

# **TANK**

## ***Assembly Guide***

ITEM	PART NUMBER	DESCRIPTION	QTY
1	5585401	ASSY, TWO BRAKE FRAME	1
2	5553001	WHEEL, 12" DIA X 3.5 WIDE	4
3	2011201	WASHER, STEEL 12.7 ID-40 OD-4 THK CLEAR ZINC	4
4	2010901	WASHER, LOCK M12 SAE ST ZN	12
5	2011301	SCREW, M12-1.75 X 30L SOC HD GR 12.9 CLEAR ZINC	4
6	55726PA	PTD ASSY, RIGHT PUSH HANDLE	2
7	55724PA	PTD ASSY, LEFT PUSH HANDLE	2
8	5572101	WLDMT, HOR PUSH HANDLE	2
9	2010501	WASHER, STEEL 10.5 ID-20 OD-2 THK CLEAR ZINC	4
10	2012801	SCREW, M10-1.5 X 25L SOC HD GR 12.9 CLEAR ZINC	4
11	2010801	WASHER, STEEL 12.7 ID-25 OD-2 THK CLEAR ZINC	8
12	2010701	SCREW, M12-1.75 X 85L SOC HD GR 12.9 CLEAR ZINC	8
13	56024PA	PTD ASSY, TANK WEIGHT HORN	2
14	5433701	SPACER, FLANGE (OPTIONAL)	8
15	5602701	BUMPER, TANK (OPTIONAL)	4

**TABLE OF CONTENTS:**

**TANK ASSEMBLY: PAGES 3 - 5**

**TANK CHAIN ADJUSTMENT: PAGES 6 - 9 & 11 - 13**

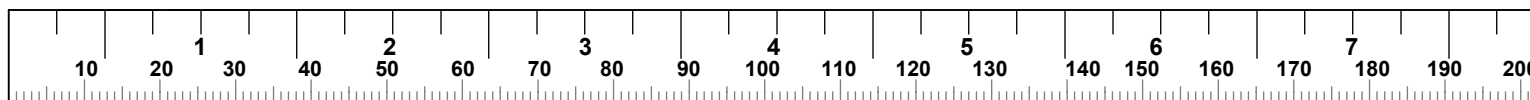
**TANK BELT ADJUSTMENT: PAGES 6 - 8 & 10 - 13**

**TANK WEIGHT HORN KIT (OPTIONAL): PAGES 14 - 15**

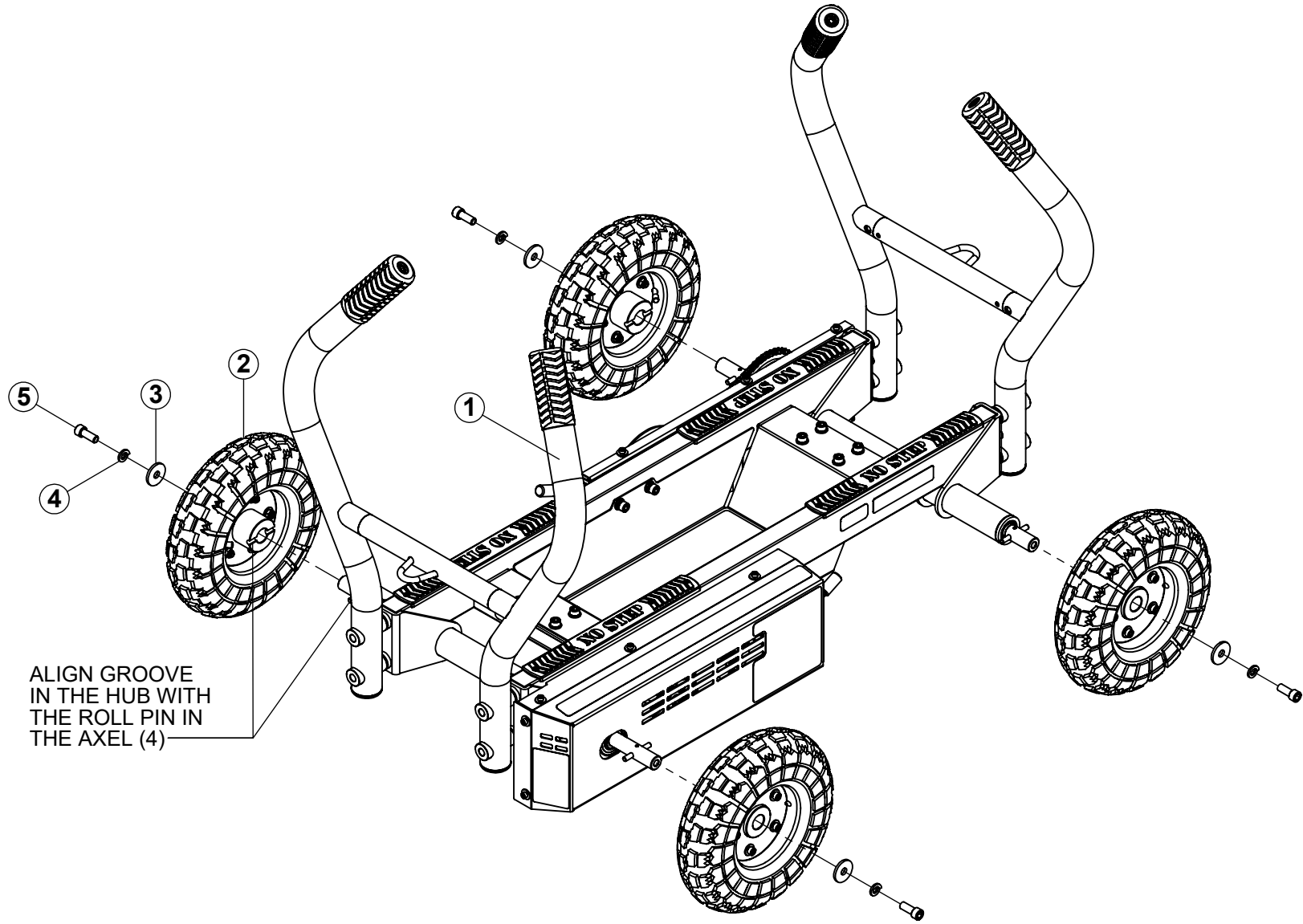
**TANK BUMPER KIT (OPTIONAL): PAGES 16 - 17**

