



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

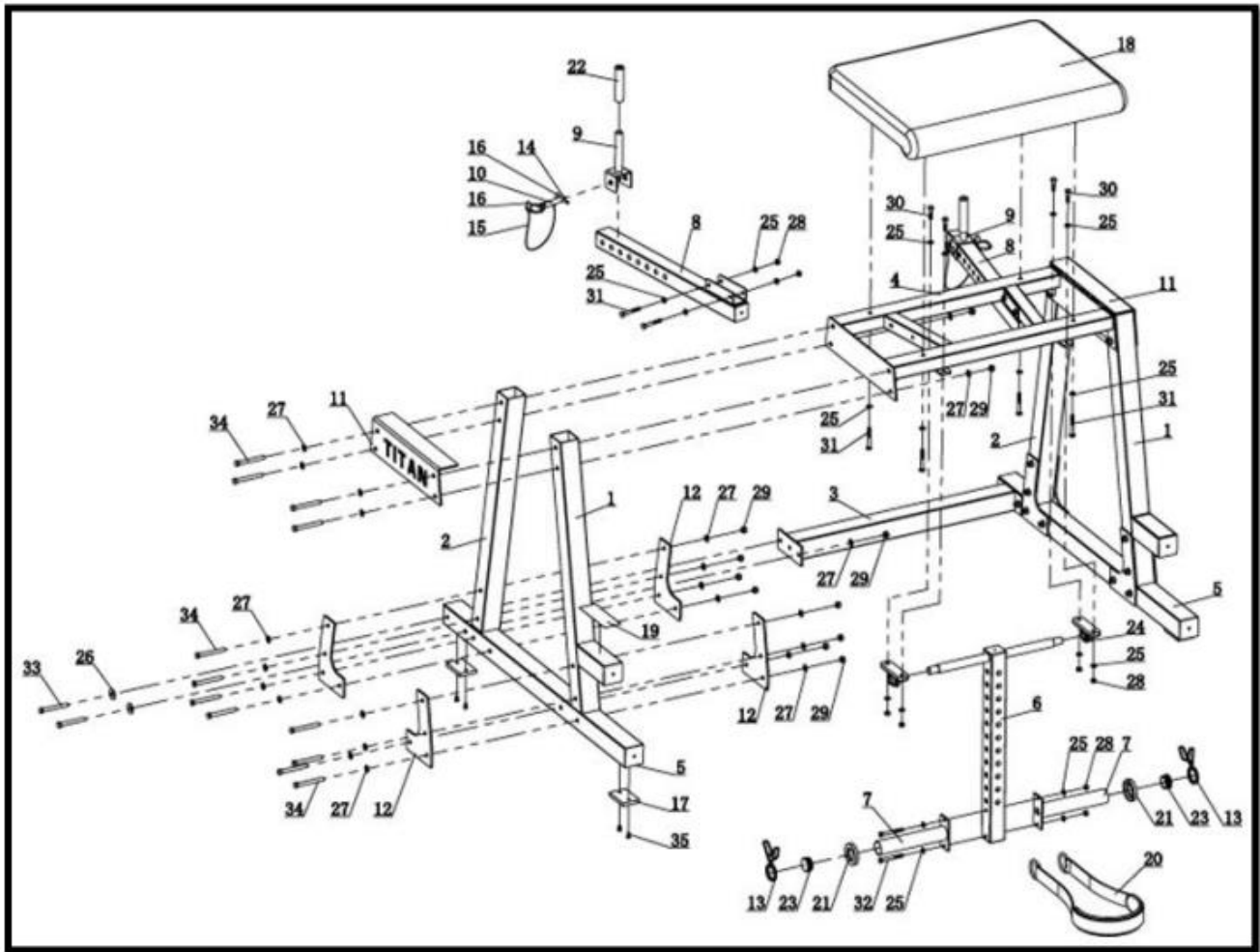
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**MPN(s): HPND1-HPND2**

**SKU(s): 400593**

**UPC(s): 719318387207**

# PARTS DIAGRAM / EXPLODED VIEW



KEY #	BOX	DESCRIPTION	QTY
(1)	1	FRONT FRAME	x2
(2)	1	REAR FRAME	x2
(3)	1	LOWER CROSS FRAME	x1
(4)	2	UPPER CROSS FRAME	x1
(5)	1	BASE FRAME	x2
(6)	2	PENDULUM	x1
(7)	2	PLATE BAR HOLDER	x2



