



## OWNER'S MANUAL

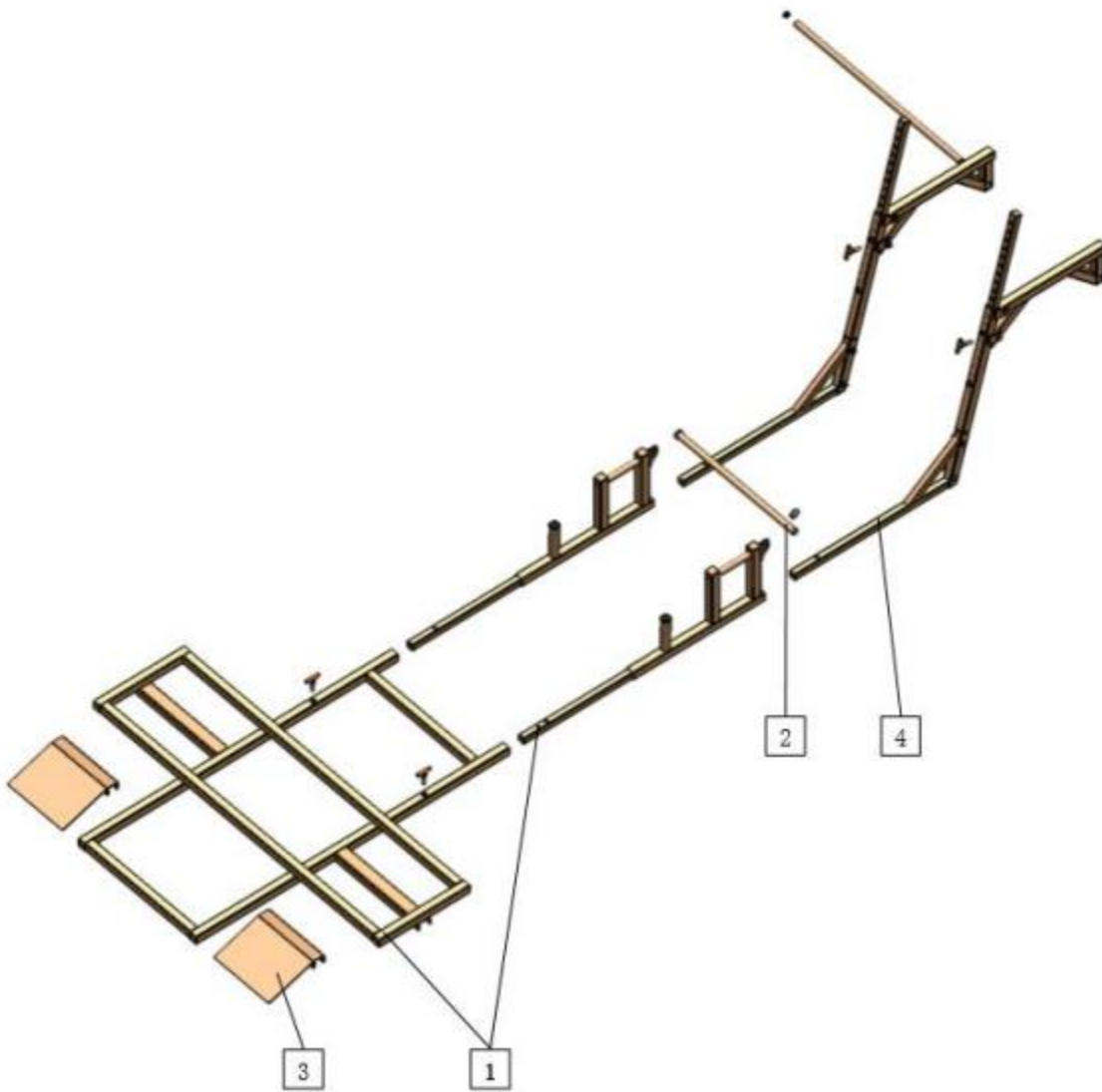
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MPN(s): BASECARDL-BARCARDL-RMPCARDL SQTCARDL

## Assembly

1. Select an area for assembly that is clean and free of any debris which might cause persons working on the assembly to trip.
2. Begin by assembling the deadlift frame.
3. Add the lift bar next.
4. The ramps can then be placed on and the frame is ready to be used for deadlifts.
5. The squat stand can then be added to
6. After completing assembly, thoroughly inspect the frame to be sure that all nuts, Bolts, and pins are tight and securely fastened.

