

# PLATE-LOADED LAT TOWER V2

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SALPLRv2

400895



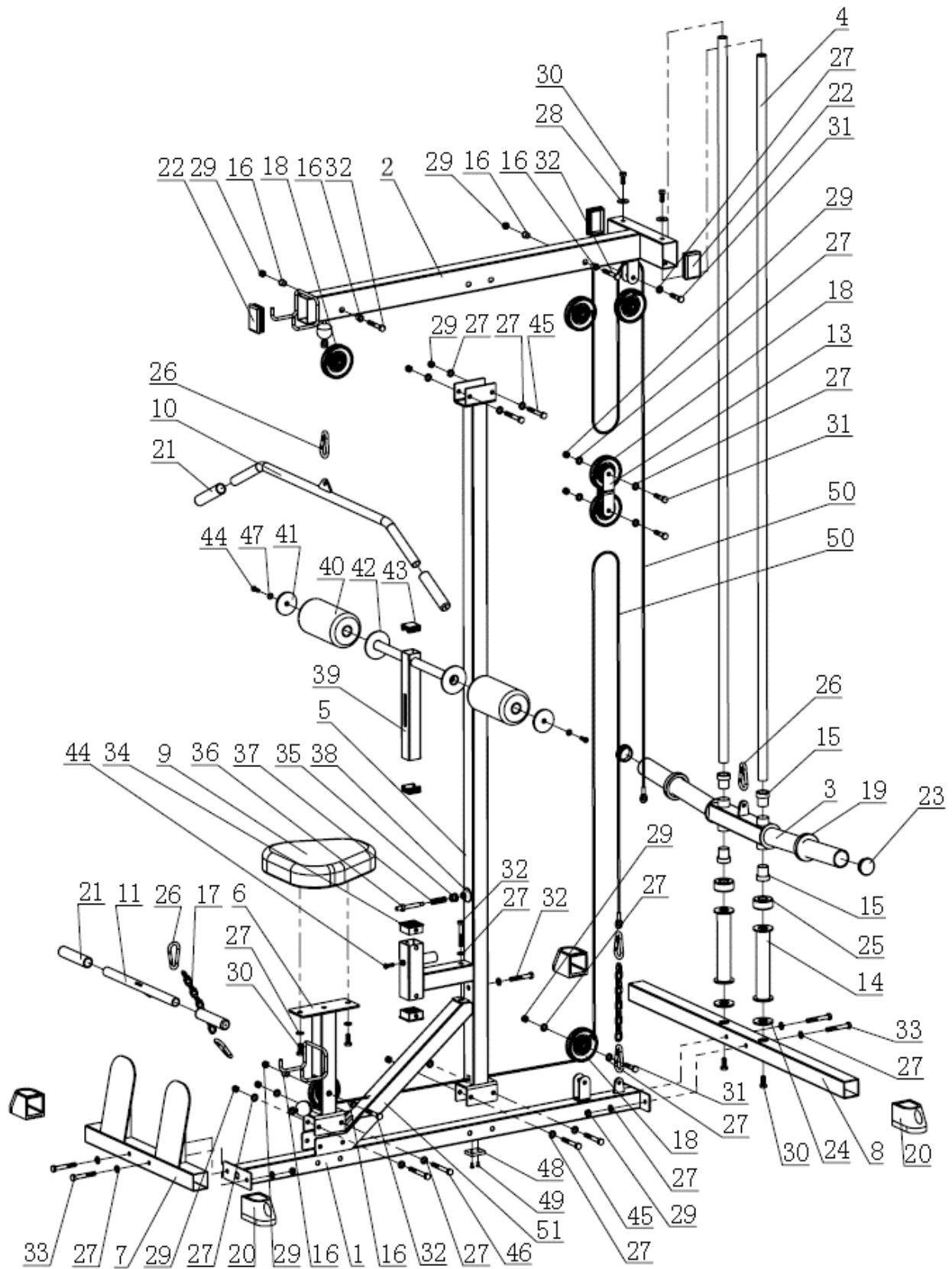
## Operator's Manual



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**



PARTS DIAGRAM / EXPLODED VIEW

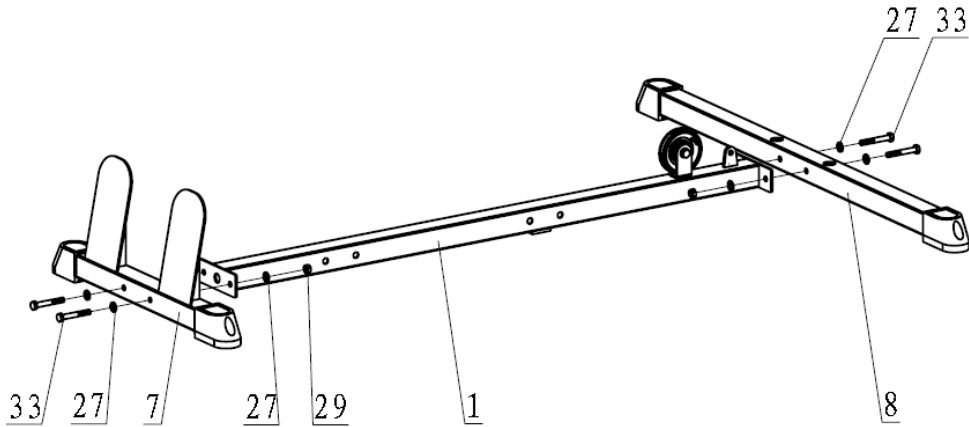
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	BASE FRAME	1	(27)	1	FLAT WASHER $\Phi 11*\Phi 20*2$	28
(2)	1	UPPER FIXING FRAME	1	(28)	1	FLAT WASHER $\Phi 10.5*\Phi 30*2.5$	2
(3)	1	WEIGHT PLATE HOLDER	1	(29)	1	NUT M10	17
(4)	1	GUIDE FRAME	2	(30)	1	HEX BOLT M10*25	6
(5)	1	SUPPORT FRAME	1	(31)	1	HEX BOLT M10*45	3
(6)	1	SEAT CUSHION FRAME	1	(32)	1	HEX BOLT M10*65	4
(7)	1	FOOT FRAME	1	(33)	1	HEX BOLT M10*70	4
(8)	1	LOWER GUIDE FRAME FIXED TUBE F50*3*1100	1	(34)	1	SLEEVE F50*2-F40	2
(9)	1	SEAT CUSHION 280*300*60	1	(35)	1	NUT S21* $\Phi 10.2*16*M20*1.5$	1
(10)	1	HANDLE	1	(36)	1	BOLT $\Phi 18*\Phi 10*90*M10$	1
(11)	1	LOWER HANDLE	1	(37)	1	SPRING $\Phi 14*\Phi 1*45$	1