**INSPECTION & LUBRICATION: PAGE 18**

**NOTICES: PAGE 19**

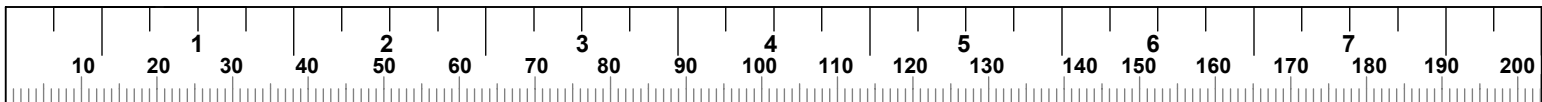


# STEP 1

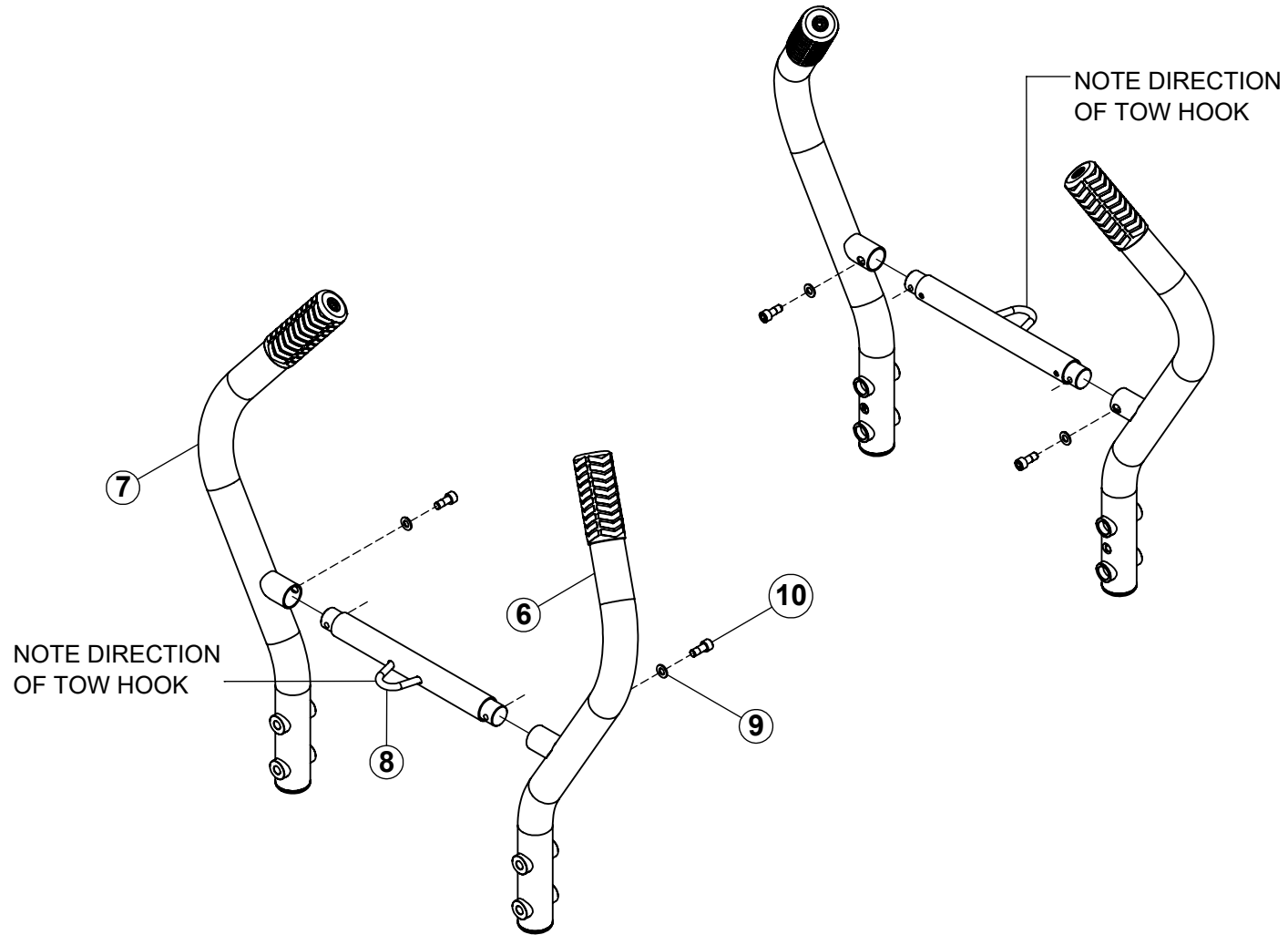


## NOTE:

**SECURELY** tighten all bolt connections in this step.

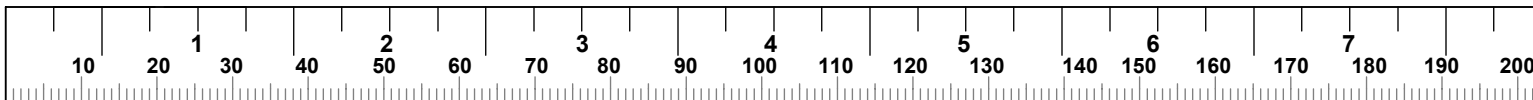


## STEP 2

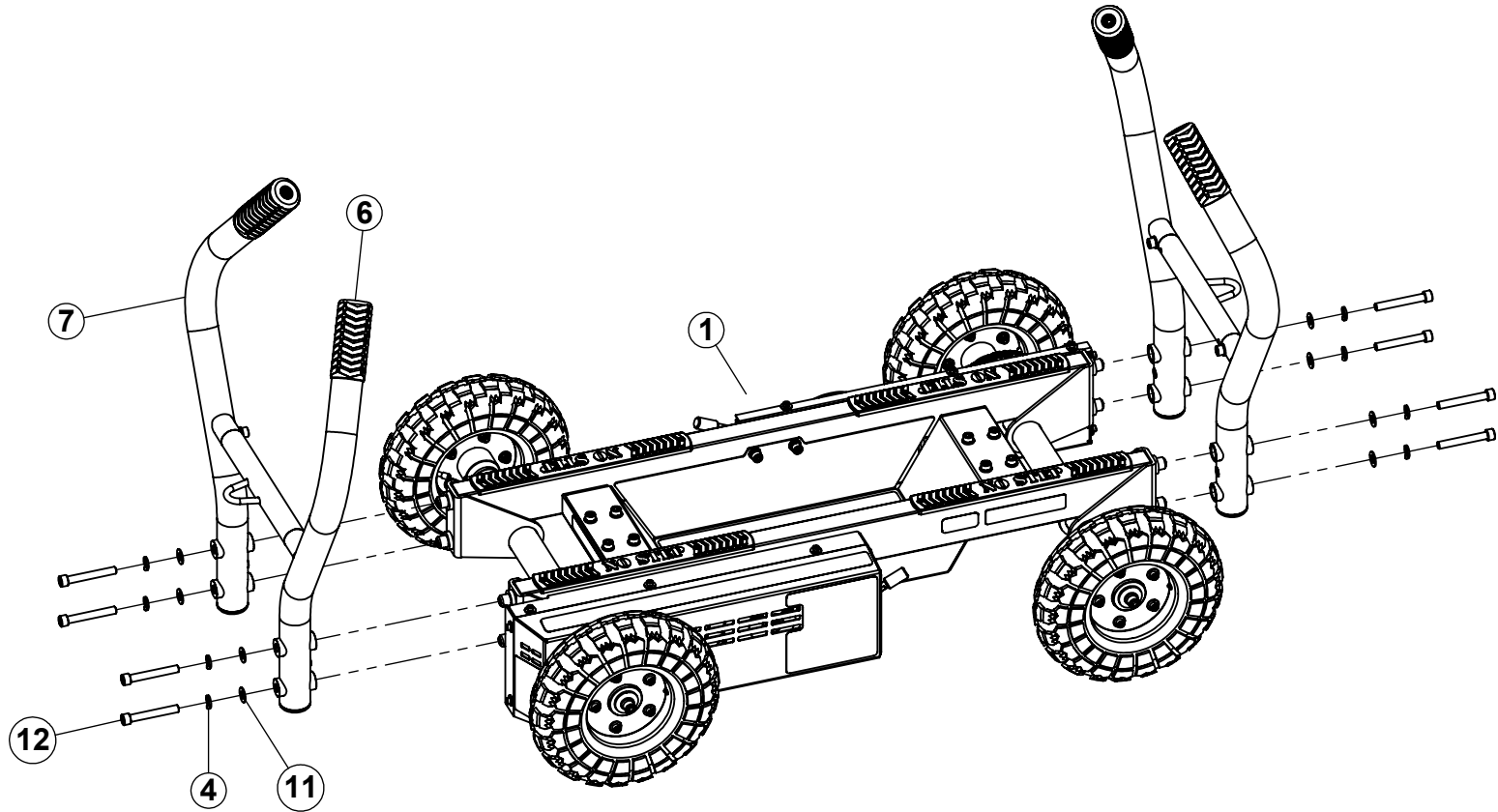


