

PLATE-LOADED HIP ABDUCTOR AND ADDUCTOR EXERCISE MACHINE V3

PLADINMv3

401784

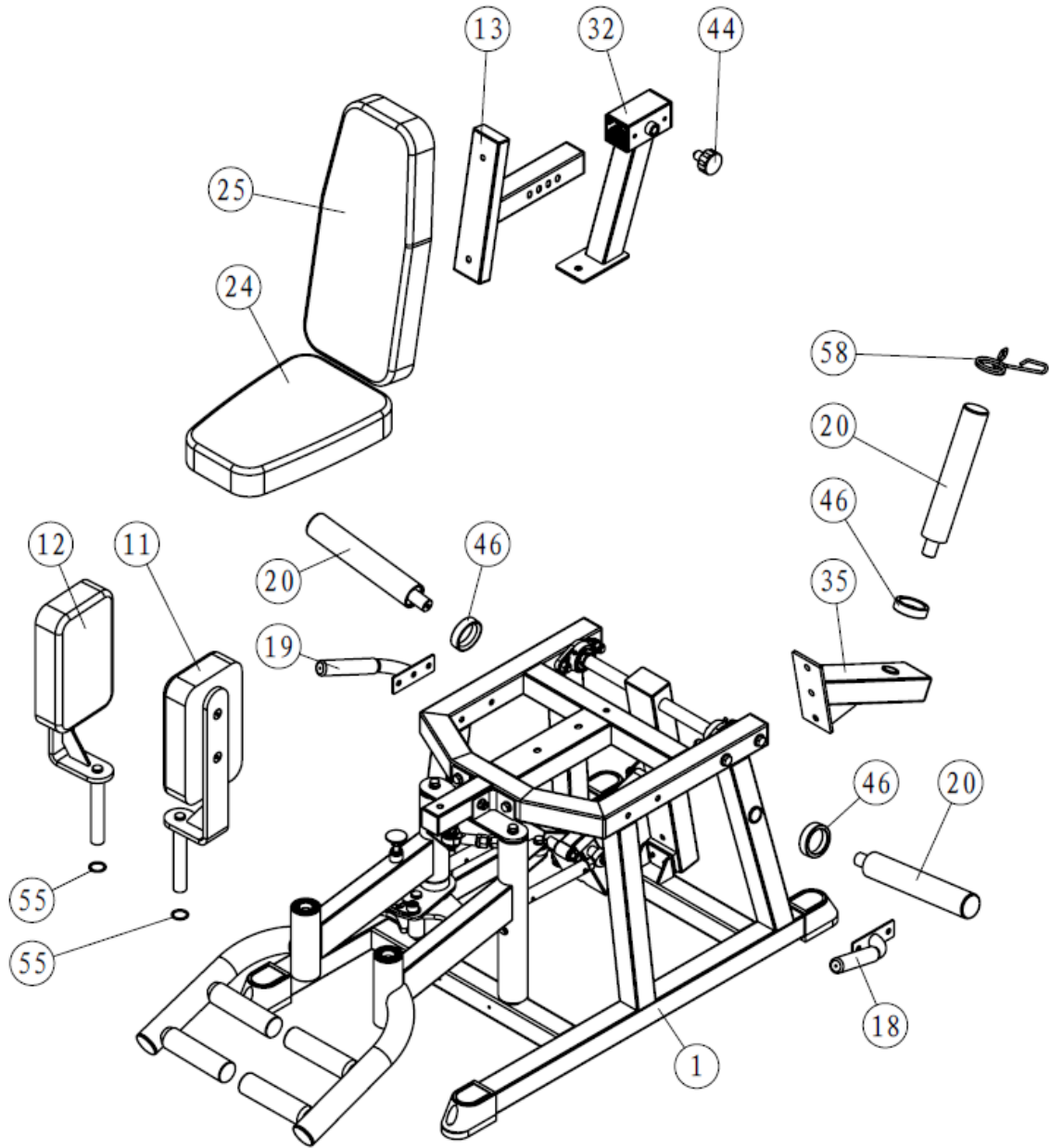


Operator's Manual



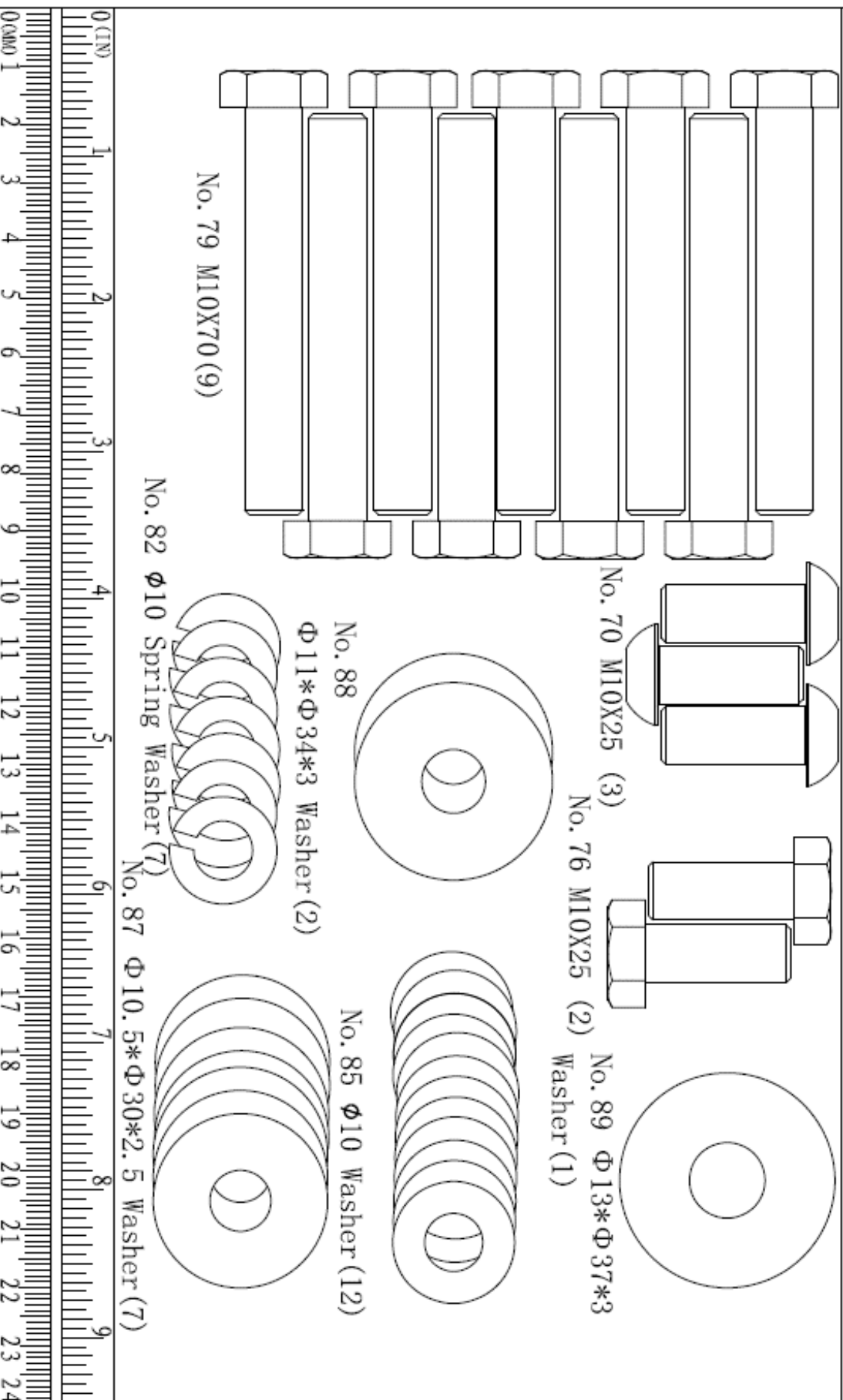
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW

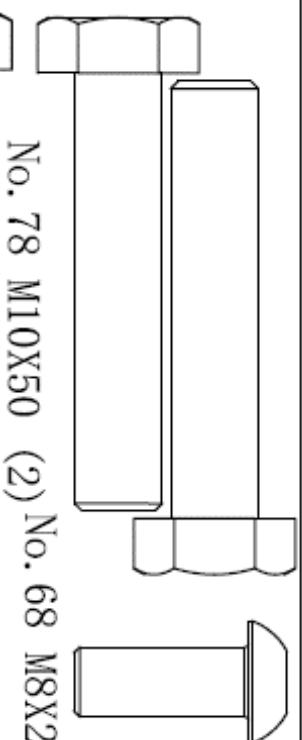


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	MAIN FRAME	1	(25)	1	BACK CUSHION	1
(11)	1	LEFT LEG CUSHION FRAME	1	(32)	1	FIXING FRAME	1
(12)	1	RIGHT LEG CUSHION FRAME	1	(35)	1	SHORT WEIGHT SUPPORT FRAME	1
(13)	1	BACK CUSHION FRAME	1	(44)	1	KNOB	1
(18)	1	LEFT HANDLEBAR FRAME	1	(46)	1	RUBBER BUMPER	3
(19)	1	RIGHT HANDLEBAR FRAME	1	(55)	1	WASHER $\Phi 32 * \Phi 25.5 * 1$	2
(20)	1	WEIGHT PLATE HOLDER	3	(58)	1	CLIP $\Phi 50 * \Phi 5$	1
(24)	1	SEAT CUSHION	1				

