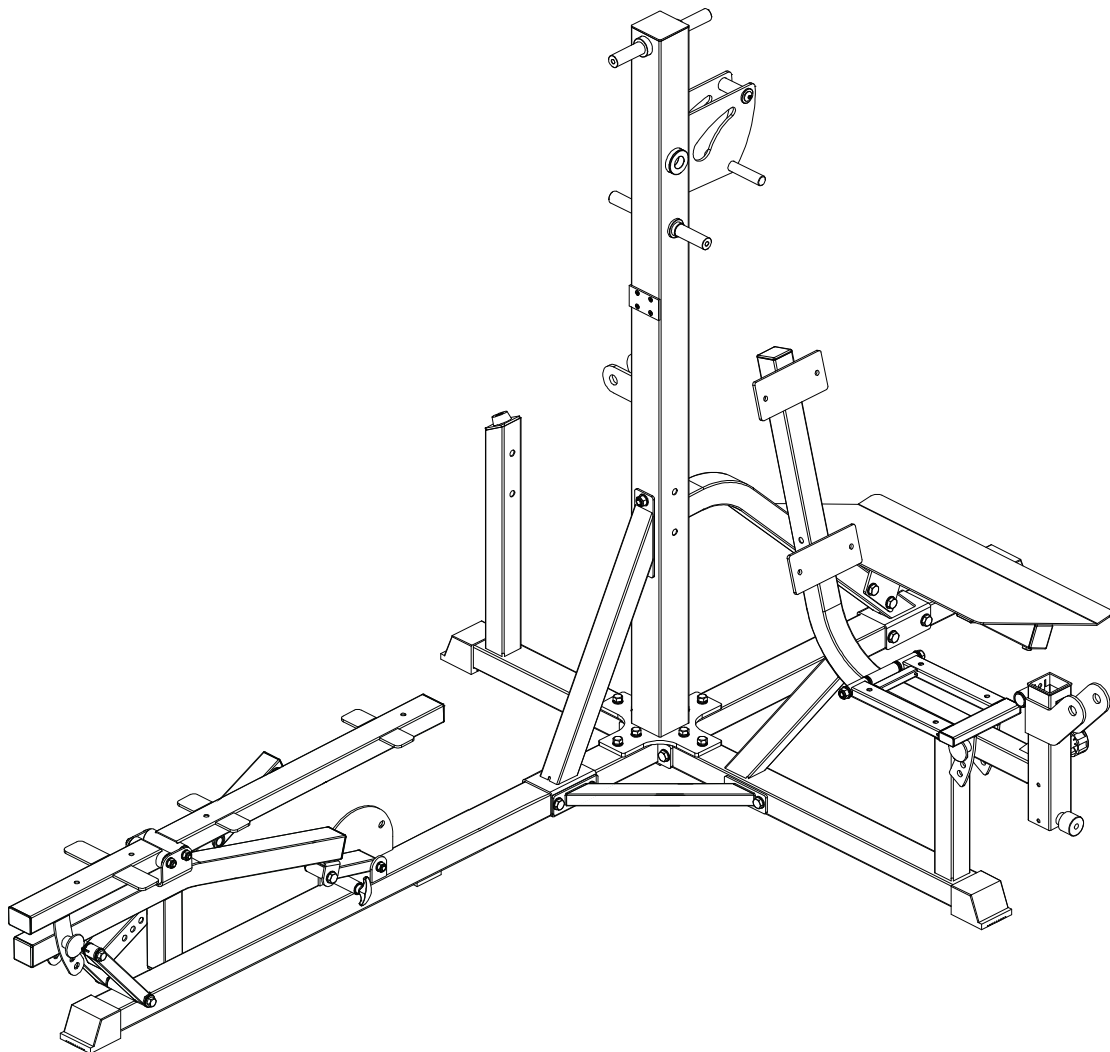
No.	Description	Note	Qty.
6	gasket	Φ12	4
7	lock nut	M12	2
10	gasket	Φ10	2
15	hexagon bolt	M12*80	2
16	footplate		1
58	hexagon bolt	M10*65	2

Factory assembly explosion drawing



No.	Description	Note	Qty.
69	rivet nut	M10	2
77	tube plug		4

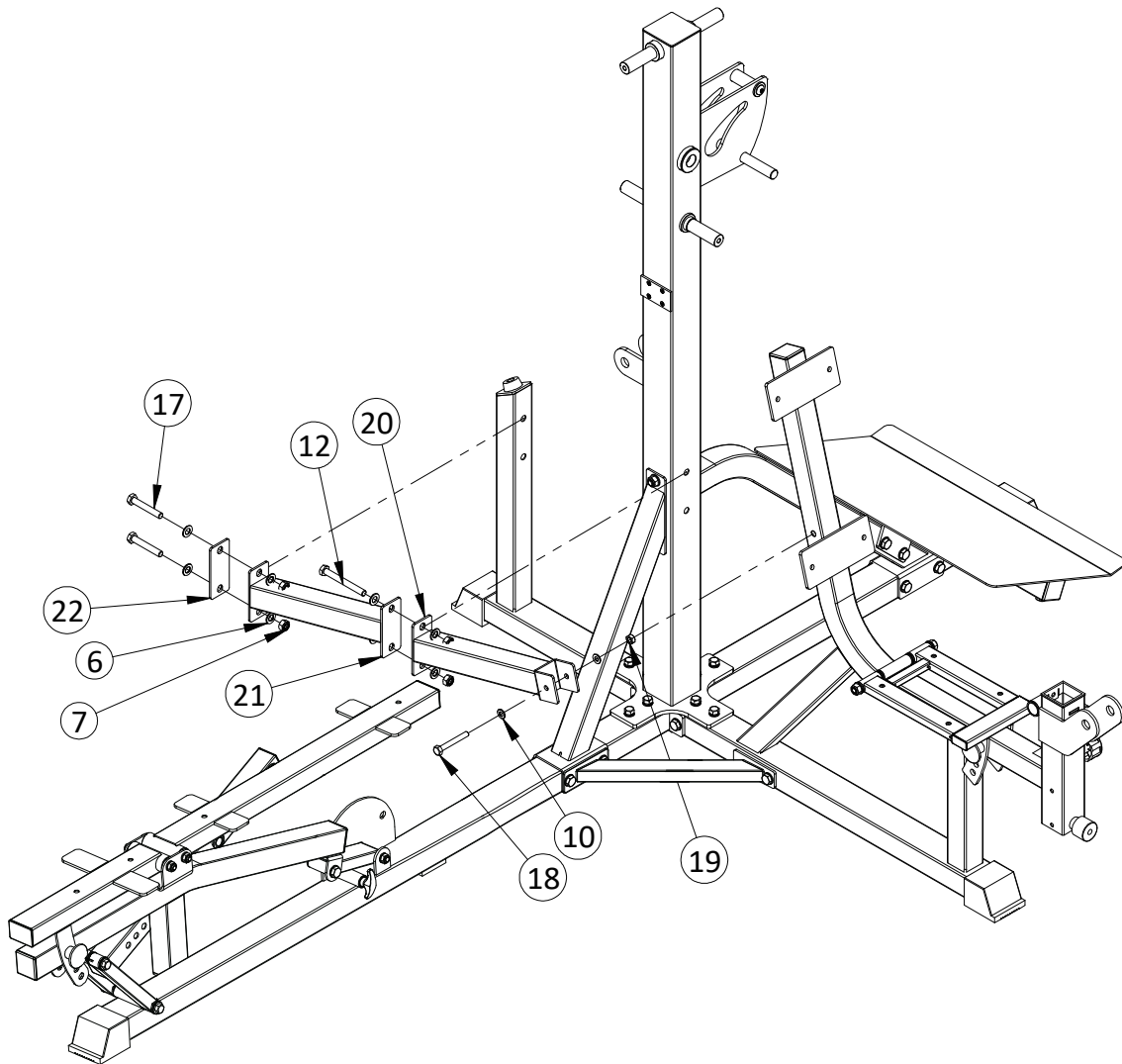
Assembly step-3 drawing



Assembly step-3 installation instruction

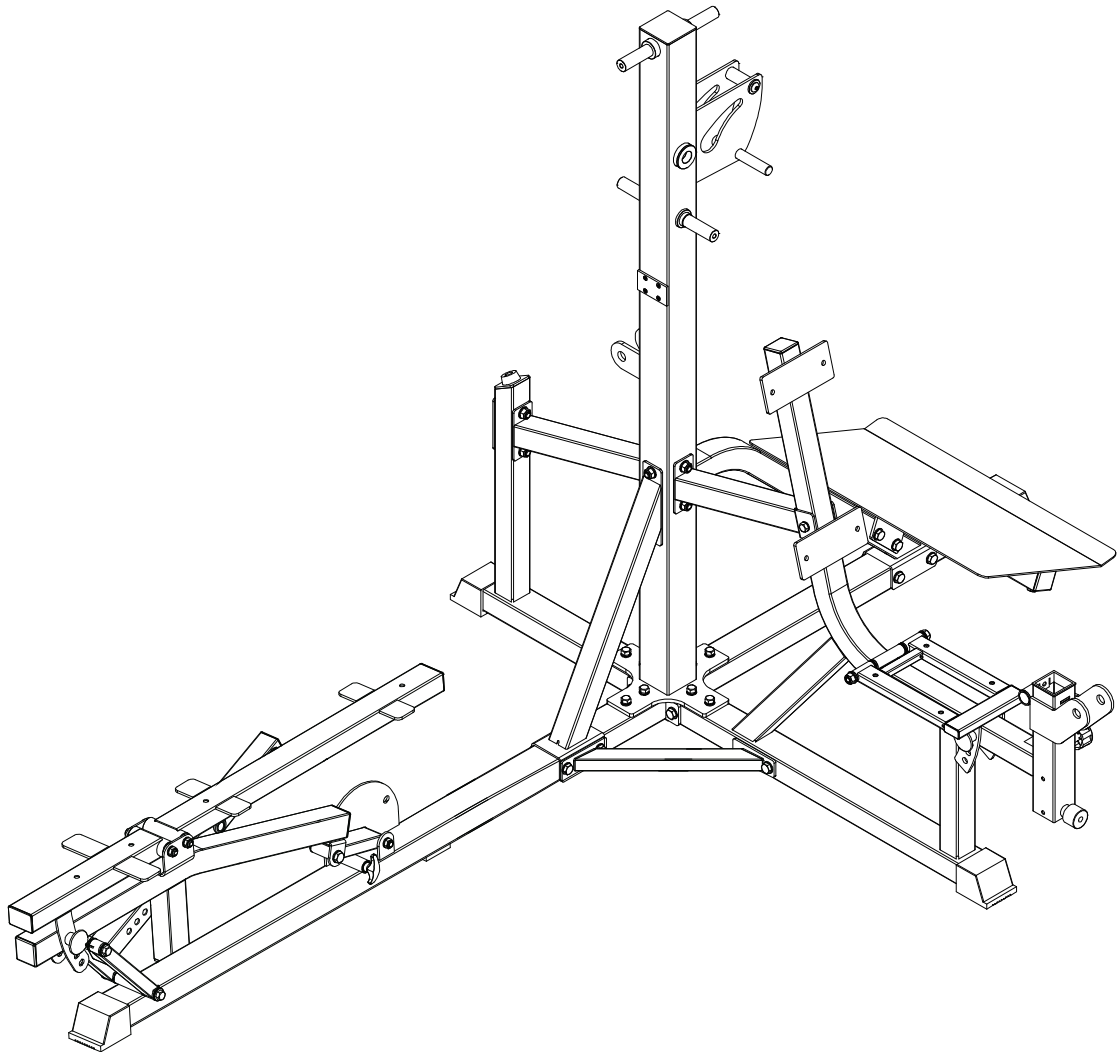
- 1 Fix footplate-16 fastening on bending tube right-14 using M12*80 hexagon bolt-15, Φ 12 gasket-6 and M12 lock nut-7.
- 2 Fix footplate-16 fastening on base frame right-3 using M10*65 hexagon bolt-58 and Φ 10 gasket-10.

