

INCLINE BENCH V3

INBENCHv3

401490

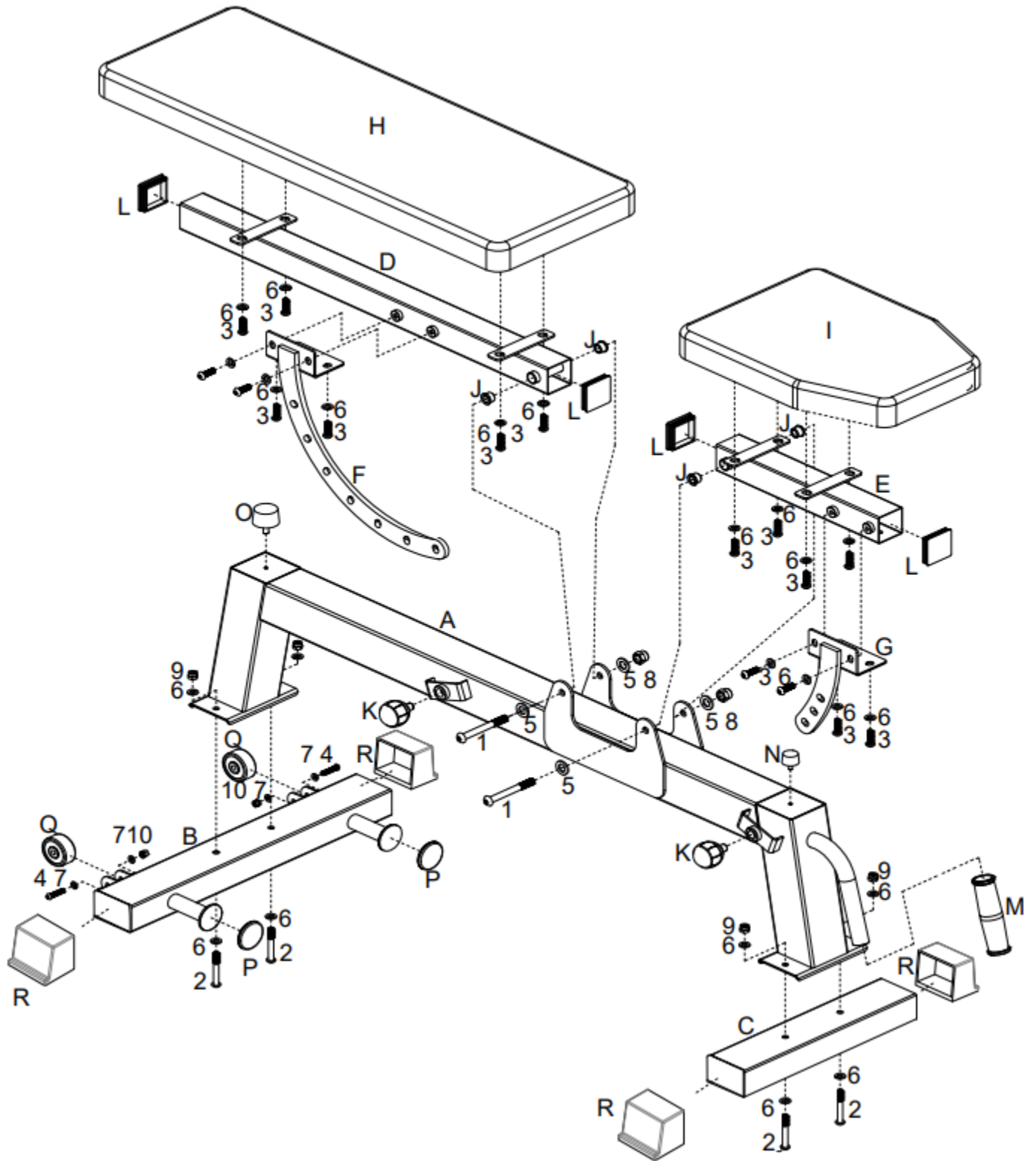


Operator's Manual

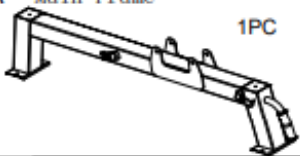

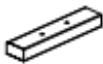




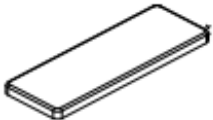












Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!











