



4 Stack Multi Model 7031-B

+ Owner's Manual

V 1.0 - 09.2025

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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.
- or 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.

S S e

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270
e mail: sales@tkostrength.com
Hours: Monday-Friday 8:30am to 4:30pm CT

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+ Product Diagram



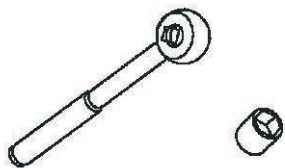
Maximum Weight Limit: 95KG / 210 lbs.

+ Instructions

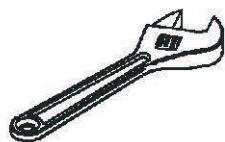
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

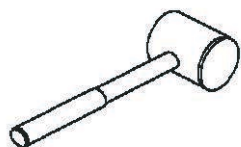
+ Tools Required



Ratchet Wrench and Socket



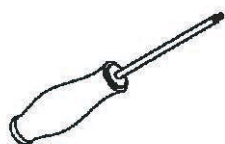
Adjustable Wrench



Rubber Mallet

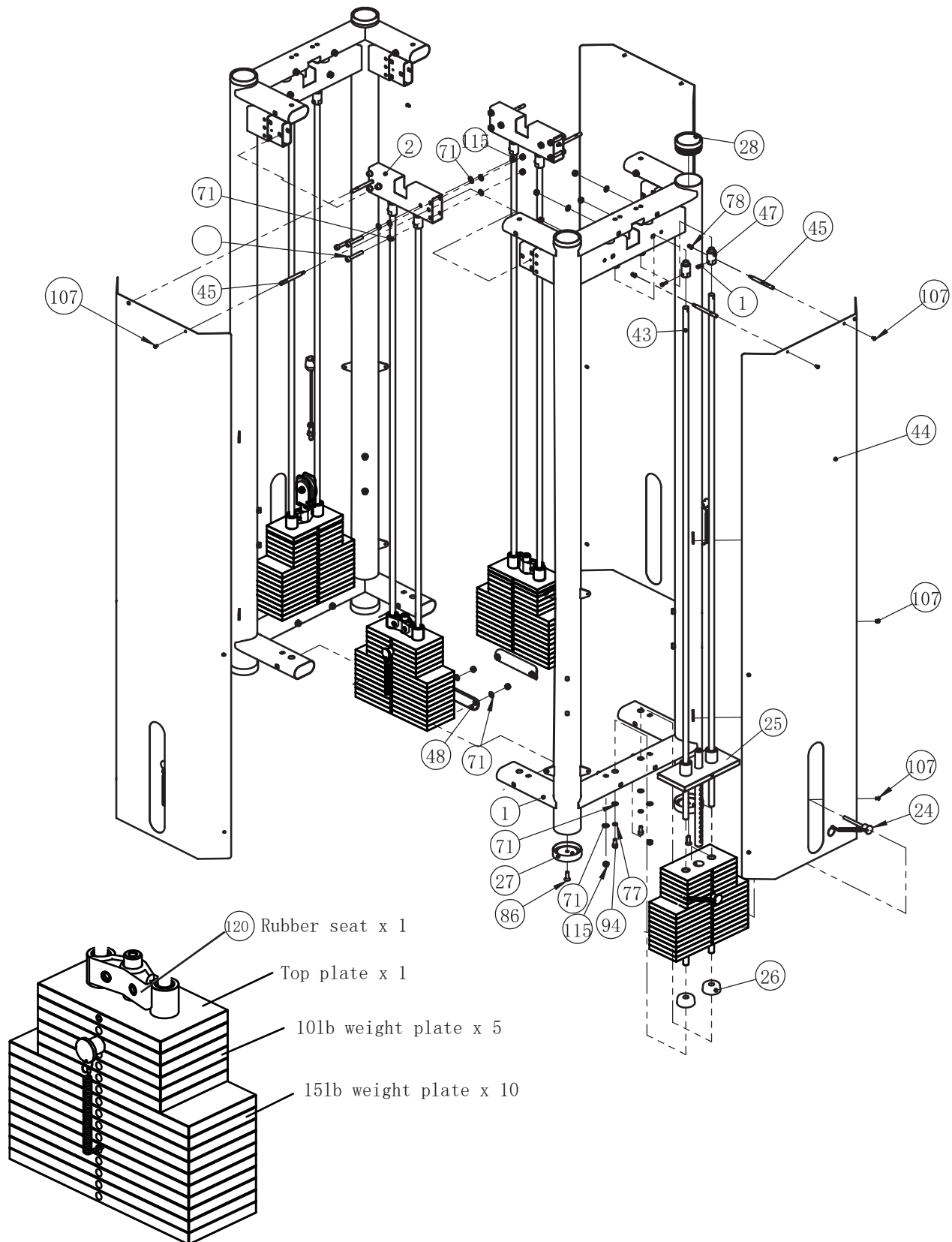


Hex Key Wrench Set

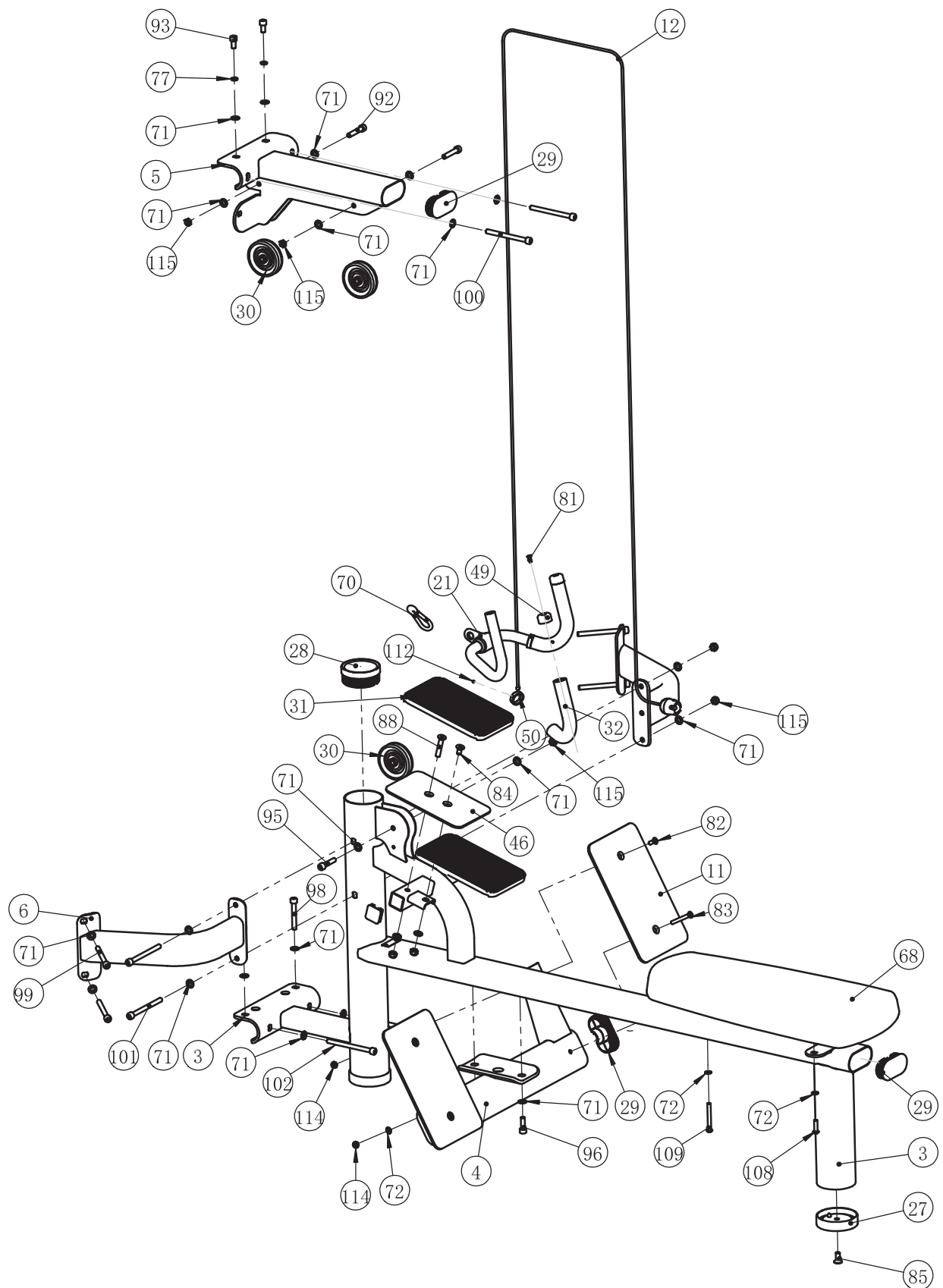


Phillips Screwdriver

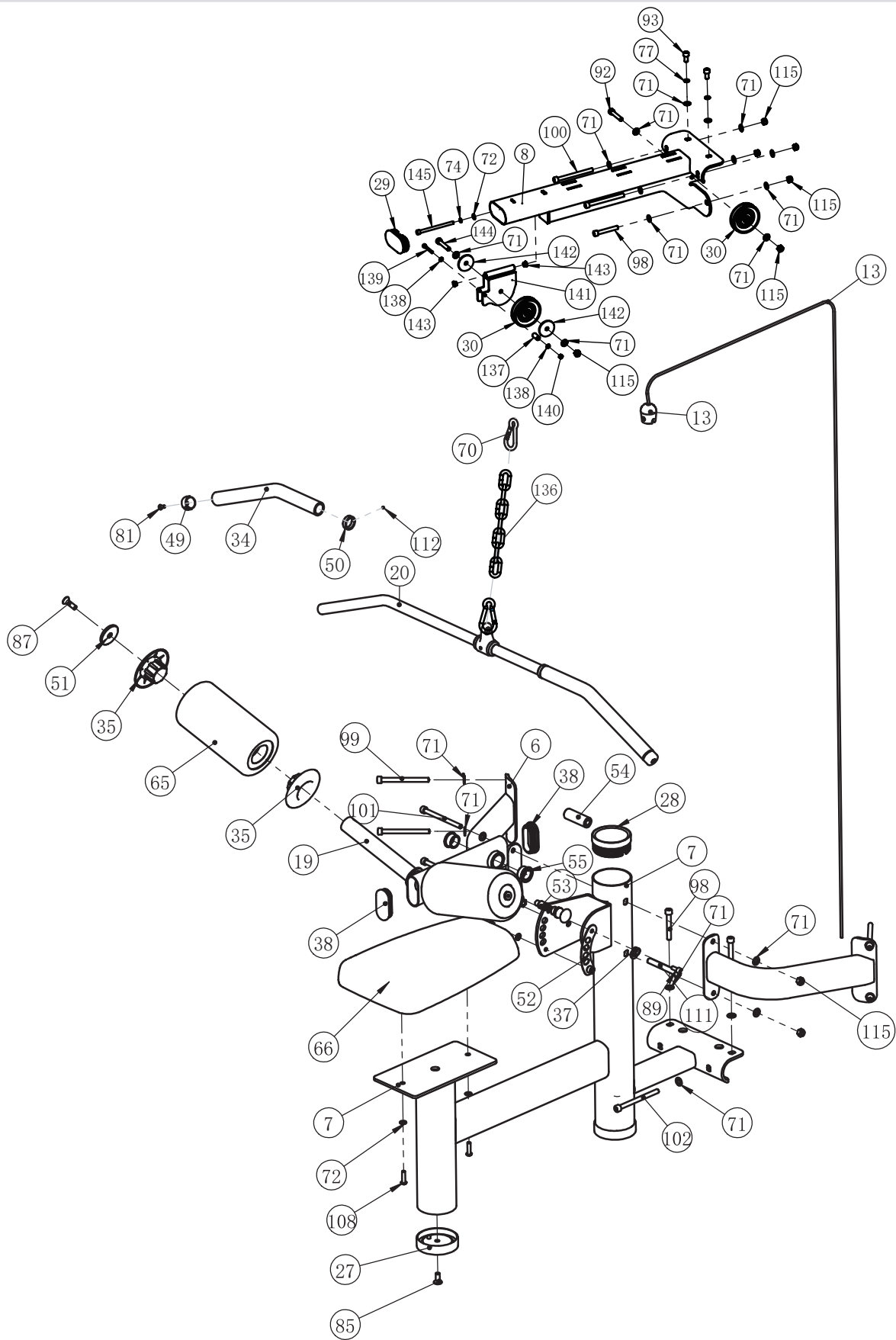
✚ Exploded Diagram



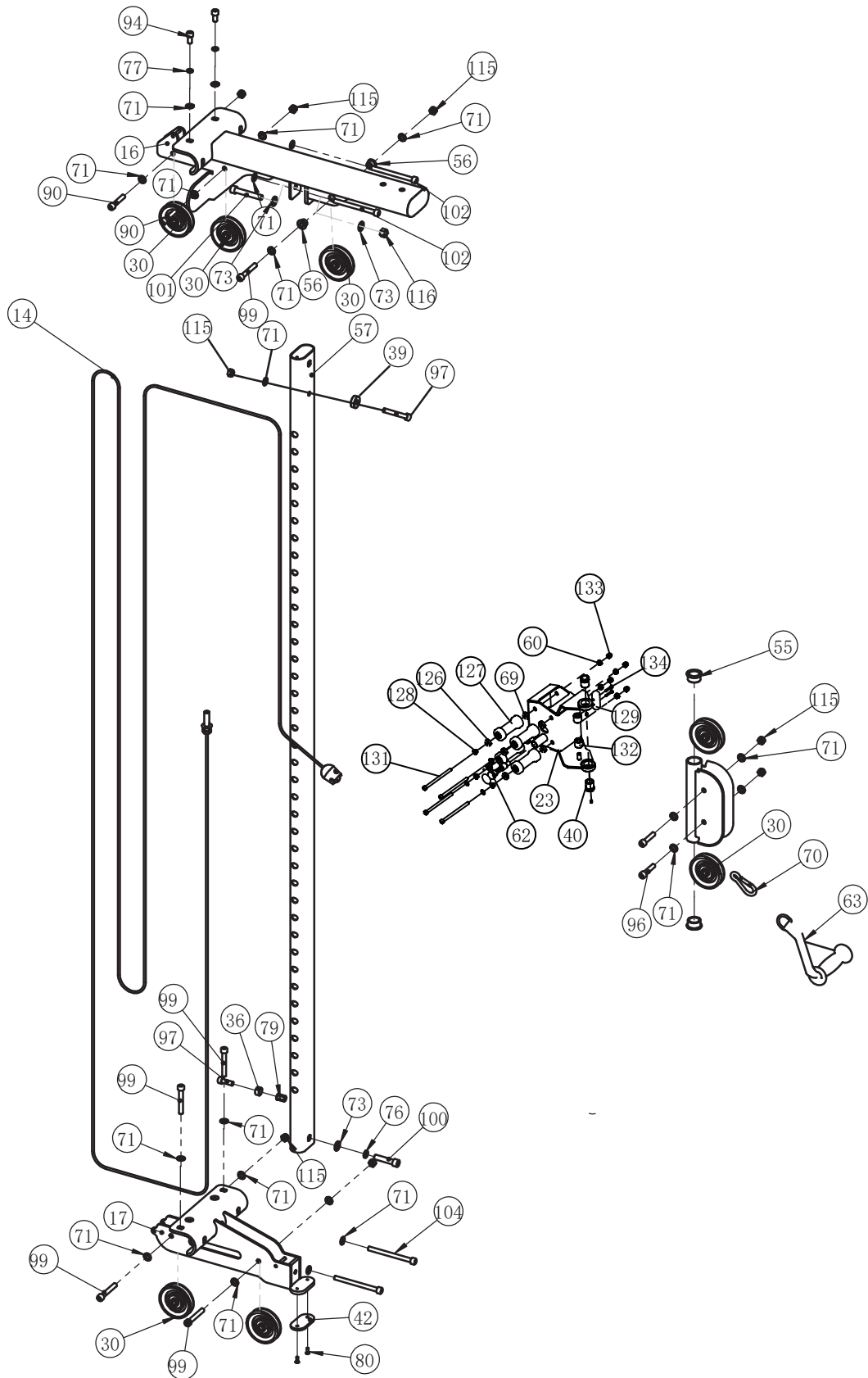
✚ Exploded Diagram



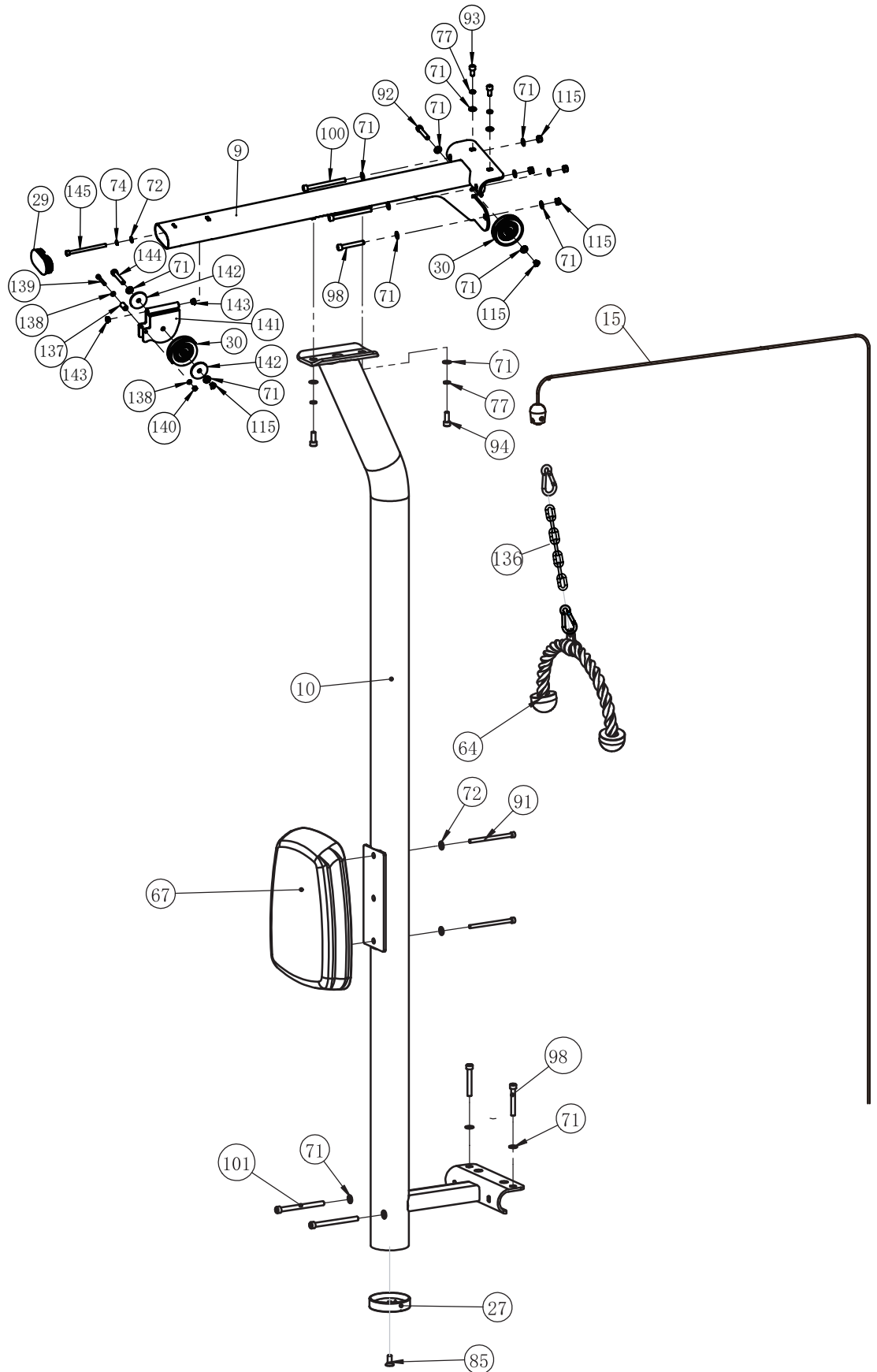
+ Exploded Diagram



✚ Exploded Diagram



+ Exploded Diagram



+ Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

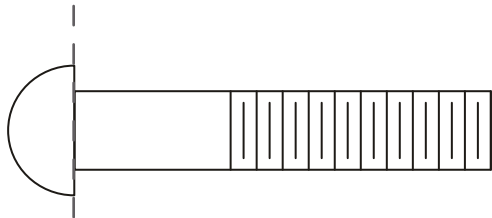
Item No.	Description	QTY	Item No.	Description	QTY
1	Main Frame	2	33	Plug F38	2
2	Connecting frame 1	2	34	Grip $\phi 30 \times \phi 22 \times 405$	2
3	Connecting frame 2	1	35	FOAM End Cap $\phi 109.9 \times \phi 38.7 \times 39.8$	4
4	Foot pedal holder	1	36	Spacer Sleeve $\phi 20 \times \phi 10.5 \times 10$	1
5	Upper fixed bracket	1	37	Bumper $\phi 17 \times 10.5$	2
6	Connecting frame 3	4	38	Plug PT40 $\times$ 80	2
7	Main Frame	1	39	Bumper $30 \times \phi 10.5 \times 10$	1
8	High pull Upper fixed bracket	1	42	Ground mounted plastic board $79 \times 39 \times 5$	1
9	Upper fixed bracket	1	43	Guid Rod $\phi 19 \times 2060 \times M10$	8
10	Support Frame	1	44	Shroud $2120 \times 562 \times 86 \times 1$	4
11	Foot Plate $320 \times 200 \times 5$	2	45	Shield top pillar $\phi 10 \times 117 \times M6$	8
12	Cable for Row	1	46	Placement board $230 \times 150 \times 4$	2
13	Cable for lat	1	47	Guide rod positioning axis $\phi 35 \times 60$	8
14	Cable for Hi/Low	1	48	Fixed plate $200 \times 50 \times R25 \times 6$	2
15	Cable for Tricep	1	49	Aluminium Cap $\phi 32.5 \times \phi 26 \times 19$	4
