

# X-3 SERIES TALL SQUAT STAND

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401403 - X3SQTUP92-X3SQTBASE

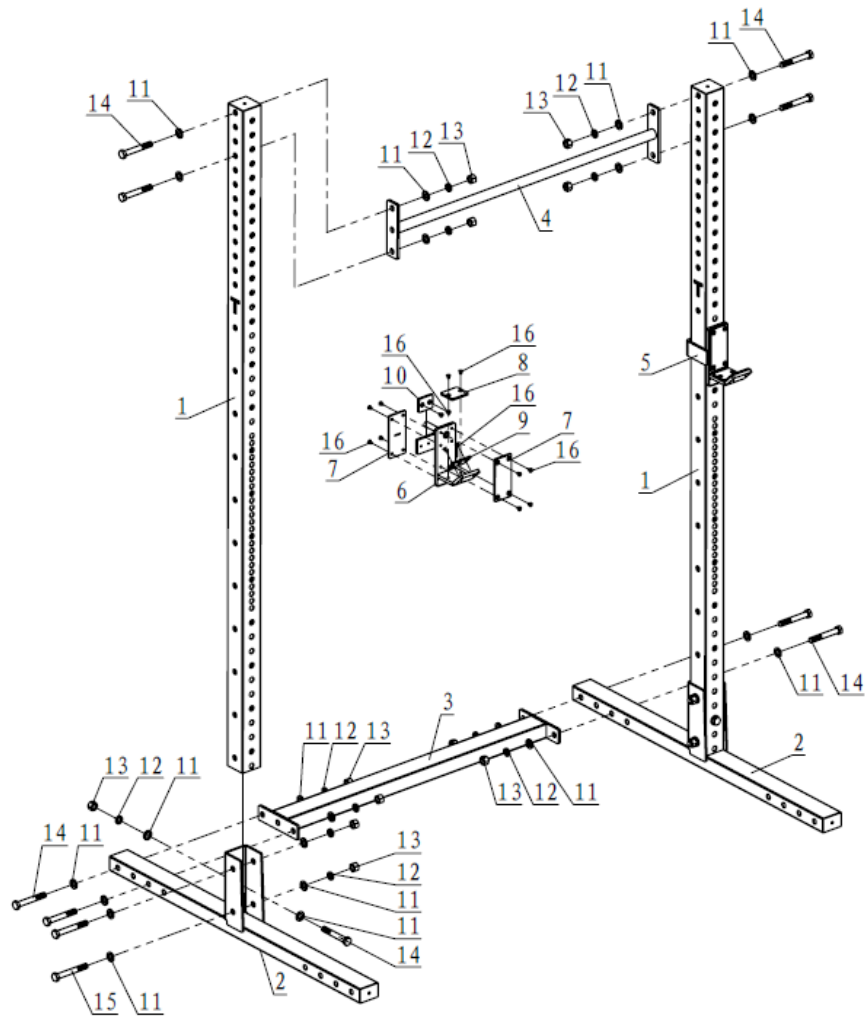


## Operator's Manual



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!

