



## **X3 Power Rack** Owner's Manual



**MPNs:** UPX3, UPSHX3, 24X3, 36X3, HAX3  
<http://titanmanuals.com/X3RACK>



Titan Distributors Inc.  
141 Eastley St. Ste. 113  
Collierville, TN 38017

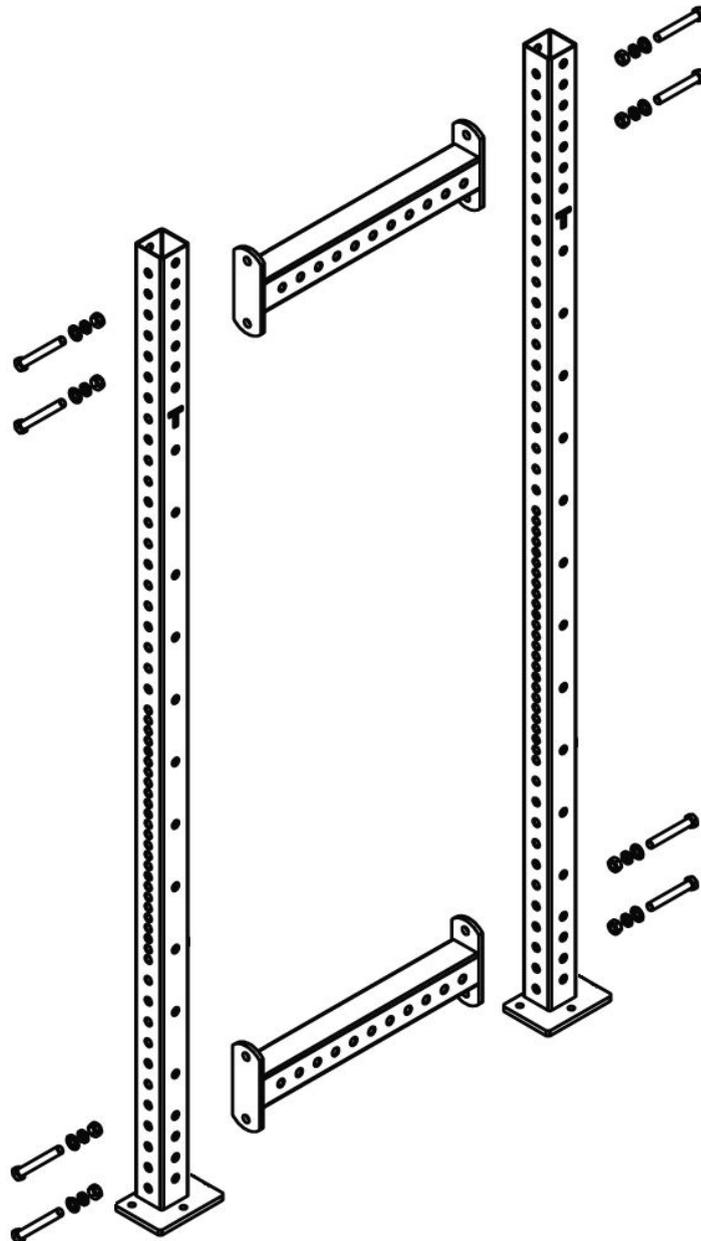
 1 800-605-8241

 [team@titan.fitness](mailto:team@titan.fitness)

 [www.titan.fitness](http://www.titan.fitness)

## ASSEMBLY INSTRUCTION

1. Lay out 2 *Upright Poles (1)* and 2 *Side Braces (2)* horizontally on the ground with the footplates of each *Upright Pole (1)* facing UP away from the ground. Set aside 8 each of your *Hex Bolt M16x110 (8)*, *Flat Washer M16 (9)*, *Spring Washer M16 (10)*, and *Hex Nut M16 (11)*.
2. With the *Upright Poles (1)* laying horizontally on the ground, bolt your *Side Braces (2)* to your *Upright Poles (1)*:  
Choose your preferred location for the *Side Braces (2)*. 2 *Side Braces (2)* will be bolted in between 2 *Upright Poles (1)*. The bolt plates on the *Side Braces (2)* will sit flat on the face of the *Upright Pole (1)* that has the 2" and 1" hole spacing (not the side with the 6" hole spacing). See diagram below:



Most customers prefer to bolt one *Side Brace (2)* to the very top of the *Upright Pole (1)*, and bolt one to the very bottom.

Recommended assembly is to place one *Hex Bolt M16x110 (8)* with a *Flat Washer M16 (9)* through the top hole of the *Upright Pole (1)* and subsequently through the upper bolt hole on the *Side Brace (2)*, followed by a *Spring Washer M16 (10)* and *Hex Nut M16 (11)*.

