

FUNCTIONAL TRAINER

FNTLTNR

400883

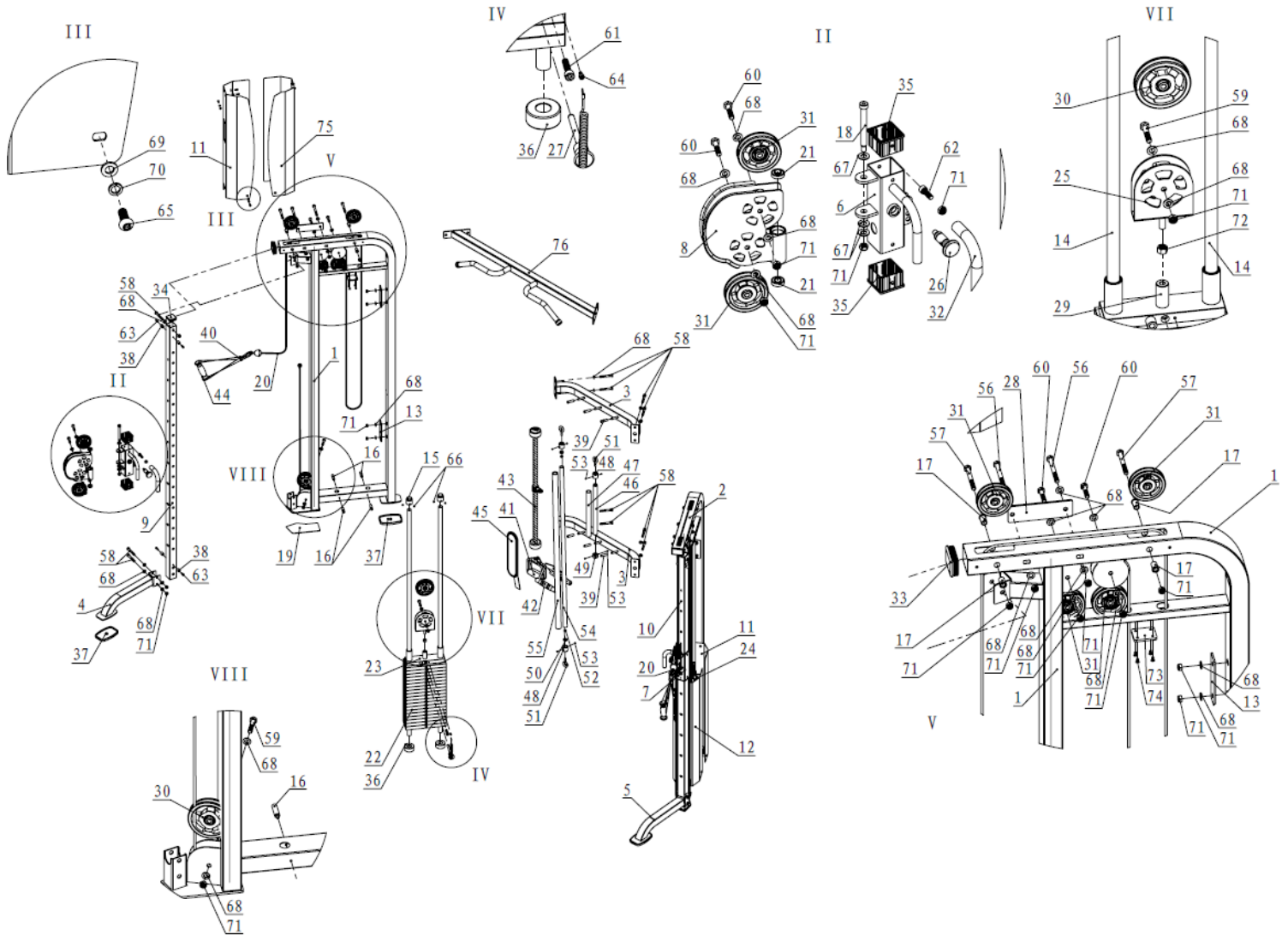


Operator's Manual



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!

PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	LEFT MAIN FRAME	1	(39)	1	PULLEY SPACER BUSH	6
(2)	1	RIGHT MAIN FRAME	1	(40)	1	SAFETY HOOK	2
(3)	1	REAR CROSS FRAME	2	(41)	1	HANDLE	2
(4)	1	LEFT BASE FRAME	1	(42)	1	HANDLE	1
(5)	1	RIGHT BASE FRAME	1	(43)	1	TRICEPS ROPE	1
(6)	1	LEFT ADJUSTABLE FRAME	1	(44)	1	HAND GRIP	2
(7)	1	RIGHT ADJUSTABLE FRAME	1	(45)	1	ANKLE STRAPS	1
(8)	1	DUAL PULLEY ROTATION FRAME	2	(46)	1	LIFTING ROD	1
(9)	1	LEFT ADJUSTABLE TUBE	1	(47)	1	FOAM	1
(10)	1	RIGHT ADJUSTABLE TUBE	1	(48)	1	METAL END CAP $\Phi 33 \times 32$	3
(11)	1	LEFT COVER	2	(49)	1	METAL END CAP $\Phi 33 \times 19$	1
(12)	1	RIGHT COVER WITH LOGO	1	(50)	1	BEARING	3
(13)	1	FIXING FRAME	4	(51)	1	LOOP	3

