



COMMERCIAL HEAVY BAG STAND W/ PLATFORM

Model 522CBS

+ 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

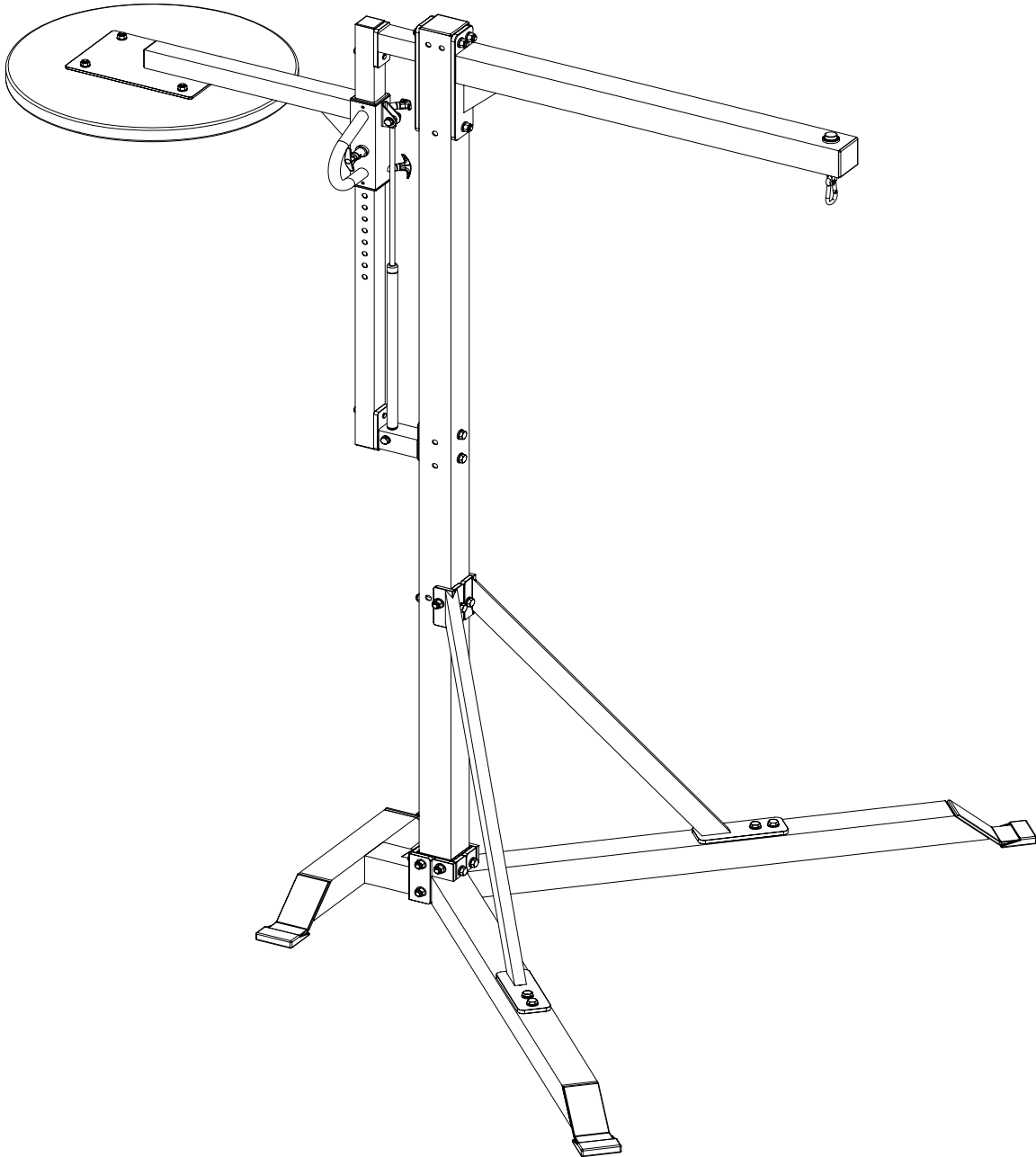
