

# TITAN T1 REVIEW-USA

John Stone / October 23, 2006



*John Stone with his Titan T1*

## Introduction

Hi, my name is John Stone. I run a Fitness company. Before I get into my review of the Titan T1 strength training equipment, I'd like to tell you a bit about my background.

I started weight training in early 2003. At that time I was a total novice in the gym; I was fat, very unhealthy and out of shape. My strength training equipment at the time consisted of a rickety, dust-covered bench, some cement-filled plastic weights and a few dumbbells shoved into a spare "junk" room.

As I began to get in better shape, I quickly outgrew that setup. In September of 2003 I purchased a power rack with an adjustable bench, and was very happy with it--for awhile. The power rack is a fine piece of equipment, but it's very limited in terms of the number of exercises one can do with it.

In early 2005, I started to feel like my equipment was holding back my progress, so I began to look for something better. As I researched high-end home gym equipment, I started getting frustrated: I couldn't find anything that approached the commercial gym experience without spending untold amounts of money and filling my house with various pieces of dedicated equipment. I thought about giving up my search and joining a gym, but I was reluctant to do that because I really like working out at home. The search continued. Around this time the Titan (at the time it was known as the "Conan") came to my attention. When I first saw a picture of the Titan I was intrigued. The Titan is a very aesthetic and impressive looking machine, to be sure, but what could it do? That question was answered quickly. I was amazed by the sheer number of exercises the Titan was capable of--it seemed as if I'd finally found my "dream machine"!



The more I learned about the Titan, the more excited I became about purchasing one. It occurred to me that if the Titan lived up to my high expectations, then perhaps other Fitness members would be interested in the Titan, too. I figured that if enough members expressed an interest in the Titan, then maybe Titan could work out some kind of a volume discount with special pricing for members. As I began to discuss a possible deal with Titan, I did not want to commit to anything until I had a chance to use the Titan for myself. Everything looked great on paper, but that was not enough for me. Those of you who are familiar with my web site probably already know that I insist on paying for all my sponsors' products. The cost of a Titan, however, is considerably higher than a tub of protein powder! This presented a bit of a problem. I

worked out a deal with Titan that allowed me to pay for the Titan, but I could return it at any time if it did not live up to my expectations. I took delivery of my Titan on May 18, 2005. That was over 17 months ago, and to this day the Titan continues to impress me.

As you read my review, please keep in mind that it was not written by someone who has only been using the equipment for a few weeks. I've been working out on the Titan 4-5 times per week for over 17 months. As a very conservative estimate, I've put in well over 200 hours on my Titan.

I know many of you have been waiting a long time for this review, but I'll think you'll appreciate that my review is not based on first impressions or a "quick look". It's detailed and it's based on almost a year and a half of hard, real-world use. So grab a protein shake, kick back and relax! I hope you enjoy the review as much as I've enjoyed recounting my Titan ownership experience.



### Manufacturer's Overview of the Titan T1

If you are looking for the ultimate strength training machine that will suit the needs of practically everyone in your home, office, or training facility, look no further than the Titan T1. Whether you are an advanced weight trainer or just starting out, the Titan is built to accommodate your needs. Stack on the weight (up to 650 lbs. on the smith-carriage or 800 lbs on the heavy duty free weight racks), or go as light as you prefer with our unique counter-balance system. With the counter-balance you will also enjoy such exercises as assisted pull-ups, assisted dips, lat pull downs w/ Smith Machine, and more! The sliding bench makes positioning a breeze and is always perfectly centered for a symmetrical workout every time. Insert 2 footplates into either a high or low position with our quick-change attachment technology and you're ready to turn the sliding bench into a high capacity leg press machine. As if this isn't enough to shape those perfect thighs, we've added a second set of footplates that quickly insert into our patented smith-hybrid carriage to create an

unprecedented vertical leg press.

With one single machine that fits comfortably in a 9' x12' room you can duplicate almost any exercise offered by the best of the commercial gym machines. Some of the other quality exercises you will get when you purchase your Titan Strength Training Machine are cable crossovers, cable press, lat pull-downs, weighted ab-crunches, supported leg raises, leg curls, leg extensions, decline bench press, incline bench press, squats, and over 90 more cable, machine, and free-weight exercises available on the Titan! You will never do a more comfortable squat than on the Titan due to our Comfor-Pads™ technology. The customization of the Titan is unparalleled as most exercises can even be tailored to fit your particular height or width. The simple but effective patented quick-change attachment technology makes transitioning between exercises quick and easy.

