

CAST IRON RUCK WEIGHT PLATES

RUCKPLT10, RUCKPLT20, RUCKPLT30, RUCKPLT45

430157, 430158, 430159, 430160



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

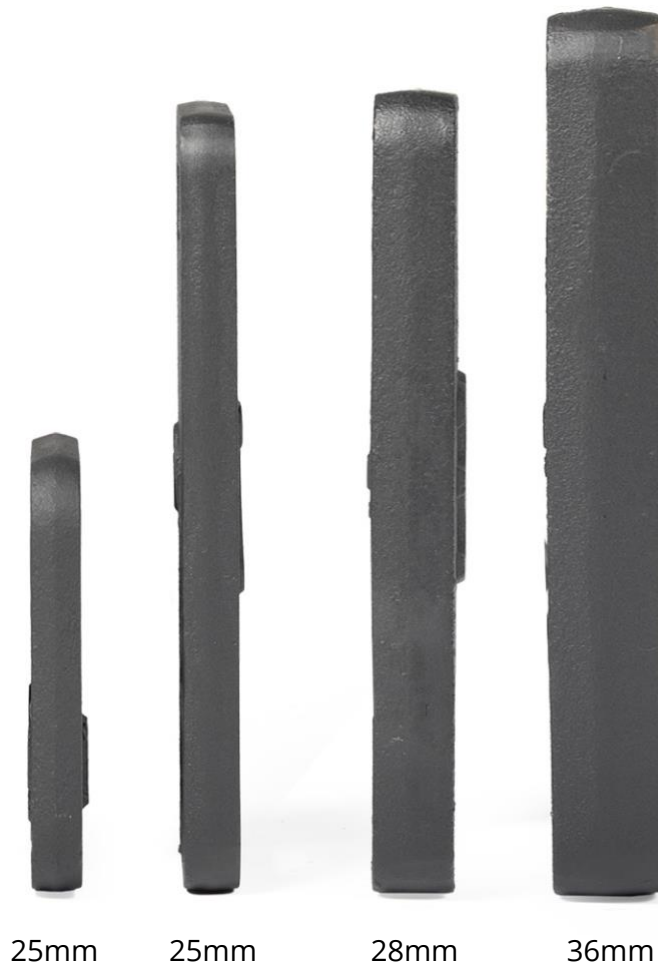
A ruck plate is a weighted plate, designed specifically for ruck training, that is placed in a backpack or rucksack for extra resistance during a rucking session. Ruck plates are used to add more resistance during ruck training sessions.

RUCK PLATES ARE SOLD INDIVIDUALLY

KEY	DESCRIPTION	QTY
(1)	10 LB CAST IRON RUCK WEIGHT PLATE	1
(2)	20 LB CAST IRON RUCK WEIGHT PLATE	1
(3)	30 LB CAST IRON RUCK WEIGHT PLATE	1
(4)	45 LB CAST IRON RUCK WEIGHT PLATE	1

ASSEMBLY INSTRUCTIONS

- No assembly required.



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.

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