

T-3/X-3 SERIES RACK MOUNTED LEG CURL AND EXTENSION

T3X3RACKCRL
401828

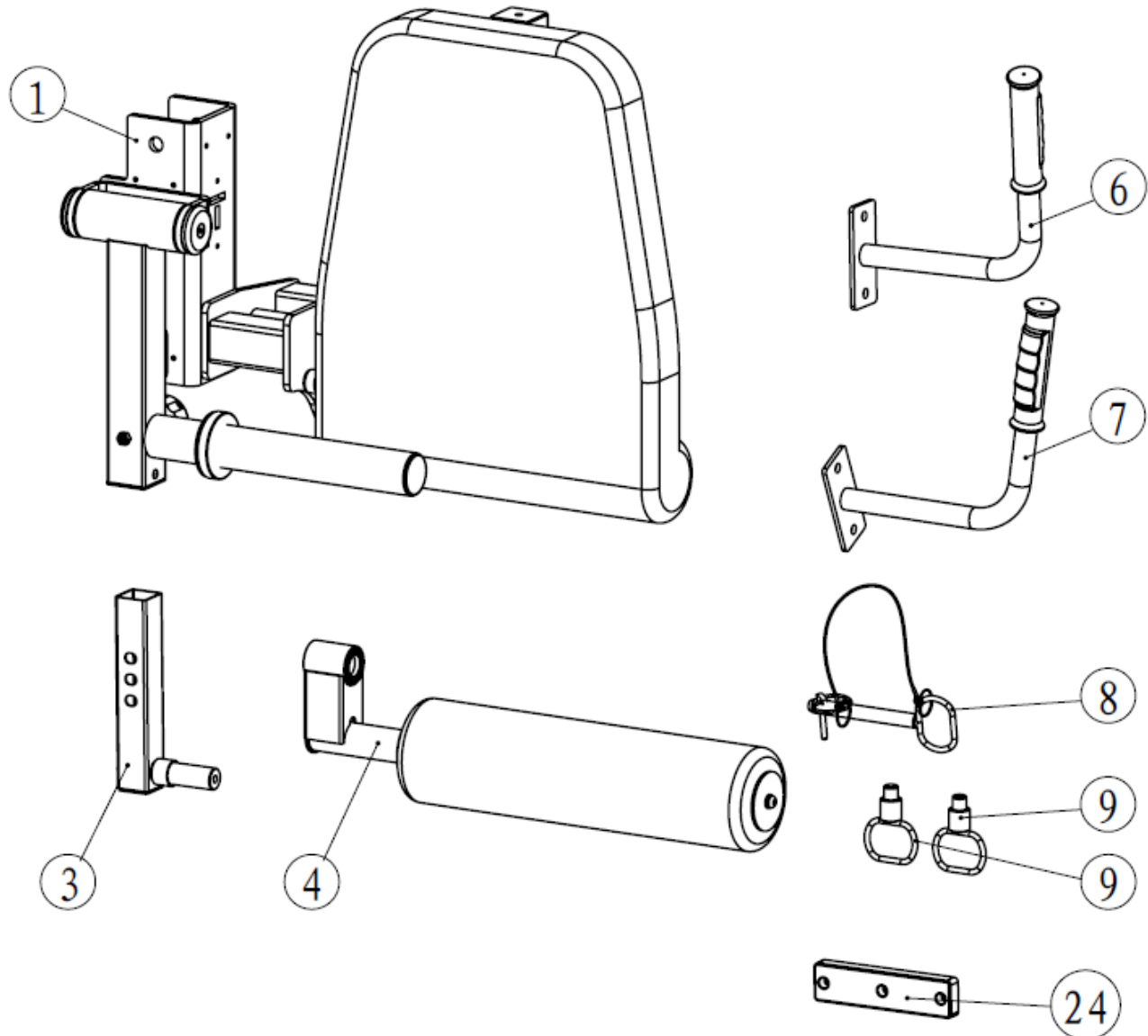


Operator's Manual



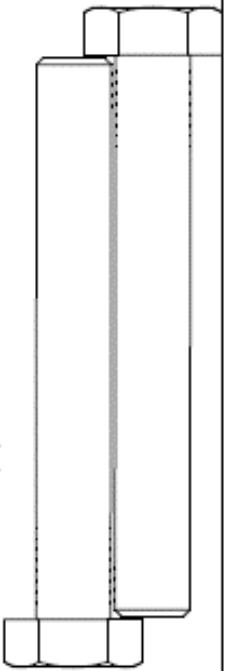
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW

