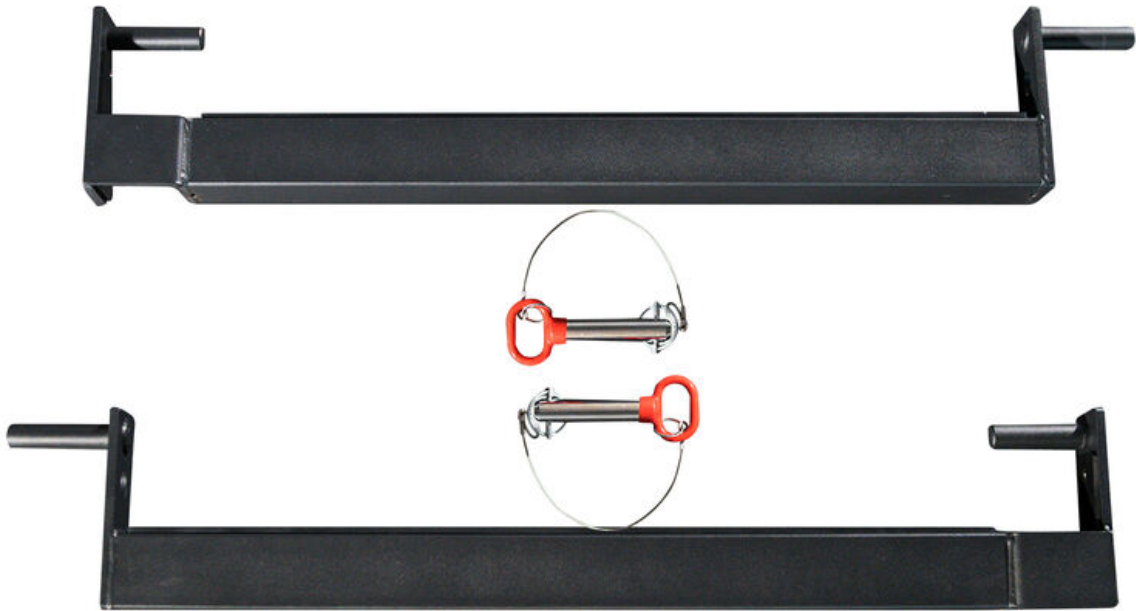




TITAN
FITNESS



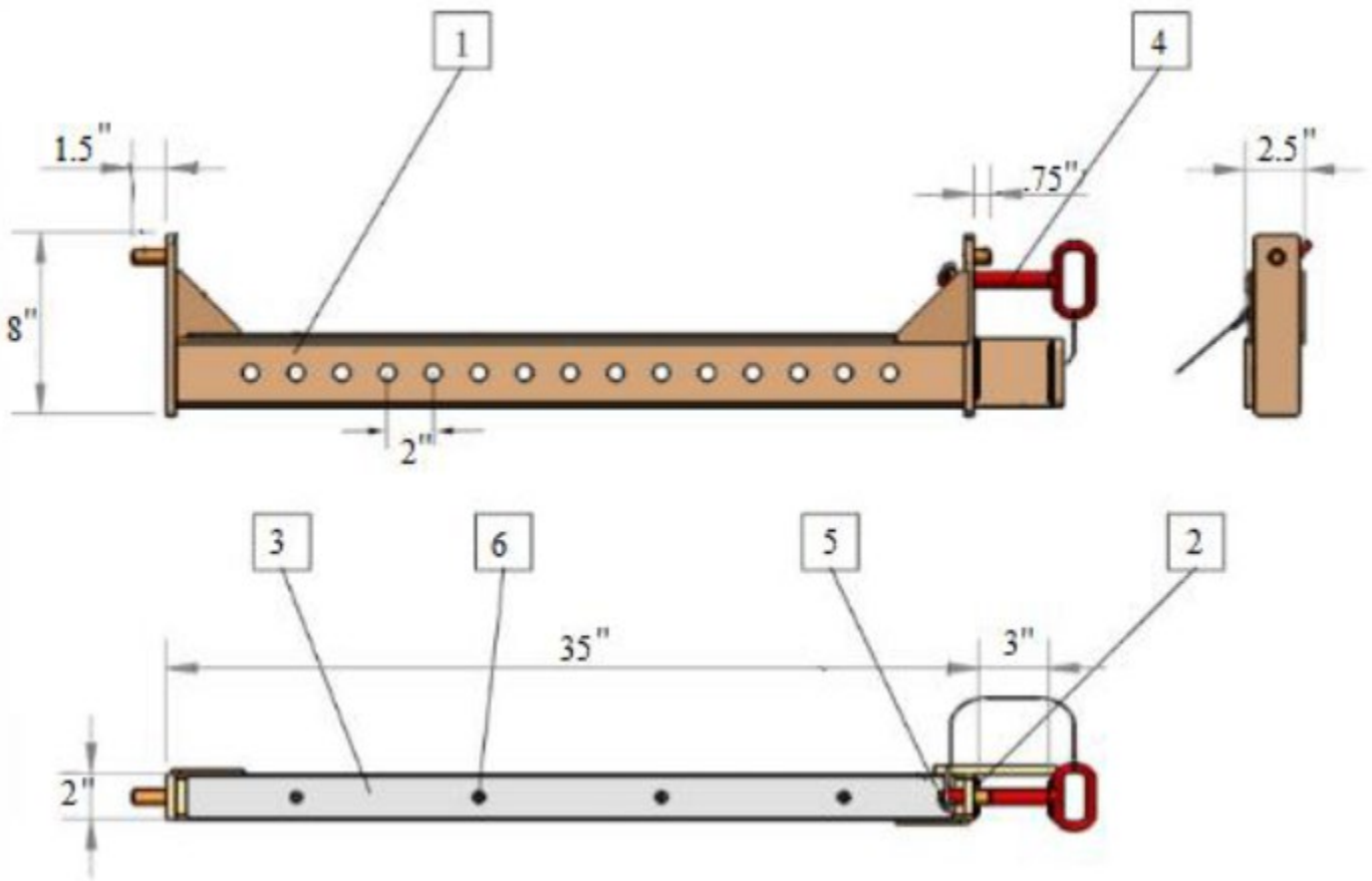
OWNER'S MANUAL

MPN(s): 36FDWNST3, 24FDWNST3

SKU(s): 400233, 400232

UPC(s): 049008266339, 049008266322

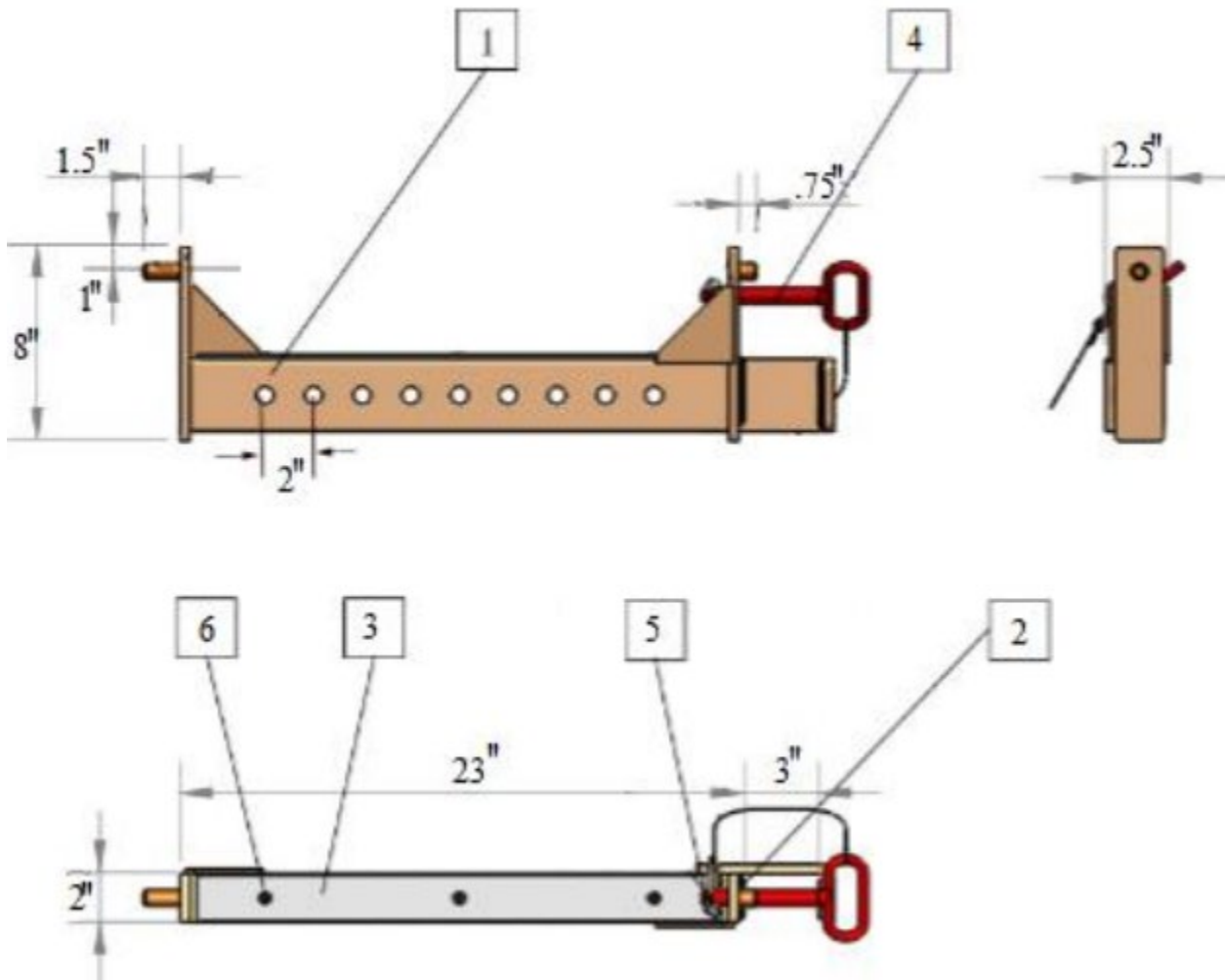
36FDWNST3 PARTS DIAGRAM



KEY	DESCRIPTION	QTY
1	FLIP DOWN SAFETY	1
2	UHMW PAD (40 X 70 MM)	2
3	UHMW PAD (850 X 47 MM)	1
4	PIN	1
5	LOCK PIN	1
6	M6X12 COUNTER SINK HEX BOLT	7



24FDWNST3 PARTS DIAGRAM



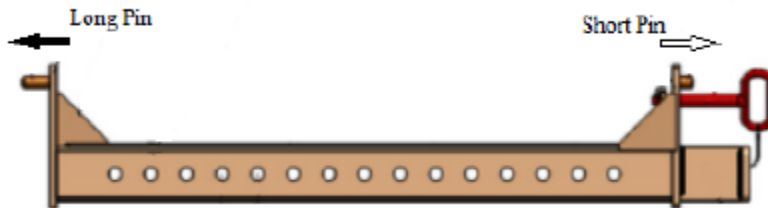
KEY	DESCRIPTION	QTY
1	FLIP DOWN SAFETY	1
2	UHMW PAD (40 X 70 MM)	2
3	UHMW PAD (560 X 47 MM)	1
4	PIN	1
5	LOCK PIN	1
6	M6X8 COUNTER SINK HEX BOLT	7



ASSEMBLY INSTRUCTIONS

1. SECURE THE *FLIP DOWN SAFETY (1)* TO YOUR TITAN T-3 POWER RACK:

Insert the *Long Pin* into the inner uprights of your Titan T-3 Power Rack while the *Flip Down Safety (1)* is in the horizontal position, then push the *Flip Down Safety (1)* back until the *Short Pin* is securely in the upright.



2. ATTACH THE *FLIP DOWN SAFETY (1)* TO YOUR TITAN T-3 POWER RACK:

Rotate the *Flip Down Safety (1)* into the vertical position, with the *J-hook* wrapping around your Titan T-3 Power Rack upright, and insert the *Pin (4)* through your Titan T-3 Rack upright and the *Flip Down Safety (1)*. Insert the *Lock Pin (5)* through the end of the *Pin (4)*, then close the *Lock Pin (5)*. This will lock the *Pin (4)* in place.

NOTE: There will be a gap between the Flip Down Safety and your Titan T-3 Power Rack, that is completely normal and does not inhibit the function of the product in any way.





This concludes the FDWNST3 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.

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