



## OWNER'S MANUAL

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**MPN:** TITAN1-TITAN2-TITANFWHOLD

**SKU:** 401011

# SAFETY TIPS

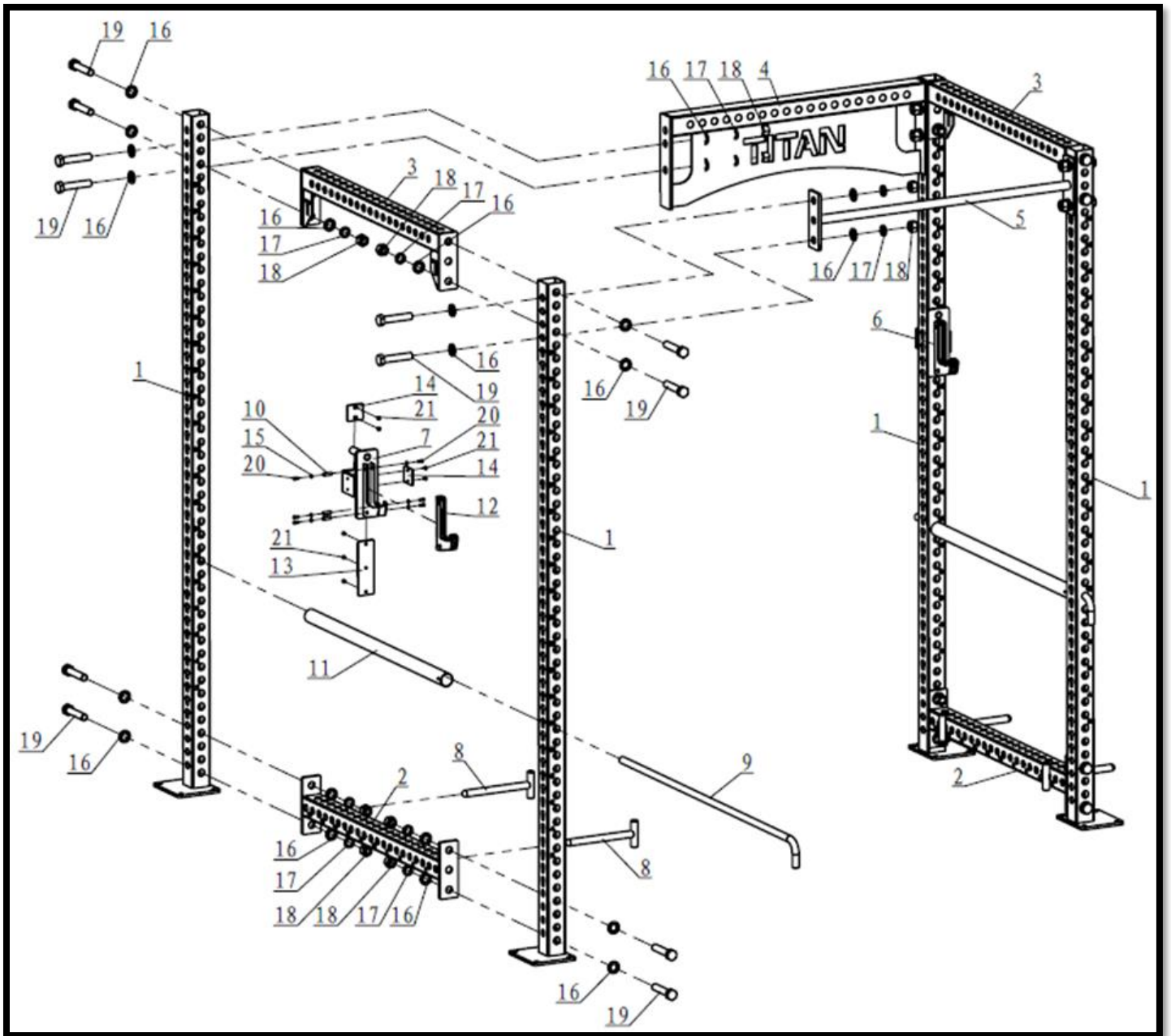
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**WHEN ASSEMBLING YOUR TITAN1-TITAN2-TITANFWHOLD, WE HIGHLY RECOMMEND THAT YOU...**