16	Top Cross Brace	1	50	Aluminum Ring $\phi 33 \times \phi 26.8 \times 9.5$	4
17	Pulley frame	1	51	Aluminum End Cap $\phi 54 \times \phi 12.5 \times 10.6$	2
18	Rotating pulley frame	1	52	Scaleboard $140 \times 50 \times 2$	1
19	FOAM frame	1	53	Pop Pin	1
20	Pull the handle high	1	54	Shaft $\phi 25.4 \times \phi 12.5 \times 72$	1
21	Pull the handle low	1	55	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	4
22	Rotating pulley frame	1	56	Spacer Bush $\phi 24 \times \phi 18 \times \phi 10.5 \times 14$	2
23	Carriage	1	57	Regulating tube PT40 $\times$ 80 $\times$ 2.5 $\times$ 2300	1
24	Select the iron pin group	4	58	Threaded sleeve $\phi 35 \times \phi 18 \times 42$	2
25	Top Plate 210LBS	4	62	Pop Pin	1
26	Weight Rubber Bumper $\phi 63.5 \times \phi 19 \times 25.4$	8	63	Tensile sleeve set	1
27	Floor mat $\phi 101 \times 23.6$	9	64	Pull Rope	1
28	Plug $\phi 94.5 \times 41$	6	65	Roller	2
29	Plug RT50 $\times$ 100	7	66	Seat Frame $441 \times 269 \times 70$	1
30	Pulley	15	67	Seat Frame $390 \times 314 \times 70$	1
31	Foot pad $242 \times 162 \times 15$	2	68	Seat Frame $660 \times 265 \times 70$	1
32	Grip ST $\phi 22 \times \phi 30 \times 270$	2			