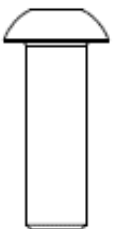


KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	CONNECTING SUPPORT FRAME	1	(7)	RIGHT HANDLEBAR	1
(3)	ADJUSTABLE FRAME	1	(8)	LONG LOCK PIN	1
(4)	FOAM FRAME	1	(9)	LOCK PIN	2
(6)	LEFT HANDLEBAR	1	(24)	THICK GUARD PLATE	1

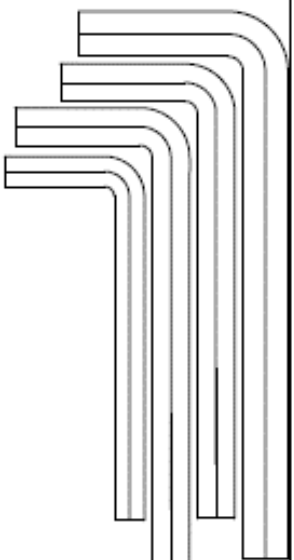
HARDWARE PACK



No. 43 M10X75 (2)



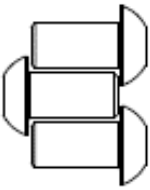
No. 41 M8X25 (1)



Allen Wrench 6mm (1)

Allen Wrench 5mm (2)

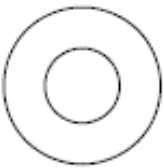
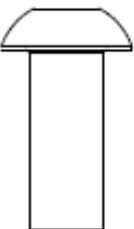
Allen Wrench 4mm (1)



No. 40 M6X12 (3) No. 37 M10 Nut (2)



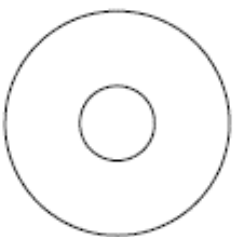
No. 42 M10X25 (1)



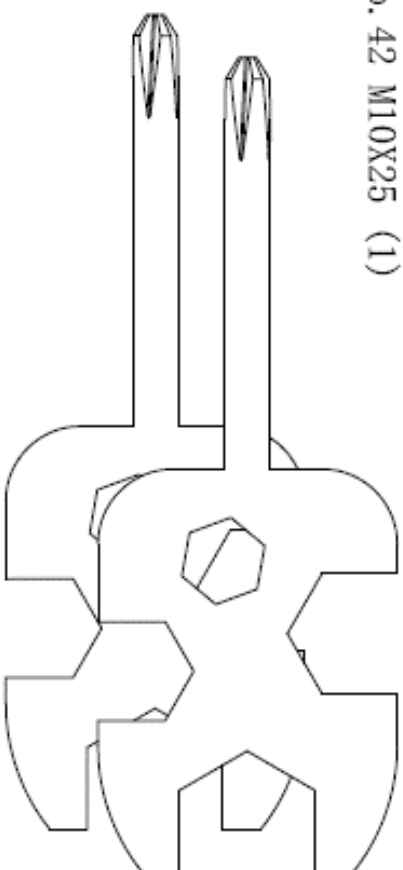
No. 32 ϕ 10 Washer (4)



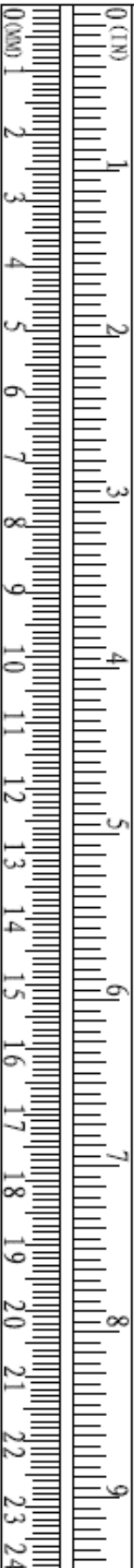
No. 36 ϕ 10 Spring Washer (1)



No. 33 ϕ 10 Washer (1)



