



**TITAN**  
*FITNESS*

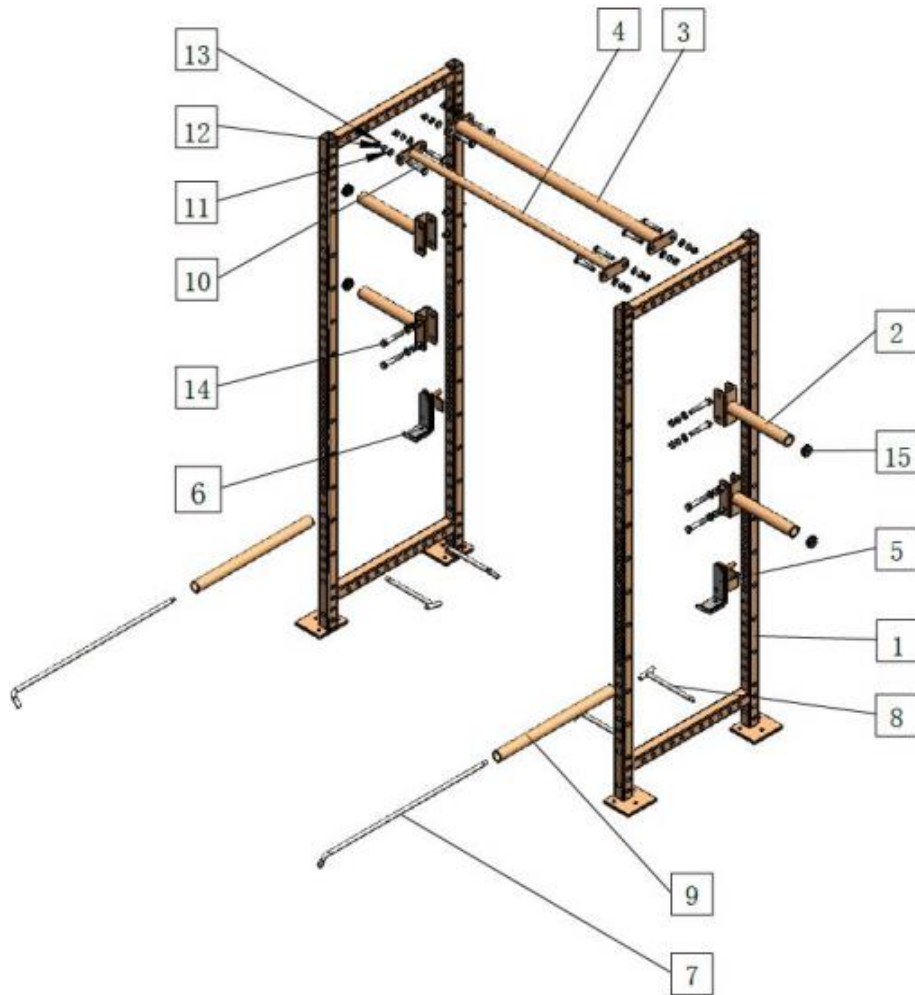


## OWNER'S MANUAL

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**MPN(s): X2FRAME, X2SHFRAME, X2ACC, RX2EXT10, SHX2EXT10**

