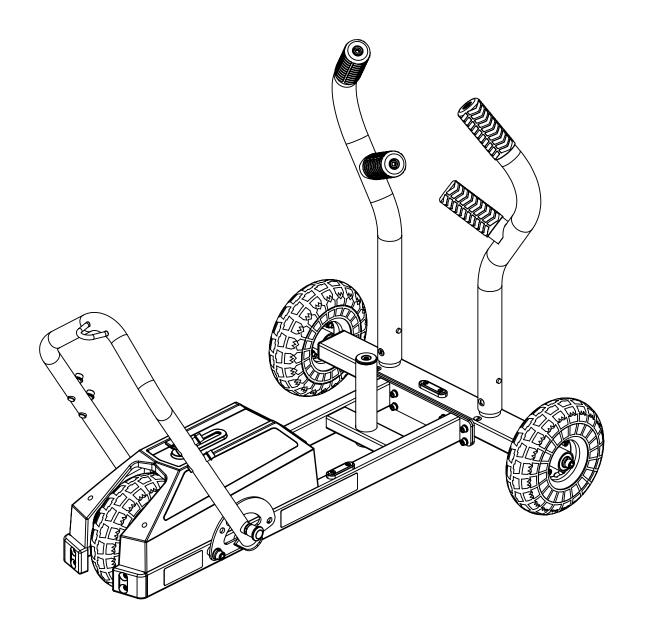
# **TANK M1 ASSEMBLY GUIDE**

**VERSION: XTTM1-RPH-102** 

PART #: 5706201-F





ITEM	PART NUMBER	DESCRIPTION	QTY
1	5818101	ASSY, CHASSIS-M1	1
2	5661501	ASSY, REAR FRAME	1
3	2024401	WASHER, 8.4MM X 16MM X 1.8MM CLEAR ZINC	8
4	2009801	SCREW, M8-1.25 X 20L SOC HD GR 12.9	8
5	2010801	WASHER, STEEL 12.7 ID-25 OD-2 THK CLEAR ZINC	2
6	5654501	ASSY, REAR WHEEL 10" DIA X 3" WIDE	2
7	2010901	WASHER, LOCK M12 SAE ST ZN	2
8	2011301	SCREW, M12-1.75 X 30L SOC HD GR 12.9 CLEAR ZINC	2
9	56930PA	PTD ASSY, RH PUSH HANDLE	1
10	56931PA	PTD ASSY, LH PUSH HANDLE	1

#### **TOOLS NEEDED FOR ASSEMBLY:**

- 10MM ALLEN WRENCH (INCLUDED)
- 6MM ALLEN WRENCH (INCLUDED)
- AIR PUMP WITH GAUGE
- PHILLIPS SCREW DRIVER

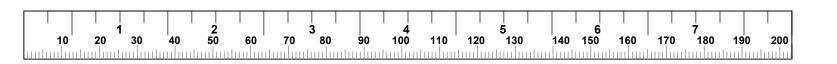
#### **TABLE OF CONTENTS:**

- TANK M1 ASSEMBLY: PAGES 3 5
- TANK M1 ADJUSTMENTS: PAGES 6 7
- TANK M1 OPERATION: PAGE 8
- OPTIONAL ATTACHMENTS: PAGE 9-11
- TANK M1 STORAGE (OPTIONAL): PAGE 12-15
  TANK M1 CONSOLE (OPTIONAL): PAGE 16
- INSPECTION & LUBRICATION: PAGE 17
- SHROUD REMOVAL: PAGE 18
- CHAIN ADJUSTMENT: PAGE 19
- SAFETY AND WARNING NOTICES: PAGE 20

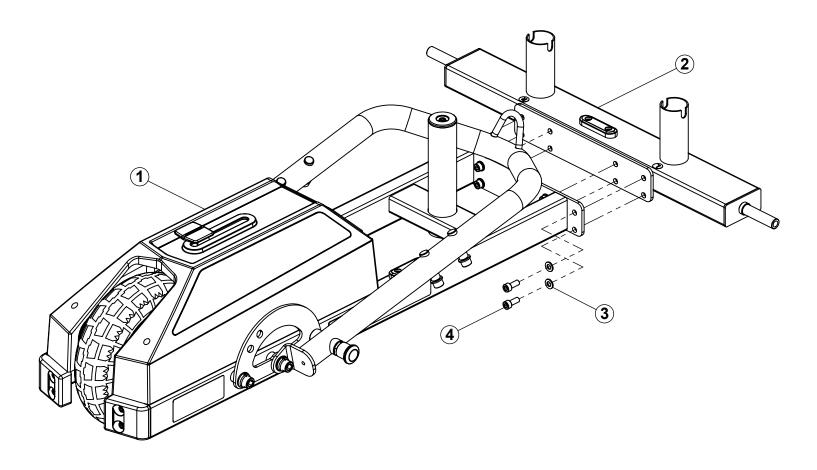
### NOTE:

Items 11-19 not included.

