

Cable Tower | 10 - 320 LB Selector

402122 - CBLTWR320v1c

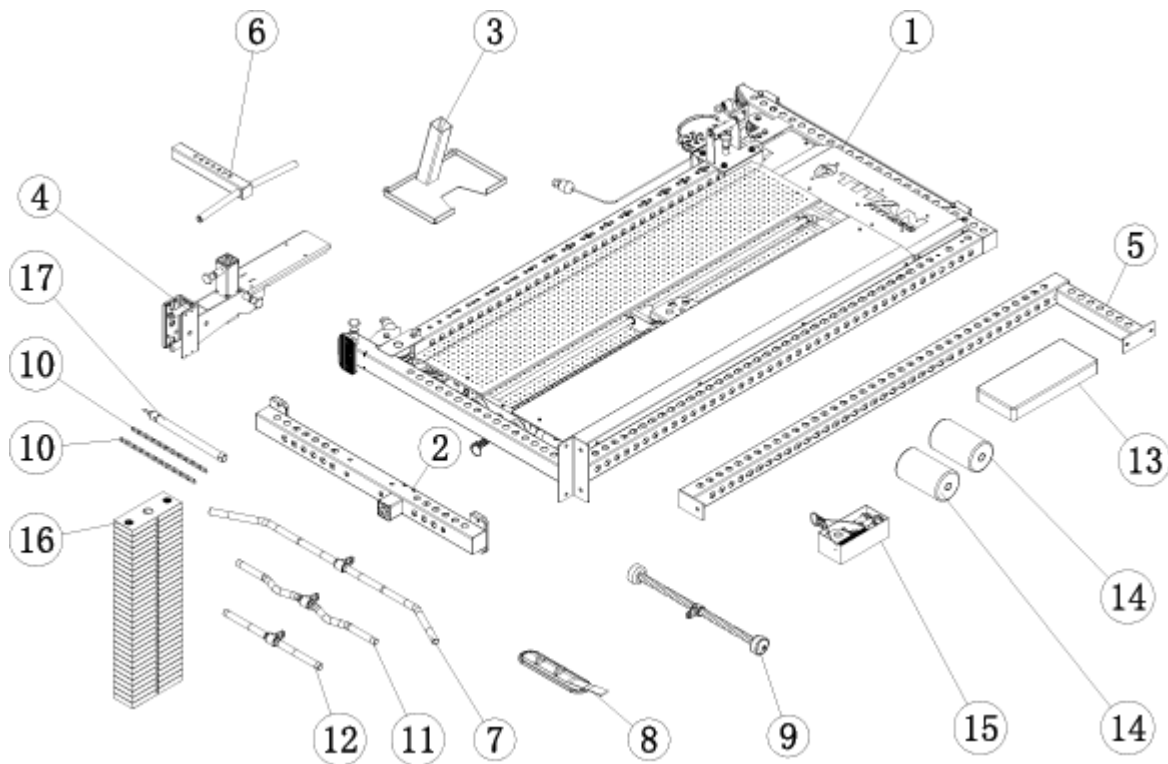


Operator's Manual

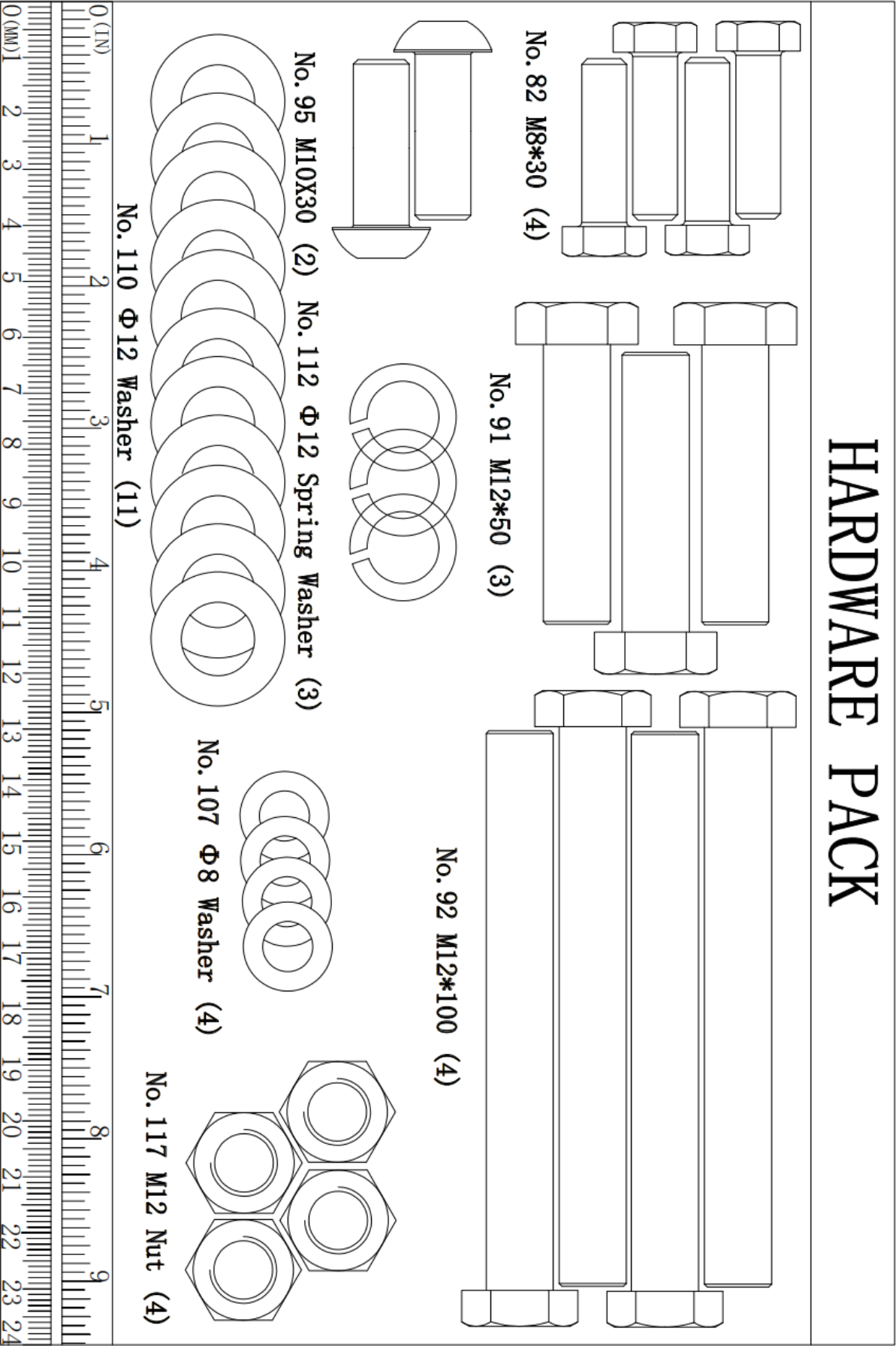


Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	MAIN FRAME	1	10	LINK	2
2	REAR BASE FRAME	1	11	MULTI-GRIP CURL BAR	1
3	PEDAL FRAME	1	12	STRAIGHT BAR	1
4	SEAT PAD FIXING FRAME	1	13	SEAT PAD	1
5	STORAGE FRAME	1	14	FOAM ROLLER	2
6	ADJUSTABLE FRAME	1	15	PARTS BOX	1
7	LAT BAR	1	16	WEIGHT STACK	31
8	ANKLE STRAPS	1	17	SHORT TIE ROD SET	1
9	TRICEP ROPE	1	18	HARDWARE PACKING	1

