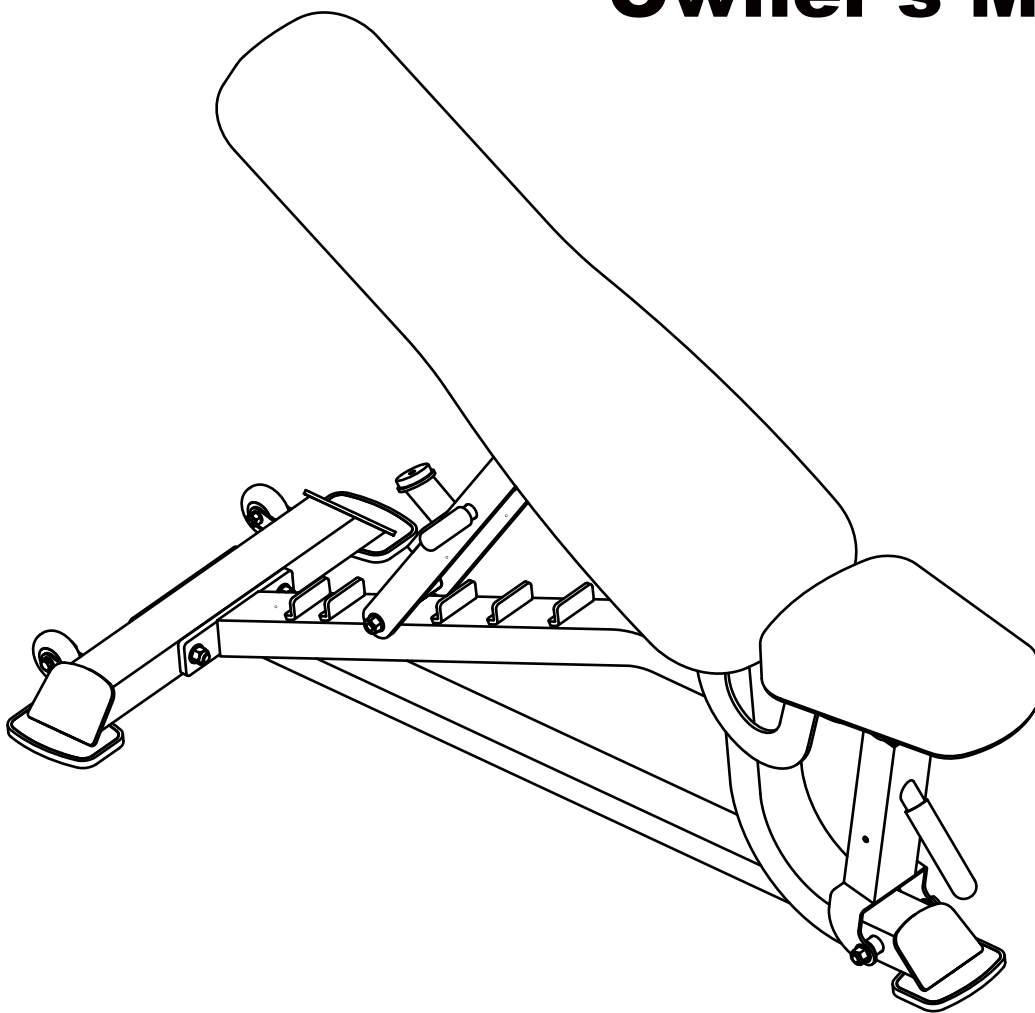


# TKO<sup>®</sup>

## 924FID

FID BENCH

### Owner's Manual



#### **! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

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## **Table Of Contents**

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## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