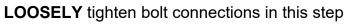
ITEM	PART NUMBER	DESCRIPTION	QTY
11	57144PA	PTD ASSY, UPPER MOUNT	1
12	58027PA	PTD ASSY, LOWER MOUNT	1
13	2001101	WASHER, FLAT 3/8 SAE ST ZN	8
14	2031101	SCREW, 3/8" LAG X 2.5"L CLEAR ZINC	8
15	5617001	V-STRAP, TANK	1
16	5560801	assy, tank tow rope	1
17	57668PA	PTD ASSY, WHEELBARROW HANDLE, LEFT	1
18	57669PA	PTD ASSY, WHEELBARROW HANDLE, RIGHT	1
19	5816001	ASSEMBLY, M1 CONSOLE	1

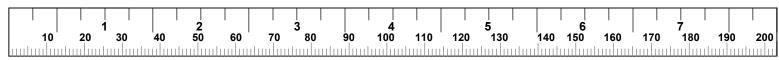


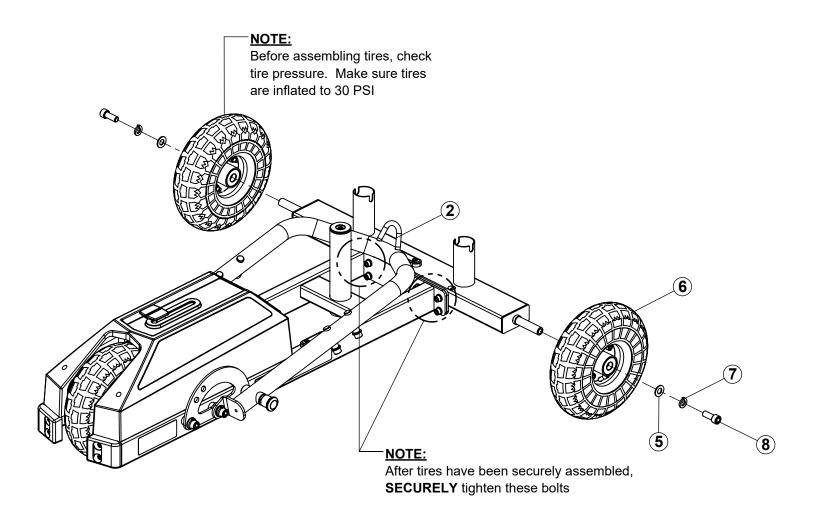
# STEP 1



# NOTE:

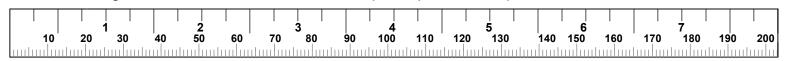


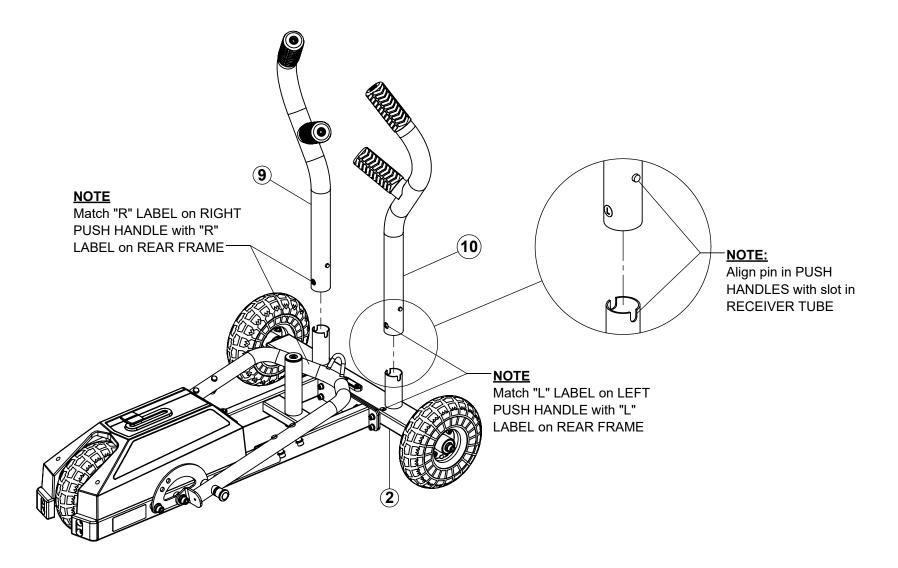




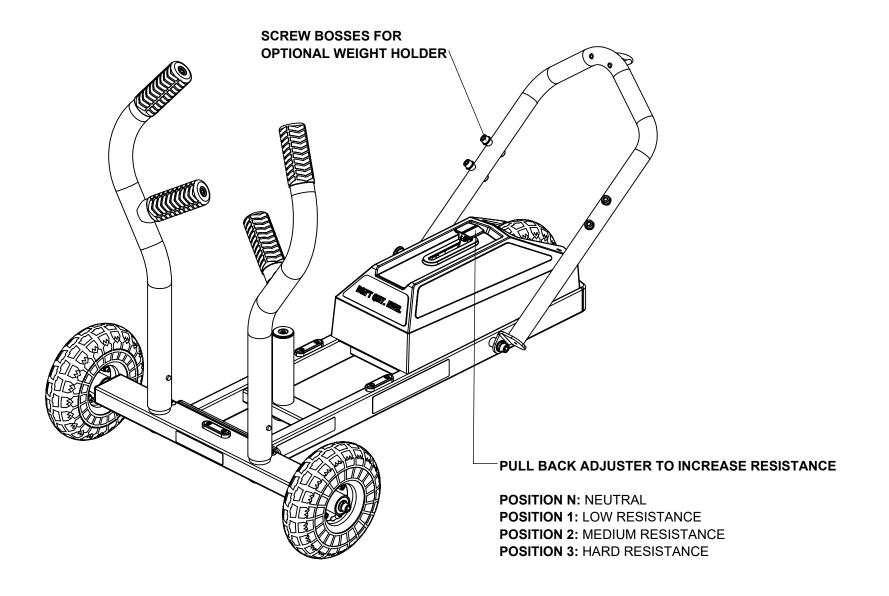
# NOTE:

**SECURELY** tighten all bolt connections in this step and previous step

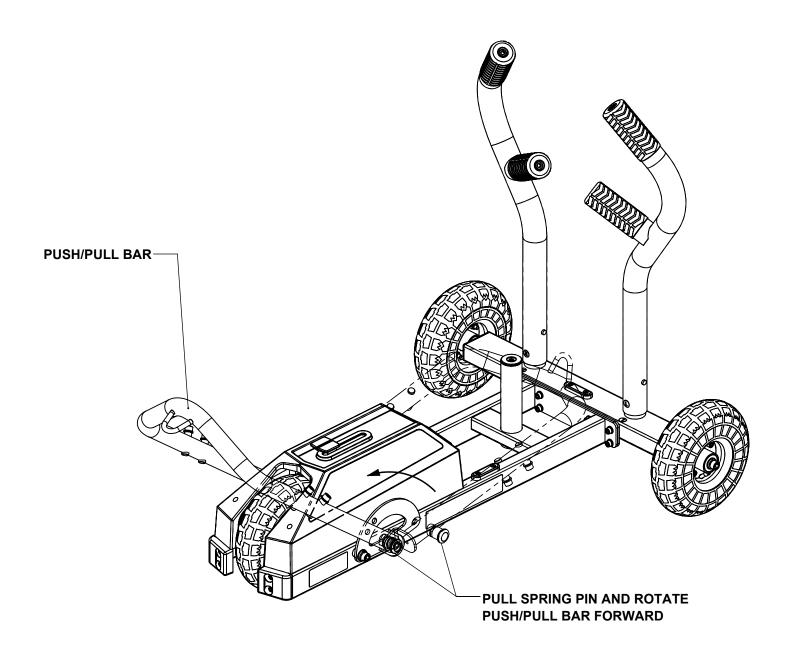




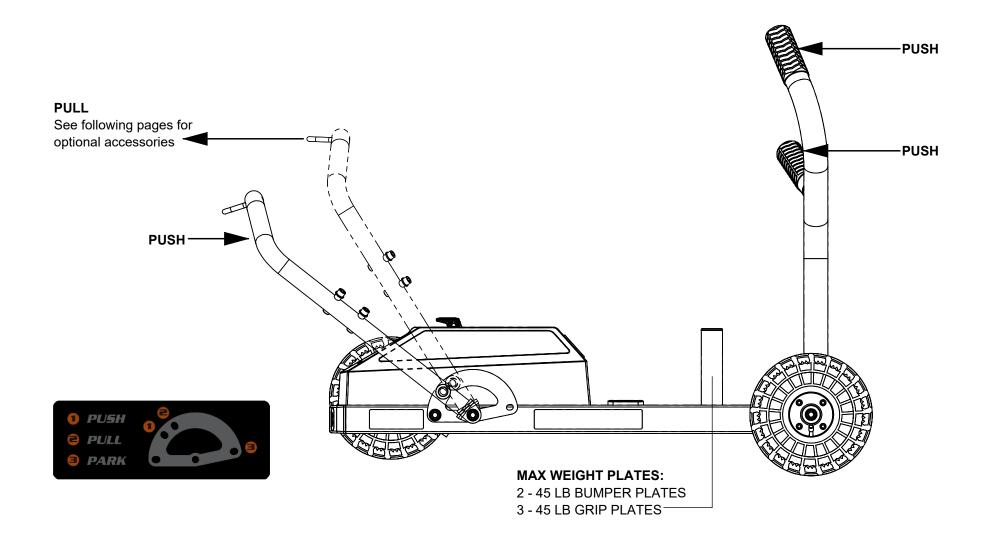
# **TANK M1 RESISTANCE ADJUSTMENT**



# TANK M1 PUSH/PULL BAR ADJUSTMENT



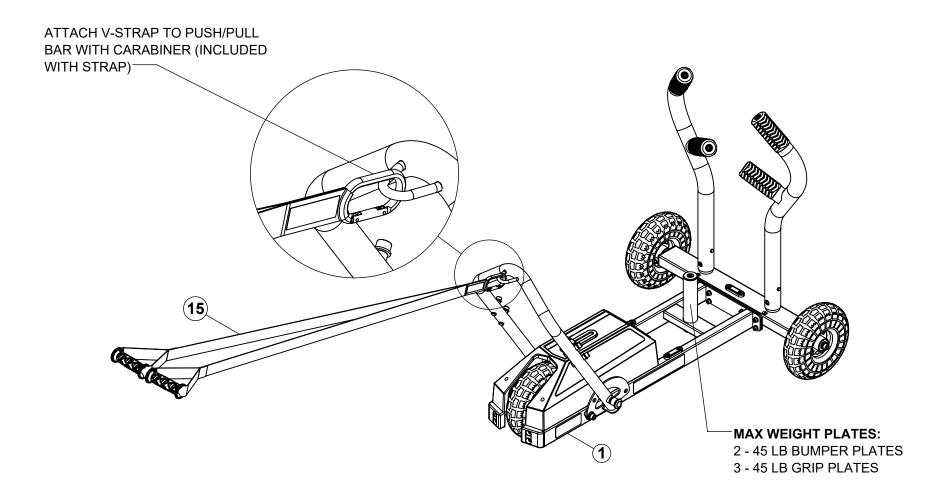
#### **TANK OPERATION**



# NOTE:

Weight plates are not included. Weight plates are only needed to prevent skidding and lifting of the back wheels. Adding weight does not affect the resistance

