

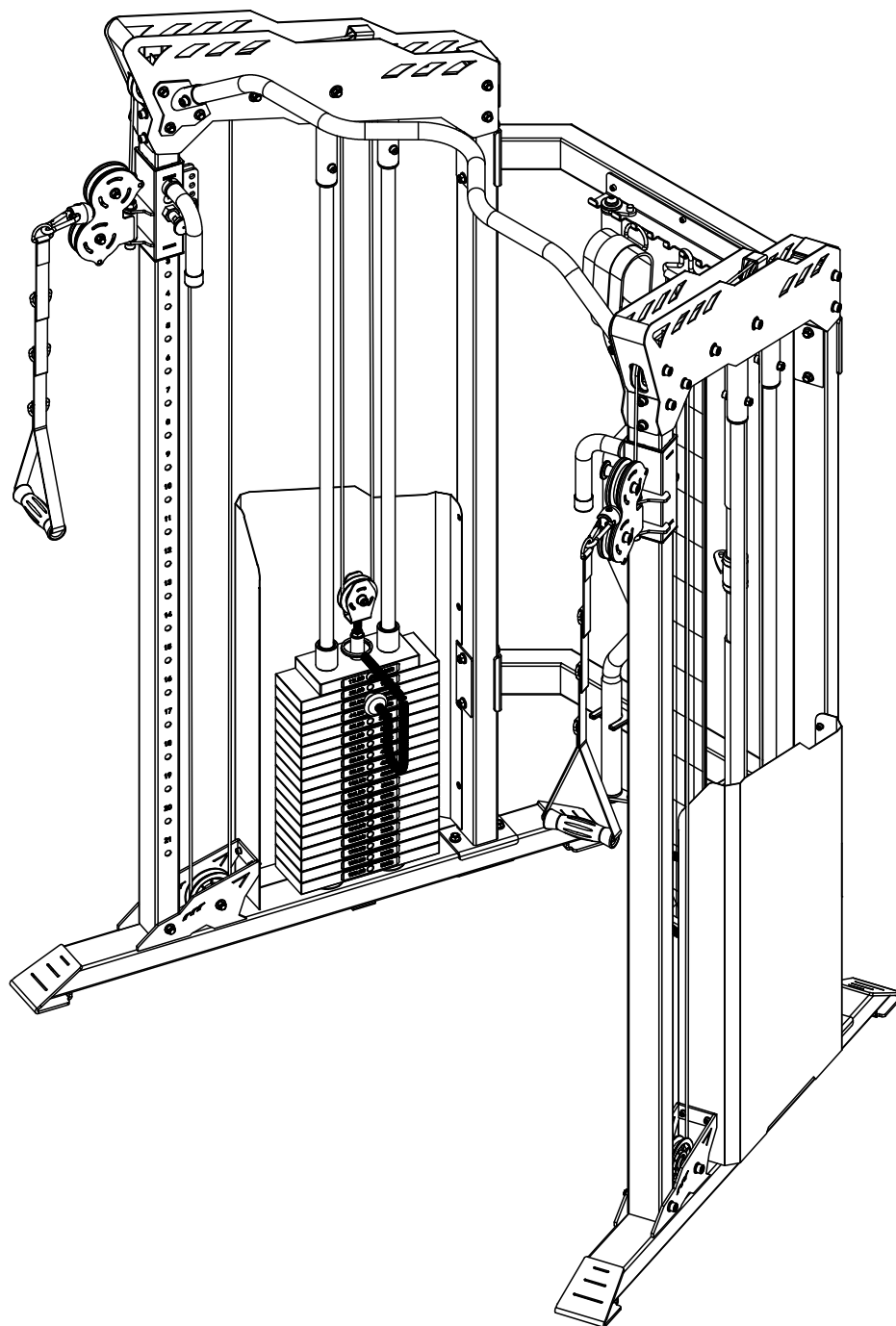
BODY POWER

TITAN

BPTIMFT

TITAN MULTI-FUNCTIONAL
TRAINER

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

Contents

Parts List	6-8
Parts Drawing	9-10
Hardware.....	11-13
Exploded Drawing	14
Assembly Step-1	15
Assembly Step-2	16
Assembly Step-3	17
Assembly Step-4	18
Assembly Step-5	19
Assembly Step-6	20
Assembly Step-7	21
Assembly Step-8	22
Assembly Step-9	23
Assembly Step-10	24
Assembly Step-11	25
Assembly Step-12	26
Assembly Step-13	27
Assembly Step-14	28

Parts List

NO.	Serial NO.	Description	Note	Qty.
1	BPTIMFT-1	Base Frame		2
2	BPTIMFT-2	Rear Post Left		1
3	BPTIMFT-3	Rear Post Right		1
4	BPTIMFT-4	Guide Shaft L		1
5	BPTIMFT-5	Guide Shaft R		1
6	BPTIMFT-6	Upper connecting frame		2
7	BPTIMFT-7	Connecting Frame Rear		1
8	BPTIMFT-8	Connecting Frame Rear		1
9	BPTIMFT-9	Horizontal bar		1
10	BPTIMFT-10	Fixing frame L		1
11	BPTIMFT-11	Fixing frame R		1
12	BPTIMFT-12	Rear Short Guide Rod		4
13	BPTIMFT-13	Pulley Bracket		2
14	BPTIMFT-14	Fixing frame		2
15	BPTIMFT-15	Left Sliding Block		1
16	BPTIMFT-16	Right Sliding Block		1
17	BPTIMFT-17	Swivel Pulley Bracket		2
18	BPTIMFT-18	Arm Curl Pad Bracket		2
19	BPTIMFT-19	Straight Bar (attachment)		1
20	BPTIMFT-20	Cambered Bar (attachment)		1
21	BPTIMFT-21	Bracket	130×60×3	4
22	BPTIMFT-22	Bracket	100×70×3	2
23	BPTIMFT-23	Upper Frame Panel	859×255×2	4
24	BPTIMFT-24	Selector Stem	205×100	2
25	BPTIMFT-25	Weight Plate	280×100×25.4	34
26	BPTIMFT-26	Hook Rack	400×50×50×3	1
27	BPTIMFT-27	Selector Rod	φ25×5	2
28	BPTIMFT-28	Moving Lock Pin		2
29	BPTIMFT-29	Cable	L=7090 mm	2
30	BPTIMFT-30	Left Weight Stack Cover	850×445×117×65×1	1
31	BPTIMFT-31	Right Weight Stack Cover	850×445×117×65×1	1
32	BPTIMFT-32	Pull-up auxiliary belt		1
33	BPTIMFT-33	Hook	φ8	2
34	BPTIMFT-34	Bushing	φ25×φ20×φ12.2×10	4

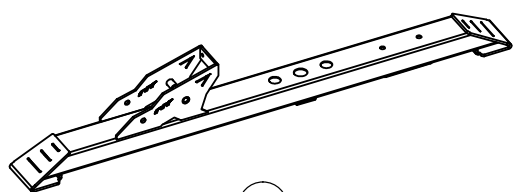
Parts List

NO.	Serial NO.	Description	Note	Qty.
35	BPTIMFT-35	Decorative Cap	φ33.5×φ6.6×25	2
36	BPTIMFT-36	Retaining ring	Φ34.5×Φ26.5×14×M6	2
37	BPTIMFT-37	Rubber Bumper	φ62×φ24.5×25	4
38	BPTIMFT-38	Bushing	φ38×φ9×8	4
39	BPTIMFT-39	Rotating plate	φ45×φ25.5×68×6	4
40	BPTIMFT-40	Pop pin	φ10	2
41	BPTIMFT-41	Bushing	φ38×φ34×φ25.5×26	4
42	BPTIMFT-42	Hex nuts	M12	2
43	BPTIMFT-43	Limit bracket	55×45×23×3	2
44	BPTIMFT-44	Bushing	φ38×φ13×12	4
45	BPTIMFT-45	Hanging post	φ11.5×15×M6	2
46	BPTIMFT-46	Adjustable Single Handle		2
47	BPTIMFT-47	Ankle Strap		1
48	BPTIMFT-48	Pulley with Bearings	φ96	8
49	BPTIMFT-49	Small Pulley with Bearing	φ75	8
50	BPTIMFT-50	Handle Grip	φ23×200	2
51	BPTIMFT-51	Handle Grip	φ30×3×250	2
52	BPTIMFT-52	Handle Grip	φ30×3×500	2
53	BPTIMFT-53	Slide Guide	□60×80×2×□50×70	4
54	BPTIMFT-54	End Cap	□70×□50	2
55	BPTIMFT-55	Allen Bolt	M12×95	2
56	BPTIMFT-56	Allen Bolt	M12×40	4
57	BPTIMFT-57	Allen Bolt	M10×95	12
58	BPTIMFT-58	Allen Bolt	M10×90	4
59	BPTIMFT-59	Allen Bolt	M10×85	4
60	BPTIMFT-60	Allen Bolt	M10×75	8
61	BPTIMFT-61	Allen Bolt	M10×55	4
62	BPTIMFT-62	Allen Bolt	M10×45	8
63	BPTIMFT-63	Allen Bolt	M10×30	2
64	BPTIMFT-64	Allen Bolt	M10×25	2
65	BPTIMFT-65	Allen Bolt	M8×50	4
66	BPTIMFT-66	Allen Bolt	M6×20	2
67	BPTIMFT-67	Allen Bolt	M6×15	4
68	BPTIMFT-68	Allen Bolt	M6×10	15
69	BPTIMFT-69	Hex Bolt	M10×25	4

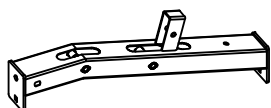
Parts List

NO.	Serial NO.	Description	Note	Qty.
70	BPTIMFT-70	Set screw	M6×6	2
71	BPTIMFT-71	Aircraft Nut	M12	2
72	BPTIMFT-72	Aircraft Nut	M10	48
73	BPTIMFT-73	Aircraft Nut	M8	4
74	BPTIMFT-74	Washer	12	4
75	BPTIMFT-75	Washer	12	4
76	BPTIMFT-76	Washer	10	102
77	BPTIMFT-77	Bent Washer	20×R20×φ9	8
78	BPTIMFT-78	Washer	6	14
79	BPTIMFT-79	Aircraft Nut	M6	4
80	BPTIMFT-80	WEight Plate Sticker (90kg)	119×17.5	2
81	BPTIMFT-81	Allen Bolt	M10×70	8
82	BPTIMFT-82	Hex Bolt	M10×70	4
83	BPTIMFT-83	Bent Washer	φ20×φ10.5×R25	4
		Allen Wrench	10#	1
		Allen Wrench	8#	1
		Allen Wrench	6#	1
		Allen Wrench	5#	1

