



# VKR POWER TOWER

Model 870VKR-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

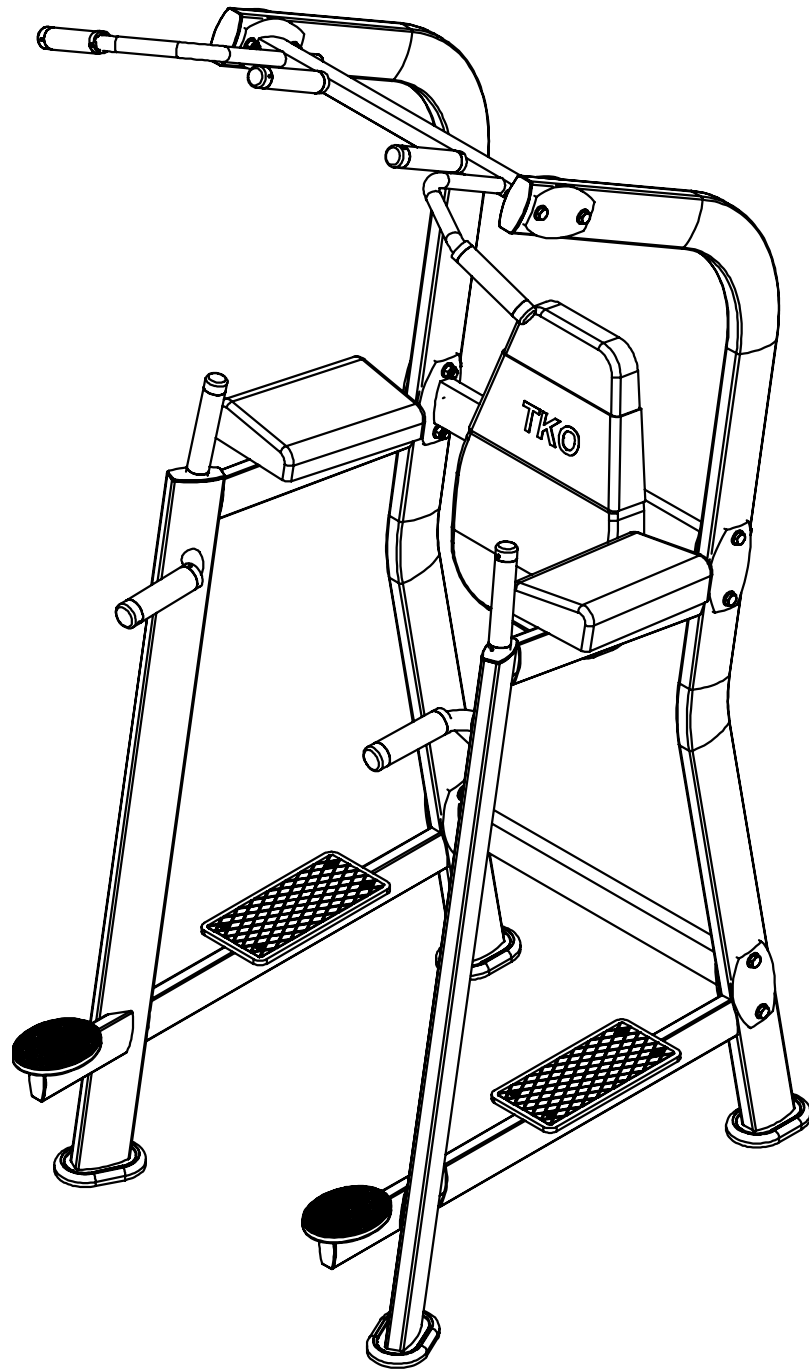
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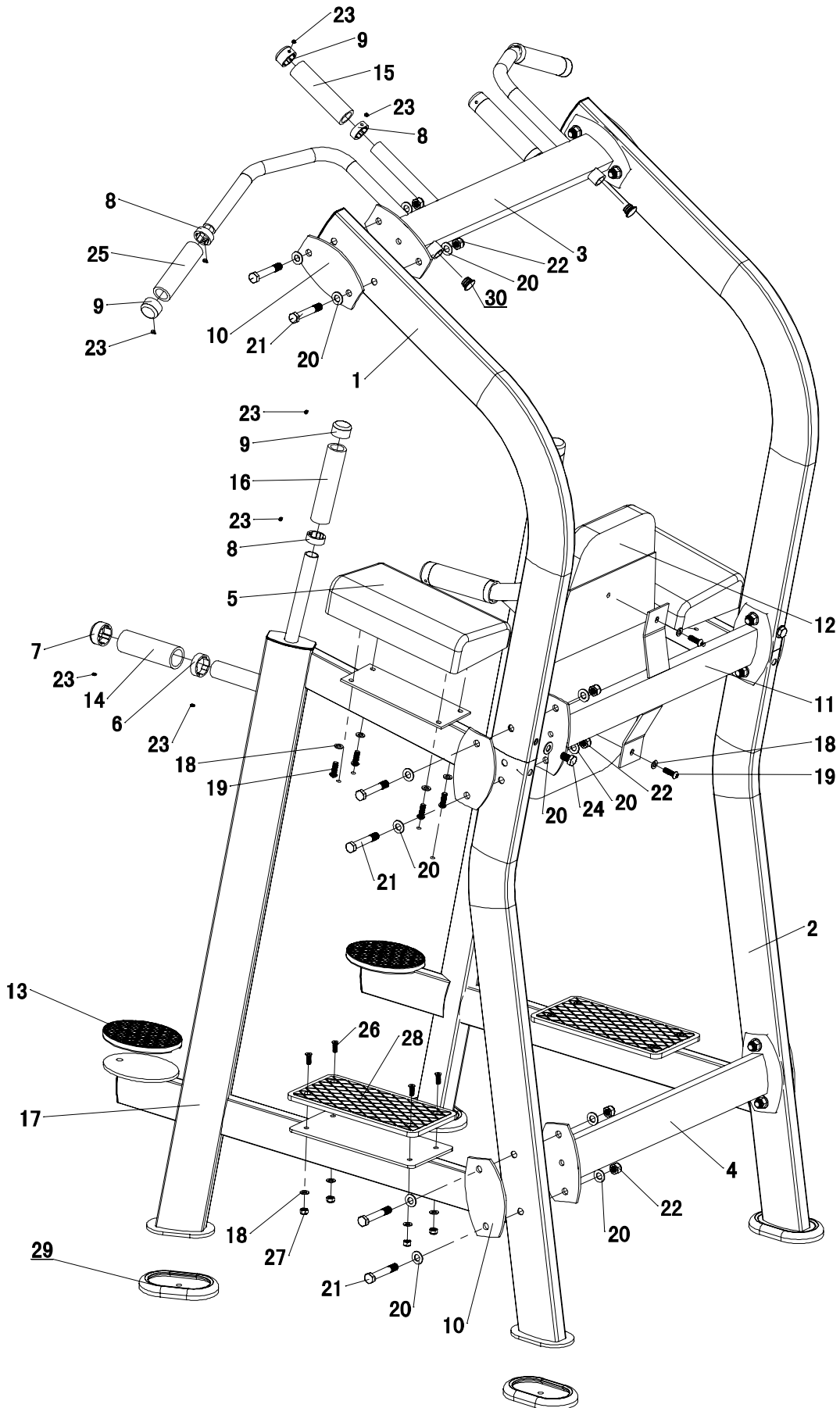
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# + Product Diagram



