

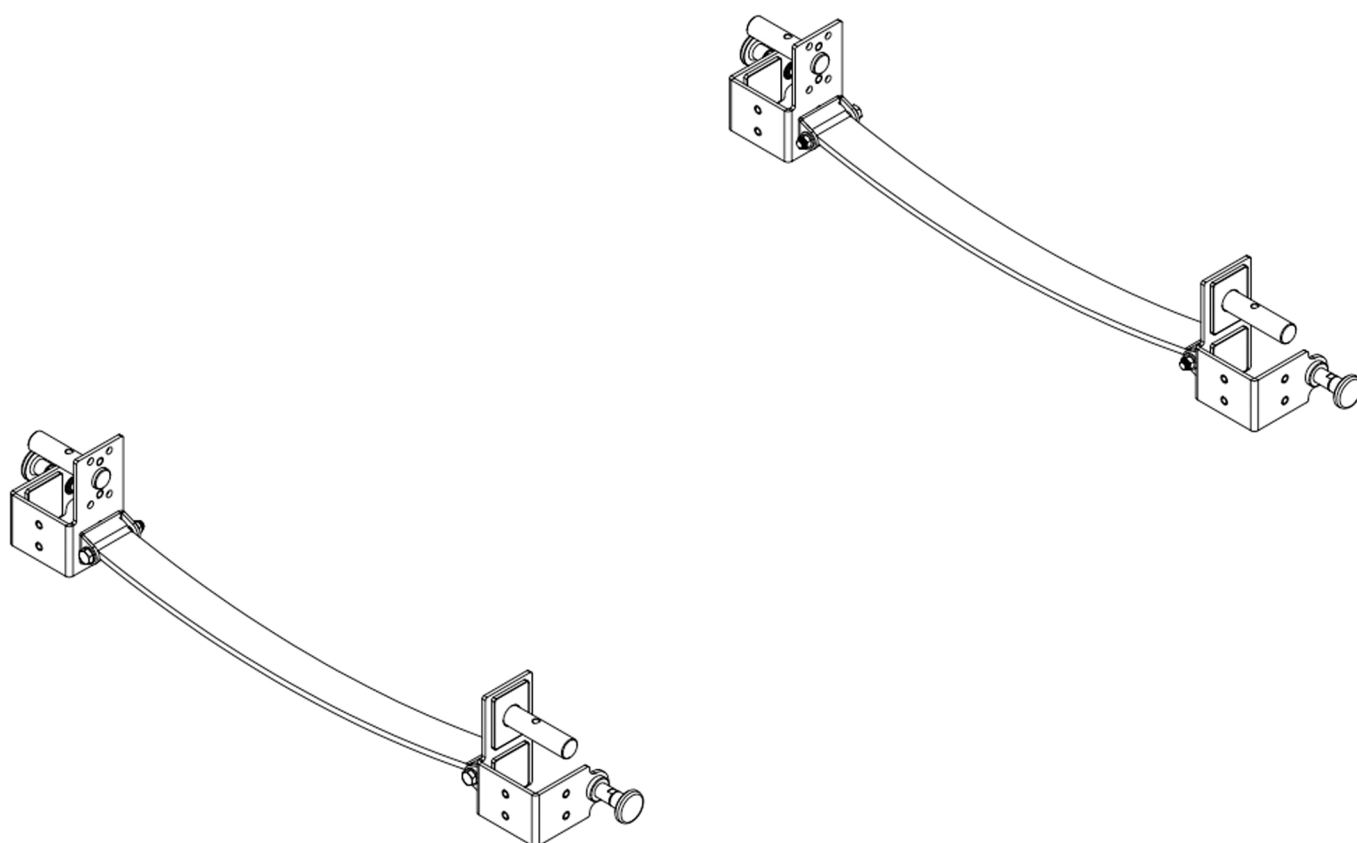
BODY POWER

TITAN

BPTIPRMOL

**TITAN
STRAP SAFETIES**

INSTALLATION INSTRUCTIONS



IMPORTANT: Please read the Safety Guidelines and Installation Instructions in this manual before assembly of this product.

