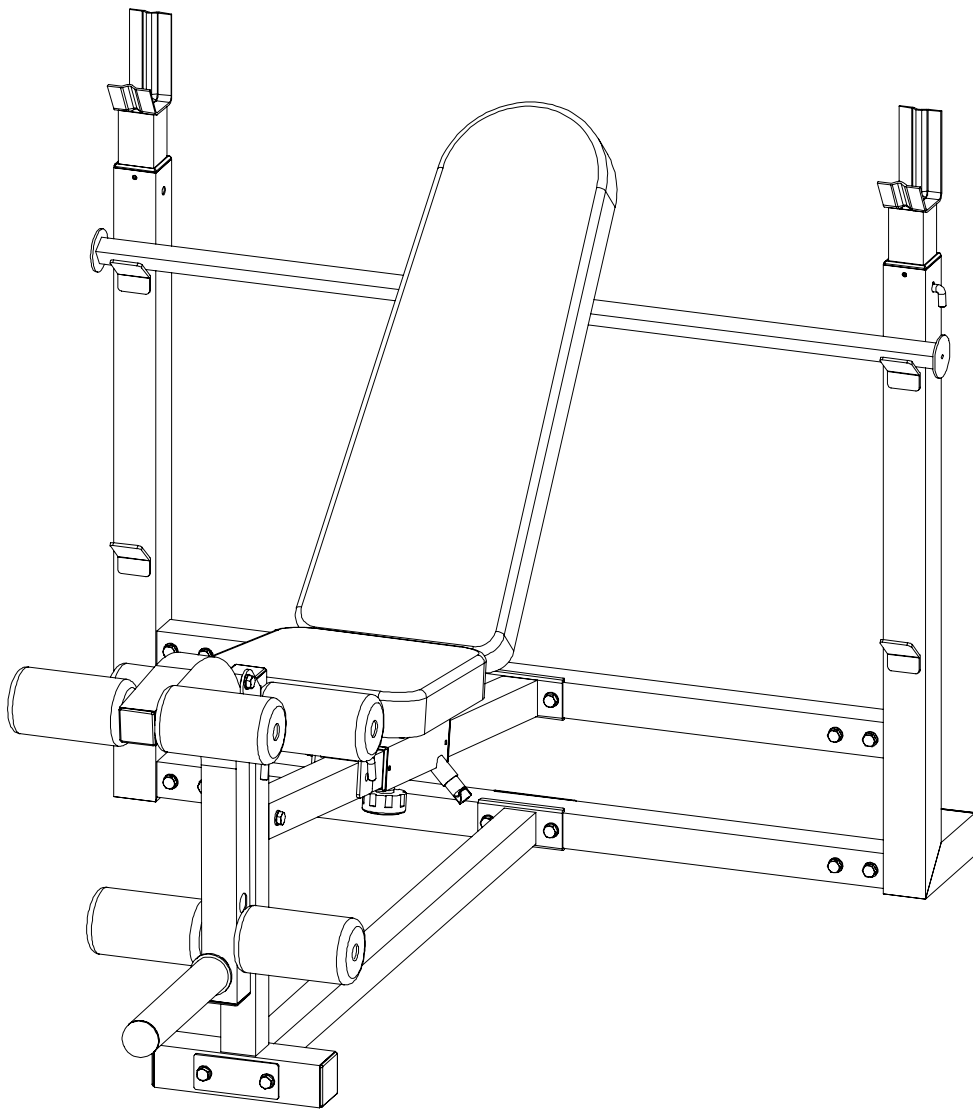


ITKO[®]

Olympic Bench

Model 6600



IMPORTANT SAFETY INSTRUCTIONS

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
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 weight set not to exceed 350 pounds.

Maximum recommended exercise weights not to exceed:

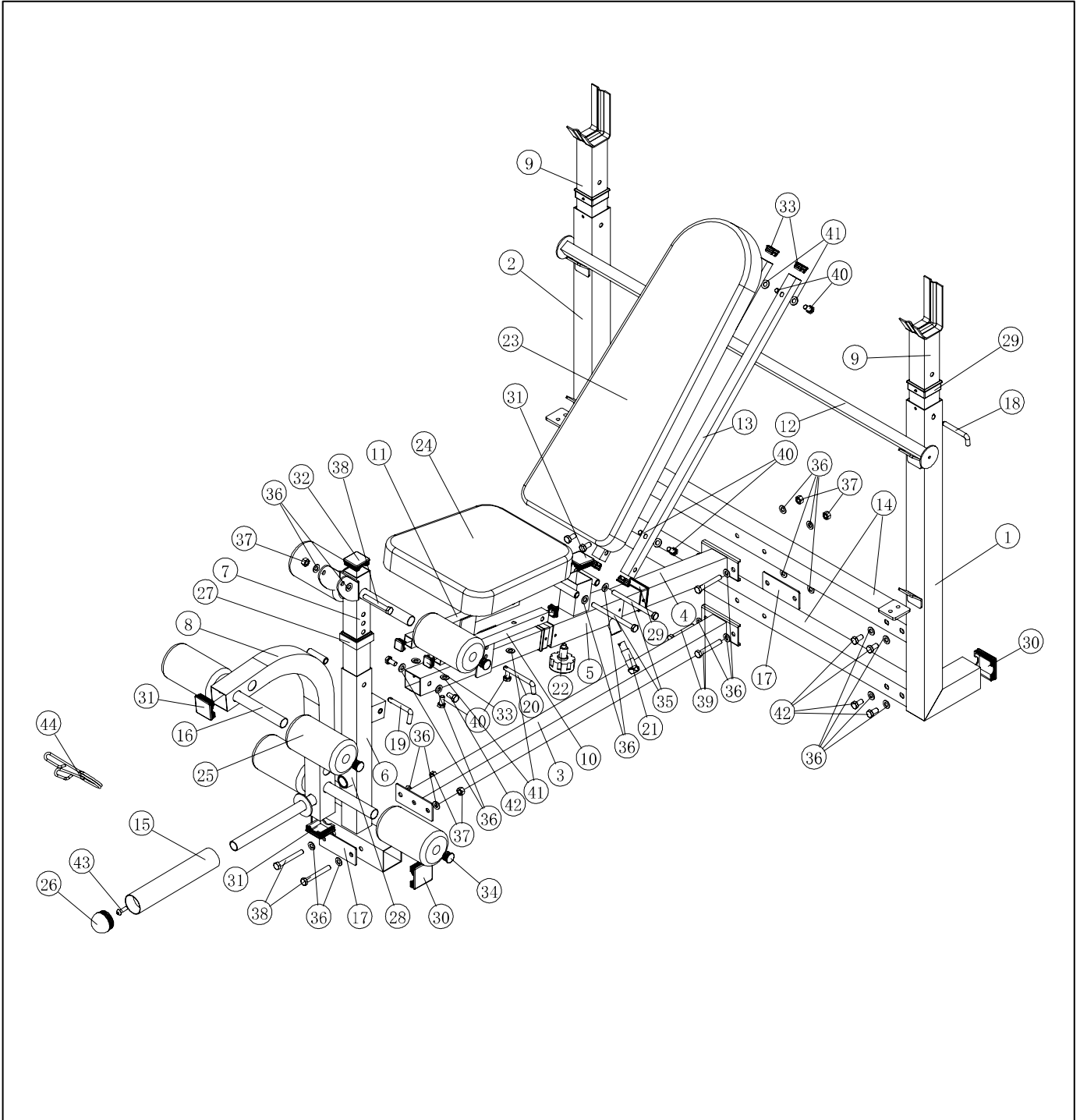
Bench press (incline, decline and flat)

650 pounds (combined weight of user plus weight set).

Leg extension

150 pounds (weight set only).

EXPLODED DRAWING



PARTS LIST

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Upright Frame-L	1	23	Back Pad	1
2	Upright Frame-R	1	24	Seat Pad	1
3	Main Support Frame	1	25	Foam Roller	6
4	Seat & Back Pad Adjustable Frame	1	26	Round End Cap 50mm	1
5	Seat & Back Pad Sliding Mechanism	1	27	Plastic Bushing	1
6	Leg Extension Support Frame	1	28	Rubber Bumper	1
7	Leg Extension Adjustable Frame	1	29	Plastic Bushing	4
8	Leg Extension	1	30	End Cap F60mm	4
9	Adjustable Sliding Upright	2	31	End Cap F50mm	3
10	Seat Pad Support Frame-R	1	32	End Cap F45mm	1
11	Seat Pad Support Frame-L	1	33	End Cap F25mm	8
12	Back Pad Elevation Bar	1	34	Round End Cap 25mm	6
13	Back Pad Support Frame	2	35	Hex Bolt M10x135mm (5-1/4")	2
14	Upright Cross Frame	2	36	Flat Washer for M10 bolt	36
15	Weight Holder	1	37	Lock Nut for M10 bolt	9
16	Foam Roller Tube	3	38	Hex Bolt M10x80mm (3-1/8")	3
17	Metal Plate	2	39	Hex Bolt M10X70MM (2-3/4")	4
18	Lock Pin for Upright Frame	2	40	Hex Bolt M8X40MM (1-1/2")	8
19	Lock Pin for Leg Extension Support Frame	1	41	Flat Washer for M8 bolt	8
20	Lock Pin for Seat Support Frame	1	42	Hex Bolt M10x20mm (3/4")	18
21	Knob	1	43	Allen Bolt M8x25mm (1")	1
22	Knob	1	44	Olympic Clip	1

