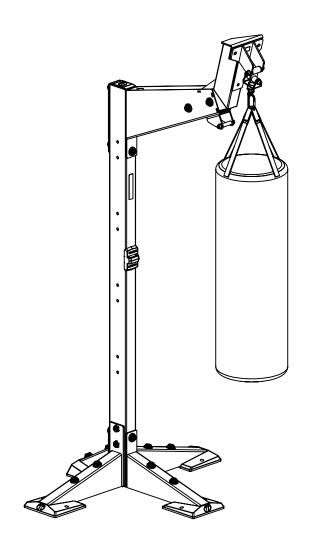
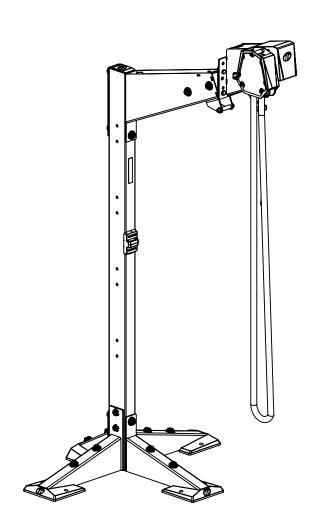
## **XCREATE SINGLE STATION ASSEMBLY GUIDE**

VERSION: XCW-HBS, XC2SC-HBS, XCW-XERT, XC2SC-XERT PART#: 5888701-A







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## **WARNING!**

#### **OVERVIEW AND TOOLS REQUIRED**

X-CREATE Systems can be customized in countless ways. This manual provides instructions for assembling base units, module options and attachment options.

Not all modules or attachments are detailed in this assembly guide. For further instruction on these, reference the XCREATE WALL SPACE and XCREATE CENTER SPACE manuals for the particular module or attachment instructions.

If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact www.sales@torquefitness.com or call (763) 754-7533

#### **NOTE:**

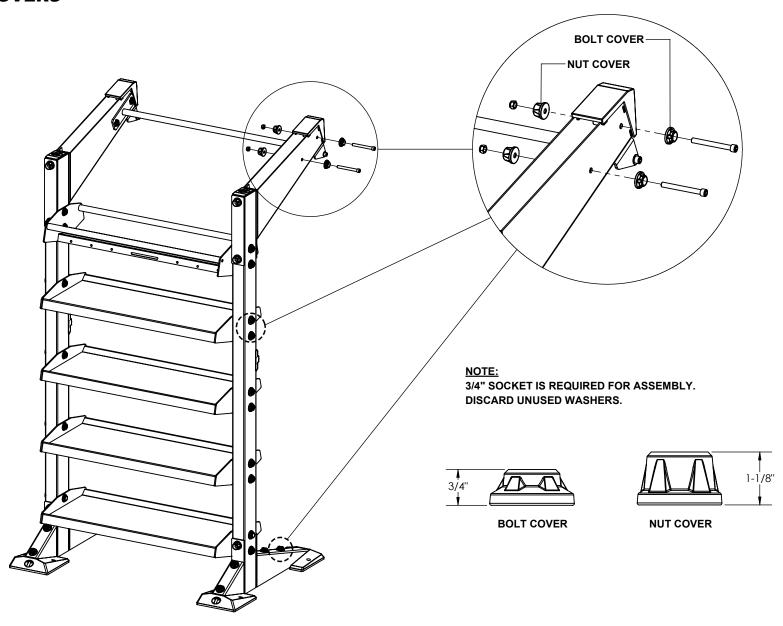
When assembling any X-CREATE System that is longer than one module wide, the hardware will be shared between two side by side modules and pull-up bars. It is recommended to keep all bolt connections loose until the base system and all of the module stations have been assembled. Securely tighten all frame connections at this time, and then proceed to the attachment options. Attachment options can be securely tightened as they are assembled.

#### **TOOLS FOR ASSEMBLY:**

- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET

## **WARNING!**

#### **HARDWARE COVERS**

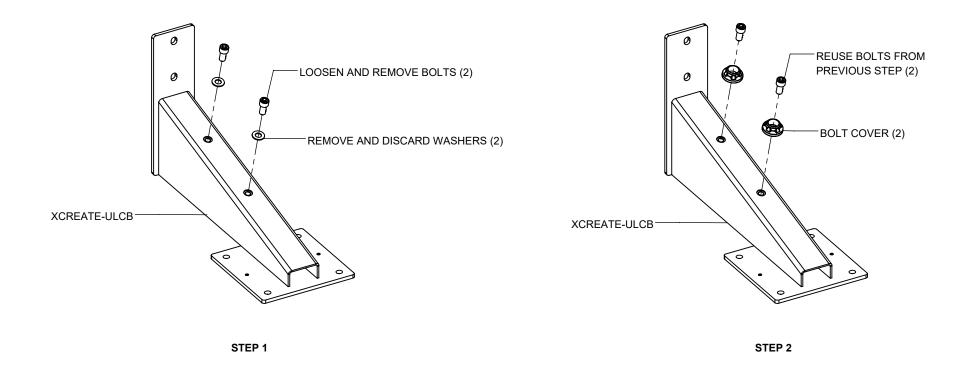


#### **IMPORTANT NOTICE ABOUT HARDWARE COVERS:**

The bolt and nut covers **may not fit all assembly applications**.

