

# TITAN SERIES RACK MOUNTED LEG CURL AND EXTENSION

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TITANRACKCRL  
401423

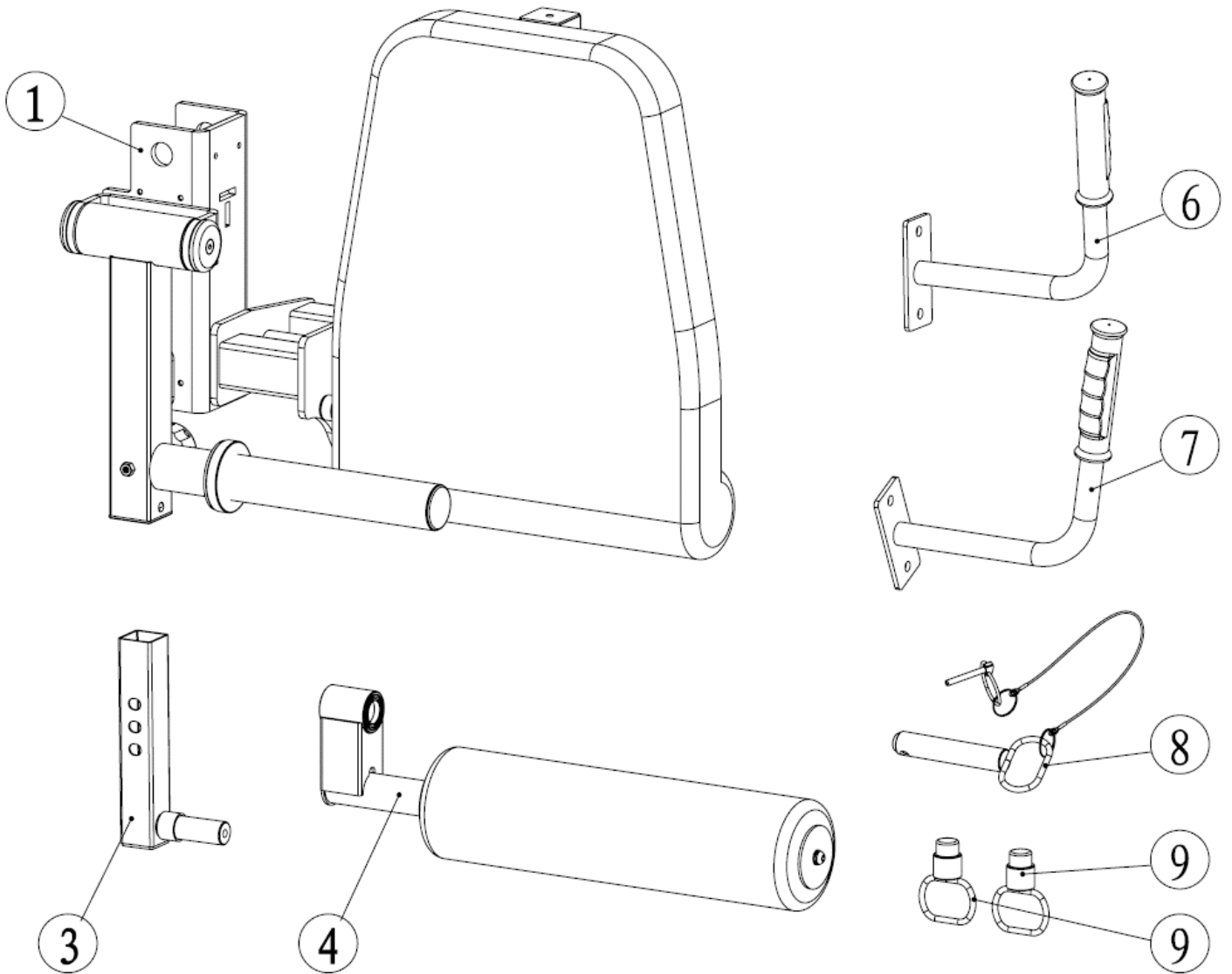


## Operator's Manual



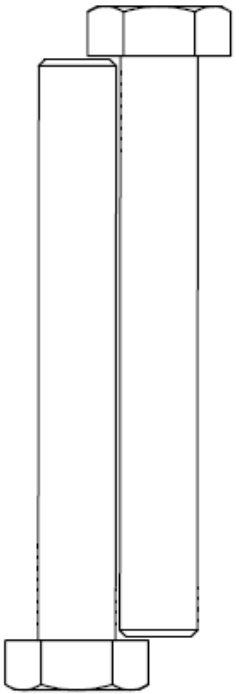
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

**PARTS DIAGRAM / EXPLODED VIEW**

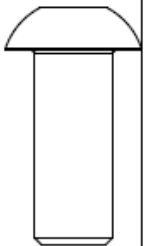


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	CONNECTING SUPPORT FRAME	1	(7)	1	RIGHT HANDLEBAR	1
(3)	1	ADJUSTABLE FRAME	1	(8)	1	HITCH PIN $\Phi 25*135$	1
