

PLATE-LOADED VICE GRIP TRAINER

401012 - VICEGRPR-LBANDS

400499 - VICEGRPR, 400553 - LBANDS

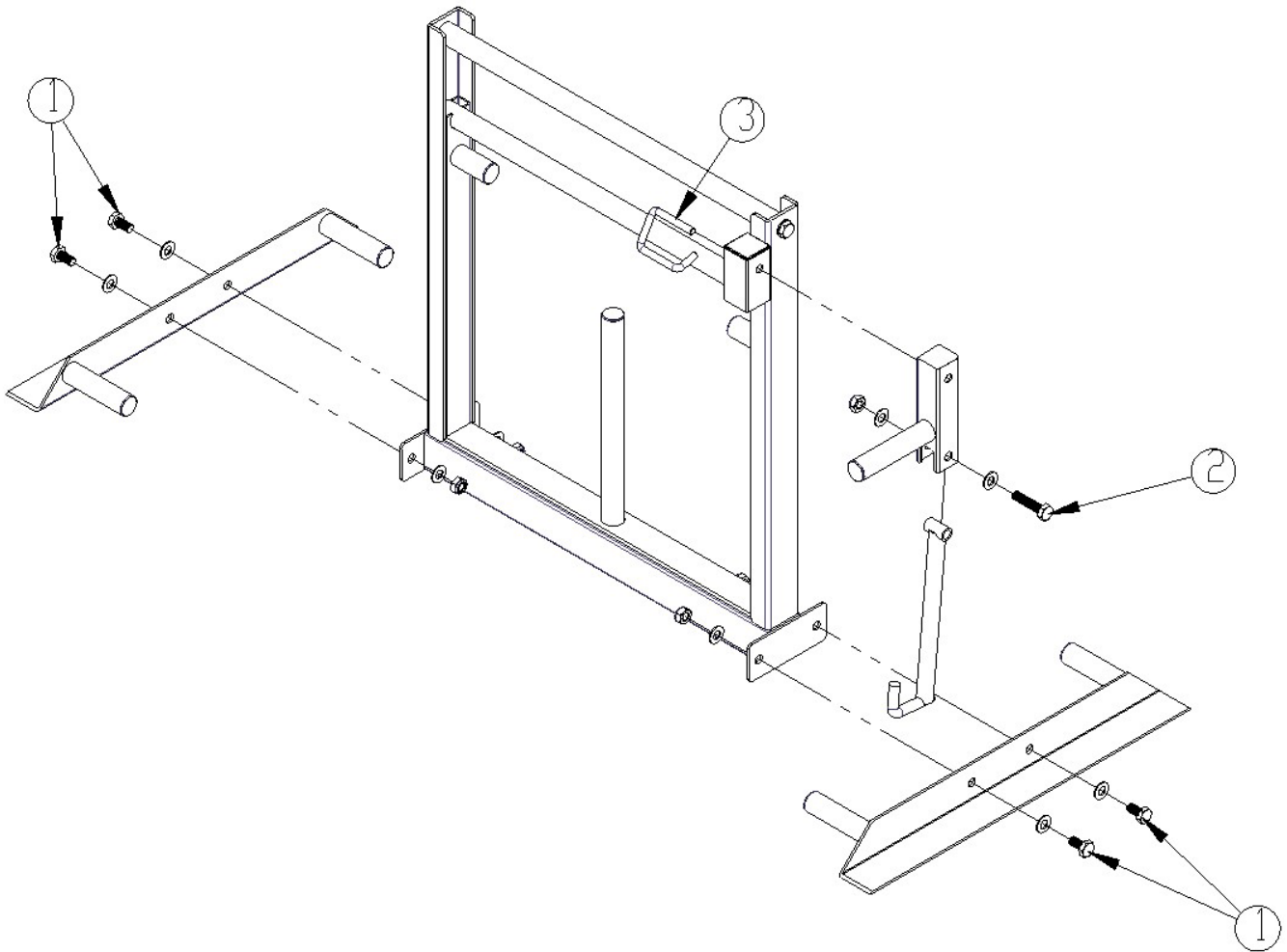


Operator's Manual



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!

VICEGRPR PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY
(1)	HEX BOLT M10*20 + TWO WASHERS + LOCK NUT	X4
(2)	HEX BOLT M10*45 + TWO WASHERS + LOCK NUT	X1
(3)	FRAME LATCH M8	X1

ASSEMBLY INSTRUCTIONS

- Some assembly required

LBANDS PARTS DIAGRAM / EXPLODED VIEW

KEY	DESCRIPTION	QTY
1	12" RESISTANCE BANDS	8

ASSEMBLY INSTRUCTIONS

- Includes 4 pairs of color-coded resistance bands
- Red Resistance: 15-30 lb.
- Black Resistance: 40-70 lb.
- Purple Resistance: 60-100 lb.
- Green Resistance: 70-120 lb.

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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1-888-410-1503

info@titan.fitness

www.titan.fitness

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