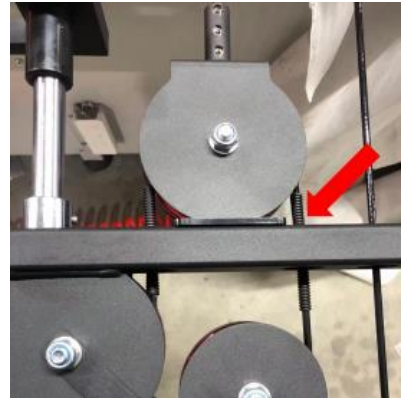
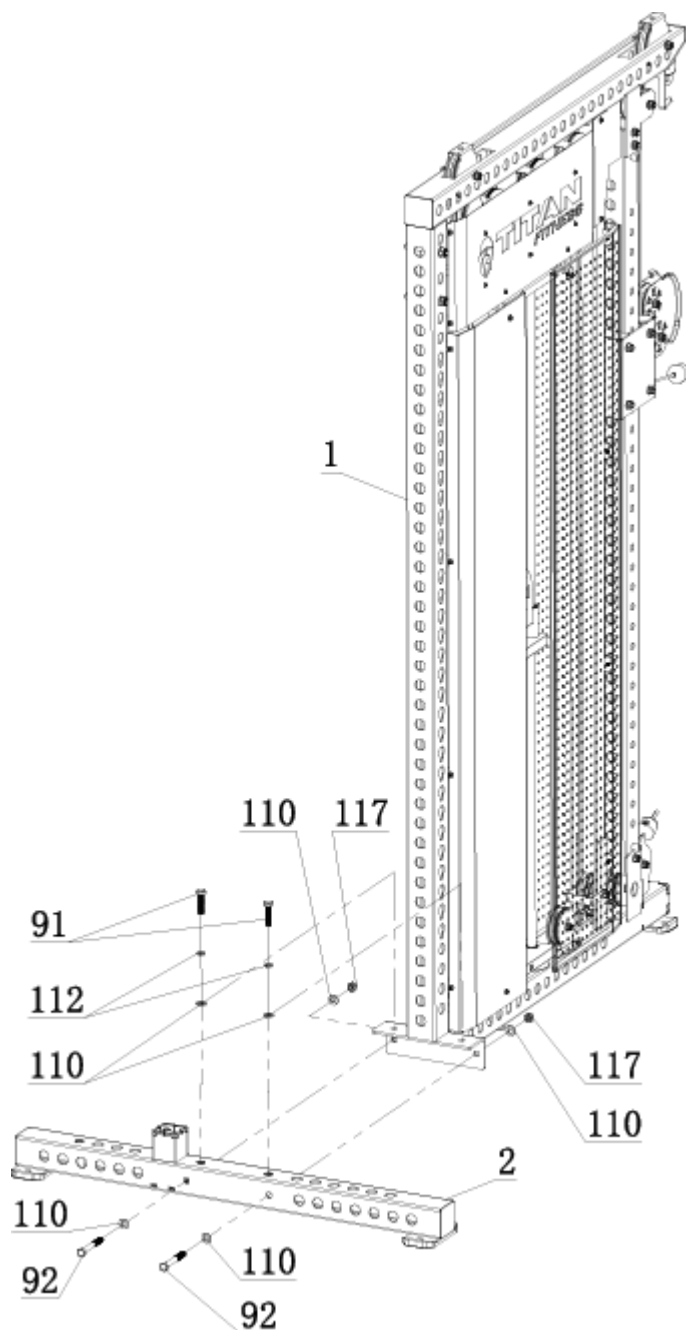


ASSEMBLY INSTRUCTIONS

PAY ATTENTION TO REMOVE ALL OF THE CABLE SHEATH BEFORE ASSEMBLY.

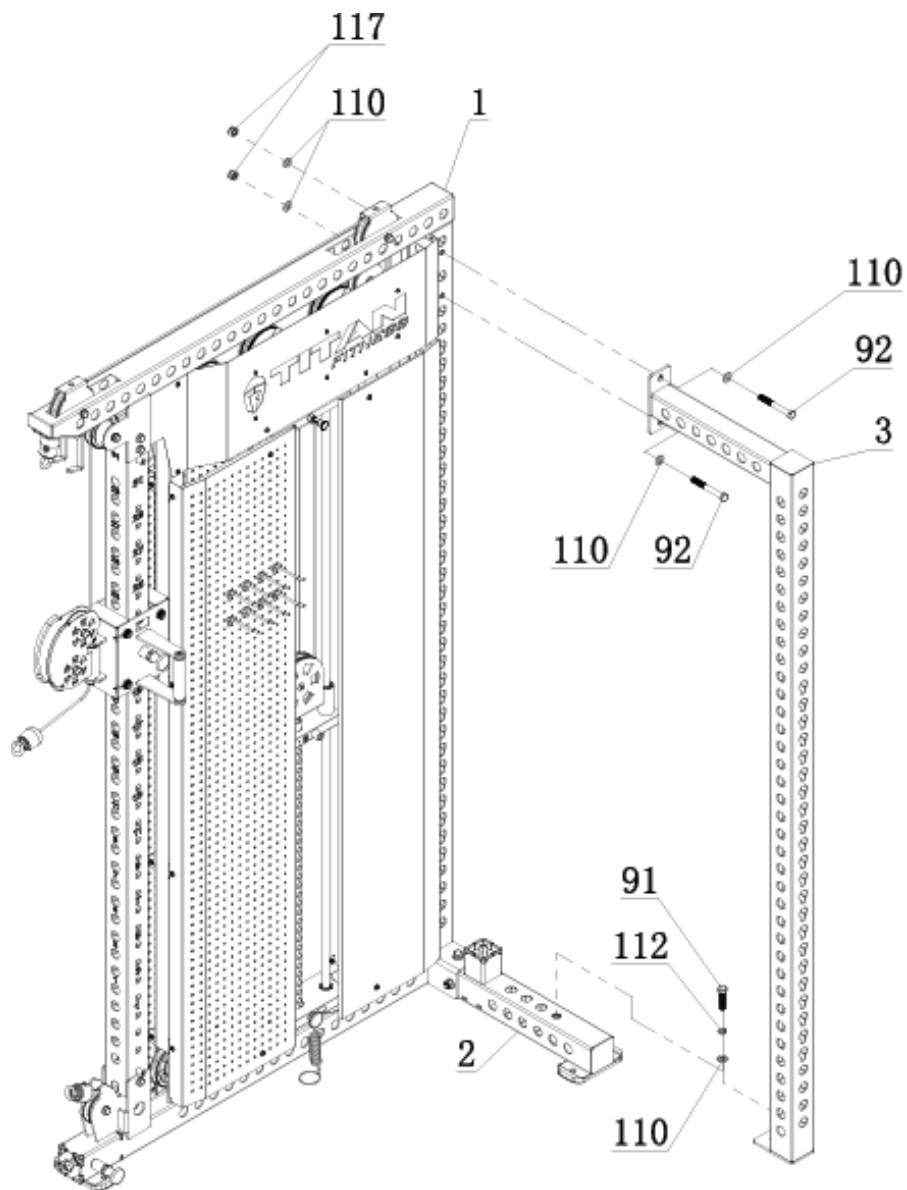
Step 1

Connect the Rear Base Frame (2) with the Main Frame (1), using Flat Washer $\Phi 13.2 \times \Phi 24 \times 2$ (110), Spring Washer $\Phi 12.9$ (112), Nut M12 (117), Hex Bolt M12*50 (91) and Hex Bolt M12*100 (92).



