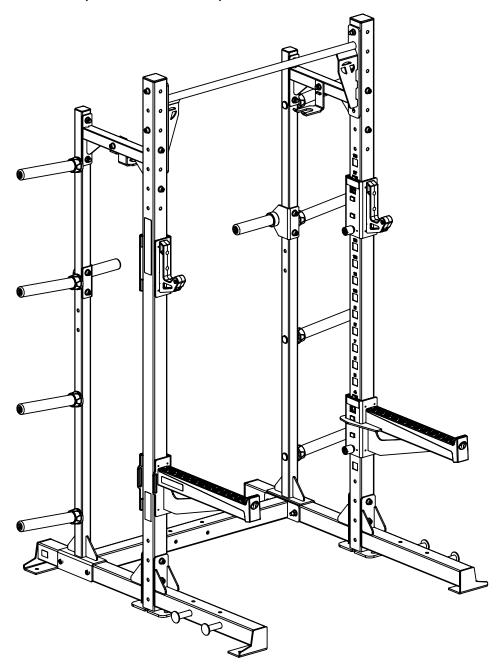
#### **TR1 RACK ASSEMBLY GUIDE**

**VERSION: TR1-7SS, TR1-7HR, TR1-8HR, TR1-7DHRWS, TR1-8DHRWS** 

**PART #: 5922401-B** 





### **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). or (1-866-664-9894). 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**

<u>CAUTION:</u> 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.
- <u>CAUTION:</u> Use extreme care when cutting plastic tie wraps and package banding. A wire cutter works best for protecting yourself and the parts.
- <u>CAUTION:</u> 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).
   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**

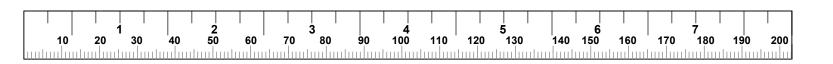
- Optional equipment may be available for this product.
- Follow the instructions included with the optional equipment to assemble it to the base product.

#### **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.



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

• Warnings: Page 3

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#### **Base Rack Assembly**

• 7' Squat Stand Assembly: Pages 5 - 10

7' / 8' Half Rack Assembly: Pages 11 - 22

7' / 8' Dual Half Rack with 6' Storage: Pages 23 - 37

#### **Attachment Assembly**

Bar catch and bar support: Page 39

Bar catch hanging storage: Pages 40 - 41

• Dip step attachment anchor: Page 42

Ground rotational trainer: Page 43

Battle rope anchor: Page 44

Upper band peg attachments: Page 45

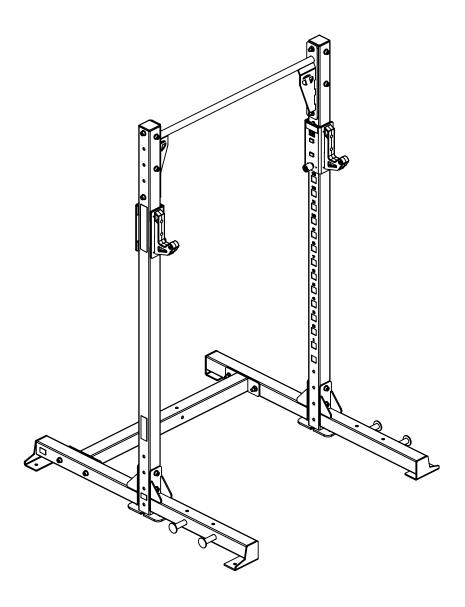
Heavy bag mount: Pages: 46 - 47

Relentless rope trainer: Pages 48 - 49

**Anchoring**: Page 50

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#### **TR1 7' SQUAT STAND**

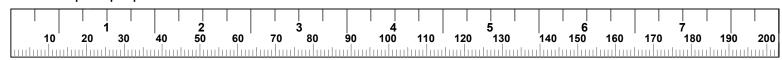


ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	5880201	WLDMT, BASE CONNECTOR	1
2	5879701	WLDMT, FRONT LEFT BASE	1
3	58798PA	PTD ASSY, REAR LEFT BASE	1
4	5879501	WLDMT, FRONT RIGHT BASE	1
5	5879601	WLDMT, REAR RIGHT BASE	1
6	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	20
7	2001301	WASHER, FLAT 1/2 SAE ST ZN	40
8	2001401	NUT, 1/2-13 LK ST ZN	20
9	58465PA *	PTD ASSY, 7' UPRIGHT	2
10	XRACK-4SX-101**	4 FT (1.2 M) SINGLE CROSS (STORM GREY)	1
11	59166PA	PTD ASSY, RIGHT BAR SUPPORT	1
12	59167PA	PTD ASSY, LEFT BAR SUPPORT	1

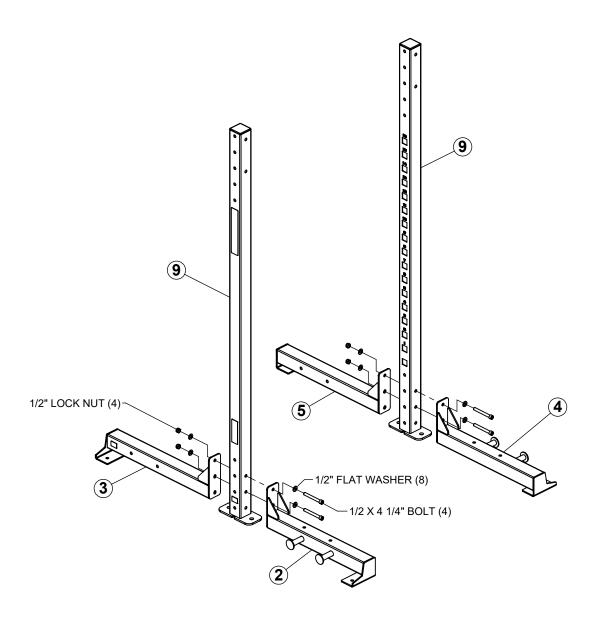
The BOM above represents the base rack only. Options and attachments will be listed individually in each step.

\* Can be substituted for the 8' uprights.

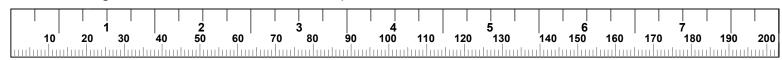
\*\* Other pullup options available.



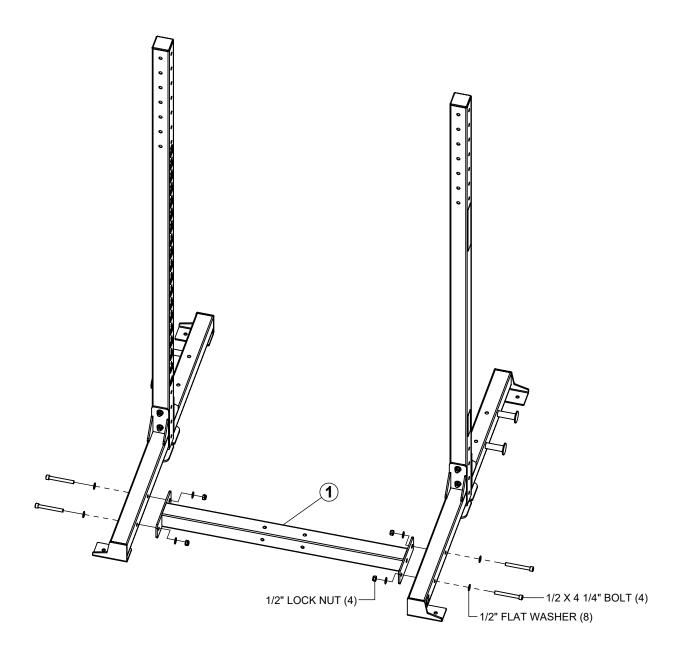
#### **STEP 1 - SQUAT STAND**



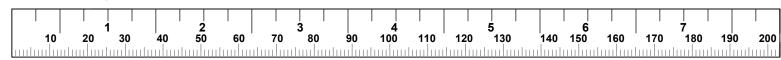
#### NOTE:



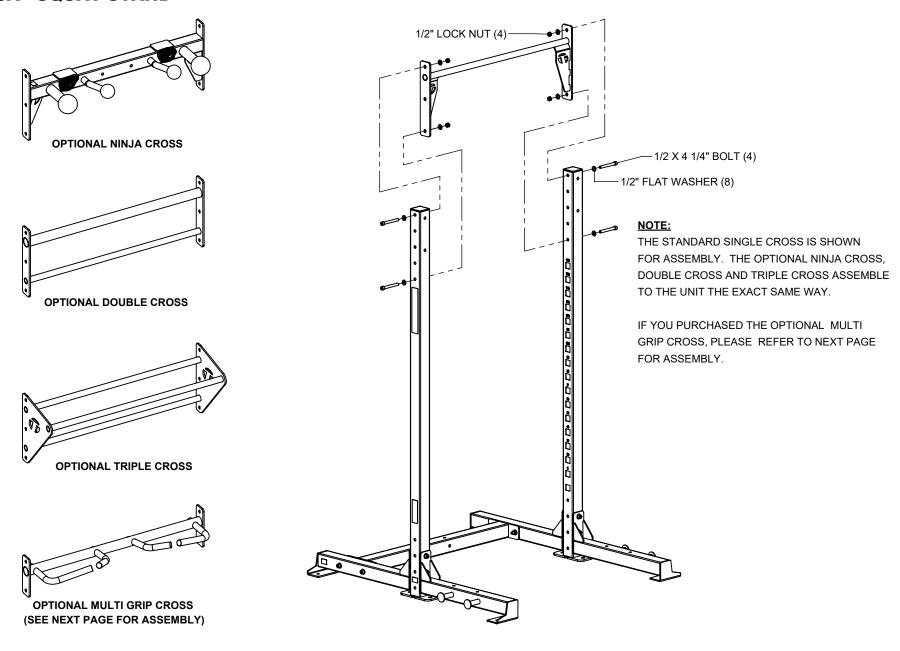
#### **STEP 2 - SQUAT STAND**



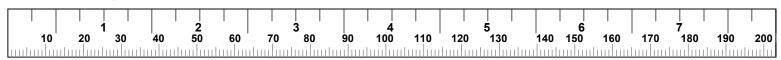
#### NOTE:

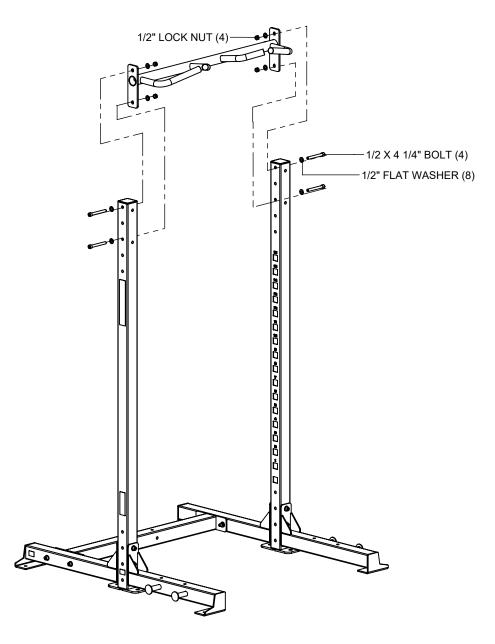


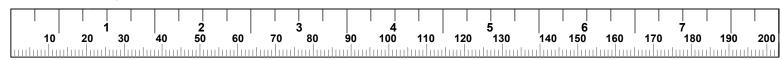
#### **STEP 3A - SQUAT STAND**

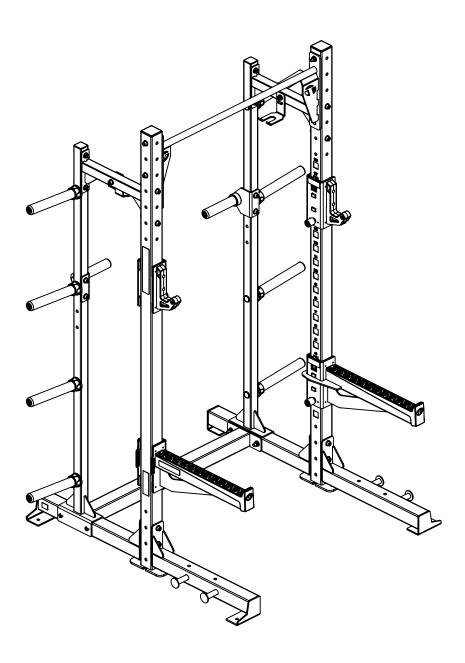


#### **NOTE:**







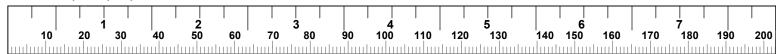


ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	5880201	WLDMT, BASE CONNECTOR	1
2	5879701	WLDMT, FRONT LEFT BASE	1
3	58798PA	PTD ASSY, REAR LEFT BASE	1
4	5879501	WLDMT, FRONT RIGHT BASE	1
5	5879601	WLDMT, REAR RIGHT BASE	1
6	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	16
7	2001301	WASHER, FLAT 1/2 SAE ST ZN	52
8	2001401	NUT, 1/2-13 LK ST ZN	26
9	58808PA	PTD ASSY, ARSENAL WEIGHT STORAGE	2
10	5881201	WLDMT, UPRIGHT CONNECTOR	2
11	58805PA	PTD ASSY, CHANGE PLATE HORN	2
12	5881601	WLDMT, BAR STORAGE	2
13	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	10
14	58274PA *	PTD ASSY, 8' UPRIGHT	2
15	56967PA	PTD ASSY, RIGHT BAR SUPPORT	1
16	56975PA	PTD ASSY, LEFT BAR SUPPORT	1
17	57018PA	PTD ASSY, LEFT BAR CATCH	1
18	57013PA	PTD ASSY, RIGHT BAR CATCH	1
19	XRACK-4SX-101 **	4 FT (1.2 M) SINGLE CROSS (STORM GREY)	1

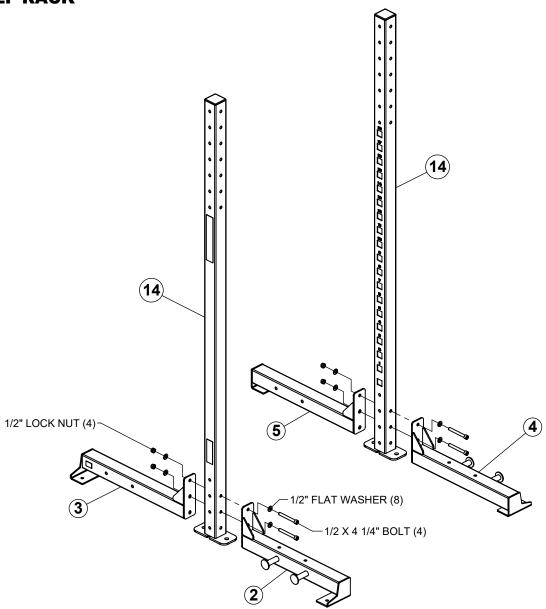
The BOM above represents the base rack only. Options and attachments will be listed individually in each step.

\* Can be substituted for the 7' uprights.

\*\* Other pullup options available.

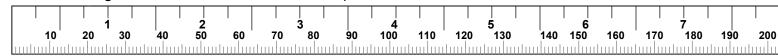


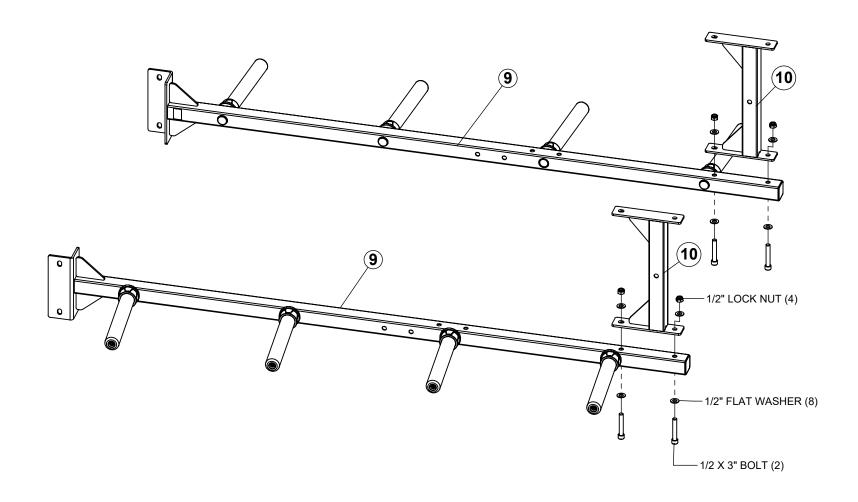
#### STEP 1 - 7' AND 8' HALF RACK



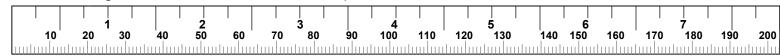
#### NOTE:

#### FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' HALF RACK

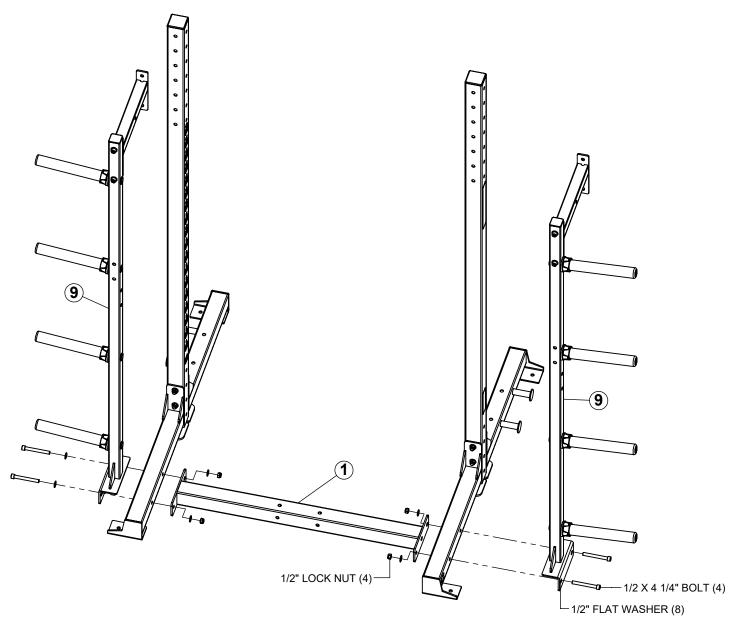




## NOTE: FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' HALF RACK

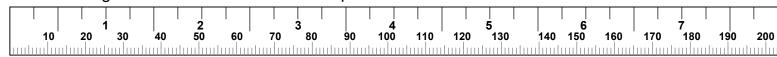


#### STEP 3 - 7' AND 8' HALF RACK

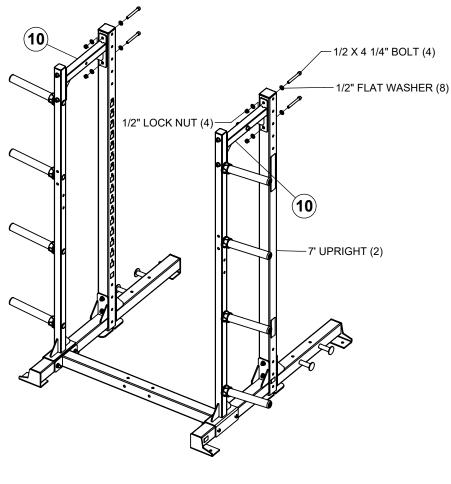


#### NOTE:

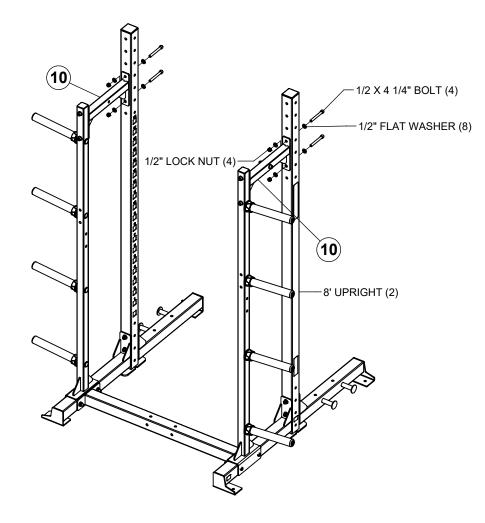
#### FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' HALF RACK



