

FUNCTIONAL TRAINER

FNTLTNR

400883

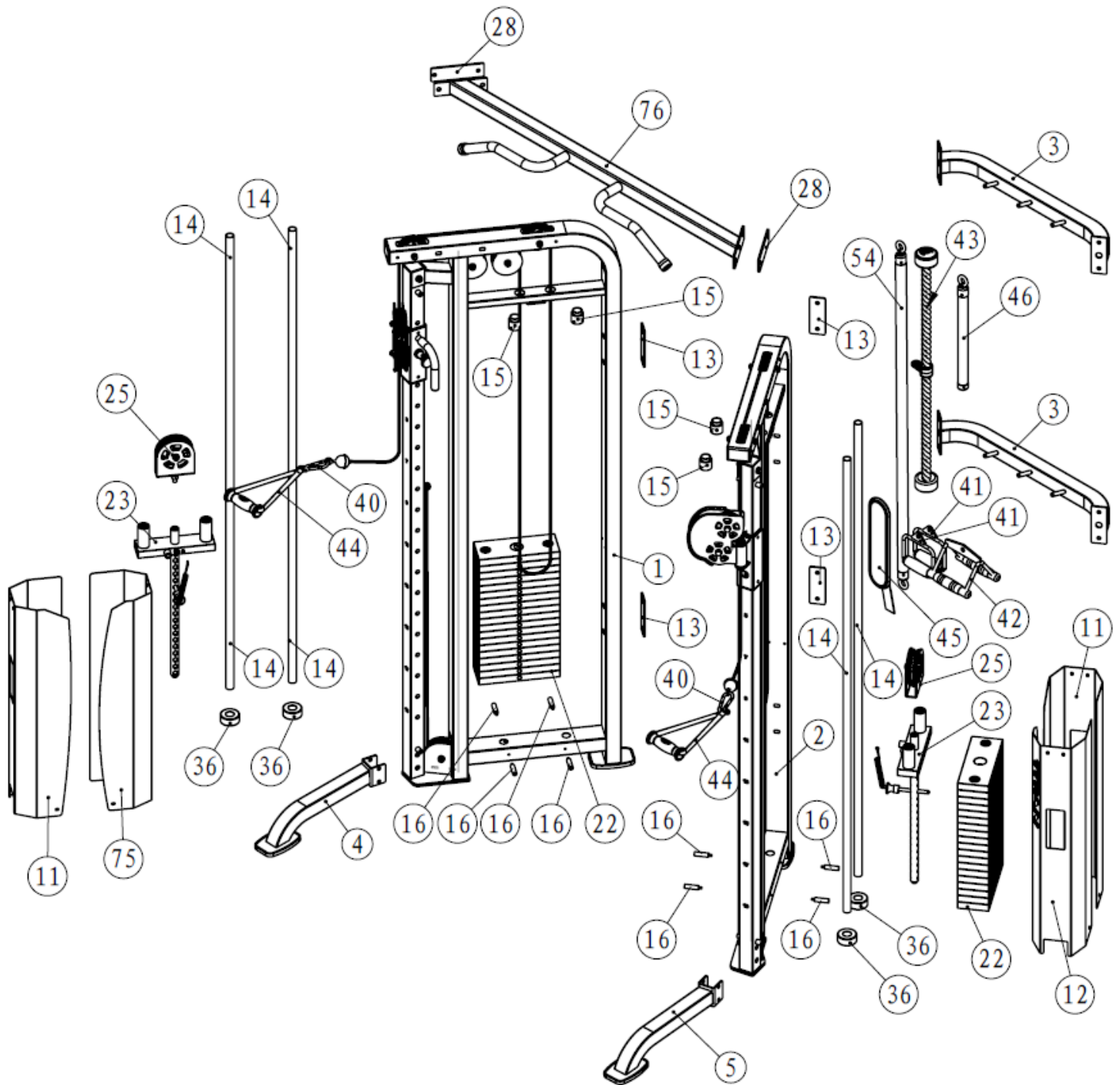


Operator's Manual



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

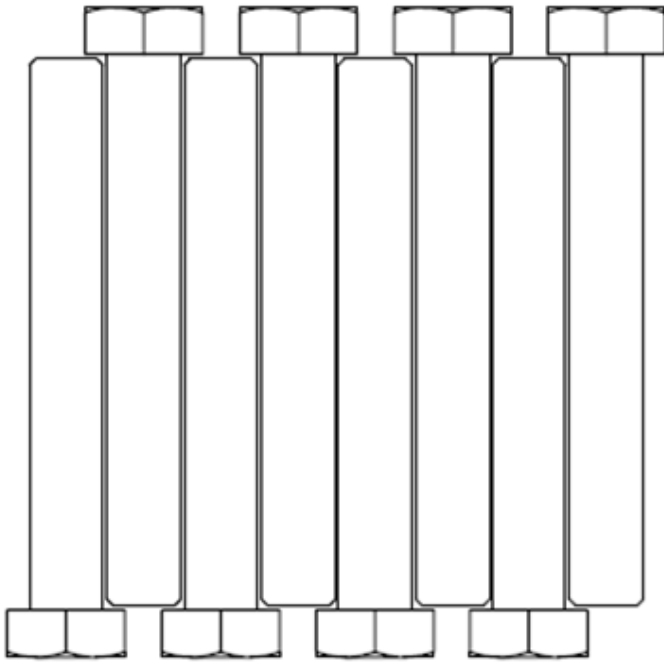


PARTS LIST

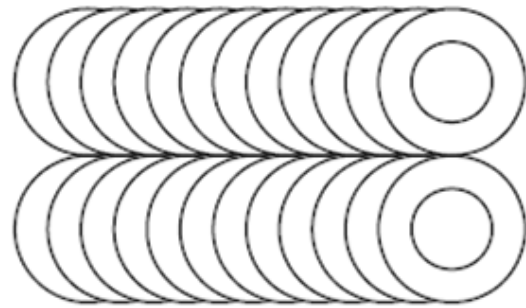
KEY	BOX	DESCRIPTION	QTY
(1)	1	LEFT MAIN FRAME	1
(2)	1	RIGHT MAIN FRAME	1
(3)	1	REAR CROSS FRAME	2
(4)	1	LEFT BASE FRAME	1
(5)	1	RIGHT BASE FRAME	1
(11)	1	LEFT COVER	2
(12)	1	RIGHT COVER WITH LOGO	1
(13)	1	FIXING FRAME	4
(14)	1	GUIDE ROD	4
(15)	1	BUSH	4
(16)	1	FIXING SHAFT	8
(22)	1	WEIGHT STACK	38
