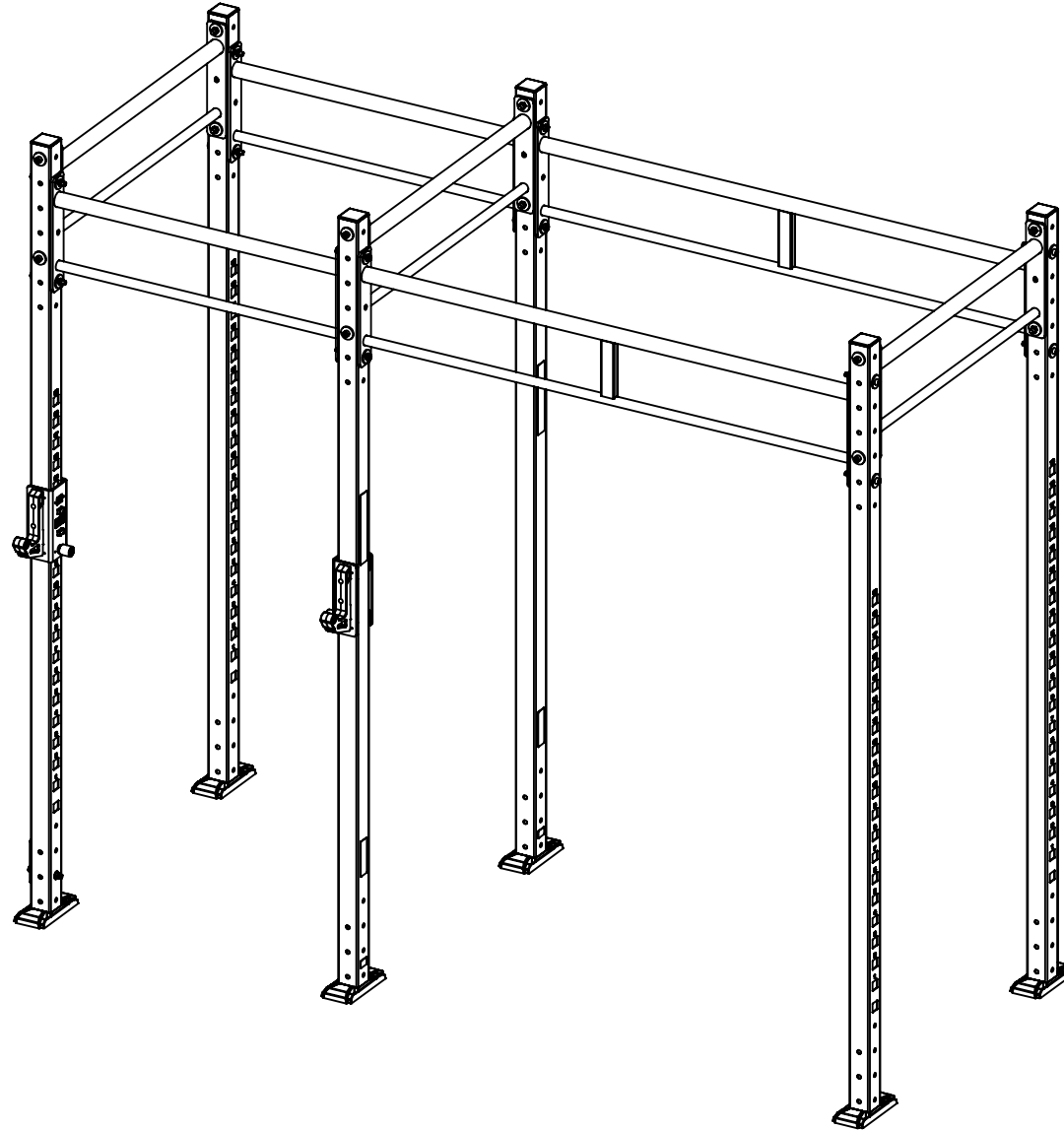


X-RACK ASSEMBLY GUIDE

VERSION: XRACK

PART #: 5832101 - A



TORQUE USA

WARNING !

Important safety instructions for using Equipment

There is a risk assumed by the individuals who use this type of equipment. To minimize risk, you must follow these precautions:

- **READ ALL INSTRUCTIONS AND WARNING LABELS COMPLETELY PRIOR TO ANY USE OR ASSEMBLY.** Failure to read and follow the safety instructions and warnings within the Assembly and Maintenance Guide may result in possible serious injury or death. Use this product only for the intended uses described in the Assembly and Maintenance Guide and exercise booklet. **DO NOT** modify equipment in anyway. **Any use other than as intended or modification of product will void any and all product warranties.**
- Consult your physician before starting any exercise program. Warm up properly before engaging in resistance training. Stop exercising and consult a physician immediately if you experience dizziness, nausea, faintness, chest pain, shortness of breath or any other abnormal symptoms during use of this equipment.
- Certain exercise equipment and/or equipment may not be suitable or appropriate for pregnant women, people with heart conditions, balance impairment or other pre-existing health problems. Persons with disabilities should consult a physician and obtain medical approval prior to using this product and should only use this product under close supervision. **Failure to comply with these instructions will void any and all product warranties.**
- Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Do not disassemble, remove any parts or components or otherwise attempt to repair this product. **DO NOT** use product if product appears damaged. **DO NOT** attempt to fix a broken or jammed machine. **Failure to comply with these instructions will void any and all product warranties.**
- Keep body and clothing clear of all moving parts. Do not put anything foreign on or near this product when in use. Wear comfortable clothing which does not impair freedom of movement. Do not wear clothing which is too loose and could get caught in moving parts.
- Make sure all spring pin adjustments are fully engaged after making an adjustment and before using the product.
- Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy.
- If unsure of proper use of this product, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). www.service@torquefitness.com

Important Safety Instructions for Assembling Equipment

- **Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.**
- This product must be assembled on a flat, level surface to assure its proper function. Locate the unit away from walls or furniture to allow easy access during assembly and use.
- Read each numbered step in Assembly and Maintenance Guide and follow the steps in sequence. Skipping ahead may result in damage to the equipment and may require components to be disassembled.
- Wear proper attire during the assembly process. Do not wear clothing which is too loose or open toed shoes.

Obtaining Service

- Do not attempt to service the product yourself except for maintenance tasks described in this manual.
- Refer to the Adjustments and Maintenance section at the back of this manual for product operation and service.
- For further information, visit our website at www.torquefitness.com or contact us at www.service@torquefitness.com
- If you call or email customer service, have the model number and serial number(s) available.

GENERAL NOTES

CAUTION: More than one person is required to assemble this unit. Do not attempt to assemble by yourself.

Unpacking the Equipment

- This product may be packaged and shipped in multiple boxes. Parts from all of the boxes are required for various steps during the assembly process.
- Carefully open each box and arrange all the parts near the area where assembly is to take place.
- **CAUTION:** Use extreme care when cutting plastic tie wraps and package banding. A wire cutter works best for protecting yourself and the parts.
- **CAUTION:** Some of the internal boxes may contain upholstery. Do not use a utility knife to open any boxes or the pads may be damaged.
- If any items are missing, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST).
www.service@torquefitness.com

Tools Required

- Rubber mallet or hammer
- Allen wrench set
- 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
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure
- Level

Optional Equipment

- Optional equipment may be available for this product.
- Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning that step.
- Some of the items shown in the assembly steps may already be pre-assembled.

Assembly Tips Continued

- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed in order to complete the step. Follow the instructions or damage to the product could occur.
- Some parts may have extra holes that will not be used. Use only the holes depicted in the instructions.
- Certain parts make reference to the right and left side of the machine. For this product, left and right is determined by facing the product.
- Provide ample space around the product for ease of assembly.
- **DO NOT** fully tighten any connections until instructed to do so. This will help insure that the alignment of all of the parts will be correct.
- Insert all bolts in the direction indicated in the instructions. Failure to do so may result in clearance issues and will degrade the aesthetics of the product.
- Carefully follow instructions for all pivot points. In general, primary rotating parts have connections that should be securely tightened, while secondary connections need to be loosen 1/4 turn.

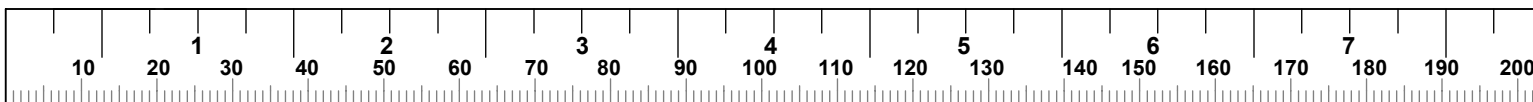


TABLE OF CONTENTS:

WARNINGS: **PAGE 2**

GENERAL NOTES: **PAGE 3**

1. BASE RACK ASSEMBLY

- XRACK BOOTS: **PAGE 6**
- FREE STANDING X-RACK ASSEMBLY: **PAGES: 6 - 9**
- WALL MOUNT X-RACK ASSEMBLY: **PAGES: 6, 10 - 15**
- FREE STANDING MONKEY BAR X-RACK ASSEMBLY: **PAGES: 6, 16 - 19**
- WALL MOUNT MONKEY BAR X-RACK ASSEMBLY: **PAGES 6, 20 - 27**

2. XRACK STORAGE ATTACHMENT

- XRACK UVWS: **PAGE 28**
- XRACK 6AT: **PAGE 29-30**
- XRACK UVAS: **PAGE 31**
- XRACK 6HWS: **PAGE 32**

3. ATTACHMENT UPRIGHTS AND XCREATE STORAGE OPTIONS

- ATTACHMENT UPRIGHTS: **PAGE 33-36**
- 4' / 6' ACCESSORY STORAGE: **PAGE 37-38**
- TRAY LABELS AND HANGING STORAGE PEGS: **PAGE 39-40**
- 4' MONITOR MOUNT: **PAGE 41**
- 4' BALL TARGET WALL: **PAGE 42-43**
- 4' STALL BARS: **PAGE 44**
- 4' BALL TARGET WALL PADS: **PAGE 45-46**
- STORAGE ATTACHMENTS: **PAGE 47**
- BOSU STORAGE ATTACHMENT: **PAGE 48**
- VERTICAL WEIGHT STORAGE: **PAGE 49**
- VERTICAL DUMBBELL STORAGE: **PAGE 50**
- ATTACHMENT ANCHOR PLYO AND DIP: **PAGE 51**
- 4' BAR STORAGE: **PAGE 52**
- 4' CABLE STATIONS: **PAGE 53-54**

3. ADDITIONAL ATTACHMENTS

- XRACK BALL TARGET: **PAGE 59**
- FLYING PULLUP: **PAGE 60-61**
- UPPER BAND PEG ATTACHMENT: **PAGE 62**
- ROCK CLIMBING KIT: **PAGE 63**
- UNIVERSAL HEAVY BAG MOUNT: **PAGE 64-67**
- RELENTLESS ROPE TRAINER: **PAGE 68-71**
- CABLE COMPONENT: **PAGE 72**
- LOWER BAND PEG ATTACHMENT: **PAGE 73-74**
- HORIZONTAL MOUNT GROUND ROTATIONAL TRAINER: **PAGE 75**
- GROUND ROTATIONAL TRAINER: **PAGE 76**
- BATTLE ROPE ANCHOR: **PAGE 77-78**
- DOUBLE PLAY: **PAGE 79-80**
- TRIPLE PLAY: **PAGE 81**
- MAGNETIC SUSPENSION CLIP: **PAGE 82**
- BAR SUPPORTS: **PAGE 83**
- BAR CATCHES: **PAGE 84**
- DIP STEP ANCHOR: **PAGE 85**
- 4' BAR CATCH STRAPS: **PAGE 86**

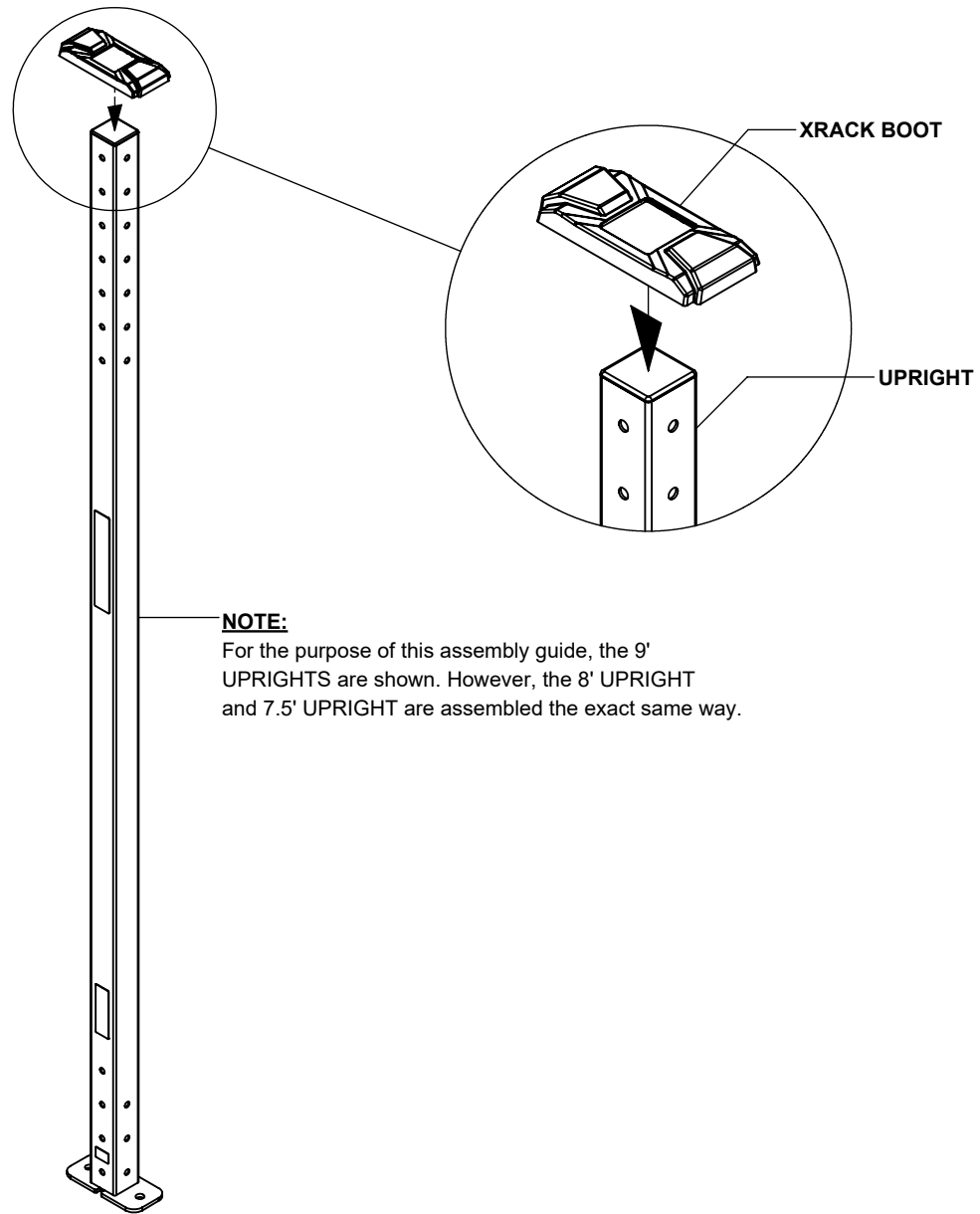
4. MAINTENANCE AND NOTICES: **PAGE 87**

NOTE: When assembling the XRACK system, 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.

WARNING!

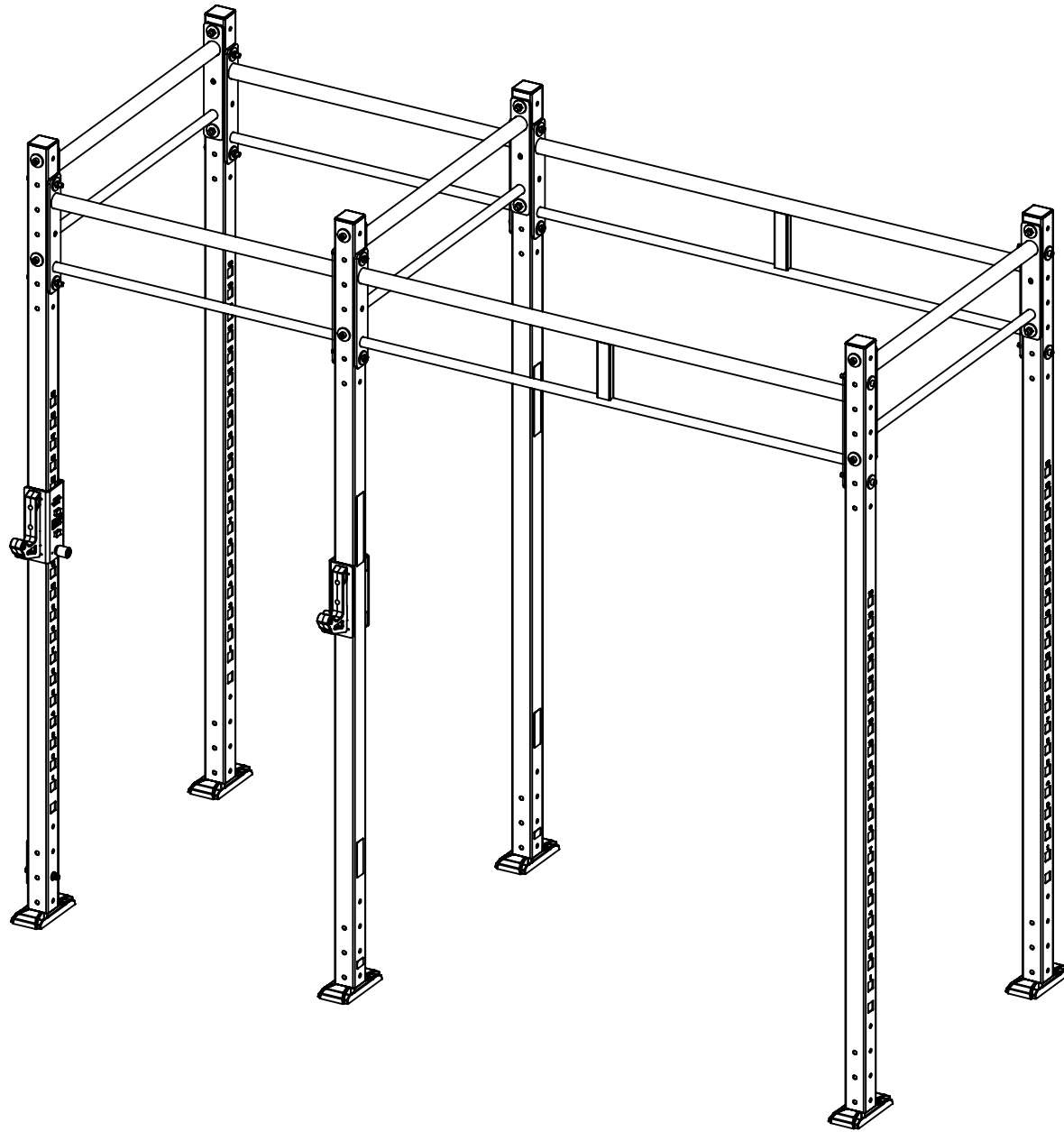
ALL XRACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR AND OR WALL TO PREVENT ROCKING OR TIPPING DURING USE.

STEP 1



NOTE:

If optional XRACK BOOTS were purchased, then they must be installed over the uprights first, prior to assembly of the product.



NOTE:

There are many different lengths, widths, heights and options for the FREE STANDING X-RACKS. For the purposes of this assembly guide, a **4' X 10' X 9' FREE STANDING X-RACK** will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

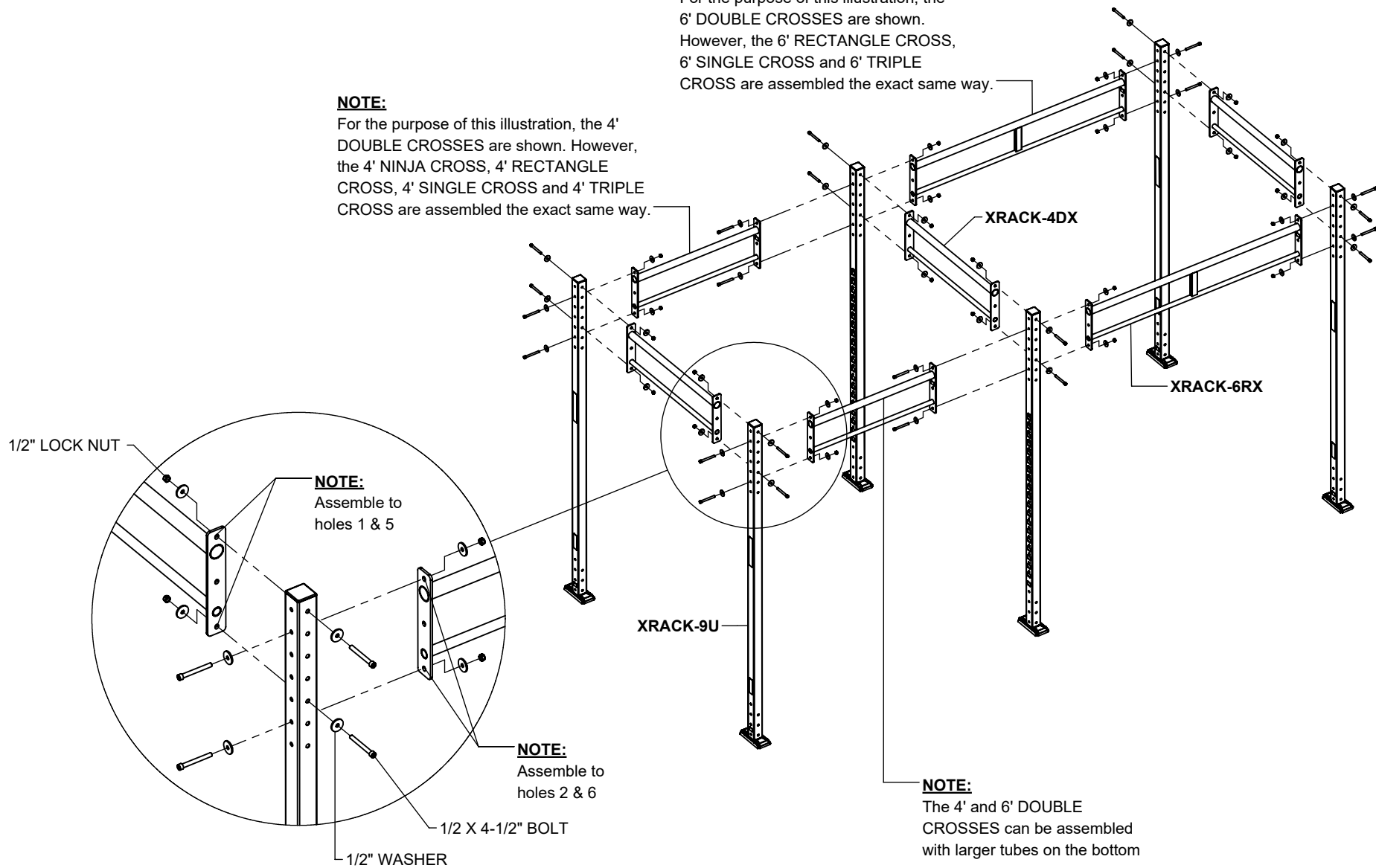
STEP 2

NOTE:

For the purpose of this illustration, the 6' DOUBLE CROSSES are shown. However, the 6' RECTANGLE CROSS, 6' SINGLE CROSS and 6' TRIPLE CROSS are assembled the exact same way.

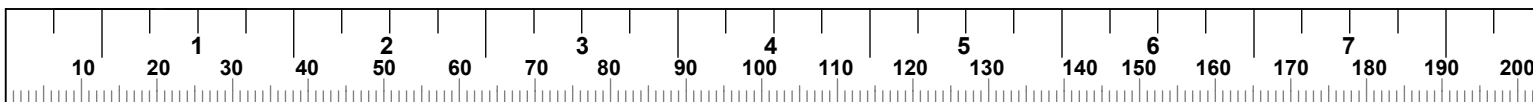
NOTE:

For the purpose of this illustration, the 4' DOUBLE CROSSES are shown. However, the 4' NINJA CROSS, 4' RECTANGLE CROSS, 4' SINGLE CROSS and 4' TRIPLE CROSS are assembled the exact same way.

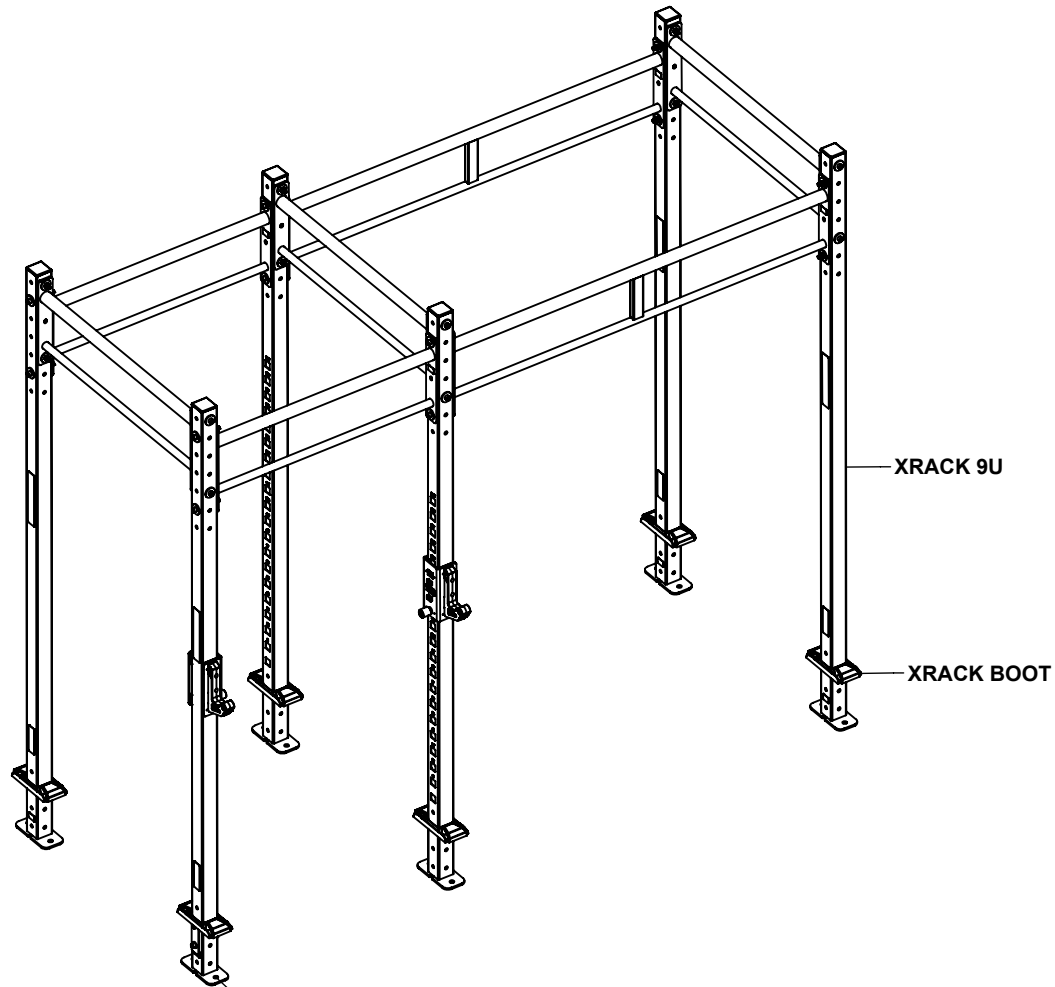


NOTE:

LOOSELY assemble all frame connections first, then **SECURELY** tighten.



ANCHOR STEP FOR FREE STANDING X-RACKS



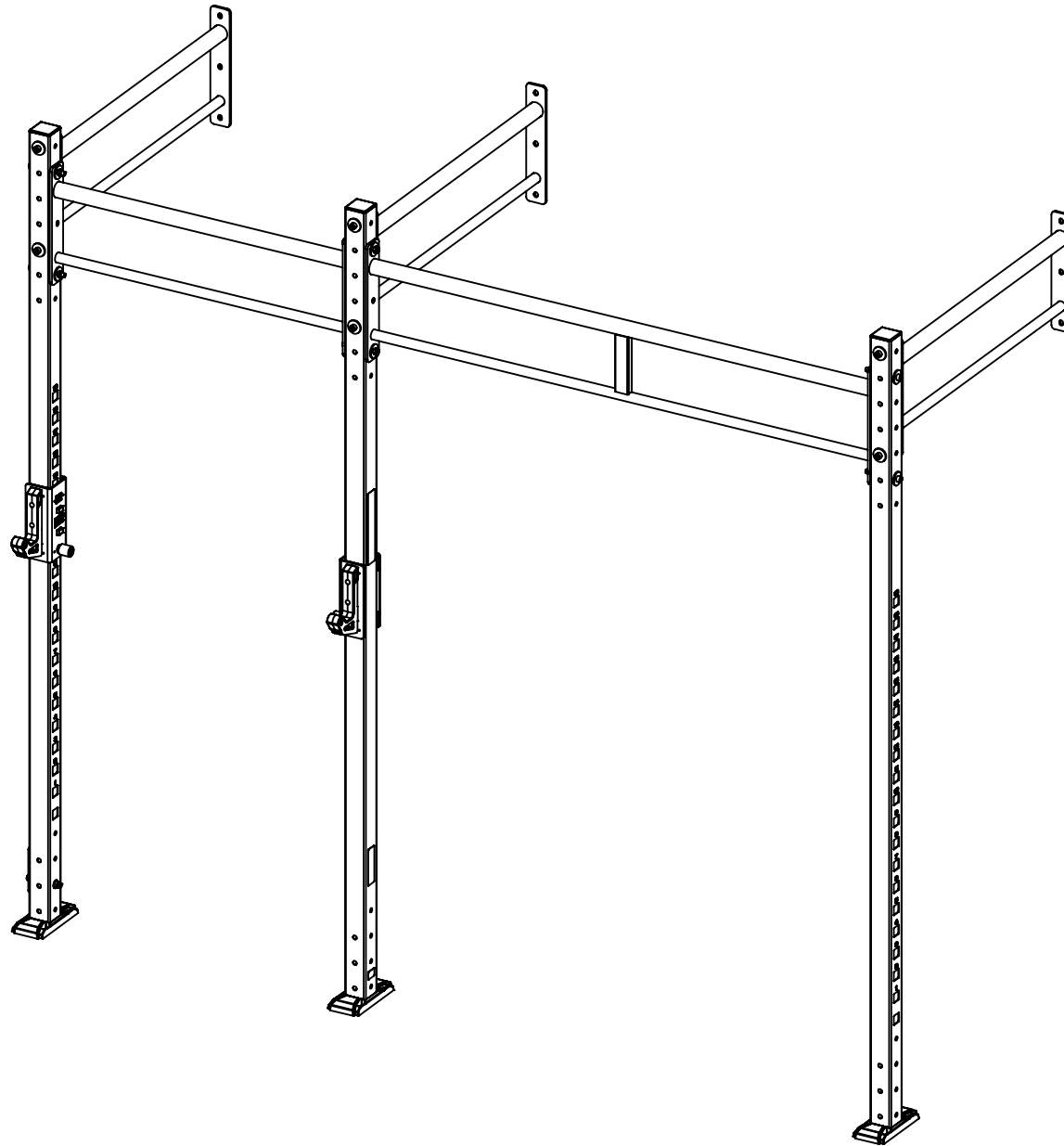
NOTE:

All uprights are required to be anchored to the floor. Two anchors per base plate.

WARNING!

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

For floor anchoring instructions, please visit our web site at:
www.torquefitness.com/assembly-manuals/X-SERIES
ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS



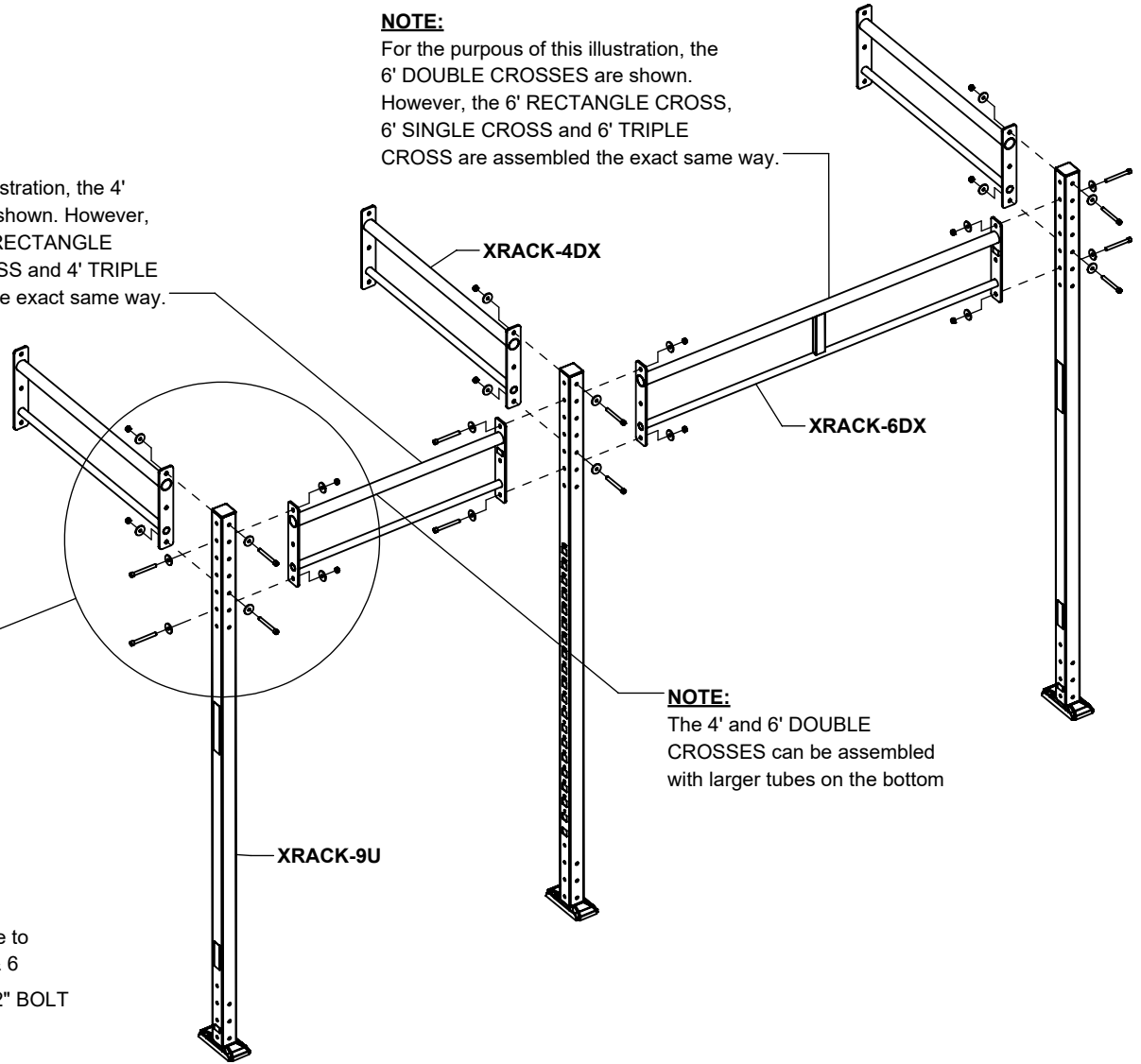
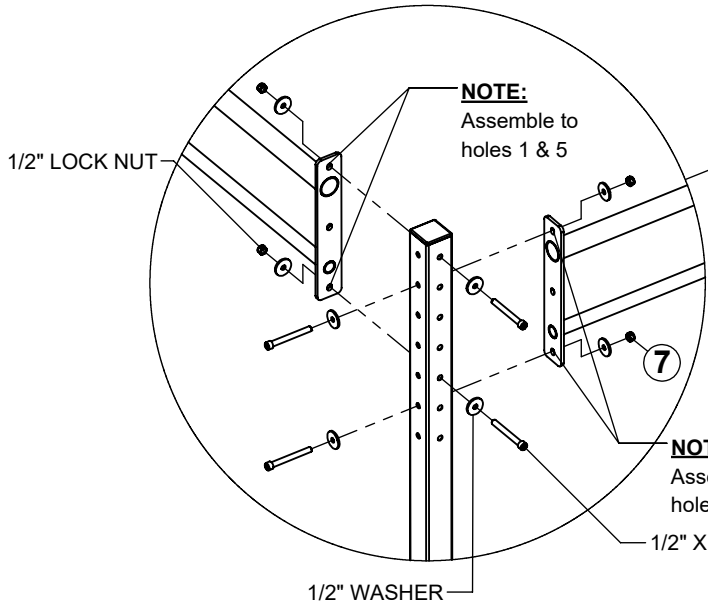
NOTE:

There are many different lengths, widths, heights and options for the WALL MOUNT X-RACKS. For the purposes of this assembly guide, a **4' X 10' X 9' WALL MOUNT X-RACK** will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

STEP 3

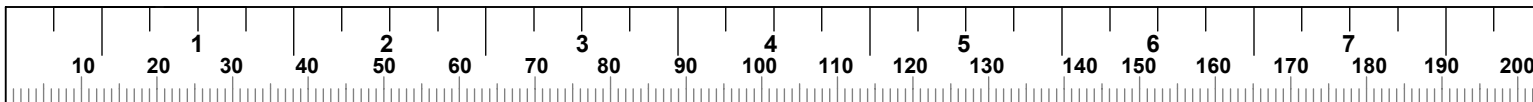
NOTE:
For the purpos of this illustration, the 4' DOUBLE CROSSES are shown. However, the 4' NINJA CROSS, 4' RECTANGLE CROSS, 4' SINGLE CROSS and 4' TRIPLE CROSS are assembled the exact same way.

NOTE:
For the purpos of this illustration, the 6' DOUBLE CROSSES are shown. However, the 6' RECTANGLE CROSS, 6' SINGLE CROSS and 6' TRIPLE CROSS are assembled the exact same way.



NOTE:

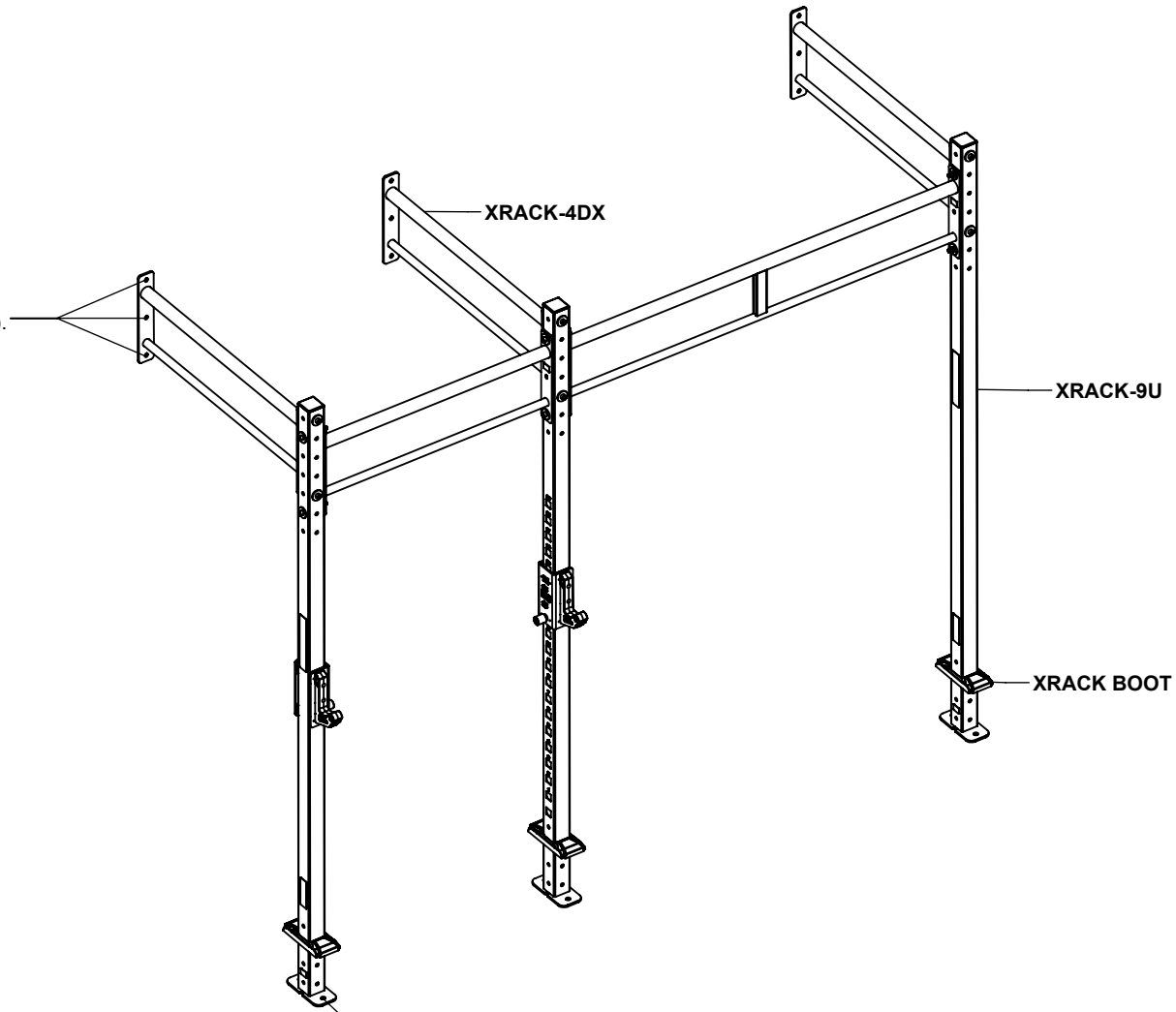
LOOSELY assemble all frame connections first, then **SECURELY** tighten.



ANCHOR STEPS FOR WALL MOUNT X-RACKS

NOTE:

Anchor holes. (See page 13 - 15 for different anchoring options).



NOTE:

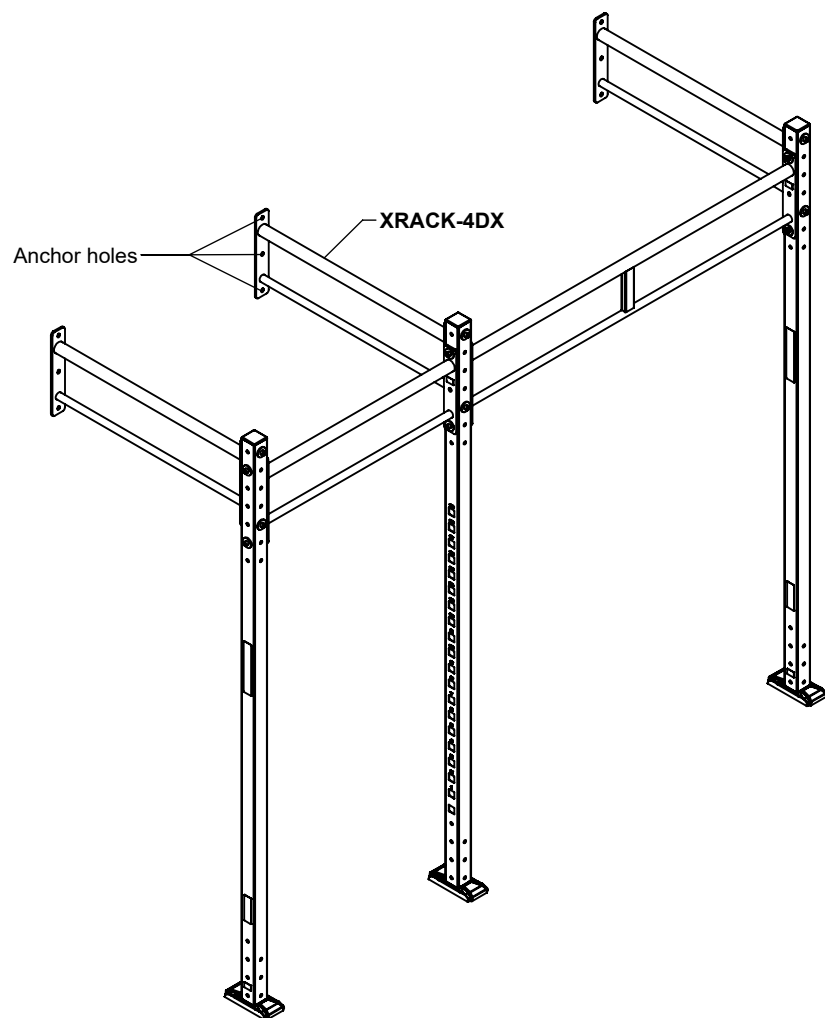
All uprights are required to be anchored to the floor. Two anchors per base plate.

WARNING!

ALL WALL MOUNT X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR AND WALL TO PREVENT ROCKING OR TIPPING DURING USE.

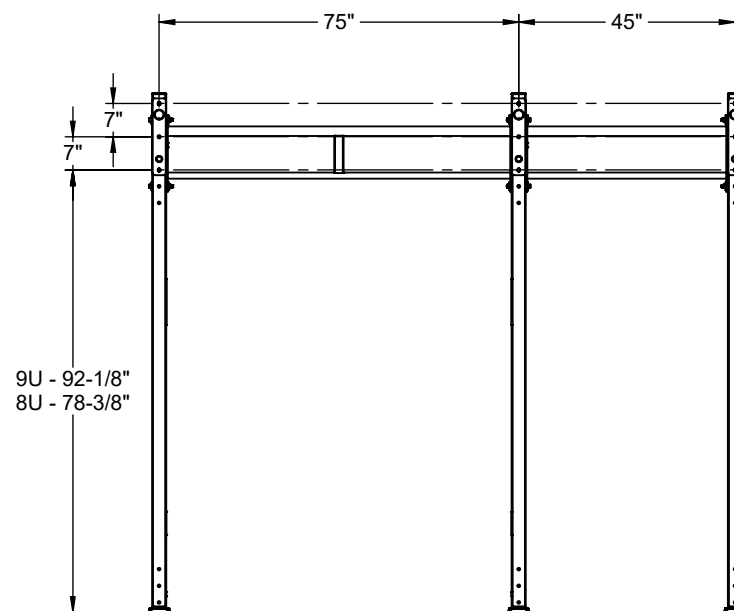
For floor anchoring instructions, please visit our web site at:
www.torquefitness.com/assembly-manuals/X-SERIES
ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS

STEP 4 (WALL MOUNT ANCHOR)



WARNING:

THE WALL MOUNT X-RACK **MUST** BE ANCHORED TO THE WALL USING NINE WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

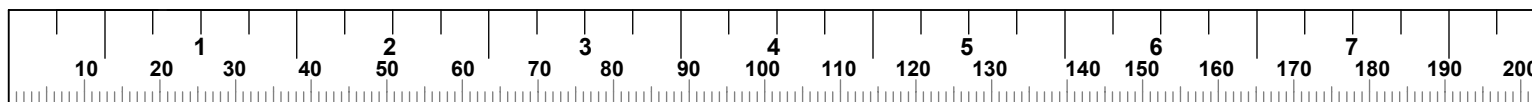


WALL VIEW

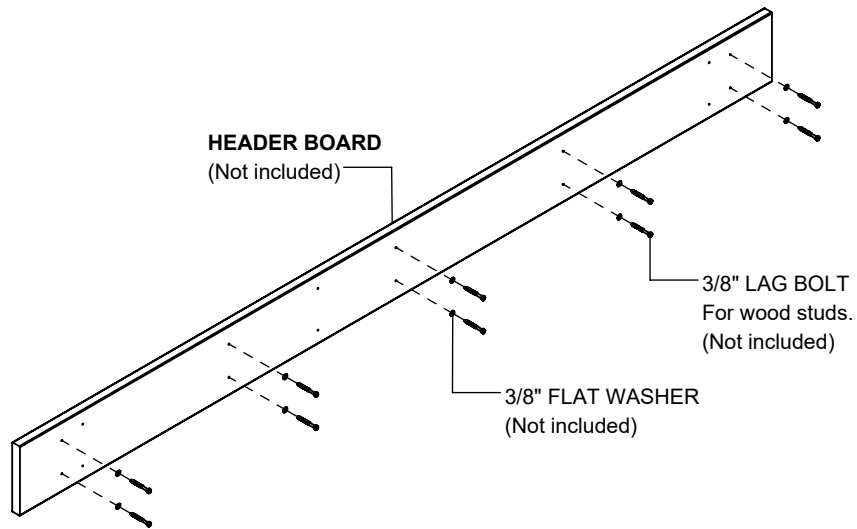
NOTES:

The images above show how to attach the WALL MOUNT X-RACK to the wall using wall anchors. The wall anchors used will depend on the wall construction. **NOTE: All nine anchoring locations must be used.** The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

SECURELY tighten all bolt connections in this step.

