

VERTICAL LEG PRESS

VLEGPRS

400573

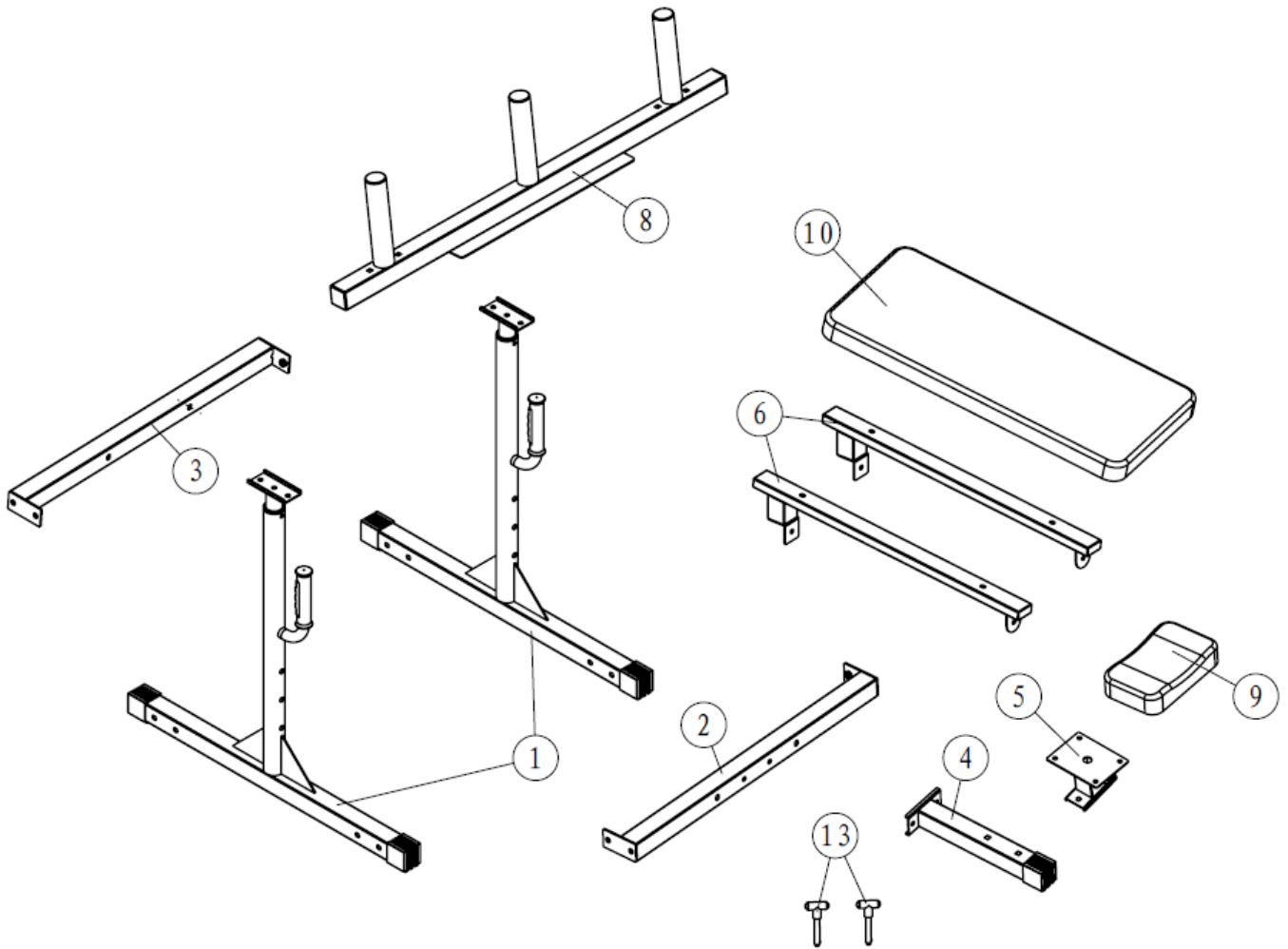


Operator's Manual



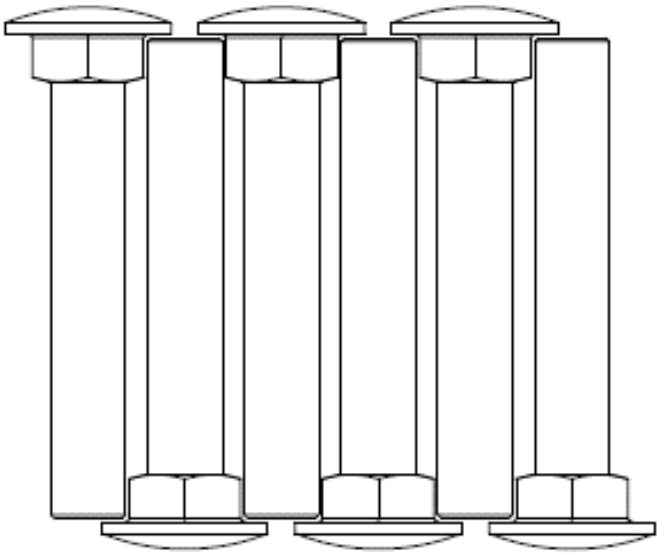
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW

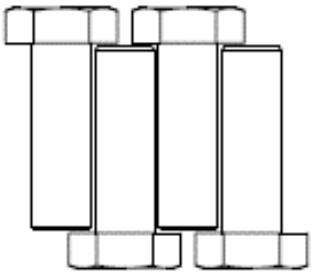


KEY	BOX	DESCRIPTION	QTY
1	1	UPRIGHT FRAME	2
2	1	FRONT CONNECT FRAME	1
3	1	REAR CONNECT FRAME	1
4	1	SHORT BASE FRAME	1
5	1	HEAD CUSHION FRAME	1
6	1	BACK CUSHION FRAME	2
8	1	WEIGHT PLATE HOLDER	1
9	1	HEAD CUSHION	1
10	1	BACK CUSHION	1
13	1	PIN	2

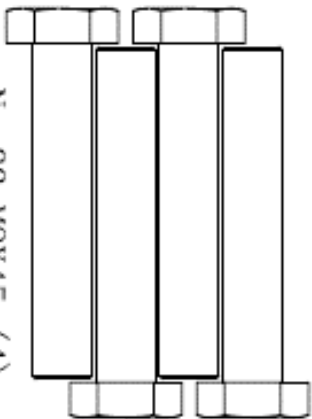
HARDWARE PACK (1/2)



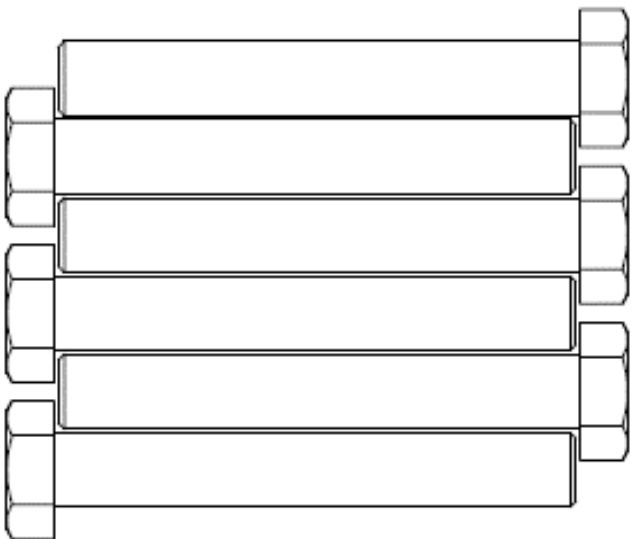
No. 19 M10X65 (6)



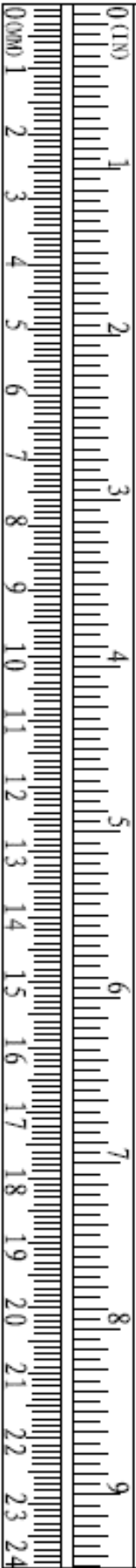
No. 21 M8X25 (4)



