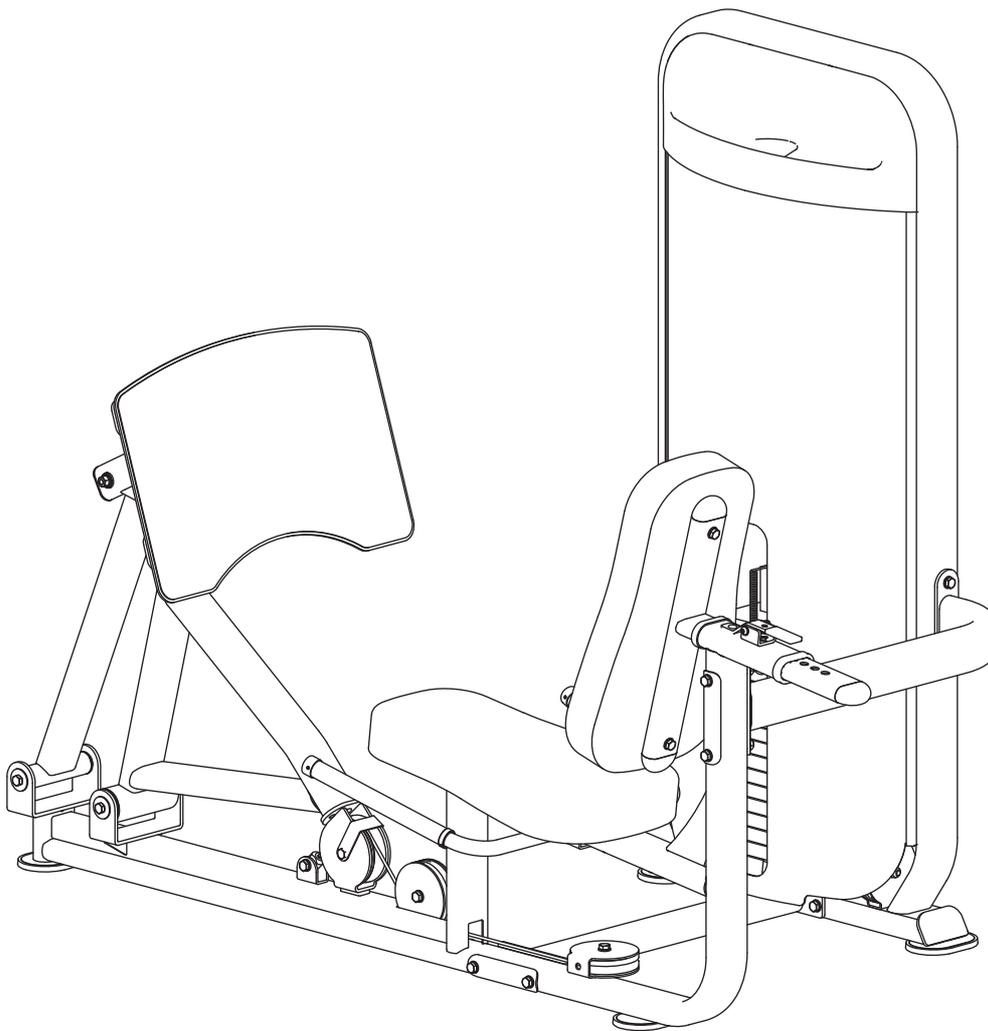


TKO[®]

8805 Achieve Dual

Leg Press/Calf Raise

Owner's Manual



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

CAUTION: THE UNIT MUST BE BOLTED TO THE FLOOR!!

CAUTION: Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

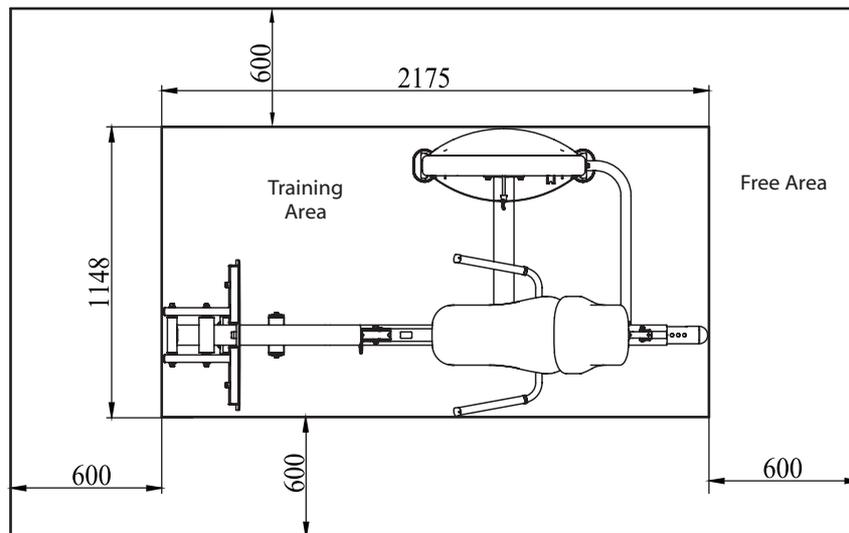
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Wt. Capacity: 113Kg/ 250lbs

Product Total Surface: 1938*1148 mm

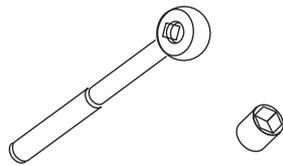
Product Total Mass: 111kg/ 245lbs

Instructions

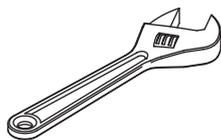
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

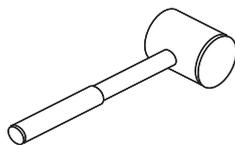
Tools Required



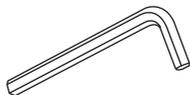
Ratchet Wrench and Socket



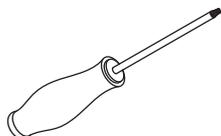
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

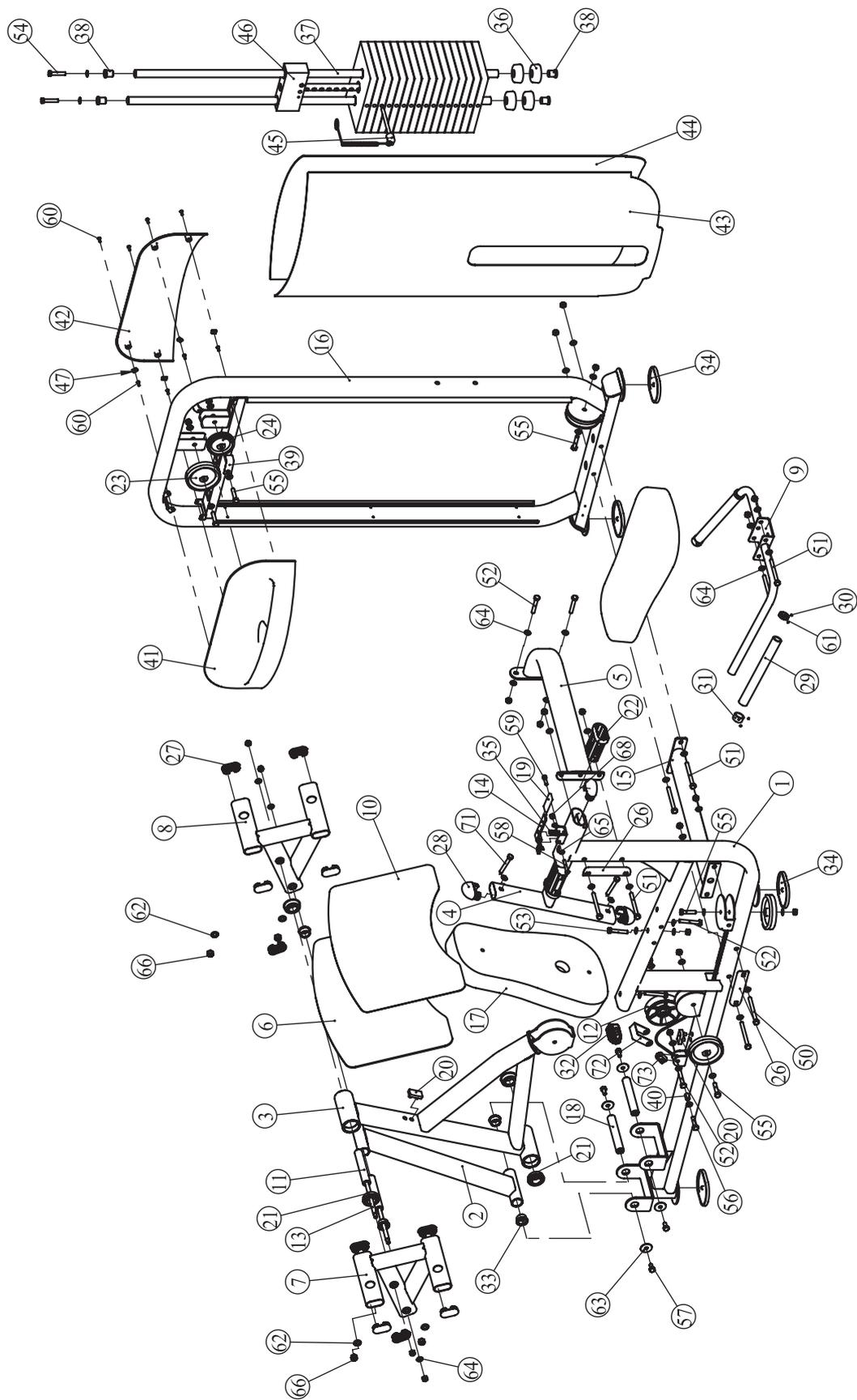
Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

