

PLATE LOADED CHEST PRESS MACHINE

PLCHSTPRS1-PLCHSTPRS2

400788

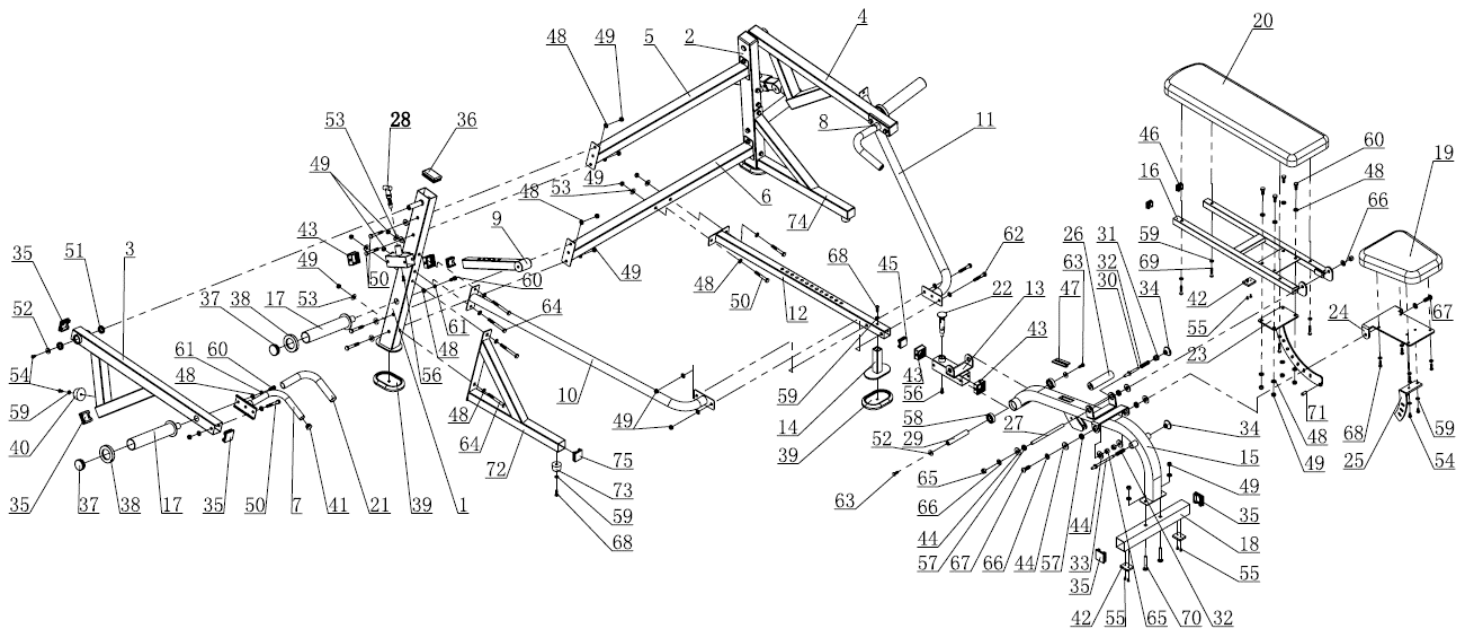


Operator's Manual



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



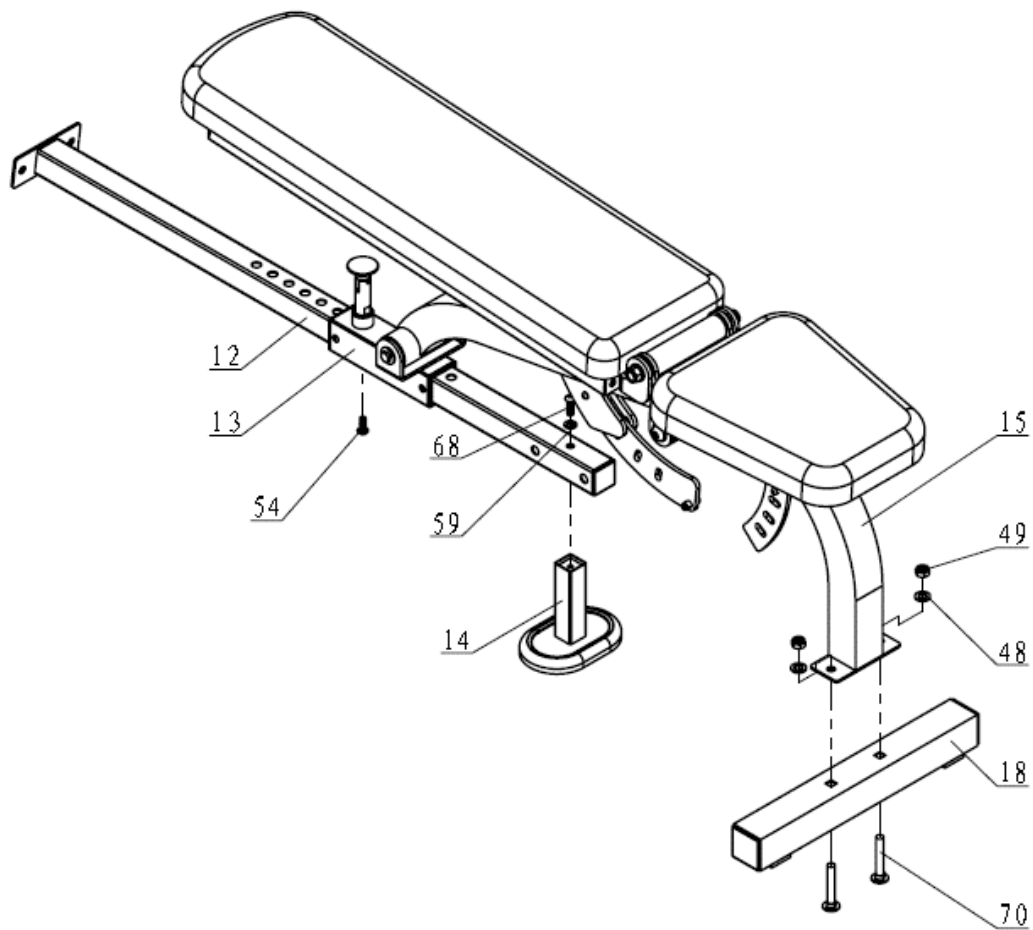
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	LEFT UPRIGHT FRAME	1	(39)	2	FOOT PAD	3
(2)	2	RIGHT UPRIGHT FRAME	1	(40)	2	RUBBER CUSHION 100*50*25	4
(3)	2	LEFT HANDLE FRAME	1	(41)	2	END CAP $\Phi 25 \times 2.5$	2
(4)	2	RIGHT HANDLE FRAME	1	(42)	1	RUBBER MAT 45*35*8	3
(5)	1	UPPER CONNECTING FRAME	1	(43)	1	HOLLOW SLEEVE	6
(6)	1	LOWER CONNECTING FRAME	1	(44)	1	WASHER $\Phi 34 \times \Phi 13 \times 4$	6
(7)	2	LEFT HANDLEBAR	1	(45)	1	END CAP 40*2	3
(8)	2	RIGHT HANDLEBAR	1	(46)	1	END CAP 30*1.5	2
(9)	2	LIMITED FRAME	2	(47)	1	SHEATH	1
(10)	1	LEFT CONNECTING FRAME	1	(48)	1	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	40
(11)	1	RIGHT CONNECTING FRAME	1	(49)	1	NUT M10	28
(12)	1	ADJUSTABLE FRAME	1	(50)	1	HEX BOLT M10*70	12
(13)	1	ADJUSTABLE OUTER FRAME	1	(51)	2	BEARING 61804ZZ	4
(14)	1	FRONT FOOT FRAME	1	(52)	1	BIG WASHER $\Phi 9 \times \Phi 24 \times 2$	4
(15)	1	CROSS FRAME	1	(53)	1	BIG WASHER $\Phi 10.6 \times \Phi 26 \times 2$	18
(16)	1	BACK CUSHION FRAME	1	(54)	1	HEX HEAD BOLT M8*15	4
(17)	2	WEIGHT PLATE HOLDER	4	(55)	2	CROSS RECESS HEAD SCREWM5*10	6
(18)	2	BASE FRAME	1	(56)	1	HEX HEAD BOLT M8*20	7
(19)	1	SEAT CUSHION	1	(57)	1	BEARING 61901ZZ	4