Use the flat washers included when shown in this guide.

#### BASE HARDWARE COVERS - UPRIGHT LOWER CROSS BRACES

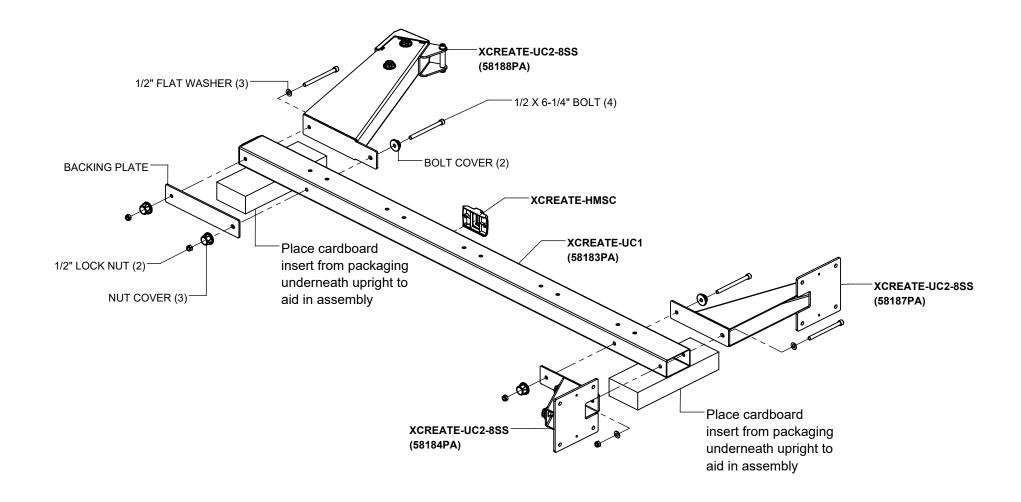


#### **NOTE:**

Bolt and Nut Covers come standard with the XCREATE-U-8SS and XCREATE-U-8DS. Use the bolt covers that come packaged with the upright in this step.

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

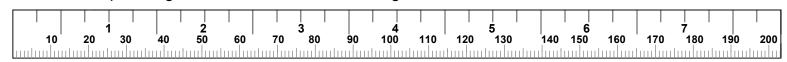
Repeat steps for both sides of the base.

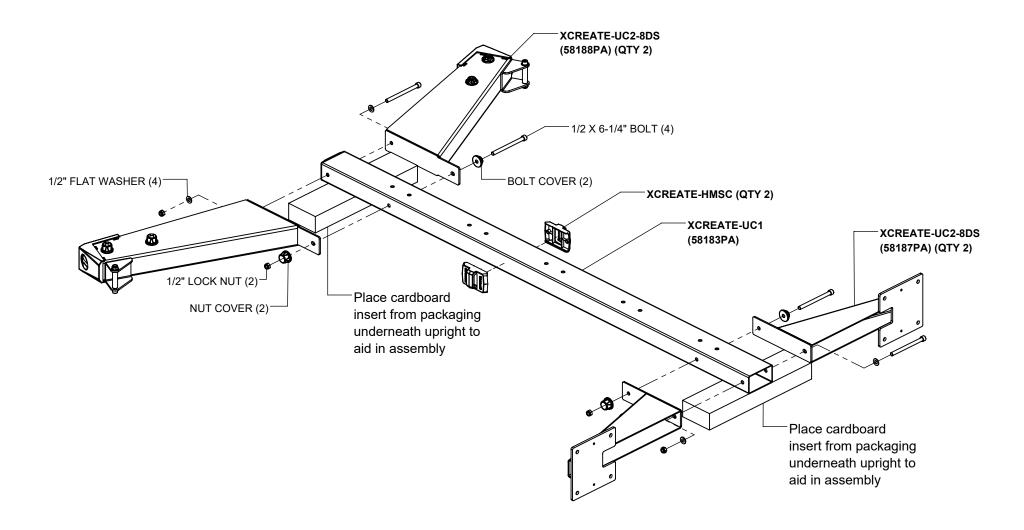


This step requires two people to assemble. Please get help.

Assemble the UPRIGHT on the floor.

Assemble all parts together first, then **SECURELY** tighten all bolt connections.

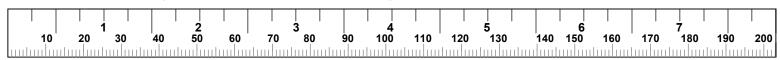




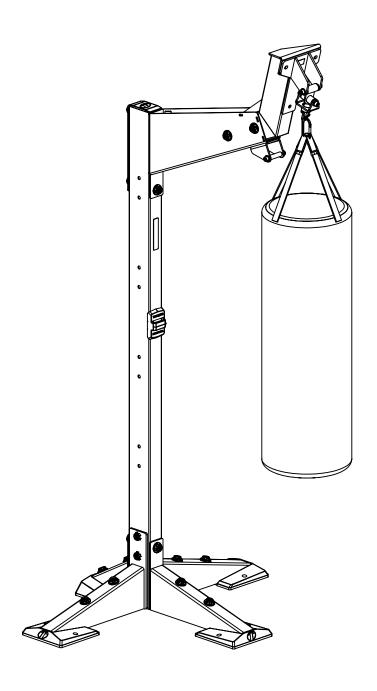
This step requires two people to assemble. Please get help.

