

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
16	XTSA-101	TANK SWIVEL ATTACHMENT (OPTIONAL)	1
17	XTM4-RPK-101	RAIL PULL KIT, TANK M4	1

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

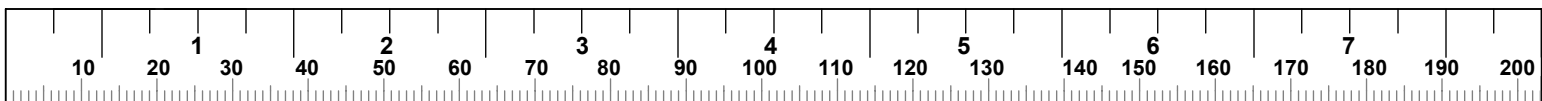
TANK SWIVEL ATTACHMENT (OPTIONAL): PAGES 16 - 18

TANK BUMPER KIT (OPTIONAL): PAGES 19 - 20

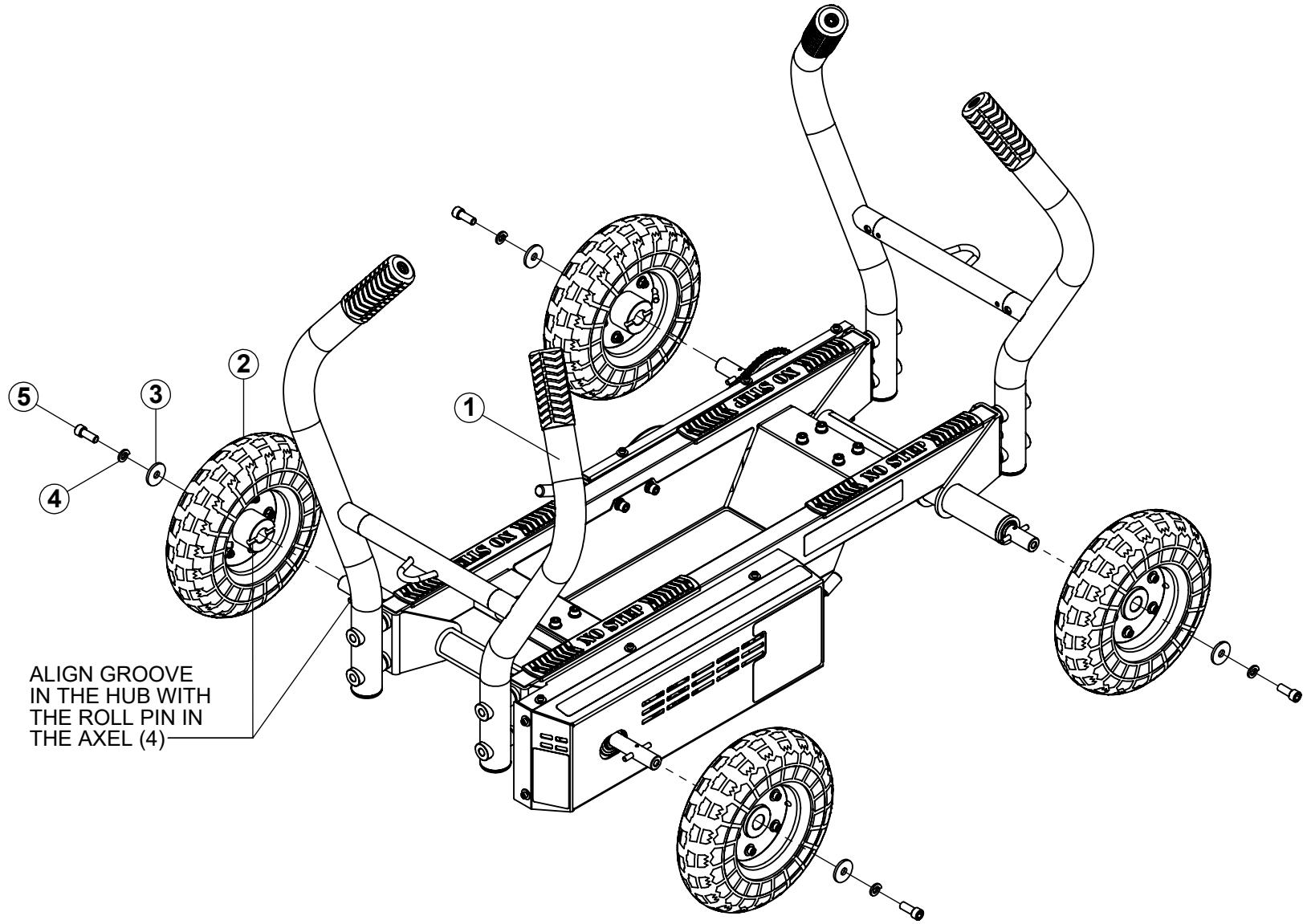
RAIL PULL KIT (OPTIONAL): PAGES 21

INSPECTION & LUBRICATION: PAGE 22

NOTICES: PAGE 23



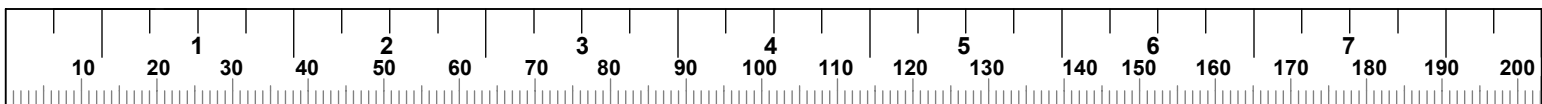
STEP 1



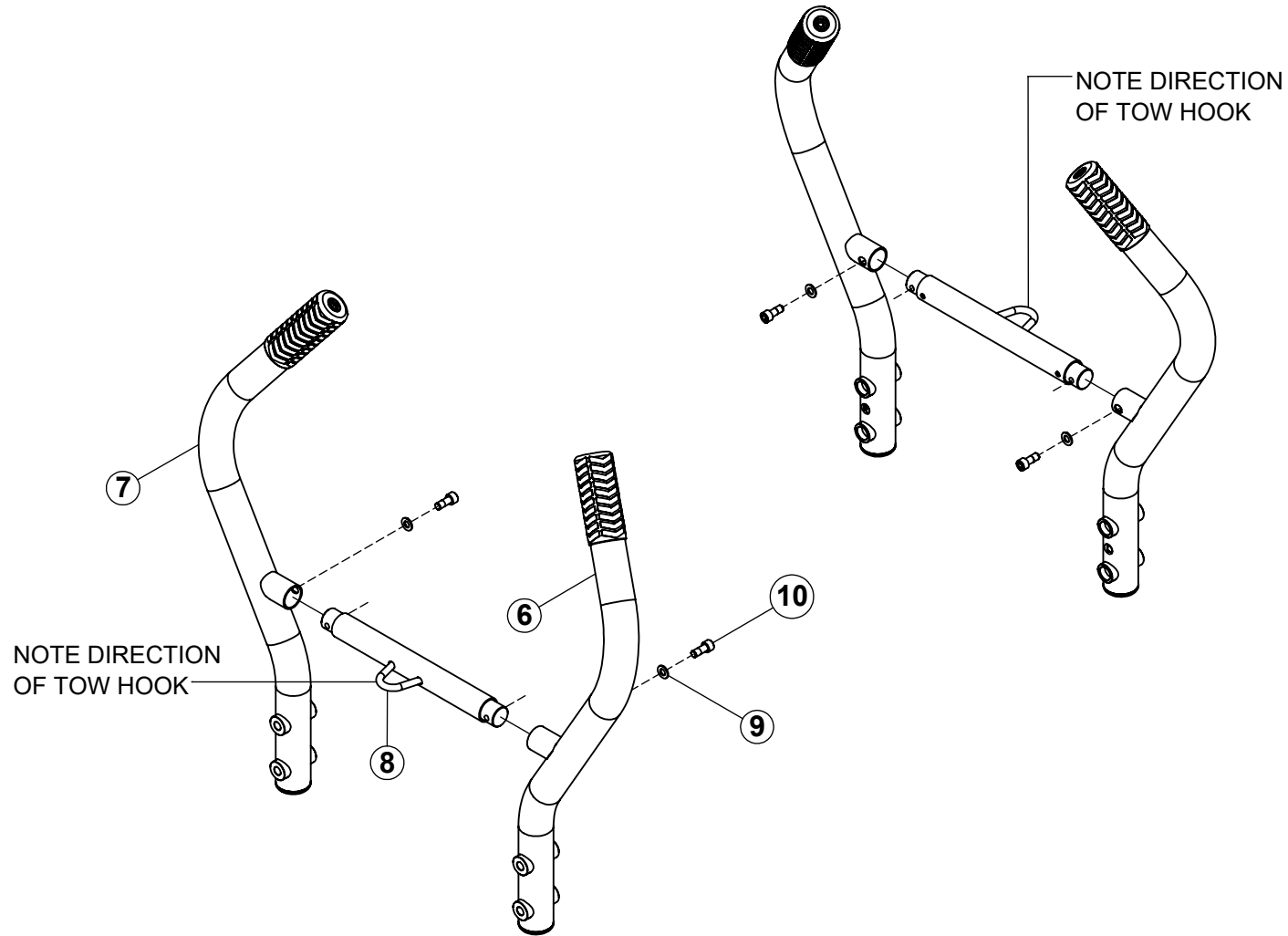
ALIGN GROOVE
IN THE HUB WITH
THE ROLL PIN IN
THE AXEL (4)

NOTE:

SECURELY tighten all bolt connections in this step.

