



ADJUSTABLE AB/CRUNCH BENCH

Model 865CB-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

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

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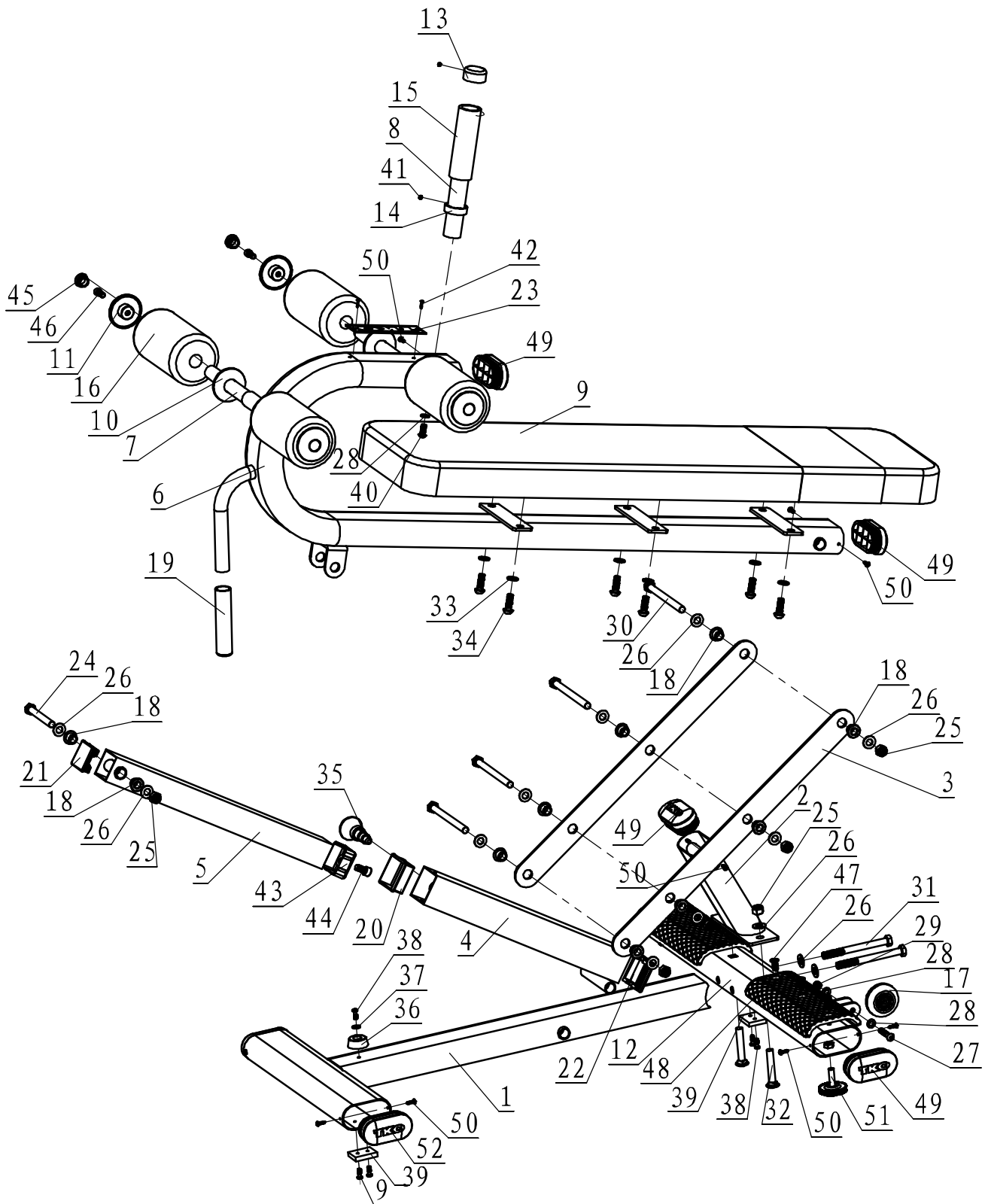
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+ Product Diagram



