

TITAN SERIES ADJUSTABLE FID BENCH

DBENCH

400554

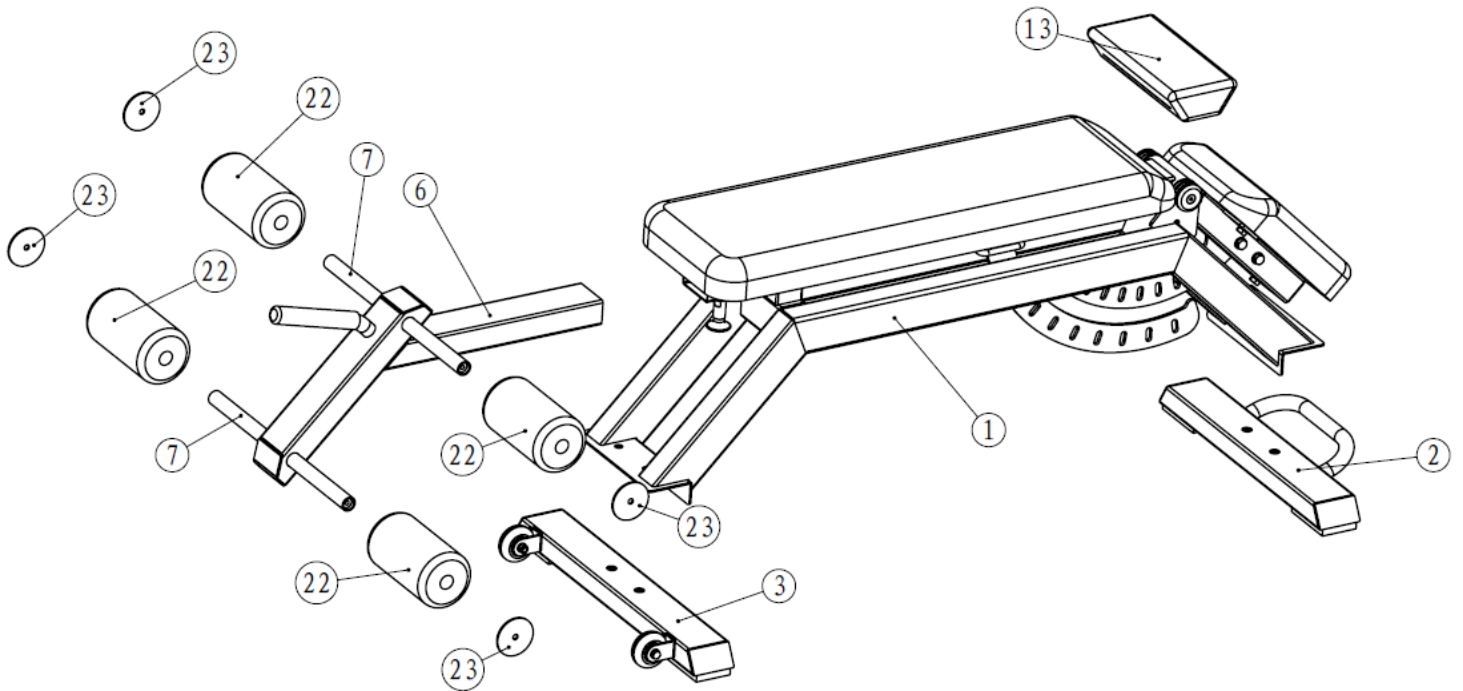


Operator's Manual



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!

