



TITAN
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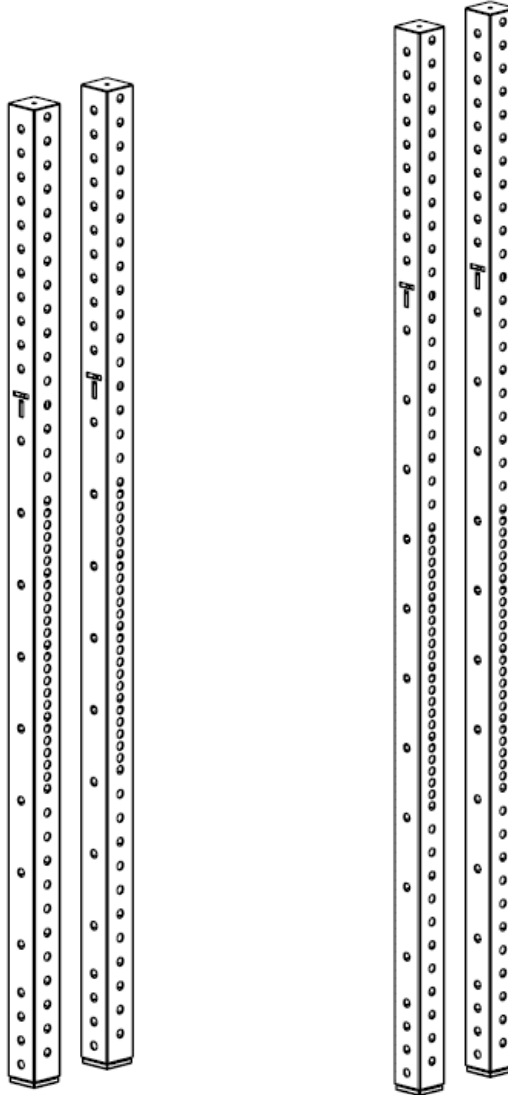
OWNER'S MANUAL