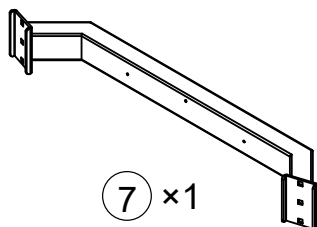
Parts Drawing



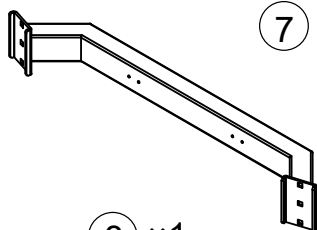
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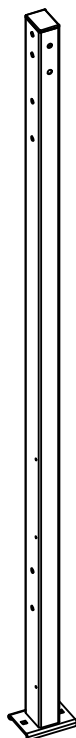
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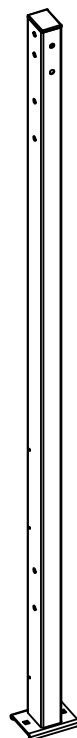
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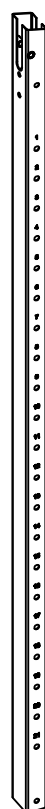
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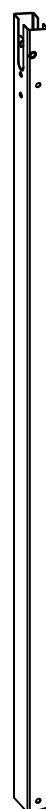
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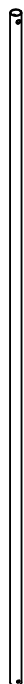
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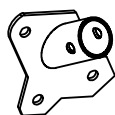
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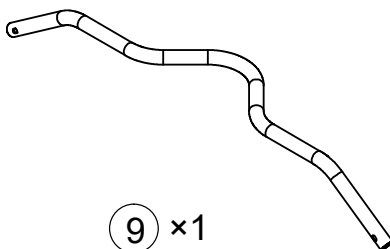
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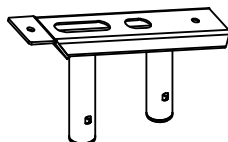
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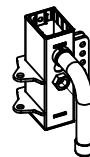
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⑱ ×2



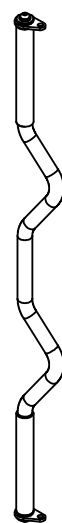
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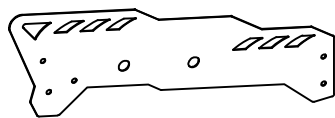


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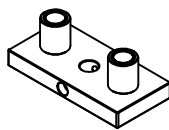


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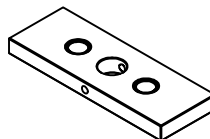
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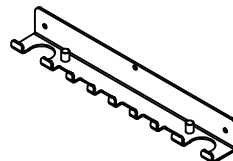
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②④ ×2



②⑤ ×34



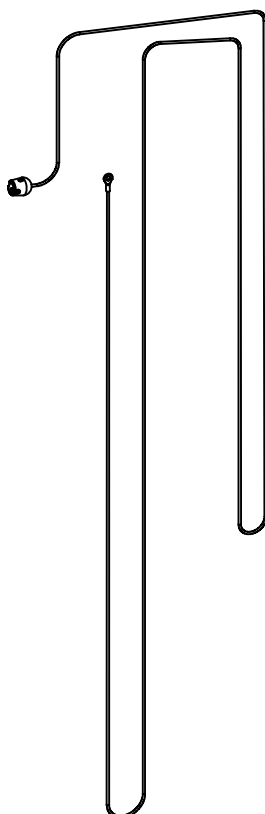
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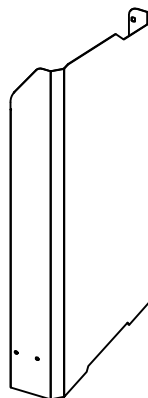
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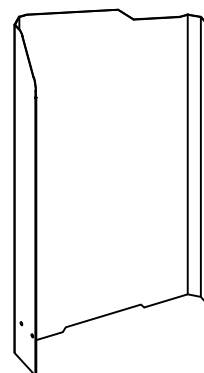
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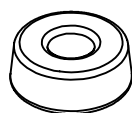
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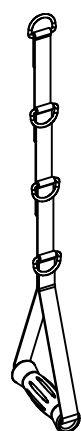
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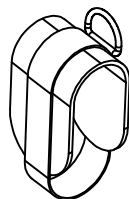
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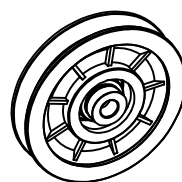
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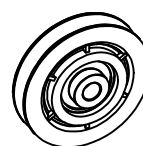
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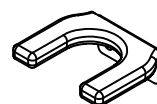
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④⑧ ×8



④⑨ ×8



④③ ×2

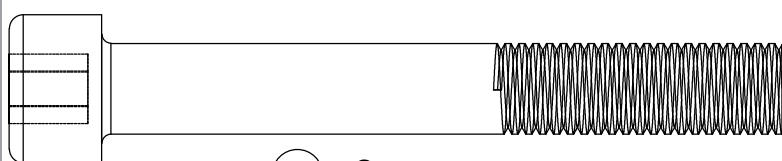


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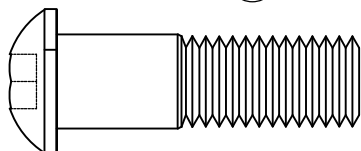


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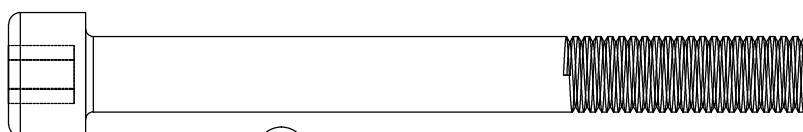
Hardware



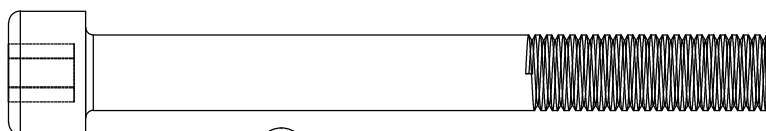
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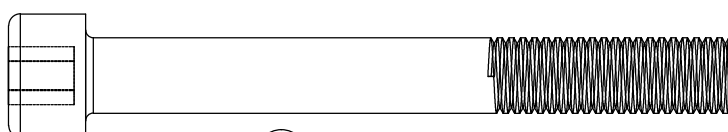
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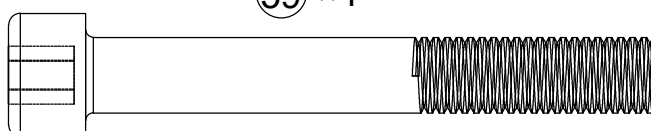
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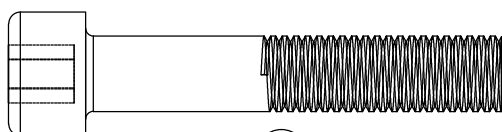
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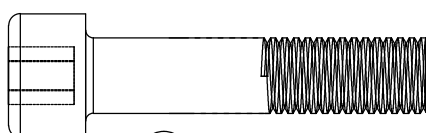
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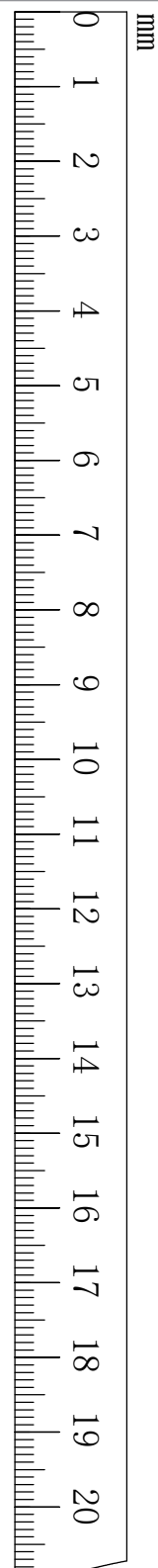
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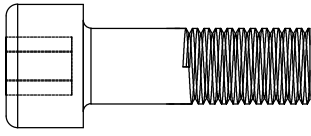
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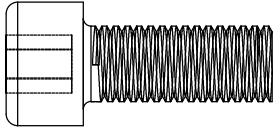
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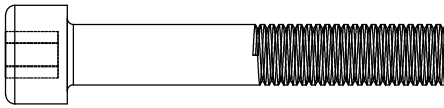
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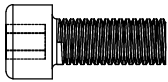
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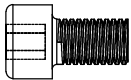
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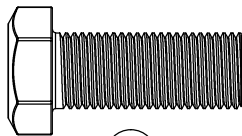
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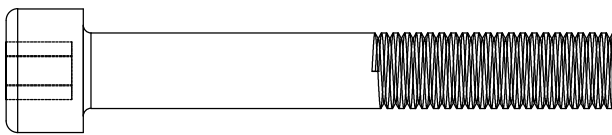
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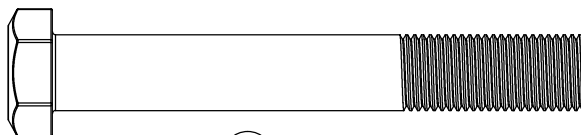
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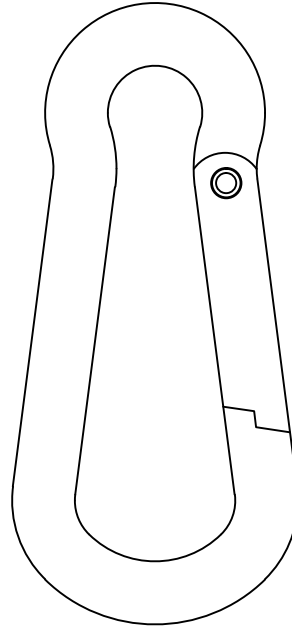
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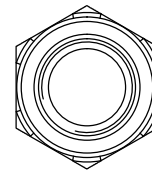
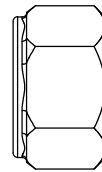
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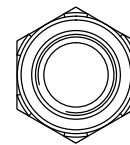
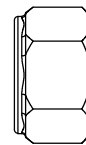
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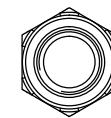
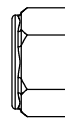
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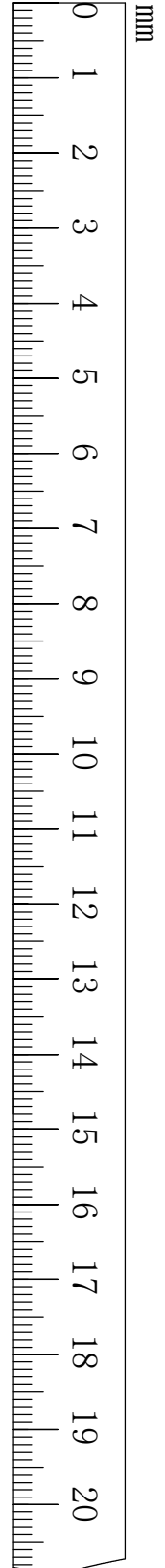
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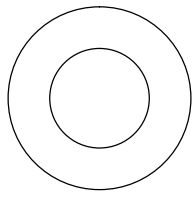
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⑦3 ×4



