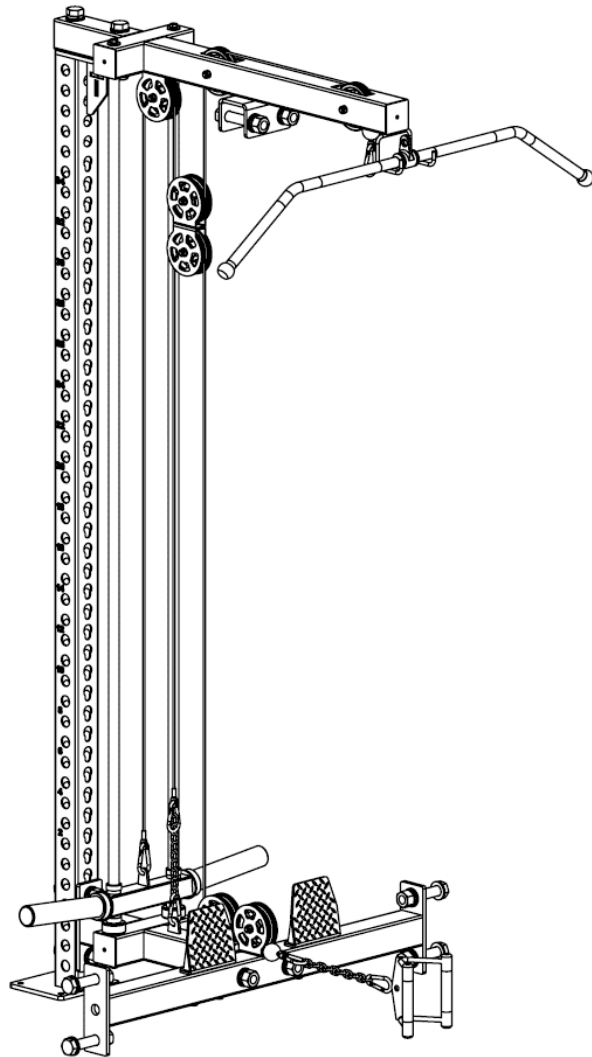


TITAN SERIES 90" LAT TOWER POWER RACK ATTACHMENT

90TITANLPLR, 90TITANLPLR-TITANLOGOSTB,
90TITANLPLR-STBLGST_TS
401648, 401761, 401766



Operator's Manual

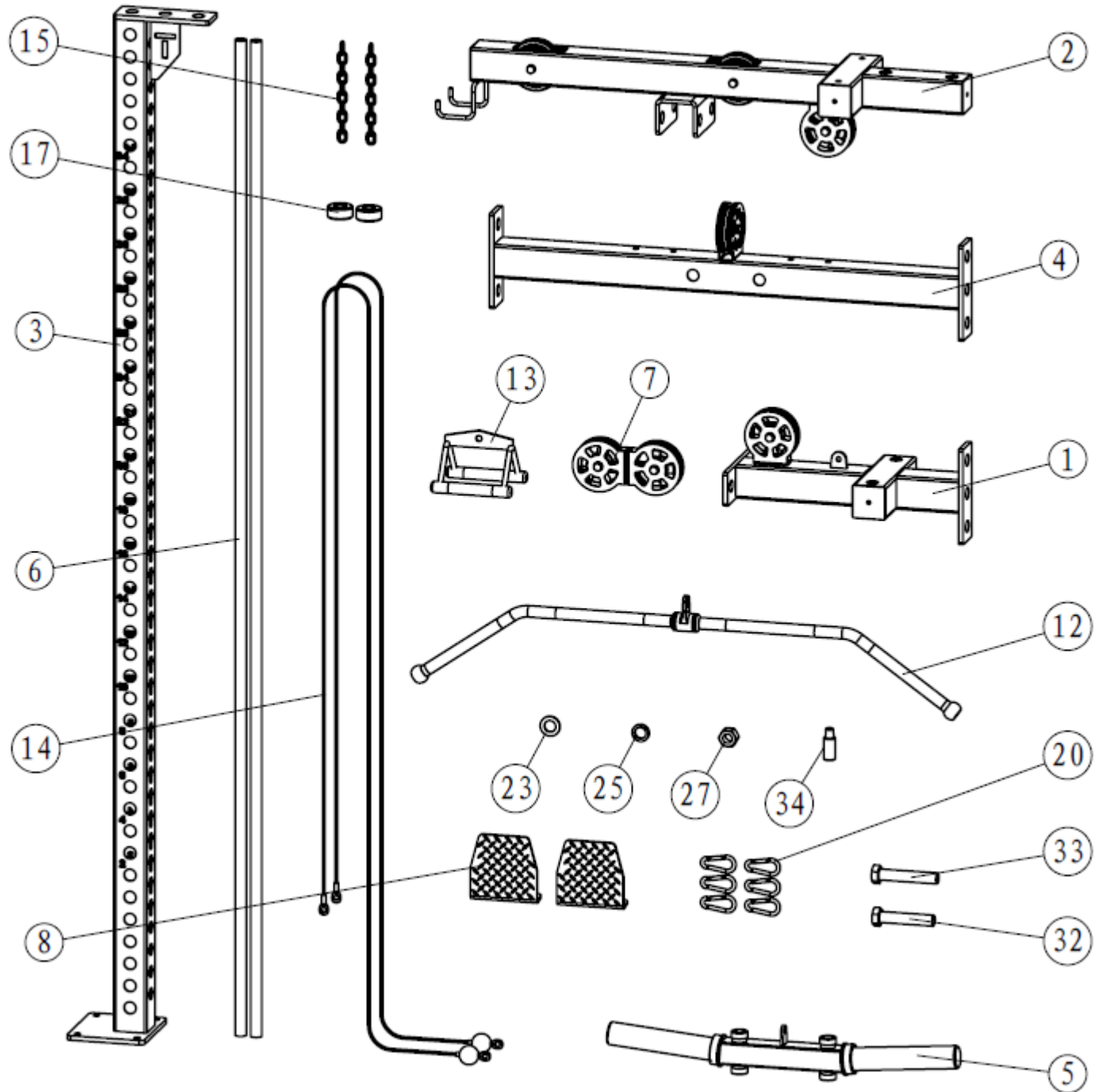


Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

NOTE FROM TITAN

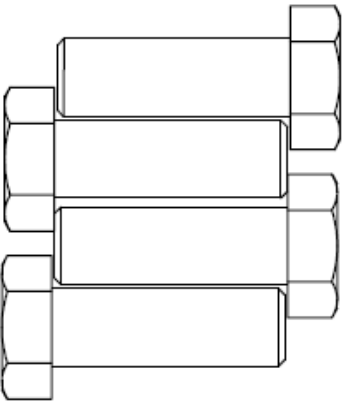
NOTE: The Crossmember Nameplate or the Crossmember Stabilizer is required to install the TITAN Series Lat Tower to your power rack.

