



# **HEAVY BAG STAND W/ PLATFORM**

Model 522HBS

**+ 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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## **IMPORTANT SAFETY INSTRUCTIONS**

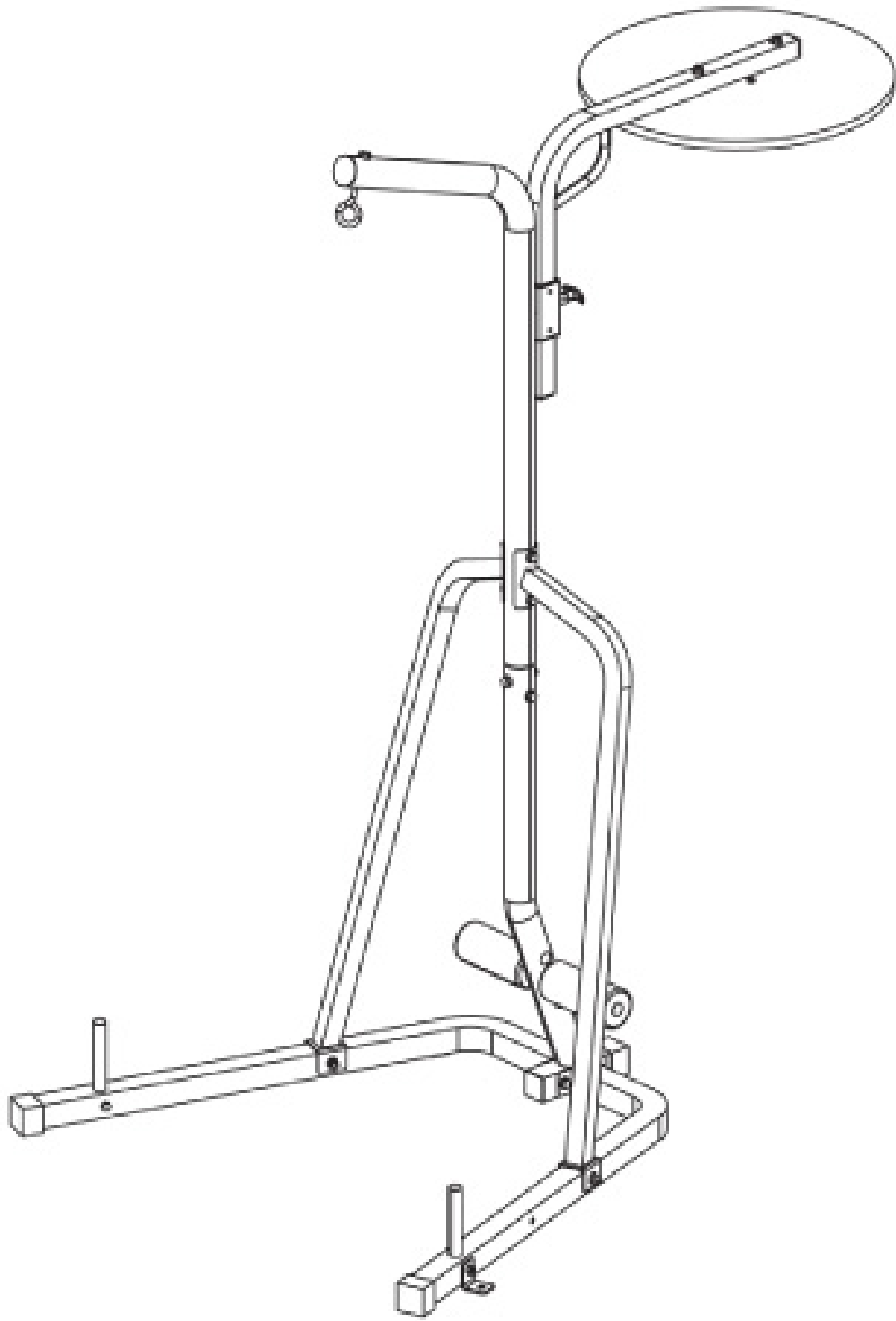
Thank you for purchasing the 522HBS HEAVY BAG STAND.

- This machine is intended for household use only. It is not designed for commercial use.
- This manual is designed to help you to assemble, adjust, maintain and to use. Please read this manual carefully and follow it before you use your machine.
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- 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.

