

# SQUAT MAX

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SQUATMAX

401843

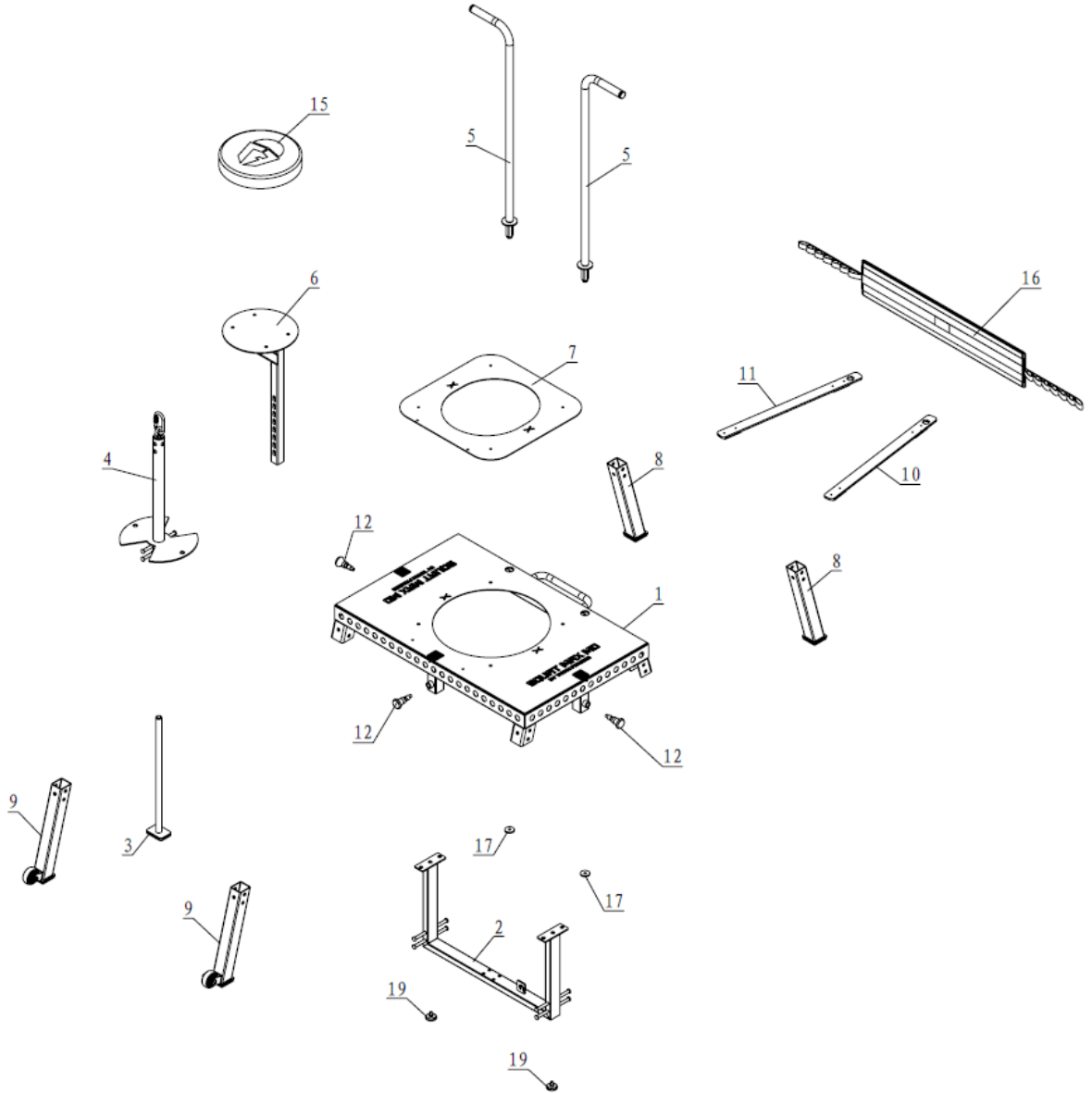


## Operator's Manual



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!

