



OWNER'S MANUAL








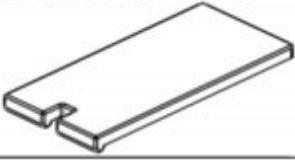



MPN(s): FLOORGHD

SKU(s): 400490














UPC(s): 719318384411

PARTS DIAGRAM & HARDWARE LIST

PARTS LIST

A MAIN FRAME 2PCS 	B T FRAME 1PC 	C HANDLE FRAME 1PC 	D FOOT PLATE 1PC 
E UPRIGHT FRAME 1PC 	F FOAM FRAME 1PC 	G FOAM ROLLER 2PCS 	H BACKREST 1PC 
I RING 2PCS 	J WHEEL 2PCS 	K KNOB (M16) 1PC 	

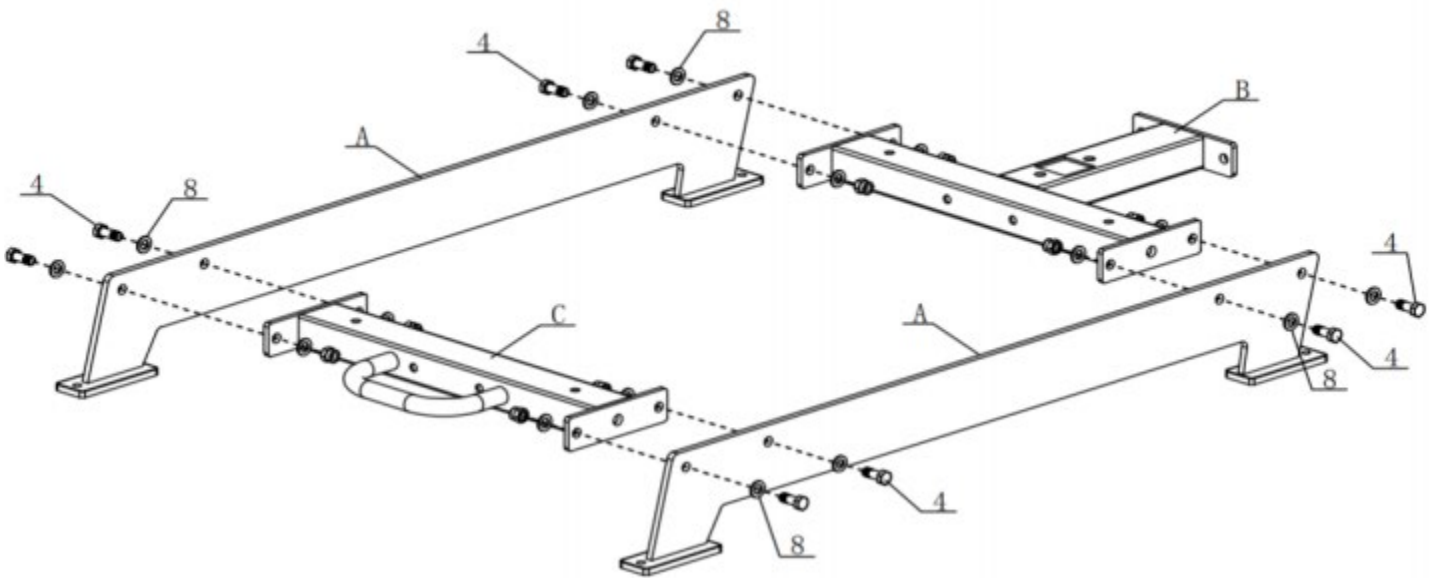
HARDWARE LIST

1 BOLT(M12*75)  2PCS	2 BOLT(M10*65)  4PCS	3 BOLT(M10*50)  2PCS	4 BOLT(M12*35)  8PCS	5 BOLT(M12*30)  2PCS
6 NYLON NUT(M12)  12PCS	7 NYLON NUT(M10)  2PCS	8 WASHER(M12)  24PCS	9 WASHER(M10)  8PCS	10 TOOL(M6)  1PC
11 SCREW (M6)  2PCS	12 BUSH (50*45)  1PC	13 ENDCAP(44*44) 1PC  1PC		

