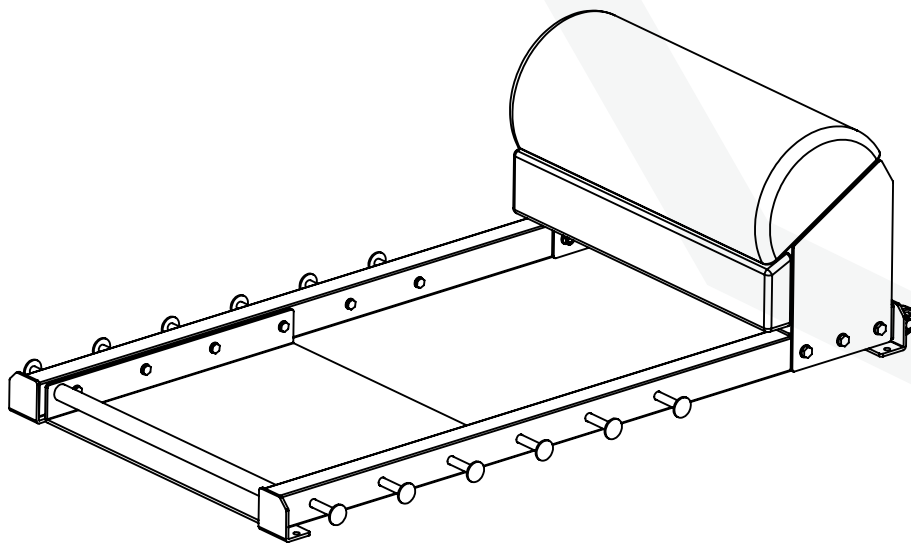




# TITANIUM STRENGTH



## TITANIUM STRENGTH HIP THRUST BENCH

# THANK YOU

Thank you very much for trusting us! With this purchase you are now part of the Titanium Strength Community. We hope that our products will help you gain the confidence you need to achieve all your goals. We guarantee you quality and safety.

## SECURITY

Heavy, robust and **100% safe** machinery for intensive **high quality** training.

## TRUST

A brand that is on your side **to help you** achieve what you propose.

## QUALITY

Titanium Strength offers strength machines with an **unbeatable value for money**.

## #GOTITANS

Learn all the tricks and tips for your training and discover our movement #gotitans in our social media accounts.



 **FOLLOW US ON:**  
**@titaniumstrengthofficial**

# ASSEMBLY INSTRUCTIONS

## BEFORE YOU BEGIN

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions.

## SAFETY PRECAUTIONS

- Keep children and pets away from the equipment at all times. **DO NOT** leave children unattended in the same room with the equipment.
- Only one person at a time should use the equipment.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the equipment on a clear, level surface. **DO NOT** use the bench near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the equipment.
- Use the equipment only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- Before using the equipment, always do stretching exercises to properly warm up.
- Never operate the equipment if the equipment is not functioning properly.

# PARTS LIST

KEY NO.	DESCRIPTION OF PART	QUANTITY
#1	Right Bottom Frame	1
#2	Left Bottom Frame	1
#3	Foot Form	1
#4	Right Upright Framey	1
#5	Left Upright Frame	1
#6	Pad Support Bracket	1
#7	Big Pad	1
#8	Small Pad	1
#9	Band Holder	12
H8-7	M8x45mm Hex Head Bolt	2
H8-12	M8x70mm Hex Head Bolt	4
H10-2	M10x20mm Hex Head Bolt	12
H10-3	M10x25mm Hex Head Bolt	4
H10-7	M10x45mm Hex Head Bolt	4
H12-13	M12x75mm Hex Head Bolt	6
H12-16	M12x90mm Hex Head Bolt	4
W8	M8 Washer	6
W10	M10 Washer	28
W12	M12 Washer	20
N10	M10 Nut	8
N12	M12 Nut	10

# ASSEMBLY INFORMATION

**NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.**

- Tools Required for Assembling the Titanium Strength Hip Thrust Bench: adjustable wrench, open end wrench(14mm), open end wrench(17mm), rubber mallet and tap measure.
- Ensure Carriage Bolts are inserted through the square holes on components that need to be assembled.
- Attach washer only to end of the Carriage Bolt.
- Use Allen Bolts or Hex Bolts inserted through the round hole on components that need to be assembled.
- Always wait until all bolts are assembled before tightening the bolts. Do not tighten each bolt right after it is installed.

