



TITAN
FITNESS



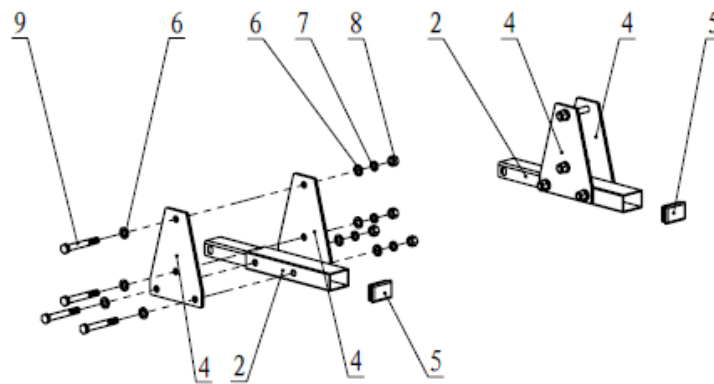
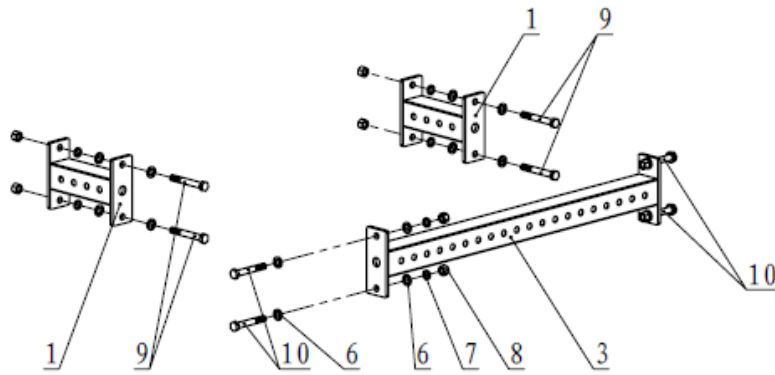
OWNER'S MANUAL

MPN(s): X3FFUP82 - X3FFEXT10, X3FFUP82 - X3FFEXT24, X3FFUP92 - X3FFEXT10, X3FFUP92 - X3FFEXT24

SKU(s): 401408, 401410, 401409, 401411

UPC(s): 840009217104, 840009217128, 840009217111, 840009217135

X3FFEXT10 PARTS DIAGRAM



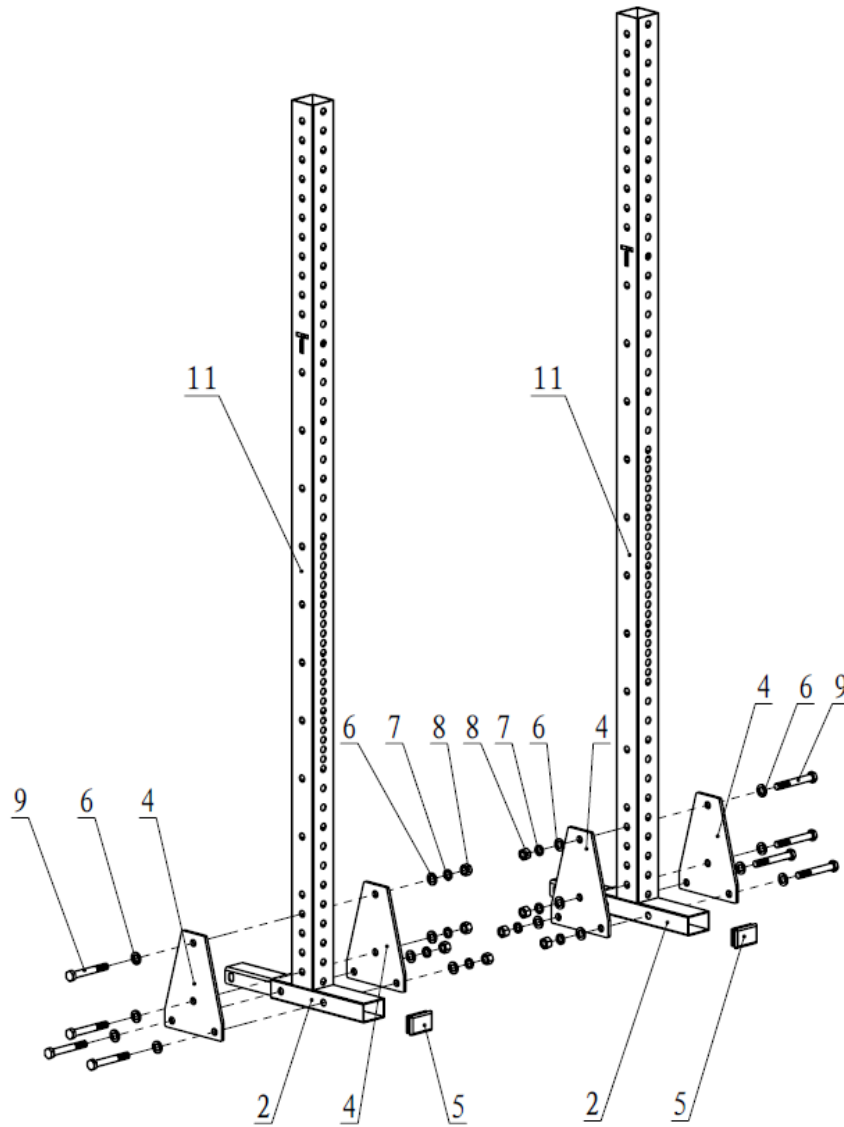
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	10" Connecting Frame	2	(6)	1	Flat Washer $\Phi 17 * \Phi 30 * 3$	32
(2)	1	10" Base Frame	2	(7)	1	Spring Washer $\Phi 16$	16
(3)	1	Rear Connecting Frame	1	(8)	1	Nut M16	16
(4)	1	Fixing Plate	4	(9)	1	Hex Bolt M16*120	12
(5)	1	End Cap 50*75*3	2	(10)	1	Hex Bolt M16*110	4



