



TITAN
FITNESS



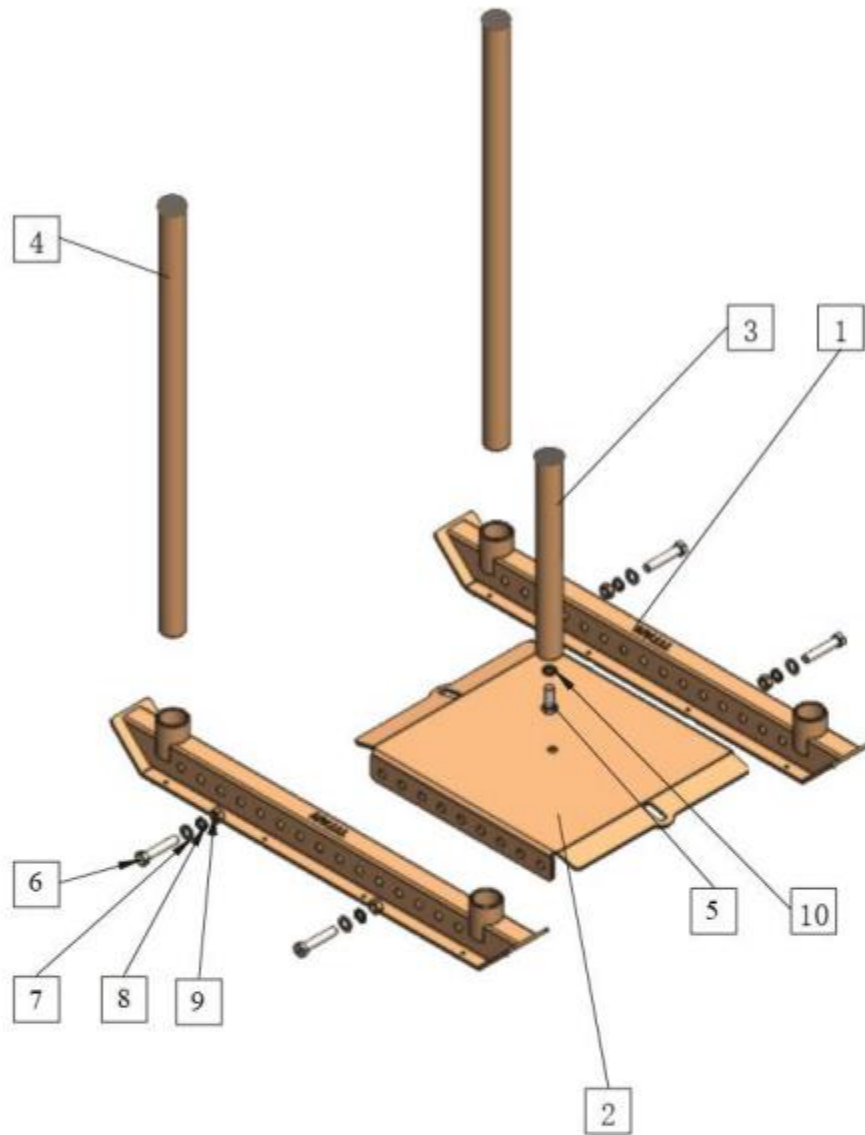
OWNER'S MANUAL

MPN(s): PROSLED

SKU(s): 401123

UPC(s): 049008267251

PARTS DIAGRAM / EXPLODED VIEW



Part Number	Part Description	Quantity
1	Side Sled	2
2	Center Attachment Plate	1
3	Weight Holder Tube	1
4	Handle Tube	2
5	Hex Bolt M16x40	1
6	Hex Bolt M16x80	4
7	Flat Washer M16	4
8	Spring Washer M16	4
9	Hex Nut M16	4

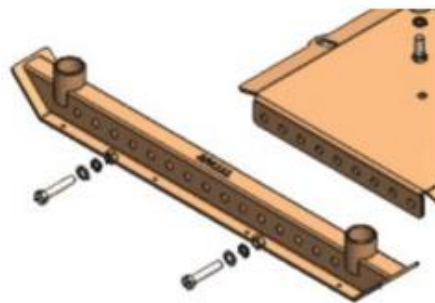


ASSEMBLY INSTRUCTIONS

1. Attach the *Slide Sleds (1)* to the *Center Attachment Plate (2)*:

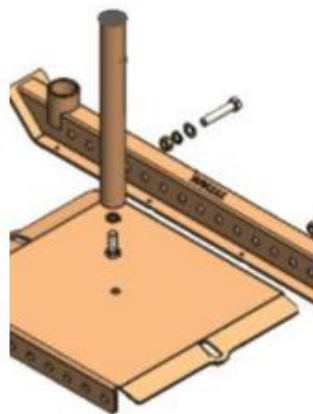
Align the holes along the edge of the *Slide Sled (1)* to those on the side of the *Center Attachment Plate (2)*. You will use *Hex Bolt M16x80 (6)*, *Flat Washer M16 (7)*, *Spring Washer M16 (8)*, and *Hex Nut M16 (9)* to secure the *Slide Sleds (1)* to the *Center Attachment Plate (2)*. The order for assembly is *Hex Bolt M16x80 (6)*, *Flat Washer M16 (7)*, *Slide Sled (1)*, *Center Attachment Plate (2)*, *Spring Washer M16 (8)*, and *Hex Nut M16 (9)*. Tighten the *Hex Nut M16 (9)* until the *Spring Washer M16 (8)* is compressed.

Repeat this process to attach the remaining *Side Sled (1)* to the other side of the *Center Attachment Plate (2)*.



2. Secure the *Weight Holder Tube (3)* to the *Center Attachment Plate (2)*:

To secure the *Weight Holder Tube (3)* to the *Center Attachment Plate (2)*, use *Hex Bolt M16x40 (5)* and *Spring Washer M16 (8)*. The order for assembly is *Hex Bolt M16x40 (5)*, *Spring Washer M16 (8)*, *Center Attachment Plate (2)*, and then *Weight Holder Tube (3)*. Tighten down the *Hex Bolt M16x40 (5)* until the *Spring Washer M16 (8)* is compressed and the *Weight Holder Tube (3)* will be securely in place.

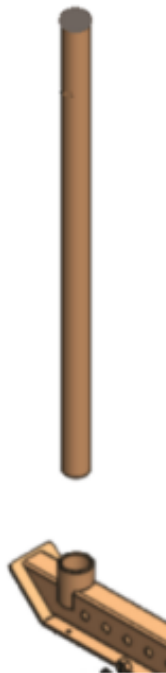


3. Attach the *Handle Tubes (4)* to the *Side Sleds (1)*:

Insert the *Handle Tube (4)* into one of the tubes located on top of the *Side Sled (1)*.

Repeat this process for the remaining *Handle Tube (4)* and insert it into the tube opposite that of the one the first *Handle Tube (4)* was inserted into.

The *Handle Tubes (4)* do not permanently attach to the *Side Sleds (1)*, so that their placement can be adjustable.





This concludes the PROSLED 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.

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