

CABLE CROSSOVER MACHINE

400717 - CCRSOVR1-CCRSOVR2

401472 - CCRSOVR1v2, 400575 - CCRSOVR2

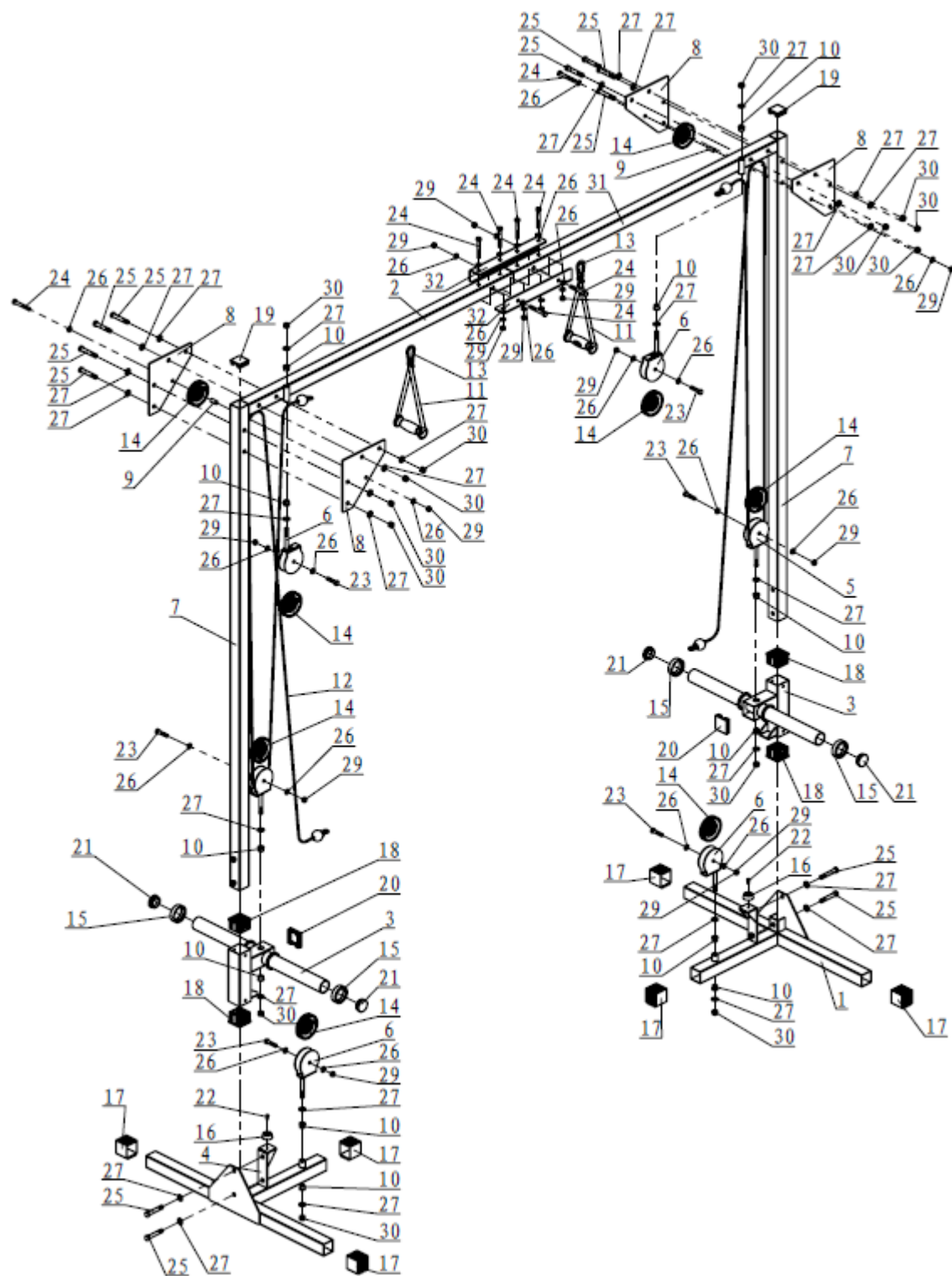


Operator's Manual



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!

