



# **ACCESSORY RACK**

Model 848ACR-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](mailto:customerservice@tko.com)

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

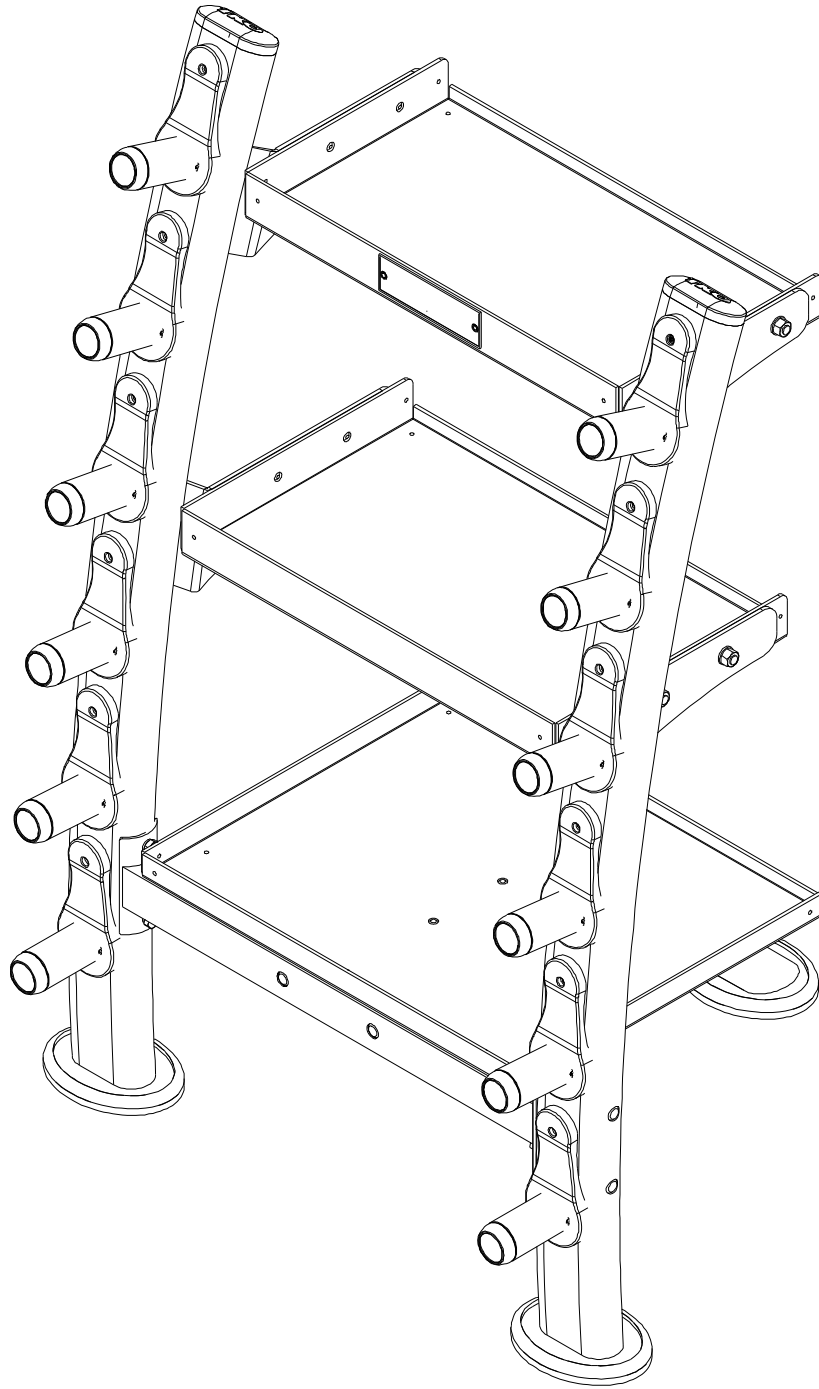
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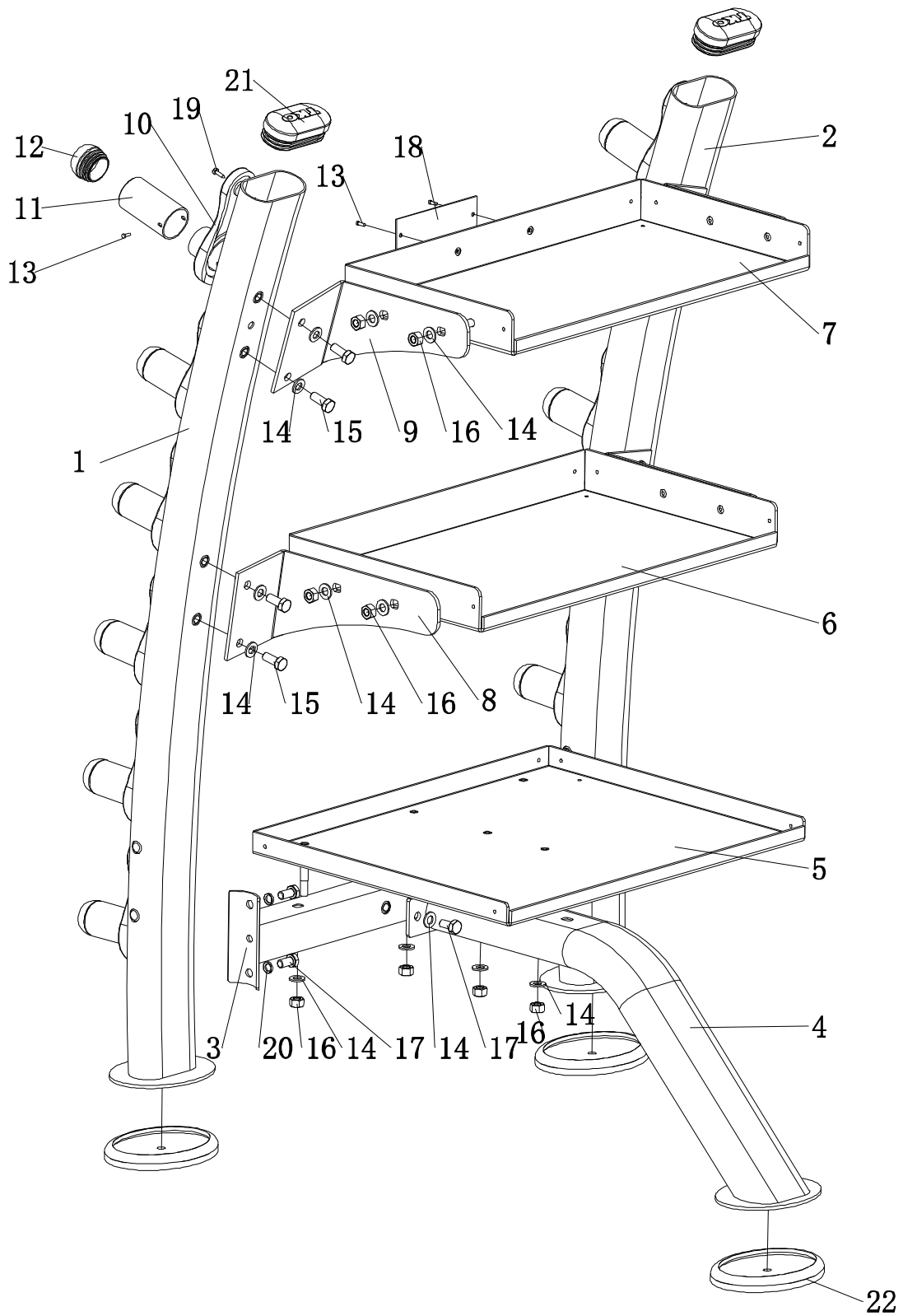
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# + Product Diagram