### NOTE:

**LOOSELY** tighten bolt connections in this step.

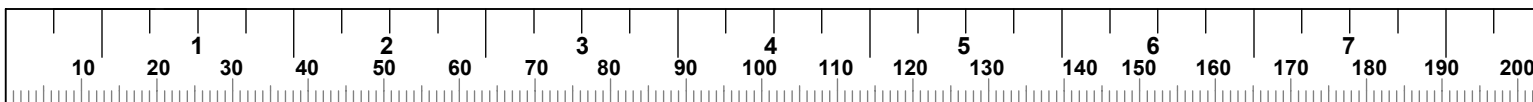


### STEP 3

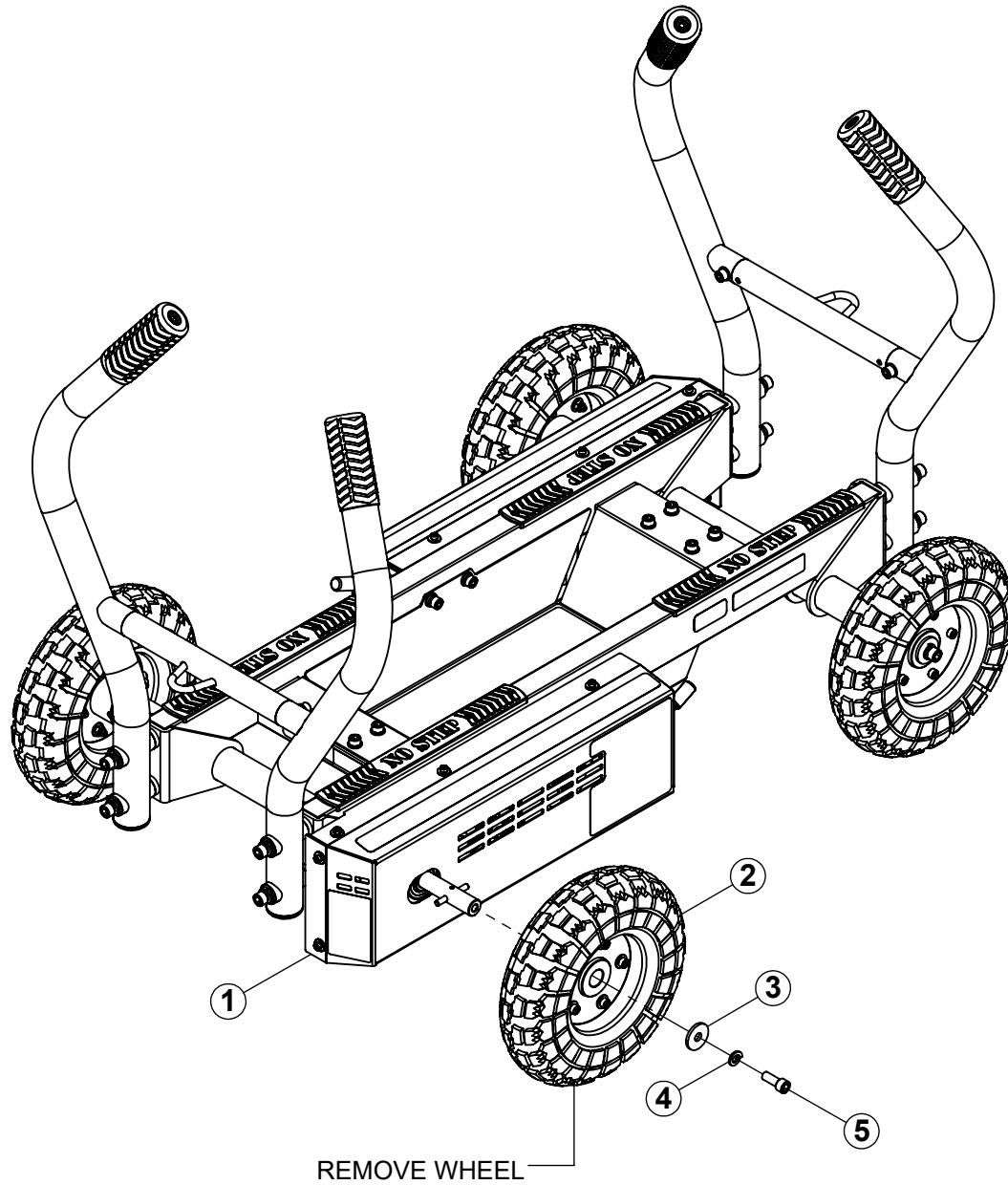


### NOTE:

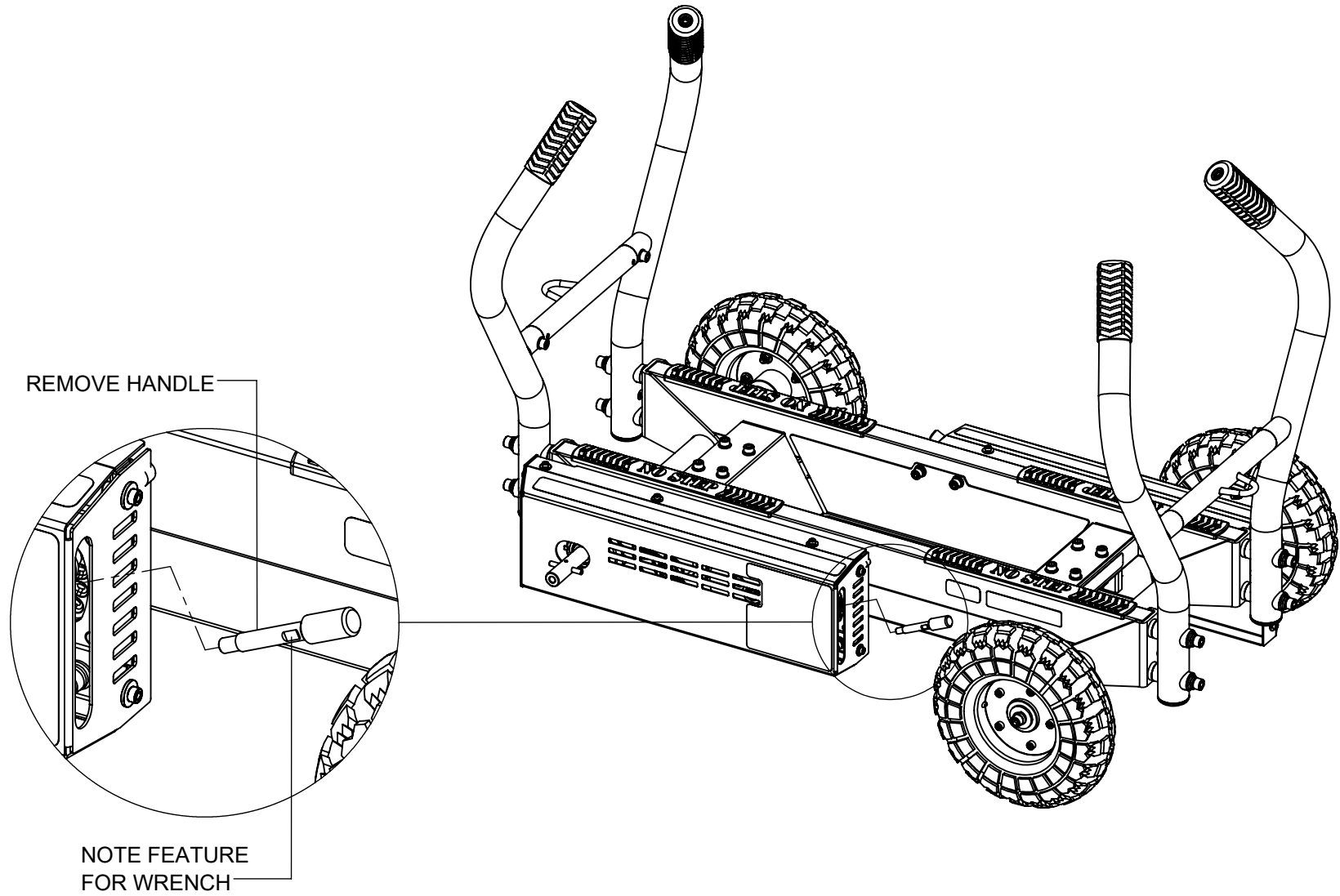
After this step has been completed, **SECURELY** tighten all bolt connections in this step and previous step.



