

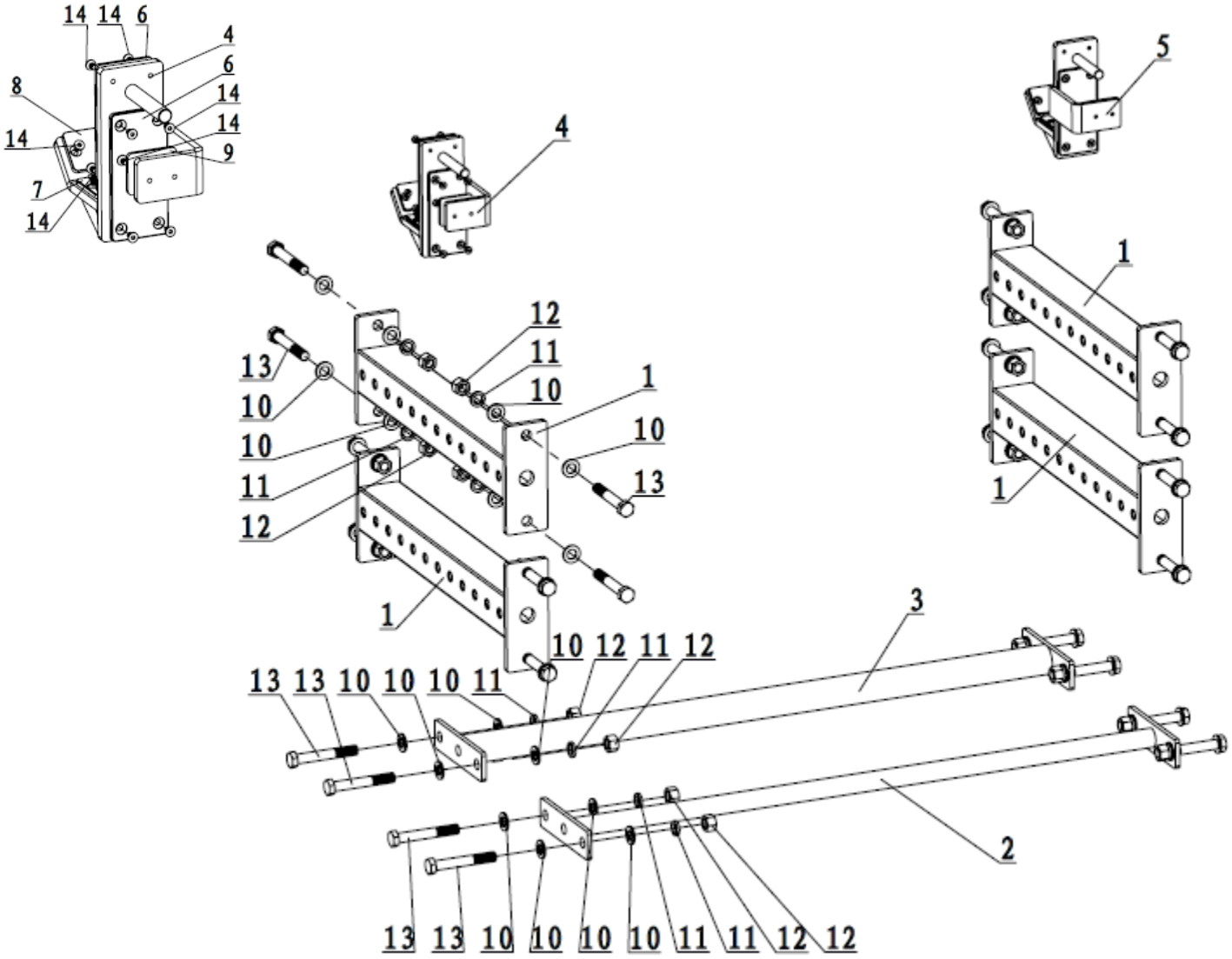
OWNER'S MANUAL

MPN(s): (2)X3BDUP80 - X3BDSB24, (2)X3BDUP80 - X3BDSB36, (2)X3BDUP90 - X3BDSB24, (2)X3BDUP90 - X3BDSB36, (2)X3BDUP80 - X3BDSB24 – FWHOLD, (2)X3BDUP80 - X3BDSB36 – FWHOLD, (2)X3BDUP90 - X3BDSB24 – FWHOLD, (2)X3BDUP90 - X3BDSB36 - FWHOLD

SKU(s): 401387, 401389, 401388, 401390, 401418, 401420, 401419, 401421

UPC(s): 840009216893, 840009216916, 840009216909, 840009216923, 840009217500, 840009217524, 840009217517, 840009217531