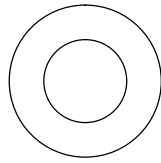
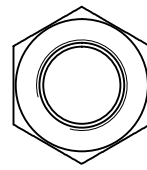
Hardware



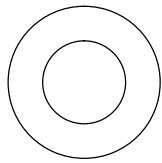
⑦⑤ ×4



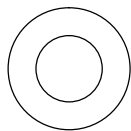
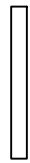
④② ×2



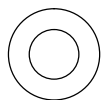
⑧③ ×4



⑦⑥ ×102



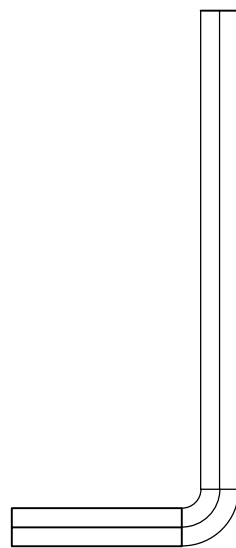
⑦⑦ ×8



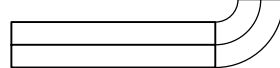
⑦⑧ ×14



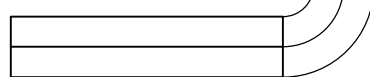
⑦⑨ ×4



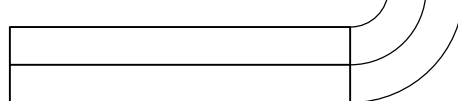
5#×1



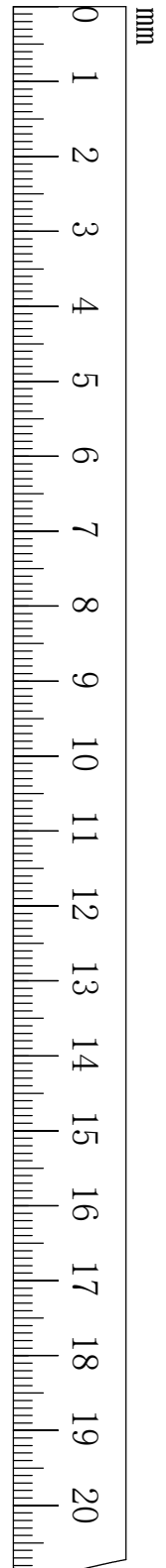
6#×1



8#×1



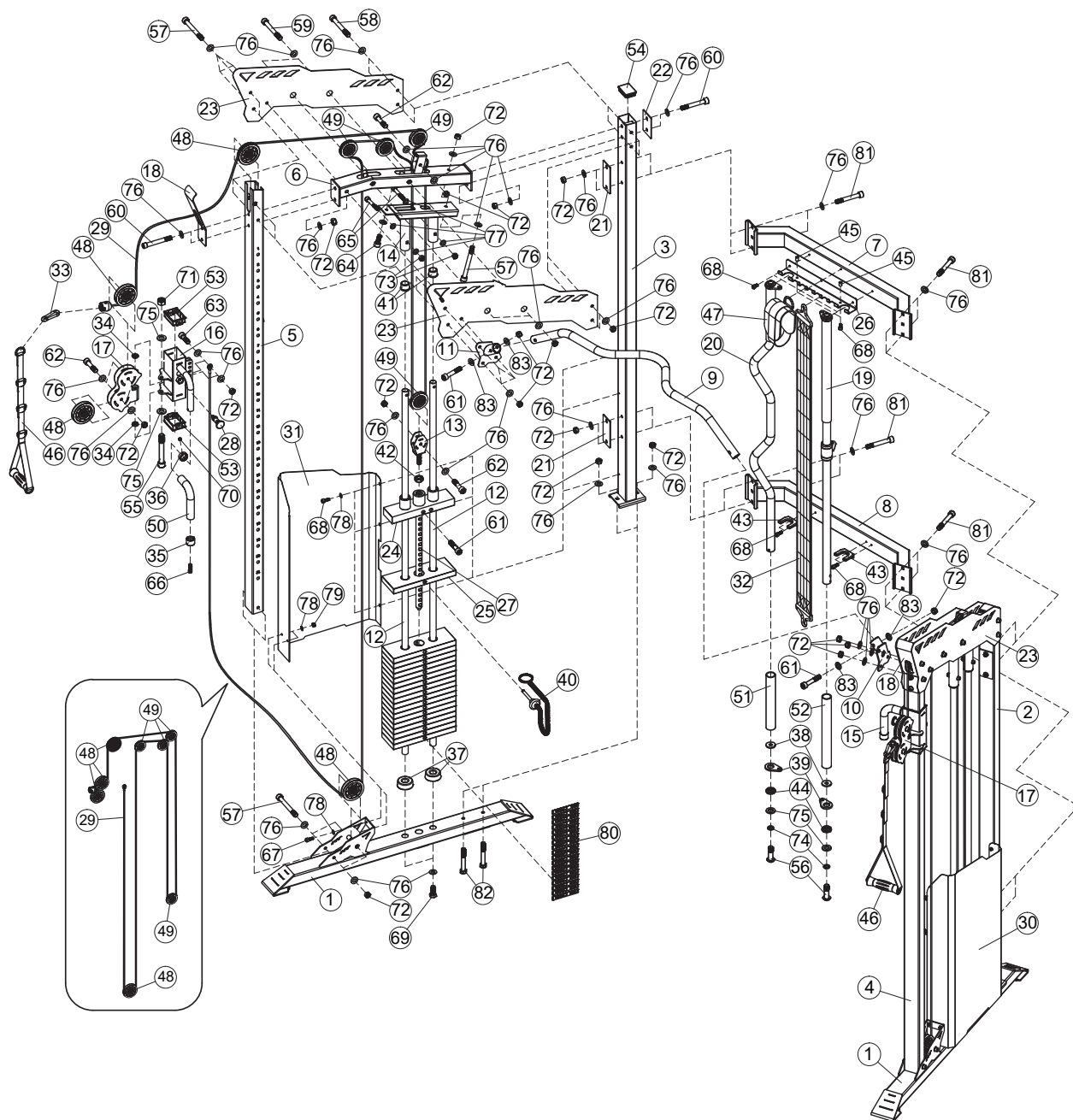
10#×1



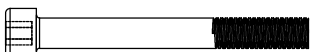
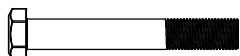