(12)	1	FOAM FRAME	1	(38)	1	KNOB $\Phi 38*23*M8$	1
(13)	1	MOVABLE PULLEY FRAME	1	(39)	1	FOAM ADJUSTABLE TUBE F40*2*310	1
(14)	1	HEIGHTENING FRAME	2	(40)	1	FOAM $\Phi 100*\Phi 26*180$	2
(15)	1	SLIDING SLEEVE $\Phi 35.5*\Phi 26*39$	4	(41)	1	NYLON COVER $\Phi 65*6$	2
(16)	1	SLEEVE $\Phi 18*15$	8	(42)	1	NYLON PLATE WASHER 80*4	2
(17)	1	LINK $\Phi 5*230$	2	(43)	1	F40 END CAP F40*2	2
(18)	1	$\Phi 95$ PULLEY $\Phi 95*24$	7	(44)	1	PAN HEAD, HEX BOLT M8*25	3
(19)	1	RUBBER CUSHION $\Phi 77*\Phi 47.5*13$	2	(45)	1	HEX BOLT M10*75	4
(20)	1	F50 SLEEVE F50	4	(46)	1	HEX BOLT M10*85	2
(21)	1	FRONT HANDLE SLEEVE $\Phi 29.5*130$	4	(47)	1	FLAT WASHER $\Phi 9*\Phi 16*1.6$	2
(22)	1	END CAP J50*75*2	3	(48)	1	BASE RUBBER CUSHION 45*35*8	1
(23)	1	$\Phi 48$ END CAP $\Phi 48*2$	2	(49)	1	CROSS RECESS PAN HEAD BOLT M5*10	2
(24)	1	RUBBER CUSHION $\Phi 55*\Phi 26*5$	2	(50)	1	CABLE $\Phi 5*3670$	2
(25)	1	BIG RUBBER CUSHION $\Phi 55*\Phi 25*25$	2	(51)	1	DIAGONAL BRACE	1
(26)	1	SAFETY HOOK $\Phi 8*80$	6				