Maximum recommended exercise weights not to exceed 280Lbs

✚ Exploded Diagram



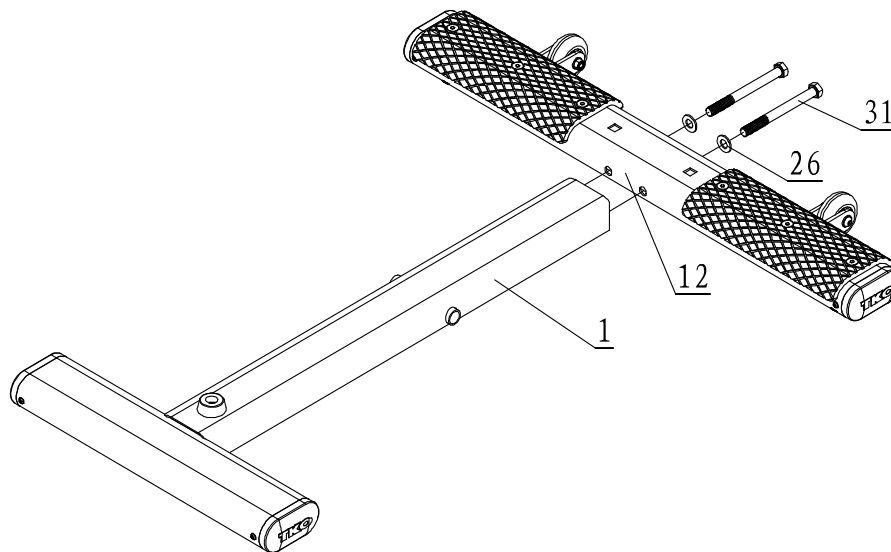
✚ Parts List

No.	Description	Q'ty	No.	Description	Q'ty
1	Base Frame	1	27	Allen Bolt M8x45mm	2
2	Angle Support	1	28	Flat Washer for M8 Bolt	5
3	Angle Support Bracket	2	29	Lock Nut for M8 Bolt	2
4	Angle Selector Outer Post	1	30	Hex Bolt M12x145mm	4
5	Angle Selector Inner Post	1	31	Hex Bolt M12x130mm	2
6	Back Pad Support Frame	1	32	Carriage Bolt M12x70mm	2
7	Foam Roller Tube	2	33	Flat Washer for M10 Bolt	6
8	Hand Grip	1	34	Allen Bolt M10x30	6
9	Back Pad	1	35	Knob M18X1.5X12mm	1
10	Foam Roller Inner Cap	4	36	Bumper	1
11	Foam Roller Outer Cap	4	37	Washer	1
12	Base Frame Stabilizer	1	38	Allen Bolt M5x15mm	7
13	Hand Grip Chrome Cap	1	39	Rubber Floor Pad	3
14	Hand Grip Metal Ring	1	40	Allen Bolt M8x20mm (Pan head)	1
15	Foam Grip	1	41	Screw M6x4mm	2
16	Foam Roller 4" dia. x8-1/2" L.	4	42	Rivet 3.2mm dia. x10mm	2
17	Transport Wheel	2	43	Nylon Bushing	1
18	Metal Bushing	10	44	Allen Bolt M10x20mm	1
19	Hand Grip	1	45	Plugs 25mm dia. Round	4
20	Plastic Sleeve	1	46	Allen Bolt M8x20mm (Round head)	4
21	End Cap 50mm Square	1	47	Allen Bolt M8x20mm	6
22	End Cap 60mm Square	1	48	Foot Padding	2
23	Name Plate	1	49	End Cap PT50X100X3mm	7
24	Hex Bolt M12x95mm	1	50	Screw ST4.2X16mm	14
25	Lock Nut for M12 Bolt	7	51	Leveler	2
26	Flat Washer for M12 Bolt	14			

