



TITAN
FITNESS



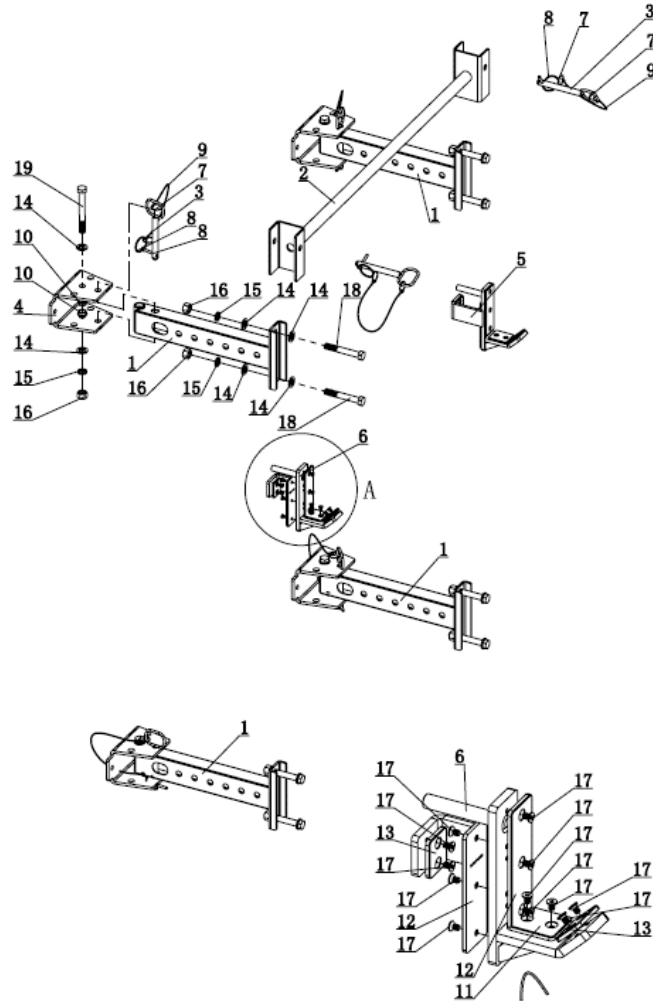
OWNER'S MANUAL

MPN(s): T3FLDUP91-T3FLDSB21, T3FLDUP91 - T3FLDSB41

SKU(s): 401227, 401229

UPC(s): 840009216220, 840009216244

T3FLDSB21 PARTS DIAGRAM



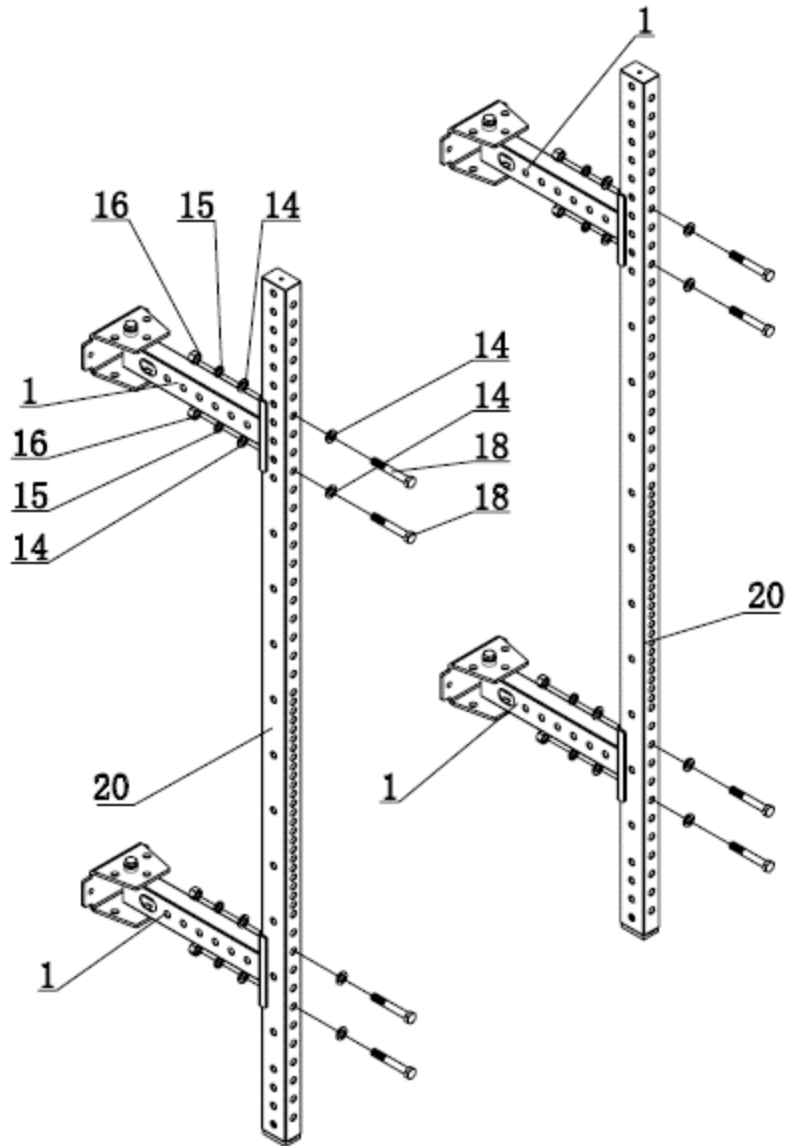
KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	Rear Connecting Frame	4	(11)	Short Plastic Plate 58*48*5	2
(2)	Pull Up Bar	1	(12)	Long Plastic Plate 150*48*5	4
(3)	PIN	6	(13)	Front Plastic Plate 48*40*5	4
(4)	Retaining Bracket	4	(14)	Flat Washer $\Phi 17 * \Phi 30 * 3$	24
