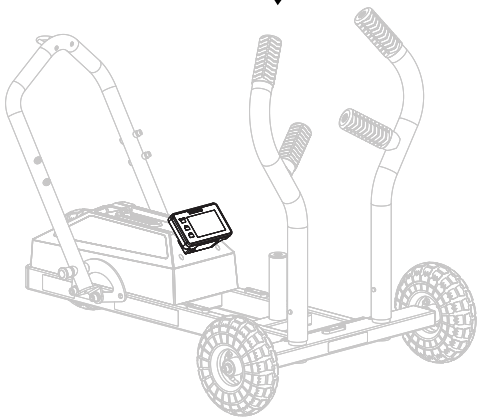


TORQUE USA



M1 Digital Console Assembly & User Instructions

**Model No: XTTM1-C-101
Manual P/N: 5815901-Rev A**



M1 Digital Console Assembly & User Instructions Table of Contents

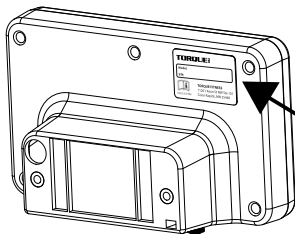
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IMPORTANT SAFETY INSTRUCTIONS

WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear.

- Consult your physician before beginning an exercise program using this equipment.
- **Do not** immerse console in water or expose to extreme heat or cold.
- **Do not** install the batteries into the machine until the time specified in the assembly manual.
- **Do not** mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Use this machine **only** for its intended use as described in this manual. Use **only** attachments recommended by Torque Fitness.
- Clean with a damp cloth. Do not spray cleaner directly on the display; moisten the cloth first, then wipe the display. Do not allow moisture from perspiration to accumulate as it is extremely corrosive.

SAVE THESE INSTRUCTIONS



TORQUE_{FITNESS}

Model:

S/N:



MADE IN CHINA

TORQUE FITNESS

11201 Xeon St NW Ste 101
Coon Rapids, MN 55448

Electrical Specifications and Disposal Instructions

Power Requirements: Four (4) AA batteries

Disposal:



Waste of electrical and electronic equipment must not be disposed as unsorted municipal waste. It must be collected separately, and must be disposed of per local regulations. Unlawful disposal may cause environmental pollution.

Remove batteries from console unit and dispose of batteries and console according to local regulations.

M1 Digital Console Assembly Instructions

Assembly Preparation

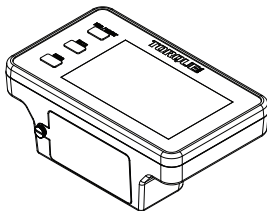
Unpack all contents, removing all packaging and protective bags. Verify all items shown below are included and undamaged. A **#2 Phillips screwdriver** (not provided) is required to complete the assembly.

- Hardware



(M5 x 16 Phillips)

- Digital Console



- Assembly and User Instructions

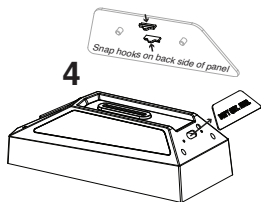
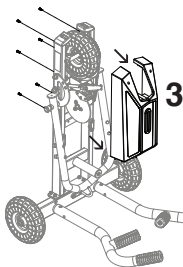
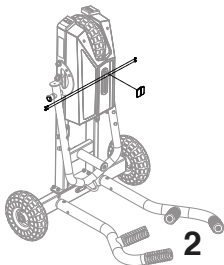
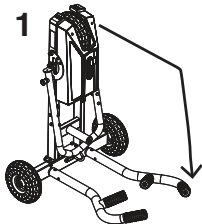


- AA Batteries (4)



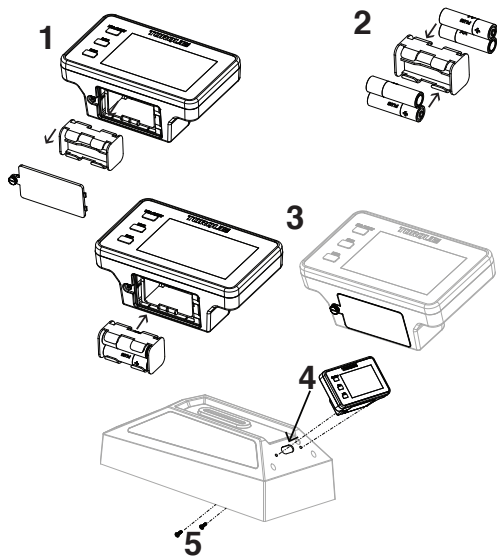
1. Remove Cover Plate

1. Insert M1 handles (if they are not currently installed), then tip M1 upright to rest on handles.
2. Use #2 Phillips screwdriver to remove two (2) screws, two (2) nuts, and the resistance handle grip; set aside for re-installation in assembly step 3-5.
3. Use #2 Phillips screwdriver to remove six (6) screws and shroud; set aside for re-installation in assembly step 3-4.
4. From the inside of the shroud, locate the snap hooks holding the cover plate in place. Squeeze the snap hooks together to release the plate and remove it from the shroud.



