



MAT/ACCESSORY RACK

Model 850MR

+ 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

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

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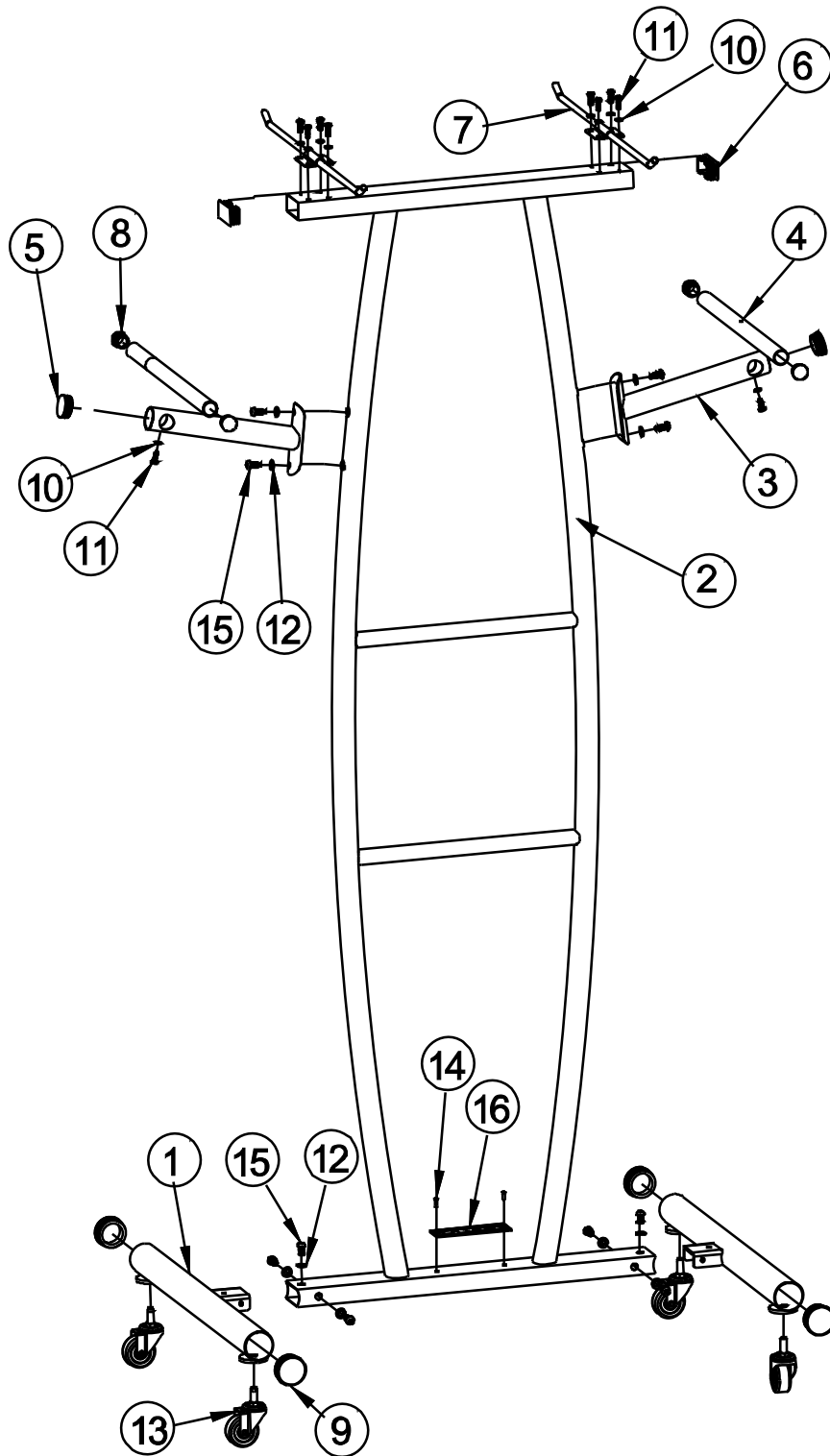
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+ Product Diagram



✚ Exploded Diagram



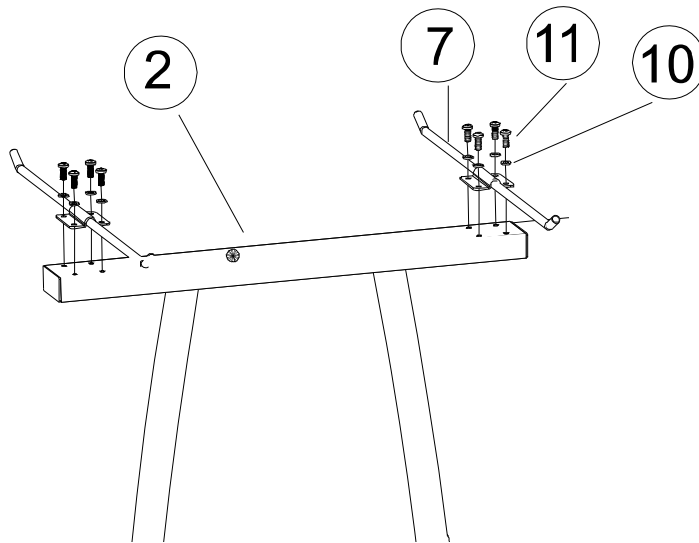
+ Parts List

Part No.	Description	Q'ty
1	Base Frame	2
2	Main Frame	1
3	Support Frame	2
4	Accessory Storage Bar	2
5	End Cap ϕ 38	2
6	End Cap F30x60	2
7	Mat Storage Rod	2
8	End Cap ϕ 25	4
9	End Cap ϕ 50	4
10	Flat Washer for M6 bolt	10
11	Screw M6x15mm	10
12	Flat Washer for M8 bolt	10
13	Transport Wheel	4
14	Rivet ϕ 4mm x 12 mm	2
15	Allen Bolt M8 x 20mm	10
16	Name Plate	1