(4)	1	FOAM FRAME	1	(9)	1	THREADED LOCK PIN	2
(6)	1	LEFT HANDLEBAR	1				

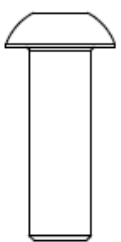
# HARDWARE PACK



No. 42 M10X75 (2)



No. 41 M10X25 (1)



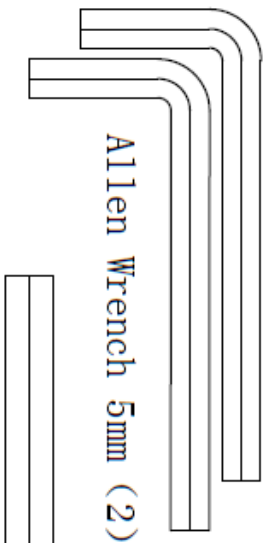
No. 40 M8X25 (1)



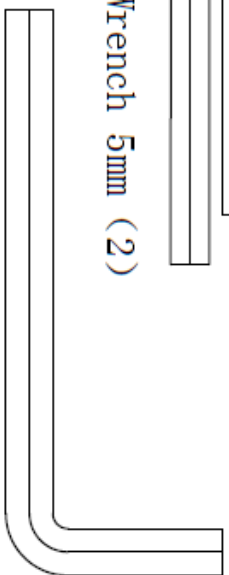
No. 35  $\phi$ 10  
Spring Washer (1)



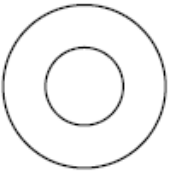
No. 36 M10 Nut (2)



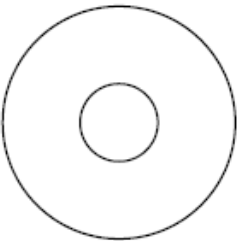
Allen Wrench 5mm (2)



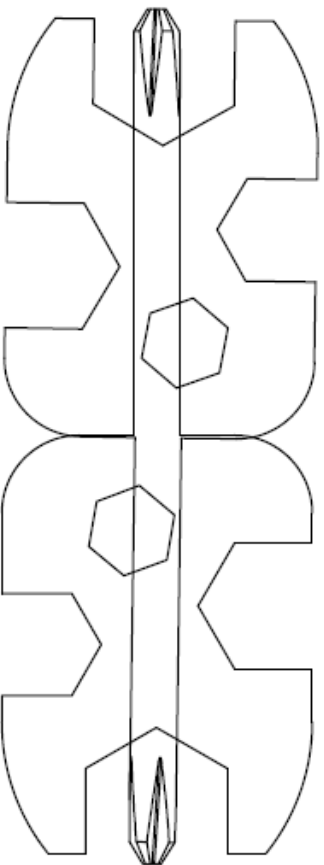
Allen Wrench 6mm (1)