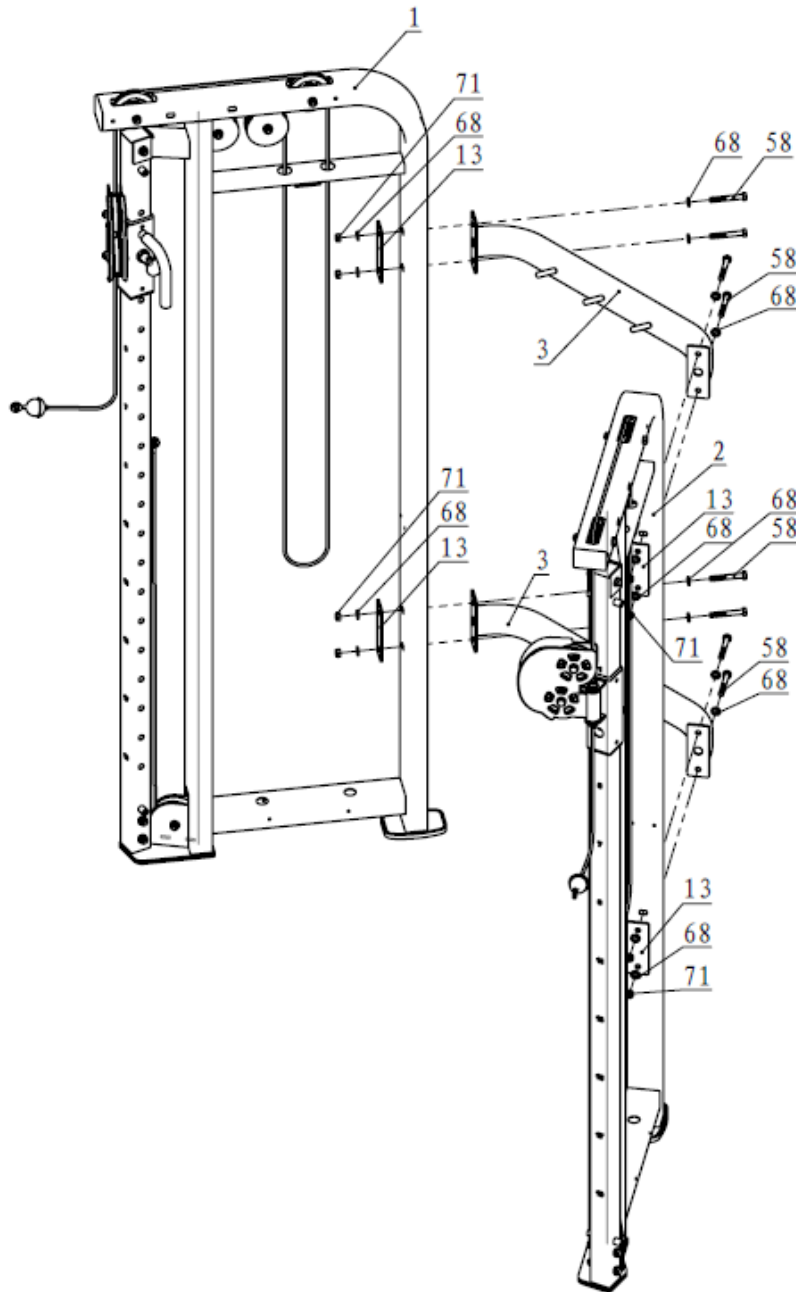
(14)	1	GUIDE ROD	4	(52)	1	NUT M8	3
(15)	1	BUSH	4	(53)	1	SCREW M6*4	8
(16)	1	FIXING SHAFT	8	(54)	1	HANDLE BAR	1
(17)	1	SPACER BUSHING	8	(55)	1	FOAM	1
(18)	1	BOLT Φ 12.6*100	2	(56)	1	HEX BOLT M10*100	4
(19)	1	RUBBER FOOT	2	(57)	1	HEX BOLT M10*90	4
(20)	1	CABLE COMBINATION	2	(58)	1	HEX BOLT M10*75	14
(21)	1	STEP BEARING	4	(59)	1	HEX BOLT M10*50	4
(22)	1	WEIGHT STACK	38	(60)	1	HEX BOLT M10*45	8
(23)	1	RIGHT TOP WEIGHT STACK	1	(61)	1	HEX BOLT M10*40	2
(24)	1	LEFT TOP WEIGHT STACK	1	(62)	1	HEX BOLT M10*30	2
(25)	1	PULLEY FRAME	2	(63)	1	HEX BOLT M6*15	8
(26)	1	PIN COMBINATION	2	(64)	1	HEX BOLTM5*10	2
(27)	1	MAGNETIC PIN COMBINATION	2	(65)	1	PAN HEAD, HEX BOLT M6*15	16
(28)	1	FIXING FRAME	2	(66)	1	SCREW M6*6	8
(29)	1	SELECTOR SHAFT	2	(67)	1	FLAT WASHER Φ 13.5* Φ 24*2.5	6
(30)	1	Φ 115 PULLEY	4	(68)	1	FLAT WASHER Φ 11* Φ 20*2	60
(31)	1	Φ 95 PULLEY	12	(69)	1	FLAT WASHER Φ 6.6* Φ 12*1.6	16
(32)	1	HANDLE GRIP	2	(70)	1	SPRING WASHER Φ 6	16
(33)	1	HOLLOW SLEEVE	2	(71)	1	NUT M10	38
(34)	1	END CAP \square 50*2	2	(72)	1	NUT M12	2
(35)	1	END CAP \square 60*2	4	(73)	1	BUMPER CUSHION 60*50*6	2
(36)	1	BUMPER CUSHION Φ 60* Φ 26*26	4	(74)	1	SCREW M5*10	8
(37)	1	RUBBER FOOT CAP	4	(75)	1	RIGHT COVER	1
(38)	1	RUBBER SLEEVE	8	(76)	1	HANDLE BAR FRAME	1

ASSEMBLY INSTRUCTIONS

STEP 1

Assemble the **LEFT MAIN FRAME (1)**, **RIGHT MAIN FRAME (2)**, and **REAR CROSS FRAME (3)** USING **FIXING PLATE (13)**, **FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$ (68)**, **NUT M10 (71)** and **HEX BOLT M10*75 (58)**.