Assemble the UPRIGHT on the floor.

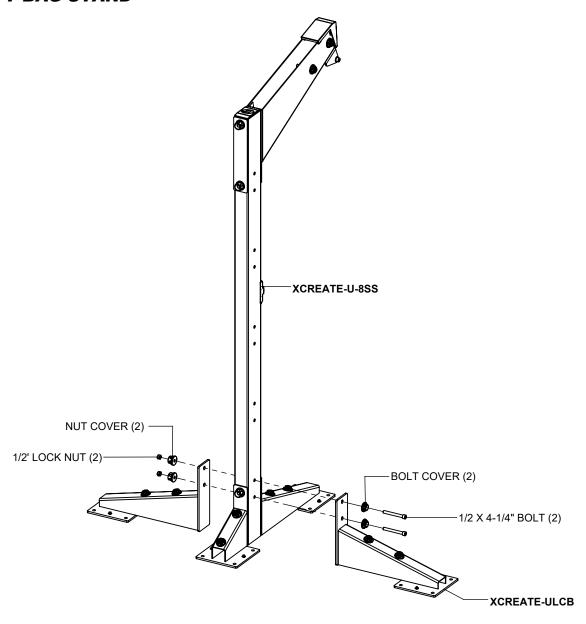
Assemble all parts together first, then **SECURELY** tighten all bolt connections.



#### **XCREATE WALL - HEAVY BAG STAND**

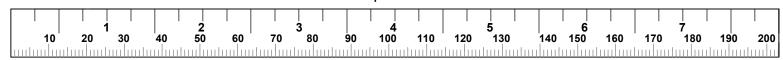


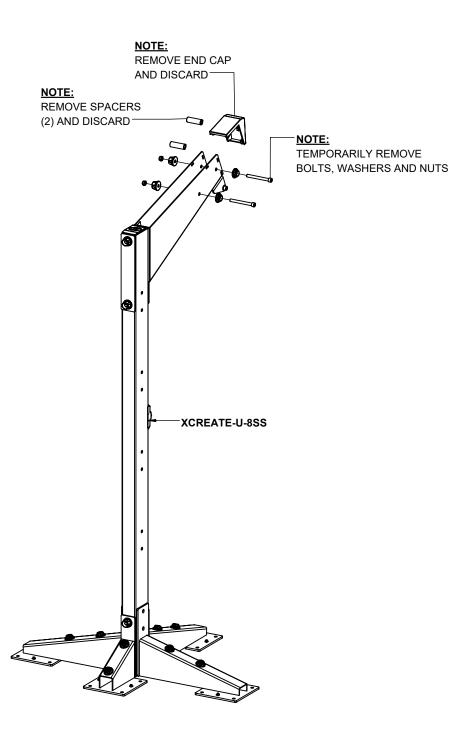
# XCW-HBS - STEP 1 XCREATE WALL HEAVY BAG STAND

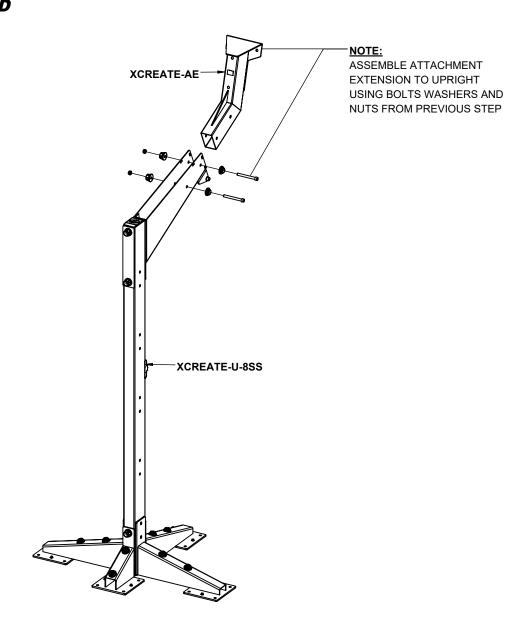


#### **NOTES:**

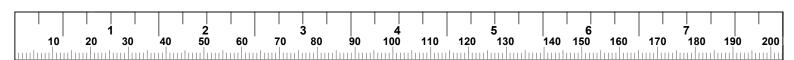
**SECURELY** assemble bolt connections in this step.

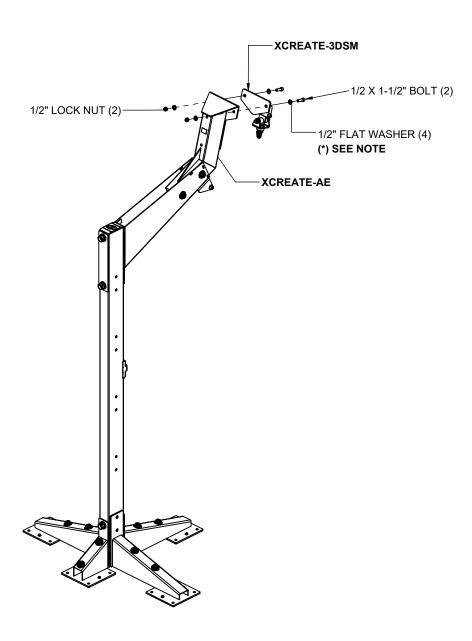






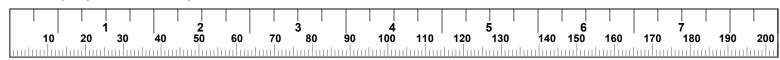
**SECURELY** assemble bolt connections in this step.