**PARTS DIAGRAM / EXPLODED VIEW**



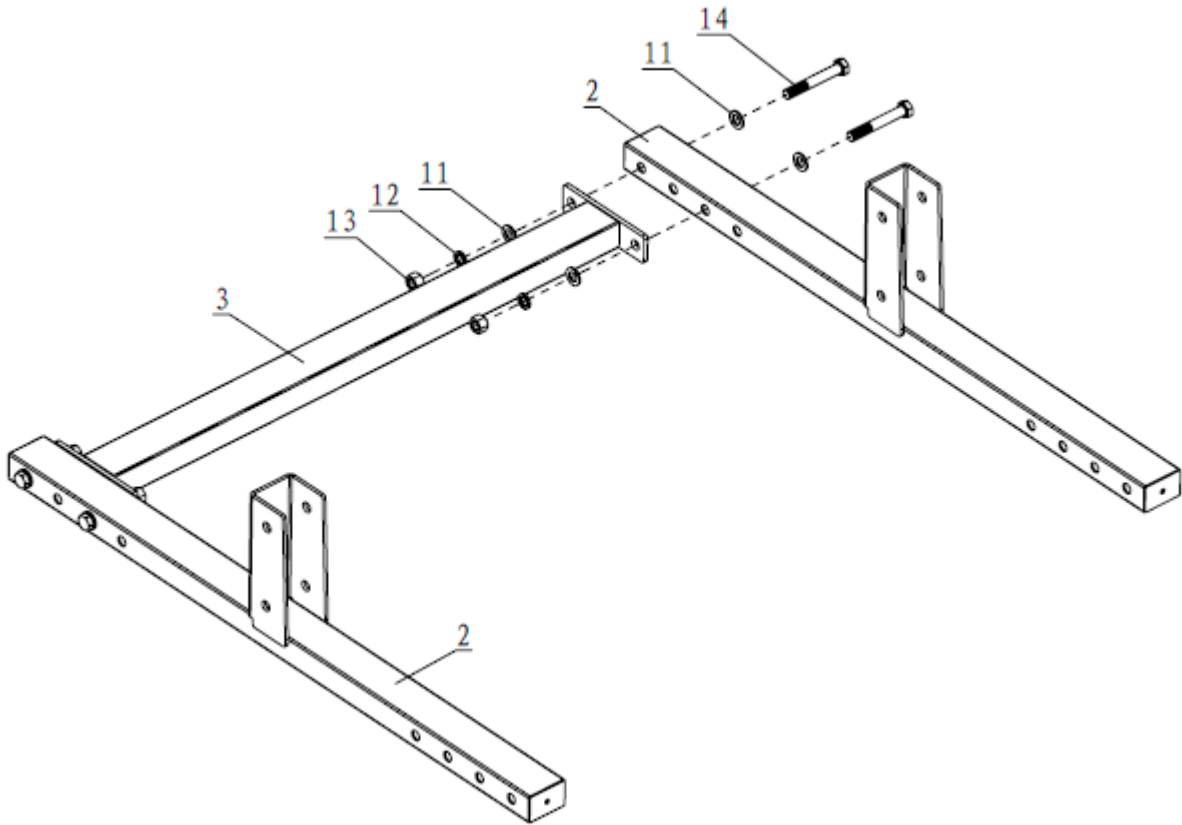
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	UPRIGHT FRAME	2	(9)	1	FRONT PLASTIC PLATE 68*48*5	2
(2)	1	BASE FRAME	2	(10)	1	SHORT PLASTIC PLATE 58*48*5	2
(3)	1	CONNECTING FRAME	1	(11)	1	FLAT WASHER $\Phi 17*\Phi 30*3$	28
(4)	1	PULL UP BAR	1	(12)	1	SPRING WASHER $\Phi 16$	14
(5)	1	LEFT J-HOOK	1	(13)	1	M16 NUT	14
(6)	1	RIGHT J-HOOK	1	(14)	1	HEX BOLT M16*110	10
(7)	1	LONG PLASTIC PLATE 148*68*5	4	(15)	1	HEX BOLT M16*120	4
(8)	1	PLASTIC PLATE 68*58*5	2	(16)	1	COUNTERSUNK HEAD SCREW M6*10	28

