



TITAN
FITNESS



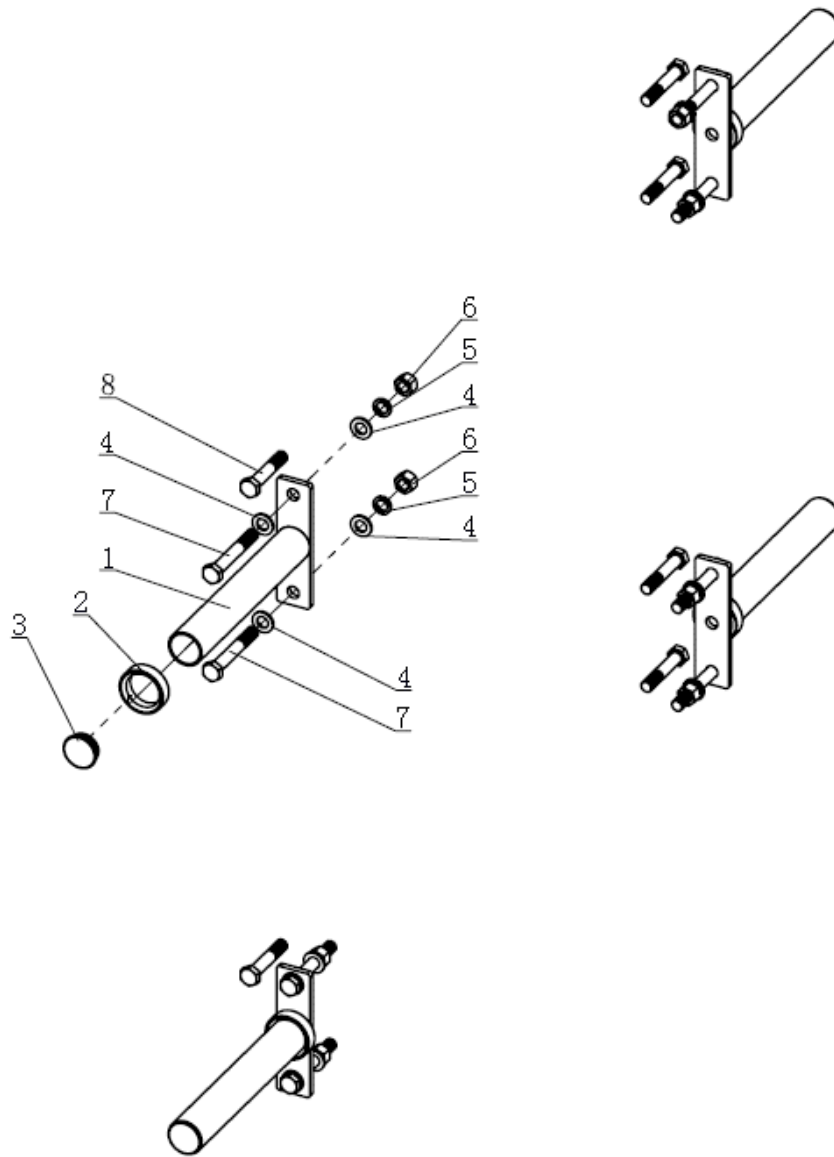
OWNER'S MANUAL

MPN(s): FWHOLD

SKU(s): 401163

UPC(s): 840009212574

PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	1	Weight Plate Holder	4	(5)	1	Spring Washer $\Phi 16$	8
(2)	1	Rubber Cushion	4	(6)	1	M16 Nut	8
(3)	1	$\Phi 48$ End Cap	4	(7)	1	Hex Bolt M16*110	8
(4)	1	Flat Washer $\Phi 17 * \Phi 30 * 3$	16	(8)	1	Hex Bolt M16*85	8





*This concludes the FWHOLD 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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