

# PLATE-LOADED ASSISTED PULL-UP AND DIP MACHINE

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**ASSTPULLDP**

**401482**

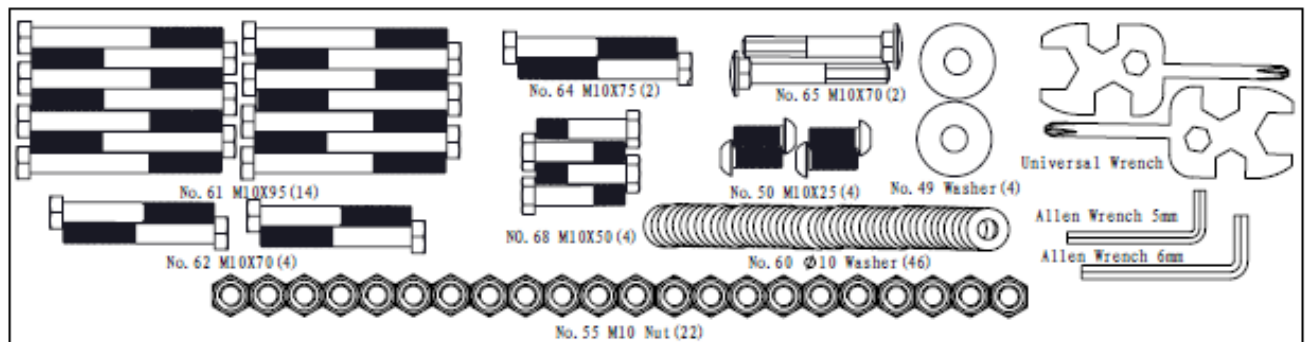
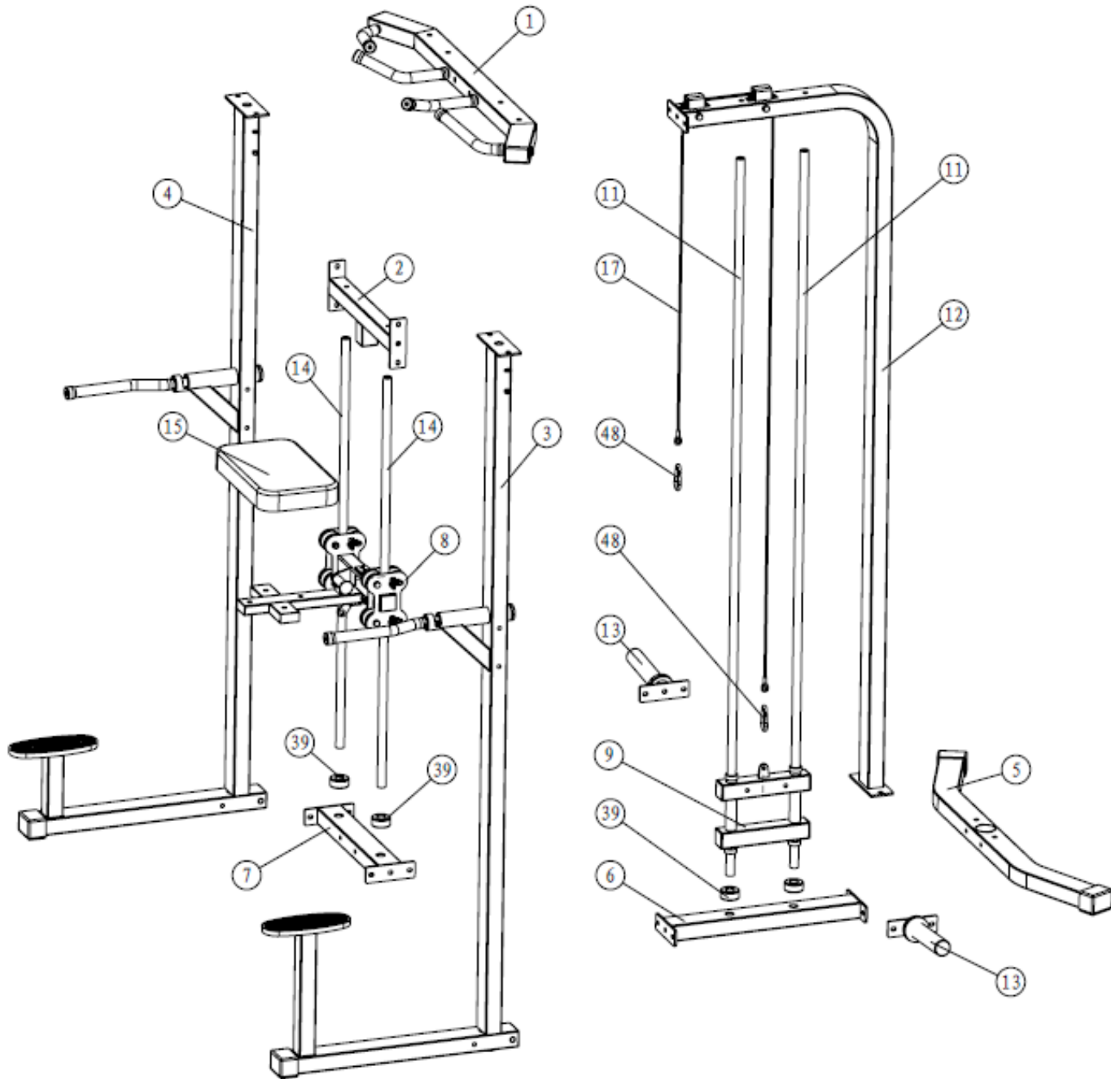


## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



<b>KEY</b>	<b>BOX</b>	<b>DESCRIPTION</b>	<b>QTY</b>
(1)	1	TOP CROSS FRAME	1
(2)	1	LOWER CROSS FRAME	1
(3)	1	RIGHT UPRIGHT FRAME	1
(4)	1	LIGHT UPRIGHT FRAME	1
(5)	1	REAR BASE FRAME	1
(6)	1	REAR CROSS FRAME	1
(7)	1	FRONT BASE FRAME	1
(8)	1	SLIDING FRAME	1
(9)	1	WEIGHT PLATE SUPPORTER	1
(10)	1	FIXING FRAME	1
(11)	1	GUIDE ROD	2
(12)	1	MAIN FRAME	1
(13)	1	WEIGHT PLATE HOLDER	2
(14)	1	SLIDING ROD	2
(15)	1	LEG CUSHION	1
(17)	1	CABLE $\Phi 5 \times 3180$	1
(39)	1	RUBBER CUSHION $\Phi 55 \times \Phi 25 \times 25$	4
(48)	1	HOOK $\Phi 8 \times 80$	2

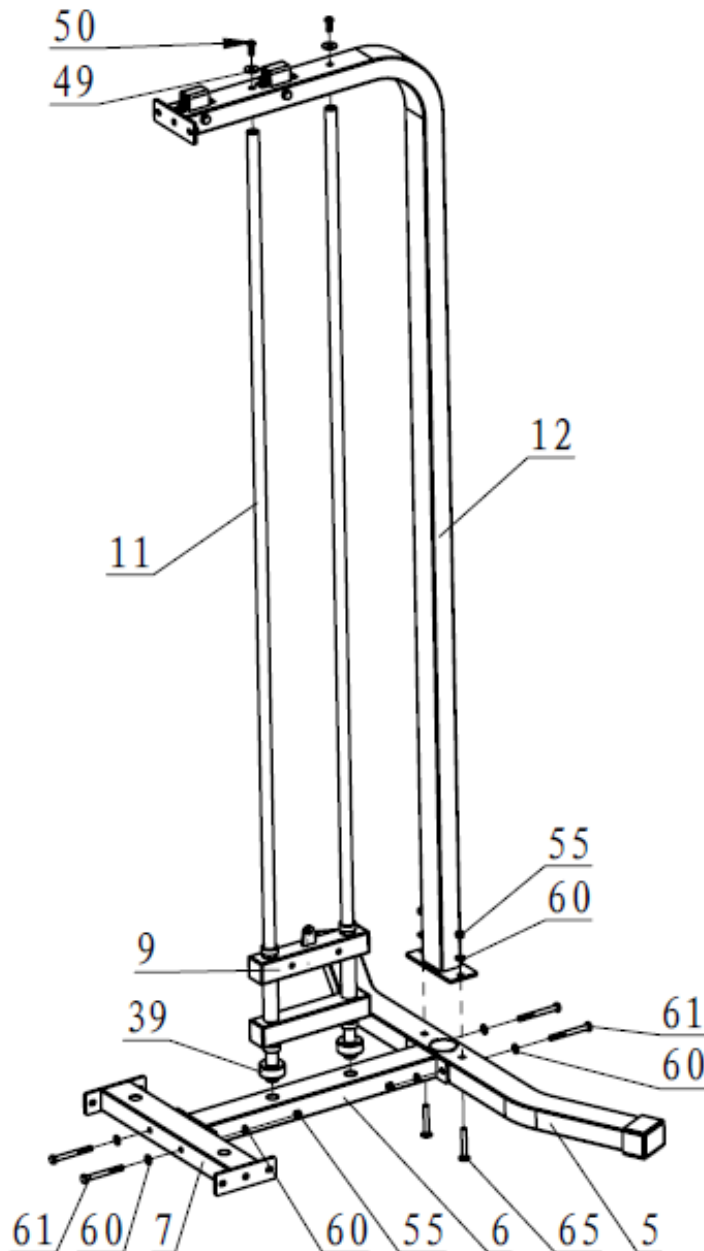
## ASSEMBLY INSTRUCTIONS

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### STEP 1

