



# **DELUXE HEAVY BAG STAND W/ PLATFORM**

Model 522DBS

**+ 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](mailto:customerservice@tko.com)

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

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# Safety

TKO hereby extends the following limited warranties for the following components of the equipment, for the time period indicated:

## FRAME.

**TKO** warrants this product to be free from defects in materials and workmanship for a period of 1 year from date of purchase, provided the product is used for its intended purpose, and provided the product has not been subjected to obvious abuse, misuse or neglect. The extent of TKO's liability under this warranty is to defect to materials and workmanship, and is limited to the repair of such defects or replacement of any equipment of part defective at the time of purchase. TKO shall not have any liability to repair and/or replace said equipment or part if the purchaser uses the equipment or part in contravention of the instructions provided by TKO, or if damage is caused by the purchaser in any way.

## COMPONENTS (HEAVY BAG / SPEED BAG / WOODEN PLATFORM / SWIVEL)

TKO warrants the components against defects in workmanship and material for a period of six months from the date of original purchase, so long as the equipment remains in the possession of the original owner.

Remove all parts from packaging and match against the parts list to ensure that all parts are present.

Read all assembly and operating instructions carefully before using this product.

All warnings and instructions should be followed to prevent personal injury and property damage.

Follow all directions when assembling, adjusting and using this product.

Inspect product for worn or broken parts before each use. Replace it before use it. Ensure all bolts are tight and secure before each use.

Do not use this product in a commercial or institutional environment. This product is intended for home use only.

Consult your physician prior to starting any fitness program. TKO cannot be responsible for the misuse, unauthorized, or improper use of this product.

# **+ Safety**

## **TKO recommends using only TKO brand Heavy bag**

TKO recommends that you use a heavy bag with a tie-down. Hang your heavy bag from the assembled eye bolt (25) using the hardware provided with your heavy bag. The eye bolt (25) is intentionally left open-ended to help hang your bag.

**WARNING: When using a 75lb.Heavy bag or less, it is required that a minimum of 50lbs.of standard weight plates (sold separately) be placed on each of the three plate holders (6) to ensure the stability of the unit. Do not use a heavy bag weighing more than 100 lbs.**

If your heavy bag is equipped with a tie down option, tie to the tie down loop on the two R and L bases shown.

Punch heavy bag as required by your workout regimen.

## **TKO recommends using only TKO brand Speed bag**

Inflate your speed bag according to the manufacture's instructions, and hang it from the swivel assembly (13) attached to the wood platform (11)

To adjust the speed bag platform, loosen the knob (18) by turning it counterclockwise and turn the handle of the spring loaded lock pin (9) counterclockwise until it begins to pop.

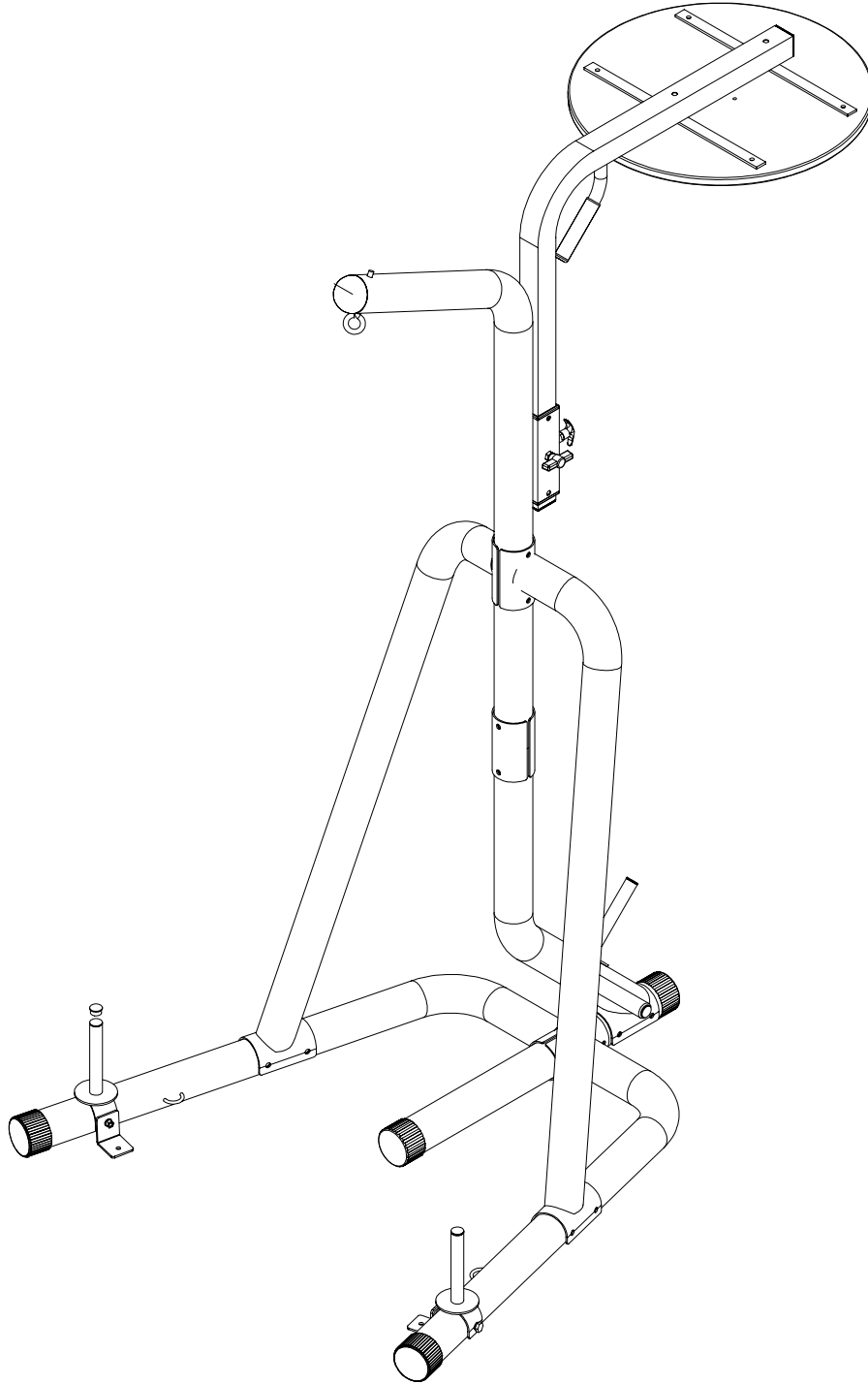
Place one hand on the handlebar (27) and use the other hand to pull the spring lock pin (9). Then adjust the platform to the desired height.

Once in place, release the spring lock pin (9). A "click" sound be heard when the lock pin has fully engaged to the hole in the speedbag platform frame.

