

ASSEMBLY INSTRUCTIONS

4 FT (1.2 M) LAT PULLDOWN WALL MOUNT

VERSION: XCREATE-LPDWM PART # 5676001-A

ITEM	PART NUMBER	DESCRIPTION	QTY	
1	56641PA	PTD ASSY, LOWER WALL MOUNT	1	
2	56472PA	PTD ASSY, ROW BASE	1	
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	18	
4	2006803	BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP	4	
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	11	
6	5513601	CUSHION, WEIGHT STACK	2	
7	5643201	GUIDE ROD, 19 DIA X 1912	2	
8	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	5	
9	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10	
10	56345PA	PTD ASSY, HEAD PLATE	1	
11	5095301	SHAFT COLLAR, GUIDE ROD	2	1
12	5667301	BUSHING, GUIDE ROD RETAINER	2	
13	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1	1
14	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	6	
15	5664401	WLDMT, UPPER WALL MOUNT	1	
16	56495PA	PTD ASSY, ROW TOP BOOM	1	1
17	5094501	PULLEY, 4-1/2 OD X 25	1	1
18	5094801	SPACER, FLNG 16.2 X 10.1 X 12.5	2	
19	2008410	BOLT, 3/8-16 X 2-3/4" (70mm) ST HT SOCKET HEAD	1	
20	2001201	NUT, 3/8-16 LK ST ZN	2	
21	2008409	BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD	1	
22	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2	
23	5675301	LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG)	1	
24	5662501	WLDMT, LEFT SHROUD BASE	1	
25	5662901	WLDMT, RIGHT SHROUD BASE	1	1
26	5645101	SHROUD, XCREATE CABLE STATION	2	1
27	5664701	SHROUD, TOP CAP	1	
28	2002101	WASHER, FLAT 1/4 SAE ST ZN	8	
29	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6	1
30	5676301	PLACARD, XCREATE-SR-101	1	1
31	56508PA	PTD ASSY, ROW BENCH FRAME	1	1
32	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	4	1
33	2001401	NUT, 1/2-13 LK ST ZN	7	1
34	56513PA	PTD ASSY, ROW FOOT SUPPORT	1	1
35	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	3	1
36	5408201	PAD, BACK	1	1
37	2008411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD	3	1

40

41

PART NUMBER

5581301

2005509

5674801

5091801

Anchoring hardware is dictated by the wall construction that the station is being attached to. See pages 4 and 12 for the requirements.

BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD

WLDMT, ALUMINUM ROW HANDLE

SNAP HOOK, 8MM DIA X 80MM

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.

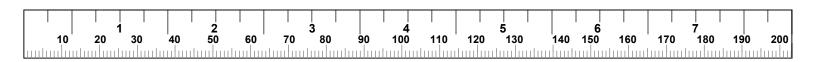
For assistance, contact www.sales@torquefitness.com or call (763) 754-7533; Toll free in USA (877) 867-7854.

DESCRIPTION

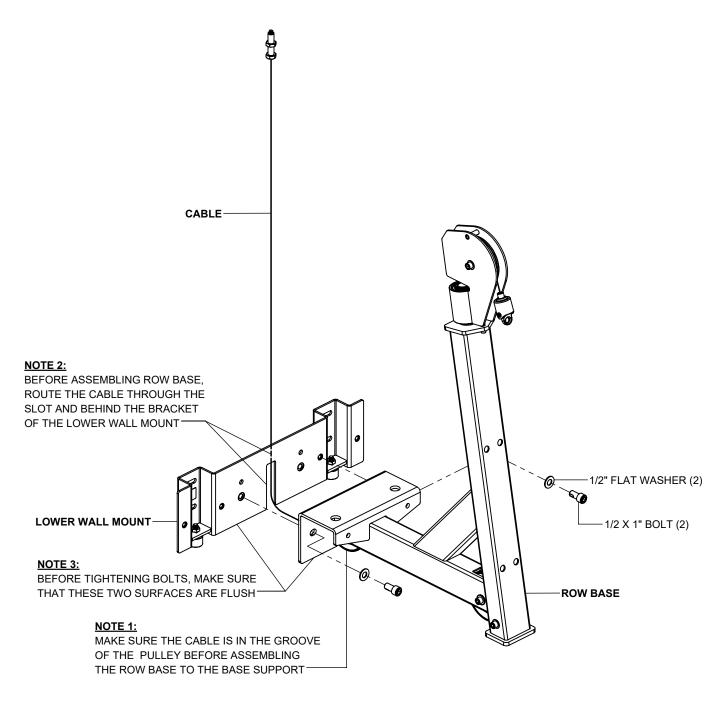
COVER, FRONT BASE

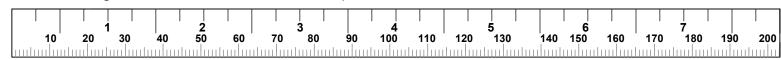
TOOLS FOR ASSEMBLY:

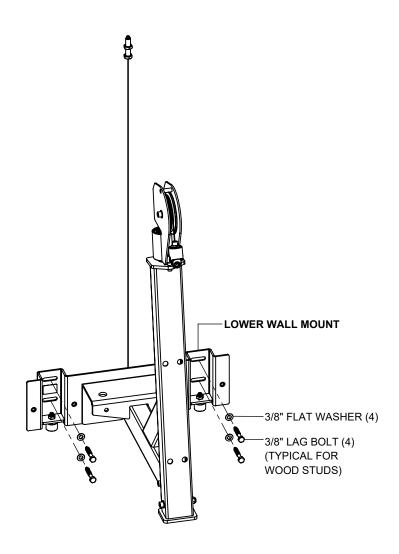
- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 3/16" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET
- 9/16" WRENCH OR SOCKET
- 1/2" WRENCH OR SOCKET
- RUBBER MALLET



QTY



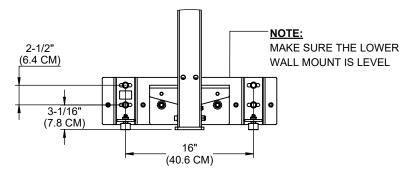




The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

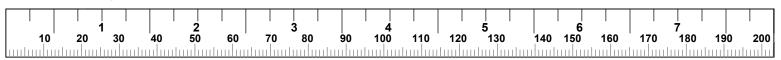
WALL BASE PLATE NOTE: BEFORE ANCHORING LOWER WALL

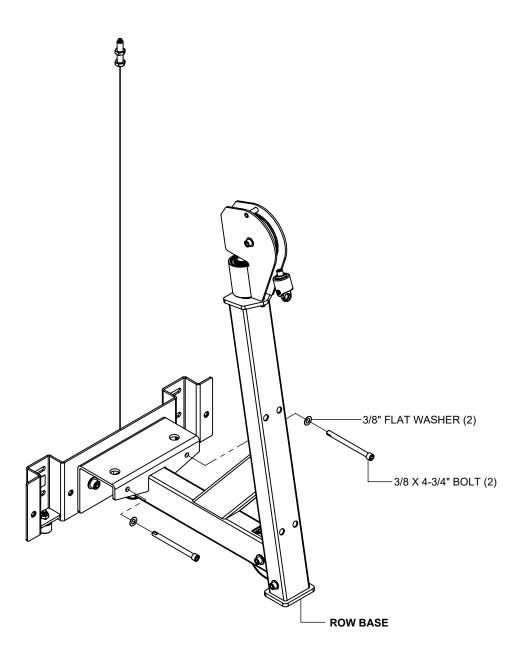
BEFORE ANCHORING LOWER WALL MOUNT TO THE WALL, ADJUST LEVELERS (2) SO THAT THE BASE PLATE IS LEVEL WITH THE FLOOR.

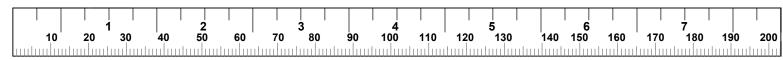


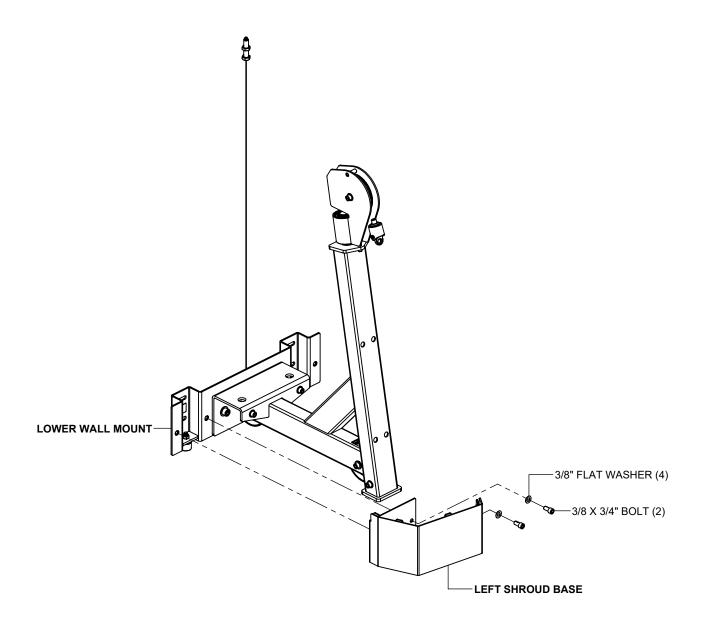
WARNING:

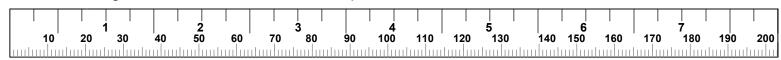
THE LOWER WALL MOUNT <u>MUST</u> BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PATICULAR WALL CONSTRUCTION.