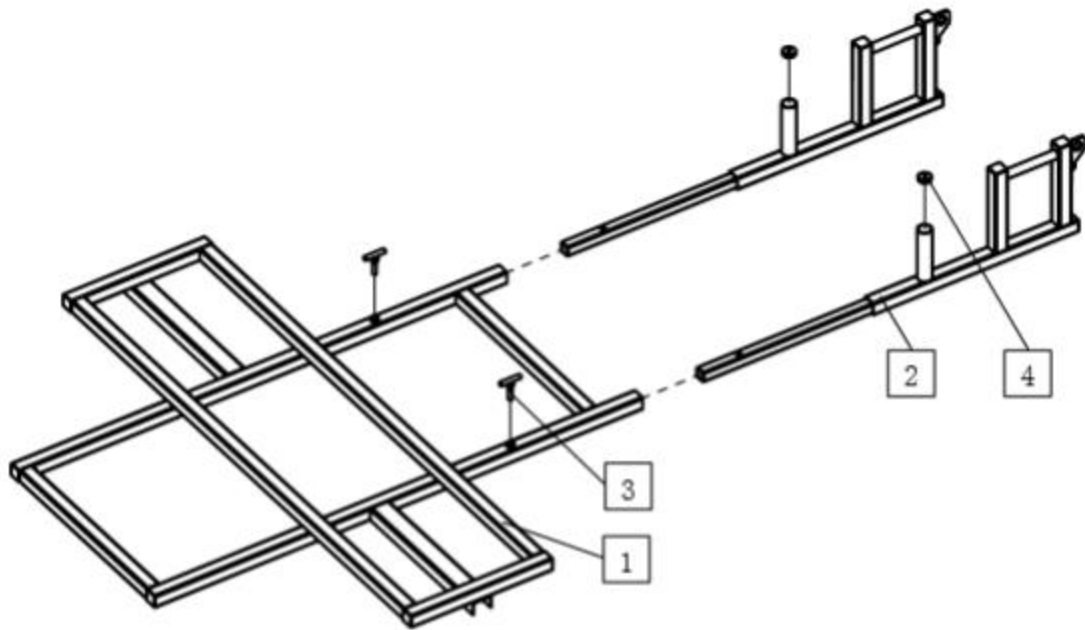




- |                        |     |
|------------------------|-----|
| 1. main frame          | x-1 |
| 2. 1.25IN lifting tube | x-1 |
| 3. ramps               | x-2 |
| 4. aquat stands        | x-1 |

car deadlift assy

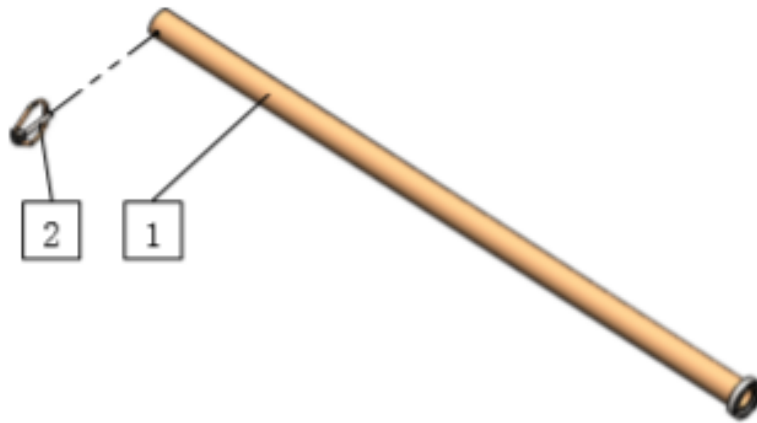




- |                   |     |
|-------------------|-----|
| 1. main frame     | x-1 |
| 2. lifting tube   | x-2 |
| 3. lock handle    | x-2 |
| 4. 48 plastic cap | x-2 |