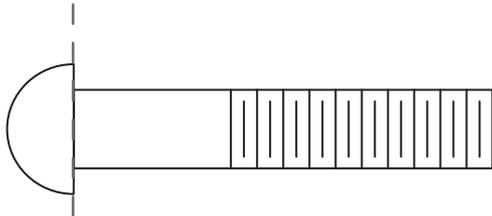
Item No.	Description	Qty	Item No.	Description	Qty
1	Base Bracket	1	38	Guide Rubber Bumper	4
2	Front Sway Frame	1	39	Pulley Prevent Bracket	1
3	Back Sway Frame	1	40	Bushing $\Phi 10 \times \Phi 14 \times 20$	1
4	Back Pad Support	1	41	Top Front Shroud	1
5	Rear Cross Brace	1	42	Top Rear Shroud	1
6	Footplate	1	43	Bottom Front Shroud	1
7	Left Support Frame	1	44	Bottom Rear Shroud	1
8	Right Support Frame	1	45	Selector Pin W/Coil	1
9	Handle	1	46	Top Plate	1
10	Resilient Treads	1	47	U-Style Tapped Hole Nut M5	4
11	$\Phi 25.4 \times 148$ Axle	2	48	Hex Head Bolt M10*190	1
12	V-type Pulley	1	49	Hex Head Bolt M10*135	1
13	Double End Stud	2	50	Hex Head Bolt M10*110	2
14	Adjustable Support	1	51	Hex Head Bolt M10*105	6
15	Bottom Cross Brace	1	52	Hex Head Bolt M10*65	5
16	Weight Stack Frame	1	53	Hex Head Bolt M10*60	1
17	Back Pad	2	54	Hex Head Bolt M10*50(Whole Screw)	2
18	$\Phi 25.4 \times 158$ Axle	2	55	Hex Head Bolt M10*50	5
19	Adjustable Support Sleeve	1	56	Hex Head Bolt M10*45	1
20	Rubber Bumper	2	57	Hex Head Bolt M10*20	4
21	Bearing	4	58	Button Head Cap Screw M8*55	1
22	Guide Sleeve	2	59	Socket Head Cap Screw M8*30	1
23	4.5" Pulley	4	60	Pan Head Phillips Screw M5*15	8
24	3.5" Pulley	1	61	Socket Set Screw 10-32*3.2	8
25	Cable	1	62	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	4
26	Outer Fix Plate	2	63	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	4
27	Plug RT30*60	10	64	Flat Washer $\Phi 10 \times \Phi 20 \times 2$	48
28	Plug RT30*70	3	65	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
29	Grip	2	66	Nylon lock Nut M12	4
30	$\Phi 25.4$ Ring	2	67	Nylon lock Nut M10	23
31	$\Phi 25.4$ End Cap	2	68	Nylon lock Nut M8	1
32	Plug 40*80*20	1	69	Hex Key S=6	1
33	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	4	70	Lube	1
34	Foot Pad	4	71	Hex Head Bolt M10*55	2
35	Spring	1	72	U Bracket	1
36	Weight Rubber Bumper	4	73	Cable End	1
37	Guide Rod	2			

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

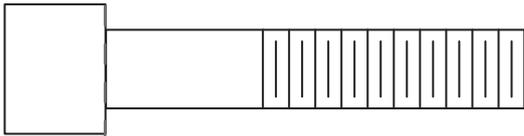
Exploded View



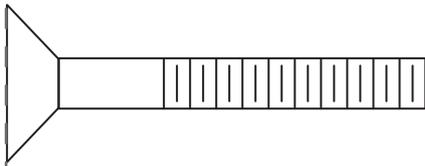
Measurement Guide



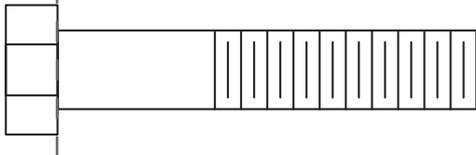
BHCS = Button Head Cap Screw



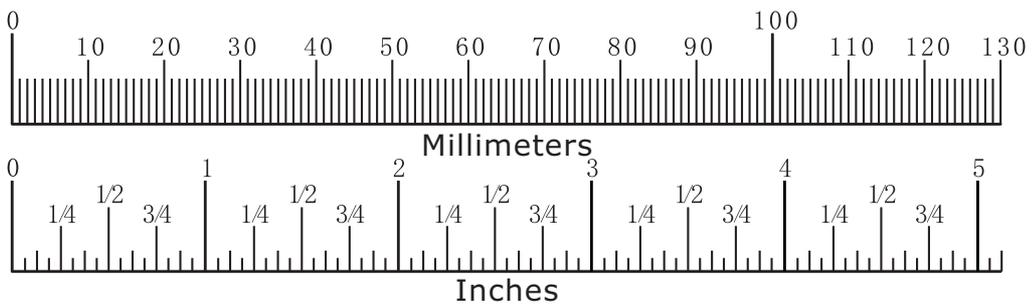
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Attach Bottom Cross Brace (#15) to Base Bracket (#1) and Weight Stack Frame (#16), using:

two M10*110 HHB (#50)

two M10*105 HHB (#51)

four M10 Nylon lock Nut (#67)

eight $\Phi 10^* \Phi 20^* 2$ Flat Washer (#64)