(20)	1	BACK CUSHION	1	(58)	1	BEARING 6004ZZ	2
(21)	2	HANDLEBAR GRIP	2	(59)	1	FLAT WASHER $\Phi 9 * \Phi 16 * 1.6$	17
(22)	1	PIN	1	(60)	1	HEX BOLT M10*25	8
(23)	1	BACK CUSHION ADJUSTABLE FRAME	1	(61)	1	SPRING WASHER $\Phi 10$	4
(24)	1	SEAT CUSHION PLATE	1	(62)	1	HEX BOLT M10*60	2
(25)	1	SEAT CUSHION ADJUSTABLE FRAME	1	(63)	1	HEX BOLT M8*20	2
(26)	1	SHAFT	1	(64)	1	HEX BOLTM10*95	8
(27)	1	M12 STUD BOLT	1	(65)	1	NUT M12	4
(28)	2	PIN	2	(66)	1	FLAT WASHER $\Phi 13.5 * \Phi 24 * 2.5$	4
(29)	1	ROTATION SHAFT	1	(67)	1	PAN HEAD, HEX BOLTM12*35	2
(30)	1	PIN 1	1	(68)	1	PAN HEAD, HEX BOLTM8*25	7
(31)	1	NUT	1	(69)	1	PAN HEAD, HEX BOLTM8*40	4
(32)	1	SPRING	2	(70)	1	CARRIAGE BOLT M10*65	2
(33)	1	PIN 2	1	(71)	1	STRAIGHT PIN $\Phi 10 * 26$	1
(34)	1	KNOB	2	(72)	2	LEFT SUPPORT FRAME	1
(35)	2	END CAP SQUARE50*2	8	(73)	2	RUBBER CUSHION	2
(36)	2	END CAP 50*75*2	2	(74)	2	RIGHT SUPPORT FRAME	1
(37)	2	$\Phi 48$ END CAP	4	(75)	2	END CAP SQUARE 45*2	2
(38)	2	BUMPER $\Phi 77 * \Phi 47.5 * 13$	4				

ASSEMBLY INSTRUCTIONS

STEP 1

1. Remove the Hex Bolt M8*20 (54), insert Adjustable Frame (12) into Adjustable outer Frame (13), fixing by Hex Bolt M8*20(54).
2. Assemble Front foot frame (14) and Adjustable Frame (12), using Hex Bolt M8*25 (68) and Flat washer $\Phi 9*\Phi 16*1.6$ (59).
3. Assemble Cross frame (15) and Base frame (18), using Carriage Bolt M10*65 (70), Nut M10 (49) and Flat Washer $\Phi 11*\Phi 20*2$ (48).

