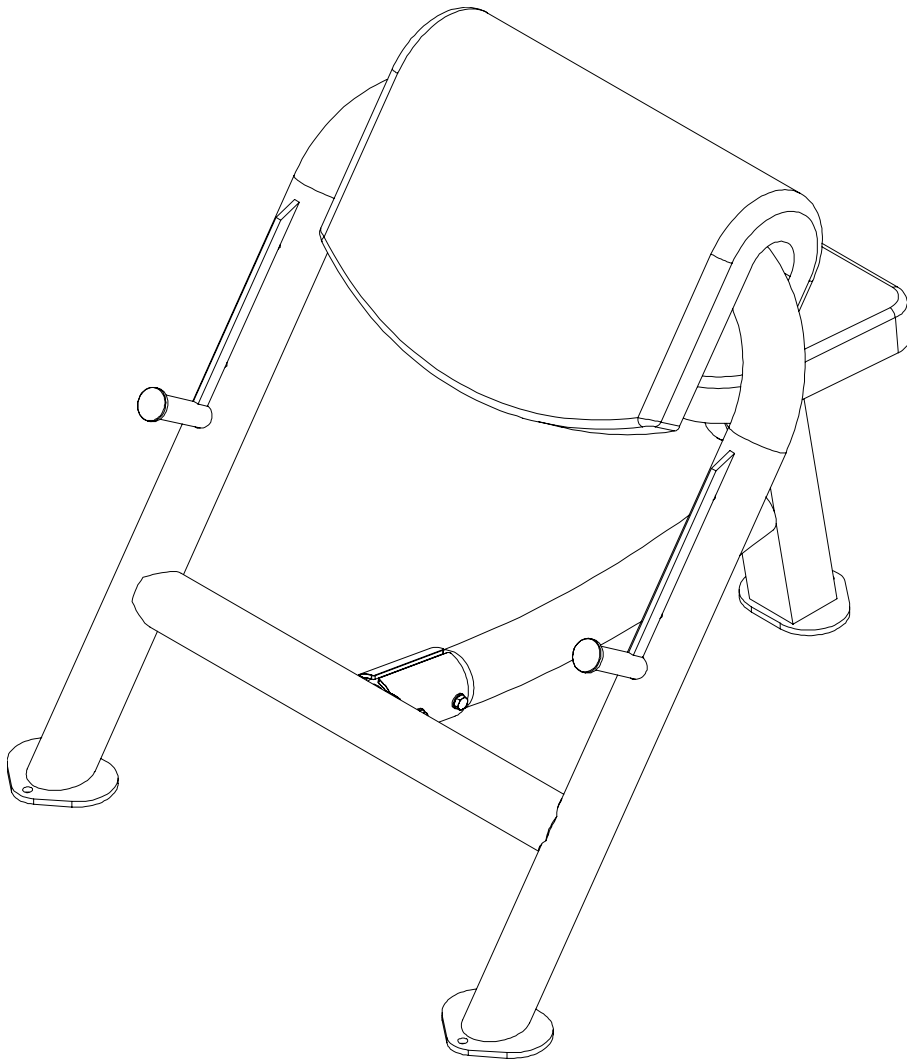


**ITKO<sup>®</sup>**

# PREACHER BENCH

Model 867PB



# IMPORTANT SAFETY INSTRUCTIONS

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**TKO** Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at: **866-856-3488**

- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- 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.