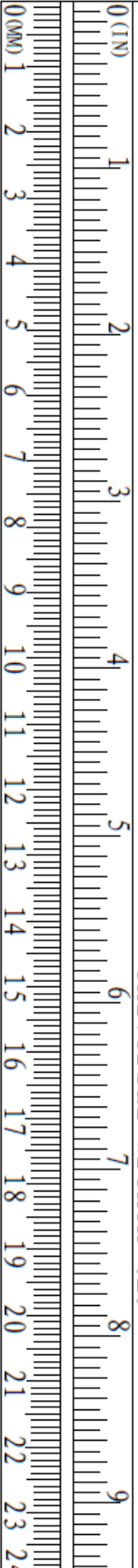
No. 31  $\phi$ 10  
Washer (4)



No. 32  $\phi$ 10  
Washer (1)



Universal Wrench (2)

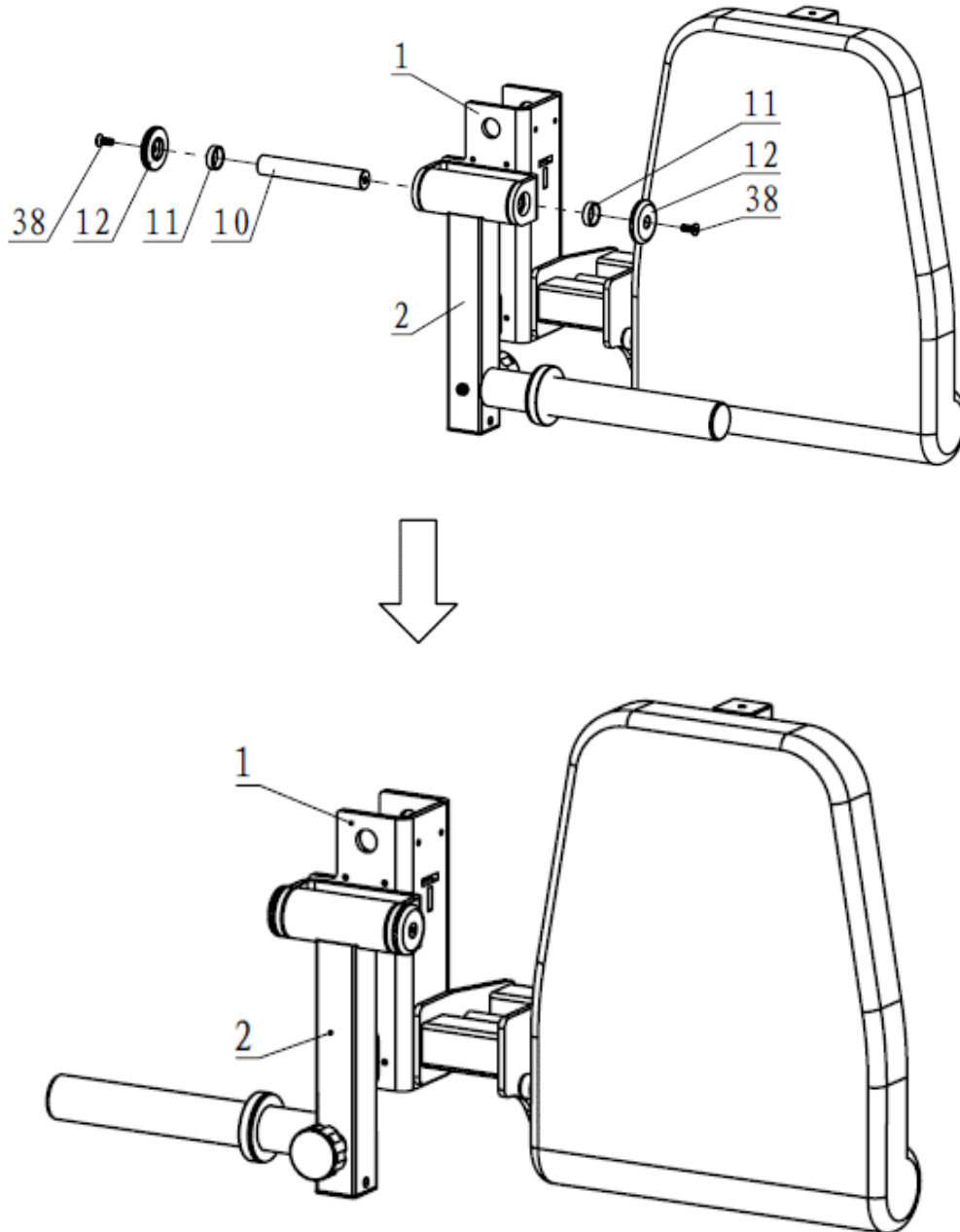


## ASSEMBLY INSTRUCTIONS

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### STEP 1

- A.** Remove the Countersunk Head Screw M8\*20 (38), 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 (38).

