



X-CREATE ANCHORING REQUIREMENTS AND INSTRUCTIONS



X-CREATE SYSTEMS ARE HEAVY PIECES OF EQUIPMENT. THEY ARE INTENDED TO SUPPORT SIGNIFICANT WEIGHT DURING ROUTINE USE AND SHOULD BE SECURELY ASSEMBLED AND FASTENED TO A SUPPORTING SURFACE OF SUITABLE CONSTRUCTION. FAILURE TO TAKE PROPER CARE IN SITE SELECTION, ASSEMBLY OR INSTALLATION CAN LEAD TO SERIOUS PERSONAL INJURY AND PROPERTY DAMAGE.

Electrical wires, water pipes etc. can be running underneath a floor so understand what is below before drilling.

Read these instructions carefully before proceeding and follow the installation directions carefully to minimize the risk of injury or property damage.

Thank you for your purchase of the Torque Fitness X-Create. The following information will help prepare your facility and installation provider for the delivery and installation of the selected X-Create configuration.

SECURING Torque Fitness X-Create: X-Create configurations must be anchored directly to structurally sufficient concrete floors to ensure maximum safety and frame rigidity. Failure to secure the system to the floor could result in toppling, leading to serious injury or death. Failure to secure it to the floor will also allow it to “walk” or rock while in use. This type of movement is unsafe and could damage the floor surface.

APPROVED ANCHORING SPECIFICATIONS

Concrete Floor:	3 inch thick, 3,000 psi or greater Minimum anchor embedment depth: 2-1/2 inches.
Anchor option 1:	3/8 to 1/2 inch diameter x 3 inch Internally threaded drop-in Anchor. Grade 5 or higher.
Anchor Option 2:	3/8 to 1/2 inch diameter x 3 inch externally threaded concrete anchor.
Note:	Read instructions included with the specific anchors used to select the proper drill bit diameter and depth. This may vary by brand and type.

APPROVED ANCHOR EXAMPLE

The following anchor can be found at all major hardware and home improvement stores and has been tested for use with Torque X-Create Systems.

Approved Anchor and Specifications:	Tapcon® 11413 3/8 x 3 inch Concrete Anchor Drill Size: ANSI 5/16 inch Embedment depth: 2-1/2” Ultimate Pullout (in 3000 psi concrete): 5,445 lbs
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REQUIRED TOOLS AND HARDWARE

FOR ANCHORING TO CONCRETE FLOORS



Hammer Drill



Socket Wrench and Socket



ANSI Masonry drill bit
(Reference anchors for correct size)