## ASSEMBLY INSTRUCTIONS

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### STEP 1

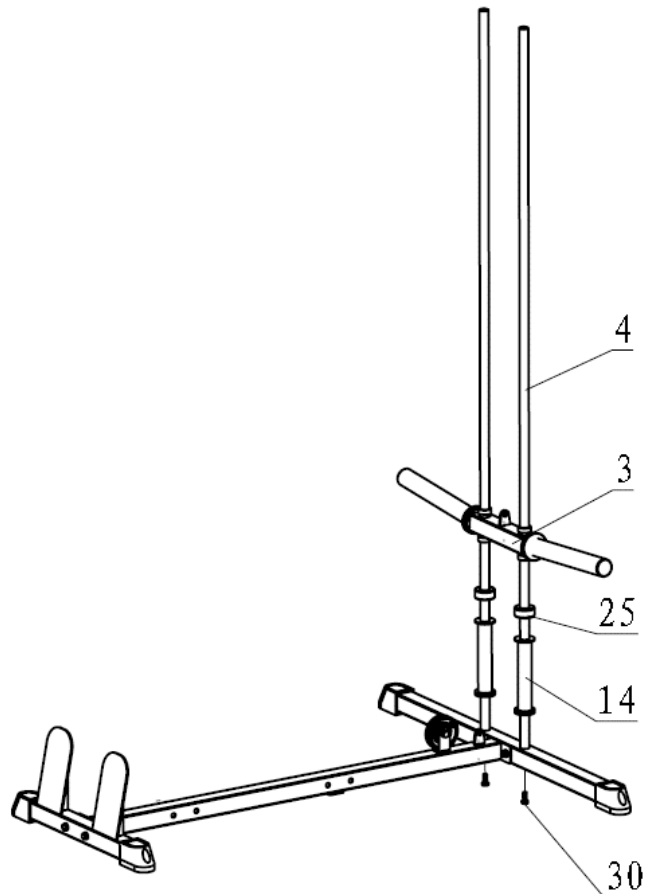
Assemble the **BASE FRAME (1)**, **FOOT FRAME (7)** and **LOWER GUIDE FRAME FIXED TUBE (8)** using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (27)**, **NUT M10 (29)** and **HEX BOLT M10\*70 (33)**.



### STEP 2

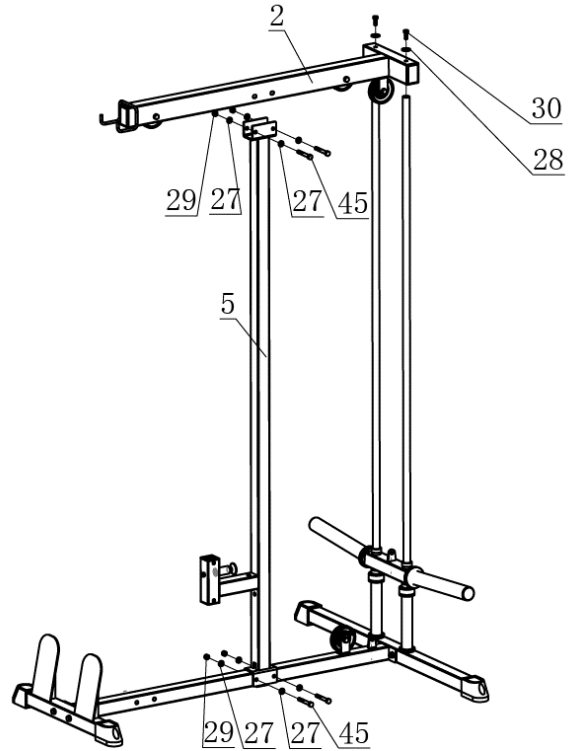
Connect **WEIGHT PLATE HOLDER (3)**, **BIG RUBBER CUSHION  $\Phi 55*\Phi 25*25$  (25)** and **HEIGHTENING FRAME (14)**, **USING GUIDE FRAME (4)** and **HEX BOLT M10\*25 (30)**.

