



# Functional Trainer

## Model 8051FT

**+ Owner's Manual**

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

# 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

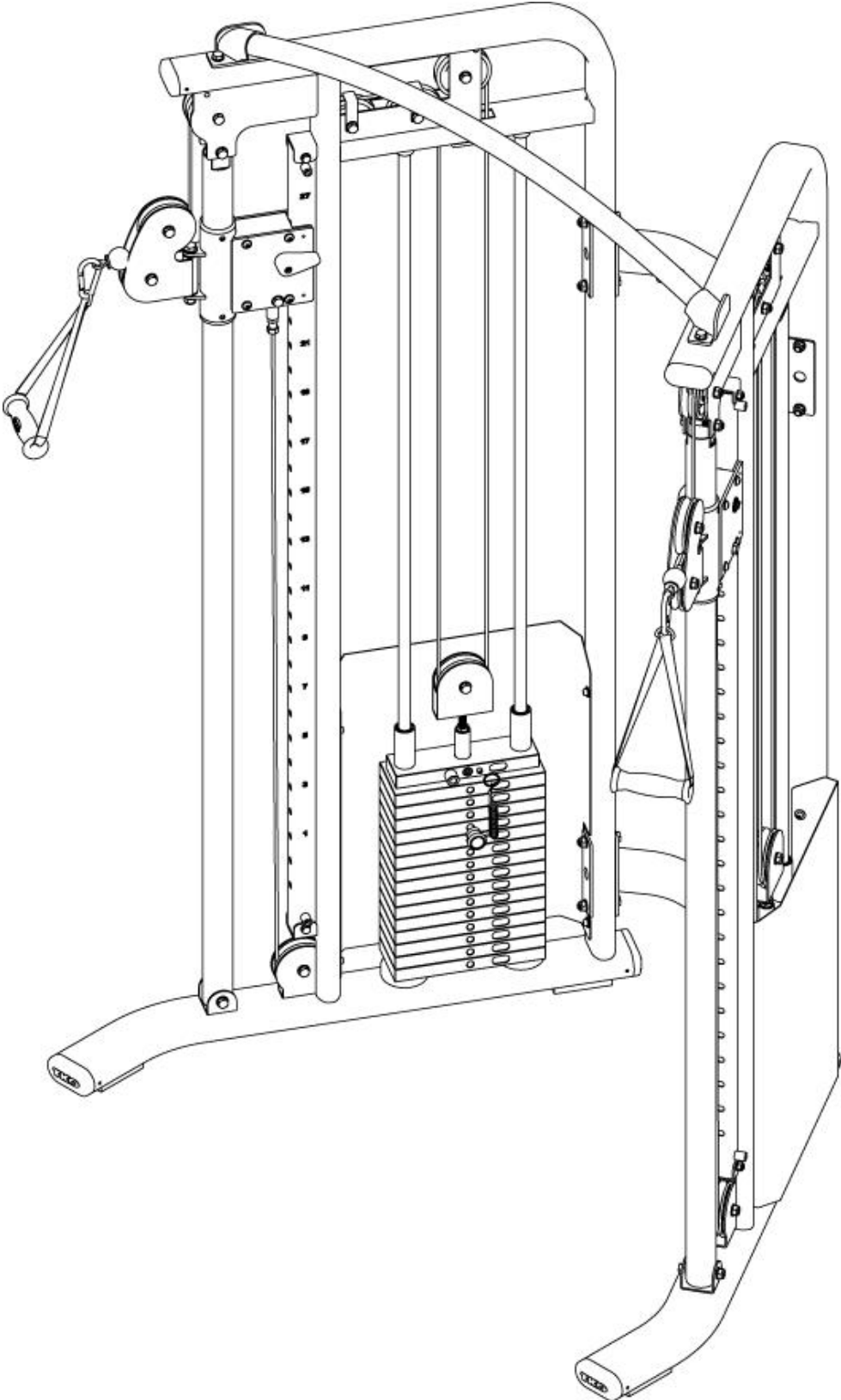
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# Product Diagram





