



**TITAN**  
*FITNESS*



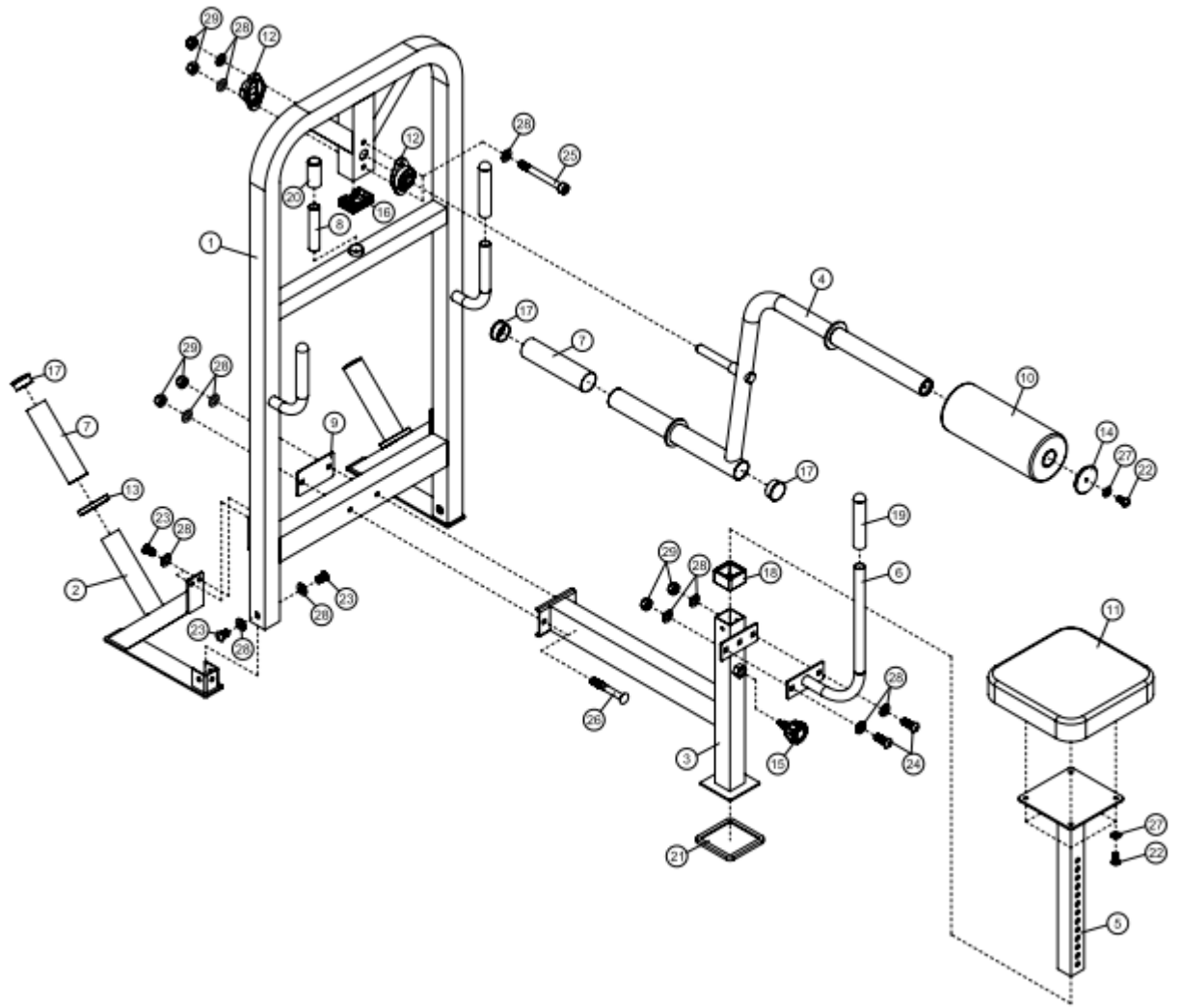
## OWNER'S MANUAL

**MPN(s):** PLNCKMN

**SKU(s):** 400953

**UPC(s):** 840009208232

# PARTS DIAGRAM / EXPLODED VIEW



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KEY	BOX	DESCRIPTION	QTY
1	1 OF 1	MAIN FRAME	1
2	1 OF 1	REAR BRACKET	2
3	1 OF 1	Front bracket	1
4	1 OF 1	Swing frame	1
5	1 OF 1	Seat cushion adjust frame	1
6	1 OF 1	Frip frame	1
7	1 OF 1	Casing pipe	3
8	1 OF 1	Limit tube	1
9	1 OF 1	bracket	1
10	1 OF 1	foam	1
11	1 OF 1	Seat pad	1
12	1 OF 1	Bearing	2
13	1 OF 1	Rubber stopper	2
14	1 OF 1	plate	1
15	1 OF 1	Moving lock pin	1
16	1 OF 1	End cap	1
17	1 OF 1	End cap	4
18	1 OF 1	Sliding sleeve	1
19	1 OF 1	Dips handle	3
20	1 OF 1	Bulfer sleeve	1
21	1 OF 1	Floor end cap	1
22	1 OF 1	Allen bolt M8*16	5
23	1 OF 1	Allen bolt M10*16	8
24	1 OF 1	Allen bolt M10*25	2
25	1 OF 1	Hexagon socket button head screws	2
26	1 OF 1	Catiage bolt	2
27	1 OF 1	washer	5
28	1 OF 1	washer	18
29	1 OF 1	nut	6
5,6,8	1 of 1	Allen wrench #5,6,8	3



*This concludes the PLNCKMN 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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**NEED HELP?**

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