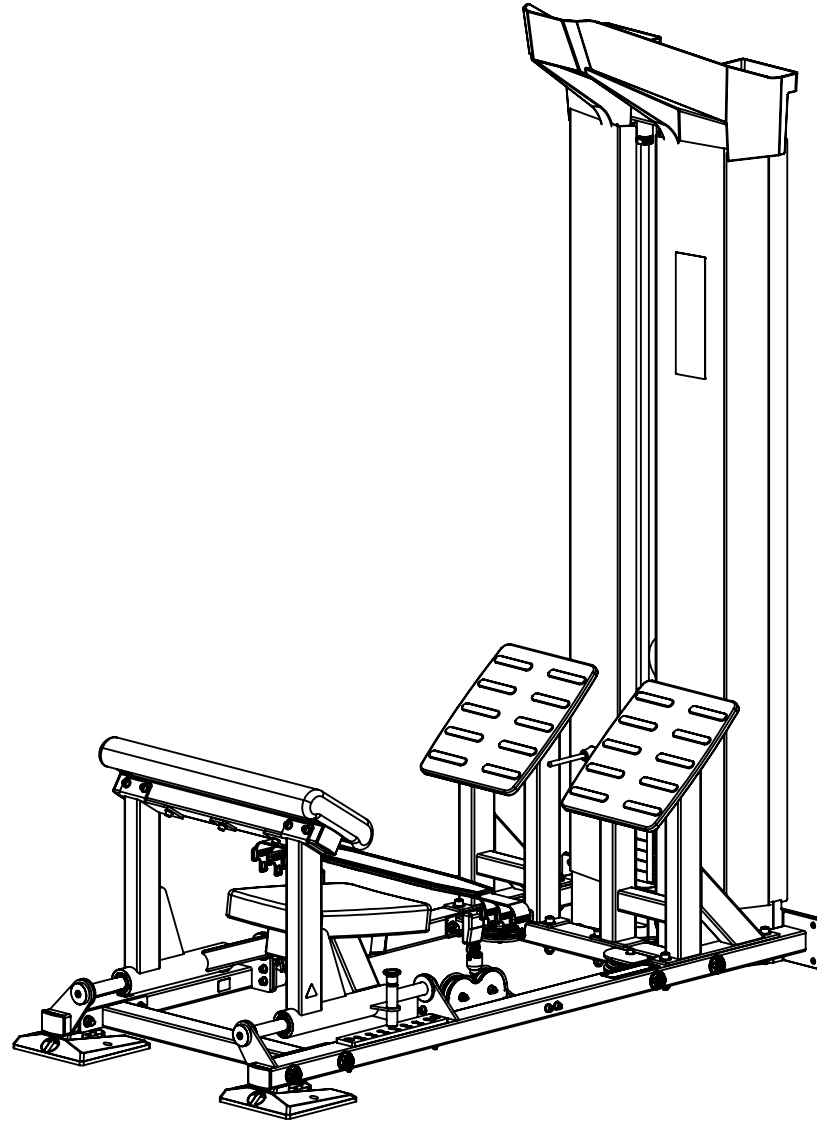




ASSEMBLY INSTRUCTIONS

4 FT (1.2 M) HIP THRUST WALL MOUNT

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:

1. **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.**
2. 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.
3. 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.**
4. Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Pay special attention to cable ends and 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, obtain assistance from your authorized Torque Fitness Dealer. **Failure to comply with these instructions will void any and all product warranties.**
5. Keep body and clothing clear of all moving parts. Do not put any 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.
6. Make sure all adjustment spring pins are fully engaged after making an adjustment and before using the product.
7. Make sure weight stack selector pin is completely inserted into the weight stack before beginning any exercise.
8. Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy. Owner must notify any user of all warnings and proper use of equipment.
9. This product is designed for Class S, Studio or Commercial indoor use only. Unless directly specified, the maximum user weight is 300 lb (136 kg). If unsure of proper use of this product, contact Torque Fitness Customer service at: **763-754-7533** (8:30 am - 5:00 pm CST) or email **service@torquefitness.com**

Important Safety Instructions for Assembling Equipment

1. **Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.**
2. This product must be assembled on a flat, level surface to assure its proper function. Locate the unit a few inches from walls or furniture to allow easy access during assembly and use.
3. 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.
4. 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 and the included workout booklet for information on product operation and service.

For further information, visit our website at **www.torquefitness.com** or contact us at **service@torquefitness.com**

If you call or email customer service, have the model number and serial number(s) available. The location of the model and serial numbers are indicated in the back of this manual. For future reference, write the model and serial number(s) in the space below.

Model Number: _____

Serial Number(s): _____

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

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.

The hardware is packed in bags. Carefully open each bag and sort them per parts list on the next page.

Before starting assembly, identify each part and hardware item as listed in the parts list on the next page. If any items are missing, contact Torque Fitness Customer service at: **763-754-7533** or **service@torquefitness.com**

Note: Some items listed in the parts list may be pre-installed on the product.

Tools Required

- 3/8" Allen wrench
- 5/16" Allen wrench
- 3/16" Allen wrench
- 3/4" Wrench and or socket
- 9/16" Wrench and or socket
- 1/2" Wrench and or socket
- Rubber mallet
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure

Optional Equipment

Optional equipment may be available for this product.

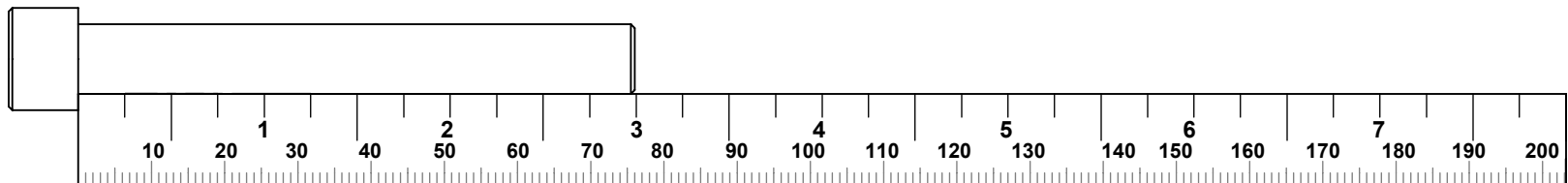
Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of this 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 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. In order to determine the left and right side, stand in front of the machine.
- 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.

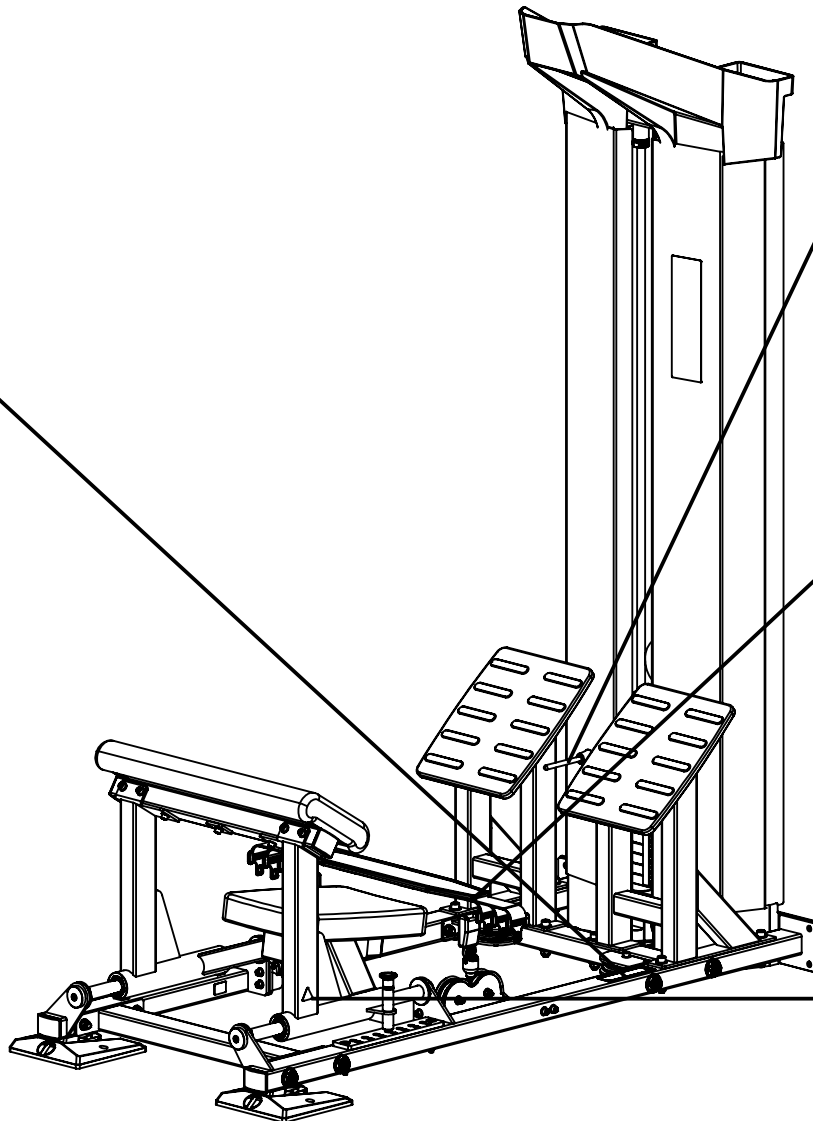


WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacture. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

P/N 5342301



WARNING

**WEIGHT STACK SELECTOR
MUST BE FULLY ENGAGED**

TORQUE[®] USA

Model:

S/N:



MADE IN CHINA

TORQUE FITNESS

11201 Xeon St NW Ste 101
Coon Rapids, MN 55448

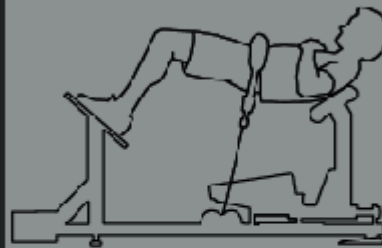


EXERCISE INSTRUCTIONS

HIP THRUST



START



FINISH

TORQUE USA

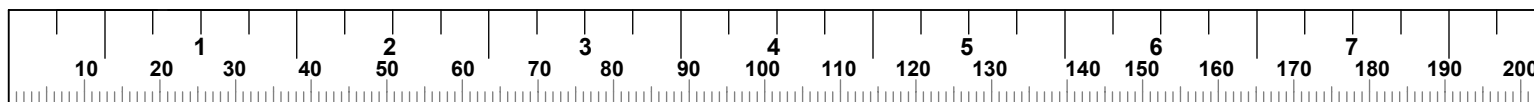
ITEM NO.	PART NUMBER	DESCRIPTION	QTY	ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	60058PA	PTD ASSY, HIP THRUST LOWER WALL MOUNT	1	41	59889PA	PTD ASSY, HIP THRUST TOP BOOM	1
2	6005701	WLDMT, HIP THRUST UPPER WALL MOUNT	1	42	59892PA	PTD ASSY, HIP THRUST BASE CONNECTOR	1
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	30	43	5643201	GUIDE ROD, 19 DIA X 1912	2
4	2006803	SHCS, 1/2-13 X 1, CZ PATCH	10	44	5996401	BUSHING, GUIDE ROD RETAINER	2
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	23	45	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	2
6	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	6	46	56345PA	PTD ASSY, HEAD PLATE	1
7	59885PA	PTD ASSY, CENTER CROSSMEMBER	1	47	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1
8	59864PA	PTD ASSY, LEFT FOOT PLATE	1	48	54970PA	PTD ASSY, HEAD PLATE PULLEY	1
9	59866PA	PTD ASSY, RIGHT FOOT PLATE	1	49	5513601	CUSHION, WEIGHT STACK	2
10	59872PA	PTD ASSY, LEFT PAD SUPPORT	1	50	5995001	CABLE ASSY, HIP THRUST	1
11	59877PA	PTD ASSY, RIGHT PAD SUPPORT	1	51	5581301	COVER, FRONT BASE	2
12	6076201	WLDMT, LEFT SHROUD BASE W/ SERVICE HOLE	1	52	60569PA	PTD ASSY, SEAT PAD SUPPORT	1
13	6076001	WLDMT, RIGHT SHROUD BASE W/ SERVICE HOLE	1	53	2002601	NUT, 1/2 JAM ST ZN	1
14	5991401	PAD, SEAT	1	54	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	5
15	5993301	BELT, HIP THRUST	1	55	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10
16	5992301	PAD, HIP THRUST SHOULDER	1	56	5645101	SHROUD, XCREATE CABLE STATION	2
17	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2	57	5664701	SHROUD, TOP CAP	1
18	2001401	NUT, 1/2-13 LK ST ZN	14				
19	2005815	BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD	8				
20	5631801	WASHER COVER, NYLON BOLT	8				
21	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	6				
22	2001201	NUT, 3/8-16 LK ST ZN	6				
23	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	4				
24	2009411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD W/NP	3				
25	2002101	WASHER, FLAT 1/4 SAE ST ZN	10				
26	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6				
27	2009415	BOLT, 3/8-16 X 4" (102mm) ST HT SOCKET HEAD W/NP	2				
28	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	4				
29	6076301	CAP, 25 DIA HOLE	2				
30	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4				
31	6065201	HOUSING, CABLE COUPLER (5958801 REPLACEMENT)	2				
32	5994901	BUCKLE, SEAT BELT	2				
33	5994801	CORE, CABLE COUPLER	2				
34	2005403	BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD	2				
35	5997701	PLACARD, XCREATE-HT-101	1				
36	5675301	LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG)	1				
37	59900PA	PTD ASSY, RIGHT BASE	1				
38	59917PA	PTD ASSY, LEFT BASE	1				
39	5985701	WLDMT, CROSS SUPPORT	1				
40	59880PA	PTD ASSY, PAD SUPPORT	1				

NOTE:

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

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

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



STEP 1

LOWER WALL MOUNT

1/2" FLAT WASHER (4)

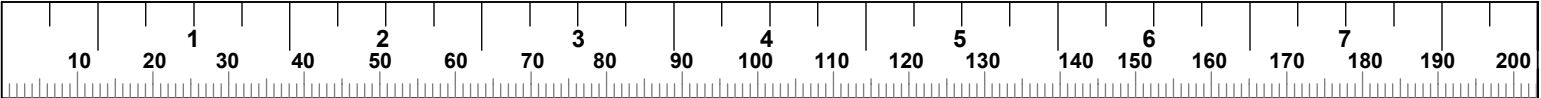
1/2 X 1" BOLT (4)

NOTE 3:
BEFORE TIGHTENING BOLTS, MAKE SURE
THAT THESE TWO SURFACES ARE FLUSH

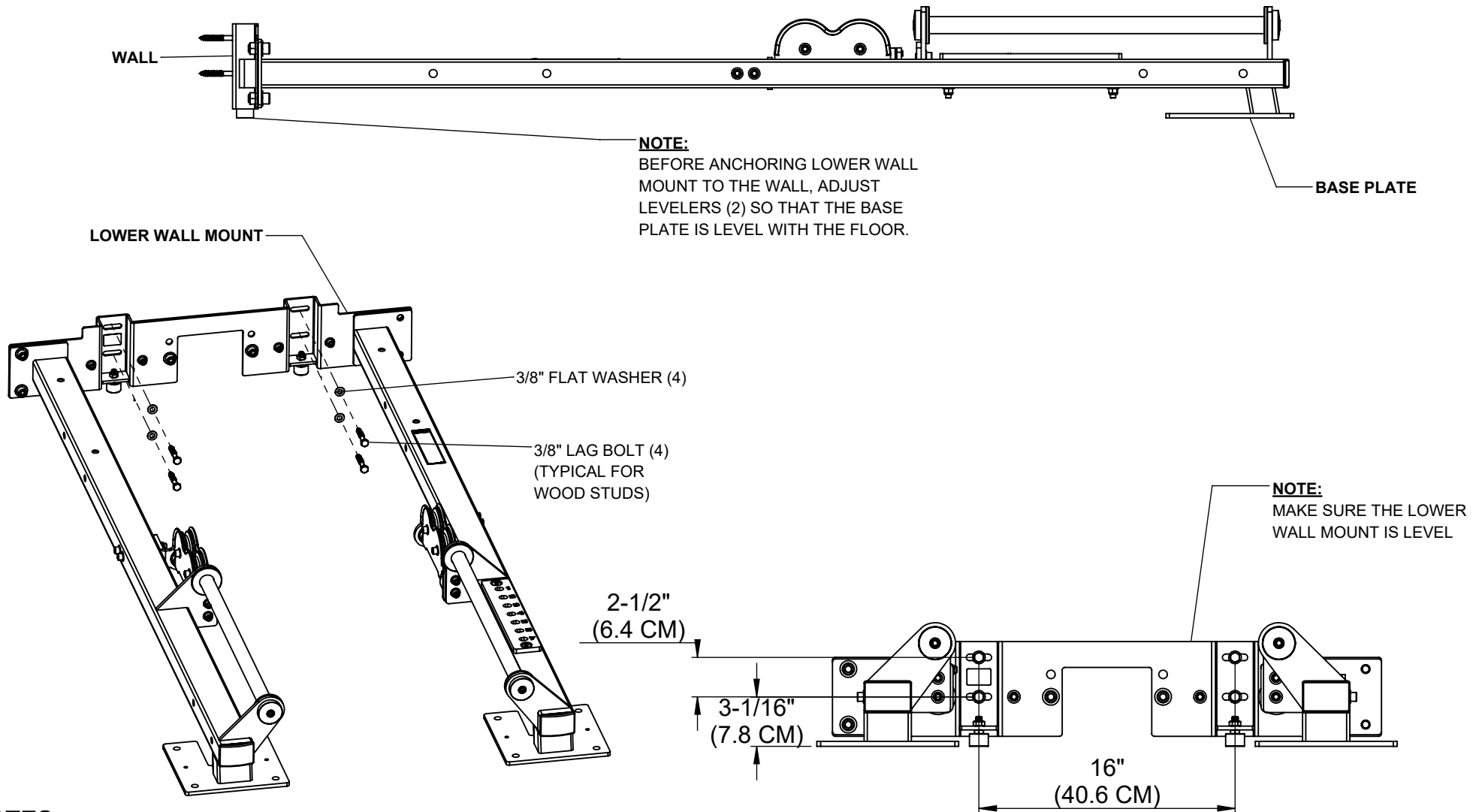
HIP THRUST BASE LEGS

NOTES:

LOOSELY tighten bolt connections in this step.



STEP 2



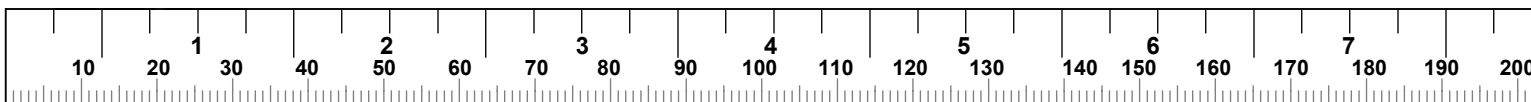
NOTES:

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)

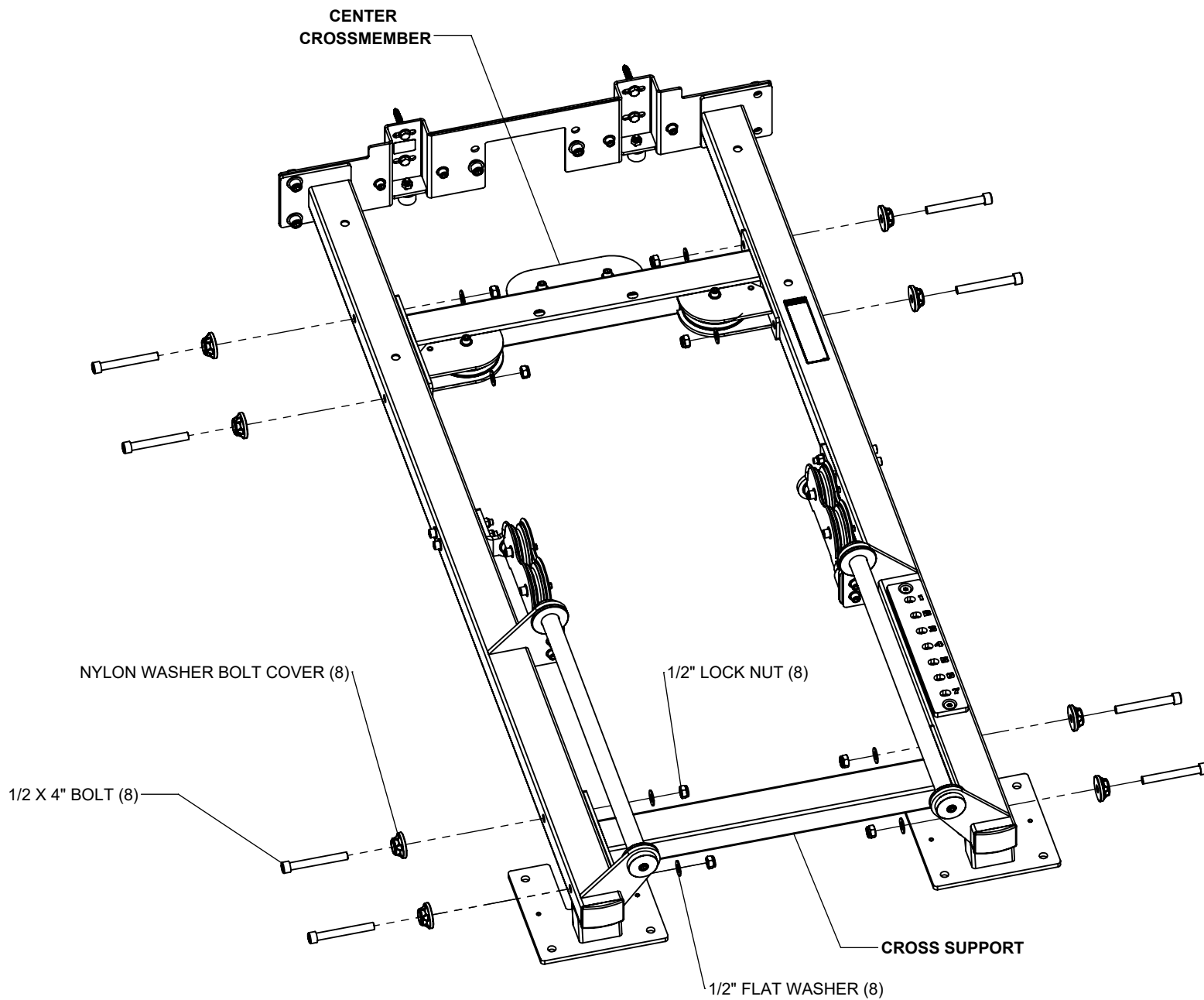
WARNING:

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

SECURELY tighten bolt connections in this step.

