

## ***ASSEMBLY INSTRUCTIONS***

**4 FT (1.2 M) CABLE COMPONENT LIGHT WALL MOUNT  
4 FT (1.2 M) CABLE COMPONENT HEAVY WALL MOUNT**

ITEM	PART NUMBER	DESCRIPTION	QTY	ITEM	PART NUMBER	DESCRIPTION	QTY
1	56641PA	PTD ASSY, LOWER WALL MOUNT	1	39	5676101	PLACARD, XCREATE-CC-101	1
2	5642701	WLDMT, WEIGHT STACK BASE	1	40	5581301	COVER, FRONT BASE	1
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	4	41	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	2
4	2006803	BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP	4	42	5659601	WLDMT, ACCESSORY HOLDER	4
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	11	43	5091801	SNAP HOOK, 8MM DIA X 80MM	2
6	5643201	GUIDE ROD, 19 DIA X 1912	2	44	5324701-A	ASSY, SHORT STRAP HANDLE	2
7	5513601	CUSHION, WEIGHT STACK	2	45	5324601-A	ASSY, LEG BOOT D-RING	1
8	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10	46	5676401	ROPE, SINGLE HAND TRICEPS	2
9	56349PA	PTD ASSY, 10 LB WEIGHT PLATE	5				
10	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	15				
11	56435PA	PTD ASSY, HEAD PLATE	1				
12	5095301	SHAFT COLLAR, GUIDE ROD	2				
13	5667301	BUSHING, GUIDE ROD RETAINER	2				
14	5644001	TUBE, SLIDE UPRIGHT	1				
15	5661701	ASSY, CARRIAGE	1				
16	5672101	BUMPER, CARRIAGE STOP	1				
17	2008409	BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD	2				
18	2001201	NUT, 3/8-16 LK ST ZN	3				
19	5664401	WLDMT, UPPER WALL MOUNT	1				
20	56445PA	PTD ASSY, TOP BOOM	1				
21	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2				
22	5094501	PULLEY, 4-1/2 OD X 25	1				
23	5669001	COVER, 4.5 PULLEY	1				
24	2008407	BOLT, 3/8-16 X 2" (51mm) ST HT SOCKET HEAD	1				
25	5645001	CABLE ASSY, XCREATE CABLE COMPONENT	1				
26	5508801	HOUSING, CABLE COUPLER	2				
27	5508901	GROMMET, RUBBER CABLE	2				
28	5509001	CORE, CABLE COUPLER	2				
29	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4				
30	5675401	LABEL, WEIGHT STACK 10-110 LB (4.9-49.9 KG)	1				
31	5675501	LABEL, WEIGHT STACK 10-160 LB (4.5-72.6 KG)	1				
32	5662501	WLDMT, LEFT SHROUD BASE	1				
33	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	4				
34	5662901	WLDMT, RIGHT SHROUD BASE	1				
35	5645101	SHROUD, XCREATE CABLE STATION	2				
36	5664701	SHROUD, TOP CAP	1				
37	2002101	WASHER, FLAT 1/4 SAE ST ZN	8				
38	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6				

**NOTE:**

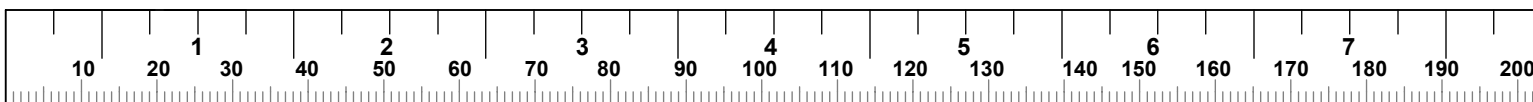
**Anchoring hardware is dictated by the wall construction that the station is being attached to. See pages 4 and 14 for the requirements.**

**If multiple stations are going to be attached to the same wall, a minimum of 4' (2.4 M) center to center is recommended between stations.**

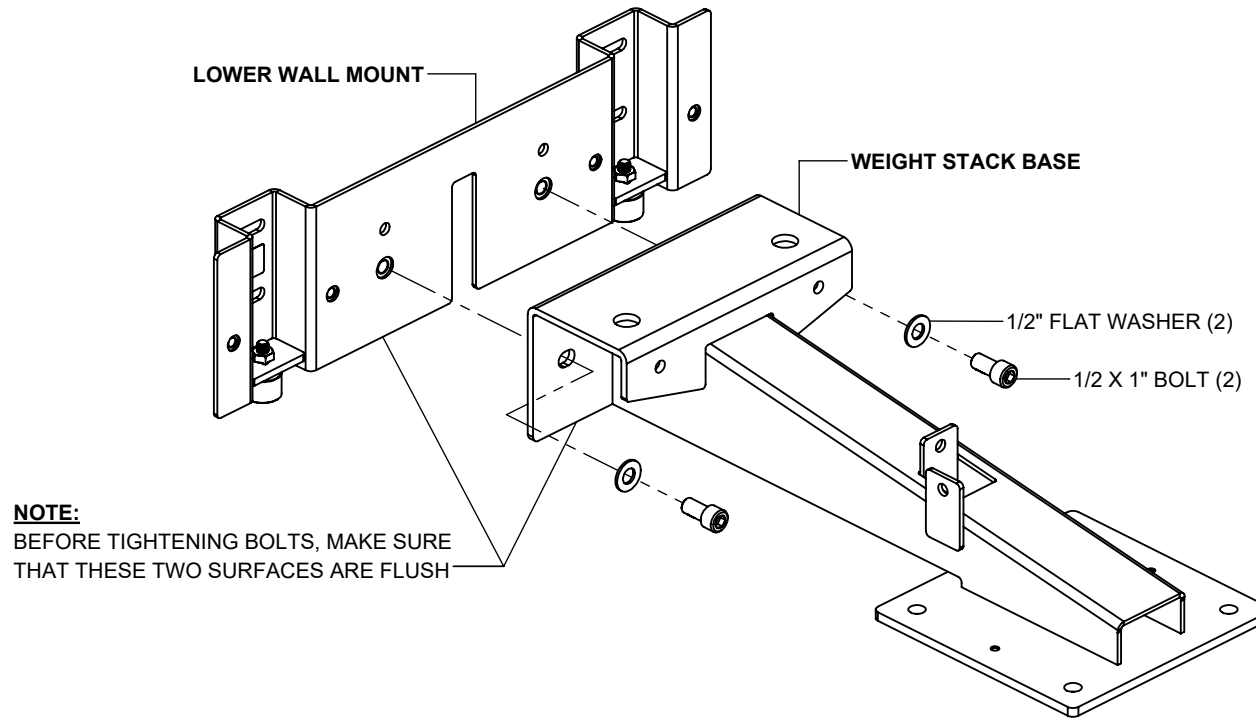
**For assistance, contact [www.sales@torquefitness.com](mailto:www.sales@torquefitness.com) or call (763) 754-7533; Toll free in USA (877) 867-7854.**

**TOOLS FOR ASSEMBLY:**

- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 3/16" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET
- 9/16" WRENCH OR SOCKET
- 1/2" WRENCH OR SOCKET
- RUBBER MALLET

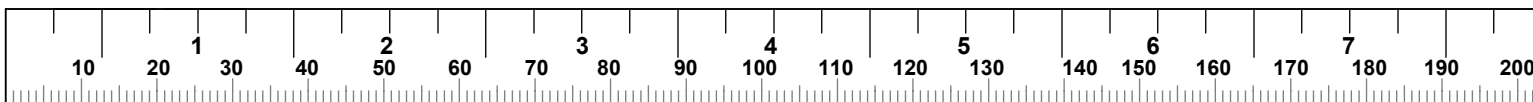


# STEP 1

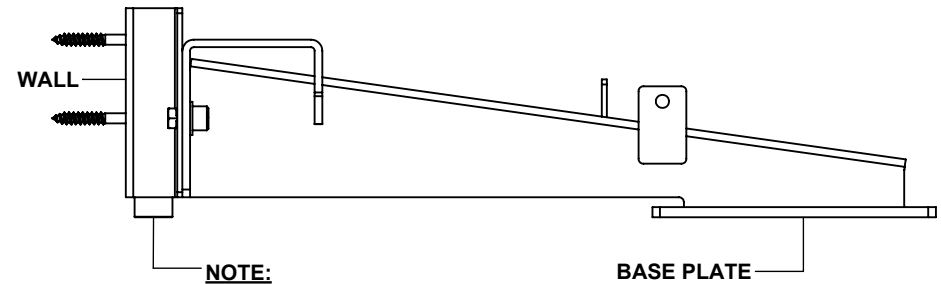
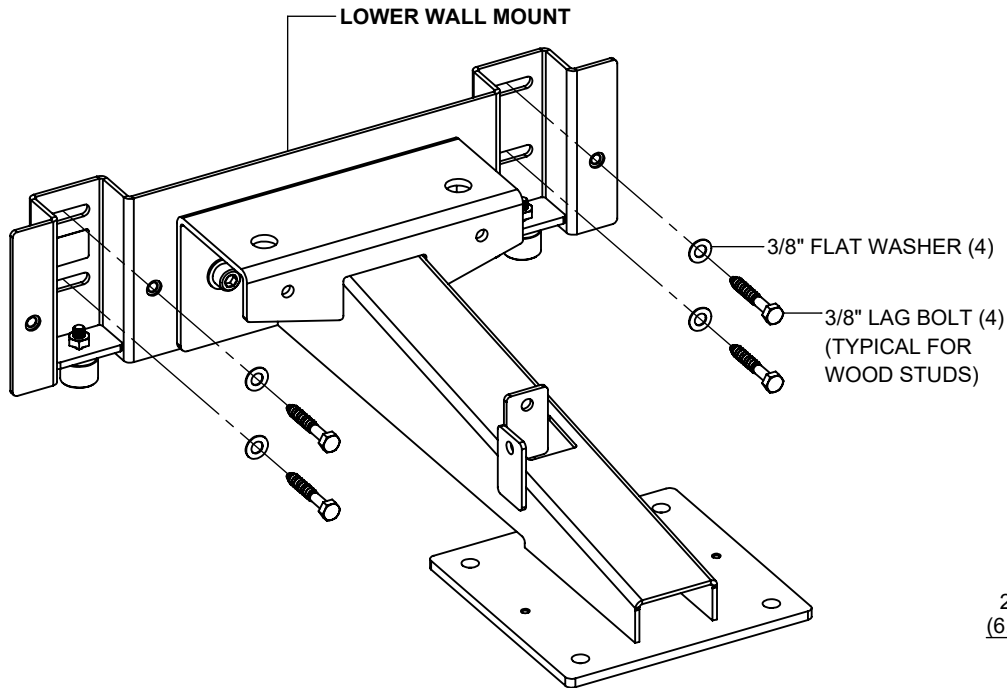


## NOTES:

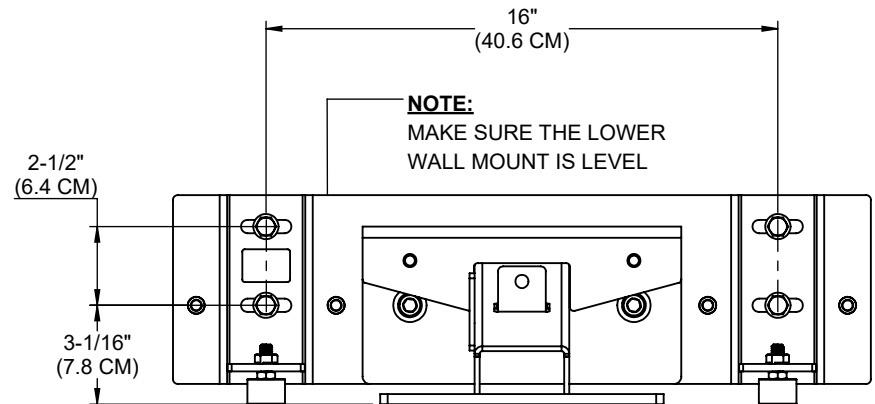
**SECURELY** tighten bolt connections in this step.



## STEP 2



**NOTE:**  
BEFORE ANCHORING LOWER WALL MOUNT TO THE WALL, ADJUST LEVELERS (2) SO THAT THE BASE PLATE IS LEVEL WITH THE FLOOR.



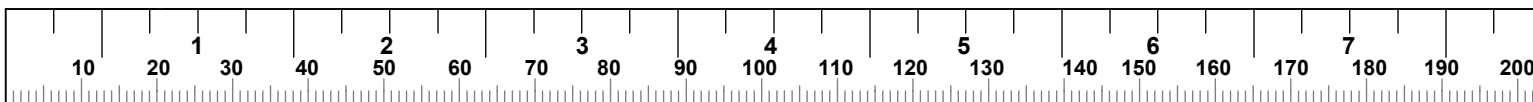
### **NOTES:**

The images shown above is 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. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

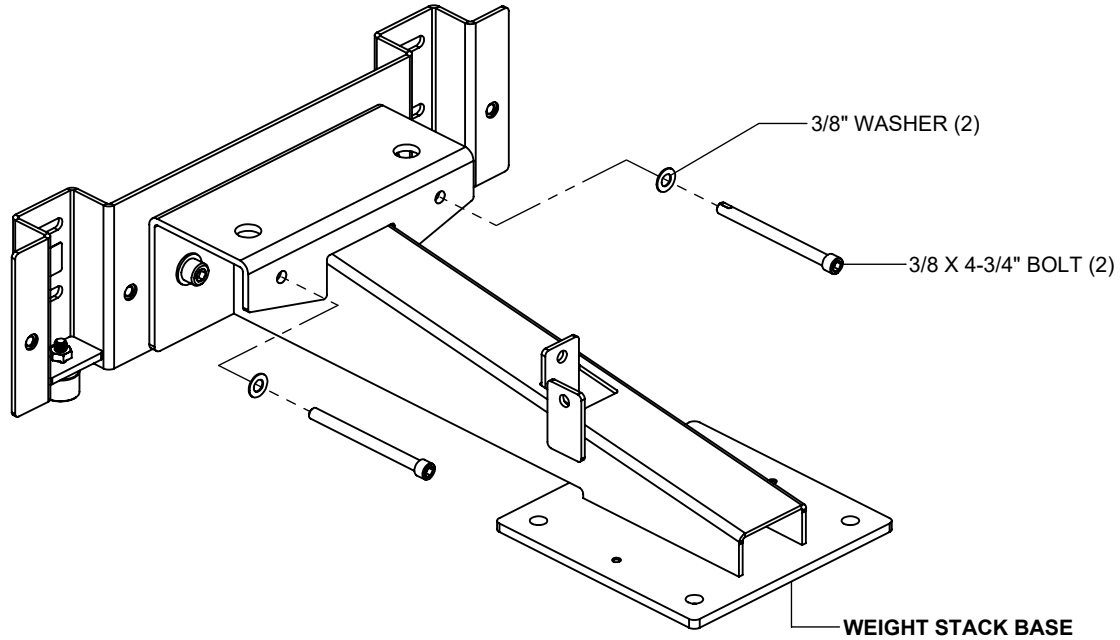
**SECURELY** tighten bolt connections in this step.

