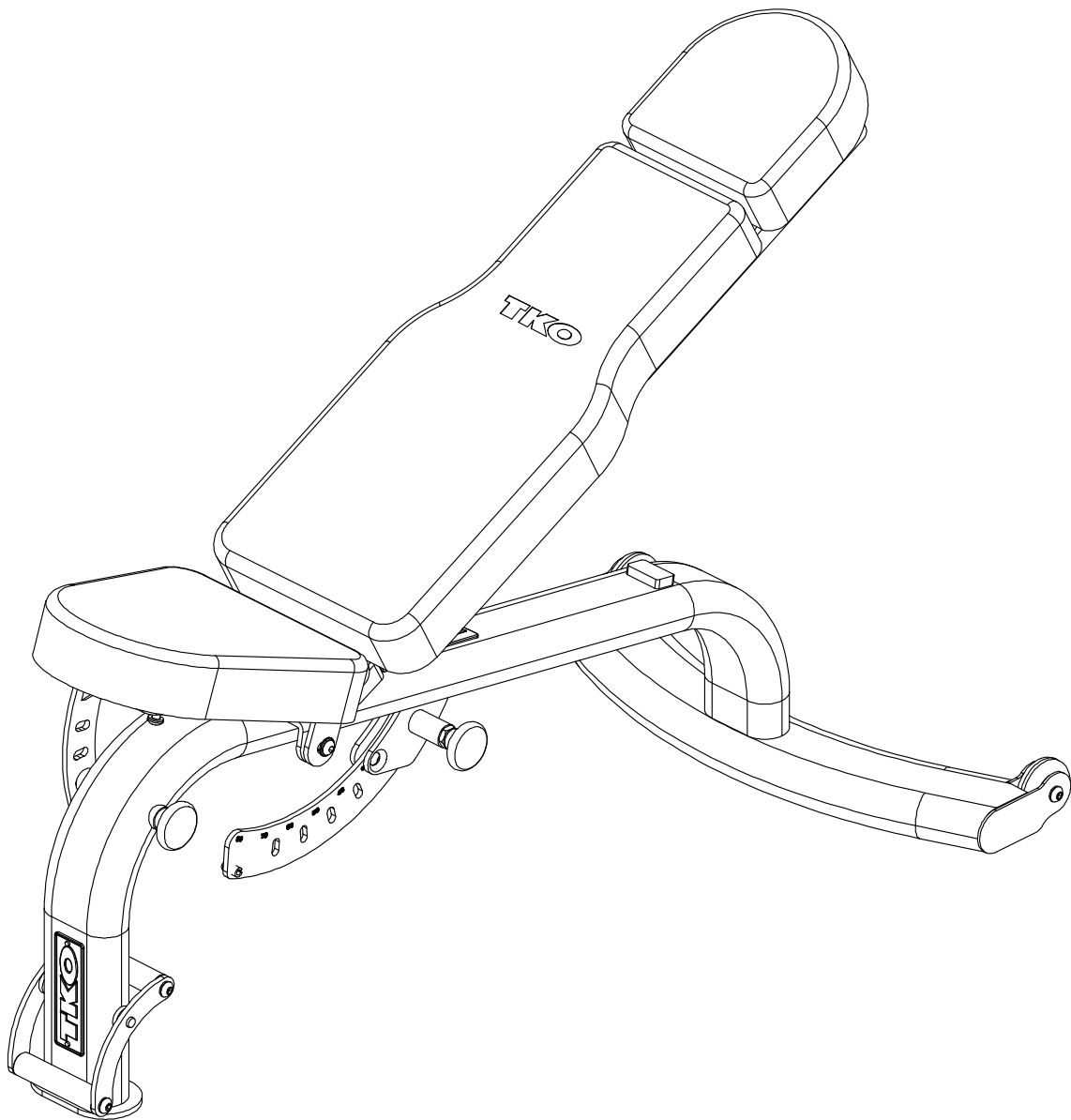


TKO[®]

