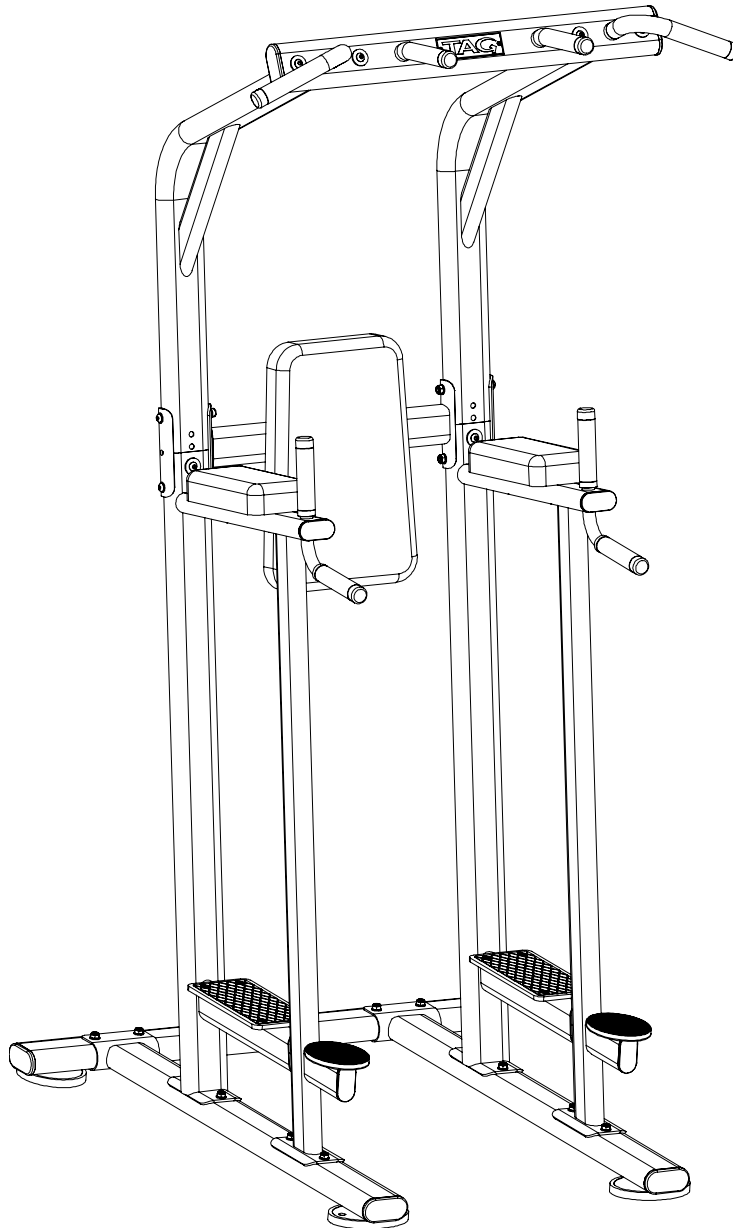




**VKR**  
**TAG VERTICAL KNEE RAISE/CHIN/DIP**



[www.tagfitness.net](http://www.tagfitness.net)

