

RACK MOUNTED SQUAT MAX

SQTMAXRCK1 - SQTMAXRCK2

401846

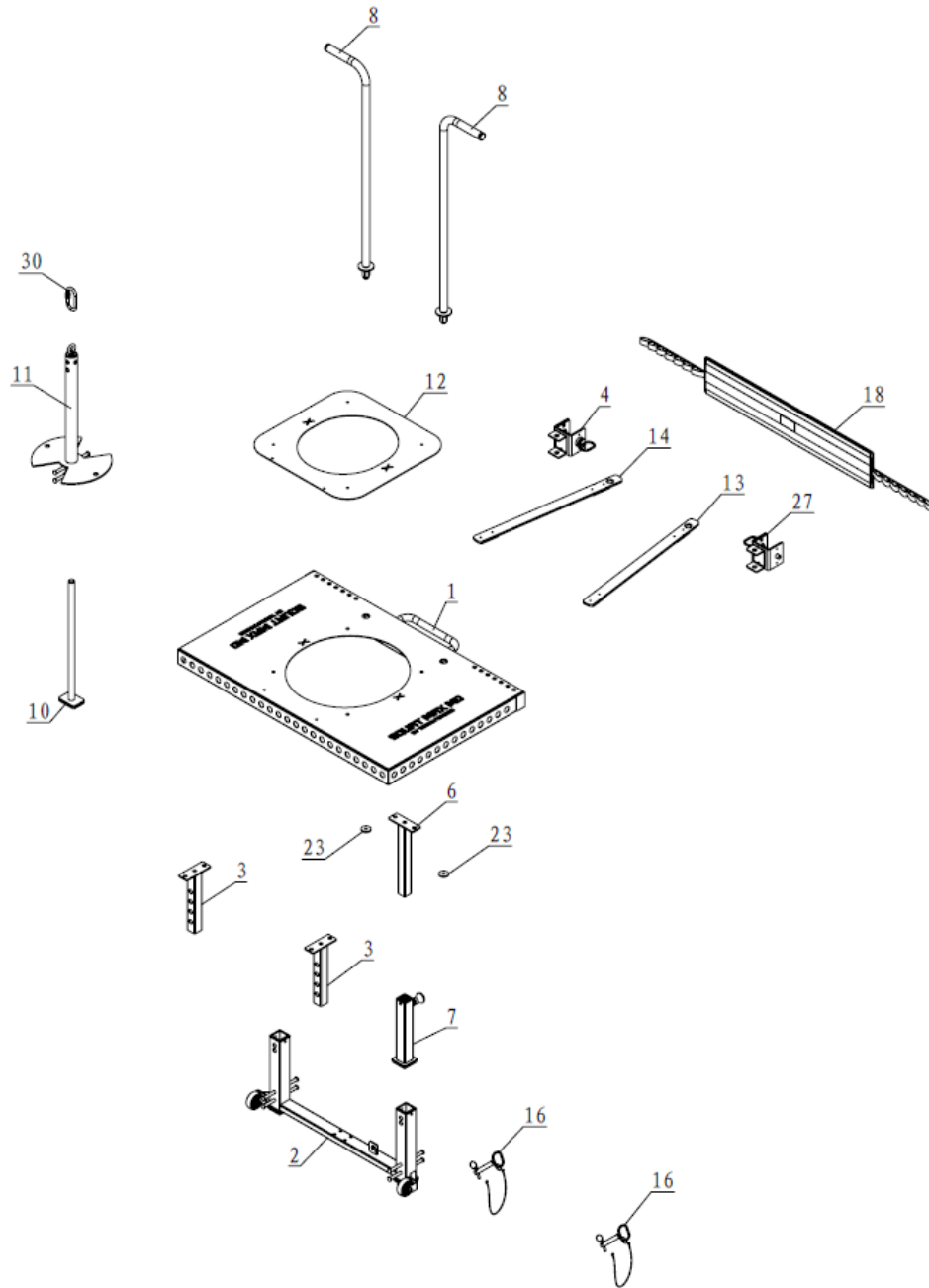


Operator's Manual



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!