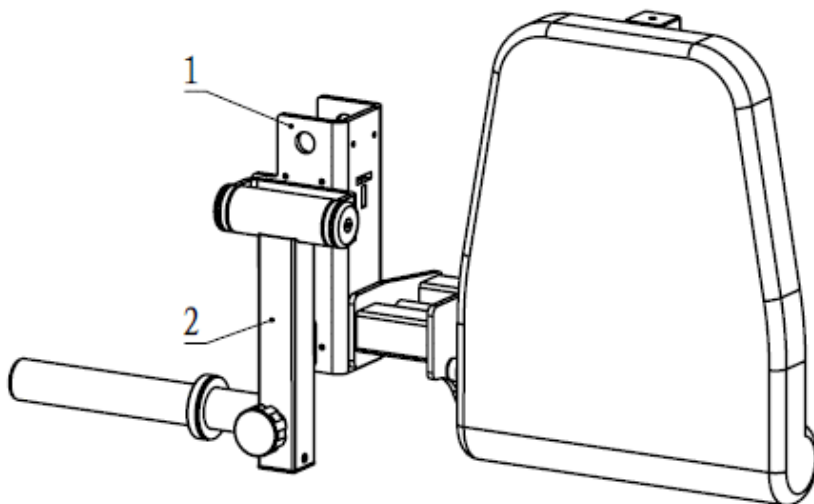
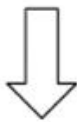
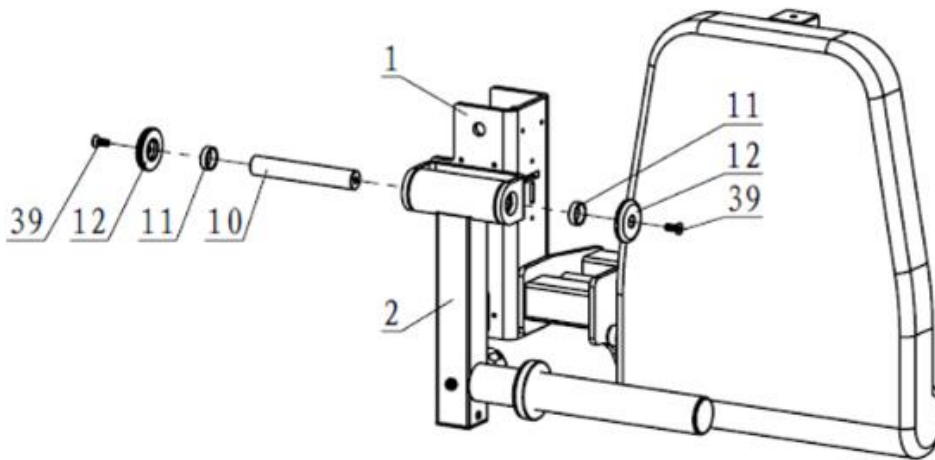
Universal Wrench (2)