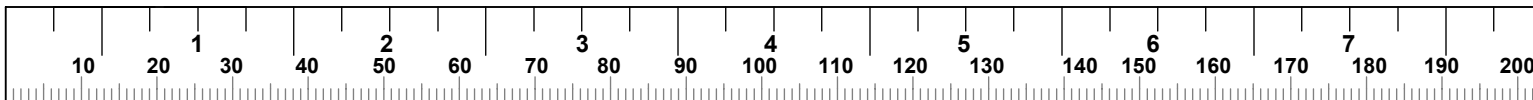


STEP 2

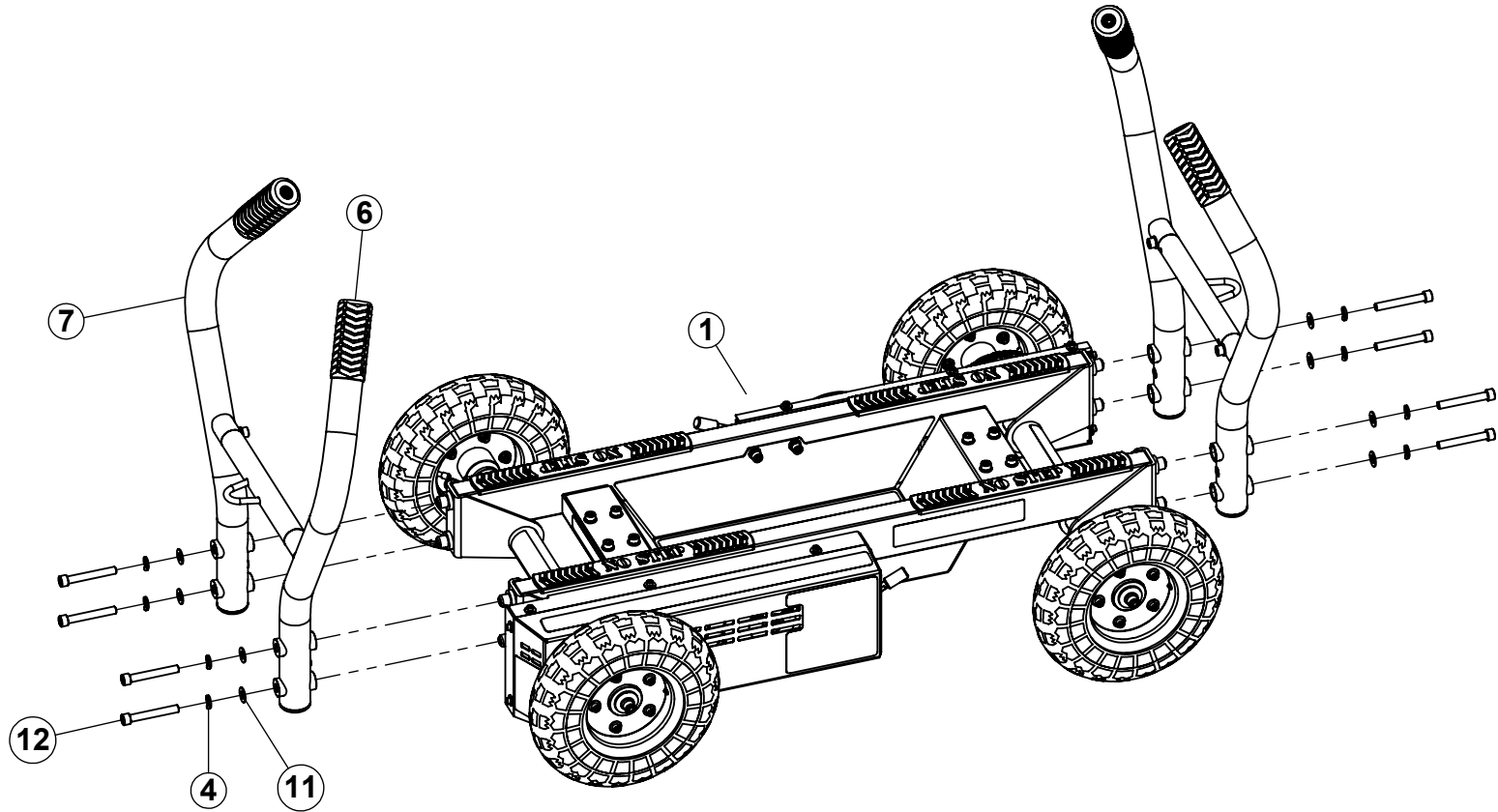


NOTE:

LOOSELY tighten bolt connections in this step.

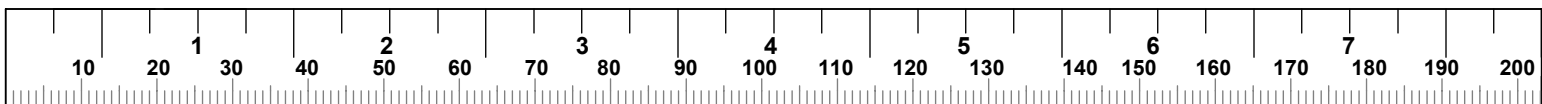


STEP 3

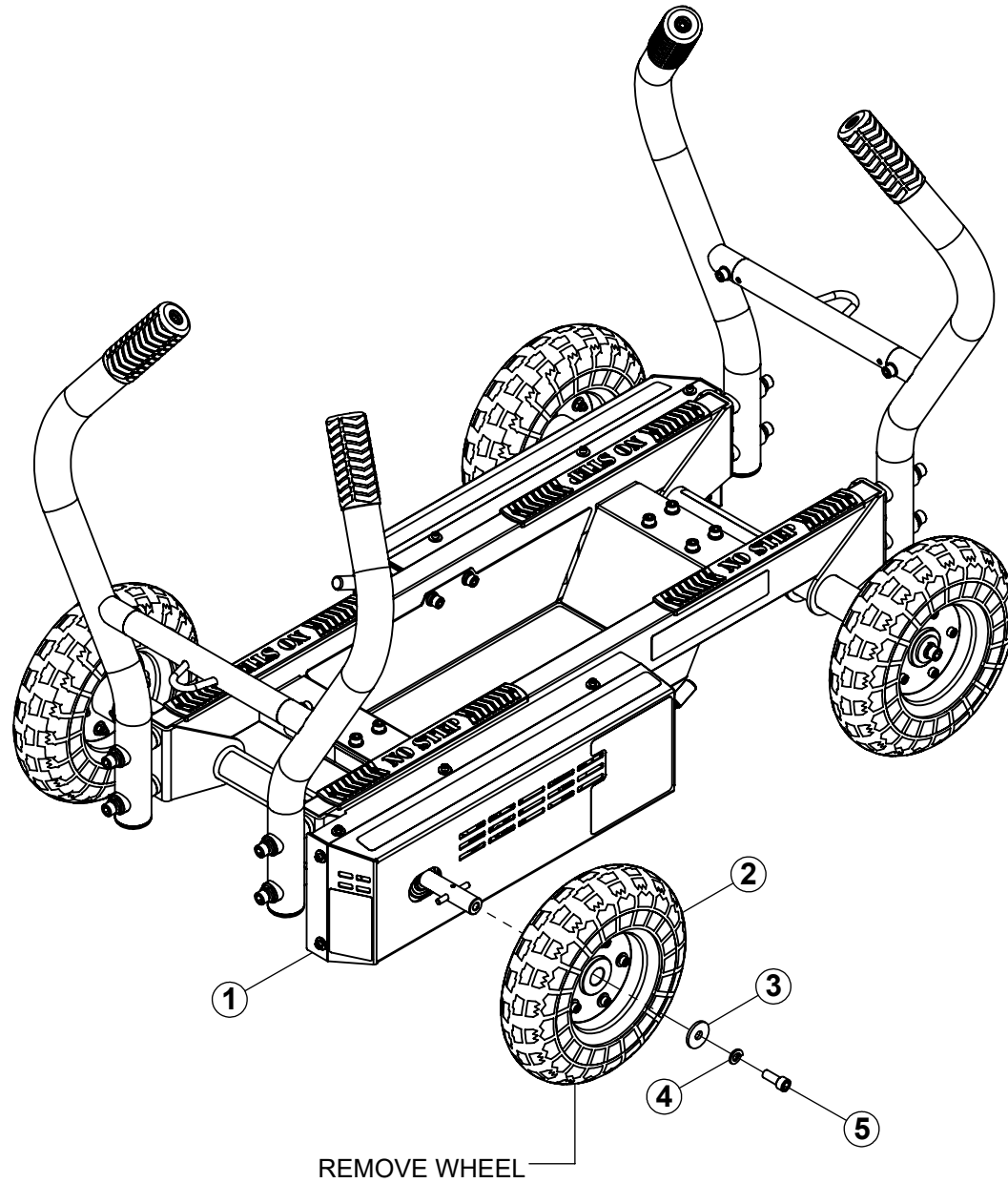


NOTE:

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

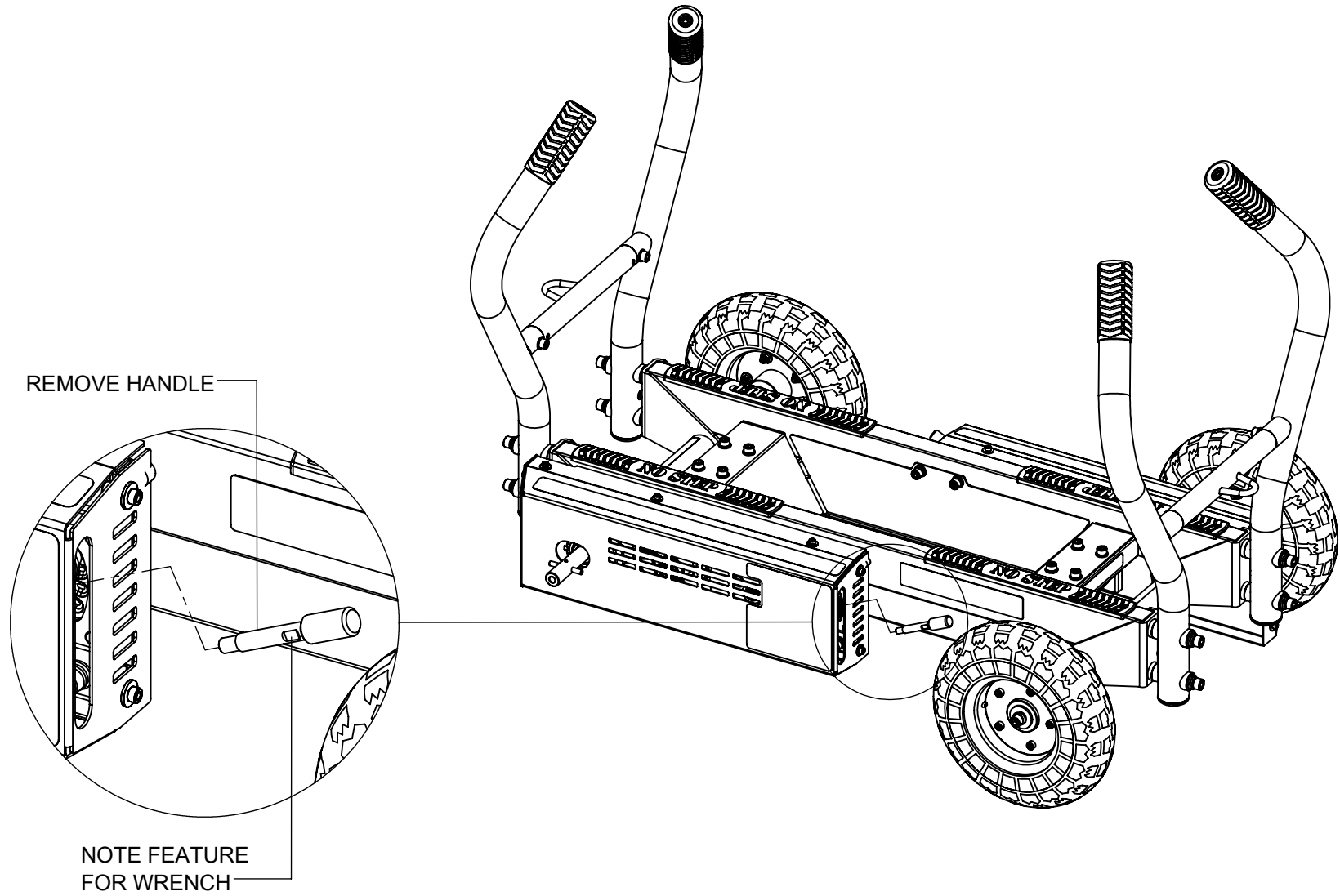


CHAIN AND BELT ADJUSTMENT

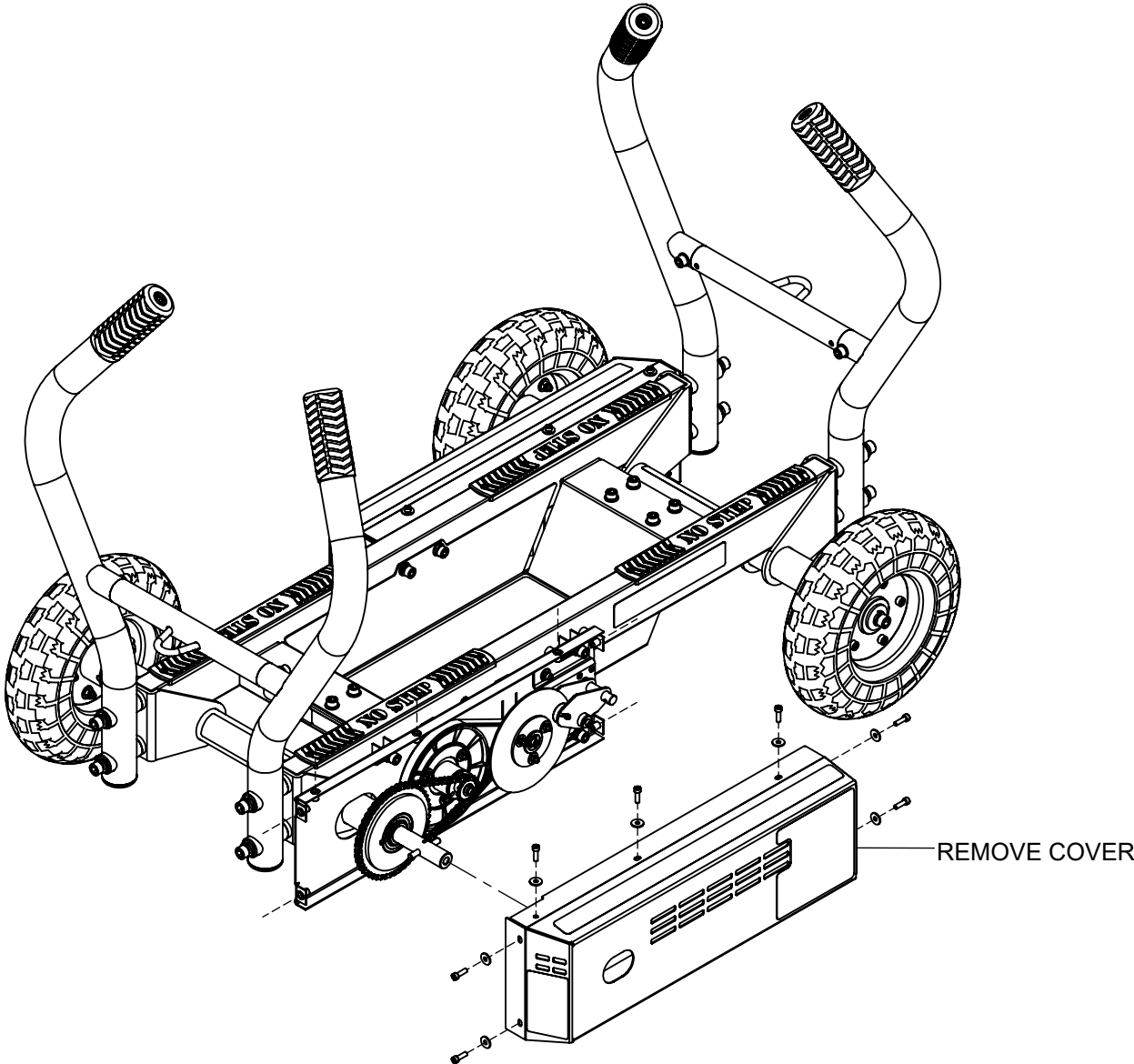


REMOVE WHEEL

CHAIN AND BELT ADJUSTMENT

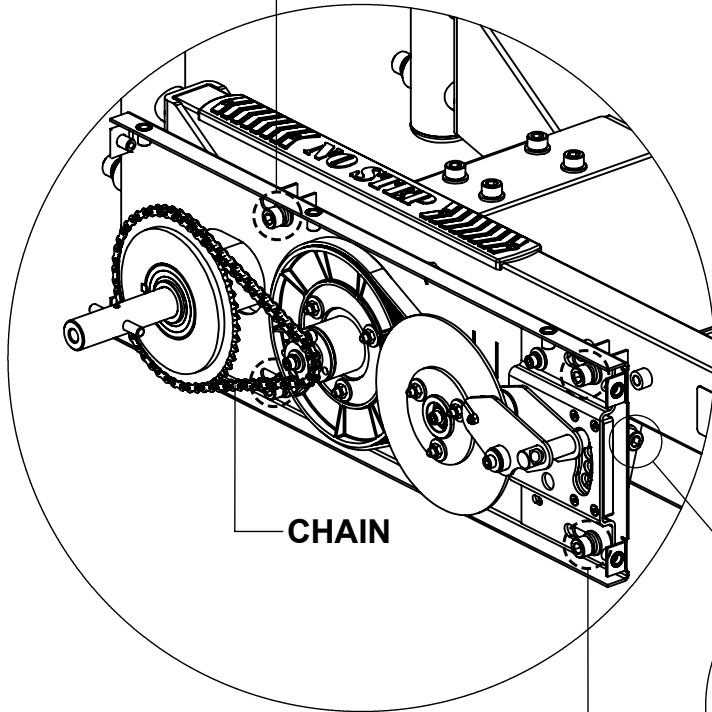


CHAIN AND BELT ADJUSTMENT

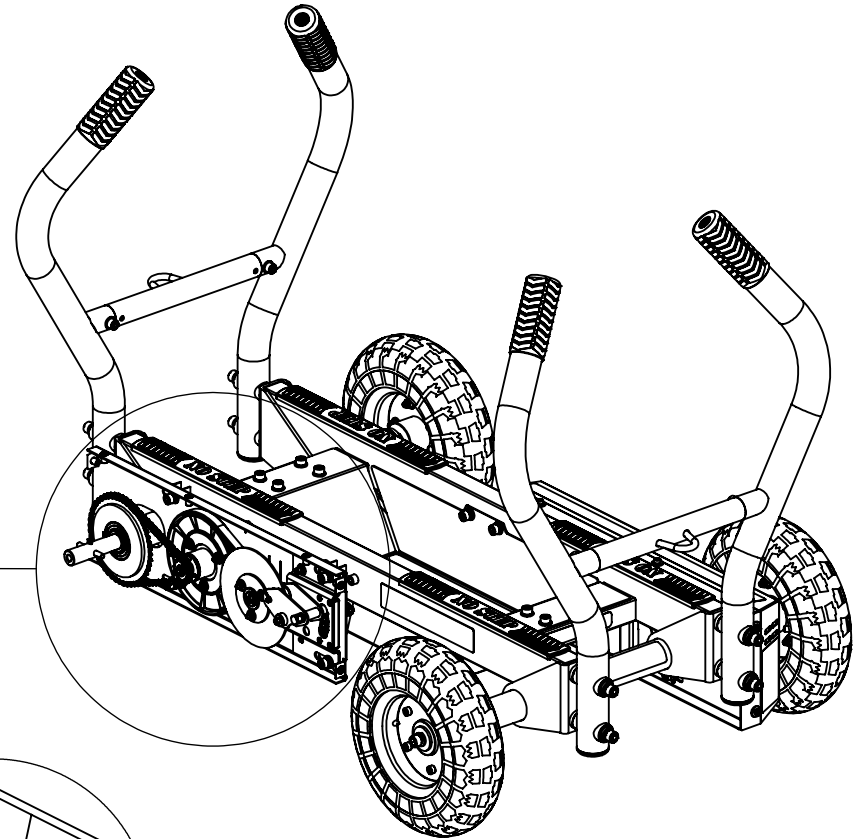


CHAIN ADJUSTMENT

1. LOOSEN FOUR BOLTS (CIRCLED)



3. RETIGHTEN FOUR BOLTS (CIRCLED)