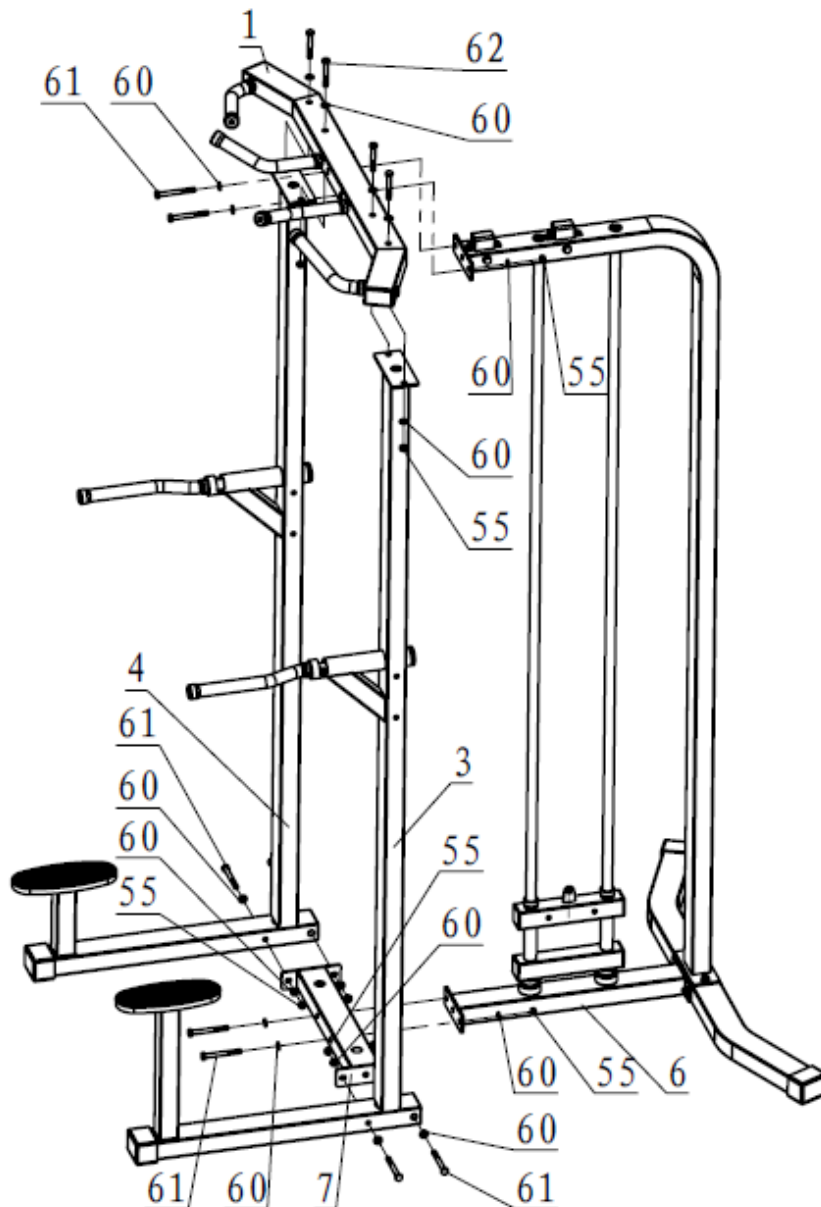
1. CONNECT REAR BASE FRAME (5), REAR CROSS FRAME (6) and FRONT BASE FRAME (7), using FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10 (55), and HEX BOLT M10\*95 (61).
2. Insert the HEX BOLT M10\*70 (65) from the bottom of REAR BASE FRAME (5). Insert the GUIDE ROD (11) through the WEIGHT PLATE SUPPORTER (9), and RUBBER CUSHION (39) into the REAR CROSS FRAME (6) and MAIN FRAME (12), fixing by FLAT WASHER  $\Phi 10.5*\Phi 30*2.5$  (49), and HEX BOLT M10\*25(50). The fixing MAIN FRAME (12) and REAR BASE FRAME (5), using WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10 (55), and HEX BOLT M10\*70 (65).

