



MULTI-STATION WORKOUT SYSTEM W/ BAGS

Model 522NWG

+ 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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IMPORTANT SAFETY INSTRUCTIONS

- 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.

MAXIMUM WEIGHT CAPACITY

The maximum recommended weight capacities for your 502NWG are as follows.

Maximum recommended exercise weights not to exceed:

Pull Up station

400 pounds

Dip Station

300 pounds

MAINTENANCE

The 502NWG is a high quality machine and is built to last. Simple routine cleaning and preventive maintenance go a long way extending the life of your machine.

Inspect and Tighten all nuts and bolts each time you use the machine.

Replace the worn parts immediately.

OVERVIEW OF AN EXERCISE PROGRAM

The guidelines below represent the basic components of safe and effective exercise program.

Warm Up

3 to 5 minutes of low intensity aerobic or calisthenics type activity (sit up, push up, jumping jacks...etc) 3 to 5 minutes of static stretching.

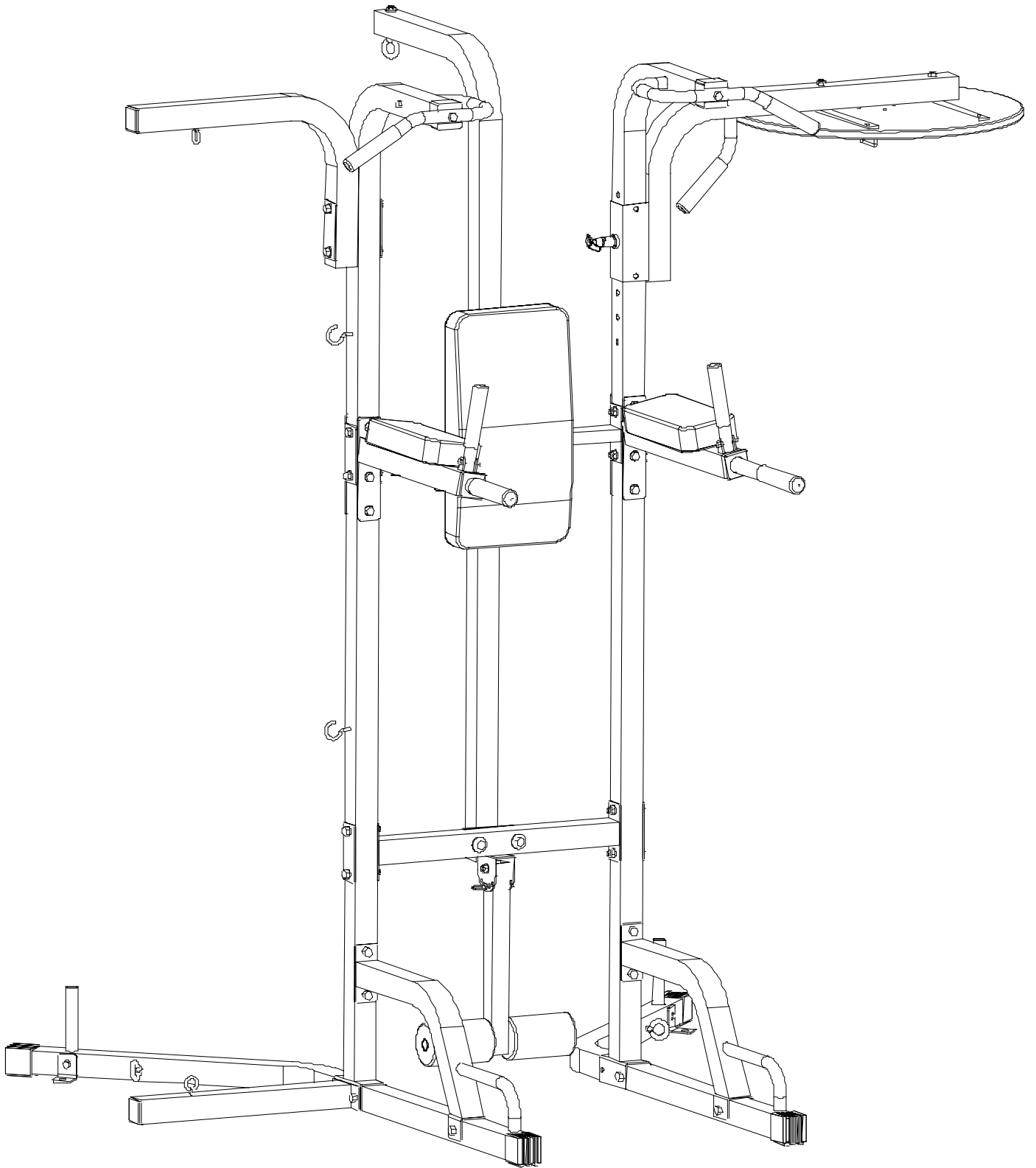
Aerobic Training

Perform a minimum of 20 to 30 minutes of cardiovascular exercise, 3 to 5 days per week.

