

60-INCH RONIN PLYOMETRIC MACHINE

PLYMACH60-1 - PLYMACH60-2

412217

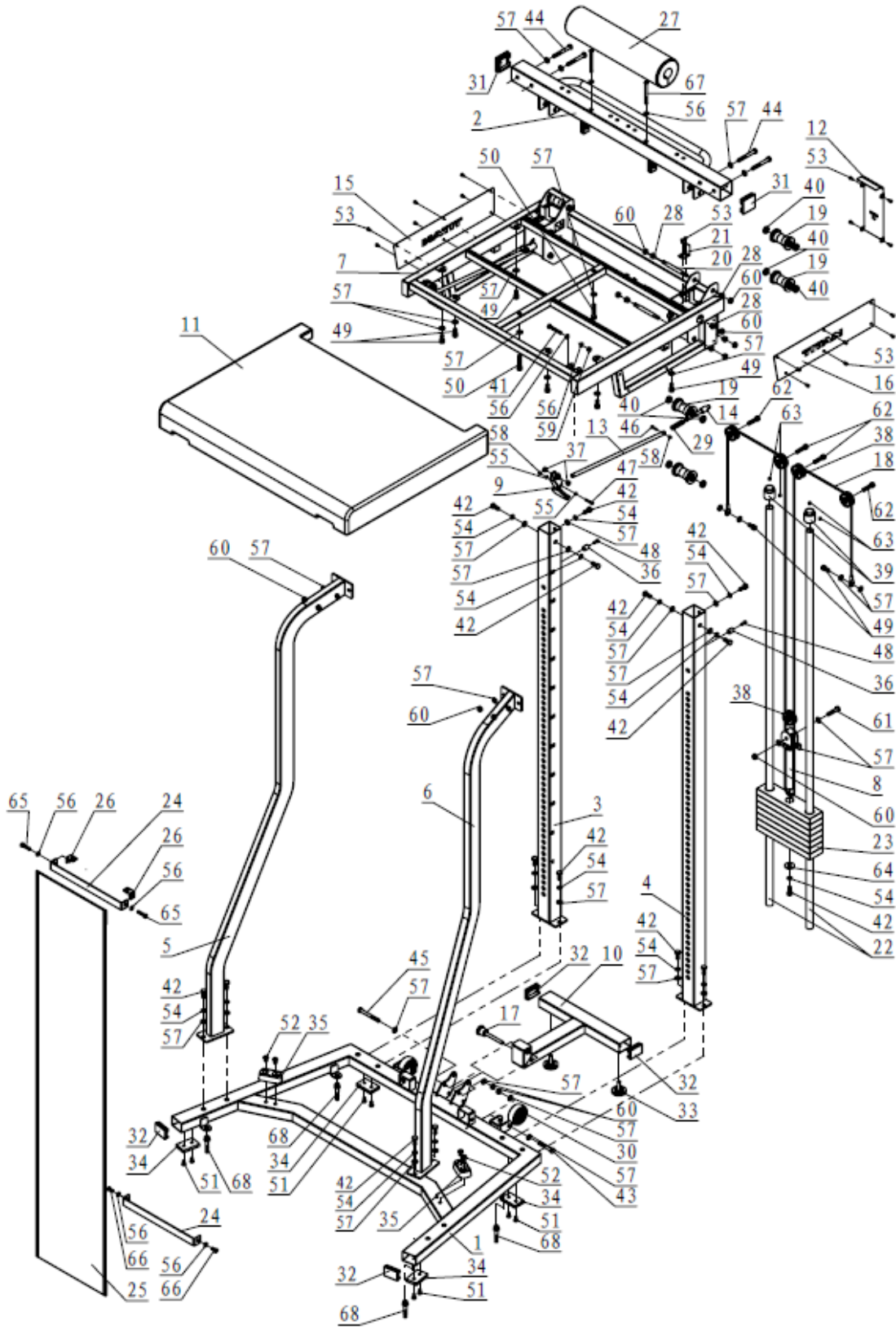


Operator's Manual



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

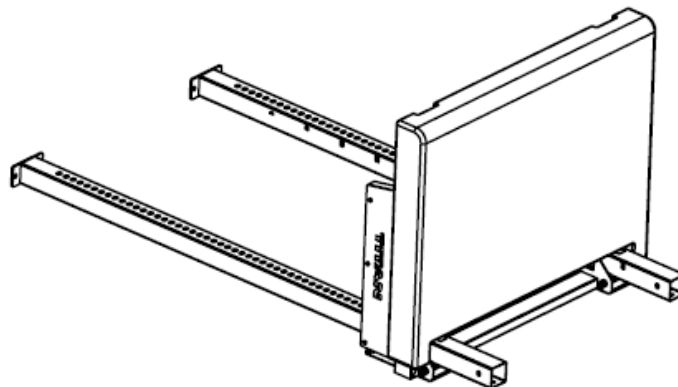
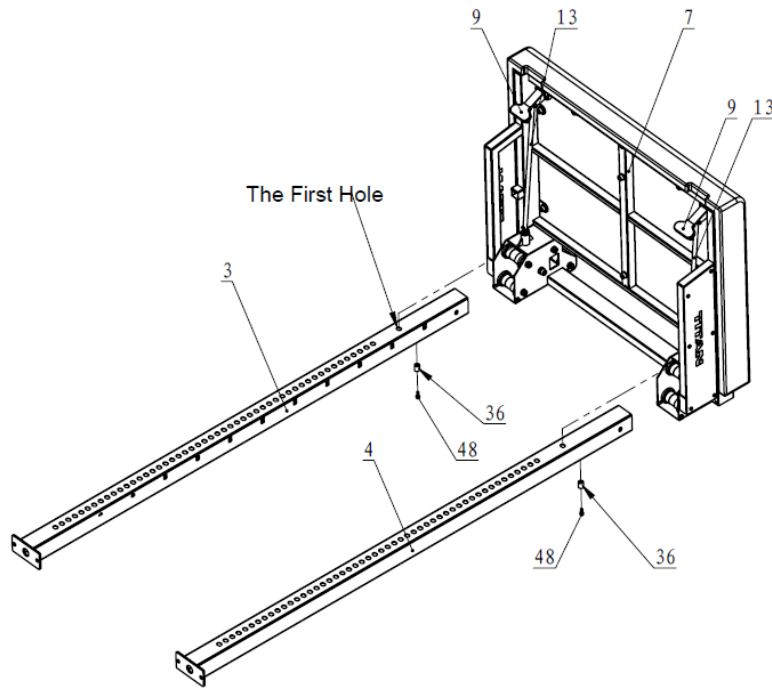


