



DS-931

Vertical Leg Press

Owner's Manual



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

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 most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness or breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make Ensure 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. To ensure safety, keep others, especially children, at a safe distance while exercising.
- Ensure there is enough room for access and operation of 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.
- Remove all jewelry, including rings, chains, and pins, before commencing the 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 questions or need assistance, please contact us at:

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

e-mail: sales@tkostrength.com

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

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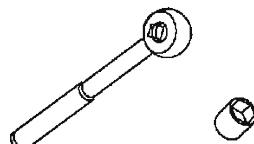
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INSTRUCTIONS

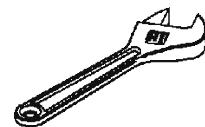
Before beginning assembly, please read the instructions thoroughly. Please use the various lists in this manual to ensure that all parts have been included in your shipment. When ordering, use the part number and description from the lists. When servicing, use only our replacement part. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any potential errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue.

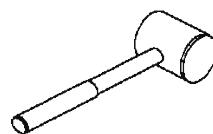
TOOLS REQUIRED



Ratchet Wrench and Socket



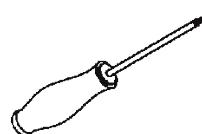
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

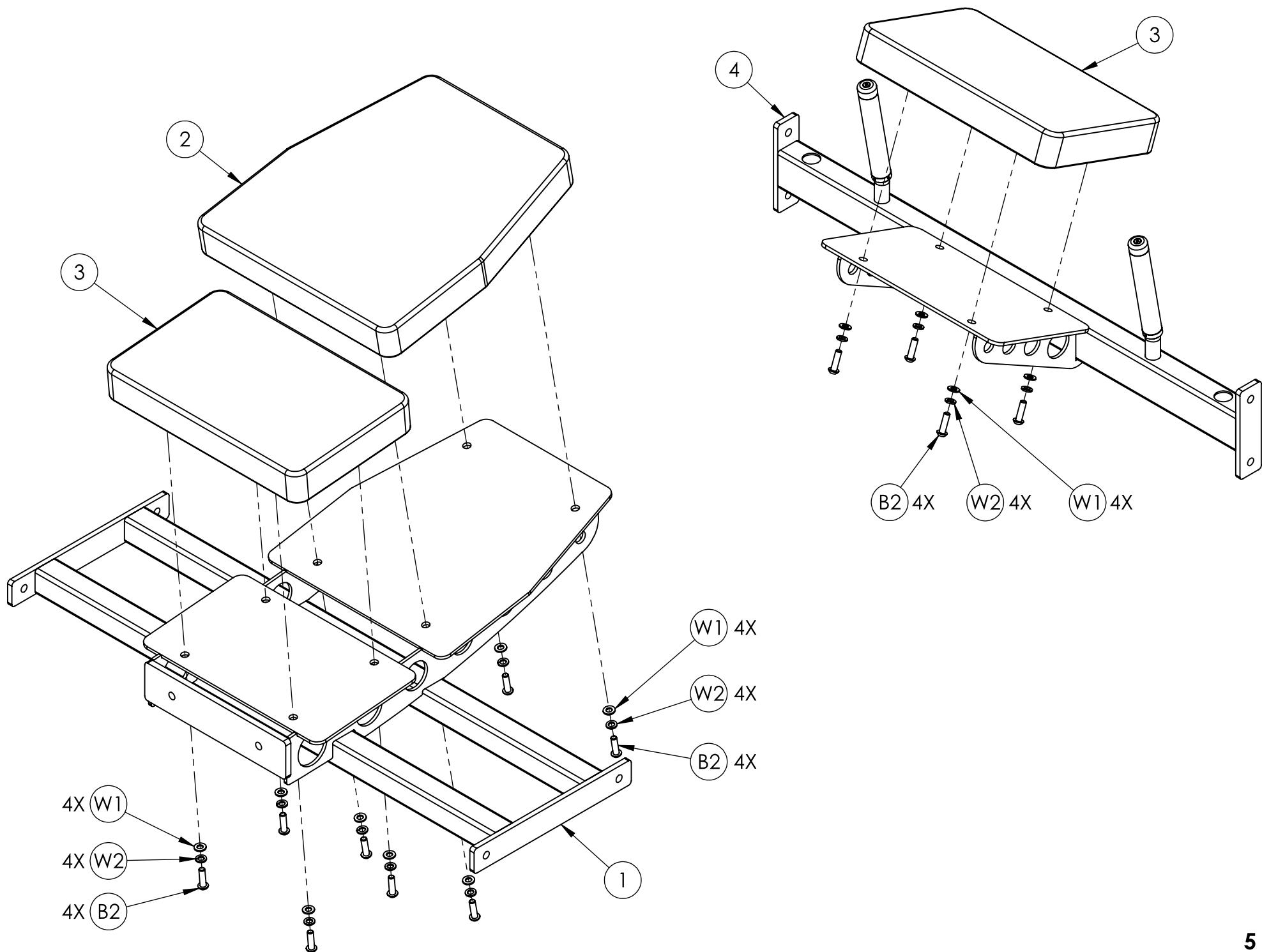


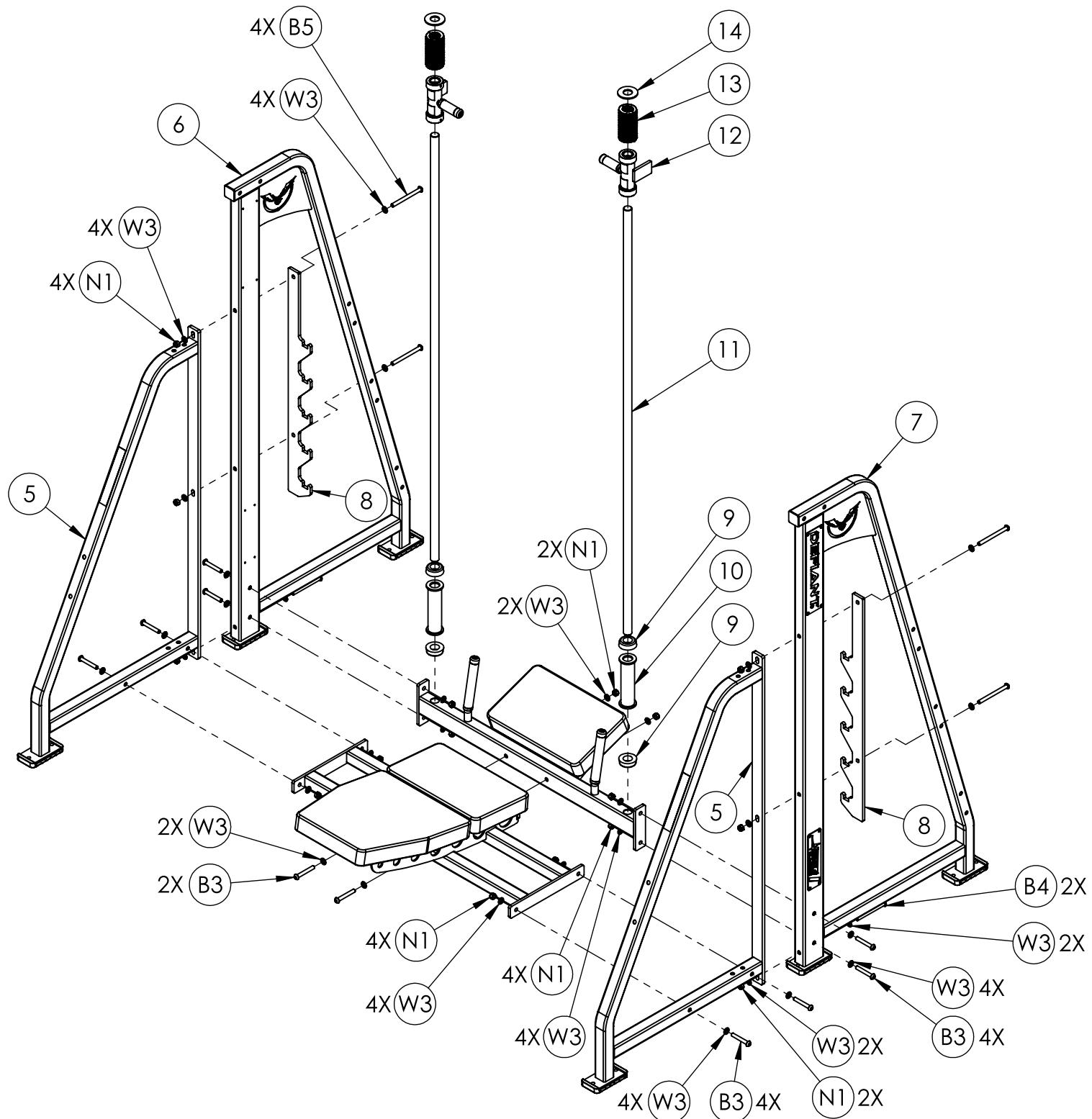
Phillips Screwdriver

NOTE: SOME OF THESE PARTS MAY COME PRE-ASSEMBLED

DS-931 VERTICAL LEG PRESS			
BOM ID	SKU	DESCRIPTION	QTY.
1	DS-931-W04	Seat Frame Weldment	1
2	FPAD 045	Top Back Pad	1
3	FPAD 044	Vertical Back Pad	2
4	DS-931-A03	Butt Seat Handle Cross Member Assy.	1
5	DS-931-A00	Front Main Frame Assy.	2
6	DS-931-A07-LH	LH Rear Main Frame Assy.	1
7	DS-931-A07-RH	RH Rear Main Frame Assy.	1
8	DS-931-P16	Stainless Stop Plate	2
9	SR001B2700	Rubber Plate Stop	4
10	DS-931-W15	Dead Stop Weldment	2
11	DS-931-S01	Bearing Rod	2
12	DS-931-A10	Safety Stop Assy.	2
13	TL60x30x125	Light Duty Die Spring	2
14	M30-FWZ-ZN	M30 Steel Washer	2
15	DS-931-A01	Weight Bearing Carriage Assy.	1
