

TITAN SERIES ADJUSTABLE BENCH

TSADJBENCH

401849

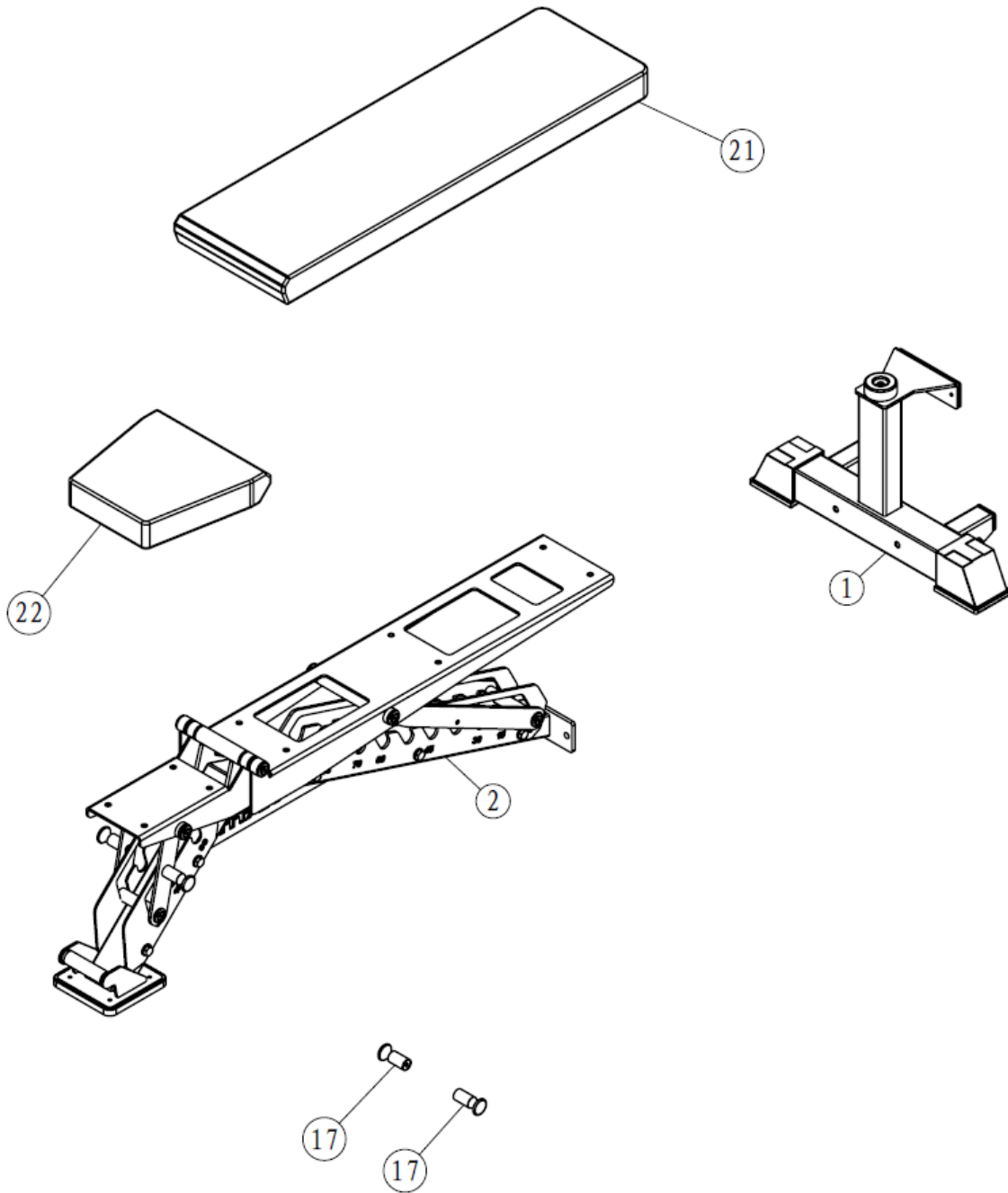


Operator's Manual



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!