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	BASE	1	(35)	1	RUBBER BUMPER	2
(2)	1	TOP BEAM	1	(36)	1	SMALL RUBBER SLEEVE	2
(3)	2	LEFT UPRIGHT	1	(37)	1	METAL SLEEVE	4
(4)	2	RIGHT UPRIGHT	1	(38)	2	Φ50 PULLEY	5
(5)	2	LEFT HANDGRIP	1	(39)	1	GUIDE ROD BUSHING	2
(6)	2	RIGHT HANDGRIP	1	(40)	1	BEARING 61901ZZ	16
(7)	1	LANDING PAD	1	(41)	1	HEX BOLT M8*55	2
(8)	2	WEIGHT PLATE SUPPORTER	1	(42)	2	HEX BOLT M10*25	15
(9)	1	PULL TABS	2	(43)	1	HEX BOLT M10*65	2
(10)	1	REAR SUPPORT FRAME	1	(44)	2	HEX BOLT M10*80	4
(11)	1	LANDING PAD CUSHION	1	(45)	2	HEX BOLT M10*90	1
(12)	1	REAR COVER	2	(46)	1	COUNTERSUNK HEAD SCREW M5*20	2
(13)	1	PULL ROD Φ12*465	2	(47)	1	COUNTERSUNK HEAD SCREW M5*30	2
(14)	1	PIN SHAFT	2	(48)	2	COUNTERSUNK HEAD SCREW M6*15	2
(15)	1	LEFT LOGO PLATE	1	(49)	1&2	COUNTERSUNK HEAD SCREW M10*20	8
(16)	1	RIGHT LOGO PLATE	1	(50)	1	COUNTERSUNK HEAD SCREW M10*50	2
(17)	1	MAGNETIC PIN	1	(51)	1	PAN HEAD, HEX BOLT M8*15	8
(18)	1	CABLE Φ5*4185	1	(52)	1	PAN HEAD, HEX BOLT M10*15	4
(19)	1	ROLL SLEEVE	8	(53)	1	CROSS RECESS HEAD SCREW M5*10	24
(20)	1	DOUBLE THREADED SHAFT	8	(54)	2	SPRING WASHER Φ10	15
(21)	1	L-SHAPE PLATE	2	(55)	1	FLAT WASHER Φ5.5*Φ10*1	4
(22)	2	GUIDE ROD	2	(56)	1&2	FLAT WASHER Φ9*Φ16*1.6	12
(23)	2	WEIGHT PLATE	7	(57)	1&2	FLAT WASHER Φ11*Φ20*2	42
(24)	1	GRID GUARD FRAME	2	(58)	1	NUT M5	4
(25)	1	GRID GUARD	1	(59)	1	NUT M8	4
(26)	1	TENSION FRAME	2	(60)	1&2	NUT M10	24
(27)	1	FOAM	1	(61)	2	HEX BOLT M10*45	1
(28)	1	SPACER BUSH Φ18*11	16	(62)	1	COUNTERSUNK HEAD SCREW M10*40	4
(29)	1	SPRING Φ14*Φ1.5*55	2	(63)	1	SCREW M8*8	4
(30)	1	WHEEL Φ75*40	2	(64)	2	FLAT WASHER Φ11*Φ34*3	1
(31)	1	END CAP 60*60*2	2	(65)	2	HEX BOLT M8*35	2
(32)	1	END CAP 40*60*2	4	(66)	2	HEX BOLT M8*15	2
(33)	1	M10 ADJUSTING FOOT MAT	2	(67)	2	PAN HEAD, HEX BOLT M8*90	2
(34)	1	FOOT MAT	4	(68)	2	EXPANSION ANCHOR BOLT M10*70	4

