



# VKR Power Tower

Model 870VKR2

**+ Owner's Manual**

03.2020

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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

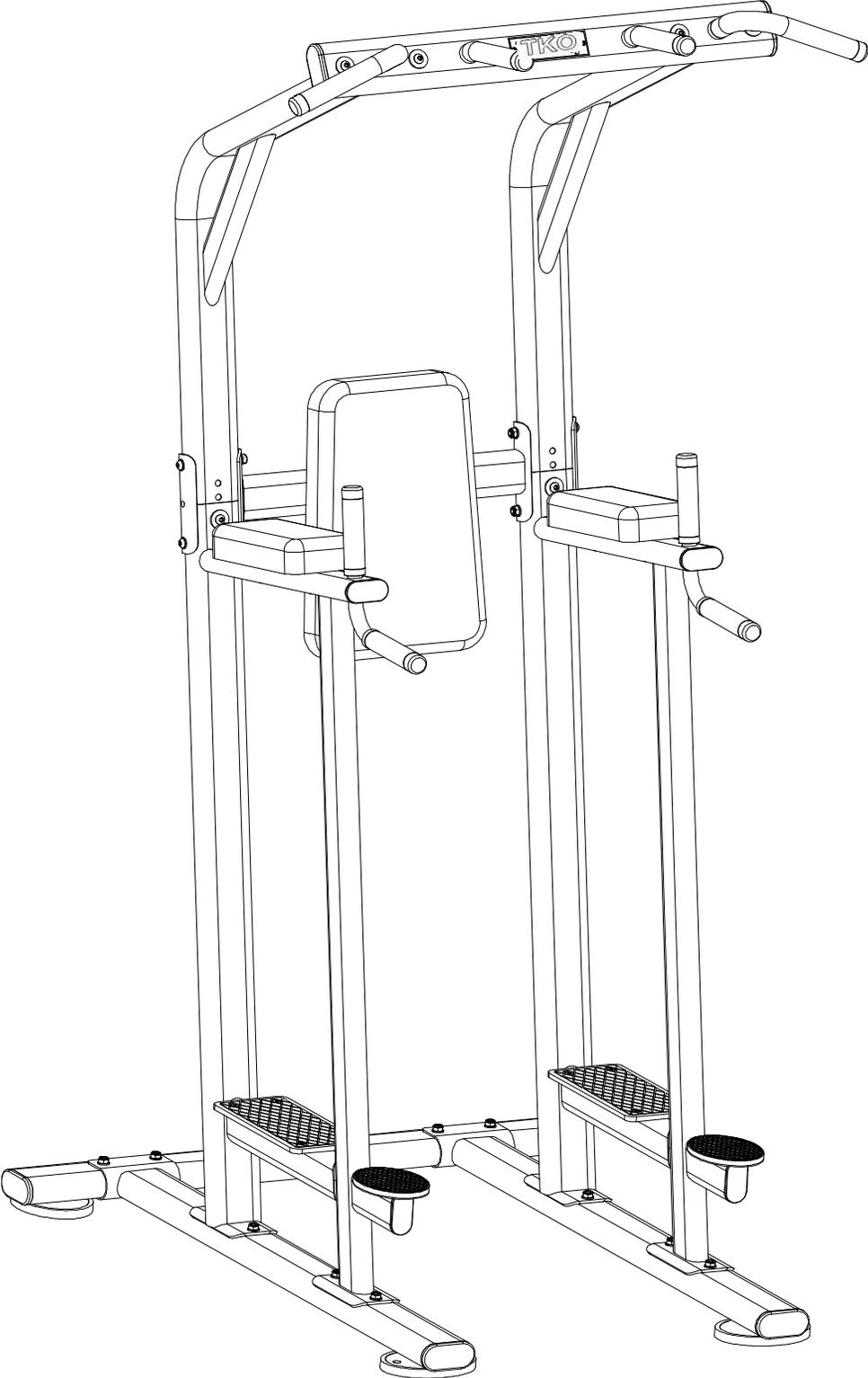
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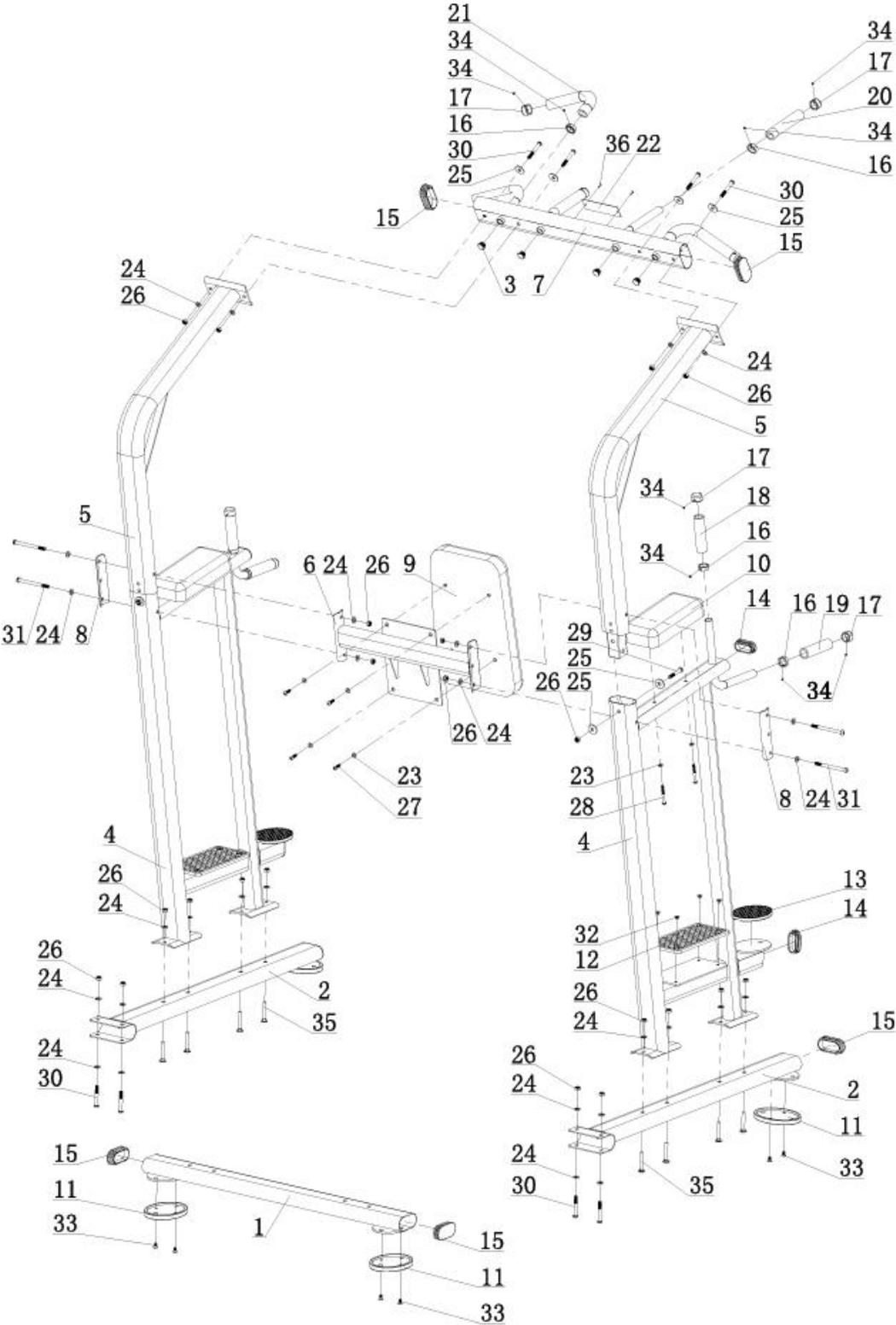
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[www.tko.com](http://www.tko.com)