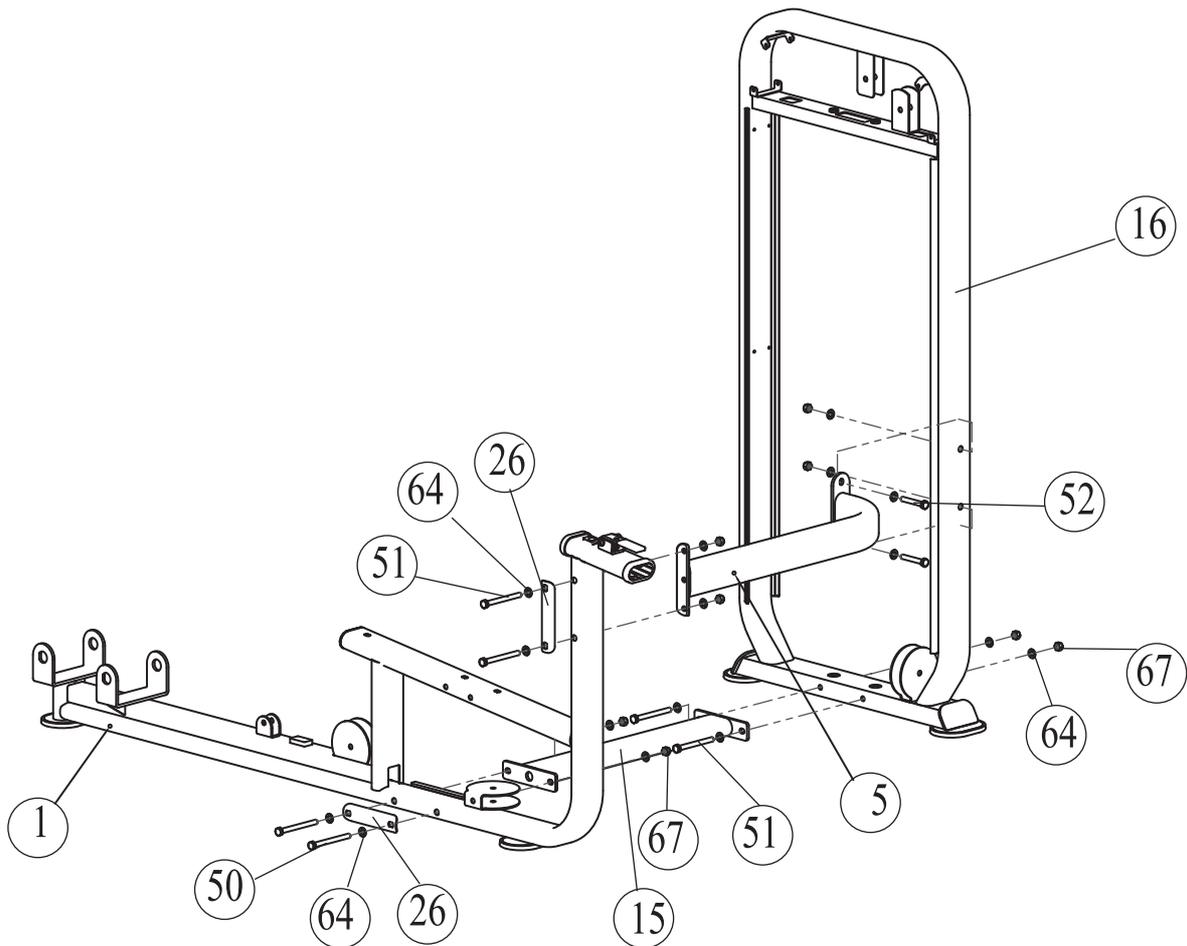
2. Attach Rear Cross Brace (#5) to Base Bracket (#1) and Weight Stack Frame (#16), using:

two M10*65 HHB (#52)

two M10*105 HHB (#51)

four M10 Nylon lock Nut (#67)

eight $\Phi 10^* \Phi 20^* 2$ Flat Washer (#64)

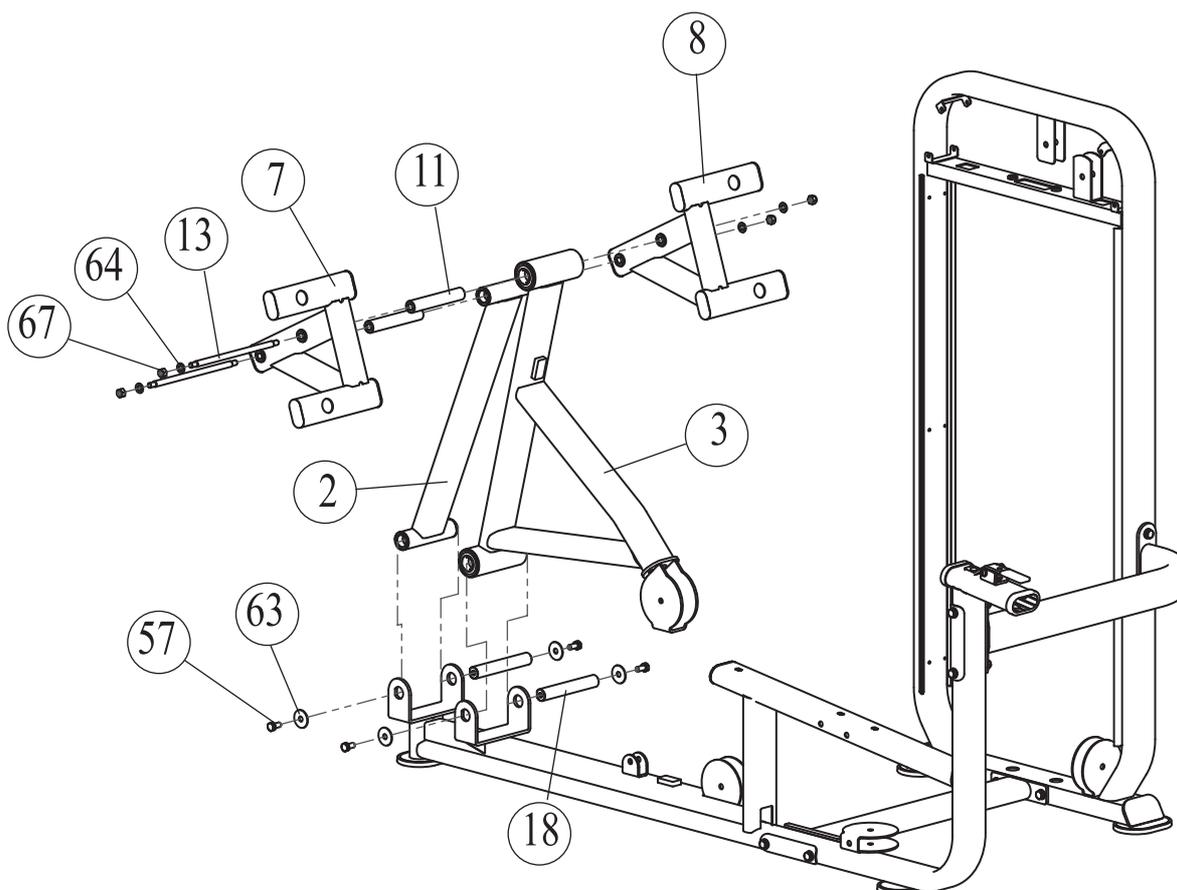


Assembly

Step 2

1. Attach Front Sway Frame (#2) to Base Bracket (#1), using:
one $\Phi 25.4 \times 158$ Axle (#18) two M10*20 HHB (#57)
two $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#63)
2. Attach Back Sway Frame (#3) to Base Bracket (#1), using:
one $\Phi 25.4 \times 158$ Axle (#18) two M10*20 HHB (#57)
two $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#63)
3. Attach Left Support Frame (#7) and Right Support Frame (#8) to Front Sway Frame (#2) and Back Sway Frame (#3), using:
two $\Phi 25.4 \times 148$ Axle (#11) two Double End Stud (#13)
four M10 Nylon lock Nut (#67) four $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)

NOTE: DO NOT tighten the Bolt and Nylon lock Nut.