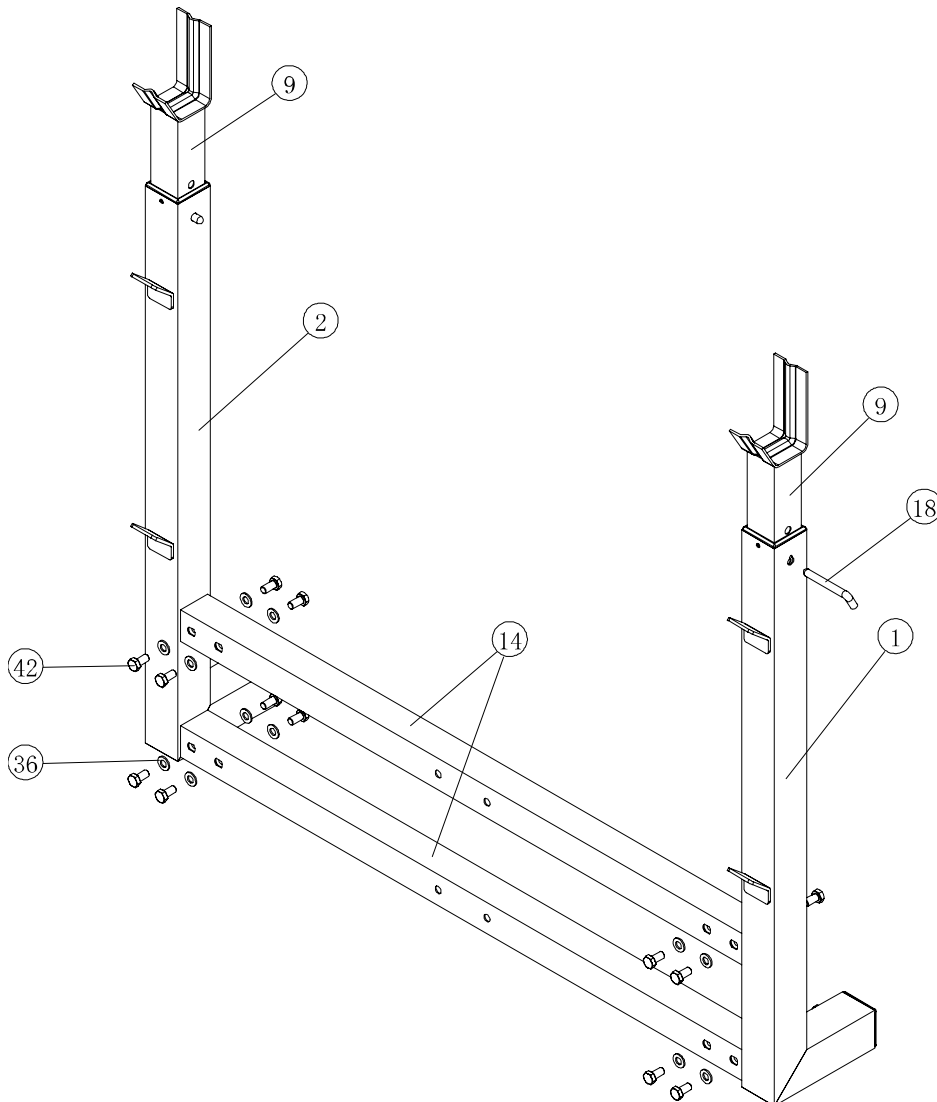
ASSEMBLY STEP

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

Step 1

Please connect the Upright Cross Frames (14) to the Upright Frames (1&2), using 16 Hex Bolts (42) and 16 Flat Washers (36).

Please do not tighten the bolts.