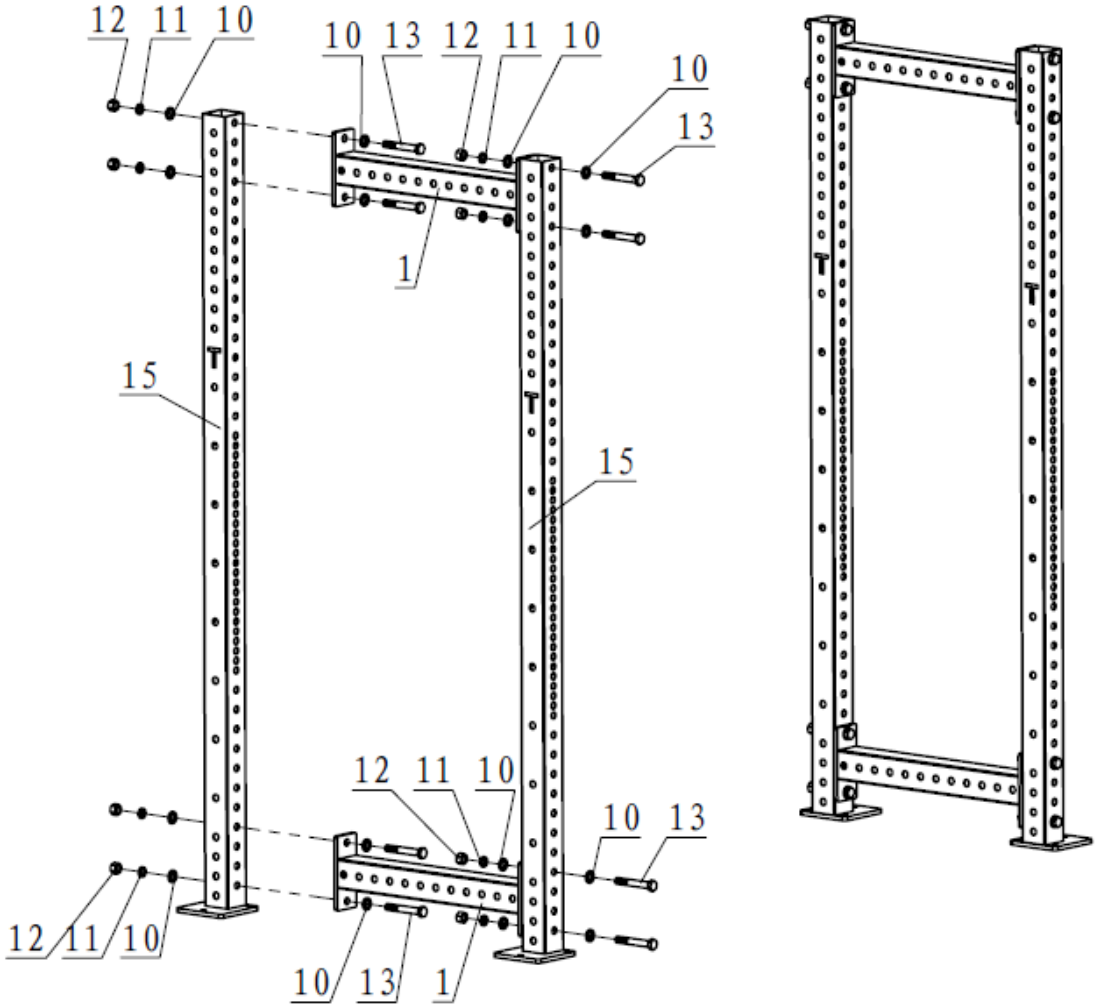
X3BDSB24 PARTS DIAGRAM



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	24” Connecting Frame	4	(8)	1	Front Plastic Plate 68*48*5	2
(2)	1	Pull Up Bar	1	(9)	1	Short Plastic Plate 58*48*5	2
(3)	1	Rear Pull Up Bar	1	(10)	1	Flat Washer Φ17*Φ30*3	48
(4)	1	J-Hook(L)	1	(11)	1	Spring Washer Φ16	24
(5)	1	J-Hook(R)	1	(12)	1	Nut M16	24
(6)	1	Long Plastic Plate 148*68*5	4	(13)	1	Hex Bolt M16*110	24
(7)	1	Plastic Plate 68*58*5	2	(14)	1	Countersunk head screw M6*10	28