Assembly

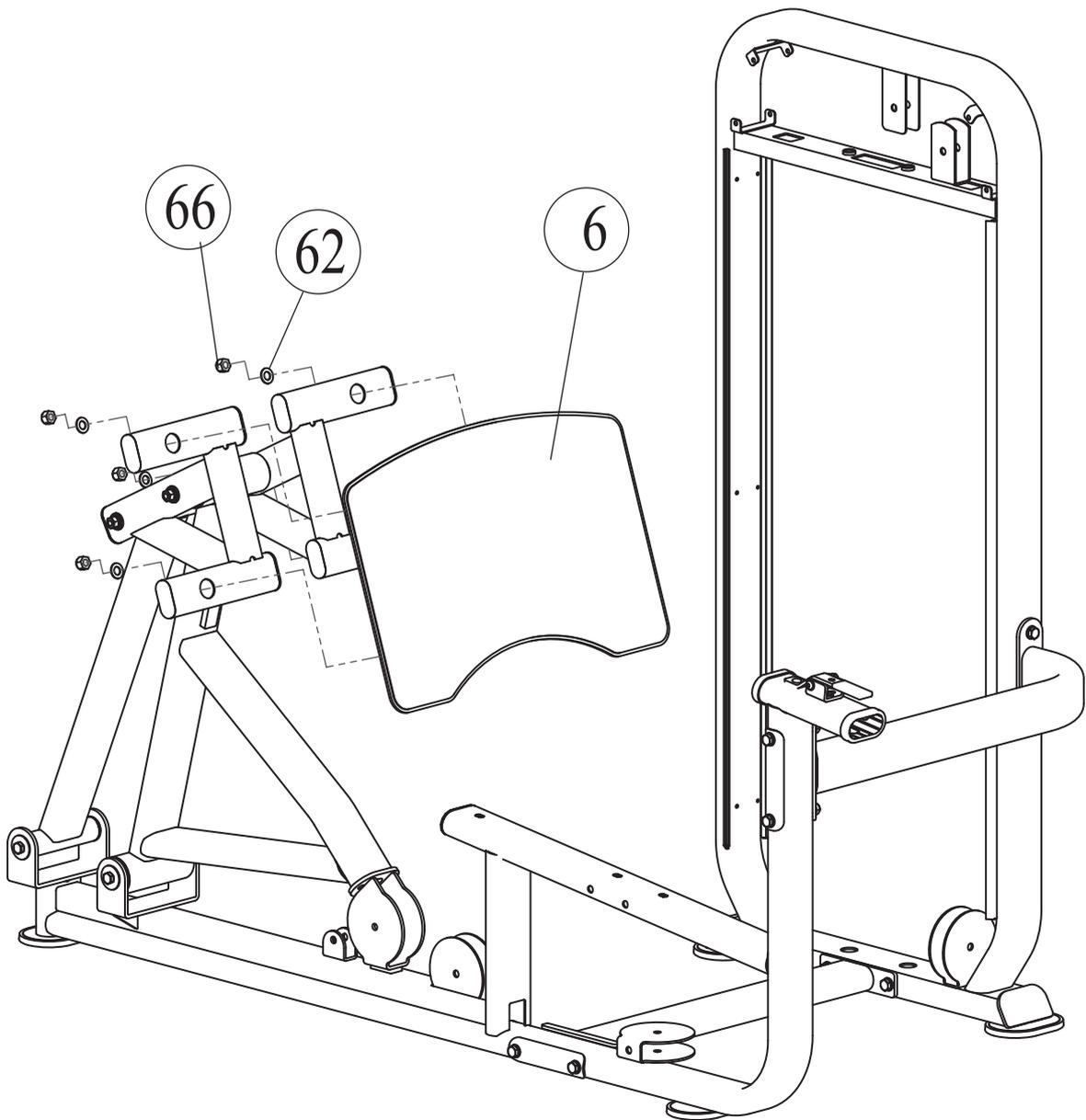
Step 3

Attach Footplate (#6) to Left Support Frame (#7) and Right Support Frame (#8), using:

four $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washer (#62)

four M12 Nylon lock Nut (#66)

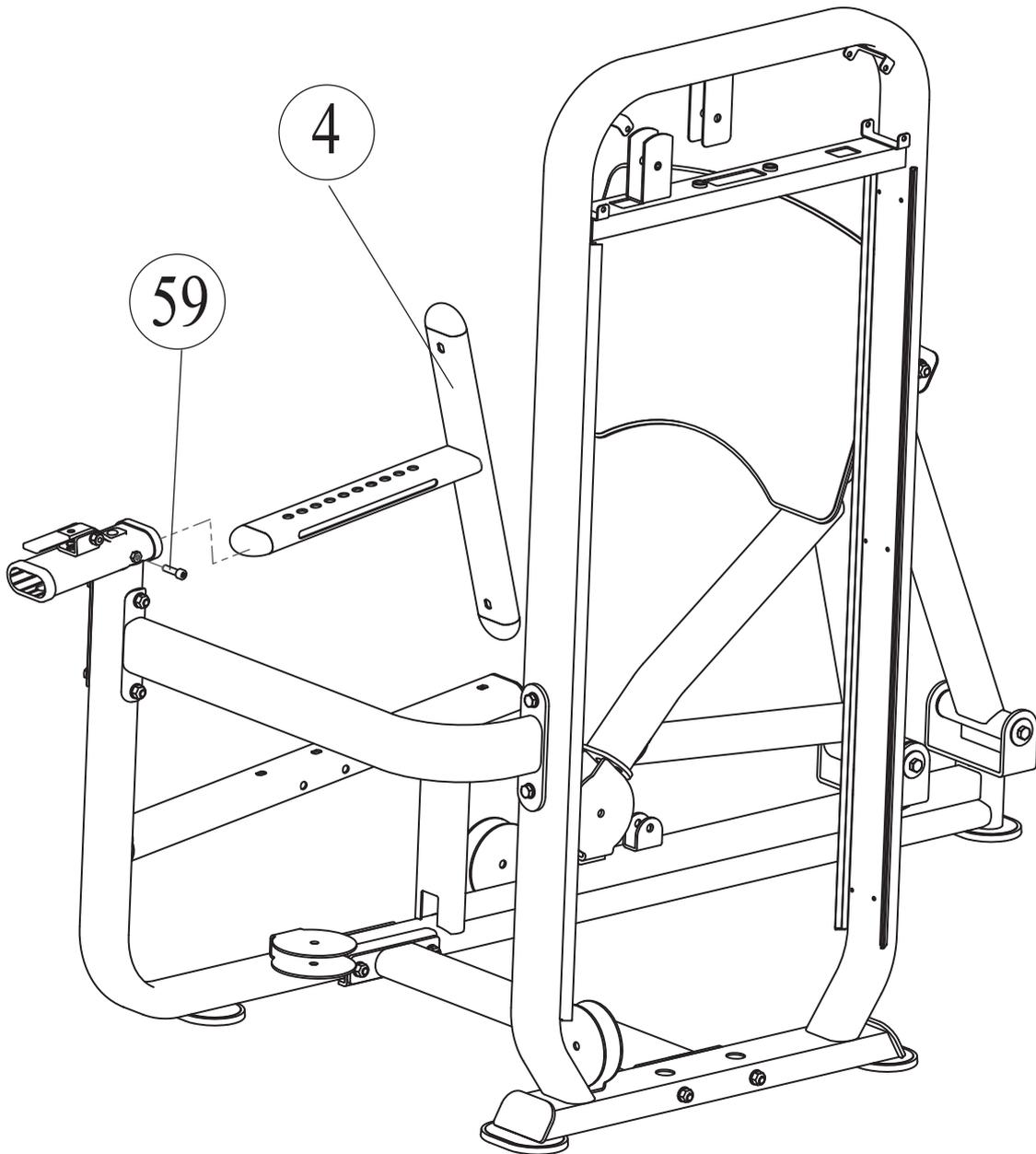
NOTE: Tighten the Bolt and Nylon lock Nut of step 3 and step 2.



