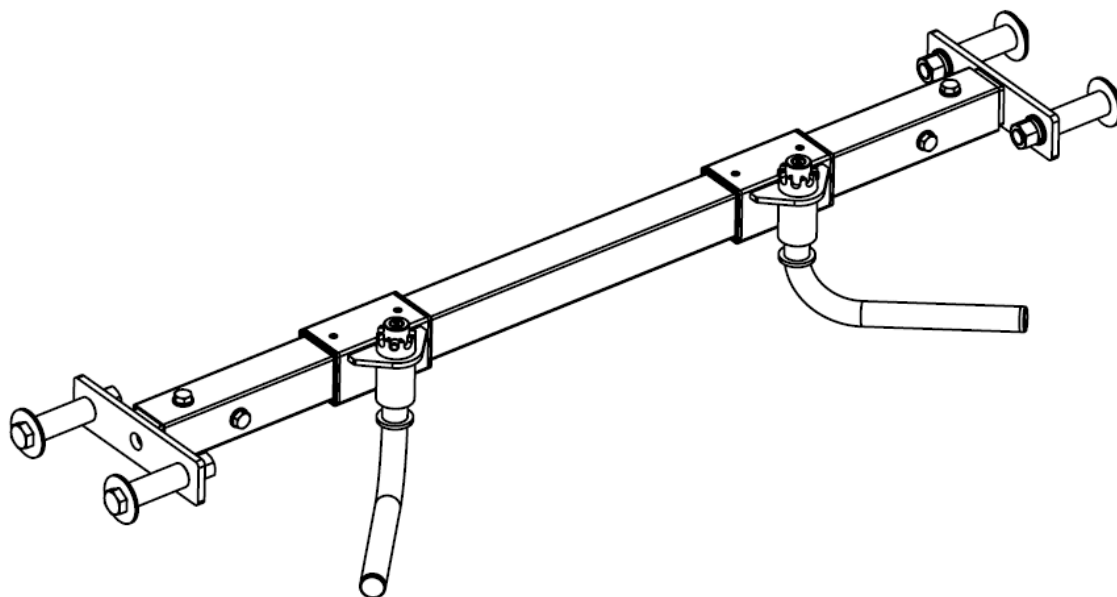


RACK MOUNTED ADJUSTABLE HANDLE PULL UP BAR

FITS T-3, X-3, AND TITAN SERIES RACKS

400839 - IXPUB

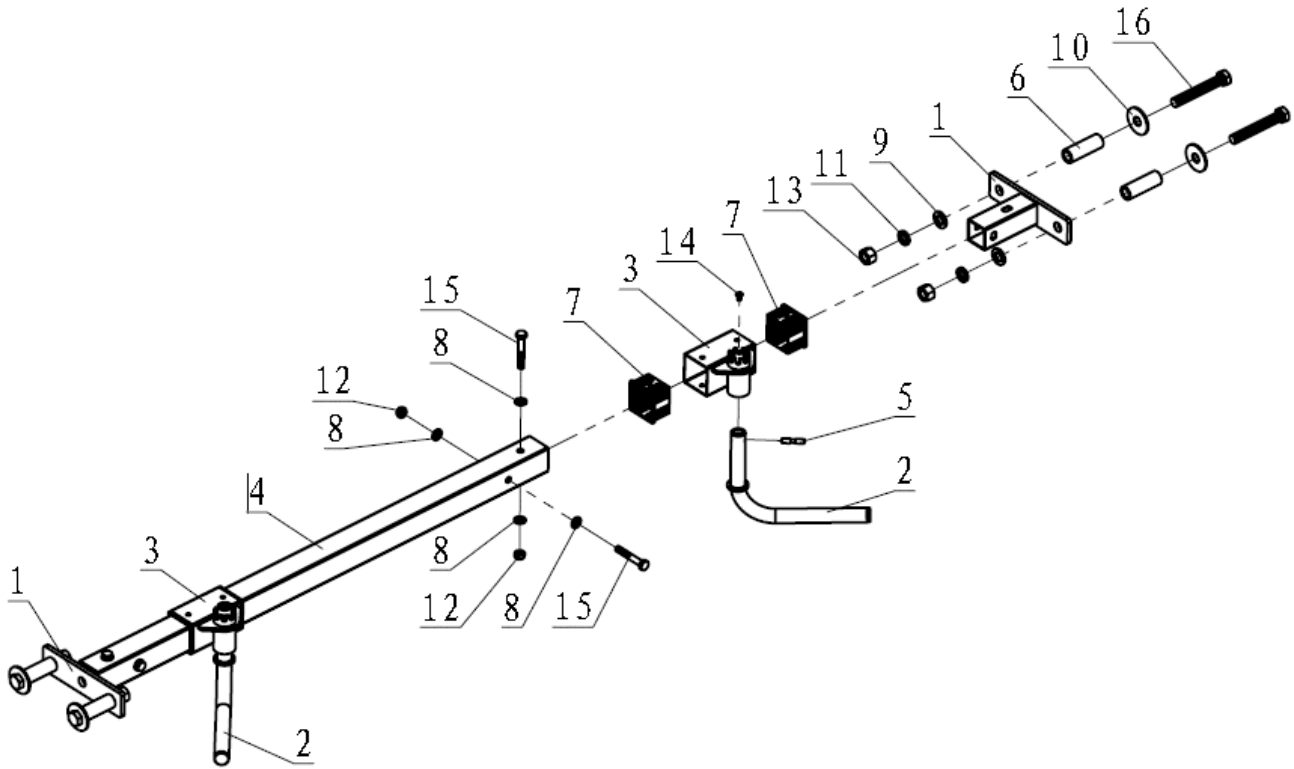


Operator's Manual



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

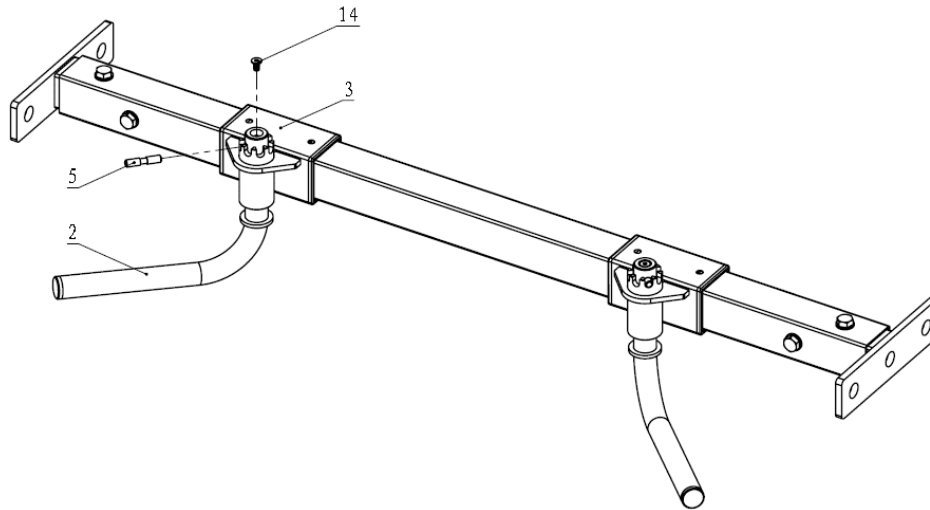


KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	CONNECTION FRAME	2	(9)	FLAT WASHER Φ 17* Φ 30*3	4
(2)	HANDLE BAR	2	(10)	BIG WASHER Φ 17* Φ 50*3	4
(3)	HANDLE SLIDING FRAME	2	(11)	SPRING WASHER Φ 16	4
(4)	CROSS FRAME	1	(12)	NUT M10	4
(5)	AXIS PIN	2	(13)	NUT M16	4
(6)	SPACER BUSH	4	(14)	COUNTERSUNK HEAD SCREW M6*12	2
(7)	HOLLOW SLEEVE	4	(15)	HEX BOLT M10*65	4
(8)	FLAT WASHER Φ 11* Φ 20*2	8	(16)	HEX BOLT M16*110	4

ASSEMBLY INSTRUCTIONS