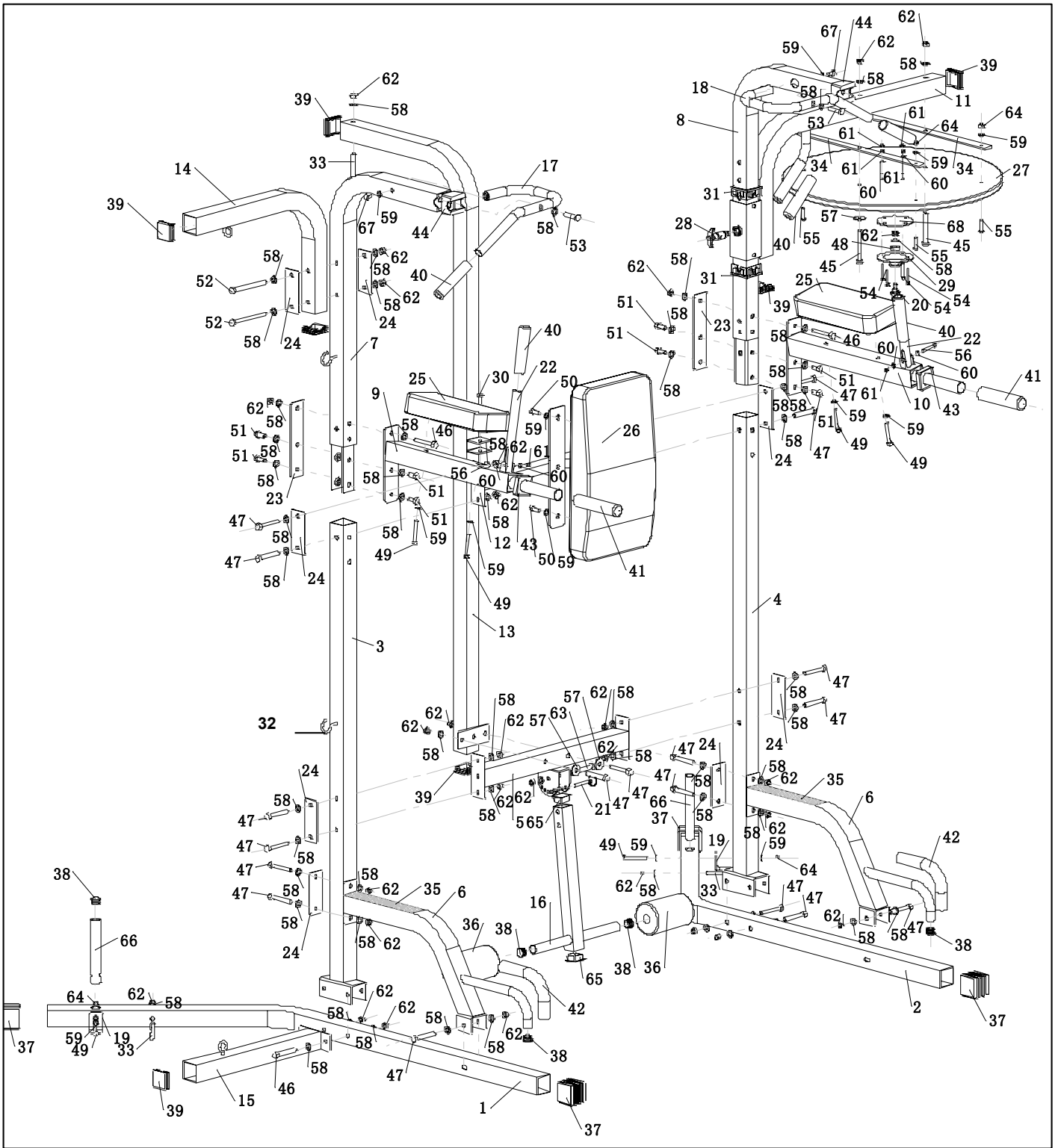
Strength Training

Perform a total of 8 to 12 exercises, using all the major muscle groups, 2 to 3 times per week. A minimum of 1 set of 8 to 12 repetitions for each exercise should be performed to near muscle fatigue. Weight resistance should be increased by 5% to 10% when 12 repetitions can be completed in proper form at a given weight/resistance for desired number of sets. Rest a minimum of 48 hours, but not more than 96 hours, between strength training sessions that use the same muscle groups.

+ Product Diagram



✚ Exploded Diagram



✚ Parts List

Part Numbers & Description

1. Base frame – Left	1	41. PVC hand grip (VKR arm rest frame)	2
2. Base frame – Right	1	42. Foam grip	2
3. Left upright	1	43. Plastic bushing (50mm/34mm) (VKR arm rest frame)	2
4. Right upright	1	44. End cap (L shaped upright)	2
5. Upright cross frame	1	45. Allen bolt M10x3-3/8”(wood platform)	2
6. Angle support frame	2	46. Hex bolt M10x3	4
7. L shaped upright – Left	1	47. Hex bolt M10x2-3/4”	18
8. L shaped upright – Right	1	48. Swivel bearing	1
9. VKR arm rest frame – Left	1	49. Hex bolt M8x2-9/16”	4
10. VKR arm rest frame – Right	1	50. Hex bolt M8x13/16” (Back pad)	2
11. Speed bag support frame	1	51. Hex bolt M10x13/16”	8