Not only does the Titan give you unmatched variety in a home gym, but it is constructed with superior quality and with an elegance that you should expect in a life-long investment for a high-end home gym. You won't have to worry about vacuuming up the worn-off chrome plating in a couple of years from the Titan's weight posts because we build ours with shiny and elegant stainless steel. You'll also get textured stainless steel grips on the bars and accessory handles for an elegance and comfortable feel that will last throughout the years. The Titan is built with commercial quality parts and frame and you get a commercial quality workout every time you use your Titan.

There has never been a system like the Titan that gives you so much in such a compact design. For just a few pennies a day (you spend more than this in gas on your way to the gym) you can invest in your health and well-being with a gym that gives you the quality and variety of most commercial gyms, but you can now work out whenever you want in the comfort and privacy of your own home. No more fighting traffic, waiting for a bench to free-up, finding and paying a babysitter, etc., etc. etc. Weight training is an effective way to reduce fat, tone your muscles and build self esteem. When you look better, you feel better and are more productive and happy. Reach your fitness goals quicker and more efficiently & conveniently by investing in a long-term health plan today--the Titan T1 Health Plan!

### Packaging & Shipping

The Titan was shipped to my home via truck and arrived securely packaged in a unique, custom designed, steel-reinforced shipping crate. The shipping crate measures 88.9" long, 37.4" wide and 22.4" high. When I first removed the outer walls of the shipping crate I was amazed at how well-packed everything was. A tremendous amount of care obviously went into the packaging of the Titan: not an inch of space inside the crate was wasted, and everything was packed very securely. Almost every single part came wrapped in several layers of shrink-wrap, and further protection was provided by judicious use of foam inserts and heavy-duty strapping.



All the care that obviously went into the packaging was time well-spent: despite some obvious abuse to the outside of the crate while in transit, everything inside was in perfect shape.

No one wants to have the excitement of receiving their Titan spoiled by a damaged part. I feel everything had been done to make sure my Titan arrived at my home or business in perfect shape.

## Construction & Materials

I've been brutalizing the Titan for almost 1.5 years, and at this point there's no question in my mind that it's built to withstand a lifetime of use and abuse. I've dropped dumbbells and plates on the frame, dropped the smith carriage from the top of the machine with a full load of plates, sat 100-pound dumbbells on the bench and pulled them back off by dragging them across the material, bailed out of heavy barbell work under the safety spotters, dripped gallons of sweat and water all over the frame, bench, pulleys, guide rods & cables, pounded on and kicked the heavy bag a million times... Everything on the Titan works just as well now as it did on the day I assembled it. Apart from a few scratches and scuffs on the frame, my Titan still looks brand new! It's not surprising, just check out some of the construction highlights:

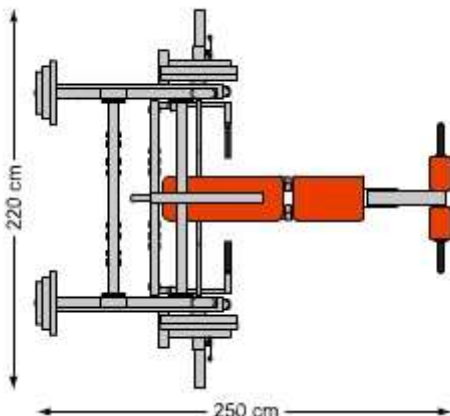
- 10 Gauge carbon steel provides superior strength and durability. The Titan uses steel gauge similar to what's found on the higher priced commercial equipment.
- Components and assemblies are shot-blasted, buffed, and inspected prior to powder coating. This, along with precision machining ensures smooth operation and a perfect fit when assembling your machine.
- All paint is applied using an electrostatic powder coat, oven-baked process, along with a special textured finish that resists chips and scratches.
- The frame and all components are hand welded by EWA certified welders then followed with a comprehensive inspection and quality control checklist to insure the highest strength and durability possible.
- Oversized 1.2 inch solid guide rods (the largest/strongest of any similar machine in the industry) are mated with specially hardened Teflon rollers. This unique system provides a smooth gliding action and is virtually maintenance free.
- 2200-pound aircraft quality steel cables provide high tensile strength and durability.
- Nylon pulleys with sealed ball bearings provide smooth, reliable operation.
- Weight plate posts are milled out of stainless steel instead of chrome plating found on competing machines. This ensures durable operation over the life of the machine without fear of chipping and breakdown commonly seen after only a couple years on chrome treated designs.