MPN(s): X3FLDUP82 - X3FLDSB21, X3FLDUP82 - X3FLDSB41, X3FLDUP91 - X3FLDSB21, X3FLDUP91 - X3FLDSB41

SKU(s): 401394, 401396, 401393, 401395

UPC(s): 840009216961, 840009216985, 840009216954, 840009216978

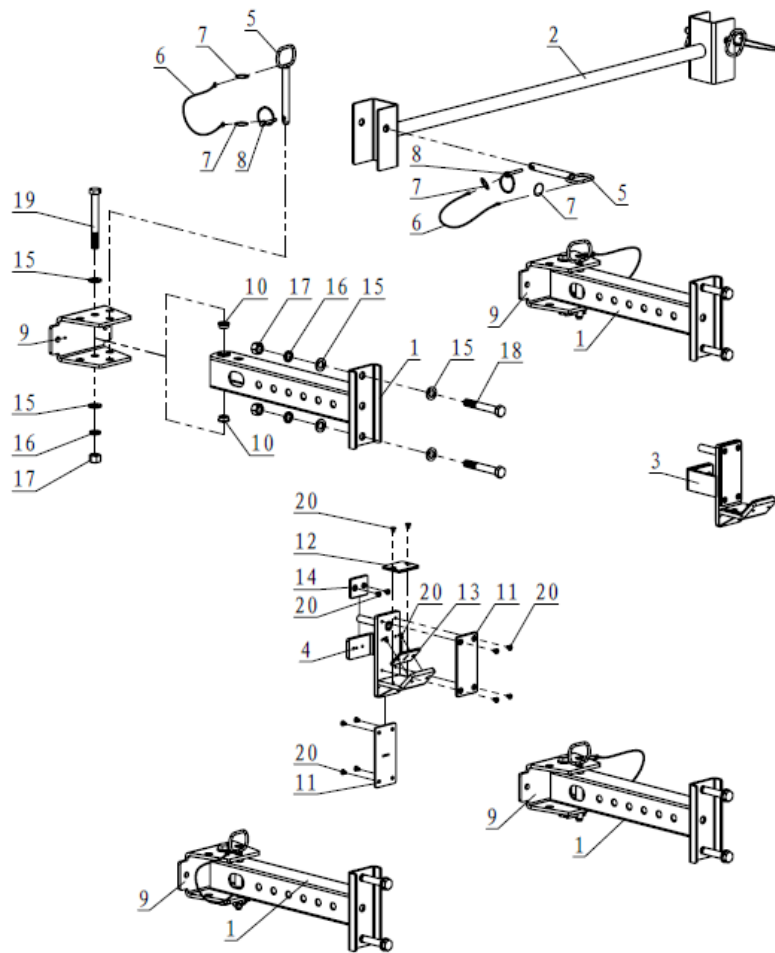
X3FLDUP82 OR X3FLDUP91 PARTS DIAGRAM



KEY	BOX	DESCRIPTION	QTY
(1)	1	X3FLDUP82 or X3FLDUP91	2



X3FLDSB21 PARTS DIAGRAM



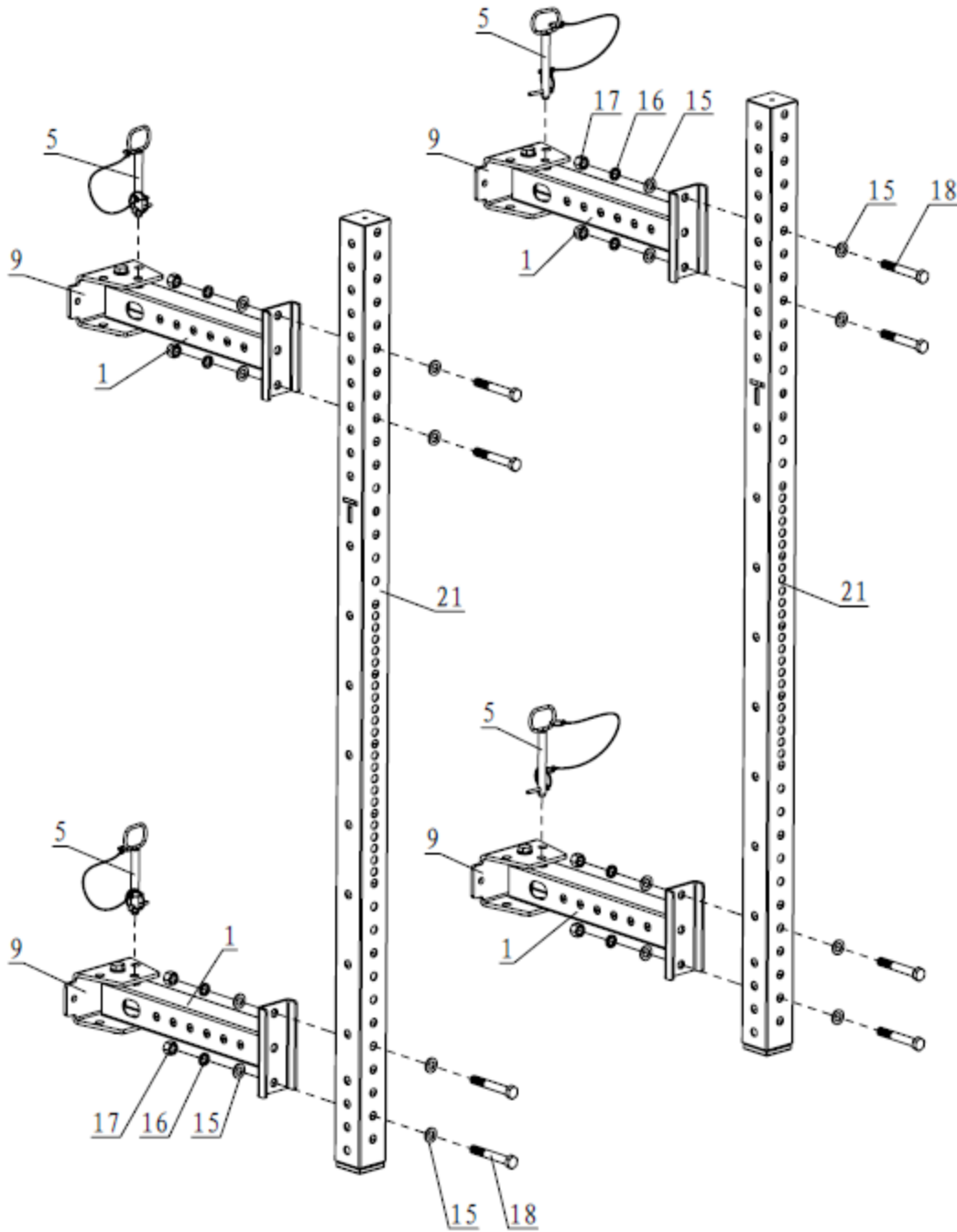
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	Rear Connecting Frame	4	(11)	2	Long Plastic Plate 148*68*5	4
(2)	2	Pull Up Bar	1	(12)	2	Plastic Plate 68*58*5	2
(3)	2	J-Hook(L)	1	(13)	2	Front Plastic Plate 68*48*5	2
(4)	2	J-Hook(R)	1	(14)	2	Short Plastic Plate 58*48*5	2
(5)	2	PIN	6	(15)	2	Flat Washer Φ17*Φ30*3	24
(6)	2	Cable Φ5.5*Φ1.6*330	6	(16)	2	Spring Washer Φ16	12
(7)	2	Pull Ring Φ1.5*31	12	(17)	2	Nut M16	12
(8)	2	Small Pin Φ6*45	6	(18)	2	Hex Bolt M16*110	8
(9)	2	Retaining Bracket	4	(19)	2	Hex Bolt M16*135	4
(10)	2	Φ16 Bushing	8	(20)	2	Countersunk head screw M6*10	28



