



# **SIT-UP BENCH**

Model 864SB-B

**+ 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

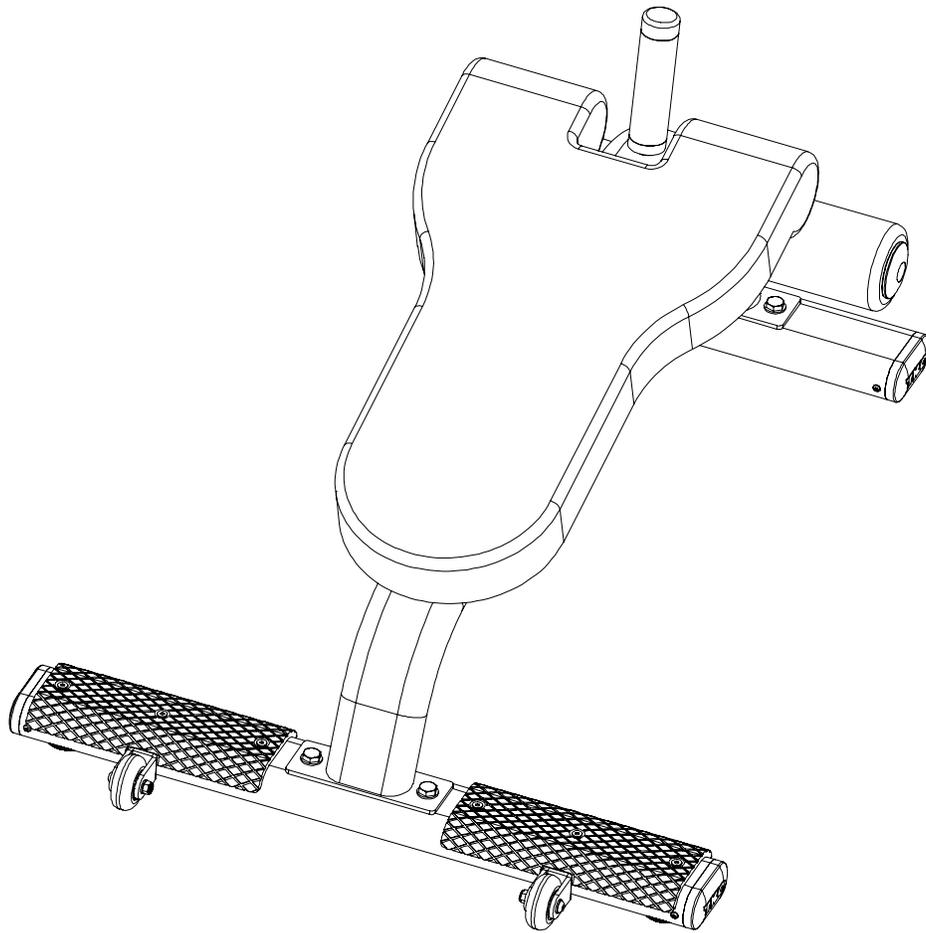
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TKO Sports Group USA Limited. 4660 Pine Timbers, Suite 198, Houston, TX 77041

Phone + 713-895-9270 Fax + 713-934-8495

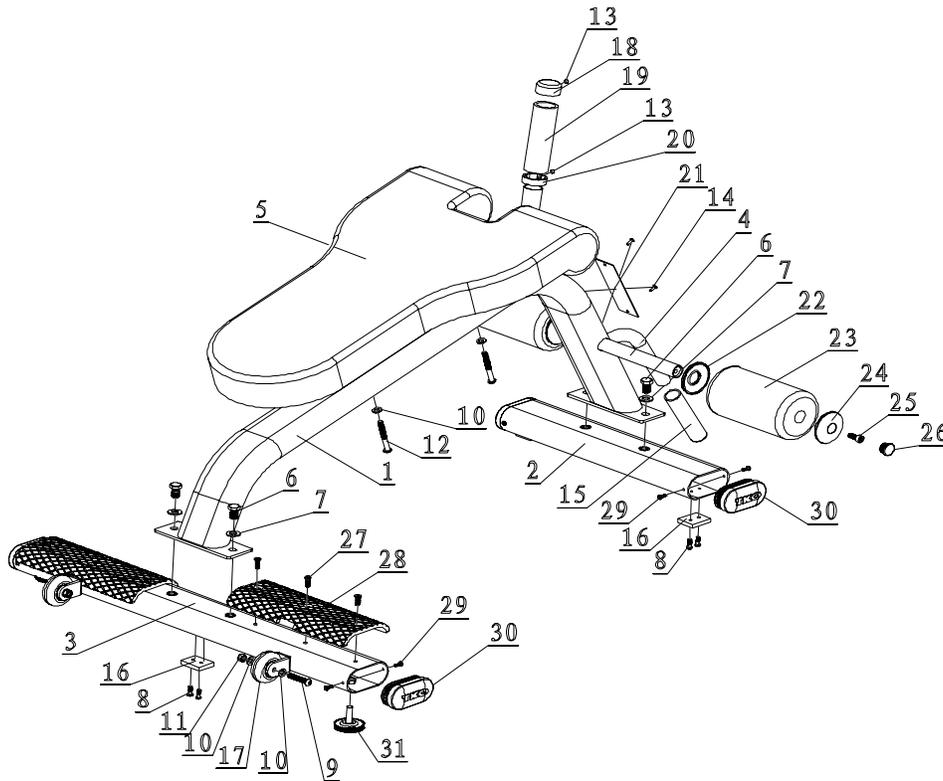
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# + Product Diagram



**Maximum recommended exercise weights not to exceed 280Lbs**

# ✚ Exploded Diagram / Parts List



No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	17	Transport Wheel	2
2	Base Frame	1	18	Metal Cap	1
3	Base Stabilizer	1	19	Foam grip	1
4	Foam Roller Tube	1	20	Hand Grip Metal Ring	1
5	Back Pad	1	21	Name Plate	1
6	Hex Bolt M12x20mm	4	22	Foam Roller Inner Cap	2
7	Washer for M12 Bolt	4	23	Foam Roller	2
8	Phillips Head Bolt M5x15mm	8	24	Foam Roller Outer Cap	2
9	Allen Bolt M8X45mm	2	25	Allen Bolt M8x20mm	2
10	Washer for M8 Bolt	6	26	End Plug	2
11	Lock Nut for M8 Bolt	2	27	Allen Bolt M8X20mm	6
12	Allen Bolt M8x70mm	2	28	Rubber Shoe	2
13	Screw M6x4mm	2	29	Screw ST4.2*16mm	8
14	Rivet $\sqrt{3.2 \times 10 \text{mm}}$	2	30	End Cap PT50*100*3	4
15	Hand Grip	1	31	Leveler	2
16	Rubber Floor Pad	4			

# ✚ Assembly

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

## Step 1

Attach the Front Frame (2) and the Rear Frame (3) to the Main Frame (1), using 4 Washers (7) and 4 Hex Bolts (6).

## Step 2

Insert the Foam Tube (4) into the hole of the Main Frame (1), insert the Inner Foam Cap (22) and the Foam (23) to the Foam Tube (4), attach the outer Foam Cap to the Foam Tube (4), using the Allen Bolt (25) to tighten it, put the End Plug (26) into the Outer Foam Cap (24).

## Step 3

Attach the Seat Pad (5) to the Main Frame (1), using 2 Washers (10) and 2 Allen Bolts (12).

**Tighten all the bolts with wrenches.**