mm



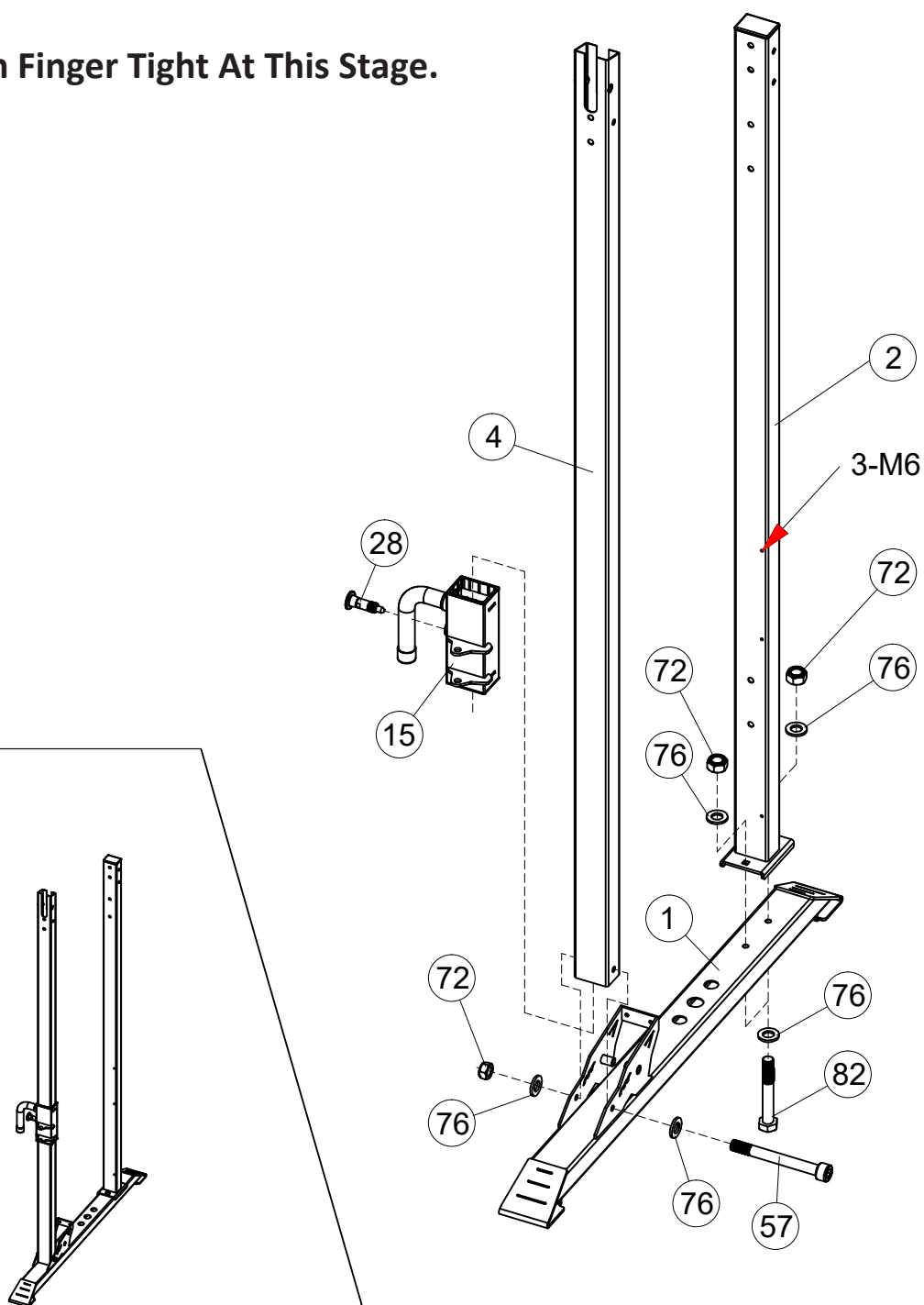
Exploded Drawing








Assembly Step-1 Exploded Drawing

⑤7		×	1	M10×95mm
⑧2		×	2	M10×70mm
⑦2	 	×	3	M10
⑦6	 	×	6	Φ20×Φ10.5

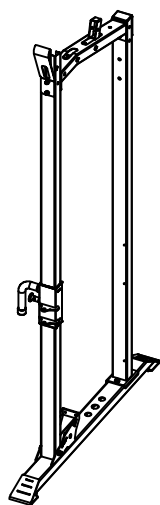
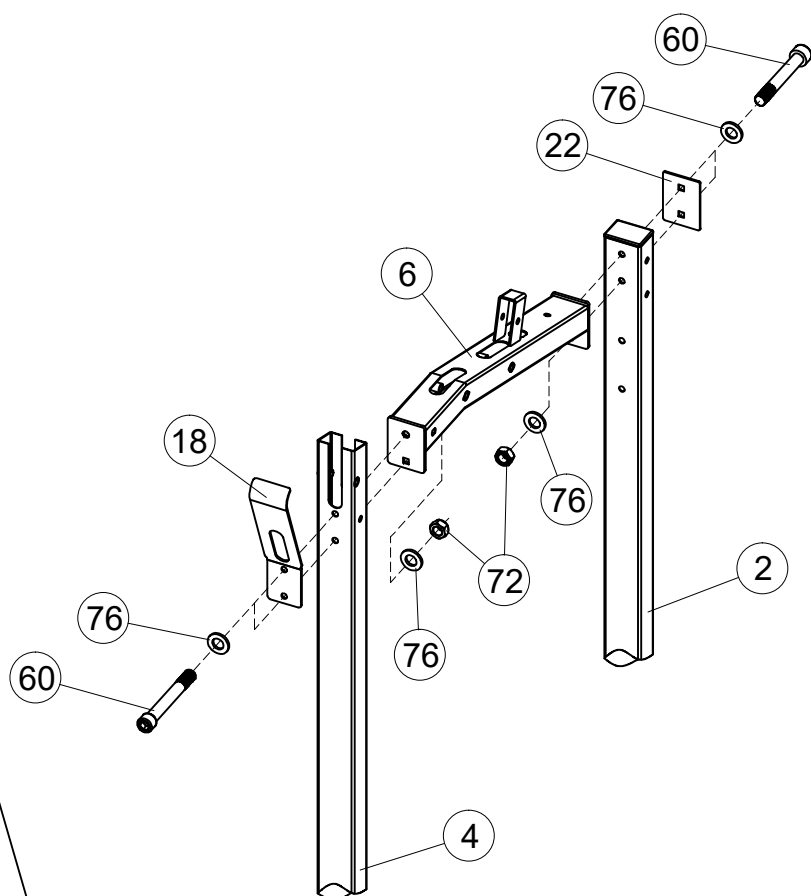
Fasten Finger Tight At This Stage.



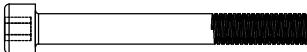
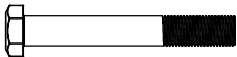


Assembly Step-2 Exploded Drawing

60		×	4	M10×75mm
72	 	×	2	M10
76	 	×	6	Φ20×Φ10.5

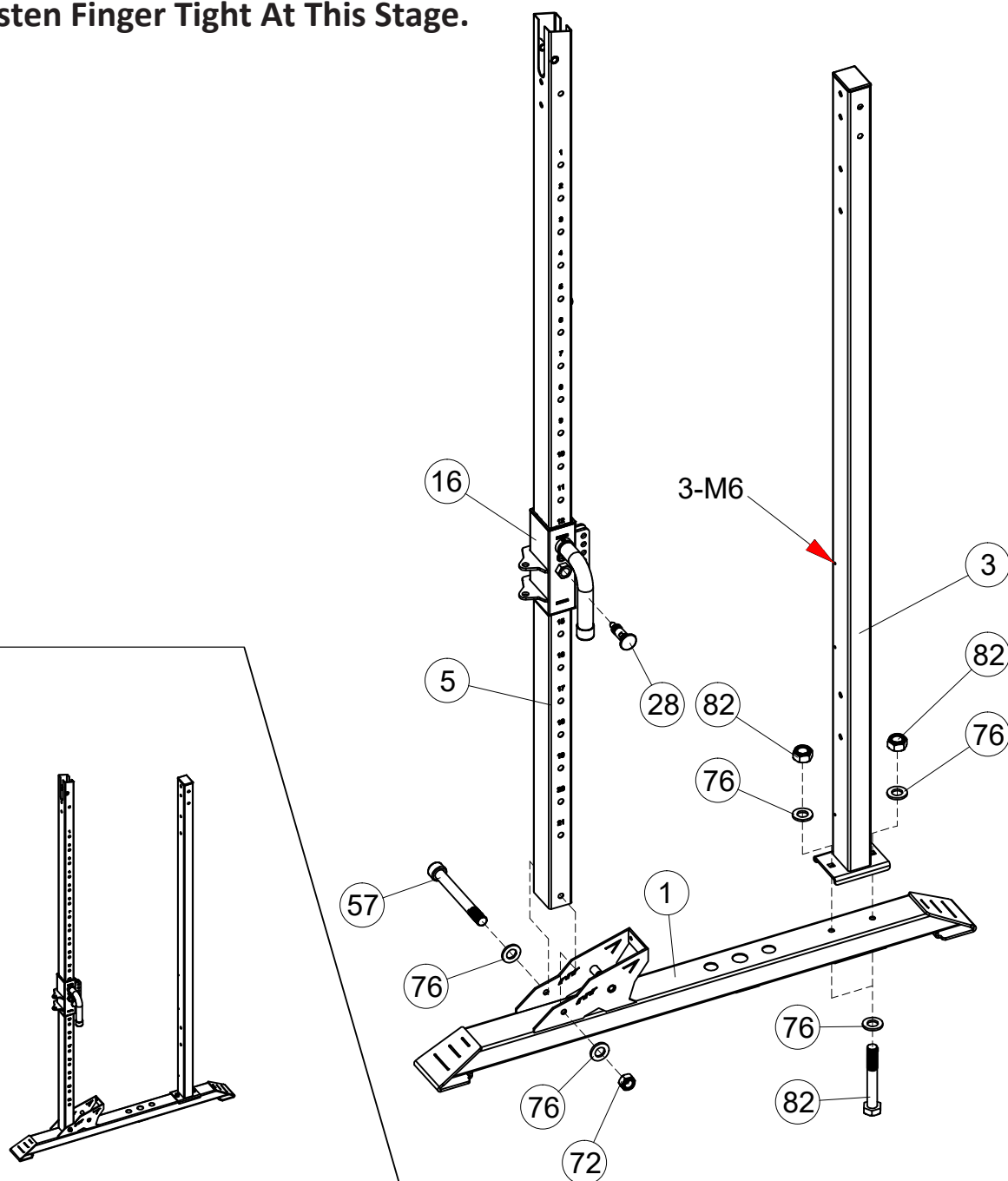
Fasten Finger Tight At This Stage.



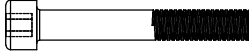




Assembly Step-3 Exploded Drawing

57		×	1	M10×95mm
82		×	2	M10×70mm
72		×	3	M10
76		×	6	Φ20×Φ10.5

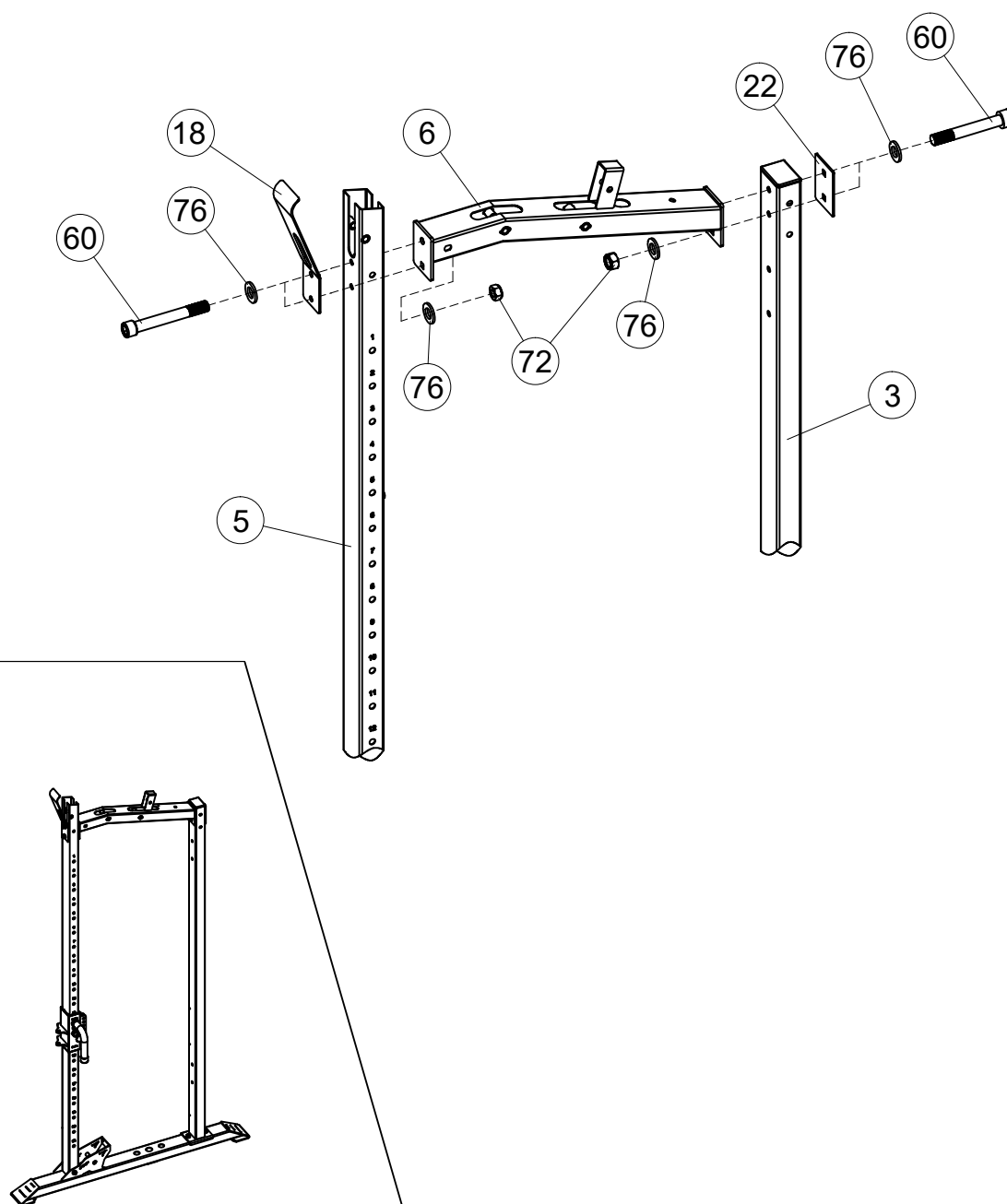
Fasten Finger Tight At This Stage.