630-375-1500

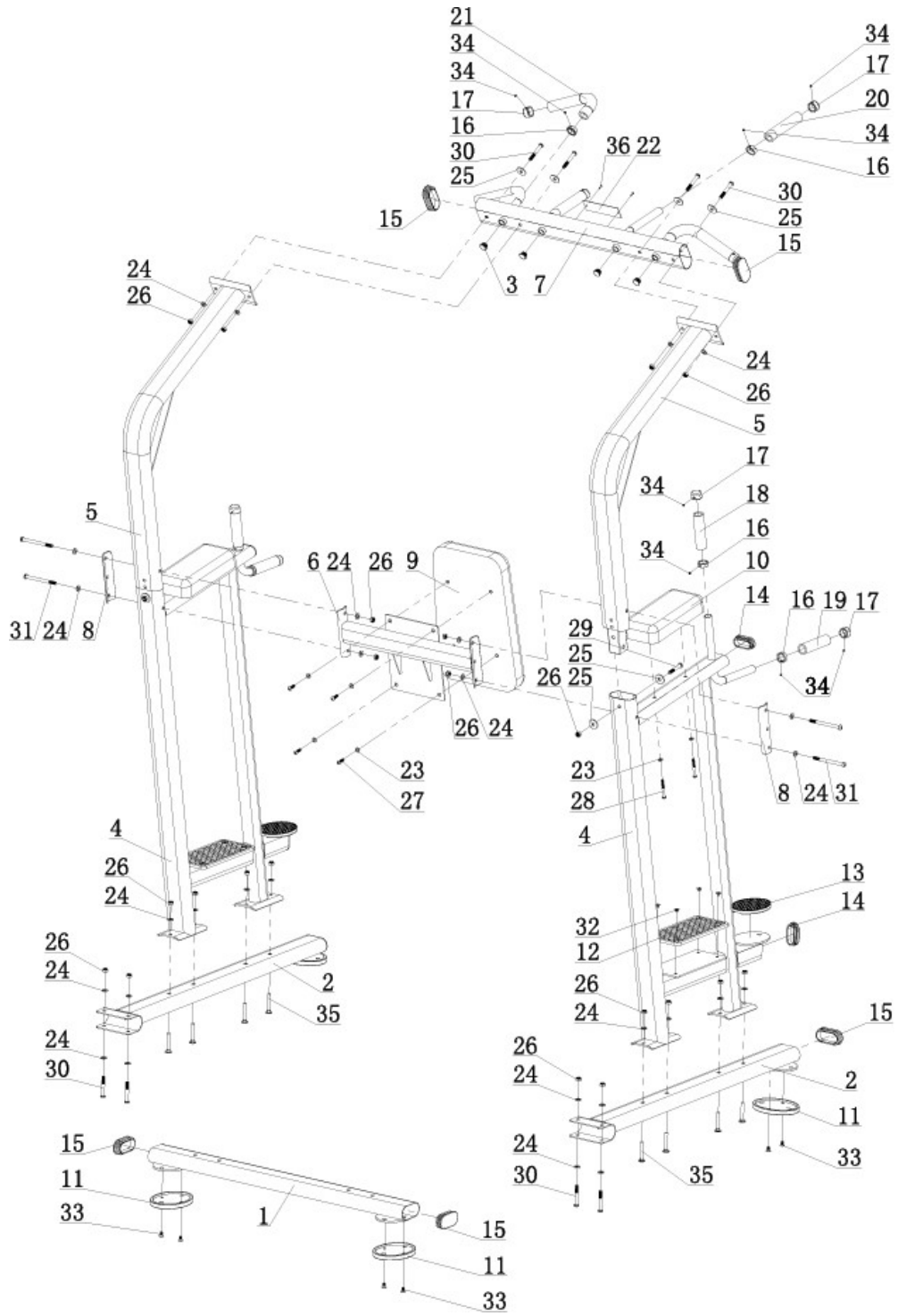
## IMPORTANT SAFETY INSTRUCTIONS

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**TAG** 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: **630-375-1500**

- 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.

