

XERT RELENTLESS ROPE TRAINER

2022-05-23

COMPATABILITY



RELENTLESS MOUNTING METHODS



XERT – INCLUDED INSTRUCTIONS

A Printed copy of assembly instructions is included in the XERT. This document provides instructions for mounting to a wall and references other manuals:

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Important safety instructions:

- Important safety instructions for using equipment: **Page 3 and 12**
- Important safety instructions for assembling equipment: **Page 3**
- Obtaining service: **Page 3**

General Notes:

- Unpacking equipment: **Page 4**
- Tools required: **Page 4**
- Optional equipment: **Page 4**
- Assembly tips: **Page 4**

Parts List: **Page 5**

Assembly Instructions:

- To assemble the XERT to the WALL: **Pages 6-7**
- To assemble the XERT to the X-RACK download manual at: www.torquefitness.com/pages/assembly-manuals
- To assemble the XERT to the POWER CAGE download manual at: www.torquefitness.com/pages/assembly-manuals
- To assemble the XERT to the HALF CAGE download manual at: www.torquefitness.com/pages/assembly-manuals
- To assemble the XERT to the X-LAB EDGE download manual at: www.torquefitness.com/pages/assembly-manuals
- To assemble the XERT to the X-CREATE-WALL, CENTER and BRIDGE download manual at: www.torquefitness.com/pages/assembly-manuals

Adjustments and Maintenance:

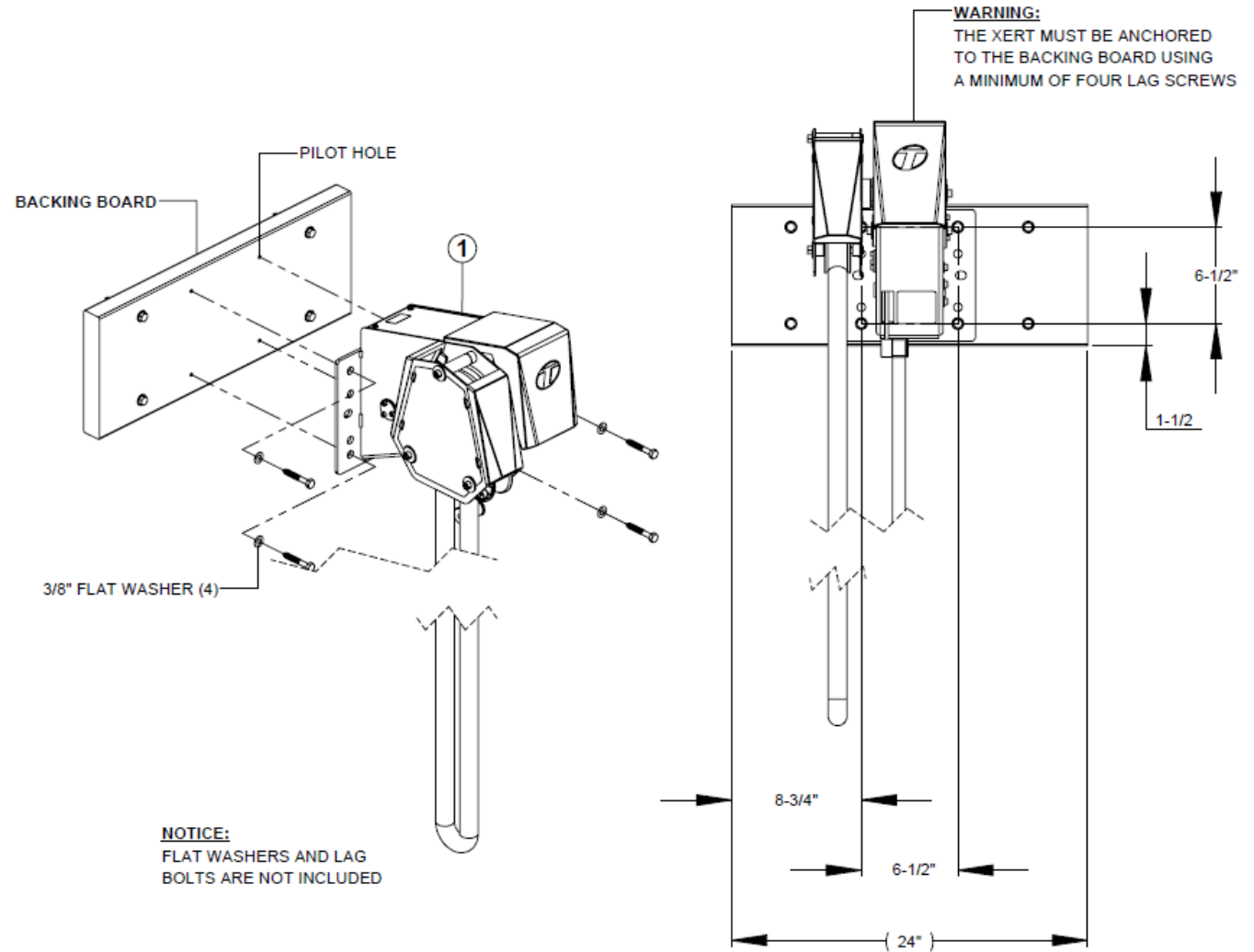
- Resistance adjustments: **Page 8**
- To replace ADJUSTER PULL STRAP with KNOB: **Page 9**
- Belt adjustment: **Page 10**
- Maintenance and inspection: **Page 11**

XERT – TO A WALL

The instructions tell the user to use a 2 x 10" header board that anchors to two studs with lag screws or to a concrete wall with concrete anchors.

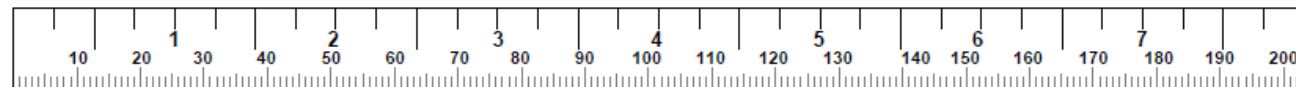
(Wall anchor hardware is not included)

MOUNT XERT TO WALL: STEP 2



NOTE:

SECURELY tighten all bolt connections in this step.



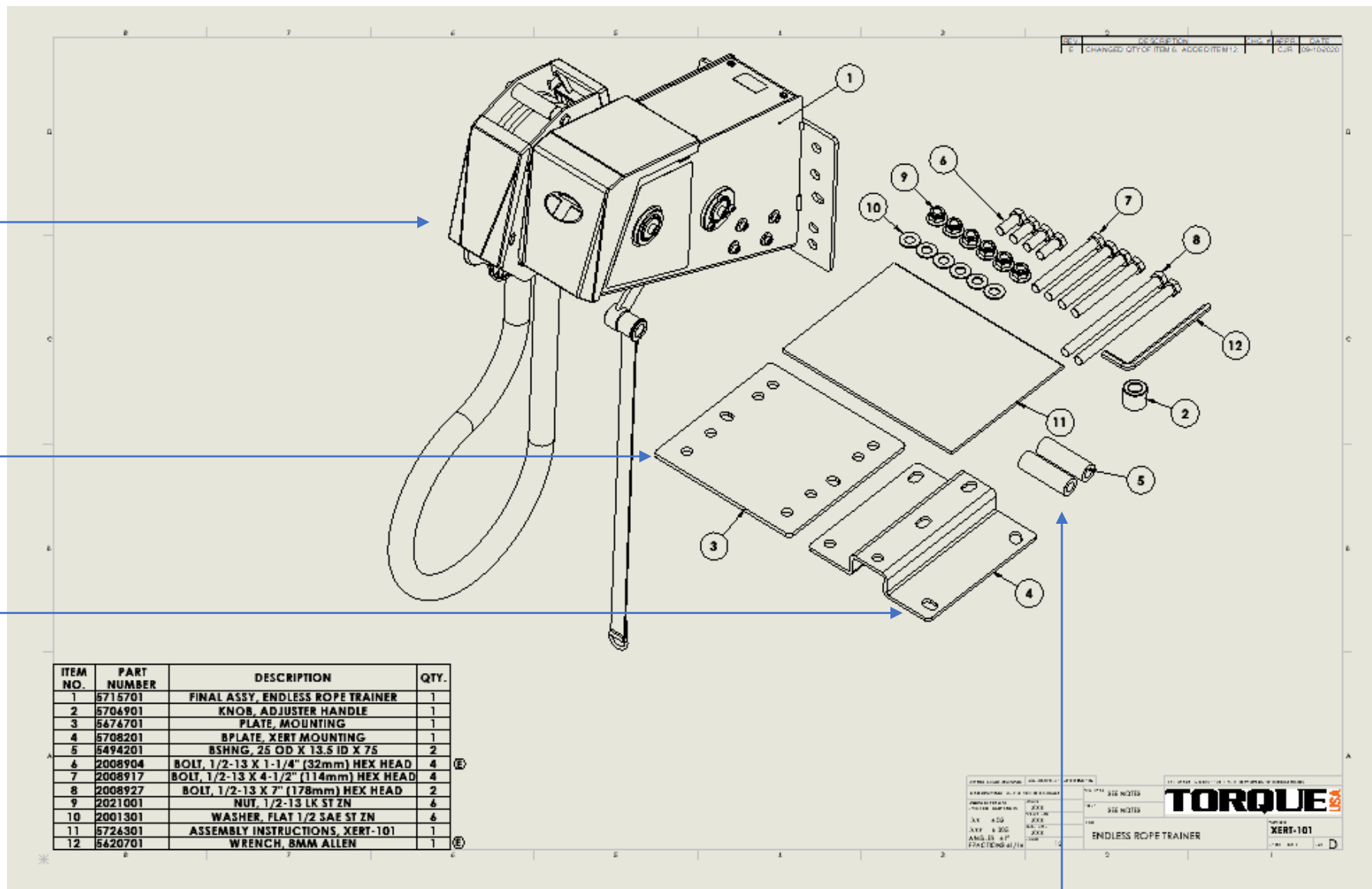
WHAT IS INCLUDED

3 OPTIONS FOR ASSEMBLY

BOLT UNIT DIRECTLY TO CROSS BRACE.