- **...ENLIST THE HELP OF A FRIEND.**
- **...WATCH EACH OTHER AND BE MINDFUL OF YOUR SURROUNDINGS AS YOU PERFORM EACH ASSEMBLY STEP.**
- **...EXERCISE EXTREME CAUTION, ESPECIALLY WHEN STANDING UP THE UPRIGHTS AND LIFTING PARTS OVERHEAD.**
- **...DO NOT OVEREXERT YOURSELF; TAKE BREAKS AS NECESSARY.**



# PARTS DIAGRAM: TITAN1-TITAN2

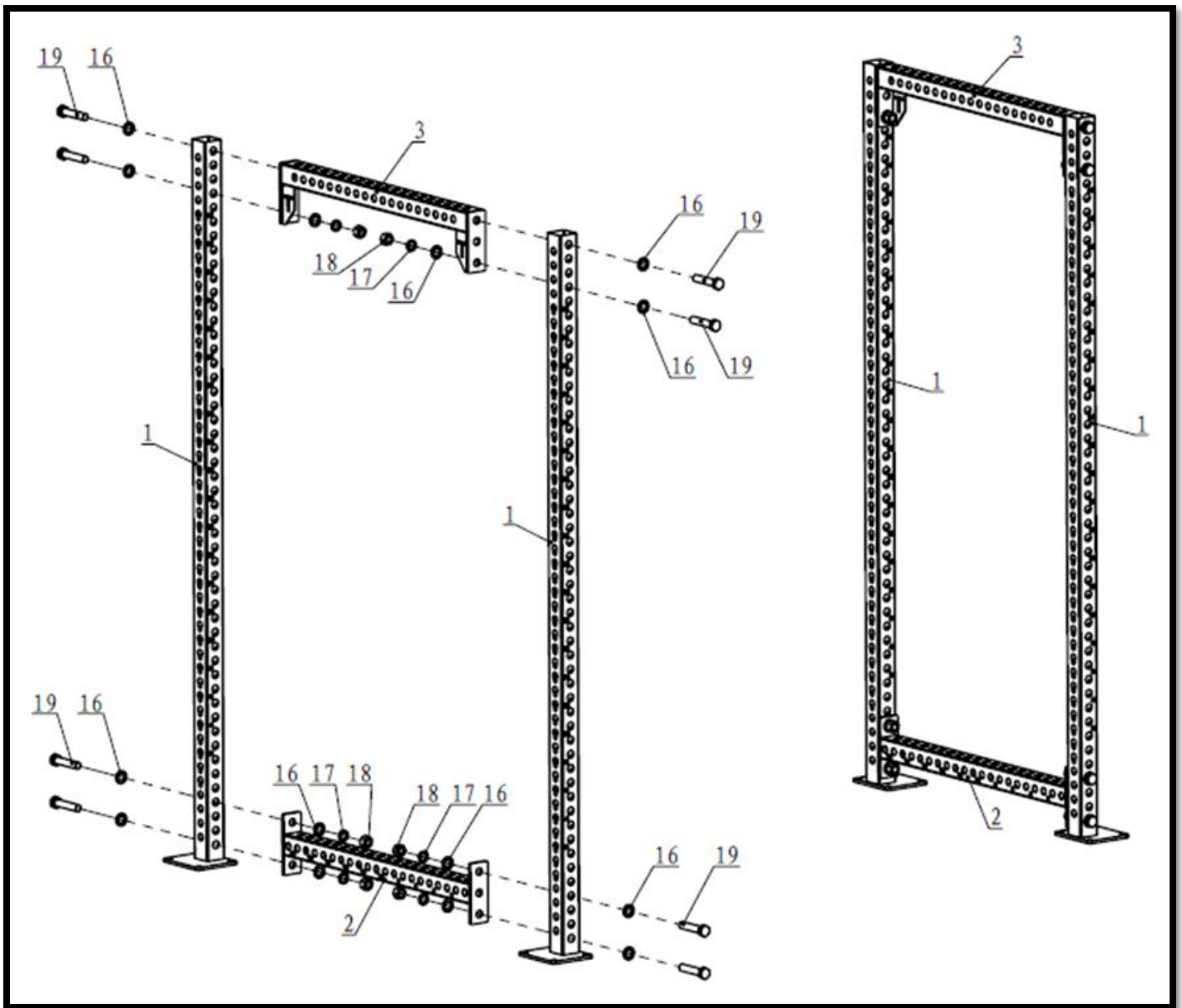


<b>KEY</b>	<b>BOX</b> (BOX 1 = TITAN1) (BOX 2 = TITAN2)	<b>DESCRIPTION</b>	<b>QTY</b>
(1)	1	UPRIGHT	x4
(2)	2	BASE FRAME	x2
(3)	2	UPPER FRAME	x2
(4)	2	LOGO PLATE	x1
(5)	2	PULL-UP BAR	x1
(6)	2	LEFT J-HOOK	x1
(7)	2	RIGHT J-HOOK	x1
(8)	2	BAND PEG	x4
(9)	1	PIN-AND-PIPE SAFETY SYSTEM – PIN	x2
(10)	2	SCREW SOCKET	x6
(11)	1	PIN-AND-PIPE SAFETY SYSTEM – PIPE	x2
(12)	2	J-HOOK PLASTIC COVER	x2
(13)	2	REAR GUARD PLATE	x2
(14)	2	GUARD PLATE	x4
(15)	2	FLAT WASHER $\Phi 6.6 * \Phi 12 * 1.6$	x12
(16)	2	FLAT WASHER $\Phi 26 * \Phi 44 * 4$	x44
(17)	2	SPRING WASHER $\Phi 24$	x20
(18)	2	NUT M24	x20
(19)	2	BOLT M24*120	x24
(20)	2	HEX BOLT M6*15	x12
(21)	2	HEX BOLT M6*10	x14