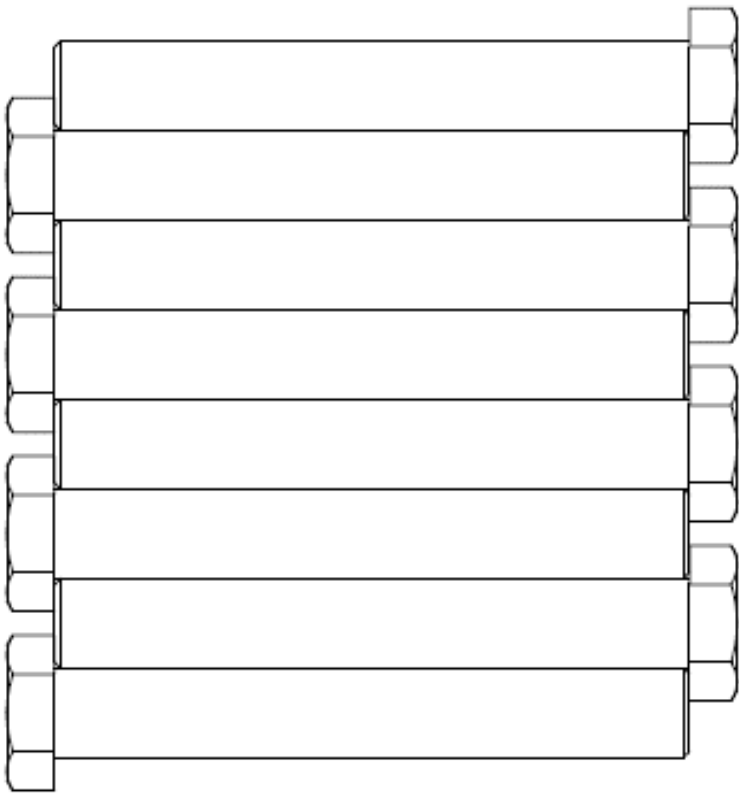
**ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW**



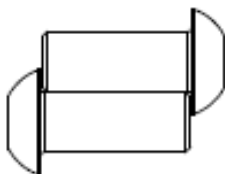
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	PEDAL FRAME	1	10	1	RIGHT SAFETY FRAME	1
2	1	BASE FRAME	1	11	1	LEFT SAFETY FRAME	1
3	1	STOPPER	1	12	1	PIN ASSEMBLY	3
4	1	LOAD-BEARING FRAME	1	15	1	SEAT CUSHION	1
5	1	HANDLE FRAME	2	16	1	TAPE 970*175*16	1
6	1	ADJUSTABLE FRAME	1	17	1	METAL PLATE Φ40*Φ10*5	2
7	1	WEIGHT PLATE HOLDER	1	19	1	ADJUSTABLE FOOT MAT	2
8	1	FRONT LEG FRAME	2	30	1	SAFETY HOOK Φ10*110	1
9	1	REAR LEG FRAME	2				

# HARDWARE PACK (1/3)

SR90



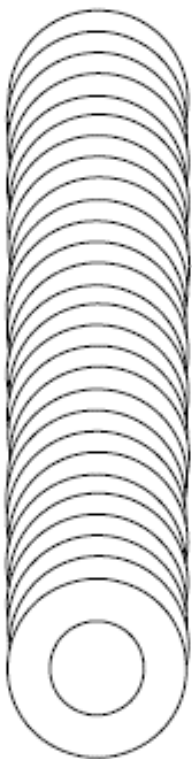
No. 39 M12X85 (8)



No. 32 M8X20 (2)



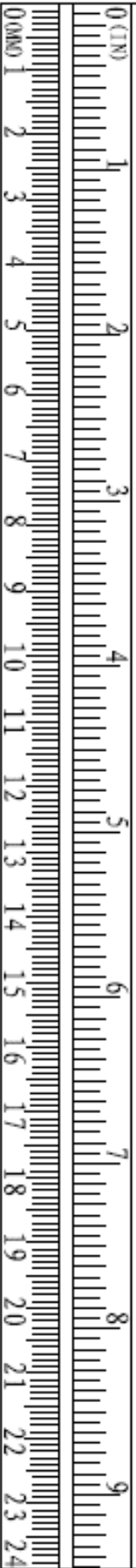
No. 34 ø8 Washer (2)



No. 41 ø12 Washer (28)



No. 33 ø8 Spring Washer (2)

