TITAN SERIES ADJUSTABLE BENCH

TSADJBENCH_WHT
401982

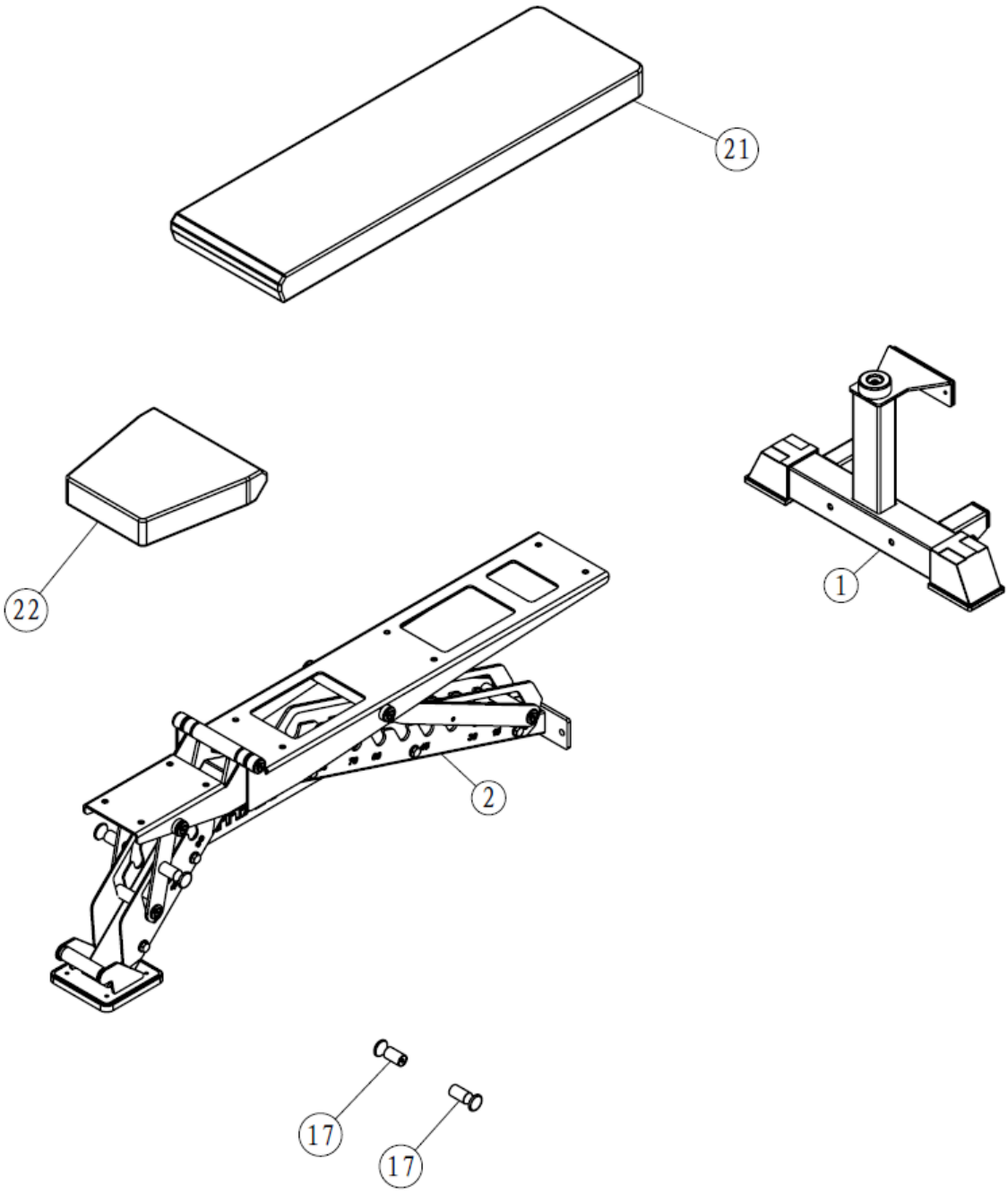


Operator's Manual

TITAN FITNESS®

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 i

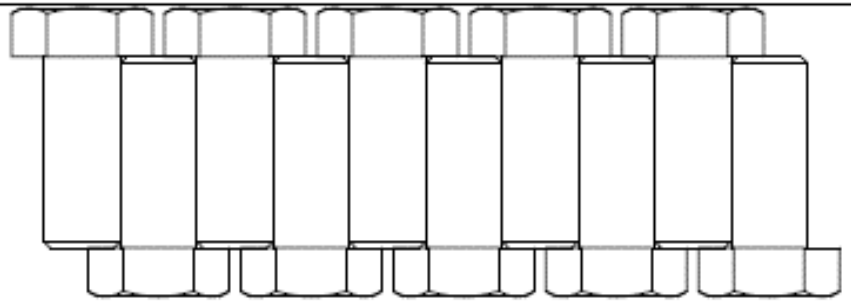
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



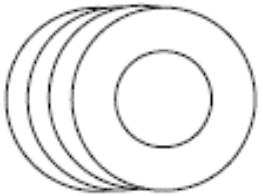
KEY	BOX	DESCRIPTION	QTY
