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Titan Fitness TBDS

Titan Fitness Plate-Loaded Tibia Dorsi Calf Machine

Model: TBDS

User Manual

Introduction

This manual provides essential information for the safe and effective use of your Titan Fitness Plate-Loaded Tibia Dorsi Calf Machine, Model TBDS. This equipment is designed to target and isolate the tibialis anterior and calf muscles through plate-loaded resistance.

Key Features:

- **Tibialis Isolation:** Specifically designed to target the tibialis anterior muscle for comprehensive lower leg development.
- **Plate-Loaded Design:** Utilizes Olympic-sized weight plates for adjustable resistance, accommodating up to 200 LB.
- **Durable Construction:** Built with 11-gauge steel and a powder-coated finish for long-lasting performance and resistance to wear.
- **Comfortable Padding:** Features a padded footrest for user comfort during exercises.

Safety Information

Before using this equipment, please read and understand all safety instructions. Failure to follow these instructions may result in injury.

- Consult a physician before starting any new exercise program.
- Always inspect the machine for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure the machine is placed on a stable, level surface.
- Load weight plates securely onto the sleeves. Do not exceed the maximum weight capacity of 200 LB.
- Keep hands, feet, and clothing clear of all moving parts.
- Perform exercises with controlled movements. Avoid sudden jerking motions.

- Keep children and pets away from the equipment during use.

Setup

The Titan Fitness Plate-Loaded Tibia Dorsi Calf Machine typically arrives pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the machine from its packaging. Inspect for any shipping damage.
2. **Placement:** Position the machine on a flat, stable surface in your workout area. Ensure adequate space around the machine for safe operation and loading of weights.
3. **Weight Loading:** Load Olympic-sized weight plates onto the 7-inch long, 49mm round weight sleeves on either side of the machine. Ensure plates are evenly distributed and secured with collars (not included) if desired for added stability. The machine can hold up to 200 LB.



Image: The Titan Fitness Tibia Dorsi Calf Machine with 25 LB Olympic plates loaded on each side, demonstrating proper weight placement.

Operating Instructions

This machine is designed for performing Tibia Dorsi Flexion and Calf Raise exercises. Always warm up before exercising and cool down afterward.

Tibia Dorsi Flexion:

1. **Positioning:** Sit on a bench or chair in front of the machine. Place your feet under the padded bar, with your toes pointing upwards and the top of your feet (dorsum) against the padding. Your heels should be slightly off the footplate.
2. **Execution:** Slowly lower your toes towards the floor, allowing the weight to stretch your tibialis anterior. Then, powerfully flex your tibialis anterior, pulling your toes upwards as high as possible.
3. **Control:** Maintain control throughout the movement, focusing on the muscle contraction and extension. Avoid using momentum.



Image: A user seated on a bench, demonstrating the starting position for tibia dorsi flexion with weights loaded on the machine.



Image: A user demonstrating the peak contraction during tibia dorsi flexion, with feet pulled upwards against the padded bar.



Image: A close-up view of a user's feet correctly positioned on the footplate and against the padded bar for exercise.

Calf Raises (Optional):

While primarily designed for tibialis work, the machine can be adapted for seated calf raises by reversing your foot position.

1. **Positioning:** Sit on a bench or chair. Place the balls of your feet on the footplate, with your heels hanging off. Position the padded bar across your lower thighs, just above your knees.
2. **Execution:** Lower your heels as far as possible to stretch your calves. Then, push upwards with the balls of your feet, raising your heels as high as possible.
3. **Control:** Perform the movement slowly and with control, focusing on the contraction of your calf muscles.

▶ **Watch video online**

Within every one of us there's a Titan Strong!

Video: An overview of various Titan Fitness equipment in use, demonstrating the brand's focus on functional training. This video provides context for the quality and application of Titan Fitness products.

Maintenance

Regular maintenance ensures the longevity and safe operation of your Tibia Dorsi Calf Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The pillow block bearings are designed for smooth operation. If any squeaking or stiffness occurs, apply a small amount of silicone-based lubricant to the moving parts.
- **Storage:** Store the machine in a dry environment to prevent rust.



Image: A close-up view of the pillow block bearings, highlighting a key moving component that may require occasional lubrication.



Image: A close-up of the textured padding, which should be regularly cleaned to maintain hygiene and durability.

Troubleshooting

If you encounter issues with your machine, refer to the following common troubleshooting tips:

- **Squeaking or Stiffness:** Check for loose bolts and apply lubricant to the bearings if necessary.
- **Wobbling:** Ensure the machine is on a level surface. Check that all frame bolts are securely tightened.
- **Weight Plates Not Fitting:** Confirm you are using Olympic-sized plates with a 2-inch diameter hole. The sleeves are 49mm (approximately 1.93 inches) round.

Specifications

Feature	Specification

Feature	Specification
Model Number	TBDS
Brand	Titan Fitness
Material	Alloy Steel
Maximum Weight Capacity	200 Pounds
Item Weight	55 Pounds
Product Dimensions (LxWxH)	15"D x 49.5"W x 12"H
Weight Sleeve Length	7 inches
Weight Sleeve Diameter	49mm (Olympic-sized)
Footplate Dimensions (WxT)	17" W x 4" T
Padding Dimensions (WxT)	17" W x 7" T
UPC	840009204920

Warranty and Support

Titan Fitness products are designed for durability and performance. For specific warranty details, please refer to the documentation included with your purchase or visit the official Titan Fitness website.

For customer support, assistance with parts, or any inquiries regarding your Plate-Loaded Tibia Dorsi Calf Machine, please contact Titan Fitness directly. Contact information can typically be found on the manufacturer's website or through your purchase platform.

Optional protection plans may be available for purchase separately to extend coverage beyond the standard manufacturer's warranty.

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