# ✚ Exploded Diagram



# ✚ Parts List

No.	Description	Q'ty
1	Right Frame	1
2	Left Frame	1
3	Cross Frame	1
4	Support Frame	1
5	Lower Shelf	1
6	Middle Shelf	1
7	Upper Shelf	1
8	Metal Plate for the Middle Shelf	2
9	Metal Plate for the Upper Shelf	2
10	Rubber Cushion	12
11	Protective Stainless Sleeve	12
12	End Cap	12
13	Rivet	14
14	Flat Washer for M10 Bolt	23
15	Hex Bolt M10X25mm	8
16	Nut for M10 Bolt	13
17	Hex Bolt M10X20mm	6
18	Name Plate	1
19	Screw ST3.8X15mm	12
20	Curl Washer for M10 Bolt	4
21	End Cap 50x100mm	2
22	Rubber Shoe	3

# ✚ Assembly

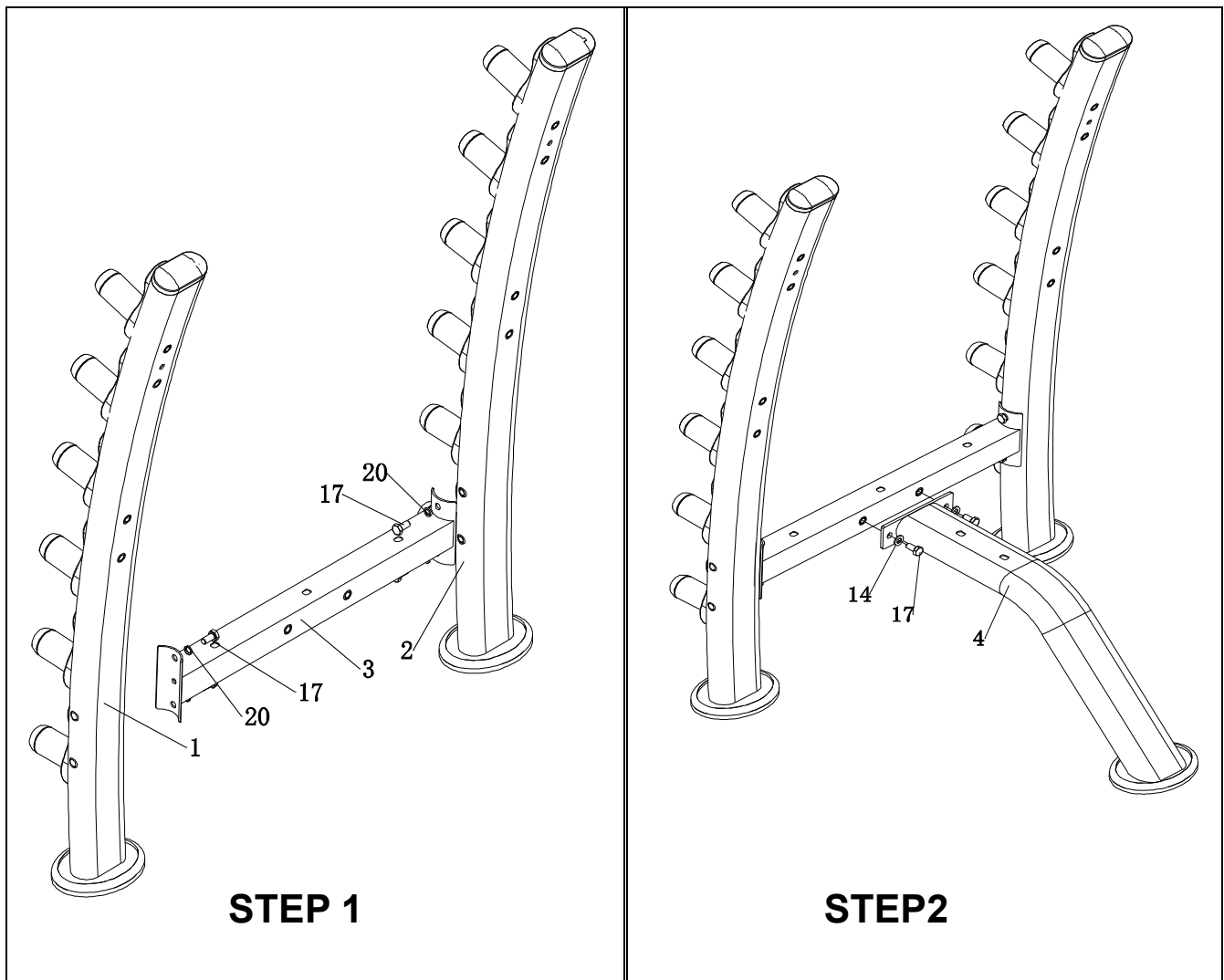
**Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.**

## Step 1

Connect the Cross Frame (3) to the Right and Left Frame (1&2), using 4 Hex Bolts (17) and 4 Washers (21). **Please do not tighten the bolts and nuts.**

## Step 2

Connect the Support Frame (4) to the Cross Frame (3), using 2 Hex Bolts (17) and 2 Flat Washers (14). **Please do not tighten the bolts and nuts.**



