



## OWNER'S MANUAL

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**MPN(s): (2) WMRIGX3UP-(2) WMRIGCB70-WMRIGFS43**

**SKU(s): 400002**

**UPC(s): 719318366912**



**ASSEMBLY NOTES:**  
DO NOT FULLY TIGHTEN  
HARDWARE UNTIL THE RIG  
IS FULLY ASSEMBLED TO  
ENSURE THE RIG IS LEVEL  
TO THE FLOOR.

DO NOT BOLT RIG TO THE  
FLOOR UNTIL ALL  
HARDWARE IS TIGHTENED.

IF USING RUBBER MATS,  
PLACE UPRIGHTS  
DIRECTLY ON THE FLOOR,  
NOT ON TOP OF MAT.

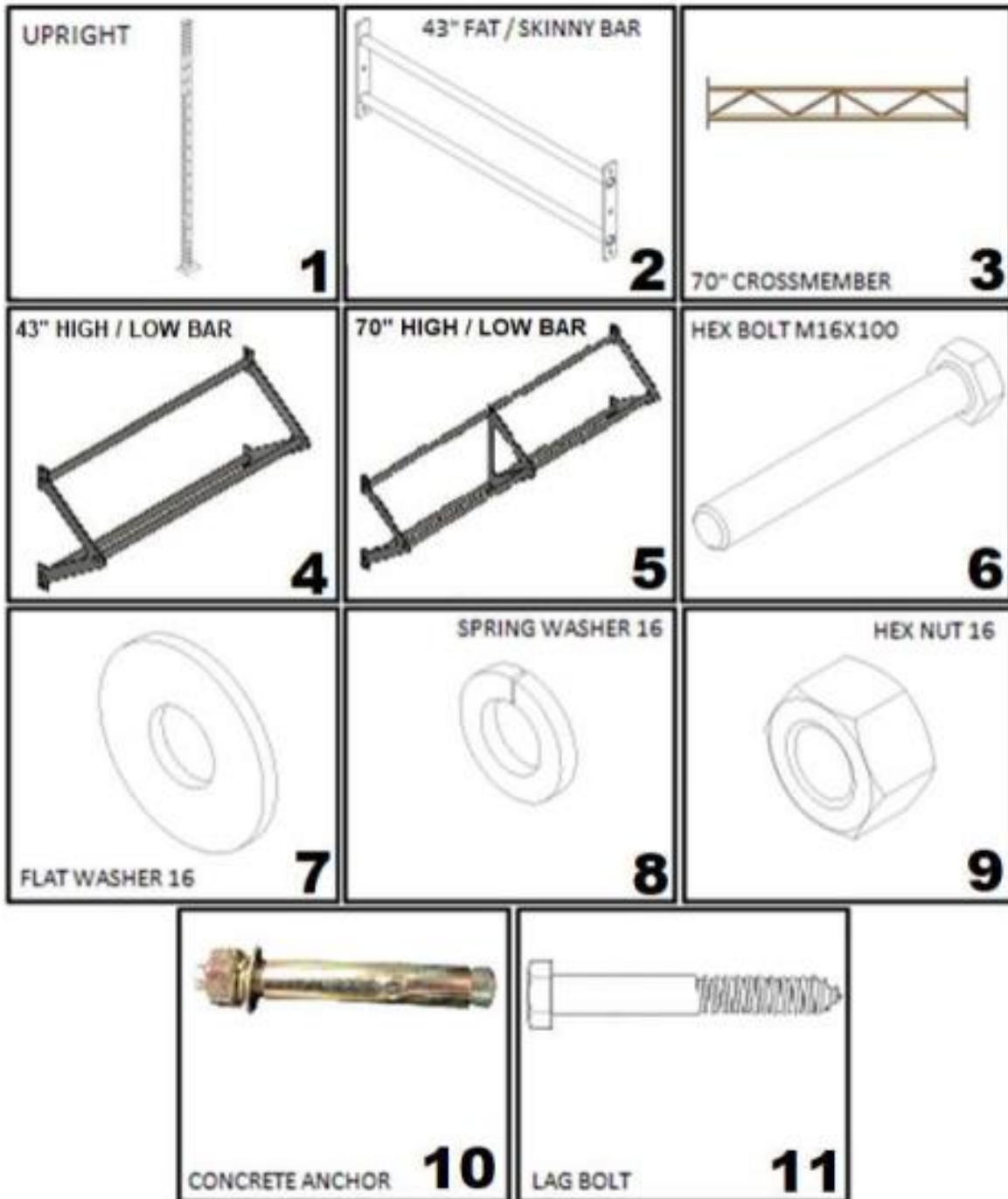
## **WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.