(8)	1	HANDLE BAR FRAME	x2
(9)	2	ADJUSTABLE HANDLE BAR	x2
(10)	2	PIN ASSEMBLY	x2
(11)	2	LOGO PLATE	x2
(12)	2	SUPPORT PLATE	x8
(13)	2	CLIP $\Phi 50 \times \Phi 5$	x2
(14)	2	PIN SHAFT $\Phi 11 \times \Phi 8 \times 50$	x2
(15)	2	CABLE $\Phi 5.5 \times \Phi 1.6 \times 360$	x2
(16)	2	RING $\Phi 1.5 \times 31$	x4
(17)	2	RUBBER FOOT	x4
(18)	2	PAD	x1
(19)	2	NON-SLIP STICKER	x2
(20)	2	SWING BAND	x1
(21)	2	RUBBER BUMPER $\Phi 77 \times \Phi 47.5 \times 13$	x2
(22)	2	FRONT HANDLE BAR FRAME	x2
(23)	2	END CAP $\Phi 50 \times 2.5$	x2
(24)	2	BEARING UCP205	x2
(25)	1	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	x24
(26)	1	BIG WASHER $\Phi 13 \times \Phi 37 \times 3$	x4
(27)	1	FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$	x48
(28)	1	NUT M10	x10
(29)	1	NUT M12	x24
(30)	1	HEX BOLT M10*40	x4
(31)	1	HEX BOLT M10*75	x8