1	1	REAR BASE FRAME	1
2	1	MAIN FRAME	1
17	1	HANDLE	2
21	1	BACK CUSHION	1
22	1	SEAT CUSHION	1

HARDWARE PACK

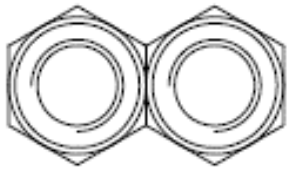
FR75-MA



No. 38 M10X25(10)



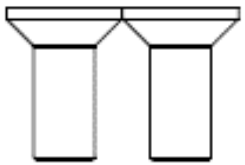
No. 43 ⌀12 Washer(4)



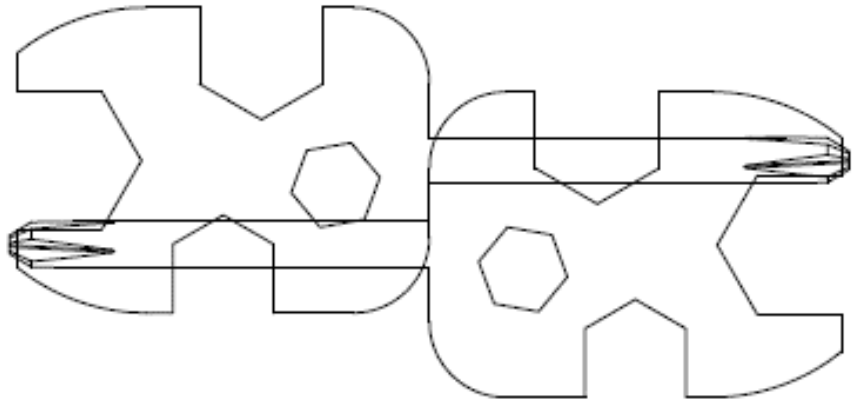
No. 44 M12 Nut(2)

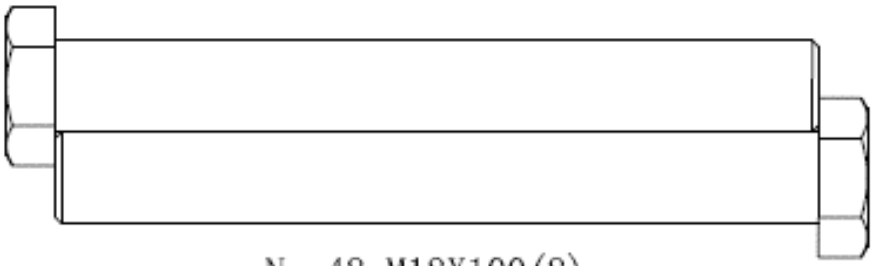


No. 39 ⌀10 Washer(10)