# PARTS DIAGRAM / EXPLODED VIEW

## WALL MOUNT RIG PARTS DIAGRAM



**(2)WMRIGX3UP-(2)WMRIGCB70-WMRIGFS43 PARTS DIAGRAM**

<b>PART #</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>
1	X-3 UPRIGHT	2
2	43" FAT / SKINNY PULL UP BAR	1
3	70" CROSSMEMBER	2
6	HEX BOLT M16X100	8
7	FLAT WASHER 16	8
8	SPRING WASHER 16	8
9	HEX NUT 16	8
10	CONCRETE ANCHOR	6
11	LAG BOLT	4

**(2)WMRIGX3UP-WMRIGCB70-WMRIGHL70-WMRIGFS43 PARTS DIAGRAM**

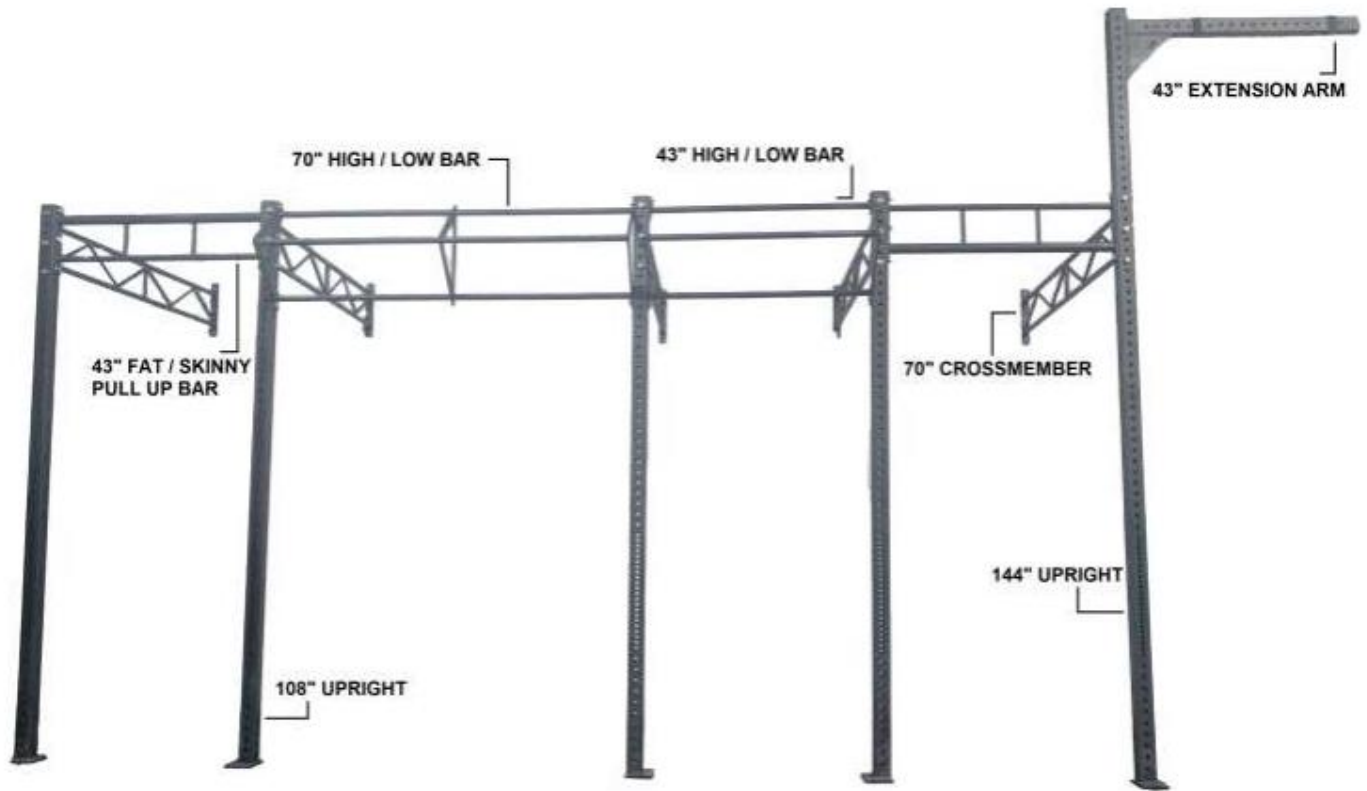
<b>PART #</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>
1	X-3 UPRIGHT	2
2	43" FAT / SKINNY PULL UP BAR	1
3	70" CROSSMEMBER	1
5	70" HIGH / LOW BAR	1
6	HEX BOLT M16X100	12
7	FLAT WASHER 16	12
8	SPRING WASHER 16	12
9	HEX NUT 16	12
10	CONCRETE ANCHOR	6
11	LAG BOLT	2