(23)	1	RIGHT TOP WEIGHT STACK	2
(25)	1	PULLEY FRAME	2
(28)	1	FIXING FRAME	2
(36)	1	BUMPER CUSHION $\Phi 60 * \Phi 26 * 26$	4
(39)	1	PULLEY SPACER BUSH	6
(40)	1	SAFETY HOOK	2
(41)	1	HANDLE	2
(42)	1	HANDLE	1
(43)	1	TRICEPS ROPE	1
(44)	1	HAND GRIP	2
(45)	1	ANKLE STRAPS	1
(46)	1	LIFTING ROD	1
(75)	1	RIGHT COVER	1
(76)	1	HANDLE BAR FRAME	1
	1	UNIVERSAL WRENCH	1
	1	ALLEN WRENCH 3MM	1
	1	ALLEN WRENCH 4MM	1

HARDWARE PACK

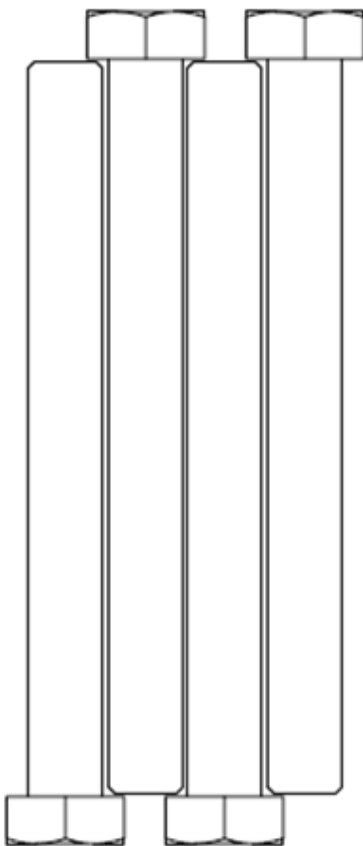
actual size at
100% scale



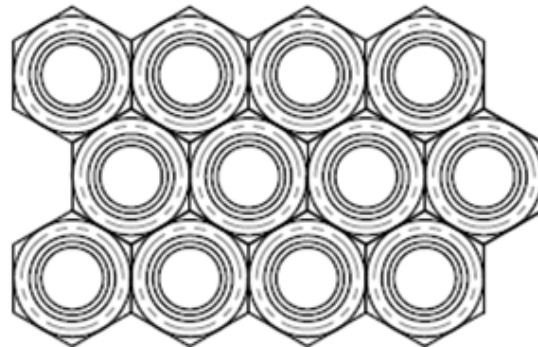
No. 58 M10X75 (8)



