

# FLAT WEIGHT BENCH

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1000BENCH

400201



## 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!

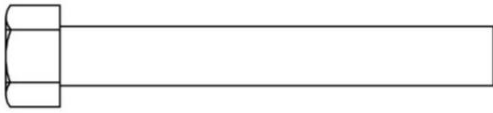
**PARTS DIAGRAM / EXPLODED VIEW**

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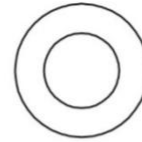
<b>KEY</b>	<b>DESCRIPTION</b>	<b>QTY</b>
<b>1</b>	<b>MAIN FRAME</b>	<b>1</b>
<b>2</b>	<b>FRONT BASE TUBE</b>	<b>1</b>
<b>3</b>	<b>BACK BASE TUBE</b>	<b>1</b>
<b>4</b>	<b>BACKREST</b>	<b>1</b>
<b>5</b>	<b>75MM SQUARE FOOT CAP</b>	<b>4</b>
<b>6</b>	<b>HANDLE GRIP</b>	<b>1</b>
<b>7</b>	<b>WHEEL</b>	<b>2</b>
<b>8</b>	<b>M8*60 HEX BOLT</b>	<b>2</b>
<b>9</b>	<b>M8*100 HEX BOLT</b>	<b>3</b>
<b>10</b>	<b>M12*30 HEX BOLT</b>	<b>4</b>
<b>11</b>	<b>M8 WASHER</b>	<b>7</b>
<b>12</b>	<b>M12 WASHER</b>	<b>4</b>
<b>13</b>	<b>M8 SPRING WASHER</b>	<b>3</b>
<b>14</b>	<b>M12 SPRING WASHER</b>	<b>4</b>
<b>15</b>	<b>M8 NYLON NUT</b>	<b>2</b>
<b>16</b>	<b>M12 NYLON NUT COVER</b>	<b>4</b>

**PARTS DIAGRAM / EXPLODED VIEW**

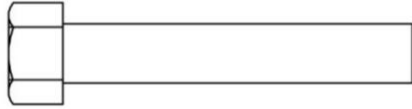
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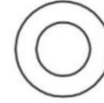
(9) M8x100mm Hex Bolt-3pcs