## ASSEMBLY INSTRUCTIONS

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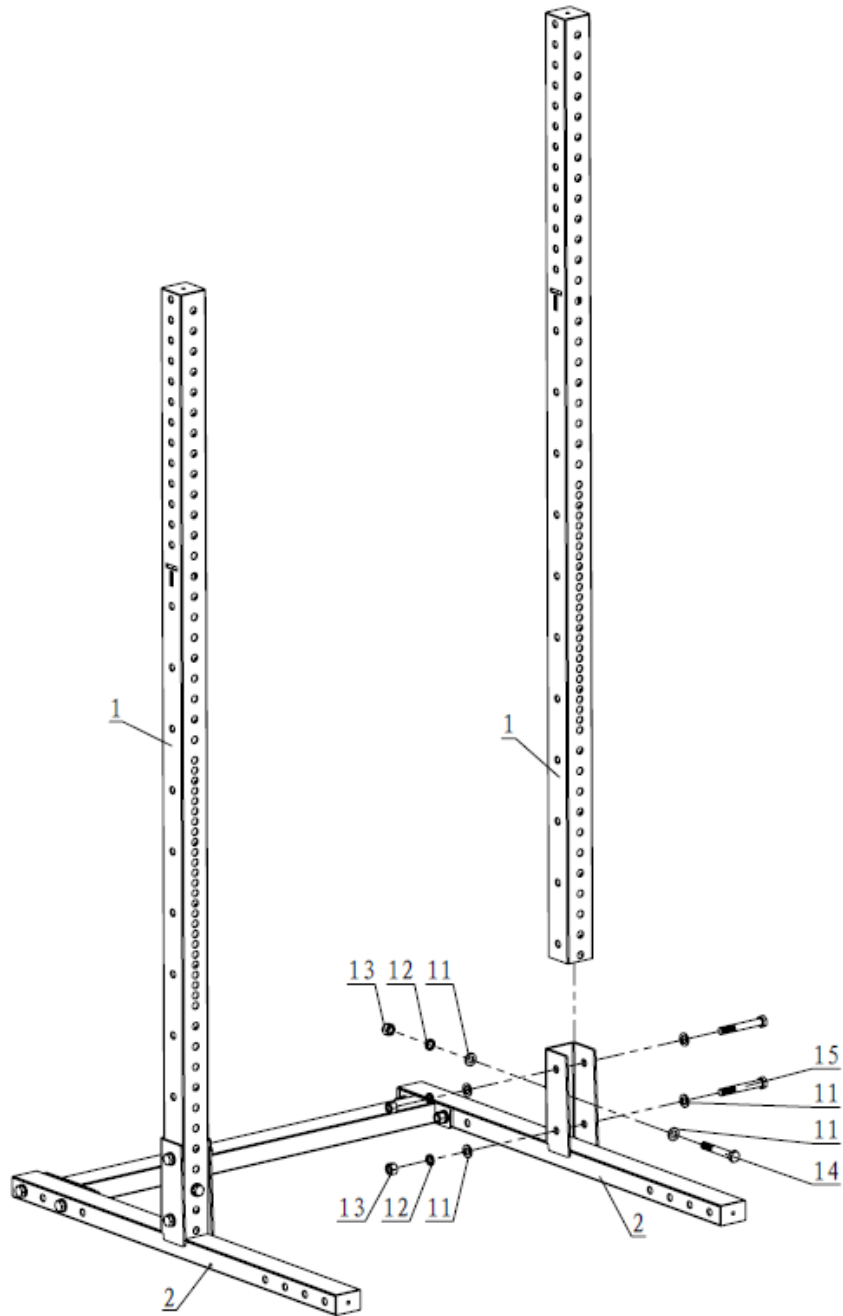
### STEP 1

Assemble the Base Frame (2) and Connecting Frame (3), using Flat Washer  $\Phi 17*\Phi 30*3$  (11), Spring Washer (12), Nut M16 (13) and Hex Bolt M16\*110 (14).



