

X-3 SERIES BD POWER RACK EXTENSIONS

BLACK: 401404, 401406, 401405, 401407

NAVY: 401516, 401521, 401546, 401551

ORANGE: 401517, 401522, 401547, 401552

RED: 401518, 401523, 401548, 401553

WHITE: 401519, 401524, 401549, 401554

SILVER: 401520, 401525, 401550, 401555

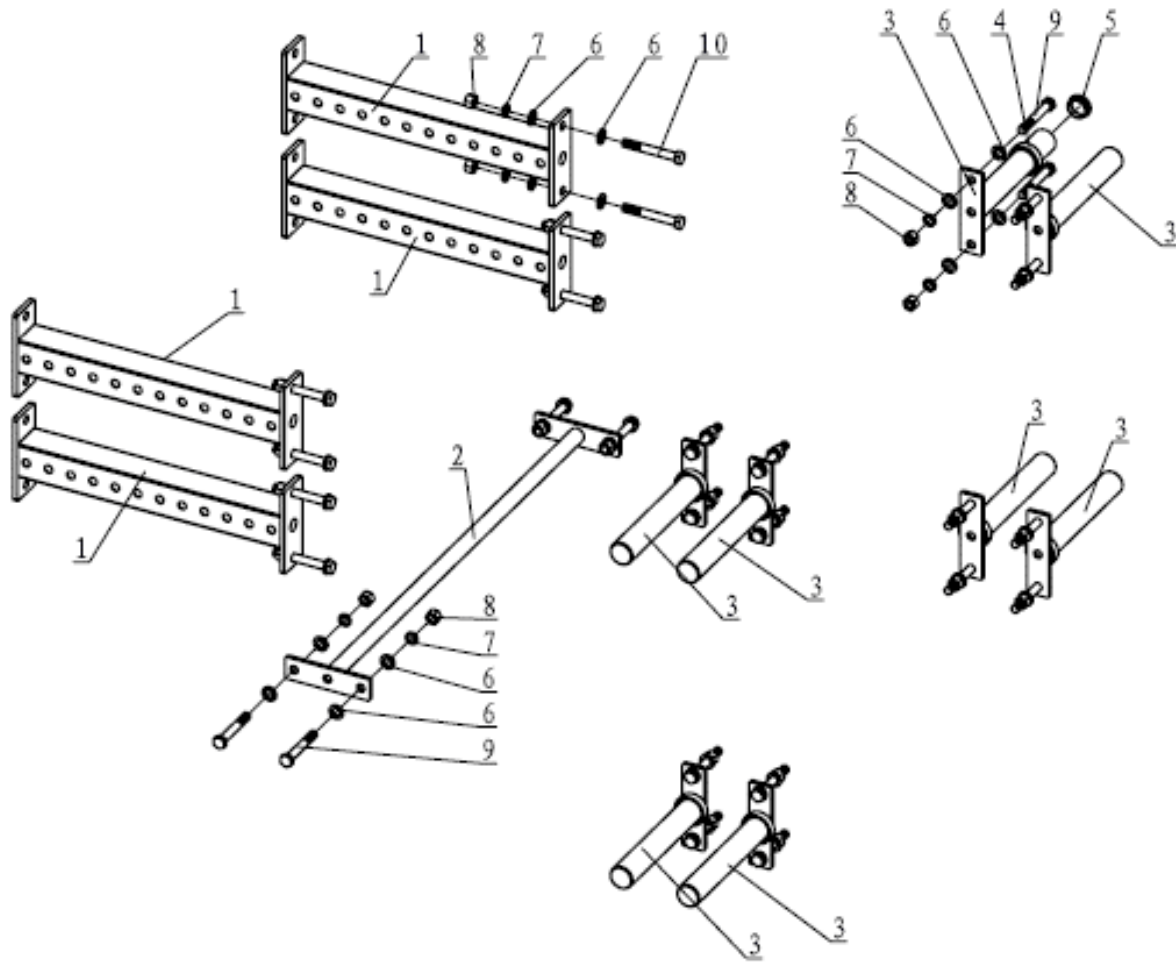


Operator's Manual



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!

