

LAT TOWER RACK ATTACHMENT T-3 AND X-3 SERIES BOLT DOWN POWER RACKS

PRLATTWR_BASE-SHPRLATTWR_ROD, PRLATTWR_BASE-
TPRLATTWR_ROD
401035, 401036



Operator's Manual

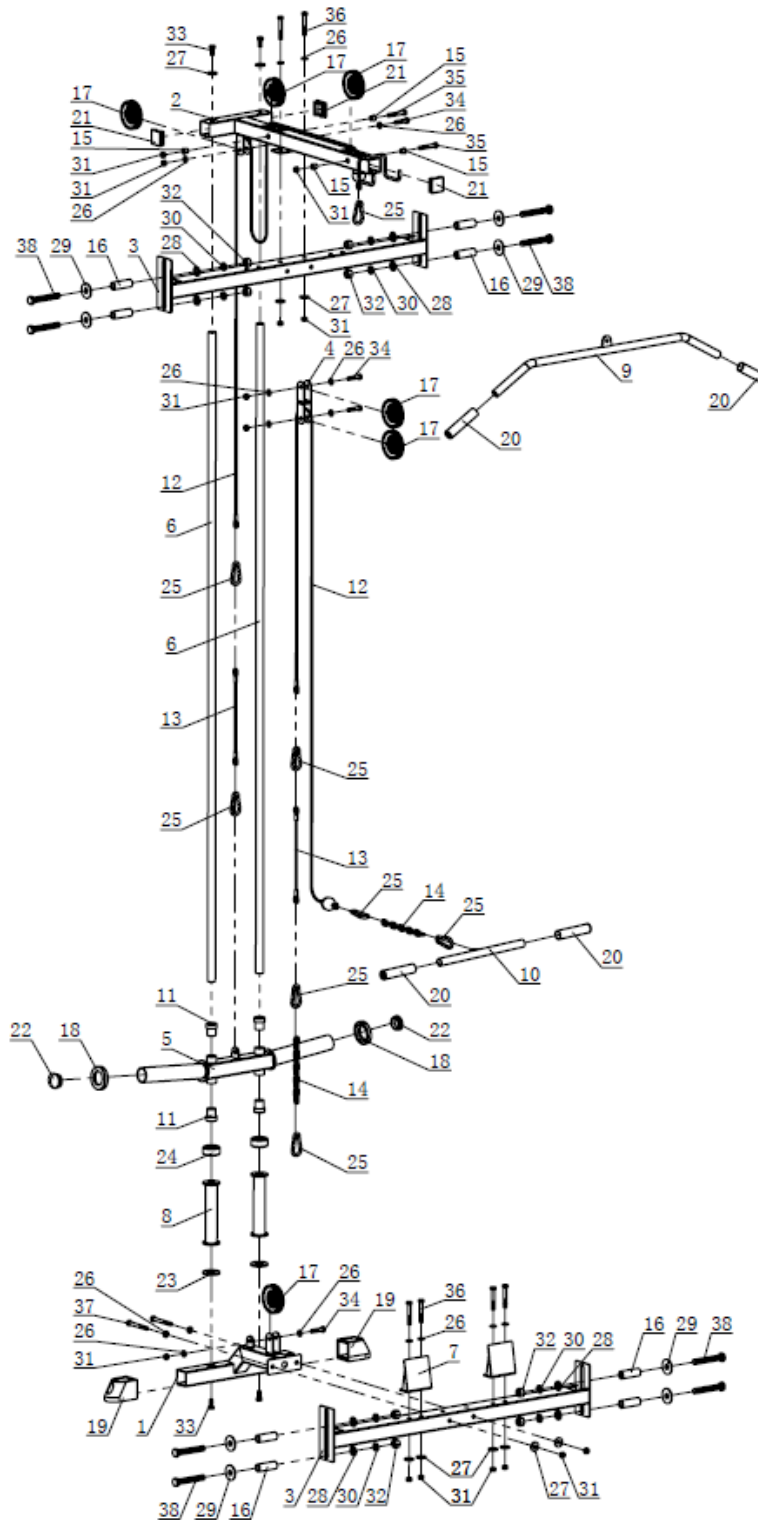


Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

NOTE FROM TITAN

The Lat Tower does NOT fit within the X-3 Series Flat Foot Power Rack,
only the Bolt-Down Series