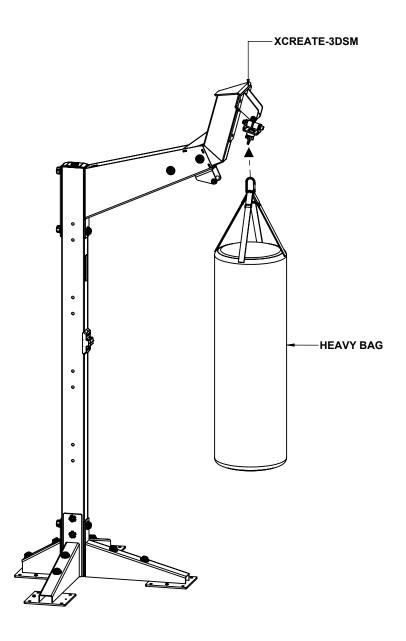




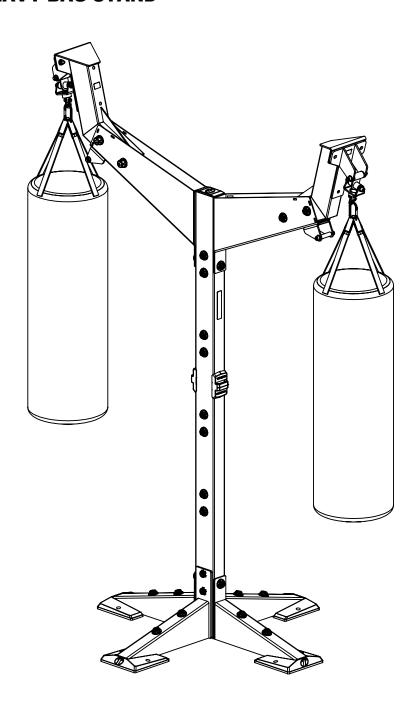
**SECURELY** assemble bolt connections in this step.

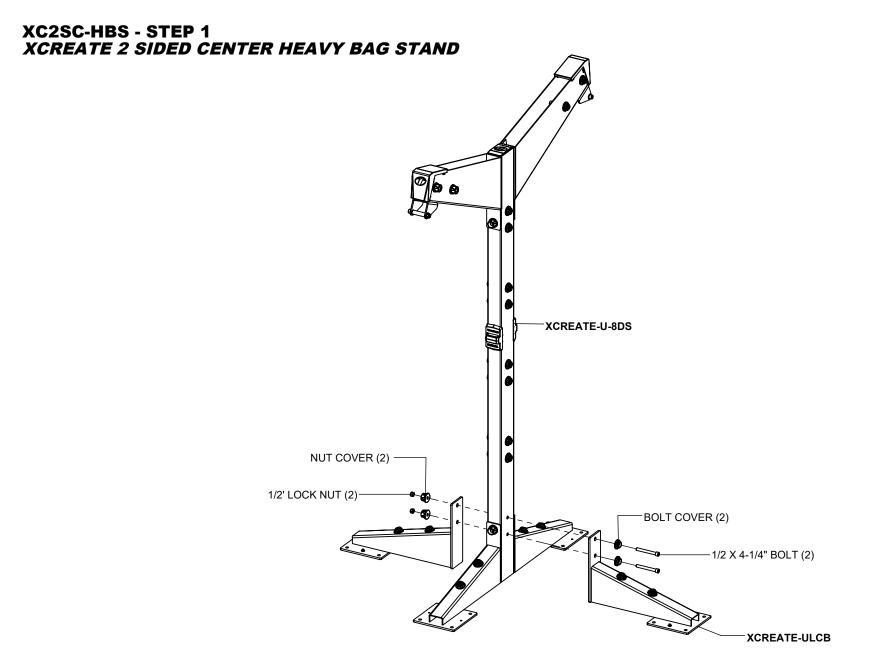
(\*) HARDWARE COVERS  $\underline{\textbf{CAN}}$  be used in place of washers in this step. (SEE PAGE 3).