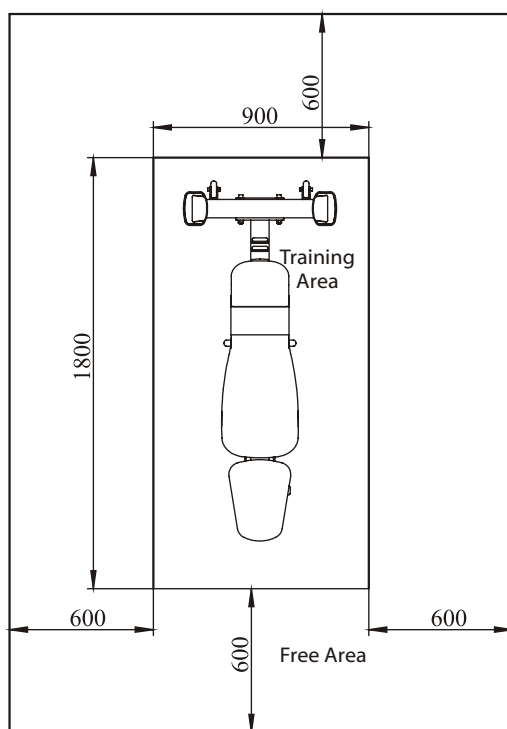
## Important Safety Instructions

### Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

### Training Area and Free Area



### Specifications

Class: S

Maximum Wt. Capacity: 300kg/ 660lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1350\*670mm

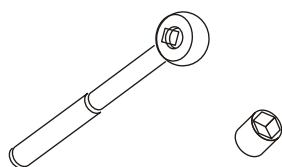
Product Total Mass: 44kg/ 97lbs

## Instructions

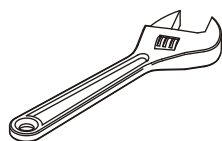
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

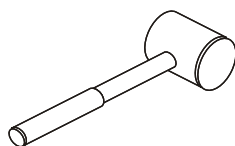
## Tools Required



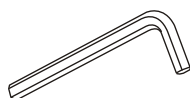
Ratchet Wrench and Socket



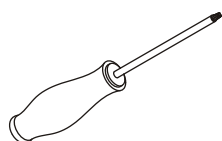
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