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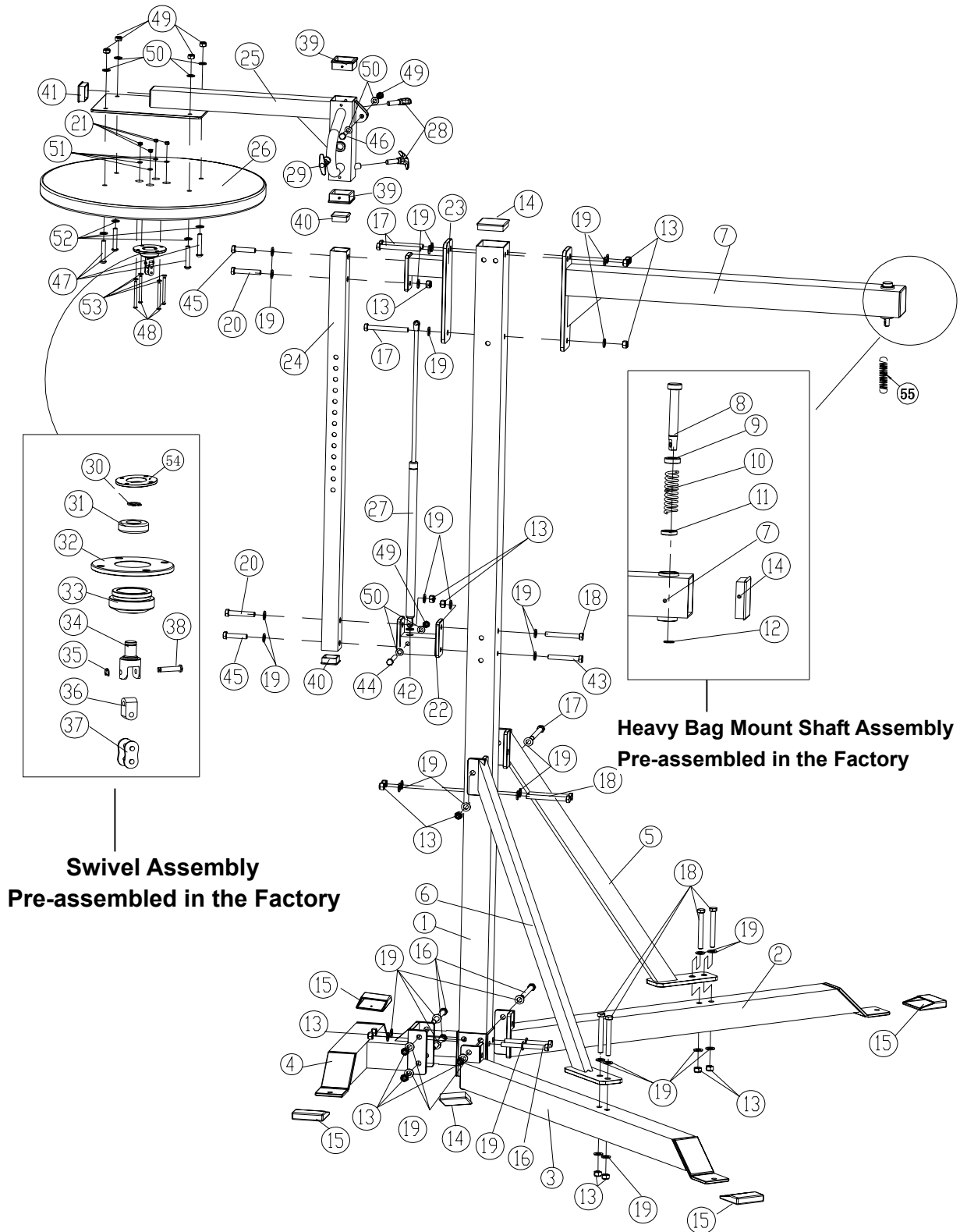
Phone + 713-895-9270 Fax + 713-934-8495

