

# **TKO<sup>®</sup>**

## **FLAT BENCH**

Model 860FB



**TKO SPORTS GROUP USA LIMITED**

7354 Denny Road #100 Houston, TX 77040

# IMPORTANT SAFETY INSTRUCTIONS

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**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](mailto:customerservice@tko.com)**

**Toll free: 866-856-3488 or 713-895-9270**

**Monday-Friday 8:30am to 4:30pm CT**

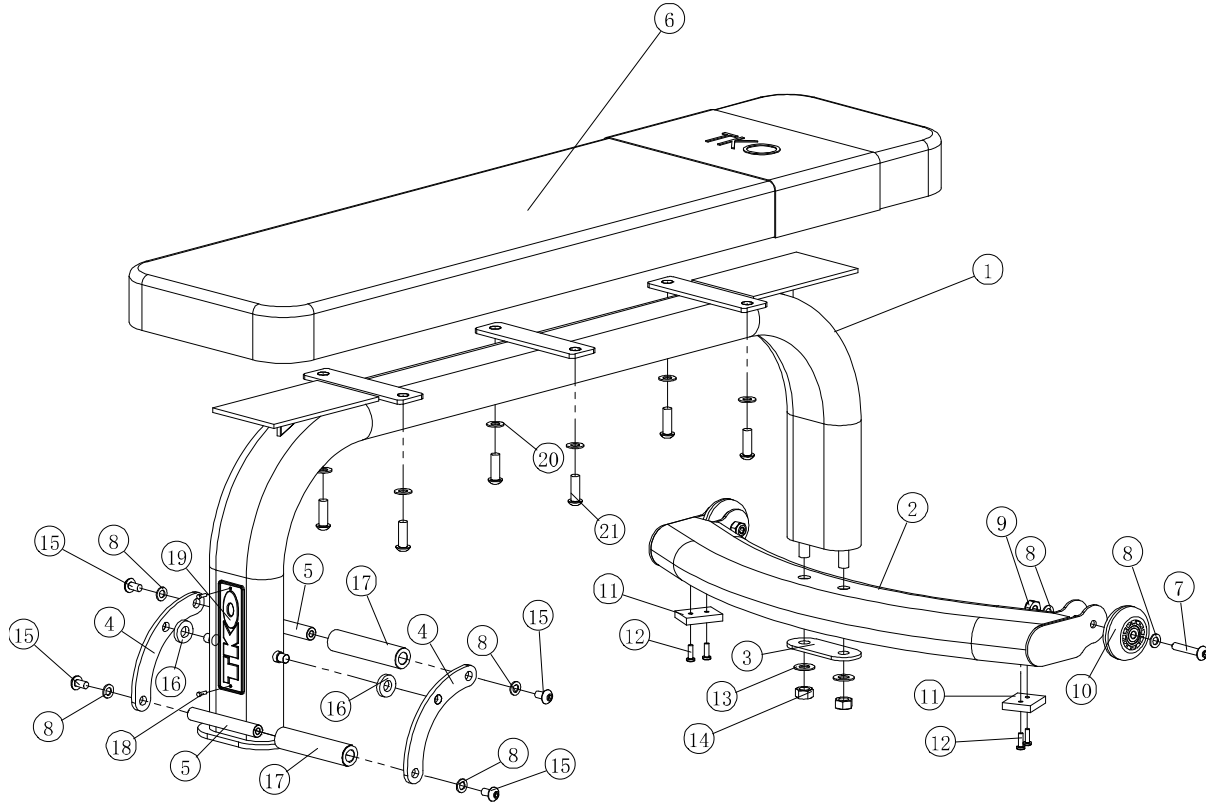
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has 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 600lbs including free weights and user's weight.**

# EXPLODED DRAWING & PARTS LIST



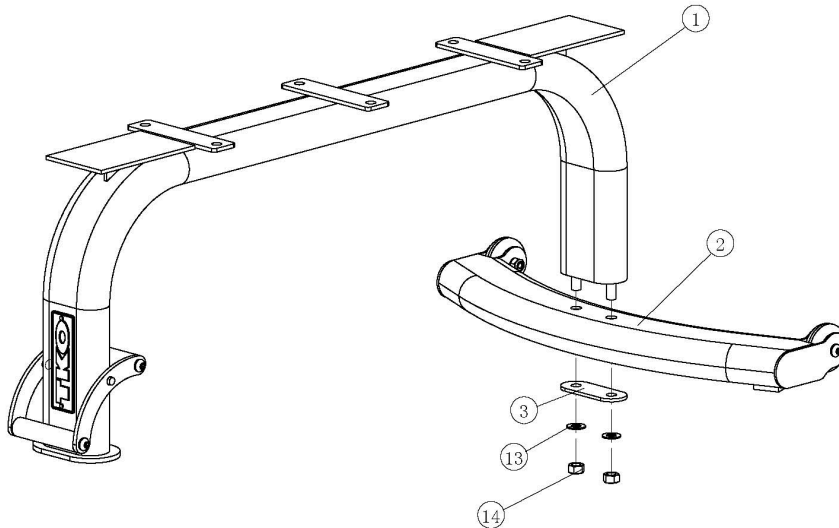
No	Description	Q'ty	No.	Description	Q'ty
1	Main frame	1	12	Phillips Screw M5x15mm	4
2	Base Frame Stabilizer	1	13	Washer for M12 Bolt	2
3	Metal Plate (Oval shaped)	1	14	Lock nut for M12 Bolt	2
4	Handlebar Brace	2	15	Allen Bolt M8x15mm	4
5	Handlebar pivot shaft	2	16	Plastic washer	2
6	Back Pad	1	17	Plastic Sleeve for Handle	2
7	Allen Bolt M8x45mm	2	18	Rivet $\phi$ 3.2x10mm	2
8	Washer for M8 Bolt	8	19	Name Plate	1
9	Lock nut for M8 Bolt	2	20	Washer for M10 Bolt	6
10	Transport Wheel	2	21	Allen Bolt M10x30mm	6
11	Rubber Floor Pad	2			

# ASSEMBLY INSTRUCTIONS

**Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.**

## STEP 1

Please connect the Base Frame Stabilizer (2) to the Main Frame (1), using the Metal Plate (3), 2 Washers (13) and 2 Lock Nut (14). Tighten these 2 Nuts with wrenches.



## STEP 2

Attach the Back Pad (6) to the Main Frame (1), using 6 Washers (20) and 6 Allen Bolts (21).

**Tighten all the bolts with Allen wrench (included).**

