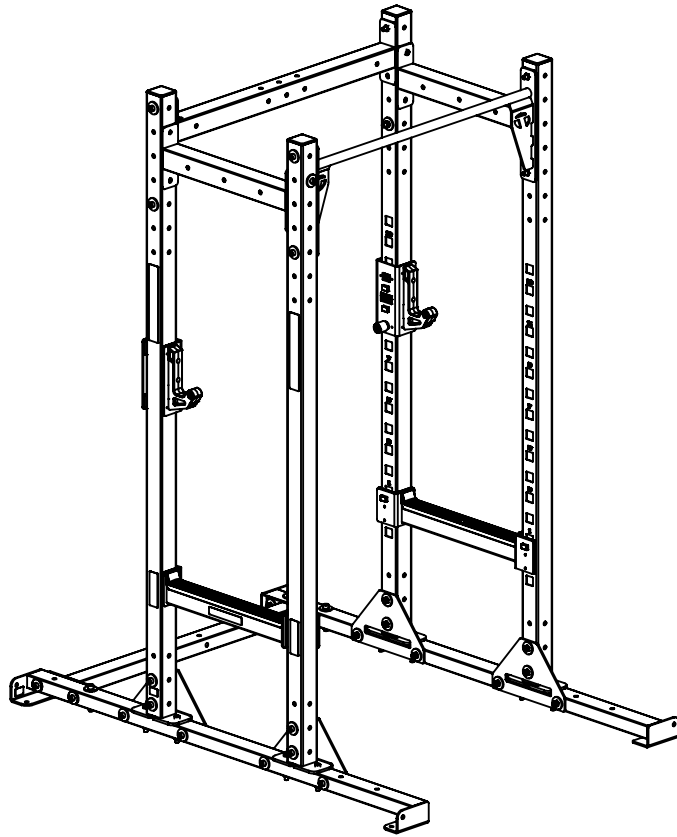


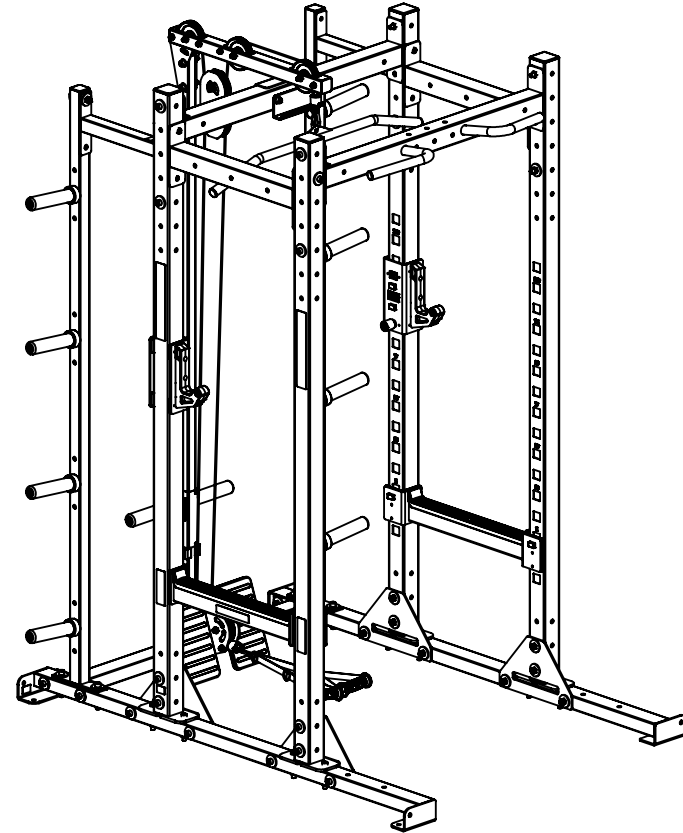
X-GYM POWER RACK ASSEMBLY GUIDE

VERSION: XGYM-PR24

PART #: 5876001-B



XGYM-PR24-1.0



XGYM-PR24-9.0

TORQUE USA

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	5712201	WLDMT, CROSS SUPPORT	1
2	57458PA	PTD ASSY, LEFT BASE POWER RACK	1
3	5745701	WLDMT, RIGHT BASE POWER RACK	1
4	5712801	PLATE, UPRIGHT GUSSET	4
5	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	35
6	2007801	WASHER, 1/2 X 1-3/4 X 4.5t	96
7	2001401	NUT, 1/2-13 LK ST ZN	63
8	2005812	BOLT, 1/2-13 X 3-1/4" (83mm) SOCKET HEAD	24
9	58144PA	PTD ASSY, POWER RACK BAR CATCH	2
10	5745401	WLDMT, 2 FT CONNECTOR	1
11	57454PA	PTD ASSY, 2 FT CONNECTOR	1
12	58205PA	PTD ASSY, XGYM 4FT RECTANGLE CROSS	1
13	57231PA	PTD ASSY, 7.5' UPRIGHT	4
14	5360001	LABEL, SERIAL-MARKING	2
15	5442801	WLDMT, 4' SINGLE CROSS	1
16	58207PA	PTD ASSY, XGYM 4FT MULTI GRIP CROSS	1
17	57424PA	ASSY, LOW PULLEY	1
18	57417PA	PTD ASSY, TUBE, HIGH/LOW GUIDE	1
19	57416PA	PTD ASSY, HIGH BOOM	1
20	57421PA	ASSY, WEIGHT HORN CARRIAGE	1
21	57436PA	ASSY, ALUMINUM LAT BAR	1
22	5784001	ASSY, TWO POSITION STRAP HANDLE	2
23	5745001	PTD ASSY, DUAL FLTG PULY	1
24	5721301	HOLDER, LAT BAR	1
25	5742701	CABLE ASSY, XGYM HIGH	1
26	5743501	CABLE ASSY, XGYM LOW	1
27	5508801	HOUSING, CABLE COUPLER	2
28	5509001	CORE, CABLE COUPLER	2
29	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4
30	5508901	GROMMET, RUBBER CABLE	2
31	5091801	SNAP HOOK, 8MM DIA X 80MM	2

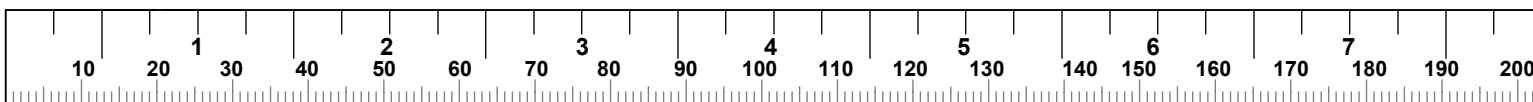
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
32	2001301	WASHER, FLAT 1/2 SAE ST ZN	58
33	2005810	BOLT, 1/2-13 X 2-3/4" (70mm) SOCKET HEAD	6
34	XRG2-BS-101	BAR SUPPORT (2 PIECES - PAIR) (STORM GREY)	1
35	57242PA	PTD ASSY, 7.5U VERTICAL WEIGHT STORAGE SSB	2
36	57244PA	PTD ASSY, UPRIGHT CONNECTOR	1
37	5724401	WLDMT, UPRIGHT CONNECTOR	1
38	55934PA	PTD ASSY, UBPA LEFT	1
39	55935PA	PTD ASSY, UBPA RIGHT	1
40	57412PA	PTD ASSY, DOUBLE PLAY	1
41	54705PA	PTD ASSY, BALL TARGET	1
42	2005822	BOLT, 1/2-13 X 5-3/4" (146mm) SOCKET HEAD	2
43	5470901	ASSY INSTRUCTIONS, BT-103	1
44	2005824	BOLT, 1/2-13 X 6-1/4" (159mm) SOCKET HEAD	2
45	56260PA	PTD ASSY, UNIVERSAL HEAVY BAG MOUNT	1
46	HBT-100LB-45.4KG	HEAVY BAG, TORQUE 100LB (45.4KG)	1
47	5715701	FINAL ASSY, RELENTLESS ROPE TRAINER	1
48	5706901	KNOB, ADJUSTER HANDLE	1
49	5676701	PLATE, MOUNTING	2
50	5708201	BPLATE, XERT MOUNTING	2
51	5494201	BSHNG, 25 OD X 13.5 ID X 75	2
52	2008904	BOLT, 1/2-13 X 1-1/4" (32mm) HEX HEAD	8
53	2008917	BOLT, 1/2-13 X 4-1/2" (114mm) HEX HEAD	10
54	2008927	BOLT, 1/2-13 X 7" (178mm) HEX HEAD	2
55	2021001	NUT, 1/2-13 LK ST ZN	16
56	5621301	ASSY, GROUND ROTATIONAL TRAINER	1
57	55782PA	PTD ASSY, BATTLE ROPE ANCHOR	1
58	57822PA	PTD ASSY, VERTICAL DUMBBELL STORAGE	1
59	57819PA	PTD ASSY, 5 PAIR VERTICAL DUMBBELL STORAGE	1
60	VDSHK1-101	HARDWARE KIT 1, VERTICAL DUMBBELL SIDE	1
61	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	6

TABLE OF CONTENTS:

- Warnings: Page 3
- General Notes: Page 4
- Base Rack Assembly: Page 5 - 14
- Optional Attachments: Pages 15 - 39
- Maintenance: Pages 37 & 40

NOTES:

Assembly steps 1 - 5 show steps to assemble the 1.0 base system. Additional assembly steps for the 9.0 as well as optional attachments, are shown in subsequent steps and are listed as "optional"



WARNING !

Important safety instructions for using Equipment

There is a risk assumed by the individuals who use this type of equipment. To minimize risk, you must follow these precautions:

- **READ ALL INSTRUCTIONS AND WARNING LABELS COMPLETELY PRIOR TO ANY USE OR ASSEMBLY.** Failure to read and follow the safety instructions and warnings within the Assembly and Maintenance Guide may result in possible serious injury or death. Use this product only for the intended uses described in the Assembly and Maintenance Guide and exercise booklet. **DO NOT** modify equipment in anyway. **Any use other than as intended or modification of product will void any and all product warranties.**
- Consult your physician before starting any exercise program. Warm up properly before engaging in resistance training. Stop exercising and consult a physician immediately if you experience dizziness, nausea, faintness, chest pain, shortness of breath or any other abnormal symptoms during use of this equipment.
- Certain exercise equipment and/or equipment may not be suitable or appropriate for pregnant women, people with heart conditions, balance impairment or other pre-existing health problems. Persons with disabilities should consult a physician and obtain medical approval prior to using this product and should only use this product under close supervision. **Failure to comply with these instructions will void any and all product warranties.**
- Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Do not disassemble, remove any parts or components or otherwise attempt to repair this product. **DO NOT** use product if product appears damaged. **DO NOT** attempt to fix a broken or jammed machine. **Failure to comply with these instructions will void any and all product warranties.**
- Keep body and clothing clear of all moving parts. Do not put anything foreign on or near this product when in use. Wear comfortable clothing which does not impair freedom of movement. Do not wear clothing which is too loose and could get caught in moving parts.
- Make sure all spring pin adjustments are fully engaged after making an adjustment and before using the product.
- Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy.
- If unsure of proper use of this product, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). www.service@torquefitness.com

Important Safety Instructions for Assembling Equipment

- **Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.**
- This product must be assembled on a flat, level surface to assure its proper function. Locate the unit away from walls or furniture to allow easy access during assembly and use.
- Read each numbered step in Assembly and Maintenance Guide and follow the steps in sequence. Skipping ahead may result in damage to the equipment and may require components to be disassembled.
- Wear proper attire during the assembly process. Do not wear clothing which is too loose or open toed shoes.

Obtaining Service

- Do not attempt to service the product yourself except for maintenance tasks described in this manual.
- Refer to the Adjustments and Maintenance section at the back of this manual for product operation and service.
- For further information, visit our website at www.torquefitness.com or contact us at www.service@torquefitness.com
- If you call or email customer service, have the model number and serial number(s) available.

GENERAL NOTES

CAUTION: More than one person is required to assemble this unit. Do not attempt to assemble by yourself.

Unpacking the Equipment

- This product may be packaged and shipped in multiple boxes. Parts from all of the boxes are required for various steps during the assembly process.
- Carefully open each box and arrange all the parts near the area where assembly is to take place.
- **CAUTION:** Use extreme care when cutting plastic tie wraps and package banding. A wire cutter works best for protecting yourself and the parts.
- **CAUTION:** Some of the internal boxes may contain upholstery. Do not use a utility knife to open any boxes or the pads may be damaged.
- The hardware is packed in bags. Carefully open each bag and sort them per parts list on the next page.
- Before starting assembly, identify each part and hardware item as listed in the parts list on the next page. If any items are missing, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). or 1-877-TORQUE5 (1-866-664-9894). www.service@torquefitness.com
- **Note:** Some items listed in the parts list may already be pre-installed on the product.

Tools Required

- Rubber mallet or hammer
- 3/4" wrench
- Ratchet with 3/4" socket
- 3/8" Allen wrench
- Allen wrench set
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure

Optional Equipment

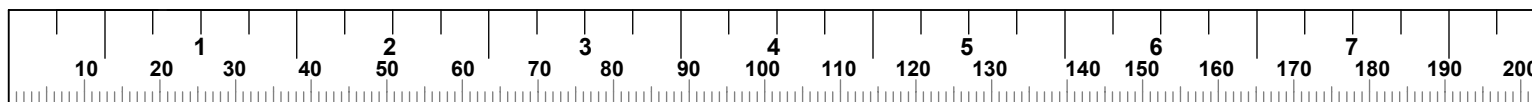
- Optional equipment may be available for this product.
- Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

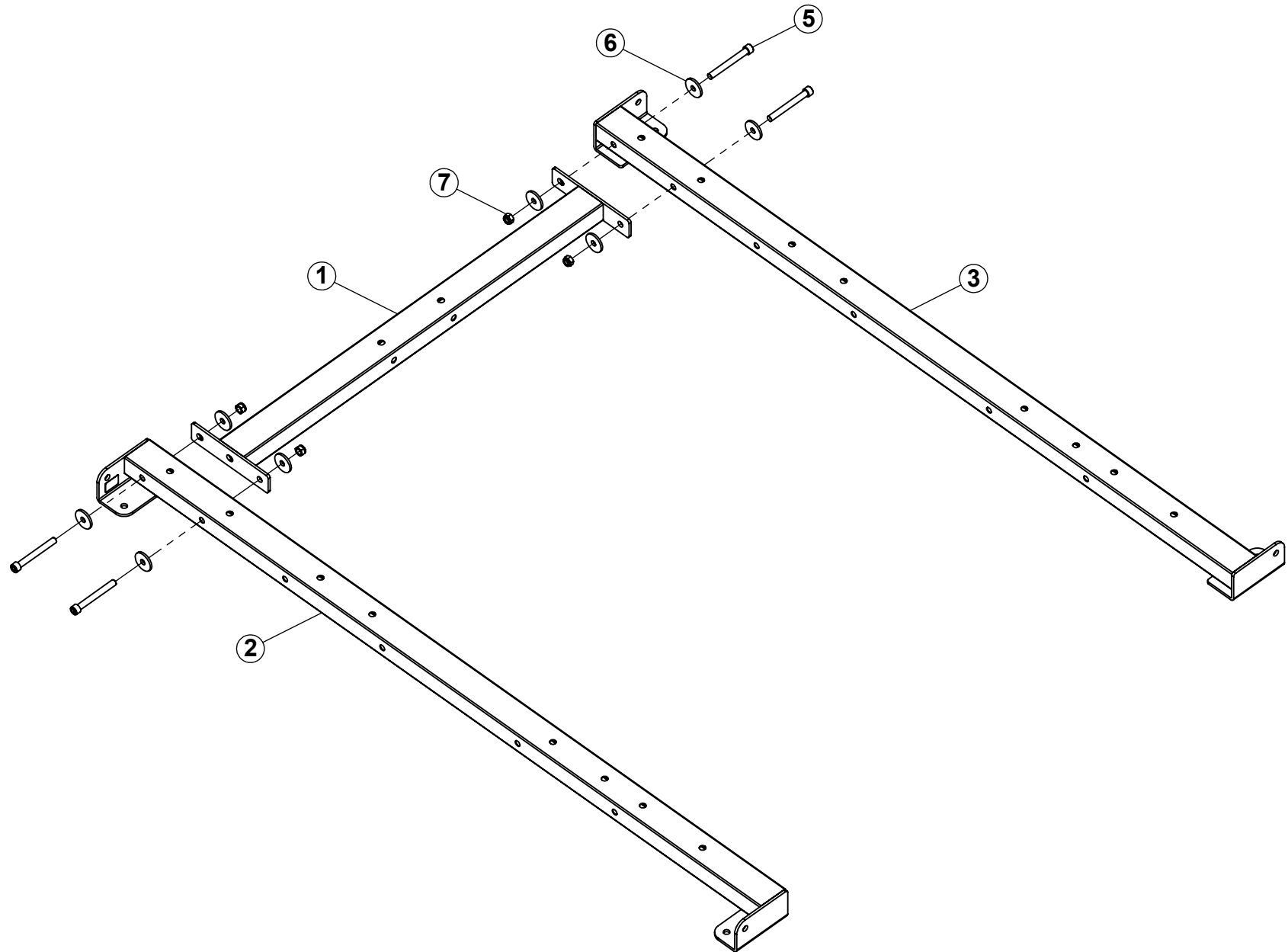
- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning that step.
- Some of the items shown in the assembly steps may already be pre-assembled.

Assembly Tips Continued

- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed in order to complete the step. Follow the instructions or damage to the product could occur.
- Some parts may have extra holes that will not be used. Use only the holes depicted in the instructions.
- Certain parts make reference to the right and left side of the machine. For this product, left and right is determined by facing the product.
- Provide ample space around the product for ease of assembly.
- **DO NOT** fully tighten any connections until instructed to do so. This will help insure that the alignment of all of the parts will be correct.
- Insert all bolts in the direction indicated in the instructions. Failure to do so may result in clearance issues and will degrade the aesthetics of the product.
- Carefully follow instructions for all pivot points. In general, primary rotating parts have connections that should be securely tightened, while secondary connections need to be loosen 1/4 turn.

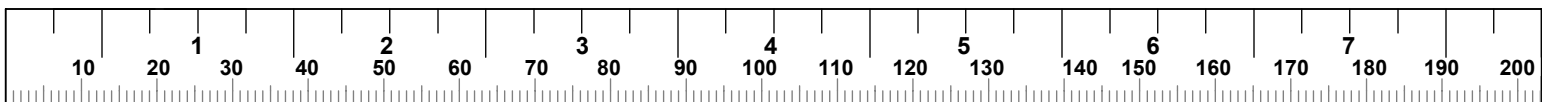


STEP 1

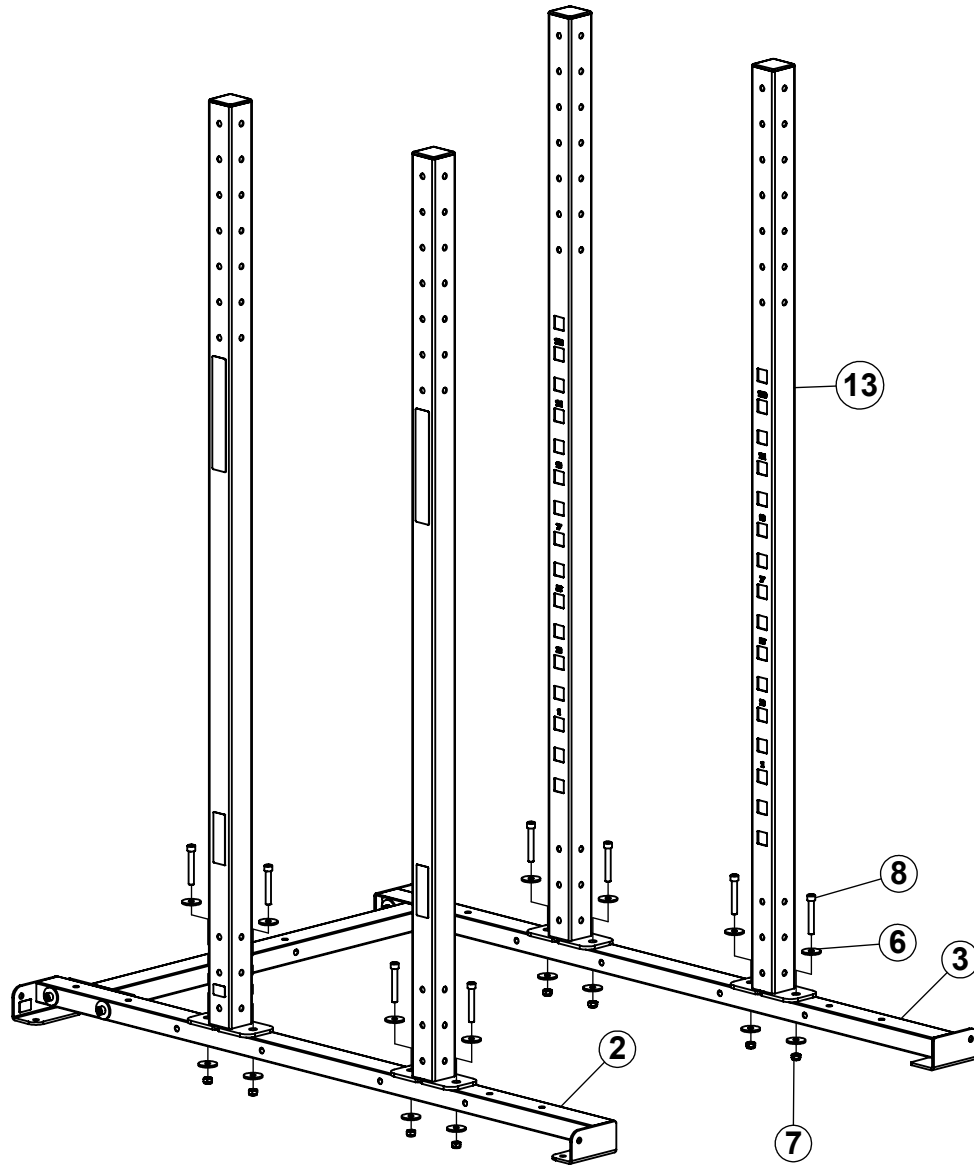


NOTE:

LOOSELY tighten bolt connections in this step.

