

COMPETITION BENCH AND SQUAT RACK COMBO

CMBRCK

400902



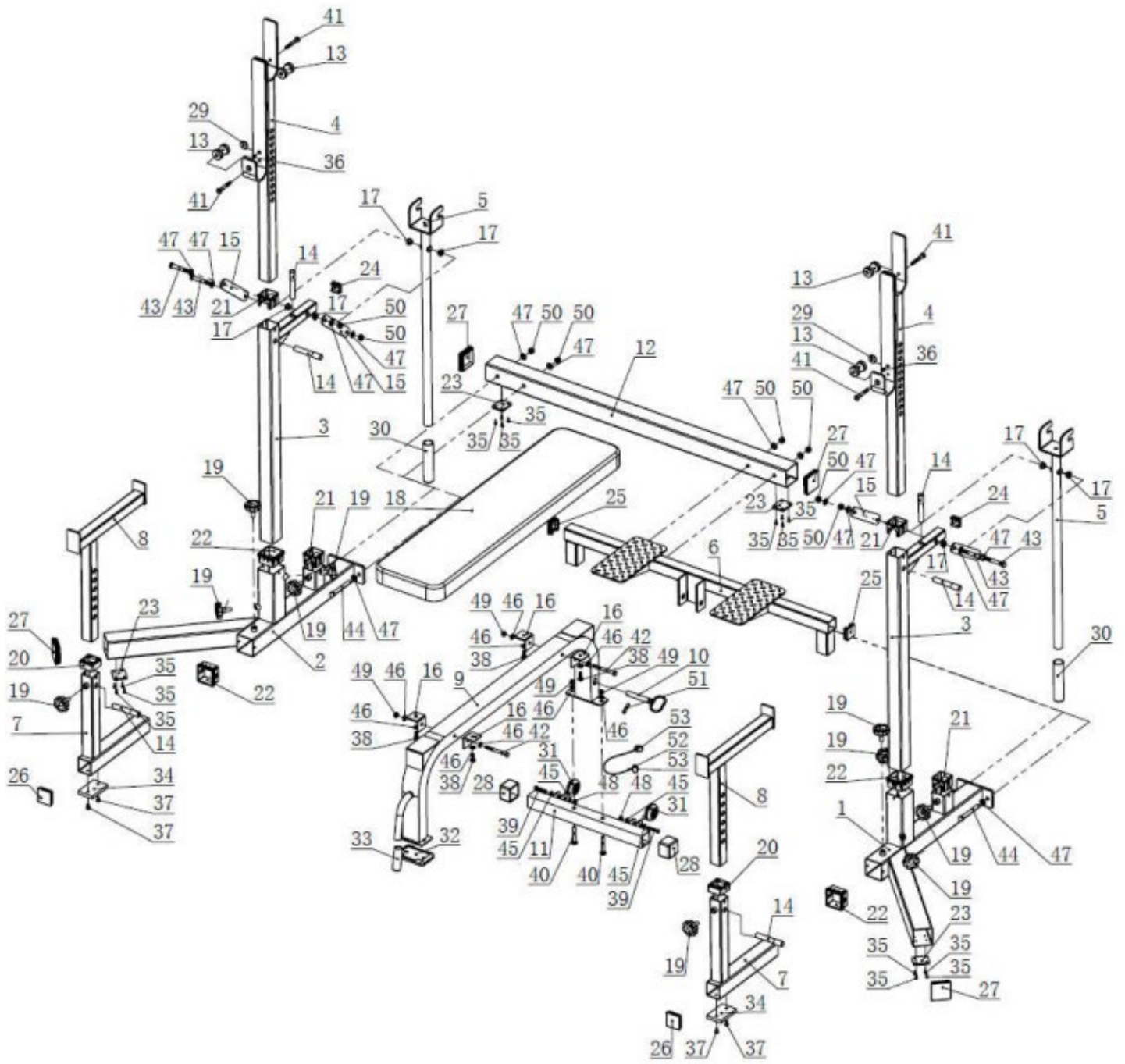
Operator's Manual



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



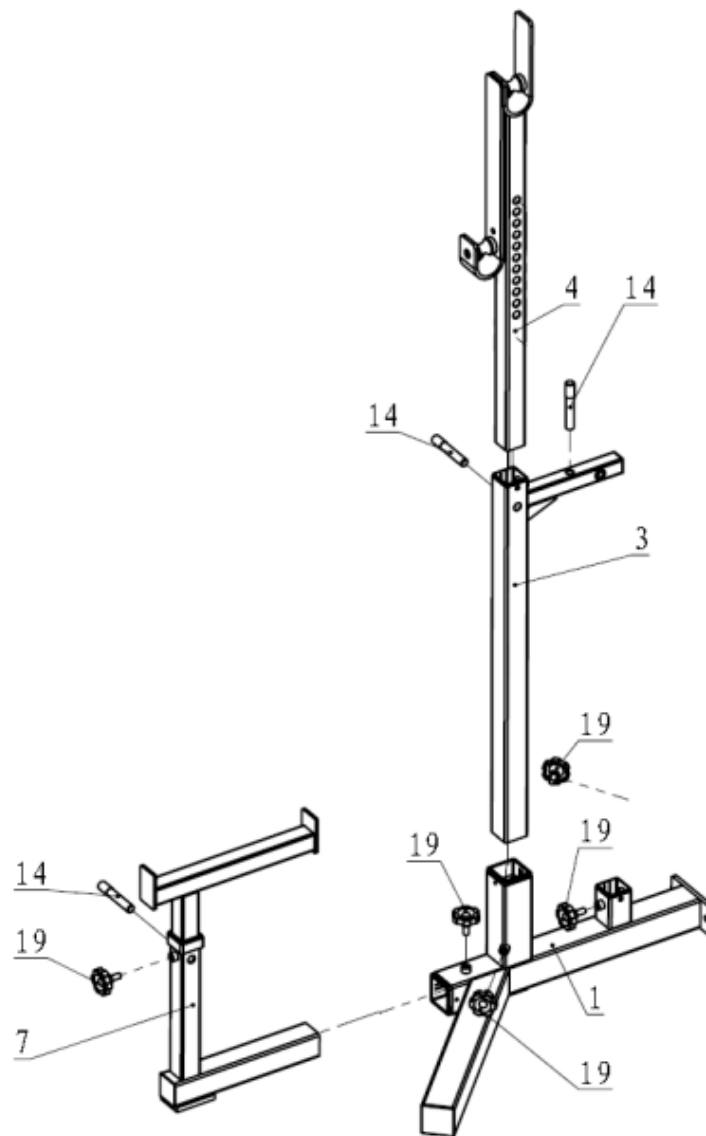
PARTS DIAGRAM / EXPLODED VIEW

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	LEFT BASE FRAME	1	28	SLEEVE 50	2
2	RIGHT BASE FRAME	1	29	STOPPER	2
3	OUTSIDE ADJUSTING FRAME	2	30	HANDLE GRIP	2
4	INSIDE ADJUSTING FRAME	2	31	WHEEL	2
5	SUPPORT FRAME	2	32	FOOT PAD	1
6	PEDAL FRAME	1	33	REAR HANDLE GRIP	1
7	BASE SAFETY FRAME	2	34	RUBBER BUMPER 100*65*12	2
8	SAFETY FRAME	2	35	SCREW M5*15	24
9	MAIN FRAME	1	36	HEX BOLT M6*12	2
10	SHORT PIN	1	37	HEX BOLT M8*15	4