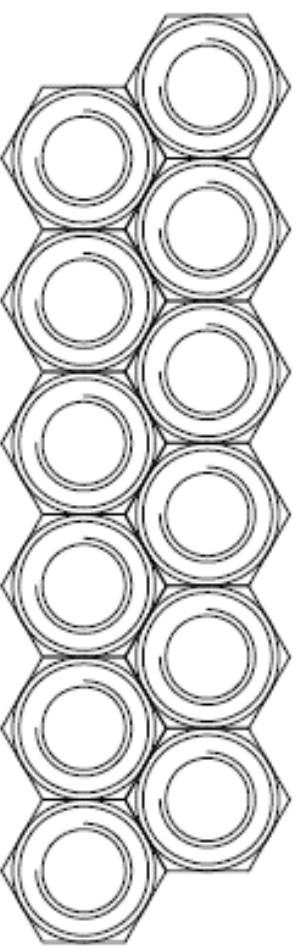


# HARDWARE PACK (2/3)

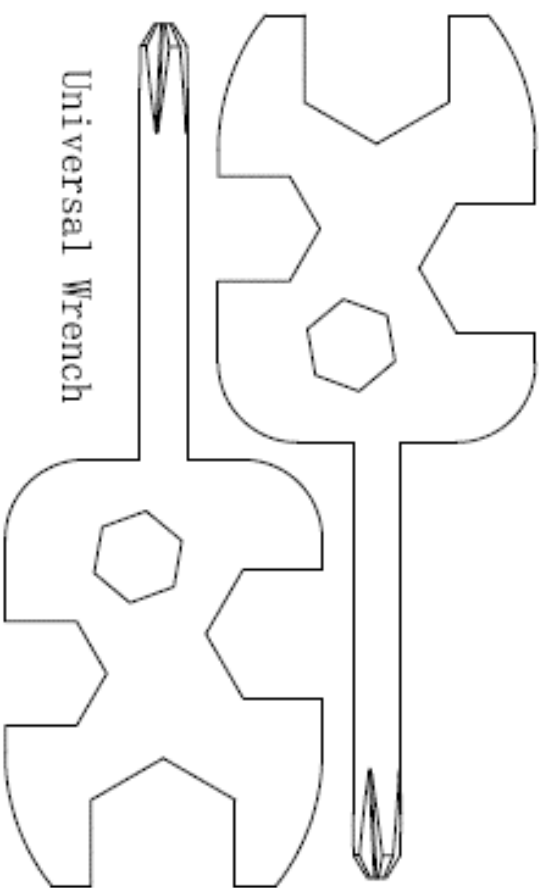
SR90



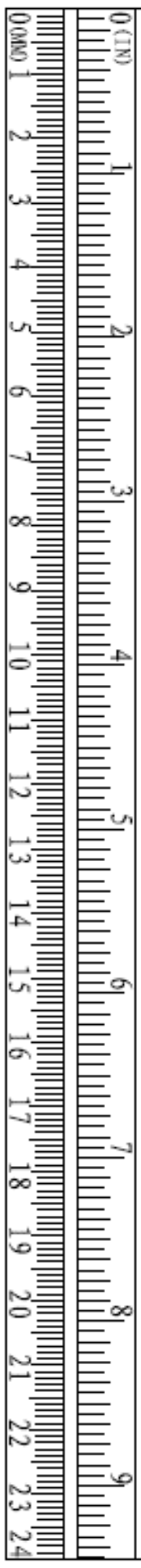
No. 38 M12X80 (4)



No. 43 M12 Nut (12)

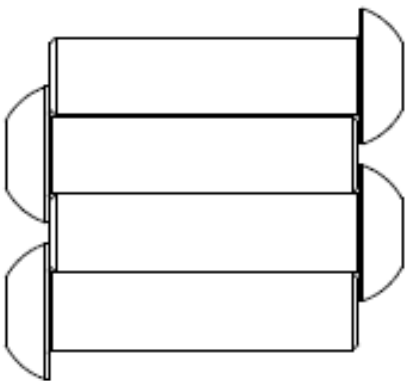


Universal Wrench

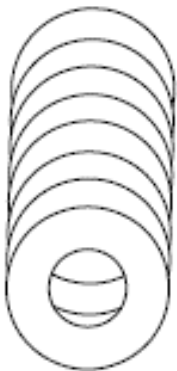


# HARDWARE PACK (3/3)

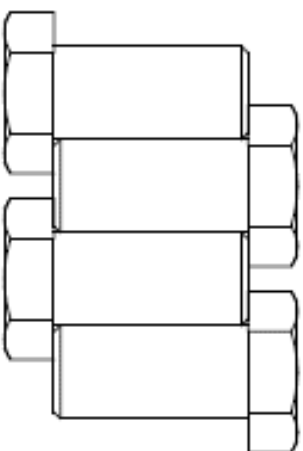
SR90



No. 35 M10X40 (4)