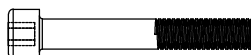




Assembly Step-4 Exploded Drawing

60			×	4	M10×75mm
72			×	2	M10
76			×	6	Φ20×Φ10.5

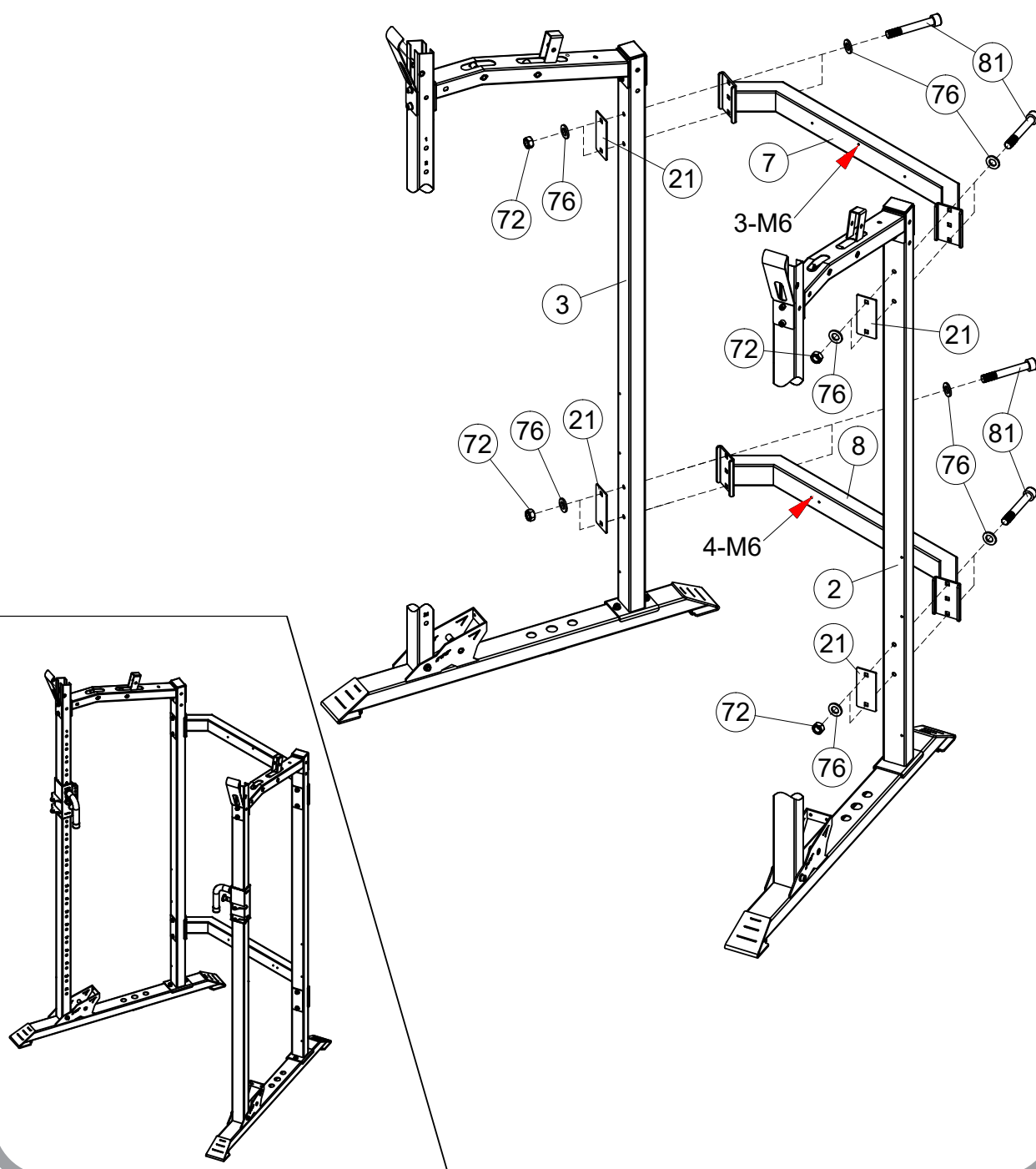
Fasten Finger Tight At This Stage.







Assembly Step-5 Exploded Drawing

81			×	8	M10×70mm
72			×	8	M10
76			×	16	Φ20×Φ10.5

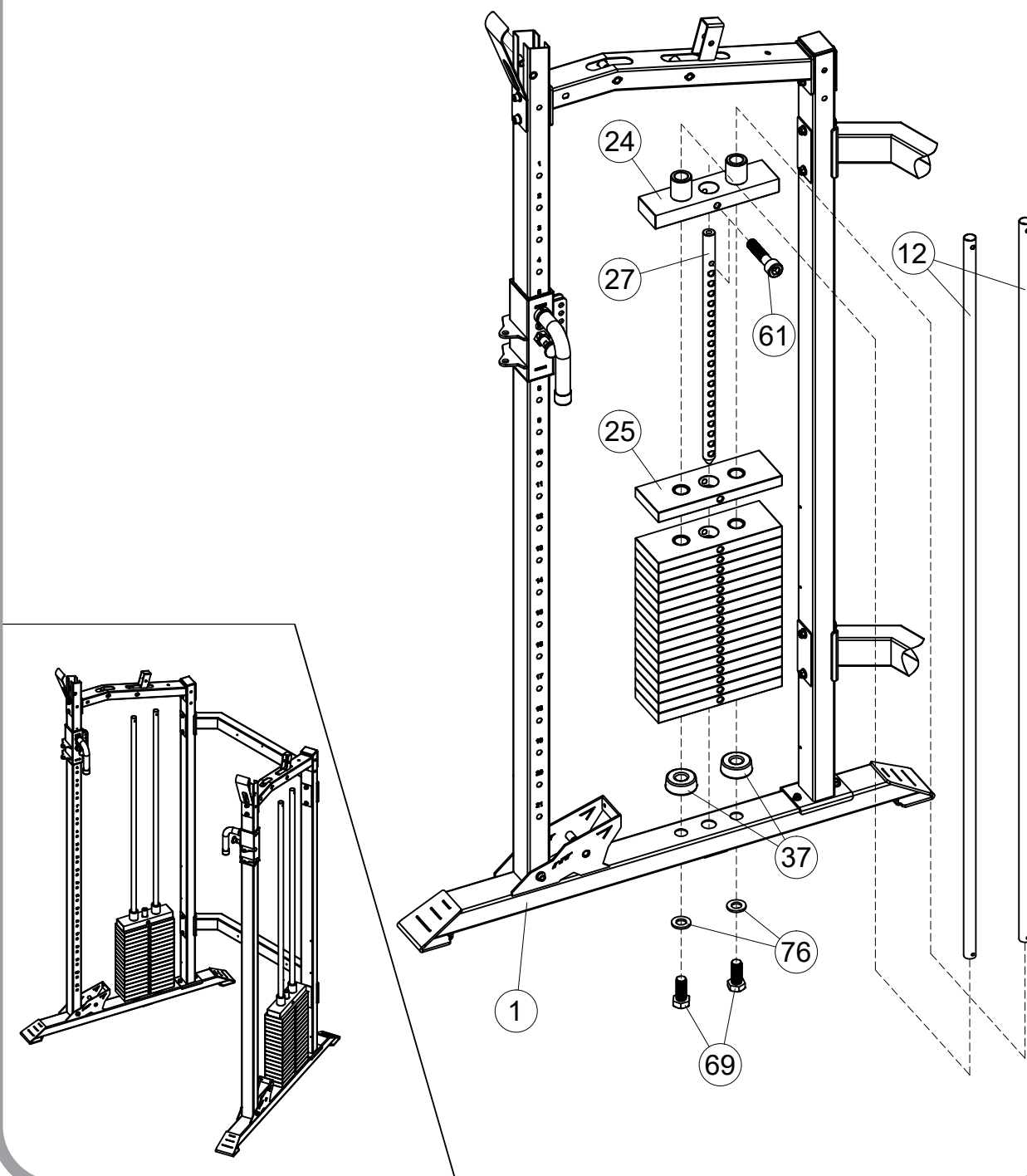
Fasten Finger Tight At This Stage.