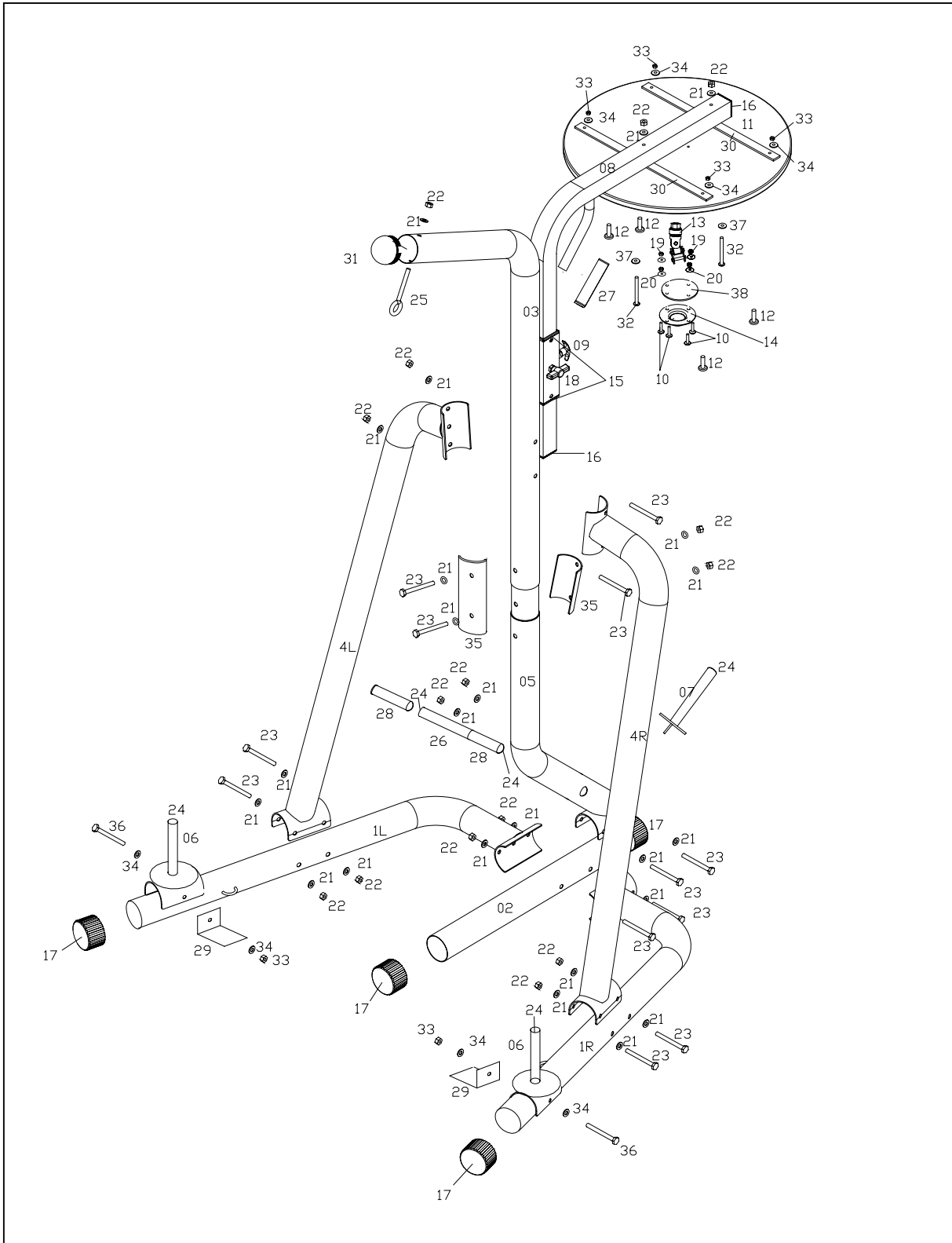
Tighten the lock pin (9) and the knob (18) by turning the handles clockwise until snug. Use the speed bag as requires by your workout regimen.

**CAUTION: ALWAYS MAKE SURE THE KNOB AND LOCK PIN ARE TIGHTENED BEFORE EXERCISE.**

# + Product Diagram



# ✚ Exploded Diagram



**PLEASE DO NOT RETURN TO STORE, CALL OUR CUSTOMER SERVICE DEPARTMENT  
FIRST AT 1-866-856-3488 or 713-895-9270**

# + Parts List

- 1L. Left Base Stabilizer (1pc)
- 1R. Right Base Stabilizer (1pc)
2. Center Base Frame (1pc)
3. Heavy Bag Angle Support Tube (1pc)
- 4L. Left Angle Support (1pc)
- 4R. Right Angle Support (1pc)
5. Curved Lower Upright (1pc)
6. Rod-Bolt Down Weight Horn (2pcs)
7. Rear Weight Horn w/M10x40 Hex Bolt (1pc)
8. Speed Bag Support Tube (1pc)
9. Spring Lock Pin (1pc)
10. M6 x 40mm Screw (4pcs)
11. Speed Bag Platform (1pc)
12. M8 x 45mm Screw (4pcs)
13. Swivel Hook (1pc)
14. Swivel Kit (1pc)
15. Square Plastic Bushing (2pcs)
16. Square Inner Plug (2pcs)
17. Round Foot Cap (4pcs)
18. Knob (1pc)
19. 1/4" Nylon Locknut (4pcs)
20. 1/4" Washer (4pcs)
21. 3/8" Washer (27pcs)
22. 3/8" Nylon Lock Nut (15pcs)
23. 3/8" x 4" Half Thread Hex Bolt (12pcs)
24. 1" Round Inner Plug (5pcs)
25. Heavy Bag Eye Bolt (1pc)
26. Sit-Up Rod (1pc)
27. Hand Grip (1pc)
28. Foam Cover (2pcs)
29. Anchor Bracket (2pcs)
30. Speed Bag Platform Support Plate (2pcs)
31. Dome Shaped End Cap (1pc)
32. 3/8" x 3-3/4" Screw (2pcs)
33. M8 Nylon Locknut (6pcs)
34. M8 Washer (8pcs)
35. Reinforcement Plate (2pcs)
36. M8 x 4" Half Thread Hex Bolt (2pcs)
37. M10 x 1" Washer (2pcs)
38. Swivel Plastic Cushion (1pc)



