

# NEMESIS™ SINGLE STACK FUNCTIONAL TRAINER

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SSFNTLTNR

401837

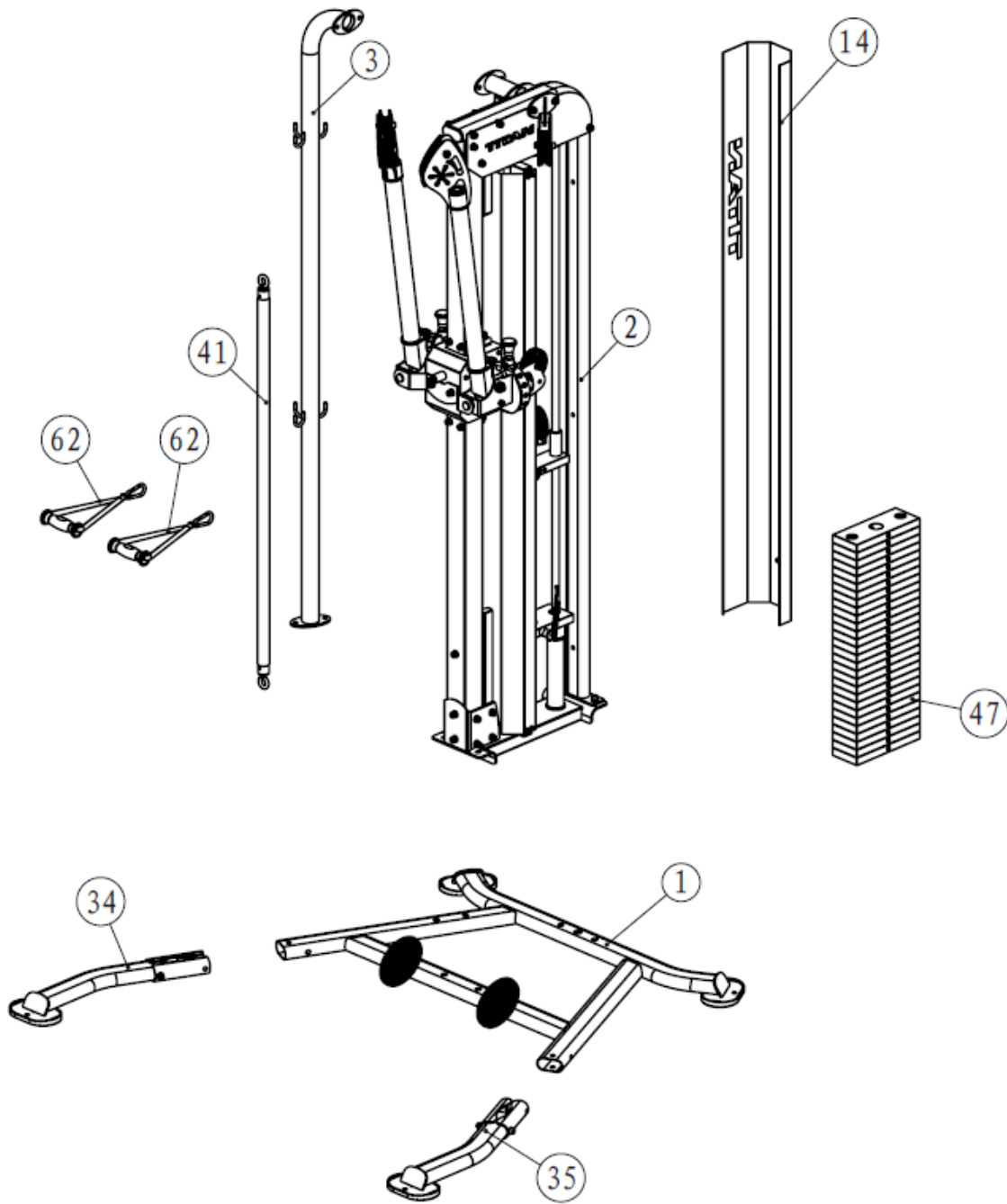


## Operator's Manual



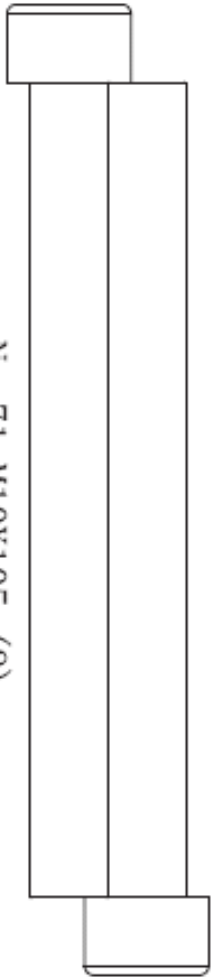
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

**PARTS DIAGRAM / ASSEMBLY EXPLODED VIEW**



| KEY | BOX | DESCRIPTION           | QTY | KEY | BOX | DESCRIPTION            | QTY |
|-----|-----|-----------------------|-----|-----|-----|------------------------|-----|
| 1   | 1   | BASE FRAME            | 1   | 35  | 1   | RIGHT FRONT BASE FRAME | 1   |
| 2   | 1   | MAIN FRAME            | 1   | 41  | 1   | FRONT FIXING PLATE     | 1   |
| 3   | 1   | UPRIGHT FRAME         | 1   | 47  | 1   | WEIGHT PLATE           | 28  |
| 14  | 1   | RIGHT COVER           | 1   | 62  | 1   | HANDLE                 | 2   |
| 34  | 1   | LEFT FRONT BASE FRAME | 1   |     |     |                        |     |

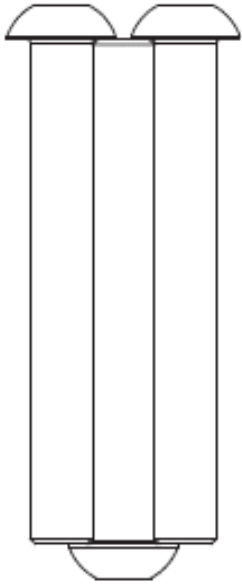
# HARDWARE PACK (1/2)