### **WARNING:**

THE LOWER WALL MOUNT **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

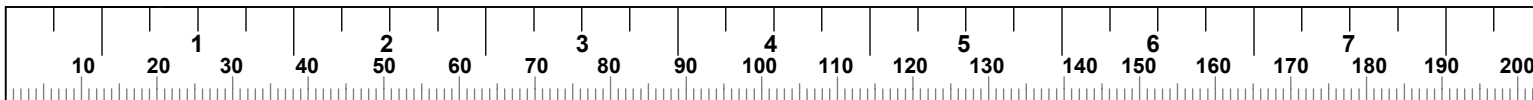


**STEP 3**

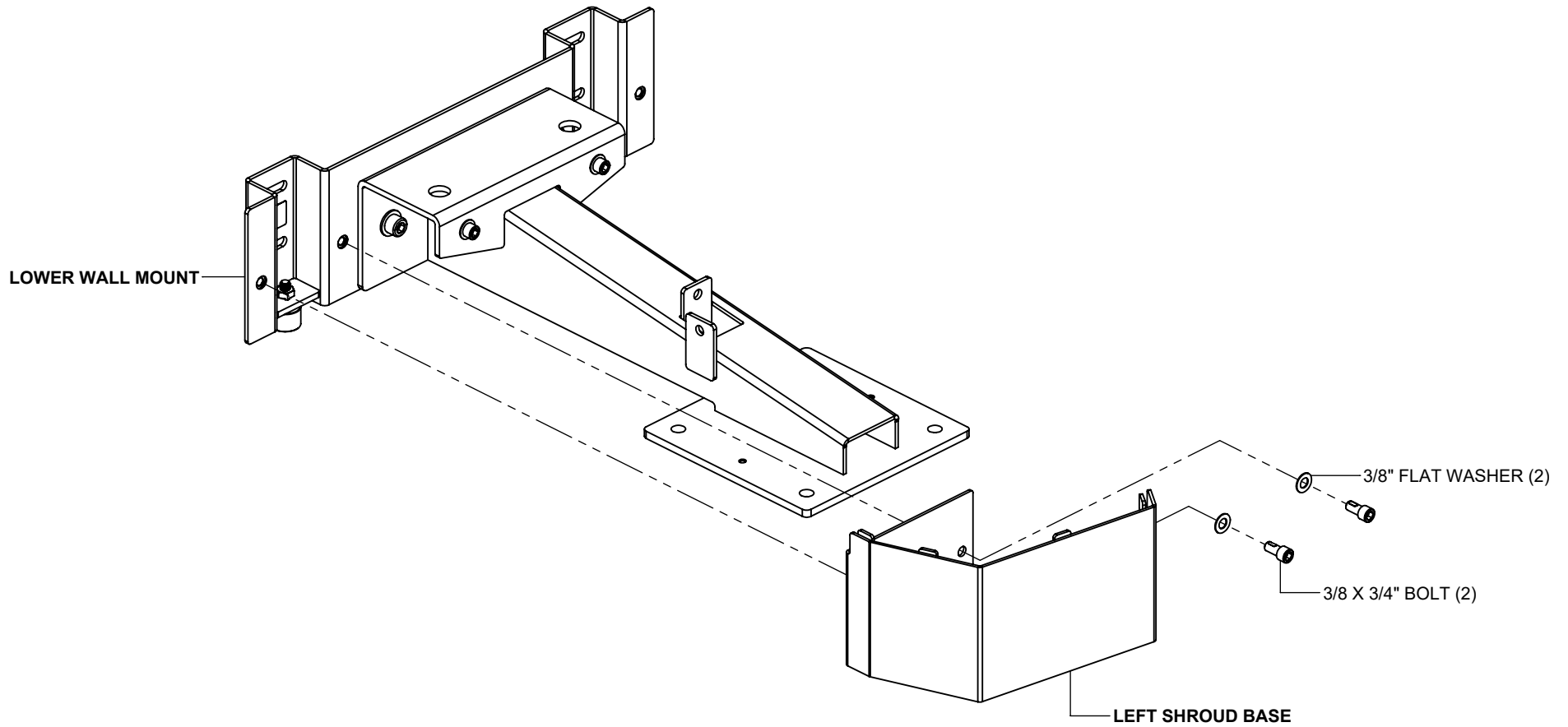


**NOTES:**

**SECURELY** tighten all bolt connections made to this point.

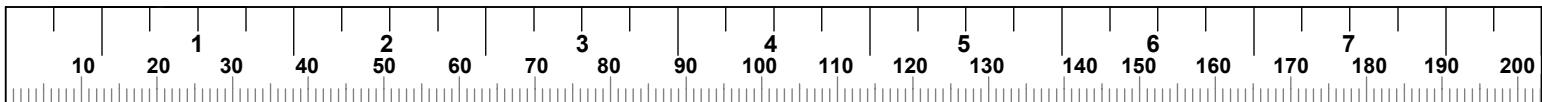


**STEP 4**

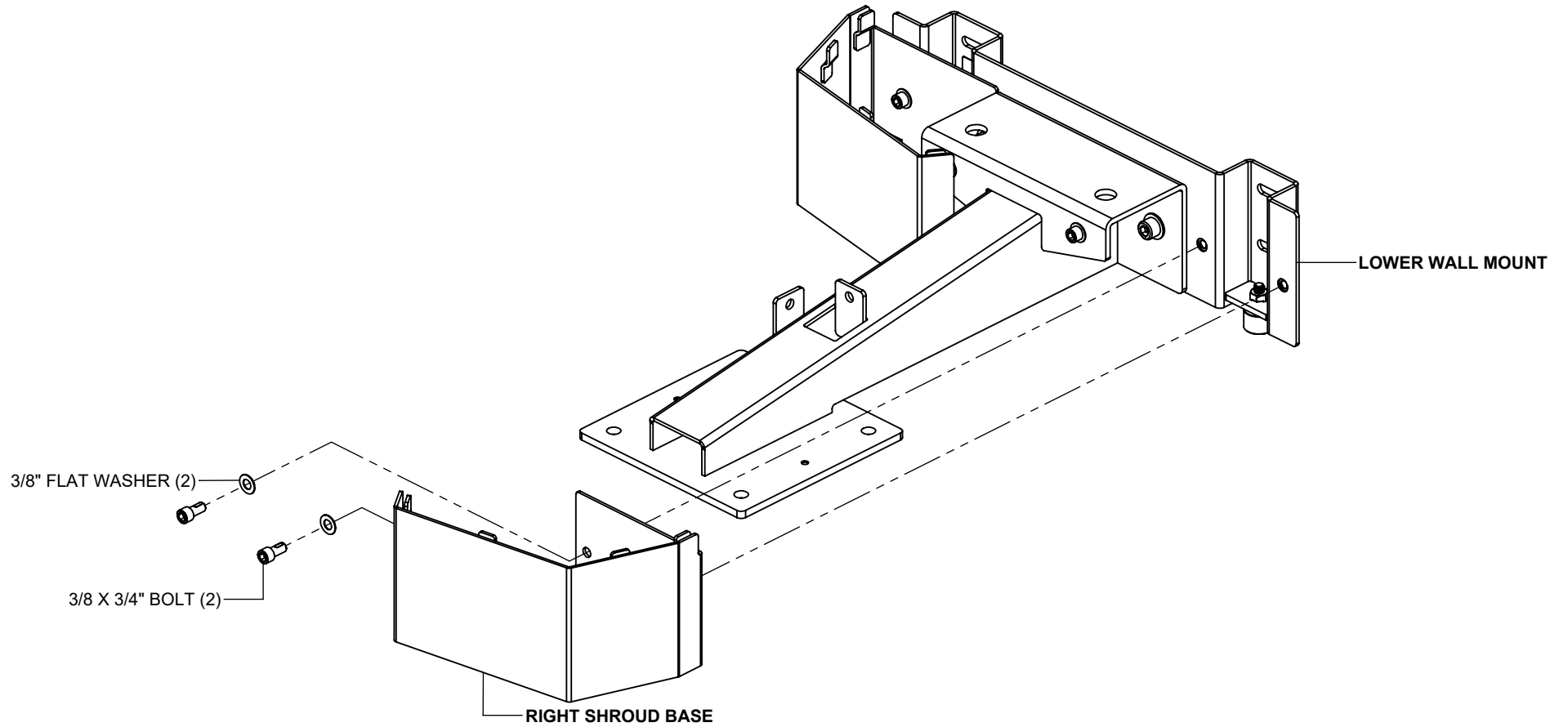


**NOTES:**

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

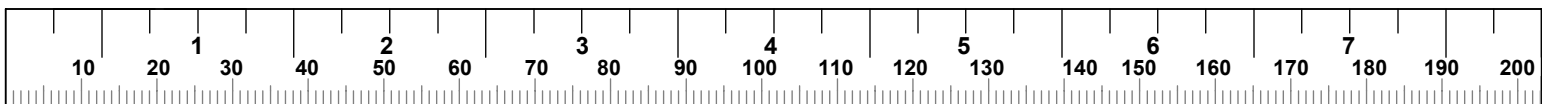


**STEP 5**

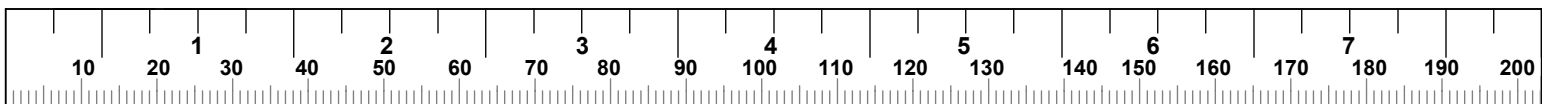
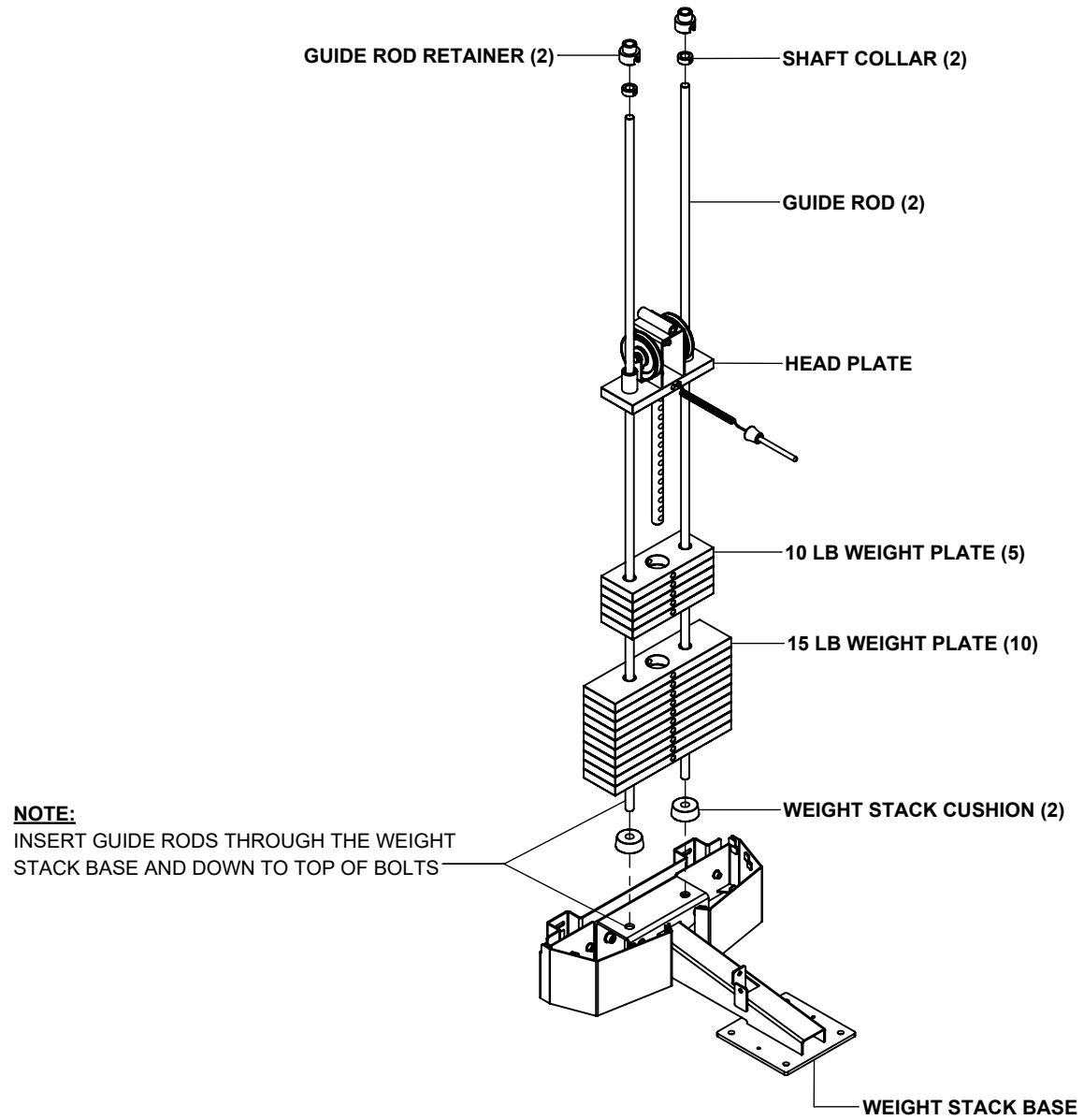


**NOTES:**

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

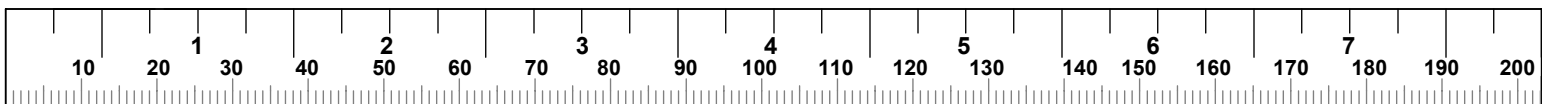
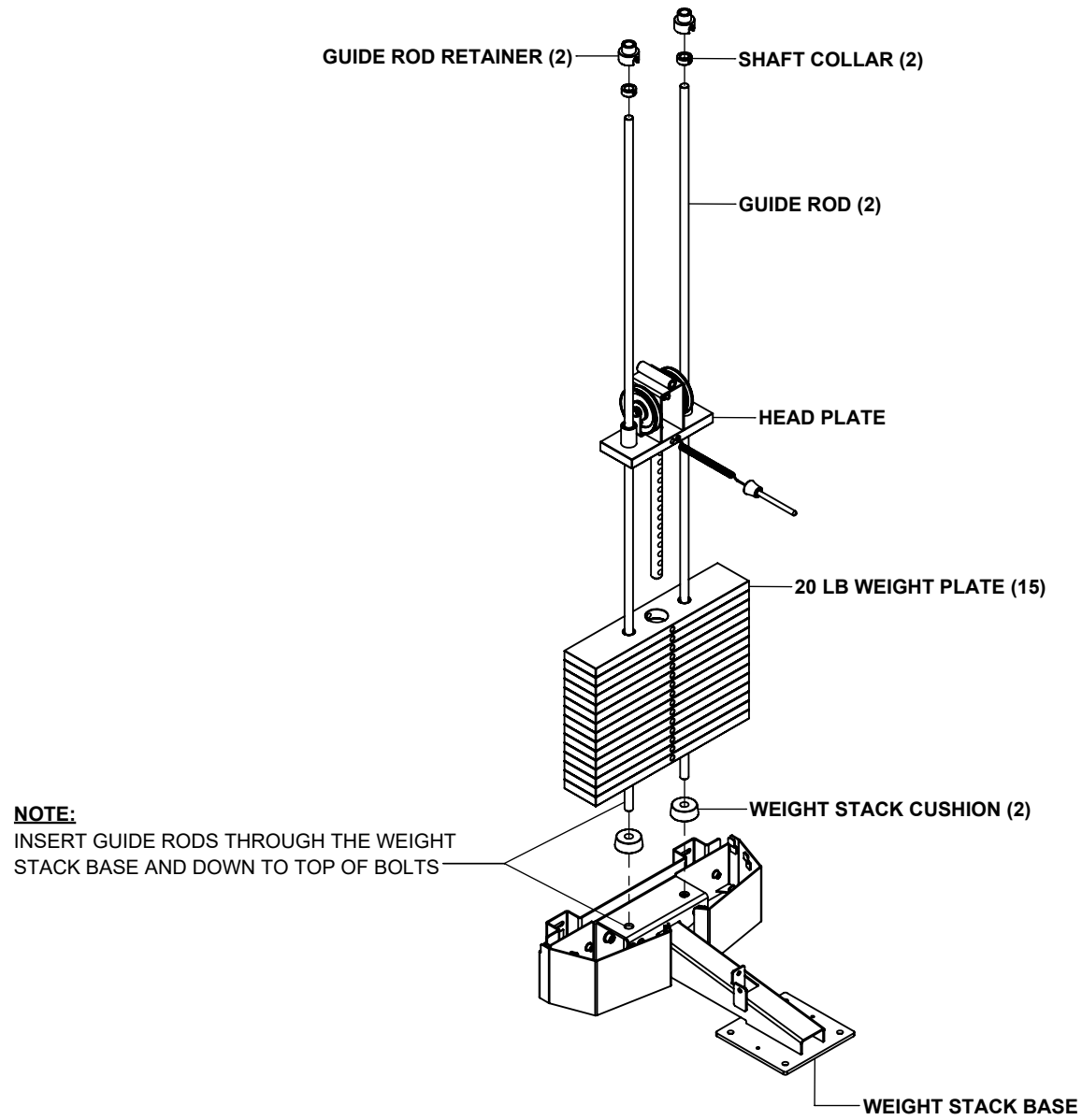