**PLEASE TIGHTEN ALL THE BOLTS.**



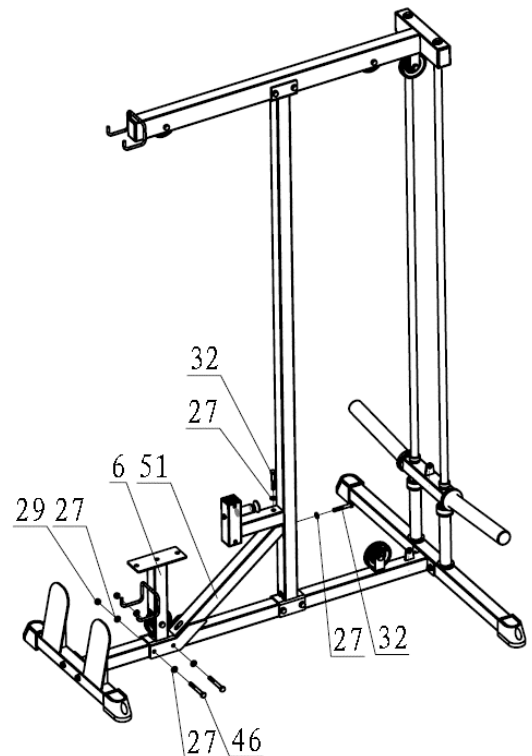
**STEP 3**

1. Install **SUPPORT FRAME (5)** on the **BASE FRAME (1)**, using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (27)**, **NUT M10 (29)** and **HEX BOLT M10\*75 (45)**.
2. Assemble the **UPPER FIXING FRAME (2)** on the **SUPPORT FRAME (5)** and **GUIDE FRAME (4)**, using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (27)**, **FLAT WASHER  $\Phi 10.5*\Phi 30*2.5$  (28)**, **NUT M10 (29)**, **HEX BOLT M10\*75 (45)** and **HEX BOLT M10\*25 (30)**.



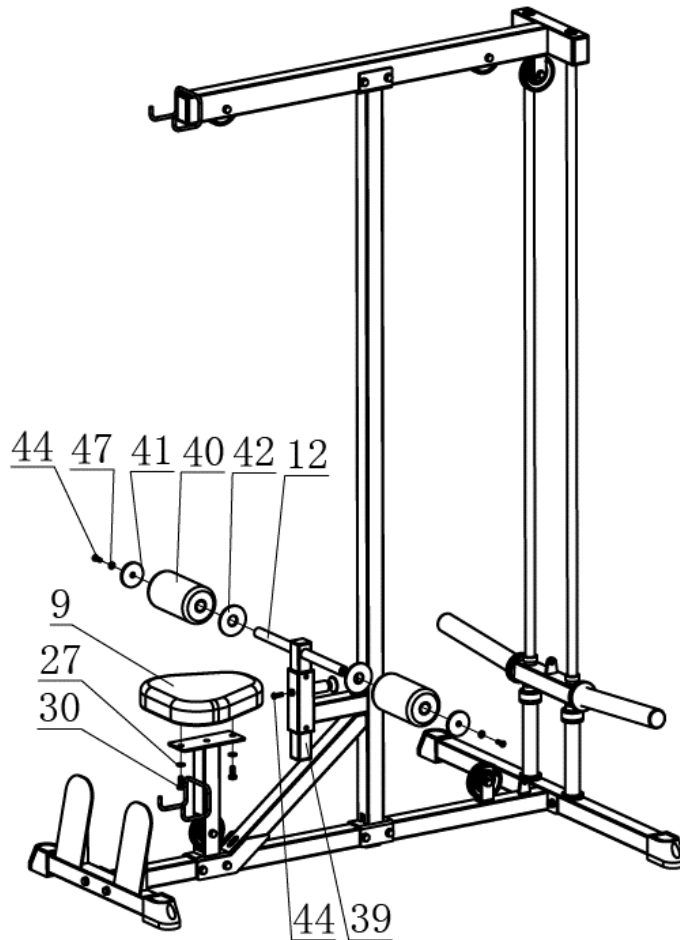
**STEP 4**

Install the **SEAT CUSHION FRAME (6)** and **DIAGONAL BRACE (51)** on the **BASE FRAME (1)** using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (27)**, **NUT M10 (29)** and **HEX BOLT M10\*85 (46)**. Then fixing the **DIAGONAL BRACE (51)** on **SUPPORT FRAME (5)**, using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (27)** and **HEX BOLT M10\*65 (32)**.