USE THIS AS A BACKING PLATE TO CLAMP UNIT TO ANY TUBING SMALLER THAN 6" X 6".

USE FORMED PLATE TO BOLT TO THE UNIT AND THEN BOLT THE FORMED PLATE TO TWO VERTICAL OR HORIZONTAL HOLES.



BUSHINGS ARE USED IN CASES LIKE THE X-LAB EDGE WHEN MOUNTING INSIDE A U-BRACKET

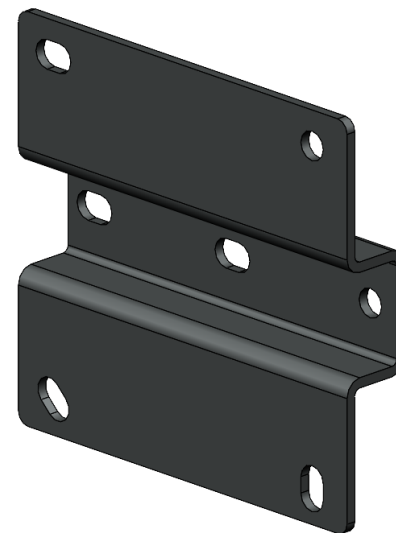
NON-TORQUE



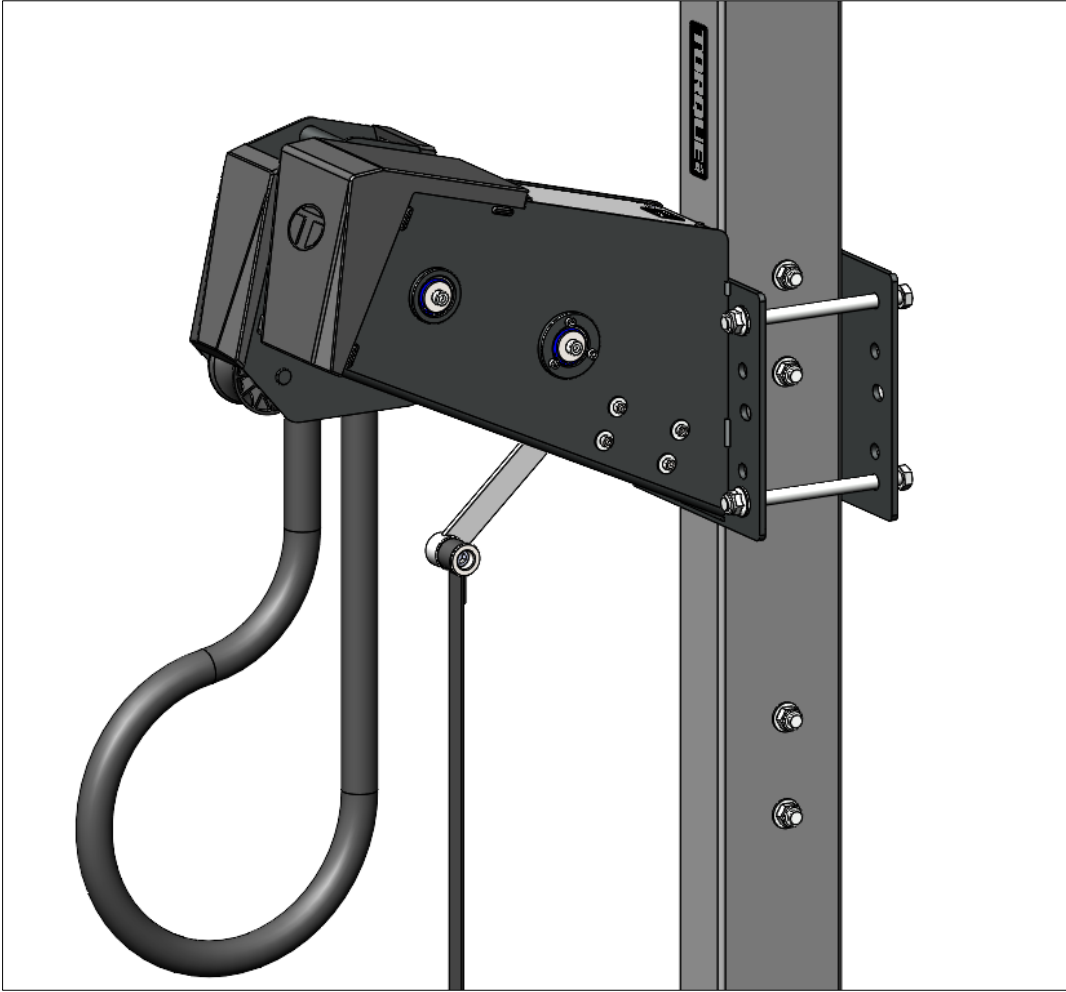
This shows the unit bolting through holes on a competitive Rack.

Our bracket includes three holes all spaced 88 mm apart. So the XERT can be mounted to any rack with either 88 mm (3.5") or 176 mm (7" hole centers).

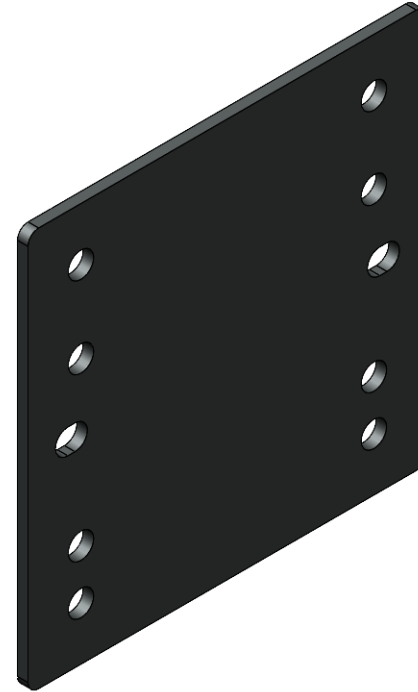
The holes in the upright shown here may not be exactly that, but it appears they are really oversized for the 1/2" bolts we use to mount it.



NON-TORQUE & A FEW TORQUE CASES



With the included “BACKING PLATE” the XERT can be mounted to any tube without holes like shown. Maximum tubing width or height (depending on if mounting to a horizontal or vertical tube) is 150 mm (6 inches).