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW

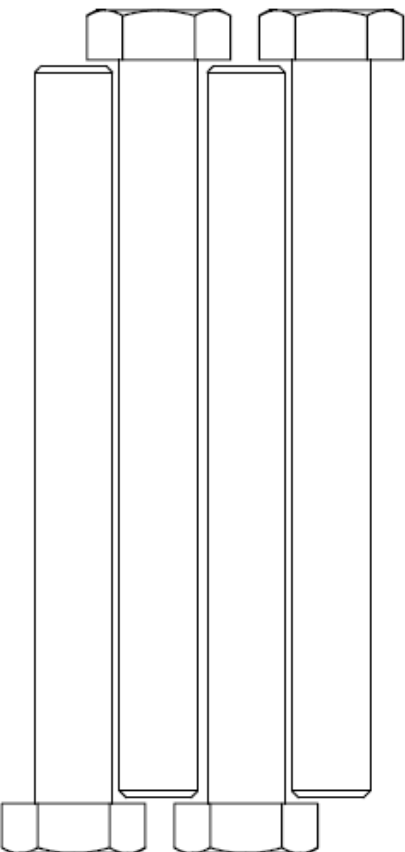


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	LOWER FIXING FRAME	1	(14)	1	CABLE $\Phi 5 \times 3380$	2
(2)	1	UPPER FIXING FRAME	1	(15)	2	LINK $\Phi 5 \times 230$	2
(3)	1	REAR UPRIGHT FRAME	1	(17)	2	RUBBER BUMPER $\Phi 55 \times \Phi 25 \times 25$	2
(4)	2	CONNECTING FRAME	1	(20)	2	HOOK $\Phi 8 \times 80$	6
(5)	2	WEIGHT PLATE HOLDER	1	(23)	2	FLAT WASHER $\Phi 26 \times \Phi 44 \times 4$	23
(6)	1	GUIDE ROD	2	(25)	2	SPRING WASHER $\Phi 24$	12
(7)	2	MOVABLE PULLEY FRAME	1	(27)	2	FLAT NUT M24	11
(8)	2	PEDAL FRAME	2	(32)	2	HEX BOLT M24*120	10
(12)	1	HANDLE BAR	1	(33)	2	HEX BOLT M24*130	2
(13)	1	LOWER HANDLE	1	(34)		SILICONE OIL	1

HARDWARE PACK



No. 28 M10X30 (4)



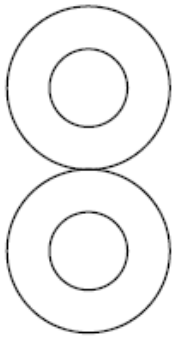
No. 31 M10X95 (4)



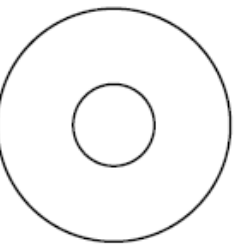
No. 24 φ10
Spring
Washer (4)



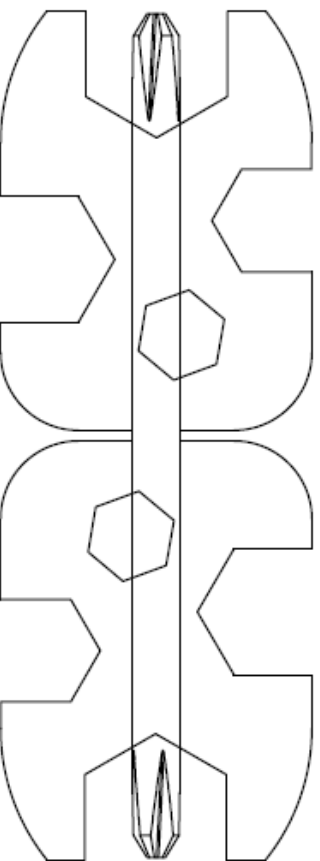
No. 26 M10 Nut (4)



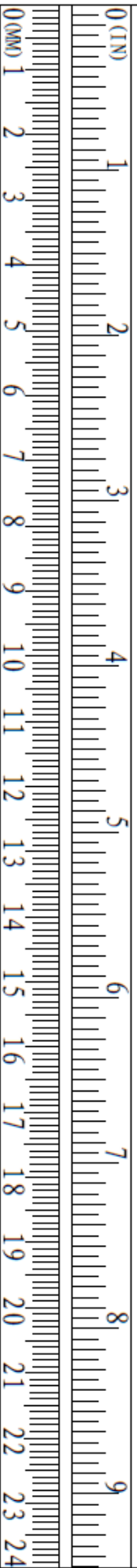
No. 21 φ10 Washer (8)



No. 22 φ10 Washer (4)