# + Assembly

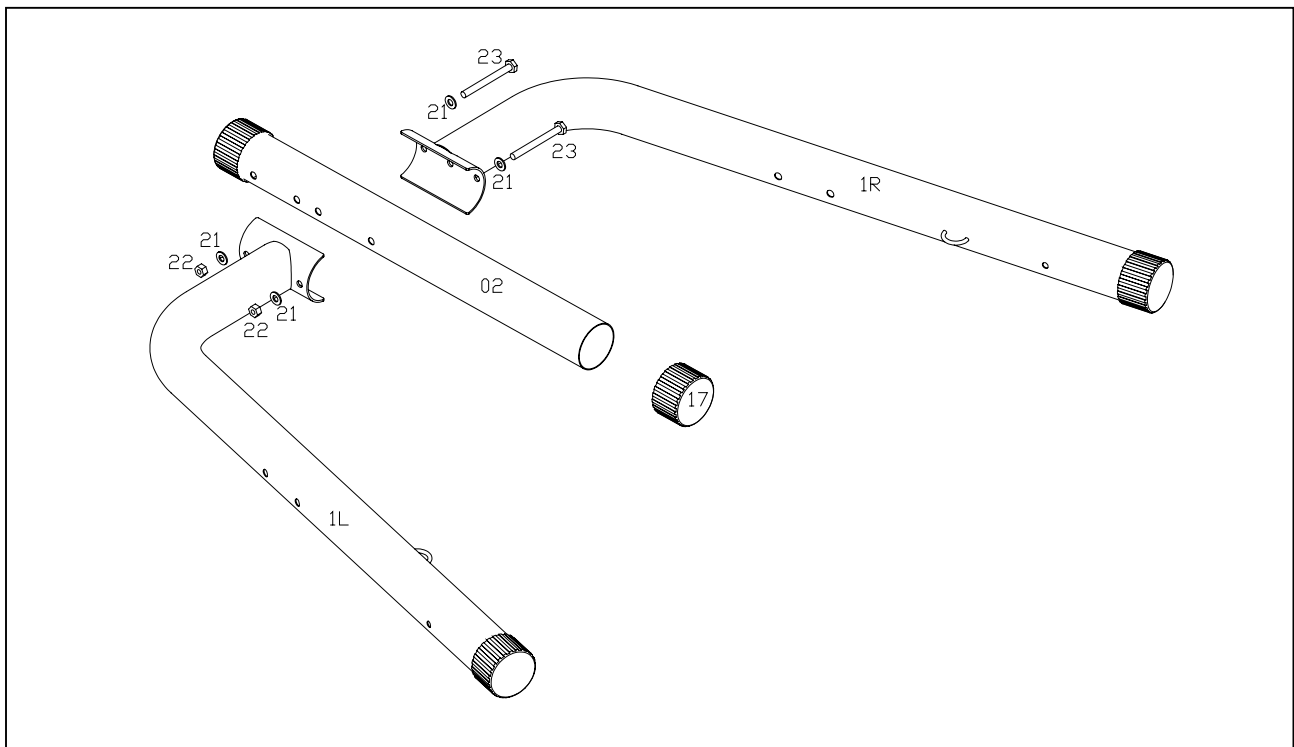
**Note:** Clean up an area at least 6' by 6' and a ceiling height of 7'3" high.

**Before starting assembly remove all parts and hardware from the carton and ensure you have everything according to the list.**

**Do not tighten nuts and bolts until you have completed all the assembly steps.**

## STEP 1.

Place Center Base Frame (2), the Left (1L) and Right (1R) Base Stabilizers on the floor as shown. Align the Base Stabilizers with the first set of holes of the Center Base as shown. Use two Hex Bolts (23), four Washers (21), and two Nylon Locknuts (22) to secure. If not pre-installed, insert the Round Foot Cap (17) into the end of each Base Tube.

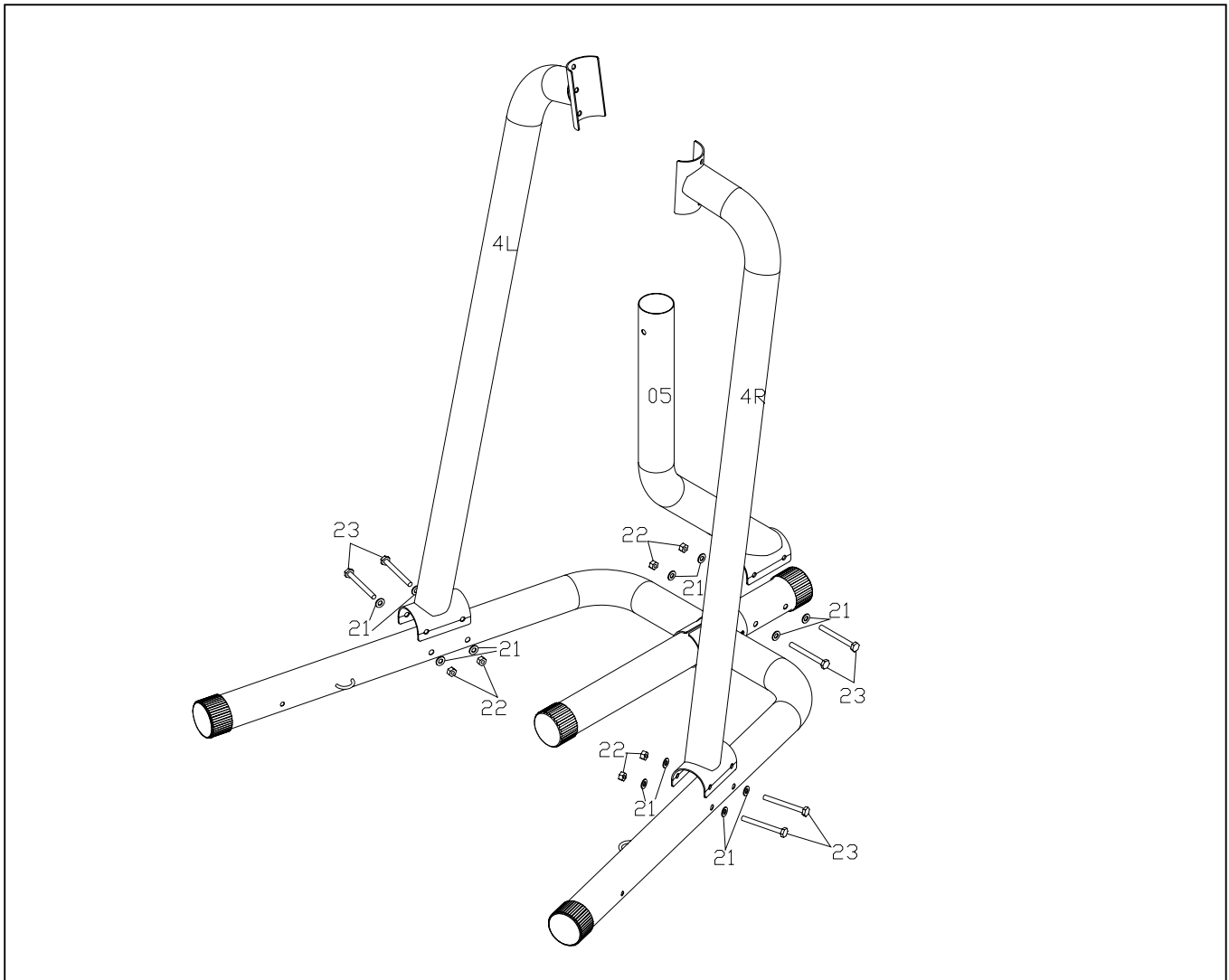


# + Assembly

## STEP 2.

Place the Mounting Bracket of the Curved Lower Upright (5) over the Center Base Frame. Aligning the bolt holes with the second set of holes on the Center Base Frame, secure with two Hex Bolts (23), four Washers (21), and two Nylon Locknuts (22).