Safety Guidelines When Using This Product

Personal Safety during Assembly. *Assistance may be required during assembly of this product.*

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the product on a solid, level surface.
- Locate the unit a few feet from the walls or furniture to provide easy access.
- The product is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new product.
- After assembly, you should check all functions to ensure correct operation.
- If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call our product service team who will be able to assist.

Successful resistance training programmes have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, and maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise programme. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.

- Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.
- Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

Product Maintenance

CABLES:

When the machine is not in use carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

Visually inspect the cables for fraying, cracking, peeling or discoloration.

Check slack in cables and re-adjust cable tension if needed.

Check that the jam nut on the selector rod top bolt is tight.

UPHOLSTERY:

Wipe down after every workout.

Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

Keep sharp or pointed objects out of your pockets and clear of all upholstery.

NUTS/BOLTS/FASTENERS:

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

GUIDE RODS:

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:

Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

Inspect and familiarize yourself with all safety warnings and other user information on decals.

Product Service Team;

Tel No.: 01604 673029

Email: service@bodypower.co.uk

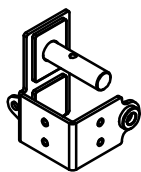
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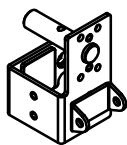
Parts List

NO.	Serial NO.	Description	Note	Qty.
1	BPTIPRMOL-1	Front Hanger		2
2	BPTIPRMOL-2	Rear Hanger		2
3	BPTIPRMOL-3	Webbing	650×60	2
4	BPTIPRMOL-4	Spacer	φ16×φ11×61	4
5	BPTIPRMOL-5	Moving Lock Pin		4
6	BPTIPRMOL-6	Rubber Bumper	60×55×5	12
7	BPTIPRMOL-7	Rubber Bumper	70×55×5×φ26	4
8	BPTIPRMOL-8	Hex Bolt	M10×85	4
9	BPTIPRMOL-9	Washer	10	8
10	BPTIPRMOL-10	Nut	M10	4

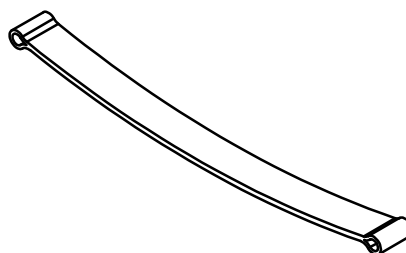
Parts Drawing And Hardware



① × 2



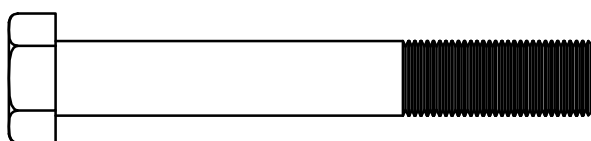
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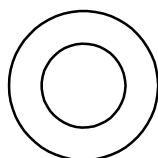
③ × 2



