



TITAN
FITNESS



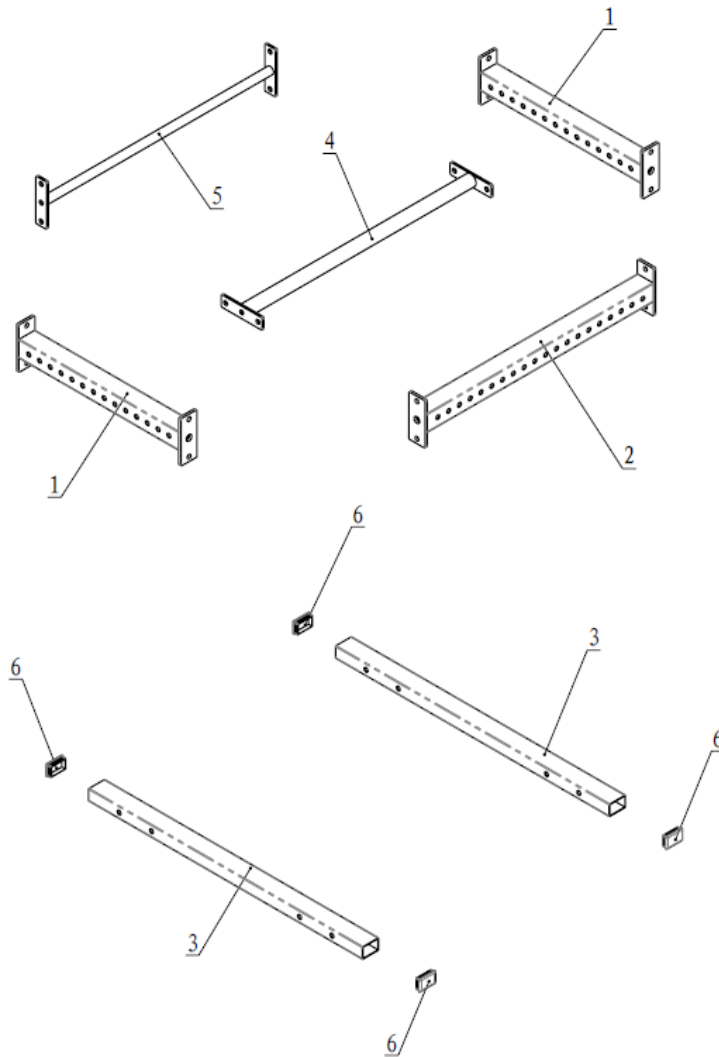
OWNER'S MANUAL

MPN(s): (2)X3FFUP82 - X3FFSB30 - X3FFACC, (2)X3FFUP92 - X3FFSB30 - X3FFACC, (2)X3FFUP82 - X3FFSB30 - X3FFACC – FWHOLD, (2)X3FFUP92 - X3FFSB30 - X3FFACC - FWHOLD