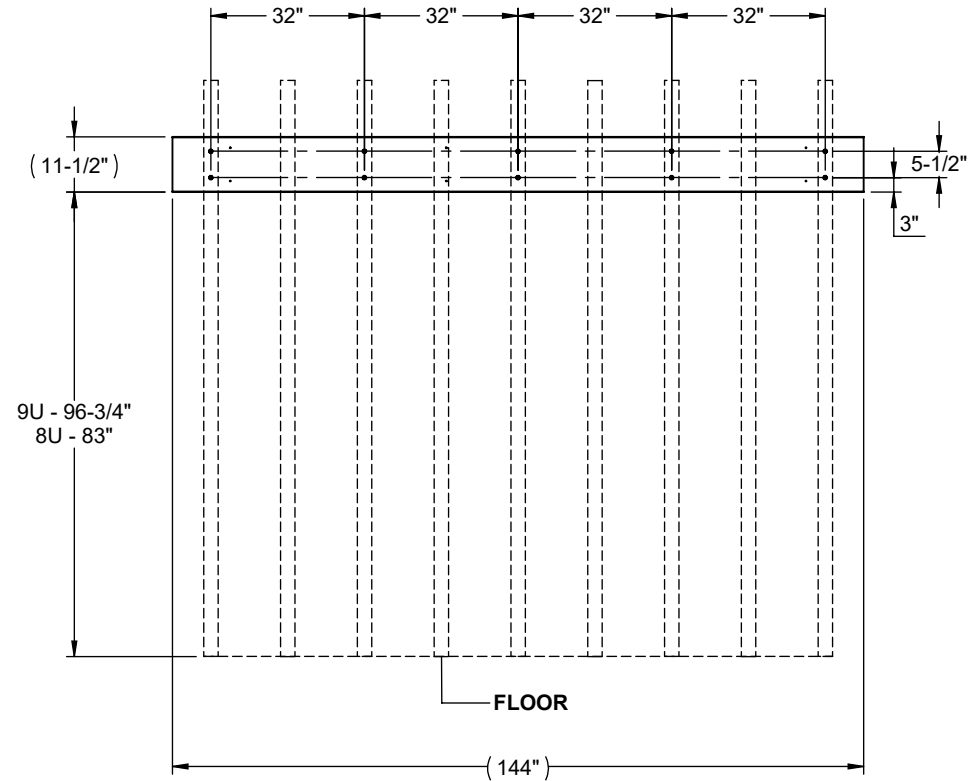


STEP 5A (WALL MOUNT WITH HEADER BOARD)



WARNING:

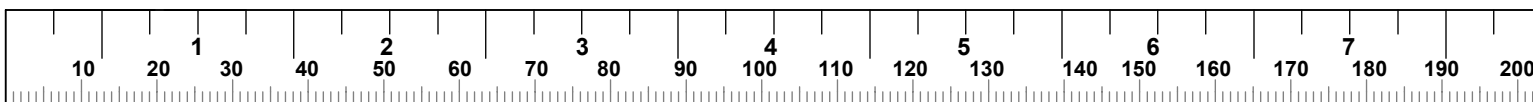
THE HEADER BOARD **MUST** BE ANCHORED TO THE WALL USING TEN WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



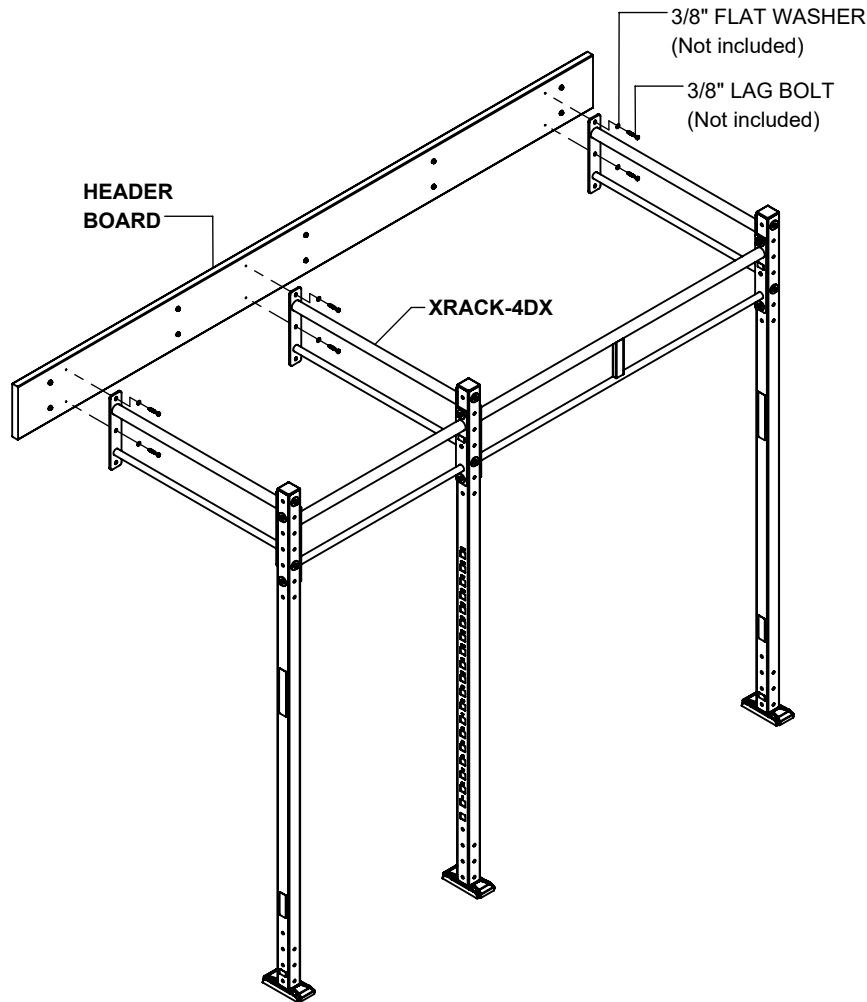
NOTES:

The images above show how to attach a header board to a typical wall with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE: All ten anchoring locations must be used.** The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

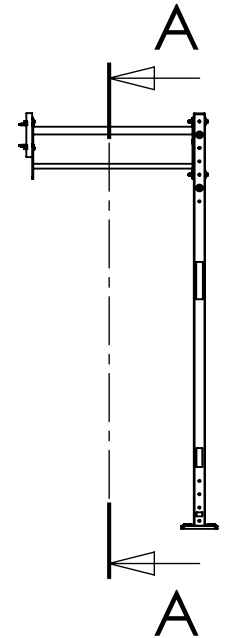
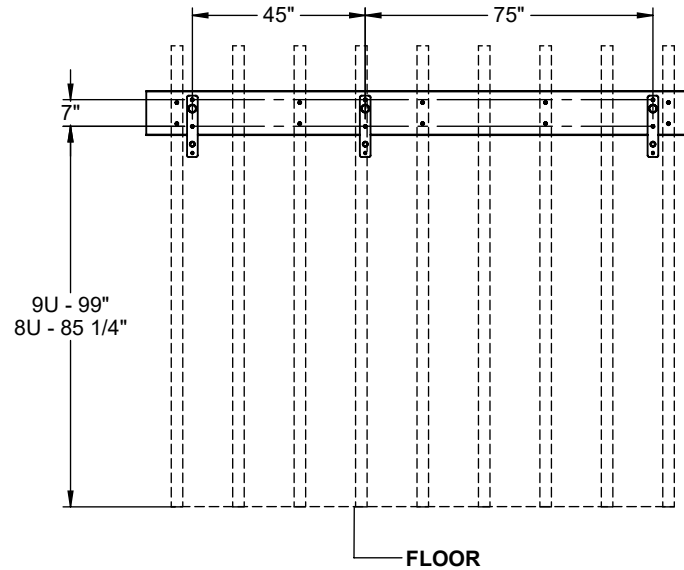
SECURELY tighten all bolt connections in this step.



STEP 5B (WALL MOUNT WITH HEADER BOARD)



WARNING:
THE WALL MOUNT X-RACK MUST BE ANCHORED TO THE HEADER BOARD USING ALL SIX WALL ANCHORS

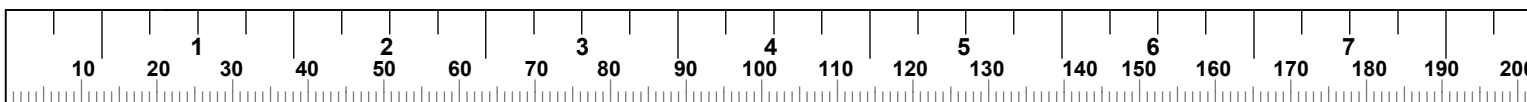


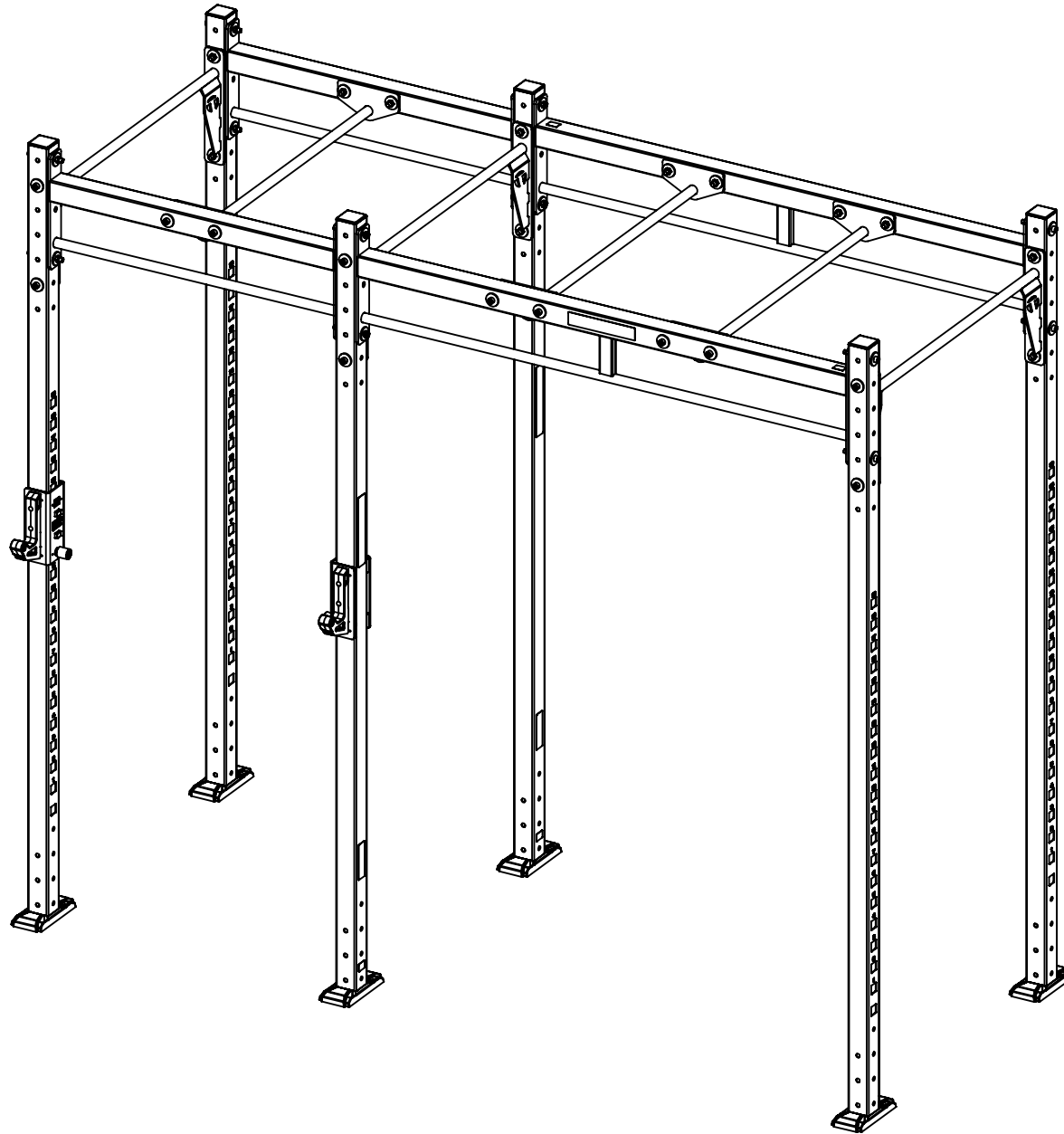
SECTION A-A

NOTES:

The images above show how to attach the WALL MOUNT X-RACK to the header board from previous step using 3/8" lag bolts. **NOTE:** All six anchoring locations must be used. The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

SECURELY tighten all bolt connections in this step.

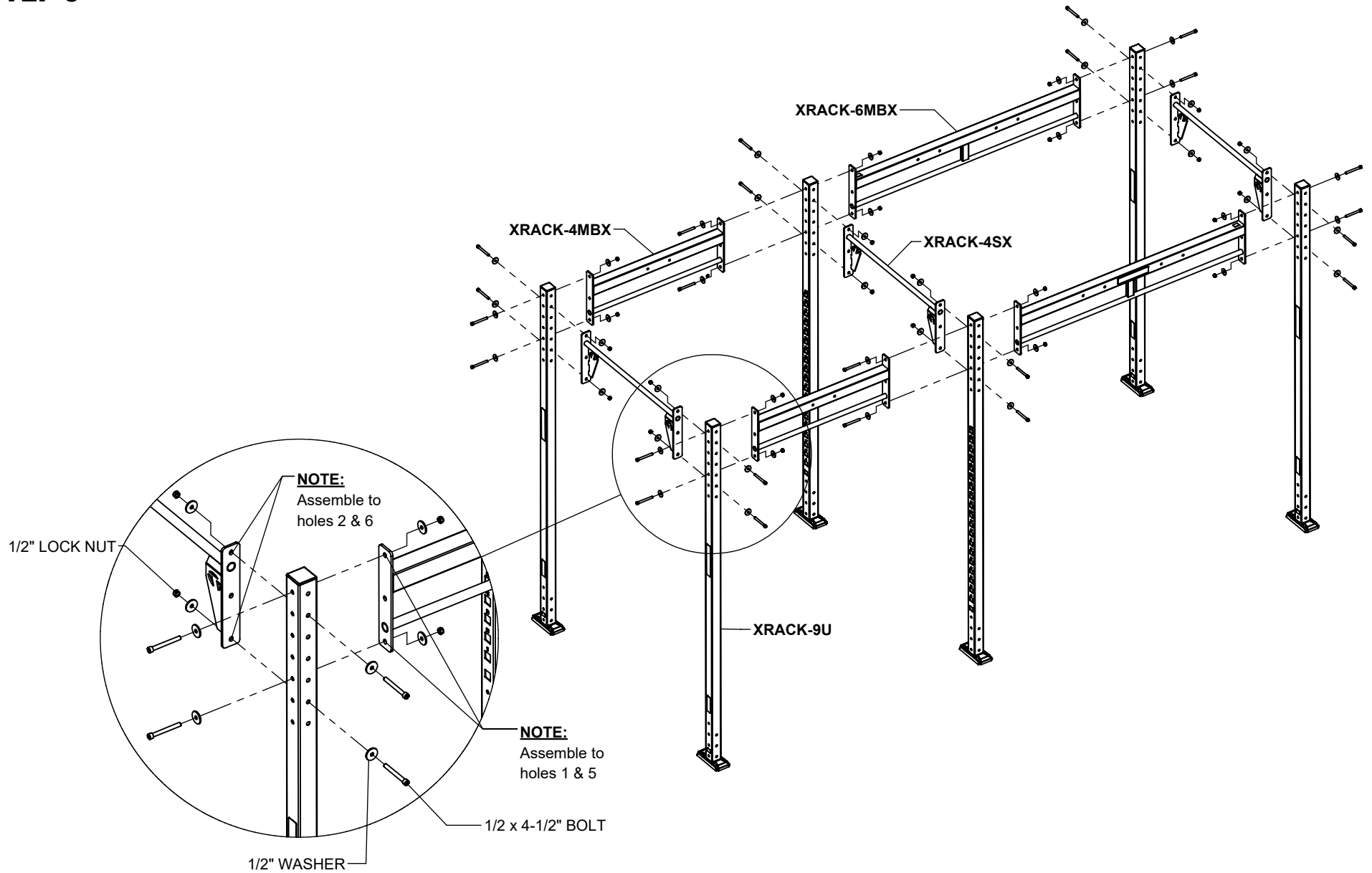




NOTE:

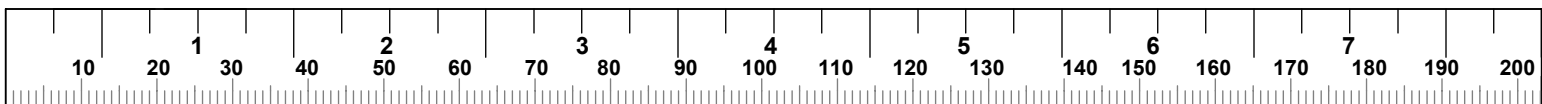
There are many different lengths, widths, heights and options for the **FREE STANDING MONKEY BAR X-RACKS**. For the purposes of this assembly guide, a **4' X 10' X 9' FREE STANDING MONKEY BAR X-RACK** will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

STEP 6



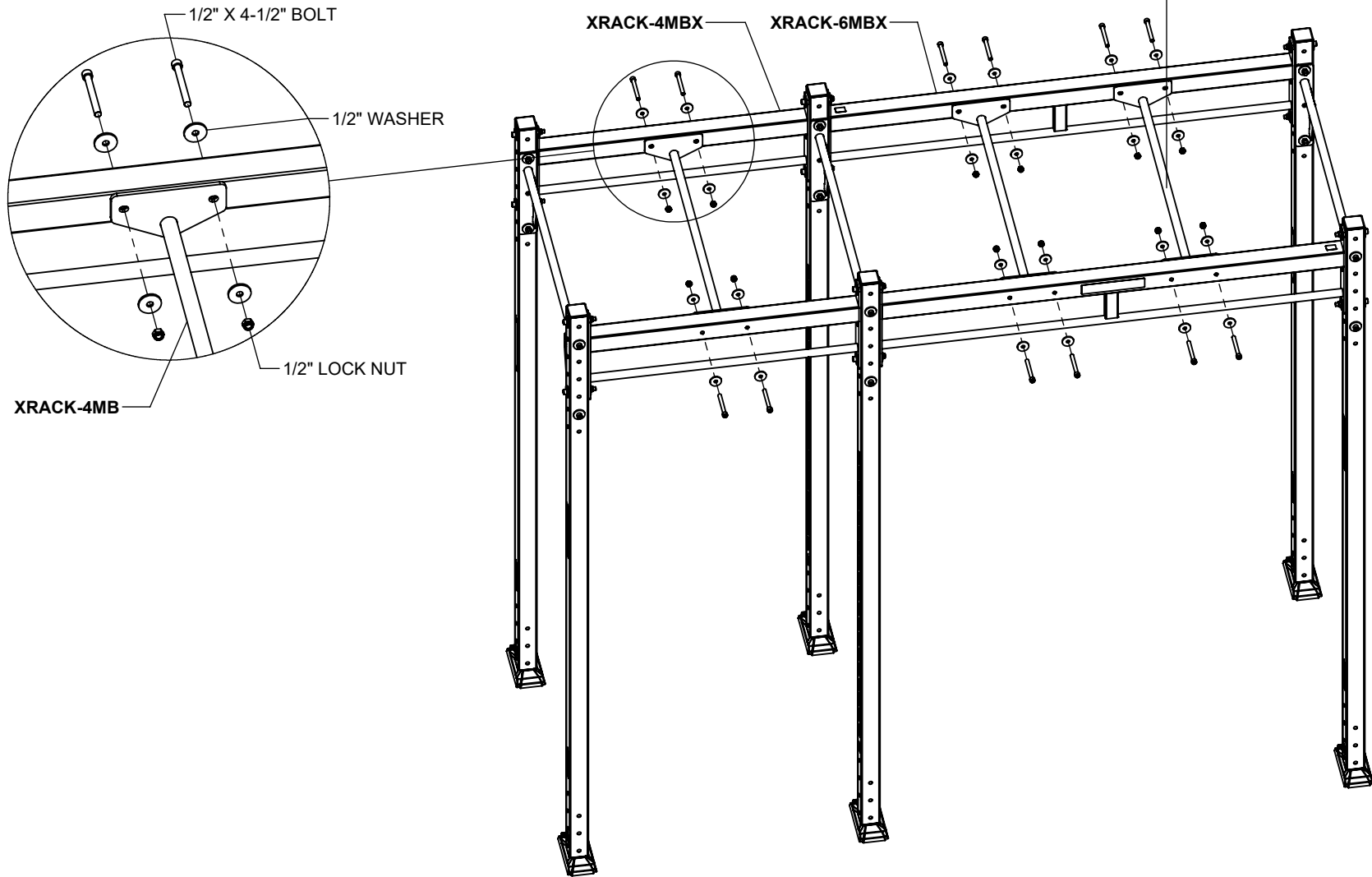
NOTE:

LOOSELY tighten bolt connections in this step.



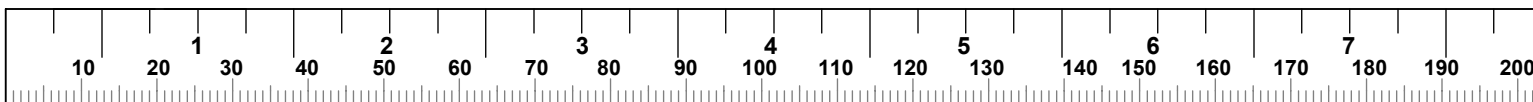
STEP 7

NOTE:
The MONKEY BARS
are shown assembled

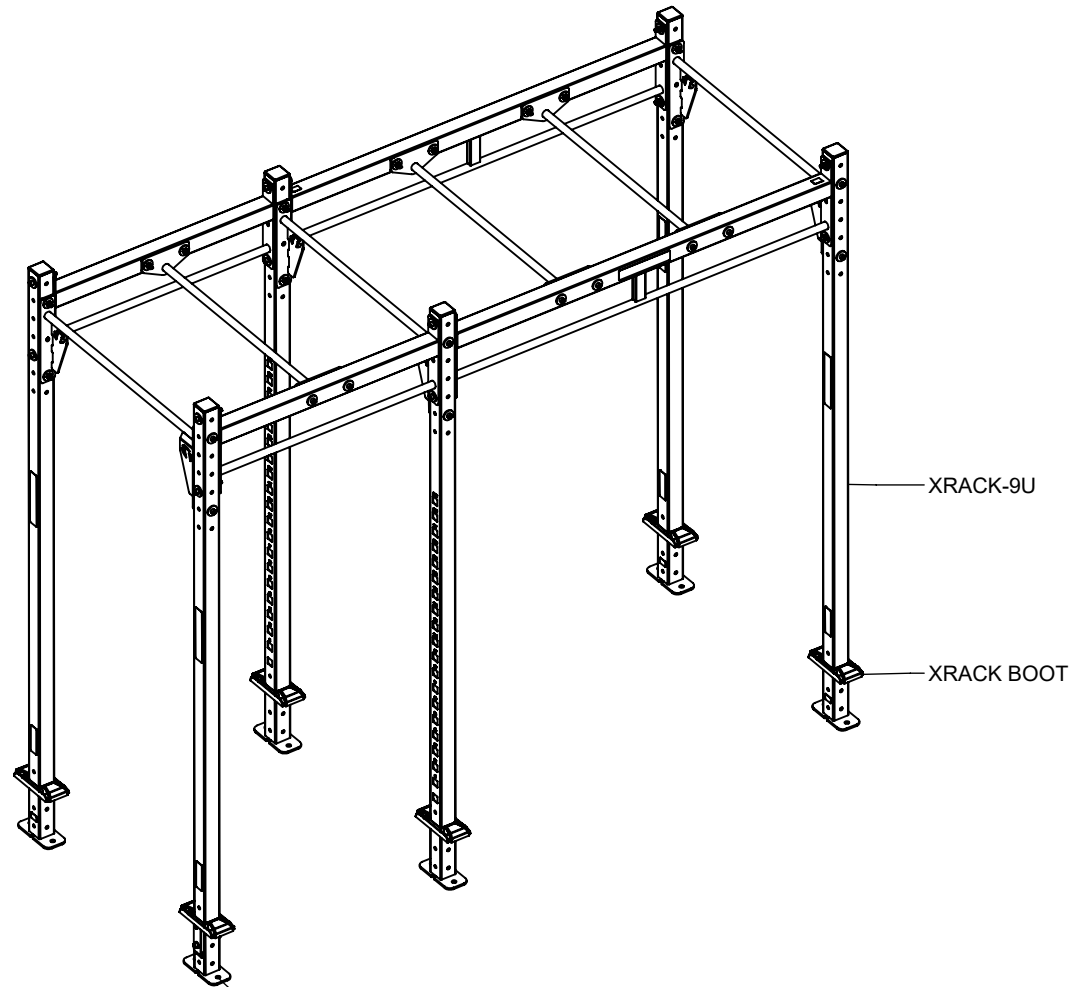


NOTE:

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



ANCHOR STEP FOR FREE STANDING MONKEY BAR X-RACKS



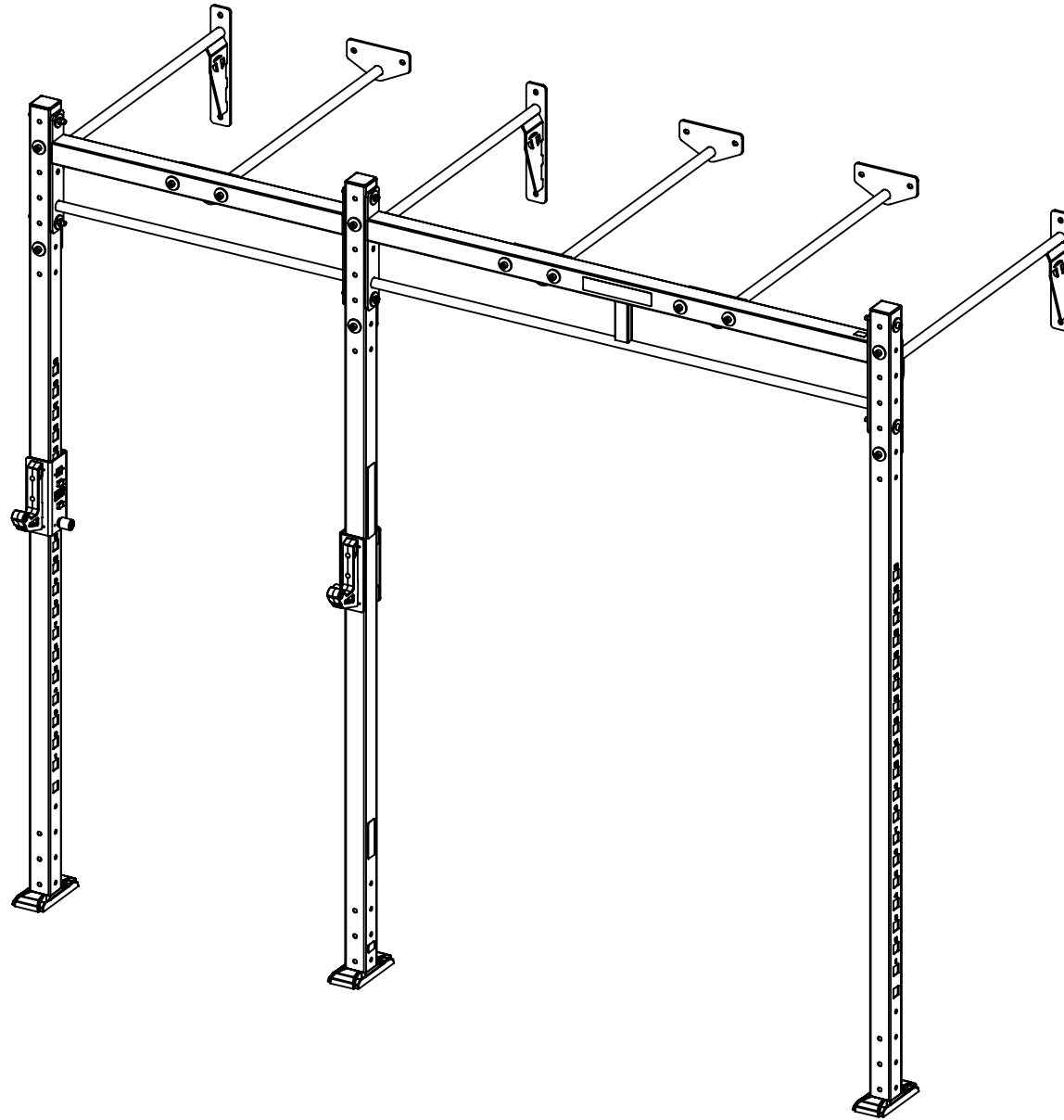
NOTE:

All uprights are required to be anchored to the floor. Two anchors per base plate.

WARNING!

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

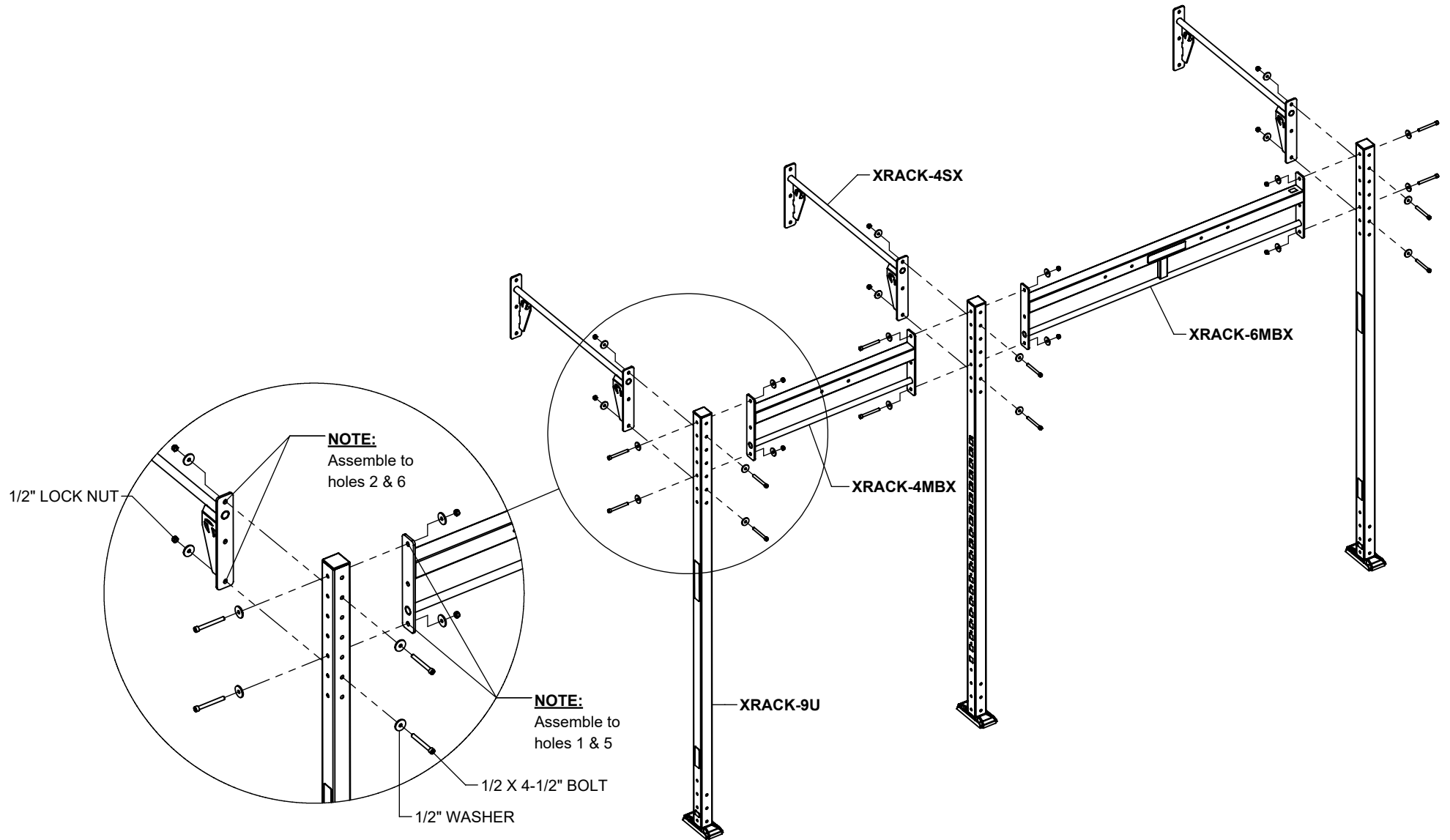
For floor anchoring instructions, please visit our web site at:
www.torquefitness.com/assembly-manuals/X-SERIES
ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS



NOTE:

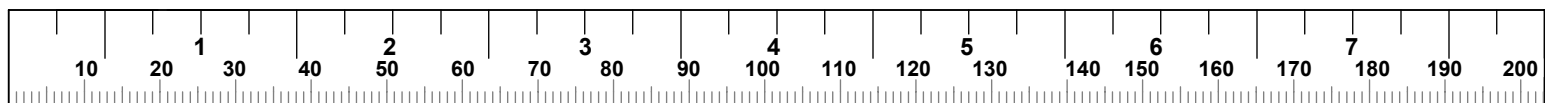
There are many different lengths, widths, heights and options for the MONKEY BAR WALL MOUNT X-RACKS. For the purposes of this assembly guide, a **4' X 10' X 9' MONKEY BAR WALL MOUNT X-RACK** will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

STEP 8

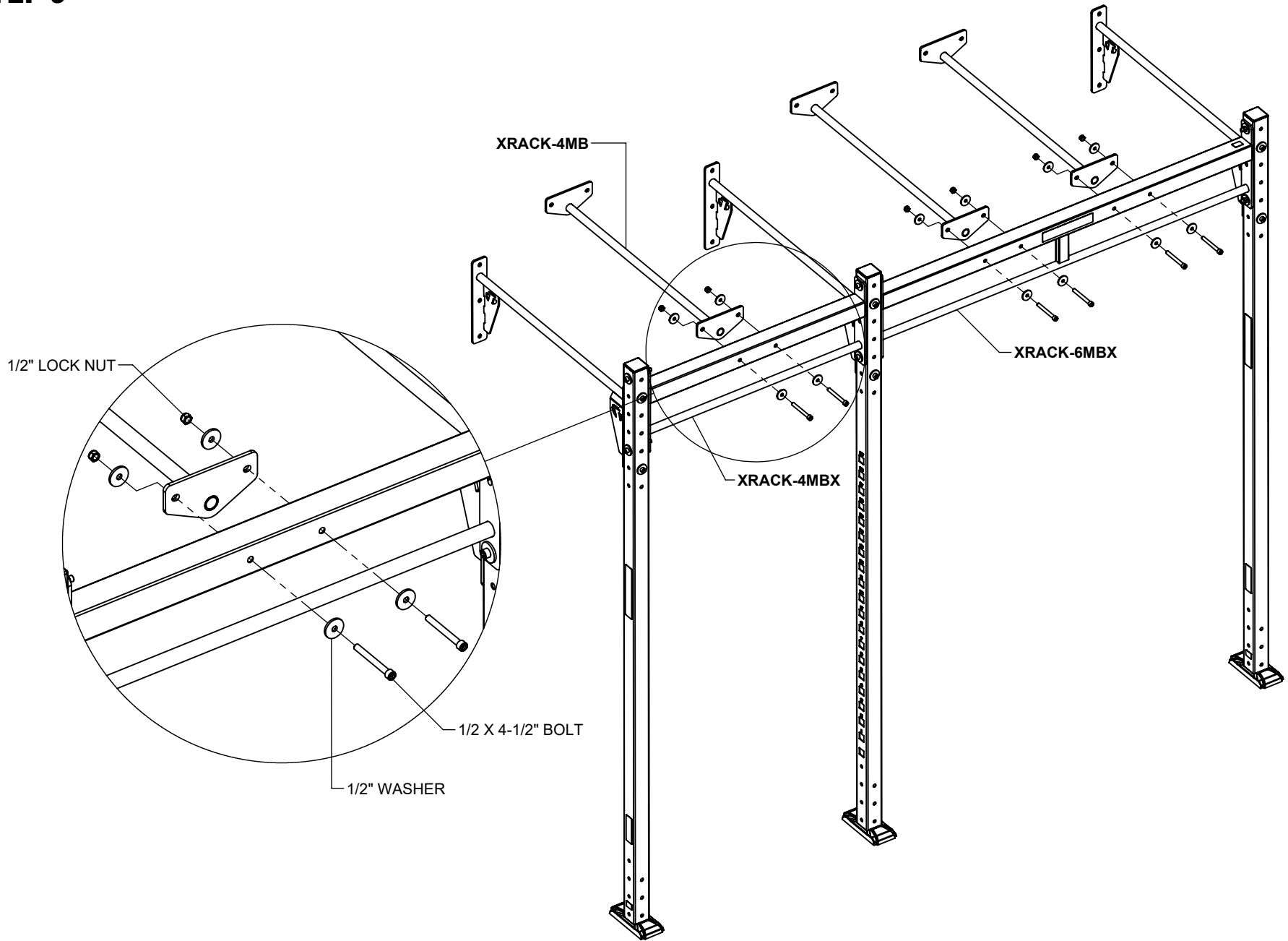


NOTE:

LOOSELY tighten bolt connections in this step.

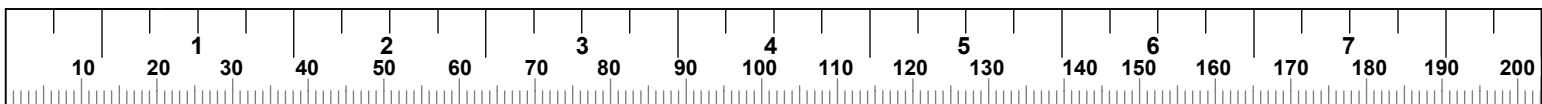


STEP 9

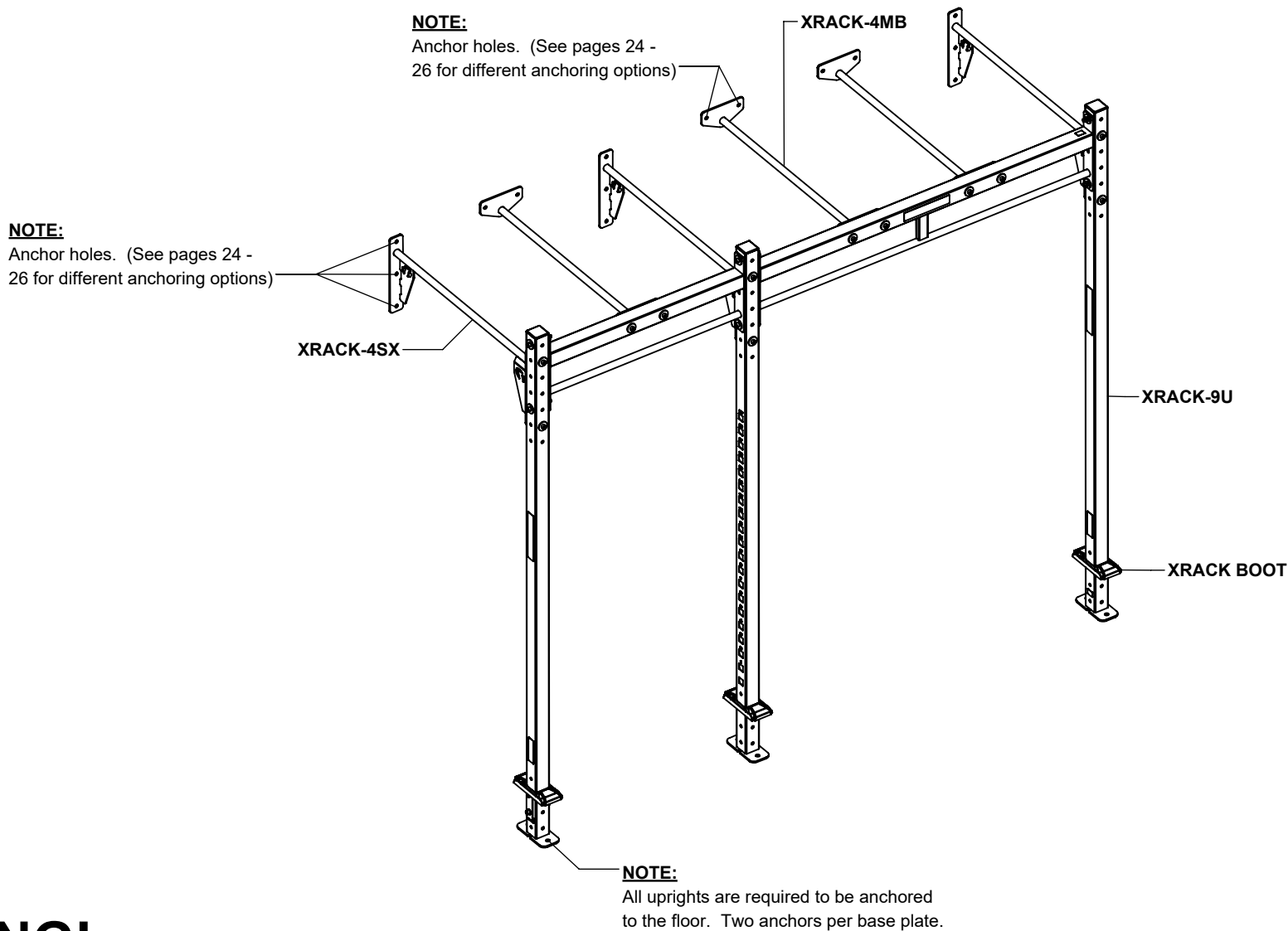


NOTE:

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



ANCHOR STEPS FOR WALL MOUNT MONKEY BAR X-RACKS

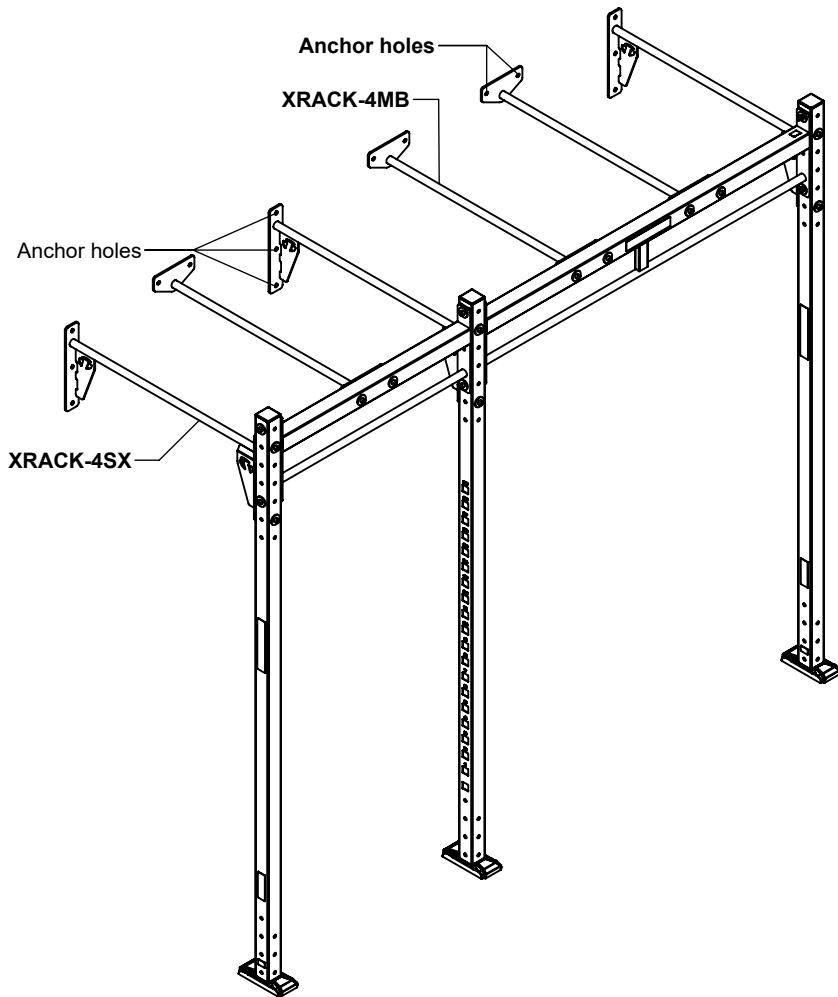


WARNING!

ALL WALL MOUNT X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR AND WALL TO PREVENT ROCKING OR TIPPING DURING USE.

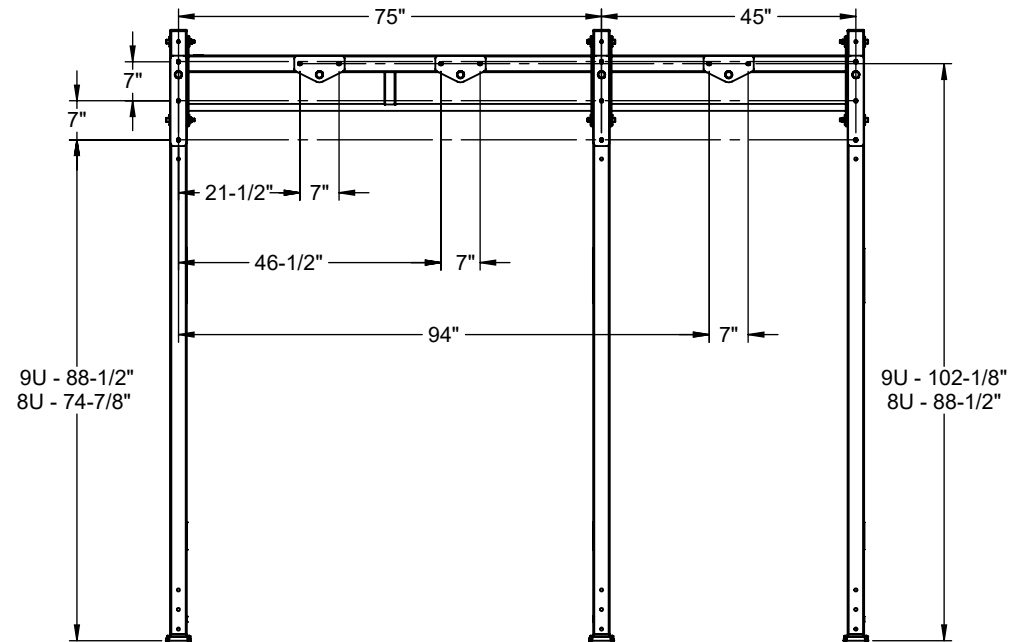
For floor anchoring instructions, please visit our web site at:
www.torquefitness.com/assembly-manuals/X-SERIES
ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS

STEP 10 (MONKEY BAR WALL MOUNT ANCHOR)



WARNING:

THE MONKEY BAR WALL MOUNT **MUST** BE ANCHORED TO THE WALL USING FIFTEEN WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

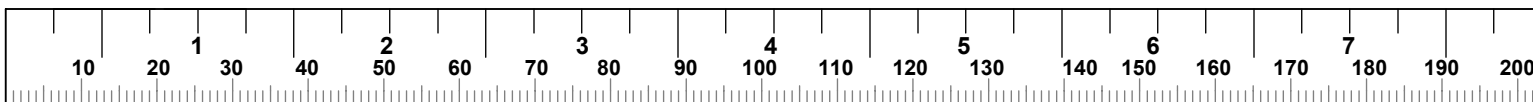


WALL VIEW

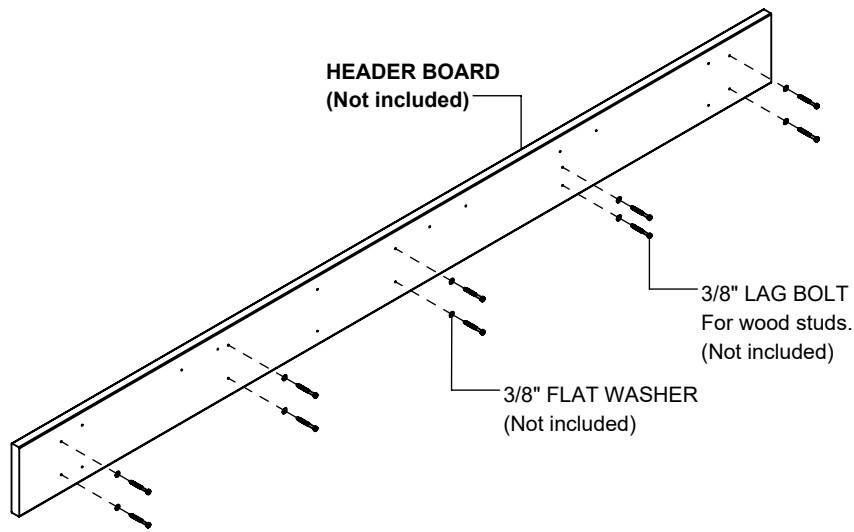
NOTES:

The images above show how to attach the MONKEY BAR WALL MOUNT X-RACK to the wall using wall anchors. The wall anchors used will depend on the wall construction. **NOTE: All fifteen anchoring locations must be used.** The hardware used must be equal to or greater than 200 lbs. (91 kg) each.

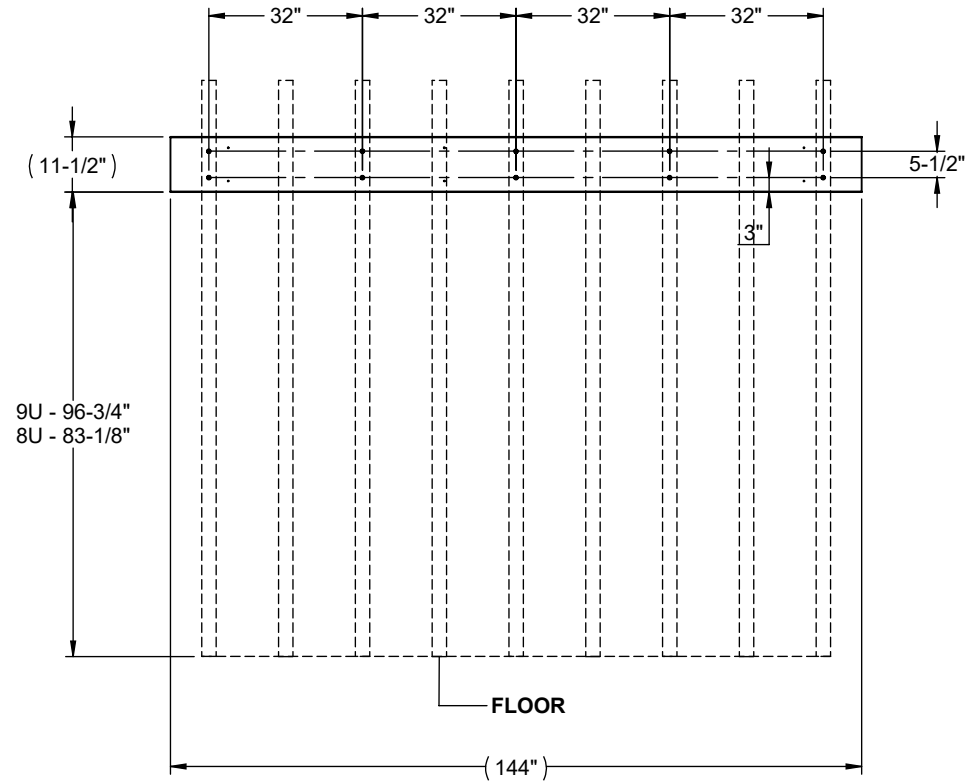
SECURELY tighten all bolt connections in this step.