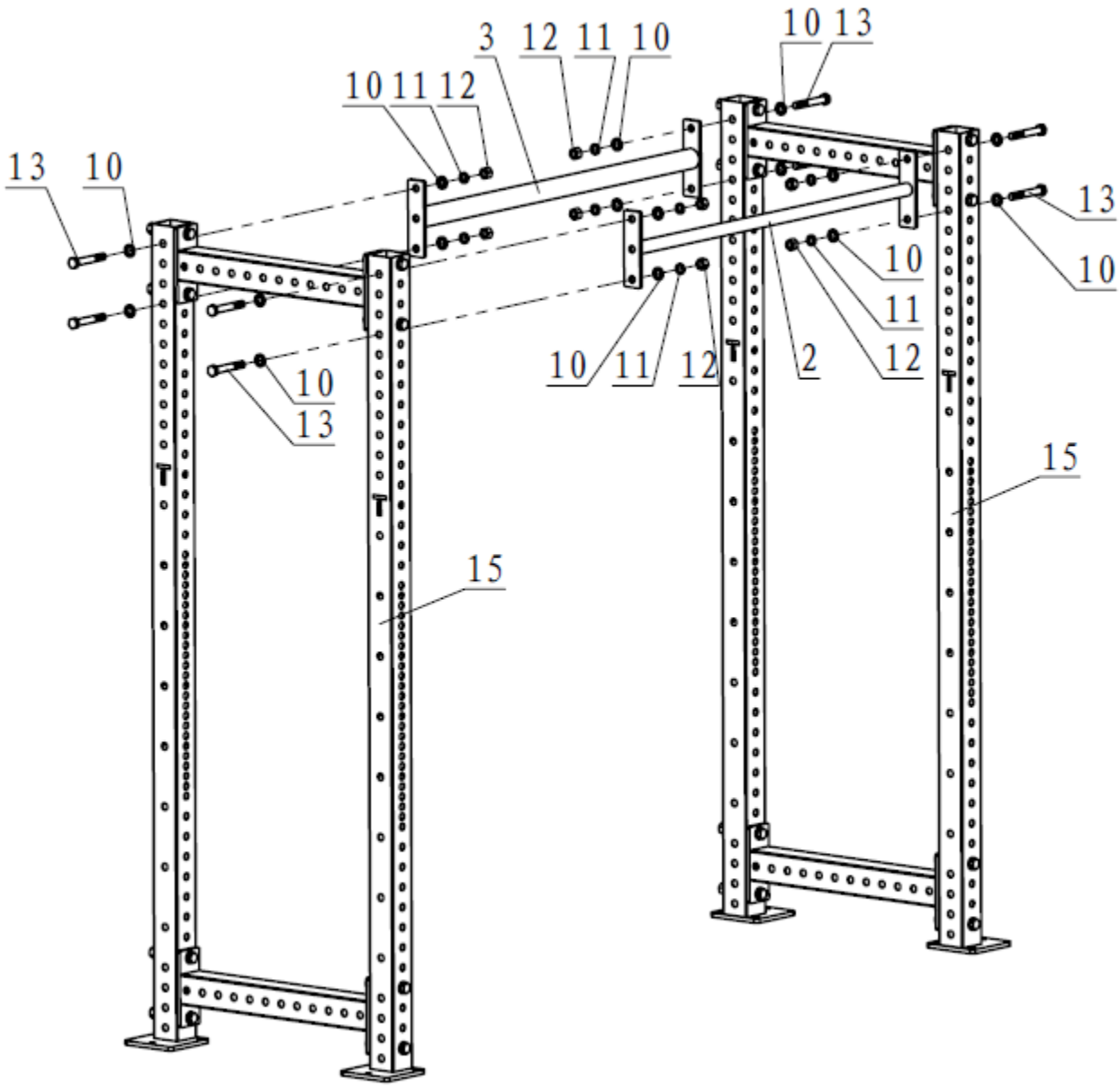
STEP 1

1. Connect the Connecting Frame (1) and Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer Φ16(11), Nut M16(12), and Hex Bolt M16*110(13).



STEP 2

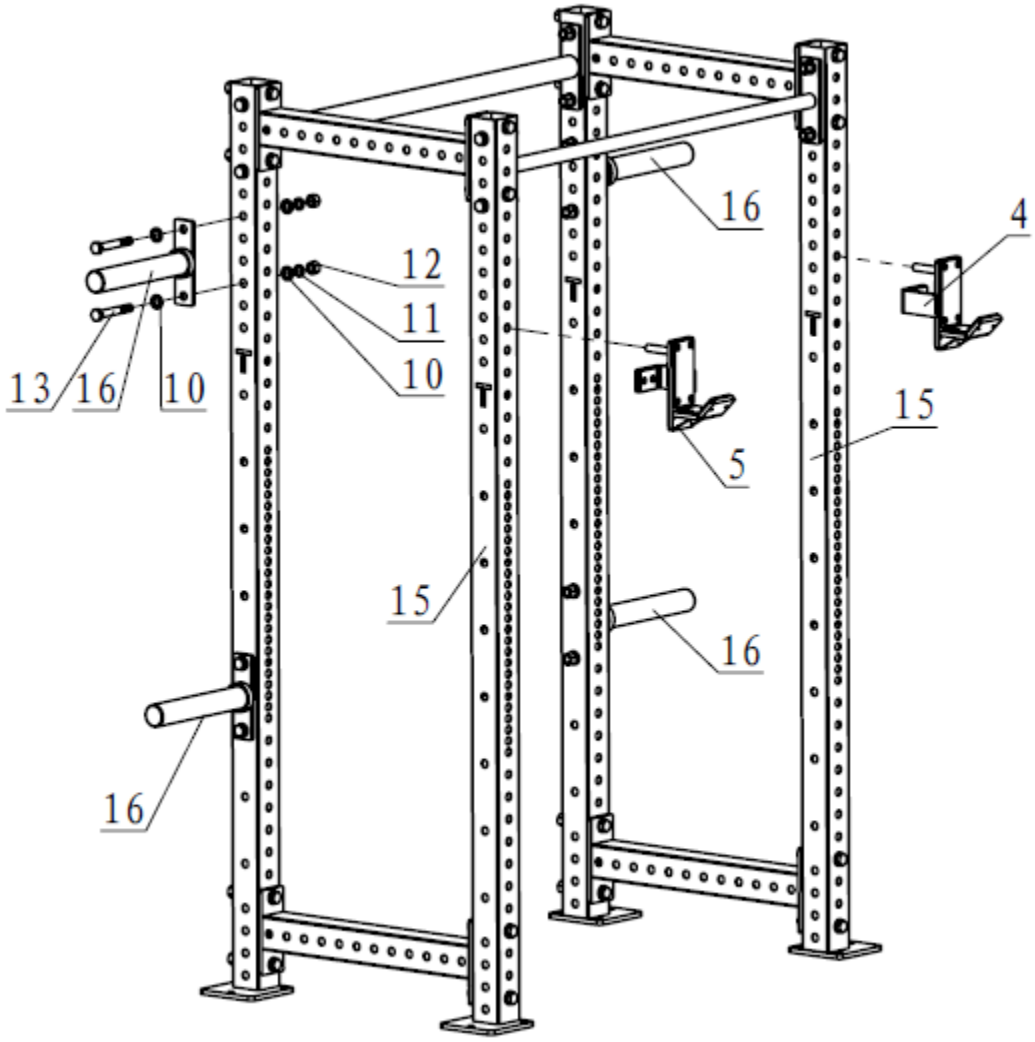
Connect the Rear Pull Up Bar (3), Pull Up Bar (2) and Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer Φ16(11), Nut M16(12), and Hex Bolt M16*110(13).



