



TITAN
FITNESS



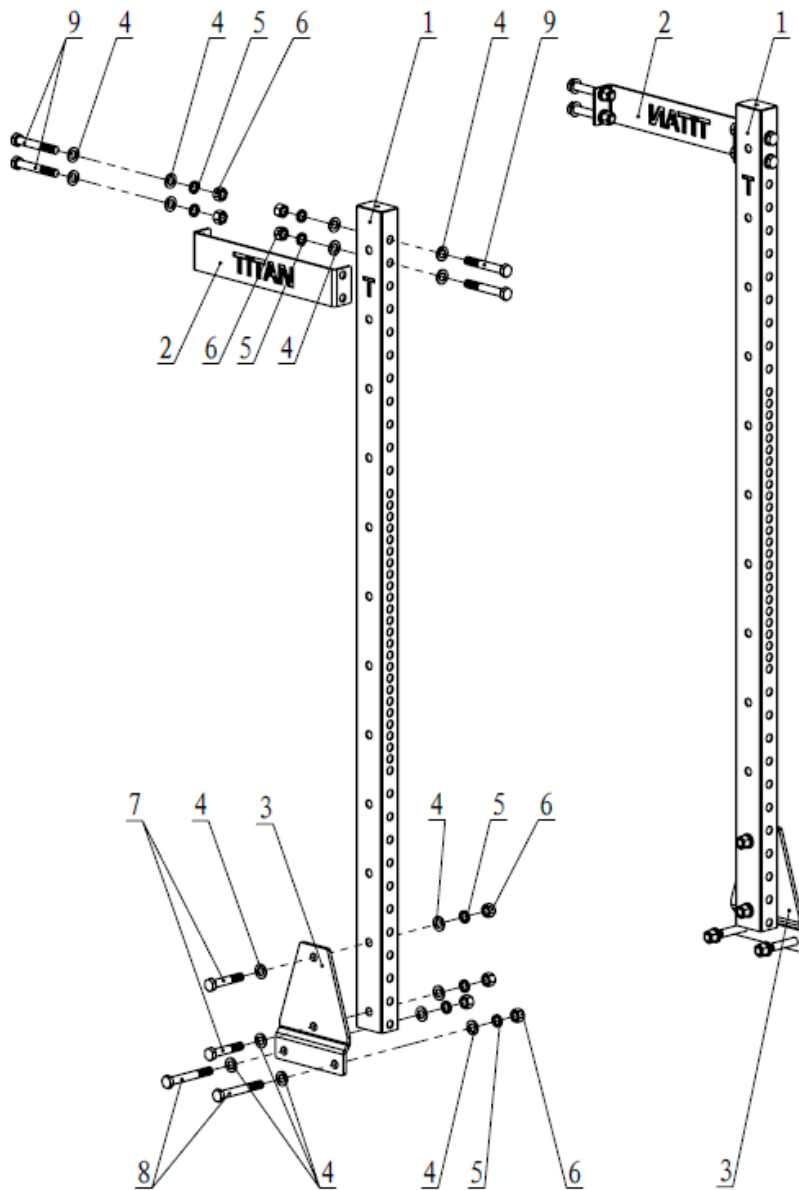
OWNER'S MANUAL

MPN(s): T3SQTHALF, T3SQTHALF-FWHOLD

SKU(s): 401185, 401311

UPC(s): 840009212857, 840009217432

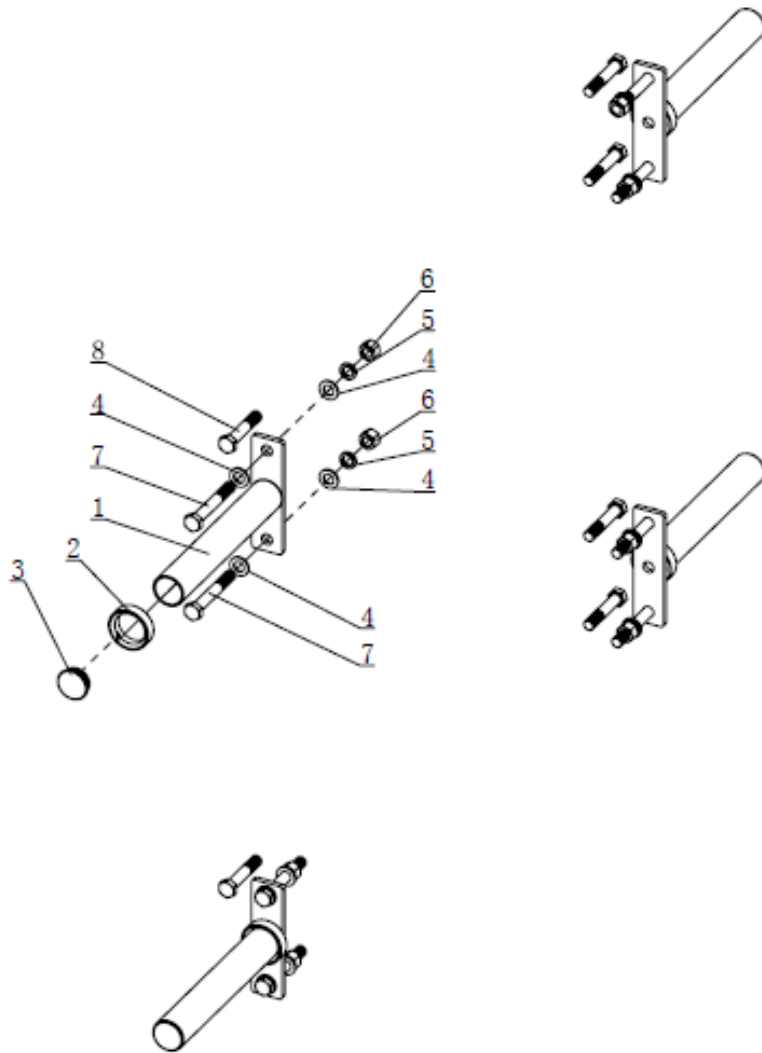
PARTS DIAGRAM / EXPLODED VIEW



| KEY | BOX | DESCRIPTION | QTY | KEY | BOX | DESCRIPTION | QT |
|-----|-----|---------------------------------|-----|-----|-----|------------------|----|
| (1) | 1 | Upright Frame | 2 | (6) | 1 | M16 Nut | 16 |
| (2) | 1 | Connecting Plate | 2 | (7) | 1 | Hex Bolt M16*85 | 4 |
| (3) | 1 | Fixing Plate | 2 | (8) | 1 | Hex Bolt M16*120 | 4 |
| (4) | 1 | Flat Washer $\Phi 17*\Phi 30*3$ | 32 | (9) | 1 | Hex Bolt M16*110 | 8 |
| (5) | 1 | Spring Washer $\Phi 16$ | 16 | | | | |