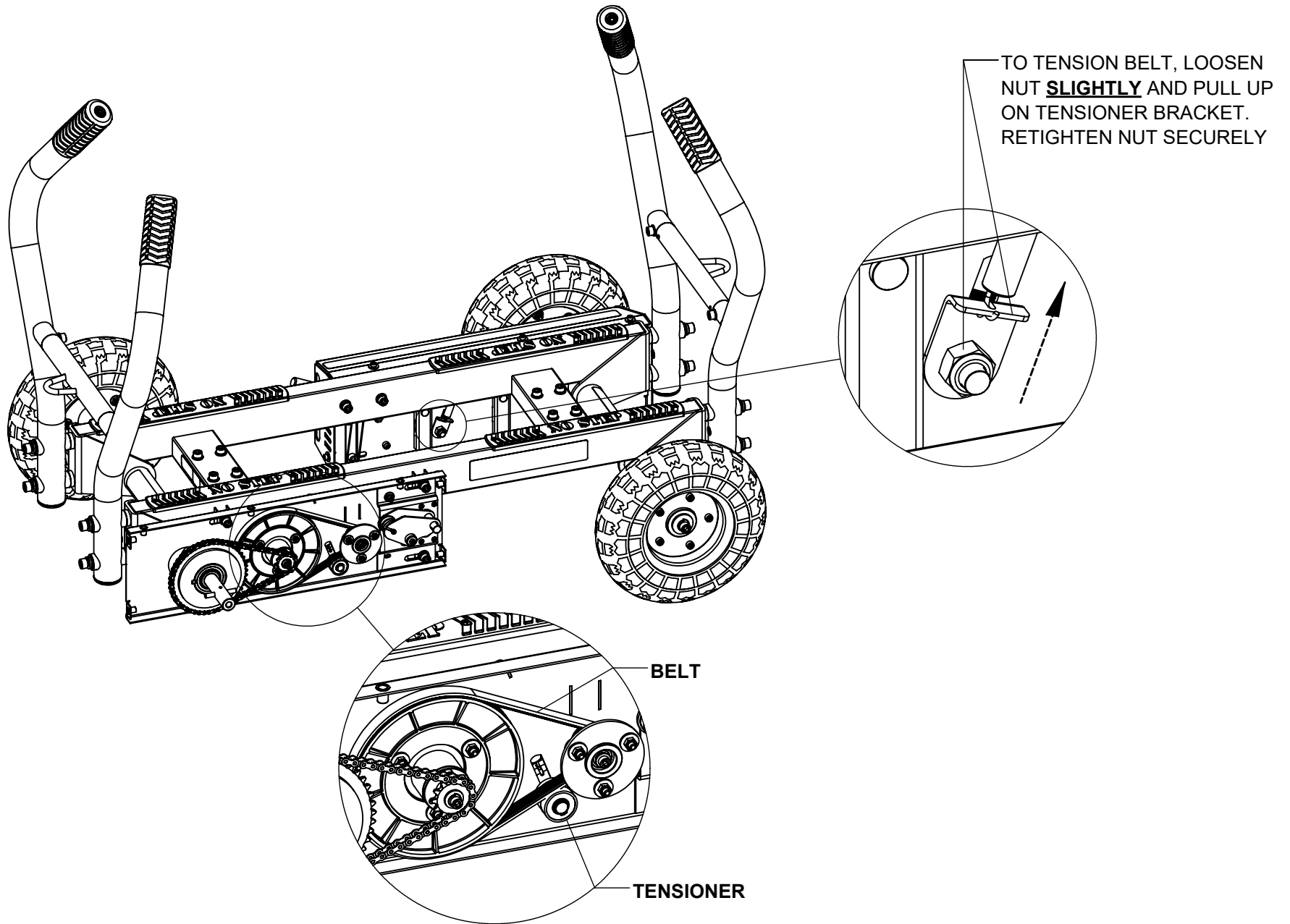


2. TURN BOLT CLOCKWISE TO TIGHTEN CHAIN,
TURN BOLT COUNTER CLOCKWISE TO LOOSEN CHAIN

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.

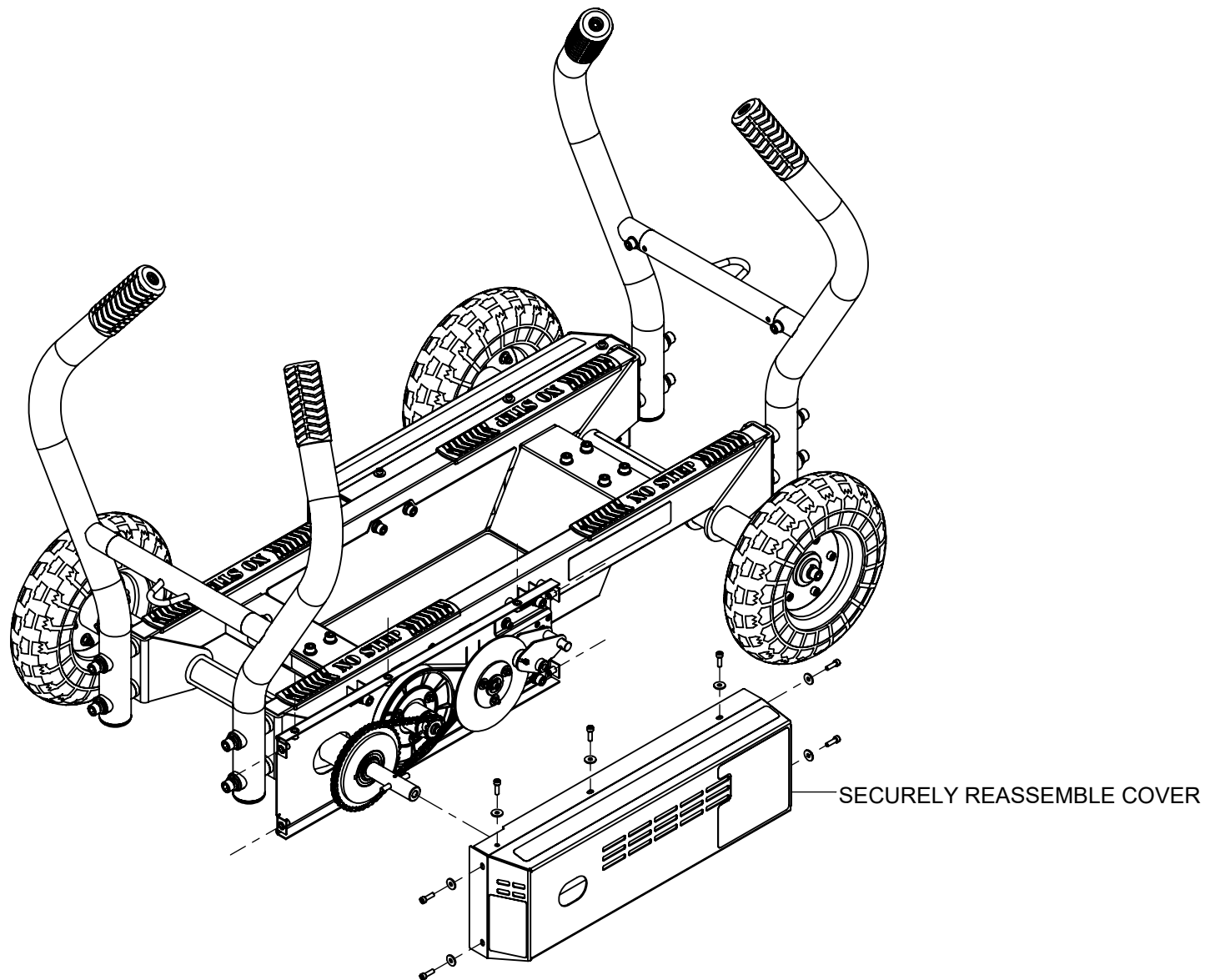
BELT ADJUSTMENT



NOTE:

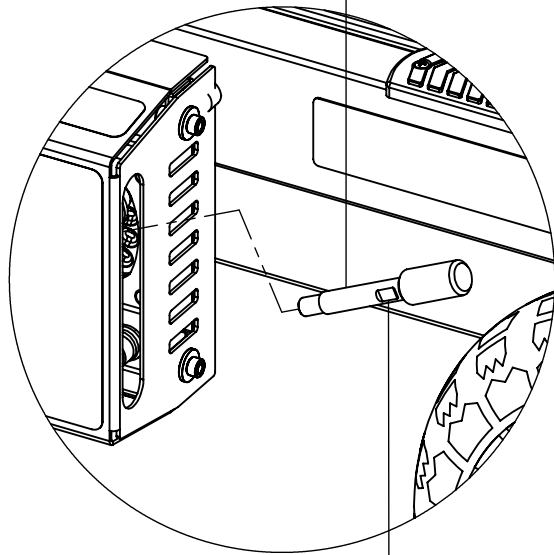
The belt tension on TANK is pre-set at the factory. However, if belt is too loose or starts to slip, then please follow this step.