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✚ Product Diagram



✚ Exploded Diagram



+ Parts List

A

2. Base Frame- Right (1pc)
4. Base Cross Frame (1pc)
6. Left Angel Support Frame (1pc)
- 8, 9, 10, 11, 12,.
Heavy Bag Mount Shaft Assembly (1 set)
15. Rubber Shoe for Base Frame (4pcs)
17. Hex Bolt M12 x 115mm (4pcs)
19. Washer for M12 Hex Bolt (30pcs)

B

19. Washer for M12 Hex Bolt (6pcs)
22. Lower Mounting Bracket (1pc)
24. Platform Mounting Upright (1pc)
26. Speed Ball Platform (1pc)
28. Turn Knob (2pcs)
- 30, 31, 32, 33, 34, 35, 36, 37, 38.
Swivel Assembly (1set)
40. Plastic End Plug 45mm x 45mm (2pcs)
42. Plastic Washer (1pc)
44. Hex Bolt M10 x 65mm (1pc)
46. Hex Bolt M10 x 35mm (1pc)
48. Screw M6 x 45mm (4pcs)
50. Washer for M10 Bolt (8pcs)
52. Washer ϕ 10.5 x ϕ 25 x 2 (4pcs)
54. Plastic Cushion (1pc)

C

1. Upright (1pc)
14. Plastic Eng Plug (2pcs)

3. Base Frame- Left (1pc)
5. Right Angel Support Frame (1pc)
7. Heavy Bag Support Frame (1pc)
13. Lock Nut for M12 Hex Bolt (15pcs)
14. End Plug (1pc)
16. Hex Bolt M12 x 125mm (5pcs)
18. Hex Bolt M12 x 105mm (6pcs)
20. Hex Bolt M12*60mm (4pcs)

21. Lock Nut for M6 Bolt (4pcs)
23. Upper Mounting Bracket (1pc)
25. Platform Slighting Mechanism (1pc)
27. Piston (1pc)
29. Pop Pin (1pc)
39. Plastic bushing (2pcs)

41. Plastic End Plug 50mm x 50mm (1pc)
43. Hex Bolt M12 x 90mm (2pcs)
45. Hex Bolt M12 x 60mm (4pcs)
47. Allen Bolt M10 x 50mm (4pcs)
49. Lock Nut for M10 Bolt (6pcs)
51. Washer ϕ 6.4 x ϕ 18 x 1.6 (4pcs)
53. Washer ϕ 6.6 x ϕ 12 x 1.6 (4pcs)
55. Spring Hook(1pc)

✚ Assembly

STEP 1.

Attach the Right and Left Base Frame (2&3) and Base Cross Frame (4) to the Upright (1) using 5 Hex Bolts (16), 10 Washers (19) and 5 Lock Nuts (13).