(32)	1	HEX BOLT M10*85	x2
(33)	1	HEX BOLT M12*100	x4
(34)	1	HEX BOLT M12*105	x24
(35)	1	HEX BOLT M8*15	x8

HPND1 = BOX 1  
HPND2 = BOX 2

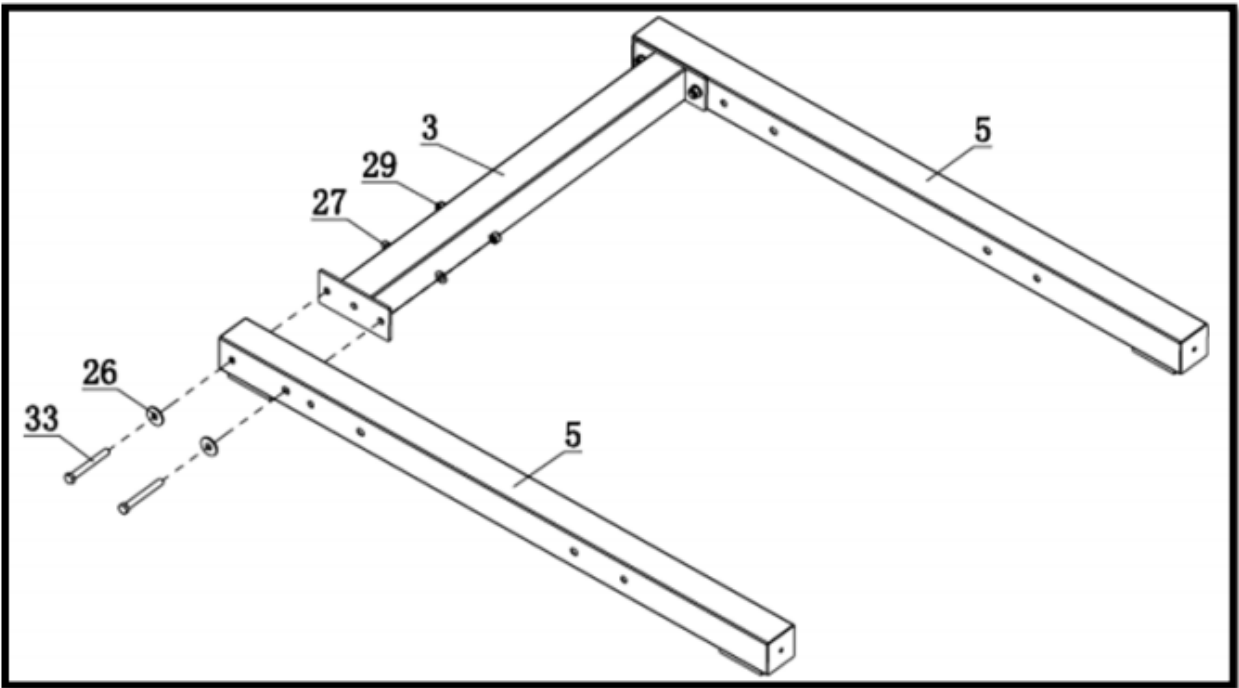


# ASSEMBLY INSTRUCTIONS

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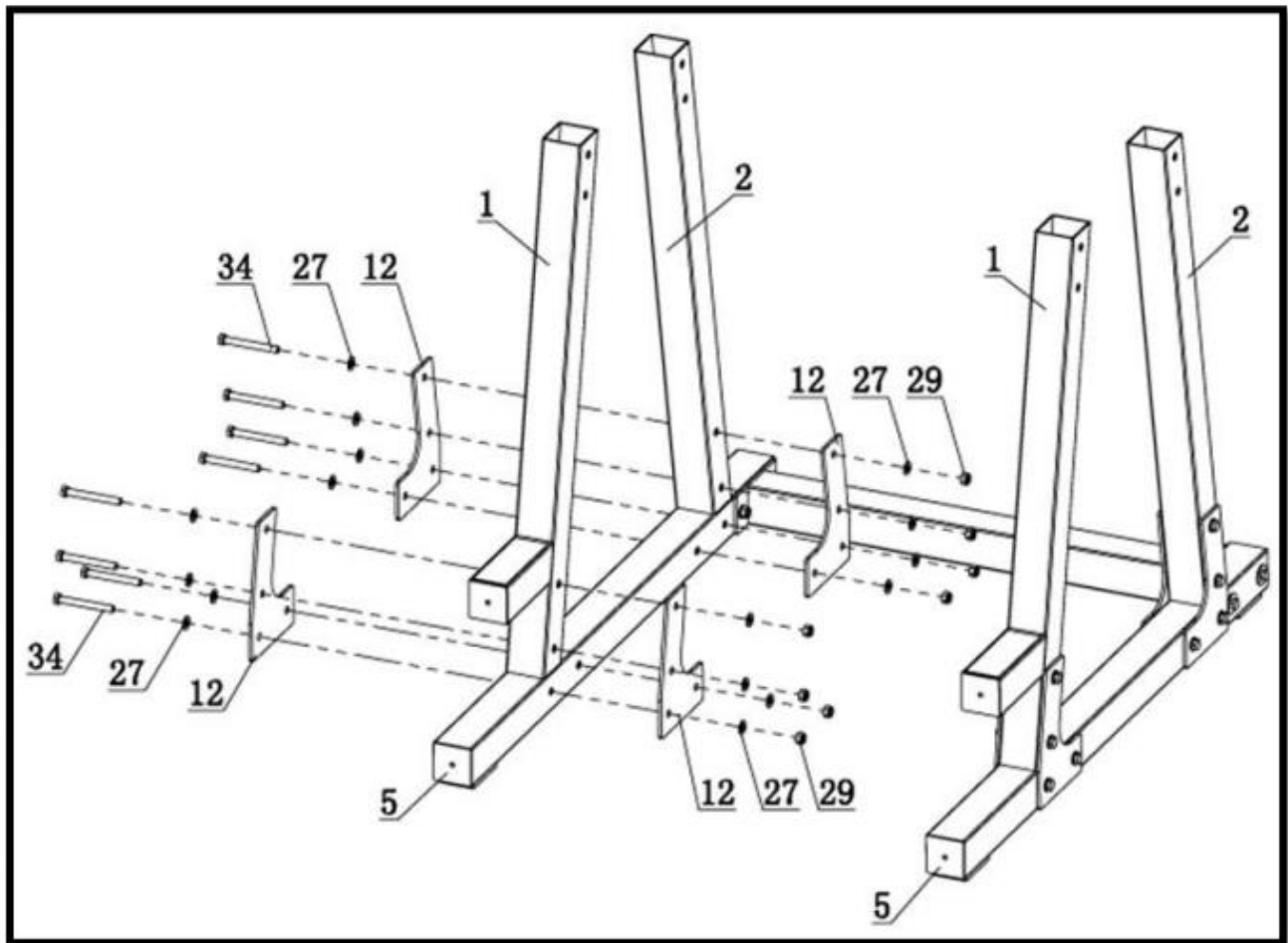
1. Assemble **BASE FRAME (5)** and **LOWER CROSS FRAME (3)** using **BIG WASHER  $\Phi 13*\Phi 37*3$  (26)**, **FLAT WASHER  $\Phi 13.5*\Phi 24*2.5$  (27)**, **NUT M12 (29)**, and **HEX BOLT M10\*40 (30)**.