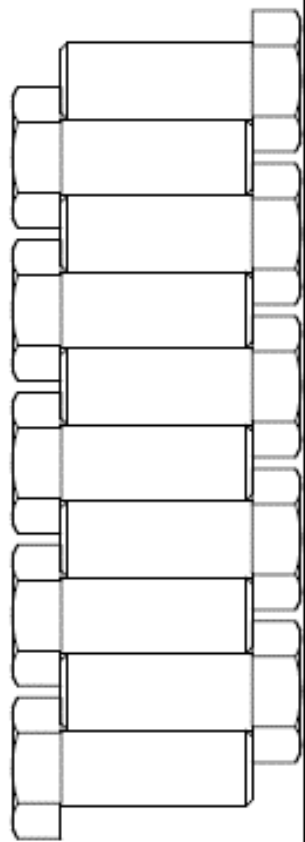
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



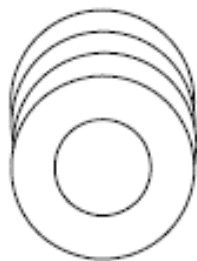
KEY	BOX	DESCRIPTION	QTY
1	1	REAR BASE FRAME	1
2	1	MAIN FRAME	1
17	1	HANDLE	2
21	1	BACK CUSHION	1
22	1	SEAT CUSHION	1

HARDWARE PACK

FR75-MA



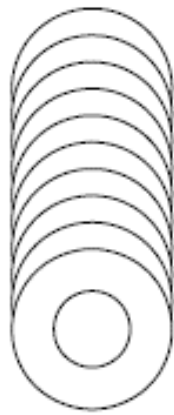
No. 38 M10X25 (10)



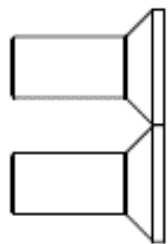
No. 43 ø12 Washer (4)



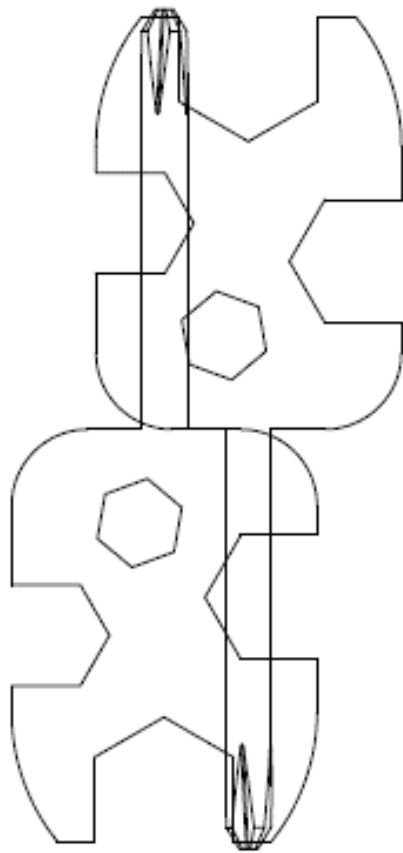
No. 44 M12 Nut (2)



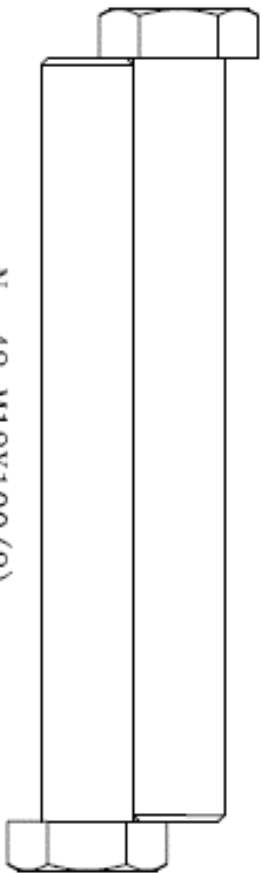
No. 39 ø10 Washer (10)