Assembly step-4 explosion drawing



No.	Description	Note	Qty.
6	gasket	Φ12	8
7	lock nut	M12	4
10	gasket	Φ10	2
12	hexagon bolt	M12*105	2
17	hexagon bolt	M12*75	2
18	hexagon bolt	M10*75	1
19	lock nut	M10	1
20	connection tube right		1
21	connection tube left		1
22	reinforcing plate		1

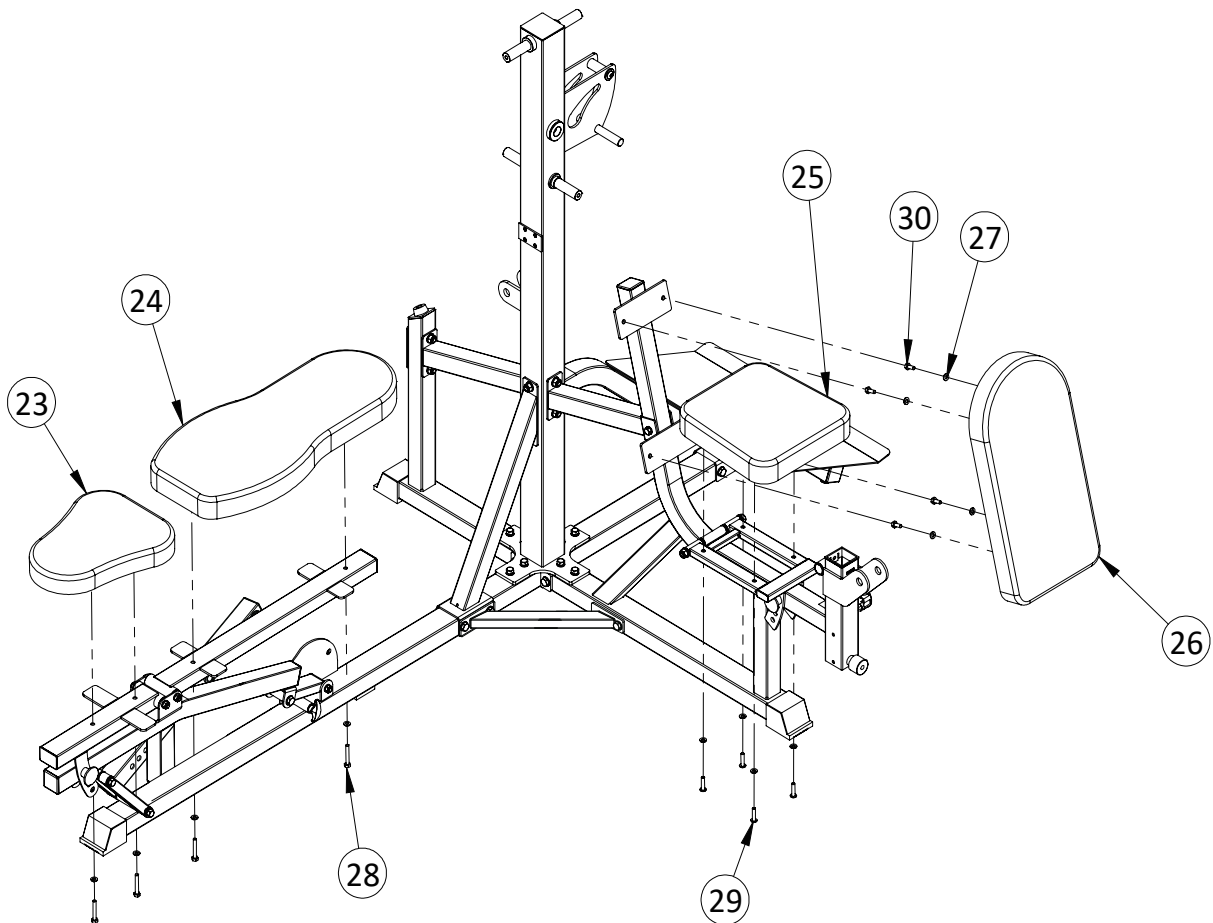
Assembly step-4 drawing



Assembly step-4 installation instruction

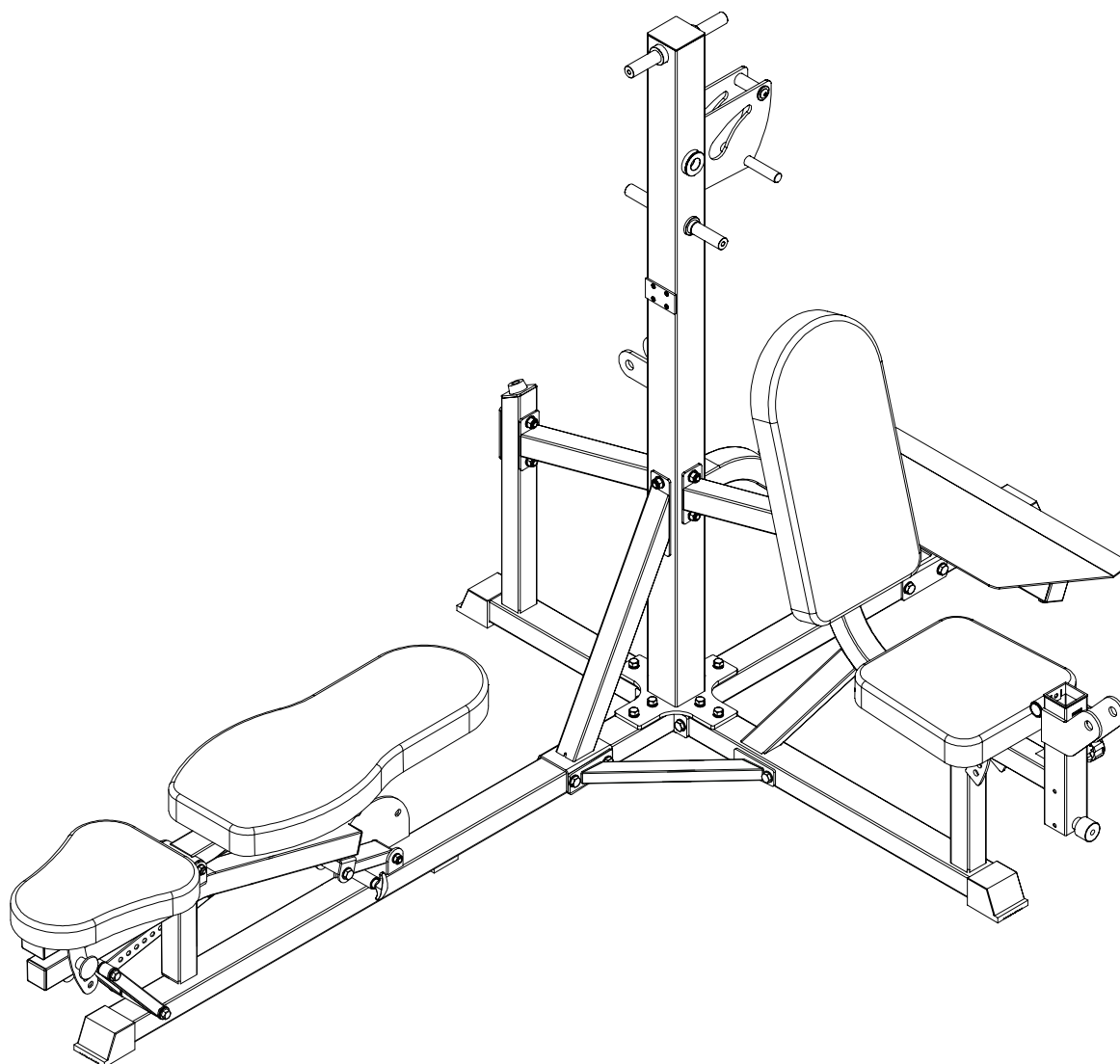
- 1 Fix connection tube right-20 fastening on main frame using M10*75 hexagon bolt-18, Φ 10 gasket-10, M10 lock nut-19.
- 2 Fix connection tube right-20 and connection tube left-21 fastening on main frame using M12*105 hexagon bolt-12, Φ 12 gasket-6, M12 lock nut-7 .
- 3 Fix connection tube left-21 fastening on main frame using M12*75 hexagon bolt-17, Φ 12 gasket-6, M12 lock nut-7 and reinforcing plate-22.

Assembly step-5 explosion drawing



No.	Description	Note	Qty.
23	seat pad left		1
24	back pad left		1
25	seat pad frame		1
26	back pad front		1
27	gasket	Φ8	12
28	hexagon bolt	M8*55	4
29	hexagon bolt	M8*35	4
30	hexagon bolt	M8*20	4

