



TITAN
FITNESS



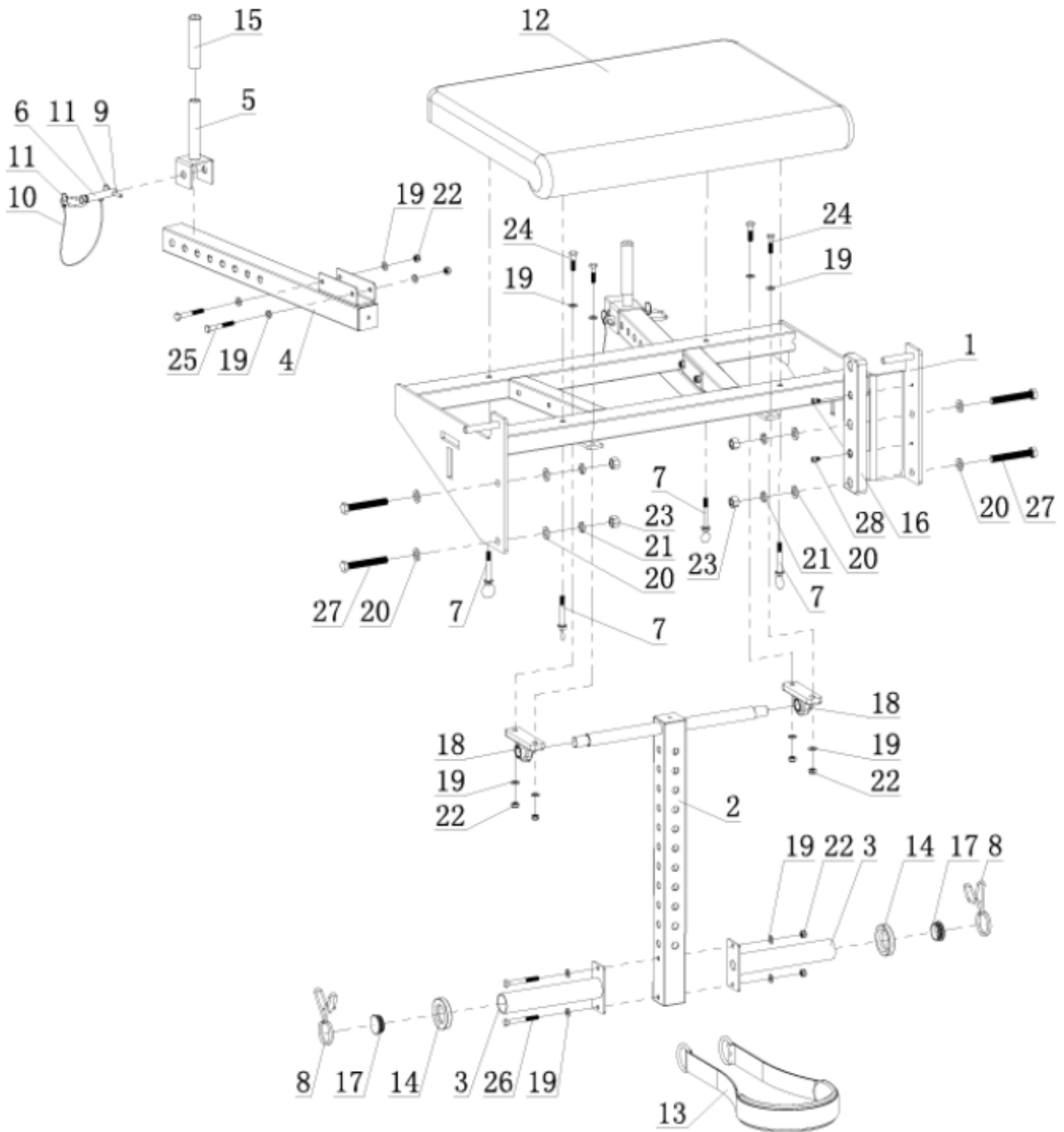
OWNER'S MANUAL

MPN(s): RMHPND31

SKU(s): 400797

UPC(s): 840009203169

PARTS DIAGRAM / EXPLODED VIEW



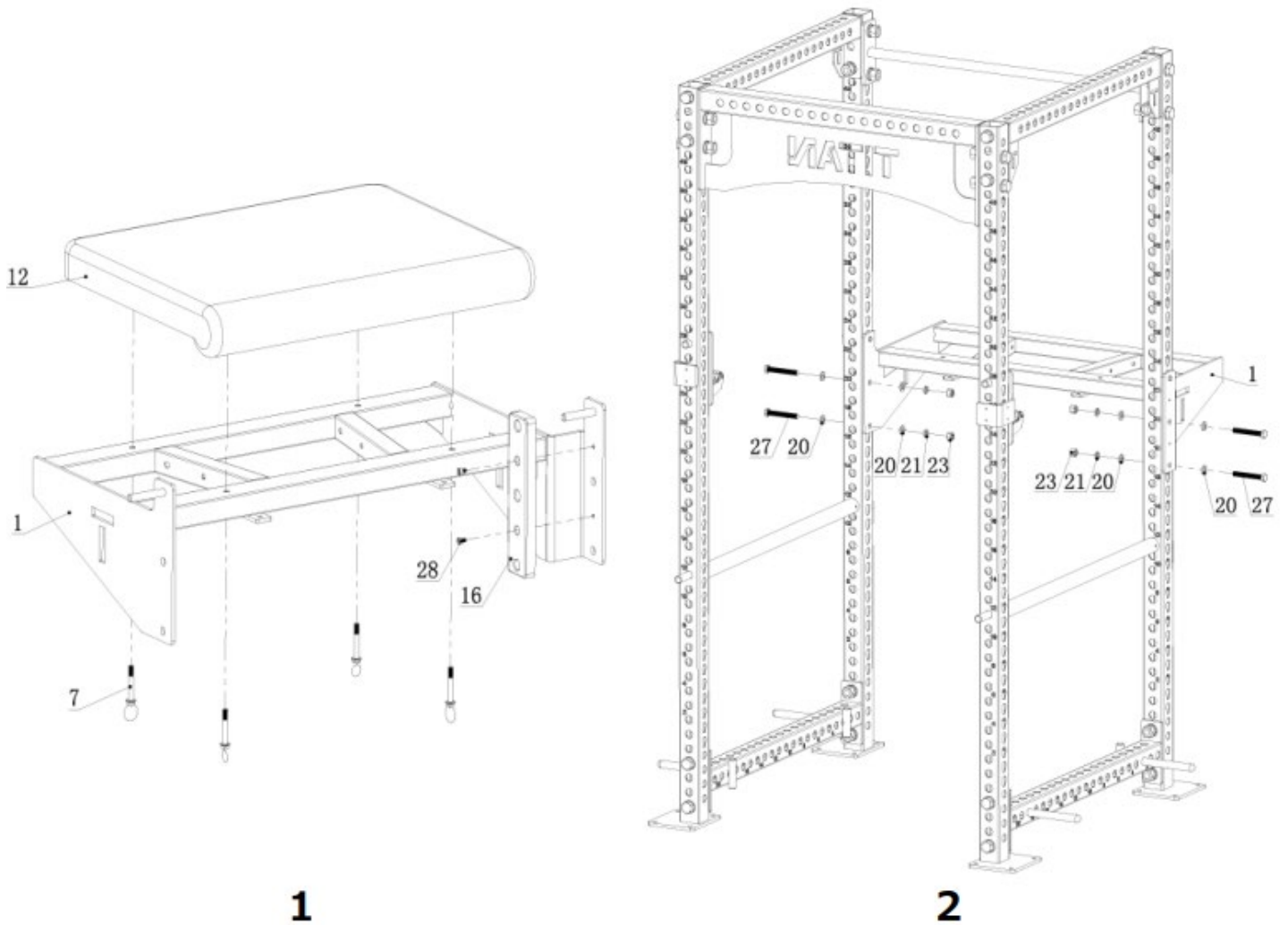
KEY	DESCRIPTION	QTY
1	MAIN FRAME	1
2	SWING FRAME	1
3	WEIGHT PLATE HOLDER	2
4	SUPPORT FRAME	2
5	ADJUSTABLE HANDLE	2
6	PIN 1	2
7	PIN 2	4
8	SPRGIN CLAMP 50*5	2
9	COTTER PIN 11*8*50	2
10	WIRE ROPE 1*5.5*1.6*330	2
11	PULL RING 10.5*31	4
12	CUSHION 860*650*110	1
13	BELT 1200*90	1
14	RUBBER COVER 77*47.5*13	2
15	SLEEVE 29.5*130	2
16	PLASTIC PLATE 345*75*25	1
17	END CAP 48*2	2
18	INSERT BEARING WITH HOUSING UCP205	2
19	FLAT WASHER 11*20*2	20
20	FLAT WASHER 11*30*3	8
21	SPRING WASHER 16	4
22	M10 NUT	10
23	M16 FLAT NUT	4
24	M10*40 HEX BOLT	4
25	M10*75 HEX BOLT	4
26	M10*85 HEX BOLT	2
27	FULL THREADED HEXAGONAL BOLT M16*110	4
28	HEXAGON SOCKET HEAD BOLT M8*10	2



ASSEMBLY INSTRUCTIONS

STEP 1

Loosen the Pin 2 (7) and remove the Cushion 860*650*110 (12) from the Main Frame (1). If the F75 iron tube is matched, the Plastic Plate 345*75*25 (16) shall be removed from the Main Frame (1). If the F50 and j50-75 iron tube are matched, the Plastic Plate 345*75*25 (16) shall not be removed.