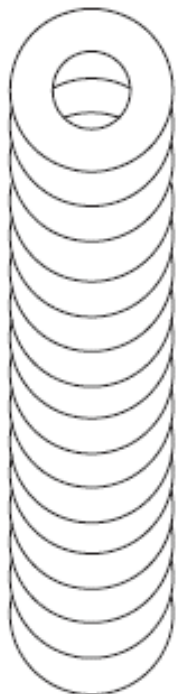
No. 71 M10X105 (2)



No. 64 Rubber Washer (3)



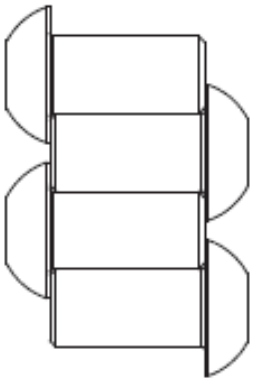
No. 83 M8X65 (3)



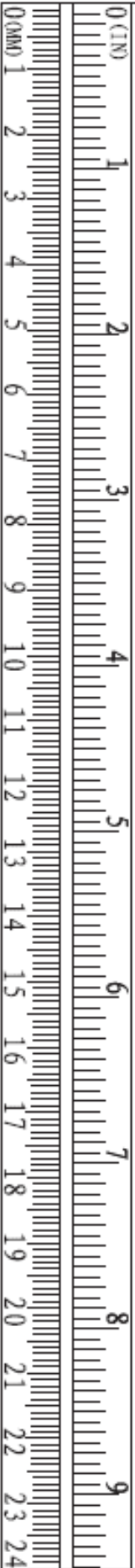
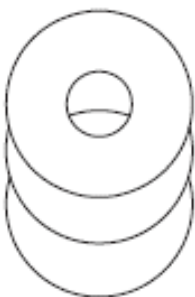
No. 86  $\phi$ 10 Washer (16)



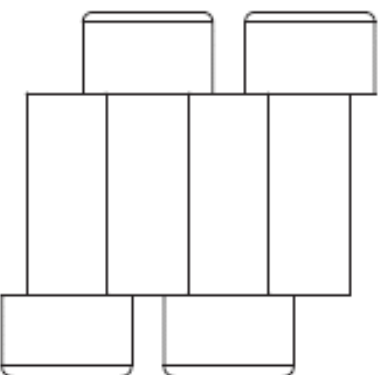
No. 91  $\phi$ 8 Spring Washer (3)



No. 101 M10X20 (4) No. 87  $\phi$ 8.4\* $\phi$ 24\*2 Washer (3)



# HARDWARE PACK (2/2)



No. 78 M10X25 (4)



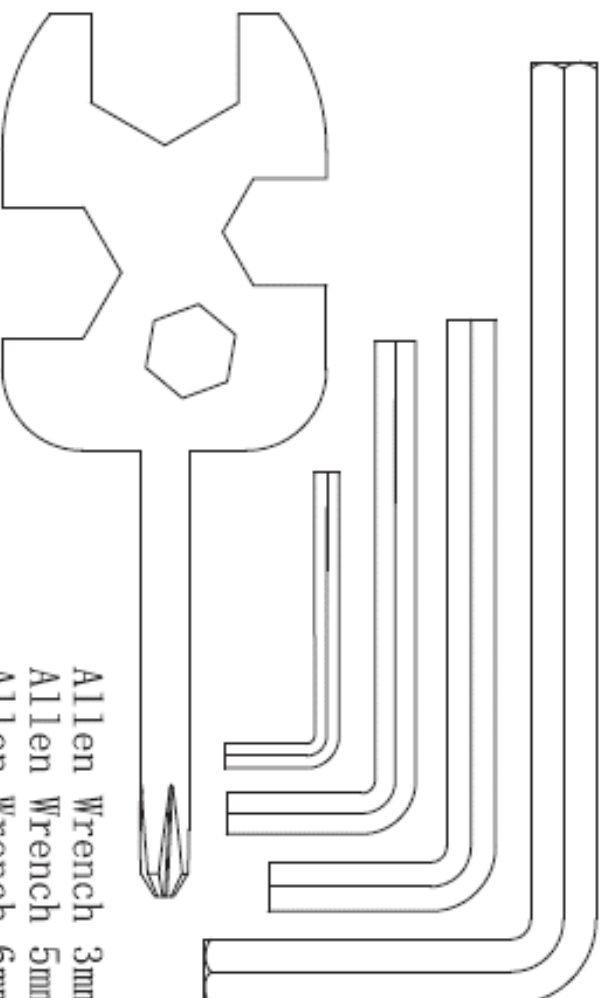
No. 77 M10X30 (2)



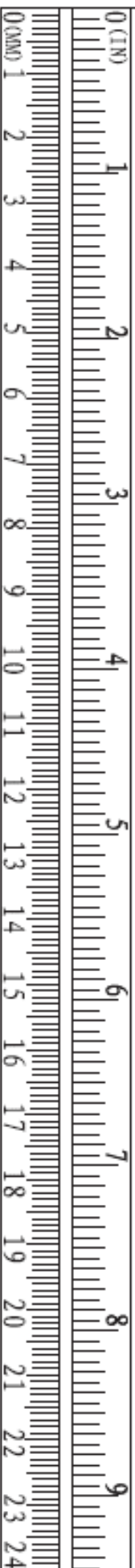
No. 93 M10 Nut (2)



No. 90  $\phi$ 10 Spring Washer (8)



Allen Wrench 3mm  
Allen Wrench 5mm  
Allen Wrench 6mm  
Allen Wrench 8mm  
Universal Wrench