#### STEP 4 - 7' AND 8' HALF RACK

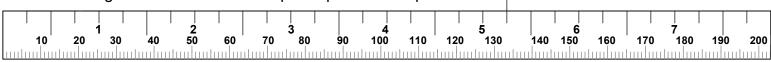


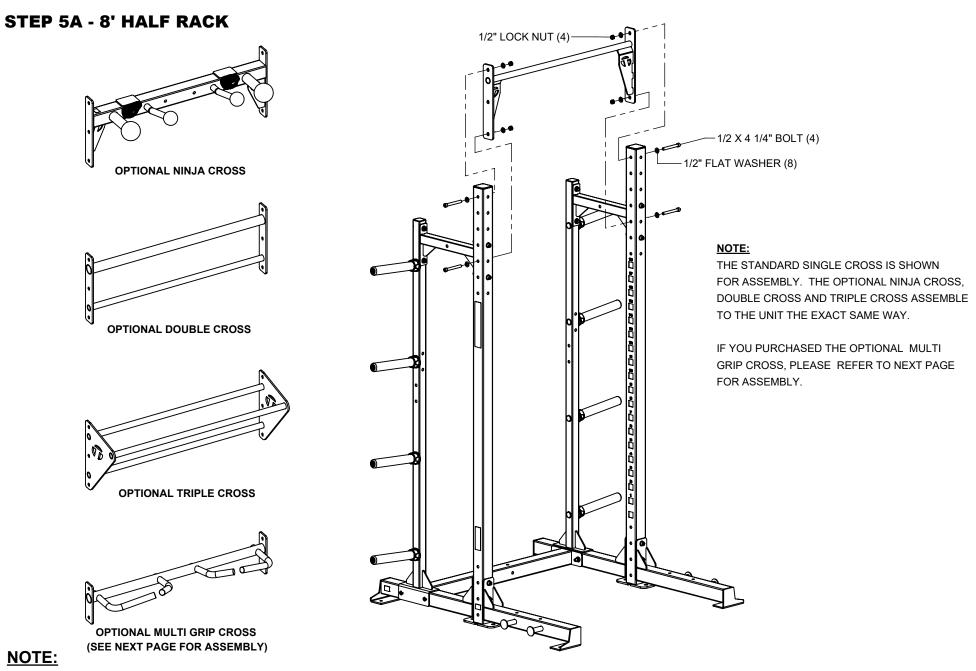
7' UPRIGHT ASSEMBLY



8' UPRIGHT ASSEMBLY

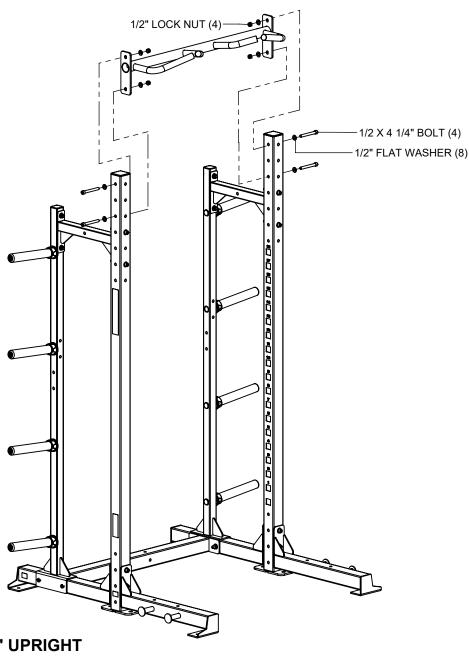
#### **NOTE:**



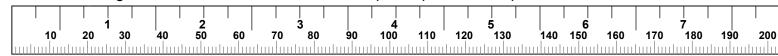


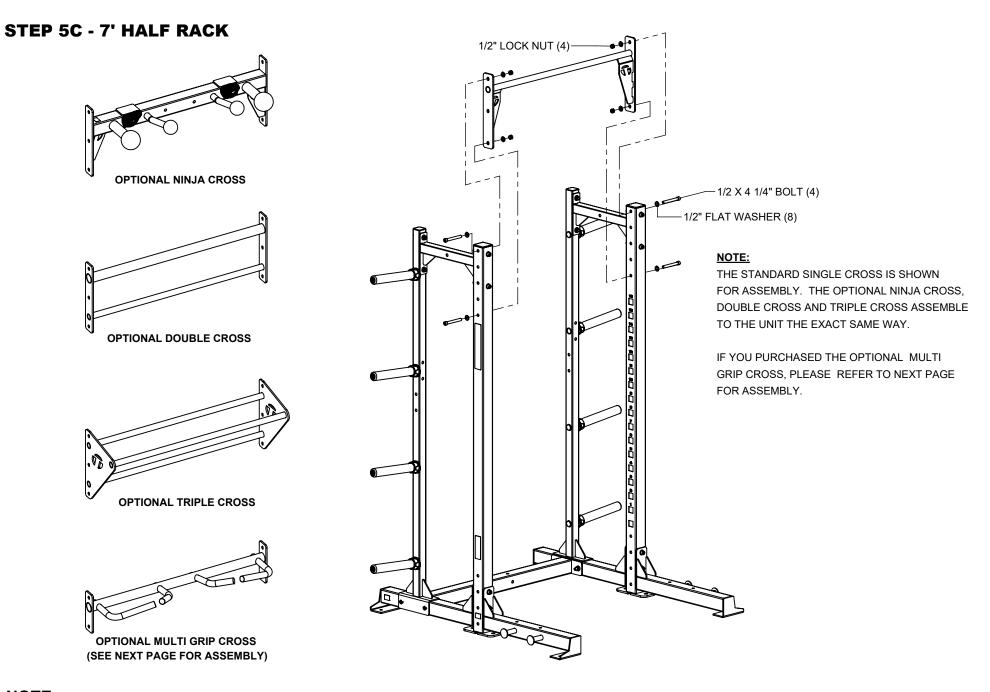
#### SEE STEP 5C FOR ASSEMBLING THE 7' UPRIGHT.

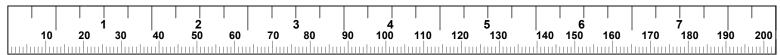
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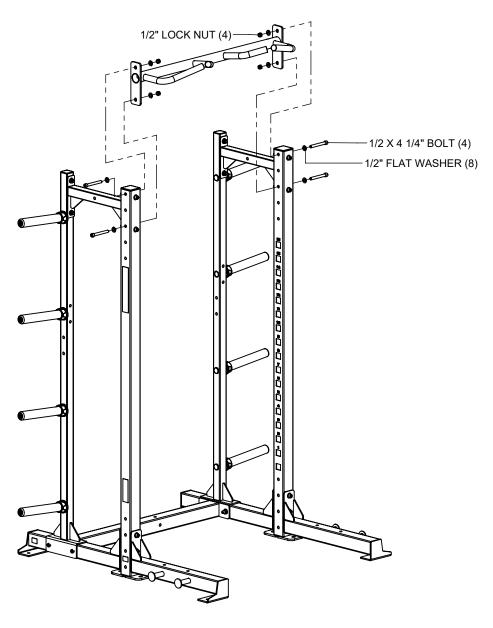


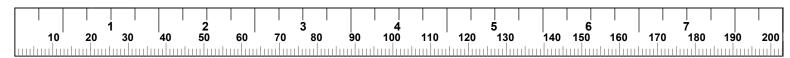
SEE STEP 5D FOR ASSEMBLING THE 7' UPRIGHT