12. Back pad support frame	1	52. Hex bolt M10x4-3/4” (bag support frame)	2
13. Heavy bag support frame	1	53. Hex bolt M10x1-3/4” (Pull up handlebar)	2
14. Bag support frame	1	54. Pan head Philips screw M6x1-3/16”mm (Swivel kit)	4
15. Base stabilizer	1	55. Allen bolt M8x1-3/16”	4
16. Foam roller support frame	1	56. Hex bolt M6x1-9/16”	2
17. Left pull up handlebar	1	57. Washer 25mmdia for M10 bolt	4
18. Right pull up handlebar	1	58. Washer 20mmdia for M10 bolt	65
19. Weight plate storage bar	2	59. Washer 16mmdia for M8 bolt	16
20. Swivel hook	1	60. Washer 12mmdia for M6 bolt	8
21. Lock pin (foam roller support frame)	1	61. Lock nut for M6 bolt	6
22. VKR handlebar	2	62. Lock nut for M10 bolt	31
23. Large metal plate (VKR)	2	63. Hex bolt M10x2-3/8”	1
24. Metal plate (upright)	8	64. Lock nut for M8 bolt	6
25. Arm rest pad	2	65. Plastic end cap	2
26. Back pad	1	66. Weight plate storage bar	2
27. Speed bag wood platform	1	67. Hex bolt M8x5/8”	2
28. T shaped Knob	1		
29. Swivel kit	1		
30. Hex bolt M10x2-3/4”	1		
31. Plastic bushing (60mm/50mm) (Speed bag support frame)	2		
32. Hang hook	2		
33. Hanging bolt	3		
34. Wooden platform support plate	2		
35. Non-slip sand paper	2		
36. Foam roller	2		
37. End cap (Base frame)(2” x2”)	4		
38. End cap (25mmdia.)	6		
39. End cap (2” x2”)	7		
40. PVC hand grip	5		