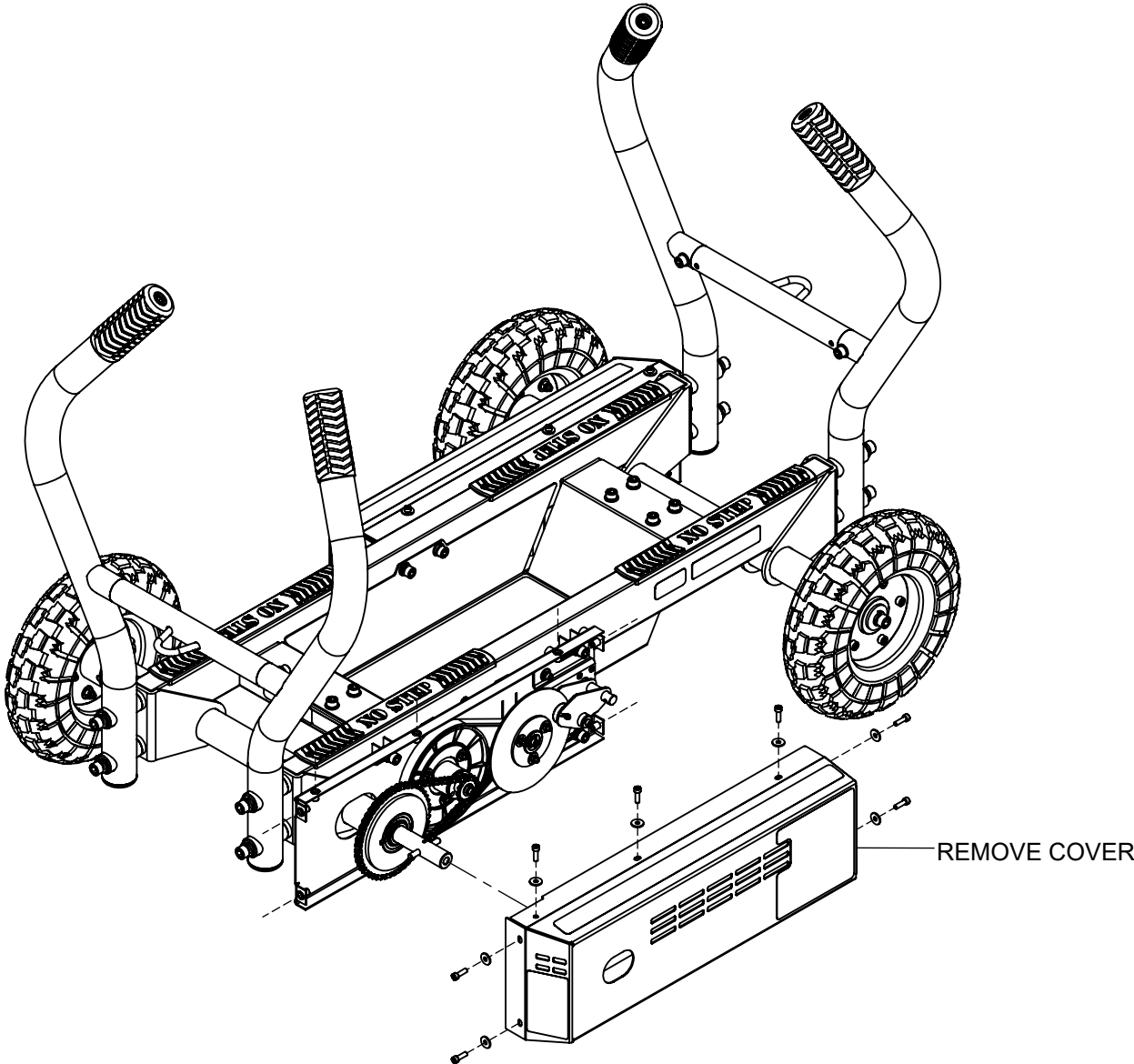
# CHAIN AND BELT ADJUSTMENT



# CHAIN AND BELT ADJUSTMENT



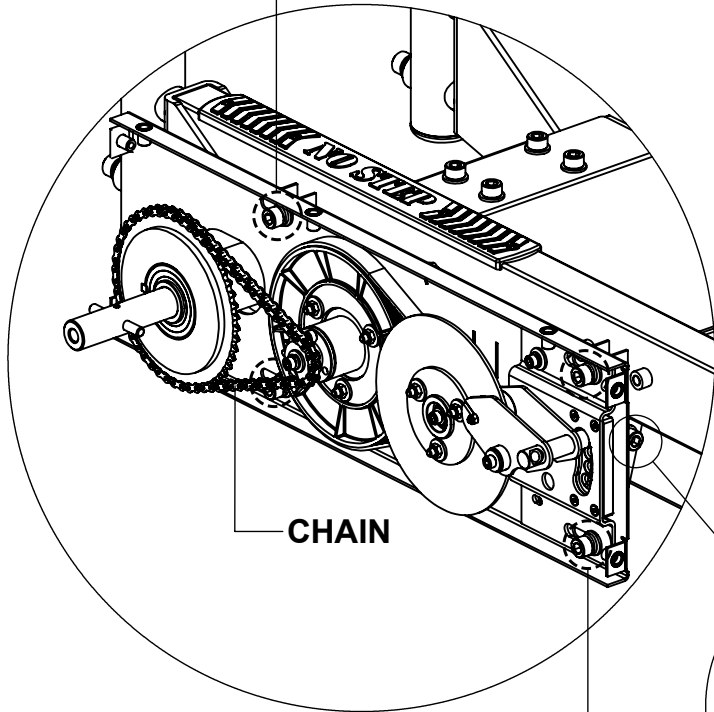
**CHAIN AND BELT ADJUSTMENT**



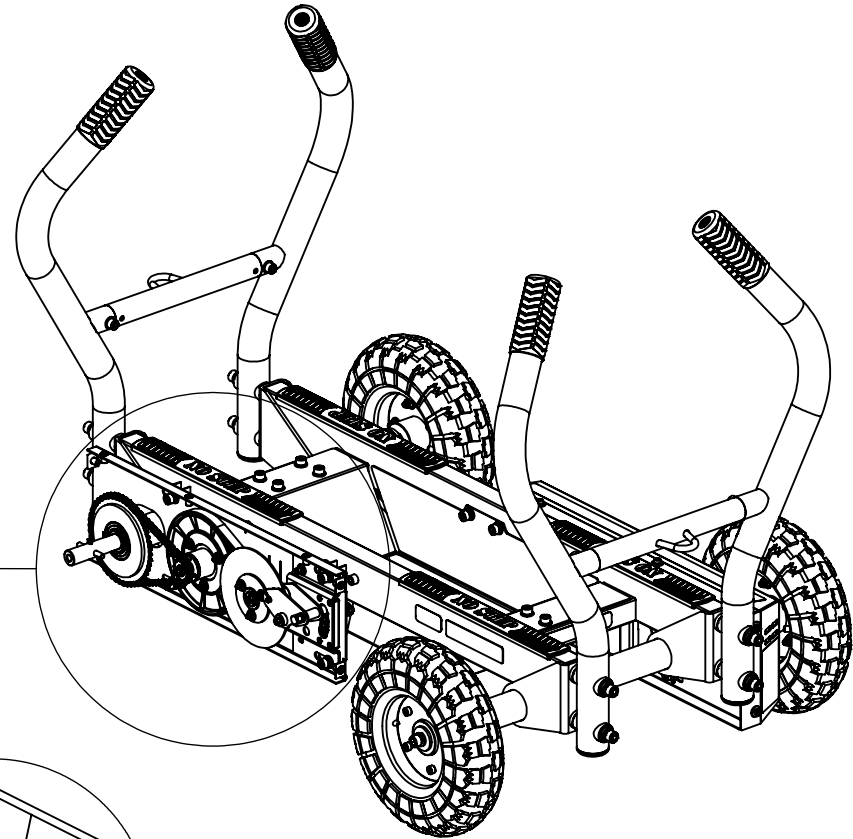


## CHAIN ADJUSTMENT

1. LOOSEN FOUR BOLTS (CIRCLED)



3. RETIGHTEN FOUR BOLTS (CIRCLED)

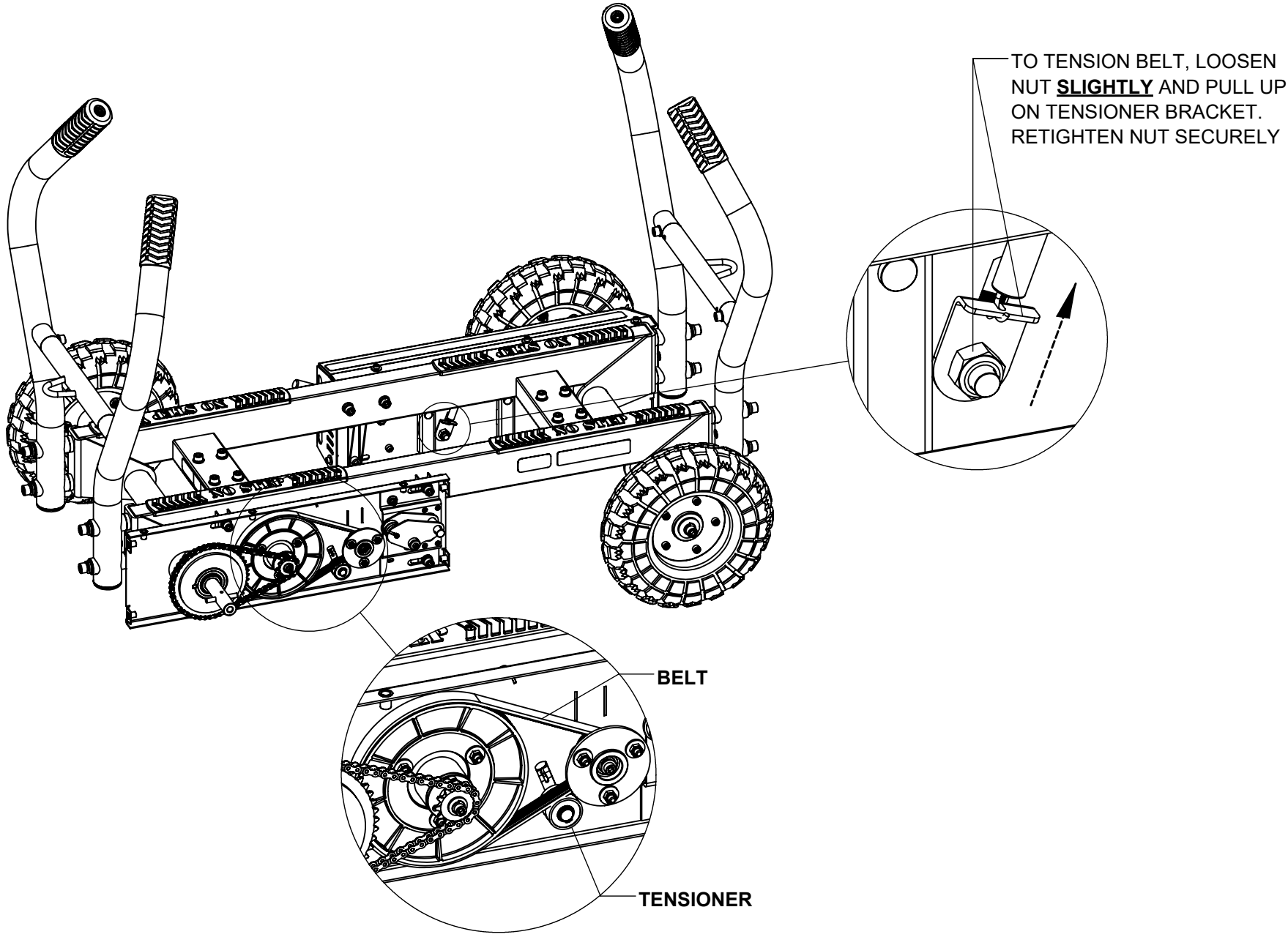


2. TURN BOLT CLOCKWISE TO TIGHTEN CHAIN,  
TURN BOLT COUNTER CLOCKWISE  
TO LOOSEN CHAIN

### **NOTE:**

The chain tension on TANK is pre-set at the factory. However, if the chain becomes too loose or is too tight, then please follow the steps in numbered order to adjust.