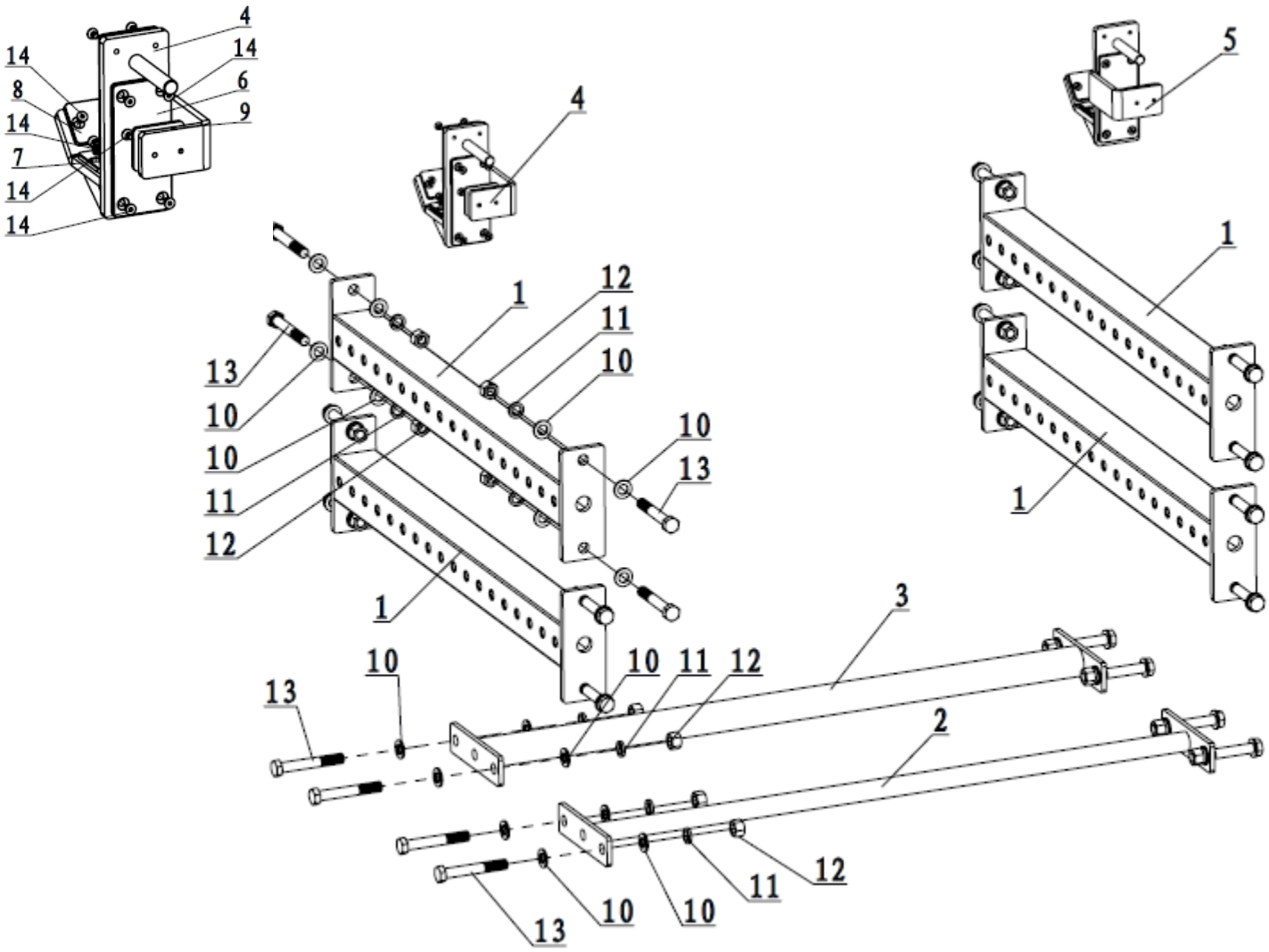
STEP 3

Install the left and right J-HOOK (4 & 5) on the Upright Frame (15).