FULL PARTS DIAGRAM / EXPLODED VIEW



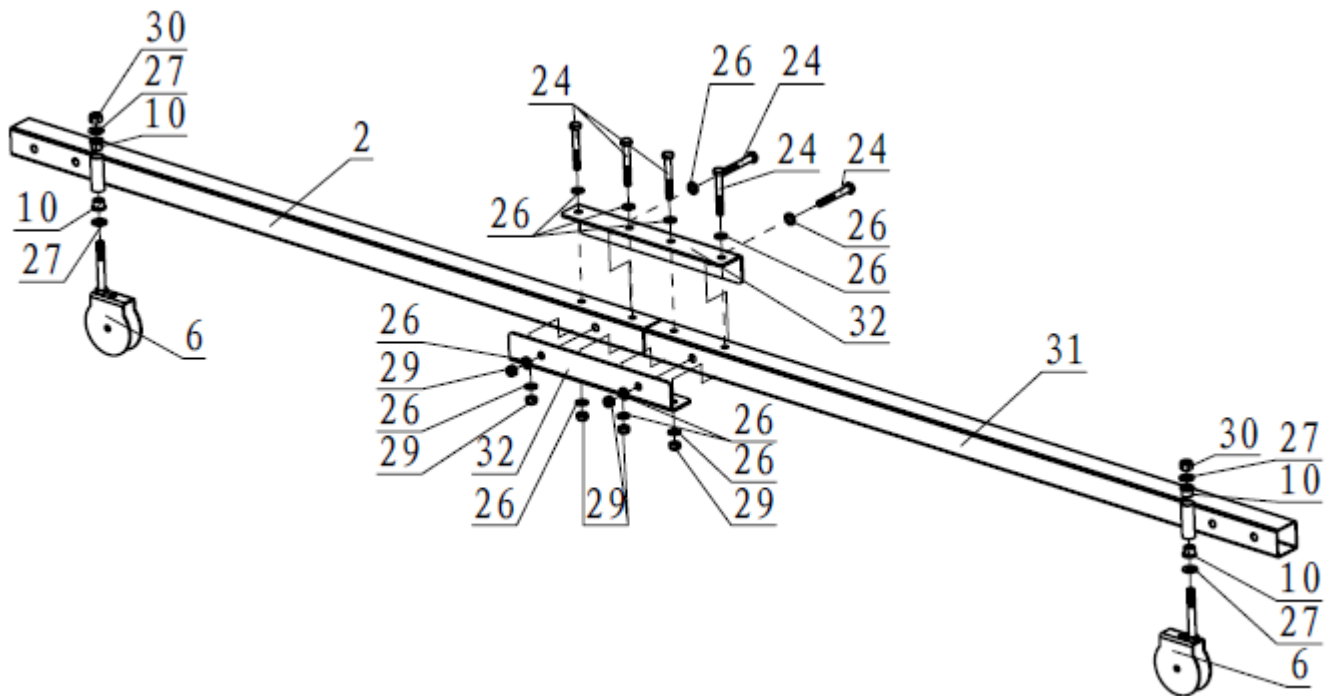
PARTS DIAGRAM LIST

KEY	BOX	DESCRIPTION	QTY
1	2	BASE FRAME	2
2	1	LEFT CROSS FRAME	1
3	2	SLIDE FRAME	2
4	2	LOWER STOP FRAME	2
5	2	PULLEY FRAME	2
6	2	MOVABLE PULLEY FRAME	4
7	1	UPRIGHT FRAME	2
8	2	FIXING PLATE	4
9	2	PULLEY BUSHING	2
10	2	Φ12 BUSHING	12
11	2	HANDLE	2
12	2	CABLE	2
13	2	HOOKΦ8	2
14	2	Φ95 PULLEY	8
15	2	RUBBER RING	4
16	2	RUBBER BUMPER Φ38*Φ7*15	2
17	2	END CAP WITH EDGE 50*50*2	6
18	2	HOLLOW SLEEVE	4
19	1	END CAP 50*50*2	2
20	2	END CAP 60*60*2	2
21	2	END CAP Φ48*2	4
22	2	HEX BOLT M6*15	2
23	2	HEX BOLT M10*45	6
24	2	HEX BOLT M10*75	8
25	2	HEX BOLT M12*75	12
26	2	FLAT WASHER Φ11*Φ20*2	28
27	2	FLAT WASHER Φ13.5*Φ24*2.5	32
28	2	SPRING WASHER Φ12	4
29	2	NUT M10	14
30	2	NUT M12	14
31	2	RIGHT CROSS FRAME	1
32	2	L-SHAPE PLATE	2