PARTS DIAGRAM / EXPLODED VIEW

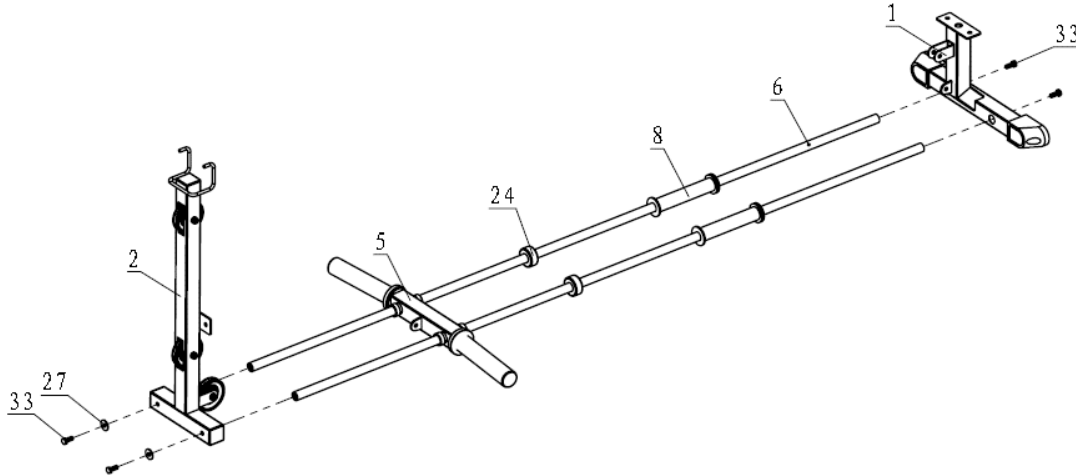


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	LOWER FIXING FRAME	1	(20)	1	FRONT HANDLEBAR GRIP	4
(2)	1	UPPER FIXING FRAME	1	(21)	1	END CAPF50*2	3
(3)	1	LOWER CROSS FRAME	2	(22)	1	END CAP Φ 48*2	2
(4)	1	PULLEY FRAME	1	(23)	1	RUBBER BUMPER Φ 55* Φ 26*5	2
(5)	1	WEIGHT PLATE HOLDER	1	(24)	1	RUBBER BUMPER Φ 55* Φ 25*25	2
(6)	2	GUIDE ROD	2	(25)	1	HOOK Φ 8*80	8
(7)	1	PEDAL FRAME	2	(26)	1	FLAT WASHER Φ 11* Φ 20*2	16
(8)	1	HEIGHTEN FRAME	2	(27)	1	FLAT WASHER Φ 10.5* Φ 30*2.5	10
(9)	1	HANDLE BAR	1	(28)	1	FLAT WASHER Φ 17* Φ 30*3	8
(10)	1	LOWER HANDLE	1	(29)	1	BIG WASHER Φ 17* Φ 50*3	8
(11)	1	BUSHING Φ 35.5* Φ 26*39	4	(30)	1	SPRING WASHER Φ 16	8
(12)	1	CABLE Φ 5*2800	2	(31)	1	NUT M10	14
(13)	1	EXTENSION CABLE Φ 5*305	2	(32)	1	NUT M16	8
(14)	1	LINK Φ 5*230	2	(33)	1	HEX BOLT M10*25	4
(15)	1	PULLEY BUSHING Φ 18*15	4	(34)	1	HEX BOLT M10*45	4
(16)	1	BUSHING Φ 25* Φ 16.2*74	8	(35)	1	HEX BOLT M10*65	2
(17)	1	Φ 95 PULLEY	6	(36)	1	HEX BOLT M10*70	6
(18)	1	RUBBER BUMPER Φ 77* Φ 47.5*13	2	(37)	1	HEX BOLT M10*95	2
(19)	1	RUBBER FOOT	2	(38)	1	HEX BOLT M16*110	8