STEP 11A (MONKEY BAR WALL MOUNT WITH HEADER BOARD)



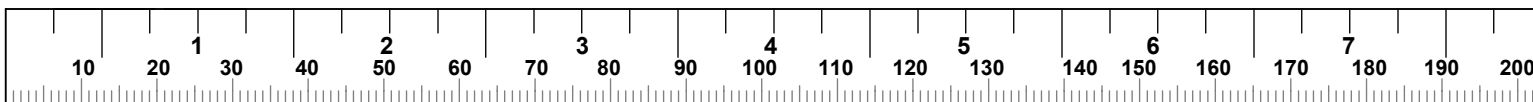
WARNING:
 THE HEADER BOARD **MUST** BE ANCHORED TO THE WALL USING TEN WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



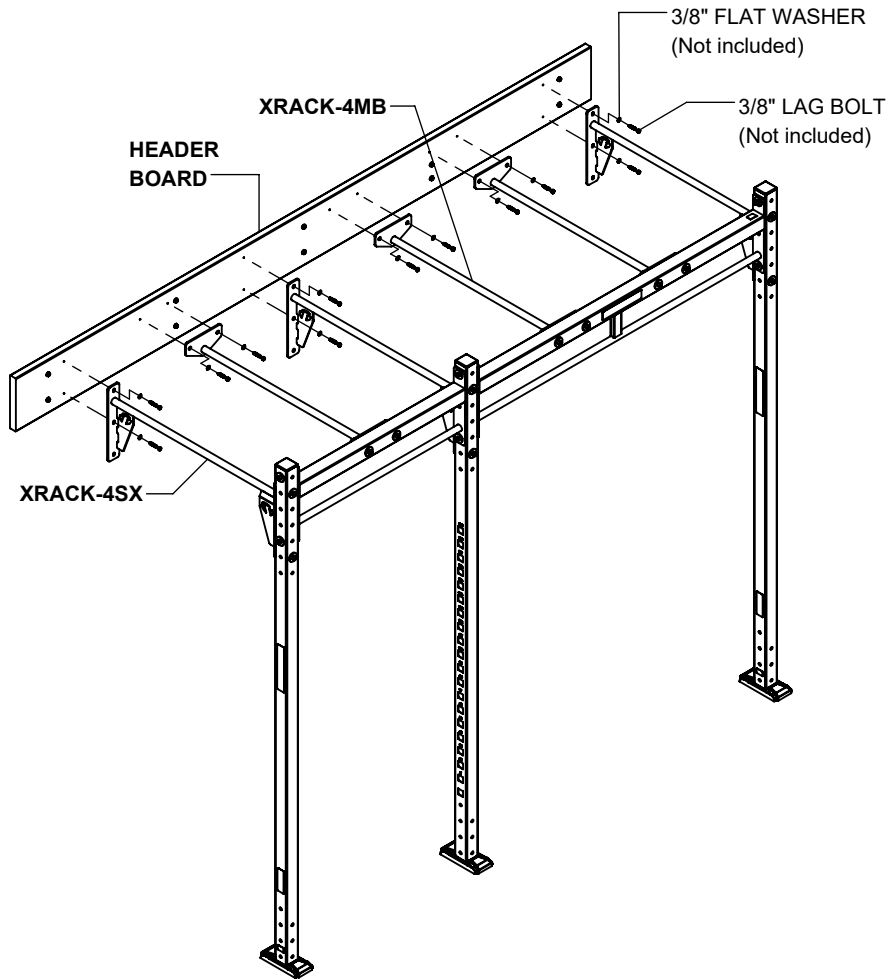
NOTES:

The images above show how to attach a header board to a typical wall with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE: All ten anchoring locations must be used.** The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

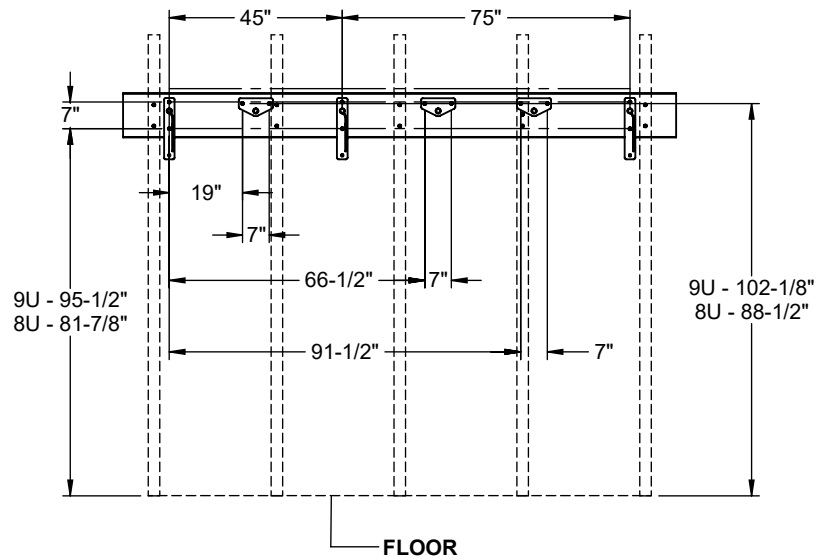
SECURELY tighten all bolt connections in this step.



STEP 11B (MONKEY BAR WALL MOUNT WITH HEADER BOARD)



WARNING:
THE MONKEY BAR WALL MOUNT X-RACK MUST BE ANCHORED TO THE HEADER BOARD USING ALL TWELVE WALL ANCHORS.

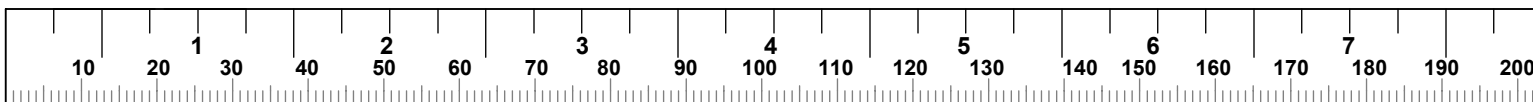


SECTION A-A

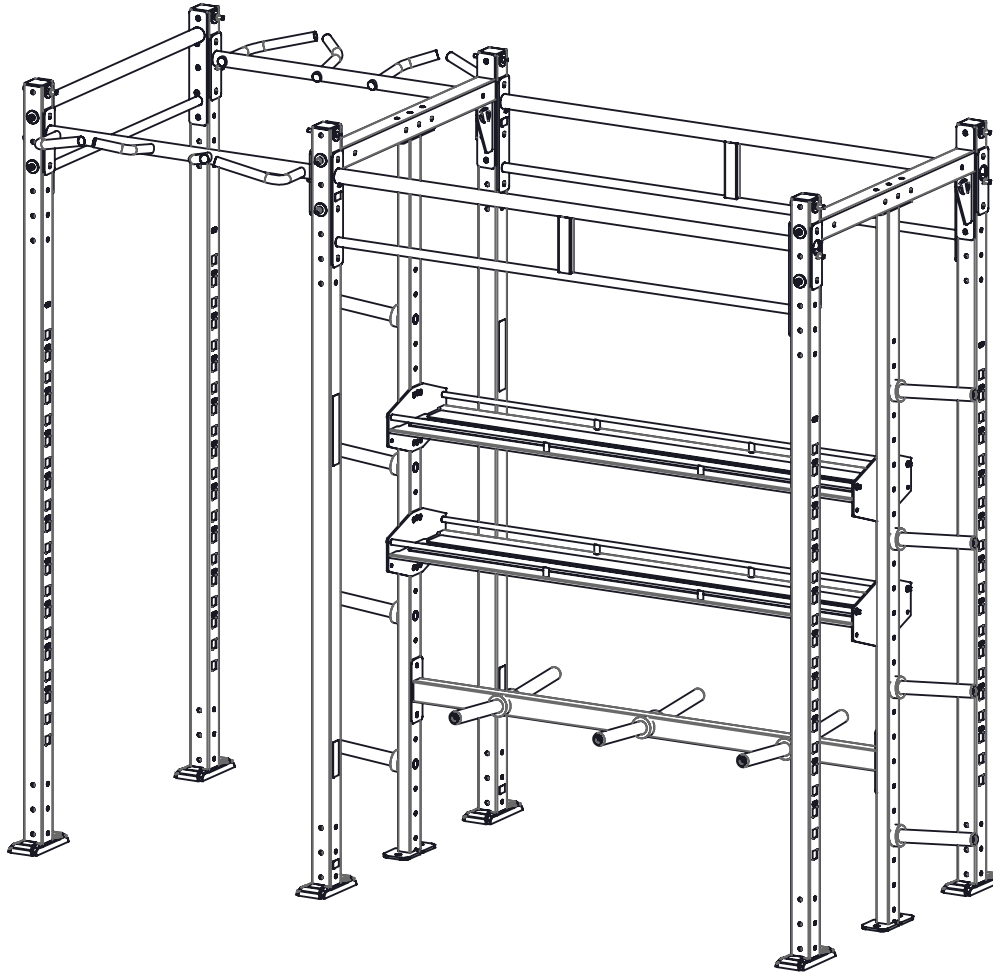
NOTES:

The images above show how to attach the MONKEY BAR WALL MOUNT X-RACK to the header board from previous step using 3/8" lag bolts. **NOTE: All twelve anchoring locations must be used.** The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

SECURELY tighten all bolt connections in this step.



XRACK STORAGE SYSTEM

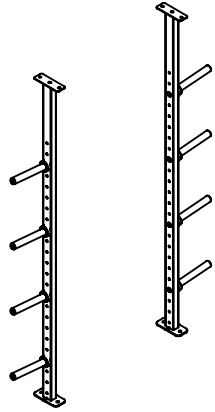


NOTES:

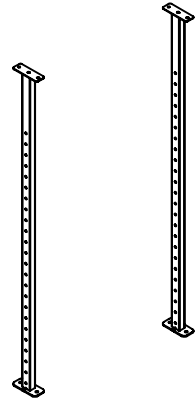
The XRACK has a wide range of attachments available for a variety of configurations. This manual will illustrate these attachments for their bolted connections. Some components may be hidden for assembly clarity.

The following XRACK series 6' storage attachments are **NOT COMPATIBLE** with the attachment uprights.

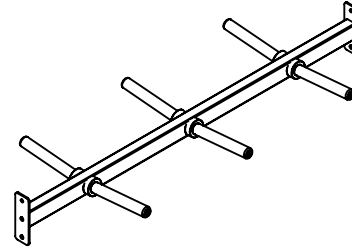
**XRACK STORAGE
SYSTEM**



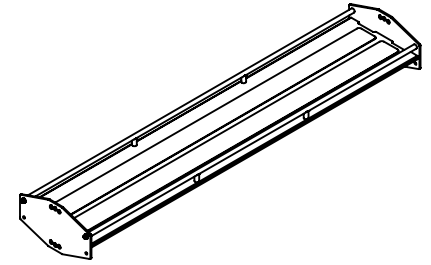
**XRACK VERTICAL
WEIGHT STORAGE**



**XRACK VERTICAL ACCESSORY
STORAGE UPRIGHTS**

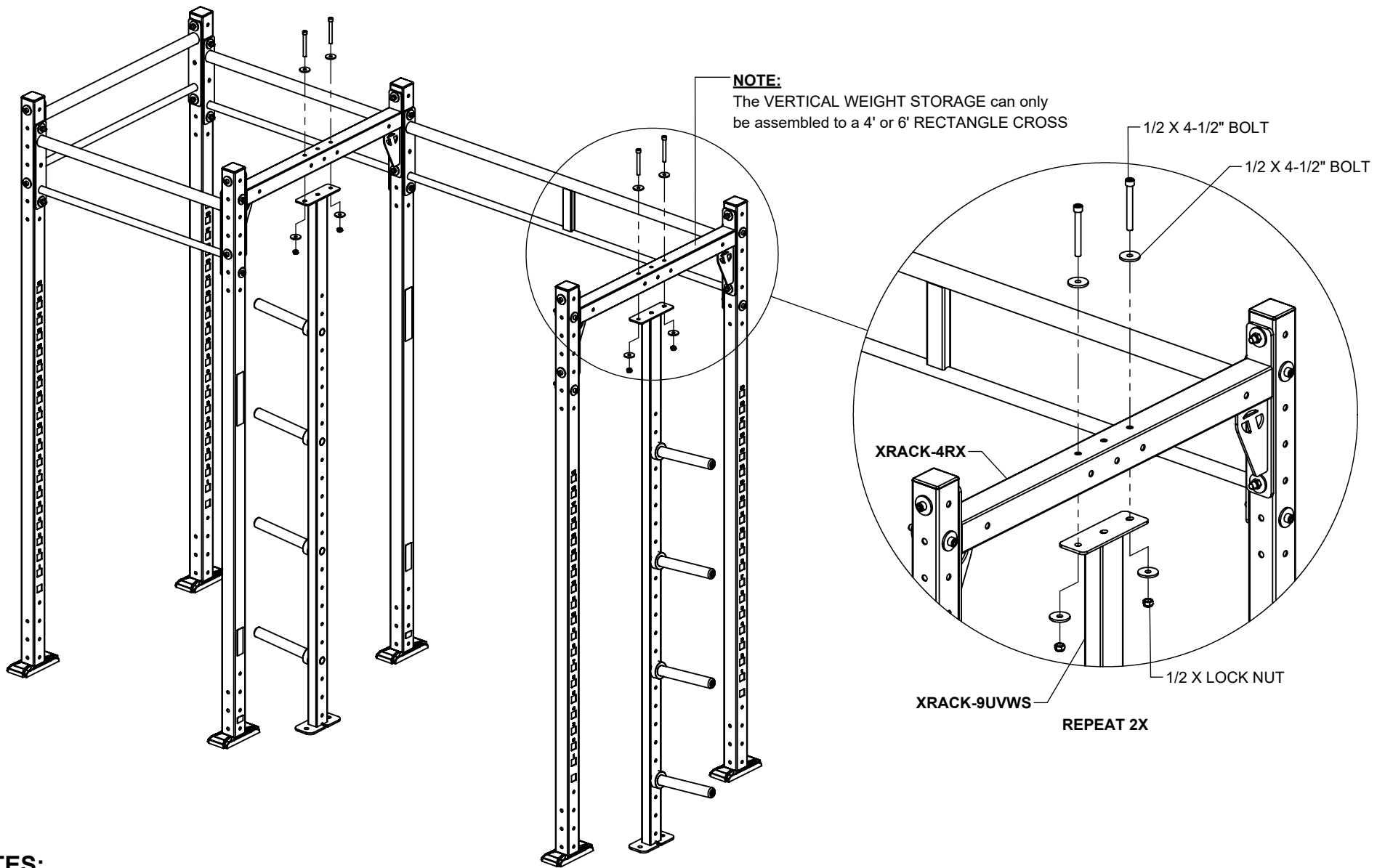


**XRACK 6' HORIZONTAL
WEIGHT STORAGE**



XRACK 6' ACCESSORY TRAY

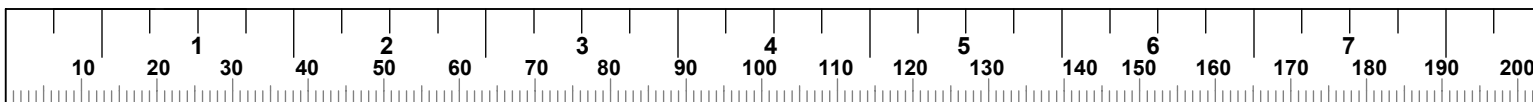
STEP 16 (OPTIONAL VERTICAL WEIGHT STORAGE)



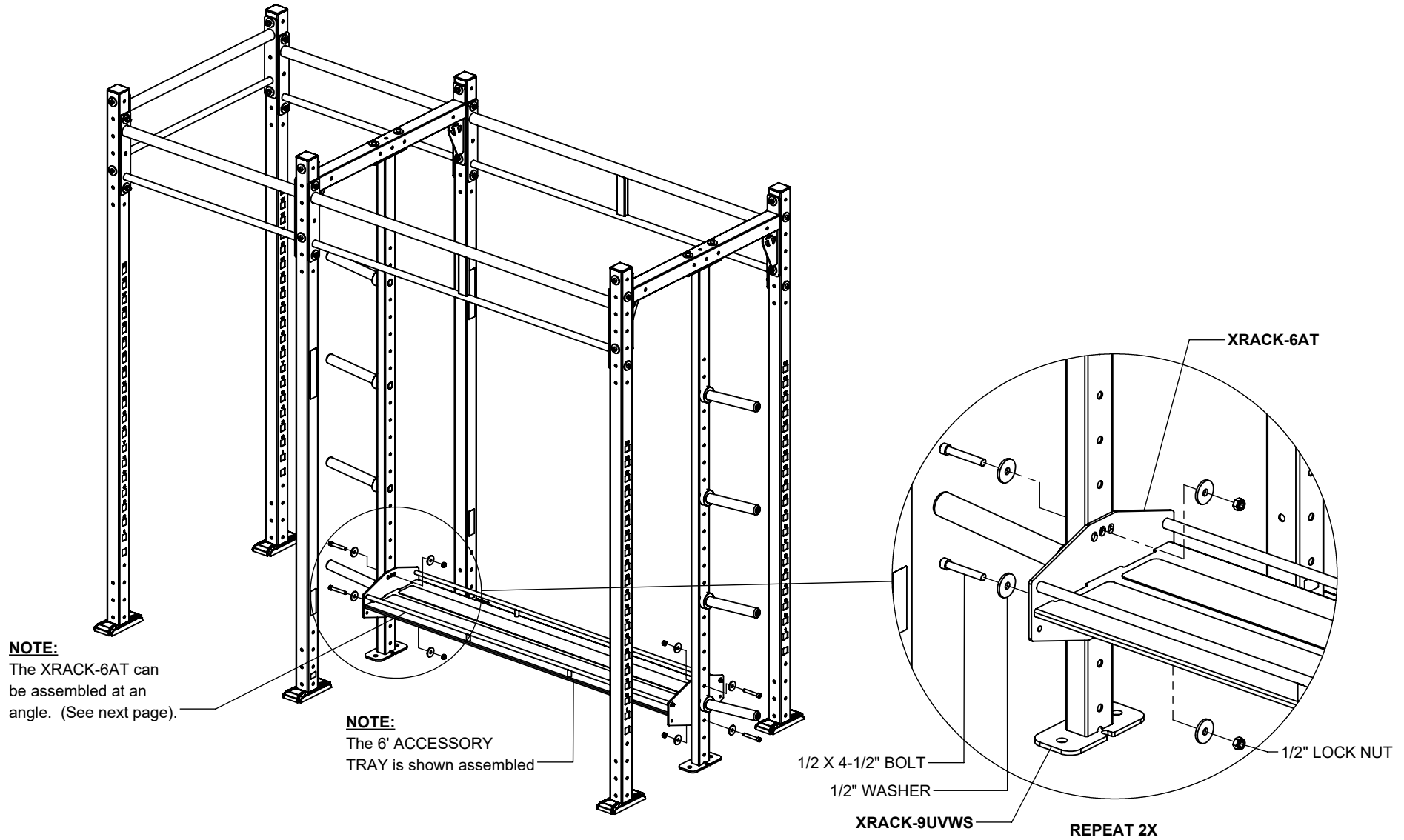
NOTES:

Some items have been hidden for assembly clarity.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections.



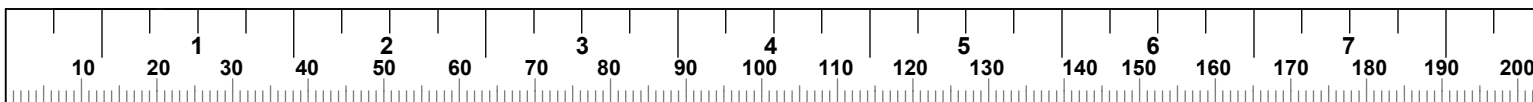
STEP 17A (OPTIONAL 6' ACCESSORY STORAGE, FLAT)



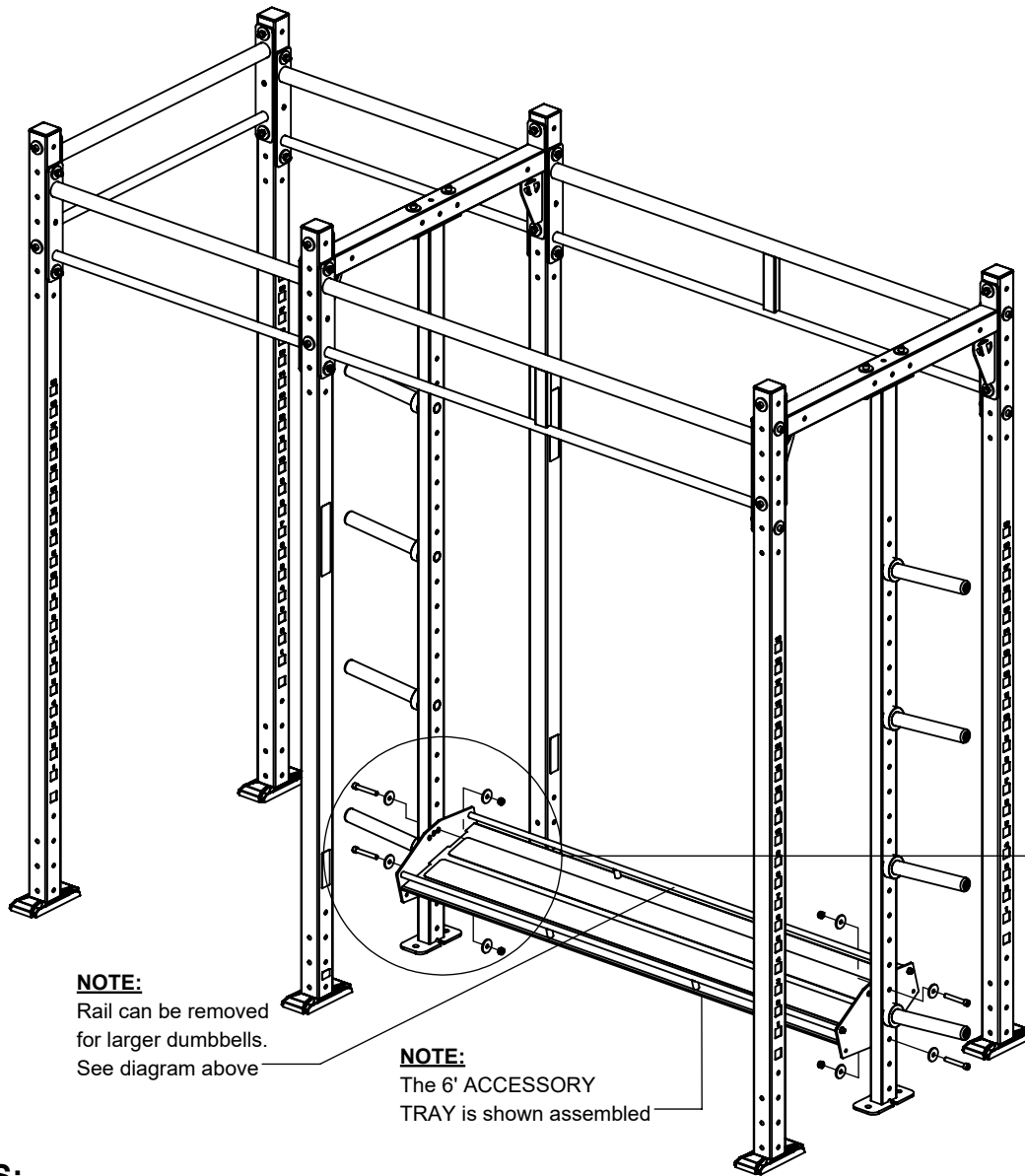
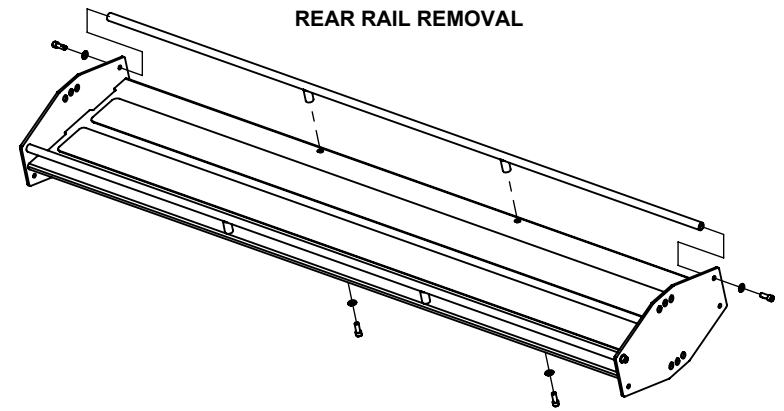
NOTES:

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.

Repeat this step for additional XRACK-6AT's or other attachments.



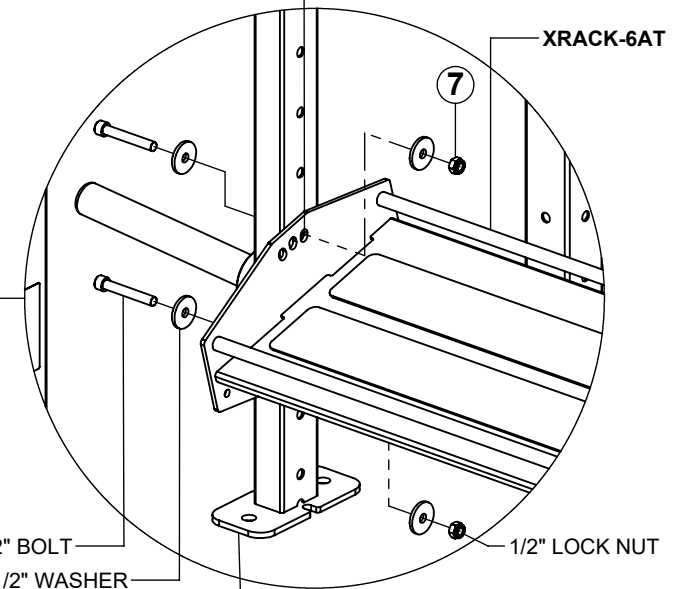
STEP 17B (OPTIONAL 6' ACCESSORY STORAGE, ANGLED)



NOTE:
Rail can be removed for larger dumbbells. See diagram above

NOTE:
The 6' ACCESSORY TRAY is shown assembled

NOTE:
To mount the XRACK-6AT at an angle, use 3rd hole on top and 1st hole on bottom as shown.

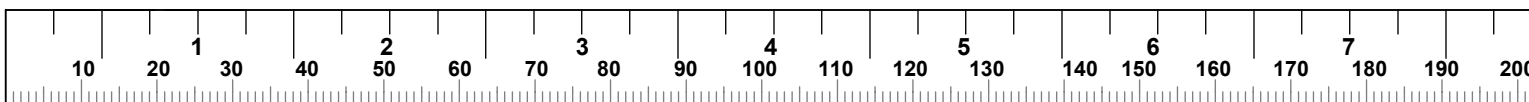


REPEAT 2X

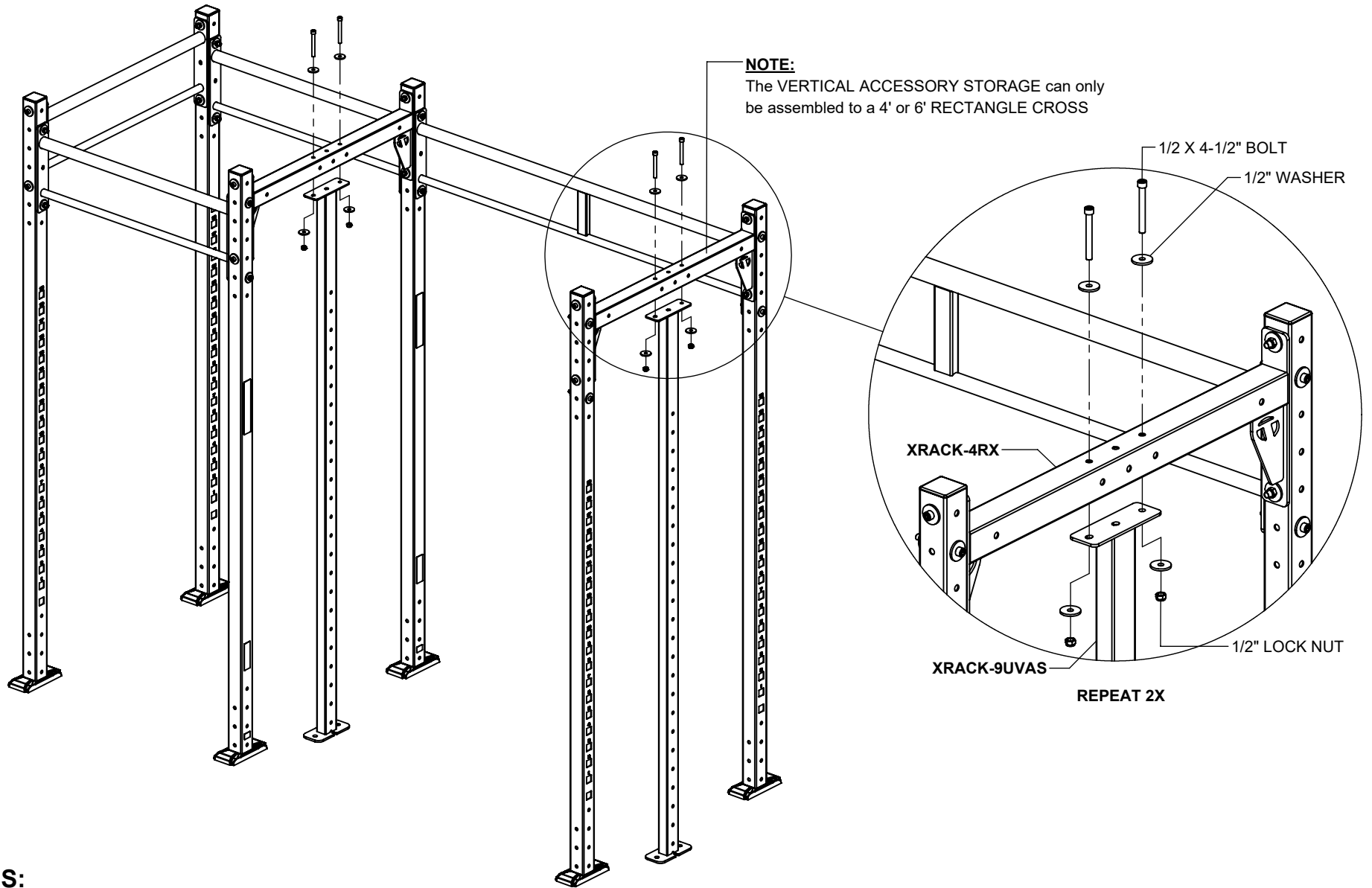
NOTES:

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.

Repeat this step for additional XRACK-6AT's or other attachments.



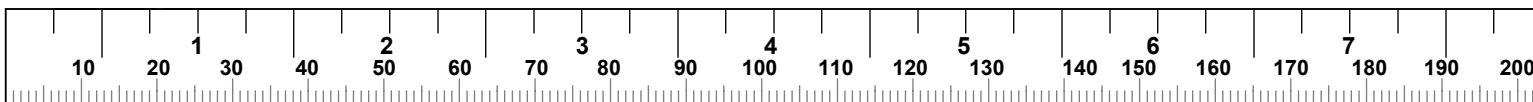
STEP 18 (OPTIONAL VERTICAL ACCESSORY STORAGE)



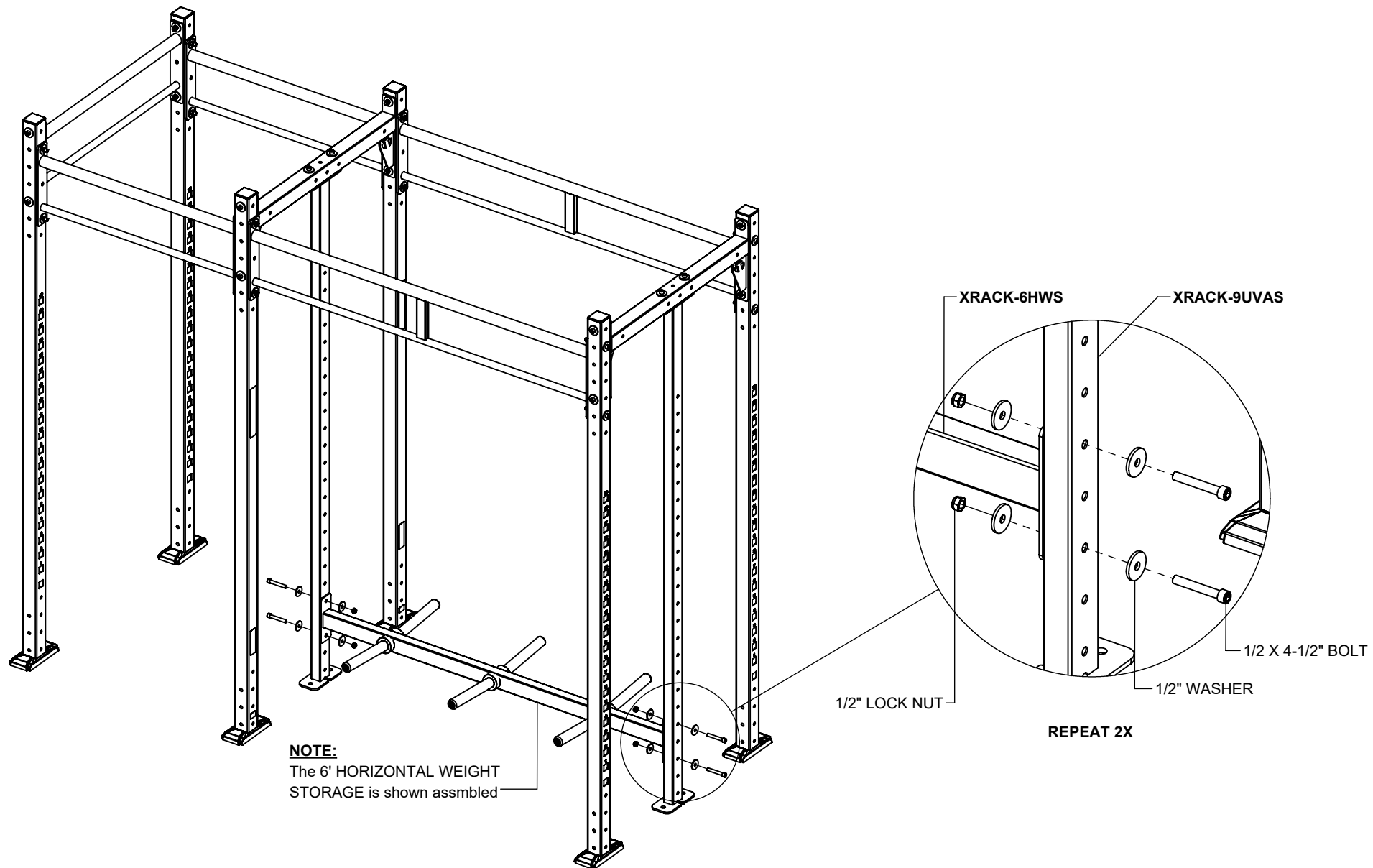
NOTES:

Some items have been hidden for assembly clarity.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections.

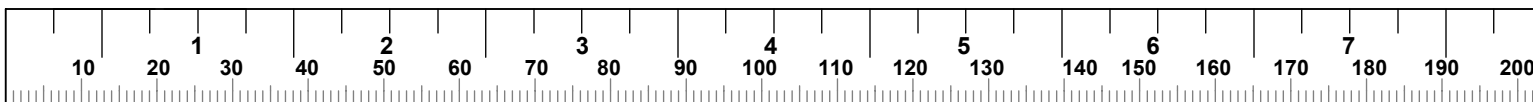


STEP 19 (OPTIONAL 6' HORIZONTAL WEIGHT STORAGE)

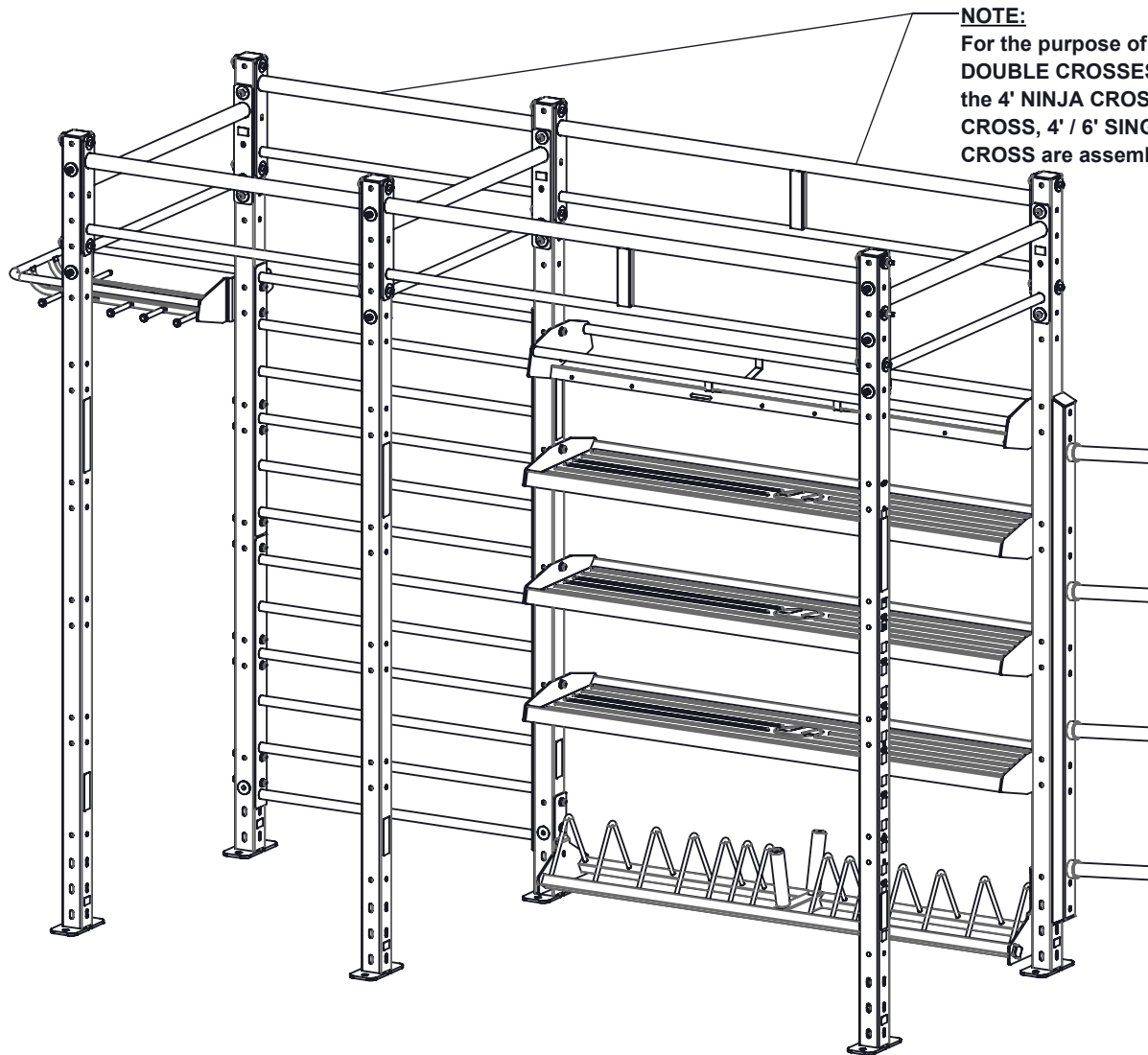


NOTES:

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



OPTIONAL ATTACHMENT UPRIGHTS

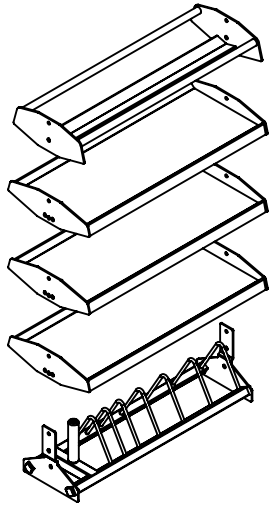


NOTE:

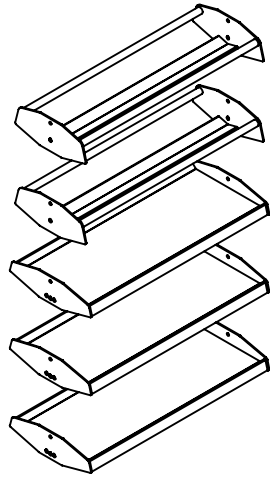
There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, the attachment uprights are shown for the bolted attachments and accessories. The following steps will show both the 8AU and 9AU when needed. Refer to previous instructions to assemble a particular rack configuration.

The following attachments apply only to the XRACK 8' and 9' Attachment Uprights.

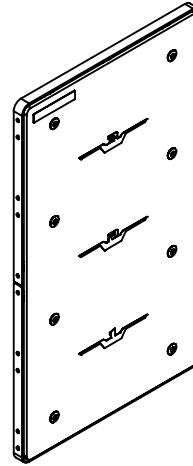
**ATTACHMENT
UPRIGHT 4' & 6'
ATTACHMENTS**



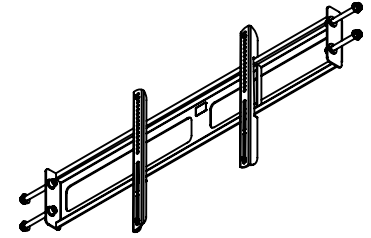
XCREATE 4' / 6' STORAGE MODULES



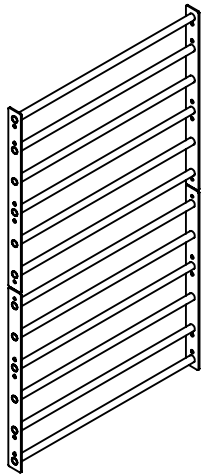
XCREATE 4' / 6' STORAGE MODULES



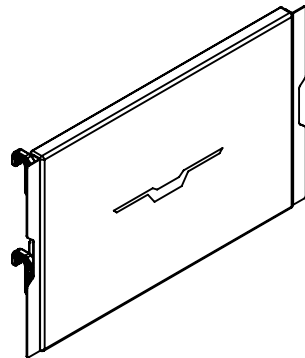
**XCREATE 4' BALL
TARGET WALL**



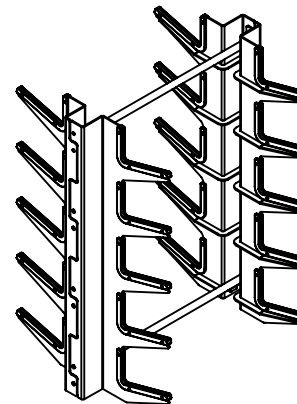
**XCREATE 4'
MONITOR MOUNT**



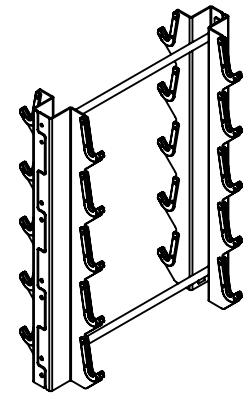
XCREATE 4' STALL BARS



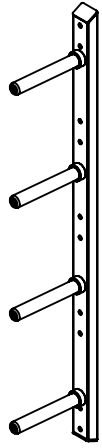
XCREATE 4' BALL TARGET WALL PADS



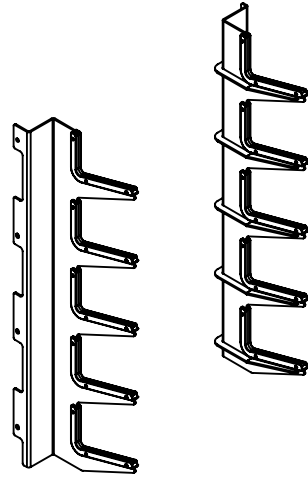
XCREATE BARBELL STORAGE MODULES



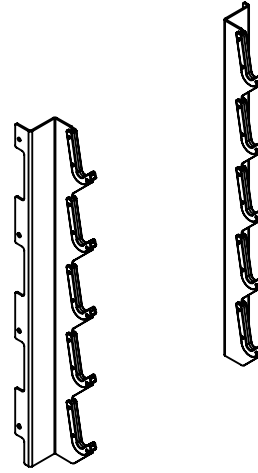
XCREATE BARBELL STORAGE MODULES



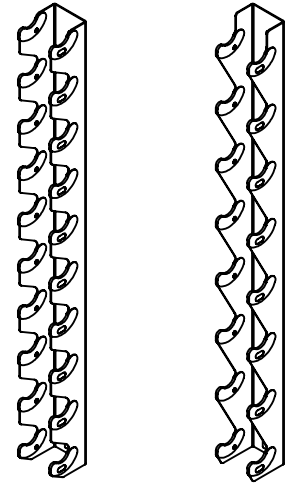
XCREATE 8UVWSS
VERTICAL WEIGHT STORAGE UPRIGHTS



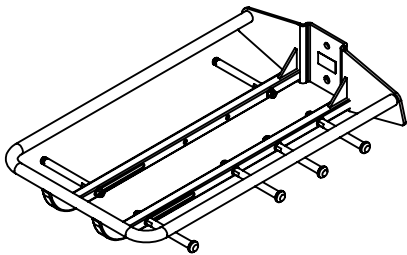
XCREATE VBS10
VERTICAL BAR STORAGE (10 BARS)



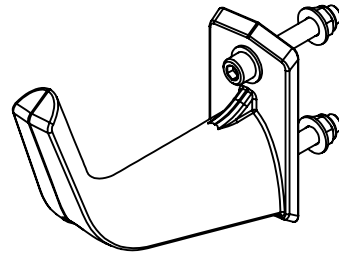
XCREATE VBS5
VERTICAL BAR STORAGE (5 BARS)



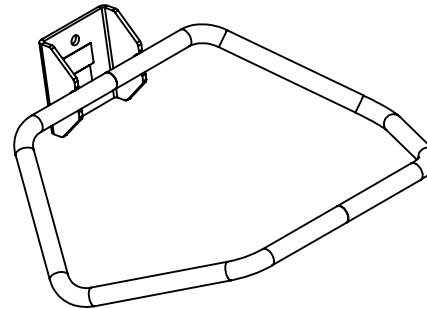
XCREATE VDS5 & XCREATE VDS4
VERTICAL DUMBBELL STORAGE



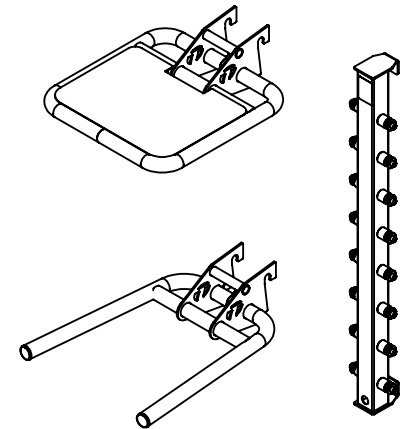
XCREATE BHSE
BALL HANGING STORAGE EXTENSION



XCREATE HSH
HANGING STORAGE HOOK

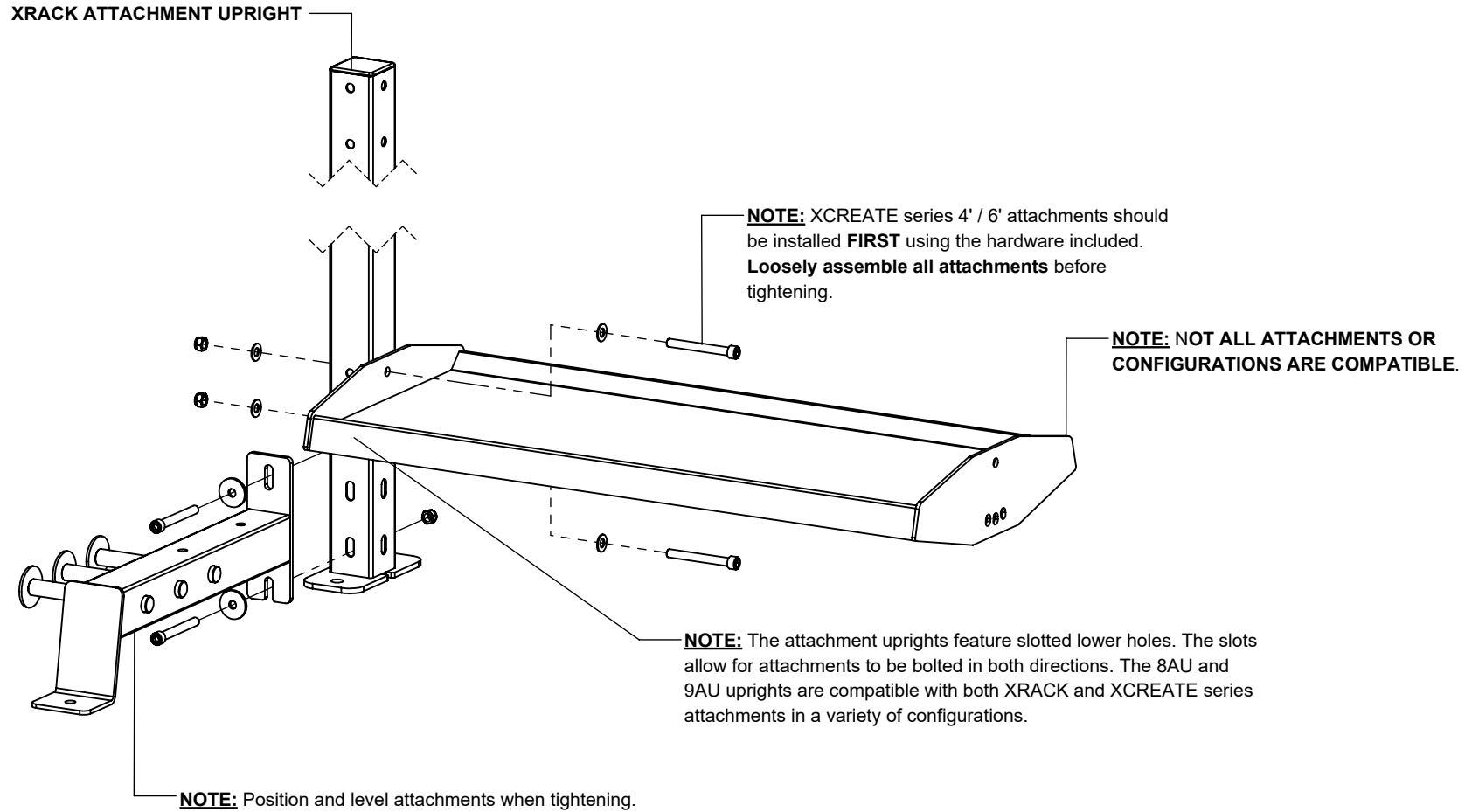


XCREATE BOSU SA
BOSU STORAGE ATTACHMENT



ATTACHMENT ANCHOR
DIP ATTACHMENT AND PLYOSTEP

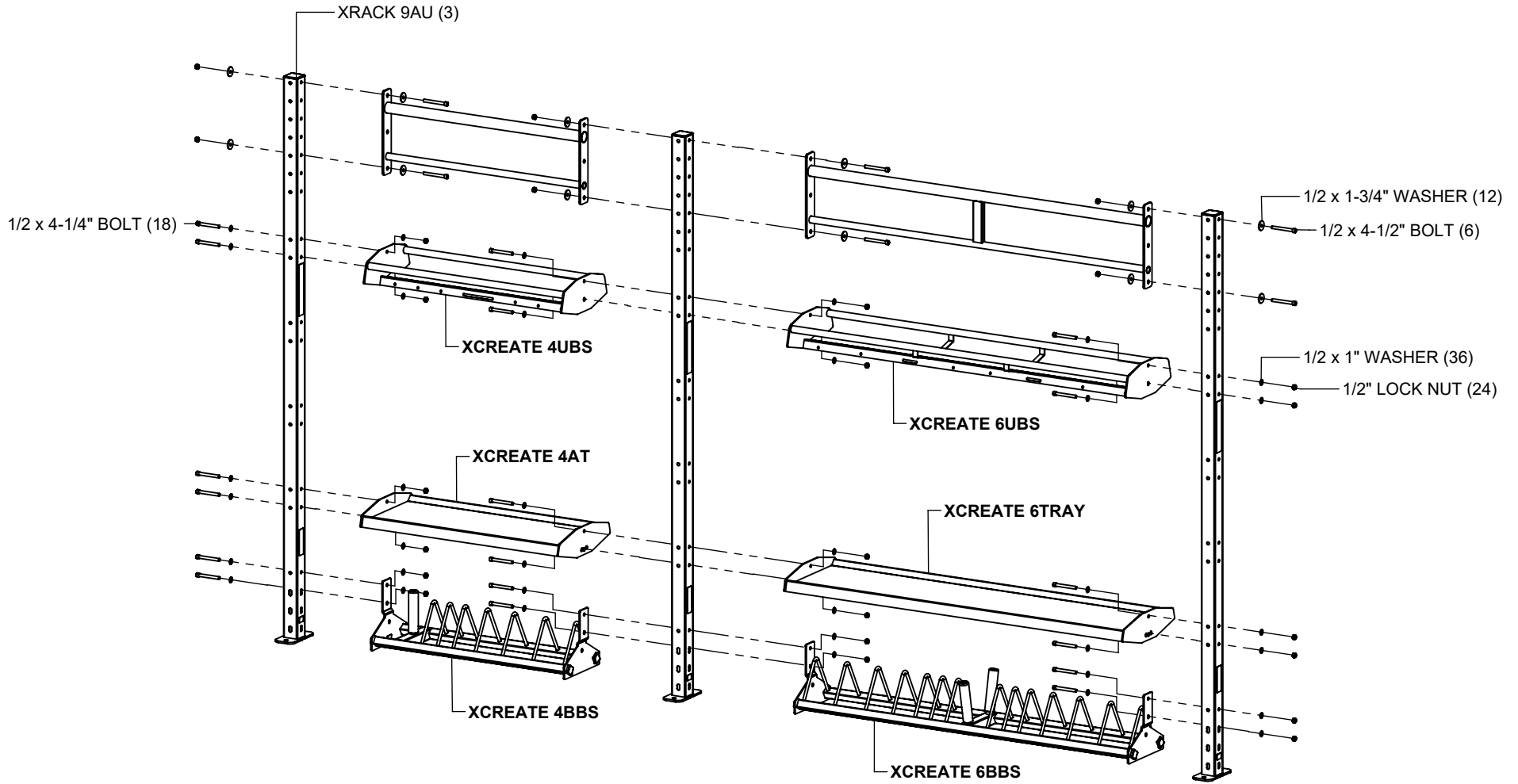
XRACK ATTACHMENT UPRIGHT



NOTES:

Not all configurations may be compatible. This guide show the uprights and attachments for their bolted connections. Reference previous steps for more details on rack assembly.