ASSEMBLY INSTRUCTIONS

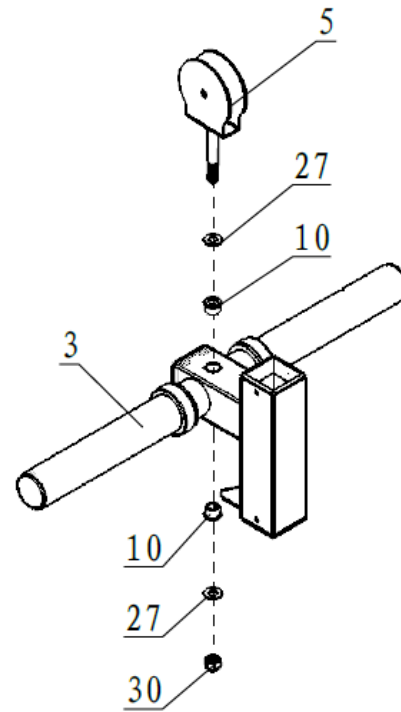
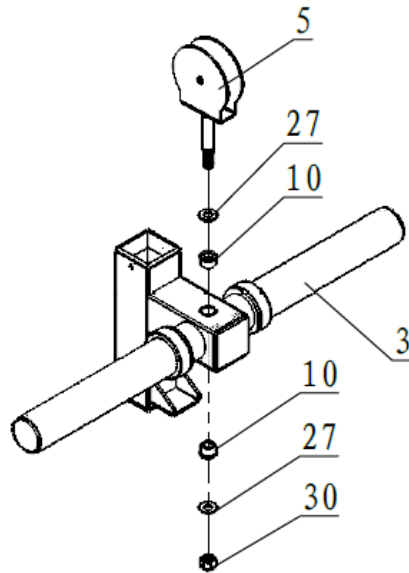
STEP 1

1. Install Bushing (10) on the Left Cross Frame (2) and Right Cross Frame (31), pay attention the installation in place.
2. Assemble Movable Pulley Frame (6) with Left Cross Frame (2) and Right Cross Frame (31), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (27), and Nut M12 (30). Tighten the bolts but keep the Pulley movable.
3. Connect the L-shape Plate, Left Cross Frame (2) and Right Cross Frame (31), using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (26), Nut M10 (29) and Hex Bolt M10*75 (24).



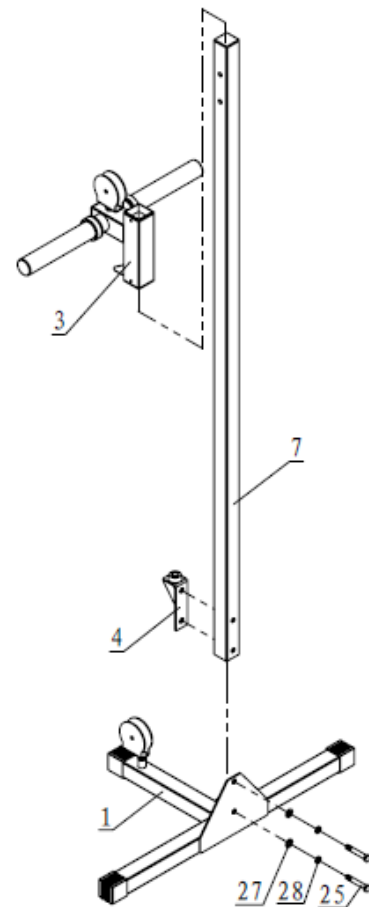
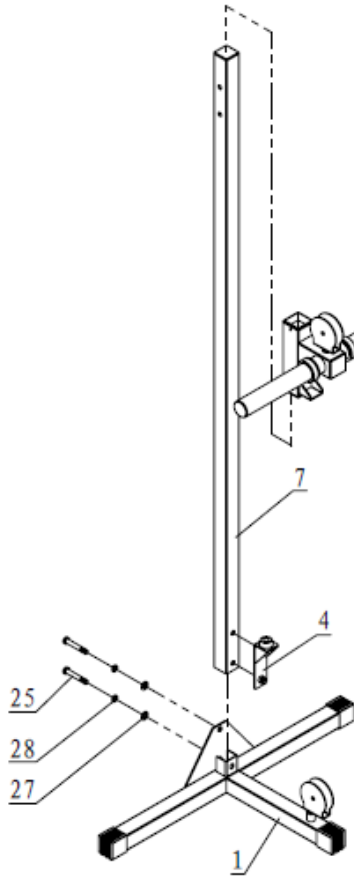
STEP 2

1. Install Bushing (10) on Slide Frame (3), pay attention the installation in place.
2. Assemble Pulley Frame (5) and Slide Frame (3), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (27), and Nut M12 (30).
3. Tighten the bolts but keep the Pulley movable.