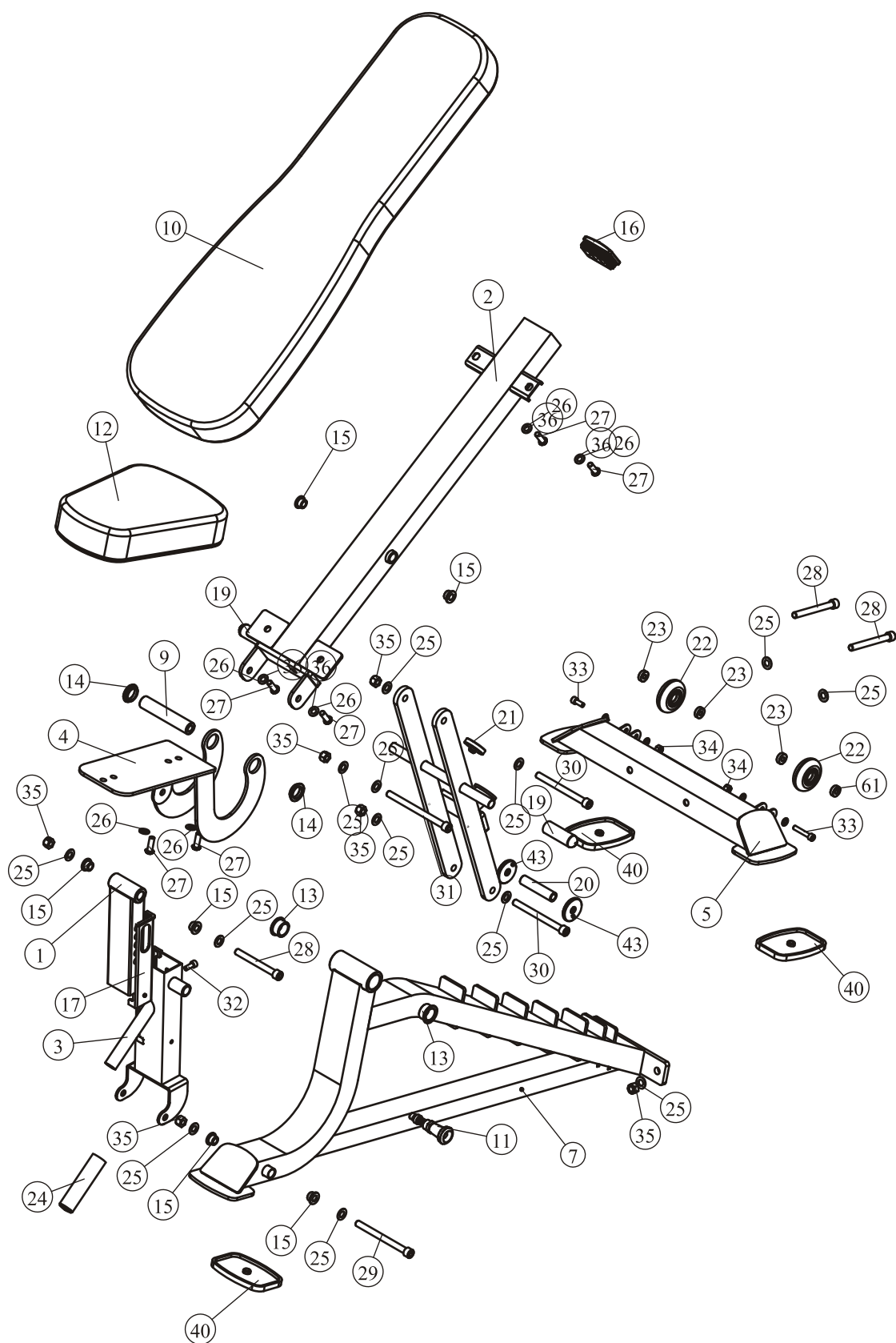
Phillips Screwdriver

## Parts List

