

CHEST SUPPORTED T-BAR ROW

CHSTSUPROW1-CHSTSUPROW2

401007

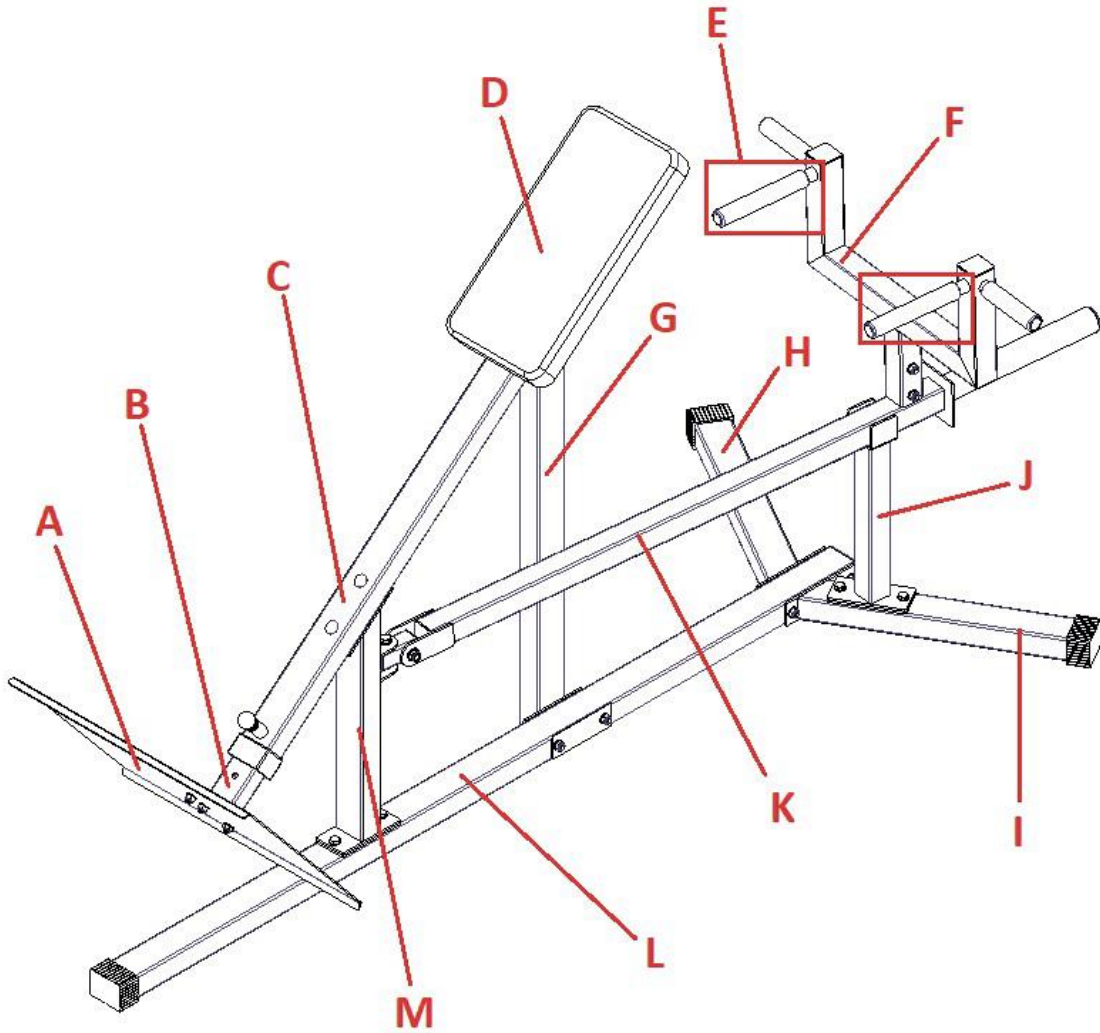


Operator's Manual



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



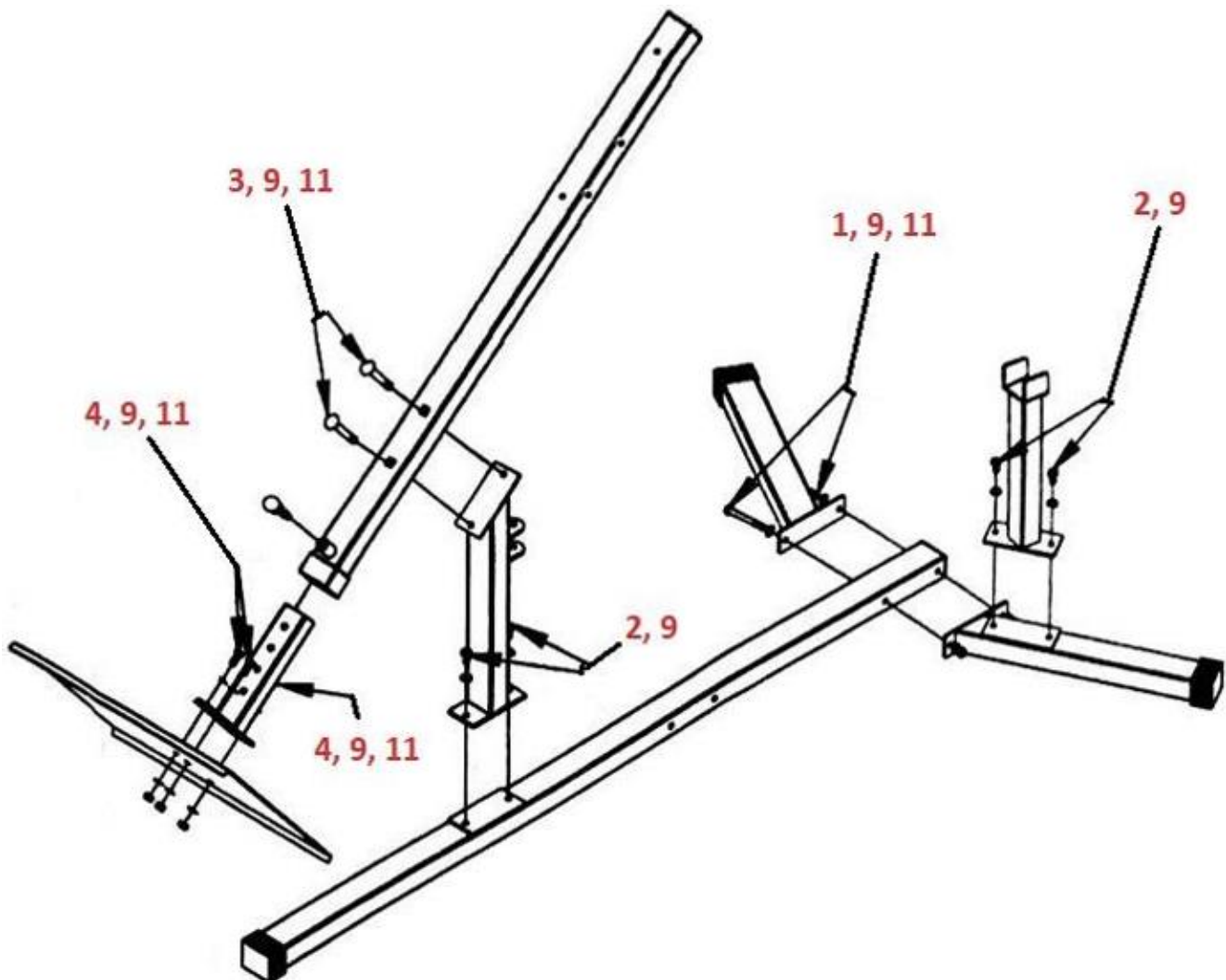
KEY	BOX	DESCRIPTION	QTY
(A)	2	FOOT PLATE	x1
(B)	2	HEIGHT ADJUSTER	x1
(C)	1	SUPPORT BEAM	x1
(D)	2	PAD	x1
(E)	2	HANDLE	x2
(F)	2	HANDLE ATTACHMENT	x1
(G)	1	SUPPORT UPRIGHT - 1	x1
(H)	2	BASE SUPPORT - 1	x1
(I)	2	BASE SUPPORT - 2	x1
(J)	1	SUPPORT UPRIGHT - 2	x1
(K)	1	CONNECTOR ARM	x1
(L)	1	BASE	x1
(M)	2	SUPPORT UPRIGHT - 3	x1