(5)	J-Hook(L)	1	(15)	Spring Washer $\Phi 16$	12
(6)	J-Hook(R)	1	(16)	Nut M16	12
(7)	Pull Ring $\Phi 1.5 * 31$	12	(17)	Countersunk head screw M6*10	24
(8)	Small Pin $\Phi 6 * 45$	6	(18)	Hex Bolt M16*110	8
(9)	Cable $\Phi 5.5 * \Phi 1.6 * 330$	6	(19)	Hex Bolt M16*135	4
(10)	$\Phi 16$ Bushing	8			



ASSEMBLY INSTRUCTIONS

STEP 1

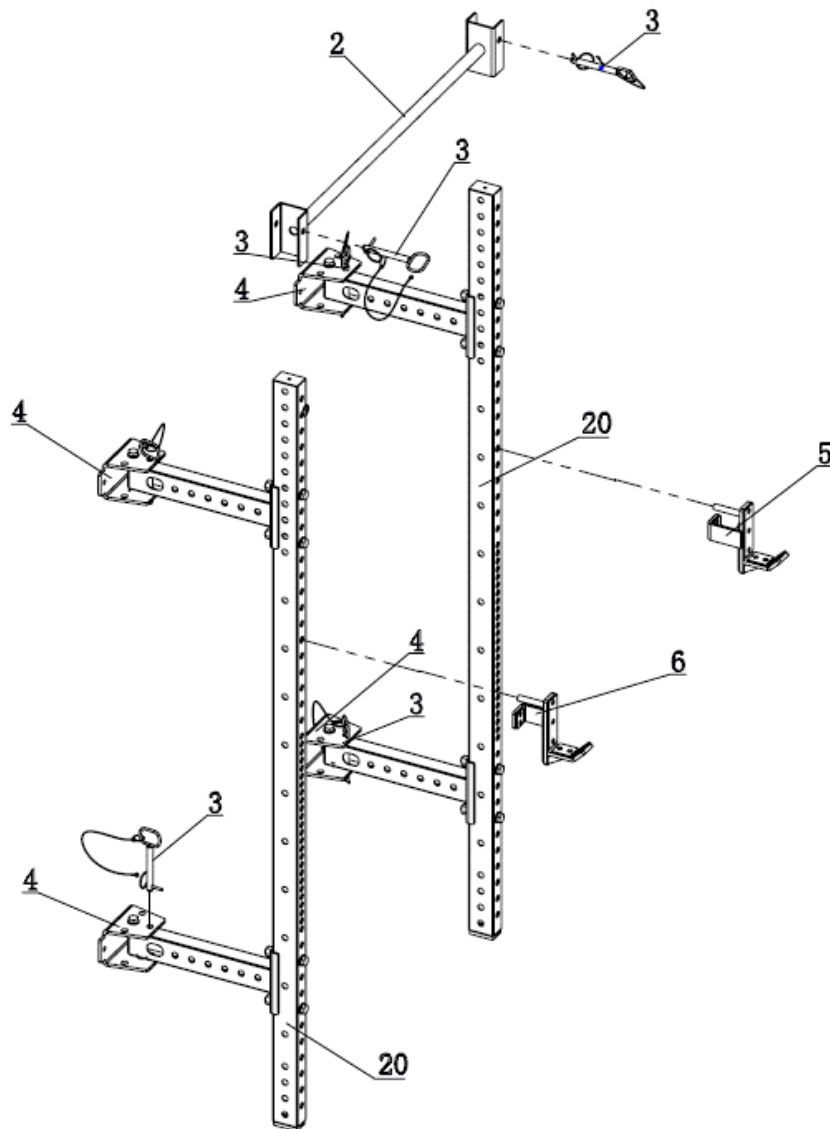
Connect the Rear Connecting Frame (1) and Upright Frame (20), using Flat Washer $\Phi 17*\Phi 30*3$ (14), Spring Washer $\Phi 16$ (15), M16 Nut (16) and Hex Bolt M16*110 (18).