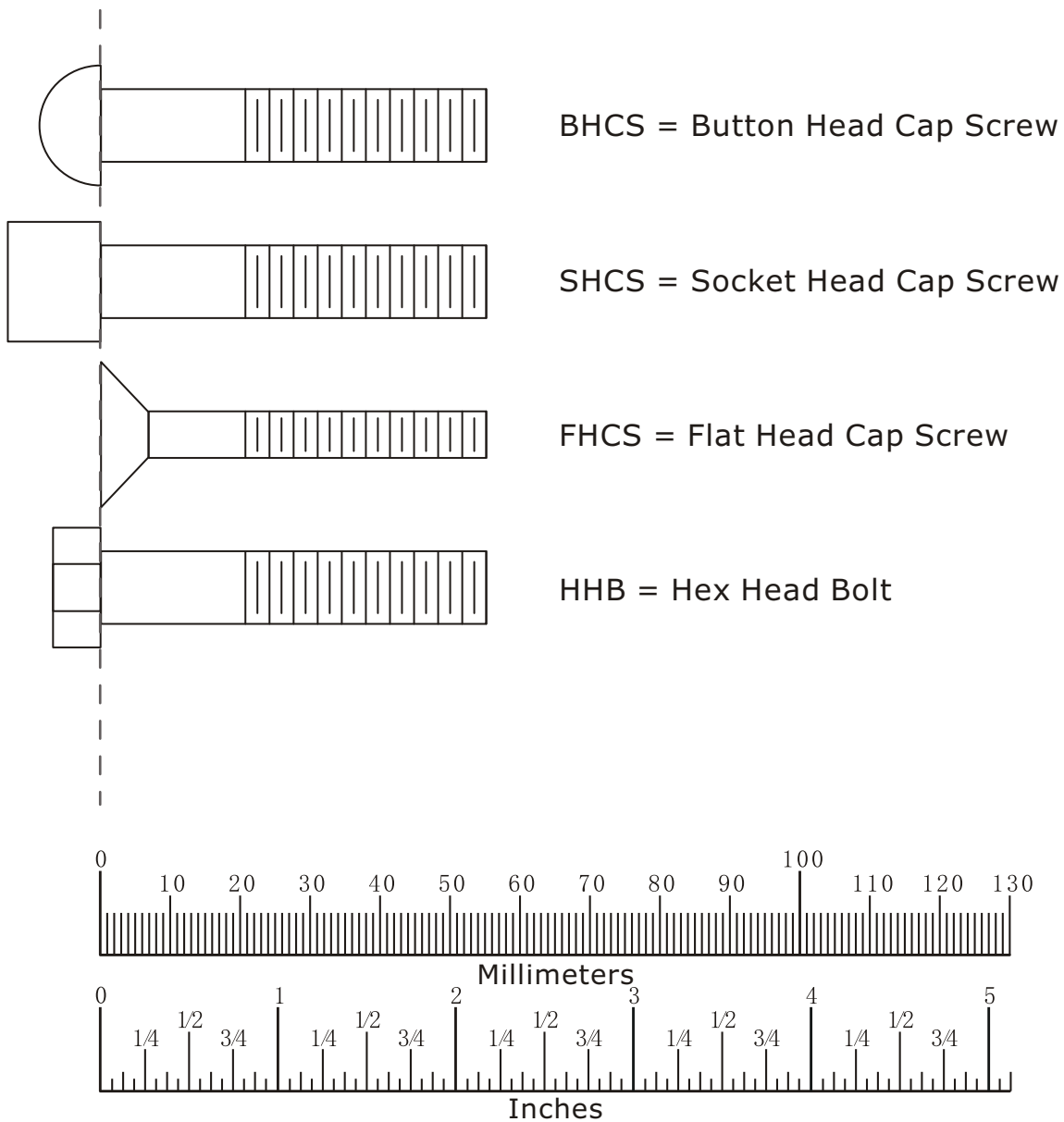
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