11	BASE FRAME	1	38	HEX BOLT M10*25	4
12	CROSS FRAME	4	39	HEX BOLT M8*45	2
13	ROTATION BUSH	6	40	CARRIAGE BOLT M10*70	2
14	CROWBAR	4	41	HEX BOLT M10*75	4
15	FIXING PLATE	4	42	HEX BOLT M10*95	2
16	L-SHAPE FIXING PLATE	8	43	HEX BOLT M12*75	4
17	METAL BUSH	1	44	HEX BOLT M12*105	4
18	SEAT PAD	10	45	WASHER Φ 9* Φ 16*1.6	8
19	M12 KNOB	2	46	WASHER Φ 11* Φ 20*2	10
20	SLEEVE 60*45.5*30	10	47	WASHER Φ 13.5* Φ 24*2.5	16
21	SLEEVE 60*2.5	2	48	NUTM8	2
22	SLEEVE 75*2.5	4	49	NUTM10	4
23	RUBBER BUMPER	4	50	NUTM12	8
24	F38*2PLUG	6	51	PIN Φ 11* Φ 8*40	1
25	F50*3PLUG	2	52	SMALL CABLE Φ 5.5* Φ 1.6*330	1
26	F60*3PLUG	2	53	PULL RING Φ 1.5*31	2
27	F75*2.5PLUG	4			