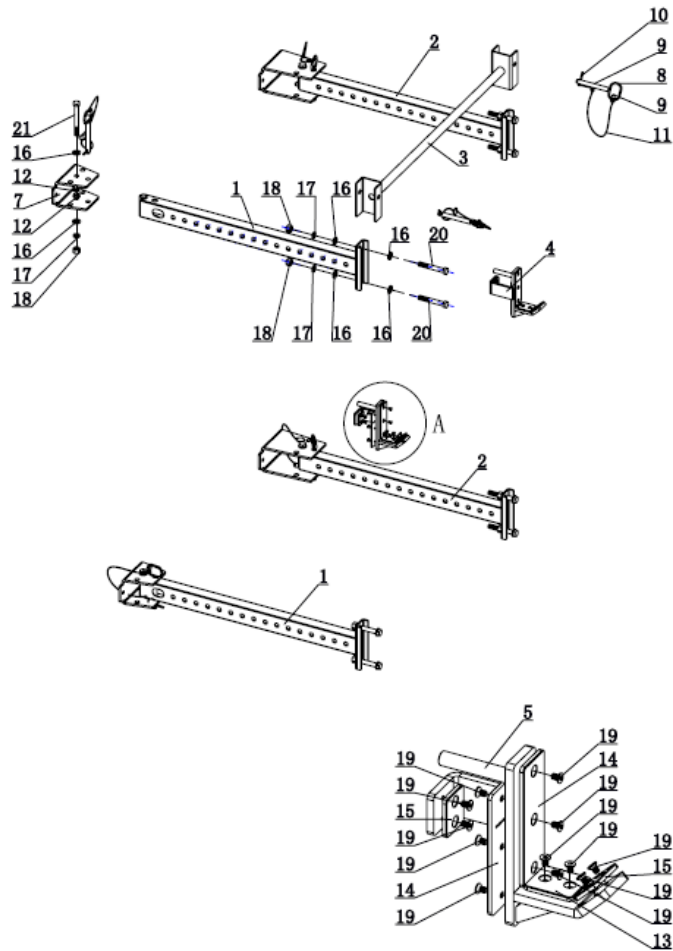
ASSEMBLY INSTRUCTIONS

STEP 2

1. Fixing the Retaining Bracket (4) on the Wall.
2. Fixing the Pull Up Bar (2) on the Upright Frame (20), using the Pin (3).
3. Install the Left and Right J-Hook (5 & 6) on the Upright Frame (20).
4. Insert the Pin (3) on the Retaining Bracket (4).