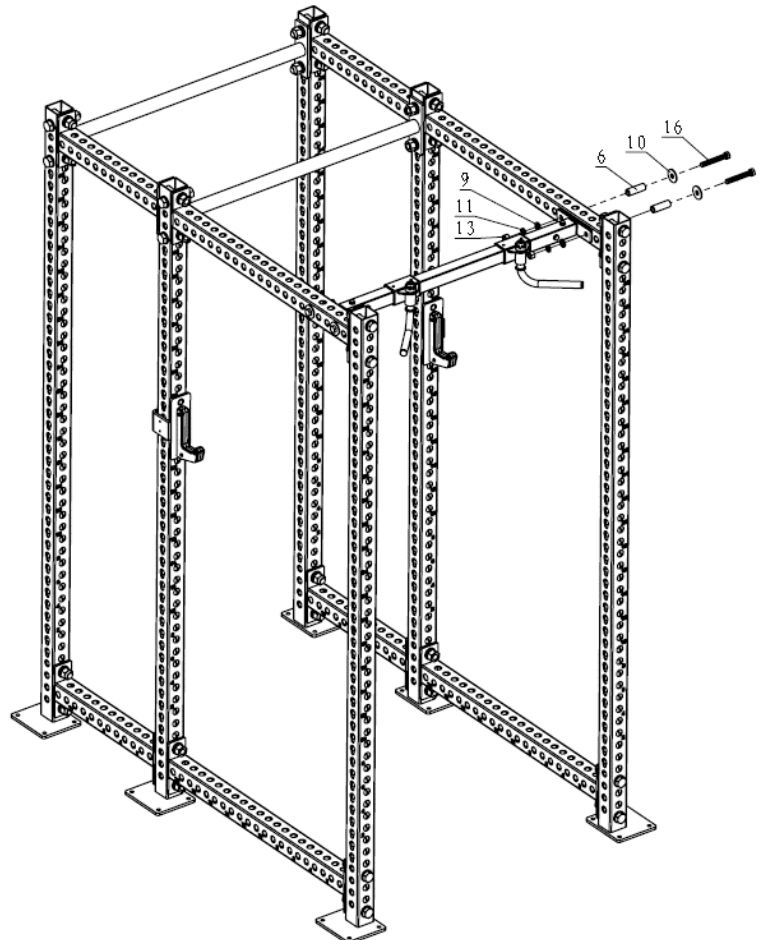
Step 1

Assemble **HANDLE BAR (2)** and **HANDLE SLIDING FRAME (3)**, using the **AXIS PIN (5)** and **COUNTERSUNK HEAD SCREW M6*12(14)**.



Step 2

Install the Index Bar on the Main frame, using **SPACER BUSH (6)**, **BIG WASHER $\Phi 17*\Phi 30*3(9)$** , **FLAT WASHER $\Phi 17*\Phi 50*3(10)$** , **SPRING WASHER (11)**, **NUT M16 (13)** AND **HEX BOLT M16*110 (16)**.



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.

THE TITAN LIMITED WARRANTY FOUND AT WWW.TITAN.FITNESS/WARRANTY IS EXCLUSIVE AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE, EACH OF WHICH IS HEREBY DISCLAIMED.



NEED HELP? CONTACT US FIRST.

1-888-410-1503

info@titan.fitness

www.titan.fitness

© 2025 Titan Brands