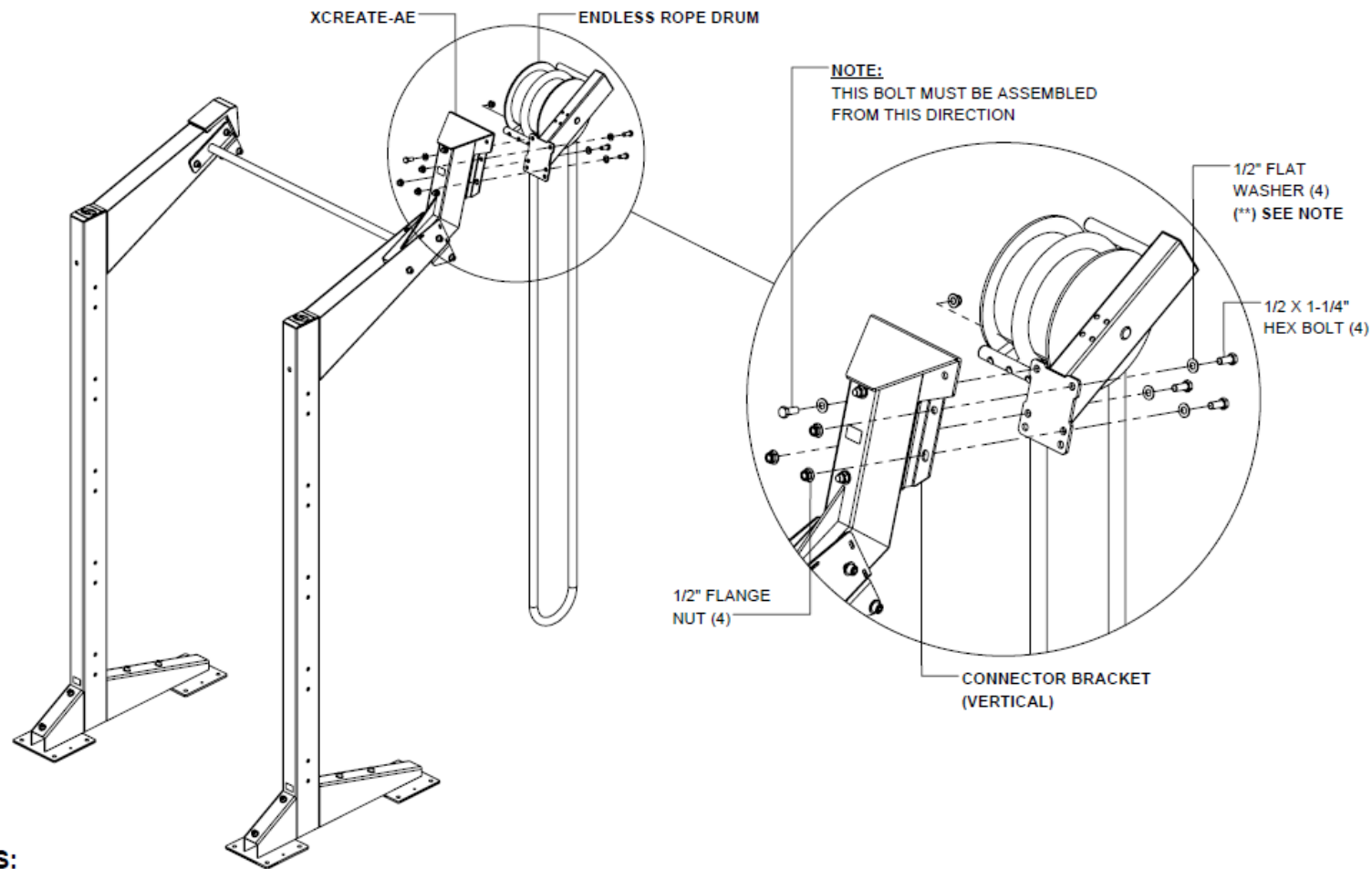
TORQUE SYSTEM INSTRUCTIONS

ASSEMBLY STEPS FOR MOUNTING THE XERT TO TORQUE SYSTEMS ARE FOUND IN THE SYSTEM ASSEMBLY MANUALS. WHAT FOLLOWS ARE THE PAGES OUT OF THOSE MANUALS.

X-CREATE

The Relentless Rope Trainer can attach to the X-CREATE in a variety of ways. Steps for assembly are found in the WALL, 2-SIDED CENTER, and BRIDGE instruction manual.

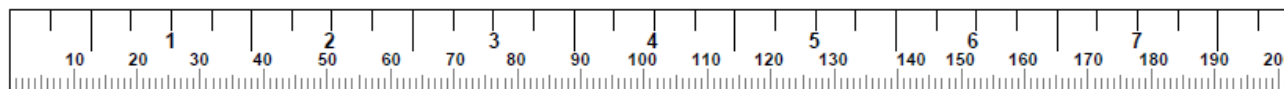
**XCREATE-AE & XERD
ATTACHMENT EXTENSION AND
ENDLESS ROPE DRUM**



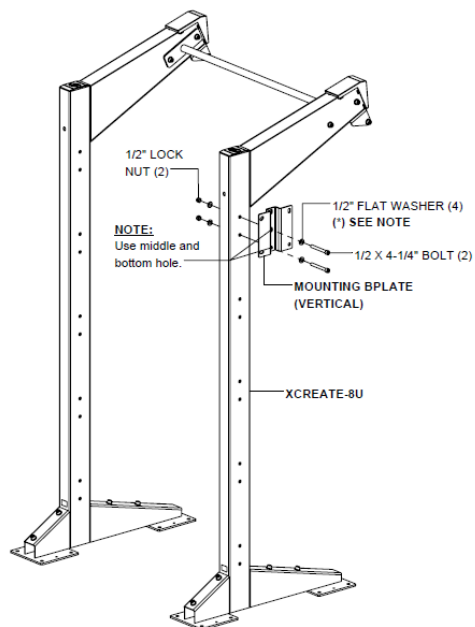
NOTES:

SECURELY assemble bolt connections in this step.

(**) **HARDWARE COVERS CANNOT** be used in place of washers in this step.



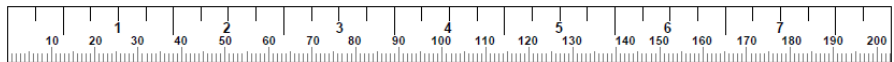
XERT ENDLESS ROPE TRAINER (VERTICAL MOUNT)



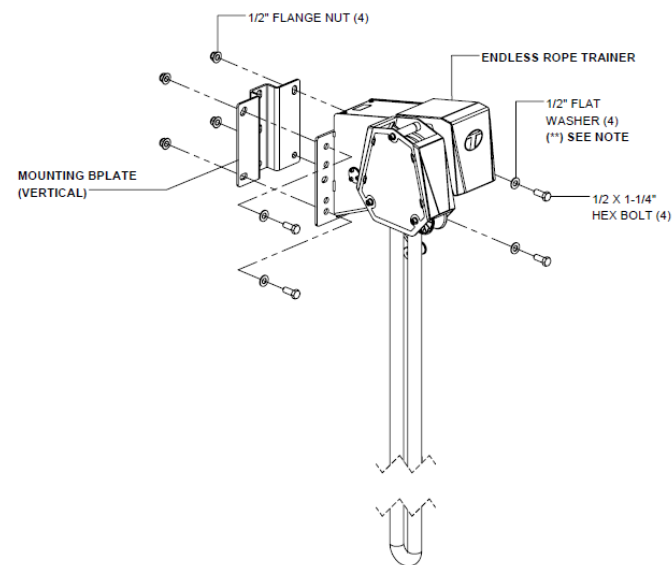
NOTES:

SECURELY tighten all bolt connections in this step.

(*) **HARDWARE COVERS CAN** be used in place of washers in this step. (SEE PAGE 3).



XERT ENDLESS ROPE TRAINER (VERTICAL MOUNT)

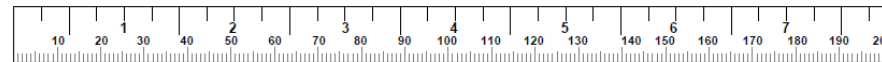


NOTES:

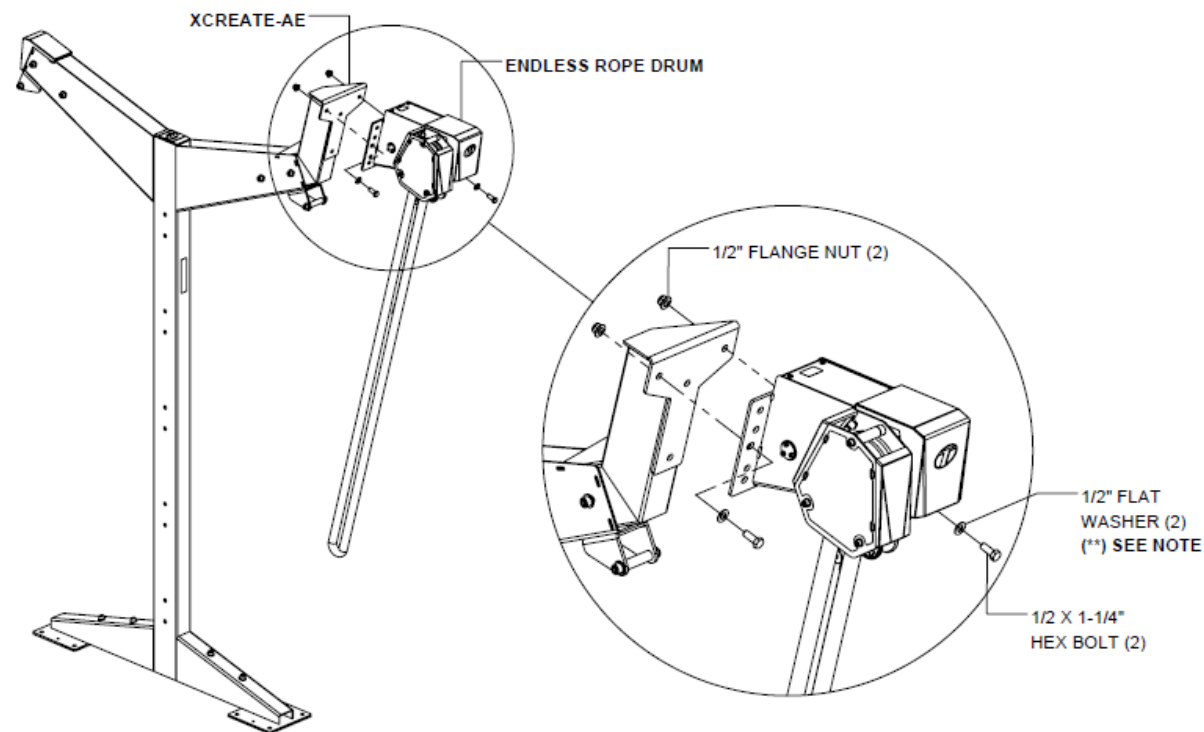
SECURELY tighten all bolt connections in this step.

(**) **HARDWARE COVERS CANNOT** be used in place of washers in this step.

XCREATE has been hidden for assembly clarity.



