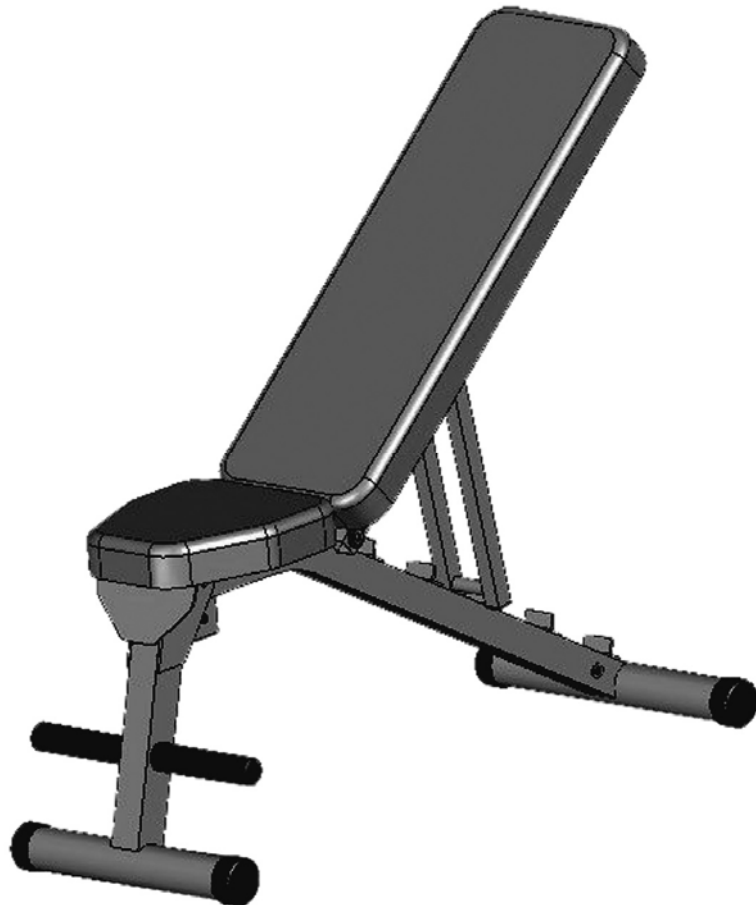


**ITKO<sup>®</sup>**

# FOLDING FID BENCH

Model 6350



# IMPORTANT SAFETY INSTRUCTIONS

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**TKO** Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

**Customer Service: [customerservice@tko.com](mailto:customerservice@tko.com)**

**Toll free: 866-856-3488 or 713-895-9270**

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

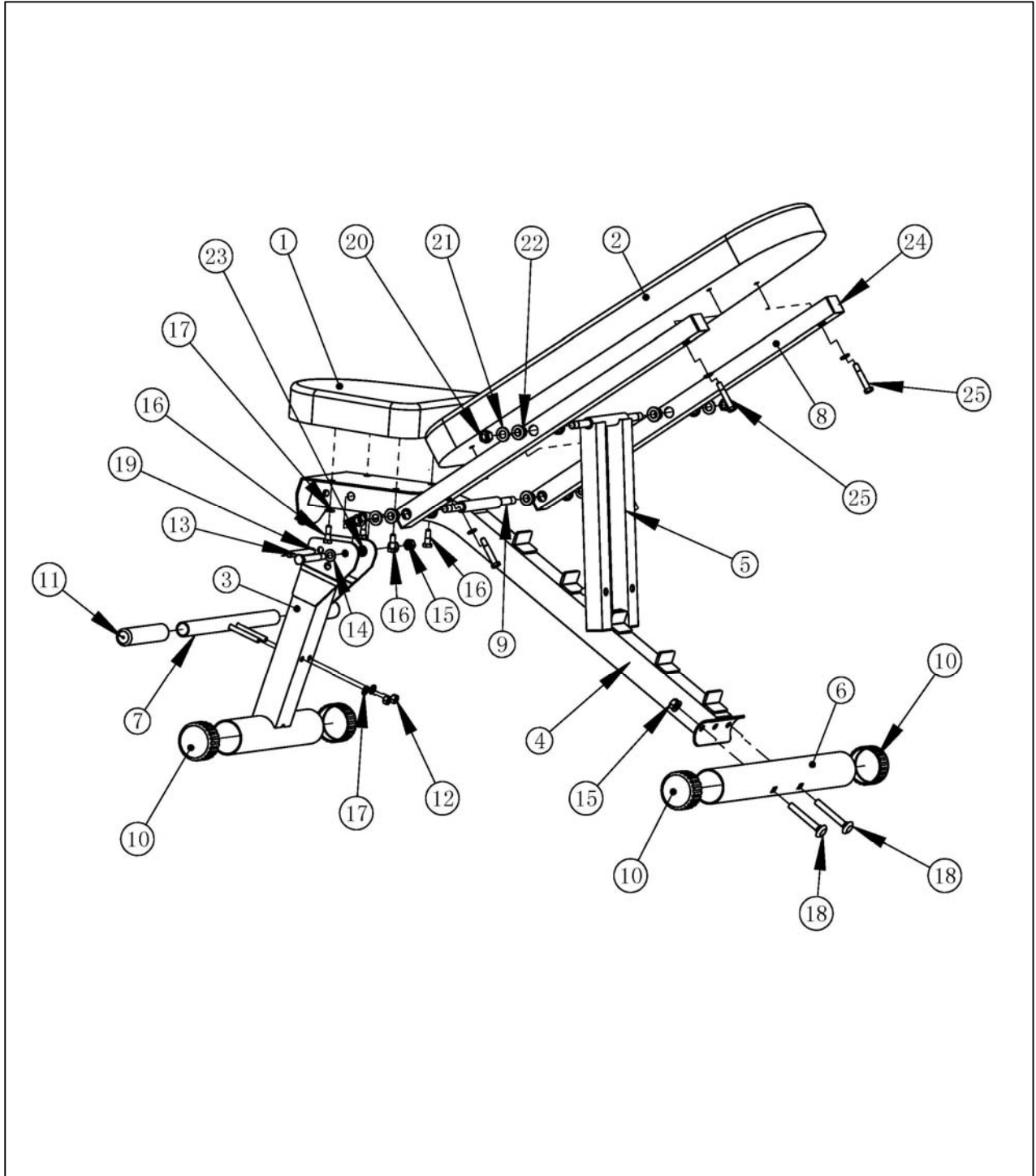
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has 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.