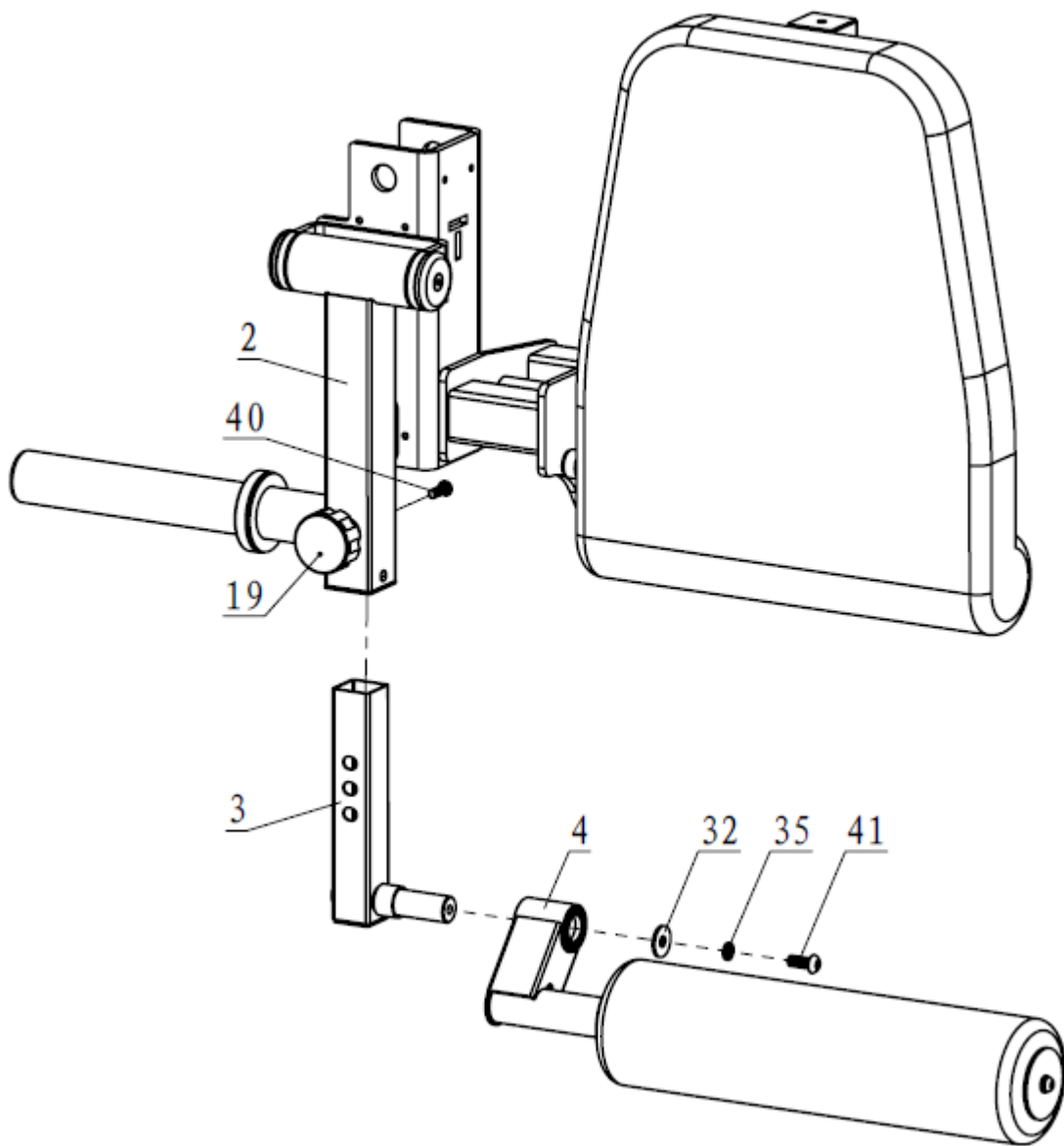


## ASSEMBLY INSTRUCTIONS

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### 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 (40).
- B. Connect FOAM Frame (4) and Adjustable Frame (3), using Flat Washer  $\Phi 10.5*\Phi 30*2.5$  (32), Spring Washer  $\Phi 10$  (35), and Hex Bolt M10\*25 (41).

