

# TITAN SERIES 100" LAT TOWER RACK ATTACHMENT

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100TITANLPLR, 100TITANLPLR-STBLGST\_TS, 100TITANLPLR-TITANLOGOSTB  
401649, 401767, 401763

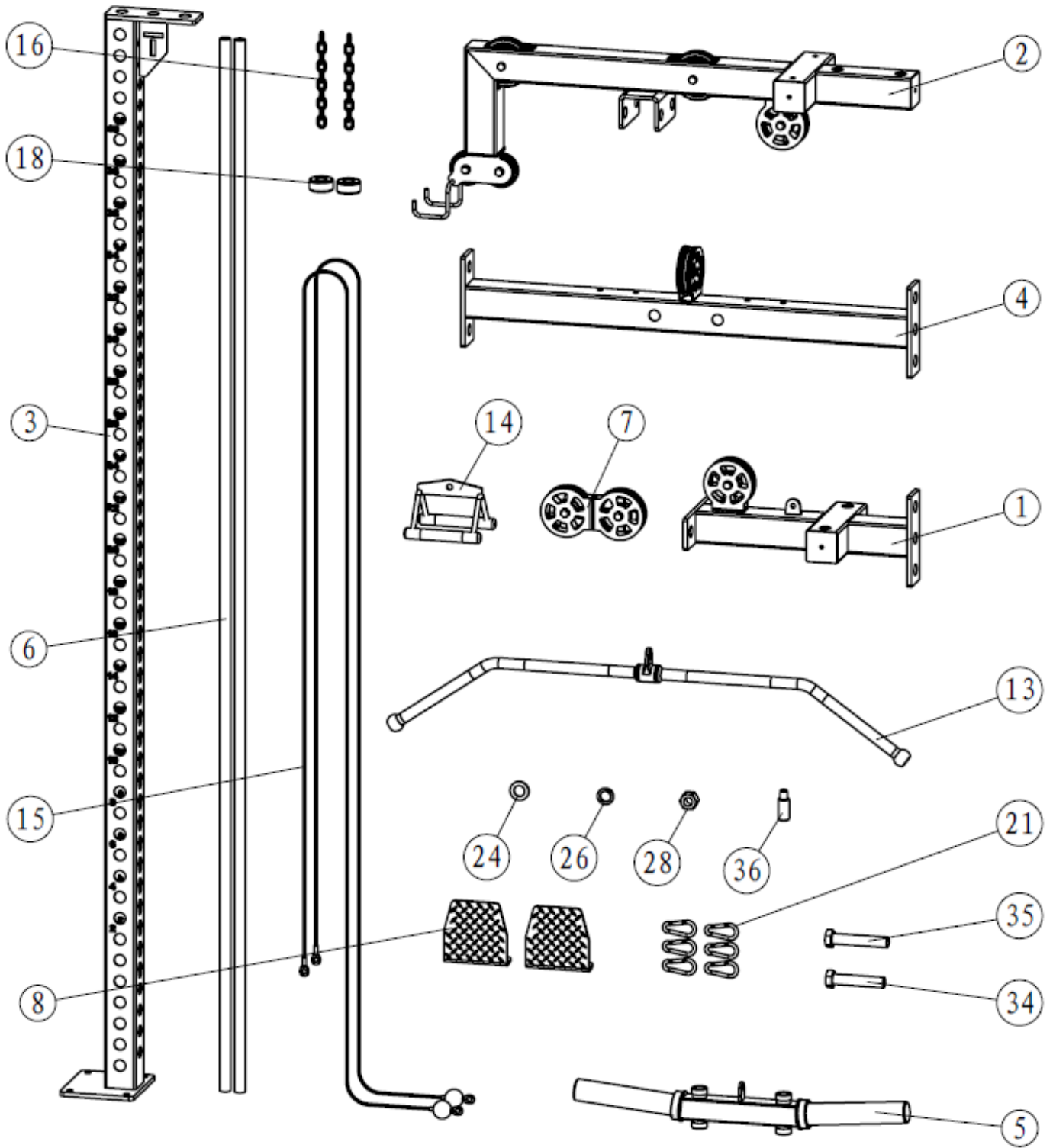


## Operator's Manual



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!

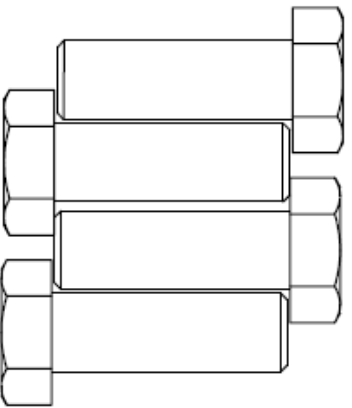
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