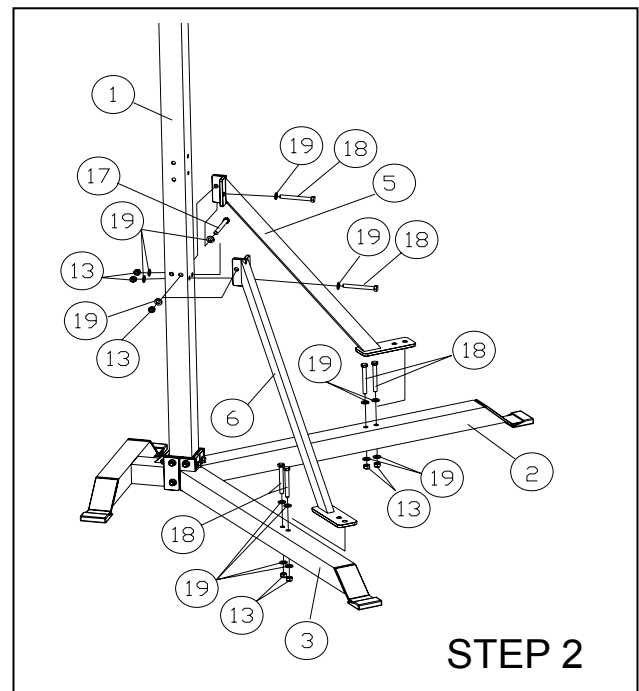
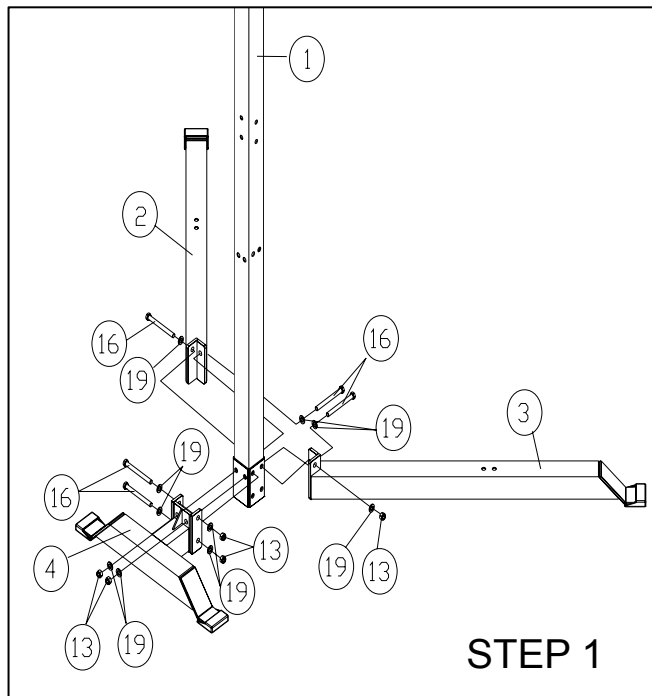
Do not tighten them at this time.

STEP 2.

Attach the Right and Left Angel Support Frame (5&6) to the Right and Left Base Frame (2&3) using 4 Hex Bolts (18), 8 Washers (19) and 4 Lock Nuts (13).

Attach the Angel Support Frame (5&6) to the Upright (1) using 2 Hex Bolts (18), 1 Hex Bolt (17), 6 Washers (19) and 3 Lock Nuts (13).

Please tighten all 12 bolts and nuts used in STEP 1&2.