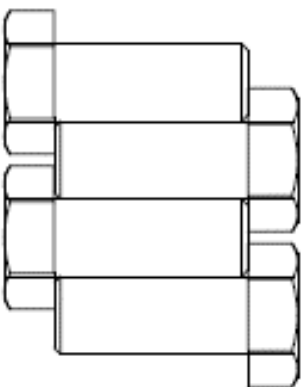
No. 40 ø10 Washer (8)



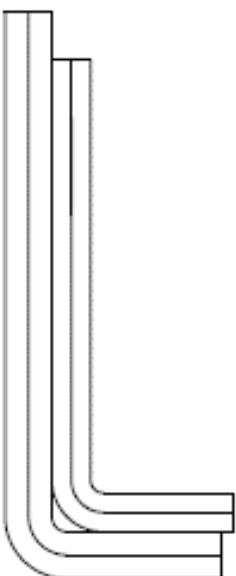
No. 37 M12X25 (4)



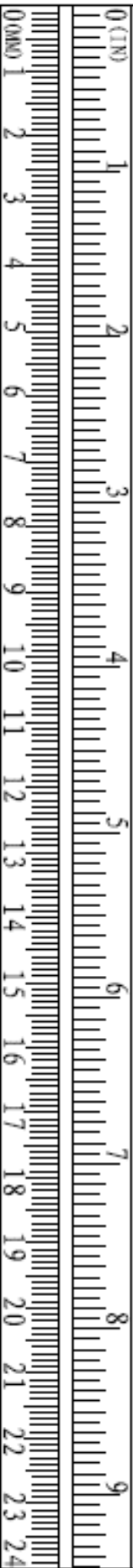
No. 42 ø12 Spring Washer (4)



No. 36 M10X25 (4)