SKU(s): 401391, 401392, 401416, 401417

UPC(s): 840009216930, 840009216947, 840009217487, 840009217494

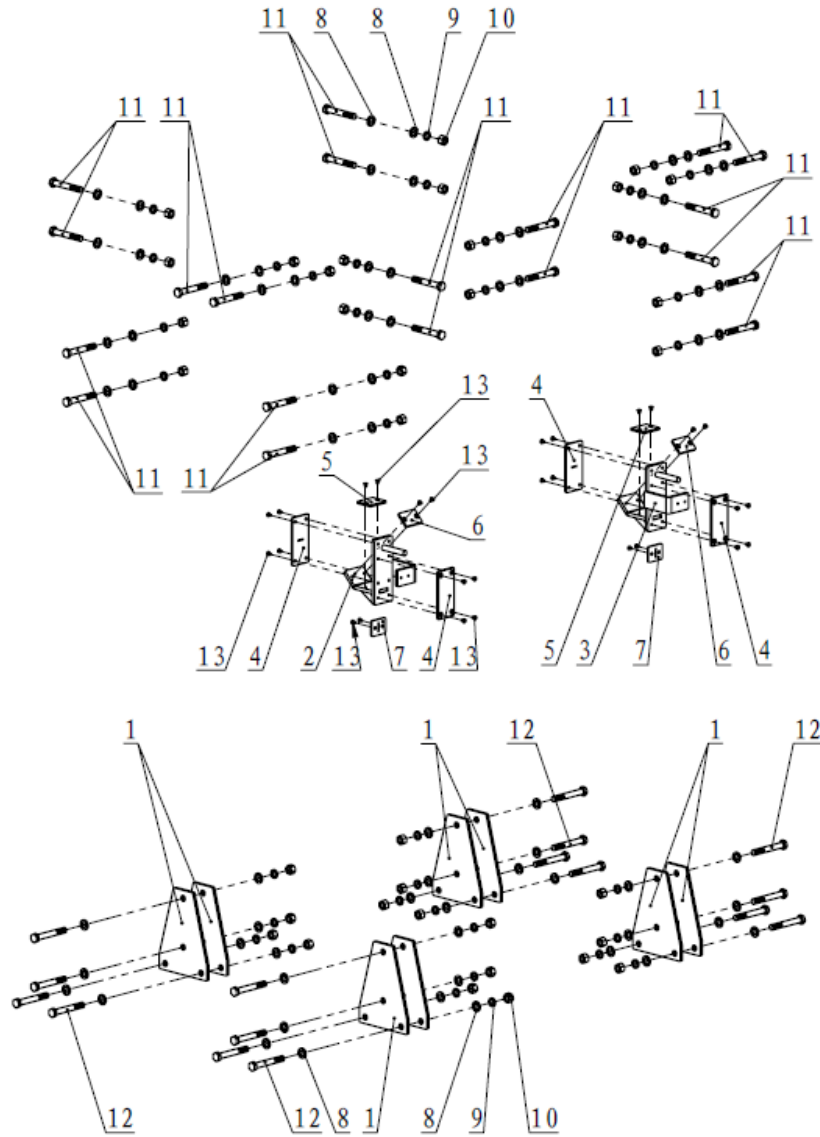
X3FFSB30-X3FFACC PARTS DIAGRAM



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Top Connecting Frame	2	(4)	1	Rear Pull Up Bar	1
(2)	1	Rear Connecting Frame	1	(5)	1	Pull Up Bar	1
(3)	1	Base Frame	2	(6)	1	End Cap 50*75*3	4



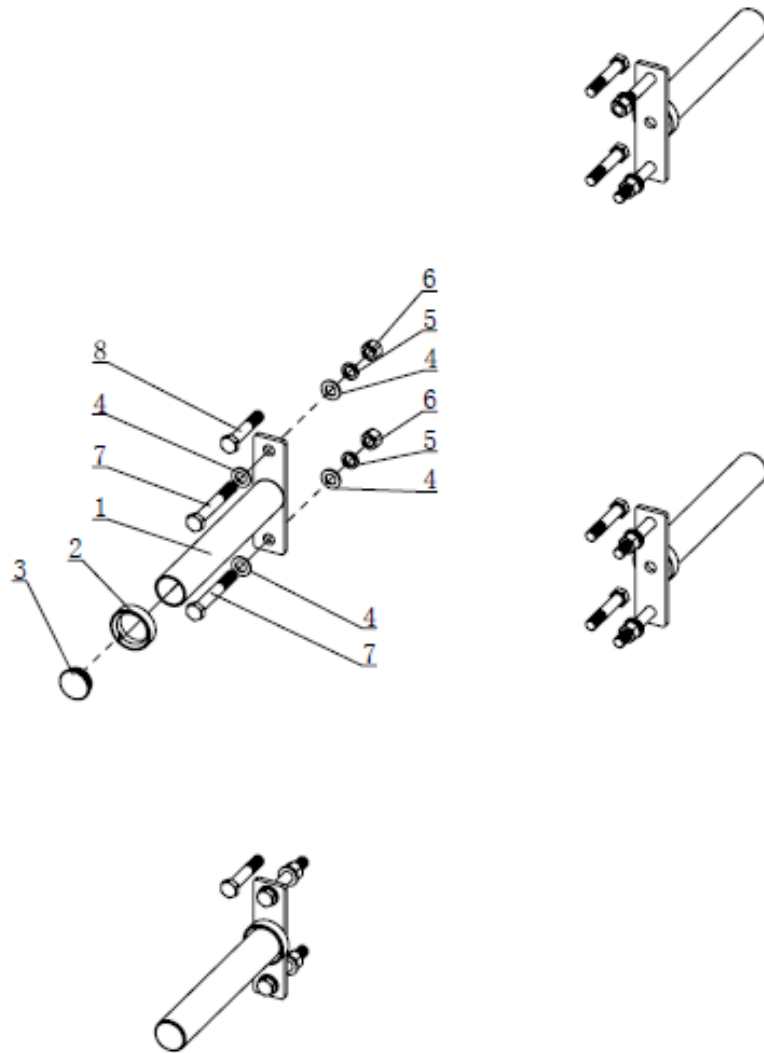
X3FFSB30-X3FFACC EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Fixing Plate 260*200*8	8	(8)	1	Flat Washer $\Phi 17*\Phi 30*3$	72
(2)	1	Left J-Hook	1	(9)	1	Spring Washer $\Phi 16$	36
(3)	1	Right J-Hook	1	(10)	1	Nut M16	36
(4)	1	Long Plastic Plate 148*68*5	4	(11)	1	Hex Bolt M16*110	20
(5)	1	Plastic Plate 68*58*5	2	(12)	1	Hex Bolt M16*120	16
(6)	1	Front Plastic Plate 68*48*5	2	(13)	1	Countersunk head screw M6*10	28
(7)	1	Short Plastic Plate 58*48*5	2				