HARDWARE LIST

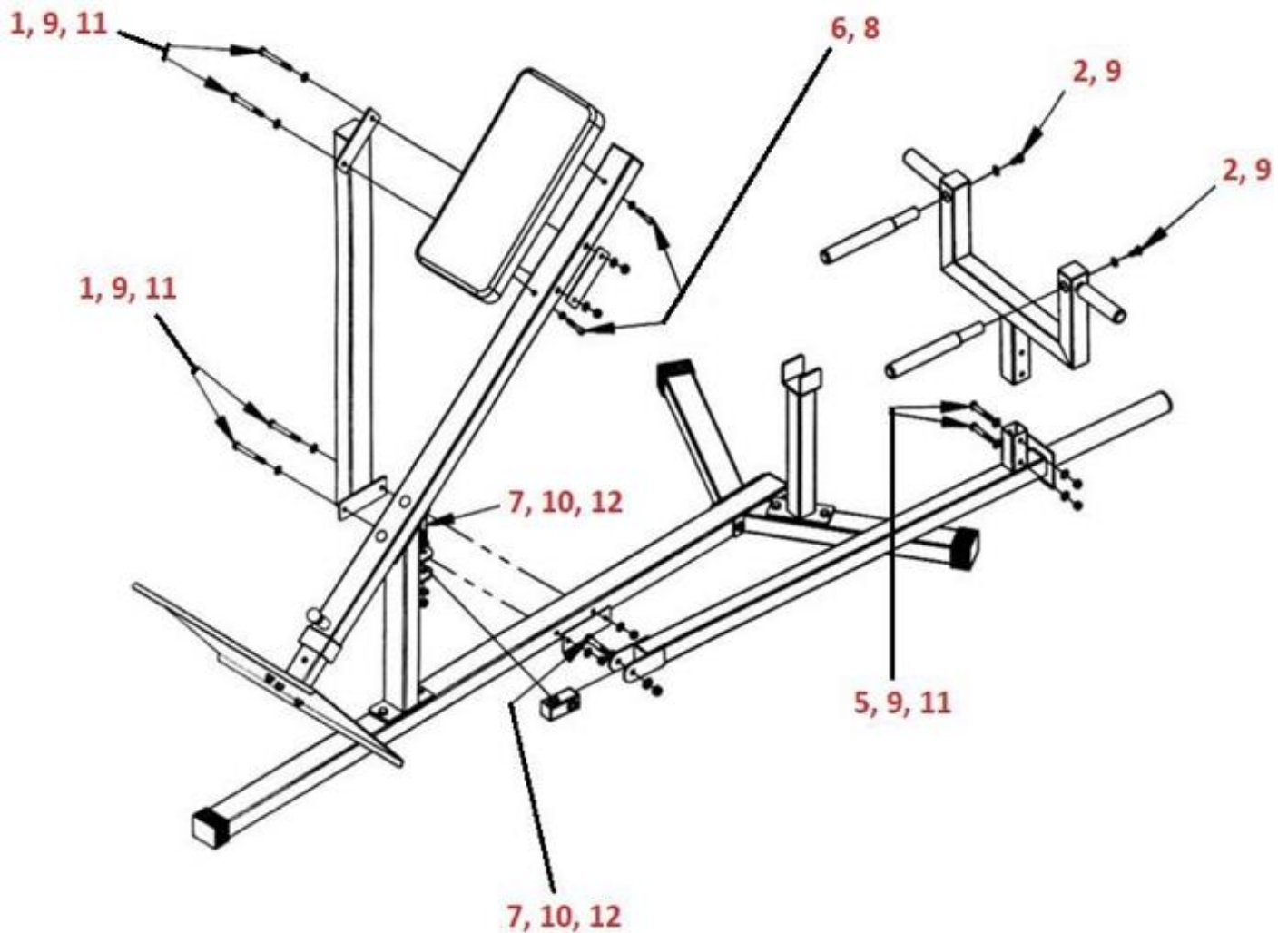
KEY	DESCRIPTION	QTY
(1)	BOLT M10*95	x6
(2)	BOLT M10*20	x6
(3)	CARRIAGE BOLT M10*70	x2
(4)	BOLT M10*25	x3
(5)	BOLT M10*65	x2
(6)	BOLT M8*65	x2
(7)	BOLT M12*75	x2
(8)	WASHER M8	x2
(9)	WASHER M10	x30
(10)	WASHER M12	x4

ASSEMBLY INSTRUCTIONS

STEP 1



STEP 2



FEATURES / SPECIFICATIONS

- User Height Range: 4'-11" to 6'-6"
- User Weight Capacity: 265 lb.
- Rowing Weight Capacity: 400 lb.
- Perform T-Bar Rows, Chest-Supported Rows, Single-Arm Rows, Wide/Narrow-Grip Rows
- Adjustable, stationary, vertical and horizontal grip handles with a durable rubber grip
- Adjustable pop-pin style diamond plated non-slip footplate
- Weight post sleeve fits Olympic-sized weight plates
- High-quality vinyl incline chest pad
- Includes holes for bolting the machine to the floor

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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