+ Assembly

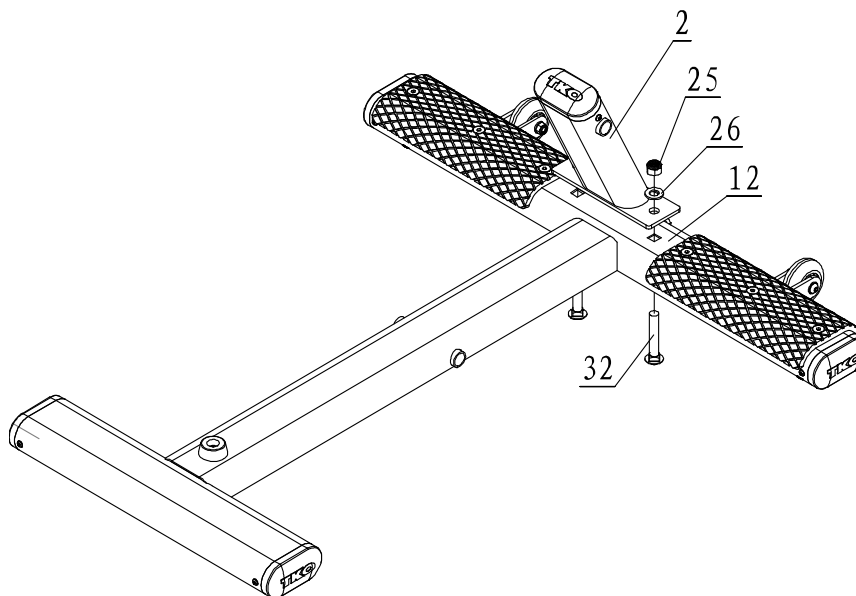
Step 1

Attach the Base Frame Stabilizer (12) to the Base Frame (1), using 2 Hex Bolts (31) and 2 Flat Washers (26). **Please do not tighten these nuts and bolts until Step 3.**



Step 2

Attach the Angle Support (2) to the Base Frame Stabilizer (12), using 2 Carriage Bolts (32) from the bottom, 2 Flat Washers (26) and 2 Lock Nuts (25). **Please do not tighten these nuts and bolts until Step 3.**



+ Assembly

Step 3

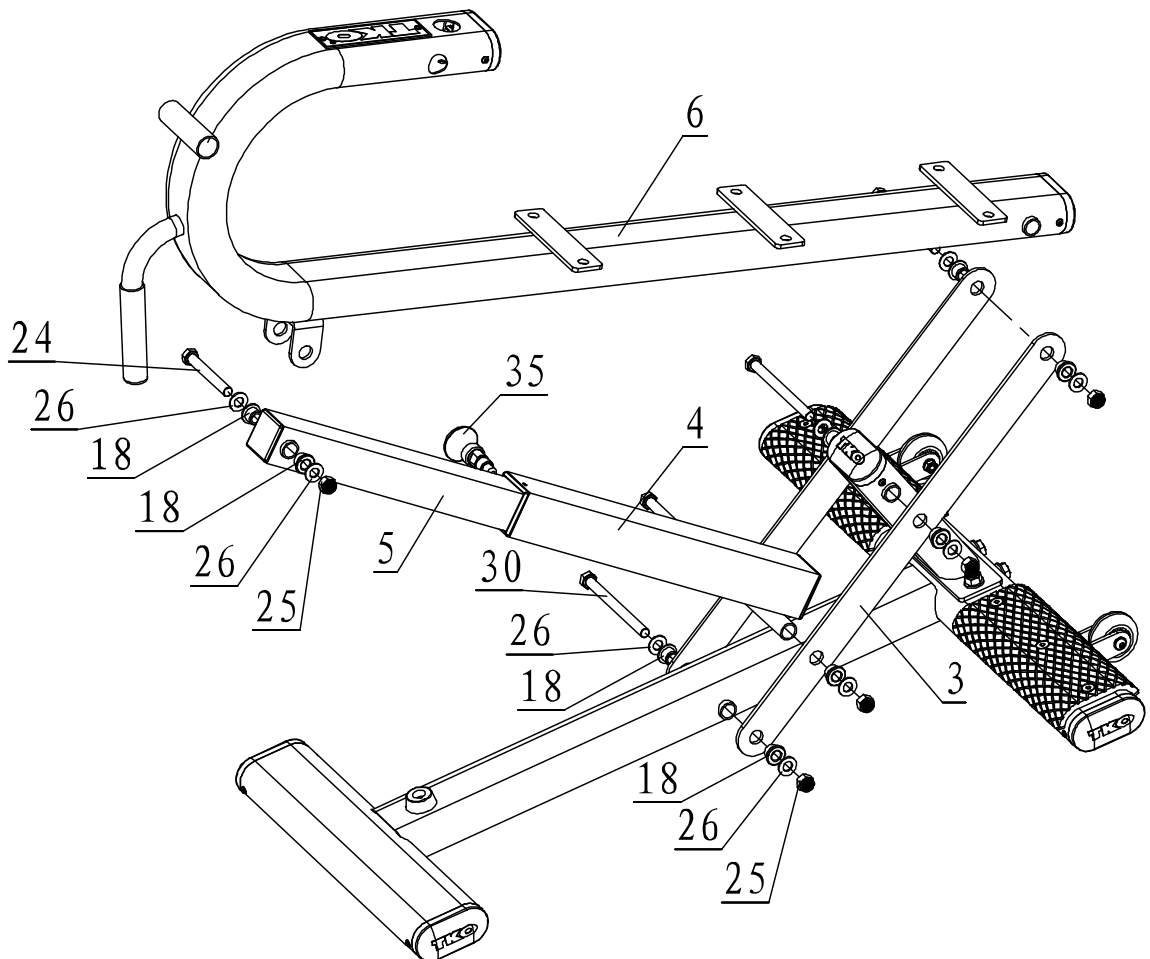
Attach the Angle Support Bracket (3) to the Base Frame (1) and Angle Support (2), using 2 Hex Bolts (30), 4 Metal Bushing (18), 4 Flat Washers (26) and 2 Lock Nuts (25).