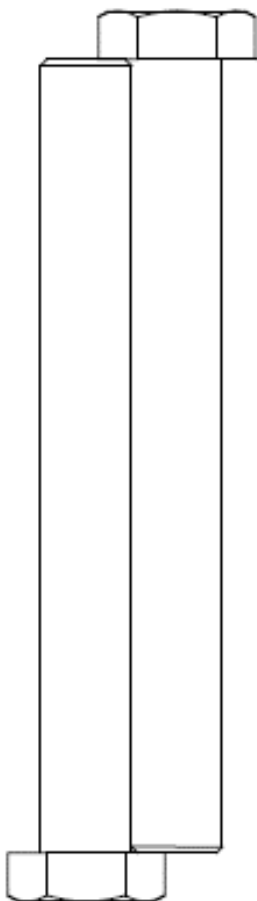
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	PEDAL FRAME	1	11	1	LOAD-BEARING FRAME	1
2	1	BASE FRAME	1	12	1	WEIGHT PLATE HOLDER	1
3	1	ADJUSTABLE FRAME	2	13	1	RIGHT SAFETY FRAME	1
4	1	CONNECTING FRAME	2	14	1	LEFT SAFETY FRAME	1
6	1	SUPPORT INNER FRAME	1	16	1	PIN	2
7	1	SUPPORT OUTER FRAME	1	18	1	TAPE 970*175*16	1
8	1	HANDLE FRAME	2	23	1	METAL PLATE $\Phi 40*\Phi 10*5$	2
10	1	STOPPER	1	30	1	SAFETY HOOK $\Phi 10*110$	1

HARDWARE PACK (1/2)

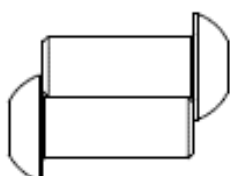
TAN-SR



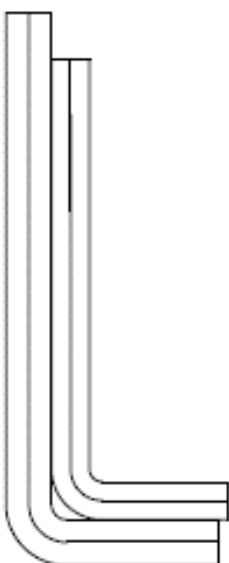
No. 38 M12X105 (2)



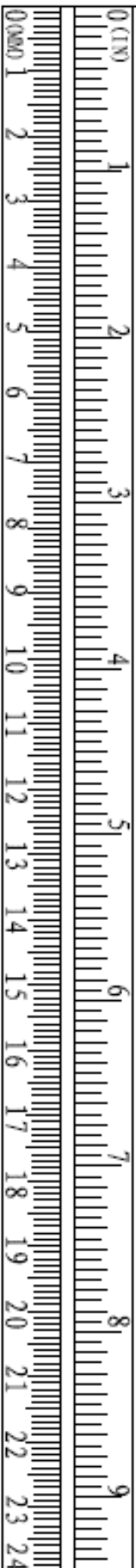
No. 34 ø8 Washer (2) No. 32 M8X20 (2)



No. 42 ø12 Spring Washer (6) No. 33 ø8 Spring Washer (2)

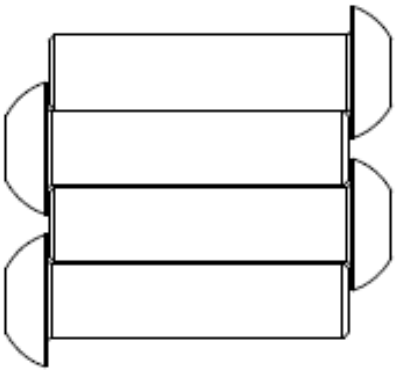


Allen Wrench 5mm
Allen Wrench 6mm

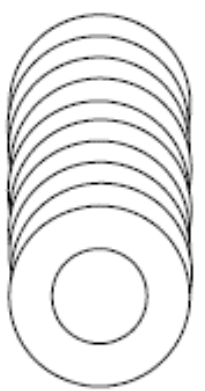


HARDWARE PACK (2/2)