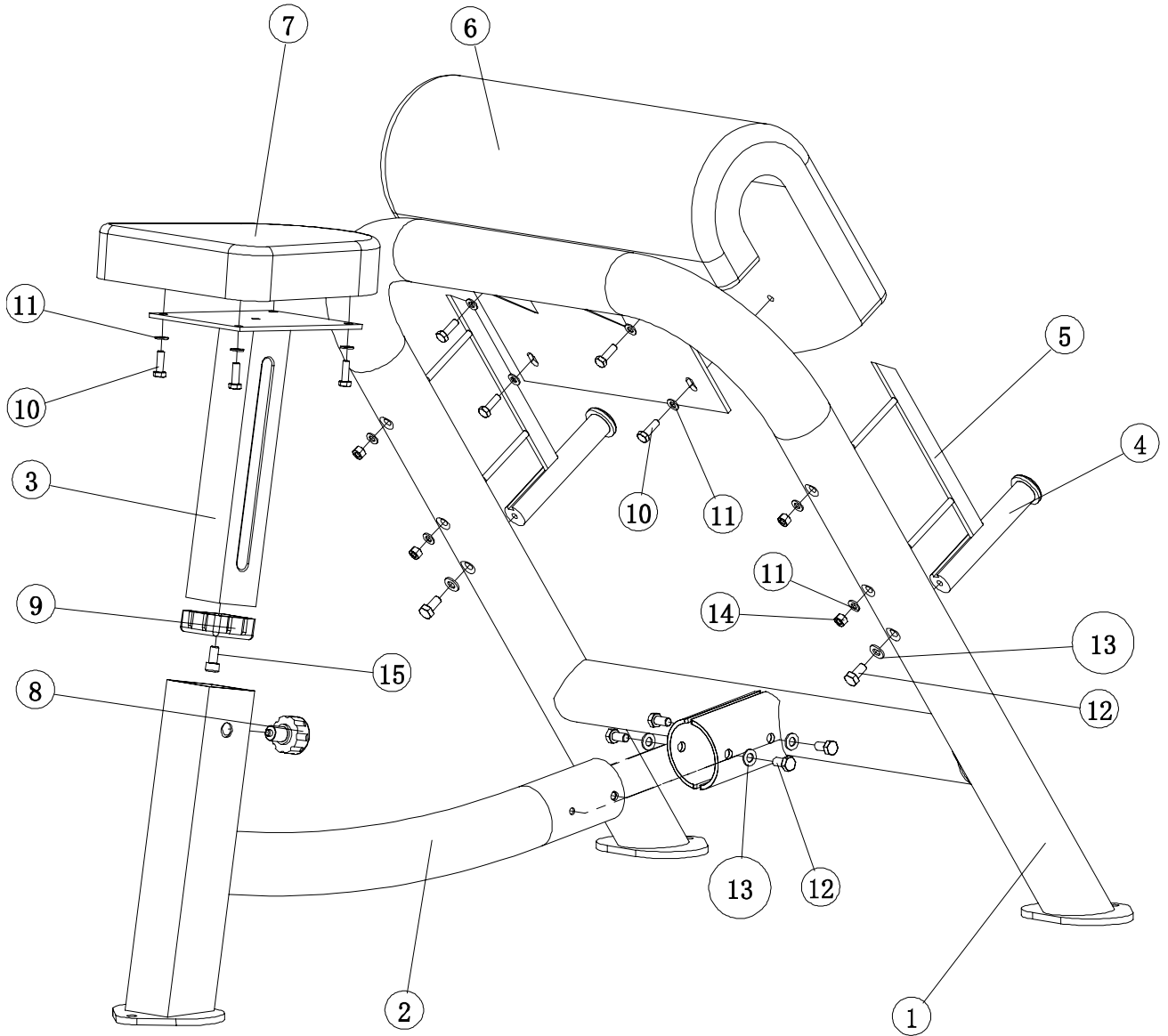
## MEDICAL WARNING

- 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.

**Maximum recommended exercise weights not to exceed 330lbs**

# EXPLODED DRAWING

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## Parts List

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No.	Description	Q'ty
1	Main Upright Frame	1
2	Seat Frame	1
3	Seat Support Frame	1
4	Weights Bar Holder	2
5	Chrome Plate	2
6	Arm Pad	1
7	Seat Cushion	1
8	Knob	1
9	Plastic Bushing	1
10	Hex Bolt M8x25mm	8
11	Flat washer M8	12
12	Hex Bolt M10x20mm	6
13	Flat washer M10	6
14	Nylon Nut M8	4
15	Allen Bolt M10x20mm	1