82 or 91-INCH OPTIONS WITH 10-INCH DEPTH ASSEMBLY INSTRUCTIONS

STEP 1

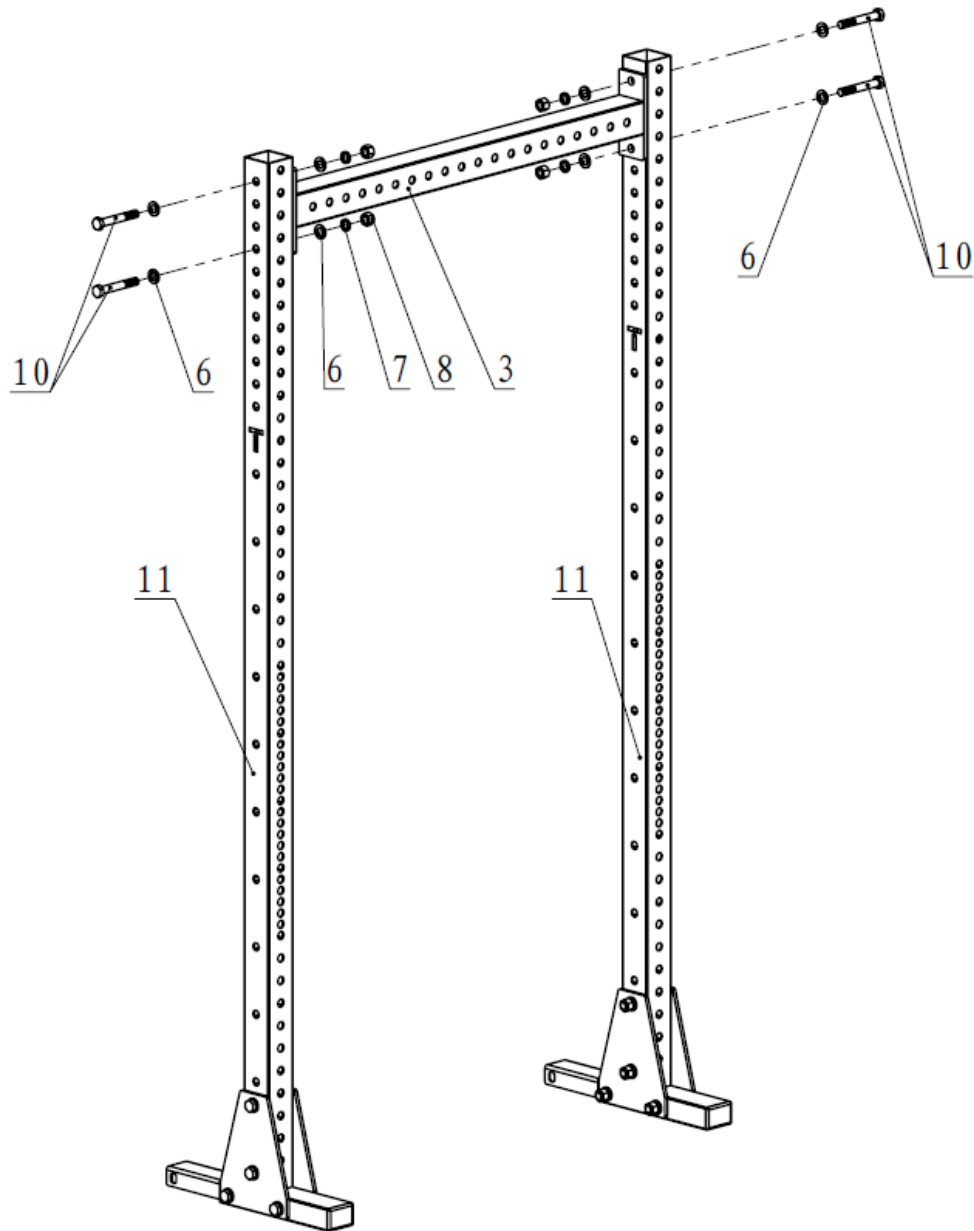
Assemble the Base Frame (2) and Upright Frame (11), using Fixing Plate (4), Flat Washer $\Phi 17*\Phi 30*3$ (6), Spring Washer $\Phi 16$ (7), Nut M16 (8) and Hex Bolt M16*120 (9).