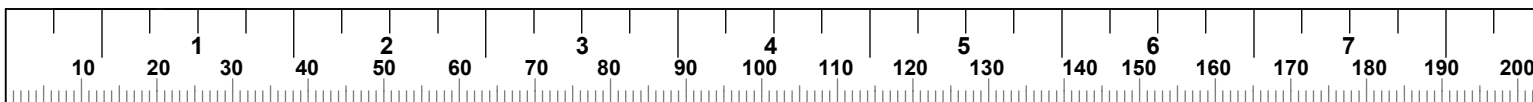
OPTIONAL 4' & 6' STORAGE ATTACHMENTS (9AU)



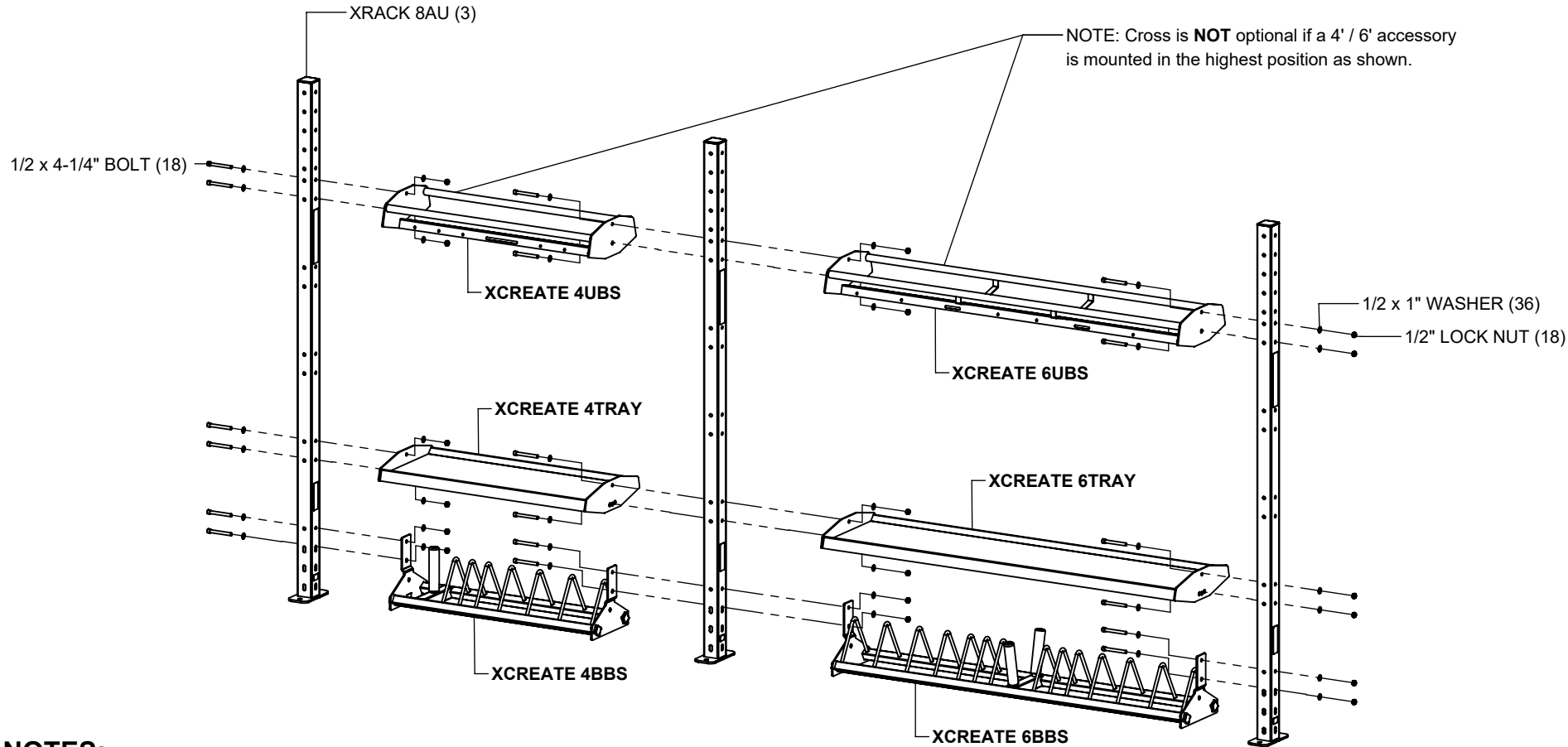
NOTES:

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



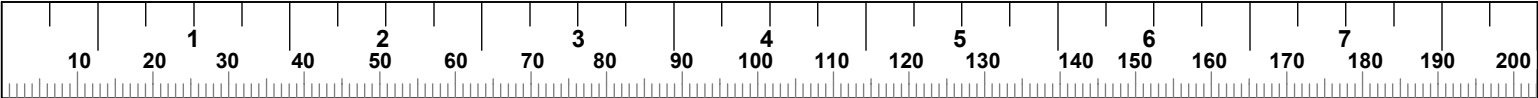
OPTIONAL 4' AND 6' STORAGE ATTACHMENTS (8AU)



NOTES:

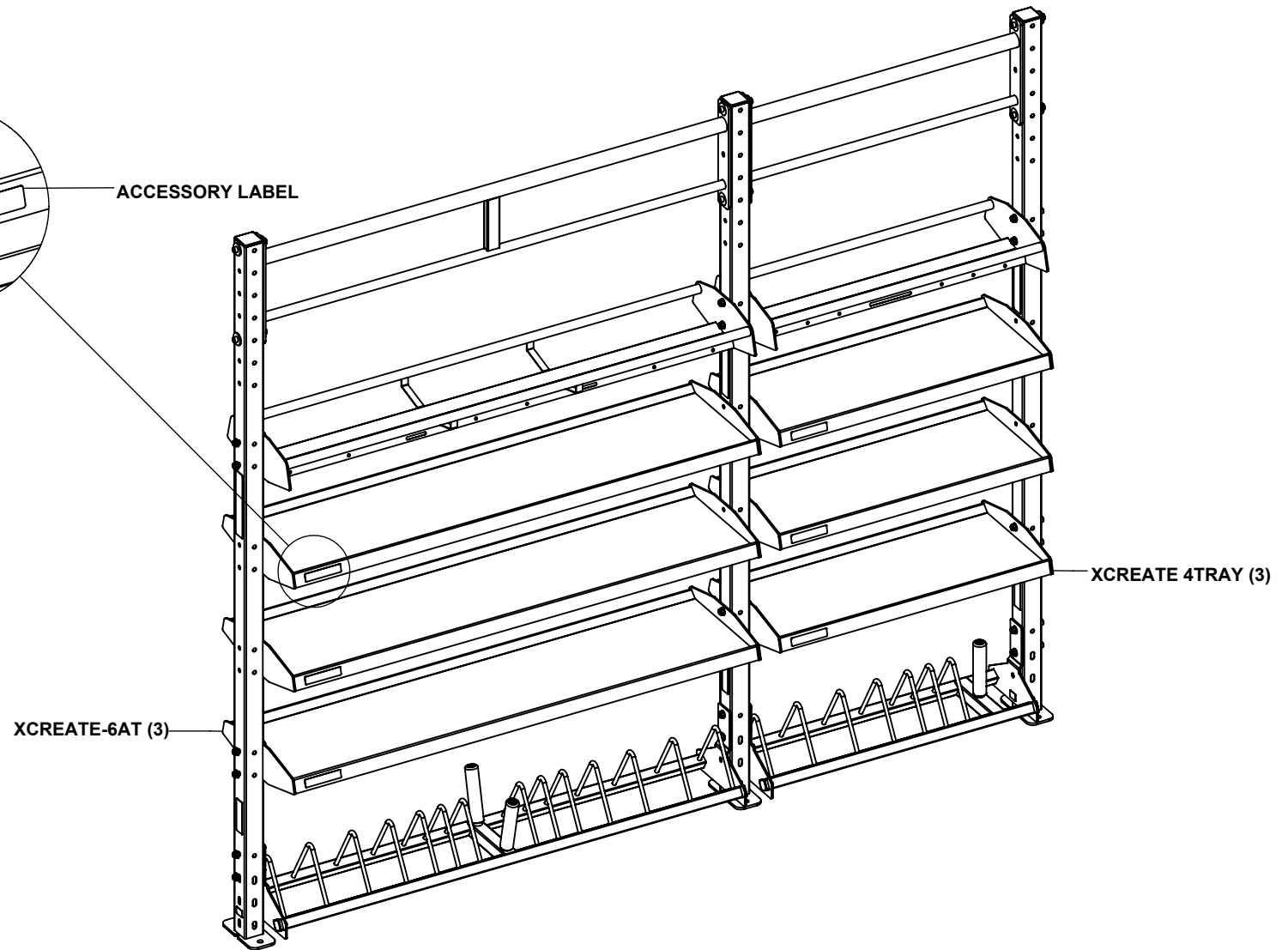
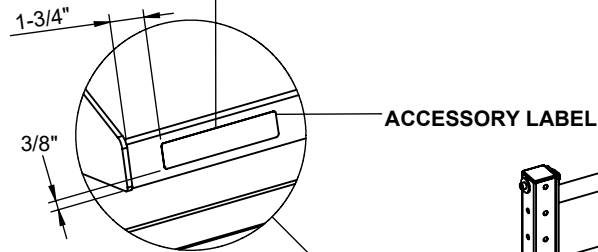
If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



ACCESSORY TRAY LABELS

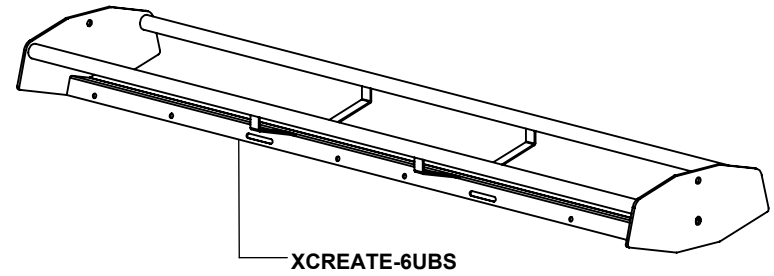
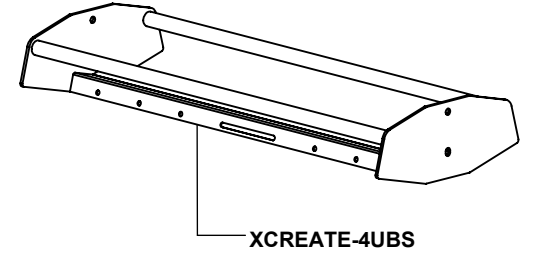
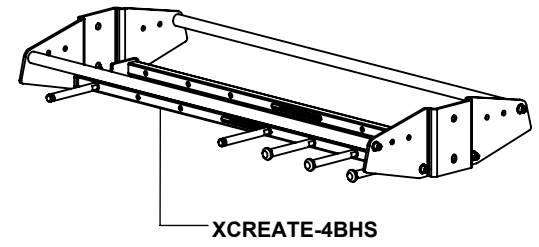
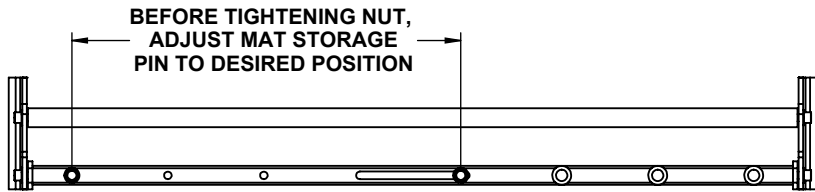
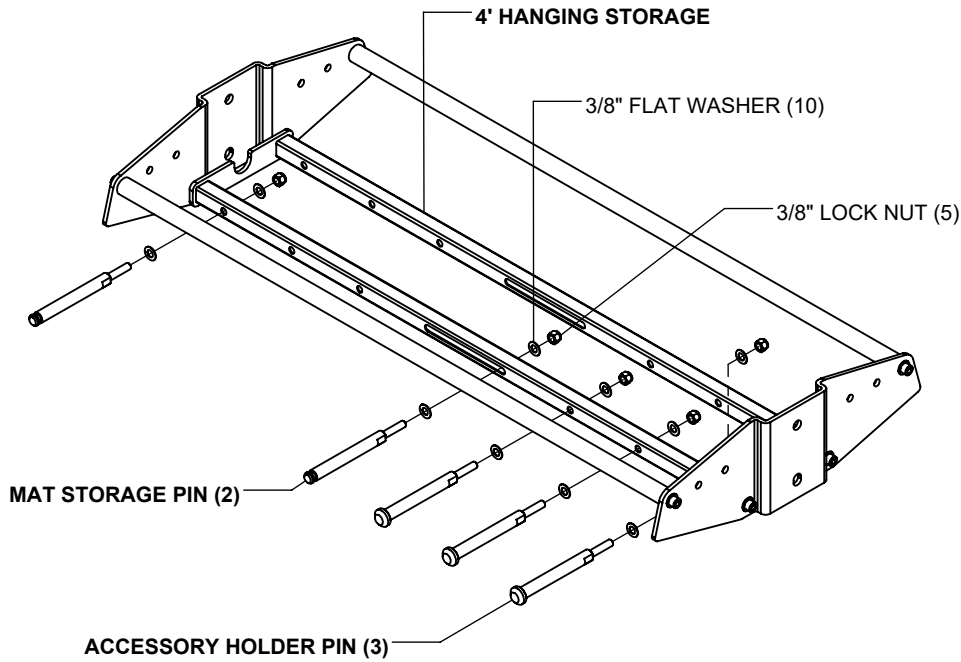
ATTACH DESIRED
LABEL TO EACH
ACCESSORY TRAY
SEE NOTE BELOW



NOTE:

If you are a professional contractor installing this system for a facility, leave these labels and instruction with manager or inquire what label to attach to each accessory tray.

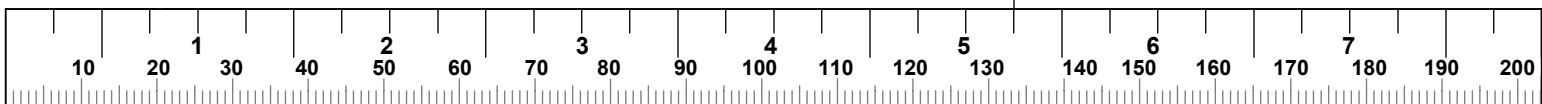
MAT STORAGE AND ACCESSORY PINS



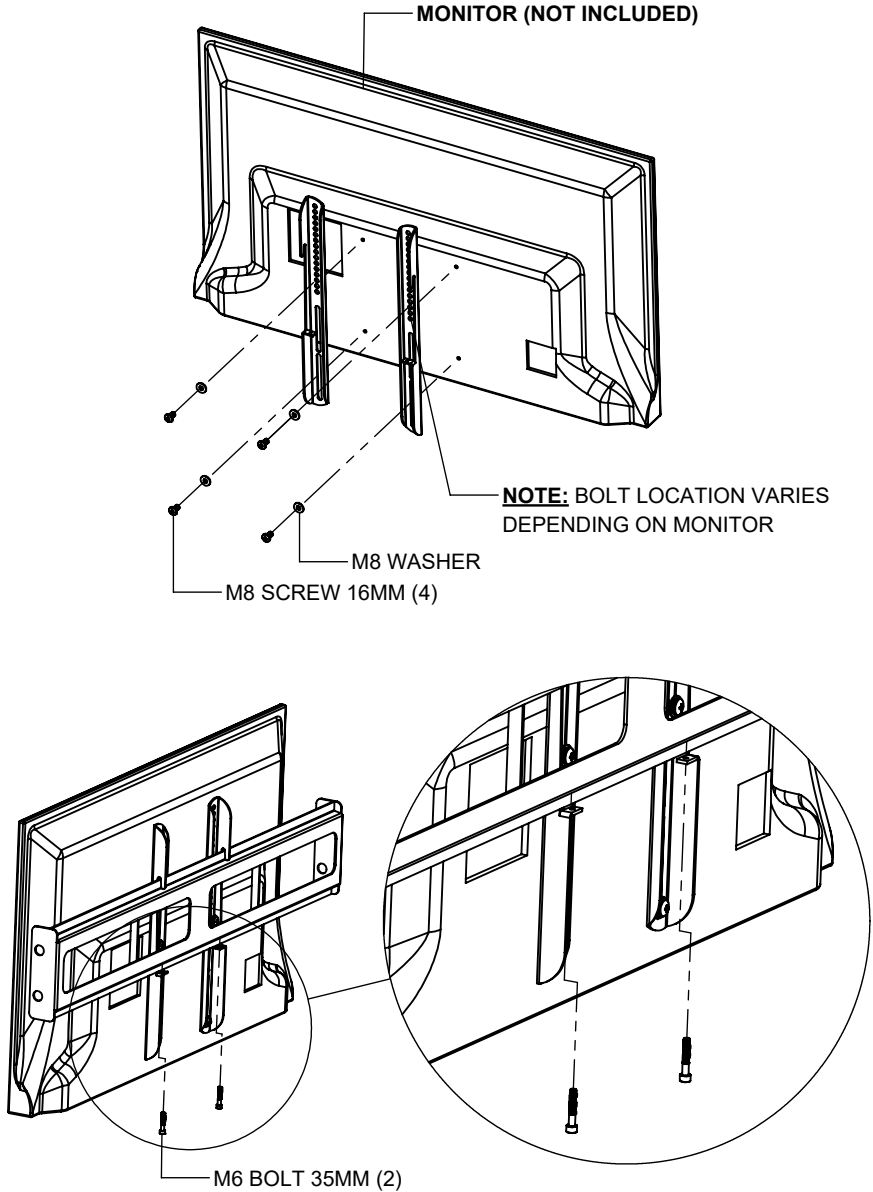
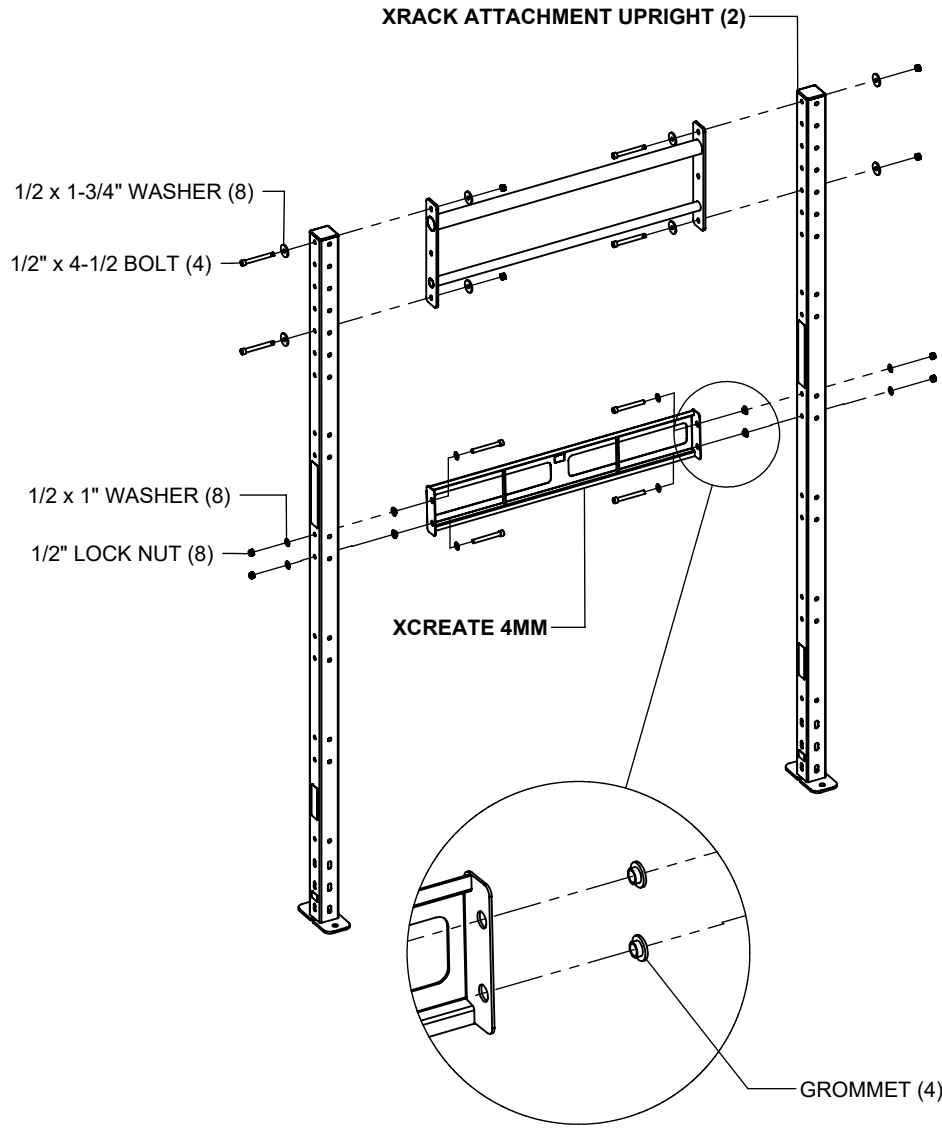
NOTE:

For the purpose of illustration the XCREATE-4BHS is shown. The XCREATE-4UBS, and XCREATE-6-UBS can be assembled the exact same way.

SECURELY tighten all connections in this step.



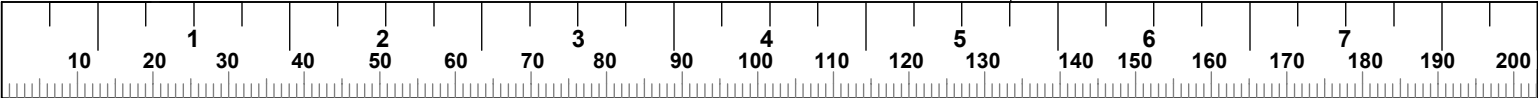
OPTIONAL MONITOR MOUNT



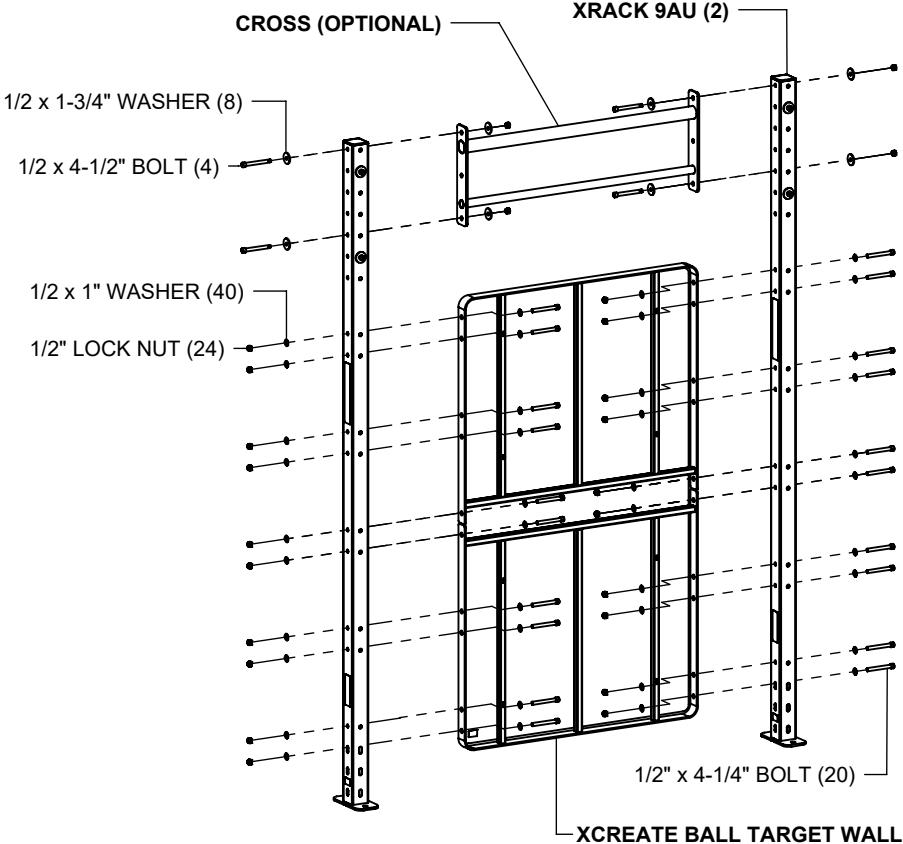
NOTES:

SECURELY tighten all bolt connections in this step.

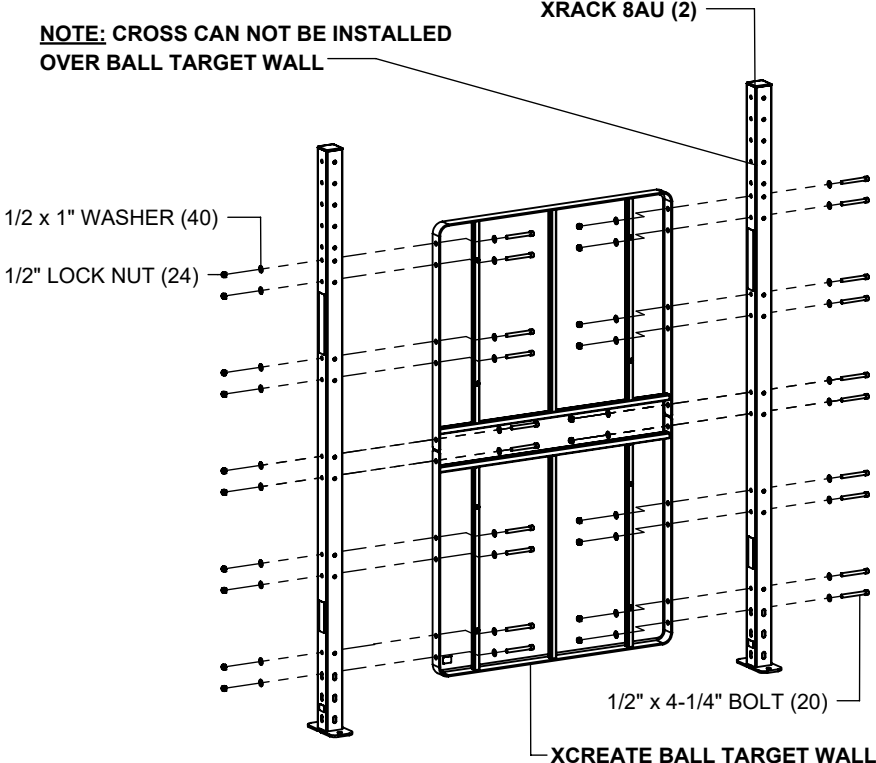
Reference the XCREATE Wall manual for standard configurations of the monitor mount or for more details.



OPTIONAL BALL TARGET WALL



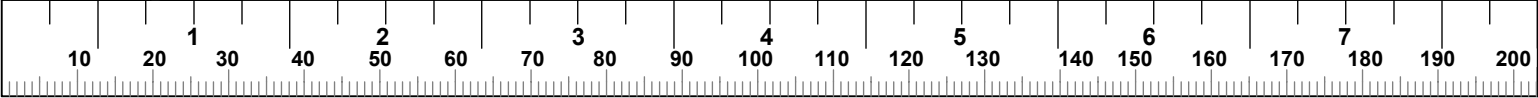
NOTE: CROSS CAN NOT BE INSTALLED OVER BALL TARGET WALL



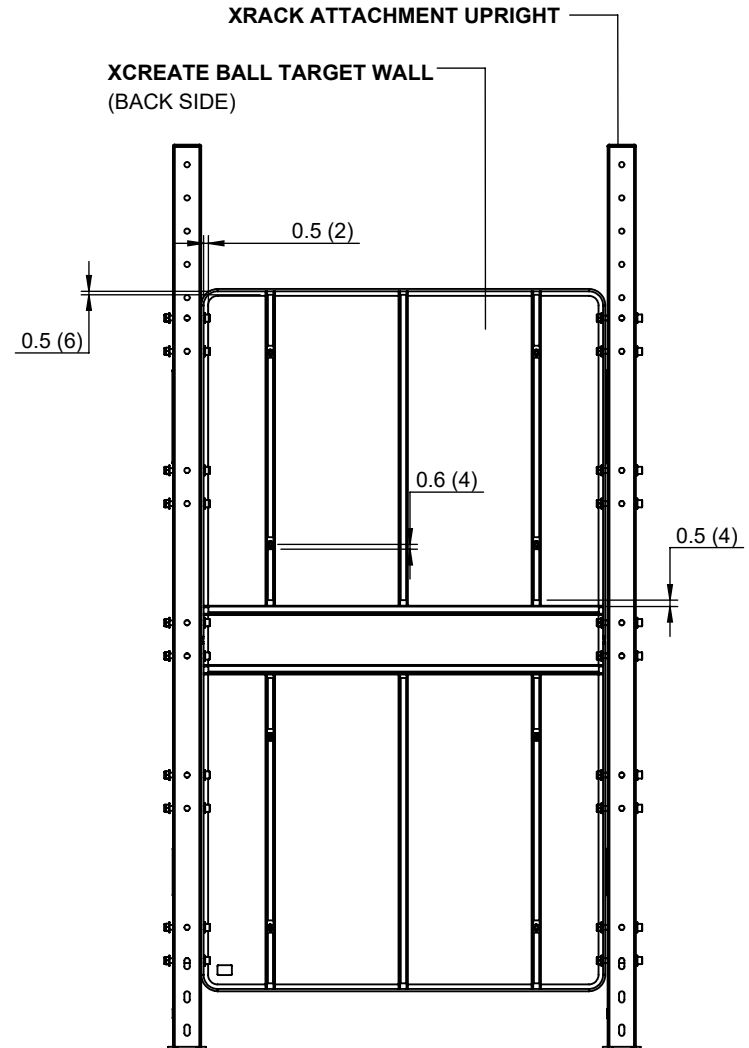
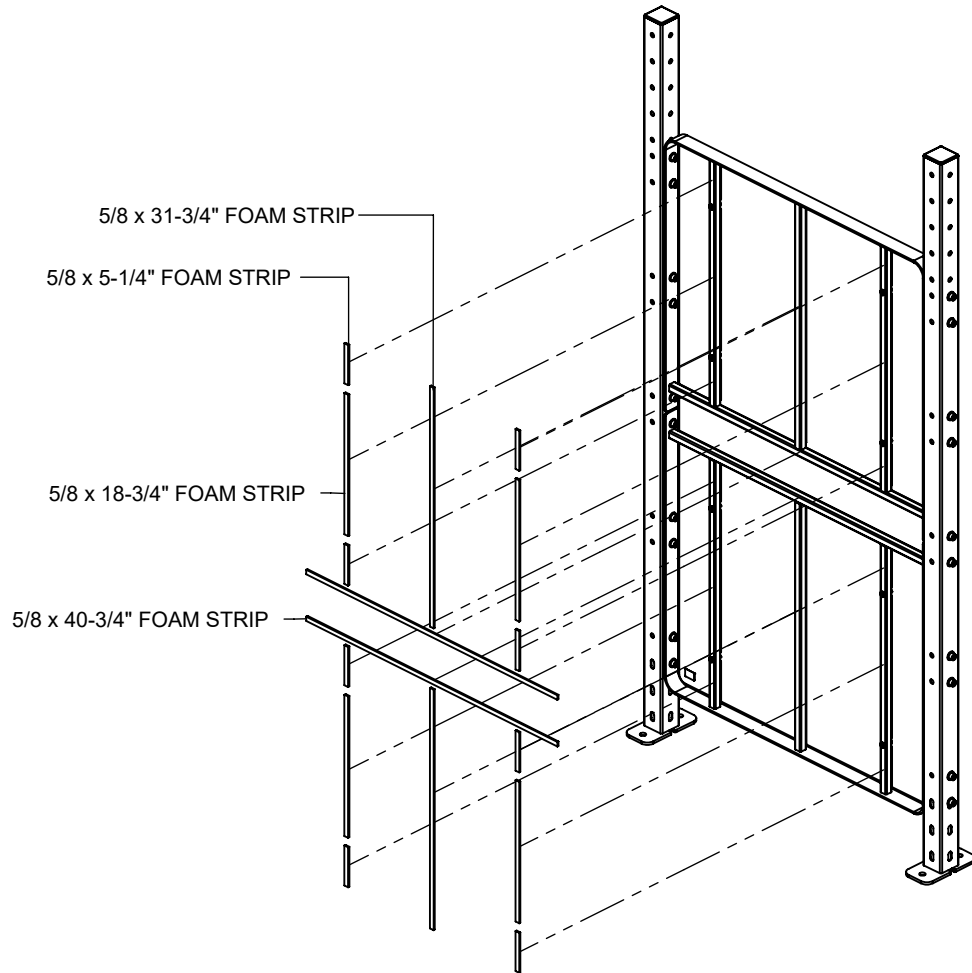
NOTES:

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.

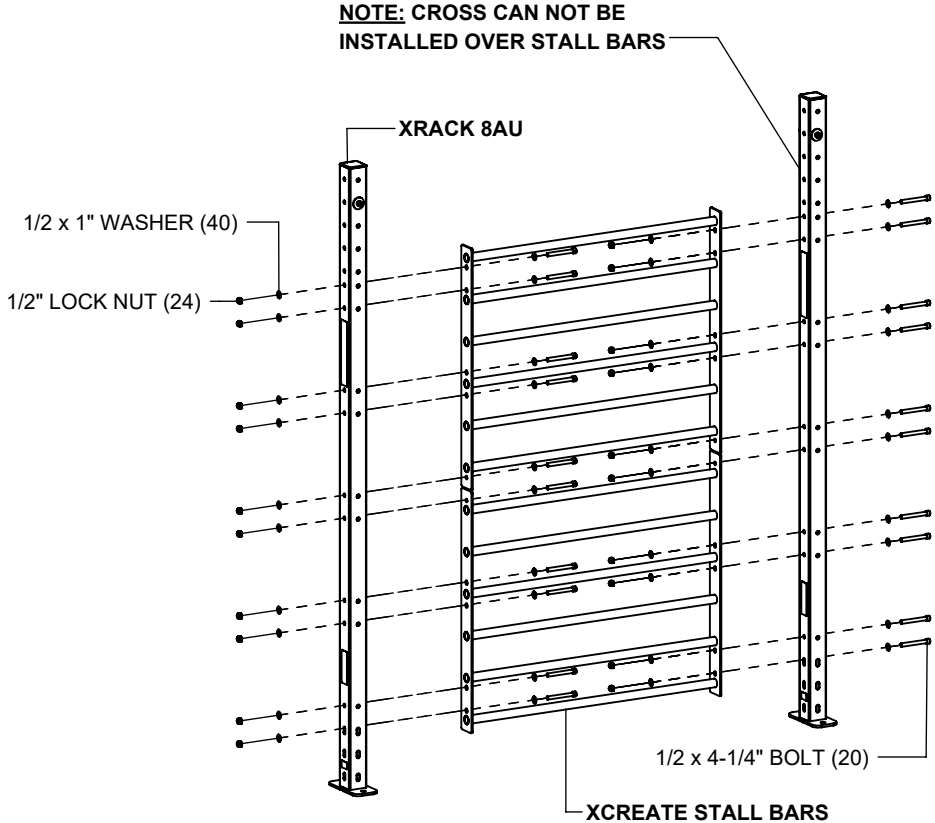
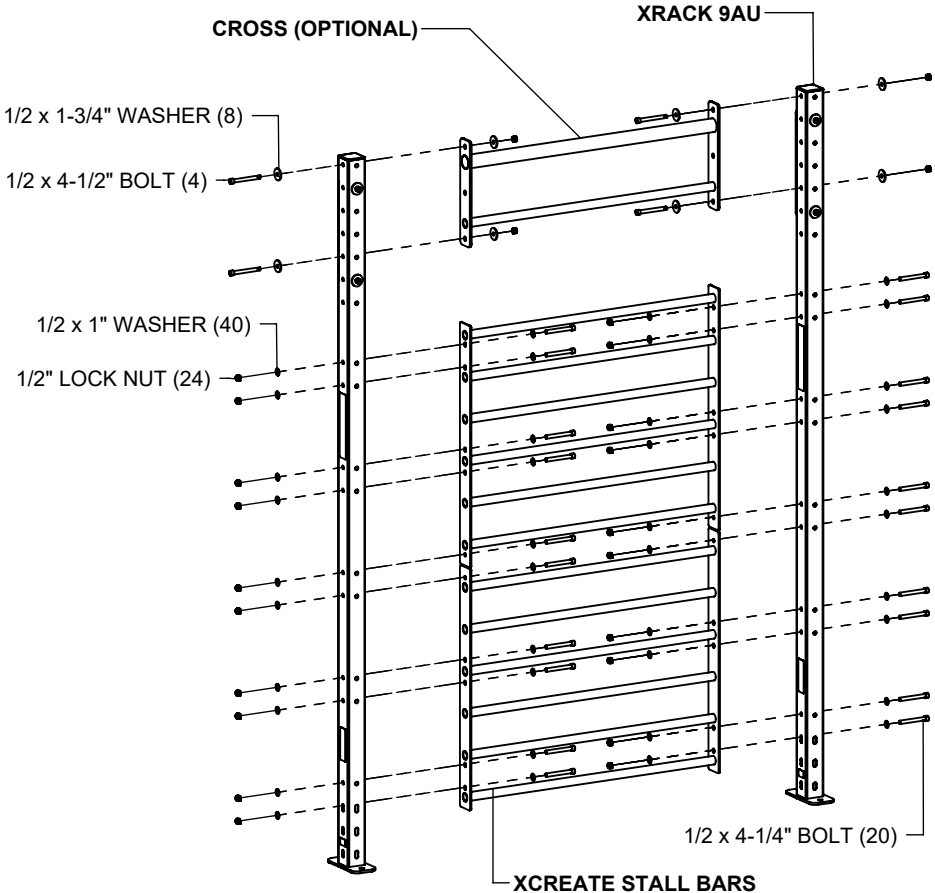


OPTIONAL BALL TARGET WALL REVERSE SIDE



NOTE:
 CUT FOAM STRIPS TO LENGTH AS SHOWN. PEEL PROTECTIVE FILM OFF OF THE BACK OF THE FOAM STRIPS AND ATTACH TO FRAME OF BALL TARGET WALL AS SHOWN ABOVE.

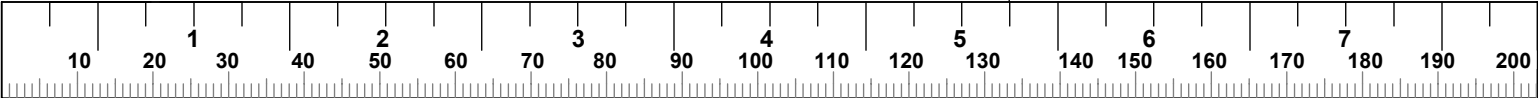
OPTIONAL STALL BARS



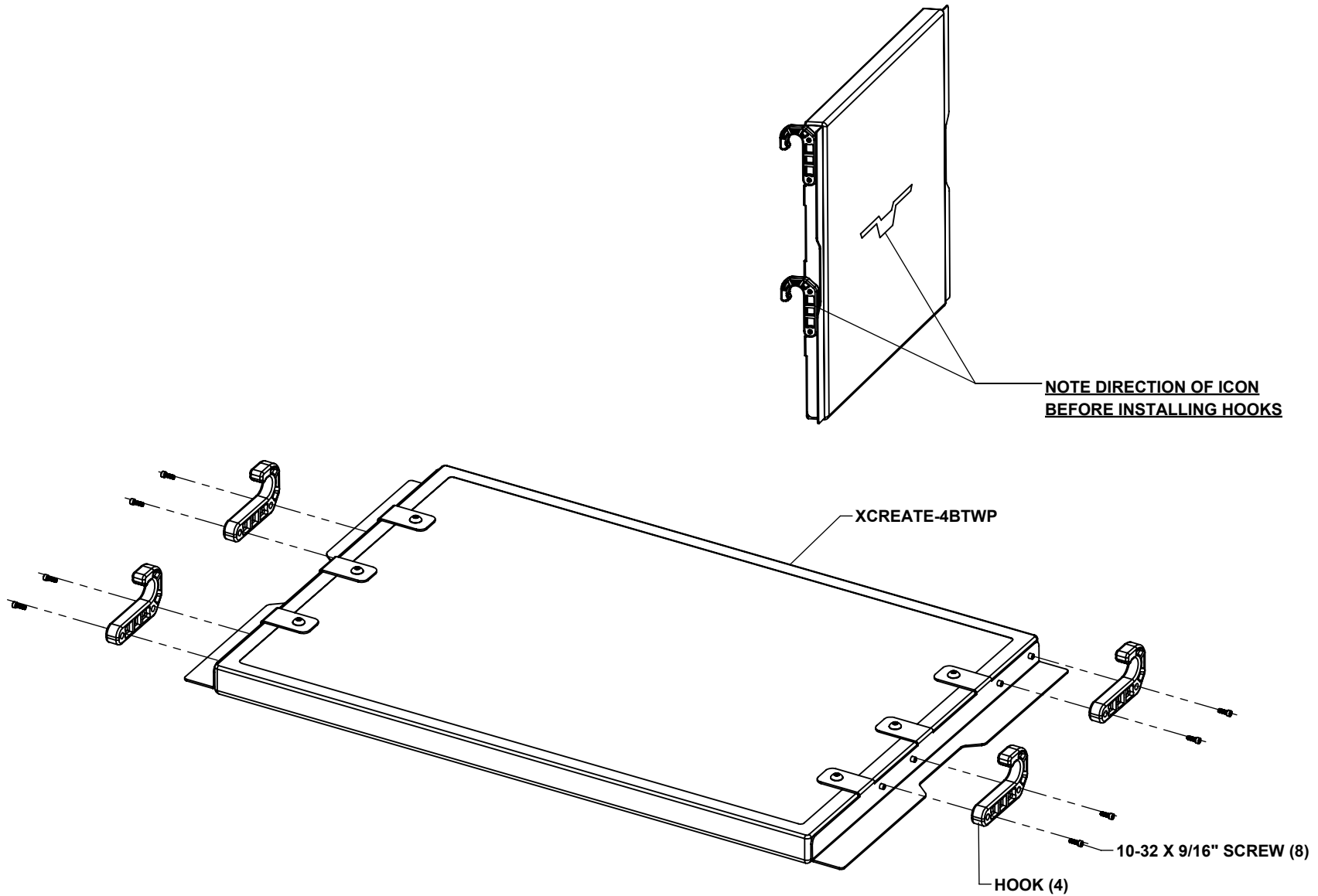
NOTES:

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



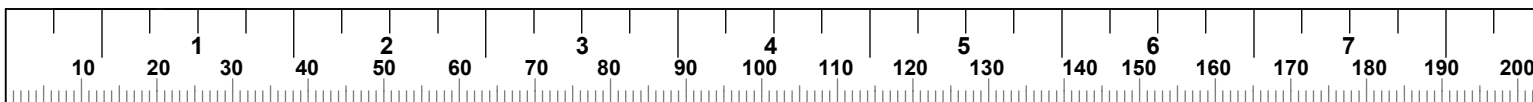
OPTIONAL BALL TARGET WALL PADS (STEP 1)



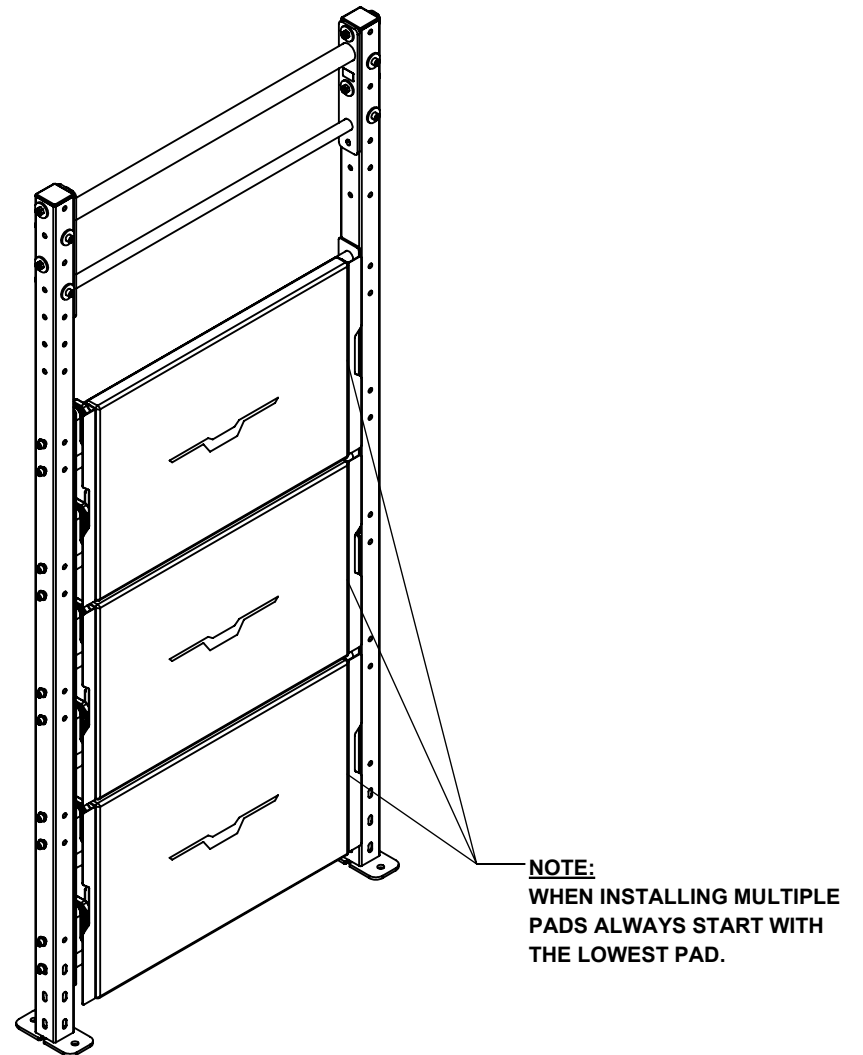
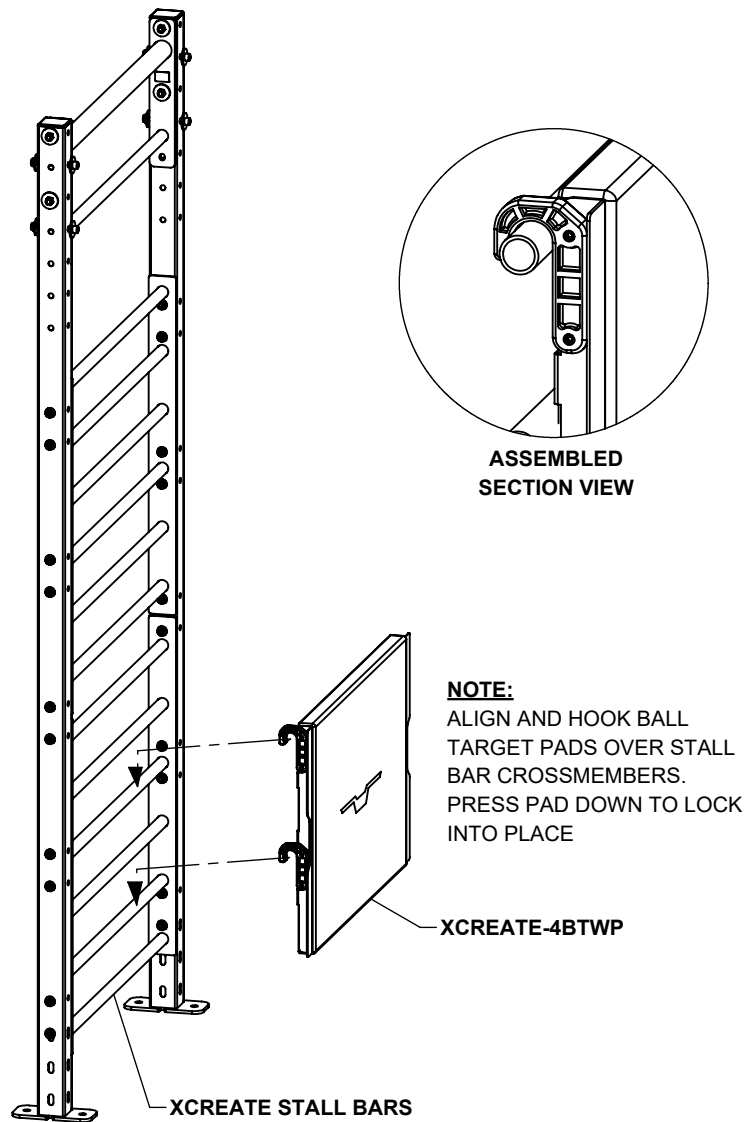
NOTES:

SECURELY TIGHTEN, DO NOT OVERTIGHTEN bolted connections in this step.