FWHOLD PARTS DIAGRAM



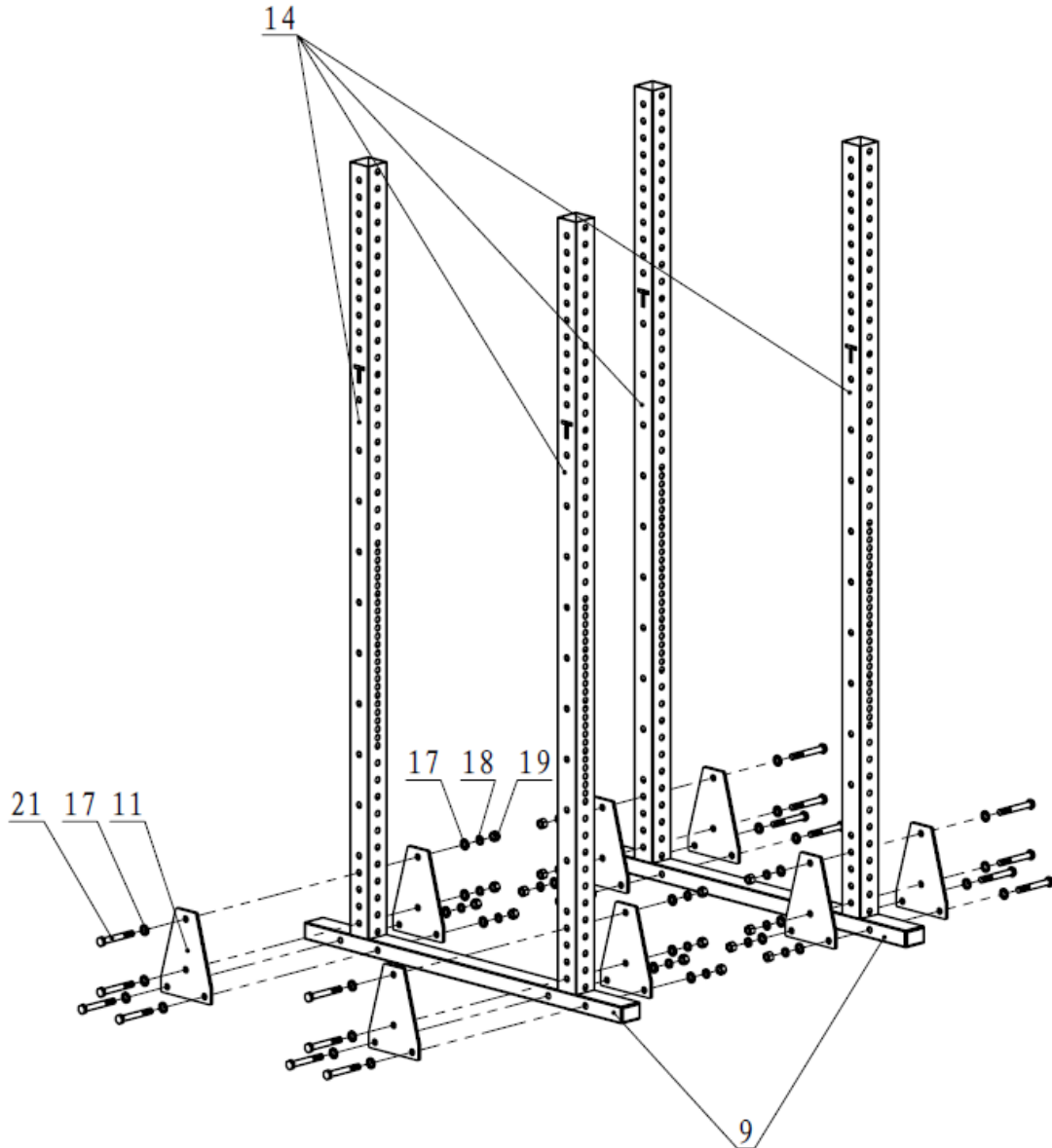
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	1	Weight Plate Holder	4	(5)	1	Spring Washer $\Phi 16$	8
(2)	1	Rubber Bumper	4	(6)	1	M16 Nut	8
(3)	1	End Cap $\Phi 48*2$	4	(7)	1	Hex Bolt M16*110	8
(4)	1	Flat Washer $\Phi 17*\Phi 30*3$	16	(8)	1	Hex Bolt M16*85	8



