

T-3 SERIES HALF RACK CONVERSION KIT

OPTIONAL WEIGHT PLATE HOLDERS

401185 - T3SQTHALF

401311 - T3SQTHALF-FWHOLD

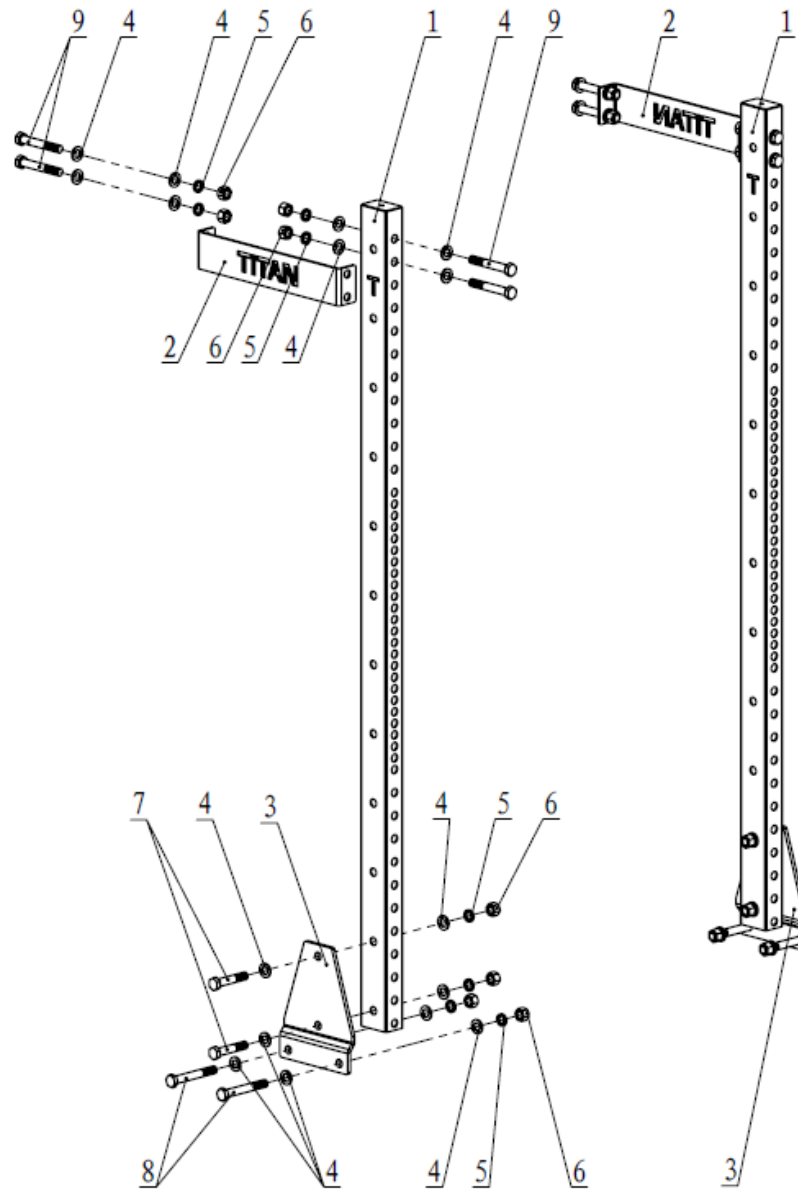


Operator's Manual



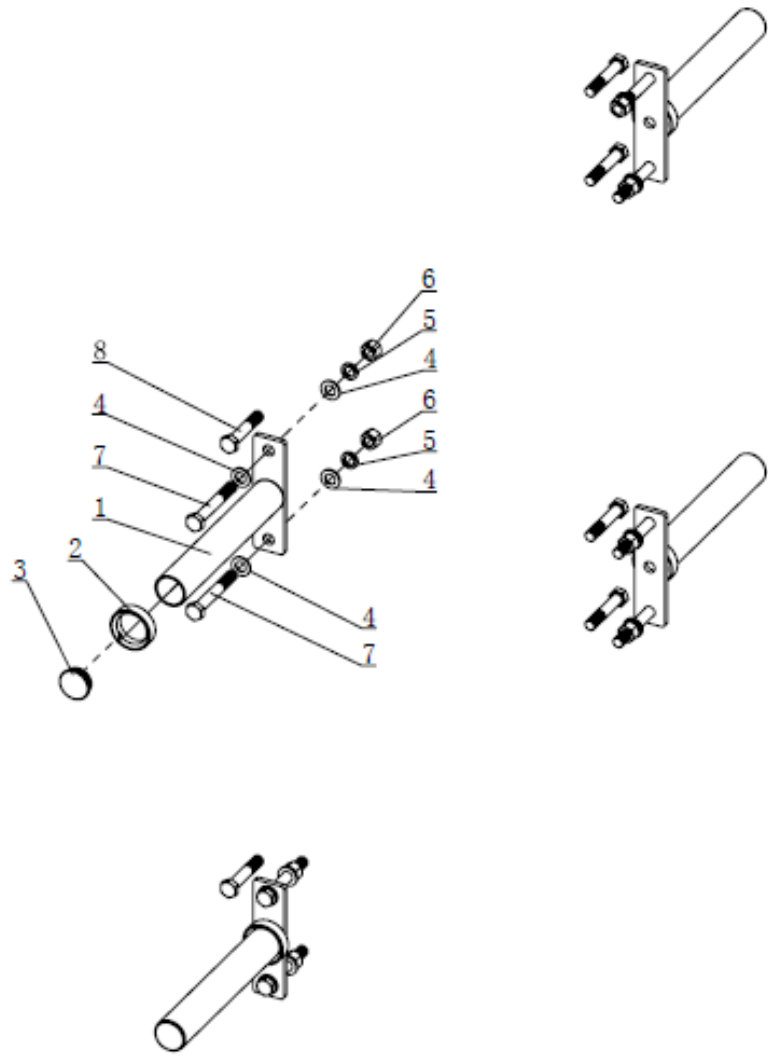
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