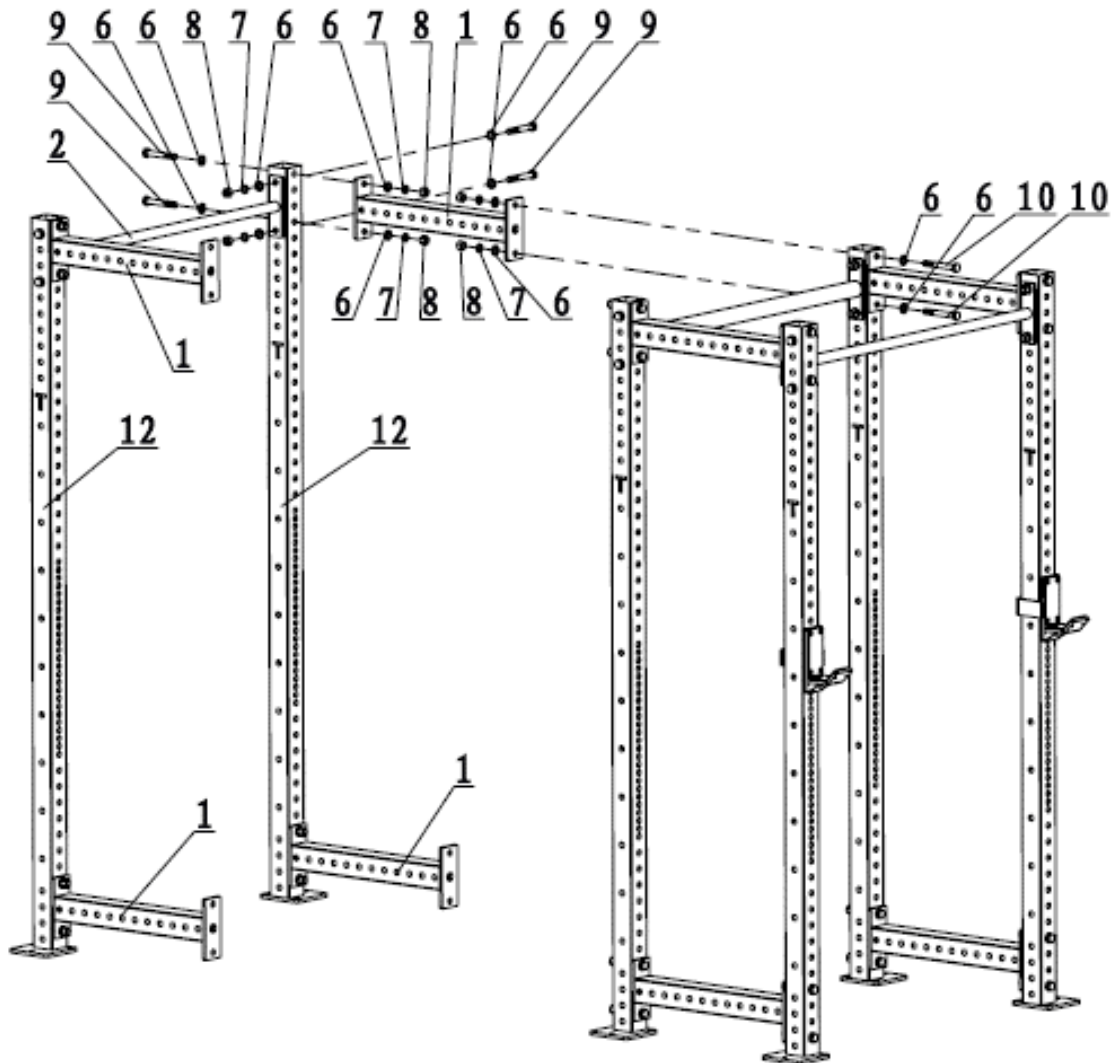
X3BDEXT24 PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	24" CONNECTING FRAME	4	(6)	1	FLAT WASHER $\Phi 17 * \Phi 30 * 3$	56
(2)	1	PULL UP BAR	1	(7)	1	SPRING WASHER $\Phi 16$	28
(3)	1	WEIGHT PLATE HOLDER	8	(8)	1	M16 NUT	28
(4)	1	RUBBER CUSHION	8	(9)	1	HEX BOLT M16*110	20
(5)	1	$\Phi 48$ END CAP	8	(10)	1	HEX BOLT M16*120	8