ASSEMBLY INSTRUCTIONS

STEP 2

Connect the Rear Connecting Frame (3) and Upright Frame (11), using Flat Washer $\Phi 17*\Phi 30*3$ (6), Spring Washer $\Phi 16$ (7), Nut M16 (8) and Hex Bolt M16*110 (10).

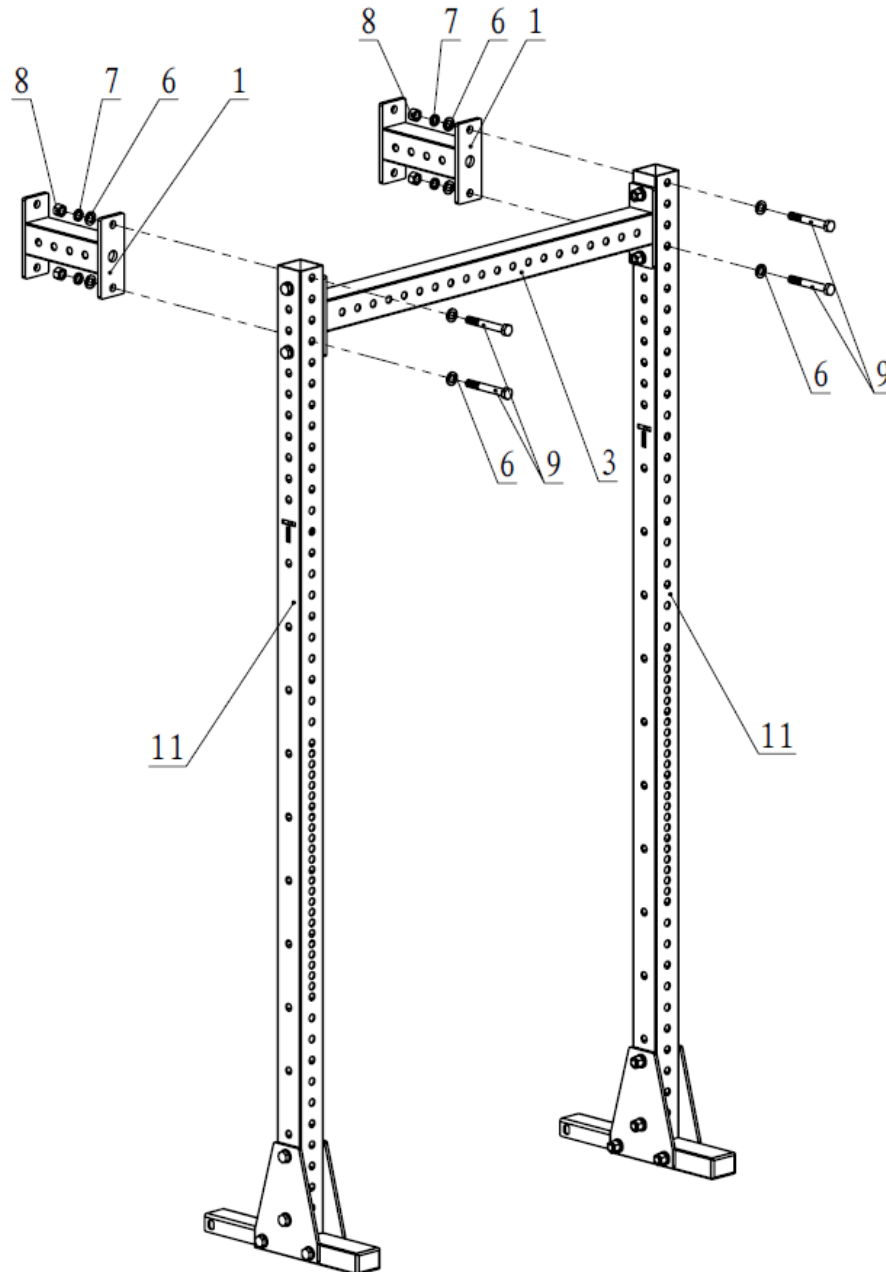


ASSEMBLY INSTRUCTIONS