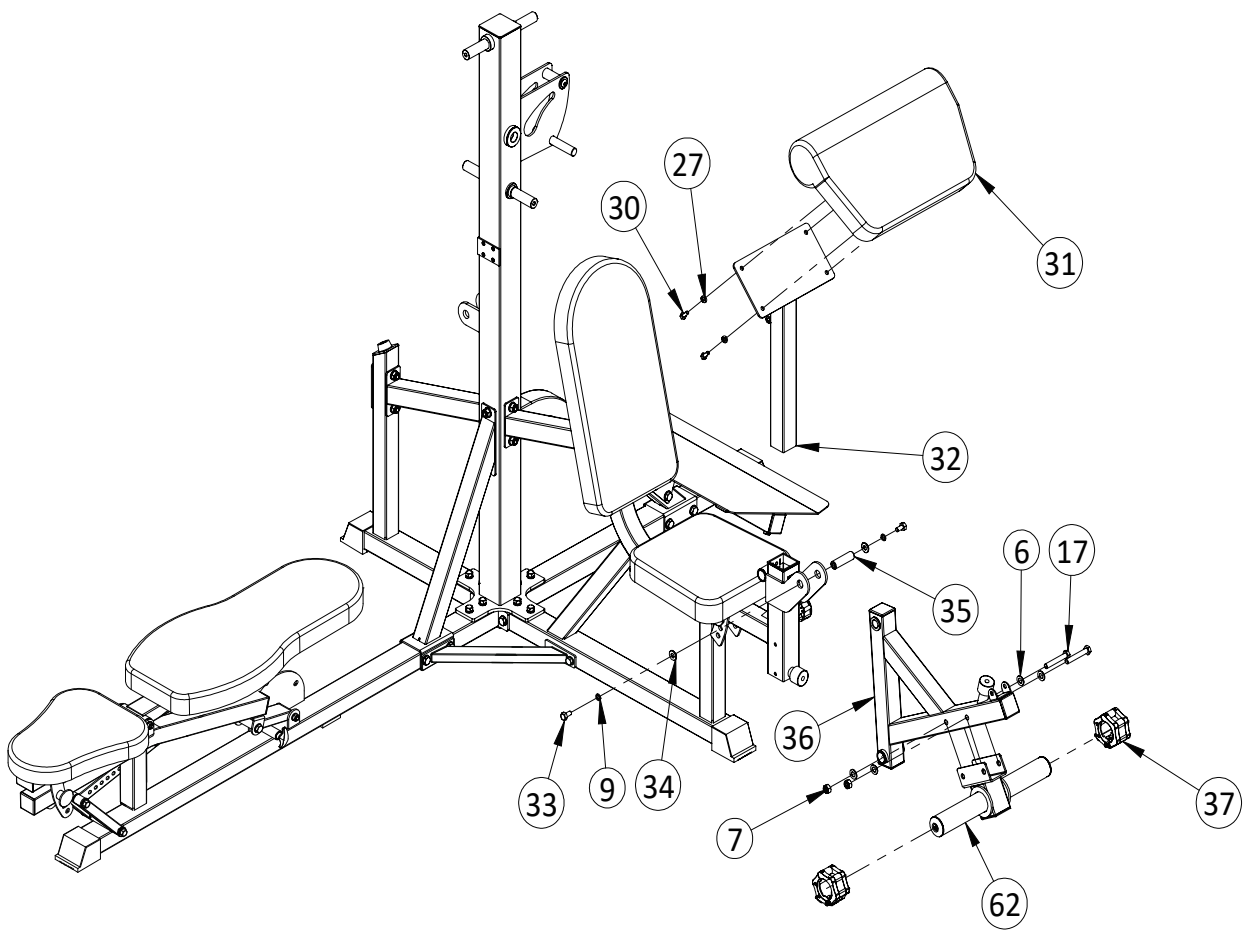
Assembly step-5 drawing



Assembly step-5 installation instruction

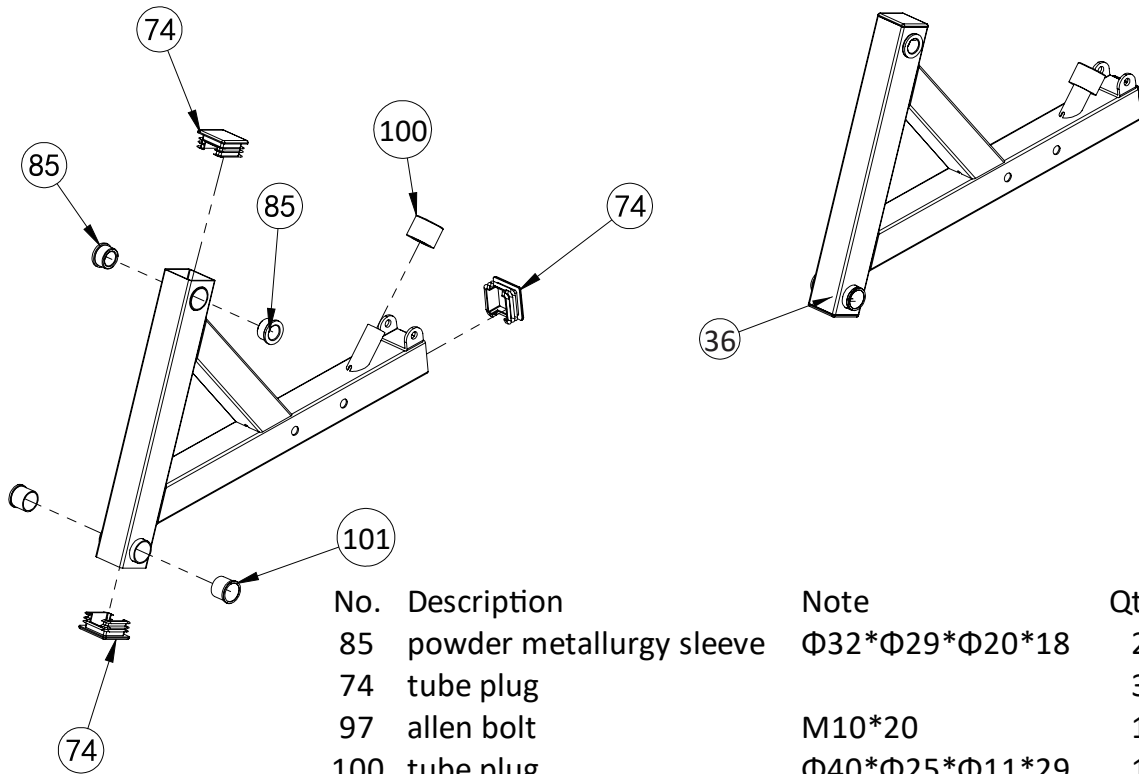
- 1 Fix seat pad le -23 and back pad-24 fastening on the main frame using M8*55 hexagon bolt-28, Φ 8 gasket-27.
- 2 Fix seat pad front-25 fastening on main frame using M8*35 hexagon bolt-29, Φ 8 gasket-27.
- 3 Fix back pad front-26 fastening on main frame using M8*20 hexagon bolt-30, Φ 8 gasket-28.

Assembly step-6 explosion drawing

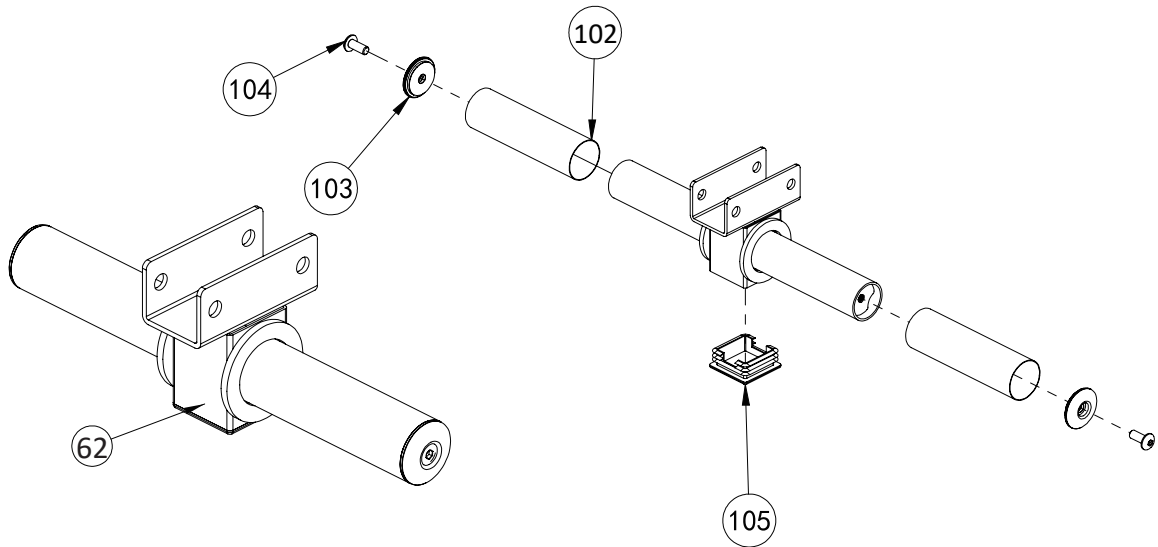


No.	Description	Note	Qty.
6	gasket	Φ12	4
7	lock nut	M12	2
9	spring gasket	Φ10	2
17	hexagon bolt	M12*75	2
27	gasket	Φ8	4
30	hexagon bolt	M8*20	4
31	arm curl pad		1
32	arm curl pad adjuster tube		1
33	hexagon bolt	M10*20	2
34	big gasket	Φ25*10*2.0	2
35	shaft		1
36	leg curl tube		1
37	barbell rod ring		2
62	barbell plate holder		1

Factory assembly explosion drawing

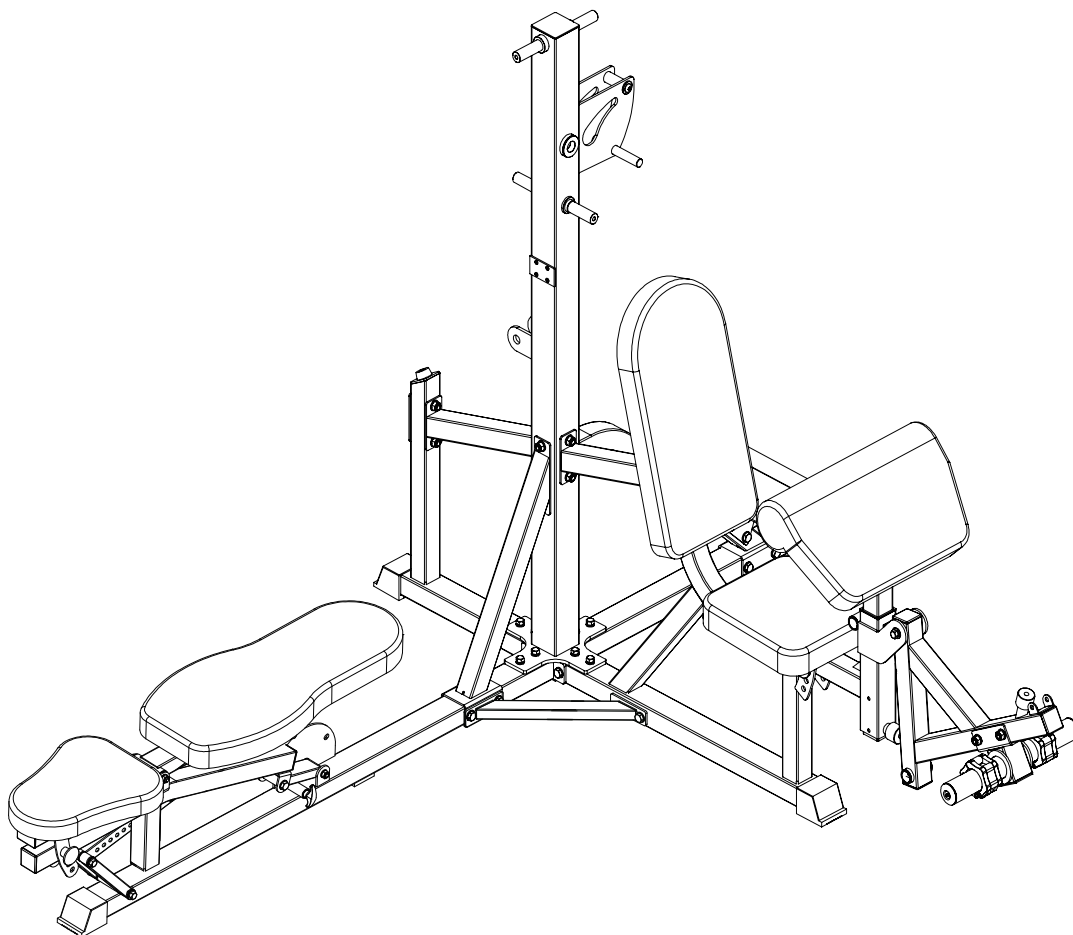


No.	Description	Note	Qty.
85	powder metallurgy sleeve	$\Phi 32 * \Phi 29 * \Phi 20 * 18$	2
74	tube plug		3
97	allen bolt	M10*20	1
100	tube plug	$\Phi 40 * \Phi 25 * \Phi 11 * 29$	1
101	tube plug	32-25	2



No.	Description	Note	Qty.
102	tube		2
103	end cap	$\Phi 50 * \Phi 11 * 11$	2
104	allen bolt	M10*25	2
105	tube plug		1