# Product Diagram



# Exploded Diagram



# Parts List

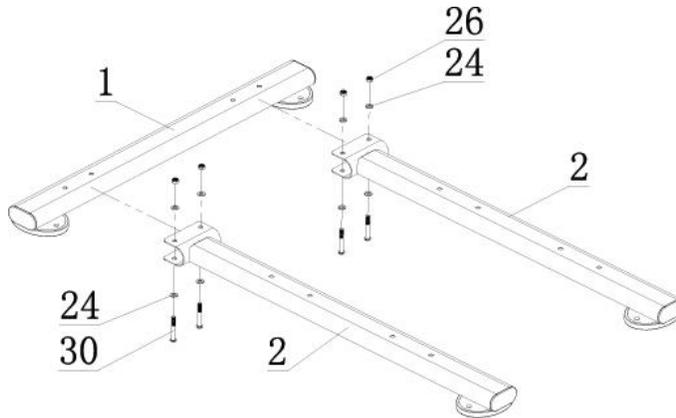
Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Rear base frame	1	19	Foam $\phi$ 24*5*140	2
2	Front base frame	2	20	Foam $\phi$ 24*5*175	2
3	End cap $\phi$ 25*2	4	21	Foam $\phi$ 24*5*290	2
4	Lower upright frame	2	22	Name plate 146*45*2	1
5	Upper upright frame	2	23	Flat washer $\phi$ 9* $\phi$ 16*1.6	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