ASSEMBLY INSTRUCTIONS

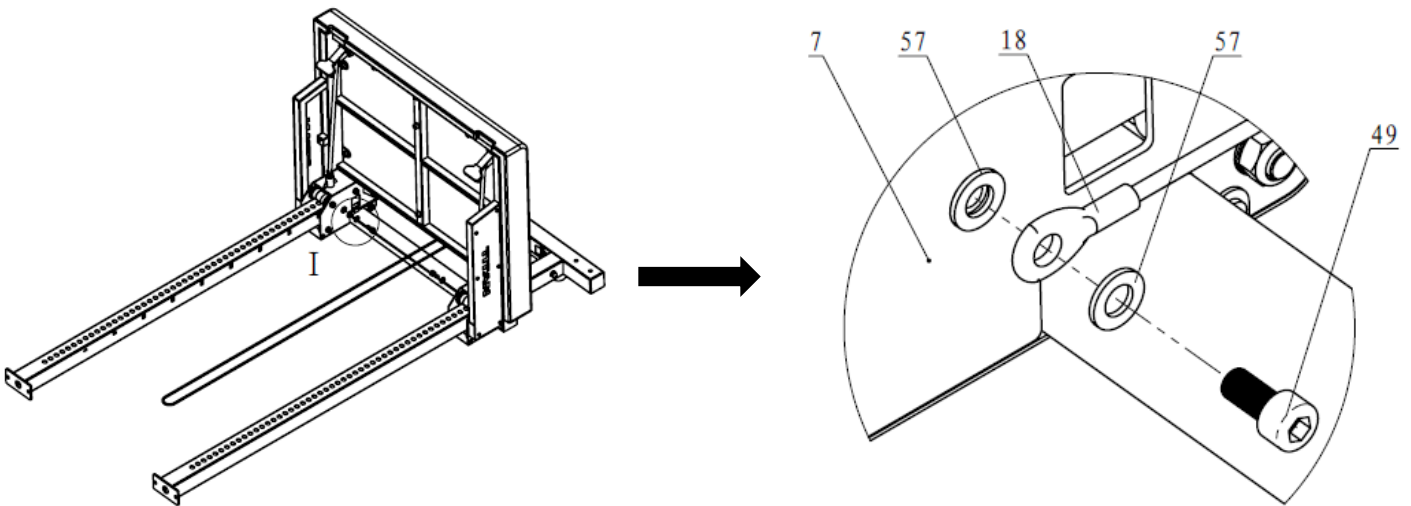
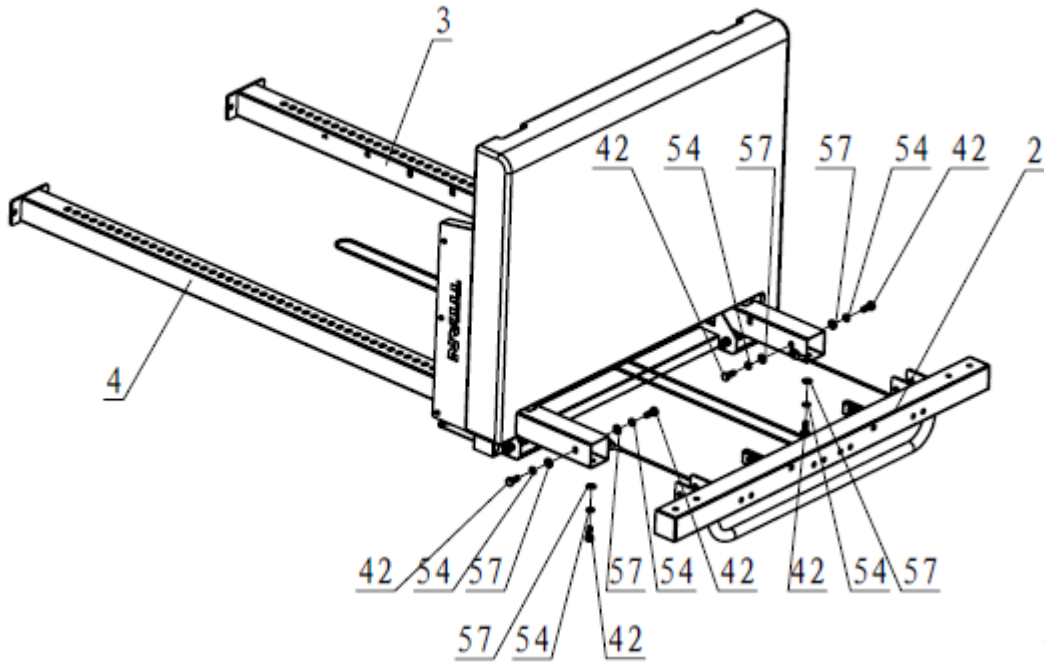
STEP 1

1. Fix the **SMALL RUBBER SLEEVES (36)** on the **LEFT UPRIGHT (3)**, **RIGHT UPRIGHT (4)**, using **COUNTERSUNK HEAD SCREW M6*15 (48)**.
2. Connect **LEFT UPRIGHT (3)**, **RIGHT UPRIGHT (4)** and **LANDING PAD (7)**, through the **PULL TABS (9)**, **PULL RODS (13)** and **LANDING PAD (7)**, and lock into the first hole position.



STEP 2

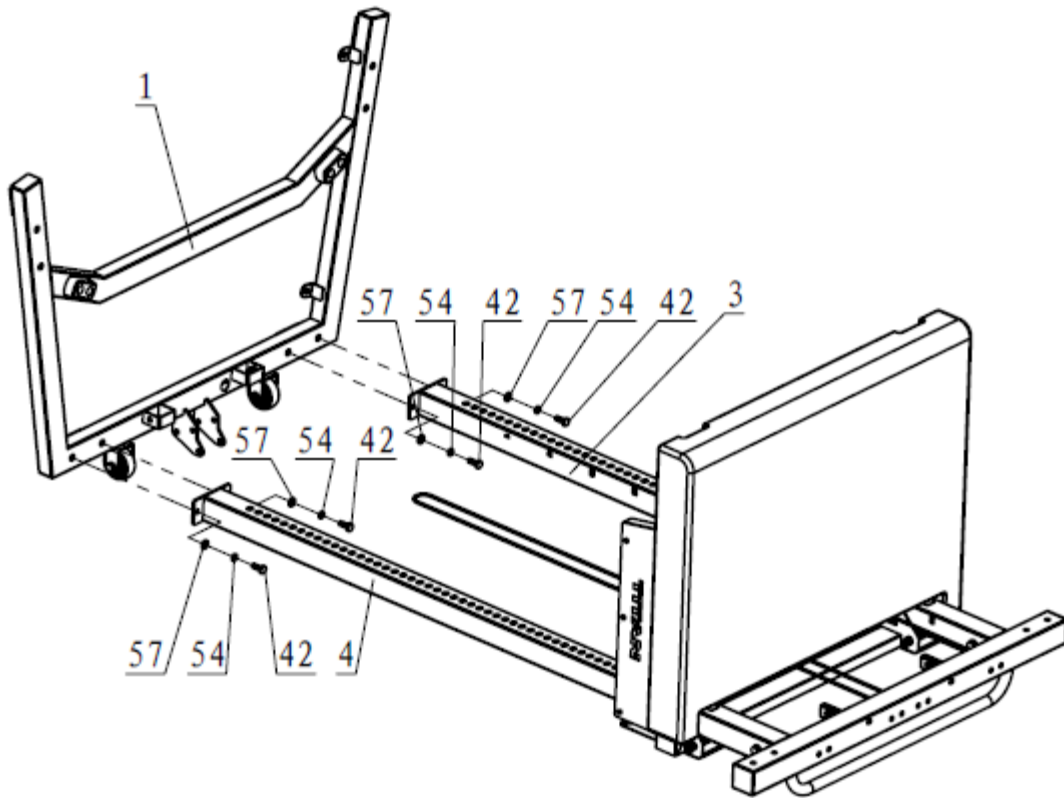
1. Connect **LEFT UPRIGHT (3)**, **RIGHT UPRIGHT (4)** and **TOP BEAM (2)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **SPRING WASHER $\Phi 10$ (54)**, and **HEX BOLT M10*25 (42)**.
2. Install the terminal of **CABLE (18)** on the **LANDING PAD (7)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)** and **COUNTERSUNK HEAD SCREW M10*20 (49)**.