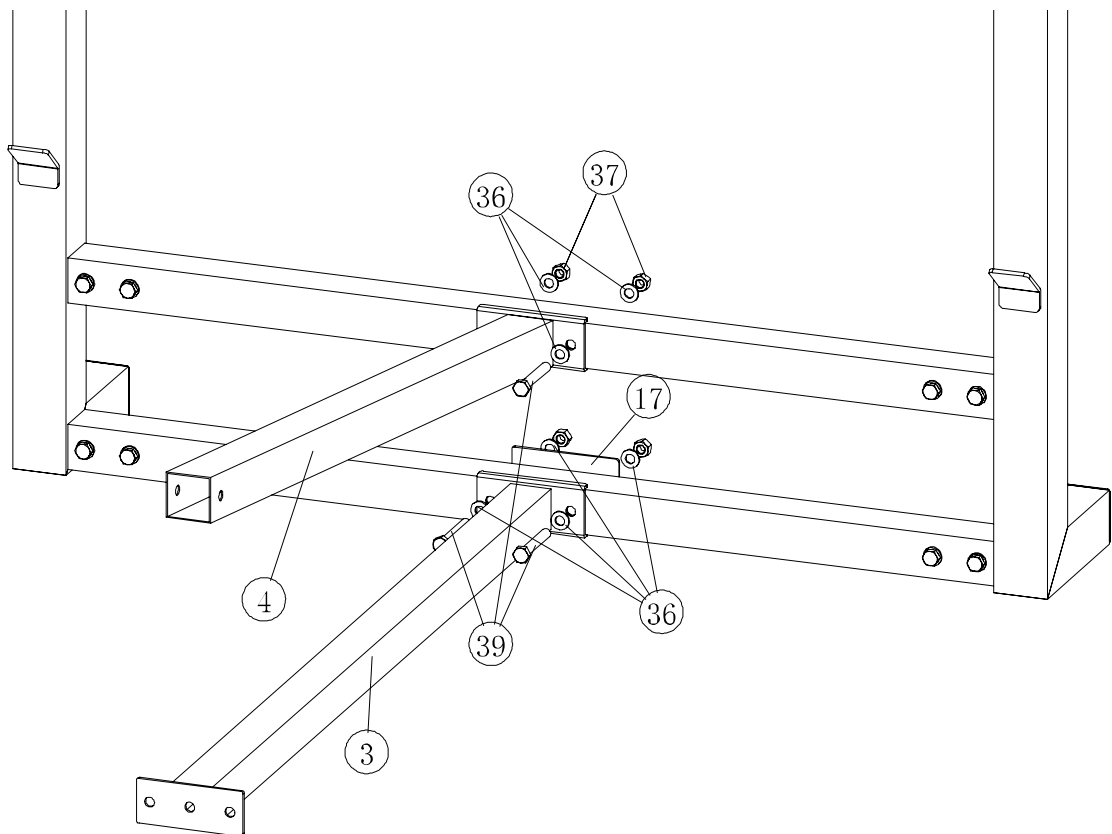


Step 2

Please Connect the Main Support Frame (3) to the Lower Upright Cross Frame (14), using one Metal Plate (17), 2 Hex Bolts (39), 4 Flat Washers (36) and 2 Lock Nuts (37).

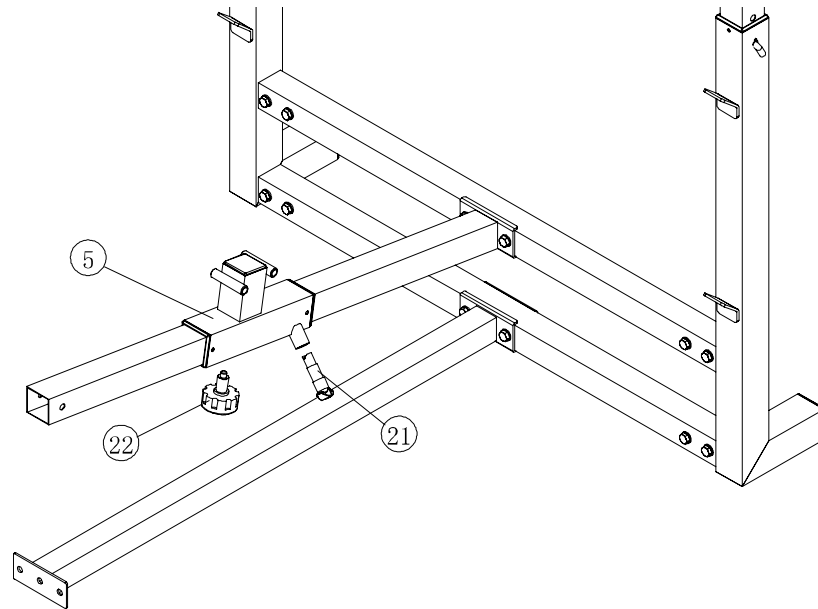
Please Connect the Seat & Back Pad Adjustable Frame (4) to the upper Upright Cross Frame (14), using 2 Hex Bolts (39), 4 Flat Washers (36) and 2 Lock Nuts (37).

Please do not tighten the bolts and nuts.



Step 3

Slide the Seat and Back Pads Sliding Mechanism (5) onto the Seat & Back Pad Adjustable Frame (4), secure it with a Lock Knob (21) and Knob (22). Make sure the Plastic Bushings (29) are properly installed inside the tubing.