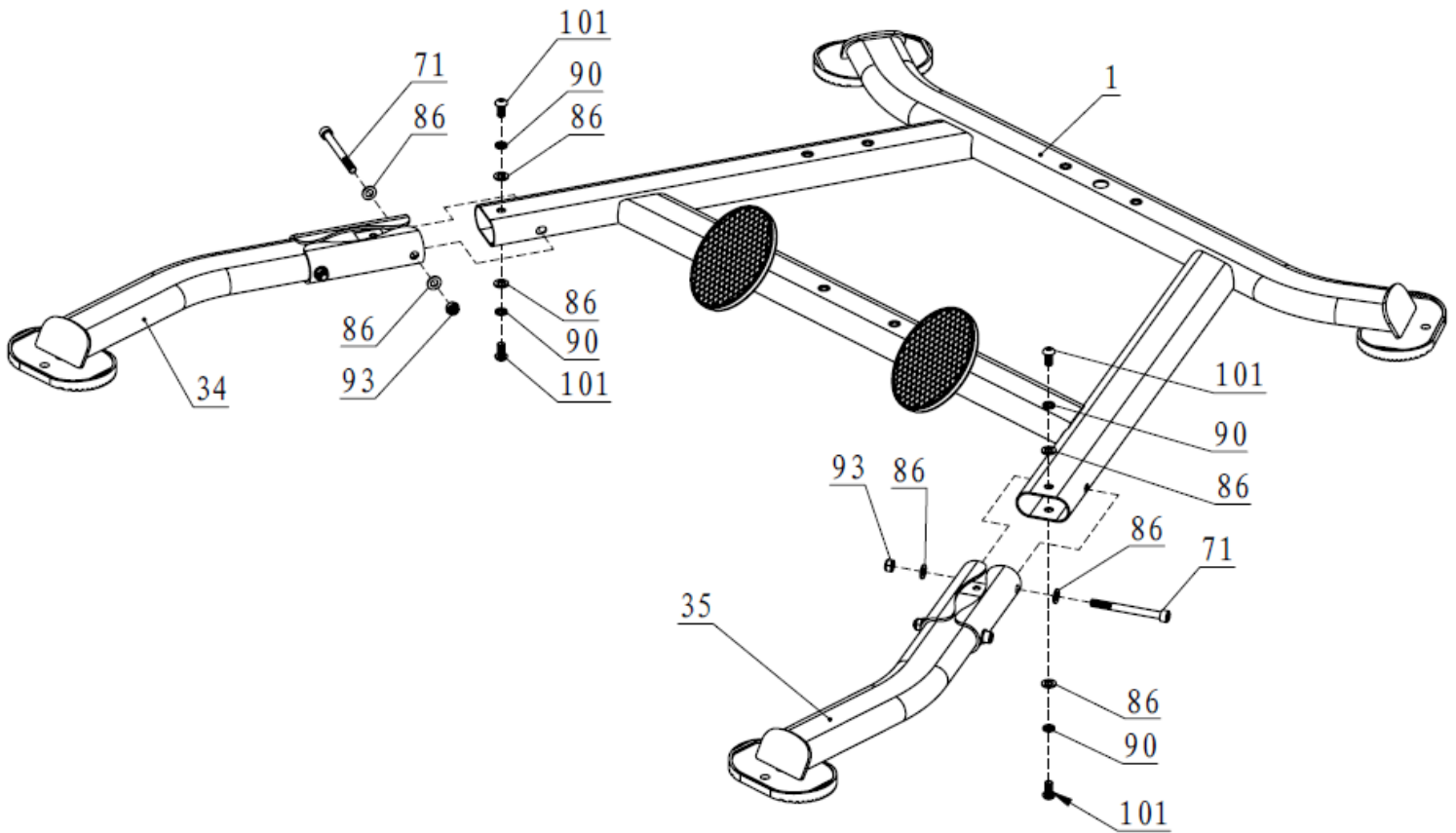
## ASSEMBLY INSTRUCTIONS

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### STEP 1

- a. Assemble the Left Front Base Frame (34) on Base Frame (1), using Flat Washer  $\Phi 11*\Phi 20*2$  (86), Spring Washer  $\Phi 10$  (90), Nut M10 (93), Hex Bolt M10\*105 (71) and Hex Bolt M10\*20 (101).
- b. Assemble the Right Front Base Frame (35) on Base Frame (1), using Flat Washer  $\Phi 11*\Phi 20*2$  (86), Spring Washer  $\Phi 10$  (90), Nut M10 (93), Hex Bolt M10\*105 (71) and Hex Bolt M10\*20 (101).

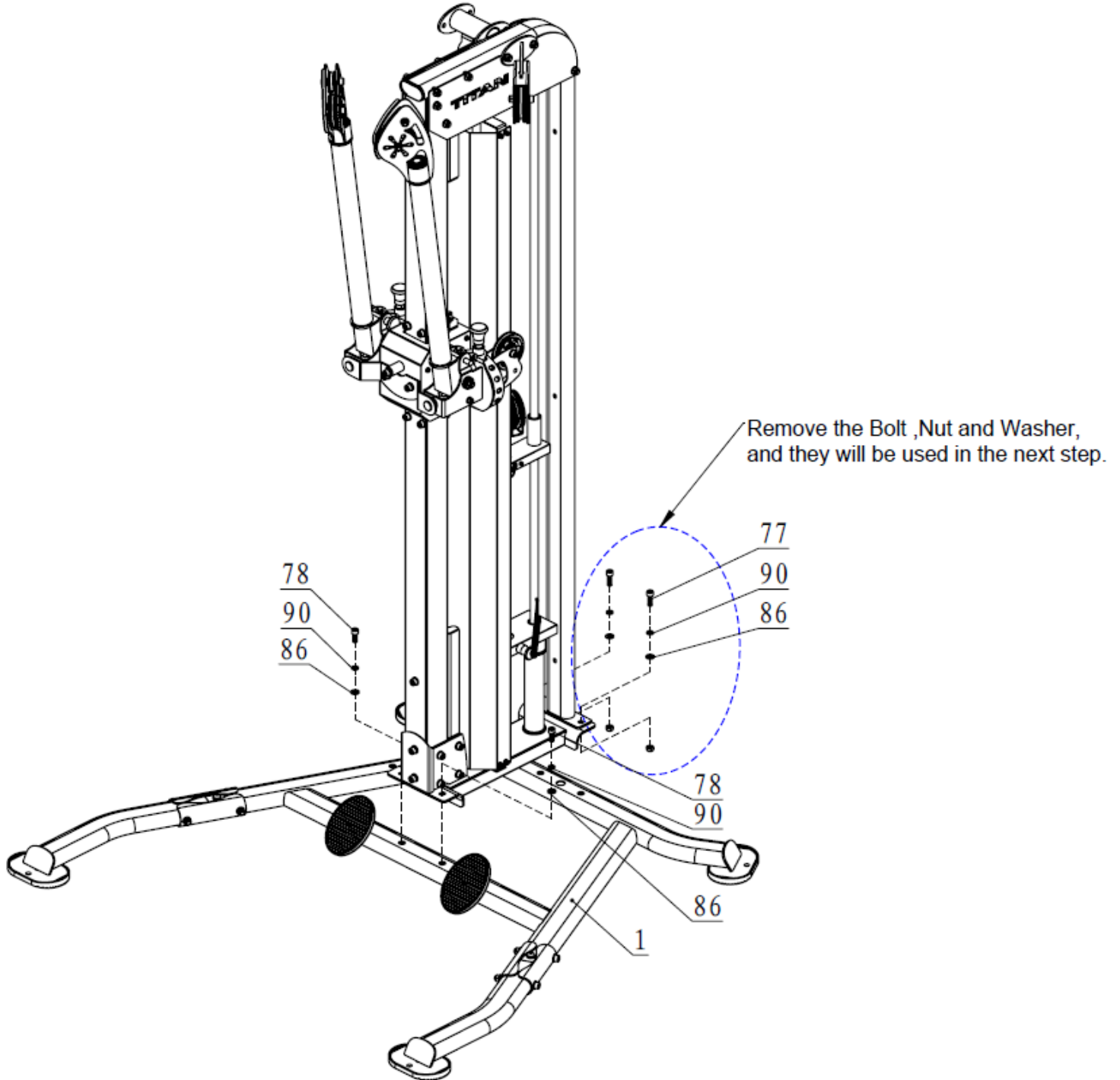
Adjust the whole base frame smoothly, then tighten all the Bolts.



