

PRO-93140 TITAN ADJ. SQUAT / DIP RACK



Assembly Instructions

PRO93140 Titan Adjustable Squat/Dip Rack

(1) Attach (4) turn pop pins and (4) hand knobs into right hand and left hand frame. Tighten turn pop pins.

(2) Spray adjustment bar with lemon pledge. Push adjustment bar thru sockets on right hand and left hand frame. Set distance with (2) turn pop pins. Tighten (2) hand knobs.

(3) Push (2) insert into frames. Note: inserts have handles out for dipping and to the back for squat and bench work. Tighten (2) turn pop pins and (2) hand knobs.

Parts List

(4) turn pop pins

(4) hand knobs