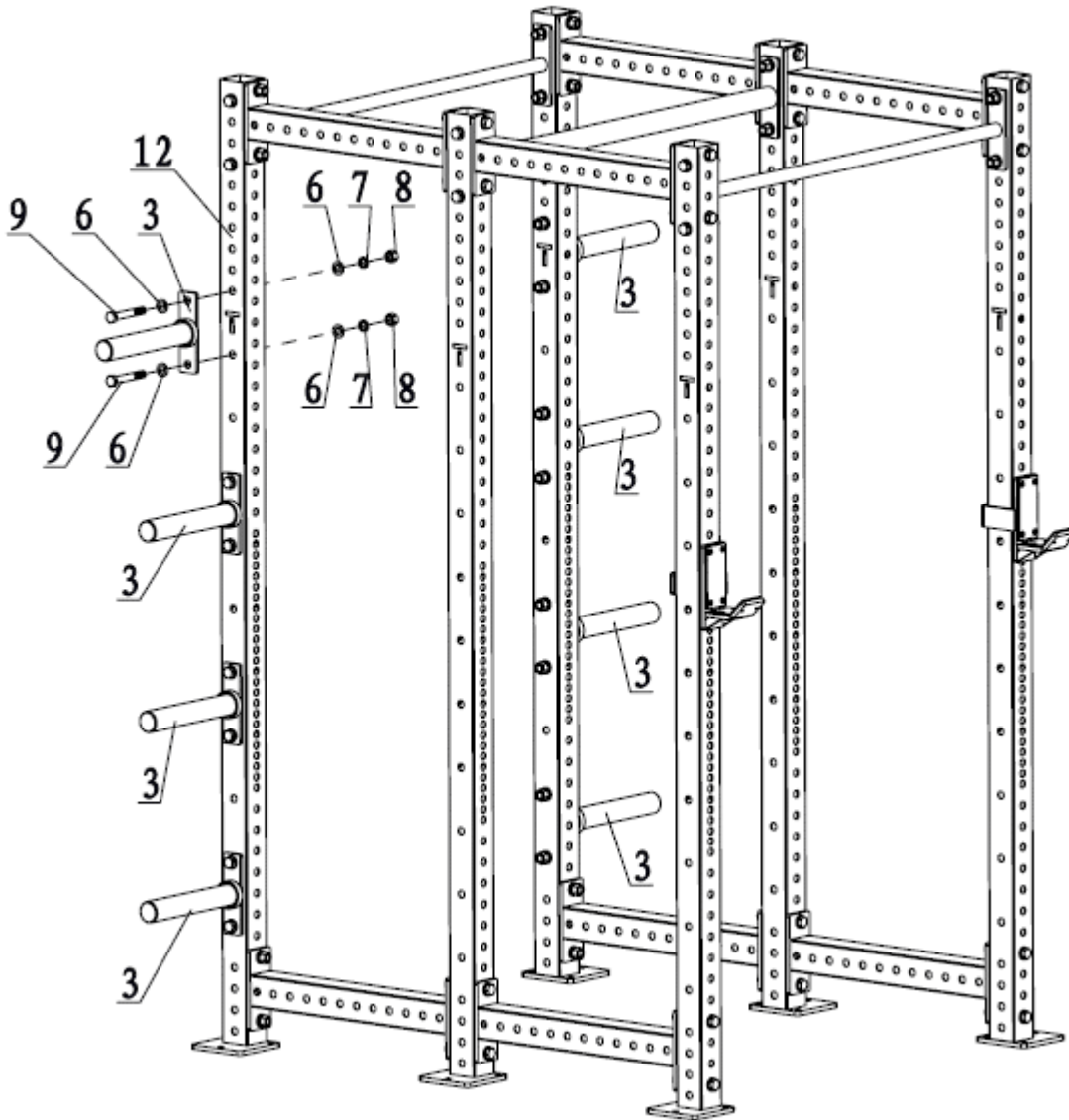
STEP 1

1. Install the 24" Connecting Frame (1) on the Upright frame (12), using Flat Washer $\Phi 17*\Phi 30*3$ (6), M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*110 (9).
2. Connect the 24" Connecting Frame (2) and the Upright frame, using Flat Washer $\Phi 17*\Phi 30*3$ (6), M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*120 (10).
3. Assemble the Pull Up Bar (2) on the Upright Frame, using Flat Washer $\Phi 17*\Phi 30*3$ (6), M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*110 (9).