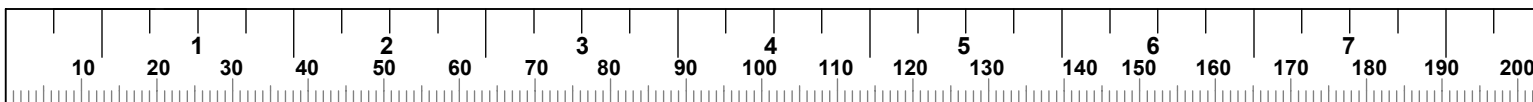


STEP 2

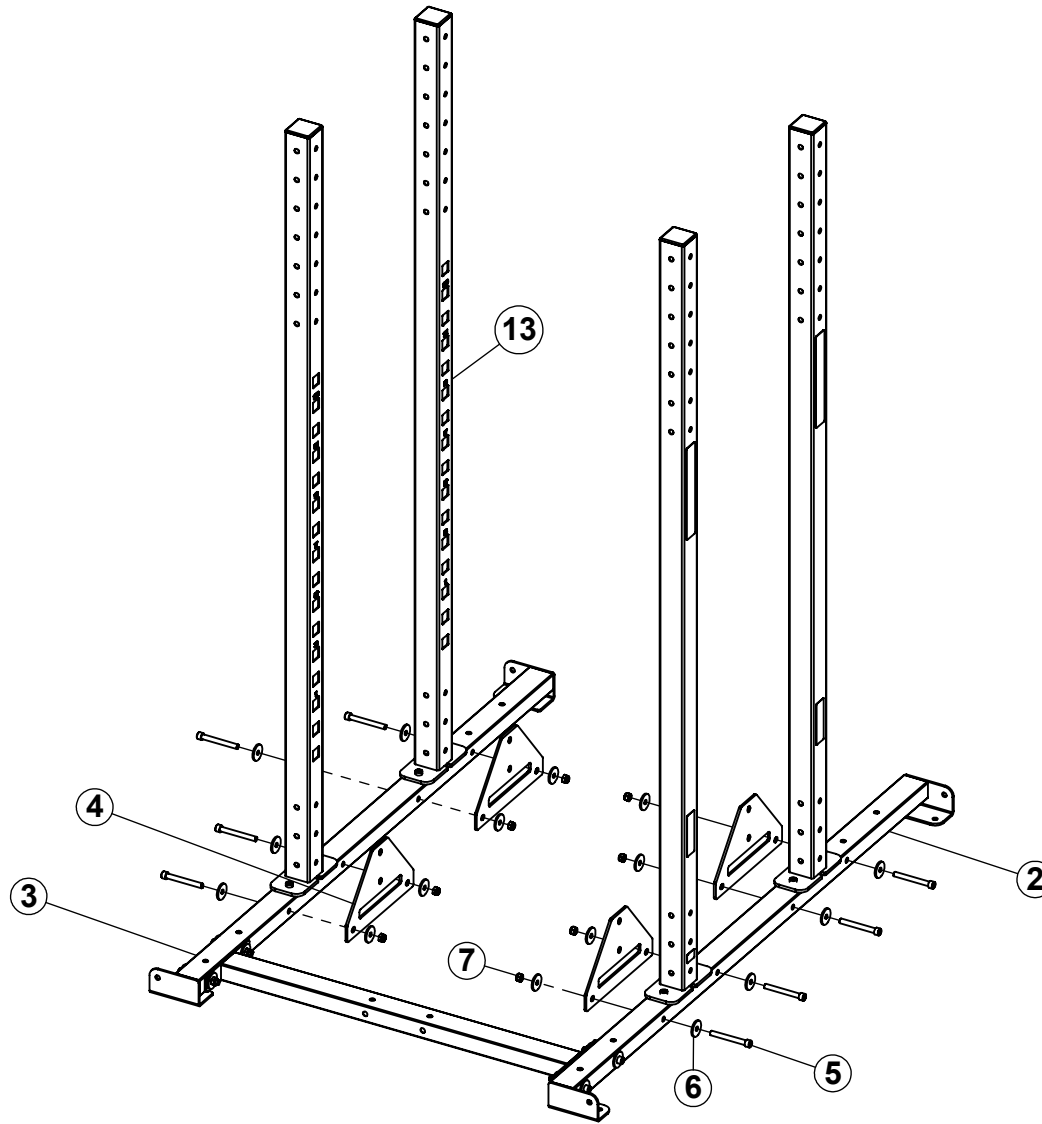


NOTE:

LOOSELY tighten bolt connections in this step.

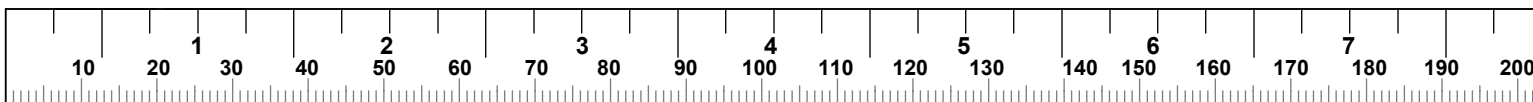


STEP 3

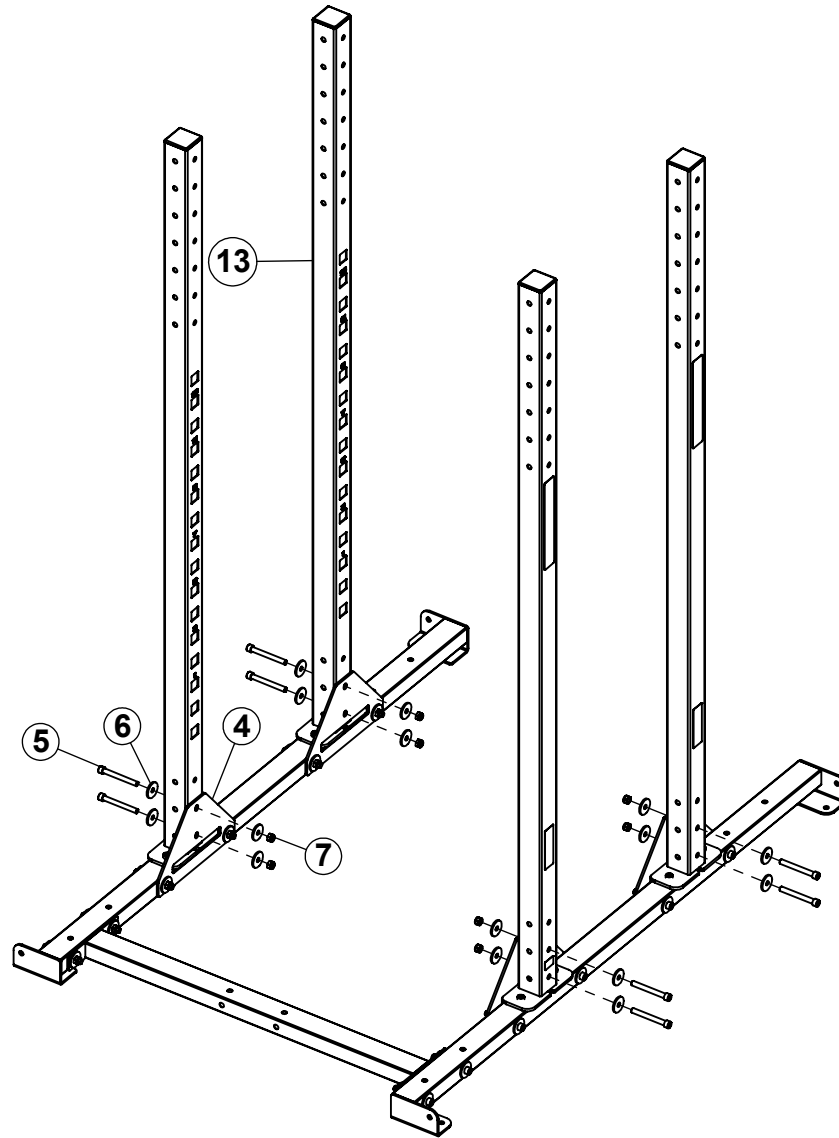


NOTE:

LOOSELY tighten bolt connections in this step.

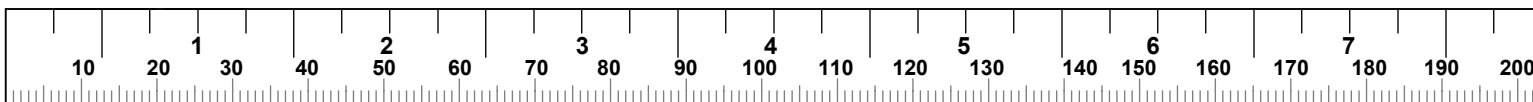


STEP 4

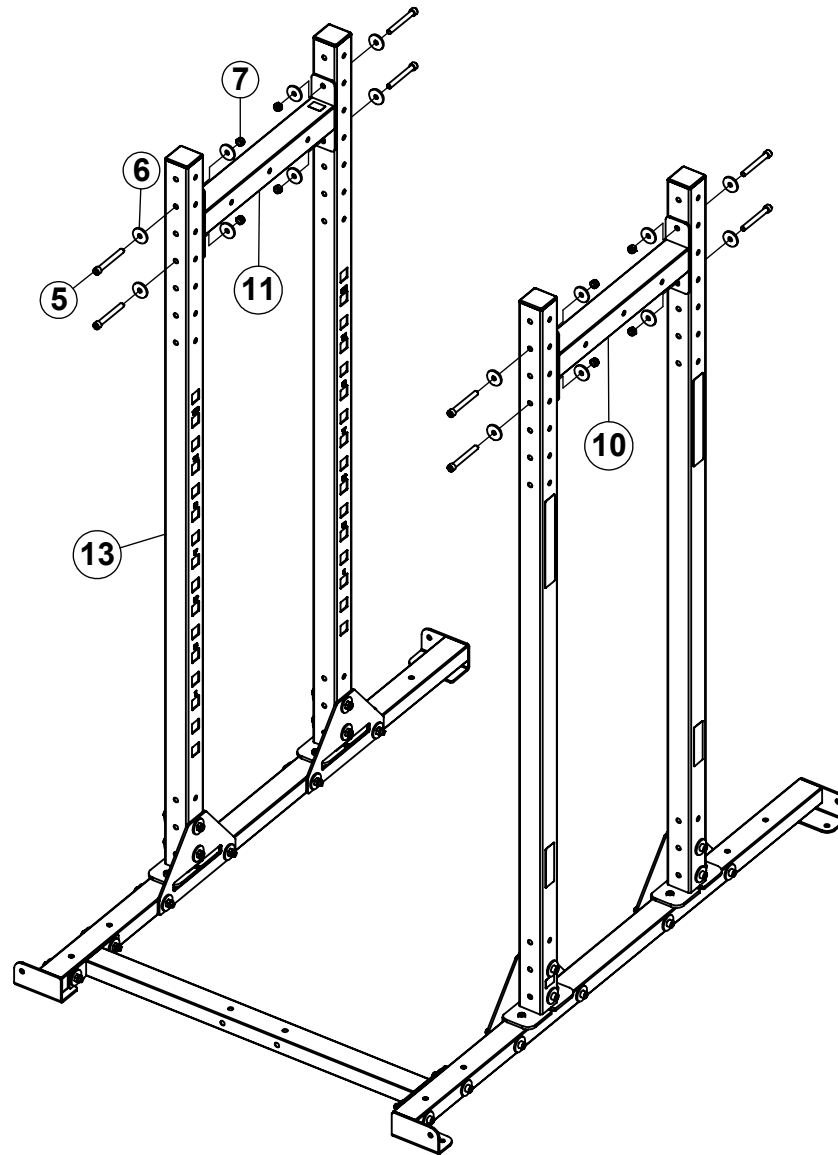


NOTE:

LOOSELY tighten bolt connections in this step.

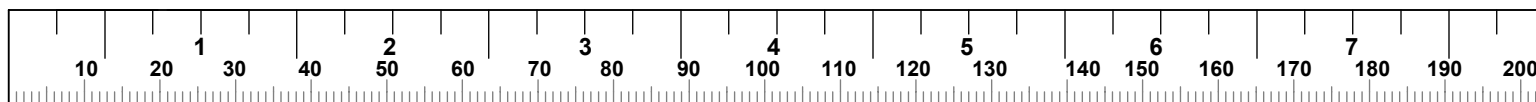


STEP 5

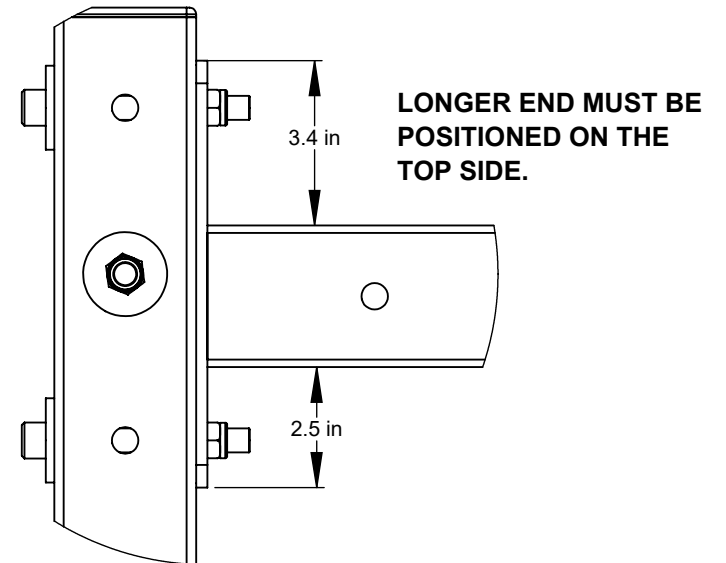
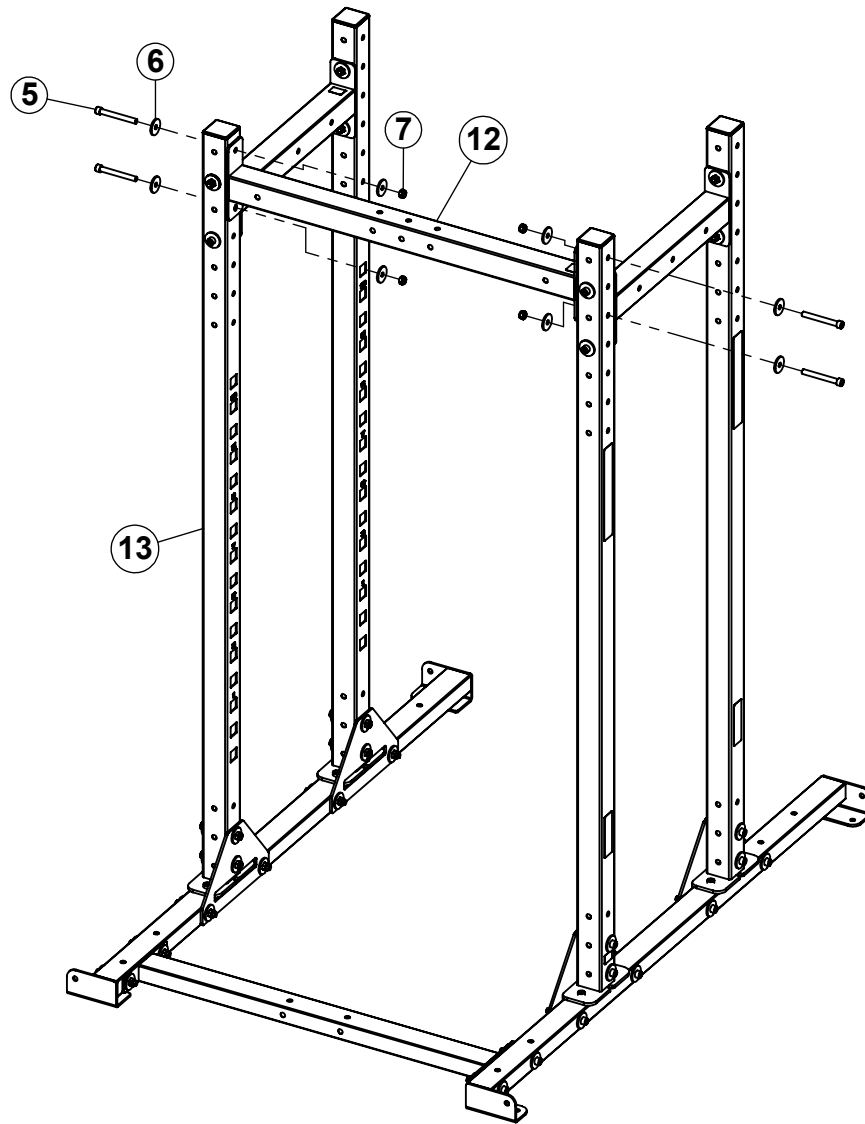


NOTE:

LOOSELY tighten bolt connections in this step.



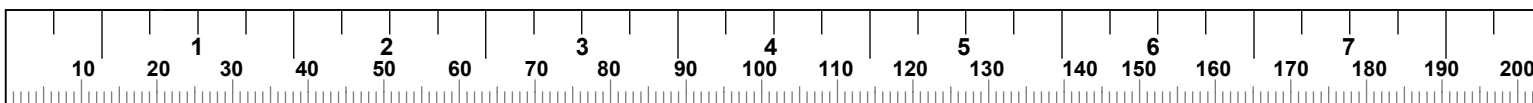
STEP 6



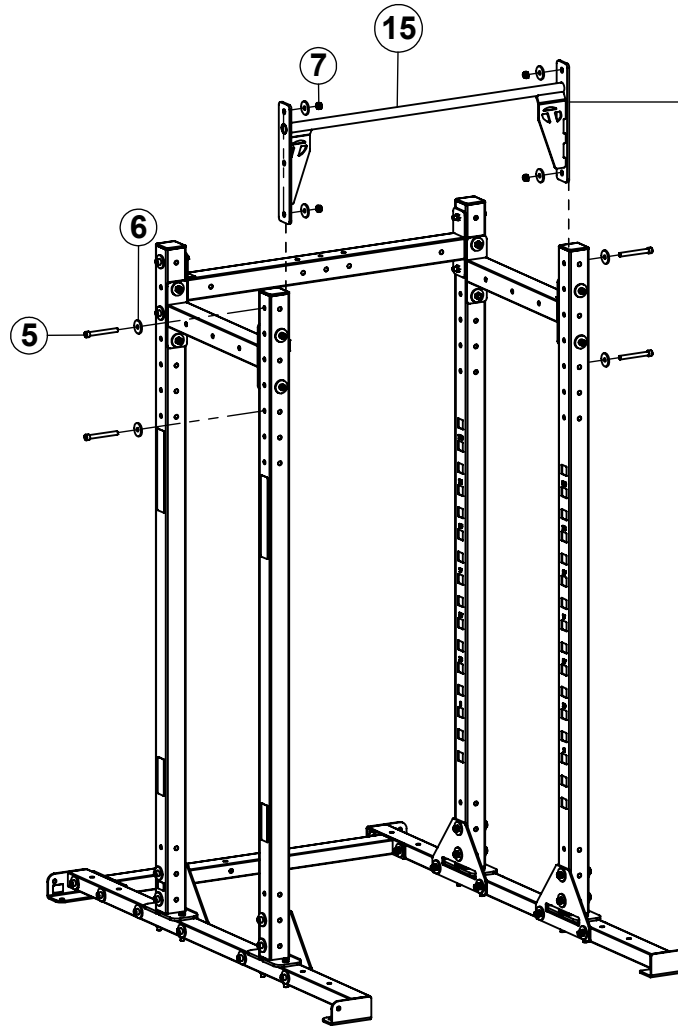
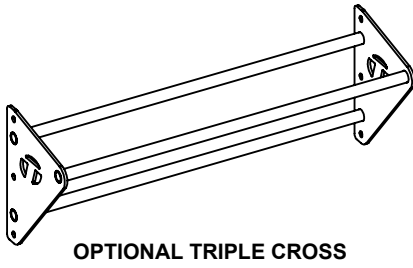
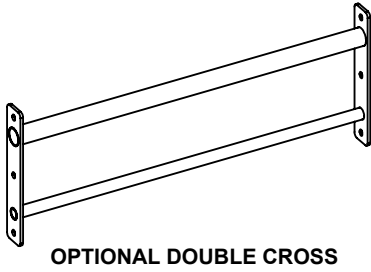
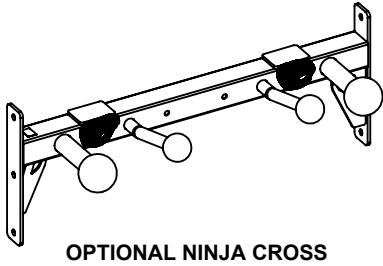
NOTE:

CROSS MUST BE MOUNTED AS SHOWN. LONGER PLATE SIDE MUST BE UP.

LOOSELY tighten bolt connections in this step.



STEP 7A



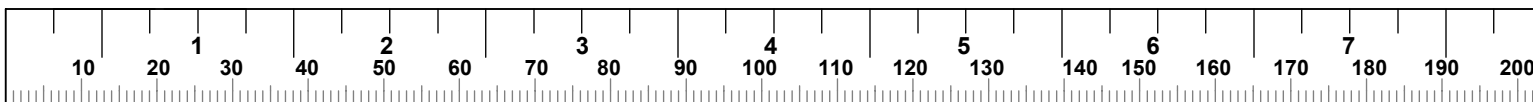
NOTE:

THE STANDARD SINGLE CROSS AND RECTANGLE CROSS IS SHOWN FOR ASSEMBLY. THE OPTIONAL NINJA CROSS, DOUBLE CROSS AND TRIPLE CROSS ASSEMBLE TO THE UNIT THE EXACT SAME WAY.

