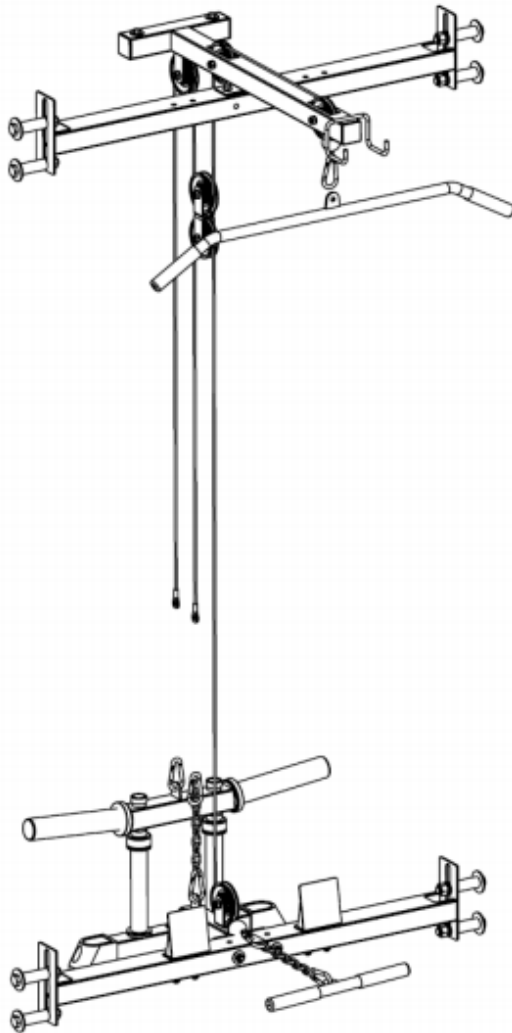




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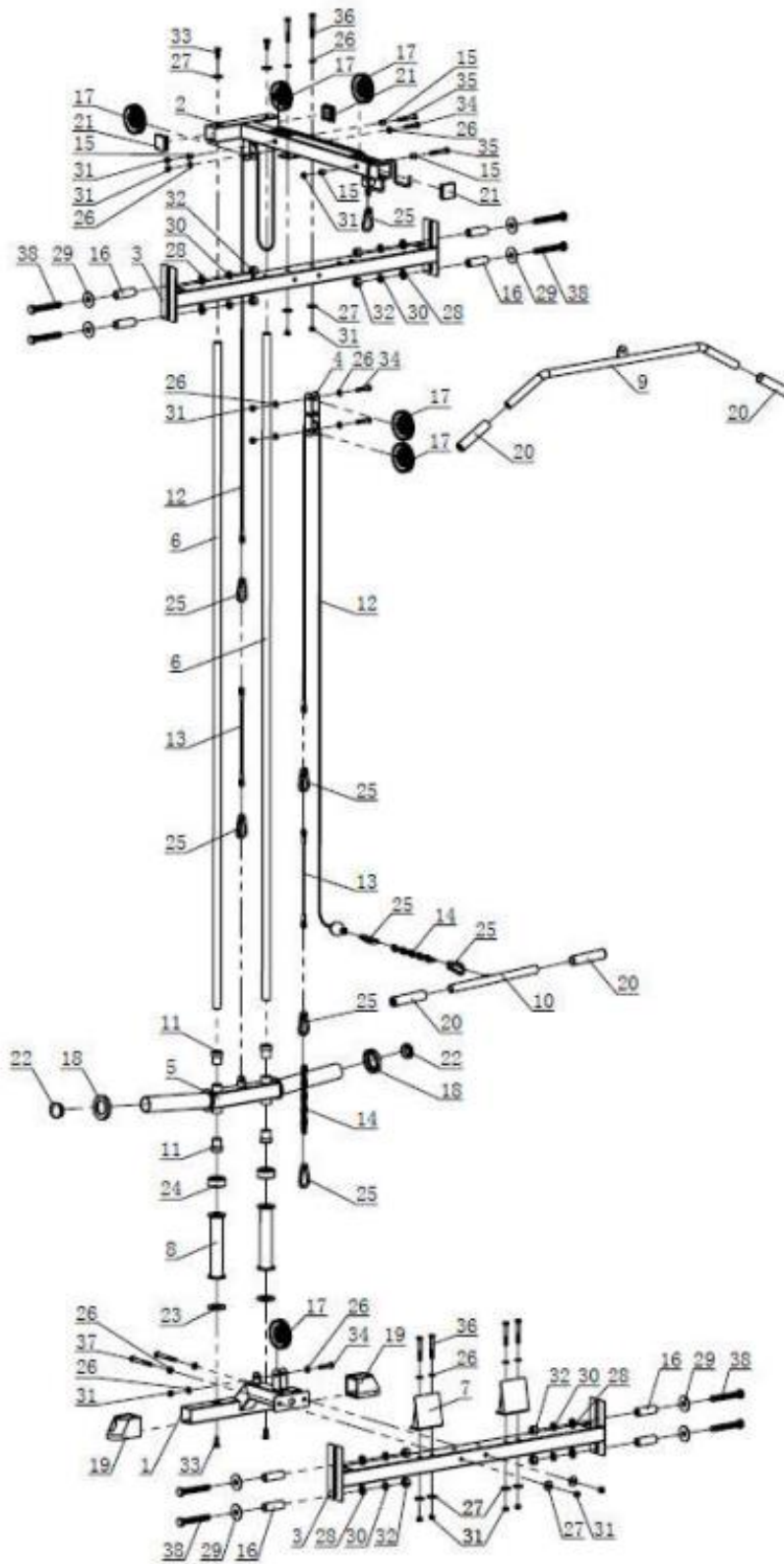
OWNER'S MANUAL