**Maximum recommended exercise weights not to exceed 300lbs**

# EXPLODED DRAWING



## PARTS LIST

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Part No.	Description	Q'ty
1	Seat Pad	1
2	Back Pad	1
3	Front Support Frame	1
4	Main Frame	1
5	Adjustable Frame	1
6	Rear Base Frame	1
7	Handlebar	1
8	Back Pad Support	2
9	Shaft	2
10	End Cap	4
11	Handlebar Grip	2
12	Lock Nut for M8 Bolt	2
13	Hex Bolt M10x80mm (3-3/4")	1
14	Flat Washer for M10 bolt	4
15	Lock Nut for M10 bolt	3
16	Hex Bolt M8x20mm (3/4")	4
17	Flat Washer for M8 bolt	10
18	Carriage Bolt M10x75mm (2-3/4")	2
19	Lock Pin	1
20	Lock Nut for M12 bolt	4
21	Flat Washer for M12 bolt	4
22	Metal Bushing $\phi$ 12mm	8
23	Metal Bushing $\phi$ 10mm	2
24	End Cap	6
25	Hex Bolt M8x50mm (2")	4

# ASSEMBLY INSTRUCTIONS

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

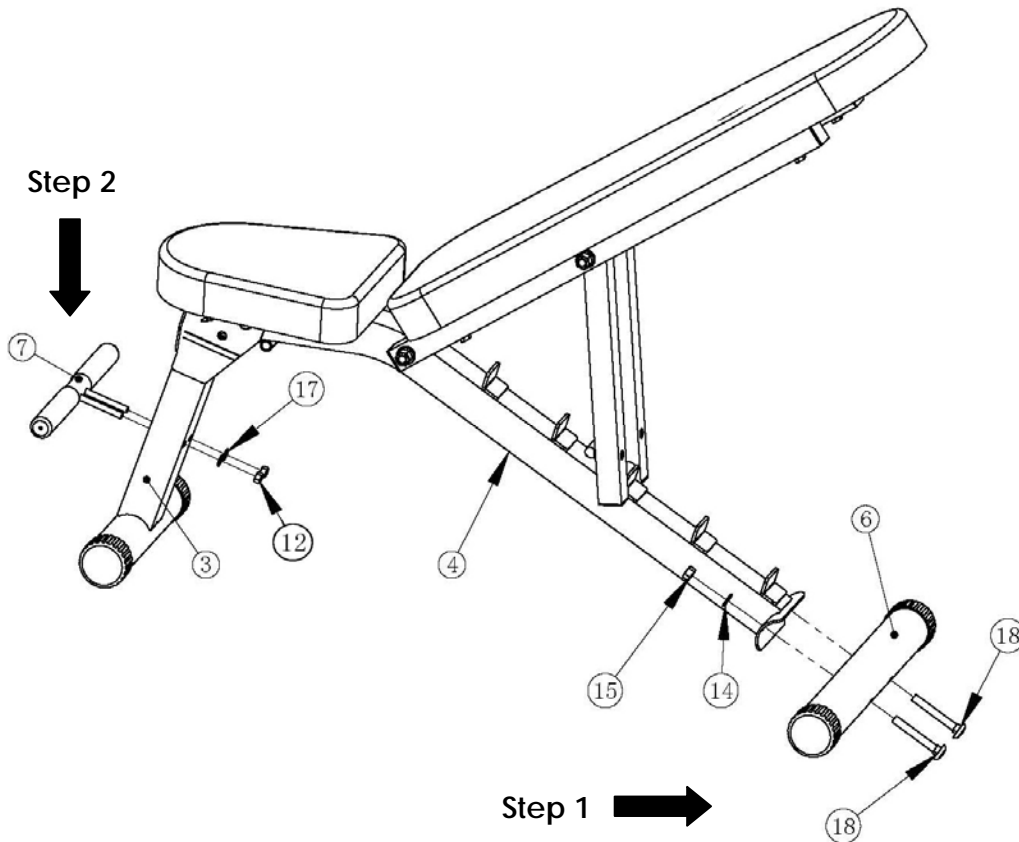