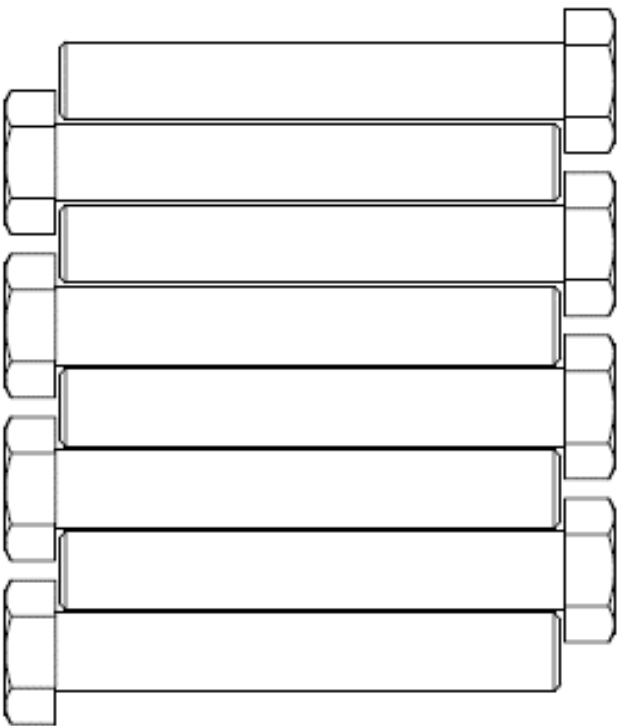
No. 22 M8X45 (4)



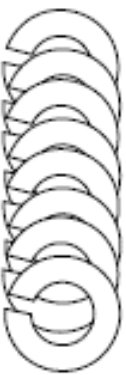
No. 24 M10X70 (6)



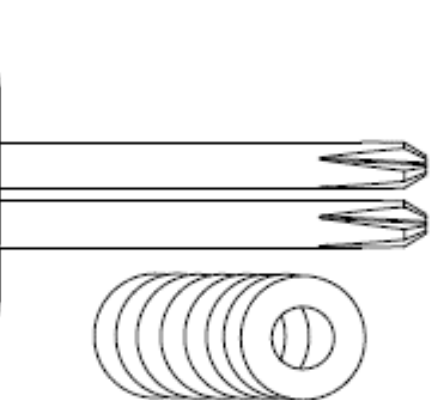
HARDWARE PACK (2/2)



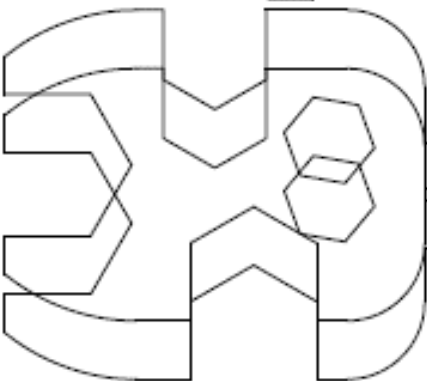
No. 23 M10X65 (8)



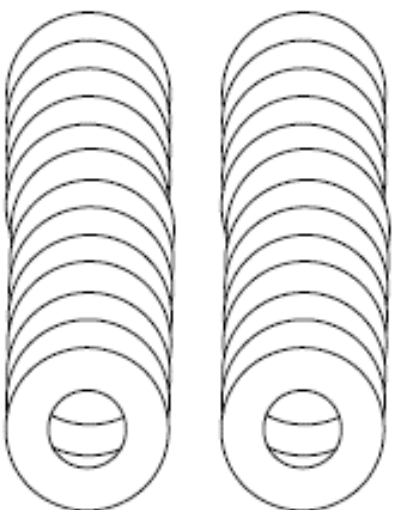
No. 25 ø8 Spring Washer (8)



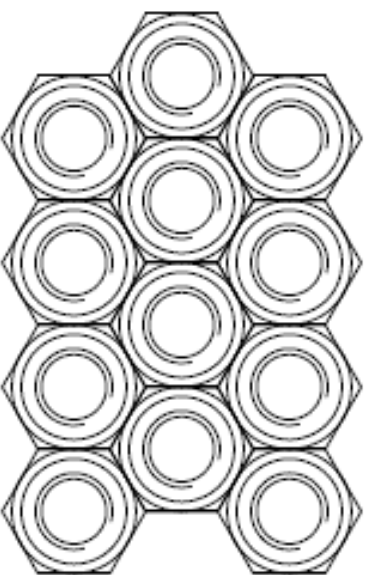
No. 26 ø8 Washer (8)



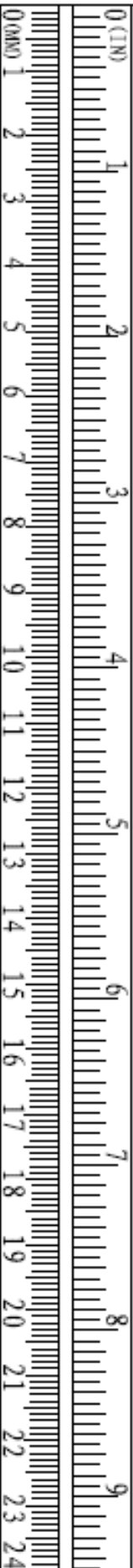
Universal Wrench



No. 27 ø10 Washer (26)