## STEP 6a (LIGHT STACK)

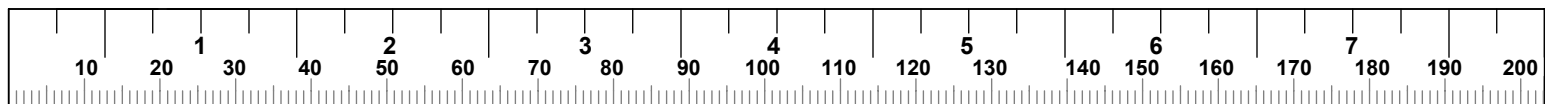
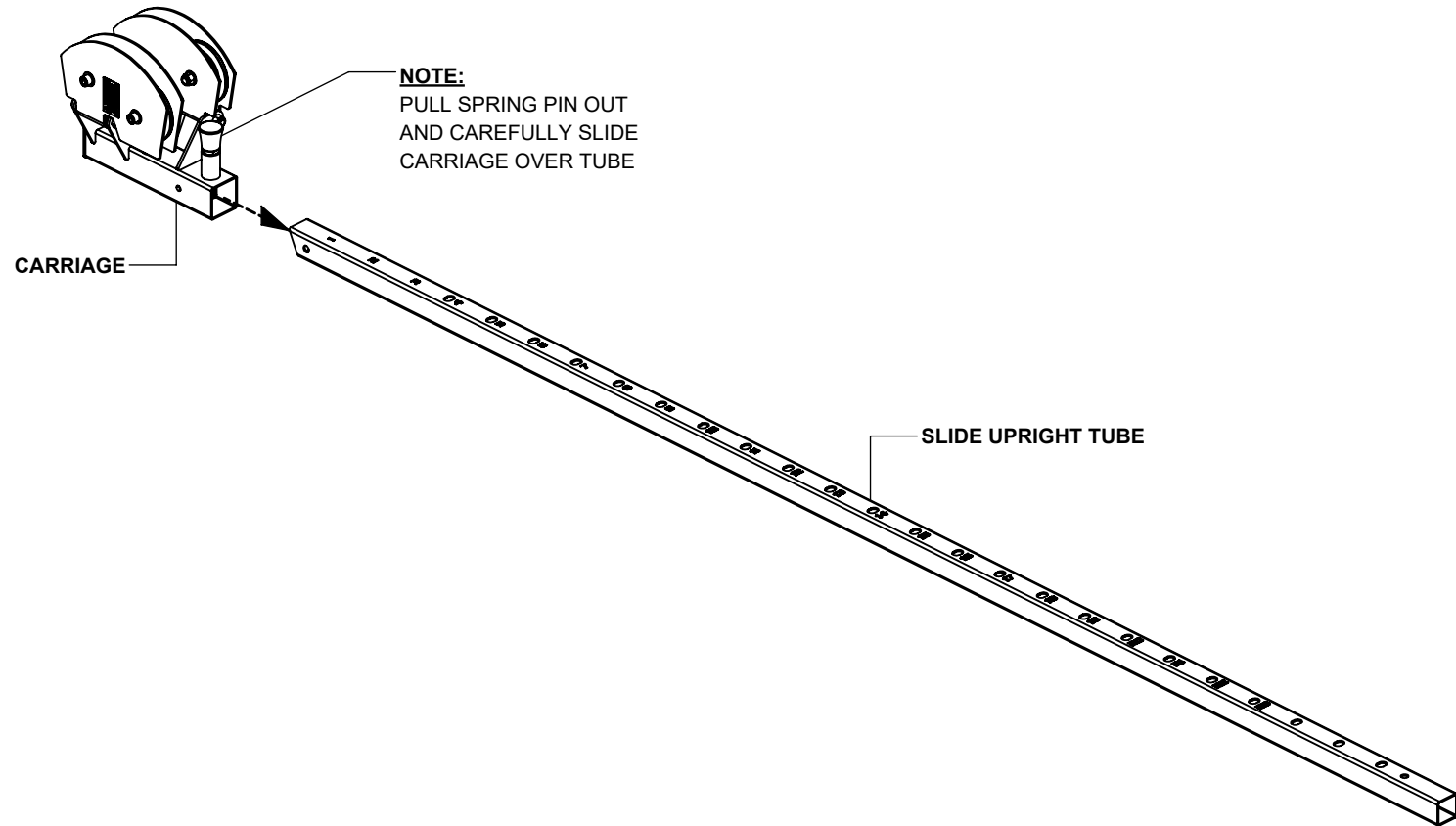




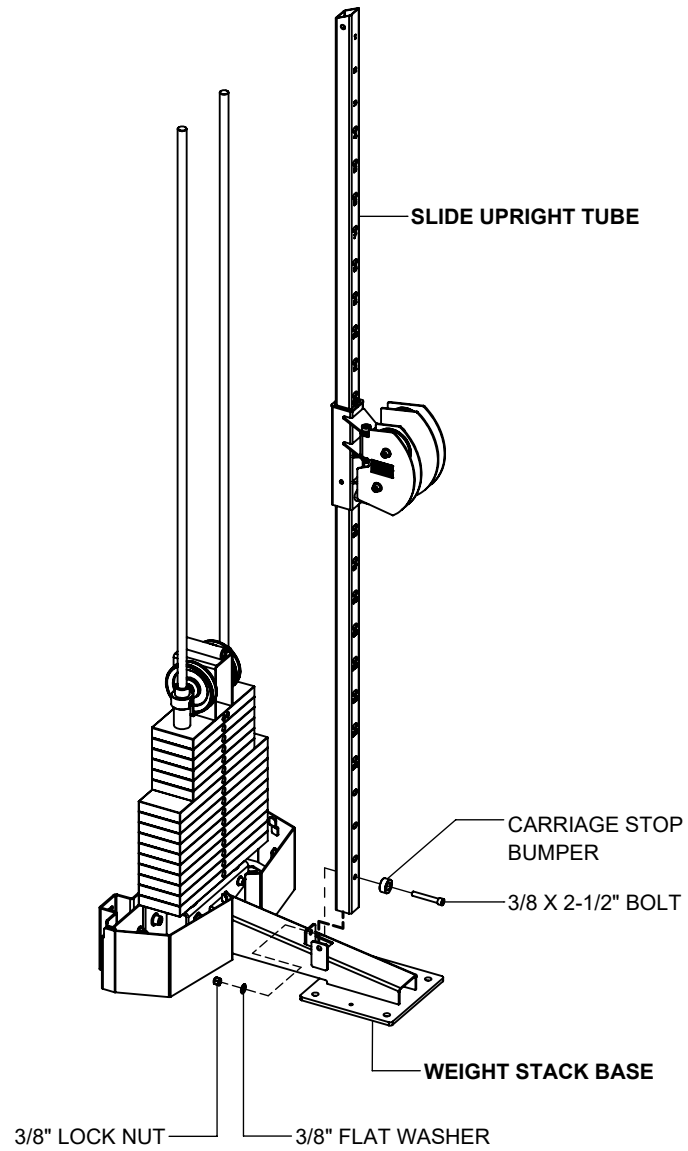
## STEP 6b (HEAVY STACK)



# STEP 7

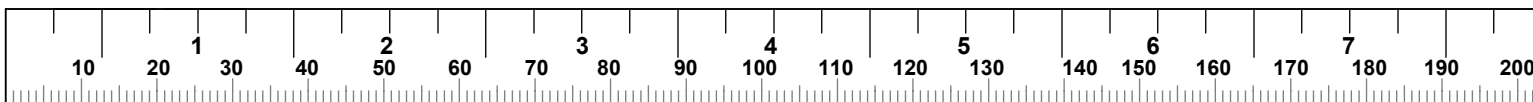


## STEP 8

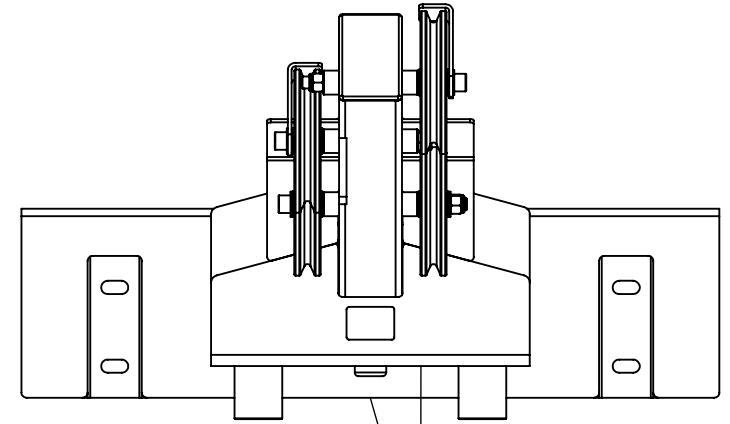
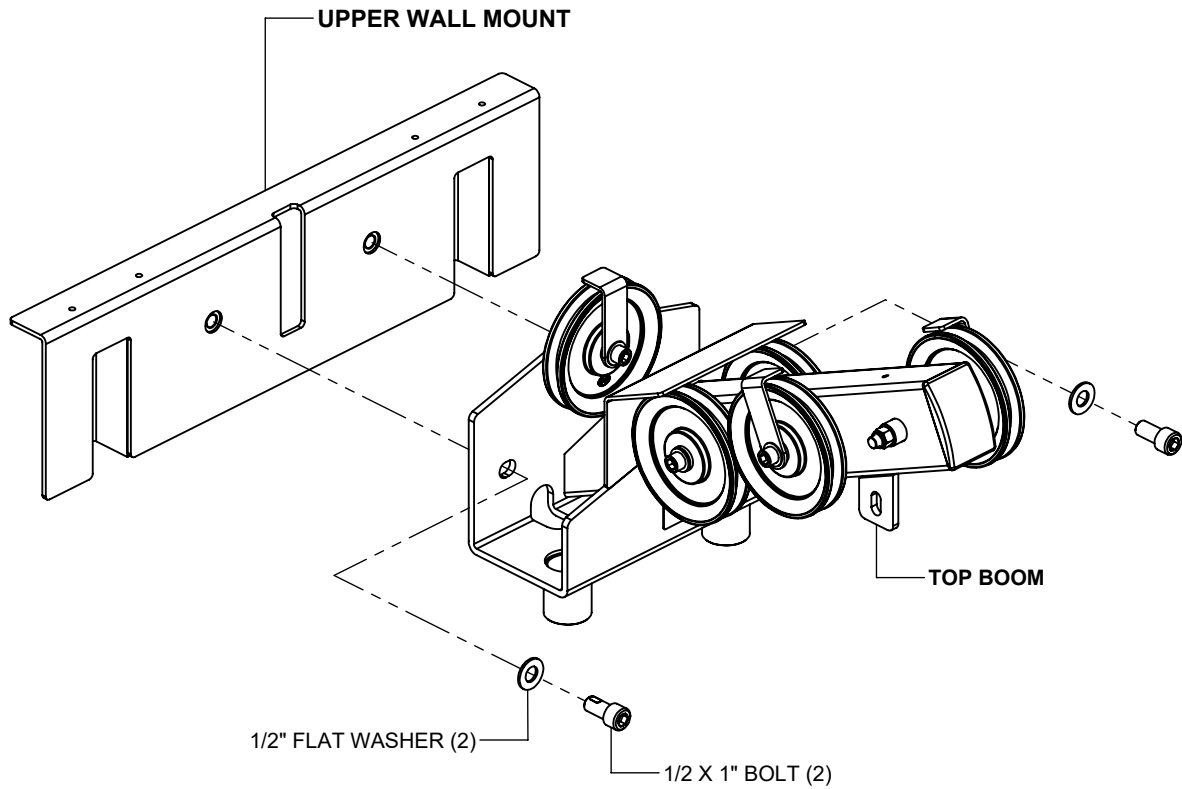


### NOTES:

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



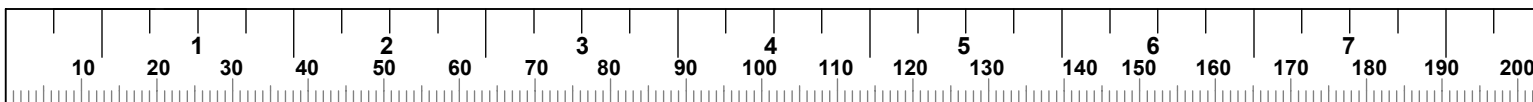
**STEP 9**



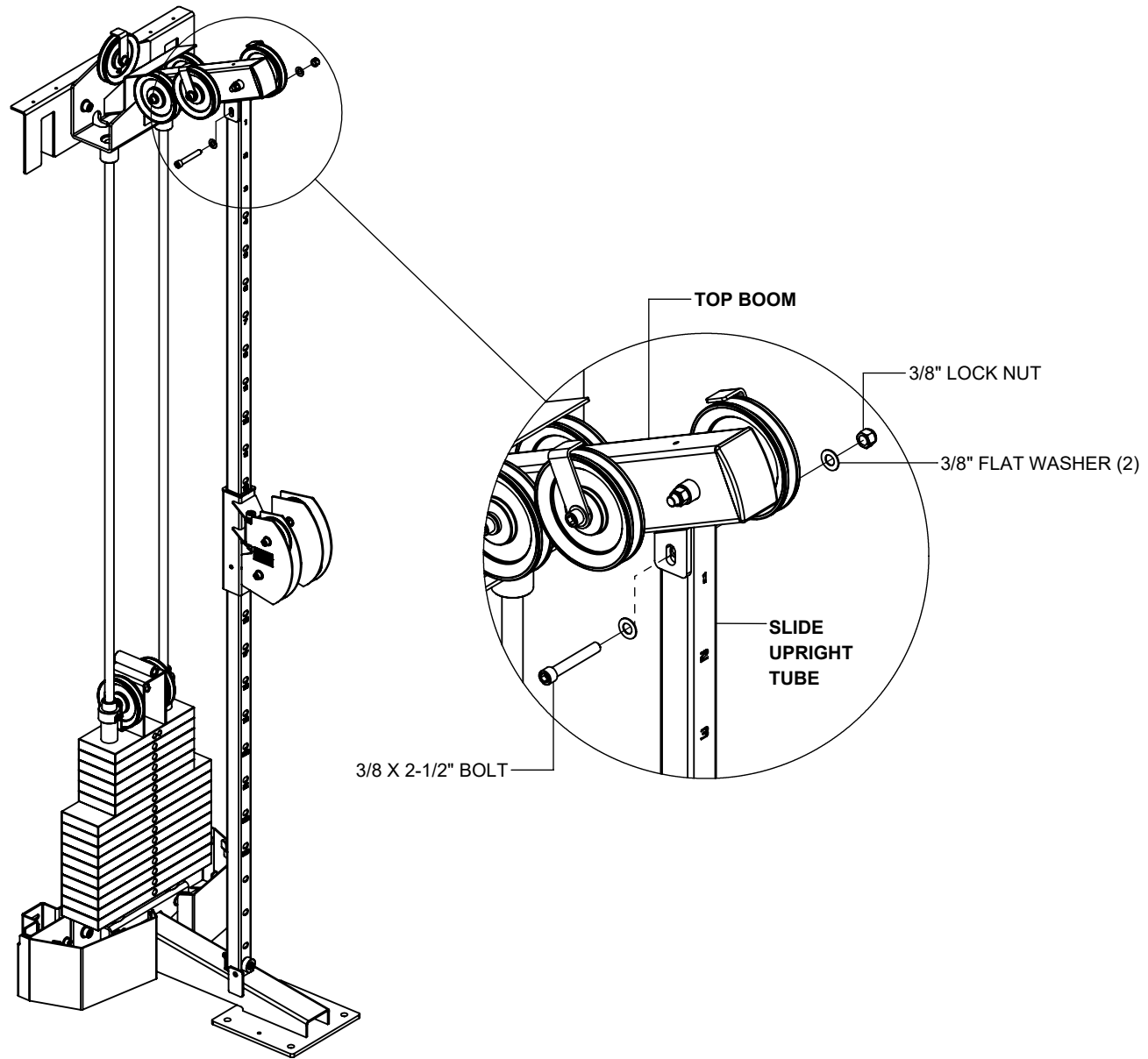
**NOTE:**  
BEFORE TIGHTENING BOLTS,  
MAKE SURE THAT THESE TWO  
SURFACES ARE PARALLEL