**XERT
ENDLESS ROPE TRAINER (AE MOUNT)**

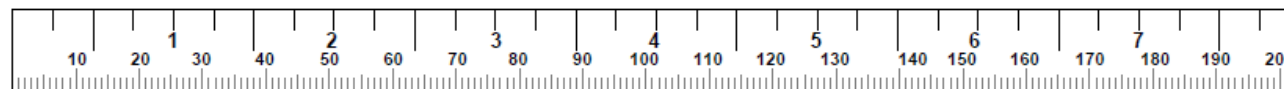


NOTES:

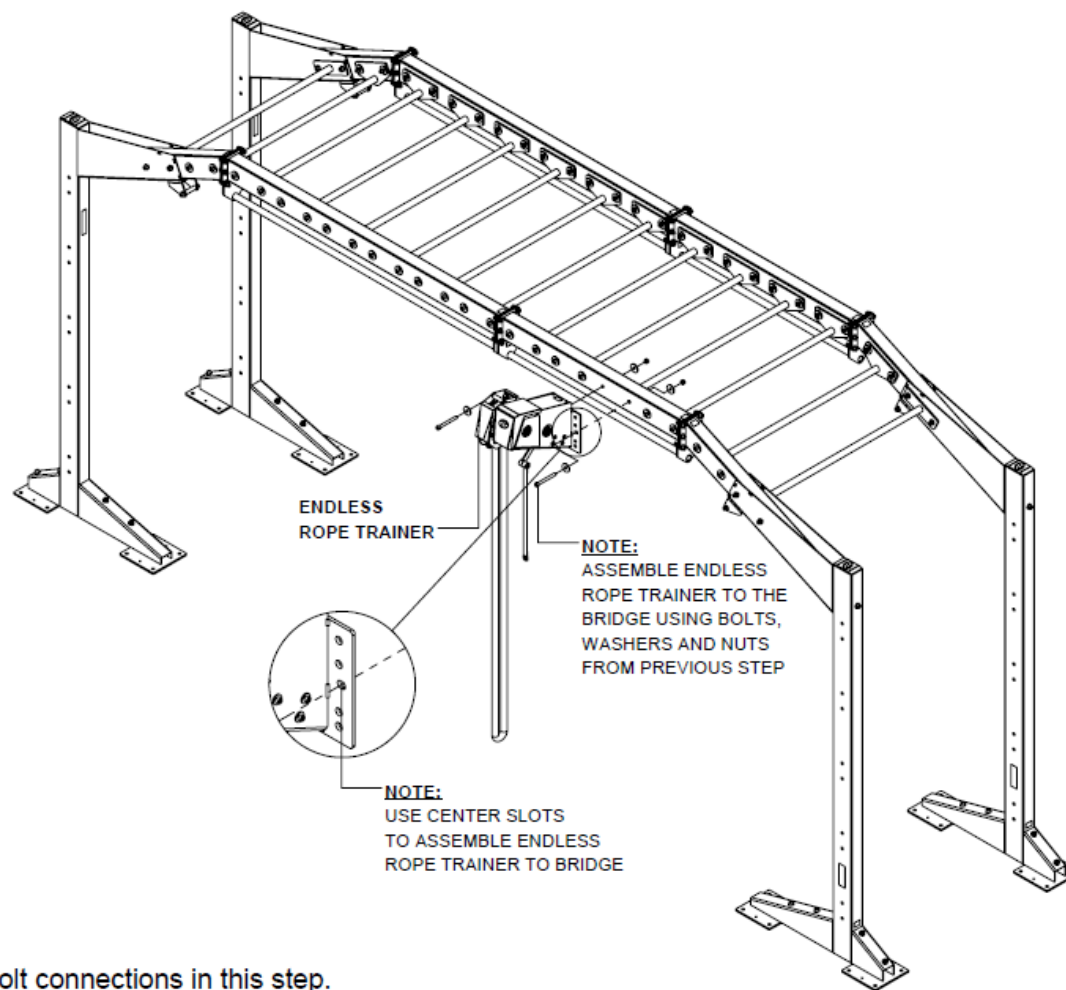
SECURELY assemble bolt connections in this step.

(**) **HARDWARE COVERS CANNOT** be used in place of washers in this step. (SEE PAGE 3).

Some items have been hidden for assembly clarity.



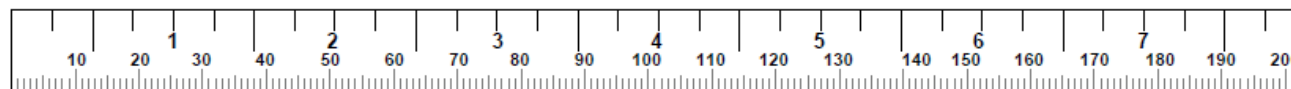
**XERT
ENDLESS ROPE TRAINER (BRIDGE MOUNT)**



NOTES:

SECURELY assemble bolt connections in this step.

(**) **HARDWARE COVERS CANNOT** be used in place of washers in this step.

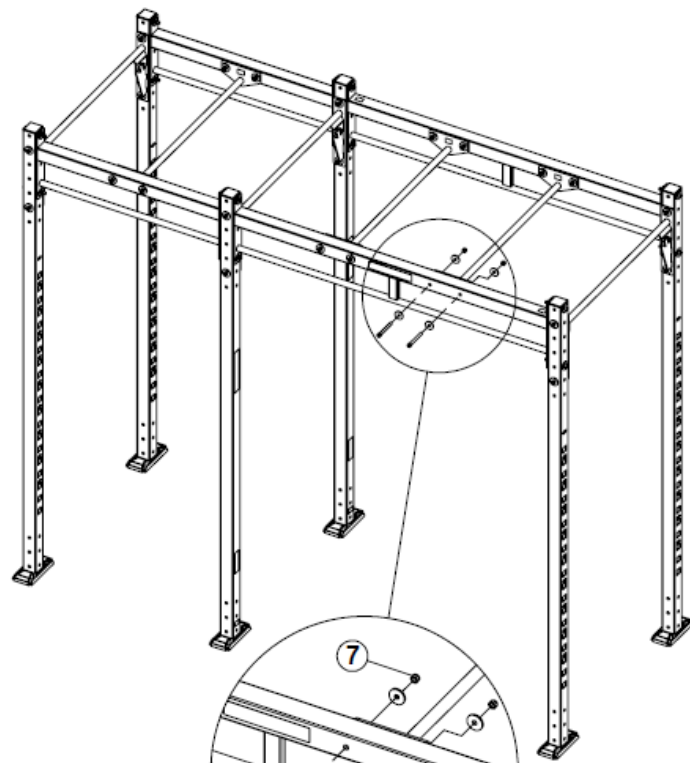


X-RACK

The Relentless Rope Trainer can attach to the X-RACK in a variety of ways. Illustrations for assembly are found in the X-RACK Assembly Manual.

X-RACK

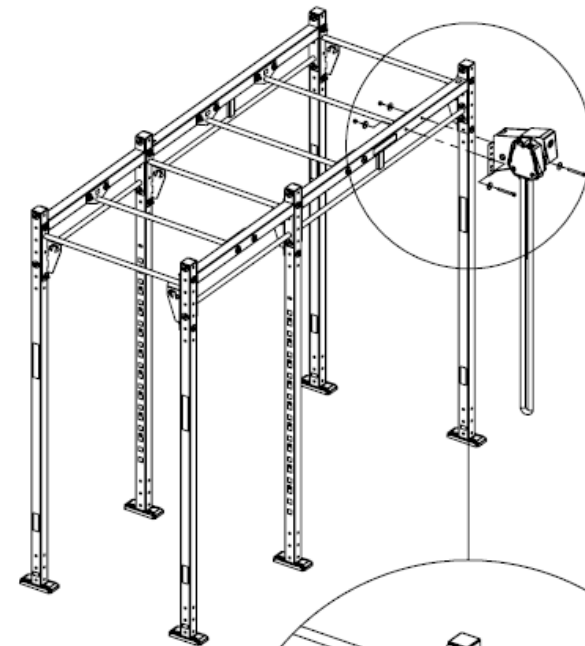
STEP 26A & 26B (OPTIONAL ENDLESS ROPE TRAINER, HOLE MOUNT)



NOTE:
Loosen and remove BOLTS,
WASHERS and NUTS.

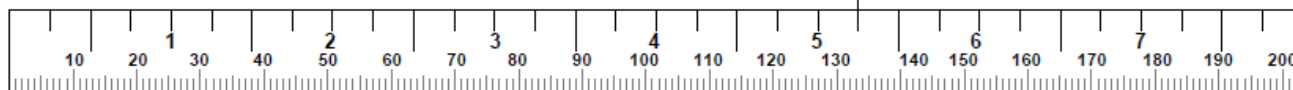
NOTE:

SECURELY tighten all bolt connections in this step.