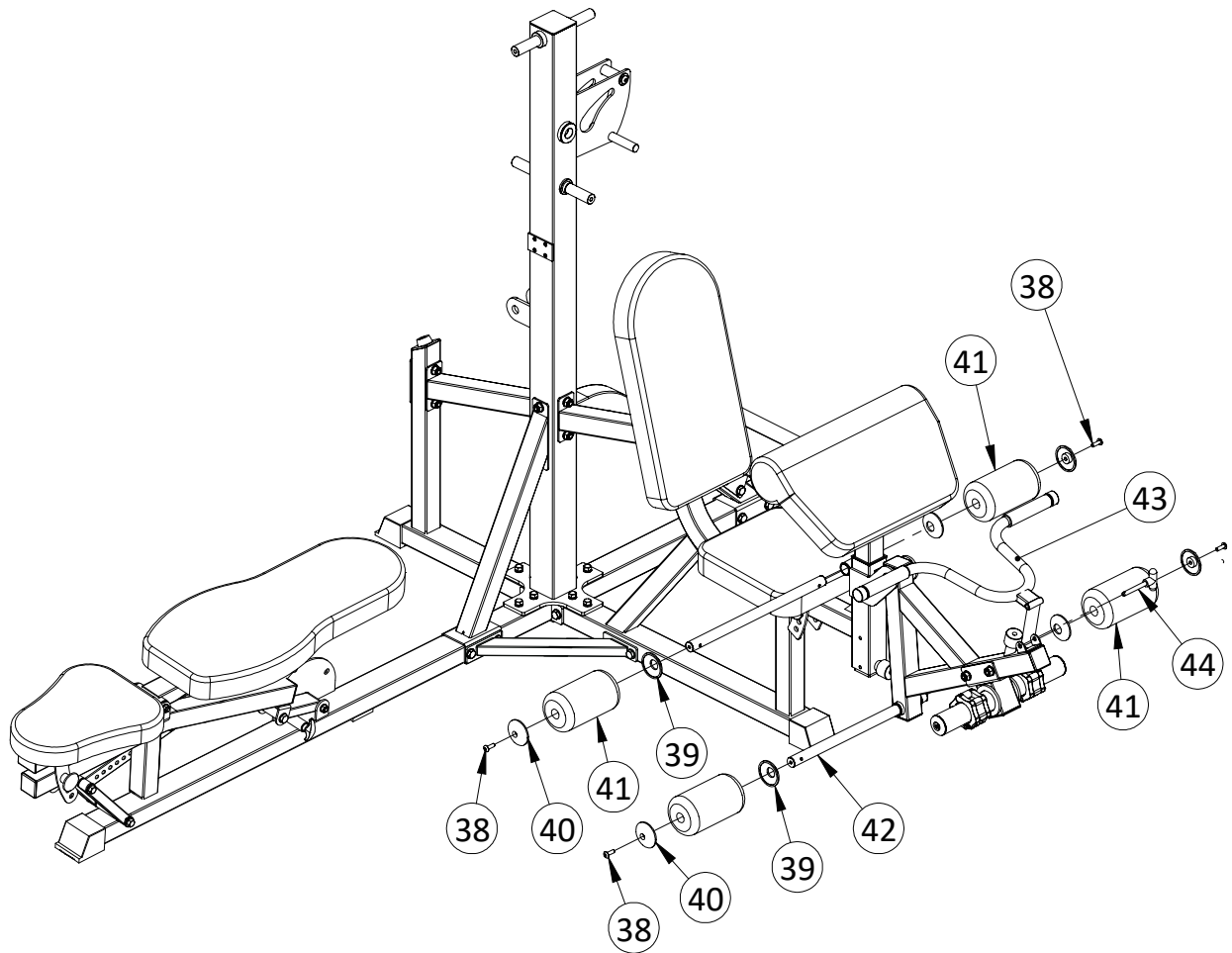
Assembly step-6 drawing



Assembly step-6 installation instruction

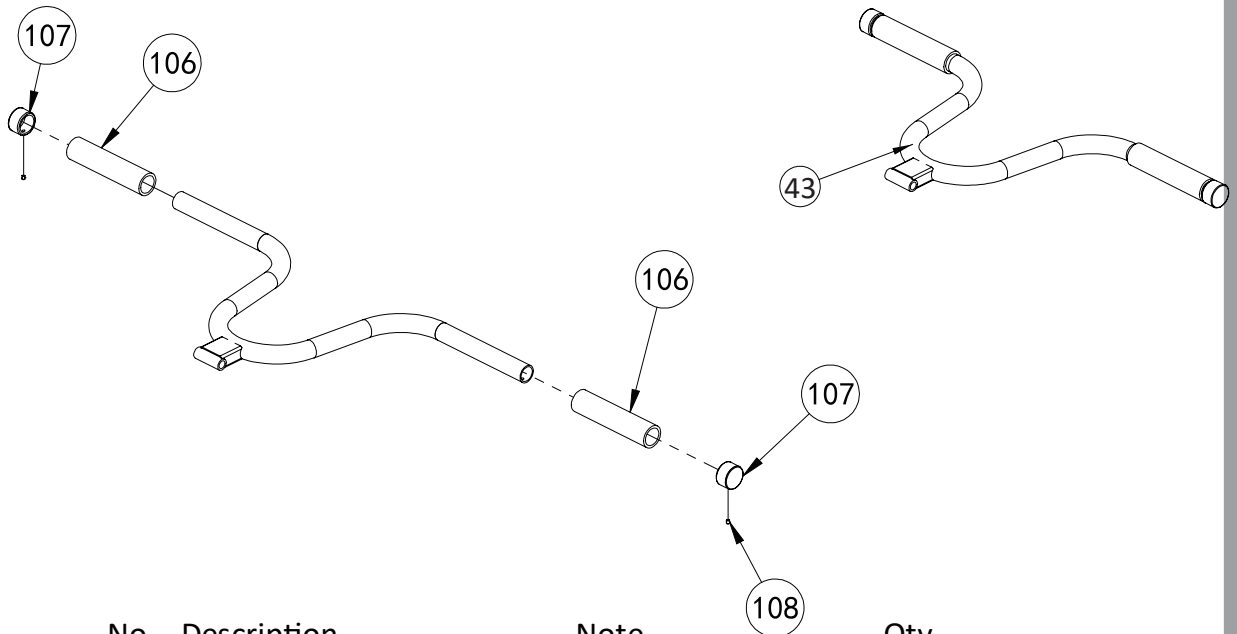
- 1 Fix leg curl tube-36 fastening on main frame using M10*20 hexagon bolt-33, Φ 10 spring gasket-9, Φ 10 big gasket-34 and shaft-35.
 - 2 Fix barbell plate holder-62 fastening on leg curl tube-36 using M12*75 hexagon bolt-17, Φ 12 gasket-6 and M12 lock nut-7.
 - 3 Put barbell rod ring-37 on barbell plate holder-62.
 - 4 Fix arm curl pad-31 fastening on arm curl pad adjuster tube-32 using M8*20 hexagon bolt-30, Φ 8 gasket-27.
- Then put the part into the main frame.

Assembly step-7 explosion drawing

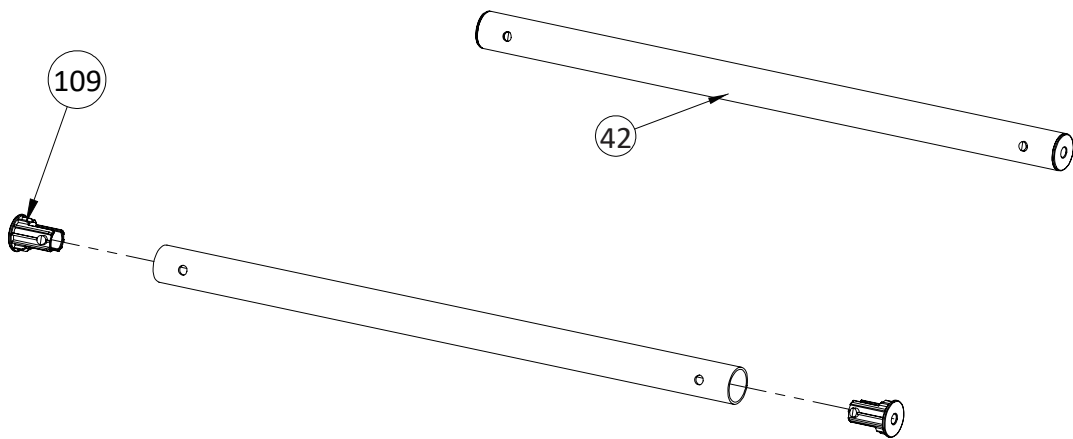


No.	Description	Note	Qty.
38	allen bolt	M8*25	4
39	foam inner cover		4
40	foam outer cover		4
41	foam		4
42	foam rod		2
43	bending handle		1
44	T shape pin	Φ10*75	1

Factory assembly explosion drawing

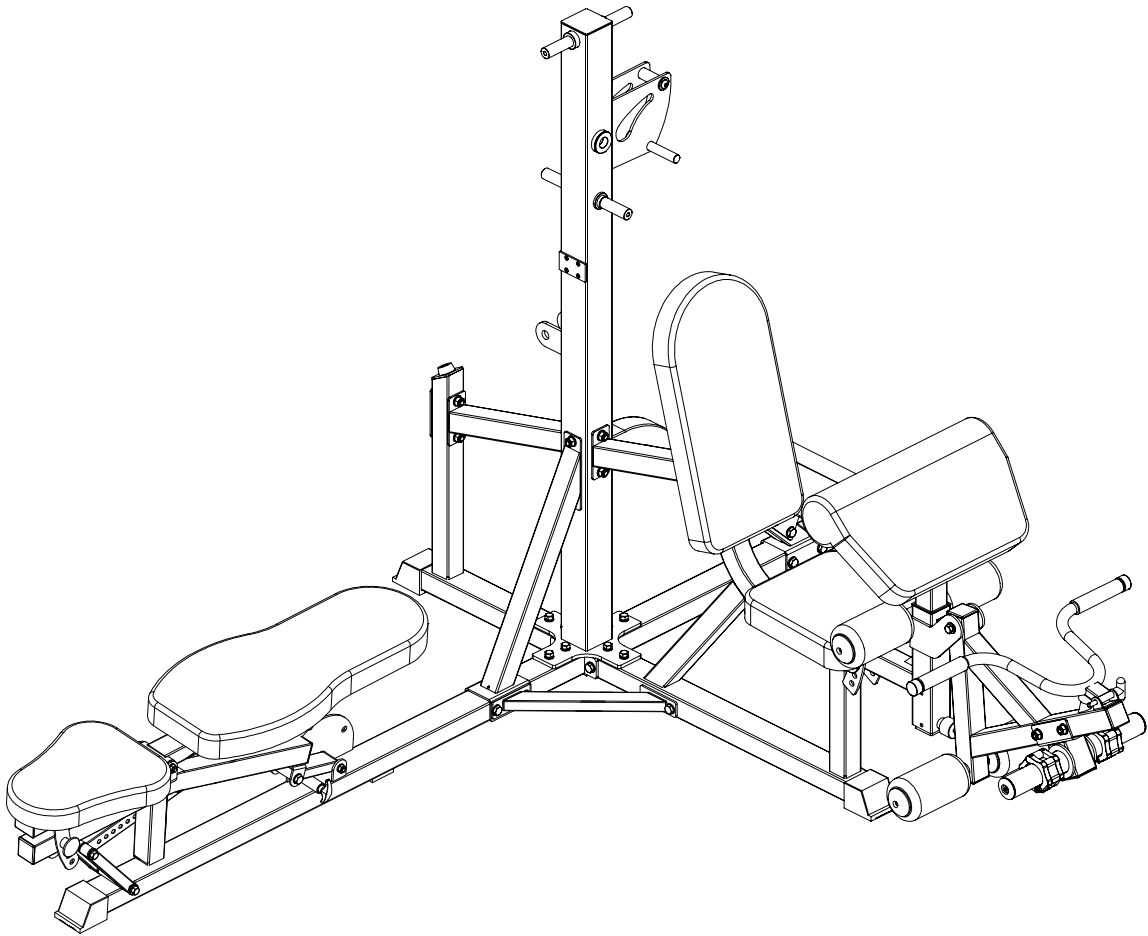


No.	Description	Note	Qty.
106	handle cover	Φ25*130	2
107	end cap	Φ25	2
108	screw	M4*3	2