ASSEMBLY INSTRUCTIONS

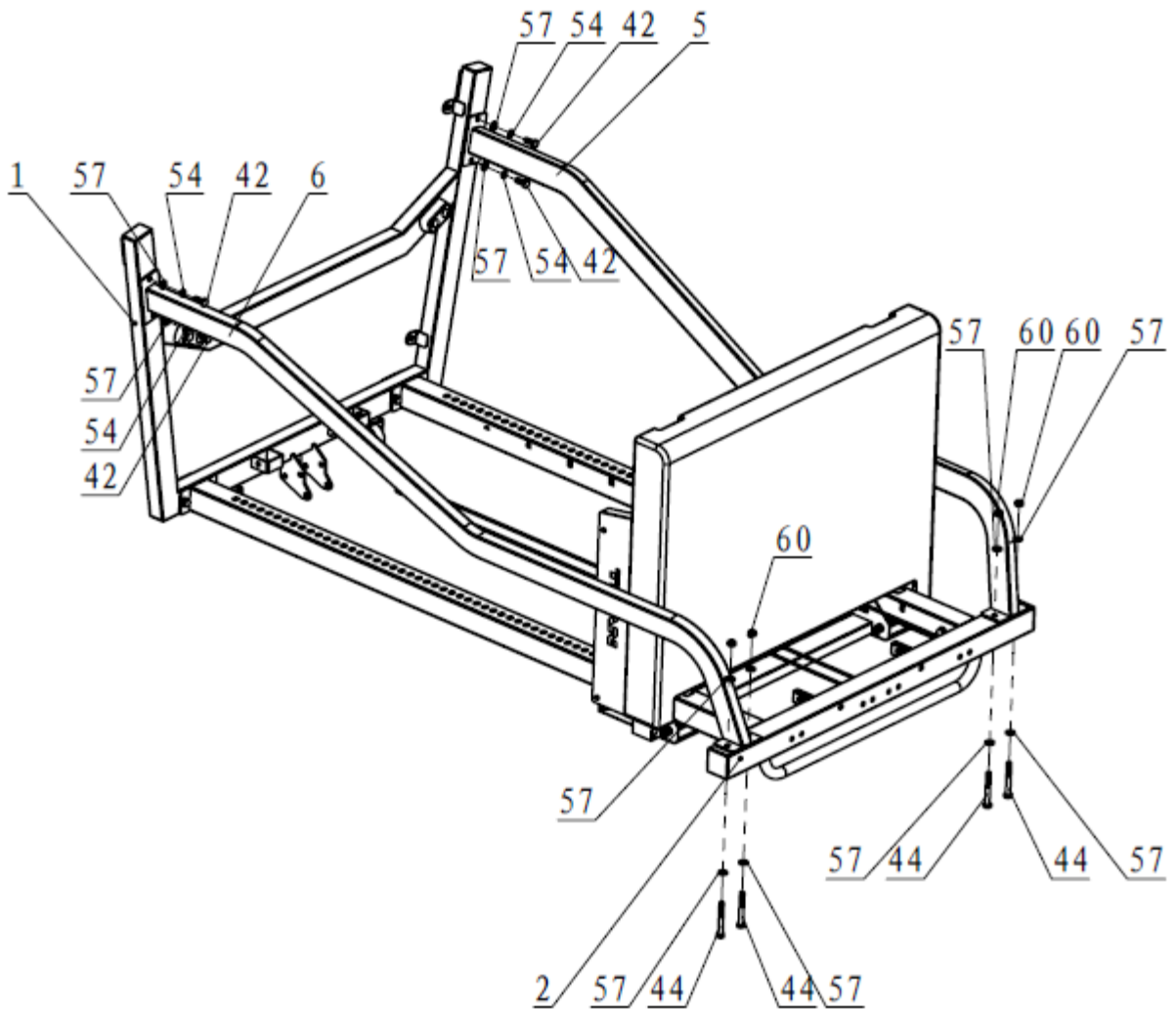
STEP 3

Connect **LEFT UPRIGHT (3)**, **RIGHT UPRIGHT (4)** and **BASE (1)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **SPRING WASHER $\Phi 10$ (54)**, and **HEX BOLT M10*25(42)**.



