

# RACK MOUNTED H-PND | T-3, X-3, AND TITAN SERIES

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**RMHPND31**  
**400797**

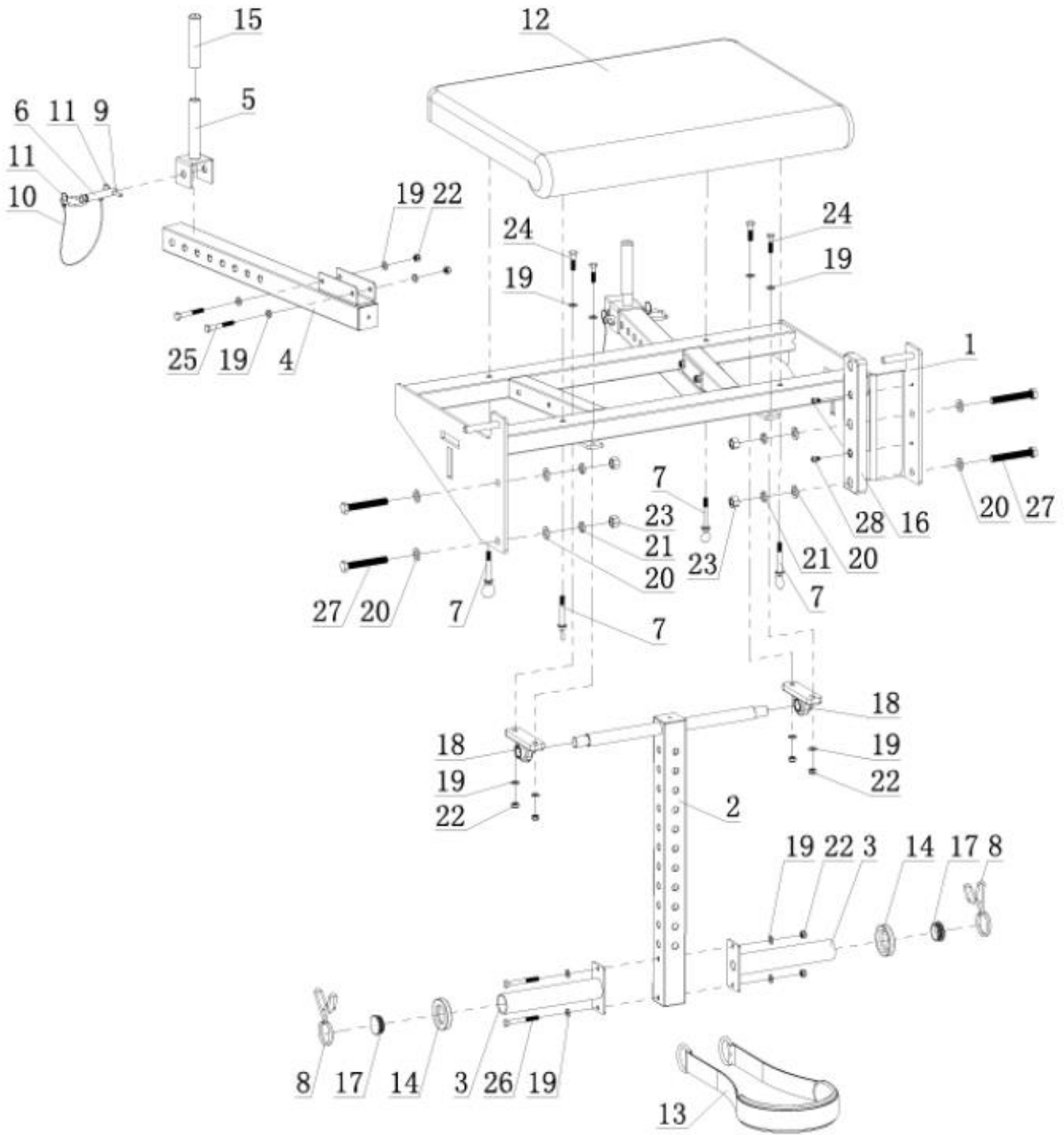


## Operator's Manual



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



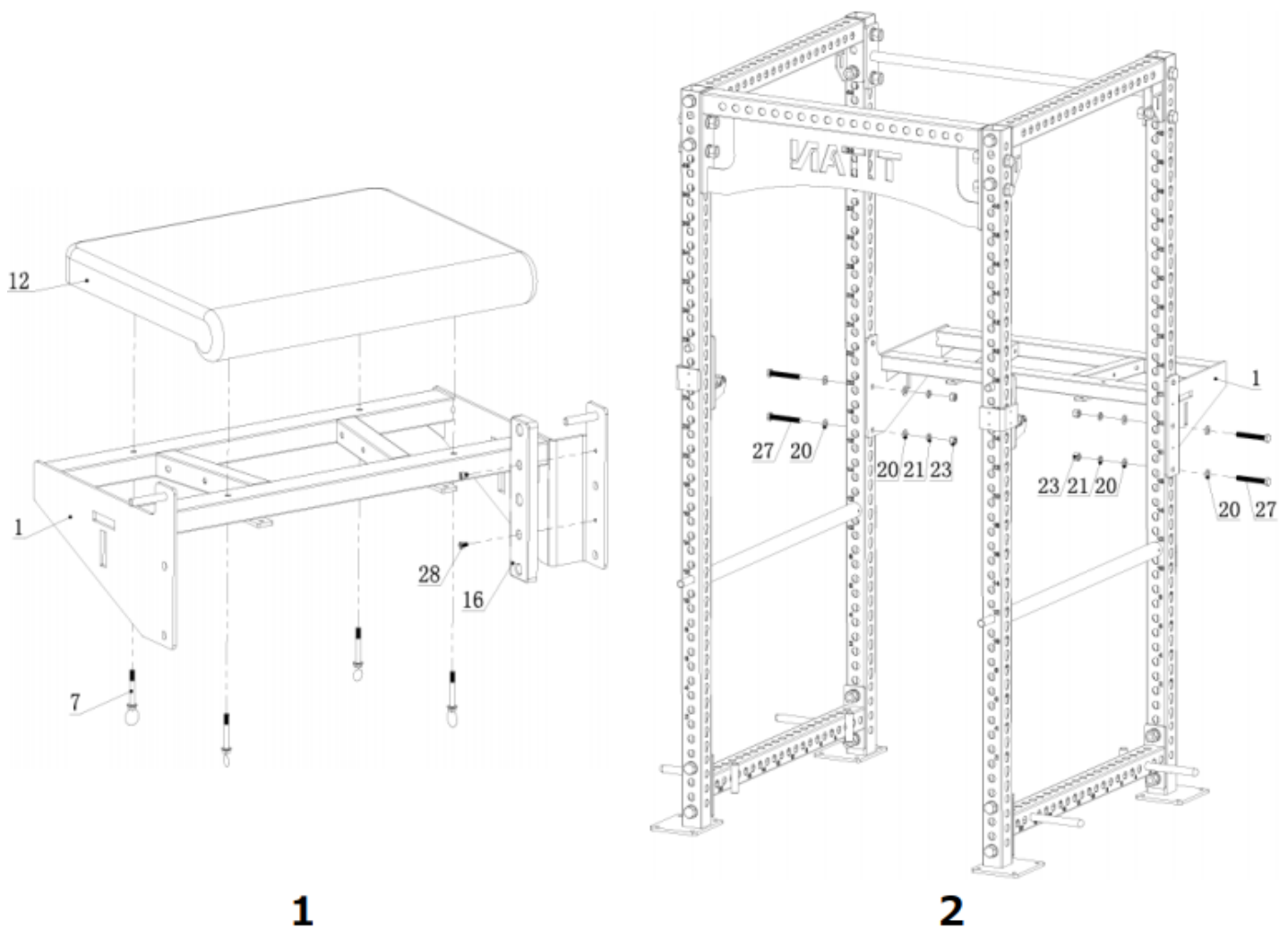
KEY	DESCRIPTION	QTY
1	MAIN FRAME	1
2	SWING FRAME	1
3	WEIGHT PLATE HOLDER	2
4	SUPPORT FRAME	2
5	ADJUSTABLE HANDLE	2
6	HITCH PIN $\Phi 20 \times \Phi 17 \times 105$	2
7	HITCH PIN $\Phi 20 \times \Phi 17 \times 105$	4
8	SPRING CLAMP 50*5	2
9	COTTER PIN 11*8*50	2
10	WIRE ROPE 1*5.5*1.6*330	2
11	PULL RING $\Phi 6 \times 182$	4
12	CUSHION 860*650*110	1
13	BELT 1200*90	1
14	RUBBER COVER 77*47.5*13	2
15	SLEEVE 29.5*130	2
16	PLASTIC PLATE 345*75*25	1
17	END CAP 48*2	2
18	INSERT BEARING WITH HOUSING UCP205	2
19	FLAT WASHER 11*20*2	20
20	FLAT WASHER 11*30*3	8
21	SPRING WASHER 16	4
22	M10 NUT	10
23	M16 FLAT NUT	4
24	M10*40 HEX BOLT	4
25	M10*75 HEX BOLT	4
26	M10*85 HEX BOLT	2
27	FULL THREADED HEXAGONAL BOLT M16*110	4
28	HEXAGON SOCKET HEAD BOLT M8*10	2

## ASSEMBLY INSTRUCTIONS

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### STEP 1

Loosen the Hitch Pin 2 (7) and remove the Cushion 860\*650\*110 (12) from the Main Frame (1). If the F75 iron tube is matched, the Plastic Plate 345\*75\*25 (16) shall be removed from the Main Frame (1). If the F50 and j50-75 iron tube are matched, the Plastic Plate 345\*75\*25 (16) shall not be removed.