PARTS DIAGRAM / EXPLODED VIEW



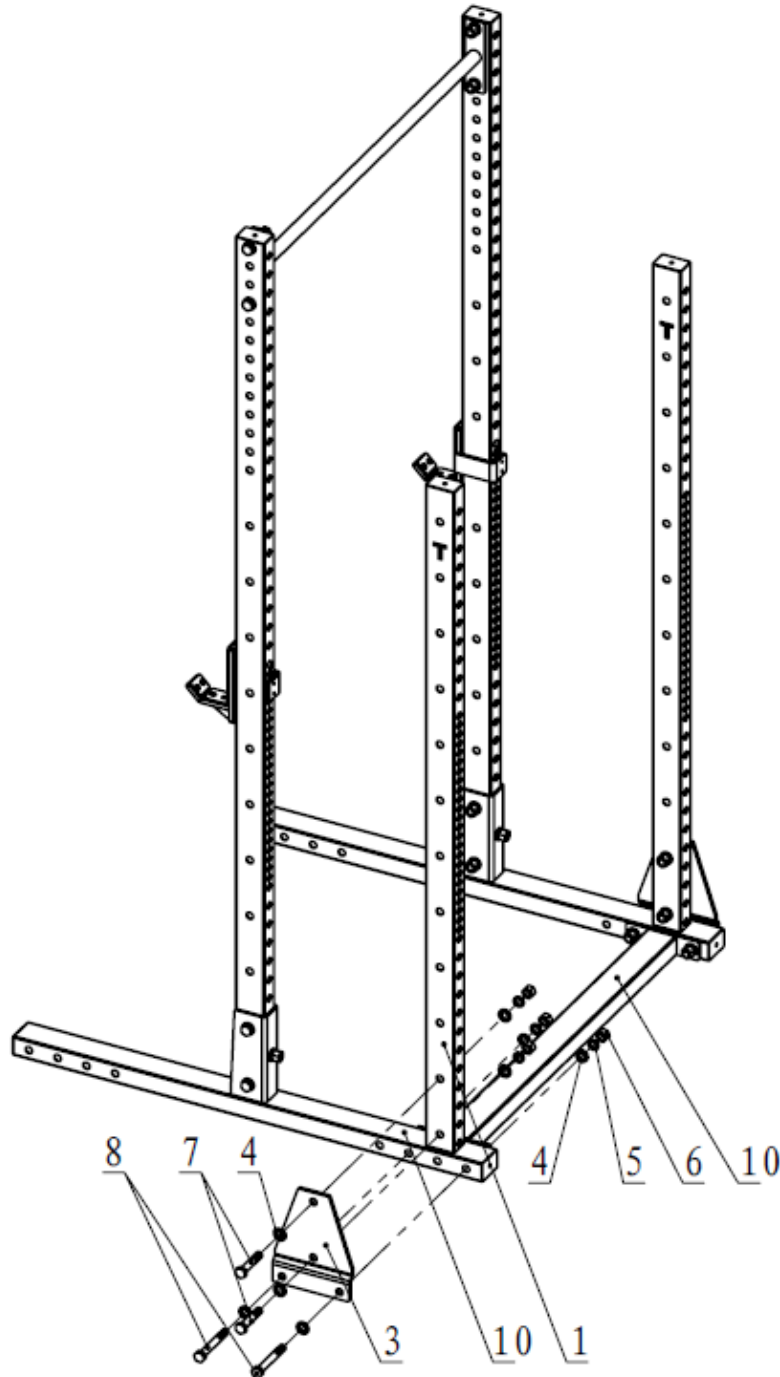
| KEY | BOX | DESCRIPTION | QTY | KEY | BOX | DESCRIPTION | QT |
|-----|-----|---------------------------------|-----|-----|-----|-------------------------|----|
| (1) | 1 | Weight Plate Holder | 4 | (5) | 1 | Spring Washer $\Phi 16$ | 8 |
| (2) | 1 | Rubber Bumper | 4 | (6) | 1 | M16 Nut | 8 |
| (3) | 1 | End Cap $\Phi 48*2$ | 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 |



