



TITAN
FITNESS



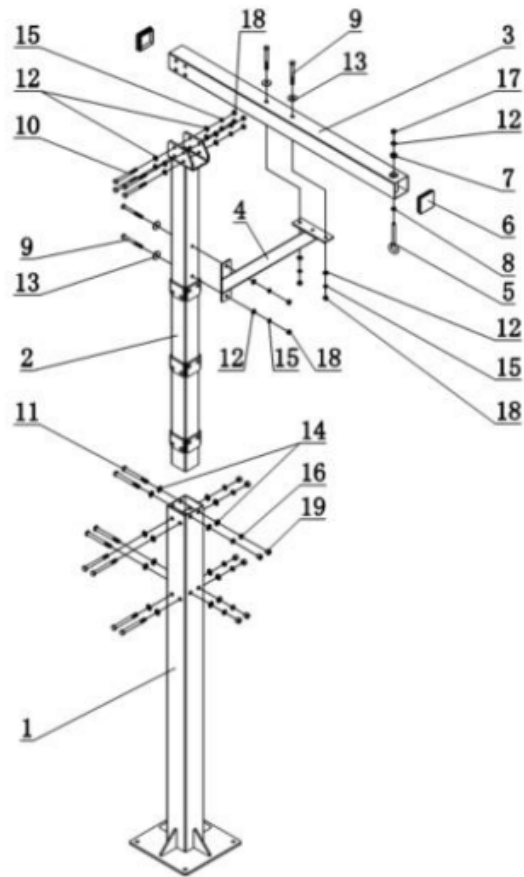
OWNER'S MANUAL

MPN(s): HDBOXSTND

SKU(s): 400706

UPC(s): 719318368756

PARTS DIAGRAM / EXPLODED VIEW

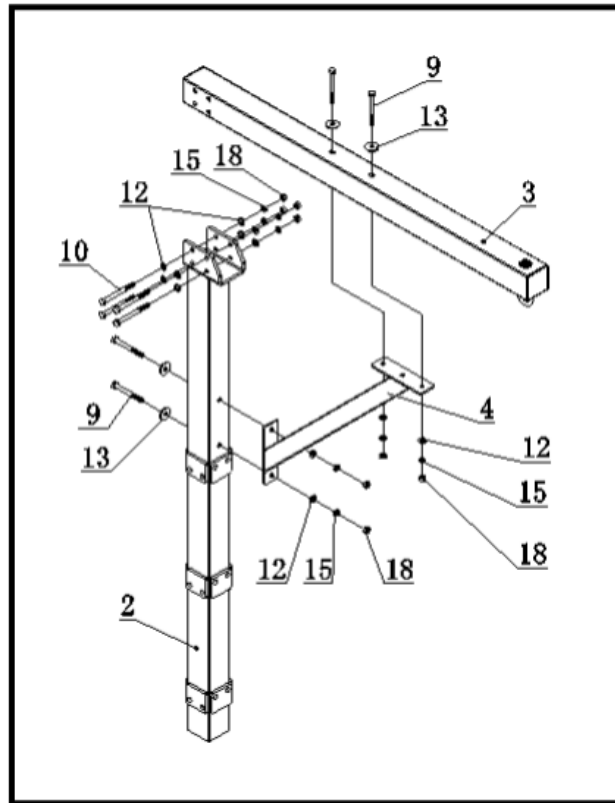


KEY #	DESCRIPTION	QTY
(1)	MAIN UPRIGHT FRAME	x1
(2)	TOP UPRIGHT FRAME	x1
(3)	CROSS FRAME	x1
(4)	STRENGTH PLATE	x1
(5)	HOOK $\Phi 10 \times 136$	x1
(6)	END CAP SQUARE $75 \times 2.5 \text{MM}$	x2
(7)	BEARING 51100	x1
(8)	METAL BUSHING $\Phi 18 \times \Phi 14 \times \Phi 10 \times 6 \text{MM}$	x1
(9)	HEX BOLT M10*95	x4
(10)	HEX BOLT M10*110	x4
(11)	HEX BOLT M12*120	x8
(12)	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	x13
(13)	FLAT WASHER $\Phi 11 \times \Phi 34 \times 3$	x4
(14)	FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$	x16
(15)	SPRING WASHER $\Phi 10$	x8
(16)	SPRING WASHER $\Phi 12$	x8
(17)	NUT M10	x1
(18)	FLAT NUT M10	x8
(19)	FLAT NUT M12	x8