No.	Description	Note	Qty.
109	plastic nut	M8	2

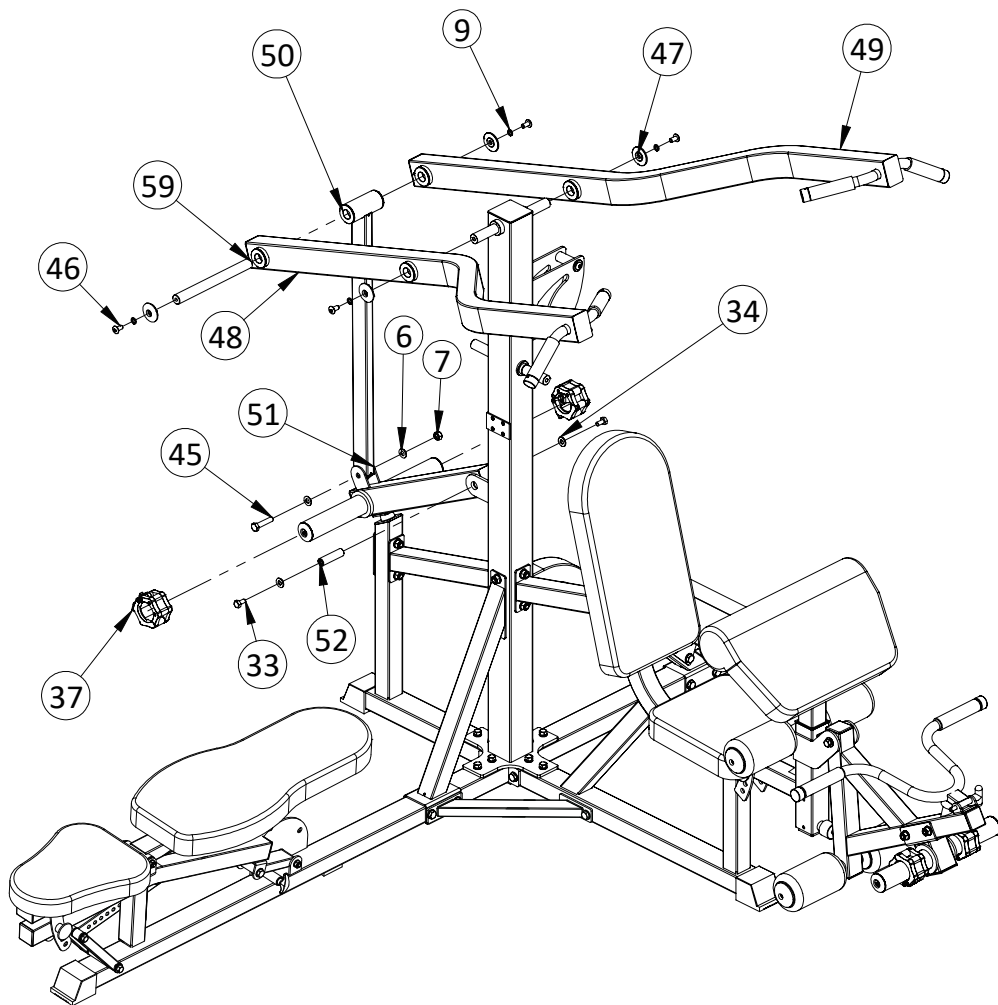
Assembly step-7 drawing



Assembly step-7 installation instruction

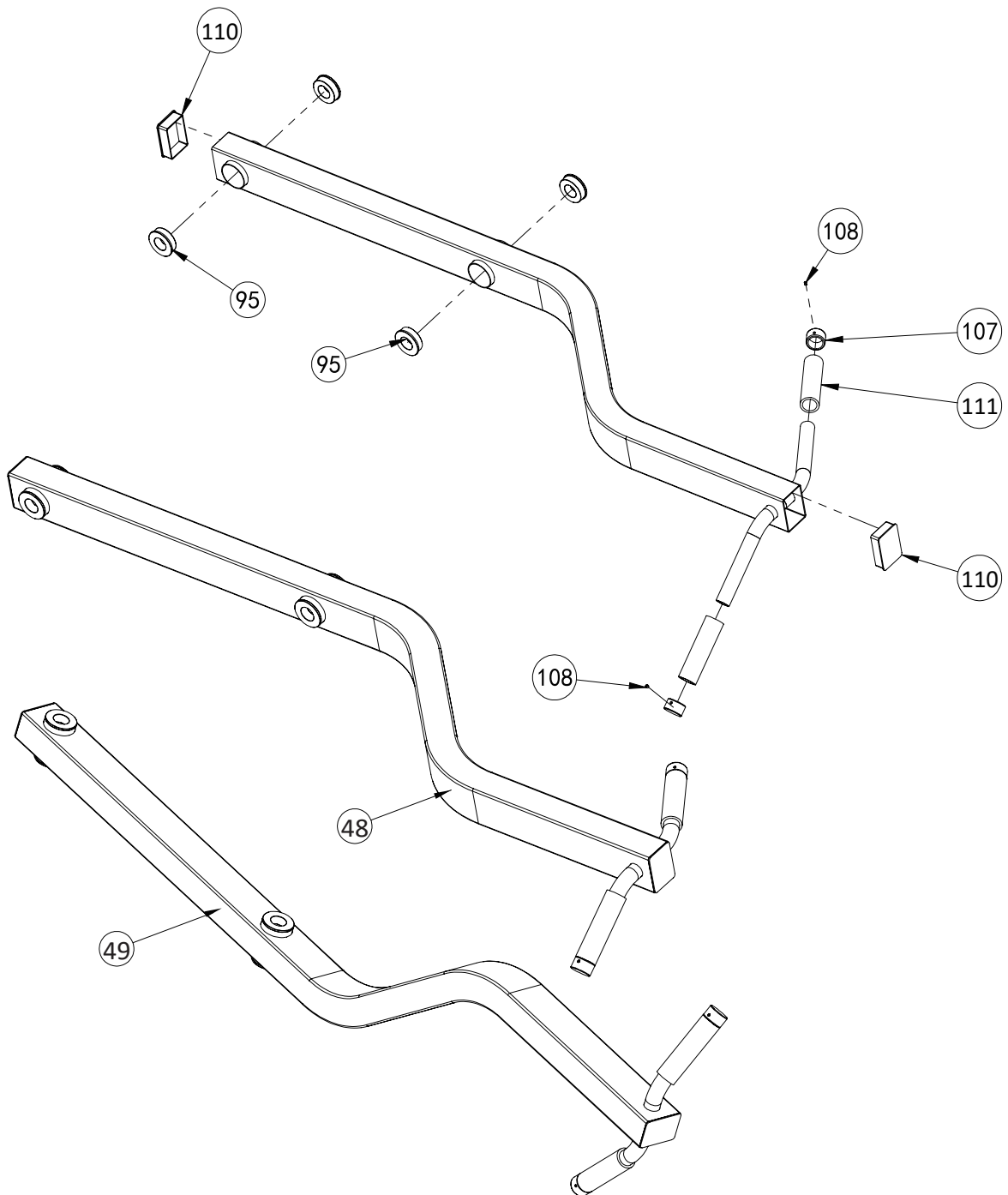
- 1 Fix foam-41 and foam rod-42 on the main frame using M8*25 allen bolt-38, foam inner cover-39 and foam outer cover-40.
- 2 Fix bending handle-43 fastening on main frame using T shape pin-44.

Assembly step-8 explosion drawing



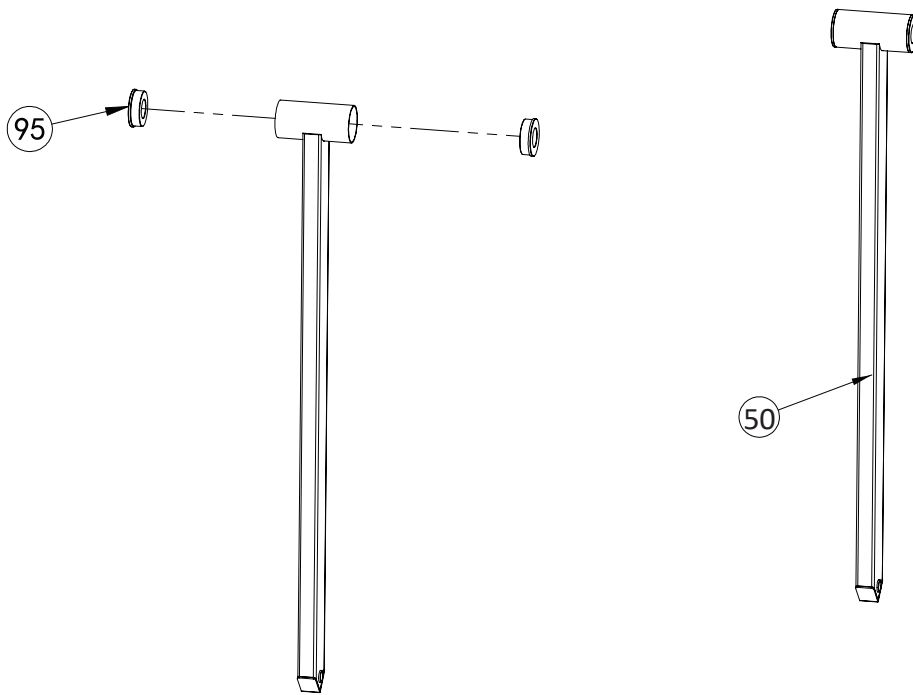
No.	Description	Note	Qty.
6	gasket	Φ12	2
7	lock nut	M12	1
9	spring gasket	Φ10	4
33	hexagon bolt	M10*20	2
34	big gasket	Φ25*Φ10.5*2.0	2
37	barbell rod ring	Φ50	2
45	hexagon bolt	M12*55	1
46	allen bolt	M10*20	4
47	end cap-50	Φ50*Φ11*9.5	4
48	lat pull tube left		1
49	lat pull tube right		1
50	upright connection tube		1
51	barbell plate holder tube		1
52	shaft	Φ20*74	1
59	shaft	Φ25*256	1

Factory assembly explosion drawing

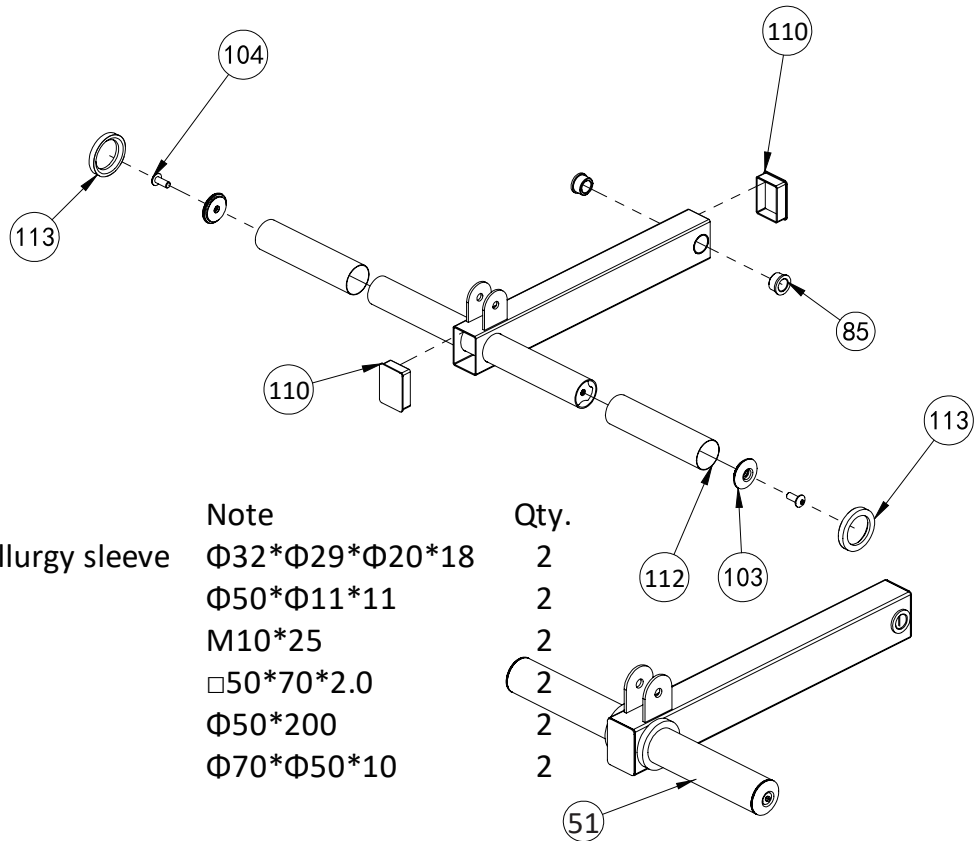


No.	Description	Note	Qty.
95	powder metallurgy sleeve	$\Phi 50 * \Phi 47 * \Phi 25 * 15$	8
110	tube plug	$\square 50 * 70 * 2.0$	4
108	screw	M4*3	4
111	handle cover	$\Phi 25 * 150$	4
107	end cap	$\Phi 25$	4

