

TITAN SERIES SAFETY SQUAT BAR

MADE IN THE USA

SSOBARUSA v2
430200



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
(1)	1	CAMBER BAR	1
(2)	1	PADDED HARNESS	1
(3)	1	SLEEVES	2
(4)	1	HANDLES	2
(5)	1	SET SCREWS	2
(6)	1	ALLEN WRENCH	1

ASSEMBLY INSTRUCTIONS

- The bar and harness are welded together while the sleeves need to be fastened to the camber bar.
- The handles easily screw into the harness
- Slide the sleeves on and fasten with the set screws using the included Allen Wrench

1. Remove the handles from the box and screw into the harness.
2. Slide the Weight Plate Sleeve onto the end of the camber bar until you feel it “click” into place.
3. Take the included ¼-inch allen wrench and tighten the set screw to secure to the bar.
4. Repeat the process for the other side.

IMPORTANT

- As part of normal care and maintenance, please periodically check and tighten the set screws
- For best use, work with the TITAN FITNESS logo placed behind your neck and facing up for better security and control during your squat routine.

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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