

X-3 SERIES ADJUSTABLE MONOLIFT

PINMLIFT_X3

401371

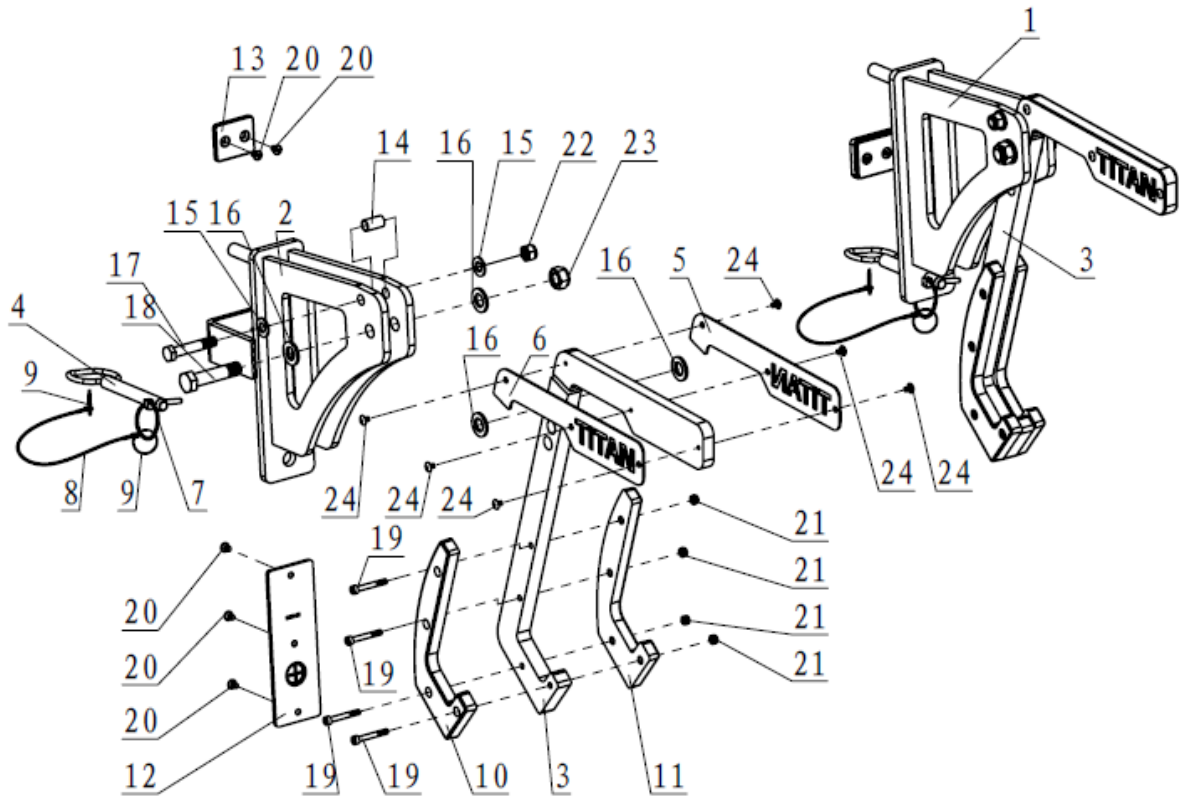


Operator's Manual



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

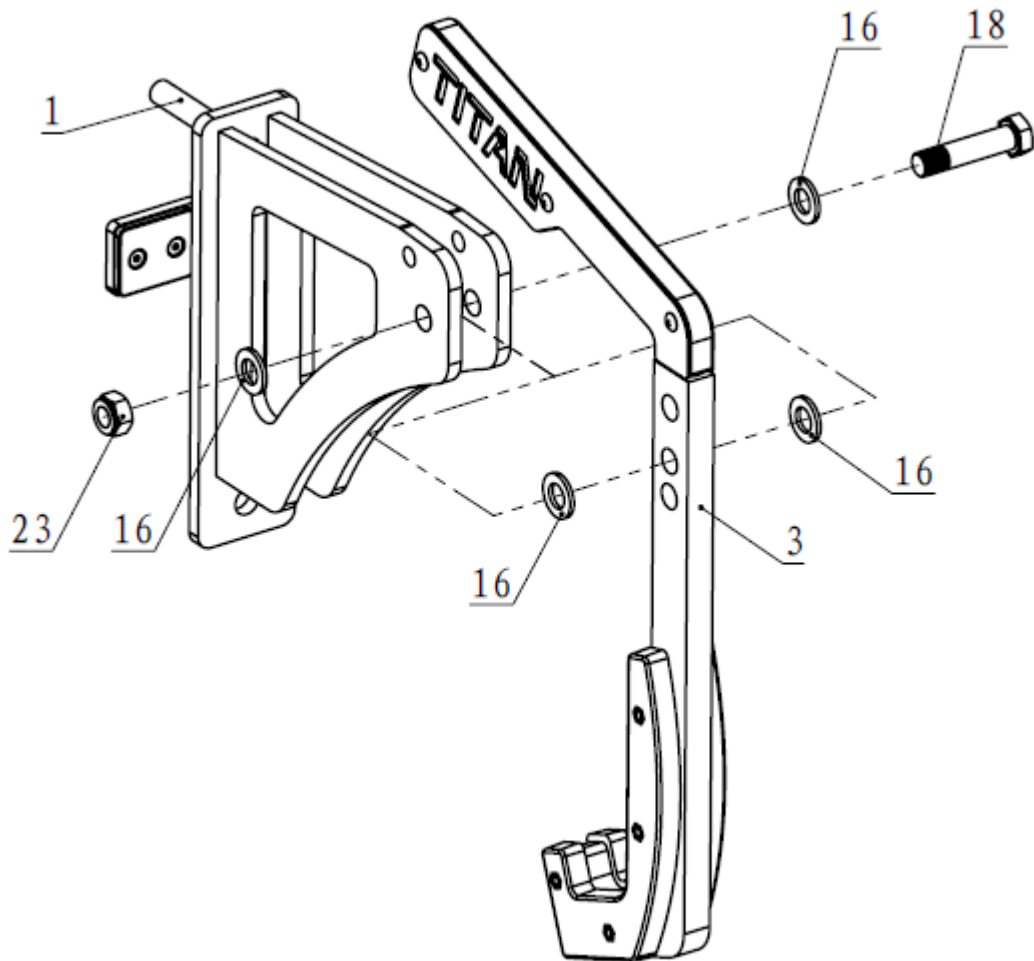


KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	LEFT FIXING FRAME	1	(13)	PLASTIC PLATE 58*48*5	2
(2)	RIGHT FIXING FRAME	1	(14)	PLASTIC SLEEVE $\Phi 14*\Phi 12*25$	2
(3)	SWING BARBELL PLATE	2	(15)	FLAT WASHER $\Phi 13.5*\Phi 24*2.5$	4
(4)	BAFFLE PIN	2	(16)	FLAT WASHER $\Phi 17*\Phi 30*3$	8
(5)	LEFT LOGO PLATE	2	(17)	HEX BOLT M12*65	2
(6)	RIGHT LOGO PLATE	2	(18)	HEX BOLT M16*70	2
(7)	SMALL PIN $\Phi 6*45$	2	(19)	HEX BOLT M6*45	8
(8)	WIRE ROPE $\Phi 5.5$	2	(20)	COUNTERSUNK HEAD SCREW	10
(9)	PULL RING $\Phi 1.5*31$	4	(21)	NUT M6	8
(10)	LEFT SAFETY SPLINT	2	(22)	NUT M12	2
(11)	RIGHT SAFETY SPLINT	2	(23)	NUT M16	2
(12)	PLASTIC PLATE 205*68*5	2	(24)	HEXAGON SOCKET HEAD	12