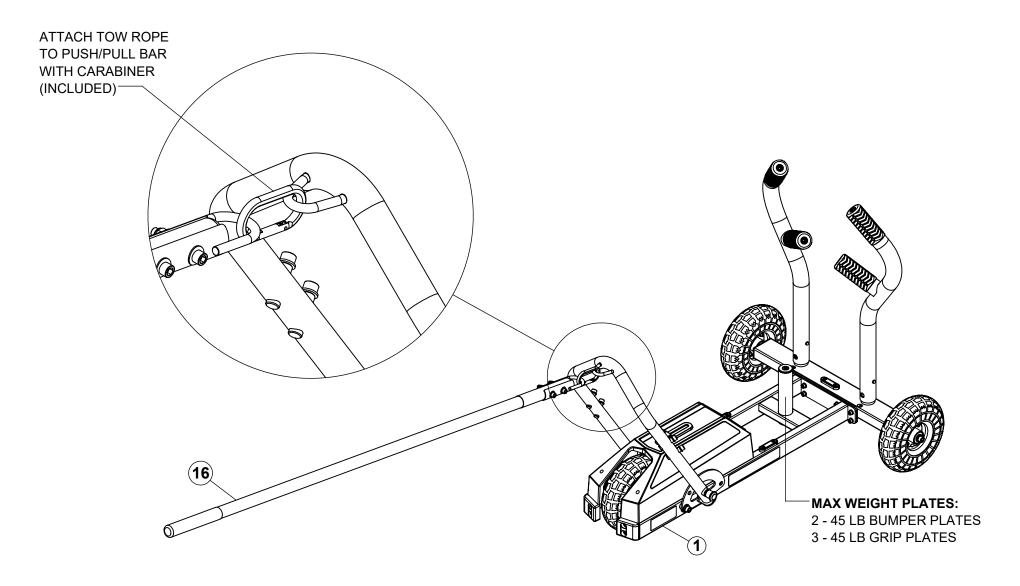
# **V-STRAP ATTACHMENT (OPTIONAL)**



#### NOTE:

Weight plates are not included. Weight plates are only needed to prevent skidding and lifting of the back wheels. Adding weight does not affect the resistance

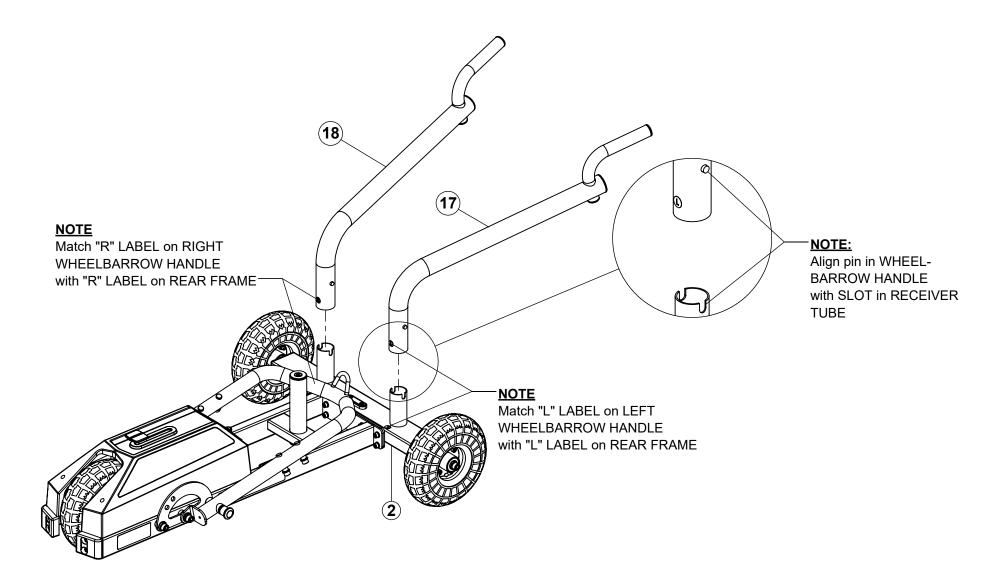
# **TOW ROPE ATTACHMENT (OPTIONAL)**



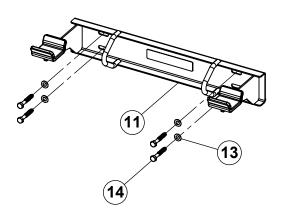
## NOTE:

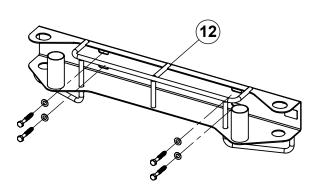
Weight plates are not included. Weight plates are only needed to prevent skidding and lifting of the back wheels. Adding weight does not affect the resistance

# WHEELBARROW HANDLE ATTACHMENT (OPTIONAL)



# XTM1-WMSS WALL MOUNT STORAGE SYSTEM (OPTIONAL)

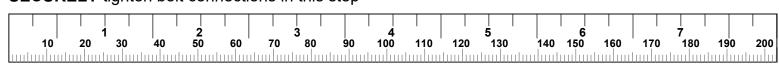




#### **NOTES:**

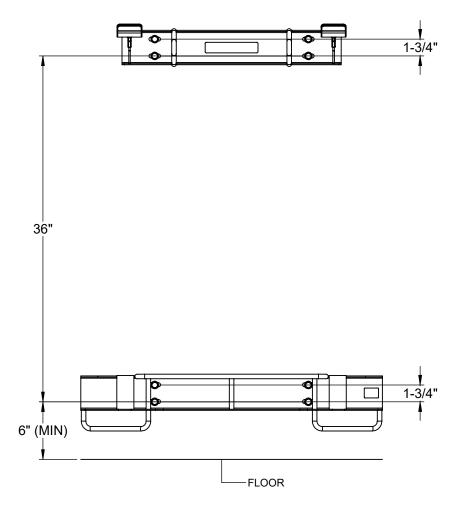
The images above show the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE:** At least four anchoring locations must be used in each part. The pull-out strength of the anchoring bolts used must be greater than or equal to 200 lbs. (91 kg)