PARTS DIAGRAM / EXPLODED VIEW



PARTS DIAGRAM

A Main Frame  1PC	B Rear Stabilizer  1PC	C Front Stabilizer  1PC	D Back Frame  1PC
E Seat Frame  1PC	F Back Pivot Bracket  1PC	G Seat Pivot Bracket  1PC	H Back Pad  1PC
I Seat Pad  1PC	J Metal Bush #10.5  4PCS	K Pop Pin  2PCS	L 50mm Square Inner CAP  4PCS
M 25*130 Handle  1PC	N M6 Small Bumper  1PC	O M8 Large Bumper  1PC	P Round Dome  2PCS
Q Wheel  2PCS	R Rubber Feet  4PCS		

HARDWARE LIST

1 M10x100mm Bolt  2PCS	2 M8x65mm Bolt  4PCS	3 M8x15mm Bolt  16PCS	4 M6x40mm Bolt  2PCS
5 M10 Washer  4PCS	6 M8 Washer  24PCS	7 M6 Washer  4PCS	8 M10 Nylon Locknut  2PCS
9 M8 Nylon Locknut  4PCS	10 M6 Nylon Locknut  2PCS		

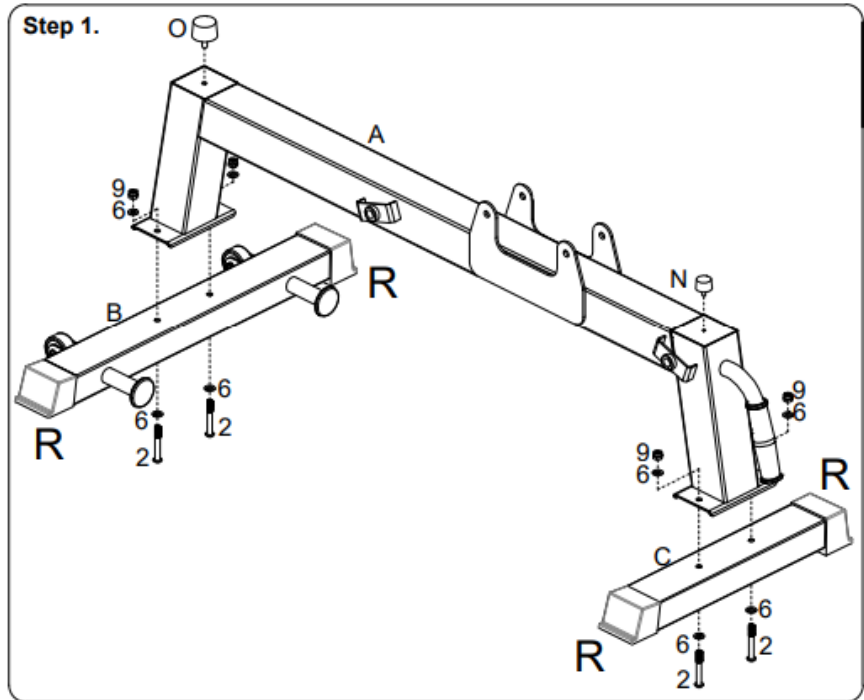
PARTS LIST

KEY	DESCRIPTION	QTY
(A)	MAIN FRAME	1
(B)	REAR STABILIZER	1
(C)	FRONT STABILIZER	1
(D)	BACK FRAME	1
(E)	SEAT FRAME	1
(F)	BACK PIVOT BRACKET	1
(G)	SEAT PIVOT BRACKET	1
(H)	BACK PAD	1
(I)	SEAT PAD	1
(J)	METAL BUSH #10.5	4
(K)	POP PIN	2
(L)	50 MM SQUARE INNER CAP	4
(M)	25*130 HANDLE	1
(N)	M6 SMALL BUMPER	1
(O)	M8 LARGE BUMPER	1
(P)	ROUND DOME	2
(Q)	WHEEL	2
(R)	RUBBER FEET	4
(1)	M10*100MM BOLT	2
(2)	M8*65MM BOLT	4
(3)	M8*15MM BOLT	16
(4)	M6*40MM BOLT	2
(5)	M10 WASHER	4
(6)	M8 WASHER	24
(7)	M6 WASHER	4
(8)	M10 NYLON LOCKNUT	2
(9)	M8 NYLON LOCKNUT	4
(10)	M6 NYLON LOCKNUT	2