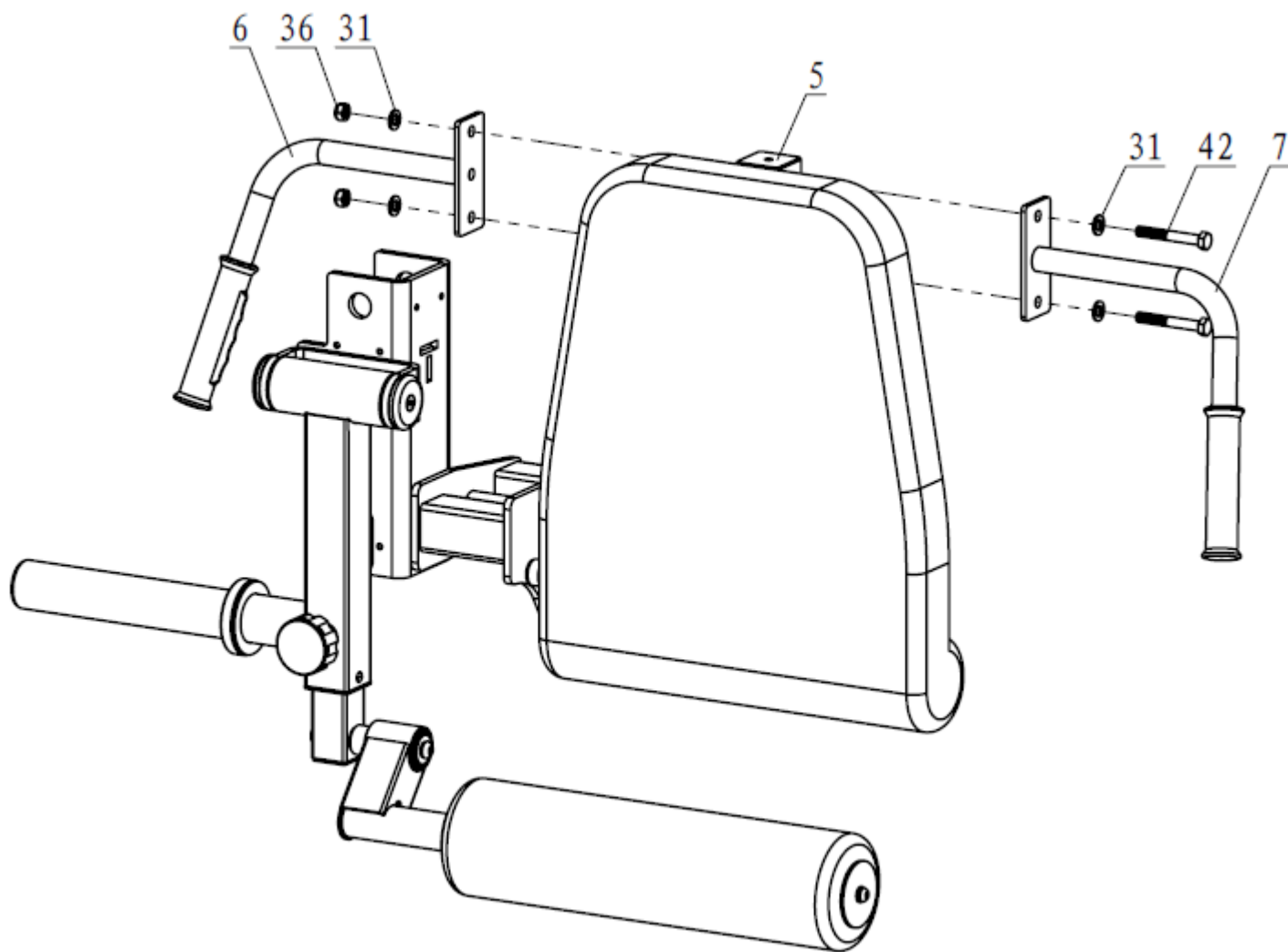


## ASSEMBLY INSTRUCTIONS

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### STEP 3

- A. Assemble the Left Handlebar (6) and Right Handlebar (7) on the Seat Cushion Frame (5), using Flat Washer  $\Phi 11*\Phi 20*2$  (31), Nut M10 (36) and Hex Bolt M10\*75 (42).