| Item No. | Description                                    | Qty | Item No. | Description                                     | Qty |
|----------|------------------------------------------------|-----|----------|-------------------------------------------------|-----|
| 1        | Frame, Adjustable Seat Pad                     | 1   | 22       | Wheel                                           | 2   |
| 2        | Frame, Back Pad Support                        | 1   | 23       | Spacer                                          | 4   |
| 3        | Frame Sleeve, Adjustable Seat Pad              | 1   | 24       | Grips $\Phi 25 \times 125$                      | 1   |
| 4        | Frame, Seat Pad Support                        | 1   | 25       | Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$ | 14  |
| 5        | Rear Base                                      | 1   | 26       | Flat Washer $\Phi 11 \times \Phi 20 \times 2$   | 6   |
| 7        | Main Frame                                     | 1   | 27       | Button Head Cap Screw M10*30                    | 6   |
| 8        | Frame, Adjustable Back Pad                     | 1   | 28       | Socket Head Cap Screw M12*110                   | 3   |
| 9        | Axle $\Phi 25.4 \times 132.5$                  | 1   | 29       | Socket Head Cap Screw M12*140                   | 1   |
| 10       | Back Pad                                       | 1   | 30       | Socket Head Cap Screw M12*135                   | 2   |
| 11       | Pop Pin                                        | 2   | 31       | Socket Head Cap Screw M12*160                   | 1   |
| 12       | Seat Pad                                       | 1   | 32       | Socket Head Cap Screw M8*20                     | 1   |
| 13       | Bushing $\Phi 38 \times \Phi 25.4 \times 18$   | 2   | 33       | Socket Head Cap Screw M8*45                     | 2   |
| 14       | Bushing $\Phi 38 \times \Phi 25.4 \times 7.5$  | 2   | 34       | Nylon Lock Nut M8                               | 2   |
| 15       | Bushing $\Phi 25 \times \Phi 12.2 \times 13$   | 6   | 35       | Nylon Lock Nut M12                              | 7   |
| 16       | Plug $50.8 \times 76.2$                        | 1   | 36       | Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$  | 4   |
| 17       | Glide Sleeve                                   | 2   | 40       | Foot Pad                                        | 3   |
| 19       | Small Grips $\Phi 26 \times \Phi 19 \times 80$ | 2   | 41       | Hex Key S6                                      | 1   |
| 20       | Nylon Spacer                                   | 1   | 42       | Hex Key S10                                     | 1   |
| 21       | Bummpers                                       | 1   | 43       | Flat Mat                                        | 2   |