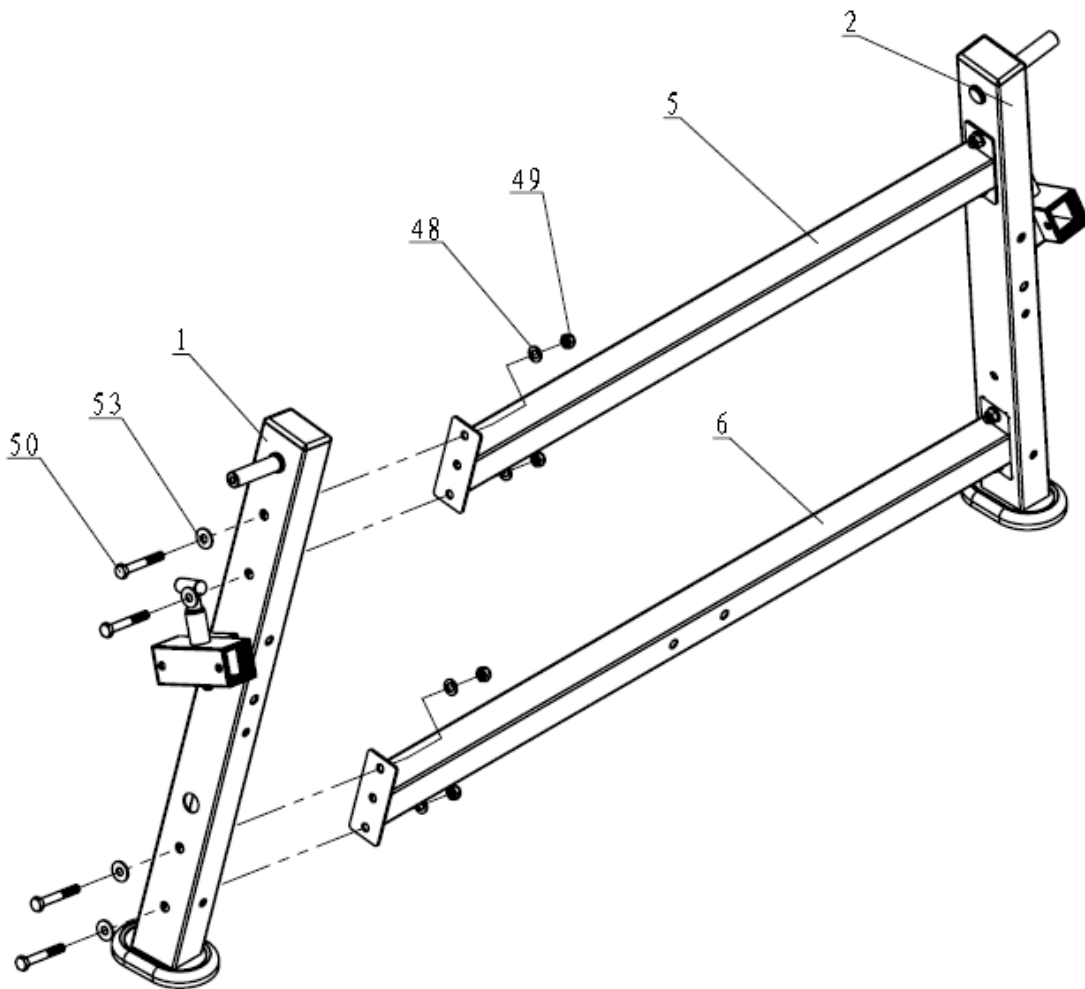


ASSEMBLY INSTRUCTIONS

STEP 2

Connect the Left Upright Frame (1), Right Upright Frame (2), Upper Connecting Frame (5) and Lower Connecting Frame (6), using Hex Head Bolt M10x70 (50), Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (48), Big Washer $\Phi 10.6 \times \Phi 26 \times 2$ (53) and M10 Lock Nut (49).

DO NOT TIGHTEN BOLTS AND NUTS.