+ Assembly

STEP 1

Install the Weight plate storage bar (66) onto the Base frame (1 & 2) using one Hex bolt (49), two Washer (59), and one Lock nut (64) for each. Tighten these 2 bolts with wrench securely.

Attach one Hanging bolt (33) to each Base frame (1&2) using one Washer (58) and one Lock nut (62).

STEP 2

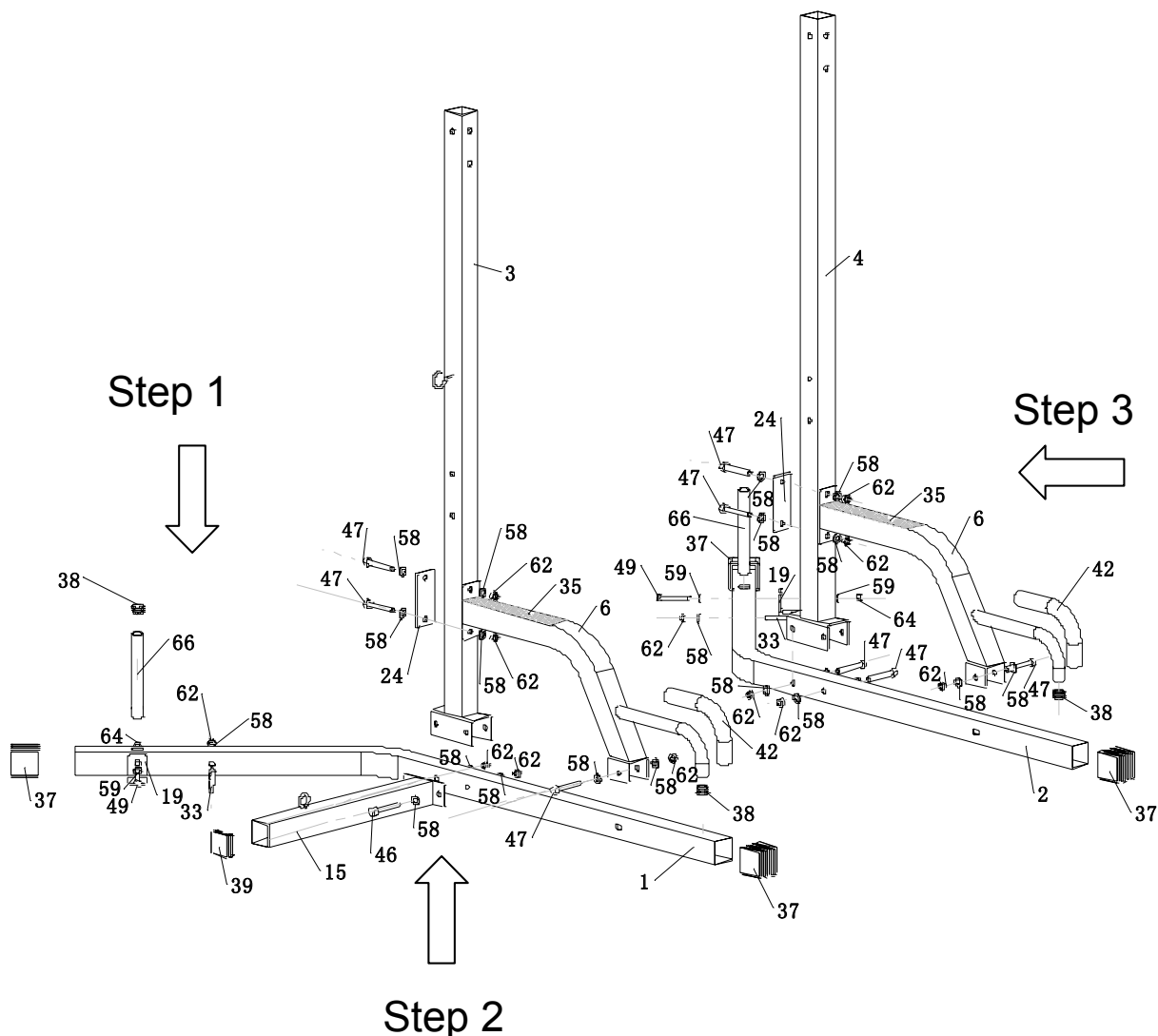
Install the Left upright (3) and the Base stabilizer (15) to the Left Base frame (1) using 2 bolts (46), 4 washers (58) and 2 lock nuts (62). Tighten these bolts loosely.

