



# **PRO STYLE SPEED BAG PLATFORM**

Model 523PL

**+ Owner's Manual**

V2.0—06.2012

[www.tko.com](http://www.tko.com)

THIS PAGE INTENTIONALLY LEFT BLANK

# **+** 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

© Copyright 2011, TKO Sports Group USA Limited. All rights reserved.

TKO Sports Group USA Limited. 4660 Pine Timbers, Suite 198, Houston, TX 77041

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

[www.tko.com](http://www.tko.com)

## **TKO All Purpose Platform**

Welcome to the TKO family of superior quality Boxing and Cross Training Equipment. Every TKO product is technically engineered to deliver the highest performance workout. But before we package anything, all TKO equipment must pass our grueling quality inspection process So put on the best for your next workout...make sure the TKO Label goes with you.

For customer support, or to locate the TKO dealer nearest you  
Call 1-866-856-3488. We want to be your workout partner.

## **Disclaimer**

The **TKO** Speed Bag Platform Set is intended for physical conditioning.

Consult your physician prior to the start of a training program.

Boxing and martial arts are high risk sports and users of these products are subject to potential personal injury.

The user must assume full responsibility for injuries sustained through the use of **TKO** products.

## **Warning**

It is important to follow the following guidelines prior to use of the TKO Speed Bag Platform Set.

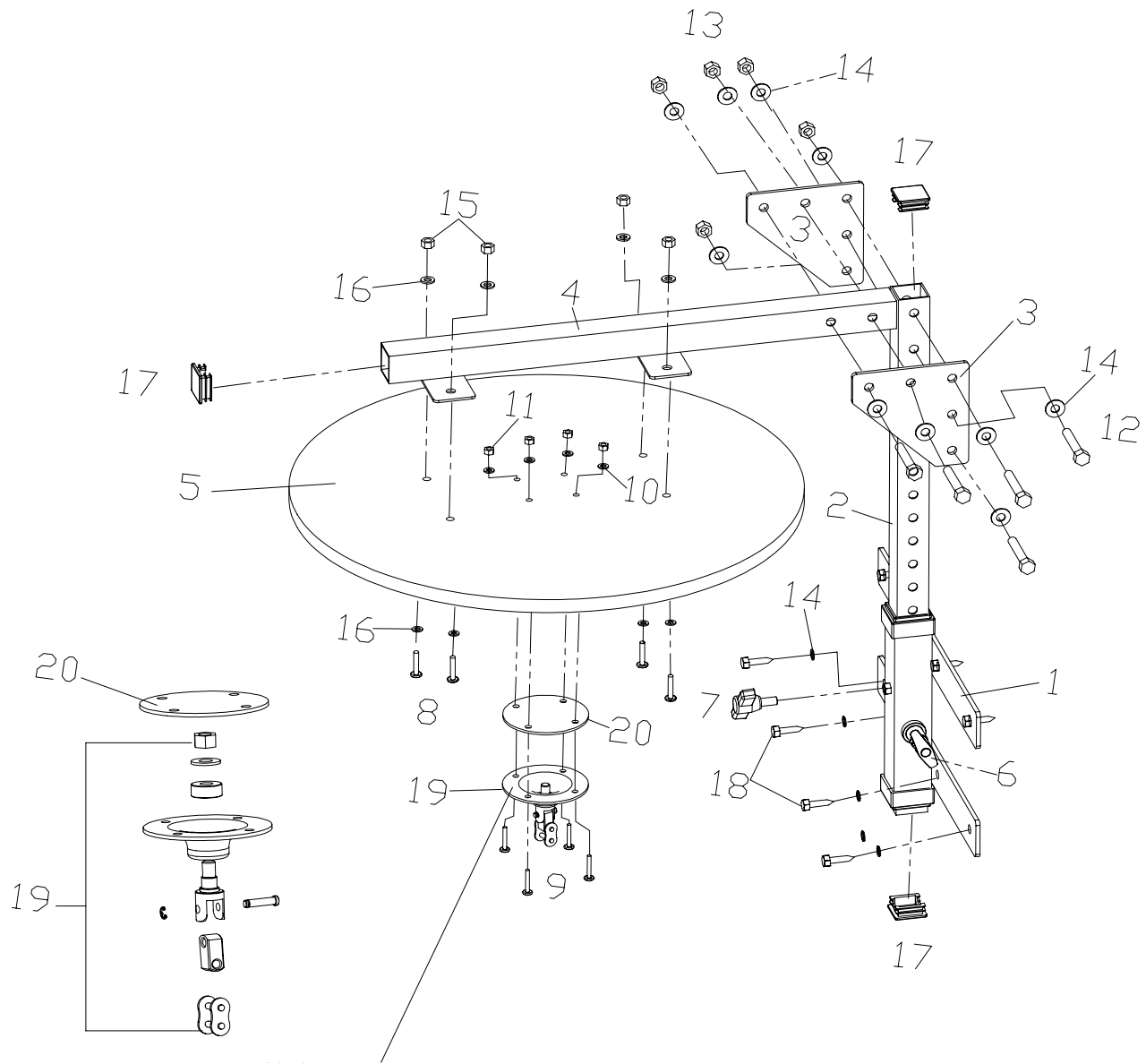
- 1) Follow ALL installation instructions carefully.
- 2) Prior to each use, ensure that platform is securely fastened to the wall.
- 3) In the event that parts become worn or fatigued, discontinue use of platform immediately. Call **TKO** customer service at **1-866-856-3488** to order replacement parts at a nominal cost.

