

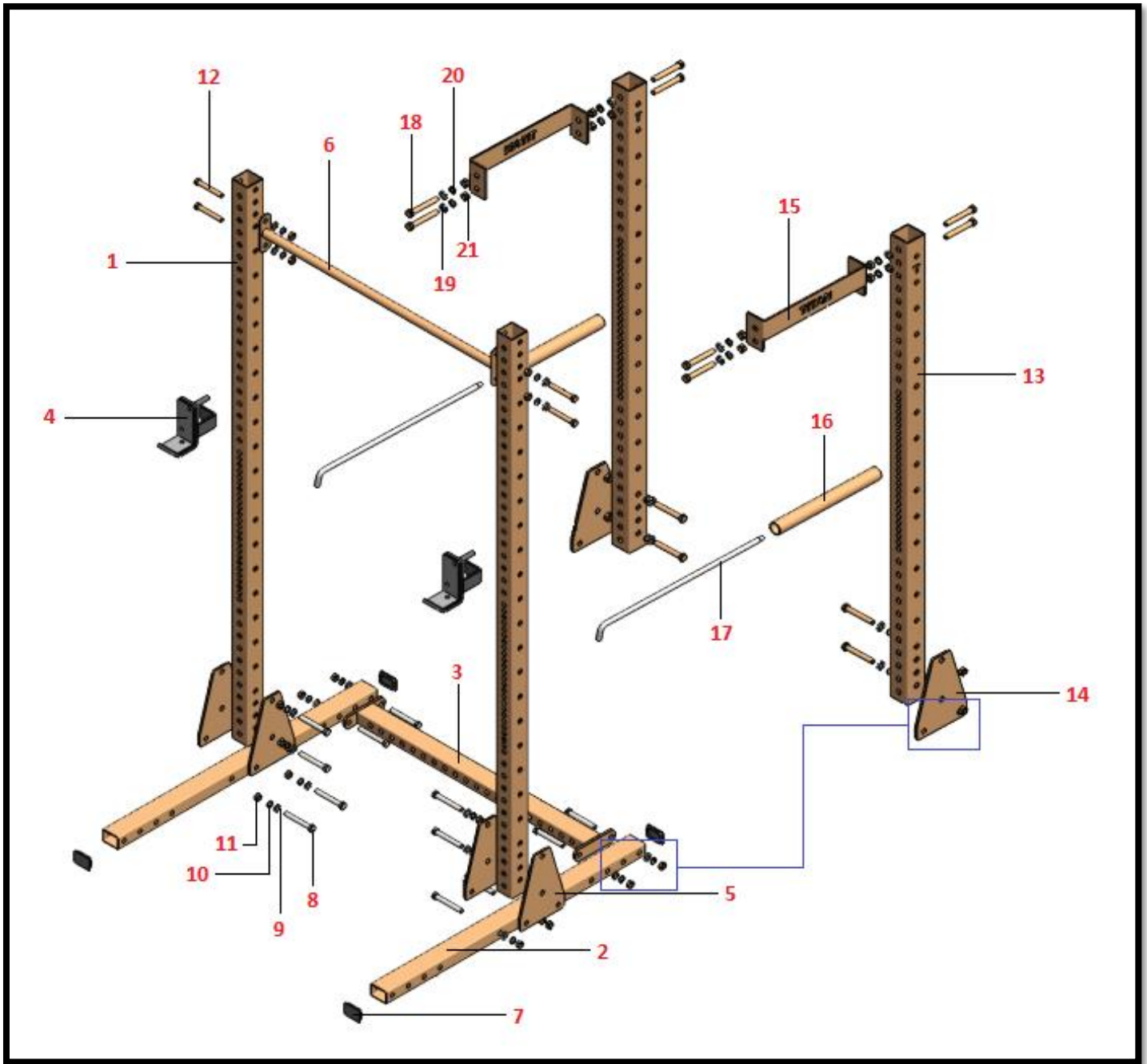


MPN: X3SQUAT1-X3SQUAT2-X3HALF

Owner's Manual



PARTS DIAGRAM & PARTS/HARDWARE LIST



KEY #	BOX	DESCRIPTION	QTY
(1)	1	UPRIGHT POLE	x2
(2)	2	SIDE LEG	x2
(3)	2	BACK BOTTOM BRACE	x1
(4)	2	HD J-HOOK	x2
(5)	2	GUSSET PLATE	x4
(6)	2	PULL-UP BAR	x1
(7)	2	SQUARE TUBE CAP	x4
(8)	2	M16x120 HEX BOLT	x12
(9)	2	M16 FLAT WASHER	x16
(10)	2	M16 SPRING WASHER	x16
(11)	2	M16 HEX NUT	x16
(12)	2	M16x110 HEX BOLT	x4
(13)	3	3x3" UPRIGHT	x2
(14)	3	GUSSET PLATE	x2
(15)	3	LASER-CUT SIDE BRACE	x2
(16)	3	PIPE SAFETY BAR SLEEVE	x2
(17)	3	PIN SAFETY BAR	x2
(18)	3	M16x110 BOLT	x12
(19)	3	M16 FLAT WASHER	x12
(20)	3	M16 SPRING WASHER	x12
(21)	3	M16 HEX NUT	x12