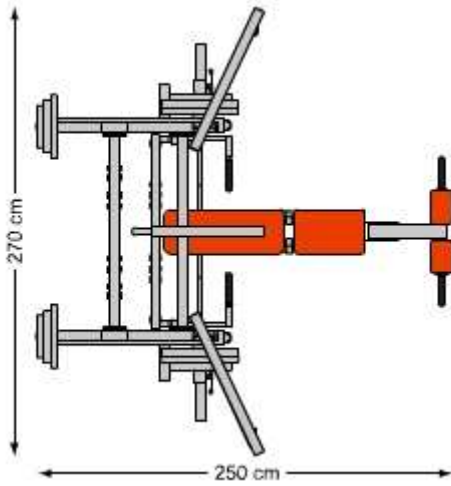
When you invest a lot of money in a high-end machine, you expect it to last a long, long time. Unfortunately many manufactures cut corners in some (or all) of the above areas. Over time, lesser machines start to have problems. When you invest in a Titan, you are getting a gym-quality, low-maintenance, ultra-dependable strength training system that is built to last a lifetime.

## Overall Dimensions & Weight

The base Titan (no options) is 98.4" deep, 86.6" wide and 87.7" high. It weighs 925 pounds.



The Titan with Option Package #1 or Option Package #2 is 98.4" deep, 106.2" wide (due to option "A") and 87.7" high. It weighs in at 1322 pounds.



A lot of people have asked how much space is realistically needed to comfortably house and workout on a Titan. If you are only going to put the Titan in the room and nothing else then you can get away with a 10' by 12' room (even a slightly smaller room will work if you don't mind giving up some free weight squat space). An 11' by 13' foot room is ideal. A standard 8' ceiling will work just fine. Some people with lower ceilings have even made the Titan fit by "notching" the ceiling!

Personally my home gym is fairly small--just 12'9" by 13'2", and in it I have the Titan, the Titan accessory rack, a weight tree, a big dumbbell rack with a complete set of dumbbells from 5 to 100 pounds and a recumbent bike. I can fit all that stuff in there, plus a few other odds and ends, and I still have plenty of room for lunges, deadlifts, barbell curls and other work outside the Titan.



## Standard Equipment

The standard Titan gives you the ability to do over 60 exercises, including exercises not typically found on home gym equipment such as seated leg press and vertical leg press. The base Titan is also capable of true assisted pull-ups, thanks to its innovative counter-balance system. Options can always be added at a later date, if desired.

Of course the standard Titan is capable of all your favorite free weight exercises, and comes with fully adjustable safety spotters so you can perform barbell squats, barbell bench press, barbell incline/decline press, etc. in complete safety without a human spotter.

The base Titan includes all of the following accessories/attachments:

- Push/Pull Handles
- Cable clips
- Diamond plated foothold (4)
- Cable extensions
- Lat pull-down bar
- Preacher Curl Attachment
- V-Bar for cable
- Comfor-pad Squat attachments
- Pull-up Handles
- Dips Handles
- Accessory Tree

## Optional Equipment

The Titan is also available with an array of useful options and option packages. The option packages, when ordered at the same time as your Titan, will save you some cash. Individual options can be mixed

and matched to create your ideal home gym setup. Of course options can always be added anytime after the initial Titan purchase.

Option Package #1 includes options "A", "A1", "B", "B1", "C", "D", "E", "F" and "N". This is the option package I have on my Titan. I also have option "HPB(O)" and option "T", all of which were purchased individually after I received my Titan.

Option Package #2 is also available, and contains all the options listed below except option "O" and option "S".

Option Package #3 includes every possible option, along with a 200KG WEIGHT PLATE SET, 21KG. Black Heavy Punching Bag, Gravity Boots, Handles Accessory Package, Olympic Barbell and an additional Accessory Storage Rack.

Here's a detailed look at each of the Titan's options and what they do.



