



# Commercial Heavy Bag Stand

## Model 522CHBS

**+ Owner's Manual**  
**10.2024**

# 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 physician. Evaluate your present fitness level and determine the exercise program 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.
- Ensure the equipment(s) are set up and operated on a solid 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.
- Ensure 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.
- The back support cushion may drop when the 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.
- Before commencing exercise, remove all jewelry, including rings, chains, and pins.
- 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.

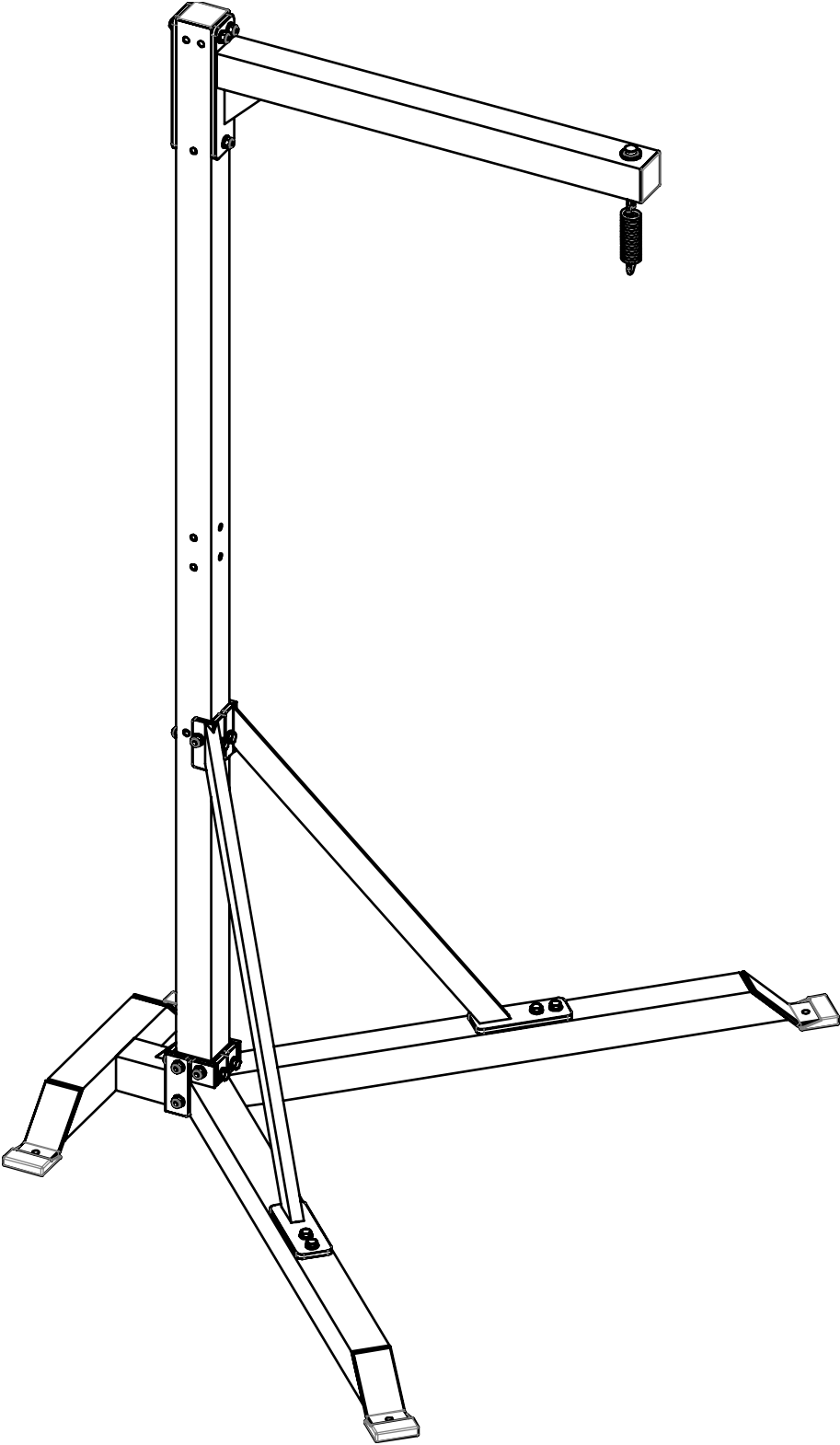
If you have any questions or need assistance, please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