No. 28 M10 Nut (12)

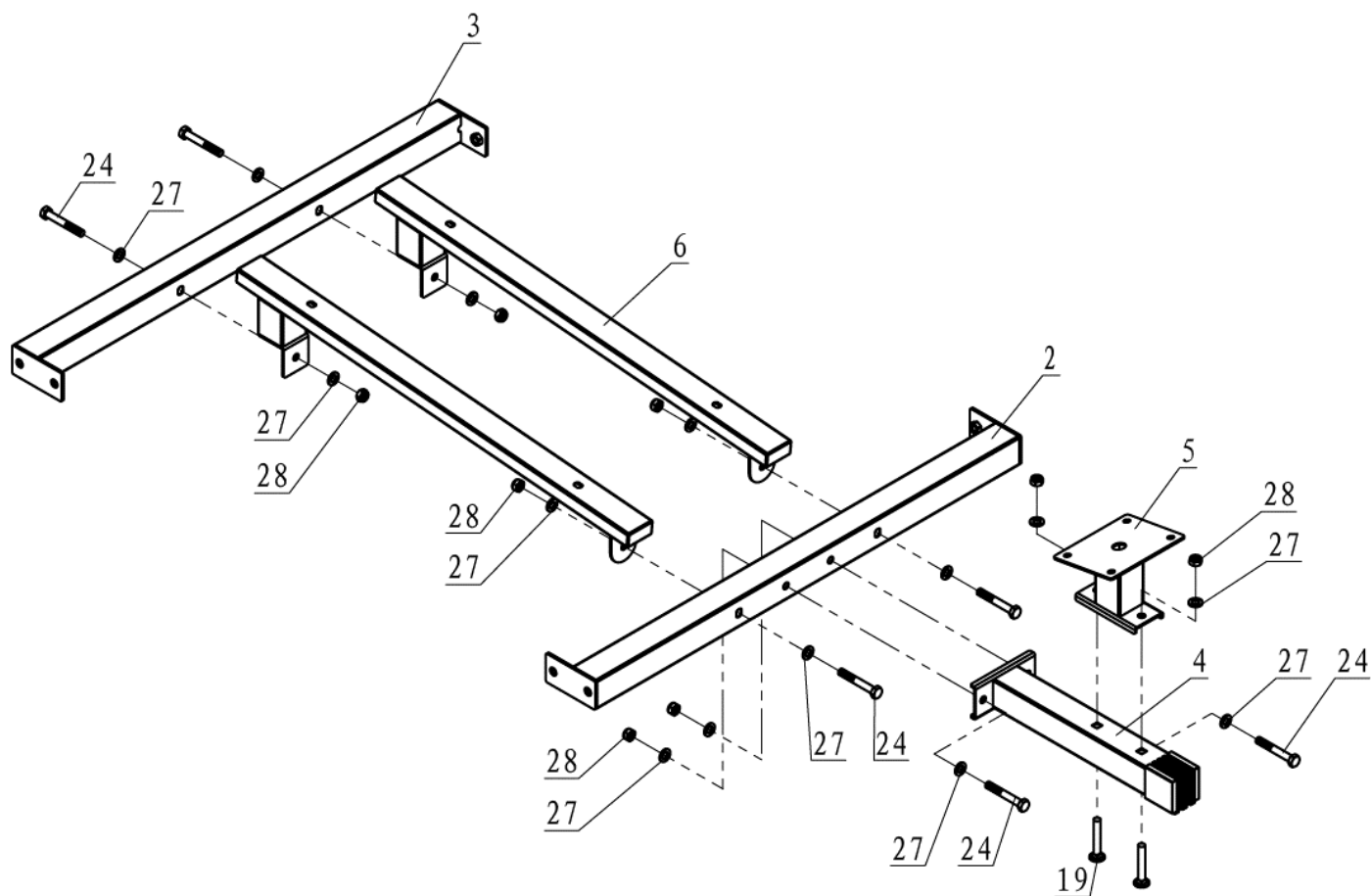


ASSEMBLY INSTRUCTIONS

STEP 1

1. Connect the Front Connect Frame (2), Rear Connecting Frame (3) and Back Cushion Frame (6), using Flat Washer $\Phi 11*\Phi 20*2$ (27), Nut M10 (28) and Hex Bolt M10*70 (24).
2. Assemble the Short Base Frame (4) to the Front Connect Frame (2), using Flat Washer $\Phi 11*\Phi 20*2$ (27), Nut M10 (28) and Hex Bolt M10*70 (24).
3. Fix the Head Cushion Frame (5) to the Short Base Frame (4), using Flat Washer $\Phi 11*\Phi 20*2$ (27), Nut M10 (28) and Carriage Bolt M10*65 (19).