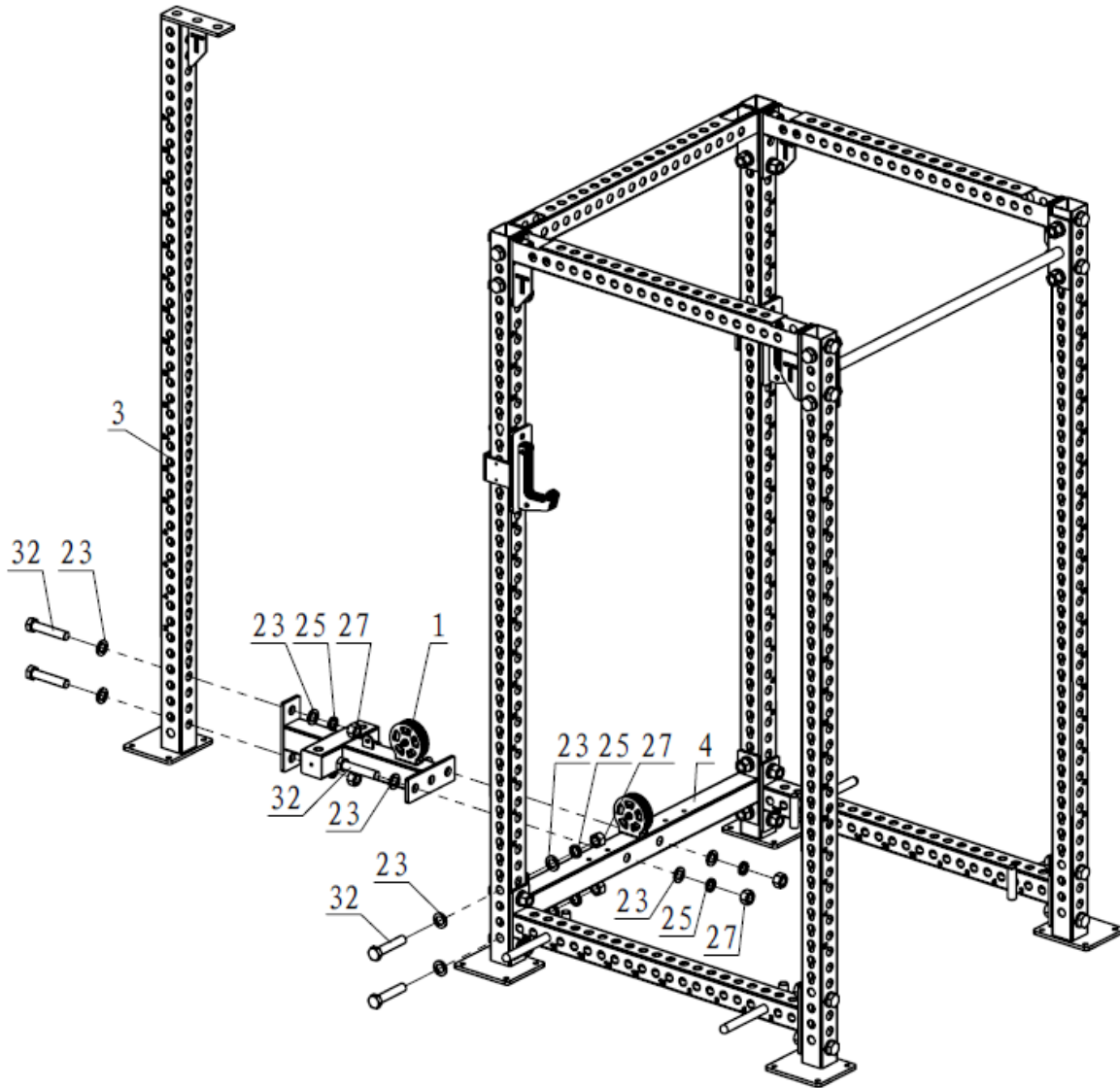
Universal Wrench (2)



ASSEMBLY INSTRUCTIONS

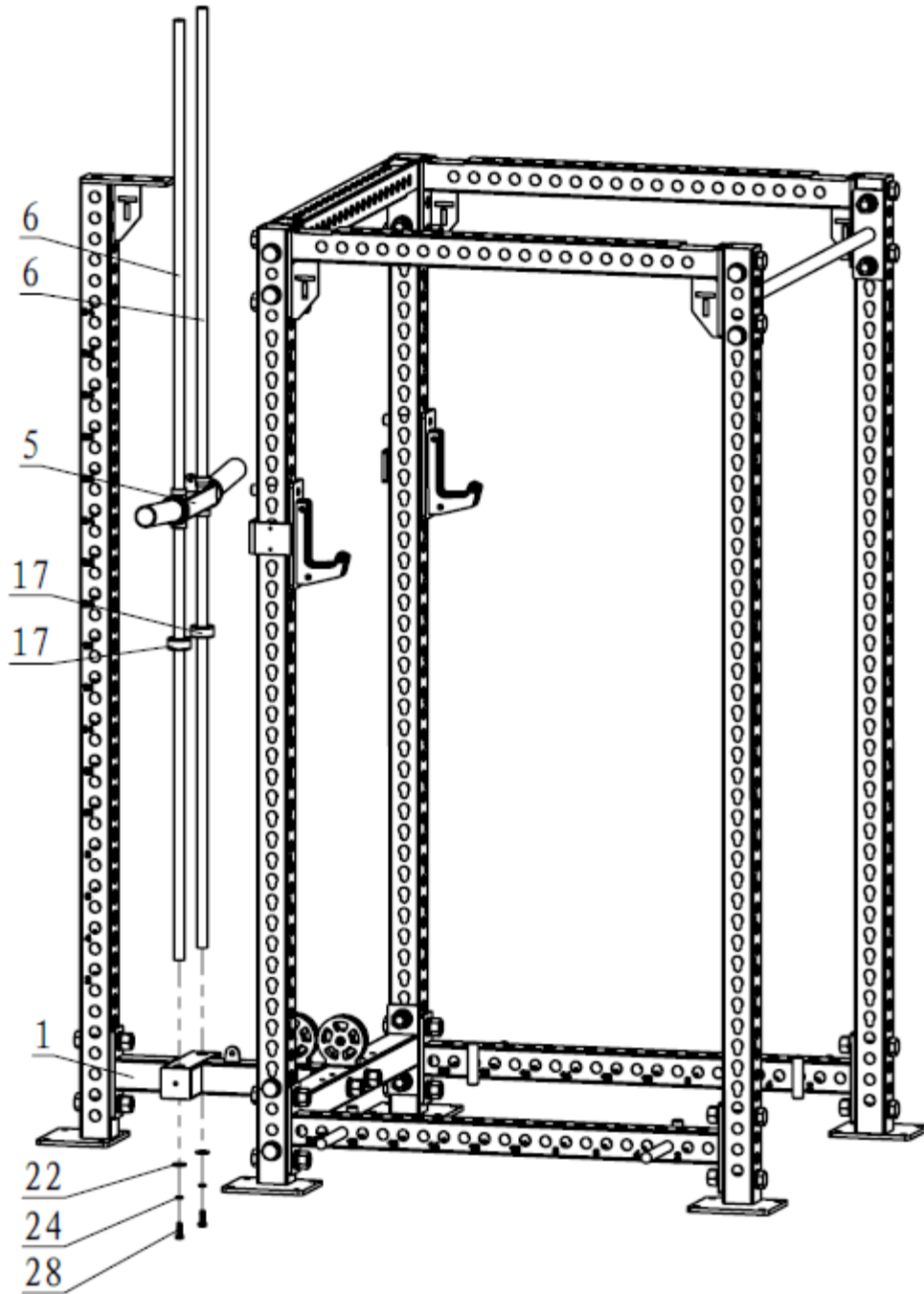
Step 1

Connect the Lower Fixing Frame (1), Rear Upright Frame (3) and Connecting Frame (4) with the Power Rack, using Flat Washer $\Phi 26 * \Phi 44 * 4$ (23), Spring Washer $\Phi 24$ (25), M24 Flat Nut (27) and Hex Bolt M24*120 (32).