**DON'T TIGHTEN THE BOLTS.**



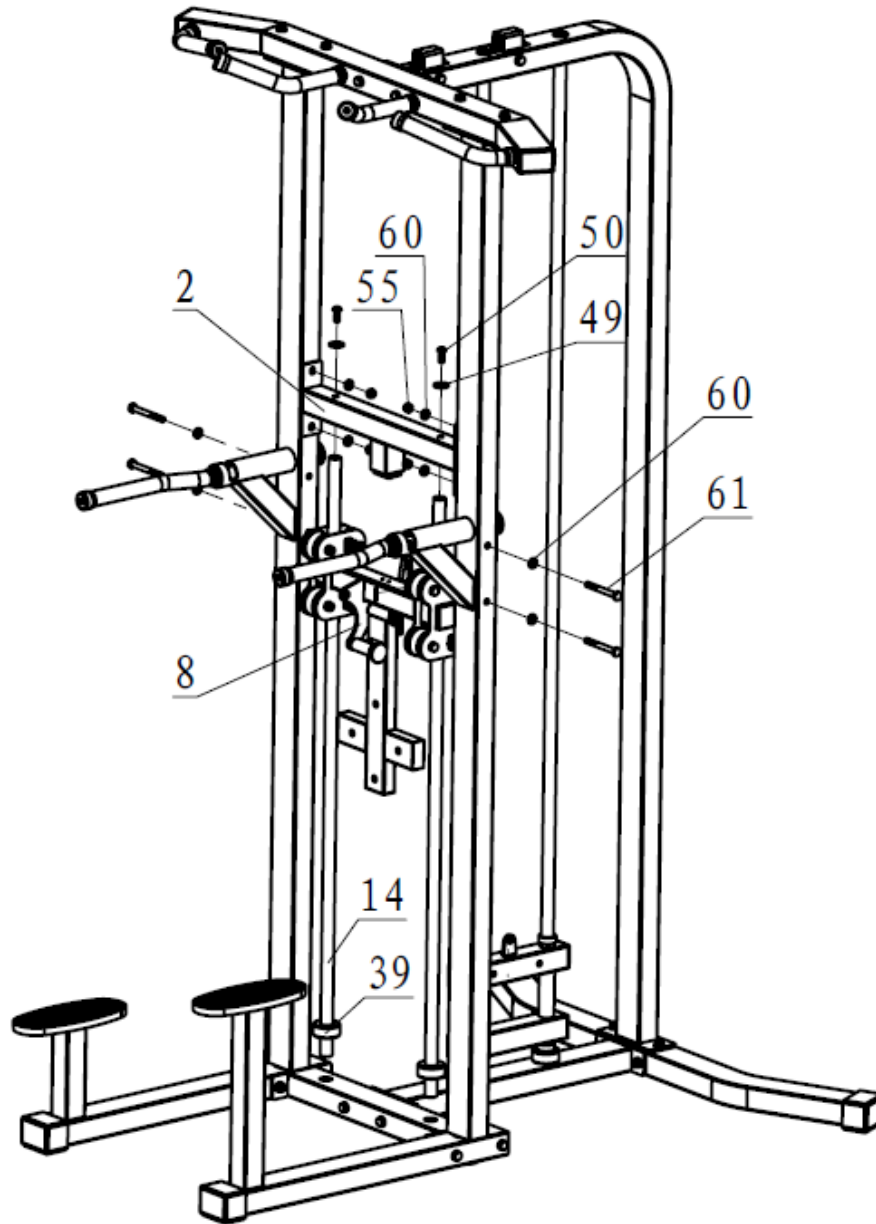
**STEP 2**

1. Connect REAR CROSS FRAME (6) and FRONT BASE FRAME (7), using FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10(55), and HEX BOLT M10\*95(61).
2. Connect RIGHT UPRIGHT FRAME (3), LEFT UPRIGHT FRAME (4) and FRONT BASE FRAME (7), using FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10(55), and HEX BOLT M10\*95 (61).
3. Connect RIGHT UPRIGHT FRAME (3), LEFT UPRIGHT FRAME (4) and TOP CROSS FRAME (1), using FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10 (55), and HEX BOLT M10\*70 (62).
4. Connect TOP CROSS FRAME (1) and MAIN FRAME (12), using FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10 (55), and HEX BOLT M10\*95 (61).