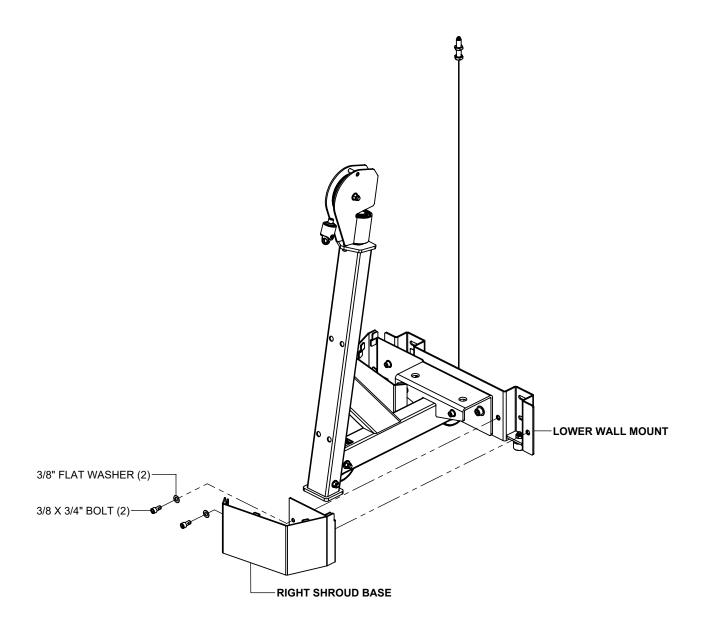


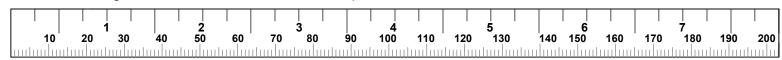


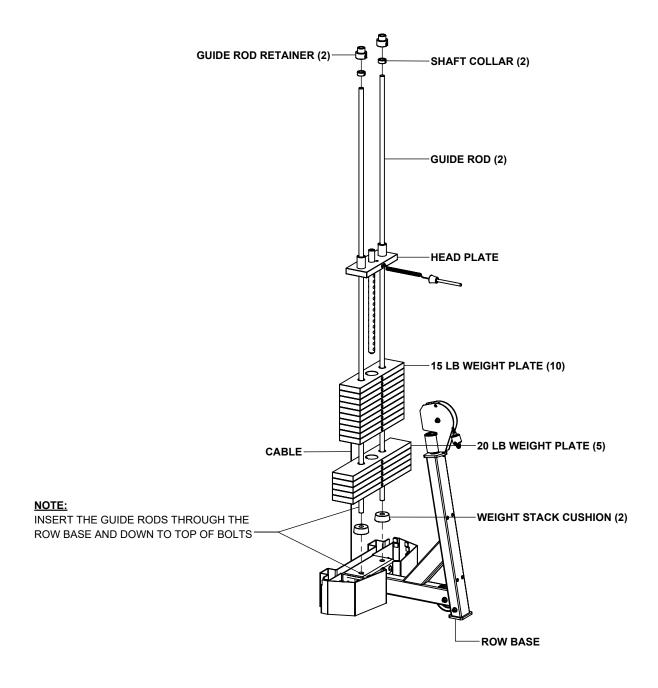


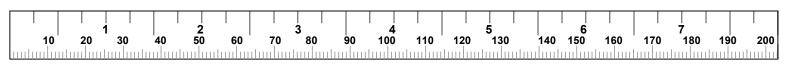




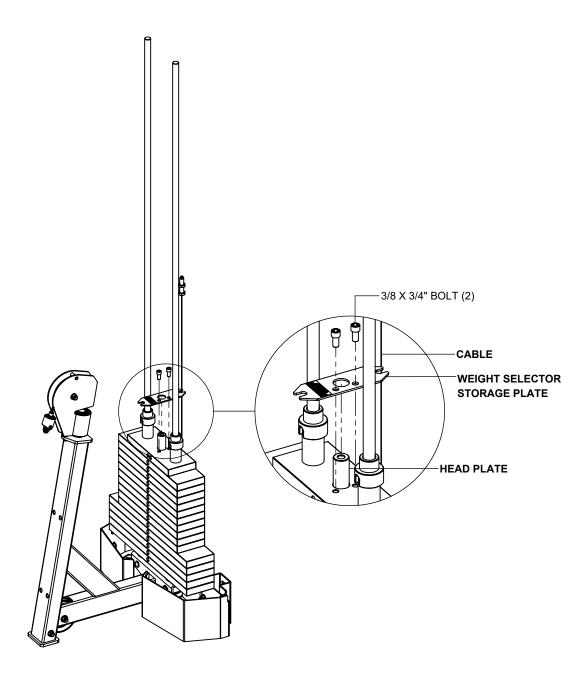