3/8" x 3" Concrete anchors

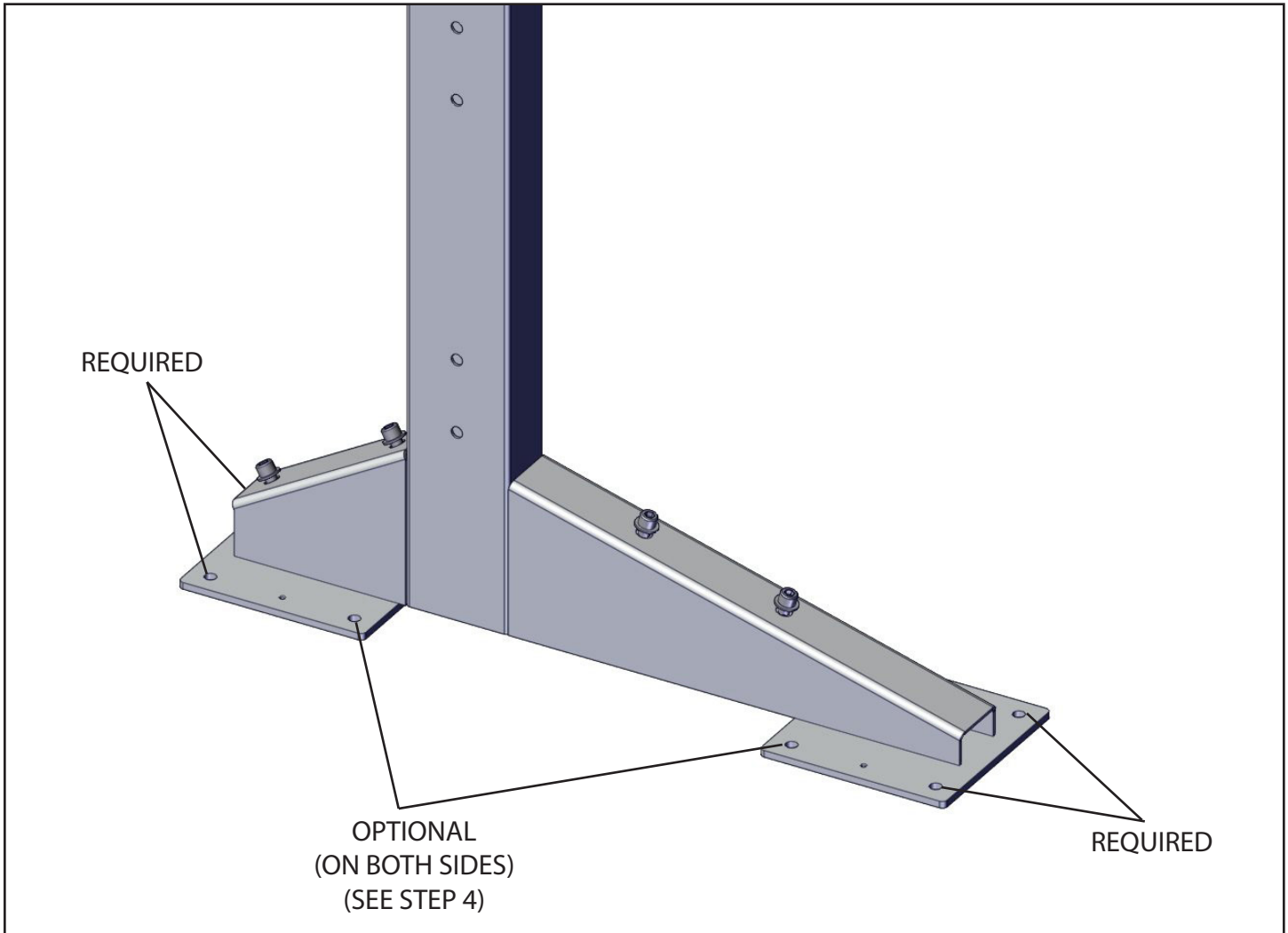


3/8" Washers



Level

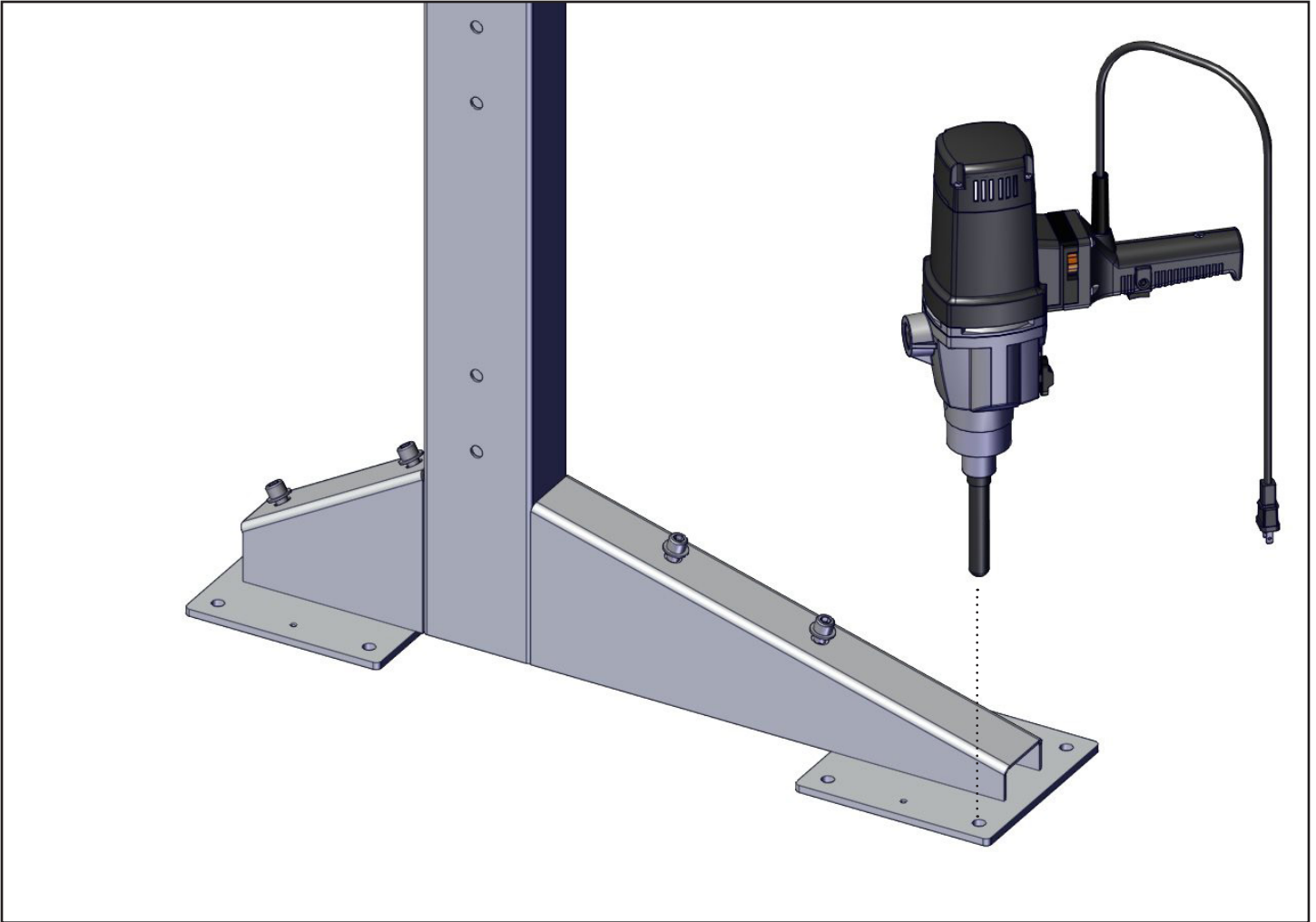
ANCHORING LOCATIONS



NOTES

1. Complete assembly of entire frame and position the X-Create where desired prior to starting the anchoring procedure. Some attachments such as the lower Accessory Trays may interfere with the drilling operation and should be left off or removed prior to anchoring.
2. Using a level, ensure that the uprights are vertically level.
3. If the concrete floor is covered with padded carpet or rubber, it is recommended that cutouts be made around the base plates so that the uprights can be mounted directly to the floor. This will ensure that the system is stable and will reduce shear forces on the anchors.
4. Each X-Create upright provides eight anchoring locations. In every upright, the front two and rear two holes are required to have anchors installed. (If embedment depth of 2-1/2 inches is not possible or if the concrete is less than 3000 psi but greater than 2000 psi, use anchors in all eight holes.)