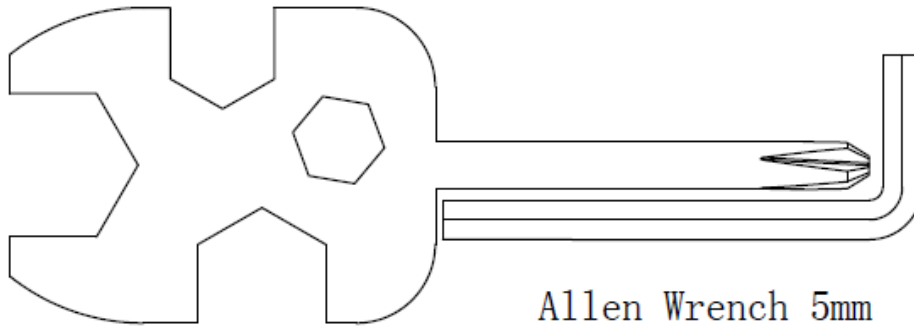
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	MAIN FRAME	1	24	10MM WASHER	4
2	FRONT BASE FRAME	1	25	8MM WASHER	4
3	REAR BASE FRAME	1	26	10MM SPRING WASHER	4
6	FOAM FRAME	1	27	8MM SPRING WASHER	4
7	FOAM TUBE	2	28	10MM X 25MM BOLT	4
13	SEPARATE CUSHION	1	31	8MM X 20MM BOLT	4
22	FOAM	4		UNIVERSAL WRENCH	1
23	FOAM BAFFLE	4		ALLEN WRENCH 5MM	1

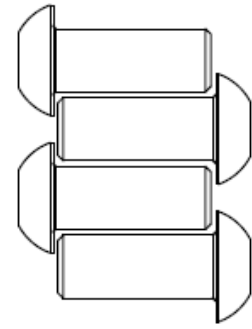
NOTE: HARDWARE IS SHOWN ACTUAL SIZE WHEN PRINTED AT 100%

HARDWARE PACK

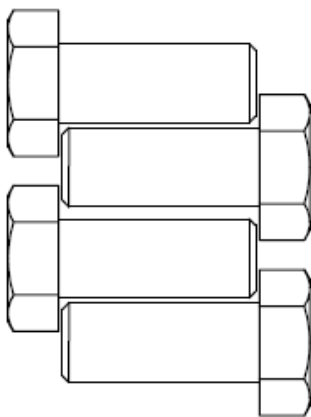


Allen Wrench 5mm

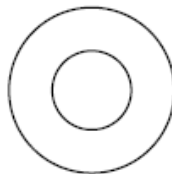
Universal Wrench



No. 31 M8X20 (4)



No. 28 M10X25 (4)



No. 24 Ø10 Washer (4)



No. 25 Ø8 Washer (4)



No. 26 Ø10 Spring Washer (4)

