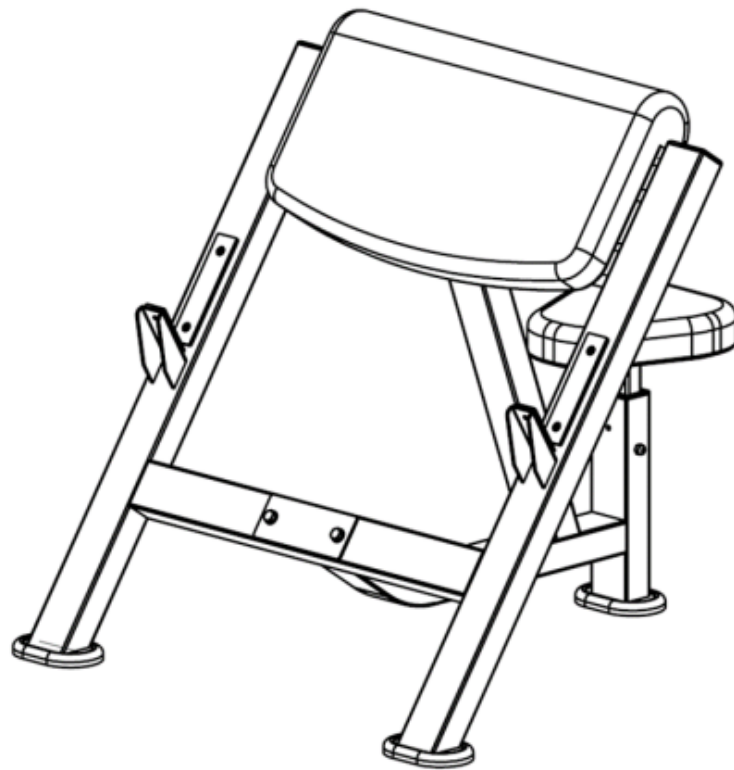




TITAN
FITNESS



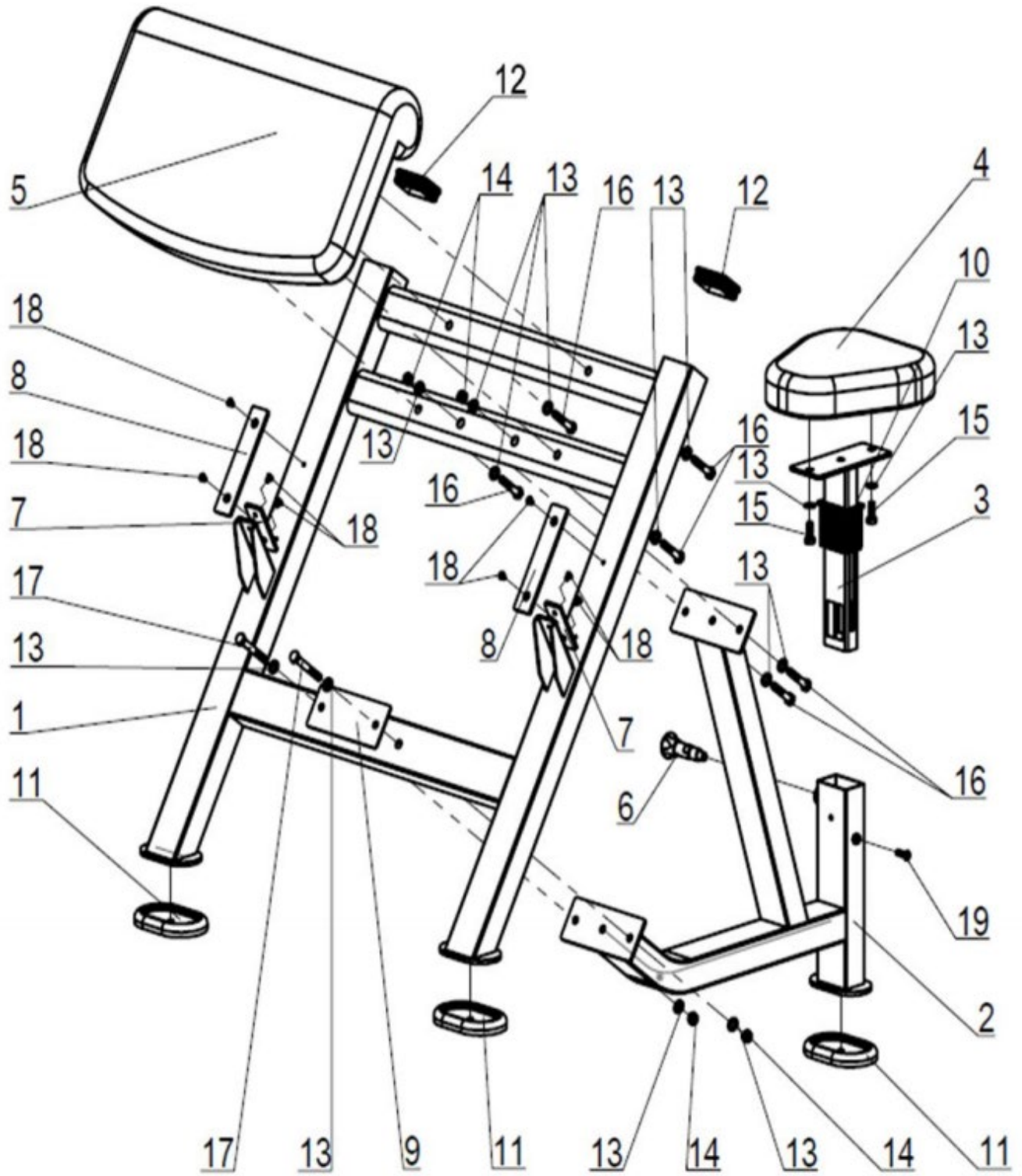
OWNER'S MANUAL

MPN(s): HQPRCL

SKU(s): 400729

UPC(s): 840009200403

PARTS DIAGRAM / EXPLODED VIEW



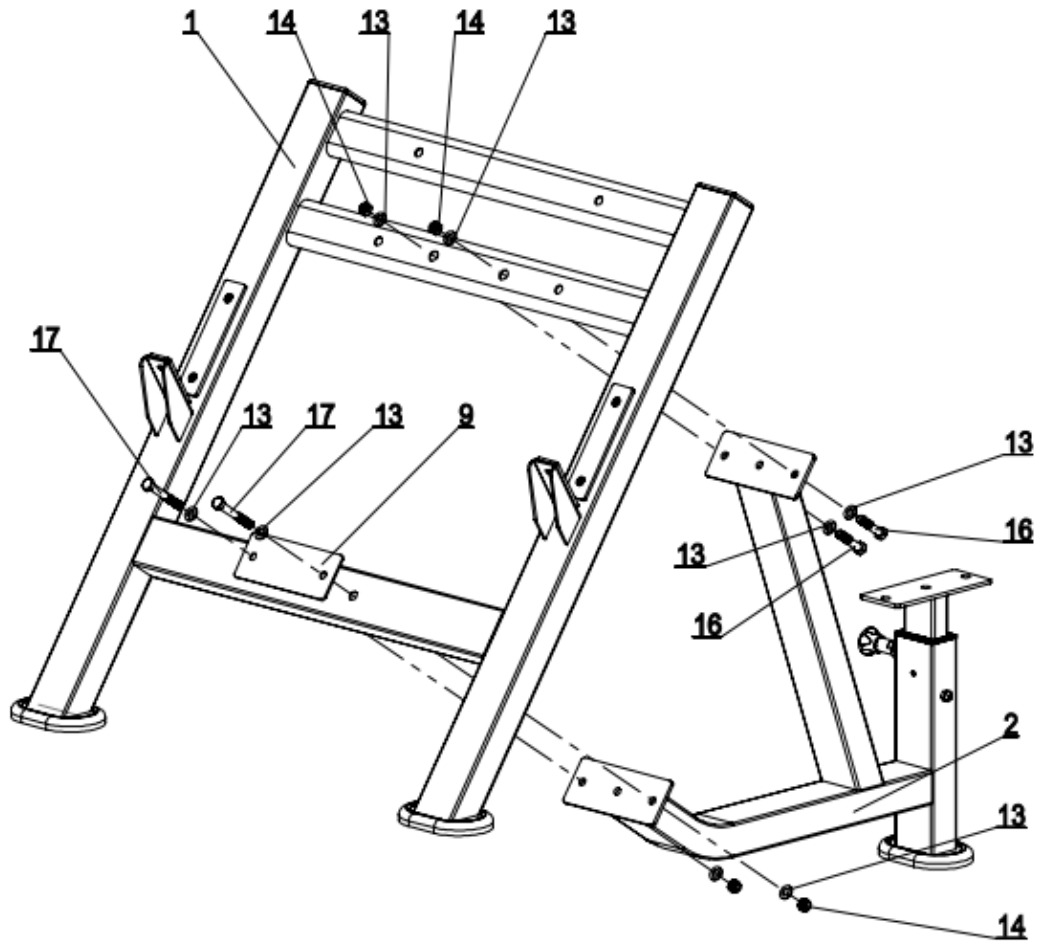
KEY	DESCRIPTION	QTY
(1)	MAIN FRAME	x1
(2)	REAR FOOT FRAME	x1
(3)	ADJUSTABLE TUBE	x1
(4)	SEAT CUSHION	x1
(5)	ARM CUSHION	x1
(6)	PIN	x1
(7)	SUPPORT FRAME	x2
(8)	TITAN PLATE	x2
(9)	FIXING PLATE	x1
(10)	SLEEVE	x1
(11)	FOOT PAD	x3
(12)	END CAP	x2
(13)	FLAT WASHER $\Phi 11 * \Phi 20 * 2$	x14
(14)	NUT M10	x4
(15)	HEX HEAD BOLT M10*25	x2
(16)	HEX HEAD BOLT M10*50	x6
(17)	HEX HEAD BOLT M10*75	x2
(18)	HEX BOLT M6*10	x8
(19)	HEX BOLT M8*25	x1