ASSEMBLY INSTRUCTIONS

STEP 1

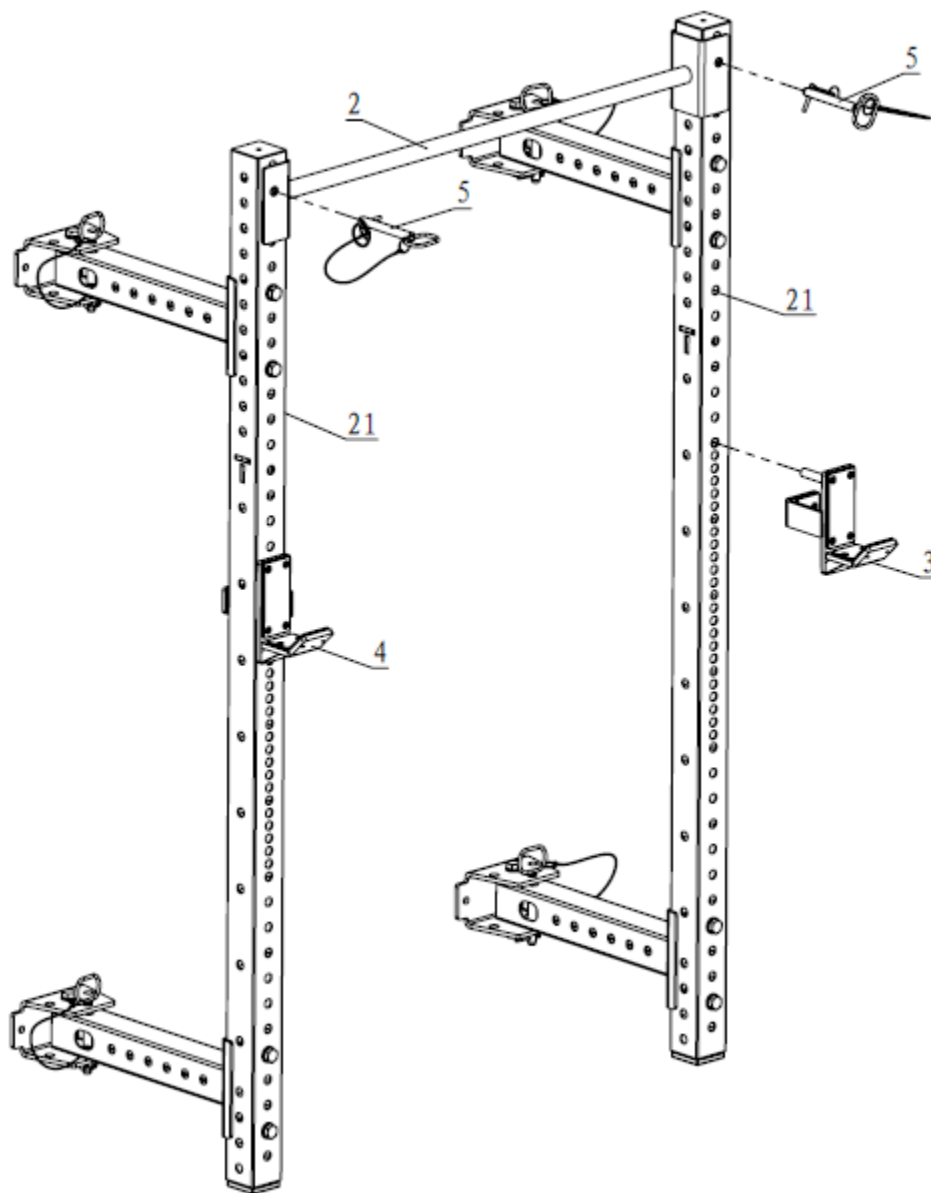
Connect the Rear Connecting Frame (1) and Upright Frame (21), using Flat Washer $\Phi 17*\Phi 30*3$ (15), Spring Washer $\Phi 16$ (16), M16 Nut (17) and Hex Bolt M16*110 (18).



