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› Titan Fitness X-3 Series Flat Foot Power Rack 91-in. H 30-in. D Instruction Manual

Titan Fitness (2)X3FFUP92 - X3FFSB30 - X3FFACC

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Model: (2)X3FFUP92 - X3FFSB30 - X3FFACC

INTRODUCTION

The X-3 Series Flat Foot Power Rack by Titan Fitness is offered in 82 and 91-inch models to fit your gym needs. Featuring heavy-duty 3 x 3-inch 11-gauge square steel uprights with Westside hole spacing through the bench and clean pull zone, 2-inch spacing above and below, 6-inch side hole spacing throughout entire upright, a bolt-together design, and a powder-coated black finish. Additionally, the power rack comes standard with a 1.25-inch pull-up bar, a 2-inch fat pull-up bar, and (2) reinforced J-Hooks. This power rack is designed for lifters and athletes seeking a high-quality solution without the need to bolt the rack to the floor.



Front view of the Titan Fitness X-3 Series Flat Foot Power Rack, showcasing its robust design.

SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Inspect all components for damage before each use. Do not use if any parts are damaged or missing.
- Ensure all bolts and fasteners are securely tightened before use. Regularly check and re-tighten as necessary.
- Maintain a clear area around the power rack during use to prevent accidents.
- Do not exceed the maximum weight capacities: Rackable Capacity: 1,650 lb., Whole Rack Capacity: 6,170 lb.
- Two-person assembly is recommended for safety.
- Keep children and pets away from the equipment during assembly and use.
- Use appropriate safety spotters or safety straps when lifting heavy weights.

COMPONENTS LIST

Please verify that all parts are present before beginning assembly.

- (4) Heavy-duty steel uprights (3 x 3-inch 11-gauge steel)
- (2) J-Hooks with UHMW plastic
- (1) 1.25-inch Single Pull-Up Bar
- (1) 2-inch Fat Pull-Up Bar
- Assembly Hardware (nuts, bolts, washers)
- (3) Topside Bracings
- Flat Foot Base components

SETUP AND ASSEMBLY

Tools required: Adjustable wrench or socket set.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify against the components list.
2. **Assemble Base:** Connect the flat foot base components to the bottom of the uprights using the provided hardware. Ensure the base is stable and level.



Image showing the assembled base of the power rack with uprights.

3. **Attach Uprights:** Securely attach the four uprights to the assembled base. Ensure the Westside hole spacing (closer holes) is oriented correctly for bench and clean pull zones.



Detail of the upright showing Westside hole spacing for precise adjustments.

4. **Install Top Bracings:** Connect the three topside bracings between the uprights at the top of the rack. This provides structural integrity.



View of the top bracings and pull-up bars installed, securing the upper frame.

5. **Mount Pull-Up Bars:** Install the 1.25-inch single pull-up bar and the 2-inch fat pull-up bar to the designated positions on the top bracings. Choose the bar that best suits your grip preference.
6. **Attach J-Hooks:** Insert the J-Hooks into the desired holes on the uprights. Ensure the UHMW plastic is facing inwards to protect your barbell.



A J-hook securely attached to an upright, ready for barbell placement.

7. **Final Tightening:** Once all components are in place, systematically tighten all nuts and bolts. Do not overtighten, but ensure a secure fit.
8. **Stability Check:** Gently shake the assembled rack to ensure it is stable and does not wobble. Adjust as necessary.

OPERATING INSTRUCTIONS

- **Barbell Placement:** Place your barbell securely onto the J-Hooks. Ensure the barbell is centered and stable before loading weights.



A barbell with weight plates resting securely on a J-hook within the power rack.

- **Adjusting J-Hooks:** To adjust the height of the J-Hooks, remove the barbell, lift the J-Hook, pull it out, and re-insert it into the desired hole. Ensure both J-Hooks are at the same height.
- **Using Pull-Up Bars:** The 1.25-inch and 2-inch pull-up bars offer different grip challenges. Select the bar that suits your exercise. Ensure a firm grip before performing pull-ups.
- **Accessory Compatibility:** The X-3 Series Power Rack is compatible with various Titan Fitness X-3 accessories (e.g., Pin and Pipe Safeties, Spotter Arms, Roller J-Hooks). Refer to the accessory's specific instructions for installation and use.



The power rack set up with a barbell, weight plates, and a bench, demonstrating its versatility for various exercises.

MAINTENANCE

- **Regular Inspection:** Periodically inspect all bolts, nuts, and connections for tightness. Re-tighten as needed to ensure stability and safety.
- **Cleanliness:** Wipe down the steel frame with a damp cloth to remove dust and sweat. Avoid abrasive cleaners that may damage the powder-coated finish.
- **UHMW Plastic:** Check the UHMW plastic on the J-Hooks for wear and tear. Replace if significantly damaged to protect your barbell.
- **Storage:** If disassembling for storage, keep all hardware organized to prevent loss.

TROUBLESHOOTING

Issue	Possible Cause	Solution
Rack wobbles or is unstable	Loose bolts; uneven floor	Ensure all assembly bolts are securely tightened. Place the rack on a level surface or use shims if necessary.

Issue	Possible Cause	Solution
Missing parts upon delivery	Packaging error or transit damage	Contact Titan Fitness customer support immediately with your order details.
Difficulty inserting J-Hooks or accessories	Misalignment of uprights; debris in holes	Ensure uprights are perfectly vertical and parallel. Clear any debris from the holes.

SPECIFICATIONS

Feature	Detail
Overall Height (91-in. model)	91 inches
Max Pull Up Bar Height	88 inches
Product Weight	296 lb.
Inside Width	42 inches
Inside Depth	30 inches
Overall Footprint	50 x 48 inches
Hole Size	11/16 inches
Finish	Powder-Coated Black
Material	3-in x 3-in. 11-Gauge Steel
Rackable Capacity	1,650 lb.
Whole Rack Capacity	6,170 lb.

WARRANTY AND SUPPORT

For warranty information, please refer to the official Titan Fitness website or contact their customer support directly. The product comes with a 30-day easy returns policy.

For assistance with missing parts, assembly questions, or other inquiries, please contact Titan Fitness customer support. You can find their contact information on their official website: www.titan.fitness

Customer Support is available for assistance.