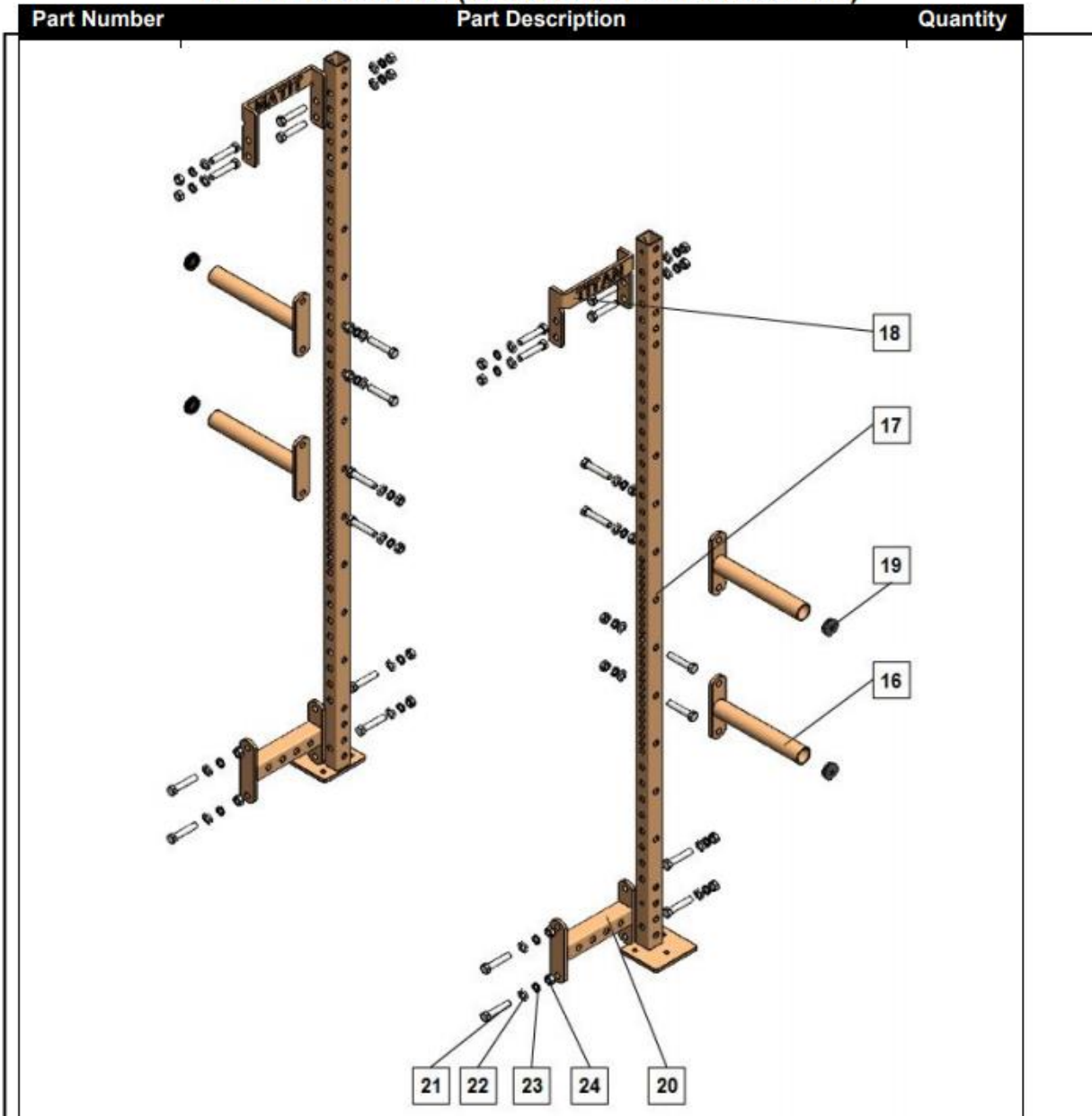
# PARTS DIAGRAM / EXPLODED VIEW



Part Number	Part Description	Quantity
1	Main Frame	2
2	Weight Holder	4
3	2" Pull Up Bar	1
4	1.25" Pull Up Bar	1
5	J-Hook (Right)	1
6	J-Hook (Left)	1
7	Spotting Bar	2
8	Band Peg	4
9	Spotting Bar Sleeve	2
10	Hex Bolt M16x80	8
11	Flat Washer M16	16
12	Spring Washer M16	16
13	Hex Nut M16	16
14	Hex Bolt M16x90	8
15	Weight Holder End Cap	4



## PARTS DIAGRAM (OPTIONAL EXTENSION KIT)



16	<b>Extension Flat Weight Holder</b>	<b>4</b>
17	<b>Extension Upright</b>	<b>2</b>
18	<b>Extension Upper Side Brace</b>	<b>2</b>
19	<b>Extension Weight Holder End Cap</b>	<b>4</b>
20	<b>Extension Lower Side Brace</b>	<b>2</b>
21	<b>Hex Bolt M16x80</b>	<b>24</b>
22	<b>Flat Washer M16</b>	<b>24</b>
23	<b>Spring Washer M16</b>	<b>24</b>
24	<b>Hex Nut M16</b>	<b>24</b>