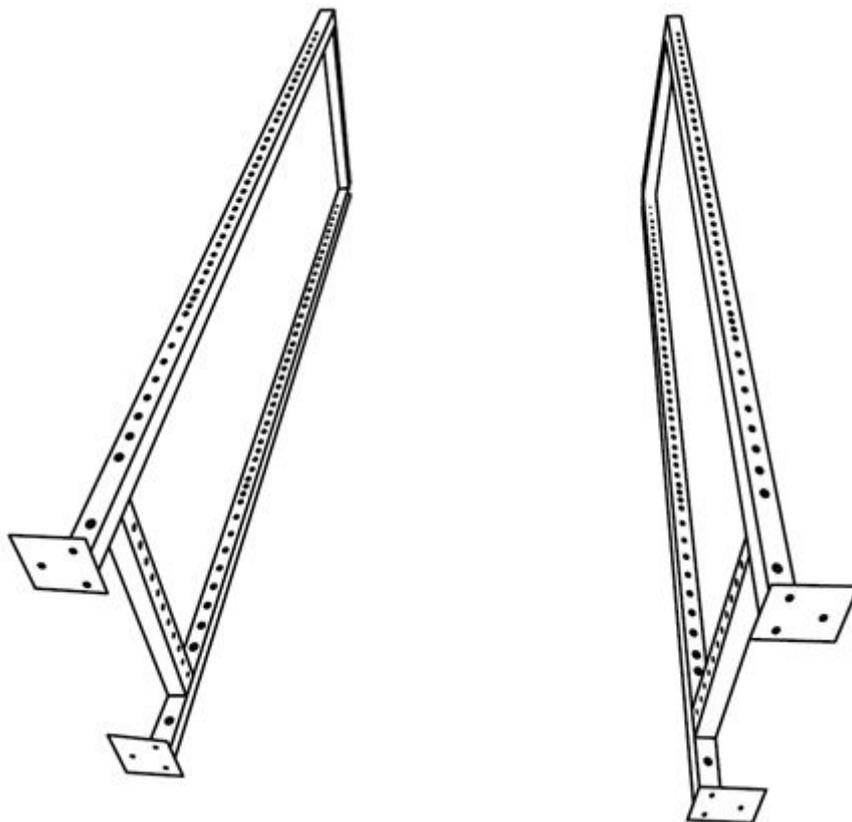
NOTE: DO NOT FULLY TIGHTEN DOWN YOUR HEX NUTS UNTIL ALL BOLTS ARE IN PLACE FOR BOTH SIDE BRACES FOR THAT SIDE OF YOUR RACK!

Repeat these steps for each bolt hole on each of the 2 *Side Braces (2)*, then tighten down all *Hex Nuts M16 (11)*.

Then, repeat steps 1 and 2 for your other *Upright Poles (1)* and *Side Braces (2)*.

You should now have both sides of your power rack put together with bolts tightened down.

- 3. Rotate each side upward to match the diagram below – footplates should be facing OUTWARD and uprights should be parallel to the ground.**



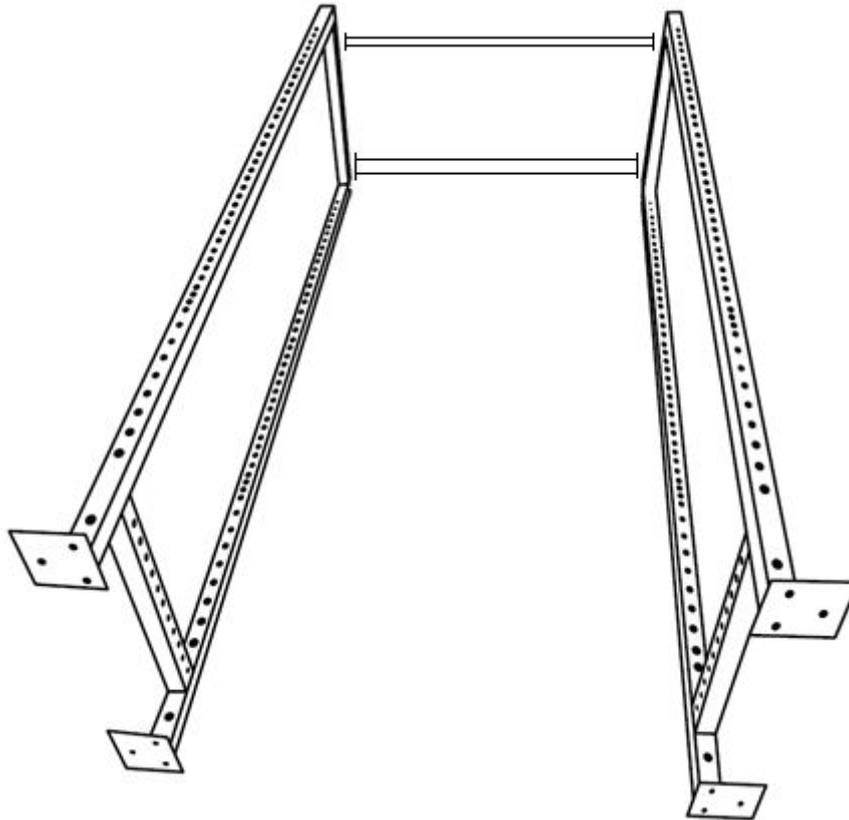
- 4. Attach your pull up bars to your upper *Side Braces (2)*:**

