

PREACHER CURL BENCH V3

HQPRCLv3

401643

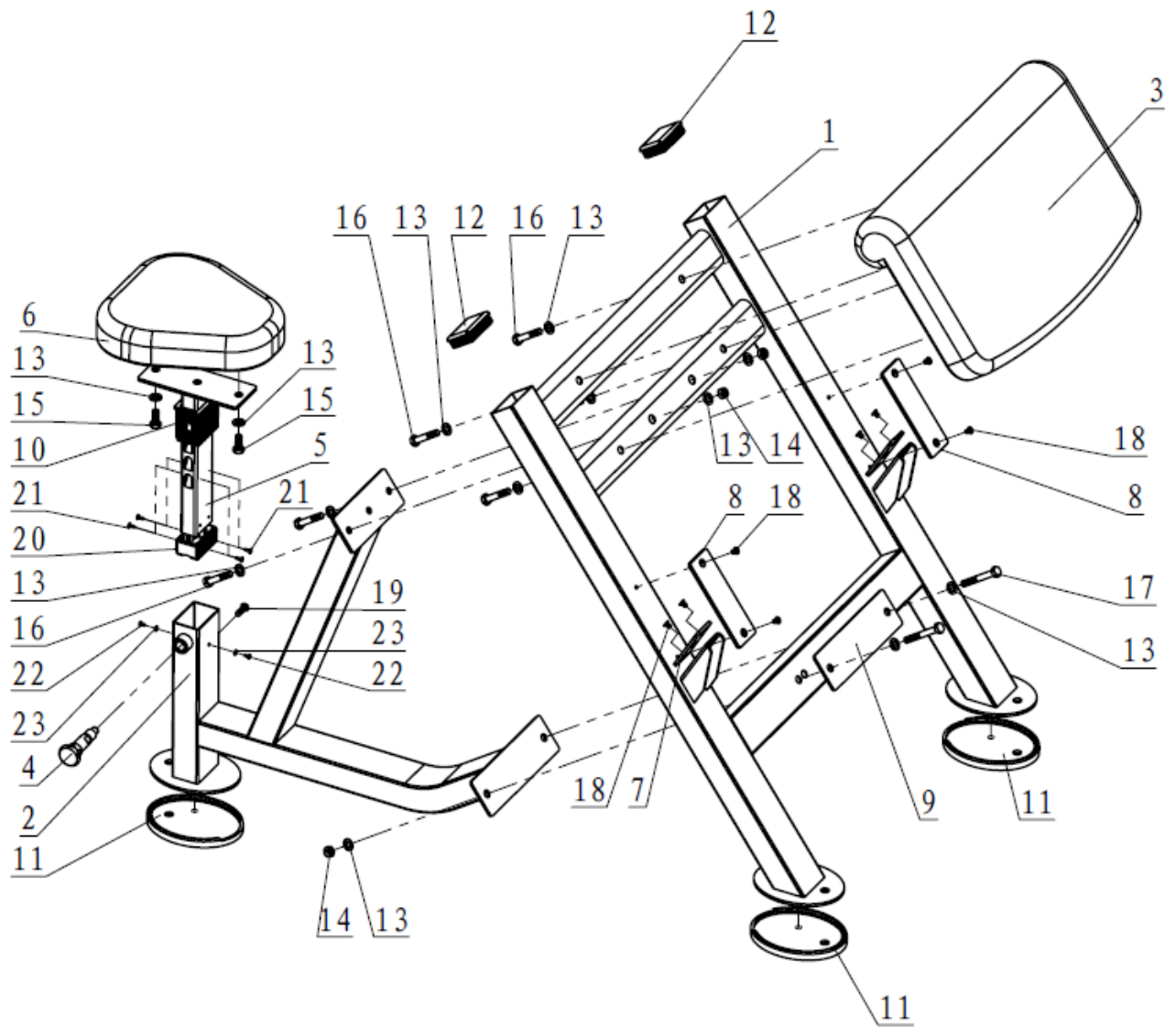


Operator's Manual



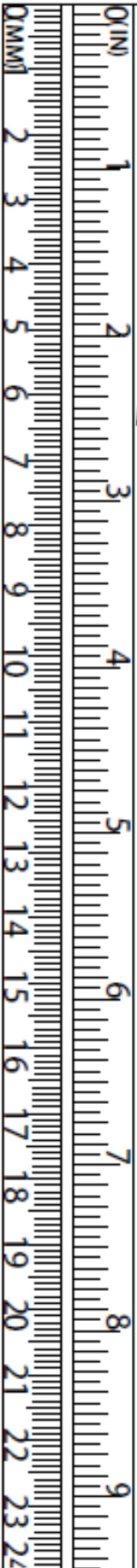
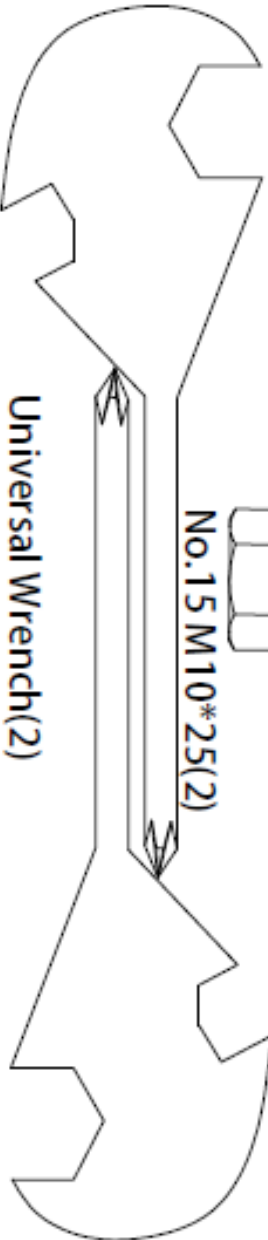
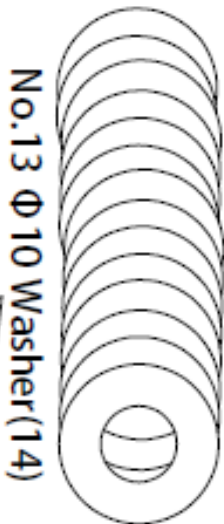
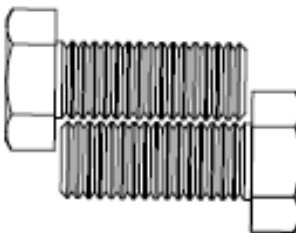
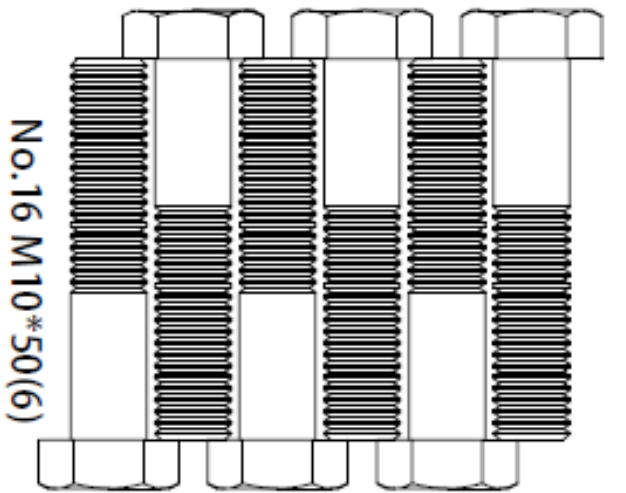
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	MAIN FRAME	1	13	FLAT WASHER Φ11*Φ20*2	14
2	REAR FOOT FRAME	1	14	NUT M10	4
3	ARM CUSHION	1	15	HEX HEAD BOLT M10*25	2
4	PIN	1	16	HEX HEAD BOLT M10*50	6
5	ADJUSTABLE FRAME	1	17	HEX HEAD BOLT M10*75	2
6	SEAT CUSHION	1	18	HEX SOCKET COUNTERSUNK HEAD BOLT M6*10	8
7	PLASTIC PLATE 90*48*5	2	19	HEX SOCKET PAN HEAD BOLT M8*25	1
8	PLASTIC PLATE 170*58*5	2	20	SLIDING SLEEVE	1
9	FIXING PLATE	1	21	SCREW ST3.5*13	4
10	HOLLOW SLEEVE	1	22	SCREW ST3.5*9.50	2
11	FOOT PAD	3	23	FLAT WASHER Φ4.5*Φ9*0.8	2
12	END CAP 50*75*2	2			