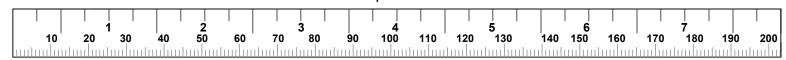


#### **XCREATE 2 SIDED CENTER - HEAVY BAG STAND**

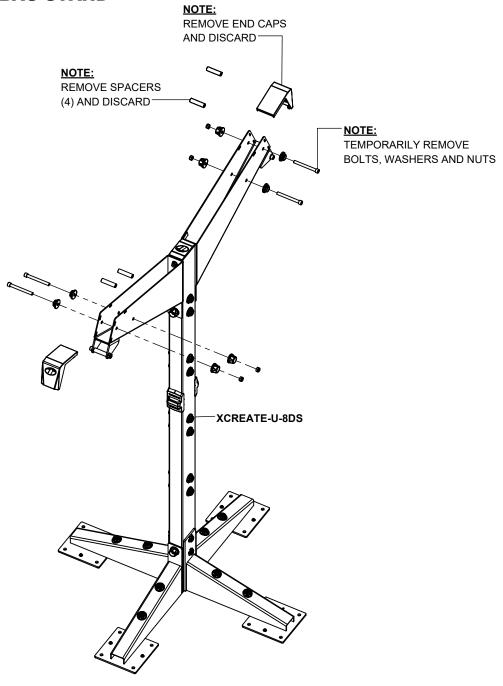


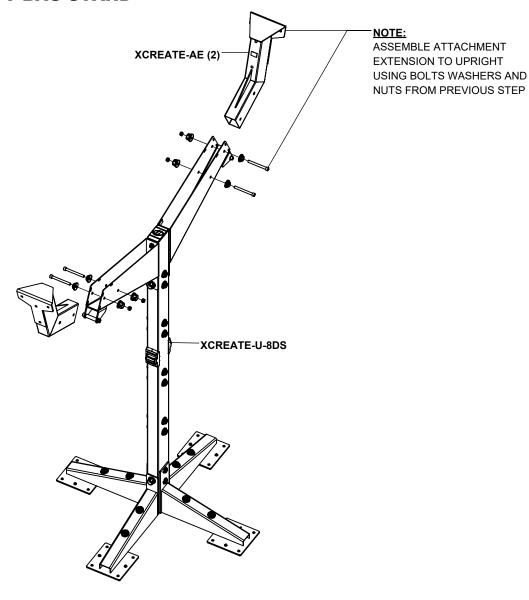


**SECURELY** assemble bolt connections in this step.

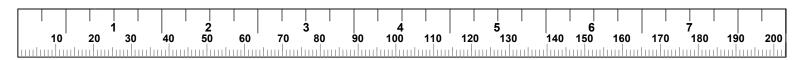


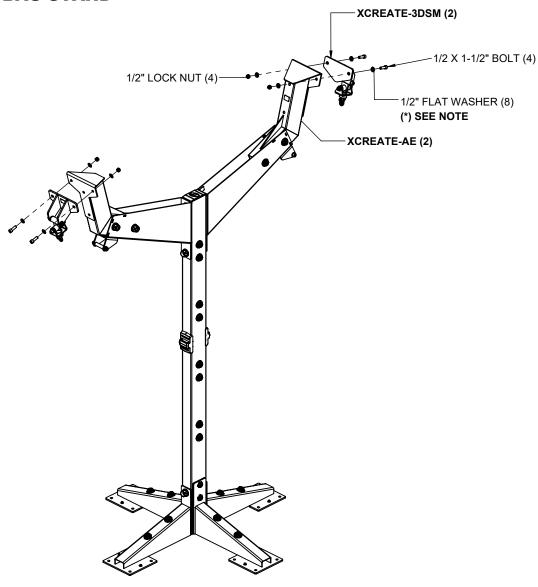
XC2SC-HBS - STEP 2
XCREATE 2 SIDED CENTER HEAVY BAG STAND





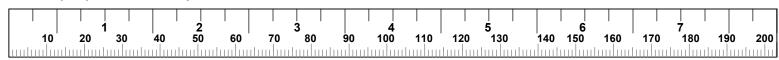
**SECURELY** assemble bolt connections in this step.



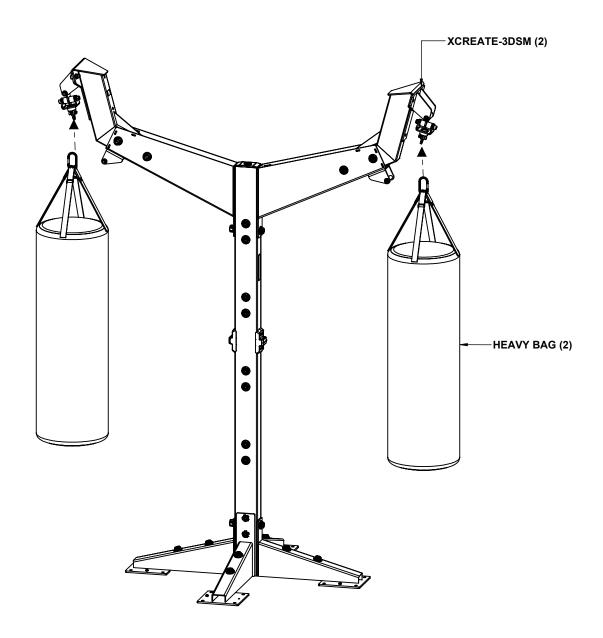


**SECURELY** assemble bolt connections in this step.

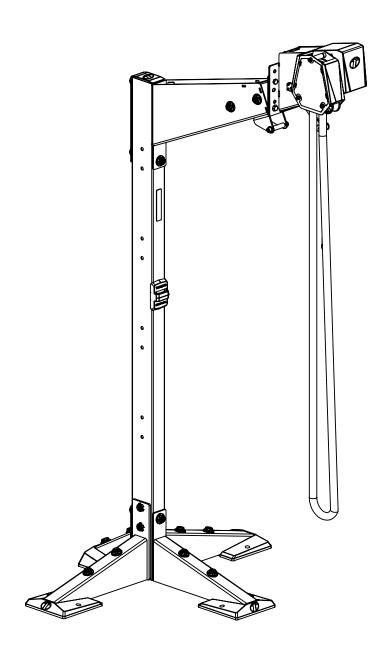
(\*) HARDWARE COVERS  $\underline{\textbf{CAN}}$  be used in place of washers in this step. (SEE PAGE 3).