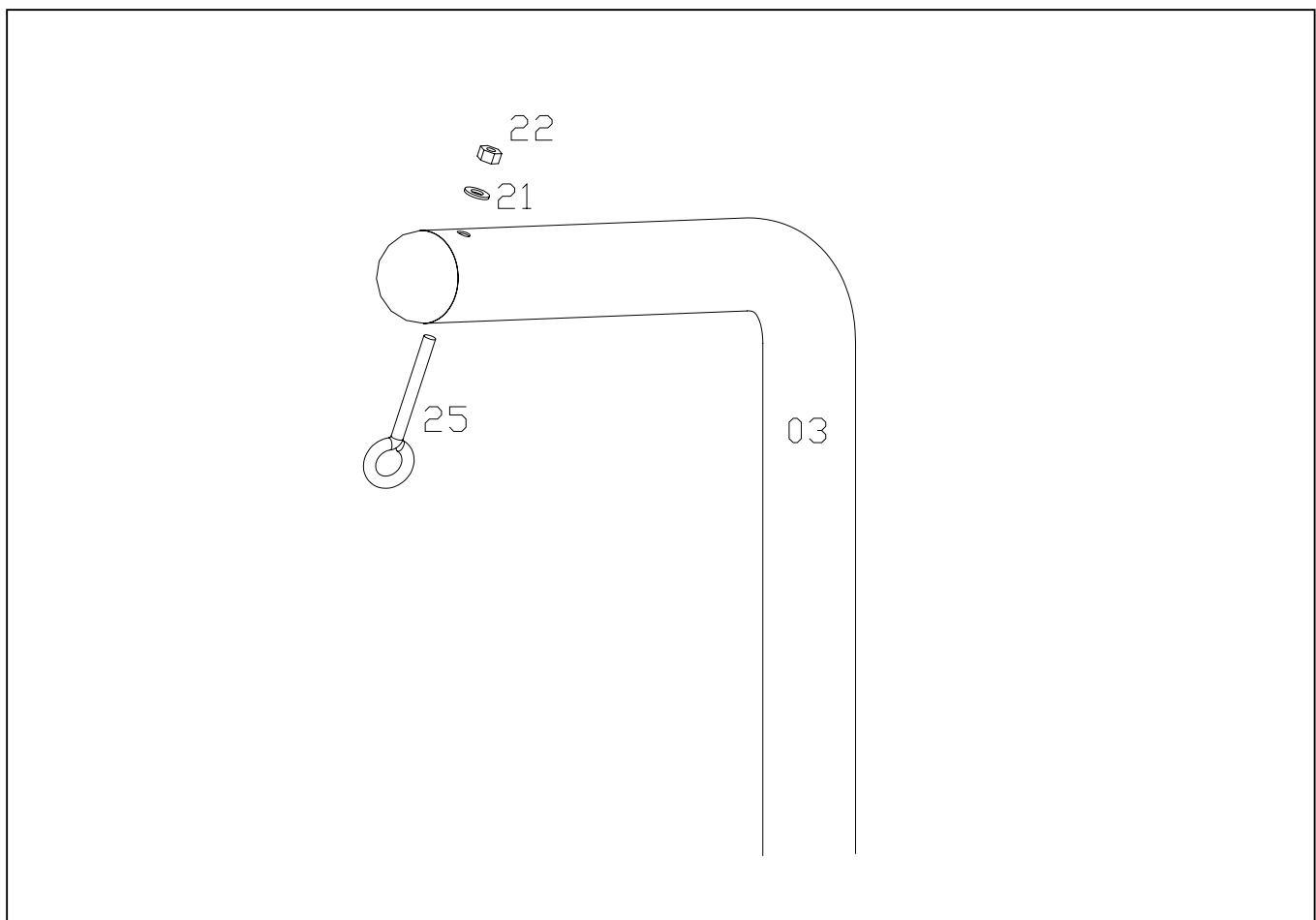
Set the Left (4L) and Right (4R) Angle Supports over the Left and Right Base Stabilizers as shown. Use two Hex Bolts (23), four Washers (21), and two Nylon Locknuts (22) to secure each Angle Support to the Base Stabilizer.



# + Assembly

## STEP 3

Insert the Heavy Bag Eye Bolt (25) into the end bolt hole on the Heavy Bag Angle Support Tube (3). Attach from the top using one Washer (21) and one Nylon Locknut (22) and tighten, however leave the bolt just loose enough that it can turn around in the bolt hole.