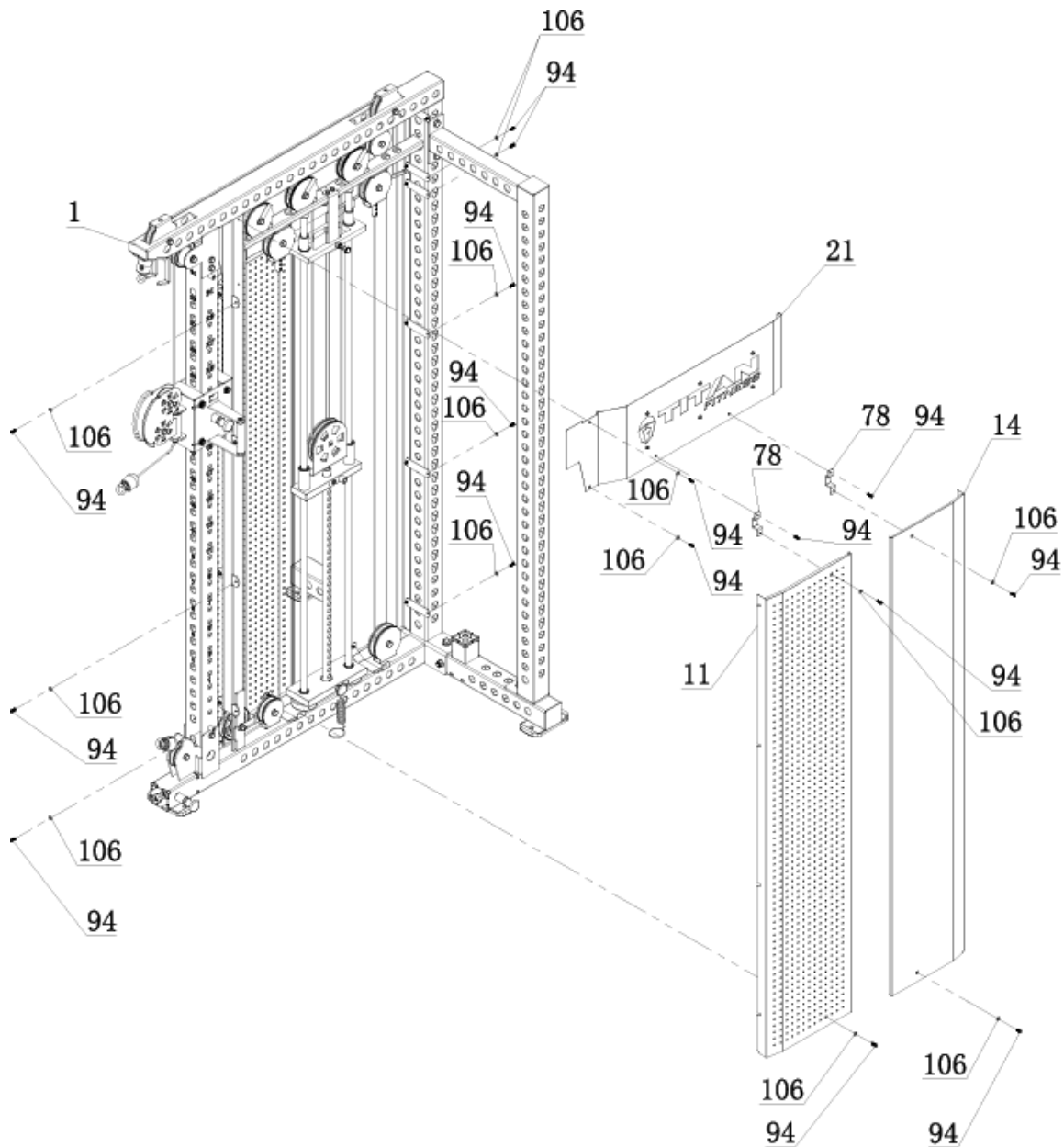
Step 2

Connect the Storage Frame (3) with the Main Frame (1), using Flat Washer $\Phi 13.2 \times \Phi 24 \times 2$ (110), Spring Washer $\Phi 12.9$ (112), M12 Nut (117), Hex Bolt M12*50 (91) and Hex Bolt M12*100 (92).



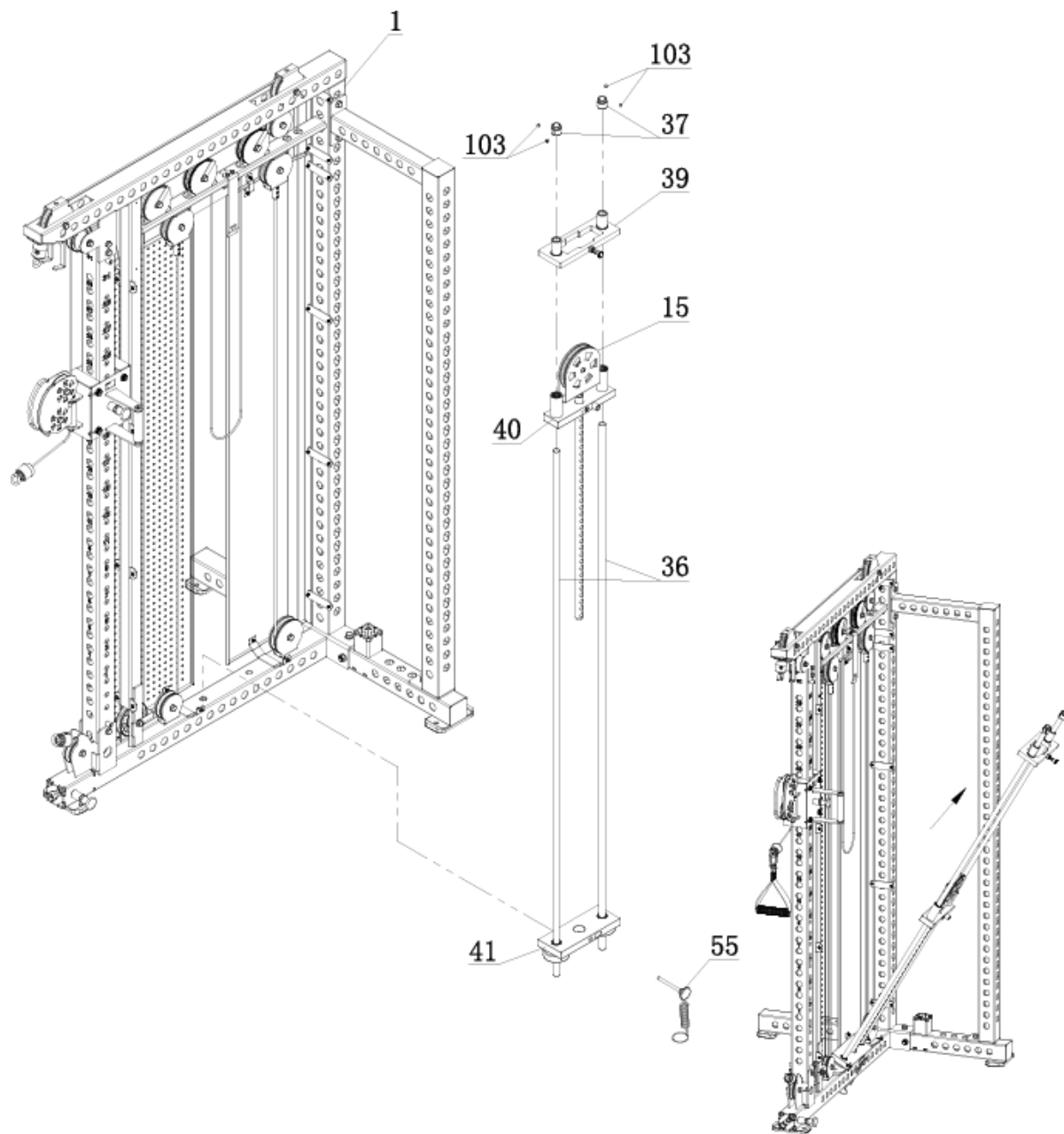
Step 3

Remove the Front Right cover (11), Rear Right Cover (14) and Right Logo Plate (21) from the Main Frame (1).