## Step 1

Attach the Rear Base Frame (6) to the Main Frame (4), using 2 Carriage Bolts (18), 2 Flat Washers (14) and 2 Lock Nuts (15).

## Step 2

Please install the Handlebar (7) to the Front Support Frame (3), using 2 Flat Washers (17) and 2 Lock Nuts (12).

**Note:** Please tighten all the nuts using wrenches.



## FOLDING INSTRUCTIONS

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### TO OPEN:

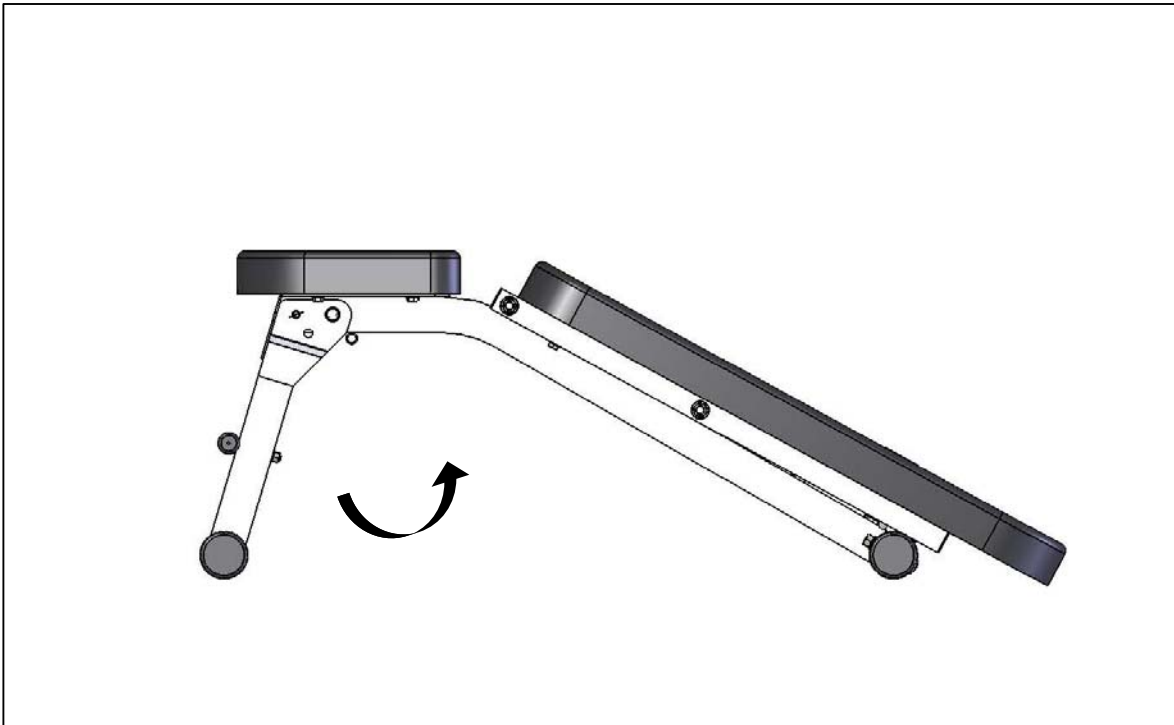
Pull the front support frame out all the way, it will snap into position, then use the Lock Pin to secure it in place.

Adjust back pad to desired angle by moving the support frame to different tab that welded on the Main frame.

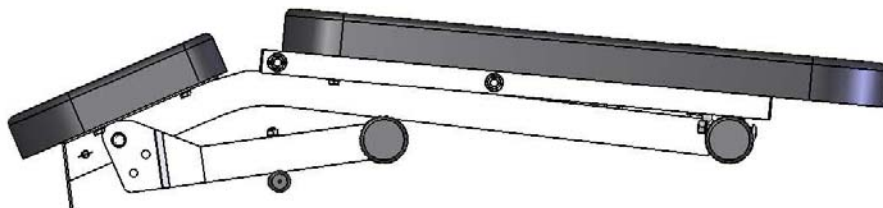


**TO FOLD:**

Place back pad in decline position, pull out the Lock Pin and fold the front support frame under.



Bench folds for easy storage





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