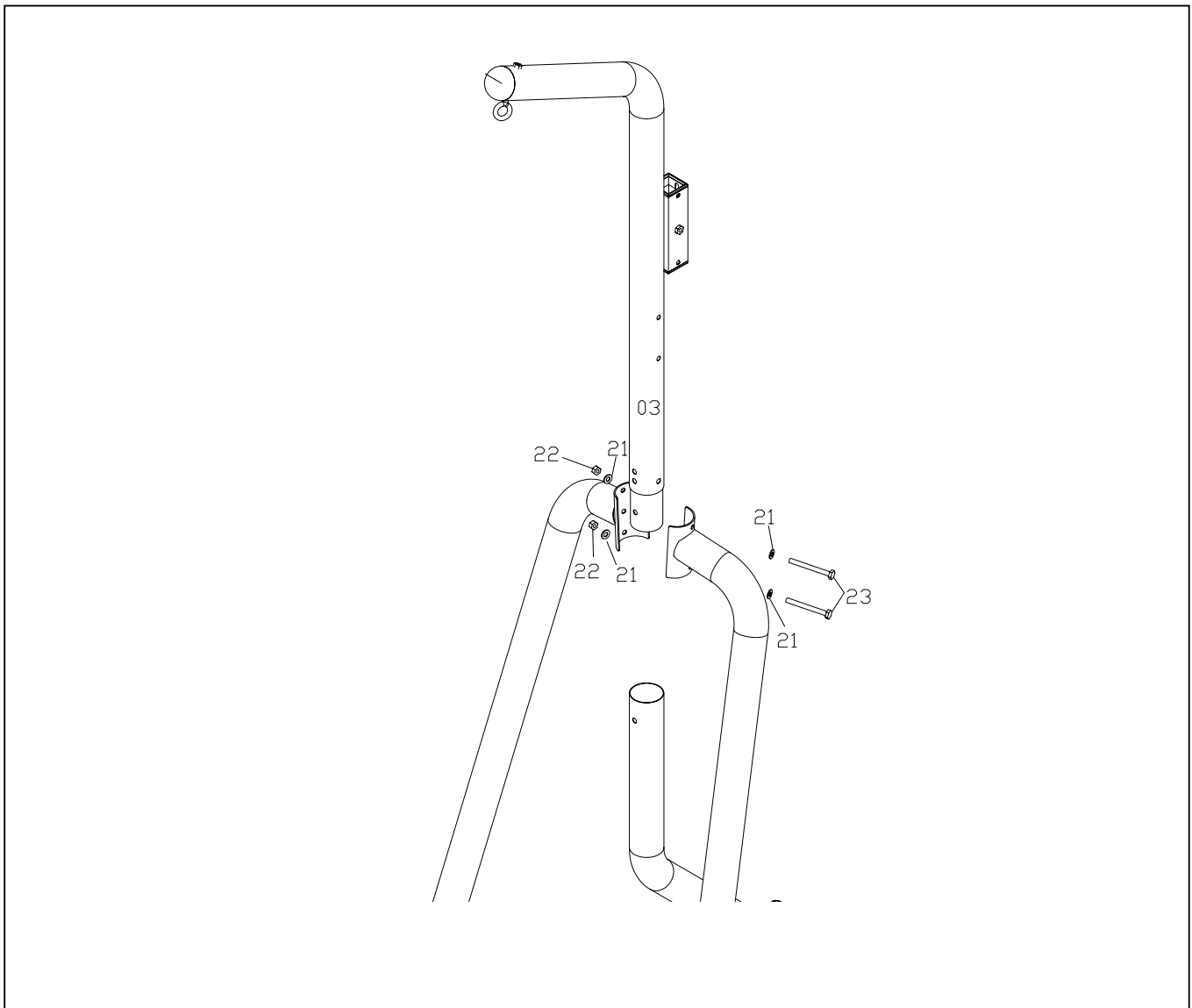


# + Assembly

## STEP 4

Slide the Heavy Bag Support Tube (3) between the Mounting Bracket of the Left and Right Angle Supports, and then insert into the top of the Curved Lower Upright as shown. The Heavy Bag Support should be facing the front of the Stand.

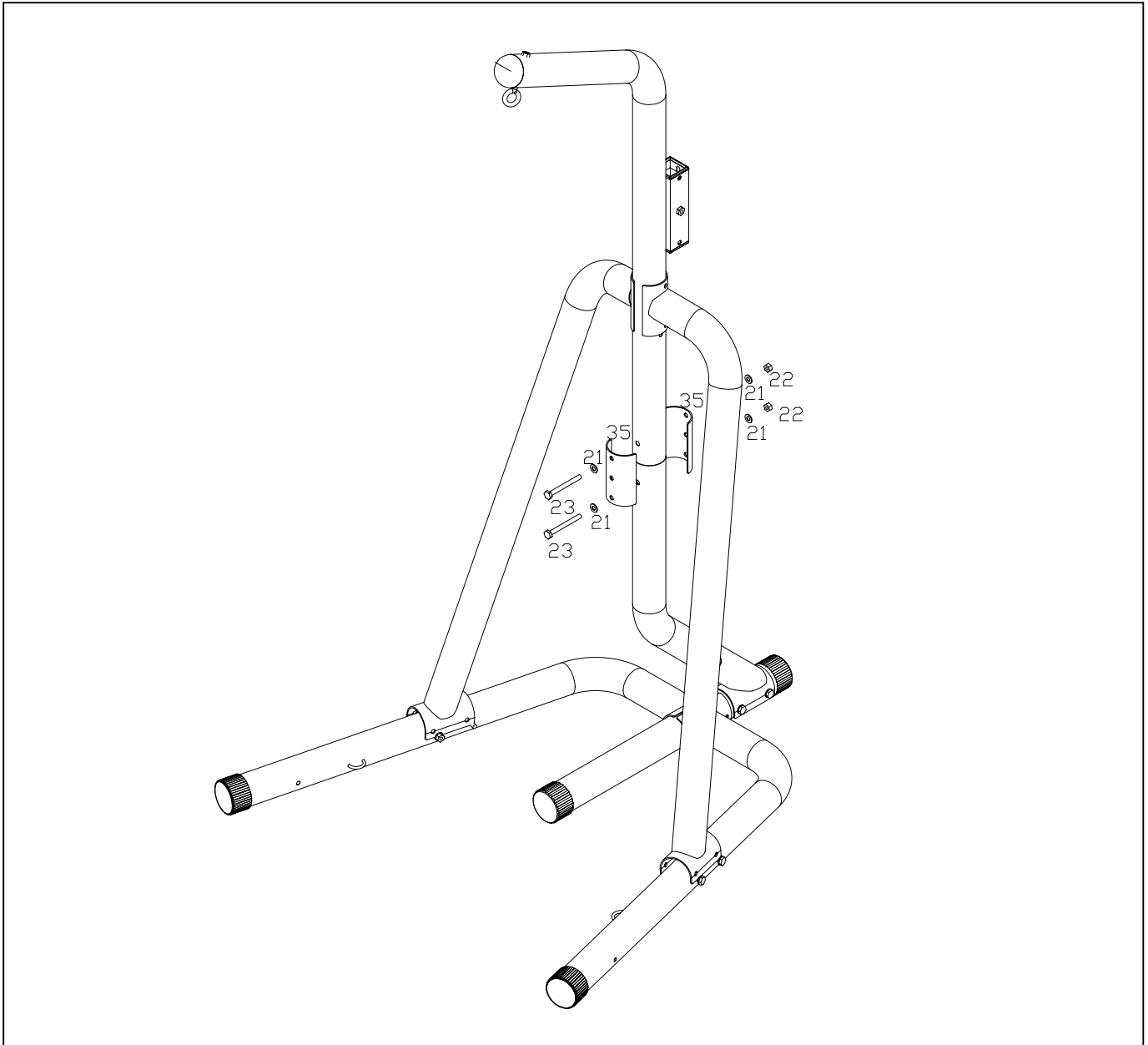
Align the holes on the Brackets and the Heavy Bag Support Tube and secure using two Hex Bolts (23), four Washers (21), and two Nylon Locknuts (22).