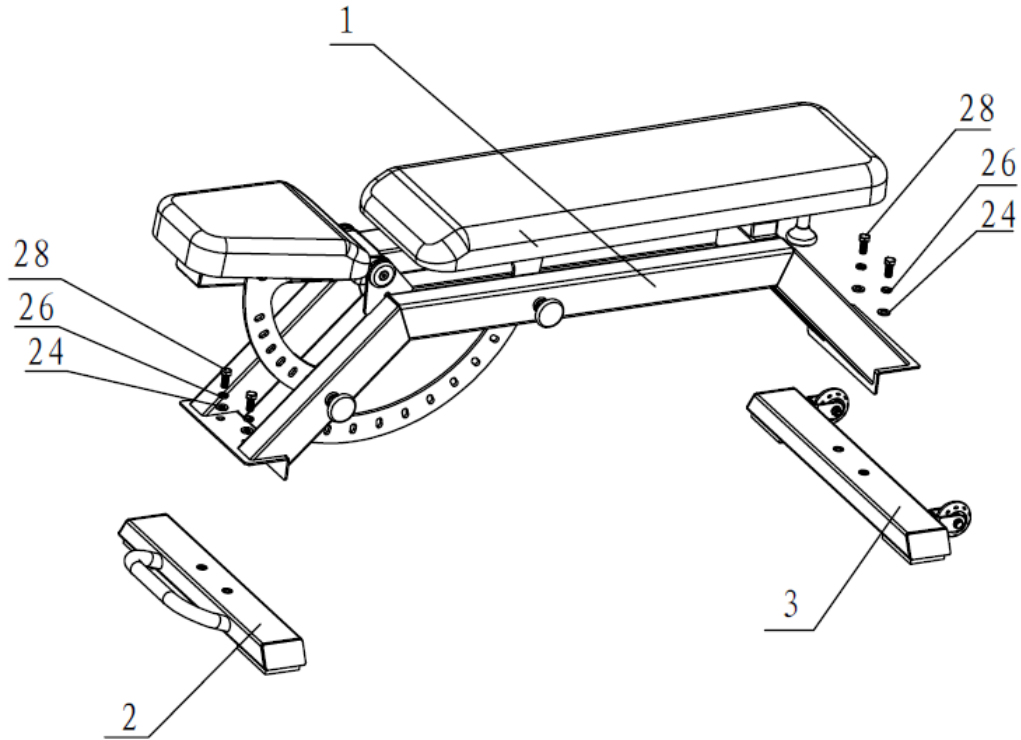


No. 27 Ø8 Spring Washer (4)

ASSEMBLY INSTRUCTIONS

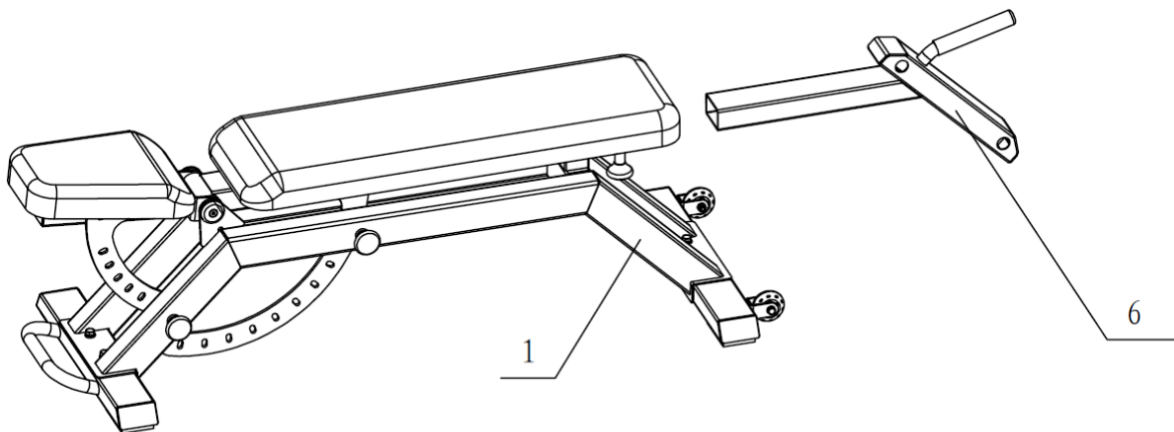
STEP 1

Install Front Base Frame (2) and Rear Base Frame (3) to Main Frame (1), Using Flat Washer $\Phi 11*\Phi 20*2$ (24), Spring Washer $\Phi 10$ (26) and Hex Bolt M10*25 (28).