**NOTES:**

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

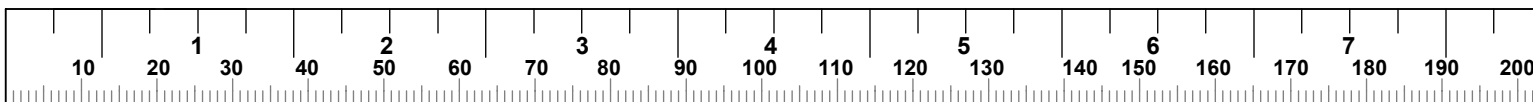


**STEP 10**

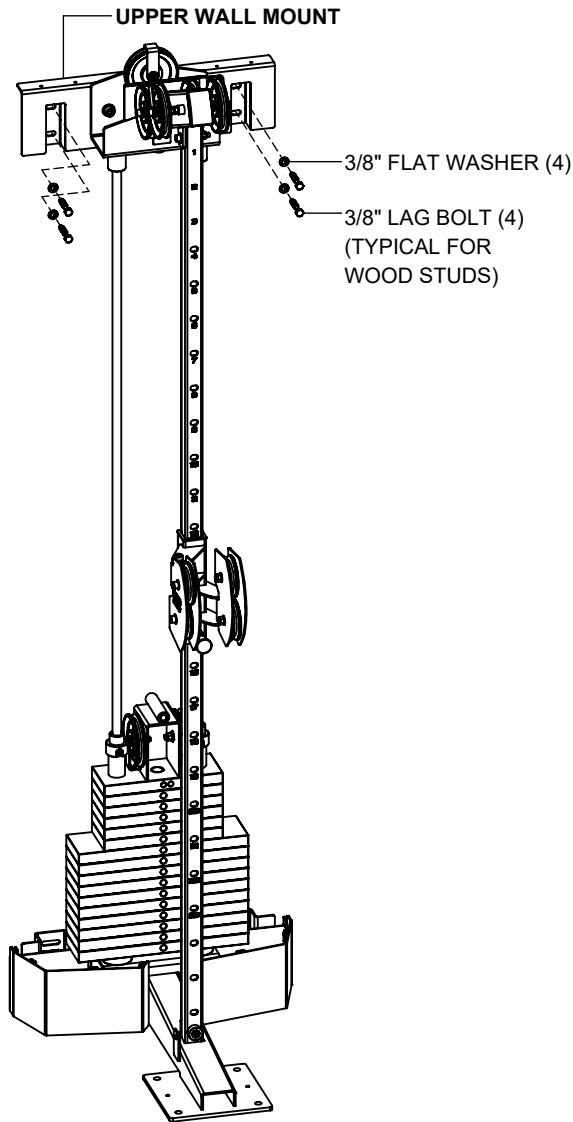


**NOTES:**

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

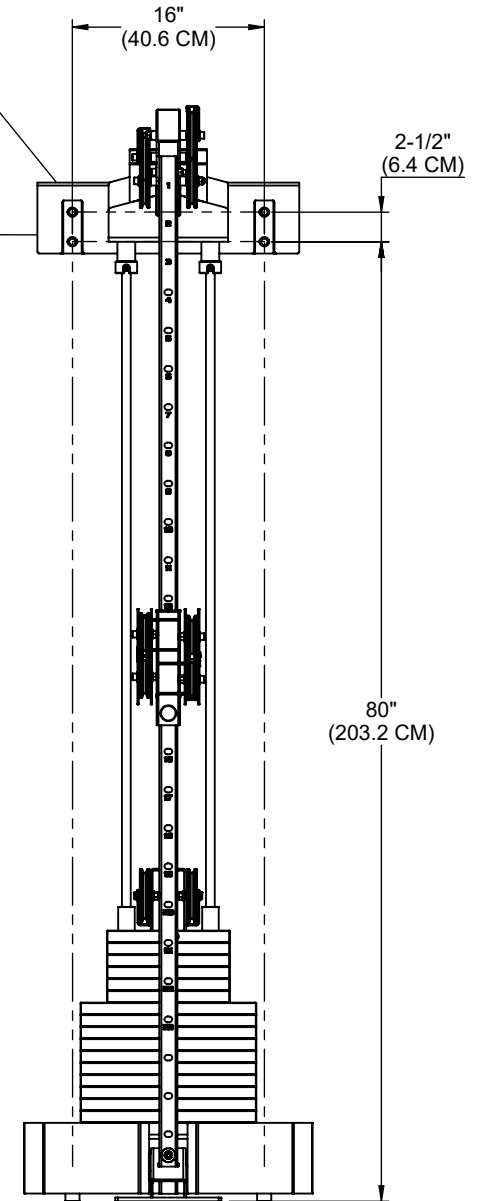


# STEP 11



**NOTE:**  
MAKE SURE THE UPPER  
WALL MOUNT IS LEVEL

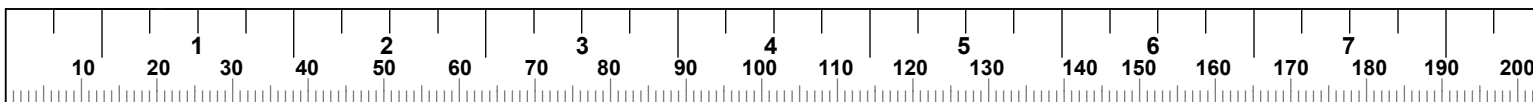
**WARNING:**  
THE UPPER WALL MOUNT **MUST** BE  
ANCHORED TO THE WALL USING FOUR  
WALL ANCHORS SUITABLE FOR THAT  
PARTICULAR WALL CONSTRUCTION



## NOTES:

The images shown above is 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. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

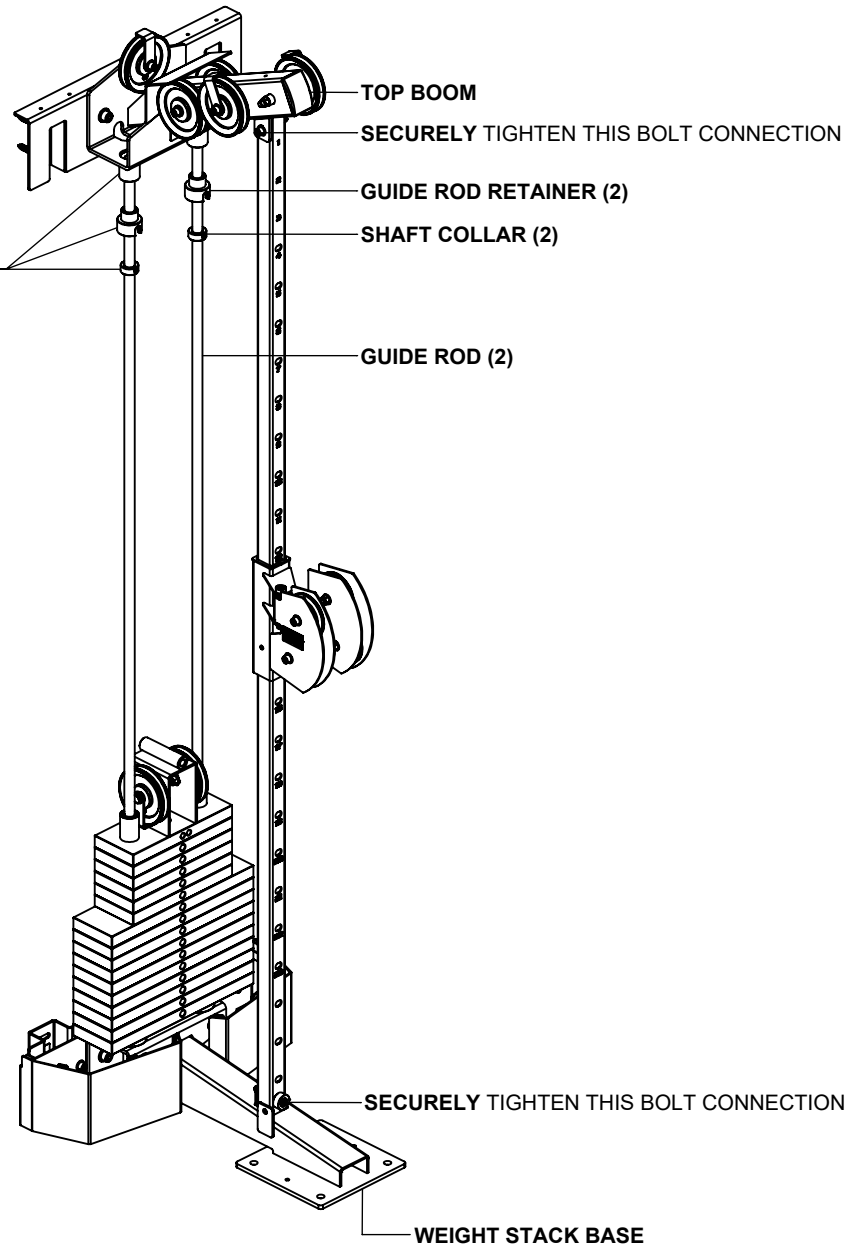
**SECURELY** tighten bolt connections in this step.



## STEP 12

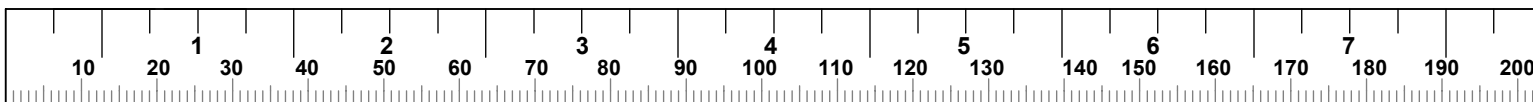
**NOTE:**

SLIDE THE GUIDE ROD RETAINERS UP INSIDE THE TOP BOOM. SLIDE THE SHAFT COLLARS UP INSIDE OF THE GUIDE ROD RETAINERS AND **SECURELY** TIGHTEN THE SET SCREWS OF THE SHAFT COLLARS