ASSEMBLY INSTRUCTIONS

STEP 1

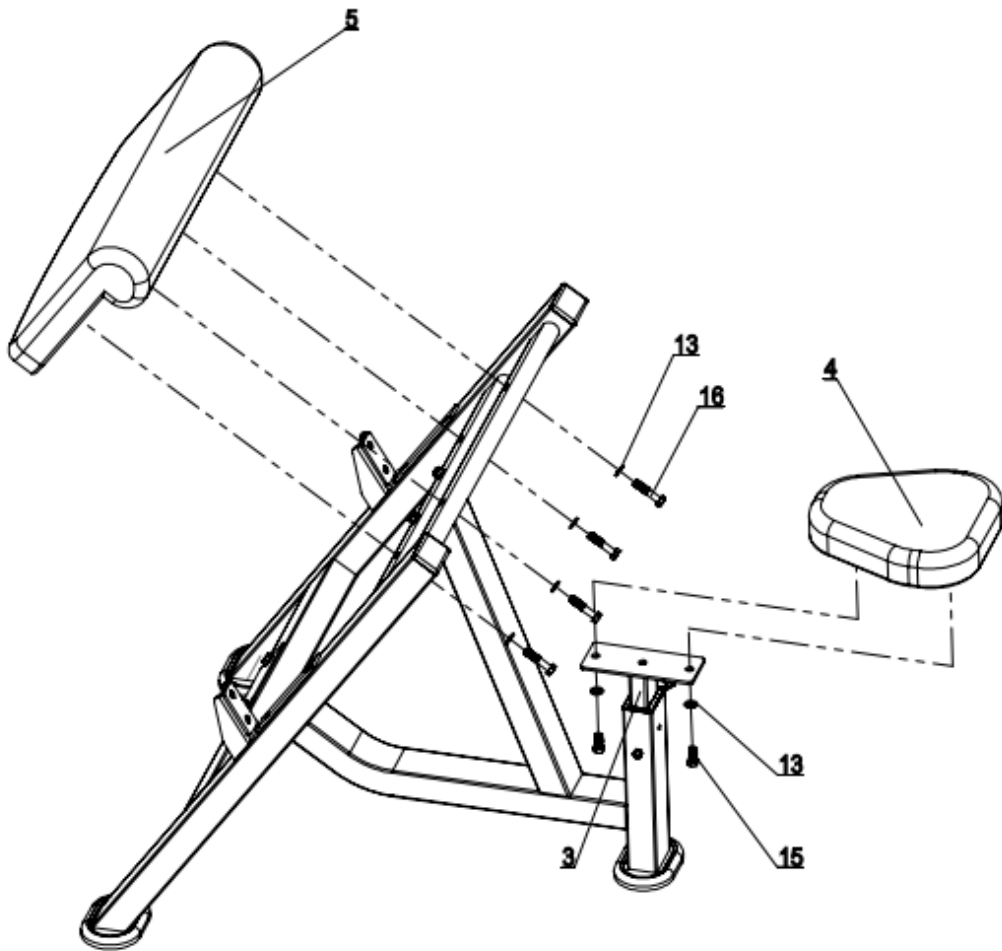
Attach the **REAR FOOT FRAME (2)** to the **MAIN FRAME (1)** using **HEX HEAD BOLTS M10*50 (16)**, **HEX HEAD BOLTS M10*75 (17)**, **FLAT WASHERS (13)**, **FIXING PLATE (9)**, and **NUTS M10 (14)**.



STEP 2

Attach the **SEAT CUSHION (4)** to the **ADJUSTABLE TUBE (3)** using **HEX HEAD BOLTS M10*50 (16)** and **FLAT WASHERS (13)**.

Attach the **ARM CUSHION (5)** to the **MAIN FRAME (1)** using **HEX HEAD BOLTS M10*25 (15)** and **FLAT WASHERS (13)**. Using the right tools tighten bolts and nuts properly.





*This concludes the HQRCL 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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