

CHEST SUPPORTED T-BAR ROW

401007 - CHSTSUPROW1-CHSTSUPROW2

KIT ITEMS: 400750 - CHSTSUPROW1_v2, 400751 - CHSTSUPROW2_v2

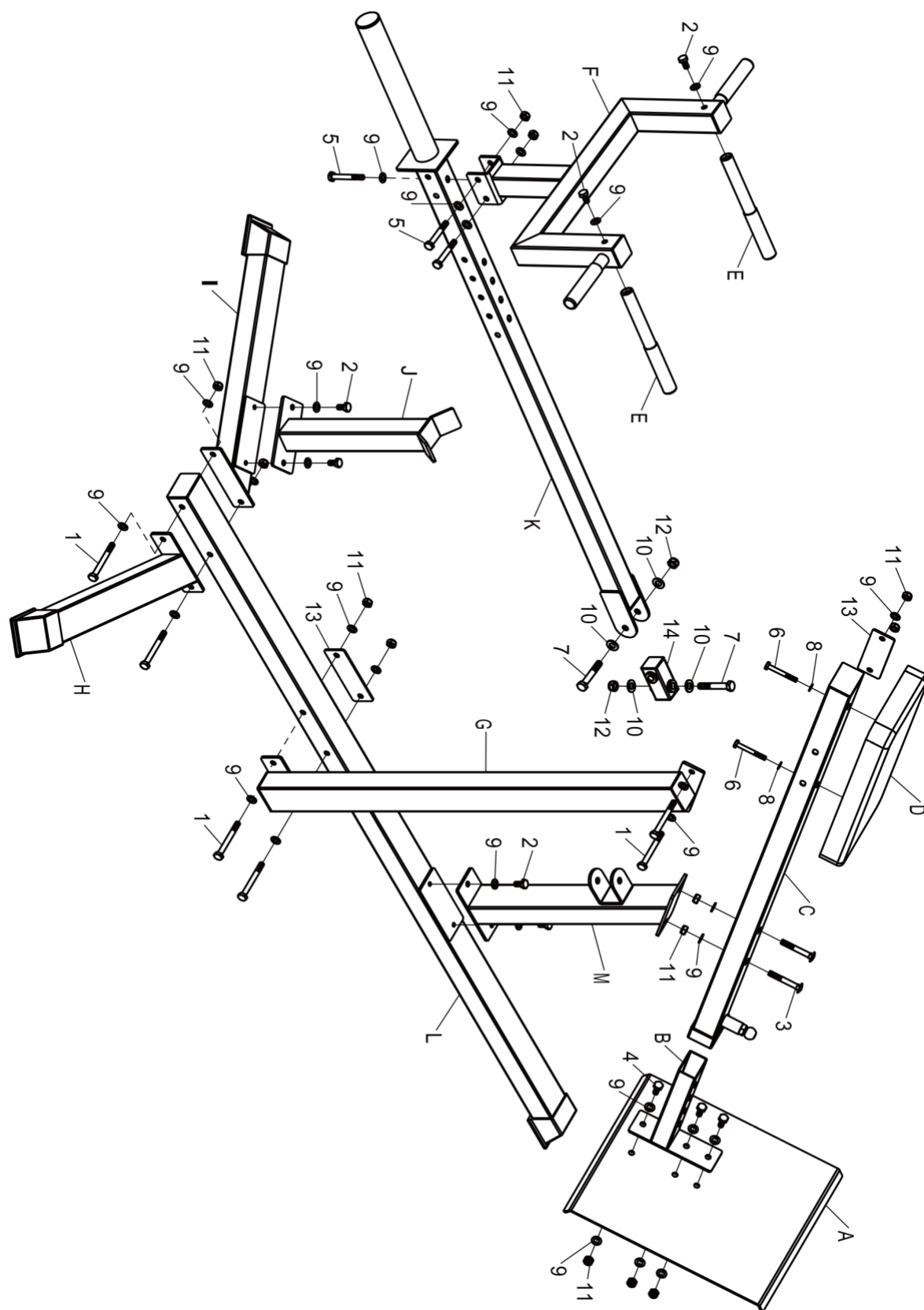


Operator's Manual



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

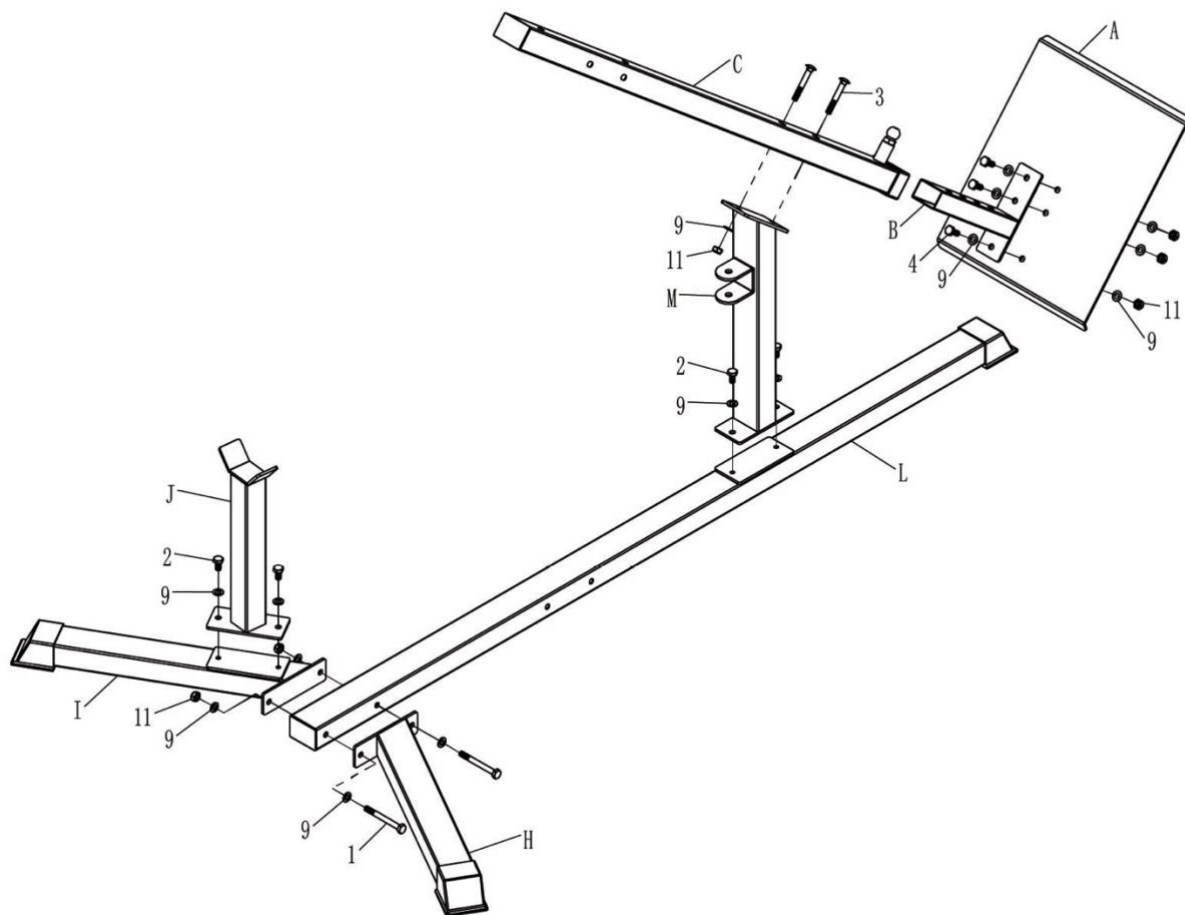


KEY	BOX	DESCRIPTION	QTY
(A)	2	FOOT PLATE	1
(B)	2	HEIGHT ADJUSTER	1
(C)	1	SUPPORT BEAM	1
(D)	2	PAD	1
(E)	2	HANDLE	2
(F)	2	HANDLE ATTACHMENT	1
(G)	1	SUPPORT IUPRIGHT - 1	1
(H)	2	BASE SUPPORT - 1	1
(I)	2	BASE SUPPORT - 2	1
(J)	1	SUPPORT IUPRIGHT - 2	1
(K)	1	CONNECTOR ARM	1
(L)	1	BASE	1
(M)	2	SUPPORT UPRIGHT - 3	1
(1)	2	BOLT M10*95	6
(2)	2	BOLT M10*20	6
(3)	2	CARRIAGE BOLT M10*70	2
(4)	2	BOLT M10*25	3
(5)	2	BOLT M10*75	3
(6)	2	BOLT M8*65	2
(7)	2	BOLT M12*75	2
(8)	2	WASHER M8	2
(9)	2	WASHER M10	31
(10)	2	WASHER M12	4
(11)	2	NUT 10	13
(12)	2	NUT 12	2
(13)	2	SCREW REINFORCEMENT PLATE	2
(14)	2	POTATOMG LINK	1