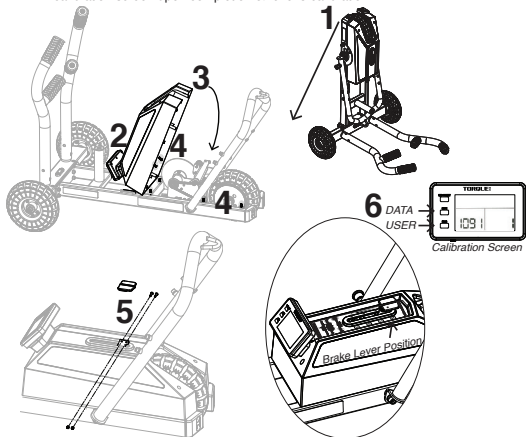
2. Install Batteries and Attach Console

1. On back of console, remove battery cover thumb screw and battery cover; set aside.
2. Slide out battery carriage and insert batteries in carriage as shown.
3. Replace battery cover and secure to back of console with thumb screw.
4. Feed console wires (quantity 2) through oval hole in shroud (not shown).
5. Align and secure console to shroud by inserting #2 Phillips screws (quantity 2) from inside of shroud through holes and into console back. Tighten with #2 Phillips screwdriver.



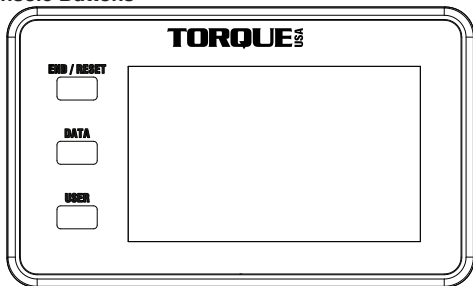
3. Connect Cables, Install Shroud and Handle Grip

1. Lower M1 base back to its standard position on the floor.
2. Balance the console/shroud assembly on the base as shown, then connect the two (2) cables from mast to cables in base (not shown). One cable pair has 2-pin connectors; the other pair has 3-pin connectors. Be sure to match them properly and do not force them together; the connector pairs should snap together easily. Listen for a "click" to ensure a good connection.
3. Making sure the cables are clear of the internal mechanisms and the edges of the shroud, carefully lower the console/shroud assembly onto the base.
4. Use #2 Phillips screwdriver to secure shroud to base using the six (6) screws removed in assembly step 1-3.
5. Place resistance handle grip on handle shaft and use #2 Phillips screwdriver to secure with two (2) screws and two (2) nuts removed in assembly step 1-2.
6. Calibrate the console (required for proper console function):
 - a. Press and hold "USER" and "DATA" simultaneously for three seconds to access the calibration screen.
 - b. Set the brake lever to "N", then press "USER" to set the brake position.
 - c. Move the brake lever to "1", then press "USER" to set the brake position. Repeat this step with the brake lever in positions "2" and "3". The display exits the calibration screen upon completion of level 3 calibration.



M1 Digital Console User Instructions

Console Buttons



The console features three (3) buttons to control the digital display:

END / RESET Press this button to end a workout and activate the workout summary display. Press and hold the button for three seconds to reset the console data to the neutral state or cancel programming.

DATA Press this button during a workout or workout summary to move between display settings for the bottom half of the screen. The display offers three display states:

- Calories and Watts
- Distance and Speed
- Total Push Energy and Push Force

During the workout summary, the display alternately shows average and max values for Watts, Speed, and Push Force.

USER This button manages a multi-user workout. Single users do not use this button.

Before the workout: Press this button to set the number of users (1 - 4)

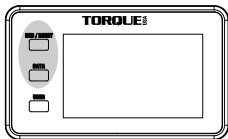
During the workout: Press this button to advance the display for the next user to begin.

During the workout summary: Press this button to advance the display to see the next user's data.

