

X-3 SERIES BOLT-DOWN POWER RACK

BLACK: 401387, 401389, 401388, 401390, 401418, 401420, 401419, 401421

NAVY: 401496, 401501, 401506, 401511, 401526, 401531, 401536, 401541

ORANGE: 401497, 401502, 401507, 401512, 401527, 401532, 401537, 401542

RED: 401498, 401503, 401508, 401513, 401528, 401533, 401538, 401543

WHITE: 401499, 401504, 401509, 401514, 401529, 401534, 401539, 401544

SILVER: 401500, 401505, 401510, 401515, 401530, 401535, 401540, 401545

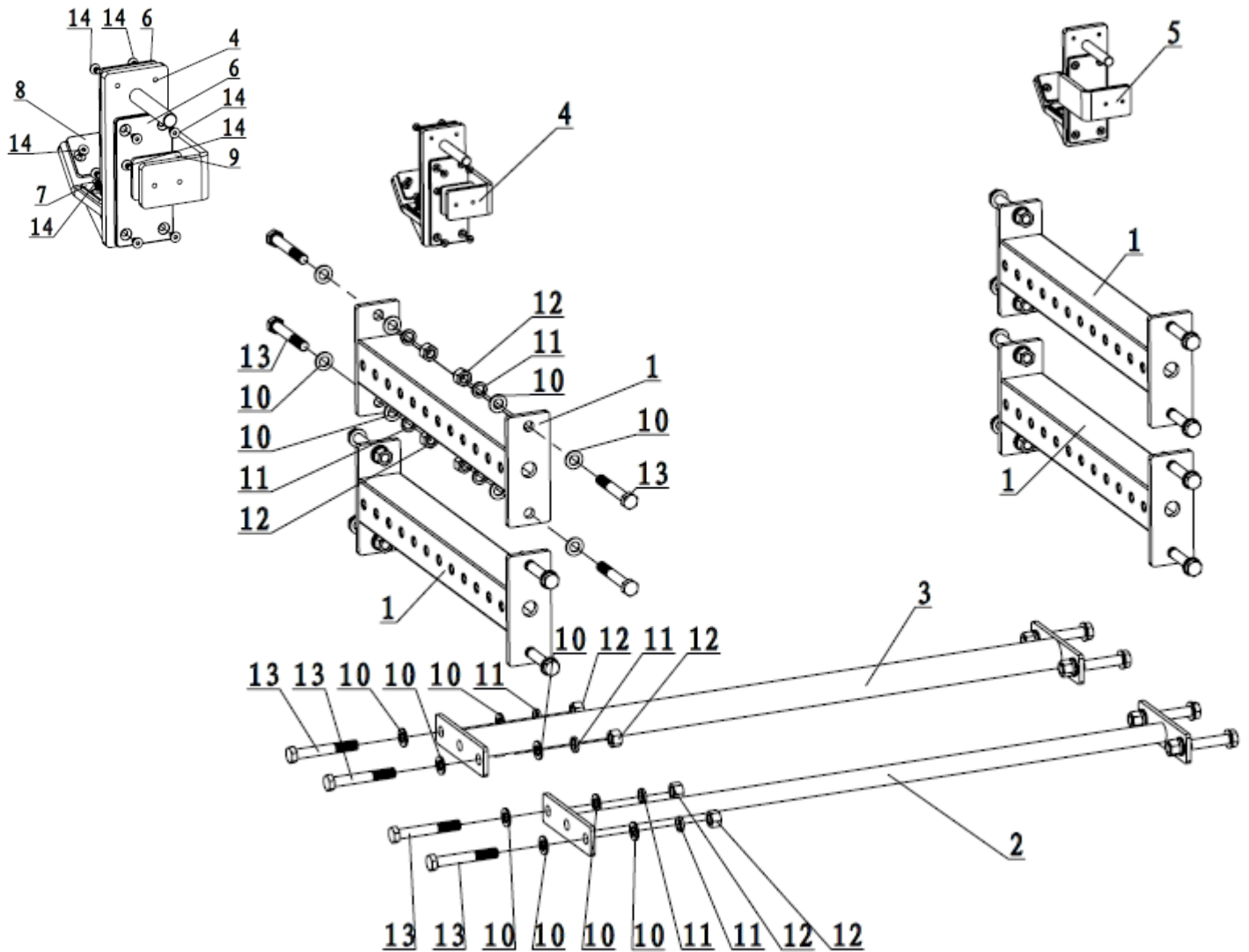


Operator's Manual



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!