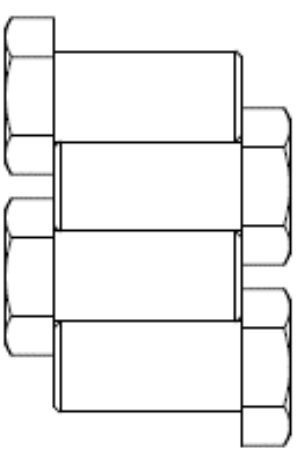
TAN-SR



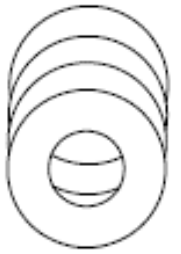
No. 35 M10X40 (4)



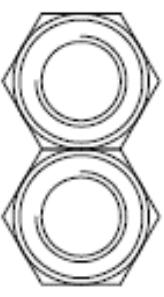
No. 41 ø12 Washer (10)



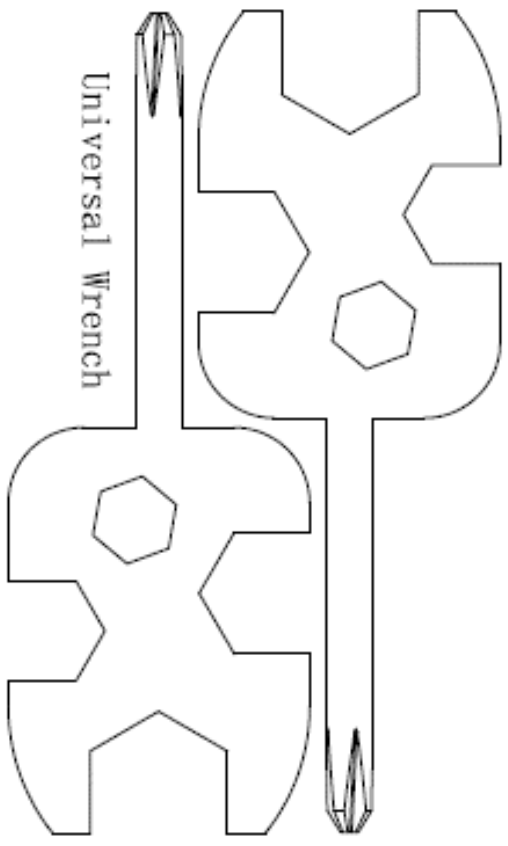
No. 37 M12X25 (4)



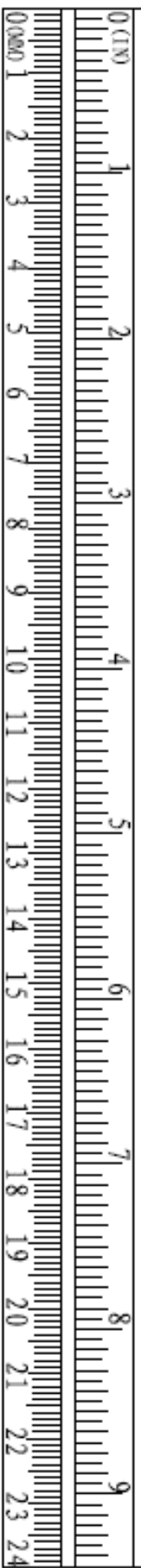
No. 40 ø10 Washer (4)



No. 43 M12 Nut (2)