ASSEMBLY INSTRUCTIONS

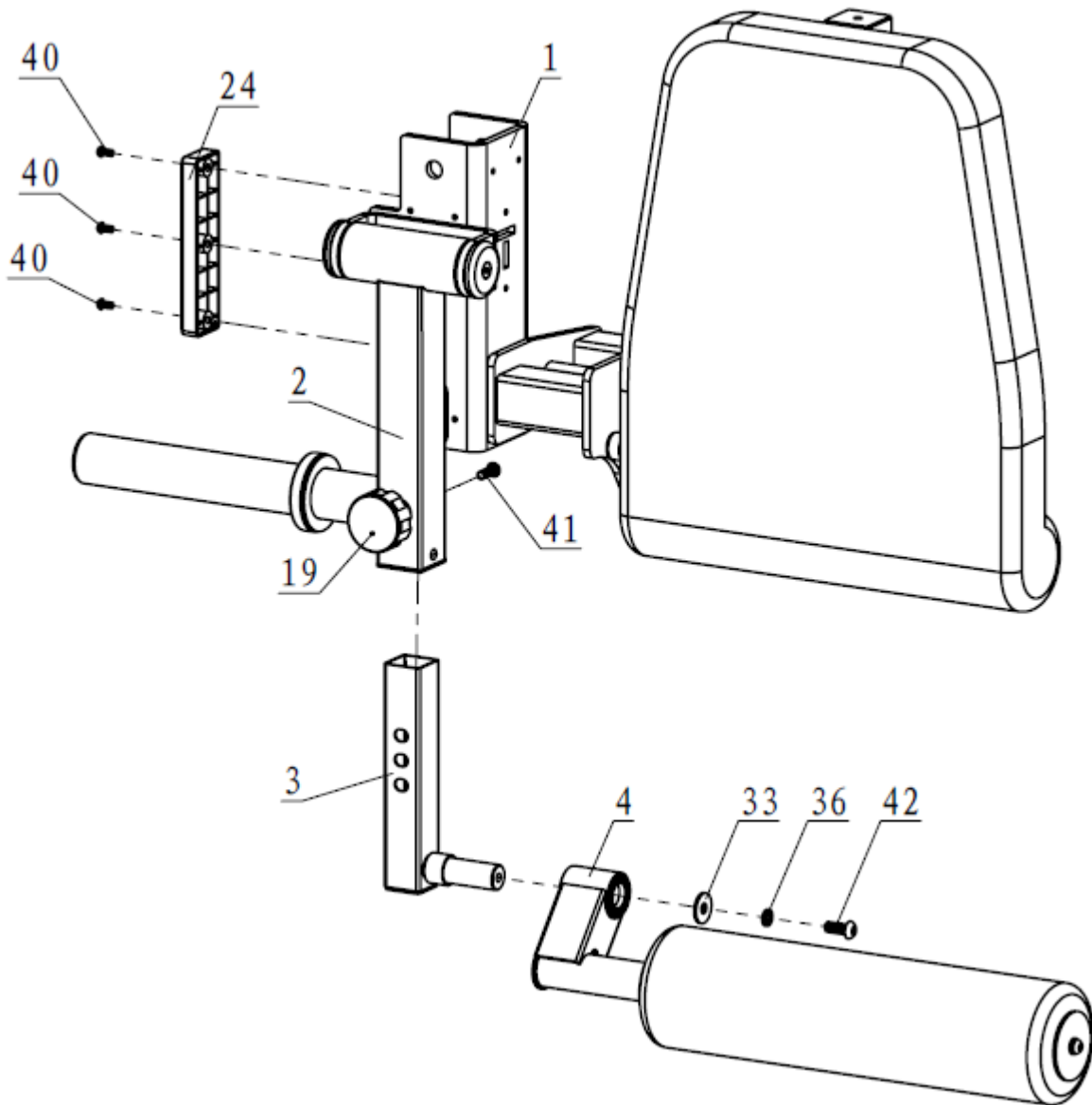
Step 1

- A. Remove the Countersunk Head Screw M8*20(39), Rotating Shaft (10), Spacer Bush (11), Metal End CAP (12) and Swing Frame (2) from the Connecting Support Frame (1).
- B. Reverse the direction of Swing Frame (2), then assemble the Swing Frame (2) on Connecting Support Frame (1), using Rotating Shaft (10), Spacer Bush (11), Metal End CAP (12) and Countersunk Head Screw M8*20 (39).