Allen Wrench 5mm  
Allen Wrench 6mm

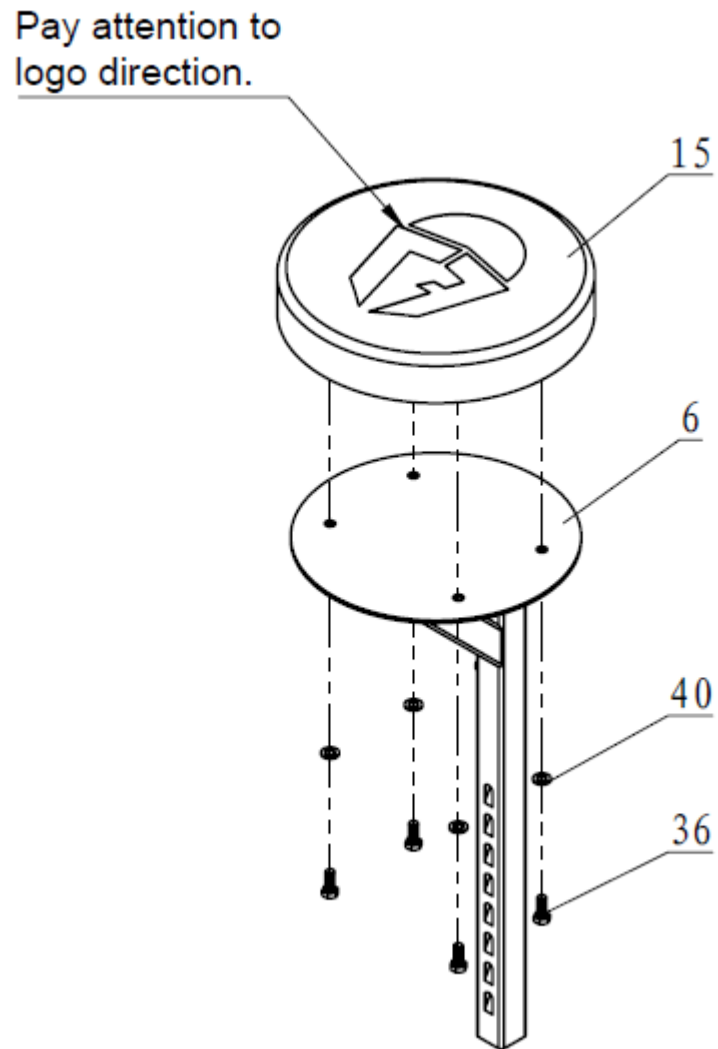


## ASSEMBLY INSTRUCTIONS

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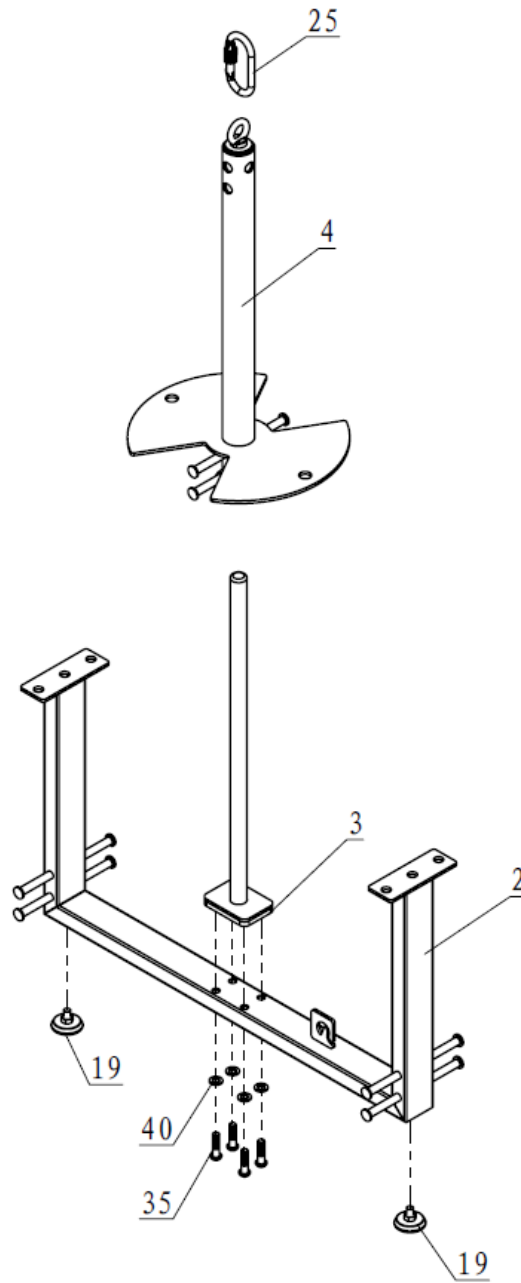
### STEP 1

Install the Seat Cushion (15) on the Adjustable Frame (6), using Flat Washer  $\Phi 11*\Phi 20*2$  (40) and Hex Bolt M10\*25 (36).