Repeat this step for all ball target pads.



OPTIONAL BALL TARGET WALL PADS

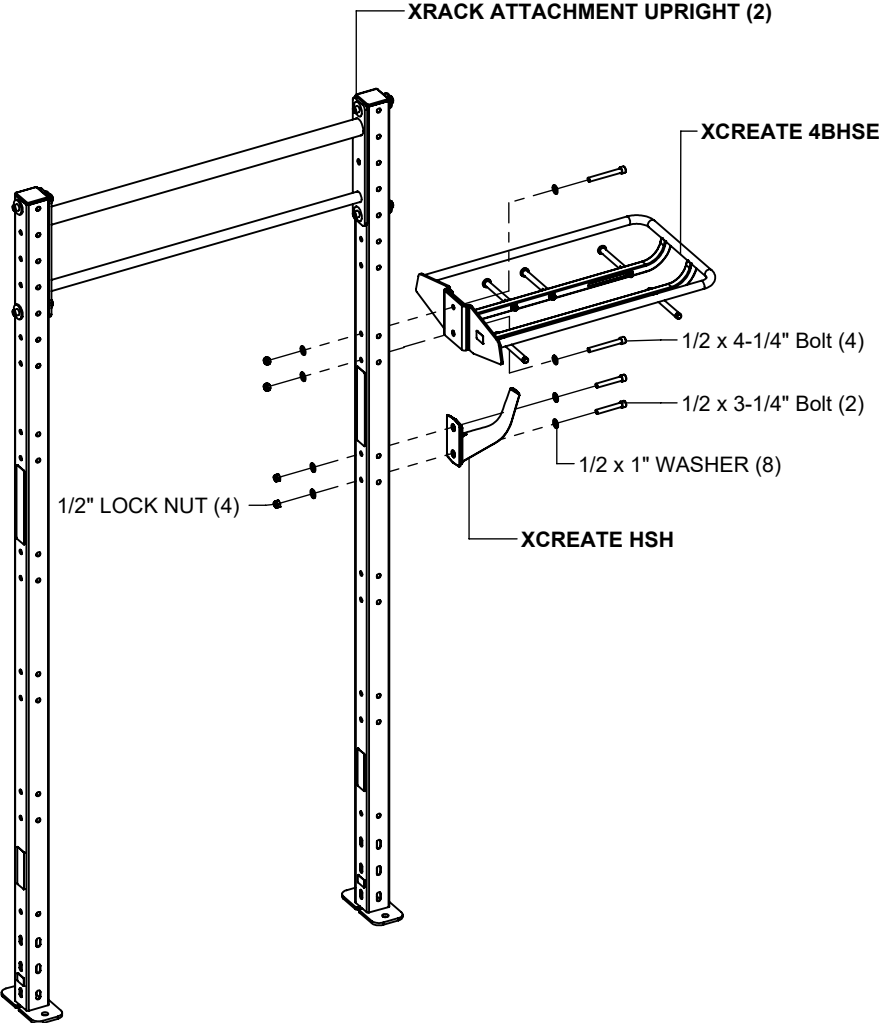


NOTES:

The **XCREATE 4' STALL BARS ARE REQUIRED**. Reference previous steps for installing the stall bars.

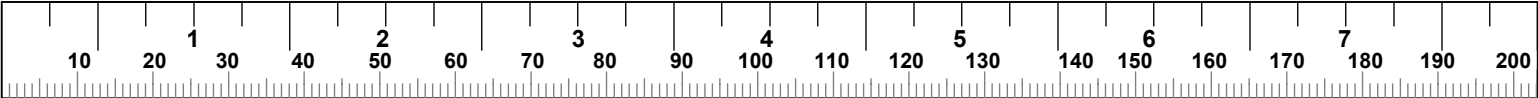
Ball target wall pads can be removed and replaced as needed.

OPTIONAL STORAGE ATTACHMENTS

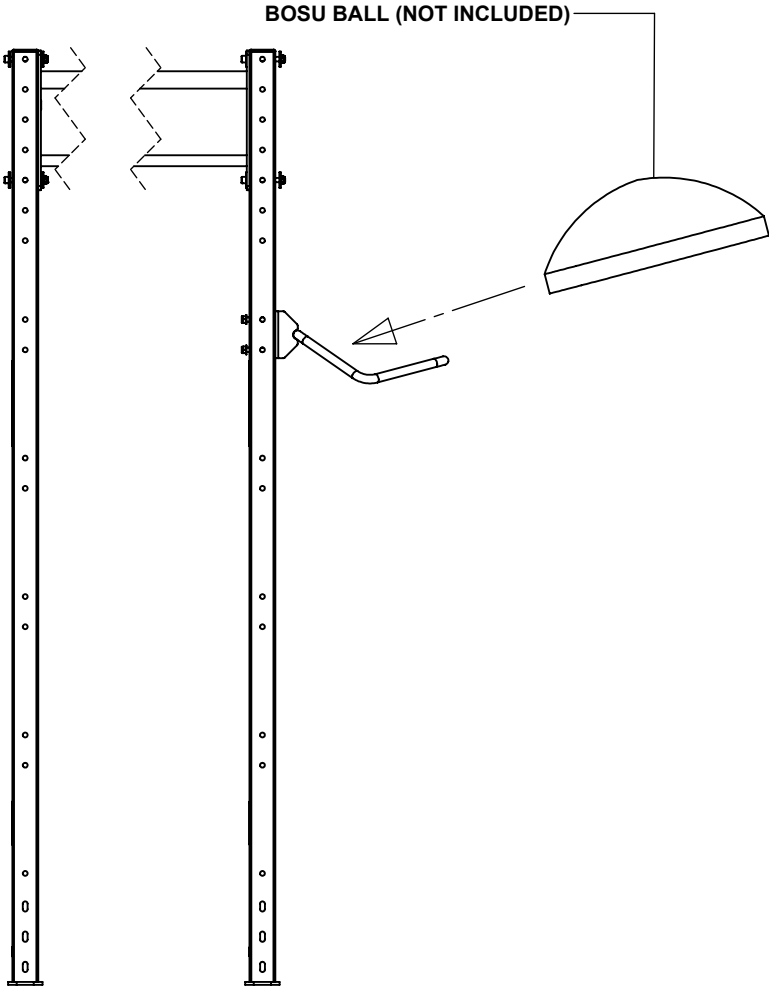
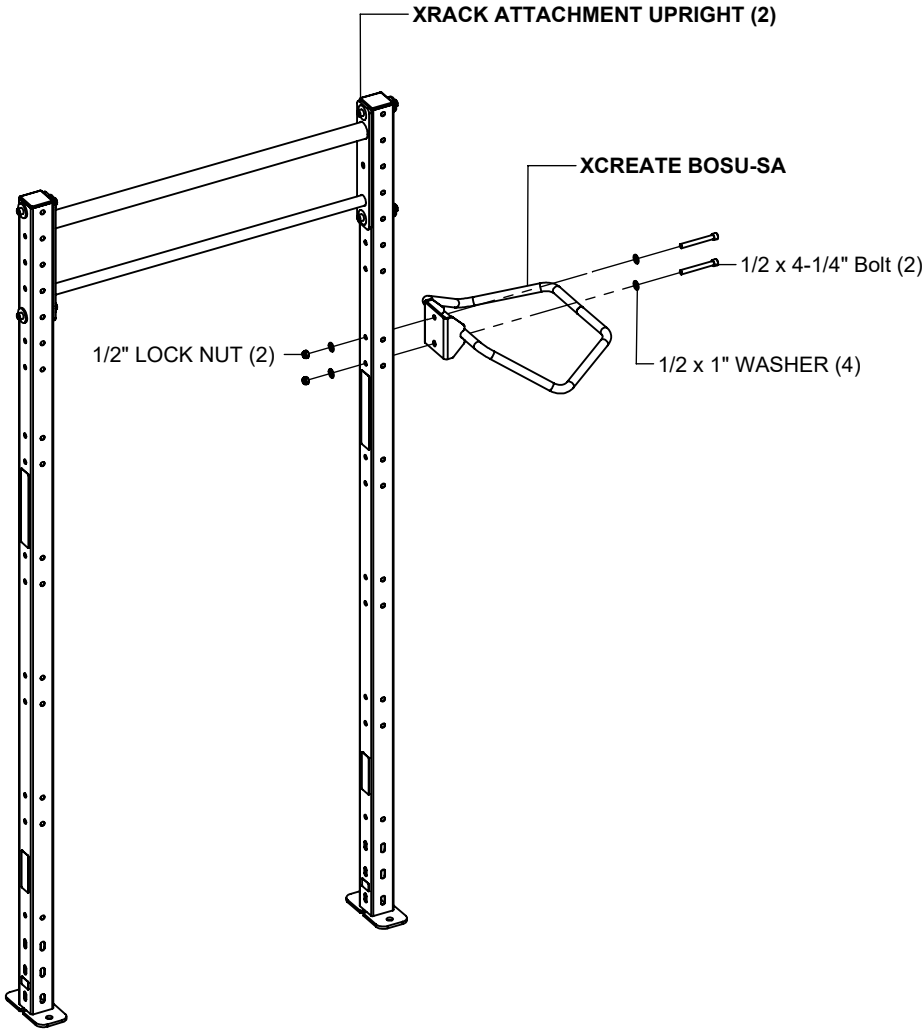


NOTES:

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

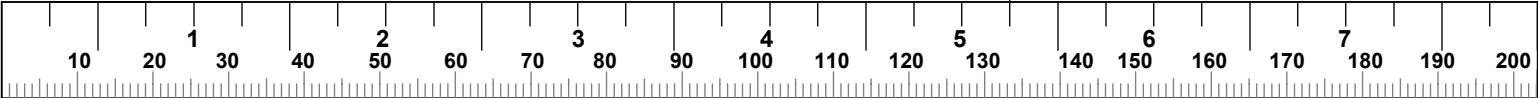


OPTIONAL STORAGE ATTACHMENTS

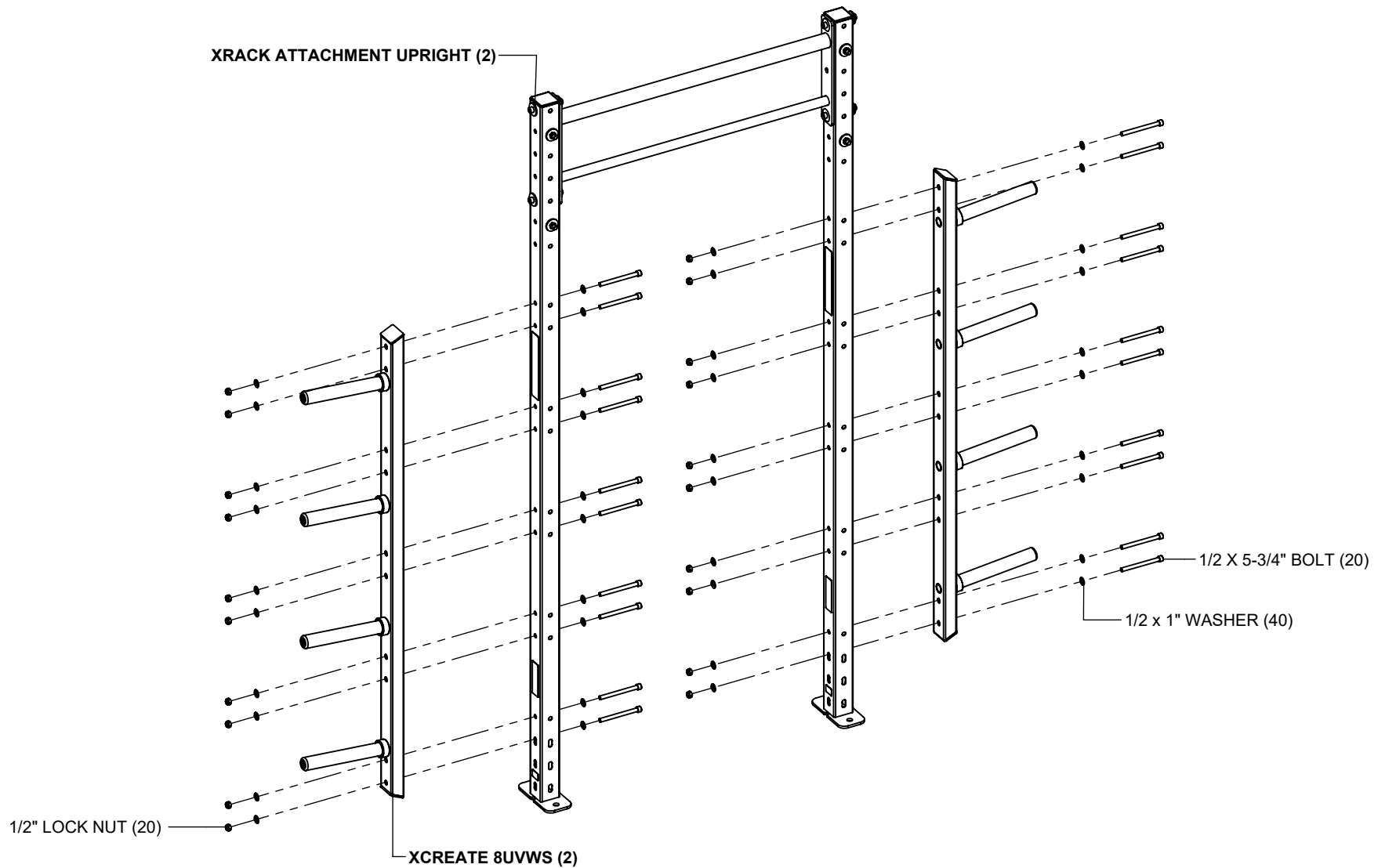


NOTES:

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

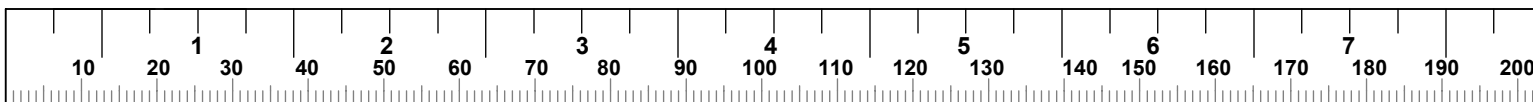


OPTIONAL VERTICAL WEIGHT STORAGE

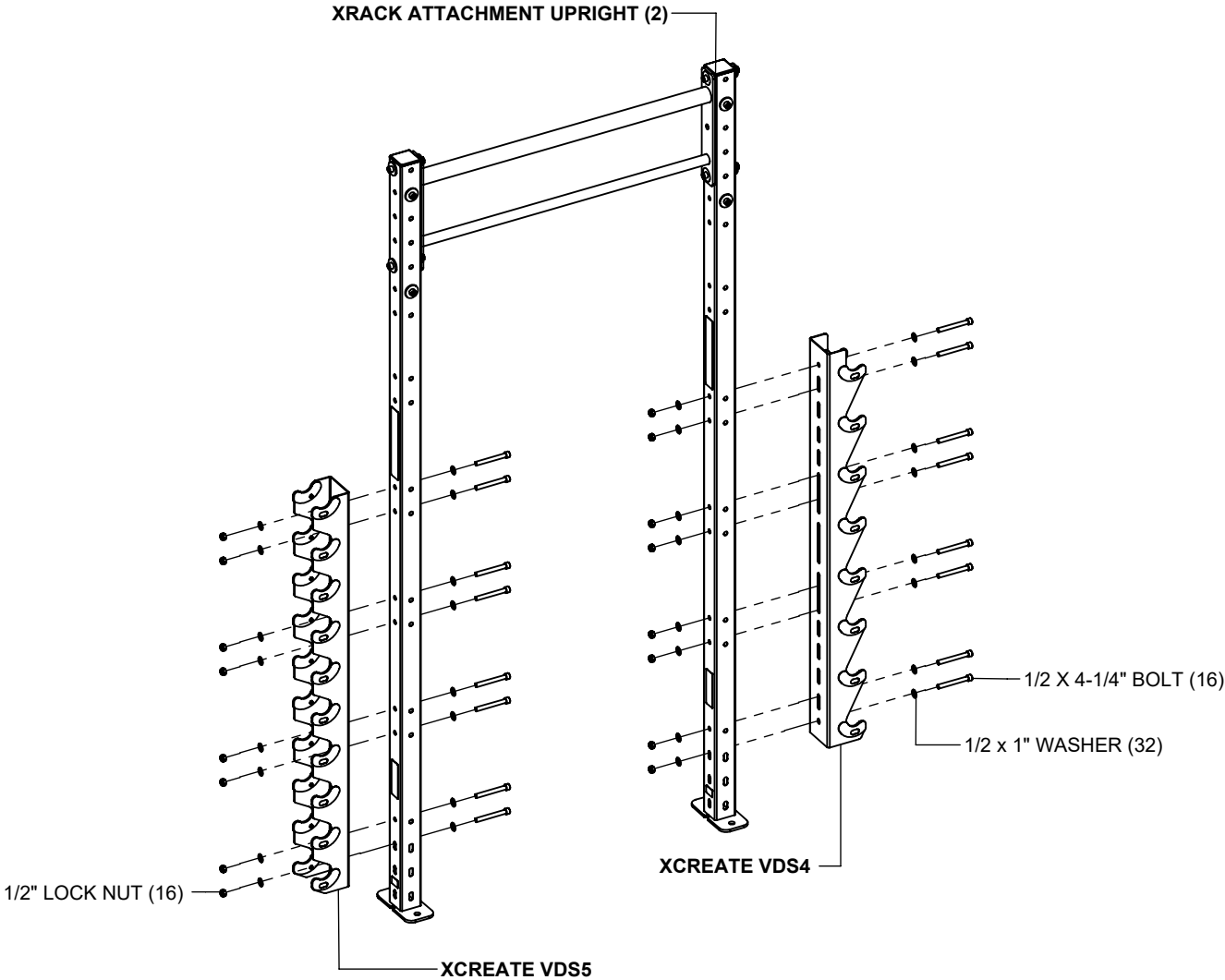


NOTES:

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

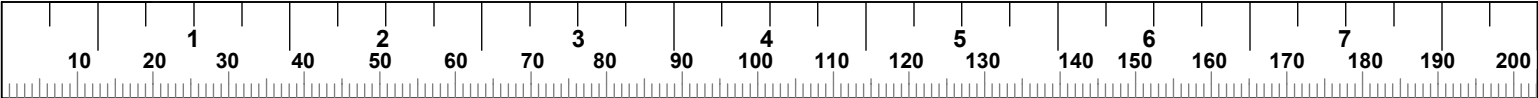


OPTIONAL VERTICAL DUMBBELL STORAGE

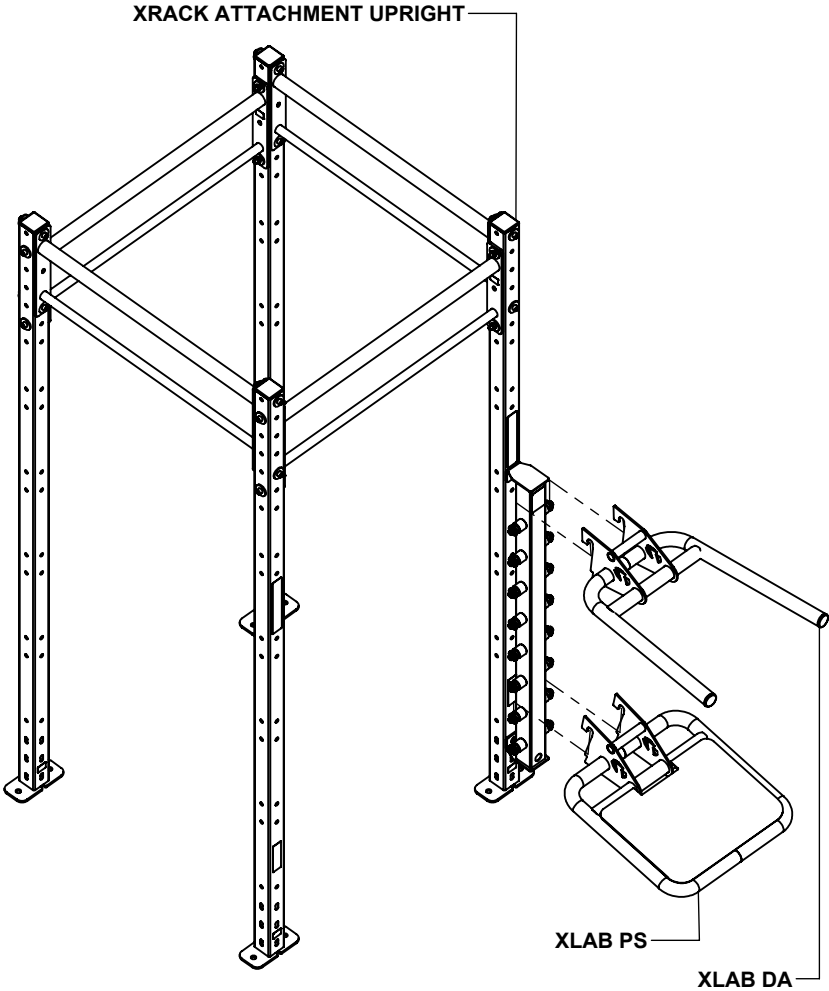
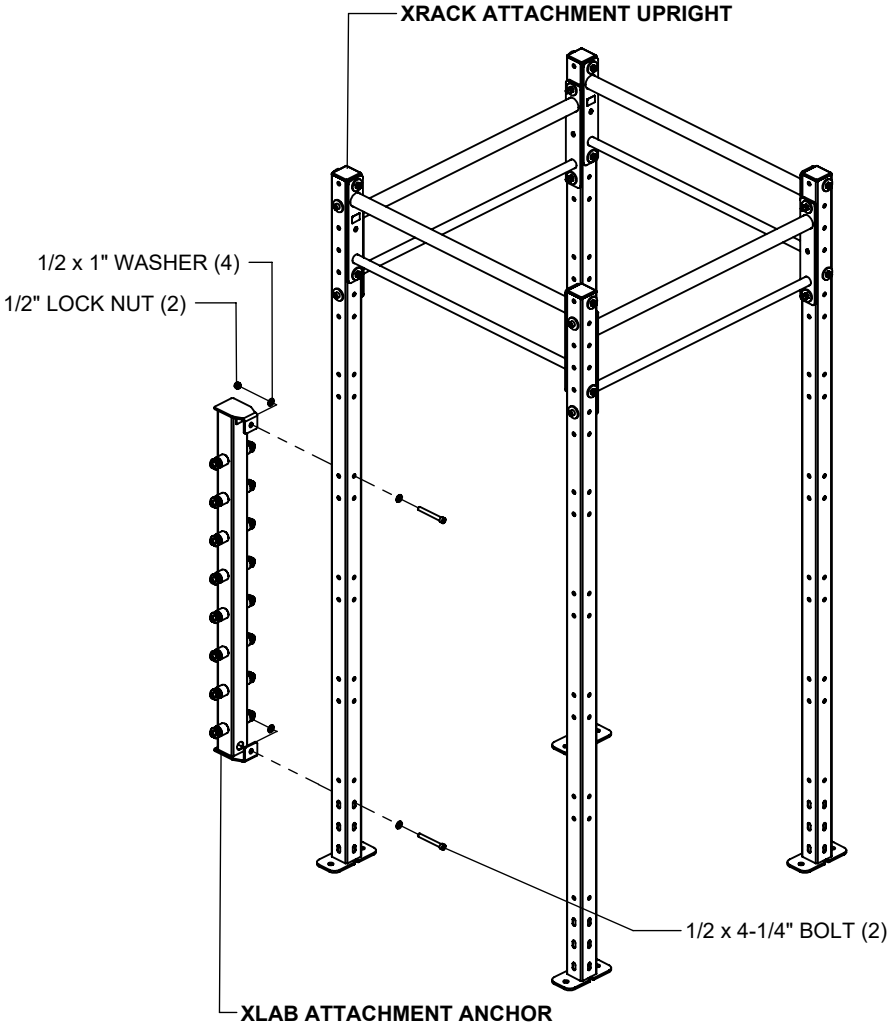


NOTES:

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

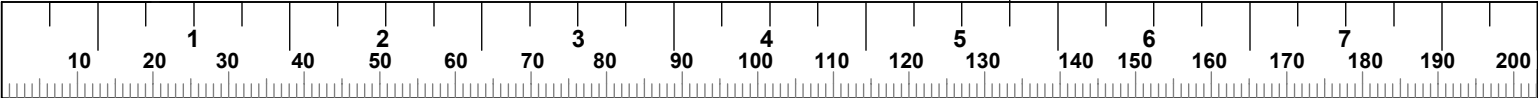


OPTIONAL PLYOSTEP AND DIP ATTACHMENT

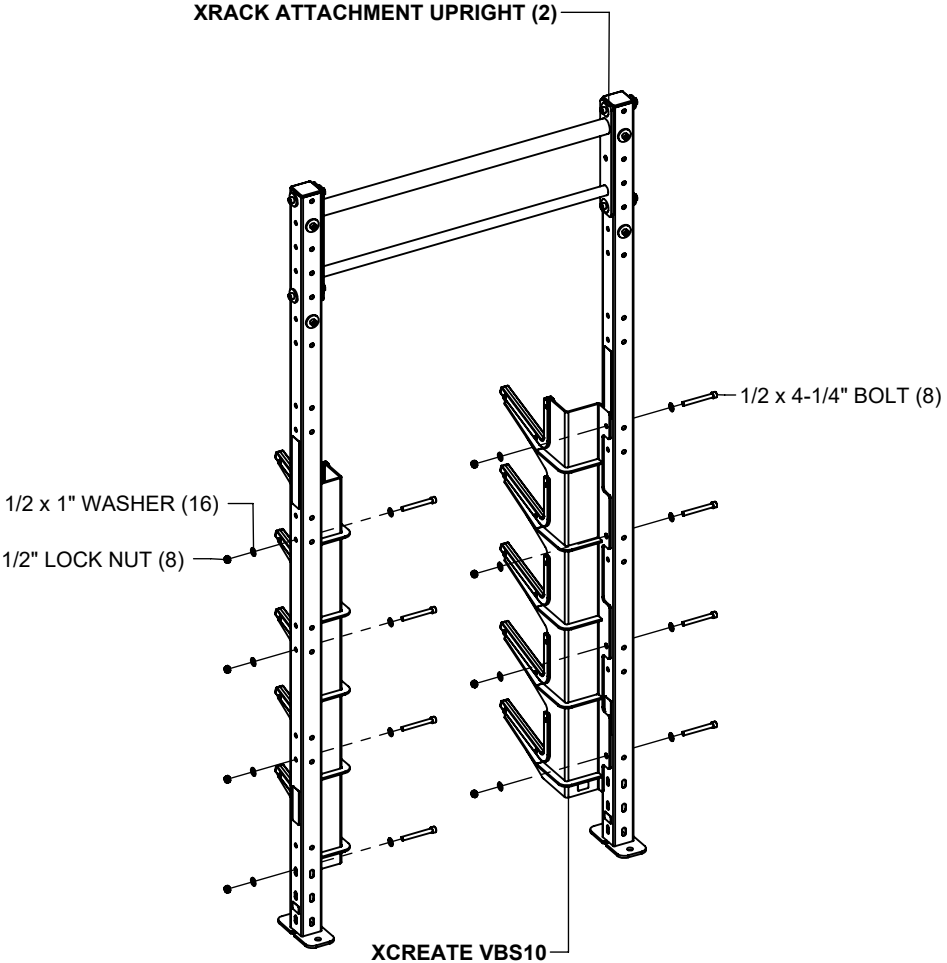
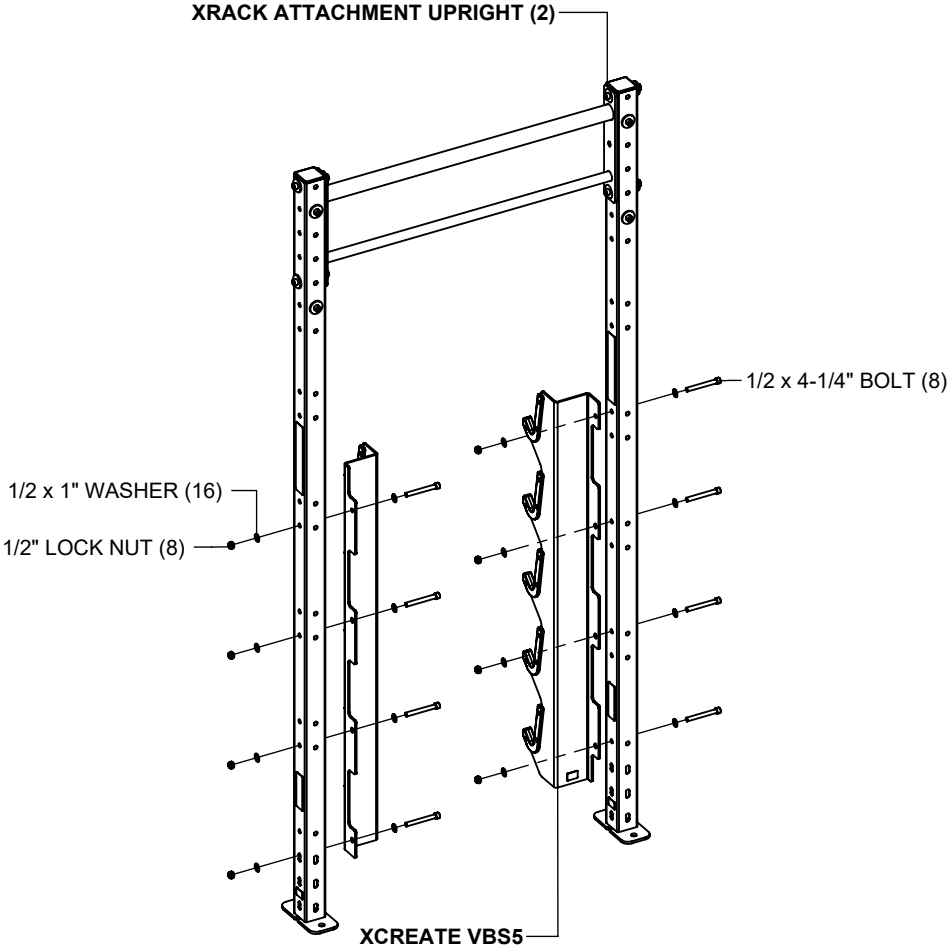


NOTES:

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



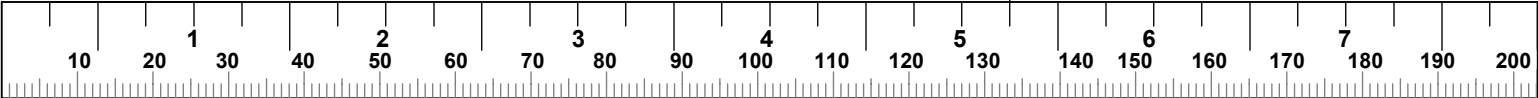
OPTIONAL BAR STORAGE ATTACHMENTS



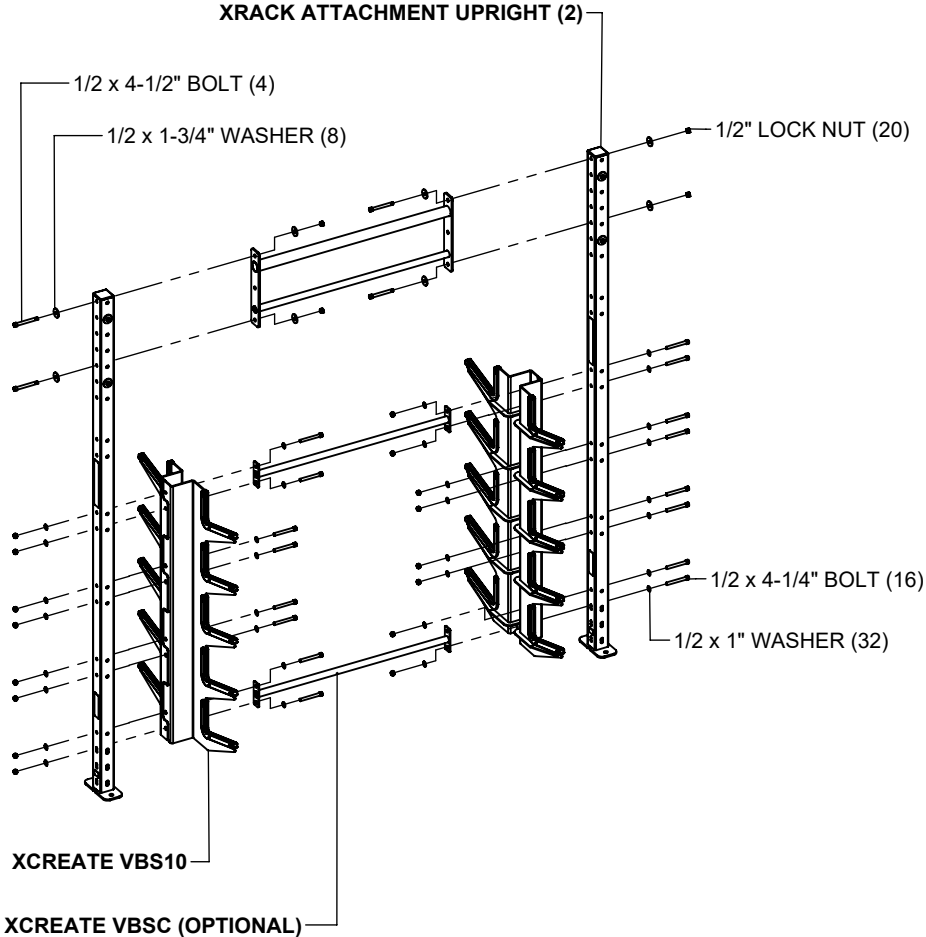
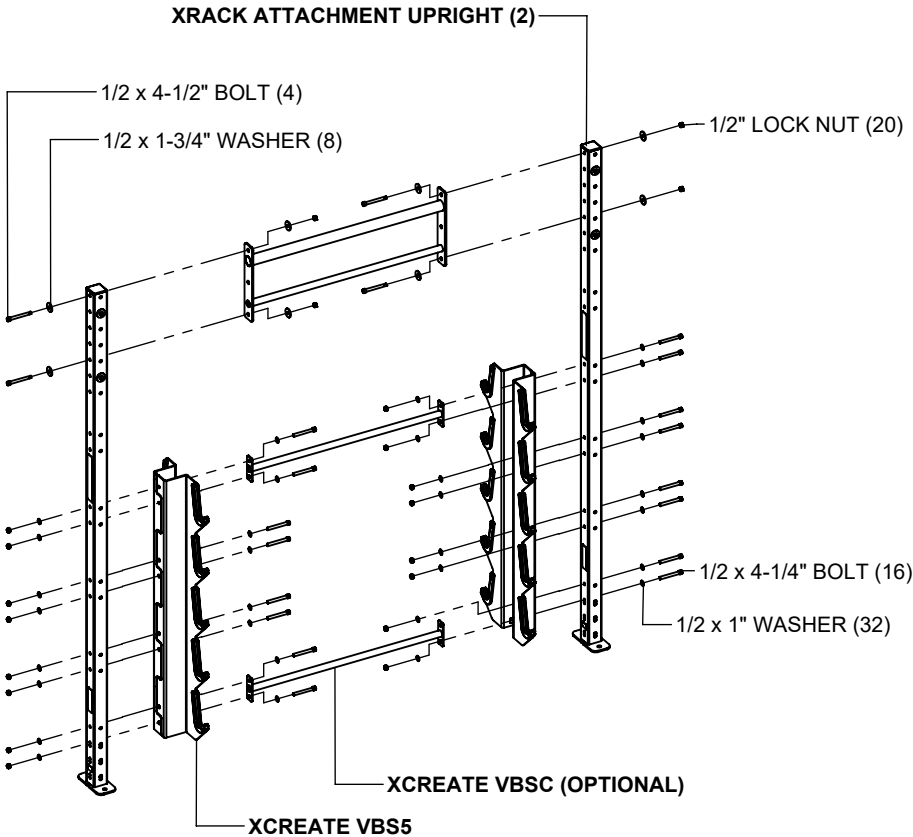
NOTES:

For the purpose of illustration the 9AU is shown the 8AU is assembled the exact same way.

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



OPTIONAL BAR STORAGE ATTACHMENTS

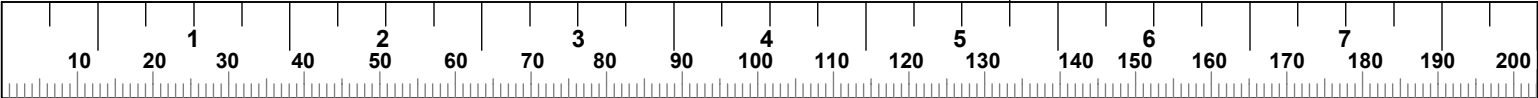


NOTES:

For the purpose of illustration the 9AU is shown. The 8AU is assembled the exact same way.

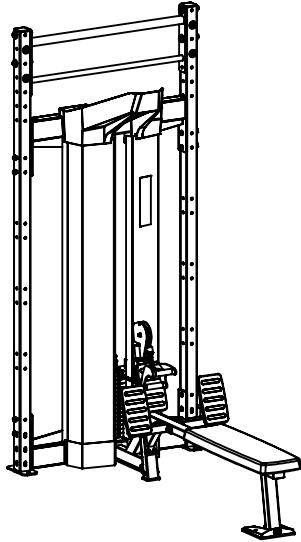
If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.

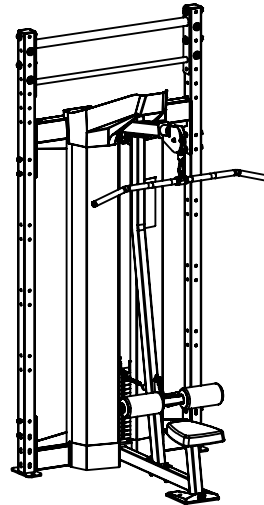


OPTIONAL 4' CABLE STATIONS - 4SRM, 4LPDM, 4CCM

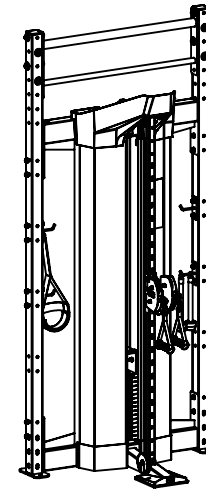
9AU
4' SEATED ROW MODULE



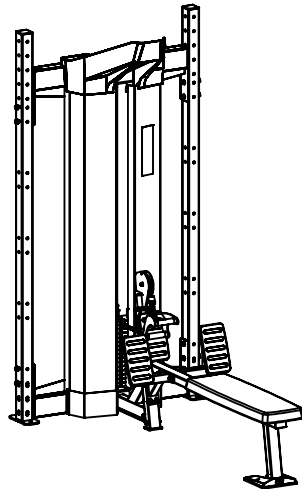
9AU
4' LAT PULL DOWN MODULE



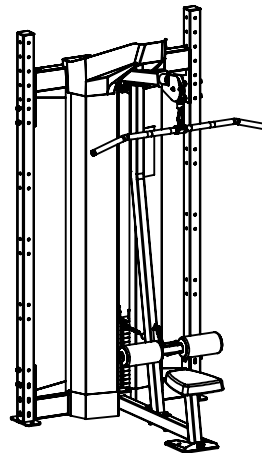
9AU
4' CABLE COMPONENT MODULE



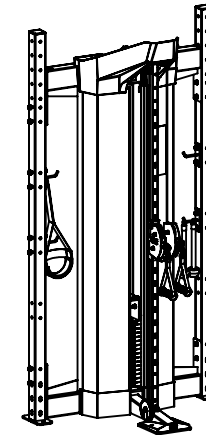
8AU
4' SEATED ROW MODULE



8AU
4' LAT PULL DOWN MODULE



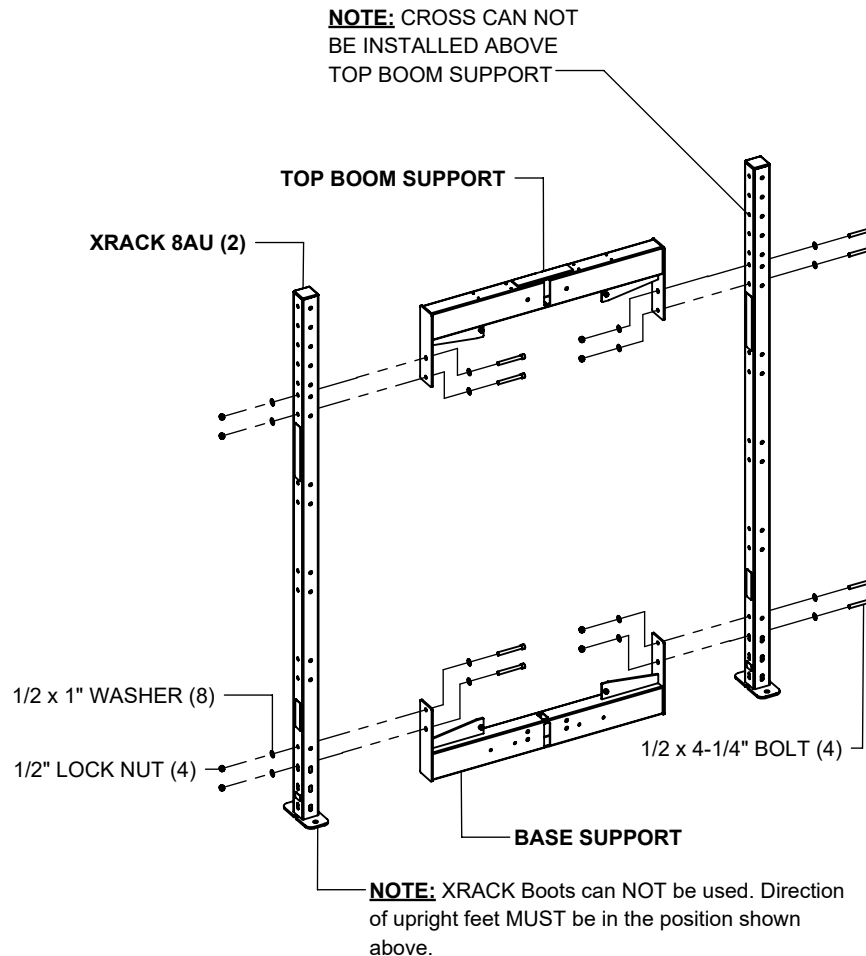
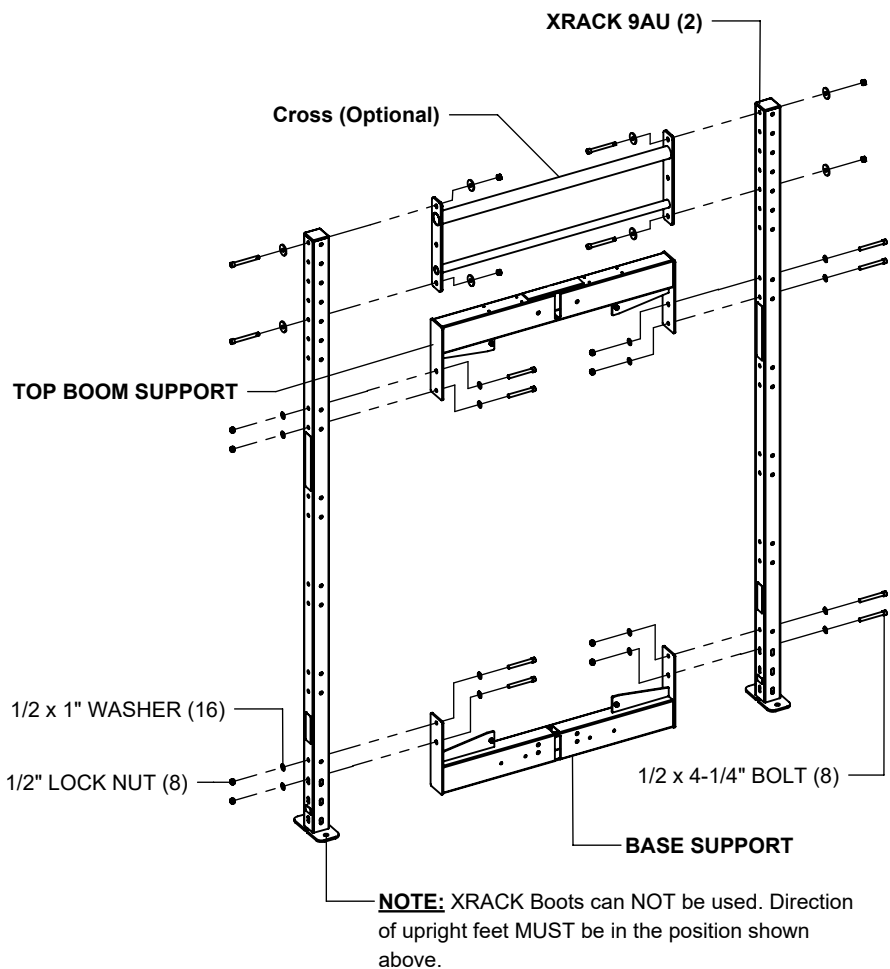
8AU
4' CABLE COMPONENT MODULE



NOTES:

The XCREATE 4SRM, 4LPDM, and 4CCM can be assembled to the 8AU and 9AU. See next step for details on mounting to the uprights. For the following steps of assembly refer to the XCREATE module manual for the model being assembled.