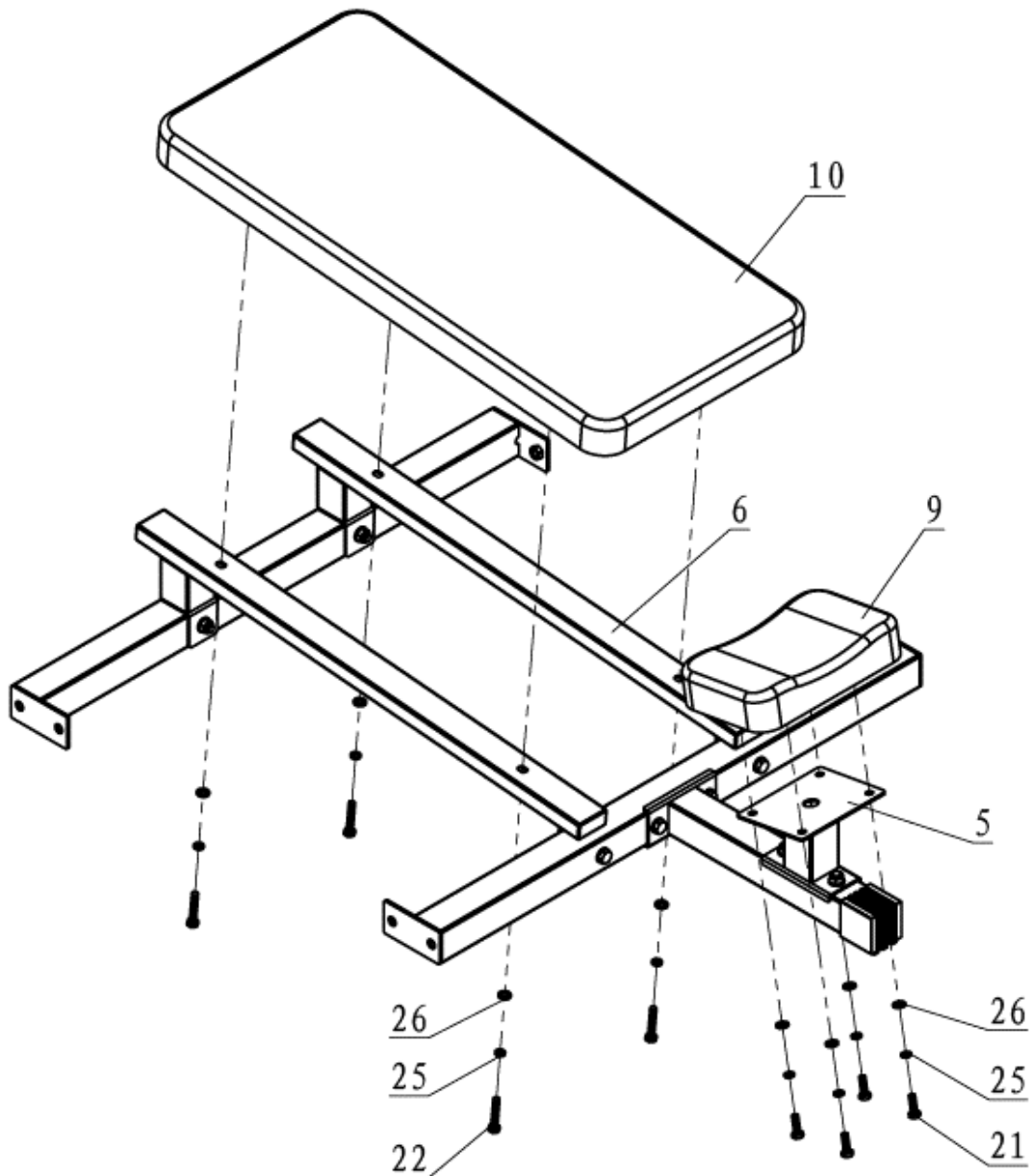
PLEASE TIGHTEN ALL THE BOLTS AND NUTS.



