Extensions for X-3 Power Rack

Owner's Manual

ASSEMBLY INSTRUCTION

1. **Attach the *Foot Tubes (4)* to the *Gusset Plates (5)*:**
   Attach the *Foot Tubes (4)* to the *Gusset Plates (5)* using *M16x110 Hex Bolt (8), M16 Flat Washer (11), M16 Spring Washe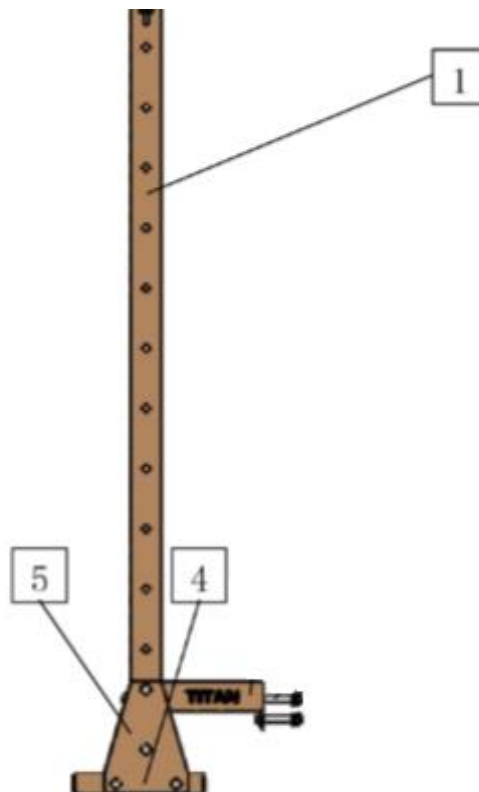r (10),* and *M16 Hex Nut (9)*. The order for assembly is *M16x110 Hex Bolt (8), M16 Flat Washer (11)*, then push the bolt through the *Gusset Plate (5)* and *Foot Tube (4), Gusset Plate (5), M16 Spring Washer (10)*, and then place the *M16 Hex Nut (9)* onto the end of the hex bolt. Tighten the *M16 Hex Nut (9)* until the *M16 Spring Washer (10)* is compressed. Repeat this process for the remaining bolt connection on the *Foot Tube (4)* and for the remaining *Foot Tube (4)*.

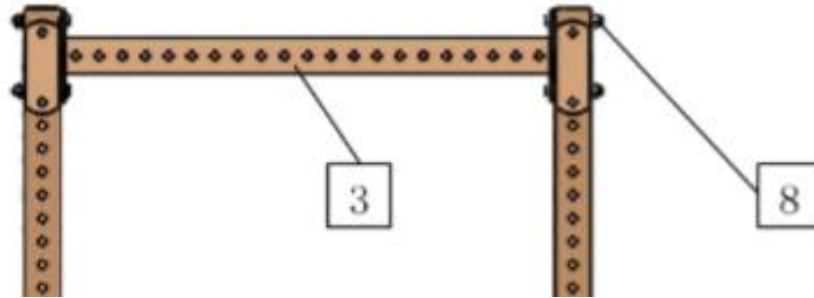2. **Attach the *Upright Tubes (1)* to the *Foot Tubes (4)*:**
   Attach the Upright Tubes (1) to the Foot Tubes (4) using *M16x110 Hex Bolt (8), M16 Flat Washer (11), M16 Spring Washer (10),* and *M16 Hex Nut (9)*. Center the *Upright Tube (1)* between the *Gusset Plates (5)*. The order for assembly is *M16x110 Hex Bolt (8), M16 Flat Washer (11)*, then push the bolt through the *Gusset Plates (5)* and *Upright Tube (1), M16 Spring Washer (10)*, and then place the *M16 Hex Nut (9)* onto the end of the hex bolt. Tighten the *M16 Hex Nut (9)* until the *M16 Spring Washer (10)* is compressed. Repeat this process for the remaining bolt connection on the *Upright Tube (1)* and for the remaining *Upright Tube (1)*.