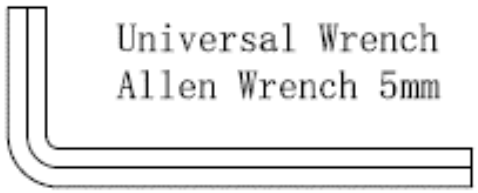


No. 36 M8X20(2)

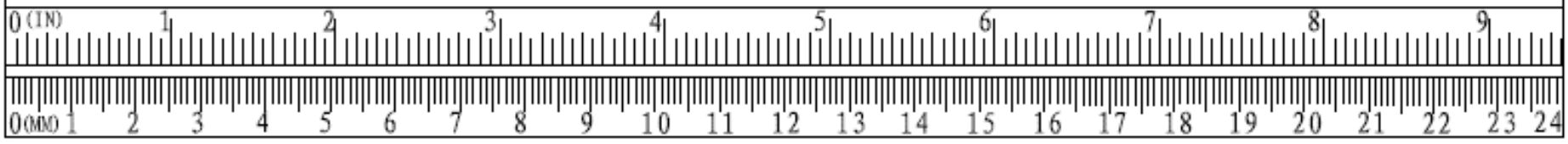




No. 42 M12X100(2)

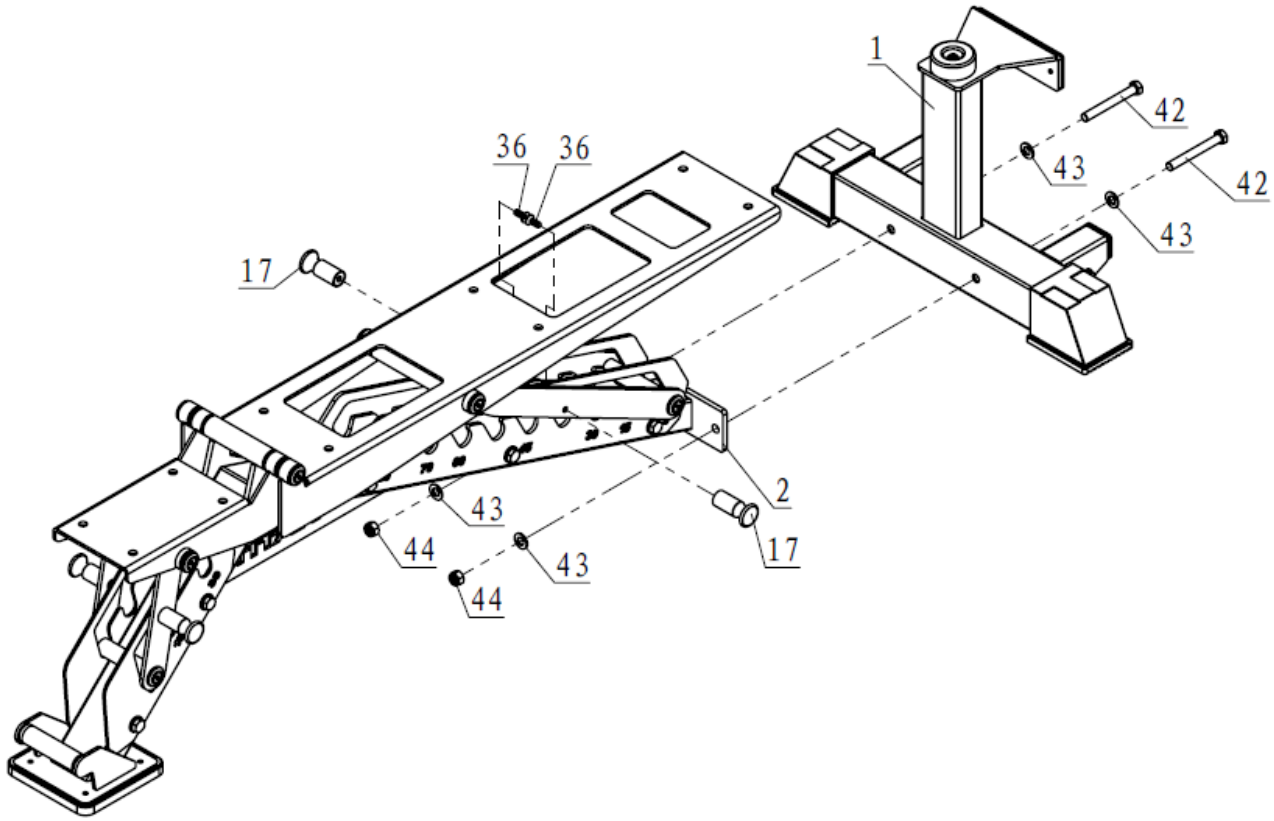


Universal Wrench
Allen Wrench 5mm



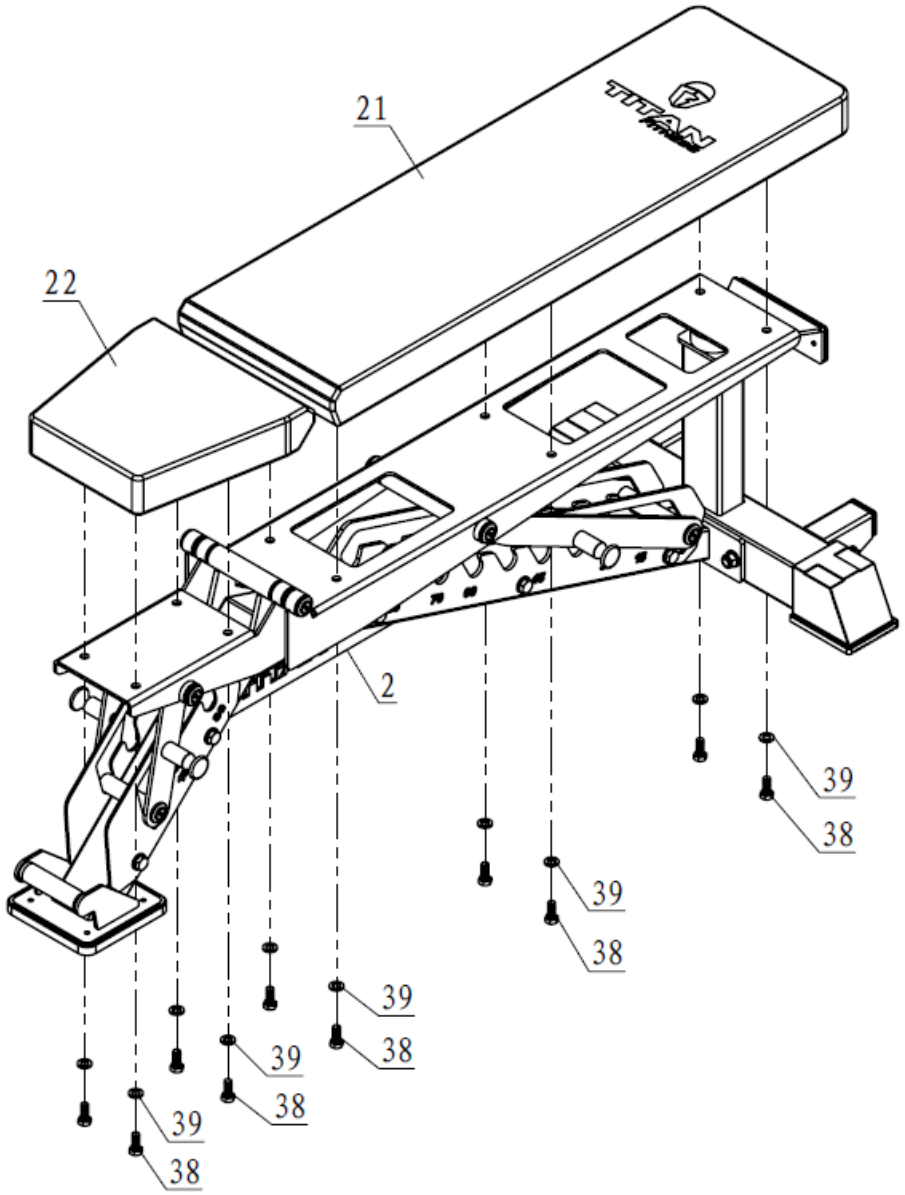
Step 1

1. Connect Rear Base Frame (2) and Main Frame (1), using Flat Washer Φ13.5*Φ24*2.5 (43), Nut M12 (44), and Hex Bolt M12*120 (42).
2. Assemble the Handle (17) on the Main Frame (1), using Screw M8*20 (36).
3. Tighten all the Bolts.