Please do **not** tighten all bolts.



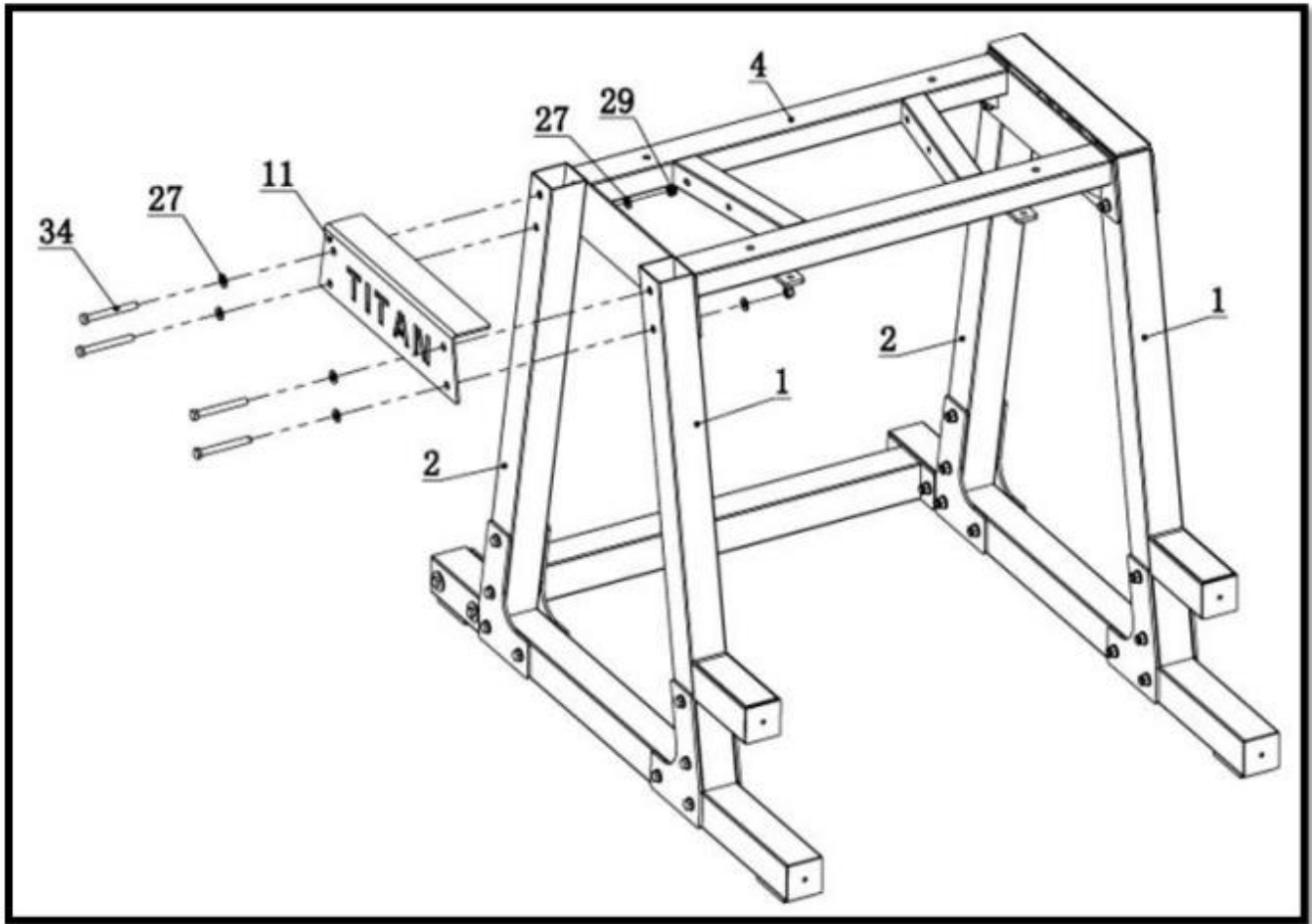
2. Assemble **FRONT FRAME (1)**, **REAR FRAME (2)**, **BASE FRAME (5)**, and **SUPPORT PLATE (12)** using **FLAT WASHER  $\Phi 13.5 \times \Phi 24 \times 2.5$  (27)**, **NUT M12 (29)**, and **HEX BOLT M12\*105 (34)**.

Please do **not** tighten all bolts.