ASSEMBLY INSTRUCTIONS

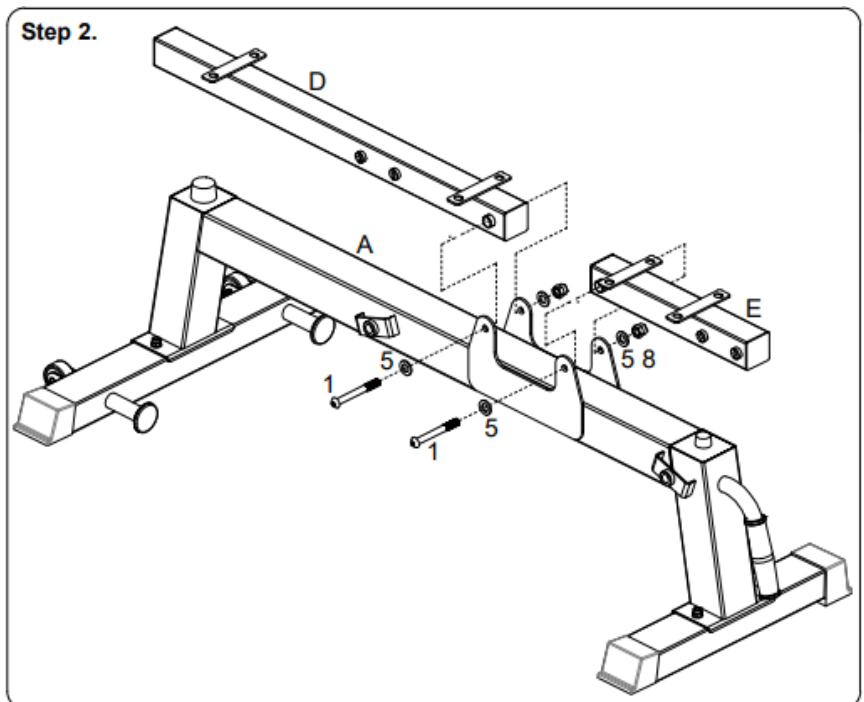
STEP 1

1. Attach (B) REAR STABILIZER to (A) MAIN FRAME using two (2) M*65 BOLTS, four (6) M8 WASHERS, and two (9) M8 NYLON LOCKNUTS.
2. Attach (C) FRONT STABILIZER to (A) MAIN FRAME using two (2) M*65 BOLTS, four (6) M8 WASHERS, and two (9) M8 NYLON LOCKNUTS.
3. Screw in (O) M8 LARGE BUMPER to rear of (A) MAIN FRAME. Screw in (N) M6 SMALL BUMPER to front of (A) MAIN FRAME. You will adjust once height of the Bumper after Back and Seat Frames are installed in the Step.



STEP 2

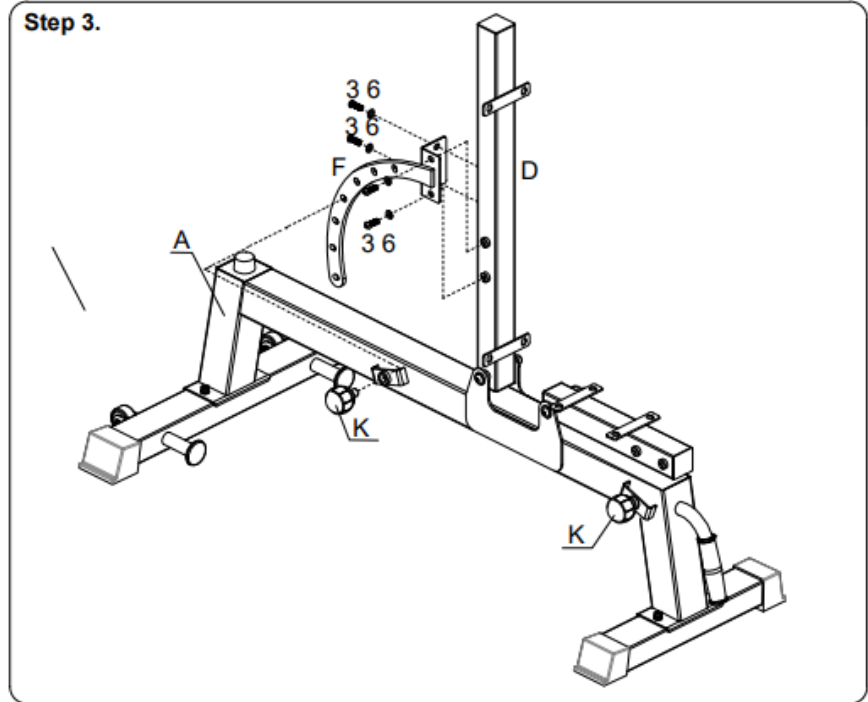
1. Attach (D) BACK Frame to (A) MAIN FRAME with one (1) M10*100 BOLT, two (5) M10 WASHERS, and one (8) M10 NYLON LOCKNUTS.
2. Attach (E) SEAT FRAME to (A) MAIN FRAME with one (1) M10*100 BOLT, two (5) M10 WASHERS, and one (8) M10 NYLON LOCKNUTS.
3. Screw (O) M8 LARGE BUMPER up until touches (D) BACK FRAME.
4. Screw (N) M6 SMALL BUMPER up until touches (E) SEAT FRAME.