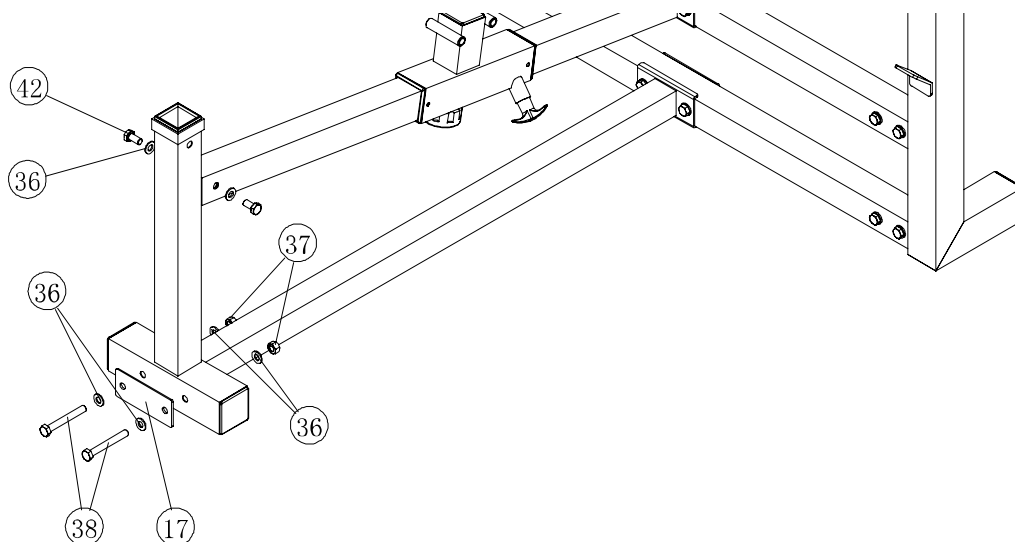


Step 4

Please connect the Seat & Back Pad Adjustable Frame (4) to the Leg Extension Support Frame (6), using 2 Hex Bolts (42) and 2 Flat Washers (36).

Please connect the Main Support Frame (3) to the Leg Extension Support Frame (6), using one Metal Plate (17), 2 Hex Bolts (38), 4 Flat Washers (36) and 2 Lock Nuts (37).

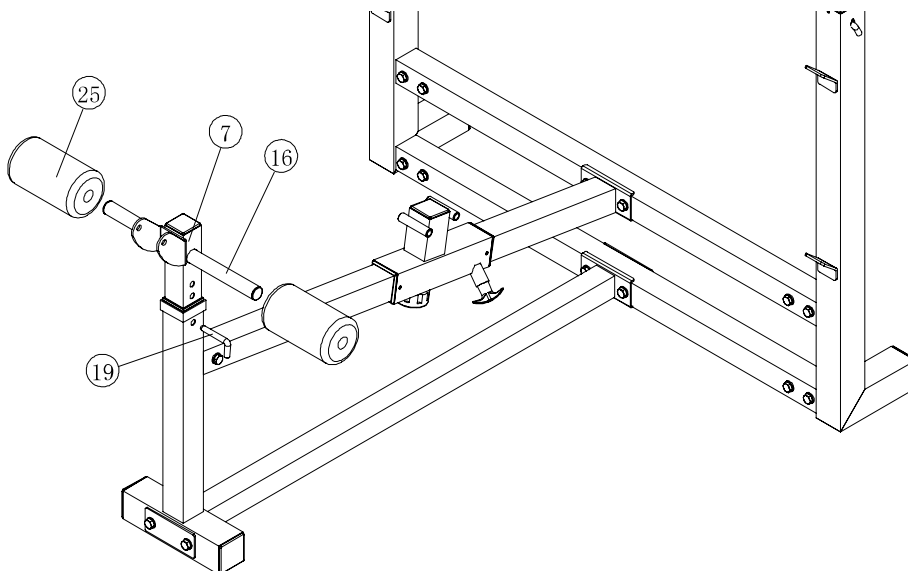
Please tighten all the bolts and nuts with wrenches.



Step 5

Please insert the Leg Extension Adjustable Frame (7) into the Leg Extension Support Frame (6), use the Pin (19) to lock it.

Please insert the Foam Roller Tube (16) into the hole of the Leg Extension Adjustable Frame (7), then slide the foam rollers (25) onto the Foam Roller tube (16).