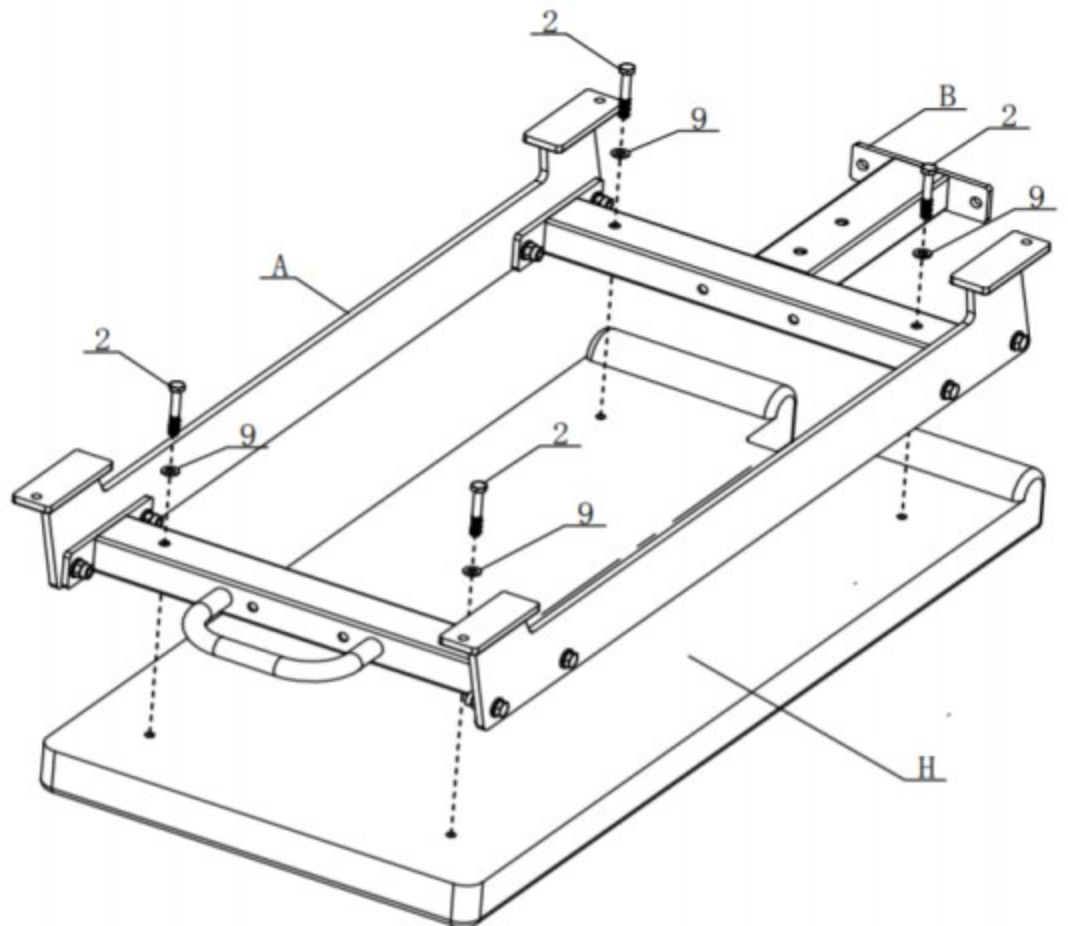


ASSEMBLY INSTRUCTIONS

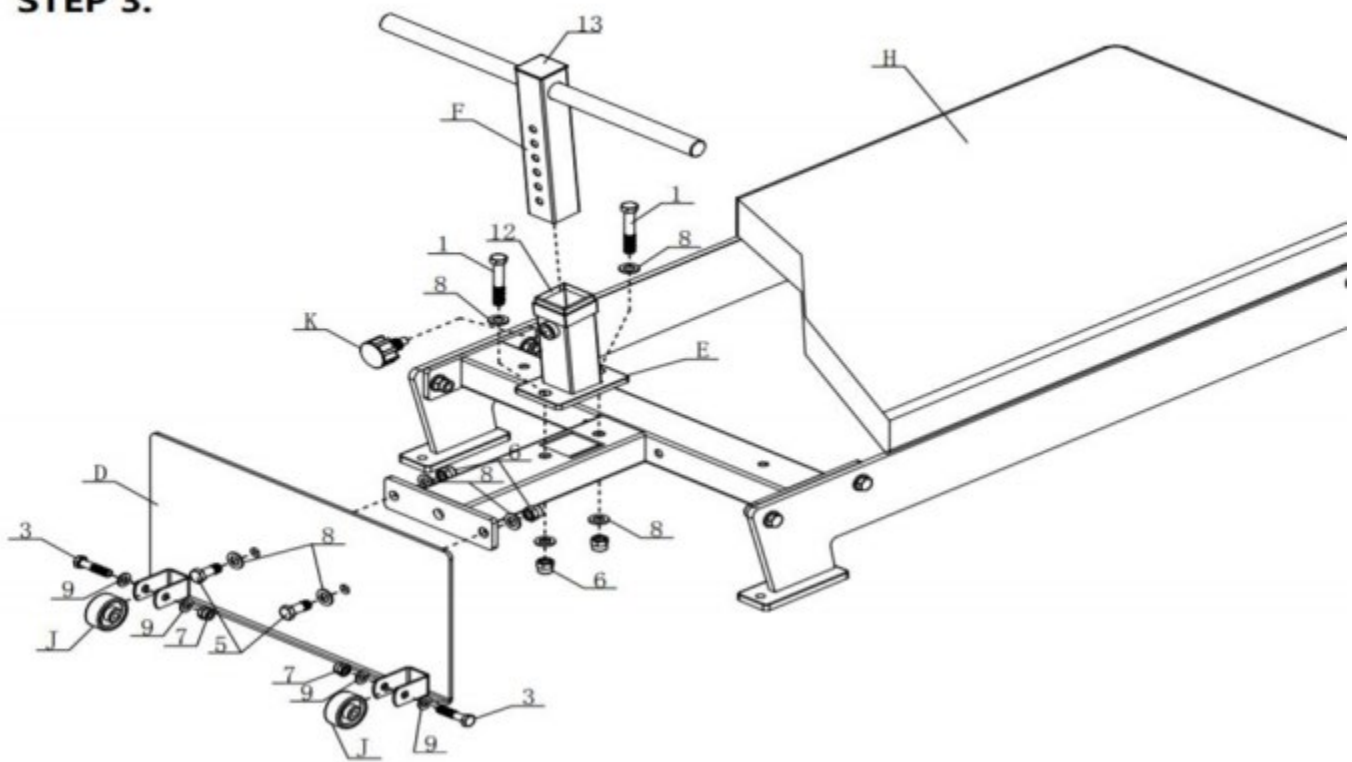
STEP 1.



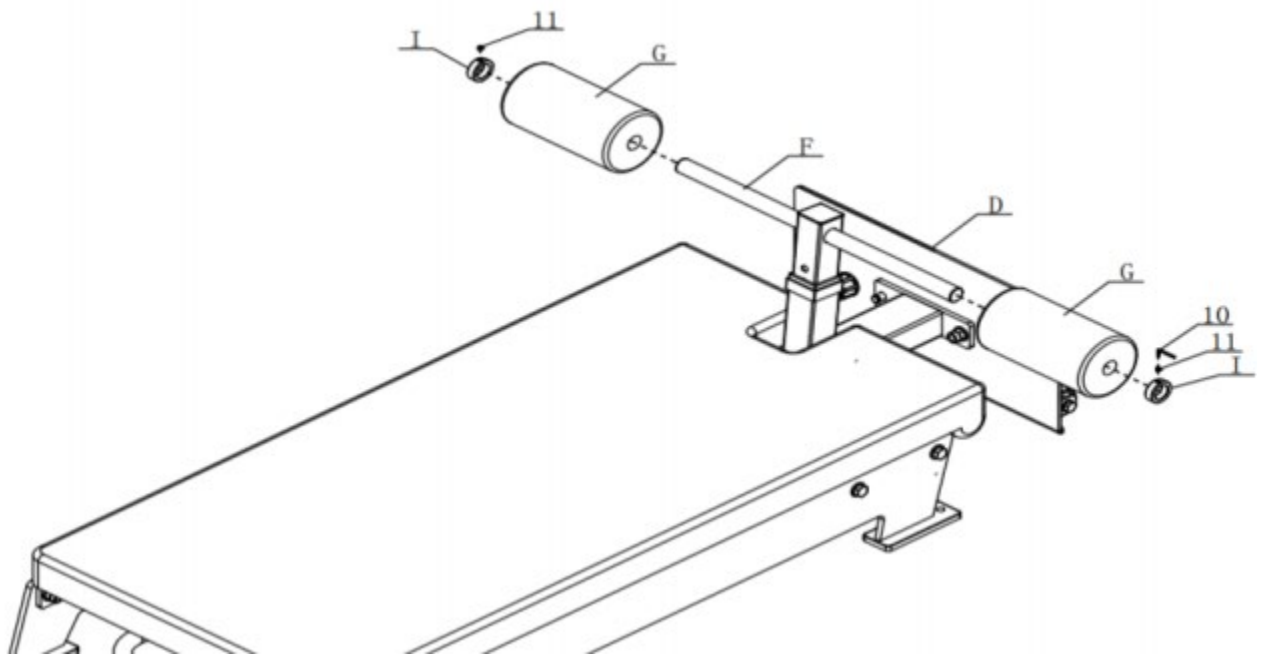
STEP 2.



STEP 3.



STEP 4.





*This concludes the FLOORGHD
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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