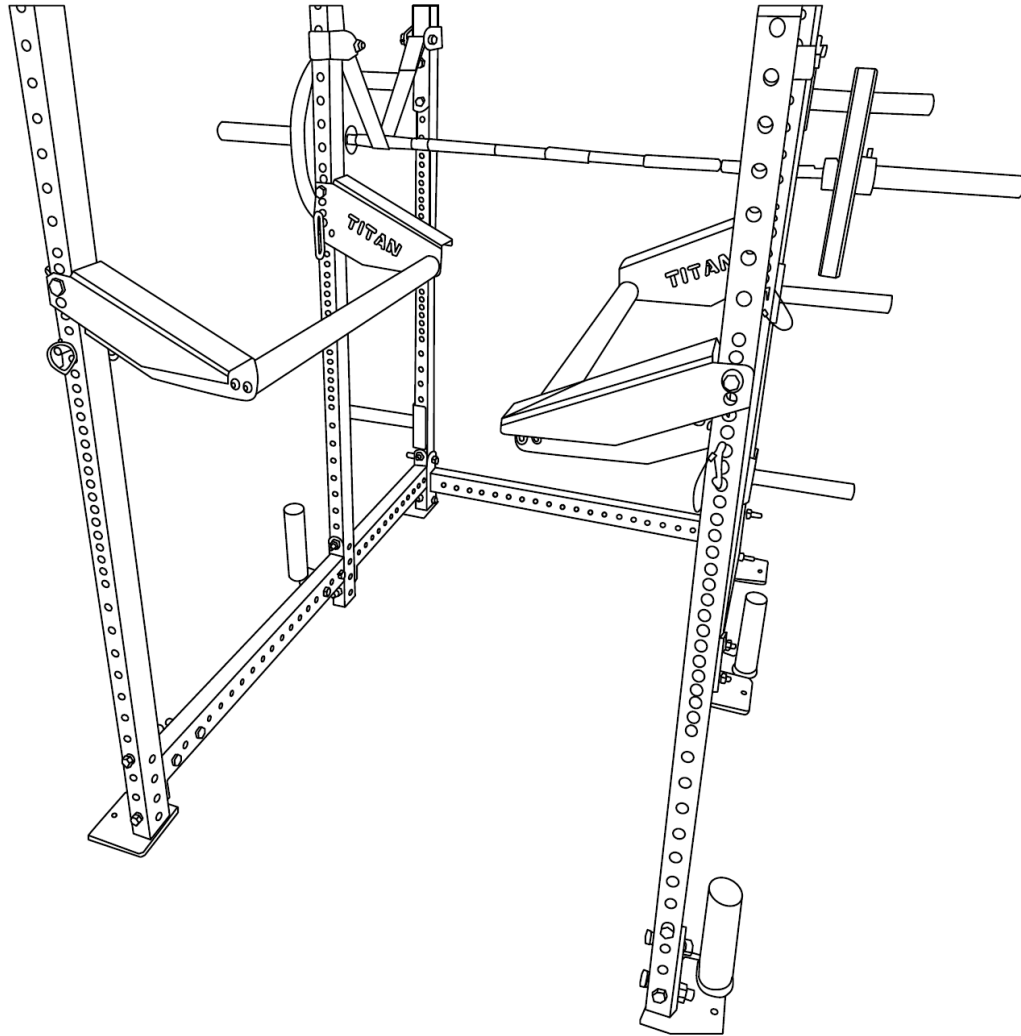




TITAN FITNESS

Parallel bars for 30" X3 Power Rack

Owner's Manual




MPN: 30X3PARBARS


SKU: 400447


UPC: 719318364291



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ASSEMBLY INSTRUCTION

1. **Attach mounting brackets (2) to parallel bars (3):**

Attach the one mounting bracket (2) to the end of a parallel bar (3) using two M12x25 button bolts (5) through the two holes in the tapered end of the mounting bracket (2) facing away from the flush side of the mounting bracket (2). Tighten the two M12x25 button bolts (5) until tight. Attach the second mounting bracket (2) to the other end of the parallel bar (3) in the same orientation as the first mounting bracket (2). Repeat these steps to assemble the second parallel bar.