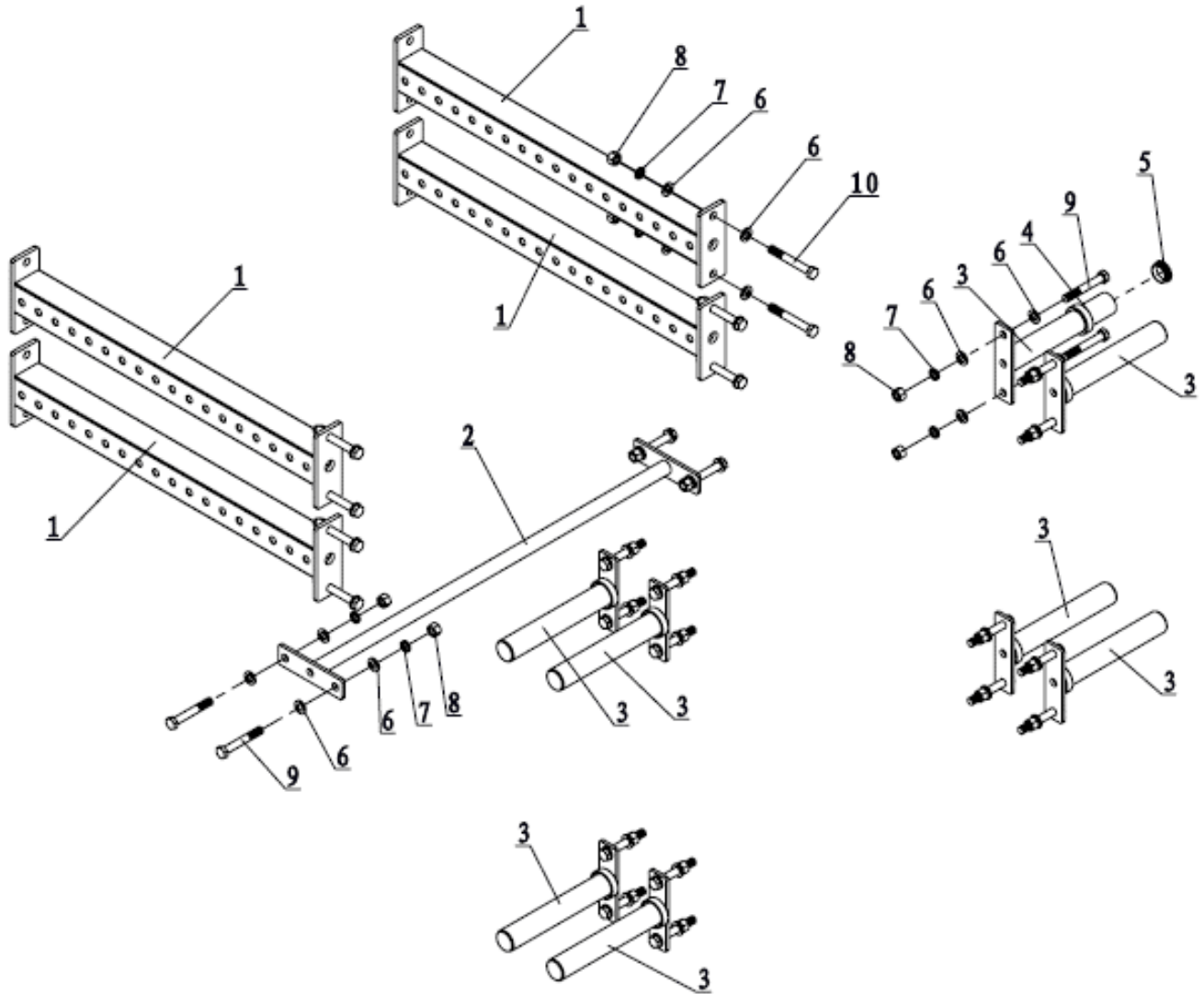


STEP 2

1. Assemble the Weight Plate Holder (3) on the Upright Frame, using Flat Washer $\Phi 17*\Phi 30*3$ (6), M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*110 (9).