Assembly Step-6 Exploded Drawing

61		× 2	M10×55mm
69		× 4	M10×25mm
76	 	× 4	Φ20×Φ10.5

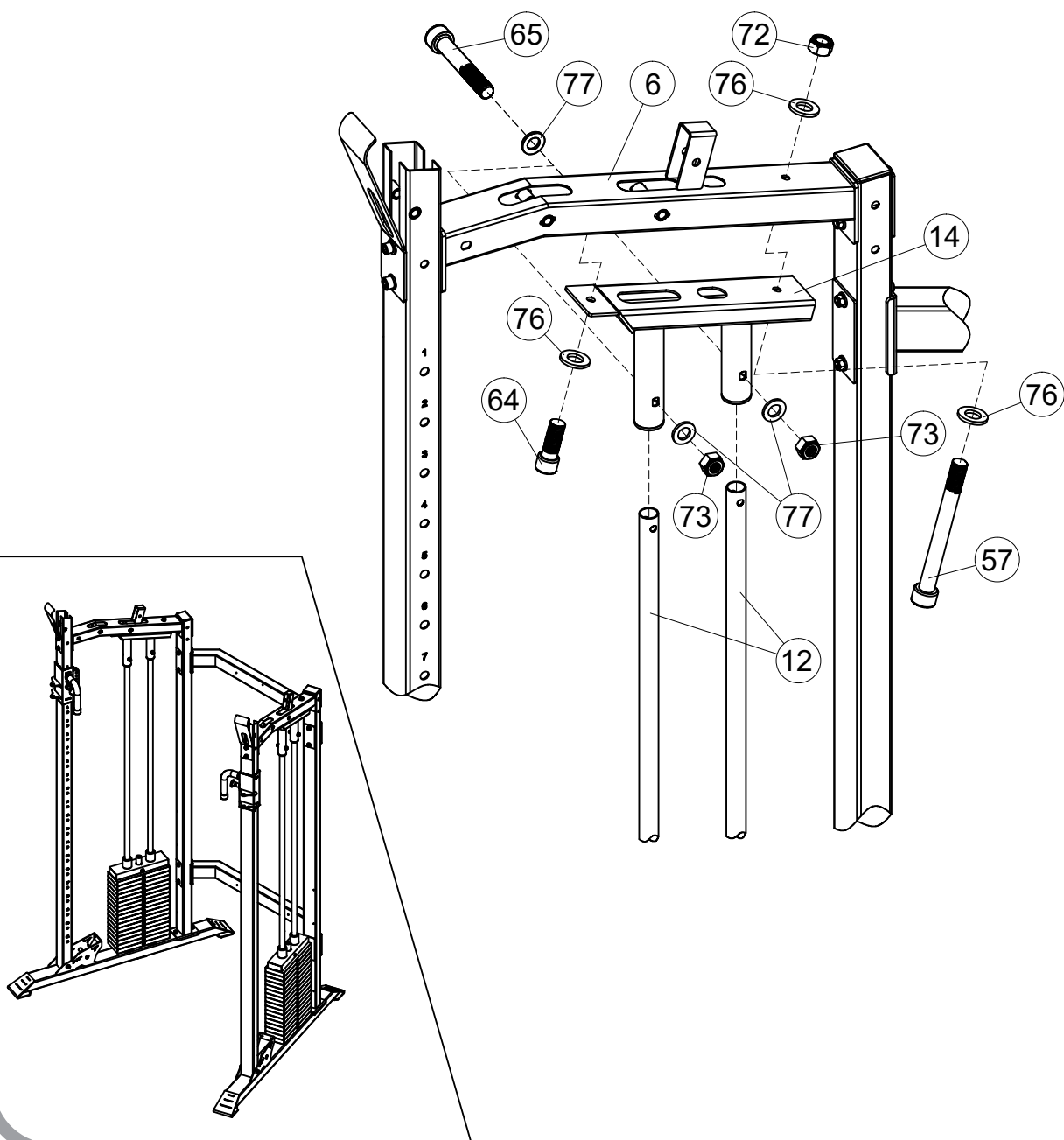
Fasten Finger Tight At This Stage.



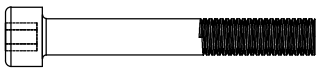






Assembly Step-7 Exploded Drawing

- (57)  × 2 M10×95mm
- (64)  × 2 M10×25mm
- (65)  × 4 M8×50mm
- (72)   × 2 M10
- (73)   × 4 M8
- (76)   × 6 Φ20×Φ10.5
- (77)   × 8 20×R20×Φ9

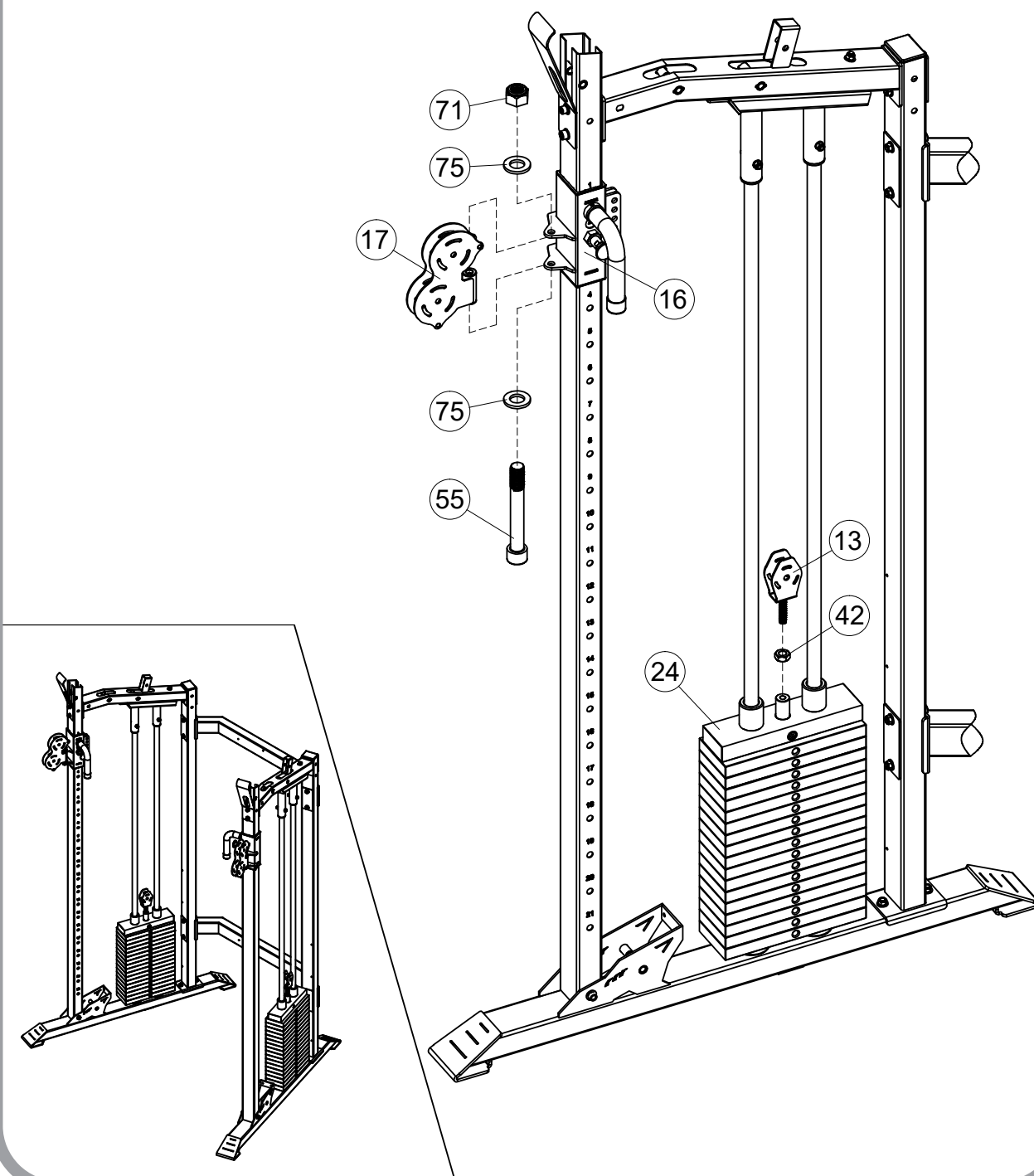
Fasten Finger Tight At This Stage.









Assembly Step-8 Exploded Drawing

- | | | | | | | | |
|------|---|---|-------------|---|---|---|---------|
| (55) |  | × 2 M12×95mm | (42) |  |  | × 2 M12 | |
| (75) |  |  | × 4 Φ24×Φ13 | (71) |  |  | × 2 M12 |

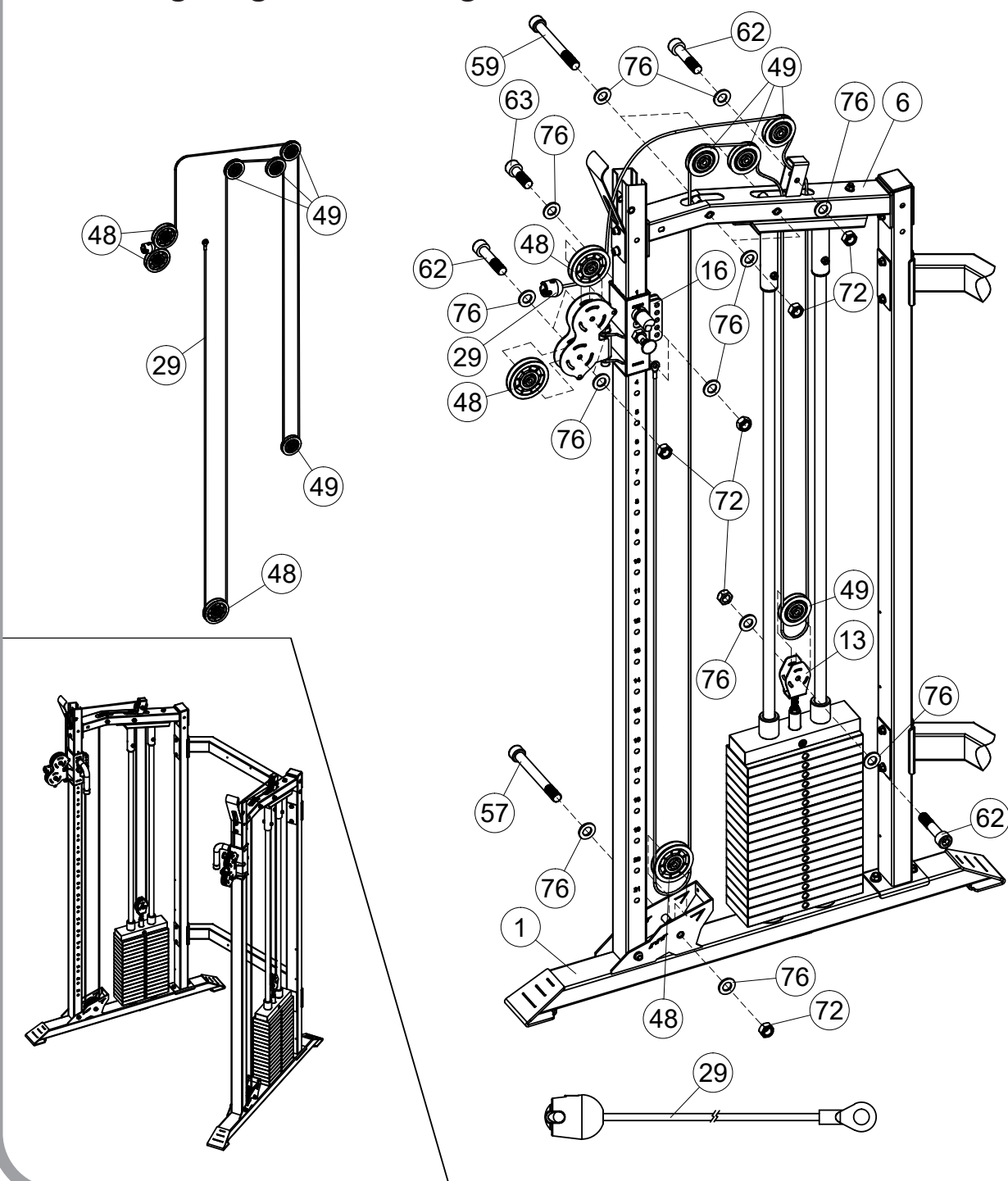
Fasten Finger Tight At This Stage.