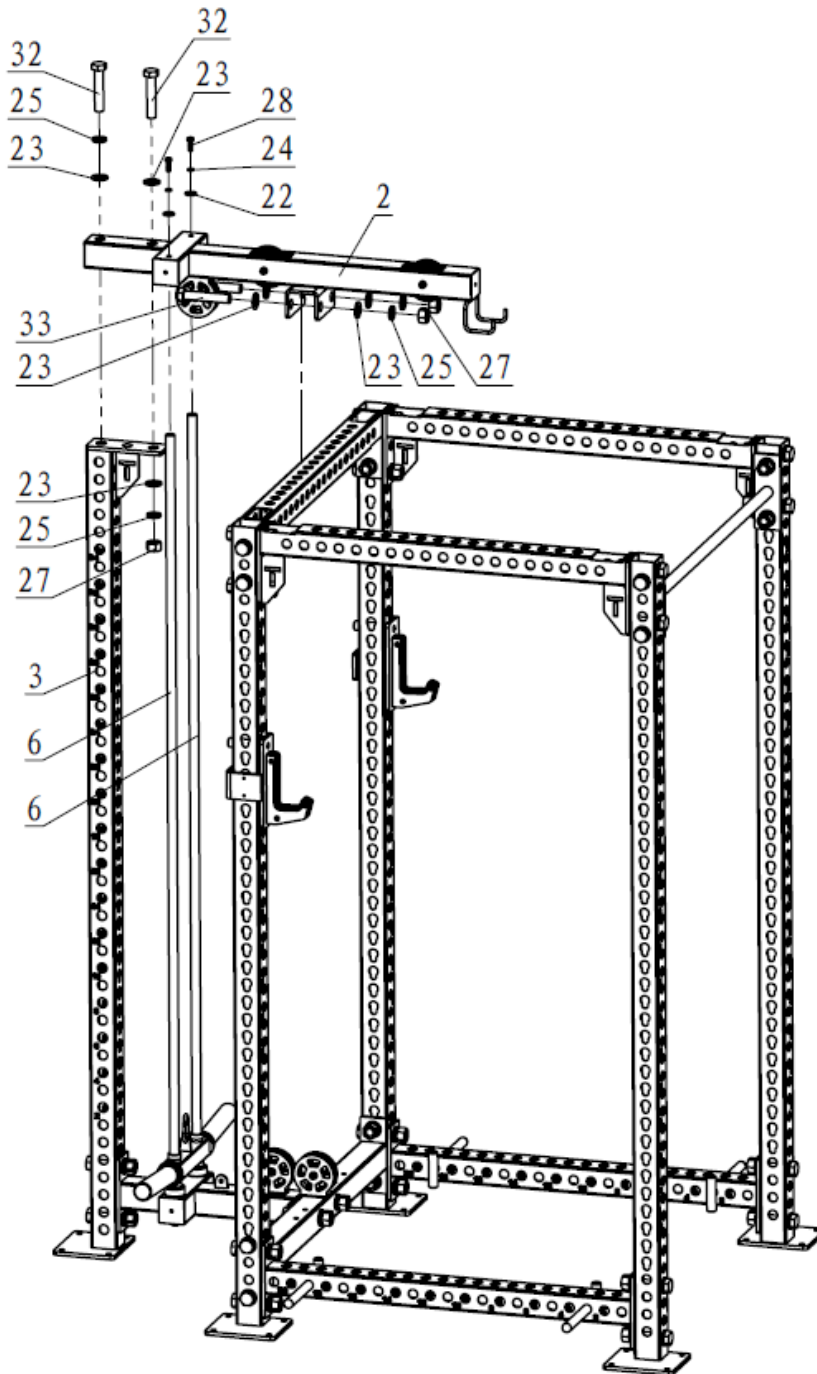
Step 2

Pass the Rubber Bumper (17) and Weight Plate Holder (5) through the Guide Rod (6), then Insert the Guide Rod(6) into the Low Fixing Frame (1), fixing by Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (22), Spring Washer $\Phi 10$ (24) and Hex Bolt M10*30 (28), then adjust the machine and tighten all bolts.