8 2 O R 9 1 - I N C H A S S E M B L Y I N S T R U C T I O N S

STEP 1

Assemble the Base Frame (9) and Upright Frame (16), using Fixing Plate (11), Flat Washer $\Phi 17*\Phi 30*3$ (17), Spring Washer $\Phi 16$ (18), Nut M16 (19) and Hex Bolt M16*120 (21).

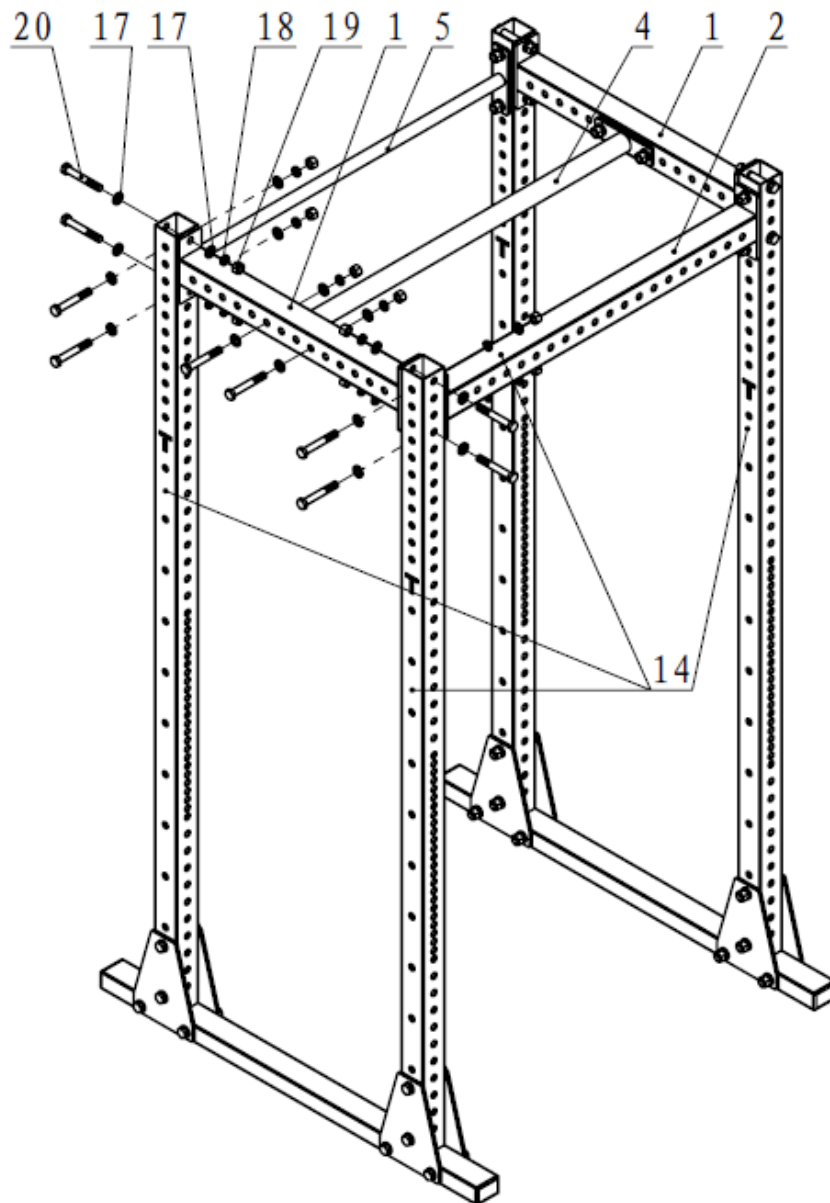


ASSEMBLY INSTRUCTIONS

STEP 2

1. Assemble the Top Connecting Frame (1) and Upright Frame (16), using