# ASSEMBLY INSTRUCTIONS

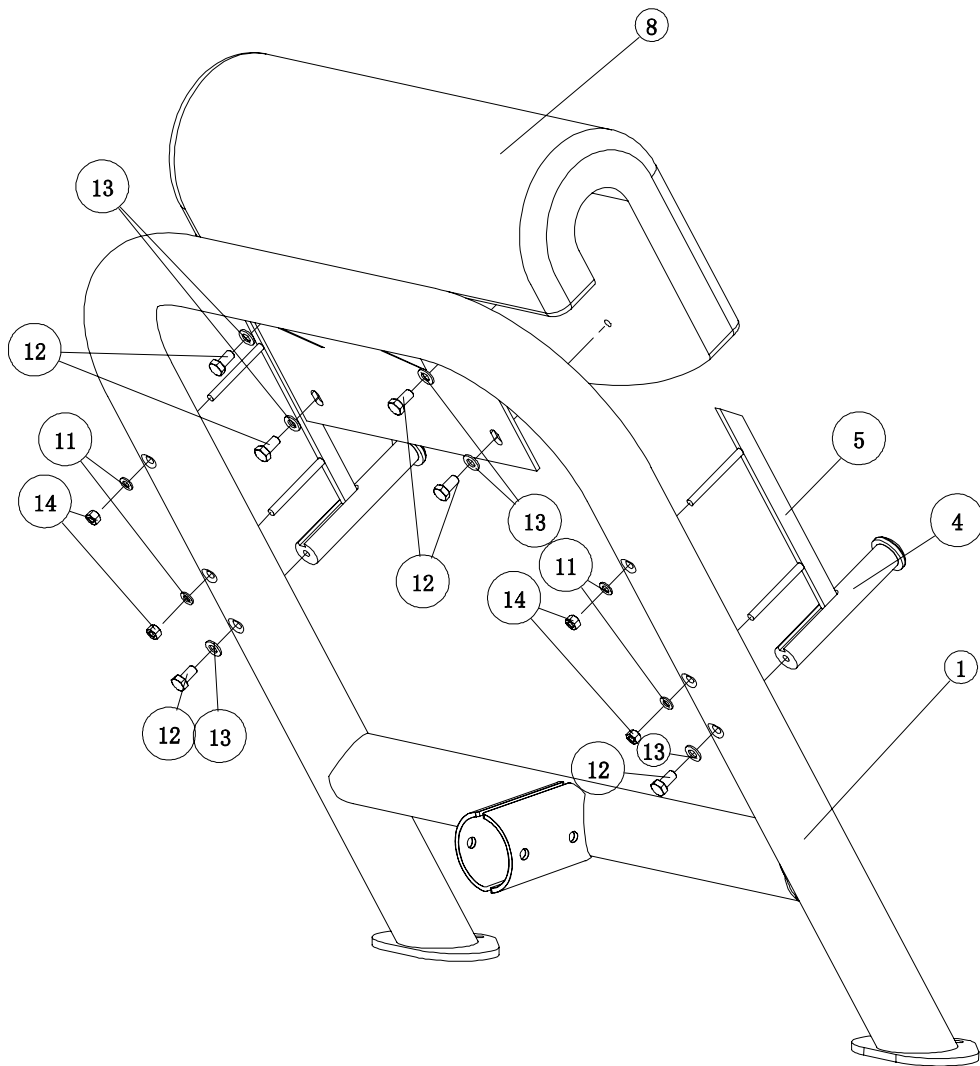
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## Step 1

Install the Arm Pad (8) to the Main Upright Frame (1), using 4 Flat washers (13) and 4 Hex Bolts (12). Tighten it securely with a wrench.

Install the Plate (5) into the hole in the Main Upright Frame (1), secure it with 2 Flat washers (12) and 2 Nylon Nuts (14).

Install the Bar Holders (4) into the hole punched below the Plates (5), tighten it with 2 Flat washers (13) and 2 Hex Bolts (12). Repeat on the other side.