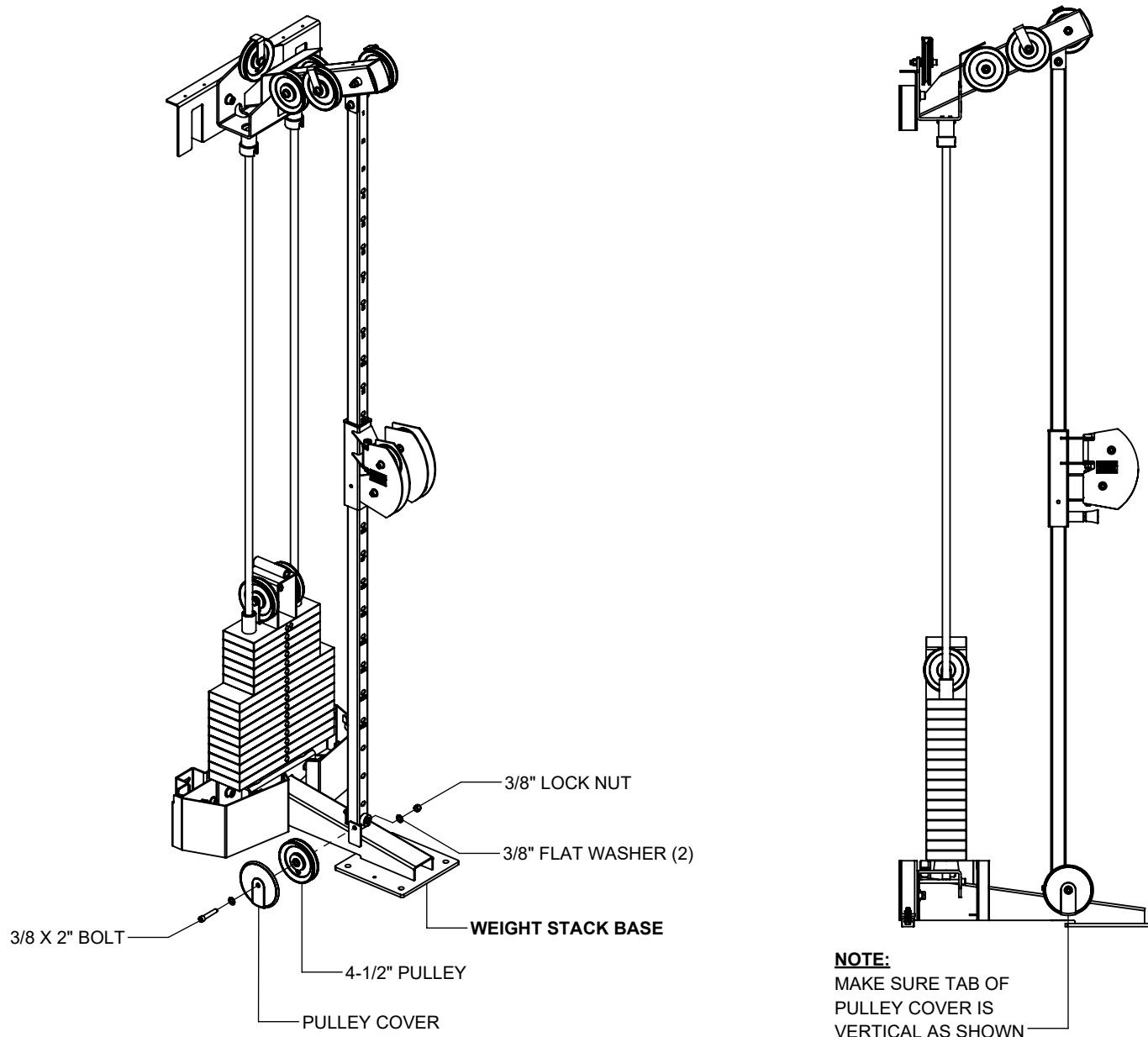


**NOTES:**

**SECURELY** tighten all bolt connections made to this point.

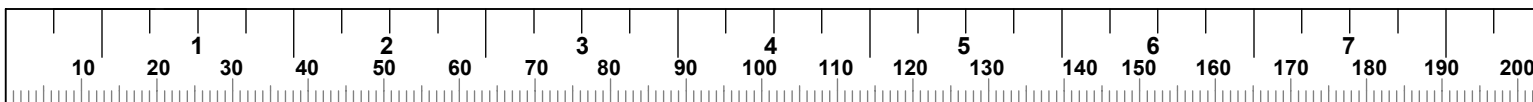


**STEP 13**



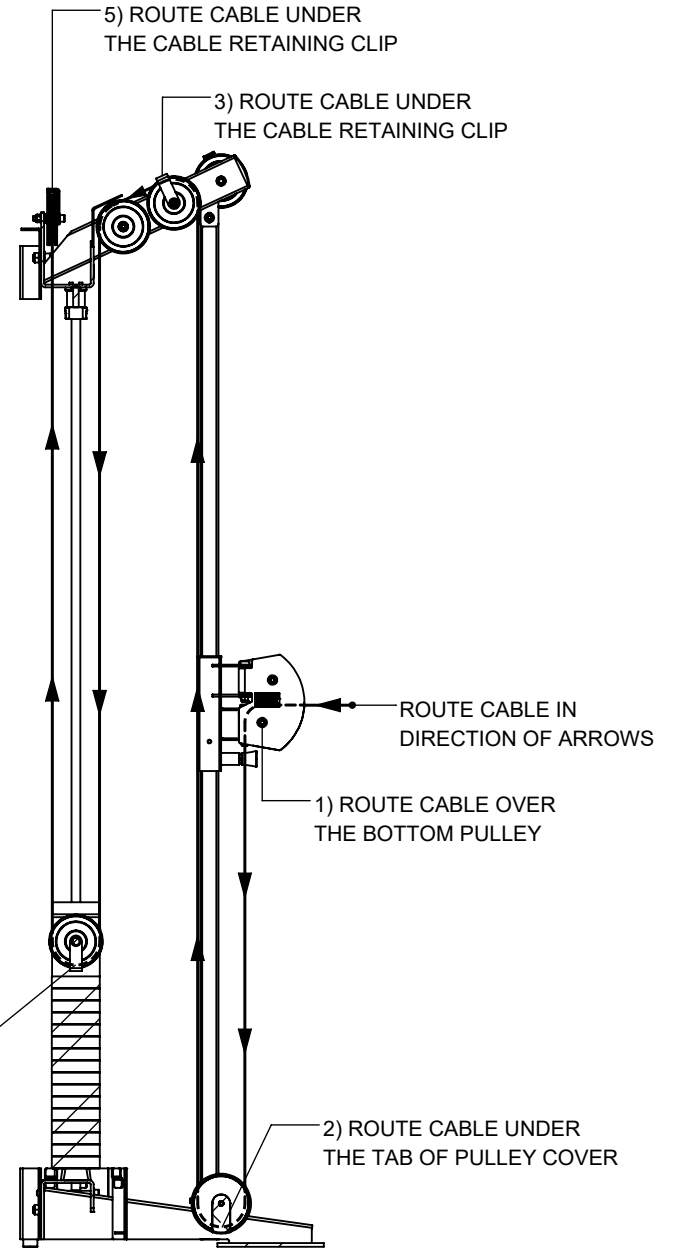
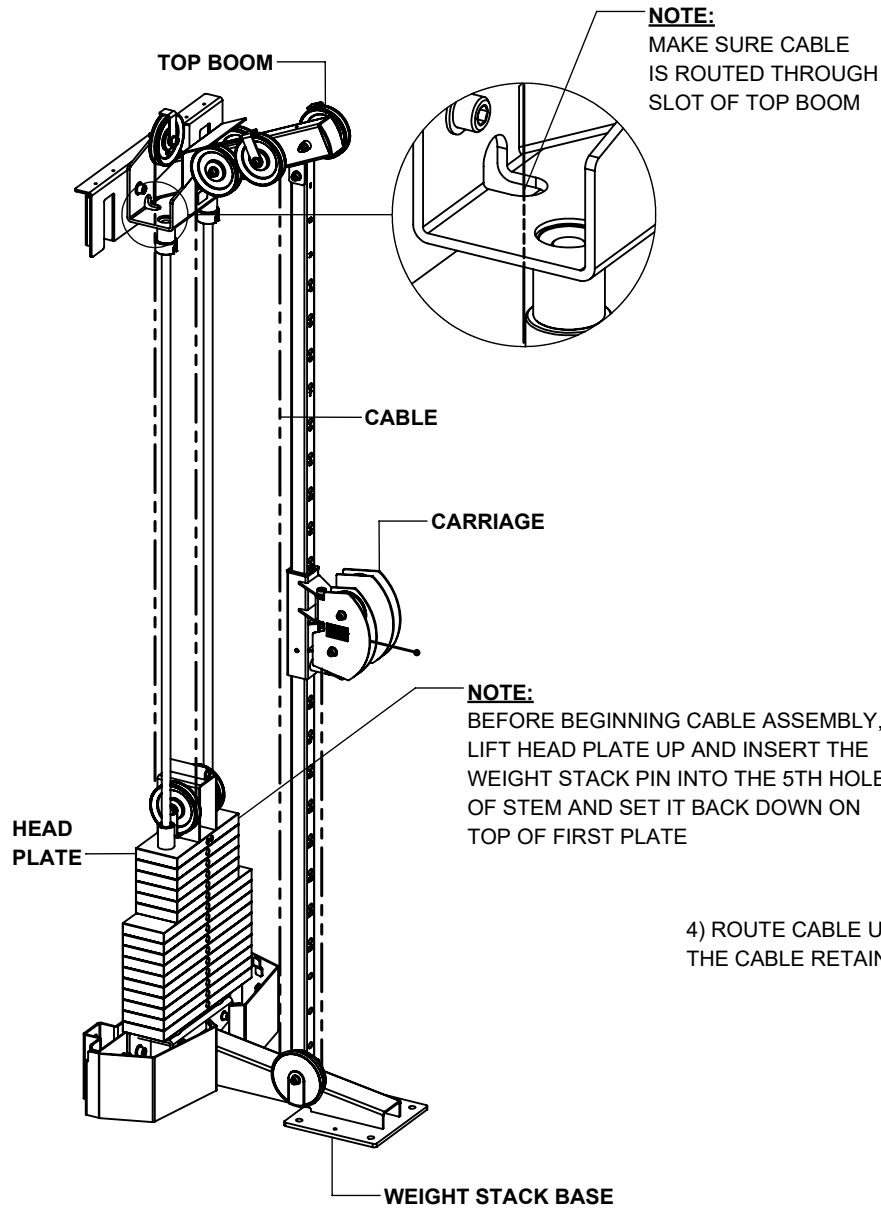
**NOTES:**

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

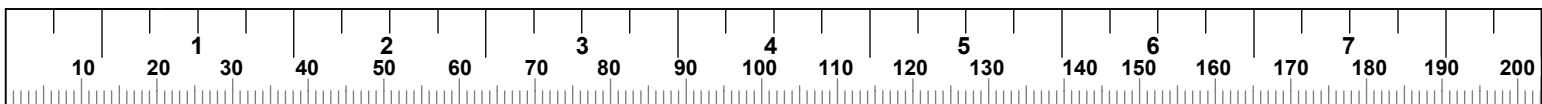




# STEP 14a CABLE ROUTING

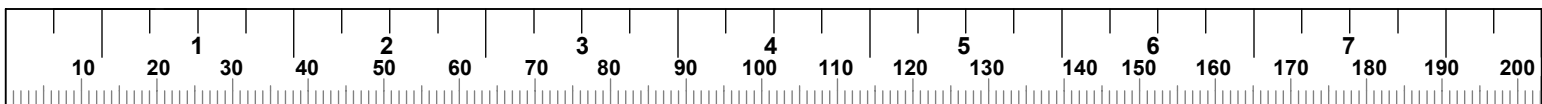
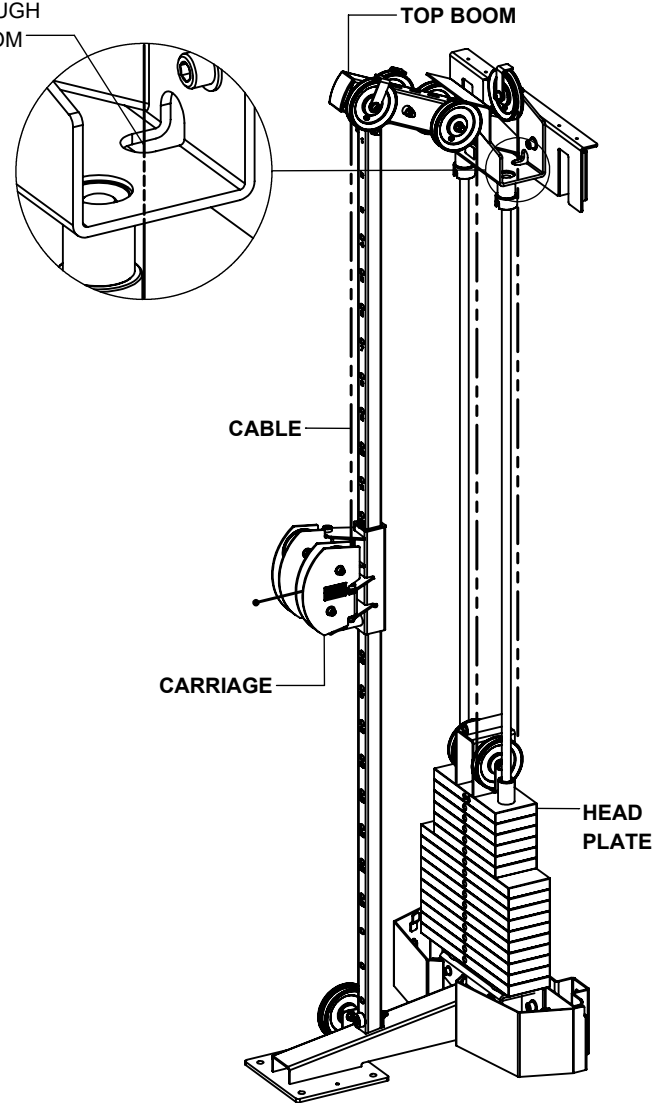
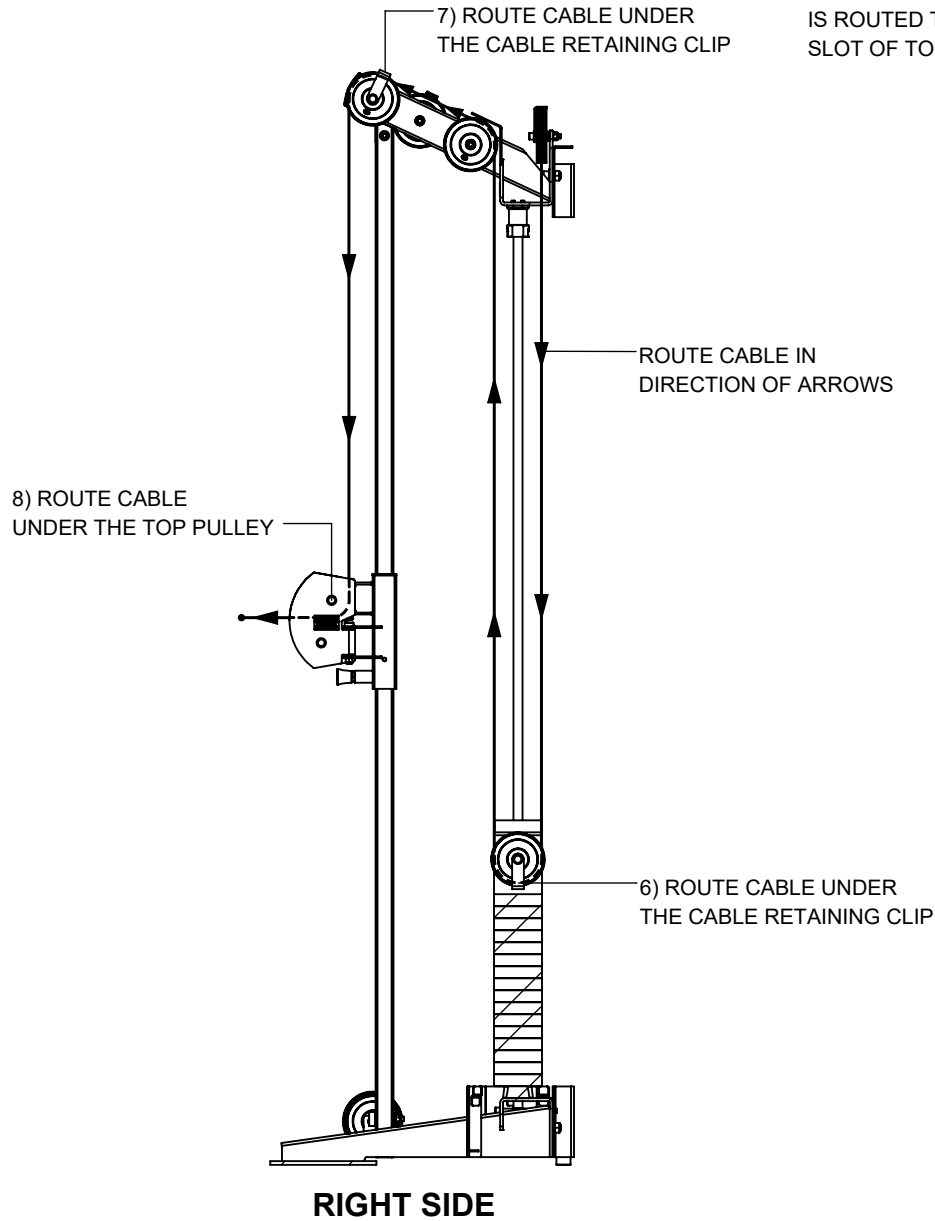