Install the Weight Plate Holder (16) on the Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer (11) Nut M16 (12), and Hex Bolt M16*110 (13).



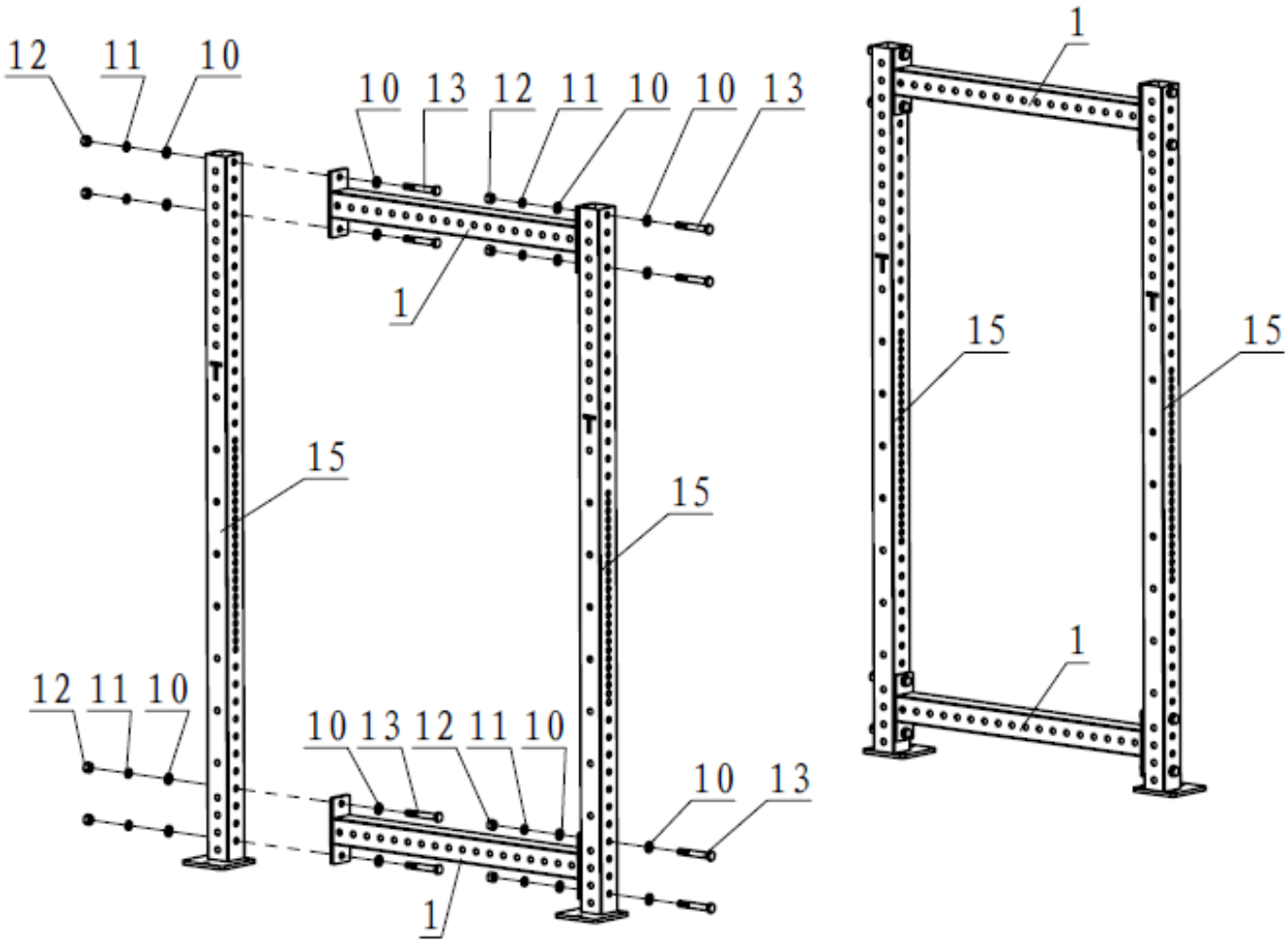
X3BDSB36 PARTS DIAGRAM



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	2	36” Connecting Frame	4	(8)	2	Front Plastic Plate 68*48*5	2
(2)	2	Pull Up Bar	1	(9)	2	Short Plastic Plate 58*48*5	2
(3)	2	Rear Pull Up Bar	1	(10)	2	Flat Washer Φ17*Φ30*3	48
(4)	2	J-Hook(L)	1	(11)	2	Spring Washer Φ16	24
(5)	2	J-Hook(R)	1	(12)	2	Nut M16	24
(6)	2	Long Plastic Plate 148*68*5	4	(13)	2	Hex Bolt M16*110	24
(7)	2	Plastic Plate 68*58*5	2	(14)	2	Countersunk head screw M6*10	28