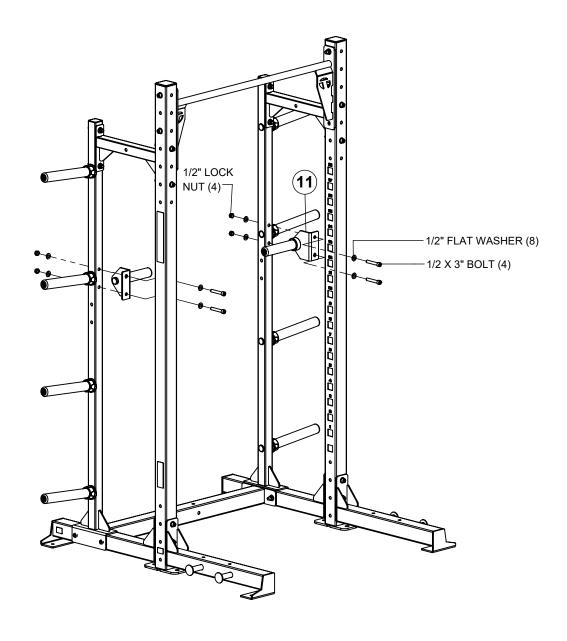




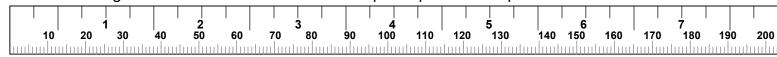




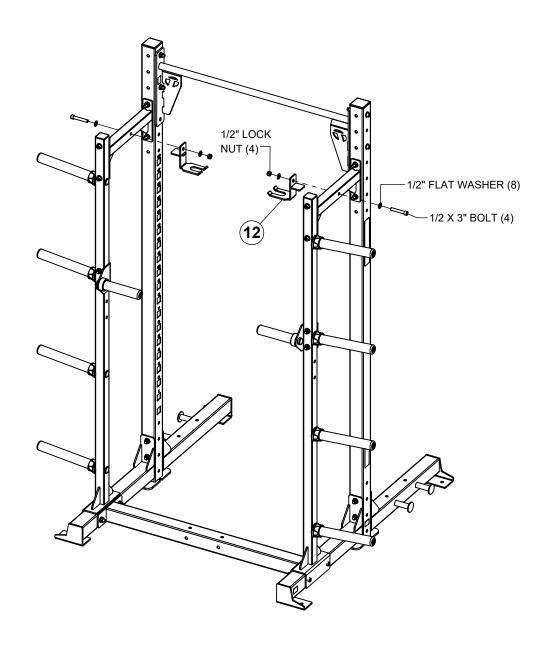




#### FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' HALF RACK

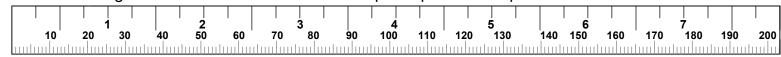


#### STEP 7 - 7' AND 8' HALF RACK

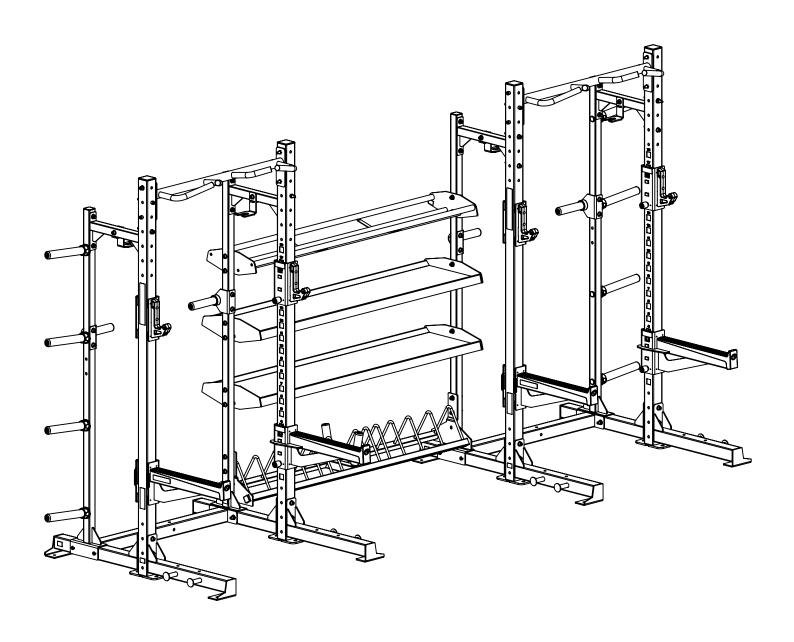


#### **NOTE:**

#### FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' HALF RACK



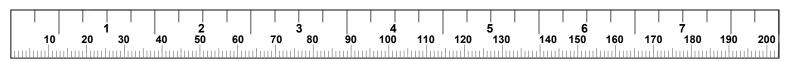
#### TR1 DUAL HALF RACK WITH STORAGE



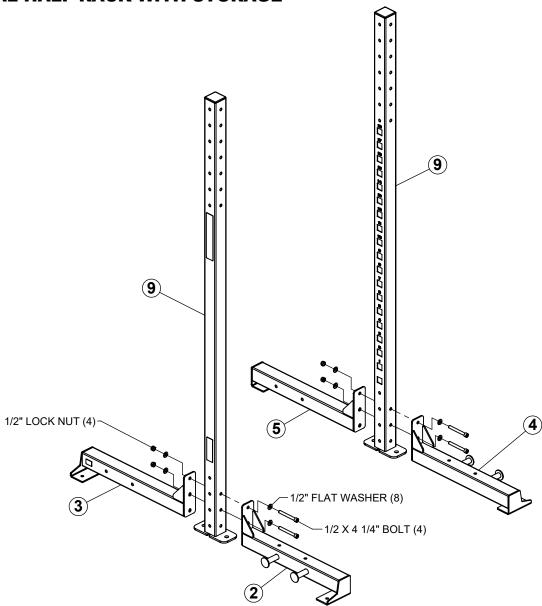
ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	5880201	WLDMT, BASE CONNECTOR	2
2	5879701	WLDMT, FRONT LEFT BASE	2
3	58798PA	PTD ASSY, REAR LEFT BASE	2
4	5879501	WLDMT, FRONT RIGHT BASE	2
5	5879601	WLDMT, REAR RIGHT BASE	2
6	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	32
7	2001301	WASHER, FLAT 1/2 SAE ST ZN	136
8	2001401	NUT, 1/2-13 LK ST ZN	68
9	58274PA *	PTD ASSY, 8' UPRIGHT	4
10	58808PA	PTD ASSY, ARSENAL WEIGHT STORAGE	2
11	5881201	WLDMT, UPRIGHT CONNECTOR	4
12	58805PA	PTD ASSY, CHANGE PLATE HORN	4
13	5881601	WLDMT, BAR STORAGE	4
14	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	36
15	58810PA	PTD ASSY, ARSENAL ACCESSORY STORAGE	2
16	59166PA	PTD ASSY, RIGHT BAR SUPPORT	2
17	59167PA	PTD ASSY, LEFT BAR SUPPORT	2
18	58974PA	PTD ASSY, HANGING BAR CATCH, LEFT	2
19	58973PA	PTD ASSY, HANGING BAR CATCH, RIGHT	2
20	XRACK-4SX-101 **	4 FT (1.2 M) SINGLE CROSS (STORM GREY)	2
21	XCREATE-6BBS-101 ***	6 FT (1.8 M) BUMPER BOOKSHELF STORAGE (STORM GREY)	1
22	XCREATE-6TRAY-101 ***	6 FT (1.8 M) TRAY (STORM GREY)	2
23	XCREATE-6BS-103 ***	6 FT (1.8 M) BALL STORAGE (STORM GREY)	1

The BOM above represents the base rack with 6' storage only. Options and attachments will be listed individually in each step.

- \* Can be substituted for the 7' uprights.
  \*\* Other pullup options available.
- \*\*\* Other storage options and configurations available



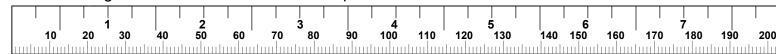
#### STEP 1 - 7' AND 8' DUAL HALF RACK WITH STORAGE



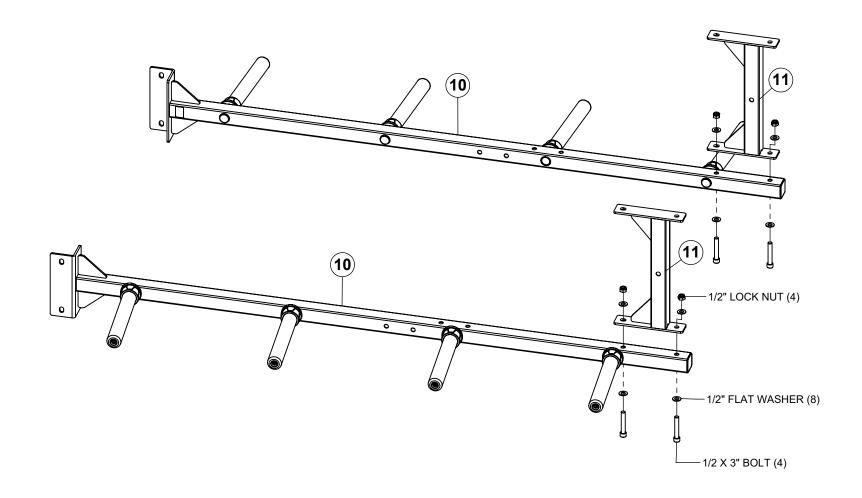
#### **NOTE:**

Repeat this step 2X for both half racks.

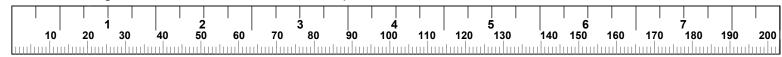
#### FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' HALF RACKS



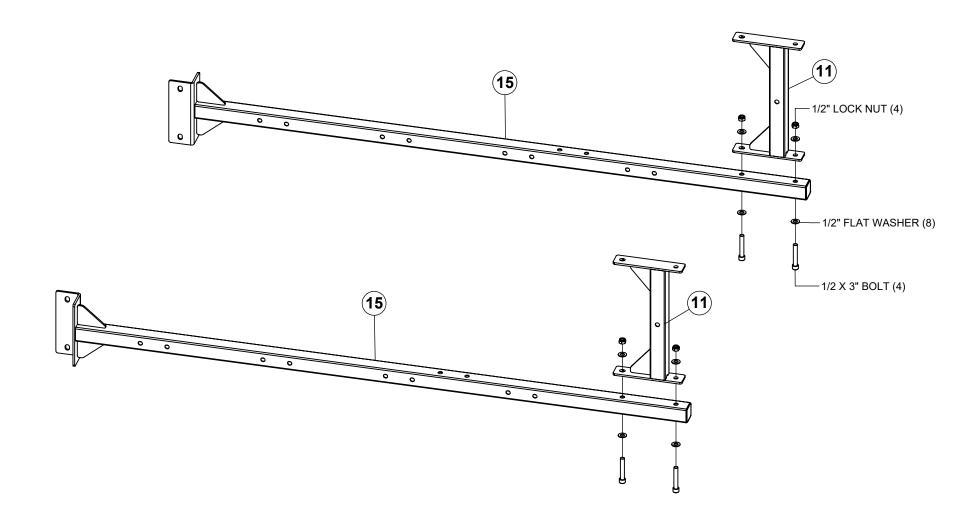
#### STEP 2 - 7' AND 8' DUAL HALF RACK WITH STORAGE



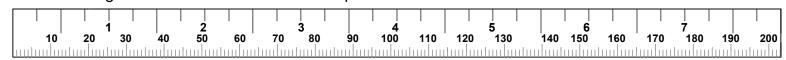
#### NOTE:

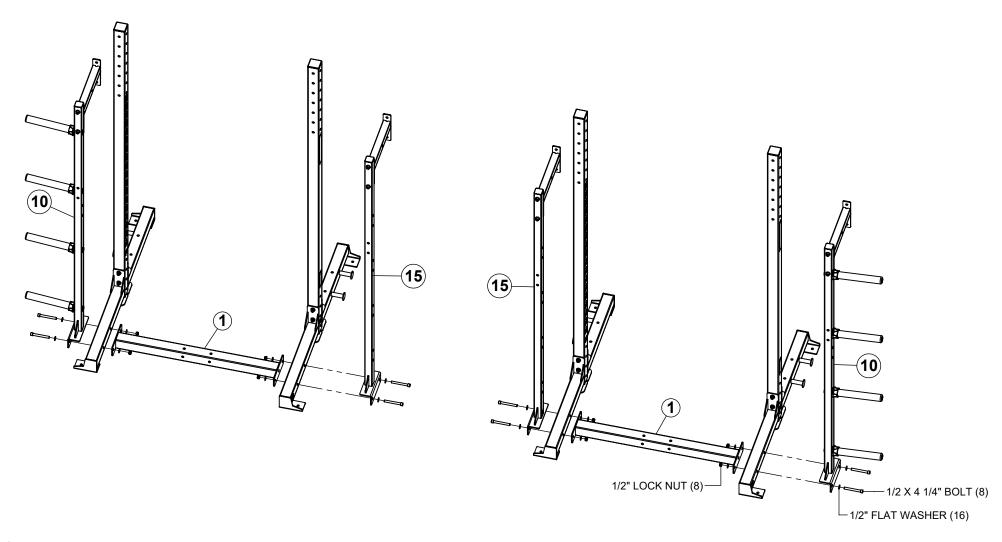


#### STEP 3 - 7' AND 8' DUAL HALF RACK WITH STORAGE

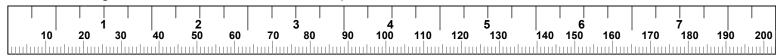


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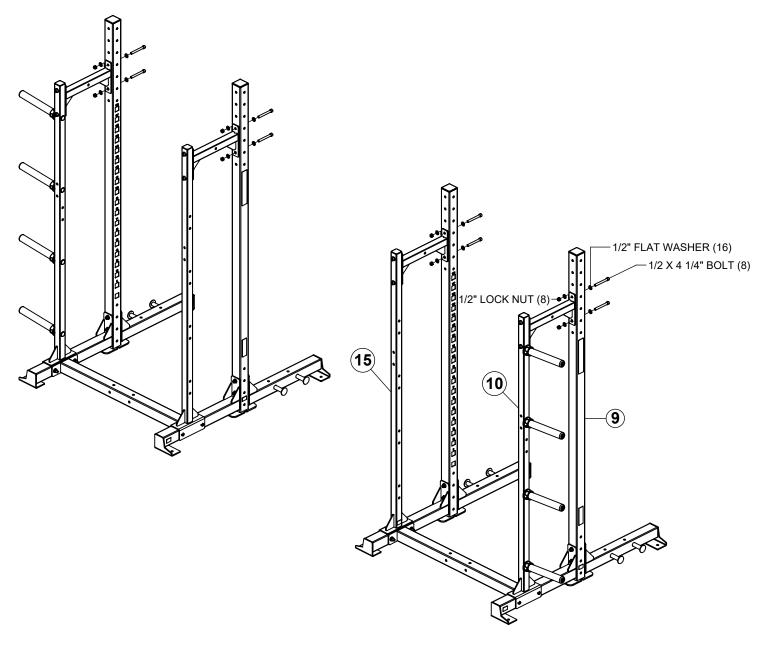




## NOTE: FOLLOW THE EXACT SAME STEPS FOR ASSEMBLING THE 7' DOUBLE HALF RACK.

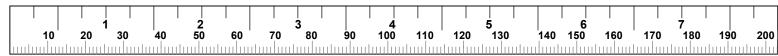


#### STEP 05A - 8' DUAL HALF RACK WITH STORAGE

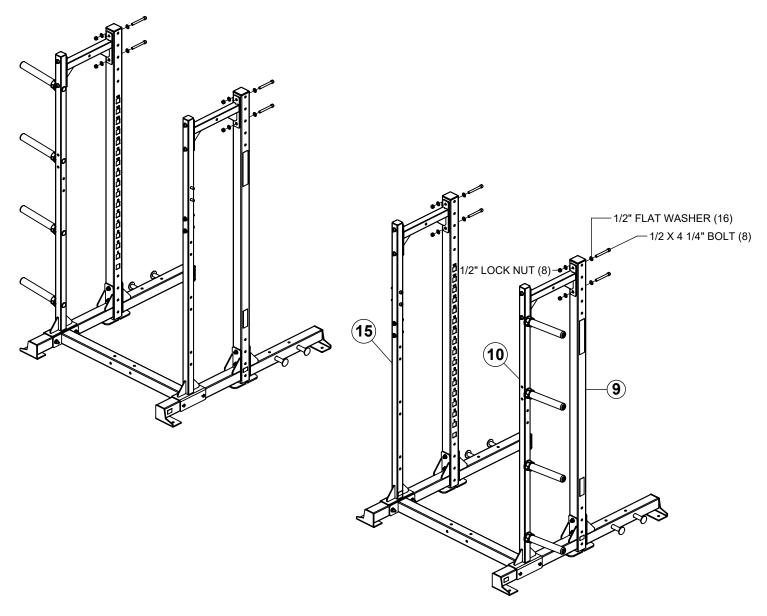


#### **NOTE:**

8' UPRIGHTS SHOWN, SEE NEXT STEP FOR ASSEMBLING THE 7' DOUBLE HALF RACK.

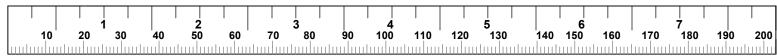


#### STEP 05B - 7' DUAL HALF RACK WITH STORAGE



#### **NOTE:**

7' UPRIGHTS SHOWN, SEE PREVIOUS STEP FOR ASSEMBLING THE 8' DOUBLE HALF RACK.



#### STEP 06A - 8' DUAL HALF RACK WITH STORAGE

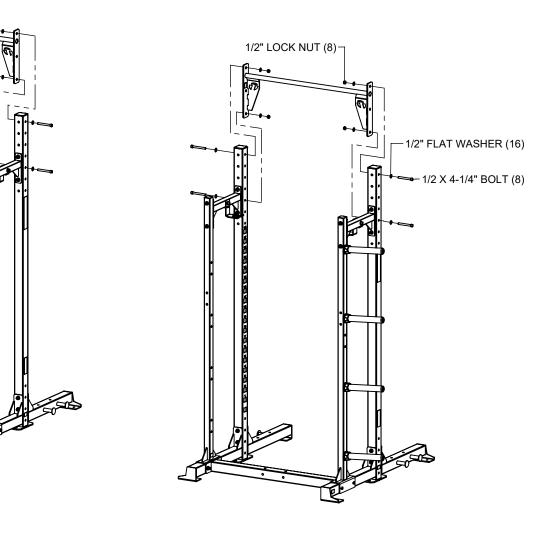
# **OPTIONAL NINJA CROSS OPTIONAL TRIPLE CROSS OPTIONAL DOUBLE CROSS**

OPTIONAL MULTI GRIP CROSS (SEE NEXT PAGE FOR ASSEMBLY)

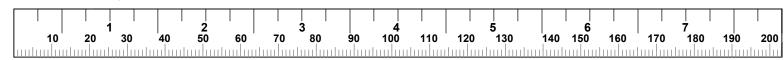
#### NOTE:

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

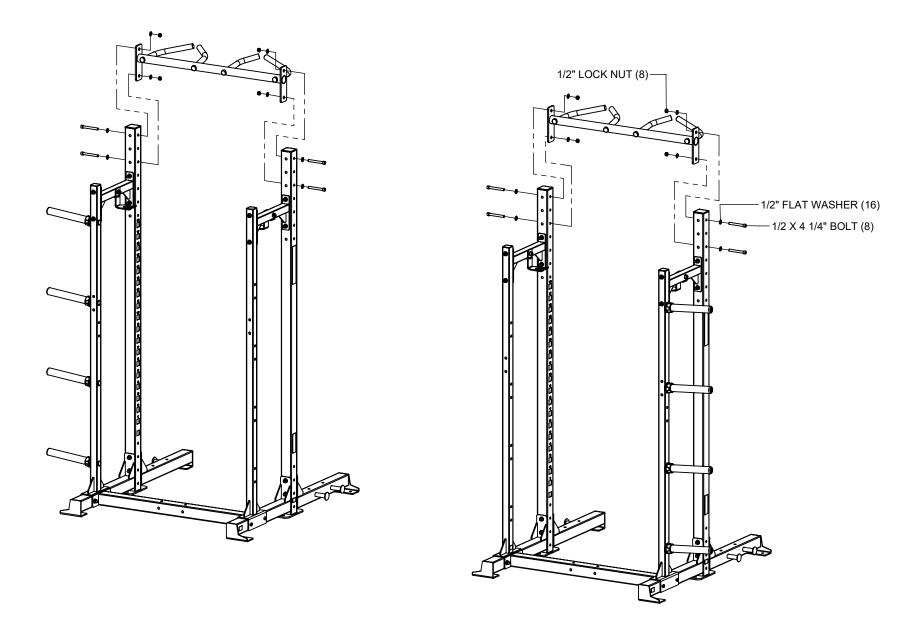
IF YOU PURCHASED THE OPTIONAL MULTI GRIP CROSS, PLEASE REFER TO NEXT PAGE FOR ASSEMBLY



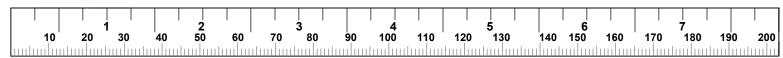
#### **NOTE:**



#### STEP 06B - 8' DUAL HALF RACK WITH STORAGE



#### **NOTE:**

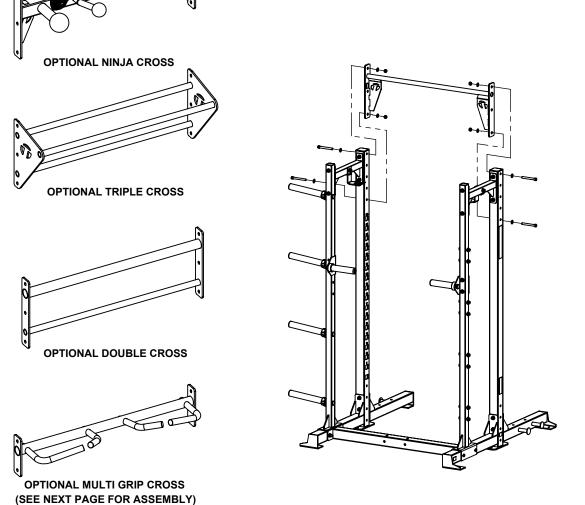


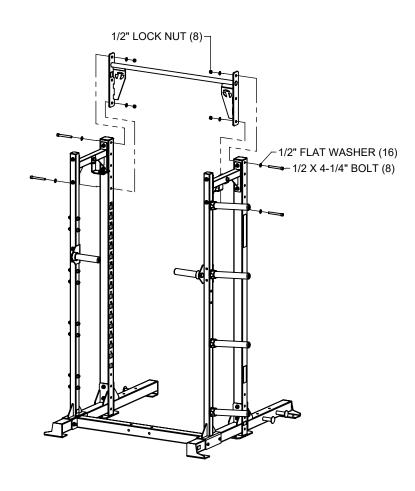
#### STEP 06C - 7' DUAL HALF RACK WITH STORAGE

NOTE:

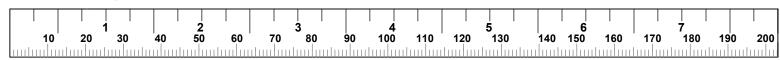
THE STANDARD SINGLE CROSS IS SHOWN FOR ASSEMBLY. THE OPTIONAL NINJA CROSS, DOUBLE CROSS AND TRIPLE CROSS ASSEMBLE TO THE UNIT THE EXACT SAME WAY.