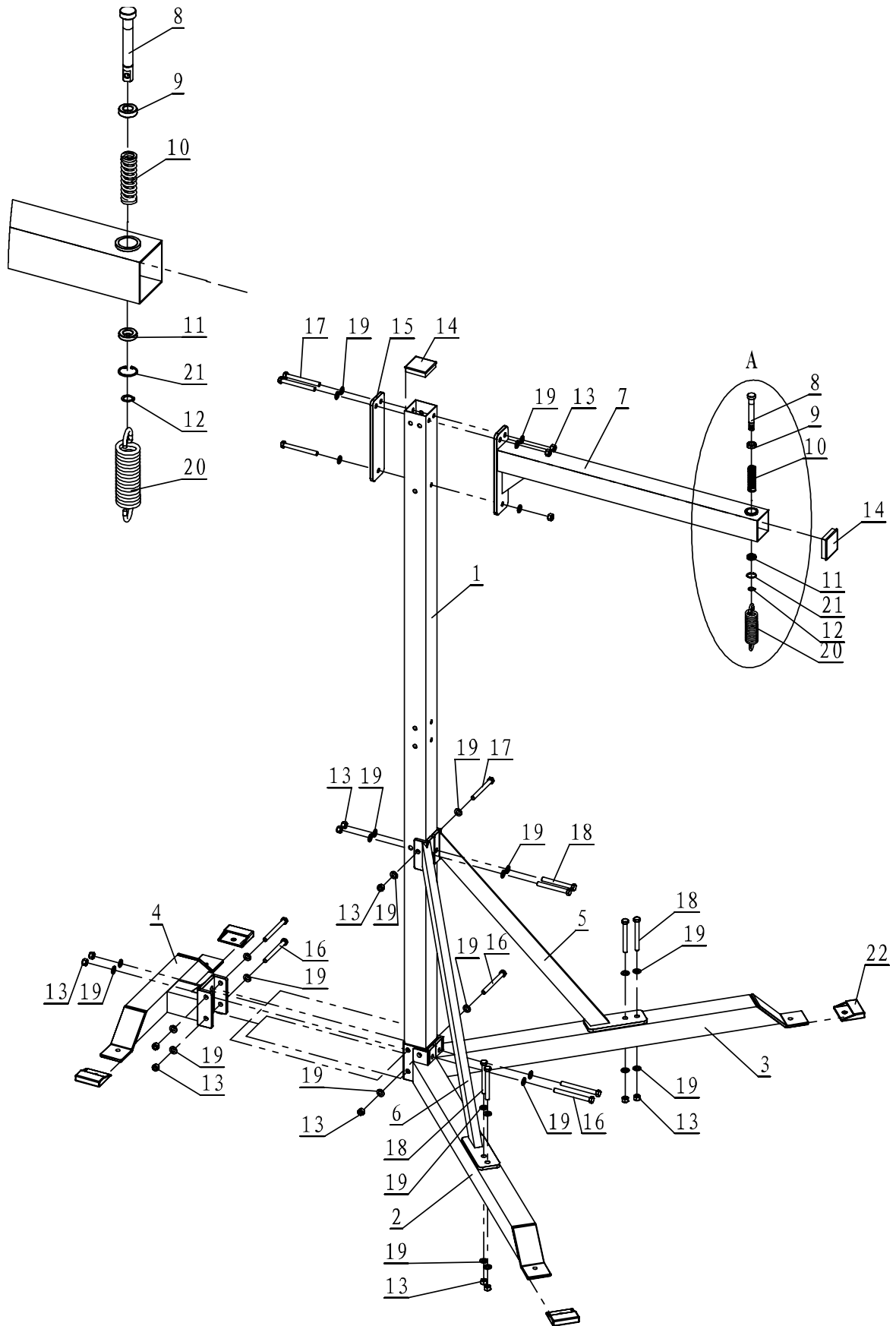
e mail: [customerservice@tko.com](mailto:customerservice@tko.com)