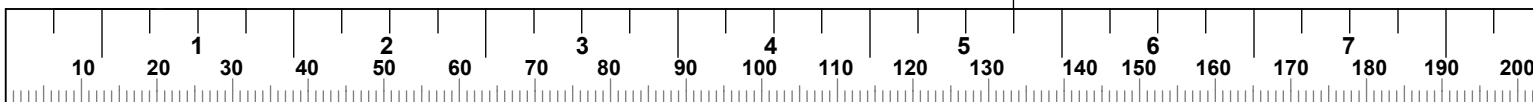
OPTIONAL 4' CABLE STATIONS - 4SRM, 4LPDM, 4CCM



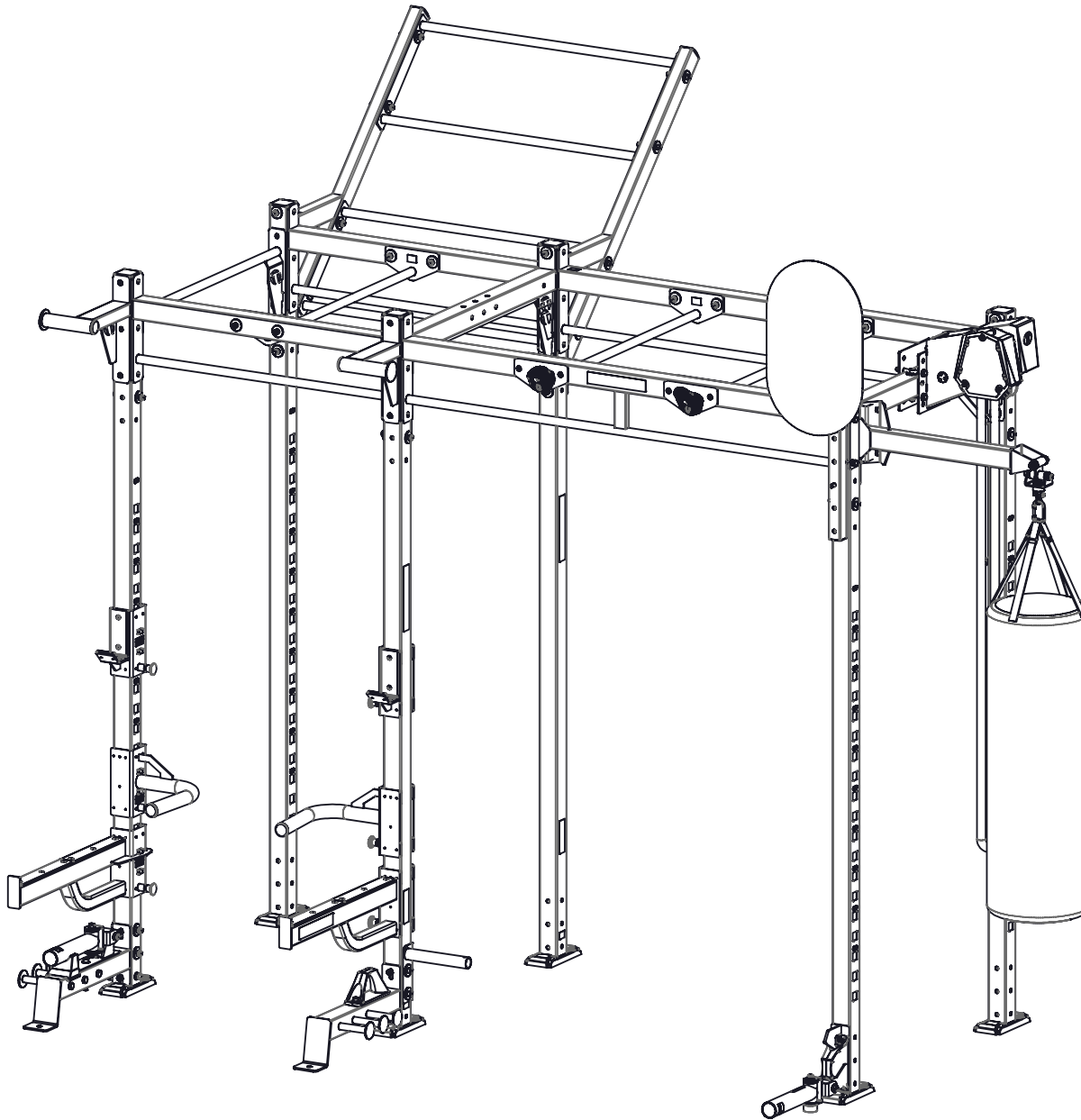
NOTES:

LOOSELY tighten bolt connections in this step.

For further instruction refer to the XCREATE manual associated with the module that is being assembled. The Modules are assembled the exact same way.



GENERAL ATTACHMENT OPTIONS

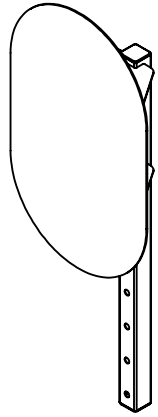


NOTE:

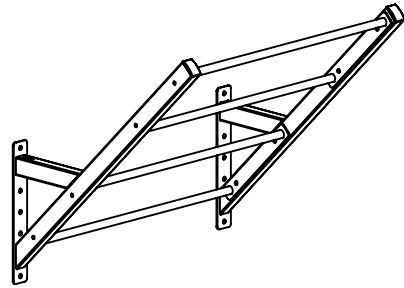
There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, the attachments are shown for the bolted connections.

The following attachments apply to both the standard XRACK uprights and the Attachment Uprights unless specified.

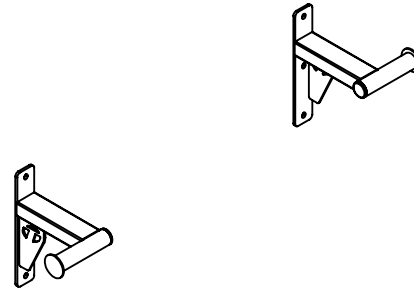
GENERAL ATTACHMENTS



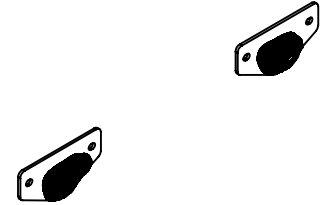
BT
BALL TARGET



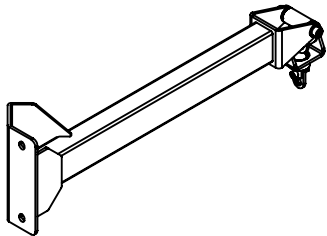
FPU
FLYING PULL UP ATTACHMENT



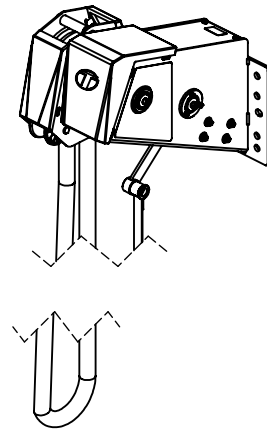
UBPA
UPPER BAND PEG ATTACHMENT



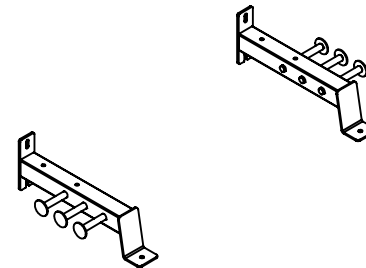
RCK
ROCK CLIMBING KIT



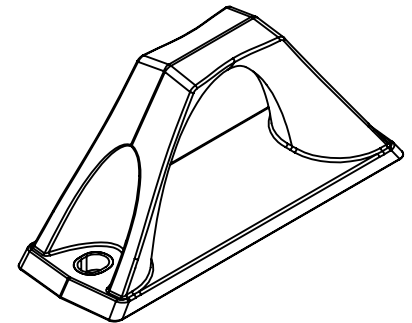
UHBM
UNIVERSAL HEAVY BAG MOUNT



XERT
RELENTLESS ROPE TRAINER

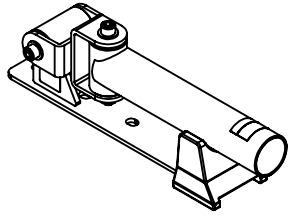


LBPA
LOWER BAND PEG ATTACHMENT

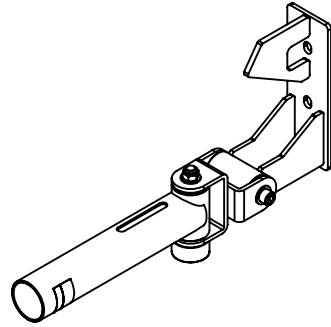


BRA
BATTLE ROPE ANCHOR

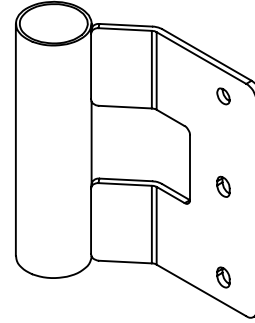
GENERAL ATTACHMENTS



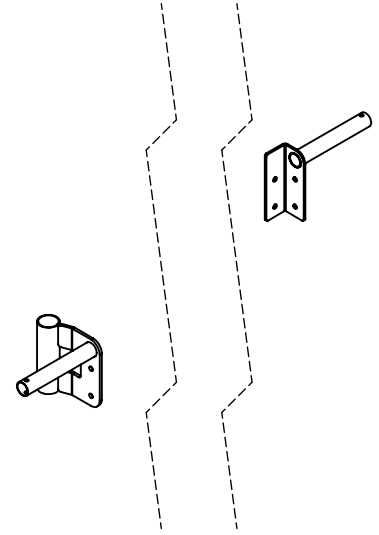
HMGR
HORIZONTAL MOUNT GROUND
ROTATIONAL TRAINER



GRT
GROUND ROTATIONAL TRAINER

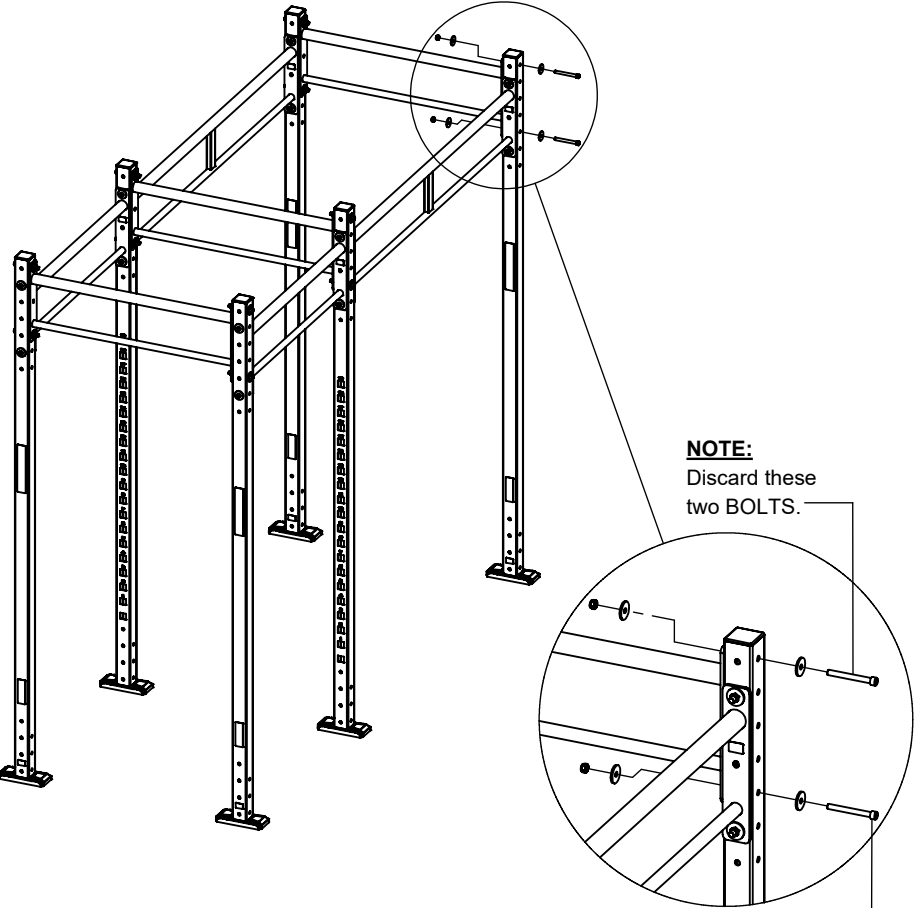


DP
DOUBLE PLAY



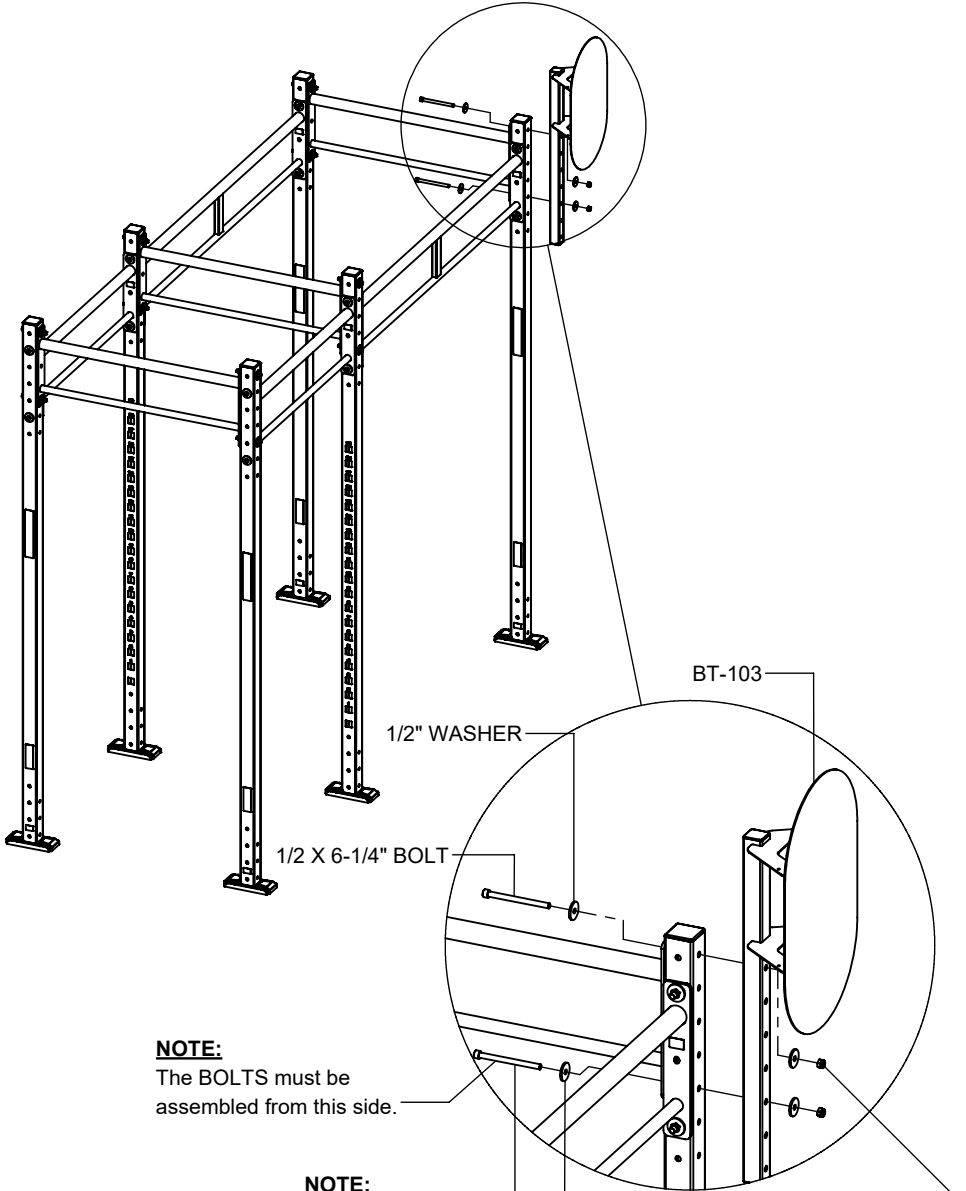
TP
TRIPLE PLAY

OPTIONAL BALL TARGET



NOTE:
Discard these two BOLTS.

NOTE:
Loosen and remove BOLTS, WASHERS and NUTS.



1/2" WASHER

1/2 X 6-1/4" BOLT

BT-103

NOTE:
The BOLTS must be assembled from this side.

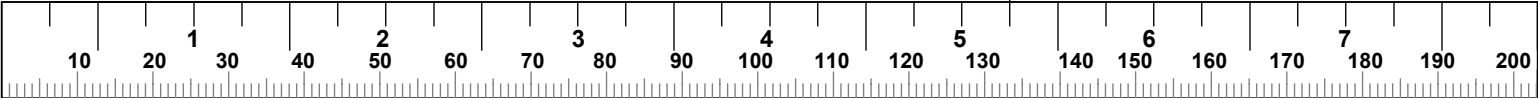
NOTE:
New longer bolts

1/2" LOCK NUT

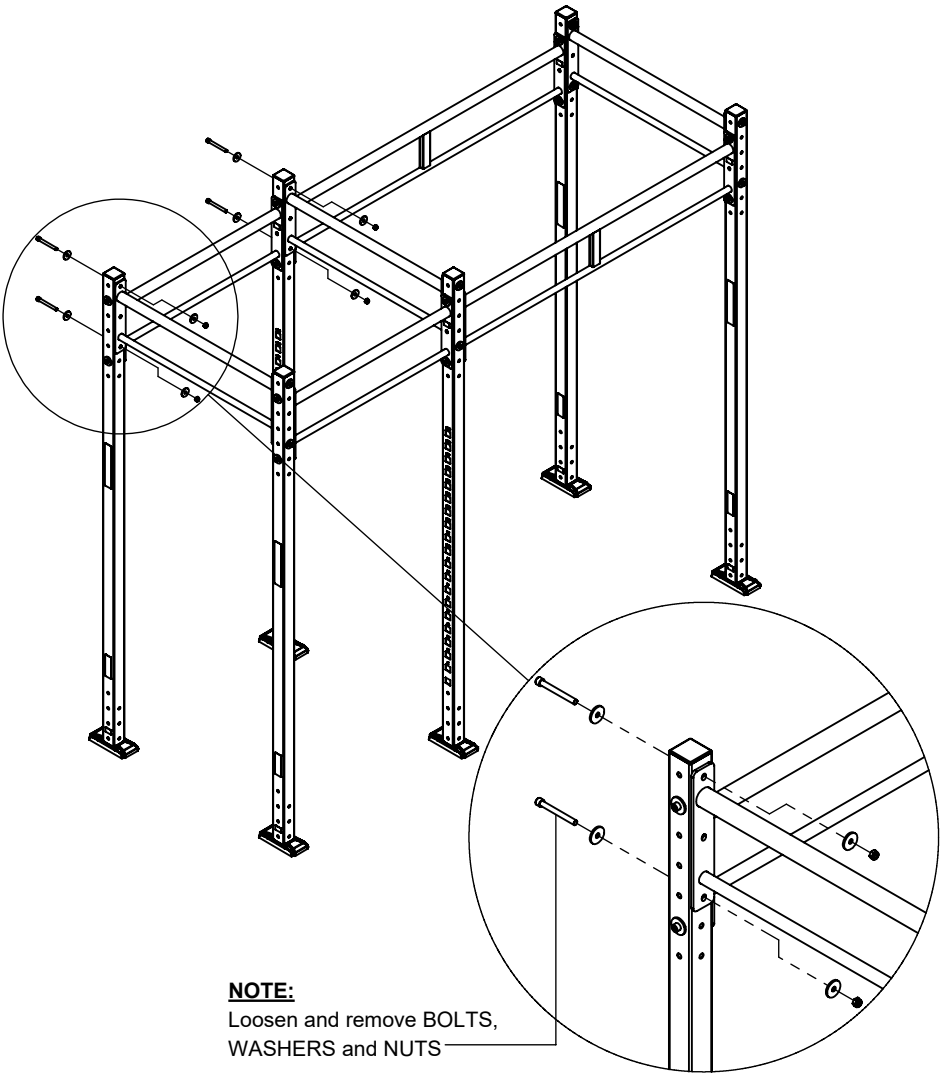
NOTE:
Re-use WASHERS and NUTS from previous step.

NOTE:
SECURELY tighten all bolt connections in this step.

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



OPTIONAL FLYING PULL-UP



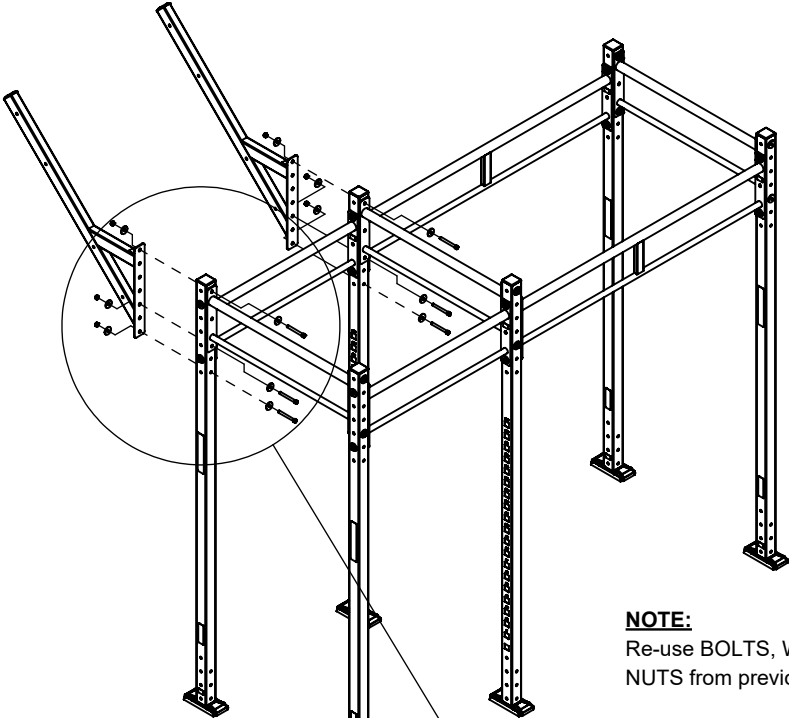
NOTE:
Loosen and remove BOLTS,
WASHERS and NUTS

REPEAT 2X

NOTE:

LOOSELY tighten all bolt connections in this step.

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



NOTE:
Re-use BOLTS, WASHERS and
NUTS from previous step.

REPEAT 2X

XRACK-4FPU

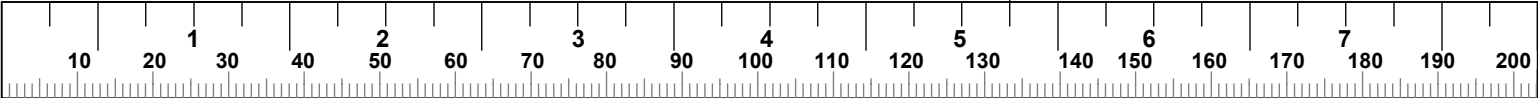
1/2" LOCK NUT

1/2" WASHER

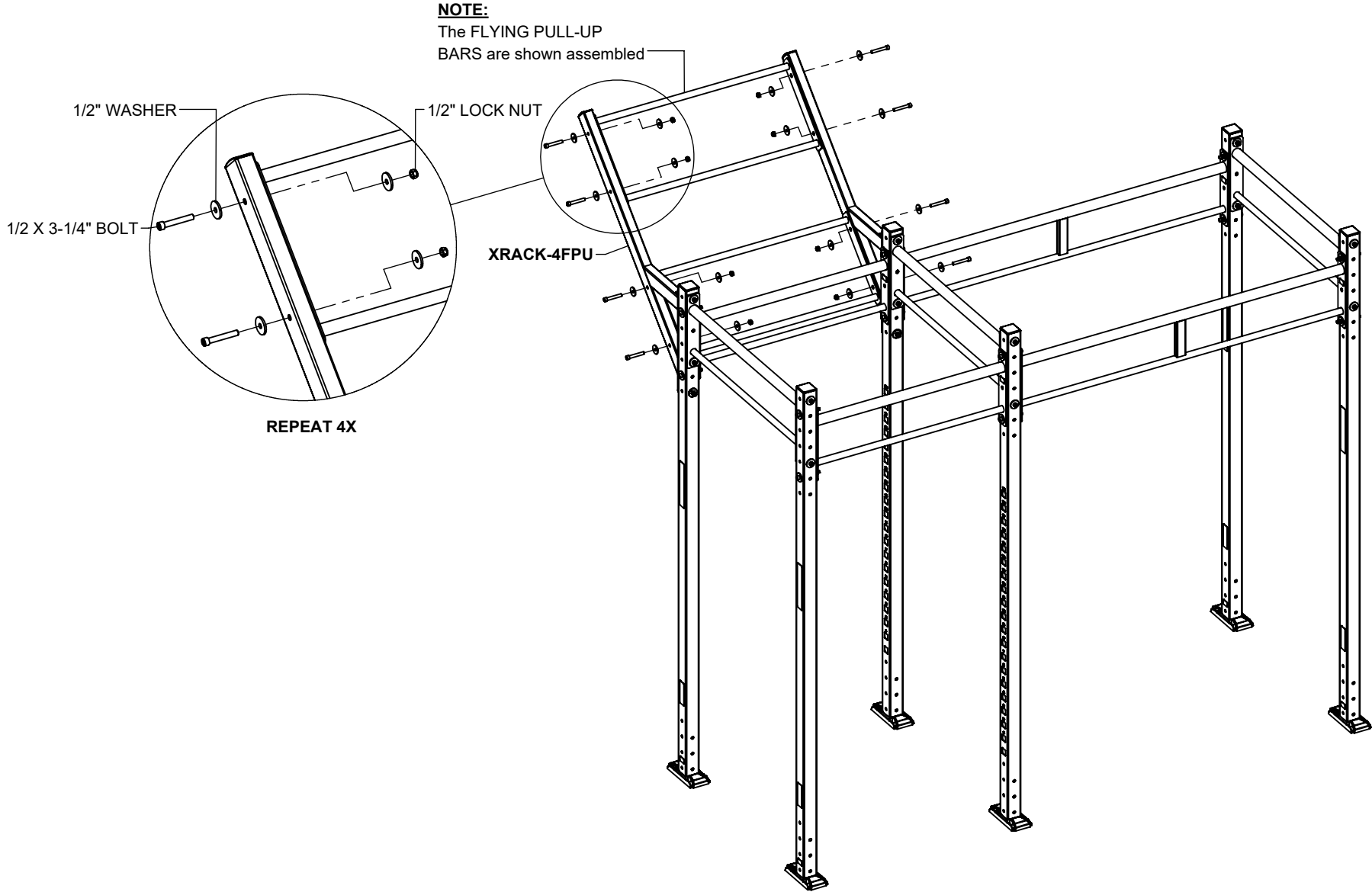
NOTE:
Use additional BOLTS (2),
WASHERS (4) and NUTS (2)

1/2 X 4-1/2" BOLT

NOTE:
The BOLTS must be
assembled from this side.

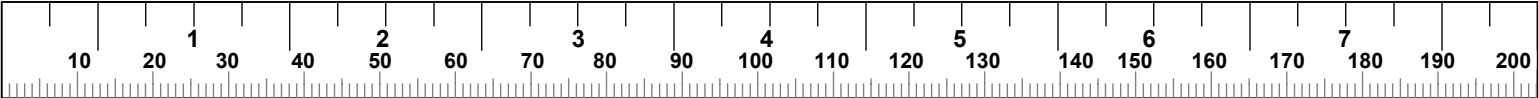


OPTIONAL FLYING PULL-UP

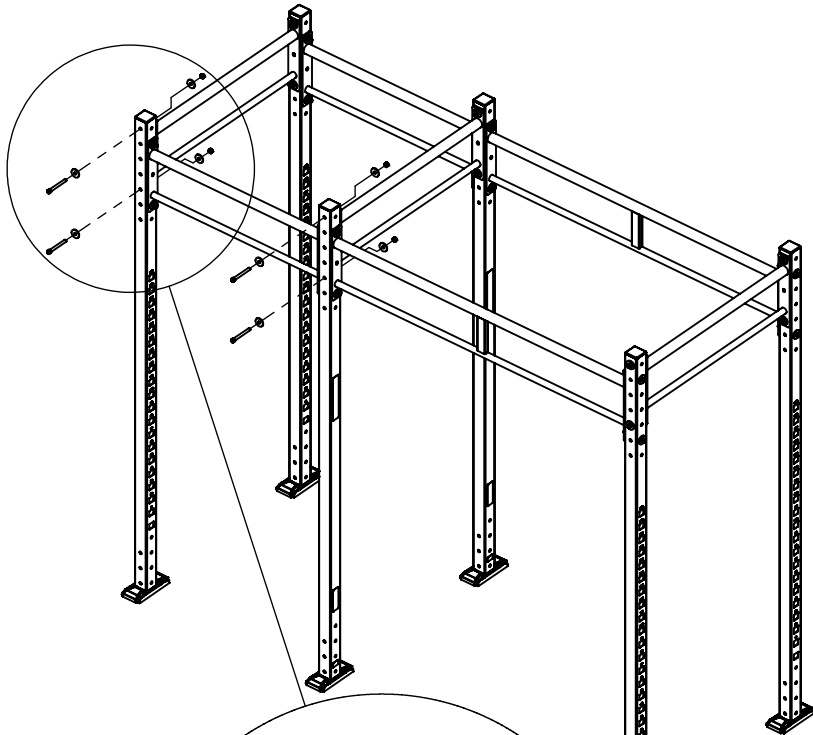


NOTE:

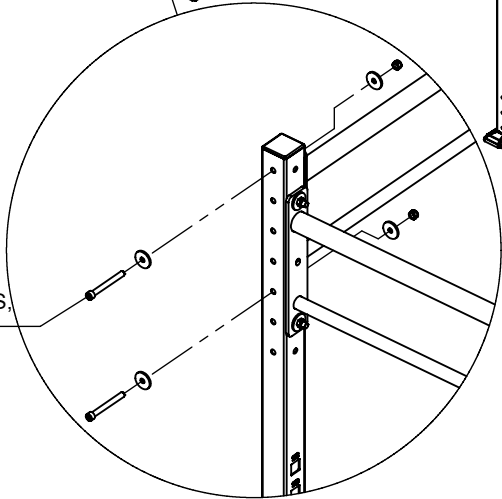
SECURELY tighten all bolt connections in this step and previous step.



OPTIONAL UPPER BAND PEG ATTACHMENT



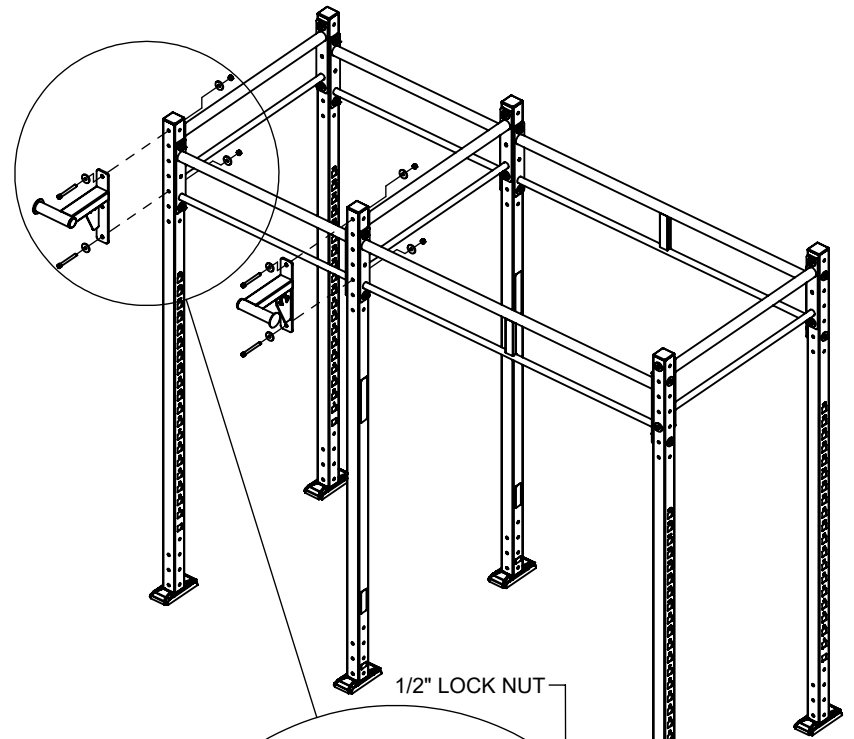
NOTE:
Loosen and remove BOLTS,
WASHERS and NUTS
REPEAT 2X



NOTE:

SECURELY tighten all bolt connections in this step.

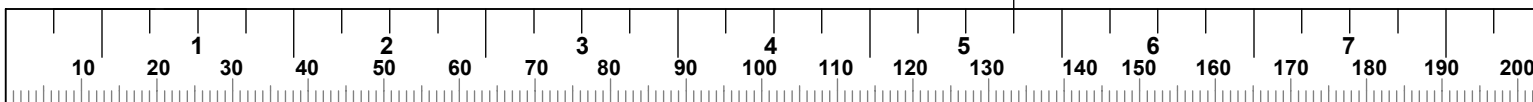
The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



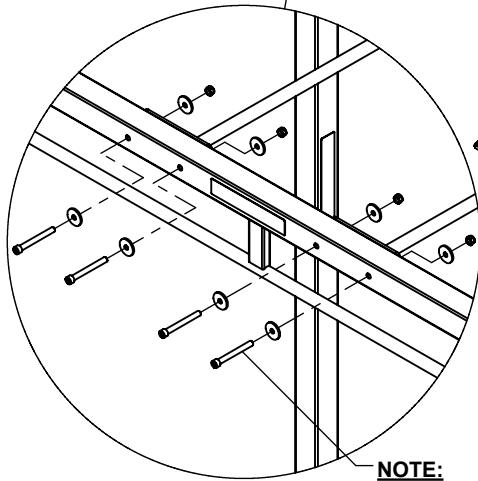
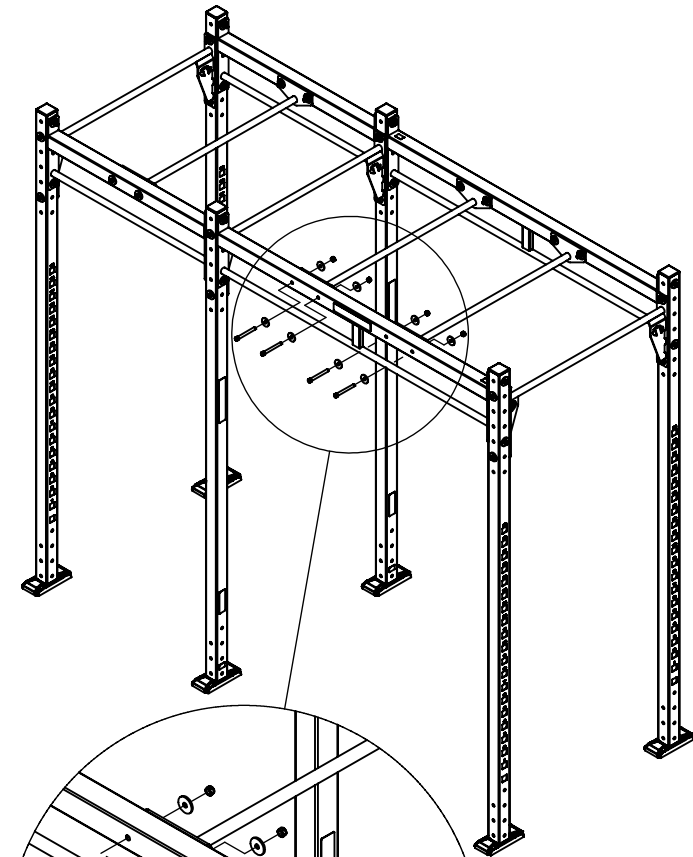
1/2" LOCK NUT
1/2" WASHER
1/2 X 4-1/2" BOLT

NOTE:
Re-use BOLTS, WASHERS
and NUTS from previous step

XRACK-UBPA
REPEAT 2X



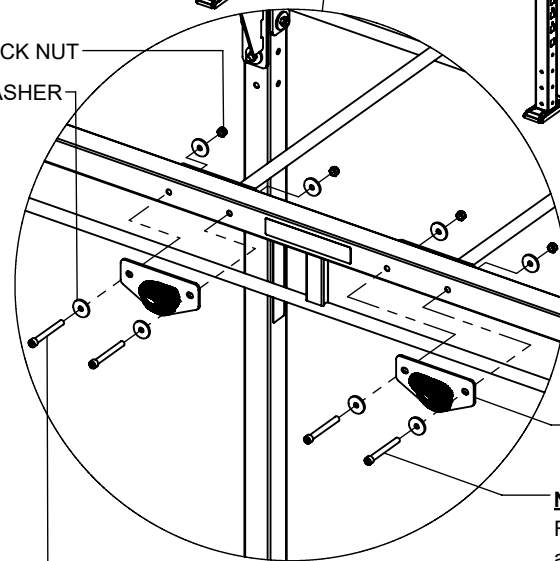
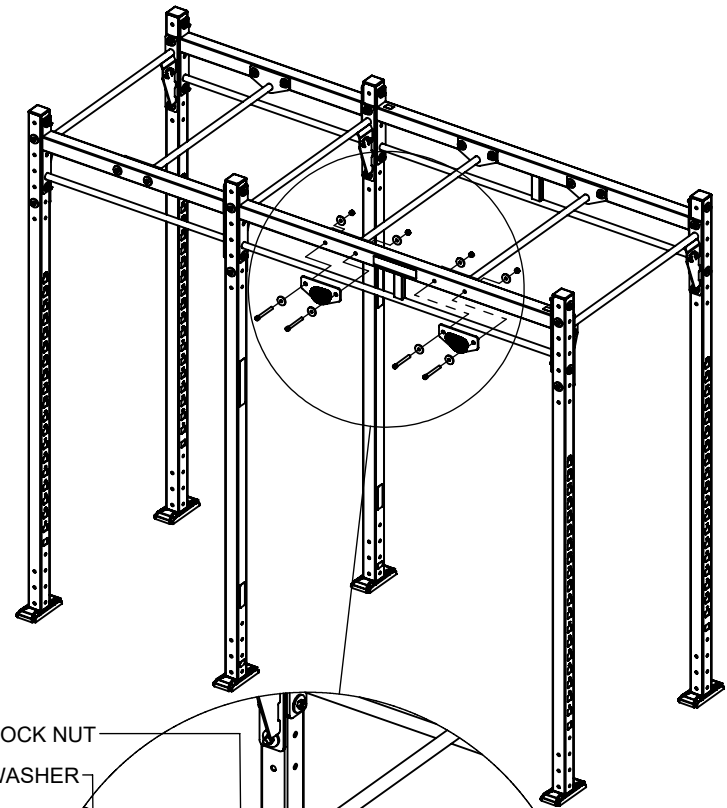
OPTIONAL ROCK CLIMBING KIT



NOTE:
Loosen and remove BOLTS,
WASHERS and NUTS

NOTE:

SECURELY tighten all bolt connections in this step.

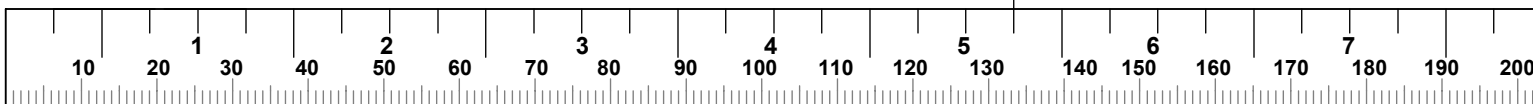


1/2" LOCK NUT
1/2" WASHER

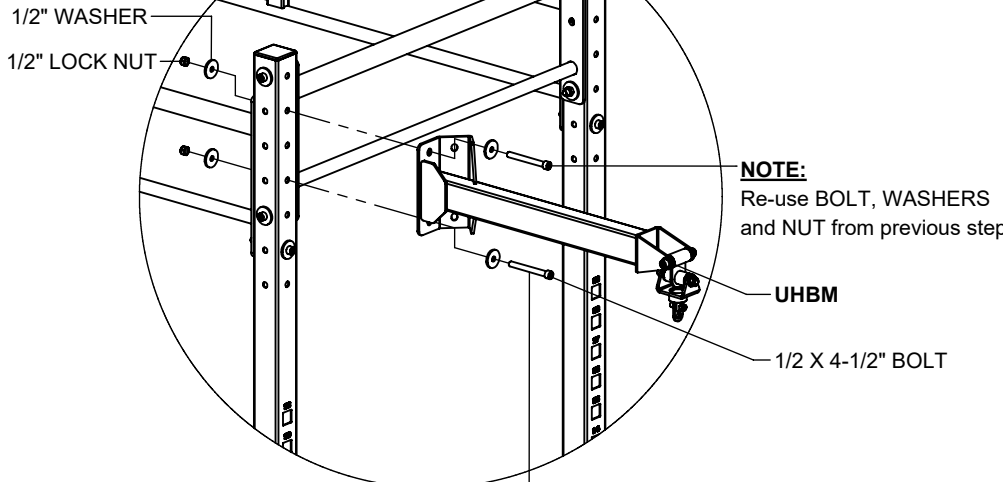
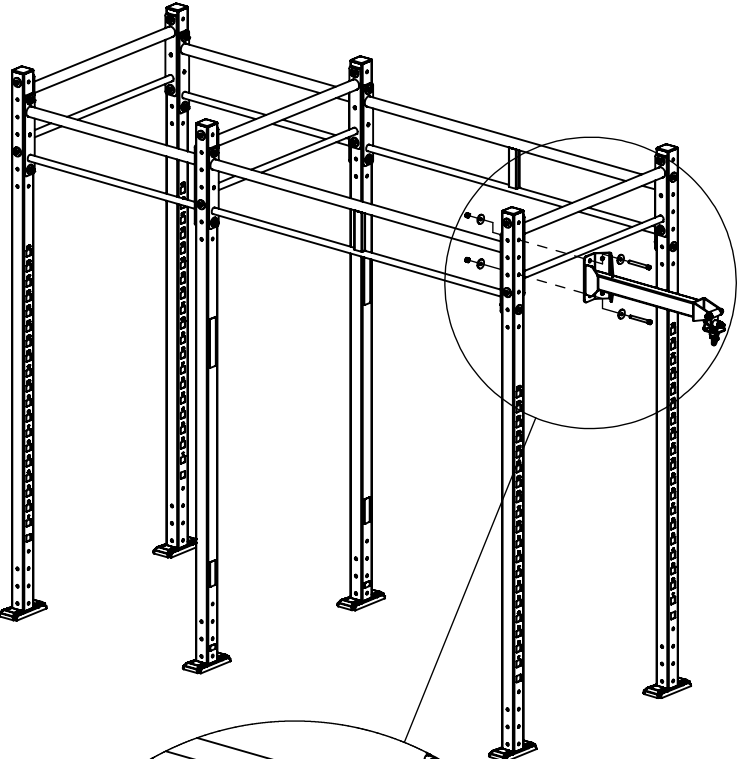
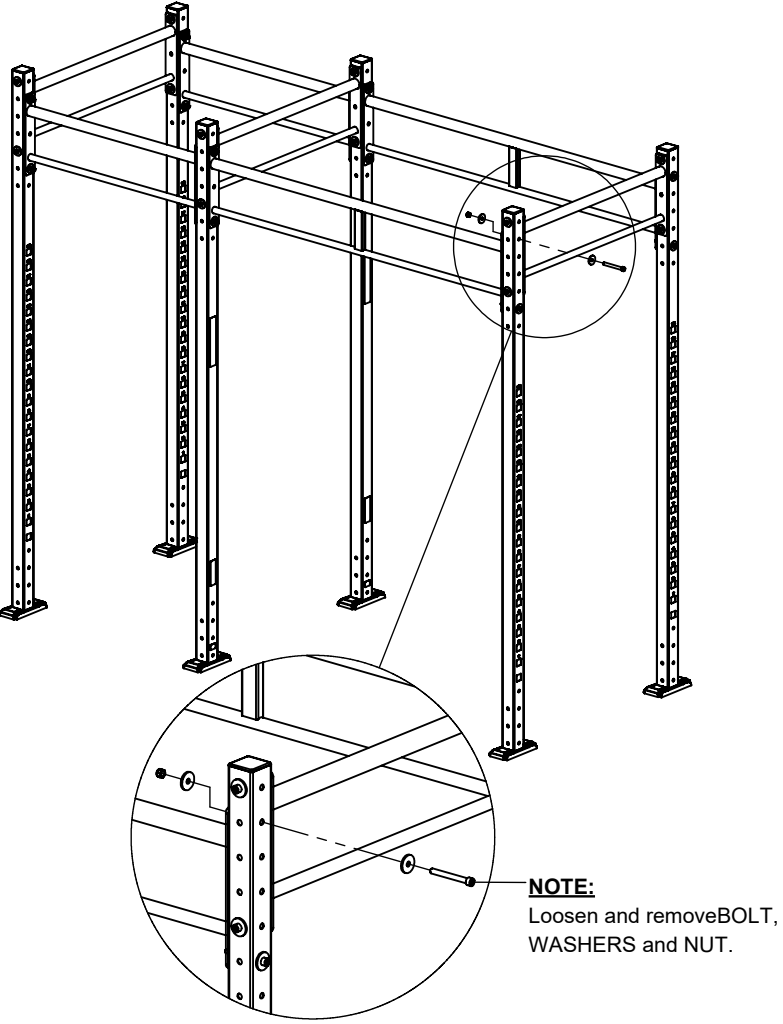
XRACK-RCK

NOTE:
Re-use BOLTS, WASHERS
and NUTS from previous step

1/2 X 4-1/2" BOLT

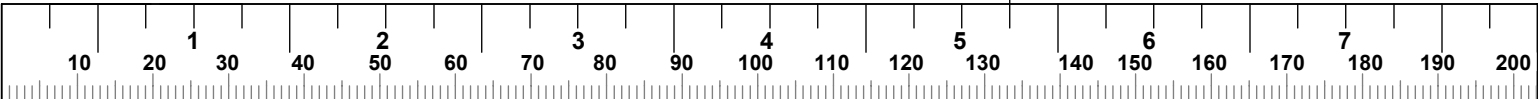


OPTIONAL UNIVERSAL HEAVY BAG MOUNT - STRAIGHT

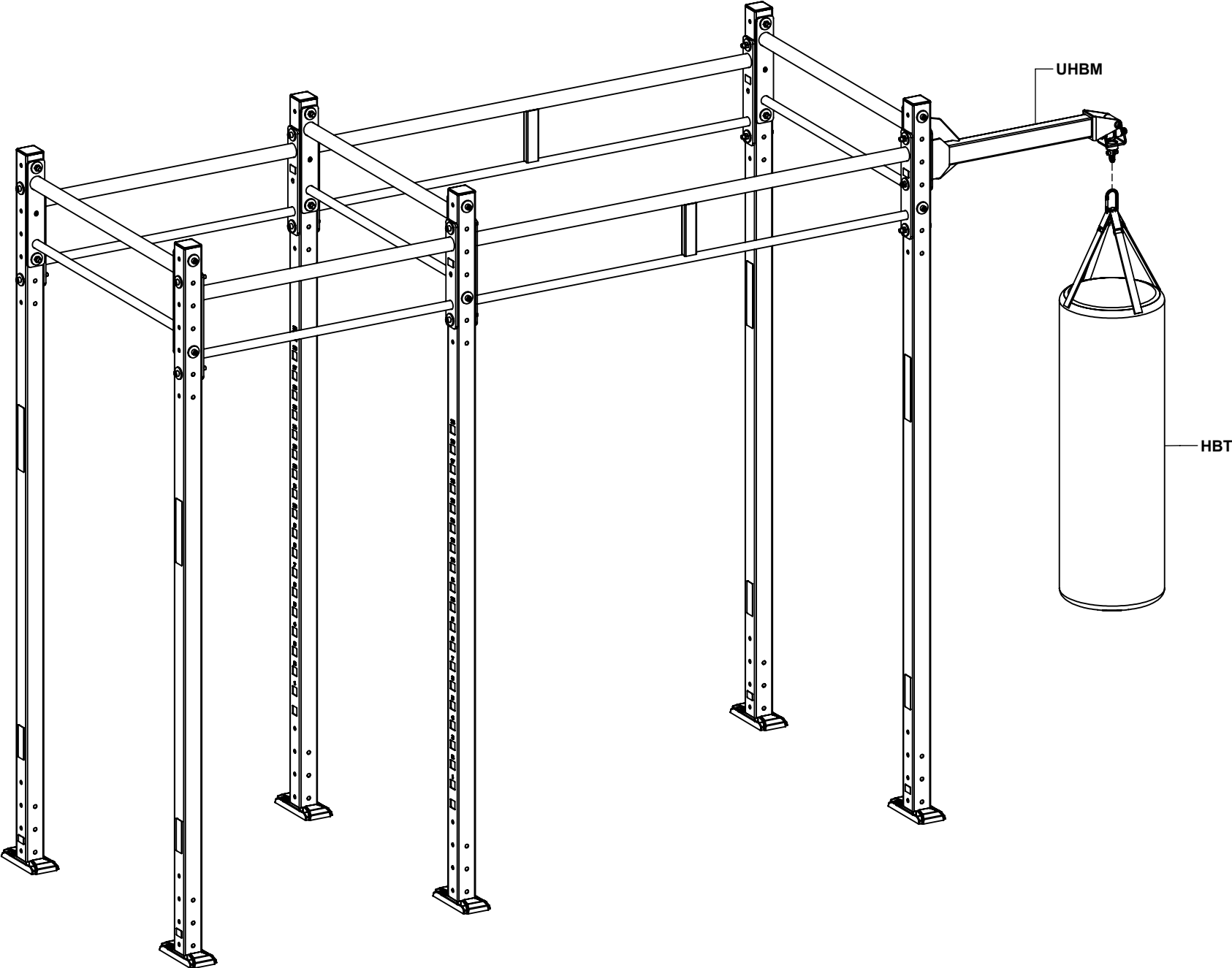


NOTE:
SECURELY tighten all bolt connections in this step.
The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU

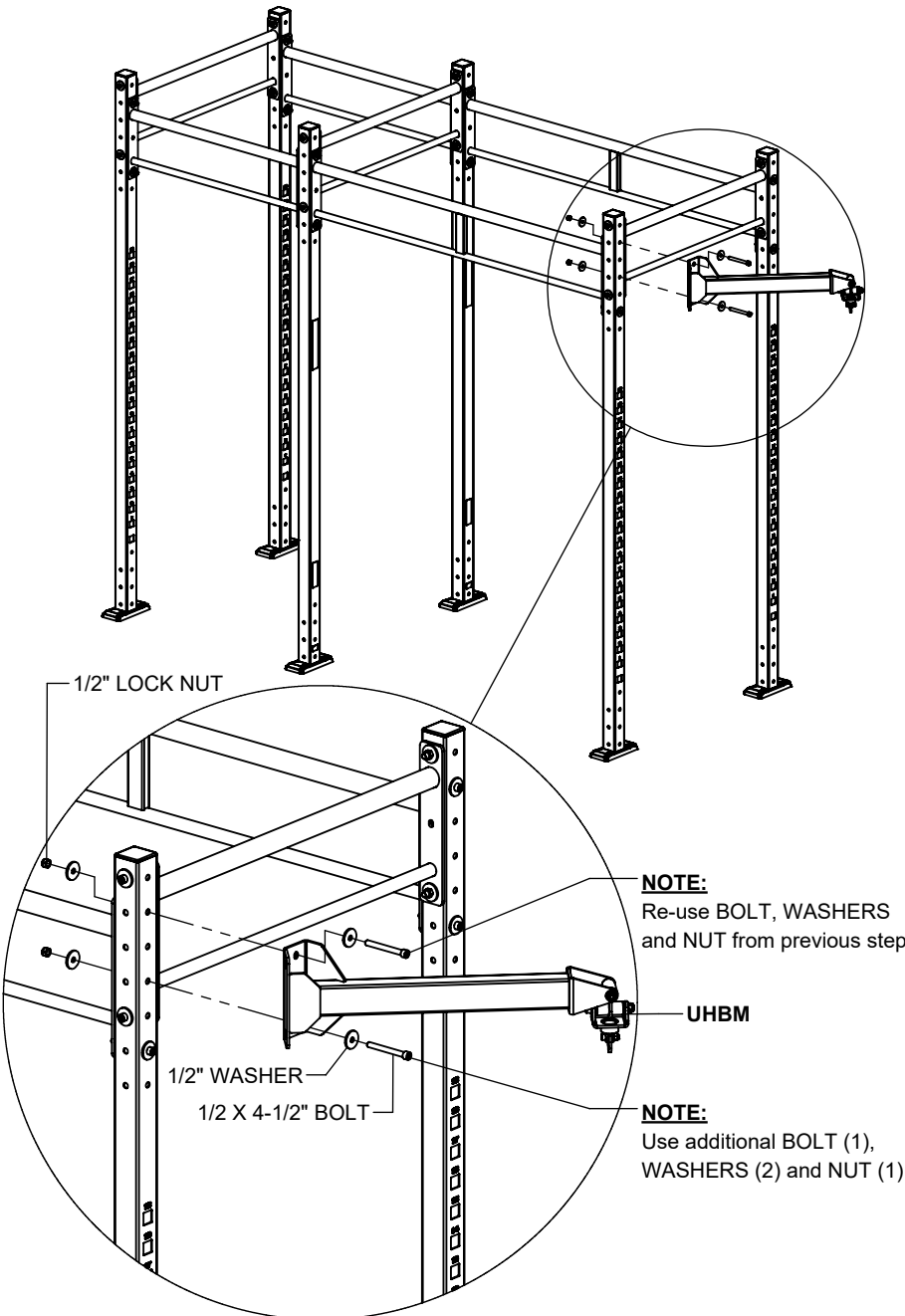
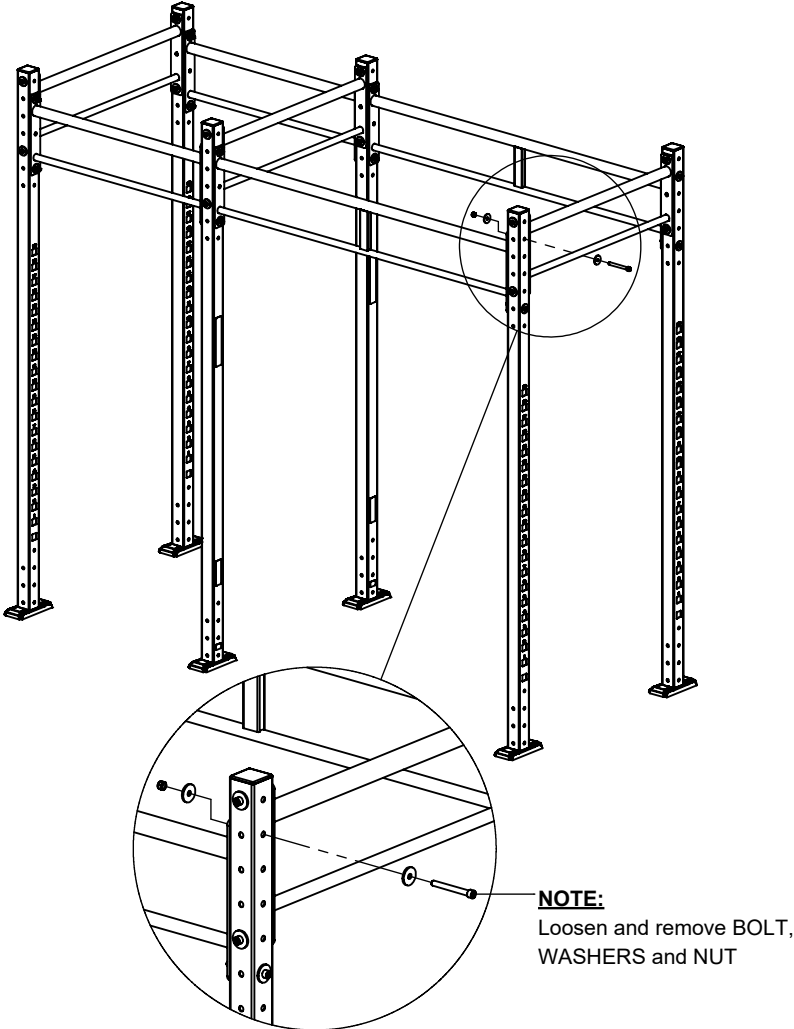
NOTE:
Use additional BOLT (1), WASHERS (2) and NUT (1)



OPTIONAL UNIVERSAL HEAVY BAG MOUNT STRAIGHT

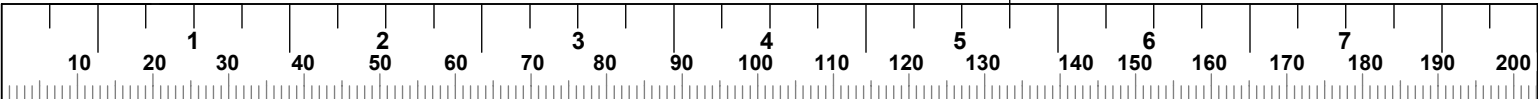


OPTIONAL UNIVERSAL HEAVY BAG MOUNT - ANGLED

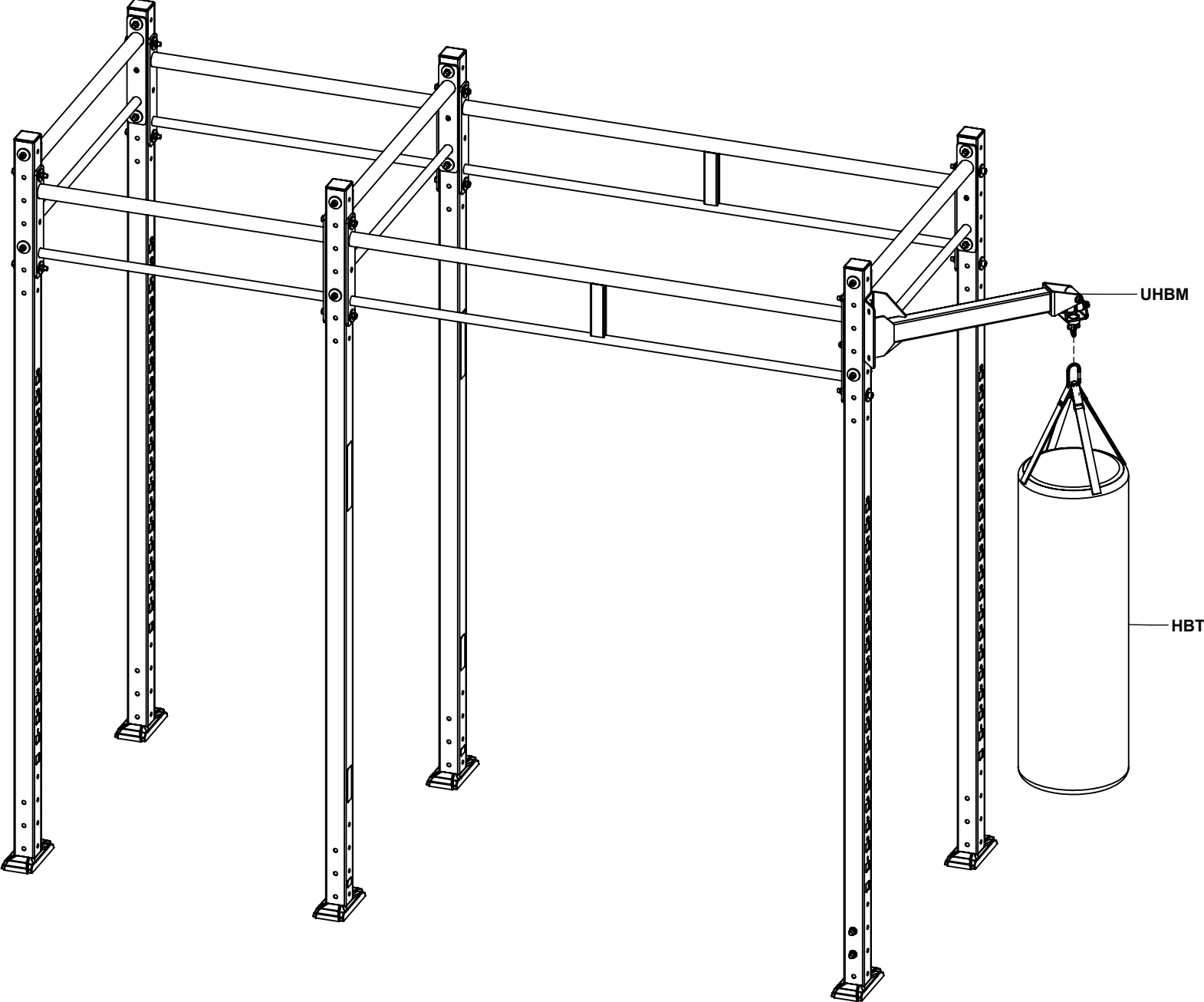


NOTE:
SECURELY tighten all bolt connections in this step.

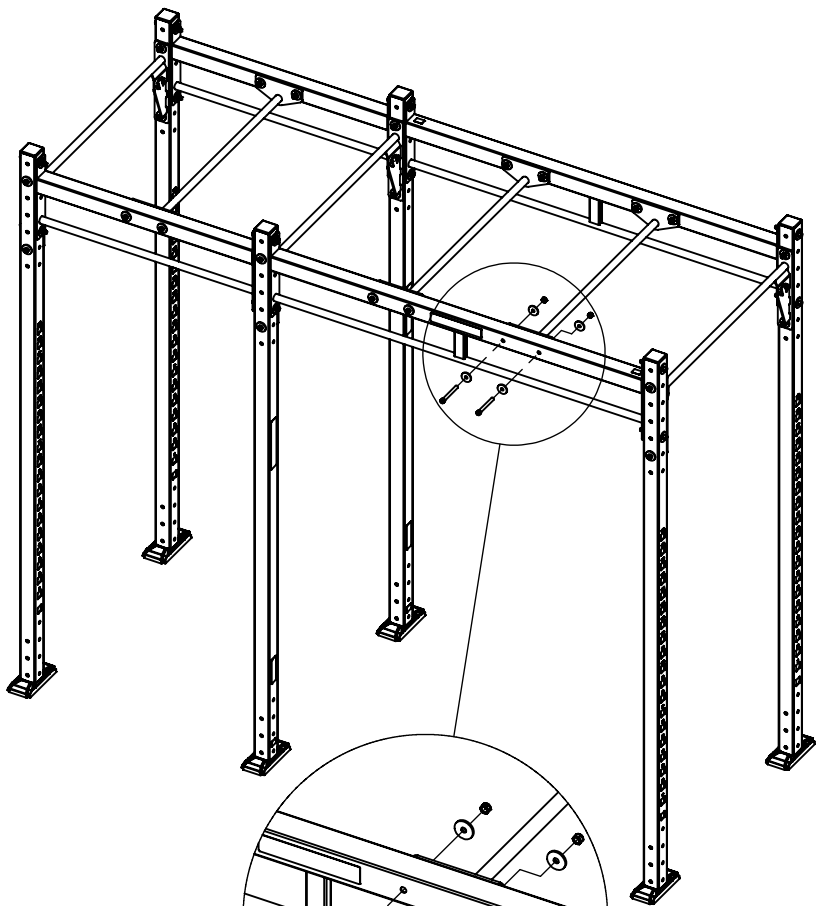
The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



OPTIONAL UNIVERSAL HEAVY BAG MOUNT ANGLED



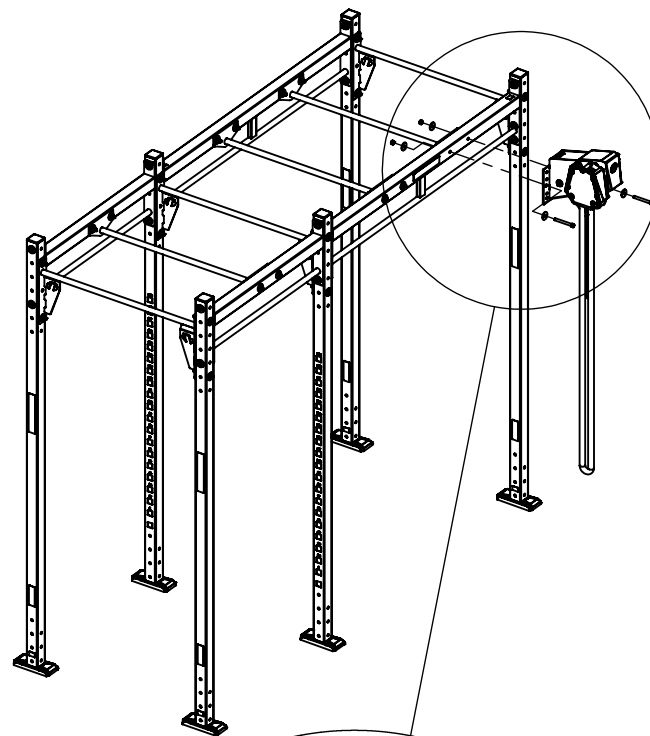
OPTIONAL RELENTLESS ROPE TRAINER - CROSS MOUNT



NOTE:

Loosen and remove BOLTS, WASHERS and NUTS.

XRACK-6MBX



1/2" LOCK NUT
1/2" WASHER

NOTE:

Use the two center slots

XERT

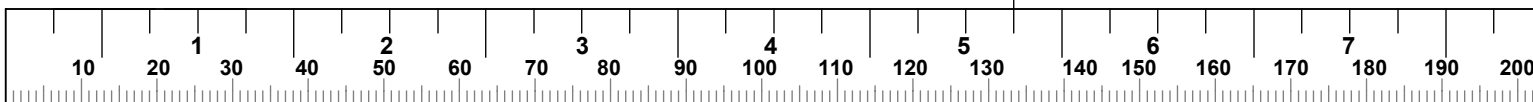
1/2 X 4-1/2" BOLT

NOTE:

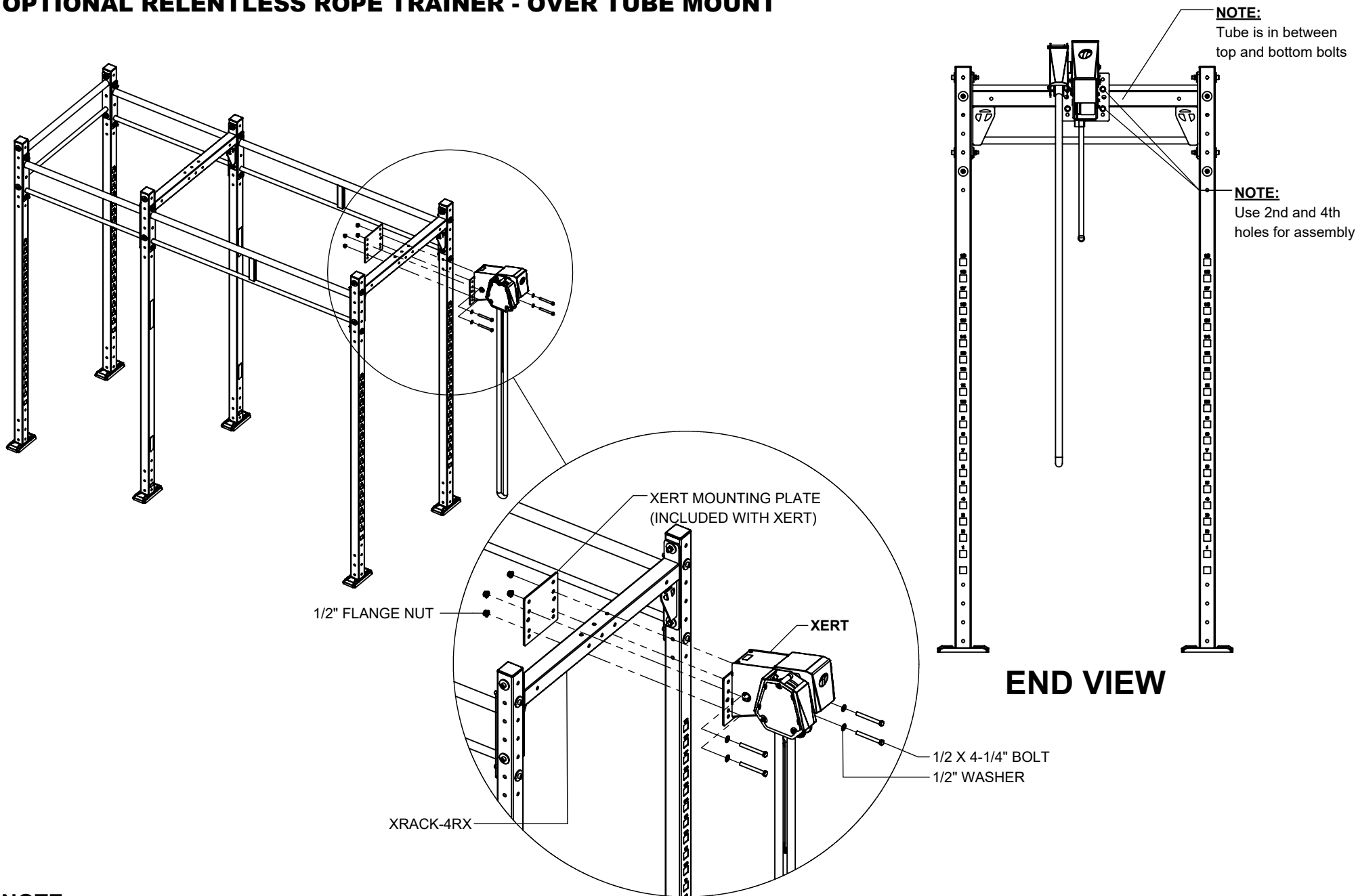
Re-use BOLT, WASHERS and NUT from previous step.

NOTE:

SECURELY tighten all bolt connections in this step.

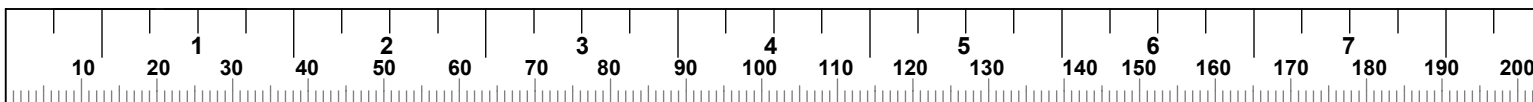


OPTIONAL RELENTLESS ROPE TRAINER - OVER TUBE MOUNT

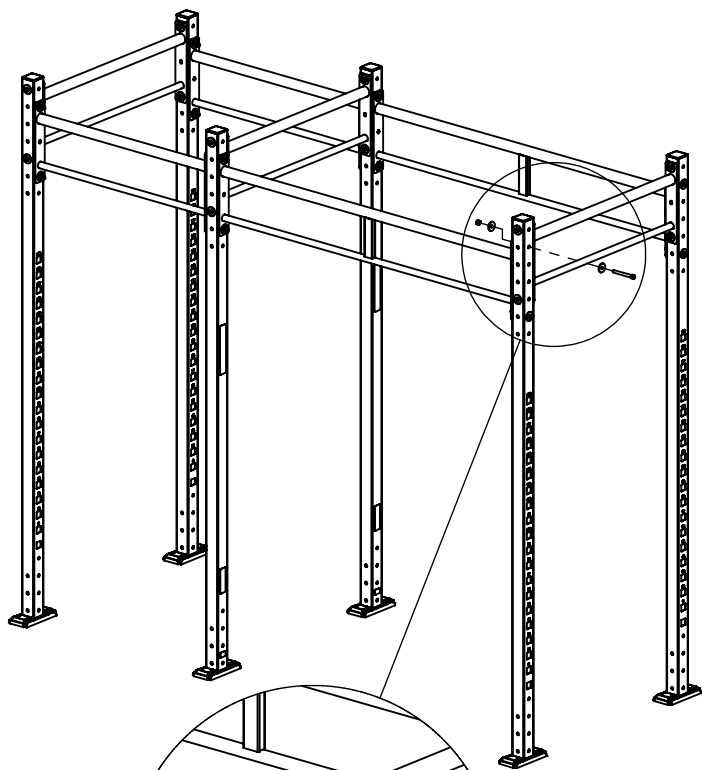


NOTE:

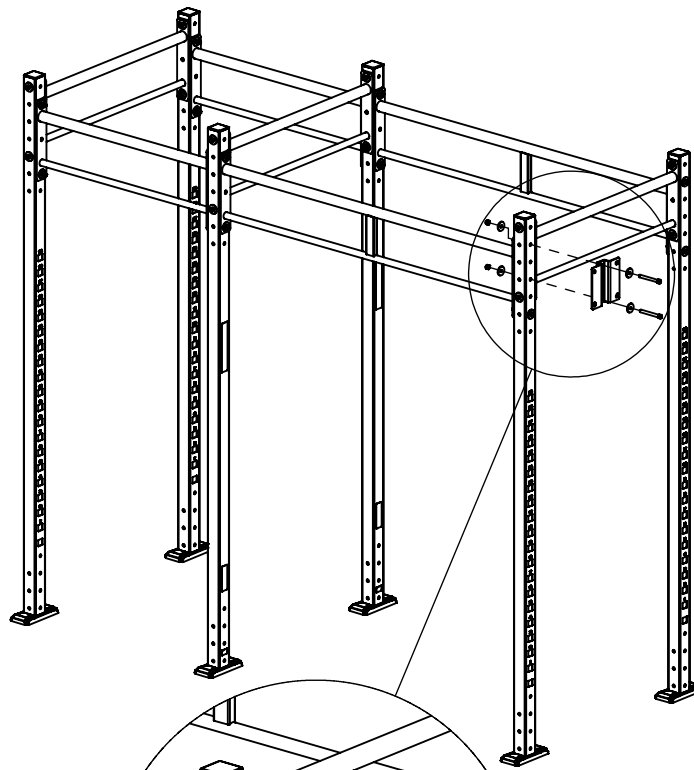
SECURELY tighten all bolt connections in this step.



OPTIONAL RELENTLESS ROPE TRAINER - UPRIGHT MOUNT



NOTE:
Loosen and remove BOLT,
WASHERS and NUT.



1/2" LOCK NUT

NOTE:
Re-use BOLT, WASHERS
and NUT from previous step.

NOTE:
Use additional BOLT (1),
WASHERS (2) and NUT (1)

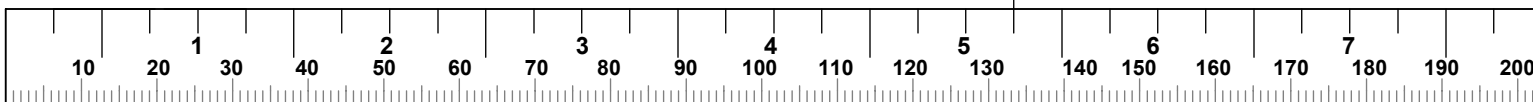
XERT MOUNTING PLATE

1/2 4-1/2" BOLT

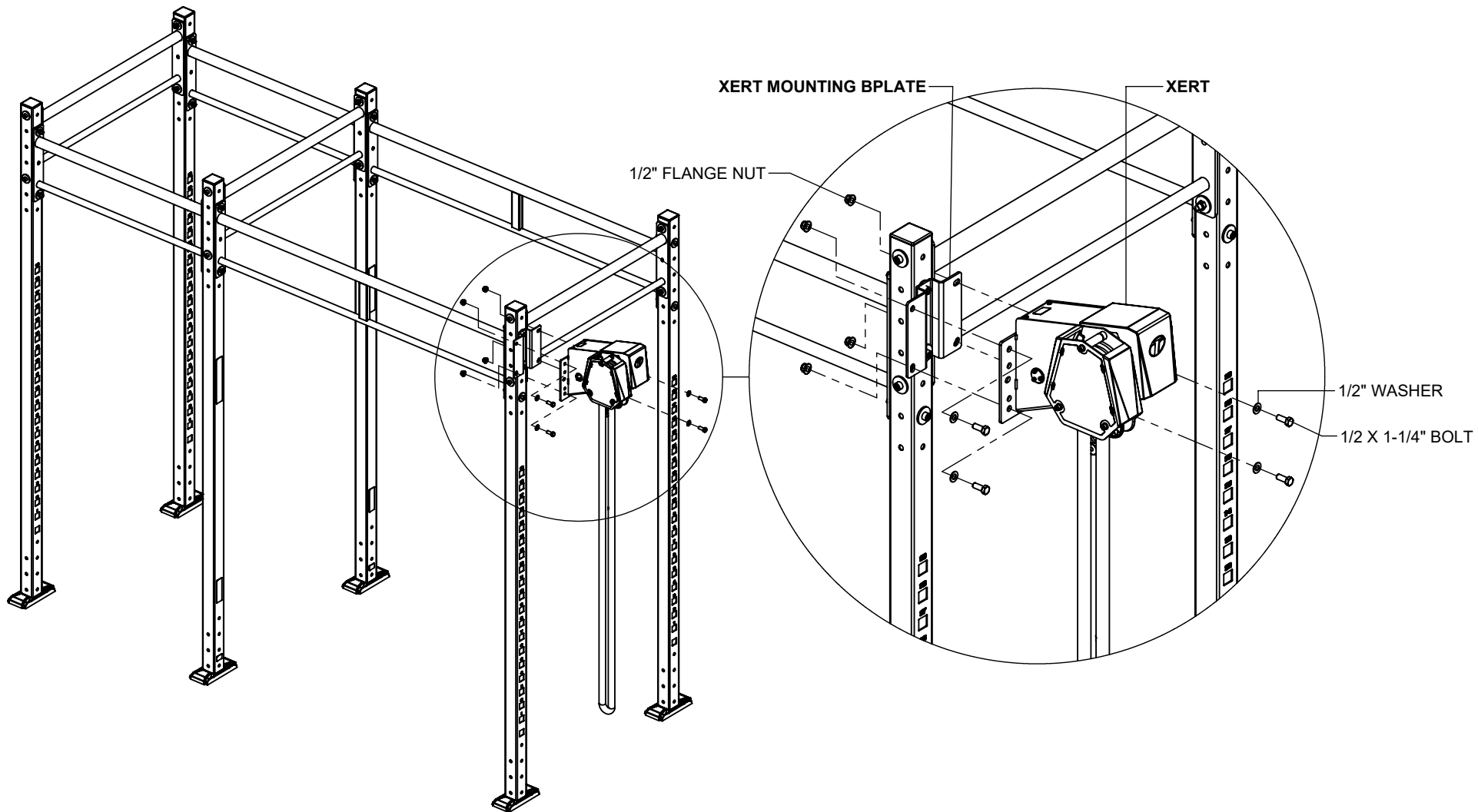
1/2" WASHER

NOTE:

SECURELY tighten all bolt connections in this step.

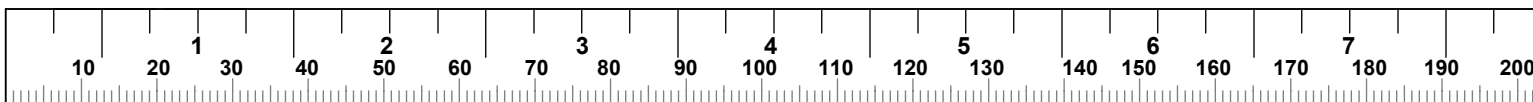


OPTIONAL RELENTLESS ROPE TRAINER - UPRIGHT MOUNT

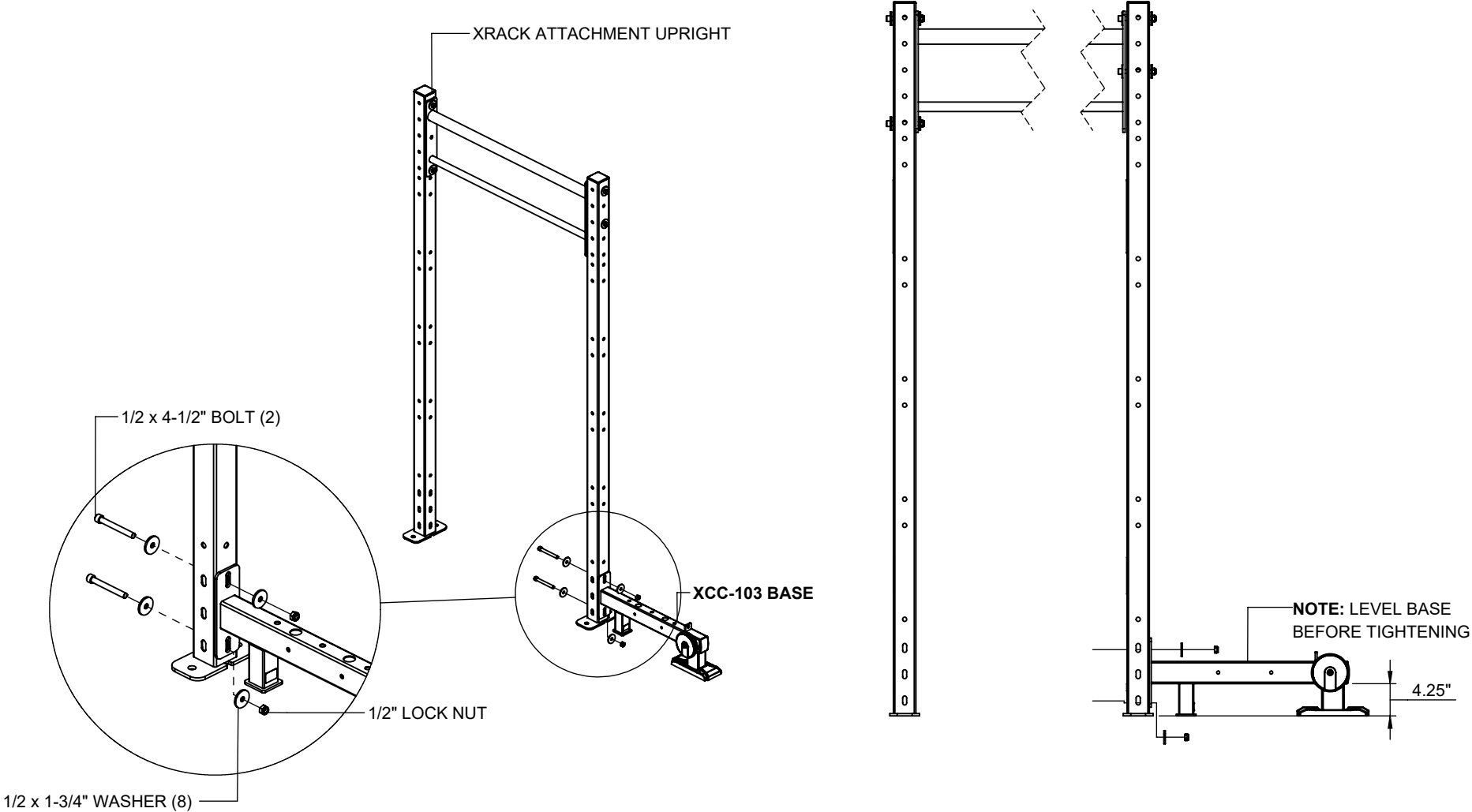


NOTE:

SECURELY tighten all bolt connections in this step.



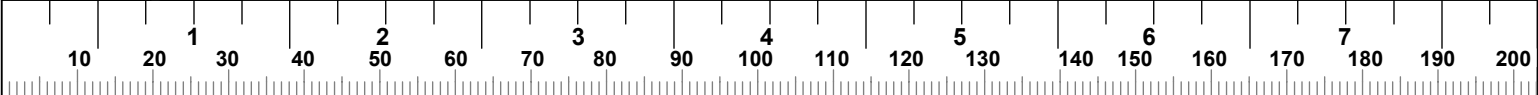
OPTIONAL XCC ATTACHMENT - BASE TO ATTACHMENT UPRIGHTS



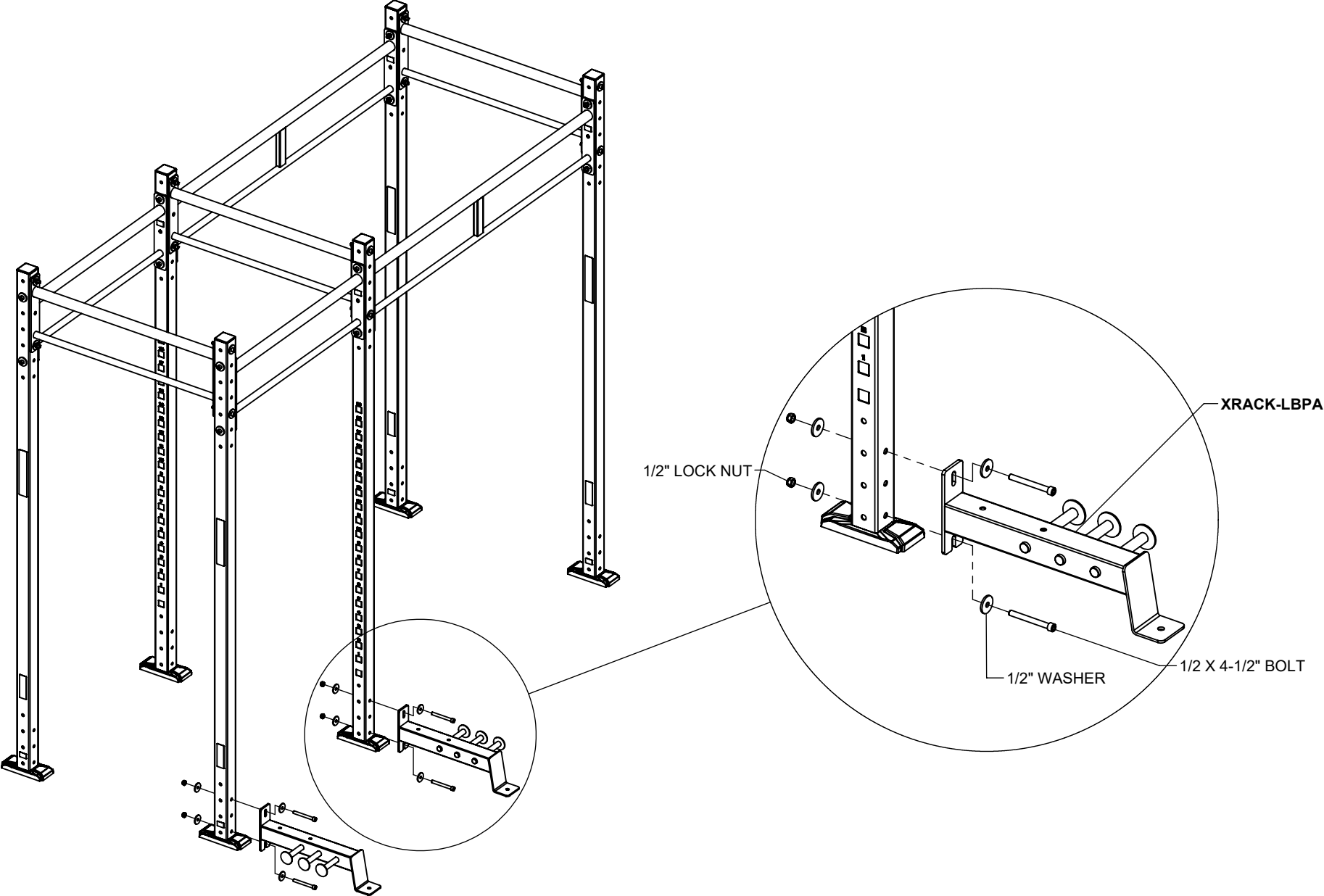
NOTES:

For further instruction refer to the XCC-103 manual. The remaining steps are assembled the exact same way.

For mounting to standard XRACK uprights refer to the XCC-103 manual.

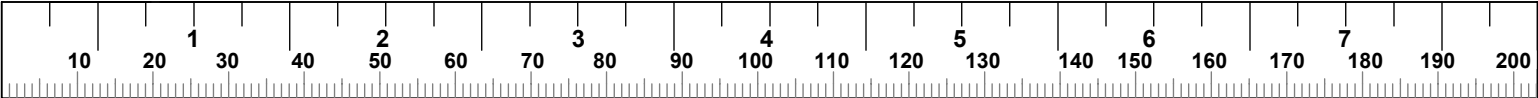


OPTIONAL LOWER BAND PEG ATTACHMENT (XRACK UPRIGHT)

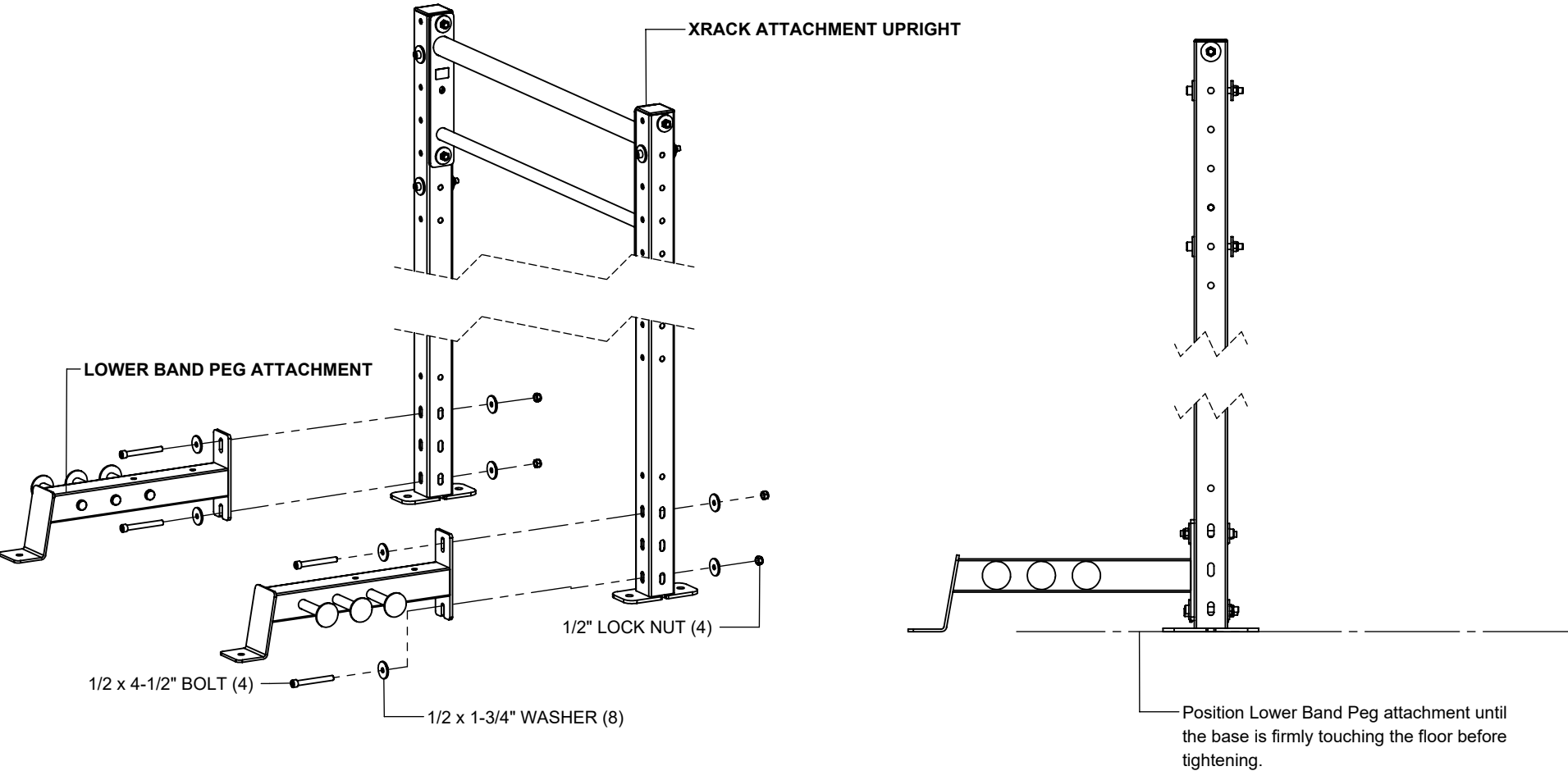


NOTE:

SECURELY tighten all bolt connections in this step.

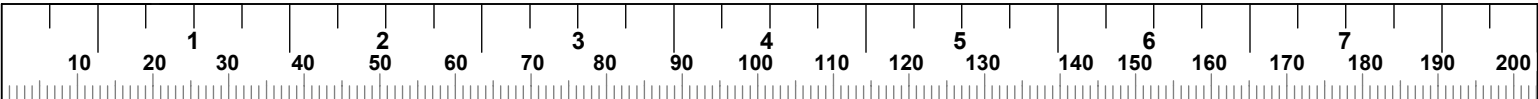


OPTIONAL LOWER BAND PEG ATTACHMENT (ATTACHMENT UPRIGHT)

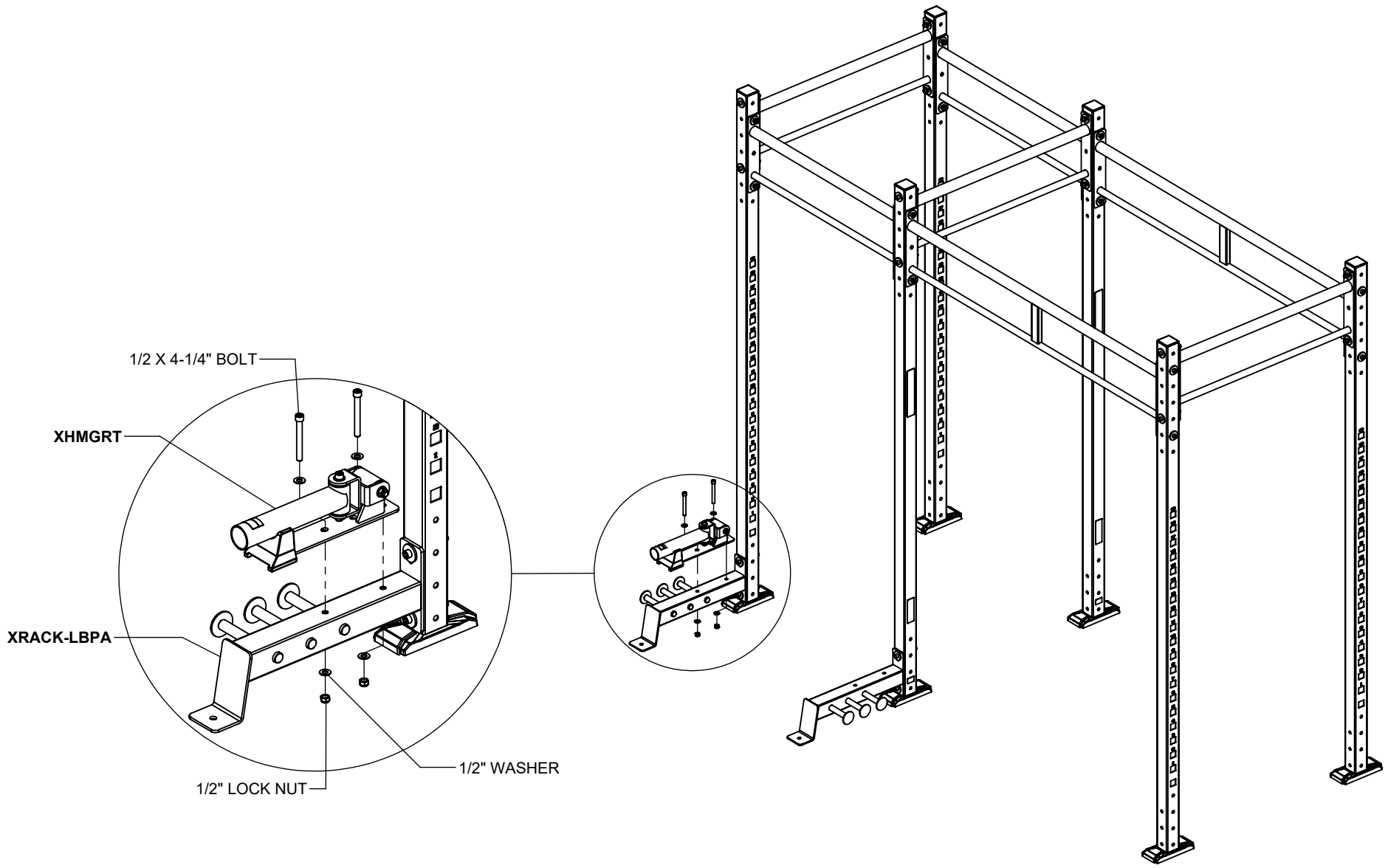


NOTE:

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

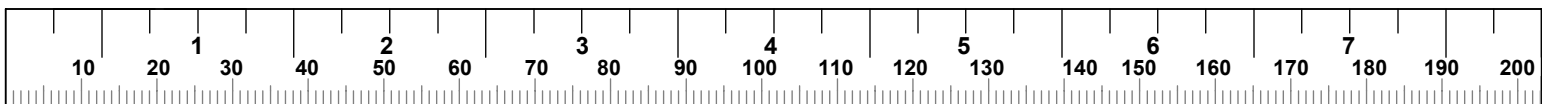


OPTIONAL GROUND ROTATIONAL TRAINER - HORIZONTAL MOUNT

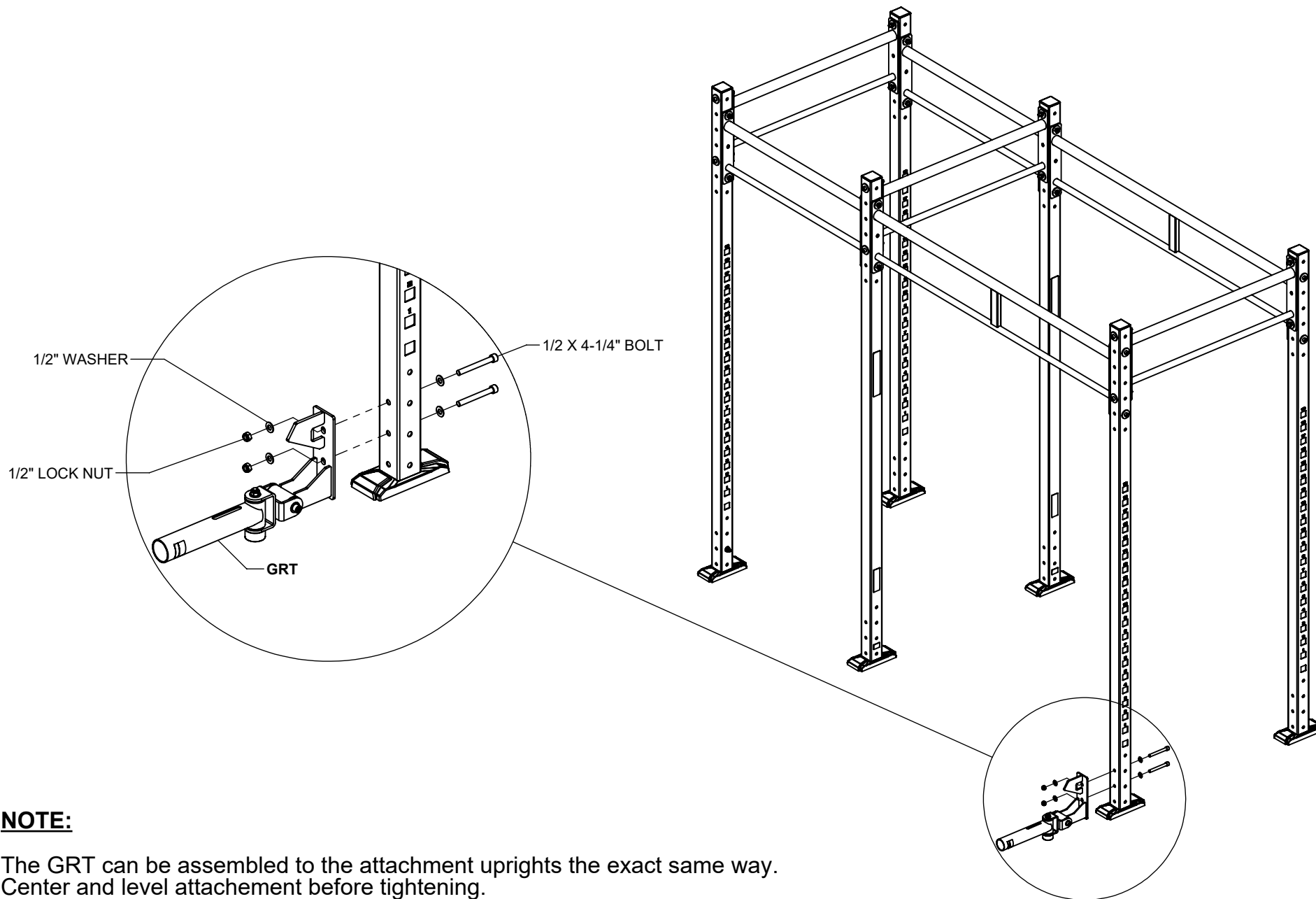


NOTE:

SECURELY tighten all bolt connections in this step.