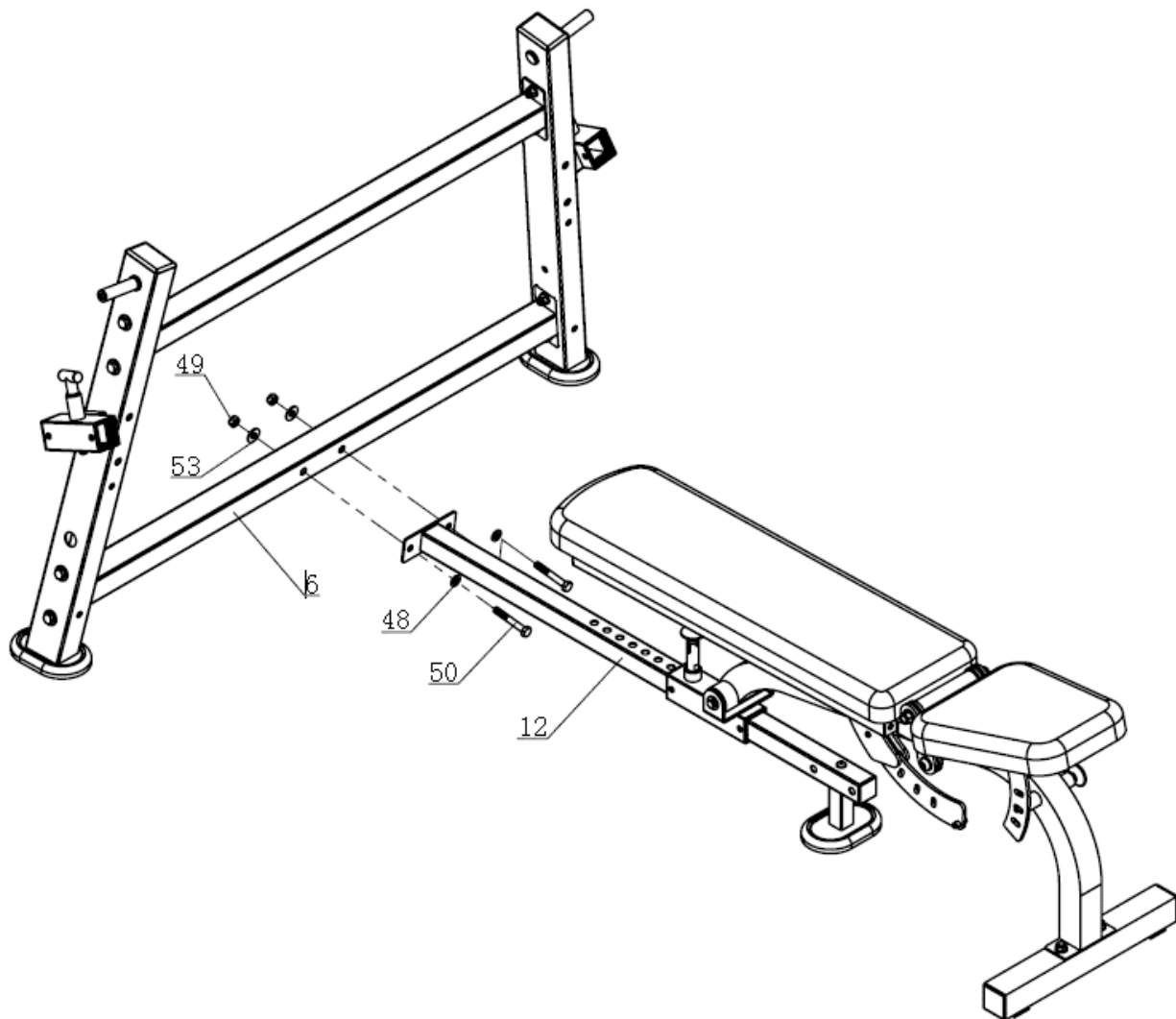


ASSEMBLY INSTRUCTIONS

STEP 3

Assemble the Adjustable Frame (12) to the Lower Connecting Frame (6), using Hex Head Bolt M10x70 (50), Flat Washer $\Phi 11*\Phi 20*2$ (48), Big Washer $\Phi 10.6*\Phi 26*2$ (53) and M10 Nut (49).

USING RIGHT TOOLS TIGHTEN BOLTS PROPERLY.