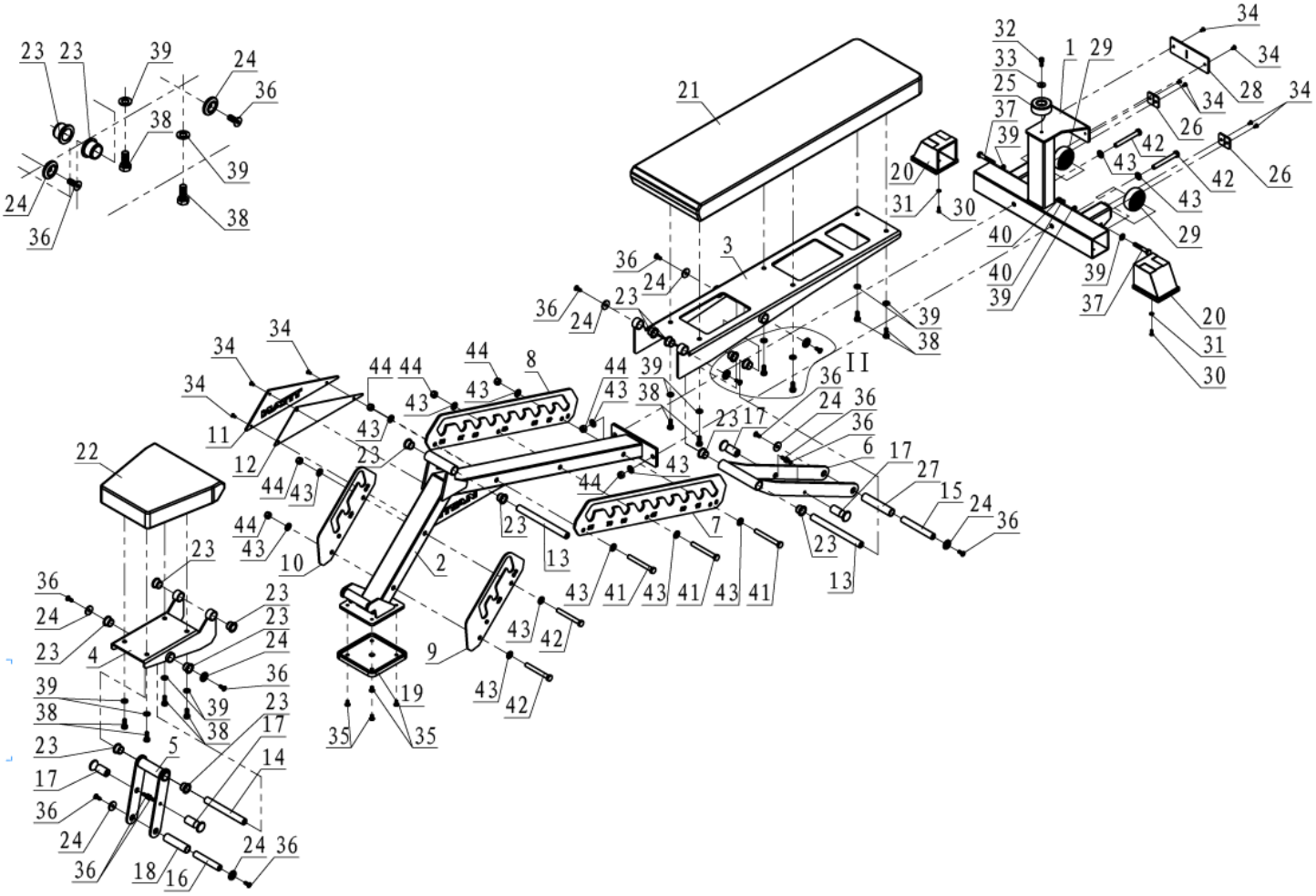


Step 2

1. Connect Back Cushion (21) and Main Frame (1), using Flat Washer Φ11*Φ20*2 (39), and Hex Bolt M10*25(38).
2. Connect Seat Cushion (22) and Main Frame (1), using Flat Washer Φ11*Φ20*2 (39), and Hex Bolt M10*25(38).
3. Tighten all the Bolts.



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	REAR BASE FRAME	1	23	METAL BUSHING Φ32*Φ25.4*Φ20.1*19	14
2	MAIN FRAME	1	24	SHAFT-END COVER Φ30*Φ8.2*6	10
3	BACK CUSHION FRAME	1	25	ROUND RUBBER PAD Φ64*Φ9.5*25	1
4	SEAT CUSHION FRAME	1	26	FRONT GUARD PLATE 48*40*5	2
5	SEAT CUSHION SUPPORT FRAME	1	27	RUBBER BUMPER Φ25*Φ19.2*123.5	1
6	BACK CUSHION SUPPORT FRAME	1	28	OUTER GUARD PLATE 170*58*5	1
7	BACK CUSHION ADJUSTABLE PLATE-L	1	29	WHEEL Φ75*40	2
8	BACK CUSHION ADJUSTABLE PLATE-R	1	30	PAN HEAD, HEX BOLT M6*15	2
9	SEAT CUSHION ADJUSTABLE PLATE-L	1	31	FLAT WASHER Φ6.6*Φ12*1.6	2
10	SEAT CUSHION ADJUSTABLE PLATE-R	1	32	HEX BOLT M8*20	1
11	LOGO PLATE	1	33	FLAT WASHER Φ9*Φ24*2	1