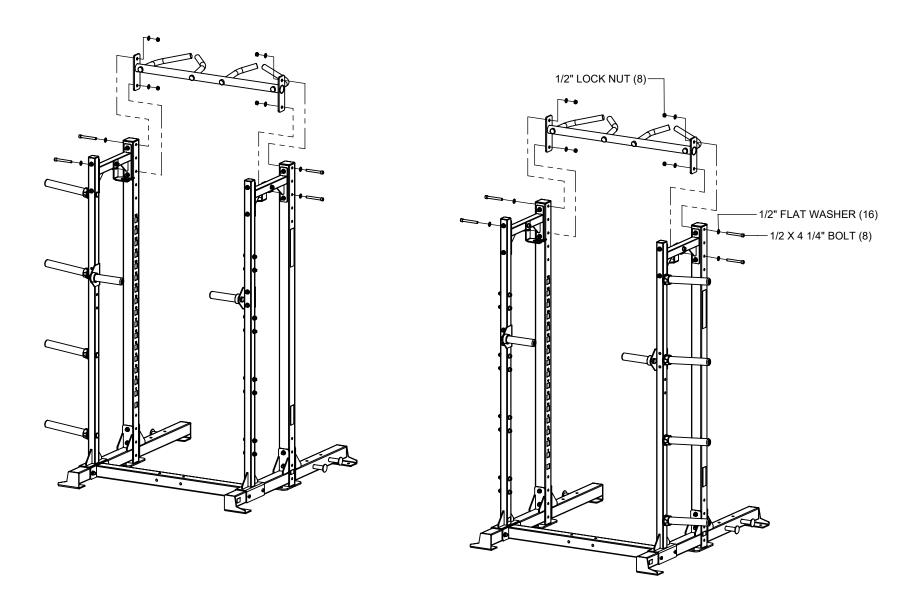
IF YOU PURCHASED THE OPTIONAL MULTI GRIP CROSS, PLEASE REFER TO NEXT PAGE FOR ASSEMBLY

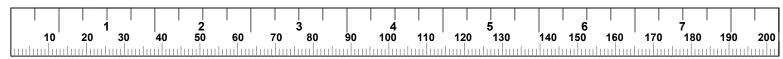




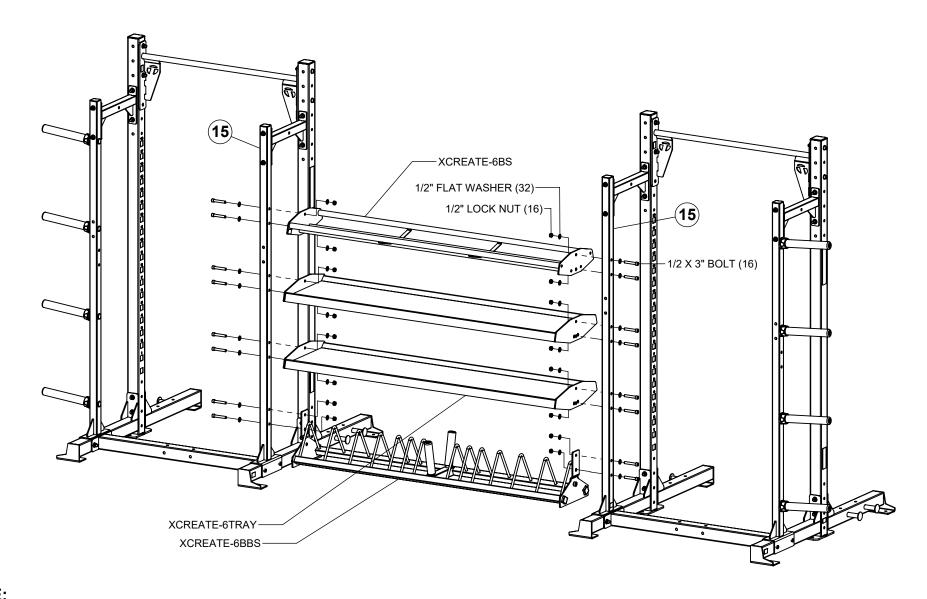
#### **NOTE:**



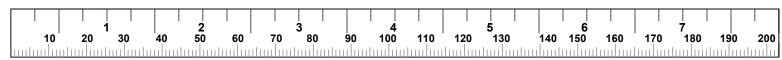


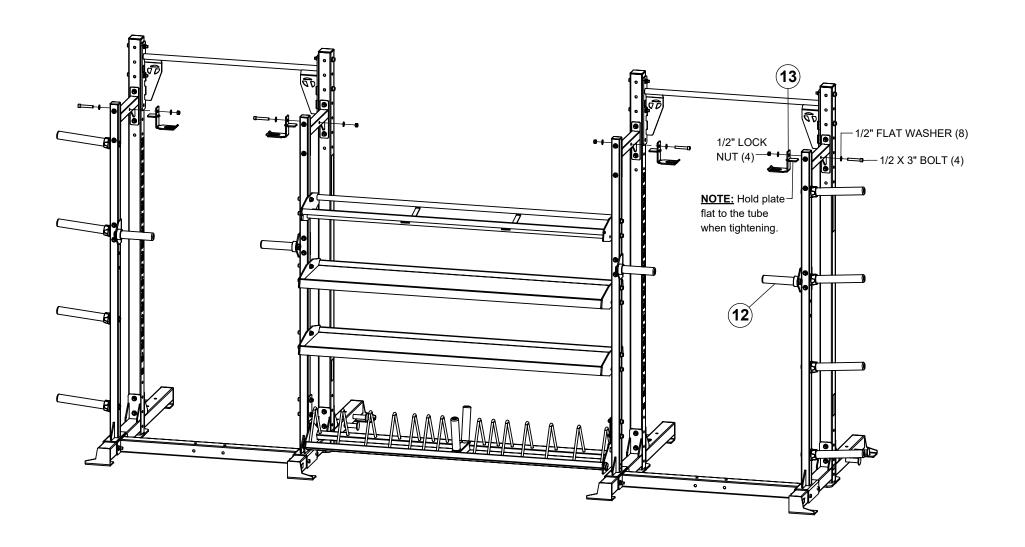


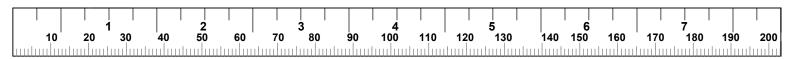
#### STEP 07 - 7' AND 8' DUAL HALF RACK WITH STORAGE

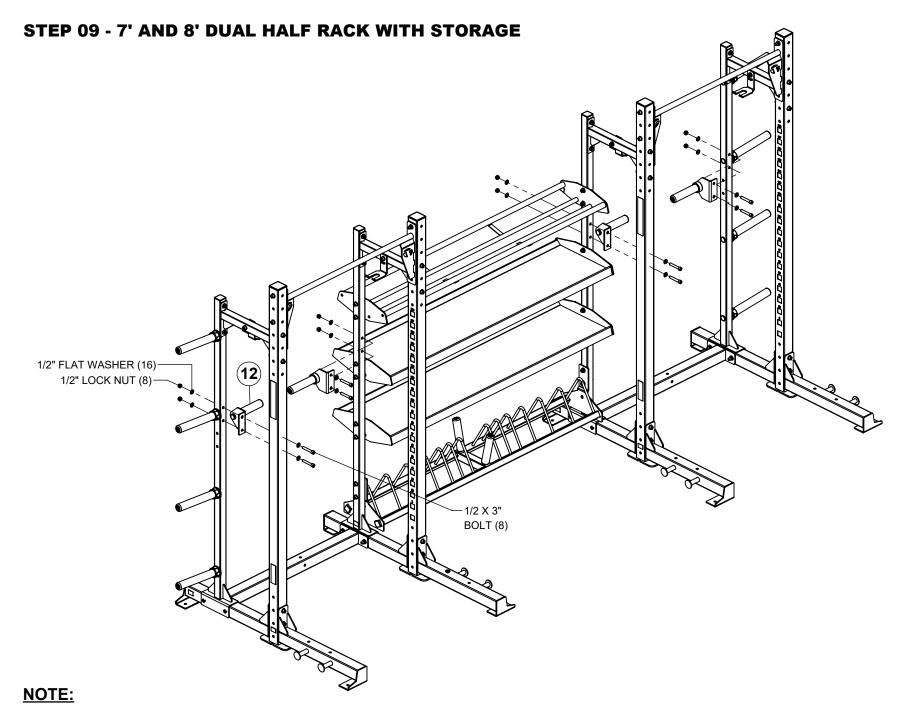


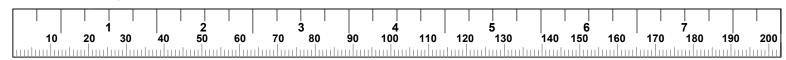
#### NOTE:



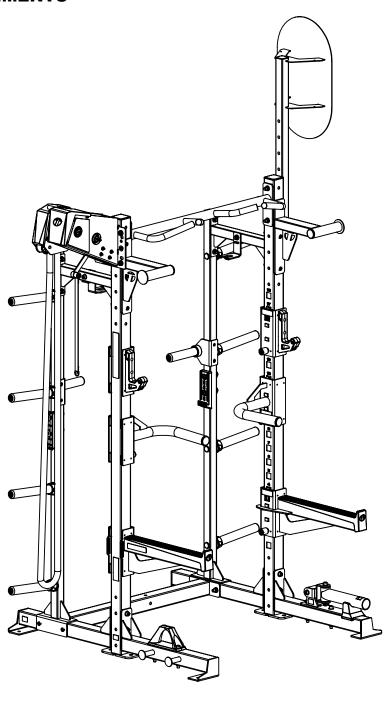




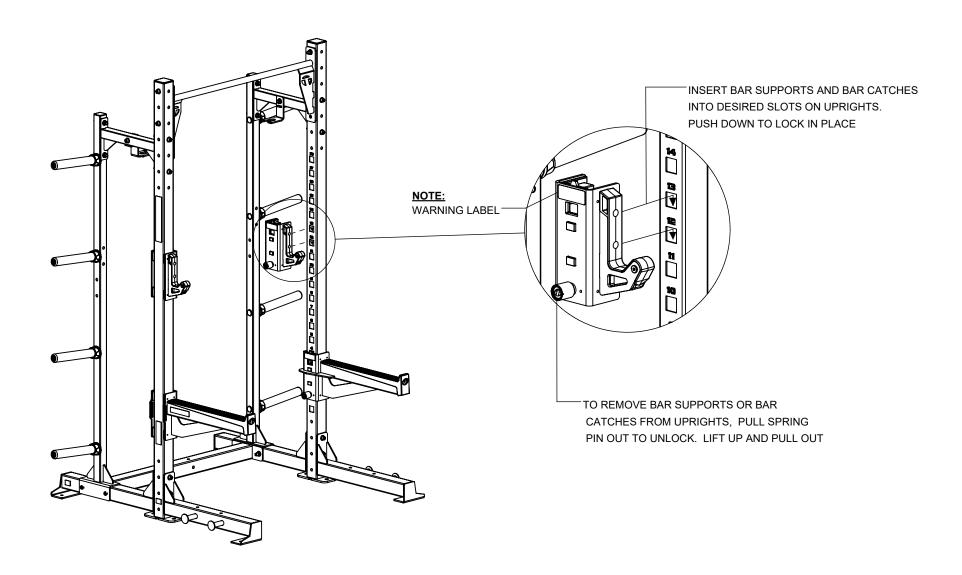




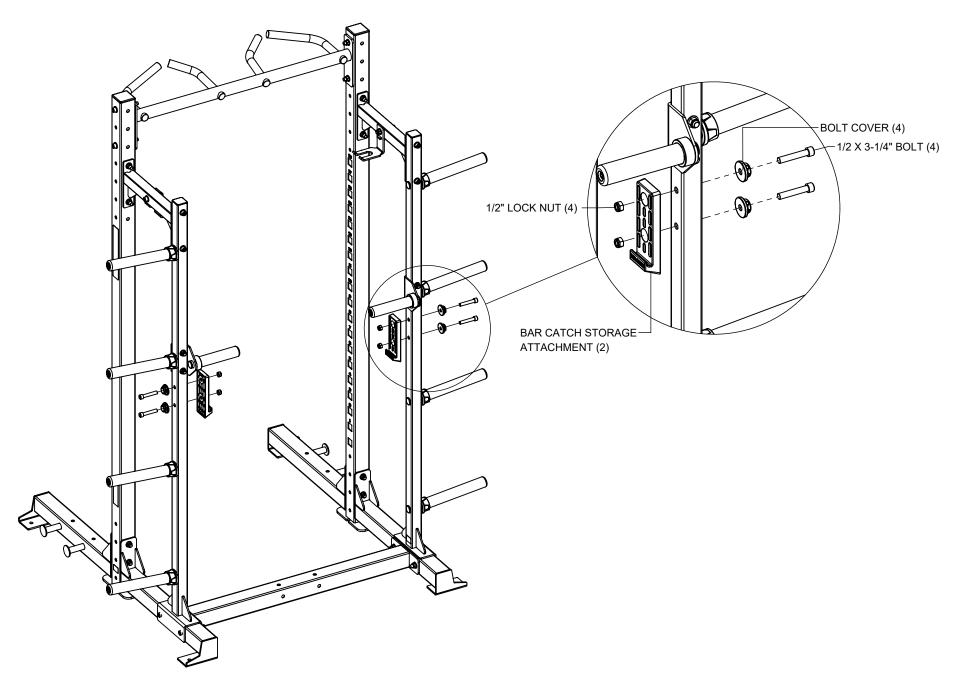
## **TR1 RACKS - OPTIONS AND ATTACHMENTS**