# **SECURELY** tighten bolt connections in this step



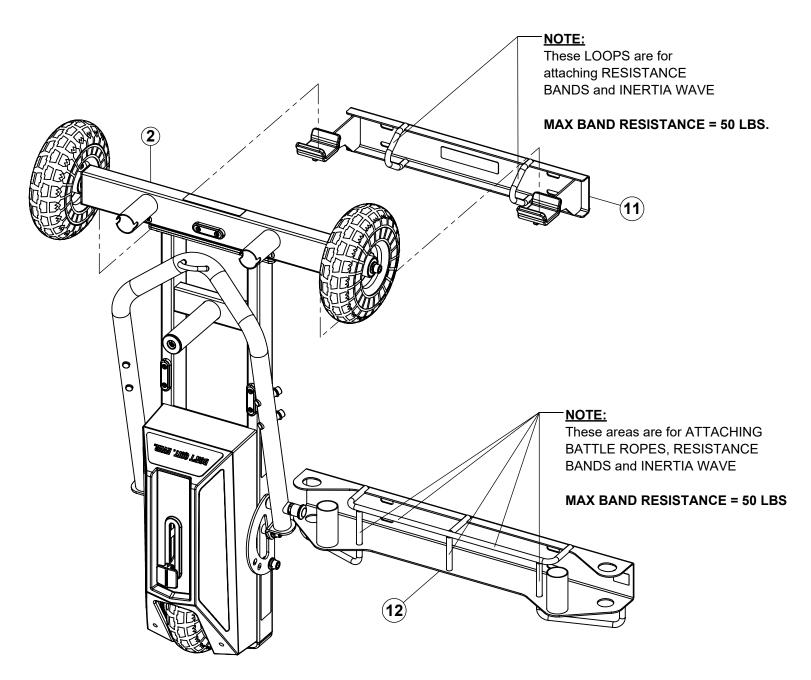
#### **WARNING:**

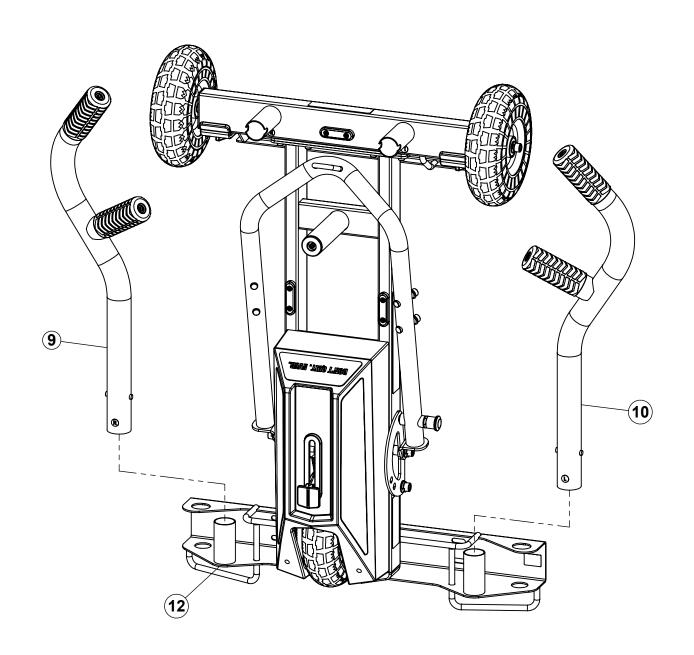
The **UPPER MOUNT <u>MUST</u>** be anchored to the wall using four WALL ANCHORS suitable for that particular wall construction