#### **Option A: Cable Crossover**

I love doing cable crossover work. I frequently finish off my chest workouts with this exercise. The Titan's cable crossover system is very smooth and even. This option adds five new exercises: cable crossover, reverse fly, seated straight-arm cable crossover, overhead cable curls and isolated cable crossover. I highly recommend this option, and it is included in Option Package #1, Option Package #2 and Option Package #3.



#### **Option A1: Low Pulley**

This option is also included in Option Package #1, Option Package #2 and Option Package #3. I like the cable lateral raises and the kneeling overhead tricep extensions quite a lot. This option is also great if you are looking for a few "bow"-style chest exercises. Option A1 adds five new exercises: cable shoulder press, cable incline chest pres, cable chest press, cable lateral raise and kneeling overhead tricep extension.



#### **Option B: Leg Extension / Leg Curl**

This is a very useful option, and I use it all the time. What's great about the Titan's leg extension/leg curl attachment is that it's fully adjustable for people of all sizes, and it has constant resistance through the entire range of motion. Lesser machines have virtually no resistance through the first 25 degrees of motion or so. This option gives you five additional exercises: leg extension, leg curl, abdominal machine, neck exercise and ball exercise (ball not included). This option is included in Option Package #1, Option Package #2 and Option Package #3.



#### **Option B1: Preacher Curl / Lower Back Machine**

Option "B1" adds five very different exercises that hit quite a few different muscle groups: machine preacher curl, back extension machine, standing biceps cable curl, side bends with cable attachment and standing upright cable row. The versatility of the Titan is demonstrated very well with this single attachment. The Titan's machine preacher curls are one of my favorite bicep exercises. Option Package #1, Option Package #2 and Option Package #3. I highly recommend it.



#### **Option C: Ab Flexor Attachment**

This simple yet effective attachment is great for lower ab work. It allows you to do several kinds of supported leg raises. I use it all the time, and highly recommend it. It's included in Option Package #1, Option Package #2 and Option Package #3.



#### **Option D: Decline Foothold**

This is pretty much a "must-have" item for any kind of decline work. With it you can do decline sit-ups & crunches, decline barbell bench press and decline smith machine bench press.



#### **Option E: Dumbbell Spotter**

This option is included with Option Package #1, Option Package #2 and Option Package #3, but is the only option in the bunch that I don't really care for. Dumbbell spotters are great because they allow you to lift the dumbbells from above, rather than struggle to get into position on the bench with heavy weight. The problem is, these spotters are not adjustable, and they don't work very well with my hex dumbbells. I much prefer dumbbell power hooks (option "S").



#### **Option F: High / Low Pulley Station**

This option gives you a cable workout station that uses the counter-balance assembly for plate-loaded resistance. Because it is independent of the smith carriage, two people can workout on the Titan at the same time. This option adds additional flexibility to your Titan, and several exercises such as tricep pushdowns, standing cable curls, leg adductors/abductors and upright rows. I use this option all the time, and it is highly recommended. It's included with Option Package #1, Option Package #2 and Option Package #3.



#### **Option G: Inversion Boots**

If you like to hang upside down, then this is your option! I personally don't own this option, so I can't review it, but it seems like it would be quite useful for ab work. This option is included with Option Package #3.



#### **Option HPB(I) & Option HPB(O): Heavy Bag Attaching Arm (Inside/Outside)\***

This option is a blast! I'm not a boxer, but nothing relieves stress like beating the heck out of heavy bag. Just remember to take down your boss's photograph if he happens to drop by your house. This option became available after I took delivery of my Titan, and I ordered it on the first day it was available. I installed it in less than 2 minutes. This option is included with Option Package #2 and Option Package #3.

*\*Heavy bag not included*



#### **Option K: Seated Calf Raise**

This option is included with Option Package #2 and Option Package #3. This option is brand new (as of April 2007), and I do not (yet) own it. I'm told it's quite good, and I plan to order one for myself. I'll update this review again after I've put it through its paces!



### **Option N : Close Grip Attachment**

This option allows you to do close-grip smith machine work such as close-grip bench press, close-grip shoulder press and close grip incline press. It's also a great attachment for performing upright rows with the smith machine. I purchased this option after I received my Titan, as it was not yet available at the time of my original purchase. This option is now included with Option Package #1, Option Package #2 and Option Package #3.