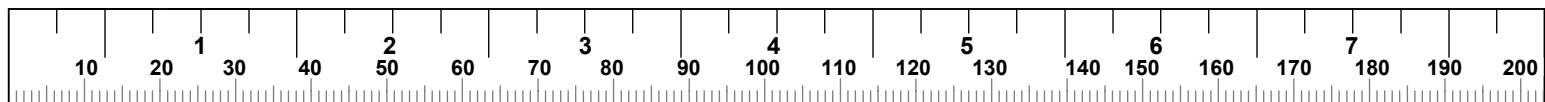


STEP 3

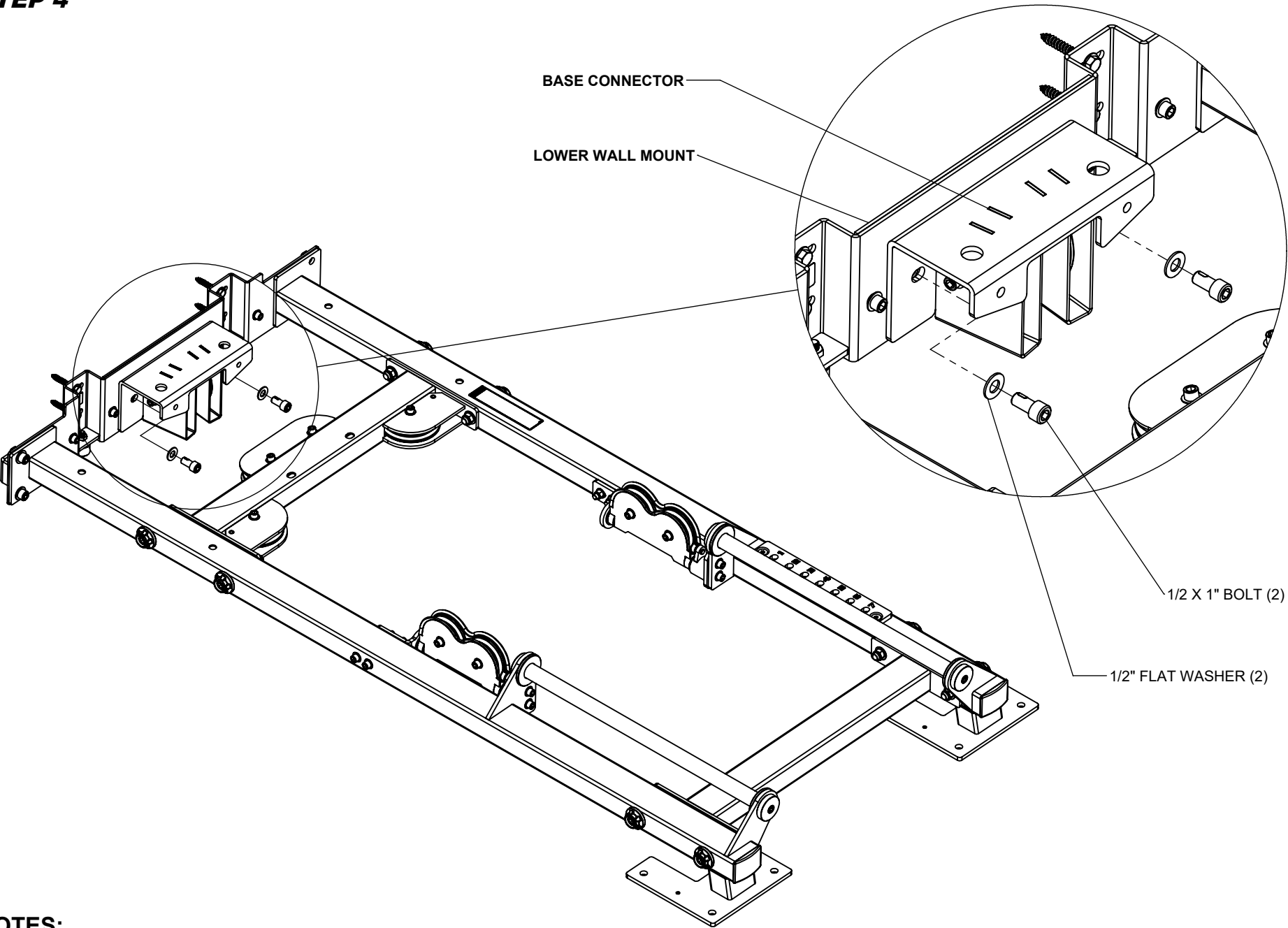


NOTES:

SECURELY tighten bolt connections in this step.

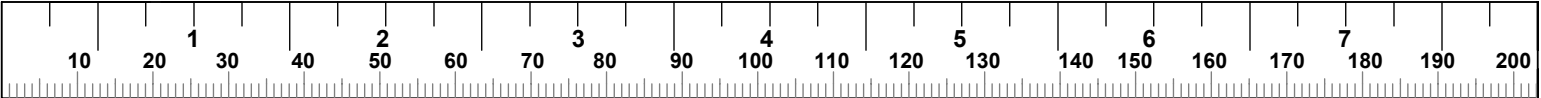


STEP 4

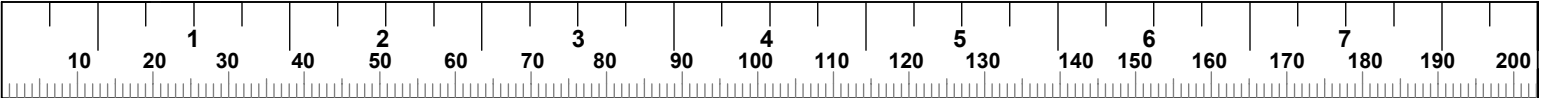
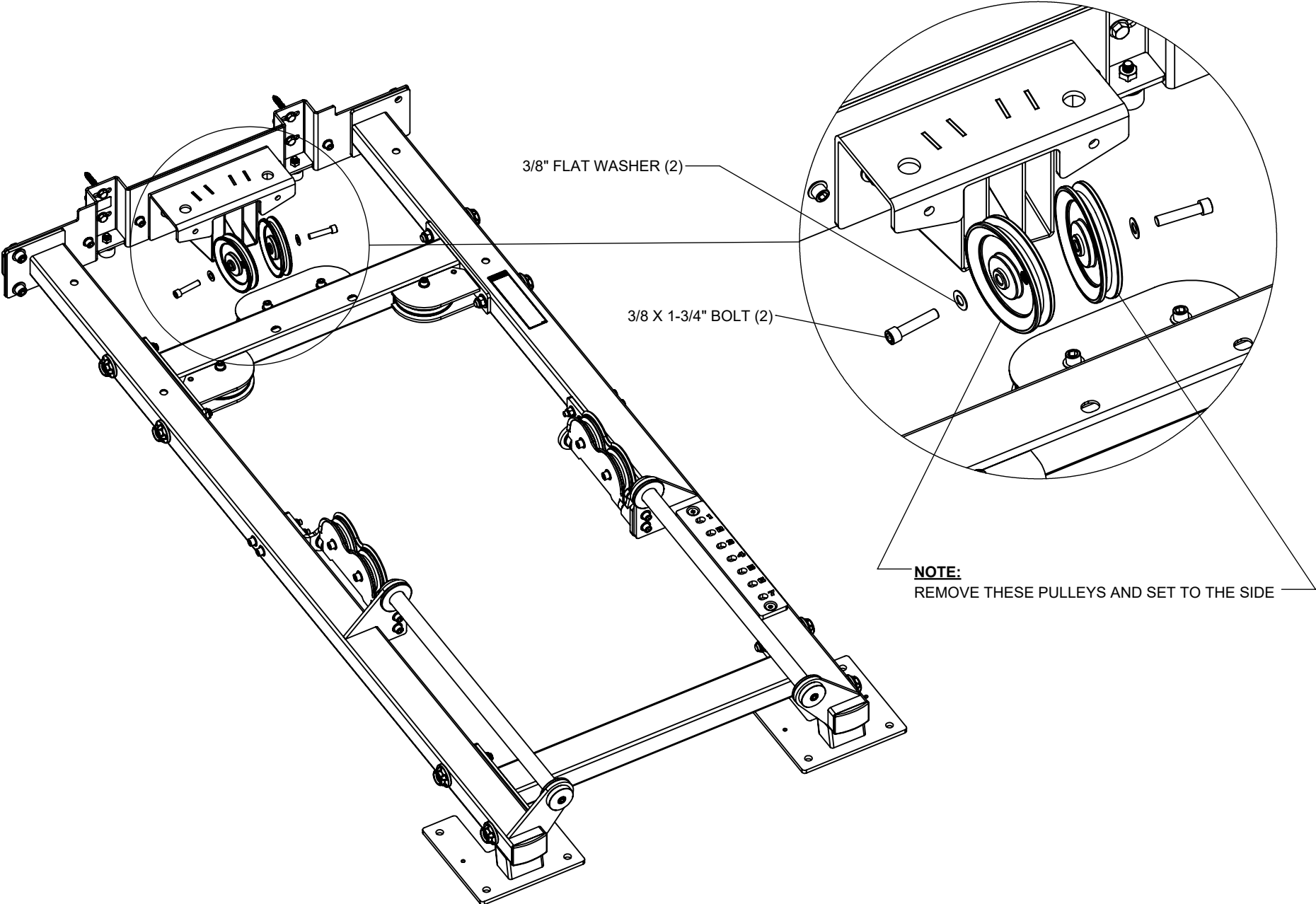