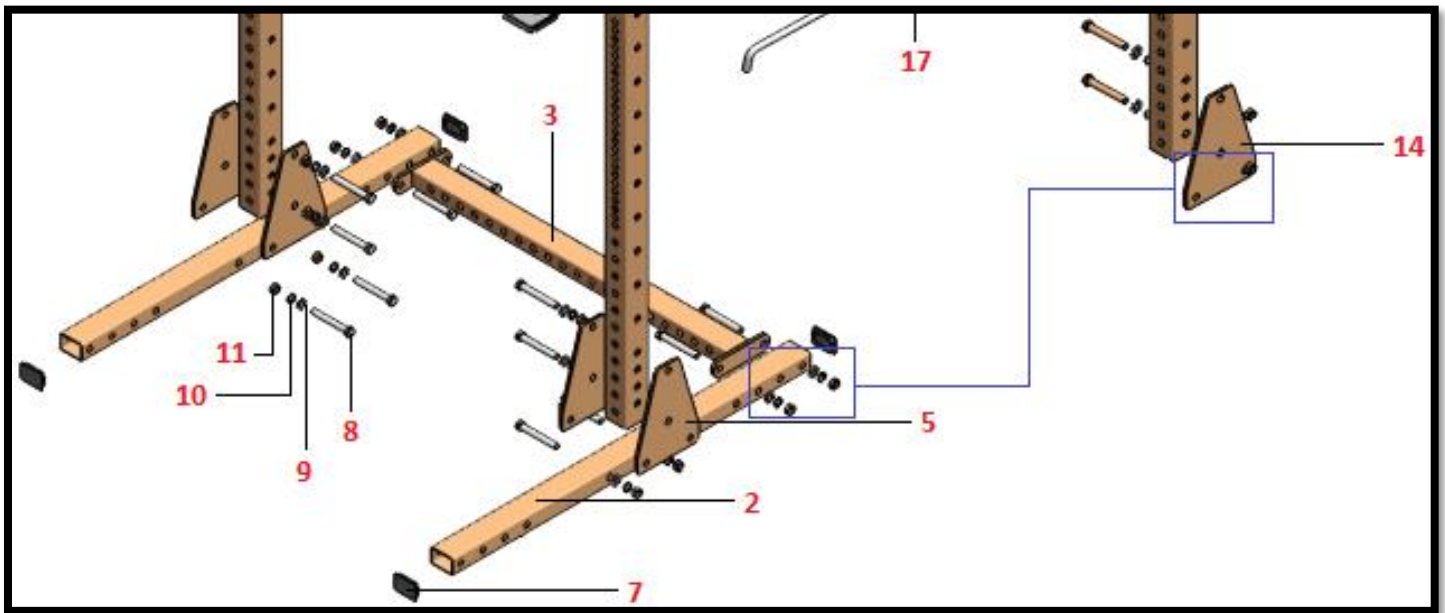
BOX BREAKDOWN

- X3SQUAT1 = BOX 1
- X3SQUAT2 = BOX 2