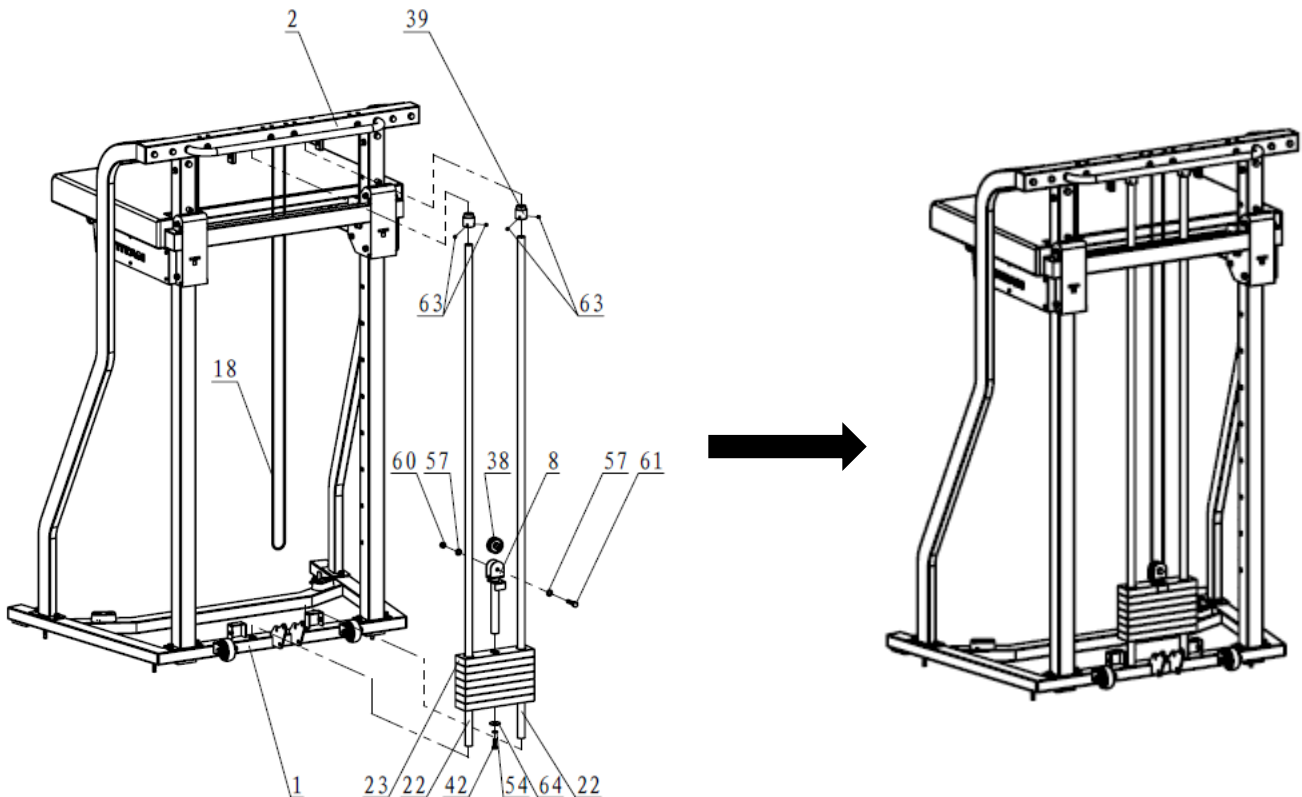
STEP 4

1. Connect **LEFT HANDGRIP (5)**, **RIGHT HANDGRIP (6)** and **BASE (1)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **SPRING WASHER $\Phi 10$ (54)**, and **HEX BOLT M10*25 (42)**.
2. Connect the other side of **LEFT HANDGRIP (5)**, **RIGHT HANDGRIP (6)** and **TOP BEAM (2)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **M10 NUT (60)**, and **HEX BOLT M10*80 (44)**.



STEP 5

1. Insert the **GUIDE ROD (22)** on the **BASE (1)**.
2. Insert the **WEIGHT PLATE (23)** into the **GUIDE ROD (22)**, then fixing the **GUIDE ROD (22)** on the **TOP BEAM (2)**, using **GUIDE ROD BUSHING (39)** and **SCREW M8*8 (63)**.
3. Pass the **WEIGHT PLATE SUPPORTER (8)** through the **WEIGHT PLATE (23)**, using **FLAT WASHER $\Phi 11*\Phi 34*3$ (64)**, **SPRING WASHER $\Phi 10$ (54)**, and **HEX BOLT M10*25 (42)** from the bottom.
4. Remove the **NUT M10(60)**, **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **HEX BOLT M10*45 (61)** and **$\Phi 50$ PULLEY (38)**. Install the **CABLES (18)** on the **PULLEY**. Then reinstall the nut **M10(60)**, **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **HEX BOLT M10*45 (61)** and **PULLEY**.

