



TITAN
FITNESS



OWNER'S MANUAL

MPN(s): RCK8LOG, RCK10LOG, RCK12LOG,

SKU(s): 430082, 430083, 430084

UPC(s): 840009208423, 840009208430, 840009208447

PARTS DIAGRAM / EXPLODED VIEW

KEY	BOX	DESCRIPTION	QTY
(1)	1	8-in Rackable Strongman Log Bar	1
(2)	1	10-in Rackable Strongman Log Bar	1
(3)	1	12-in Rackable Strongman Log Bar	1

ASSEMBLY INSTRUCTIONS

– No Assembly Required.





*This concludes the RCKLOG 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?

CONTACT US FIRST.

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