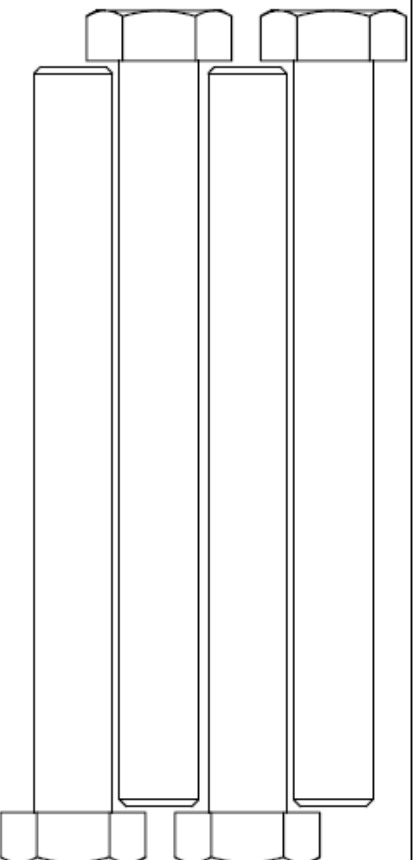
**ASSEMBLY PARTS LIST**

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	LOWER FIXING FRAME	1	(15)	1	CABLE $\Phi 5 \times 3880$	2
(2)	1	UPPER FIXING FRAME	1	(16)	1	LINK $\Phi 5 \times 230$	2
(3)	2	REAR UPRIGHT FRAME	1	(18)	1	RUBBER BUMPER $\Phi 55 \times \Phi 25 \times 25$	2
(4)	1	CONNECTING FRAME	1	(21)	1	HOOK $\Phi 8 \times 80$	6
(5)	2	WEIGHT PLATE HOLDER	1	(24)	1	FLAT WASHER $\Phi 26 \times \Phi 44 \times 4$	23
(6)	2	GUIDE ROD	2	(26)	1	SPRING WASHER $\Phi 24$	12
(7)	2	MOVABLE PULLEY FRAME	1	(28)	1	FLAT NUT M24	11
(8)	2	PEDAL FRAME	2	(34)	1	HEX BOLT M24*120	10
(13)	2	HANDLE BAR	1	(35)	1	HEX BOLT M24*130	2
(14)	2	LOWER HANDLE	1	(36)		UNIVERSAL WRENCH	2

# HARDWARE PACK



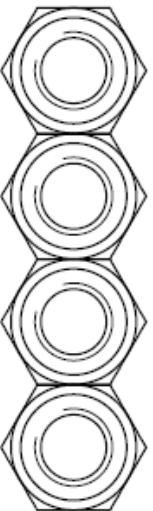
No. 29 M10X30 (4)



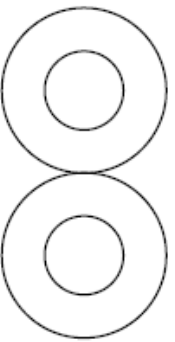
No. 33 M10X95 (4)



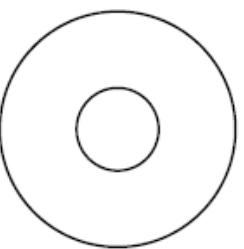
No. 25  $\phi$ 10  
Spring  
Washer (4)



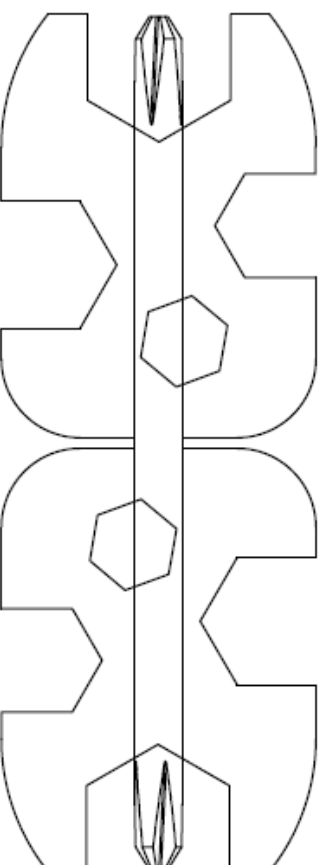
No. 27 M10 Nut (4)



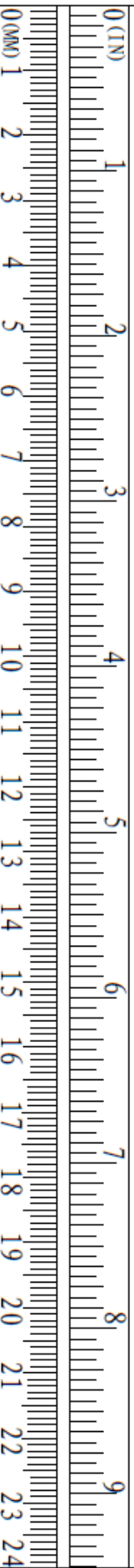
No. 22  $\phi$ 10 Washer (8)



No. 23  $\phi$ 10 Washer (4)