**NOTE: Don't tighten the locknuts and bolts before fully assembled.**

- Place all parts in a cleared area and remove the packaging materials. Do not dispose of the packaging materials until you complete all assembly steps.
- The following tools (not included) may be required for assembly:



Two adjustable wrenches



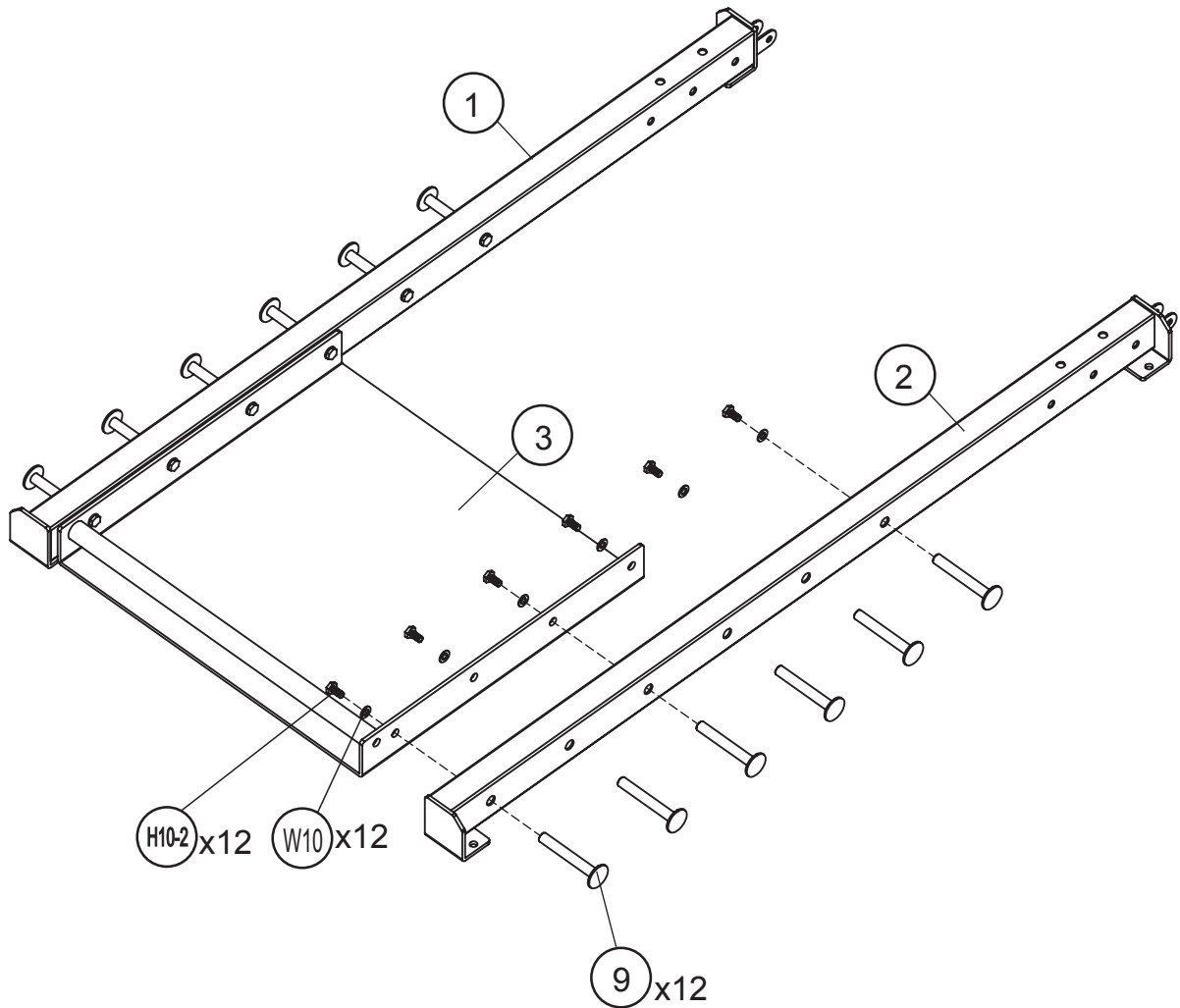
One rubber mallet



One standard screwdriver

