



Functional Trainer

Model 8060FT

+ Owner's Manual
10.2023

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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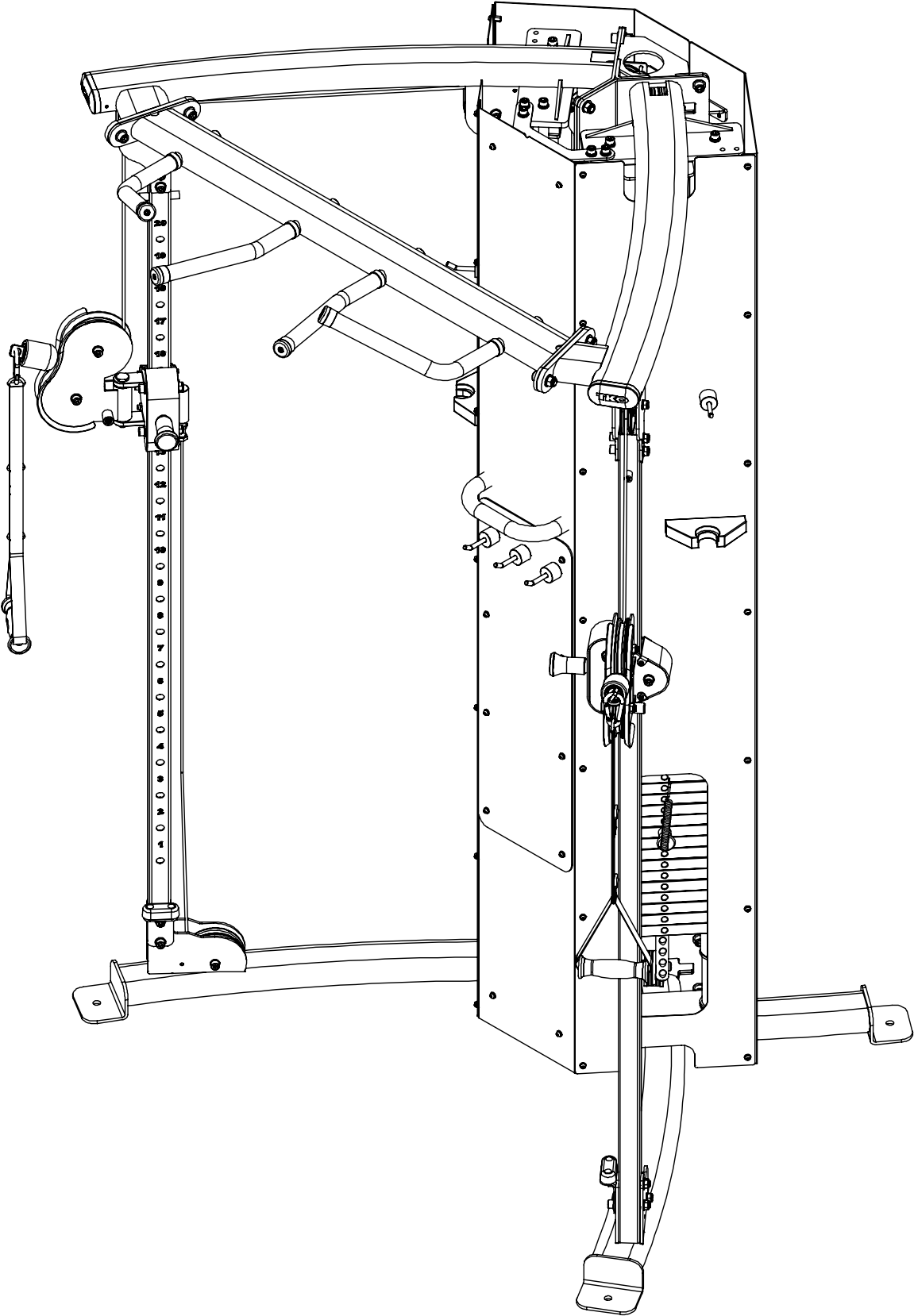
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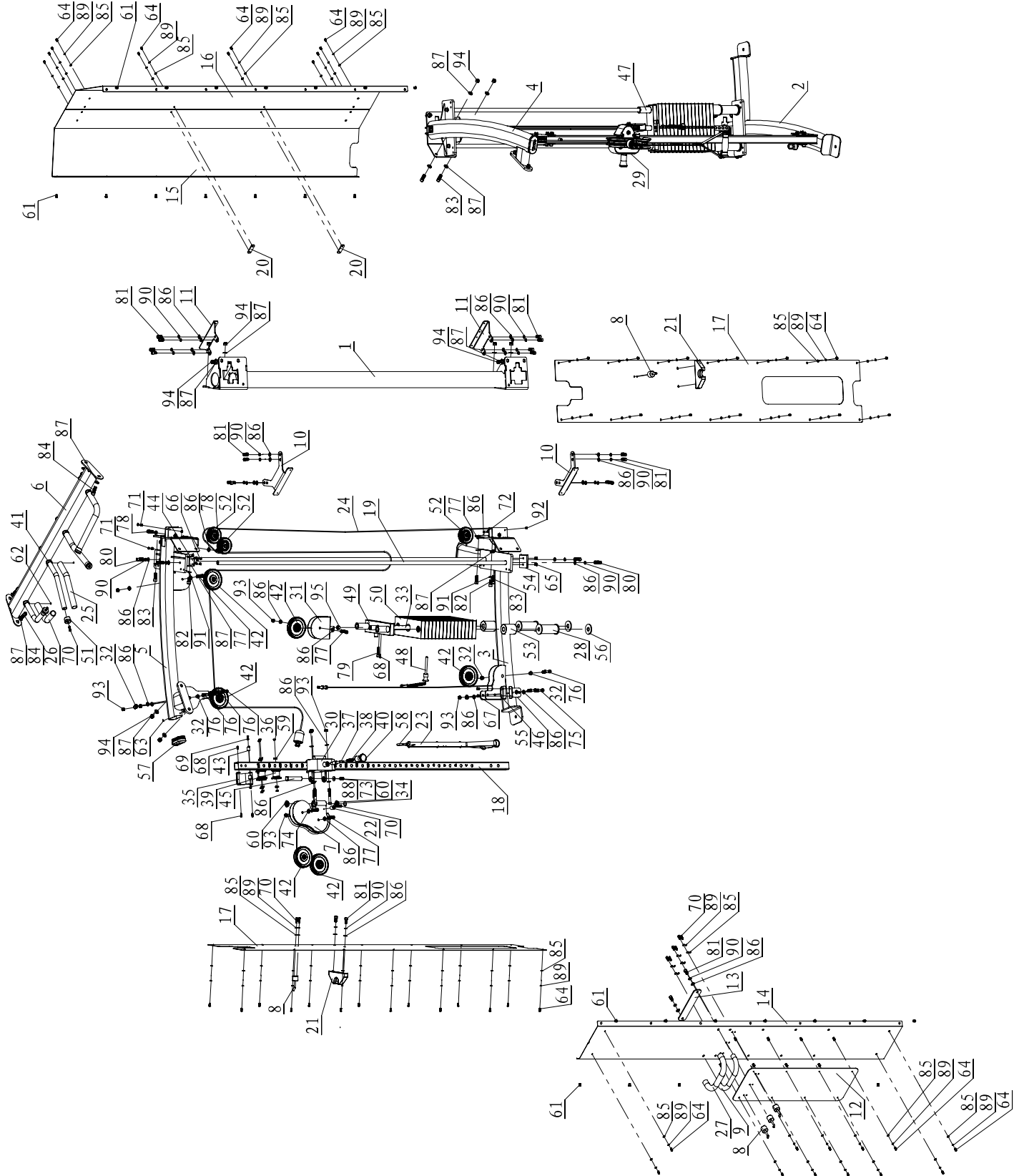
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Product Diagram