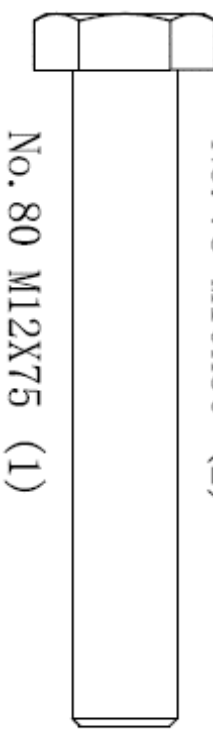
HARDWARE PACK (1/2)



HARDWARE PACK (2/2)



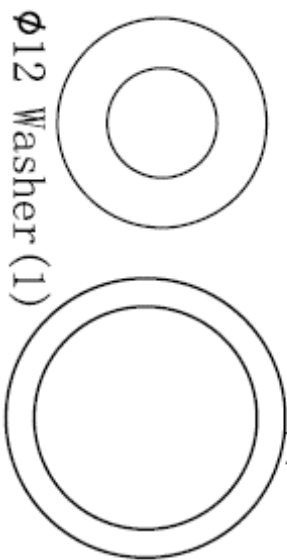
No. 78 M10X50 (2) No. 68 M8X20 (1)



No. 80 M12X75 (1)

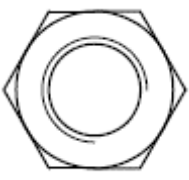


No. 28 M10 Nut (5)

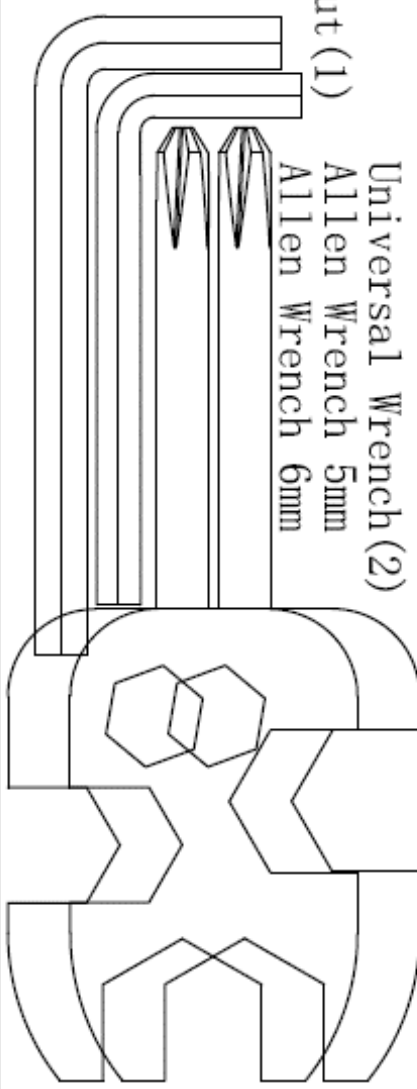


No. 90 Φ12 Washer (1)

No. 55 Φ32*Φ25.5*1 (2)



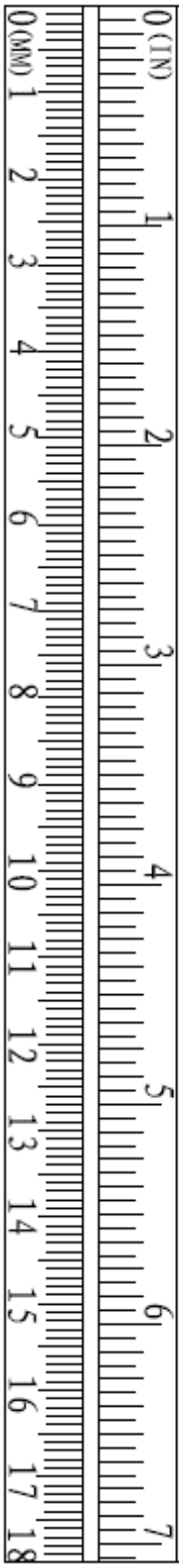
No. 39 M12 Nut (1)



Universal Wrench (2)