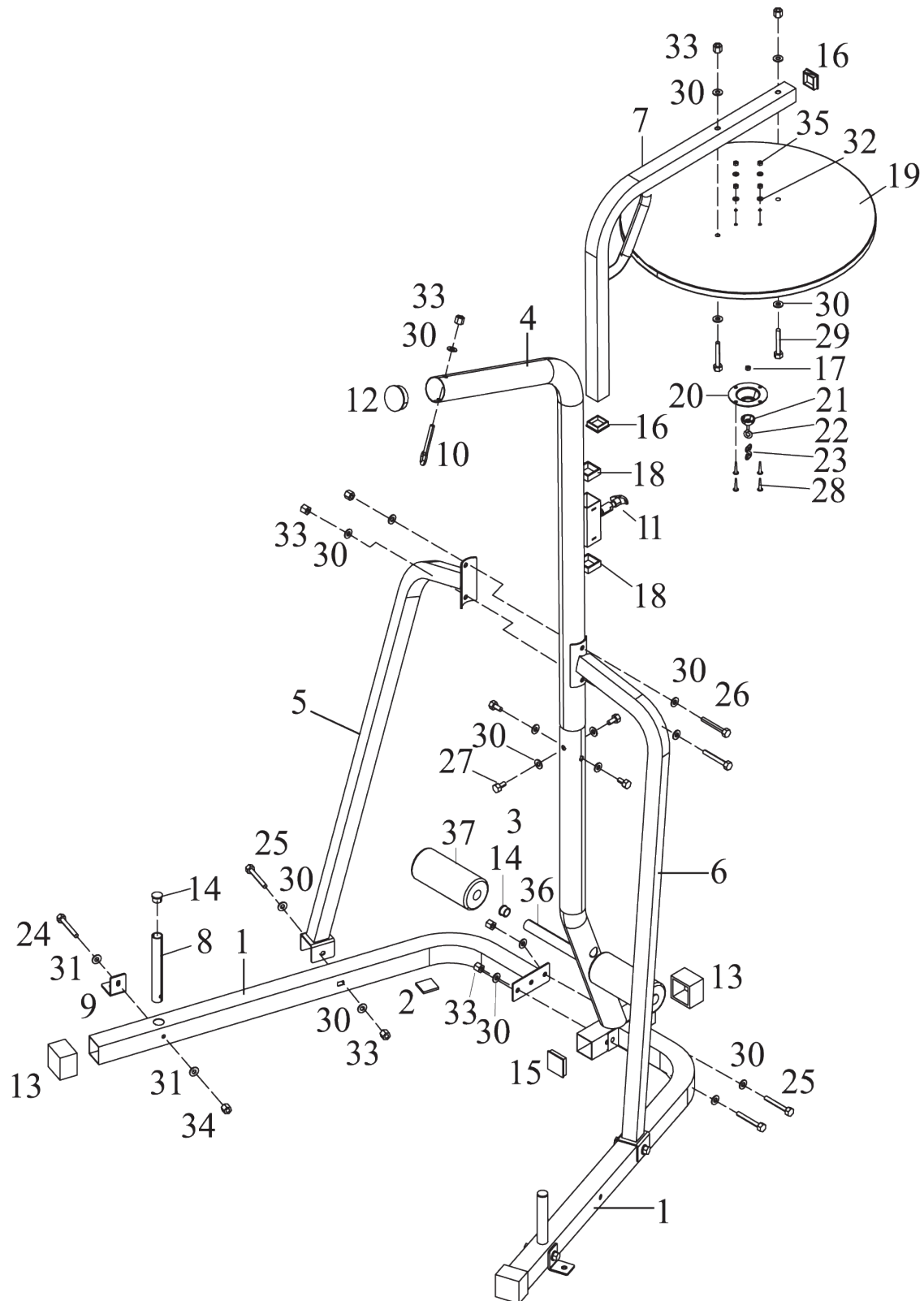
## **MEDICAL WARNING**

- 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.