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Exploded Diagram



Parts List

No.	Description	QTY	No.	Description	QTY
1	Rear Upright Frame	1	49	Top Weight 247*65*25.4	1
2	Right Base Frame	1	50	Weight Stack 260*100*25.40	30
3	Left Base Frame	1	51	End Cap $\Phi 34.5 \times \Phi 6.5 \times 25$	4
4	Right Upper Cross Frame	1	52	Pulley $\Phi 89 \times 26.20$	6
5	Left Upper Cross Frame	1	53	Cushion $\Phi 55 \times \Phi 20.5 \times 75$	4
6	Upper Cross Frame	1	54	Pad 70*70*10	2
7	Double Pulley Frame	2	55	Cushion 30*70*20	2
8	Hook Frame	5	56	Pad $\Phi 56 \times \Phi 20.5 \times 5$	4
9	Handle Frame	1	57	End Cap PT50*100*3	2
10	Fixing Plate 256*118.5*44*5	2	58	Safety Hook $\Phi 8 \times 80$	2
11	Fixing Plate 203*108*33.5*5	2	59	Bearing 61800ZZ	12
12	ABS Plate 762*250*3	1	60	Bearing 61804ZZ	4
13	Fixing Plate 235*50*5	1	61	Hex Nut M6*15	36
14	Front Shroud 2115*293.8*22.7*1.5	1	62	Hex Screw M6*4	4
15	Left Rear Shroud 2115*380*95*1.5	1	63	Hex Screw M6*6	4
16	Right Rear Shroud 2115*380*95*1.5	1	64	Hex Pan Bolt M6*12	52
17	Front Side Shroud 2115*343*1.5	2	65	Hex Pan Bolt M8*12	4
18	Adjusting Tube F40*2*1878	2	66	Cross Sunk Screw M5*10	8
19	Guide Rod $\Phi 20 \times 2008 \times M10$	4	67	Cross Pan Screw M6*12	4
20	Fixing Plate 60*20*4	2	68	Hex Bolt M5*10	10
21	Cradle 152*63.5*25	2	69	Hex Bolt M6*15	4
22	Sleeve $\Phi 20 \times \Phi 10.5 \times \Phi 6.1 \times 24$	4	70	Hex Bolt M6*20	18
23	Adjustable Handle 586*132	2	71	Hex Bolt M6*40	4
24	Cable $\Phi 5 \times 8340$	2	72	Hex Bolt M6*45	2
25	Sleeve $\Phi 24 \times 3 \times 300$ (HDR)	2	73	Hex Bolt M8*15	2
26	Sleeve $\Phi 24 \times 3 \times 370$ (HDR)	2	74	Hex Bolt M10*75	6
27	Sleeve $\Phi 24 \times 3 \times 330$ (HDR)	1	75	Hex Bolt M10*70	4
28	Support for Weight Stack	4	76	Hex Bolt M10*65	8
29	Right Slide Frame	1	77	Hex Bolt M10*50	10
30	Left Slide Frame	1	78	Hex Bolt M10*45	4
31	Pulley Frame	2	79	Hex Bolt M10*40	2
32	Sleeve $\Phi 18 \times 14$	8	80	Hex Bolt M10*35	8
33	Selected Rod $\Phi 25 \times 595 \times M12$	2	81	Hex Bolt M10*20	22
34	Washer $\Phi 25 \times \Phi 21 \times 1$	2	82	Hex Bolt M12*20	4
35	Plate 107.6*62*3	2	83	Hex Bolt M12*30	12
36	Sleeve $\Phi 10.2 \times \Phi 12.7 \times 5.5$	12	84	Hex Bolt M12*35	4
37	Pin $\Phi 18 \times \Phi 12 \times 118 \times M10$	2	85	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	62
38	Spring $\Phi 14 \times \Phi 1.5 \times 55$	2	86	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	82
39	Roller $\Phi 54 \times 49$	6	87	Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$	36
40	Knob $\Phi 45 \times 66$	2	88	Big Washer $\Phi 9 \times \Phi 24 \times 2$	2
41	Ring $\Phi 33 \times 10$	4	89	Spring Washer $\Phi 6$	62
42	Pulley $\Phi 115 \times 27.5$	12	90	Spring Washer $\Phi 10$	30
43	Rubber Sleeve $\Phi 15 \times \Phi 6 \times 18$	4	91	Spring Washer $\Phi 12$	4
44	Flat Washer 60*50*6	2	92	Nut M6	6
45	T Shaft $\Phi 25 \times 102$	2	93	Nut M10	28
46	Limit Plate 65*30*80*4	2	94	Nut M12	16
47	Top Weight 247*65*25.4	1	95	Flat Nut M12	2
48	Magnetic Pin $\Phi 10 \times 98$	2			

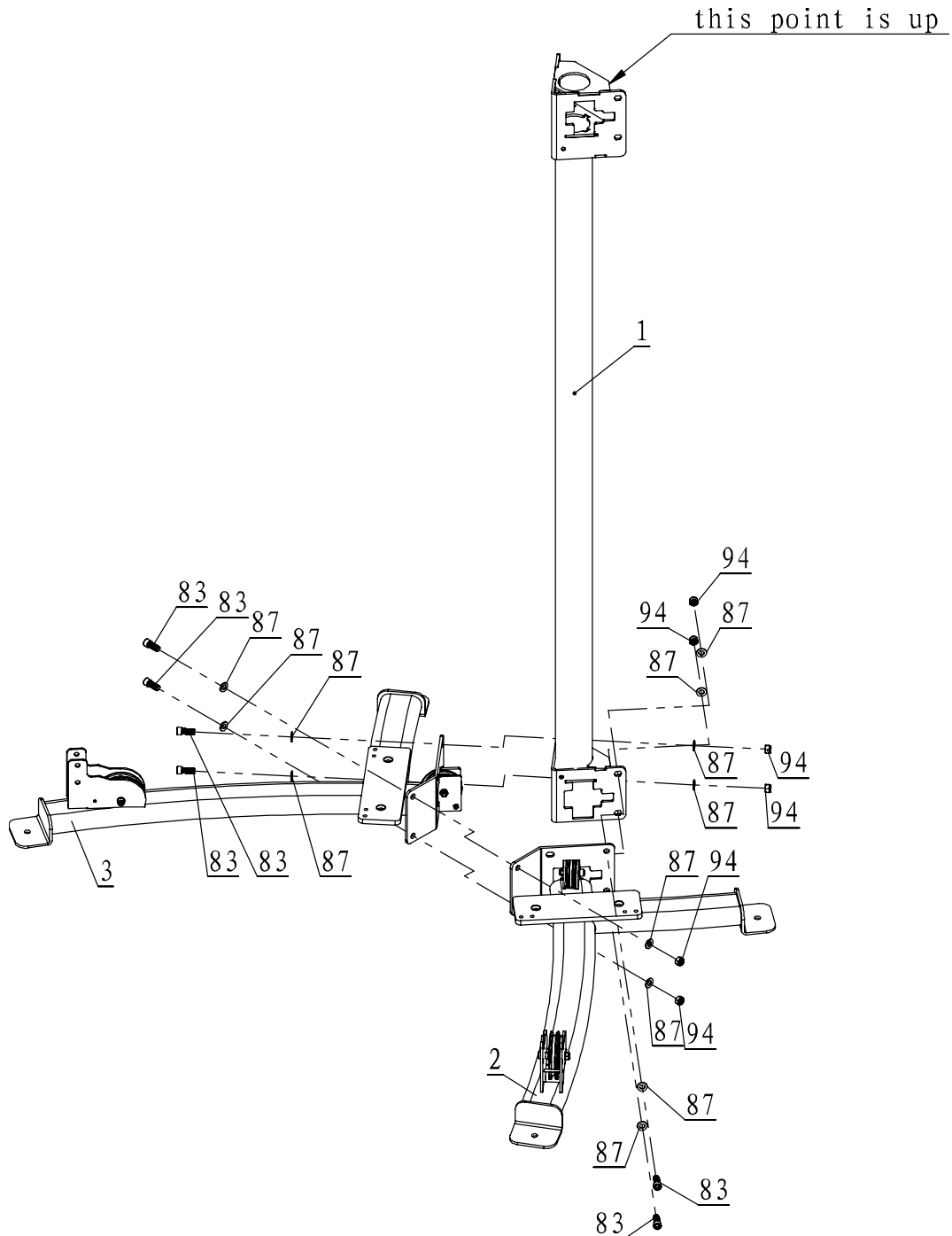
Assembly

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

Step 1

Connect Rear Upper Frame (1), Right Base Frame (2) and Left Base Frame (2), using 6 Hex Bolt M12*30 (83), 12 Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (87) and 6 Nut M12 (94).

