



FLAT BENCH

Model 860FB-B

+ Owner's Manual

V2.0—06.2012

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+ Safety

Read this owner's manual carefully before assembling or using TKO equipment.

WARNING: Serious injury could occur if these safety precautions are not observed

Safety Precautions

- 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.
- Make sure that the equipment(s) are set up and operated on a solid level surface. DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- Inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Use a spotter.
- Back support cushion may drop when knob is pulled. Hold the back support cushion when adjusting it.
- Make sure the pull pin is fully engaged before use.
- Lower the back support cushion to the lowest position when not in use.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- 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.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

e mail: customerservice@tko.com

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

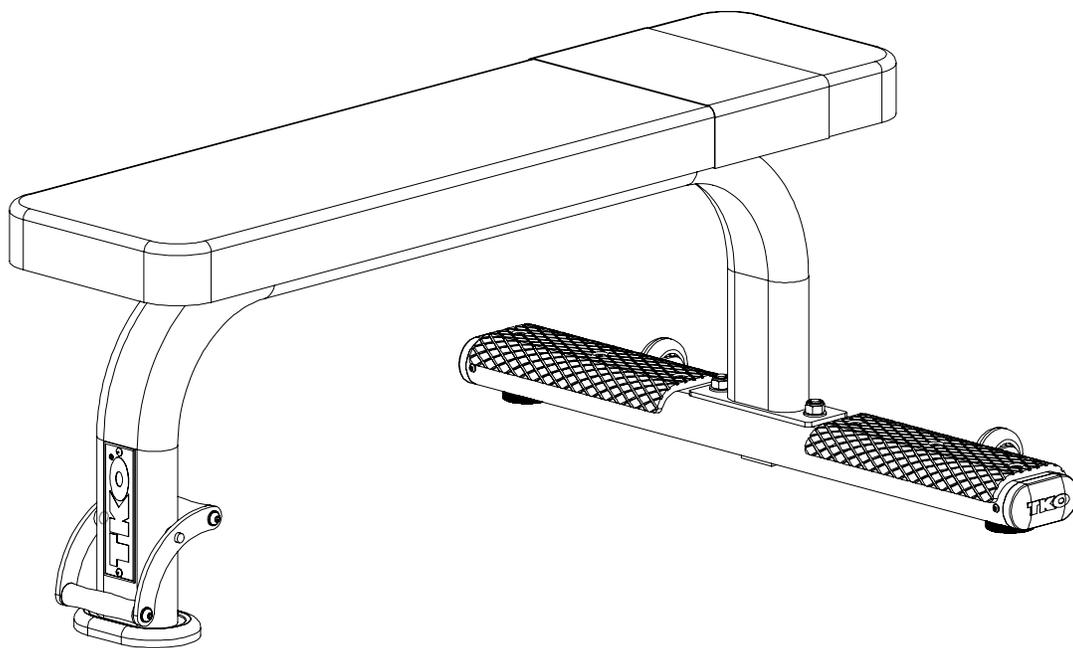
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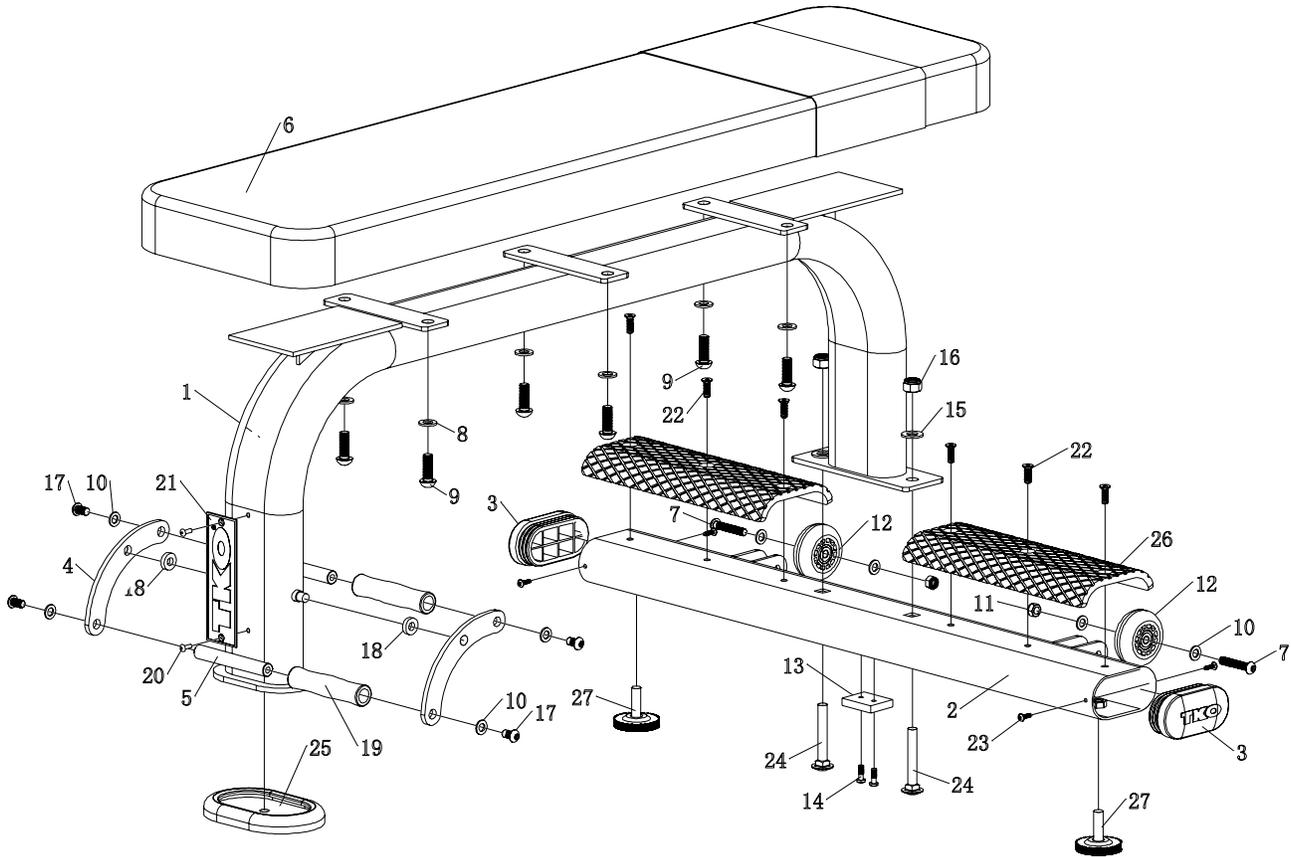
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+ Product Diagram