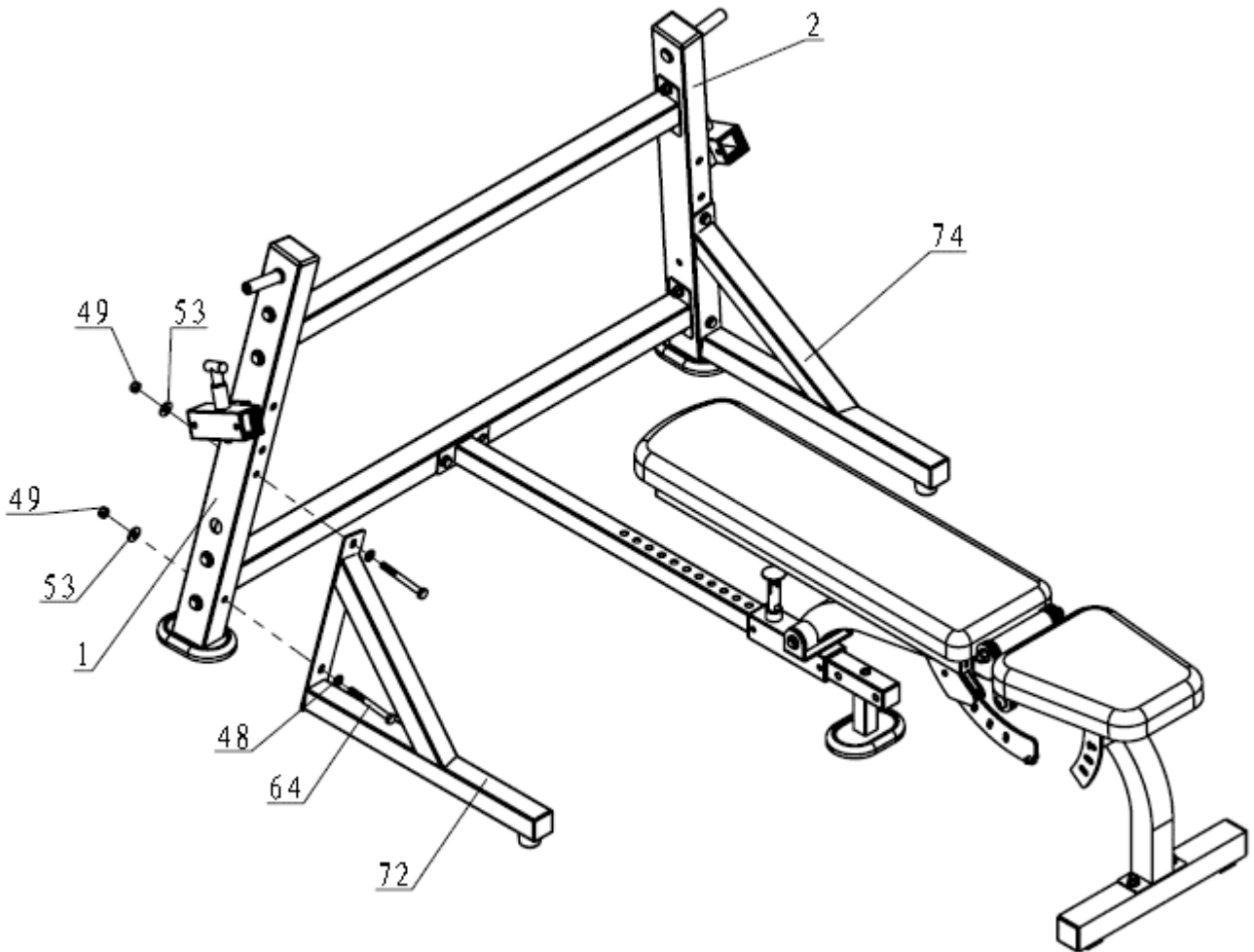


ASSEMBLY INSTRUCTIONS

STEP 4

Connect the Left Support Frame (72) on the Left Upright Frame (1), using Hex Head Bolt M8x95 (64), Flat Washer $\Phi 11*\Phi 20*2$ (48), Big Washer $\Phi 10.6*\Phi 26*2$ (53) and Nut M10 (49).

REPEAT THE ABOVE STEP ON THE OTHER SIDE.