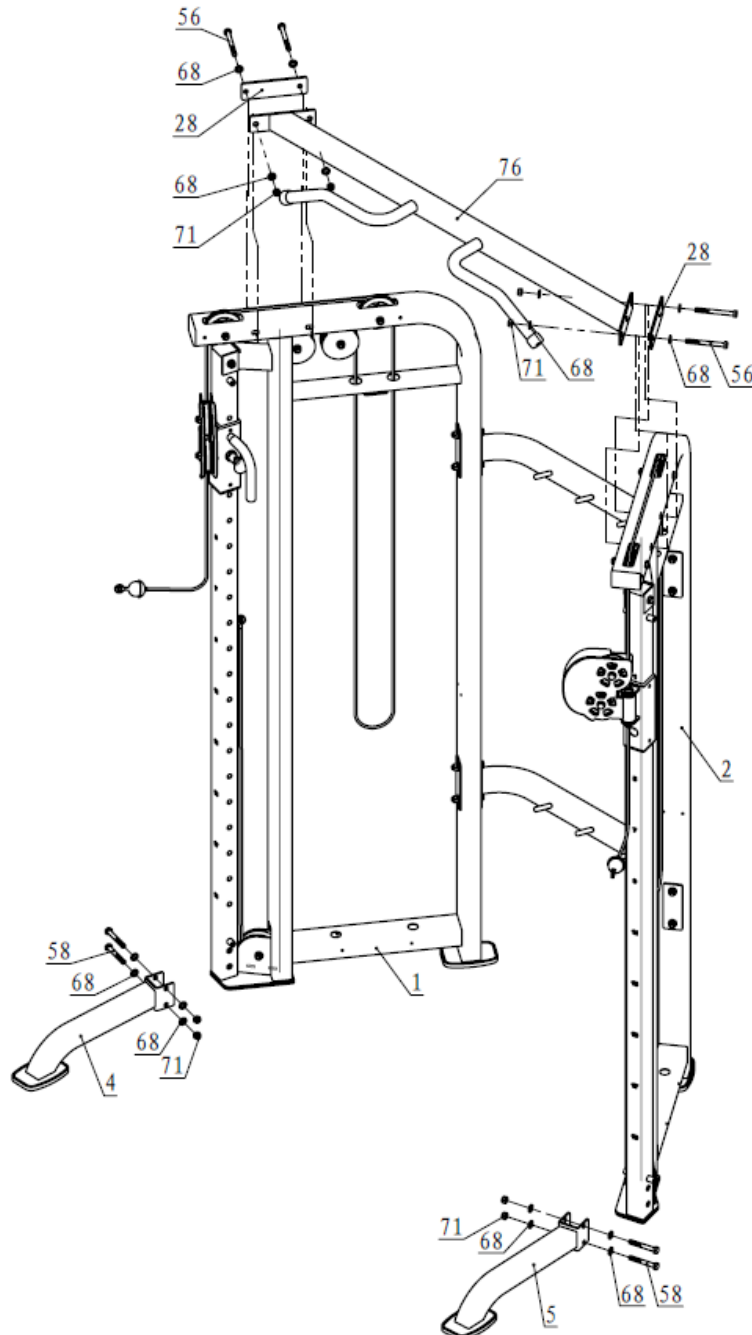
PLEASE TIGHTEN ALL BOLTS.