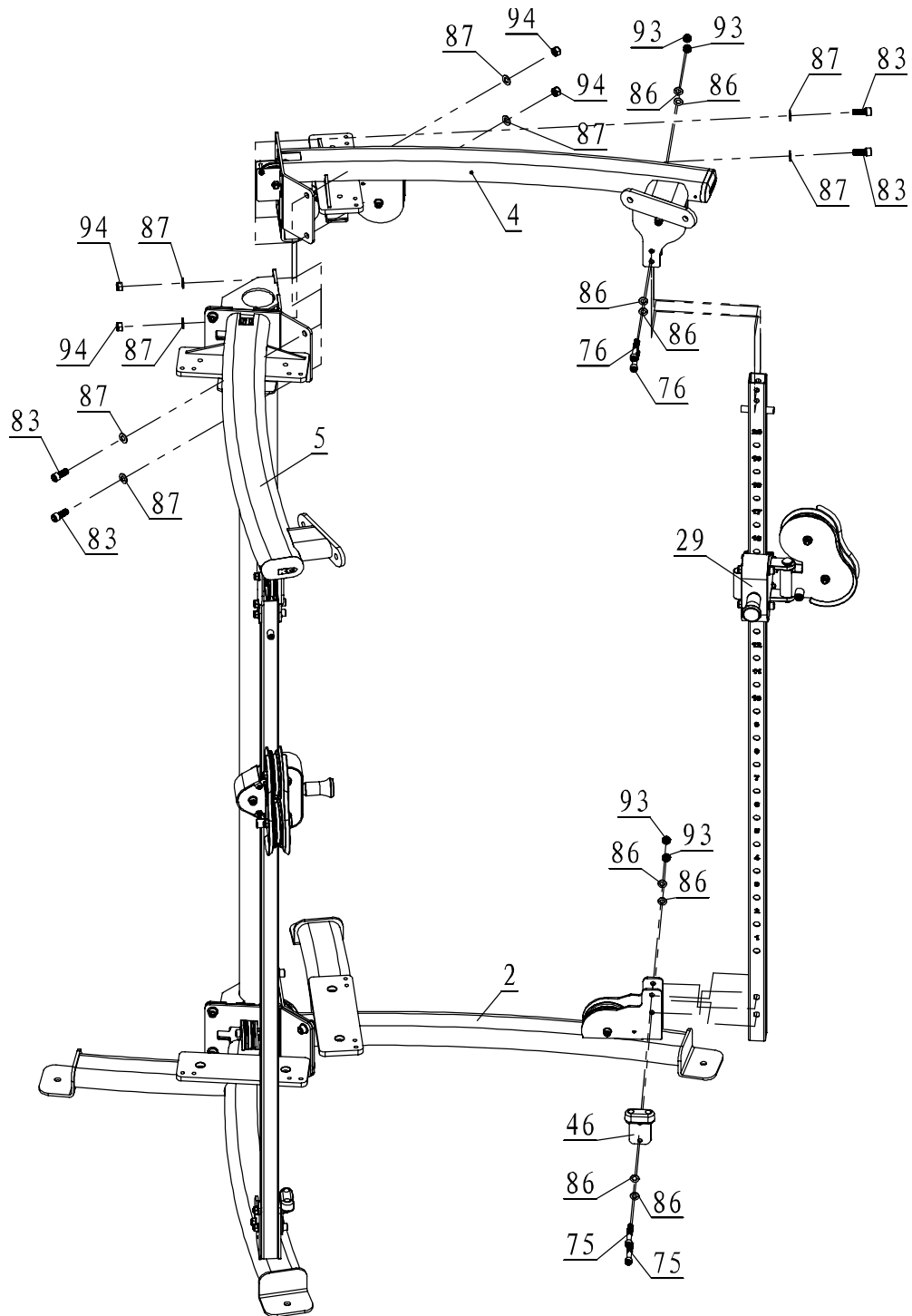
Please don't tighten the bolts.



Assembly

Step 3

Install the other side in the same way.



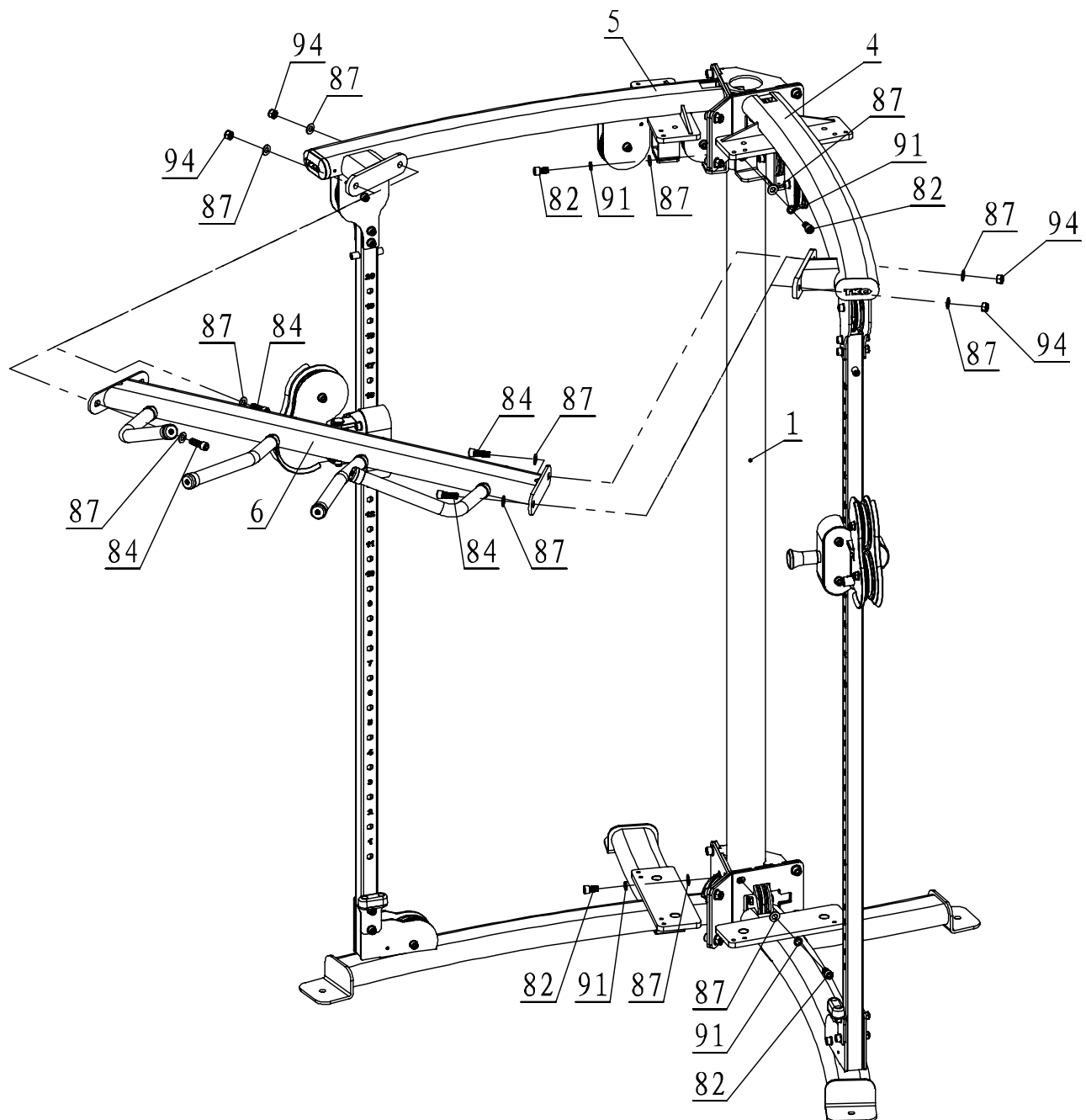
Assembly

Step 4

Install Upper Cross Frame (6) onto Right Upper Cross Frame (4) and Left Upper Cross Frame (5), using 4 Hex Bolt M12*35 (84), 8 Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (87) and 4 Nut M12 (94). Please don't tighten the Nut;

Install 4 Hex Bolt M12*20 (82), 4 Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (87) and 4 (91) onto Rear Upright Frame (1). Please don't tighten the Nut;

Adjust the whole rack to make it stable and tighten all the bolts in the joint.