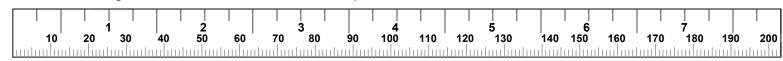


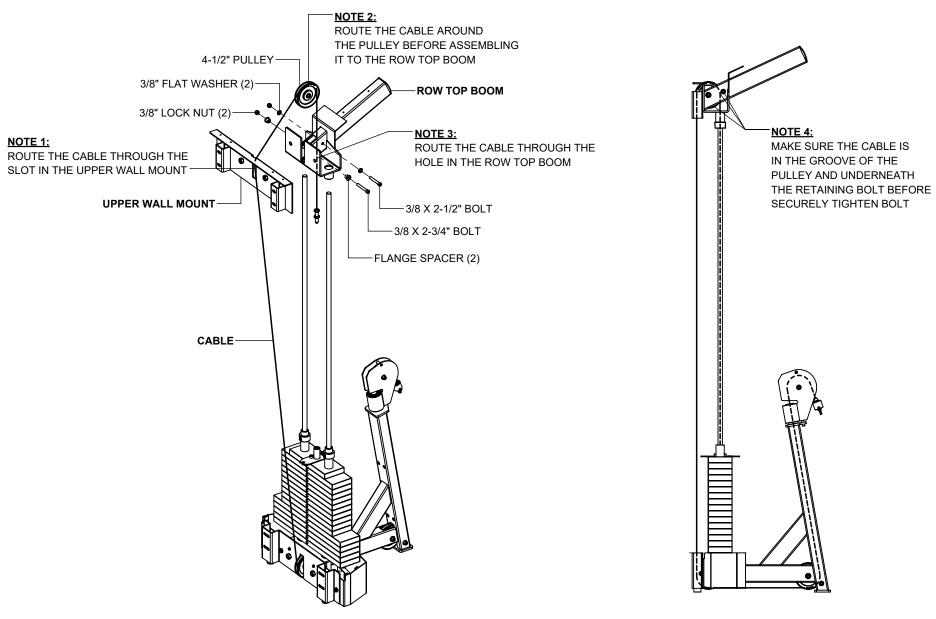


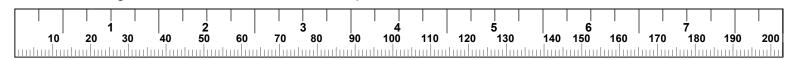
STEP 7

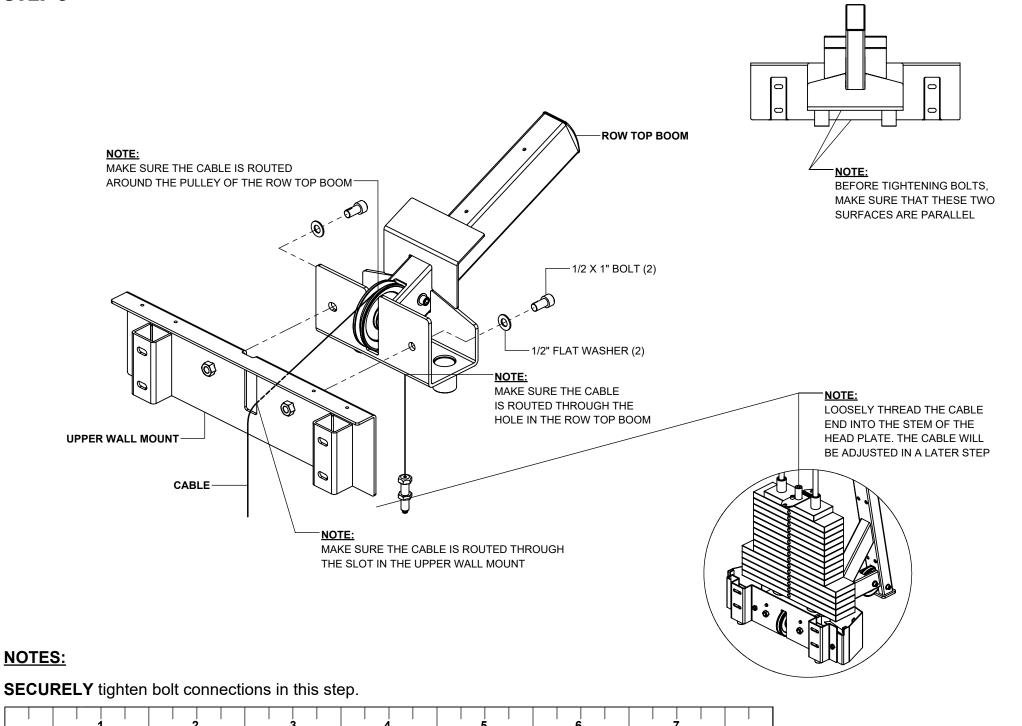


NOTES:









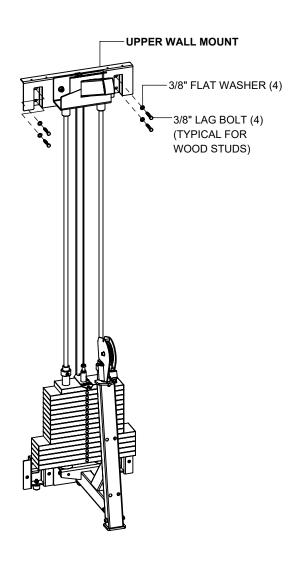
80

90

70

100 110 120 130

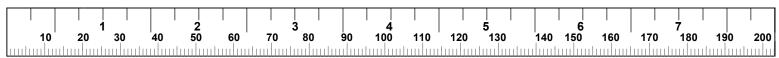
140 150 160 170 180 190

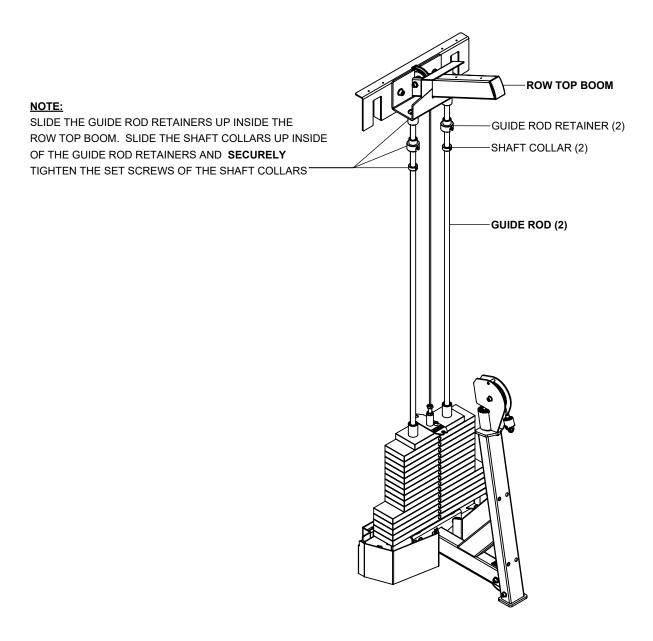


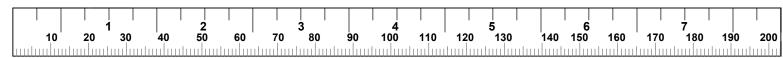
NOTE: MAKE SURE THE UPPER 16" (40.6 CM) WALL MOUNT IS LEVEL-**WARNING:** 2-1/2" THE UPPER WALL MOUNT ${\color{red} {\rm MUST}}$ BE (6.4 CM) ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PATICULAR WALL CONSTRUCTION-(203.2 CM)

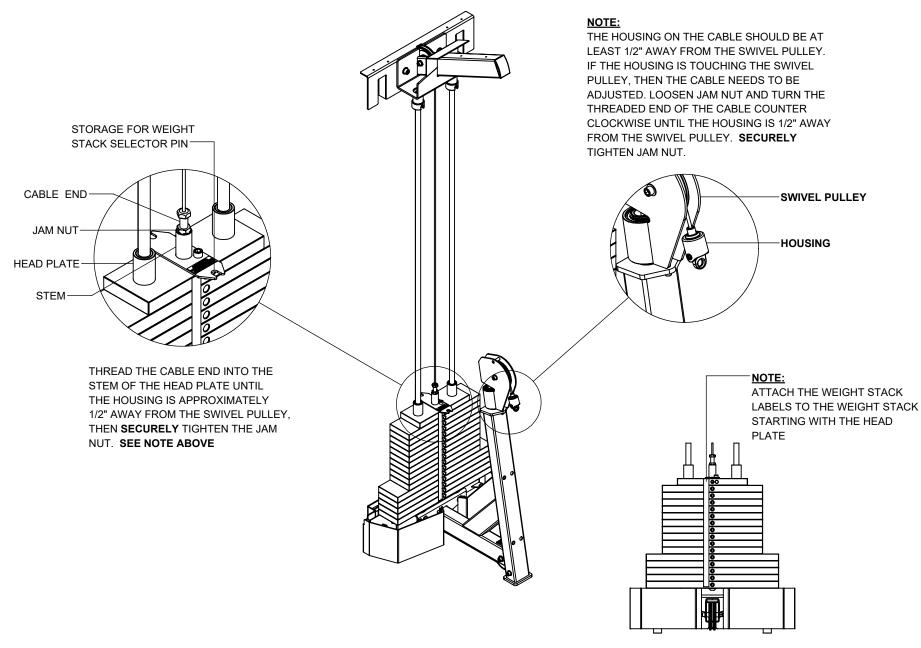
NOTES:

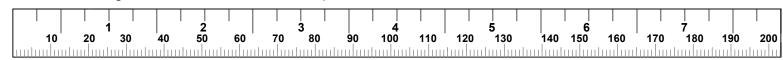
The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