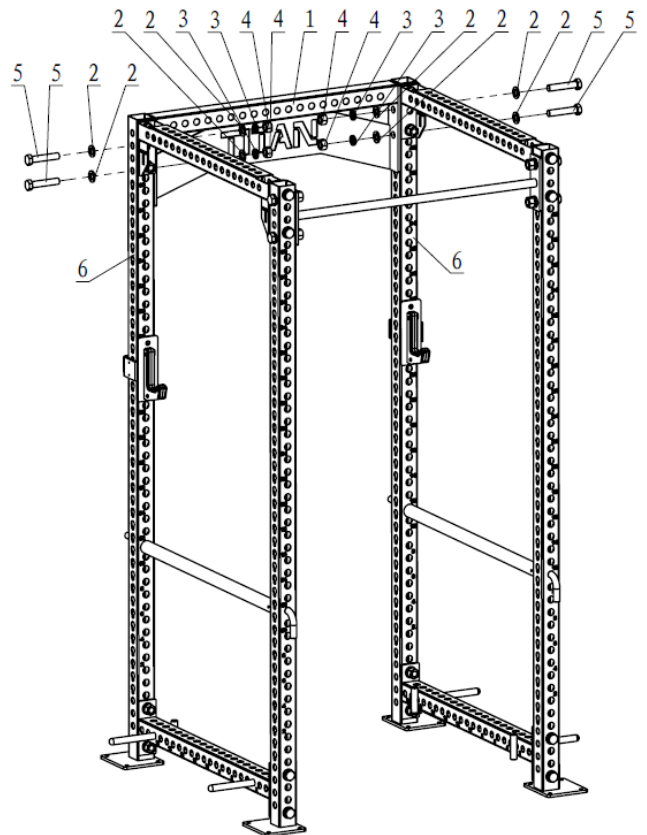
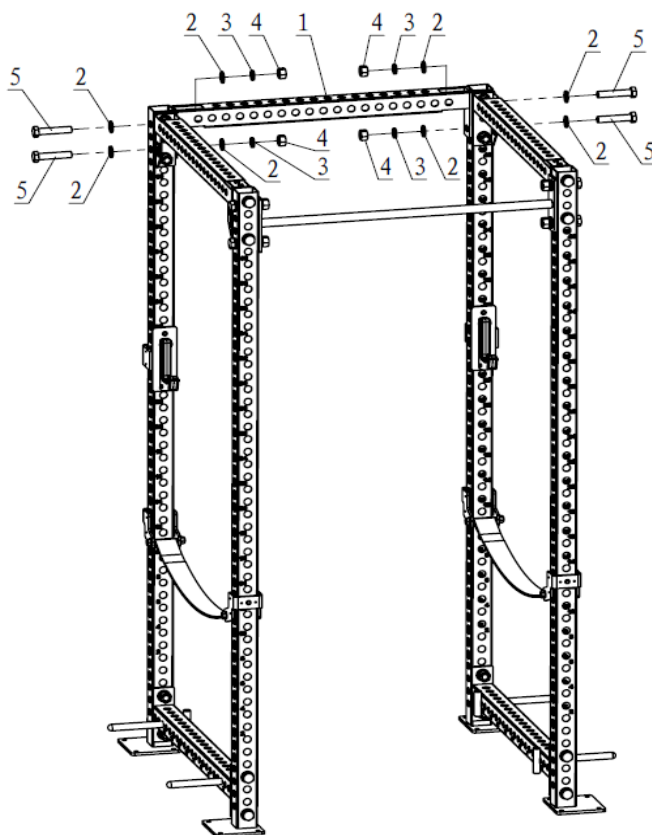
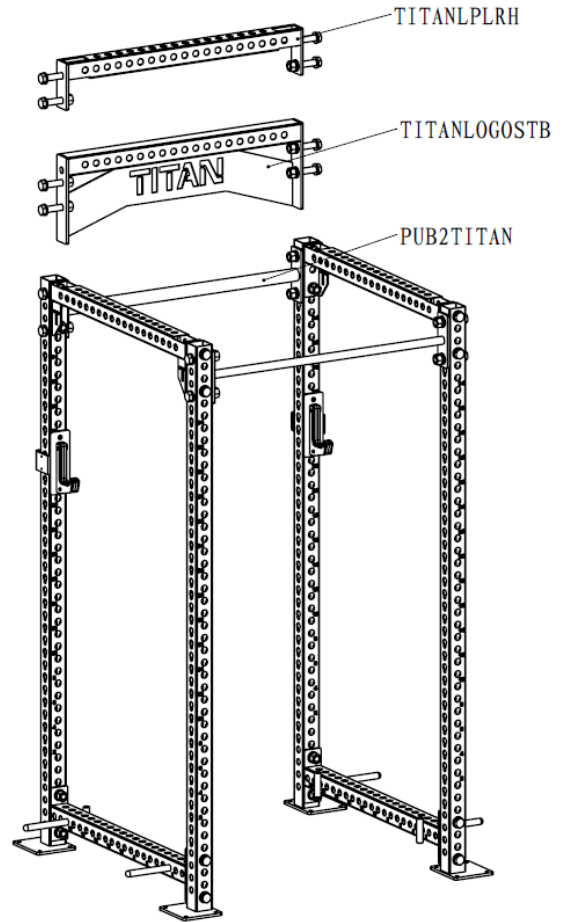
Universal Wrench (2)



# ASSEMBLY INSTRUCTIONS

## STEP 1

1. Remove the Pull Up Bar from the Power Rack. Choose the appropriate connection frame according to your need.
2. Assemble the Connecting Frame (1) with the Power Rack, using Flat Washer  $\Phi 26 \times \Phi 44 \times 4$  (2), Spring Washer  $\Phi 24$  (3), M24 Flat Nut (4) and Hex Bolt M24\*120 (5).