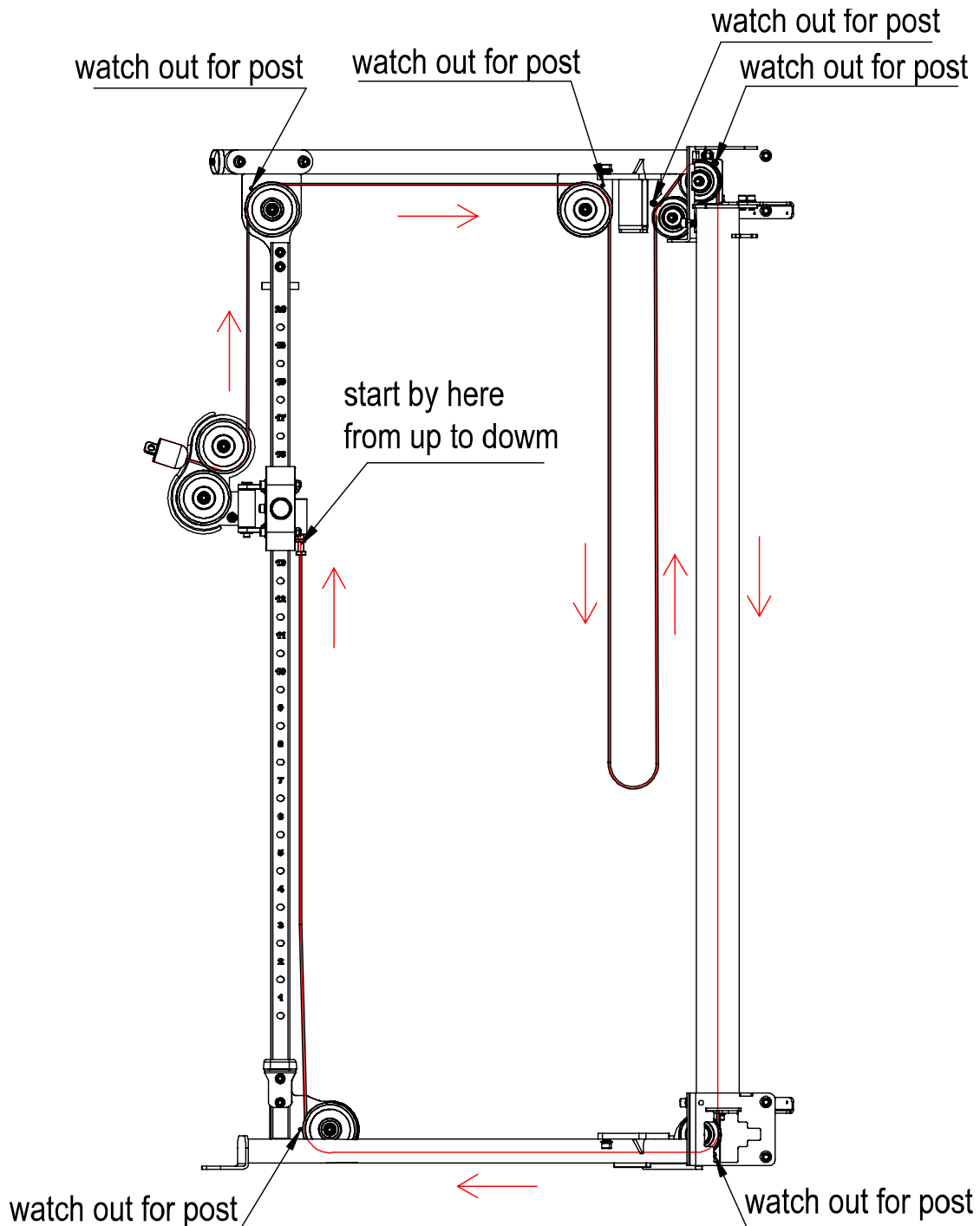


Assembly

Step 5(1)

Take the left side for example, install the cable (24) as the picture shown. Please remove the pulley if necessary. And then put the pulley back when the cable is installed;

Install the other side cable in the same way.



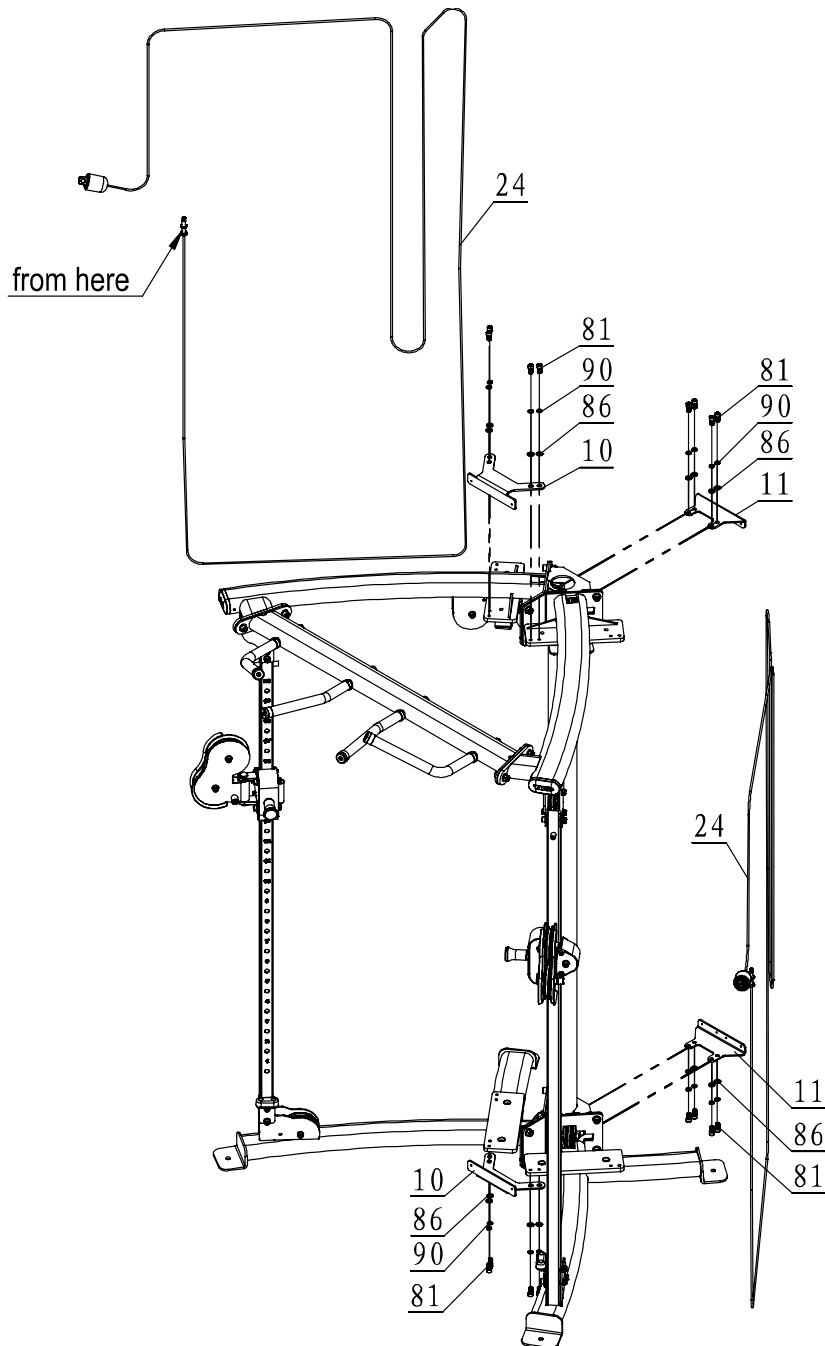
Assembly

Step 5(2)

Install 2 Fixing Plate (10) onto the machine, using 8 Hex Bolt M10*20 (81), 8 Flat Washer $\Phi 11*\Phi 20*2$ (86) and 8 Spring Washer $\Phi 10$ (90). Please tighten the bolt after adjusting them;

Install 2 Fixing Plate (11) onto the machine, using 8 Hex Bolt M10*20 (81), 8 Flat Washer $\Phi 11*\Phi 20*2$ (86) and 8 Spring Washer $\Phi 10$ (90). Please tighten the bolt after adjusting them;

Install the Cable onto the machine as the picture shown.