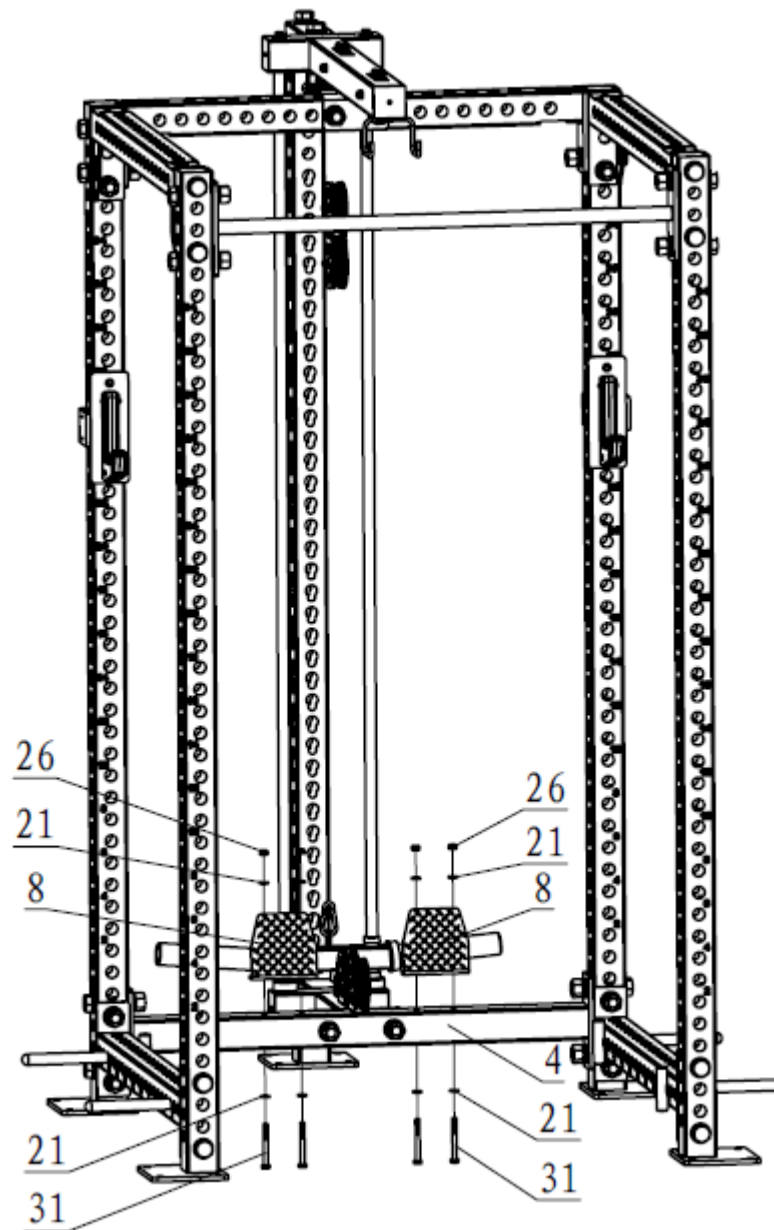
Step 3

1. Insert the other side of the Guide Rod (6) into the hole on the Upper Fixing Frame (2), then Fixing by Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (22), Spring Washer $\Phi 10$ (24) and Hex Bolt M10*30 (28).
2. Connect the Rear Upright Frame (3) with the Upper Fixing Frame (2), using Flat Washer $\Phi 26 \times \Phi 44 \times 4$ (23), Spring Washer $\Phi 24$ (25) and Hex Bolt M24*120 (32).
3. Assemble the Upper Fixing Frame (2) on Power Rack, using Flat Washer $\Phi 26 \times \Phi 44 \times 4$ (23), Spring Washer $\Phi 24$ (25), Flat Nut M24 (27) and Hex Bolt M24*130 (33).



Step 4

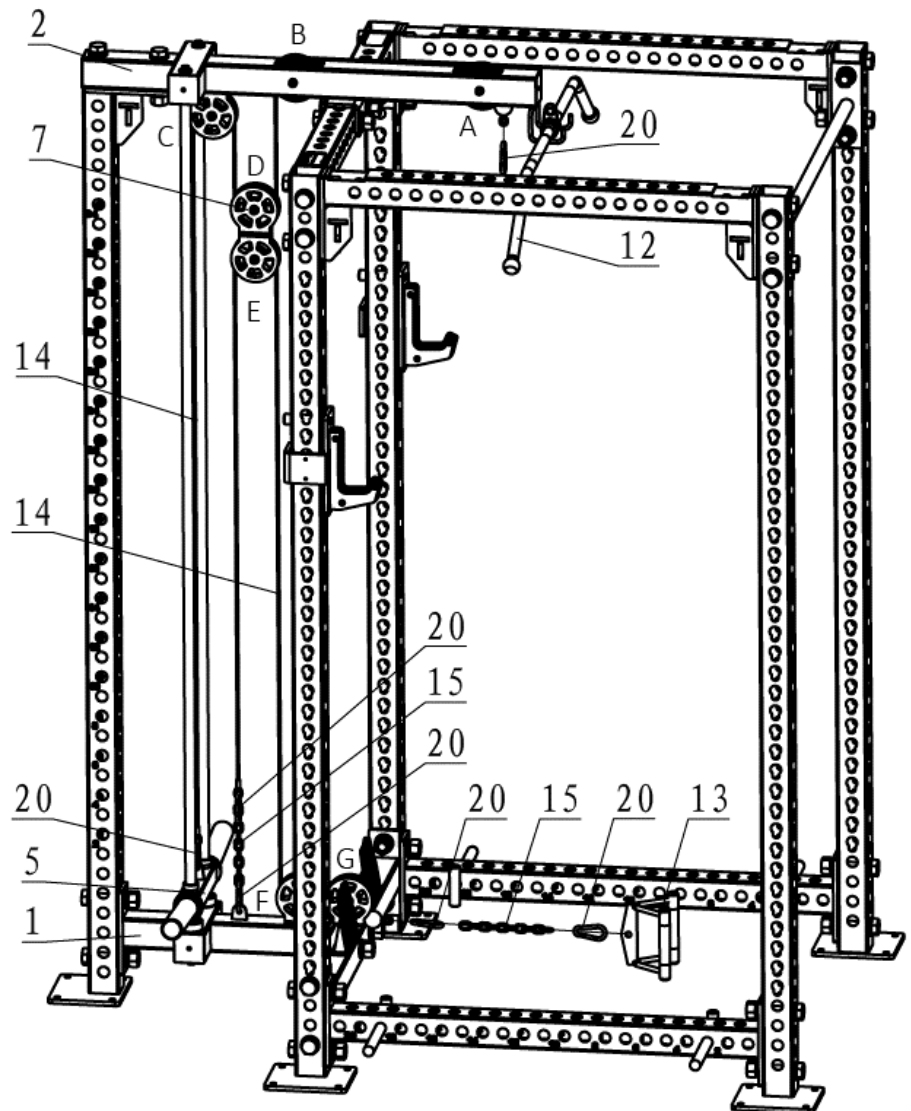
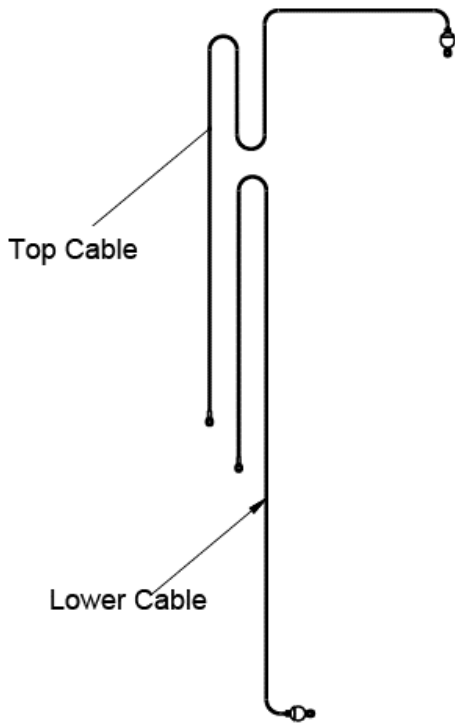
Connect the Pedal Frame (8) on the Connecting Frame (4), using Flat Washer $\Phi 11 * \Phi 20 * 2$ (21), Nut M10 (26) and Hex Bolt M10*95 (31).