NOTES:

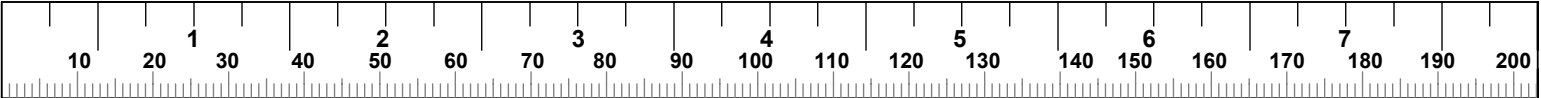
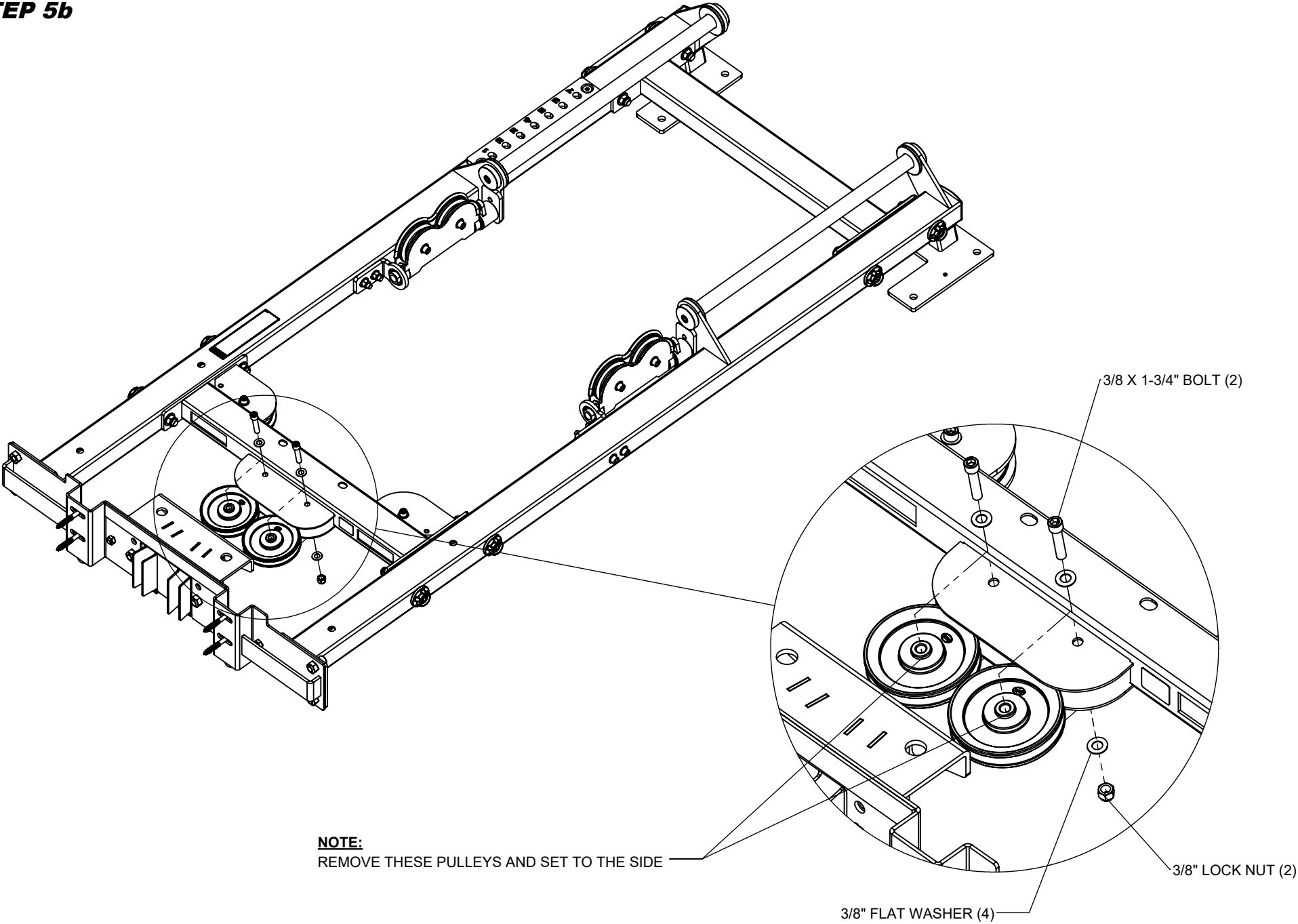
SECURELY tighten bolt connections in this step.