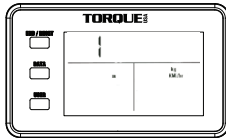
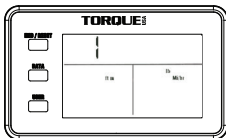
Console Setup (Optional)

The default console values for Units, Beep, and Backlight may be changed if desired. Follow these steps to verify or change the settings:

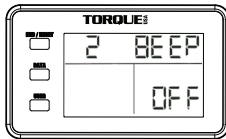
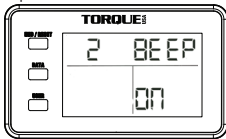
1. Press and hold "DATA" and "END" simultaneously for three seconds to access the Setup screens.



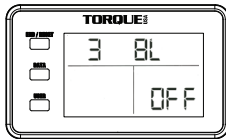
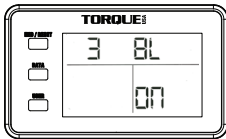
2. Press "DATA" to toggle the **units** setting between imperial (feet, pounds, and miles/hour) and metric meters, kilograms and kilometers/hour). Press "END" to move to the beep setup screen.



3. Press "DATA" to toggle the **beep** On or Off. Press "END" to move to the backlight setup screen.



4. Press "DATA" to toggle the **backlight** On or Off. Press "END" to save your selections and return to the main display screen.



Display

USER	8	TIME WORK REST	00:00
TOTAL PUSH ENERGY CAL DISTANCE ft m	0000	PUSH FORCE lb kg (MAX) WATTS SPEED KM/hr (AVG)	000.0

The digital LCD includes the following data at the top of the screen:

- USER** This field identifies the current user. The default value is 1 ("User 1"). A multi-user workout can have up to four (4) users.
- TIME** During a workout, this field displays the elapsed **time** of the current User's workout, actively counting up (in minutes:seconds). The time displayed is one of two sub-values:
- WORK** The elapsed time the M1 has been moving (the active User's "work")
 - REST** The elapsed time the M1 has been immobile (the active User's "rest"). In a group workout, the Rest Time includes the time between turns for the user.
- During the Workout Summary, the Time field automatically toggles between total Work time and total time for the user.

The bottom left side of the screen has three alternative displays of **cumulative** data for the current user:

- TOTAL PUSH ENERGY** Displays the cumulative energy the user has exerted during the workout, ranging from 0-9999.
- CAL** Displays the approximate number of **calories** burned during the workout (based on a user weight of 150 pounds), ranging from 0-9999.
- DISTANCE** During a workout, displays the approximate **distance** the M1 has been pushed by the user, in feet or meters, from 0 to 9999.
- During the Workout Summary, totals for the workout are shown in these fields.

The bottom right side of the screen has three alternative displays of **active** (point in time) data for the current user:

- PUSH FORCE** Displays an approximate **level of effort** (force) the user is applying, in pounds or kilograms, ranging from 0-999.9.
- WATTS** Displays the approximate **watts** currently being generated, ranging from 0-999.9.
- SPEED** Displays the approximate current **speed**, in miles or kilometers per hour, from 0-99.9.
- During the Workout Summary, average and maximum values for the workout are shown in these fields.

Limited Product Warranty

Who is covered

The warranty is valid **only to the original purchaser** in the United States or Canada and not transferable to any other person.

What is covered

Torque Fitness warrants that this product is free from defects in materials and workmanship, when used as intended, in normal conditions and provided proper care and maintenance as described in the product's Assembly and User Instructions. This warranty is good only for authentic, original, legitimate machines manufactured by Torque Fitness and sold through an authorized agent and used in the United States or Canada.

Terms

Electronics 3 years

What Is Not Covered

- Damage due to abuse, tampering or modification of the product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly and User Instructions, etc.).
- Damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- Damage due to normal usage and wear and tear.
- Damage to the finish of the console.
- Shipping charges and if applicable labor for the installation of any parts shipped to the owner under this warranty.
- This warranty does not extend to any territories or countries outside the United States and Canada.

Expirations

If the warranty has expired, Torque Fitness may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact Torque Fitness for information on post-warranty parts and services. Torque Fitness does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased your machine outside of the United States, consult your local distributor or dealer for warranty coverage.

For warranty questions or claims, email service@torquefitness.com, or call 763-754-7533 (8:30 am – 5:00 CST).

For service and support, contact your dealer, or email service@torquefitness.com, or call

763-754-7533 (8:30 am – 5:00 CST).

TORQUE USA

DON'T QUIT. EVER.™

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