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

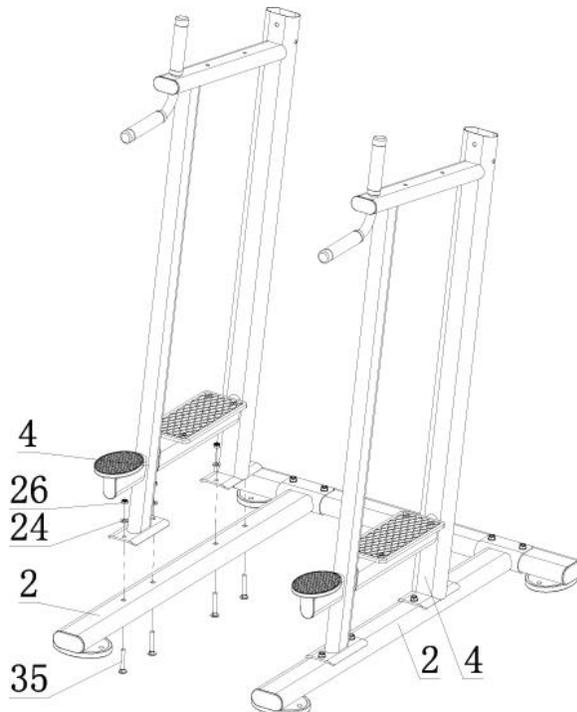
## Step 1.

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.

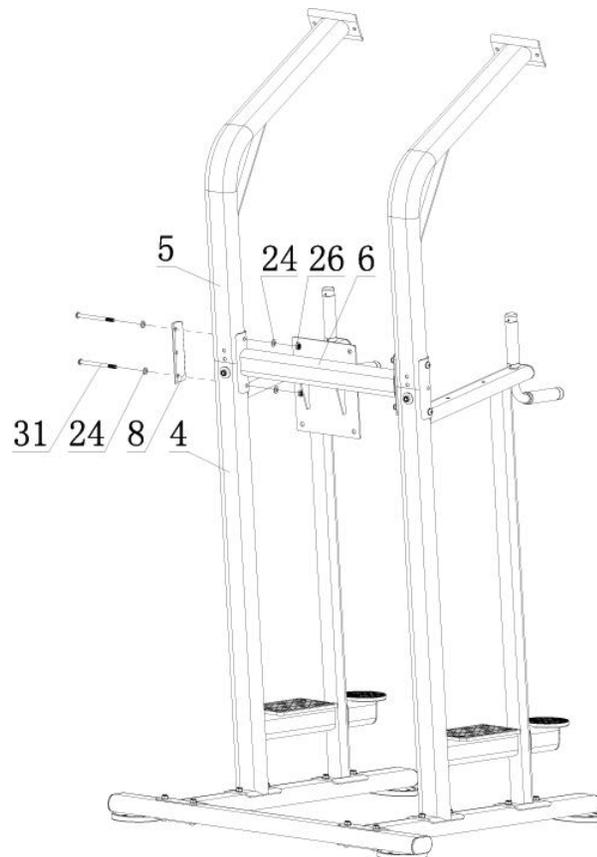
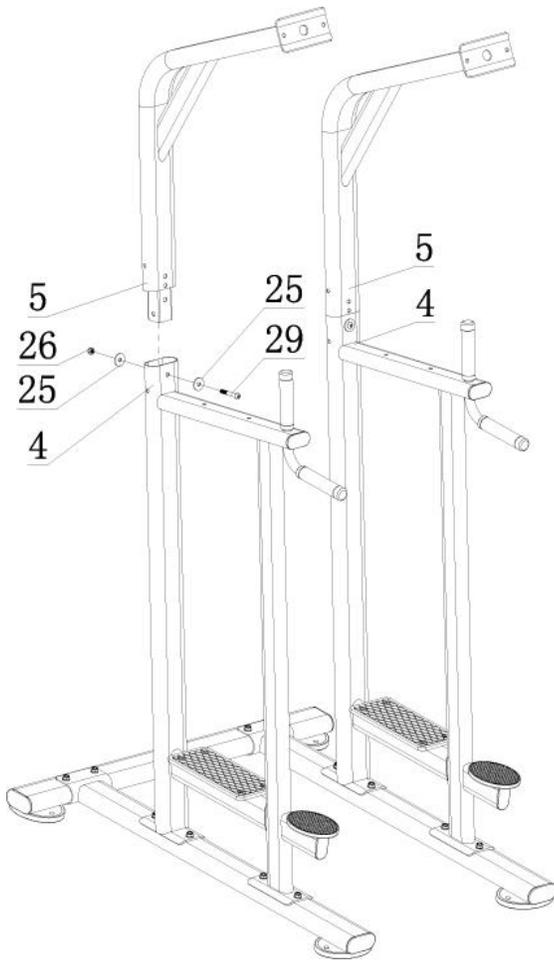
Connect Front base frame (2) , and Lower upright frame(4), using Flat washer  $\phi 11 * \phi 20 * 2(24)$ , Nut M10(26) and Carriage bolt M10\*65(35). Please don't tighten all the bolts..