16	DS-931-W03	Top Cross Member Weldment	1
17	DS-931-W07	Foot Press Sled	1
18	DS-CP-A004	9" Weight Tree Assy.	4
19	DS-CP-A003	12" Weight Tree Assy.	2
20	DS-931-A09	Weight Tube Assy.	2
21	DS-931-A08-LH	LH Handle Assy.	1
22	DS-931-A08-RH	RH Handle Assy.	1

HARDWARE LISTING		
ITEM	DESCRIPTION	QTY.
B1	M10-1.5 X 25 BUTTON HEAD CAP SCREW	4
B2	M10-1.5 X 30 BUTTON HEAD CAP SCREW	12
B3	M12-1.75 X 80 BUTTON HEAD CAP SCREW	30
B4	M12-1.75 X 130 BUTTON HEAD CAP SCREW	2
B5	M12-1.75 X 140 BUTTON HEAD CAP SCREW	4
B6	M12-1.75 X 35 SOCKET HEAD CAP SCREW	8
N1	M12-1.75 JAM HEX LOCK NUT	44
W1	M10 FLAT WASHER	12
W2	M10 LOCK WASHER	16
W3	M12 FLAT WASHER	88



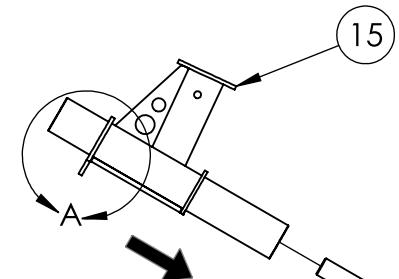


CARRIAGE ASSEMBLY AND MOUNTING

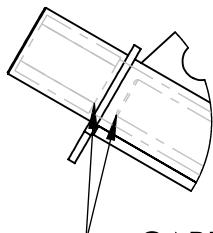
REMOVE BEARING RODS (ITEM #11) FROM THEIR LOCATING HOLES AND LEAN OUT WITH THEIR BASE POSITIONED AT THE HOLE OPENING. CAREFULLY SLIDE CARRIAGE ASSEMBLY (ITEM #15) ONTO BEARING RODS AND STAND UP INTO LOCATING HOLES. SECURE RODS AT TOP WITH TOP CROSS MEMBER WELDMENT (ITEM #16).

16 HARDWARE CALLED OUT ON NEXT PAGE.

WEIGHT TUBES REMOVED,
ADDED LATER IN ASSEMBLY.



DETAIL A
SCALE 1:6



CAREFULLY GUIDE ROD INTO BEARING, DO NOT FORCE IT, IT WILL DAMAGE THE BEARING.