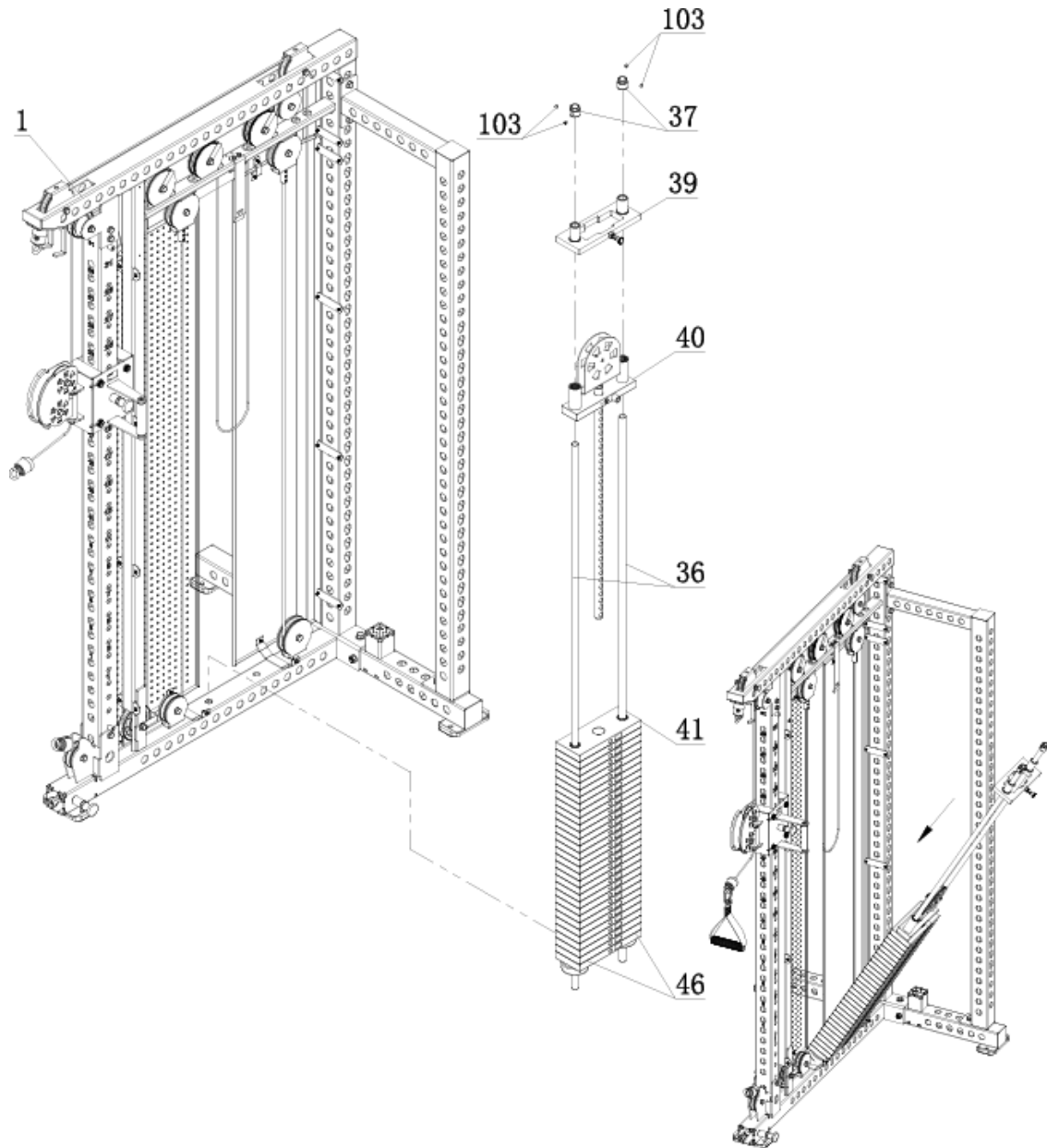
Step 4

Remove the Fixing Bushing (37), 5 LB Weight Stack (39), and Top Weight Stack (40) from the Guide Rod (36).



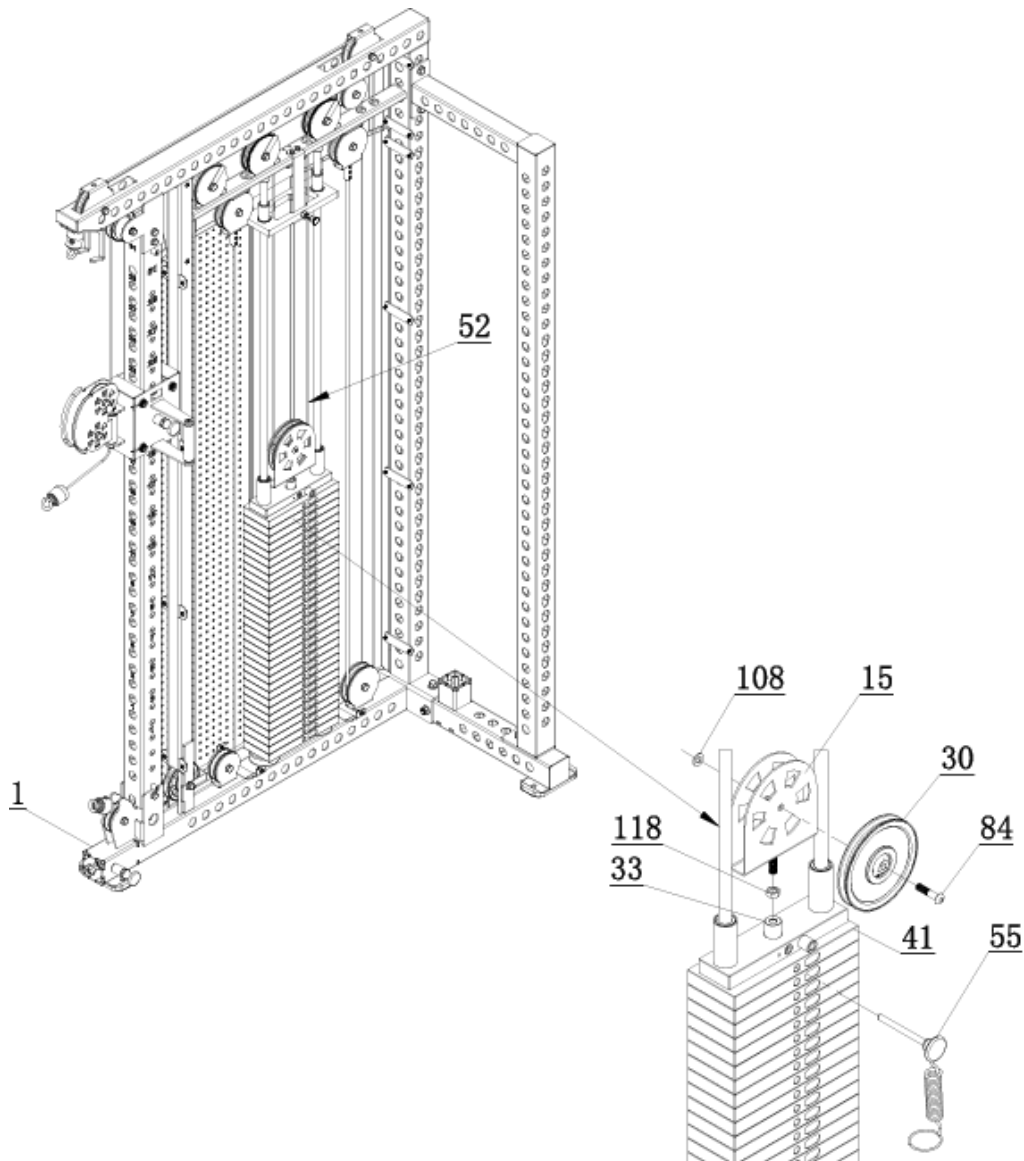
Step 5

Assemble the Weight Stack (41), Top Weight Stack (40), 5 LB Weight Stack (39) and Fixing Bushing (37) back into the Guide Rod (36), then fix the Guide Rod (36) on the Main Frame (1), using Screw M8*8 (103).