Flat Washer $\Phi 17*\Phi 30*3$ (17), Spring Washer $\Phi 16$ (18), Nut M16 (19) and Hex Bolt M16*110 (20).
2. Connect the Pull Up Bar (5), Rear Pull Up Bar (4) Rear Connecting Frame (2) and Upright Frame (14), using Flat Washer $\Phi 17*\Phi 30*3$ (17), Spring Washer $\Phi 16$ (18), Nut M16 (19) and Hex Bolt M16*110 (20).

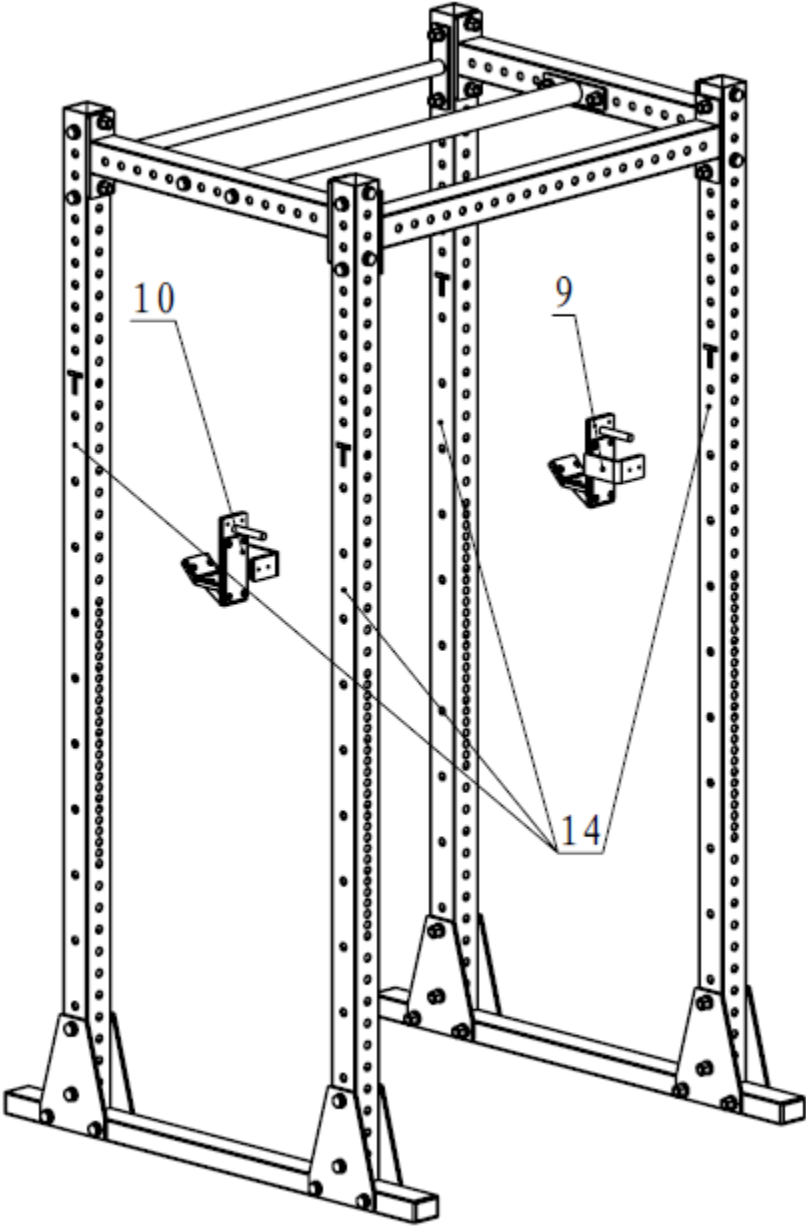
PLEASE TIGHTEN ALL THE BOLTS.