T3SQTHALF PARTS DIAGRAM / EXPLODED VIEW



| KEY | BOX | DESCRIPTION | QTY | KEY | BOX | DESCRIPTION | QTY |
|-----|-----|--------------------------|-----|-----|-----|------------------|-----|
| (1) | 1 | UPRIGHT FRAME | 2 | (6) | 1 | M16 NUT | 16 |
| (2) | 1 | CONNECTING PLATE | 2 | (7) | 1 | HEX BOLT M16*85 | 4 |
| (3) | 1 | FIXING PLATE | 2 | (8) | 1 | HEX BOLT M16*120 | 4 |
| (4) | 1 | FLAT WASHER Φ17*Φ30*3 | 32 | (9) | 1 | HEX BOLT M16*110 | 8 |
| (5) | 1 | SPRING WASHER Φ16 | 16 | | | | |

FWHOLD PARTS DIAGRAM / EXPLODED VIEW

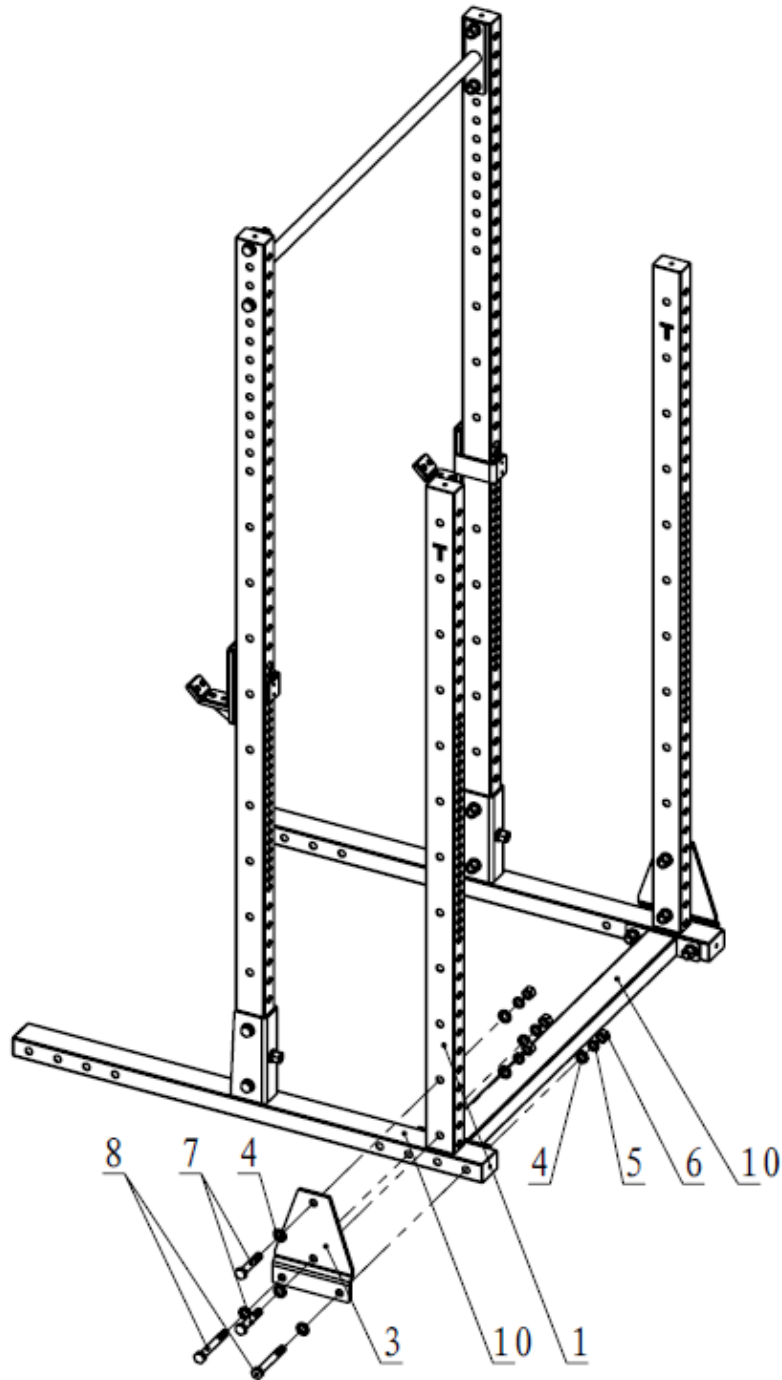


