



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

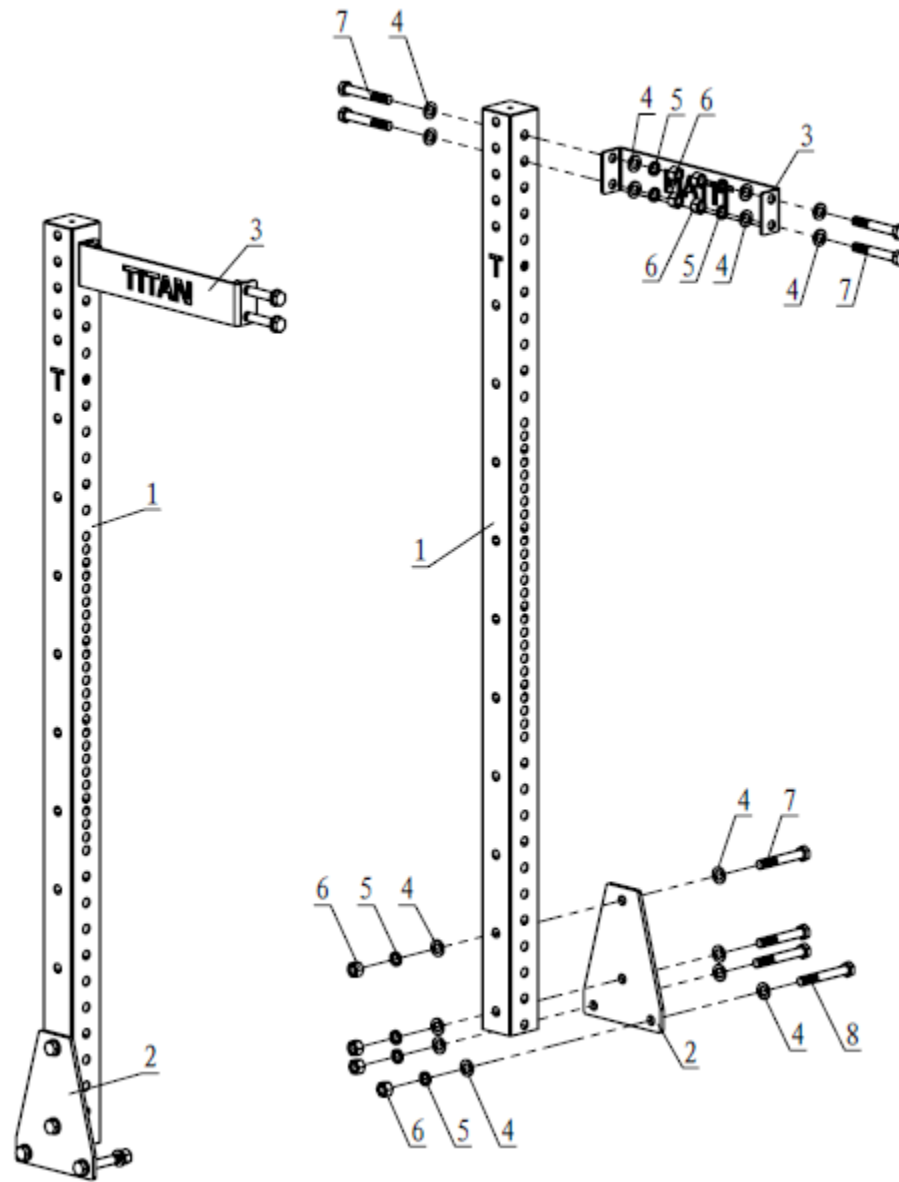
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**MPN(s):** X3SQTHALF - FWHOLD