ASSEMBLY INSTRUCTIONS

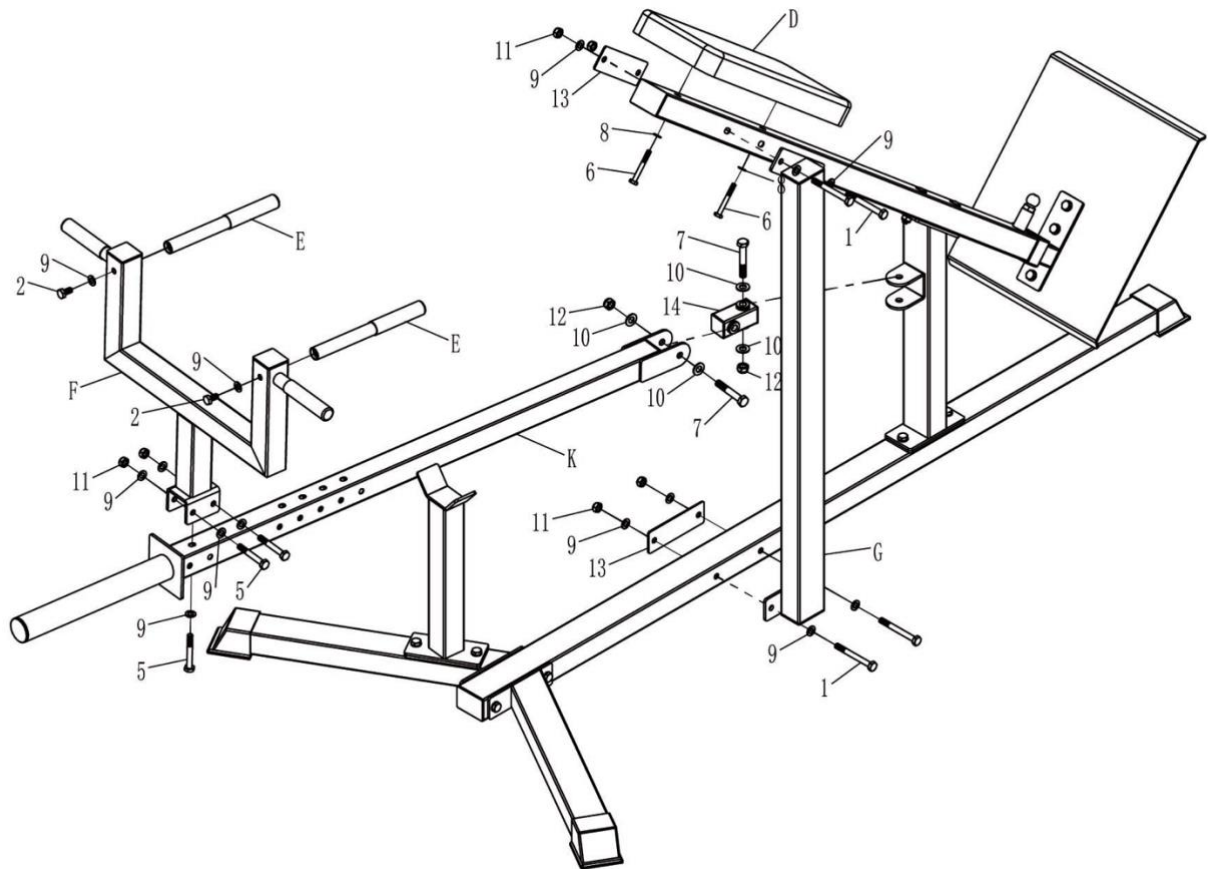
STEP 1 – ASSEMBLE THE BASE

1. Lay the Base (L) flat on the floor.
2. Attach Base Support-1 (H) and Base Support-2 (I) to the Base using Bolt M10 × 95 (1), Washer M10 (9), and Nut M10 (11).
3. Attach Support Upright-2 (J) and Support Upright-3 (M) to the base assembly. Secure with Bolt M10 × 20 (2) and Washer M10 (9).
4. Install the inclined Support Beam (C) onto the uprights. Secure with Bolt M10 × 70 (3), Washer M10 (9), and Nut M10 (11).
5. Assemble the Foot Plate (A) and Height Adjuster (B) using Carriage Bolt M10 × 70 (3), Bolt M10 × 25 (4), Washer M10 (9), and Nut M10 (11). Install the assembled components at the lower front of the frame.



STEP 2

1. Position Support Upright-1 (G) on the base frame. Secure it with Bolt M10 × 95 (1), Washer M10 (9), and Nut M10 (11). Install the reinforcement plate using Screw (13) to reinforce the joint.
2. Attach the Pad (D) to the Support Beam (C) using Bolt M8 × 65 (6) and Washer M8 (8).
3. Attach the Support Beam (C), with the Pad (D) installed, to Support Upright-1 (G). Secure with Bolt M10 × 95 (1), Washer M10 (9), Nut M10 (11), and the reinforcement plate with Screw (13).
4. Attach the two Handles (E) to the Handle Attachment (F) using Bolt M10 × 20 (2) and Washer M10 (9).
5. Attach the Handle Attachment (F) to the Connector Arm (K) using Bolt M10 × 75 (5), Washer M10 (9), and Nut M10 (11).
6. Attach the Rotating Link (14) to the Connector Arm (K) and Support Upright-3 (M). Secure the pivot points using M12 × 75 Bolts (7), M12 Washers (10), and M12 Nuts (12).



FEATURES / SPECIFICATIONS

- User Height Range: 4'-11" to 6'-6"
- User Weight Capacity: 265 lb.
- Rowing Weight Capacity: 400 lb.
- Perform T-Bar Rows, Chest-Supported Rows, Single-Arm Rows, Wide/Narrow-Grip Rows
- Adjustable, stationary, vertical and horizontal grip handles with a durable rubber grip
- Adjustable pop-pin style diamond plated non-slip footplate
- Weight post sleeve fits Olympic-sized weight plates
- High-quality vinyl incline chest pad
- Includes holes for bolting the machine to the floor

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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