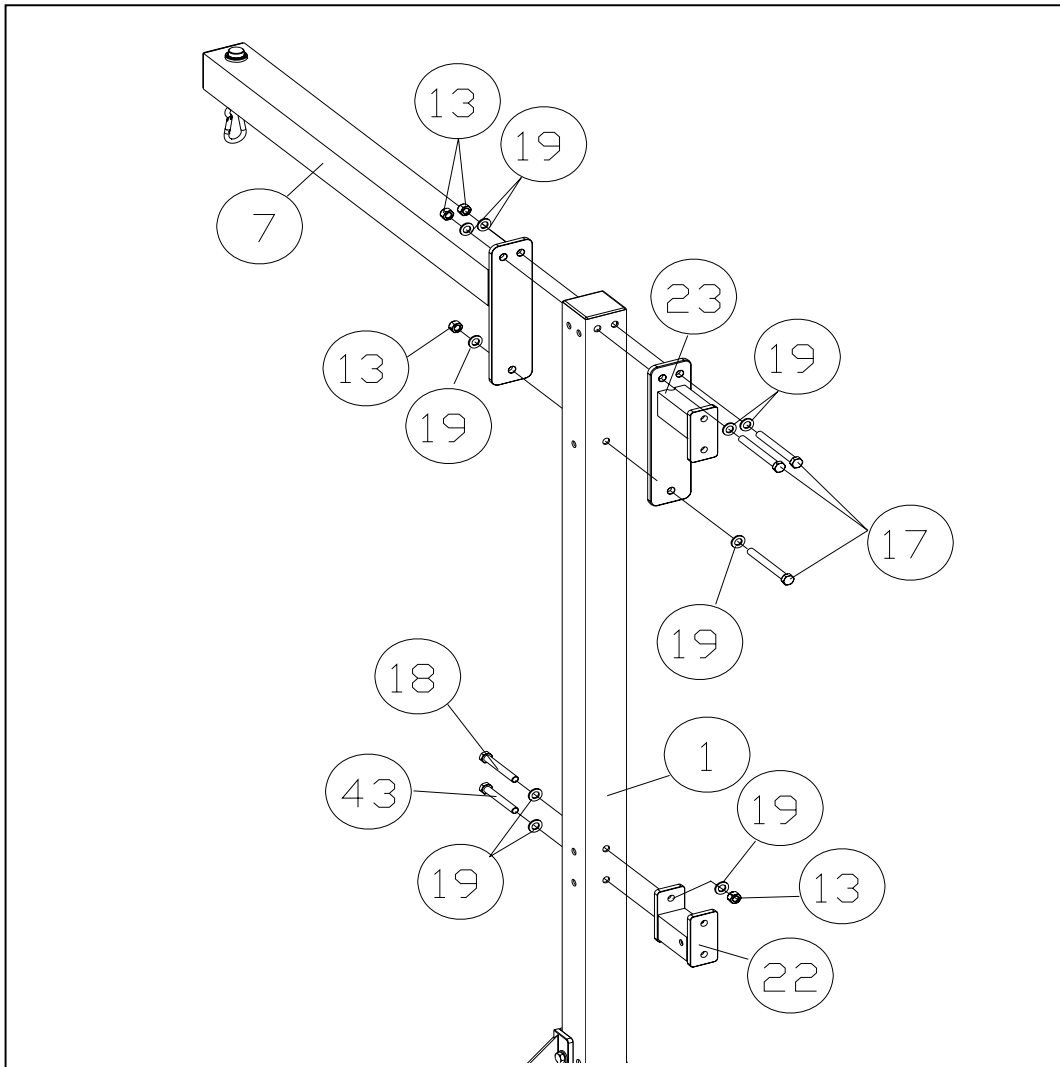


+ Assembly

STEP 3.

Attach the Heavy Bag Support Frame (7) and Upper Mounting Bracket (23) to the Upright (1) with 3 Hex bolts (17), 6 Washers (19) and 3 Lock nuts (13). Tighten all the bolts and nuts securely.

Attach the Lower Mounting Bracket (22) to the Upright (1) using 1 Hex bolt (43) , 1 Hex bolt (18) , 3 Washers (19) and 1 Lock nut (13). Tighten the bolts securely.