MPN(s): SHPRLATTWR_ROD

SKU(s): 400930

UPC(s): 840009207471

PARTS DIAGRAM / EXPLODED VIEW



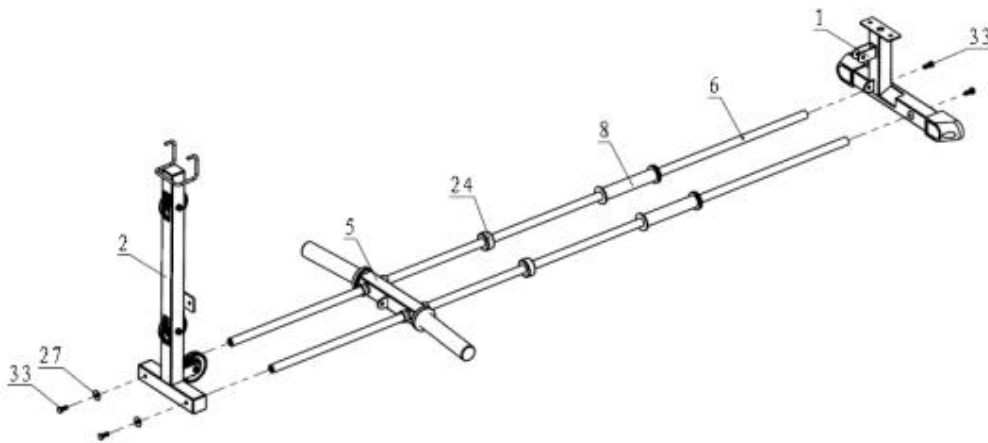
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Lower Fixing Frame	1	(41)	1	Front Handlebar Grip	4
(2)	1	Upper Fixing Frame	1	(42)	1	End Cap F50*2	3
(3)	1	Lower Cross Frame	2	(43)	1	End Cap Φ 48*2	2
(4)	1	Pulley Frame	1	(44)	1	Rubber Bumper Φ 55* Φ 26*5	2
(5)	1	Weight Plate Holder	1	(45)	1	Rubber Bumper Φ 55* Φ 25*25	2
(6)	2	Guide Rod	2	(46)	1	HOOK	8
(7)	1	Pedal Frame	2	(47)	1	Flat Washer Φ 11* Φ 20*2	16
(8)	1	Heighten Frame	2	(48)	1	Flat Washer Φ 10.5* Φ 30*2.5	10
(9)	1	Handle Bar	1	(49)	1	Flat Washer Φ 17* Φ 30*3	8
(10)	1	Lower Handle	1	(50)	1	Big Washer Φ 17* Φ 50*3	8
(11)	1	Bushing Φ 35.5* Φ 26*39	4	(51)	1	Spring Washer Φ 16	8
(12)	1	Cable Φ 5*2800	2	(52)	1	Nut M10	14
(13)	1	Extension Cable Φ 5*305	2	(53)	1	Nut M16	8
(14)	1	Link Φ 5*230	2	(54)	1	Hex Bolt M10*25	4
(15)	1	Pulley Bushing Φ 18*15	4	(55)	1	Hex Bolt M10*45	4
(16)	1	Bushing Φ 25* Φ 16.2*74	8	(56)	1	Hex Bolt M10*65	2
(17)	1	Φ 95 Pulley	6	(57)	1	Hex Bolt M10*70	6
(18)	1	Rubber Bumper Φ 77* Φ 47.5*13	2	(58)	1	Hex Bolt M10*95	2
(19)	1	Rubber Foot	2	(59)	1	Hex Bolt M16*110	8