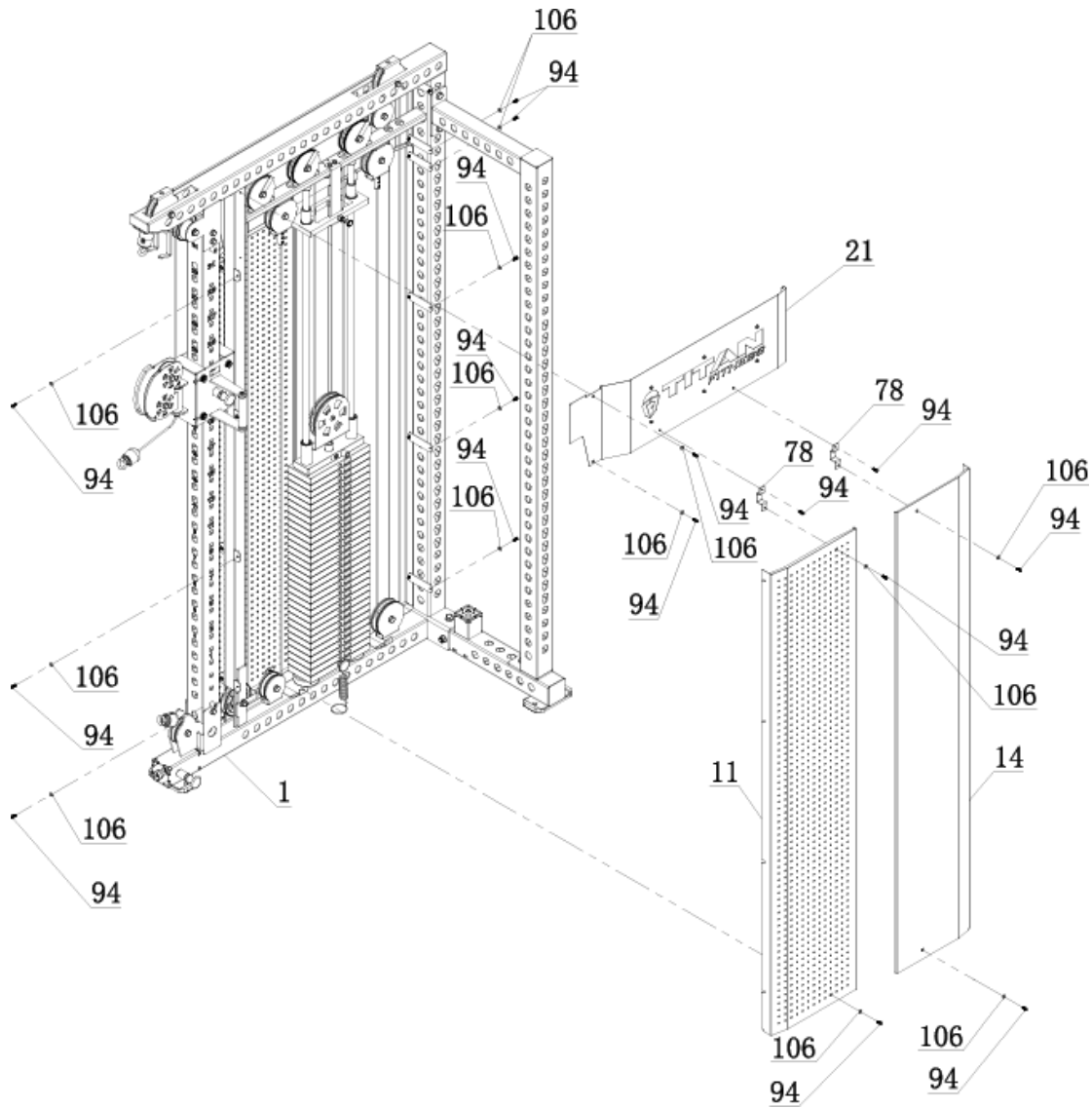
Step 6

1. Put the Magnetic Pin (55) into the hole on the Weight Stack (41).
2. Remove the Pulley Frame (15) and put the ring at the other end of Magnetic Pin into the Selector Shaft (33), then fixing the Pulley Frame (15) on Selector Shaft (33).
3. After threading the Mid Cable (52) onto the Pulley (30), then fix the Pulley (30) to the Pulley Frame (15).
4. Adjust the tightness of the cable and tighten the Thin Nut M12 (118).



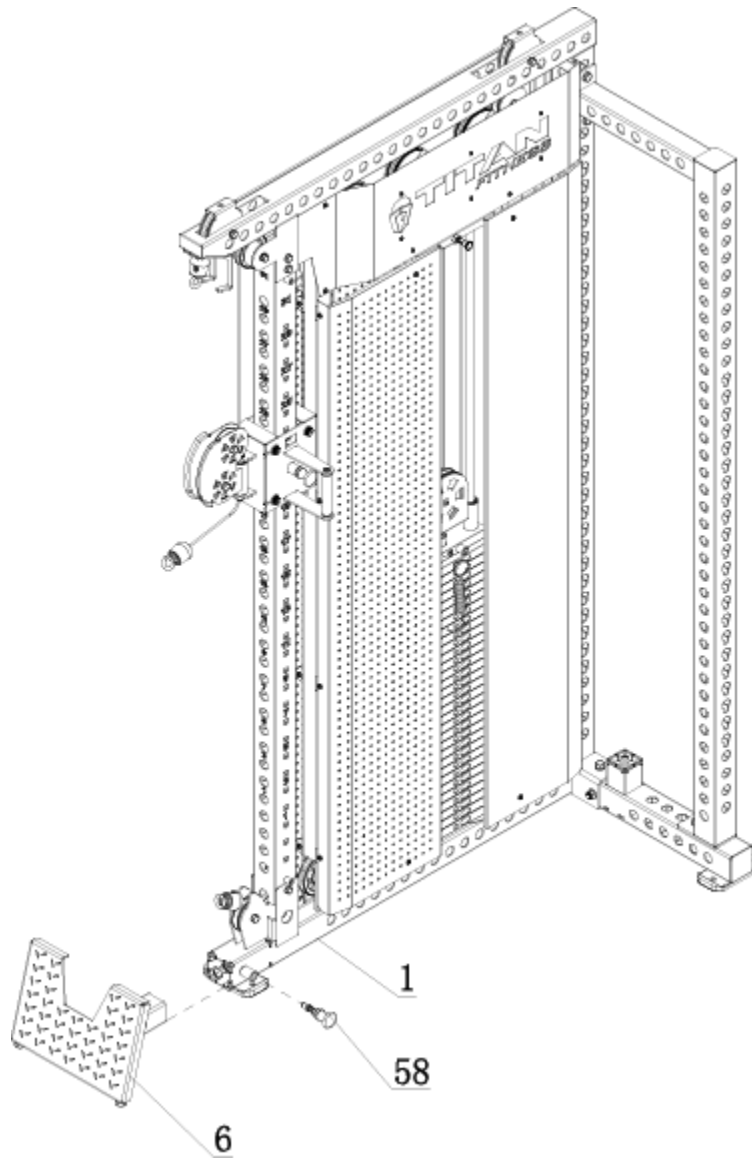
Step 7

Assemble the Front Right Cover (11), Rear Right Cover (14) and Right Logo Plate (21) on the Main Frame (1), using Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ (106), Fixing Plate (78) and Pan Head, Hex Bolt M6*15 (94).



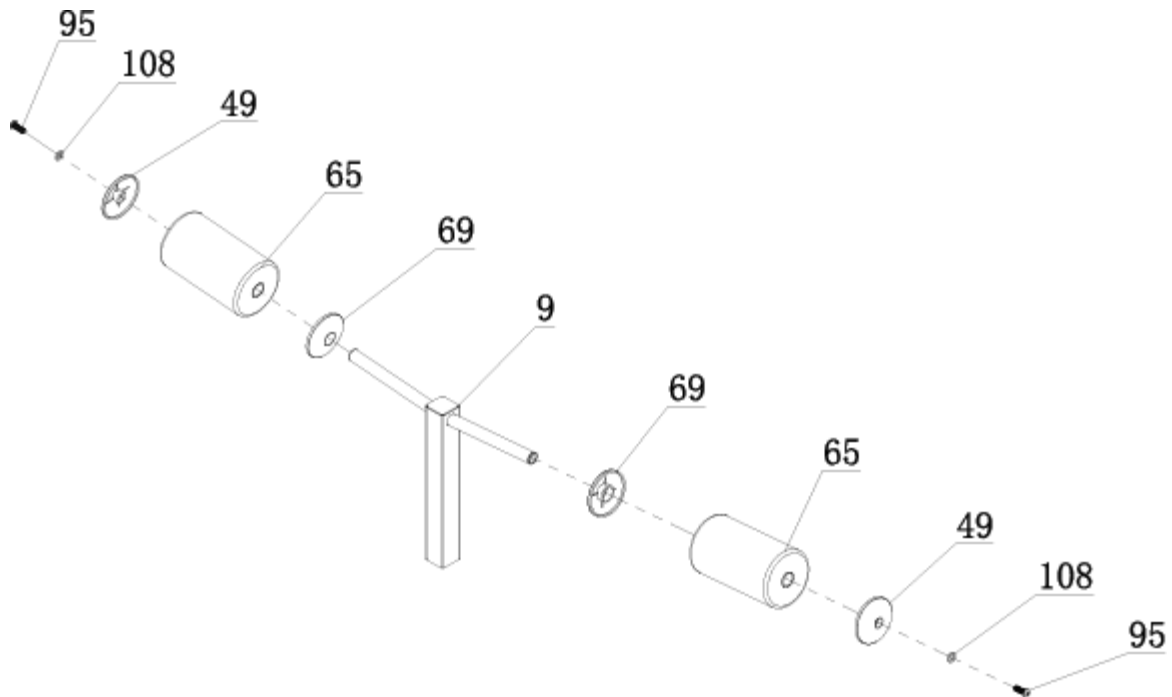
Step 8

Insert the pedal Frame (6) into the Main Frame (1) fixing it by Pull Pin (58).