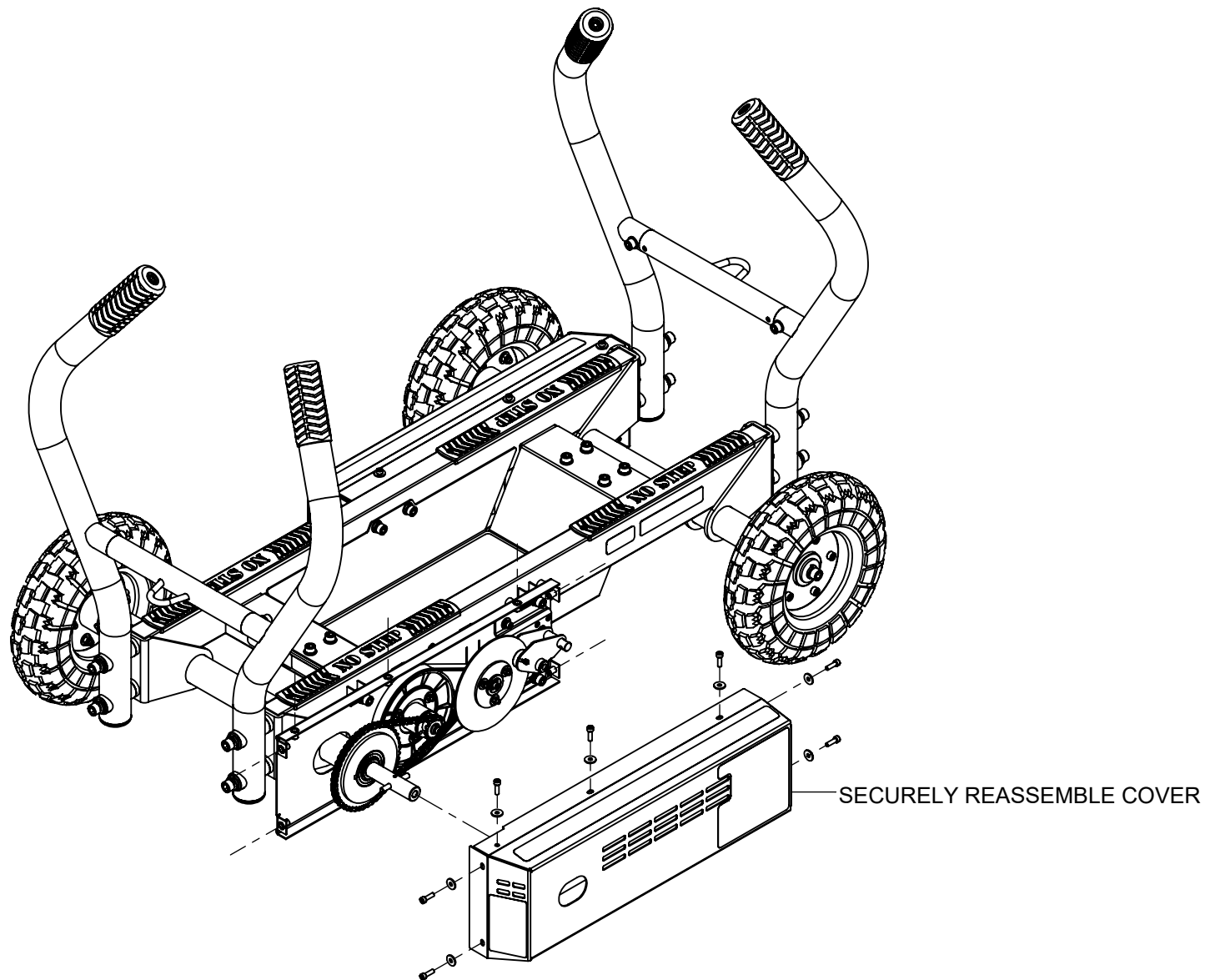
**BELT ADJUSTMENT**



**NOTE:**

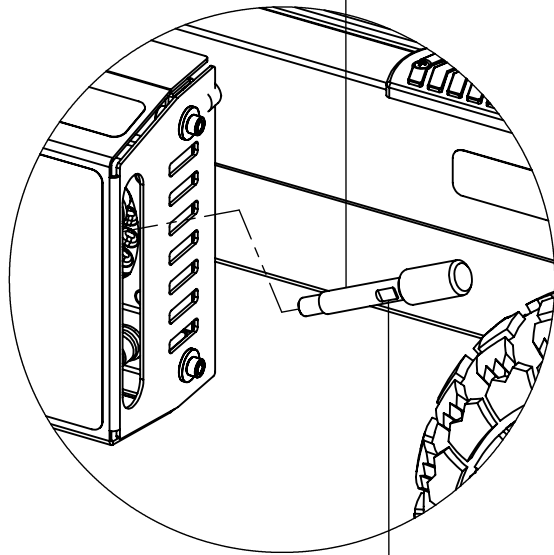
The belt tension on TANK is pre-set at the factory. However, if belt is too loose or starts to slip, then please follow this step.