Insert the Angle Selector Outer Tube (4) between the Angle Support Bracket (3), secure it using a Hex Bolt (30), 2 Metal Bushing (18), 2 Flat Washers (26), and one Lock Nut (25).

Connect the Angle Selector Inner tube (5) to the Back Pad Support Frame (6), using 1 Hex Bolt (24), 2 Metal Bushings (18), 2 Flat Washers (26) and 1 Lock Nut (25).

Connect the Back Pad Support Frame (6) and the Angle Brace (3), using 1 Hex Bolt (30), 2 Metal Bushing (18), 2 Flat Washers (26) and 1 Lock Nut (25).

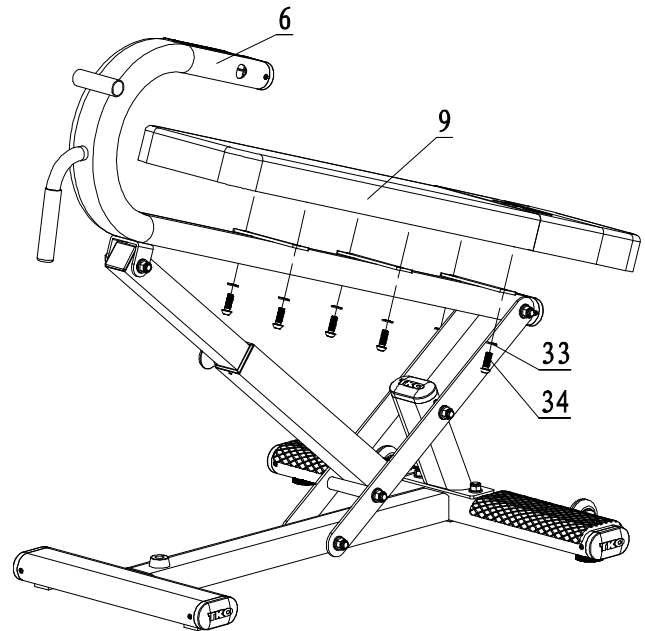
Tighten all the nuts and bolts with wrenches.



+ Assembly

Step 4

Attach the Back Pad (9) to the Back Pad Support Frame (6), using 6 Allen Bolts (34) and 6 Flat Washers (33). Tighten all 6 Allen bolts using Allen wrench (included).



Step 5

Insert the Foam Roller Tube (7) into the hole in the Back Pad Support Frame (6), Slide the Foam Roller Inner Caps (10), Foam Rollers (16) and the Foam Roller Outer Caps (11) onto the Tube (7). Secure it with 2 Allen Bolts (46). Insert the Plugs (45).

Install the Hand Grip (8) into the hole on the top of the Back Pad Support Frame (6), secure it with an Allen Bolt (40) and one Flat Washer (28).