Allen Wrench 5mm

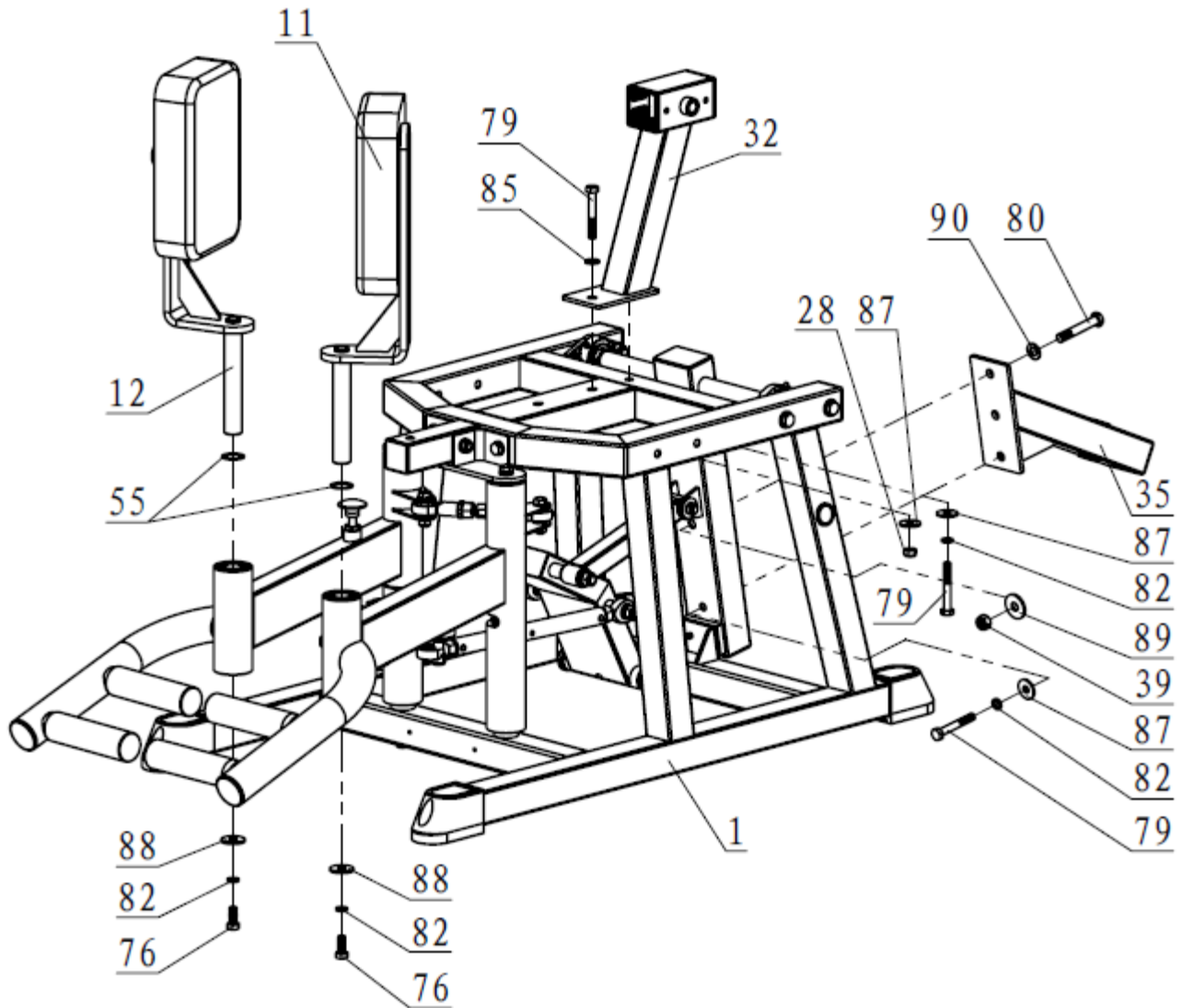
Allen Wrench 6mm



ASSEMBLY INSTRUCTIONS

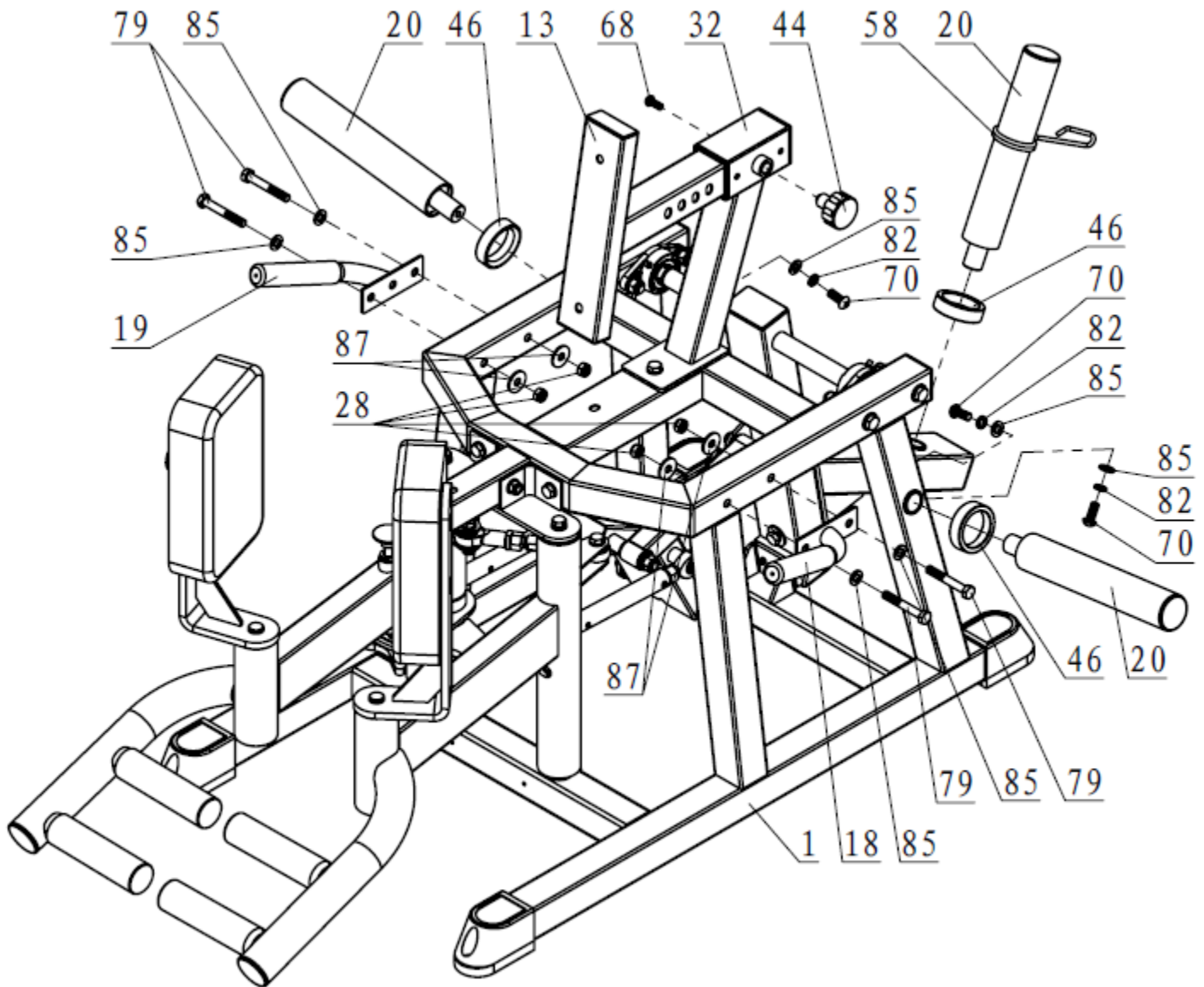
STEP 1

1. Assemble Left Leg Cushion Frame (11) and Right Leg Cushion Frame (12) with the Main Frame (1), using Bearing Washer (55), Flat Washer $\Phi 11 \times \Phi 34 \times 3$ (88), Spring Washer $\Phi 10$ (82) and Hex Bolt M10x25 (76).
2. Assemble Fixing Frame (32) with Main Frame (1), using Flat Washer $\Phi 10.5 \times \Phi 30.2.5$ (87), Spring Washer $\Phi 10$ (82), Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (85), Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (87), M10 Nut (28), and Hex Bolt M10x70 (79)
3. Fix Short Weight Support Frame (35) on the Main Frame (1), using Flat Washer $\Phi 10.5 \times \Phi 30.2.5$ (87), Spring Washer $\Phi 10$ (82), Big Washer $\Phi 13 \times \Phi 37 \times 3$ (89), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (90), M10 Nut (39), Hex Bolt M10x70 (79), and Hex Bolt M12*75 (80).