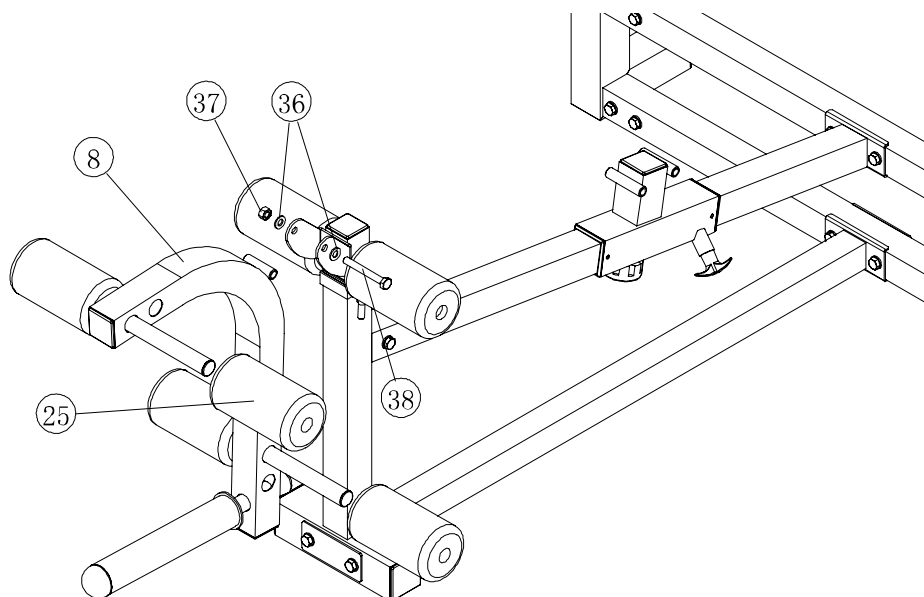


Step 6

Please attach the Leg Extension (8) to the Leg Extension Support Frame (7), Using one Hex Bolt (38), 2 Flat Washers (36) and 1 Lock Nut (37).

Please do not over tighten it as it is the pivot shaft for the leg lift.

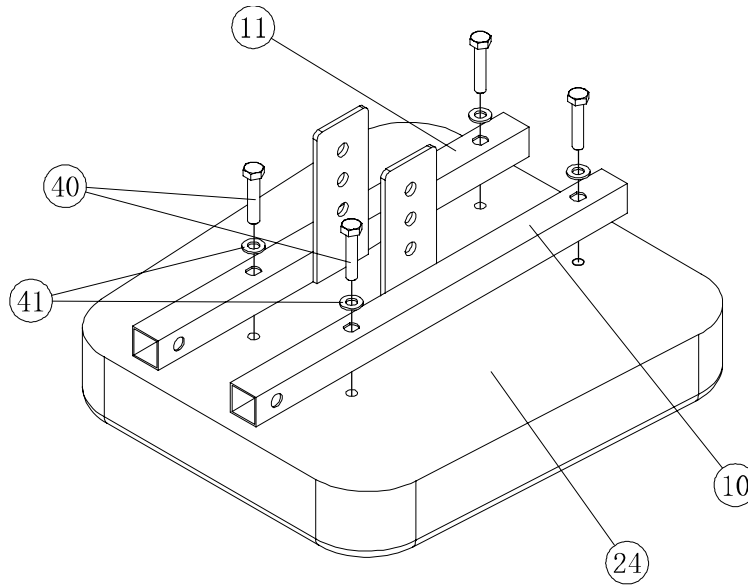
Please insert the Foam Roller Tubes into the hole of the Leg Extension (8), then slide the Foam Rollers (25) onto the Tube.



Step 7

Please attach the Seat Pad (24) to the Seat Pad Support Frames (10&11), using 4 Hex Bolts (40) and 4 Flat Washers (41).

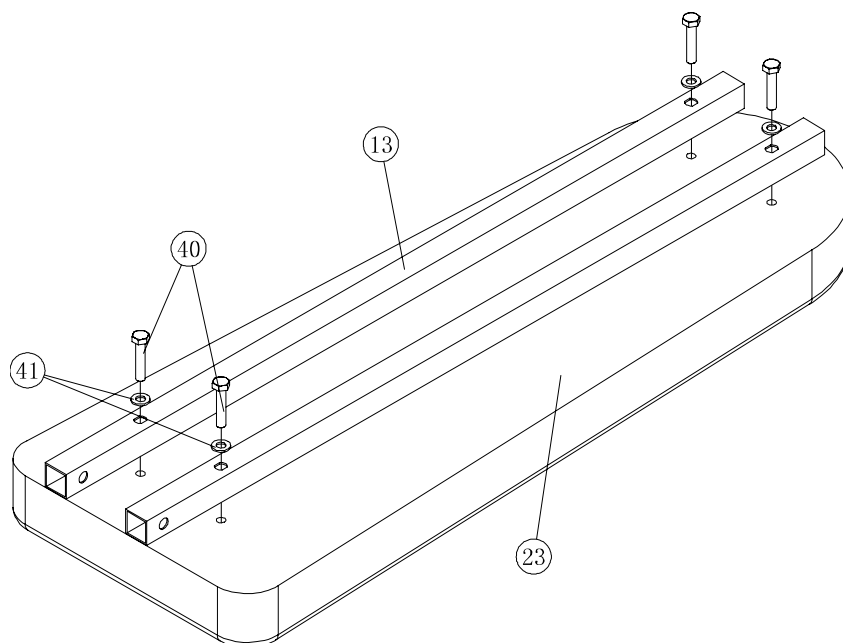
Please tighten all the bolts with wrench.