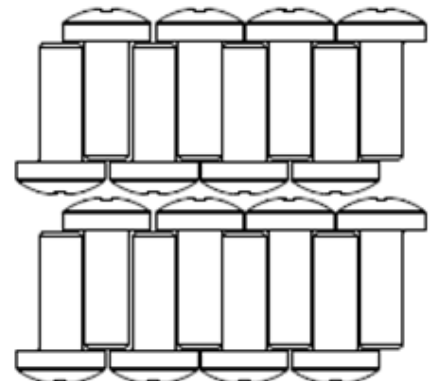
No. 68 M10 Washer (24)



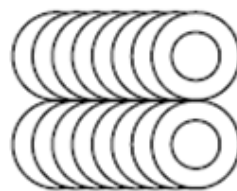
No. 56 M10X100 (4)



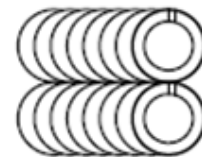
No. 71 M10 Nut (12)



No. 65 M6X15 (16)



No. 69 M6 Washer (16)



No. 70 M6 Spring
Washer (16)



Tool Pack

actual size at
100% scale



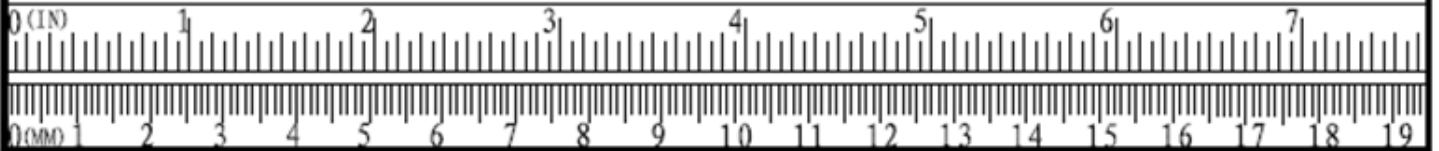
Universal
Wrench



Allen Wrench 3mm



Allen Wrench 4mm

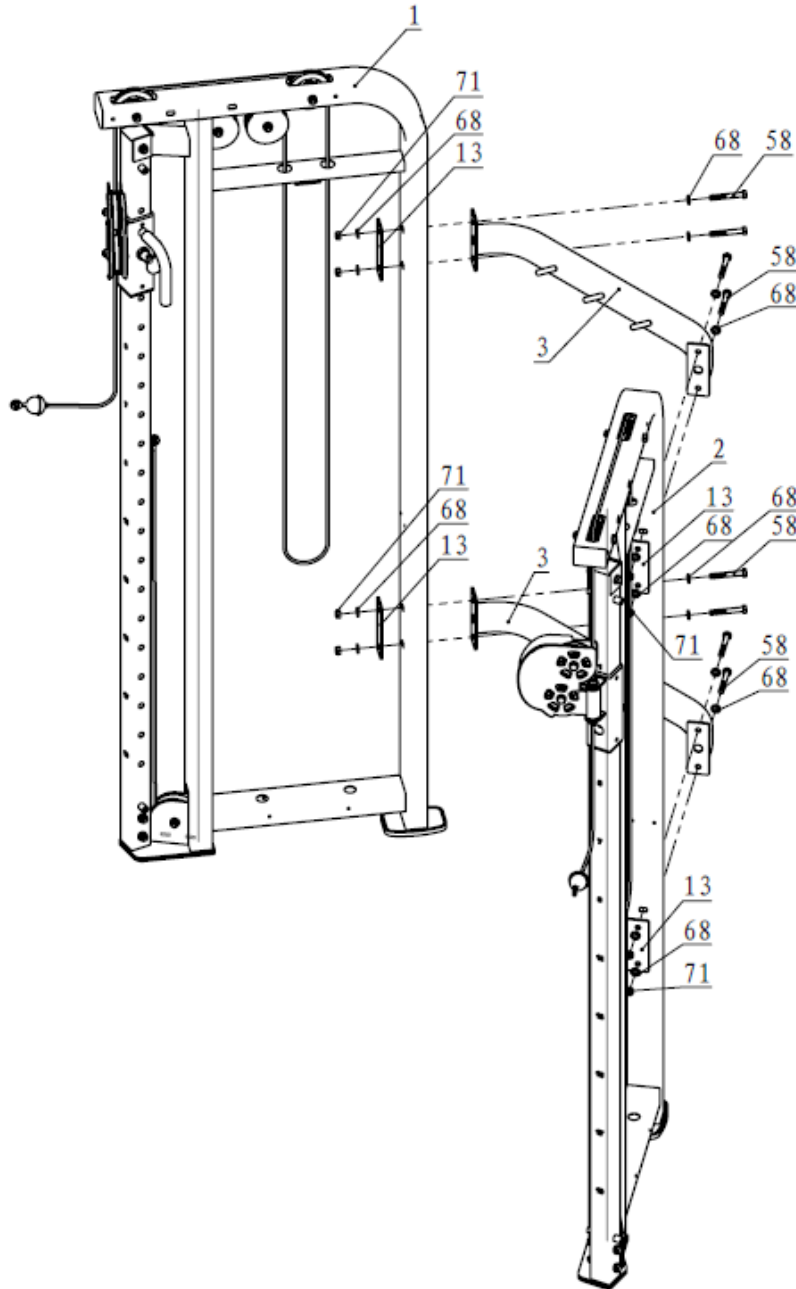


ASSEMBLY INSTRUCTIONS

STEP 1

Assemble the Left Main Frame (1), Right Main Frame (2), and Rear Cross Frame (3) using Fixing Plate (13), Flat Washer $\Phi 11*\Phi 20*2$ (68), Nut M10 (71) and Hex Bolt M10*75 (58).

PLEASE TIGHTEN ALL BOLTS.

