



COMMERCIAL SPEED BAG PLATFORM

Model 523CPL

+ 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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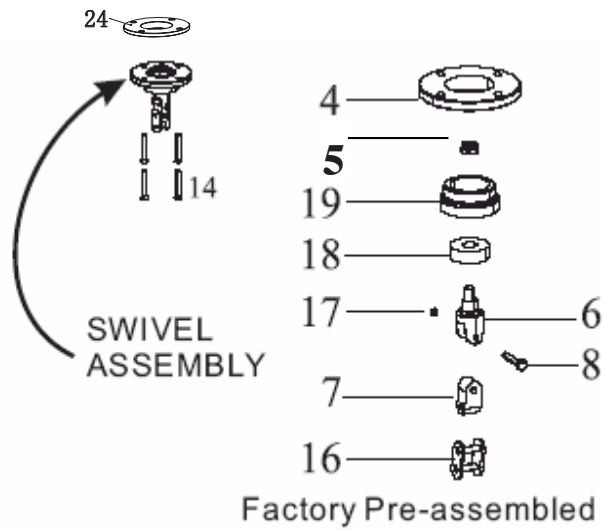
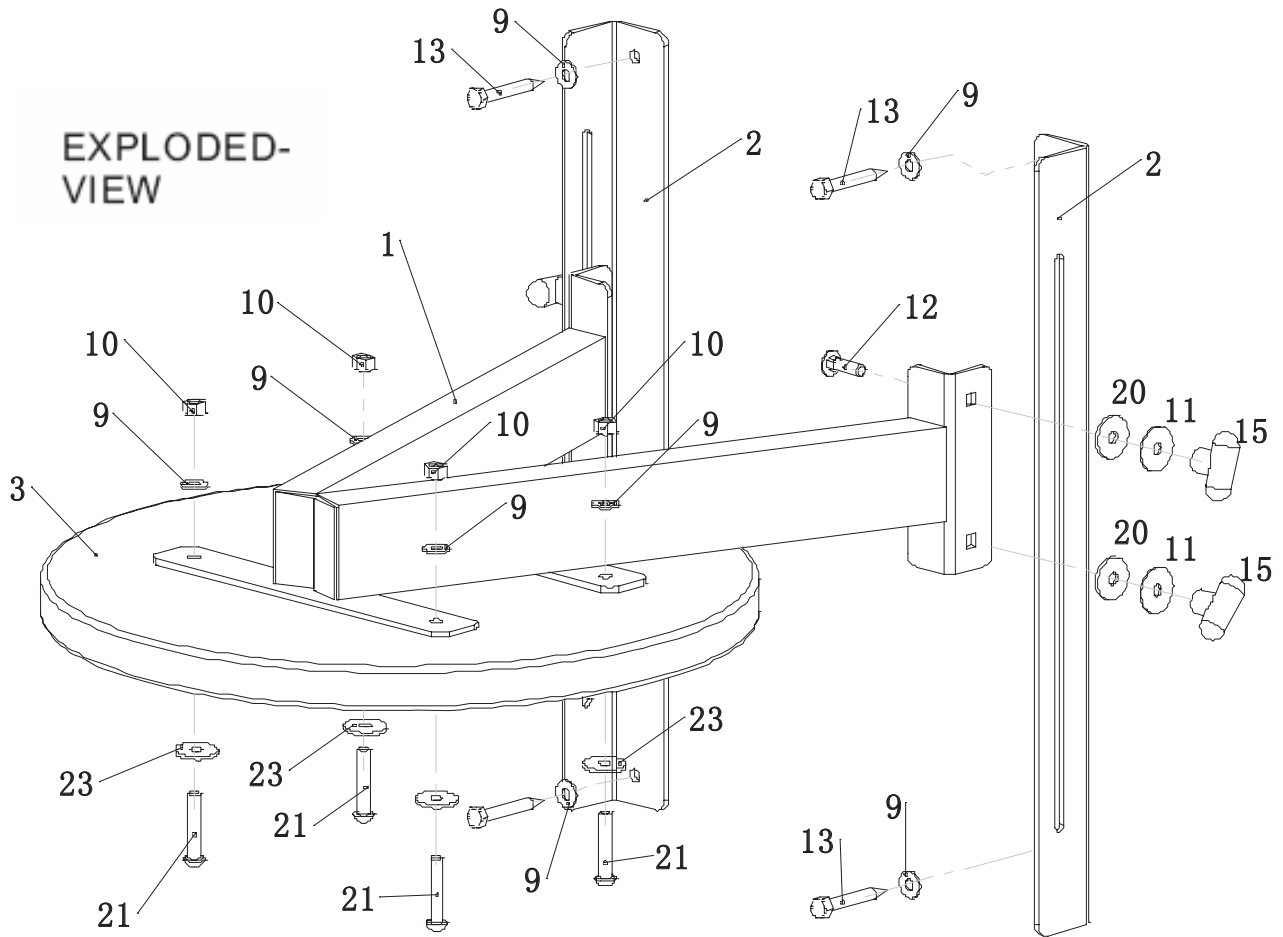
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+ Product Diagram



**ACCESSORIES SOLD SEPARATELY*

✚ Exploded Diagram



+ Parts List

PART DESCRIPTION

1. Main frame(1pc)
2. Mounting bracket(2pcs)
3. Speed bag platform(1pc)
4. 4,5,6,7,8&16,17,18,19 swivel kit(1set)(pre-assembled)
9. Washer M10(8pcs)
10. Lock nut M10(4pcs)
11. Washer 38mmdia for M10(4pcs)
12. Carriage bolt M10x1-3/16”(4pcs)
13. Hex screw 9.5 mmdiax80mm L(4pcs)
14. Philips screw M6x45 (4pcs) (pre-assembled)
15. Knob nut (4pcs)
20. Plastic washer 1-1/2”dia for M10(4pcs)
21. Allen Bolt M10*50(4pcs)
22. Allen wrench (1pc)
23. Washer 25mmdia for M10(4pcs)
24. Plastic Cushion (1pc)