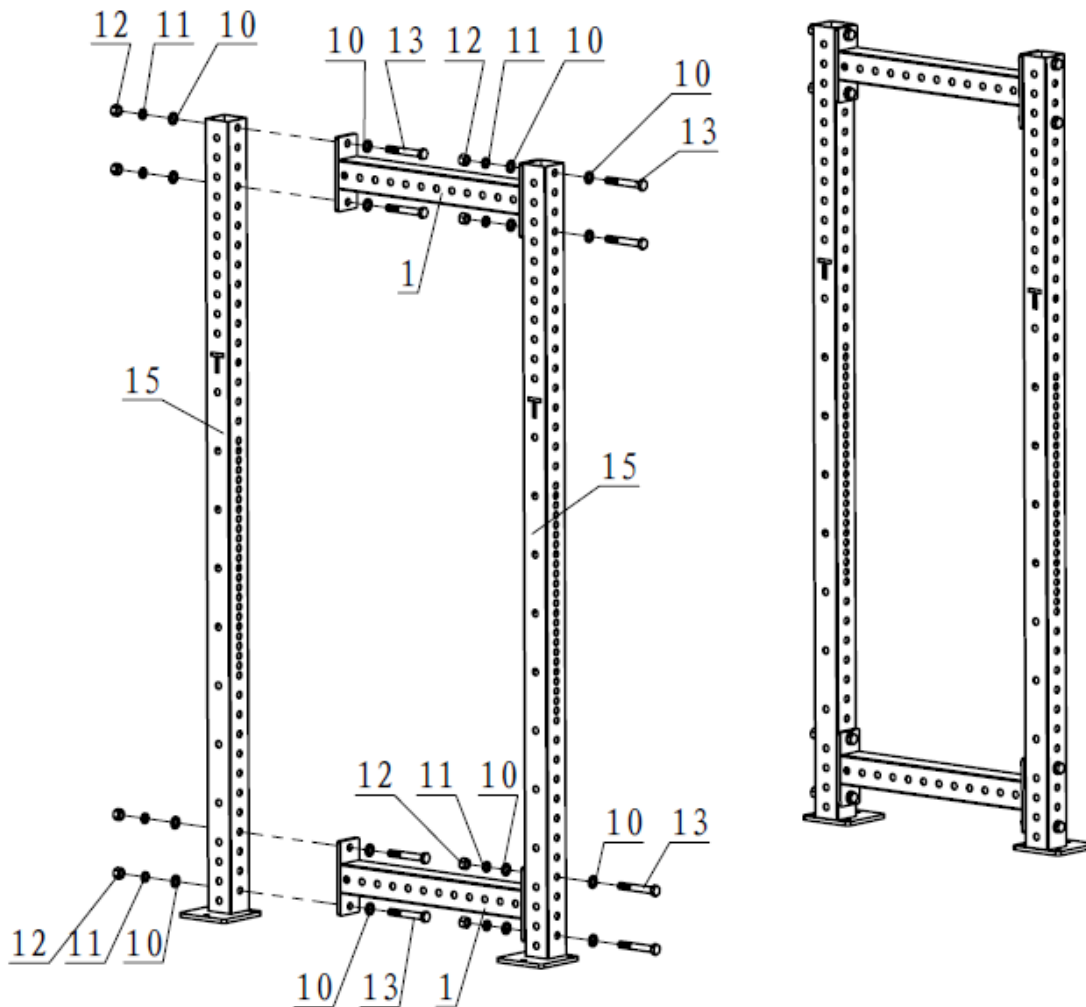
X3BDSB24 PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	24" CONNECTING FRAME	4	(8)	1	FRONT PLASTIC PLATE 68*48*5	2
(2)	1	PULL UP BAR	1	(9)	1	SHORT PLASTIC PLATE 58*48*5	2
(3)	1	REAR PULL UP BAR	1	(10)	1	FLAT WASHER $\Phi 17*\Phi 30*3$	48
(4)	1	J-HOOK (L)	1	(11)	1	SPRING WASHER $\Phi 16$	24
(5)	1	J-HOOK (R)	1	(12)	1	NUT M16	24
(6)	1	LONG PLASTIC PLATE 148*68*5	4	(13)	1	HEX BOLT M16*110	24
(7)	1	PLASTIC PLATE 68*58*5	2	(14)	1	COUNTERSUNK HEAD SCREW M6*10	28

