

ALUMINUM OLYMPIC TECHNIQUE BAR

ALTQBR

429994



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
1	BAR	1

ASSEMBLY INSTRUCTIONS

- No assembly required
 - Allows youth and beginners to train on form and technique before moving to an Olympic bar
 - 15 LB 28 MM Olympic Technique bar allows you to train up to a 20 KG (45 LB) bar
 - Medium knurl texture allows the lifter to decide their ideal grip
 - No center knurling, perform clean workouts without scratching your neck
 - Chrome sleeves with brass bushings provide a smooth, consistent spin
 - Designed to be balanced and long-lasting
 - Snap-ring end cap design

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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