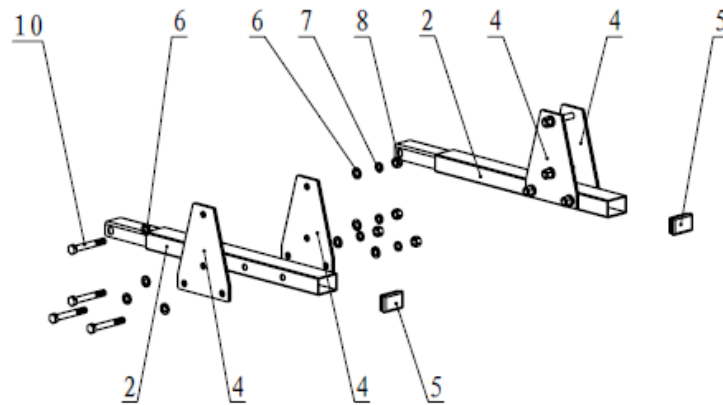
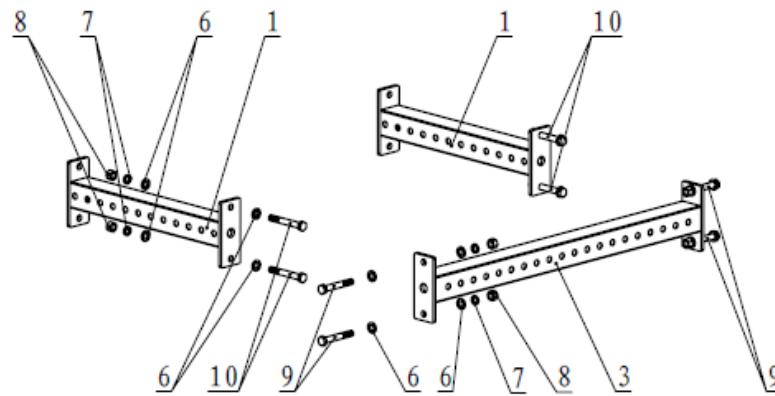
STEP 3

Assemble the 10" Connecting Frame (1) and Upright Frame (11), using Flat Washer $\Phi 17*\Phi 30*3$ (6), Spring Washer $\Phi 16$ (7), Nut M16 (8) and Hex Bolt M16*120 (9).

PLEASE TIGHTEN ALL THE BOLTS.