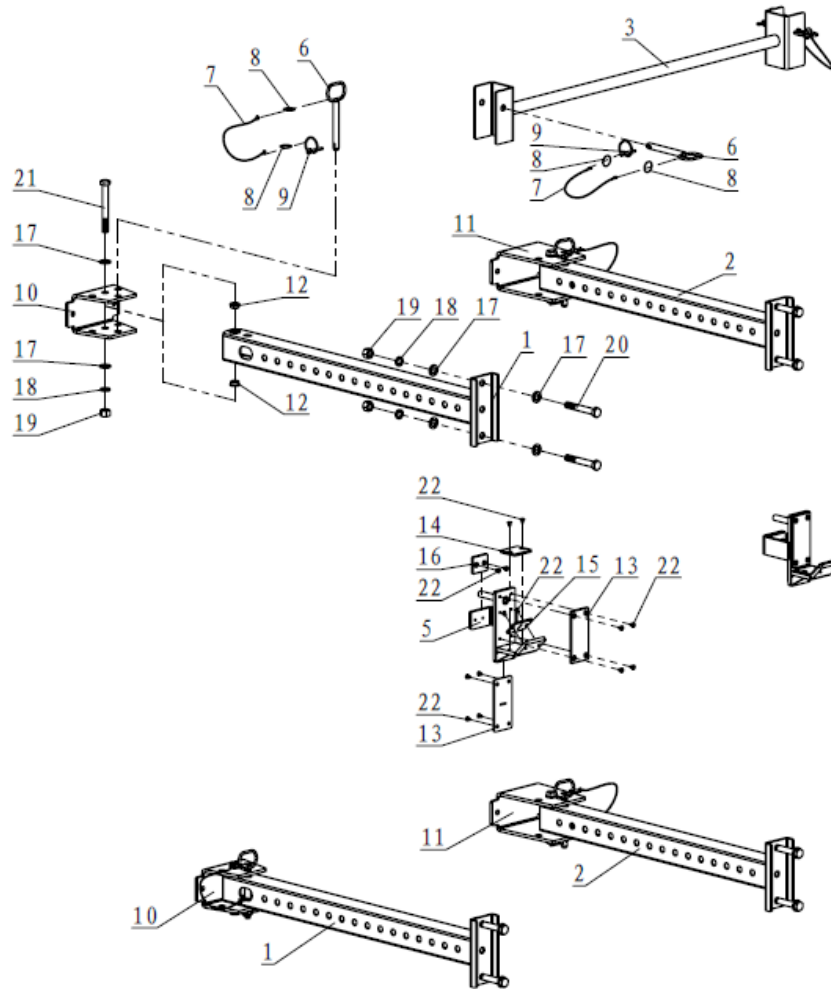
ASSEMBLY INSTRUCTIONS

STEP 2

1. Fixing the Retaining Bracket (4) on the Wall.
2. Fixing the Pull Up Bar (2) on the Upright Frame (21), using the Pin (5).
3. Install the Left and Right J-Hook (3 & 4) on the Upright Frame (21).
4. Insert the Pin (5) on the Retaining Bracket (4).