## CHAIN AND BELT ADJUSTMENT

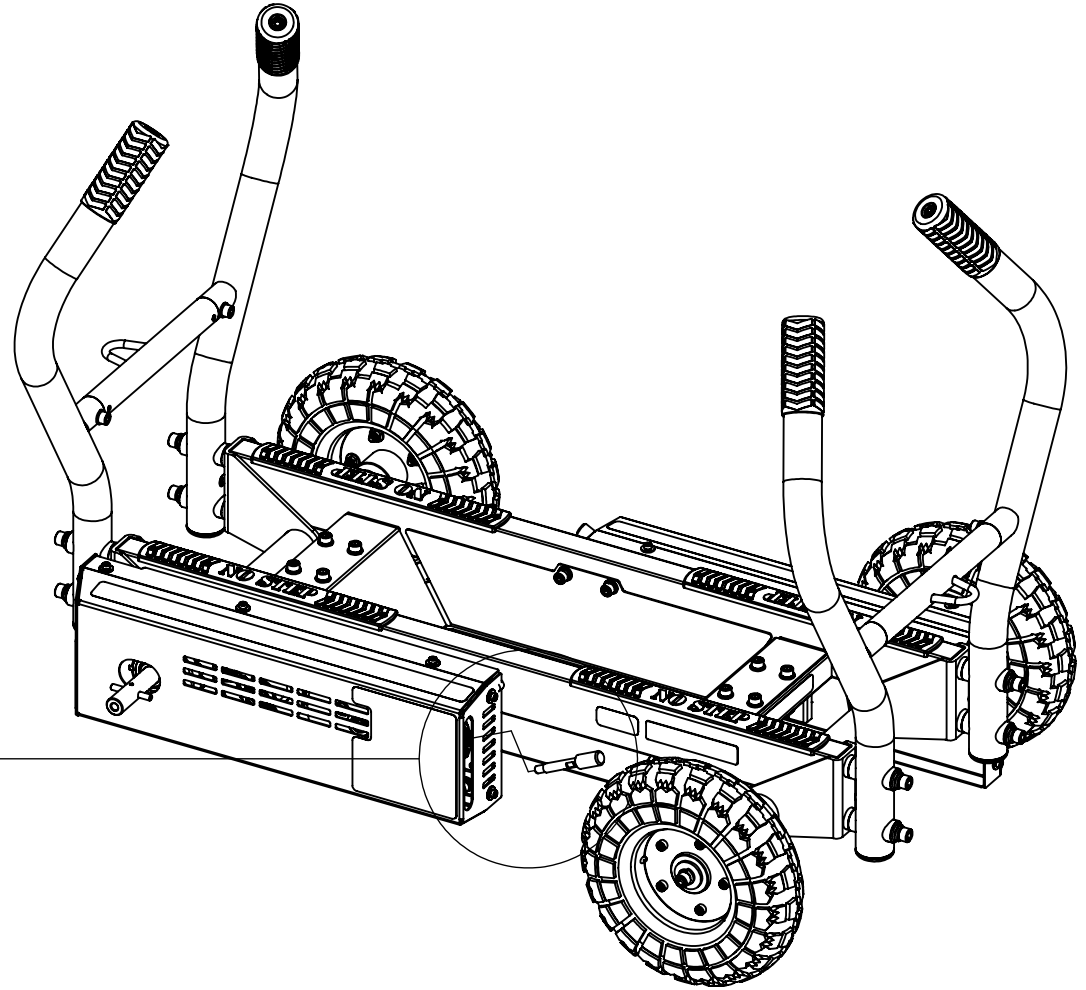


# CHAIN AND BELT ADJUSTMENT

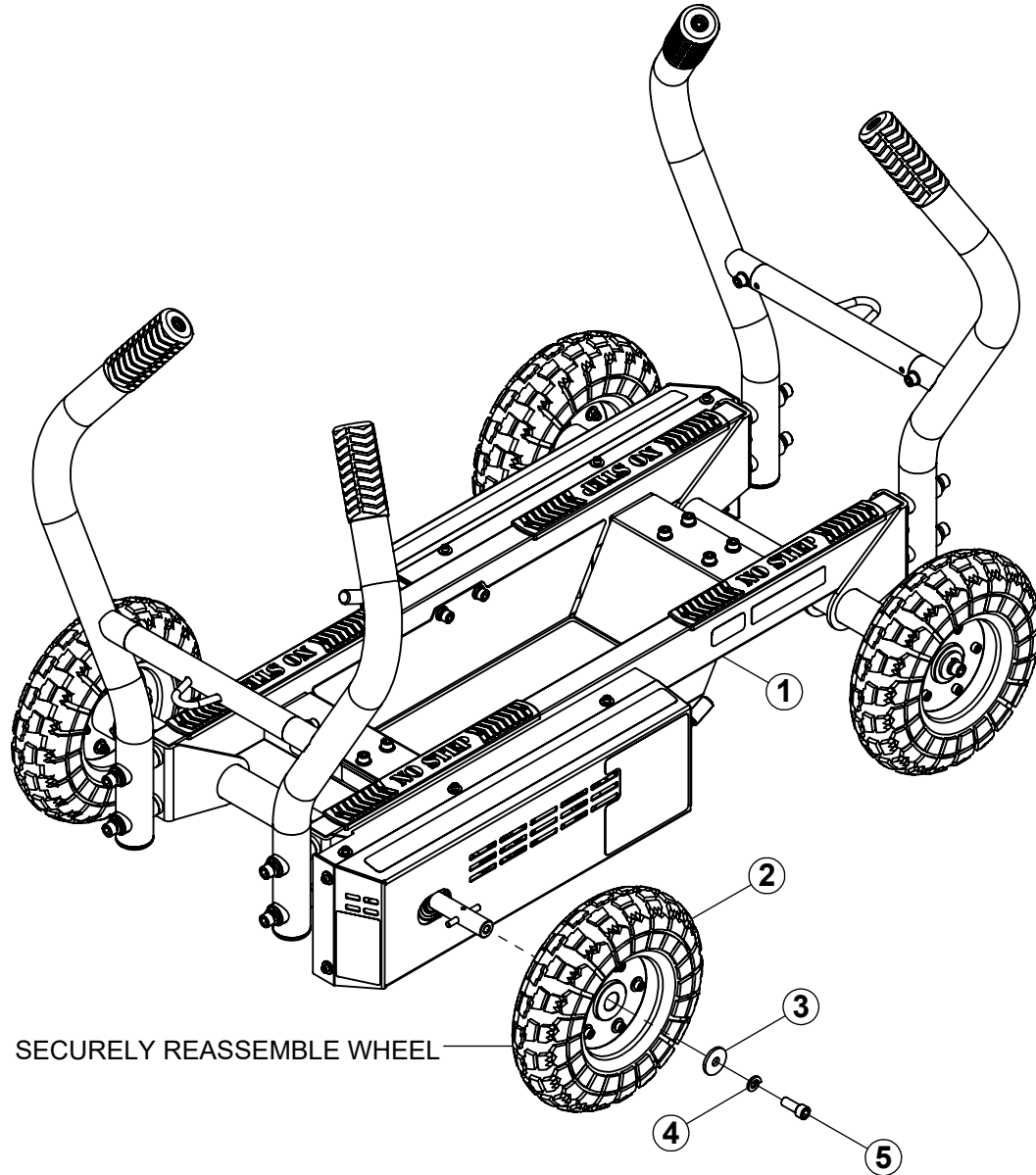
SECURELY  
REASSEMBLE HANDLE



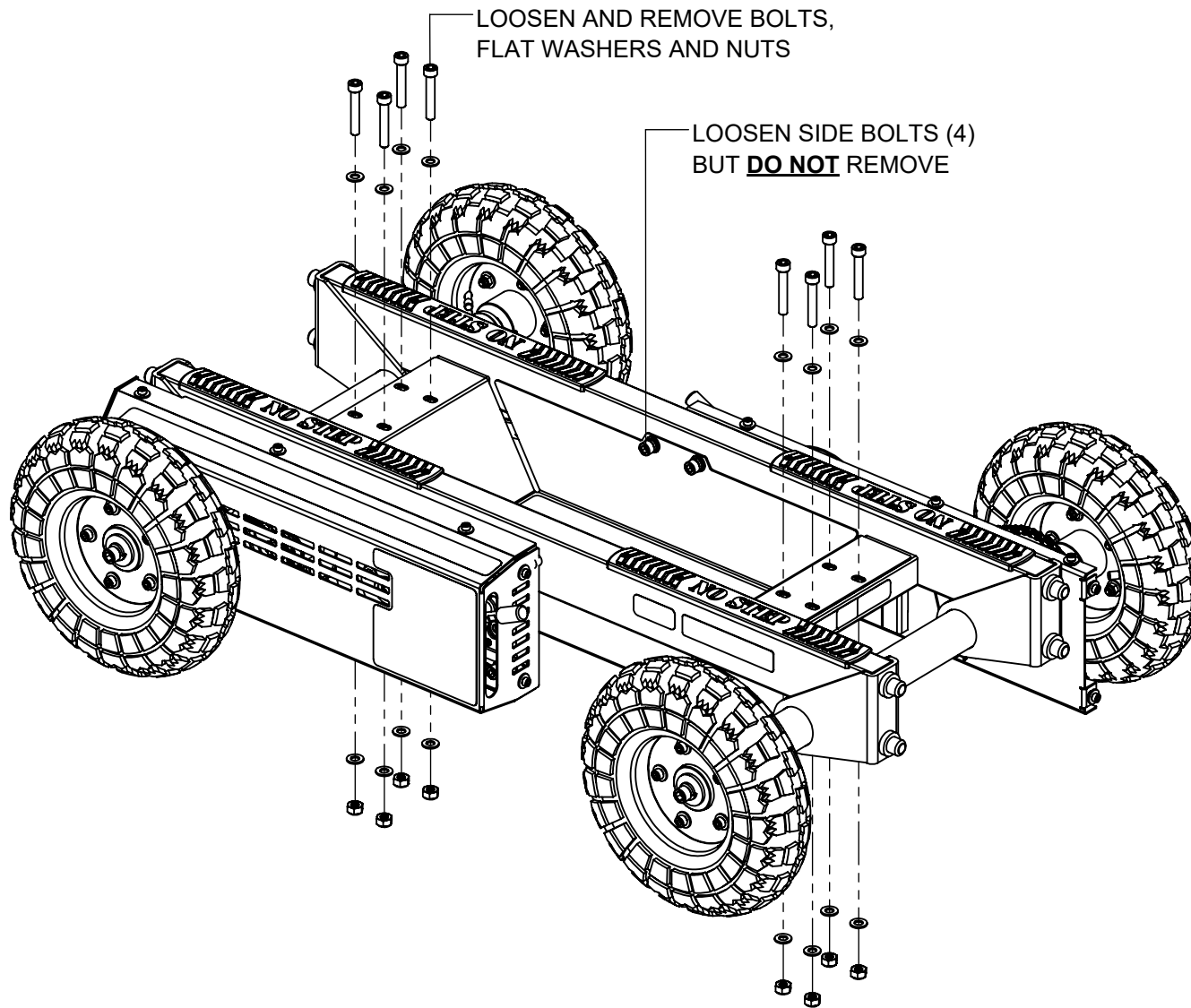
NOTE FEATURE  
FOR WRENCH



# CHAIN AND BELT ADJUSTMENTS



**XTWHK  
WEIGHT HORN KIT (OPTIONAL)**

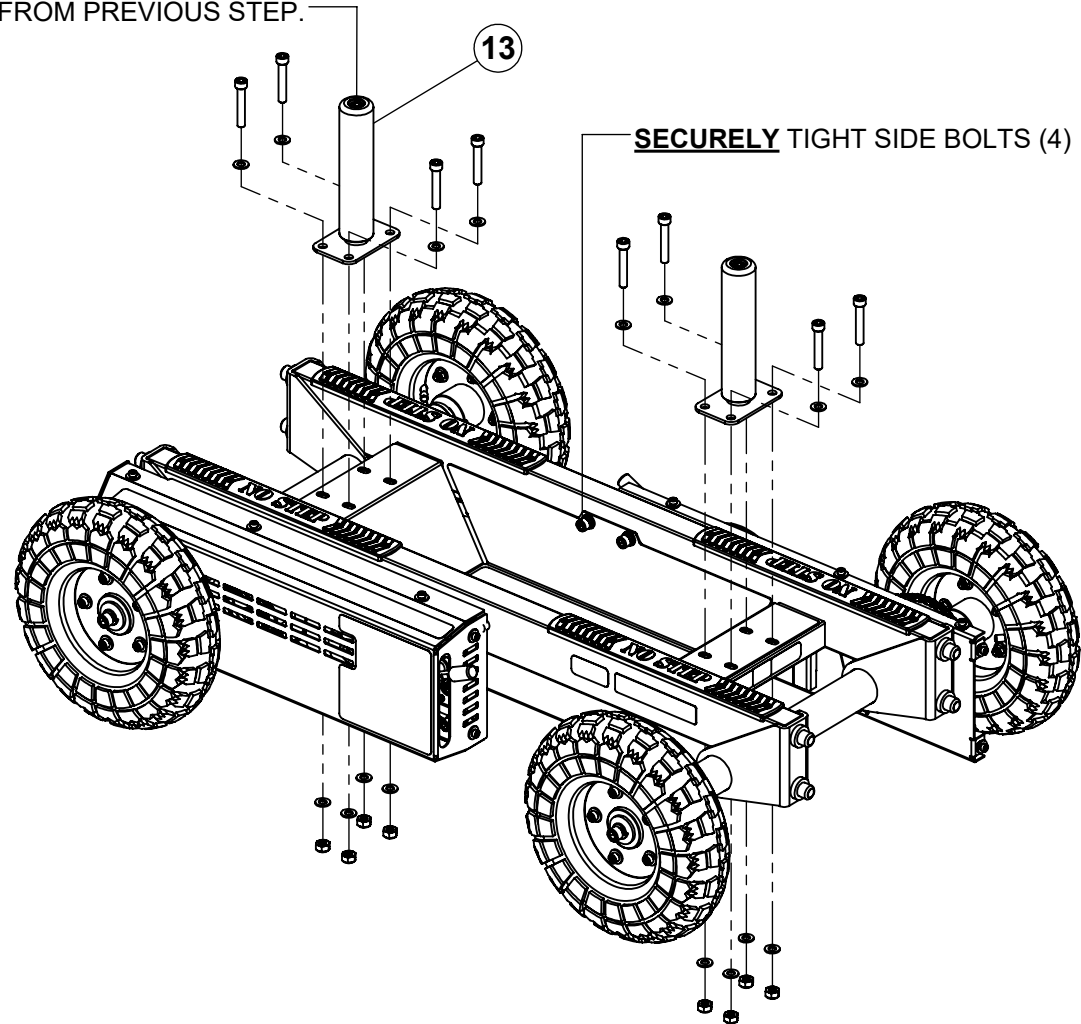