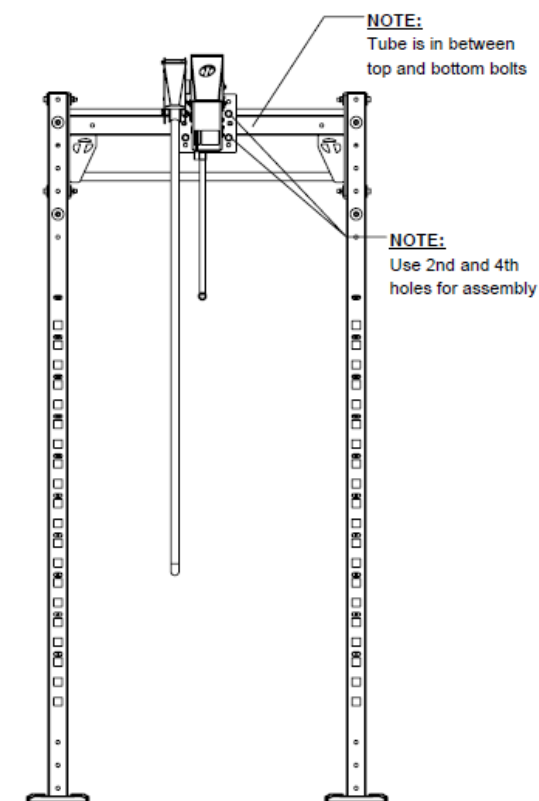
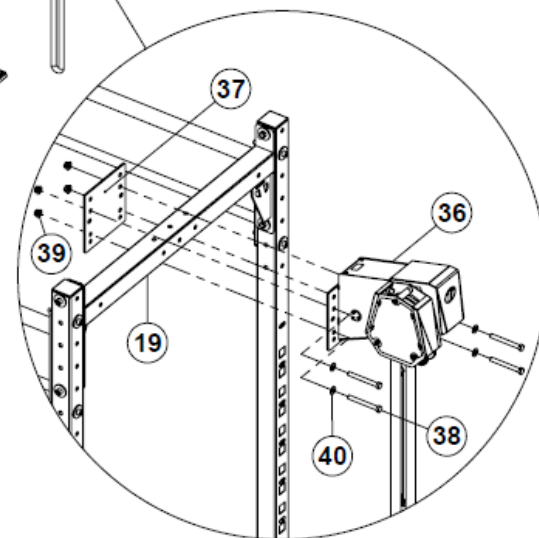
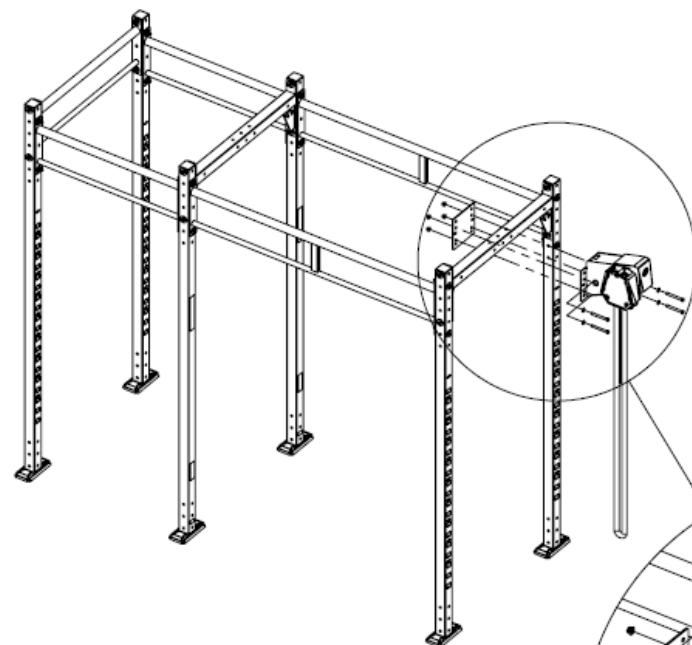
NOTE:
Use the two
center slots

NOTE:
Re-use BOLT, WASHERS
and NUT from previous step.



X-RACK

STEP 27 (OPTIONAL ENDLESS ROPE TRAINER, OVER TUBE MOUNT)

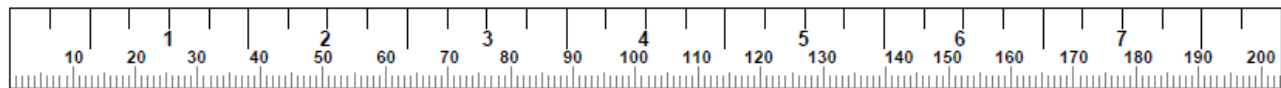


NOTE:
Tube is in between top and bottom bolts

NOTE:
Use 2nd and 4th holes for assembly

END VIEW

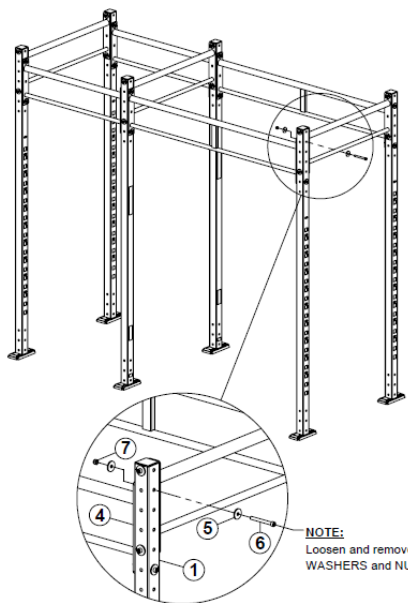
NOTE:
SECURELY tighten all bolt connections in this step.



X-RACK

ASSEMBLY TO A VERTICAL UPRIGHT WITH HOLES.

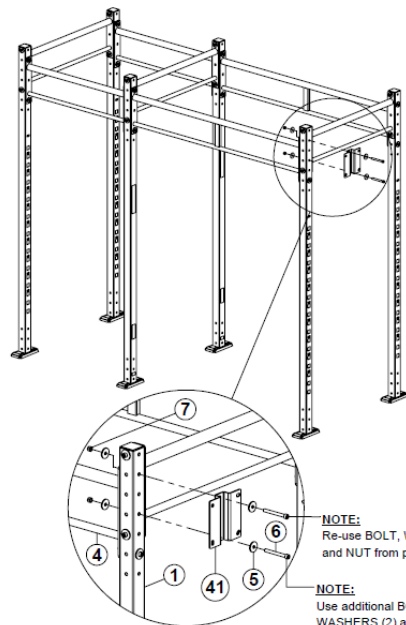
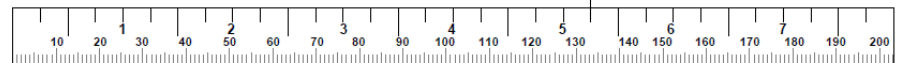
STEP 28A & 28B (OPTIONAL ENDLESS ROPE TRAINER, UPRIGHT MOUNT)



NOTE:
Loosen and remove BOLT, WASHERS and NUT.

NOTE:

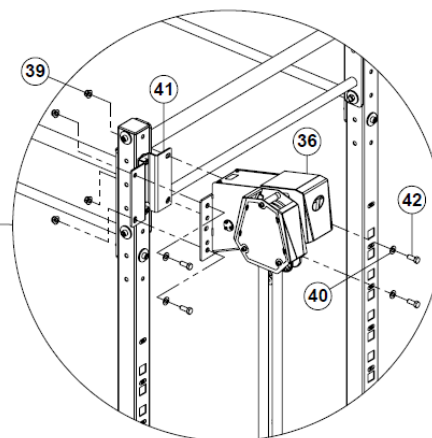
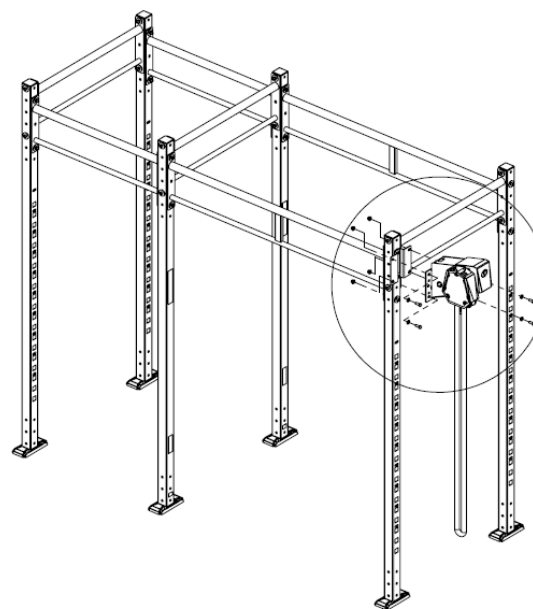
SECURELY tighten all bolt connections in this step.



NOTE:
Re-use BOLT, WASHERS and NUT from previous step.

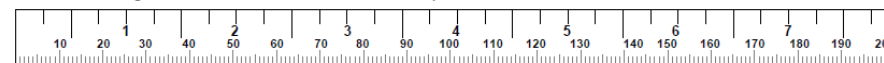
NOTE:
Use additional BOLT (1), WASHERS (2) and NUT (1)

STEP 28C (OPTIONAL ENDLESS ROPE TRAINER, UPRIGHT MOUNT)



NOTE:

SECURELY tighten all bolt connections in this step.



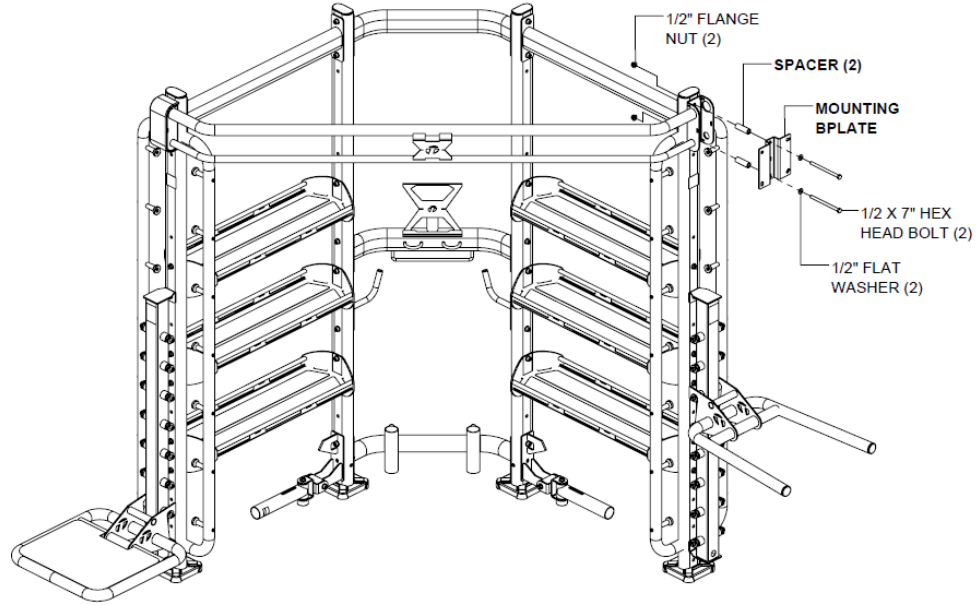
X-LAB

The Relentless Rope Trainer can attach to the X-RACK in a variety of ways. Illustrations for assembly are found in the X-RACK Assembly Manual.