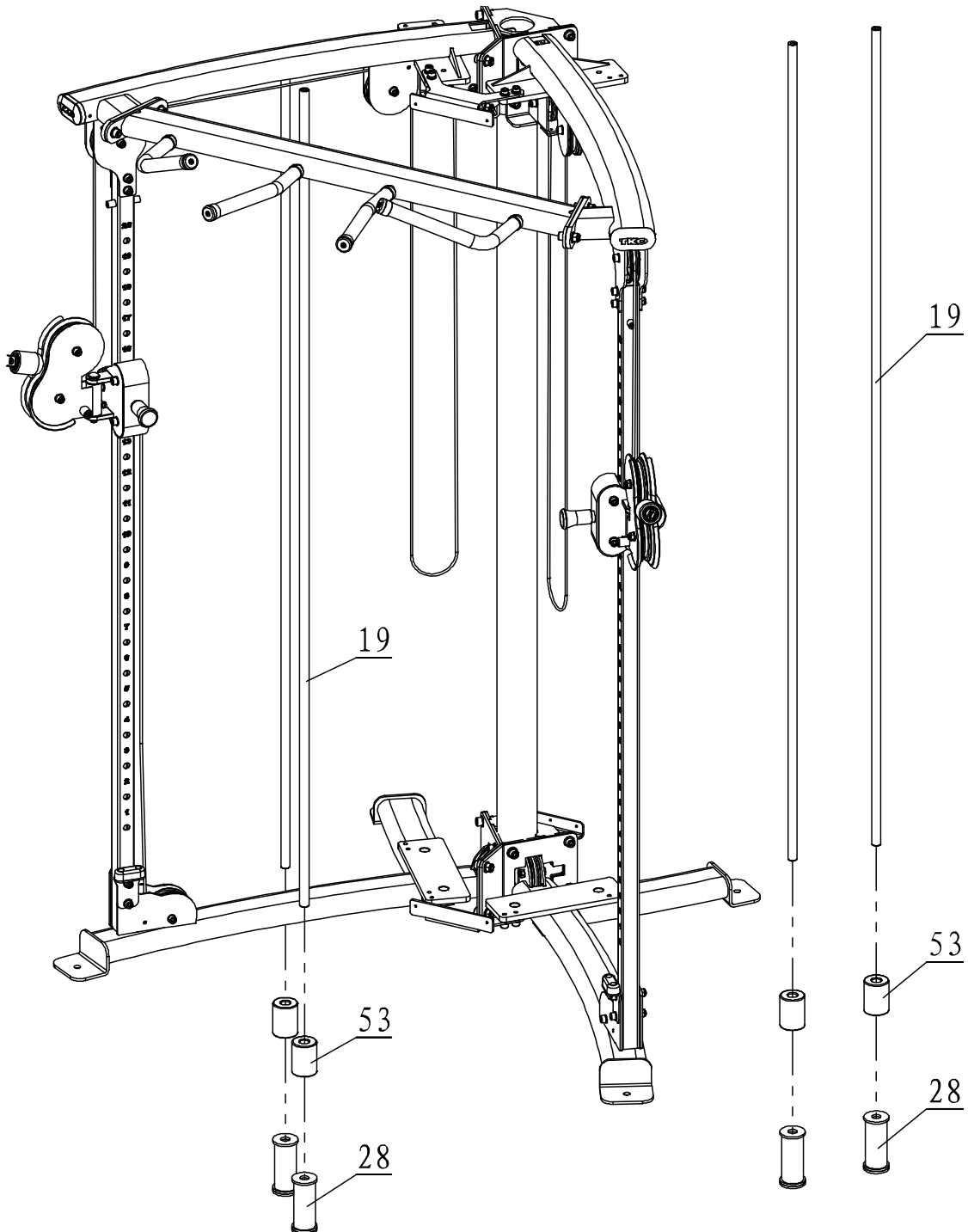


Assembly

Step 6

Install Cushion (53), Supporter (28) and Guide Rod (19) onto the machine as the picture shown;

Note: Please disregard Supporter (28) if you need 20 pieces of weight stack.



Assembly

Step 7

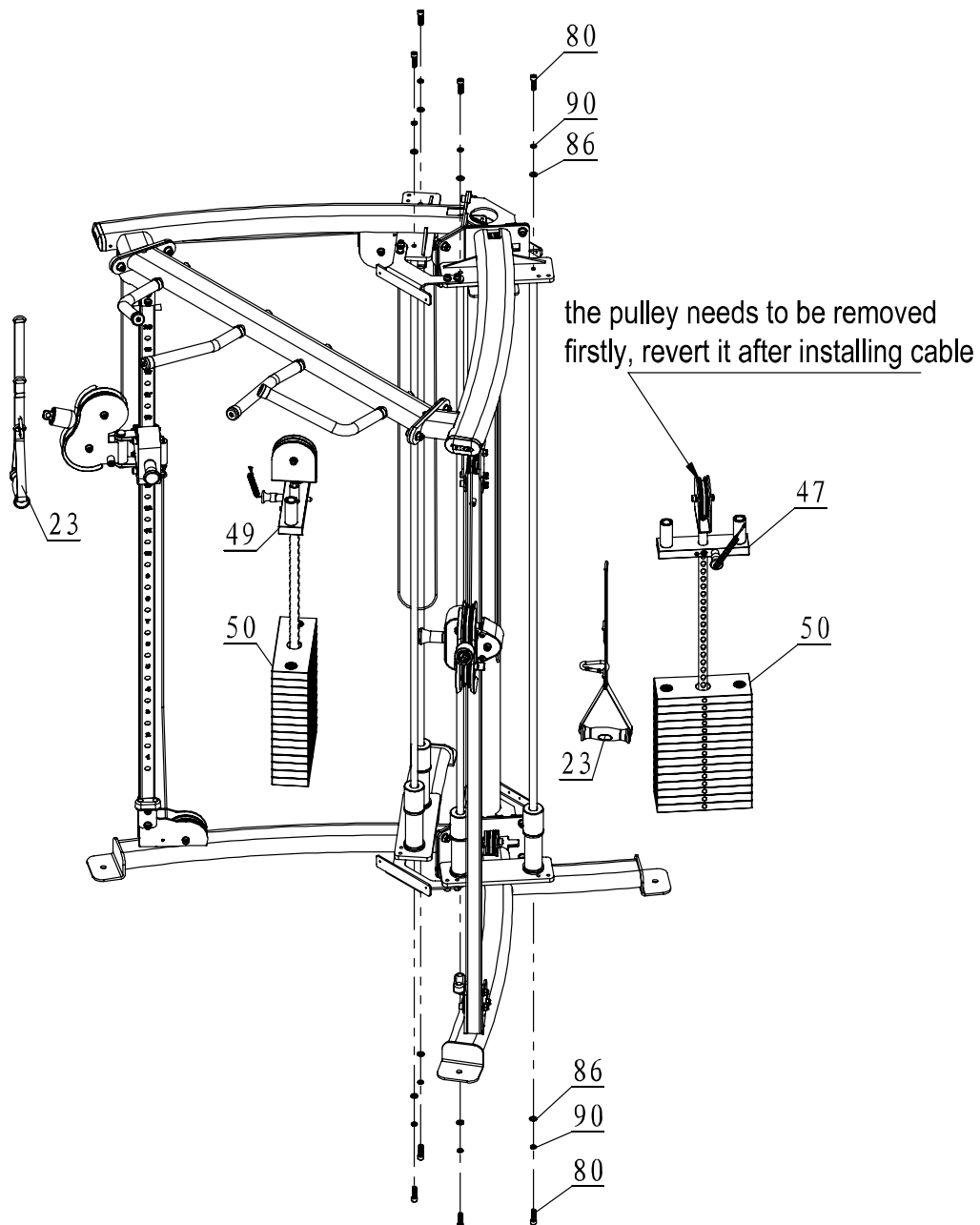
Install Weight Stack and Top weight as the picture shown;

Please remove the pulley from the top weight firstly, install the Cable and then revert the pulley;

Use 8 Hex Bolt M10*35 (80), 8 Flat Washer $\Phi 11*\Phi 20*2$ (86) and 8 Spring Washer $\Phi 10$ (90) to tighten the Guide Rod;

Adjust the cable length and then tighten the bolt and nut of the pulley;