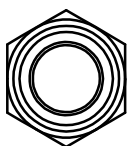
⑤ × 4



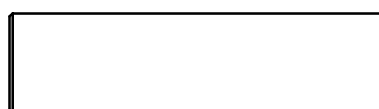
⑧ × 4



⑨ × 8

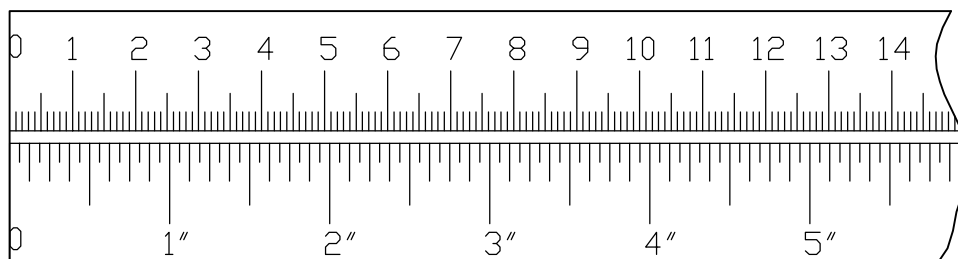


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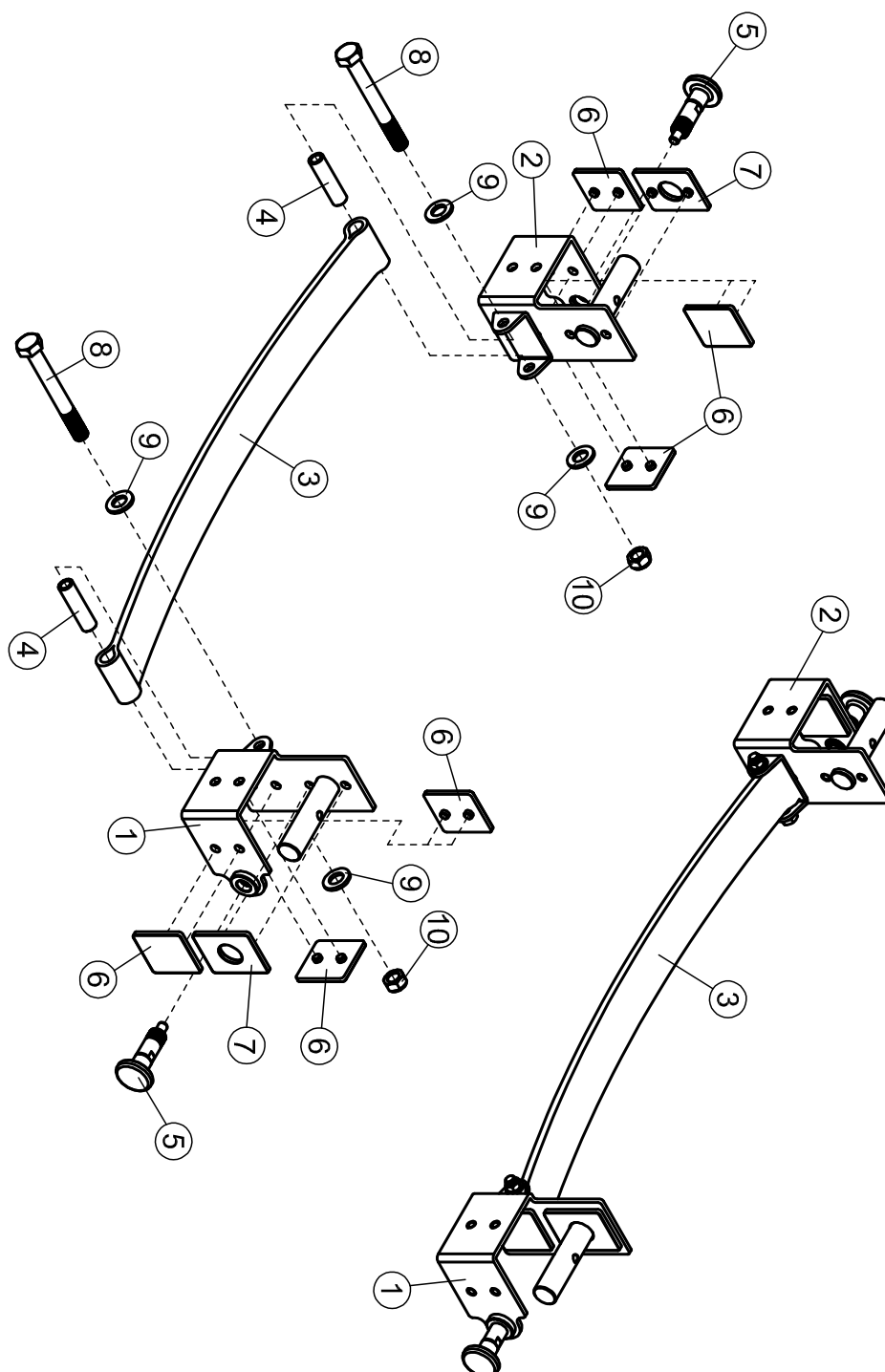


④ × 4

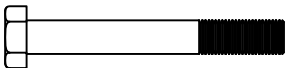
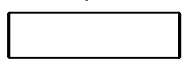
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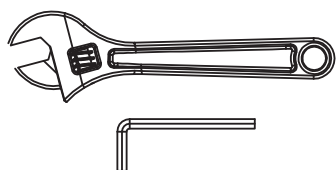