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

# Product Diagram



# Exploded Diagram & Part Lists



<b>No.</b>	<b>Description</b>	<b>QTY</b>
1	Upright	1
2	Left Base Frame	1
3	Right Base Frame	1
4	Base Cross Frame	1
5	Right Support Frame	1
6	Left Support Frame	1
7	Heavy Bag Support Frame	1
8	Shaft $\Phi 25 \times \Phi 15 \times 125$	1
9	Bearing 51102	1
10	Spring $\Phi 4 \times \Phi 20 \times 82$	1
11	Bearing 61902ZZ	1
12	Ring for Shaft $\Phi 15$	1
13	Nut M12	15
14	Ende Cap F75*2.5	2
15	Connect Plate 290*75*10	1
16	Hex Bolt M12*125	5
17	Hex Bolt M12*115	4
18	Hex Bolt M12*105	6
19	Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$	30
20	Bag Spring $\Phi 6 \times \Phi 38.1 \times 164$	1
21	Ring for Hole $\Phi 28$	1
22	Rubber Pad 76*85*20	4

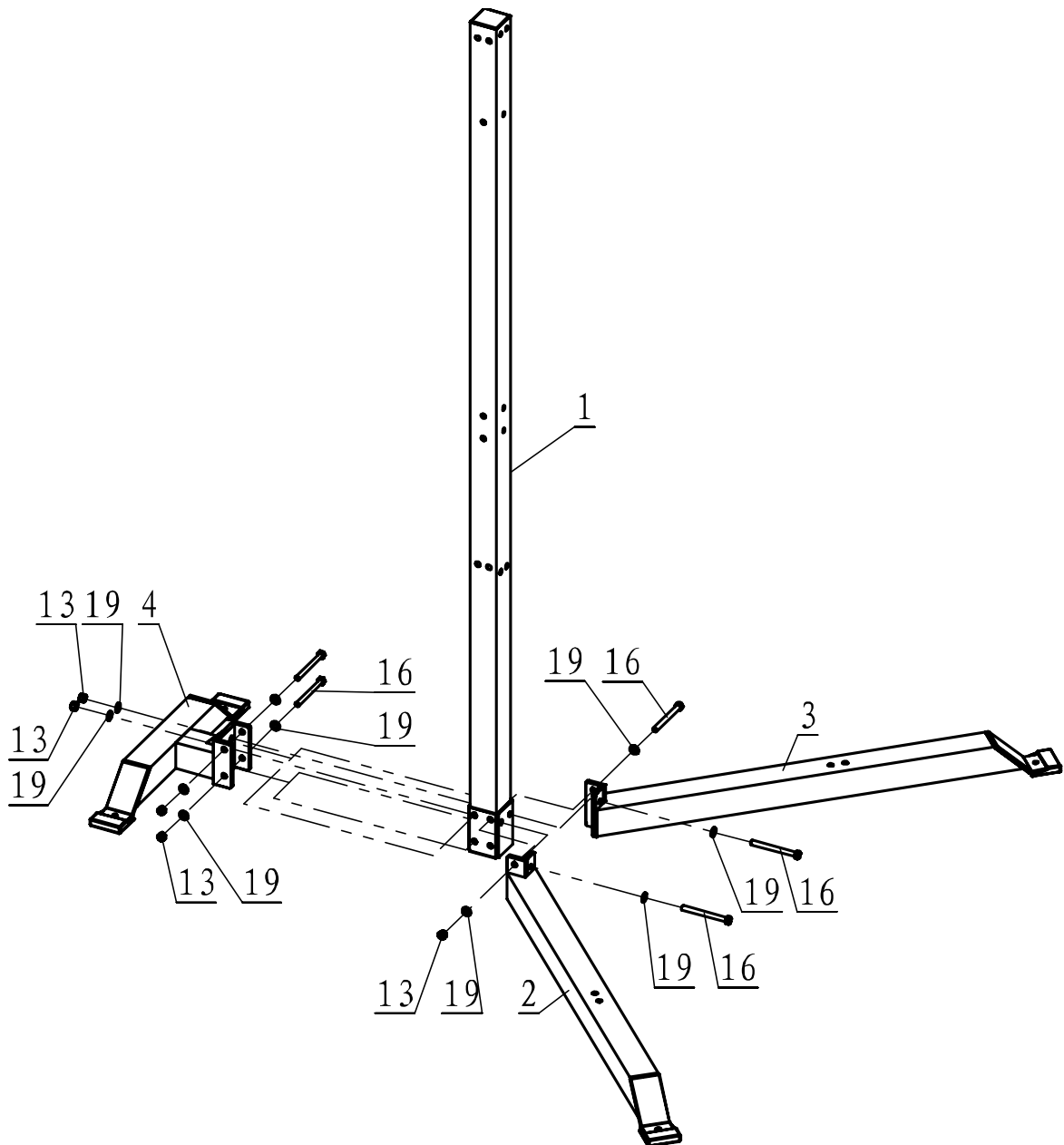
# Assembly

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

## Step 1

Install the Right & Left Base Frame (2) & (3) and Base Cross Frame (4) onto the Upright (1), using 5 Hex Bolt (16), 10 Flat Washer (19) and 5 Nut (13).