**STEP 2**

- a. Remove the Bolts, Washer and Nut form the Main Frame (2).
- b. Connect Main Frame (2) and Base Frame (1), using Flat Washer  $\Phi 11*\Phi 20*2$  (86), Spring Washer  $\Phi 10$  (90), and Hex Bolt M10\*25 (78). And then reinstall the bolt that was removed earlier.

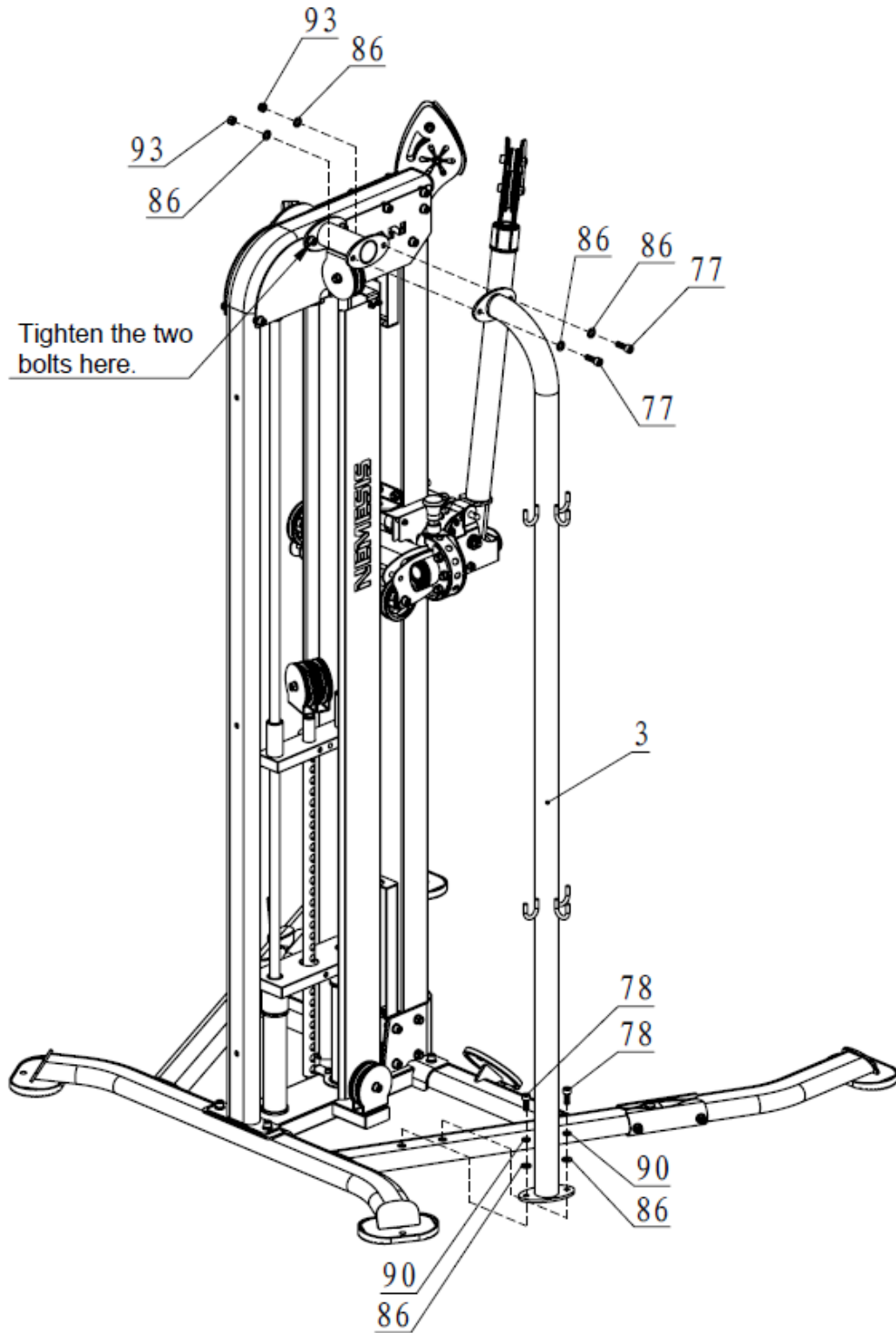
**Don't tighten all the Bolts.**



**STEP 3**

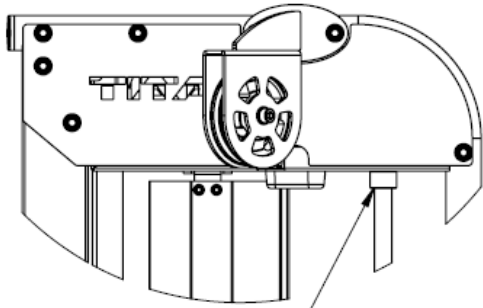
- a. Connect Upright Frame (3) and Main Frame (2), using Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (86), Spring Washer  $\Phi 10$  (90), Nut M10 (93), Hex Bolt M10\*30 (77) and Hex Bolt M10\*25 (78).