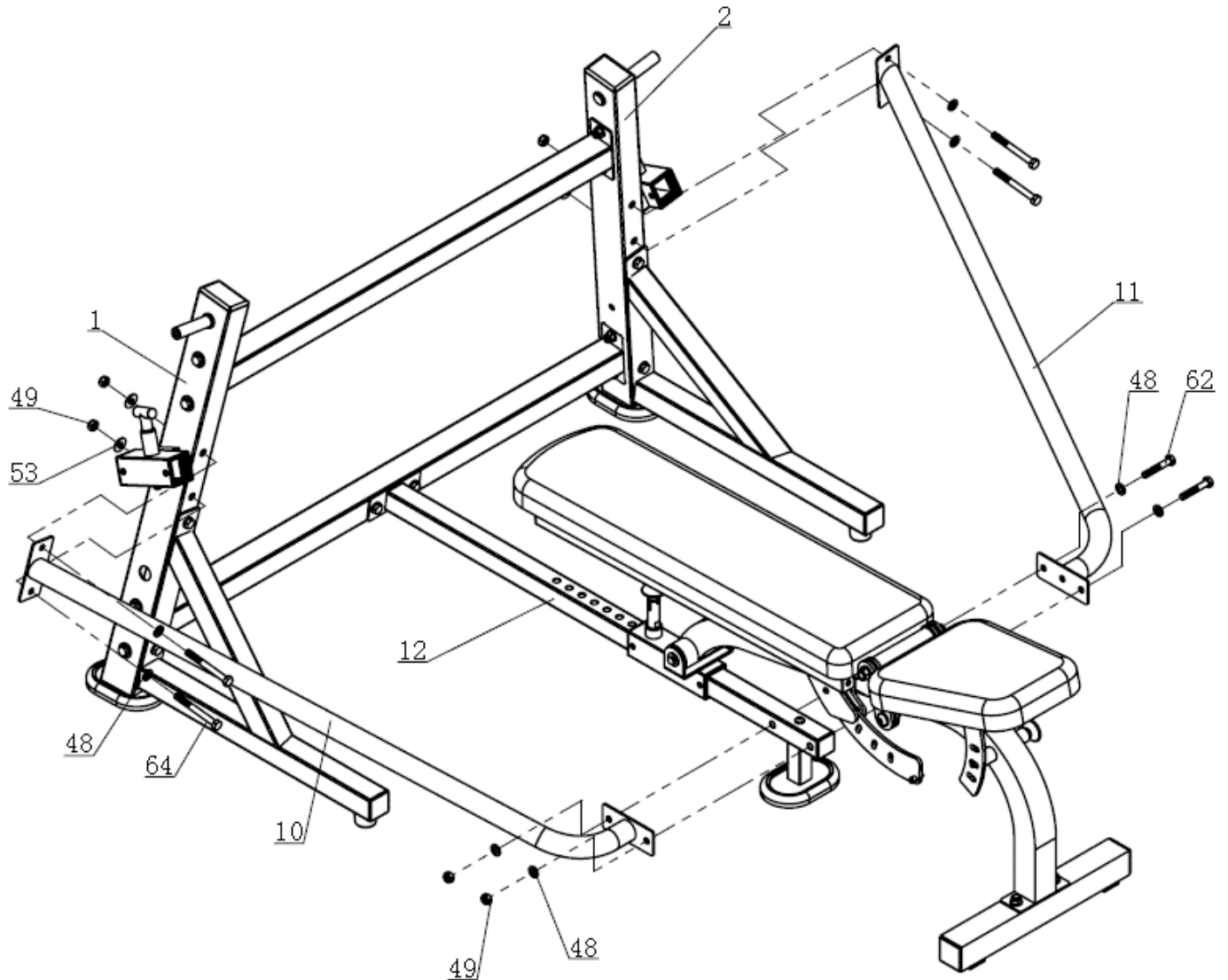
ASSEMBLY INSTRUCTIONS

STEP 5

Assemble Left Connecting Frame (10) and Right Connecting Frame (11) to the Adjustable Frame (12), using Hex Bolt M10*60 (62), Nut M10 (49), Flat Washer $\Phi 11*\Phi 20*2$ (48).

Fixing the Left connecting frame (10) to the Left Upright Frame (1), using Hex Head Bolt M8x95 (64), Flat Washer $\Phi 11*\Phi 20*2$ (48), Big Washer $\Phi 10.6*\Phi 26*2$ (53) and Nut M10 (49).

REPEAT THE ABOVE STEP ON THE OTHER SIDE.

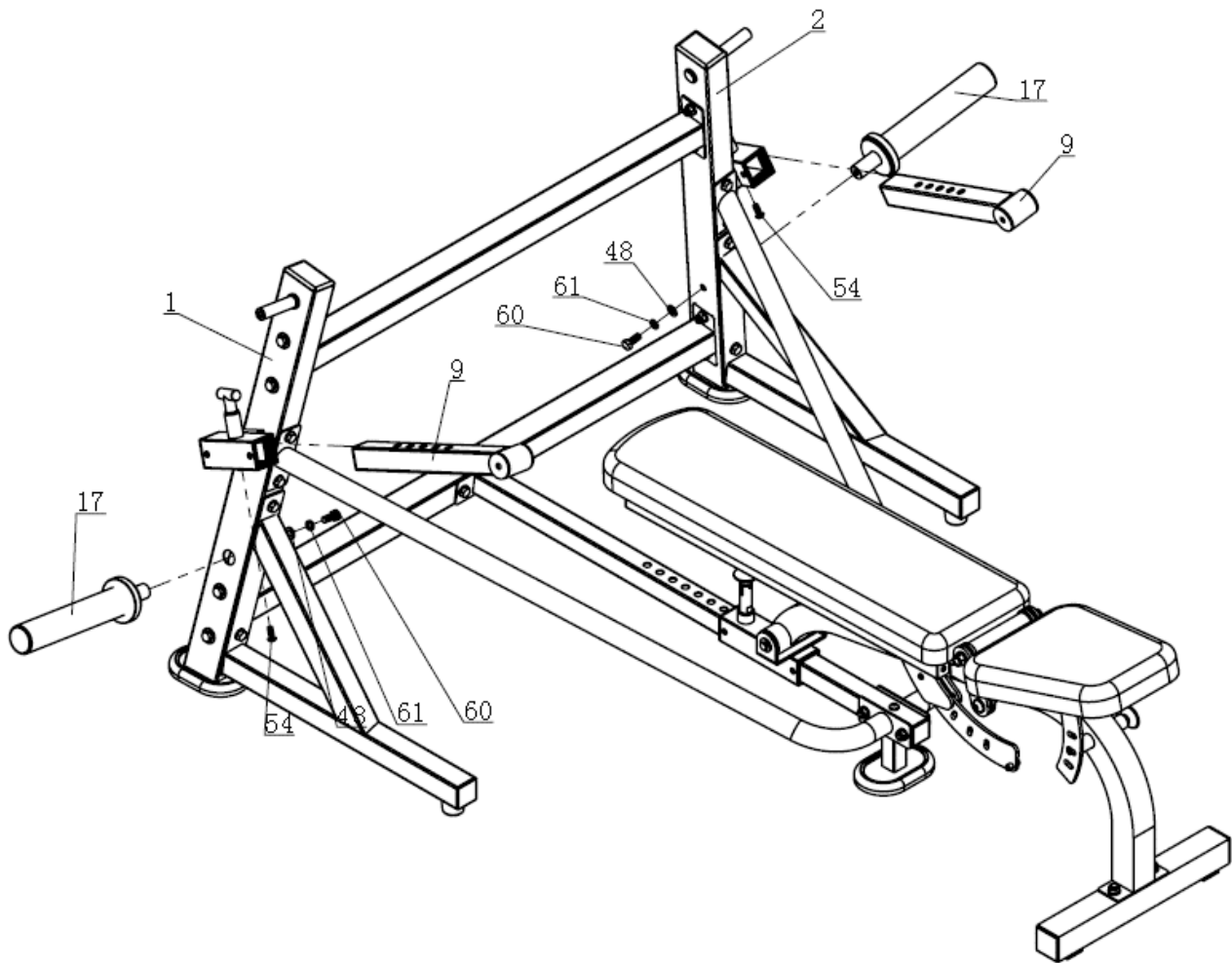


ASSEMBLY INSTRUCTIONS

STEP 6

Assemble the Weight Plate Holder (17) to the Left & Right upright frame (1 & 2), using Hex Head Bolt M10x25 (60), Φ 10 Spring Washer (61), Flat Washer Φ 11* Φ 20*2 (48).