CHAIN AND BELT ADJUSTMENT

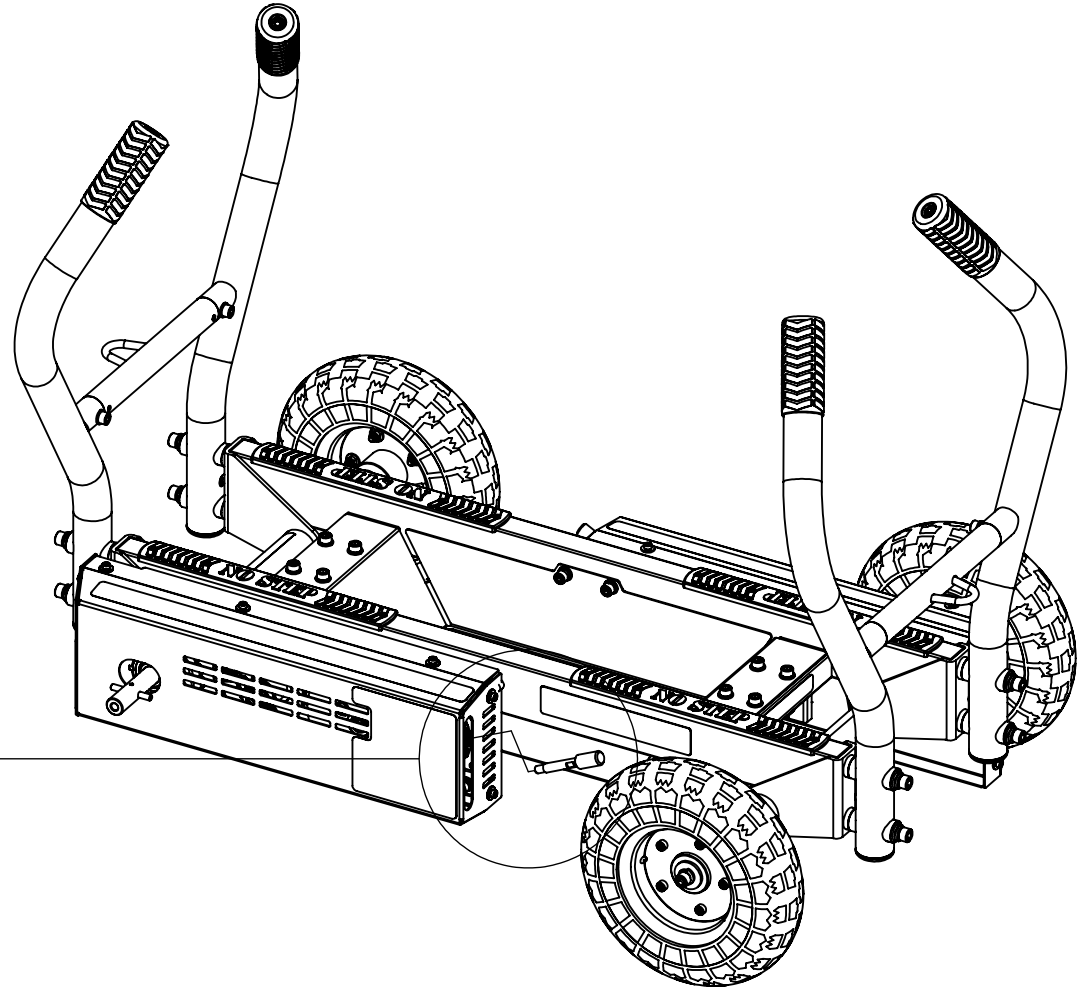


CHAIN AND BELT ADJUSTMENT

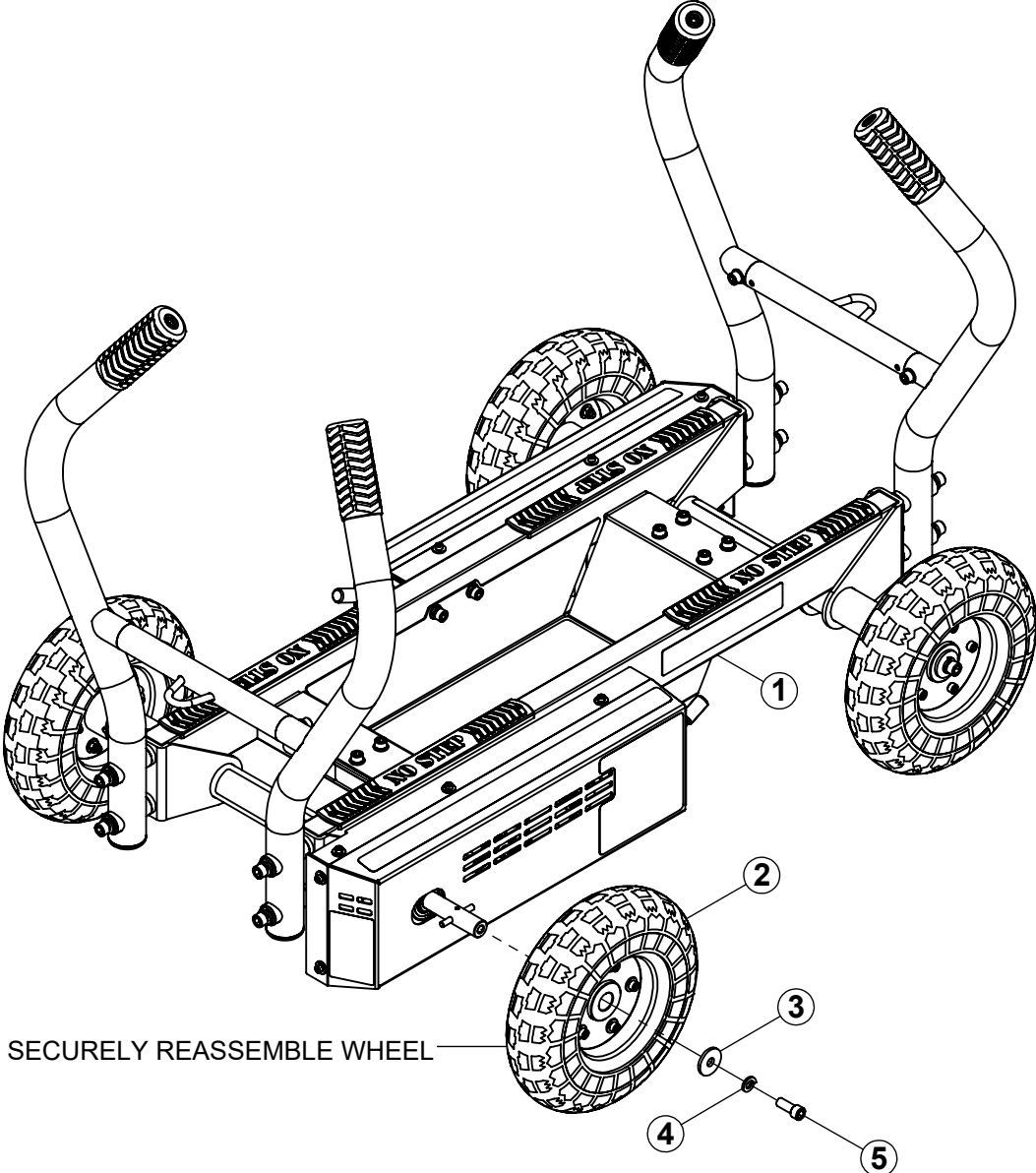
SECURELY
REASSEMBLE HANDLE



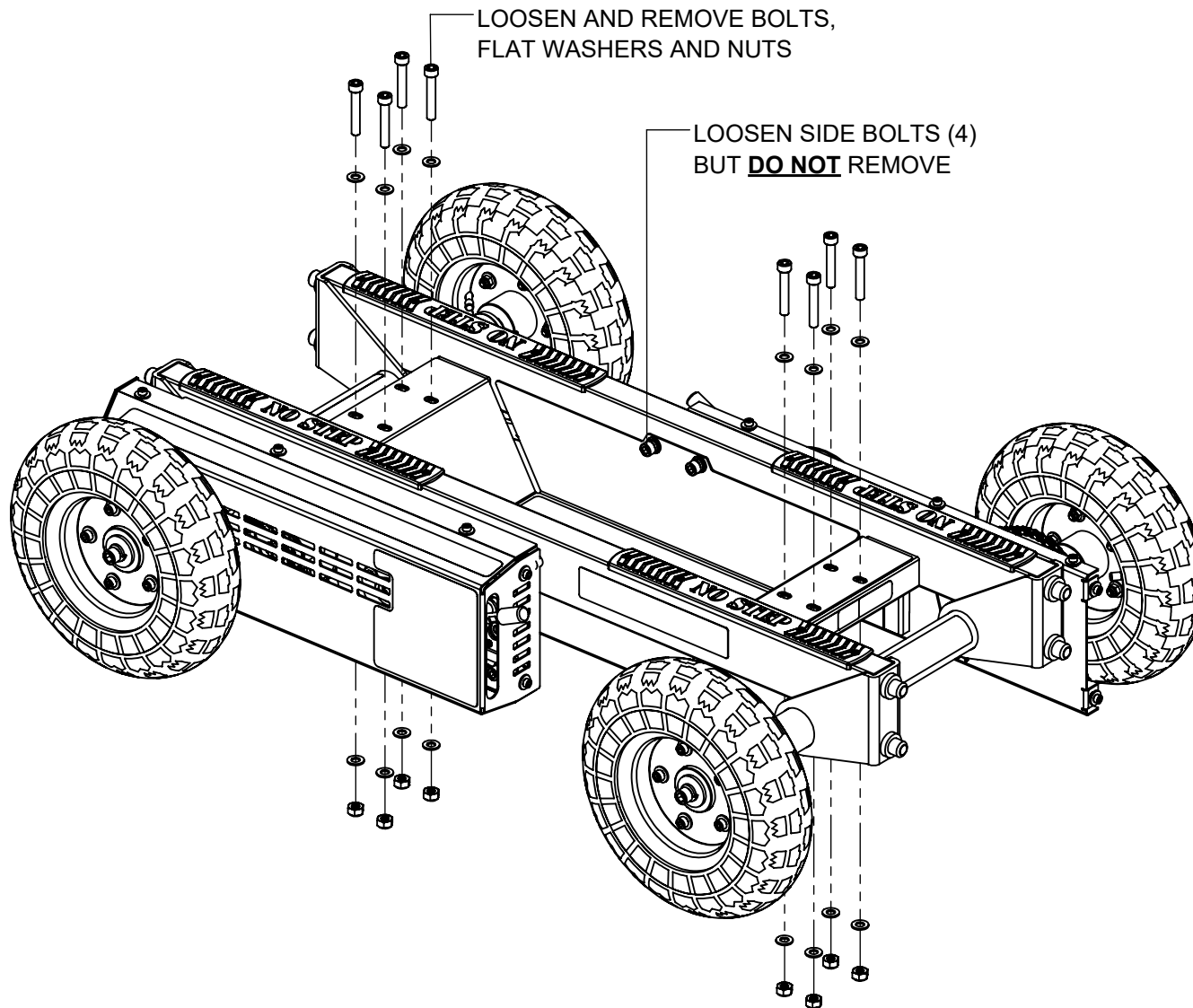
NOTE FEATURE
FOR WRENCH



CHAIN AND BELT ADJUSTMENTS



**XTWHK
WEIGHT HORN KIT (OPTIONAL)**

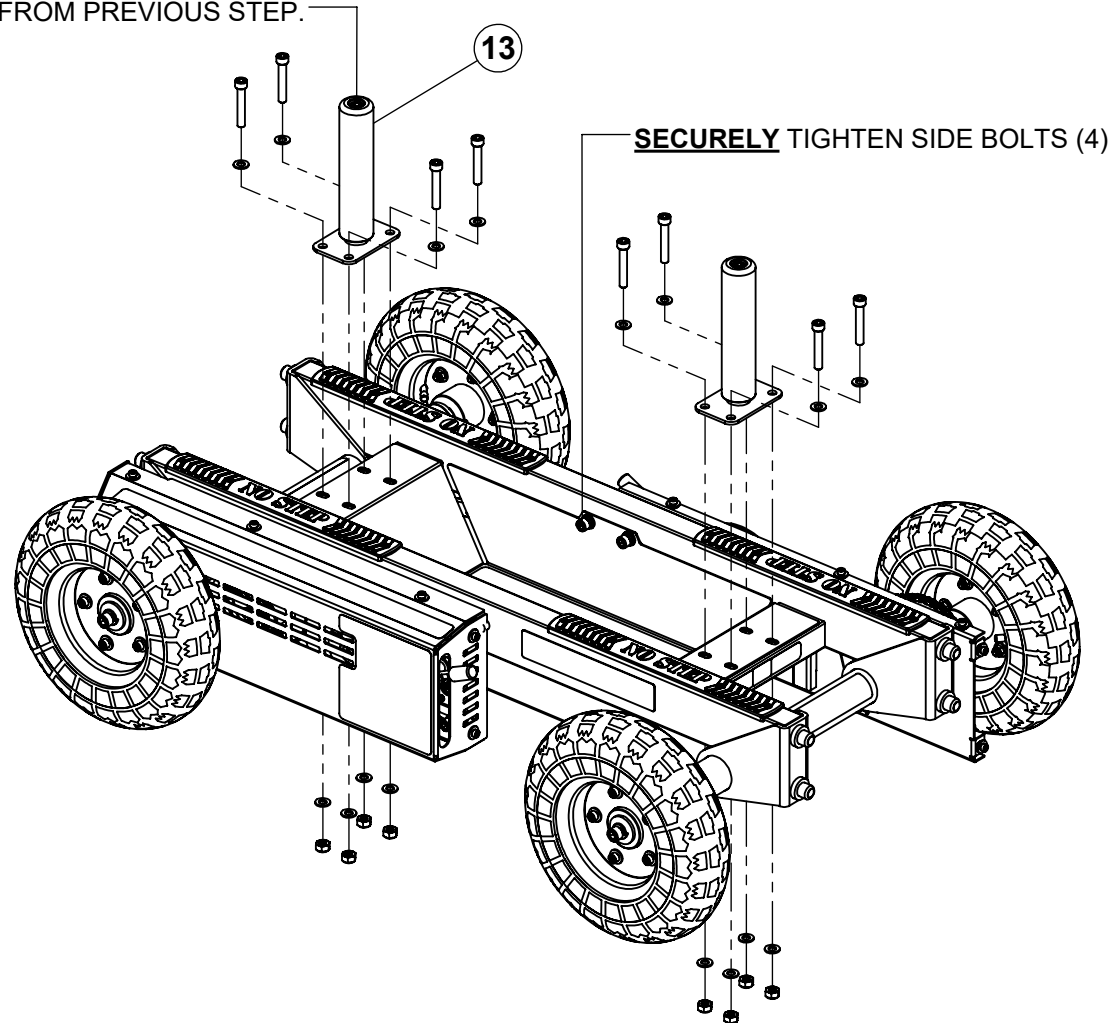


NOTE:

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.