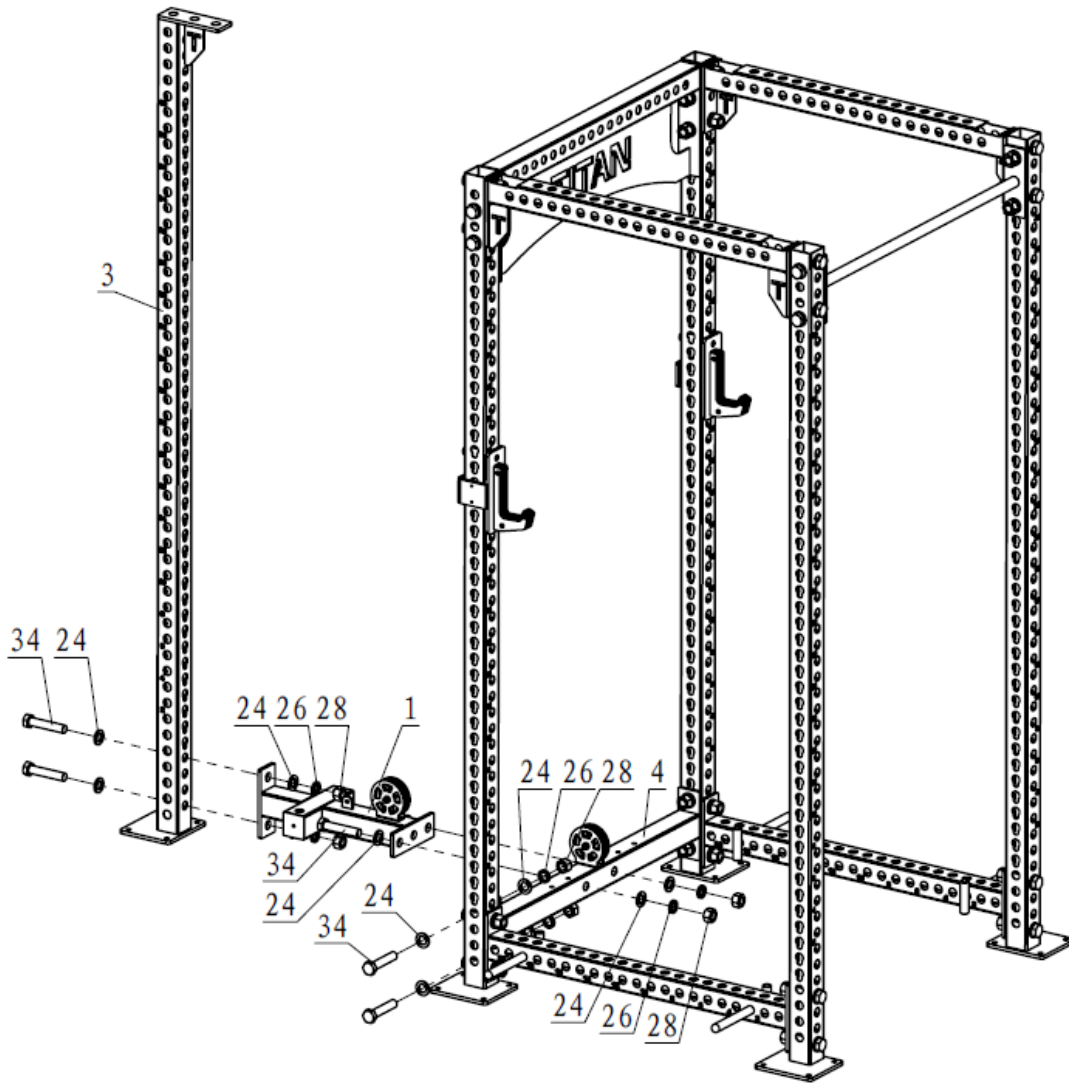


# ASSEMBLY INSTRUCTIONS

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## STEP 2

Connect the Lower Fixing Frame (1), Rear Upright Frame (3) and Connecting Frame (4) with the Power Rack, using Flat Washer  $\Phi 26 \times \Phi 44 \times 4$  (24), Spring Washer  $\Phi 24$  (26), M24 Flat Nut (28) and Hex Bolt M24\*120 (34).

