



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

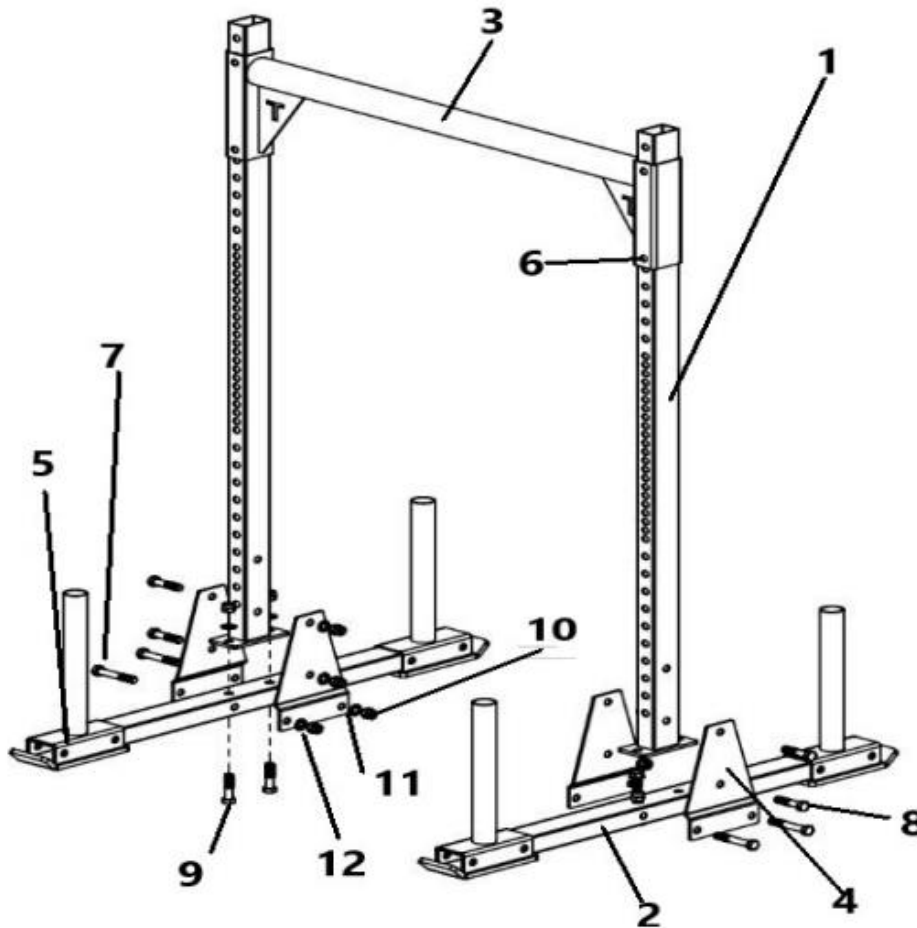
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**MPN(s): UPSHT3YOKE-BASET3YOKE, UPT3YOKE-BASET3YOKE**

**SKU(s): 400253, 400254**

**UPC(s): 719318368893, 719318368923**

# PARTS DIAGRAM / EXPLODED VIEW



| Part Number | Part Description       | Quantity |
|-------------|------------------------|----------|
| 1           | Uprights               | 2        |
| 2           | Yoke Base              | 2        |
| 3           | Yoke Crossbar          | 1        |
| 4           | Gussets                | 1        |
| 5           | Yoke Foot / Weight Peg | 4        |
| 6           | Quick Pins             | 4        |
| 7           | Hex Bolt M16x110       | 12       |
| 8           | Hex Bolt M16 x 80      | 4        |
| 9           | Hex Bolt M12 x 75      | 2        |
| 10          | Hex Lock Nut M16       | 16       |
| 11          | Flat Washer M16        | 16       |
| 12          | Spring Washer M16      | 16       |
| 13          | Hex Lock Nut M12       | 16       |



# ASSEMBLY INSTRUCTIONS

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- 1. Lay out both Yoke Base pieces (2), placing a Yoke Foot / Weight Peg (5) on either end of each base piece:**

Slide each *Yoke Foot / Weight Peg (5)* over the end of the *Yoke Base (2)* making sure the angled end of the footpad is facing the outside of the base. Line up both holes on the *Yoke Foot / Weight Peg (5)* with the corresponding holes on the *Yoke Base (2)*.

- 2. Set Aside 8 of the Hex Bolt M16x110 (7) (your longest bolts) with 8 of your Flat Washer M16 (11), Spring Washer M16 (12), and Hex Lock Nut M16 (10).**

**Attach all 4 Yoke Foot / Weight Pegs (5) to the Yoke Base (2):**

- 3. Place one Hex Bolt M16x110 (7) with a Flat Washer M16 (11) through each hole on the Yoke Foot / Weight Peg (5). Once completely through both sides of the base and foot, add your Spring Washer M16 (12) and Hex Lock Nut M16 (10) to each bolt. Tighten, and repeat this process to all four Yoke Foot / Weight Pegs (5).**

- 4. Attach Uprights (1) to Yoke Base (2):**

Lay each *Yoke Base (2)* on its side. Lay aside 4 *Hex Bolt M12x75 (9)*, 8 *Flat Washer M12*, and 4 *Hex Lock Nut M12 (13)*. Working one upright (1) at a time, align the upright (1) mount plate holes with the corresponding holes on the *Yoke Base (2)*. Place one *Hex Bolt M12x75 (9)* with a *Flat Washer M12* through the **BOTTOM** of the *Yoke Base (2)* on either side of the mount plate. Once completely through the mount plate, place one more *Flat Washer M12* and a *Hex Lock Nut M12 (13)* onto the bolt and tighten. Repeat this process for the second upright.

- 5. Attach Gussets (4) to either side of the Uprights (1) / Yoke Base (2):**

Lay aside 2 gussets (4) for each upright (1) / yoke base piece (2). Lay aside 4 *Hex Bolts M16x110 (7)*, 4 *Hex Bolts M16x80*, 4 *Spring Washer M16 (12)*, 12 *Flat Washer M16 (11)*, and 8 *Hex Lock Nut M16 (8)*. Line up the holes in the Gussets (4) with the the holes on the *Yoke Base (2)*. Place a *Hex Bolt M16x110 (7)* with a *Flat Washer M16 (11)* through the bolt holes. Then, add your *Spring Washer M16 (12)* and *Hex Lock Nut M16 (10)* but **DO NOT** tighten. Now add your *Hex Bolt M16x80 (8)* with a *Flat Washer M16 (11)* through the gusset (4) holes aligned on the upright. Finally add another *Flat Washer M16 (11)* and a *Hex Lock Nut M16 (10)* and tighten all nuts until secure. Repeat this process for the second upright.

- 6. Attach the Yoke Crossbar (3) to the Uprights (1) using the Quick Pins (6):**

Carefully stand both assembled uprights (1) up and place them approximately 46" apart. Slide the sleeves of the *Yoke Crossbar (3)* onto the tops of the *Uprights (1)*. Once you reach a desired height for your crossbar, slide the quick pins (6) through each hole and secure them with the attached linchpin. Repeat this process for all 4 *Quick Pins (6)* on either side of the *Yoke Crossbar (3)*.





*This concludes the YOKE 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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