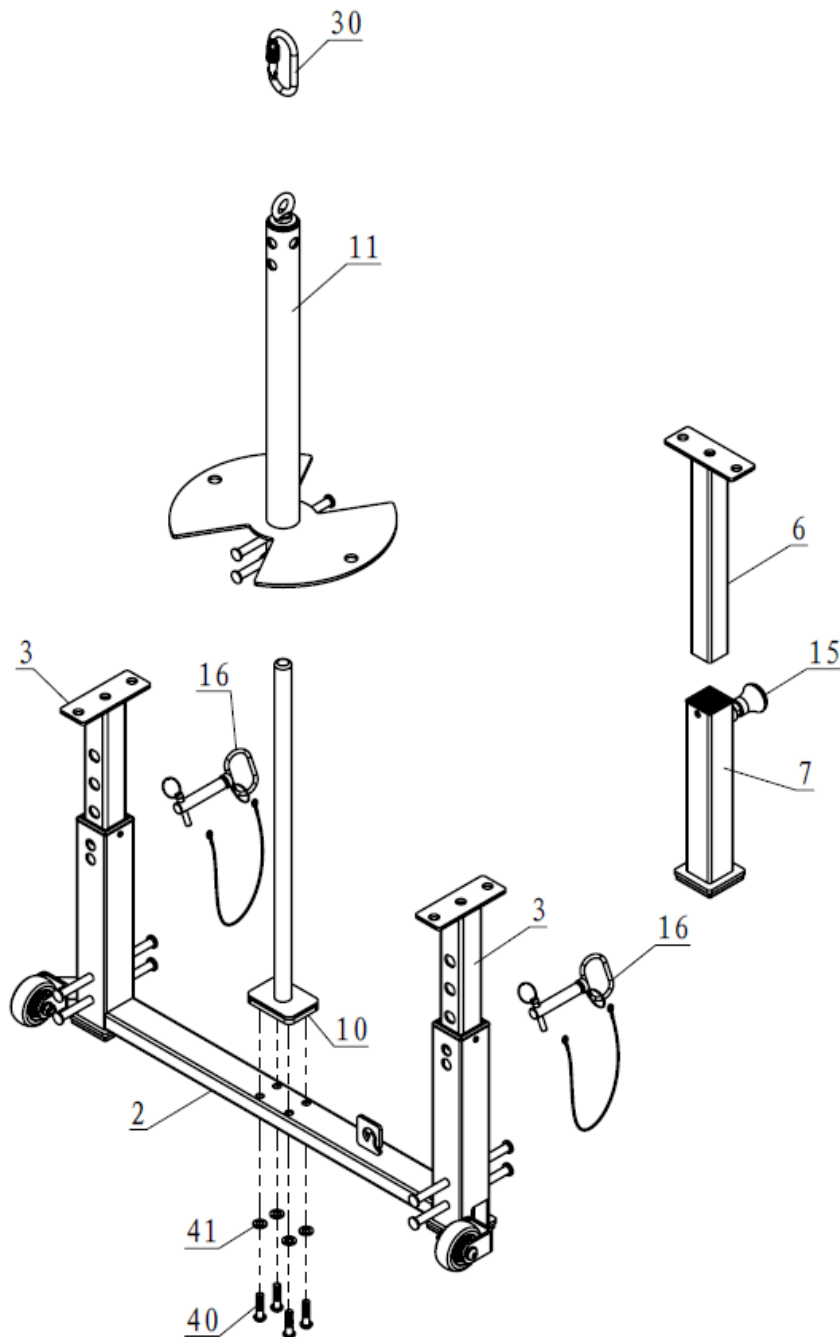
Universal Wrench



ASSEMBLY INSTRUCTIONS

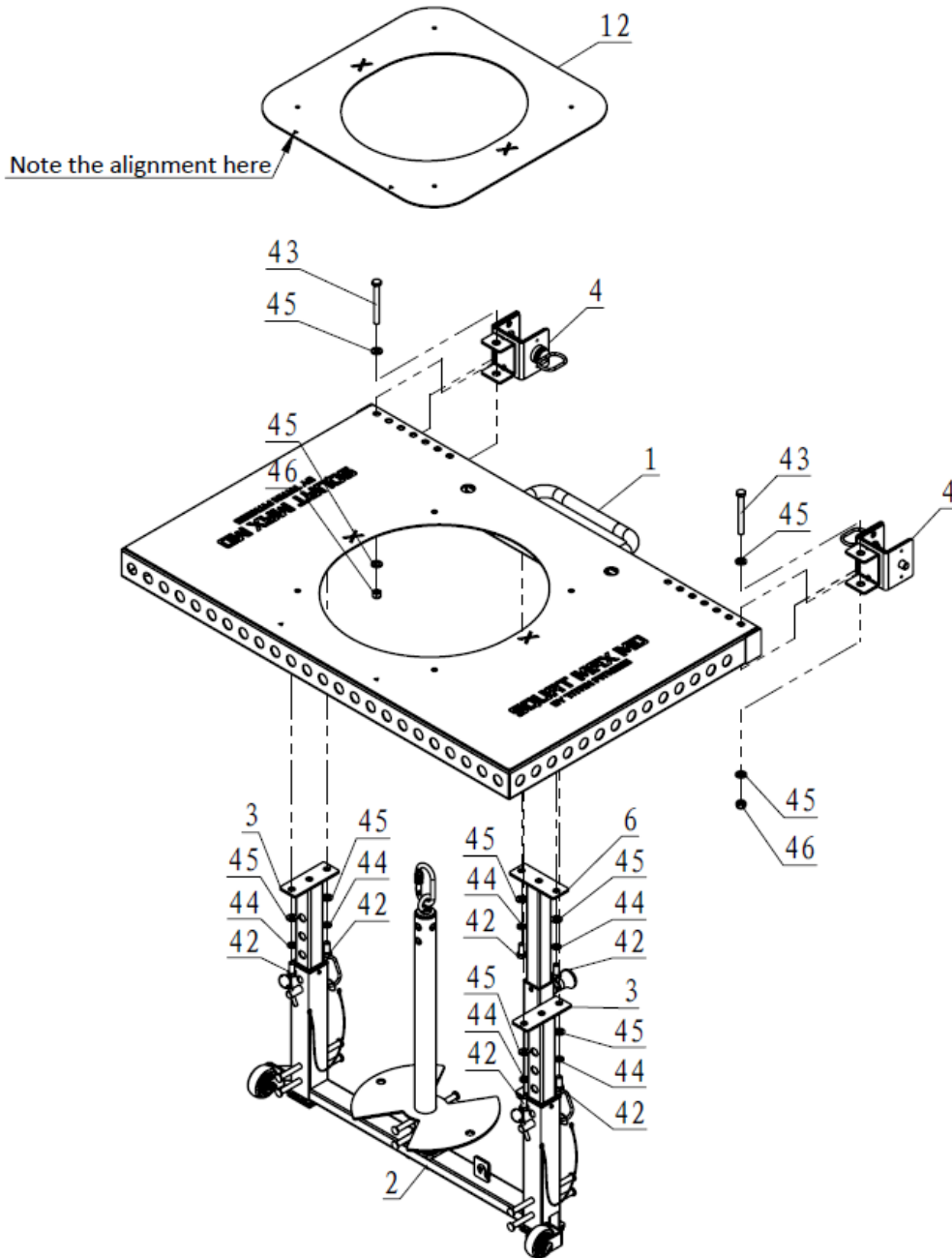
STEP 1

1. Install the Safety Hook (30) on the Load-bearing Frame (11).
2. Connect Stopper (10) and Base Frame (2), using Flat Washer $\Phi 11 * \Phi 20 * 2$ (41) and Hex Bolt M10*40 (40).
3. Install the Load-bearing Frame (11) on the Stopper (10).
4. Insert the Support Inner Frame (6) into the Support Outer Frame (7), fixing by Pin (15).
5. Fix the Support Outer Frame (3) on the Base Frame (2), using Pin (16)