STEP 2

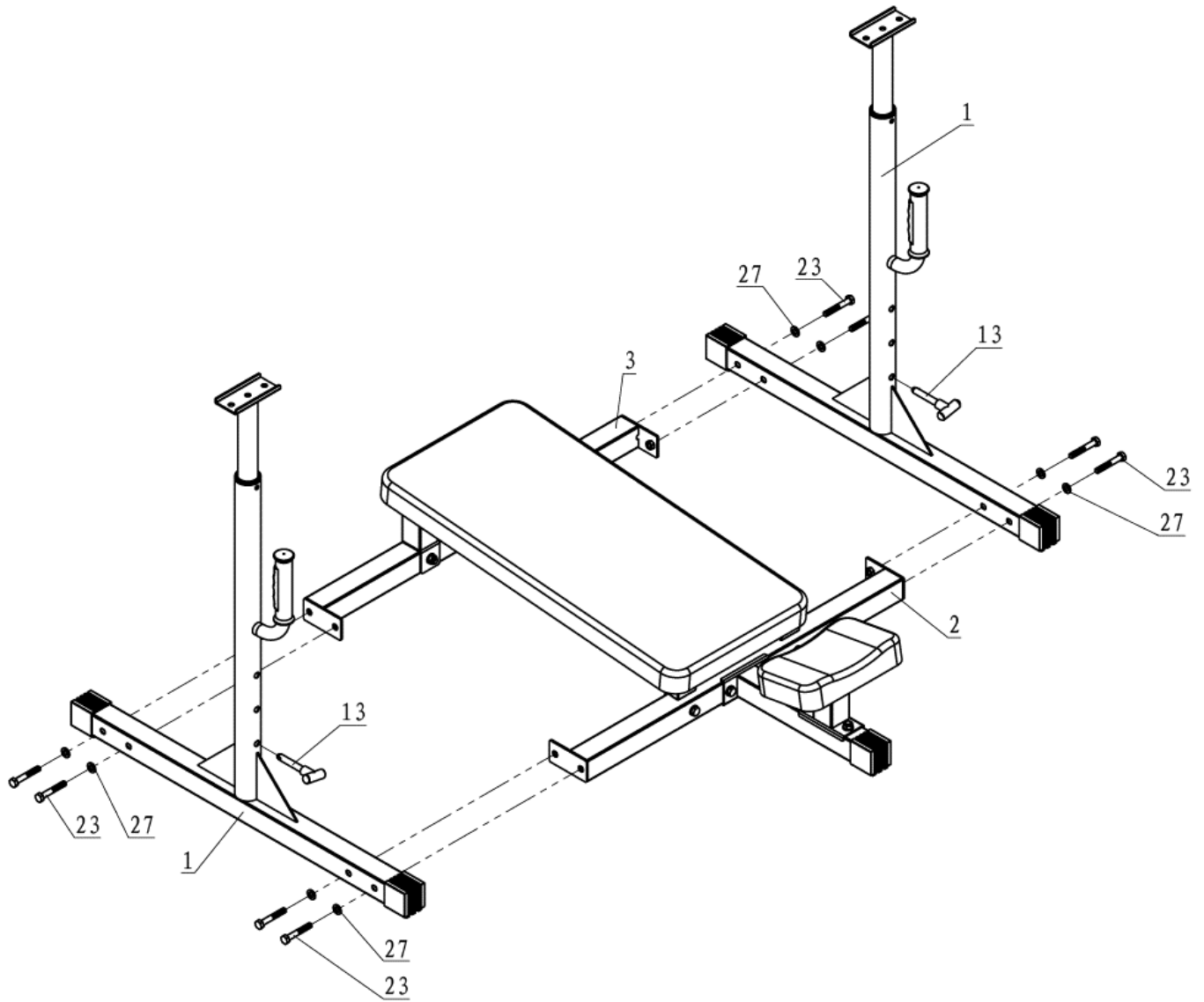
1. Assemble the Head Cushion (9) to the Head Cushion Frame (5), using Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (26), Spring Washer $\Phi 8$ (25) and Hex Bolt M8*25 (21).
2. Assemble the Back Cushion (10) to the Back Cushion Frame (6), using Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (26), Spring Washer $\Phi 8$ (25) and Hex Bolt M8*45 (22).

TIGHTEN ALL THE BOLTS AND NUTS.