# Parts List

| No. | Description                           | QTY | No. | Description                             | QTY |
|-----|---------------------------------------|-----|-----|---|-----|
| 1   | Right Frame                           | 1   | 36  | Handle Bar 132*260                      | 2   |
| 2   | Left Frame                            | 1   | 37  | Small Rubber Sleeve $\Phi 15*\Phi 6*18$ | 8   |
| 3   | Rear Lower Support Frame              | 1   | 38  | Foot Cushion 100*65*12                  | 4   |
| 4   | Rear Top Support Frame                | 1   | 39  | Sleeve of Hook $\Phi 12*55$             | 3   |
| 5   | Pulley Frame                          | 2   | 40  | Right Metal Cover 600*432*1.2           | 1   |
| 6   | Double-Pulley Frame                   | 2   | 41  | Left Metal Cover 600*432*1.2            | 1   |
| 7   | Upper Cross Frame                     | 1   | 42  | Hex Bolt M8*60                          | 4   |
| 8   | Adjust Shaft                          | 2   | 43  | Hex Bolt M10*25                         | 4   |
| 9   | Guide Frame                           | 2   | 44  | Hex Bolt M10*45                         | 10  |
| 10  | Slide Frame                           | 2   | 45  | Hex Bolt M10*50                         | 4   |
| 11  | Cable Assembly $\Phi 5*6970$          | 2   | 46  | Hex Bolt M10*65                         | 12  |
| 12  | Cable Adjust Sleeve $\Phi 20*65*M12$  | 2   | 47  | Hex Bolt M10*70                         | 2   |
| 13  | Guide Rod $\Phi 20*1743$              | 4   | 48  | Hex Bolt M10*75                         | 2   |
| 14  | Right Adjust Bar F40*2*1600           | 1   | 49  | Hex Bolt M12*110                        | 2   |
| 15  | Left Adjust Bar F40*2*1600            | 1   | 50  | Cross Sunk Screw M5*8                   | 20  |
| 16  | Plate of Slide Frame 150*140*5        | 4   | 51  | Pin Spring $\Phi 14*32*\Phi 1.2$        | 2   |
| 17  | Cable Baffle 60*25*20*2               | 4   | 52  | Hex Round Bolt M5*10                    | 2   |
| 18  | Adjust Plate 30*60*15*3               | 2   | 53  | Ring with Open $\Phi 9$                 | 4   |
| 19  | 3-Hole Plate 150*50*4                 | 4   | 54  | Hex Round Bolt M5*15                    | 4   |
| 20  | Pin Shaft $\Phi 18*69*\Phi 10$        | 2   | 55  | Hex Round Bolt M6*15                    | 22  |
| 21  | Pulley Bushing $\Phi 18*14$           | 4   | 56  | Hex Round Bolt M10*40                   | 2   |
| 22  | Metal Powder Bushing                  | 8   | 57  | Hex Pan Bolt M8*15                      | 24  |
| 23  | Guide Rod Bush $\Phi 30*\Phi 20.2*30$ | 4   | 58  | Hex Cone Set Screw M6*4                 | 4   |
| 24  | Weight Stack 260*100*25.4             | 30  | 59  | Hex Cone Set Screw M6*6                 | 12  |
| 25  | Top Weight Plate 247*65*25.4          | 2   | 60  | Flat Washer $\Phi 9*\Phi 16*1.6$        | 24  |
| 26  | Selected Shaft $\Phi 25*470*M12$      | 2   | 61  | Flat Washer $\Phi 11*\Phi 20*2$         | 60  |
| 27  | Magnetic Pin $\Phi 10*80$             | 2   | 62  | Flat Washer $\Phi 13.5*\Phi 24*2.5$     | 4   |
| 28  | Crash Pad $\Phi 80*25$                | 4   | 63  | Nut M8                                  | 4   |
| 29  | Flat Washer 60*50*6                   | 2   | 64  | Nut M10                                 | 30  |
| 30  | Slide Plate 150*34*4                  | 4   | 65  | Thin Nut M12                            | 2   |
| 31  | Plastic Handle 32*75*30               | 2   | 66  | Nut M12                                 | 2   |
| 32  | Hollow Sleeve                         | 4   | 67  | O-Ring $\Phi 19*1.8$                    | 4   |
| 33  | Pulley $\Phi 95*24$                   | 16  | 68  | Safety Hook $\Phi 8*80$                 | 2   |
| 34  | End Cap PT50*100*3                    | 4   | 69  | Big Washer $\Phi 6.6*\Phi 18*1.6$       | 8   |
| 35  | End Cap PT40*80*2                     | 2   |     |   |     |

