



TITAN
FITNESS



OWNER'S MANUAL

MPN(s): T2VBARHLD.2, 1T2VBARHLD.2, 1X3VBARHLD.2, 1X3HBARHLD.2, 1VBARHLD.2

SKU(s): 400397.2, 400380.2, 400381.2, 400382.2,

UPC(s): 719318385043, 719318385715, 719318385760, 719318385753, 719318366585

PARTS DIAGRAM – T2VBARHLD

KEY	BOX	DESCRIPTION	QTY
1	1	BARBELL HOLDER	2
2	1	SHIM	4
3	1	M12x90 HEX BOLT	4
4	1	M12 FLAT WASHER	4
5	1	M12 SPRING WASHER	4
6	1	M12 HEX NUT	4

PARTS DIAGRAM – 1T2VBARHLD

KEY	BOX	DESCRIPTION	QTY
1	1	BARBELL HOLDER	1
2	1	SHIM	2
3	1	M12x90 HEX BOLT	2
4	1	M12 FLAT WASHER	2
5	1	M12 SPRING WASHER	2
6	1	M12 HEX NUT	1

PARTS DIAGRAM – 1X3VBARHLD

KEY	BOX	DESCRIPTION	QTY
1	1	VERTICAL BARBELL HOLDER	1
2	1	M12x110 HEX BOLT	2
3	1	M16 FLAT WASHER	2
4	1	M16 SPRING WASHER	2
5	1	M16 HEX NUT	2



PARTS DIAGRAM – 1X3HBARHLD

KEY	BOX	DESCRIPTION	QTY
1	1	HORIZONTAL BARBELL HOLDER	1
2	1	M12x110 HEX BOLT	2
3	1	M16 FLAT WASHER	2
4	1	M16 SPRING WASHER	2
5	1	M16 HEX NUT	2

PARTS DIAGRAM – 1VBARHLD

KEY	BOX	DESCRIPTION	QTY
1	1	VERTICAL BARBELL HOLDER	1
2	1	M12x110 HEX BOLT	2
3	1	M16 FLAT WASHER	2
4	1	M16 SPRING WASHER	2
5	1	M16 HEX NUT	2

ASSEMBLY INSTRUCTIONS

- Attach the Barbell Holder (1) to your Power Rack
- Attach the Barbell Holder (1) to the uprights of your 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 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 BARHLD 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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