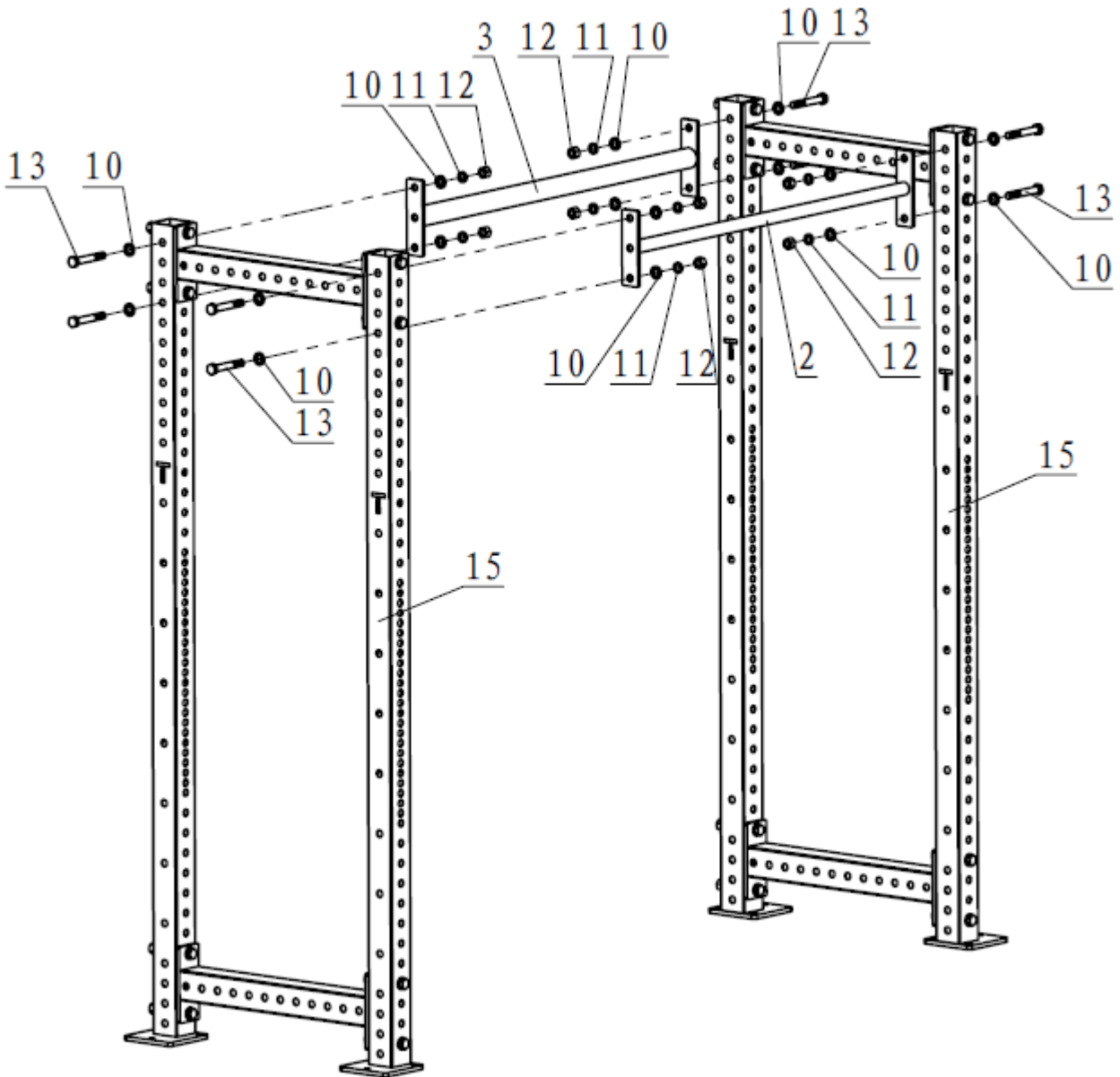
STEP 1

1. Connect the Connecting Frame (1) and Upright Frame (15), using Flat Washer $\Phi 17*\Phi 30*3$ (10), Spring Washer $\Phi 16$ (11), Nut M16 (12), and Hex Bolt M16*110 (13).