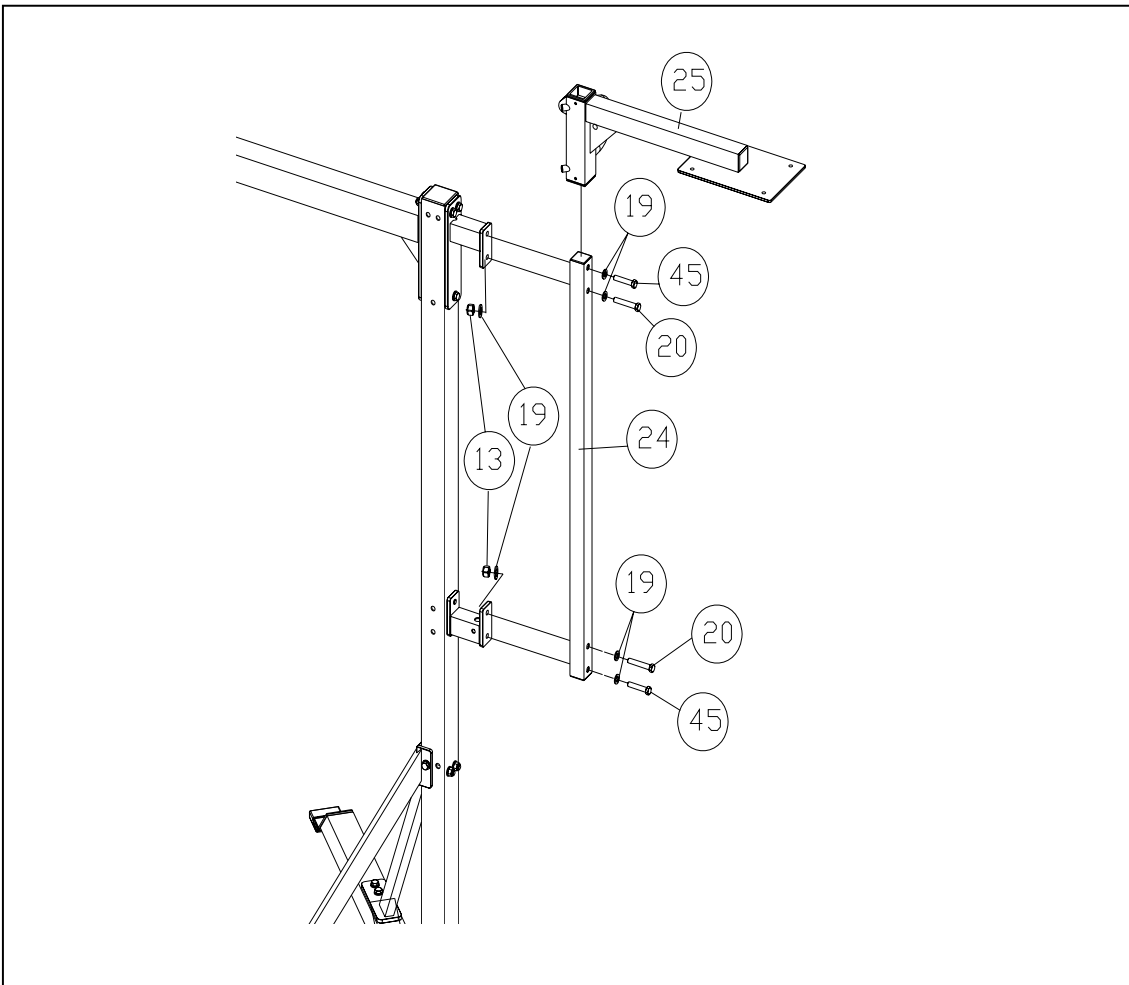


+ Assembly

STEP 4.

Slide the Platform Slighting Mechanism (25) to the Platform Mounting Upright (24), slide it all the way to the top hole until the Pop pin (29) on the sliding mechanism (25) has engaged to the hole. A click sound should be heard. Secure it in place with 2 Turn knobs (28).