STEP 2

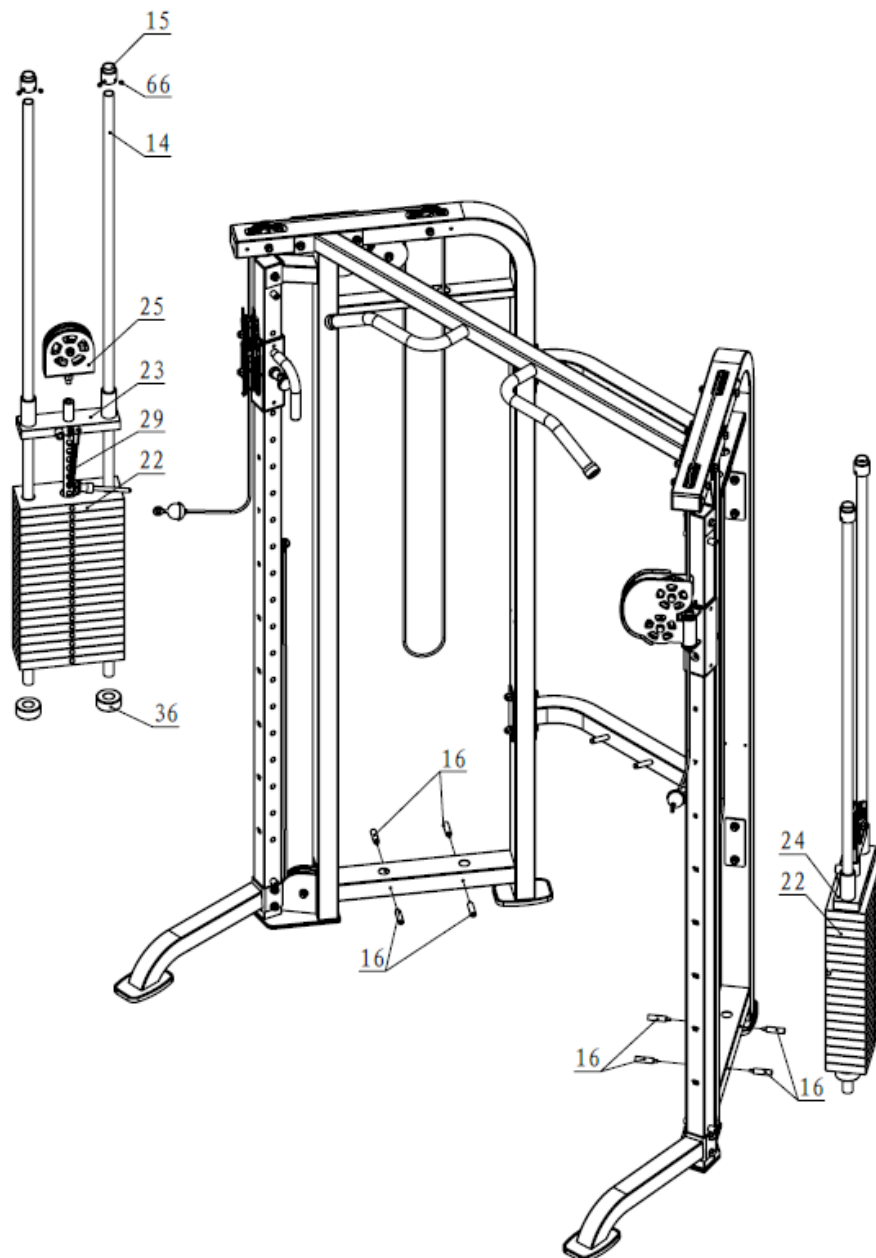
1. Connect **HANDLE BAR FRAME (76)**, **LEFT MAIN FRAME (1)** and **RIGHT MAIN FRAME (2)**, using **FIXING PLATE (28)**, **FLAT WASHER $\Phi 11*\Phi 20*2$ (68)**, **NUT M10 (71)** and **HEX BOLT M10*100 (56)**.
2. Assemble the **LEFT BASE FRAME (4)**, **RIGHT BASE FRAME (5)** on **LEFT MAIN FRAME (1)** and **RIGHT MAIN FRAME (2)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (68)**, **NUT M10 (71)** and **HEX BOLT M10*75 (58)**.

PLEASE TIGHTEN ALL THE BOLTS.