+ Parts List

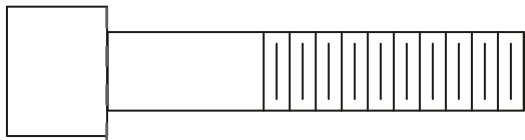
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	QTY	Item No.	Description	QTY
70	Carabiner $\phi 8$	6	104	Socket Head Cap Screw M12 $\times$ 55	1
71	Flat Washer $\phi 11 \times \phi 20 \times 2$	161	105	Socket Head Cap Screw M12 $\times$ 75	1
72	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	13	107	Button Head Cap Screw M6 $\times$ 10	24
73	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	6	108	Button Head Cap Screw M8 $\times$ 30	4
74	Spring Washer $\phi 8$	2	109	Button Head Cap Screw M8 $\times$ 70	1
76	Spring Washer $\phi 12$	2	110	Button Head Cap Screw M12 $\times$ 25	1
77	Spring Washer $\phi 10$	18	111	Button Head Cap Screw M12 $\times$ 100	1
78	Rivet Nut M6 $\times$ 13.5	4	112	Socket Set Screw M5 $\times$ 3	8
79	Rivet Nut M10 $\times$ 19.5	1	113	Pop Rivet $\phi 4 \times 8$	2
80	Flat Head Cap Screw M5 $\times$ 15	2	114	Nylon Lock Nut M8	7
81	Flat Head Cap Screw M6 $\times$ 30	4	115	Nylon Lock Nut M10	72
82	Flat Head Cap Screw M8 $\times$ 20	2	116	Nylon Lock Nut M12	2
83	Flat Head Cap Screw M8 $\times$ 65	2	117	Serial Number Plate 52 $\times$ 20 $\times$ 0.5	1
84	Flat Head Cap Screw M10 $\times$ 20	2	119	Socket Head Cap Screw M8 $\times$ 60	1
85	Flat Head Cap Screw M10 $\times$ 25	5	120	Rubber seat 118.5 $\times$ 51.2 $\times$ 40	4
86	Flat Head Cap Screw M10 $\times$ 30	4	126	Bearing 608-2Z	8
87	Flat Head Cap Screw M10 $\times$ 35	2	127	Carriage $\phi 40 \times \phi 22 \times \phi 12.5 \times 95.5$	4
88	Flat Head Cap Screw M10 $\times$ 55	2	128	Spacer Bush $\phi 16 \times \phi 12 \times \phi 8.2 \times 7.6$	8
89	Socket Head Cap Screw M8 $\times$ 20	2	129	Adjust the handle $\phi 25 \times 70$	1
91	Socket Head Cap Screw M8 $\times$ 120	2	131	Socket Head Cap Screw M8 $\times$ 120	4
92	Socket Head Cap Screw M10 $\times$ 55	7	132	Bumper $\phi 25 \times \phi 10.5 \times 22$	2
93	Socket Head Cap Screw M10 $\times$ 20	16	133	Nylon Lock Nut M8	4
94	Socket Head Cap Screw M10 $\times$ 25	2	134	Flat Head Cap Screw M5 $\times$ 30	2
95	Socket Head Cap Screw M10 $\times$ 50	4	136	Seven link chain	2
96	Socket Head Cap Screw M10 $\times$ 30	3	137	Steel cable sleeve $\phi 6.5 \times \phi 12.5 \times 25$	2
97	Socket Head Cap Screw M10 $\times$ 65	9	138	Flat Washer $\phi 6.5 \times \phi 12 \times 1.6$	4
98	Socket Head Cap Screw M10 $\times$ 70	19	139	Socket Head Cap Screw M6 $\times$ 45	2
99	Socket Head Cap Screw M10 $\times$ 115	8	140	Nylon Lock Nut M6	2
100	Socket Head Cap Screw M10 $\times$ 120	8	141	Rotate the pulley frame	2
101	Socket Head Cap Screw M10 $\times$ 125	8	142	Protective panel	4
102	Socket Head Cap Screw M10 $\times$ 130	4	143	Small bushing	4
103	Socket Head Cap Screw M6 $\times$ 20	8	144	Socket Head Cap Screw M10 $\times$ 60	1
			145	Socket Head Cap Screw M8 $\times$ 115	2

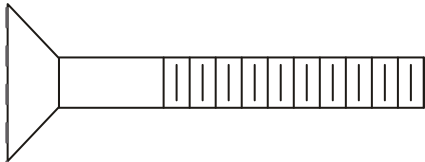
+ Measurement Guide



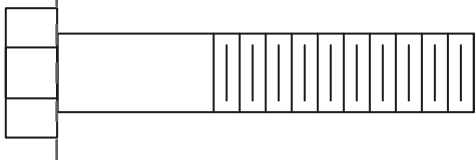
BHCS = Button Head Cap Screw



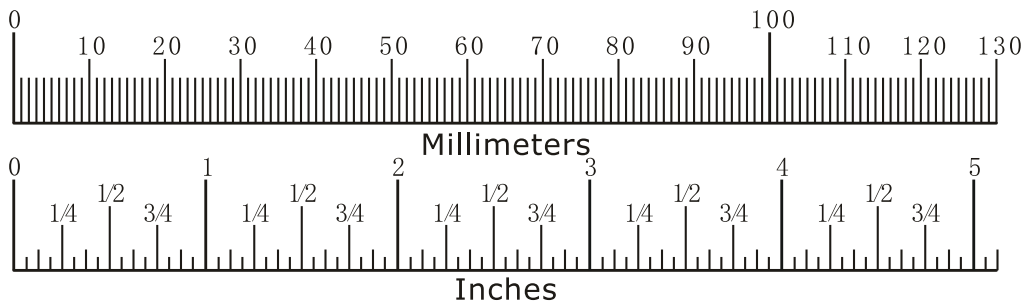
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



+ Assembly Instruction

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

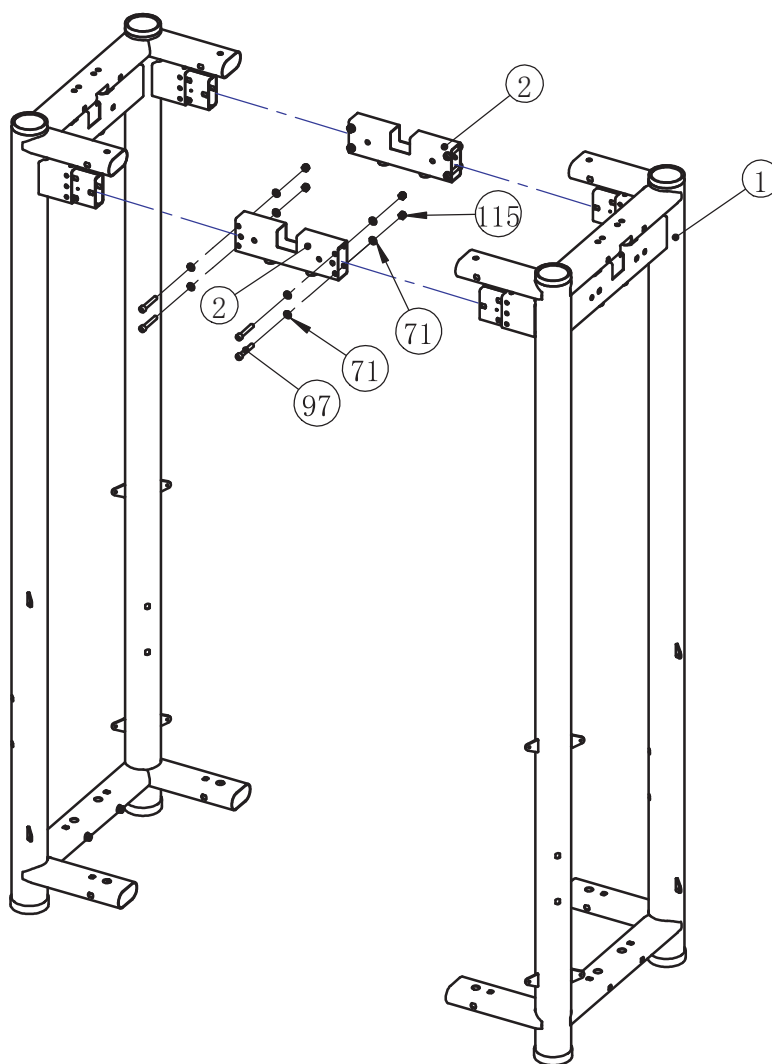
NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

