

ADJUSTABLE CHEST SUPPORT ROW BENCH

CHSTROWBENCH
400609



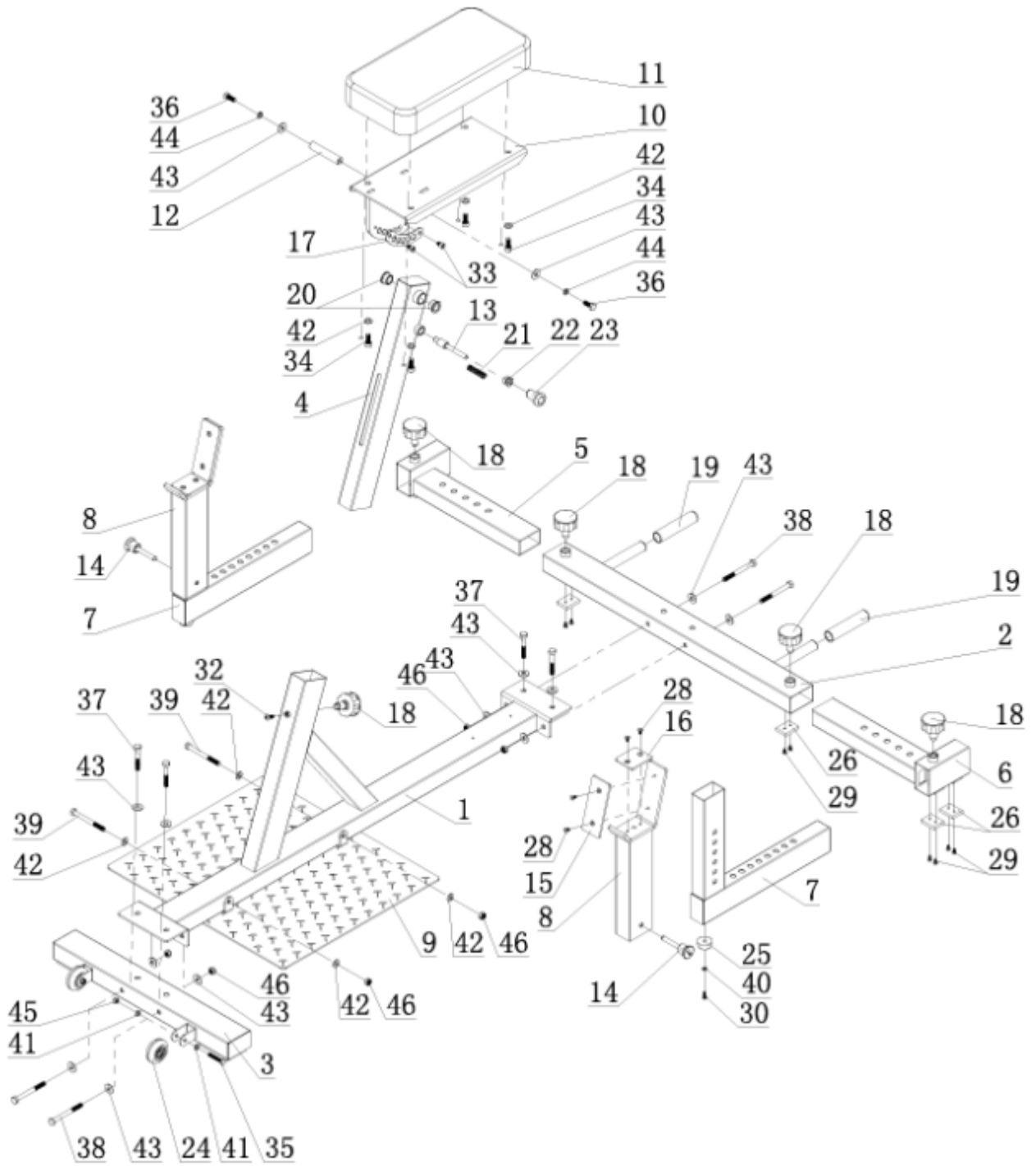
Operator's Manual



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

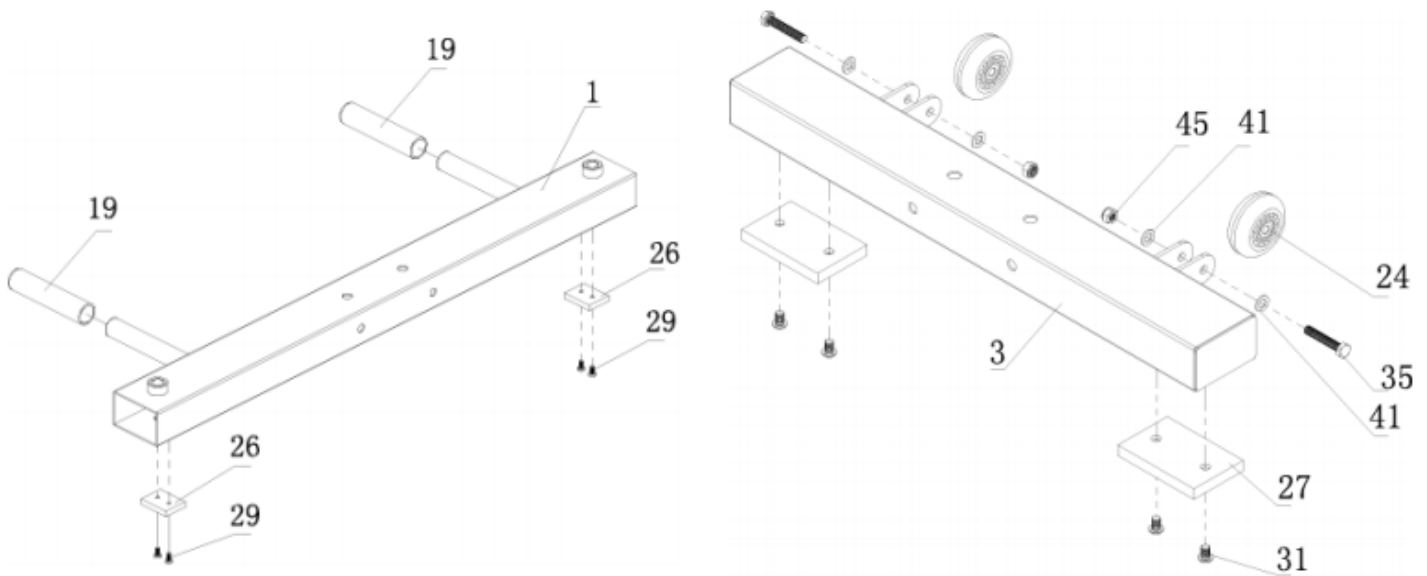


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Main Frame	1	(24)	1	Wheel $\Phi 63*24$	2
(2)	1	Front Base Frame	1	(25)	1	Nylon Buffer $\Phi 38*\Phi 8.2*15$	2
(3)	1	Rear Base Frame	1	(26)	1	Rubber Pad $45*35*8$	6
(4)	1	Height Adjustable Frame	1	(27)	1	Rubber Pad $100*65*12$	2
(5)	1	Left Adjustable Frame	1	(28)	1	Hexagon Socket countersunk head screw $M6*12$	8
(6)	1	Right Adjustable Frame	1	(29)	1	Cross Recess Pan Bead Screw $M5*10$	12
(7)	1	Distance Adjustable Frame	2	(30)	1	Pan Head, Hex Bolt $M6*15$	2
(8)	1	Support Frame	2	(31)	1	Pan Head, Hex Bolt $M8*12$	4
(9)	1	Foot Pad	1	(32)	1	Pan Head, Hex Bolt $M8*20$	1
(10)	1	Fixing Plate	1	(33)	1	Hexagon Socket Head Bolt $M8*10$	2