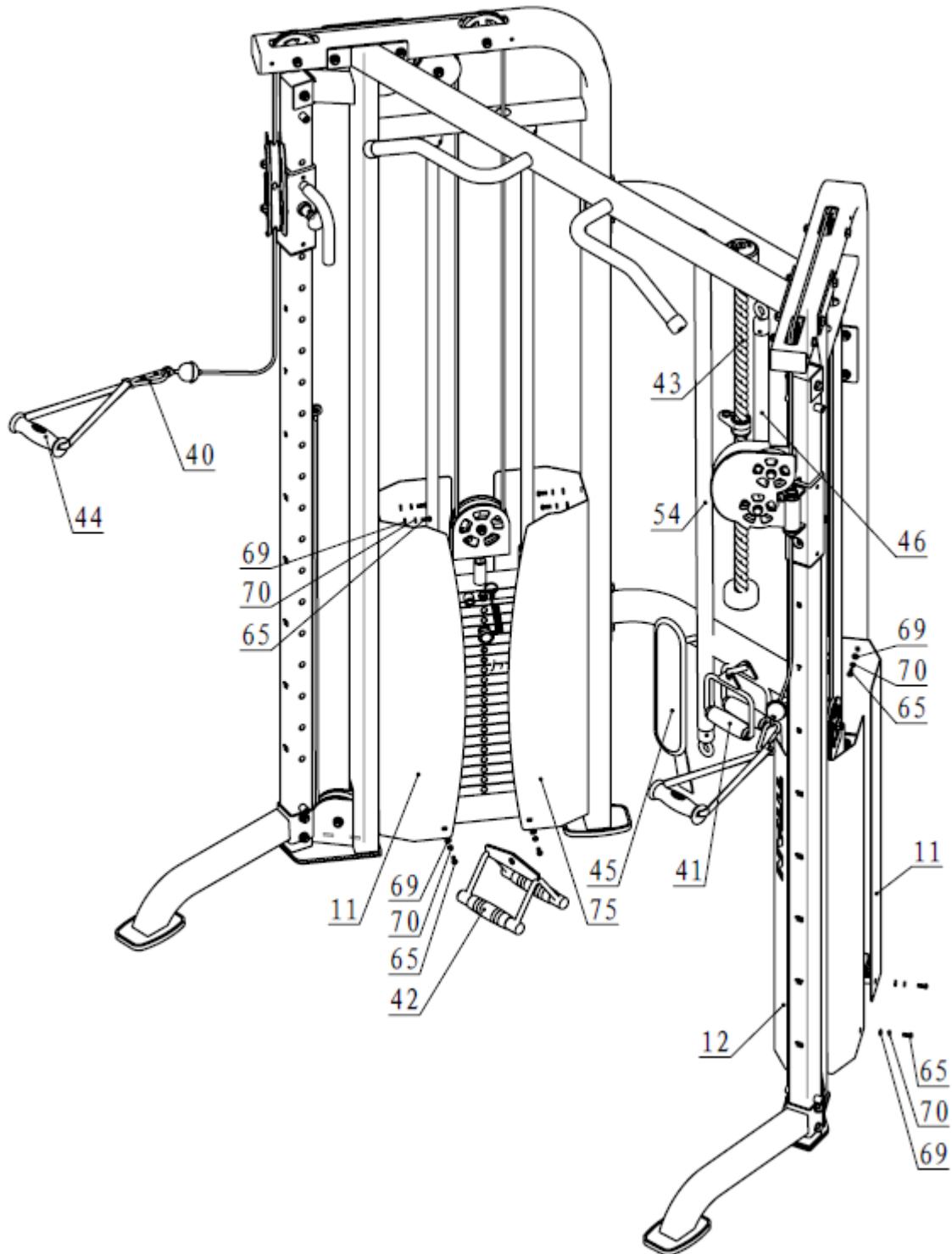
STEP 3

1. Put the **BUMPER CUSHION (36)** on the **LEFT MAIN FRAME (1)**, insert the **GUIDE ROD (14)** into the **LEFT MAIN FRAME (1)**. incline the **GUIDE ROD (14)**, then put the weight **STACK (22)**, **LEFT TOP WEIGHT STACK (23)**, and **BUSHES (15)** into **GUIDE ROD (14)**. Put the **GUIDE ROD (14)** back to upright position, slide the **BUSHES (15)** up to the hole on the **MAIN FRAME (1)**. Tighten the **ALLEN HEAD SET SCREW M6X6 (66)** on the **BUSHES (15)**. Fix the **PULLEY SUPPORT FRAME (25)** to **TOP WEIGHT STACK (23)**.
2. Do the same procedure to the other side.
3. Insert the **FIXING SHAFT (16)** into the **MAIN FRAME (1 & 2)**.