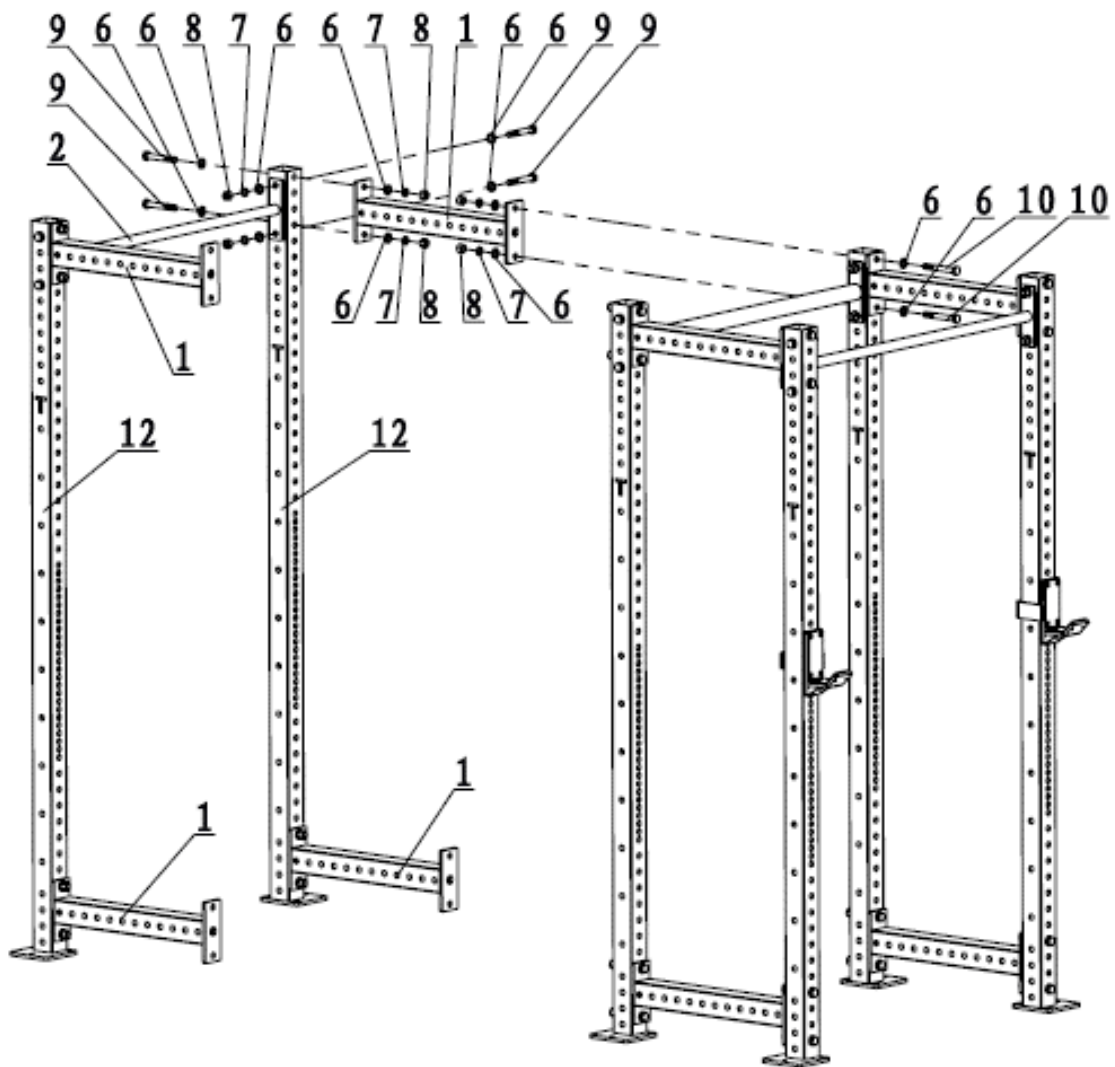
X3BDEXT36 PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	36" CONNECTING FRAME	4	(6)	1	FLAT WASHER $\Phi 17 * \Phi 30 * 3$	56
(2)	1	PULL UP BAR	1	(7)	1	SPRING WASHER $\Phi 16$	28
(3)	1	WEIGHT PLATE HOLDER	8	(8)	1	M16 NUT	28
(4)	1	RUBBER CUSHION	8	(9)	1	HEX BOLT M16*110	20
(5)	1	$\Phi 48$ END CAP	8	(10)	1	HEX BOLT M16*120	8

