



OLYMPIC FLAT BENCH

Model 880FB-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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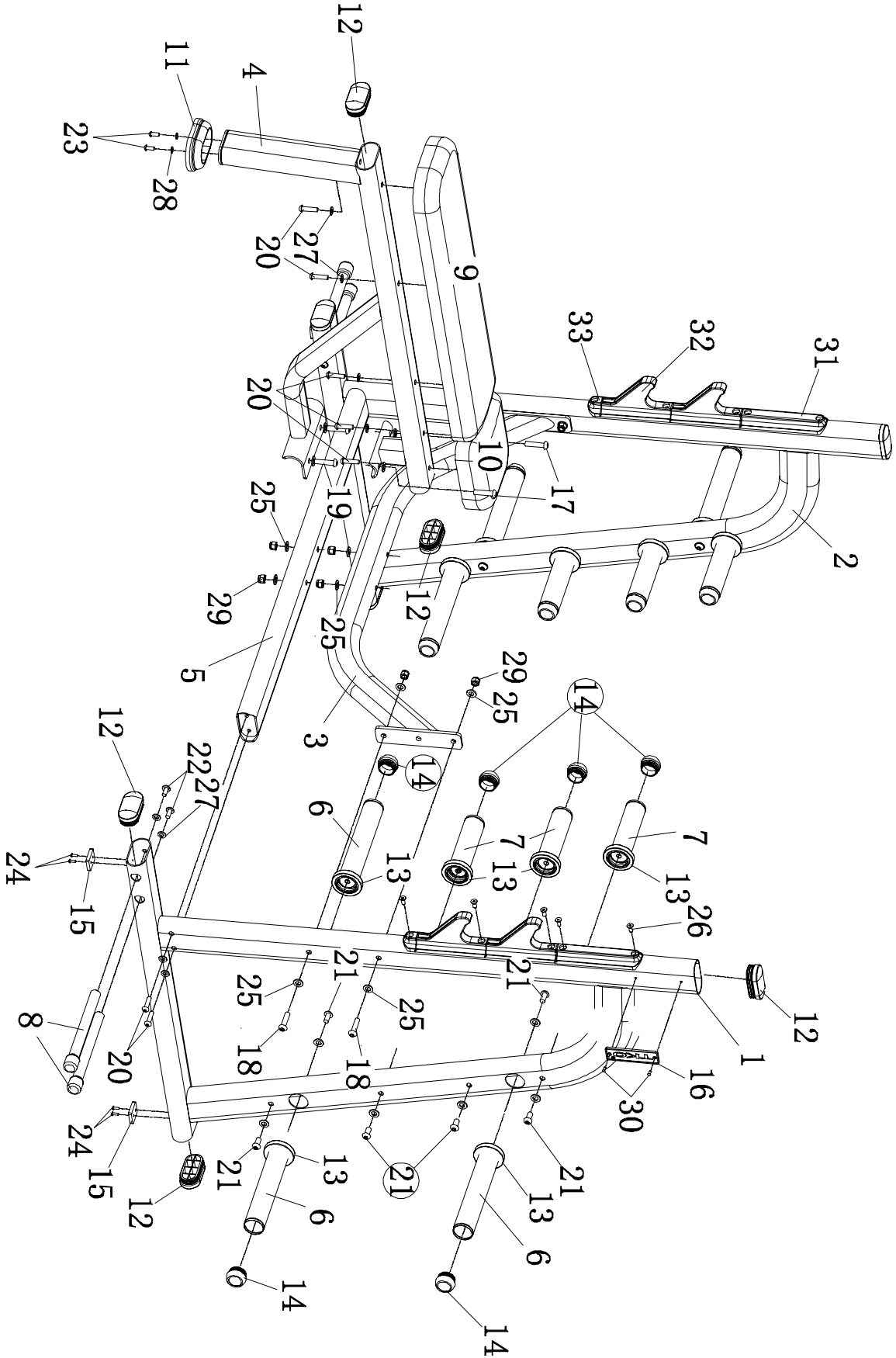
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✚ Product Diagram