# ✚ Exploded Diagram



# ✚ Parts List

No.	Description	Q'ty
1	Upper Frame	2
2	Right Frame	1
3	Upper Cross bar	1
4	Rear Cross bar	1
5	Arm Pad	2
6	Grip Ring $\phi 42 * \phi 32.5 * 12$	2
7	Grip Cap $\phi 42 * \phi 32.5 * 23$	2
8	Grip Ring $\phi 32 * \phi 25.5 * 12$	6
9	Grip Cap $\phi 32 * \phi 25.5 * 23$	6
10	Connecting Plate	6
11	Pad Support	1
12	Back Pad	1
13	Pedal Cushion	2
14	Foam $\phi 42 * 125\text{mm}$	2
15	Foam $\phi 35 * 135\text{mm}$	2
16	Foam $\phi 35 * 150\text{mm}$	2
17	Left Frame	1
18	Flat Washer M8	18
19	Allen Bolt M8x25mm	10
20	Flat washer M12	26
21	Hex Bolt M12x75mm	12
22	Nylon Nut M12	12
23	Fixing Bolt M6x4mm	16
24	Hex Bolt M12x20mm	2
25	Foam $\phi 35 * 125\text{mm}$	2
26	Allen Bolt M8x20mm	8
27	Lock Nut M8	8
28	Foot Paddle	2
29	Rubber Shoe	4
30	End Cap	2