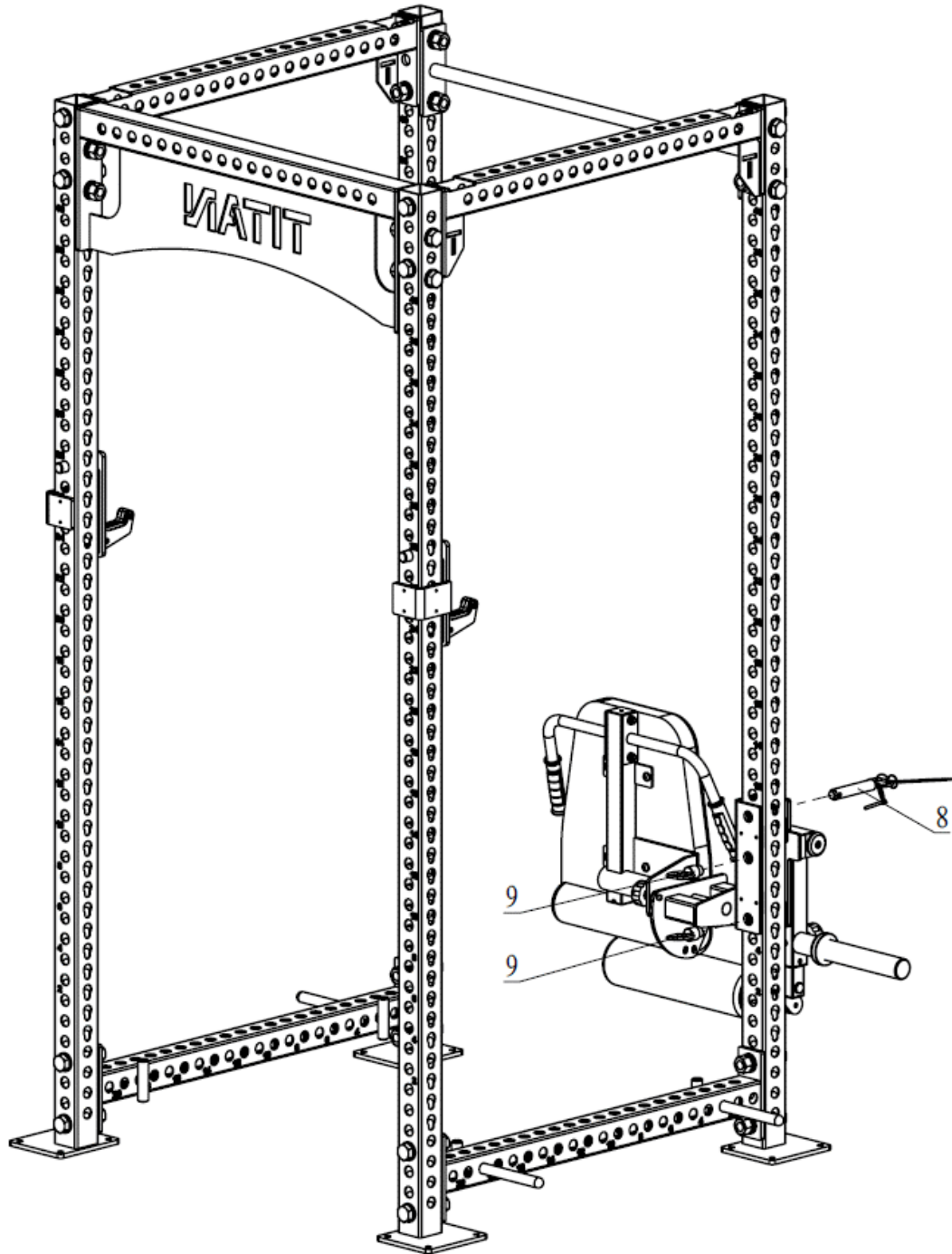


## ASSEMBLY INSTRUCTIONS