T3FLDSB41 PARTS DIAGRAM



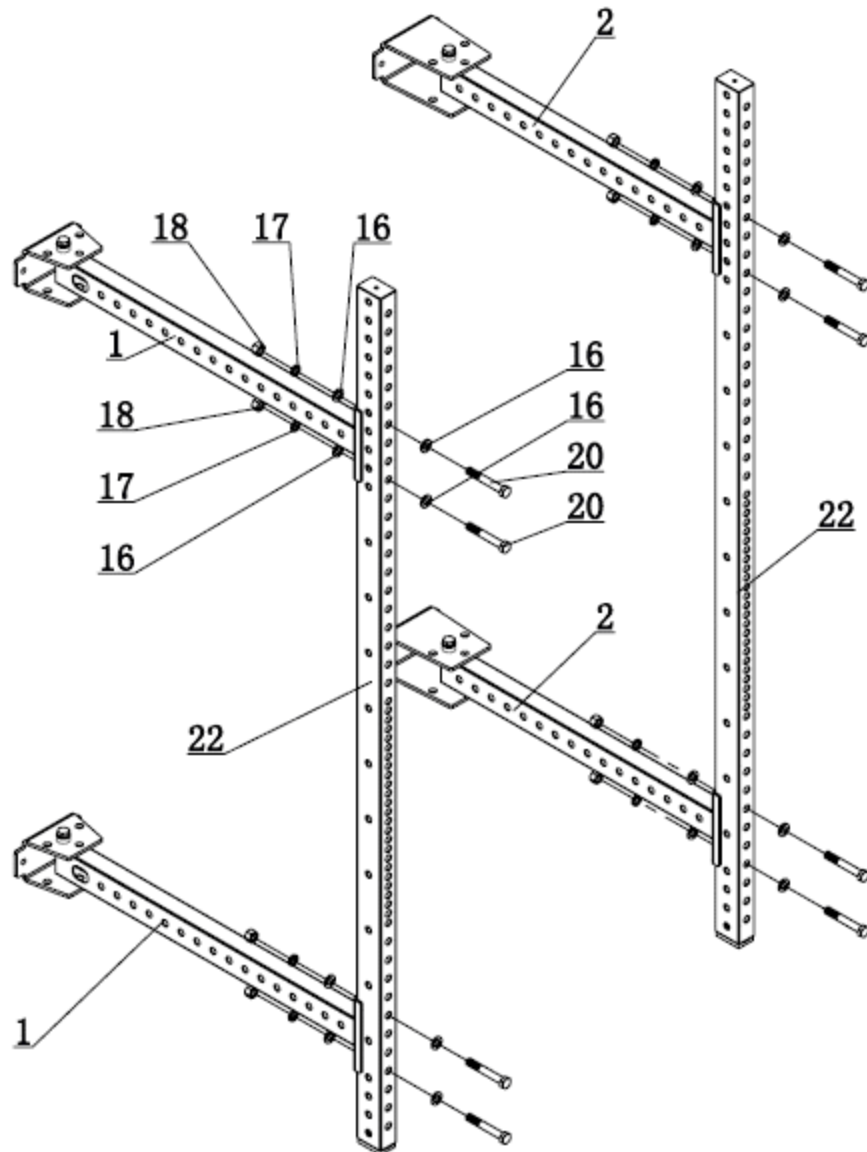
KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	Rear Connecting Frame	2	(12)	Φ16 Bushing	8
(2)	Rear Short Connecting Frame	2	(13)	Short Plastic Plate 58*48*5	2
(3)	Pull Up Bar	1	(14)	Long Plastic Plate 150*48*5	4
(4)	J-Hook(L)	1	(15)	Front Plastic Plate 48*40*5	4
(5)	J-Hook(R)	1	(16)	Flat Washer Φ17*Φ30*3	24
(6)	Long Retaining Bracket	2	(17)	Spring Washer Φ16	12
(7)	Retaining Bracket	2	(18)	Nut M16	12
(8)	PIN	6	(19)	Countersunk head screw M6*10	24
(9)	Pull Ring Φ1.5*31	12	(20)	Hex Bolt M16*110	8
(10)	Small Pin Φ6*45	6	(21)	Hex Bolt M16*135	4
(11)	Cable Φ5.5*Φ1.6*330	6			