**Tighten all the Bolts in this step and the previous step.**

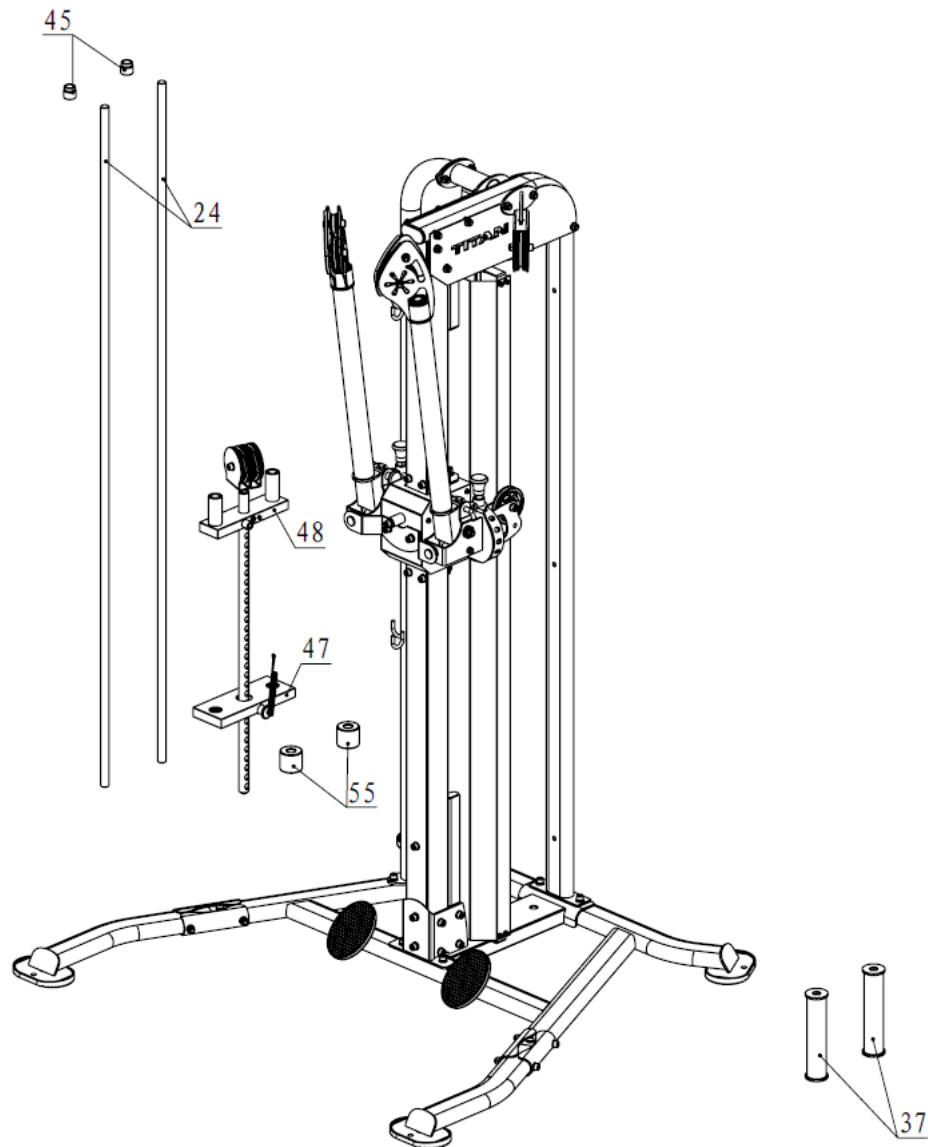


## STEP 4

- a. Remove the Guide Rod Bushing (45), Guide Rod (24), Top Weight Stack (48), one piece of Weight Stack (47), Rubber Baffle (55) and Support Frame (37) in turn from the Main Frame.
- b. In addition to the support frame (37), other accessories are put aside for use.