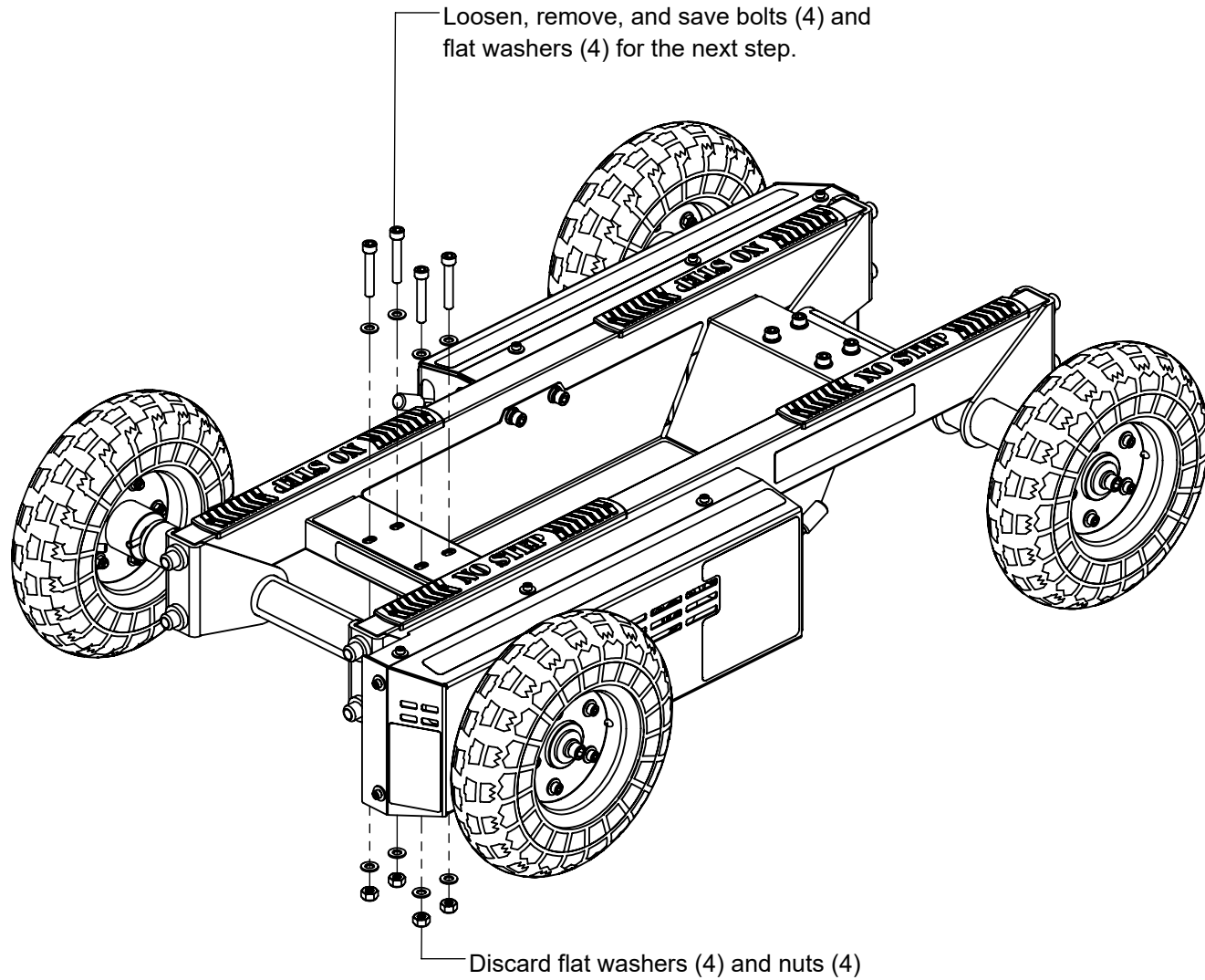


NOTE:

SECURELY tighten all bolt connections in this step.

Handles have been hidden for assembly clarity.

**XTSA
TANK SWIVEL ATTACHMENT (OPTIONAL)**

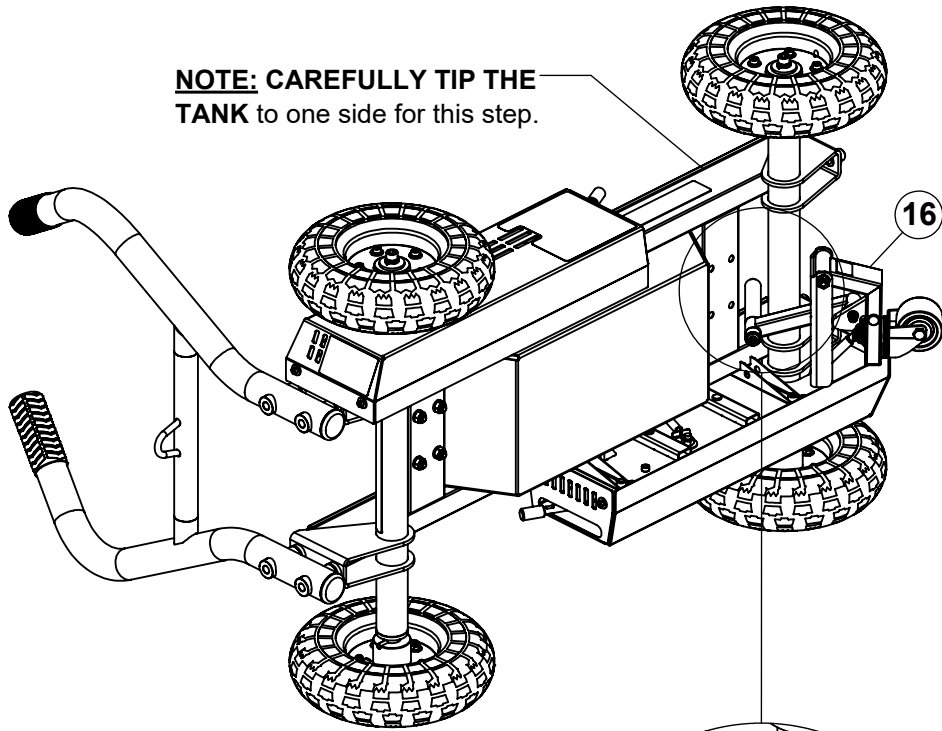


NOTE:

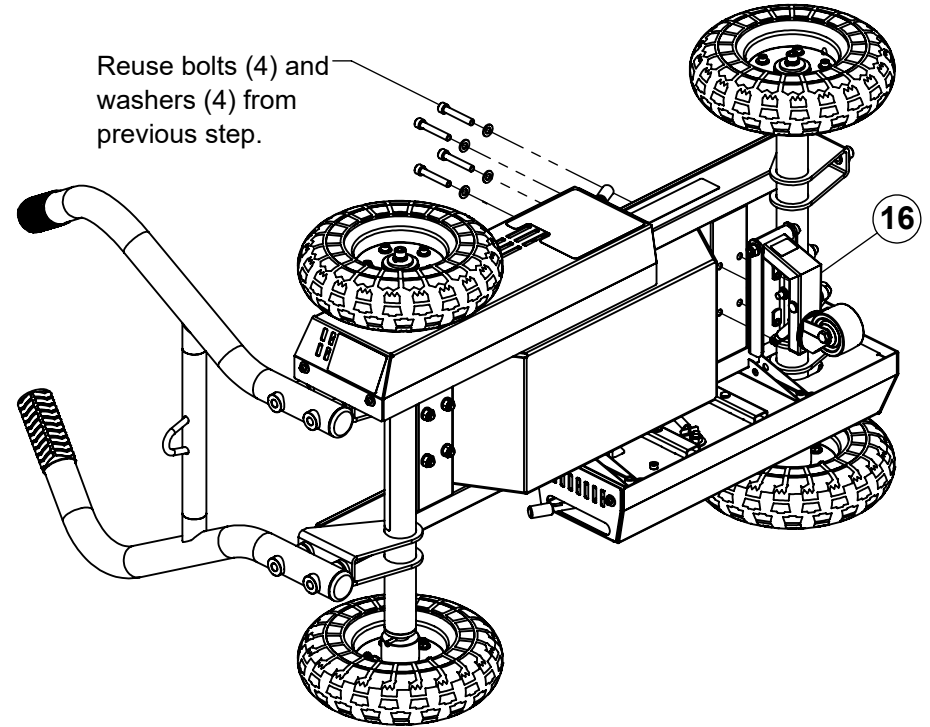
Handles have been hidden for assembly clarity.

XTSA TANK SWIVEL ATTACHMENT (OPTIONAL)

NOTE: CAREFULLY TIP THE TANK to one side for this step.



Reuse bolts (4) and washers (4) from previous step.