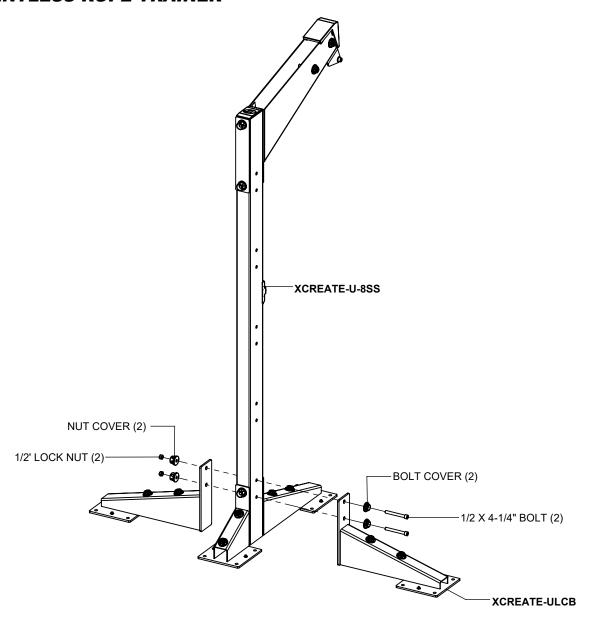
#### **XCREATE- HEAVY BAG MOUNT**



#### **XCREATE WALL - RELENTLESS ROPE TRAINER**

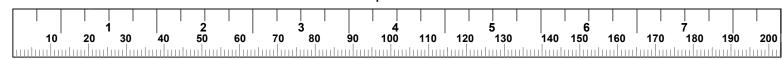


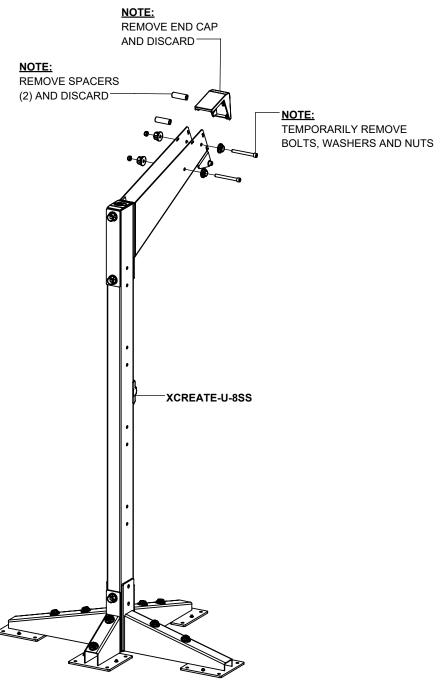
# XCW-XERT - STEP 1 XCREATE WALL RELENTLESS ROPE TRAINER

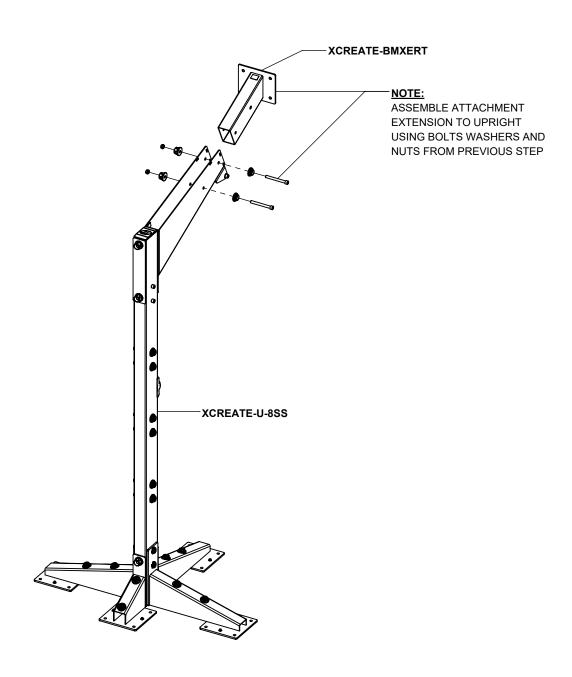


#### **NOTES:**

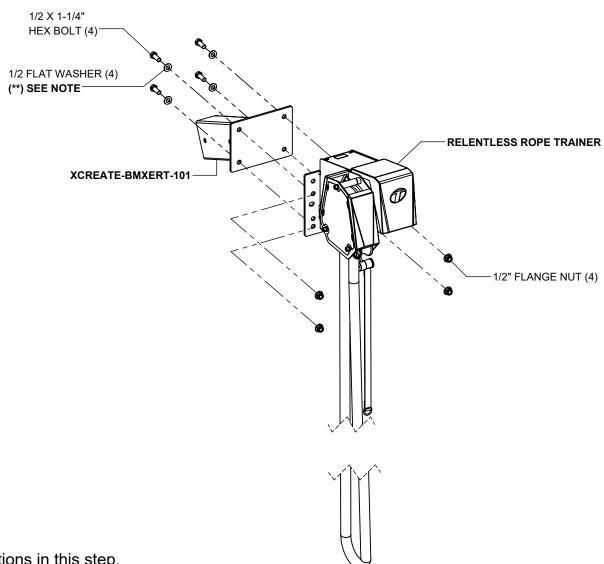
**SECURELY** assemble bolt connections in this step.