ASSEMBLY INSTRUCTIONS

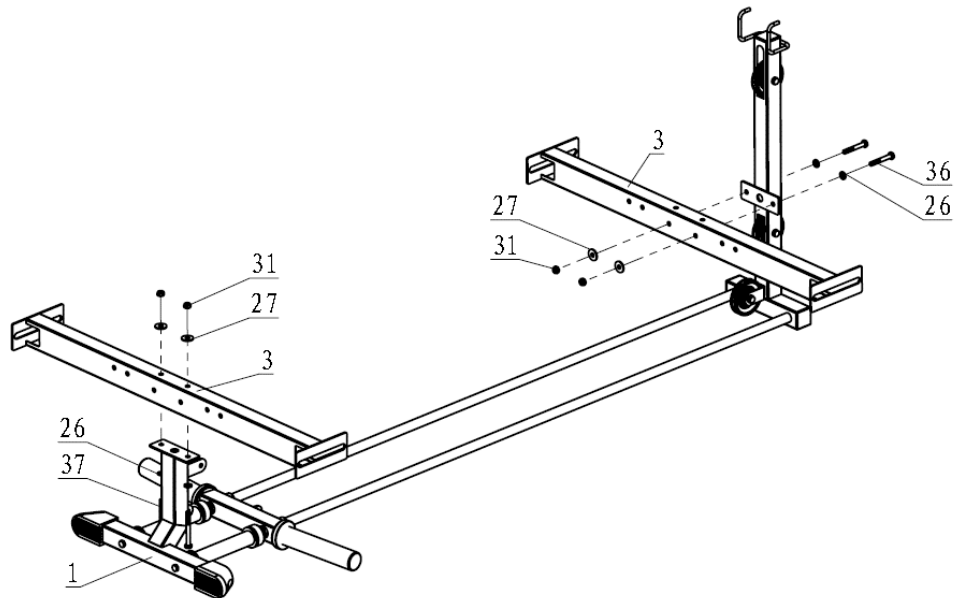
STEP 1

Install Weight Plate Holder (5), Rubber Bumper $\Phi 55 \times \Phi 25 \times 25$ (24), and Heighten Frame (8) on the Guide Rod(6), then assemble Lower Fixing Frame (1), Upper Fixing Frame (2), and Guide Rod(6), using Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (27), and Hex Bolt M10*25 (33).



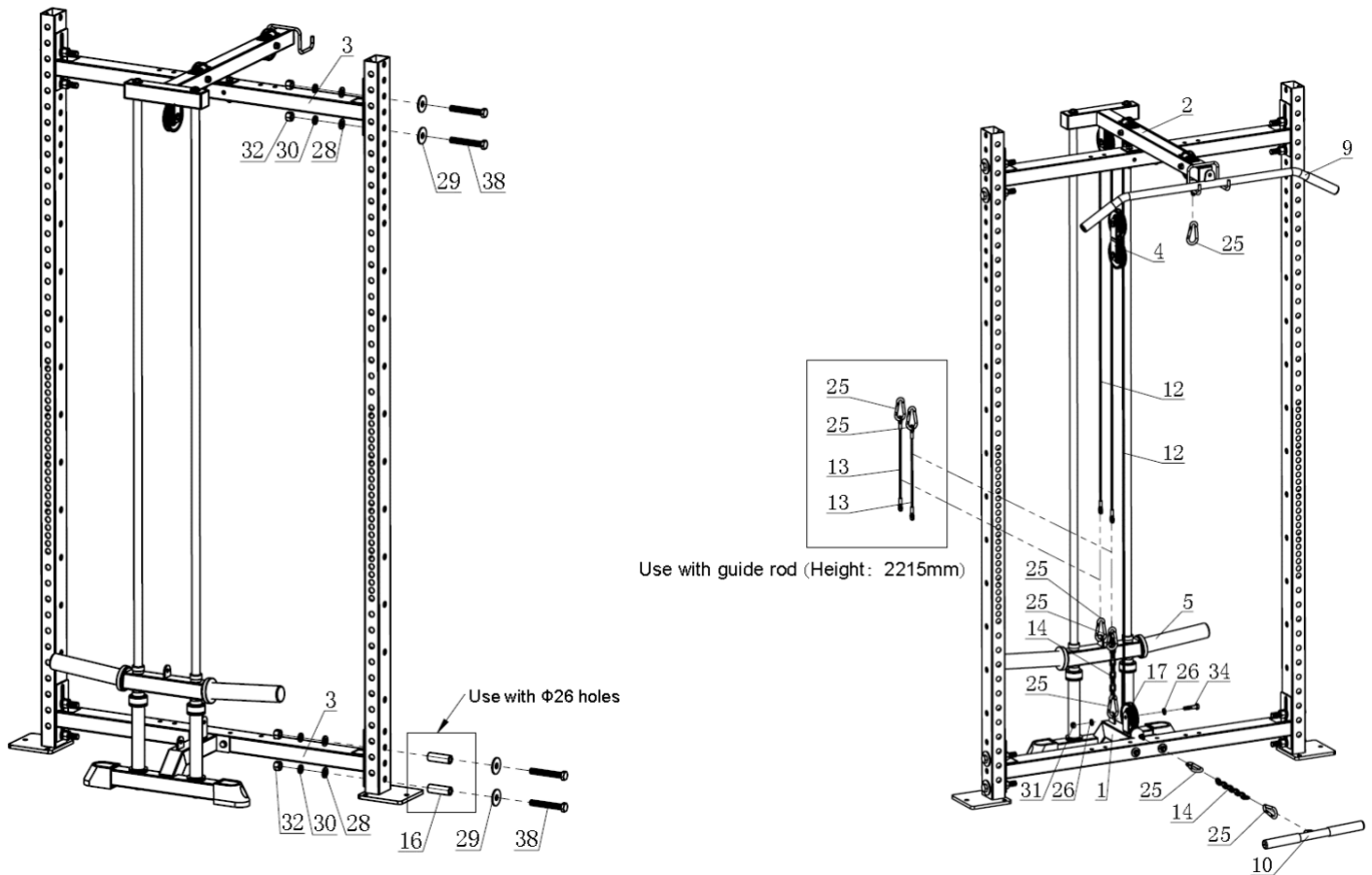
STEP 2

Assemble Lower Fixing Frame (1), Upper Fixing Frame (2), and Lower Cross Frame (3) using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (26), Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (27), Nut M10 (31), Hex Bolt M10*70(36) and Hex Bolt M10*95 (37).