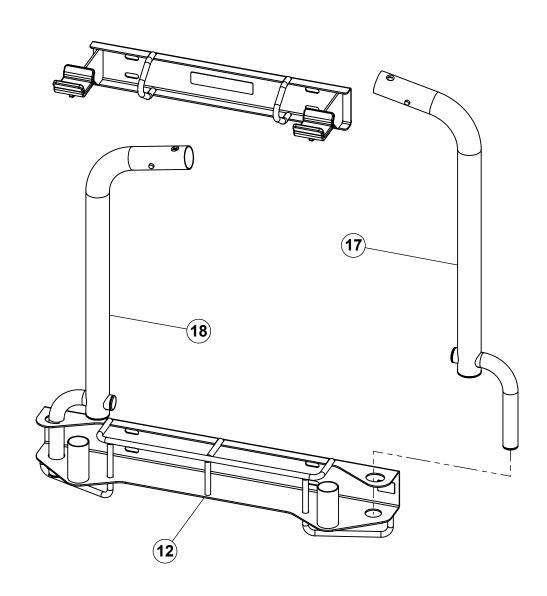


#### **WARNING:**

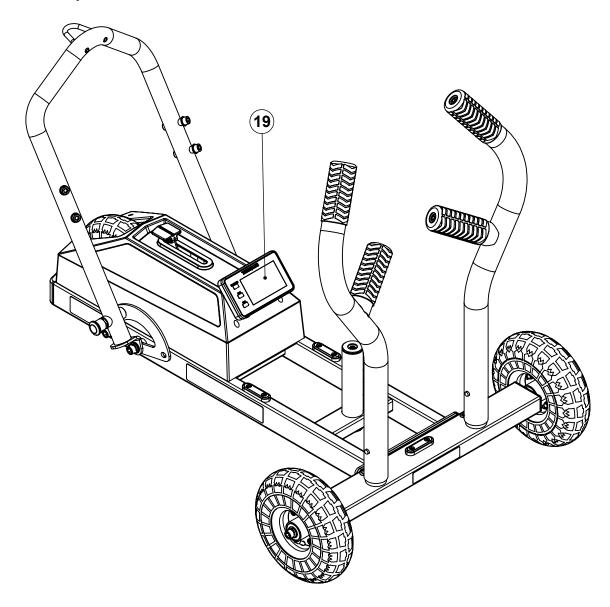
The **LOWER MOUNT <u>MUST</u>** be anchored to the wall using four WALL ANCHORS suitable for that particular wall constuction







# XTTM1-C-101 CONSOLE, TANK M1 (OPTIONAL)



### NOTE:

Console not included. Console installation and user manual located in console box.

#### **INSPECTION & LUBRICATION**

#### **INSPECTION:**

#### **ATTENTION:**

PLEASE ENSURE THAT ALL TIRES ARE INFLATED TO 30 PSI. FAILURE TO DO SO MAY RESULT IN TANK VEERING DURING USE.

Once a month, check for loose bolts on frame and wheels. Tighten if necessary.

Once a month, remove shroud as shown on **PAGE 18** and check that the chain and sprockets are clean, free of rust, dust and grime. Make sure that the chain is properly lubricated.

If chain ever becomes loose, see **PAGE 19** to adjust chain.

Once a month, check tire pressure and inflate if needed.

#### LUBRICATION:

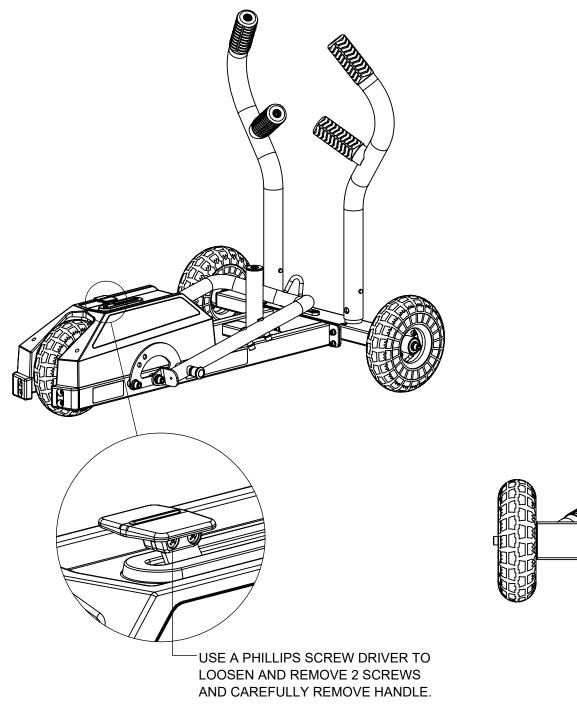
Once a month, the sprockets should be cleaned and the chain should be lubricated.