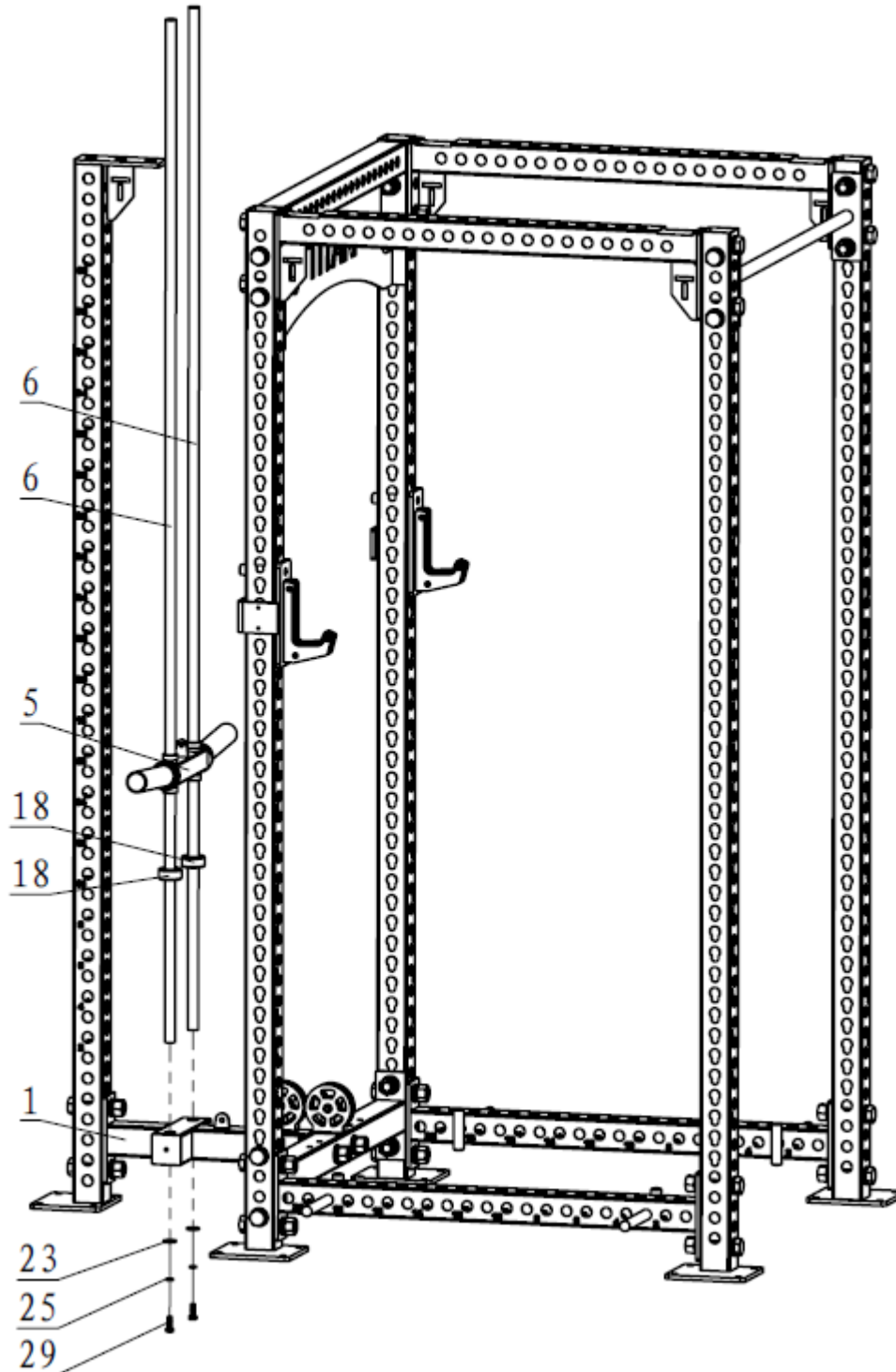


## ASSEMBLY INSTRUCTIONS

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### STEP 3

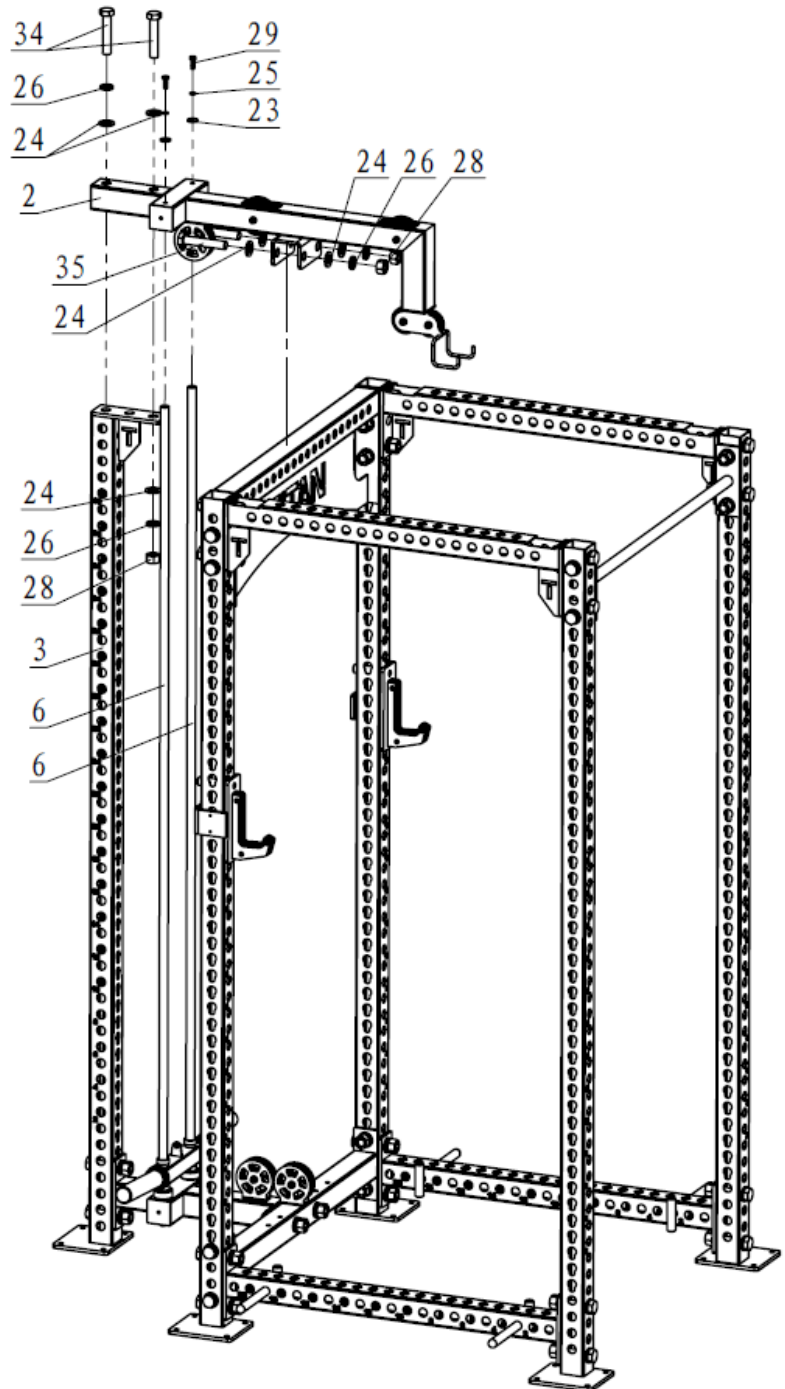
Pass the Rubber Bumper (18) and Weight Plate Holder (5) through the Guide Rod (6), then Insert the Guide Rod (6) into the Low Fixing Frame (1), fixing by Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$  (23), Spring Washer  $\Phi 10$  (25) and Hex Bolt M10\*30 (29).



## ASSEMBLY INSTRUCTIONS

### STEP 3 (CONT.)

1. Insert the other side of the Guide Rod (6) into the hole on the Upper Fixing Frame (2), then Fixing by Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$  (23), Spring Washer  $\Phi 10$  (25) and Hex Bolt M10\*30 (29).
2. Connect the Rear Upright Frame (3) with the Upper Fixing Frame (2), using Flat Washer  $\Phi 26 \times \Phi 44 \times 4$  (24), Spring Washer  $\Phi 24$  (26) and Hex Bolt M24\*120 (34).
3. Assemble the Upper Fixing Frame (2) on Power Rack, using Flat Washer  $\Phi 26 \times \Phi 44 \times 4$  (24), Spring Washer  $\Phi 24$  (26), Flat Nut M24 (28) and Hex Bolt M24\*130 (35).