# Exploded View



## Measurement Guide



| Diameter of bolt (mm/inch)        | M6(1/4")                  | M8(5/16")                             | M10(3/8")                      | M12(1/2")                              | M16(5/8")         |
|-----------------------------------|---------------------------|---------------------------------------|--------------------------------|----------------------------------------|-------------------|
| Tightening torque (N.m)           | 9~12                      | 22~30                                 | 45~59                          | 78~104                                 | 193~257           |
| Operational methods for adult men | The strength of the wrist | The strength of the wrist and forearm | The strength of the entire arm | The strength of the arm and upper body | with all strength |



## Assembly Instructions

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**

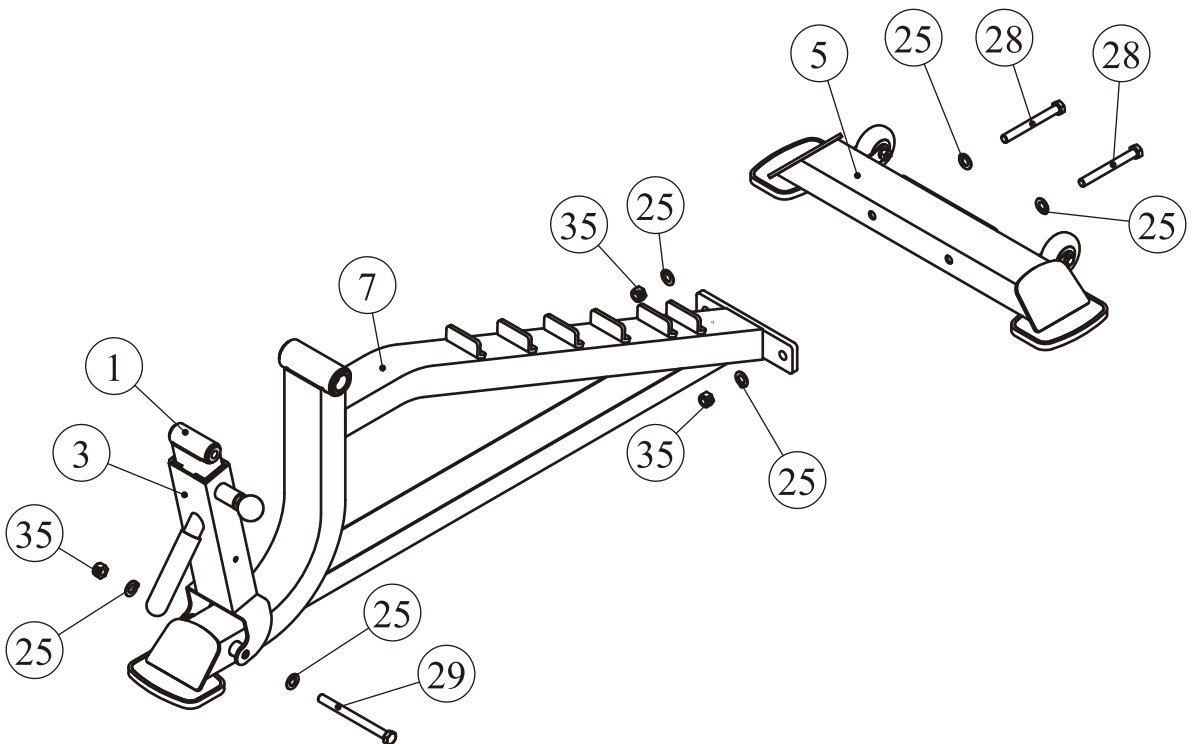
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## Step 1

1. Attach Main Frame (#7) to Rear Base (#5), using:
  - two M12\*110 SHCS (#28)
  - two M12 Nylon lock Nut (#35)
  - four  $\Phi 13*\Phi 24*1.5$  Flat Washer (#25)
2. Attach Frame Sleeve, Adjustable Seat Pad (#3) to Main Frame (#7), using:
  - one M12\*140 SHCS (#29)
  - one M12 Nylon lock Nut (#35)
  - two  $\Phi 13*\Phi 24*1.5$  Flat Washer (#25)