STEP 2

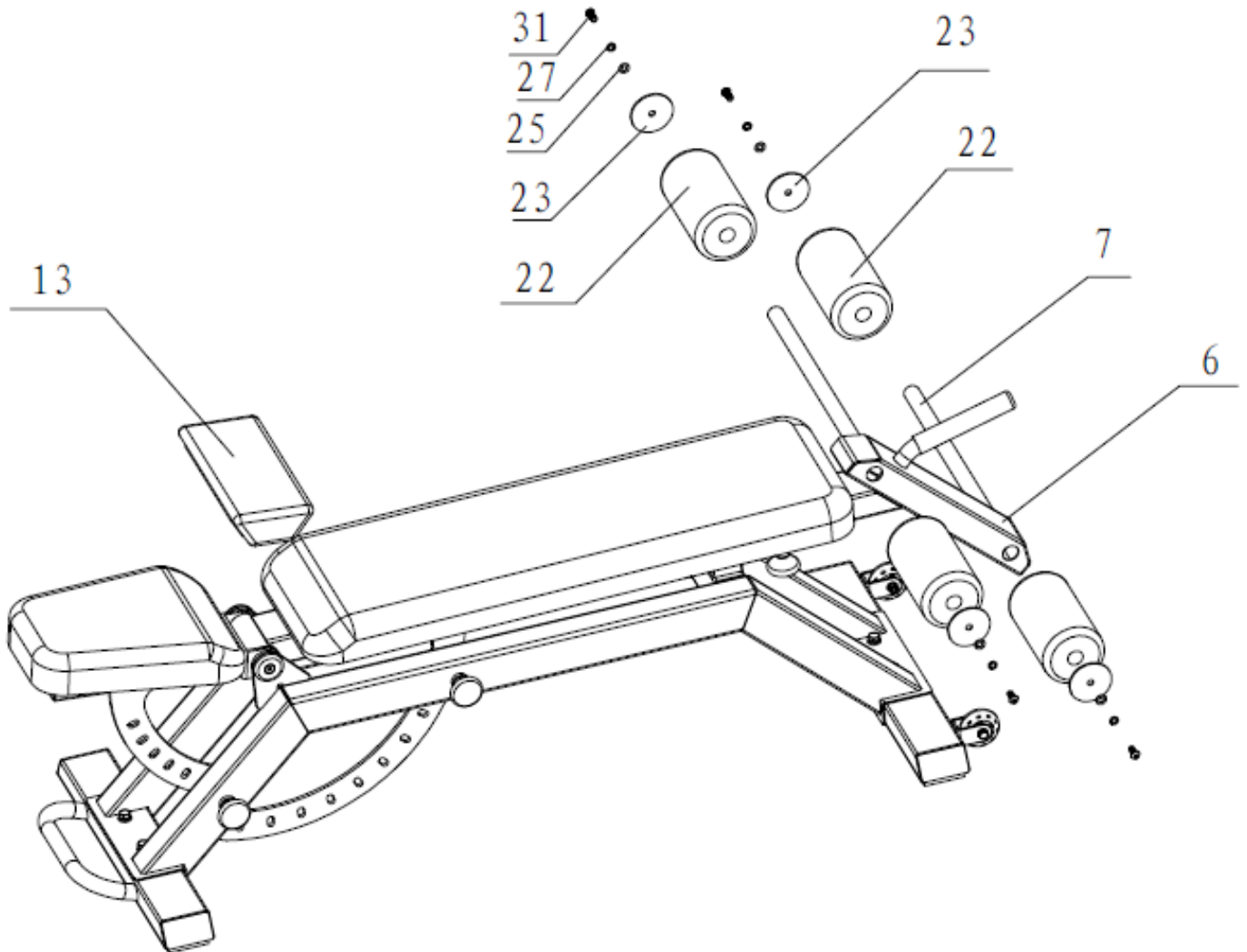
Put the Leg Frame (6) insert the Main Frame (1)