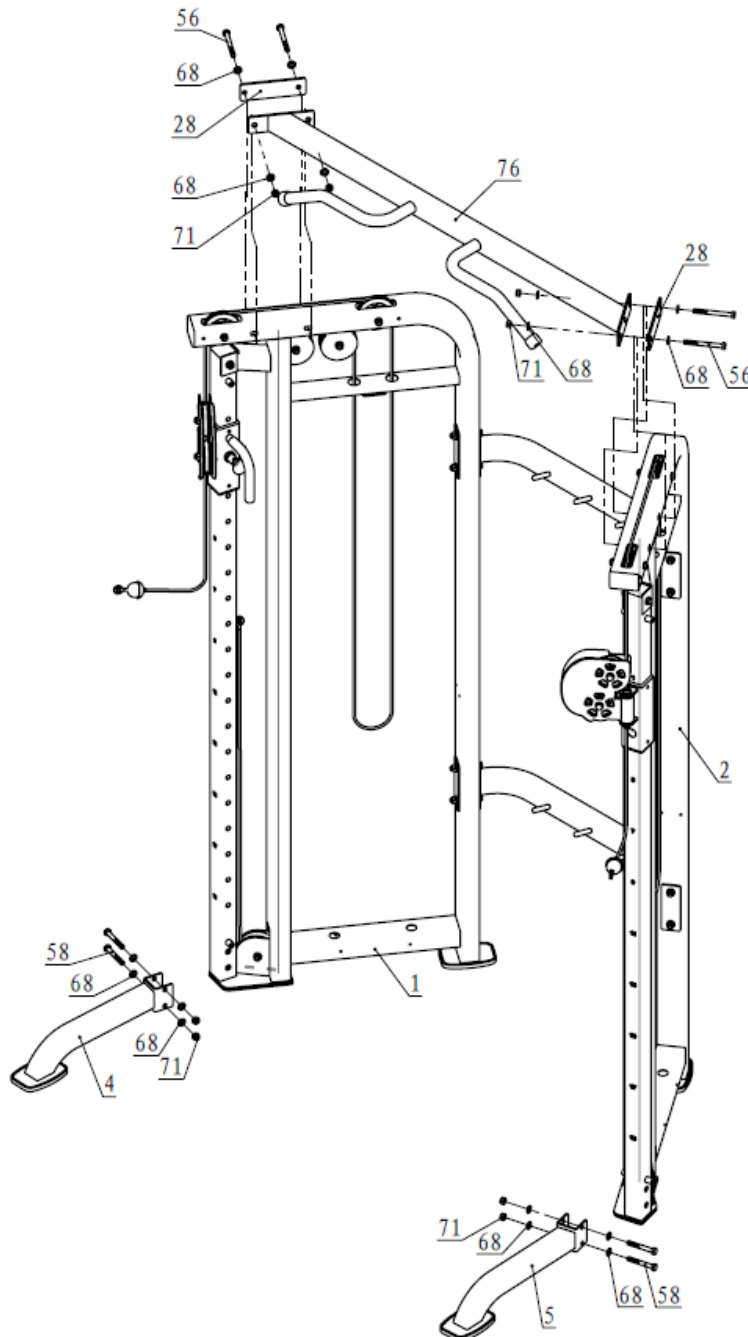


ASSEMBLY INSTRUCTIONS

STEP 2

1. Connect Handlebar Frame (76), Left Main Frame (1) and Right Main Frame (2), using Fixing Plate (28), Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (68), Nut M10 (71) and Hex Bolt M10*100 (56).
