

# MAX ADJUSTABLE FID BENCH

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**DBENCH**

**400554**



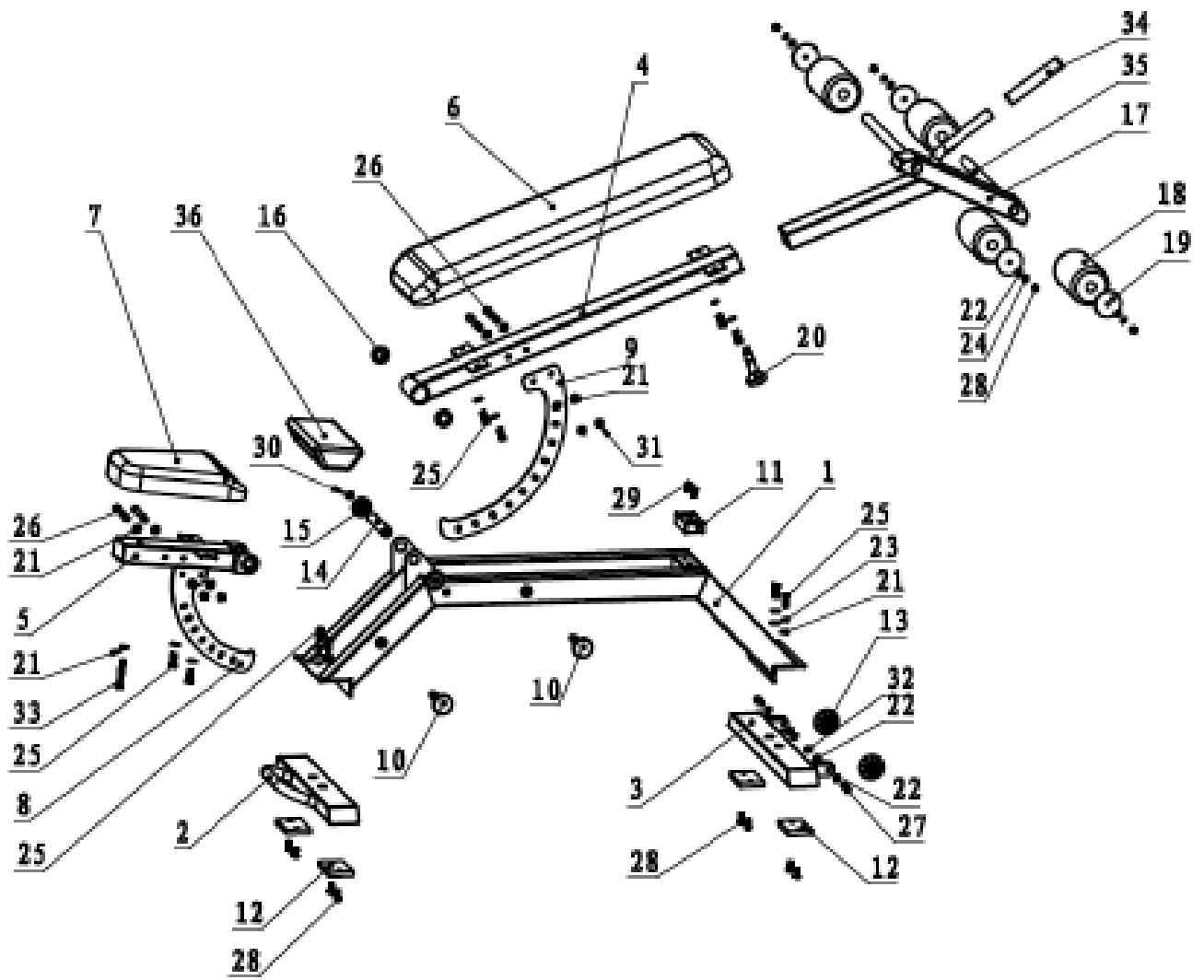
## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

**Cover photo may show optional equipment not supplied with standard unit. For an Operator's Manual and Decal Kit in French or Spanish Language, please see your dealer.**

