

# **ITKO<sup>®</sup>**

## **FLAT BENCH**

Model 6500



# 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**

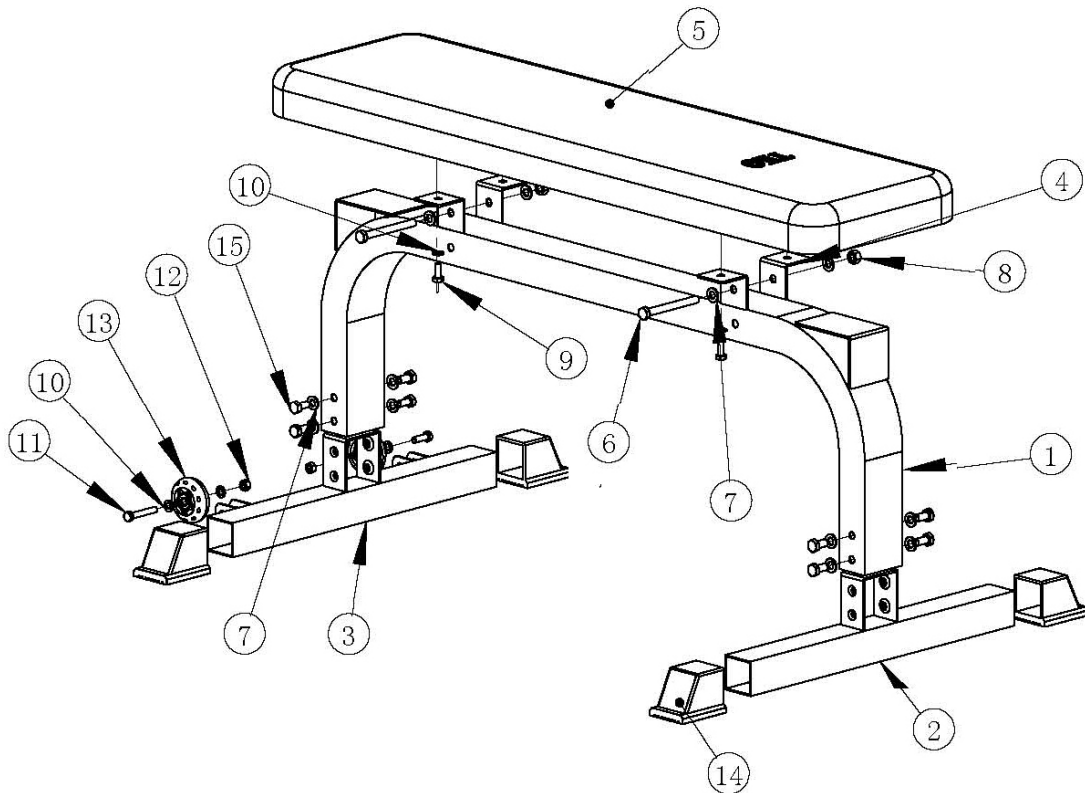
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has 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 including weights not to exceed 700Lbs**

## EXPLODED DRAWING & PARTS LIST



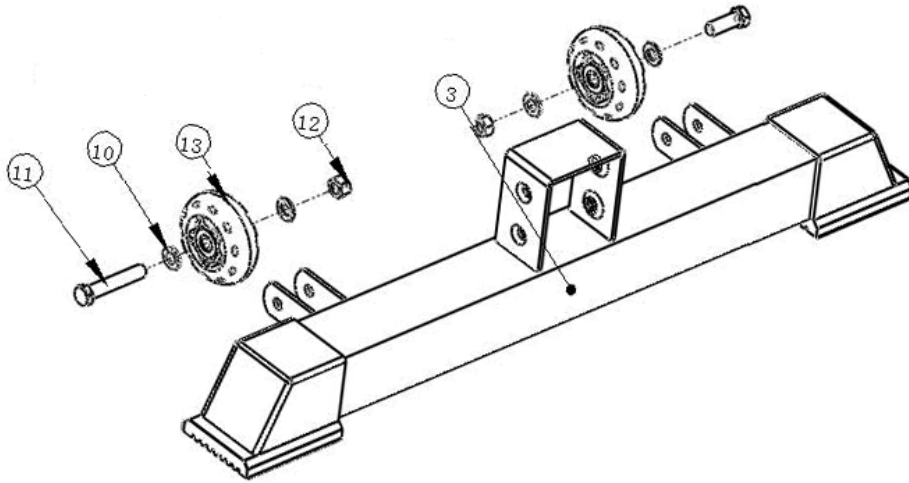
No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	9	Hex Bolt M8X25mm	4
2	Front Base Frame	1	10	Flat Washer for M8 Bolt	8
3	Rear Base Frame	1	11	Hex Bolt M8X40mm	2
4	Connect Bracket	4	12	Lock Nut for M8 Bolt	2
5	Back pad	1	13	Transportation Wheel	2
6	Hex Bolt M10X95mm	2	14	End Cap	4
7	Flat Washer for M10 Bolt	12	15	Hex Bolt M10X20mm	8
8	Lock Nut for M10 Bolt	2			