# + Assembly

## STEP 5

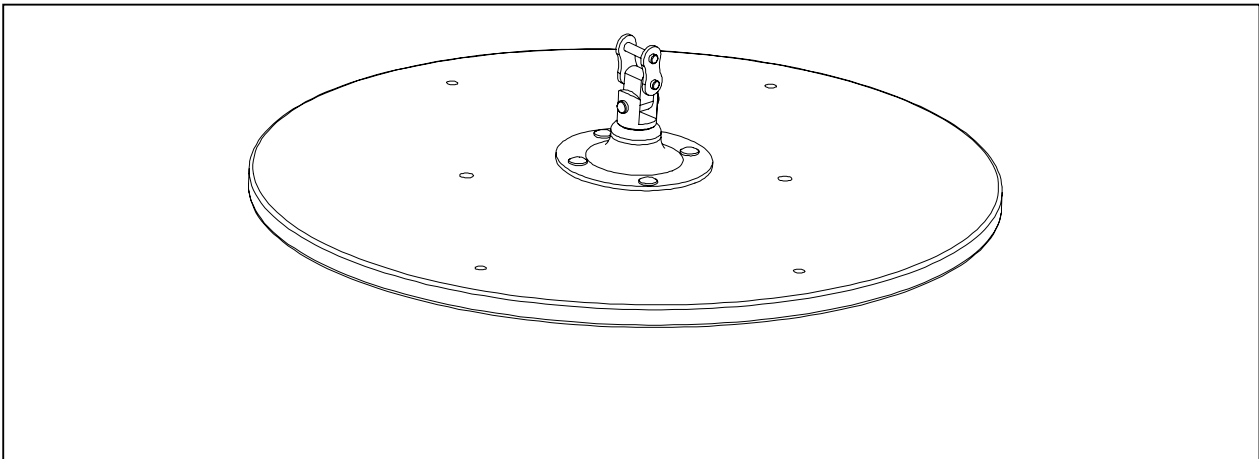
Install two Reinforcement Plates (35) around the connection position of the Curved Lower Upright and the Heavy Bag Support Tube. Aligning the bolt holes, secure using two Hex Bolts (23), four Washers (21), and two Nylon Locknuts (22).



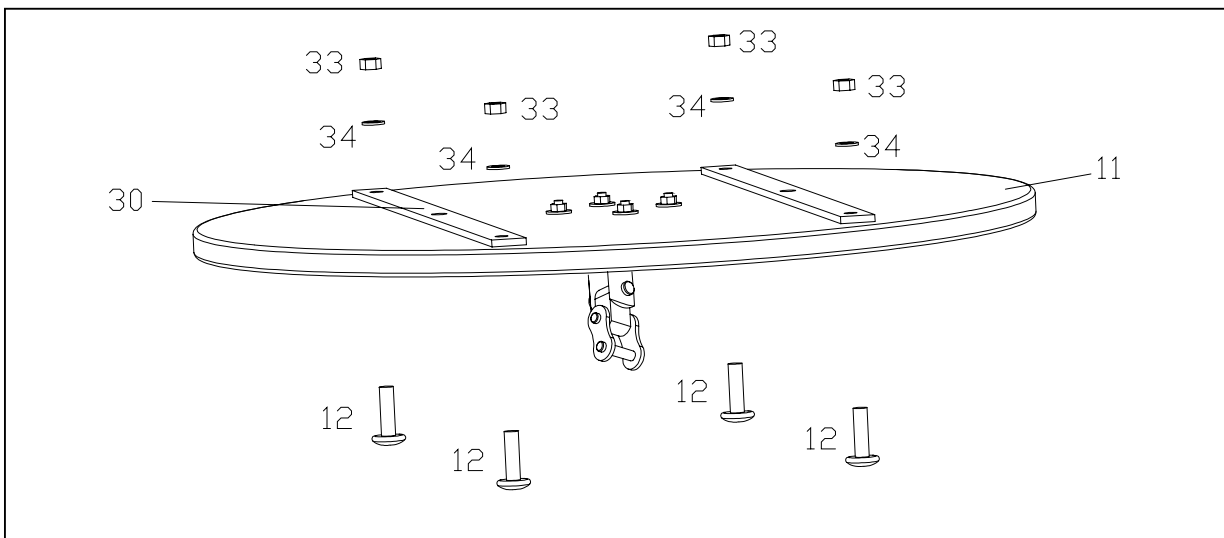
# + Assembly

## STEP 6

Attach the Swivel hook (13), Swivel Kit (14), and Swivel Plastic Cushion (38) to the Speed Bag Platform (11), with 4 Phillips Screws (10), 4 Washers (20), and 4 Lock Nuts (19). (This has been pre-assembled in factory). Tighten it securely before you use it.



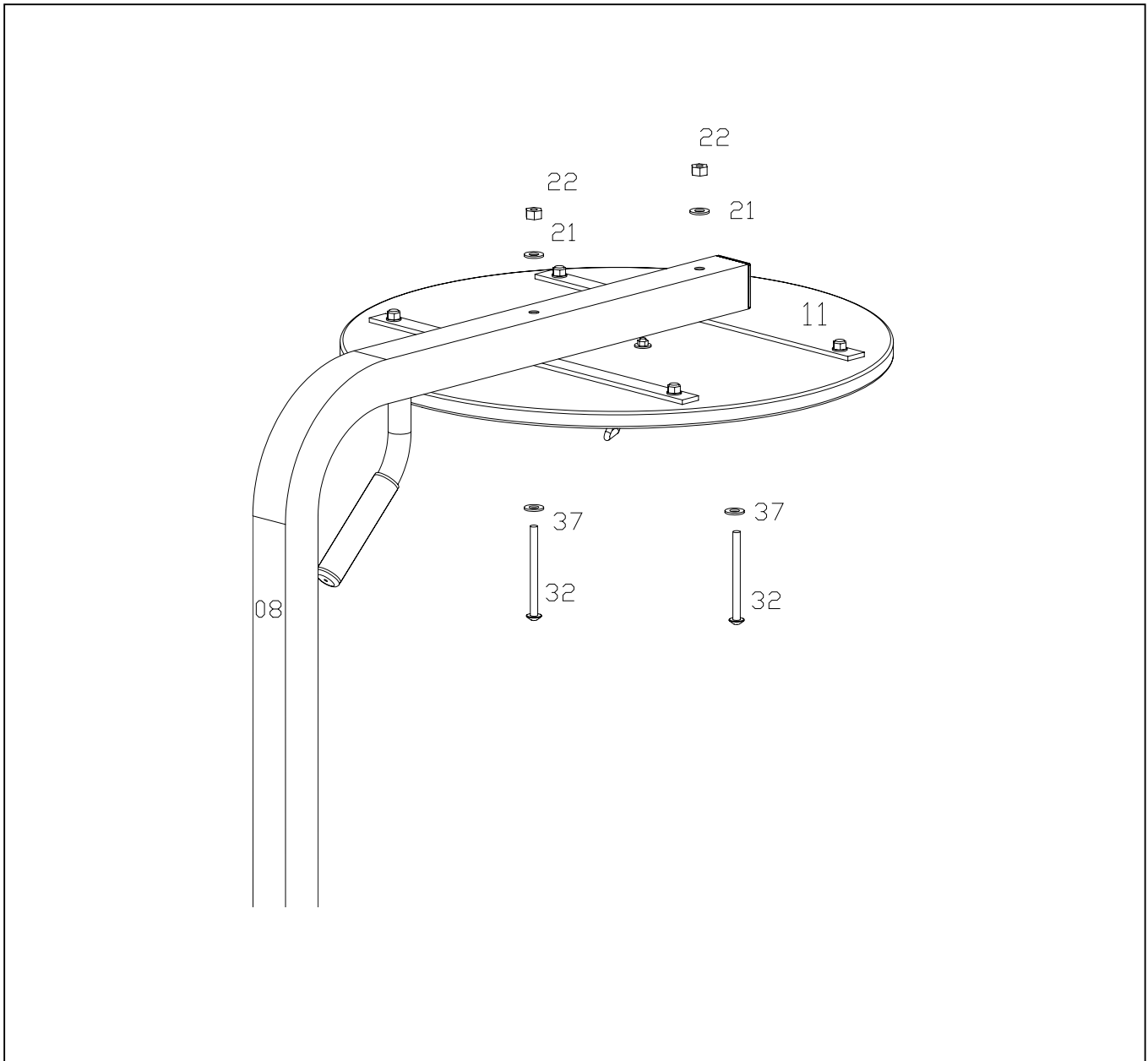
Mount each Speed Bag Platform Support Plate (30) to the Speed Bag Platform (11) using two Screws (12), two Washers (34), and two Nylon Locknuts (33).



