



VKR Power Tower

Model 870VKR



TKO DSPORTS GROUP USA LIMITED

7354 Denny Road #100 Houston, TX77040

IMPORTANT SAFETY INSTRUCTIONS

TKO 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:

Customer Service: customerservice@tko.com

Toll free: 866-856-3488 or 713-895-9270

Monday-Friday 8:30am to 4:30pm CT

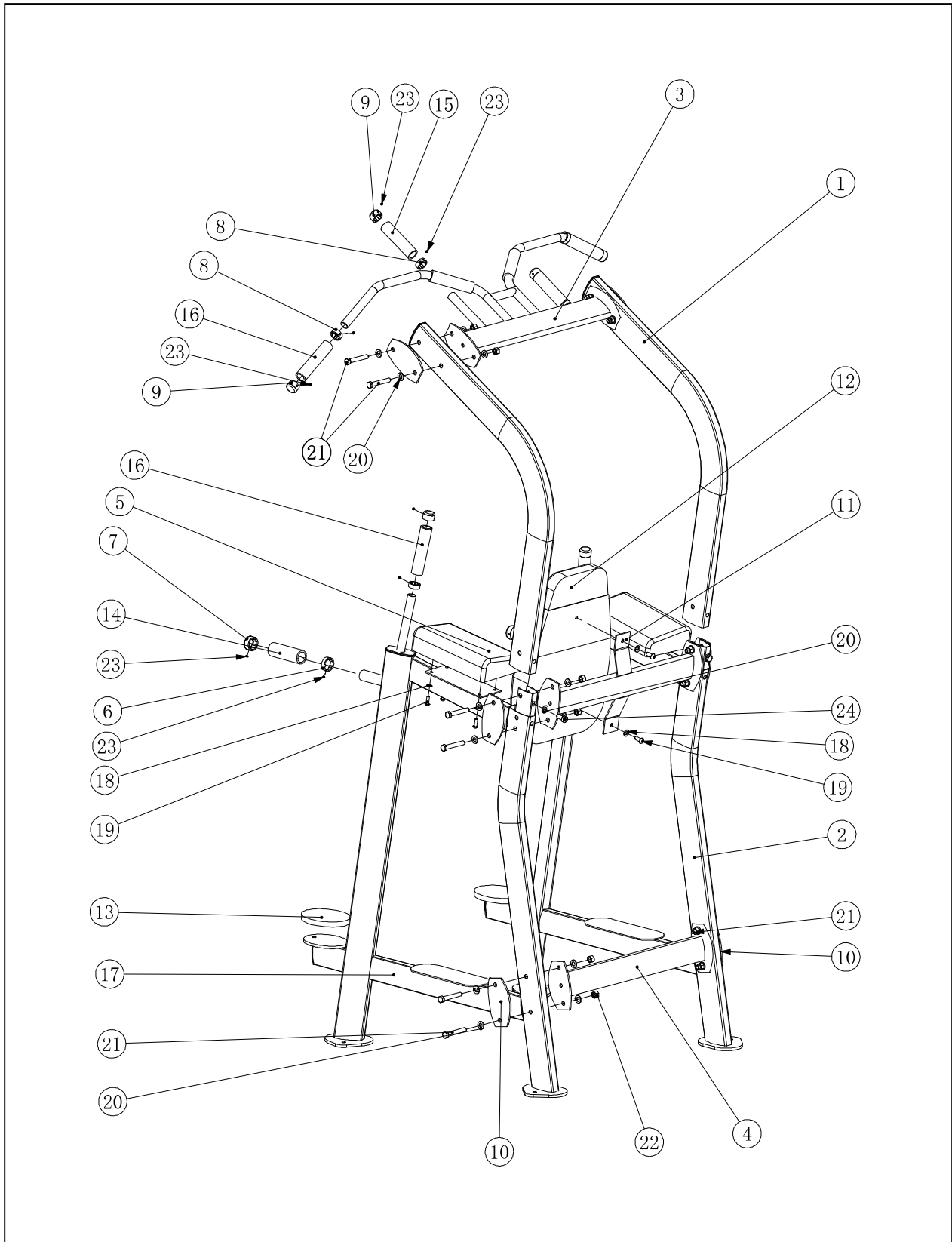
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has 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.

MEDICAL WARNING

- 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.