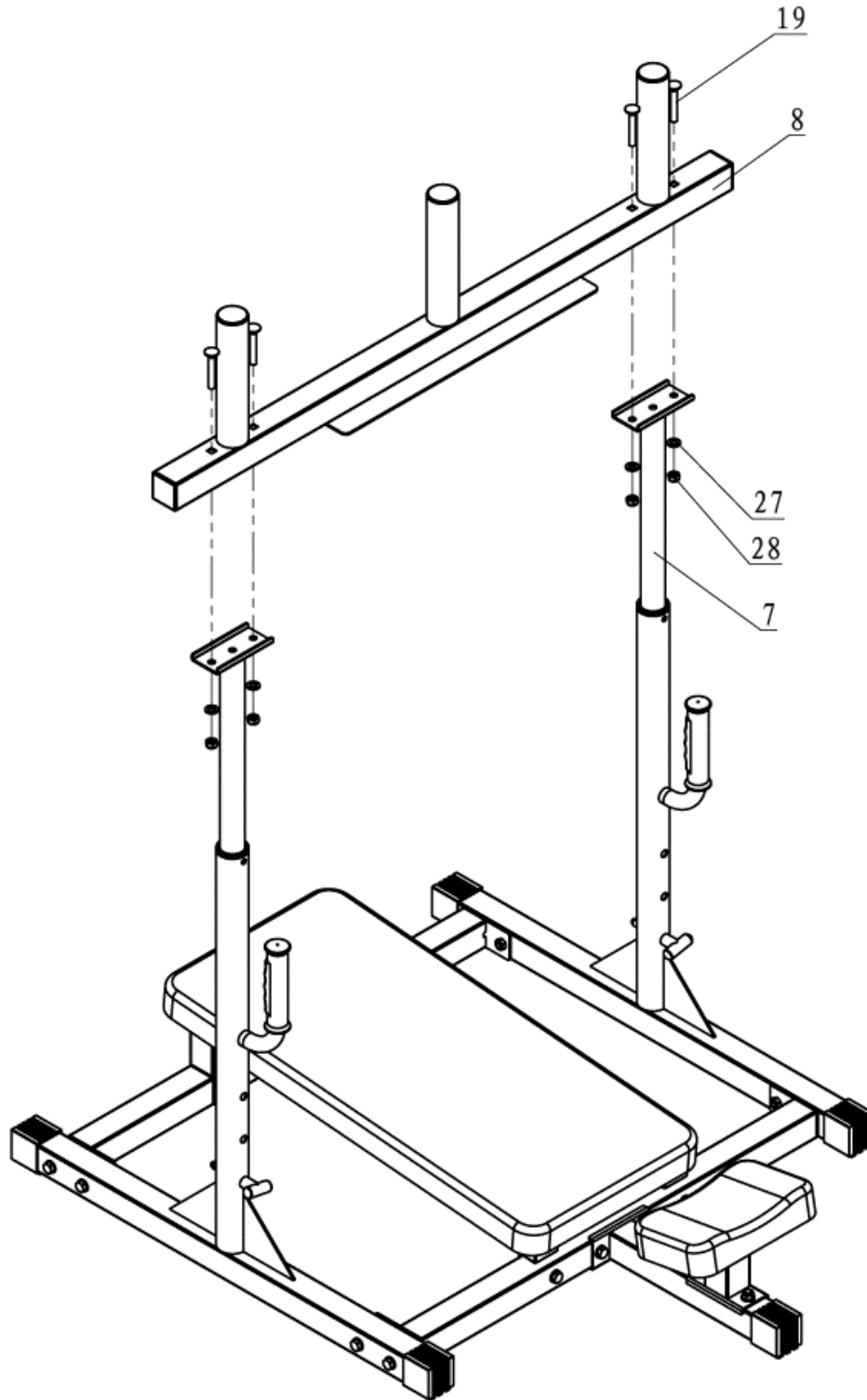
STEP 3

1. Assemble the Pin (13) on the Upright Frame (1).
2. Connect the Upright Frame (1), the Front Connect Frame (2) and Rear Connect Frame (3), using Flat Washer $\Phi 11 * \Phi 20 * 2$ (27) and Hex Bolt M10*65 (23).