Install the Right upright (4) to the Right base frame (2) using 2 bolts (47), 4 washers (58) and 2 lock nuts (62). Hand tighten it. Do not use wrench at this time.

STEP 3

Install the Angle support frame (6) to the Uprights (3&4), using 2 bolts (47), 4 washers (58), 2 Metal plates (24) and 2 lock nuts (62) for each. Hand tight it.

Connect the Angle support frames (6) to the Base frames (1&2) with one Hex bolt (47), 2 Washers (58) and one Lock nut (62) for each. Hand tighten it.



+ Assembly

STEP 4

Install the Left pull up handlebar (17) to the Left L shaped upright (7) using one Hex bolt (67), one Washer (59). Lock it in place with one Hex bolt (53) and one Washer (58) from the front side. Tighten all three nuts and bolts with wrench.

Repeat the same procedure for the Right L shaped upright (8) and the Right pull up handlebar (18).

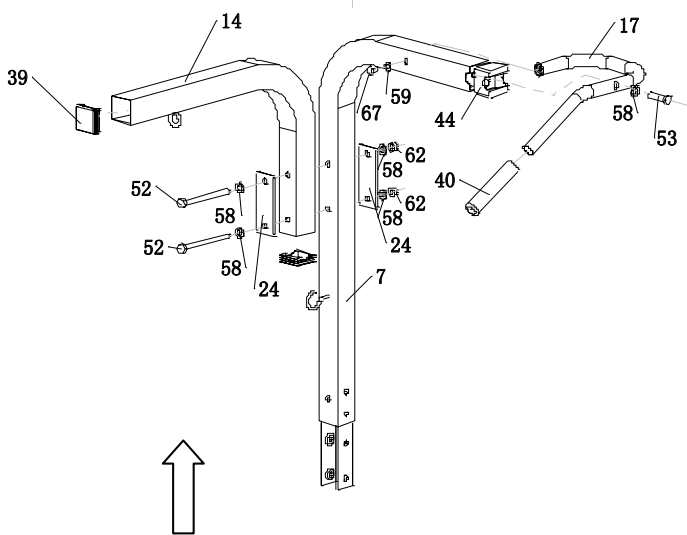
Make sure the Pull up handles are facing out toward floor.

Connect the Bag support frame (14) to the Left L shaped upright (7) with 2 Hex bolts (52), 4 Washers (58), 2 Metal plates (24) and 2 Lock nuts (62). Tighten it securely.