X3FLDSB41 PARTS DIAGRAM



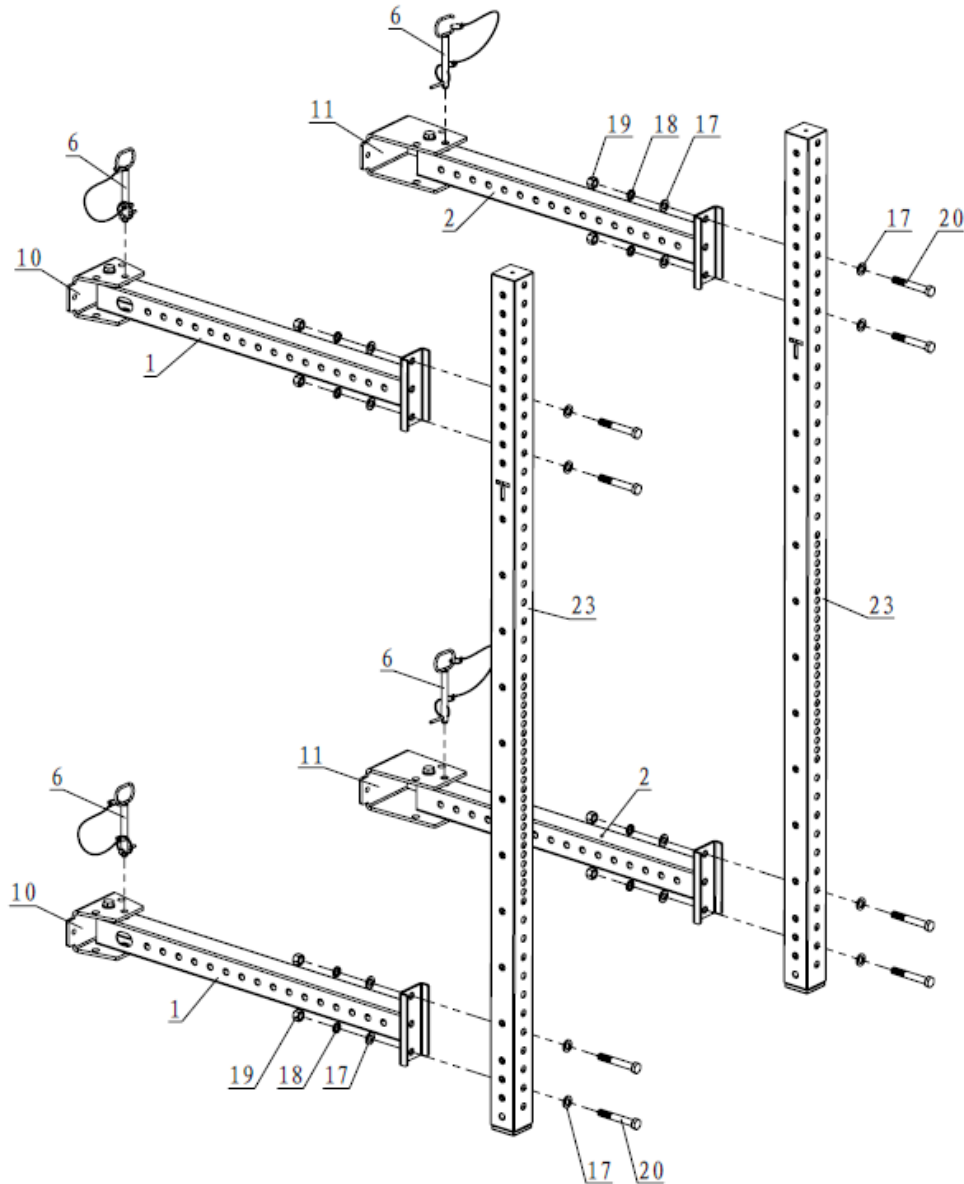
KE	BO	DESCRIPTION	QT	KEY	BOX	DESCRIPTION	QT
(1)	2	Rear Connecting Frame	2	(12)	2	Φ16 Bushing	8
(2)	2	Rear Short Connecting	2	(13)	2	Long Plastic Plate 148*68*5	4
(3)	2	Pull Up Bar	1	(14)	2	Plastic Plate 68*58*5	2
(4)	2	J-Hook(L)	1	(15)	2	Front Plastic Plate 68*48*5	2
(5)	2	J-Hook(R)	1	(16)	2	Short Plastic Plate 58*48*5	2
(6)	2	PIN	6	(17)	2	Flat Washer Φ17*Φ30*3	24
(7)	2	Cable Φ5.5*Φ1.6*330	6	(18)	2	Spring Washer Φ16	12
(8)	2	Pull Ring Φ1.5*31	12	(19)	2	Nut M16	12
(9)	2	Small Pin Φ6*45	6	(20)	2	Hex Bolt M16*110	8
(10)	2	Retaining Bracket	2	(21)	2	Hex Bolt M16*135	4
(11)	2	Long Retaining Bracket	2	(22)	2	Countersunk head screw M6*10	28