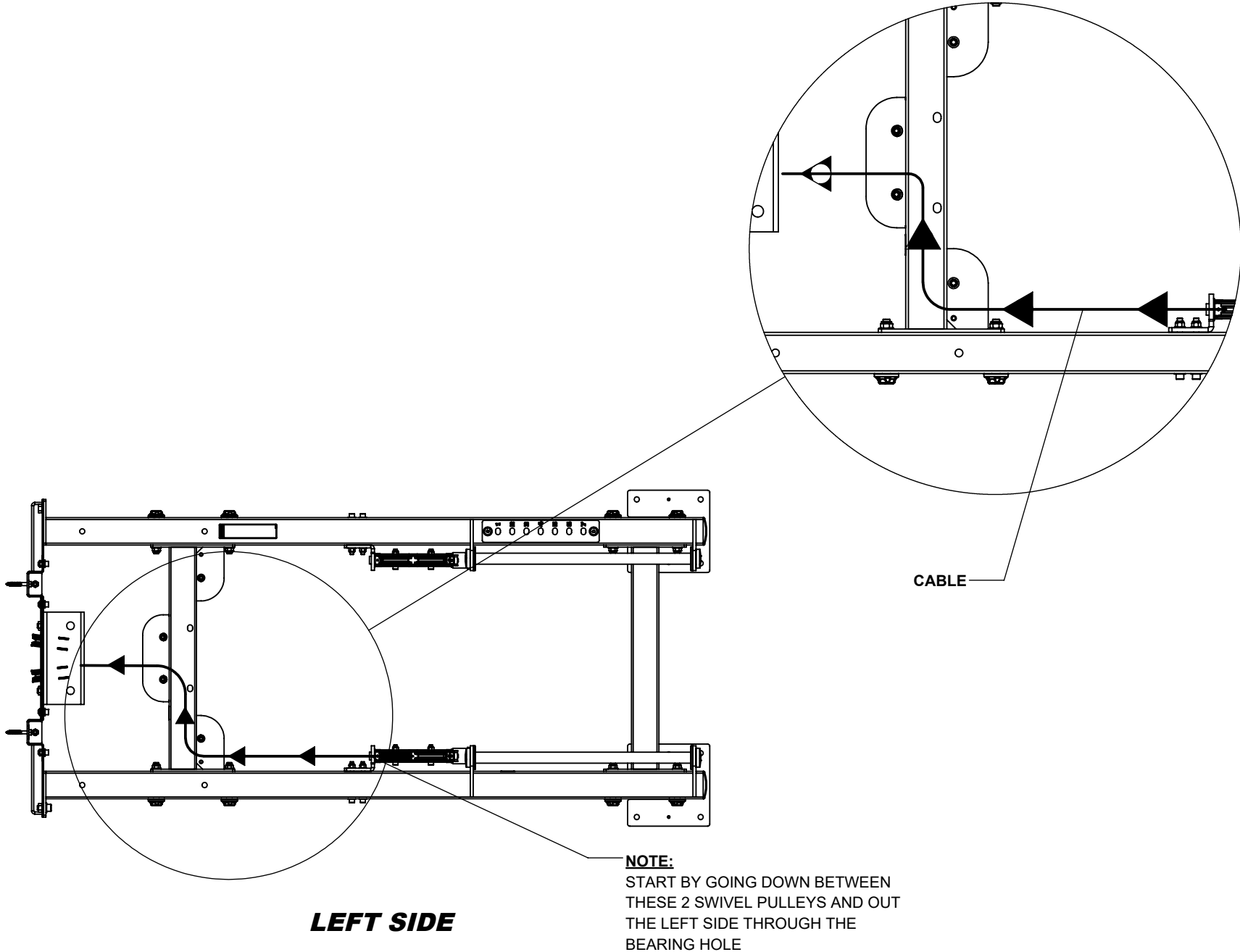
STEP 5a



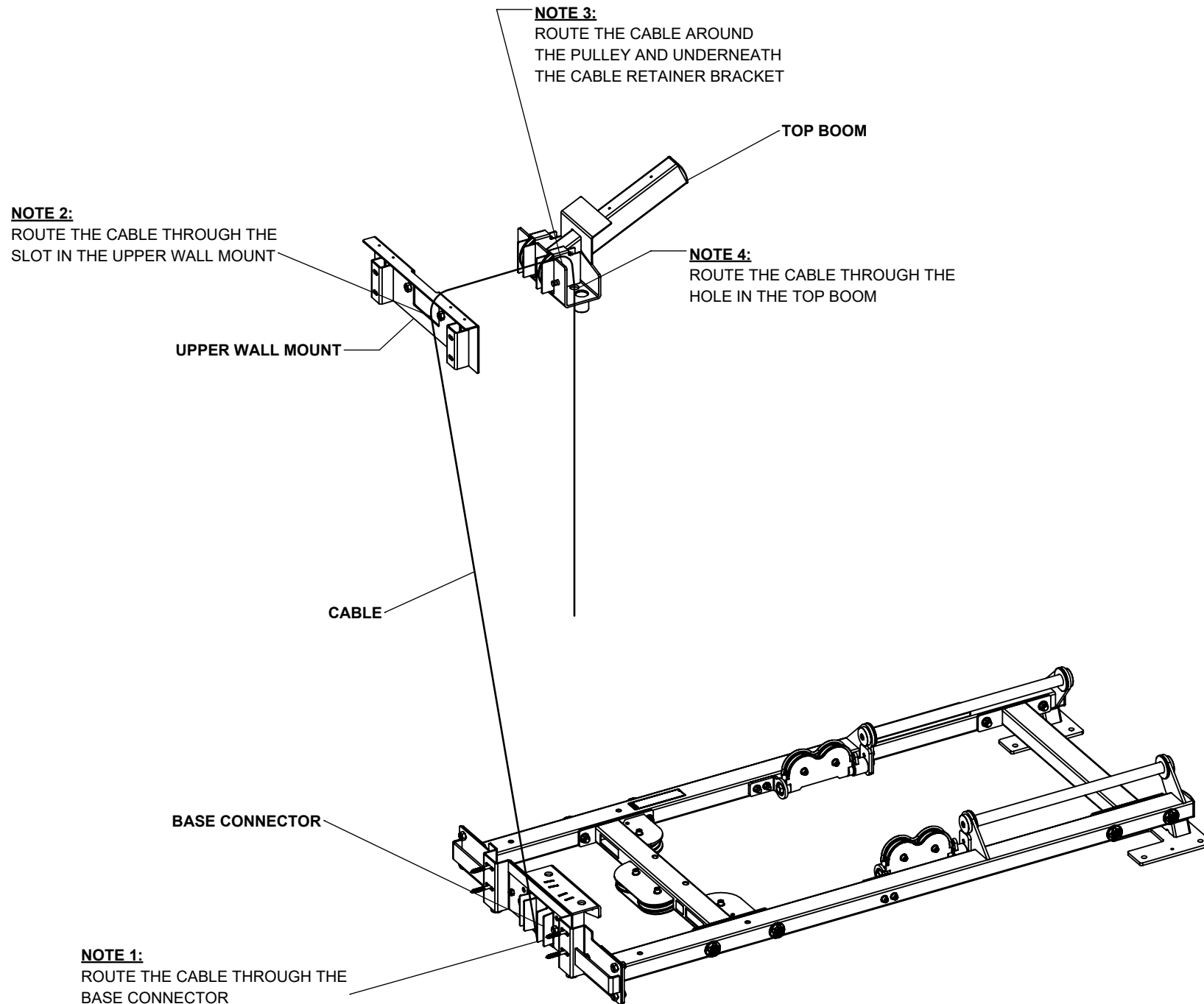
STEP 5b



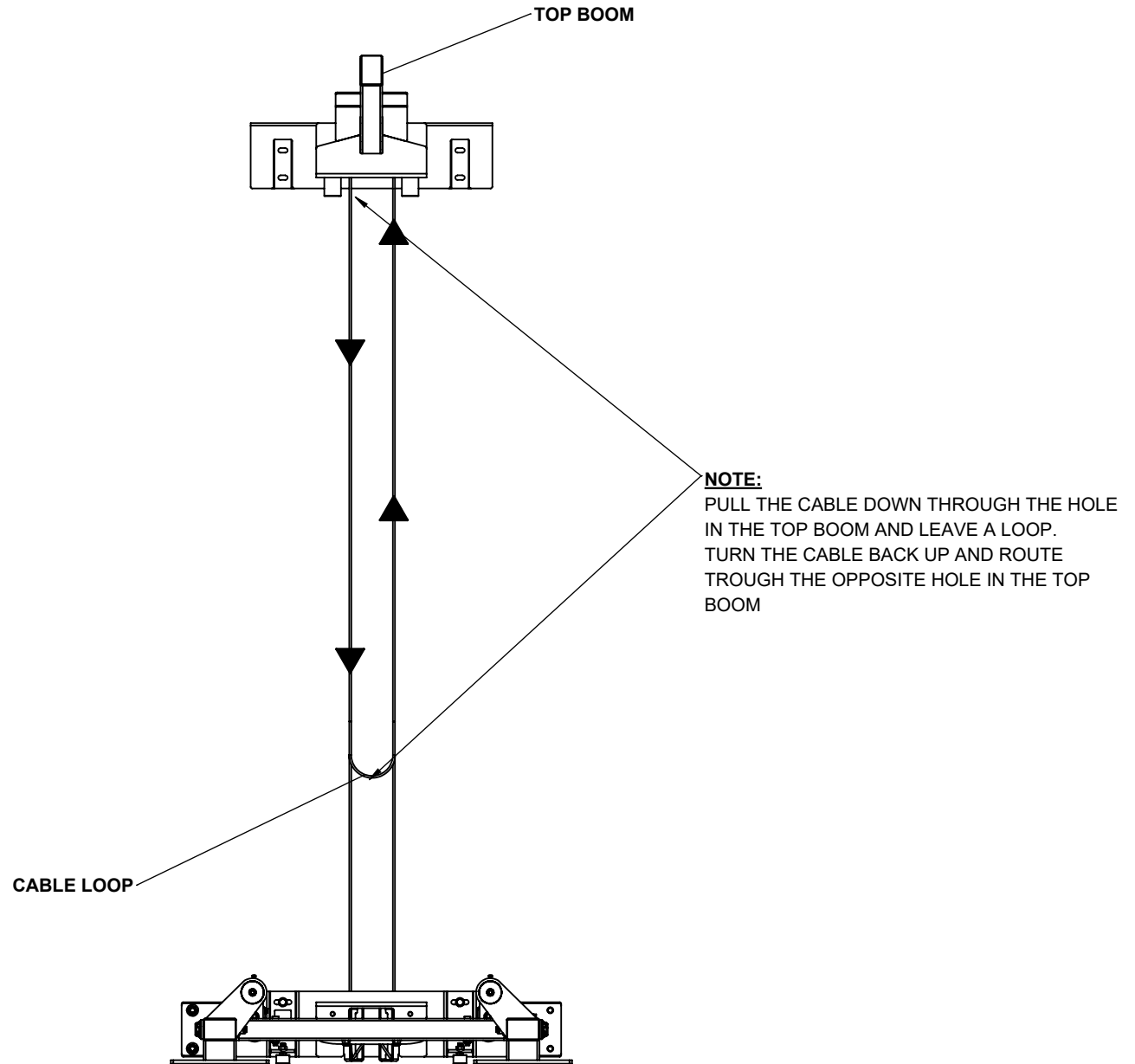
STEP 6



STEP 7



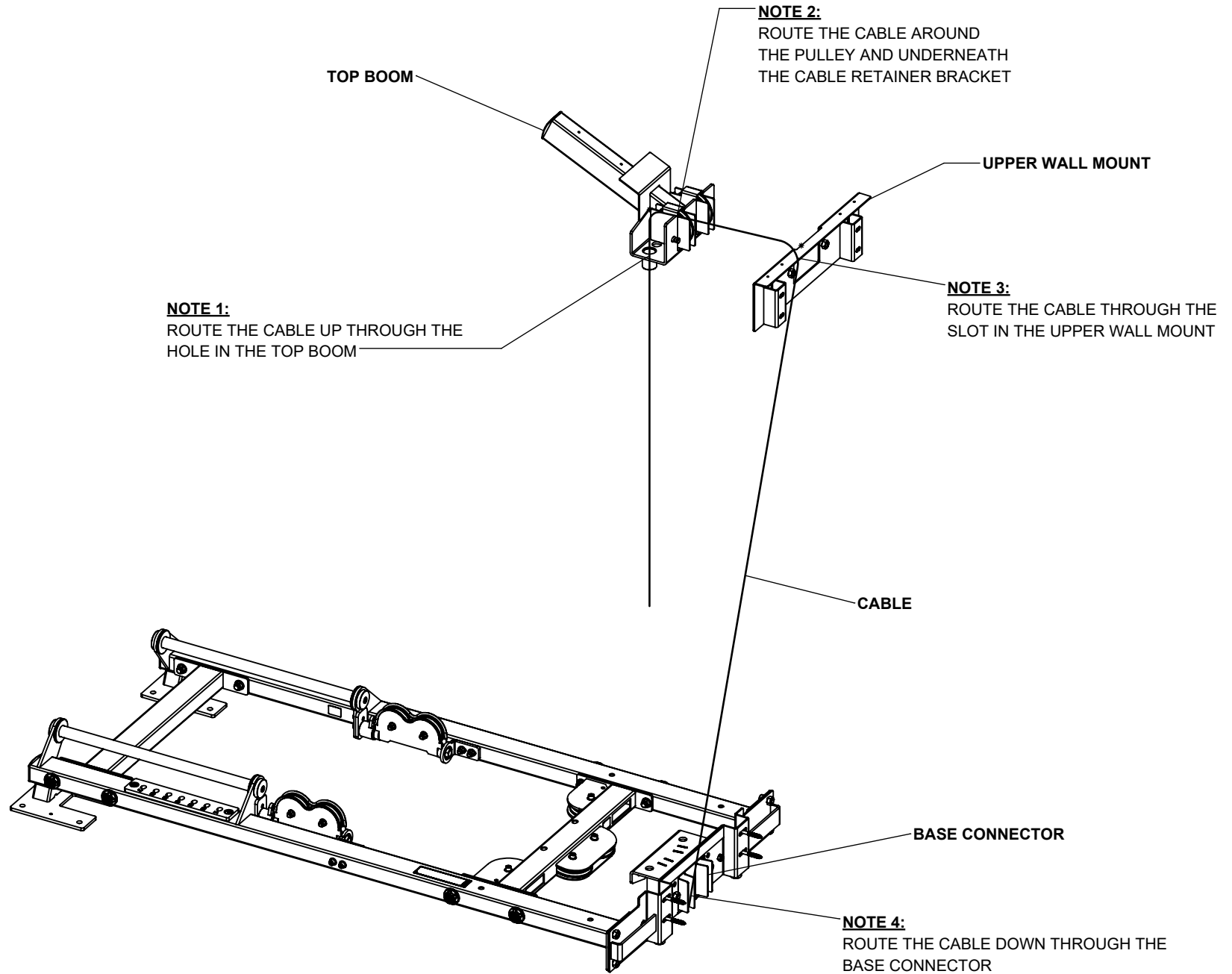
STEP 8



NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed. **15**

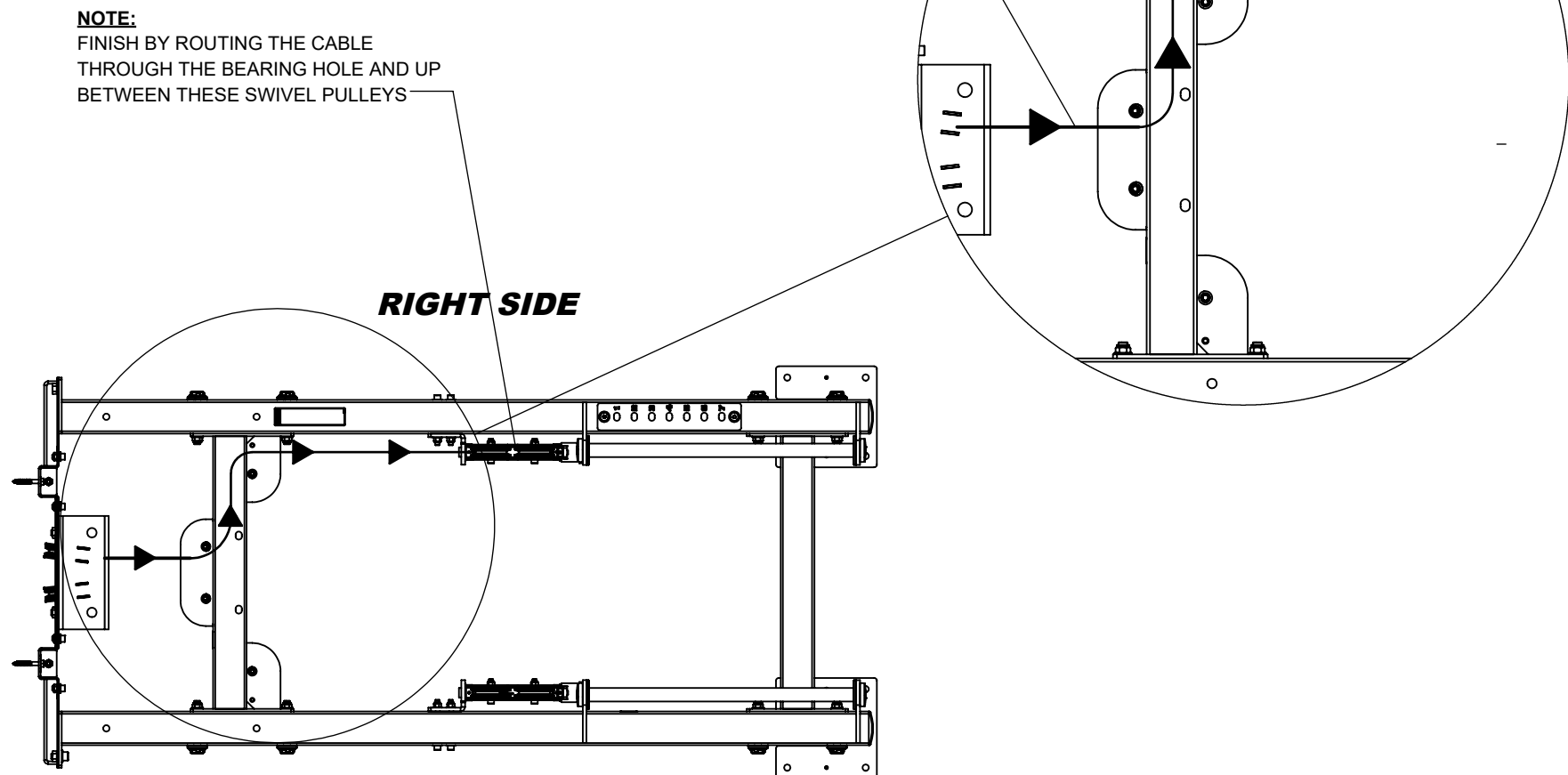
STEP 9



NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed. **16**

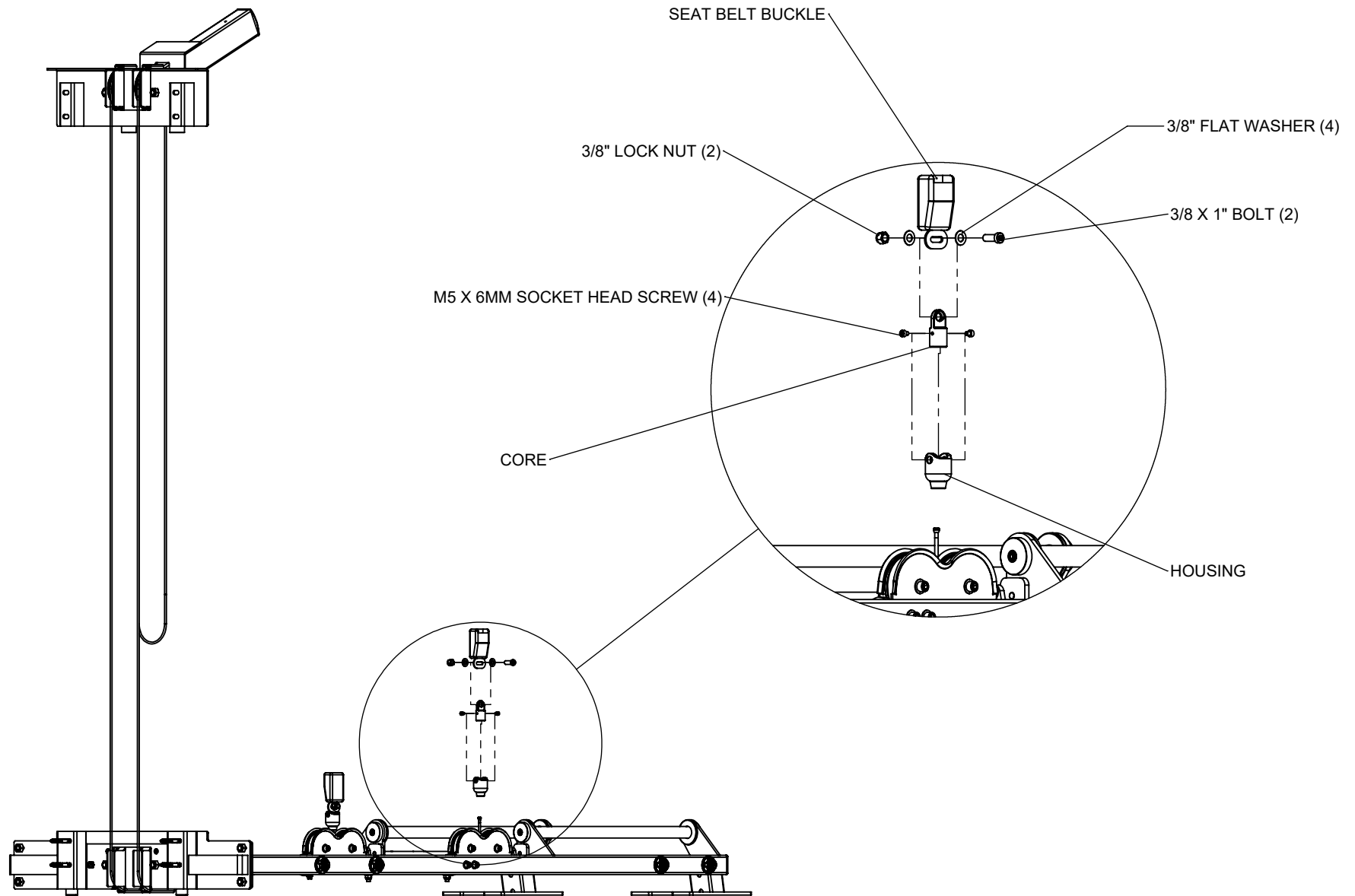
STEP 10



NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed. **17**

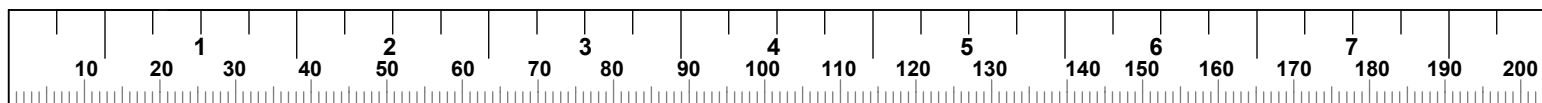
STEP 11



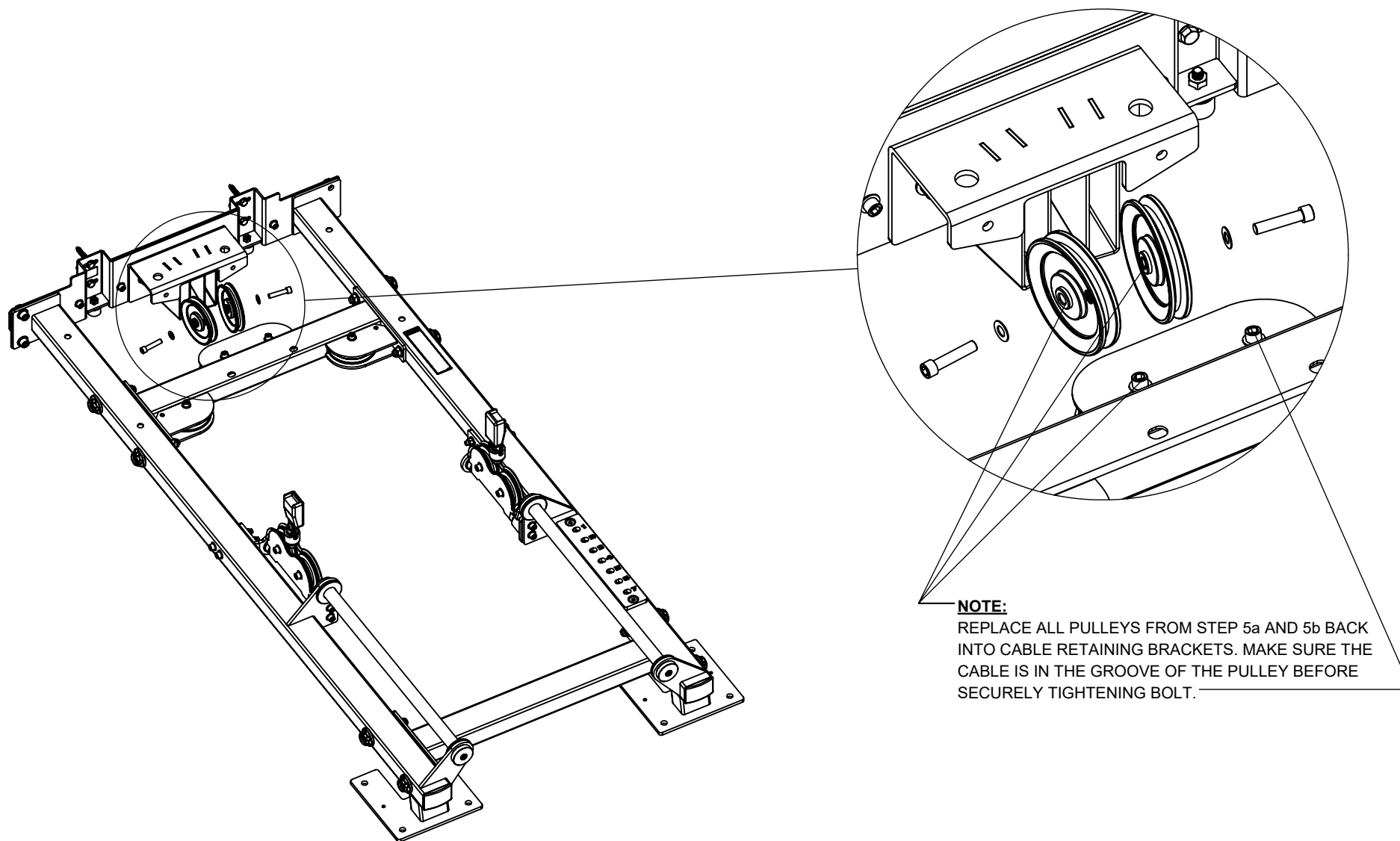
NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed.

SECURELY tighten bolt connections in this step.