# + Assembly

## STEP 7

Attach the Speed Bag Platform (11) to the Speed Bag Support Tube (8) using two Screws (32), two Washers (37), two Washers (21), and two Nylon Locknuts (22) as shown.



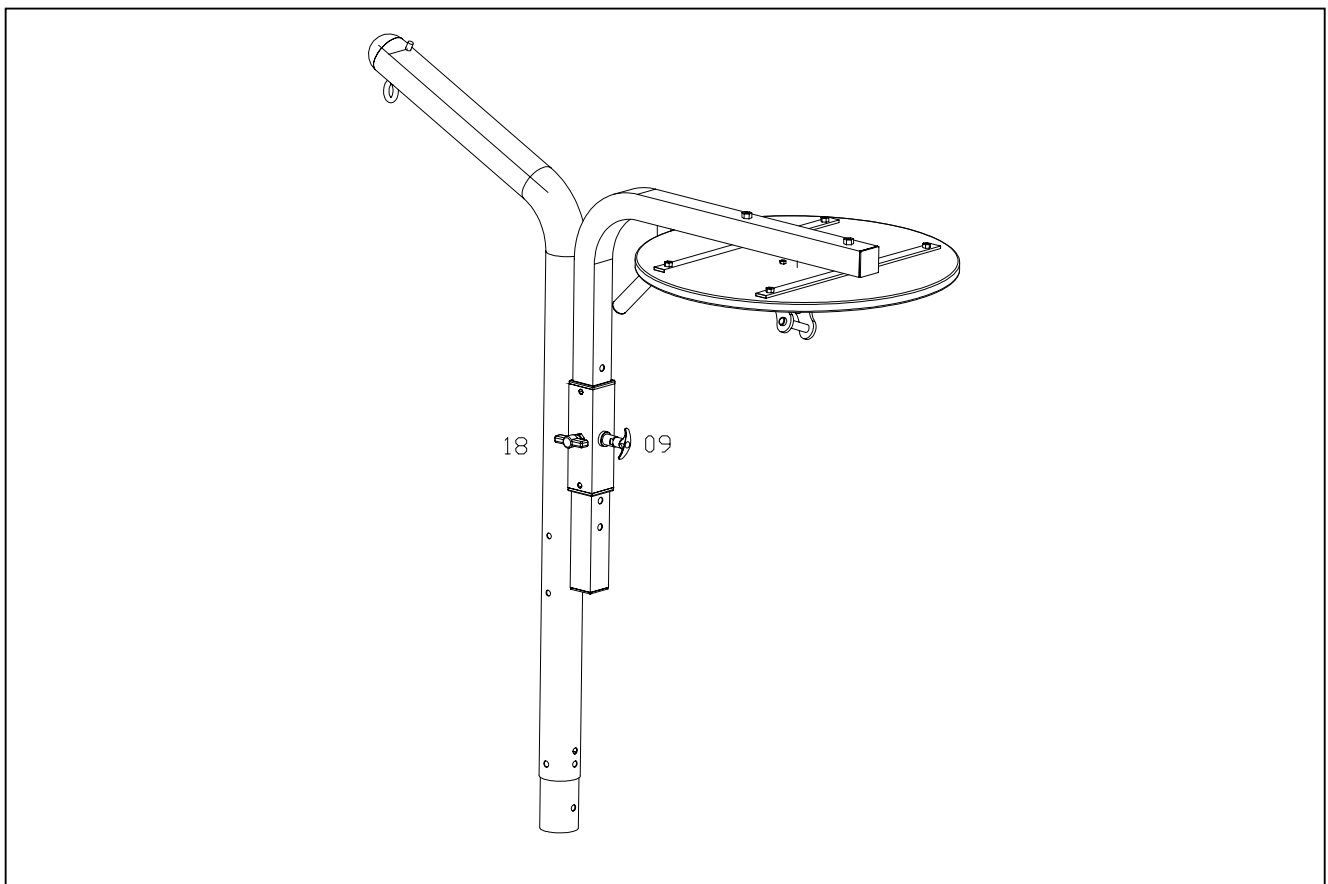
# + Assembly

## STEP 8

Loosen the Spring Pin (9) and T-Lock Pin (18), and slide the Speed Bag Support Tube into the square holder on the rear of the Heavy Bag Angle Support Tube.

**To adjust the height of the Speed Bag Platform:** Loosen the T-Lock Pin, place one hand on the handle at the bend of the Speed Bag Support Tube and use the other hand to pull the Spring Pin, adjust the Platform to the desired height.

Once in place, release the Spring Pin such that it locates in one of the adjustment holes. Tighten the Spring Pin and T-Lock Pin until snug.