ASSEMBLY INSTRUCTIONS

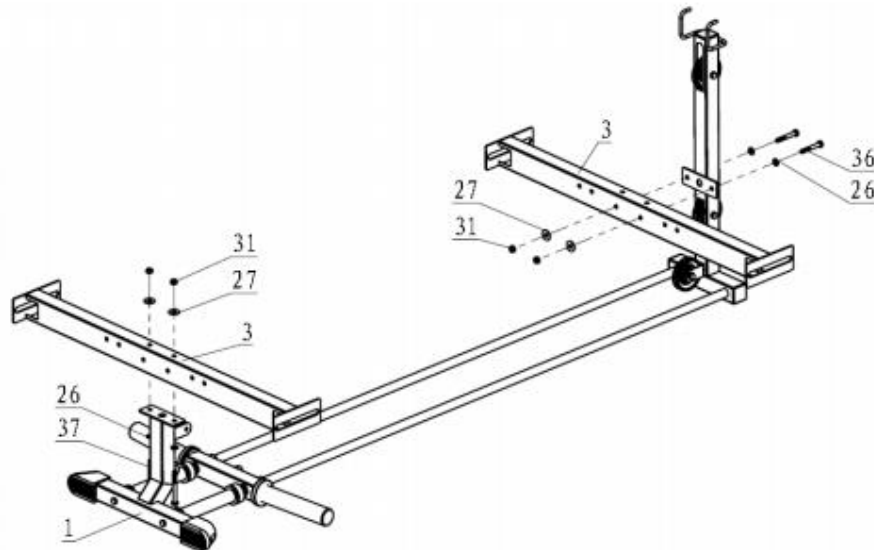
Step 1

Install Weight Plate Holder(5), Rubber Bumper $\Phi 55 \times \Phi 25 \times 25$ (24), and Heighten Frame (8) on the Guide Rod(6), then assemble Lower Fixing Frame (1), Upper Fixing Frame (2), and Guide Rod(6), using Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (27), and Hex Bolt M10*25 (33).



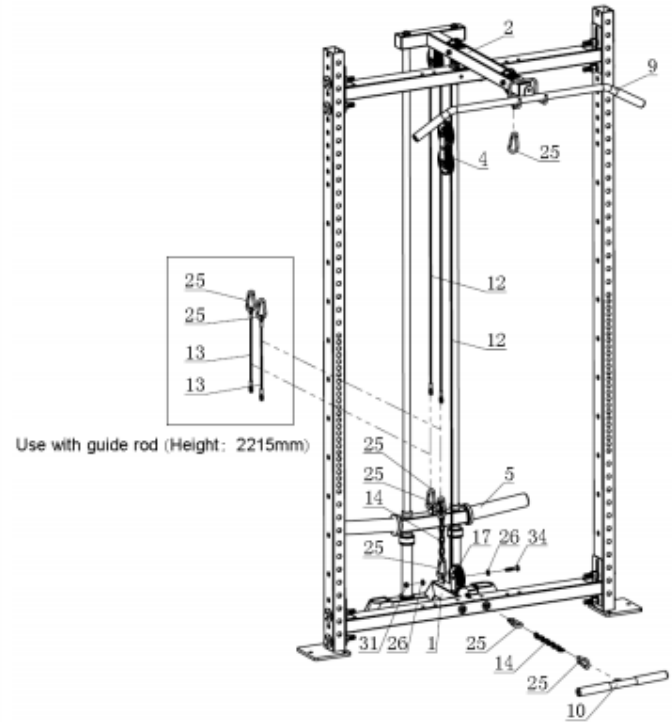
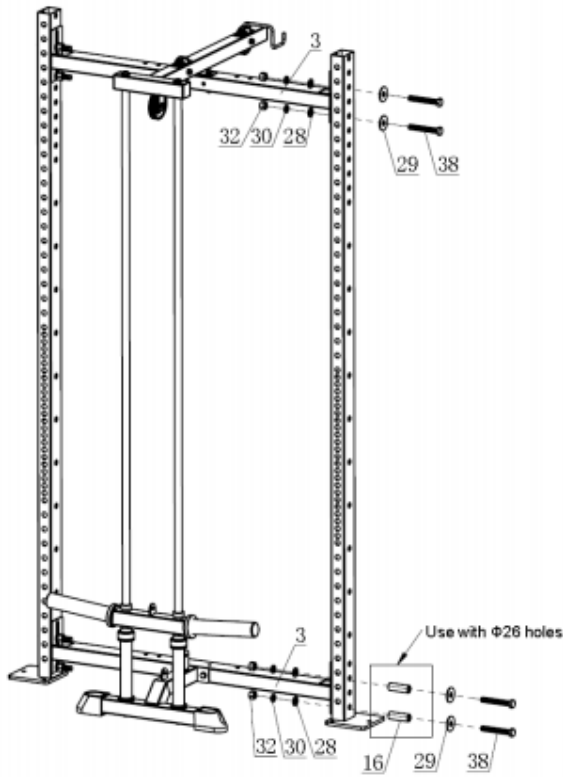
Step 2