2. Assemble the Left Base Frame (4), Right Base Frame (5) on Left Main Frame (1) and Right Main Frame (2), using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (68), Nut M10 (71) and Hex Bolt M10*75 (58).

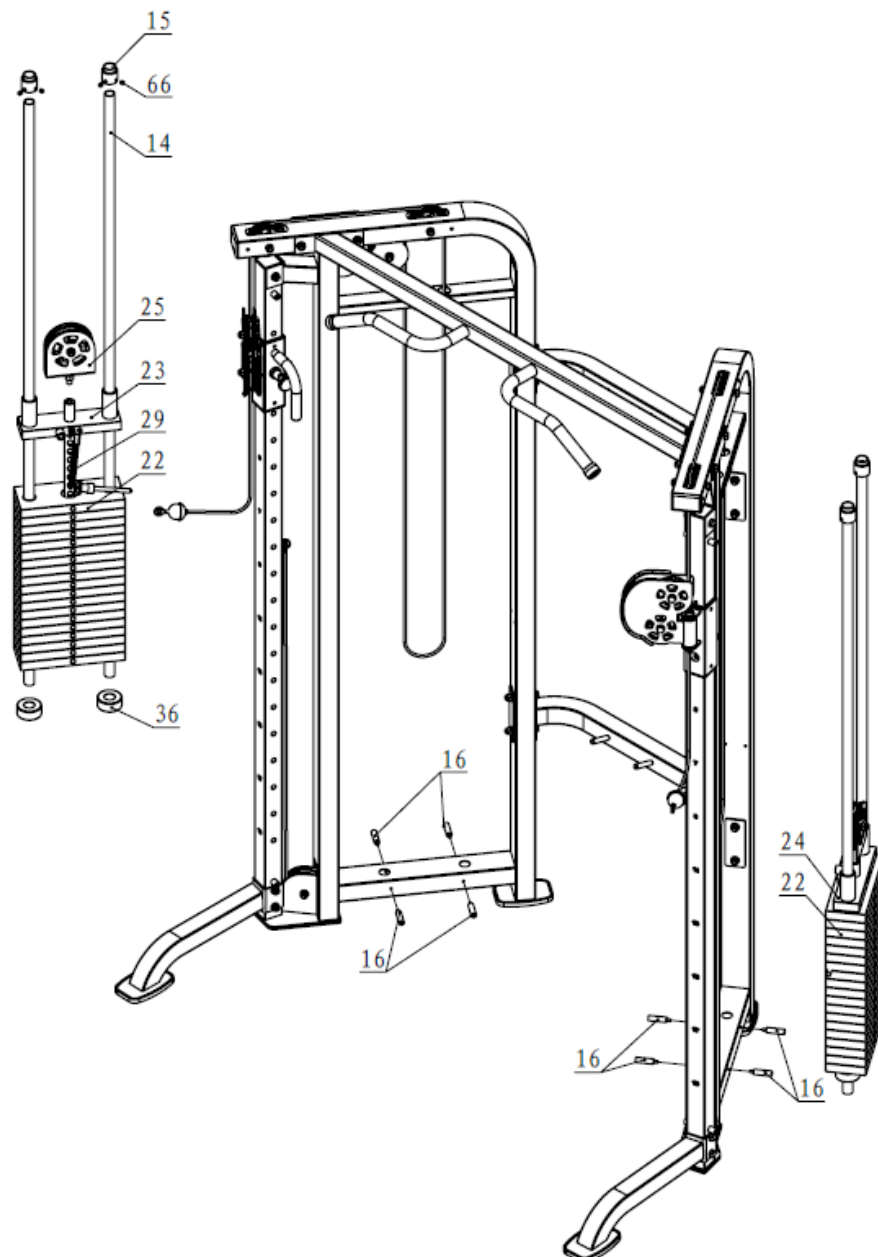
PLEASE TIGHTEN ALL THE BOLTS.