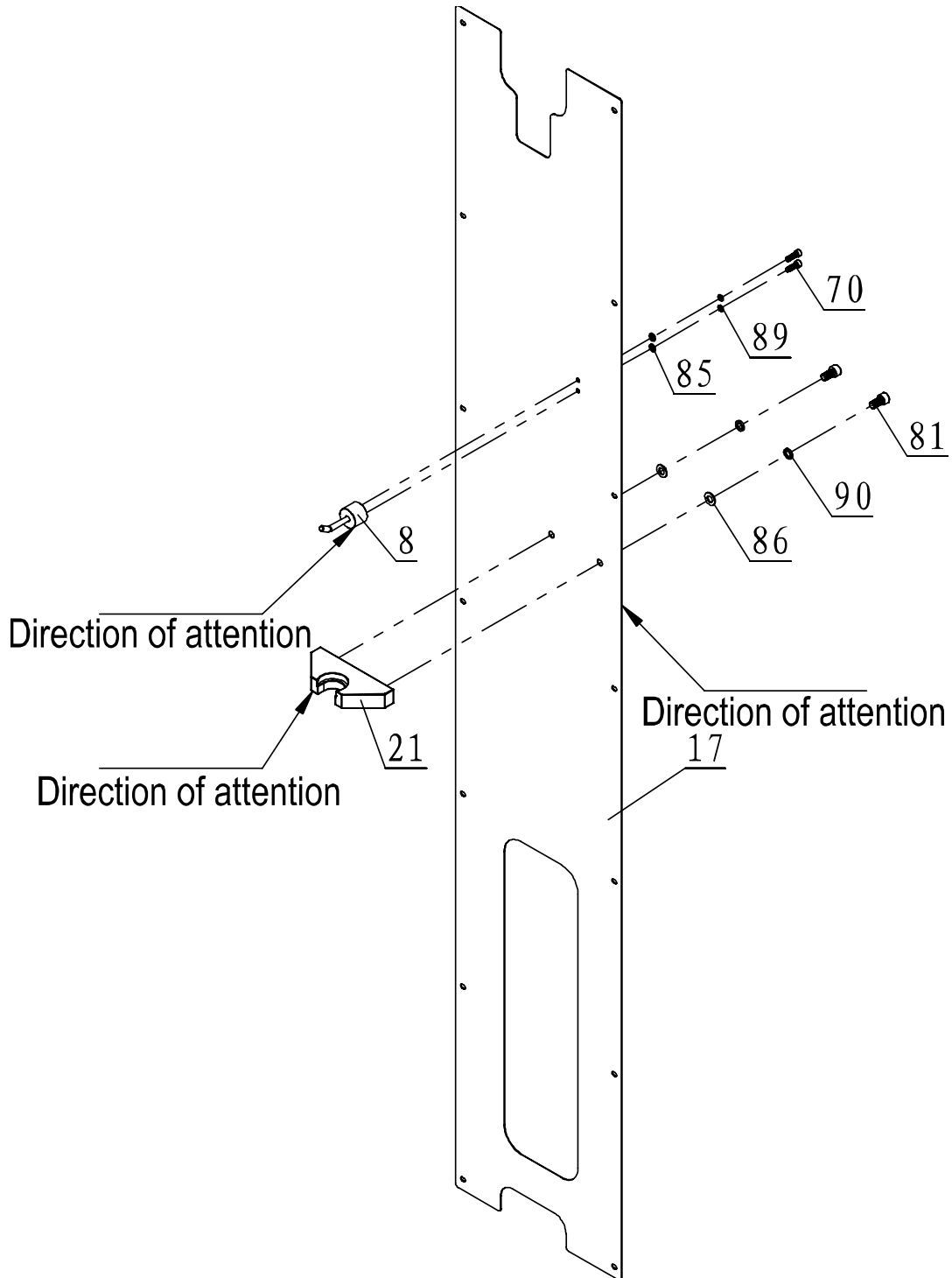
Install 2 Adjustable Handle (23) onto the Cable.



Assembly

Step 8

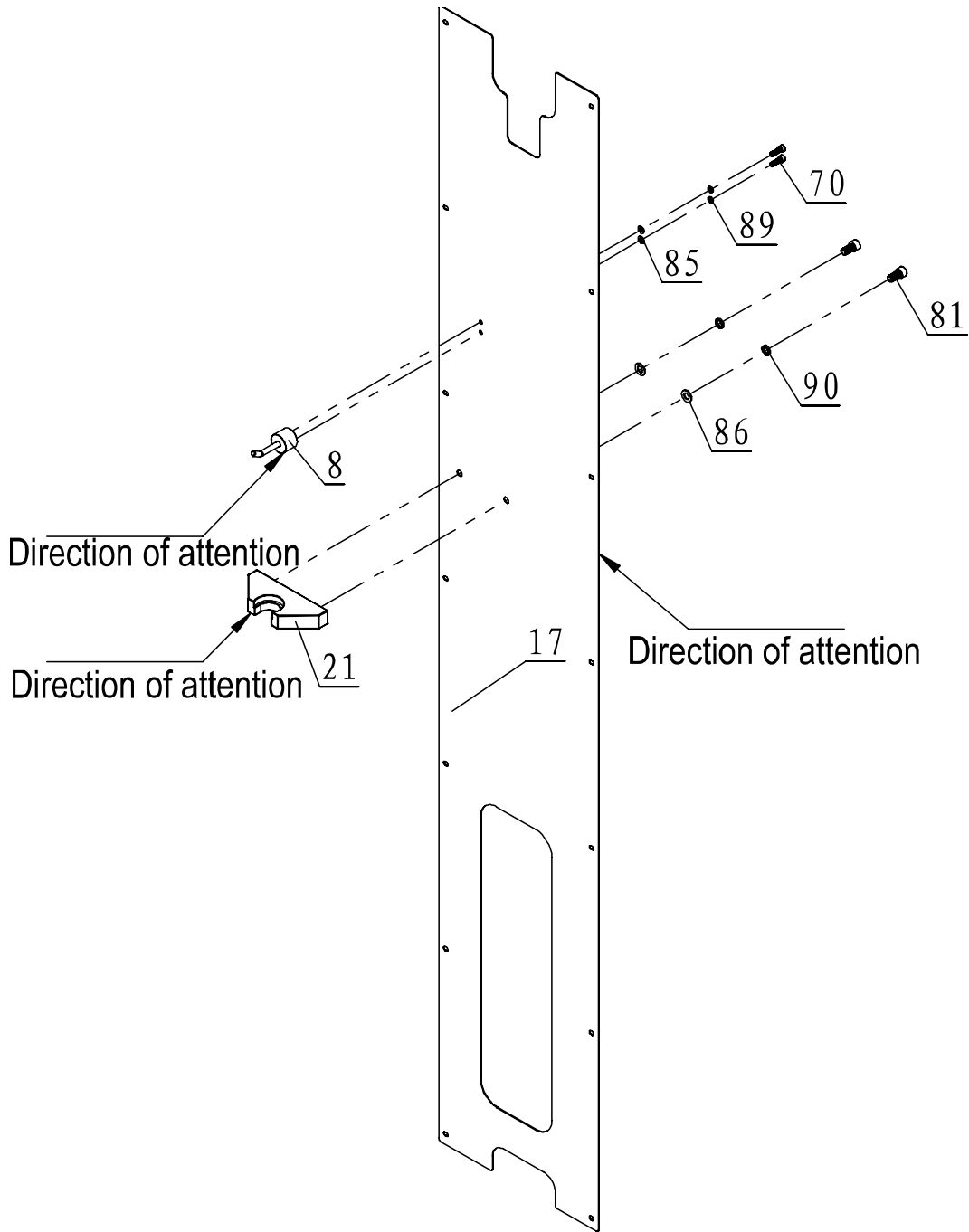
Install these parts onto Front Side Shroud (17) as the picture shown. Please their direction when installing;
After finished, please set it aside for later use.



Assembly

Step 9

Install the other side shroud in the same way.

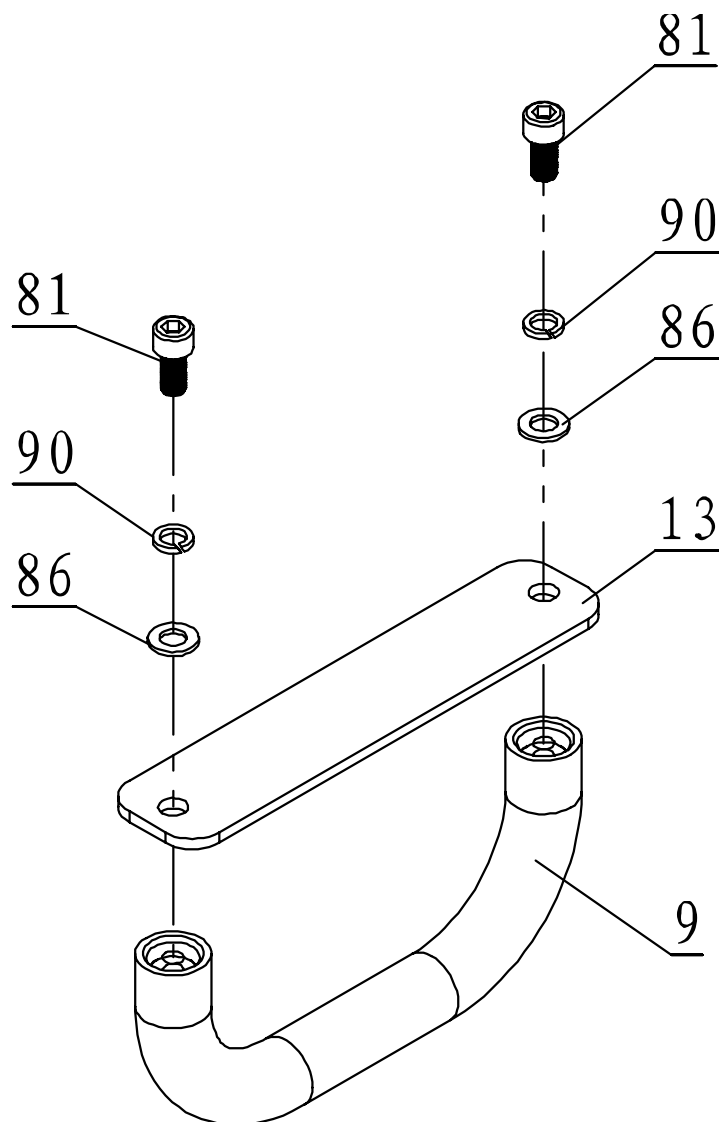


Assembly

Step 10

Remove 2 Hex Bolt M10*20 (81), 2 Flat Washer $\Phi 11*\Phi 20*2$ (86) and 2 Spring Washer $\Phi 10$ (90) from Handle Frame (9) as the picture shown;

After finished, please set it aside for later use.