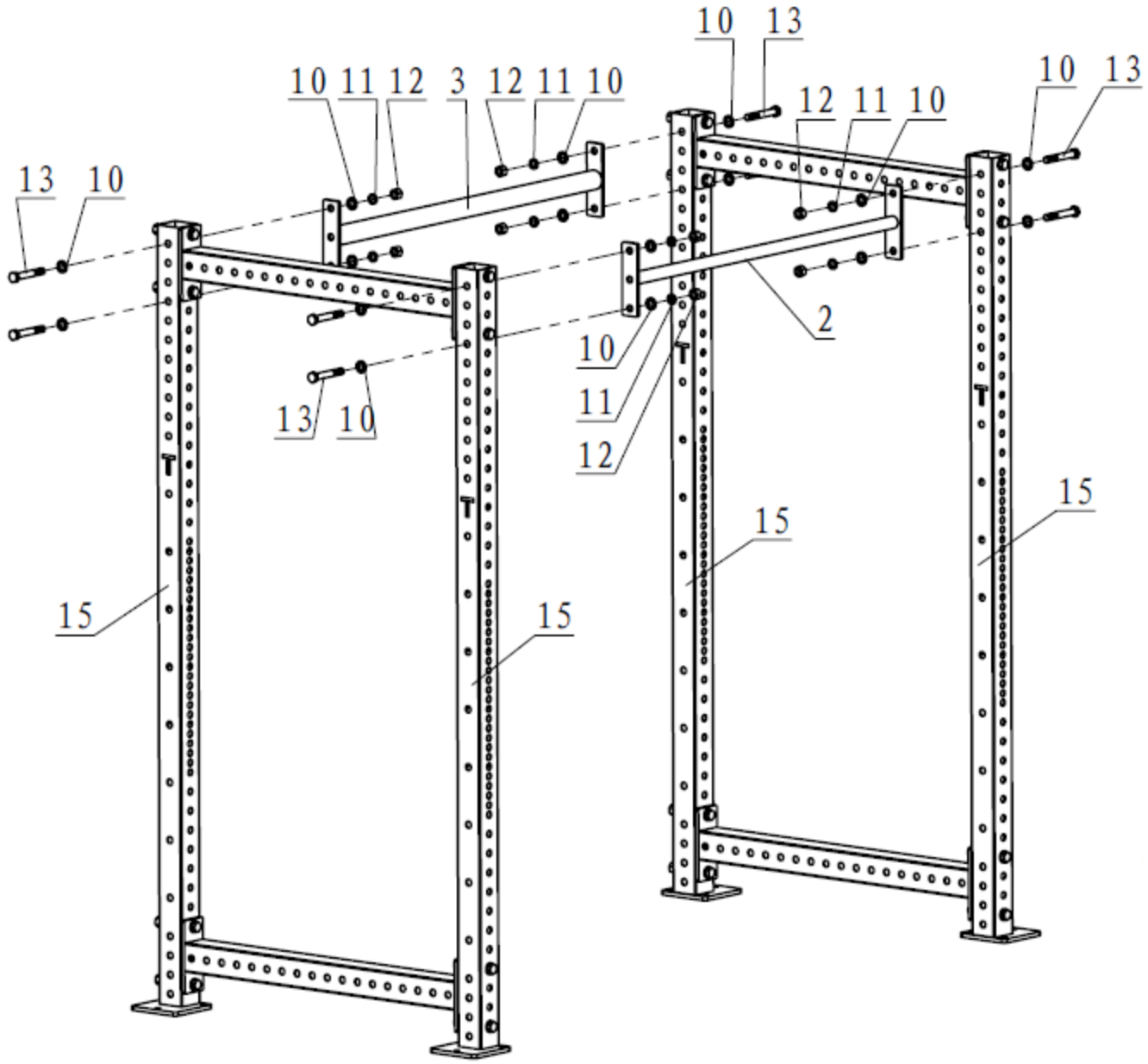
STEP 1

1. Connect the Connecting Frame (1) and Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer Φ16(11), Nut M16(12), and Hex Bolt M16*110(13).