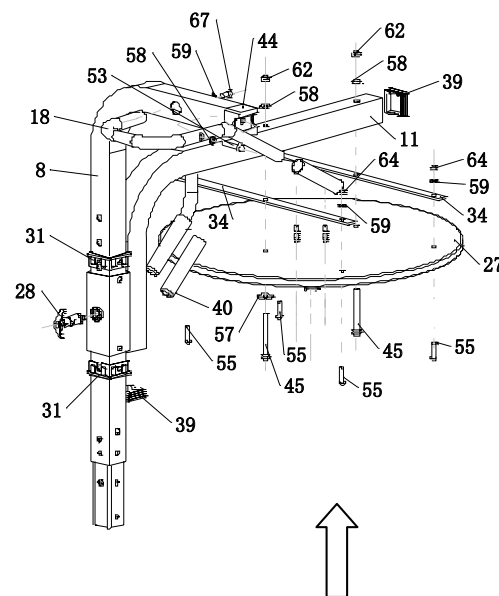
STEP 5

Install the two plates (34) to the Speed bag wood platform (27) using 4 Allen bolts (55) from the bottom upward, secure it with 4 Lock nuts (64) and 4 washers (59). Make sure the head of the carriage bolt (55) is fitted inside the groove in the backside of the wood platform (27) before tightening it. Tighten 4 Allen bolts (55) securely.

Install the Speed bag wood platform assembly to the Speed bag support frame (11) using 2 Allen bolts (45), 2 Washers (57) from the bottom upward, secure it with 2 Washers (58) and 2 Lock nuts (62). Tighten it securely with wrench.



Step 4



Step 5

+ Assembly

STEP 6

Connect the Left upright assembly (3) to the Right upright assembly (4) with the Upright cross frame (5), using 4 Hex bolts (47), 8 Washers (58), 2 Metal plates (24) and 4 Lock nuts (62). Do not use wrench at this time.

STEP 7

Attach the Foam roller support frame (16) to the bracket welded under the Upright cross frame (5), using one Hex bolt (63), 2 Washers (58) and one Lock nut (62). Do not over tighten it. Secure it in place with a Pin (21).

The foam roller cross bar can be adjusted to different height by locking the pin in different hole on the bracket.

Slide one foam roller (36) over each end of the foam roller cross bar (16).