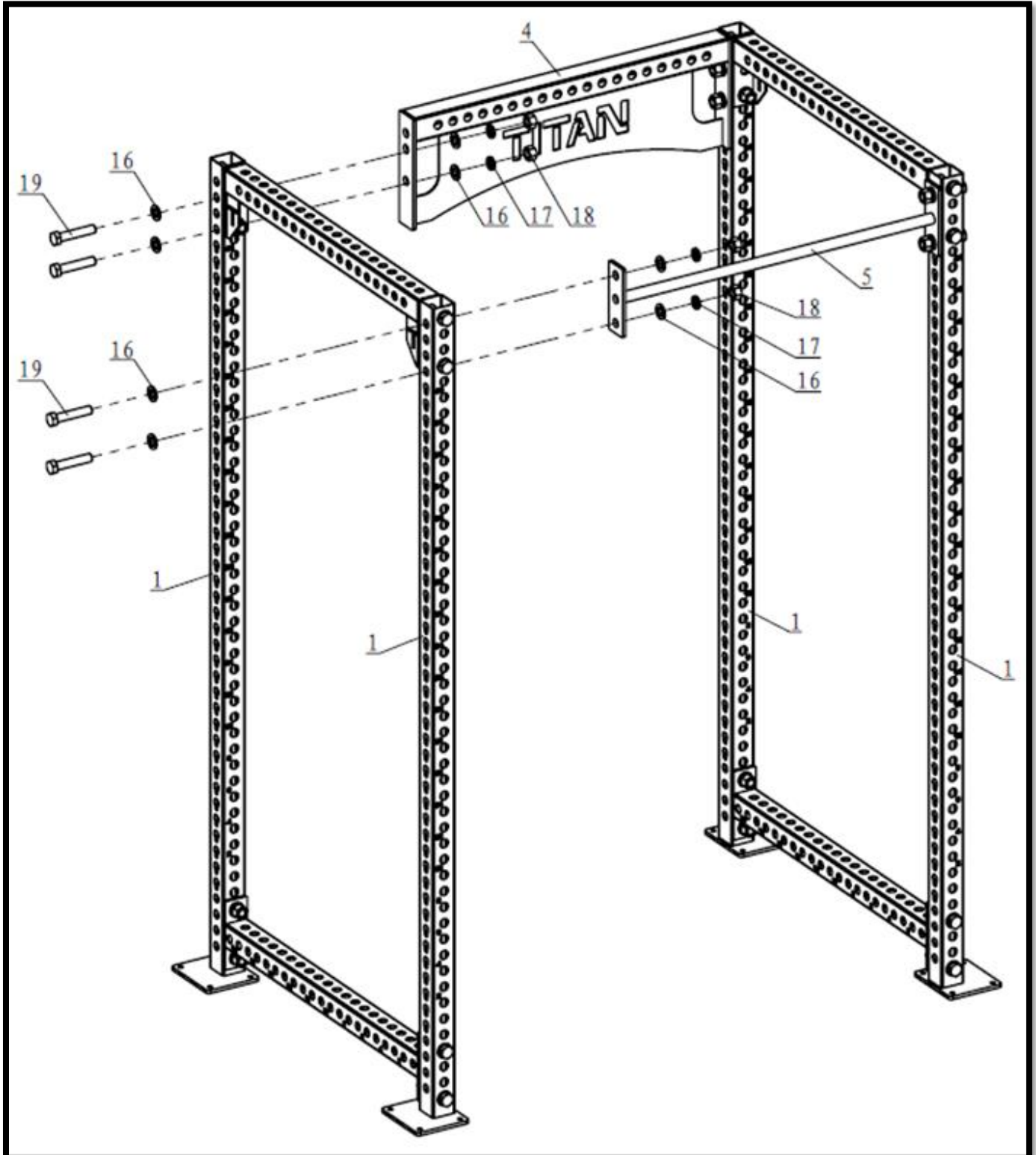


# ASSEMBLY INSTRUCTIONS: TITAN 1 - TITAN 2

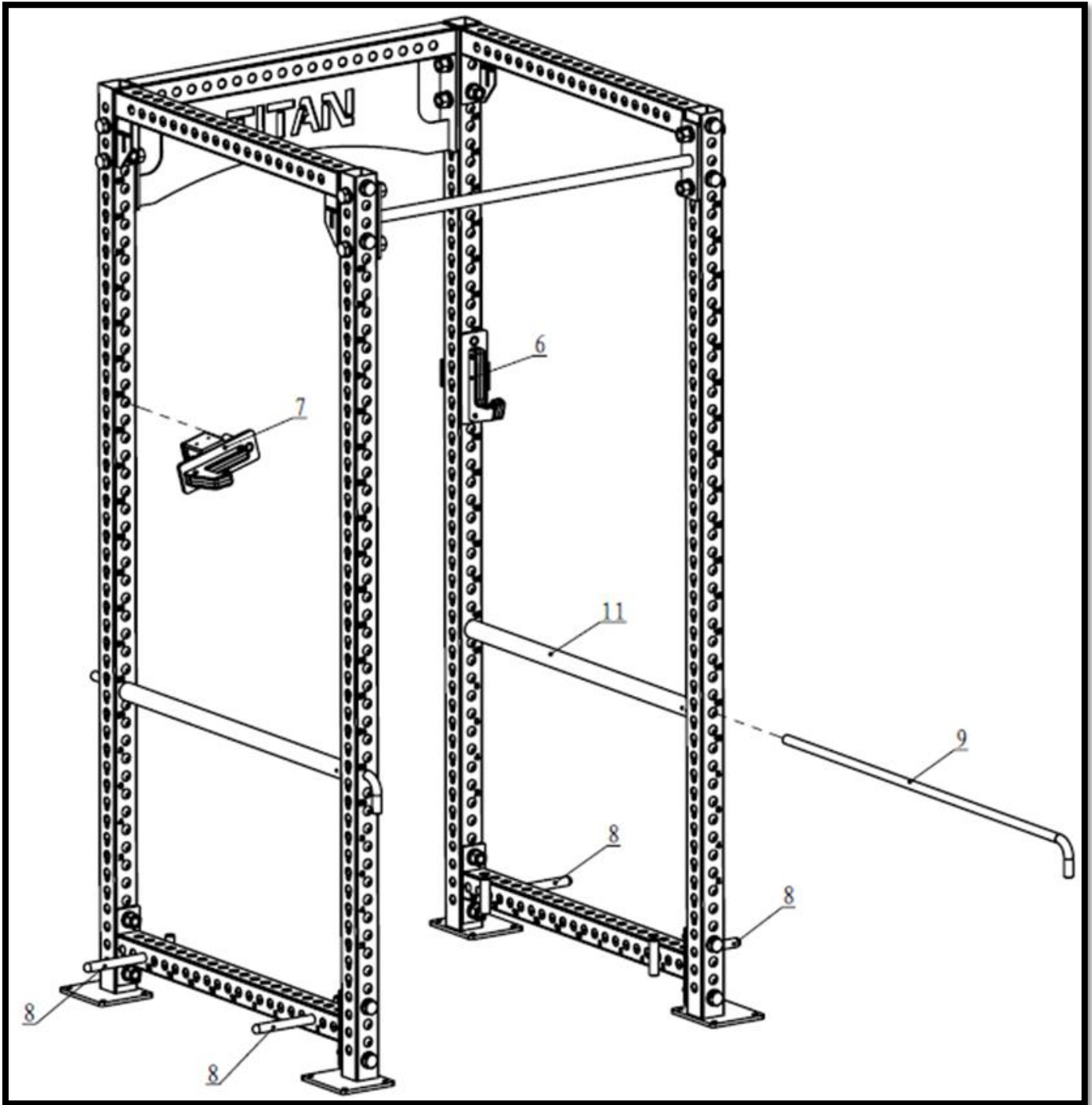
1. Secure each **UPPER FRAME (3)** and **BASE FRAME (2)** between two **UPRIGHTS (1)** using **FLAT WASHERS  $\Phi 26 \times \Phi 44 \times 4$  (16)**, **SPRING WASHERS  $\Phi 24$  (17)**, **NUTS M24 (18)**, and **BOLTS M24\*120 (19)** as shown in the image below.



2. Install the **LOGO PLATE (4)** and **PULL-UP BAR (5)** between the **UPRIGHTS (1)** using **FLAT WASHERS  $\Phi 26 \times \Phi 44 \times 4$  (16)**, **SPRING WASHERS  $\Phi 24$  (17)**, **NUTS M24 (18)**, and **BOLTS M24  $\times 120$  (19)** as seen in the figure below.