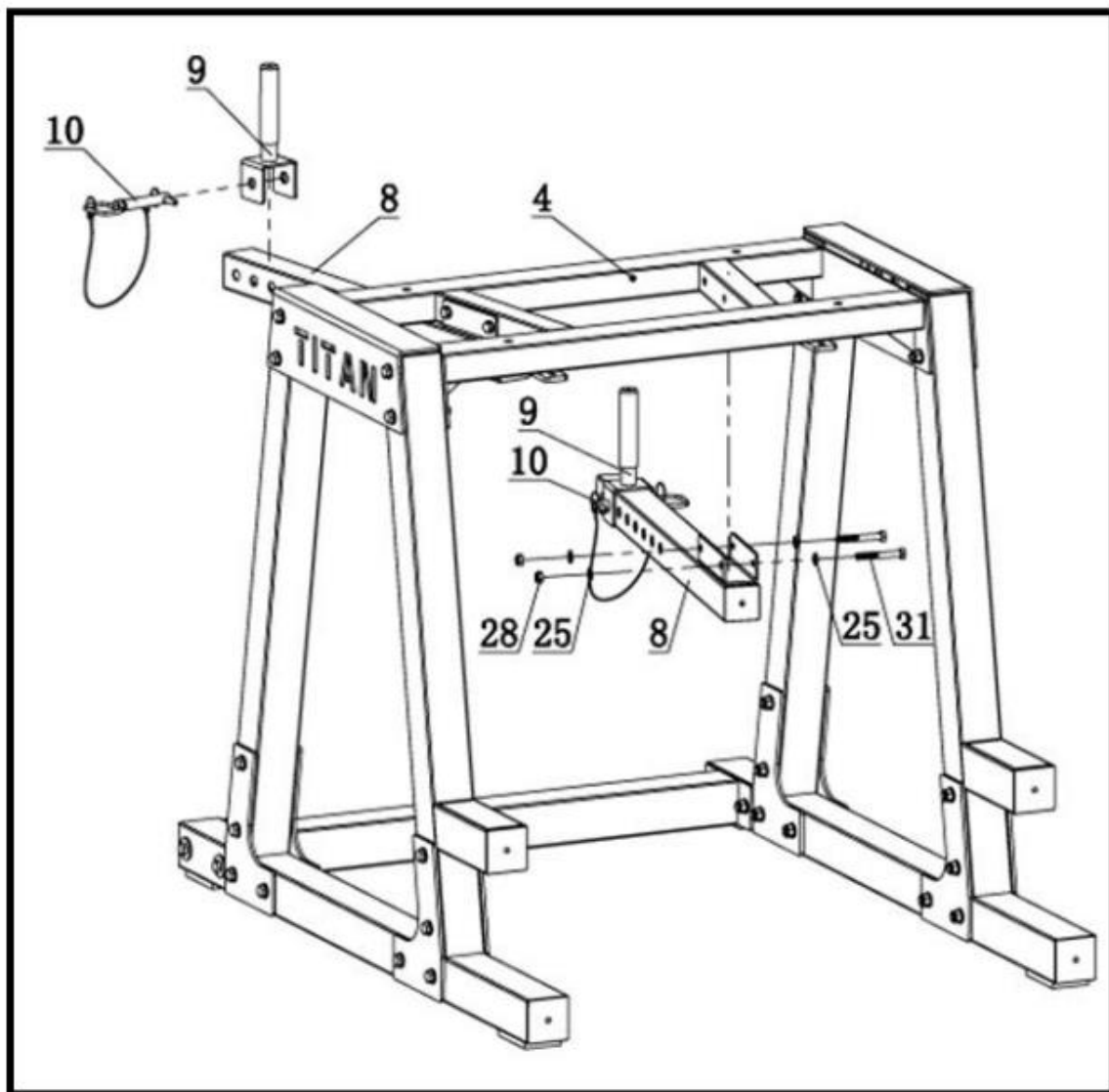
3. Assemble **FRONT FRAME (1)**, **REAR FRAME (2)**, **UPPER CROSS FRAME (4)**, and **LOGO PLATE (11)** using **FLAT WASHER  $\Phi 13.5 \times \Phi 24 \times 2.5$  (27)**, **NUT M12 (29)**, and **HEX BOLT M12\*105 (34)**.

Adjust the machine and tighten all bolts.