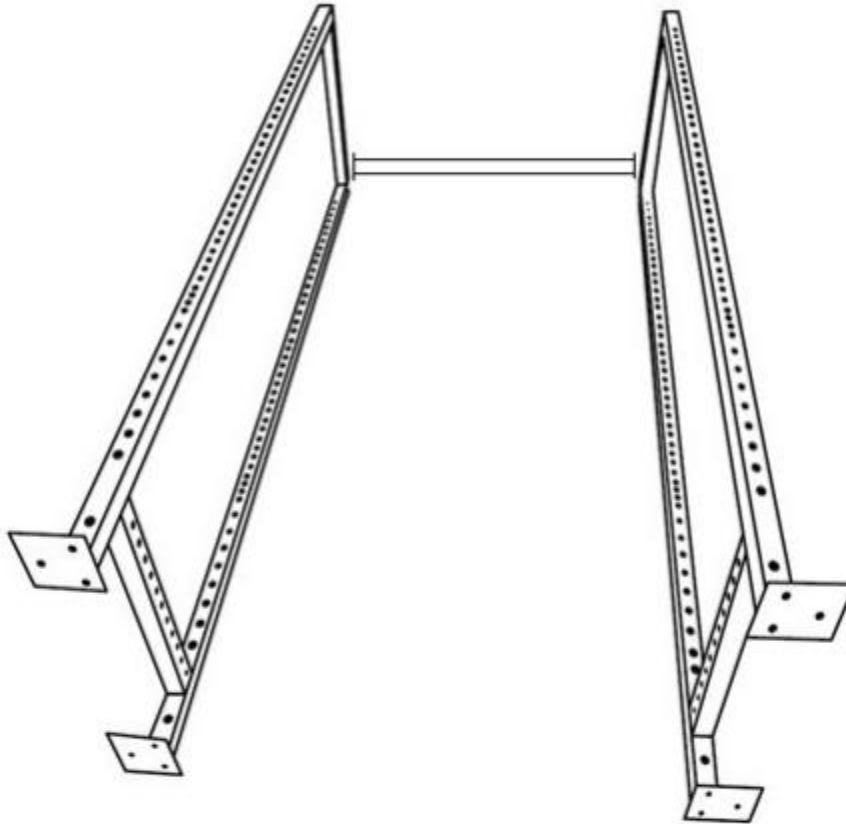


# ASSEMBLY INSTRUCTIONS

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1. Lay out both *Main Frame (1)* horizontally on the ground with *2" Pull Up Bar (2)* and *1.25" Pull Up Bar (3)* towards the top of your *Main Frame (1)*:

Each *Main Frame (1)* should be laid on its side in such a way that you can build your power rack in full on the ground, then stand up the entire rack at the end of your assembly process. Balancing the *Main Frame (1)* pieces on the ground will provide better stability through the core assembly process.



2. Set aside 8 of the *Hex Bolt M16x80 (9)* (your shortest bolts) with 8 of your *Flat Washer M16 (10)*, *Spring Washer M16 (11)*, and *Hex Nut M16 (12)*.

3. Attach your first pull up bar to the *Main Frame (1)*:

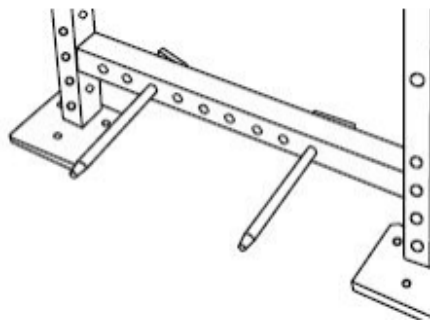
Choose your preferred location for the pull up bar. Recommended assembly is to place one *Hex Bolt M16x80 (9)* with a *Flat Washer M16 (10)* through the top hole of the pull up bar and through the *Main Frame (1)*. Then repeat this process on the other side of the pull up bar on the other *Main Frame (1)* (count the number of holes to ensure you use the same hole on both sides of your pull up bar). Then add your *Spring Washer M16 (11)* and *Hex Nut M16 (12)* to each bolt, but do NOT fully tighten down.