X3FFEXT24 PARTS DIAGRAM



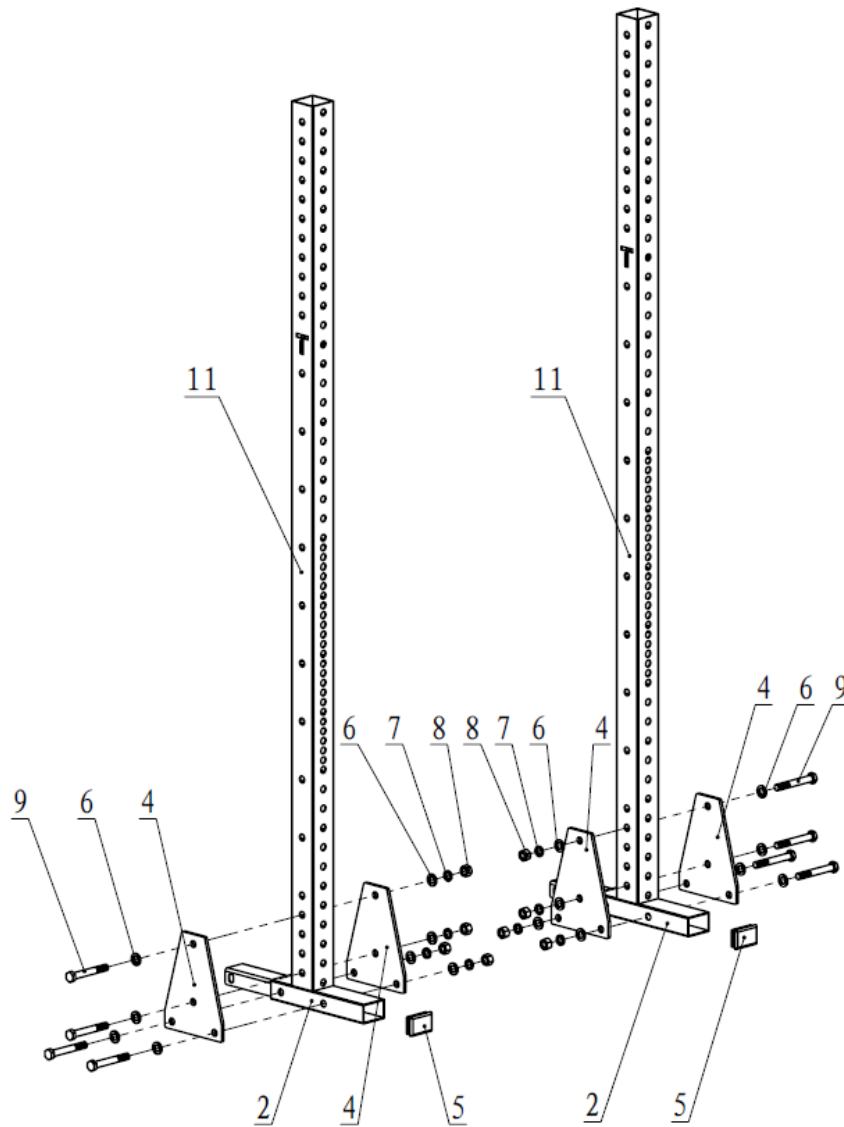
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	24" Connecting Frame	2	(6)	1	Flat Washer $\Phi 17 * \Phi 30 * 3$	32
(2)	1	24" Base Frame	2	(7)	1	Spring Washer $\Phi 16$	16
(3)	1	Rear Connecting Frame	1	(8)	1	Nut M16	16
(4)	1	Fixing Plate	4	(9)	1	Hex Bolt M16*110	4
(5)	1	End Cap 50*75*3	2	(10)	1	Hex Bolt M16*120	12