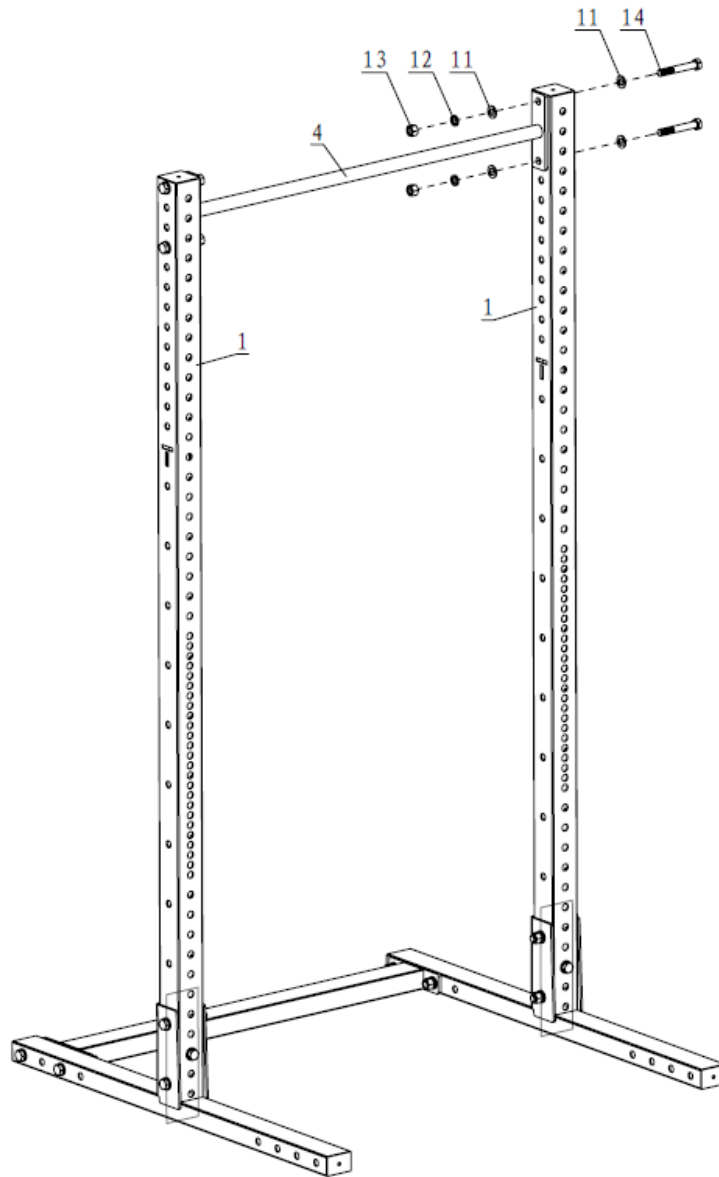
**STEP 2**

Assemble the Upright Frame (1) on the Base Frame (2), using Flat Washer  $\Phi 17*\Phi 30*3$  (11), Spring Washer (12) Nut M16 (13), Hex Bolt M16\*110(14) and Hex Bolt M16\*120 (15).



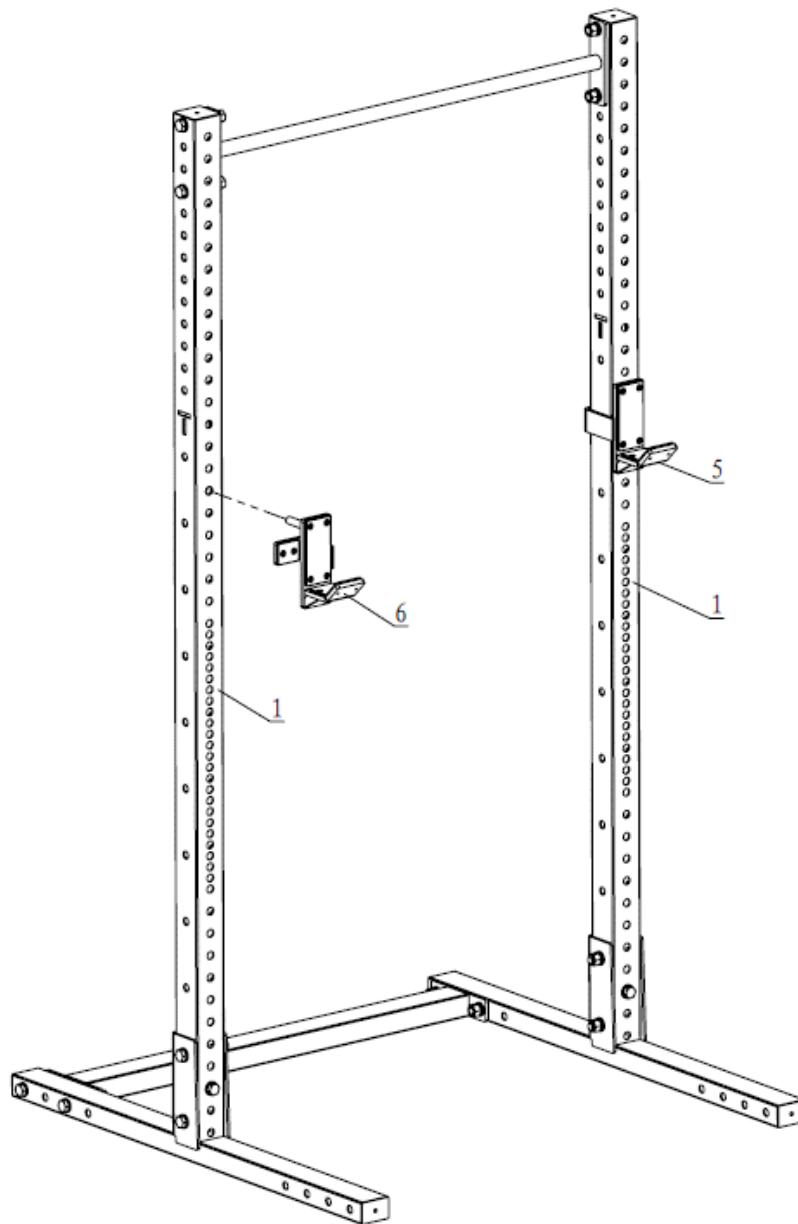
### STEP 3

Assemble the Pull Up Bar (4) on the Upright Frame (1), using Flat Washer  $\Phi 17 \times \Phi 30 \times 3$  (11), Spring Washer (12) Nut M16 (13), and Hex Bolt M16\*110 (14).



**STEP 4**

Install the Left & Right J-HOOK (5 & 6) on Upright Frame (1)



## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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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

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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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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

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