**Please do not tighten the bolts.**



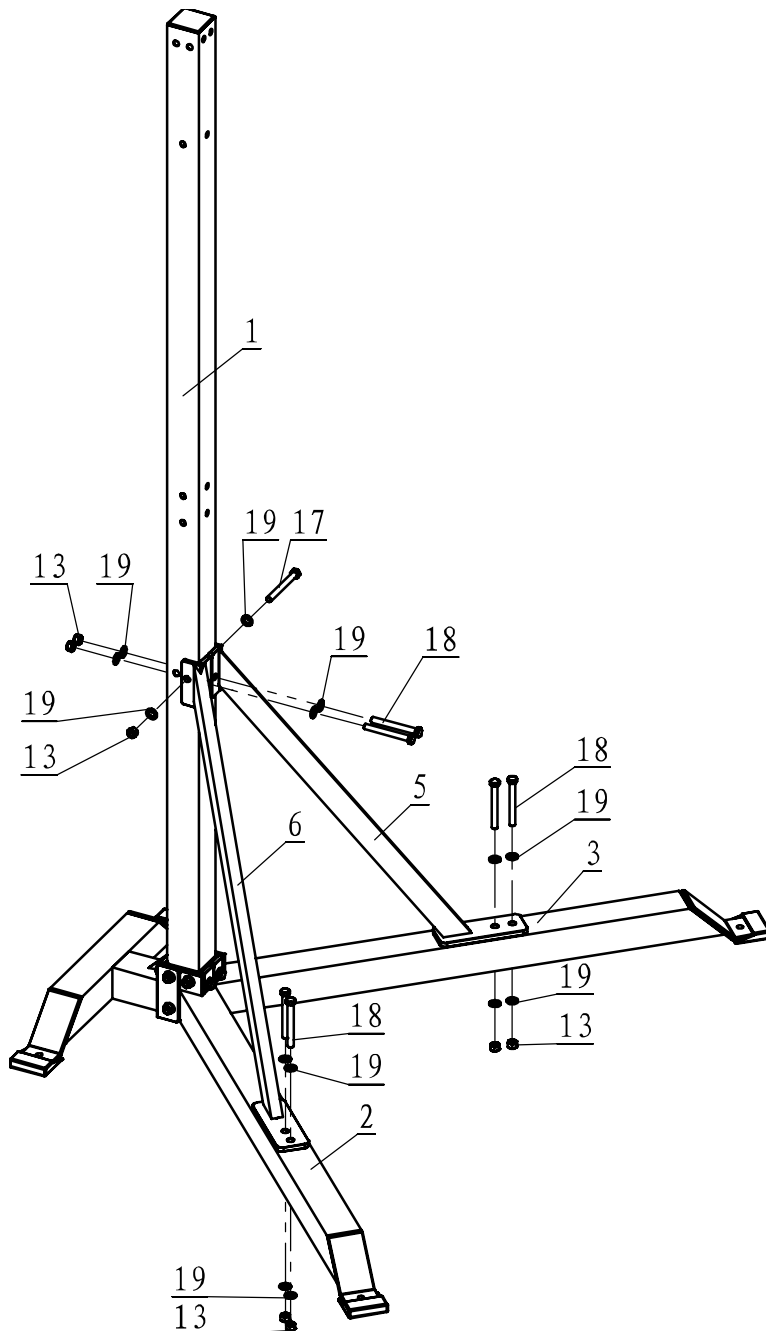
# Assembly

## Step 2

Install the Right & Left Support Frame (5) & (6) onto the Right & Left Base Frame (2) & (3), using 4 Hex Bolt (18), 8 Flat Washer (19) and 4 Nut (13);

Install the Right & Left Support Frame (5) & (6) onto the Upright (1), using 2 Hex Bolt (18), 1 Hex Bolt (17), 6 Flat Washer (19) and 3 Nut (13).

**Please do tighten the bolts.**



# Assembly

## Step 3

Install the Heavy Bag Support Frame (7) onto the Upright (1) with 3 Hex Bolt (17), 6 Flat Washer (19) and 3 Nut(13), and also put the Connect Plate (15) on the other side.

**Please do tighten the bolts.**