- X3HALF = BOX 3

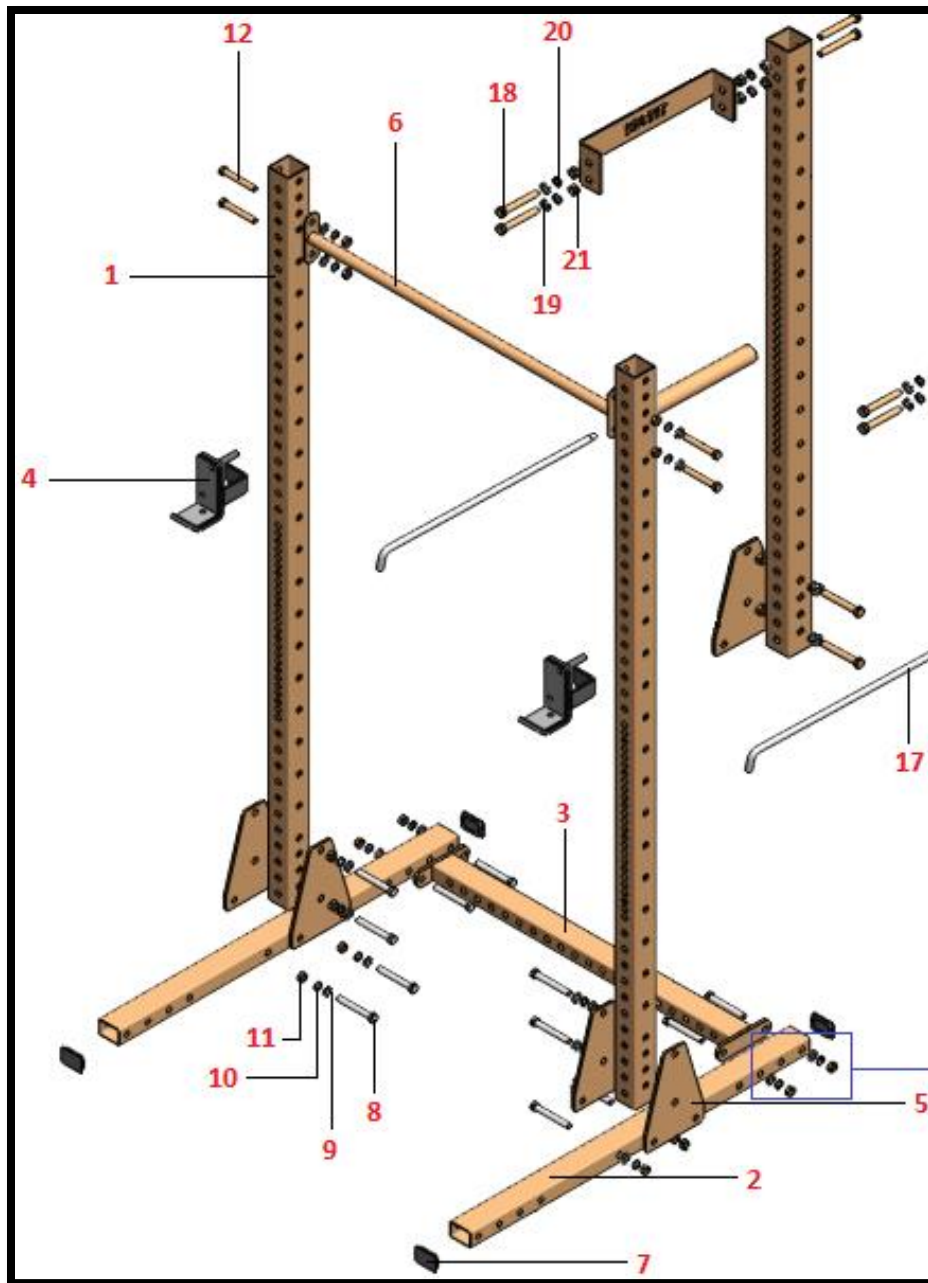
ASSEMBLY INSTRUCTIONS

IMPORTANT:

- *Before assembly, it is recommended to create distinct areas for each box's contents and organize the parts and hardware.*
- *During assembling, make sure to loosely hand-tighten all nut-and-bolt combinations.*
- *Once assembly is finished, tighten all nut-and-bolt combinations to stabilize the product.*

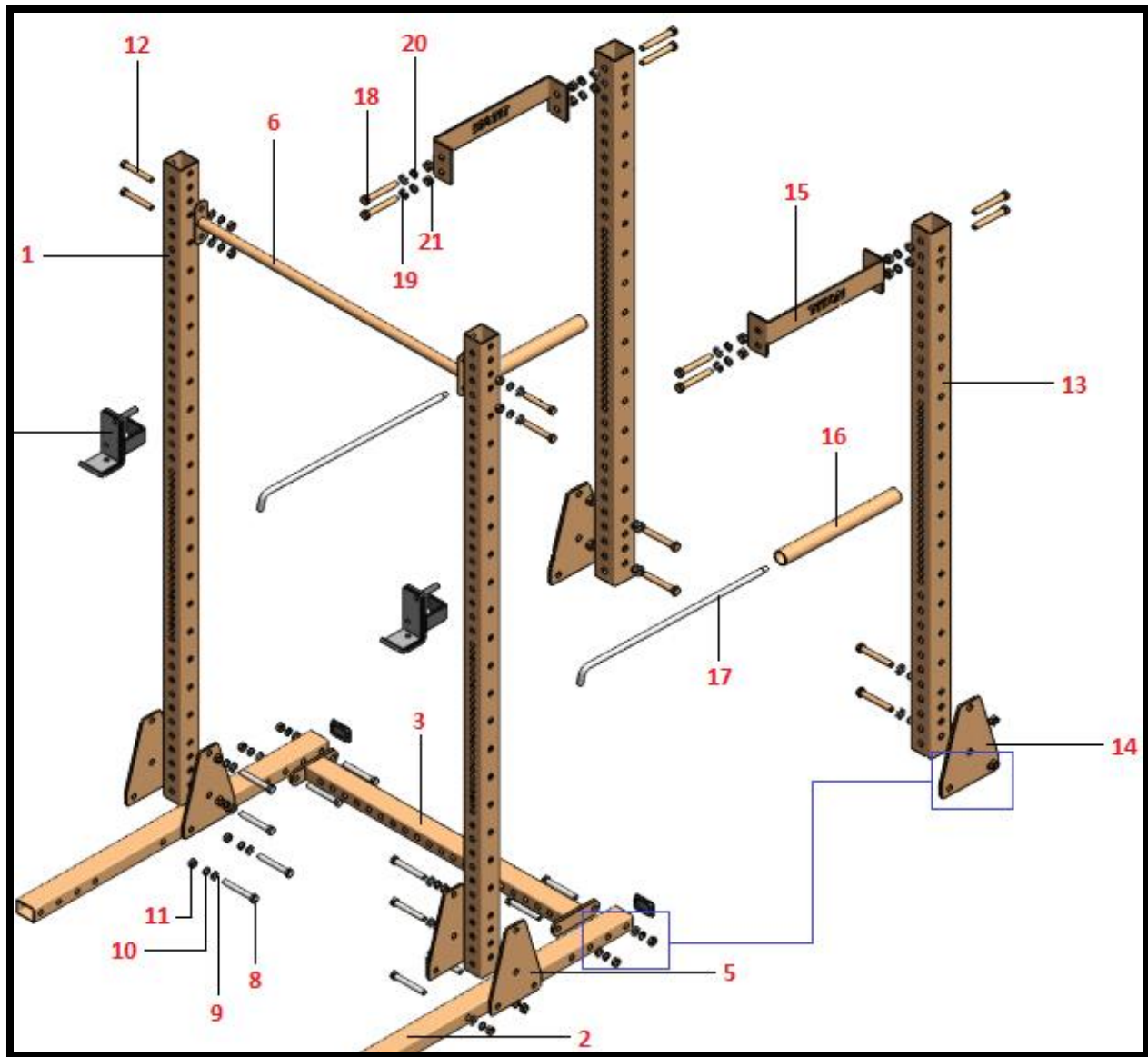


1. Lay out both **SIDE LEGS (2)** and the **BACK BOTTOM BRACE (3)** on a flat surface as seen above.
2. As indicated by the blue lines in the image above, place one **GUSSET PLATE (14)** on each outside end of the **SIDE LEGS (2)** where the **BACK BOTTOM BRACE (3)** is located, and secure the **GUSSET PLATES (14)**, **SIDE LEGS (2)**, and **BACK BOTTOM BRACE (3)** together with the following hardware: **M16x120 HEX BOLTS (8)**, **M16 FLAT WASHERS (9)**, **M16 SPRING WASHERS (10)**, and **M16 HEX NUTS (11)**.
3. Secure one **GUSSET PLATE (5)** to each center side of the **SIDE LEGS (2)** with the following hardware: **M16x120 HEX BOLTS (8)**, **M16 FLAT WASHERS (9)**, **M16 SPRING WASHERS (10)**, and **M16 HEX NUTS (11)**.
4. Insert a **SQUARE TUBE CAP (7)** into each end of the **SIDE LEGS (2)**.



For the next two steps, it is recommended that one person holds the parts while another installs the hardware.

5. Stand each **UPRIGHT POLE (1)** between a pair of center **GUSSET PLATES (5)**, and secure them with the following hardware: **M16x120 HEX BOLTS (8)**, **M16 FLAT WASHERS (9)**, **M16 SPRING WASHERS (10)**, and **M16 HEX NUTS (11)**.