**LEFT SIDE**

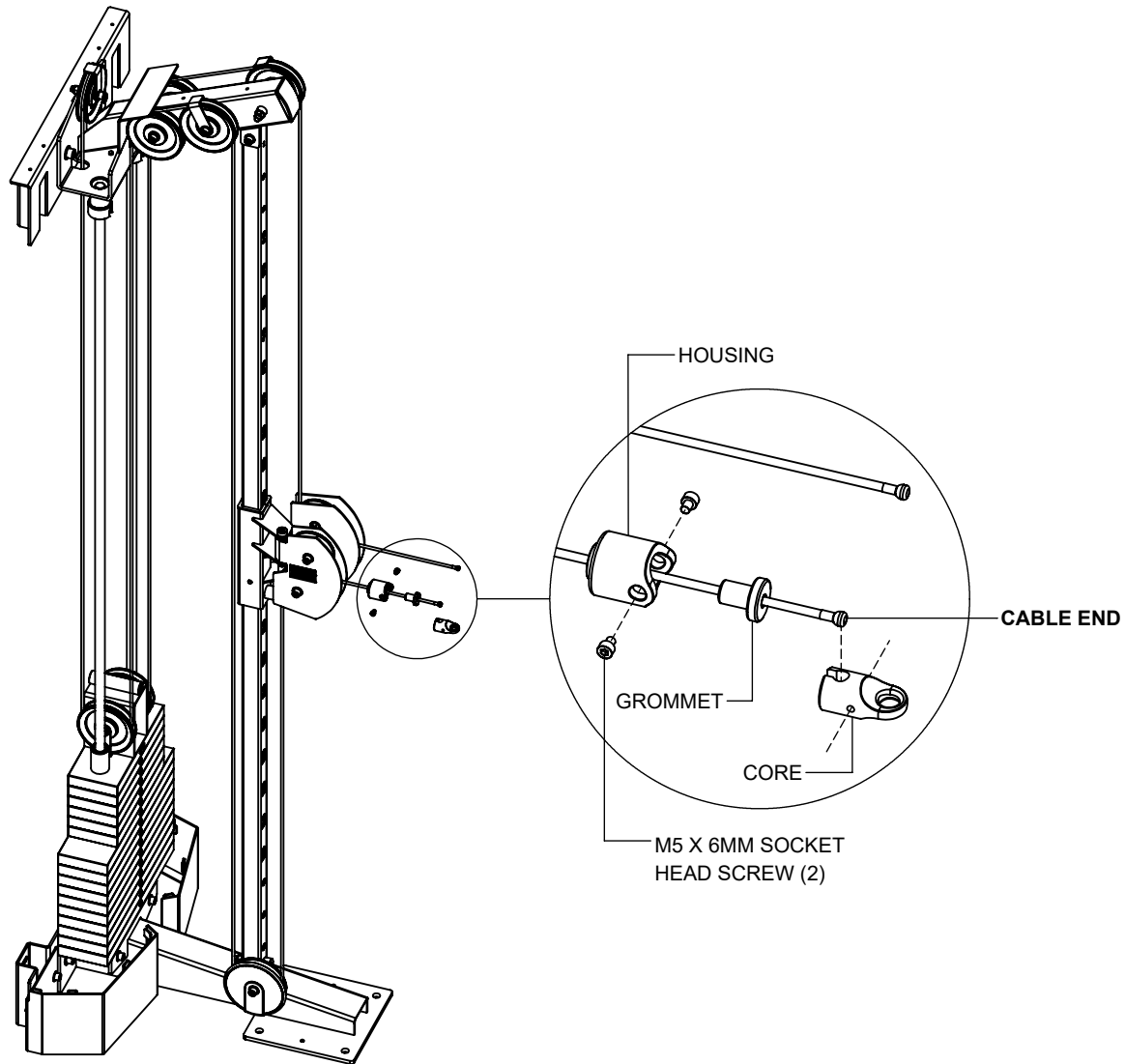


# STEP 14b CABLE ROUTING

**NOTE:**  
MAKE SURE CABLE  
IS ROUTED THROUGH  
SLOT OF TOP BOOM

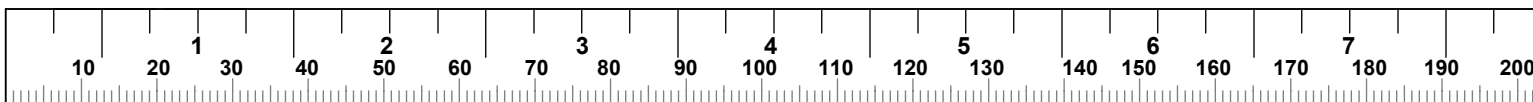


## STEP 15a

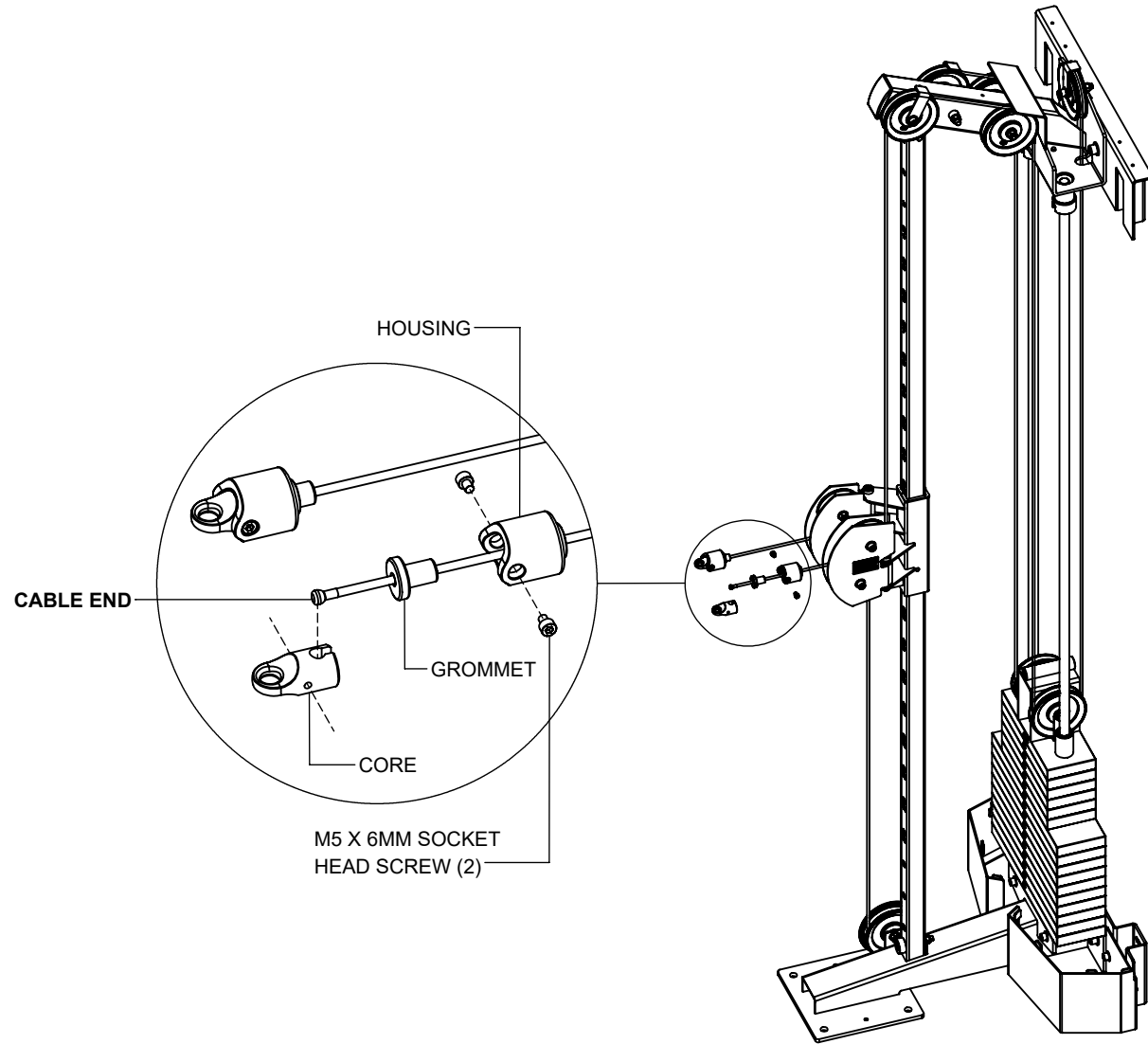


### NOTES:

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

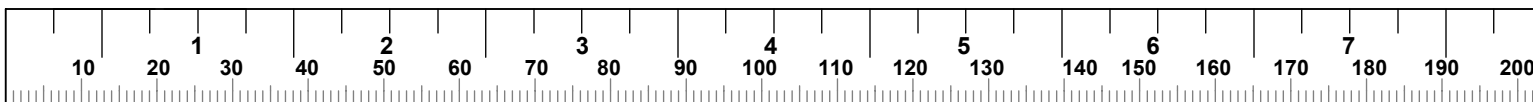


**STEP 15b**

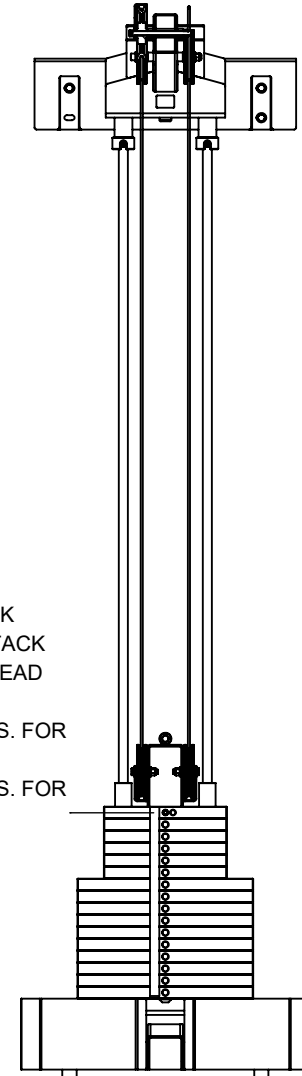
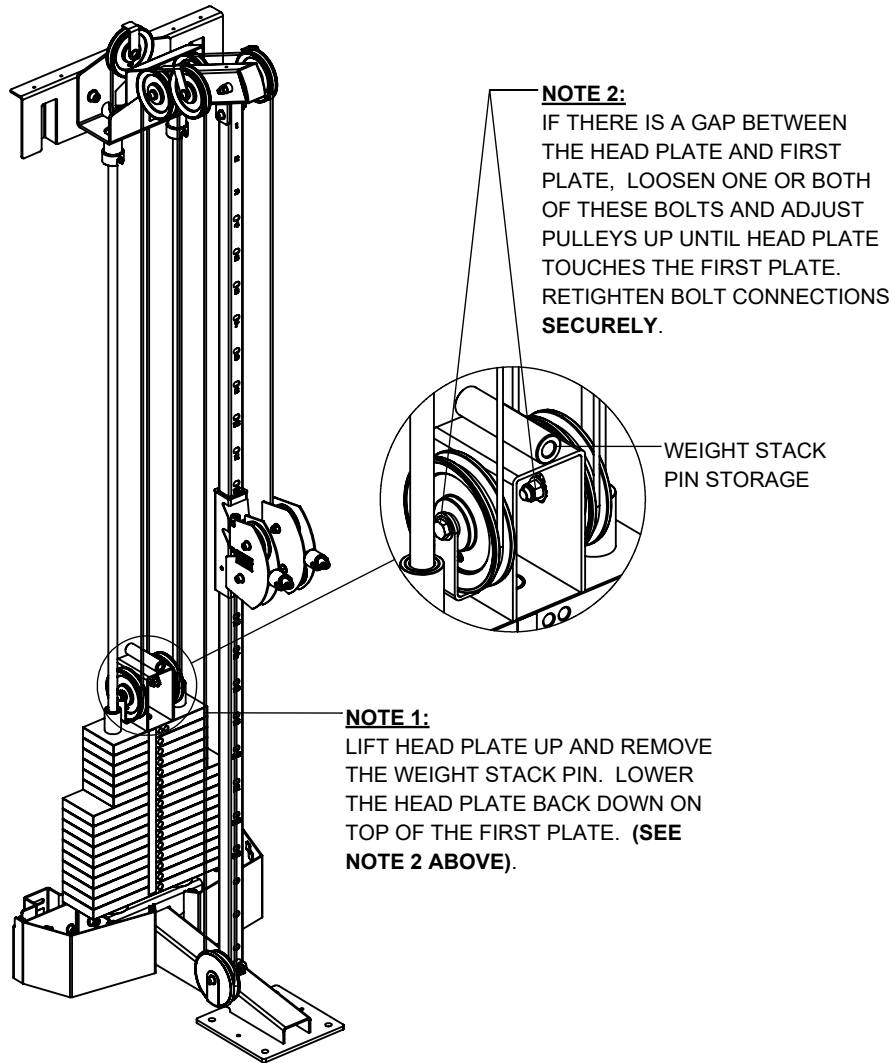


**NOTES:**

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



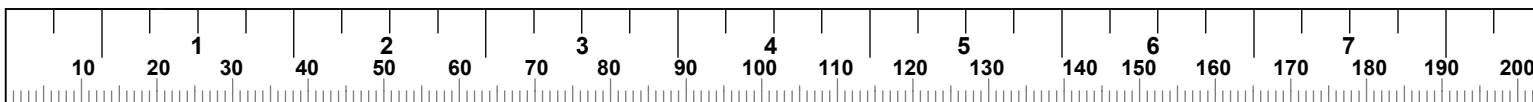
## STEP 15c



FRONT VIEW

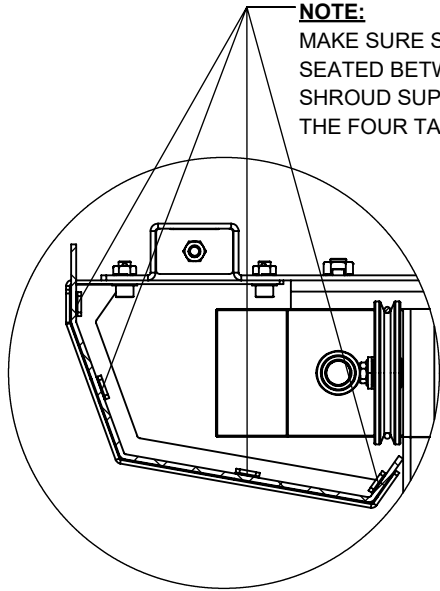
## NOTES:

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



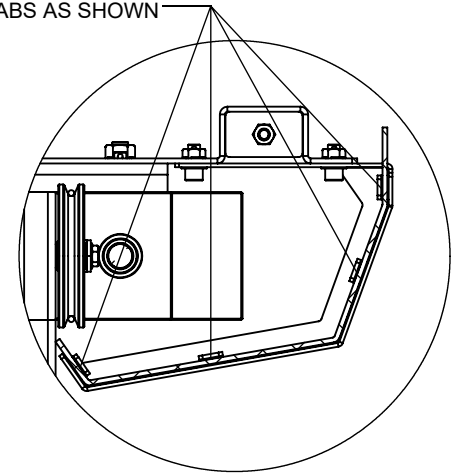
# STEP 16

**NOTE:**  
MAKE SURE SHROUD IS SEATED BETWEEN THE SHROUD SUPPORT AND THE FOUR TABS AS SHOWN

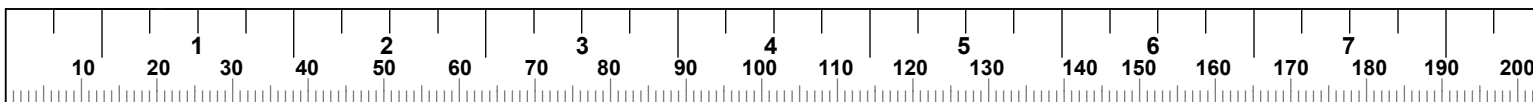
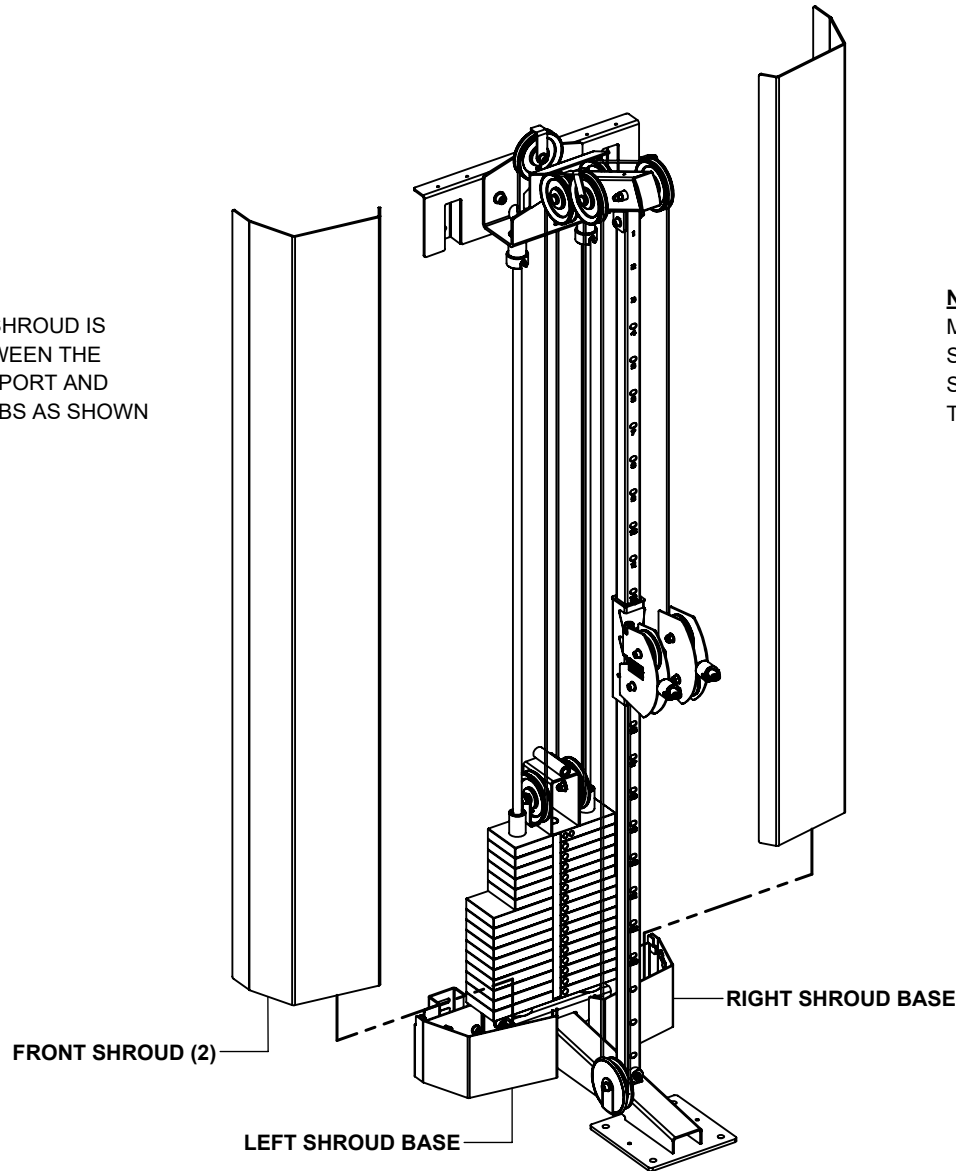


TOP VIEW LEFT

**NOTE:**  
MAKE SURE SHROUD IS SEATED BETWEEN THE SHROUD SUPPORT AND THE FOUR TABS AS SHOWN



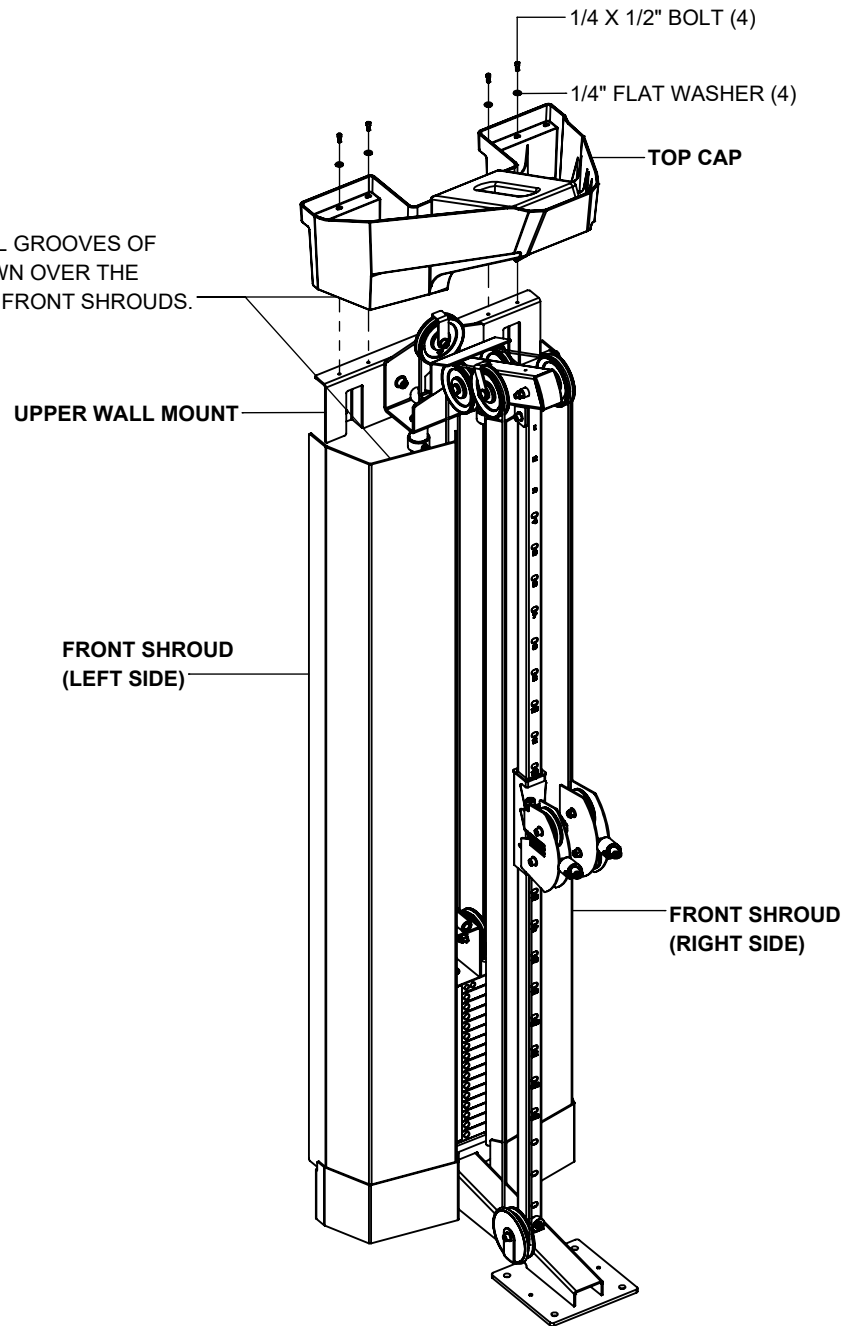
TOP VIEW RIGHT



## STEP 17a

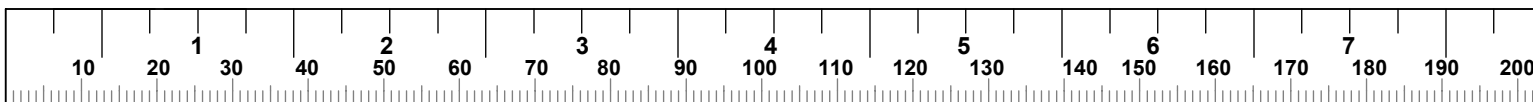
**NOTE:**

MAKE SURE INTERNAL GROOVES OF THE TOP CAP FIT DOWN OVER THE TOP EDGES OF BOTH FRONT SHROUDS.

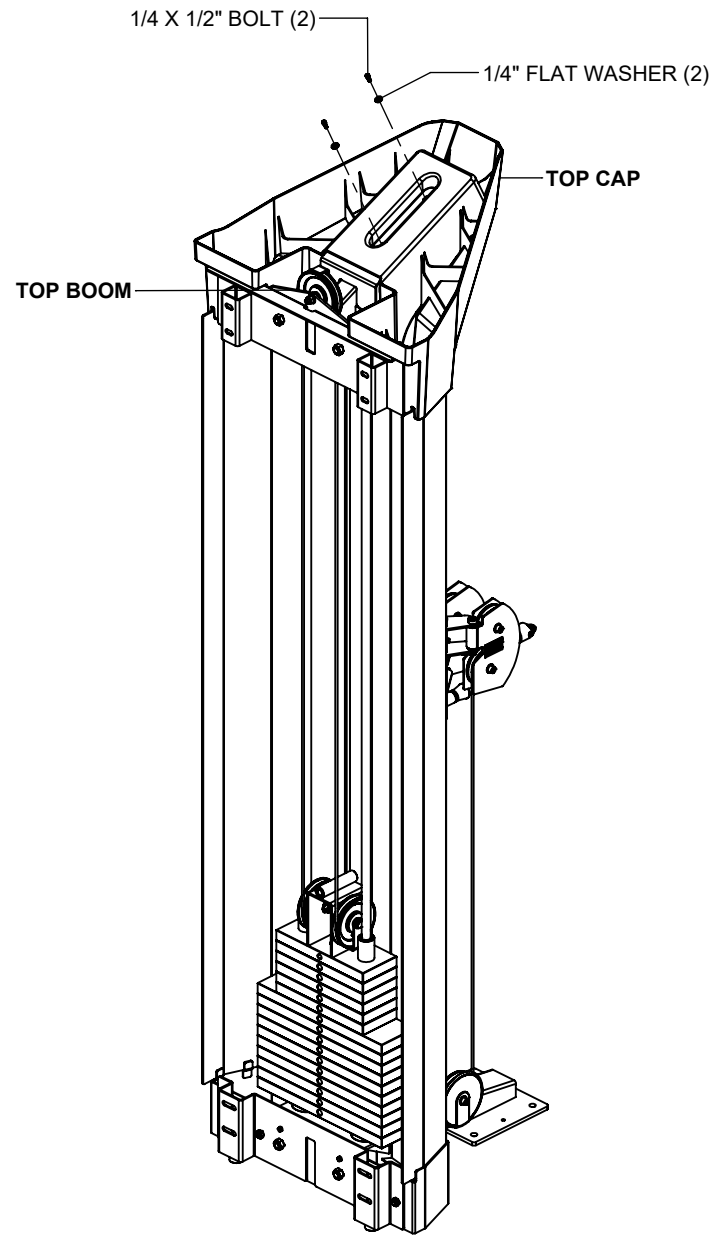


**NOTES:**

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

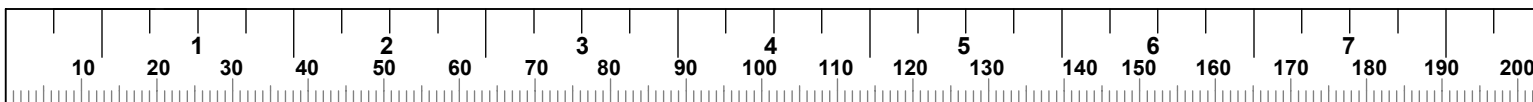


## STEP 17b



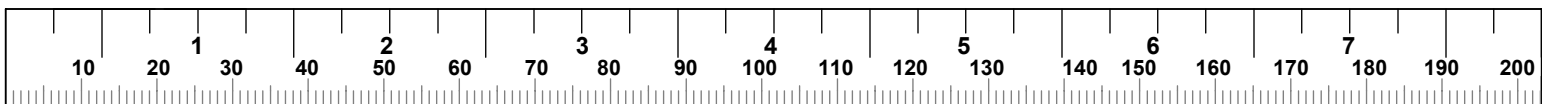
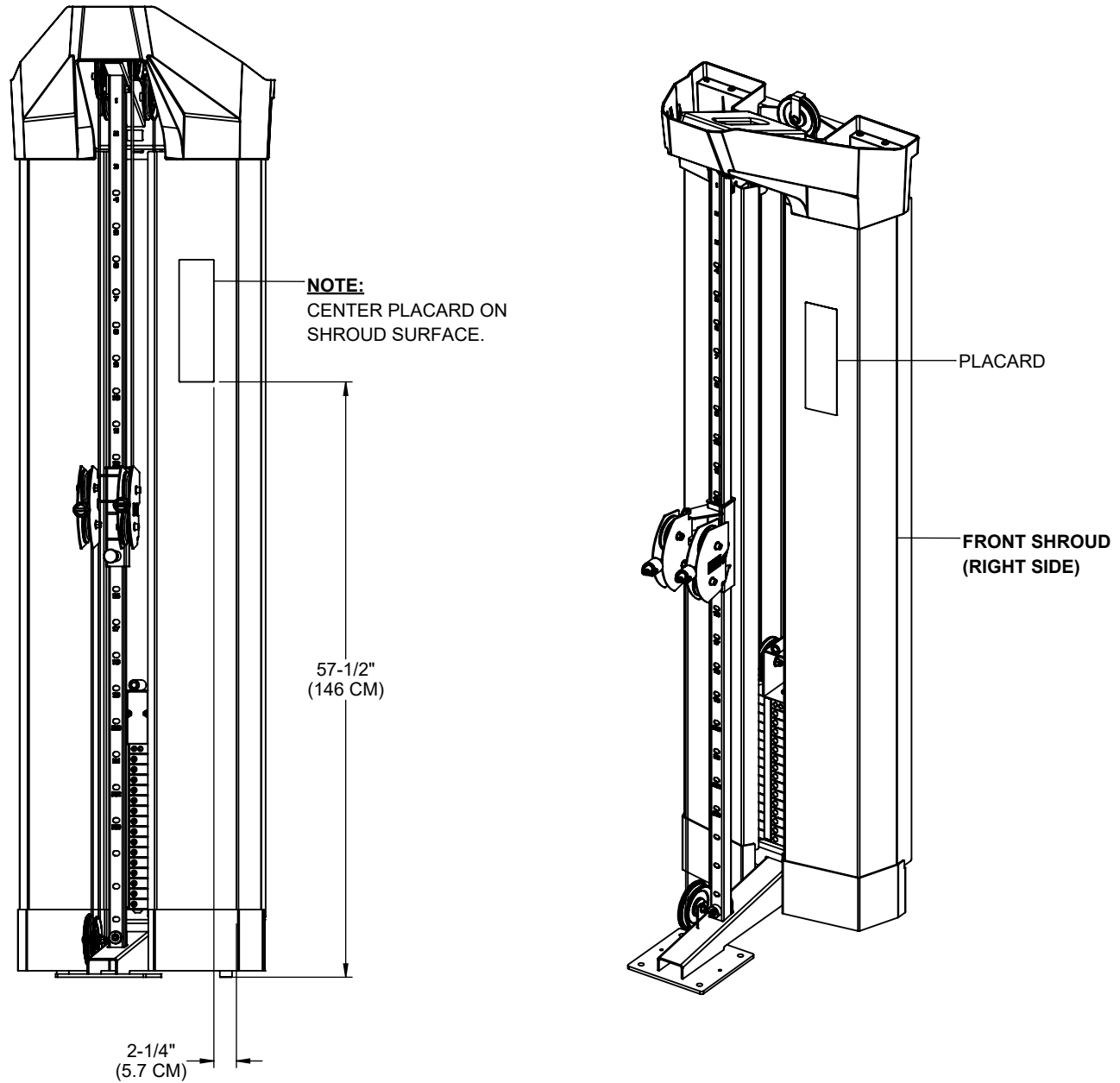
### NOTES:

**SECURELY** tighten bolt connections in this step, and previous step.

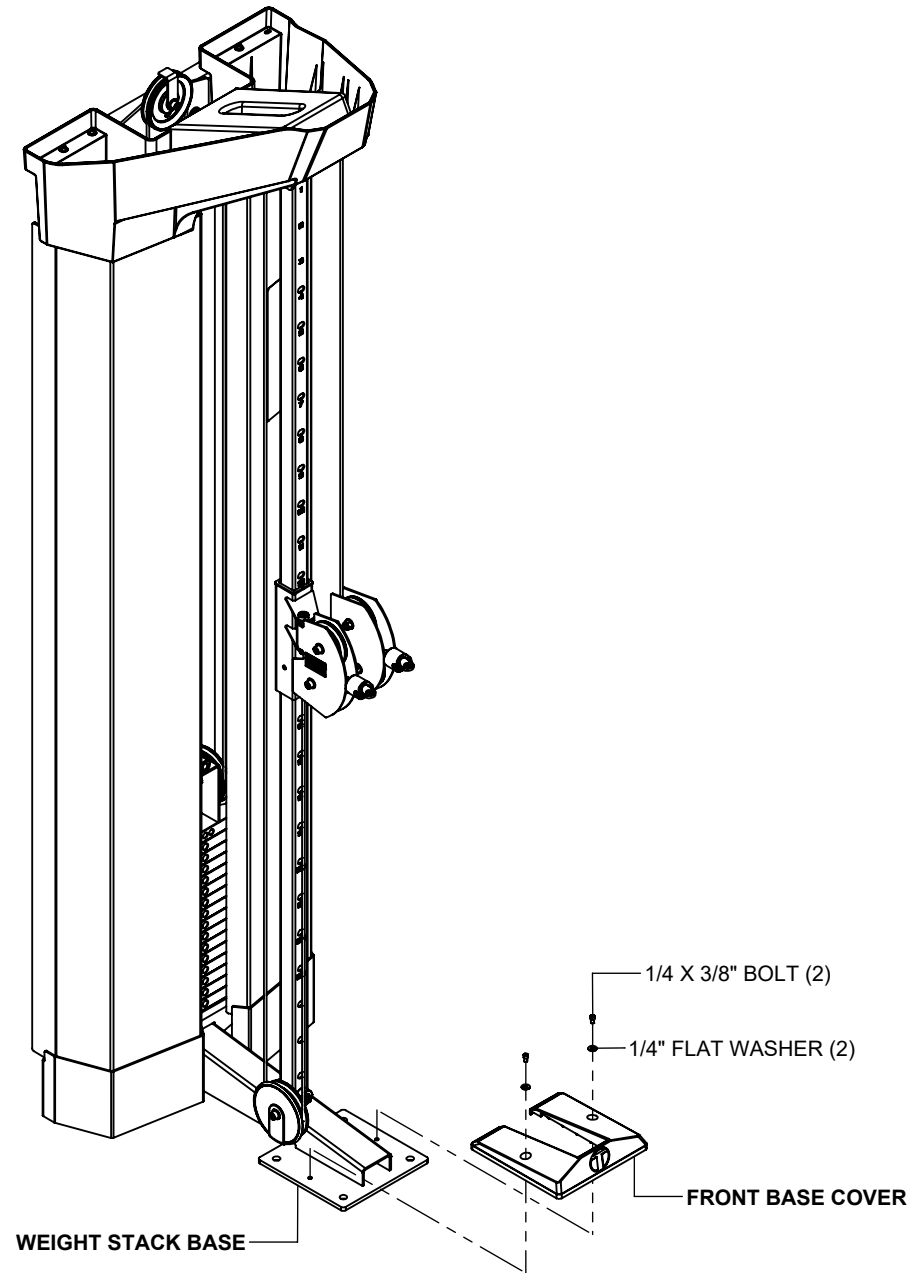




**STEP 18**

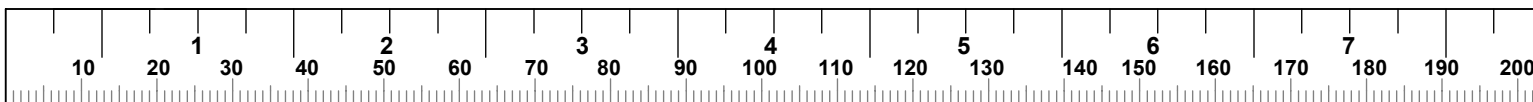


**STEP 19**

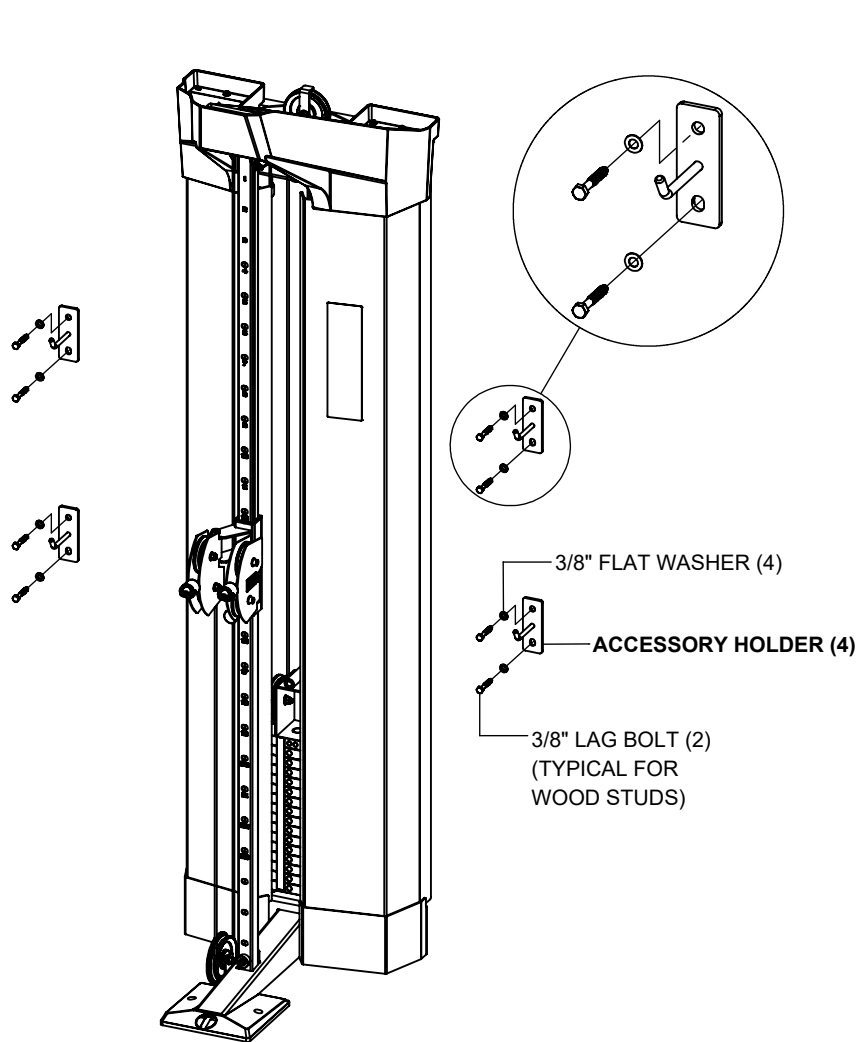


**NOTES:**

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

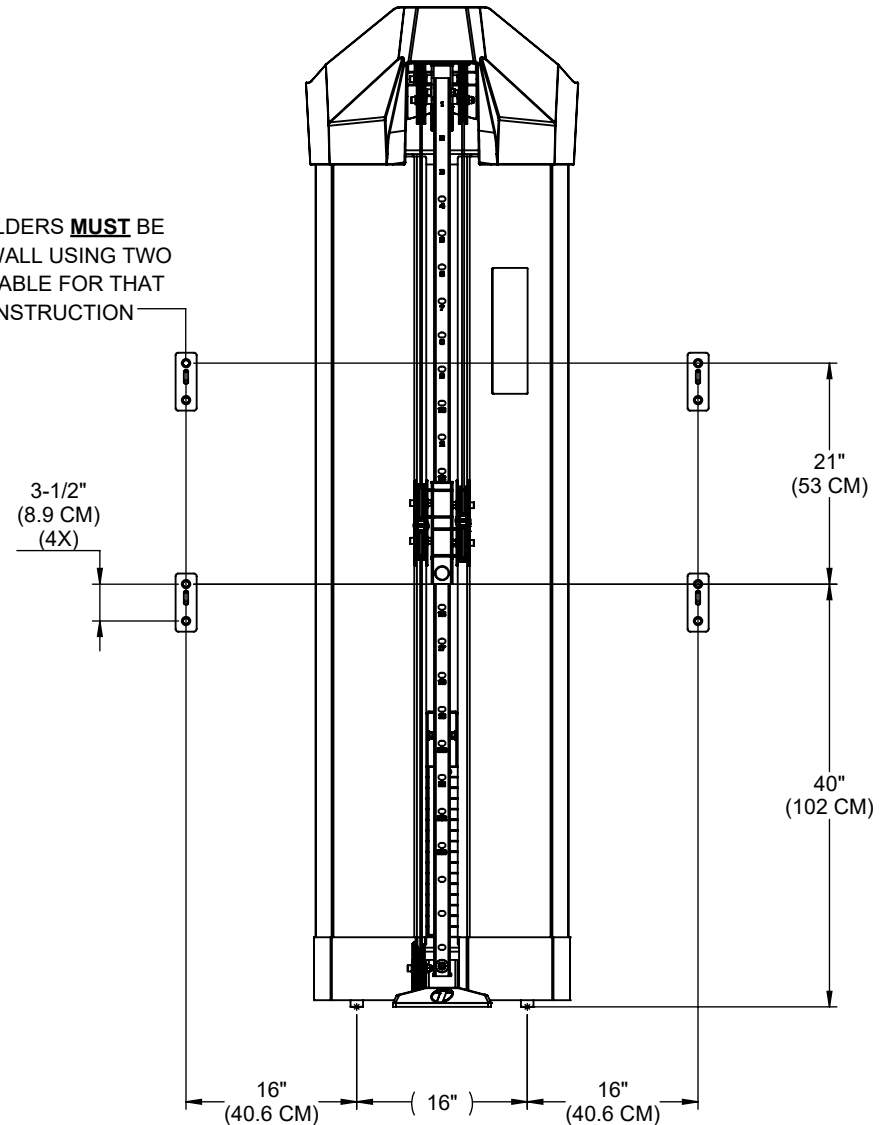


## STEP 20



### **WARNING:**

THE ACCESSORY HOLDERS **MUST** BE ANCHORED TO THE WALL USING TWO WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION



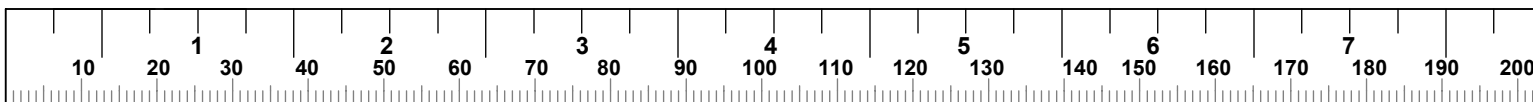
### **NOTES:**

The images shown above is 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. In all cases, both anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

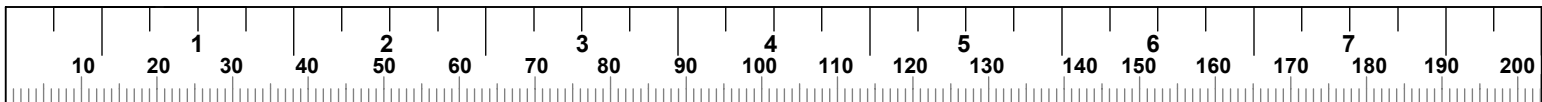
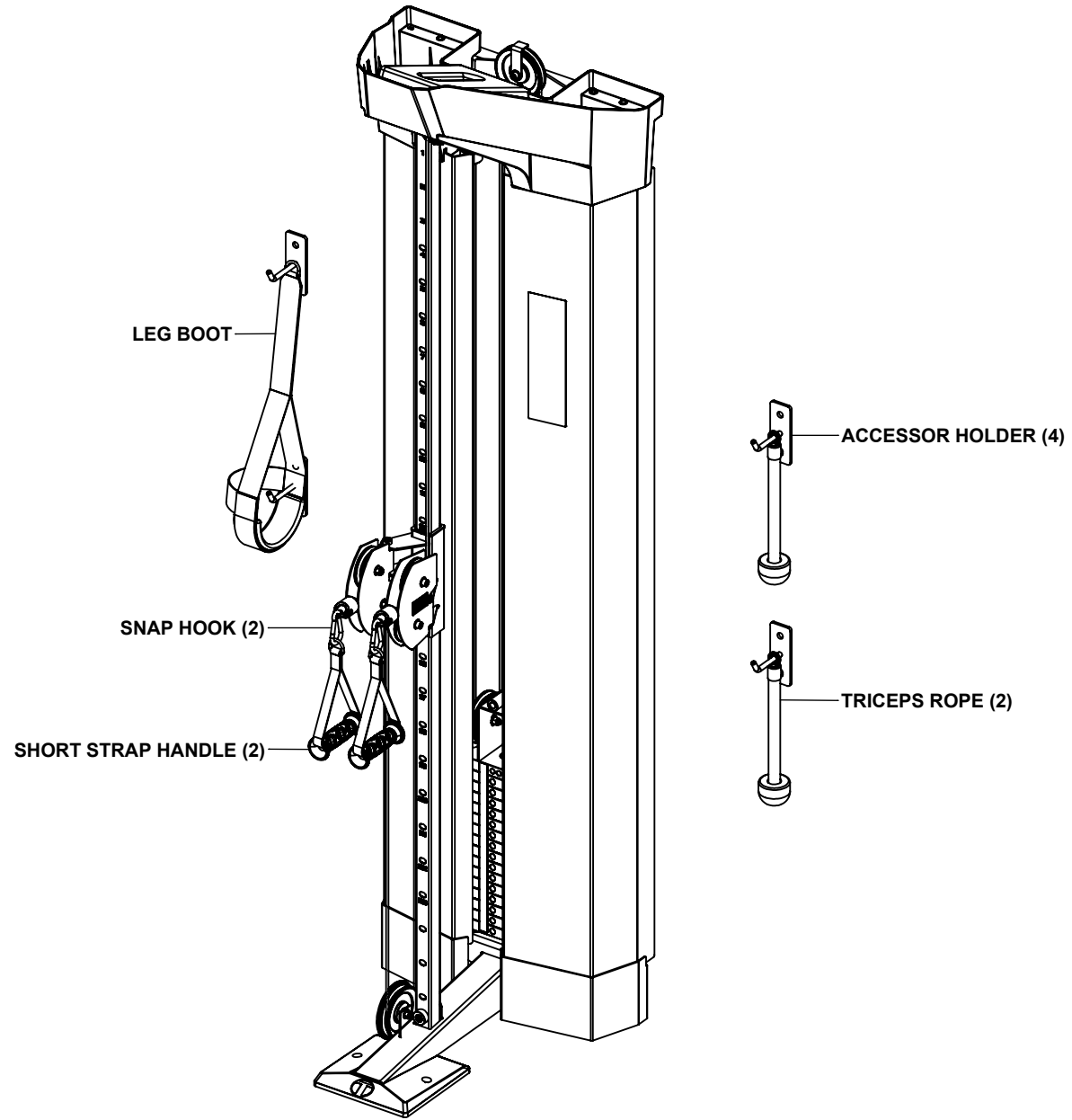
**SECURELY** tighten bolt connections in this step.

### **NOTE:**

THIS STEP ILLUSTRATES THE SUGGESTED LOCATION OF THE ACCESSORY HOLDERS, HOWEVER, THEY CAN BE ANCHORED TO THE WALL PER INDIVIDUAL NEEDS



**STEP 21**



## MAINTENANCE

**GUIDE RODS:** Clean and lubricate with a silicone or teflon based lubricant

**INSPECTION:** Once a month, check for loose bolts. Tighten if necessary.

**CABLES:** Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 12c, PAGE 18 TO ADJUST CABLE TENSION)

**SPRING PINS:** Check that the SPRING PINS fully engage when release. Tighten SPIRING PIN NUTS as needed.

**FRAME:** Clean with a damp cloth.