**NOTE:**

Handles have been hidden for assembly clarity.

**XTWHK  
WEIGHT HORN KIT (OPTIONAL)**

**SECURELY** ASSEMBLE WEIGHT HORNS TO TANK USING THE BOLTS, FLAT WASHERS AND NUTS FROM PREVIOUS STEP.

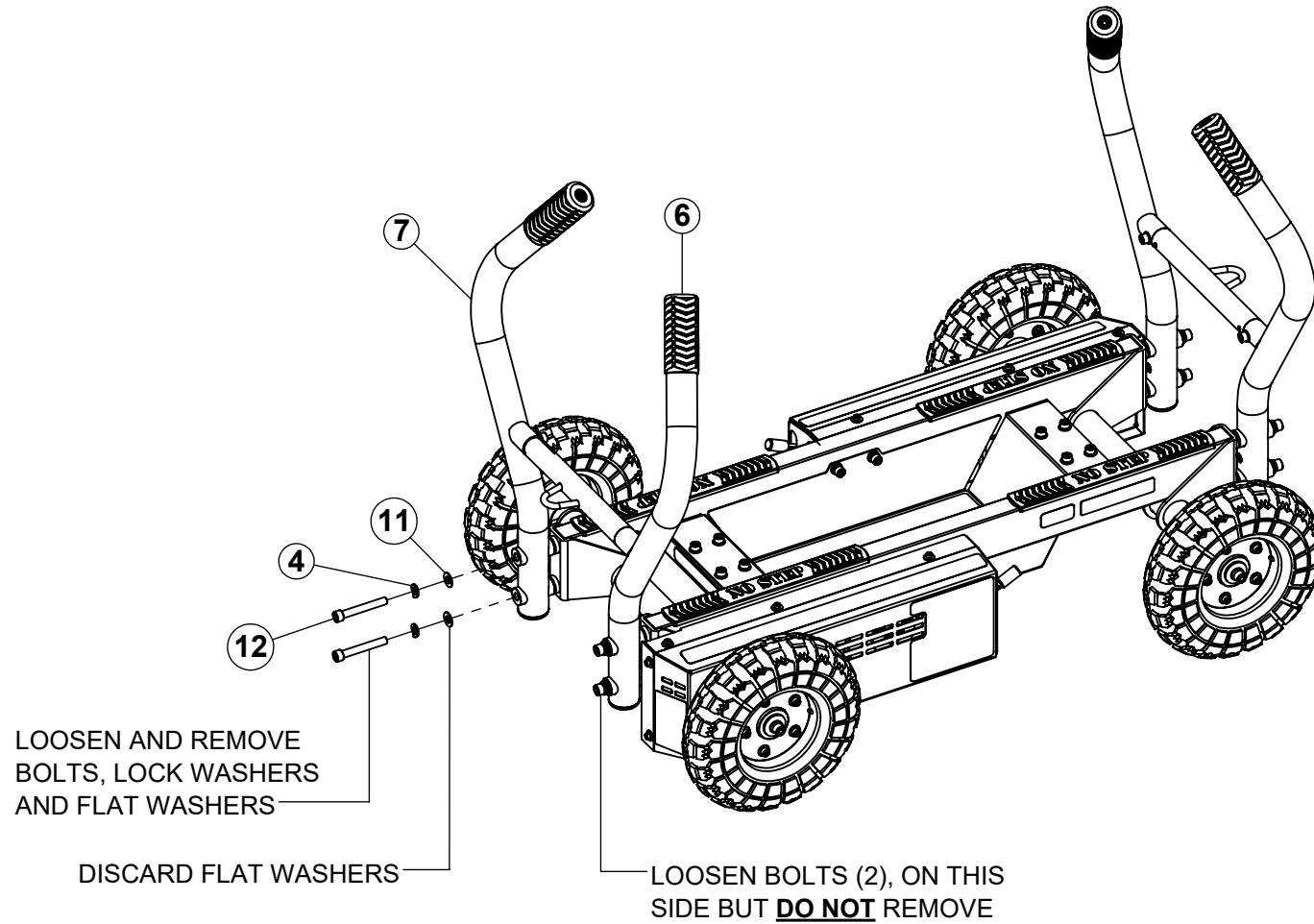


**NOTE:**

**SECURELY** tighten all bolt connections in this step.

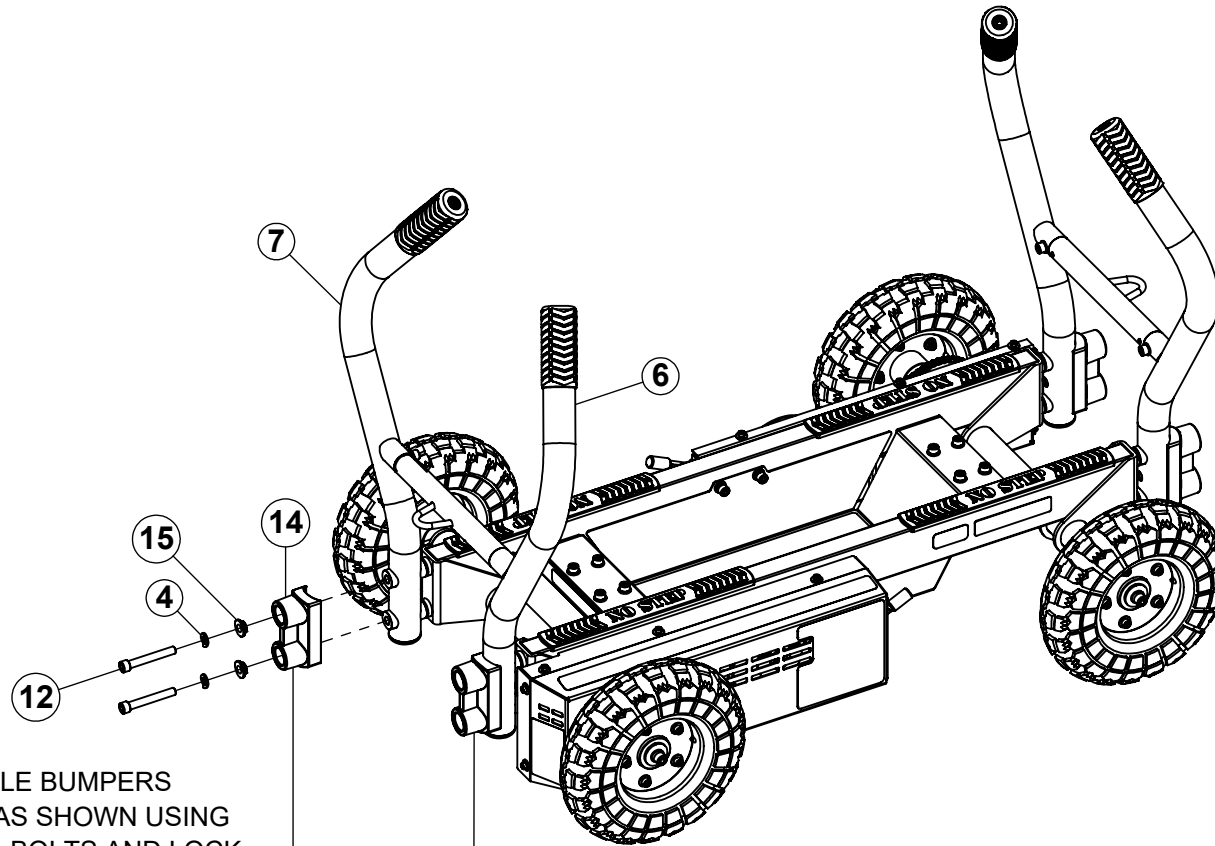
Handles have been hidden for assembly clarity.