## + Product Diagram



*\*ACCESSORIES SOLD SEPARATELY*

# ✚ Exploded Diagram



**Factory Pre-assembled**

# + Parts List

<b>Part#</b>	<b>Description &amp; Q'TY</b>
1.	Mounting frame (1pc)
2.	Adjustable upright (1pc)
3.	Metal plate (2pc)
4.	Wooden platform support frame (1pc)
5.	Speed bag platform (1pc)
6.	Pop pin (1pc)
7.	Turn knob M8x13/16" (1pc)
8.	Allen bolt M8x1-3/4" (4pcs)
9.	Philips screw M6x1-5/8" (4pcs)
10.	Washer M6 (4pcs)
11.	Lock nut M6 (4pcs)
12.	Hex bolt M10x2-3/8" (5pcs)
13.	Lock nut M10 (5pcs)
14.	Washer M10 (18pcs)
15.	Lock nut M8 (4pcs)
16.	Washer M8 (8pcs)
17.	End plug (1-1/2"x1-1/2") (4pcs)
18.	Hex head self-tapping screw M10x75 (8pcs)
19.	Swivel assembly (1set)
20.	Swivel plastic cushion (1pc)

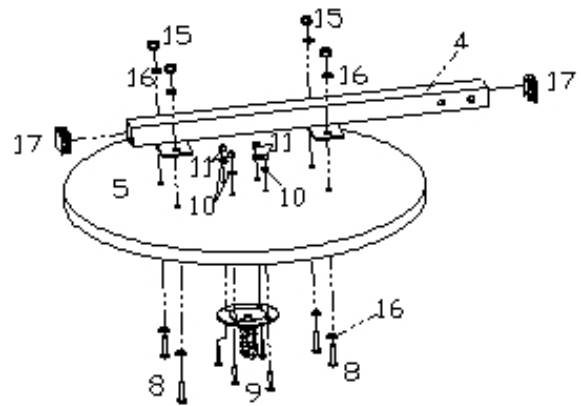
# + Assembly

## Step 1.

Install the Swivel assembly to the speed bag platform (5) using 4 Philips screws (9), 4 washers (10) and 4 lock nuts (11).

Install the speed bag platform assembly to the platform support frame (4) using 4 Allen bolts (8), 8 washers (16) and 4 Lock nuts (15).

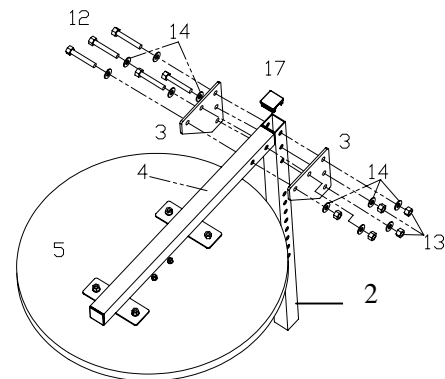
Tighten all 4 bolts and nuts securely.



## Step 2.

Attach Platform support frame assembly to the Adjustable upright (2) using 2 Metal plates (3), 5 Hex bolts (12), 10 washers (14) and 5 Lock nuts (13).

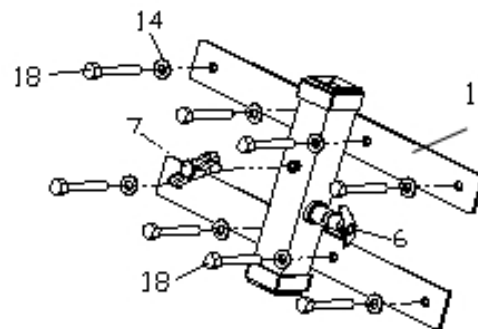
Tighten it securely with wrench.



## Step 3.

Install the Mounting frame (1) to the wall using 8 Hex head self-tapping screws (18) and 8 washers (14).

Tighten all 8 bolts and nuts securely.



## Step 4.

Pull out the Pop pin (6) and slide the Upright frame assembly (2) into the Mounting frame (1). Secure it in place with one Turn knob (7).

### Speed bag platform adjustment

Turn the knob (7) counter clockwise 3-4 turns to loosen, pull the pop pin (6) to adjust the Upright (2).

Release the Pop pin (a click sound should be heard when knob has engaged to the hole in upright).

Turn knob (7) clockwise to tighten.