Choose your preferred location for the first pull up bar. Recommended assembly is to place one *Hex Bolt M16x110 (8)* with a *Flat Washer M16 (9)* through the top hole of the pull up bar and through one upper *Side Brace (2)*. Then repeat this process on the other side of the pull up bar on the other upper *Side Brace (2)*. Note: count the number of holes to ensure you use the same hole on both sides of your pull up bar. Then add your *Spring Washer*

*M16 (11)* and *Hex Nut M16 (12)* to each bolt, but do NOT fully tighten down.

Repeat this process with your two lower bolts, then fully tighten down all nuts/bolts.

Repeat step 4 for your second pull up bar.



At this point, your rack should be fully put together as one piece that can be lifted.

5. **Carefully stand up the power rack, starting at the top of the rack and slowly walking it up. For your own safety, have a friend help you with this part.**
6. **Add your *Band Pegs (7)* to the lower *Side Braces (2)*.**
7. **Add your *Spotting Bars (3)* and *Spotting Bar Sleeves (4)*:**  
Choose your preferred location for the *Spotting Bars (3)*. Push 1 *Spotting Bar (3)* slightly (about 0.5") through your preferred hole on one *Upright Pole (1)*, then hold the *Spotting Bar Sleeve (4)* in place so that you can push the *Spotting Bar (3)* through the *Spotting Bar Sleeve (4)* and finally through the hole on the other *Upright Pole (1)*.

Repeat this process with your other *Spotting Bar (3)* and *Spotting Bar Sleeve (4)* on the other *Upright Poles (1)*.

8. **Add your *Weight Holders (14)* to your preferred location on the *Upright Poles (1)*:**  
Use your longest bolts, the *Hex Bolt M16x110 (8)*, each with a *Flat Washer M16 (9)* on one side of your *Weight Holder (14)* and a *Spring Washer M16 (10)* and *Hex Nut M16 (11)* on

the opposite side of the *Weight Holder (14)*.

Repeat this process for each *Weight Holder (14)*.