(11)	1	Abdomen Cushion $460*230*70$	1	(34)	1	Hexagon Socket Head Bolt $M10*25$	4
(12)	1	Rotation Shaft $\Phi 19*99*M10$	1	(35)	1	Hex Bolt $M8*45$	2
(13)	1	Pin $\Phi 18*\Phi 12.5*110*M10$	1	(36)	1	Hex Bolt $M10*25$	2
(14)	1	Pin Combination $\Phi 10*101$	2	(37)	1	Hex Bolt $M10*65$	4
(15)	1	Long Fixing Plate $148*60*5$	2	(38)	1	Hex Bolt $M10*100$	4
(16)	1	Short Fixing Plate $72*60*5$	2	(39)	1	Hex Bolt $M10*105$	2
(17)	1	Adjustable Plate $136*45.2*2$	1	(40)	1	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
(18)	1	Knob 1 $\Phi 45*M18*1.5*68$	5	(41)	1	Flat Washer $\Phi 9*\Phi 16*1.6$	4
(19)	1	Sleeve $\Phi 29.5*130$	2	(42)	1	Flat Washer $\Phi 11*\Phi 20*2$	8
(20)	1	Copper Sleeve $\Phi 31*\Phi 25.4*\Phi 19.2*16$	2	(43)	1	Big Washer $\Phi 10.6*\Phi 26*2$	14
(21)	1	Spring $\Phi 14*\Phi 1.5*55$	1	(44)	1	Spring Washer $\Phi 10$	2
(22)	1	Pin Nut $S21*\Phi 10.2*16*M20*1.5$	1	(45)	1	Nut M8	2
(23)	1	Knob 2 $\Phi 34.5*44*M10$	1	(46)	1	Nut M10	6