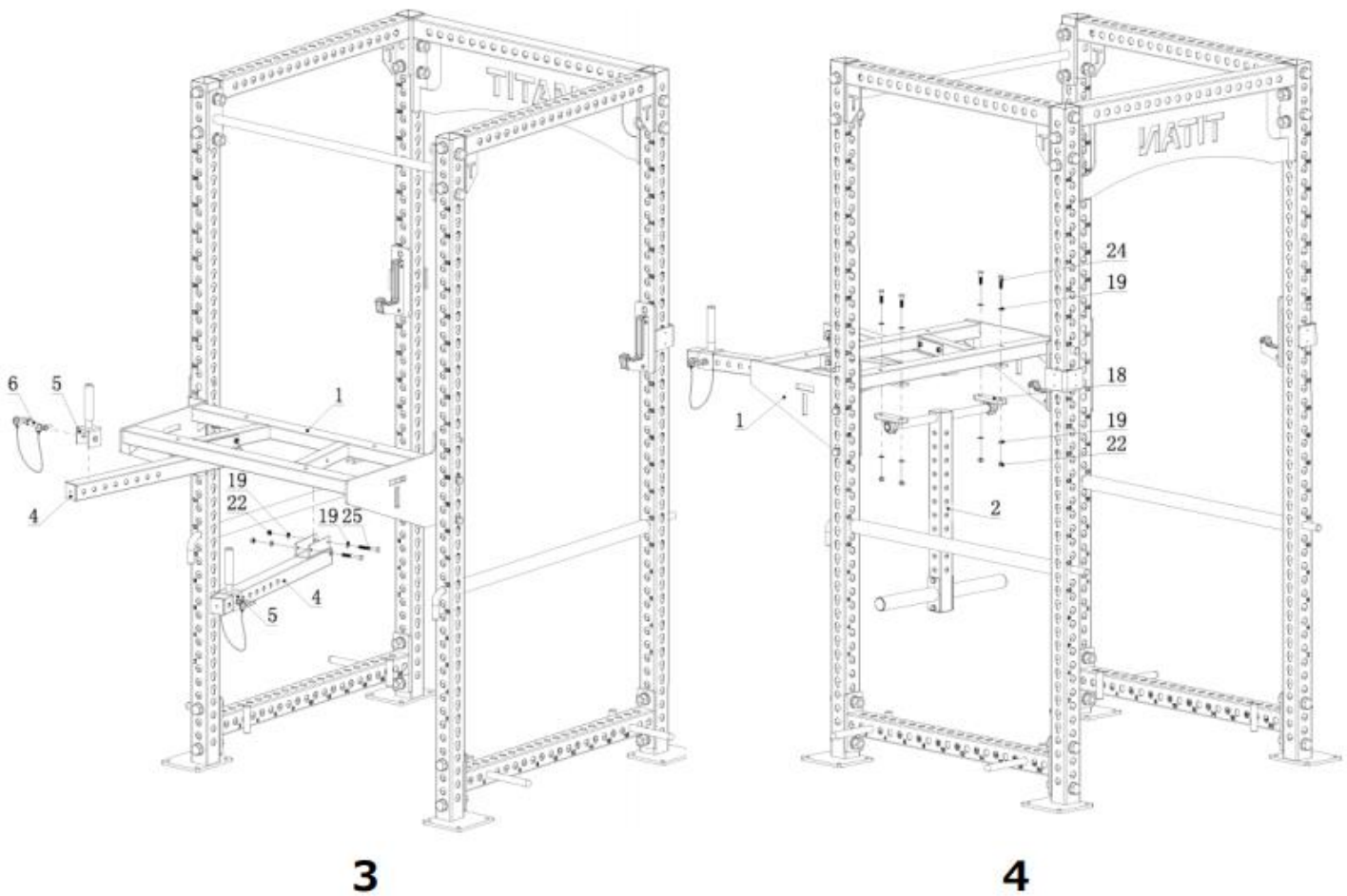


### STEP 2

Fix Main Frame (1) to the Power Rack using Flat Washer  $\Phi 17 \times \Phi 30 \times 3$  (20), Spring Washer  $\Phi 16$  (21), Flat Nut M16 (23) and Full Threaded Hexagonal Bolt M16\*110 (27).