STEP 3

Install Step2 on Weightlifting Frame using Flat Washer $\Phi 17*\Phi 30*3$ (28), Big Washer $\Phi 17*\Phi 50*3$ (28), Spring Washer (30), Nut M16 (32) and Hex Bolt M16*110 (38), then adjust the machine and tighten all bolts.



STEP 4

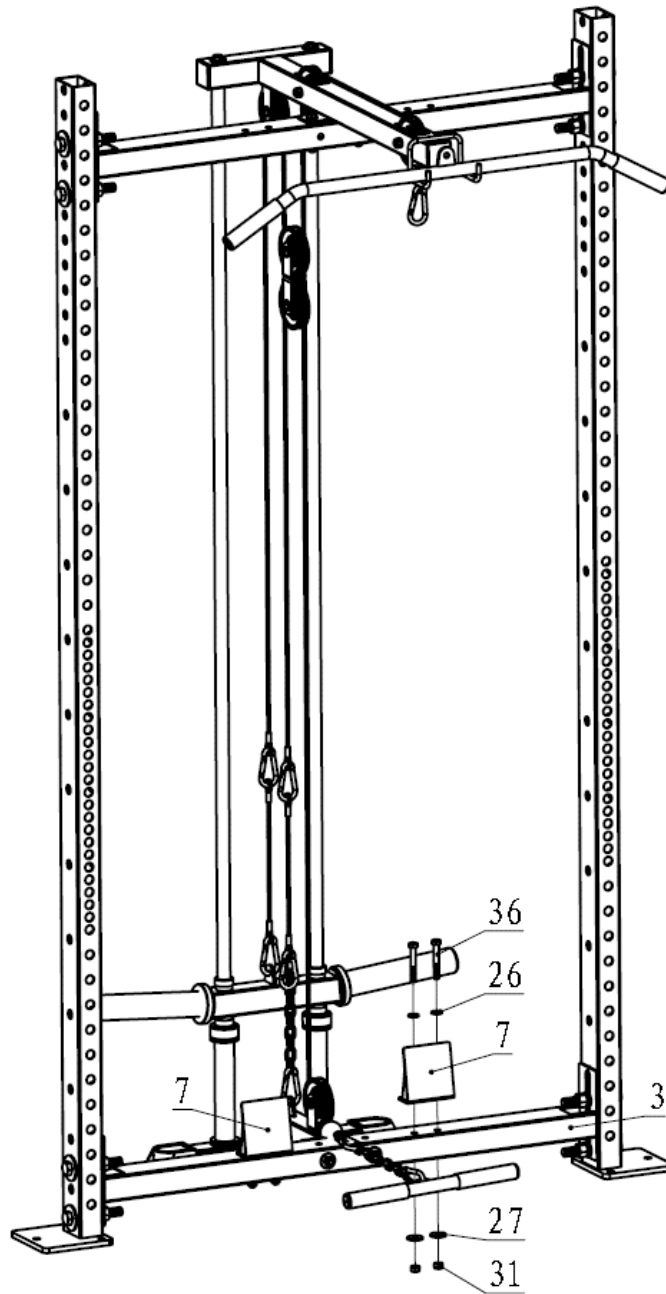
Connecting Two Cable using Pulley Frame (4). Fixing one side of Upper cable (12) on the Weight Plate Holder (5) by Hook (25), fixing another side on the Handlebar by Hook (25), then Hang the Handle bar on the Upper Fixing Frame (2).

Fixing one side of Lower Cable (12) on the Lower Fixing Frame (1) by Hook (25) and Link (14), Fixing another side on Upper Fixing Frame (2) using Hook (25) and Link (14).

Fixing the Pulley (17) on the on the Lower Fixing Frame (1), using Flat Washer $\Phi 11*\Phi 20*2$ (26), Nut M10 (31), and Hex Bolt M10*45(34)

STEP 5

Assemble Pedal Frame (7) and Lower Cross Frame (3) using Flat Washer $\Phi 11 * \Phi 20 * 2$ (26), Flat Washer $\Phi 10.5 * \Phi 30 * 2.5$ (27), Nut M10 (31) and Hex Bolt M10*70 (36).



ASSEMBLY INSTRUCTIONS

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.

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