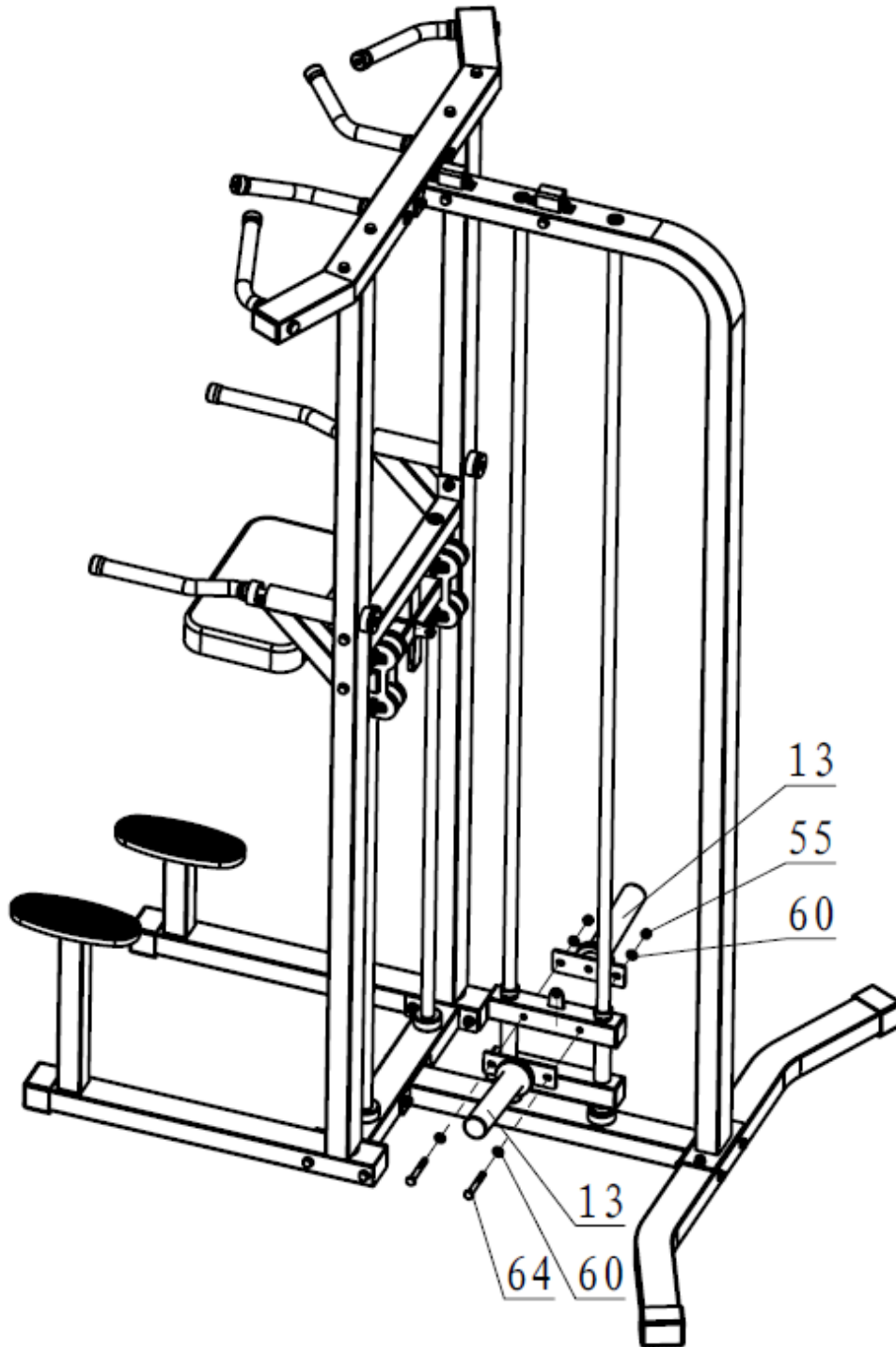
**STEP 3**

1. Insert the SLIDING ROD (14) through the SLIDING FRAME (8), and RUBBER CUSHION (39) into FRONT BASE FRAME (7) and LOWER CROSS FRAME (2), fixing FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10(55), and HEX BOLT M10\*95(61). Then fixing SLIDING ROD (14) on the LOWER CROSS FRAME (2), using FLAT WASHER  $\Phi 10.5*\Phi 30*2.5$  (49), and HEX BOLT M10\*25(50).