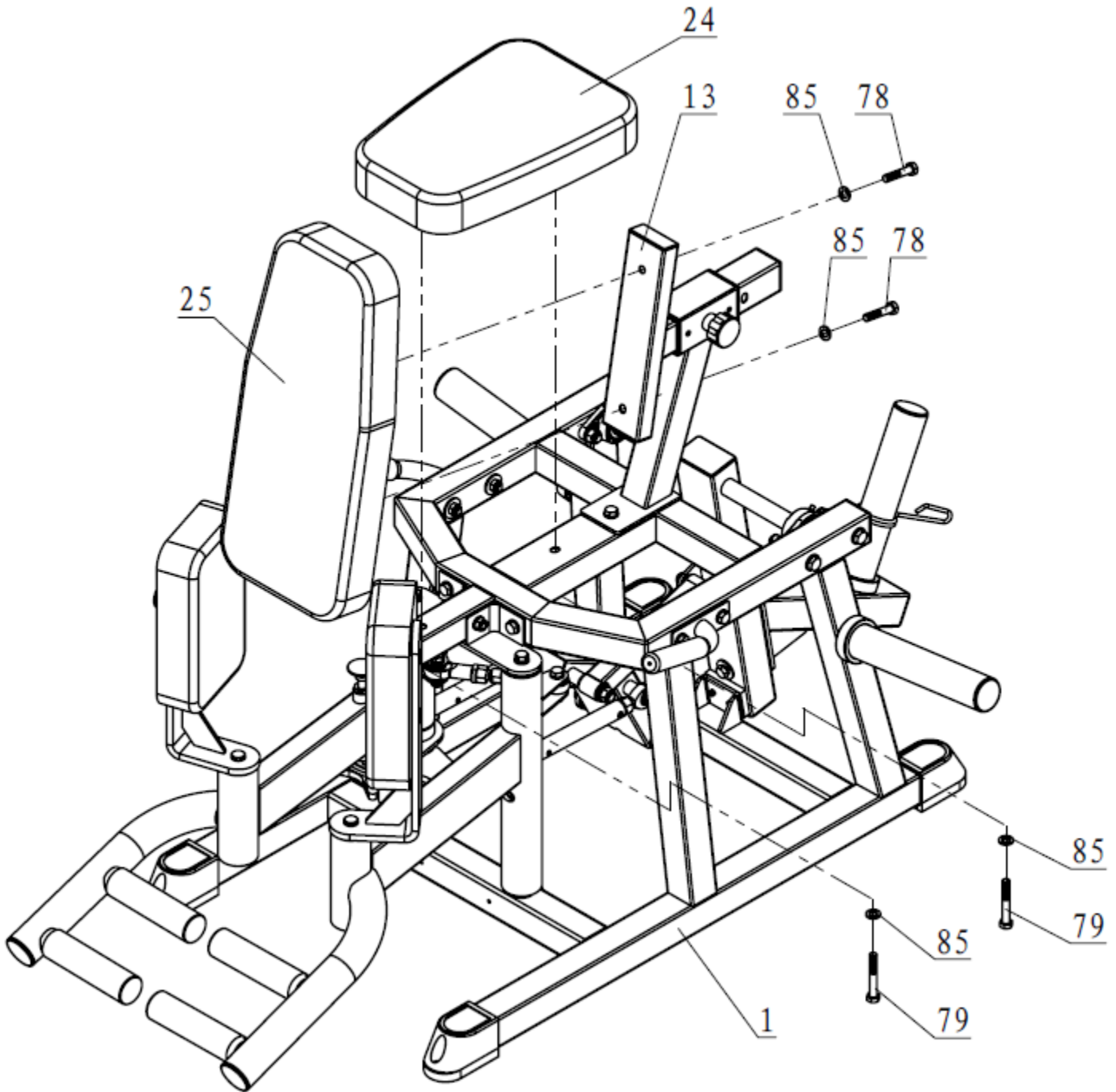
STEP 2

1. Connect the Left Handlebar Frame (18) and Right Handlebar (19) with Main Frame (1), using the Flat Washer $\Phi 11*\Phi 20*2$ (85), Flat Washer $\Phi 10.5*\Phi 30*2.5$ (87), M10 Nut (28) and Hex Bolt M10x70 (79). Tighten all bolts and nuts.
2. Insert the Back Cushion Frame (13) into the Fixing Frame (32), using the Knob (44) and Pan Head, Hex Bolt M8*20(68).
3. Assemble Weight Plate Holder (20), Rubber Bumper (46) and $\Phi 50$ Circle (58) with the Main Frame (1), using Flat Washer $\Phi 11*\Phi 20*2$ (85), Spring Washer $\Phi 10$ (82) and Pan Head, Hex Bolt M10x25 (70).