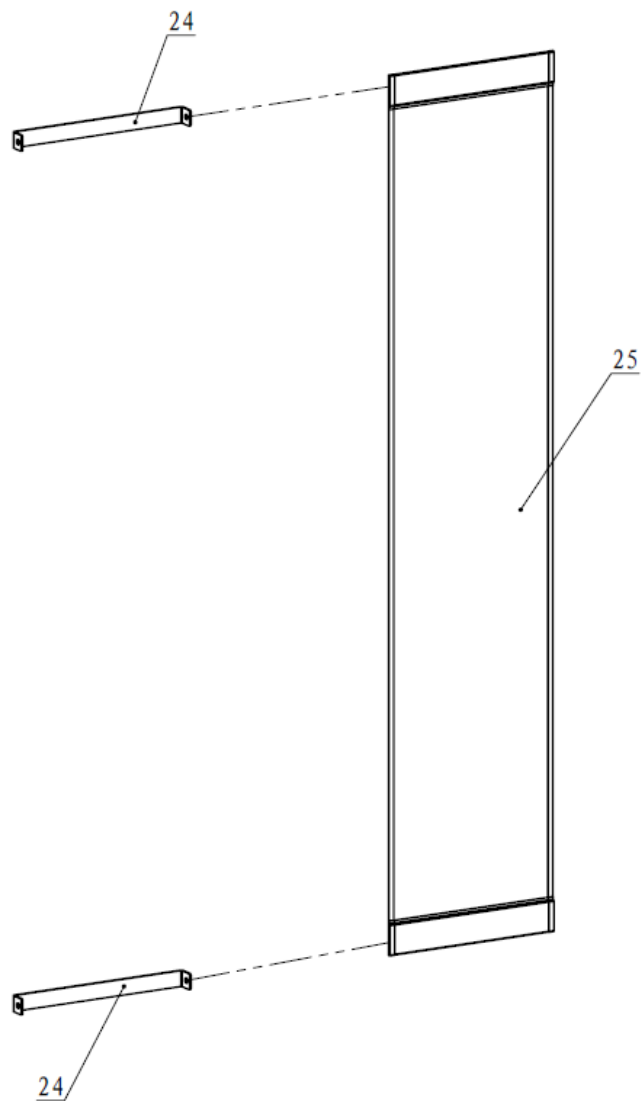


ASSEMBLY INSTRUCTIONS

STEP 6

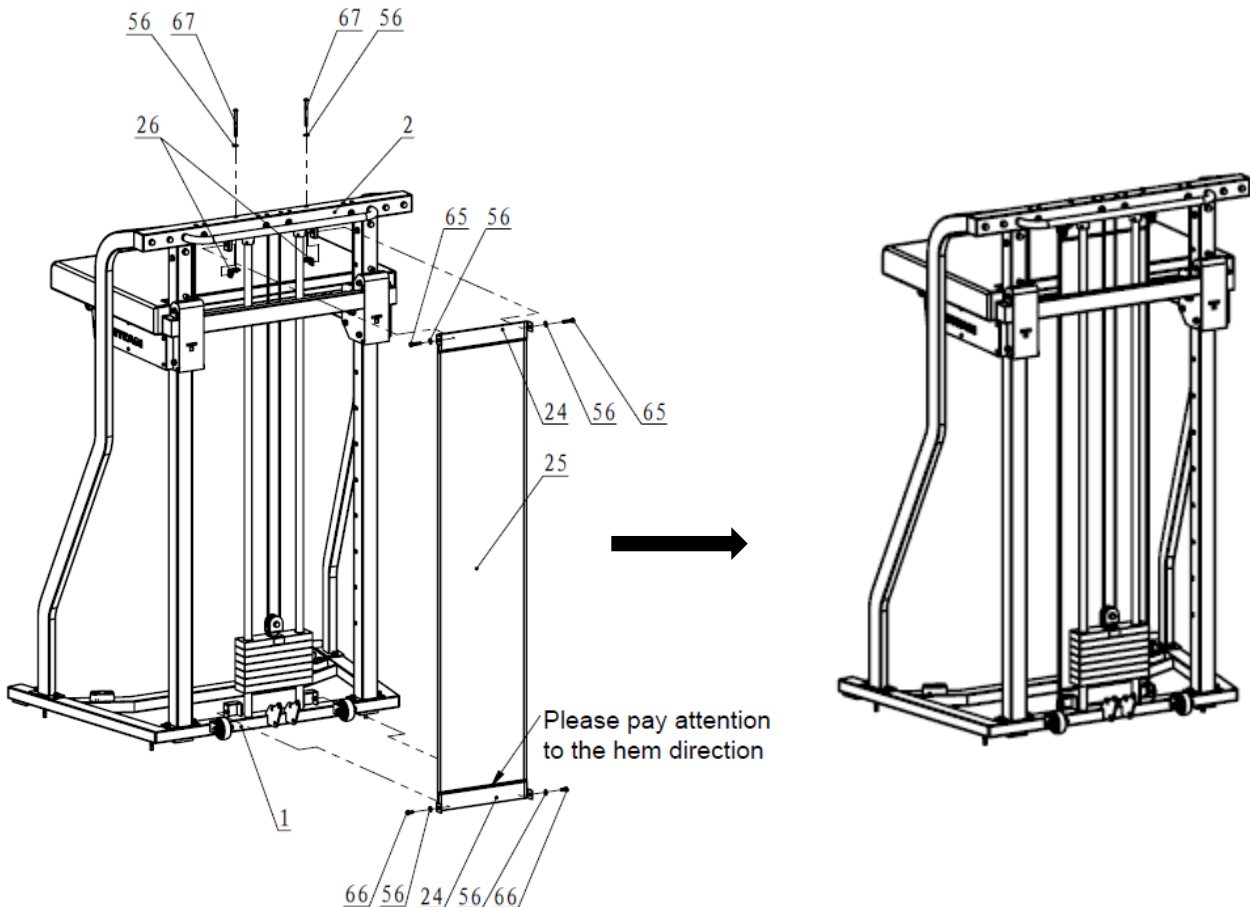
Install the **GRID GUARD FRAMES (24)** on the **GRID GUARD (25)**.

PLEASE PAY ATTENTION THE DIRECTION.



STEP 7

1. Insert **HEX BOLT M8*35 (65)** and **FLAT WASHER $\Phi 9*\Phi 16*1.6$ (56)** through the **GRID GUARD FRAME (24)** and the long hole on the **TOP BEAM (2)** in turn, then fix in the threaded hole on the shorter side of **TENSION FRAME (26)**.
2. Fix the lower **GRID GUARD (24)** on the threaded hole of U-shape seat on the **BASE (1)**, using **HEX BOLT M8*15 (66)** and **FLAT WASHER $\Phi 9*\Phi 16*1.6$ (56)**.
3. Connect the **TOP BEAM (2)** and the threaded hole on the longer side of **TENSION FRAME (26)**, using **PAN HEAD, HEX BOLT M8*90 (67)** and **FLAT WASHER $\Phi 9*\Phi 16*1.6$ (56)**.
4. The proper tightness is achieved by adjusting the **TWO BOLTS (67)**.