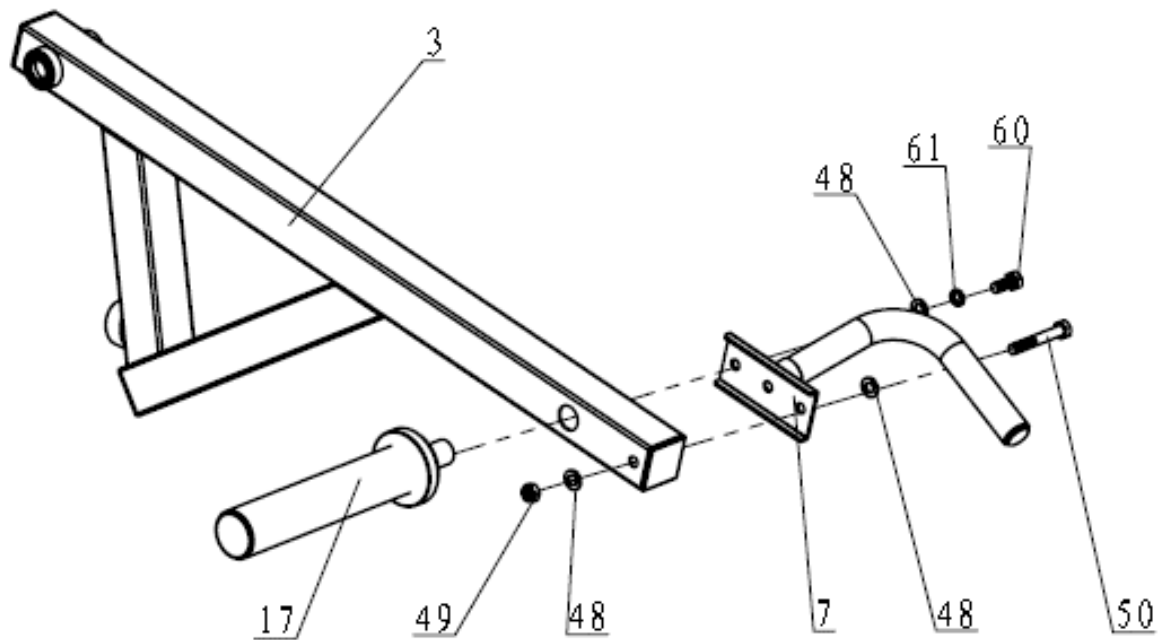
Remove the Hex Bolt M8*20 (54), Insert the Limited Frame (9) into the Left & Right upright frame (1 & 2), then fixing by Hex Bolt M8*20 (54).



ASSEMBLY INSTRUCTIONS

STEP 7

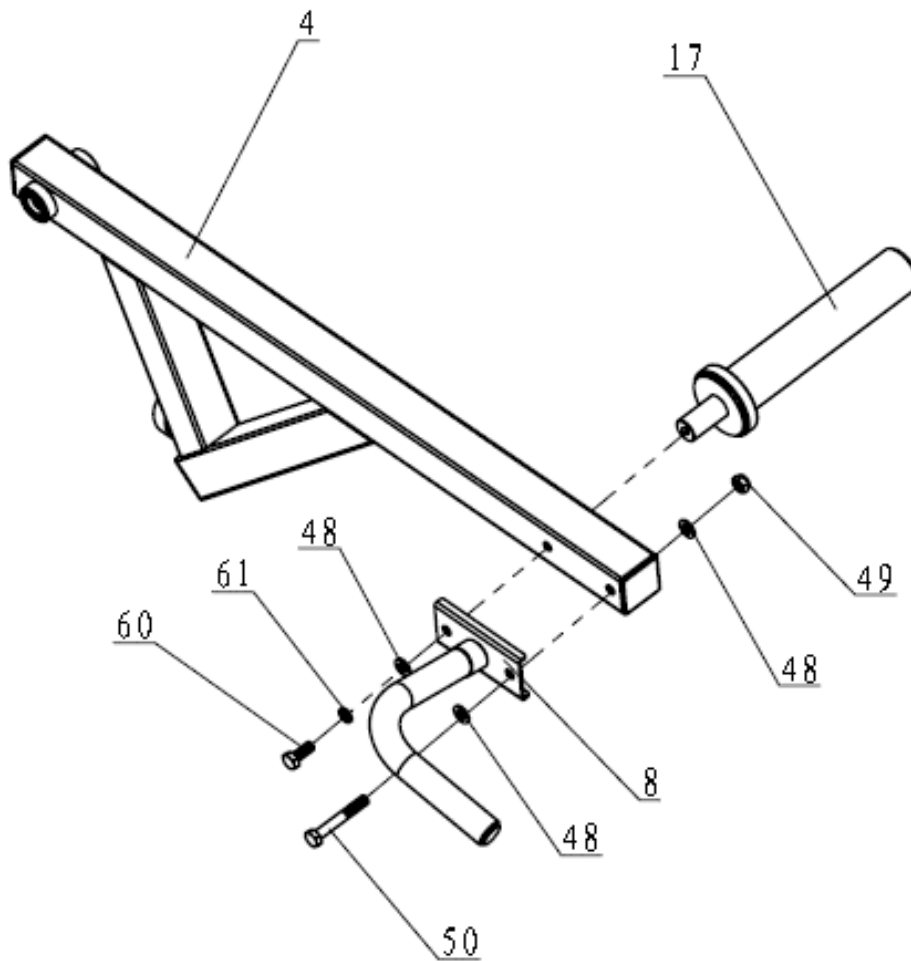
Assemble the Weight Plate Holder (17) and Left Handlebar (7) to the Left Handle Frame (3), using Hex Head Bolt M10x70 (50), Hex Head Bolt M10x25 (60), Φ 10 Spring Washer (61), Flat Washer Φ 11* Φ 20*2 (48), and Lock Nut M10 (49).