Flat-Incline-Decline Bench 824FID



TKO SPORTS GROUP USA LIMITED

7354 Denny Road #100 Houston, TX 77040

IMPORTANT SAFETY INSTRUCTIONS

TKO Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

**Customer Service: customerservice@tko.com
Toll free: 866-856-3488 or 713-895-9270
Monday-Friday 8:30am to 4:30pm CT**

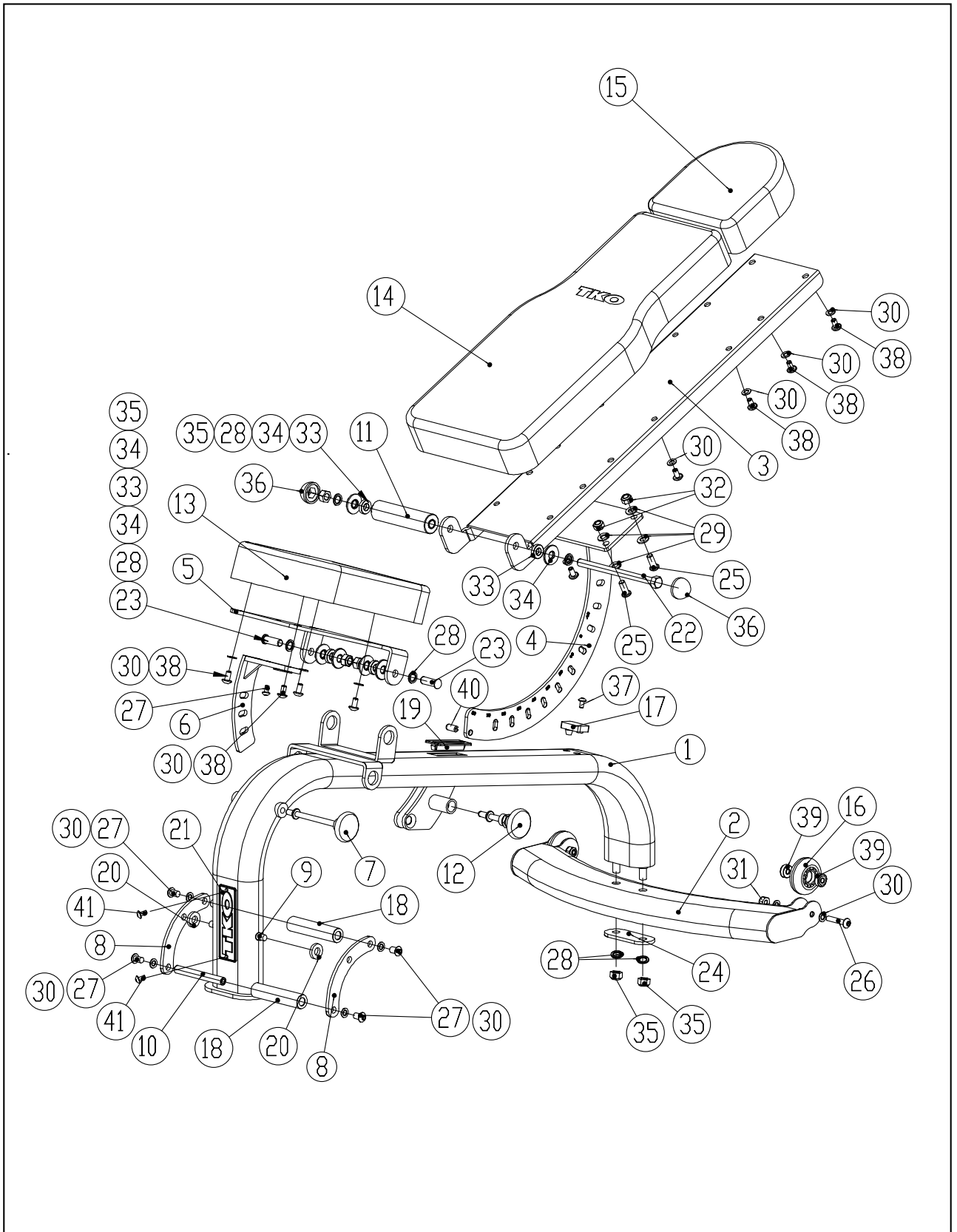
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

MEDICAL WARNING

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

Maximum recommended exercise weights not to exceed 300lbs

EXPLODED DRAWING



PARTS LIST

NO.	Description	Q'ty
1.	Main Frame	1pc
2.	Base Frame	1pc
3.	Back Pad Support Frame	1pc
4.	Back Pad Angle Adjustment Plate	1pc
5.	Seat Pad Support Frame	1pc
6.	Seat Pad Angle Adjustment Plate	1pc
7.	Lock Pin For Seat Pad	2pcs
8.	Handlebar Plates	1pc
9.	Handlebar Pivot shaft	2pcs
10.	Handlebar Shaft	1pc
11.	Shaft for Back Pad	1pc
12.	Knob for Back Pad	1pc
13.	Seat Pad	1pc
14.	Back Pad	1pc
15.	Pillow	2pcs
16.	Transport Wheel	1pc
17.	Rubber Bumper	2pcs
18.	Plastic Sleeve for Handle	1pc
19.	Plastic Bush	2pcs
20.	Plastic Washer for Handle	1pc
21.	Name Plate	1pc
22.	Hex Bolt M12x180mm (7")	2pcs
23.	Allen Bolt M12x35mm (1-3/8")	1pc
24.	Metal Plate (Oval shaped)	4pcs
25.	Allen Bolt M10x25mm (1")	2pcs
26.	Allen Bolt M8x45mm (1-3/4")	6pcs
27.	Allen Bolt M8x15mm (5/8")	6pcs
28.	Washer for M12 Bolt	10pcs
29.	Washer for M10 Bolt	24pcs
30.	Washer for M8 Bolt	2pcs
31.	Lock Nut M8	4pcs
32.	Lock Nut M10	4pcs
33.	Bearing (#61901) 24 OD × 12 ID × 6mm t.	6pcs
34.	Washer 34 OD × 13 ID × 3mm t.	5pcs
35.	Lock Nut M12	2pcs
36.	Plastic Cap	1pc
37.	Screw ST6*20 (25/32")	14pcs
38.	Allen Bolt M8x25mm (1")	4pcs
39.	Bushing for Transport Wheels	1pc
40.	Pin	1pc
41.	Rivet 3.2 dia. X 10mm L.	2pcs

ASSEMBLY STEPS

Step 1

Please connect the Base Frame (2) to the Main Frame (1), using 2 Washers (28) and 2 Lock Nuts (35) and a Metal Plate (24),

