



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

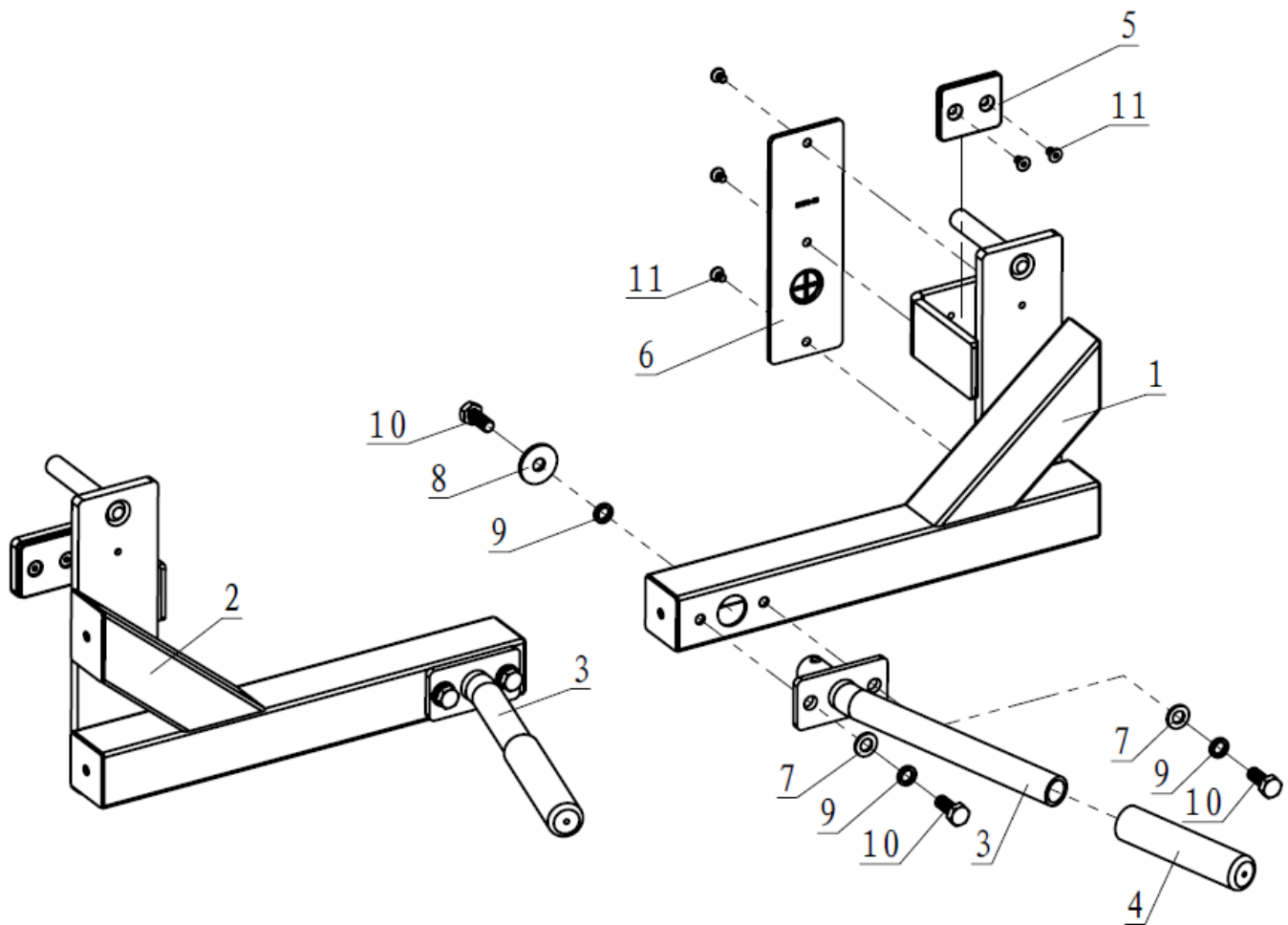
---

**MPN(s):** JHOOKDIP\_X3

**SKU(s):** 401257

**UPC(s):** 840009215018

# PARTS DIAGRAM / EXPLODED VIEW



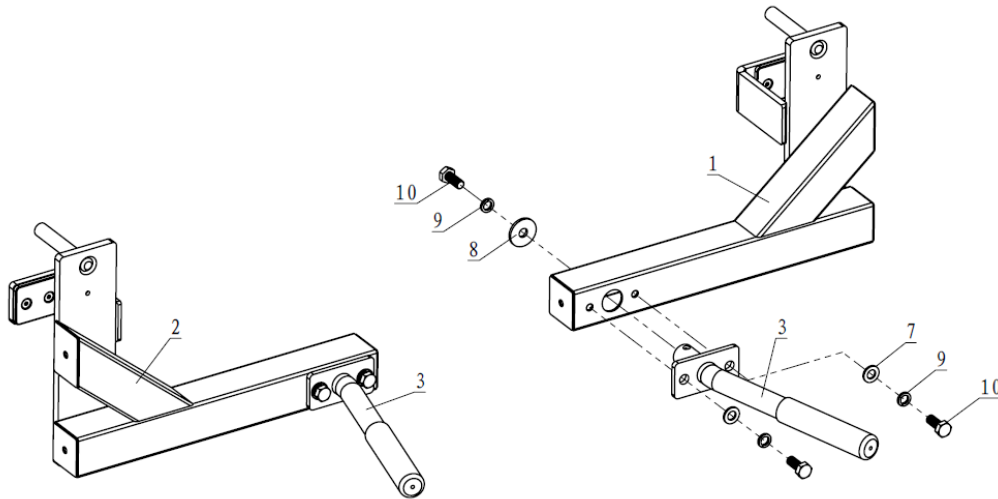
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	LEFT DIP BAR	1	(7)	1	FLAT WASHER Φ11*Φ20*2	4
(2)	1	RIGHT DIP BAR	1	(8)	1	FLAT WASHER Φ11*Φ34*3	2
(3)	1	HANDLEBAR	2	(9)	1	SPRING WASHER Φ10	6
(4)	1	HANDLEBAR GRIP	2	(10)	1	HEX BOLT M10*25	6
(5)	1	SHORT PLASTIC PLATE 58*48*5	2	(11)	1	COUNTERSUNK HEAD SCREW M6*10	10
(6)	1	REAR PLASTIC PLATE 205*68*5	2				



# ASSEMBLY INSTRUCTIONS

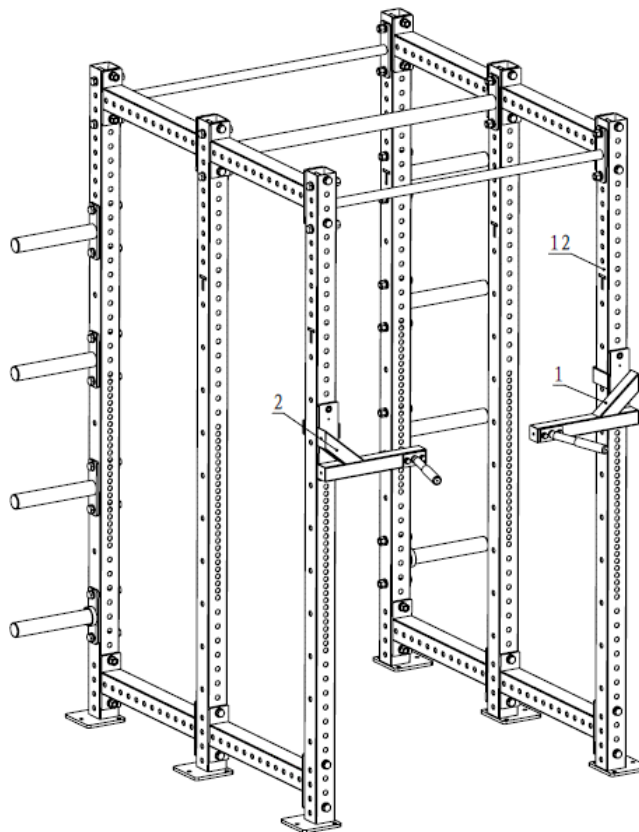
## STEP 1

Connect the Left Dip Bar (1) and Handle bar (3), using Flat Washer  $\Phi 11*\Phi 20*2$ (7), Flat Washer  $\Phi 11*\Phi 34*3$ (8), Spring Washer  $\Phi 10$  (9) and Hex Bolt M10\*25(10).



## STEP 2

Install the Left and Right Dip Bar (1 & 2) on the Upright Frame (12).





*This concludes the JHOOKDIP X3 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.

TITAN MAKES NO WARRANTY WHATSOEVER WITH RESPECT TO THE EQUIPMENT, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, WHETHER EXPRESS OR IMPLIED BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE. BUYER ASSUMES ALL LIABILITY IN USE OF THE EQUIPMENT.

**NEED HELP?**

**CONTACT US FIRST.**

**1 (800) 605-8241**

[info@titandistributorsinc.com](mailto:info@titandistributorsinc.com) / [www.titan.fitness](http://www.titan.fitness)

**Business Hours: Monday–Friday • 8:00 a.m.–5:00 p.m. (CT)**

