

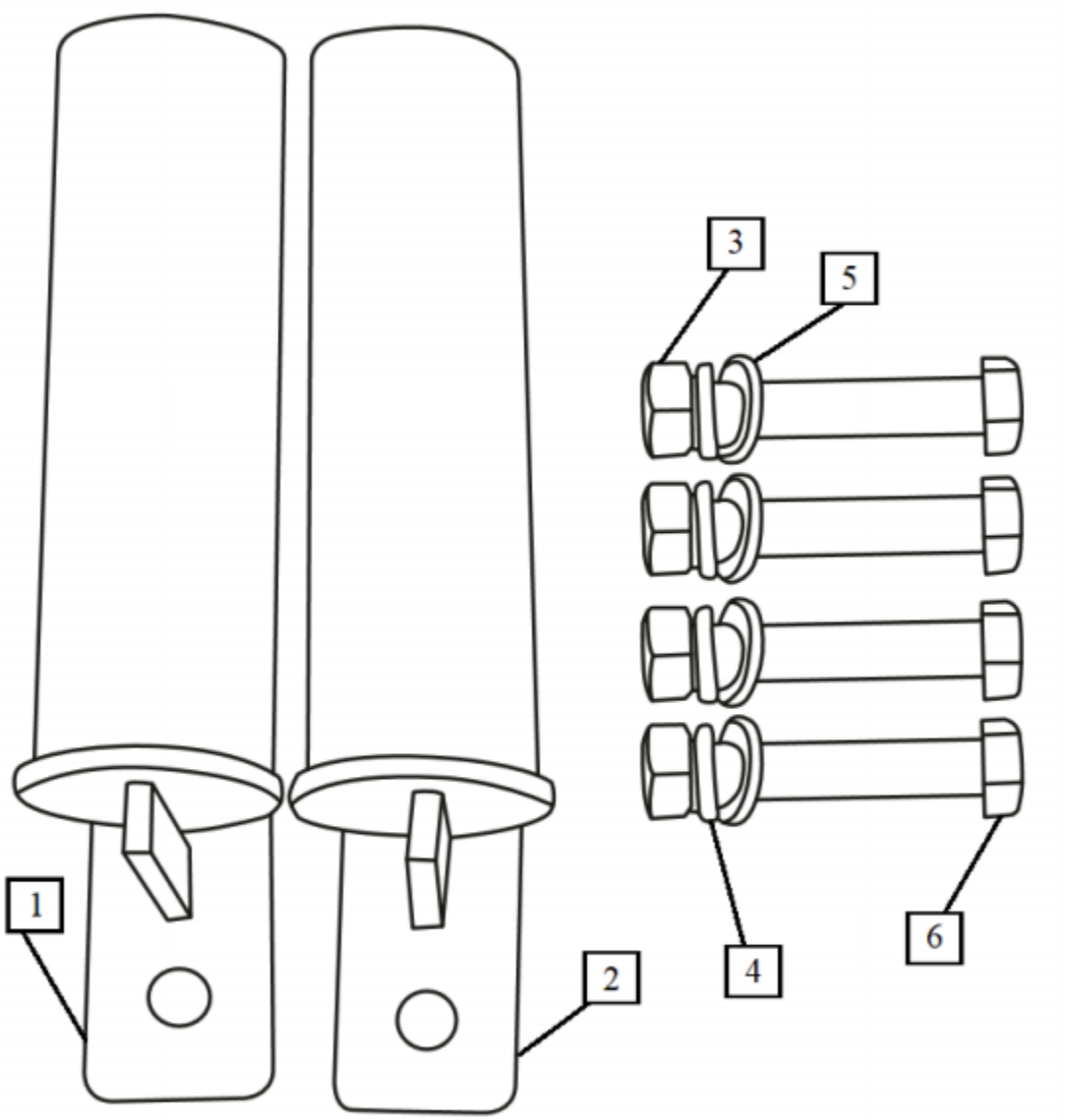
OWNER'S MANUAL

MPN(s): VBARHLD

SKU(s): 400227

UPC(s): 049008266995

PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	LEFT BARBELL HOLDER	1	(4)	FLAT WASHER	4
(2)	RIGHT BARBELL HOLDER	1	(5)	SPRING WASHER	4
(3)	HEX BOLT	4	(6)	HEX NUT	4

1. **ATTACH THE LEFT BARBELL HOLDER (1) TO YOUR TITAN T-3 POWER RACK:** Attach the Left Barbell Holder (1) to the uprights of your Titan T-3 Power Rack using Hex Bolt (3), Flat Washer (4), Spring Washer (5), and Hex Nut (6). The order of assembly is Hex Bolt (3), Flat Washer (4), then insert the bolt through the Left Barbell Holder (1) and your Titan T-3 Power Rack, Spring Washer (5), and then place the Hex Nut (6) onto the end of the bolt then tighten it down until the Left Barbell Holder (1) is secure. Repeat this process for the remaining side of the Left Barbell Holder (1).

2. **ATTACH THE RIGHT BARBELL HOLDER (2) TO YOUR TITAN T-3 POWER RACK:** Attach the Right Barbell Holder (2) to the uprights of your Titan T-3 Power Rack using Hex Bolt (3), Flat Washer (4), Spring Washer (5), and Hex Nut (6). The order of assembly is Hex Bolt (3), Flat Washer (4), then insert the bolt through the Right Barbell Holder (2) and your Titan T-3 Power Rack, Spring Washer (5), and then place the Hex Nut (6) onto the end of the bolt then tighten it down until the Right Barbell Holder (2) is secure. Repeat this process for the remaining side of the Right Barbell Holder (2).

NOTE: Titan recommends ONLY mounting on the exterior of the Power Rack. NEVER under a pull up bar.



This concludes the VBARHLD Owner's Manual.

If applicable to your product, make sure to tighten all nut-and-bolt combinations before use.

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

The use of any fitness equipment, including this one, involves the potential risk of injury. 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.

TITAN MAKES NO WARRANTY WHATSOEVER WITH RESPECT TO THE EQUIPMENT, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, WHETHER EXPRESS OR IMPLIED BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE. BUYER ASSUMES ALL LIABILITY IN USE OF THE EQUIPMENT.

NEED HELP?

CONTACT US FIRST.

1 (800) 605-8241

info@titandistributorsinc.com / www.titan.fitness

Business Hours: Monday–Friday • 8:00 a.m.–5:00 p.m. (CT)