PARTS DIAGRAM / EXPLODED VIEW



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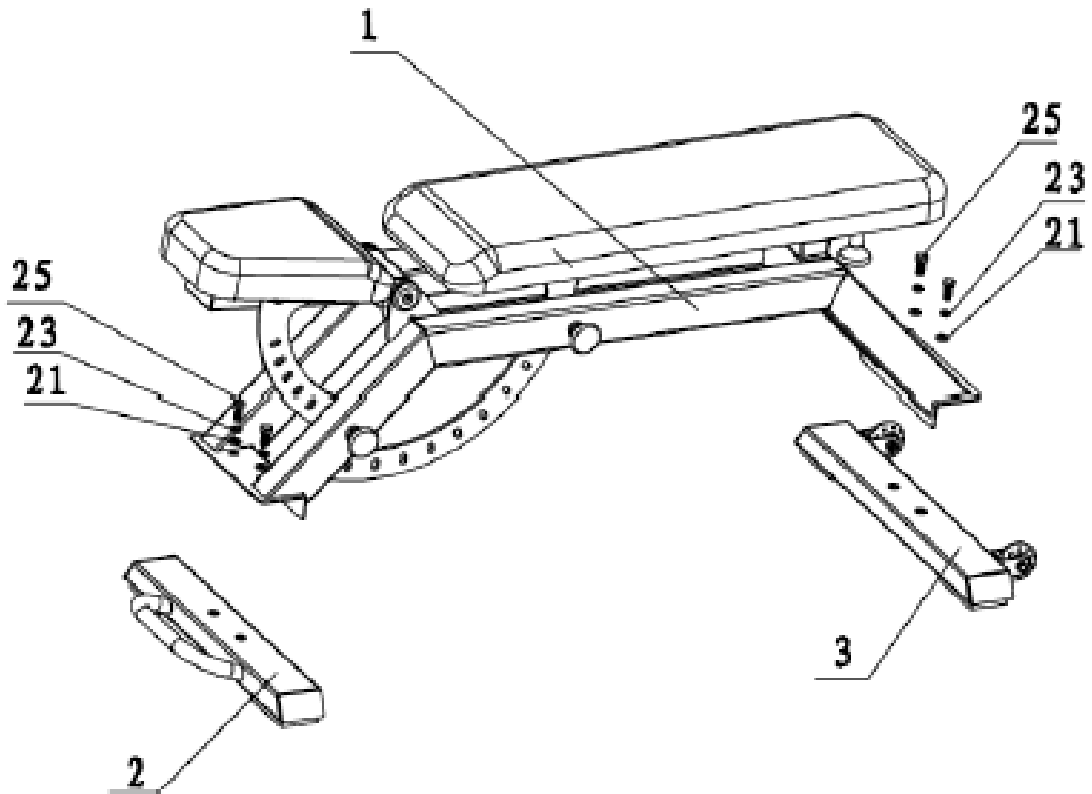
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	MAIN FRAME	1	19	1	ENDING CAP	4
2	1	FRONT BASE FRAME	1	20	1	PIN	1
3	1	REAR BASE FRAME	1	21	1	FLAT WASHER Φ11*Φ20*2	19
4	1	BLACK CUSHION FRAME	1	22	1	FLAT WASHER Φ9*Φ16*1.6	8
5	1	SEAT CUSHION FRAME	1	23	1	SPRING WASHER Φ10	4
6	1	BACK CUSHION	1	24	1	SPRING WASHER Φ8	4
7	1	SEAT CUSHION	1	25	1	HEAD HEX BOLT M10*25	10
8	1	FRONT ANGLE PLATE	1	26	1	HEAD HEX BOLT M10*100	4
9	1	REAR ANGLE PLATE	1	27	1	HEAD HEX BOLT M8*45	2
10	1	PIN	2	28	1	PAN HEAD HEX BOLT M8*20	12
11	1	RUBBER CUSHION	1	29	1	PAN HEAD HEX BOLT M10*20	2
12	1	RUBBER CUSHION	4	30	1	PAN HEAD HEX BOLT M8*15	2
13	1	PU WHEEL	2	31	1	NUT M10	4
14	1	AXLE	1	32	1	NUT M8	2
15	1	ENDING CAP	2	33	1	HEX BOLT M 10*65	1
16	1	BEARING	2	34	1	HANDLE BAR COVER	1
17	1	LEG FRAME	1	35	1	FOAM TUBE	2
18	1	FOAM	4	36	1	SMALL CUSHION	1

## ASSEMBLY INSTRUCTIONS

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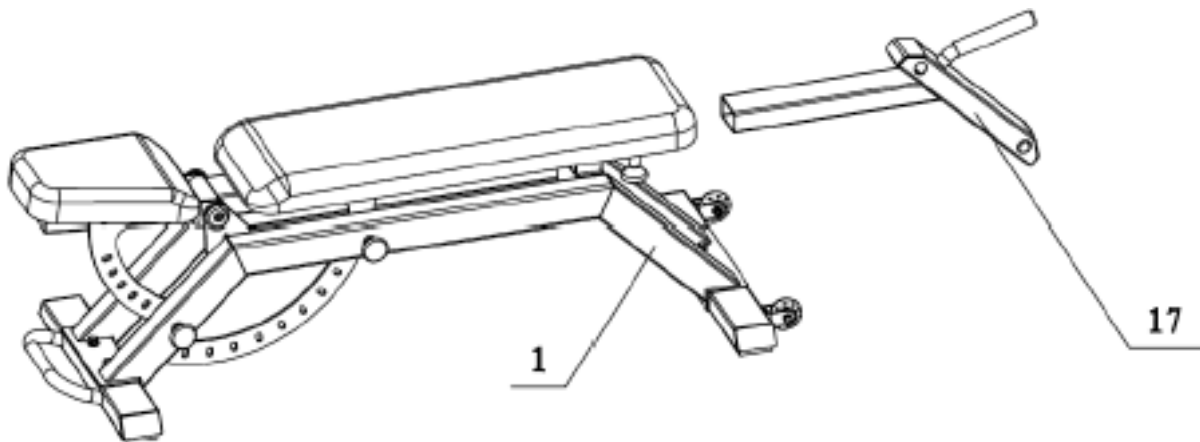
### STEP 1

