



TITAN
FITNESS



OWNER'S MANUAL

MPN(s): PTBENCH

SKU(s): 400165

UPC(s): 049008262744


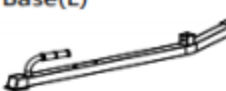
















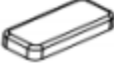

PARTS DIAGRAM / EXPLODED VIEW

KEY	BOX	DESCRIPTION	QT1Y
(1)	1	BASE (R)	1
(2)	1	BASE (L)	1
(3)	1	SHAFT	1
(4)	1	CROSS BAR	1
(5)	1	UPRIGHT	2
(6)	1	UPPER UPRIGHT	2
(7)	1	ARM (R)	1
(8)	1	ARM (L)	1
(9)	1	BENCH FRAME	1
(10)	1	BENCH SUPPORT	1
(11)	1	CHIN UP BAR	1
(12)	1	STABILIZER BRACKET	1
(13)	1	BAR CATCHES	2
(14)	1	HANDLE	2
(15)	1	REINFORCED PART (R)	1
(16)	1	REINFORCED PART (L)	1
(17)	1	KNOB (M10*25)	1
(18)	1	LOCKPIN (10*75)	1
(19)	1	ARM CUSION	2
(20)	1	BACKREST	1
(21)	1	BOLT (M10*70)	3
(22)	1	BOLT (M10*65)	12
(23)	1	BOLT (M10*60)	2
(24)	1	BOLT (M10*20)	16
(25)	1	BOLT (M8*65)	4
(26)	1	BOLT (M8*16)	4
(27)	1	WASHER (M10)	50
(28)	1	WASHER (M8)	8
(29)	1	NYLON NUT (M10)	17

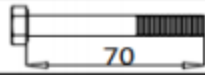
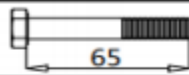
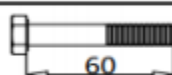

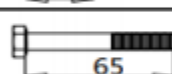






PARTS DIAGRAM / EXPLODED VIEW

PARTS 1

Item 1. Qty 1 Base(R) 	Item 2. Qty 1 Base(L) 	Item 3. Qty 1 Shaft 	Item 4. Qty 1 Cross bar 	Item 5. Qty 2 Upright 
Item 6. Qty 2 Upper upright 	Item 7. Qty 1 Arm (right) 	Item 8. Qty 1 Arm (left) 	Item 9. Qty 1 Bench frame 	Item 10. Qty 1 Bench support 
Item 11. Qty 1 Chin up bar 	Item 12. Qty 2 Stabilizer bracket 	Item 13. Qty 2 Bar Catches 	Item 14. Qty 2 Handle 	Item 15. Qty 1 Reinforced part(R) 
Item 16. Qty 1 Reinforced part(L) 	Item 17. Qty 1 Knob (M10*25) 	Item 18. Qty 1 Lockpin (10*75) 	Item 19. Qty 2 Arm cushion 	Item 20. Qty 1 Backrest 

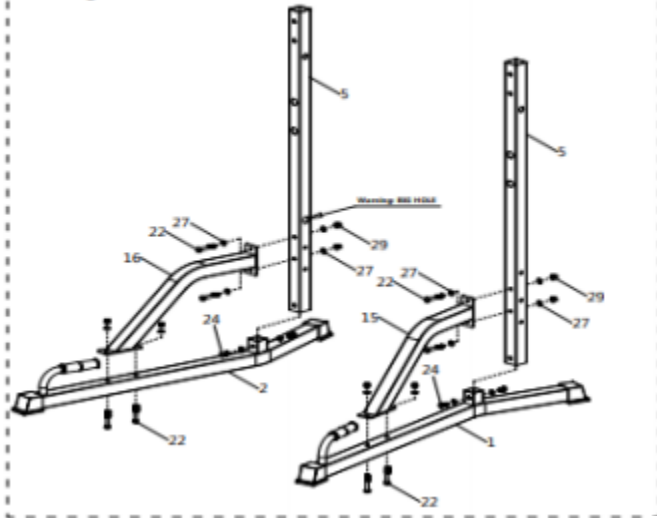
PARTS 2

Item	Description	Qty	Drawing
21	M10*70mm bolt	3	
22	M10*65mm bolt	12	
23	M10*60mm bolt	2	
24	M10*20mm bolt	16	
25	M8*65mm bolt	4	
26	M8*16mm bolt	4	
27	M10 washer	50	
28	M8 washer	8	
29	M10 Nylon locknut	17	