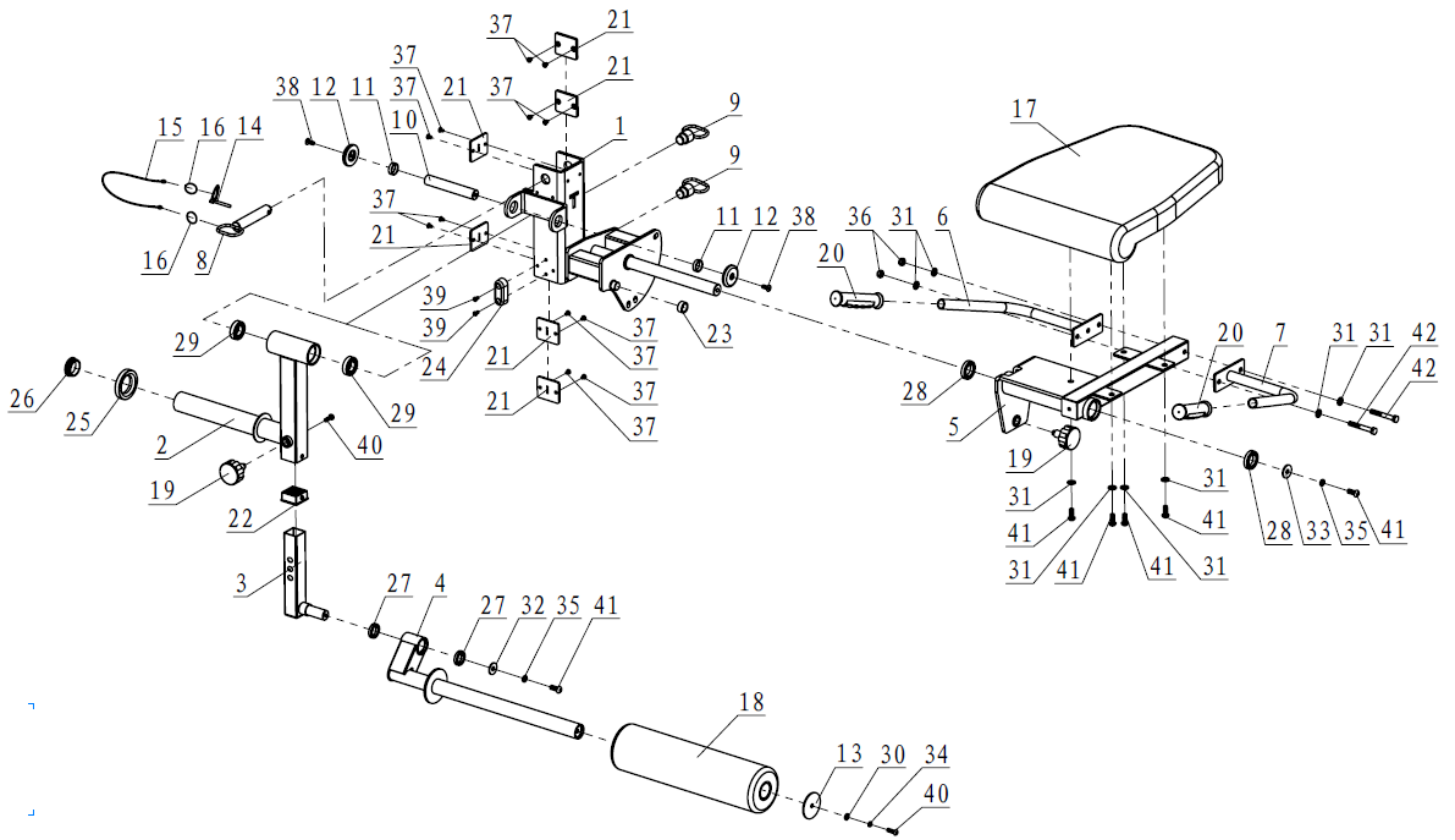
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### STEP 4