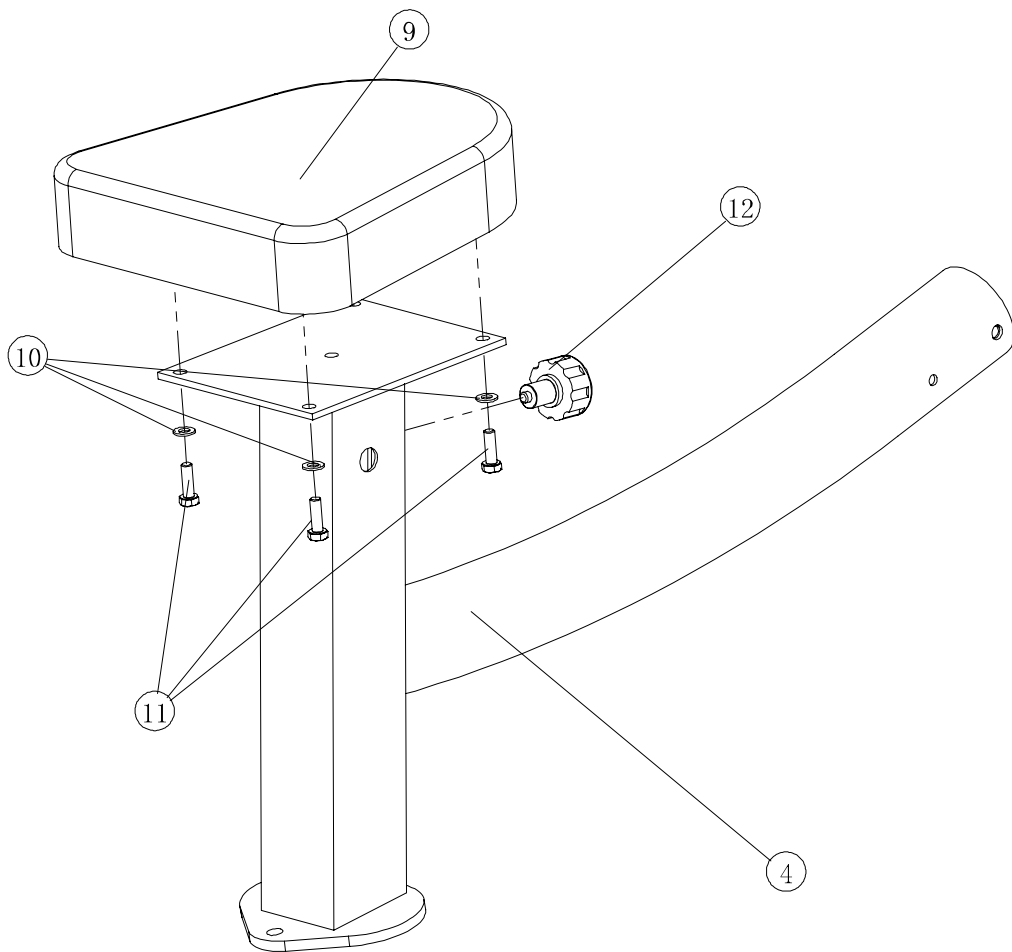
# ASSEMBLY INSTRUCTIONS

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## Step 2

Attach the Seat Cushion (9) to the Seat Support Frame (3). Using 4 Flat washers (10) and 4 Hex Bolts (11).

The Seat Support Frame (3) is pre-assembled in the Seat Frame (2) from the factory.

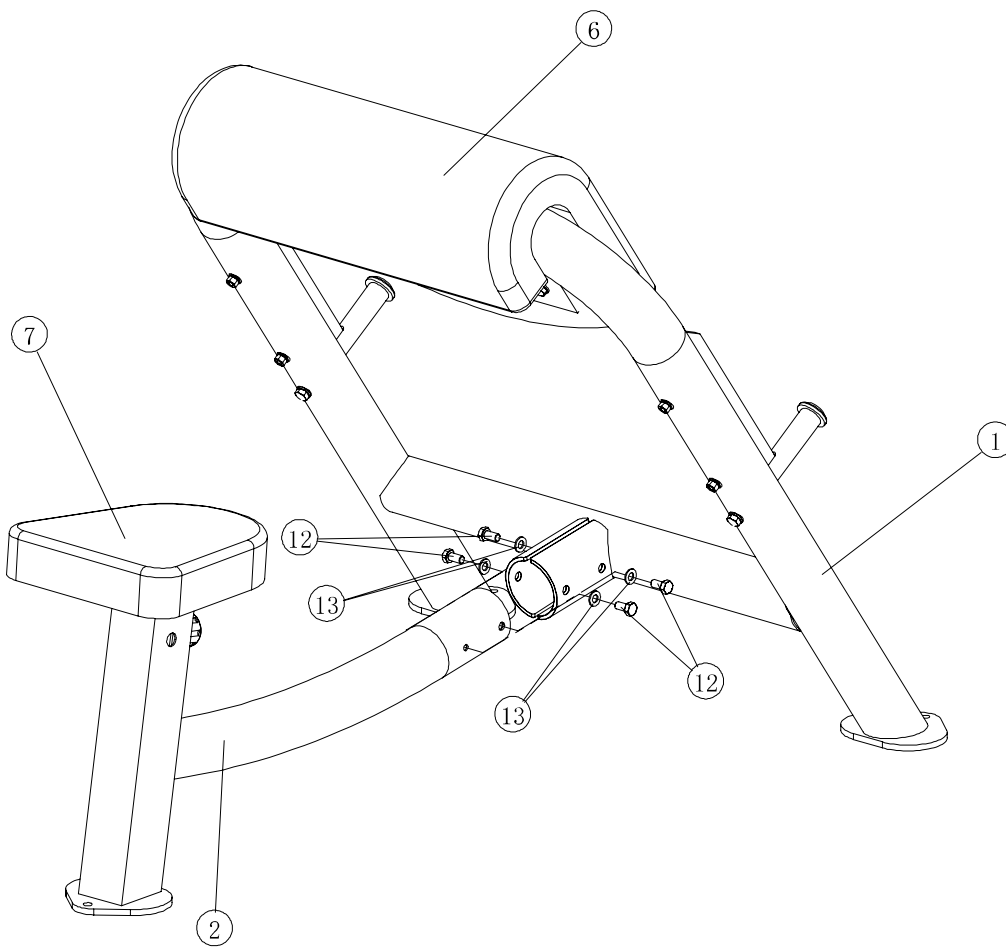


# ASSEMBLY INSTRUCTIONS

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## Step 3

Insert the Seat Frame Assembly (2) to the Main Upright Frame (1), using 4 Flat washers (13) and 4 Hex Bolts (12). Tighten all the nuts and bolts with wrenches.





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