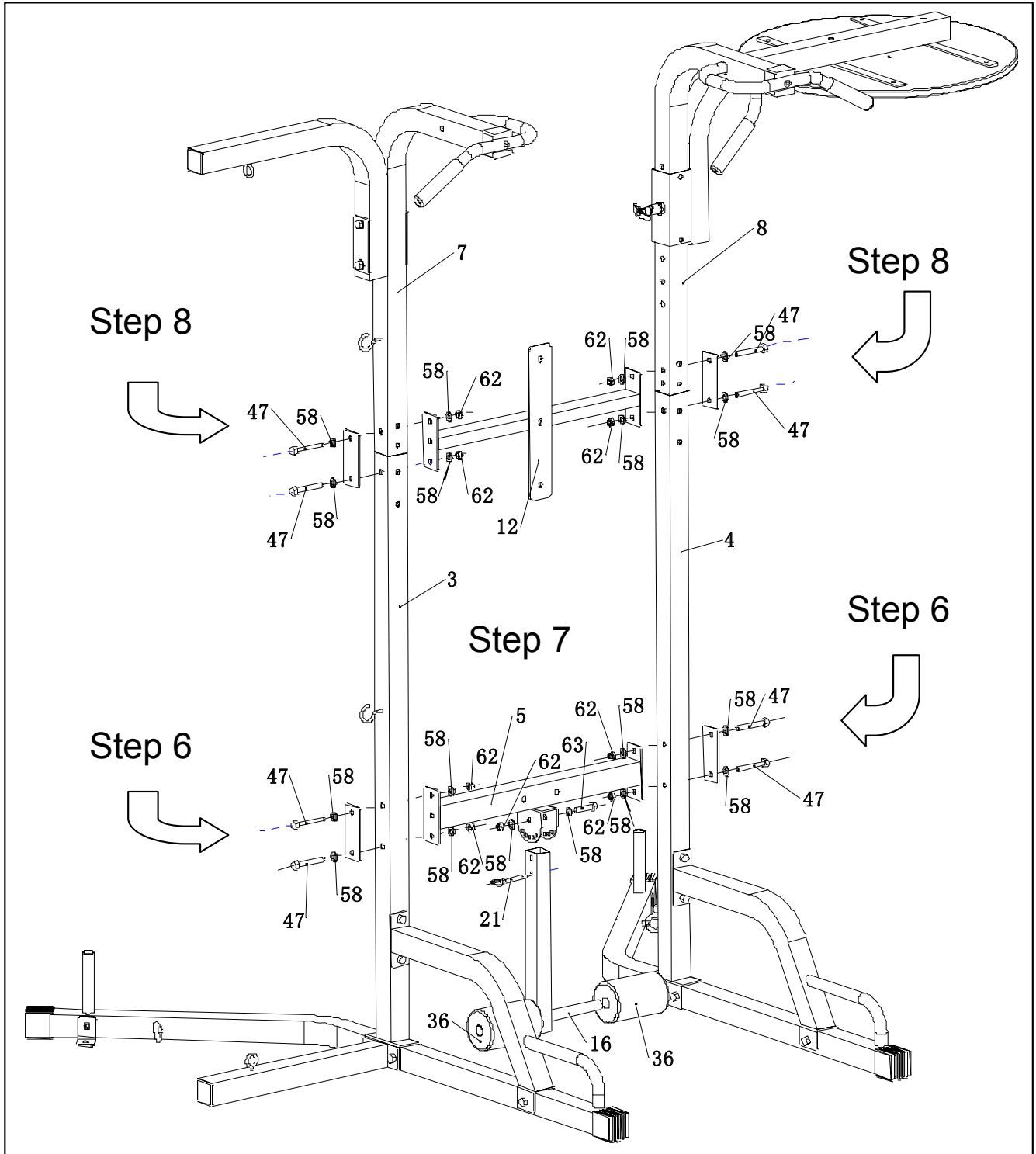
STEP 8

Slide the Left L shaped upright assembly (7) into the Left upright (3) and the Right L shaped upright assembly (8) to the Right upright (4).

Connect the upright assembly (3,4,7&8) together with the Back pad support frame (12) using 4 Hex bolts (47), 8 Washers (58), 2 Metal plates (24) and 4 Lock nuts (62). Do not use wrench at this time.

SEE PAGE 13 FOR DIAGRAM

✚ Assembly



+ Assembly

STEP 9

Install the Speed bag support frame assembly (11) to the Right L shaped upright (8). Attach the T shaped Knob (28) onto the Right L shaped upright (8), Slide the speed bag support frame (11) thru the tube welded on the Right L shaped upright (8) and release the Knob until the lock pin is engaged in one hole on the Speed bag support frame (11). Tighten it securely.

Note. There are 5 holes punched in the Heavy bag support frame (11) for height adjustments

STEP 10

Install the Left VKR arm rest frame (9) to the Left upright assembly (3&7), using 1 Hex bolts (46), 4 Hex bolts (51), 6 Washers (58), one Large metal plate (23) and 1 Lock nuts (62). Do not use wrench at this time.

Repeat the same procedure for the Right arm rest frame (10) and the Right upright assembly (4&8).

STEP 11

Attach one Hanging bolt (33) to the Heavy bag support frame (13) using one Washer (58) and one Lock nut (62).

Install the Heavy bag support frame (13) to the Back pad support frame (12) using one Hex bolt (30), 2 Washers (58) and one lock nut (62).