+ Assembly

Step 1

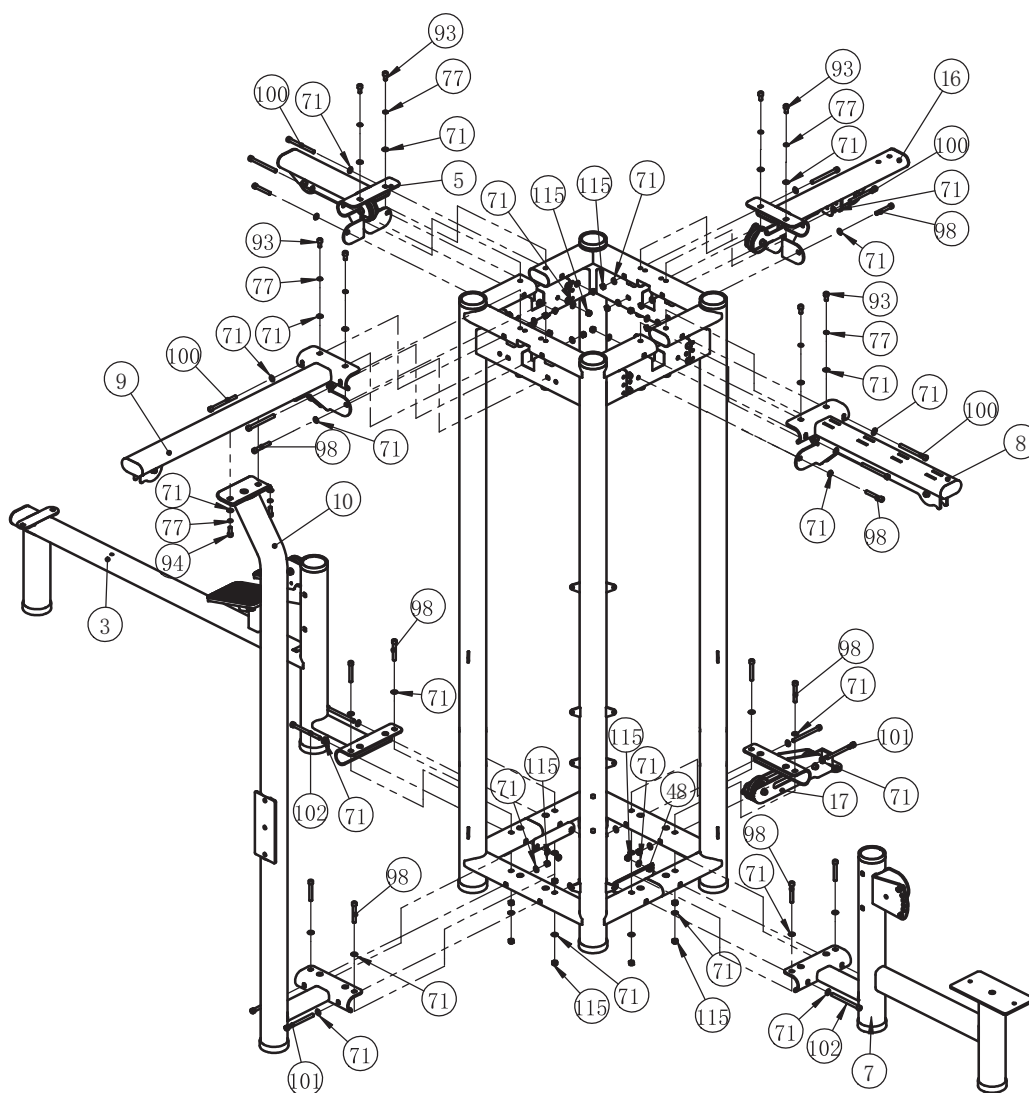
Item No	Description	QTY	Item No	Description	QTY
1	Chain	2	97	Socket Head Cap Screw M10×65	8
2	Connecting Frame1	2	115	Nylon Lock Nut M10	8
71	Flat Washer $\phi 11 \times \phi 20 \times 2$	16			



✚ Assembly

Step 2

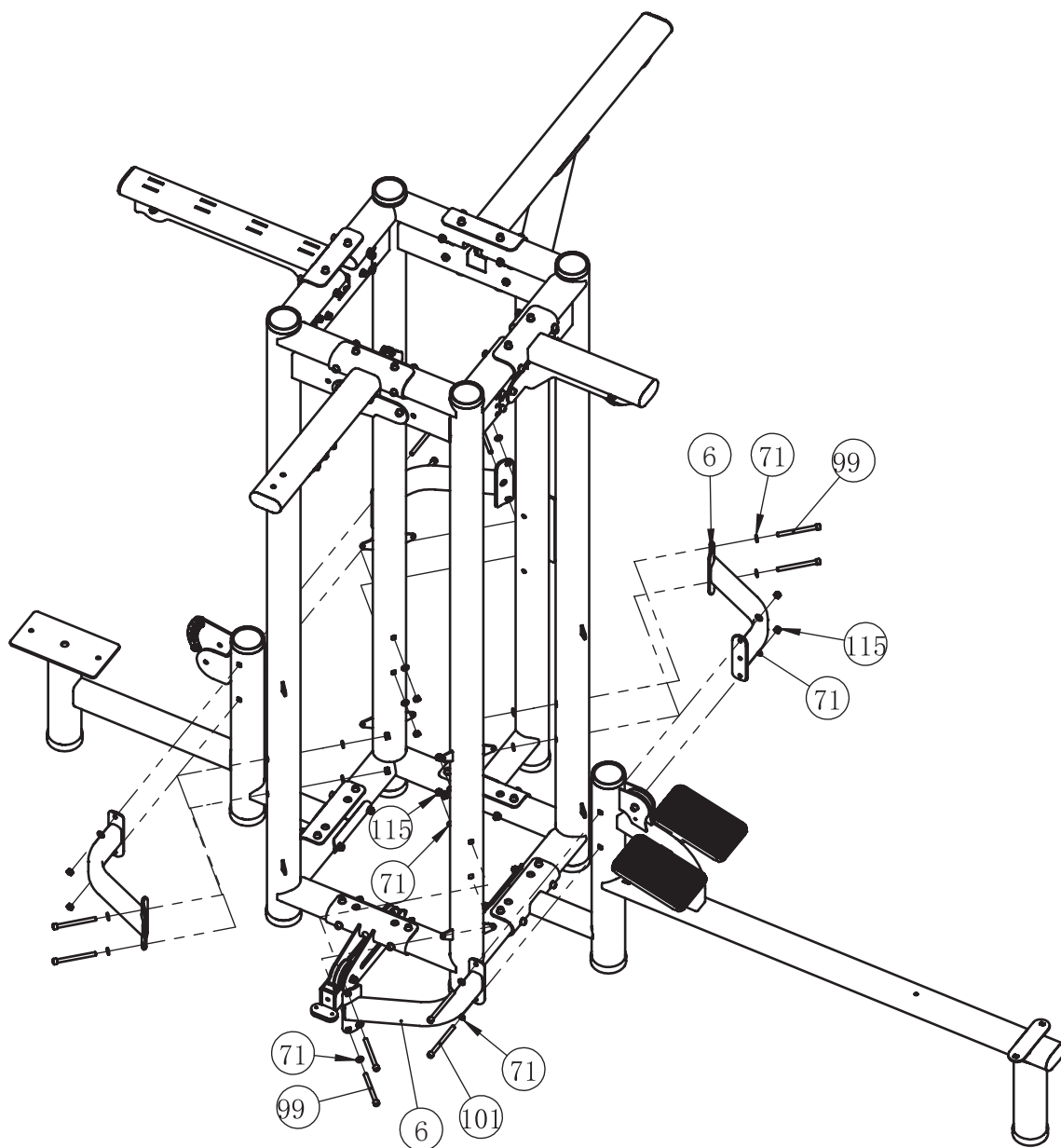
Item No	Description	QTY	Item No	Description	QTY
3	Connecting Frame2	1	77	Spring Washer $\phi 10$	10
5	Upper Fixing Frame	1	93	Socket Head Cap Screw M10 $\times$ 20	8
7	Main Frame	1	94	Socket Head Cap Screw M10 $\times$ 25	2
8	High Pull Upper Fixing Frame	1	98	Socket Head Cap Screw M10 $\times$ 70	8
9	Upper Fixing Frame	1	100	Socket Head Cap Screw M10 $\times$ 120	8
10	Support Frame	1	101	Socket Head Cap Screw M10 $\times$ 125	4
16	Upper Connecting Frame	1	102	Socket Head Cap Screw M10 $\times$ 130	4
17	Sliding Wheel Frame	1	115	Nylon Lock Nut M10	32
71	Flat Washer $\phi 11 \times \phi 20 \times 2$	74			