+ Assembly

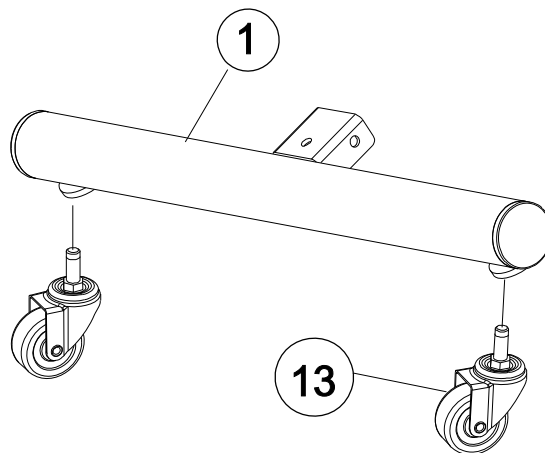
Step 1.

Please attach the Mat Storage Rods (7) to the Main Frame (2), using 8 Screws (11) and 8 Flat Washers (10). Please adjust these 2 Rods are parallel and then tighten all the screws.



Step 2.

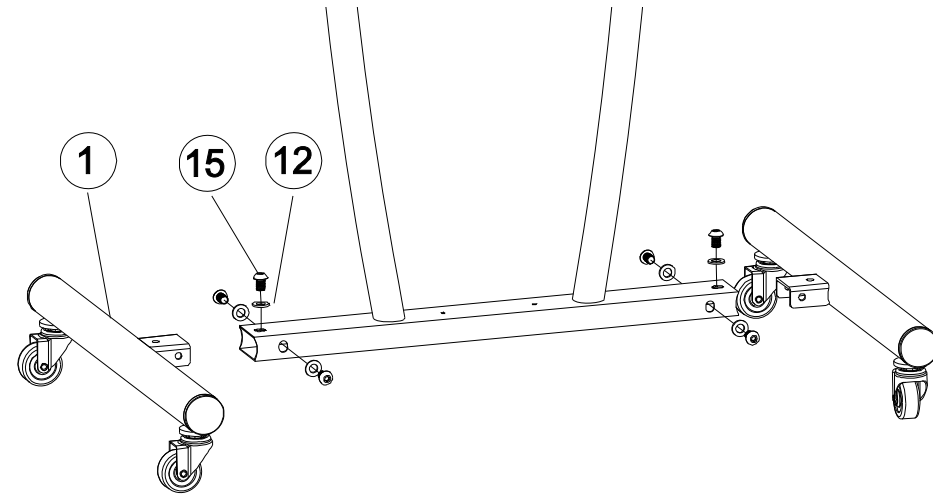
Please attach the Transport Wheels (13) to the Base Frames (1) and make sure they are tightened.



+ Assembly

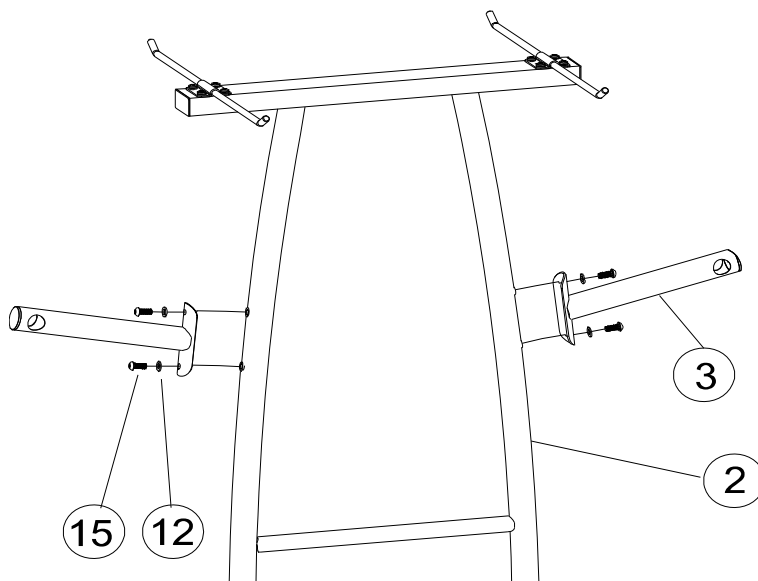
Step 3.

Please attach the Base Frames (1) to the Main Frame (2), using 6 Allen Bolts (15) and 6 Flat Washers (12). Please tighten all the bolts.



Step 4.

Please attach the Support Frames (3) to the Main Frame (2), using 4 Allen Bolts (15) and 4 Flat Washers (12). Please tighten all the bolts.



+ Assembly

Step 5.

Please attach the Accessory Storage Bars (4) to the Support Frames (3), using 2 Screws (11) and 2 Flat Washers (10). Please tighten all the screws.