ASSEMBLY INSTRUCTIONS

Step 1

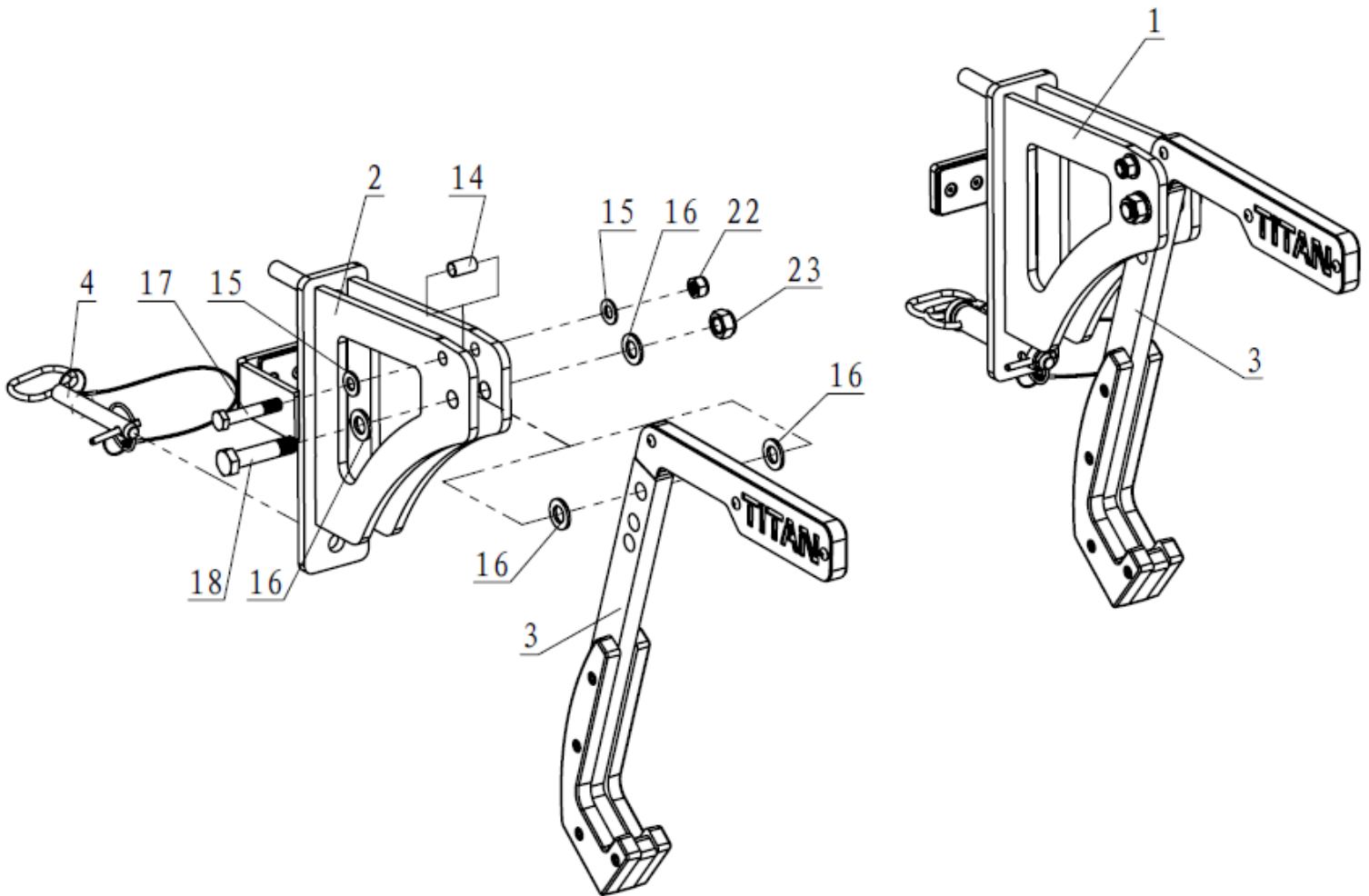
Remove Hex Bolt M16*70 (18), Flat Washer $\Phi 17*\Phi 30*3$ (16) and Nut M16 (23) from the Left Fixing Frame (1).



ASSEMBLY INSTRUCTIONS

Step 2

1. Turn the Swing Barbell Plate (3) around, then fix the Swing Barbell Plate (3) to the Left & Right Fixing Frame (1&2) using Flat Washer $\Phi 17*\Phi 30*3$ (16), Nut M16 (23), and Hex Bolt M16*70 (18).
2. Install the Plastic Sleeve (14) on the Left& Right Fixing Frame (1&2) using Flat Washer $\Phi 13.5*\Phi 24*2.5$ (15), Nut M12 (22) and Hex Bolt M12*65 (17).
3. Hang the Adjustable Monolift Attachment to the suitable position of the Power Rack according to the need, then fixed with baffle pin (4).



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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