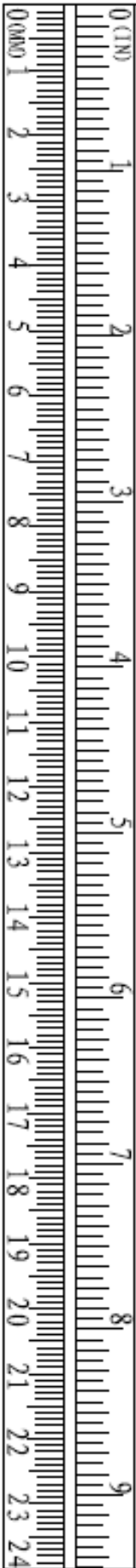
No. 36 M8X20 (2)



Universal Wrench
Allen Wrench 5mm



No. 42 M12X100 (2)

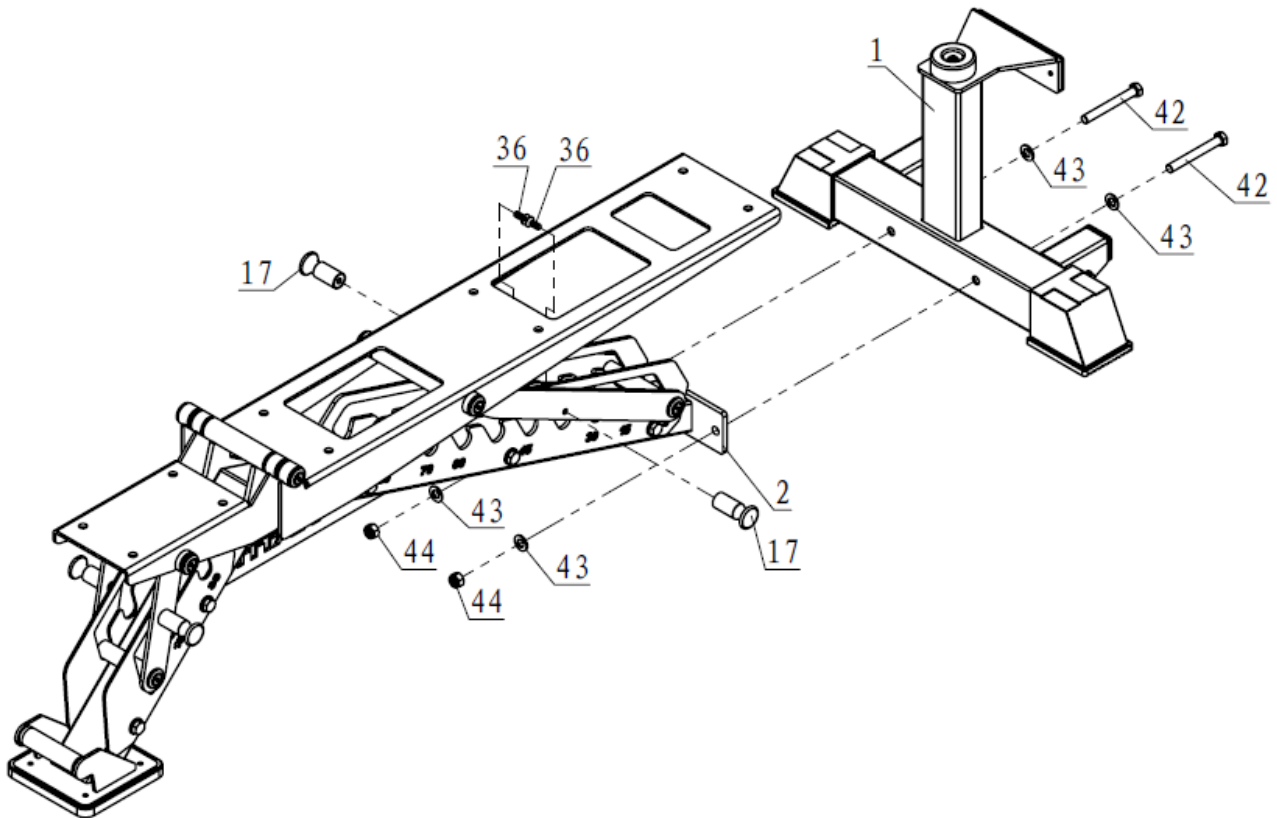


ASSEMBLY INSTRUCTIONS

Step 1

1. Connect Rear Base Frame (2) and Main Frame (1), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (43), Nut M12 (44), and Hex Bolt M12*120 (42).
2. Assemble the Handle (17) on the Main Frame (1), using Screw M8*20 (36).

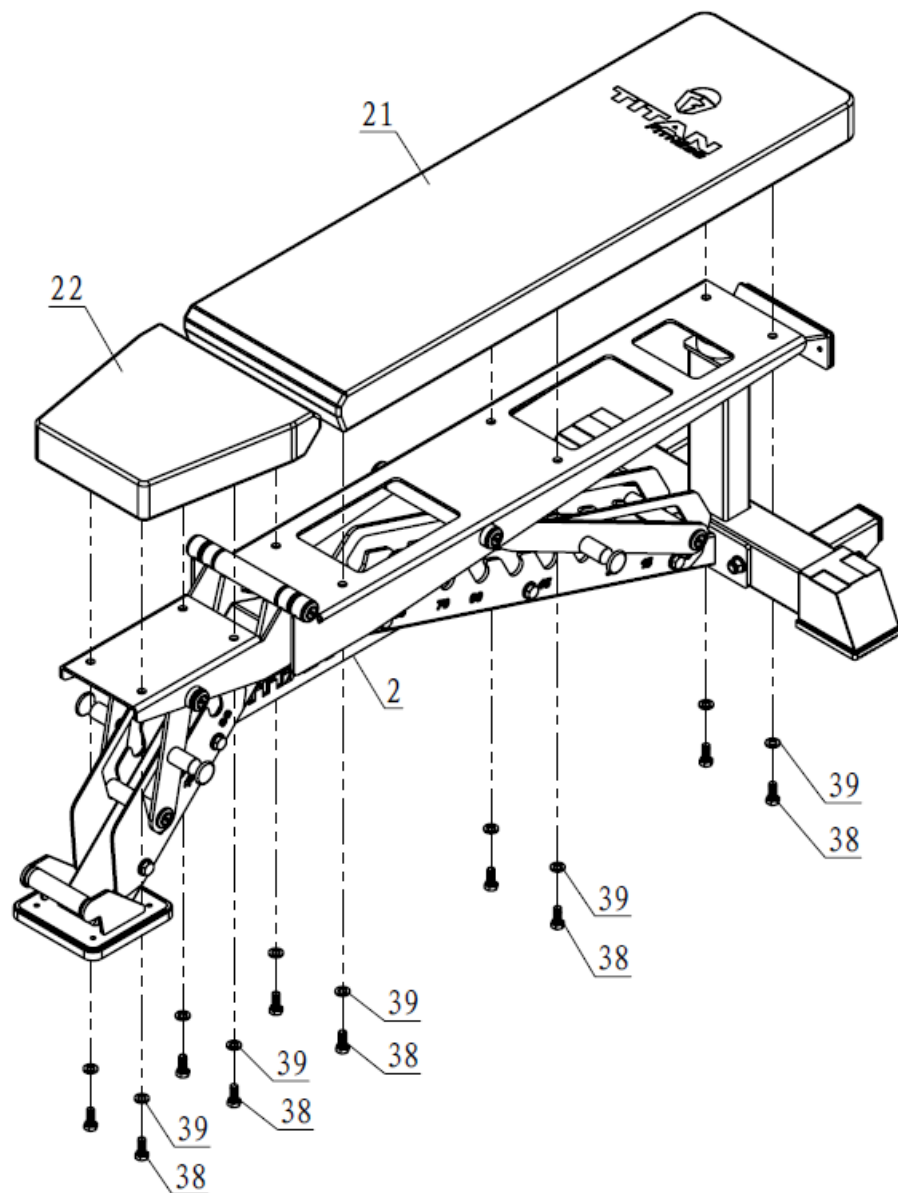
Tighten all the Bolts.