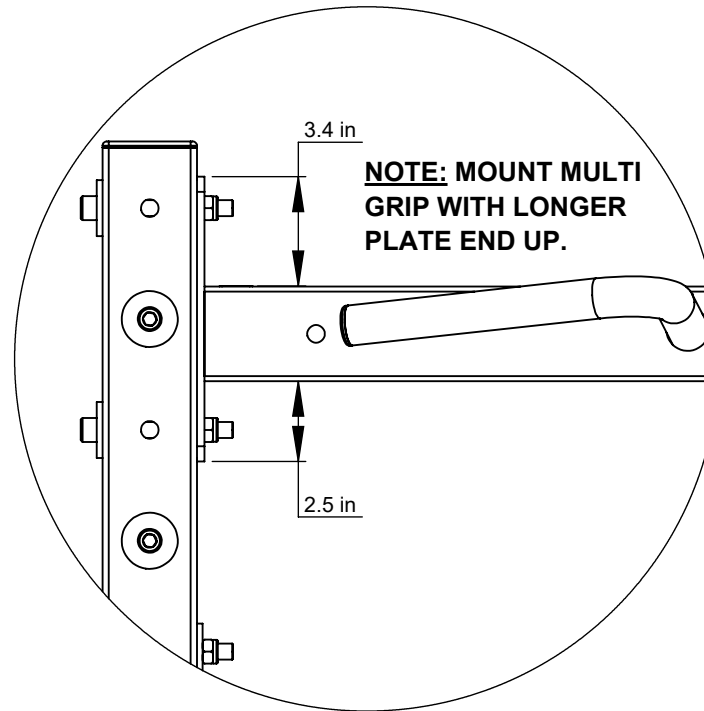
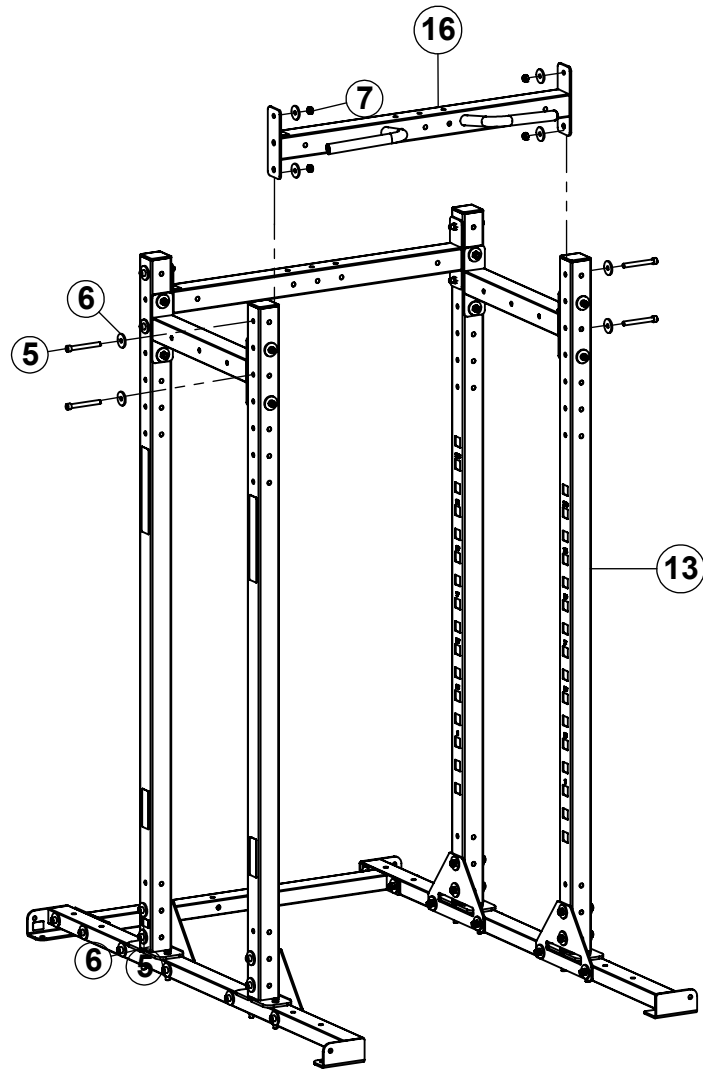
IF YOU PURCHASED THE OPTIONAL MULTI GRIP CROSS, PLEASE REFER TO NEXT PAGE FOR ASSEMBLY.

NOTE:

SECURELY tighten all bolt connections in this step and previous steps.

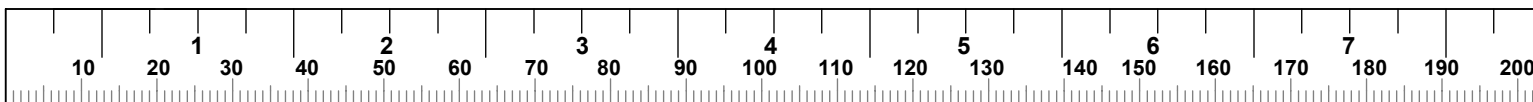


STEP 7B (OPTIONAL MULTI GRIP CROSS)

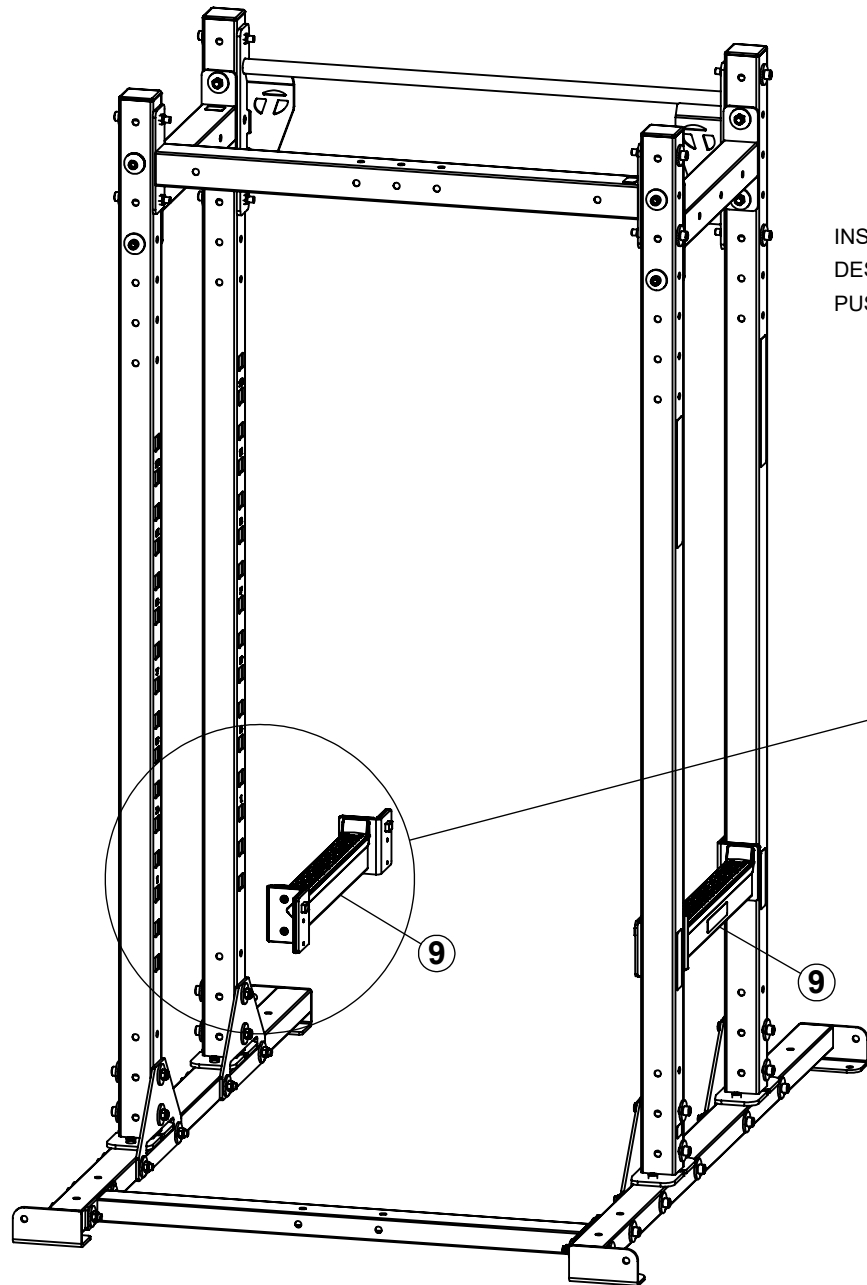


NOTE:

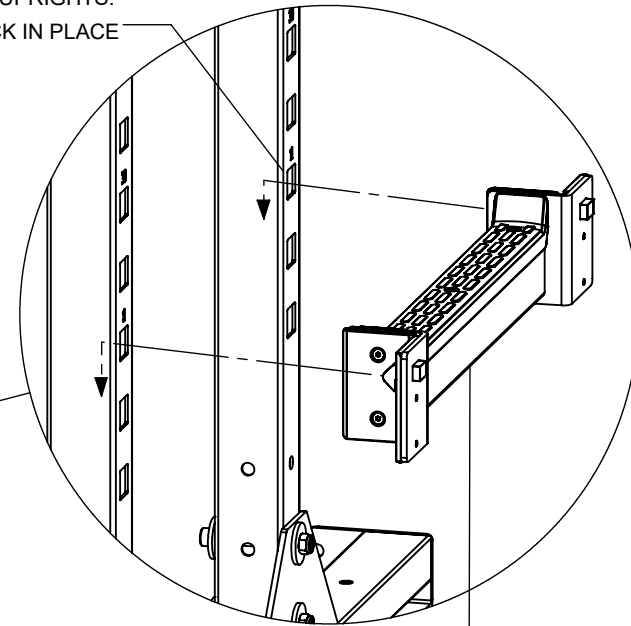
SECURELY tighten all bolt connections in this step and previous steps.



STEP 8 (BAR CATCHES)

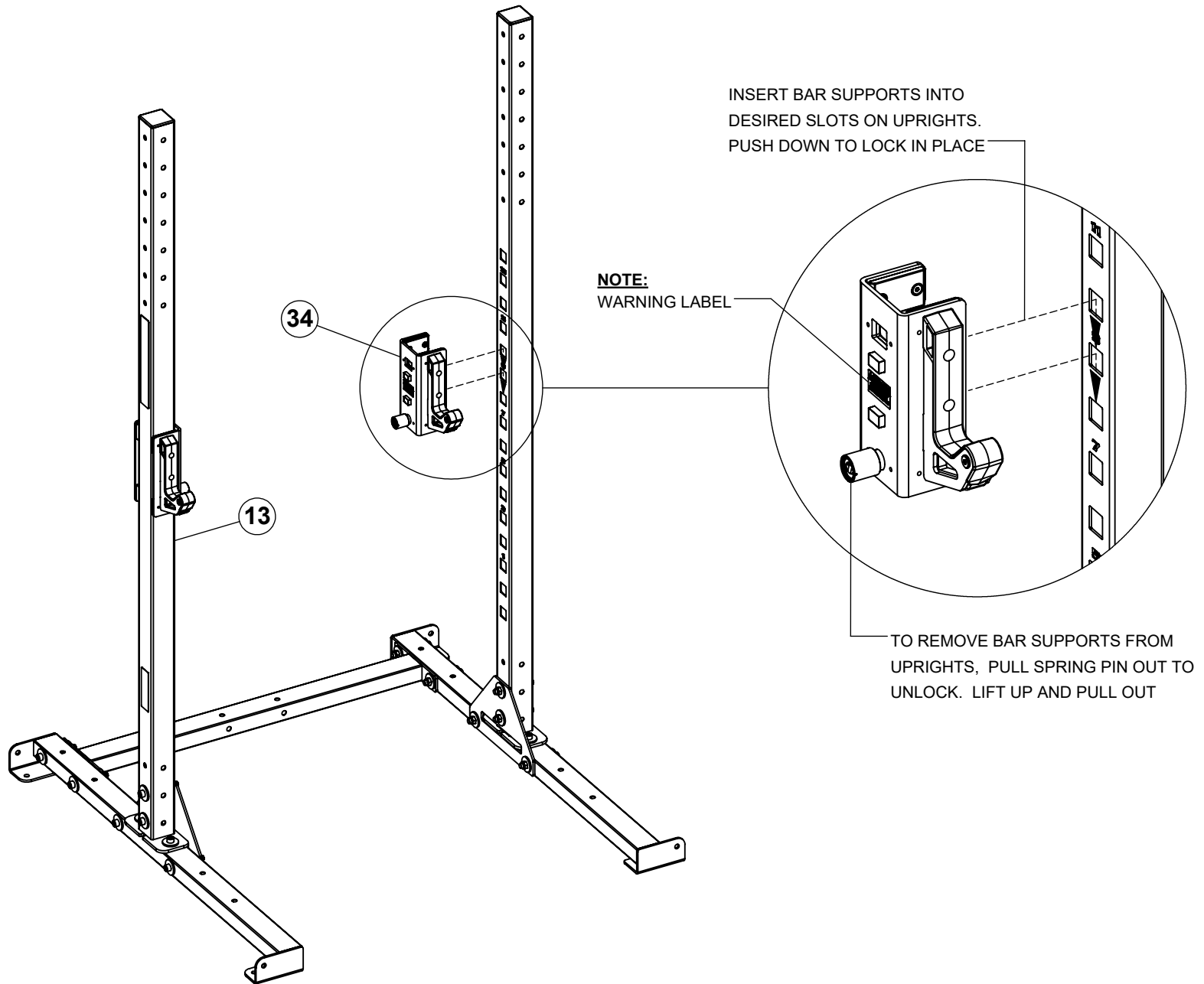


INSERT BAR CATCHES INTO
DESIRED SLOTS ON UPRIGHTS.
PUSH DOWN TO LOCK IN PLACE

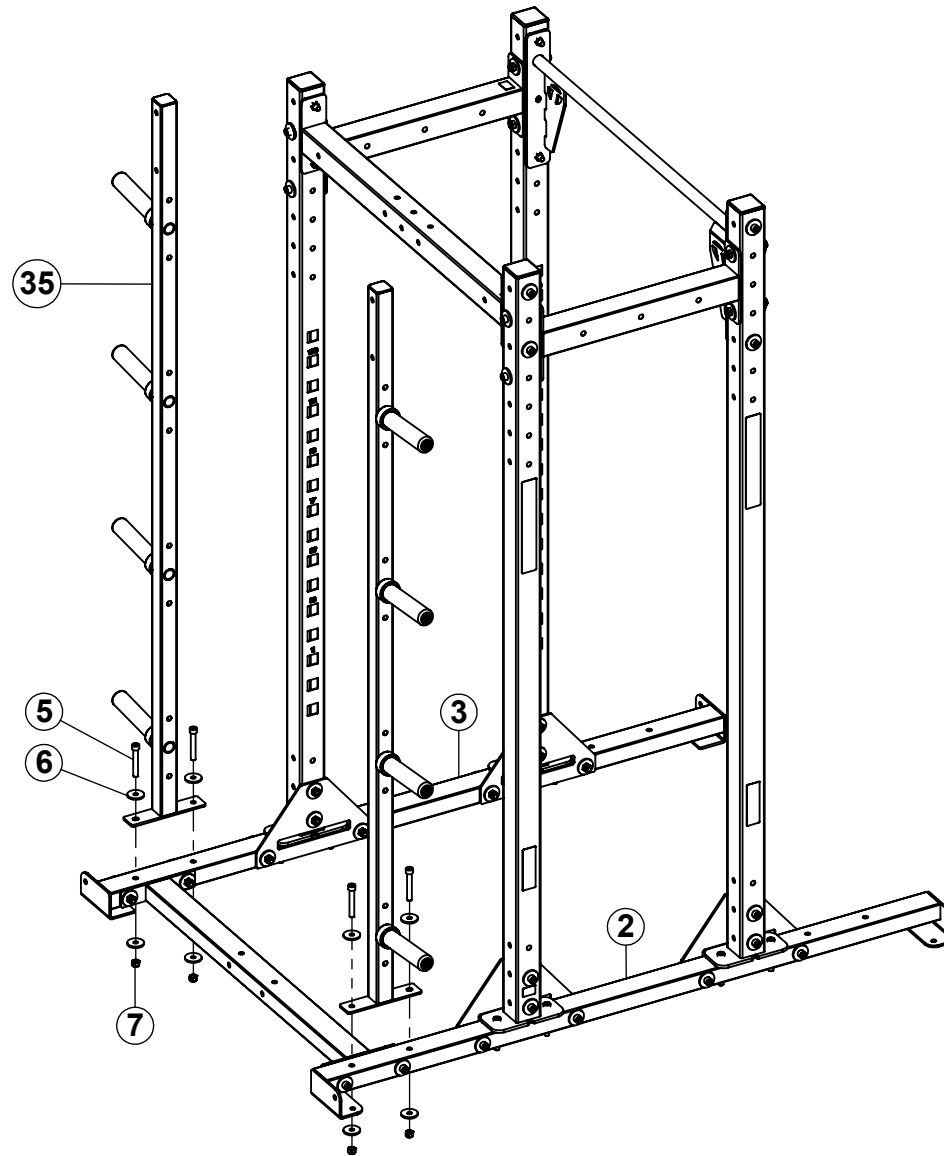


TO REMOVE BAR CATCHES FROM
UPRIGHTS, LIFT UP AND PULL OUT

STEP 9 (OPTIONAL BAR SUPPORTS)

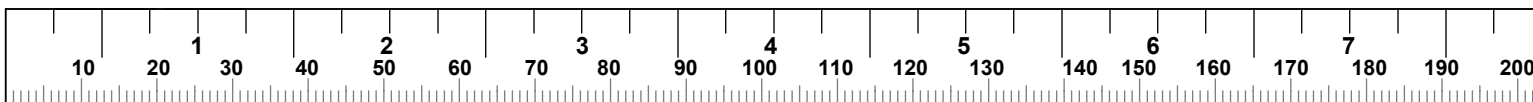


STEP 10 (OPTIONAL VERTICAL WEIGHT STORAGE)

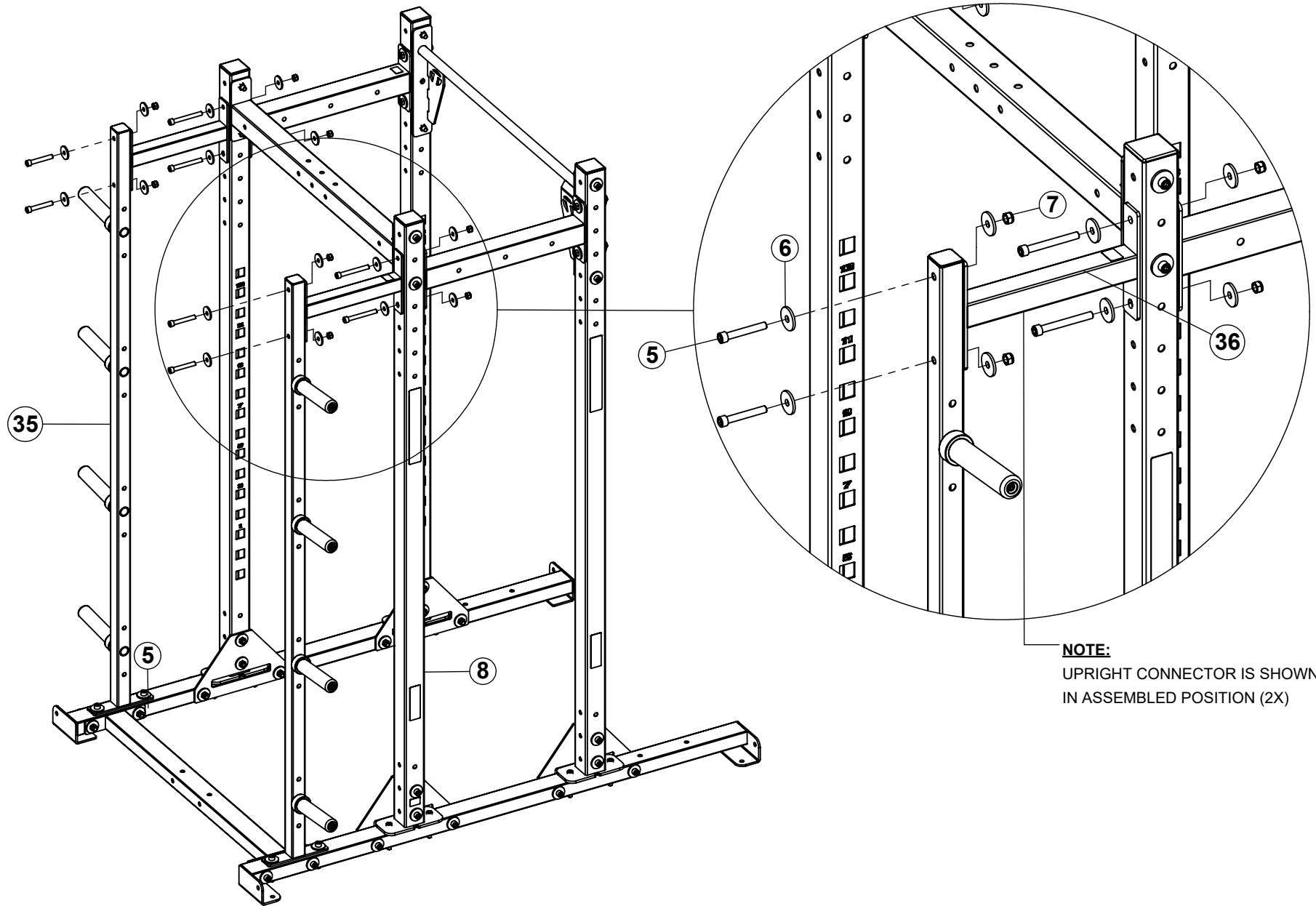


NOTE:

LOOSELY tighten bolt connections in this step.