Exploded Drawing

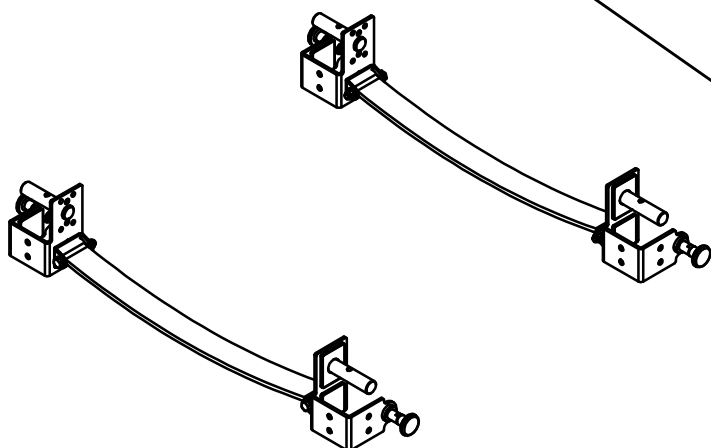
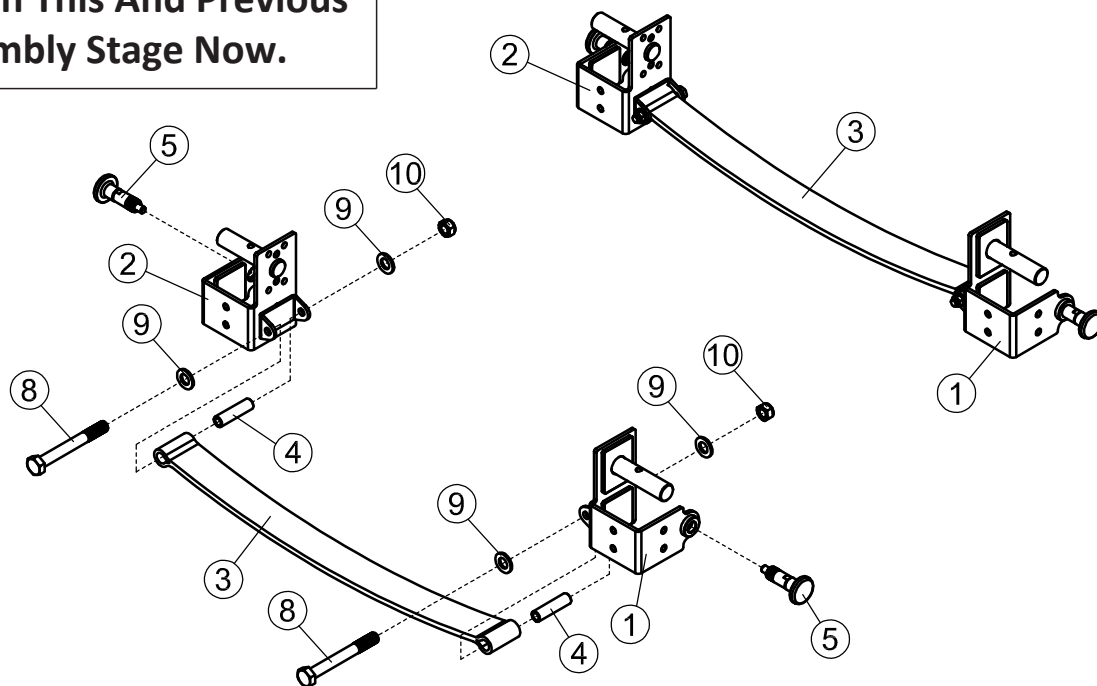


Assembly Step-1 Exploded Drawing

⑧		×4	M10×85mm
⑨		×8	Φ20×Φ11mm
⑩		×4	M10
④		×4	Φ16×Φ11×61



Fasten This And Previous Assembly Stage Now.



- When adjusting and/or using Safeties (Strap, Flip Down, etc.) and J-Hooks, make sure they are lined up horizontally within the rack and both sides are at the correct and same height.
- For example, if you have loaded one side of a safety into hole 14, make sure the perpendicular hole is also going into hole 14 also
- And then make sure the paired safety is also at the same height as the other, for example, if you have loaded one safety to 14, make sure the next safety is also loaded to 14, making them line up horizontally.
- Height of the safeties will vary depending on ability, exercise and training regime.

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