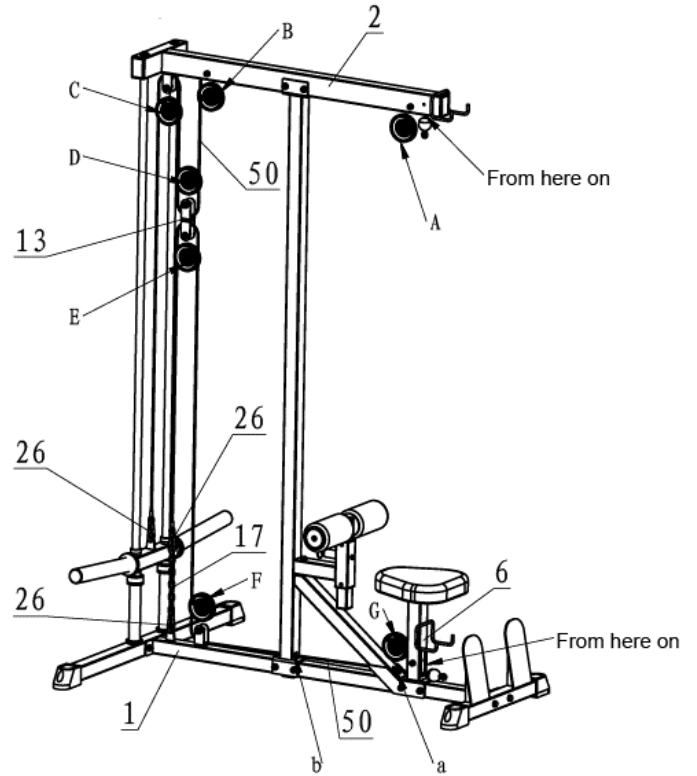
**STEP 5**

1. Install the **SEAT CUSHION (9)** on the **SEAT CUSHION FRAME (6)** using **FLAT WASHER  $\Phi 11*\Phi 20*2$  (27)** and **HEX BOLT M10\*25 (30)**.
2. Insert the **FOAM ADJUSTABLE FRAME (39)** into the **SUPPORT FRAME (5)**. Then install the **FOAM (40)**, **NYLON COVER (41)** and **NYLON PLATE WASHER (42)** on **FOAM FRAME (12)**, USING **FLAT WASHER  $\Phi 9*\Phi 16*1.6$  (47)** and **PAN HEAD HEX BOLT M8\*25 (44)**.



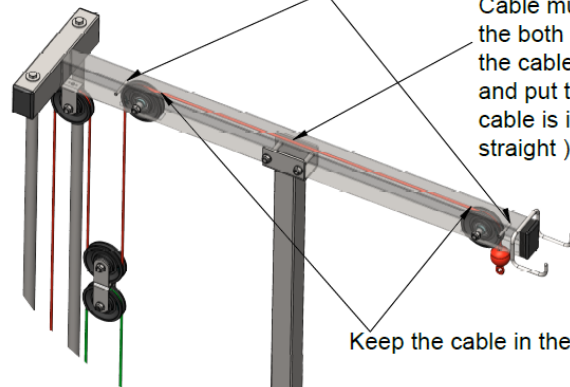
**STEP 6**

1. Remove the **PULLEY (A, B, C)** on the **UPPER FIXING FRAME (2)**, insert the **CABLE (50)** from **PULLEY A**, via **THE UPPER FIXING FRAME (2)** and out from the hole of **PULLEY B**, through the **PULLEY C BRACKET**, then reinstall the **PULLEY A, B, C**.
2. Remove the **PULLEY (F & G)**. Through one side of **CABLE (50)** into the hole on **SEAT CUSHION FRAME (6)**, via the hole on the **SUPPORT FRAME (5)** and **PULLEY BRACKET** on the **BASE FRAME (1)**, then reinstall the **PULLEY F, G**.
3. Remove the **PULLEY (D & E)** on the movable **PULLEY FRAME (13)**. Place the **CABLE (50)** into the movable **PULLEY FRAME (13)**, then reinstall the **PULLEY D, E**.
4. Fixing the **TOP CABLE** on the **WEIGHT PLATE HOLDER (6)**, using the **SAFETY HOOK (26)**. Fix the cable on the **BASE FRAME (1)**, using **SAFETY HOOK (26)** and **LINK (17)**.