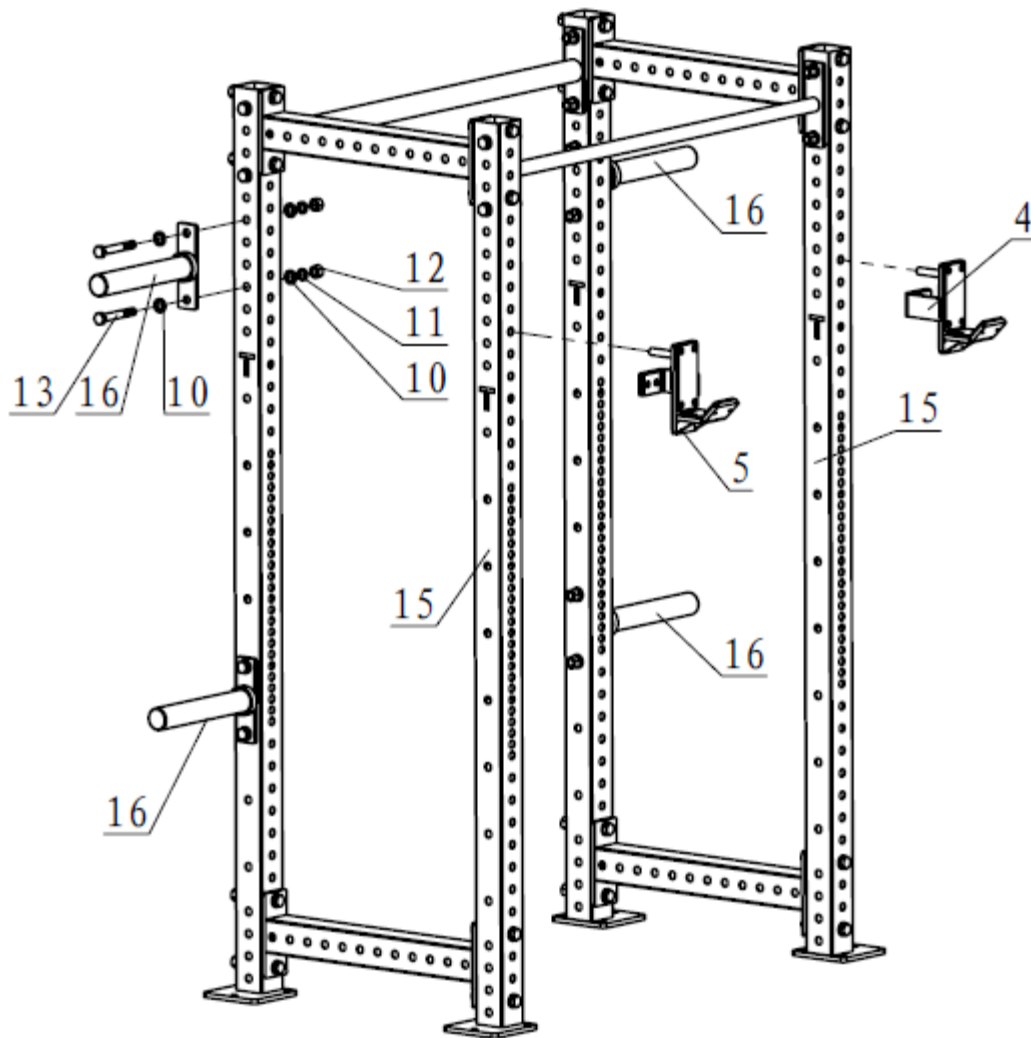
STEP 2

1. Connect the Rear Pull Up Bar (3), Pull Up Bar (2) and Upright Frame (15), using Flat Washer $\Phi 17*\Phi 30*3$ (10), Spring Washer $\Phi 16$ (11), Nut M16 (12), and Hex Bolt M16*110 (13).

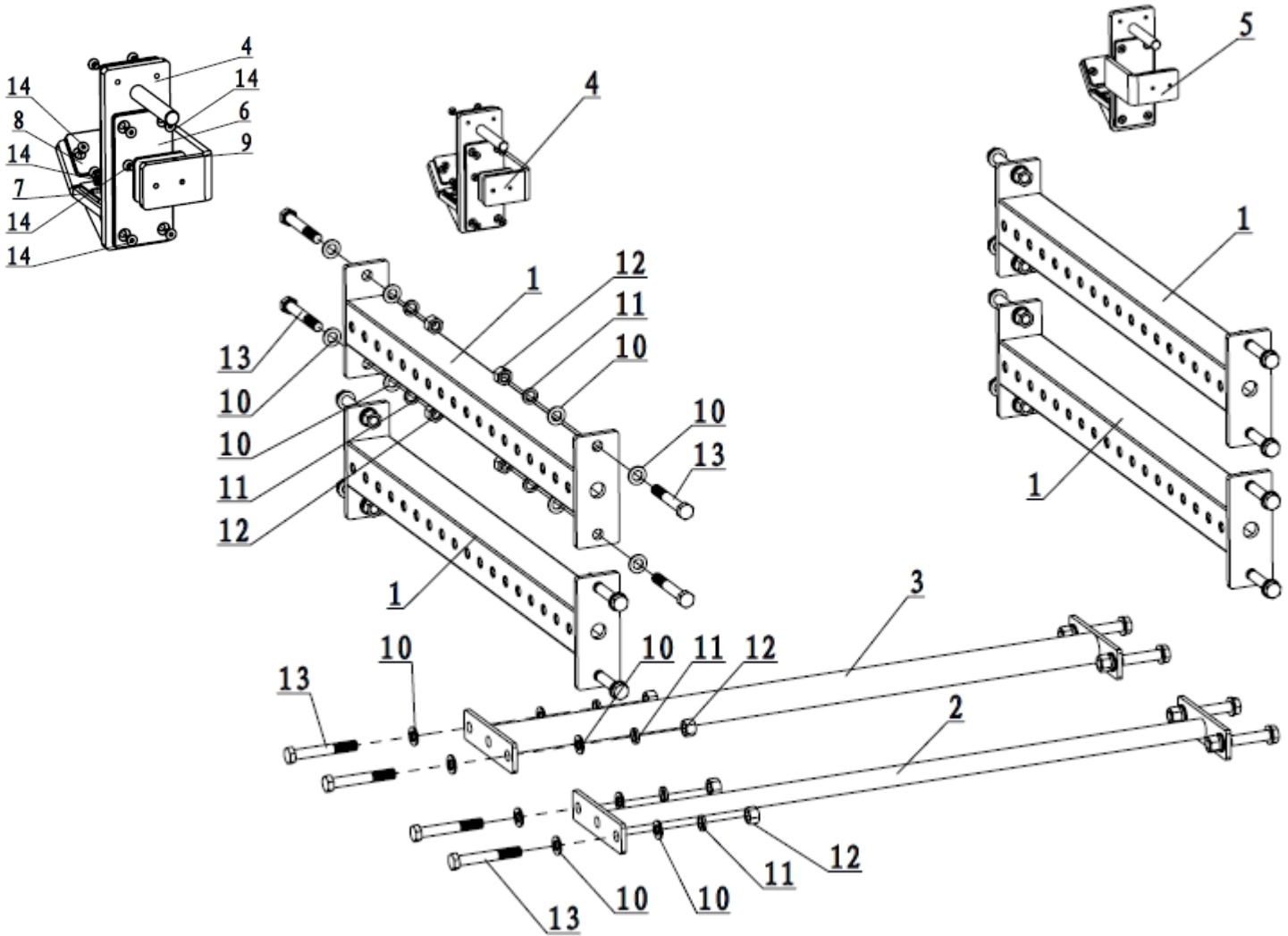


STEP 3

1. Install the left and right J-HOOK (4 & 5) on the Upright Frame (15).
2. Install the Weight Plate Holder (16) on the Upright Frame (15), using Flat Washer $\Phi 17*\Phi 30*3$ (10), Spring Washer (11) Nut M16 (12), and Hex Bolt M16*110 (13).