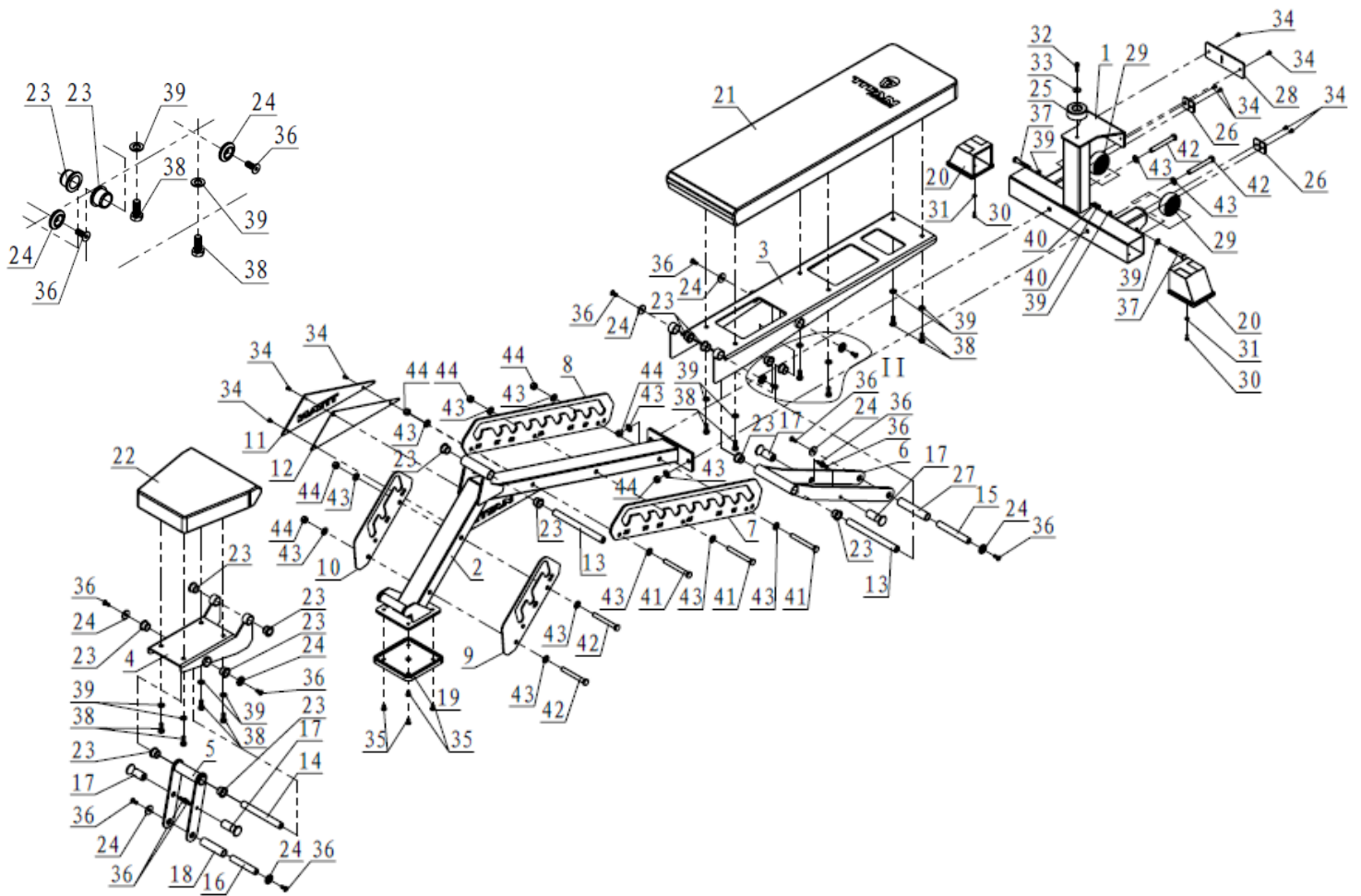
Step 2

1. Connect Back Cushion (21) and Main Frame (1), using Flat Washer $\Phi 11*\Phi 20*2$ (39), and Hex Bolt M10*25 (38).
2. Connect Seat Cushion (22) and Main Frame (1), using Flat Washer $\Phi 11*\Phi 20*2$ (39), and Hex Bolt M10*25(38).

Tighten all the Bolts.



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



KEY	BOX	DESCRIPTION	QTY
(1)	1	REAR BASE FRAME	1
(2)	1	MAIN FRAME	1
(3)	1	BACK CUSHION FRAME	1
(4)	1	SEAT CUSHION FRAME	1
(5)	1	BACK CUSHION SUPPORT FRAME	1
(6)	1	SEAT CUSHION SUPPORT FRAME	1
(7)	1	BACK CUSHION ADJUSTABLE PLATE-L	1
(8)	1	BACK CUSHION ADJUSTABLE PLATE-R	1
(9)	1	SEAT CUSHION ADJUSTABLE PLATE-L	1
(10)	1	SEAT CUSHION ADJUSTABLE PLATE-R	1
(11)	1	LOGO PLATE	1
(12)	1	INTERIOR LINING PANEL 398*102*2	1
(13)	1	ROTATING SHAFT $\Phi 20 \times 220 \times M8$	2

(14)	1	ROTATING SHAFT $\Phi 20 \times 173 \times M8$	1
(15)	1	LIMIT SHAFT $\Phi 19 \times 138 \times M8$	1
(16)	1	LIMIT SHAFT $\Phi 19 \times 111 \times M8$	1
(17)	1	HANDLE	4
(18)	1	LIMIT BUFFER SLEEVE $\Phi 25 \times \Phi 19.2 \times 96$	1
(19)	1	FOOT MAT $165 \times 165 \times 16$	1
(20)	1	PIPE SLEEVE 75×75	2
(21)	1	BACK CUSHION	1