TANK FRAME

TANK AXLE

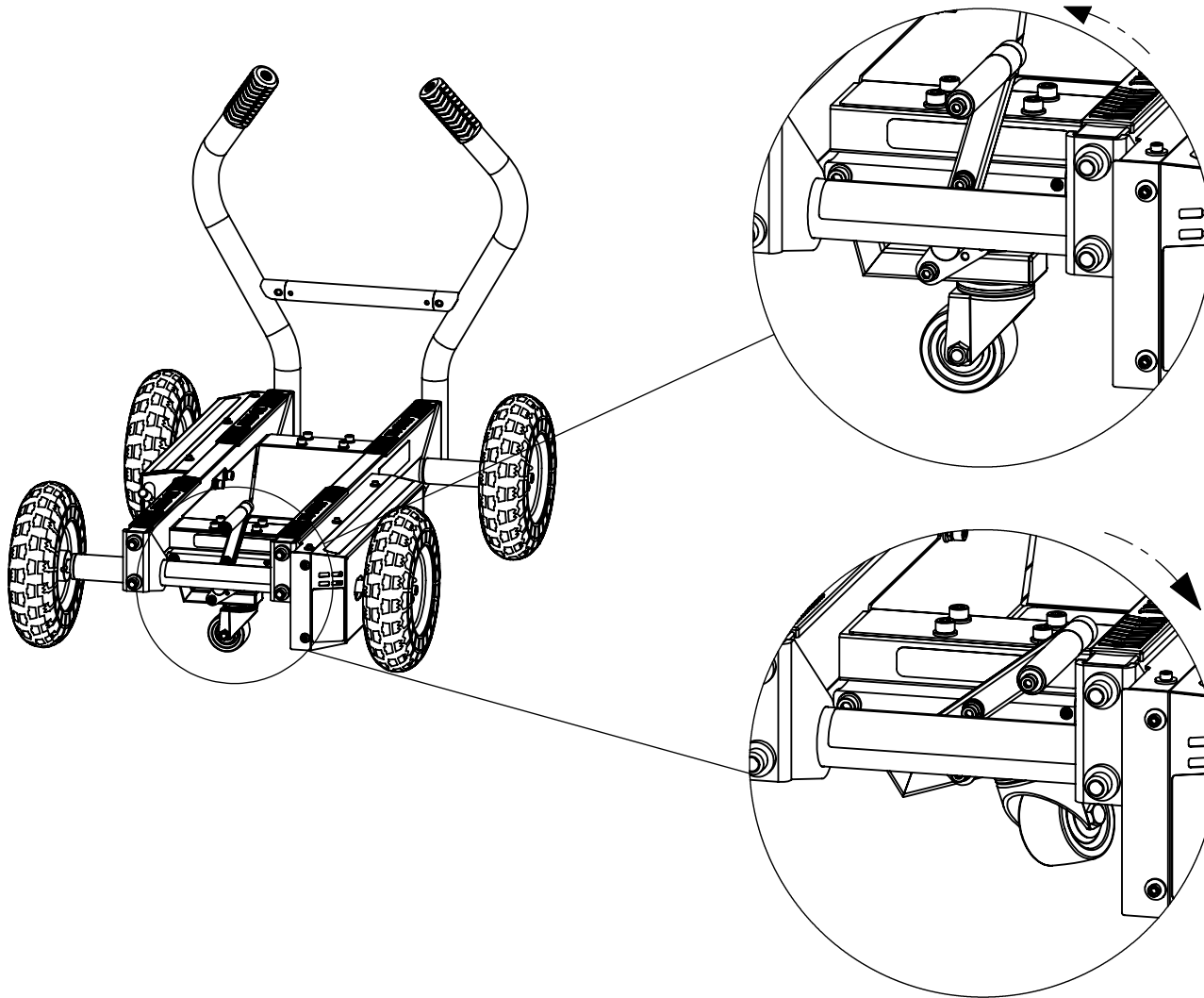
NOTE: Angle Tank swivel attachment so that the handle fits between the axle and frame of the Tank.

NOTE:

SECURELY tighten all bolt connections in this step.

Handles have been hidden for assembly clarity.

XTSA TANK SWIVEL ATTACHMENT (OPTIONAL)



NOTE

To engage Tank Swivel, Lift up on handle.

The Tank Swivel Attachment allows for improved steering and turning between exercises. **DO NOT TRAIN OR EXERCISE WITH THE SWIVEL ENGAGED.**

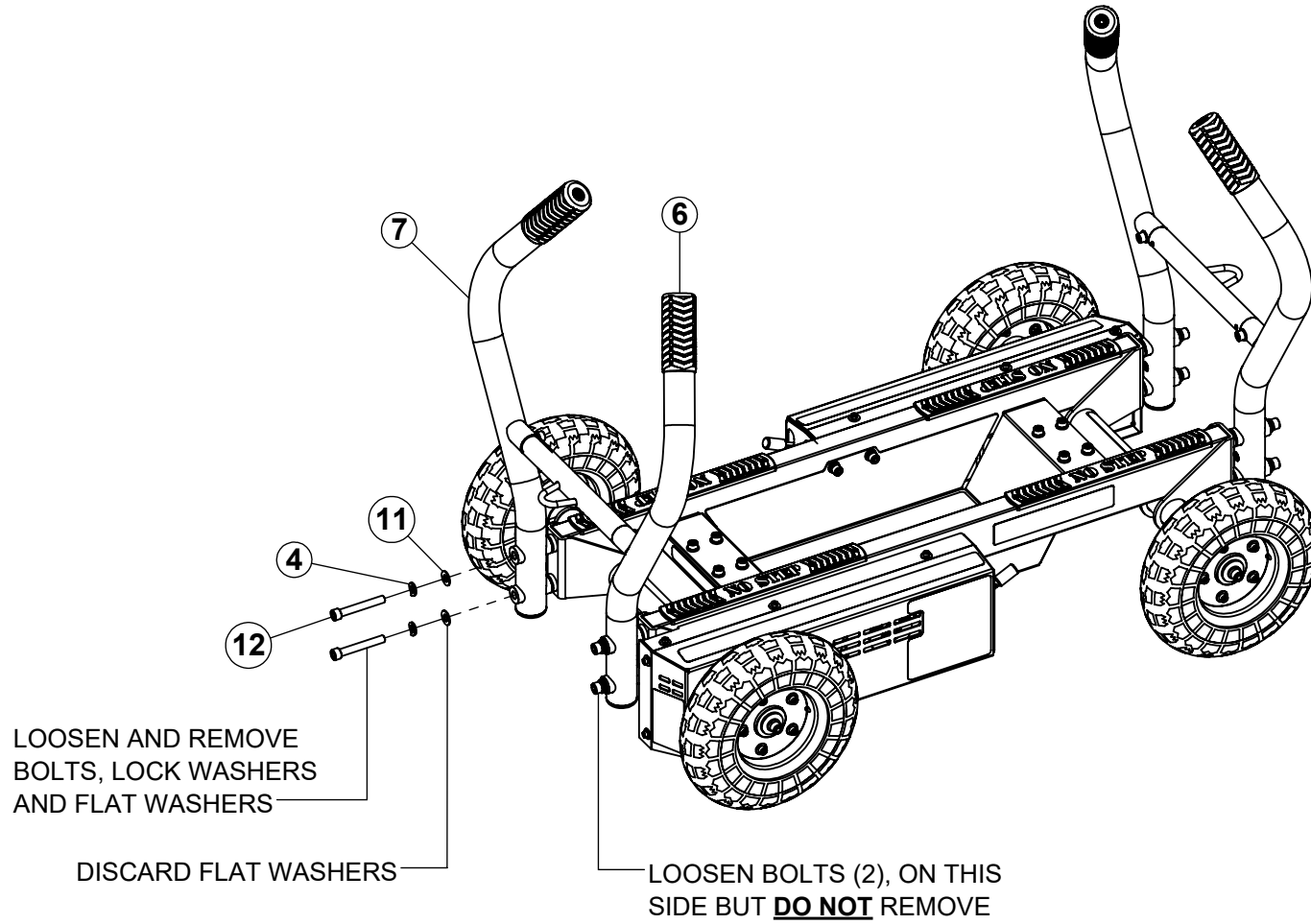
NOTE

To disengage Tank Swivel, press down on handle.

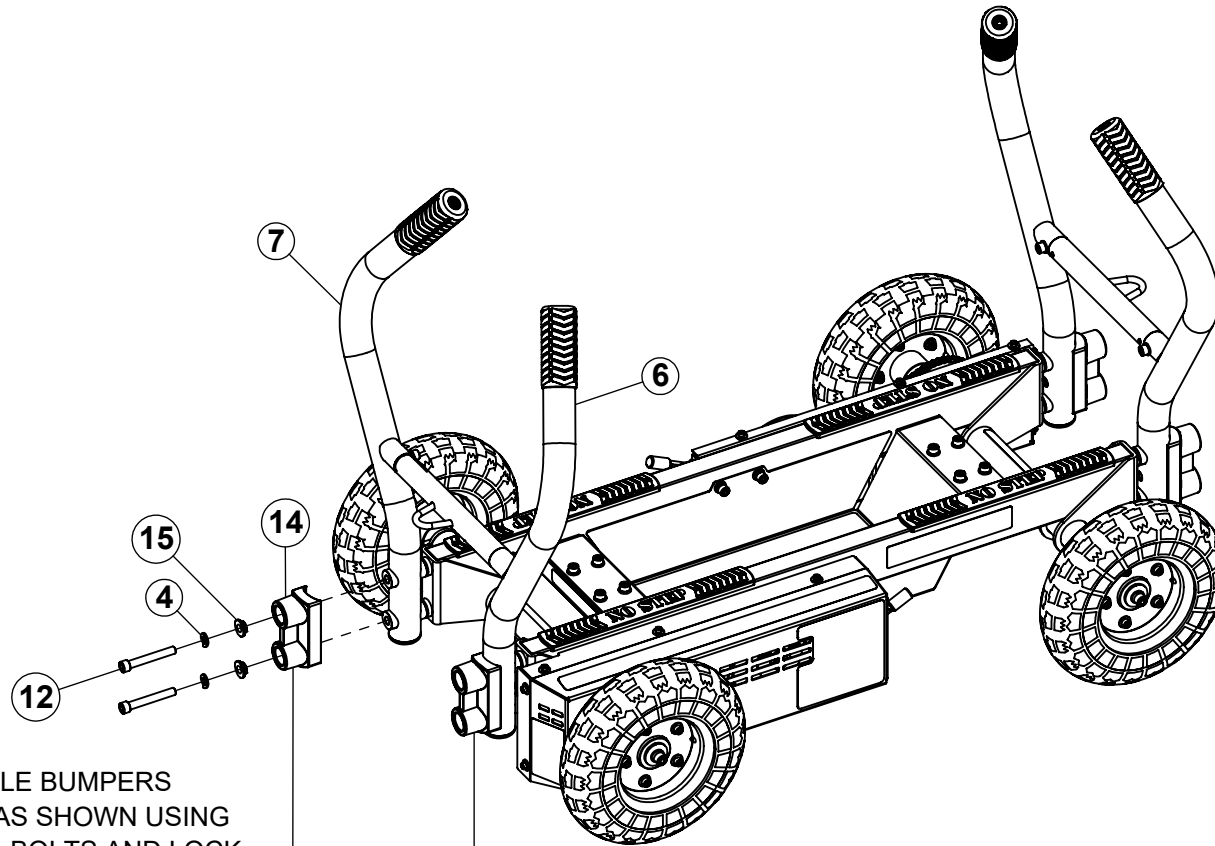
NOTE:

Handles have been hidden for assembly clarity.