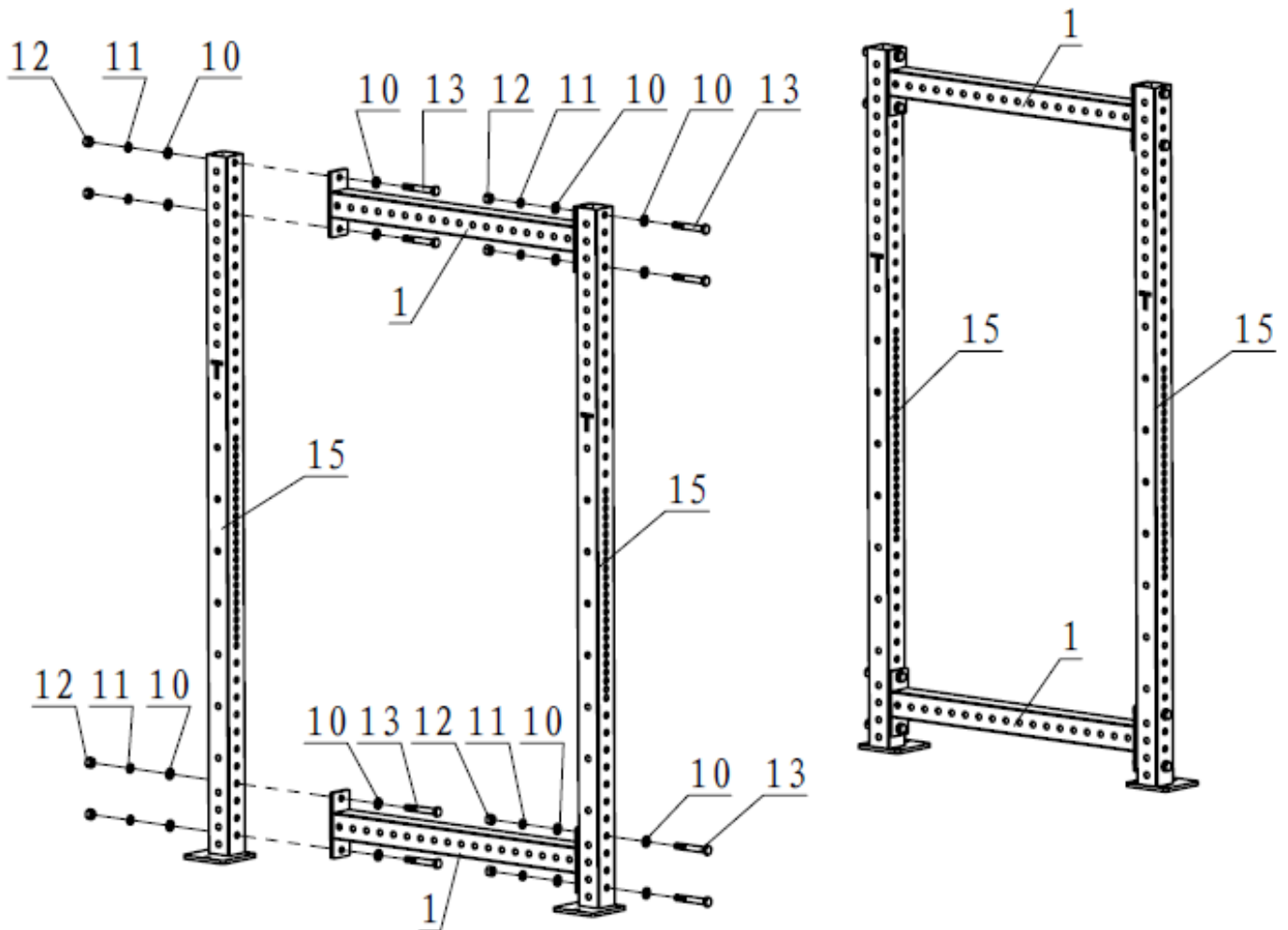
X3BDSB36 PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	36" CONNECTING FRAME	4	(8)	1	FRONT PLASTIC PLATE 68*48*5	2
(2)	1	PULL UP BAR	1	(9)	1	SHORT PLASTIC PLATE 58*48*5	2
(3)	1	REAR PULL UP BAR	1	(10)	1	FLAT WASHER $\Phi 17*\Phi 30*3$	48
(4)	1	J-HOOK(L)	1	(11)	1	SPRING WASHER $\Phi 16$	24
(5)	1	J-HOOK(R)	1	(12)	1	NUT M16	24
(6)	1	LONG PLASTIC PLATE 148*68*5	4	(13)	1	HEX BOLT M16*110	24
(7)	1	PLASTIC PLATE 68*58*5	2	(14)	1	COUNTERSUNK HEAD SCREW M6*10	28