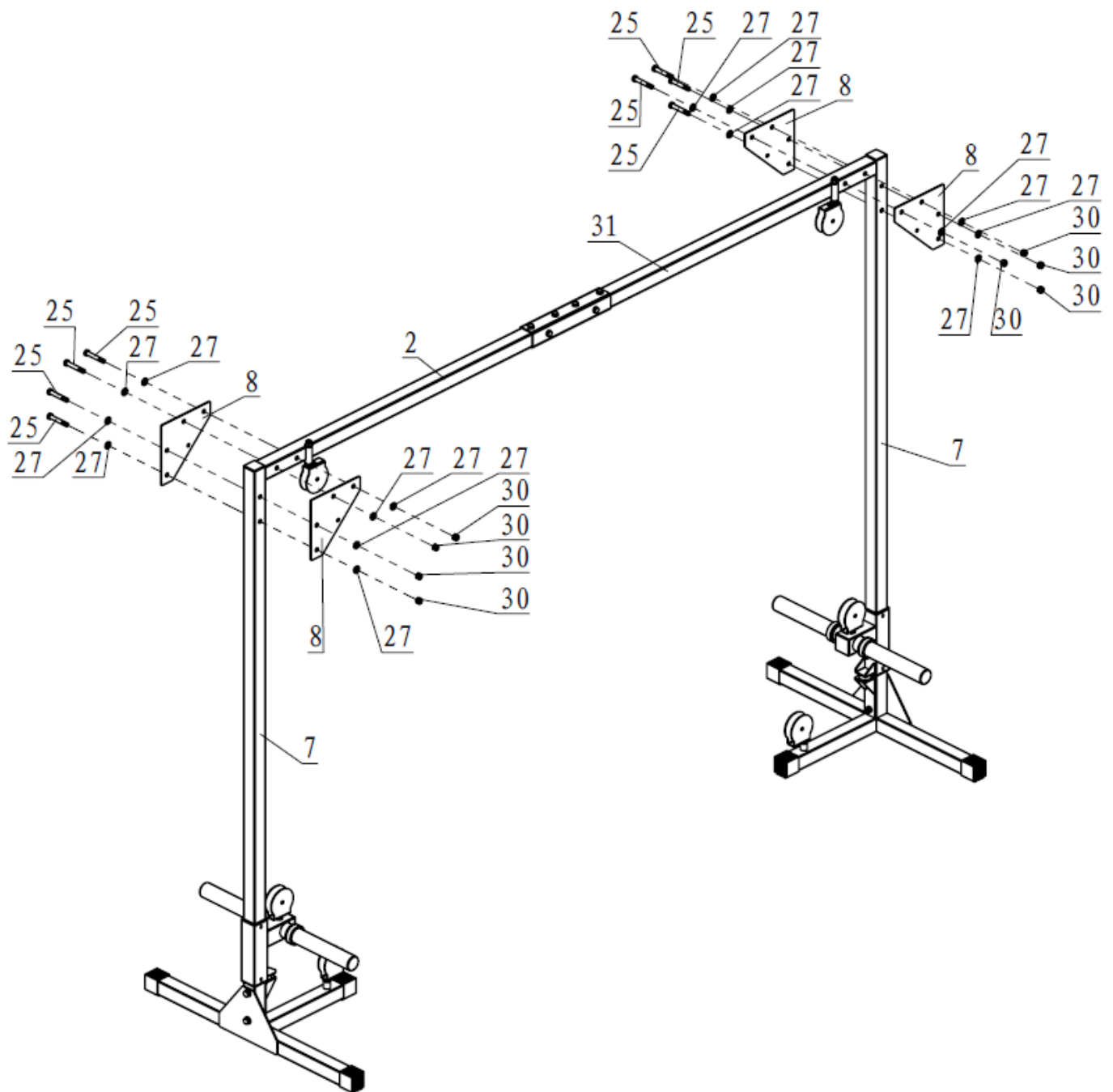
STEP 3

1. Assemble Base Frame (1), Lower Stopper Frame (4) and Upright Frame (7), using Hex Bolt M12*75 (25), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (27), and Spring Washer $\Phi 12$ (28).
2. Then Install Slide Frame (3) on Upright Frame (7).
3. Tighten all the bolts.