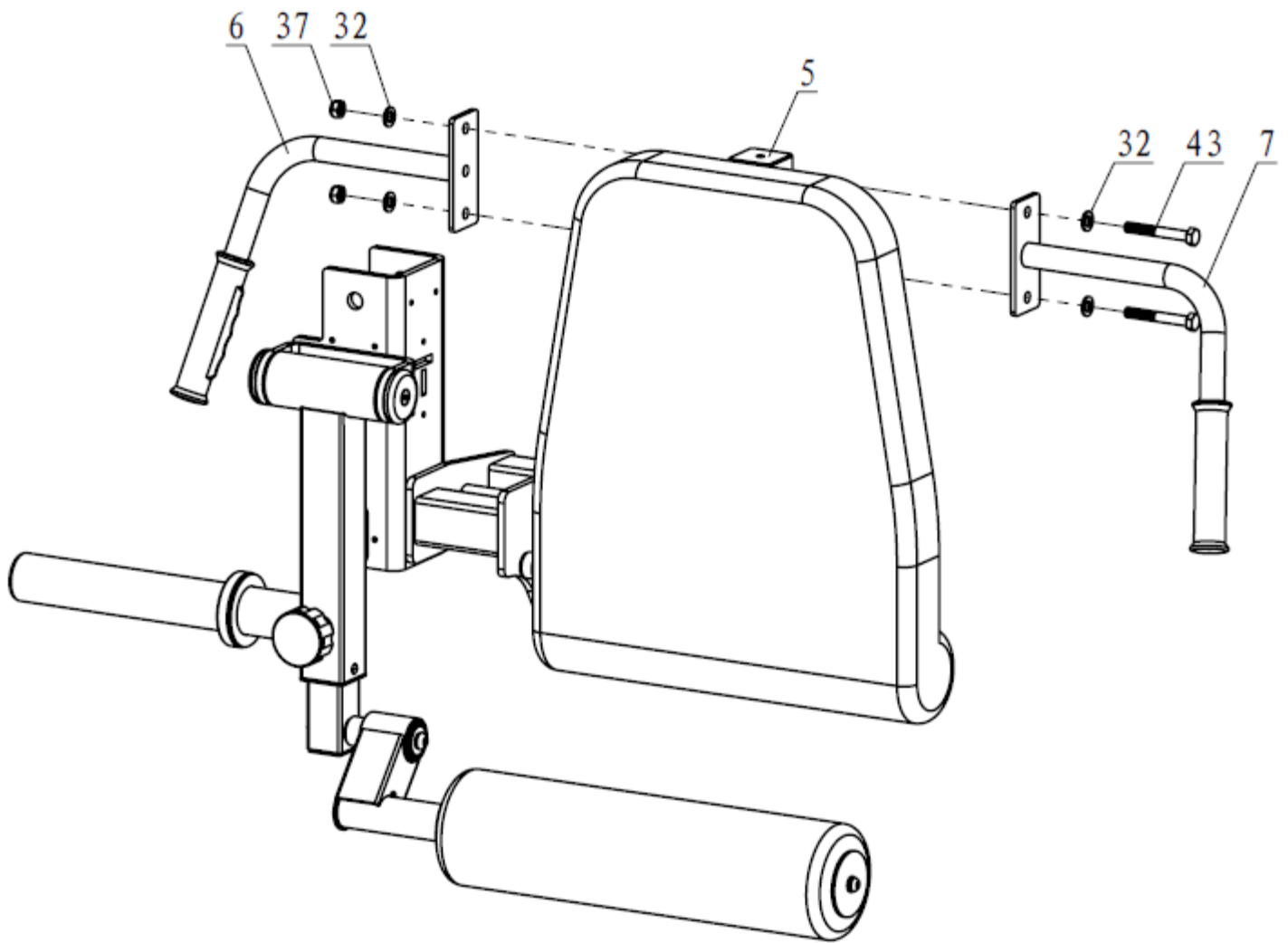
Step 2

- A. Pull the Knob (19), then insert the Adjustable Frame (3) into the Swing Frame (2), fixing by Pan Head, Hex Bolt M8*25 (41).
- B. Connect FOAM Frame (4) and Adjustable Frame (3), using Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (33), Spring Washer $\Phi 10$ (36), and Hex Bolt M10*25 (42).
- C. Assemble Thick Guard Plate (24) on the Support Frame (1), using Pan Head, Allen Bolt M6*12 (40).