ASSEMBLY INSTRUCTIONS

STEP 3

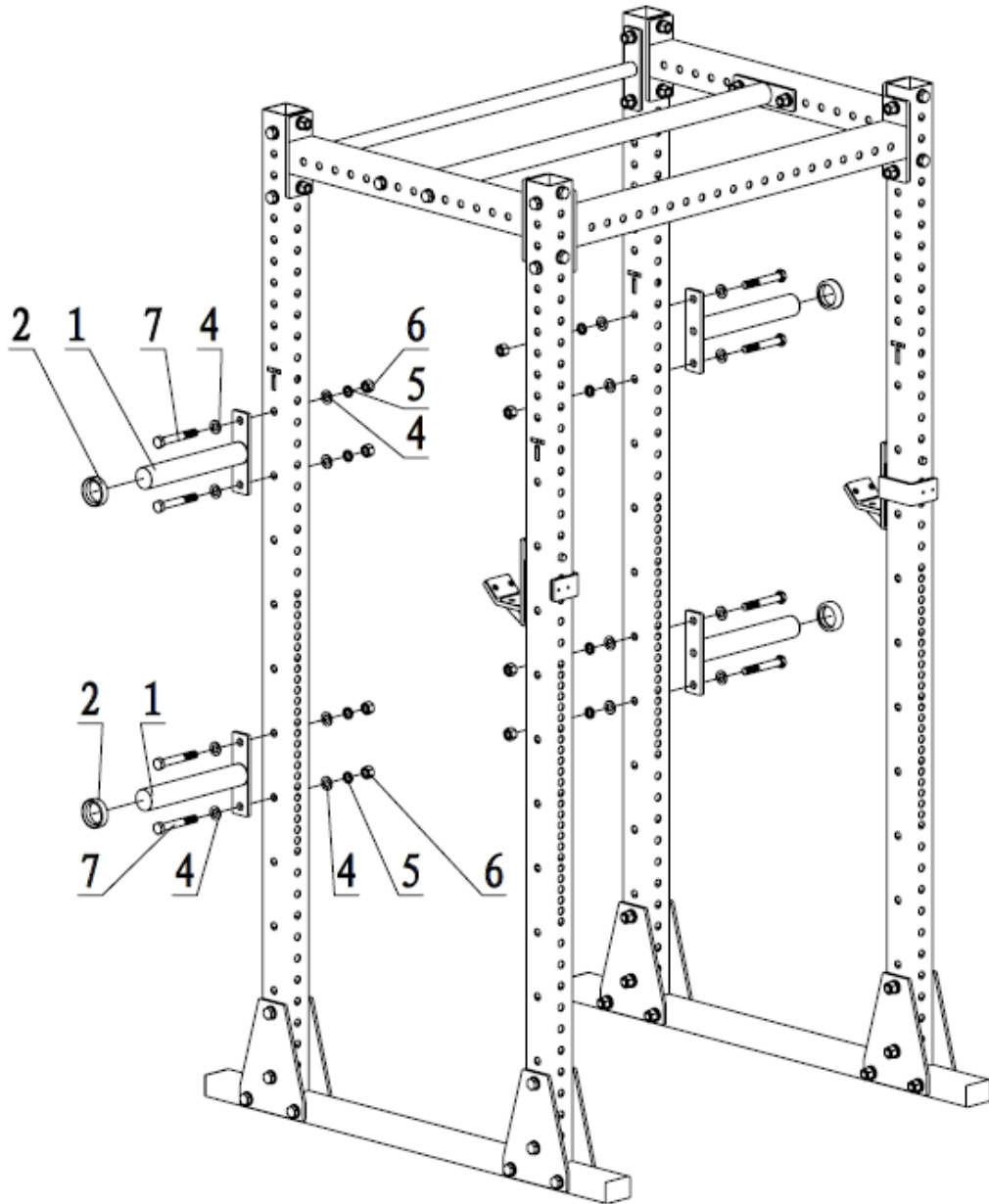
Install the Left & Right J-HOOK (9 & 10) on Upright Frame (14).

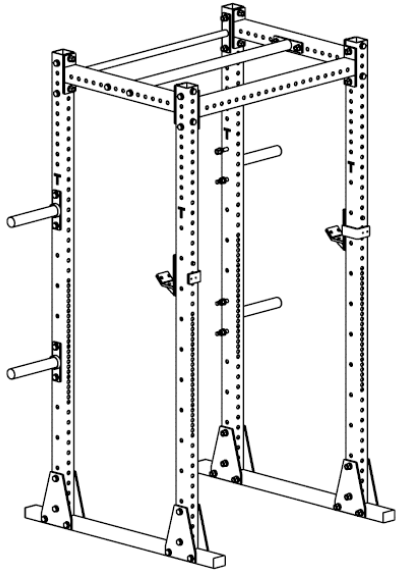


ASSEMBLY INSTRUCTIONS

Step 4

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





*This concludes the X3FFRACK 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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