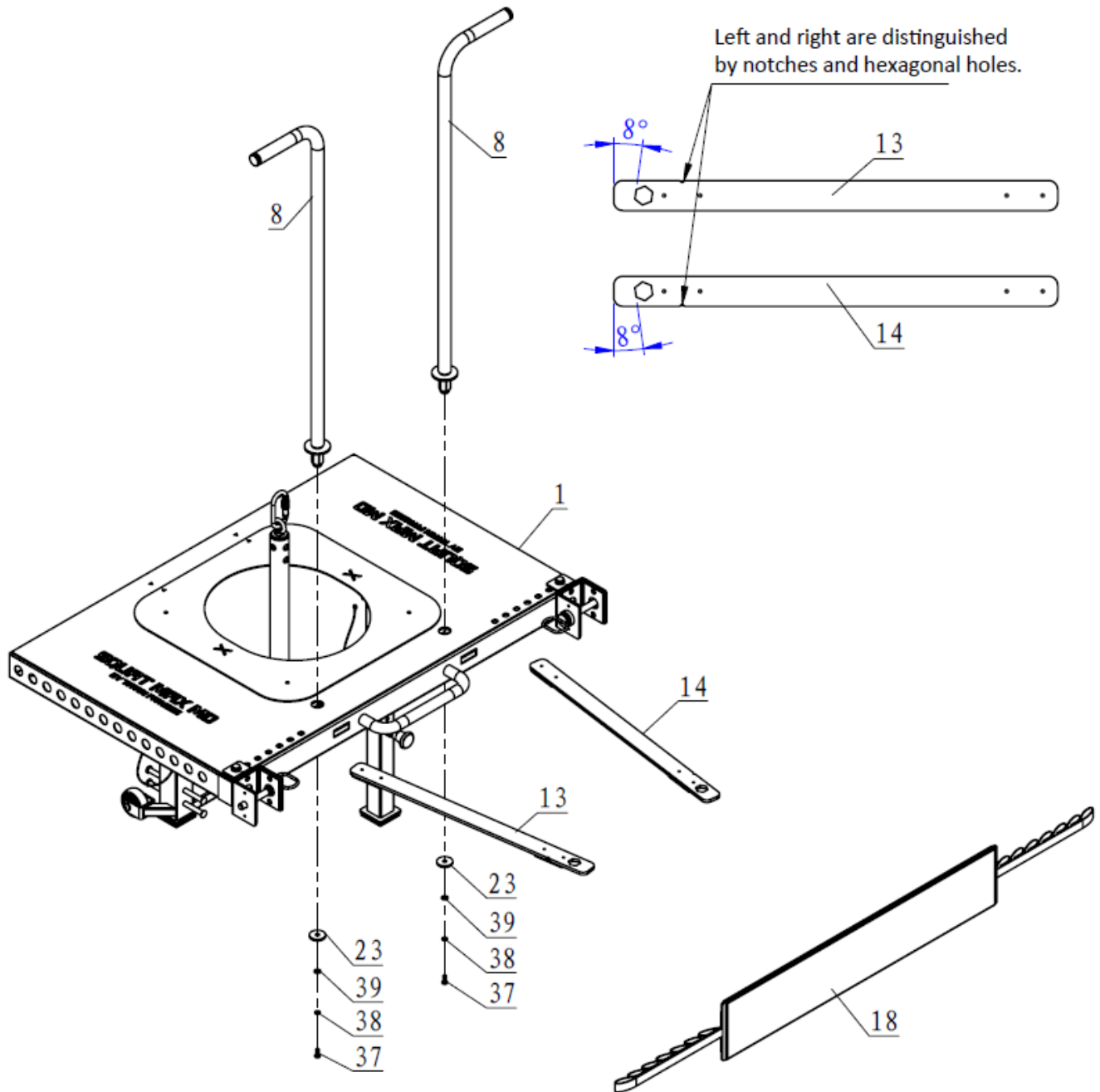
STEP 2

1. Put the Weight Plate Support (12) on the Pedal Frame (1).
2. Install the Connecting Frame on the Pedal Frame (1), using Flat Washer $\Phi 11*\Phi 20*2$ (41), Nut M12(46), and Hex Bolt M12*105(43).
3. Connect the Support Outer Frame (3) with Pedal Frame (1), using Flat Washer $\Phi 13.5*\Phi 24*2.5$ (45), Spring Washer $\Phi 12$, and Hex Bolt M12*25(42).