# ✚ Assembly

## Step 1

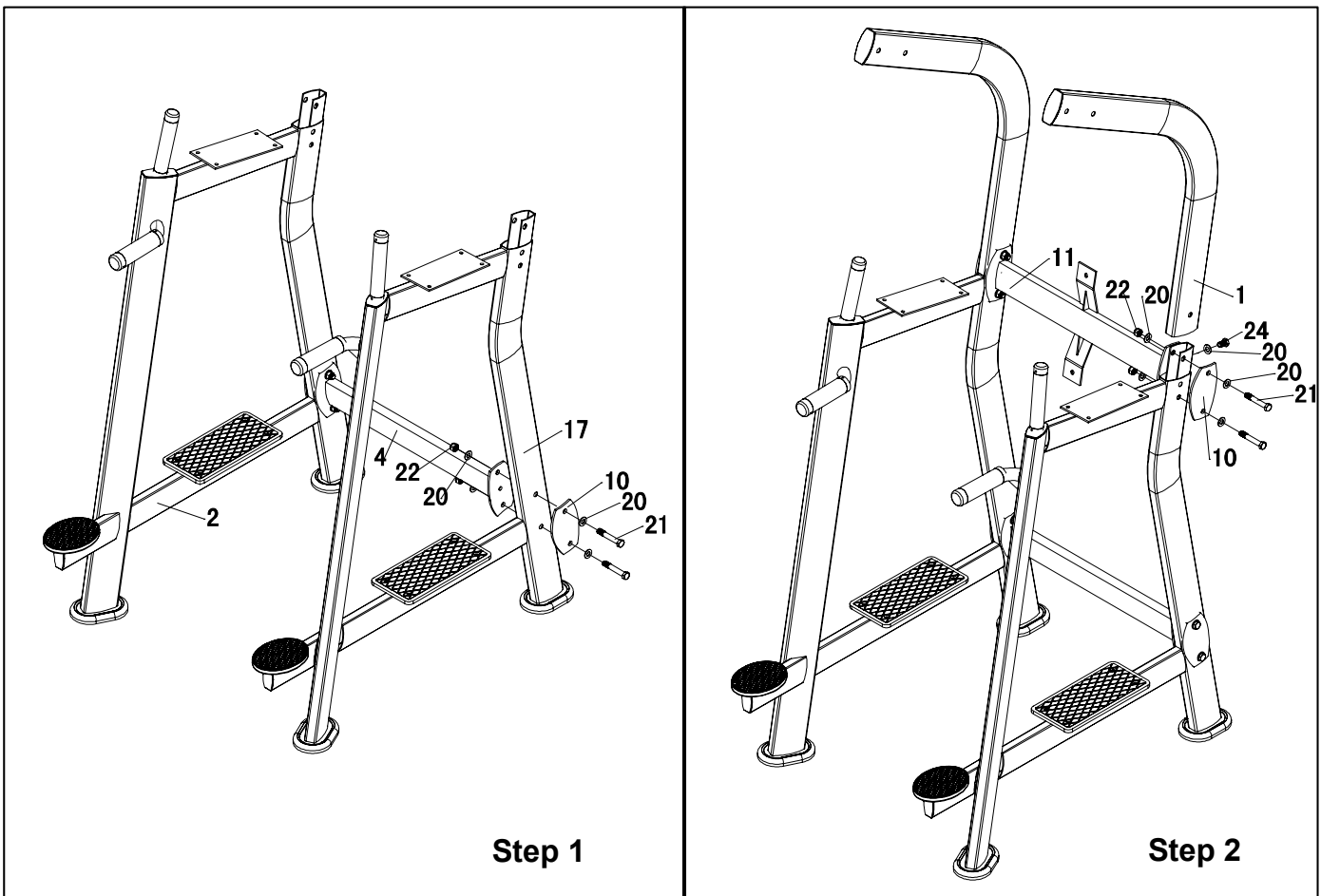
Connecting the Right Frame (2) and the Left Frame (17) with Rear Cross Bar (4) and Connecting Plates (10), using 4 Hex Bolts (21), 8 Flat Washers (20) and 4 Nylon Nuts (22).