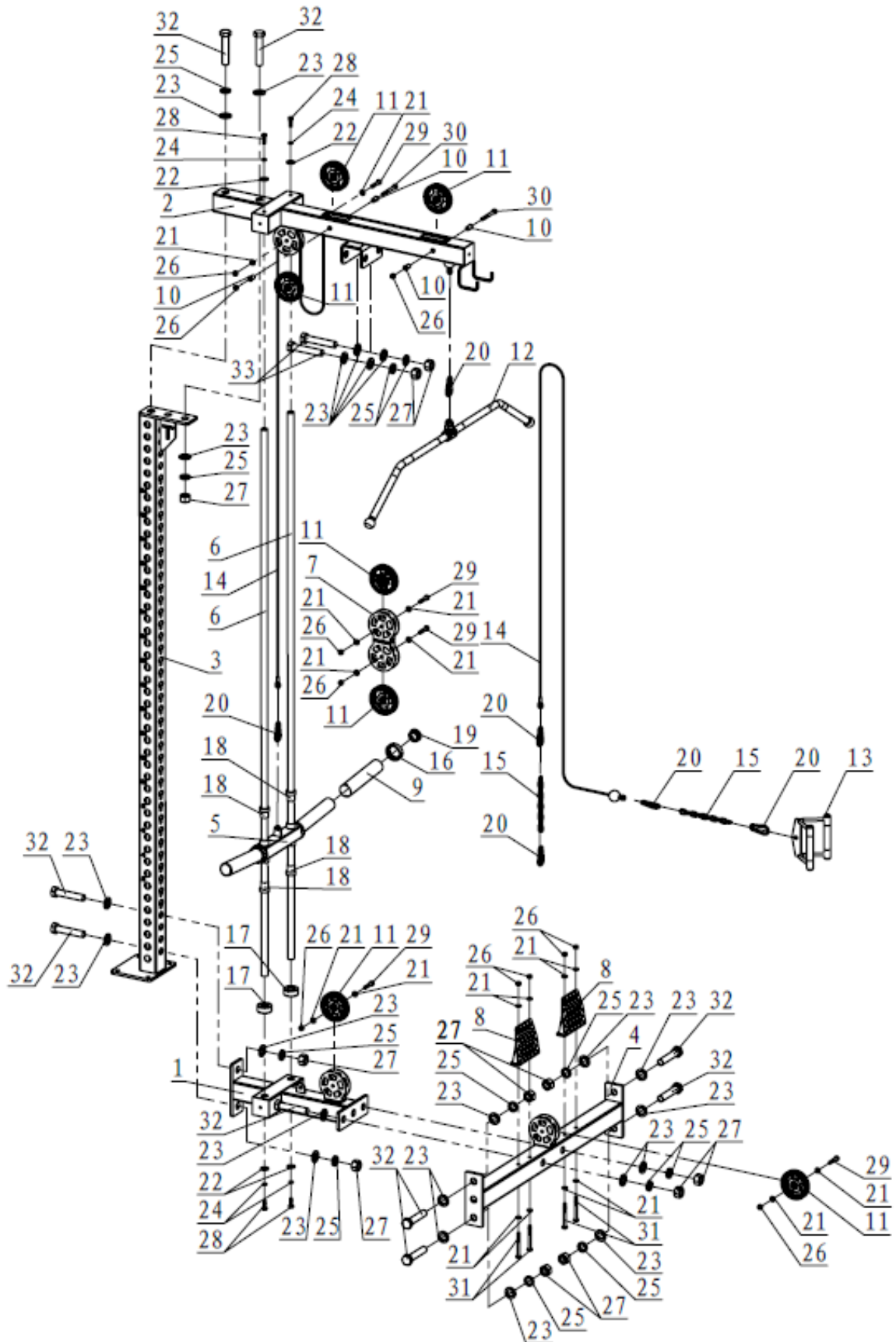
Step 5

1. Remove the Pulley(A,B,C) on the Upper Fixing Frame(2), insert the cable (14) from Pulley A, via the upper fixing frame(2) and out from the hole of Pulley B, through the pulley C Bracket ,then reinstall the pulley A,B,C.
2. Remove the Pulley(F&G), Through one side of cable (14) into the Pulley bracket on the Connecting Frame (4) and Lower Fixing frame (1), then reinstall the pulley F&G.
3. Remove the Pulley(D&E) on the movable Pulley Frame (7), Place the cable (14) into the movable Pulley Frame (7), then reinstall the pulley D, E.
4. Fixing the Top cable on the Weight Plate Holder (5), using the Safety Hook (20). Fix the cable on the Lower Fixing Frame (1), using Safety Hook (20) and Link (15).
5. Connect the Handle Bar (12) and one side of Cable (14) on the Upper Fixing Frame (2), using Hook (20). Then Hang the Handle bar on the Upper Fixing Frame (2).
6. Connect the Lower Handle (13) and one side of Cable (14) on the Connecting Frame (4), using Hook (20) and Link (15).