ASSEMBLY INSTRUCTIONS

STEP 1

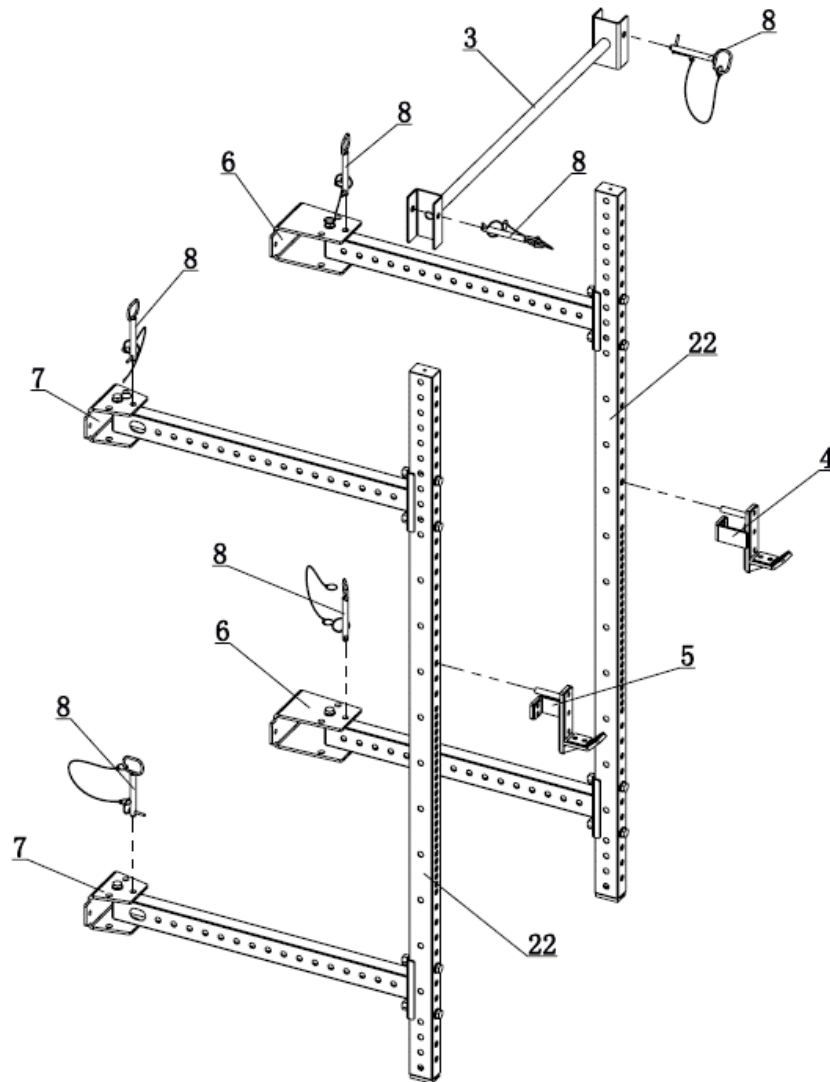
Install the Rear Connecting Frame (1) and Rear Short Connecting Frame (2) on the Upright Frame (22), using Flat Washer $\Phi 17*\Phi 30*3$ (16), Spring Washer $\Phi 16$ (17), M16 Nut (18) and Hex Bolt M16*110 (20).

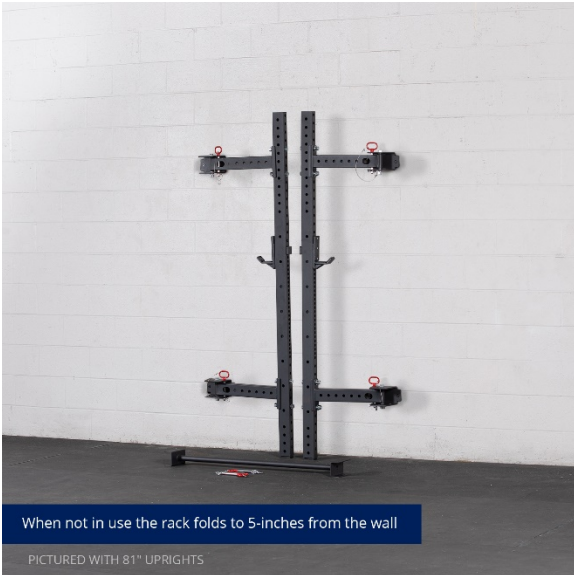


ASSEMBLY INSTRUCTIONS

STEP 2

1. Fixing the Long Retaining Bracket (6) and Retaining Bracket (7) on the Wall.
2. Fixing the Pull Up Bar (3) on the Upright Frame (22), using the Pin (8).
3. Install the Left and Right J-Hook (4 & 5) on the Upright Frame (22).
4. Insert the Pin (8) on the Long Retaining Bracket (6) and Retaining Bracket (7).





*This concludes the T3FLDUP91 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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