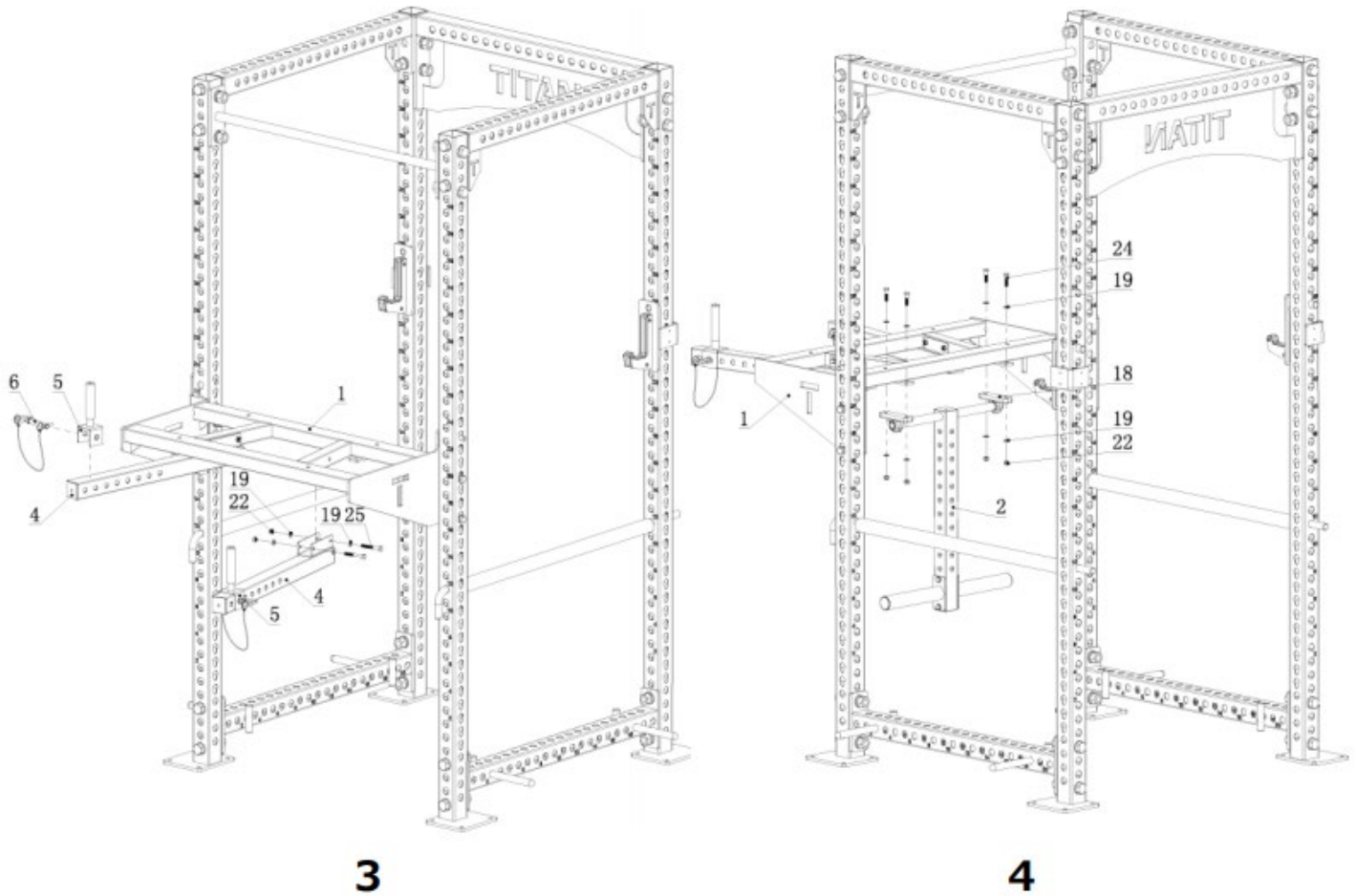
STEP 2

Fix Main Frame (1) to the Power Rack using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (20), Spring Washer $\Phi 16$ (21), Flat Nut M16 (23) and Full Threaded Hexagonal Bolt M16*110 (27).