Schematic diagram of cable direction

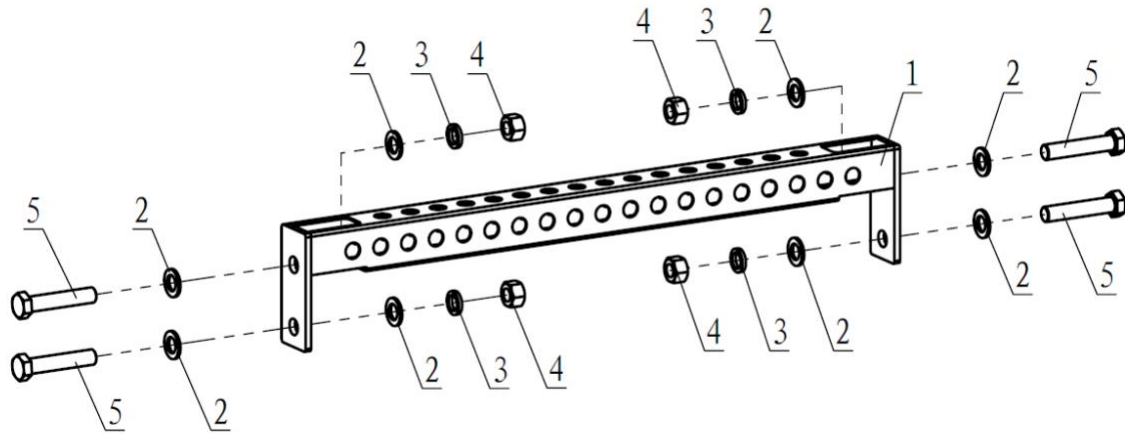


PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	LOWER FIXING FRAME	1	(18)	2	SLIDING SLEEVE Φ35.50*Φ26*39	4
(2)	1	UPPER FIXING FRAME	1	(19)	2	END CAP Φ48*3	2
(3)	1	REAR UPRIGHT FRAME	1	(20)	2	HOOK Φ8*80	6
(4)	2	CONNECTING FRAME	1	(21)	1&2	FLAT WASHER Φ11*Φ20*2	18
(5)	2	WEIGHT PLATE HOLDER	1	(22)	2	FLAT WASHER Φ10.5*Φ30*2.5	4
(6)	1	GUIDE ROD	2	(23)	2	FLAT WASHER Φ26*Φ44*4	23
(7)	2	MOVABLE PULLEY FRAME	1	(24)	2	SPRING WASHER Φ10	4
(8)	2	PEDAL FRAME	2	(25)	2	SPRING WASHER Φ24	12
(9)	2	WEIGHT PLATE FIXING PIPE	2	(26)	1&2	NUT M10	11
(10)	1	SPACER BUSH Φ18*15	4	(27)	2	FLAT NUT M24	11
(11)	1&2	Φ115 PULLEY	7	(28)	2	HEX BOLT M10*30	4
(12)	1	HANDLE BAR	1	(29)	1&2	HEX BOLT M10*50	5
(13)	1	LOWER HANDLE	1	(30)	1	HEX BOLT M10*90	2
(14)	1	CABLE Φ5*3380	2	(31)	2	HEX BOLT M10*95	4
(15)	2	LINK Φ5*230	2	(32)	2	HEX BOLT M24*120	10
(16)	2	RUBBER BUMPER Φ65*Φ49.5*18	2	(33)	2	HEX BOLT M24*130	2
(17)	2	RUBBER BUMPER Φ55*Φ25*25	2				

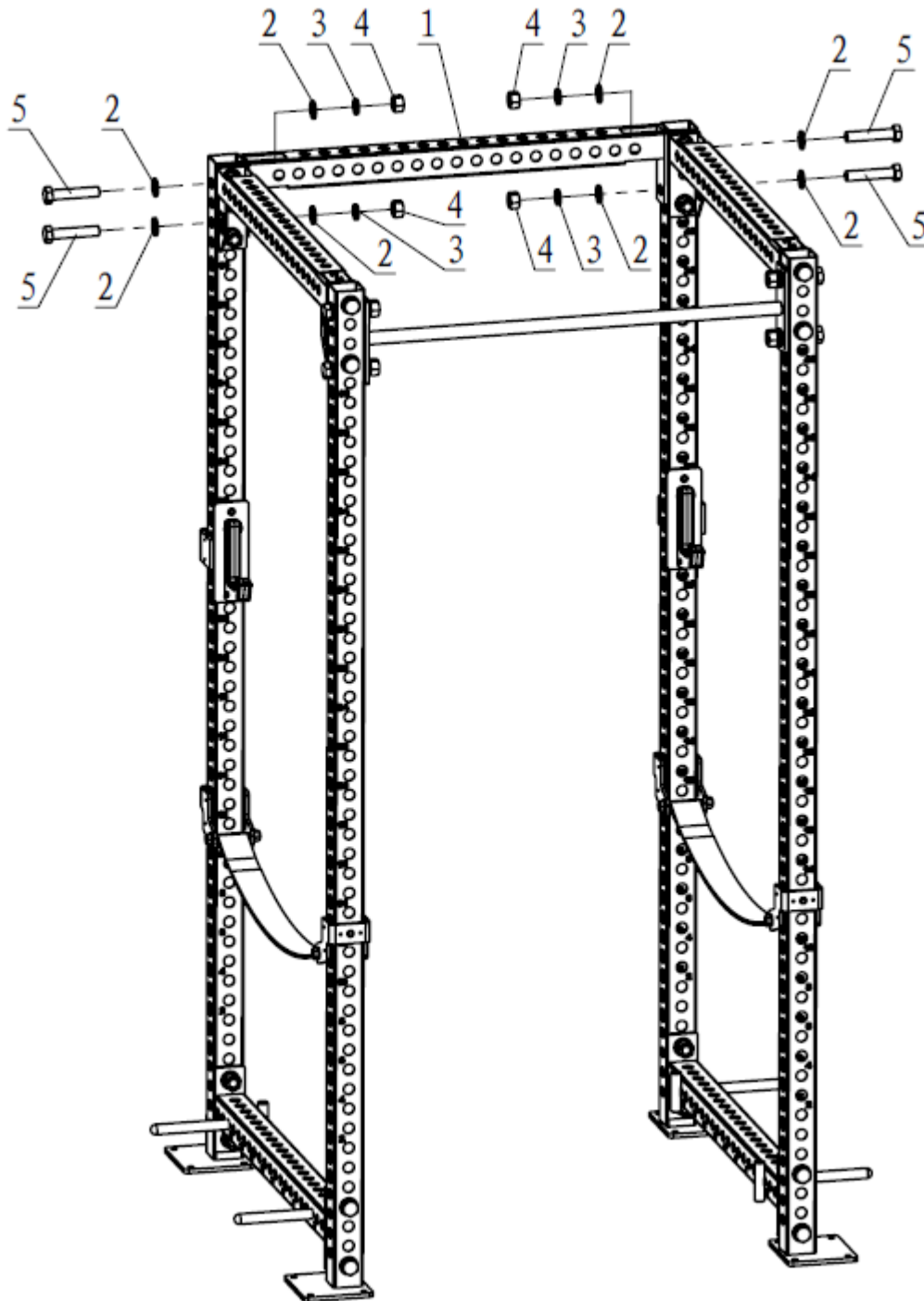
STBLGST_TS - ASSEMBLY/EXPLODED VIEW



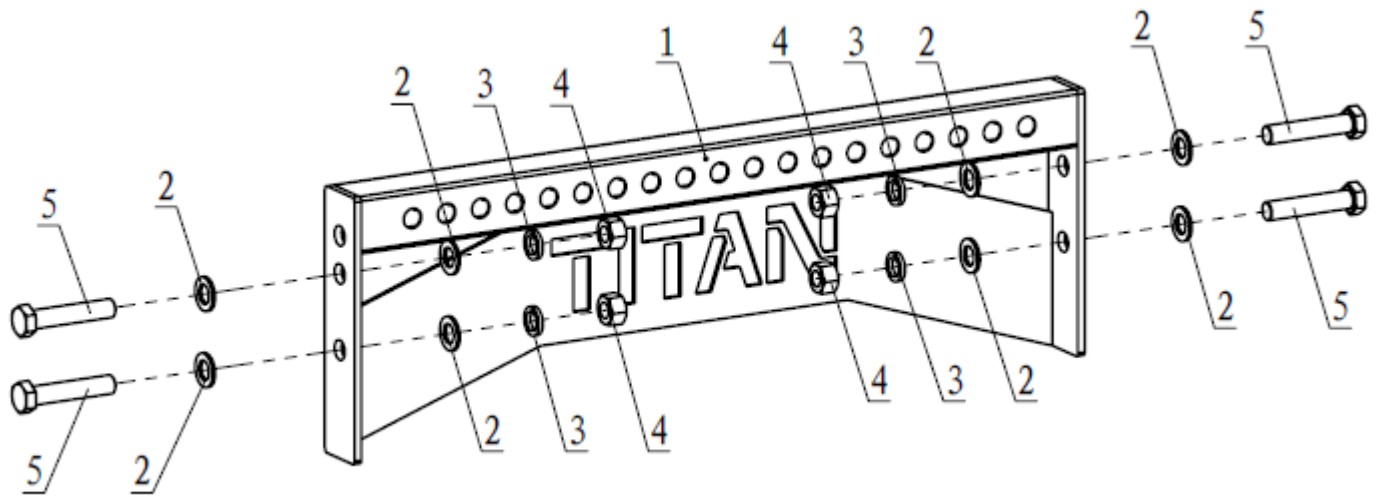
KEY	BOX	DESCRIPTION	QTY
(1)	1	CONNECTING FRAME	1
(2)	1	FLAT WASHER $\Phi 26 * \Phi 44 * 4$	8
(3)	1	SPRING WASHER $\Phi 24$	4
(4)	1	FLAT NUT M24	4
(5)	1	HEX BOLT M24*120	4