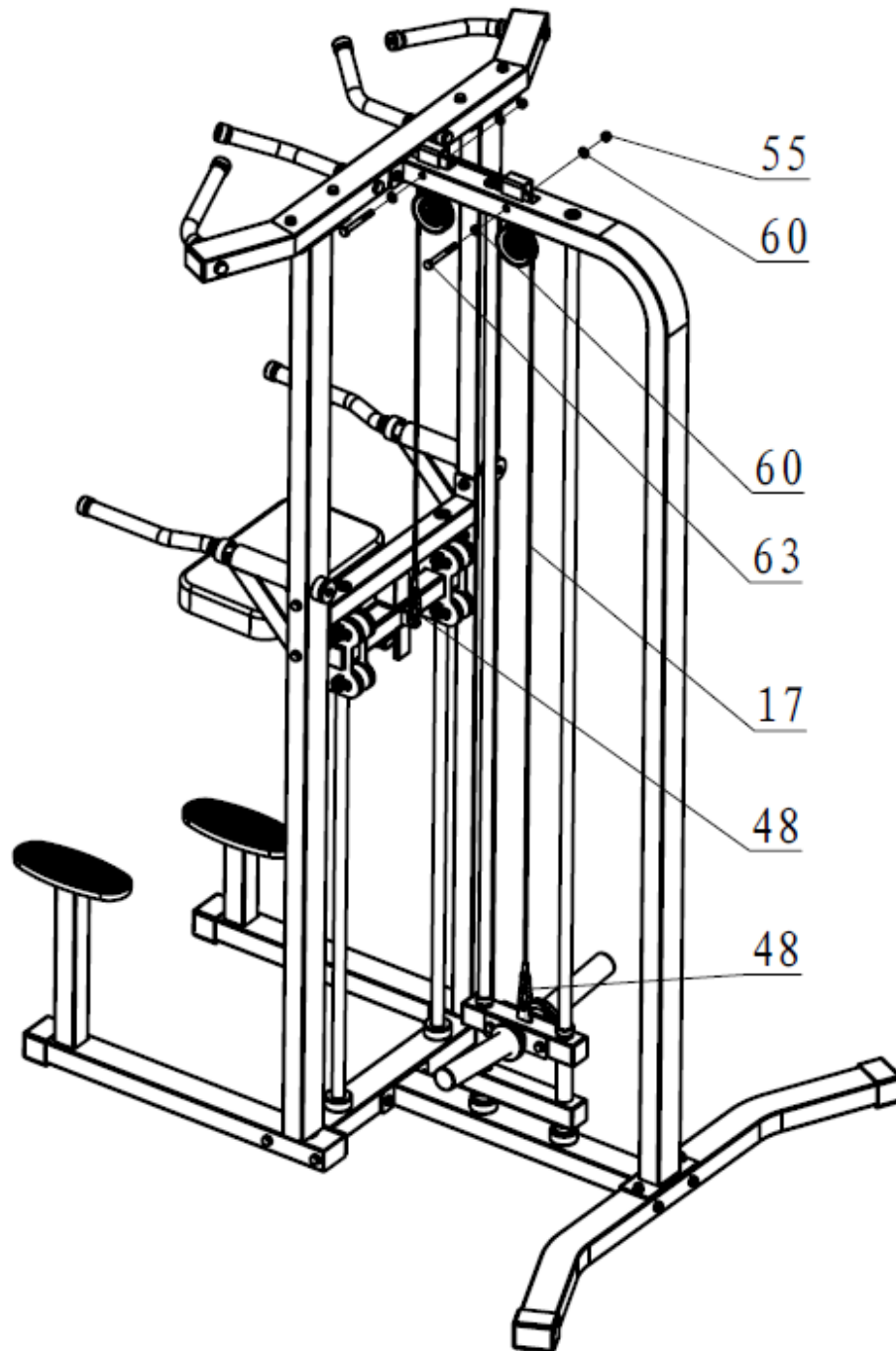
**STEP 4**

1. Install the WEIGHT PLATE HOLDER (13) on WEIGHT PLATE SUPPORTER (9) as is shown, using FLAT WASHER  $\Phi 11*\Phi 20*2$  (60), NUT M10(55), and HEX BOLT M10\*95 (61).