Maximum recommended exercise weights not to exceed 280lbs

EXPLODED DRAWING



PARTS LIST

No.	Descriptions	Q'ty
1	Upper Frame	2
2	Main Upright Frame (Right)	2
3	Upper Cross Bar	1
4	Lower Cross Bar	1
5	Arm Pad	2
6	Dip Handle Metal Ring ($\phi 42 \times \phi 32.5 \times 12\text{mm}$)	2
7	Dip Handle Chrome cap ($\phi 42 \times \phi 32.5 \times 23\text{mm}$)	2
8	Pull Up Bar Metal ring ($\phi 35 \times \phi 25.5 \times 12\text{mm}$)	6
9	Pull Up Bar Chrome cap ($\phi 35 \times \phi 25.5 \times 12\text{mm}$)	6
10	Metal Plate	6
11	Back Pad Support	1
12	Back Pad	1
13	Non Slip Foot Pad	2
14	Foam Roller $\phi 32 \times 125\text{mm}$	2
15	Foam Roller $\phi 25 \times 135\text{mm}$	4
16	Foam Roller $\phi 25 \times 150\text{mm}$	4
17	Main Upright Frame (Left)	1
18	Flat washer for M8 Bolt	10
19	Allen Bolt M8x25mm	10
20	Flat washer for M12 Bolt	26
21	Hex Bolt M12x75mm	12
22	Lock Nut for M12 Bolt	12
23	Screw M6x4mm	16
24	Hex Bolt M12x25mm	2

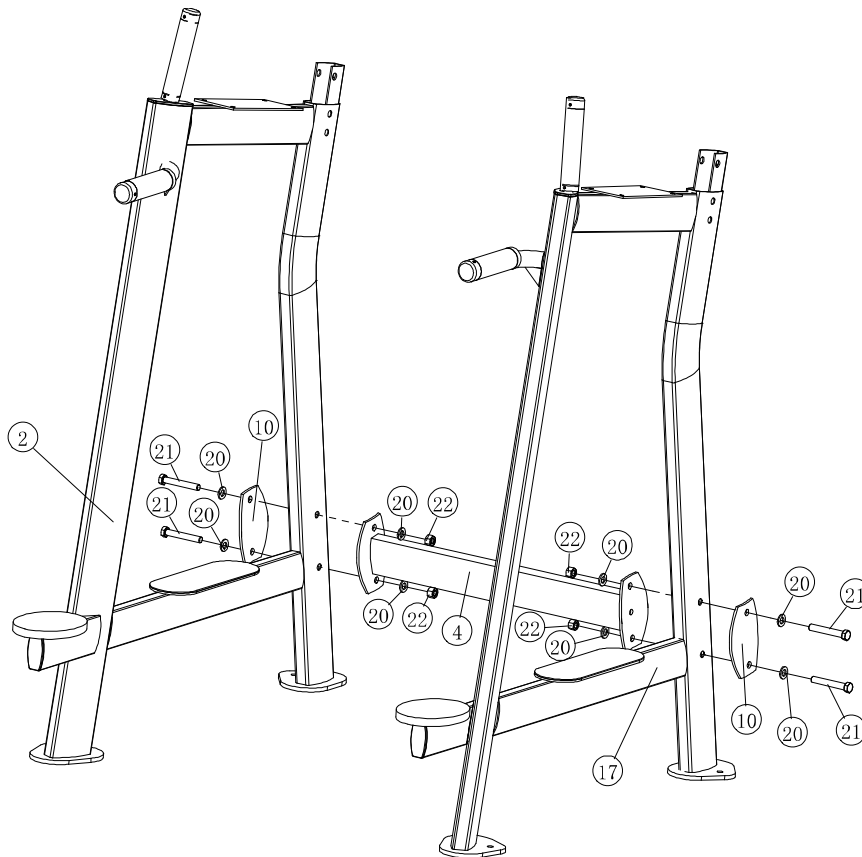
ASSEMBLY INSTRUCTIONS

Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.

Step 1

Connect the Lower Cross Bar (4) to the Right Main Frame (2) and the Left Main Frame (17) , using 2 Metal Plates (10), 4 Hex Bolts (21), 8 Flat washers (20), and 4 Lock Nuts (22).

Note: Do not tighten these nuts and bolts until Step 3.