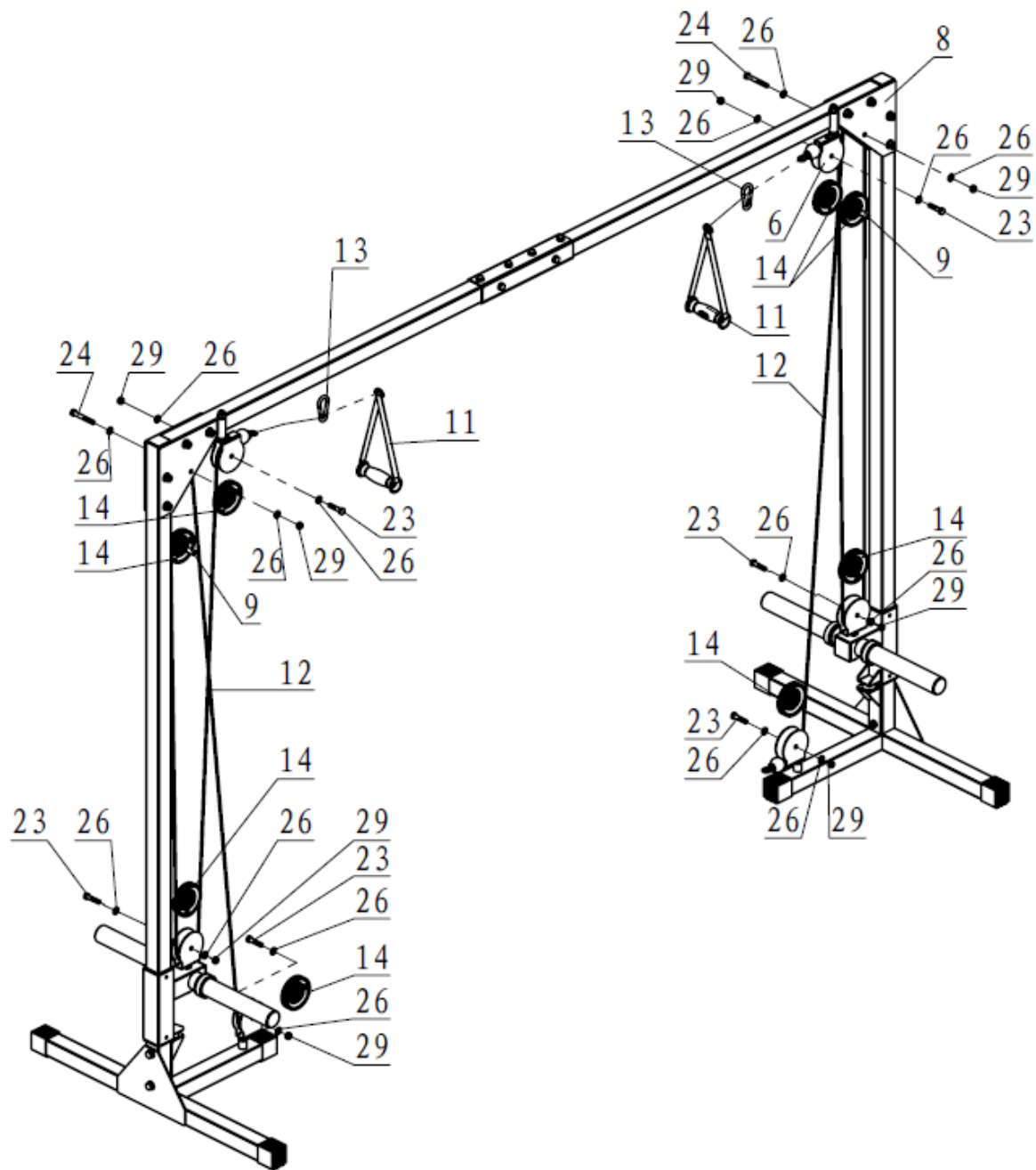
STEP 4

1. Assemble Left Cross Frame (2), Right Cross Frame (31) and Upright Frame (7), using Fixing Plate (8), Hex Bolt M12*75 (25), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (27), and Nut M12 (30).
2. Don't tighten the bolts.



STEP 5

1. Assemble Pulley Bushing (9), Cable (12), and Pulley (14) on the Pulley Frame using Hex Bolt M10*45 (23), Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (26), and Nut M10 (29). Pay attention to the installation direction.
2. Assemble the Handle (11) and Hook (13) on the Terminal of Cable.



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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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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**info@titan.fitness
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