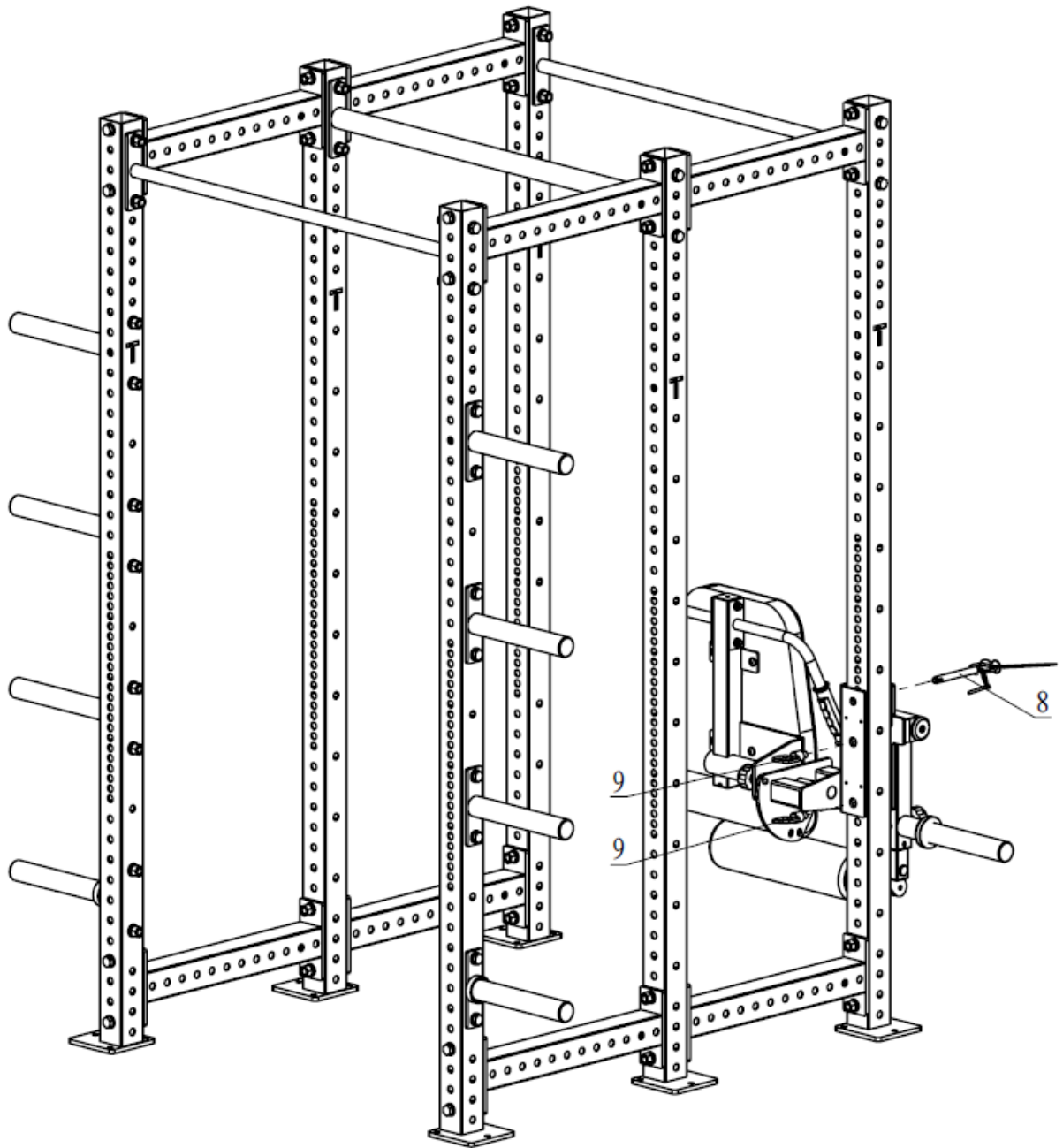
Step 3

Assemble the Left Handlebar (6) and Right Handlebar (7) on the Seat Cushion Frame (5), using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (32), Nut M10 (37) and Hex Bolt M10*75 (43).