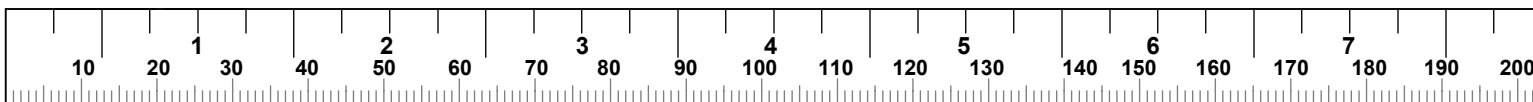


STEP 11 (OPTIONAL VERTICAL WEIGHT STORAGE)

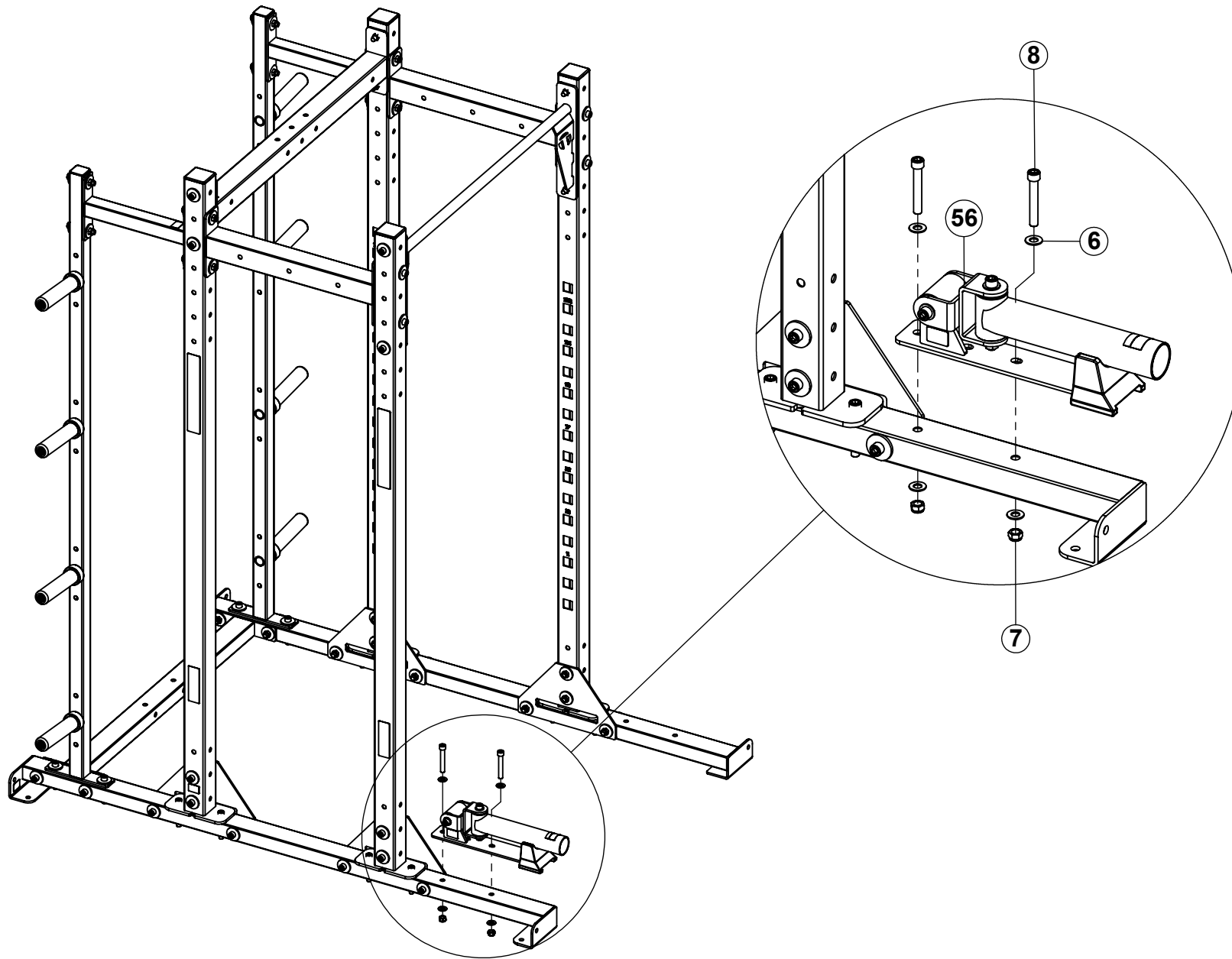


NOTE:

SECURELY tighten all bolt connections in this step and previous steps.

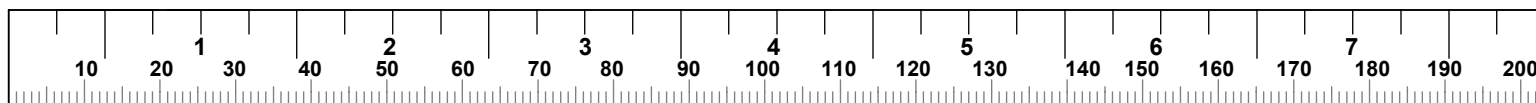


STEP 12 (OPTIONAL GROUND ROTATIONAL TRAINER)

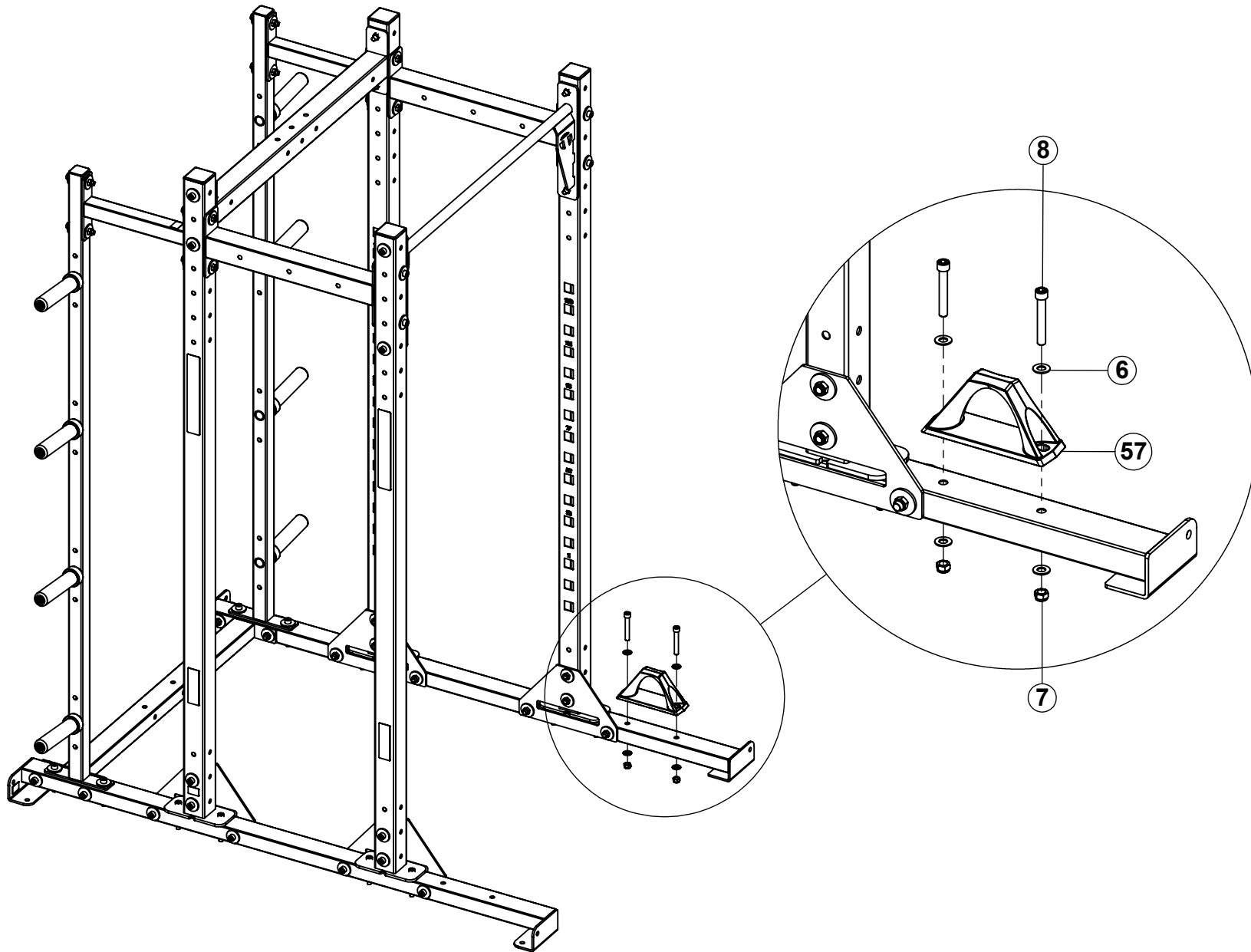


NOTE:

SECURELY tighten all bolt connections in this step.

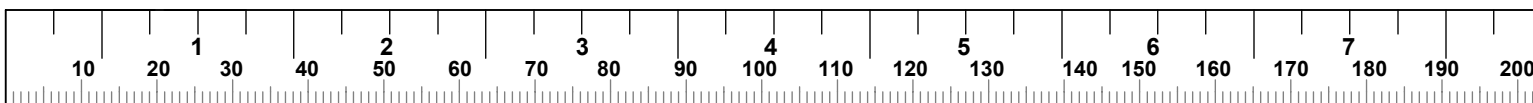


STEP 13 (OPTIONAL BATTLE ROPE ANCHOR)



NOTE:

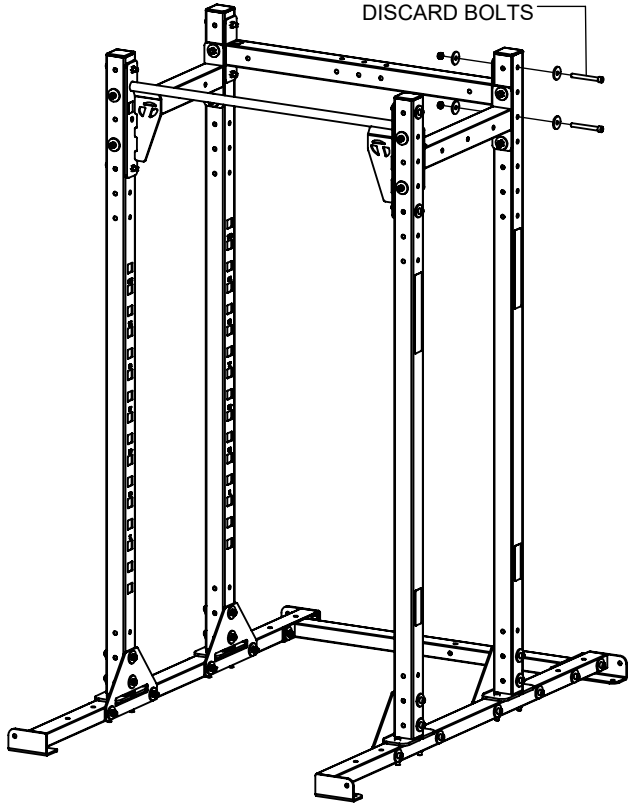
SECURELY tighten all bolt connections in this step.



STEP 14A & 14B (OPTIONAL BALL TARGET)

LOOSEN AND REMOVE
BOLTS, WASHERS AND
NUTS.

NOTE:
DISCARD BOLTS

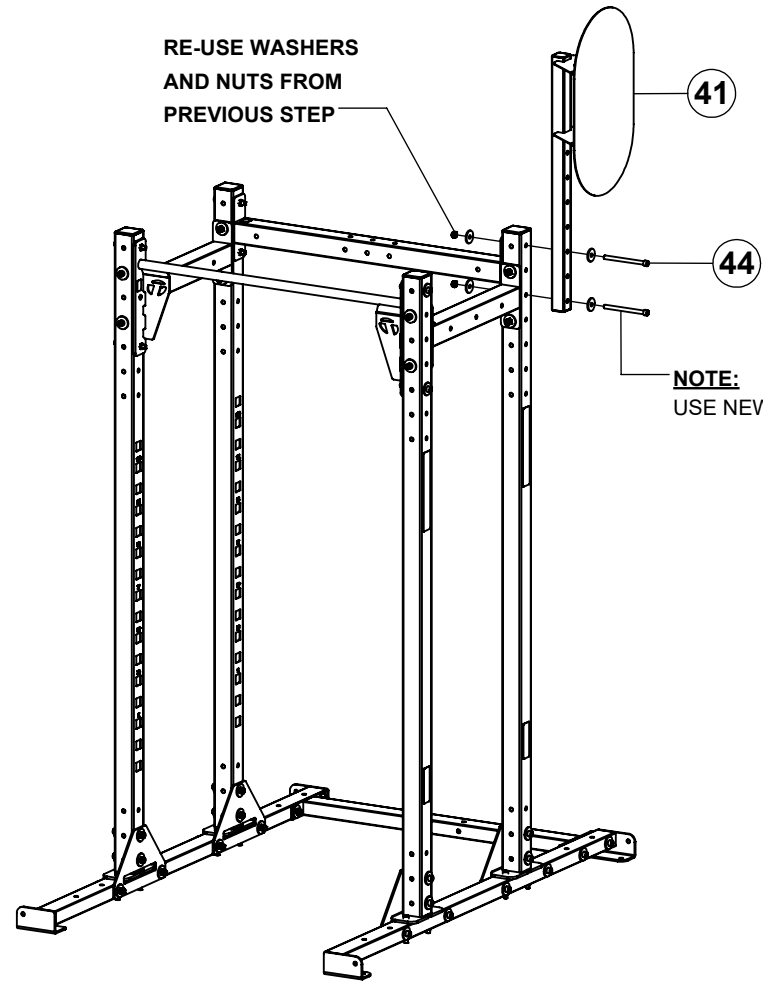


RE-USE WASHERS
AND NUTS FROM
PREVIOUS STEP

41

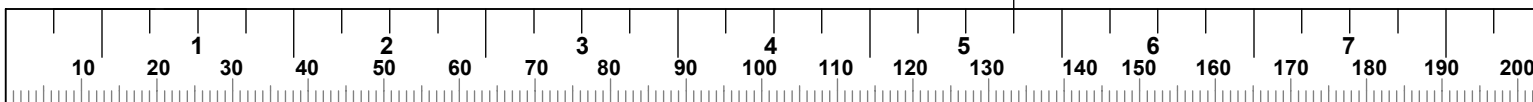
44

NOTE:
USE NEW BOLTS



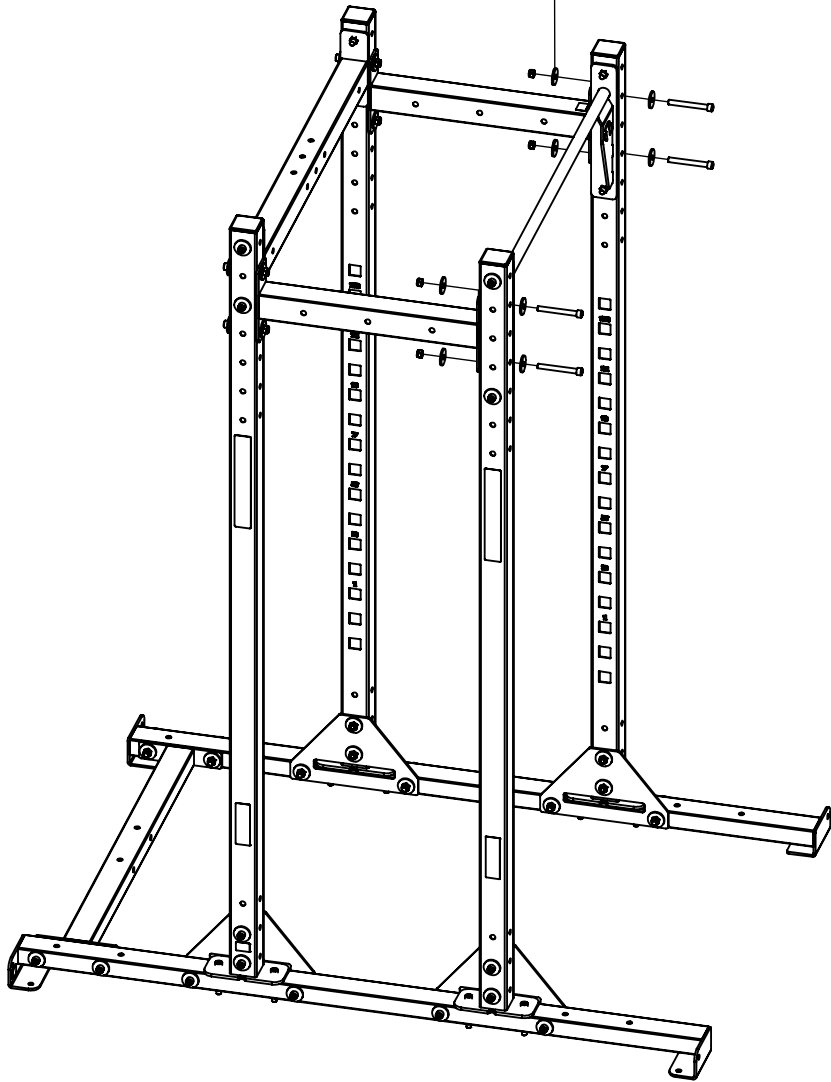
NOTE:

SECURELY tighten all bolt connections in this step.

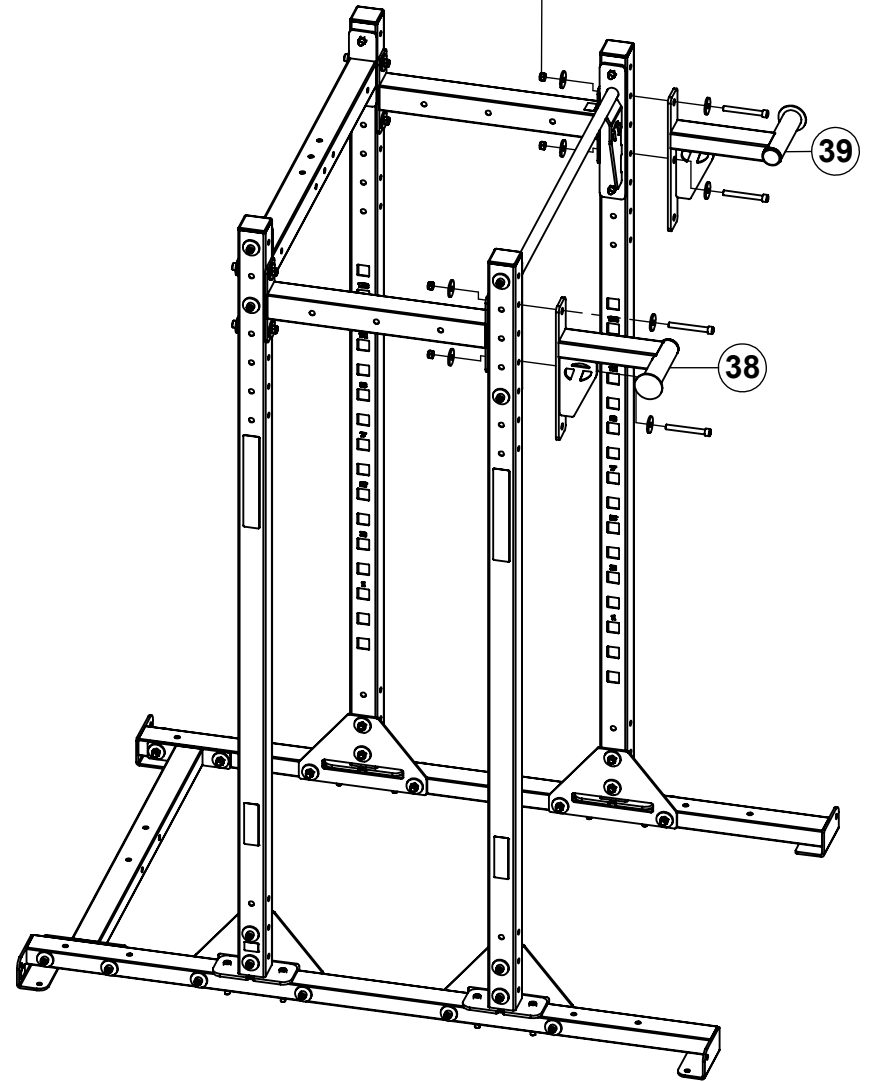


STEP 15A & 15B (OPTIONAL UPPER BAND PEG ATTACHMENT)

LOOSEN AND REMOVE
BOLTS, WASHERS AND
NUTS.