Install Front Base Frame (2) and Rear Base Frame (3) to Main Frame (1) using Flat Washer  $\Phi 11*\Phi 20*2$  (21), Spring Washer  $\Phi 10$  (23), and Hex Bolt M10\*25 (25).



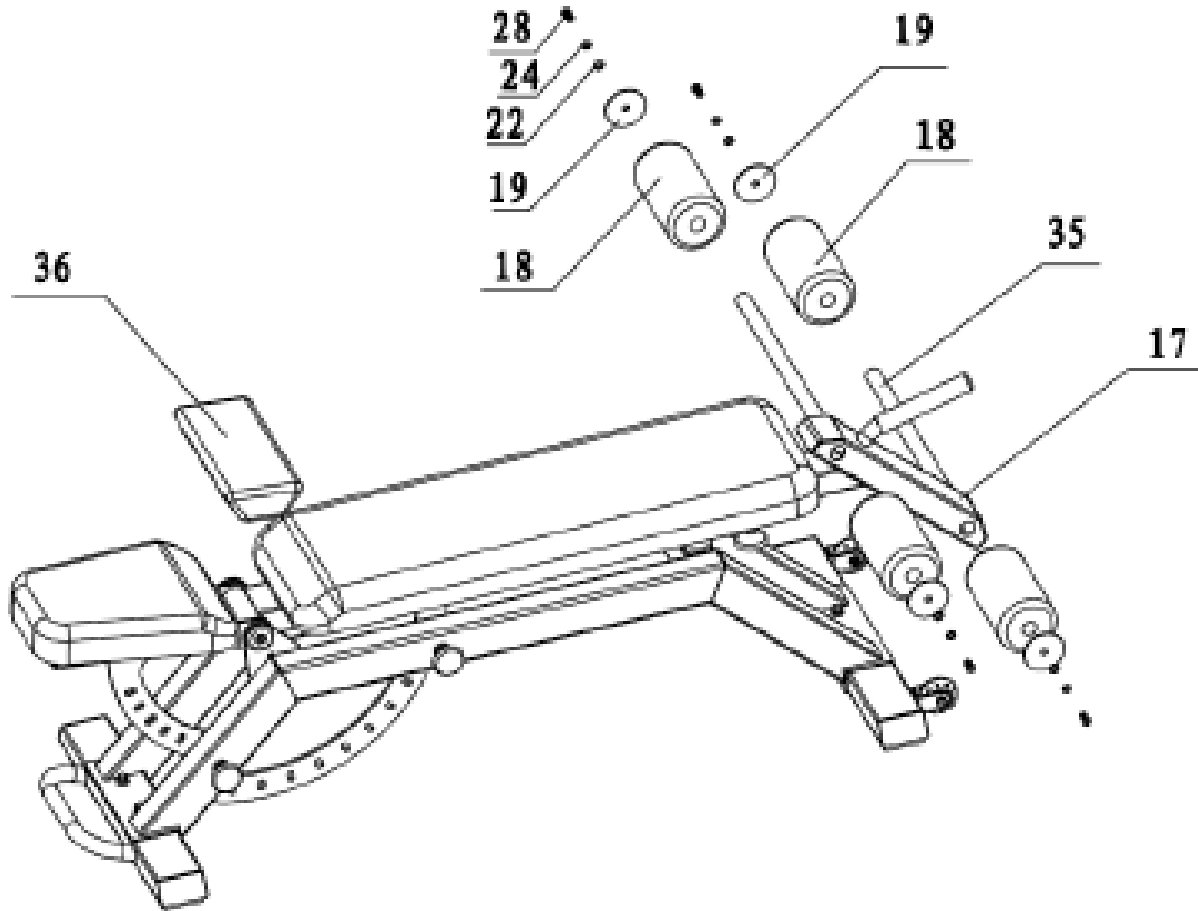
### STEP 2

Put the Leg Frame (17) into the Main Frame (1).



### STEP 3

- Install Foam Bar (35) into the Leg Frame (17).
- Secure the Foam (18) using the Ending Cap (19), Flat Washer  $\Phi 9 \times \Phi 16 \times 1.6$  (22), Spring Washer  $\Phi 8$  (24), and Pan Head Hex Bolt M8\*20 (28).
- Put Small Cushion (36) between head cushion and seat cushion if necessary.
- **THEN TIGHTEN THE NUTS AND BOLTS.**



## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, 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.

This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

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Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

## TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

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