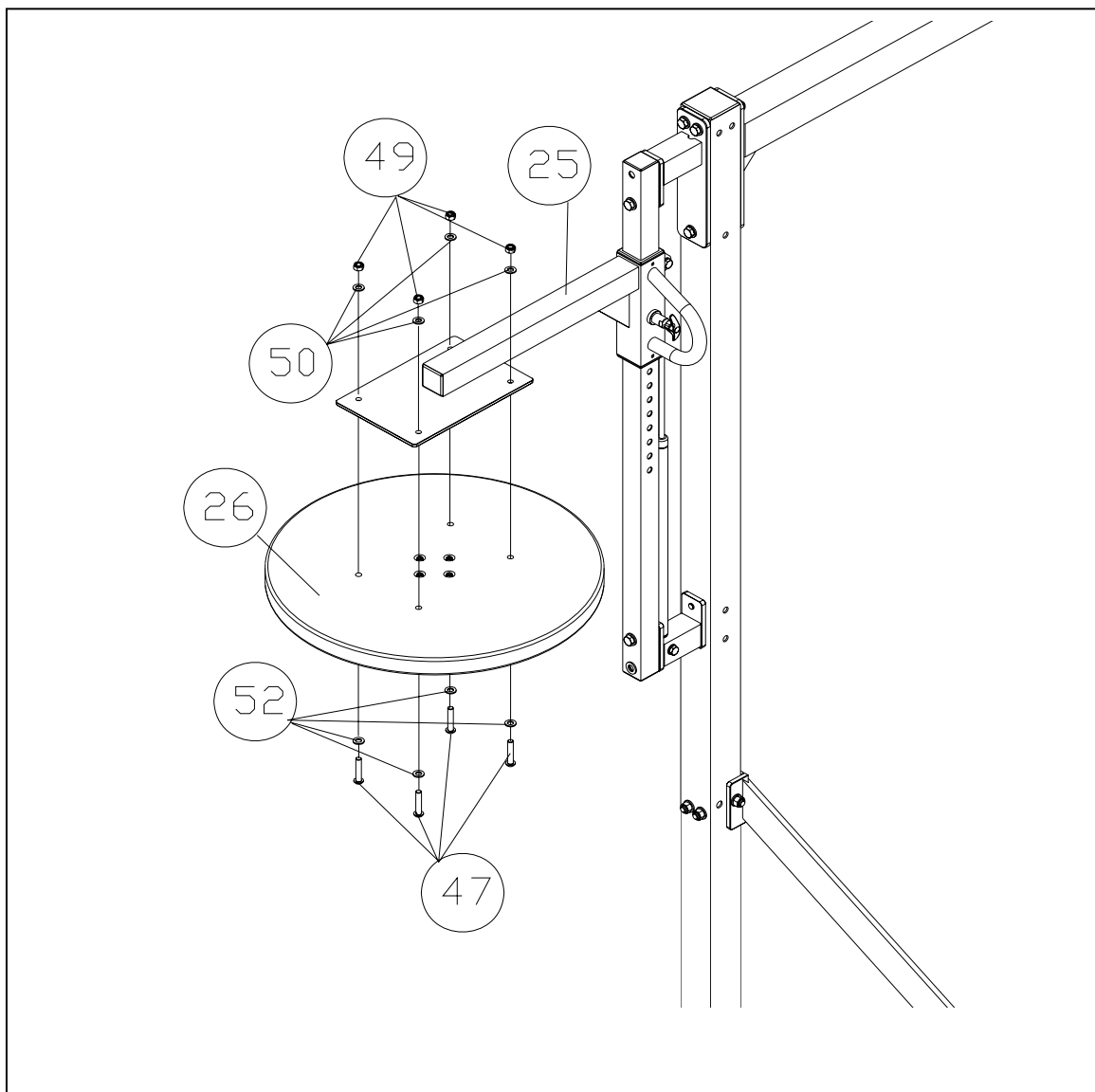
Attach the Platform mounting upright assembly (24) to the Upper mounting bracket (23) and Lower mounting bracket (22) using 2 Hex bolts (45) , 2 Hex bolts (20) , 6Washers (19) and 2 Lock nuts (13). Tighten all the bolts securely.



+ Assembly

STEP 5.

Attach the Speed Ball Platform (26) to the Platform Sighting Mechanism (25) using 4 Allen bolts (47), 4 big washers (52), 4 washers (50) and 4 Lock nuts (49). Tighten all the bolts and nuts.



✚ Assembly

STEP 6.

Attach the Piston (27) to the Platform Slighting Mechanism (25) using 1 Hex bolt (46), 2 Washers (50) and 1 Lock nut (49).

Attach the Piston (27) to the Lower mounting bracket (22) using 1 Hex bolt (44), 2 Washers (50) and 1 Lock nut (49). Please attach the plastic cushion to the below of the piston (42)

Tighten all the bolts and nuts securely.