6. Secure the **PULL-UP BAR (6)** to the **UPRIGHT POLES (1)** with the following hardware: **M16x110 HEX BOLTS (12)**, **M16 FLAT WASHERS (9)**, **M16 SPRING WASHERS (10)**, and **M16 HEX NUTS (11)**.
7. Install the **HD J-HOOKS (4)**.



For step 8, it is recommended that one person holds the parts while another installs the hardware.

8. Stand a **3x3" UPRIGHT (13)** on top of each **SIDE LEG (2)** at the leg's end where the **GUSSET PLATE (14)** is located. Align the holes of each **3x3" UPRIGHT (13)** with the top two holes of their adjacent **GUSSET PLATE (14)**, and secure them with the following hardware: **M16x110 HEX BOLTS (18)**, **M16 FLAT WASHERS (19)**, **M16 SPRING WASHERS (20)**, and **M16 HEX NUTS (21)**.
9. Using the same hardware from the previous step, attach each **LASER-CUT SIDE BRACE (15)** between an **UPRIGHT POLE (1)** and its adjacent **3x3" UPRIGHT (13)**.
10. Hold a **PIPE SAFETY BAR SLEEVE (16)** between each **UPRIGHT POLE (1)** and its adjacent **3x3" UPRIGHT (13)**, and then slide a **PIN SAFETY BAR (17)** through the **UPRIGHT POLE (1)**, **PIPE SAFETY BAR SLEEVE (16)**, and **3x3" UPRIGHT (13)**.



*This concludes the
assembly of your
product.*

*Make sure to tighten
all nut-and-bolt
combinations before
use.*

Enjoy!

NEED HELP?

CONTACT US FIRST.

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