**SKU(s):** 401422

**UPC(s):** 840009217548

# X3SQTHALF PARTS DIAGRAM

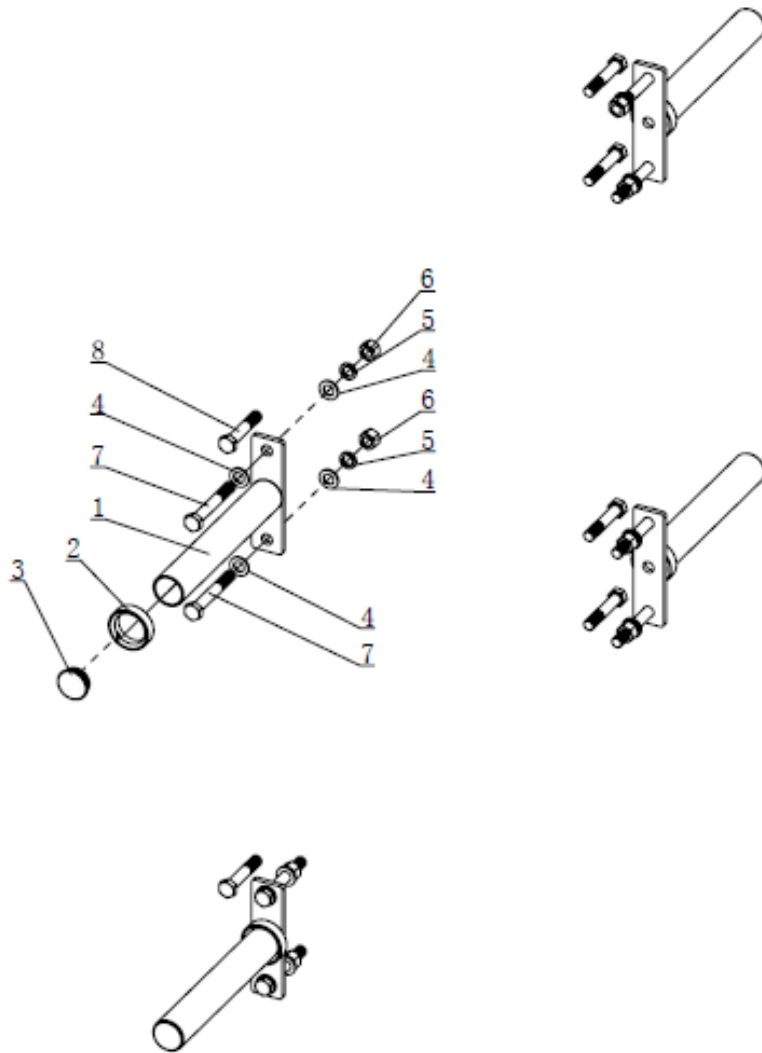


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	1	Upright Frame	2	(5)	1	Spring Washer $\Phi 16$	16
(2)	1	Fixing Plate	2	(6)	1	M16 Nut	16
(3)	1	Connecting Plate	2	(7)	1	Hex Bolt M16*110	12
(4)	1	Flat Washer $\Phi 17*\Phi 30*3$	32	(8)	1	Hex Bolt M16*120	4



# FWHOLD PARTS DIAGRAM

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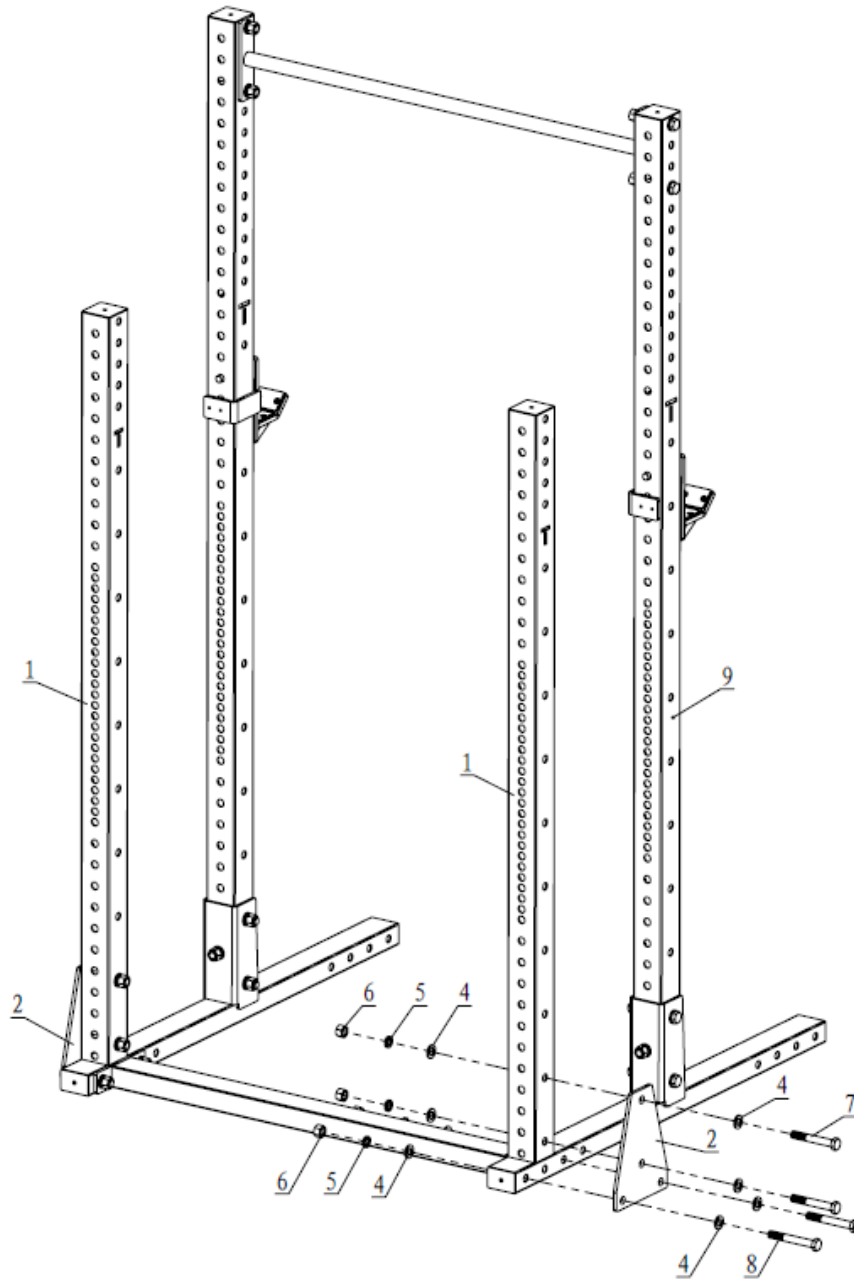
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	2	Weight Plate Holder	4	(5)	2	Spring Washer $\Phi 16$	8
(2)	2	Rubber Bumper	4	(6)	2	M16 Nut	8
(3)	2	End Cap $\Phi 48 \times 2$	4	(7)	2	Hex Bolt M16*110	8
(4)	2	Flat Washer $\Phi 17 \times \Phi 30 \times 3$	16	(8)	2	Hex Bolt M16*85	8