**WEIGHTS/ACCESSORIES SOLD SEPARATELY*

✚ Exploded Diagram



✚ Parts List

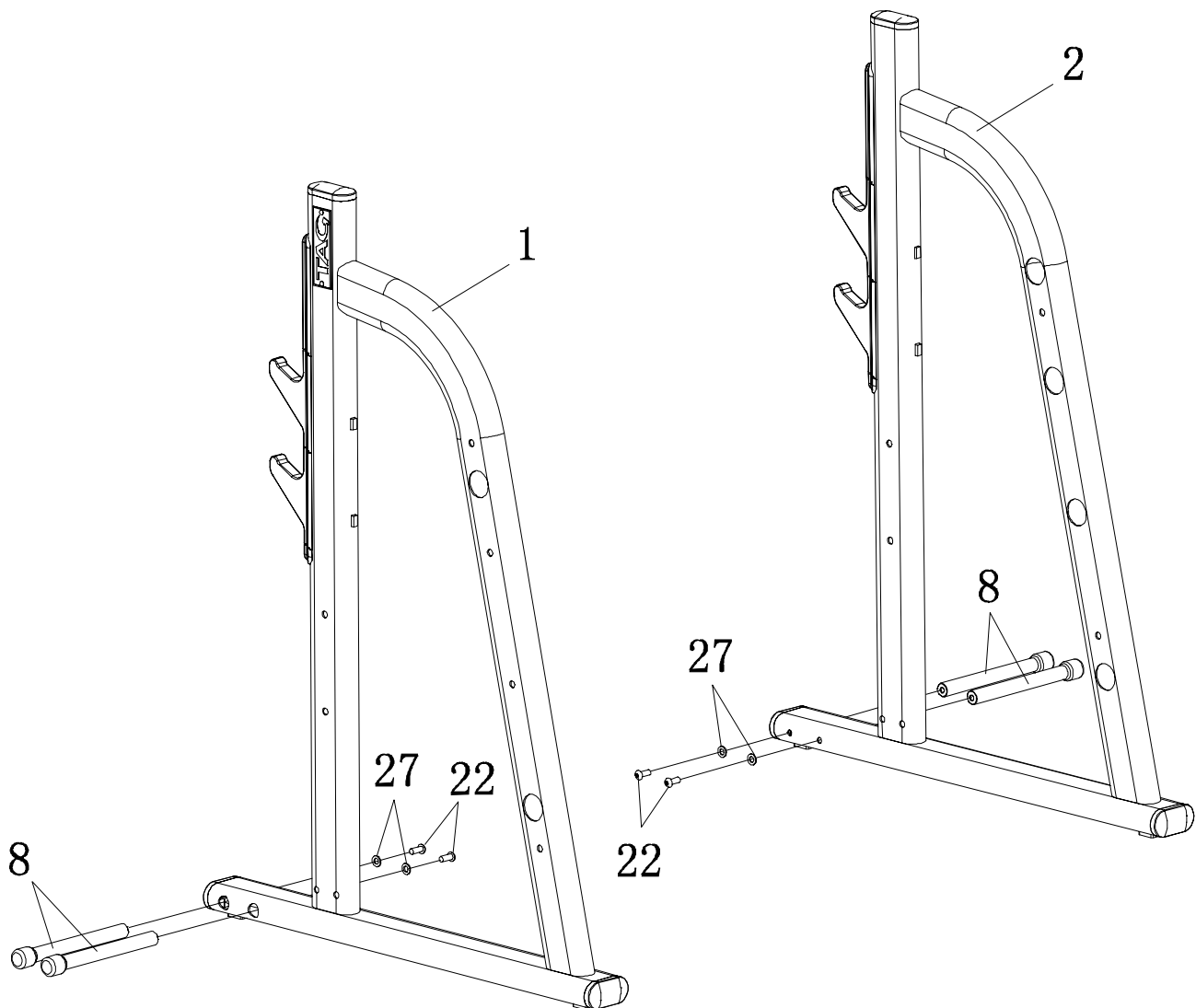
Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Left Upright Frame	1	18	Allen Bolt M12x75mm	4
2	Right Upright Frame	1	19	Allen Bolt M12x70mm	2
3	Upper Cross Frame	1	20	Allen Bolt M10x65mm	9
4	Back Pad Support Frame	1	21	Allen Bolt M12x25mm	12
5	Lower Cross Frame	1	22	Allen Bolt M10x25mm	4
6	Longer Plate Storage Bar	6	23	Allen Bolt M8x20mm	2
7	Shorter Plate Storage Bar	6	24	Screw M5x15mm	8
8	Stretch Cords Holder	4	25	Flat Washer M12	28
9	Back Pad	1	26	Allen Bolt M8x20mm	10
10	Pillow	1	27	Flat Washer M10	13
11	Rubber Foot Pad	1	28	Flat Washer M8	2
12	End Cap 50X100mm	8	29	Lock Nut M12	8
13	Rubber Bumper	12	30	Rivet ! 4mm x 12 mm	4
14	End Cap	12	31	Upper Cover	2
15	Rubber Floor Pad	4	32	Bar Holder Cover	4
16	Name Plate	2	33	Lower Cover	2
17	Allen Bolt M12x100mm	2			

+ Assembly

Step 1.