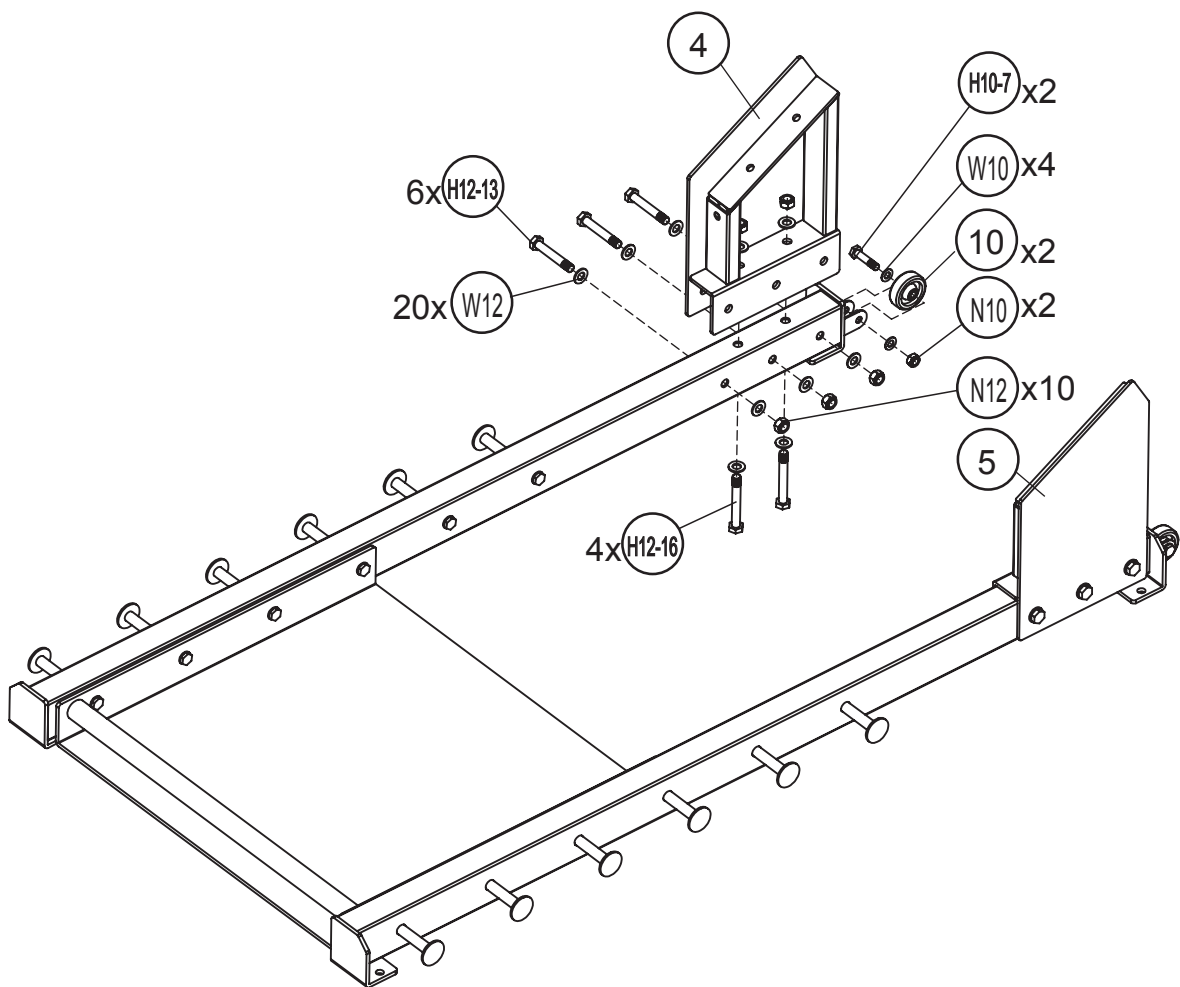
# PARTS IDENTIFICATION CHART

## STEP 1



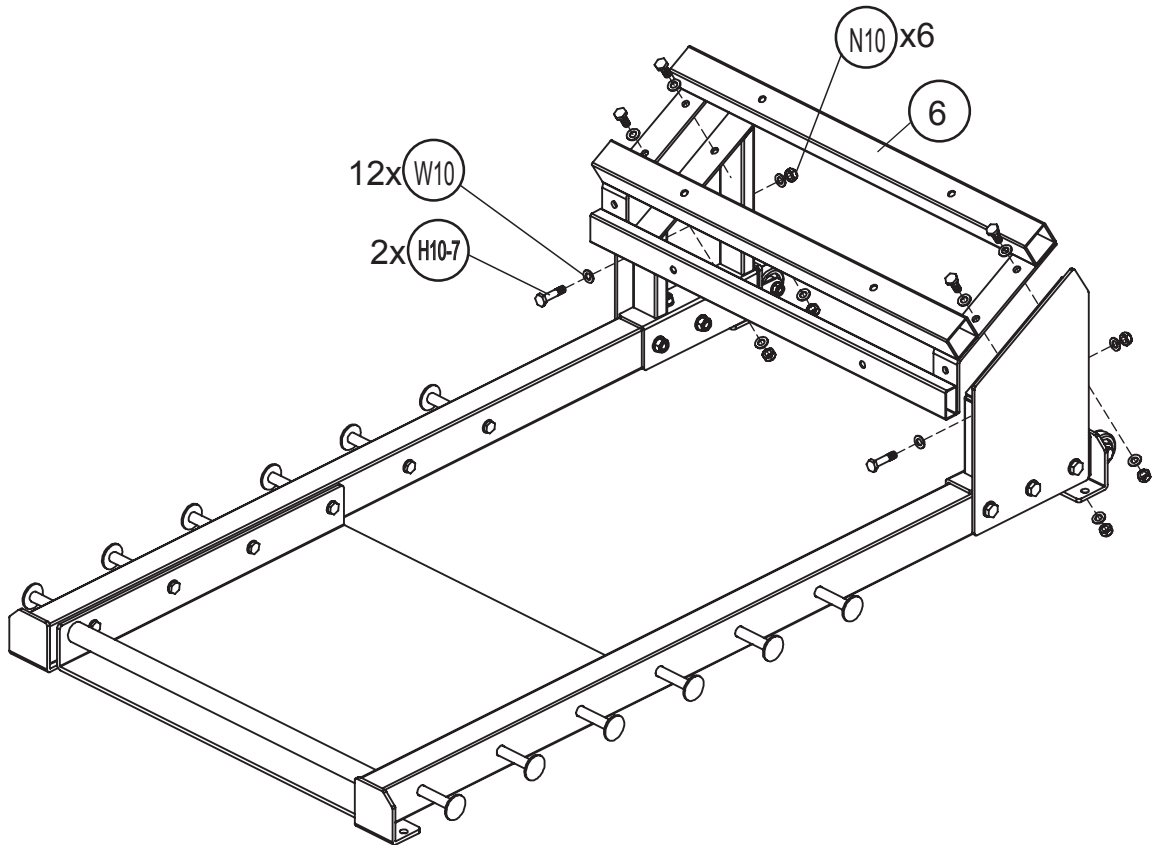
# PARTS IDENTIFICATION CHART

## STEP 2



# PARTS IDENTIFICATION CHART

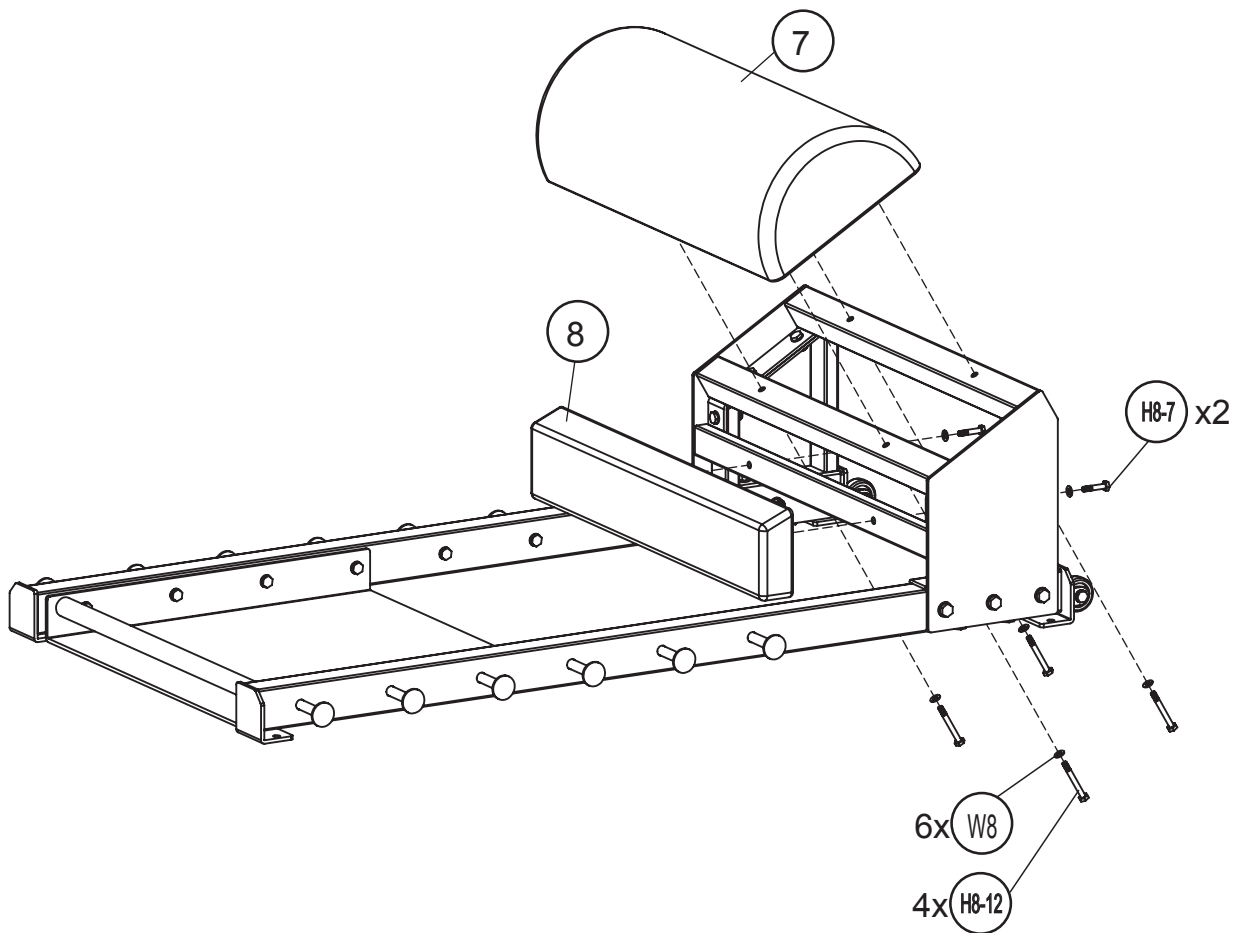
## STEP 3





# PARTS IDENTIFICATION CHART

## STEP 4





# TITANIUM STRENGTH

## WARRANTY

We warranty this product to be free from defects in workmanship and materials under normal use and conditions for a period of 1 year **FOR PROFESSIONAL USE** and 3 years **FOR DOMESTIC USE**, from the date of original purchase, provided that the product remains in the possession of the original owner. This Limited Warranty is not transferable and is available only to the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company. Please note that certain exclusions and limitations apply.

### **THIS LIMITED WARRANTY IS VOID IF THE PRODUCT IS:**

- Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.
- Used in commercial or rental applications.
- Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use



# TITANIUM STRENGTH

## SEE YOU SOON!

WE HOPE YOU ACHIVE ALL YOUR GOALS.

Share your experience and tag  
[@titaniumstrengthofficial](https://www.instagram.com/titaniumstrengthofficial)

 FOLLOW US