Assembly

Step 4

Attach Back Pad Support (#4) to Base Bracket (#1), using:
one M8*30 SHCS (#59)



Assembly

Step 5

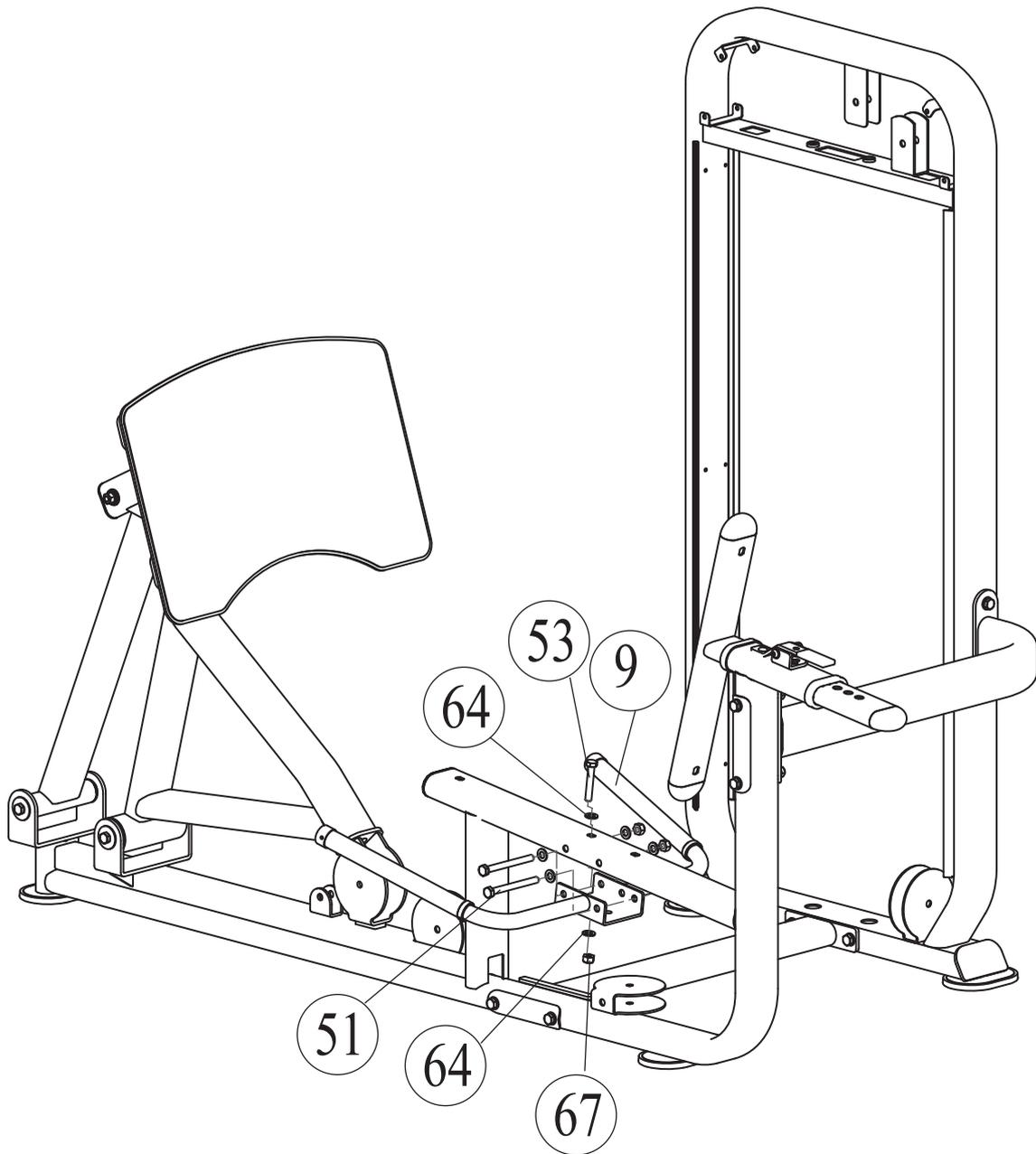
Attach Handle (#9) to Base Bracket (#1), using:

one M10*60 HHB (#53)

two M10*105 HHB (#51)

three M10 Nylon lock Nut (#67)

six $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)



Assembly

Step 7 (250LBS)

1. Attach

two Guide Rod (#37)

two Weight Rubber Bumper (#36)

sixteen 15LBS Weight Plate

to Weight Stack Frame (#16), using:

two M10*50 (Whole Screw) HHB (#54)

one Top Plate (#46)

one Selector Pin W/Coil (#45)

two $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)

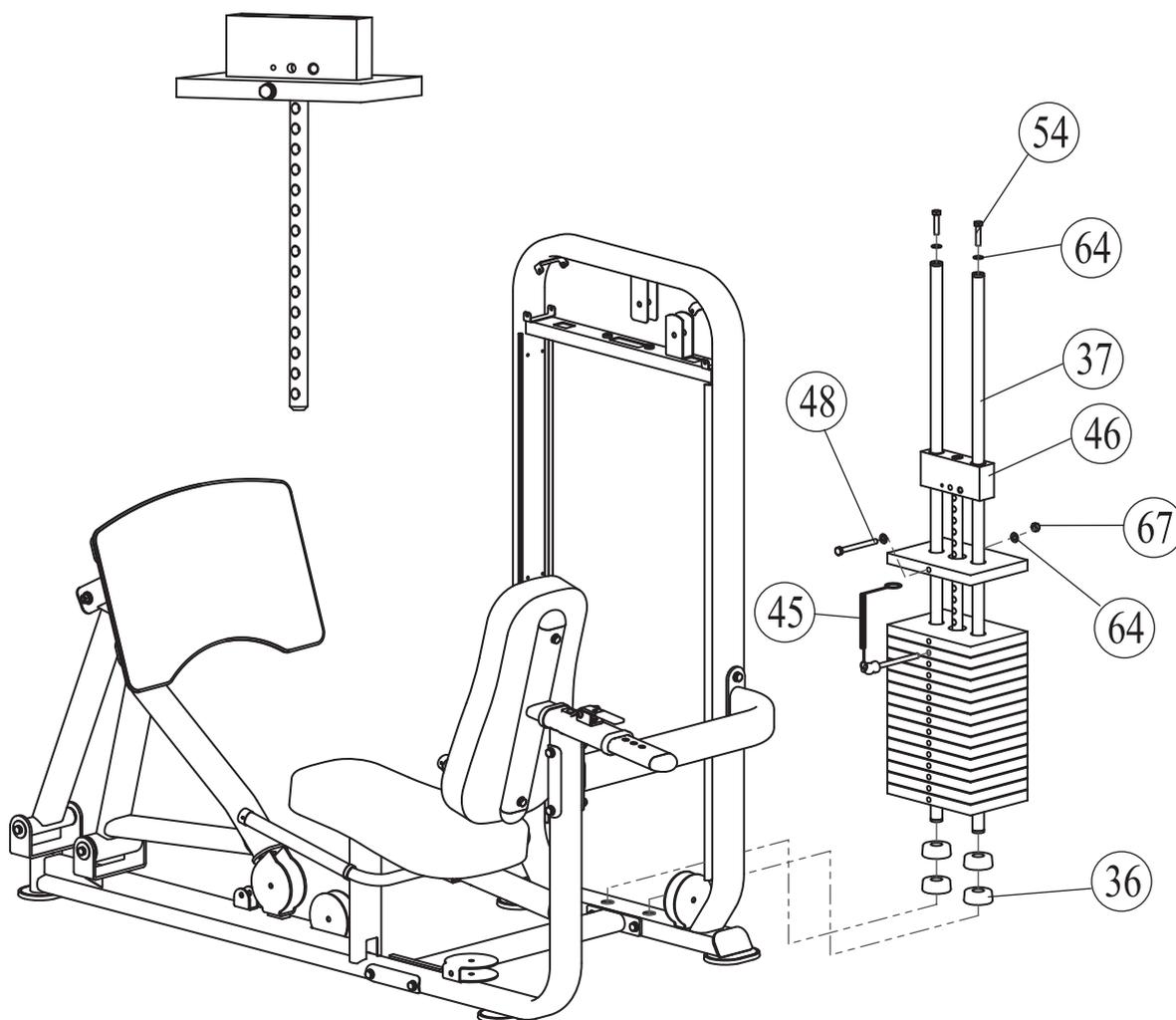
2. Attach the first Weight Plate to Top Plate (#46), using:

one M10*190 HHB (#48)

one M10 Nylon lock Nut (#67)

two $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)