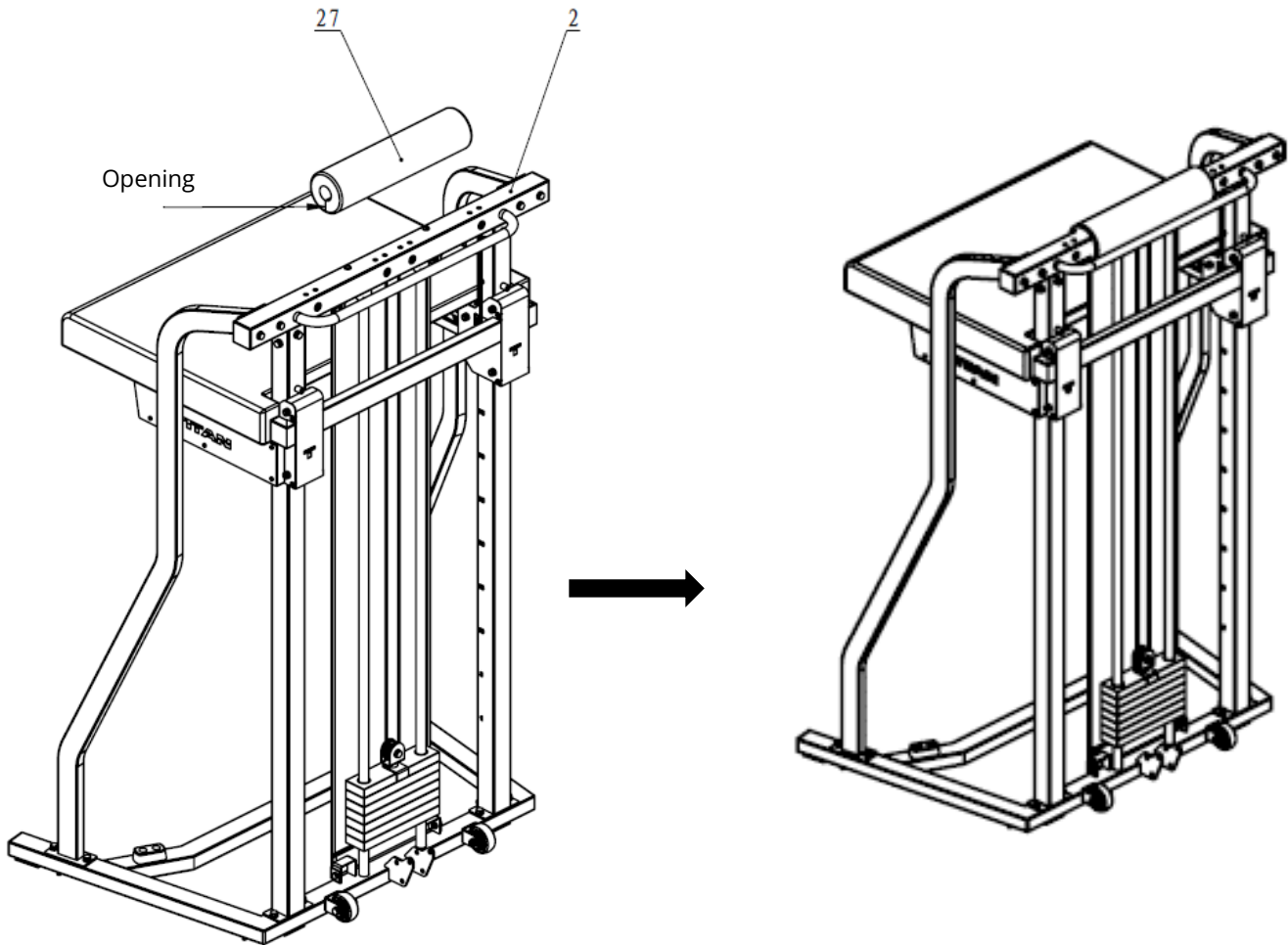


ASSEMBLY INSTRUCTIONS

Step 8

Install the **FOAM (27)** on the **TOP BEAM (2)**.

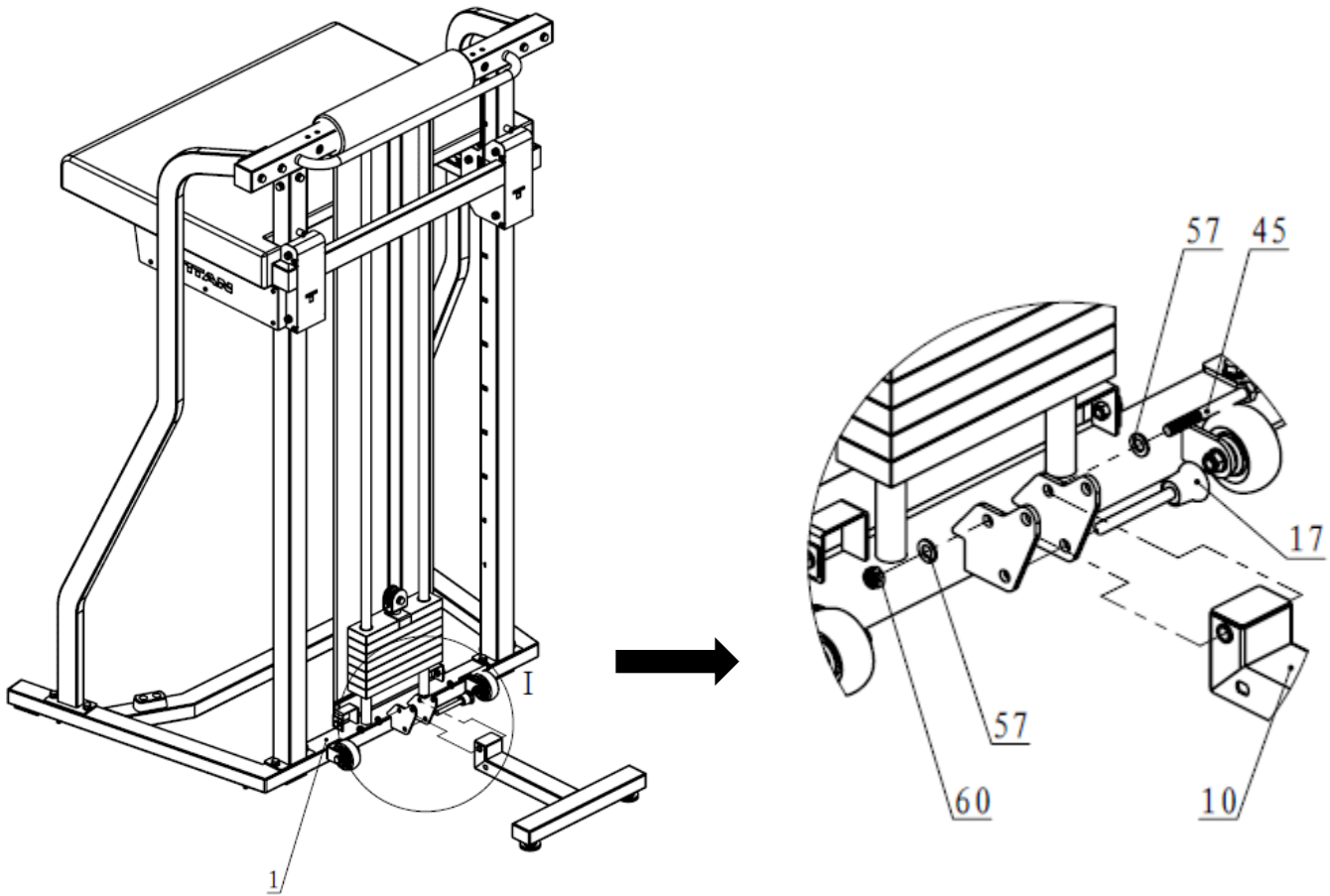
After adjustment, use magic buckle to fix.