## **9. Add your J-Hooks (7).**

---

### **IT IS RECOMMENDED THAT YOU BOLT YOUR RACK TO THE FLOOR:**

***To install using the concrete anchors provided, please follow the instructions below.***

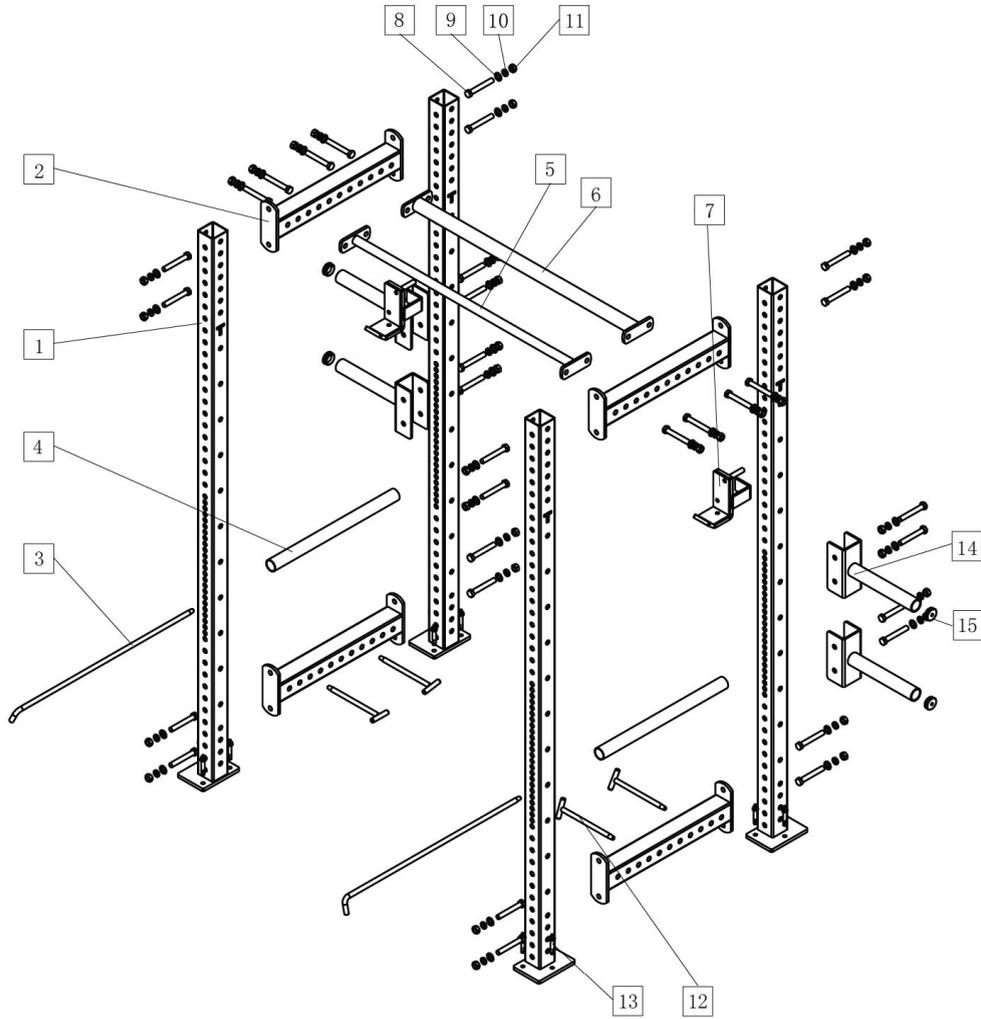
10. Set up your rack where you plan to bolt it down. Ensure each upright is fully squared and leveled, then trace each bolt hole in each footplate.

*NOTE: Your footplates should sit directly on top of your floor. If you have anything covering your floor (such as rubber tiles or mats), you should trace your footplates and then cut out a section of the floor covering so that your footplates sit directly on the concrete.*

11. Drill into concrete with a hammer drill. The diameter of your drill bit should be equal to the diameter of the anchor. Mark the correct depth on your drill bit using tape – this will serve as a visual cue that you have drilled the hole to the appropriate depth.
12. Remove excess dust from the hole (a vacuum or wire brush should work fine).
13. Place the sleeve on the wedge. Then put the flat washer, spring washer, and nut on the threaded end (just enough to protect your threads), then place the wedge side of the anchor through the bolt hole on your footplate and into the concrete hole. Hammer the wedge into the hole fully until the washer is flush with the footplate.
14. Fully tighten the nut using a wrench.
15. Repeat this process for each bolt hole on each footplate.

*NOTE: Your lower side brace may block access to the inside bolt hole on each footplate. If this is the case, we recommend you fully unbolt the lower bolts on your side brace, slightly loosen your top bolts on the side brace, then simply rotate it up and out of the way (rather than fully removing the side brace). After the concrete anchors are installed, you can re-install the side brace.*

## PARTS DIAGRAM



Part #	Box #	Part Description	Quantity
1	1	Upright Pole (note: regular version comes 2 uprights per box, short version comes 4 uprights per box)	4
2	2	Side Brace	4
3	3	Spotting Bar	2
4	3	Spotting Bar Sleeve	2
5	3	1.25" Pull Up Bar	1
6	3	2" Pull Up Bar	1
7	3	J-Hook	2
8	3	Hex Bolt M16x110	32
9	3	Flat Washer M16	32
10	3	Spring Washer M16	32
11	3	Hex Nut M16	32
12	3	Band Peg	4
13	1	Concrete Anchor M10x80	12
14	3	Weight Holder	4
15	3	Weight Holder End Cap	4

Check out our other fitness equipment and accessories online at [www.titan.fitness](http://www.titan.fitness) and don't forget to leave us a review if you feel like we've delivered a

***5-star experience!***



NEED HELP?  
CONTACT US FIRST  
**1(800)-605-8241**

[team@titan.fitness](mailto:team@titan.fitness) / [www.titan.fitness](http://www.titan.fitness)

**Business hours: Monday - Friday • 8am - 5pm Central**



Titan Distributors Inc.  
141 Eastley St. Ste. 113  
Collierville, TN 38017

 1 800-605-8241

 [team@titan.fitness](mailto:team@titan.fitness)

 [www.titan.fitness](http://www.titan.fitness)