*Here is the assembly instruction for 250LBS weights.
Please assemble according to the actual weights you buy.*



Assembly

Step 7 (170LBS)

1. Attach

two Guide Rod (#37)

two Weight Rubber Bumper (#36)

sixteen 10LBS Weight Plate

to Weight Stack Frame (#16), using:

two M10*50 (Whole Screw) HHB (#54)

one Top Plate (#46)

one Selector Pin W/Coil (#45)

two $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)

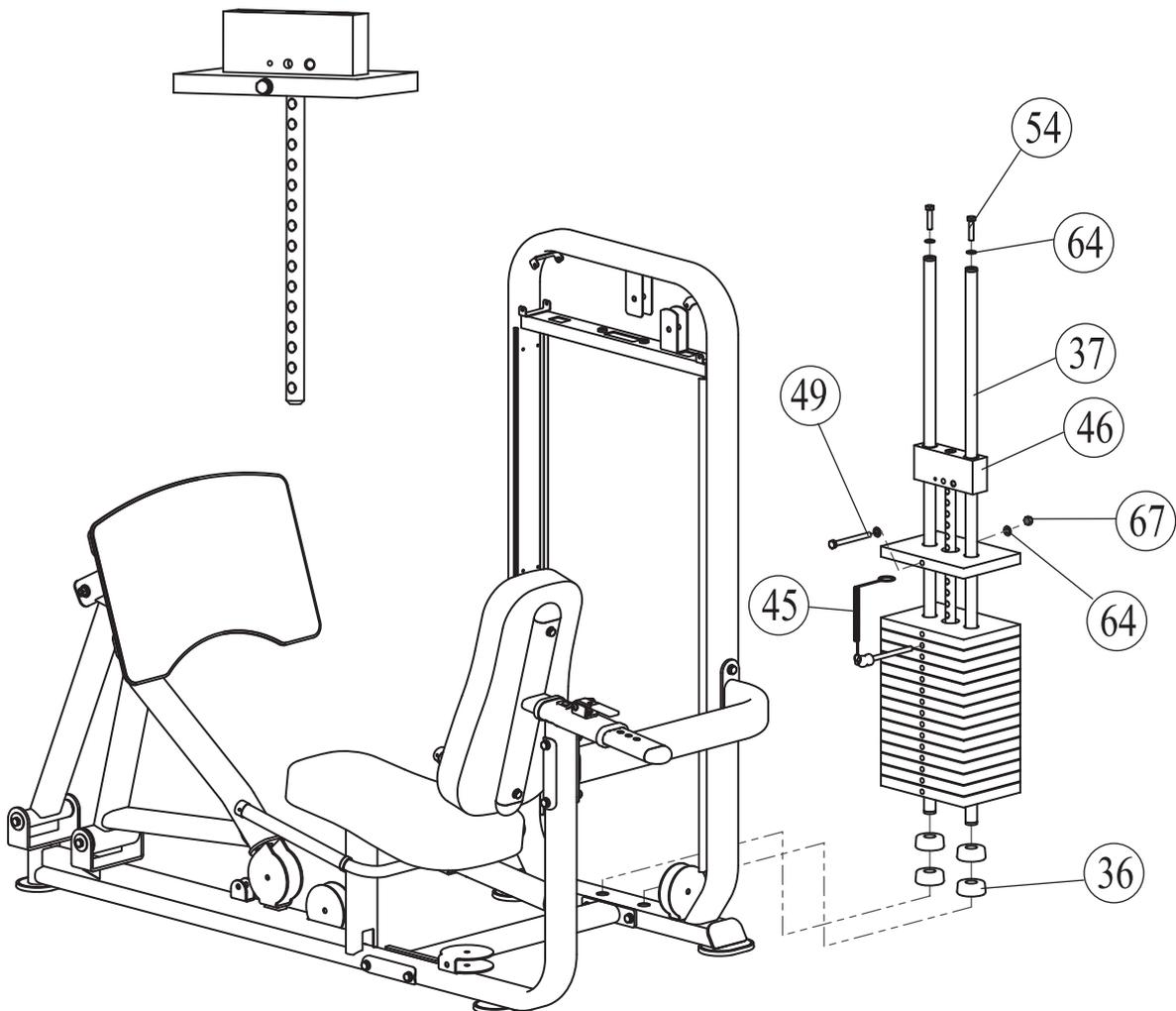
2. Attach the first Weight Plate to Top Plate (#46), using:

one M10*135 HHB (#49)

one M10 Nylon lock Nut (#67)

two $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)

*Here is the assembly instruction for 170LBS weights.
Please assemble according to the actual weights you buy.*

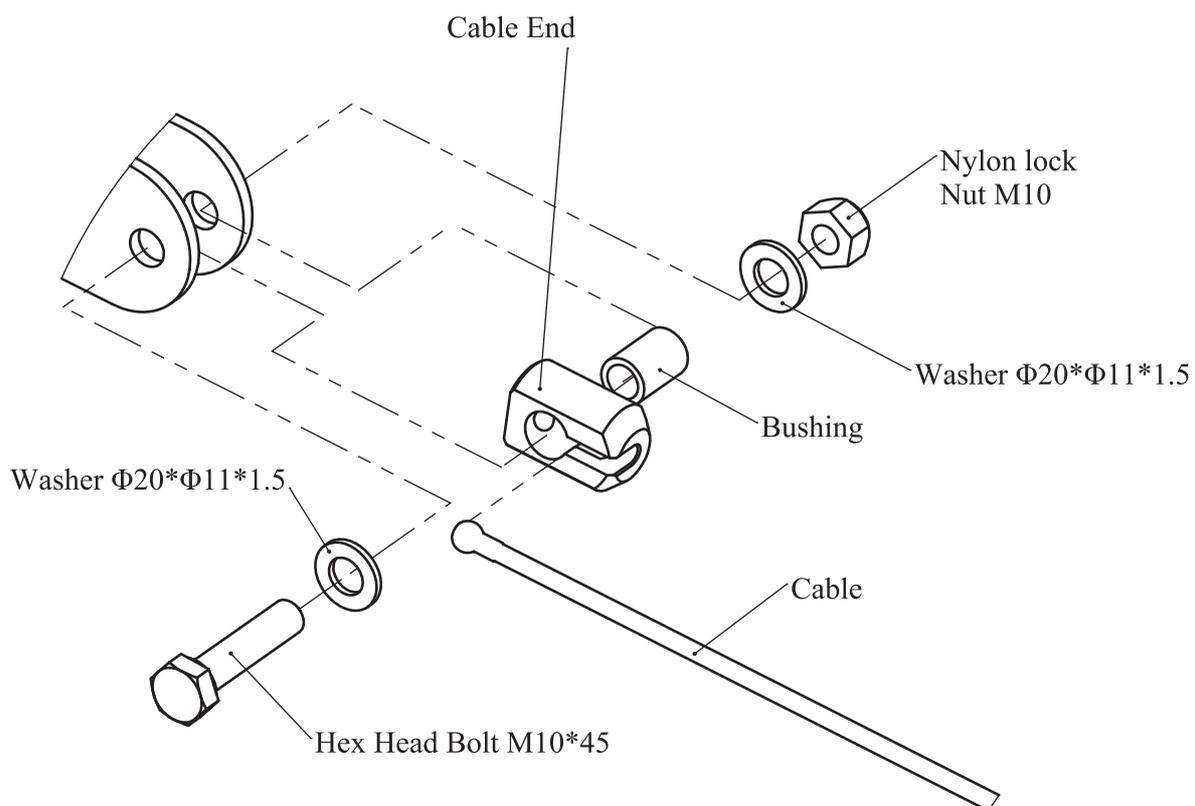


Assembly

Step 8-1

Note:

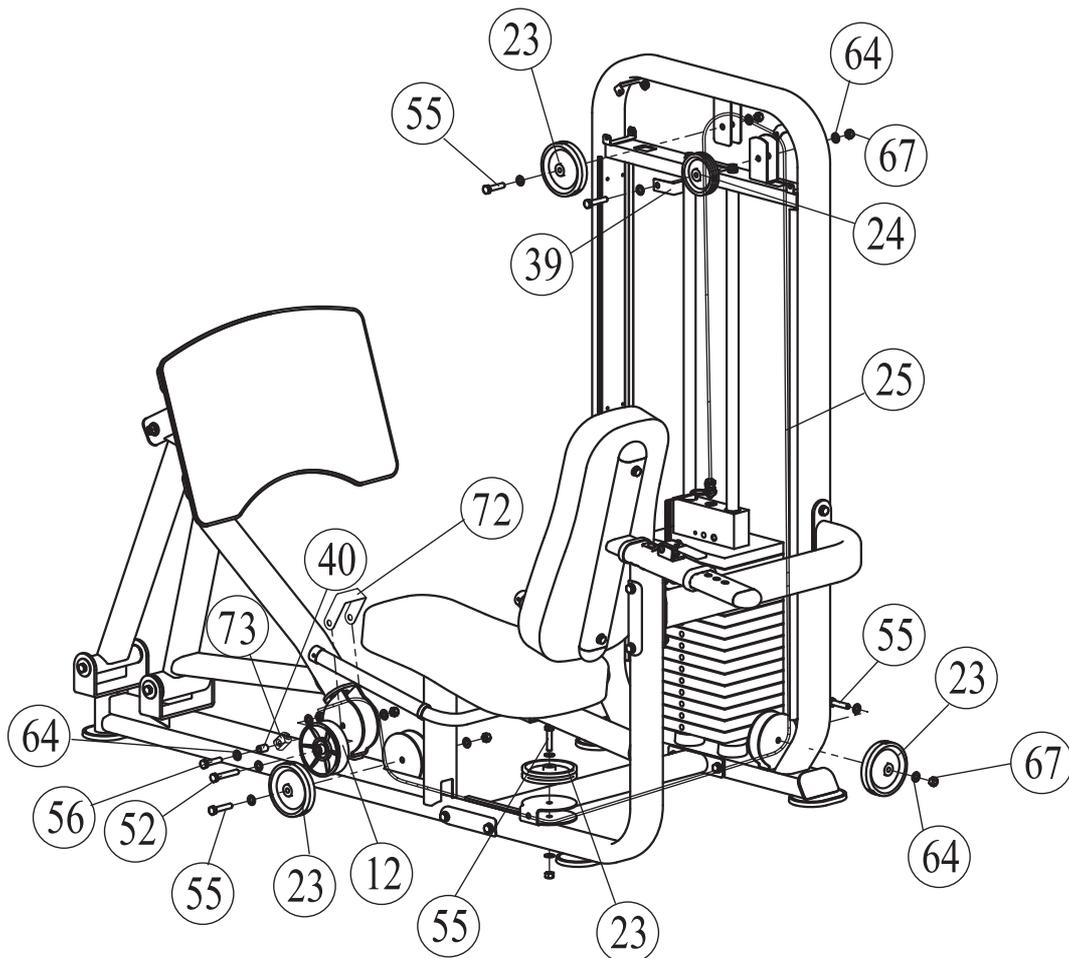
1. First attach Cable End to the Cable.
2. Second attach Bushing to the Cable End.
3. Then attach Cable End to the frame using:
 - one Hex Head Bolt M10*45
 - one Nylon lock Nut M10
 - two Washer $\Phi 20*\Phi 11*1.5$



Assembly

Step 8-2

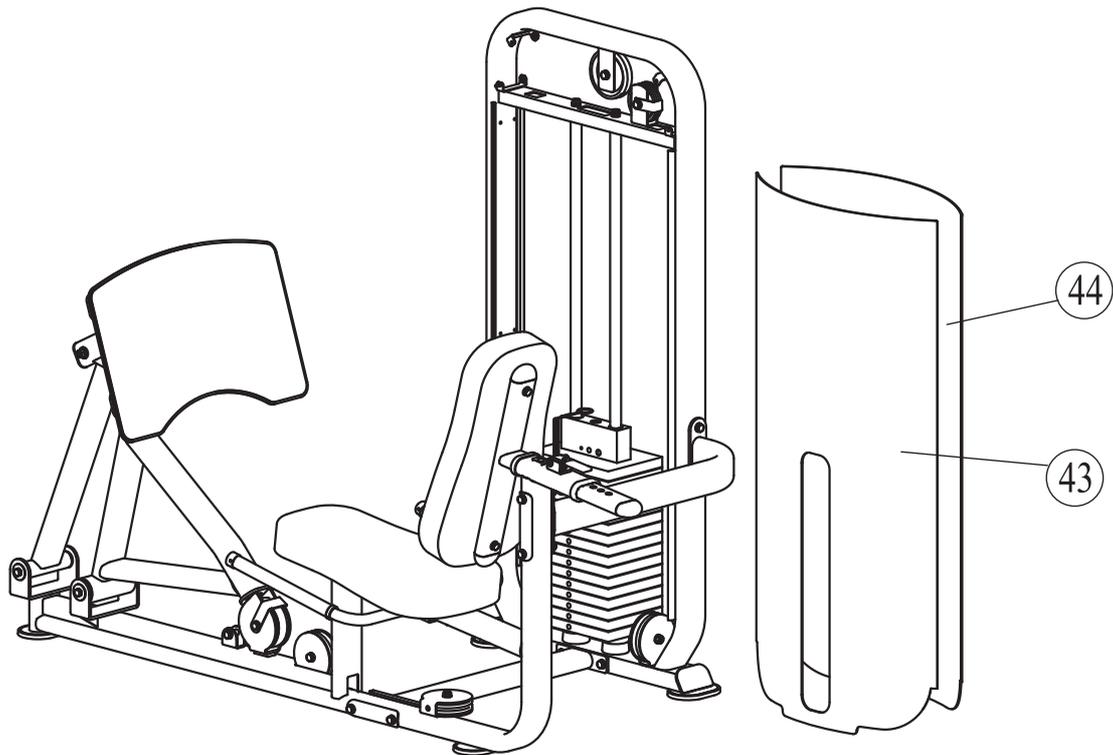
1. Attach Cable (#25) to Base Bracket (#1), using:
 - one Bushing $\Phi 10 \times \Phi 14 \times 20$ (#40)
 - one M10 Nylon lock Nut (#67)
 - one Cable End (#73)
 - one M10*45 HHB (#56)
 - two $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)
2. Attach V-type Pulley (#12) to Back Sway Frame (#3), using:
 - one M10*65 HHB (#52)
 - two $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)
 - one M10 Nylon lock Nut (#67)
 - one U Bracket (#72)
3. Attach two 4.5" Pulley (#23) to Base Bracket (#1), using:
 - two M10*50 HHB (#52)
 - four $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)
 - two M10 Nylon lock Nut (#67)
4. Attach two 4.5" Pulley (#23) and one 3.5" Pulley (#24) and Pulley Prevent Bracket (#39) to Weight Stack Frame, using:
 - three M10*50 HHB (#52)
 - three M10 Nylon lock Nut (#67)
 - six $\Phi 10 \times \Phi 20 \times 2$ Flat Washer (#64)
5. Attach Cable (#25) to Top Plate (#46).