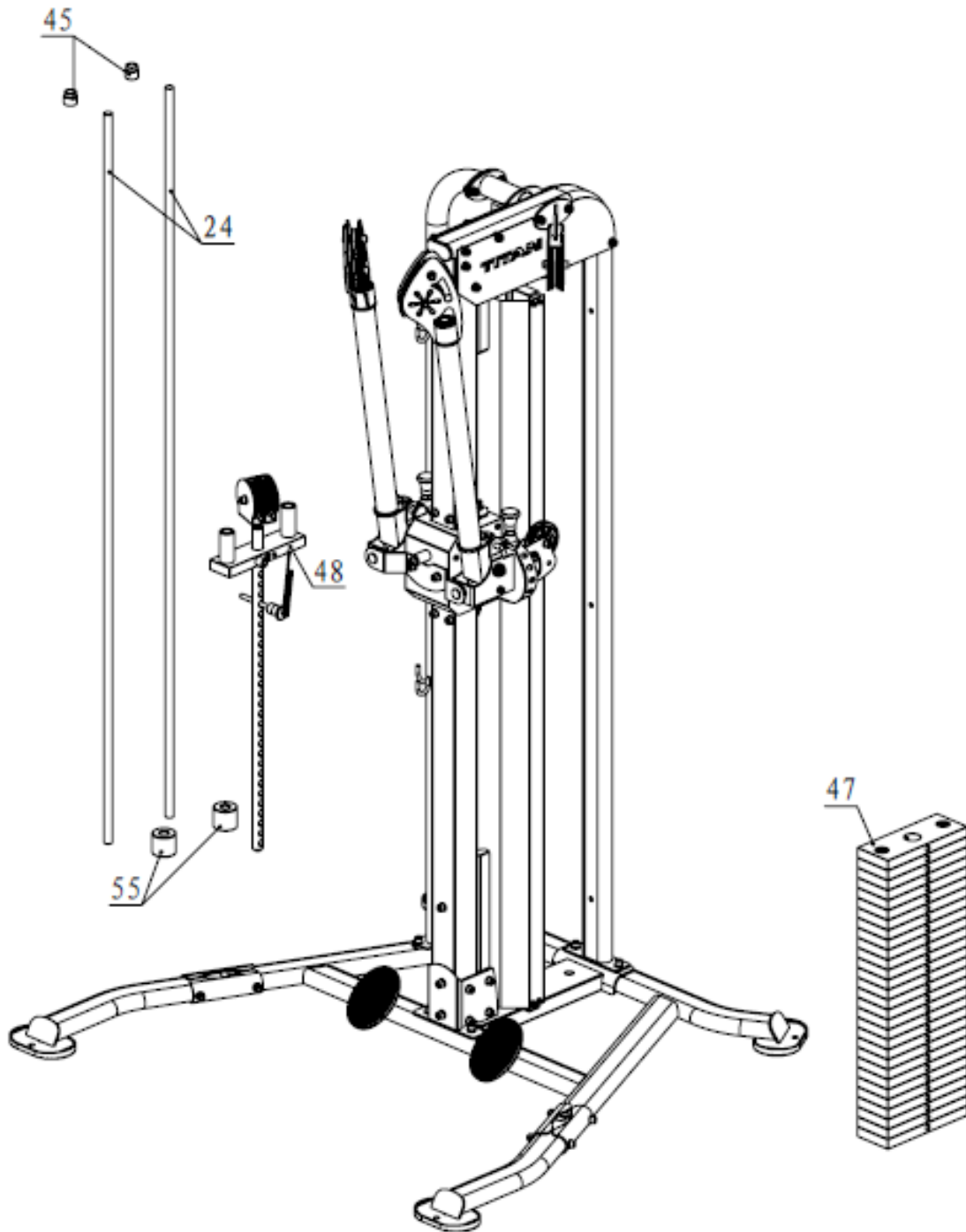
Remove the Bushing(45) before assemble the weight stack.





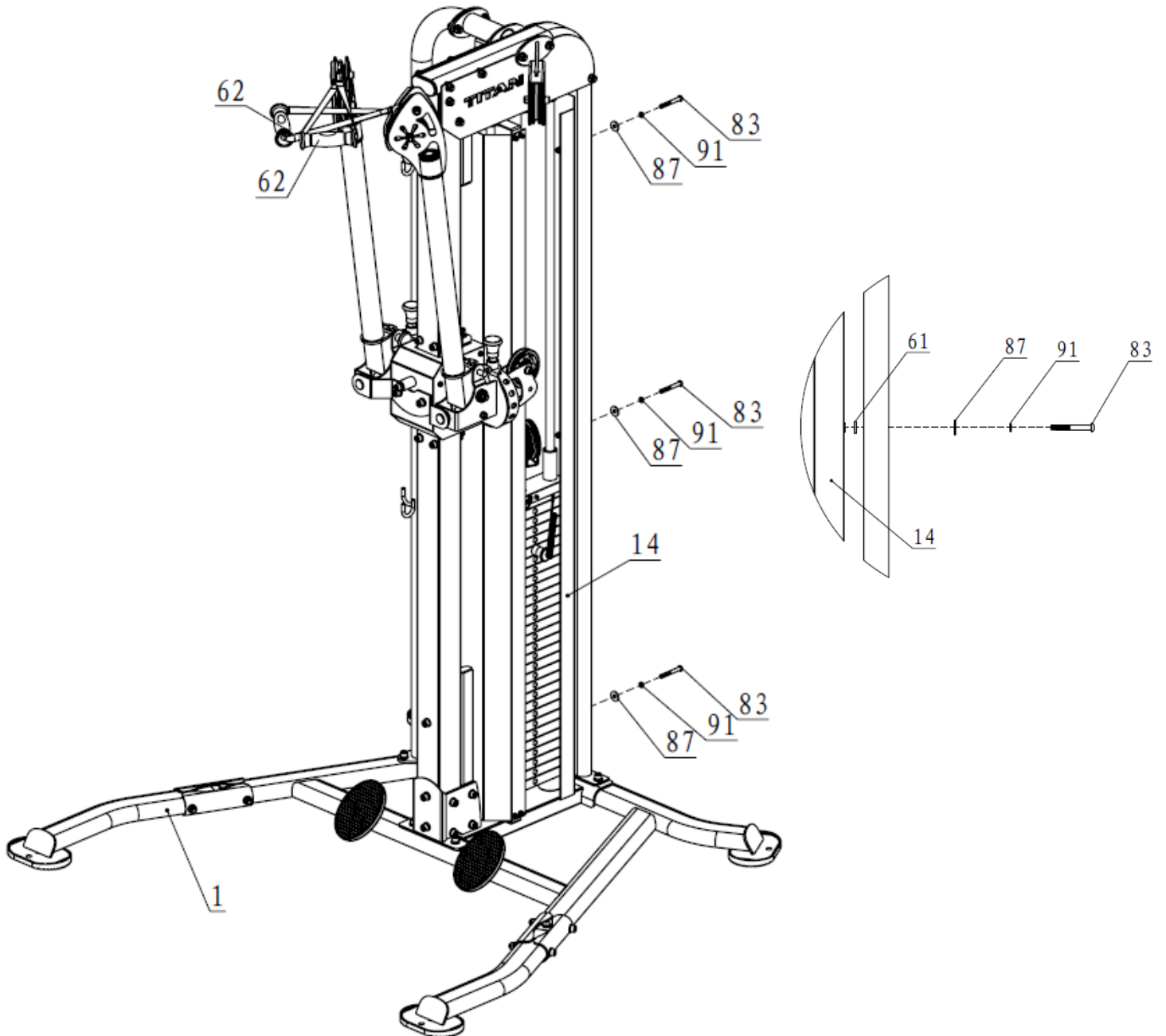
## STEP 5

- a. Fixing the Rubber Baffle (55) to its original position.
- b. Insert the Guide Rod (24) into the Rubber Baffle (55). Tilt the Guide Rod outward, then install the Weight Stack (47) and the Top Weight Stack (48) on the Guide Rod (24), fixing the Guide Rod (24) on the Main Frame with the Guide Rod Bushing (45).