# + Product Diagram



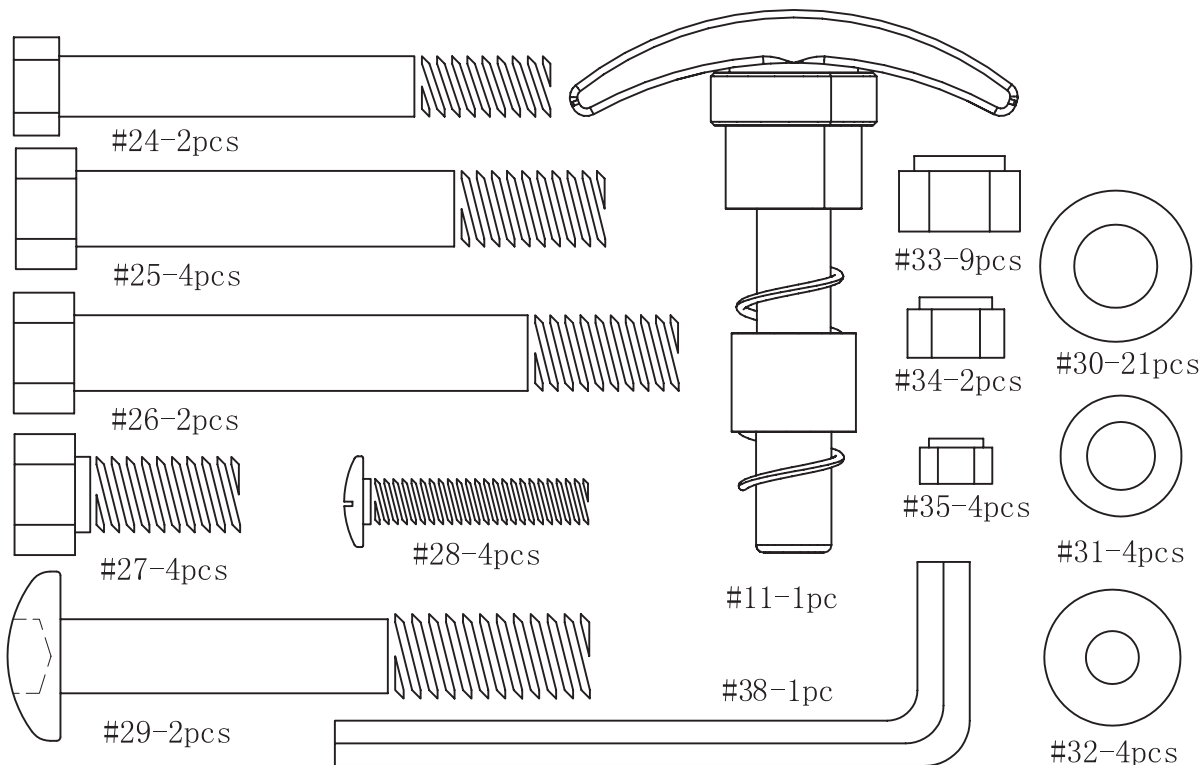
# ✚ Exploded Diagram



# ✚ Parts List

## PART NUMBERS & DESCRIPTION

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Base stabilizer (1 pair)</li> <li>2. Rubber pad (2pcs)</li> <li>3. Upright (1pc)</li> <li>4. Heavy bag L shaped support frame (1pc)</li> <li>5. Angle support - Right (1pc)</li> <li>6. Angle support - Left (1pc)</li> <li>7. Speed bag L shaped support frame (1pc)</li> <li>8. Weight plate storage bar (2pcs)</li> <li>9. L shaped bracket for plate storage bar (2pcs)</li> <li>10. Hanging bolt M10x5-3/4" (1pc)</li> <li>11. Turn Knob (1pc)</li> <li>12. Plastic end plug (2-3/8" round tube)(1pc)</li> <li>13. Plastic end cap (2"x2" tube) (3pcs)</li> <li>14. Plastic end plug (1"dia tube)</li> <li>15. Plastic end plug (2"x2" tube)(1pc)</li> <li>16. Plastic end plug (1-1/2"x1-1/2" tube) (2pcs)</li> </ol> | <ol style="list-style-type: none"> <li>18. Plastic bushing (1-3/4"x1-3/4"/1-1/2"x1-1/2")(2pcs)</li> <li>19. Speed bag platform (1pc)</li> <li>17,20,21,22,23. Swivel assembly (1set)</li> <li>24. Hex bolt M8x2-9/16" (2pcs)</li> <li>25. Hex bolt M10x2-3/4" (4pcs)</li> <li>26. Hex bolt M10x3-1/8" (2pcs)</li> <li>27. Hex bolt M10x13/16" (4pcs)</li> <li>28. Philips screw M6x1-3/16" (4pcs)</li> <li>29. Allen bolt M10x2-3/4" (2pcs)</li> <li>30. Washer M10 (21pcs)</li> <li>31. Washer M8 (4pcs)</li> <li>32. Washer M6 (4pcs)</li> <li>33. Lock nut M10 (9pcs)</li> <li>34. Lock nut M8 (2pcs)</li> <li>35. Lock nut M6 (4pcs)</li> <li>36. Foam roller cross bar (1pc)</li> <li>37. Foam roller</li> <li>38. Allen wrench (1pc)</li> </ol> |
|---|---|