Assembly Step-9 Exploded Drawing

- | | |
|---|--|
| (57)  × 2 M10×95mm | (63)  × 2 M10×30mm |
| (59)  × 4 M10×85mm | (72)  × 16 M10 |
| (62)  × 8 M10×45mm | (76)  × 32 Φ20×Φ10.5 |



Fasten Finger Tight At This Stage.



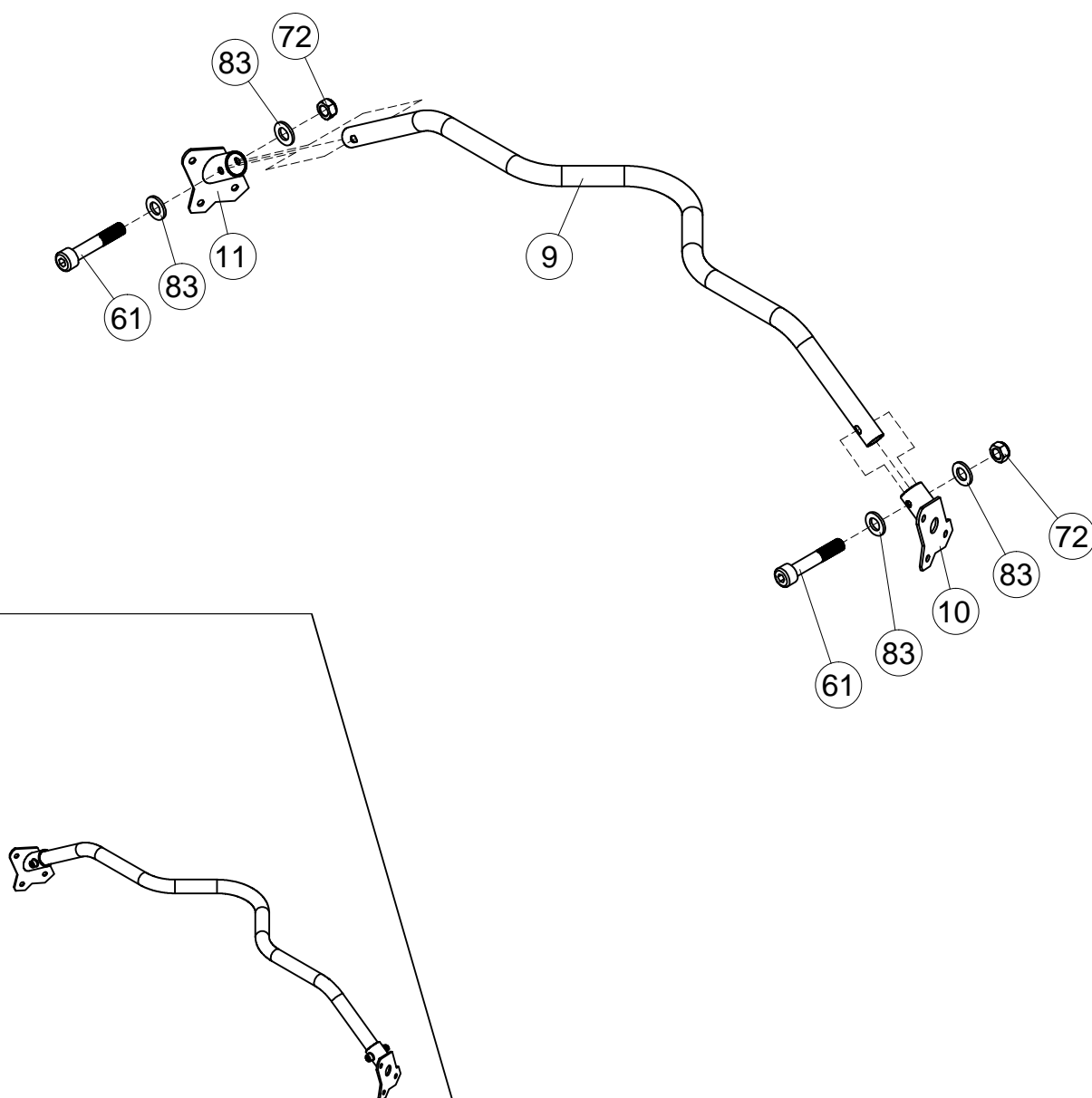
Assembly Step-10 Exploded Drawing

⑥1  × 2 M10×55mm





⑦2   × 2 M10

⑧3   × 4 $\Phi 20 \times \Phi 10.5 \times R25$

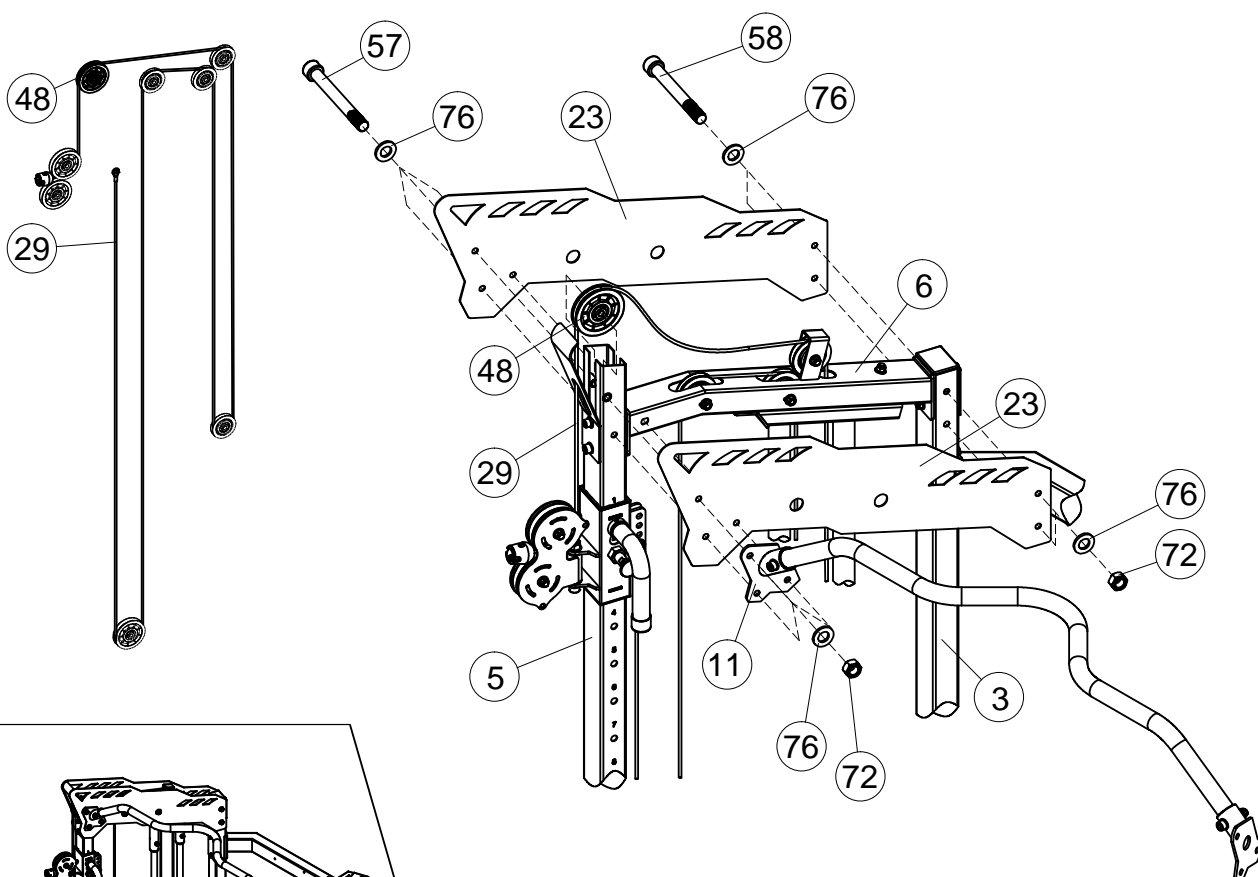
Fasten Finger Tight At This Stage.