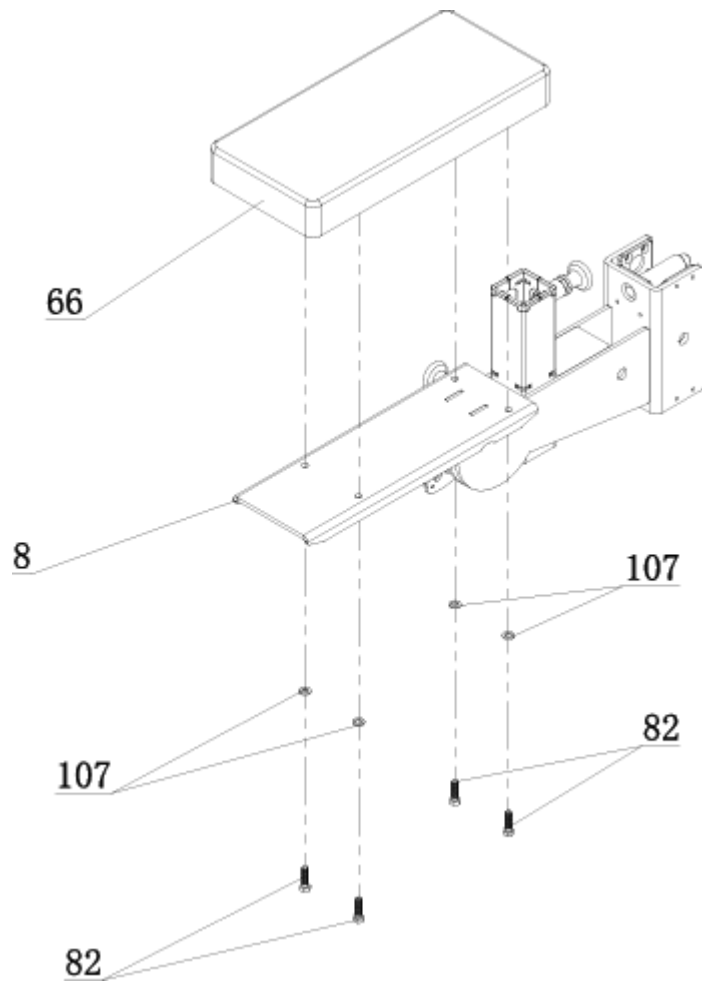
Step 9

Assemble the Foam Roller (65), Inner End Cap (69) and Outer End Cap (49) on the Adjustable Frame (9), using Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (108) and Pan Head, Hex Bolt M10 $\times$ 30 (95).



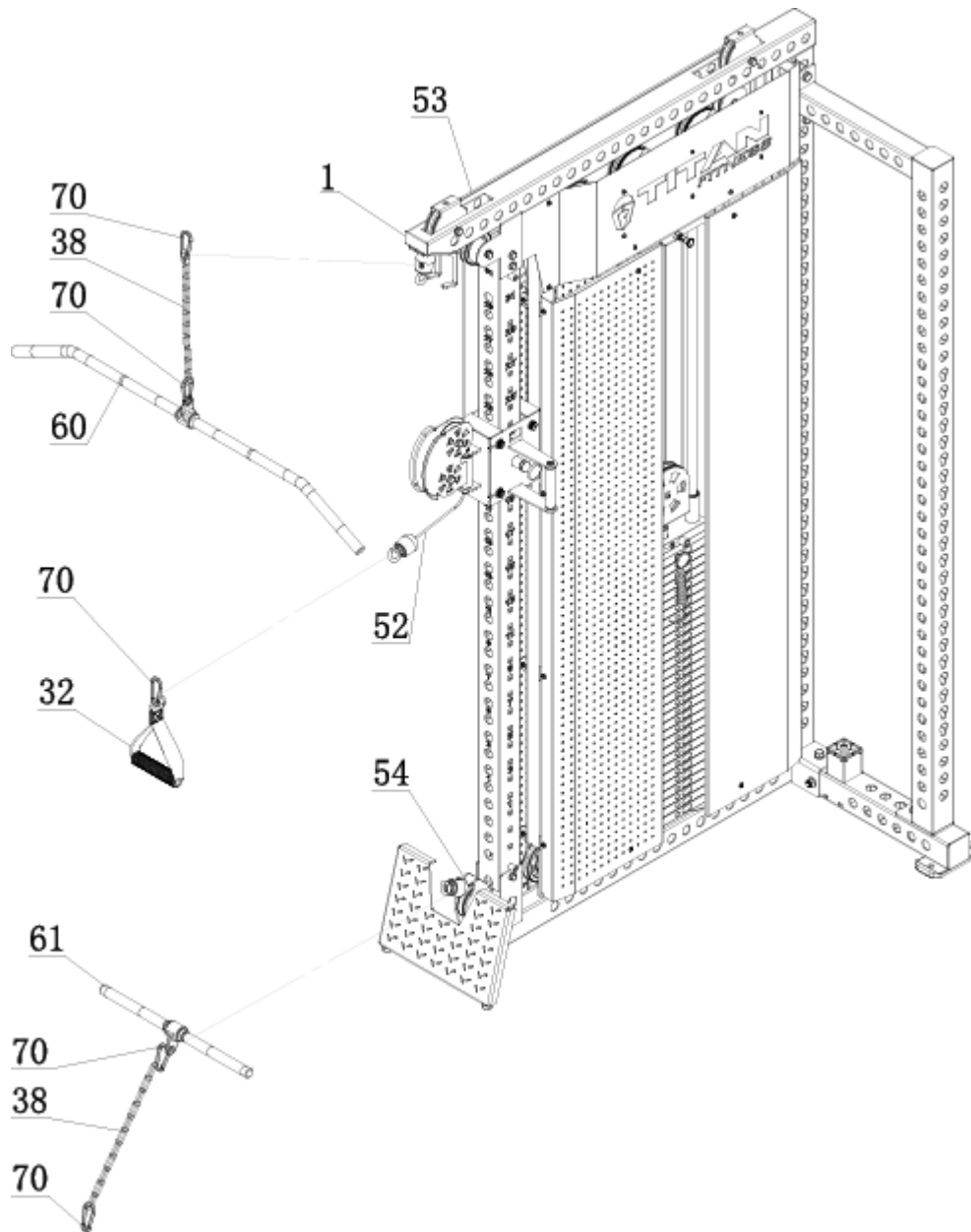
Step 10

Fix the Seat Pad (66) on the Seat Pad Support Frame (8), using Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (107) and Hex Bolt M8*30 (82).



Step 11

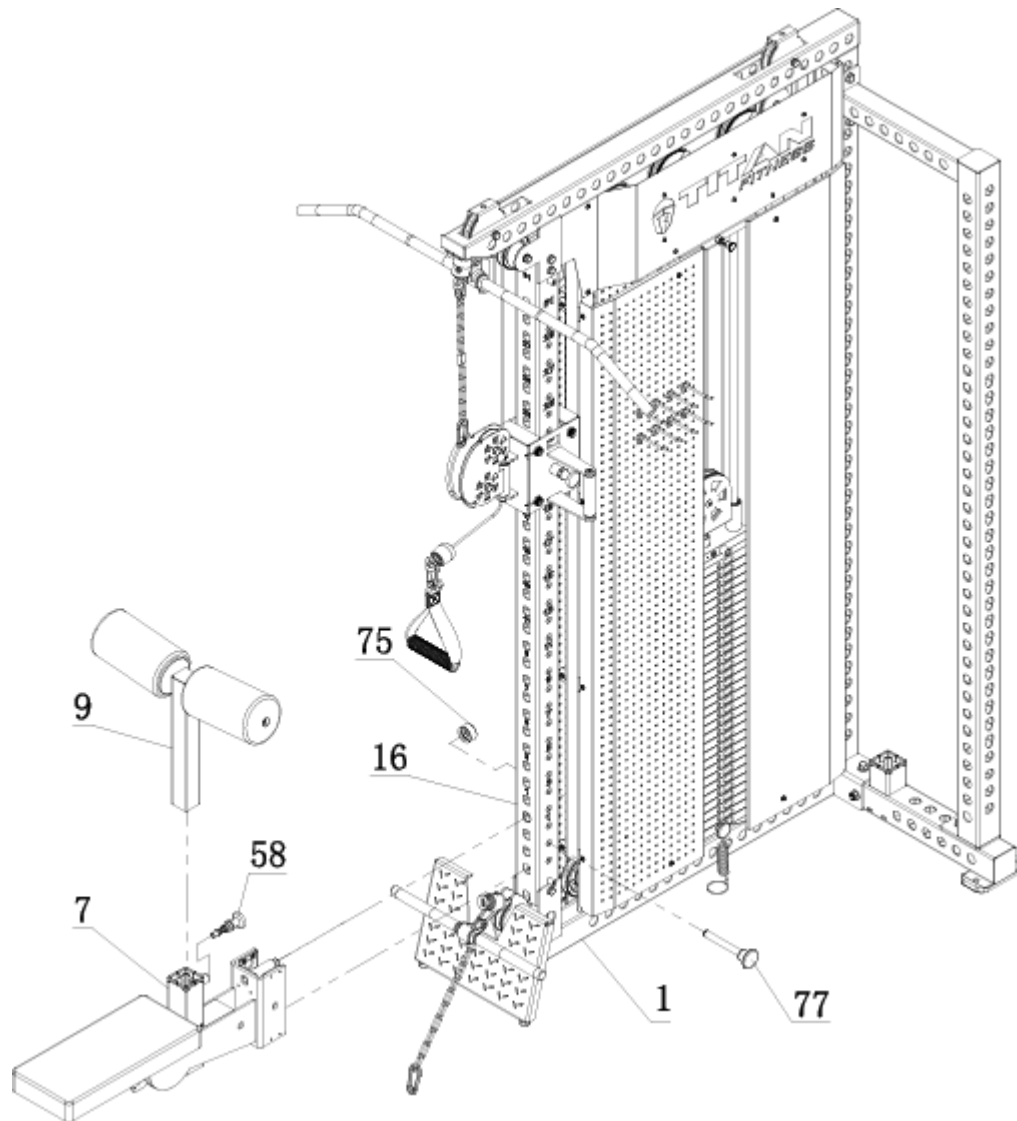
1. Connect the Lat bar (60) with the Top Cable (53), using Safety Hook (70) and Link (38).
2. Fix the D-Handle (32) on the Middle Cable (52), using Safety Hook (70).
3. Fix the Straight Bar (61) on the Lower Cable (54), using Safety Hook (70) and Link (38).