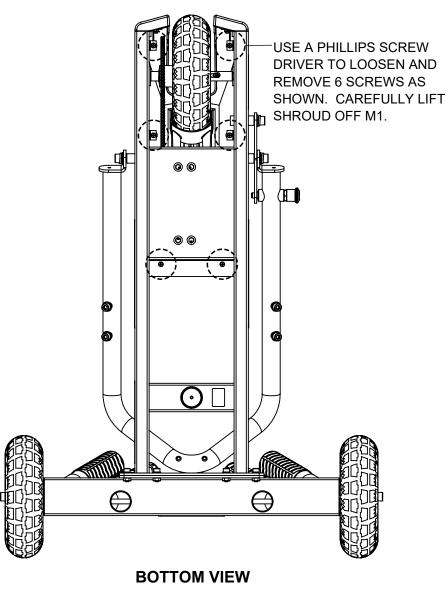
**RECOMMENDED LUBRICATION:** Use a Dry lubrication for indoor use, and wet lubrication for outdoor use. Most bicycle shops carry a variety of different lubricants and can recommend a lubricant based on the conditions where the TANK will be used.

- #TorqueFitness #TorqueTANK
- https://www.instagram.com/torquefitnessusa/
- https://www.youtube.com/c/TorqueFitness
- f https://www.facebook.com/groups/thetankcommunity

## **SHROUD REMOVAL - STEP 1**

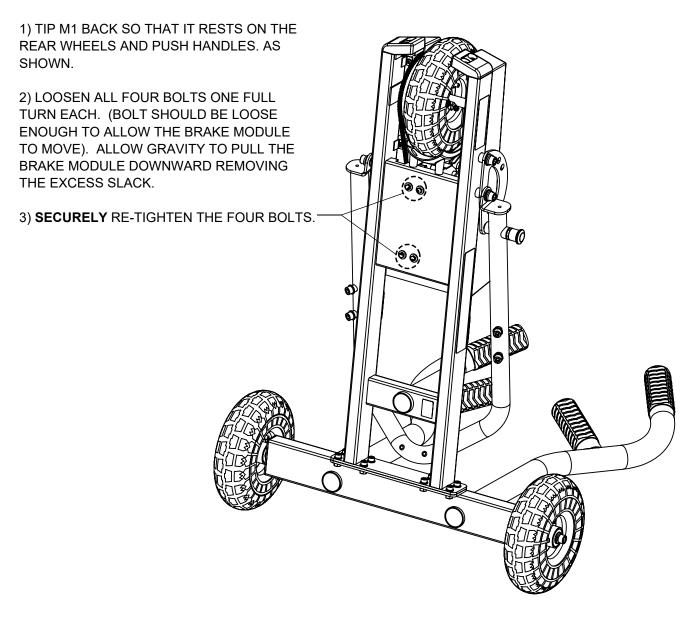
## **SHROUD REMOVAL - STEP 2**





#### **CHAIN ADJUSTMENT**

TO SET THE CORRECT CHAIN TENSION FOLLOW THESE STEPS:



#### **IMPORTANT SAFETY INSTRUCTIONS:**

<u>WARNING:</u> The safety of this product can be maintained only if it is examined regularly for damage and wear. See inspection and lubrication section on page 13 for more details.

- **DO NOT** overinflate tires! All tires should be inflated to 30 PSI. Check air pressure periodically.
- Keep children away from the TANK M1 during use.
- Keep all loose clothing, hair and shoelaces away from moving parts.
- **DO NOT** attempt to use the TANK M1 for any purposes other than that for which it was intended.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the TANK M1.
- **DO NOT** drop the front wheel down when turning the TANK M1 around. Carefully set the front wheel down especially with weight plates on the weight horn.
- DO NOT place more than 135 LBS. on the weight horn of the TANK M1.
- **DO NOT** drop the weight plates onto the TANK M1. Doing so, may result in damage to the TANK M1.
- **DO NOT** use the TANK M1 in wet or slippery conditions.
- DO NOT push the TANK M1 while any accessories are attached to the push/pull bar.
- DO NOT stand or ride on the TANK M1.
- DO NOT use the TANK M1 without the shroud.

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

www.torquefitness.com Toll free: 1-877-TORQUE5 (1-866-664-9894) or 763-754-7533 (8:30 am – 5:00 CST).

For sales: sales@torquefitness.com For service: service@torquefitness.com