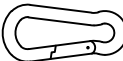





Assembly Step-11 Exploded Drawing

- (57)  × 6 M10×95mm (72)  × 10 M10
 (58)  × 4 M10×90mm (76)  × 20 Φ20×Φ10.5

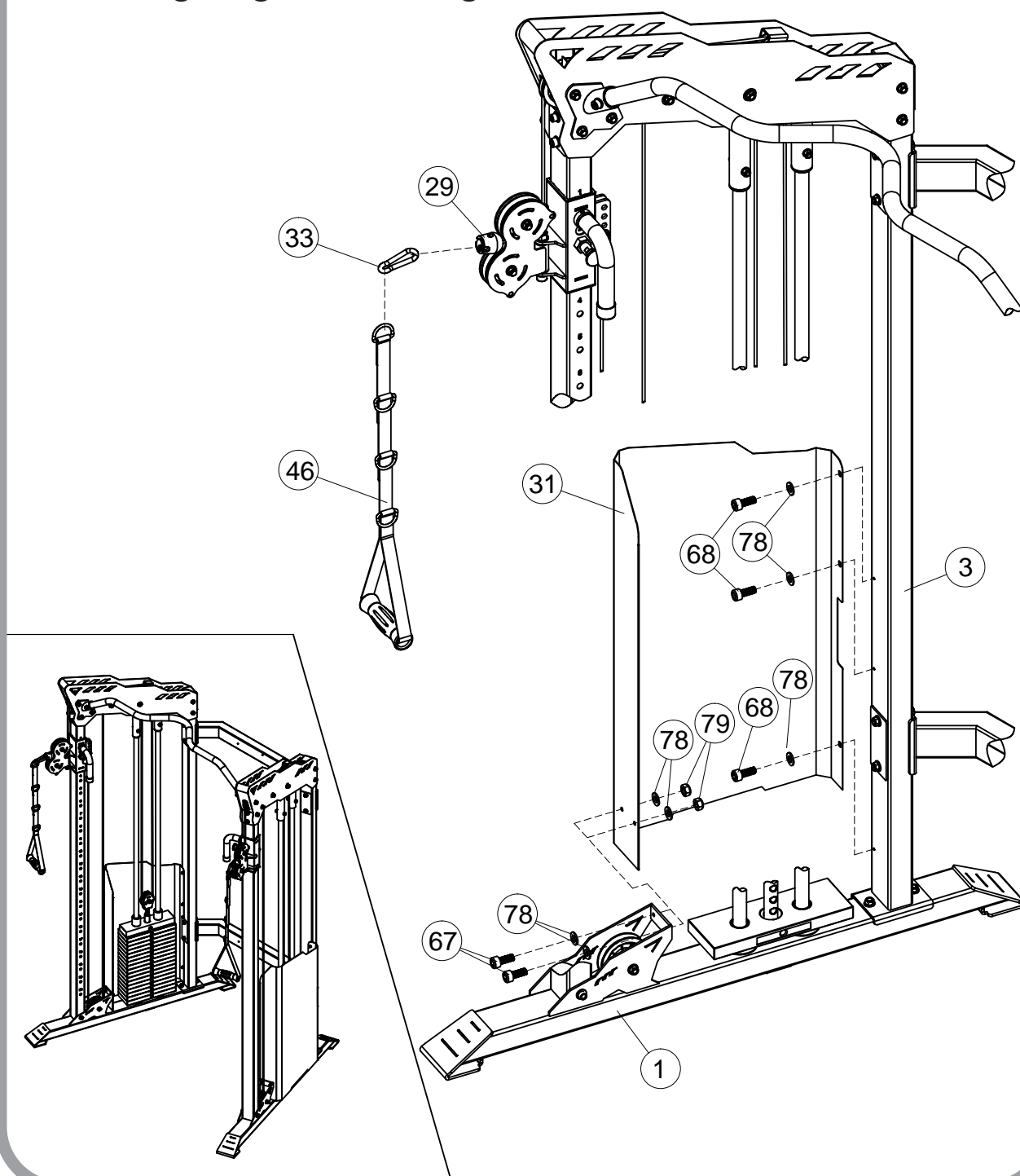
Fasten Finger Tight At This Stage.



Assembly Step-12 Exploded Drawing

- | | | | | | | | | |
|----|---|-----|---------|----|---|--|-----|-----------|
| ③③ |  | × 2 | Φ8 | ⑦⑧ |  | | ×14 | Φ12×Φ16.4 |
| ⑥⑦ |  | × 4 | M6×15mm | ⑦⑨ |  |  | × 4 | M6 |
| ⑥⑧ |  | × 6 | M6×10mm | | | | | |

Fasten Finger Tight At This Stage.



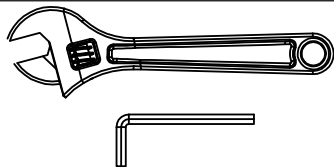
Assembly Step-13 Exploded Drawing

68

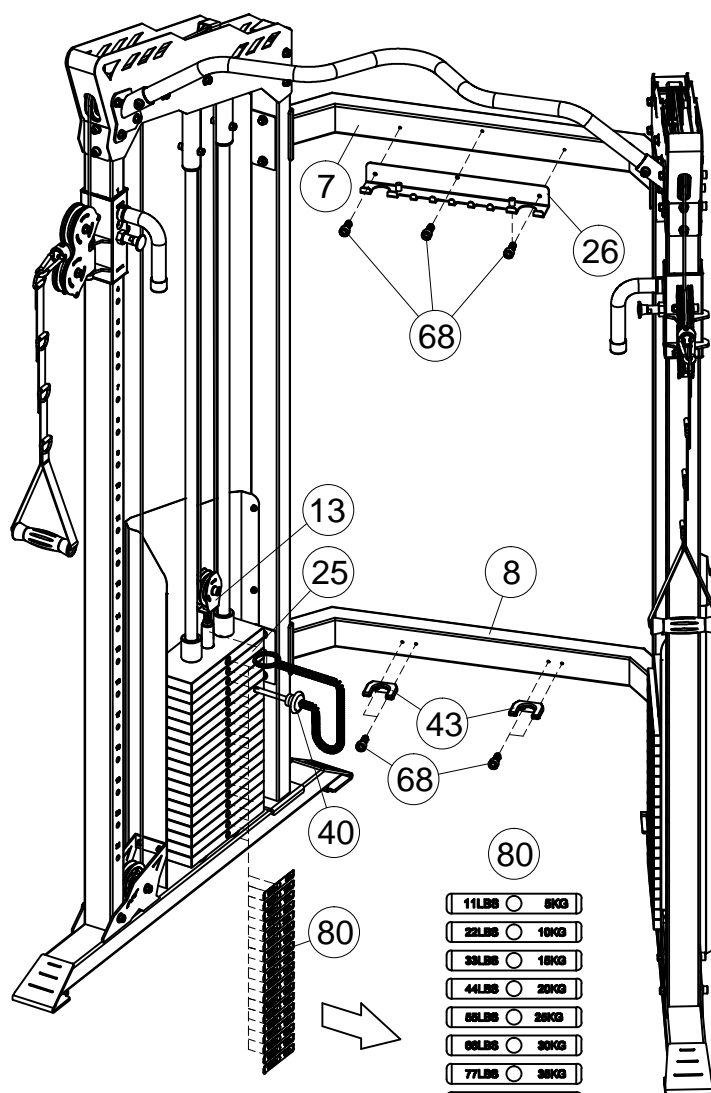
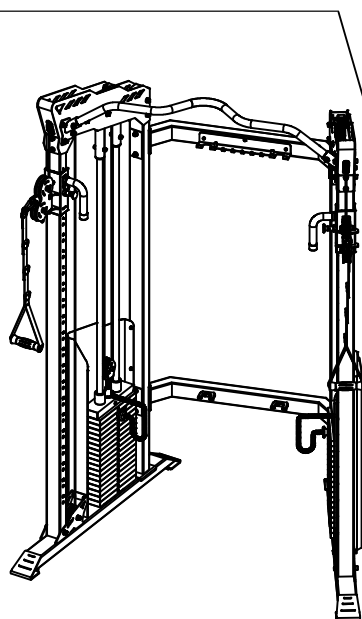


× 7

M6×10mm

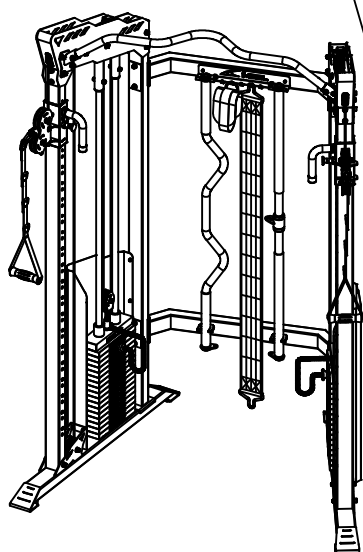
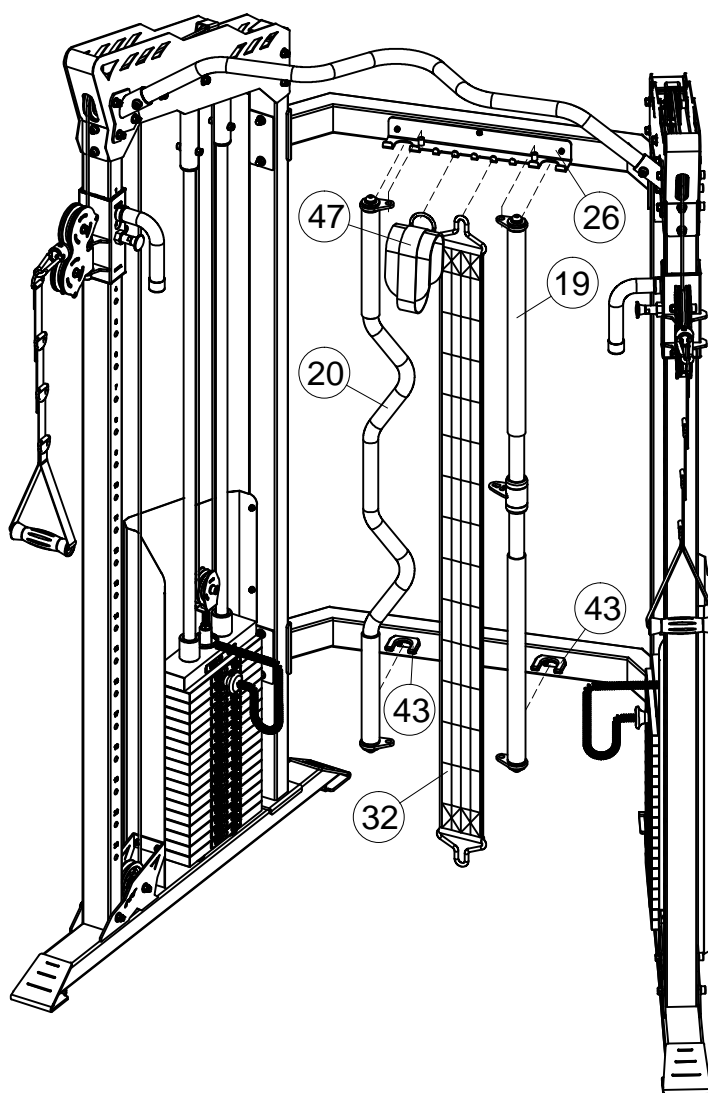


Fasten This And Previous Assembly Stage Now.



11LBS	5KG
22LBS	10KG
33LBS	15KG
44LBS	20KG
55LBS	25KG
66LBS	30KG
77LBS	35KG
88LBS	40KG
99LBS	45KG
110LBS	50KG
121LBS	55KG
132LBS	60KG
143LBS	65KG
154LBS	70KG
165LBS	75KG
176LBS	80KG
187LBS	85KG
198LBS	90KG

Assembly Step-14 Exploded Drawing



᳚ BODY POWER

TITAN