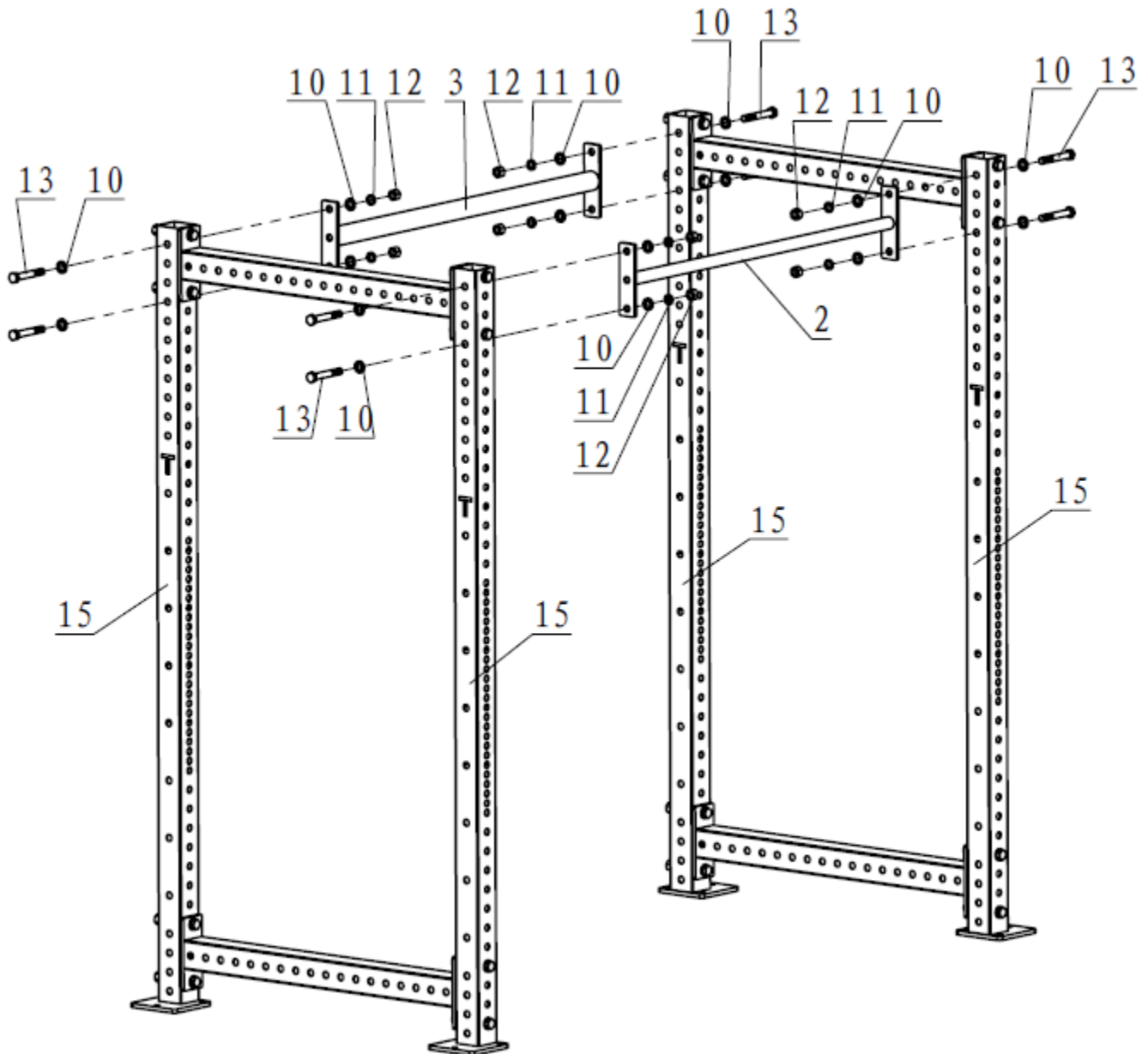
STEP 1

1. Connect the Connecting Frame (1) and Upright Frame (15), using Flat Washer $\Phi 17*\Phi 30*3$ (10), Spring Washer $\Phi 16$ (11), Nut M16 (12), and Hex Bolt M16*110 (13).



