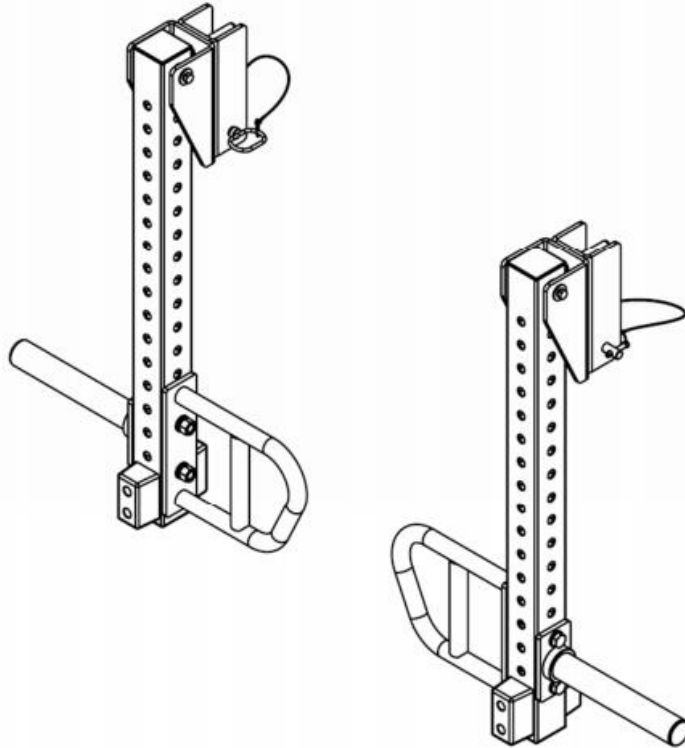




**TITAN**  
*FITNESS*



## OWNER'S MANUAL

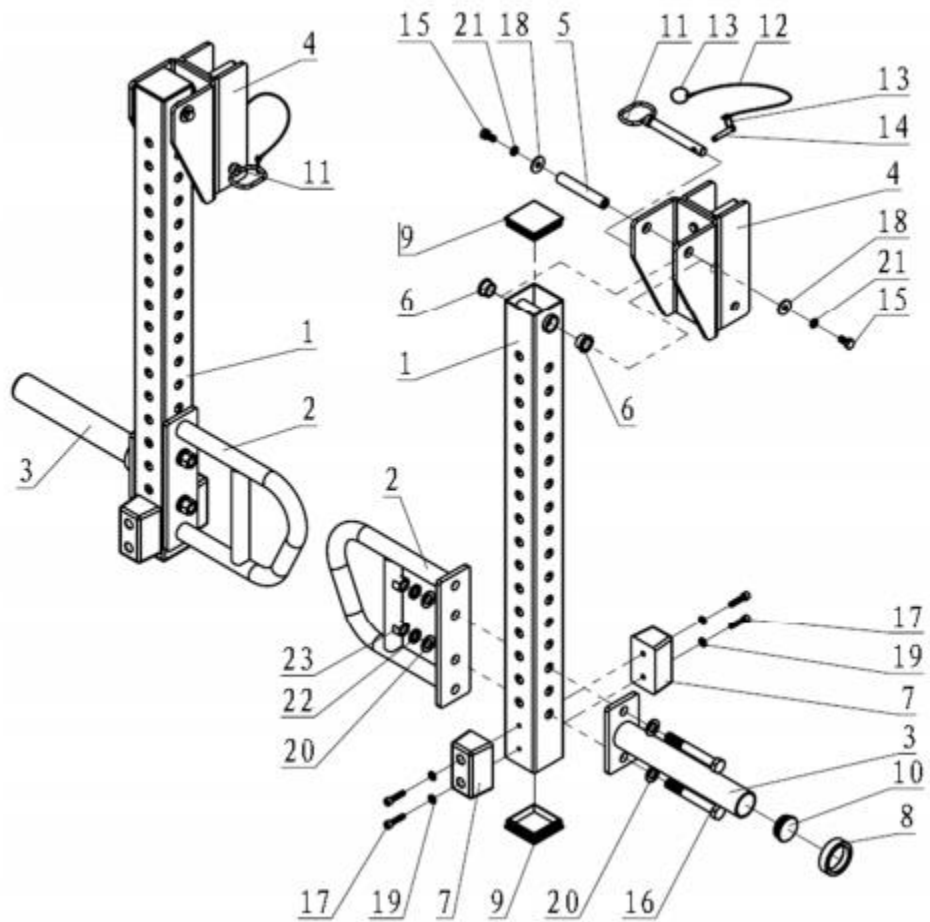
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**MPN(s): ADJLVRARMX3**

**SKU(s): 400848**

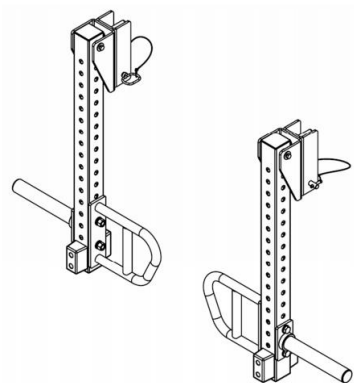
**UPC(s): 840009206160**

# PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	1	Main Frame	2	(13)	1	Pull Ring $\Phi 1.5 \times 31$	4
(2)	1	Handle Frame	2	(14)	1	Small Pin $\Phi 11 \times \Phi 8 \times 50$	2
(3)	1	Barbell holder	2	(15)	1	Hex Bolt M10*20	4
(4)	1	U-shape bracket	2	(16)	1	Hex Bolt M16*120	4
(5)	1	Fixed Axle	2	(17)	1	Hexagon Socket Head Screw M8*35	8
(6)	1	$\Phi 19$ Bushing	4	(18)	1	Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$	4
(7)	1	Rubber stopper	4	(19)	1	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
(8)	1	Rubber bushing	2	(20)	1	Flat Washer $\Phi 17 \times \Phi 30 \times 3$	8
(9)	1	End Cap	4	(21)	1	Spring Washer $\Phi 10$	4
(10)	1	$\Phi 48$ End Cap	2	(22)	1	Spring Washer $\Phi 16$	4
(11)	1	PIN	2	(23)	1	Nut M16	4
(12)	1	Small Cable $\Phi 5.5 \times \Phi 1.6 \times 330$	2				





*This concludes the ADJLVRARMX3 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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**1 (800) 605-8241**

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