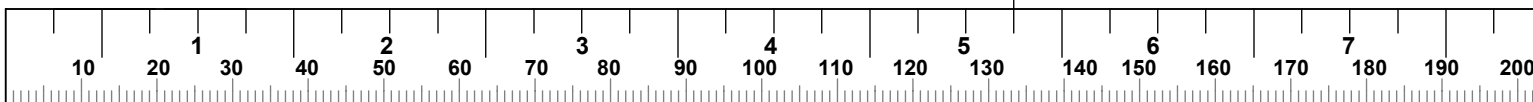


REUSE BOLTS, WASHERS, AND
NUTS FROM PREVIOUS STEP



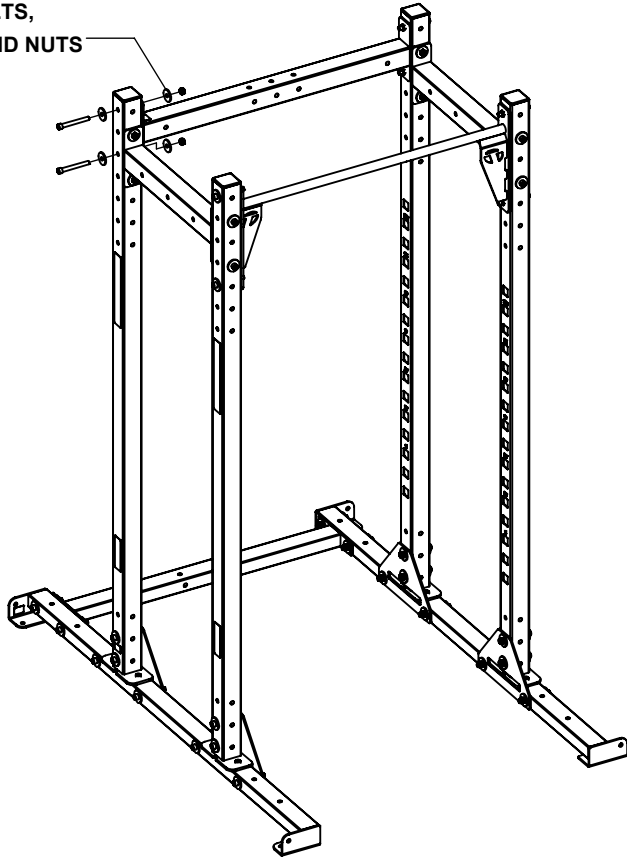
NOTE:

SECURELY tighten all bolt connections in this step.

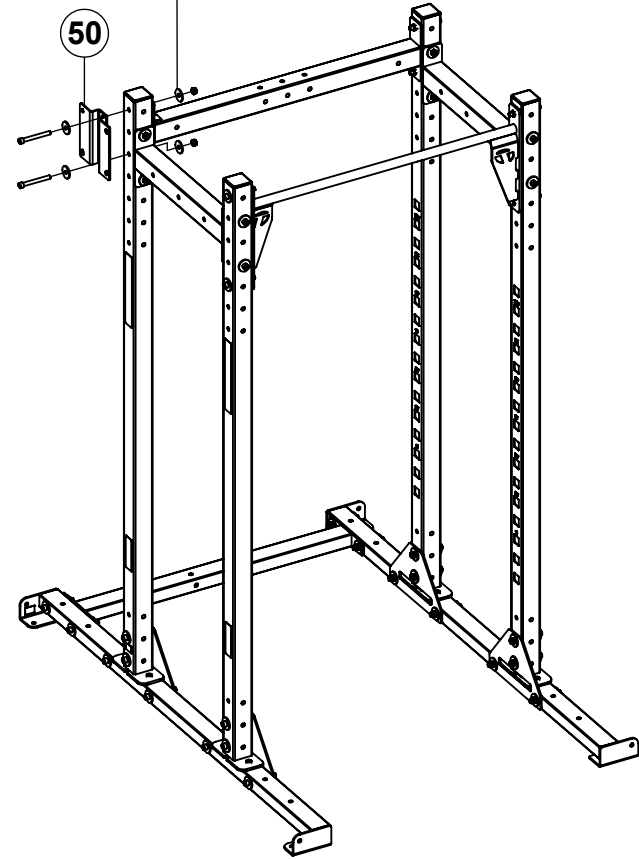


STEP 16A & 16B (OPTIONAL ENDLESS ROPE TRAINER)

LOOSEN AND REMOVE BOLTS, WASHERS AND NUTS

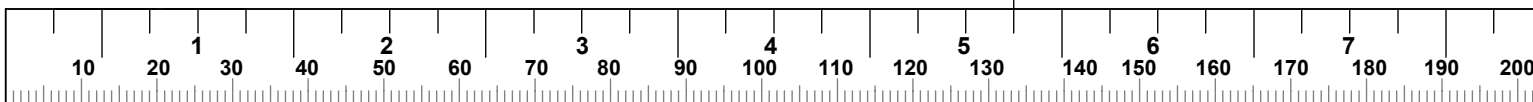


RE-USE BOLTS, WASHERS AND NUTS FROM PREVIOUS STEP

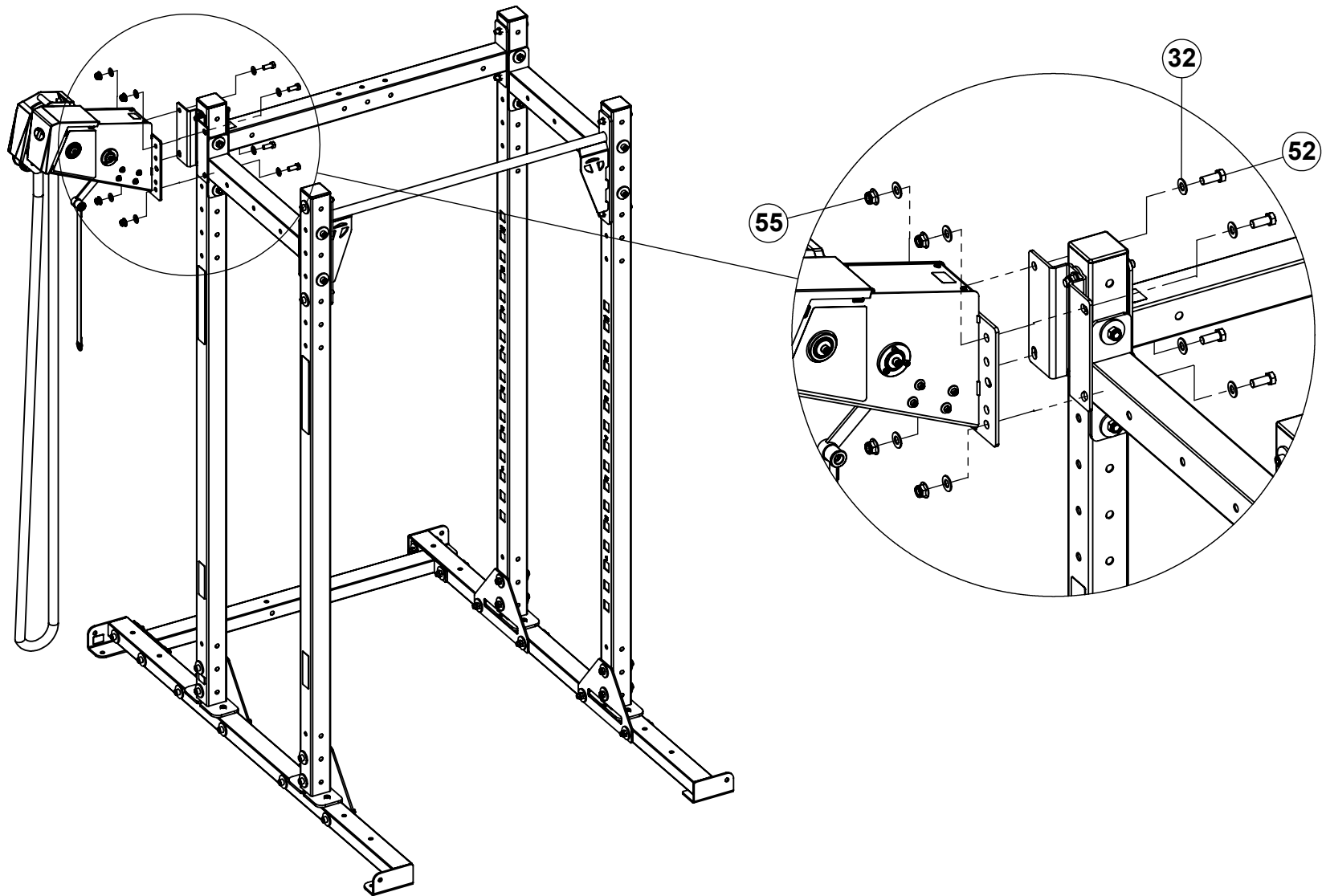


NOTE:

SECURELY tighten all bolt connections in this step.

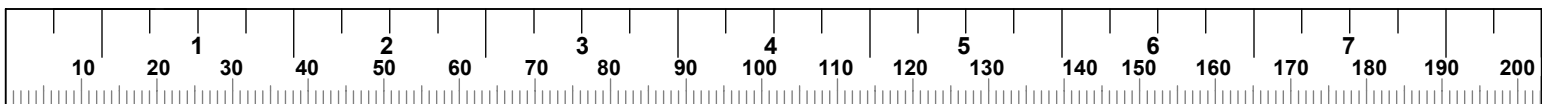


STEP 16C (OPTIONAL ENDLESS ROPE TRAINER)

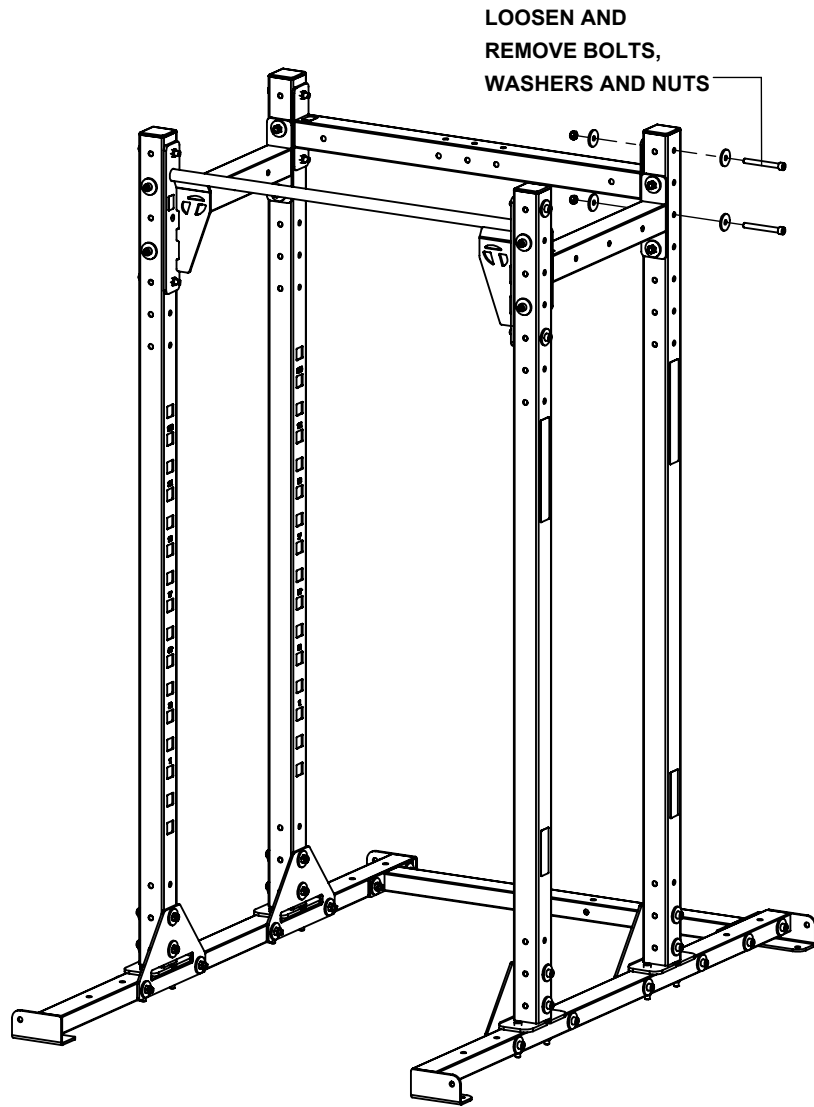


NOTE:

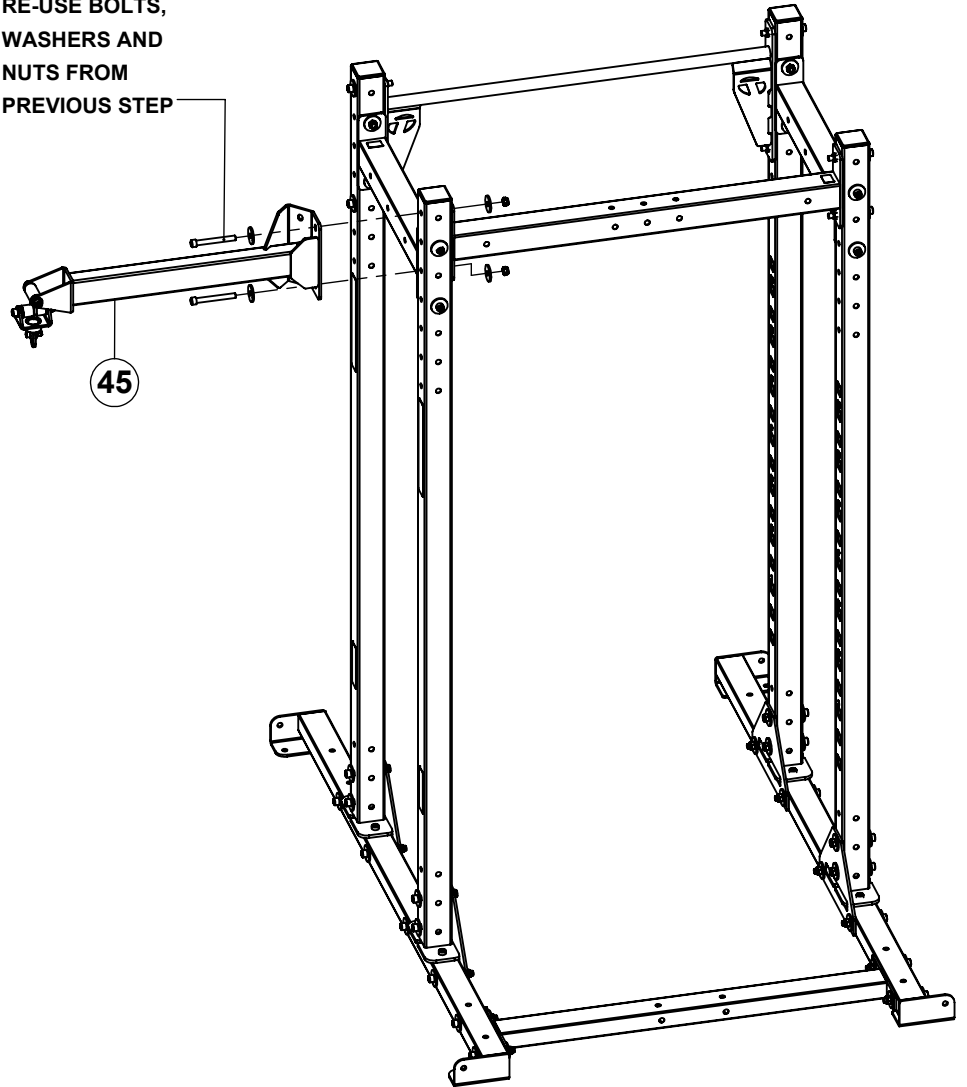
SECURELY tighten all bolt connections in this step.



STEP 17A & 17B (OPTIONAL UNIVERSAL HEAVY BAG MOUNT)

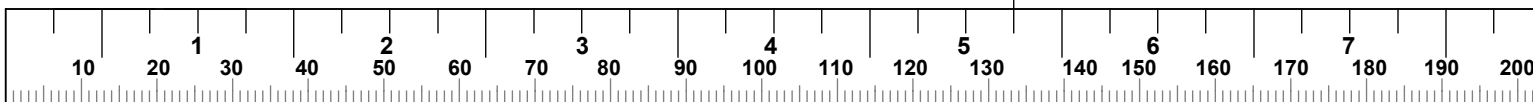


RE-USE BOLTS, WASHERS AND NUTS FROM PREVIOUS STEP

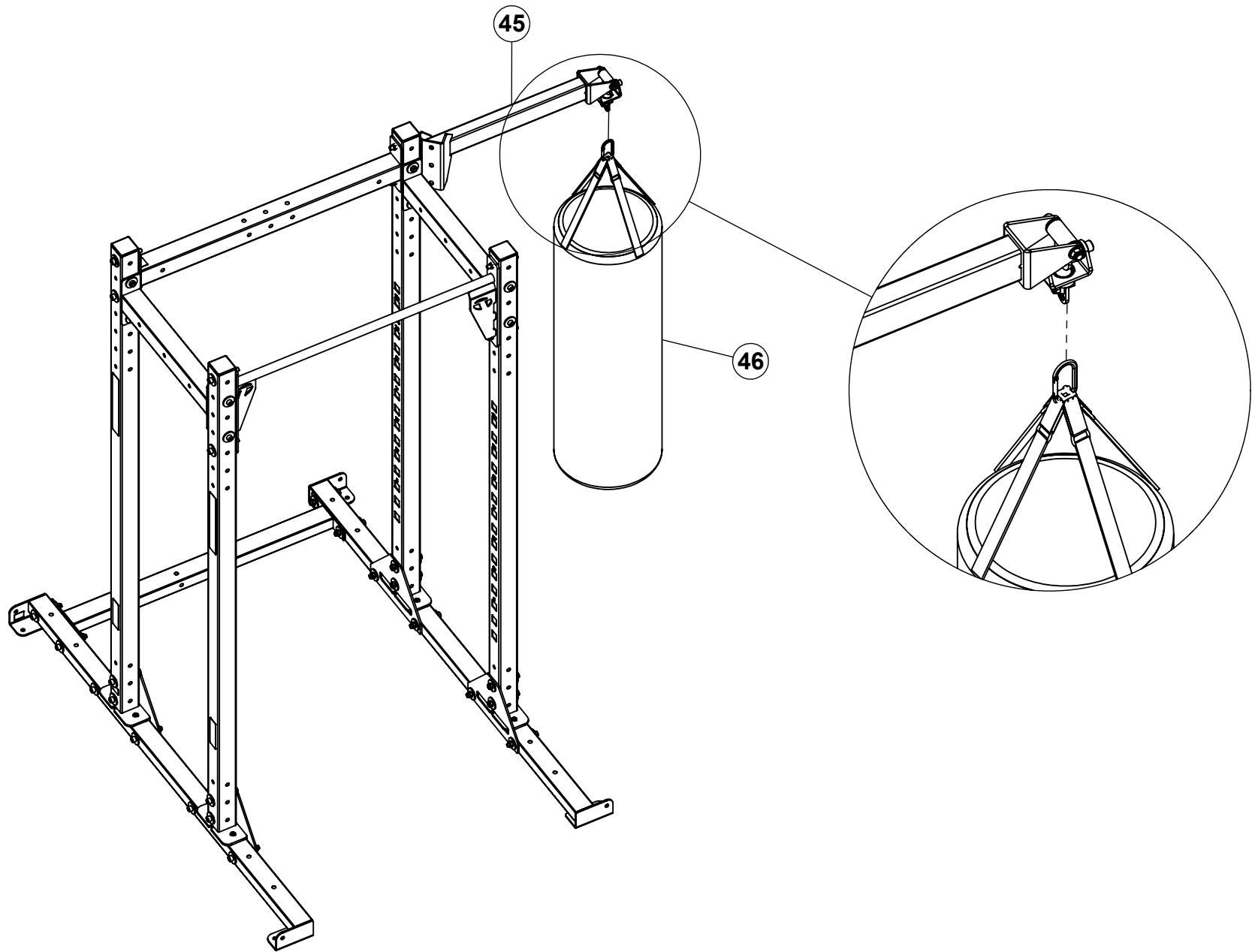


NOTE:

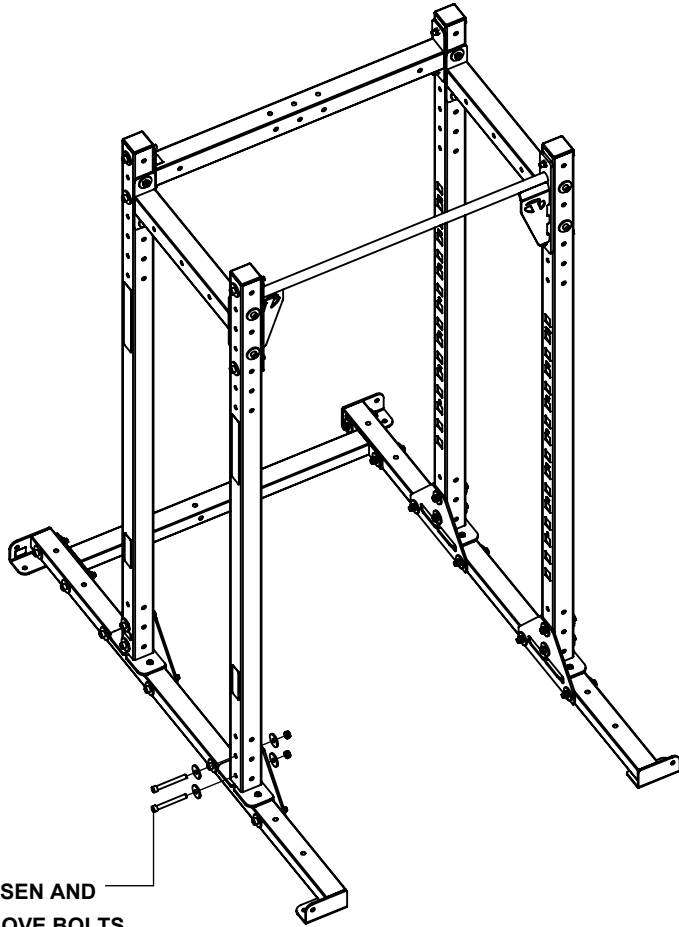
SECURELY tighten all bolt connections in this step.