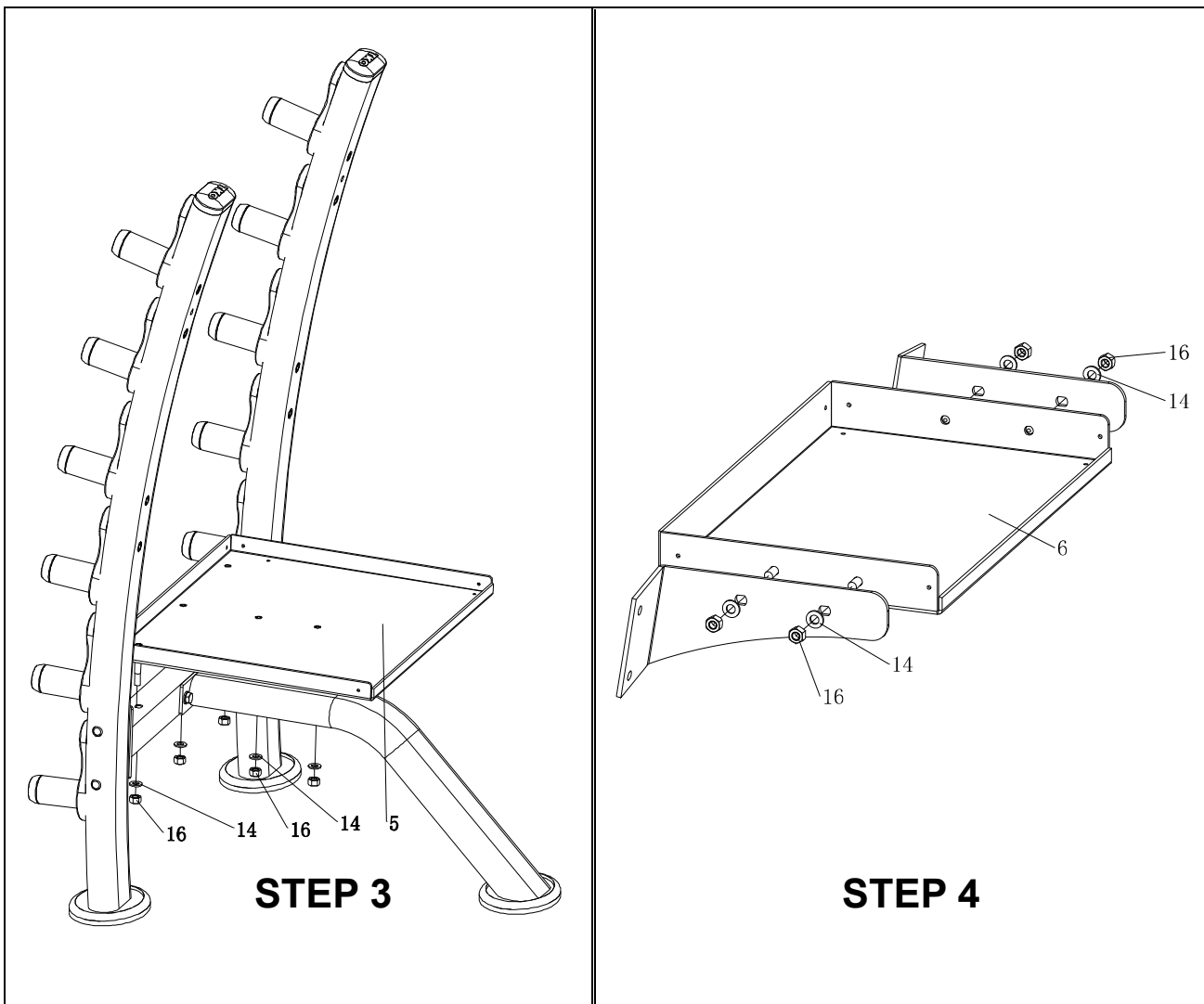
# + Assembly

## Step 3

Attach the Lower Shelf (5) to the Cross Frame (3) and Support Frame (4), using 4 Hex Bolts (14) and 4 Lock Nuts (16). **Please do not tighten the bolts and nuts.**

## Step 4

Attach the Metal Plates (8) & (9) to the Middle and Upper Shelf (6) separately, using 4 Flat Washers (14) and 4 Lock Nuts (16). **Please do not tighten the bolts and nuts.**





# + Assembly

## Step 5

Attach the Upper and Middle shelf (6&7) to the Main Frame separately, Using 4 Hex Bolts (15) and 4 Flat Washers (14).

**Please tighten all the nuts and bolts with wrenches.**