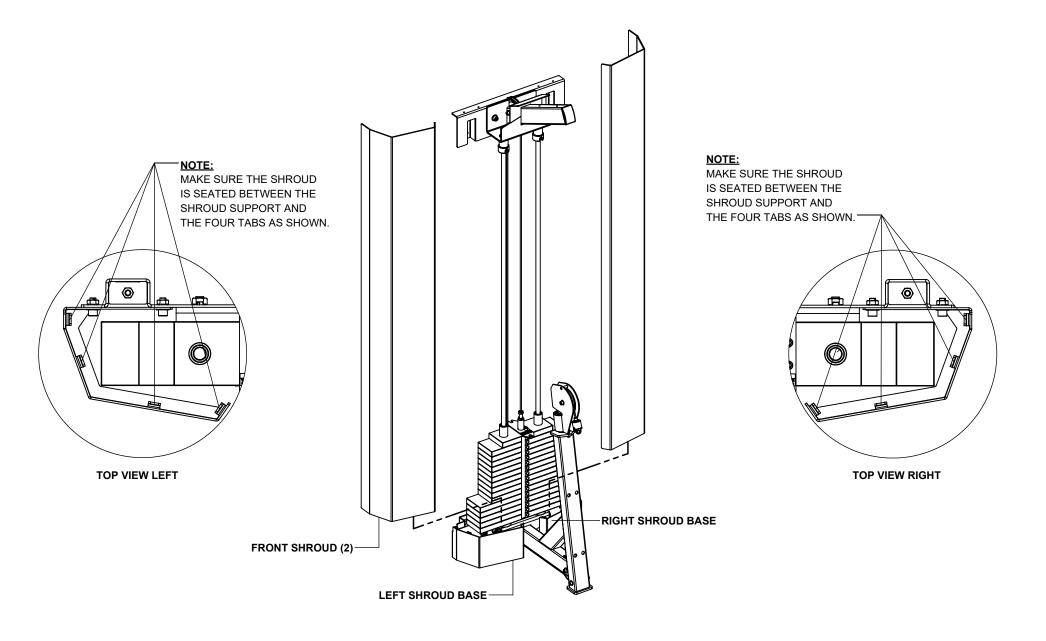


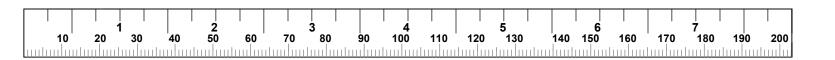


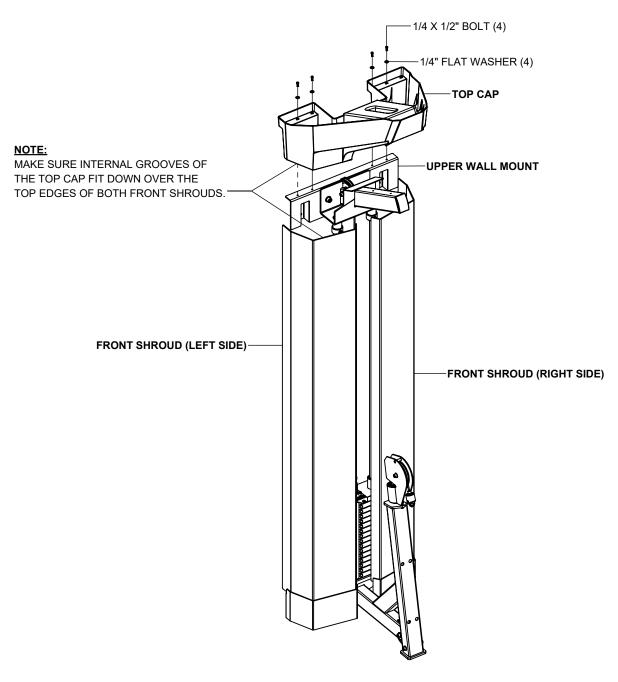


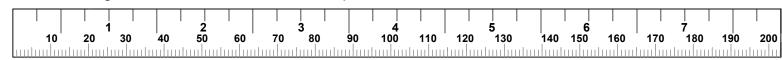


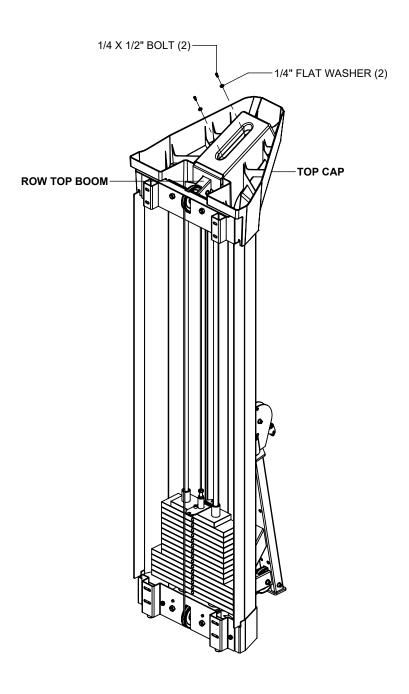




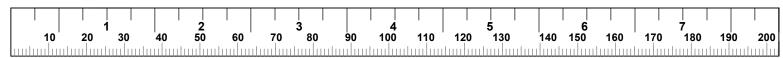


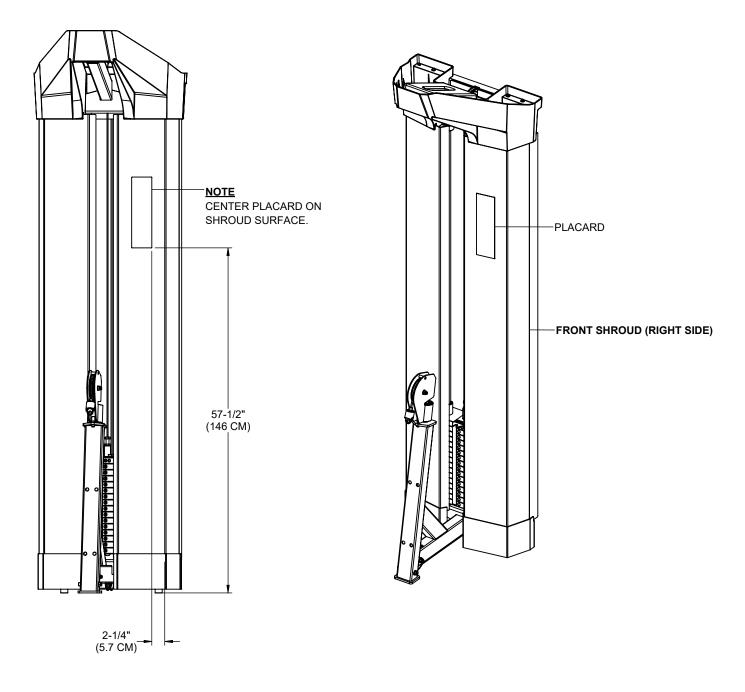


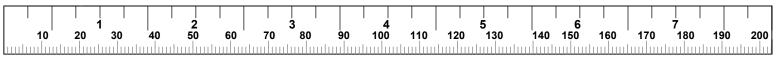