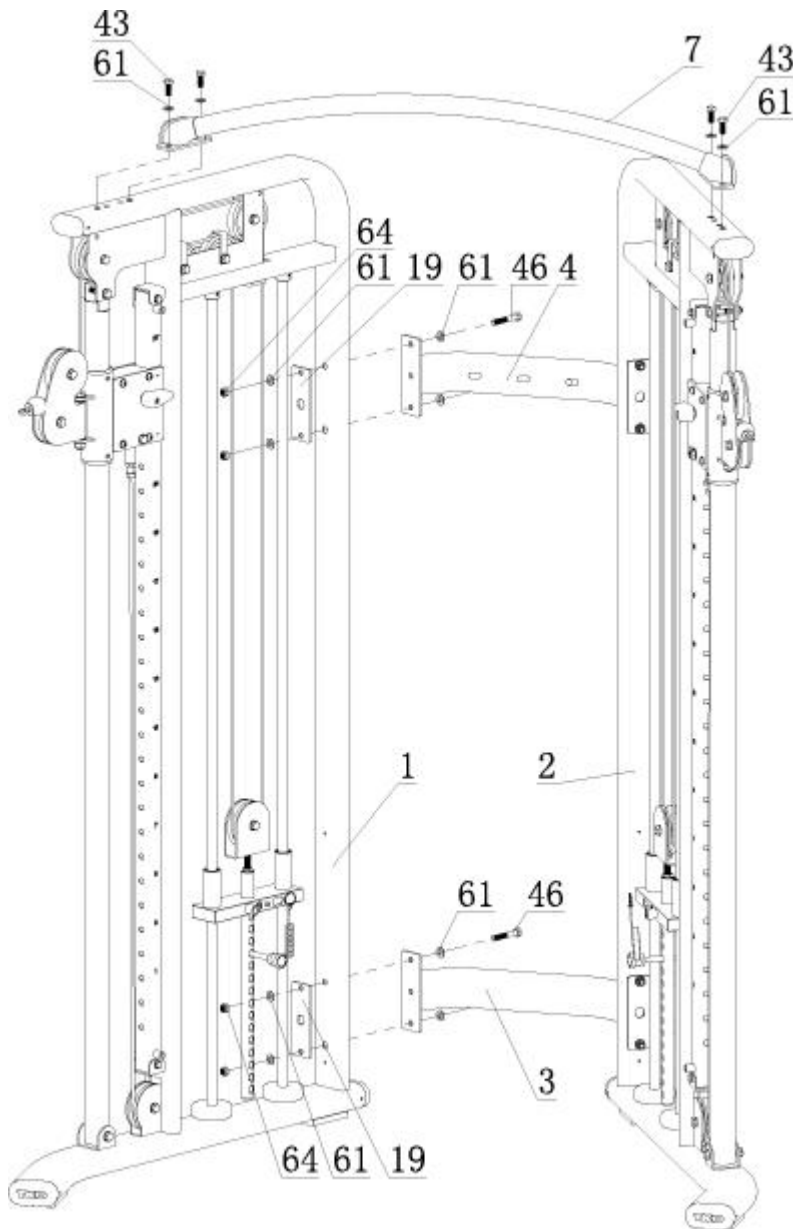
# Assembly

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

## Step 1

Install Rear Lower Support Frame (3) and Rear Top Support Frame(4) onto Left Frame (2) and Right Frame (1), using Hex Bolt M10\*65 (46), Flat Washer  $\Phi 11*\Phi 20*2$  (61) and Nut M10 (64);

Connect Upper Cross Frame (7) with Left Frame (2) and Right Frame (1), using Hex Bolt M10\*25 (43) and Flat Washer  $\Phi 11*\Phi 20*2$  (61).