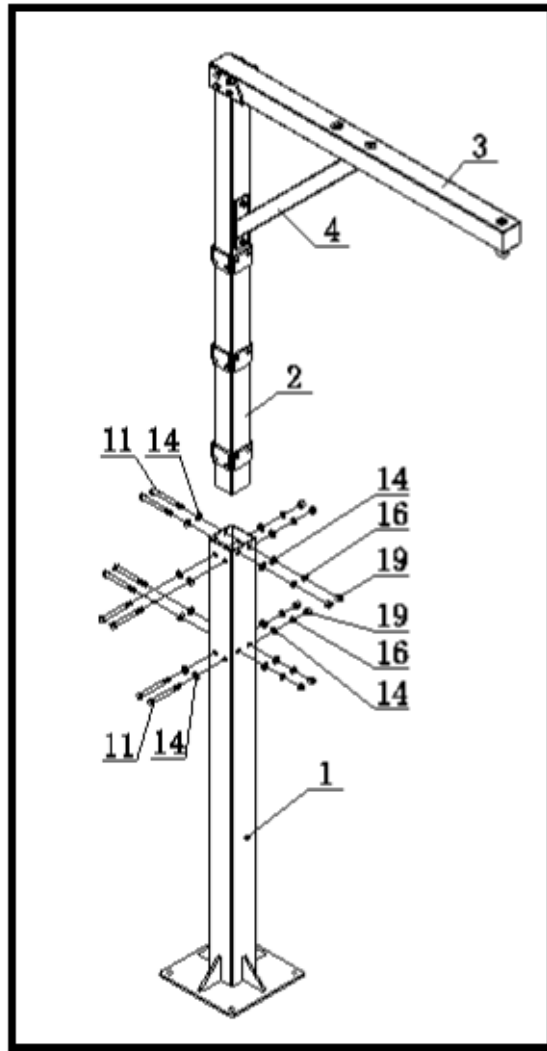
ASSEMBLY INSTRUCTIONS

NOTE: Before starting assembly, remove all parts and hardware from the carton, ensure you have everything according to the list.



1. Install CROSS FRAME (3) to TOP UPRIGHT FRAME (2) using HEX BOLT M10*110 (10), FLAT WASHER $\Phi 11*\Phi 20*2$ (12), SPRING WASHER $\Phi 10$ (15), and FLAT NUT M10 (18).
2. Install STRENGTH PLATE (4) to CROSS FRAME (3) and TOP UPRIGHT FRAME (2) using HEX BOLT M10*95 (9), FLAT WASHER $\Phi 11*\Phi 20*2$ (12), FLAT WASHER $\Phi 11*\Phi 34*3$ (13), SPRING WASHER $\Phi 10$ (15), and FLAT NUT M10 (18).
3. Please tighten nuts and bolts.





4. Install assembly of **CROSS FRAME (3)**, **TOP UPRIGHT FRAME (2)**, and **STRENGTH PLATE (4)** to **MAIN UPRIGHT FRAME (1)** using **HEX BOLT M12*120 (11)**, **FLAT WASHER $\Phi 13.5*\Phi 24*2.5$ (14)**, **SPRING WASHER $\Phi 12$ (16)**, and **FLAT NUT M12 (19)**.
5. Please tighten nuts and bolts.

This completes the assembly of your product. Enjoy!





*This concludes the HDBOXSTND 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?

CONTACT US FIRST.

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