### STEP 3

Assemble Main Frame (1) and Support Frame (4) using Flat Washer  $\Phi 11*\Phi 20*2$  (19), Nut M10 (22) and Hex Bolt M10\*75 (25). 2. Fix Adjustable Handle (5) to the Support Frame (4) using Hitch Pin 1 (6).

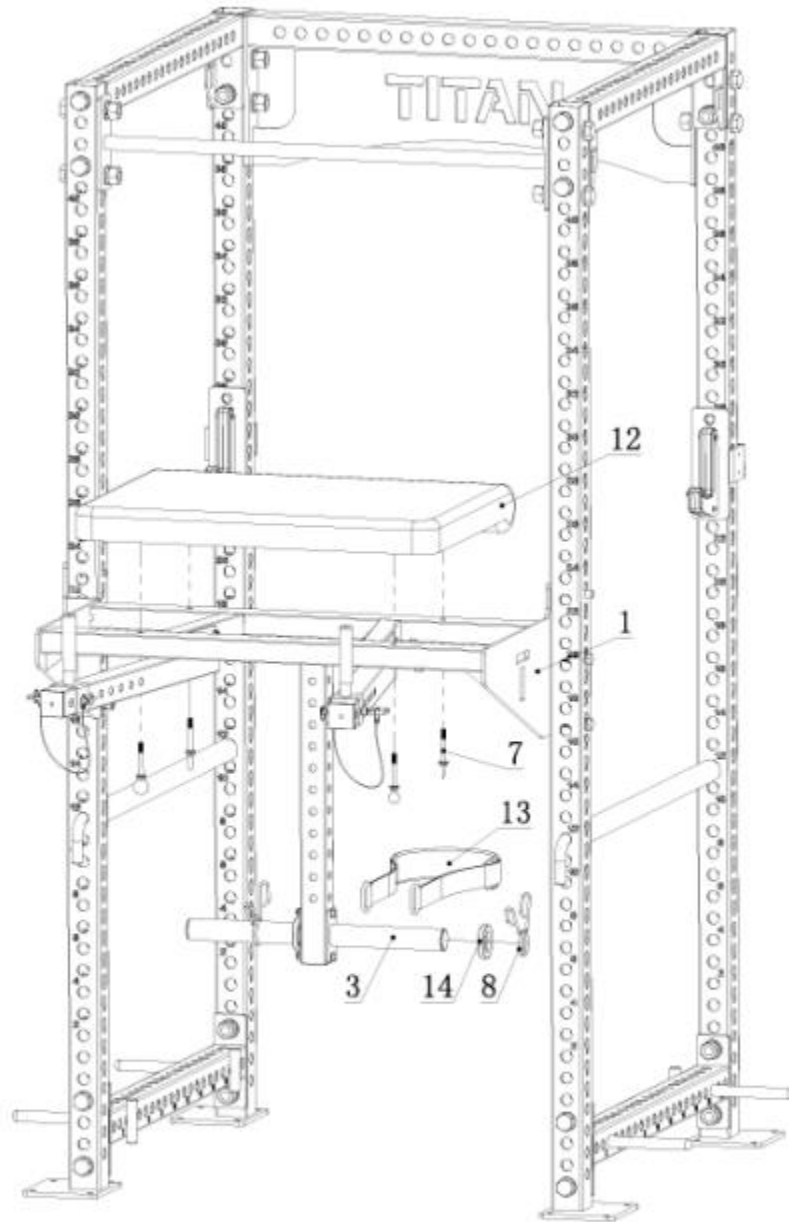


### STEP 4

Sleeve the Insert Bearing with Housing UCP205 (18) onto the Swing Frame (2). 2. Fix the Swing Frame (2) to the Main Frame (1) using Flat Washer  $\Phi 11*\Phi 20*2$  (19), Nut M10 (22) and Hex Bolt M10\*40 (24). 3. Lock M6 fastening screw on Insert Bearing with Housing UCP205 (18).

## STEP 5

Sleeve the Rubber Cover  $\Phi 77 \times \Phi 47.5 \times 13$  (14), the iron rings at both ends of the Belt 1200\*90 (13) and the Spring Clamp  $\Phi 50 \times \Phi 5$  (8) onto the Weight Plate Holder (3) in turn. 2. Install the Cushion 860\*650\*110 (12) on the Main Frame (1) using Hitch Pin 2 (7). Please tighten all the bolts and nuts



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## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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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

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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

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