(22)	1	SEAT CUSHION	1
(23)	1	METAL BUSHING $\Phi 32 \times \Phi 25.4 \times \Phi 20.1 \times 19$	14
(24)	1	SHAFT-END COVER $\Phi 30 \times \Phi 8.2 \times 6$	10
(25)	1	ROUND RUBBER PAD $\Phi 64 \times \Phi 9.5 \times 25$	1
(26)	1	FRONT GUARD PLATE $48 \times 40 \times 5$	2
(27)	1	RUBBER BUMPER $\Phi 25 \times \Phi 19.2 \times 123.5$	1
(28)	1	OUTER GUARD PLATE $170 \times 58 \times 5$	1
(29)	1	WHEEL $\Phi 75 \times 40$	2
(30)	1	PAN HEAD, HEX BOLT $M6 \times 15$	2
(31)	1	FLAT WASHER $\Phi 6.6 \times \Phi 12 \times 1.6$	2
(32)	1	HEX BOLT $M8 \times 20$	1
(33)	1	FLAT WASHER $\Phi 9 \times \Phi 24 \times 2$	1
(34)	1	COUNTERSUNK HEAD SCREW $M6 \times 12$	9
(35)	1	COUNTERSUNK HEAD SCREW $M8 \times 15$	4
(36)	1	COUNTERSUNK HEAD SCREW $M8 \times 20$	14
(37)	1	HEX BOLT $M10 \times 60$	2
(38)	1	HEX BOLT $M10 \times 25$	10
(39)	1	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	14
(40)	1	NUT $M10$	2
(41)	1	HEX BOLT $M12 \times 105$	3
(42)	1	HEX BOLT $M12 \times 100$	4
(43)	1	FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$	14
(44)	1	NUT $M12$	7

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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