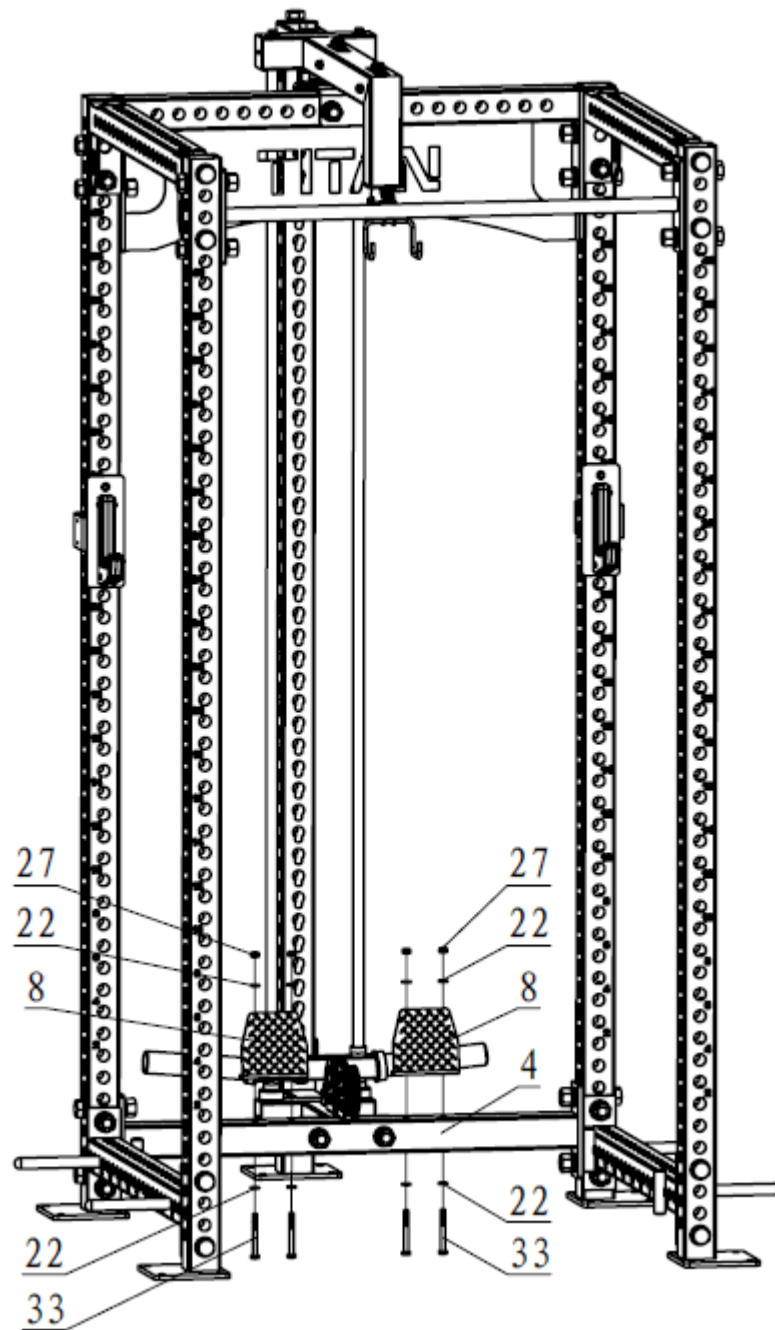


## ASSEMBLY INSTRUCTIONS

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### STEP 4

Connect the Pedal Frame (8) on the Connecting Frame (4), using Flat Washer  $\Phi 11*\Phi 20*2$  (22), Nut M10 (27) and Hex Bolt M10\*95 (33).

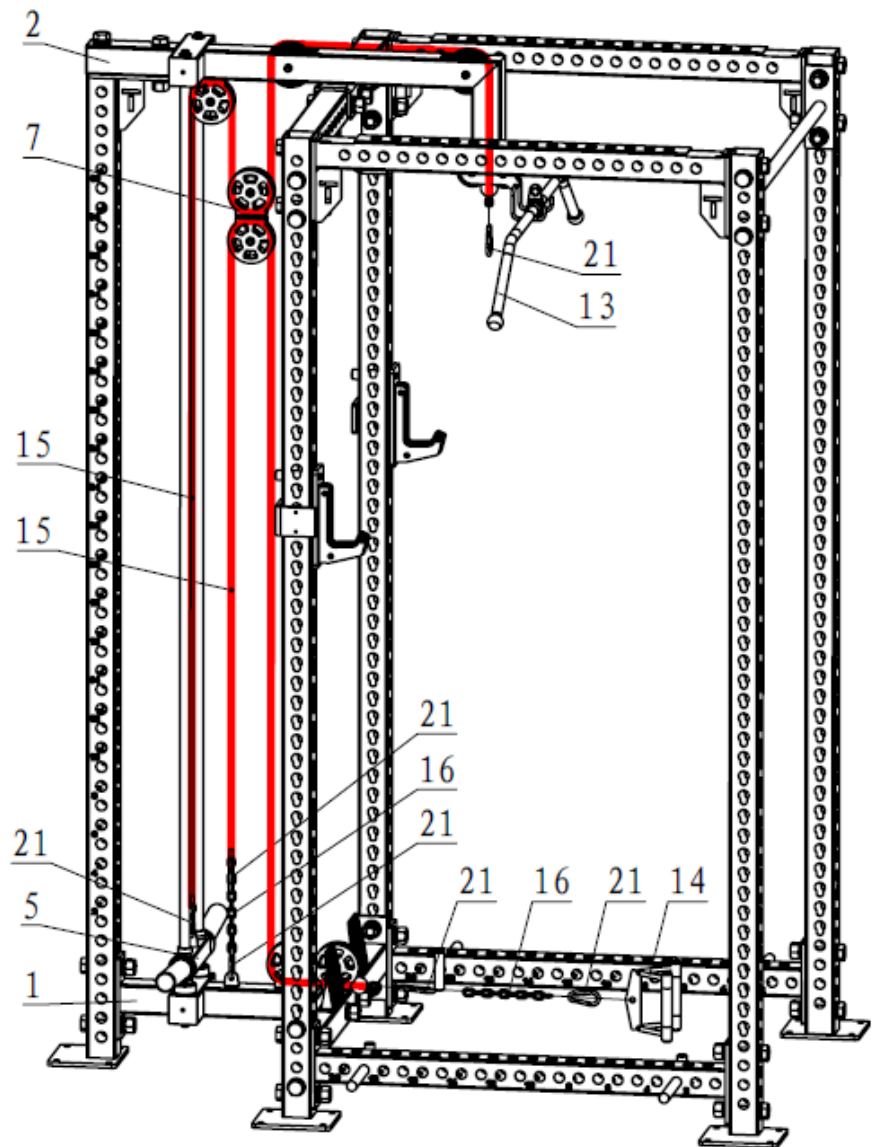
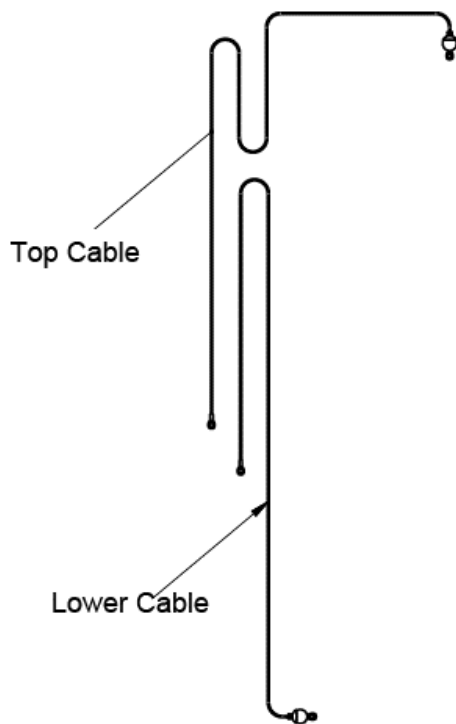