**XTBK
TANK BUMPER KIT (OPTIONAL)**



**XTBK
TANK BUMPER KIT (OPTIONAL)**



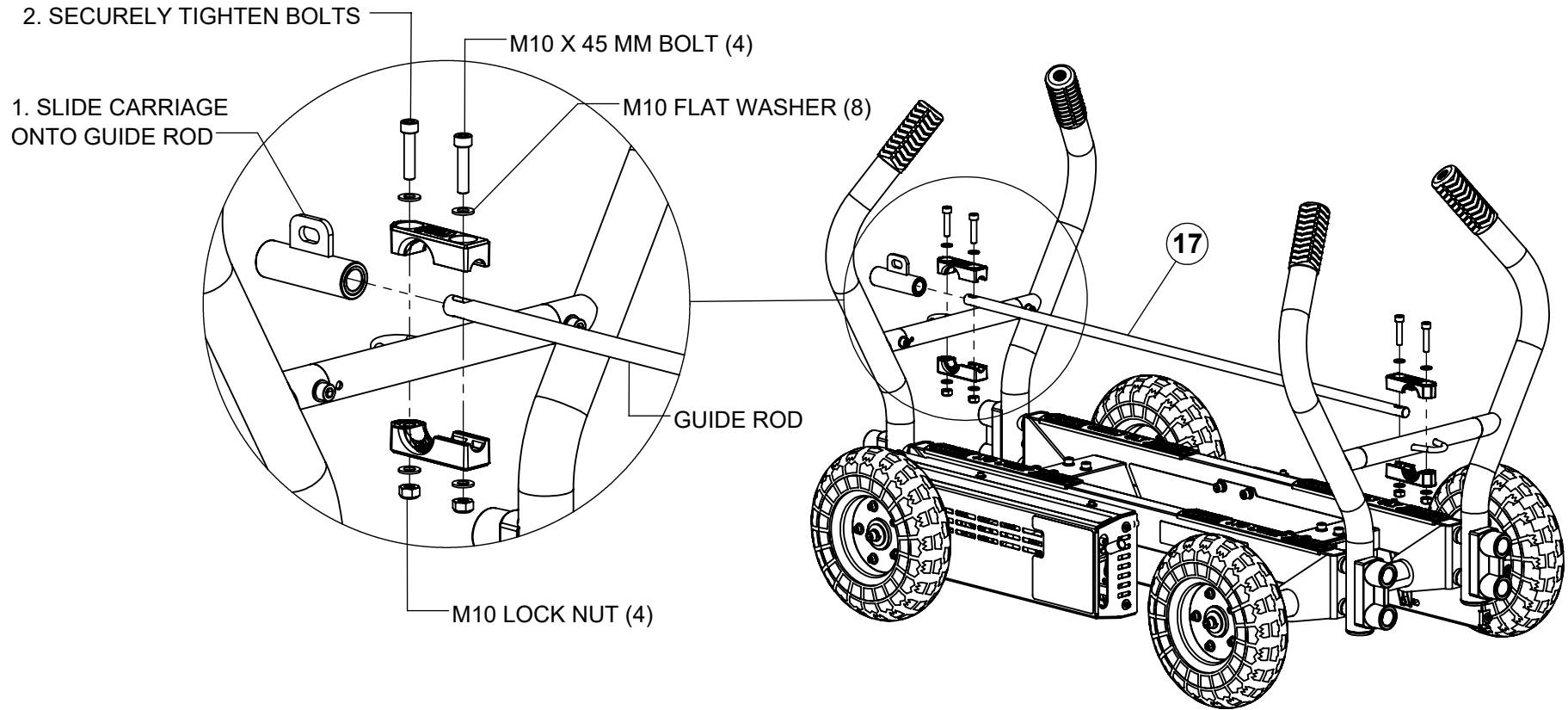
LOOSELY ASSEMBLE BUMPERS TO THE HANDLES AS SHOWN USING FLANGE SPACERS, BOLTS AND LOCK WASHERS FROM PREVIOUS STEP

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.

RPK
RAIL PULL KIT (OPTIONAL)



NOTE:

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.

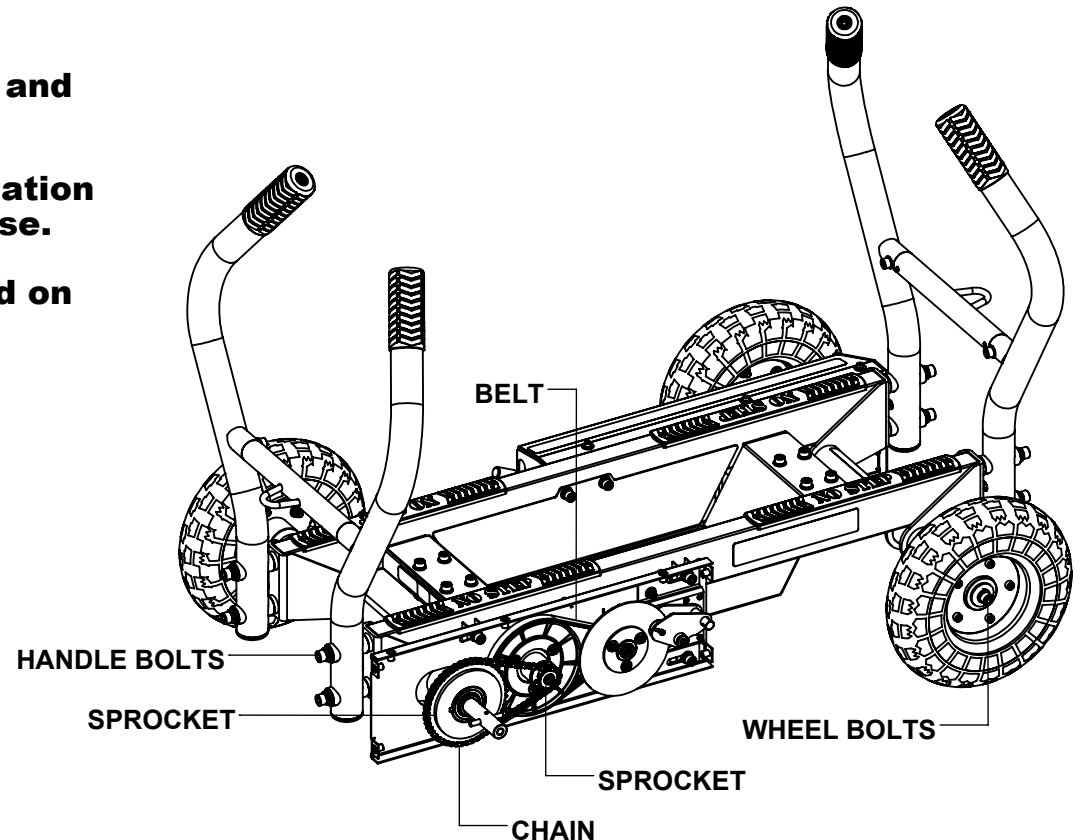
Once a month, check that the chain and sprockets are clean, free of rust, dust and grime. Make sure that the chain is properly lubricated. If chain is loose, retighten chain as outlined on page 9.

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.

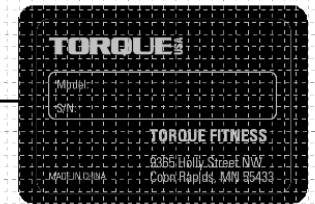
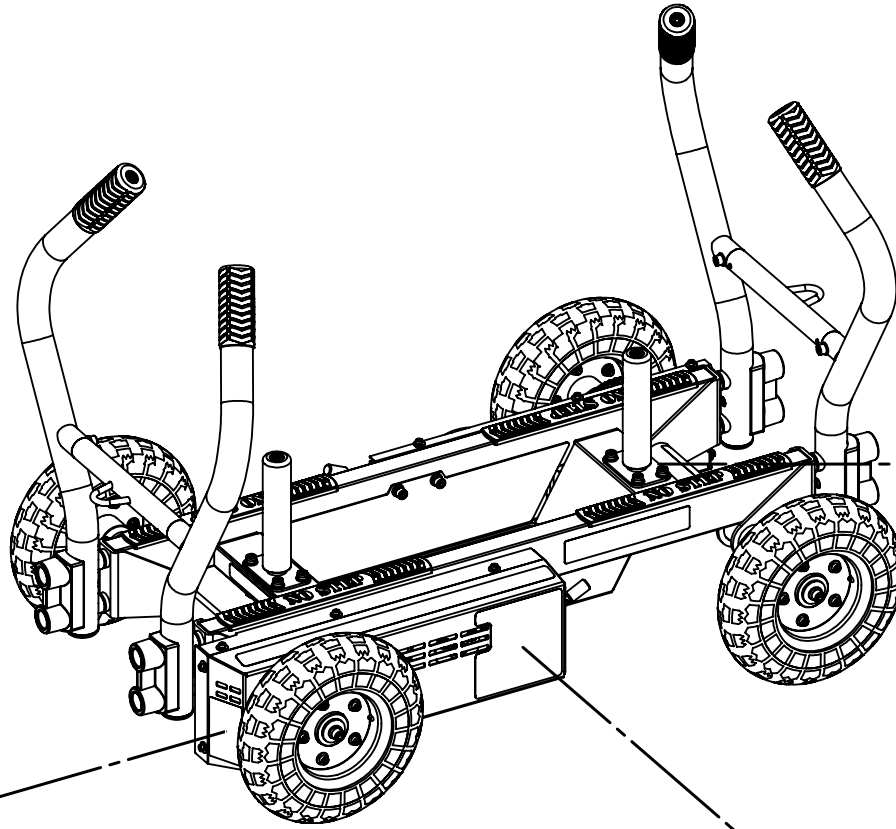
LUBRICATION:

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



WARNING
 Always watch eye position and posture, correct your physical posture, Machine contains moving parts. To additionaly keep children and pets out of the exercise area. Keep hands and feet clear during use. Review and follow all warnings and instructions in the user manual and publications. Report all label information if damaged or unreadable.

WARNING
 Oprez! Sveklo vreme i drugo pogrešno upotrebu može dovesti do povreda. Uvek gledajte na položaj očiju i držanje. Mašina sadrži pokretna delova. Da bi dodatno izbegli da deca i životinje uđu u područje vežbanja, držite ruke i noge dalje od mašine tokom korišćenja. Pregledajte i sledite sve uputstva u korisničkom priručniku i publikacijama. Prijavite sve informacije o šteti na nalepnici ako je oštećena ili nečitljiva.

AVERTISSEMENT
 Assurez-vous d'un programme d'exercices, surveillez votre posture physique. La machine comporte des pièces mobiles. Pour éviter les blessures, gardez les mains et les pieds éloignés de la machine pendant l'utilisation. Consultez et suivez toutes les instructions de sécurité dans le manuel de l'utilisateur et les publications. Signalez toute information de dommage ou de non-lisibilité de l'étiquette.

ADVERTÊNCIA!
 Sempre use o tempo e a postura corretos de exercício, mantenha a postura física. O equipamento possui partes móveis. Para evitar lesões, mantenha as mãos e os pés afastados da máquina durante o uso. Consulte e siga todas as instruções de segurança no manual do usuário e nas publicações. Informe qualquer dano ou informação de danificação da etiqueta se estiver danificada ou ilegível.