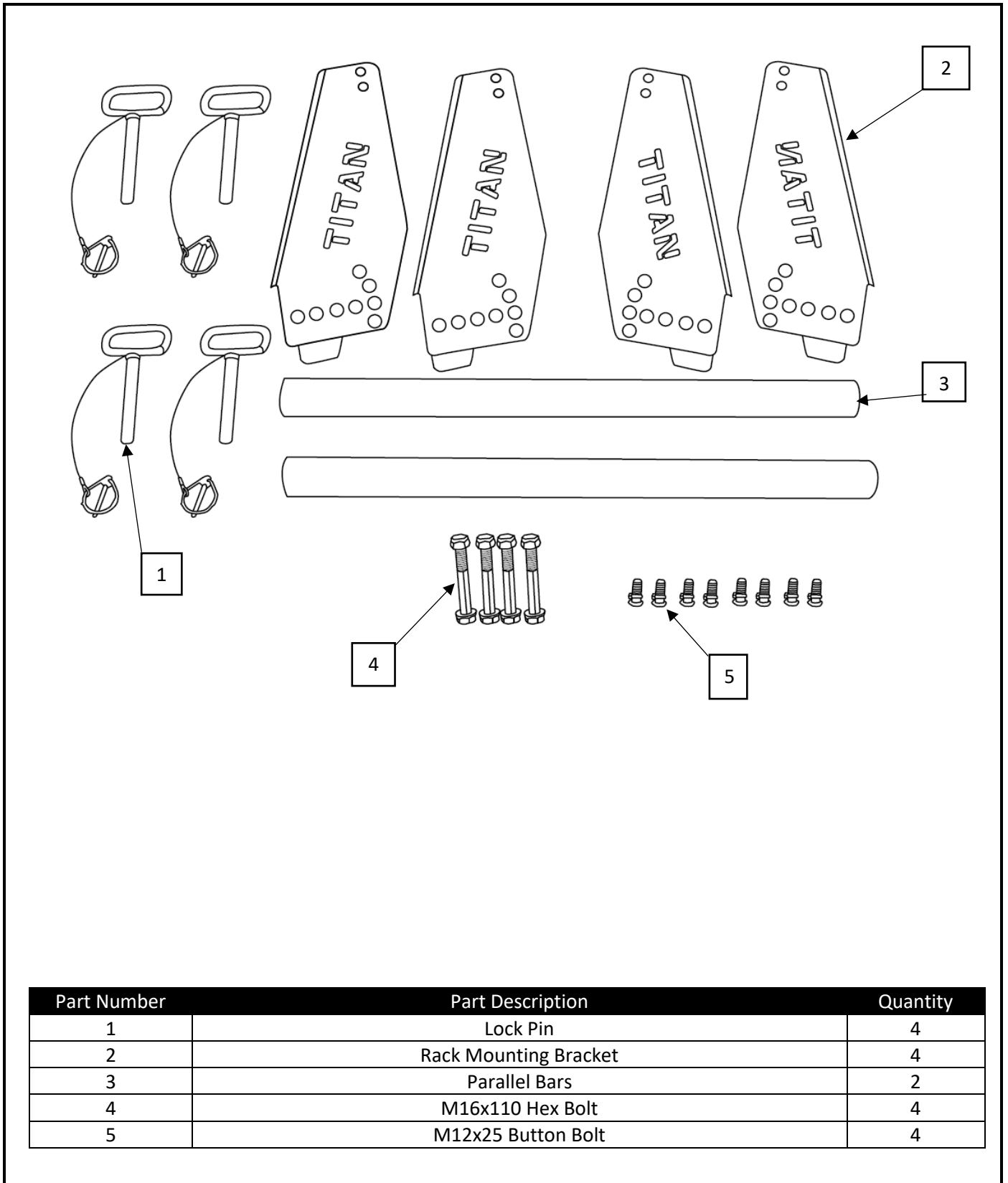
2. **Attach assembled parallel bars to your power rack:**

Using one M16x110 hex bolt (4) through one of the two holes on the side of the mounting bracket (2) that does not have a logo, attach the mounting bracket (2) to one of the uprights of your power rack. Repeat through the opposite mounting bracket to secure the parallel bar to the rack. Using one lock pin (1) through one of the lowest holes on the bracket, mount the parallel bar assembly to the rack. Use a second lock pin to hold the opposite side of the parallel bar assembly in place. Repeat to mount the second parallel bar assembly to the other side of your rack.

3. **Adjust parallel bar spacing:**

Remove the lock pins (1) from the parallel bar assembly and adjust until another hole in the mounting bracket (2) aligns with the hole on the power rack. Insert lock pins (1) to secure position. This will change the spacing between the parallel bars.

Parts Diagram



Part Number	Part Description	Quantity
1	Lock Pin	4
2	Rack Mounting Bracket	4
3	Parallel Bars	2
4	M16x110 Hex Bolt	4
5	M12x25 Button Bolt	4



NEED HELP?

CONTACT US FIRST


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