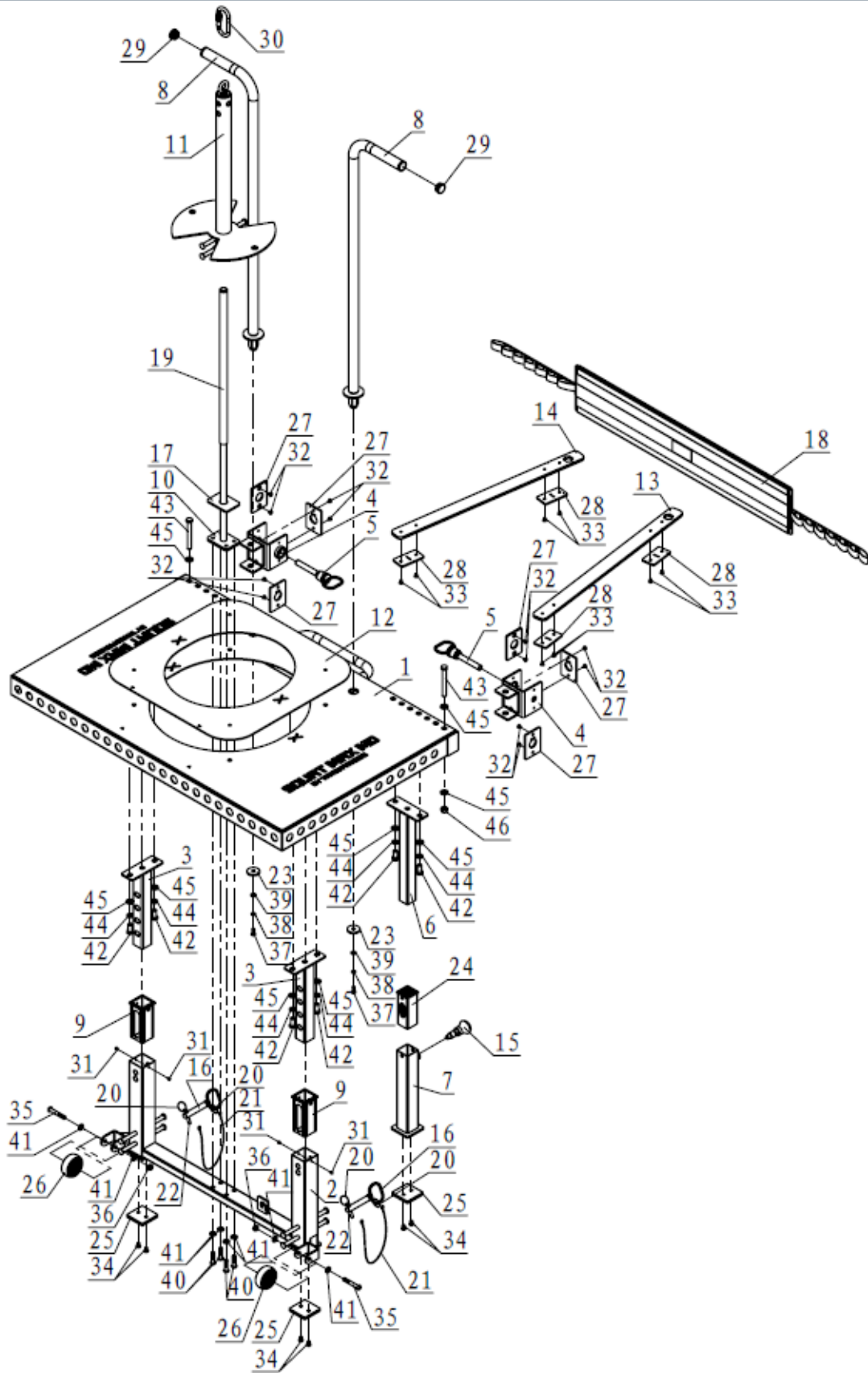


STEP 3

1. Insert the Right Safety frame (13) and Left Safety Frame (14) into the Pedal Frame (1).
2. Insert the Handle (8) through the Pedal Frame (1), and the Right Safety frame (13) and Left Safety Frame (14), fixing by metal Plate (23), Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (39), Spring $\Phi 8$ (38), and Hex Bolt M8*20(61).
3. Put the Tape (18) on the Pedal (1).



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



FULL PARTS LIST

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	PEDAL FRAME	1	(24)	2	HOLLOW SLEEVE	6
(2)	2	BASE FRAME	1	(25)	2	FLOOR MAT	6
(3)	2	ADJUSTABLE FRAME	1	(26)	2	ROLLER $\Phi 75 \times 40$	4
(4)	2	CONNECTING FRAME	1	(27)	2	GUARD PLATE $95 \times 68 \times 5$	4
(5)	2	BUMPER PIN	1	(28)	2	GUARD PLATE $90 \times 48 \times 5$	2
(6)	2	SUPPORT INNER FRAME	1	(29)	2	END CAP $\Phi 32 \times 2$	2
(7)	2	SUPPORT OUTER FRAME	1	(30)	2	SAFETY HOOK $\Phi 10 \times 110$	4
(8)	2	HANDLE	1	(31)	2	CROSS RECESSED PAN HEAD SCREW $M4 \times 6$	2
(9)	2	HOLLOW SLEEVE	1	(32)	2	PAN HEAD, HEX BOLT $M6 \times 8$	4
(10)	2	STOPPER	1	(33)	2	PAN HEAD, HEX BOLT $M6 \times 10$	3
(11)	2	LOAD-BEARING FRAME	2	(34)	2	PAN HEAD, HEX BOLT $M8 \times 12$	4