Assemble Lower Fixing Frame (1), Upper Fixing Frame (2), and Lower Cross Frame (3) using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (26), Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (27), Nut M10 (31), Hex Bolt M10*70(36) and Hex Bolt M10*95 (37).



Step 3

Install Step2 on Weight Lifting Frame using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (28), Big Washer $\Phi 17 \times \Phi 50 \times 3$ (28), Spring Washer (30), Nut M16 (32) and Hex Bolt M16*110 (38), then adjust the machine and tighten all bolts.



Step 4

Connecting Two Cable using Pulley Frame (4). Fixing one side of Upper cable (12) on the Weight Plate Holder (5) by Hook (25), fixing another side on the Handle bar by Hook (25), then Hang the Handle bar on the Upper Fixing Frame (2).

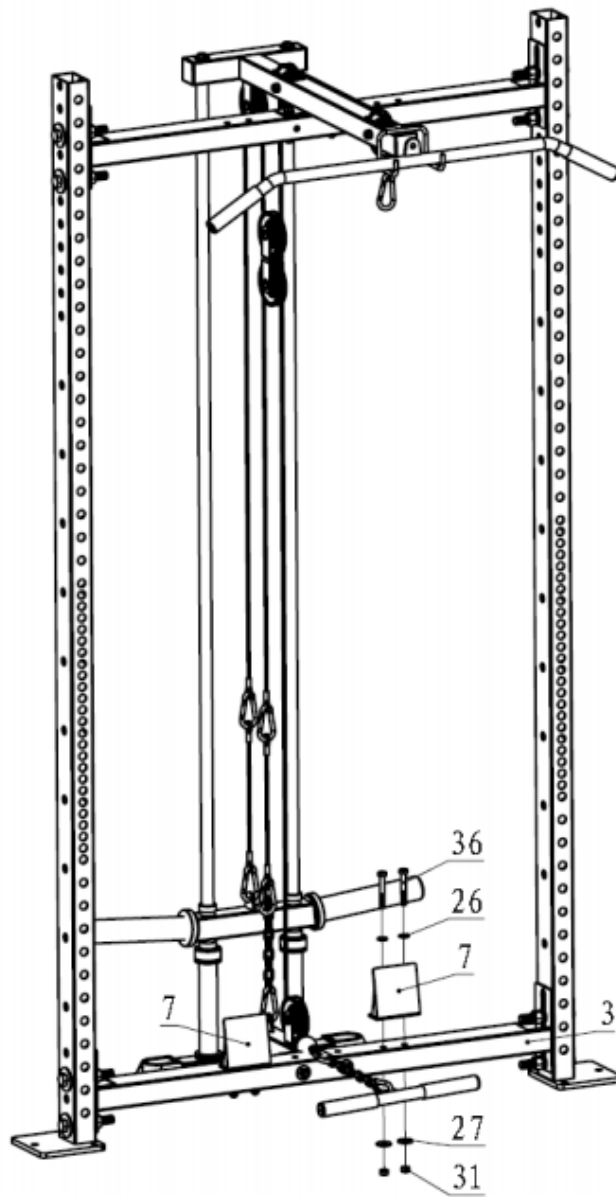
Fixing one side of Lower Cable (12) on the Lower Fixing Frame (1) by Hook (25) and Link (14), Fixing another side on Upper Fixing Frame (2) using Hook (25) and Link (14).

Fixing the Pulley (17) on the on the Lower Fixing Frame (1), using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (26), Nut M10 (31), and Hex Bolt M10*45(34)



STEP 5

Assemble Pedal Frame (7) and Lower Cross Frame (3) using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (26), Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (27), Nut M10 (31) and Hex Bolt M10 $\times 70$ (36).





This concludes the SHPR LATTWR ROD 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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