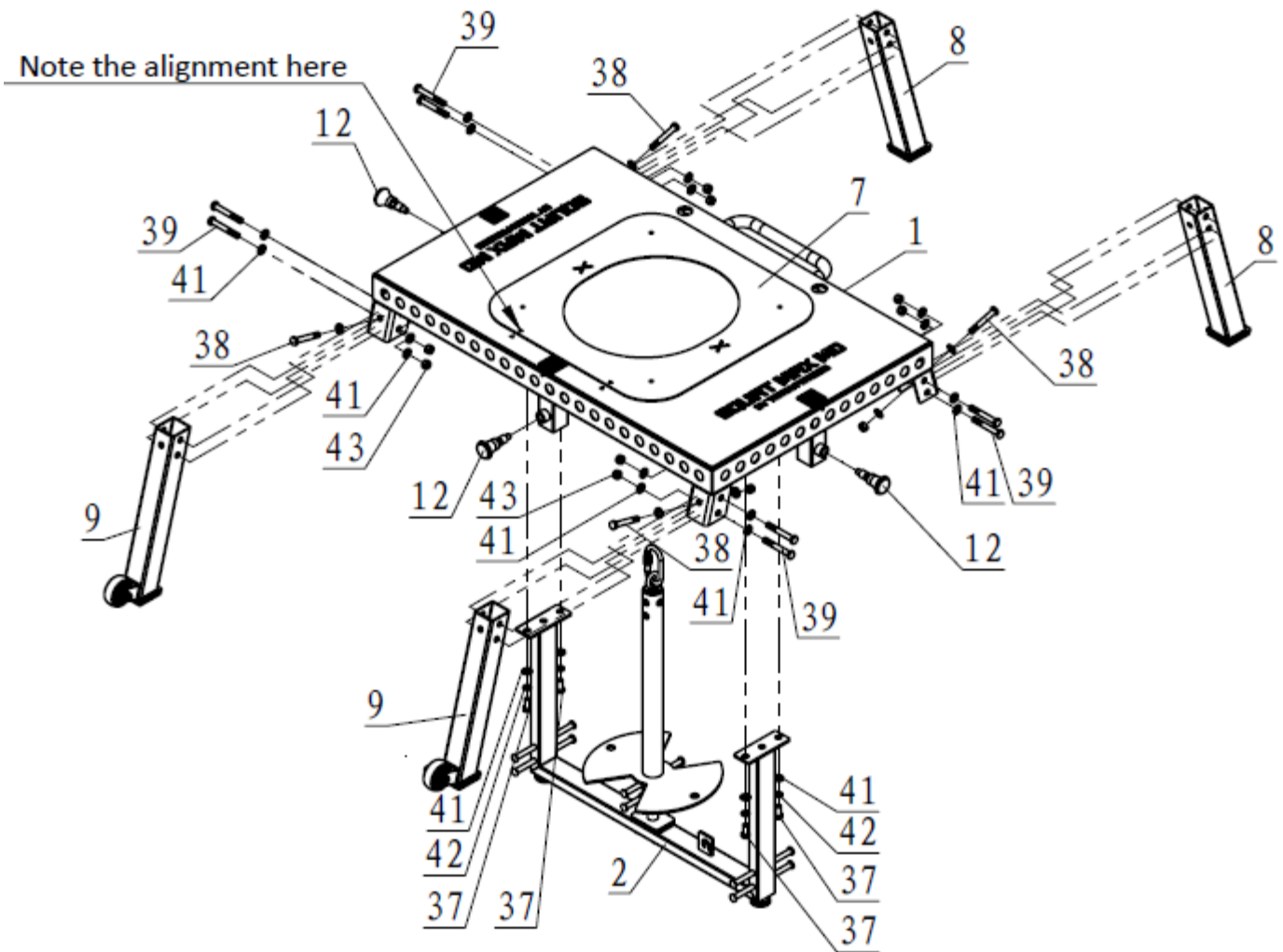
## STEP 2

1. Install the Safety Hook (25) on the Load-bearing Frame (4).
2. Assemble the Adjustable Foot Mat (19) on the Base Frame (2), tighten it.
3. Connect Stopper (3) and Base Frame (2), using Flat Washer  $\Phi 11*\Phi 20*2$  (40) and Hex Bolt M10\*40 (35).
4. Install the Load-bearing Frame (4) on the Stopper (3).



### STEP 3

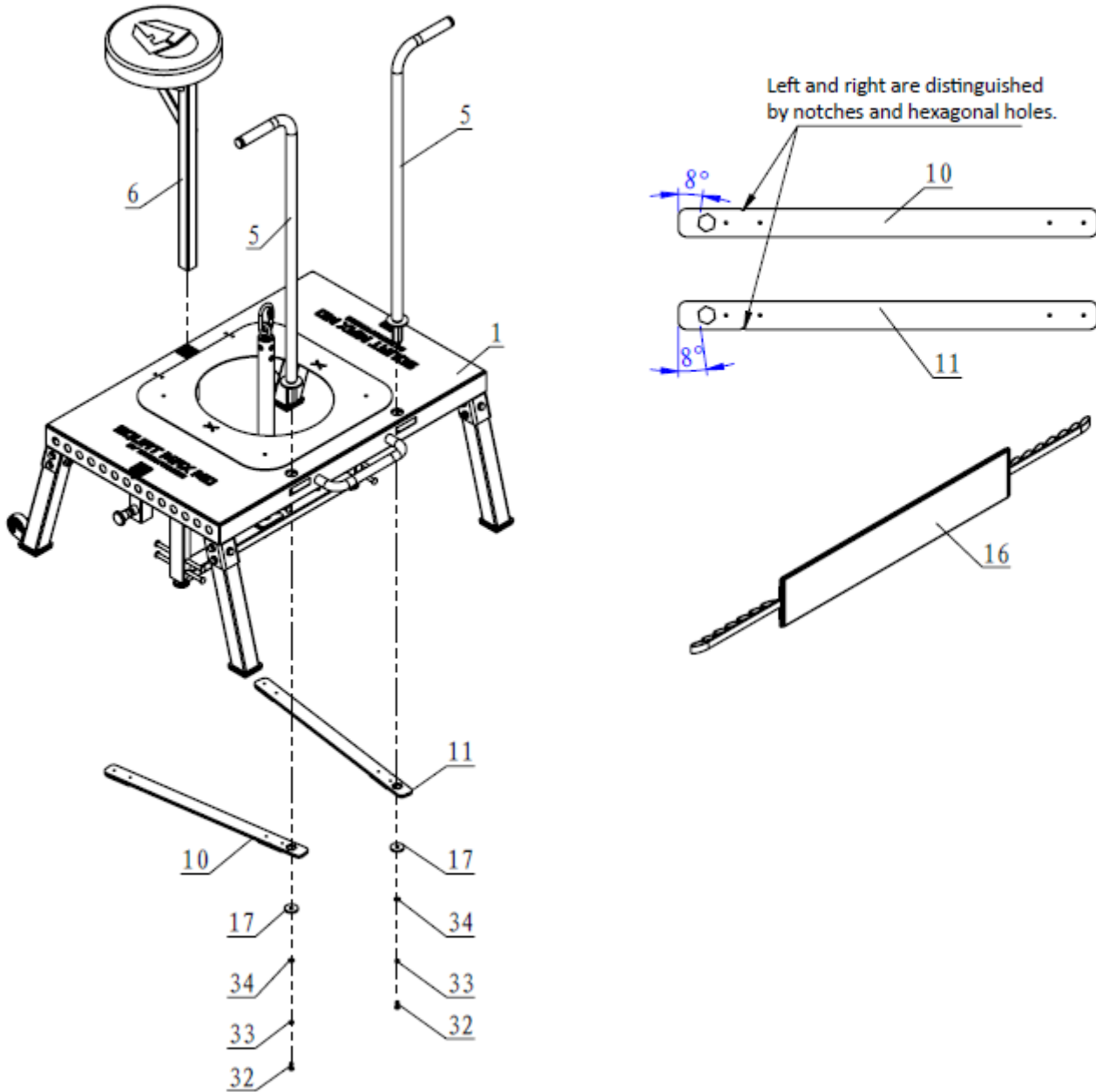
1. Put the Weight Plate Holder (7) on the Pedal Frame (1).
2. Assemble the Pin (12) on the Pedal Frame (1).
3. Connect the Base Frame (2) with the Pedal Frame (1), using Flat Washer  $\Phi 13.5 \times \Phi 24 \times 2.5$  (41), N Spring Washer  $\Phi 12$  (42), and Hex Bolt M12\*25(37).
4. Connect the Front Leg Frame (8) and Rear Leg Frame (9) with Pedal Frame (1), using Flat Washer  $\Phi 13.5 \times \Phi 24 \times 2.5$  (41), Nut M12 (43), Hex Bolt M12\*80 (38) and Hex Bolt M12\*85 (39).