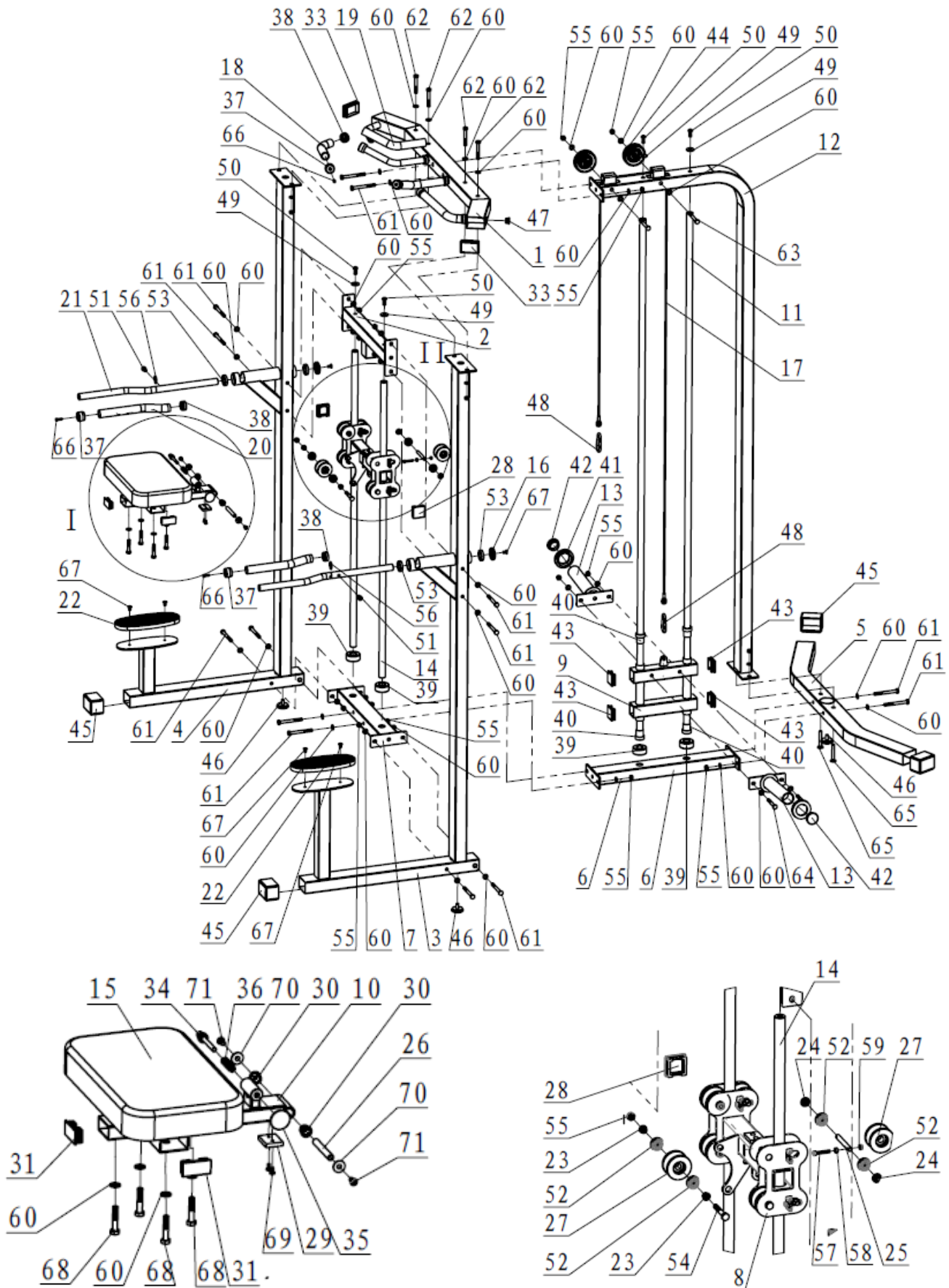
**STEP 5**

1. Remove the NUT M10 (55) and PULLEY, after the cables assembly is installed, reinstall the pulley and tighter the NUT M10(55). SAFETY HOOK (48) are attached to both ends of the cables, then fixing on the SLIDING FRAME (8) and WEIGHT PLATE SUPPORTER (9).