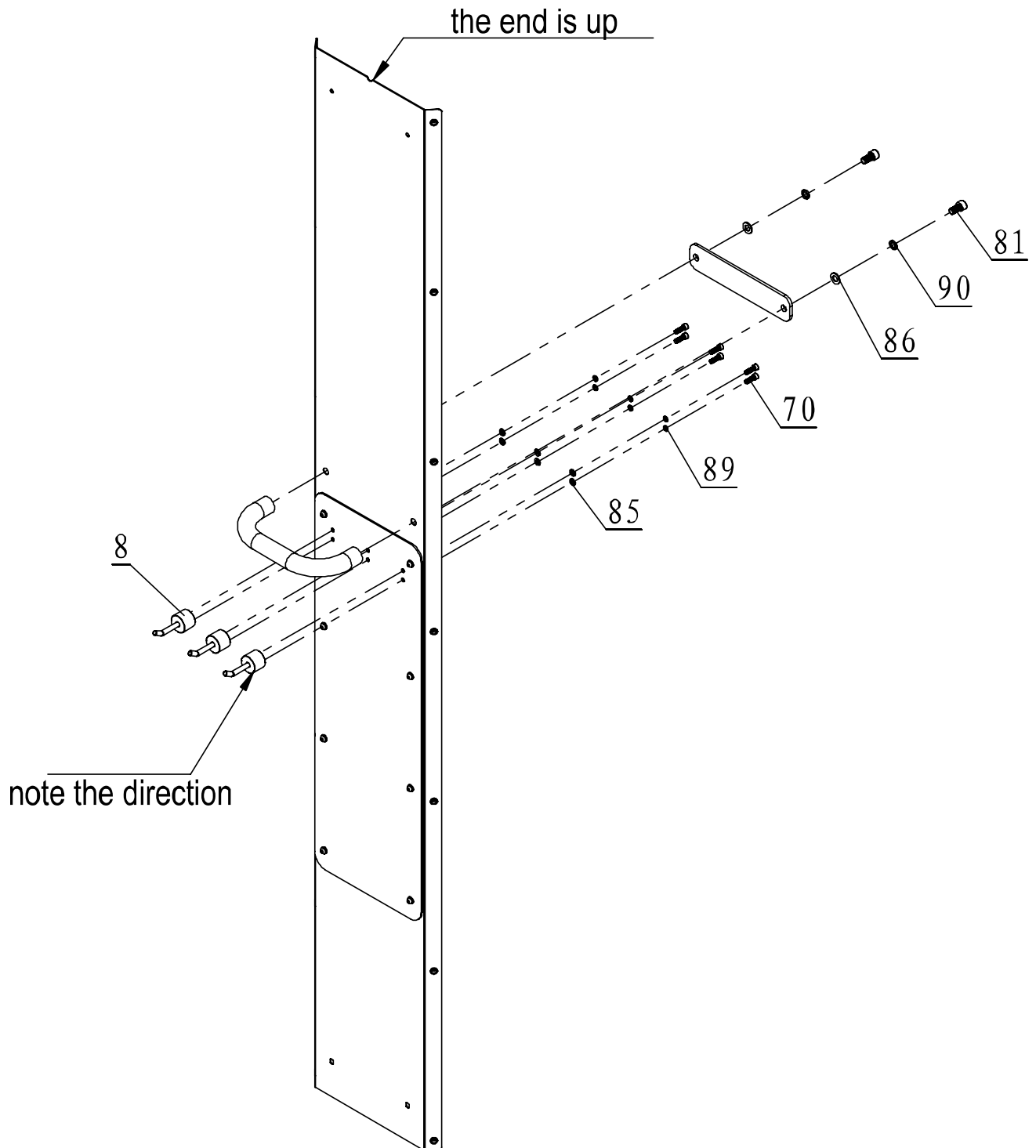


Assembly

Step 11

Install these parts onto Front Shroud (14) as the picture shown. Please the shroud and Hook Frame's direction when installing;

After finished, please set it aside for later use.



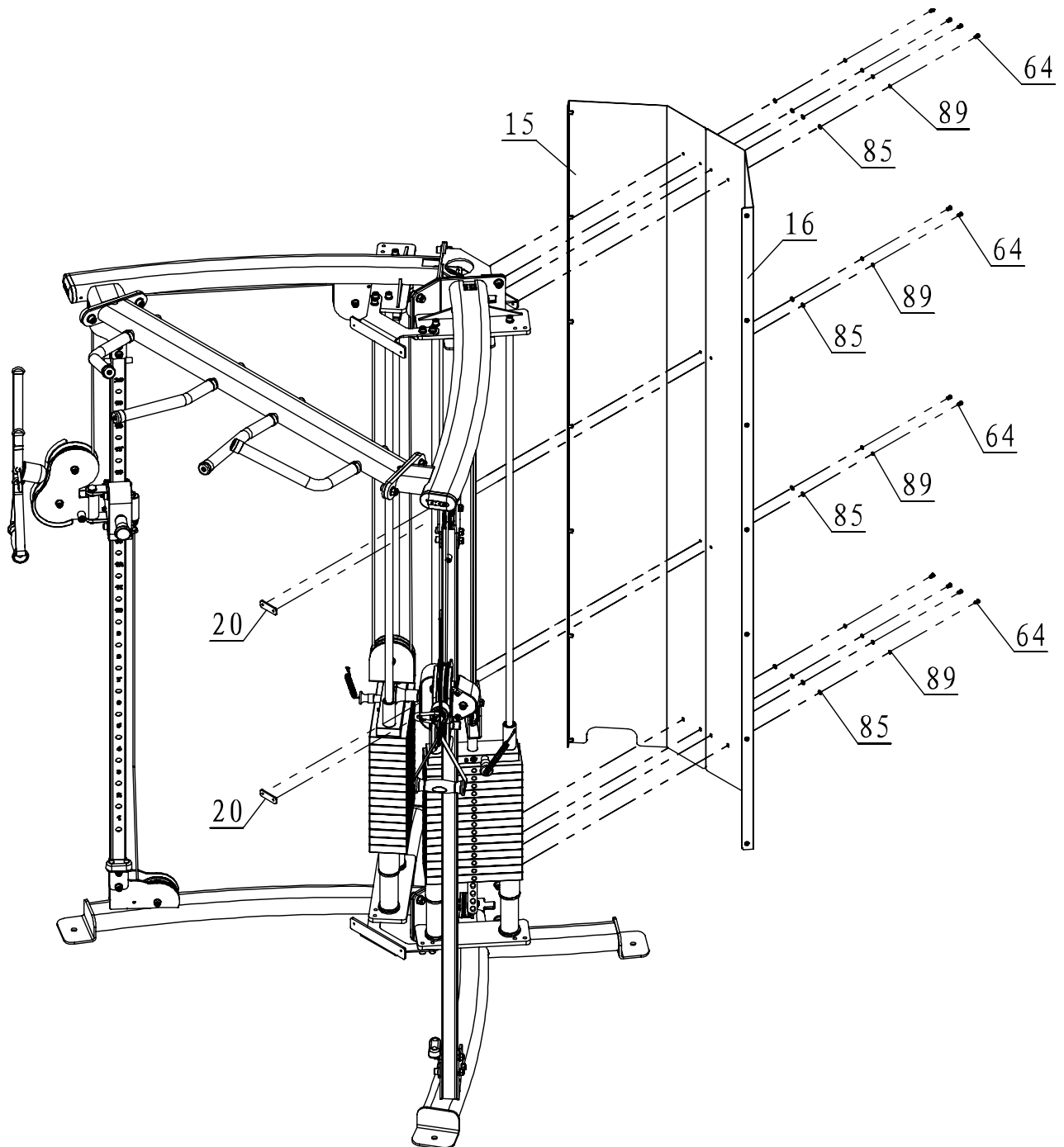
Assembly

Step 12

Install Left Rear Shroud (15) and Right Rear Shroud (16) onto Fixing Plate (11), using 8 Hex Pan Bolt M6*12 (64), 8 Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (85) and 8 Spring Washer $\Phi 6$ (89);

Install Fixing Plate (20) onto the Rear Shroud, using 4 Hex Pan Bolt M6*12 (64), 4 Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (85) and 4 Spring Washer $\Phi 6$ (89).