X-LAB

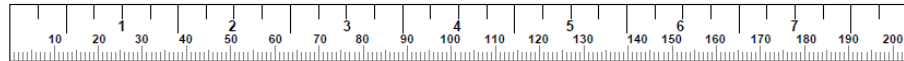
ATTACHES TO ANY "CENTER SPACE OR WALL SPACE X-CREATE" THE SAME WAY AS BELOW.

STEP 13b: OPTIONAL XERT TO X-LAB EDGE END



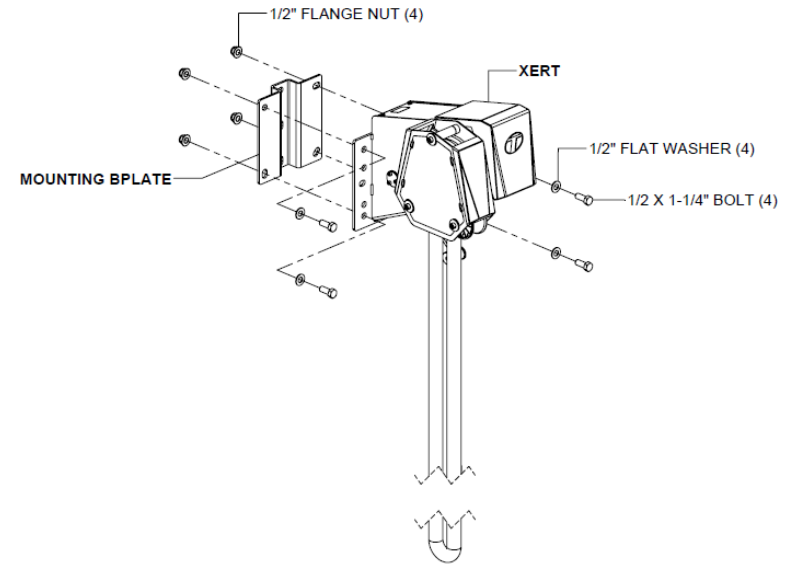
NOTE:

SECURELY assemble bolt connections in this step.



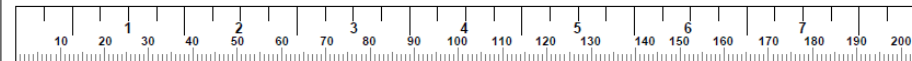
15

STEP 13c: OPTIONAL XERT TO X-LAB EDGE END



NOTE:

SECURELY assemble bolt connections in this step.



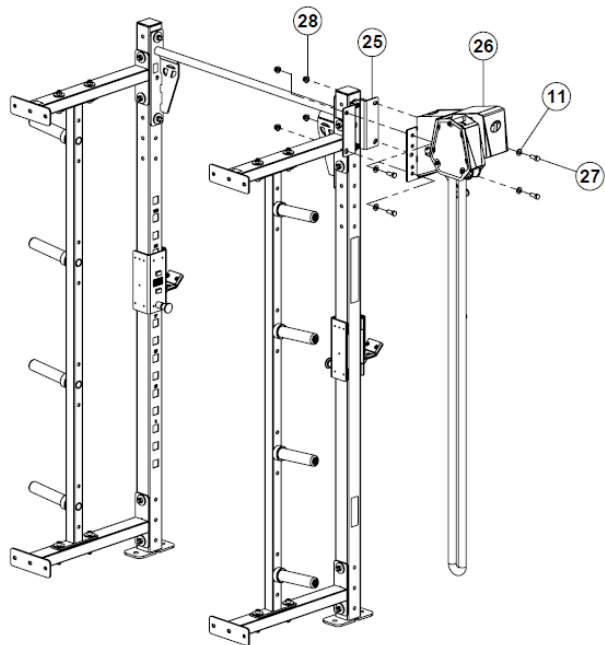
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X-GYM

The Relentless Rope Trainer is NOT COMPATIBLE with X-GYM Low Squat Racks or with 1.0 Wall Mount Systems. The XERT IS compatible with High Squat Racks, 3.0 and 5.0 Wall mount systems.

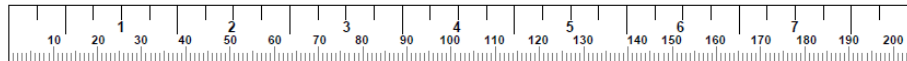
X-GYM WALL 3.0

STEP 12C (OPTIONAL ENDLESS ROPE TRAINER, WITH VERTICAL WEIGHT STORAGE)

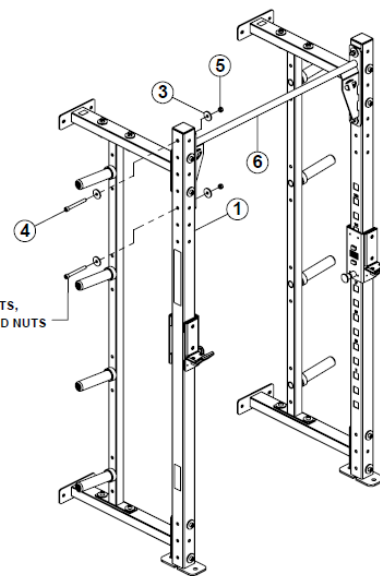


NOTE:

SECURELY tighten all bolt connections in this step.



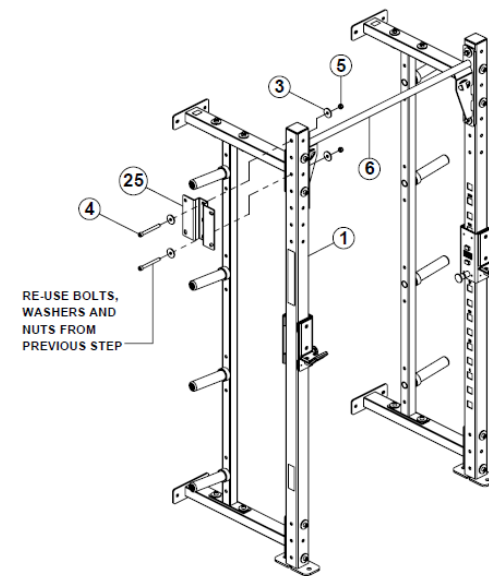
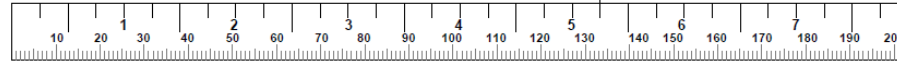
STEP 12A & 12B (OPTIONAL ENDLESS ROPE TRAINER, WITH VERTICAL WEIGHT STORAGE)



LOOSEN AND REMOVE BOLTS, WASHERS AND NUTS

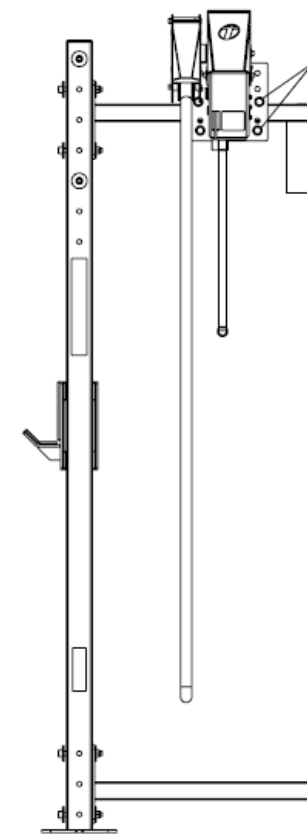
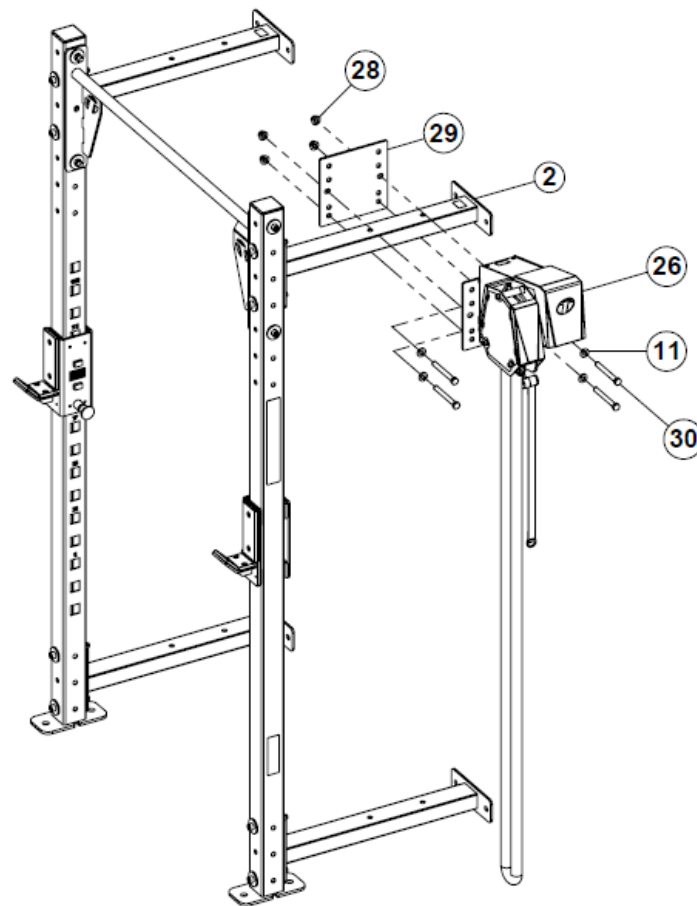
NOTE:

SECURELY tighten all bolt connections in this step.