# + Assembly

## STEP 1

Lay parts on the floor. Install the Base stabilizer (1) to the Upright (3) using 2 Bolts (25), 4 Washers (30) and 2 Lock nuts (33).

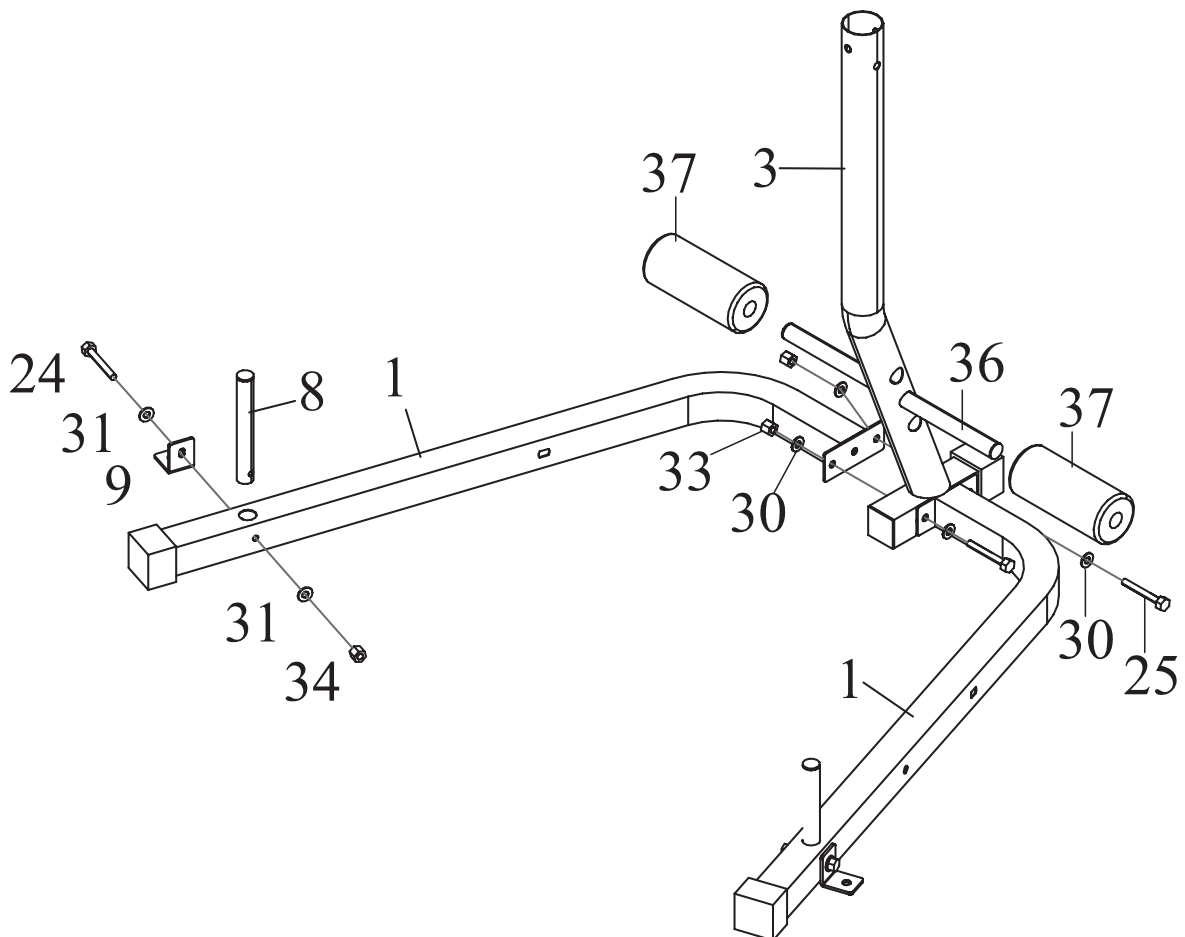
Do not tighten these bolts with wrench at this time.

