



Model 849MB Medicine Ball Rack

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.

Step 1

Attach the Levelers (8) to the Left and Right Upright Frame (1&2).

Step 2

Connect the Name Plate to the Right and Left Upright Fame (1&2).

Step 3

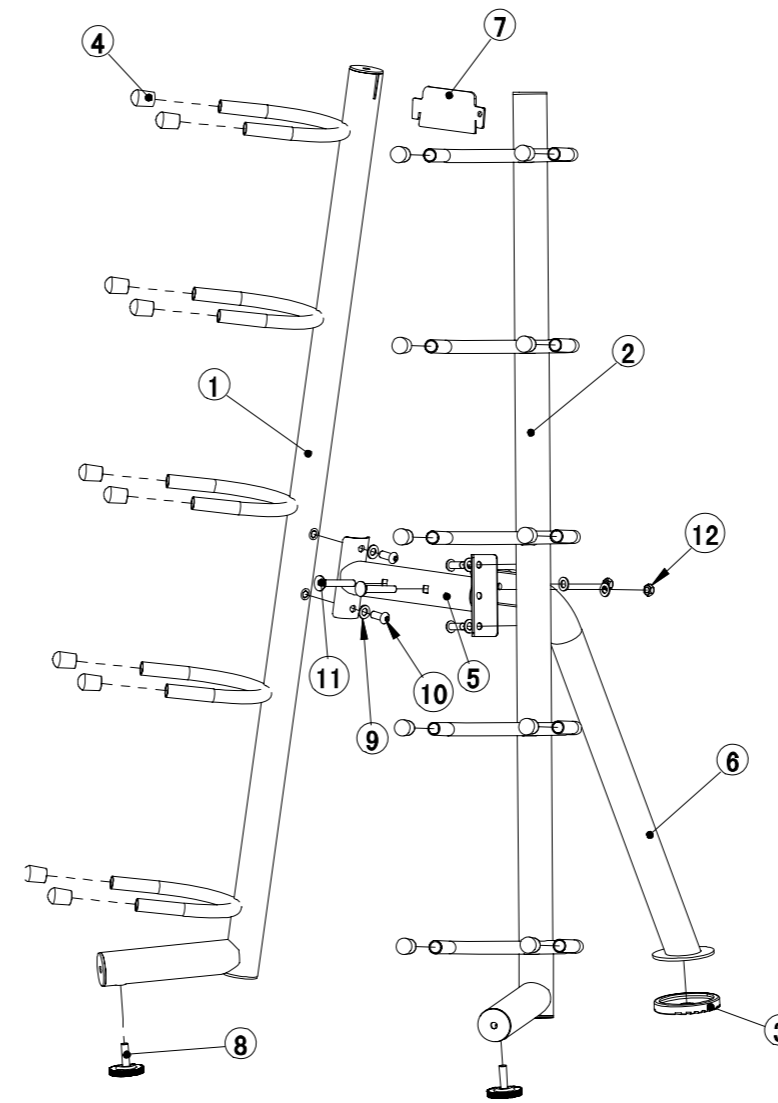
Connect the Cross Fame to the Right and Left Upright Fame (1&2), using 4 Allen Bolts (10), 4 Flat Washers (9).

Step 4

Connect the Rear Base Frame (6) to the Cross Frame (5), using 2 Carriage Bolts (11), 2 Flat Washers (9) and 2 Nylon Nuts (12).

Please tighten all the bolts and nuts with wrench (included)

If the Rack is not level on the floor, please adjust the Levelers.



Part No.	Description	Q'ty
1	Upright Frame - L	1
2	Upright Frame - R	1
3	Rubber End Pad	1
4	End Cap	20
5	Cross Frame	1
6	Rear Base Frame	1
7	Name Plate	1
8	Leveler	2
9	Flat Washer for M10 Bolt	6
10	Allen Bolt M10 x 25mm	4
11	Carriage Bolt M10 x 65mm	2
12	Nylon Nut for M12 Bolt	2