Please attach the Stretch Cords Holders (8) to the Left and Right Upright Frames (1&2), using 4 Allen Bolts (22) and 4 Flat Washers (27).

Please make sure to tighten all the knobs.



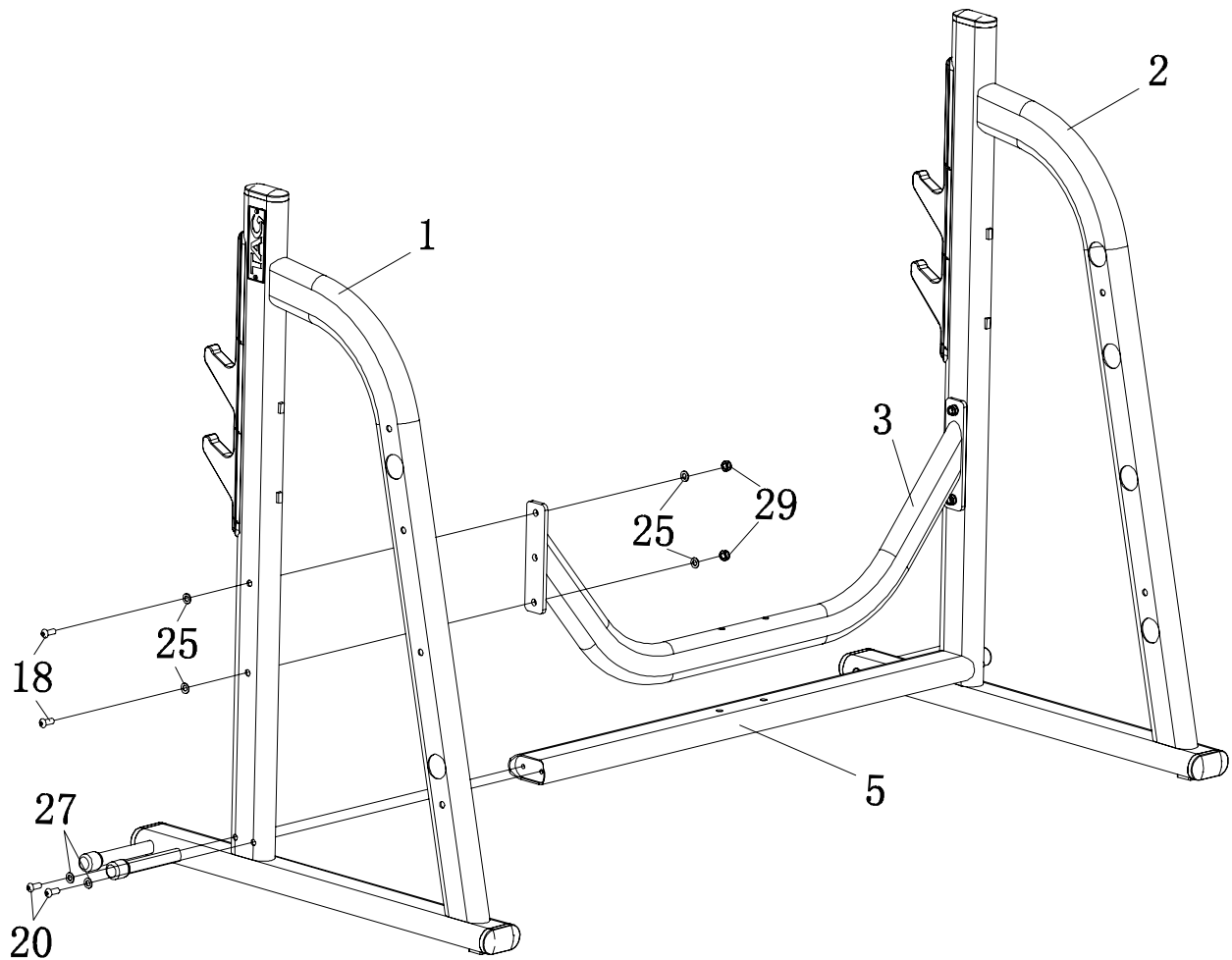
+ Assembly

Step 2.