### **BAR CATCHES AND BAR SUPPORTS**

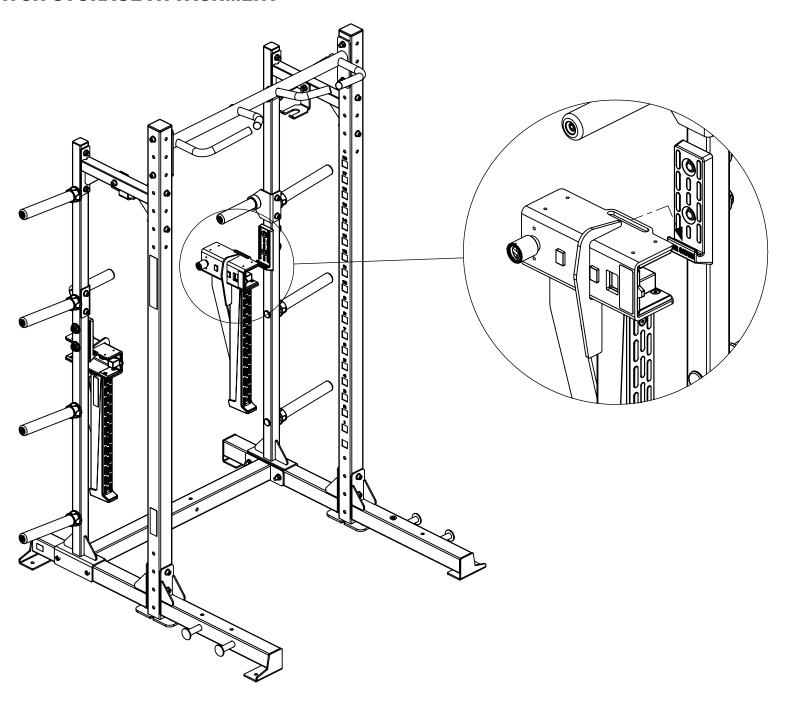


## **BAR CATCH STORAGE ATTACHMENT**

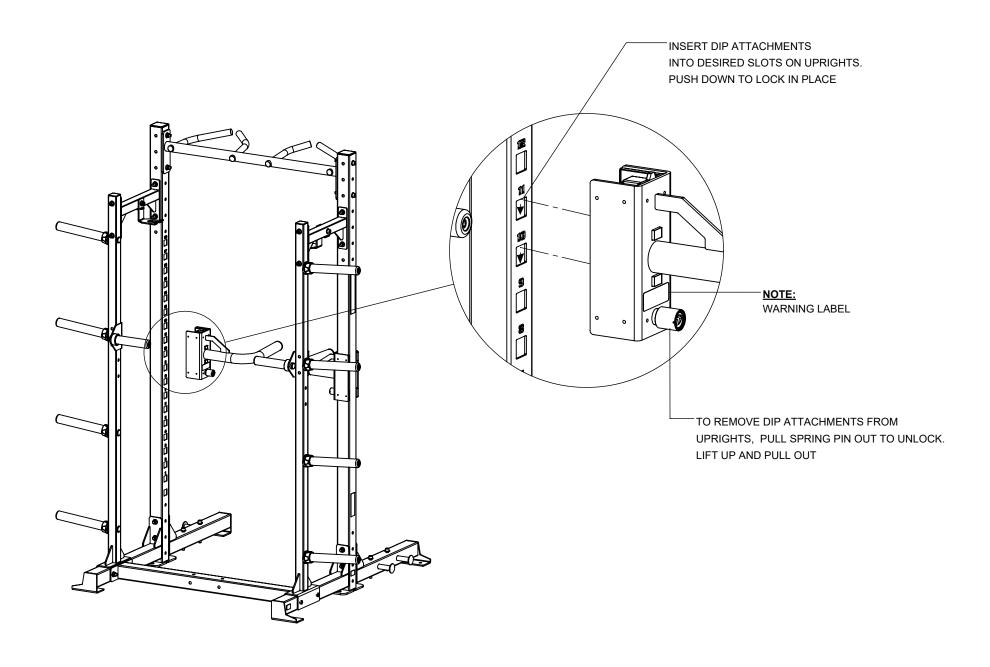


# NOTE:

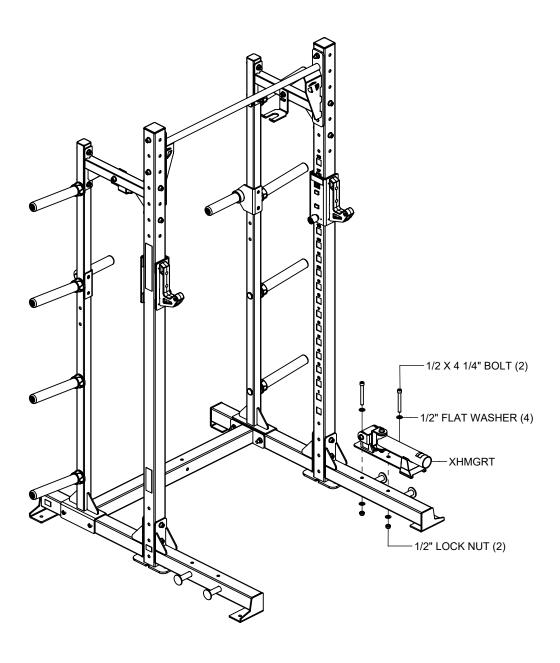
# **BAR CATCH STORAGE ATTACHMENT**



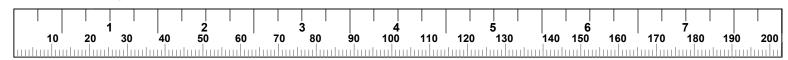
### **DIP STEP ATTACHMENT ANCHOR**



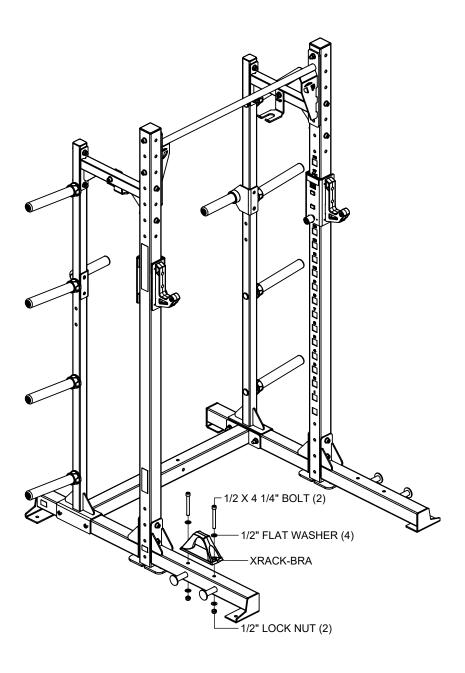
### **GROUND ROTATIONAL TRAINER**



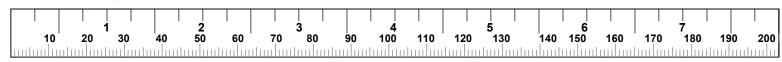
## **NOTE:**



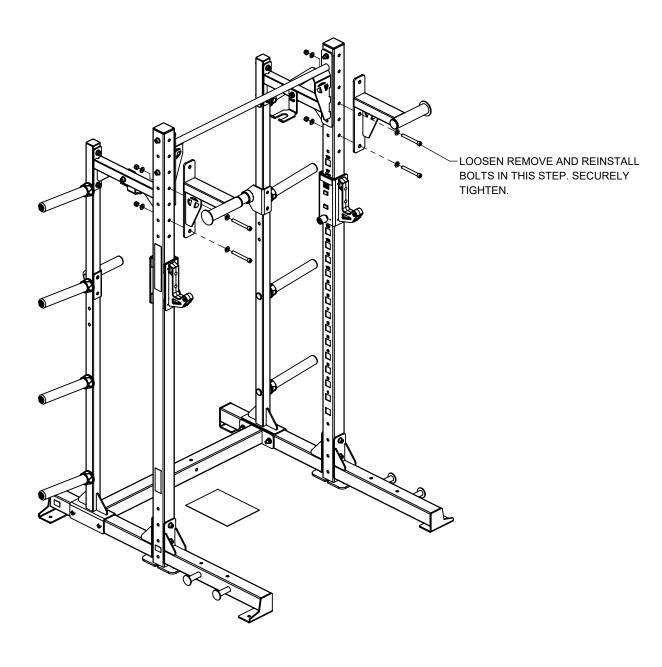
### **BATTLE ROPE ANCHOR**



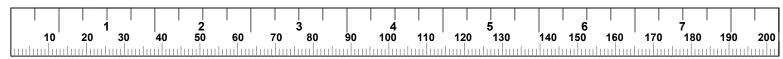
## **NOTE:**



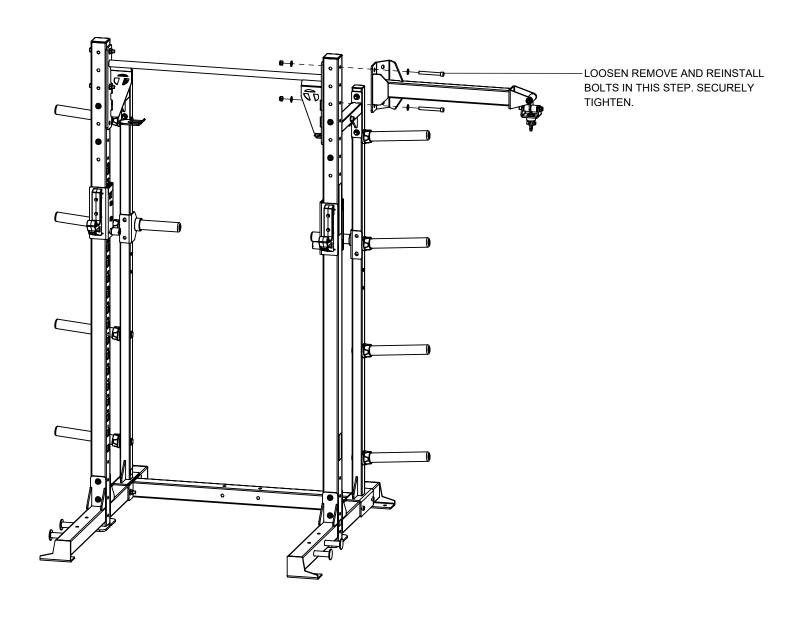
### **UPPER BAND PEG ATTACHMENTS**



## **NOTE:**

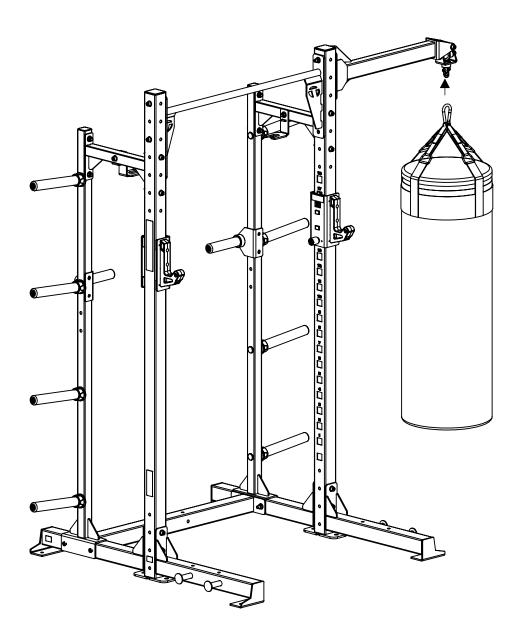


# **UNIVERSAL HEAVY BAG MOUNT (STEP 1)**

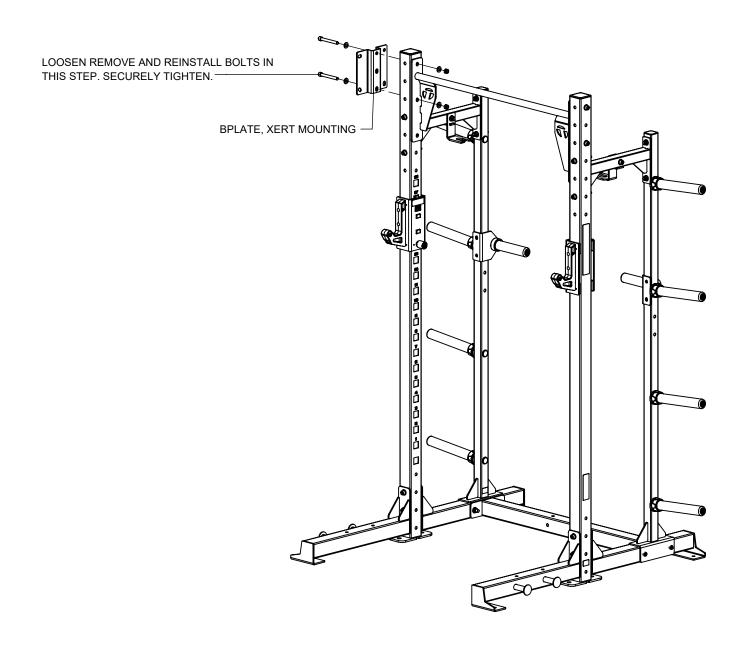


# NOTE:

# UNIVERSAL HEAVY BAG MOUNT (STEP 2)

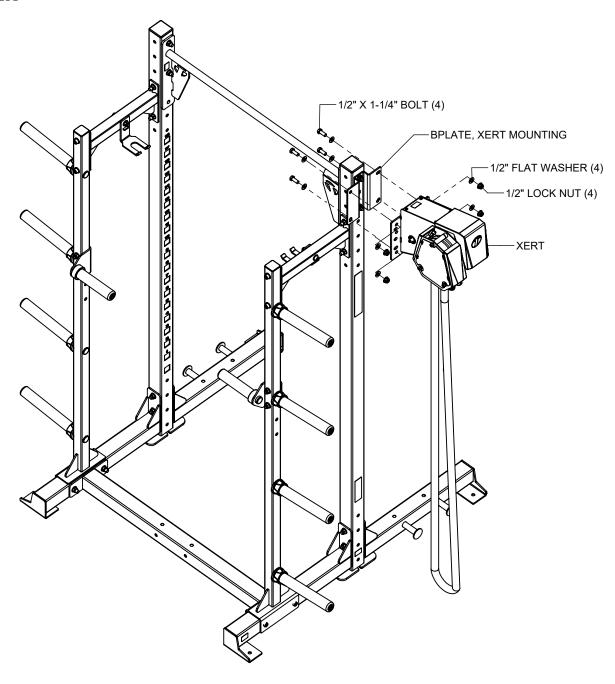


## **RELENTLESS ROPE TRAINER**



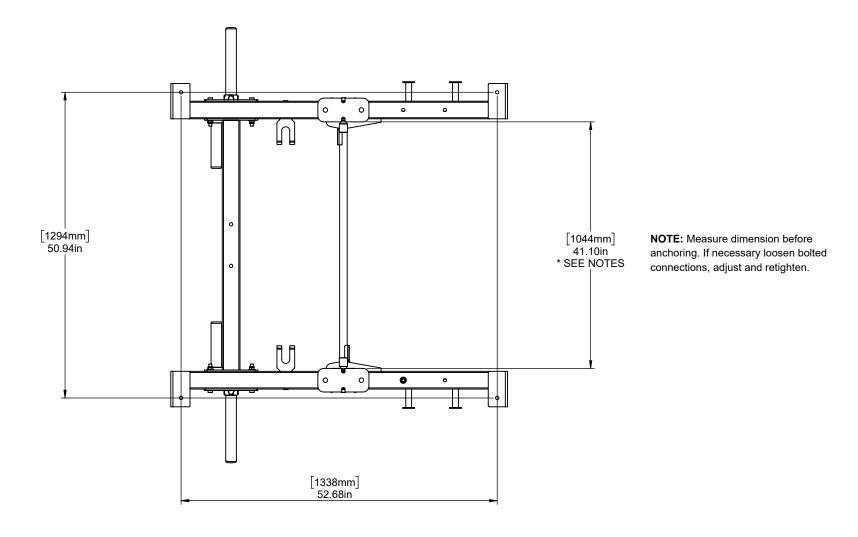
# NOTE:

## **RELENTLESS ROPE TRAINER**



# NOTE:

#### **FLOOR ANCHORING**



### **NOTE:**

\* If using a platform, THE PLATFORM SHOULD BE INSTALLED PRIOR TO ANCHORING.

Anchor system to the floor referencing X-SERIES ANCHORING INSTRUCTIONS which can be downloaded at www.torquefitness.com.

#### **MAINTENANCE:**

- NUTS/BOLTS: Inspect periodically, tighten and/or adjust as needed.
- **SPRING PINS:** Check that spring pins fully engage the hole when released. Tighten spring pin nuts as needed.
- **FRAME:** Wipe down frame with a damp cloth.



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

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