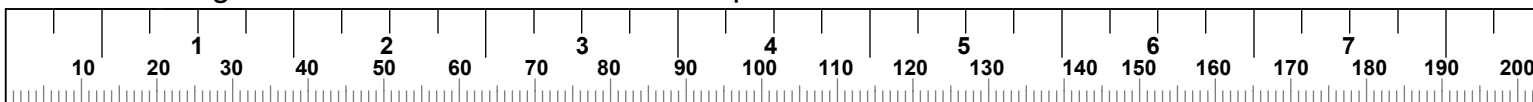
OPTIONAL GROUND ROTATIONAL TRAINER - VERTICAL MOUNT



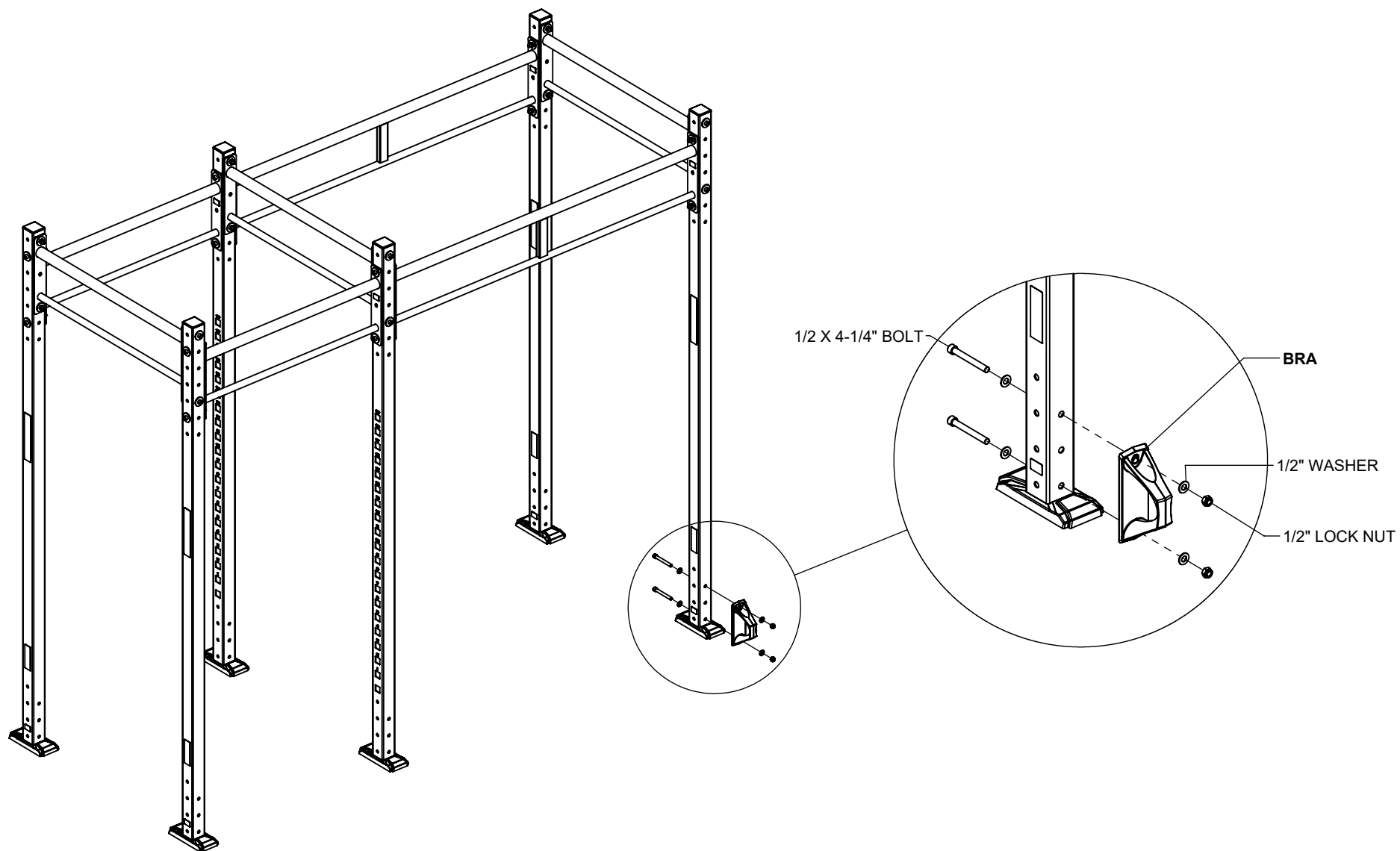
NOTE:

The GRT can be assembled to the attachment uprights the exact same way. Center and level attachment before tightening.

SECURELY tighten all bolt connections in this step.



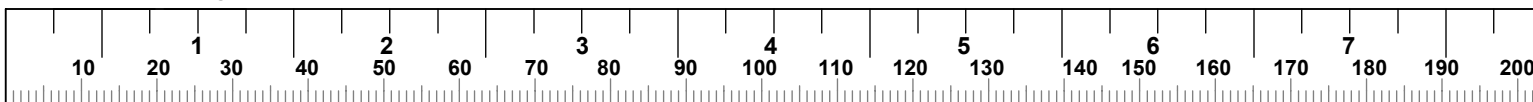
OPTIONAL BATTLE ROPE ANCHOR - VERTICAL MOUNT



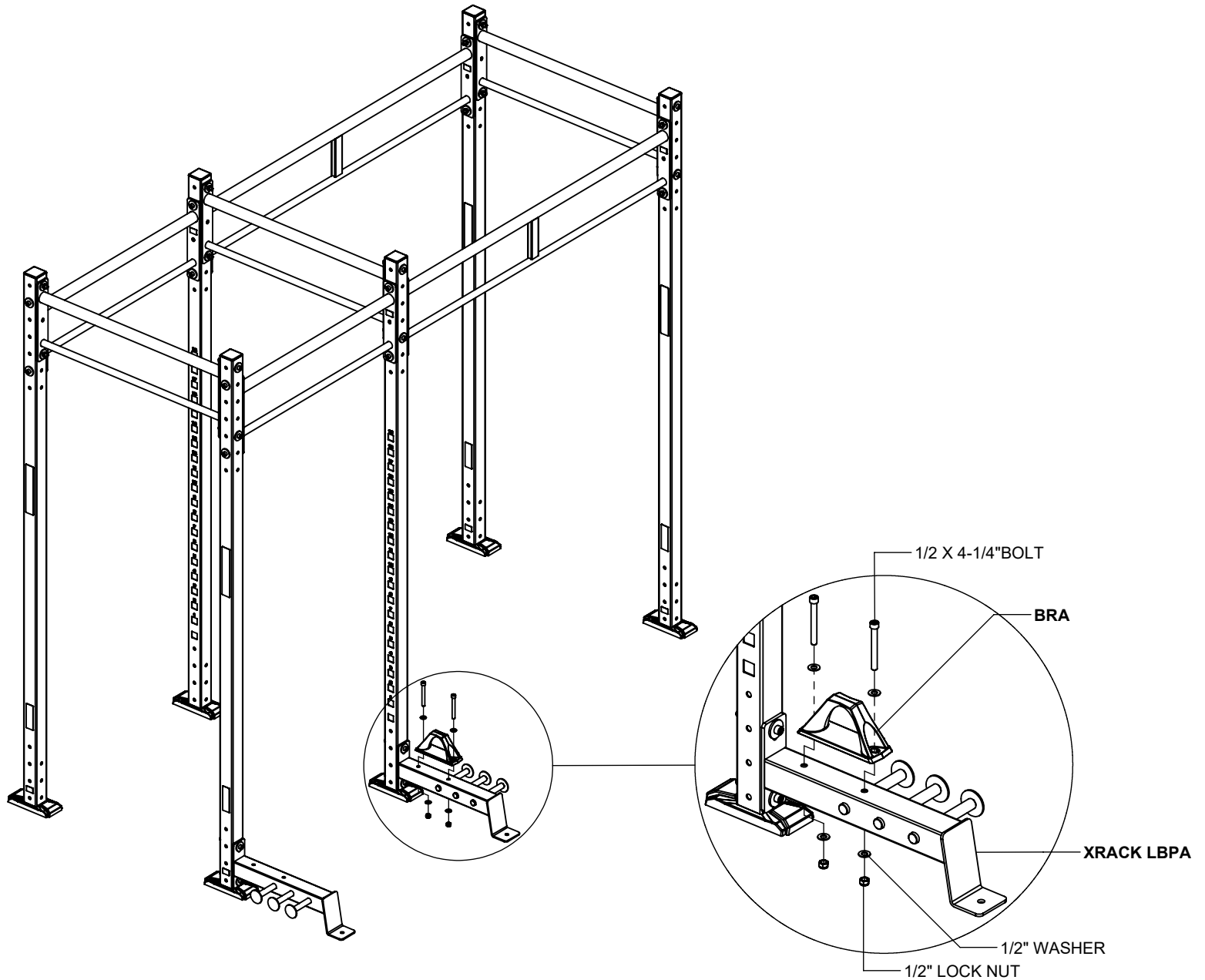
NOTE:

The BRA can be assembled to the attachment uprights the exact same way. Center and level attachment before tightening.

SECURELY tighten all bolt connections in this step.

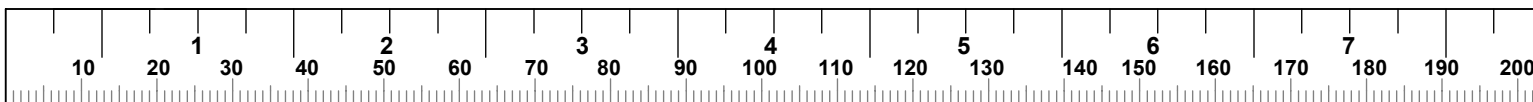


OPTIONAL BATTLE ROPE ANCHOR - HORIZONTAL MOUNT

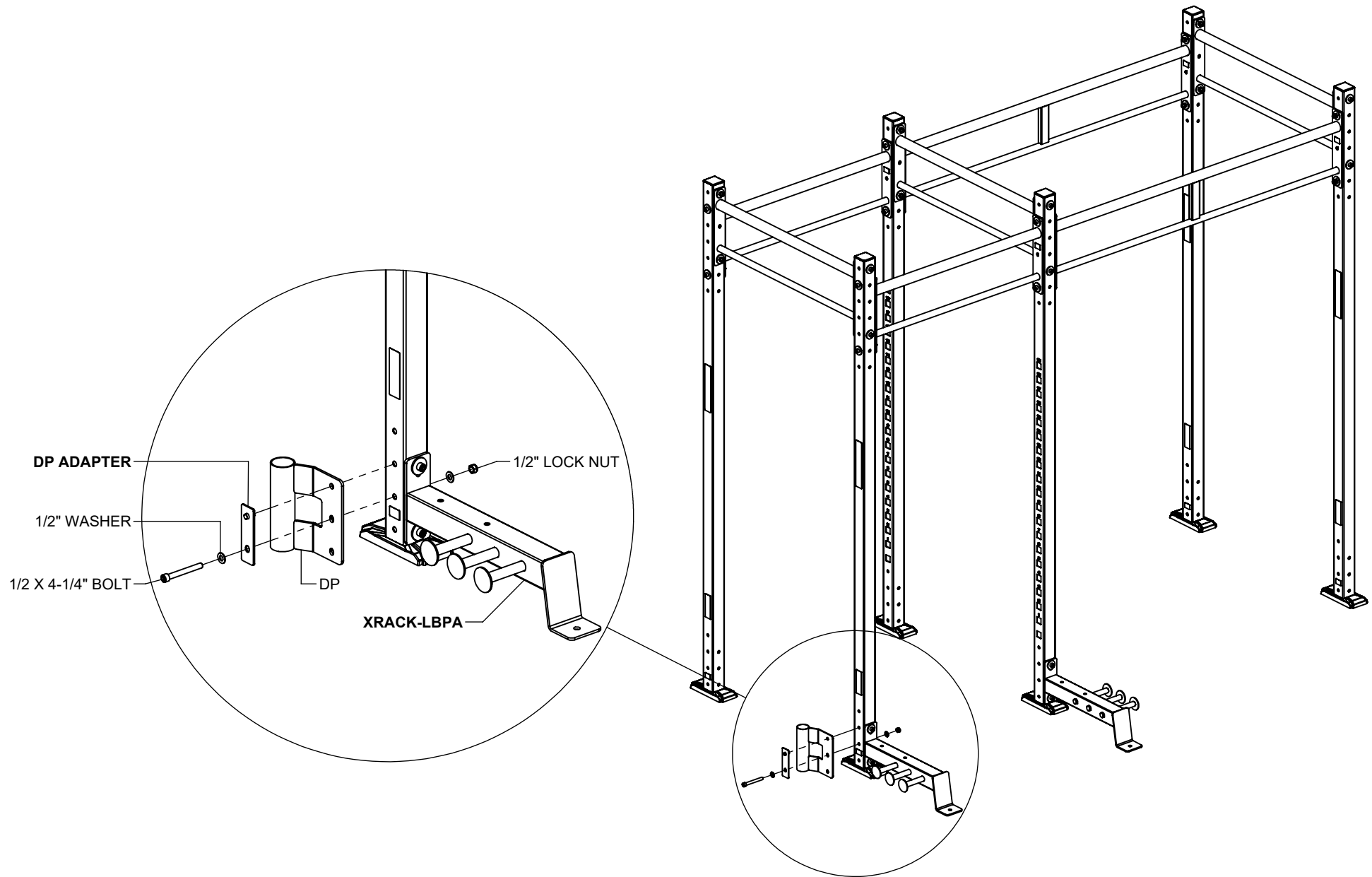


NOTE:

SECURELY tighten all bolt connections in this step.

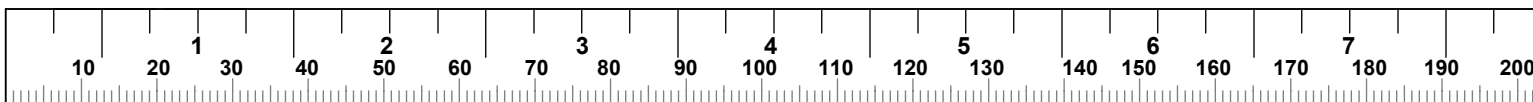


OPTIONAL DOUBLE PLAY WHEN LOWER BAND PEG ATTACHMENT IS ASSEMBLED

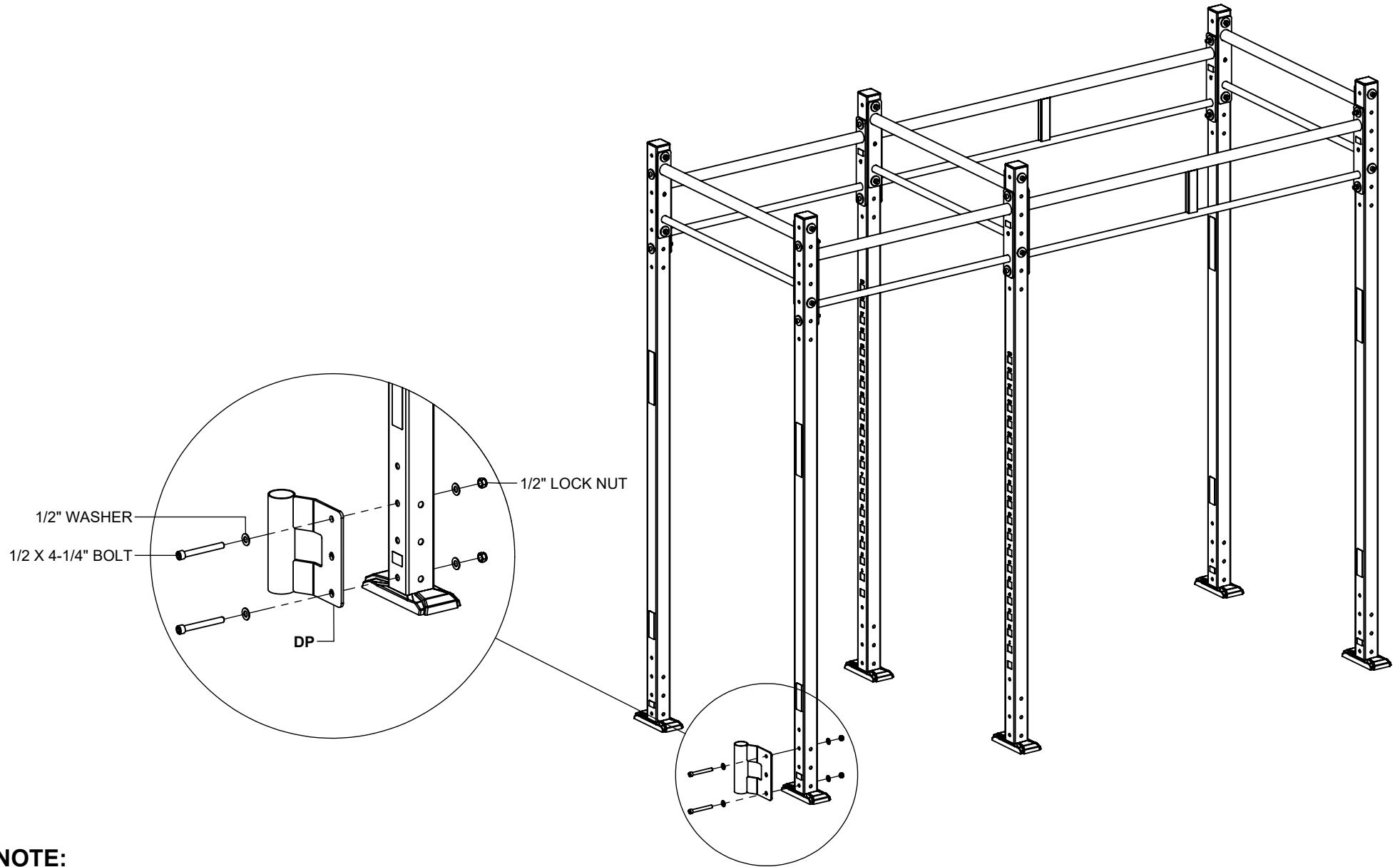


NOTE:

SECURELY tighten all bolt connections in this step.



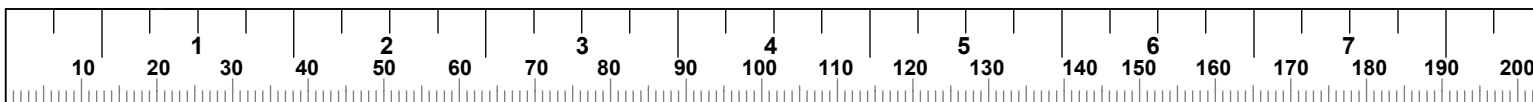
OPTIONAL DOUBLE PLAY



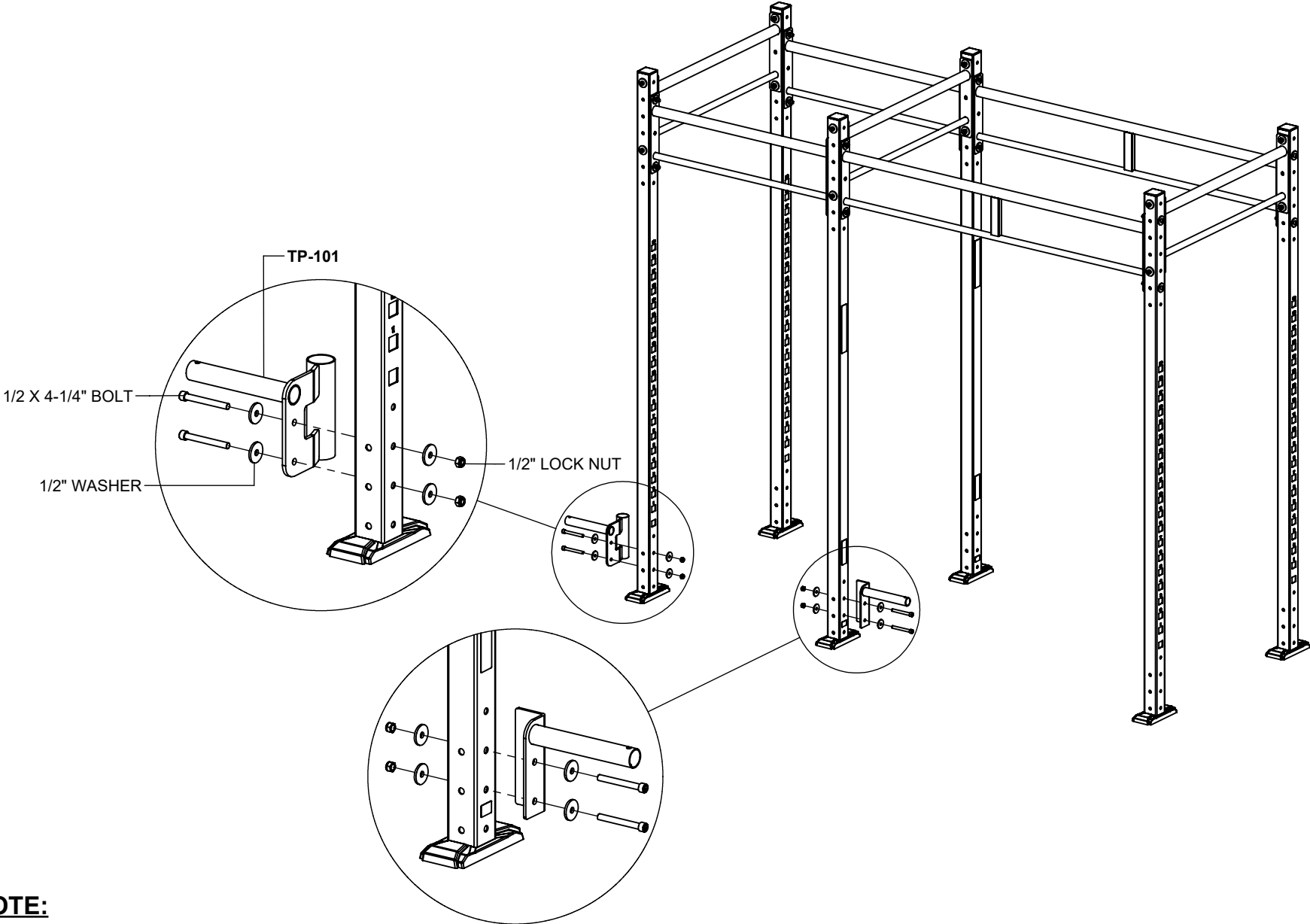
NOTE:

The DOUBLE PLAY can be assembled to the attachment uprights the exact same way, Center and level attachment before tightening.

SECURELY tighten all bolt connections in this step.



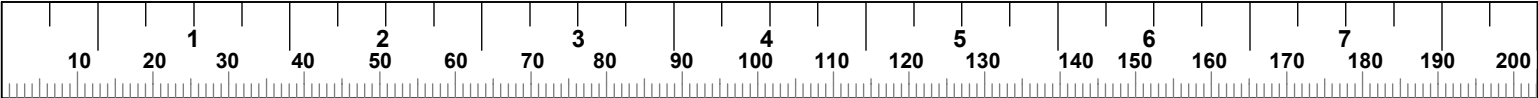
OPTIONAL TRIPLE PLAY



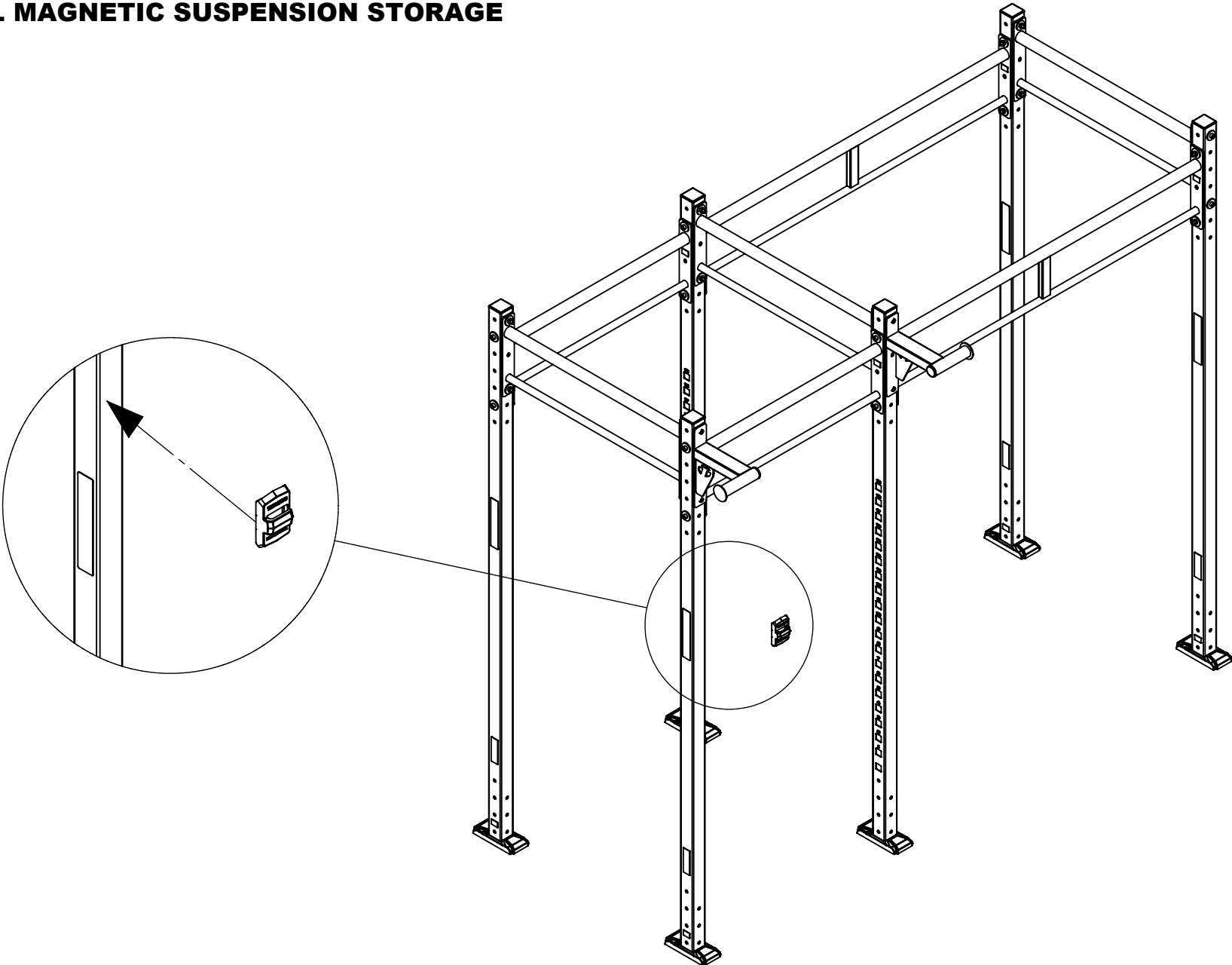
NOTE:

The TRIPLE PLAY can be assembled to the attachment uprights the exact same way. Center and level attachment before tightening.

SECURELY tighten all bolt connections in this step.



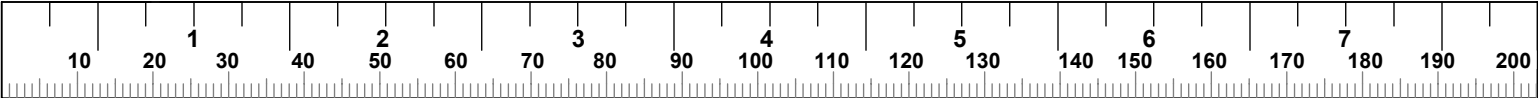
OPTIONAL MAGNETIC SUSPENSION STORAGE



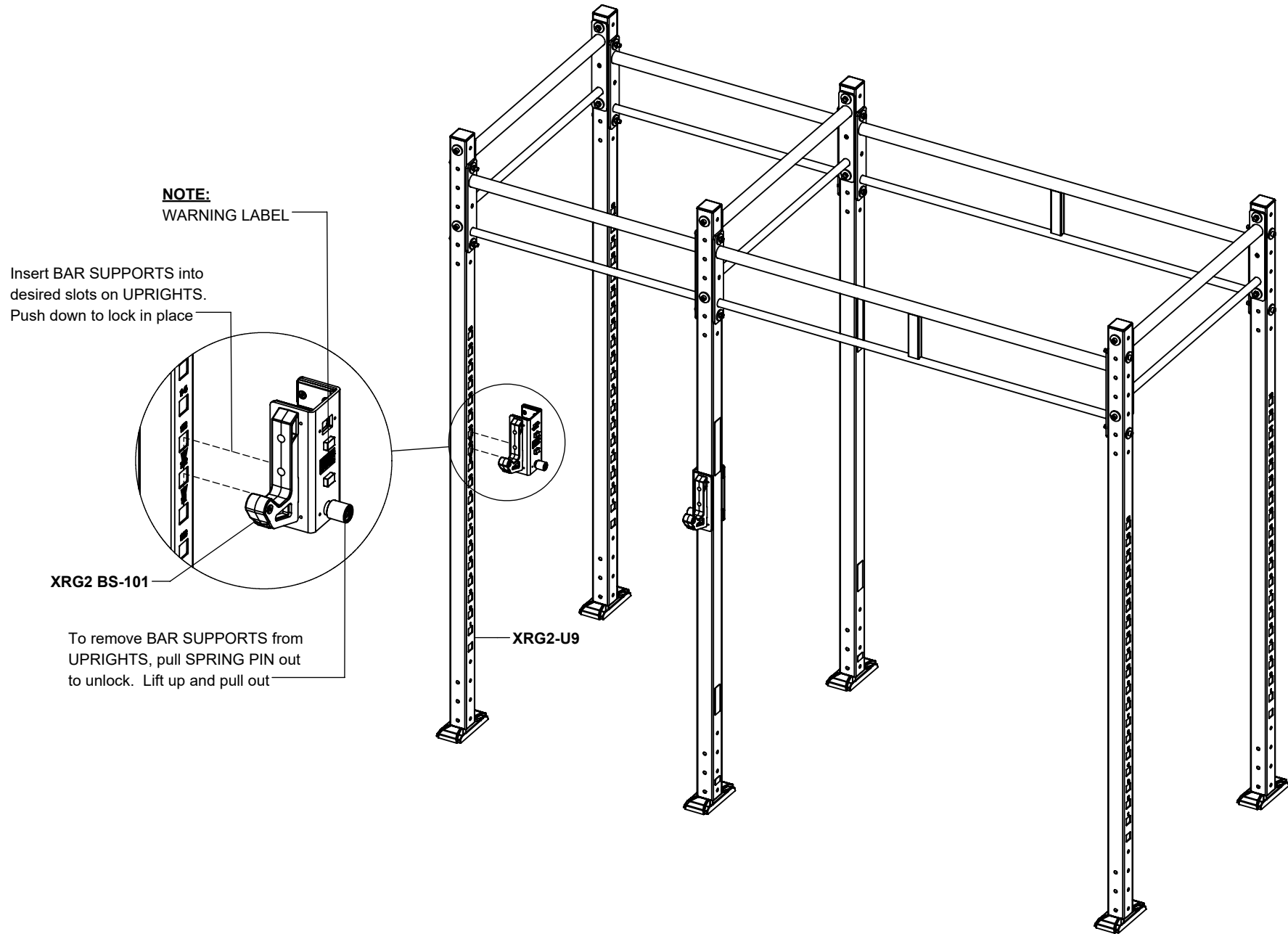
NOTE:

Suspension storage clip can be positioned to desired height.

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



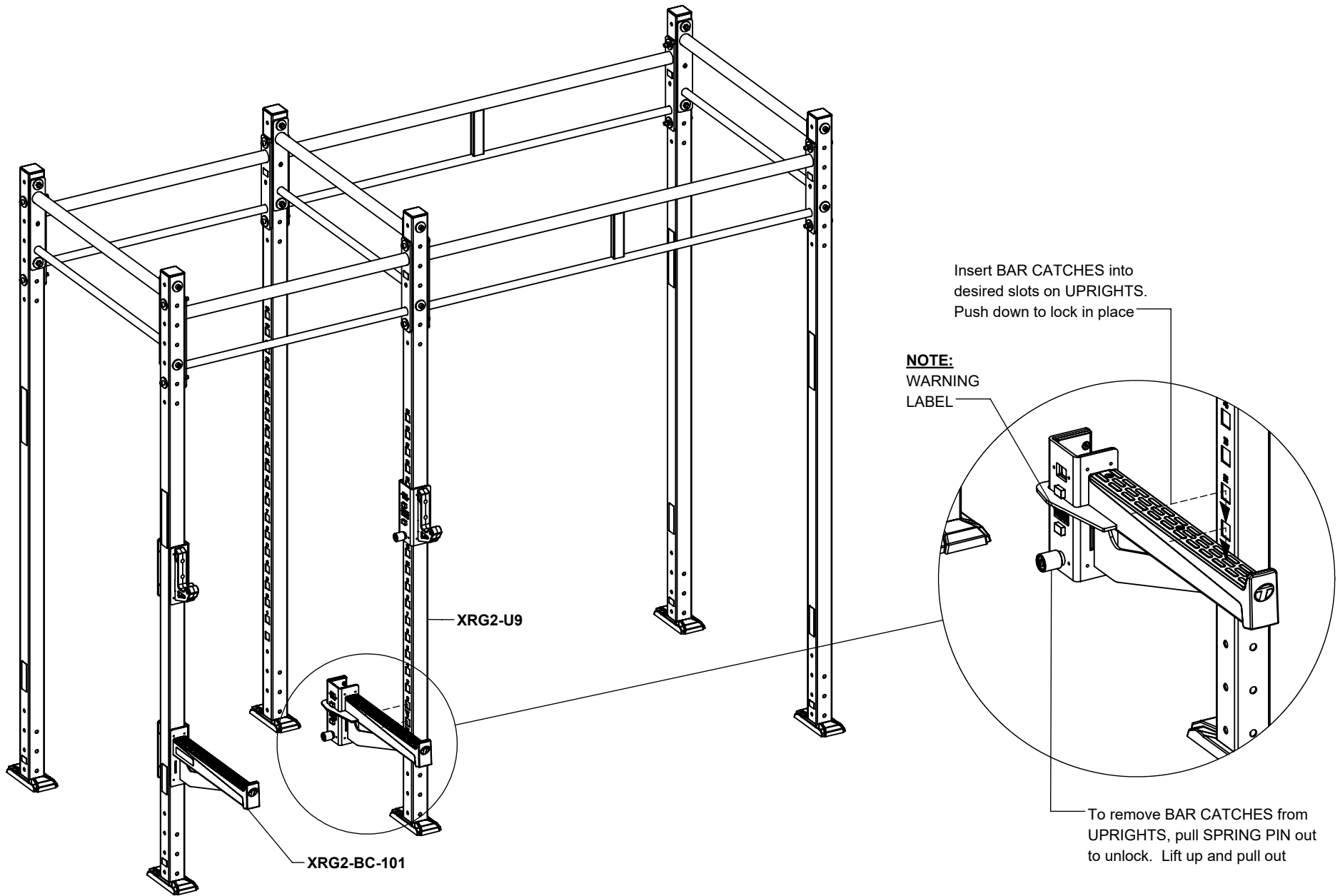
STEP 12 (BAR SUPPORTS)



NOTE:

The 9U is shown, follow the same steps for assembling to the 8U.

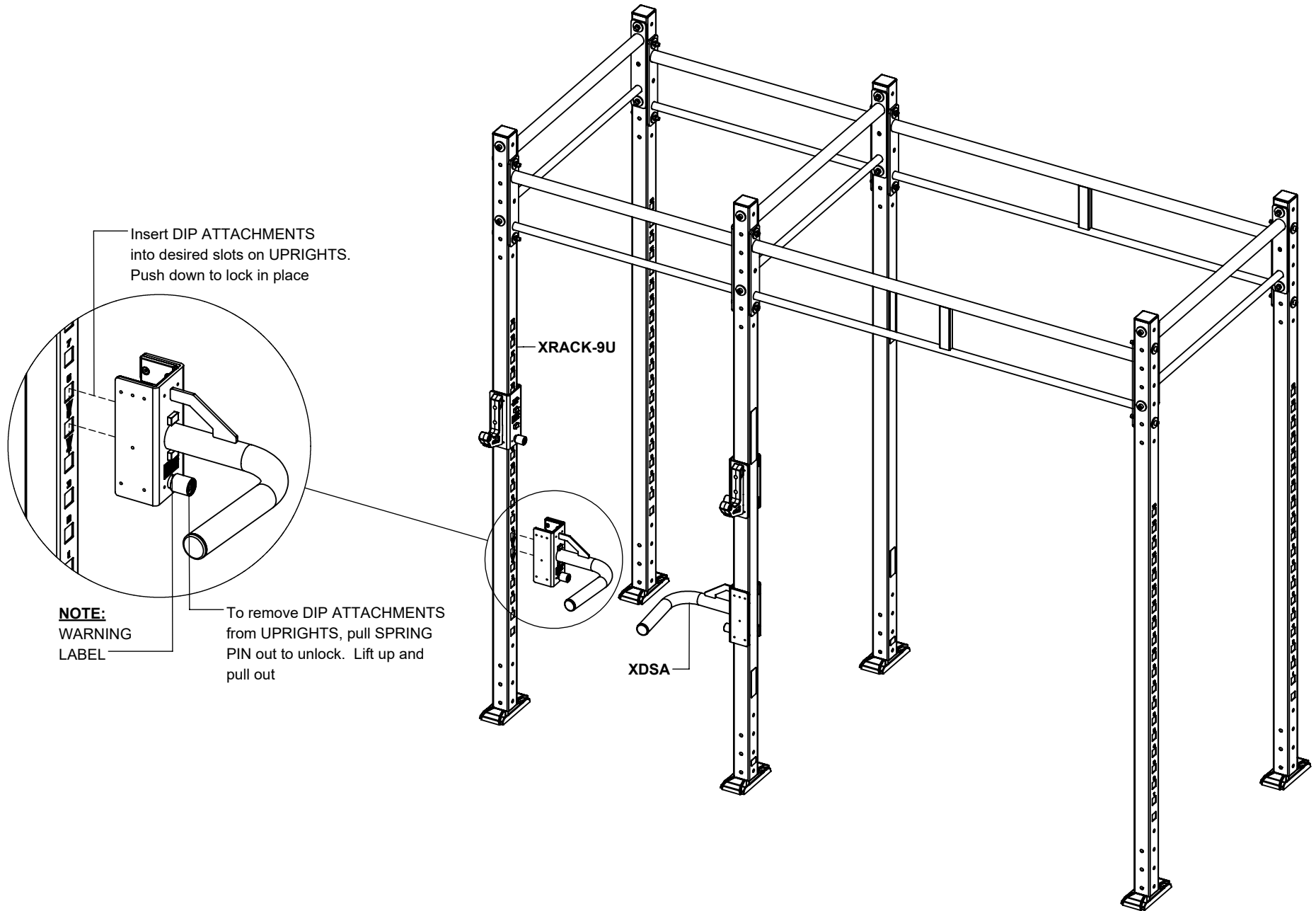
STEP 13 (OPTIONAL BAR CATCHES)



NOTE:

The 9U is shown, follow the same steps for assembling to the 8U.

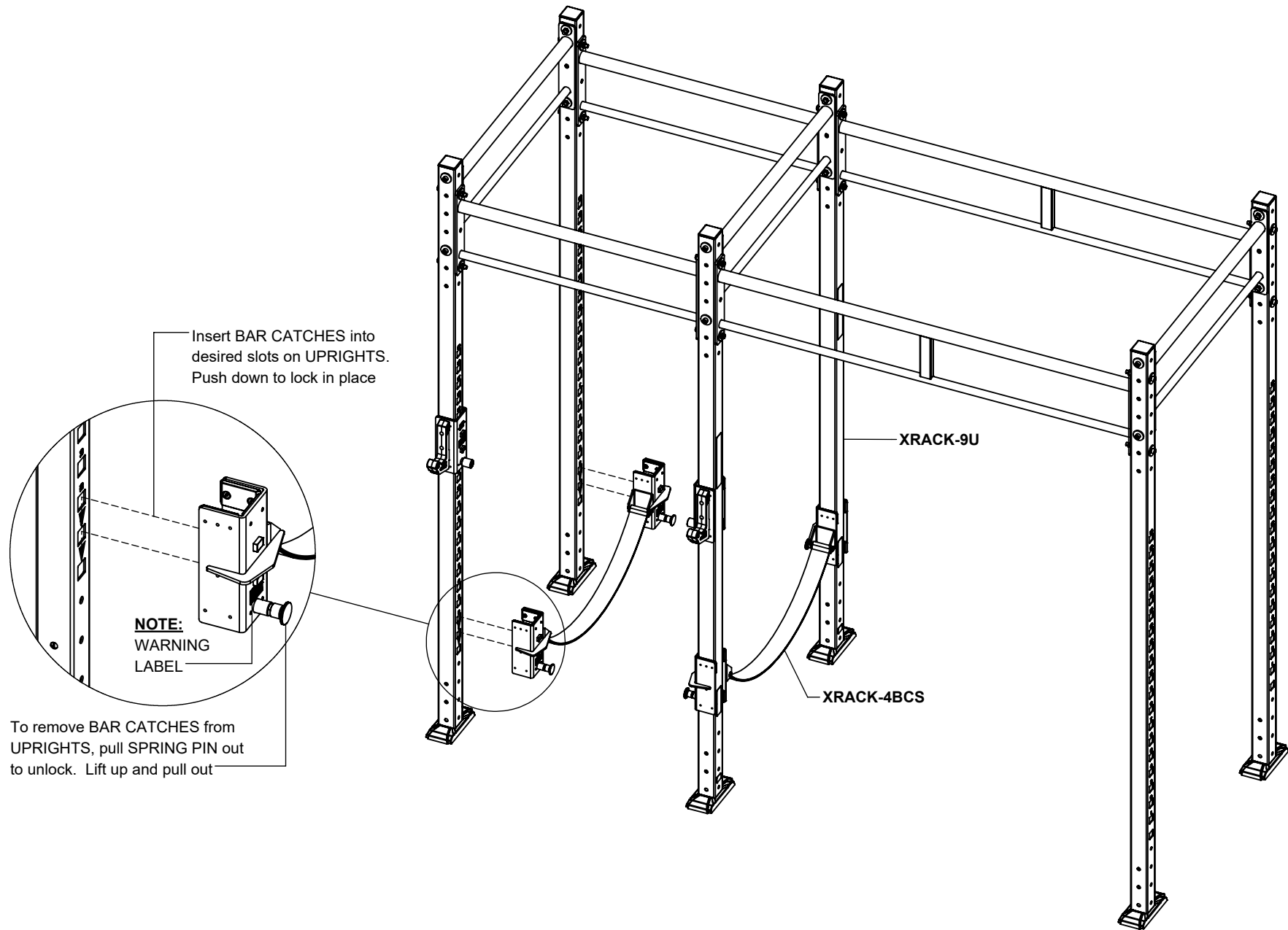
STEP 14 (OPTIONAL DIP ATTACHMENTS)



NOTE:

The 9U is shown, follow the same steps for assembling to the 8U.

STEP 15 (OPTIONAL BAR CATCH STRAPS)

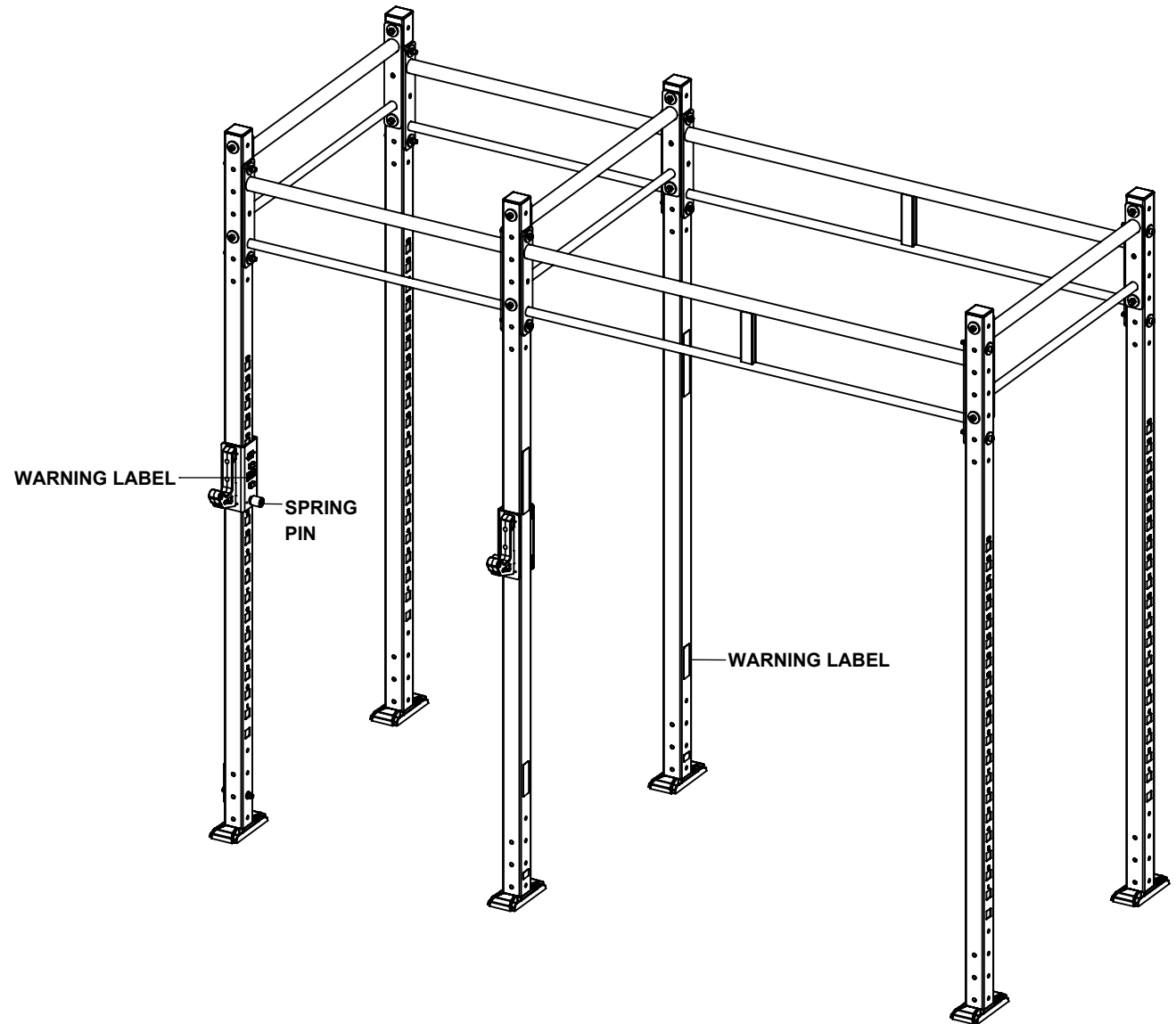


NOTE:

The 9U is shown, follow the same steps for assembling to the 8U.

MAINTENANCE:

- **NUTS/BOLTS:** Inspect periodically, tighten and/or adjust as needed.
- **SPRING PINS:** Check that spring pins fully engage the hole when released. Tighten spring pin nuts as needed.
- **FRAME:** Wipe down frame with a damp cloth.



Torque Fitness
11201 Xeon Street NW Ste 101
Coon Rapids, MN USA 55448

www.torquefitness.com
763-754-7533 (8:30 am – 5:00 CST).

For sales: sales@torquefitness.com
For service: service@torquefitness.com

 <https://twitter.com/TorqueFitnessHQ>

 <https://www.instagram.com/torquefitnessusa/>

 <https://www.youtube.com/c/TorqueFitness/>

 <https://www.facebook.com/torquefitness/>