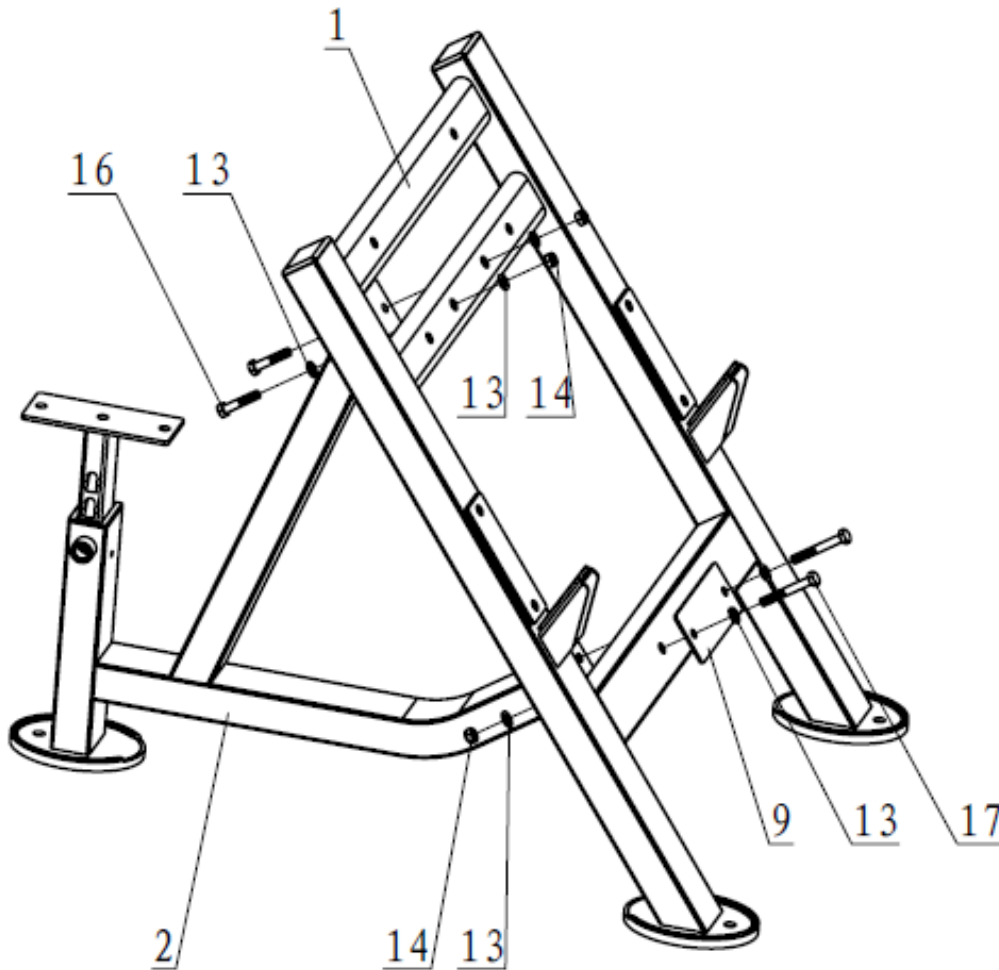
HARDWARE PACK



ASSEMBLY INSTRUCTIONS

STEP 1

Fix the rear foot frame (2) to the main frame (1), using hex head bolts M10x50 (16), hex head bolts M10x75(17), flat washers (13), fixing plate (9) and lock nuts hex M10(14).