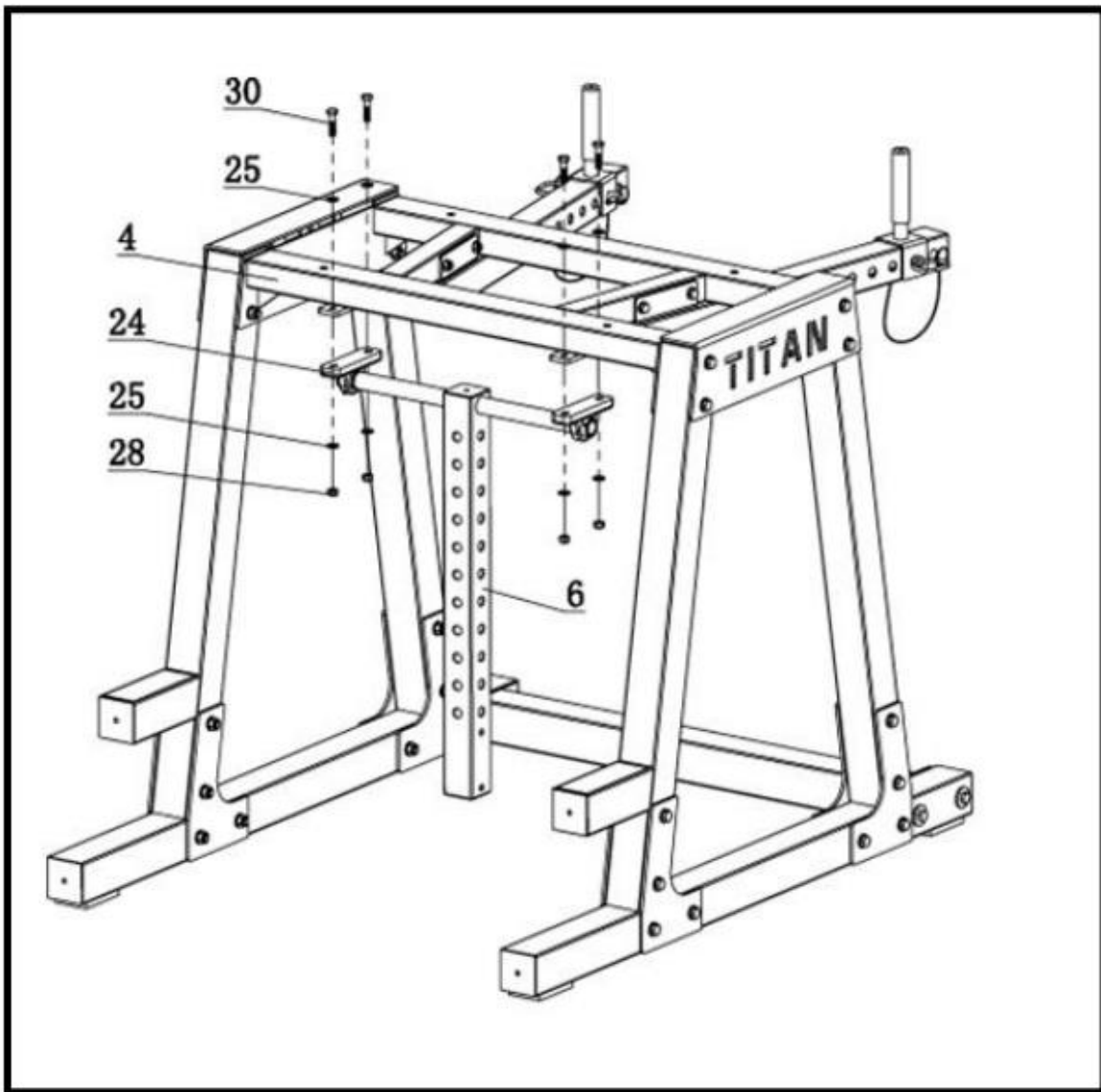
4. Assemble **UPPER CROSS FRAME (4)** and **HANDLE BAR FRAME (8)** using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (25)**, **NUT M10 (28)**, and **HEX BOLT M10\*75 (3)**.

Install **ADJUSTABLE HANDLE BAR (9)** to **HANDLE BAR FRAME (8)** using **PIN ASSEMBLY (10)**.