ASSEMBLY INSTRUCTIONS

STEP 3

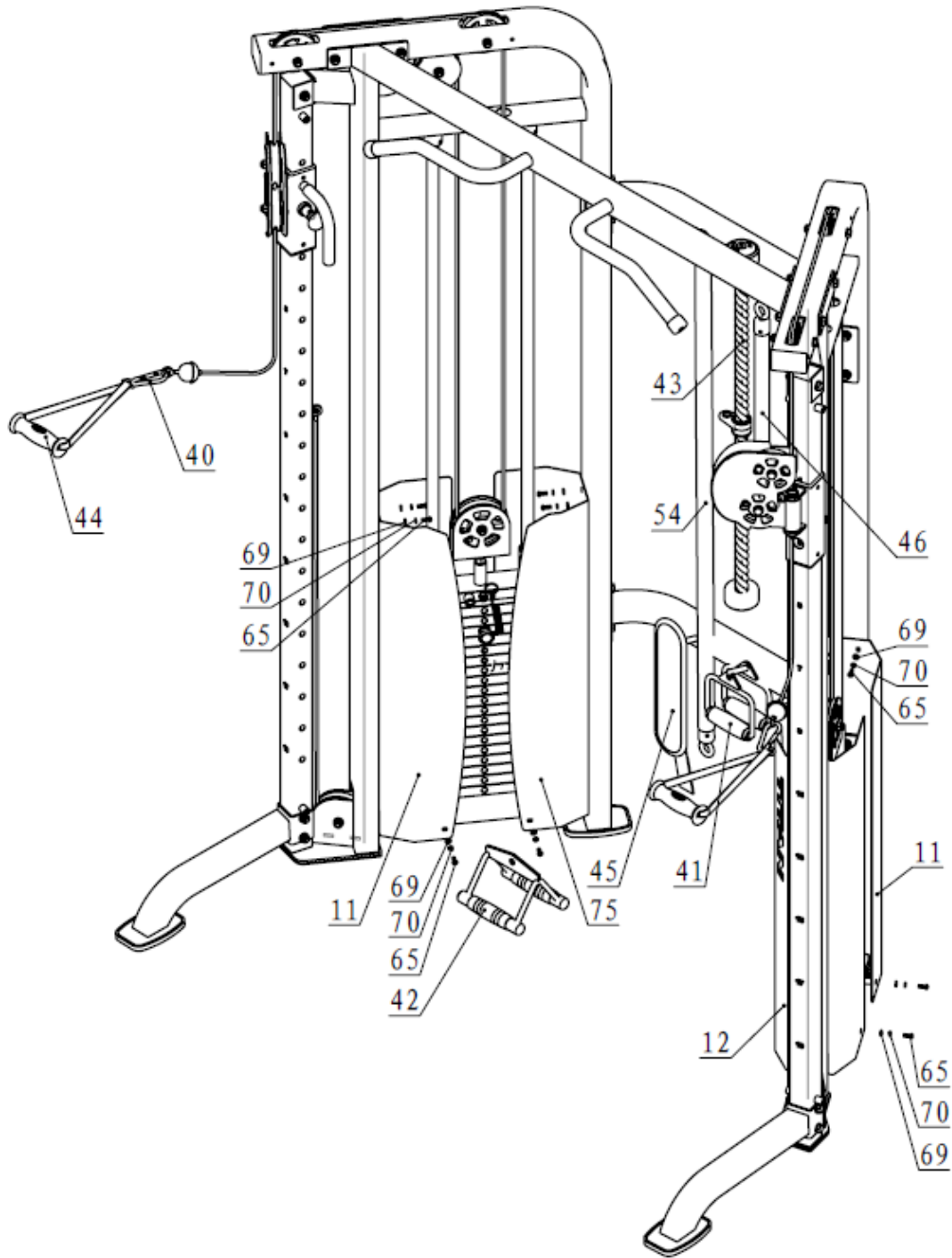
1. Put the Bumper Cushion (36) on the Left Main Frame (1), Insert the Guide Rod (14) into the Left Main Frame (1). Incline the guide rod (14), then put the Weight Stack (22), Left Top Weight Stack (23), and bushes (15) into Guide Rod (14). Put the guide rod (14) back to upright position, slide the bushes (15) up to the hole on the Main frame (1). Tighten the Allen head set screw M6x6 (66) on the bushes (15). Fix the pulley support frame (25) to top weight stack (23). Do the same procedure to the other side.
2. Insert the Fixing Shaft (16) into the Main Frame (1 & 2).
3. Apply the weight stack LB stickers