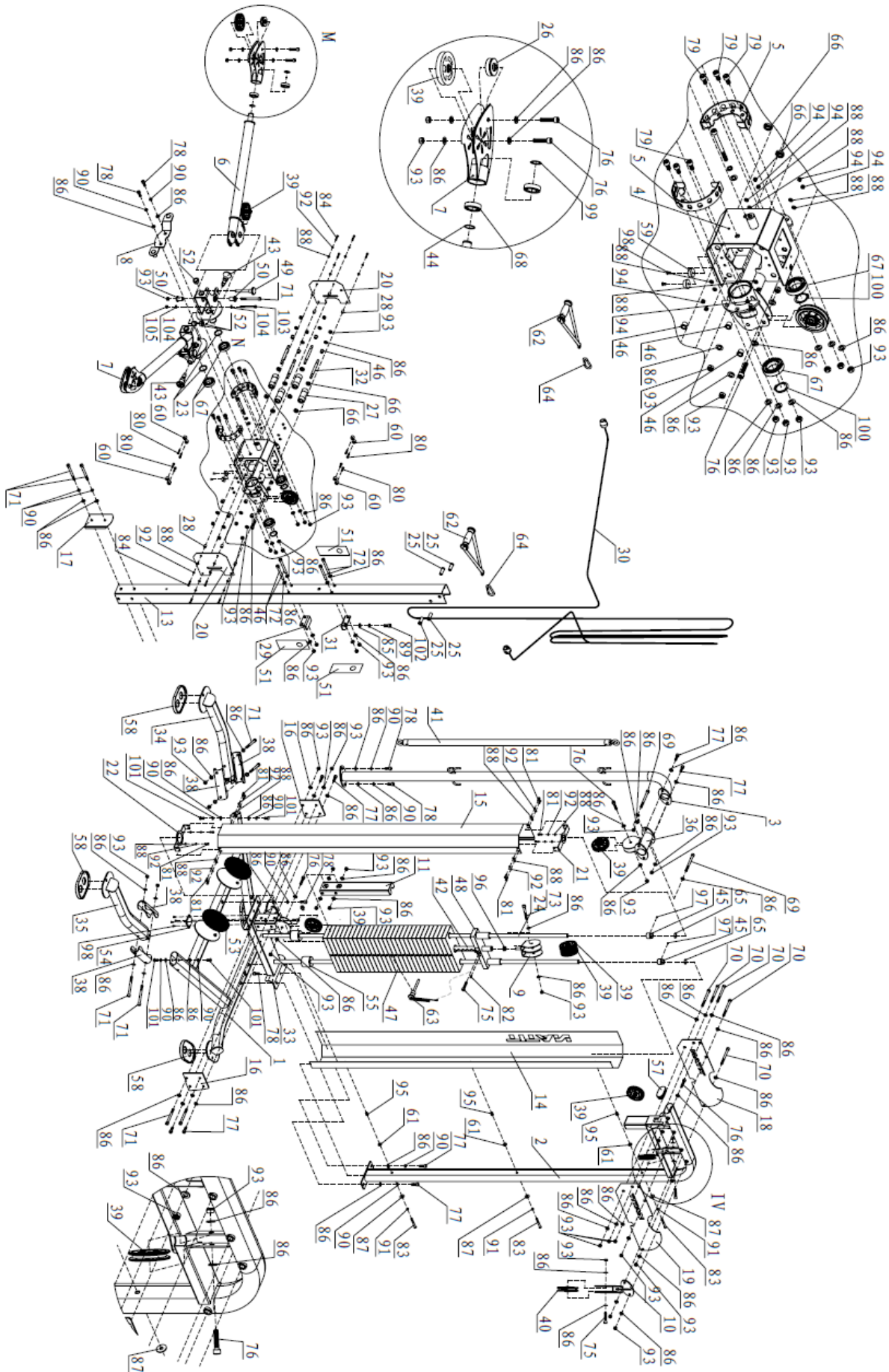


## STEP 6

- a. Connect Right Cover (14) with logo at top to Main Frame (2), using Flat Washer  $\Phi 8.4 \times \Phi 24 \times 2$  (87), Spring Washer  $\Phi 8$  (91), Rubber Bumper (61) and Hex Bolt M8\*65 (83).
- b. Install the handle (62) to the machine.
- c. Tighten all the bolts and adjust machine smoothly before use.