Make sure the larger holes punched at the end of the Base stabilizer (1) are facing upward.

## STEP 2

Install the Weight storage bar (8) to the end of the Base stabilizer (1) using one L shaped Bracket (9), one Bolt (24), 2 Washers (31) and one Lock nut (34) for each. Tighten it securely with wrench.

Slide the Foam roller cross bar (36) thru the hole on the upright (3), and slide one Foam roller (37) over each end of the Cross bar (36).





# **+ Assembly**

## **STEP 3**

Install one Hanging bolt (10) to the top end of the L shaped heavy bag support frame (4) using one Washer (30) and one Lock nut (33).

Slide the L shaped heavy bag support frame (4) into the Upright (3) and align the holes. Secure it with 4 Washers (30) and 4 Hex bolts (27). Do not tighten it with wrench at this time.

## **STEP 4**

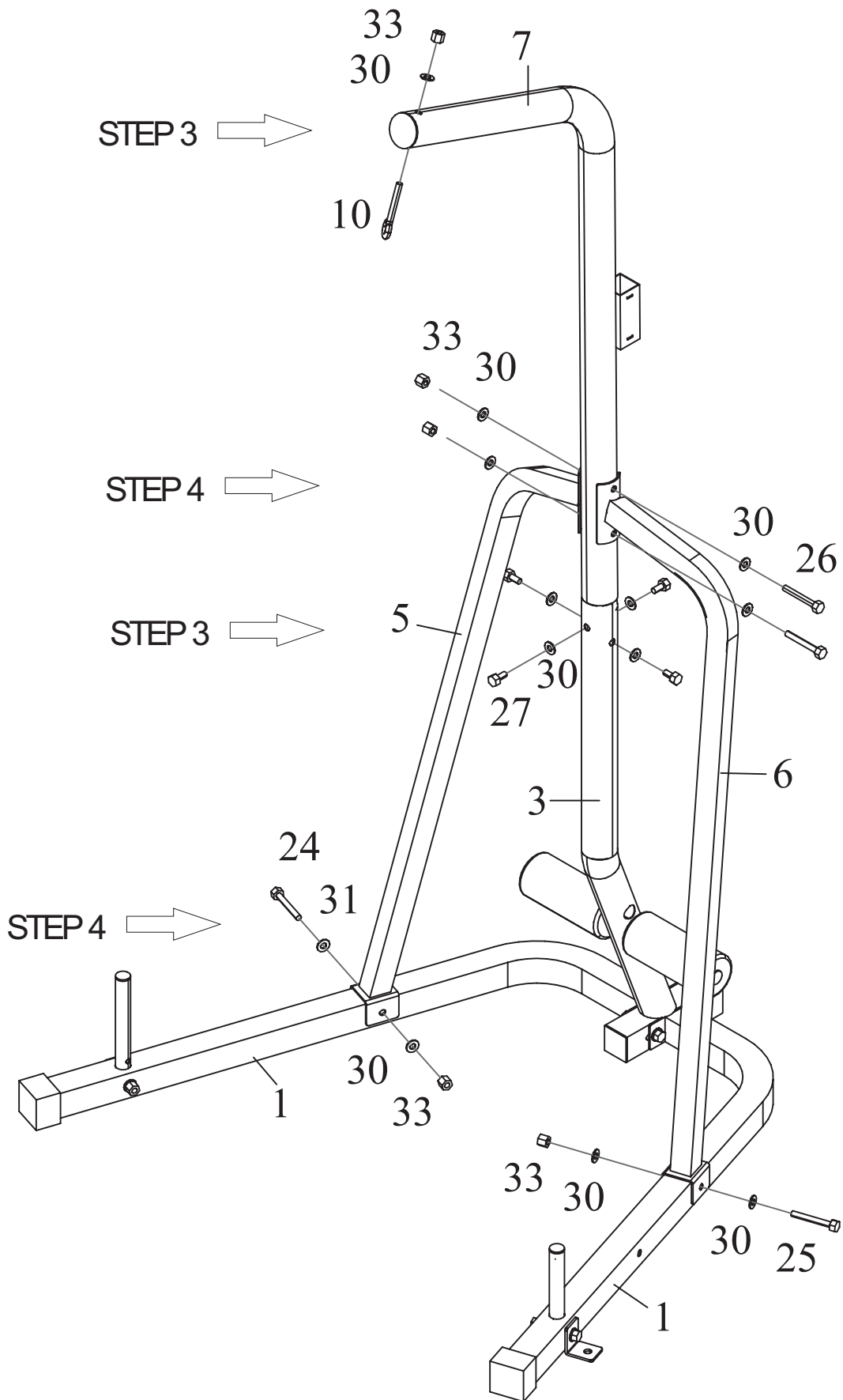
Attach the Left and right Angle support (5&6) to the Base stabilizers (1) with 2 Hex bolts (25), 4 washers (30) and 2 Lock nuts (33).