**Please do not tighten the bolts and nuts.**

## Step 2

Insert the Upper Frames (1) to the Right Frame (2) and Left Frame (17), tighten with 2 Hex Bolts (24) and 2 Flat Washers (20). Connect the Back Pad Support (11) and 2 Connection Plates (10) to the frames, using 4 Hex Bolts (21), 8 Flat Washers (20) and 4 Nylon Nuts (22).

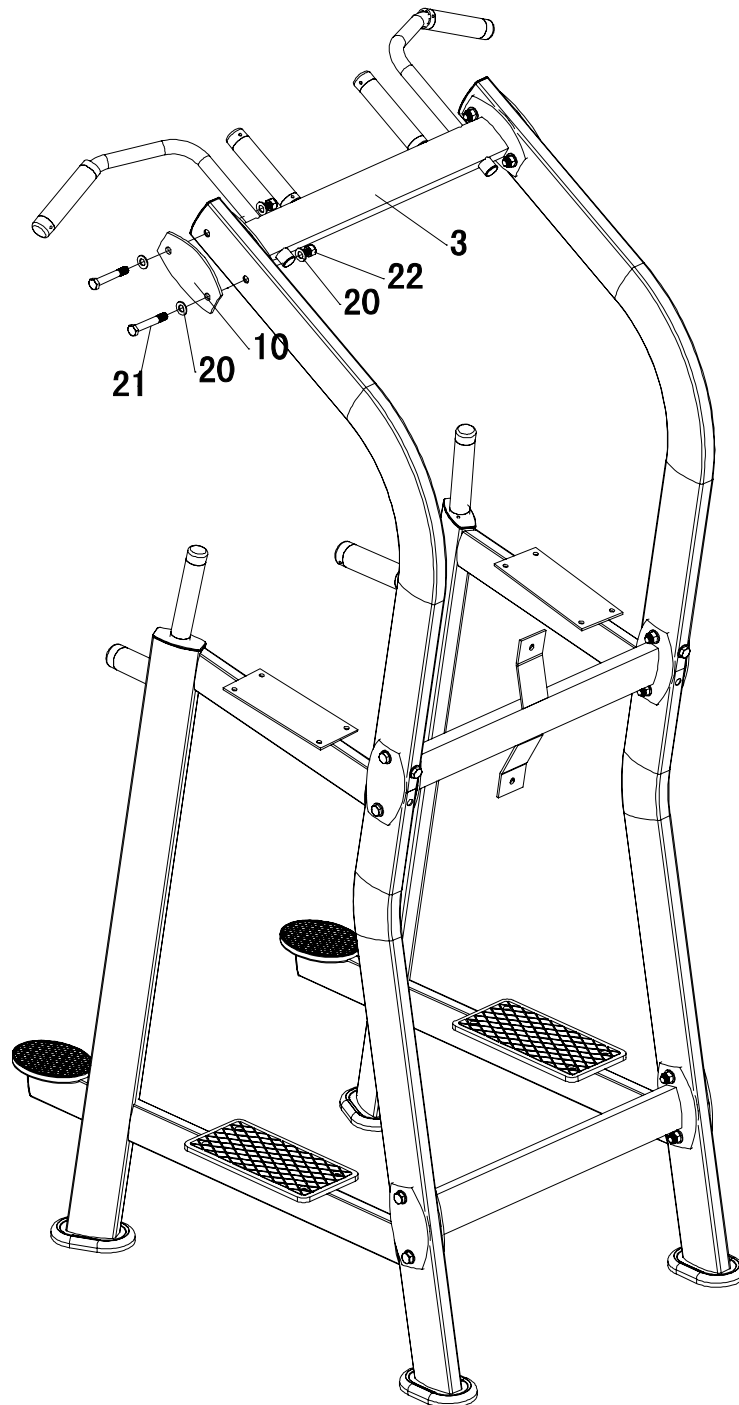
**Please do not tighten the bolts and nuts.**



# + Assembly

## Step 3

Connecting the Upper Cross Bar (3) and 2 Connecting Plates (10) to the Upper Frames, using 4 Hex Bolts (21), 8 Flat Washers (20), and 4 Nylon Nuts (22). Please tighten these bolts and nuts.





# + Assembly

## Step 4

Attach the Back Pad (12) to the Back Pad Support (11), using 2 Allen Bolts (19) and 2 Flat Washers (18). Then attach the Arm Pads (5) to the lower Frames, using 8 Allen Bolts (19) and 8 Flat Washers (18).

**Note: The thin side of the Arm Pad is face inside.**