FULL PARTS LIST / EXPLODED VIEW



FULL PARTS LIST / EXPLODED VIEW

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	TOP CROSS FRAME	1	(37)	1&2	Φ25 END CAP	6
(2)	2	LOWER CROSS FRAME	1	(38)	1&2	Φ25 DECORATIVE RING	6
(3)	1	RIGHT UPRIGHT FRAME	1	(39)	1	BUFFERED WASHER Φ55*Φ25*25	4
(4)	1	LIGHT UPRIGHT FRAME	1	(40)	3	SLIDING SLEEVE Φ35.50*Φ26*39	4
(5)	2	REAR BASE FRAME	1	(41)	3	RUBBER BUMPER Φ77*Φ47.5*13	2
(6)	2	REAR CROSS FRAME	1	(42)	3	END CAP Φ48*3	2
(7)	2	FRONT BASE FRAME	1	(43)	3	END CAP 50*50*3	4
(8)	3	SLIDING FRAME	1	(44)	1	Φ89 PULLEY	2
(9)	3	WEIGHT PLATE SUPPORTER	1	(45)	1	PIPE SLEEVE 50*75	4
(10)	3	FIXING FRAME	1	(46)	1&2	ADJUST FOOT MAT	3
(11)	1	GUIDE ROD	2	(47)	2	END CAP Φ25*3	4
(12)	1	MAIN FRAME	1	(48)	2	SAFETY HOOK Φ8*80	2
(13)	3	WEIGHT PLATE HOLDER	2	(49)	2	FLAT WASHER Φ10.5*Φ30*2.5	4
(14)	2	SLIDING ROD	2	(50)	2	PAN HEAD, HEX BOLT M10*25	4
(15)	1	LEG CUSHION	1	(51)	1&2	HEX BOLT M10*15	2
(16)	1	END CAP Φ48	2	(52)	3	BEARING 6200ZZ	16
(17)	2	CABLE Φ5*3180	1	(53)	1	BEARING 61905ZZ	4
(18)	2	OUTER HANDLE GRIP	2	(54)	3	HEX BOLT M10*65	4
(19)	2	INNER HANDLE GRIP	2	(55)	1,2,3	NUT M10	28
(20)	1	HANDLE GRIP	2	(56)	1	Φ25 CIRCLIP FOR SHAFT	2
(21)	1	DIP BAR	2	(57)	3	HEX BOLT M6*35	8
(22)	1	FOOT MAT	2	(58)	3	FLAT NUT M6	8

(23)	3	SPACER BUSHING Φ18*Φ10.2*9.5	8	(59)	3	NUT M6	8
(24)	3	SPACER BUSH Φ21*Φ10.2*9.8	8	(60)	2	FLAT WASHER Φ11*Φ20*2	50
(25)	3	ADJUSTING SHAFT Φ10*86	4	(61)	2	HEX BOLT M10*95	14
(26)	3	ROTATING SHAFT Φ12*89*M8	1	(62)	2	HEX BOLT M10*70	4
(27)	3	Φ25 WHEEL	8	(63)	1	HEX BOLT M10*90	2
(28)	3	END CAP 50*50*2.5	2	(64)	2	HEX BOLT M10*75	2
(29)	3	RUBBER CUSHION	2	(65)	2	CARRIAGE BOLT M10*70	2
(30)	3	Φ12 METAL SLEEVE	2	(66)	1&2	HEX BOLT M6*20	6
(31)	3	END CAP 30*60*2	3	(67)	1	COUNTERSUNK HEAD SCREW M8*15	6
(32)	3	END CAP 38.1*12.7*2	1	(68)	2	HEX BOLT M10*50	4
(33)	2	END CAP 50*75*2	2	(69)	1&3	CROSS RECESS HEAD SCREW M5*10	4
(34)	3	ADJUSTED SHAFT	1	(70)	3	FLAT WASHER Φ9*Φ24*2	2
(35)	3	KNOB Φ38*23*M8	1	(71)	3	PAN HEAD, HEX BOLT M8*15	2
(36)	3	SPRING Φ14*Φ1*45	1				

## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, 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.

This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

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Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

## TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

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