(12)	1	WEIGHT PLATE HOLDER	1	(35)	2	PAN HEAD, HEX BOLT $M10 \times 65$	2
(13)	2	RIGHT SAFETY FRAME	2	(36)	2	NUT $M10$	4
(14)	2	LEFT SAFETY FRAME	2	(37)	2	PAN HEAD, HEX BOLT $M8 \times 20$	4
(15)	2	PIN ASSEMBLY	1	(38)	2	SPRING WASHER $\Phi 8$	2
(16)	2	PIN	2	(39)	2	FLAT WASHER $\Phi 9 \times \Phi 16 \times 1.6$	16
(17)	2	BUFFERED WASHER $90 \times 65 \times 5$	1	(40)	2	PAN HEAD, HEX BOLT $M10 \times 40$	4
(18)	2	TAPE $970 \times 175 \times 16$	2	(41)	2	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	4
(19)	2	PLASTIC DIP SLEEVE	2	(42)	2	HEX BOLT $M12 \times 25$	28
(20)	2	RING $\Phi 1.5 \times 31$	2	(43)	2	HEX BOLT $M12 \times 105$	2
(21)	2	SMALL CABLE $\Phi 5.5 \times \Phi 1.6 \times 330$	2	(44)	2	SPRING WASHER $\Phi 12$	8
(22)	2	SMALL PIN $\Phi 11 \times \Phi 8 \times 50$	2	(45)	2	FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$	8
(23)	2	METAL PLATE $\Phi 40 \times \Phi 10 \times 5$	8	(46)	2	NUT $M12$	8

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.

THE TITAN LIMITED WARRANTY FOUND AT 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.



NEED HELP? CONTACT US FIRST.

1-888-410-1503

info@titan.fitness

www.titan.fitness

© 2023 Titan Brands