ASSEMBLY INSTRUCTIONS

STEP 9

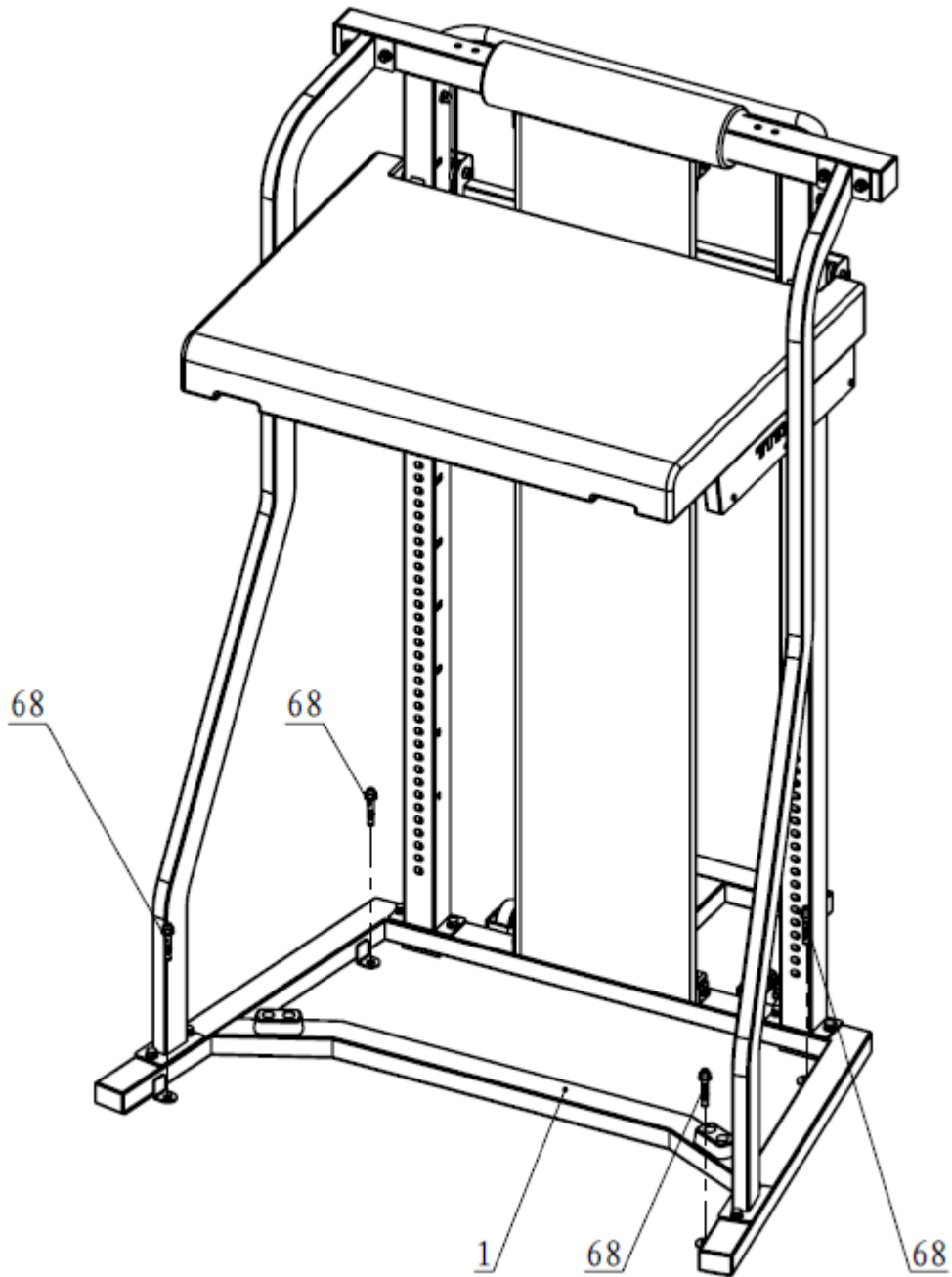
Connect the **REAR SUPPORT FRAME (10)** and **BASE (1)**, using **FLAT WASHER $\Phi 11*\Phi 20*2$ (57)**, **M10 NUT (60)** and **HEX BOLTM10*90 (45)**.



ASSEMBLY INSTRUCTIONS

STEP 10

Put the machine in place, fixing on the floor by **EXPANSION ANCHOR BOLT M10*70 (68)**.



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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



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.

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