Step 1 & 2

3. **Connect the *Upright Tubes (1)* with the *Top Transverse Tube (3)*:**
   Connect the *Upright Tubes (1)* with the *Top Transverse Tube (3)* using *M16x110 Hex Bolt (8), M16 Flat Washer (11), M16 Spring Washer (10),* and *M16 Hex Nut (9).* The order for assembly is *M16x110 Hex Bolt (8), M16 Flat Washer (11)*, then push the bolt through the *Upright Tube (1)* and *Top Transverse Tube (3), M16 Spring Washer (10)*, and then place the *M16 Hex Nut (9)* onto the end of the hex bolt. Tighten the *M16 Hex Nut (9)* until the *M16 Spring Washer (10)* is compressed. Repeat this process for the remaining *Upright Tubes (1)* to *Top Transverse Tube (3)* connection points.

Step 3

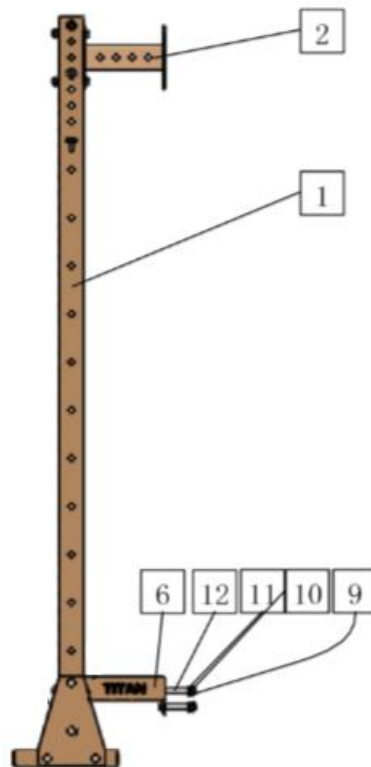4. **Attach the *Side Connecting Tubes (2)* to the *Upright Tubes (1)*:**
   Attach the *Side Connecting Tubes (2)* to the *Upright Tubes (1)* using *M16x100 Hex Bolt (12), M16 Flat Washer (11), M16 Spring Washer (10),* and *M16 Hex Nut (9).* The order for assembly is *M16x110 Hex Bolt (8), M16 Flat Washer (11)*, then push the bolt through the *Side Connecting Tube (2)* and *Upright Tube (1), M16 Spring Washer (10)*, and then place the *M16 Hex Nut (9)* onto the end of the hex bolt. Tighten the *M16 Hex Nut (9)* until the *M16 Spring Washer (10)* is compressed. Repeat this process for the remaining *Side Connecting Tubes (2)* to *Upright Tubes (1)* connection points.