**NOTE:** Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

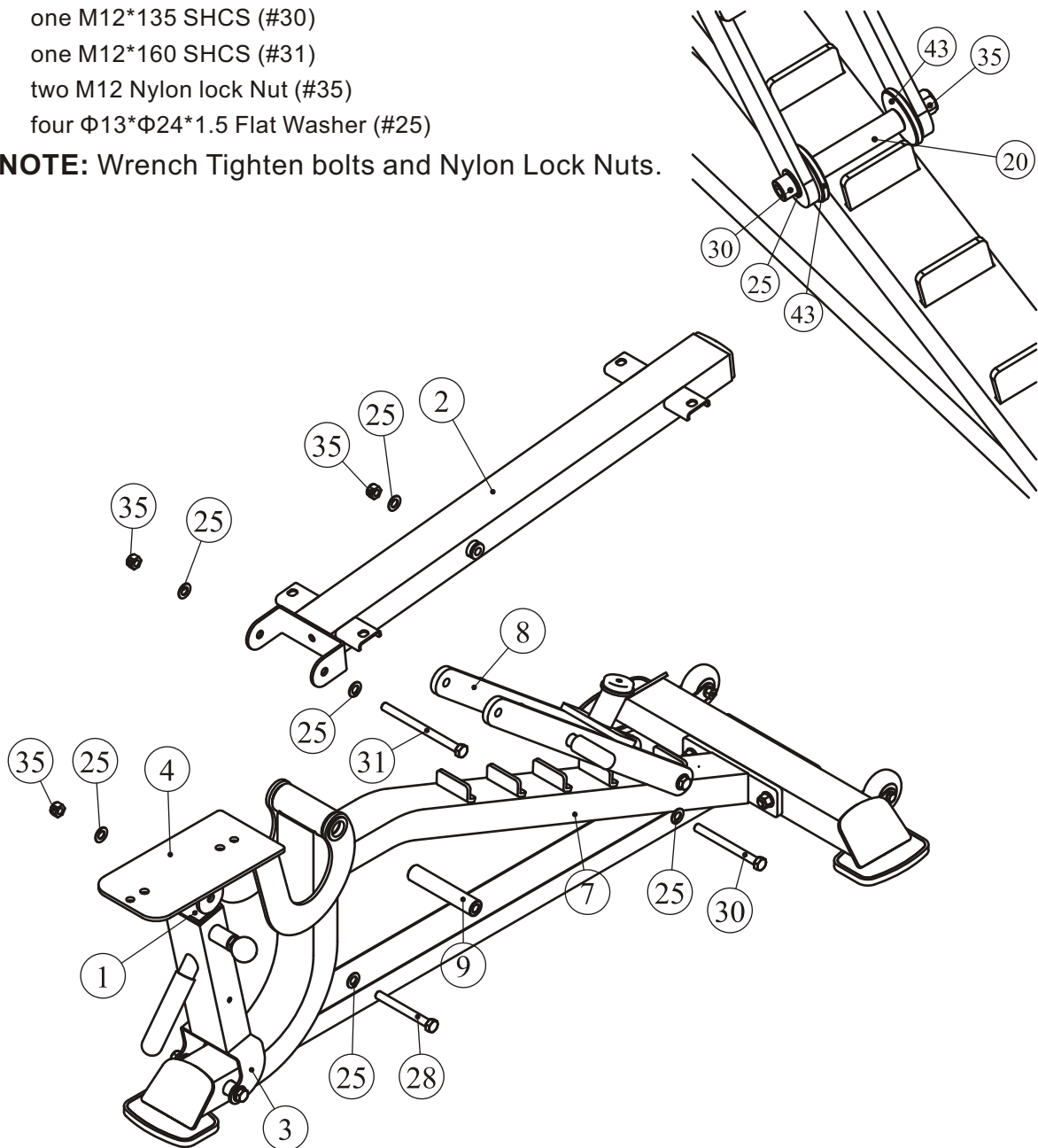


# Assembly

## Step 2

1. Attach Frame, Seat Pad Support (#4) to Main Frame (#7) and Frame, Adjustable Seat Pad (#1), using:
  - one M12\*110 SHCS (#28)
  - one M12 Nylon lock Nut (#35)
  - two  $\Phi 13*\Phi 24*1.5$  Flat Washer (#25)
  - one  $\Phi 25.4*132.5$  Axle (#9)
2. Attach Frame, Back Pad Support (#2) to Frame, Adjustable Back Pad (#8) and Main Frame (#7), using:
  - one M12\*135 SHCS (#30)
  - one M12\*160 SHCS (#31)
  - two M12 Nylon lock Nut (#35)
  - four  $\Phi 13*\Phi 24*1.5$  Flat Washer (#25)

