

2" WEIGHT BAR GRIPS

OBGRIPS_R, OBGRIPS_BL

430012, 430014



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!



KEY	DESCRIPTION	QTY
(1)	RED WEIGHT BAR GRIPS	2
(2)	BLUE WEIGHT BAR GRIPS	2
AVAILABLE IN YOUR CHOICE OF RED or BLUE		

ASSEMBLY INSTRUCTIONS

- No assembly required.
 - Fat grips are crafted to enhance the development of your biceps and forearms. Incorporate various curl variations to target your arm muscles from diverse angles, and remember to include:
 - Longer negatives (slow down on the way down)
 - Different rep ranges throughout your workout (between 5-15)
 - Different grip variations like the hammer curls
 - Isolate your arm muscles and avoid swinging the weight with your entire body
 - Begin your combined back and bicep workout with compound exercises such as barbell rows and pull-ups
- **BICEP WORKOUT**
 - 3x 6 Reps – Standing Barbell Curls
 - 3x 6 Reps – EZ Bar Preacher Curls
 - 3x 6 Reps – Dumbbell Preacher Curls
 - 3x 8 Reps – Concentration Curls
 - 3x 8 Reps – Standing Bicep Cable Curls
 - 3x 8 Reps – Overhead Cable Curl

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.

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NEED HELP? CONTACT US FIRST.

1-888-410-1503

info@titan.fitness

www.titan.fitness

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