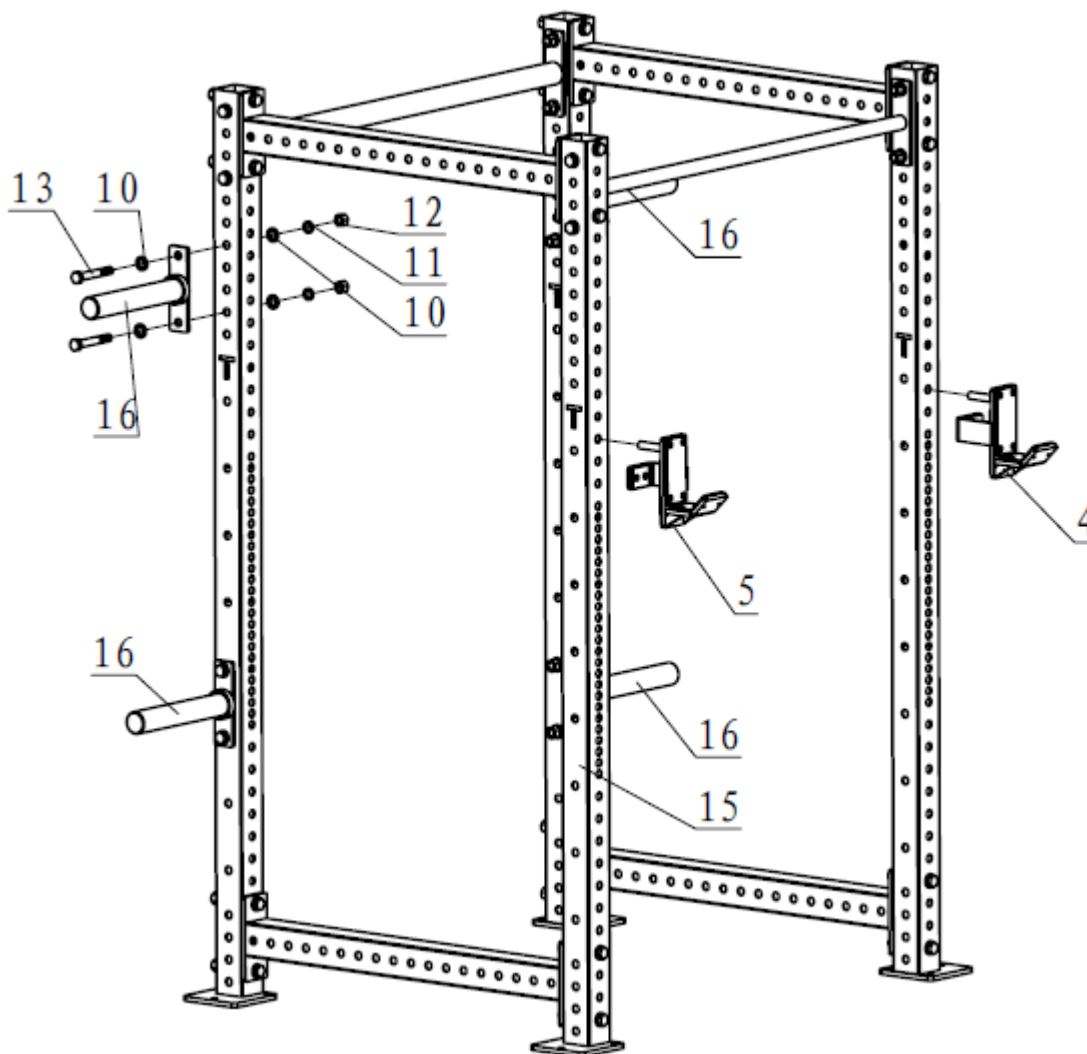
STEP 2

1. Connect the Rear Pull Up Bar (3), Pull Up Bar (2) and Upright Frame (15), using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (10), Spring Washer $\Phi 16$ (11), Nut M16 (12), and Hex Bolt M16*110 (13).

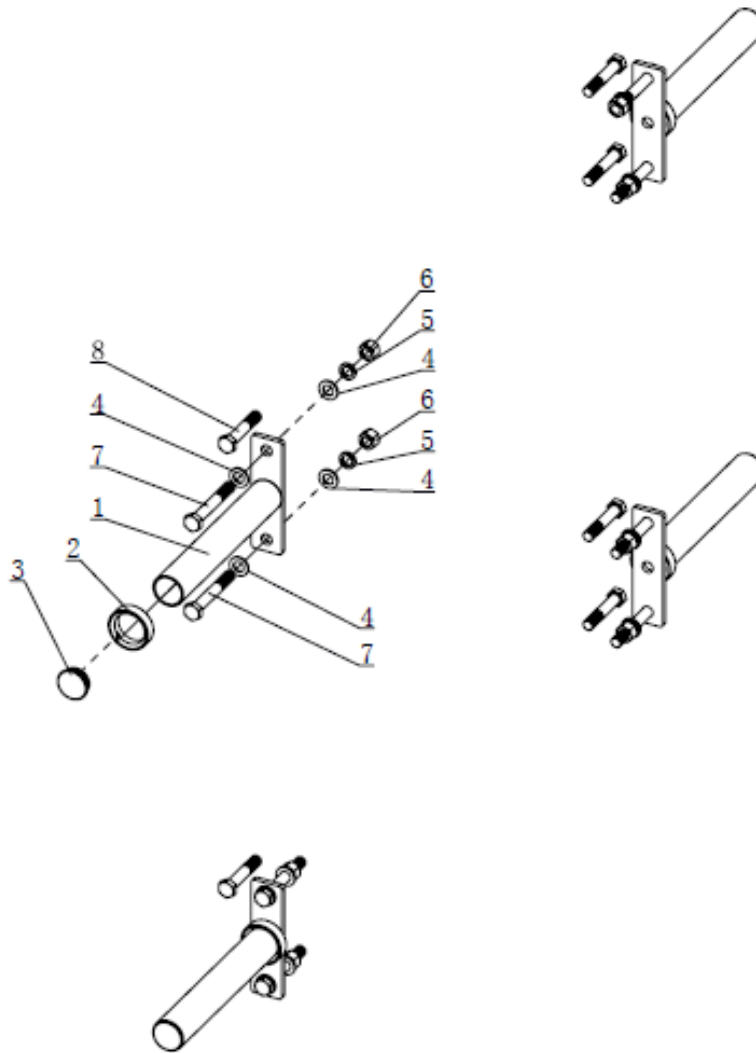


STEP 3

1. Install the left and right J-HOOK (4 & 5) on the Upright Frame (15).
2. Install the Weight Plate Holder (16) on the Upright Frame (15), using Flat Washer $\Phi 17*\Phi 30*3$ (10), Spring Washer (11) Nut M16 (12), and Hex Bolt M16*110 (13).