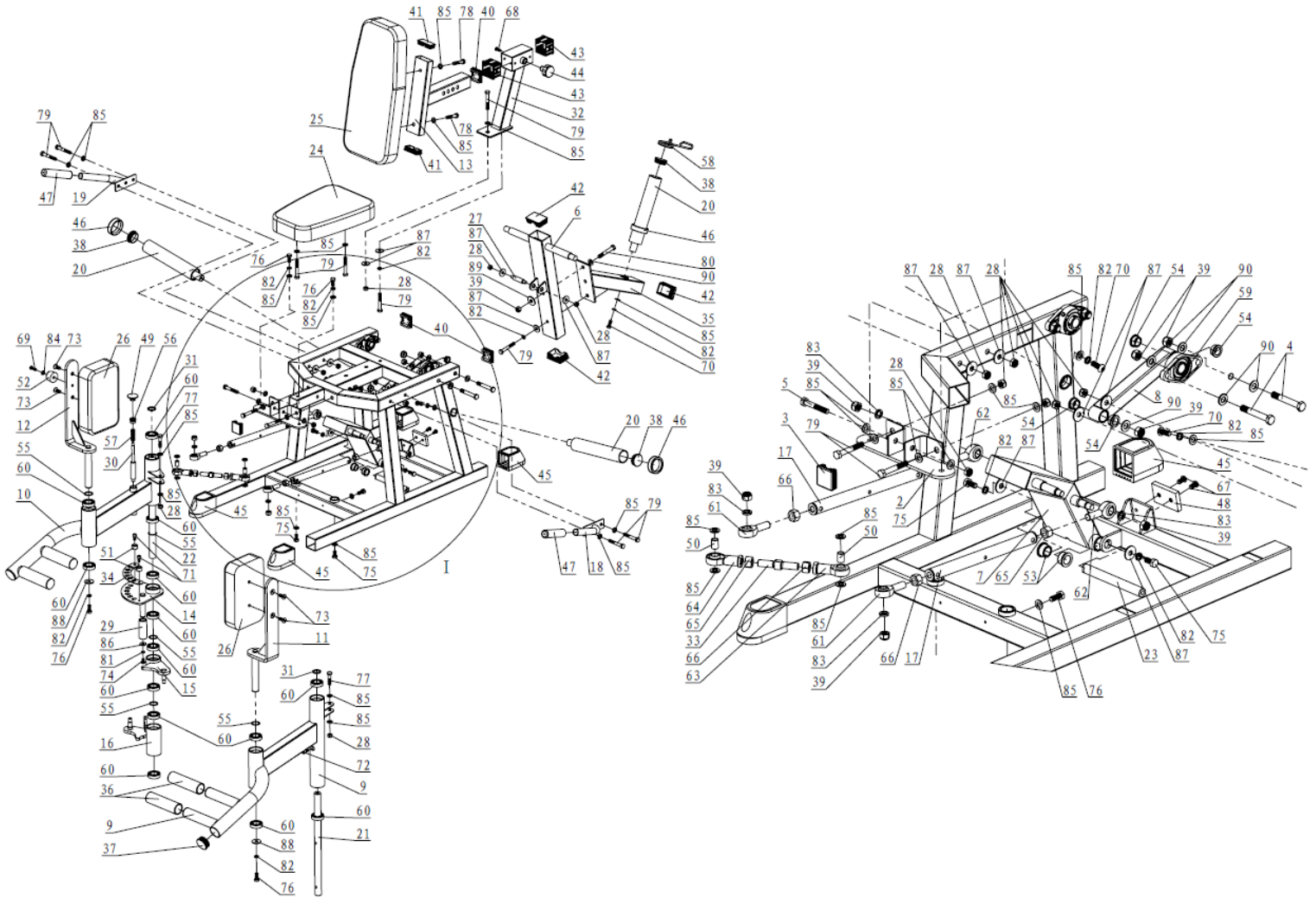


STEP 3

1. Assemble Seat Cushion (24) on the Main Frame (1), using Flat Washer $\Phi 11*\Phi 20*2$ (85), and Hex Bolt M10x70 (79).
2. Assemble Back Cushion (25) on the Back Cushion Frame (13), using Flat Washer $\Phi 11*\Phi 20*2$ (85), and Hex Bolt M10x50 (78).