ASSEMBLY INSTRUCTIONS

STEP 8

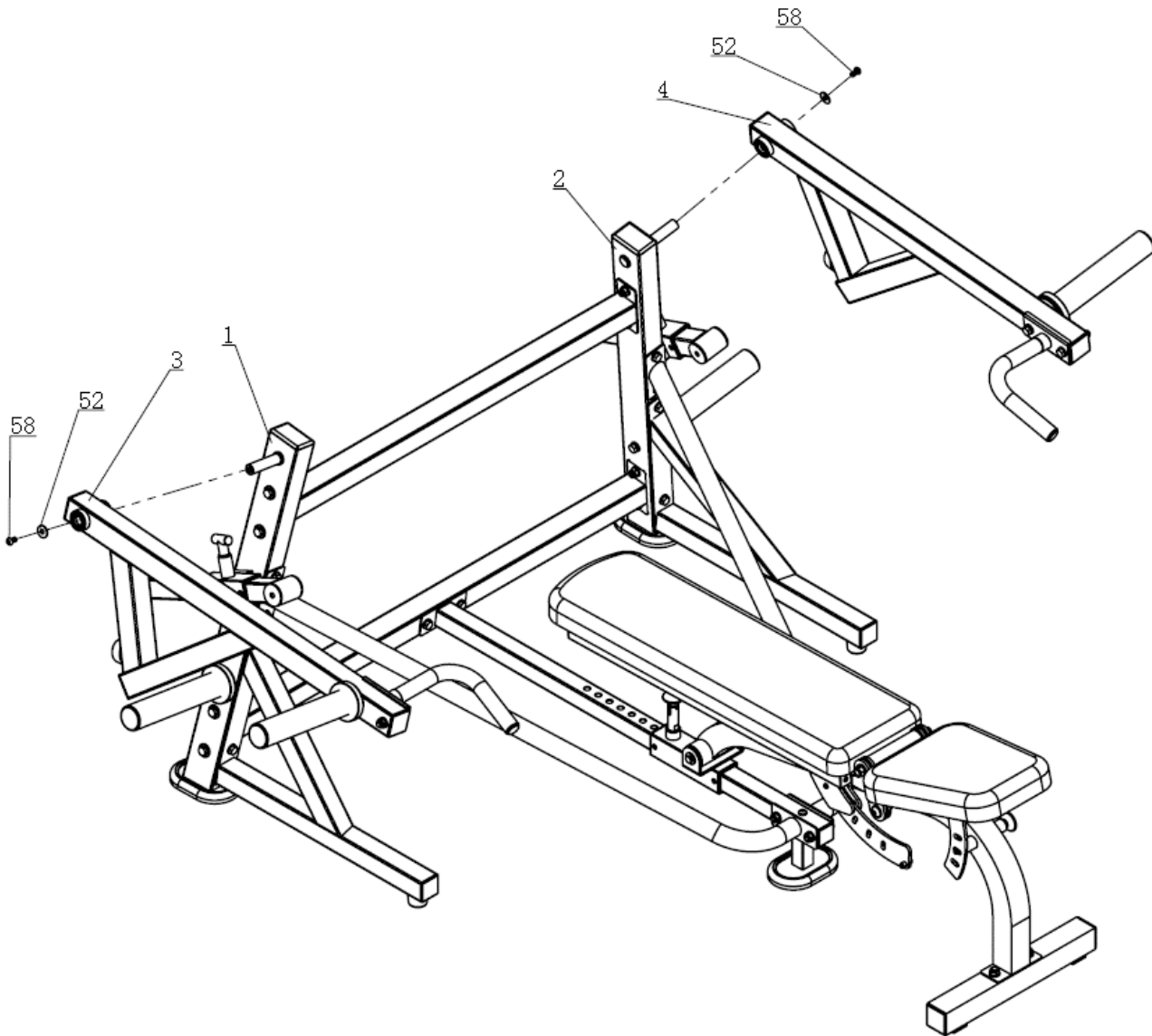
Assemble the Weight Plate Holder (17) and Right Handlebar (8) to the Right Handle Frame (4), using Hex Head Bolt M10x70 (50), Hex Head Bolt M10x25 (60), Φ 10 Spring Washer (61), Flat Washer Φ 11* Φ 20*2 (48), and Lock Nut M10 (49).



ASSEMBLY INSTRUCTIONS

STEP 9

Fixing the Left Handle Frame (3) and Right Handle Frame (4) to the Left Upright Frame (1) and Right Upright Frame (2), using Hex Head Bolt M8x15 (58), Flat Washer $\Phi 9 \times \Phi 24 \times 2$ (52).



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.

TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

This product comes with a one (1) year limited warranty that can be found at 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 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.



NEED HELP? CONTACT US FIRST.

1-888-410-1503

info@titan.fitness

www.titan.fitness

© 2022 Titan Brands