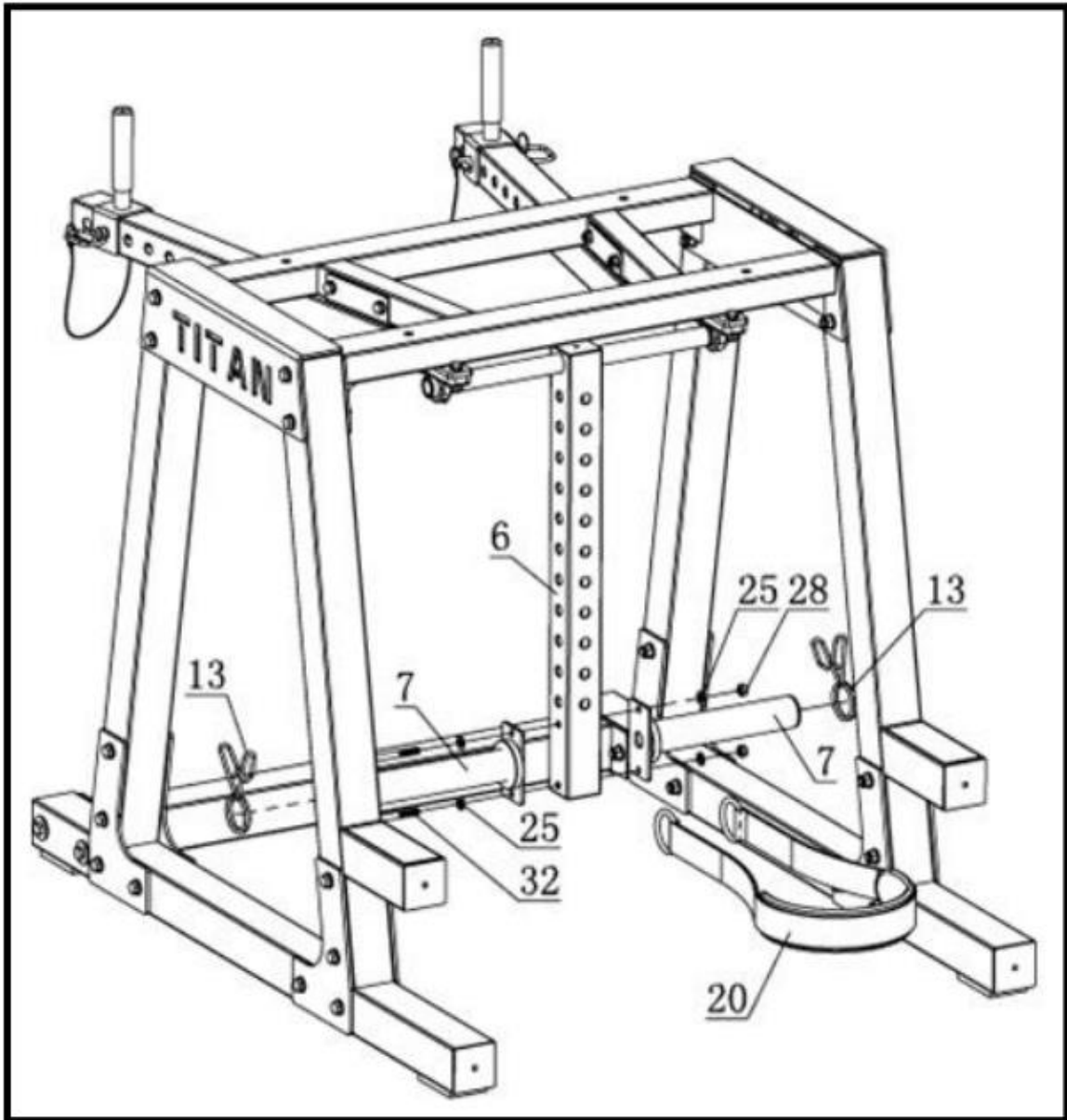
5. Put **BEARING UCP205 (24)** on **PENDULUM (6)**, and then assemble **PENDULUM (6)**, **UPPER CROSS FRAME (4)**, and **BEARING UCP205 (24)** using **FLAT WASHER  $\Phi 11 \times \Phi 20 \times 2$  (25)**, **NUT M10 (28)**, and **HEX BOLT M10  $\times 40$  (30)** as shown.

Please tighten the bolt.