5. **Attach the *Side Connecting Plates (6)* to the *Upright Tubes (1)*:**
   Attach the *Side Connecting Plates (6)* to the *Upright Tubes (1)* using *M16x100 Hex Bolt (12), M16 Flat Washer (11), M16 Spring Washer (10),* and *M16 Hex Nut (9).* The order for assembly is *M16x110 Hex Bolt (8), M16 Flat Washer (11)*, then push the bolt through the *Side Connecting Plate (6)* and *Upright Tube (1), M16 Spring Washer (10)*, and then place the *M16 Hex Nut (9)* onto the end of the hex bolt. Tighten the *M16 Hex Nut (9)* until the *M16 Spring Washer (10)* is compressed. Repeat this process for the remaining *Side Connecting Plates (6)* to *Upright Tubes (1)* connection points.
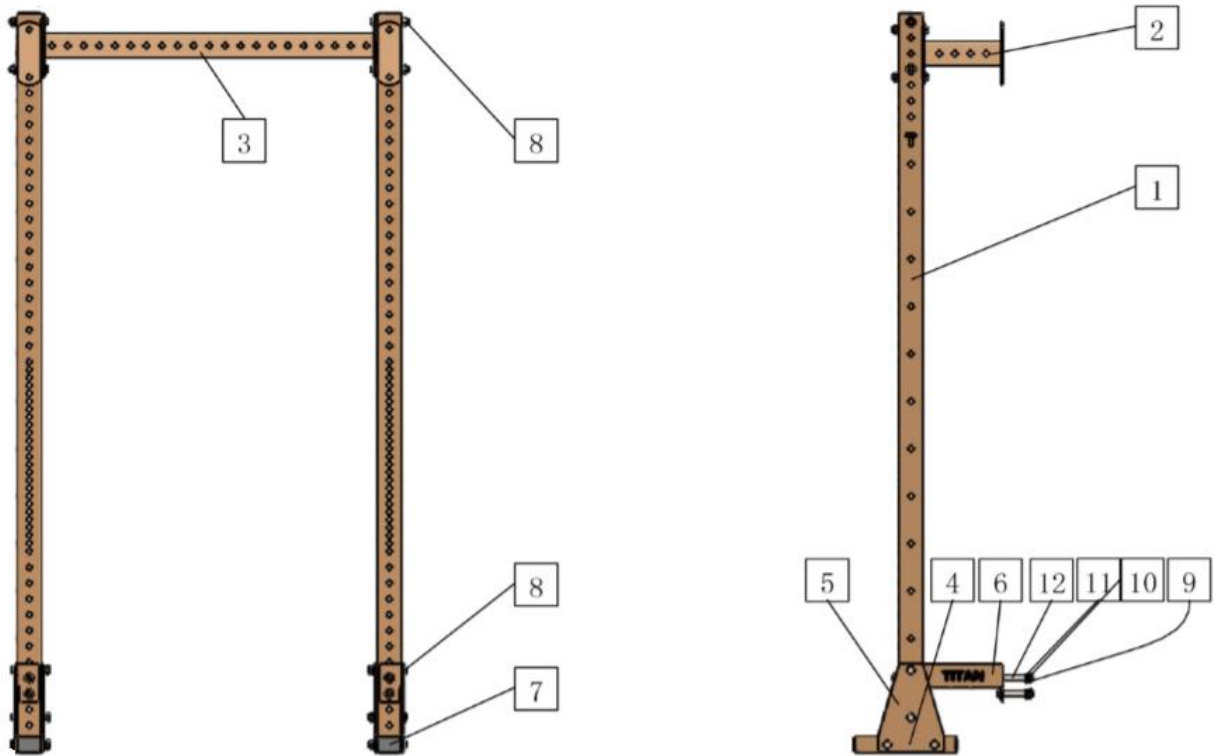
6. **Attach the *Side Connecting Tubes (2)* and *Side Connecting Plates (6)* to your Titan X-3 Power Rack:**

Repeat the processes for attaching the *Side Connecting Tubes (2)* and *Side Connecting Plates (6)* to the *Upright Tubes (1)* to install the Extension on your Titan X-3 Power Rack.

Step 4, 5, & 6

PARTS DIAGRAM

Part Number	Part Description	Quantity
1	Upright Tube	1
2	Side Connecting Tube	2
3	Top Transverse Tube	1
4	Foot Tube	2
5	Gusset Plate	4
6	Side Connecting Plate	2
7	Tube Cap	4
8	M16x110 Hex Bolt	12
9	M16 Hex Nut	24
10	M16 Spring Washer	24
11	M16 Flat Washer	24
12	M16x100 Hex Bolt	12

TITAN FITNESS

NEED HELP?

CONTACT US FIRST

1(800)-605-8241

team@titan.fitness / www.titan.fitness
Business hours: Monday - Friday • 8am - 5pm Central

Titan Distributors Inc.
141 Eastley St. Ste. 113
Collierville, TN 38017

1 800-605-8241

team@titan.fitness

www.titan.fitness