



FLAT, INCLINE, AND DECLINE BENCH

Model 824FID-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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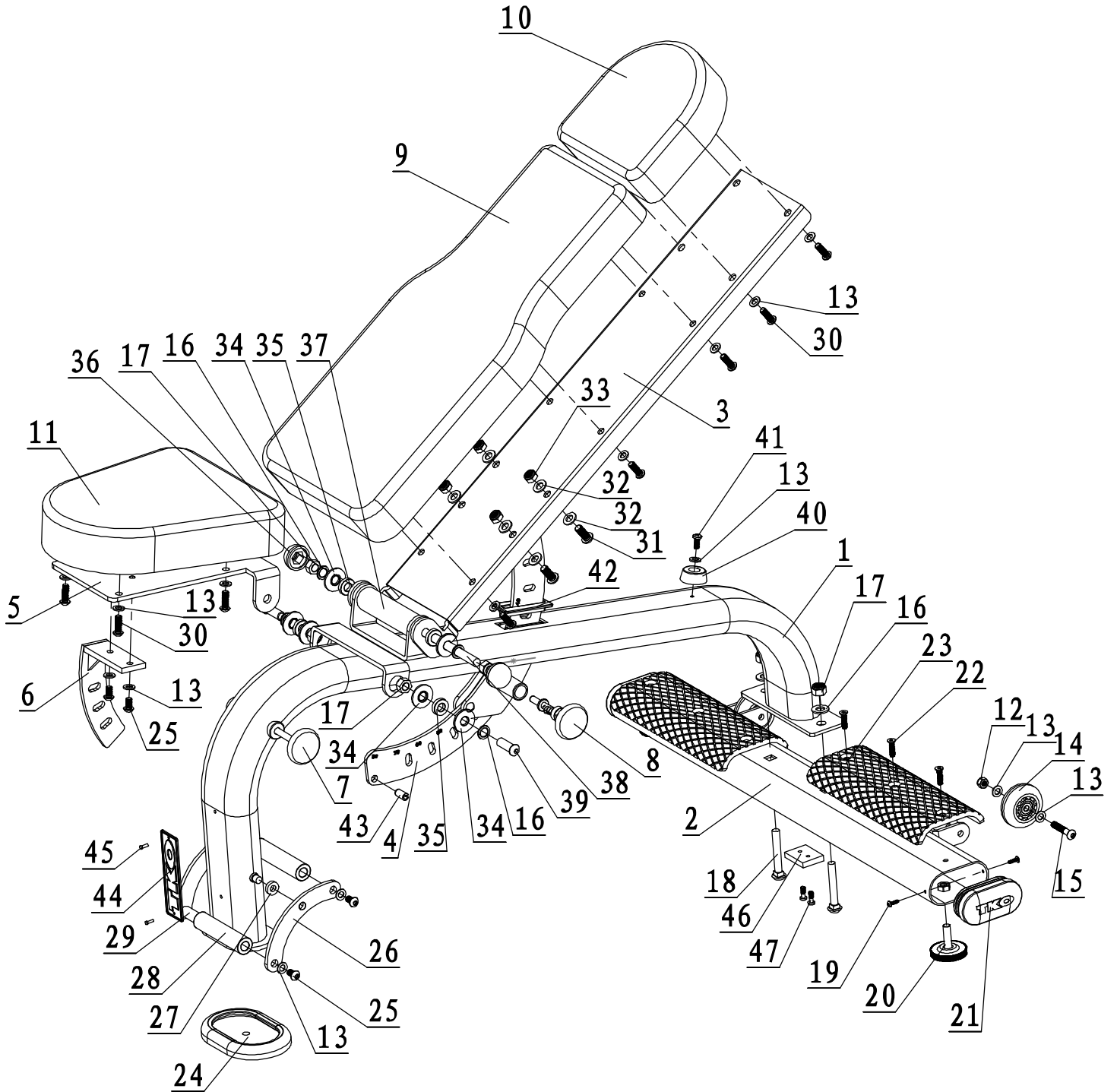
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+ Product Diagram



MAXIMUM WEIGHT LIMIT 300LB

✚ Exploded Diagram



✚ Parts List

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	27	Plastic Washer for Handle	2
2	Base Frame	1	28	Plastic Sleeve for Handle	2
3	Back Pad Support Frame	1	29	Handlebar Shaft	2
4	Back Pad Angle Adjustment Plate	1	30	Allen Bolt M8x25mm (1")	14
5	Seat Pad Support Frame	1	31	Allen Bolt M10x25mm (1")	4
6	Seat Pad Angle Adjustment Plate	1	32	Washer for M10 Bolt	8
7	Lock Pin For Seat Pad	1	33	Lock Nut M10	4
8	Knob for Back Pad	1	34	Washer 34 OD × 13 ID × 3mm t.	6
9	Back Pad	1	35	Bearing (#61901) 24 OD × 12 ID × 6mm t.	4
10	Pillow	1	36	Plastic Cap	2
11	Seat Pad	1	37	Shaft for Back Pad	1
12	Lock Nut M8	2	38	Hex Bolt M12x180mm (7")	1
13	Washer for M8 Bolt	25	39	Allen Bolt M12x35mm (1-3/8")	1
14	Transport Wheel	2	40	Rubber Bumper	1
15	Allen Bolt M8x45mm (1-3/4")	2	41	Screw ST6*20 (25/32")	1
16	Washer for M12 Bolt	6	42	Plastic Bush	2
17	Lock Nut M12	6	43	Pin	1
18	Carriage Bolt M12x70mm (2-3/4")	2	44	Name Plate	1
19	Screw ST4.2*15mm (5/8")	4	45	Rivet 3.2 dia. X 10mm L.	2
20	Leveler	2	46	EVA Cushion	1
21	End Cap 50x100mm	2	47	Screw M5x15mm (5/8")	2
22	Allen Bolt M8x20mm (3/4")	6			
23	Foot Padding	2			
24	Rubber Shoe	1			
25	Allen Bolt M8x15mm (5/8")	6			
26	Handlebar Plate	2			

+ Assembly

Maximum recommended exercise weights not to exceed 280Lbs (127Kgs)

Step 1

Please connect the Base Frame (2) to the Main Frame (1), using 2 Carriage Bolts (18), 2 Washers (16) and 2 Lock Nuts (17).

Please tighten the bolts and nuts.