# XCW-XERT - STEP 4 XCREATE WALL RELENTLESS ROPE TRAINER



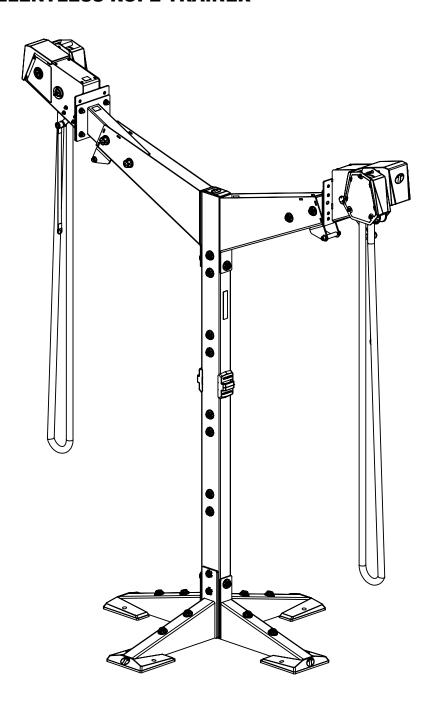
## NOTE:

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

(\*\*) HARDWARE COVERS  $\underline{\textbf{CANNOT}}$  be used in place of washers in this step.

XCREATE has been hidden for assembly clarity.

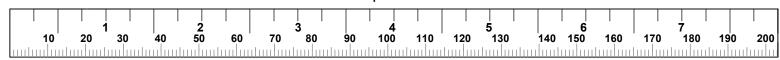
#### **XCREATE 2 SIDED CENTER - RELENTLESS ROPE TRAINER**



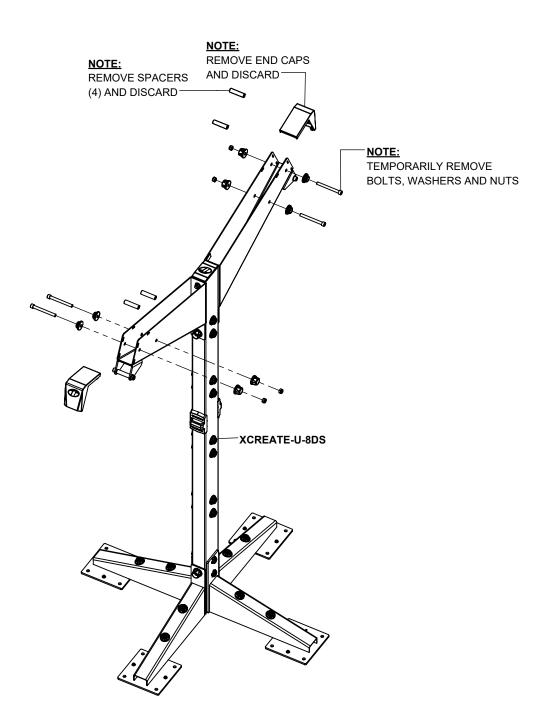
# **XC2SC-XERT - STEP 1** XCREATE 2 SIDED CENTER RELENTLESS ROPE TRAINER XCREATE-U-8DS NUT COVER (2) 1/2' LOCK NUT (2)-BOLT COVER (2) -1/2 X 4-1/4" BOLT (2)

#### **NOTES:**

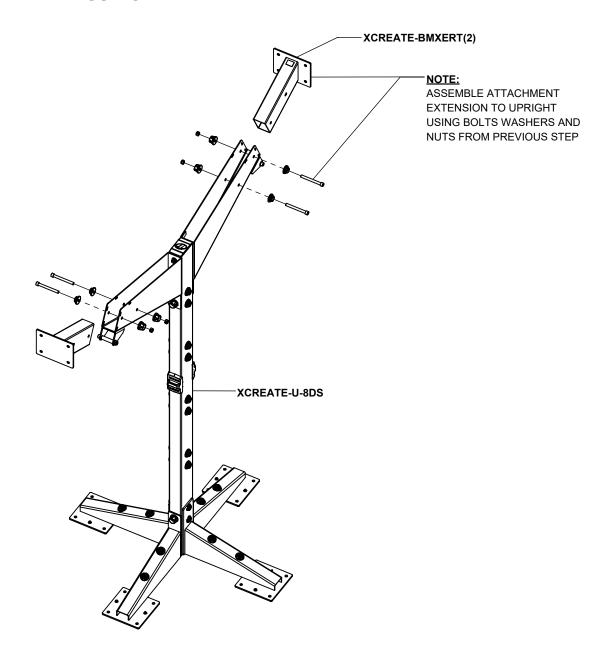
**SECURELY** assemble bolt connections in this step.