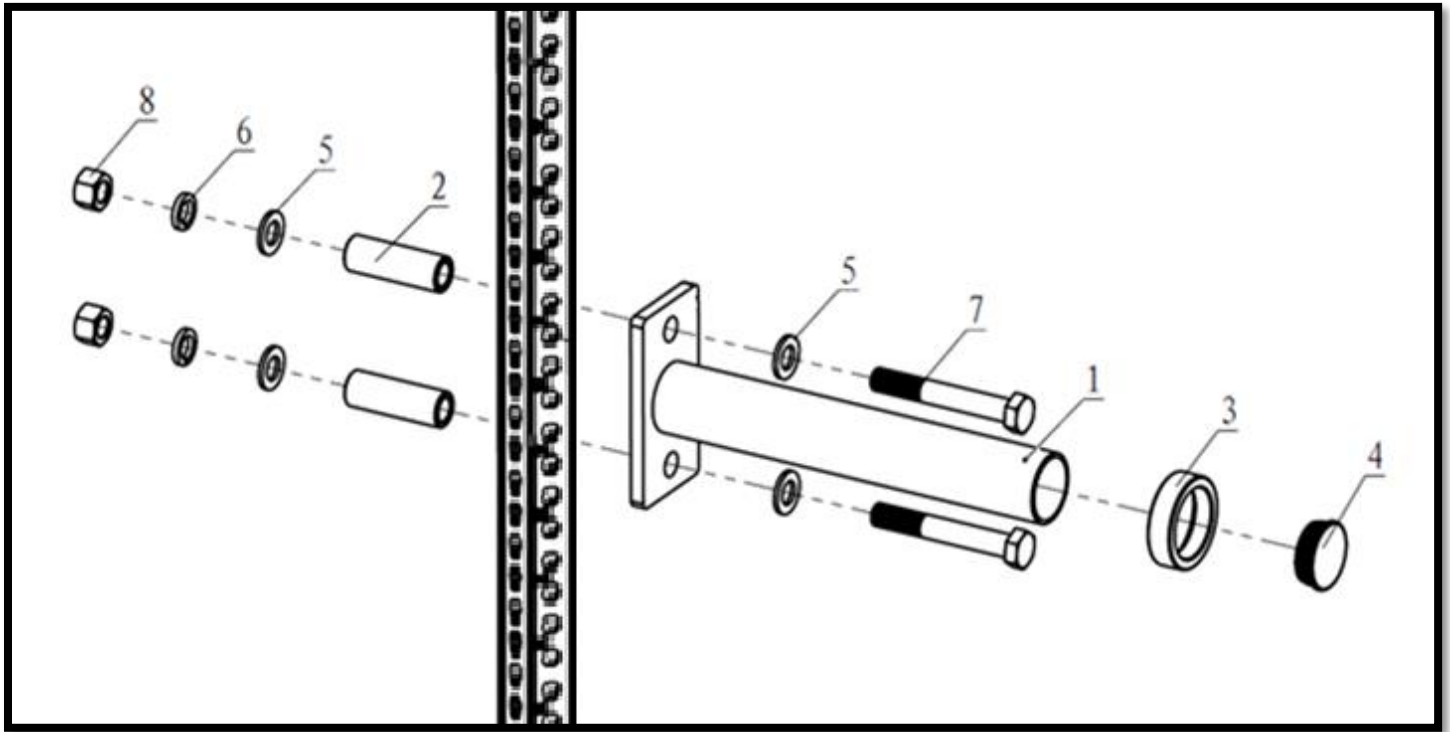
3. Install the **J-HOOKS (6 & 7)**, **BAND PEGS (8)**, **PIN-AND-PIPE SAFETY SYSTEM (9 & 11)** at suitable positions as shown in the illustration below.



----- **THIS CONCLUDES THE ASSEMBLY OF THE TITAN1-TITAN2.** -----



# PARTS DIAGRAM: TITANFWHOLD



KEY	DESCRIPTION	QTY
(1)	WEIGHT HOLDER	x4
(2)	SLEEVE	x4
(3)	RUBBER BUSHING	x2
(4)	END CAP $\Phi 48$	x2
(5)	FLAT WASHER $\Phi 17 * \Phi 30 * 3$	x8
(6)	SPRING WASHER $\Phi 16$	x4
(7)	HEX BOLT M16*110	x4
(8)	NUT M16	x4







*This concludes the TITAN1-TITAN2 Owner's Manual.*

*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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**1 (800) 605-8241**

[info@titandistributorsinc.com](mailto:info@titandistributorsinc.com) / [www.titan.fitness](http://www.titan.fitness)

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