12	INTERIOR LINING PANEL 398*102*2	1	34	COUNTERSUNK HEAD SCREW M6*12	9
13	ROTATING SHAFT Φ20*220*M8	2	35	COUNTERSUNK HEAD SCREW M8*15	4
14	ROTATING SHAFT Φ20*173*M8	1	36	COUNTERSUNK HEAD SCREW M8*20	14
15	LIMIT SHAFT Φ19*138*M8	1	37	HEX BOLT M10*60	2
16	LIMIT SHAFT Φ19*111*M8	1	38	HEX BOLT M10*25	10
17	HANDLE	4	39	FLAT WASHER Φ11*Φ20*2	14
18	LIMIT BUFFER SLEEVE 25*Φ19.2*96	1	40	NUT M10	2
19	FOOT MAT 165*165*16	1	41	HEX BOLT M12*105	3
20	PIPE SLEEVE 75*75	2	42	HEX BOLT M12*100	4
21	BACK CUSHION	1	43	FLAT WASHER Φ13.5*Φ24*2.5	14
22	SEAT CUSHION	1	44	NUT M12	7

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.

TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

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

THE TITAN LIMITED WARRANTY FOUND AT WWW.TITAN.FITNESS/WARRANTY IS EXCLUSIVE AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE, EACH OF WHICH IS HEREBY DISCLAIMED.



NEED HELP? CONTACT US FIRST.

1-888-410-1503

info@titan.fitness
www.titan.fitness

© 2025 Titan Brands