ASSEMBLY INSTRUCTIONS

STEP 1

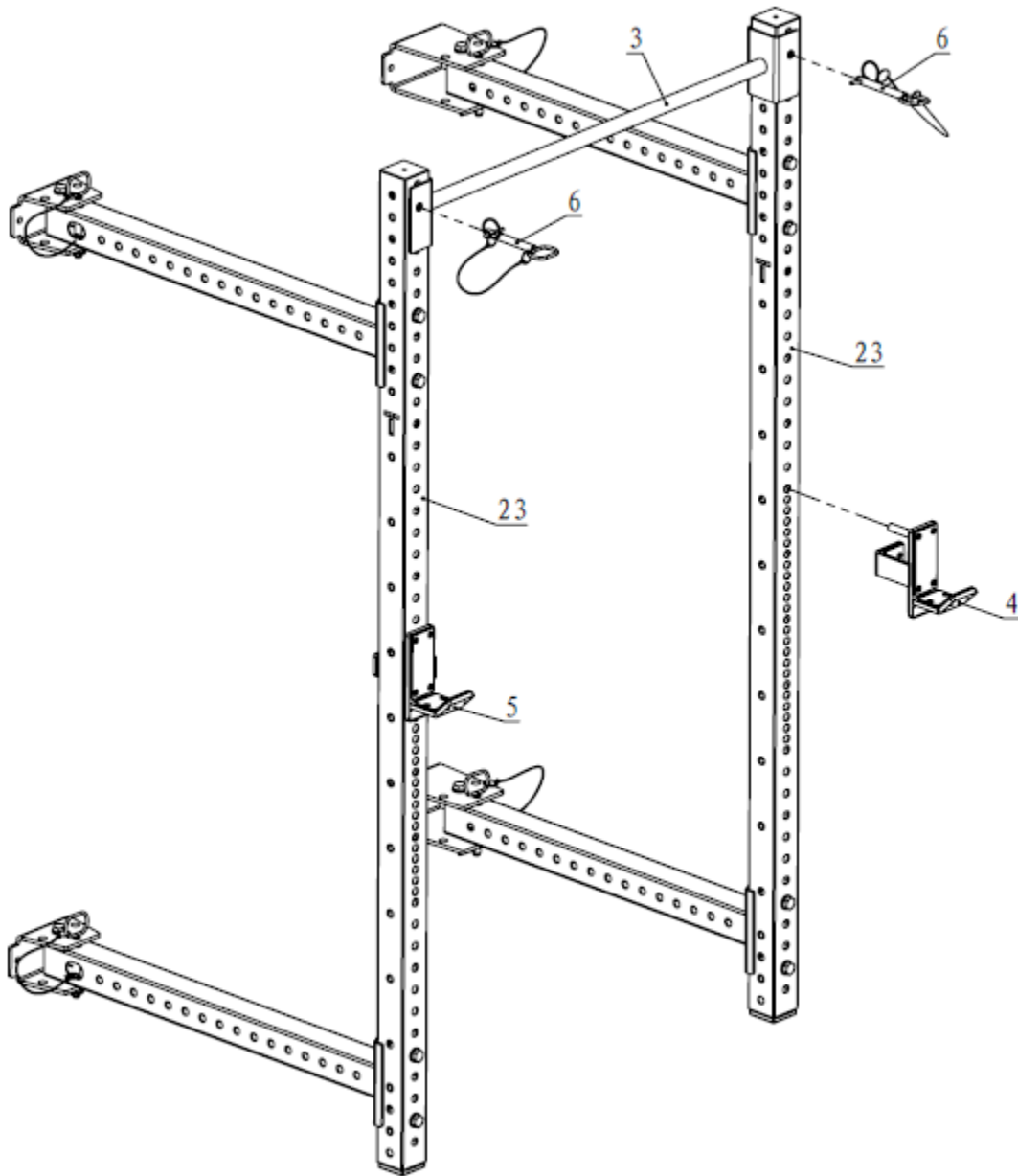
Install the Rear Connecting Frame (1) and Rear Short Connecting Frame (2) on the Upright Frame (23), using Flat Washer $\Phi 17*\Phi 30*3$ (17), Spring Washer $\Phi 16$ (18), M16 Nut (19) and Hex Bolt M16*110 (20).



ASSEMBLY INSTRUCTIONS

STEP 2

1. Fixing the Long Retaining Bracket (11) and Retaining Bracket (10) on the Wall.
2. Fixing the Pull Up Bar (3) on the Upright Frame (23), using the Pin (6).
3. Install the Left and Right J-Hook (4 & 5) on the Upright Frame (23).
4. Insert the Pin (6) on the Long Retaining Bracket (11) and Retaining Bracket (10).





This concludes the X3FLDUP VARIATIONS

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?

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