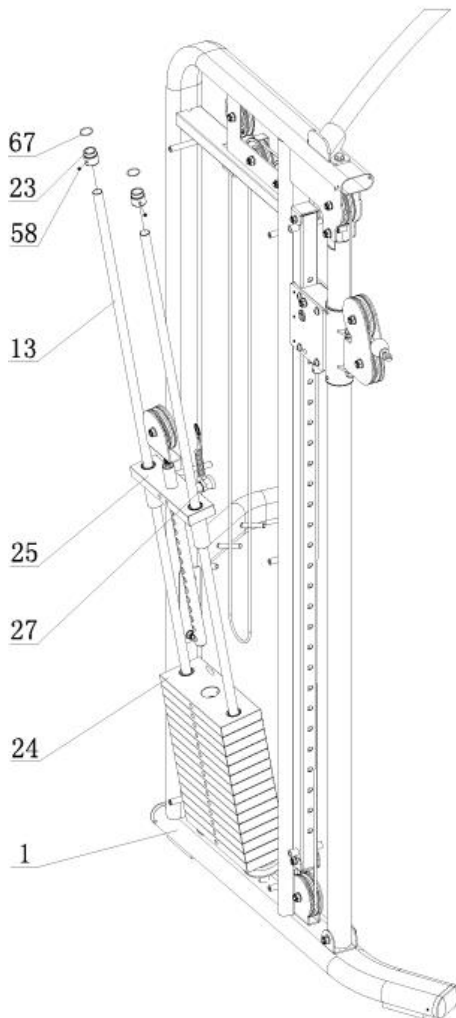
# Assembly

## Step 2

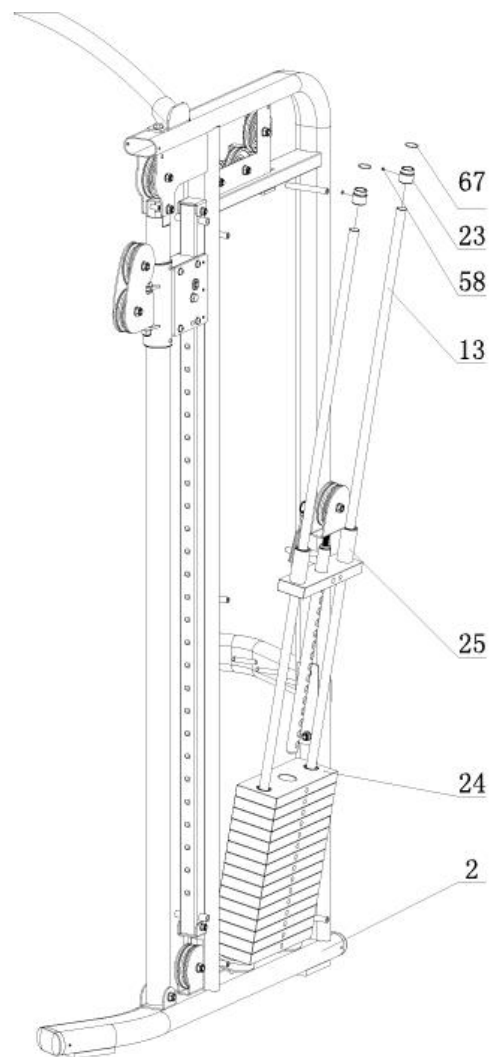
First of all, remove Guide Rod Bush (23), O-Ring (67), Hex Cone Set Screw M6\*4 (58) and Top Weight Plate 247\*65\*25.4 (25) from Right Frame (1). And put Weight Stack 260\*100\*25.4 (24) and put Top Weight Plate 247\*65\*25.4 (25) back to Guide Rod  $\Phi 20 \times 1743$  (13).

Then install Guide Rod  $\Phi 20 \times 1743$  (13) onto Right Frame (1), using Guide Rod Bush (23), O-Ring (67), Hex Cone Set Screw M6\*4 (58), please tighten all bolts;

The other side is as the same.



install stack onto right frame



install stack onto left frame

# Assembly

## Step 3

Install Right Metal Cover (41) and Right Metal Cover (40) onto Right Frame (1) and Left Frame (2), using Hex Round Bolt M6\*15 (55) and Big Washer  $\Phi 6.6 \times \Phi 18 \times 1.6$  (69);

Install Safety Hook  $\Phi 8 \times 80$  (68) and Handle Bar 132\*260 (36) onto Left Metal Cover(41) and Right Metal Cover (40).