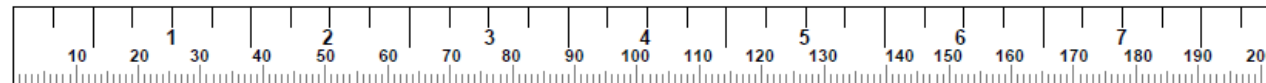
RE-USE BOLTS, WASHERS AND NUTS FROM PREVIOUS STEP

**STEP 13 (OPTIONAL ENDLESS ROPE TRAINER,
WITHOUT VERTICAL WEIGHT STORAGE)**



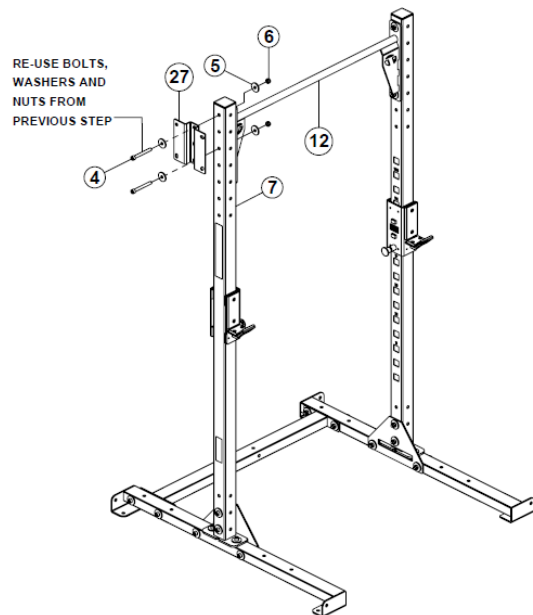
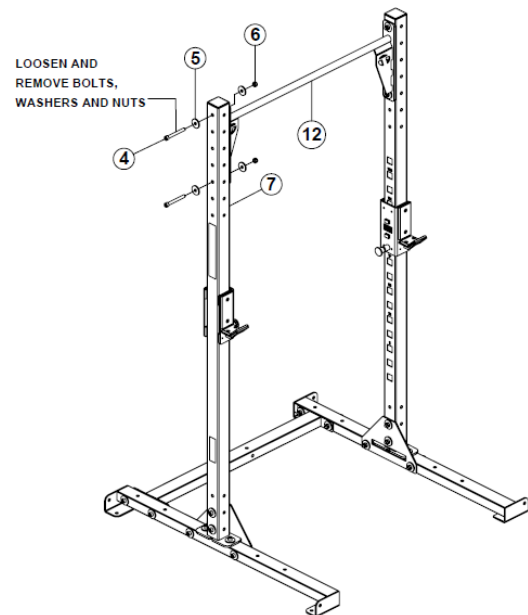
NOTE:

SECURELY tighten all bolt connections in this step.



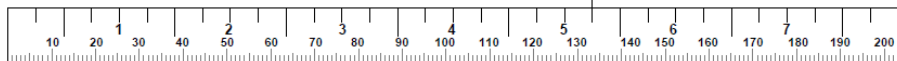
X-GYM WALL 3.0

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



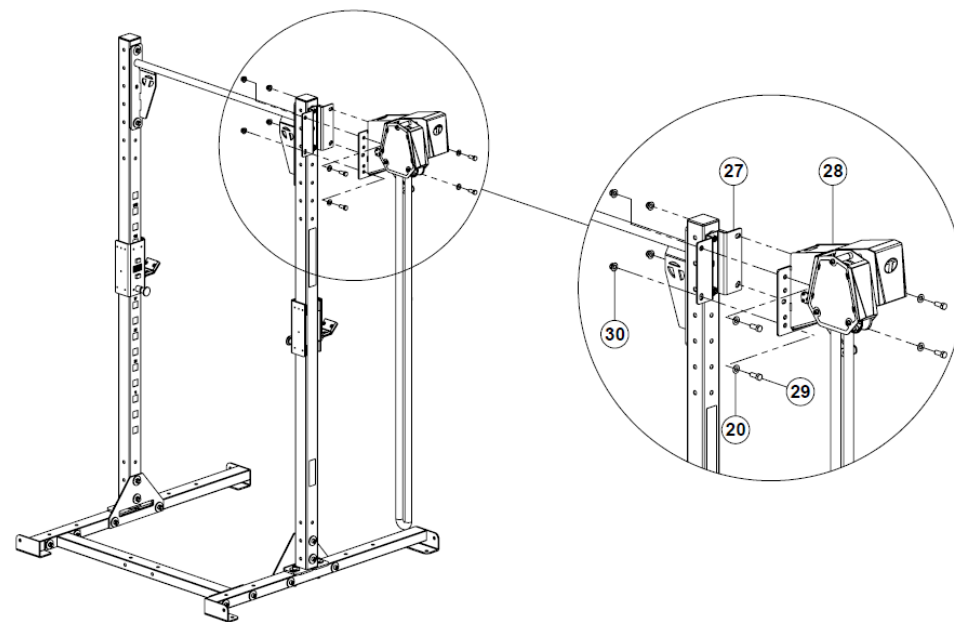
NOTE:

SECURELY tighten all bolt connections in this step.



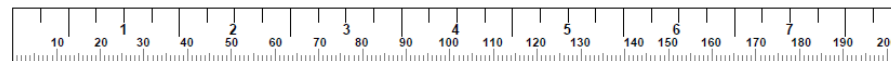
20

STEP 16C (OPTIONAL ENDLESS ROPE TRAINER)



NOTE:

SECURELY tighten all bolt connections in this step.



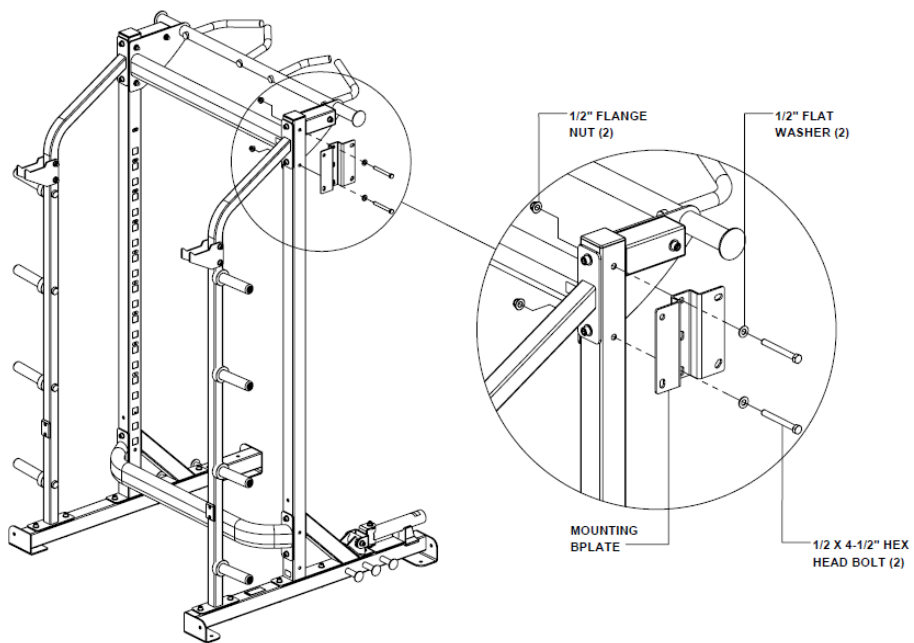
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X-CAGES

The Relentless Rope Trainer is NOT COMPATIBLE with X-GYM Low Squat Racks or with 1.0 Wall Mount Systems. The XERT is compatible with High Squat Racks, 3.0 and 5.0 Wall mount systems.

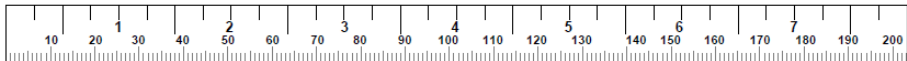
XHC HALF CAGE

ADDENDUM STEP 15b: OPTIONAL XERT SIDE MOUNT



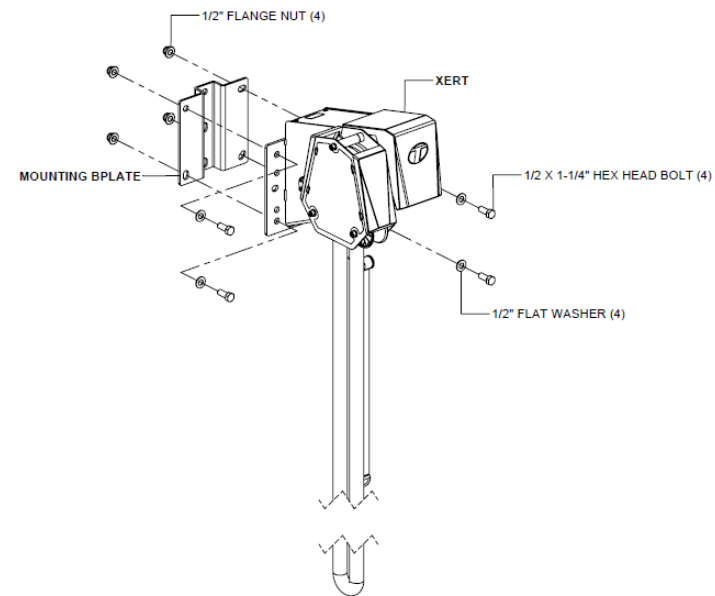
NOTE:

SECURELY tighten bolt connections in this step.