- A. 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	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	BASE FRAME	1	(22)	1	HOLLOW SLEEVE	1
(2)	1	SWING FRAME	1	(23)	1	RUBBER BAFFLE Φ27*Φ20.5*13	1
(3)	1	ADJUSTABLE FRAME	1	(24)	1	STOPPER 30*70*20	1
(4)	1	FOAM FRAME	1	(25)	2	SHOCK ABSORBER RUBBERΦ77*Φ47.5*13	1
(5)	1	SEAT CUSHION FRAME	1	(26)	2	END CAP Φ48*2	1
(6)	1	LEFT HANDLEBAR	2	(27)	2	BEARING 61805ZZ	2
(7)	1	RIGHT HANDLEBAR	1	(28)	1	BEARING 61906ZZ	2
(8)	1	HITCH PIN Φ25*135	1	(29)	1	BEARING 6005ZZ	2
(9)	1	THREADED LOCK PIN	2	(30)	1	FLAT WASHER Φ9*Φ16*1.6	1



(10)	1	ROTATING SHAFT	1	(31)	1	FLAT WASHER Φ11*Φ20*2	8
(11)	1	SPACER BUSH Φ30*Φ25.20*9	2	(32)	1	FLAT WASHER Φ10.5*Φ30*2.5	1
(12)	1	METAL END CAP Φ30*Φ25.20*11	2	(33)	1	FLAT WASHER Φ11*Φ34*3	1
(13)	1	FOAM BAFFLE	1	(34)	1	SPRING WASHER Φ8	1
(14)	1	HITCH PIN LOCK	1	(35)	1	SPRING WASHER Φ10	2
(15)	1	SMALL CABLE Φ5.5*Φ1.6*330	1	(36)	1	NUT M10	2
(16)	1	PULL RING Φ6*182	2	(37)	1	COUNTERSUNK HEAD SCREW M6*10	12
(17)	1	SEAT CUSHION	1	(38)	1	COUNTERSUNK HEAD SCREW M8*20	2
(18)	1	FOAM	1	(39)	1	PAN HEAD, HEX BOLT M6*12	2
(19)	1	KNOB	2	(40)	1	PAN HEAD, HEX BOLT M8*25	2
(20)	1	HANDLE GRIP	2	(41)	1	PAN HEAD, HEX BOLT M10*25	6
(21)	1	PLASTIC PLATE	6	(42)	1	BOLT M10*75	2

## 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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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://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](http://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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