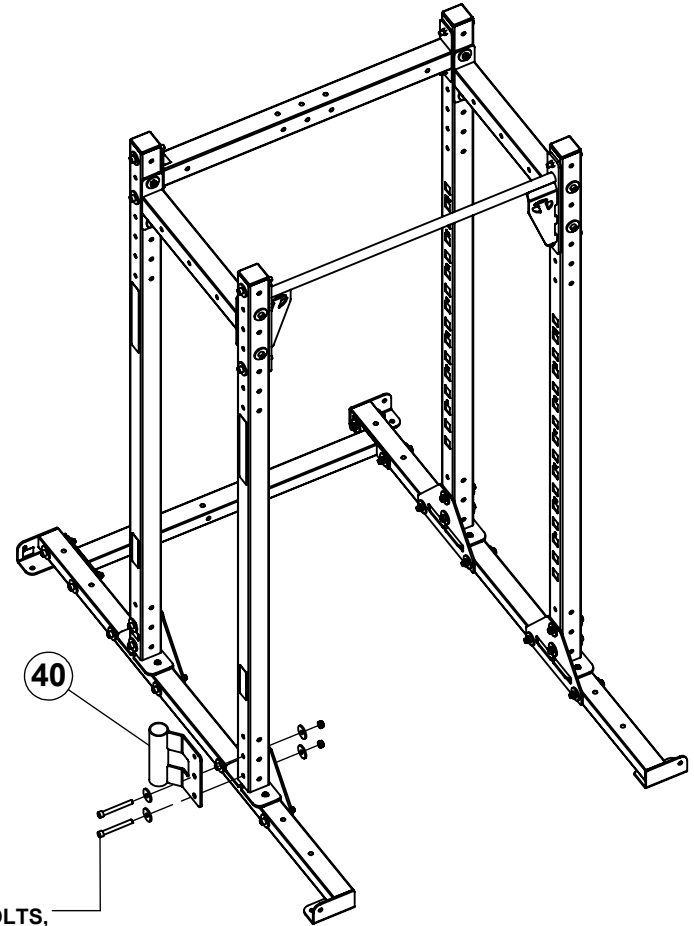
STEP 17C (OPTIONAL UNIVERSAL HEAVY BAG MOUNT)



STEP 18A AND 18B (OPTIONAL DOUBLE PLAY ATTACHMENT)



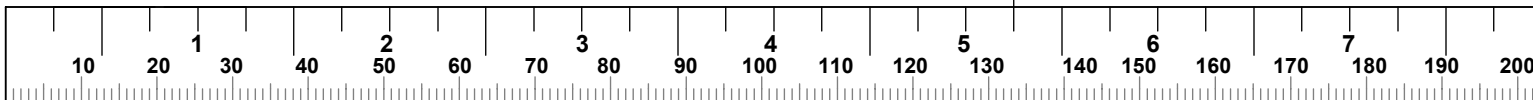
LOOSEN AND REMOVE BOLTS, WASHERS AND NUTS



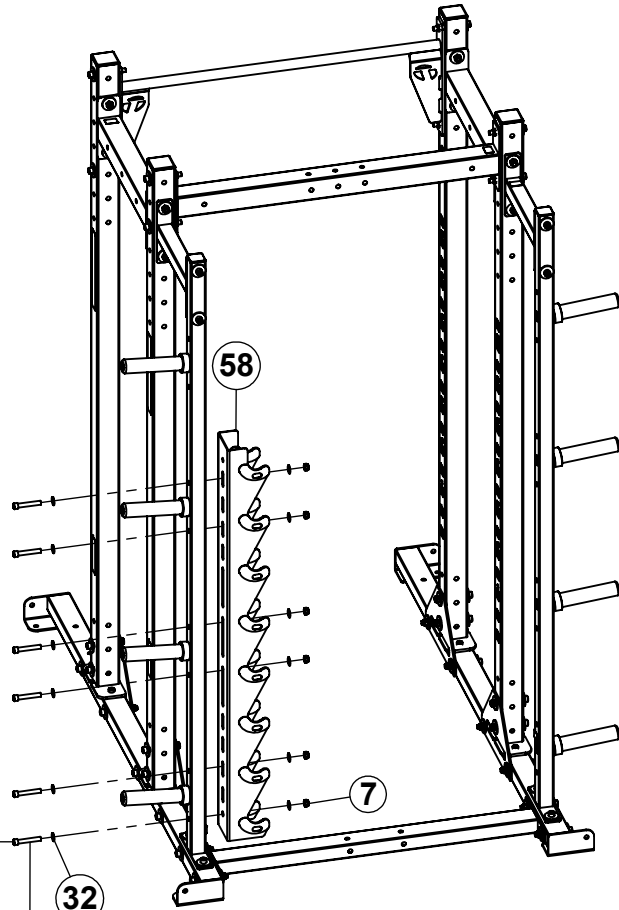
RE-USE BOLTS, WASHERS AND NUTS FROM PREVIOUS STEP

NOTE:

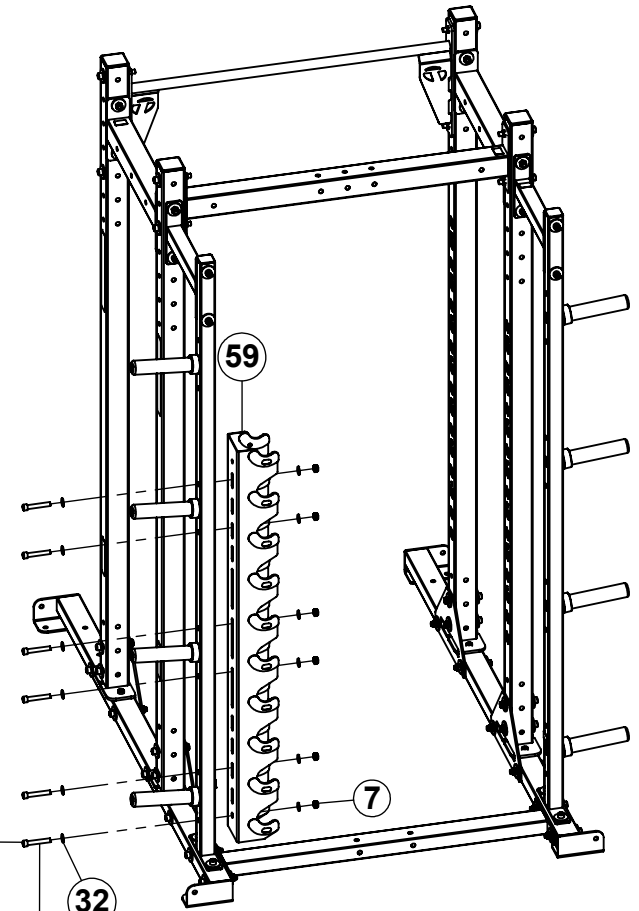
SECURELY tighten all bolt connections in this step.



**STEP 19A AND 19B
(OPTIONAL VERTICAL DUMBBELL STORAGE WITH
VERTICAL WEIGHT STORAGE)**



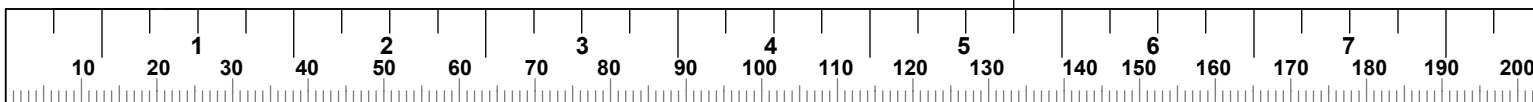
NOTE:
BOLTS MUST BE
INSTALLED IN
THIS DIRECTION



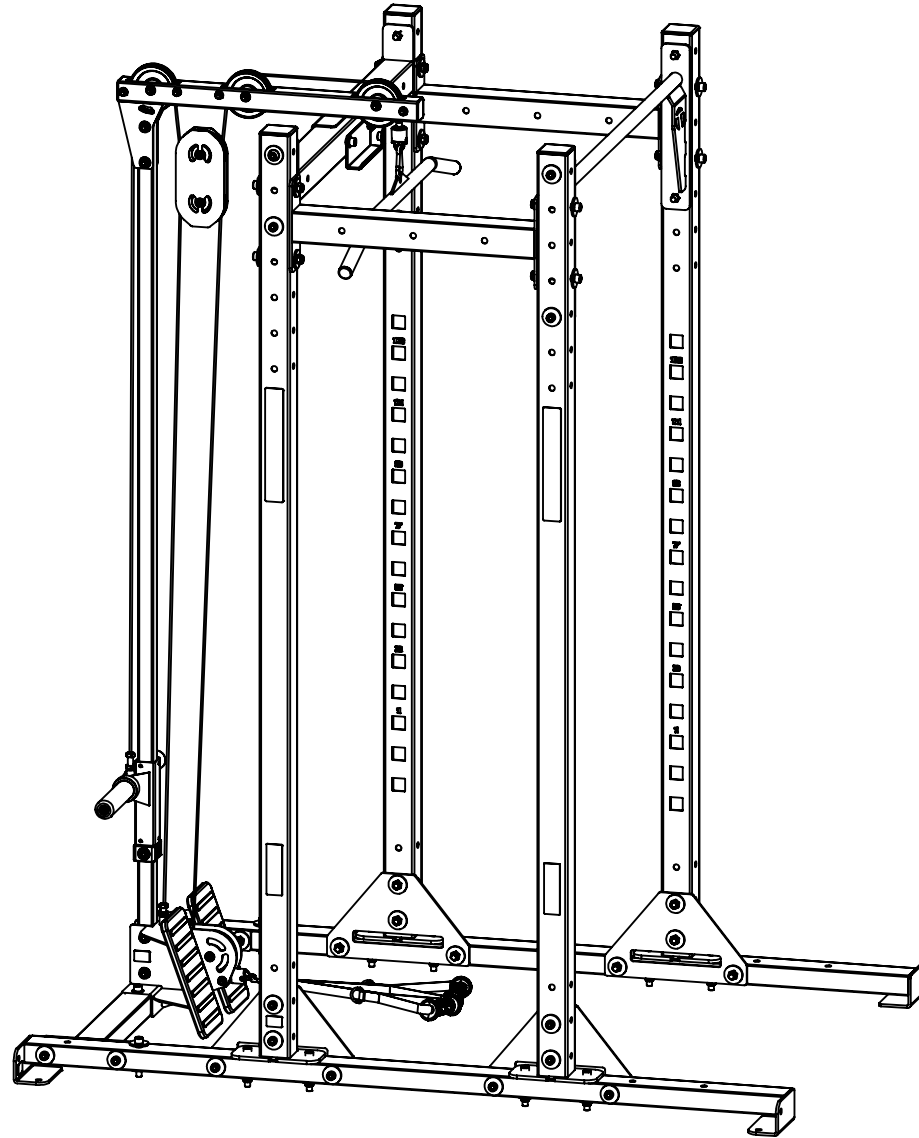
NOTE:
BOLTS MUST BE
INSTALLED IN
THIS DIRECTION

NOTE:

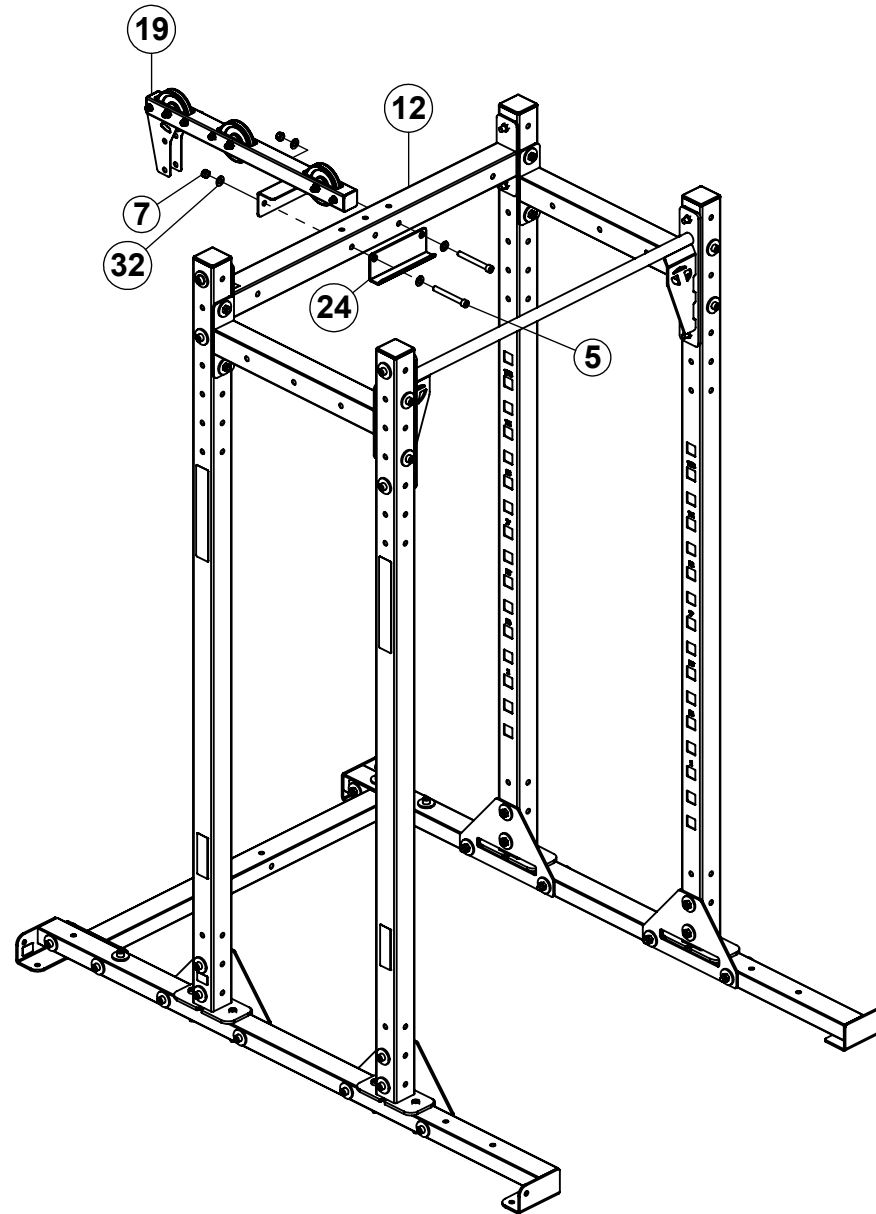
SECURELY tighten all bolt connections in this step.



STEP 20 (OPTIONAL HIGH LOW CABLE ATTACHMENT)

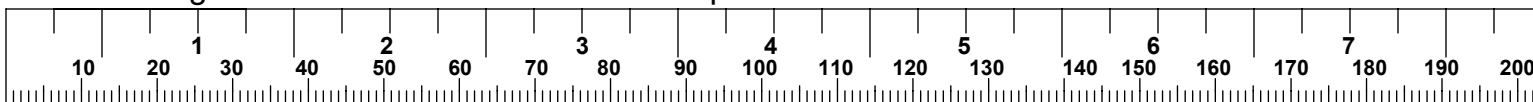


STEP 20A (OPTIONAL HIGH LOW CABLE ATTACHMENT)

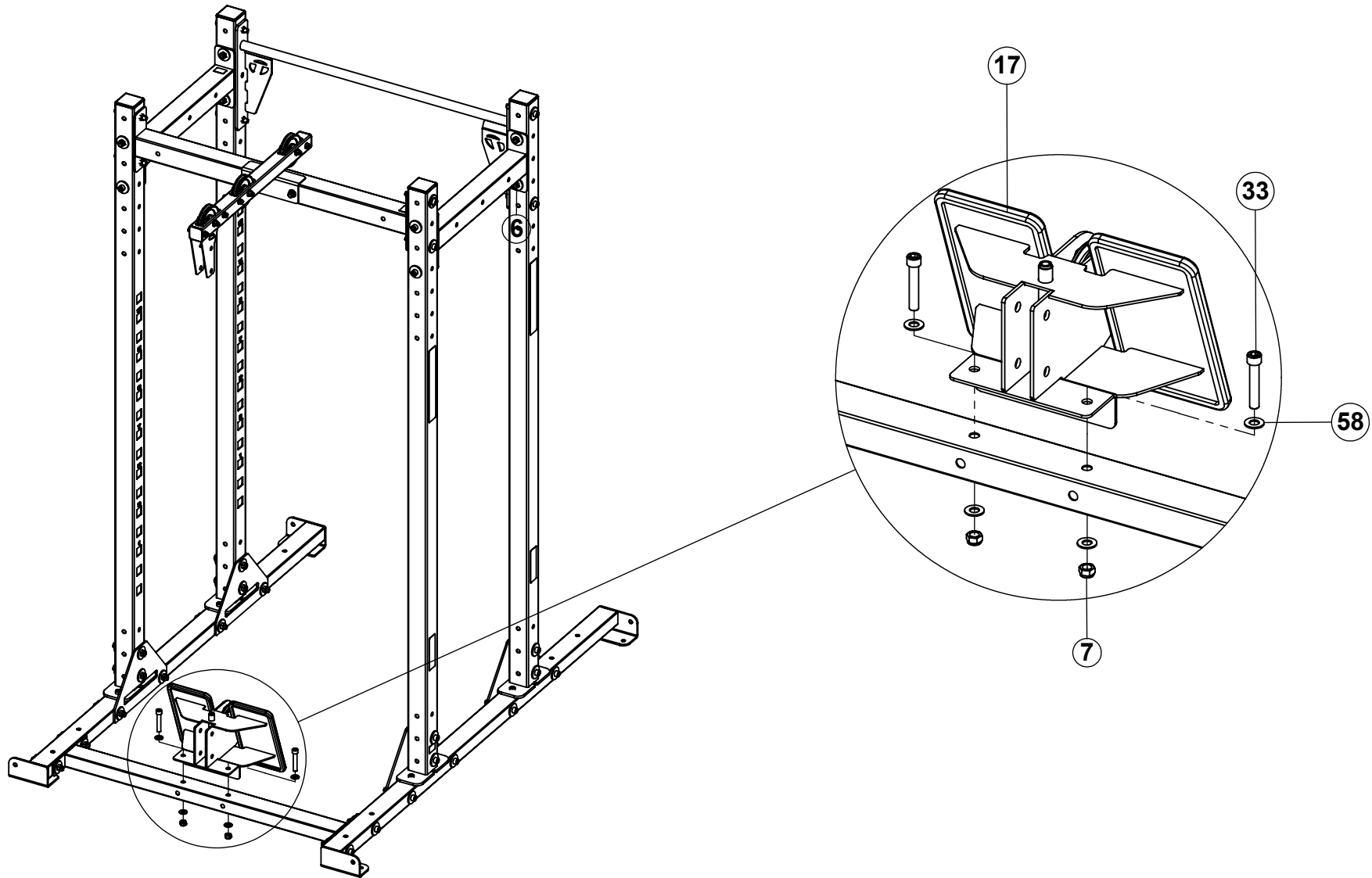


NOTE:

LOOSELY tighten all bolt connections in this step.

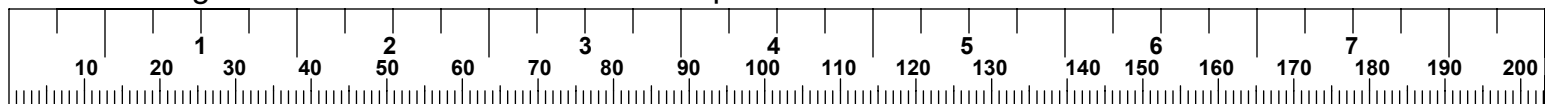


STEP 20B (OPTIONAL HIGH LOW CABLE ATTACHMENT)

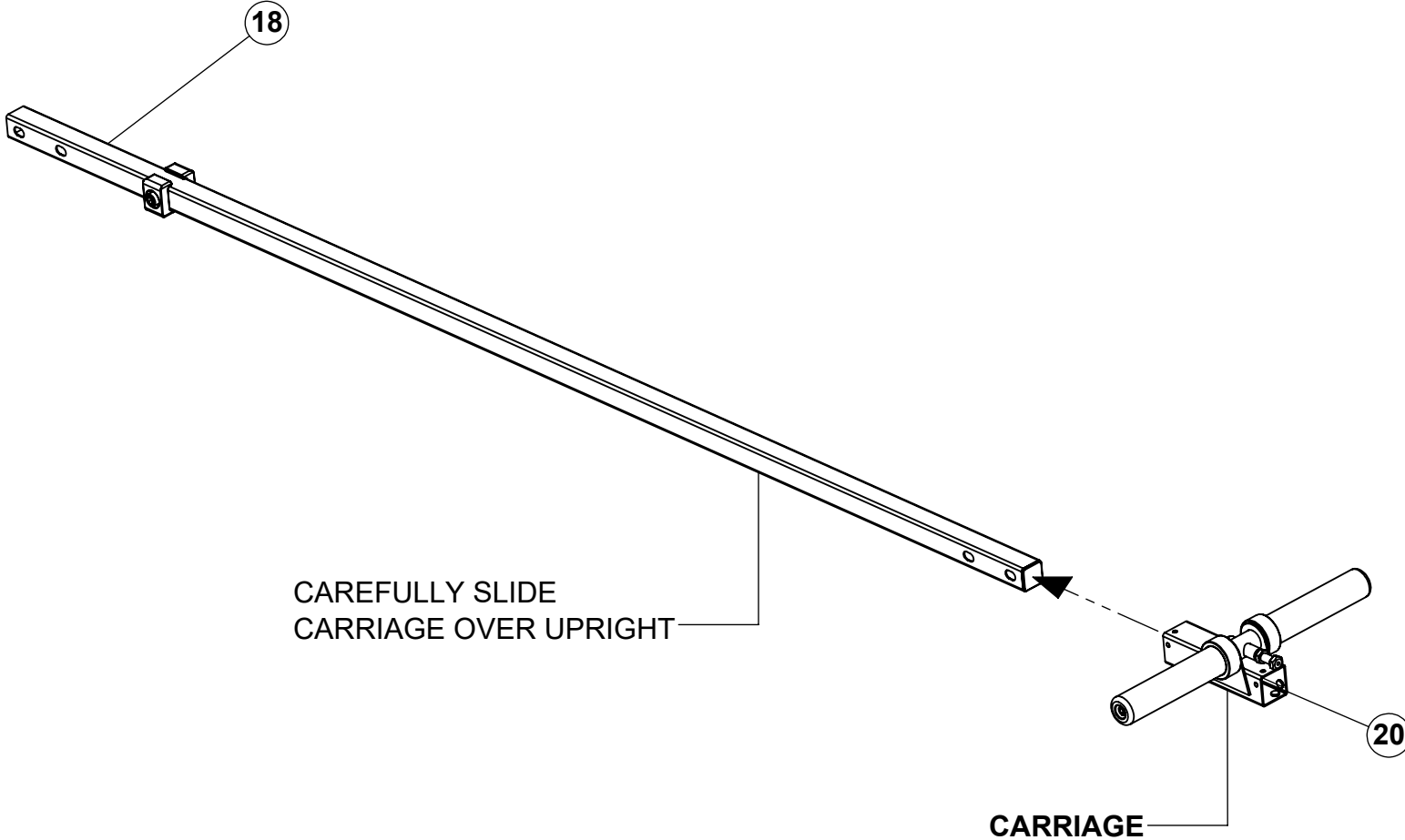


NOTE:

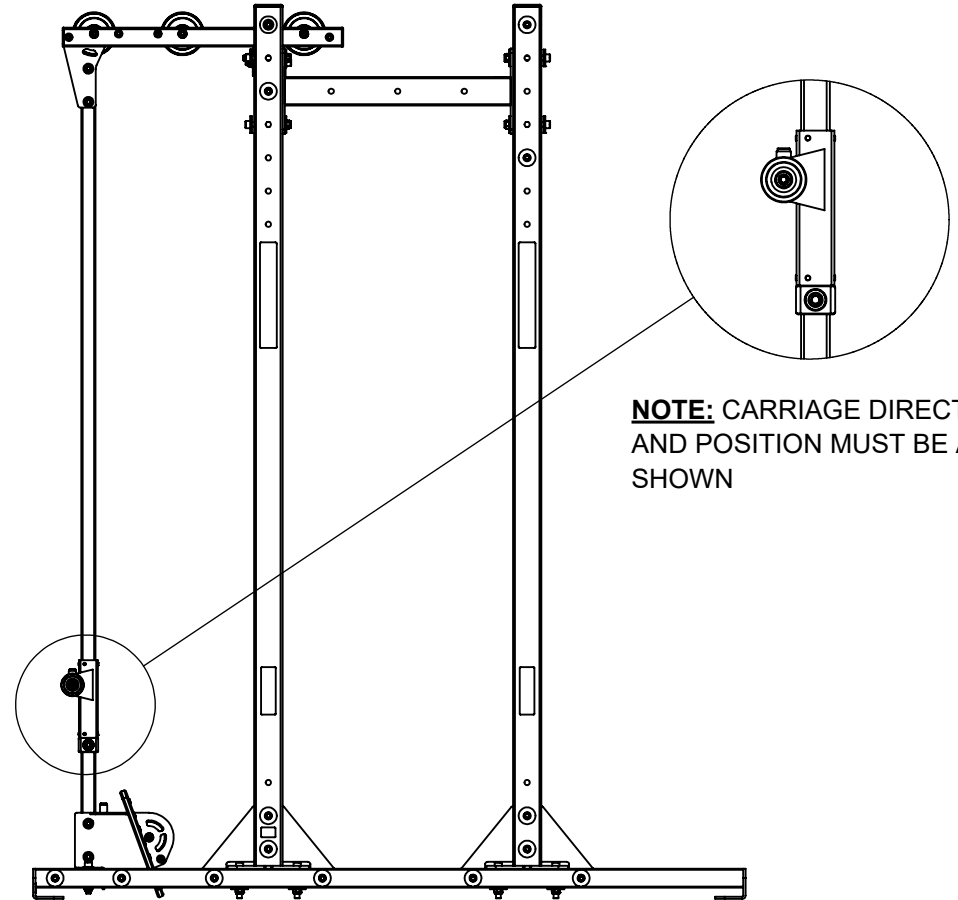
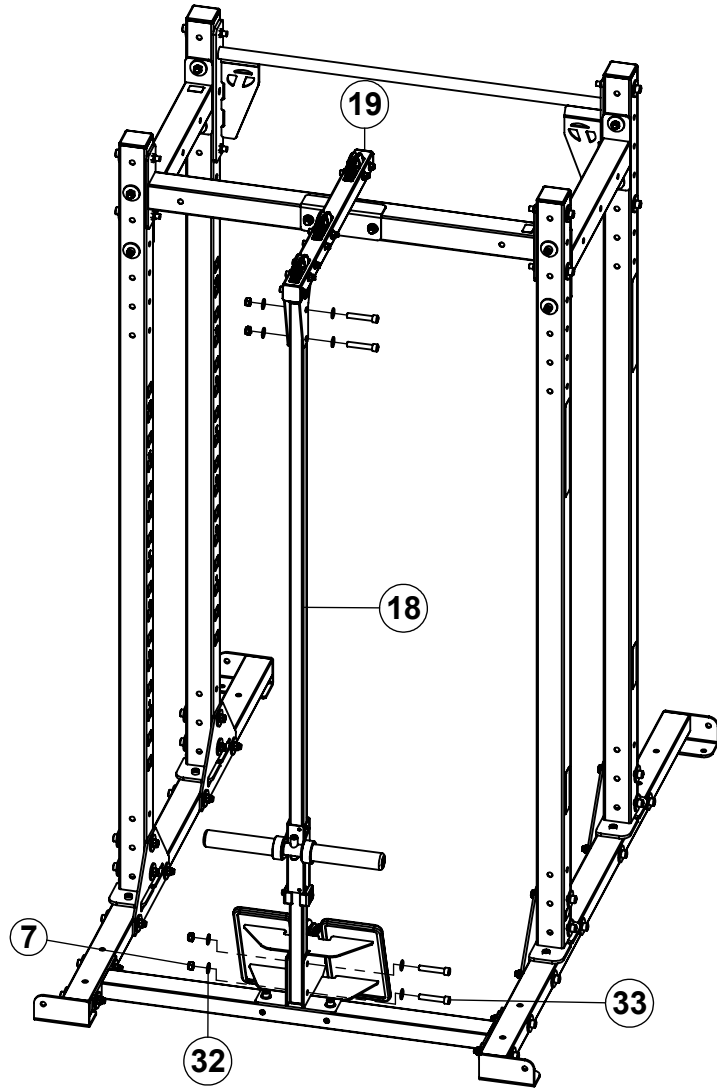
LOOSELY tighten all bolt connections in this step.



STEP 20C
(OPTIONAL HIGH LOW CABLE ATTACHMENT)



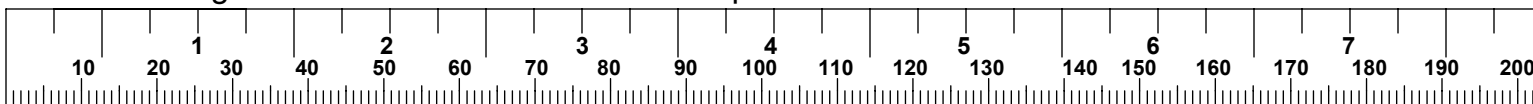
STEP 20D (OPTIONAL HIGH LOW CABLE ATTACHMENT)



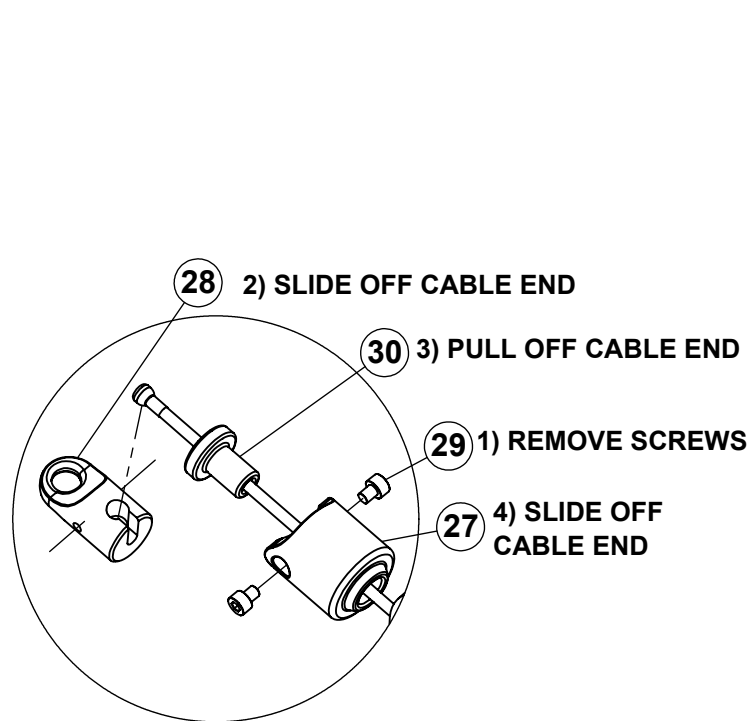
NOTE: CARRIAGE DIRECTION AND POSITION MUST BE AS SHOWN

NOTE:

SECURELY tighten all bolt connections in this step.



STEP 20E (OPTIONAL HIGH LOW CABLE ATTACHMENT)



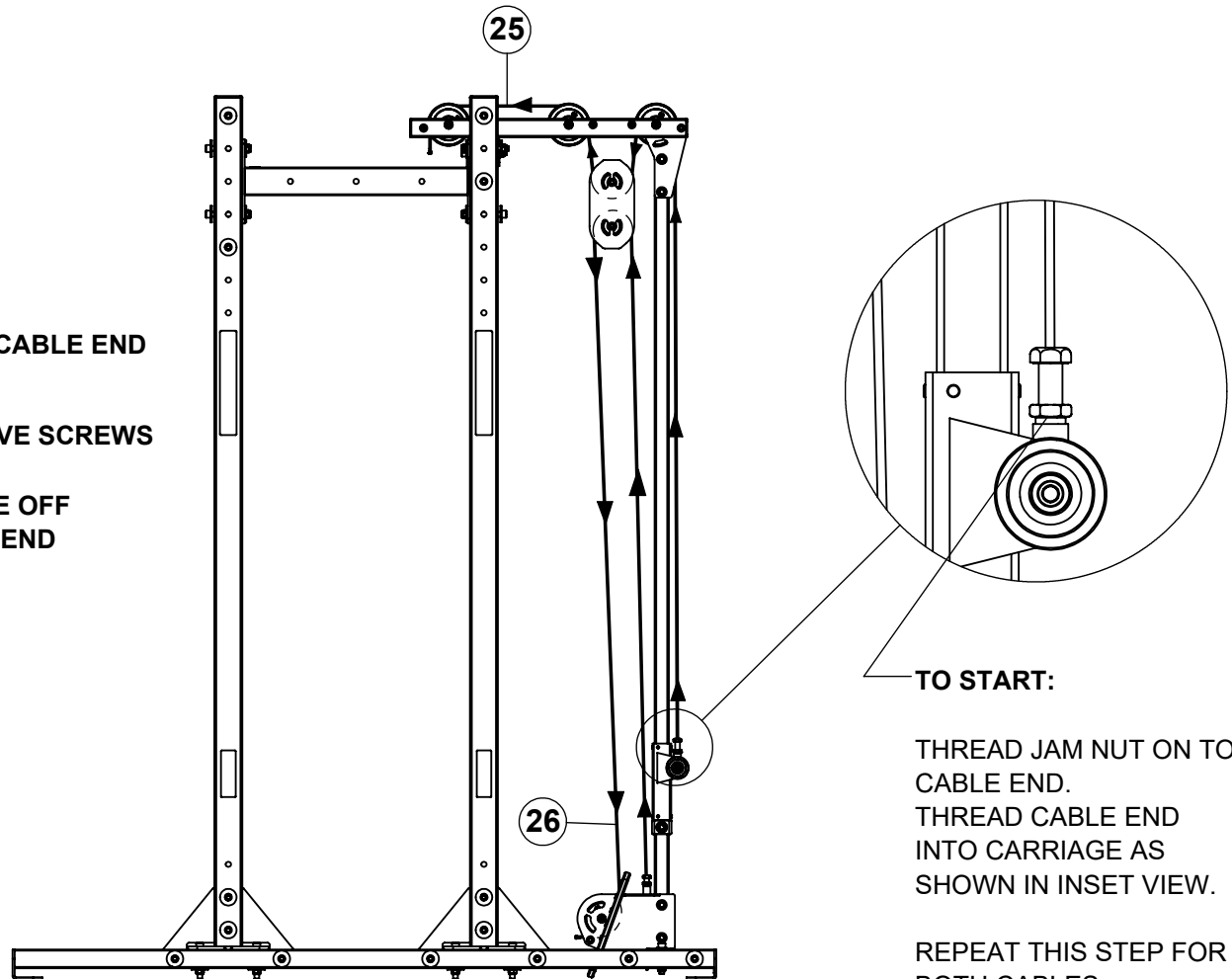
NOTE:

BEFORE ROUTING CABLES REMOVE BOTH CABLE END ASSEMBLIES SHOWN ABOVE. SAVE PARTS FOR REASSEMBLY IN NEXT STEP.

COMPARE CABLE LENGTHS BEFORE INSTALLING. PART 46 (HIGH CABLE) IS SHORTER IN LENGTH THAN PART 47 (LOW CABLE)

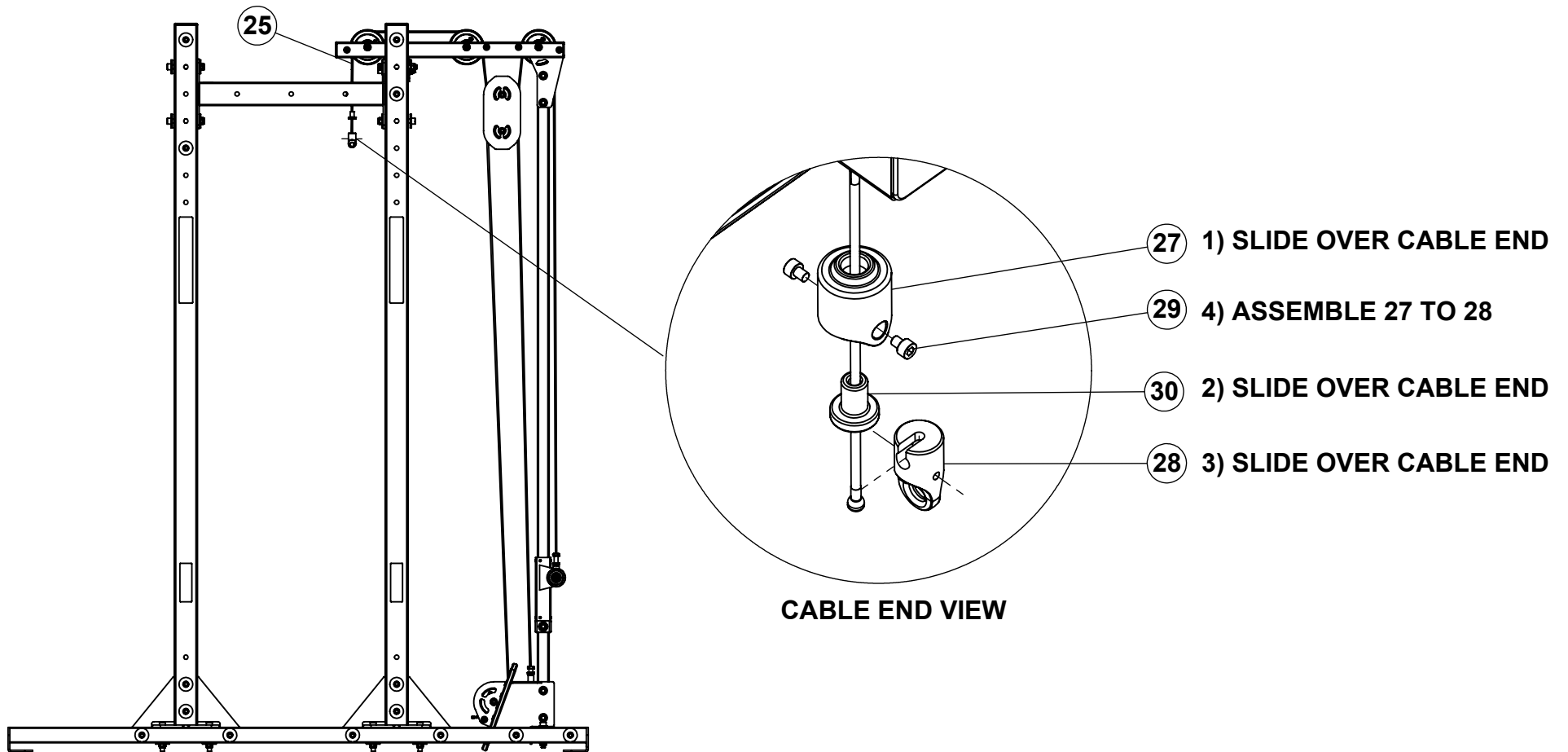
NOTE:

COMPARE CABLE LENGTHS BETWEEN 36 AND 37. CABLE 37 IS LONGER THAN CABLE 36.



CAUTION: When routing cables, make sure that the cables are seated in the groove of the pulleys and underneath all retaining bolts, pins or brackets. **Failure to do so, may result in damage to cable.**

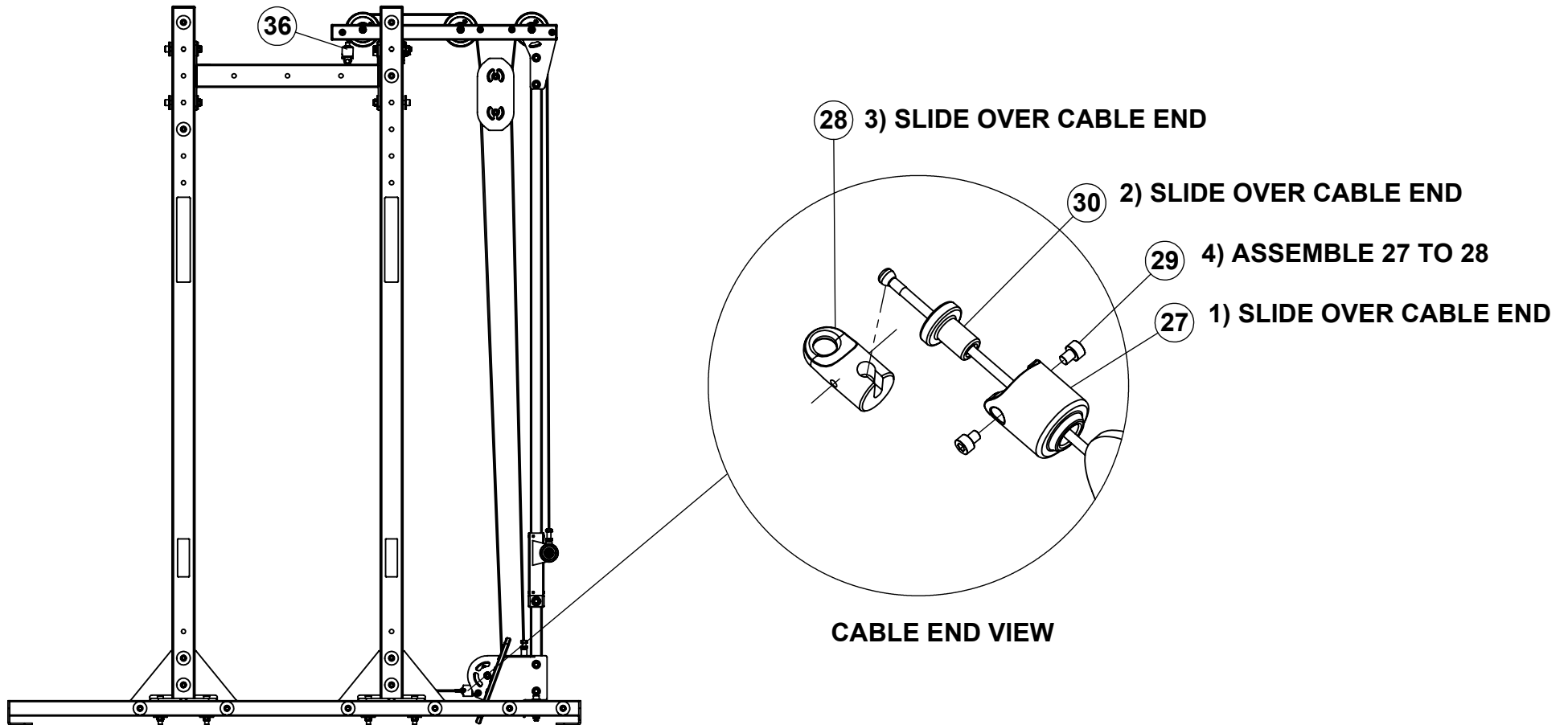
STEP 20F (OPTIONAL HIGH LOW CABLE ATTACHMENT)



NOTE:

SECURELY tighten all bolt connections in this step.

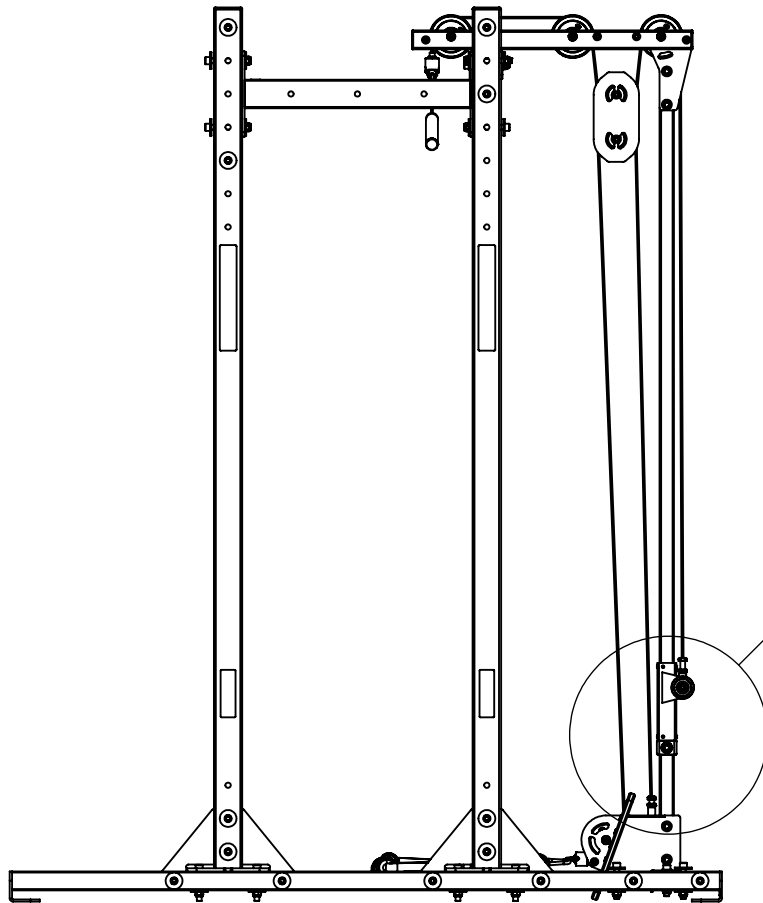
STEP 20G (OPTIONAL HIGH LOW CABLE ATTACHMENT)



NOTE:

SECURELY tighten all bolt connections in this step.