Factory assembly explosion drawing

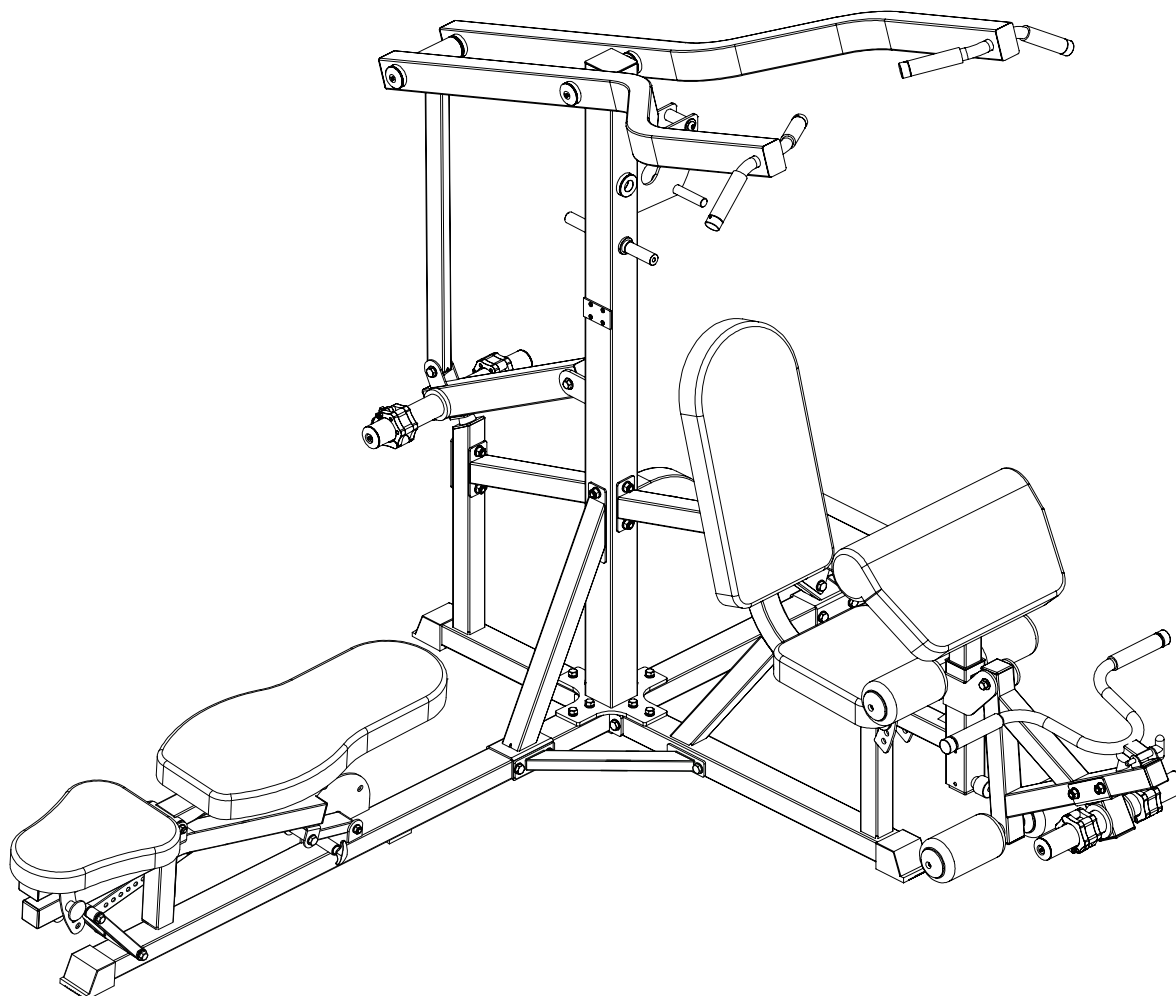


No.	Description	Note	Qty.
95	powder metallurgy sleeve	$\Phi 50 * \Phi 47 * \Phi 25 * 15$	2



No.	Description	Note	Qty.
85	powder metallurgy sleeve	$\Phi 32 * \Phi 29 * \Phi 20 * 18$	2
103	end cap	$\Phi 50 * \Phi 11 * 11$	2
104	allen bolt	M10*25	2
110	tube plug	$\square 50 * 70 * 2.0$	2
112	tube	$\Phi 50 * 200$	2
113	rubber ring	$\Phi 70 * \Phi 50 * 10$	2

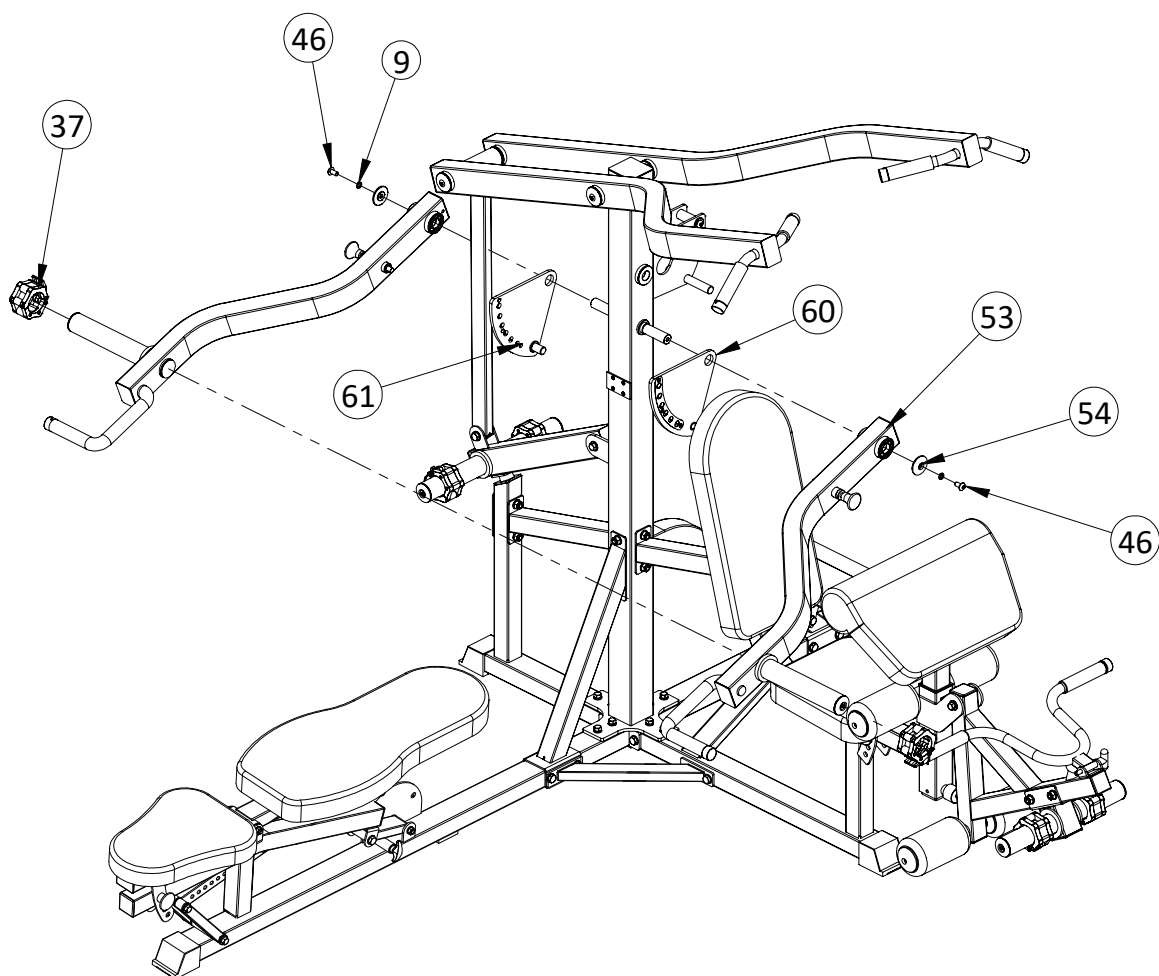
Assembly step-8 drawing



Assembly step-8 installation instruction

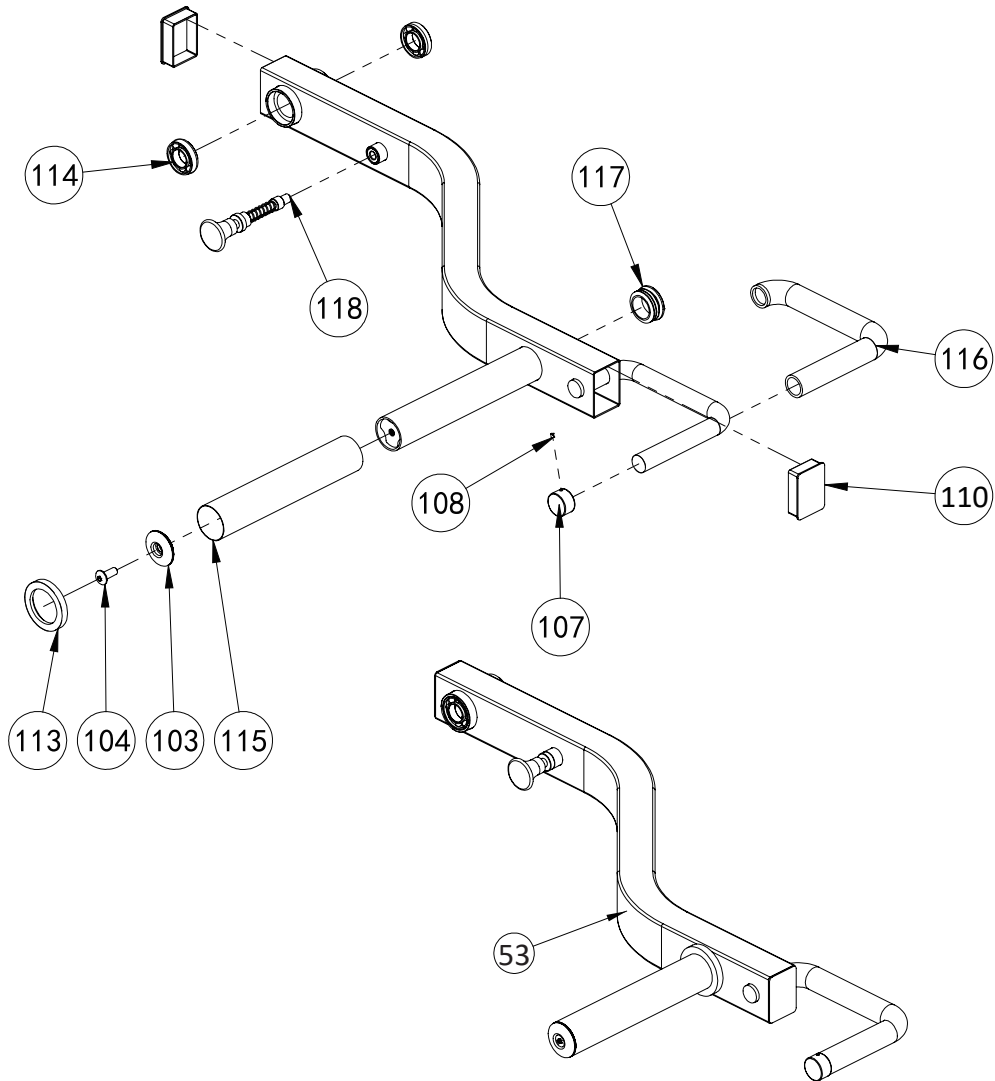
- 1 Fix barbell plate holder tube-51 fastening on main frame using M10*20 hexagon bolt-33, Φ 10 big gasket-34, shaft-52
- 2 Fix lat pull tube left-48 and lat pull tube right-49 fastening on main frame using M10*20 allen bolt-46 and end cap-47
- 3 Fix upright connection tube-50 fastening on lat pull tube left-48 and lat pull tube right-49 using M10*20 hexagon bolt-46, Φ 10 spring gasket-9 end cap-50 and shaft-59.
- 4 Fix upright connection tube-50 fastening barbell plate holder tube using M12*55 hexagon bolt-45, Φ 12 gasket-6, M12 lock nut-7.

