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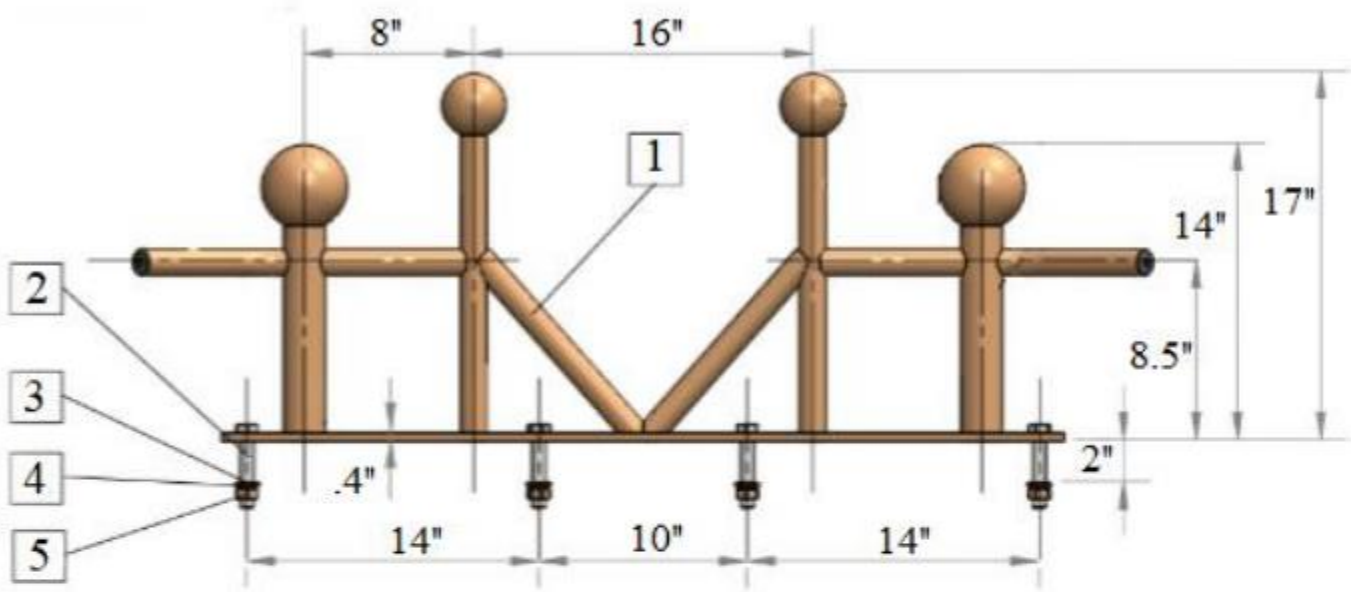
OWNER'S MANUAL

MPN(s): SPHRPUB

SKU(s): 400502

UPC(s): 049008266797

PARTS DIAGRAM / EXPLODED VIEW



Part Number	Part Description	Quantity
1	Sphere Grip Pull-Up Bar	1
2	M16x120 Hex Bolt	4
3	M16 Flat Washer	4
4	M16 Spring Washer	4
5	M16 Hex Nut	4



ASSEMBLY INSTRUCTIONS

1. Secure the *Sphere Grip Pull-Up Bar (1)* to your T-3 Power Rack:

Secure the *Sphere Grip Pull-Up Bar (1)* to your T-3 Power Rack using *M16x120 Hex Bolt (2)*, *M16 Flat Washer (3)*, *M16 Spring Washer (4)*, and *M16 Hex Nut (5)*. The order for assembly is *M16x120 Hex Bolt (2)*, *M16 Flat Washer (3)*, then push the bolt through the *Sphere Grip Pull-Up Bar (1)* and your T-3 Power Rack, *M16 Spring Washer (4)*, and then screw the *M16 Hex Nut (5)* onto the end of the bolt. Tighten the *M16 Hex Nut (5)* until the *M16 Spring Washer (4)* is compressed. Repeat this process for the remaining *M16x120 Hex Bolts (2)*.





This concludes the SPHRPUB Owner's Manual.

If applicable to your product, make sure to tighten all nut-and-bolt combinations before use.

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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1 (800) 605-8241

info@titandistributorsinc.com / www.titan.fitness

Business Hours: Monday–Friday • 8:00 a.m.–5:00 p.m. (CT)