# ASSEMBLY INSTRUCTIONS

## STEP 1

Remove the Bolts of Base Frame on the Squat Rack (9), then fix the Upright Frame (1) on the Base Frame (3), using Flat Washer  $\Phi 17 \times \Phi 30 \times 3$  (4), Spring Washer (5), Nut M16 (6), Hex Bolt M16\*110(7) and Hex Bolt M16\*120 (8).

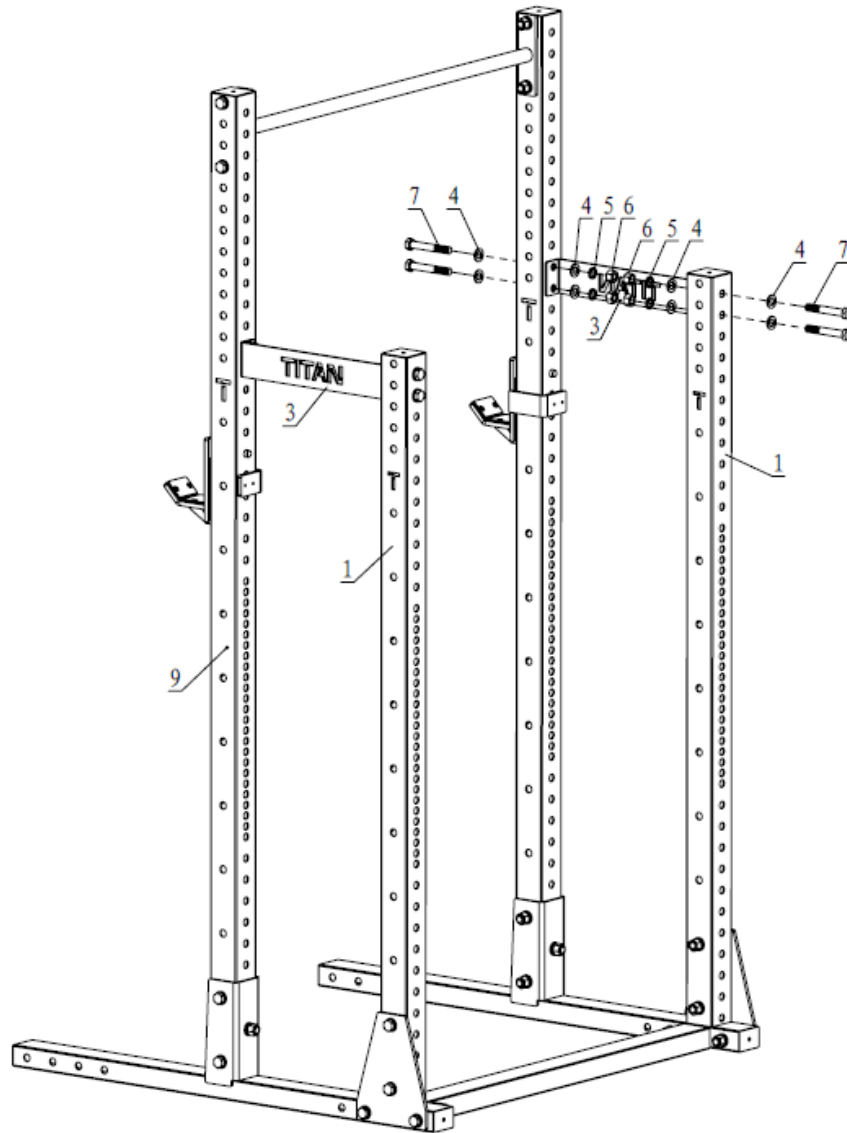


# ASSEMBLY INSTRUCTIONS

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## STEP 2

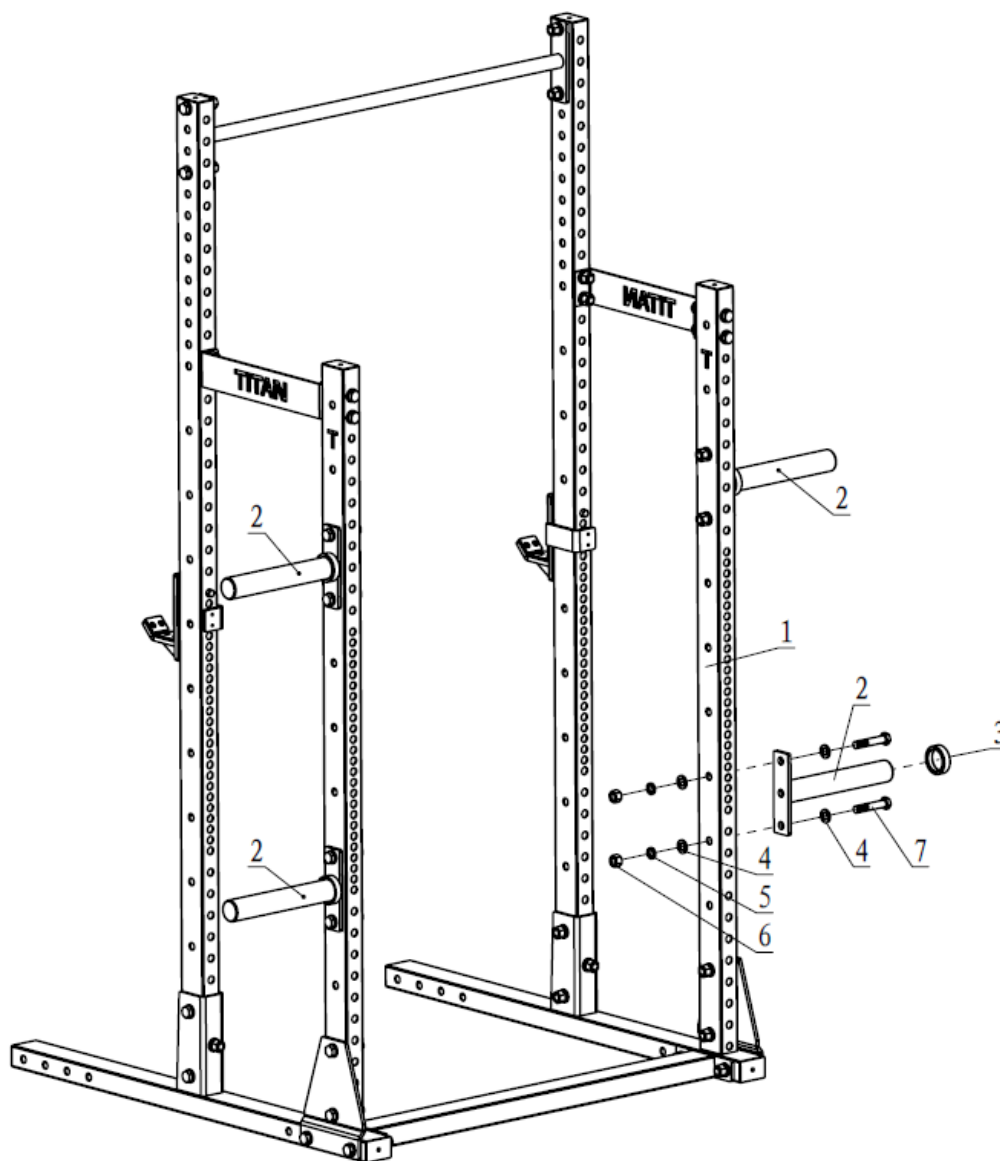
Connect the Upright Frame, Connecting Plate (3) and the Upright Frame on the Squat Rack (9), using Flat Washer  $\Phi 17 \times \Phi 30 \times 3$  (4), Spring Washer (5) Nut M16 (6), and Hex Bolt M16\*110 (7).



# ASSEMBLY INSTRUCTIONS

## STEP 3

Install the Weight Plate Holder (2) on the Upright Frame (1), using Flat Washer  $\Phi 17 \times \Phi 30 \times 3$  (4), Spring Washer (5) Nut M16 (6), and Hex Bolt M16\*110 (7).





*This concludes the X3SQTHALF – FWHOLD*

*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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