# ASSEMBLY INSTRUCTIONS

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

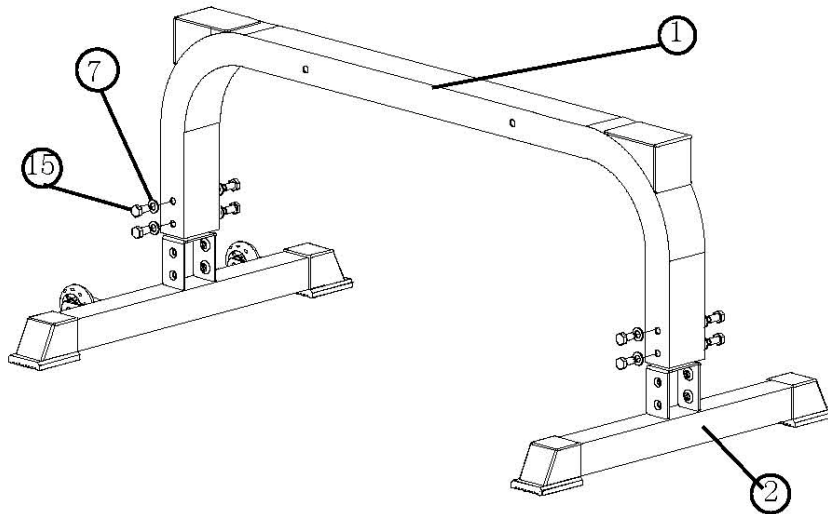
## Step 1

Install the Transportation Wheels (13) to the Rear Base Frame (3), using 2 Hex Bolts (11), 4 Flat Washers (10) and 2 Lock Nuts (12).



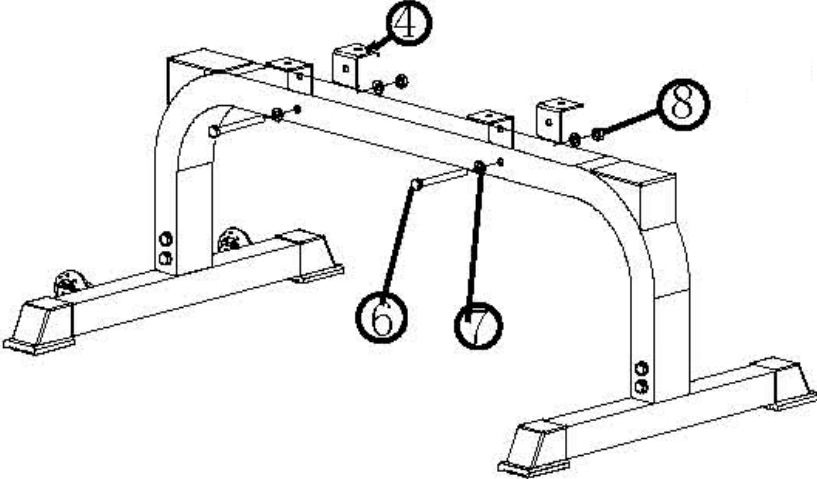
## Step 2

Attach the Main Frame (1) to the Front and Rear Base Frame (2&3), using 8 Hex Bolts (15) and 8 Flat Washers (7).



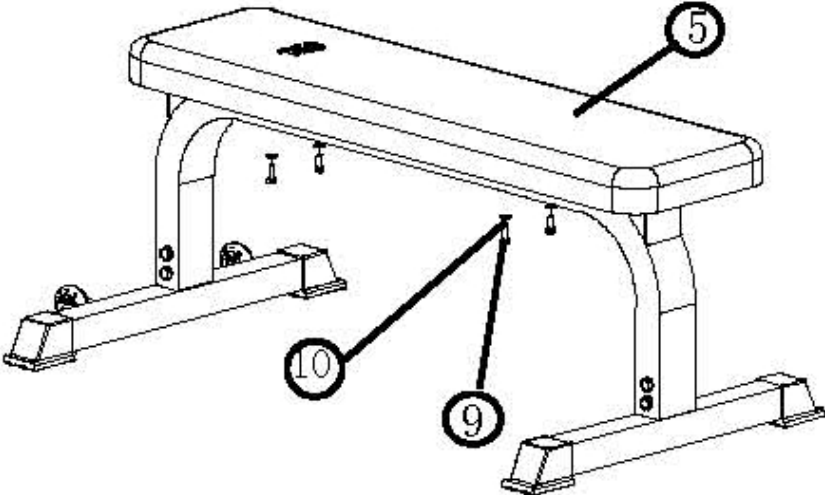
### Step 3

Please install the Brackets (4) to the Main Frame (1), using 4 Hex Bolts (6), 4 Flat Washers (7) and 2 Lock Nuts (8).



### Step 4

Attach the Back Pad (5) to the Main Frame (1), using 4 Hex Bolts (9) and 4 Flat Washers (10).



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



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