Step 8

Please attach the Back Pad (23) to the Back Pad Support Frames (13), using 4 Hex Bolts (40) and 4 Flat Washers (41).

Please tighten all the bolts with wrench.

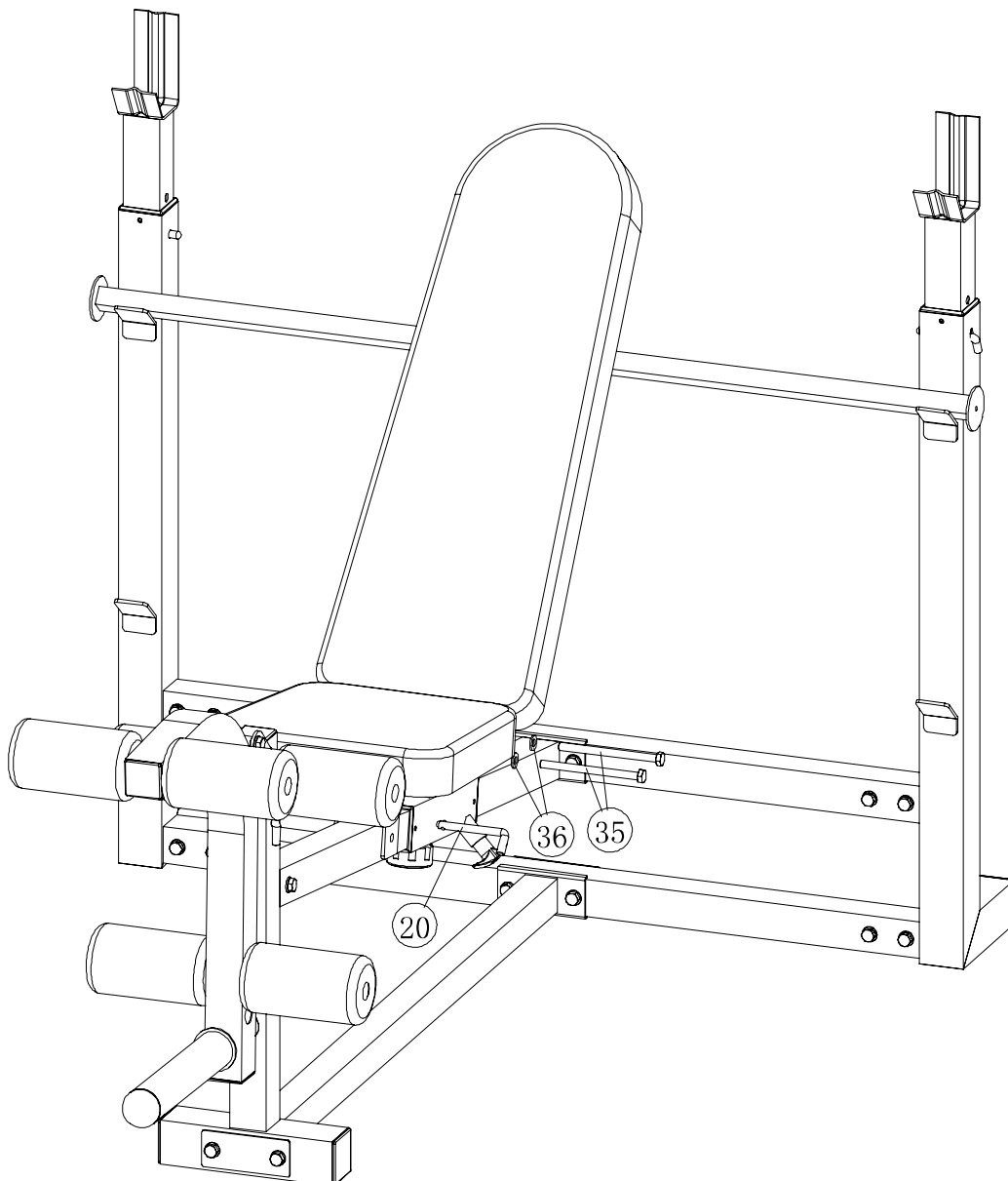


Step 9

Please connect the Seat and Back Pads assembly to the Back Pads Sliding Mechanism (5), using 2 Hex Bolts (35), 4 Flat Washers (36) and 2 Lock Nuts (37).