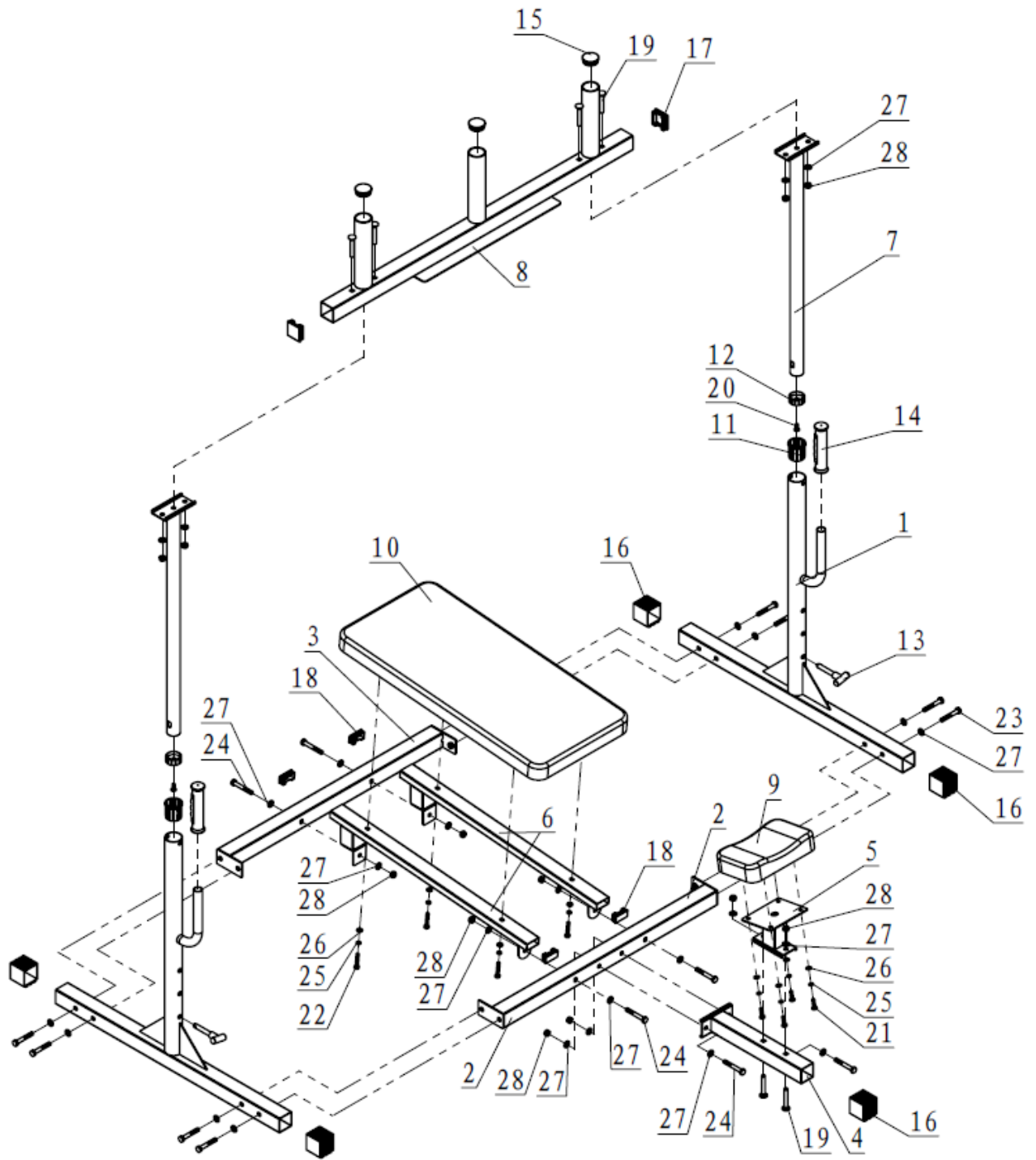


STEP 4

1. Connect the Adjustable Frame (7) and Weight Plate Holder (8), using Flat Washer $\Phi 11*\Phi 20*2$ (27), Nut M10 (28) and Carriage Bolt M10*65 (19).
2. **TIGHTEN ALL THE BOLTS AND NUTS.**



APPENDIX - FULL PARTS DIAGRAM / EXPLODED VIEW



FUII PARTS DIAGRAM

KEY	BOX	DESCRIPTION	QTY
1	1	UPRIGHT FRAME	2
2	1	FRONT CONNECT FRAME	1
3	1	REAR CONNECT FRAME	1
4	1	SHORT BASE FRAME	1
5	1	HEAD CUSHION FRAME	1
6	1	BACK CUSHION FRAME	2
7	1	ADJUSTABLE FRAME	2
8	1	WEIGHT PLATE HOLDER	1
9	1	HEAD CUSHION	1
10	1	BACK CUSHION	1
11	1	HOLLOW SLEEVE	2
12	1	END CAP Φ 45* Φ 38*20	2
13	1	PIN	2
14	1	HANDLEBAR GRIP Φ 24.5*155	2
15	1	END CAP Φ 48*2	3
16	1	END CAP 50*50	5
17	1	END CAP 50*50*2	2
18	1	END CAP 25*50*2	4
19	1	CARRIAGE BOLT M10*65	6
20	1	HEX SOCKET COUNTERSUNK HEAD BOLT M8*20	2
21	1	HEX BOLT M8*25	4
22	1	HEX BOLT M8*45	4
23	1	HEX BOLT M10*65	8
24	1	HEX BOLT M10*70	6
25	1	SPRING WASHER Φ 8	8
26	1	FLAT WASHER Φ 9* Φ 16*1.6	8
27	1	FLAT WASHER Φ 11* Φ 20*2	26
28	1	NUT M10	12

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.



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