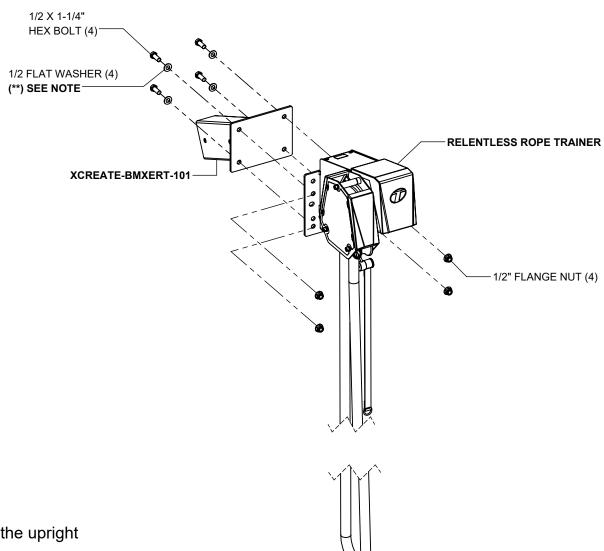
XCREATE-ULCB



# X2SC-XERT - STEP 3 XCREATE 2 SIDED CENTER RELENTLESS ROPE TRAINER



## NOTE:

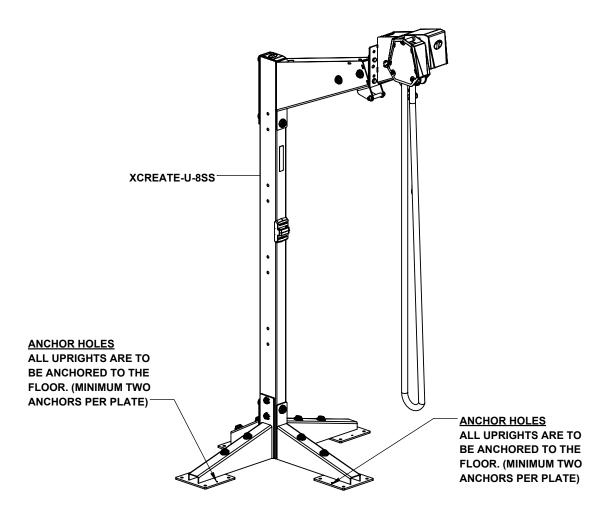


**REPEAT** this step for both sides of the upright

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

(\*\*) HARDWARE COVERS **CANNOT** be used in place of washers in this step.

XCREATE has been hidden for assembly clarity.



**XCREATE-U-8SS** is shown. Follow the exact same steps for anchoring the **XCREATE-U-8DS**.

Make sure all bolts are **SECURELY** tightened.

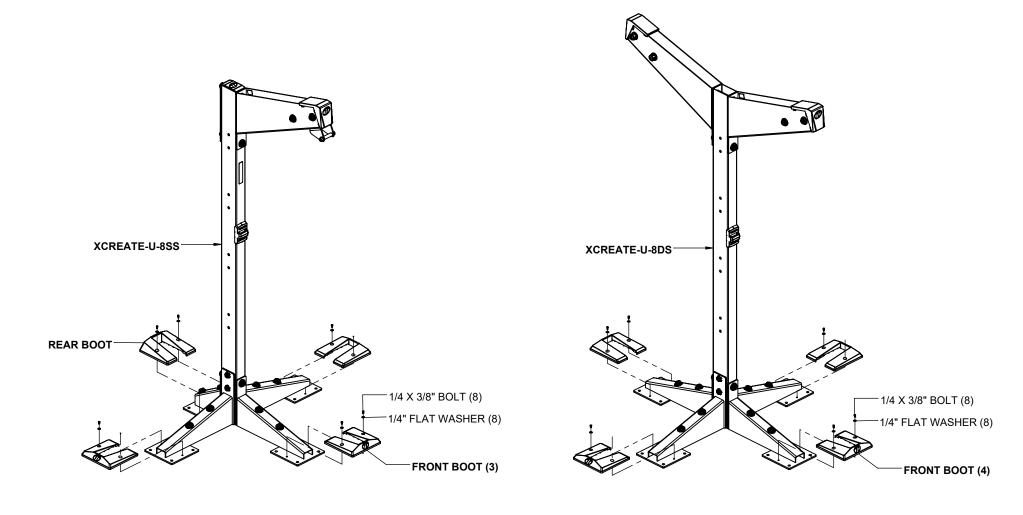
Position system to desired location in the room.

Anchor system to the floor referencing X-CREATE ANCHORING INSTRUCTIONS which can be downloaded at <a href="https://www.torquefitness.com/assembly-manuals">www.torquefitness.com/assembly-manuals</a>

## <u>WARNING</u>

ALL X-CREATE ARE REQUIRED TO BE ANCHORED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE.

#### **XCREATE-URETHANE BOOTS**



#### **NOTES:**

The URETHANE BOOTS and hardware are packaged with the upright boxes