FULL PARTS DIAGRAM / EXPLODED VIEW



| KEY  | BOX | DESCRIPTION                      | QTY | KEY  | BOX | DESCRIPTION           | QTY |
|------|-----|----------------------------------|-----|------|-----|-----------------------|-----|
| (1)  | 1   | Base Frame                       | 1   | (54) | 1   | Buffered Washer       | 1   |
| (2)  | 1   | Main Frame                       | 1   | (55) | 1   | Rubber Baffle         | 2   |
| (3)  | 1   | Upright Frame                    | 1   | (56) | 1   | Stopper 30*70*20      | 1   |
| (4)  | 1   | Center Fixed Frame               | 1   | (57) | 2   | End Cap 40*80*2.5     | 1   |
| (5)  | 1   | Adjustable Frame                 | 2   | (58) | 2   | Floor Mat             | 4   |
| (6)  | 1   | Swing Arm Frame                  | 2   | (59) | 2   | Tapered Rubber Bumper | 4   |
| (7)  | 1   | Pulley Frame                     | 2   | (60) | 1   | Plastic Sleeve        | 8   |
| (8)  | 1   | Swing Arm Front Connecting Frame | 1   | (61) | 1   | Rubber Bumper         | 3   |
| (9)  | 1   | Double Pulley Bracket            | 1   | (62) | 1   | Handle                | 2   |
| (10) | 1   | Top Pulley Frame                 | 1   | (63) | 1   | Magnetic Pin          | 1   |
| (11) | 1   | Lower limited Frame              | 1   | (64) | 1   | Safety Hook Φ8        | 2   |
| (12) | 1   | Swing Arm Rotation Frame         | 2   | (65) | 1   | O-Ring Counter Weight | 2   |
| (13) | 1   | Adjustable Tube                  | 1   | (66) | 1   | Bearing 61901ZZ       | 8   |
| (14) | 1   | Right Cover                      | 1   | (67) | 1   | Bearing 6007ZZ        | 4   |
| (15) | 1   | Left Cover                       | 1   | (68) | 1   | Bearing 6005ZZ        | 4   |
| (16) | 1   | Fixing Plate                     | 2   | (69) | 1   | Hex Bolt M10*115      | 2   |
| (17) | 1   | Front Fixing Plate               | 1   | (70) | 1   | Hex Bolt M10*110      | 6   |
| (18) | 1   | Left Logo Plate                  | 1   | (71) | 1   | Hex Bolt M10*105      | 10  |
| (19) | 1   | Right Logo Plate                 | 1   | (72) | 1   | Hex Bolt M10*95       | 4   |
| (20) | 1   | Side Cover Plate                 | 2   | (73) | 1   | Hex Bolt M10*75       | 1   |
| (21) | 1   | Top Permanent Seat               | 1   | (74) | 1   | Hex Bolt M10*15       | 1   |
| (22) | 1   | Base Permanent Seat              | 1   | (75) | 1   | Hex Bolt M10*50       | 2   |
| (23) | 1   | Bearing Washer                   | 2   | (76) | 1   | Hex Bolt M10*45       | 10  |
| (24) | 1   | Guide Rod                        | 2   | (77) | 1   | Hex Bolt M10*30       | 8   |

|      |   |  |    |       |   |   |     |
|------|---|--|----|-------|---|---|-----|
| (25) | 1 | Spacer Bush $\Phi 18 * \Phi 10.2 * 44$ | 4  | (78)  | 1 | Hex Bolt M10*25                         | 7   |
| (26) | 1 | $\Phi 50$ Pulley                       | 2  | (79)  | 1 | Hex Bolt M10*20                         | 6   |
| (27) | 1 | Roller                                 | 4  | (80)  | 1 | Hex Bolt M6*20                          | 8   |
| (28) | 1 | Spacer Bush $\Phi 12 * \Phi 6 * 16$    | 8  | (81)  | 1 | Hex Bolt M6*15                          | 14  |
| (29) | 1 | Limit Bracket                          | 1  | (82)  | 1 | Hex Bolt M5*10                          | 1   |
| (30) | 1 | Cable $\Phi 5 * 10580$                 | 1  | (83)  | 1 | Pan Head, Hex Bolt M8*65                | 3   |
| (31) | 1 | L-Shape Fixing Plate                   | 1  | (84)  | 1 | Pan Head, Hex Bolt M6*30                | 8   |
| (32) | 1 | Double threaded shaft                  | 4  | (85)  | 1 | Flat Washer $\Phi 13.5 * \Phi 24 * 2.5$ | 1   |
| (33) | 1 | Lower Fixing Frame                     | 1  | (86)  | 1 | Flat Washer $\Phi 11 * \Phi 20 * 2$     | 100 |
| (34) | 1 | Left Front Base Frame                  | 1  | (87)  | 1 | Flat Washer $\Phi 8.4 * \Phi 24 * 2$    | 3   |
| (35) | 1 | Right front Base Frame                 | 1  | (88)  | 1 | Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$  | 28  |
| (36) | 1 | Side Connecting Frame                  | 1  | (89)  | 1 | Spring Washer $\Phi 12$                 | 1   |
| (37) | 1 | Support Frame                          | 2  | (90)  | 1 | Spring Washer $\Phi 10$                 | 15  |
| (38) | 1 | Splint                                 | 4  | (91)  | 1 | Spring Washer $\Phi 8$                  | 3   |
| (39) | 1 | $\Phi 95$ Pulley                       | 12 | (92)  | 1 | Spring Washer $\Phi 6$                  | 20  |
| (40) | 1 | $\Phi 115$ Pulley                      | 1  | (93)  | 1 | Nut M10                                 | 51  |
| (41) | 1 | Long Bar                               | 1  | (94)  | 1 | Nut M6                                  | 8   |
| (42) | 1 | Selected Shaft                         | 1  | (95)  | 1 | Flat Head hexagon riveted Nut M8        | 3   |
| (43) | 1 | Pin                                    | 2  | (96)  | 1 | Hexagon Flange Nut M12                  | 1   |
| (44) | 1 | Bearing Washer                         | 2  | (97)  | 1 | Screw M6*4                              | 2   |
| (45) | 1 | Guide Rod Bushing                      | 2  | (98)  | 1 | Countersunk Head Screw M5*10            | 6   |
| (46) | 1 | Pulley Casing                          | 8  | (99)  | 1 | $\Phi 25$ circlip for shaft             | 2   |
| (47) | 1 | Weight Plate                           | 29 | (100) | 1 | $\Phi 35$ circlip for shaft             | 2   |
| (48) | 1 | Top Weight Stack                       | 1  | (101) | 1 | Pan Head, Hex Bolt M10*20               | 4   |
| (49) | 1 | Bumper Pin                             | 2  | (102) | 1 | Hexagon Socket Head Screw M12*25        | 1   |

|      |   |                         |   |       |   |                                      |   |
|------|---|-------------------------|---|-------|---|--------------------------------------|---|
| (50) | 1 | Fixing Pin Sleeve       | 4 | (103) | 1 | Hexagon Socket Head Screw<br>M8*85   | 2 |
| (51) | 1 | Sticker for Adjust Tube | 3 | (104) | 1 | Flat Washer $\Phi 9 * \Phi 16 * 1.6$ | 4 |
| (52) | 1 | $\Phi 19$ Metal Bushing | 6 | (105) | 1 | Nut M8                               | 2 |
| (53) | 1 | Rubber Pad              | 2 |       |   |                                      |   |

## ADDITIONAL INFORMATION

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### 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

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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

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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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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

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