### **Option O: Flat / Incline / Decline Accessory Bench on Wheels**

I don't own this option, but if two people are going to be using the Titan at the same time, this is a great option to have. The bench goes at the rear of the machine, and allows a second person to do free weight bench work at the rear power rack station. You can also use the preacher curl attachment, the weighted ab crunch attachment and the decline attachment with this bench. The bench comes with wheels and a handle. This option is only a part of Option Package #3, but can otherwise be purchased as an individual item.



### **Option P: Pec Deck**

Personally I'm not a big fan of the pec deck, but some people really like doing chest work on it. If you are one of those people, then TITAN has you covered! This option is included with Option Packages #2 and #3.



### **Option R: Ab Crunch Machine Attachment\***

I find that I'm able to get a killer ab workout using the standard Titan with options "D" and "C", so I don't own this option. If you are looking for a weighted ab crunch without having to balance plates on your chest, this is the option for you. This option is included with Option Packages #2 and #3.

*\*Option "N" is recommended to be used with this option, but not required*



### **Option S: Dumbbell Hooks**

These are the style dumbbell spotters I use and recommend. If you do any kind of heavy dumbbell pressing work, these are worth their weight in gold! This option is only a part of Option Package #3, but can otherwise be purchased as an individual item.



### **Option T: T-Bar Multi-Lat Attachment**

I suggested this option, and Fitcore listened! Not only did they take my initial suggestion seriously, they actively sought my input throughout the entire development process. Here is a short (but rambling) [video](#) in which I attempt to explain how this option came to be. I've been using this option for the past month, and I absolutely love it! This option is included with Option Package #2 and Option Package #3.

## **Assembly**

While I unpacked all stuff from the shipping crate, one of the first things I noticed was how heavy all the parts are. I already knew the Titan was supposed to be big, strong and tough, but I was still pleasantly surprised by the heft and solid feel of every last component I removed from the package. This is a serious piece of equipment!

The Titan conveniently comes partially assembled--a thoughtful touch that will save you assembly time. Keep in mind that you will need a partner to help move everything (a couple of the biggest pre-assembled parts are very heavy). I assembled my Titan solo, but a partner during the assembly process would have made things a little easier and saved some time. Assembly is really a two person job.

Once I had all the parts moved from the garage and staged in my gym, I grabbed the clearly written assembly instructions and got started putting my new Titan together. The Titan comes with printed instructions and detailed parts diagrams. Assembly information is also available on the TITAN web site, and of course you have live tech support available to you by phone if you need it.

All the Titan's parts are clearly labeled, and each assembly instruction is clear and concise. I never felt overwhelmed or unsure of what to do next. It was surprisingly easy to put together.

Like I said, assembly is not at all difficult or confusing, but it is fairly time consuming. Plan on spending a day putting your Titan together. It took me about 2 hours to carefully unpack my Titan from the crate, remove all the shrink wrap and then move all the parts from my garage to my home gym. It took me an additional 4 hours to fully assemble the base Titan, and 2 more hours to assemble and install all the options. So, in total, I spent 8 hours from start to finish, but you will probably be able to get it done quicker. Again, a second person would have shaved off quite a bit of time, plus I was making notes the whole time, taking pictures and posting periodic updates on my forum while I worked.



## Exercise Instructions

I was not impressed with the exercise instructions that came with my Titan. At the time, none of the attachments were labeled in any way, and setting up for many of the exercises was made far more difficult than it needed to be due to the less-than-clear instructions. The Titan is capable of so much, and I found myself overwhelmed by it all. Proper exercise documentation with such powerful and flexible piece of equipment is critical! Thankfully TITAN listened to my concerns, and have improved the exercise instructions by an order of a magnitude since I received my Titan.

Now all the parts are clearly labeled with an ID (such as "B-2"). The instructions have been improved to incorporate the new accessory identification system, so now setting up for an unfamiliar exercise is as easy as putting attachment "B-2" into hole "30".

In addition, the new instructions clearly indicate which muscle(s) are targeted, general setup & use instructions for each exercise, exercise safety precautions and even post-exercise "tear-down" instructions. Each exercise is accompanied by one or more photographs.

The new instructions combined with the labeling system makes setting up your Titan for a new exercise a snap. Additionally, TITAN has an extensive series of high-quality videos on their web site that demonstrate all the exercises.