+ Assembly

Step 3

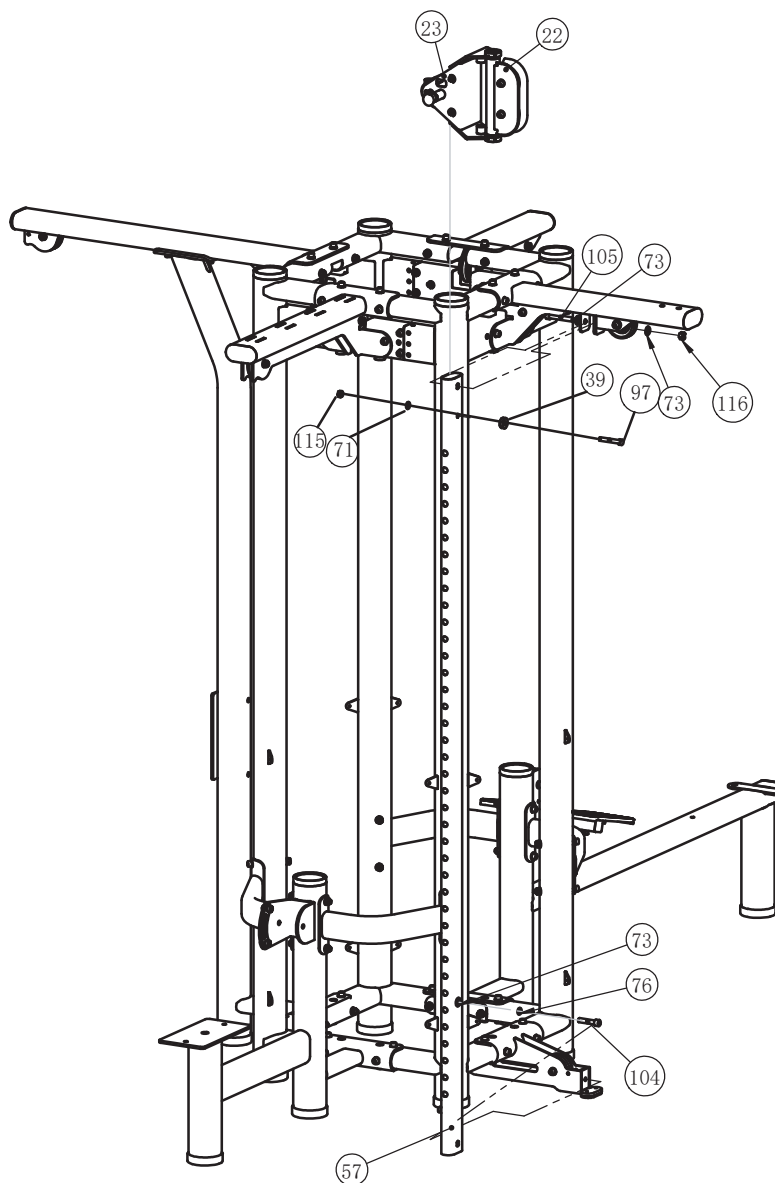
Item No	Description	QTY
6	Connecting Frame2	4
71	Flat Washer $\phi 11 \times \phi 20 \times 2$	16
99	Socket Head Cap Screw M10 $\times$ 115	4
101	Socket Head Cap Screw M10 $\times$ 125	4
115	Nylon Lock Nut M10	8



+ Assembly

Step 4

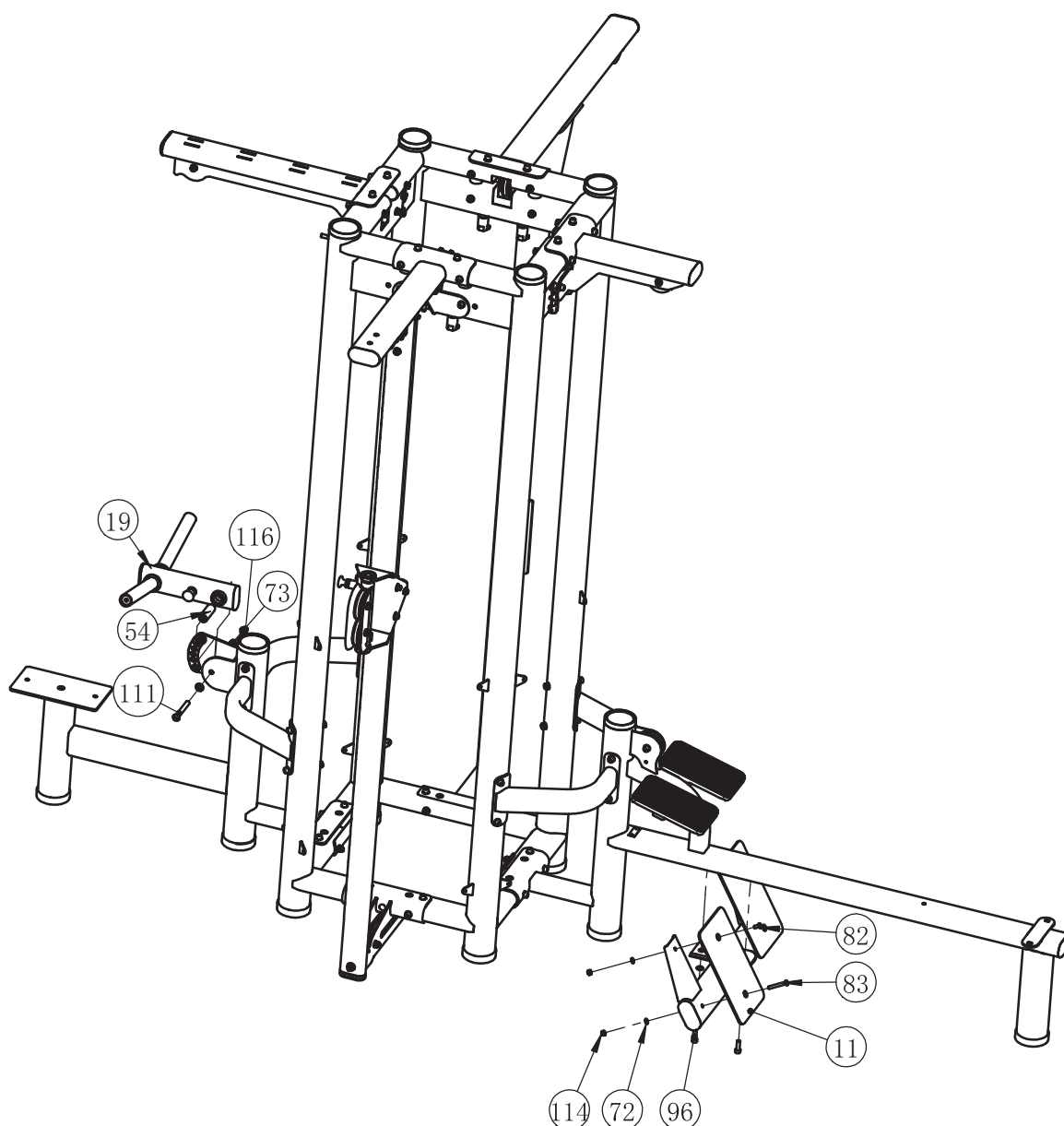
Item No	Description	QTY	Item No	Description	QTY
22	Rotating Pulley Frame2	1	76	Spring Washer $\phi 12$	1
23	Left Sliding Frame	1	97	Socket Head Cap Screw M10 $\times$ 65	1
39	Nylon Limit Sleeve $\phi 30 \times \phi 10.5 \times 10$	1	104	Socket Head Cap Screw M12 $\times$ 55	1
57	Regulating Tube	1	105	Socket Head Cap Screw M12 $\times$ 75	1
71	Flat Washer $\phi 11 \times \phi 20 \times 2$	1	115	Nylon Lock Nut M10	1
73	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	3	116	Nylon Lock Nut M12	1



+ Assembly

Step 5

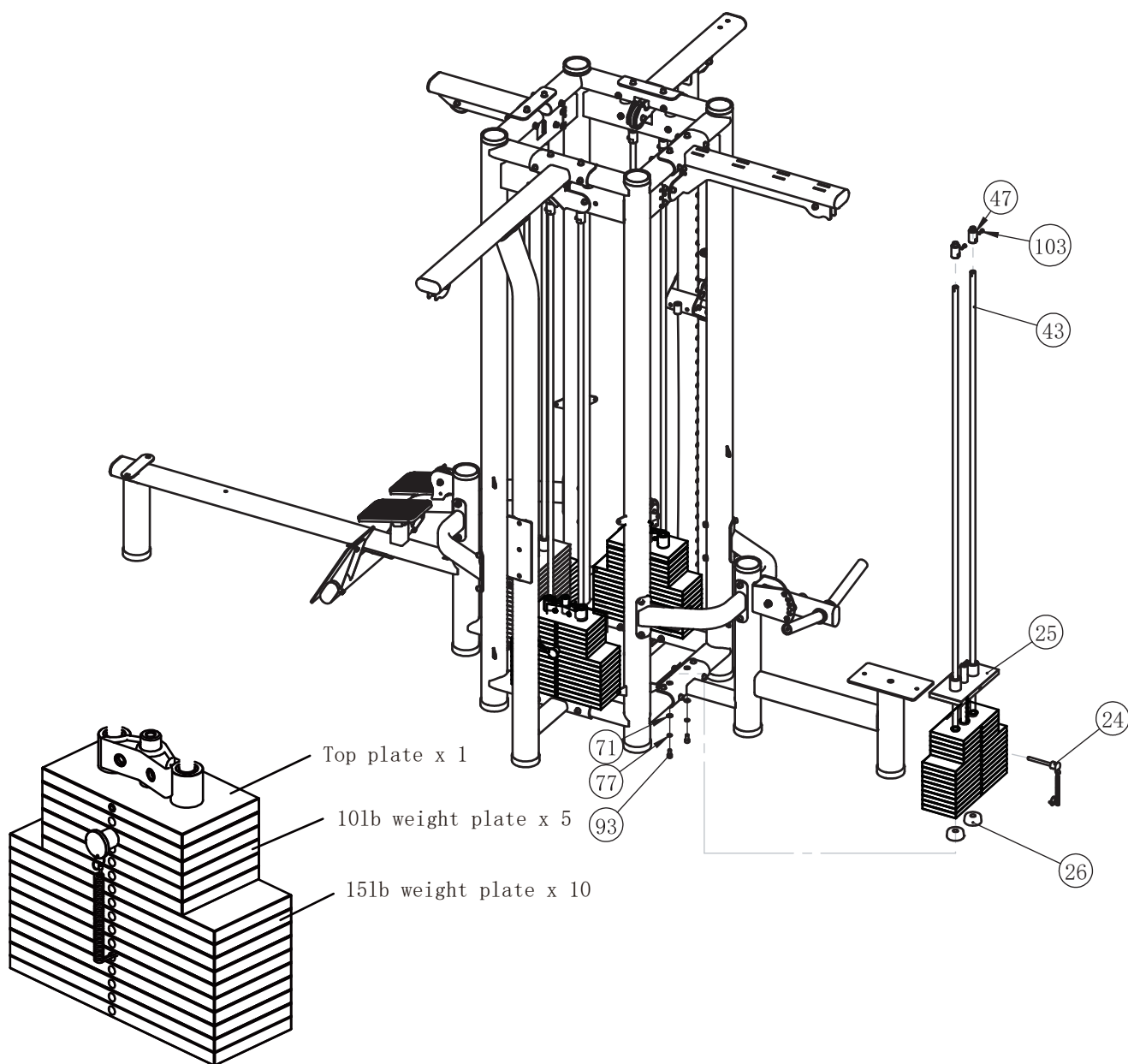
Item No	Description	QTY	Item No	Description	QTY
11	Pedal	2	82	Flat Head Cap Screw M8×20	2
19	FOAM Frame	1	83	Flat Head Cap Screw M8×65	2
54	FOAM Frame Pivot	1	96	Socket Head Cap Screw M10×30	2
57	Regulating Tube	1	111	Button Head Cap Screw M12×100	1
72	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4	114	Nylon Lock Nut M8	4
73	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	2	116	Nylon Lock Nut M12	1



