



# COMMERCIAL MEDICINE BALL DISPLAY RACK

Model 849MB-10

**+ Owner's Manual**

V2.0—06.2012

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# **+** 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

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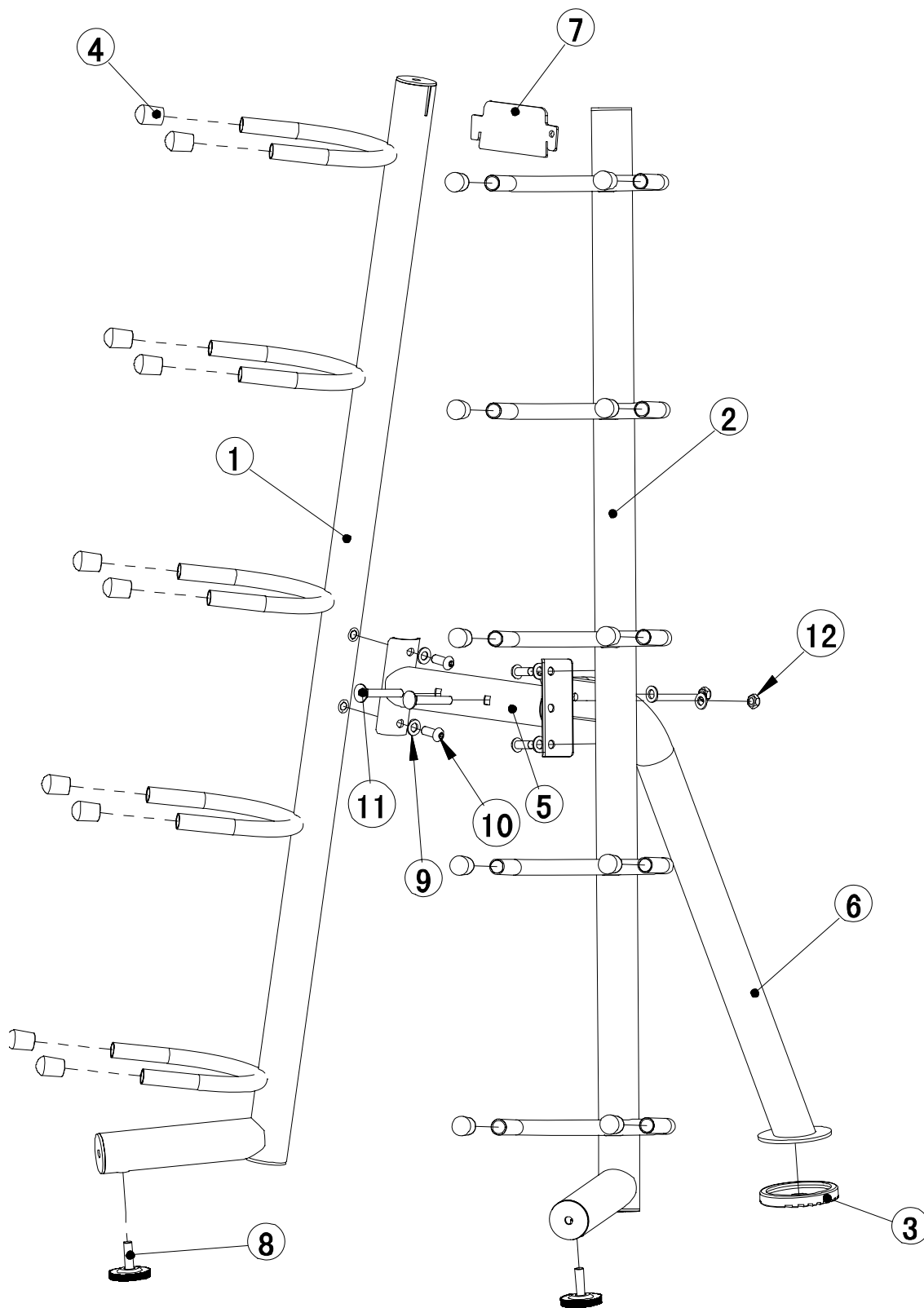
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# + Product Diagram



# ✚ Exploded Diagram



## **+** Parts List

<b>Part No.</b>	<b>Description</b>	<b>Q'ty</b>
1	Upright Frame – L	1
2	Upright Frame – R	1
3	Rubber End Pad	1
4	End Cap	20
5	Cross Frame	1
6	Rear Base Frame	1
7	Name Plate	1
8	Leveler	2
9	Flat Washer for M10 Bolt	6
10	Allen Bolt M10 x 25mm	4
11	Carriage Bolt M10 x 65mm	2
12	Nylon Nut for M12 Bolt	2

# + Assembly

## Step 1

Attach the Levelers (8) to the Left and Right Upright Frame (1&2).

## Step 2

Connect the Name Plate to the Right and Left Upright Fame (1&2).

## Step 3

Connect the Cross Fame to the Right and Left Upright Fame (1&2), using 4 Allen Bolts (10), 4 Flat Washers (9).

## Step 4

Connect the Rear Base Frame (6) to the Cross Frame (5), using 2 Carriage Bolts (11), 2 Flat Washers (9) and 2 Nylon Nuts (12).

**Please tighten all the bolts and nuts with wrench (included)**

**If the Rack is not level on the floor, please adjust the Levelers.**