ASSEMBLY INSTRUCTIONS

STEP 1

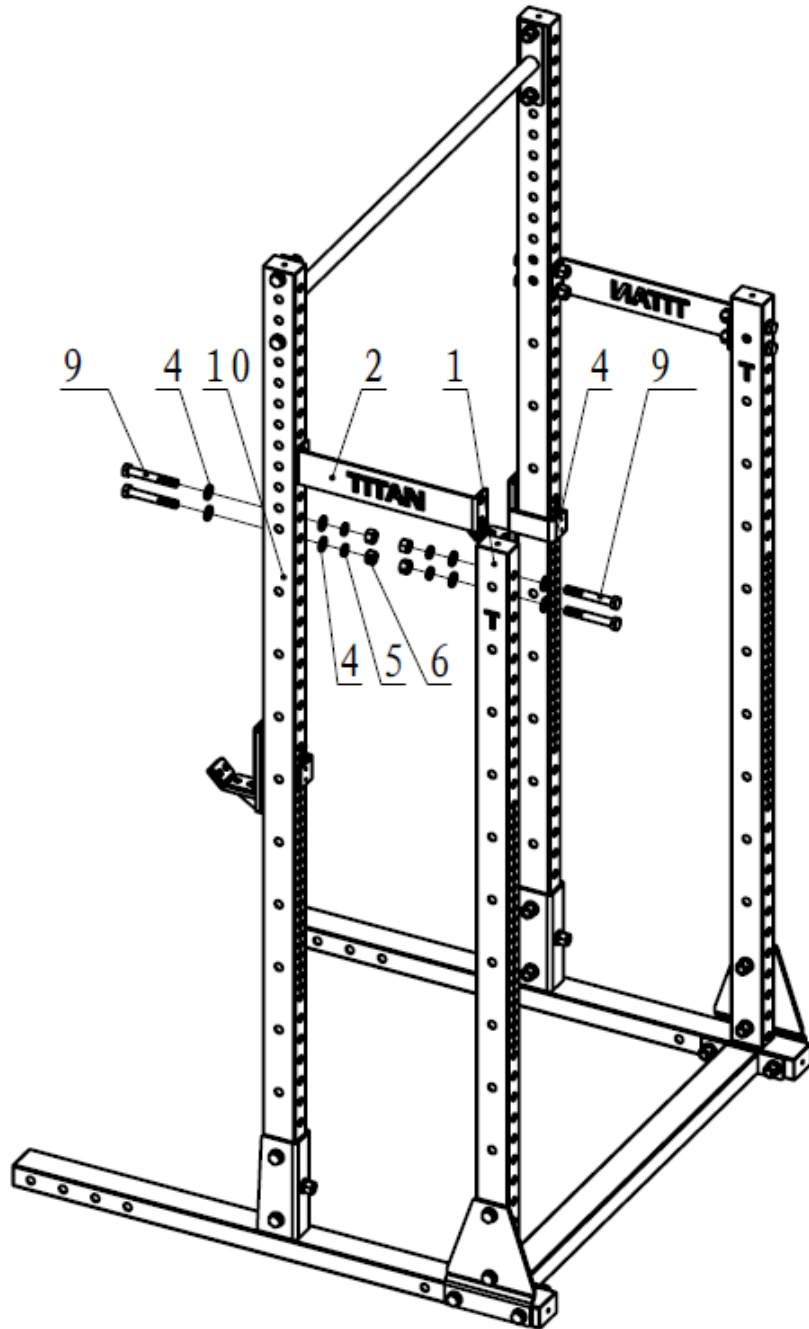
Assemble the Upright Frame (1) on the Base Frame (10), using Flat Washer $\Phi 17*\Phi 30*3$ (4), Spring Washer (5), Nut M16 (6), Hex Bolt M16*85(7) and Hex Bolt M16*120 (8).