Please attach the Upper Cross Frame (3) to the Left and Right Upright Frames (1&2), using 4 Allen Bolts (18), 8 Flat Washers (25) and 4 Lock Nuts (29).

Please attach the Lower Cross Frame (5) to the Left and Right Upright Frames (1&2), using 4 Allen Bolts (20), 4 Flat Washers (27).

Please do not tighten all the bolts and nuts at this time.



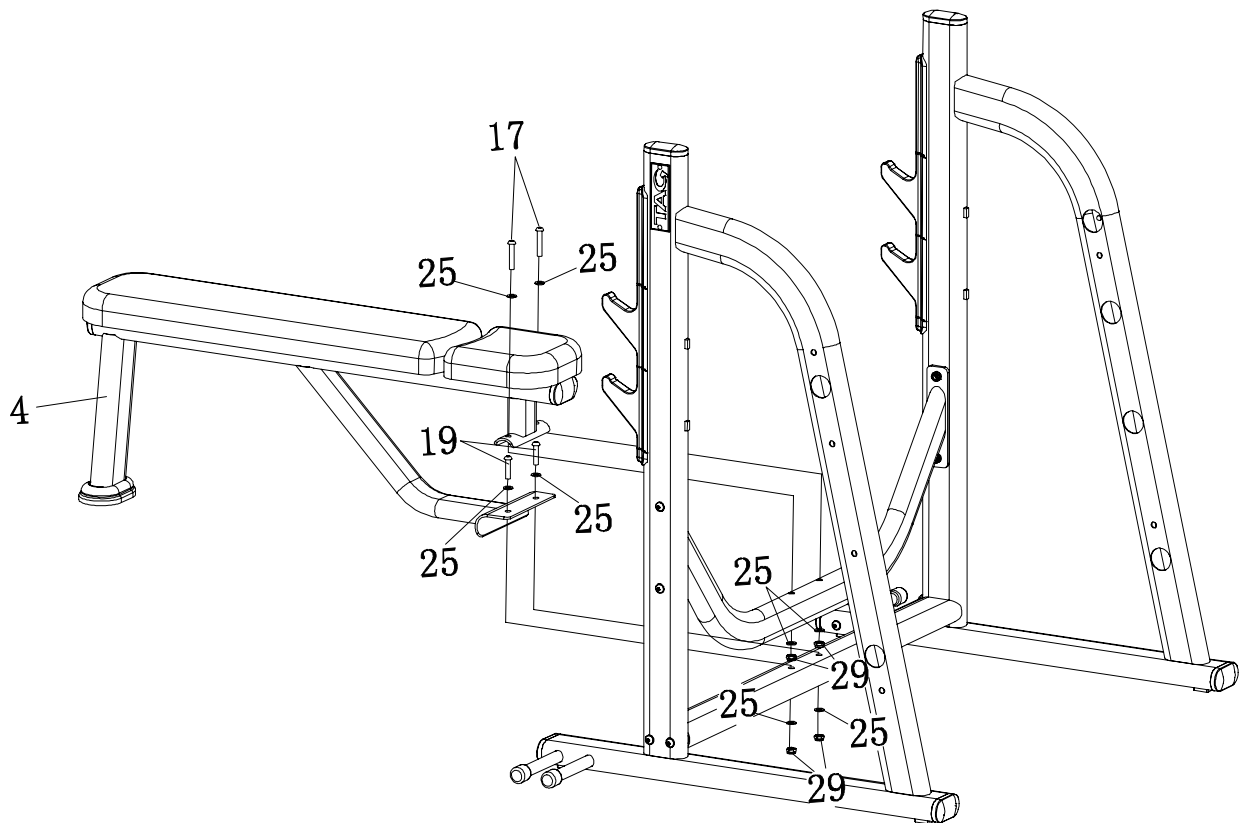
+ Assembly

Step 3.

Please attach the Back Pad Support Frame assembly (4) to the Upper Crosse Frame (3), using 2 Allen Bolts (17), 4 Flat Washers (25) and 2 Lock Nuts (29).

Please attach the Back Pad Support Frame assembly (4) to the Lower Crosse Frame (5), using 2 Allen Bolts (19), 4 Flat Washers (25) and 2 Lock Nuts (29).

Please make sure to tighten all the bolts and nuts.



+ Assembly

Step 4.

Please attach the Plate Storage Bars (6&7) to the Left and Right Upright Frames (1&2), using 12 Allen Bolts (21) and 12 Flat Washers (25).

Please tighten all the bolts.