STEP 2

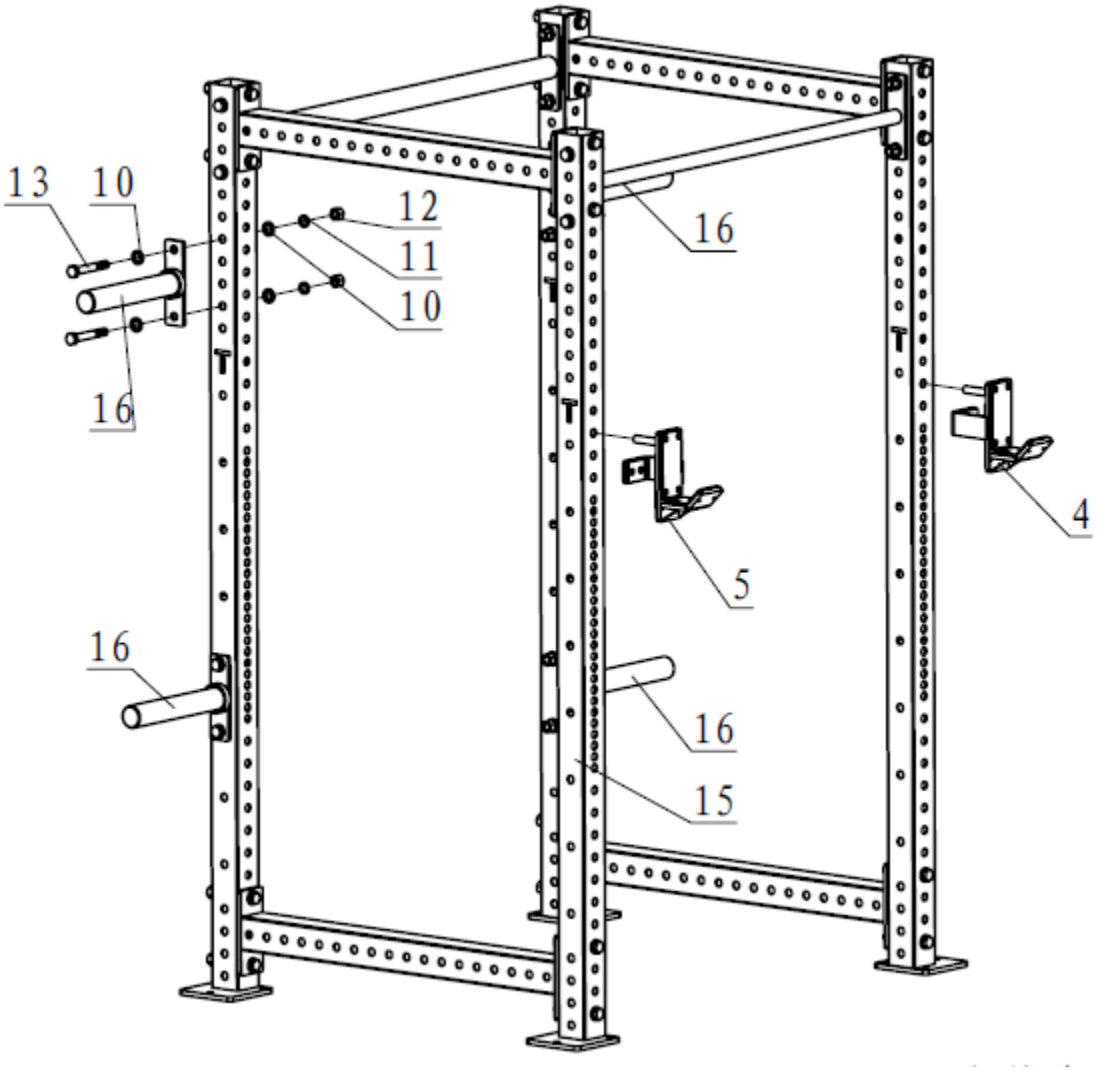
Connect the Rear Pull Up Bar (3), Pull Up Bar (2) and Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer Φ16(11), Nut M16(12), and Hex Bolt M16*110(13).



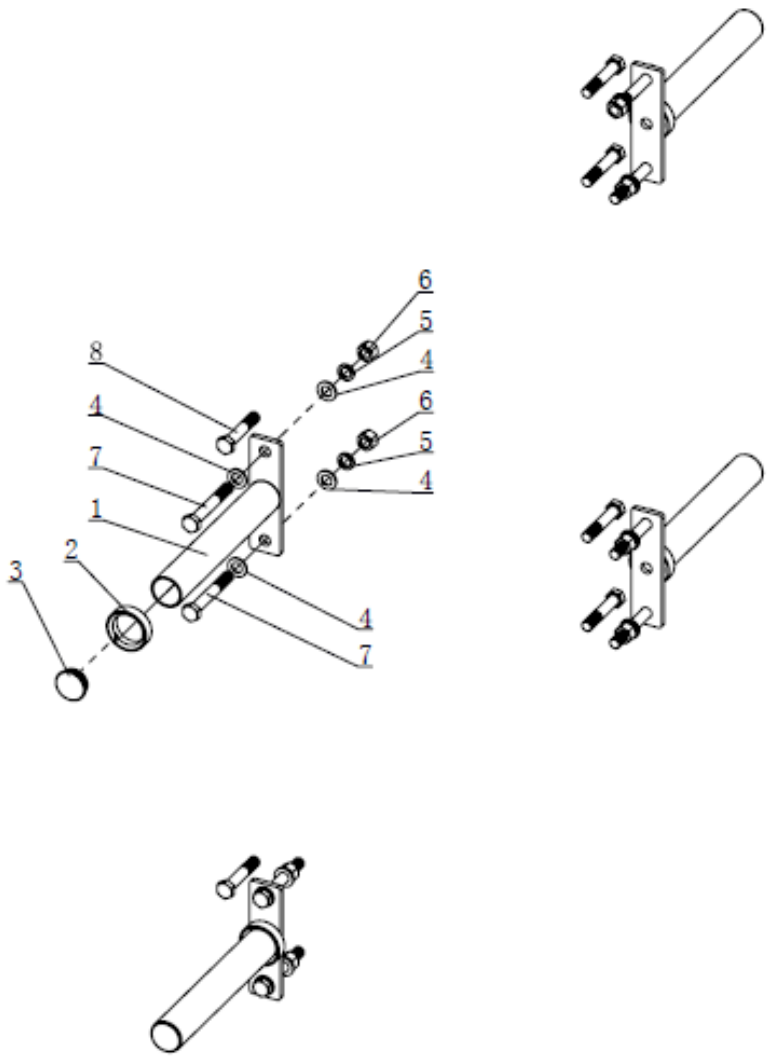
STEP 3

Install the left and right J-HOOK (4 & 5) on the Upright Frame (15).