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	MAIN FRAME	1	(46)	1	RUBBER BUMPER	3
(2)	1	FIXING FRAME	1	(47)	1	FRONT HANDLEBAR GRIP $\Phi 29.5 \times 130$	2
(3)	1	END CAP $45 \times 45 \times 2$	1	(48)	1	RUBBER BUMPER	1
(4)	1	HEX BOLT M12*80	4	(49)	1	KNOB	1
(5)	1	HEX BOLT M10*65	1	(50)	1	BUSHING $\Phi 14 \times \Phi 10 \times 19$	2
(6)	1	WEIGHT SUPPORT FRAME	1	(51)	1	PLASTIC SLEEVE $\Phi 21 \times \Phi 13 \times 13$	2
(7)	1	MOVABLE FRAME	1	(52)	1	RUBBER CUSHION	1
(8)	1	TOP FRAME	1	(53)	1	$\Phi 19$ METAL BUSHING	2
(9)	1	LEFT SWING FRAME	1	(54)	1	$\Phi 16$ METAL BUSHING	4
(10)	1	RIGHT SWING FRAME	1	(55)	1	WASHER $\Phi 32 \times \Phi 25.5 \times 1$	5
(11)	1	LEFT LEG CUSHION FRAME	1	(56)	1	PIN NUT	1

(12)	1	RIGHT LEG CUSHION FRAME	1	(57)	1	SPRING $\Phi 14*\Phi 1.2*45$	1
(13)	1	BACK CUSHION FRAME	1	(58)	1	CLIP $\Phi 50*\Phi 5$	1
(14)	1	CAM	1	(59)	1	BEARING UCFL204	2
(15)	1	UPPER SWING FRAME	1	(60)	1	BEARING 60005ZZ	14
(16)	1	LOWER SWING FRAME	1	(61)	1	BEARING SA14TK	2
(17)	1	CONNECTING FRAME	2	(62)	1	BEARING SAL14TK	2
(18)	1	LEFT HANDLEBAR FRAME	1	(63)	1	BEARING SI14TK	1
(19)	1	RIGHT HANDLEBAR FRAME	1	(64)	1	BEARING SIL14TK	1
(20)	1	WEIGHT PLATE HOLDER	3	(65)	1	FLAT NUT M14L	3
(21)	1	LEFT ROTATING SHAFT	1	(66)	1	FLAT NUT M14	3
(22)	1	RIGHT ROTATING SHAFT	1	(67)	1	PAN HEAD, HEX BOLT M8*15	2
(23)	1	ROTATING SHAFT	1	(68)	1	PAN HEAD, HEX BOLT M8*20	1
(24)	1	SEAT CUSHION	1	(69)	1	PAN HEAD, HEX BOLT M8*25	1
(25)	1	BACK CUSHION	1	(70)	1	PAN HEAD, HEX BOLT M10*25	3
(26)	1	LEG CUSHION	2	(71)	1	HEXAGON SOCKET HEAD SCREW M8*15	2
(27)	1	ROTATING SHAFT	1	(72)	1	HEXAGON SOCKET HEAD SCREW M10*15	1
(28)	1	NUT M10	12	(73)	1	COUNTERSUNK HEAD SCREW M10*25	4
(29)	1	LONG PLASTIC SLEEVE	1	(74)	1	HEX BOLT M8*12	1
(30)	1	PIN SHAFT	1	(75)	1	HEX BOLT M10*20	4
(31)	1	SPACER BUSH	2	(76)	1	HEX BOLT M10*25	5
(32)	1	FIXING FRAME	1	(77)	1	HEX BOLT M10*45	2
(33)	1	CONNECTING ROD	1	(78)	1	HEX BOLT M10*50	2
(34)	1	ADJUSTABLE PLATE	1	(79)	1	HEX BOLT M10*70	11
(35)	1	SHORT WEIGHT SUPPORT FRAME	1	(80)	1	HEX BOLT M12*75	1
(36)	1	FOOT PAD	4	(81)	1	SPRING WASHER $\Phi 8$	1
(37)	1	END CAP $\Phi 50*2.5$	2	(82)	1	SPRING WASHER $\Phi 10$	11
(38)	1	END CAP $\Phi 48*2$	3	(83)	1	SPRING WASHER $\Phi 12$	4
(39)	1	NUT M12	10	(84)	1	FLAT WASHER $\Phi 9*\Phi 16*1.6$	1
(40)	1	END CAP $50*50*2$	3	(85)	1	FLAT WASHER $\Phi 11*\Phi 20*2$	31
(41)	1	END CAP $30*70*2$	2	(86)	1	FLAT WASHER $\Phi 9*\Phi 24*2$	1
(42)	1	END CAP $50*75*2.5$	3	(87)	1	FLAT WASHER $\Phi 10.5*\Phi 30*2.5$	11
(43)	1	HOLLOW SLEEVE	2	(88)	1	FLAT WASHER $\Phi 11*\Phi 34*3$	2
(44)	1	KNOB	1	(89)	1	BIG WASHER $\Phi 13*\Phi 37*3$	1
(45)	1	HORSESHOE SLEEVE	4	(90)	1	FLAT WASHER $\Phi 13.5*\Phi 24*2.5$	10

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

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