## ASSEMBLY INSTRUCTIONS

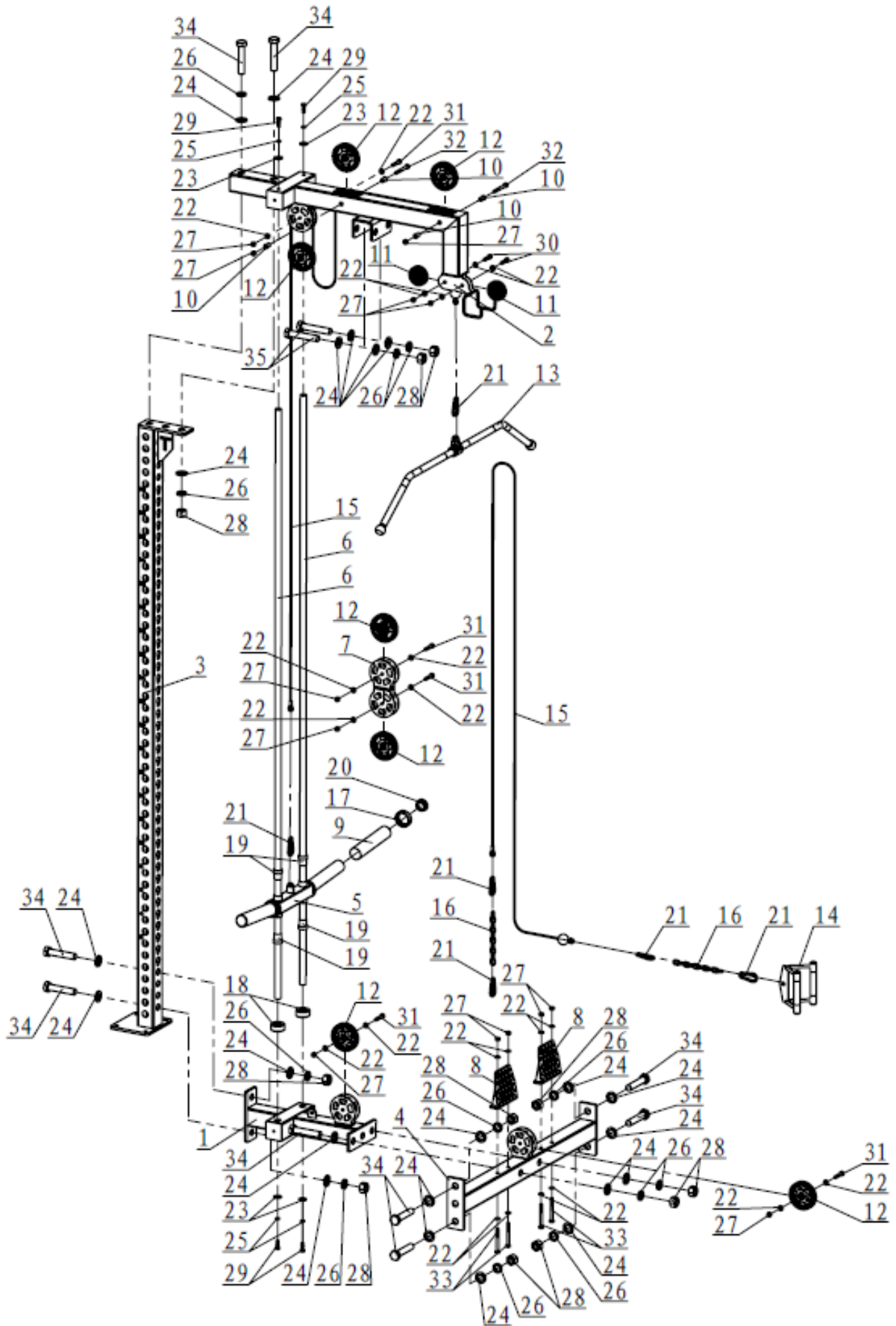
### STEP 5

1. Remove the Pulley (A, B, C) on the Upper Fixing Frame (2), insert the cable (15) from Pulley A, via the upper fixing frame (2) and out from the hole of Pulley B, through the pulley C Bracket, then reinstall the pulley A, B, C.
2. Remove the Pulley (F & G) through one side of cable (15) into the Pulley bracket on the Connecting Frame (4) and Lower Fixing frame (1), then reinstall the pulley F & G.
3. Remove the Pulley (D & E) on the movable Pulley Frame (7), Place the cable (15) into the movable Pulley Frame (7), then reinstall the pulley D, E.
4. Fixing the Top cable on the Weight Plate Holder (5), using the Safety Hook (21). Fix the cable on the Lower Fixing Frame (1), using Safety Hook (21) and Link (16).
5. Connect the Handlebar (13) and one side of Cable (15) on the Upper Fixing Frame (2), using Hook (21). Then Hang the Handlebar on the Upper Fixing Frame (2).
6. Connect the Lower Handle (14) and one side of Cable (15) on Connecting Frame (4), using Hook (21) and Link (16).