Install the Weight Plate Holder (16) on the Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer (11) Nut M16 (12), and Hex Bolt M16*110 (13).



PARTS DIAGRAM / EXPLODED VIEW

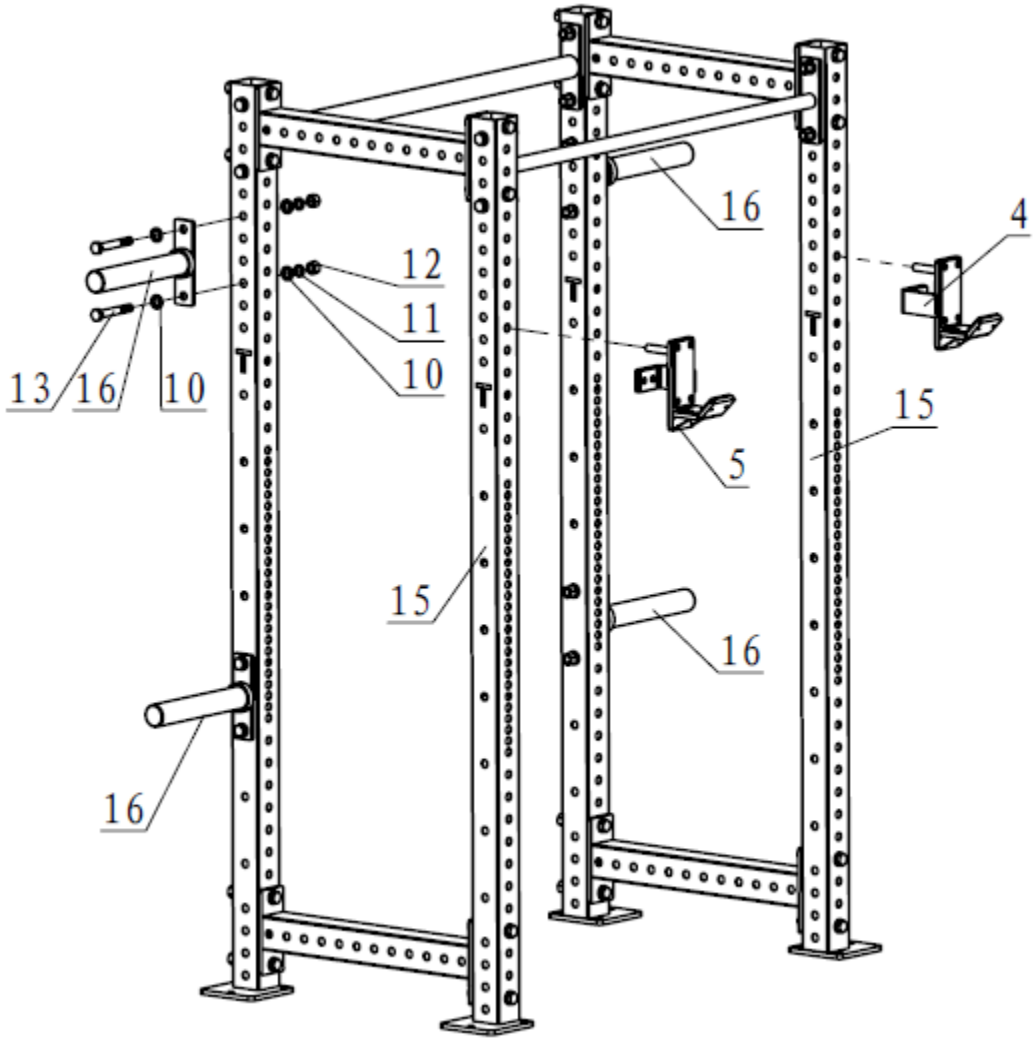


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	3	Weight Plate Holder	4	(5)	3	Spring Washer Φ16	8
(2)	3	Rubber Bumper	4	(6)	3	M16 Nut	8
(3)	3	End Cap Φ48*2	4	(7)	3	Hex Bolt M16*110	8
(4)	3	Flat Washer Φ17*Φ30*3	16	(8)	3	Hex Bolt M16*85	8

STEP 3

Install the left and right J-HOOK (4 & 5) on the Upright Frame (15).

Install the Weight Plate Holder (16) on the Upright Frame (15), using Flat Washer Φ17*Φ30*3 (10), Spring Washer (11) Nut M16 (12), and Hex Bolt M16*110 (13).





This concludes the X3SERIES RACK 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.

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