

Titan Fitness TRWM1-TRWM2

Titan Fitness Plate-Loaded Standing T-Bar Row Machine Instruction Manual

Model: TRWM1-TRWM2

1. INTRODUCTION

Thank you for choosing the Titan Fitness Plate-Loaded Standing T-Bar Row Machine. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

This machine is designed to facilitate T-bar row movements, targeting your back and rear shoulders, and improving pulling strength, core strength, stability, and posture. It features multi-grip handles and an Olympic-sized weight sleeve for plate loading.

2. SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the T-Bar Row Machine.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Always inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Ensure all bolts and nuts are securely tightened before and during use.
- Use the machine only on a level, stable surface. For added stability, the machine can be bolted to the floor.
- Do not exceed the maximum weight capacity of 440 LB (200 kg) on the weight sleeve.
- Wear appropriate athletic footwear and clothing during exercise.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause

cancer and birth defects or other reproductive harm.

3. PRODUCT COMPONENTS AND OVERVIEW

The Titan Fitness Plate-Loaded Standing T-Bar Row Machine consists of a sturdy steel frame, a weight plate sleeve, multi-grip handles, and dual non-slip footplates.



Figure 1: Overview of the Titan Fitness Plate-Loaded Standing T-Bar Row Machine.



Figure 2: Detail of the multi-grip handles, offering both vertical and horizontal grip options.



Figure 3: Detail of the diamond-textured non-slip footplates for secure positioning.

4. ASSEMBLY AND SETUP

While specific assembly instructions are not provided in this manual, the machine is designed for straightforward setup. It is recommended to assemble the unit in the location where it will be used.

1. Unpack all components and verify against the packing list (if provided) that all parts are present and undamaged.
2. Assemble the main frame components, ensuring all bolts and nuts are finger-tight initially.
3. Attach the multi-grip handle assembly and the weight plate sleeve.
4. Once all components are in place, securely tighten all bolts and nuts using appropriate tools. Do not overtighten.
5. **Optional:** For enhanced stability, the machine can be bolted to the floor using appropriate anchors (not included). Ensure the floor surface is suitable for drilling and securing heavy equipment.



Figure 4: The adjustment knob allows for setting the handle height.

5. OPERATING INSTRUCTIONS

The T-Bar Row Machine allows for effective back and shoulder training. Follow these steps for proper operation:

1. **Load Weight Plates:** Slide Olympic-sized weight plates onto the 12.7-inch weight sleeve. Ensure plates are evenly distributed and secured with a collar (not included) if necessary to prevent shifting during exercise.



Figure 5: Loading Olympic weight plates onto the machine's sleeve.

2. **Adjust Handle Height:** Use the adjustment knob to set the desired height for the multi-grip handles. Ensure the handle is securely locked in place before use.
3. **Position Yourself:** Stand on the non-slip footplates, facing the handles. Your feet should be firmly planted for stability.
4. **Grip the Handles:** Choose between the vertical grips for targeting back thickness or the horizontal grips for building a wider back. Ensure a firm and comfortable grip.



Figure 6: Starting position for the T-Bar Row exercise.

5. **Perform the Row:** Keeping your back straight and core engaged, pull the handles towards your torso, squeezing your shoulder blades together. Control the movement as you lower the weight back to the starting position.



Figure 7: Executing the T-Bar Row movement.



Figure 8: Close-up of grip and form during the exercise.

6. **Proper Form:** Focus on engaging your back muscles. Avoid using momentum or arching your lower back excessively.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your T-Bar Row Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** If any moving parts (e.g., the pivot point for the handle assembly) begin to squeak or feel stiff, apply a small amount of silicone-based lubricant.
- **Storage:** Store the machine in a dry, clean environment away from extreme temperatures and direct sunlight.

7. TROUBLESHOOTING

If you encounter issues with your T-Bar Row Machine, refer to the following common solutions:

- **Machine feels unstable:** Ensure the machine is on a level surface. Check all assembly bolts and nuts for tightness. Consider bolting the machine to the floor for maximum stability.
- **Squeaking or stiffness:** Inspect moving parts for any obstructions. Apply a silicone-based lubricant to pivot points.
- **Weight plates slide:** Ensure you are using Olympic-sized plates. Use a weight collar on the sleeve to secure the plates.

If problems persist, contact customer support as detailed in Section 9.

8. SPECIFICATIONS

Feature	Specification
Brand Name	Titan Fitness
Model Number	TRWM1-TRWM2
Material	Alloy Steel
Item Weight	150 Pounds
Package Weight	161 Pounds
Weight Sleeve Length	12.7 inches
Weight Capacity	440 LB
Number of Items	1
Manufacturer	Titan Fitness
Date First Available	July 17, 2024

9. WARRANTY AND SUPPORT

This product is sold by TitanBrands. For specific warranty information, please refer to the documentation included with your purchase or contact TitanBrands directly.

Return Policy: This product is eligible for a 30-day return policy (refund/replacement) from the date of purchase.

Customer Support: For assistance with assembly, operation, parts, or troubleshooting, please contact TitanBrands customer support. You can typically find their contact information on their official website or through your purchase platform.

Note: Product specifications and features are subject to change without notice.