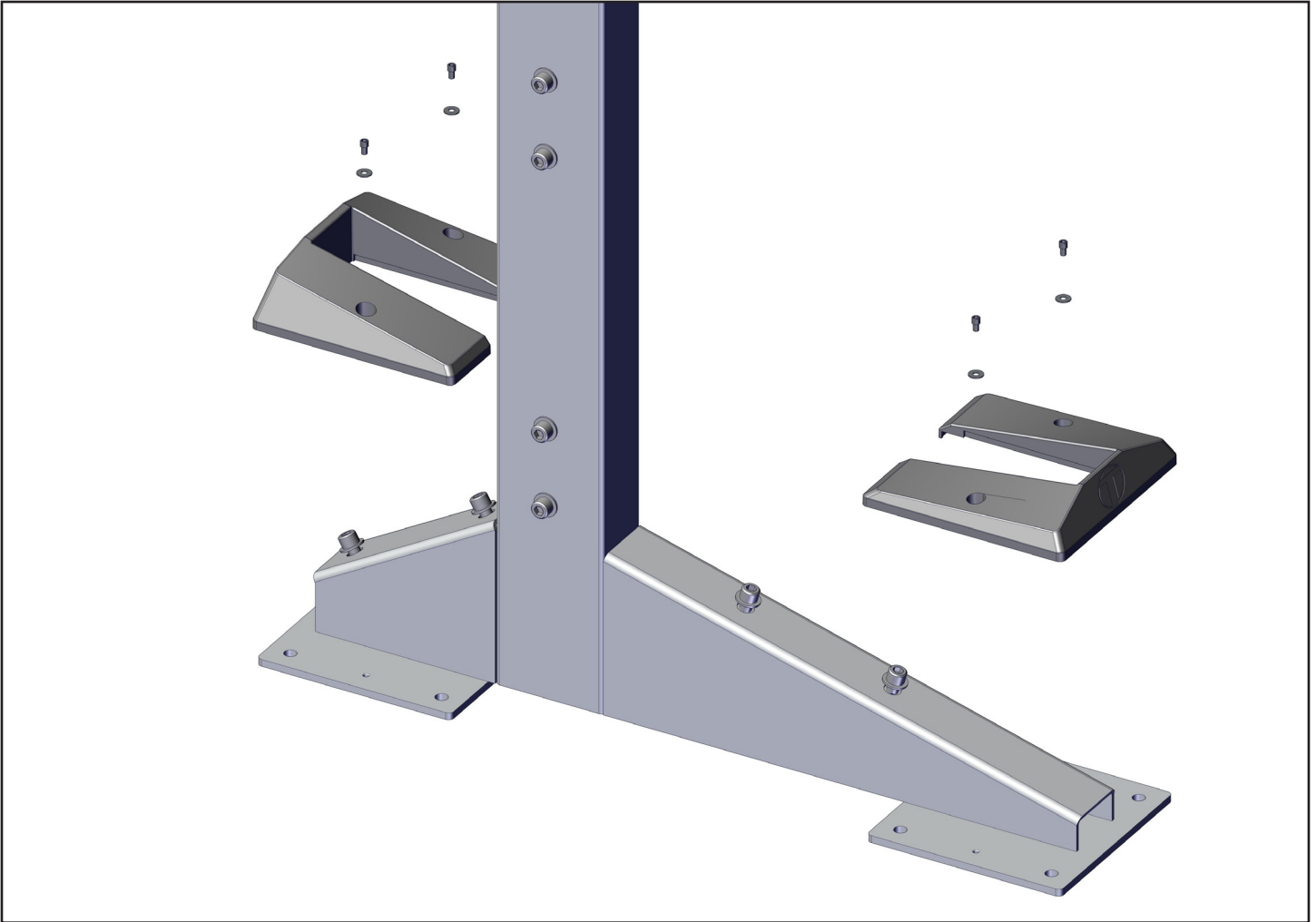
ANCHORING INSTRUCTIONS



DIRECTIONS

1. Using an ANSI concrete drill bit (reference your hardware for the correct size), drill approximately a 3" hole (reference hardware for correct depth) through the anchoring hole in the base plate. (To prevent the drill from contacting the upright, place a piece of cardboard between the drill casing and the upright)
2. Vacuum all concrete dust from the hole. (Failure to remove all concrete dust may prevent the anchor from going in all the way)
3. Using a socket wrench, tighten a concrete bolt and washer half way in.
4. Repeat the operation to the remaining anchoring holes in the upright.
5. Perform this procedure one upright at a time, pausing to ensure that each upright is still vertically level before drilling holes.

ANCHORING INSTRUCTIONS



DIRECTIONS (Continued)

6. After the anchors have been partially installed, assemble any remaining X-Create Components securely to the frame. (Components may be difficult to assemble if the anchors are fully tightened.)
7. Tighten each anchor in every upright to the recommended torque specifications as listed in the specifications for the hardware being used.
8. Install the front and rear rubber boots on each upright using four socket head bolts and four washers.

After completing and before using, check that all of the anchoring bolts and the frame bolts are properly tightened. Test the system by having multiple people push it up and away from themselves to ensure that the frame is securely fixed to the floor before training on.

For additional questions, contact Torque Fitness at:

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