ASSEMBLY INSTRUCTIONS

STEP 2

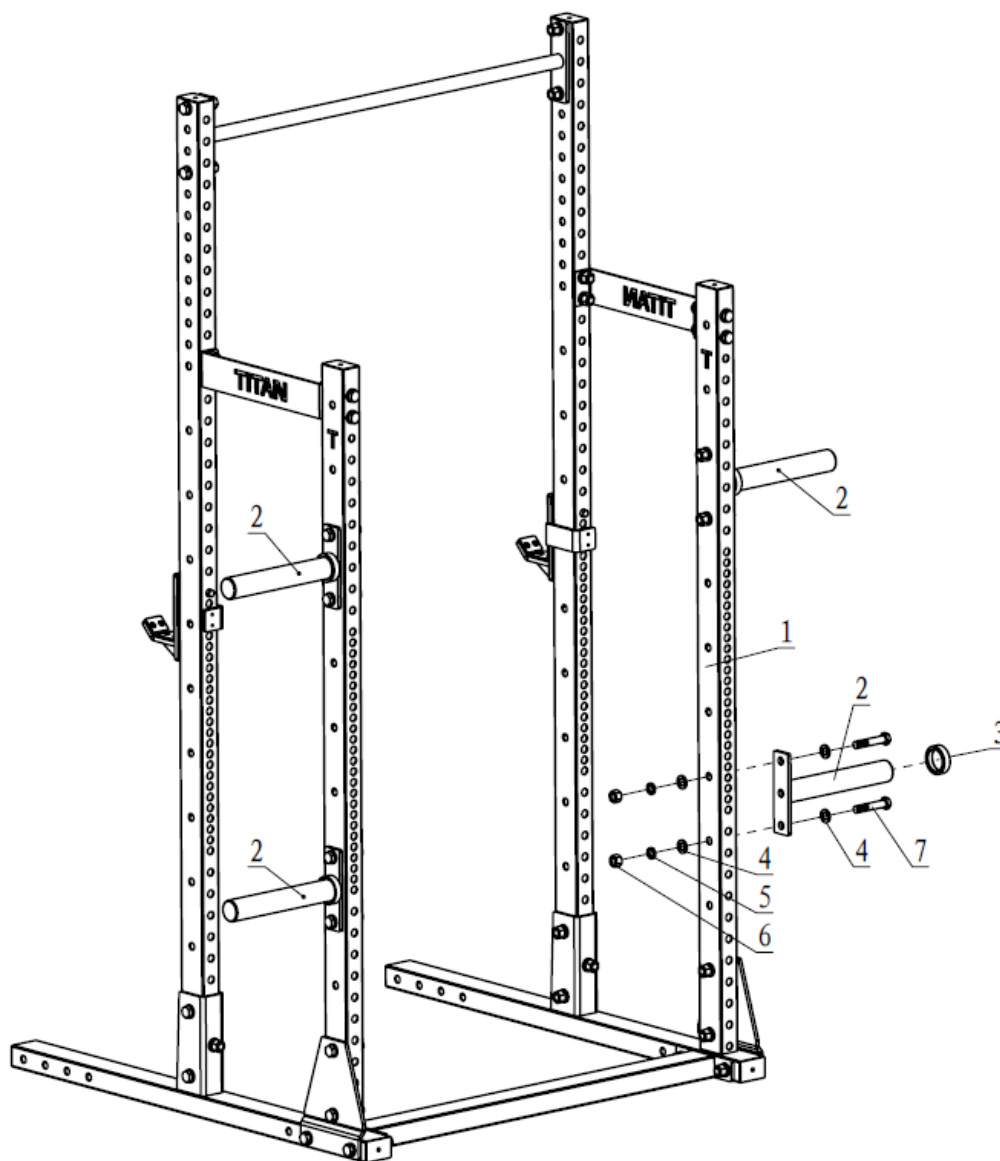
Connect the Upright Frame (1), Connecting Plate (2) and the Upright Frame on the Squat Rack (10), using Flat Washer $\Phi 17*\Phi 30*3$ (4), Spring Washer (5) Nut M16 (6), and Hex Bolt M16*110 (9).

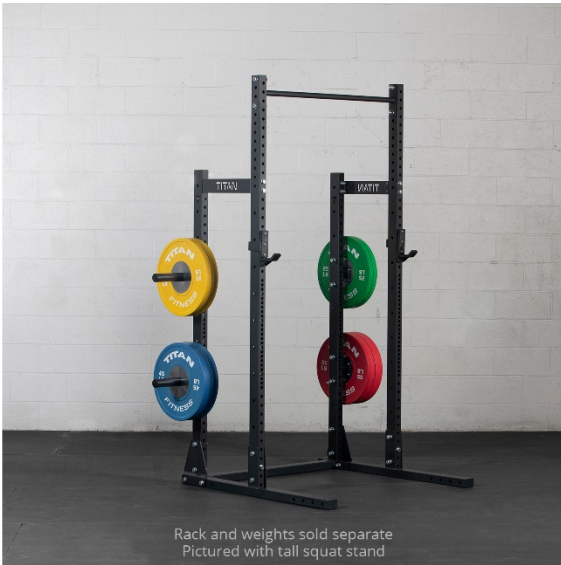


ASSEMBLY INSTRUCTIONS

STEP 3

Install the Weight Plate Holder (2) on the Upright Frame (1), using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (4), Spring Washer (5) Nut M16 (6), and Hex Bolt M16*110 (7).





*This concludes the T3SQTHALF 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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