82 or 91-INCH OPTIONS WITH 24-INCH DEPTH ASSEMBLY INSTRUCTIONS

STEP 1

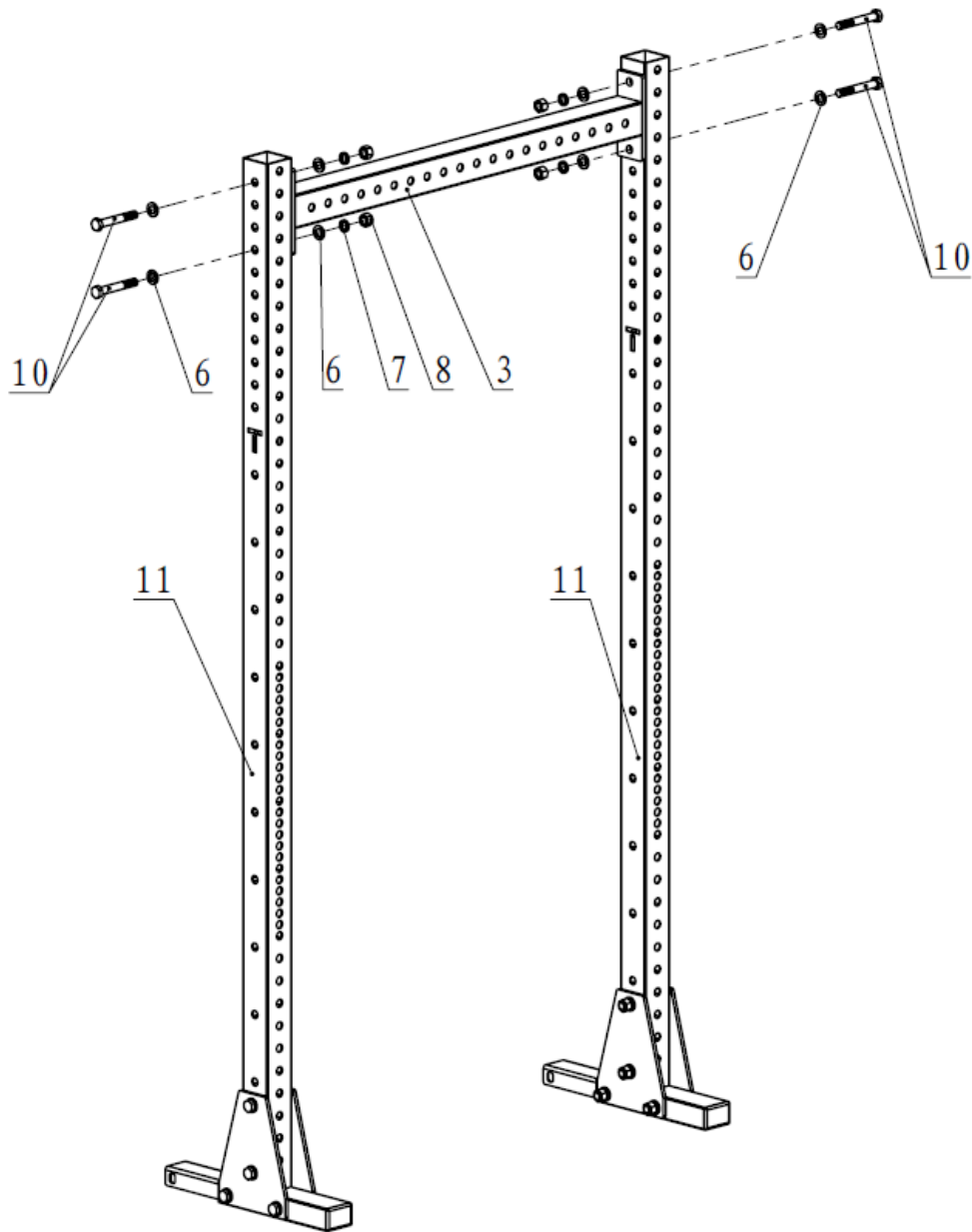
Assemble the Base Frame (2) and Upright Frame (11), using Fixing Plate (4), Flat Washer $\Phi 17*\Phi 30*3$ (6), Spring Washer $\Phi 16$ (7), Nut M16 (8) and Hex Bolt M16*120 (9).



ASSEMBLY INSTRUCTIONS

STEP 2

Connect the Rear Connecting Frame (3) and Upright Frame (11), using Flat Washer $\Phi 17*\Phi 30*3$ (6), Spring Washer $\Phi 16$ (7), Nut M16 (8) and Hex Bolt M16*110 (10).