+ Assembly

Step 6

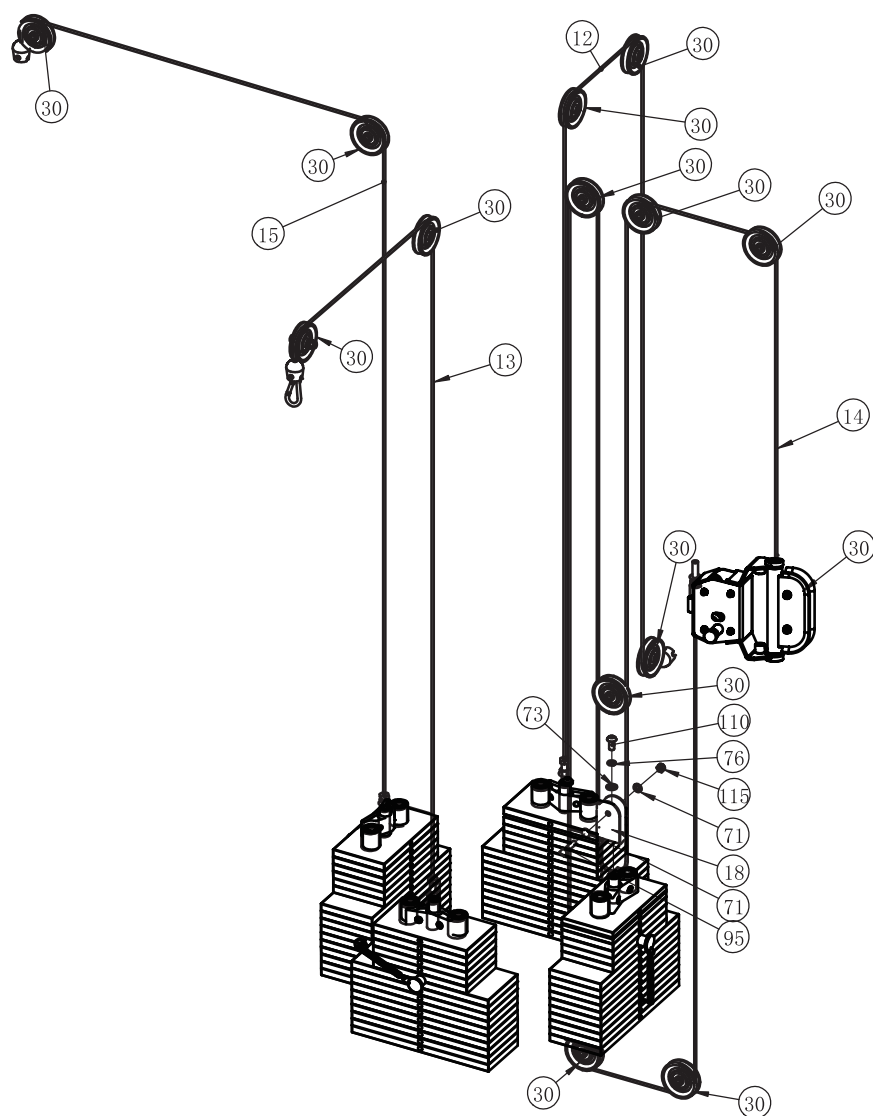
Item No	Description	QTY	Item No	Description	QTY
24	Select Iron Pin Combination	4	71	Flat Washer $\phi 11 \times \phi 20 \times 2$	8
25	Counterweight Iron Components	4	77	Spring Washer $\phi 10$	8
26	Rubber Pad $\phi 63.5 \times \phi 19 \times 25.4$	8	93	Socket Head Cap Screw M10 $\times 20$	8
43	Guide Rod	8	103	Socket Head Cap Screw M6 $\times 20$	8
47	Guide Rod Positioning Shaft	8			



✚ Assembly

Step 7

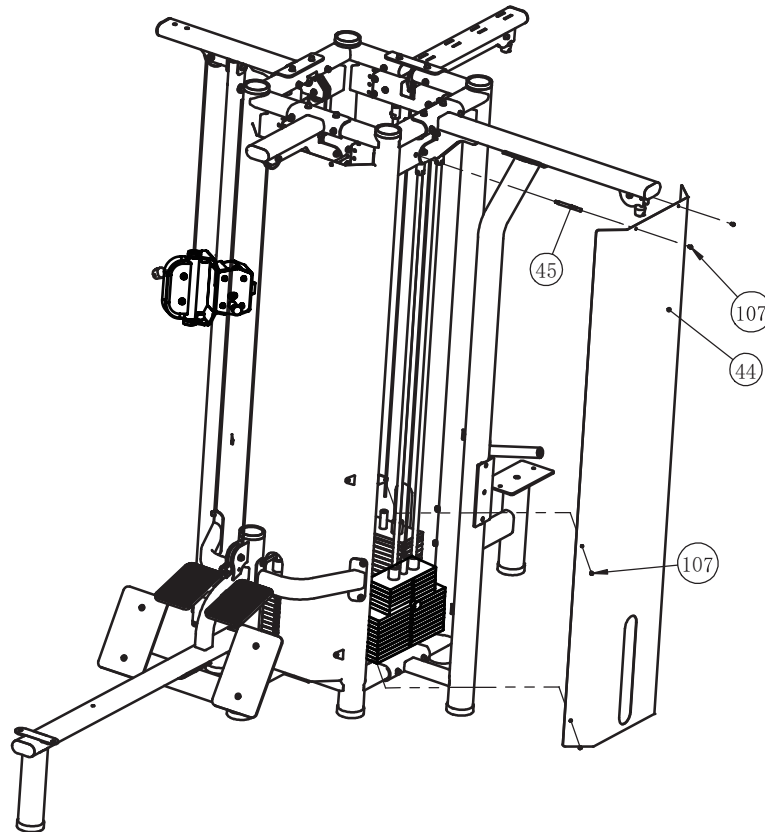
Item No	Description	QTY	Item No	Description	QTY
12	Cable for Row	1	71	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
13	Cable for lat	1	73	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	1
14	Cable for Hi/Low	1	95	Socket Head Cap Screw M10 $\times$ 50	1
15	Cable for Tricep	1	110	Button Head Cap Screw M12 $\times$ 25	1
18	Rotating Pulley Frame1	1	115	Nylon Lock Nut M10	1
30	Small Pulley	15			