Maximum recommended exercise weights not to exceed 600lbs including free weights and user's weight.

✚ Exploded Diagram / Parts List



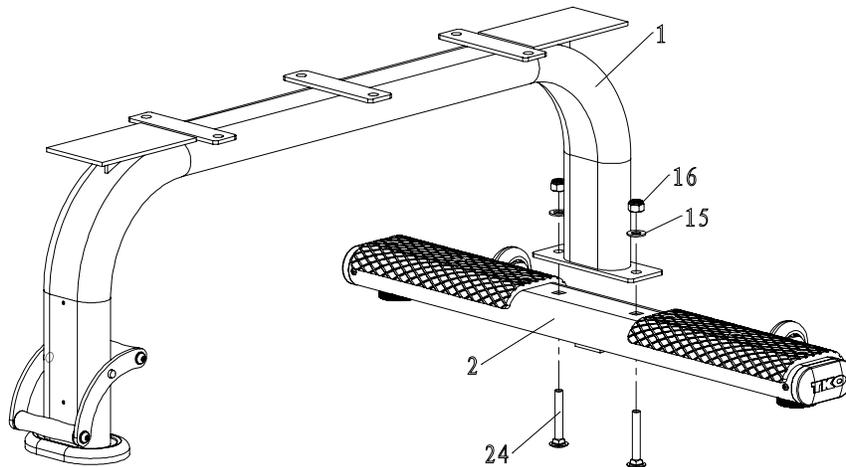
No	Description	Q'ty	No.	Description	Q'ty
1	Main frame	1	15	Washer for M12 Bolt	2
2	Base Frame Stabilizer	1	16	Lock nut for M12 Bolt	2
3	End Cap PT50x100x3mm	2	17	Allen Bolt M8x15mm	4
4	Handlebar Brake	2	18	Plastic washer	2
5	Handlebar pivot shaft	2	19	Plastic Sleeve for Handle	2
6	Back Pad	1	20	Rivet! 4x12mm	2
7	Allen Bolt M8x45mm	2	21	Name Plate	1
8	Washer for M10 Bolt	6	22	Allen Bolt M8x20mm	6
9	Allen Bolt M10x30mm	6	23	Screw ST4.2X16mm	4
10	Washer for M8 Bolt	8	24	Carriage Bolt M12X70mm	6
11	Lock nut for M8 Bolt	2	25	Rubber Shoe	1
12	Transport Wheel	2	26	Foot Padding	2
13	Rubber Floor Pad	1	27	Leveler	2
14	Phillips Screw M5x15mm	2			

+ Assembly

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 2 Carriage Bolts (24), 2 Washers (15) and 2 Lock Nuts (16). Tighten these 2 Bolts and Nuts with wrenches.



STEP 2

Attach the Back Pad (6) to the Main Frame (1), using 6 Washers (8) and 6 Allen Bolts (9).

Tighten all the bolts with Allen wrench (included).