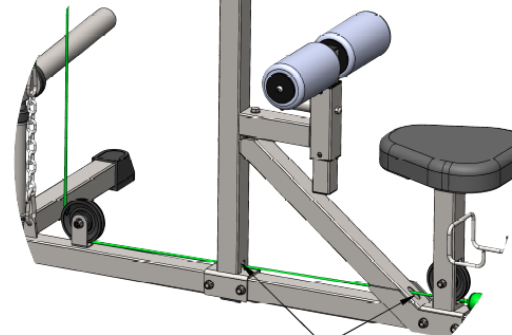
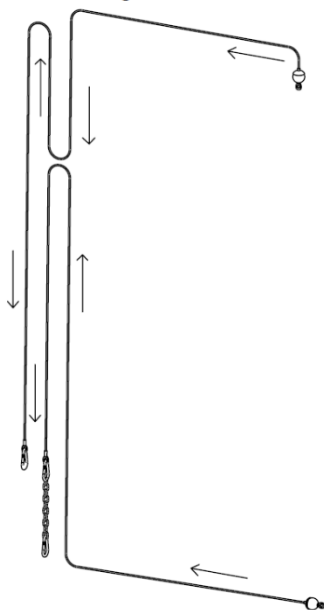
The cable has to pass between the bumper and pulley.

Cable must be installed above the both bolts. (When threading the cable, remove the bolts first and put them back after the cable is installed and stretched straight )



Keep the cable in the pulley groove

Schematic diagram of cable direction



The cable assembly passes through holes A and B

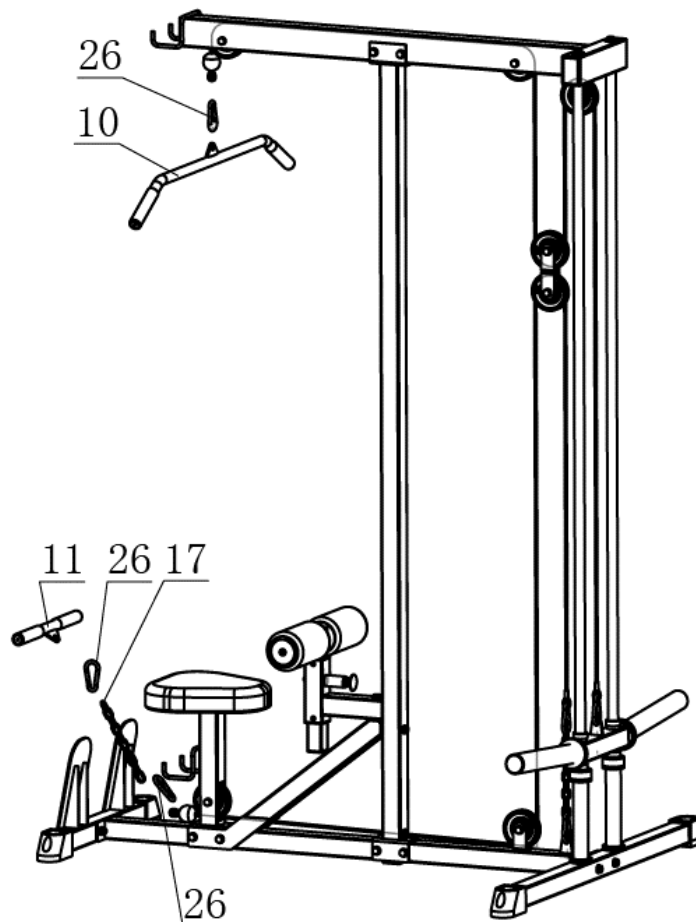
## ASSEMBLY INSTRUCTIONS

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### STEP 7

1. Connect the **HANDLE (10)**, **SAFETY HOOK  $\Phi 8*80$  (26)** and **CABLE  $\Phi 5*3670$  (50)**.
2. Connect the **LOWER HANDLE (11)**, **SAFETY HOOK  $\Phi 8*80$  (26)**, **LINK  $\Phi 5*230$  (17)** and **CABLE  $\Phi 5*3670$  (50)**.
  - a. Note that there are **SAFETY HOOK  $\Phi 8*80$  (26)** at both ends of the **LINK  $\Phi 5*230$  (17)**.

**PLEASE TIGHTEN ALL THE BOLTS AND NUTS.**





## 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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