**(4)WMRIGX3UP-(5)WMRIGCB70-(2)WMRIGFS43 PARTS DIAGRAM**

<b>PART #</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>
1	X-3 UPRIGHT	4
2	43" FAT / SKINNY PULL UP BAR	2
3	70" CROSSMEMBER	5
6	HEX BOLT M16X100	20
7	FLAT WASHER 16	20
8	SPRING WASHER 16	20
9	HEX NUT 16	20
10	CONCRETE ANCHOR	12
11	LAG BOLT	10



# WALL MOUNT RIG COMPONENTS



NAME	MPN	SKU
108" T-3 UPRIGHT (3" x 2")	WMRIGT3UP	400015
144" T-3 UPRIGHT (3" x 2")	WMRIGT3UP12	400027
108" X-3 UPRIGHT (3" x 3")	WMRIGX3UP	400016
144" X-3 UPRIGHT (3" x 3")	WMRIGX3UP12	400028
70" CROSSMEMBER	WMRIGCB70	400014
43" FAT / SKINNY BAR	WMRIGFS43	400011
43" HIGH / LOW BAR	WMRIGHL43	400012
70" HIGH / LOW BAR	WMRIGHL70	400013
43" EXTENSION ARM	EXTARM	400017



# ASSEMBLY INSTRUCTIONS

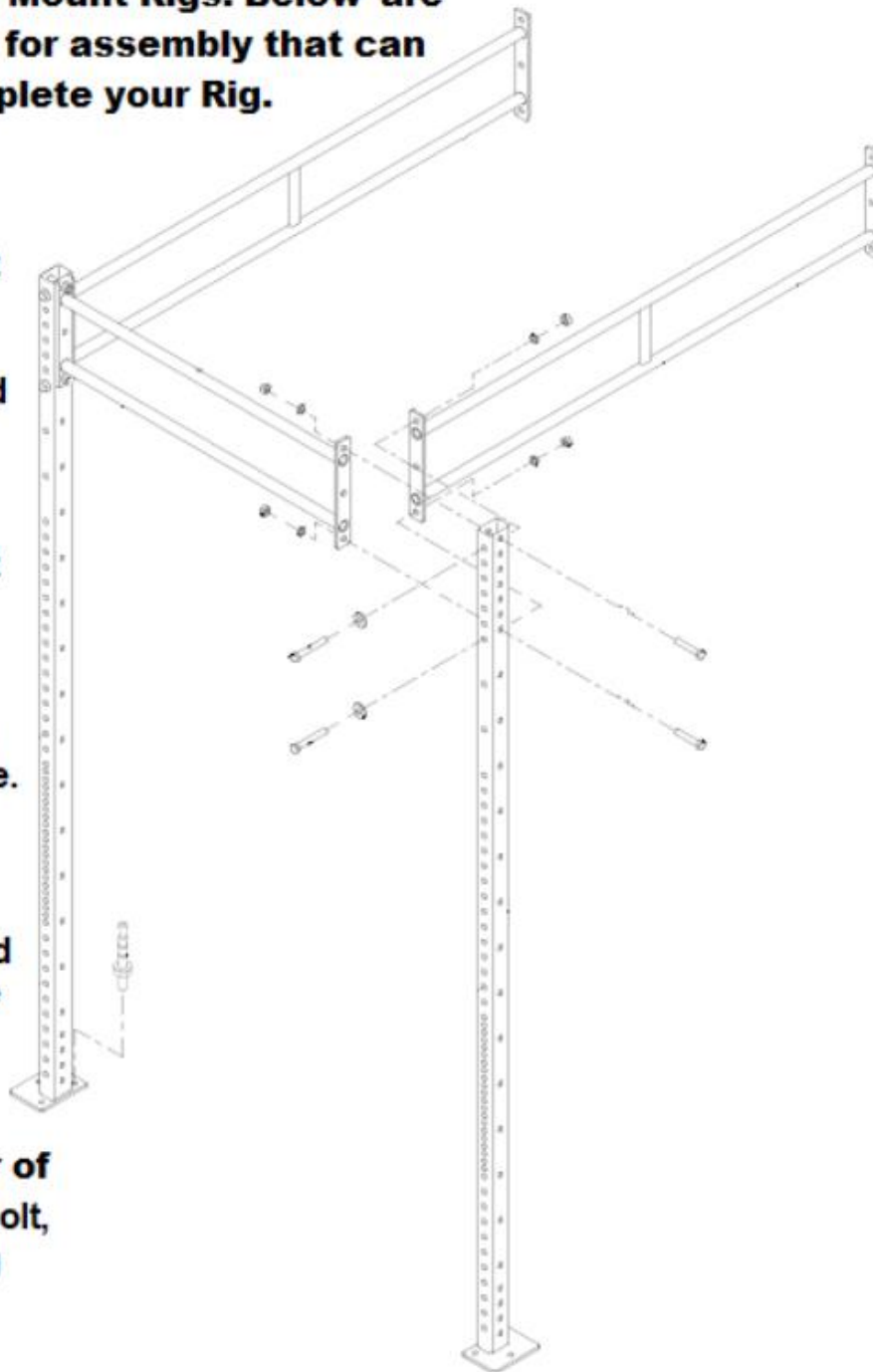
**Titan Fitness offers several variations and options for Wall Mount Rigs. Below are the basic steps for assembly that can be used to complete your Rig.**

**STEP 1: Connect Uprights with the Crossmembers using the provided hardware.**

**STEP 2: Connect Uprights and Crossmembers together with the Pull Up Bar using provided hardware.**

**STEP 3: Install Rig to the floor and wall anchoring the Rig securely before use.**

**Hardware Order of Assembly: Hex bolt, flat washer, spring washer, hex nut.**



**NOTICE: Consult professional help for proper installation hardware. Lag bolts provided are for use in wood stringers. Concrete anchors provided are for use in solid concrete floor.**







*This concludes the WMRIGX3UP 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.

TITAN MAKES NO WARRANTY WHATSOEVER WITH RESPECT TO THE EQUIPMENT, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, WHETHER EXPRESS OR IMPLIED BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE. BUYER ASSUMES ALL LIABILITY IN USE OF THE EQUIPMENT.

**NEED HELP?**

**CONTACT US FIRST.**

**1 (800) 605-8241**

**[info@titandistributorsinc.com](mailto:info@titandistributorsinc.com) / [www.titan.fitness](http://www.titan.fitness)**

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