| KEY | BOX | DESCRIPTION | QTY | KEY | BOX | DESCRIPTION | QTY |
|-----|-----|--|-----|-----|-----|-------------------------|-----|
| (1) | 1 | WEIGHT PLATE HOLDER | 4 | (5) | 1 | SPRING WASHER $\Phi 16$ | 8 |
| (2) | 1 | RUBBER BUMPER | 4 | (6) | 1 | M16 NUT | 8 |
| (3) | 1 | END CAP $\Phi 48 \times 2$ | 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 |

ASSEMBLY INSTRUCTIONS

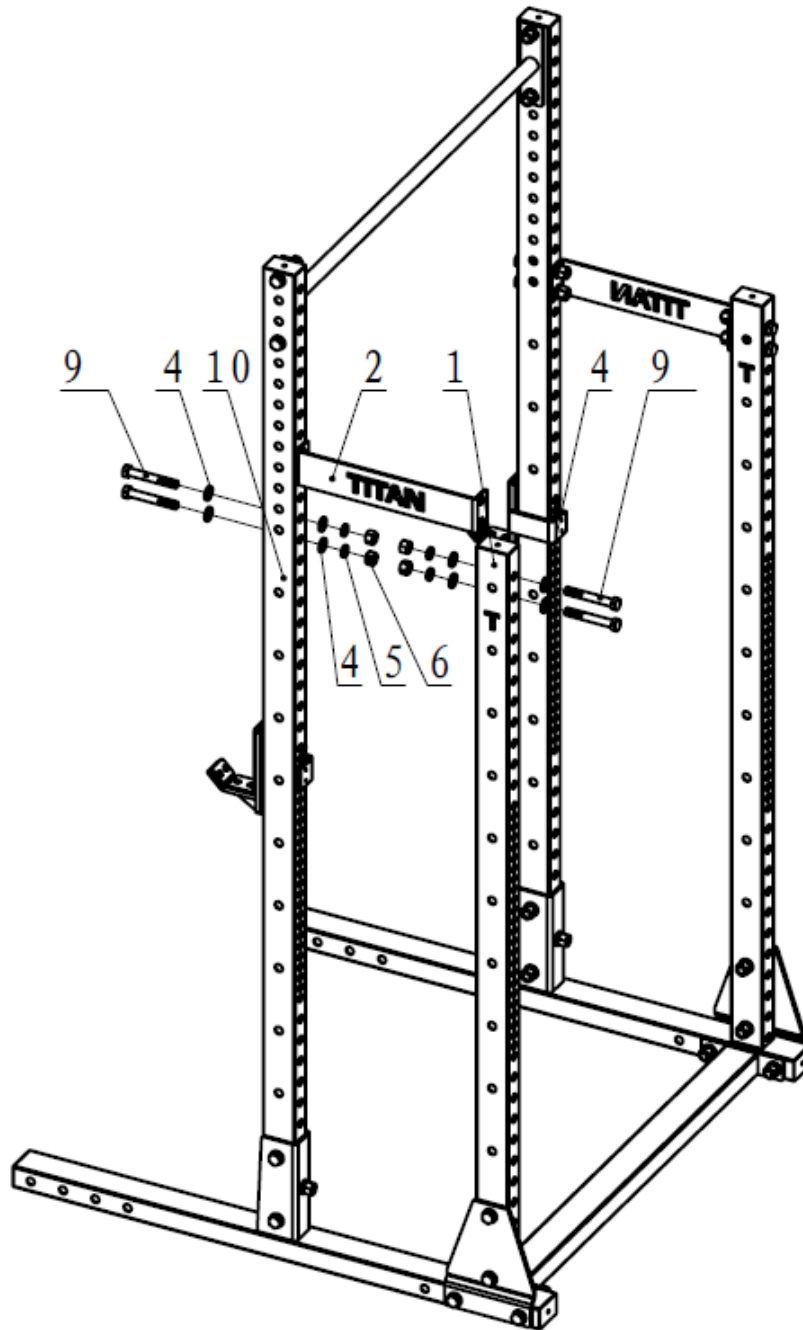
STEP 1

Assemble the Upright Frame (1) on the Base Frame (10), using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (4), Spring Washer (5), Nut M16 (6), Hex Bolt M16*85(7) and Hex Bolt M16*120 (8).