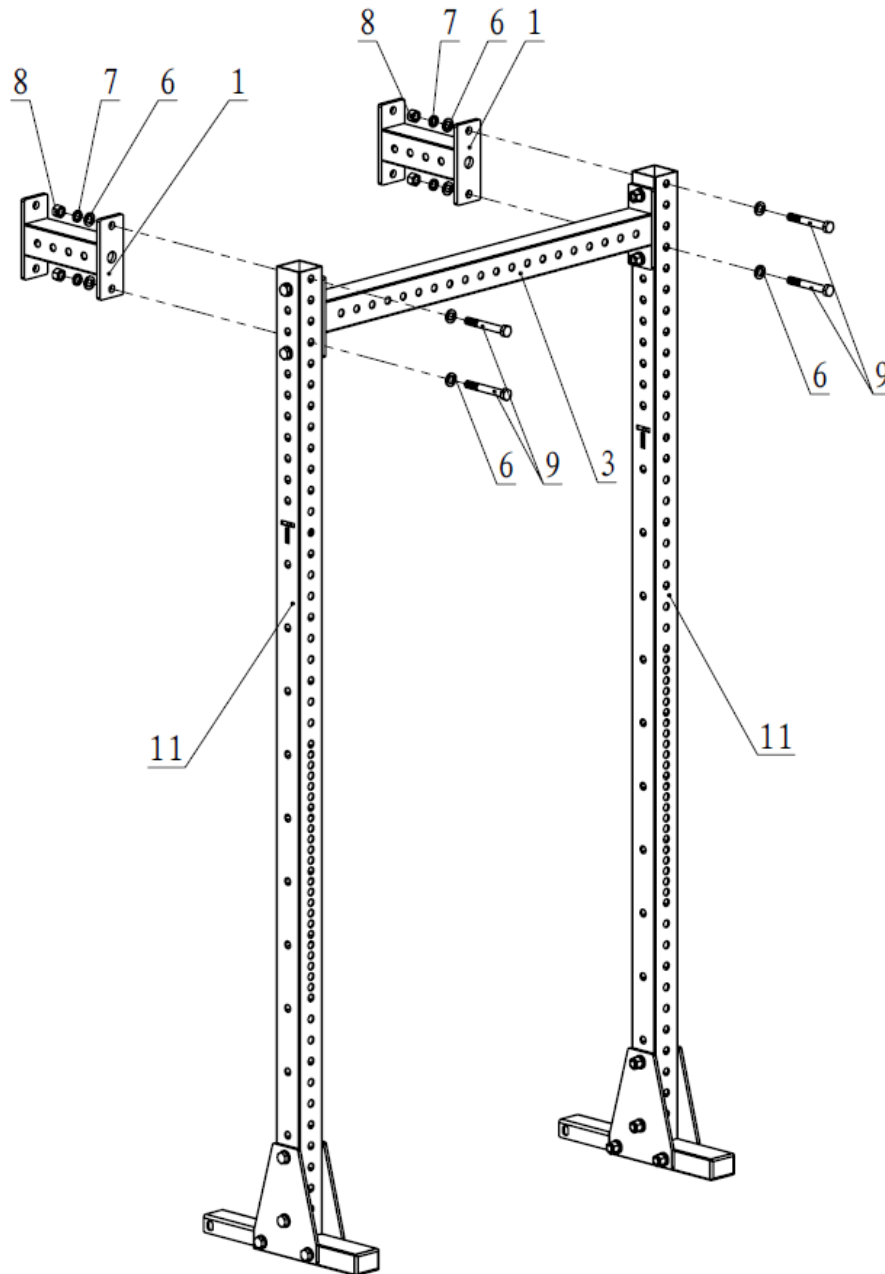


ASSEMBLY INSTRUCTIONS

STEP 3

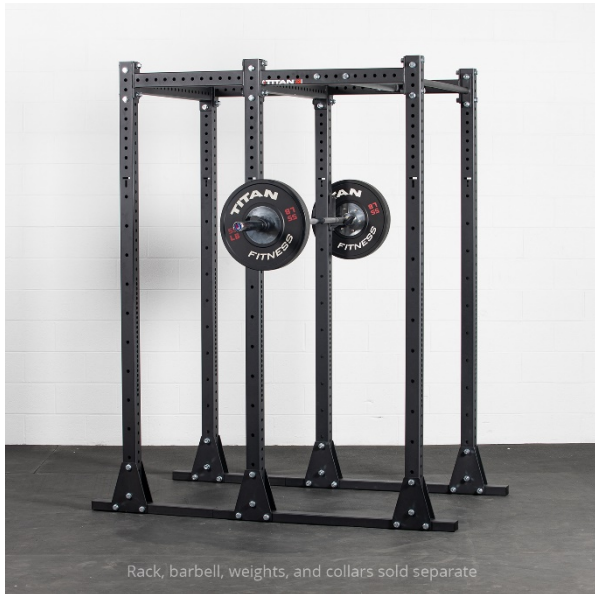
Assemble the 24" Connecting Frame (1) and Upright Frame (11), using Flat Washer $\Phi 17*\Phi 30*3$ (6), Spring Washer $\Phi 16$ (7), Nut M16 (8) and Hex Bolt M16*120 (9).

PLEASE TIGHTEN ALL THE BOLTS.



SHOWN WITH THE 10" TOP SIDE BRACES





This concludes the X3FFEXTKIT

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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