car deadlift frame

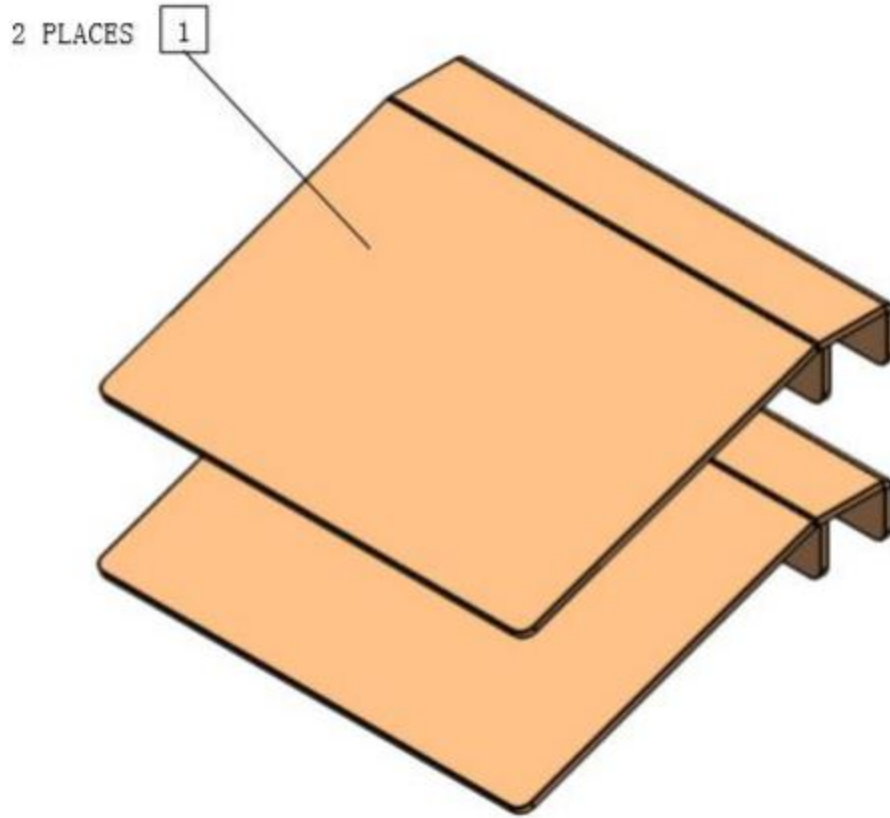


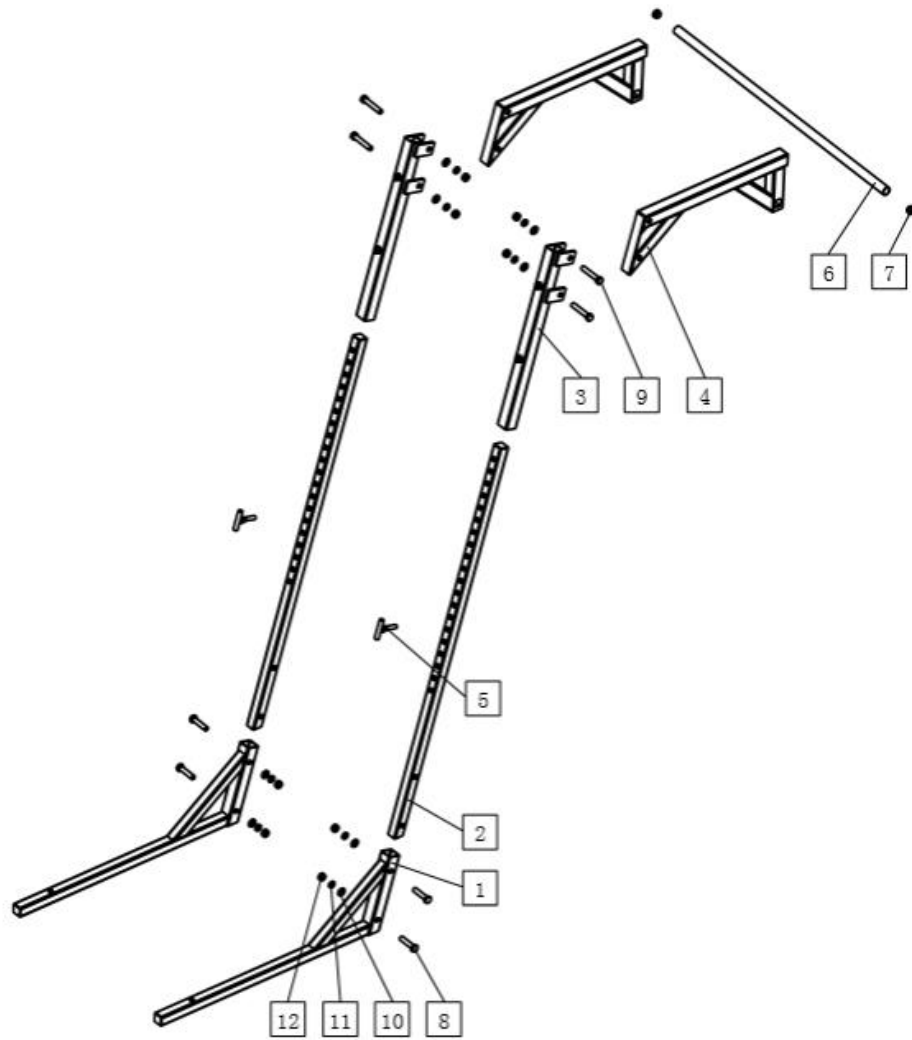


- |                  |     |
|------------------|-----|
| 1. lifting bar   | x-1 |
| 2. Ø5.5 pin lock | x-1 |

car deadlift lift bar

# RMPCARDL





- |                      |     |
|----------------------|-----|
| 1. squat stands-1    | x-2 |
| 2. squat stands-2    | x-2 |
| 3. squat stands-3    | x-2 |
| 4. squat stands-4    | x-2 |
| 5. lock handle       | x-2 |
| 6. lifting bar       | x-1 |
| 7. 30 plastic cap    | x-2 |
| 8. hexa bolt M16*70  | x-4 |
| 9. hexa bolt M16*90  | x-4 |
| 10. flat washer 16   | x-8 |
| 11. spring washer 16 | x-8 |
| 12. hexa nut M16     | x-8 |

car deadlift squat stand





*This concludes the BASECARDL-BARCARDL-RMPCARDL SQT CARDL 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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