Repeat this process with your two lower bolts, then fully tighten down all nuts/bolts.

4. Repeat step 4 for your second pull up bar.



5. Carefully stand up the power rack, starting at the top of the rack and slowly walking it up. For your own safety, you may want a friend to help you with this part.
6. Add your *Band Pegs (7)* to the lower side bracings.



7. **Add your Spotting Bars (6) and Spotting Bar Sleeves (8):**  
Choose your preferred location for the *Spotting Bars (6)*. Push 1 *Spotting Bar (6)* slightly (about 0.5") through your preferred hole on the *Main Frame (1)*, then hold the *Spotting Bar Sleeve (8)* in place so that you can push the *Spotting Bar (6)* through the *Spotting Bar Sleeve (8)* and finally through the hole on the other side of the *Main Frame (1)*.

Repeat this process with your other *Spotting Bar (6)* and *Spotting Bar Sleeve (8)* on the other *Main Frame (1)*.

8. **Add your Weight Holders (2) to your preferred location on the Main Frame (1):**  
Use your longest bolts, the *Hex Bolt M16x90 (13)*, each with a *Flat Washer M16 (10)* on one side of your *Weight Holder (2)* and a *Spring Washer M16 (11)* and *Hex Nut M16 (12)* on the opposite side of the *Weight Holder (2)*.

Repeat this process for each *Weight Holder (2)*.

9. **Add your J-Hooks (5).**

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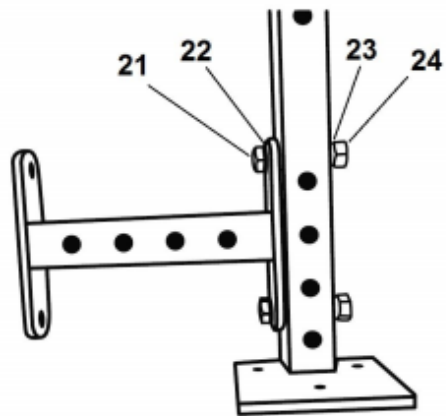
**IF YOU HAVE THE OPTIONAL ADD-ON EXTENSION KIT, PLEASE PROCEED WITH THE REMAINDER OF THE STEPS:**

10. Lay down your two *Extension Uprights (17)* on the ground. Rotate each *Extension Upright (17)* so that the foot plate is facing upwards away from the ground. Lay out your *Extension Lower Side Bracings (20)* and *Extension Upper Side Bracings (18)* at the top and bottom of your *Extension Upright (17)* respectively.



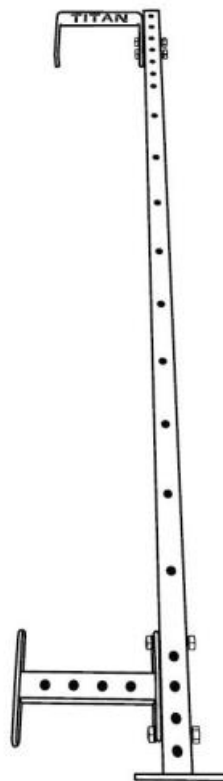
**11. Bolt in your *Extension Lower Side Bracings (20)* and *Extension Upper Side Bracings (18)* to the **OUTSIDE** of your *Extension Uprights (17)*.**

Order of assembly is *Hex Bolt M16x80 (21)*, *Flat Washer M16 (22)*, push bolt through the side bracing and upright, then add *Spring Washer M16 (23)*, and *Hex Nut M16 (24)*.