STEP 20H (OPTIONAL HIGH LOW CABLE ATTACHMENT)



NOTE:

If there is a gap between the carriage and the stop, loosen jam nut and turn threaded end clockwise until the head plate touches the first plate.

SECURELY tighten jam nut

To add tension to the cable, turn the threaded end counter clockwise.

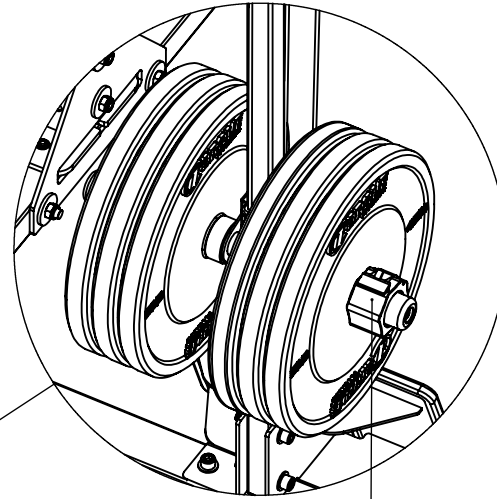
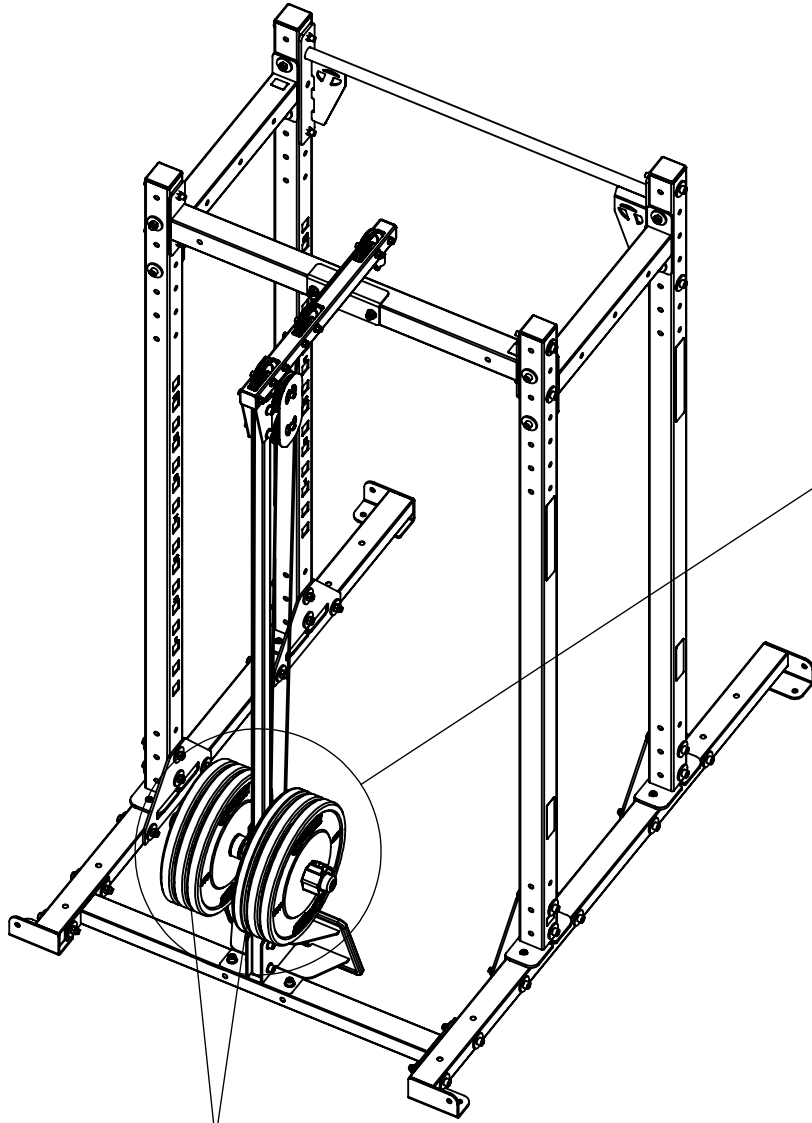
SECURELY tighten jam nut

Repeat steps for adjusting the low pulley cable if needed.

NOTE:

SECURELY tighten all bolt connections in this step.

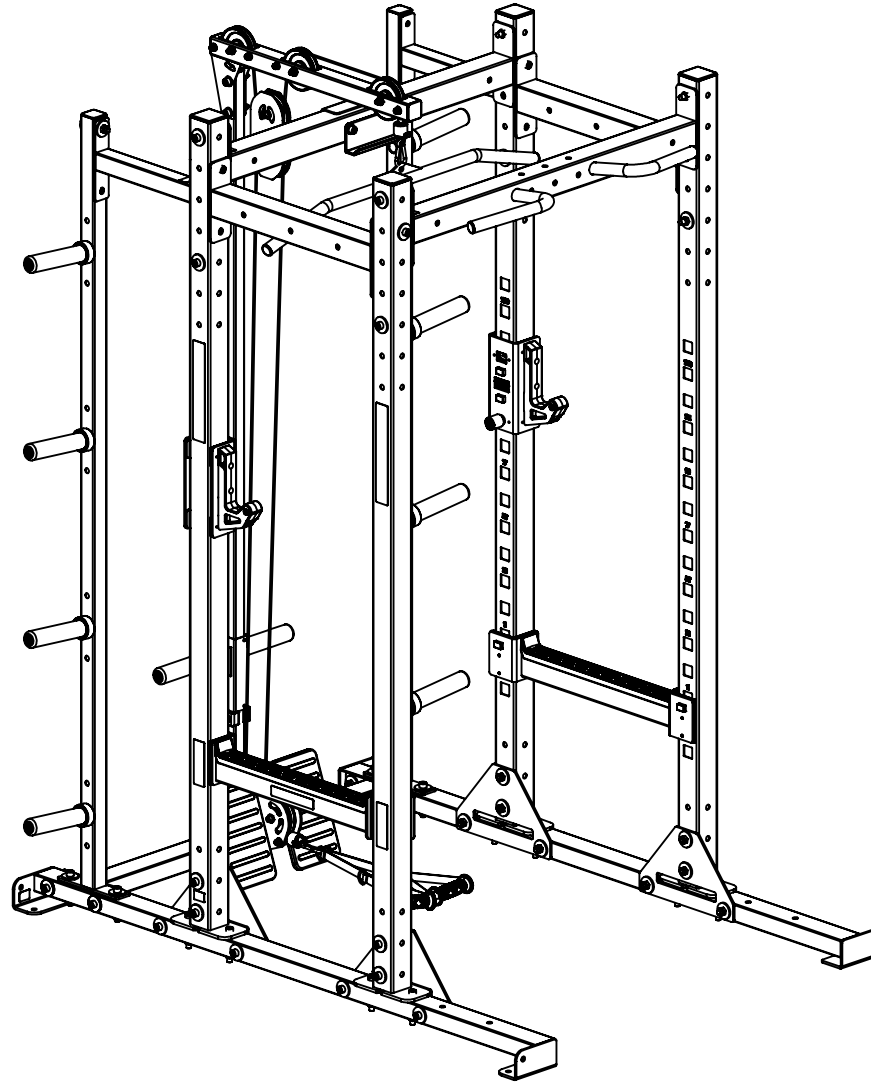
STEP 201
PLATE LOADING



NOTE:
ALWAYS USE LOCK COLLAR

NOTE:
LOAD PLATES EVENLY AS
POSSIBLE ON BOTH SIDES

STEP 20J



MAINTENANCE:

GUIDE RODS: Clean and lubricate with a silicone or teflon base lubricant.

NUTS/BOLTS: Tighten and/or adjust as needed.

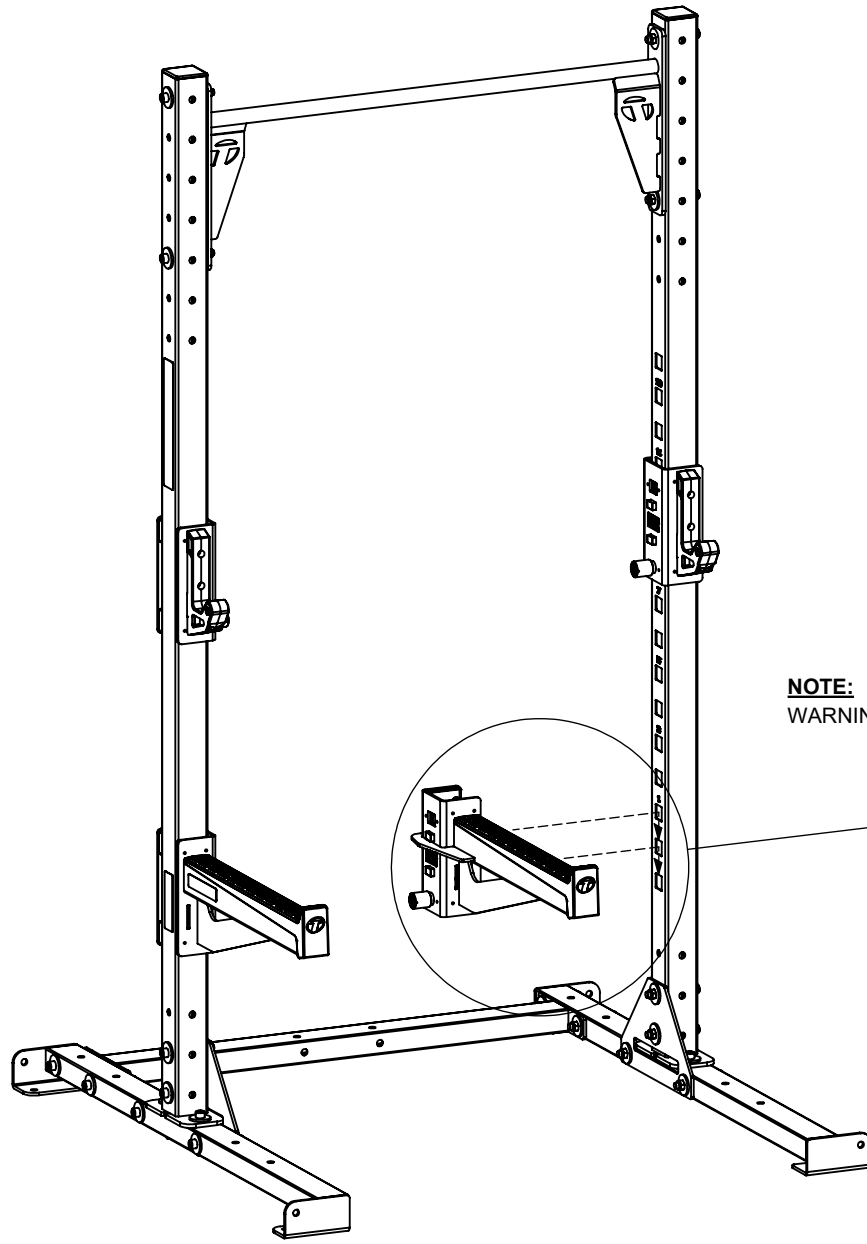
CABLES: Check tension, end fittings, and coating. Replace if damaged or worn. Check jam nuts on cable ends. (NOTICE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 19G FOR ADJUSTING CABLE TENSION)

FRAME: Wipe down and damp cloth.

GRIPS: Inspect and replace if they appear worn or damaged.

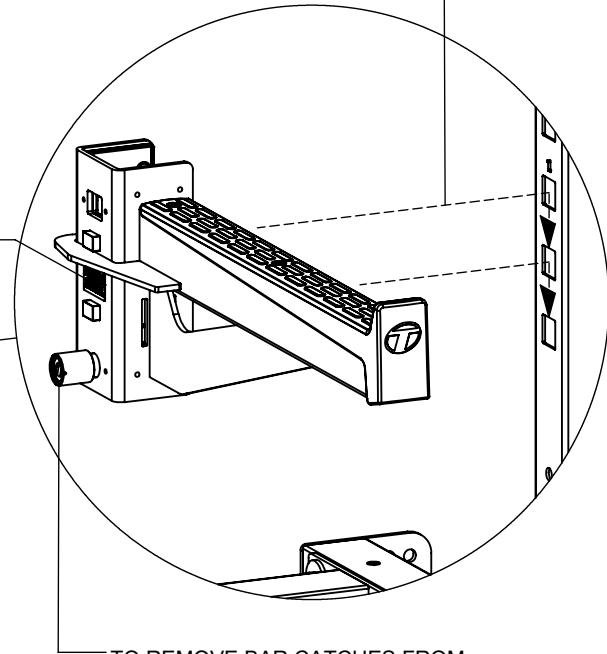
For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). or www.service@torquefitness.com

STEP 21 (OPTIONAL BAR CATCHES)



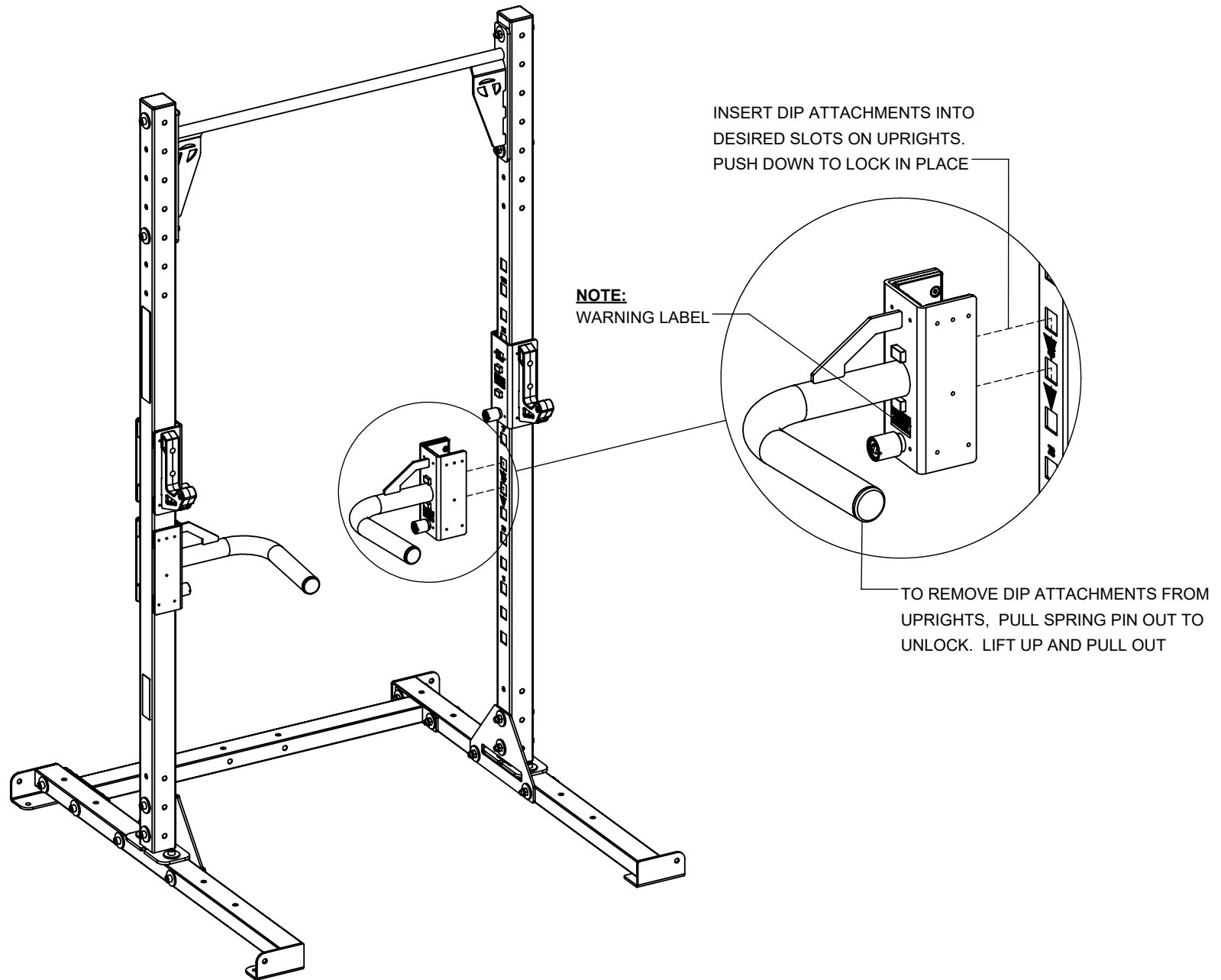
INSERT BAR CATCHES INTO
DESIRED SLOTS ON UPRIGHTS.
PUSH DOWN TO LOCK IN PLACE

NOTE:
WARNING LABEL



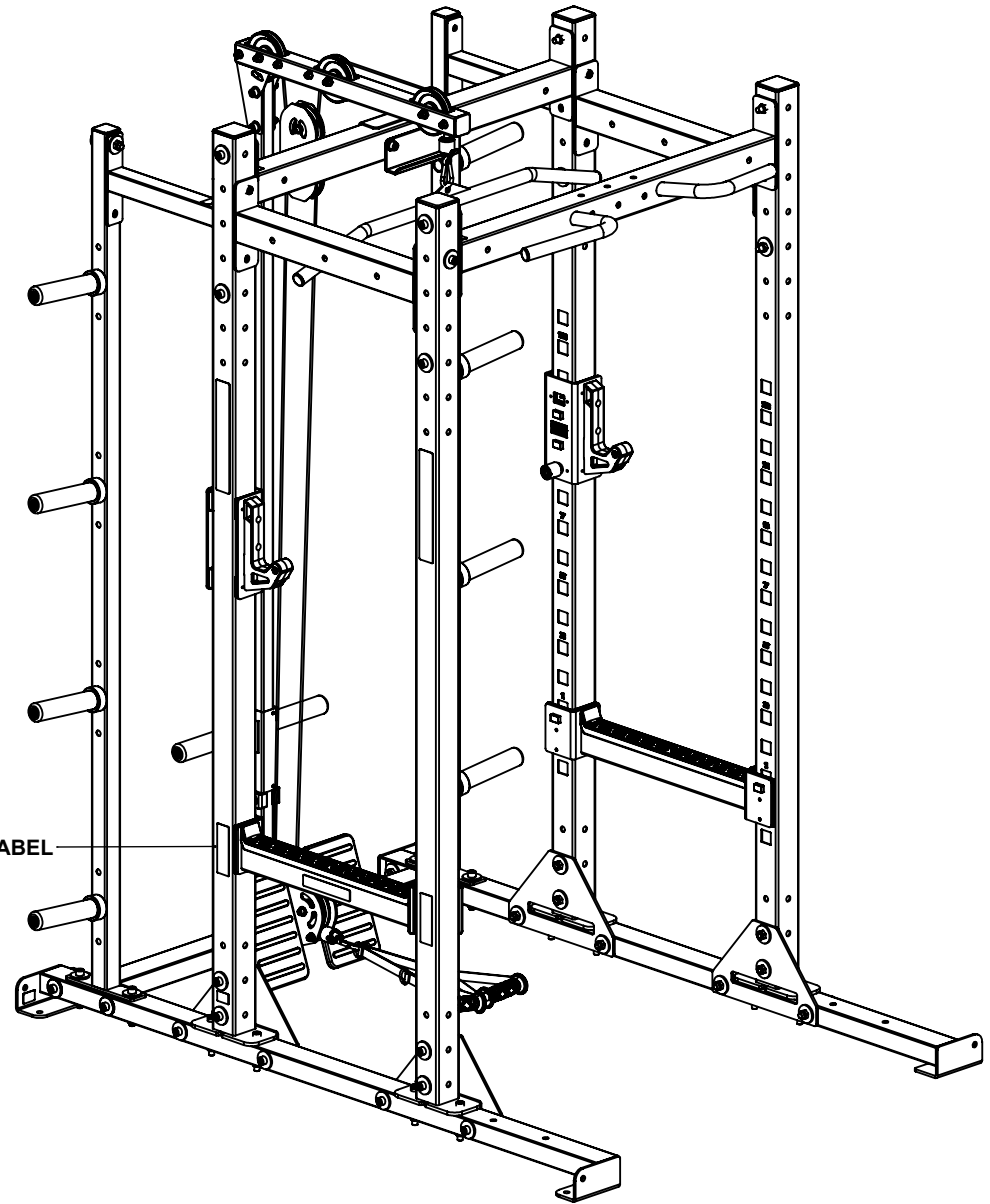
TO REMOVE BAR CATCHES FROM
UPRIGHTS, PULL SPRING PIN OUT TO
UNLOCK. LIFT UP AND PULL OUT

STEP 22 (OPTIONAL DIP ATTACHMENT)



MAINTENANCE:

- **NUTS/BOLTS:** Inspect periodically, tighten and/or adjust as needed.
- **FRAME:** Wipe down frame with a damp cloth.



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11201 Xeon Street NW Ste 101
Coon Rapids, MN USA 55448

www.torquefitness.com
763-754-7533 (8:30 am – 5:00 CST).

For sales: sales@torquefitness.com
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