# EXPLODED DRAWING



## PARTS LIST

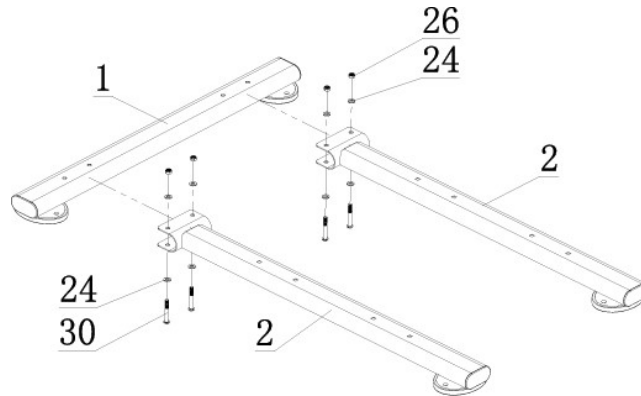
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Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Rear base frame	1	19	Foam $\phi$ 24*5*140	2
2	Front base frame	2	20	Foam $\phi$ 24*5*175	2
3	End cap $\phi$ 25*2	4	21	Foam $\phi$ 24*5*290	2
4	Lower upright frame	2	22	Name plate 146*45*2	1
5	Upper upright frame	2	23	Flat washer $\phi$ 9* $\phi$ 16*1.6	8
6	Cross frame	1	24	Flat washer $\phi$ 11* $\phi$ 20*2	28
7	Upper cross frame	1	25	Flat washer $\phi$ 11* $\phi$ 34*3	8
8	Curved connection bracket	2	26	Nut M10	22
9	Back pad 500*325*60	1	27	Allen bolt M8*25	4
10	Arm pad 300*140*60	2	28	Allen bolt M8*65	4
11	PVC shoe 169*129*16	4	29	Allen bolt M10*65	2
12	Pedal cushion 300*140*10	2	30	Allen bolt M10*70	8
13	Foot paddle 159*119*12	2	31	Allen bolt M10*125	4
14	End cap PT40*80*1.5	4	32	Allen bolt M8*10	8
15	End cap PT50*100*2	6	33	Allen bolt M8*15	8
16	Metal ring $\phi$ 35* $\phi$ 26*12	8	34	Allen screw M6*4	16
17	Metal end cap $\phi$ 35* $\phi$ 26*23	8	35	Carriage bolt M10*65	8
18	Foam $\phi$ 24*5*125	2	36	Rivet $\phi$ 4*12	2

# ASSEMBLY STEPS

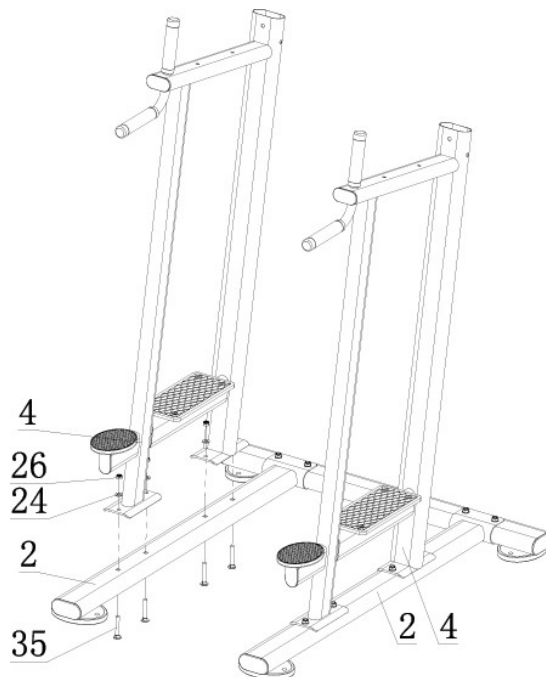
## Step 1.

Connect Rear base frame (1), Front base frame (2) and Right base frame (3) using Flat washer  $\phi 11 * \phi 20 * 2(24)$ , Nut M10(26) and Allen bolt M10\*70(30). Please don't tighten all the bolts..