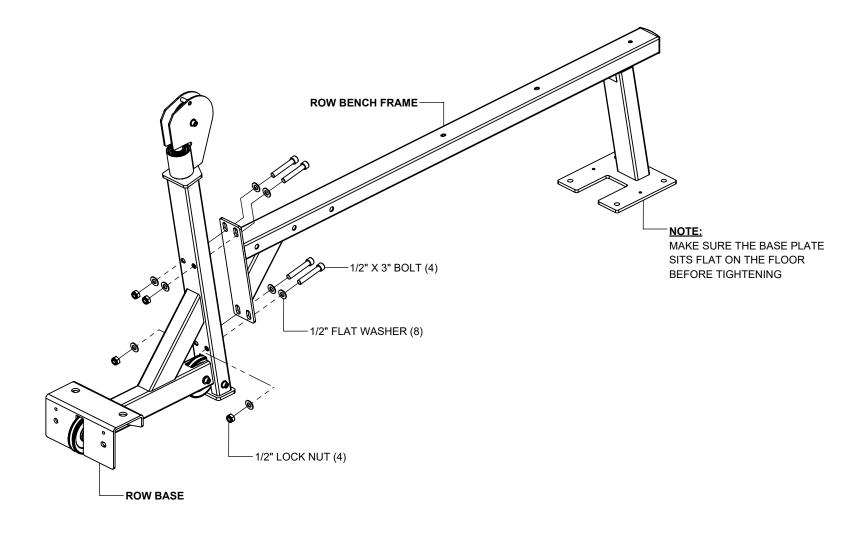


SECURELY tighten bolt connections in this step, and previous step.



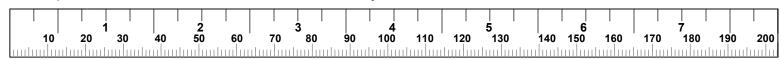


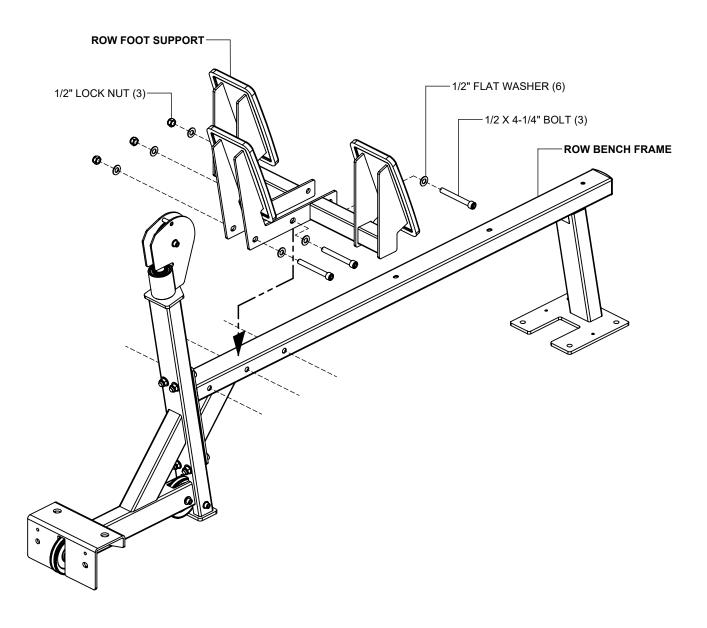




SECURELY tighten bolt connections in this step.

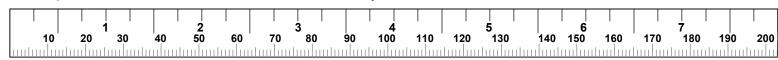
Some parts have been hidden for illustration clarity.