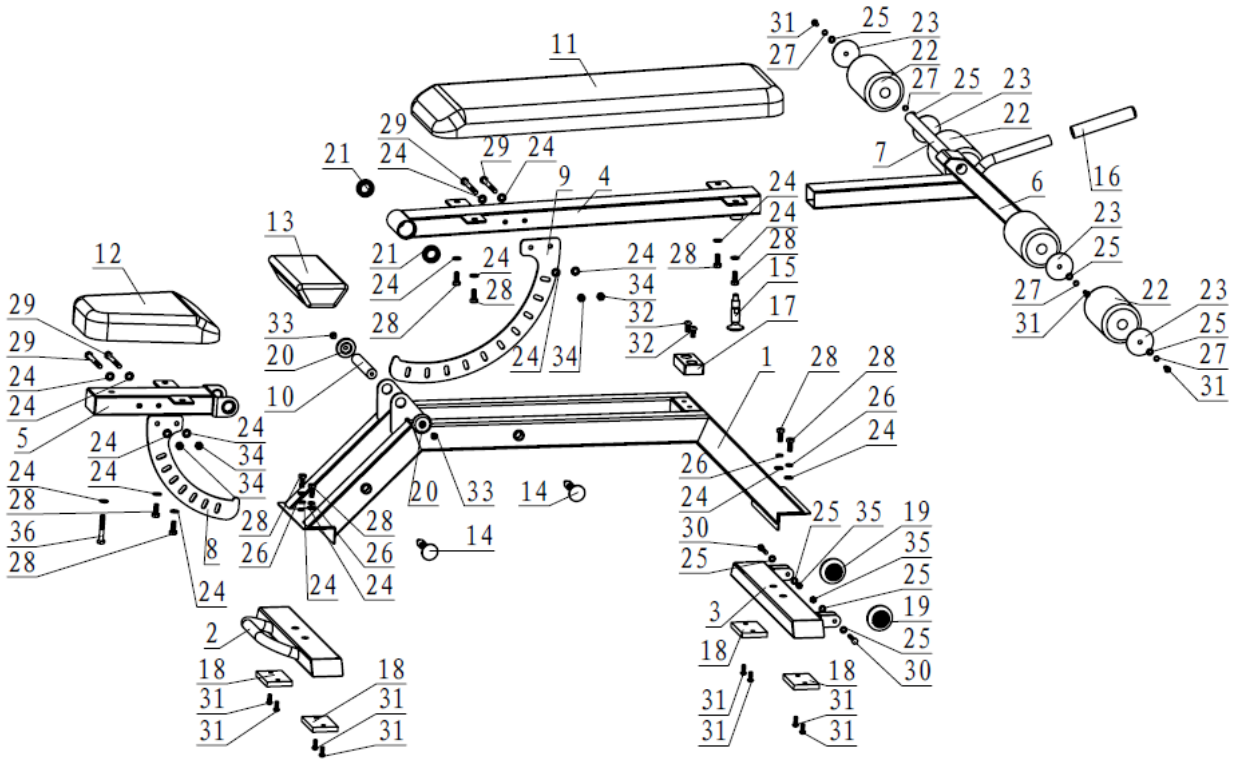
STEP 3

Install Foam Bar (7) into the Leg Frame (6), then fixing the Foam (22), Using the Ending Cap (23), Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (25), Spring Washer $\Phi 8$ (27), and Pan Head, Hex Bolt M8*20(31).

Then tighten the Nuts and bolts.



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



FULL PARTS LIST

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	Main Frame	1	19	1	PU Wheel	2
2	1	Front Base Frame	1	20	1	Φ48 Metal End Cap	2
3	1	Rear Base Frame	1	21	1	Bearing 61905zz	2
4	1	Back Cushion Frame	1	22	1	FOAM	4
5	1	Seat Cushion Frame	1	23	1	FOAM Baffle	4
6	1	Leg Frame	1	24	1	Flat Washer Φ11*Φ20*2	19
7	1	Foam Tube	2	25	1	Flat Washer Φ9*Φ16*1.6	8
8	1	Front Angle Plate	1	26	1	Spring Washer Φ10	4
9	1	Rear Angle Plate	1	27	1	Spring Washer Φ8	4
10	1	Rotation Shaft	1	28	1	Hex Bolt M10*25	10
11	1	Back Cushion	1	29	1	Hex Bolt M10*100	4
12	1	Seat Cushion	1	30	1	Hex Bolt M8*45	2
13	1	Separate Cushion	1	31	1	Pan Head, Hex Bolt M8*20	12
14	1	Pin	2	32	1	Pan Head, Hex Bolt M10*20	2
15	1	Pull Pin	1	33	1	Hexagon socket countersunk head bolt	2
16	1	Handlebar Grip	1	34	1	Nut M10	4
17	1	Rubber Cushion 100*50*25	1	35	1	Nut M8	2
18	1	Rubber Cushion 100*65*12	4	36	1	Hex Bolt M10*65	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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