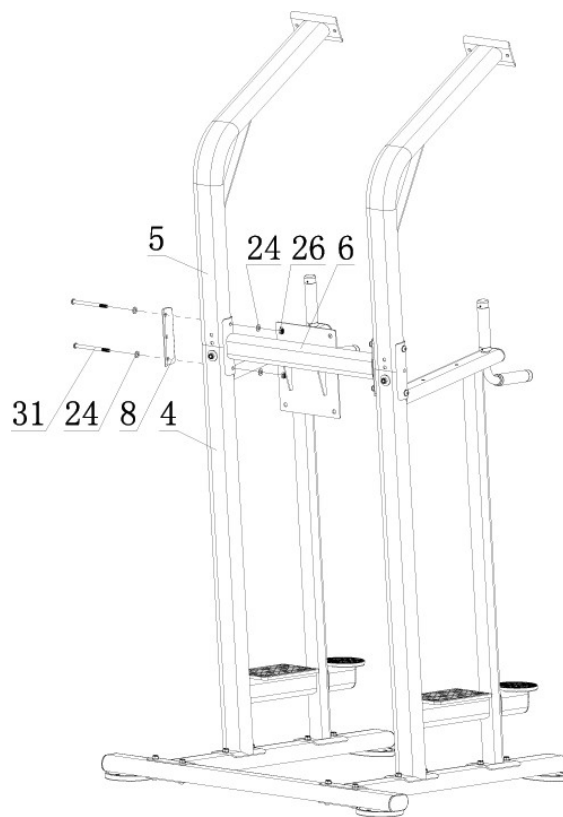
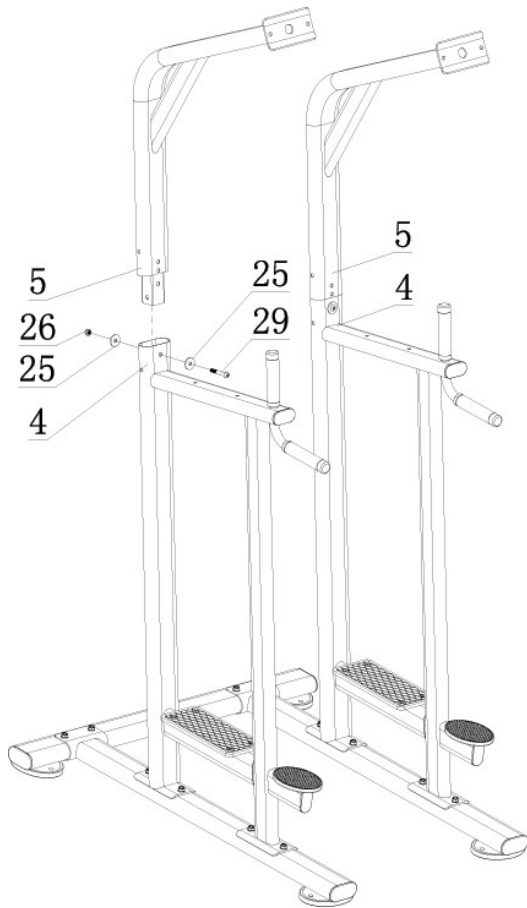
## Step 2.

Connect Front base frame (2), and Lower upright frame (4), using Flat washer  $\phi 11 * \phi 20 * 2(24)$ , Nut M10(26) and Carriage bolt M10\*65(35). Please don't tighten all the bolts..



### Step 3.

Connect Lower upright frame(4), Upper upright frame(5) using Flat washer  $\phi 11 * \phi 34 * 3$  (25), Nut M10(26) and Allen bolt M10\*65(29). Please don't tighten all the bolts..