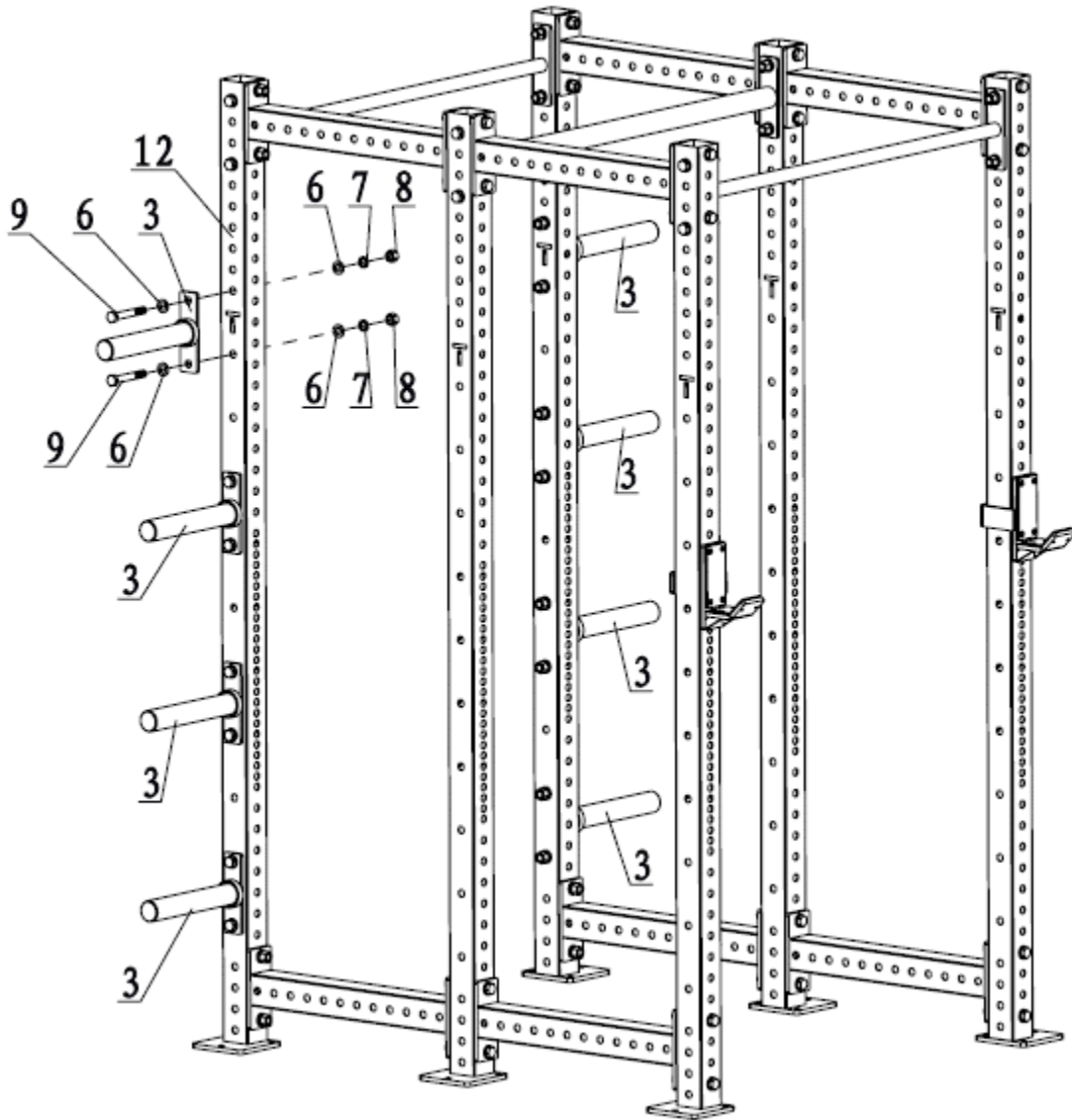
STEP 1

1. Install the 36" Connecting Frame (1) on the Upright frame (12), using Flat Washer $\Phi 17*\Phi 30*3(6)$, M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*110 (9).
2. Connect the 36" Connecting Frame (2) and the Upright frame, using Flat Washer $\Phi 17*\Phi 30*3(6)$, M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*120 (10).
3. Assemble the Pull Up Bar (2) on the Upright Frame, using Flat Washer $\Phi 17*\Phi 30*3(6)$, M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*110 (9).



STEP 2

1. Assemble the Weight Plate Holder (3) on the Upright Frame, using Flat Washer $\Phi 17*\Phi 30*3$ (6), M16 Nut (8), $\Phi 16$ Spring Washer (7), and Hex Bolt M16*110 (9).



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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