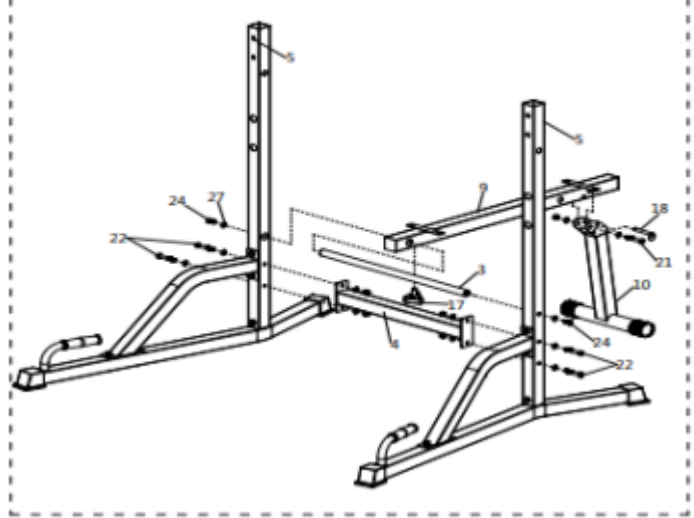
ASSEMBLY INSTRUCTIONS

Step 1.



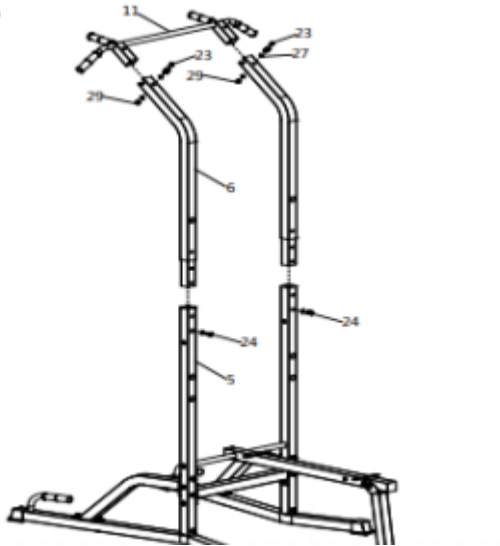
1. Push the end cover onto the ends of the base (1,2)
2. Attach reinforced part (R)-1, upright-5 to base (R) using M10 x 65mm bolt (22), M10 Washer (27), and M10 Nylon locknut (29).

Step 2.



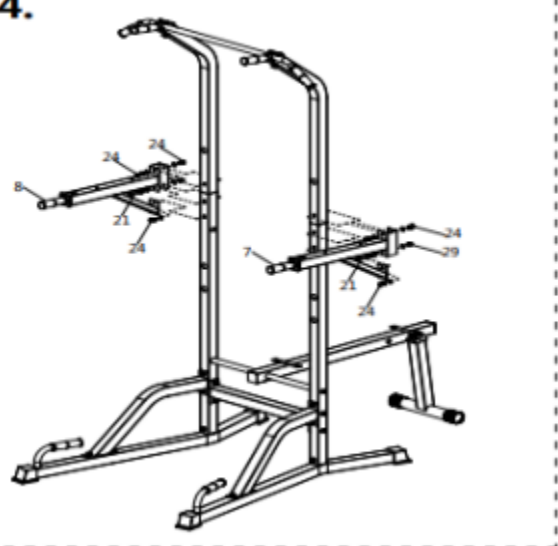
1. Insert one end of the shaft (3) to the Upright (5) using M10*20mm bolt (24), M10 Washer (27), and push the other end into hole (26) of the Bench frame (9) using the knob (17) to lock them.
2. Attach the Bench support (10) to the Bench frame (9) using M10*70mm bolt (21), M10 Washer (27), M10 Nylon locknut (29), and insert lockpin (18) into the holt (11) of the Bench (9) to lock them in.