Attach the Left and right Angle support (5&6) to the Upright (3) with 2 Hex bolts (26), 4 washers (30) and 2 Lock nuts (33).

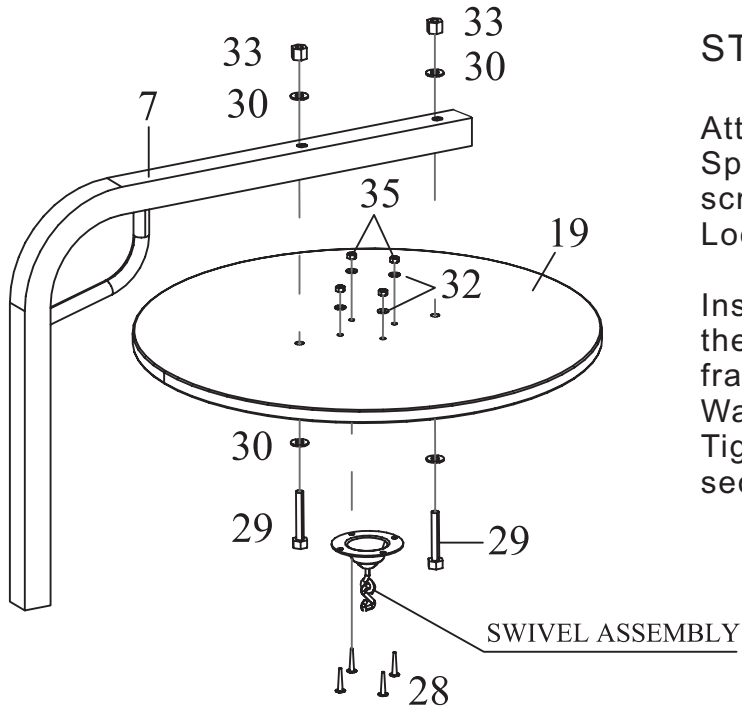
Tighten all 10 bolts and nuts used in Step 1,3 and 4 with wrench.

SEE PAGE 11 FOR DIAGRAM

# + Assembly



# + Assembly



## STEP 5

Attach the Swivel assembly to the Speed bag platform (19) with 4 Philips screws (28), 4 Washers (32) and 4 Lock nuts (35). Tighten it securely.

Install the Speed bag platform (19) to the L shaped speed bag support frame (7), using 2 Allen bolts (29), 4 Washers (30) and 2 Lock nuts (33). Tighten the two bolts and nuts securely with wrench supplied.

## STEP 6

Install the Turn knob (11) to the threaded round nut welded on the L shaped heavy bag support frame (4).

Pull out the Turn Knob (11) and slide the Speed bag support frame assembly (7) into the tube welded on the L shaped frame. Release the Knob (11) and make the lock pin engage to the hole on the speed bag support frame (7), then tighten the Knob securely.

### Speed bag platform adjustment

Turn the knob counter clockwise 3-4 turns to loosen, pull knob to adjust the speed bag platform.

Release the knob (a click sound should be heard when knob has engaged to the hole in the platform frame).

Turn knob clockwise to tighten.