The poor exercise documentation that came with my Titan was my only major gripe. To have such an amazing machine arrive with inadequate exercise setup information was a real letdown. Thankfully TITAN quickly addressed that issue, and then some. Thank you, TITAN!

## Learning Curve

Thanks to the much-improved documentation mentioned above, the learning curve of the Titan is not such a big deal anymore. Keep in mind that when you first start using the Titan you will find that you need to refer to the documentation to setup most of the exercises. Simple exercises like barbell bench press with the safety spotters are pretty much self-explanatory, but more complex exercises like vertical leg press, machine preacher curls and assisted dips will require a little extra time until you memorize the setup.

When you first get your Titan, you may feel a little overwhelmed by everything it can do--I sure did! However, after just few sessions on the Titan you'll begin to understand the mechanics of it, and you'll find that in no time it won't seem so complex or mysterious. I take 15 minutes before each workout to stage my gym and the



Titan. I get the first exercise set up, get the plates I'll need on the floor ready to go and I know exactly which attachments I'll need for subsequent exercises. You'll find that there are no exercises that can't be setup in a minute or so, even if you have to refer to the instructions. I don't think I've even looked at the instructions in over a year. Everything just seems very logical and intuitive once you get used to how the Titan works.

I love to do supersets for my arm workouts, and with a little advance planning I can easily move immediately from a triceps exercise to a biceps exercise. For example I can have the triceps pressdown exercise setup at the front of the machine or even at the counter-balance station (requires option "F") and the machine preacher curls set up at the same time (requires options "B" & "B1"). The Titan is so versatile that with a little planning you can move as quickly as your workout style dictates.

## Features & Capabilities

The Titan does everything you'd expect from a top-of-the-line home strength training machine, and a whole lot of things you probably would never expect to see in a home gym at any price. Some people look at the Titan and assume it's only for advanced weight lifters, but nothing could be further from the truth. As you'll see below, the Titan was engineered for trainees of all skill levels, ages and strengths.

The base Titan comes with far more built-in capability than many "loaded" machines from other manufactures. The base Titan (no added options) offers over 60 gym-quality exercises, including exercises you generally don't see outside of a commercial gym, such as leg press (with two leg positions), vertical leg press, assisted dips and assisted pull-ups. You also get cable shrugs, lat pull-down, dips, triceps extensions, cable curls, low rows and dozens of other exercises. TITAN has detailed information and videos for all the Titan exercises on their web site, so I won't rehash the entire list in this review. Check out the Titan web site for a comprehensive listing.

Now I'd like to talk about a few of the unique features that help set the Titan apart from other home gyms. Also, be sure to read the "Options" section (above) to learn how you can customize and expand the base Titan to fit your exact needs.

### - Fully adjustable sliding bench

A lot of thought was obviously put into the design of the Titan's bench. The bench is built on a 1.5" steel frame, and features a heavily padded foam seat and seat-back. The seat and seat-back are both covered in very tough vinyl, which is easy to clean and almost impossible to tear. The bench is rock solid, and simply does not move or wobble once it is locked into position using the locking arm on the side of the bench. The bench locking arm is perfectly positioned, and is easy to reach from all bench positions.

The Titan's bench glides on hardened Teflon rollers along two very beefy steel guide rods. This setup allows for an infinite number of bench positions; also, because the bench is permanently attached to the guide rods, it is always perfectly centered.

Like most quality benches, the Titan's bench back and seat are fully adjustable in very small increments, ranging from completely flat to fully upright (photo 1, below). Decline positions (photo 2, below) are accomplished by using Option "D", the Decline Leg Lock (Option "D" is included at no charge to all John Stone Fitness members). The bench seat is also fully adjustable, as are the leg lock pads at the end of the bench. The leg lock pads have extended padded posts that are used as a foot rest when doing things like incline bench press (see photo 1, below)--a great feature!

The Titan's sliding bench is the magic behind the leg press system. It's really an ingenious feat of engineering, and is truly a stand-out feature of the Titan. When performing leg presses, the bench back is used as the seat, and the seat is used as the back (see photo 3, below). As you press against the diamond plated footholds, the bench glides like liquid silk over the steel guide rods. Resistance is accomplished by loading the hybrid-smith machine posts with Olympic plates (not included).