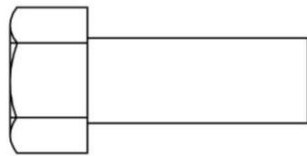
(12) M12 Washer-4pcs



(8) M8x60mm Hex Bolt-2pcs



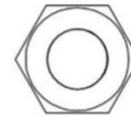
(11) M8 Washer-7pcs



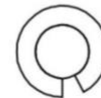
(10) M12x30mm Hex Bolt-4pcs



(14) M12 Spring Washer-4pcs

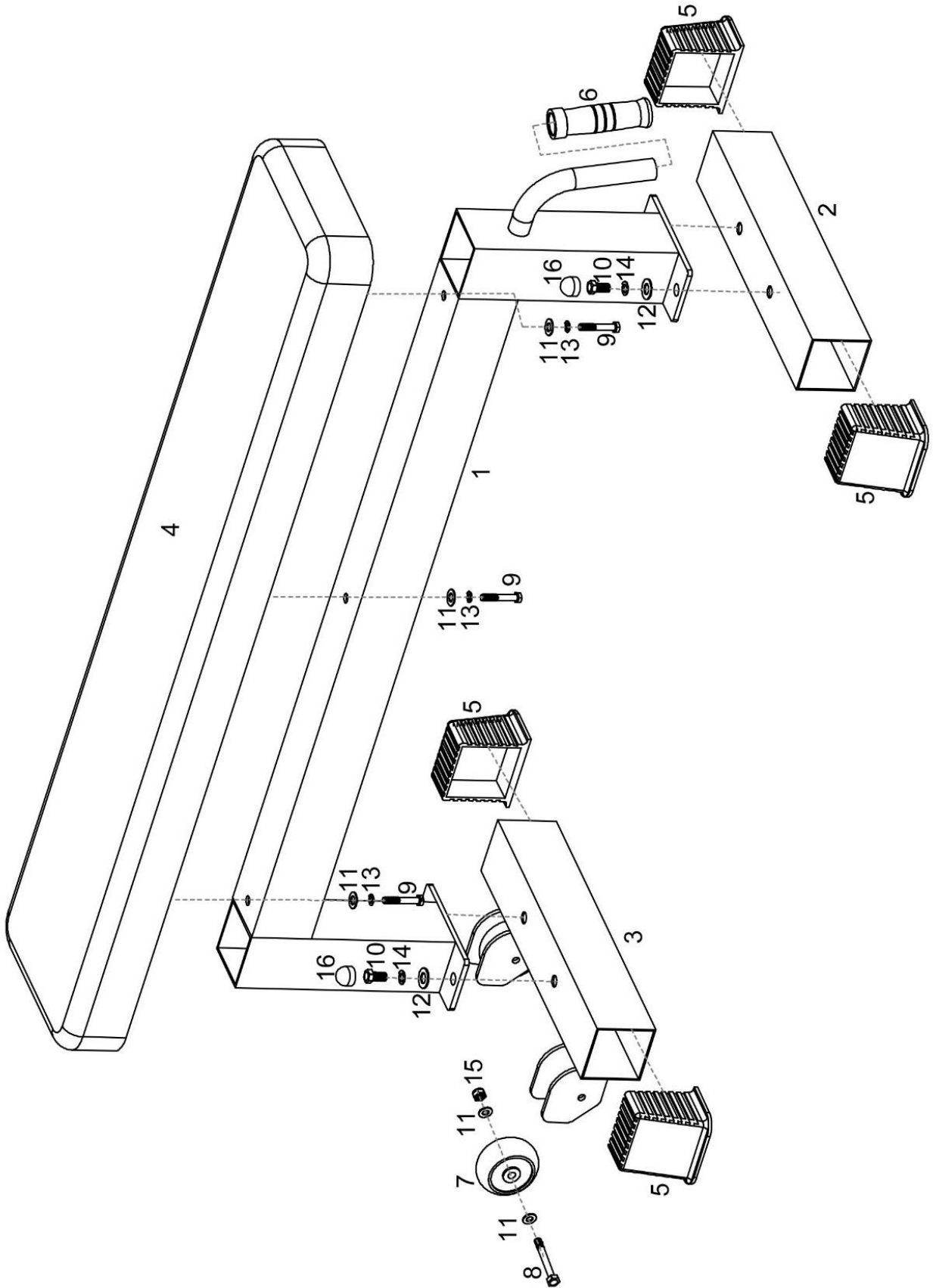


(15) M8 Nylon Nut-2pcs



(13) M8 Spring Washer-3pcs

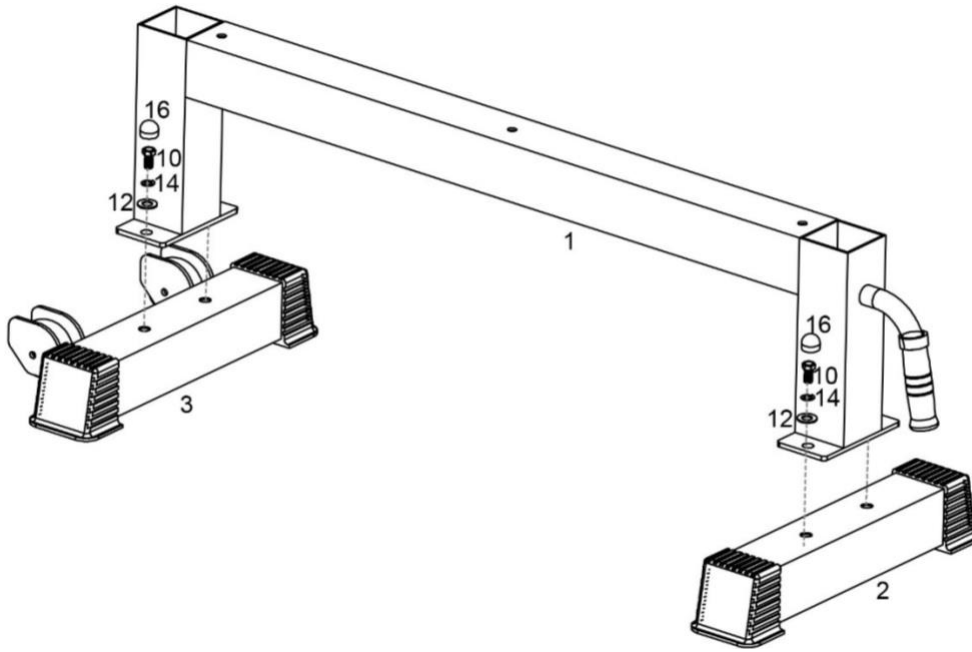
PARTS DIAGRAM / EXPLODED VIEW



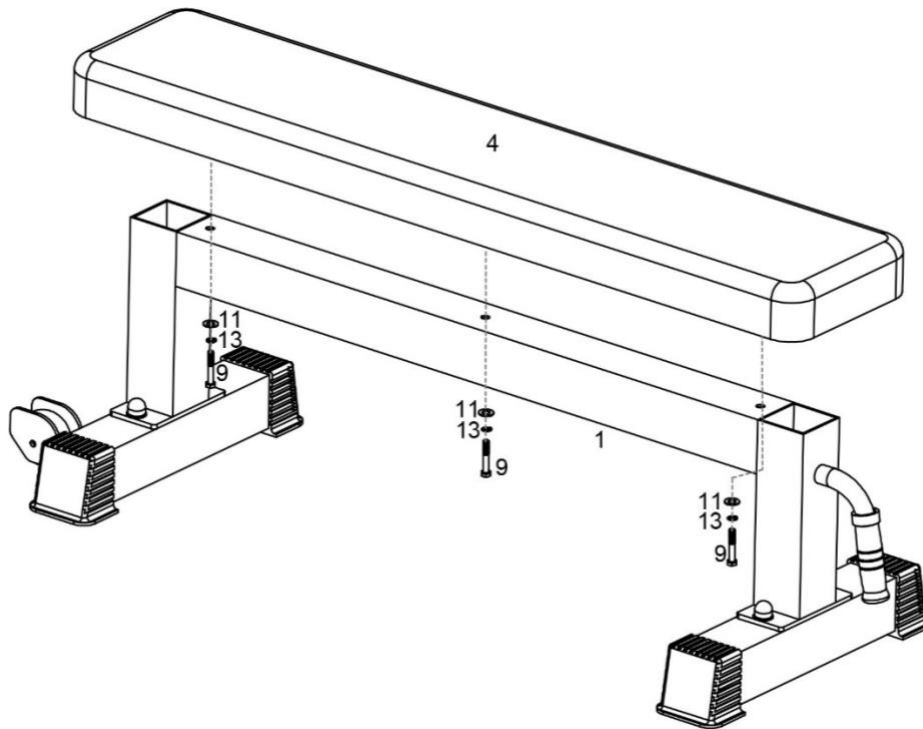
# ASSEMBLY INSTRUCTIONS

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## STEP 1:



## STEP 2:



## 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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