ASSEMBLY INSTRUCTIONS

STEP 1

1. Fix Rubber Pad 45*35*8 (26) to the Main Frame (1) using Cross Recess Pan Bead Screw M5*10 (29). Screws cannot enter the Main Frame, at the same time, ensure the smooth sliding of left and right adjustable frame.
2. Fix Sleeve $\Phi 29.5 \times 130$ (19) to the Main Frame (1).

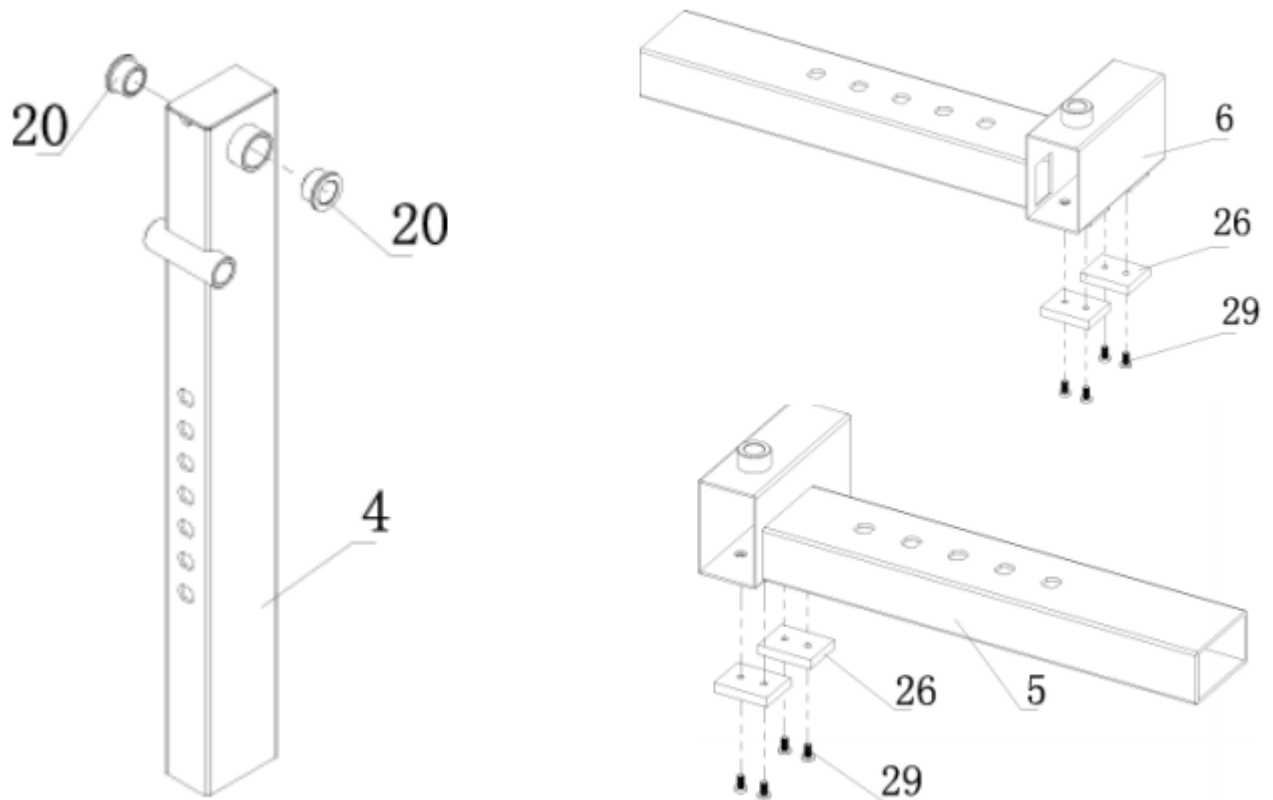


STEP 2

1. Fix Rubber Pad 100*65*12 (27) to the Rear Base Frame (3) using Pan Head, Hex Bolt M8*12 (31).
2. Fix Wheel $\Phi 63 \times 24$ (24) to the Rear Base Frame (3) using Hex Bolt M8*45 (35), Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (41) and Nut M8 (45).