STEP 1

Assemble the Connecting Frame (1) with the Power Rack, using Flat Washer $\Phi 26*\Phi 44*4$ (2), Spring Washer $\Phi 24$ (3), M24 Flat Nut (4) and Hex Bolt M24*120 (5).



TITANLOGOSTBv2 - EXPLODED VIEW

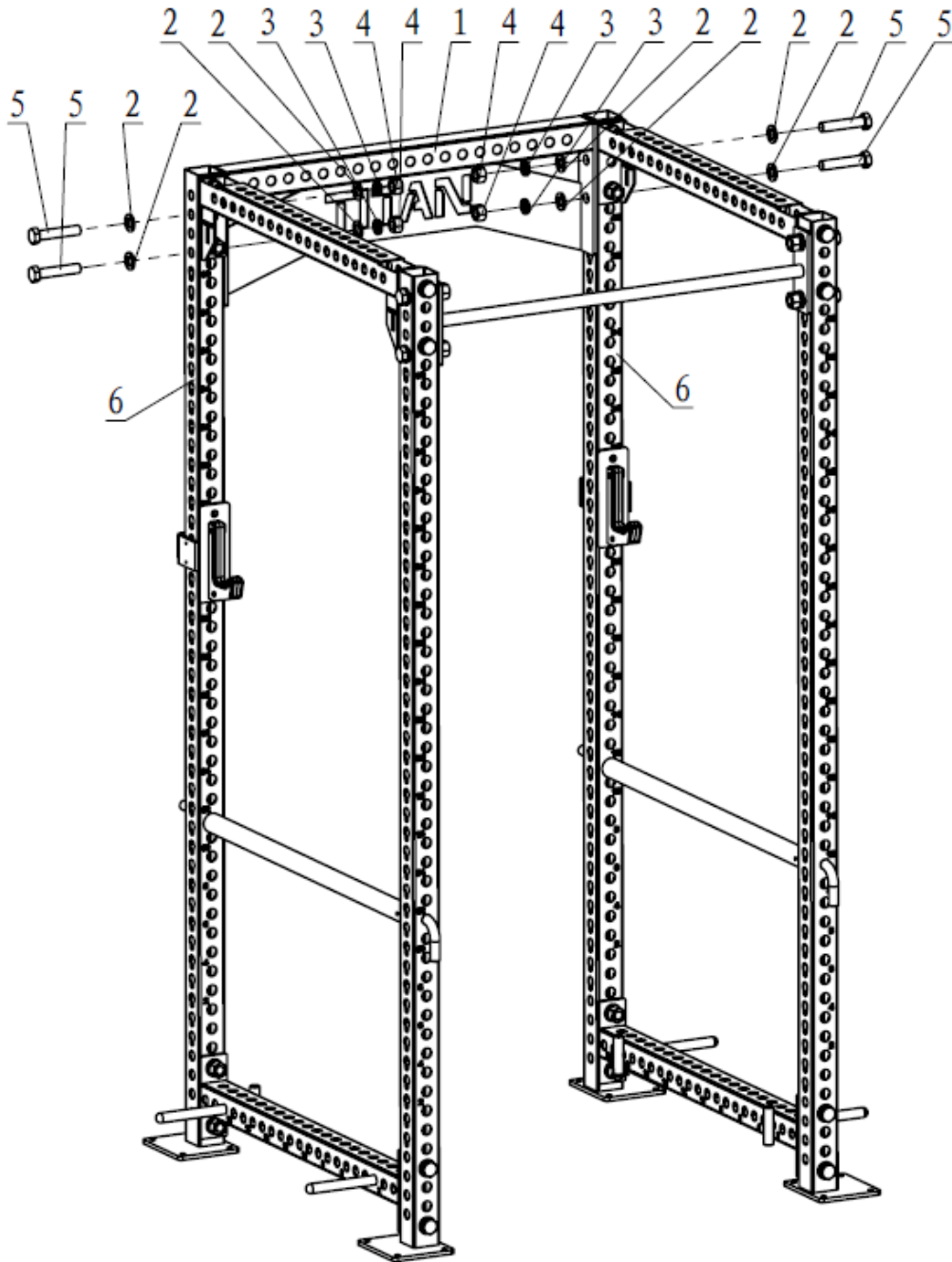


KEY	DESCRIPTION	QTY
(1)	LOGO FRAME	1
(2)	FLAT WASHER $\Phi 26 * \Phi 44 * 4$	8
(3)	SPRING WASHER $\Phi 24$	4
(4)	NUT M24	4
(5)	HEX BOLT M24*120	4

TITANLOGOSTBv2 - ASSEMBLY INSTRUCTIONS

STEP 1

1. Remove the Pull Up Bar from the Power Rack.
2. Connect the Stabilizer with Titan logo gusset (1) and the Upright Frame (6) for Power Rack, using Flat Washer $\Phi 26*\Phi 44*4$ (2), Spring Washer $\Phi 24$ (3), M24 Flat Nut (4) and Hex Bolt M24*120 (5).



ADDITIONAL INFORMATION

Guide Rod Maintenance

Frequency: Clean monthly for regular use, more often for heavy use.

Supplies Needed:

- 2 Lint-Free Cloths
- Degreaser Spray Cleaner (e.g., Simple Green)
- Silicone Lubricant Spray (avoid oil-based lubricants like original WD-40)

Directions:

1. Use a lint-free cloth to wipe each guide rod down with a degreaser cleaner.
2. Allow to dry, then spray silicone lubricant directly on the rods before wiping completely dry with the second cloth.

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

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1-888-410-1503

info@titan.fitness

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