STEP 3

Assemble Main Frame (1) and Support Frame (4) using Flat Washer $\Phi 11 * \Phi 20 * 2$ (19), Nut M10 (22) and Hex Bolt M10*75 (25). 2. Fix Adjustable Handle (5) to the Support Frame (4) using Pin 1 (6).



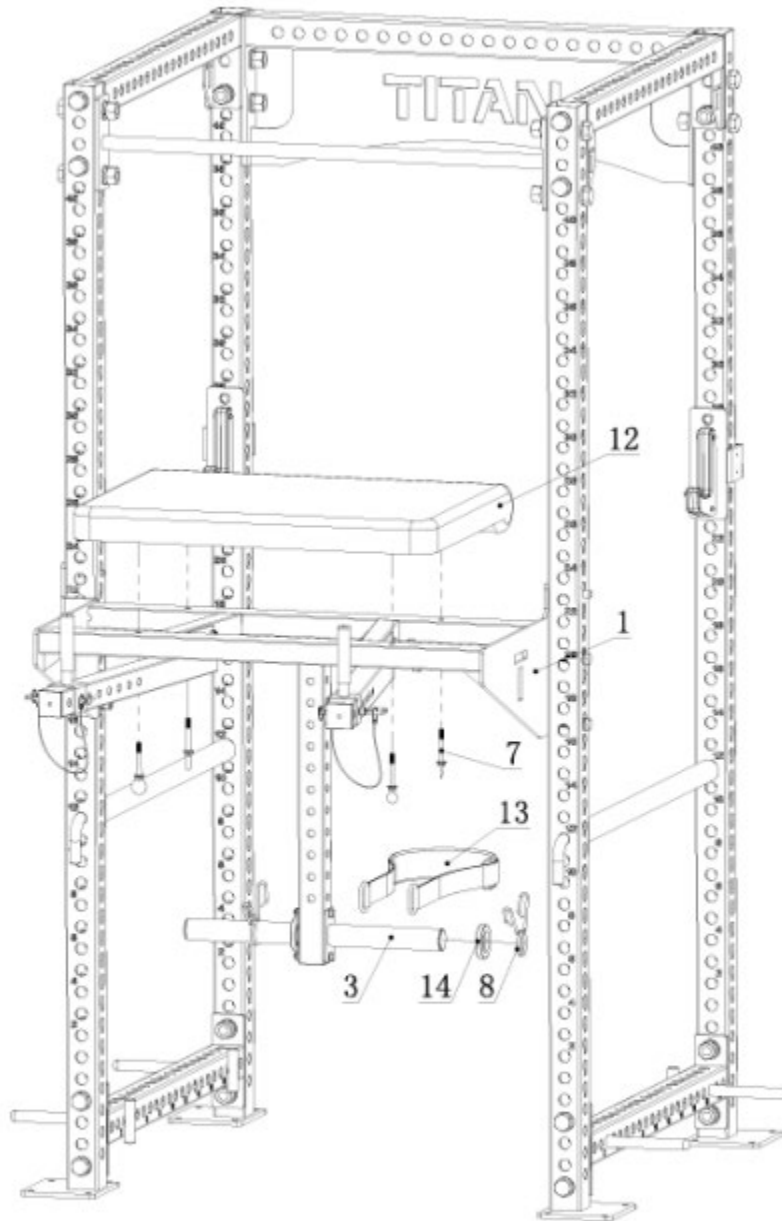
STEP 4

Sleeve the Insert Bearing with Housing UCP205 (18) onto the Swing Frame (2). 2. Fix the Swing Frame (2) to the Main Frame (1) using Flat Washer $\Phi 11 * \Phi 20 * 2$ (19), Nut M10 (22) and Hex Bolt M10*40 (24). 3. Lock M6 fastening screw on Insert Bearing with Housing UCP205 (18).



STEP 5

Sleeve the Rubber Cover $\Phi 77 * \Phi 47.5 * 13$ (14), the iron rings at both ends of the Belt 1200*90 (13) and the Spring Clamp $\Phi 50 * \Phi 5$ (8) onto the Weight Plate Holder (3) in turn. 2. Install the Cushion 860*650*110 (12) on the Main Frame (1) using Pin 2 (7). Please tighten all the bolts and nuts



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This concludes the RMHPND 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.

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