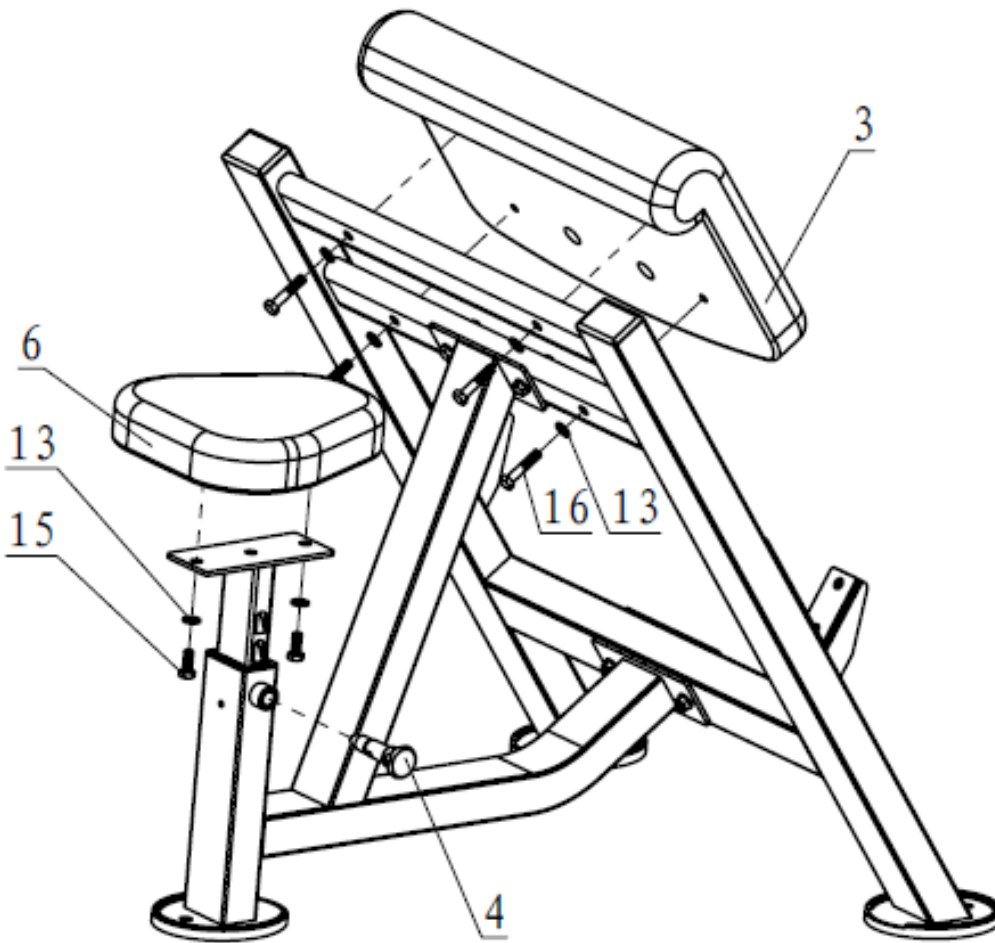
ASSEMBLY INSTRUCTIONS

STEP 2

Fix the seat cushion (6) on the adjusting tube (5), using hex head bolts M10x25(15) and flat washers (13).

Fix the arm cushion (3) on the main frame (1), using hex head bolts M10x50(16) and flat washers (13).

Using the right tools tighten bolts and nuts properly.



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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