Please tighten the bolt.

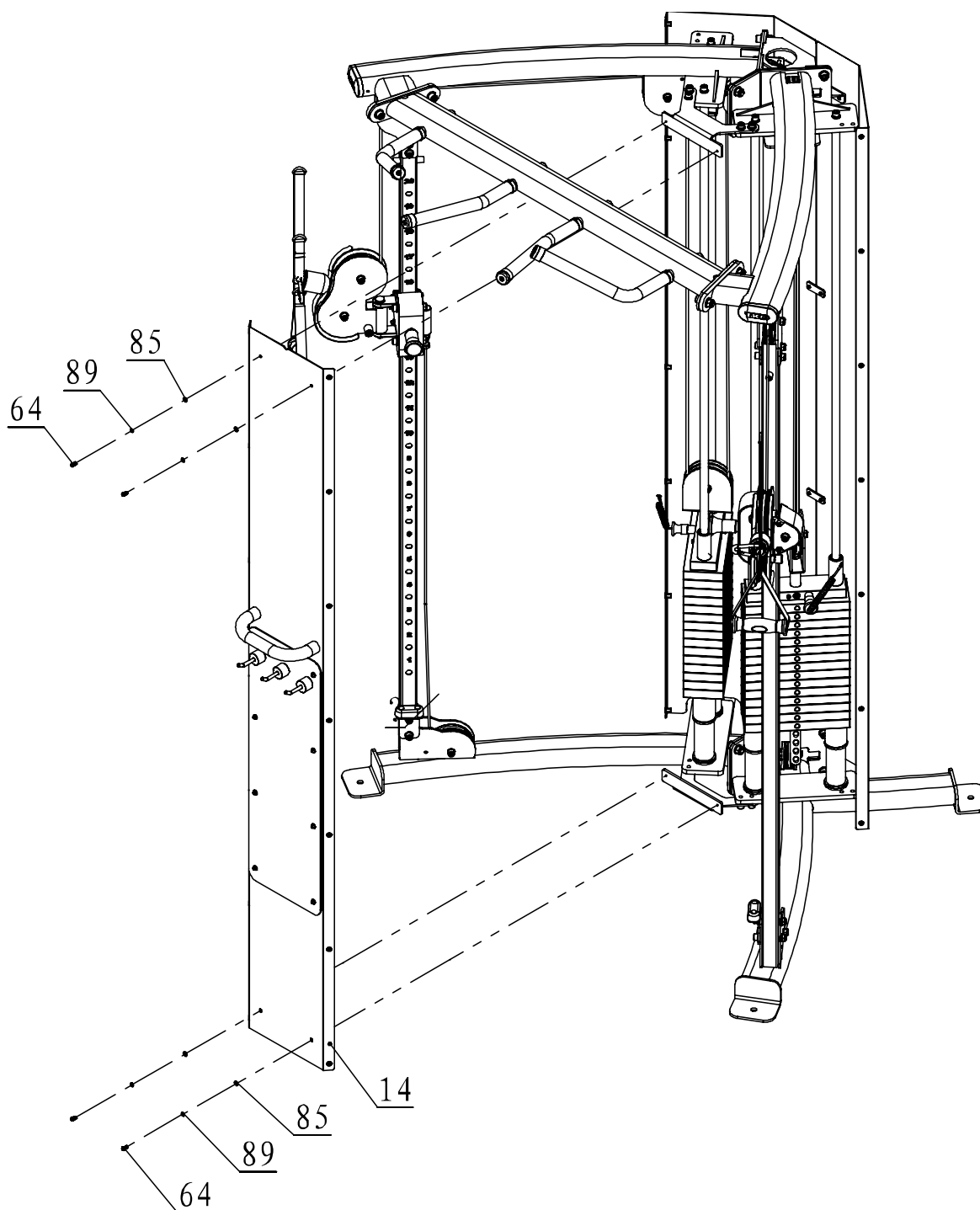


Assembly

Step 13

Install Front shroud (14) onto Fixing Plate (10), using 4 Hex Pan Bolt M6*12 (64), 4 Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (85) and 4 Spring Washer $\Phi 6$ (89).

Please tighten the bolt.

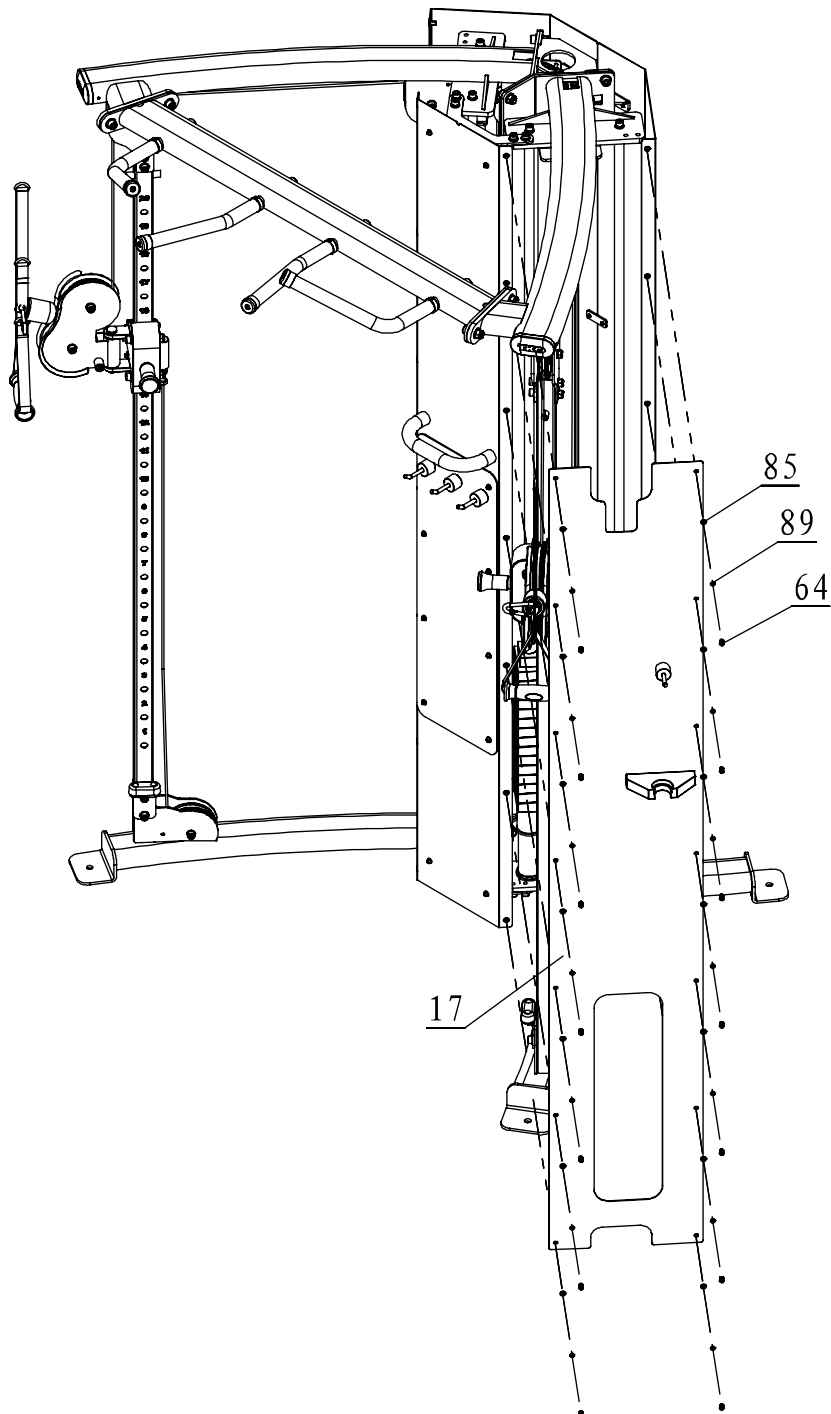


Assembly

Step 14

Install Front Side Shroud (17) onto Front shroud (14) and Right Rear Shroud(16), using 14 Hex Pan Bolt M6*12 (64), 14 Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (85) and 14 Spring Washer $\Phi 6$ (89).

Please tighten the bolt.



Assembly

Step 15

Install Front Side Shroud (17) onto Front shroud (14) and Left Rear Shroud(15), using 14 Hex Pan Bolt M6*12 (64), 14 Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (85) and 14 Spring Washer $\Phi 6$ (89).

Please tighten the bolt.