ASSEMBLY INSTRUCTIONS

STEP 1:

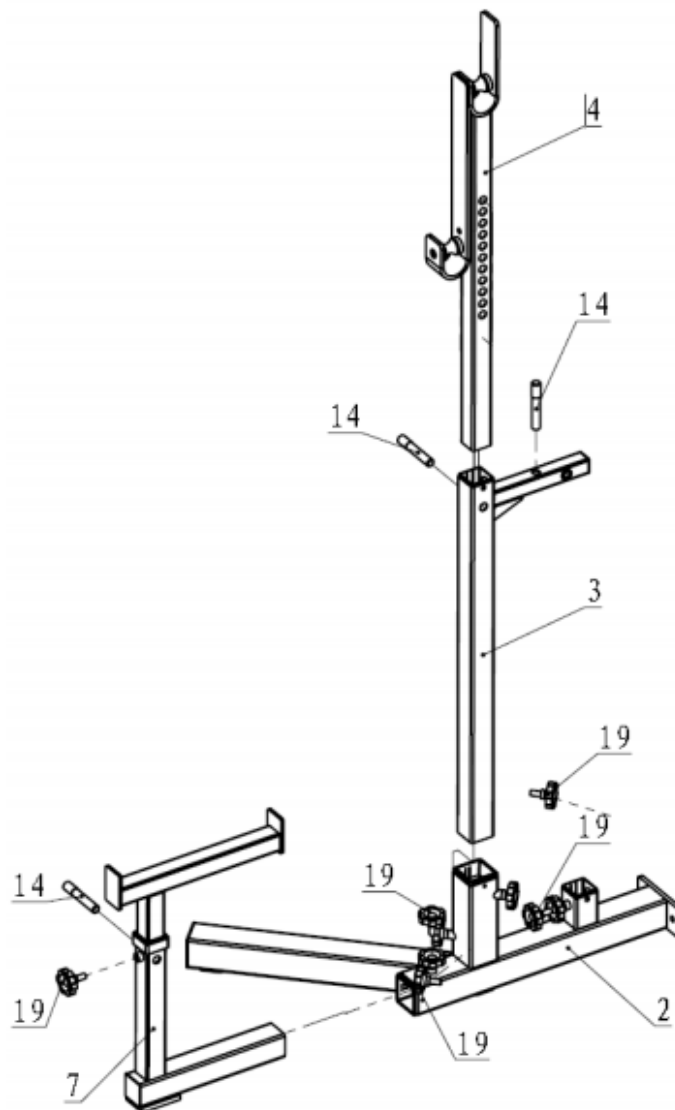
- Insert the **OUTSIDE ADJUSTING FRAME (3)** and **BASE SAFETY FRAME (7)** into the **LEFT BASE FRAME (1)**.
- Insert the **INSIDE ADJUSTING FRAME (4)** into the **OUTSIDE ADJUSTING FRAME (3)**. Then insert the **CROWBAR (14)** into the **BASE SAFETY FRAME (7)** and the **LEFT BASE FRAME (1)**.
- Fix the **KNOB (19)** on the **BASE SAFETY FRAME (7)** and the **LEFT BASE FRAME (1)**.



ASSEMBLY INSTRUCTIONS

STEP 2:

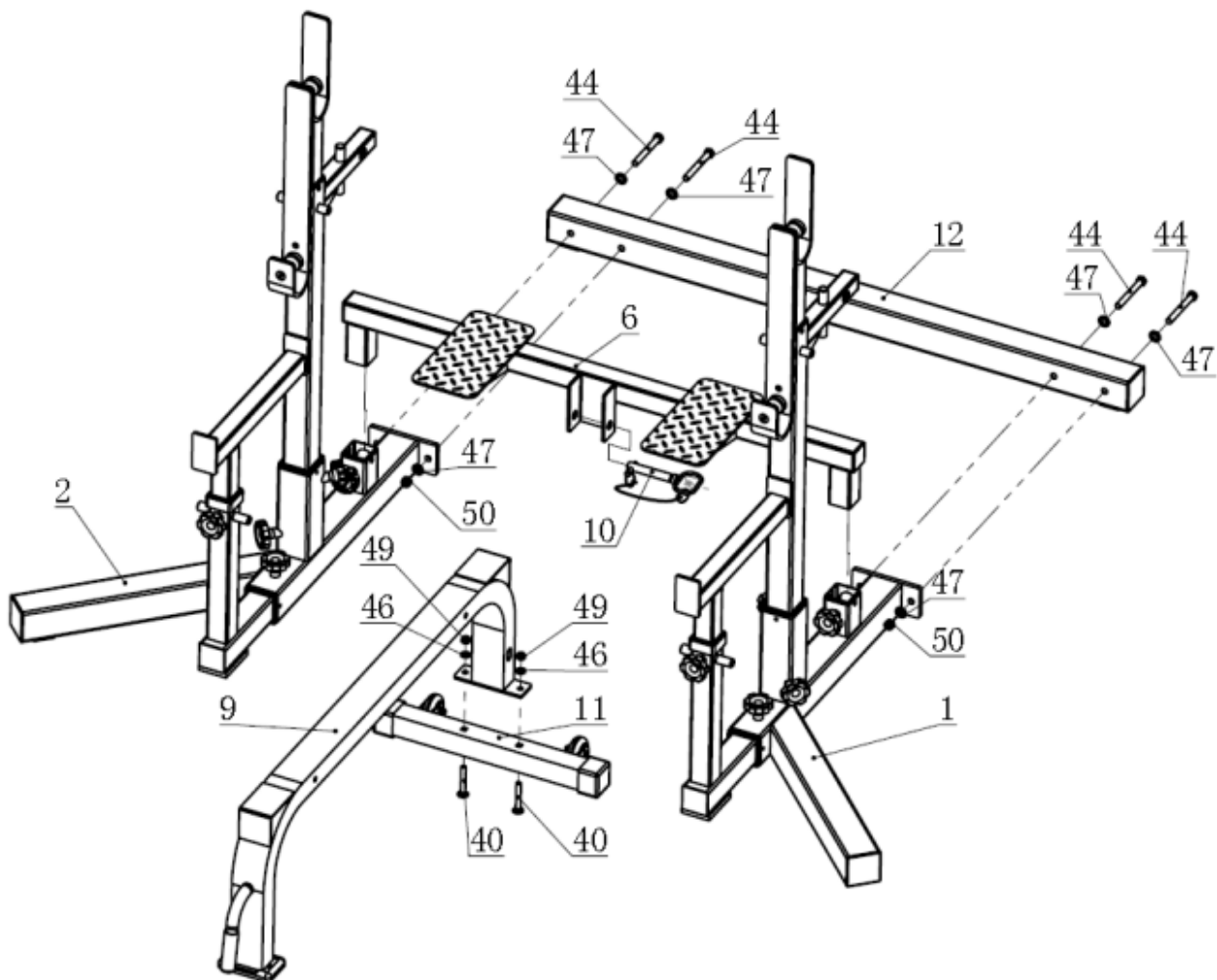
- Insert the **OUTSIDE ADJUSTING FRAME (3)** and **BASE SAFETY FRAME (7)** into the **RIGHT BASE FRAME (2)**.
- Insert the **INSIDE ADJUSTING FRAME (4)** into the **OUTSIDE ADJUSTING FRAME (3)**. Then insert the **CROWBAR (14)** into the **BASE SAFETY FRAME (7)** and the **RIGHT BASE FRAME (2)**.
- Fix the **KNOB (19)** on the **BASE SAFETY FRAME (7)** and the **RIGHT BASE FRAME (2)**.



ASSEMBLY INSTRUCTIONS

STEP 3:

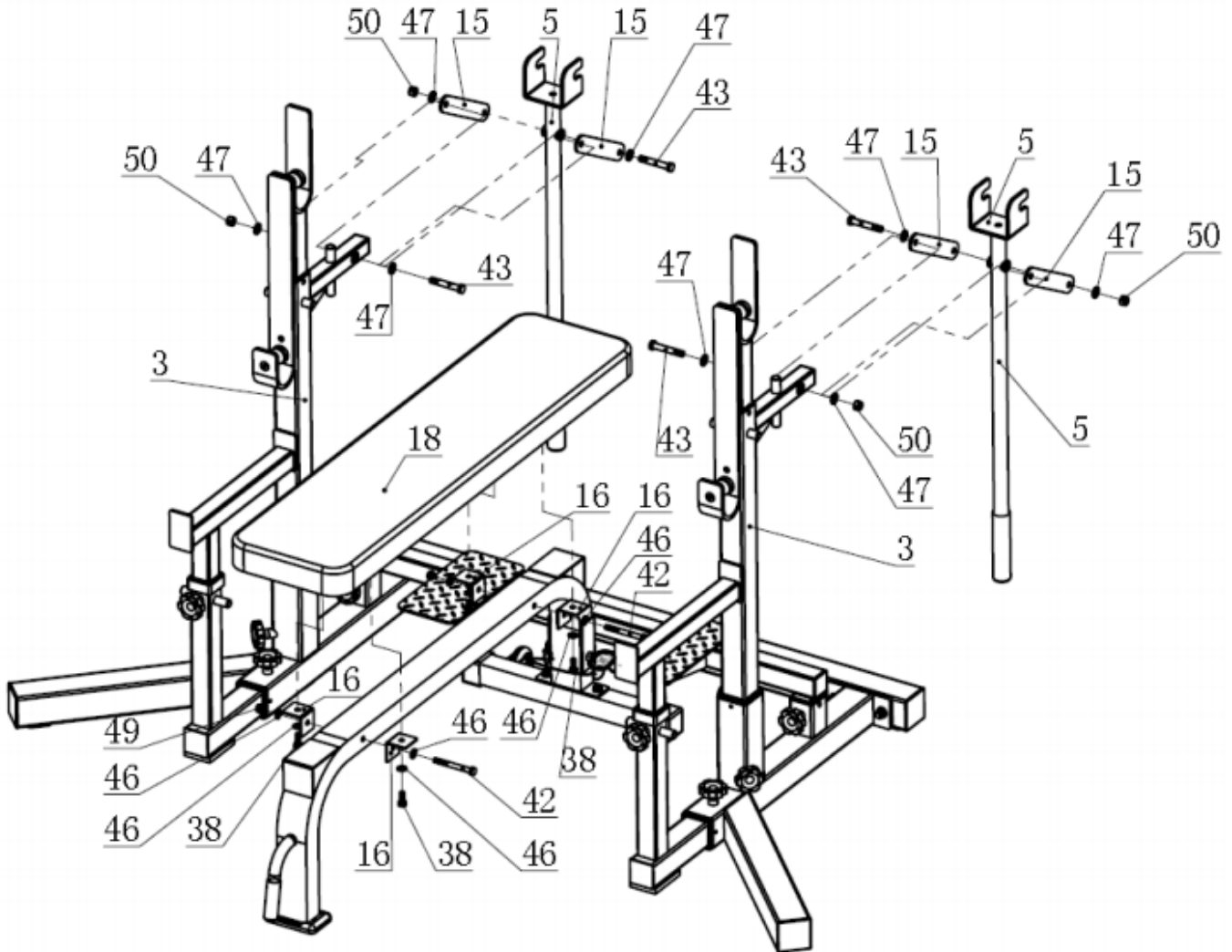
- Connect the **CROSS FRAME (12)**, **RIGHT BASE FRAME (2)**, and **LEFT BASE FRAME (1)**, using **FLAT WASHER (47)** and **HEX BOLT M12*105 (44)**.
- Connect the **MAIN FRAME (9)** and **BASE FRAME (11)**, using **FLAT WASHER (46)**, **M10 NUT (49)**, and **CARRIAGE BOLT M10*70 (40)**.
- Insert the **PEDAL FRAME (6)** into the **RIGHT BASE FRAME (2)** and **LEFT BASE FRAME (1)**.
- Fix the **MAIN FRAME (9)** onto the **PEDAL FRAME (6)** using the **SHORT PIN (10)**.



ASSEMBLY INSTRUCTIONS

STEP 4:

- Fix the **CUSHION (18)** on the **MAIN FRAME (9)**, using **L-SHAPE FIXING PLATE (16)**, **FLAT WASHER (46)**, **NUT M10 (49)**, **HEX BOLT M10*95 (42)**, and **HEX BOLT M10*25 (28)**.
- Connect the **SUPPORT FRAME (5)** and **OUTSIDE FRAME (3)**, using the **FIXING PLATE (15)**, **FLAT WASHER (47)**, **M12 NUT (50)**, and **HEX BOLT M12*75 (43)**.



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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