Schematic diagram of cable direction



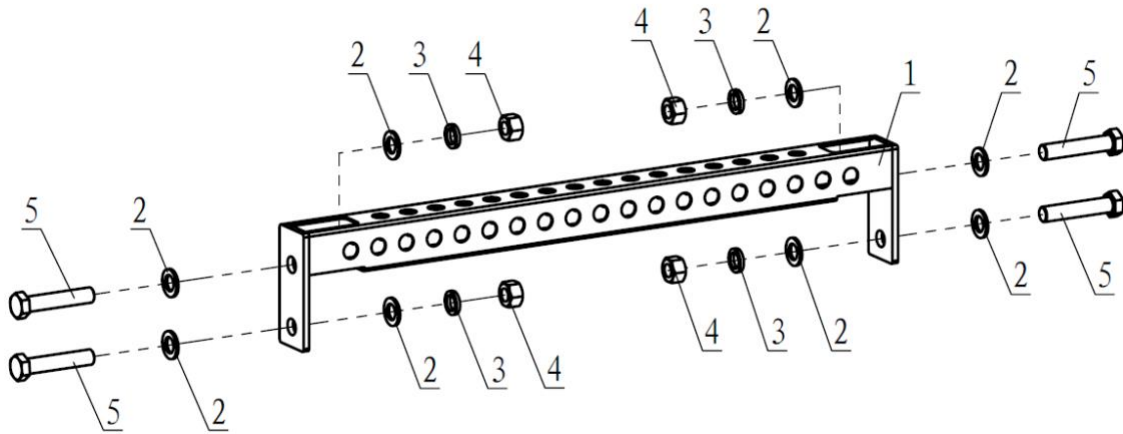
APPENDIX - FULL ASSEMBLY/EXPLODED VIEW



**APPENDIX - FULL ASSEMBLY PARTS LIST**

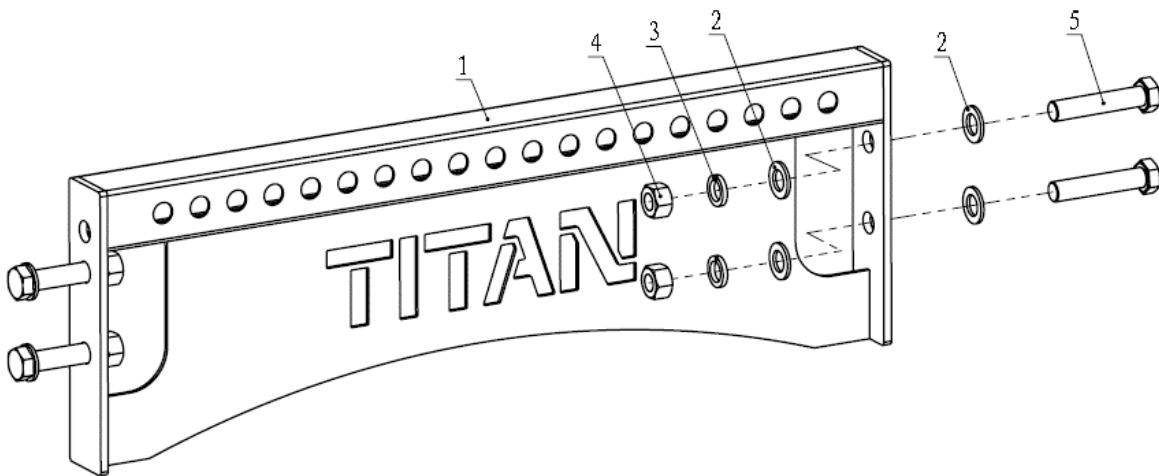
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	LOWER FIXING FRAME	1	(19)	1	SLIDING SLEEVE Φ35.50*Φ26*39	4
(2)	1	UPPER FIXING FRAME	1	(20)	2	END CAP Φ48*3	2
(3)	2	REAR UPRIGHT FRAME	1	(21)	1	HOOK Φ8*80	6
(4)	1	CONNECTING FRAME	1	(22)	1	FLAT WASHER Φ11*Φ20*2	22
(5)	2	WEIGHT PLATE HOLDER	1	(23)	1	FLAT WASHER Φ10.5*Φ30*2.5	4
(6)	2	GUIDE ROD	2	(24)		FLAT WASHER Φ26*Φ44*4	23
(7)	2	MOVABLE PULLEY FRAME	1	(25)	1	SPRING WASHER Φ10	4
(8)	2	PEDAL FRAME	2	(26)	2	SPRING WASHER Φ24	12
(9)	2	WEIGHT PLATE FIXING PIPE	2	(27)	1	NUT M10	13
(10)	1	SPACER BUSH Φ18*15	4	(28)	1	FLAT NUT M24	11
(11)	1	Φ78 ALUMINUM PULLEY	2	(29)	1	HEX BOLT M10*30	4
(12)	1	Φ115 PULLEY	7	(30)	2	HEX BOLT M10*40	2
(13)	2	HANDLE BAR	1	(31)	1	HEX BOLT M10*50	5
(14)	2	LOWER HANDLE	1	(32)	1	HEX BOLT M10*90	2
(15)	1	CABLE Φ5*3880	2	(33)	1	HEX BOLT M10*95	4
(16)	1	LINK Φ5*230	2	(34)	1	HEX BOLT M24*120	10
(17)	2	RUBBER BUMPER Φ65*Φ49.5*18	2	(35)	1	HEX BOLT M24*130	2
(18)	1	RUBBER BUMPER Φ55*Φ25*25	2				

**TITANLPLRH ASSEMBLY/EXPLODED VIEW**



KEY	BOX	DESCRIPTION	QTY
(1)	1	CONNECTING FRAME	1
(2)	1	FLAT WASHER $\Phi 26*\Phi 44*4$	8
(3)	1	SPRING WASHER $\Phi 24$	4
(4)	1	FLAT NUT M24	4
(5)	1	HEX BOLT M24*120	4

**TITANLOGOSTB ASSEMBLY/EXPLODED VIEW**



KEY	BOX	DESCRIPTION	QTY
(1)	1	LOGO FRAME	1
(2)	1	FLAT WASHER $\Phi 26*\Phi 44*4$	8
(3)	1	SPRING WASHER $\Phi 24$	4
(4)	1	NUT M24	4
(5)	1	HEX BOLT M24*120	4

## 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.

**THE TITAN LIMITED WARRANTY FOUND AT [WWW.TITAN.FITNESS/WARRANTY](http://WWW.TITAN.FITNESS/WARRANTY) IS EXCLUSIVE AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE, EACH OF WHICH IS HEREBY DISCLAIMED.**



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[info@titan.fitness](mailto:info@titan.fitness)

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