Step 3.



1. Insert the Upper Upright (6) into the Upright (5) using M10*20mm bolt (24), M10 Washer (27).
DON'T TIGHTEN THEM
2. Attach the Chin Up Bar (11) to the Upper Uprights (5) using M10*60mm bolt (23), M10 washer (27), and M10 Nylon locknut (29).

Step 4.

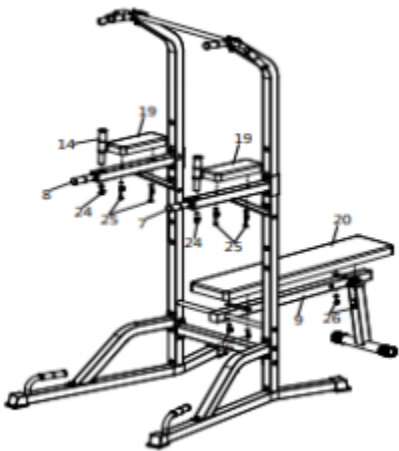


1. Attach the Arms (7, 8) to the Uprights (5) using M10 x 70mm bolt (21), M10*20 (24), M10 Washer (27), and M10 Nylon locknut (29).



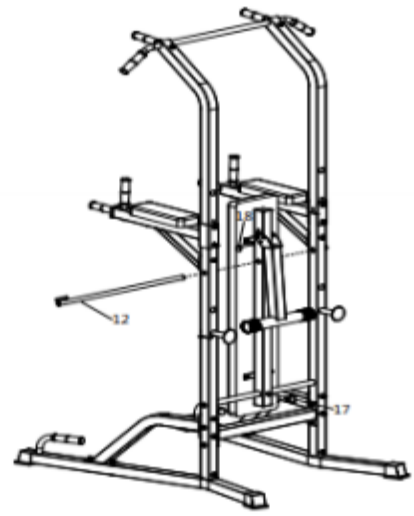
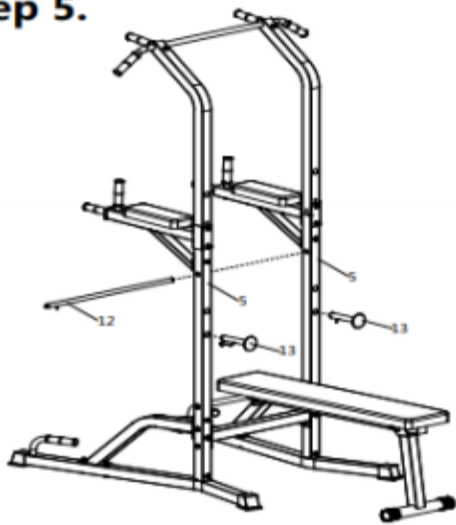
ASSEMBLY INSTRUCTIONS

Step 5.



1. Insert the Handle (14) into Arms (7, 8) using M10*20mm bolt (24), M10 Washer (28).
2. Attach the Arm Cushion (19) to the Arms (7, 8) using M8*65 bolt (25), M8 Washer (28)
3. Attach the Backrest (20) to the Bench Frame (9) using M8*16mm bolt (26), M8 Washer (28)

Step 5.



STEP 6

1. Attach the Stabilizer Bracket (12), Bar Catches (13) to the Uprights (5).
2. Pull-out the Lockpin (18) from the Bench Frame (9) and fold the Bench using Stabilizer Bracket (6), and Knob (17) to lock in place.
3. Tighten all of the bolts.





This concludes the PTBENCH 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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