Step 12

Install the Seat Frame (7) on the Main Frame (1), and insert the Magnetic Pin (77), tighten the knob nut (75).

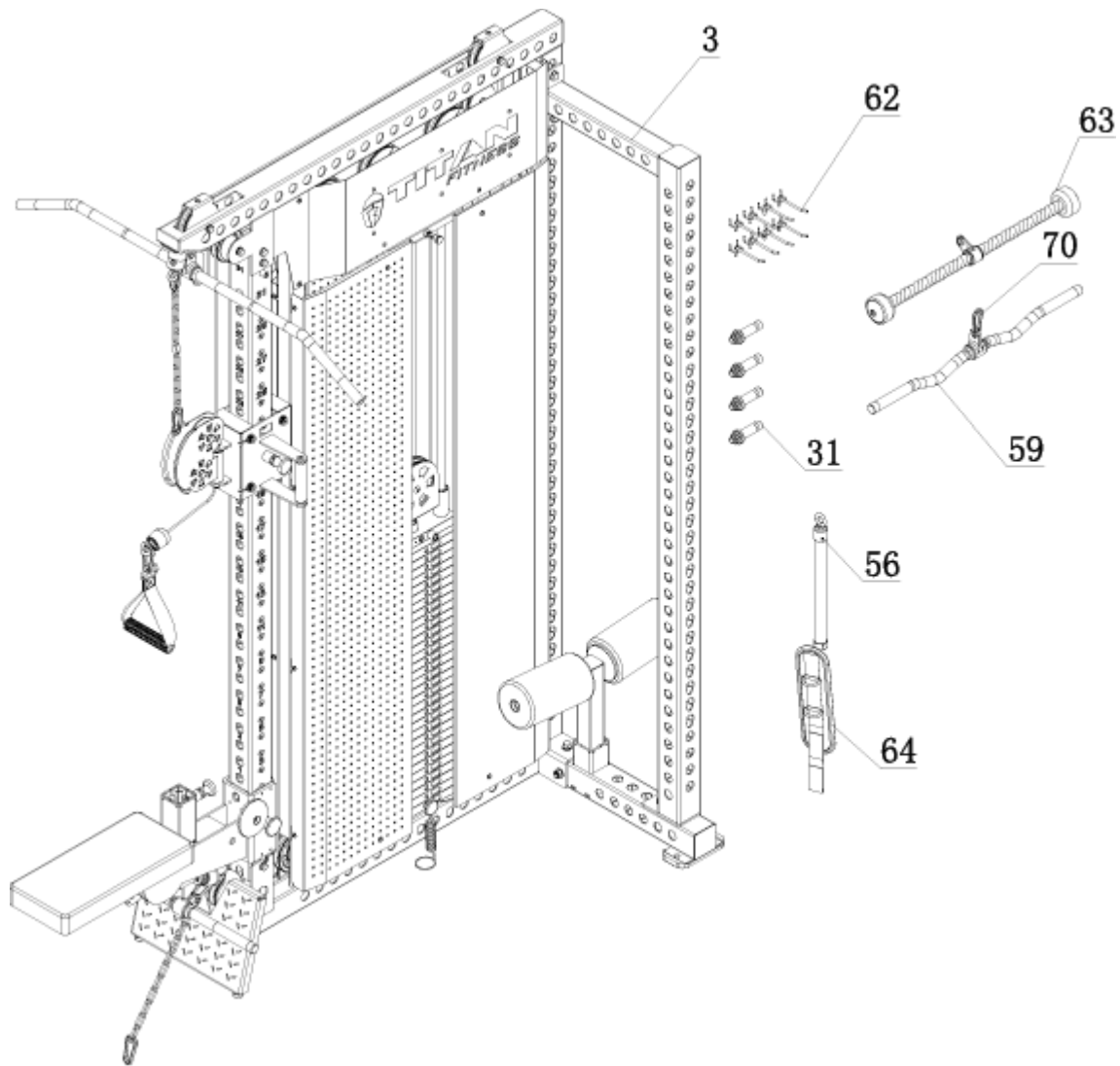
Insert the Adjustable Frame (9) into the Seat Pad Support Frame (7), fixing by the Pull Pin (58).