Assembly step-9 explosion drawing



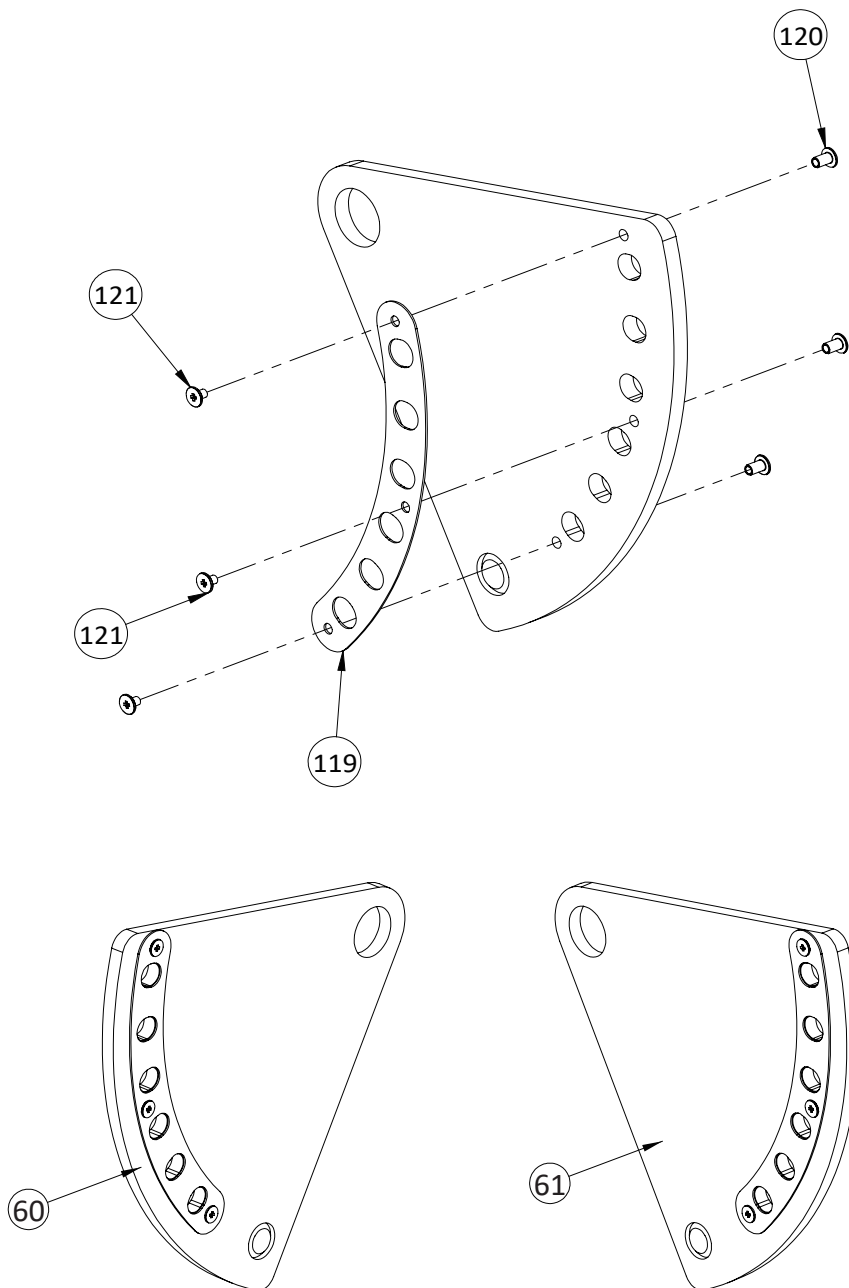
No.	Description	Note	Qty.
9	spring gasket	Φ10	2
37	barbell rod ring	Φ50	2
46	allen bolt	M10*20	2
53	arm pushing tube		2
47	end cap-50	Φ50*Φ11*9.5	2
60	selector plate right		1
61	selector plate left		1

Factory assembly explosion drawing



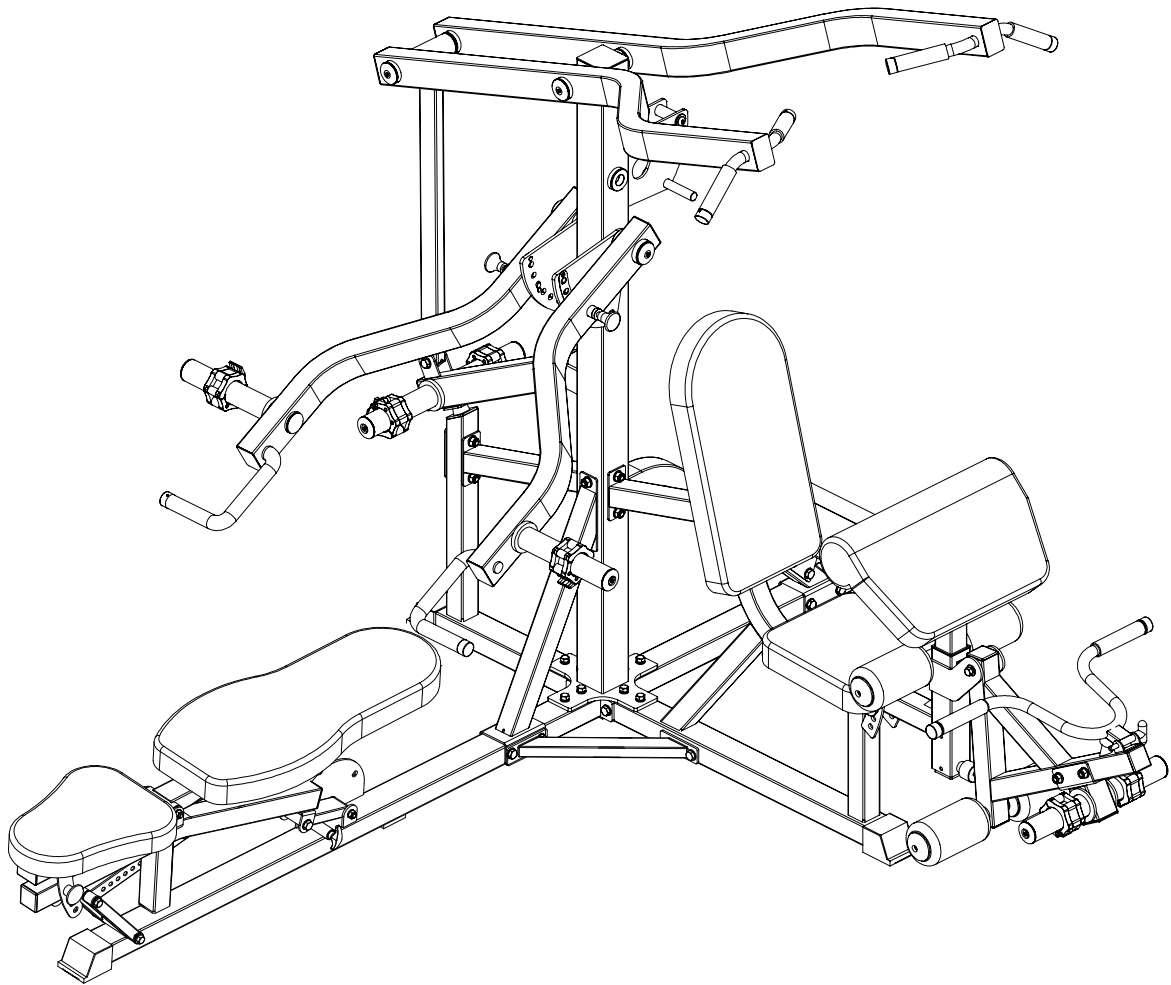
No.	Description	Note	Qty.
103	end cap	Φ50*Φ11*11	1
104	allen bolt	M10*25	1
107	end cap	Φ25	1
108	screw	M4*3	1
110	tube plug	□50*70*2.0	2
113	rubber ring	Φ70*Φ50*10	1
114	bearing	6005	2
115	tube	Φ50*260	1
116	handle cover	Φ25*400	1
117	tube plug	Φ48	1
118	locking spring knob	75	1

Factory assembly explosion drawing



No.	Description	Note	Qty.
119	selector plate		1
120	inner thread lock screw	M4*5	3
121	outer thread lock screw	Φ5*8-M4	3