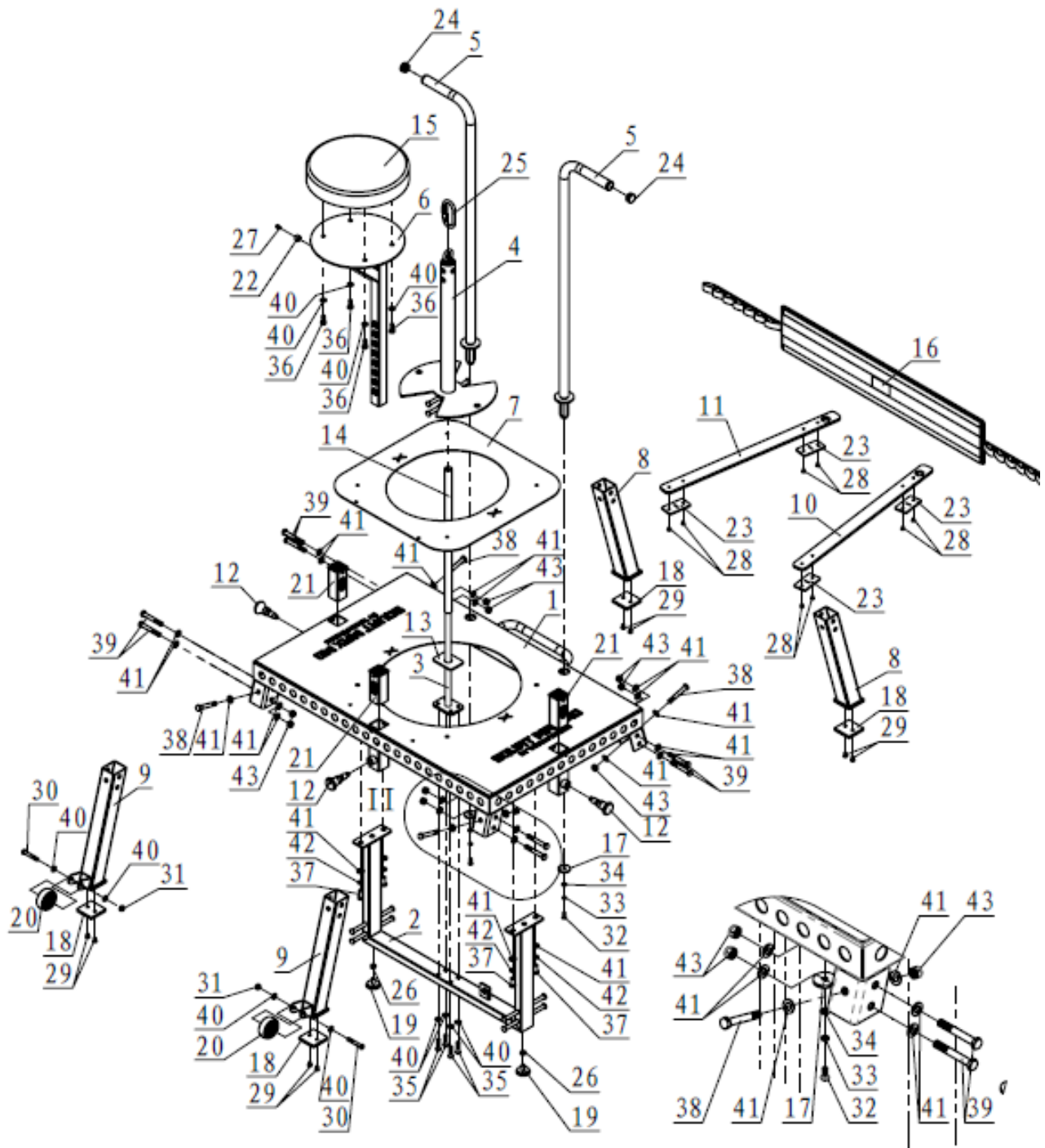


#### STEP 4

1. Install the Seat Cushion Adjustable Frame (6) on the Pedal Frame (1).
2. Insert the Right Safety frame (10) and Left Safety Frame (11) into the Pedal Frame (1).
3. Insert the Handle (5) through the Pedal Frame (1), and the Right Safety frame (10) and Left Safety Frame (11), fixing by metal Plate (17), Flat Washer  $\Phi 9 \times \Phi 16 \times 1.6$  (34), Spring  $\Phi 8$  (33), and Hex Bolt M8\*20(32).
4. Put the Tape (16) on the Pedal (1).



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



**FULL PARTS LIST**

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	PEDAL FRAME	1	(23)	GUARD PLATE 90*48*5	4
(2)	BASE FRAME	1	(24)	END CAP $\Phi$ 32*2	2
(3)	STOPPER	1	(25)	SAFETY HOOK $\Phi$ 10*110	1
(4)	LOAD-BEARING FRAME	1	(26)	NUT M10	2
(5)	HANDLE	2	(27)	HEXAGON SOCKET HEAD SCREWS M6*10	1
(6)	ADJUSTABLE FRAME	1	(28)	COUNTERSUNK HEAD SCREWS M6*10	8
(7)	WEIGHT PLATE HOLDER	1	(29)	PAN HEAD, HEX BOLT M8*12	8
(8)	FRONT LEG FRAME	2	(30)	PAN HEAD, HEX BOLT M10*65	2
(9)	REAR LEG FRAME	2	(31)	NUT M10	2
(10)	RIGHT SAFETY FRAME	1	(32)	PAN HEAD, HEX BOLT M8*20	2
(11)	LEFT SAFETY FRAME	1	(33)	SPRING WASHER $\Phi$ 8	2
(12)	PIN ASSEMBLY	3	(34)	FLAT WASHER $\Phi$ 9* $\Phi$ 16*1.6	2
(13)	BUFFERED WASHER 90*65*5	1	(35)	PAN HEAD, HEX BOLT M10*40	4
(14)	PLASTIC DIP SLEEVE	1	(36)	HEX BOLT M10*25	4
(15)	SEAT CUSHION	1	(37)	HEX BOLT M12*25	4
(16)	TAPE 970*175*16	1	(38)	HEX BOLT M12*80	4
(17)	METAL PLATE $\Phi$ 40* $\Phi$ 10*5	2	(39)	HEX BOLT M12*85	8
(18)	FLOOR MAT	4	(40)	FLAT WASHER $\Phi$ 11* $\Phi$ 20*2	12
(19)	ADJUSTABLE FOOT MAT	2	(41)	FLAT WASHER $\Phi$ 13.5* $\Phi$ 24*2.5	28
(20)	ROLLER $\Phi$ 75*40	2	(42)	SPRING WASHER $\Phi$ 12	4
(21)	HOLLOW SLEEVE	3	(43)	NUT M12	12
(22)	SLEEVE	1			

## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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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

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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.

## TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

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