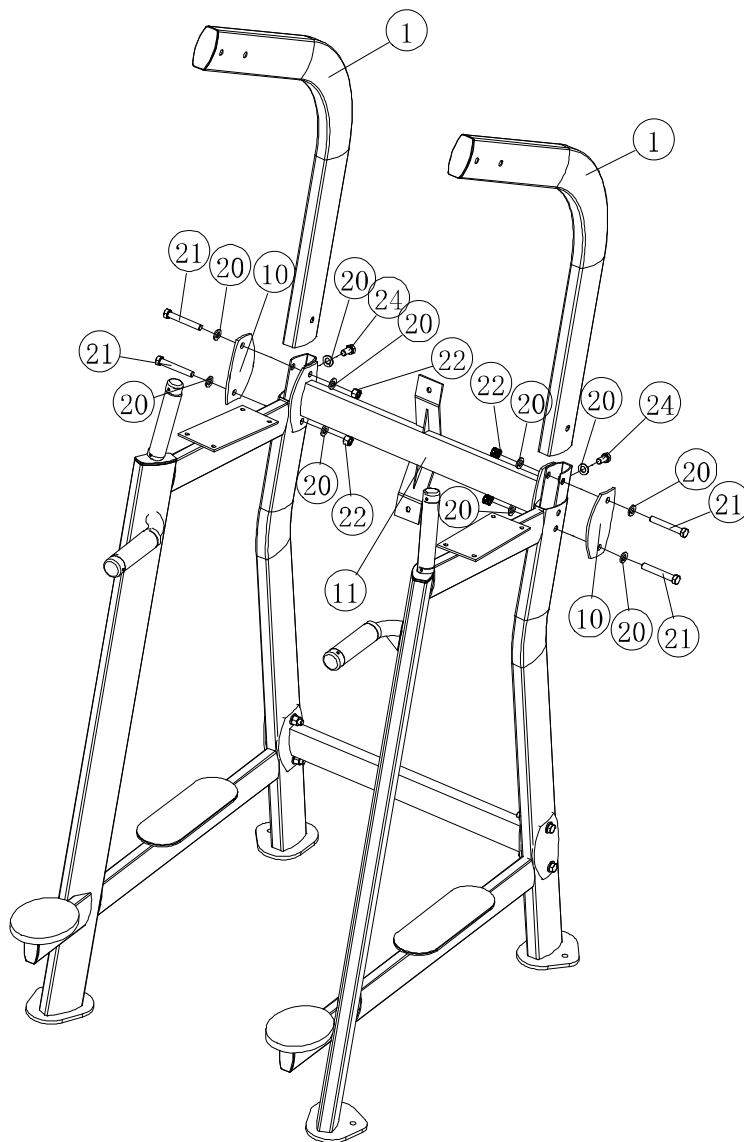


Step 2

Install both Upper Frame (1) to the Right Main Frame (2) and Left Main Frame (17) using 2 Hex Bolts (24) and 2 Washers (20).

Install the Back Pad Support (11) to the Right and Left Main Frame (2&17), using 2 Metal Plates (10), 4 Hex Bolts (21), 8 Flat Washers (20) and 4 Lock Nuts (22).

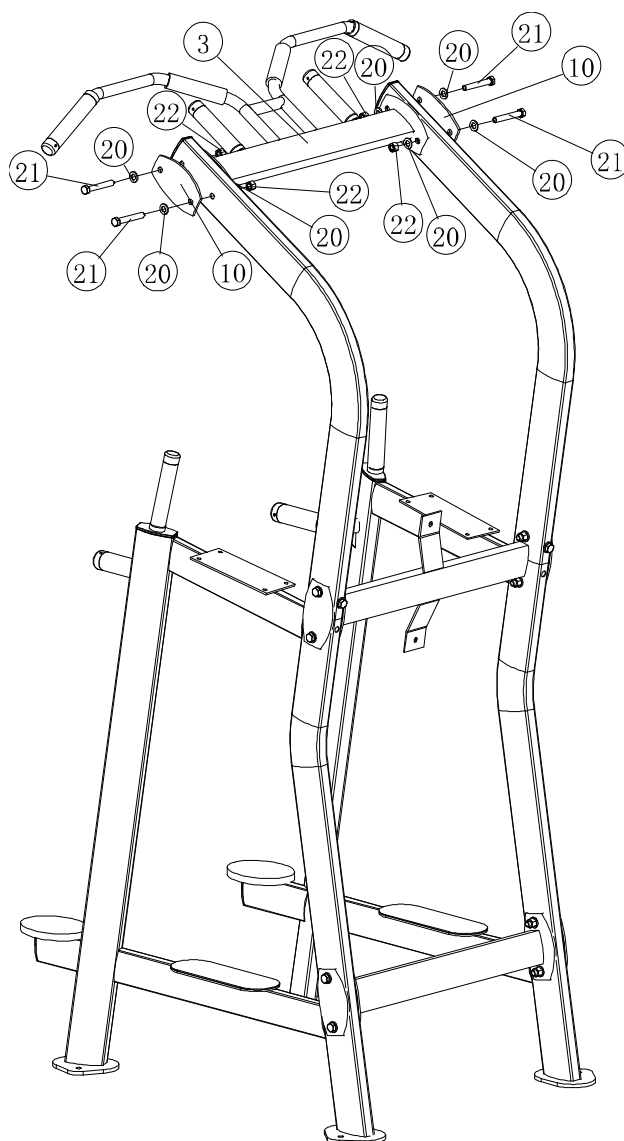
Note: Do not tighten these nuts and bolts until Step 3.



Step 3

Install the Upper Cross Bar (3) to the top of the Upper Frames (1), using 2 Connection Plates (10), 4 Hex Bolts (21), 8 Flat Washers (20) and 4 Lock Nuts (22).

Now tighten all the nuts and bolts with wrenches.



Step 4

Attach the Back Pad (12) to the Back Pad Support (11), using 2 Allen Bolts (19) and 2 Flat washers (18).

Attached the 2 Arm Pads (5) to the Main Frames (2&17), using 8 Allen Bolts (19) and 4 Flat Washers (18).

Tighten these bolts with Allen wrench (included).