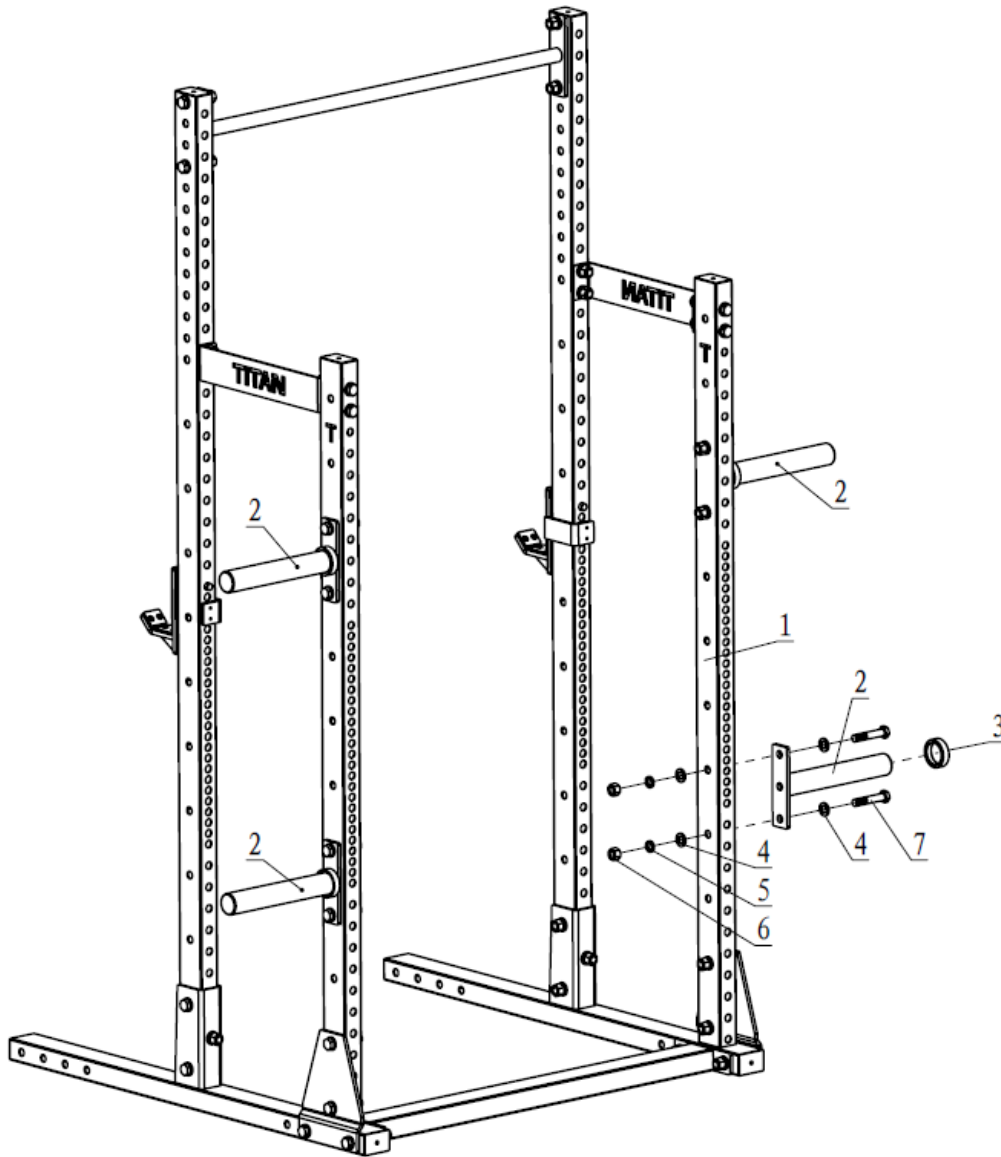
STEP 2

Connect the Upright Frame (1), Connecting Plate (2) and the Upright Frame on the Squat Rack (10), using Flat Washer $\Phi 17*\Phi 30*3$ (4), Spring Washer (5) Nut M16 (6), and Hex Bolt M16*110 (9).



STEP 3

Install the Weight Plate Holder (2) on the Upright Frame (1), using Flat Washer $\Phi 17 \times \Phi 30 \times 3$ (4), Spring Washer (5) Nut M16 (6), and Hex Bolt M16*110 (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.

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1-888-410-1503

info@titan.fitness

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