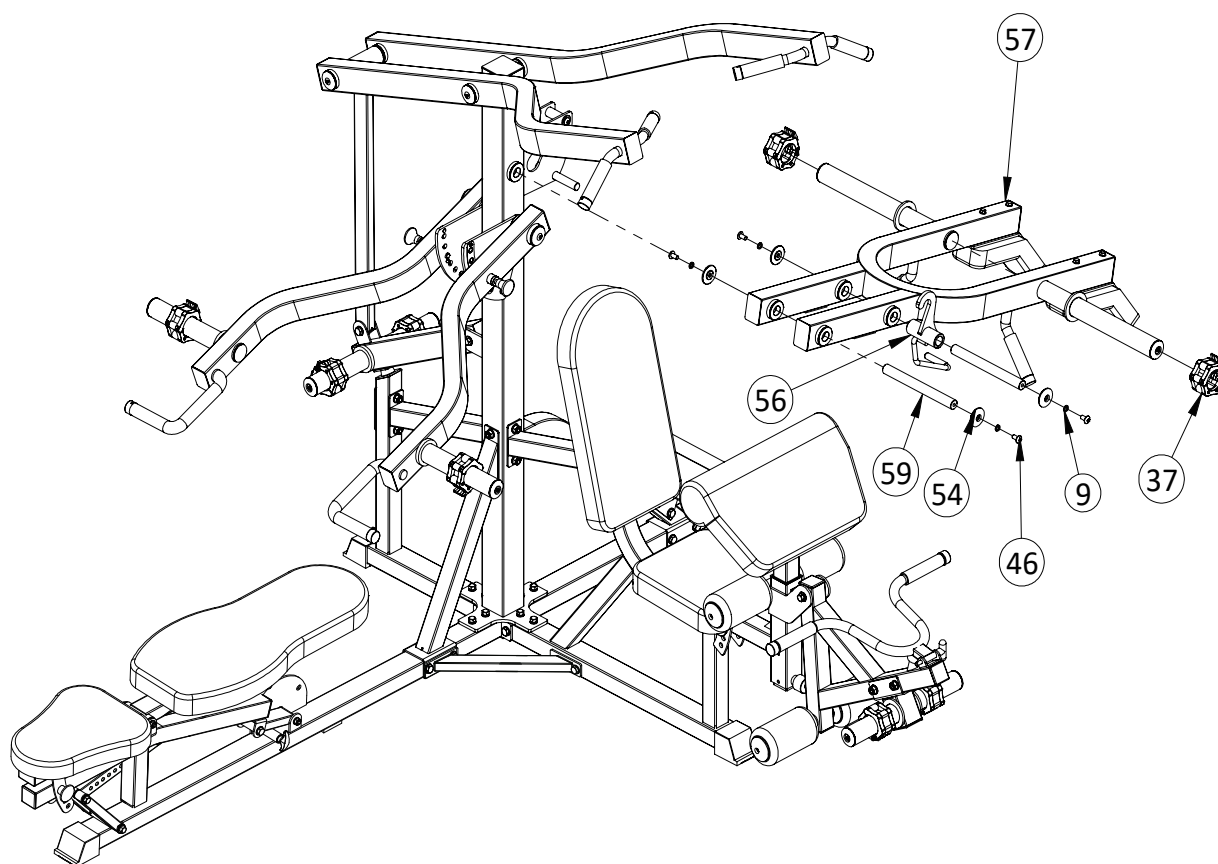
Assembly step-9 drawing



Assembly step-9 installation instruction

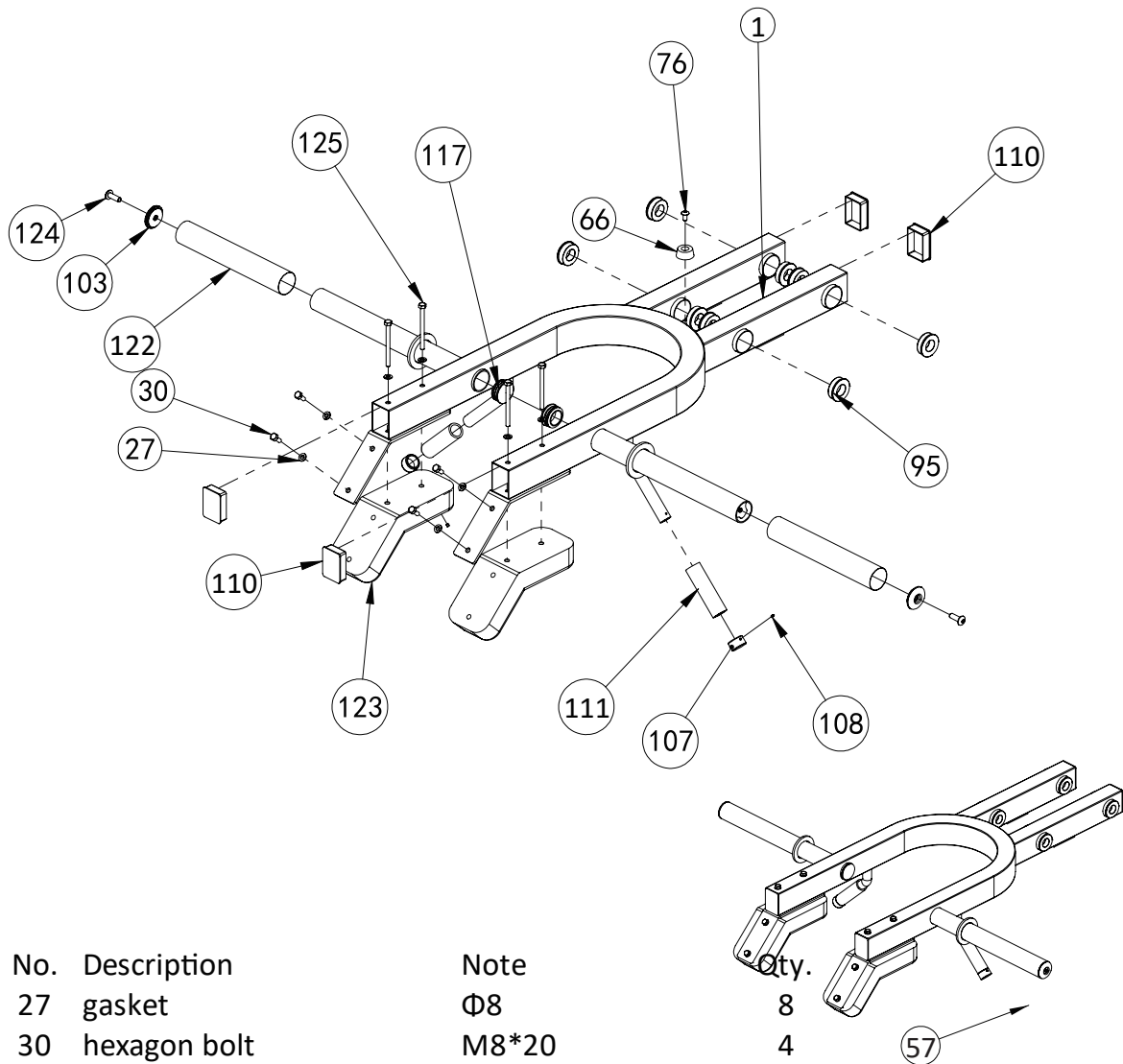
- 1 Fix arm pushing tube-53, selector plate right-60 and selector plate left-61 fastening on main frame using M10*20 allen bolt-46, end cap-47 and Φ 10 spring washer-9.
- 2 Put 2pcs. barbell rod ring-37 on arm pushing tube-53.

Assembly step-10 explosion drawing



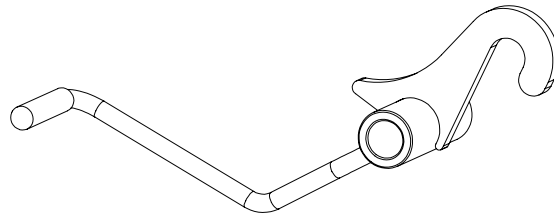
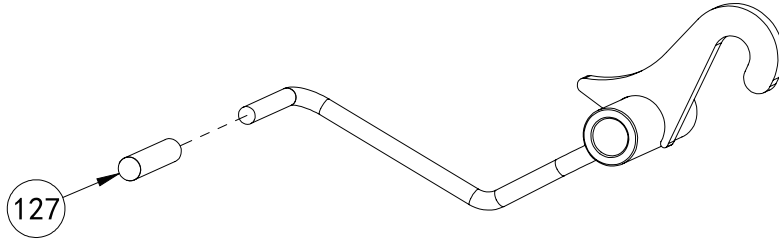
No.	Description	Note	Qty.
9	spring gasket	Φ10	4
37	barbell rod ring	Φ50	2
46	allen bolt	M10*20	4
47	end cap-50	Φ50*Φ11*9.5	4
56	hook		1
57	shoulder pushing tube		1
59	shaft	Φ25*254	2

Factory assembly explosion drawing



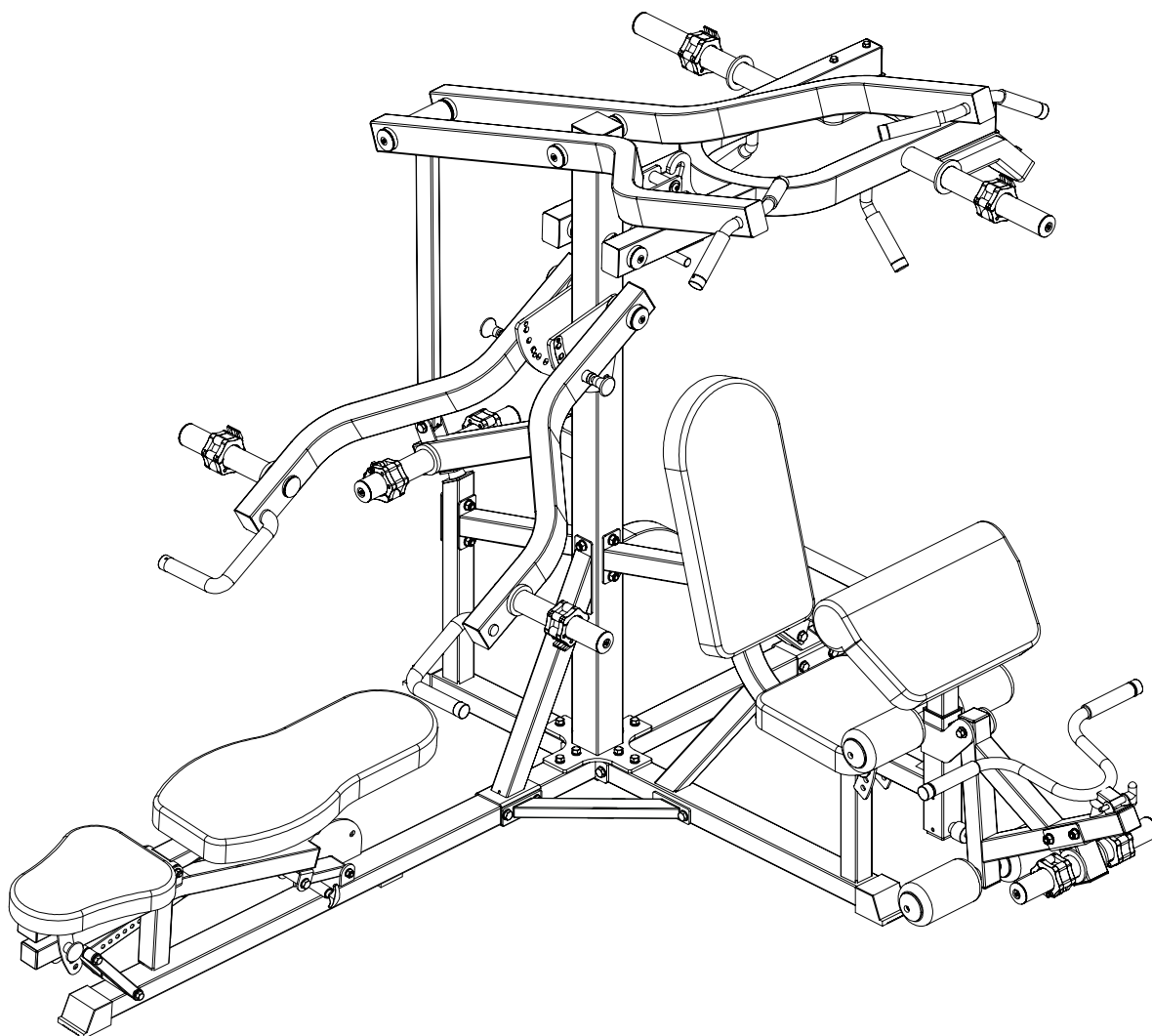
No.	Description	Note	Qty.
27	gasket	Φ8	8
30	hexagon bolt	M8*20	4
66	rubber cushion		1
76	allen bolt	M8*16	1
95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	8
99	screw	ST4.0*12	8
103	end cap	Φ50*Φ11*11	2
107	end cap	Φ25	2
108	screw	M4*3	2
110	tube plug	□50*70*2.0	4
111	handle cover	Φ25*150	2
117	tube plug	Φ48	2
122	tube	Φ50*300	2
123	pad		2
124	allen bolt	M10*30	2
125	hexagon bolt	M8*100	4
126	rubber sheet	t4.0*45*85	2

Factory assembly explosion drawing



No.	Description	Note	Qty.
127	handle cover	$\Phi 12*70$	1

Assembly step-10 drawing



Assembly step-10 installation instruction

- 1 Fix shoulder pushing tube-57 fastening on main frame using M10*20 allen bolt-46, end cap-47, shaft-59 and $\Phi 10$ spring washer-9.
- 2 Fix hook-56 fastening on shoulder pushing tube-57 using M10*20 allen bolt-46, end cap-47, shaft-59 and $\Phi 10$ spring washer-9.
- 3 Put 2pcs. barbell rod ring-37 on shoulder pushing tube-57.