Assembly

Step 9

1. Attach Bottom Front Shroud (#43) to Weight Stack Frame (#16).
2. Attach Bottom Rear Shroud (#44) to Weight Stack Frame (#16).

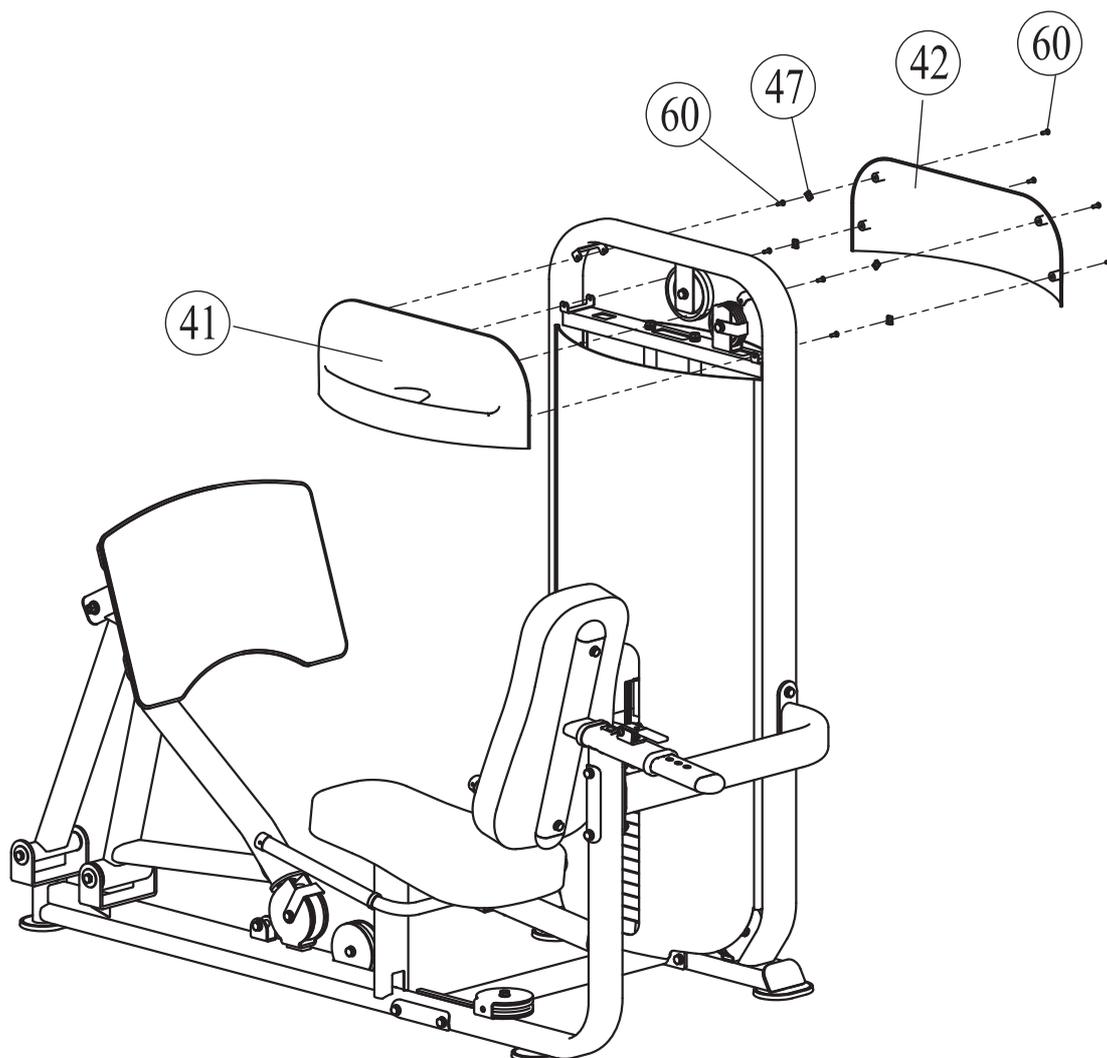


Assembly

Step 10

1. Attach Top Front Shroud (#41) to Weight Stack Frame (#16), using:
four M5*15 Pan Head Phillips Screw (#60)
2. Attach Top Rear Shroud (#42) to Weight Stack Frame (#16), using:
four M5*15 Pan Head Phillips Screw (#60)
four M5 U-Style Tapped Hole Nut (#47)

NOTE: The flat plate of the U-Style Tapped Hole Nut must be towards outside of the Weight Stack Frame(#16).



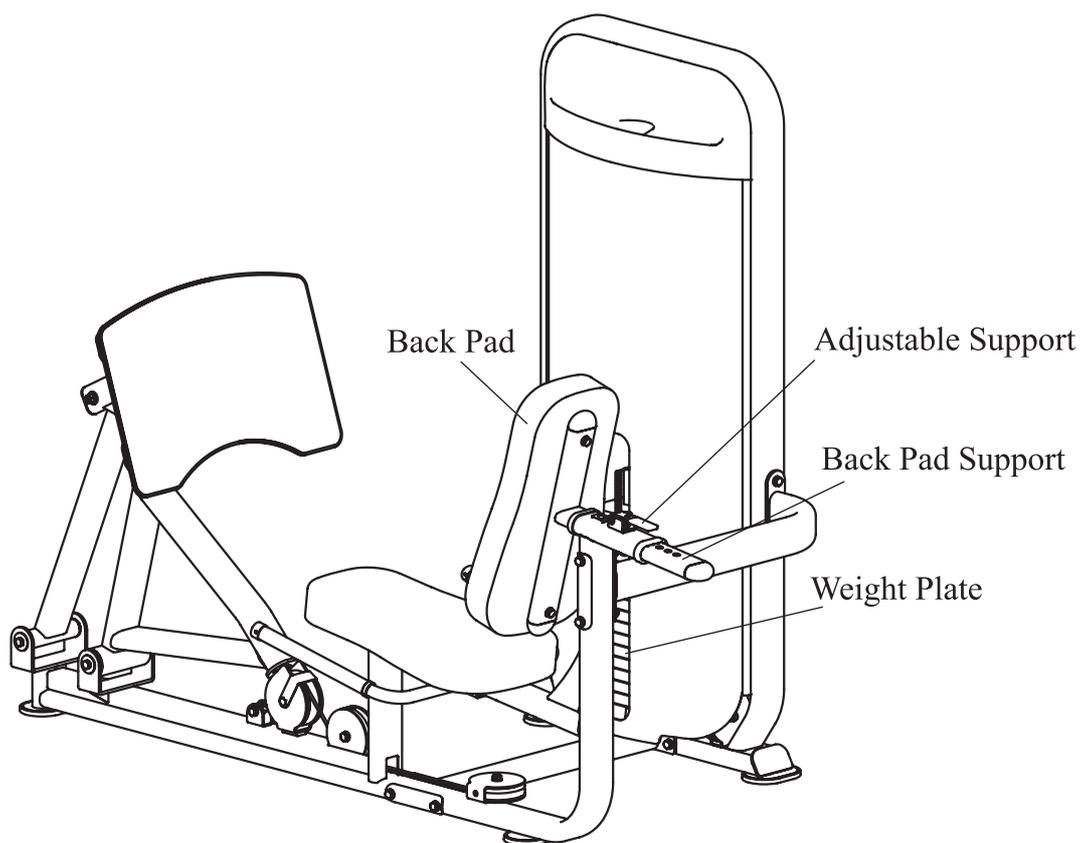
Adjust Instructions

Back Pad adjustment

1. Push the Adjustable Support and adjust the Back Pad to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin

1. Select an appropriate weight and put the Selector Pin into the hole on it.
2. Make sure the Selector Pin gets into the hole completely.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