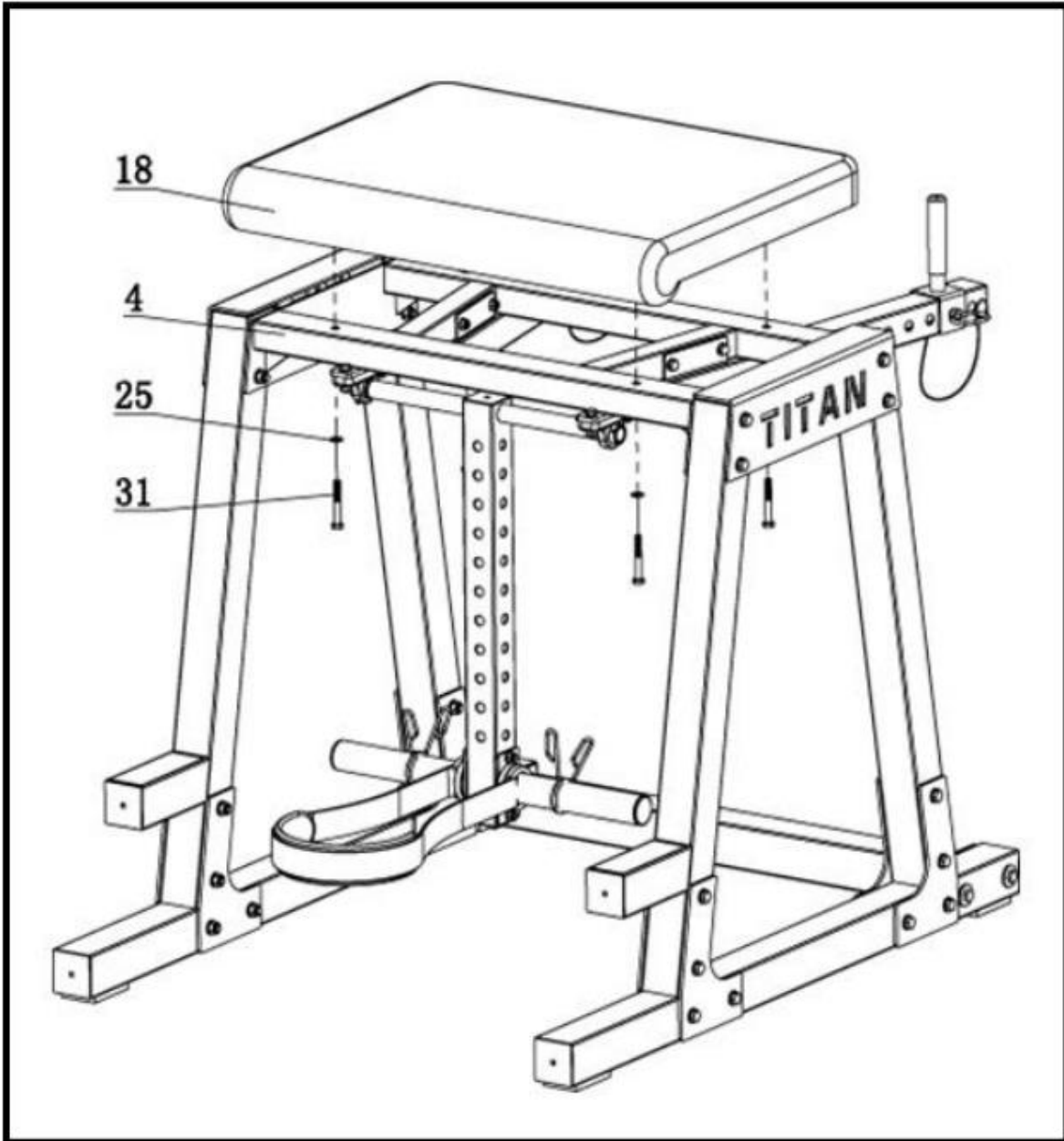


6. Assemble **PENDULUM (6)** and **PLATE BAR HOLDER (7)** using **FLAT WASHER  $\Phi 11 \times \Phi 20 \times 2$  (25)**, **NUT M10 (28)**, and **HEX BOLT M10  $\times 85$  (32)**, and then put **SWING BAND (20)** on **PLATE BAR HOLDER (7)** using **CLIP  $\Phi 50 \times \Phi 5$  (11)** as shown.



7. Install **PAD (12)** to **UPPER CROSS FRAME (4)** using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (25)** and **HEX BOLT M10\*75 (31)**.

Please tighten all bolts.





*This concludes the HPND 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.

The use of any fitness equipment, including this one, involves the potential risk of injury. You accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

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**NEED HELP?**

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