STEP 3

1. Fix Copper Sleeve $\Phi 31 * \Phi 25.4 * \Phi 19.2 * 16$ (20) to the Height Adjustable Frame (4).

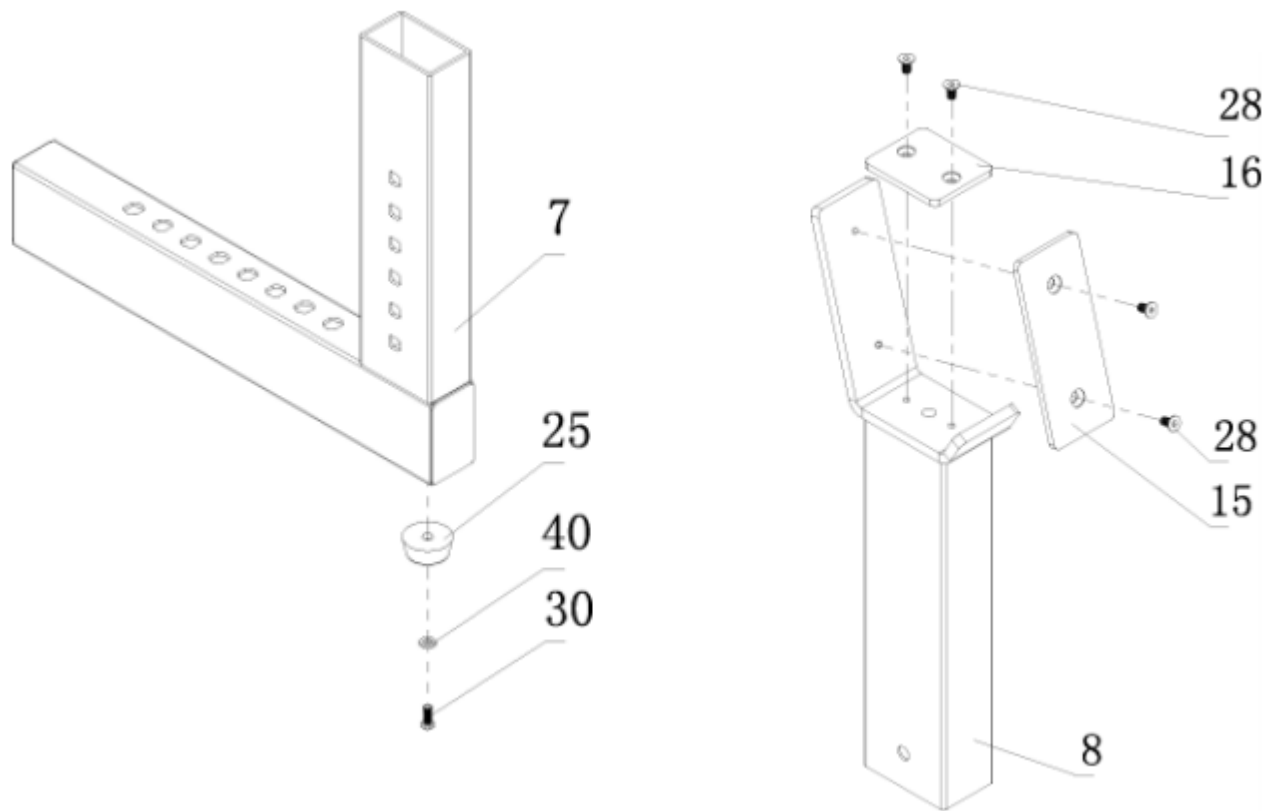


STEP 4

1. Fix Rubber Pad $45 * 35 * 8$ (26) to the Left Adjustable Frame (5) and Right Adjustable Frame (6) using Cross Recess Pan Bead Screw $M5 * 10$ (29).

STEP 5

1. Fix Nylon Buffer $\Phi 38*\Phi 8.2*15$ (25) to the Distance Adjustable Frame (7) using Pan Head, Hex Bolt M6*15 (30) and Flat Washer $\Phi 6.6*\Phi 12*1.6$ (40).

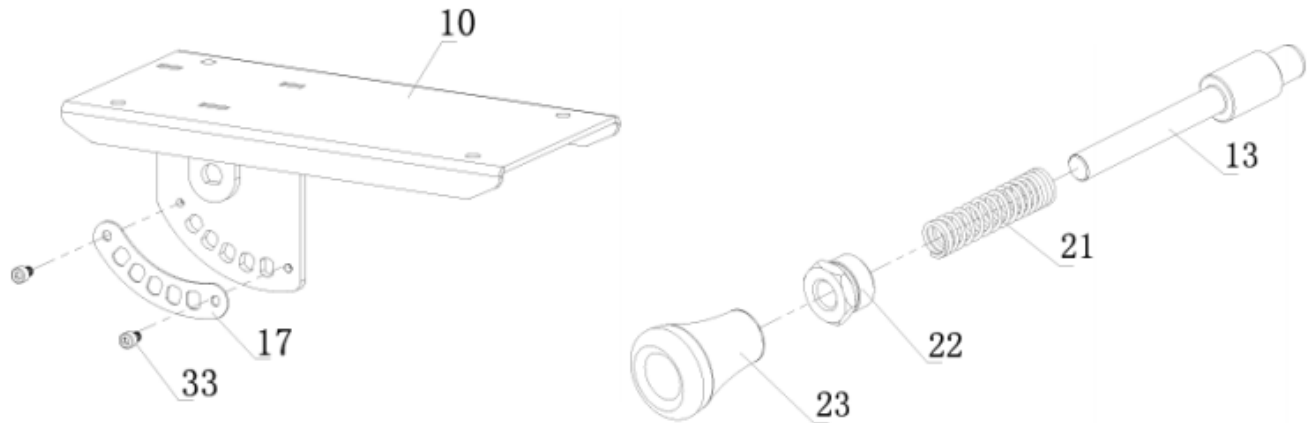


STEP 6

1. Fix Long Fixing Plate 148*60*5 (15) and Short Fixing Plate 72*60*5 (16) to the Support Frame (8) using Hexagon Socket countersunk head screw M6*12 (28).

STEP 7

1. Fix Adjustable Plate 136*45.2*2 (17) to the Fixing Plate (10) using Hexagon Socket Head Bolt M8*10 (33).



STEP 8

1. Assemble Pin $\Phi 18*\Phi 12.5*110*M10$ (13), Spring $\Phi 14*\Phi 1.5*55$ (21), Pin Nut $S21*\Phi 10.2*16*M20*1.5$ (22) and Knob 2 $\Phi 34.5*44*M10$ (23).
2. **PLEASE TIGHTEN ALL THE BOLTS AND NUTS.**

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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



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.

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1-888-410-1503

info@titan.fitness

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