### - Hybrid smith machine & Counter-balance system

The hybrid smith machine and the unique counter-balance system work together to allow you to perform a staggering number of gym-quality exercise in your own home.

First, I'd like to talk about the hybrid smith machine. Like all moving parts on the Titan, the smith machine is ultra-smooth and rock solid in its feel and operation. You'll appreciate the heft and stability of the 1.2" steel guide rods and--thanks to the sealed design of the hardened Teflon rollers--dirt and dust are locked out from the ball bearings contained within. The rods and the rollers never need oiling, and are 100% maintenance free. If you have to bail out of an exercise, heavy duty springs at the bottom of the guide rods can handle whatever weight you drop on them (up to the smith machine maximum load of 650 pounds). By the way, it's worth mentioning that the smith machine carriage weighs 80 pounds, and the two smith machine handles weigh an additional 8 pounds each, so smith machine loads of close to 750 pounds are possible without exceeding the 650-pound plate limit.

The solid-steel smith machine handles are expertly designed and are practically indestructible. A quick twist of your wrists will lock or unlock the smith machine carriage at any of the numerous locking points along the front of the Titan. This system is very easy to use, and I was comfortable with it almost immediately. Also, because the smith machine handles are separate, you will enjoy full range of motion--and then some (because the handles are split, you can go "through your body" if you like). Option "N" (Close Grip Attachment) is available if you'd like to join the two handles together for exercises such as close-grip smith machine bench press.

The counter-balance (shown) performs several important duties. First, it allows one to lighten the load on any of the smith machine exercises down to just 1 pound (don't forget--the smith machine carriage weighs 80 pounds with no plates). This is a very useful feature, and allows anyone to get a great workout on the Titan regardless of their existing strength level. But that's just the beginning. The counter-balance can also be used to actually reverse the load of the smith machine. As you probably know, the load on a typical smith machine always presses down; with the Titan's hybrid smith machine the load direction can be changed to up! This opens up a whole new world of exercise possibilities, such as assisted pull-ups and assisted dips, just to name just a few. Another great feature of the counter-balance assembly is that it can also be used as a stand-alone cable workout station if you purchase Option "F". For example I often use the counter balance station for

triceps pressdowns.

### - Leg press & Vertical leg press

Not many home gyms offer a gym-quality leg press, and a vertical leg press station is virtually unheard of even in commercial gyms, much less home gyms! The Titan offers two standard leg press options (low and high leg position) and also a vertical leg press station (shown).

The vertical leg press is not only a great exercise for the quads, but it's also very effective for doing calf raises from your back.



### - Low Row & Lat Pulldown

The base Titan has both!

The low row station is at the rear of the machine and has quickly become one of my favorite back exercises. You can use a triangle grip attachment (shown, not included) for a close palms-in grip, or use the included V-bar attachment (not shown) for a wider palms-down grip.

The lat pulldown station is at the front of the machine and, with a quick change of the handle, it can also be used for triceps pressdowns.

Like all smith machine/cable exercises found on the Titan, the counter-balance can be employed to lighten the load, if desired.



## - Power Racks & Safety Spotters

The Titan has a total of 3 power racks: one at the front of the machine (shown, with safety spotters) for exercises involving the bench, one at the rear for performing squats and other "open" exercises, and a third rack in the middle/back of the machine.

The Titan comes with a pair of very large and very strong rubber-padded safety spotters (shown). These spotters allow for safe barbell work in any of the racks without the need for a human spotter. I've been saved many times by the Titan's safety spotters!



## Real-World Workout Results

For those who don't know me, I am a 100% natural trainer. I am totally opposed to drug and steroid use. The results I've achieved came from years of hard work and dedication. That said, I've made **far** better progress during the time I've owned my Titan than any other time in my training, and there's no doubt in my mind that my Titan has played a huge role in that.



The sheer number of exercises available on the Titan allow me to constantly change my lifting program around, and I think that's very important: My body doesn't have time to adapt to the same old exercises, and it keeps my workouts fresh and fun. I look forward to training because I'm not doing the same 12 or 13 exercises I was limited to with my power rack.



At the time of this writing I'm in the middle of my 2006 fall/winter bulk. I know that with a Titan in my home gym the sky is the limit!