FWHOOLD PARTS DIAGRAM / EXPLODED VIEW

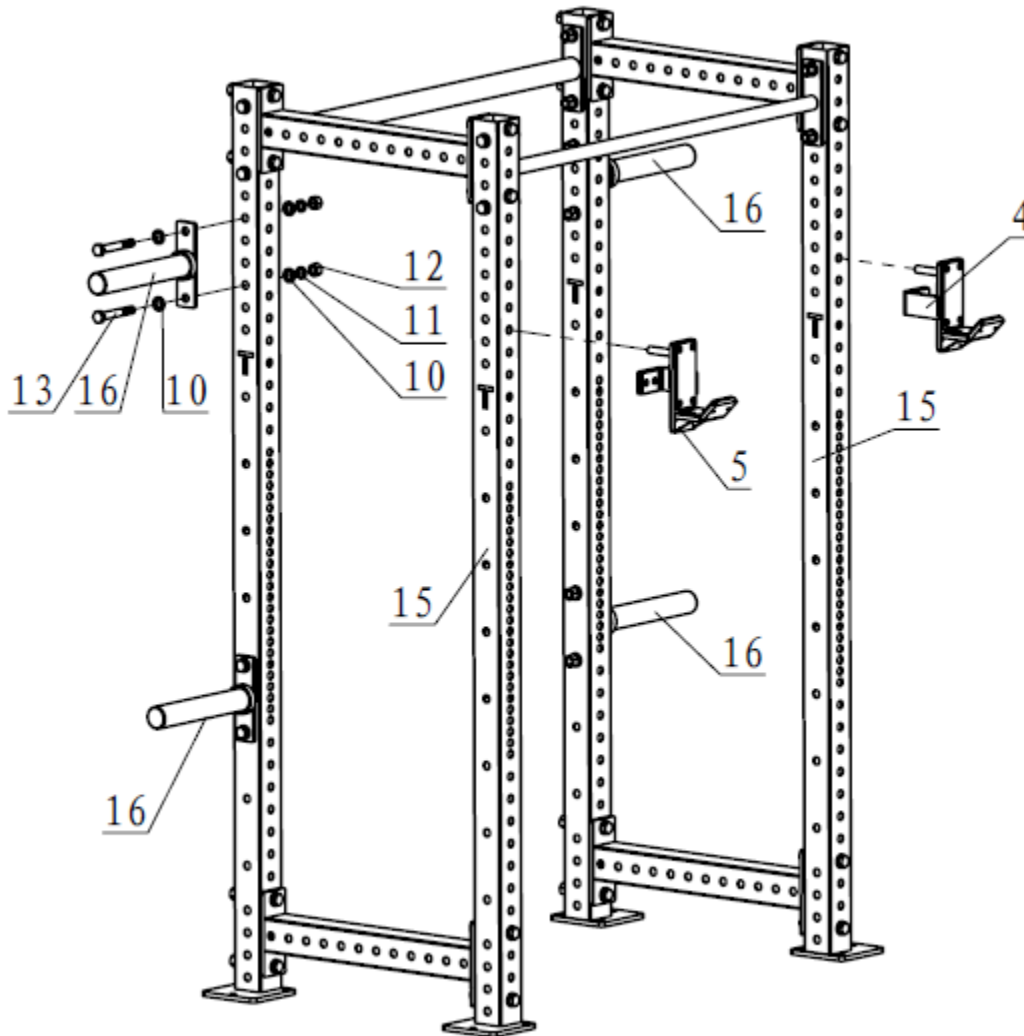


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	WEIGHT PLATE HOLDER	4	(5)	1	SPRING WASHER $\Phi 16$	8
(2)	1	RUBBER BUMPER	4	(6)	1	M16 NUT	8
(3)	1	END CAP $\Phi 48 \times 2$	4	(7)	1	HEX BOLT M16*110	8
(4)	1	FLAT WASHER $\Phi 17 \times \Phi 30 \times 3$	16	(8)	1	HEX BOLT M16*85	8

FWHOLD ASSEMBLY INSTRUCTIONS

STEP 3

1. Install the left and right J-HOOK (4 & 5) on the Upright Frame (15).
2. Install the Weight Plate Holder (16) on the Upright Frame (15), using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (10), Spring Washer (11) Nut M16 (12), and Hex Bolt M16*110 (13).



ASSEMBLY INSTRUCTIONS

- No assembly required. This product is shipped fully assembled.

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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