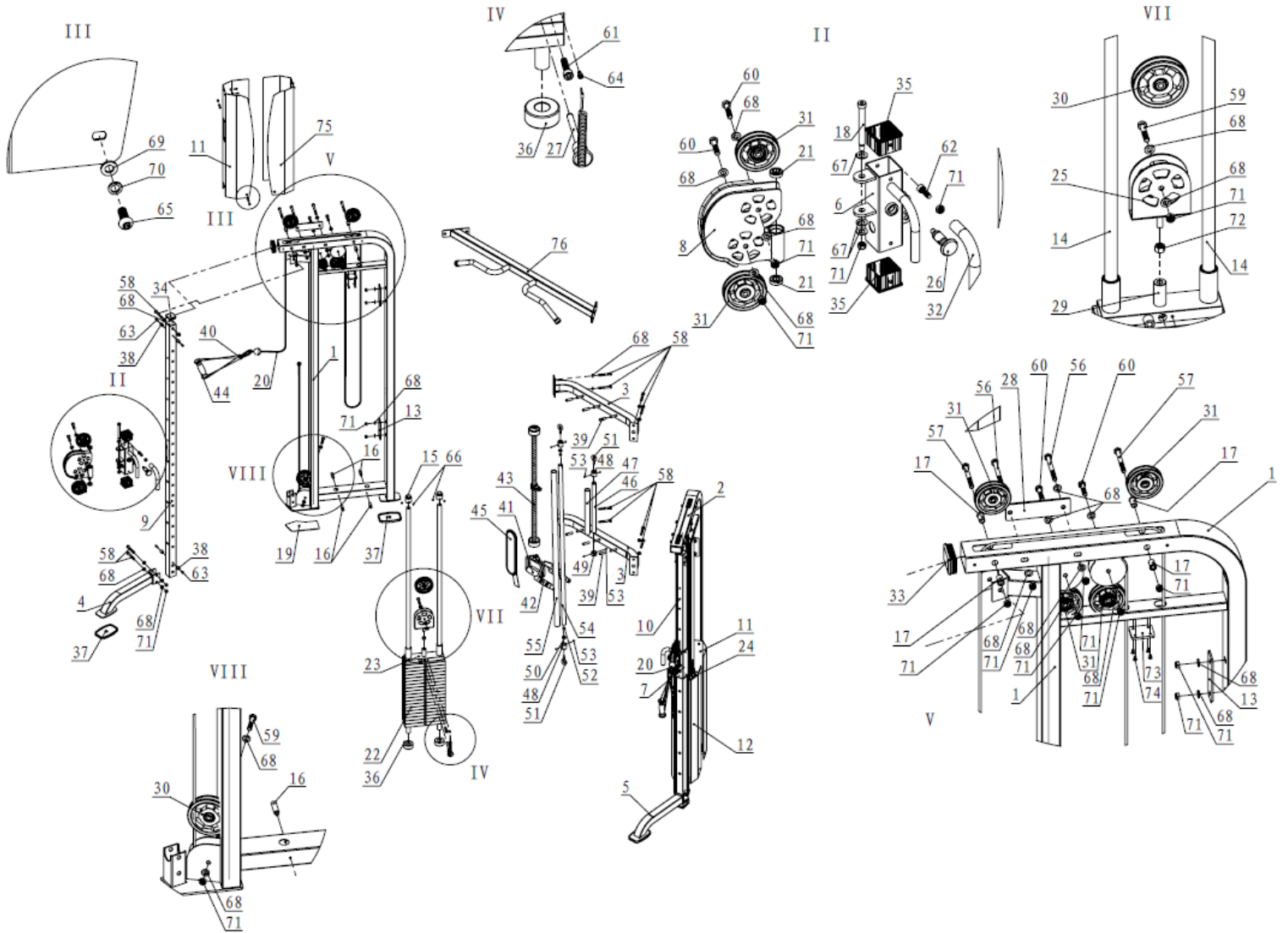
ASSEMBLY INSTRUCTIONS

STEP 4

1. Install the Left Cover (11), Right Cover with Logo (12) and Right Cover (75) on the Left Main Frame (1), and Right Main Frame (2), using Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (69), Spring Washer $\Phi 6$ (70) and Hex Bolt M6*15 (65).
2. Put all Accessories on the product as shown in drawing.



