



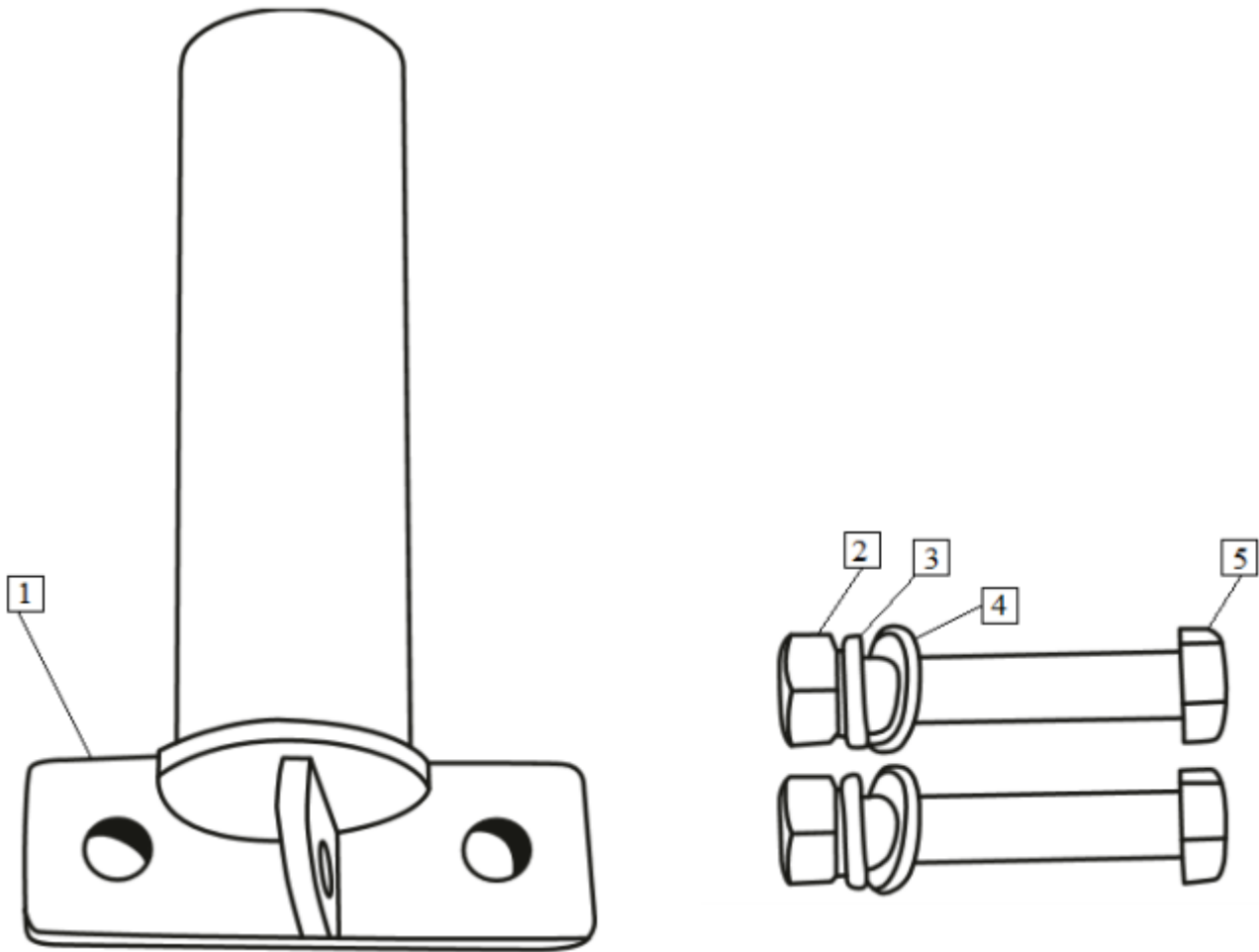
OWNER'S MANUAL

MPN(s): 1HBARHLD

SKU(s): 400248

UPC(s): 71931866592

PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY
(1)	BARBELL HOLDER	1
(2)	HEX BOLT	2
(3)	FLAT WASHER	2
(4)	SPRING WASHER	2
(5)	HEX NUT	2

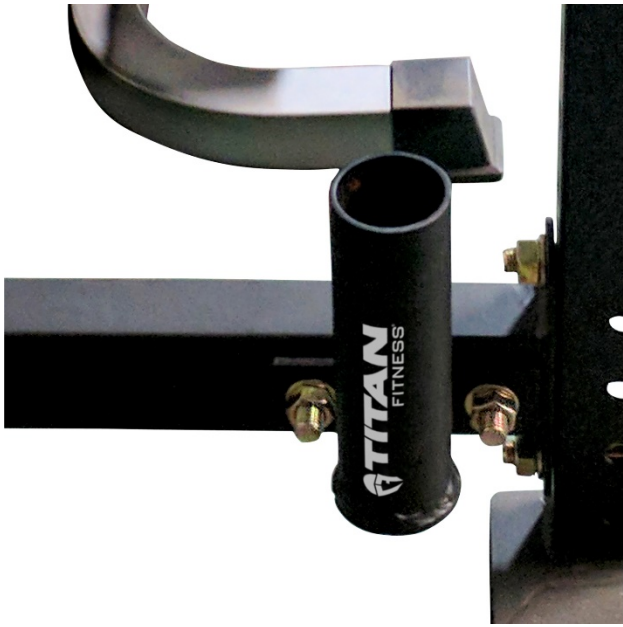
ASSEMBLY INSTRUCTIONS

1. ATTACH THE BARBELL HOLDER (1) TO YOUR TITAN T-3 POWER RACK:

Attach the Barbell Holder (1) to the base of your Titan T-3 Power Rack using Hex Bolt (3), Flat Washer (4), Spring Washer (5), and Hex Nut (6). The order of assembly is Hex Bolt (3), Flat Washer (4), then insert the bolt through the Barbell Holder (1) and your Titan T-3 Power Rack, Spring Washer (5), and then place the Hex Nut (6) onto the end of the bolt then tighten it down until the Barbell Holder (1) is secure. Repeat this process for the remaining side of the Barbell Holder (1).

NOTE: Titan recommends ONLY mounting on the exterior of the Power Rack. NEVER under a pull up bar.





This concludes the 1HBARHLD 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?

CONTACT US FIRST.

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