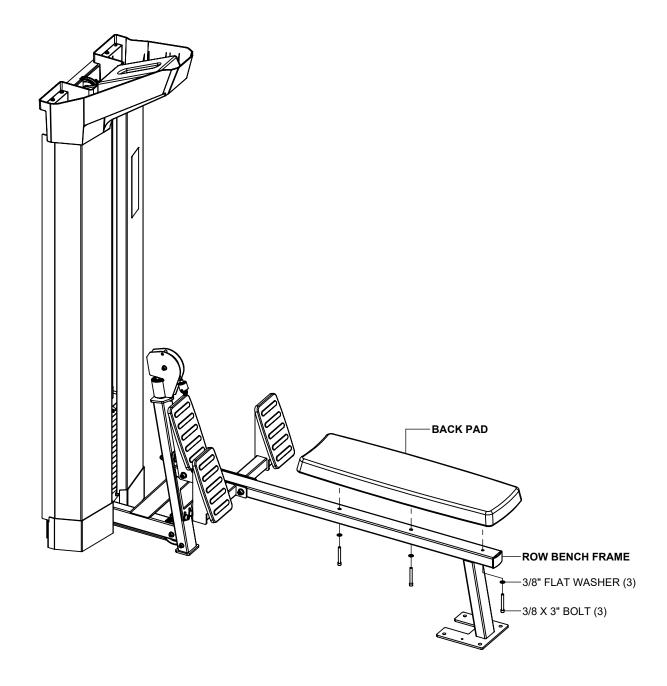


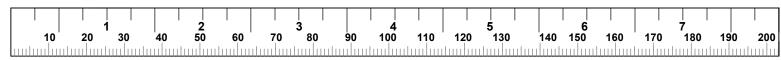


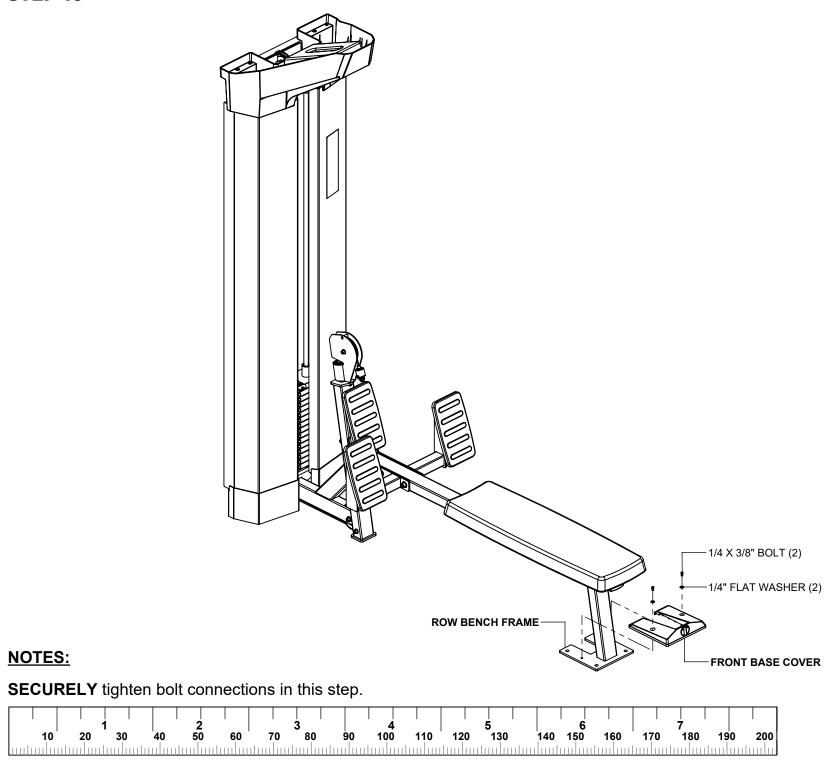
SECURELY tighten bolt connections in this step.

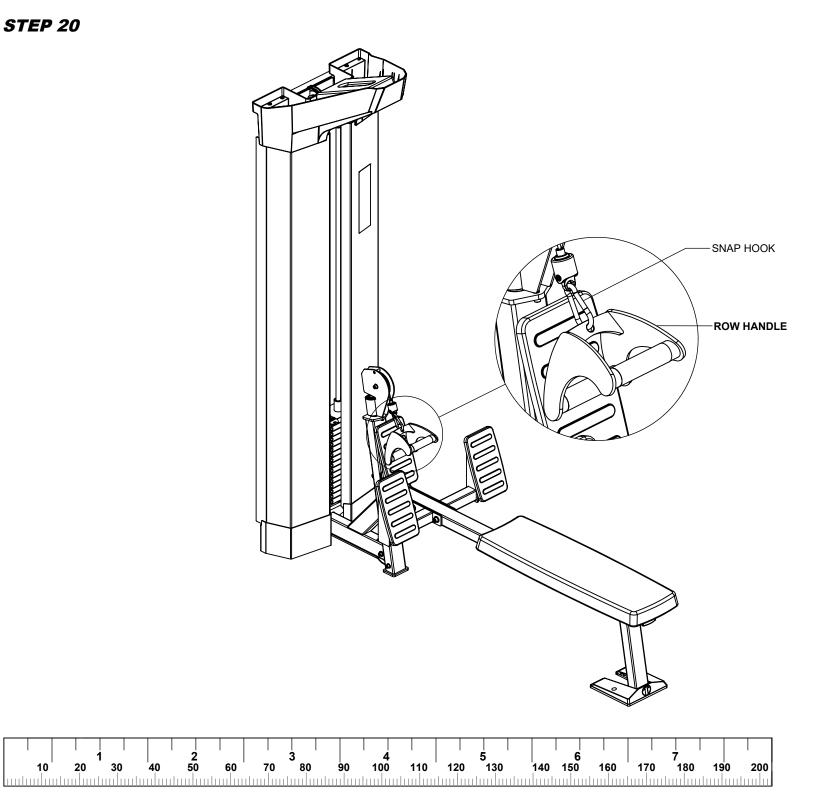
Some parts have been hidden for illustration clarity.











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 8, PAGE 11 TO ADJUST CABLE TENSION)

FRAME: Clean with a damp cloth.