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW



FULL PARTS LIST

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	LEFT MAIN FRAME	1	(39)	1	PULLEY SPACER BUSH	6
(2)	1	RIGHT MAIN FRAME	1	(40)	1	SAFETY HOOK	2
(3)	1	REAR CROSS FRAME	2	(41)	1	HANDLE	2
(4)	1	LEFT BASE FRAME	1	(42)	1	HANDLE	1
(5)	1	RIGHT BASE FRAME	1	(43)	1	TRICEPS ROPE	1
(6)	1	LEFT ADJUSTABLE FRAME	1	(44)	1	HAND GRIP	2
(7)	1	RIGHT ADJUSTABLE FRAME	1	(45)	1	ANKLE STRAPS	1
(8)	1	DUAL PULLEY ROTATION FRAME	2	(46)	1	LIFTING ROD	1
(9)	1	LEFT ADJUSTABLE TUBE	1	(47)	1	FOAM	1
(10)	1	RIGHT ADJUSTABLE TUBE	1	(48)	1	METAL END CAP $\Phi 33 \times 32$	3
(11)	1	LEFT COVER	2	(49)	1	METAL END CAP $\Phi 33 \times 19$	1
(12)	1	RIGHT COVER WITH LOGO	1	(50)	1	BEARING	3
(13)	1	FIXING FRAME	4	(51)	1	LOOP	3
(14)	1	GUIDE ROD	4	(52)	1	NUT M8	3
(15)	1	BUSH	4	(53)	1	SCREW M6*4	8
(16)	1	FIXING SHAFT	8	(54)	1	HANDLEBAR	1
(17)	1	SPACER BUSHING	8	(55)	1	FOAM	1
(18)	1	BOLT $\Phi 12.6 \times 100$	2	(56)	1	HEX BOLT M10*100	4
(19)	1	RUBBER FOOT	2	(57)	1	HEX BOLT M10*90	4
(20)	1	CABLE COMBINATION	2	(58)	1	HEX BOLT M10*75	14
(21)	1	STEP BEARING	4	(59)	1	HEX BOLT M10*50	4
(22)	1	WEIGHT STACK	38	(60)	1	HEX BOLT M10*45	8
(23)	1	RIGHT TOP WEIGHT STACK	1	(61)	1	HEX BOLT M10*40	2
(24)	1	LEFT TOP WEIGHT STACK	1	(62)	1	HEX BOLT M10*30	2
(25)	1	PULLEY FRAME	2	(63)	1	HEX BOLT M6*15	8
(26)	1	PIN COMBINATION	2	(64)	1	HEX BOLTM5*10	2
(27)	1	MAGNETIC PIN COMBINATION	2	(65)	1	PAN HEAD, HEX BOLT M6*15	16
(28)	1	FIXING FRAME	2	(66)	1	SCREW M6*6	8
(29)	1	SELECTOR SHAFT	2	(67)	1	FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$	6
(30)	1	$\Phi 115$ PULLEY	4	(68)	1	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	60
(31)	1	$\Phi 95$ PULLEY	12	(69)	1	FLAT WASHER $\Phi 6.6 \times \Phi 12 \times 1.6$	16
(32)	1	HANDLE GRIP	2	(70)	1	SPRING WASHER $\Phi 6$	16
(33)	1	HOLLOW SLEEVE	2	(71)	1	NUT M10	38
(34)	1	END CAP $\square 50 \times 2$	2	(72)	1	NUT M12	2

(35)	1	END CAP □60*2	4	(73)	1	BUMPER CUSHION 60*50*6	2
(36)	1	BUMPER CUSHION Φ60*Φ26*26	4	(74)	1	SCREW M5*10	8
(37)	1	RUBBER FOOT CAP	4	(75)	1	RIGHT COVER	1
(38)	1	RUBBER SLEEVE	8	(76)	1	HANDLEBAR FRAME	1

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.

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