



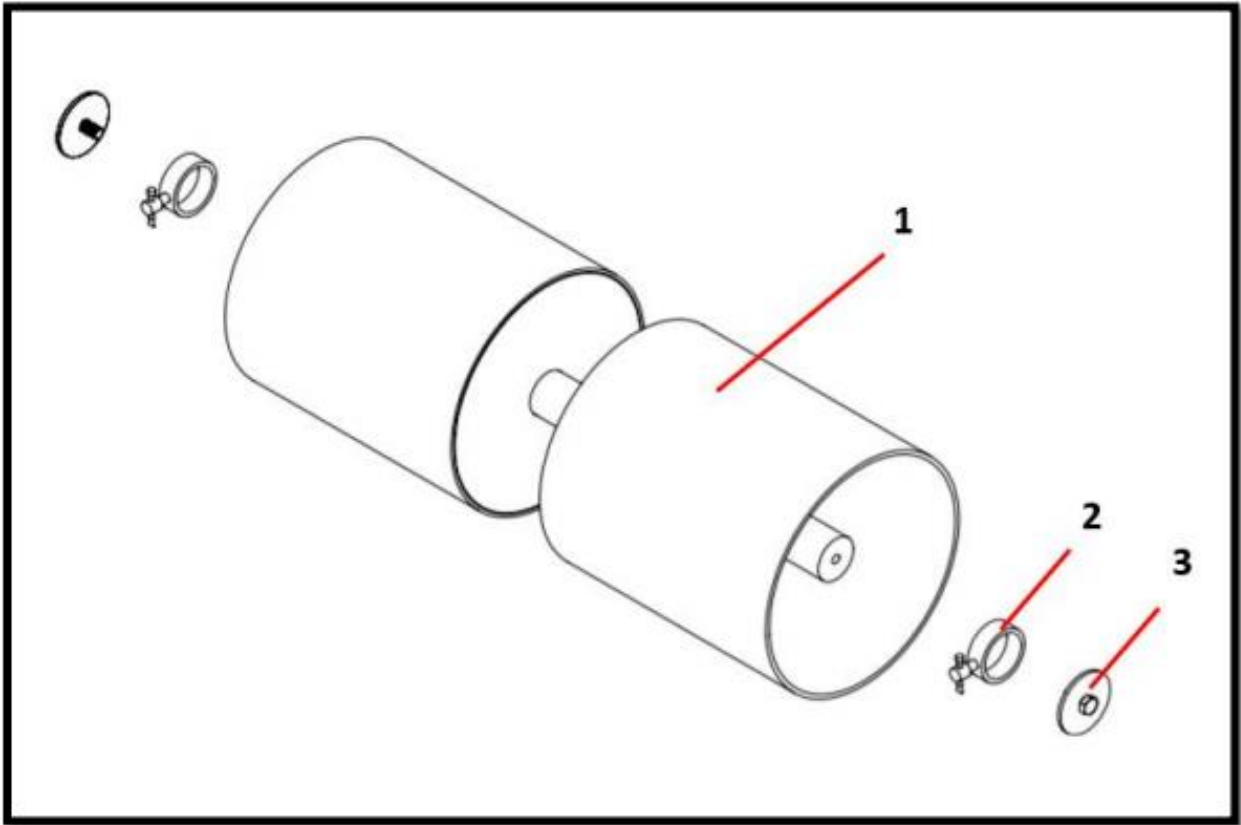
OWNER'S MANUAL

MPN(s): 10D2CRCSDDB, 10D2.5CRCSDDB, 12D2.5CRCSDDB, 12D3CRCSDDB

SKU(s): 423201, 423202, 423203, 423204

UPC(s): 719318366745, 719318366752, 719318366769, 719318366776

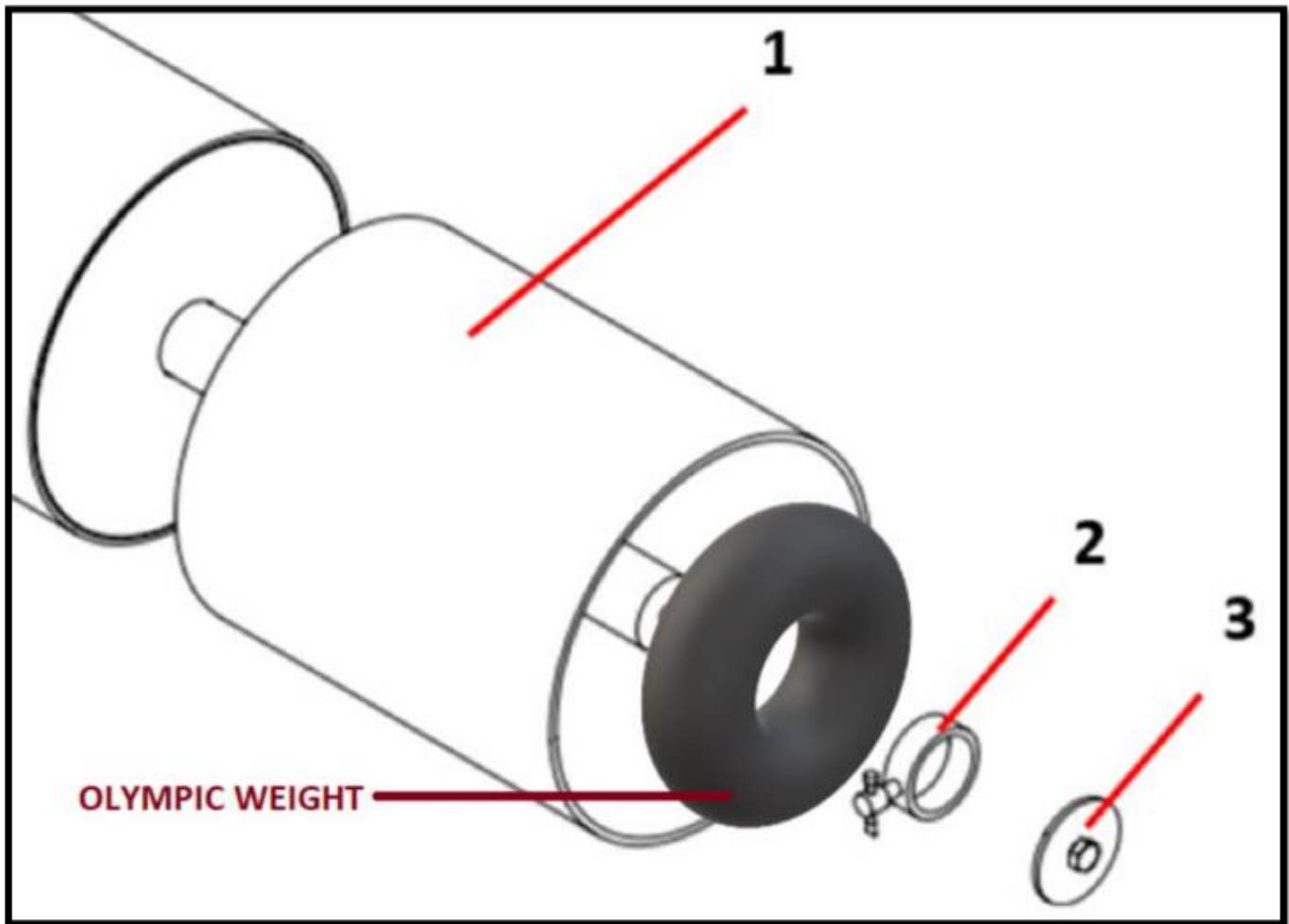
PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY
(1)	DUMBBELL	x1
(2)	WEIGHT-RETAINING CLAMP	x2
(3)	WEIGHT-RETAINING WASHER	x2



ASSEMBLY INSTRUCTIONS



1. To load your **DUMBBELL (1)** with appropriately sized Olympic Weights, remove the **WEIGHT-RETAINING CLAMP (2)** and the **WEIGHT-RETAINING WASHER (3)** from each side of the **DUMBBELL (1)**.
2. Load your Olympic Weights into the **DUMBBELL (1)** as seen in the illustration above.

IMPORTANT: Make sure the same amount of weight is loaded into each end of the **DUMBBELL (1)** before use! Uneven distribution of weight in the **DUMBBELL (1)** can result in injury!



3. Once your Olympic Weights are loaded into your **DUMBBELL (1)**, reattach the **WEIGHT-RETAINING CLAMP (2)** on each end to keep the weights from moving within the **DUMBBELL (1)**.
4. Lastly, reattach the **WEIGHT-RETAINING WASHER (3)** to each end of the **DUMBBELL (1)**.





This concludes the CRCSDB 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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