Please do not over tighten them as they are the pivot shafts for the pads lift.

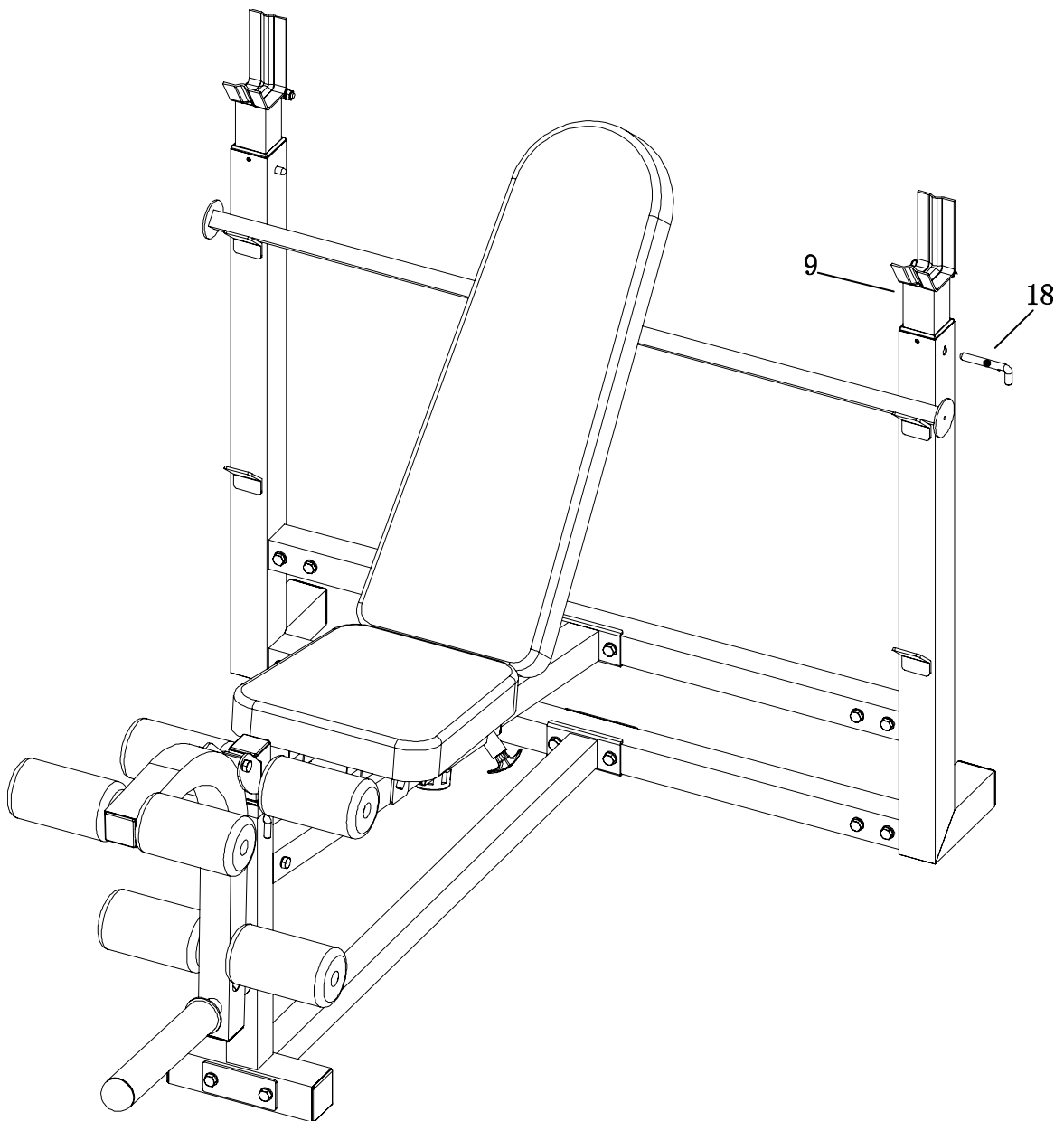
Please lock the Seat Support Frames (10&11) using the Pin (20)



Step 10

Please slide the Adjustable Sliding Uprights (9) into the upright Frames (1 & 2), secure it with the Lock Pins (18).

Note: The L shaped lock pin is specially designed to ensure the sliding uprights are securely in place when using the bench. The L pin has a tab punched out, turn the L pin upward, make sure the tab is going through the Key way in the hole punched, turn the L pin so the handle of the L pin is now facing downward toward the floor.





TKO SPORTS GROUP USA LTD
7354 Denny Road
Suite 100
Houston, TX 77040
866-856-3488
www.tko.com