ASSEMBLY INSTRUCTIONS

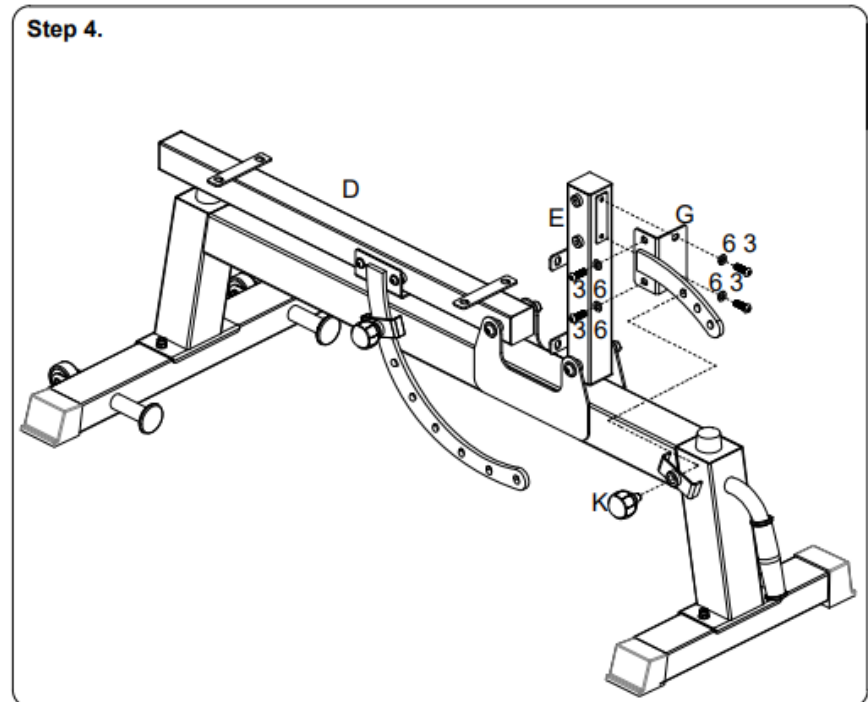
STEP 3

1. Screw 2 (K) POP PINS into (A) MAIN FRAME.
2. Raise (D) BACK FRAME to vertical upright position.
3. Insert (F) BACKPIVOT BRACKET into the pop pin bracket on the main frame. Lock (K) POP PIN in fourth hole of (F) BACK PIVOT BRACKET. 4. Lower (D) BACK FRAME to (F) BACK PIVOT BRACKET and screw 4 (3) M8*15 BOLTS and 4 (6) M8 WASHER into (F) BACK PIVOT BRACKET.