+ Assembly

Step 8

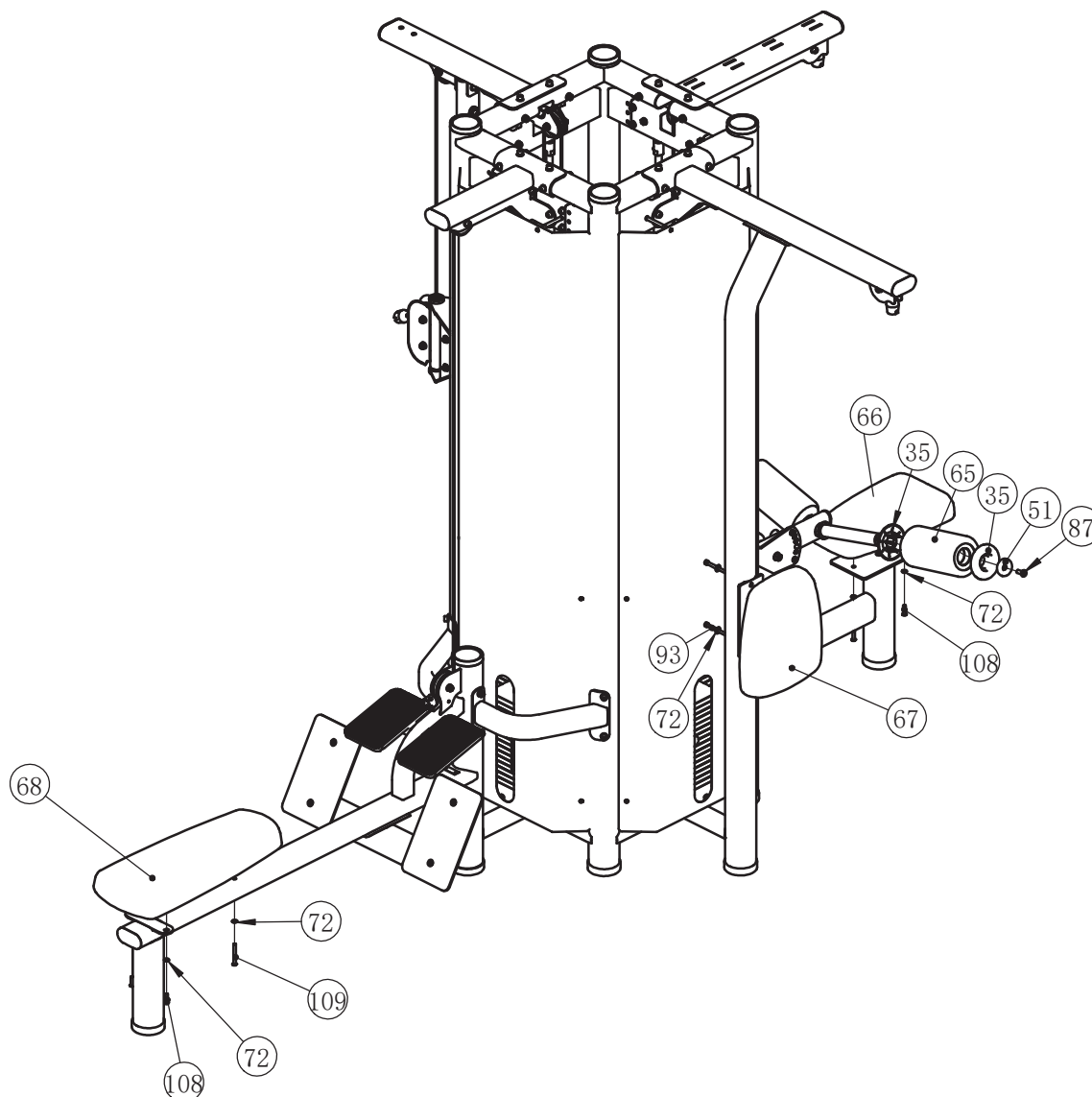
Item No	Description	QTY
44	Front Cover	4
45	Shield Top Pillar	8
107	Button Head Cap Screw M6×10	24



✚ Assembly

Step 9

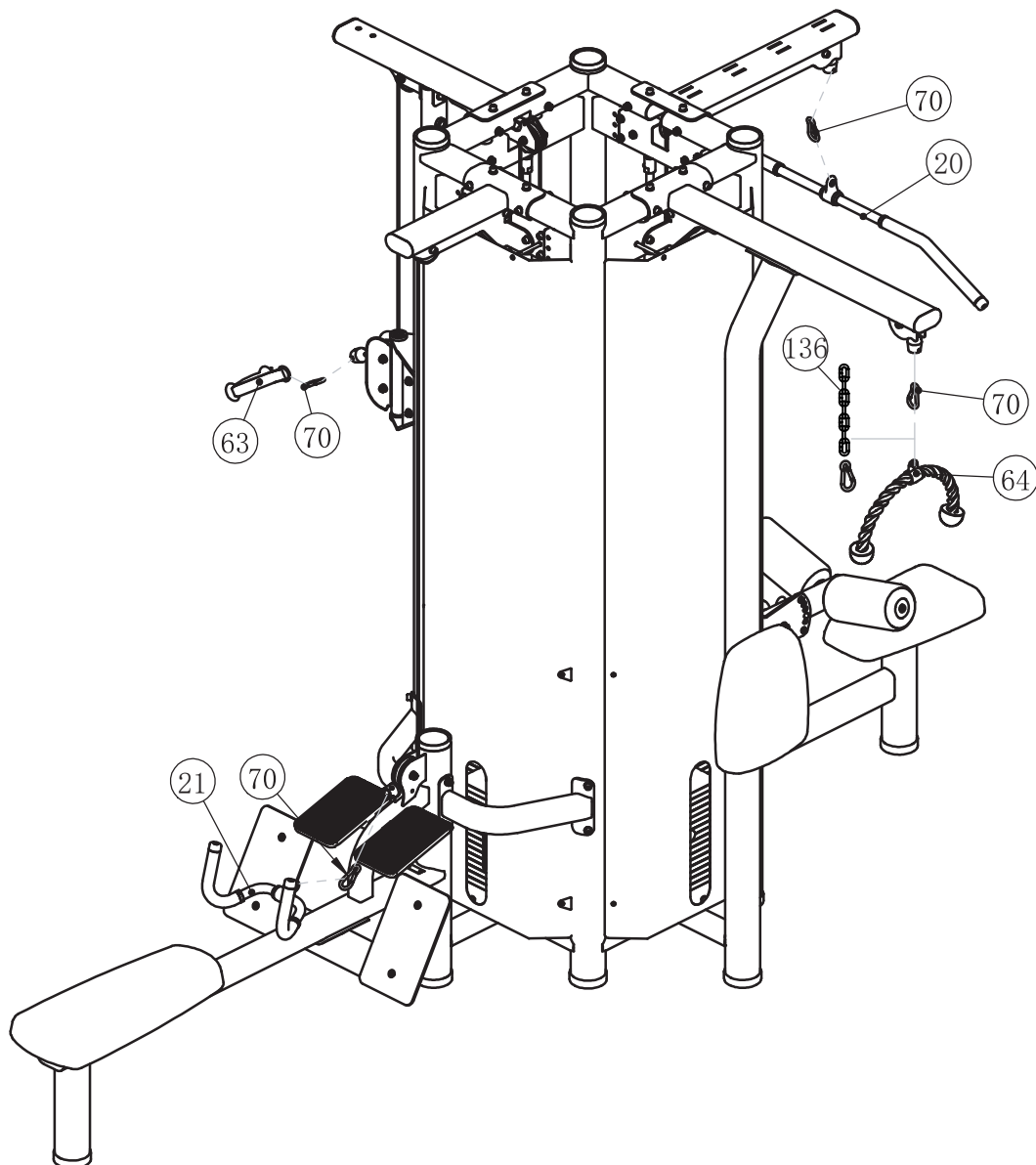
Item No	Description	QTY	Item No	Description	QTY
35	FOAM End Cap	4	72	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7
51	End Cap $\phi 54$	2	87	Flat Head Cap Screw M10 $\times$ 35	2
65	FOAM	2	91	Soket Head Cap Screw M8 $\times$ 120	2
66	Cushion	1	108	Button Head Cap Screw M8 $\times$ 30	4
67	Cushion	1	109	Button Head Cap Screw M8 $\times$ 70	1
68	Cushion	1			



+ Assembly

Step 10

Item No	Description	QTY
20	High Pull Handle	1
21	Low Pull Handle	1
63	Tension Sleeve Set	1
64	Pull Rope	1
70	Carabiner $\phi 8$	4



+ Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

+ General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