# Assembly

## 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..



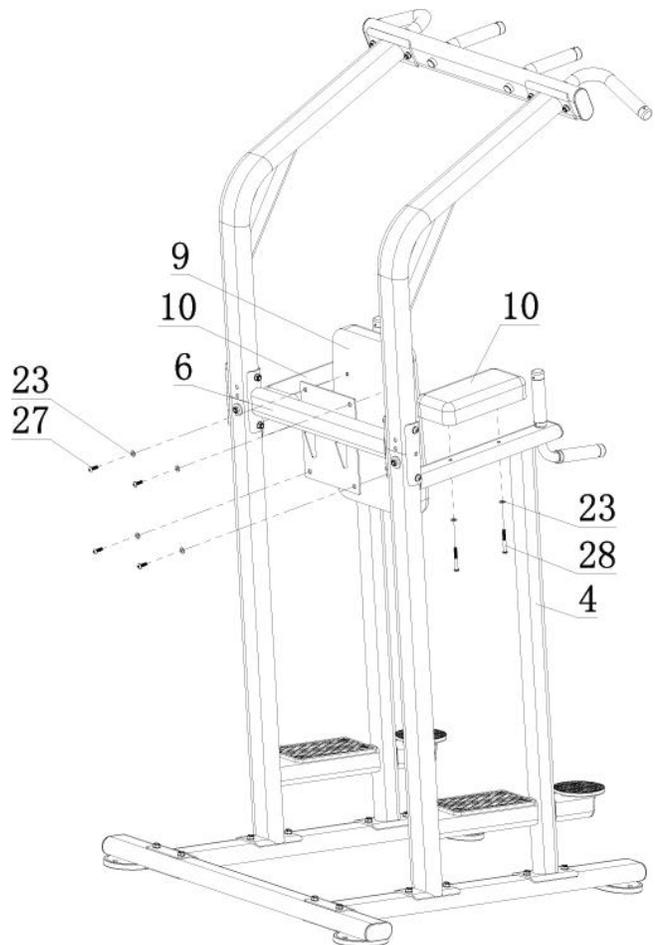
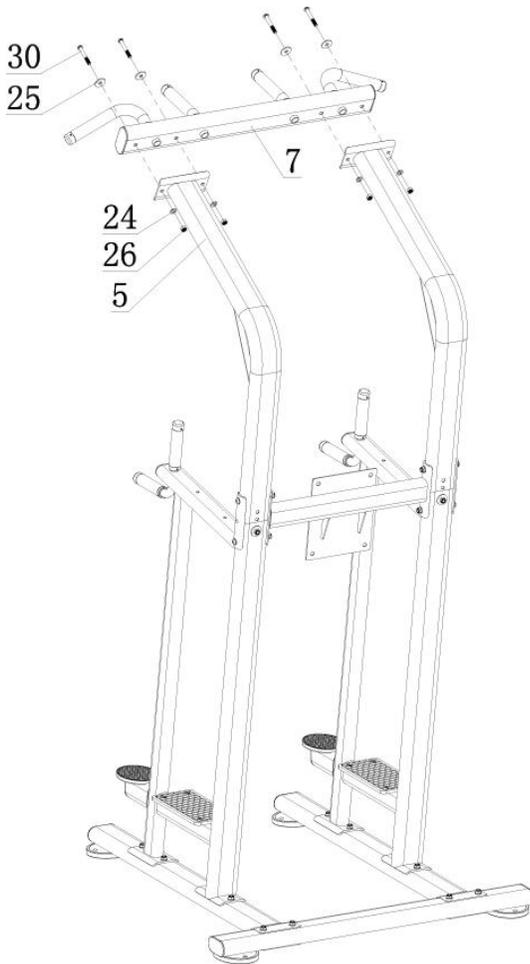
## Step 4.

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..

# Assembly

## 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.