STEP 4

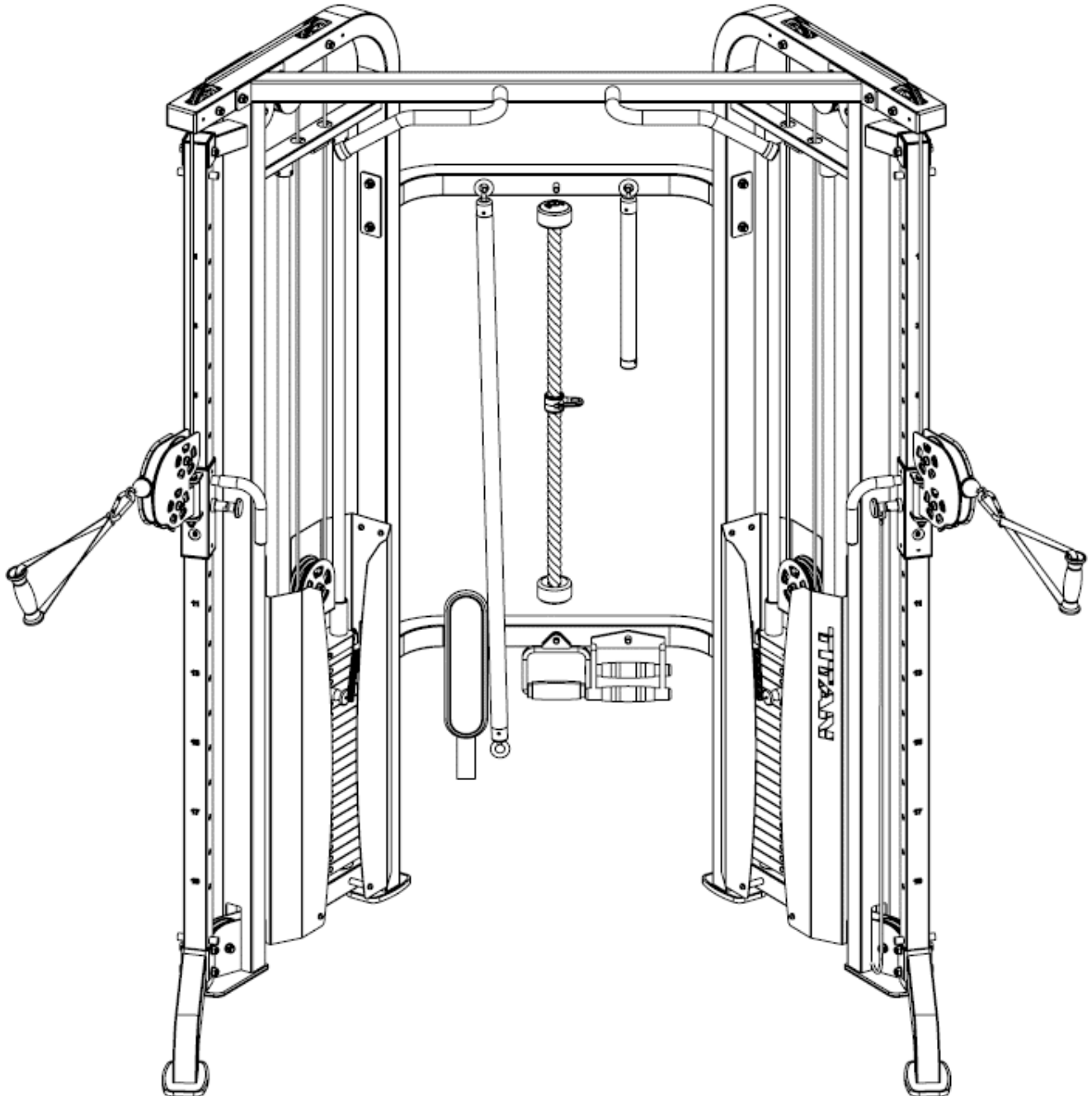
Install the **LEFT COVER (11)**, right cover with **LOGO (12)** and **RIGHT COVER (75)** on the **LEFT MAIN FRAME (1)**, and **RIGHT MAIN FRAME (2)**, using **FLAT WASHER $\Phi 6.6 \times \Phi 12 \times 1.6$ (69)**, **SPRING WASHER $\Phi 6$ (70)** and **HEX BOLT M6*15 (65)**.



ASSEMBLY INSTRUCTIONS

STEP 5

Put all **ACCESSORIES** on the product as shown in drawing.



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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