



TITAN
FITNESS



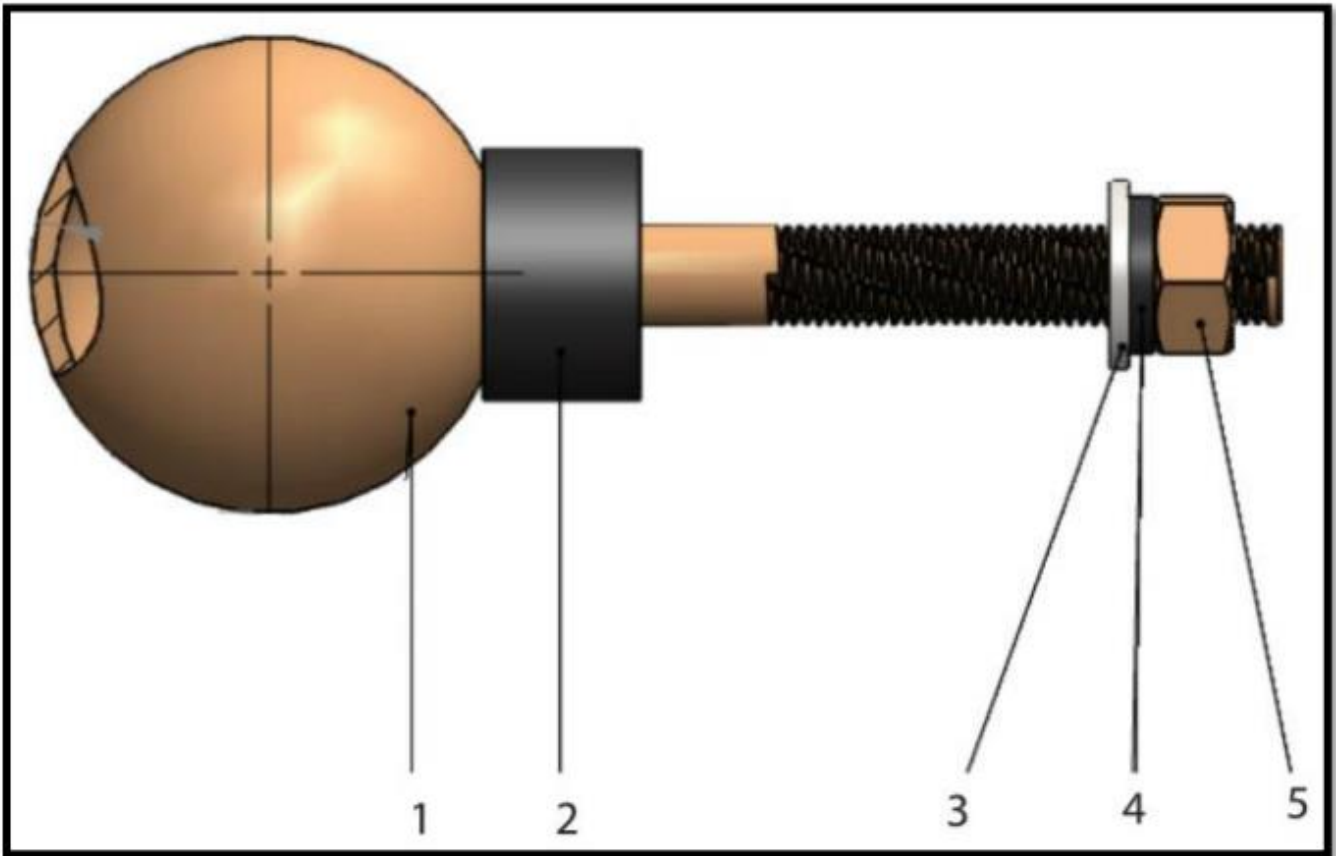
OWNER'S MANUAL

**MPN(s): PULLSPH_5INX3, PULLSPH_3INT3, PULLSPH_3INX3,
PULLSPH_5INT3**

SKU(s): 400056, 400053, 400055, 400054

UPC(s): 049008266896, 049008266865, 049008266889, 049008266872

PARTS DIAGRAM / EXPLODED VIEW



| KEY # | DESCRIPTION | QTY |
|-------|-------------------|-----|
| (1) | PULL-UP SPHERE | x2 |
| (2) | RUBBER SPACER | x2 |
| (3) | M16 FLAT WASHER | x2 |
| (4) | M16 SPRING WASHER | x2 |
| (5) | M16 HEX NUT | x2 |



ASSEMBLY INSTRUCTIONS

Attach the **PULL-UP SPHERE (1)** to the upright bar of your Titan Power Rack using **RUBBER SPACER (2)**, **M16 FLAT WASHER (3)**, **M16 SPRING WASHER (4)**, and **M16 HEX NUT (5)**. The order for assembly is as follows: **RUBBER SPACER (2)**, then put the **PULL-UP SPHERE (1)** through the upright bar, and attach the **M16 FLAT WASHER (3)**, **M16 SPRING WASHER (4)**, and **M16 HEX NUT (5)** on the back.

Repeat this process for attaching the other **PULL-UP SPHERE (1)** to the upright bar of your Titan Power Rack.

Recommendation: Do not over tighten the **M16 HEX NUT (5)** on the back.

Overtightening will cause the **RUBBER SPACER (2)** to be crushed, leading to lack of finger space.





This concludes the PULLSPH 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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NEED HELP?

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