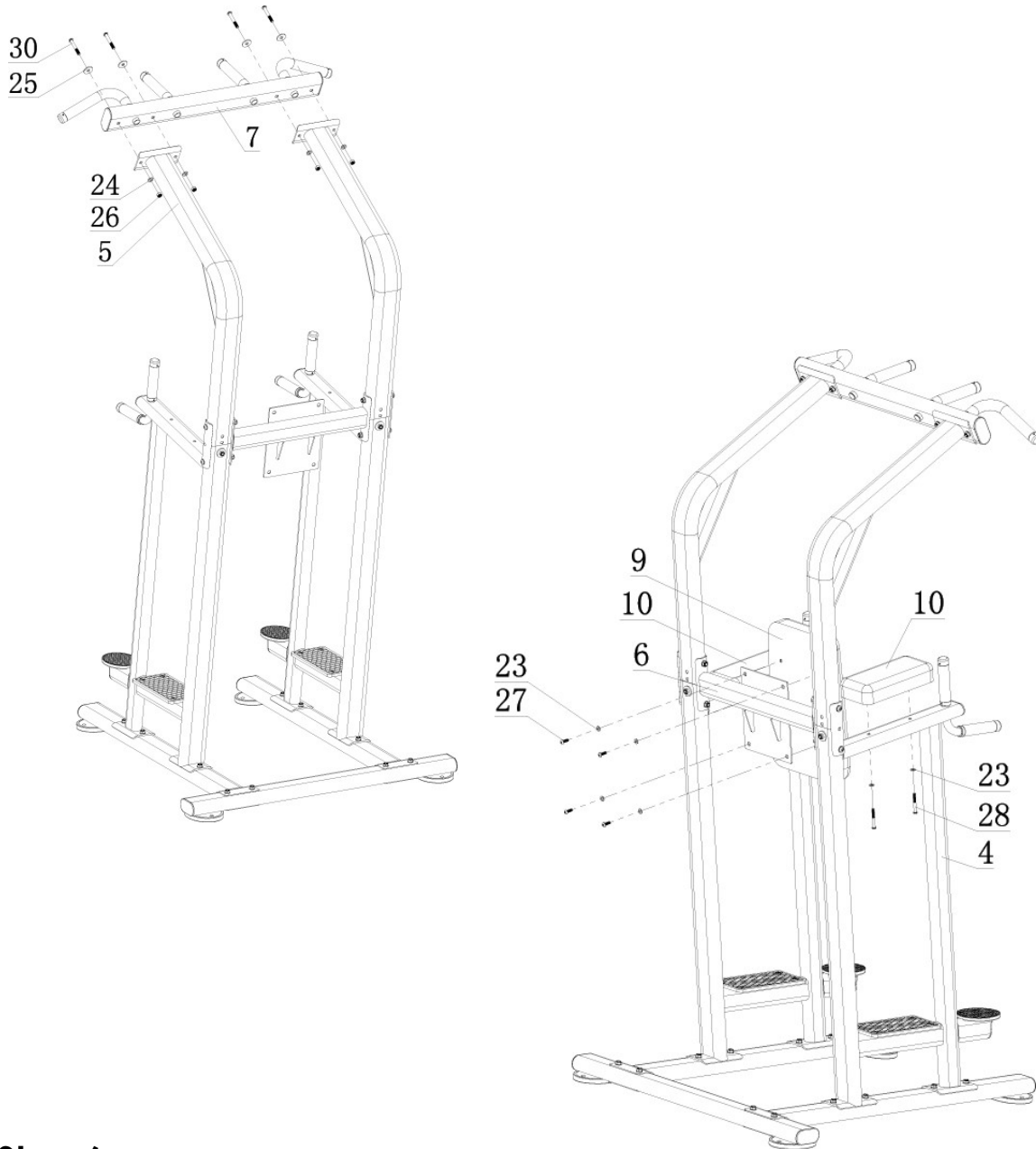


### Step 4.

Connect Lower upright frame(4), Upper upright frame(5), Cross frame(6) and Curved connection bracket(8) using Flat washer  $\phi 11 * \phi 20 * 2$  (24), Nut M10(26) and Allen bolt M10\*125 (31). Please don't tighten all the bolts..

## Step 5.

Connect Upper upright frame(5) and Upper cross frame (7) using Flat washer  $\phi 11 * \phi 20 * 2$  (24), Flat washer  $\phi 11 * \phi 34 * 3$  (25), Nut M10(26) and Allen bolt M10\*70(30). Please tighten all the bolts.



## Step 6.

Fix Back pad(9) to Cross frame(6), using Flat washer  $\phi 9 * \phi 16 * 1.6$ (23), Allen bolt M8\*25(27) ; Fix Arm pad(10) to Lower upright frame(4) using Flat washer  $\phi 9 * \phi 16 * 1.6$ (23) and Allen bolt M8\*65(28). Please tighten all the bolts.