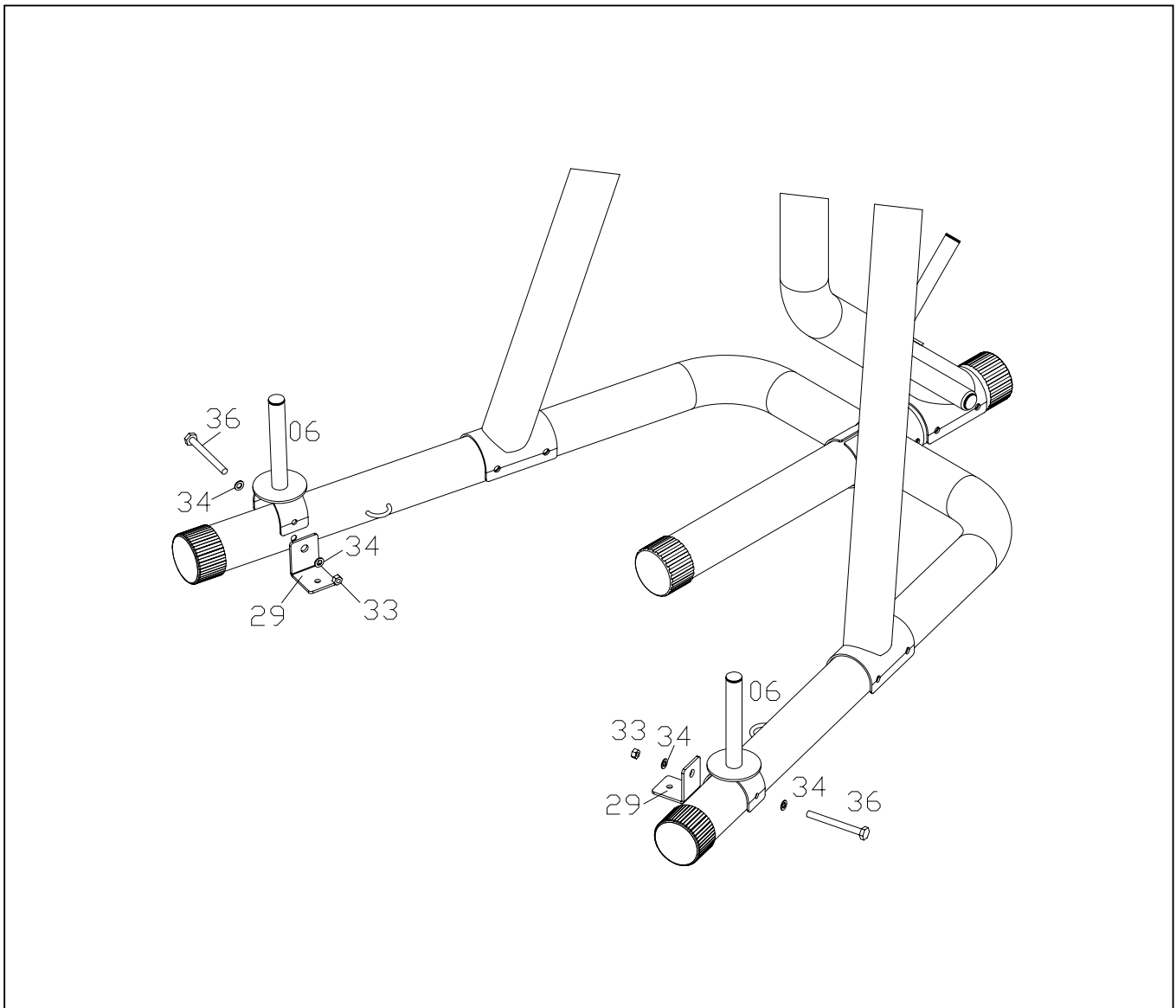




# + Assembly

## STEP 9

Set each of the Rod-Bolt Down Weight Horns (6) on the end of the Base Stabilizer as shown. Push one Hex Bolt (36) and one Washer (34) through one side of the Weight Horn Bracket of the Base Stabilizer and out through the opposite side of the Weight Horn Bracket, then Anchor Bracket (29). Secure the parts using one Washer (34) and a Nylon Locknut (33).

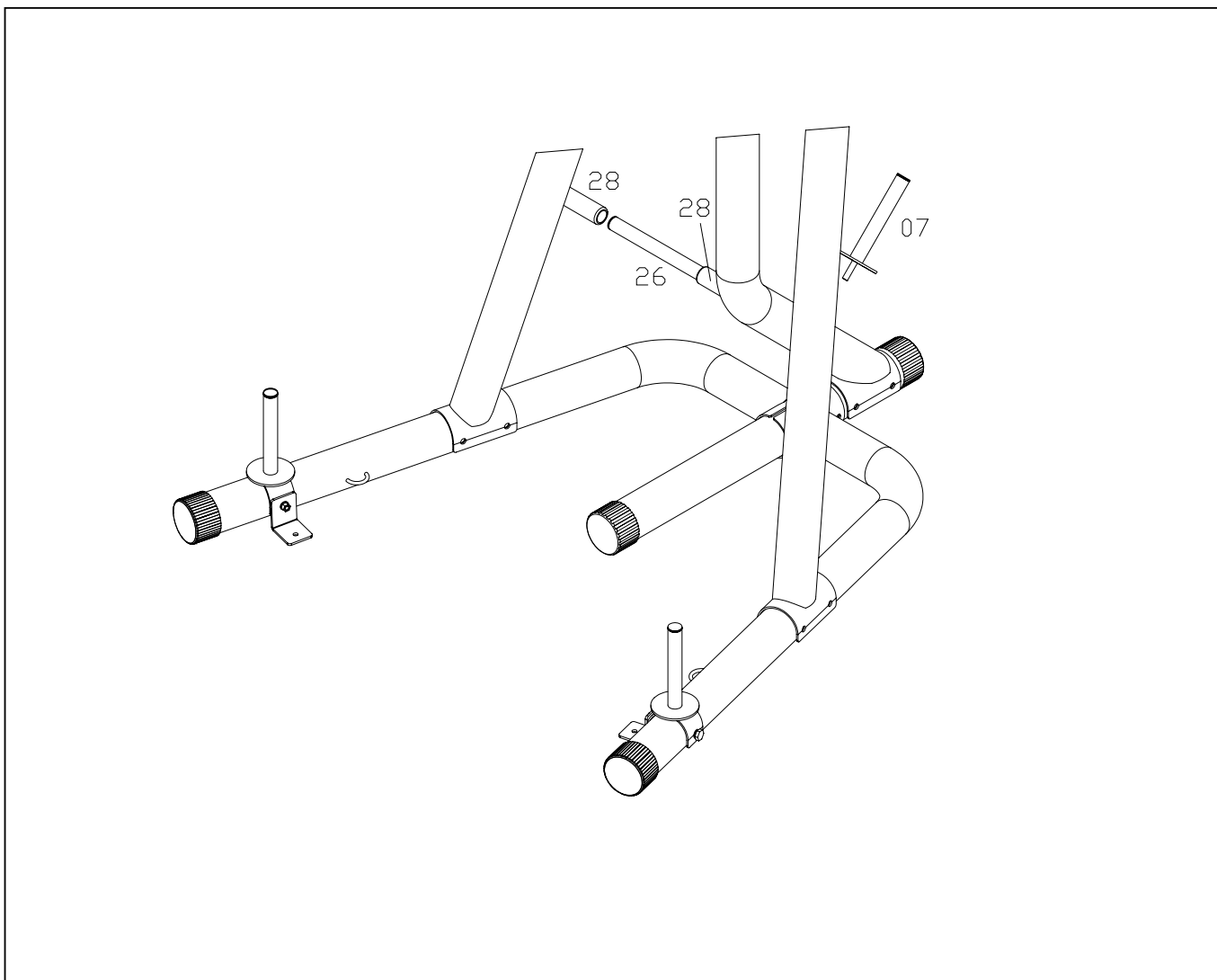


# + Assembly

## STEP 10

Insert the Sit-Up Rod (26) into the hole on the lower section of the Curved Lower Upright as shown. Align the hole on the Sit-Up Rod with the hole on the rear of the Curved Lower Upright. Secure with the threaded Bolt on the end of the Rear Weight Horn (07).

Install the Form Covers (28) onto each end of the Sit-Up Rod as shown.



# + Assembly

## STEP 11

Tighten all nuts and bolts with wrenches at this time.