2

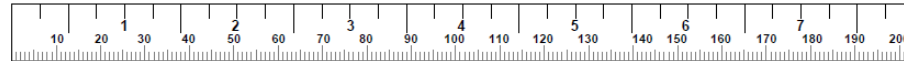
ADDENDUM STEP 15c: OPTIONAL XERT SIDE MOUNT



NOTES:

HALF CAGE has been hidden for assembly clarity.

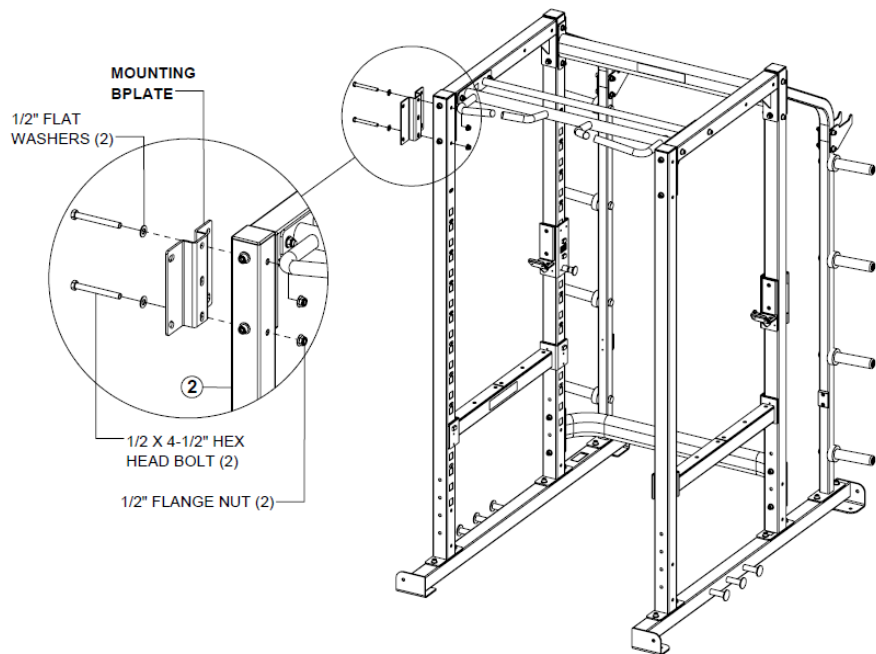
SECURELY tighten bolt connections in this step.



3

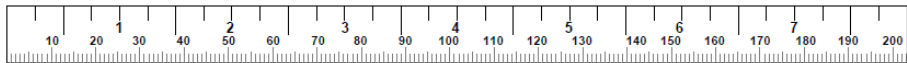
XHC POWER CAGE

ADDENDUM STEP 13a: OPTIONAL XERT TO POWER CAGE SIDE

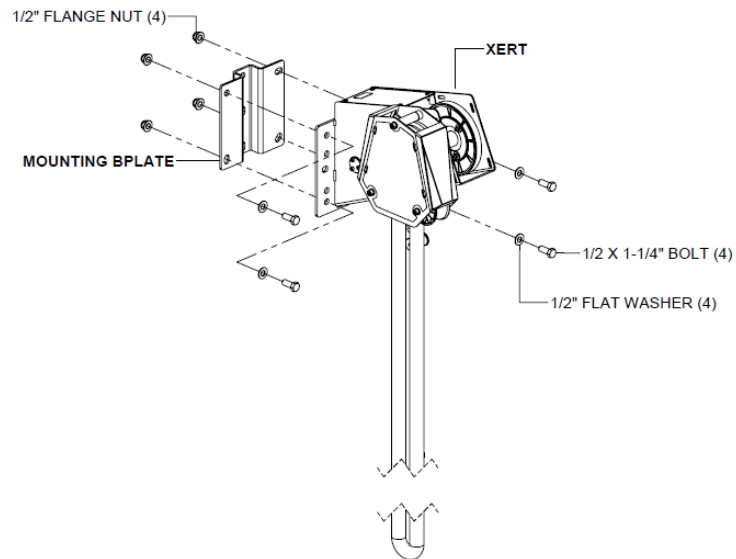


NOTE:

SECURELY assemble bolt connections in this step.



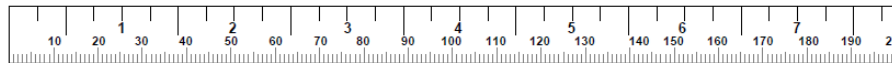
ADDENDUM STEP 13b: OPTIONAL XERT TO POWER CAGE SIDE



NOTE:

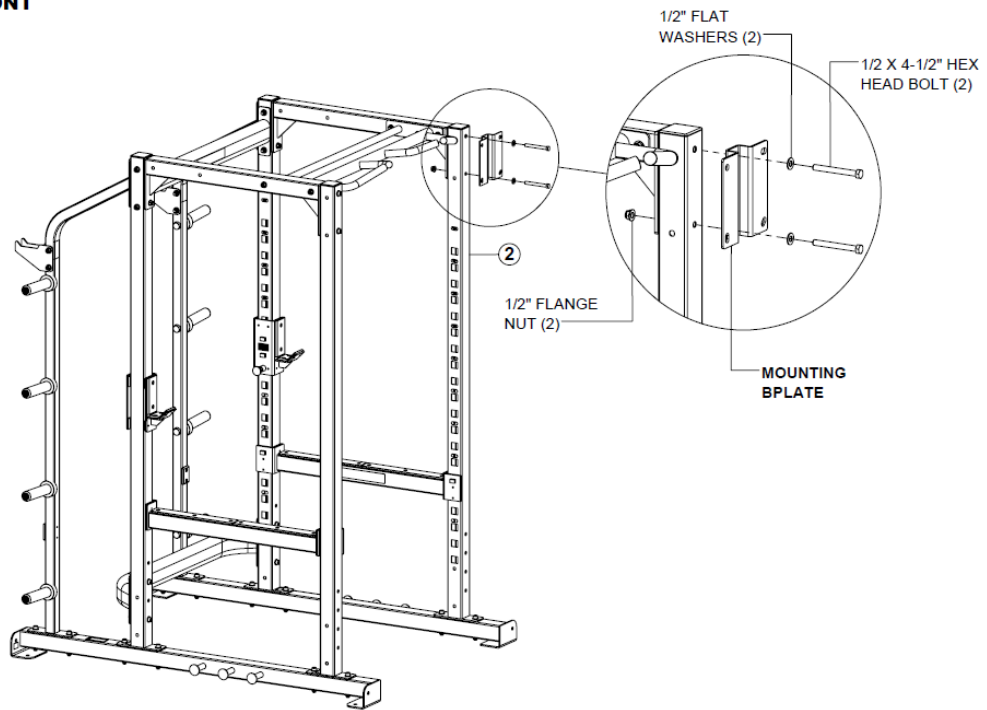
POWER CAGE has been hidden for assembly clarity.

SECURELY assemble bolt connections in this step.



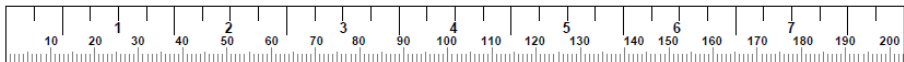
XHC POWER CAGE

ADDENDUM STEP 14b: OPTIONAL XERT TO POWER CAGE FRONT

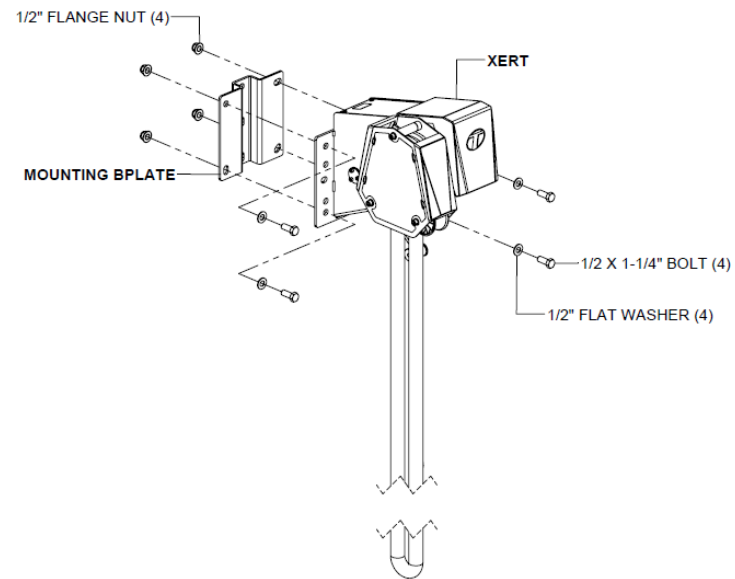


NOTE:

SECURELY assemble bolt connections in this step.



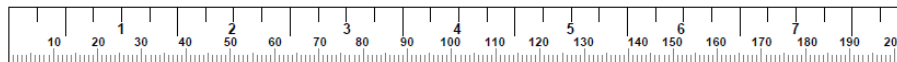
ADDENDUM STEP 14c: OPTIONAL XERT TO POWER CAGE FRONT



NOTE:

POWER CAGE has been hidden for assembly clarity.

SECURELY assemble bolt connections in this step.



DON'T QUIT.
EVER.™

TORQUEUSA