**XTBK  
TANK BUMPER KIT (OPTIONAL)**





**XTBK  
TANK BUMPER KIT (OPTIONAL)**



**LOOSELY** ASSEMBLE BUMPERS TO THE HANDLES AS SHOWN USING FLANGE SPACERS, BOLTS AND LOCK WASHERS FROM PREVIOUS STEP

REPEAT THIS STEP, ONE AT A TIME FOR REMAINING 3 BUMPERS. KEEP BOLTS LOOSE UNTIL ALL BUMPERS ARE ASSEMBLED

**NOTE:**

Once all bumpers have been assembled, **SECURELY** tighten all bolt connections.

## **INSPECTION & LUBRICATION**

### **INSPECTION:**

**Recommended tire inflation: 30 PSI**

**Once a month, check for loose bolts on handles, wheels and weight horns (optional) as indicated. Tighten if necessary.**

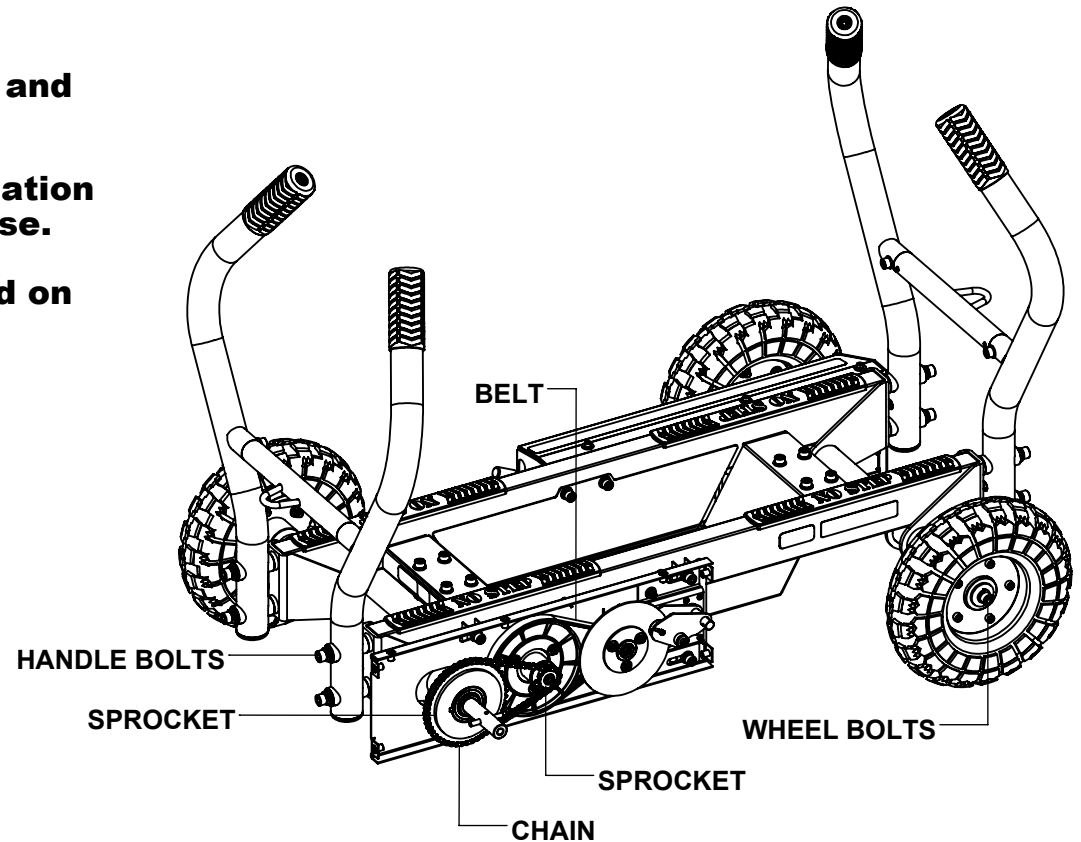
**Once a month, check that the chain and sprockets are clean, free of rust, dust and grime. Make sure that the chain is properly lubricated. If chain is loose, retighten chain as outlined on page 9.**

**Once a month, inspect belt. Make sure the belt is not worn, frayed or loose. Replace belt if worn or frayed. If belt is loose, re-tension belt as outlined on page 10.**

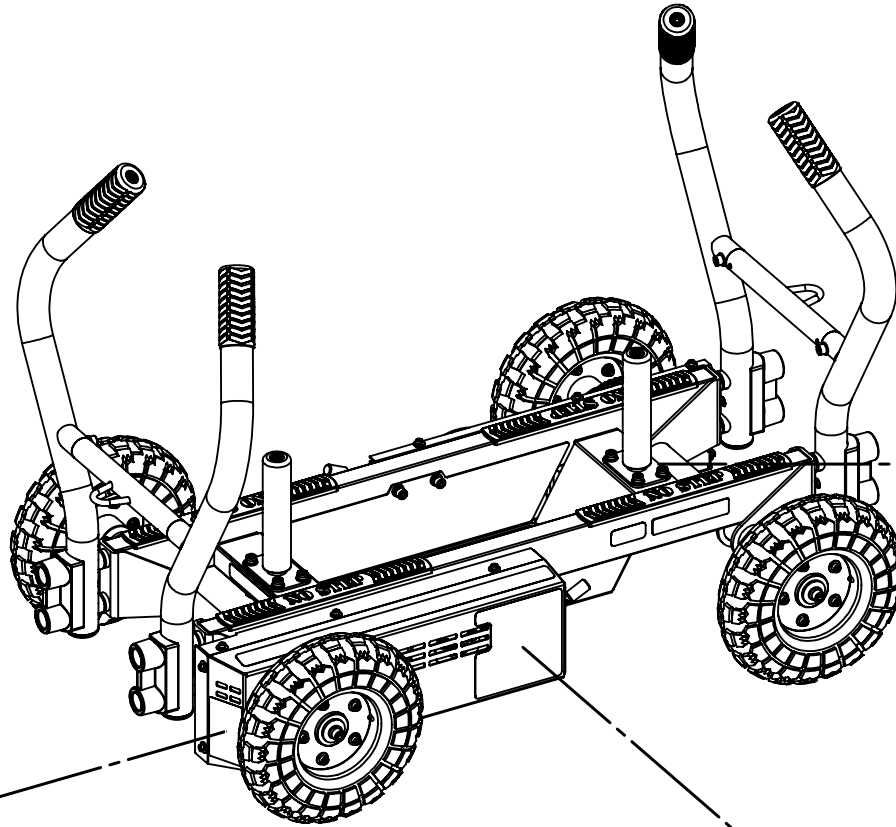
### **LUBRICATION:**

**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.**



# TANK PRODUCT LABELS - NOTICES



**TORQUE** USA

Model:  
S/N:

**TORQUE FITNESS**

9365 Holly Street NW  
Coon Rapids, MN 55433

MADE IN CHINA

**WARNING**

Always wear your seat belt and use proper technique. Machine contains moving parts. To add safety, keep feet and hands clear of moving parts. Always keep feet and hands clear of moving parts. Review and follow all warnings and instructions in the user manual and product label. Report a label if damaged, illegible, or missing.

**WARNING**

Always wear your seat belt and use proper technique. Machine contains moving parts. To add safety, keep feet and hands clear of moving parts. Always keep feet and hands clear of moving parts. Review and follow all warnings and instructions in the user manual and product label. Report a label if damaged, illegible, or missing.

**AVERTISSEMENT**

Always wear your seat belt and use proper technique. Machine contains moving parts. To add safety, keep feet and hands clear of moving parts. Always keep feet and hands clear of moving parts. Review and follow all warnings and instructions in the user manual and product label. Report a label if damaged, illegible, or missing.

**ADVERTÊNCIA!**

Always wear your seat belt and use proper technique. Machine contains moving parts. To add safety, keep feet and hands clear of moving parts. Always keep feet and hands clear of moving parts. Review and follow all warnings and instructions in the user manual and product label. Report a label if damaged, illegible, or missing.

**WARNING**

DO NOT allow multiple athletes to push or pull machine simultaneously in opposite directions.

DO NOT tow or pull machine without a spotter to stop motion of machine.

**FORCE LEVEL**

ADD WEIGHT IF MORE TRACTION IS NEEDED

PATENT PENDING