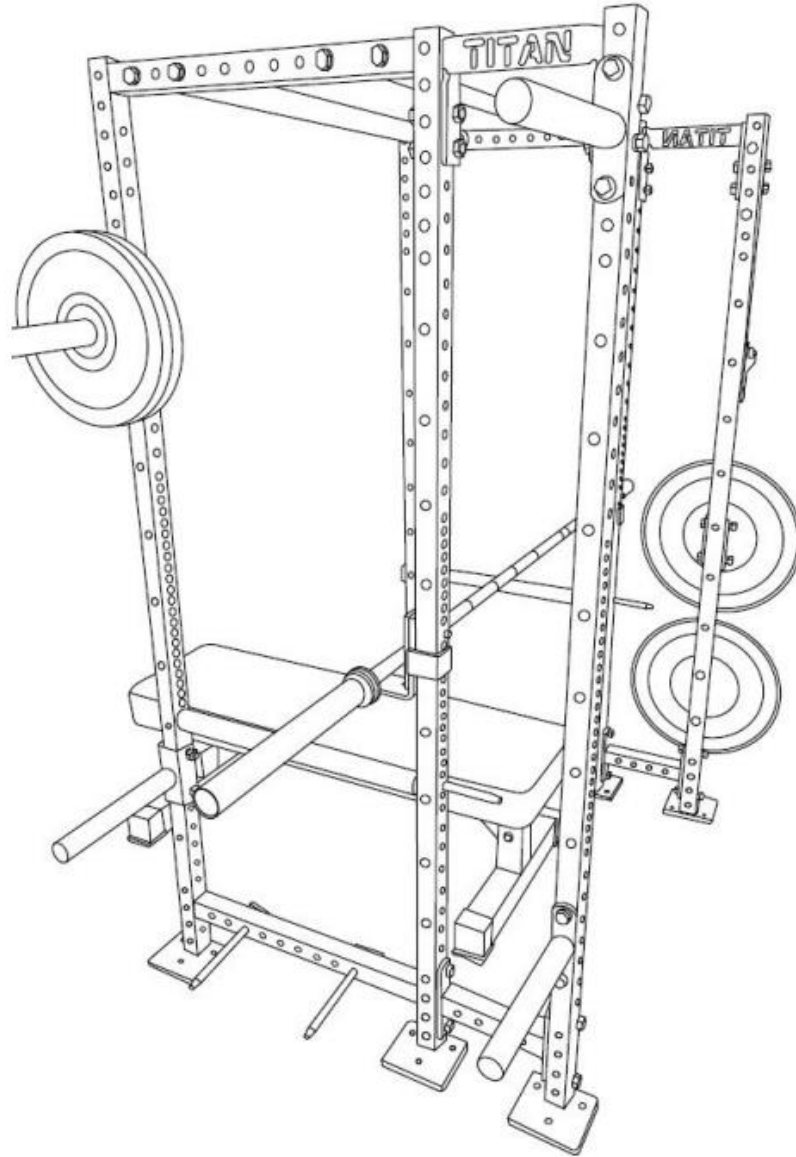
Repeat this process for all 4 bolts on one side, then proceed to the second *Extension Upright (17)* and again attach side bracings to the **OUTSIDE**.

(With both feet of the uprights facing upwards away from the ground, one upright should have side bracings to the **LEFT** and one upright should have side bracings to the **RIGHT**).



**12. Attach your *Extension Uprights (17)* to your main X-2 Rack:**

Stand up the *Extension Upright (17)* and bolt the attached side bracings to the *Main Frame (1)* of the X2 Rack using *Hex Bolts M16x80 (21)*, *Flat Washers M16 (22)*, *Spring Washers M16 (23)*, and *Hex Nuts M16 (24)*, ensuring the foot plate on the extension aligns with the foot plate on your main rack.



**13. Add your *Extension Flat Weight Holders (16)* in the desired location:**

Use the *Hex Bolts M16x80 (21)*, *Flat Washers M16 (22)*, *Spring Washers M16 (23)*, and *Hex Nuts M16 (24)* to attach your *Extension Flat Weight Holders (16)* to the *Extension Uprights (17)* in the desired locations.

There should be enough room on the uprights to fit 4 full size bumper plates on each side.





*This concludes the X2RACK 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.

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