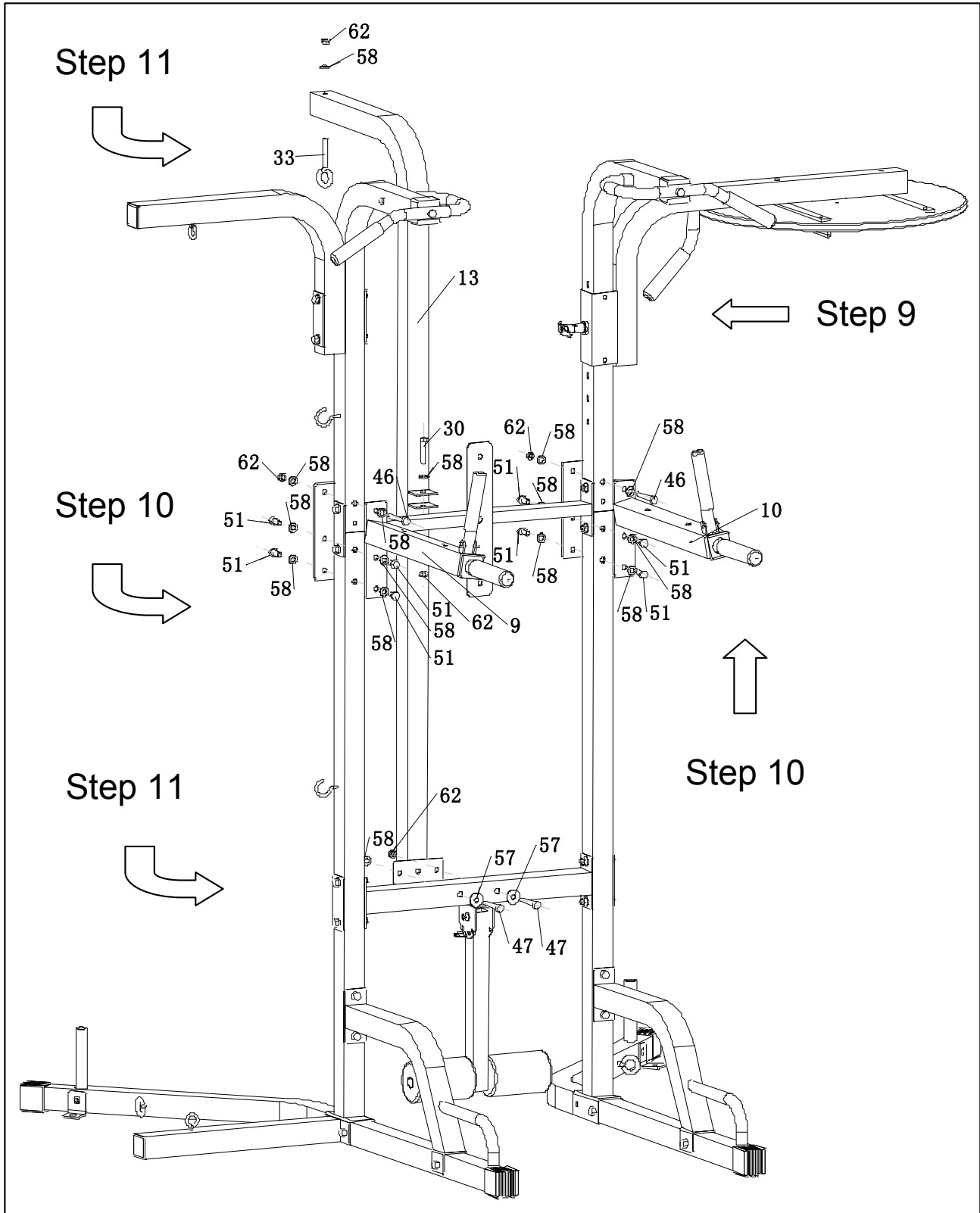
Connect the Heavy bag support frame (13) to the Upright cross frame (5) using 2 Hex bolts (47), 2 Washers (58), 2 Washers (57) and 2 Lock nuts (62).

Tighten the three bolts and nuts used in this step.

Tighten all nuts and bolts securely with wrenches (from step 1 to step9).

SEE PAGE 15 FOR DIAGRAM

✚ Assembly



+ Assembly

STEP 12

Attach the Arm rest pads (25) to the Arm rest frame (9 & 10) using 4 bolts (49) and 4 washers (59). Tighten it securely.

Install the Back pad (26) to the Back pad support frame (10), using 2 bolts (50) and 2 washers (59). Tighten it securely.

Note: The VKR handlebar can be folded down for Pull up station.

Make sure all the nuts and bolts are tightened.