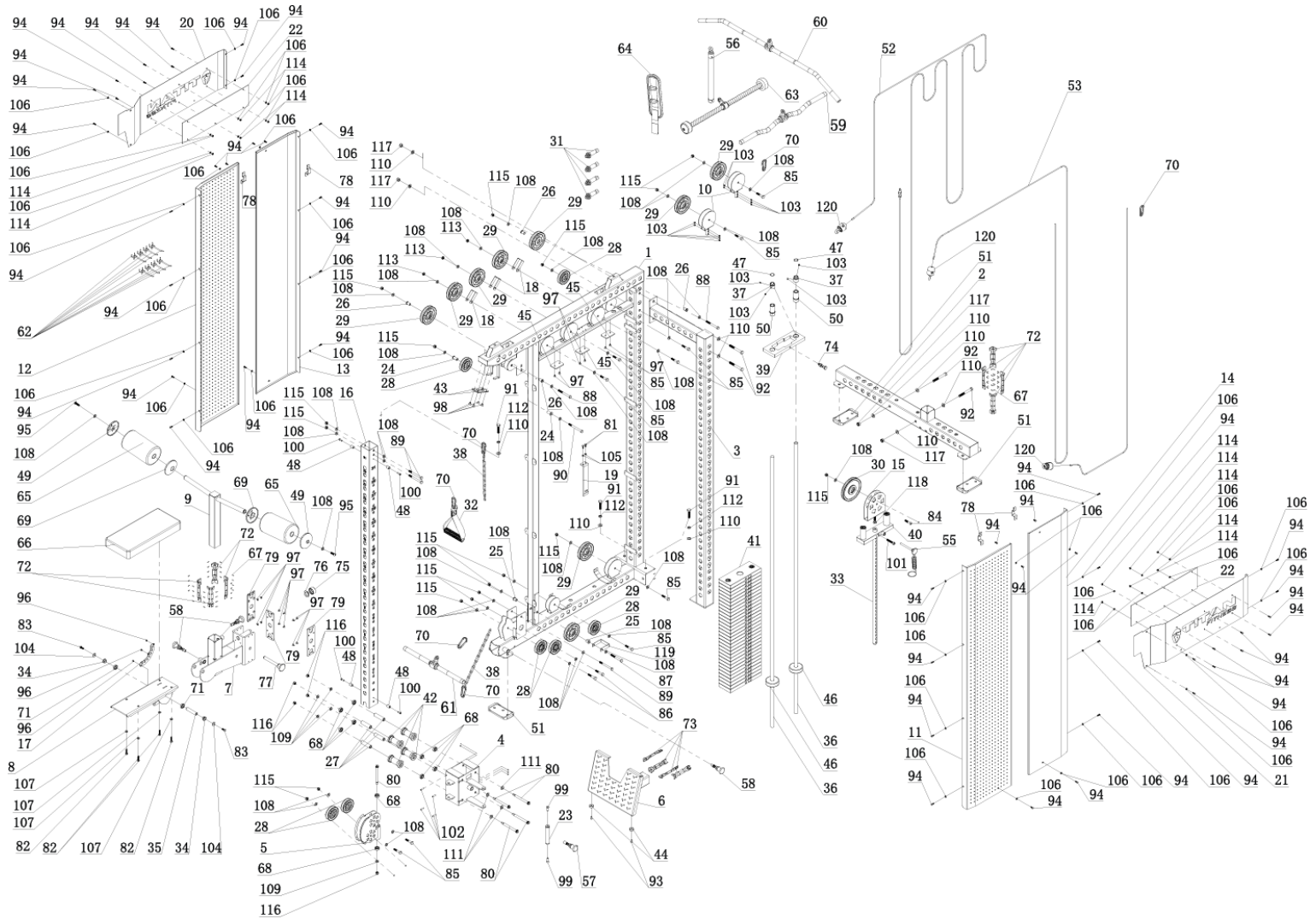
Step 13

Install the Tubing Pegs (31) on the Storage Frame (3), then hang the Short Bar (56), Triceps Rope (63), Ankle Strap (64), and Multi-Grip Curl Bar (59).

Install the Pegboard Hooks (62) on the Front Right Cover (11).



FULL ASSEMBLY / EXPLODED VIEW / FULL PARTS LIST



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	MAIN FRAME	1	61	STRAIGHT BAR	1
2	REAR BASE FRAME	1	62	PEGBOARD HOOK	8
3	STORAGE FRAME	1	63	TRICEP ROPE	1
4	SLIDE FRAME	1	64	ANKLE STRAP	1
5	PULLEY CARRIAGES	1	65	FOAM ROLLER $\Phi 125 \times 216$	2
6	PEDAL	1	66	SEAT PAD $450 \times 200 \times 55$	1
7	SEAT PAD FIXING FRAME	1	67	NYLON SHAFT $\Phi 3.5 \times 10$	64
8	SEAT PAD FRAME	1	68	BEARING $\Phi 28 \times \Phi 12 \times 12.5$	10
9	ADJUSTABLE FRAME	1	69	INNER END CAP $\Phi 98 \times \Phi 28 \times 18$	2
10	PULLEY FRAME	2	70	SNAP HOOK $\Phi 8 \times 80$	6
11	FRONT RIGHT COVER	1	71	6903ZZ BEARING	2
12	FRONT LEFT COVER	1	72	HOLLOW SLEEVE	8
13	REAR LEFT COVER	1	73	HOLLOW SLEEVE $143 \times 24.4 \times 6.8$	4
14	REAR RIGHT COVER	1	74	STAINLESS STEEL PULL PIN	1

15	PULLEY FRAME	1	75	KNOB NUT $\Phi 40.5 \times 20 \times M16$	1
16	FRONT ADJUSTABLE TUBE	1	76	NYLON WASHER $\Phi 27 \times \Phi 40 \times 6$	1
17	ANGLE BOARD	1	77	MAGNETIC PIN $\Phi 16 \times 158.5$	1
18	CABLE STOP PLATE	3	78	FIXING PLATE	4
19	L-SHAPED CONNECTOR	1	79	PLASTIC PLATE $199 \times 60 \times 5$	3
20	LEFT LOGO PLATE	1	80	SHOULDER BOLT $\Phi 12 \times 110 \times M10$	5
21	RIGHT LOGO PLATE	1	81	HEX BOLT $M6 \times 15$	2
22	ALUMINUM-PLASTIC PANEL	2	82	HEX BOLT $M8 \times 30$	4
23	HANDLE	1	83	HEX BOLT $M8 \times 20$	2
24	OUTER SPACER	2	84	PAN HEAD, HEX BOLT $M10 \times 45$	1
25	LONG SPACER	2	85	HEX BOLT $M10 \times 50$	10
26	SHORT SPACER	4	86	HEX BOLT $M10 \times 55$	2
27	BEARING INNER SPACER SLEEVE	4	87	HEX BOLT $M10 \times 85$	1
28	PULLEY $\Phi 89$	7	88	HEX BOLT $M10 \times 95$	2
29	PULLEY $\Phi 114$	9	89	HEX BOLT $M10 \times 100$	3
30	PULLEY $\Phi 150$	1	90	HEX BOLT $M10 \times 105$	1
31	TUBING PEG $\Phi 35 \times 96$	4	91	HEX BOLT $M12 \times 50$	3
32	D-HANDLE	1	92	HEX BOLT $M12 \times 100$	4
33	SELECTOR SHAFT	1	93	COUNTERSUNK HEAD, HEX BOLT $M6 \times 15$	2
34	BEARING SPACER SLEEVE	2	94	PAN HEAD, HEX BOLT $M6 \times 15$	48
35	CONNECTING SHAFT	1	95	PAN HEAD, HEX BOLT $M10 \times 30$	2
36	GUIDE ROD $\Phi 20 \times 1979$	2	96	COUNTERSUNK HEAD, HEX BOLT $M5 \times 7$	3
37	FIXING BUSHING $\Phi 30 \times \Phi 20.2 \times 30$	2	97	COUNTERSUNK HEAD, HEX BOLT $M6 \times 10$	18
38	LINK	2	98	COUNTERSUNK HEAD, HEX BOLT $M8 \times 10$	4
39	5LB WEIGHT STACK	1	99	COUNTERSUNK HEAD, HEX BOLT $M8 \times 25$	2
40	TOP WEIGHT STACK	1	100	HEX SOCKET CAP BOLT $M6 \times 16$	4
41	WEIGHT STACK	31	101	HEX SOCKET CAP BOLT $M10 \times 50$	1
42	ROLLER $\Phi 36 \times \Phi 28 \times 90.5$	4	102	SCREW $M6 \times 25$	4
43	GUARD PLATE $100 \times 27.5 \times 6$	2	103	SCREW $M8 \times 8$	19
44	NYLON GASKET $\Phi 25 \times \Phi 6.5 \times 10$	2	104	FLAT WASHER $\Phi 8 \times \Phi 24 \times 2$	2
45	BACK PLATE $50 \times 70 \times 4$	3	105	FLAT WASHER $\Phi 6.6 \times \Phi 12 \times 1.6$	2
46	BUMPER $\Phi 80.5 \times \Phi 21 \times 25$	2	106	FLAT WASHER $\Phi 6.6 \times \Phi 12 \times 1.6$	44
47	SEAL RING $\Phi 26.9 \times \Phi 1.9$	2	107	FLAT WASHER $\Phi 9 \times \Phi 16 \times 1.6$	4
48	SMALL RUBBER SLEEVE	4	108	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	41
49	OUTER END CAP	2	109	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	5
50	BUSHING $\Phi 30 \times \Phi 20.8 \times 70$	2	110	FLAT WASHER $\Phi 12$	11
51	FLOOR MAT $158 \times 83 \times 15$	3	111	FLAT WASHER $\Phi 12$	4
52	MID-CABLE $\Phi 5 \times 8670$	1	112	SPRING WASHER $\Phi 12.9$	3
53	TOP CABLE $\Phi 5 \times 5150$	1	113	NUT $M10 \times 7$	3
54	LOWER CABLE $\Phi 5 \times 2265$	1	114	NUT $M6 \times 6.5$	12
55	MAGNETIC PIN $\Phi 9 \times 128.5$	1	115	NUT $M10 \times 10$	17
56	SPORTS HANDLE	1	116	NUT $M10 \times 10$	5
57	PULL PIN	1	117	NUT $M12$	4
58	PULL PIN	3	118	THIN NUT $M12$	1
59	MULTI-GRIP CURL BAR	1	119	CABLE STOP PLATE	1
60	LAT BAR	1	120	CABLE TERMINAL	3

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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