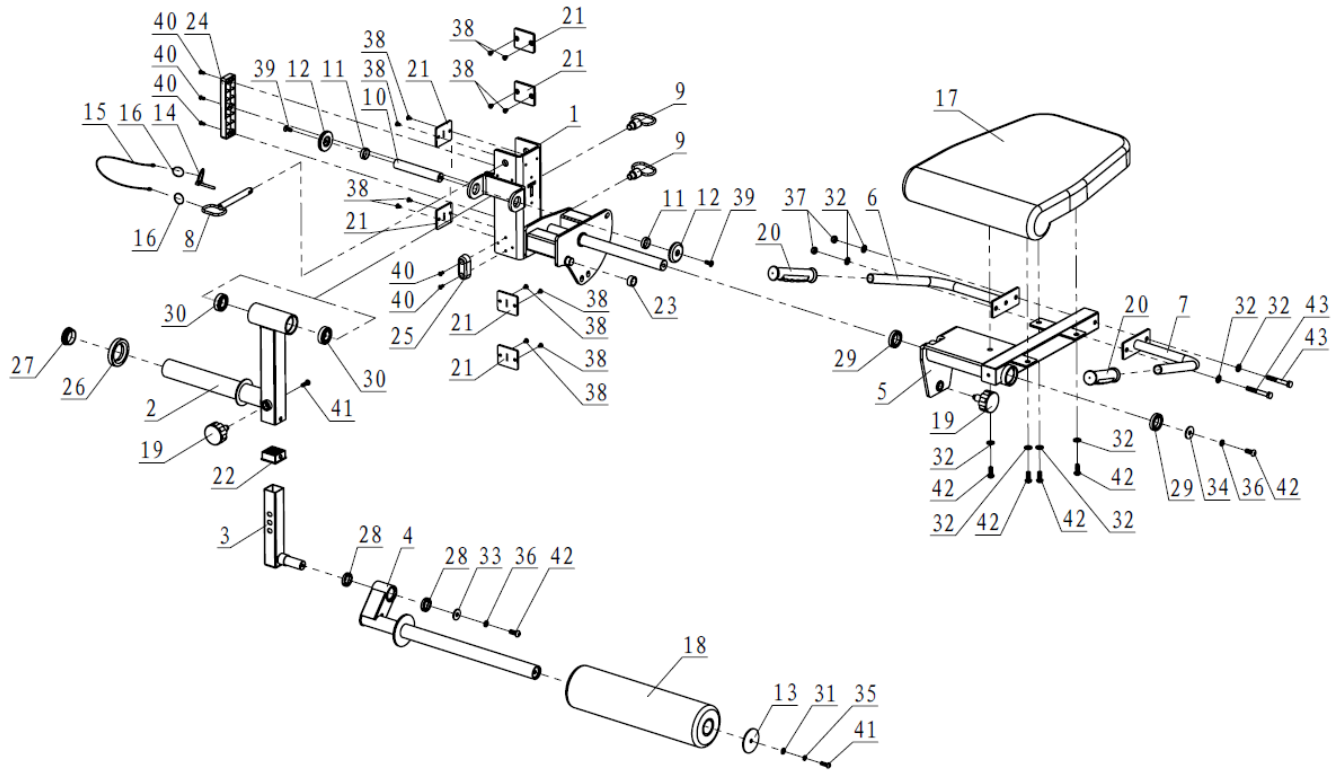


Step 4

Fixing the Leg Curl Rack Attachment on the Power Rack according to the need, using the Long Pin (8) and Lock Pin (9).



FULL PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	SUPPORT FRAME	1	(23)	RUBBER BAFFLE $\Phi 27 * \Phi 20.5 * 13$	1
(2)	SWING FRAME	1	(24)	THICK GUARD PLATE	1
(3)	ADJUSTABLE FRAME	1	(25)	STOPPER $30 * 70 * 20$	1
(4)	FOAM FRAME	1	(26)	SHOCK ABSORBER RUBBER $\Phi 77 * \Phi 47.5 * 13$	1
(5)	SEAT CUSHION FRAME	1	(27)	END CAP $\Phi 48 * 2$	1
(6)	LEFT HANDLEBAR	1	(28)	BEARING 61805ZZ	2
(7)	RIGHT HANDLEBAR	1	(29)	BEARING 61906ZZ	2
(8)	LONG LOCK PIN	1	(30)	BEARING 6005ZZ	2
(9)	LOCK PIN	2	(31)	FLAT WASHER $\Phi 9 * \Phi 16 * 1.6$	1
(10)	ROTATING SHAFT	1	(32)	FLAT WASHER $\Phi 11 * \Phi 20 * 2$	8
(11)	SPACER BUSH $\Phi 30 * \Phi 25.20 * 9$	2	(33)	FLAT WASHER $\Phi 10.5 * \Phi 30 * 2.5$	1
(12)	METAL END CAP $\Phi 56 * \Phi 25.20 * 11$	2	(34)	FLAT WASHER $\Phi 11 * \Phi 34 * 3$	1
(13)	FOAM BAFFLE	1	(35)	SPRING WASHER $\Phi 8$	1
(14)	O-SHAPE PIN	1	(36)	SPRING WASHER $\Phi 10$	2

(15)	SMALL CABLE $\Phi 5.5 \times \Phi 1.6 \times 330$	1	(37)	NUT M10	2
(16)	PULL RING $\Phi 6 \times 182$	2	(38)	COUNTERSUNK HEAD SCREW M6*10	12
(17)	SEAT CUSHION	1	(39)	COUNTERSUNK HEAD SCREW M8*20	2
(18)	FOAM	1	(40)	PAN HEAD, HEX BOLT M6*12	5
(19)	KNOB	2	(41)	PAN HEAD, HEX BOLT M8*25	2
(20)	HANDLE GRIP	2	(42)	PAN HEAD, HEX BOLT M10*25	6
(21)	PLASTIC PLATE 68*58*5	6	(43)	BOLT M10*75	2
(22)	HOLLOW SLEEVE	1			

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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