STEP 4

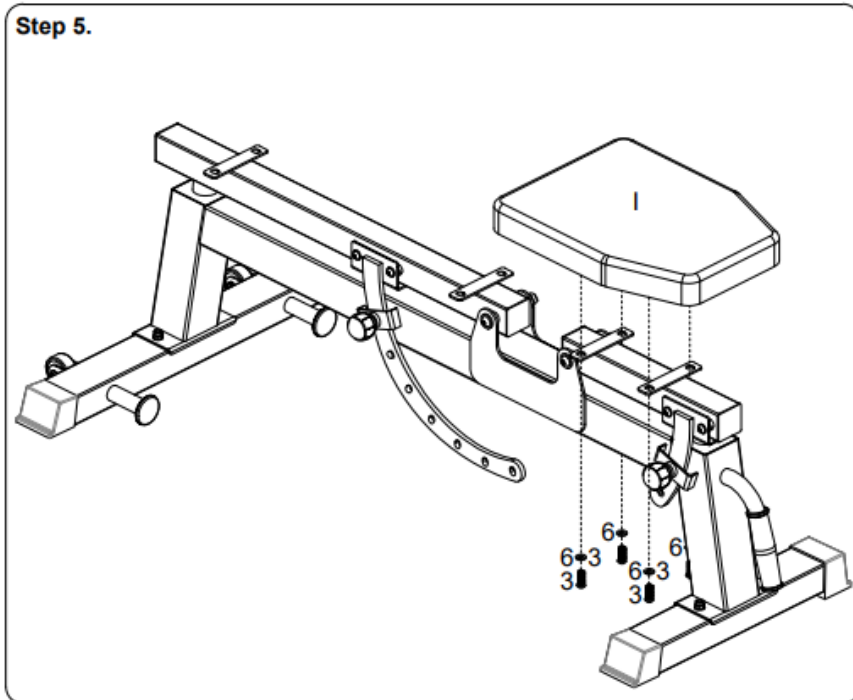
1. Raise (D) BACK FRAME to horizontal position.
2. Insert (G) SEAT PIVOT BRACKET into the pop pin bracket on main frame. Lock (K) POP PIN into the first hole of (E) SEAT FRAME.
3. Lower (G) SEAT PIVOT BRACKET and screw two (3) M8*15 BOLTS and two (6) M8 WASHER into the side of (F) BACK PIVOT BRACKET.
4. Release (K) POP PIN and raise (E) SEAT FRAME to vertical position.
5. Screw two (3) M8*15 BOLTS and two (6) M8 WASHER into the bottom of (F) BACK PIVOT BRACKET.



ASSEMBLY INSTRUCTIONS

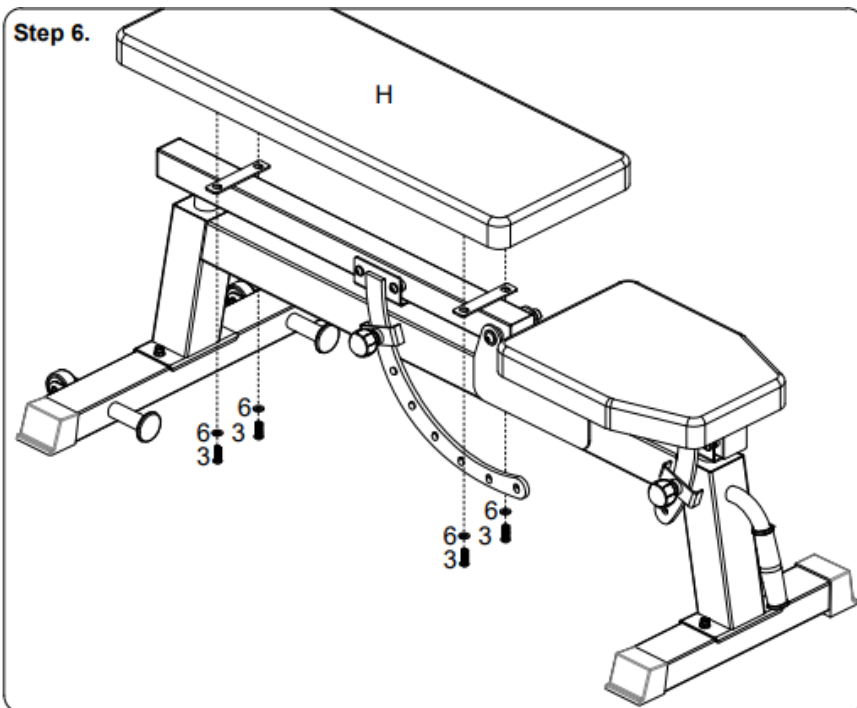
STEP 5

1. Attach (I) SEAT PAD to (E) SEAT FRAME with four (3) M8*15 BOLTS and four (6) M8 WASHERS.



STEP 6

1. Attach (F) BACK PAD to (D) BACKREST FRAME with four (3) M8*15 BOLTS and four (6) M8 WASHERS.



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

© 2023 Titan Brands