**NOTE:** Wrench Tighten bolts and Nylon Lock Nuts.

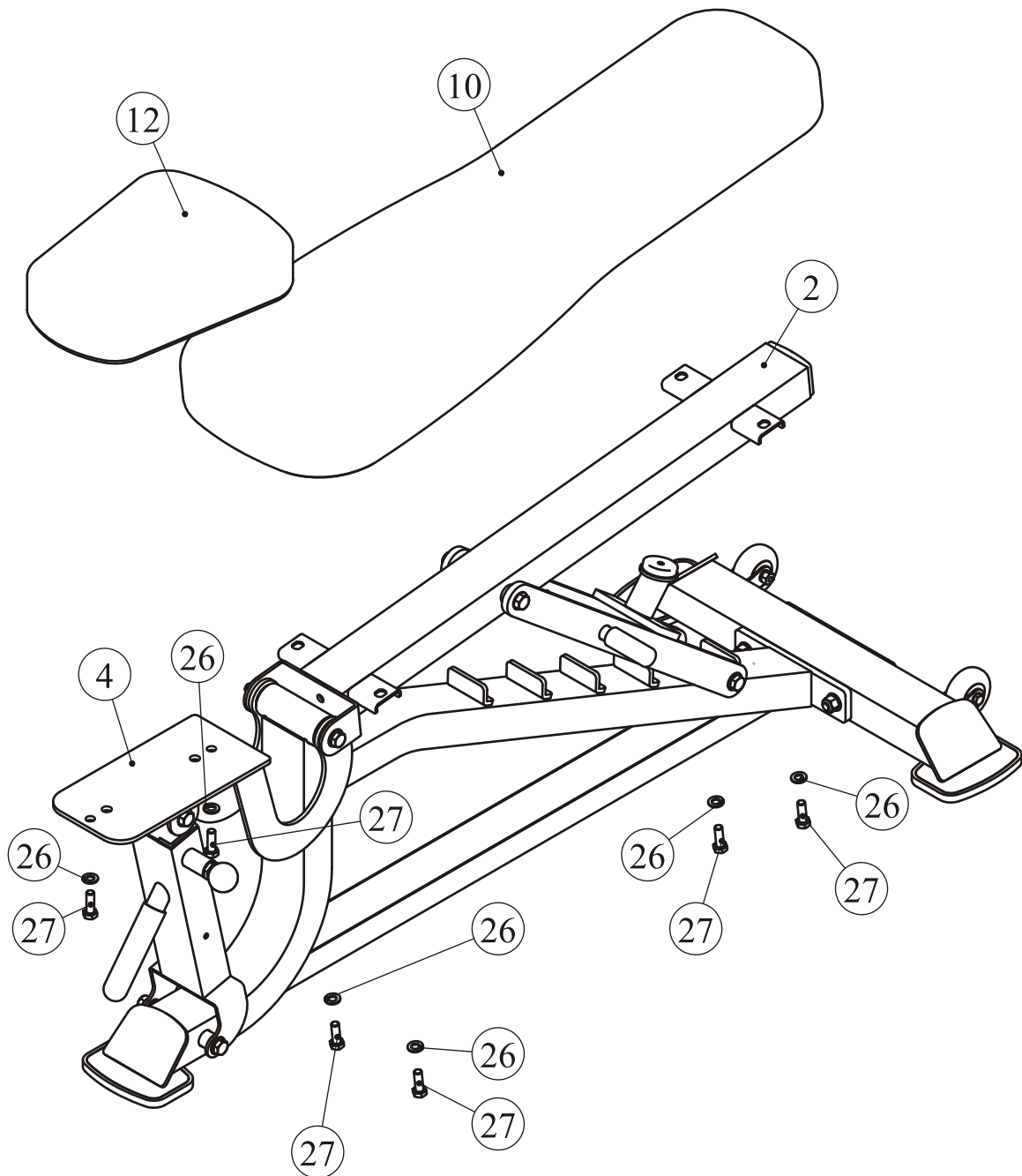


## Assembly

### Step 3

1. Attach Back Pad (#10) to Frame, Back Pad Support (#2), using:  
four M10\*30 BHCS (#27)  
four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#26)
2. Attach Seat Pad (#12) to Frame, Seat Pad Support (#4), using:  
two M10\*30 BHCS (#27)  
two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#26)

**NOTE:** Wrench Tighten bolts and Nylon Lock Nuts.



## Adjust Instructions and Exercise Instructions

### Seat Pad adjustment

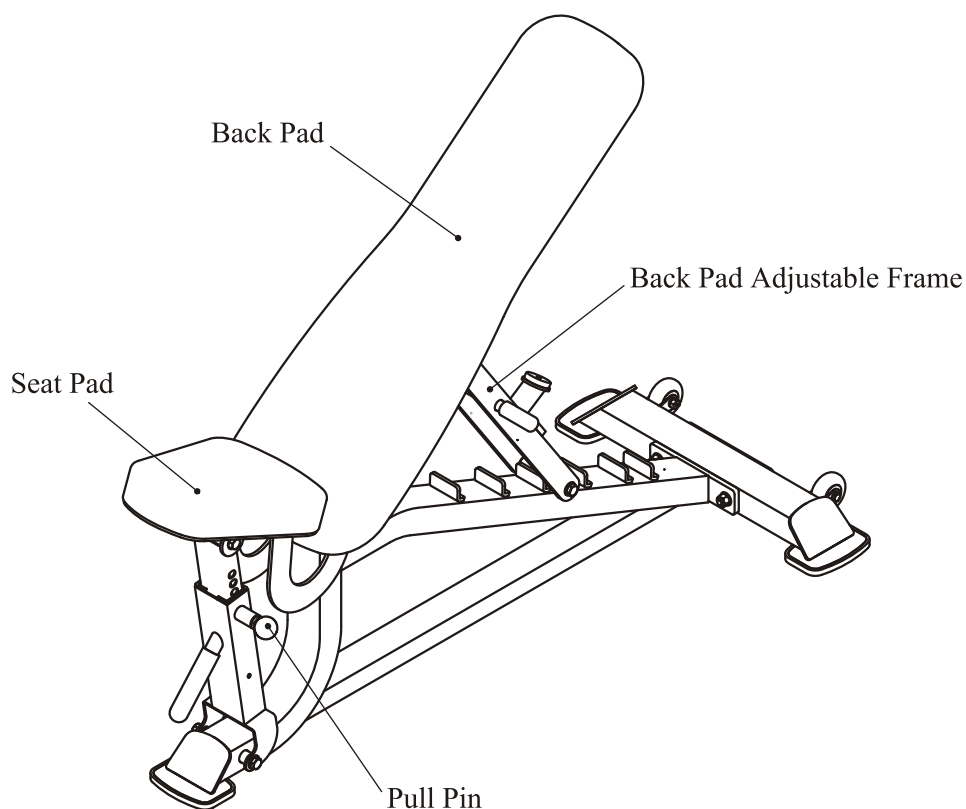
1. Pull the Pull Pin and adjust Seat Pad to desired position.
2. Make sure the Pull Pin gets into the hole completely.

### Back Pad adjustment

1. Pull the handle of Frame, Adjustable Back Pad then adjust Back Pad to desired position.
2. Make sure the Back Pad Adjustable Frame fixed.

### Exercise Instructions

1. Sit-Up
2. Strength training exercises with barbell or dumbbell.



## Maintenance Schedule

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

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