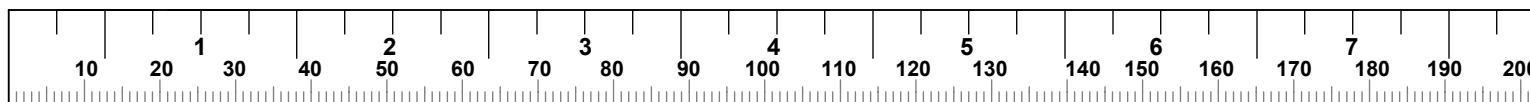
STEP 12



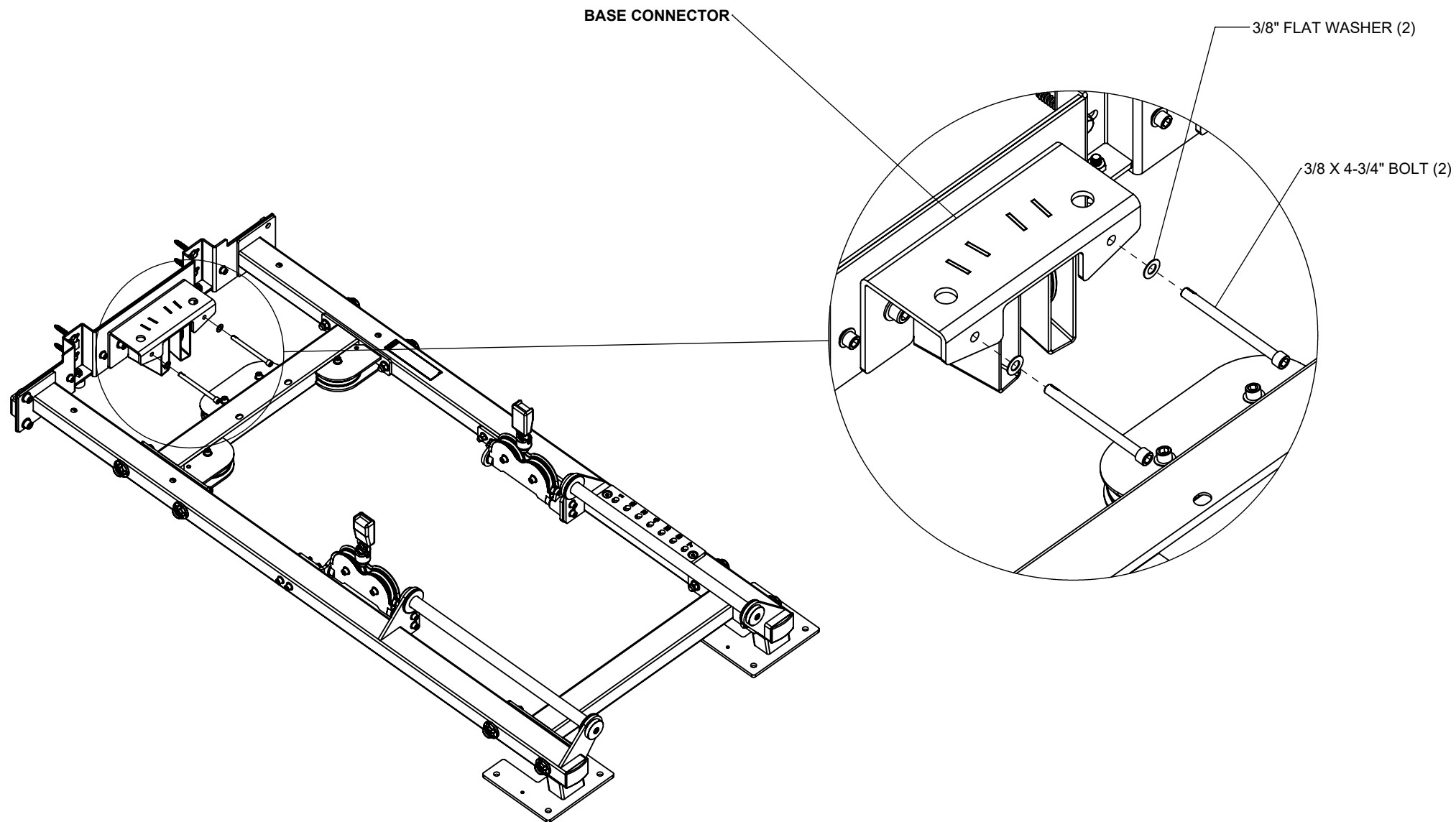
NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed.

SECURELY tighten bolt connections in this step.



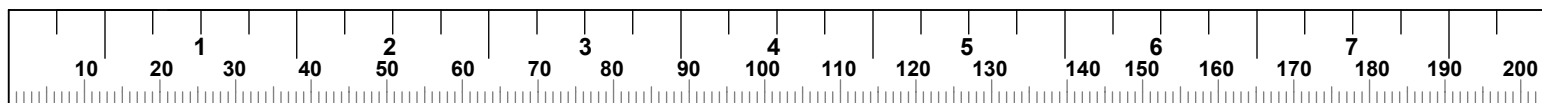
STEP 13



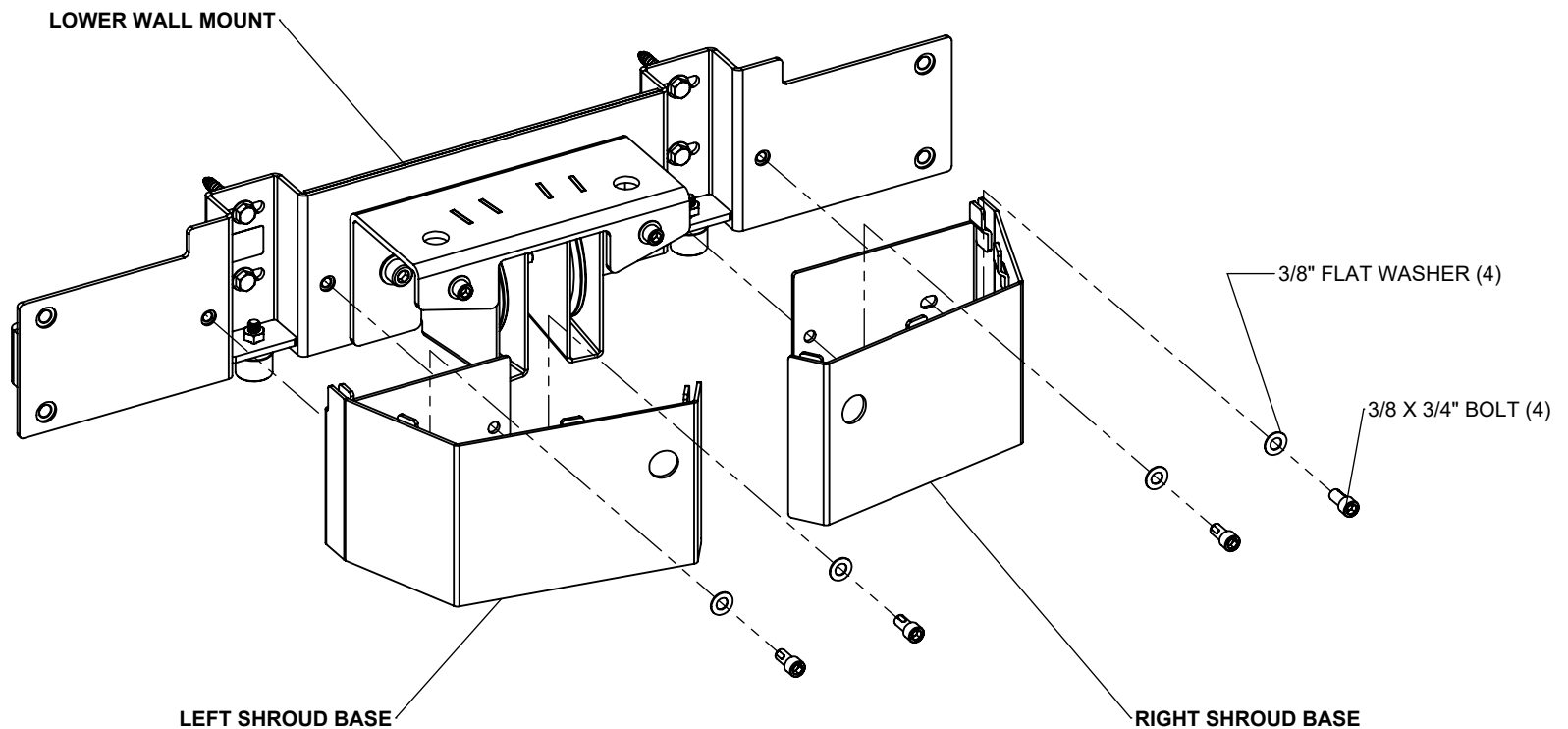
NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed.

SECURELY tighten bolt connections in this step.



STEP 14a

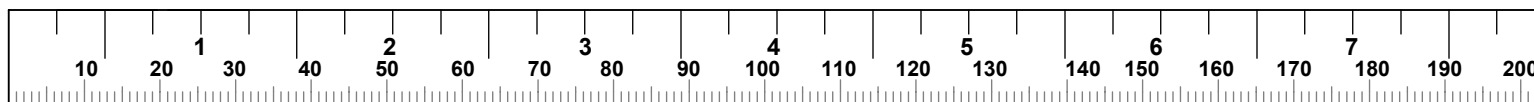


NOTES:

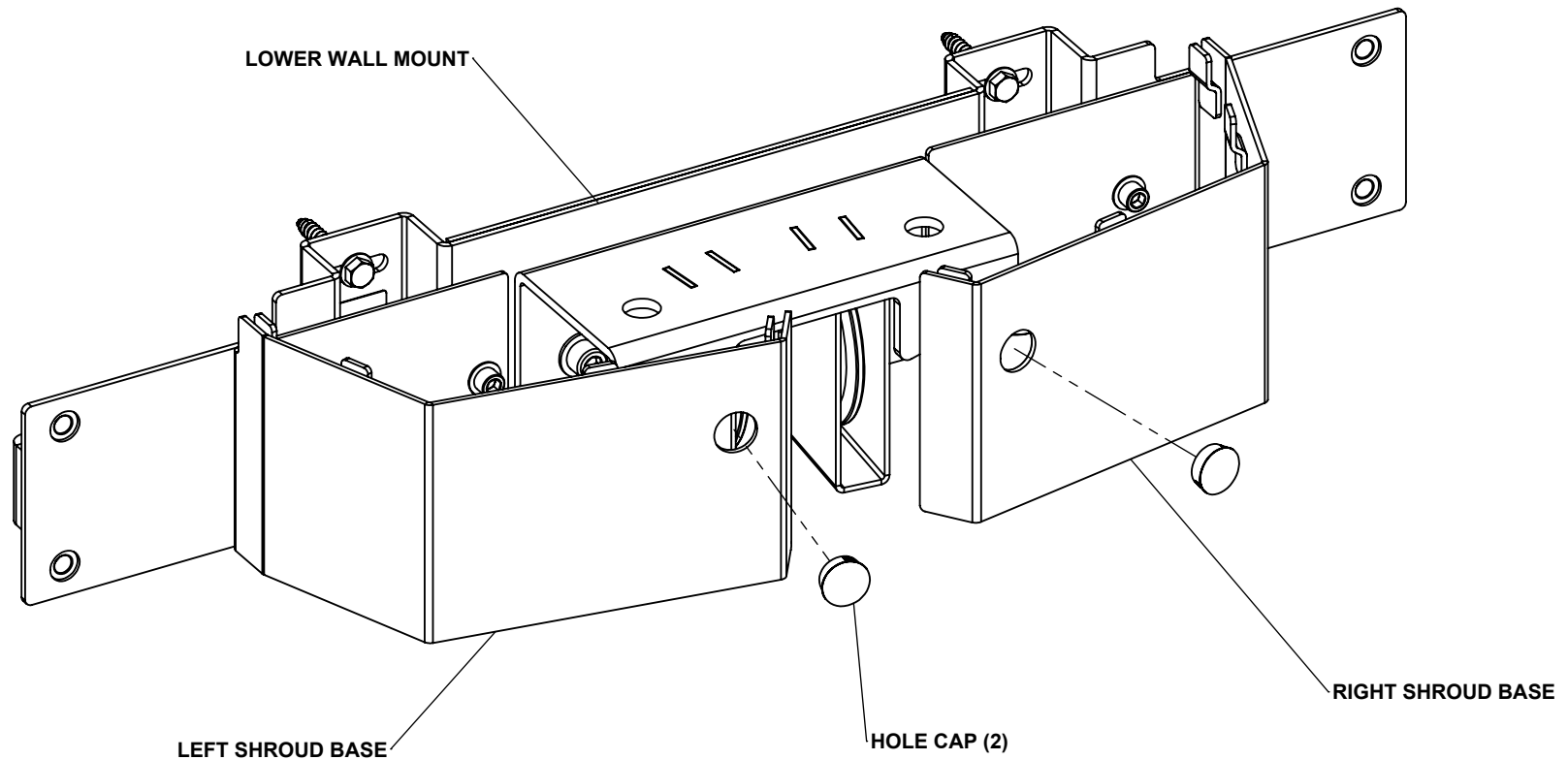
TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed.

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.



STEP 14b

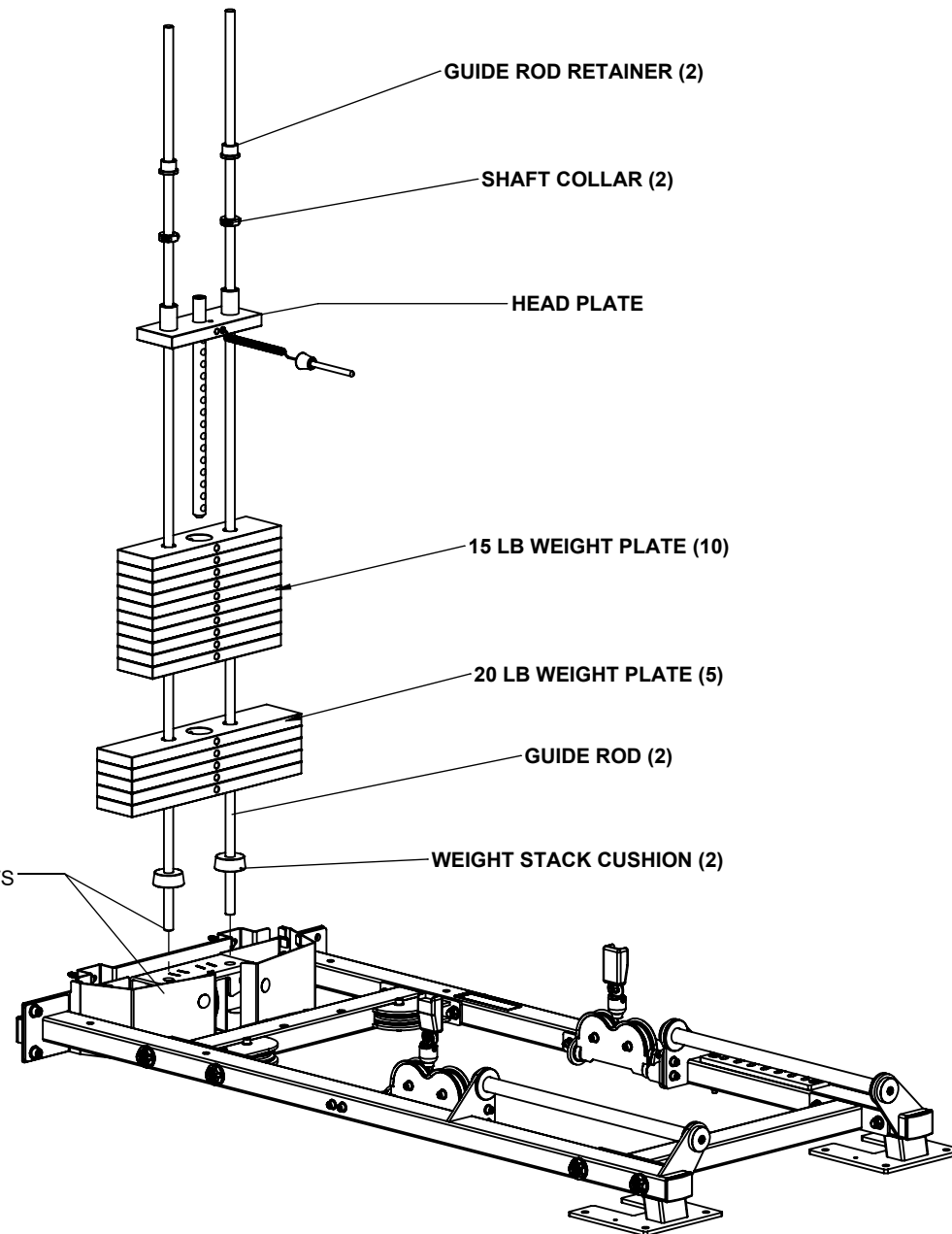


NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed.

Some parts have been hidden for illustration clarity.

STEP 15



NOTE:

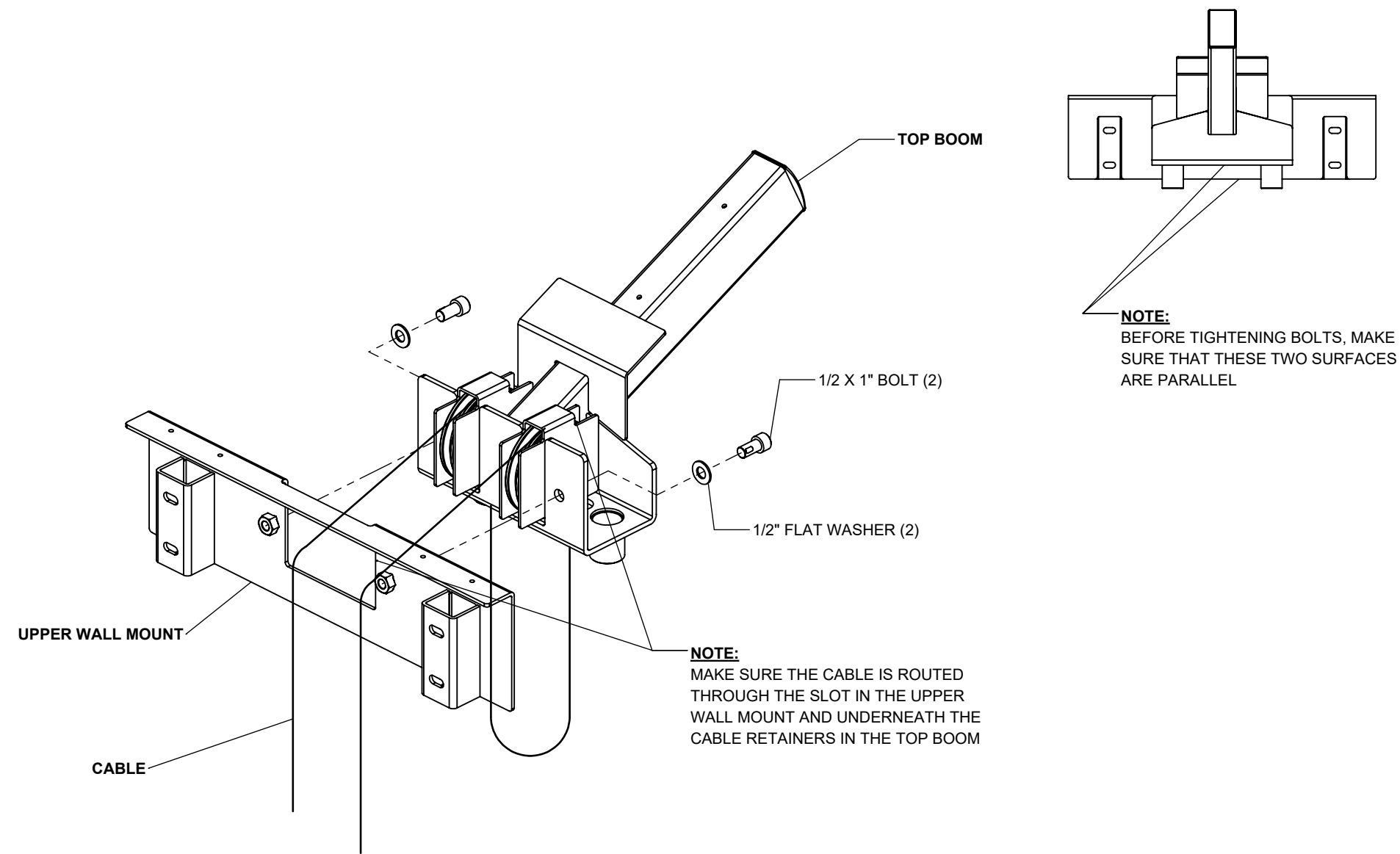
INSERT THE GUIDE RODS THROUGH THE BASE CONNECTOR AND DOWN TO TOP OF BOLTS

NOTES:

TOP BOOM, UPPER WALL MOUNT, AND CABLE LOOP will be left on the ground until the weight stack and head plate are installed.

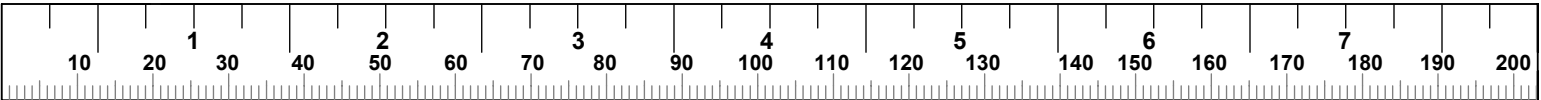
SECURELY tighten bolt connections in this step.

STEP 16

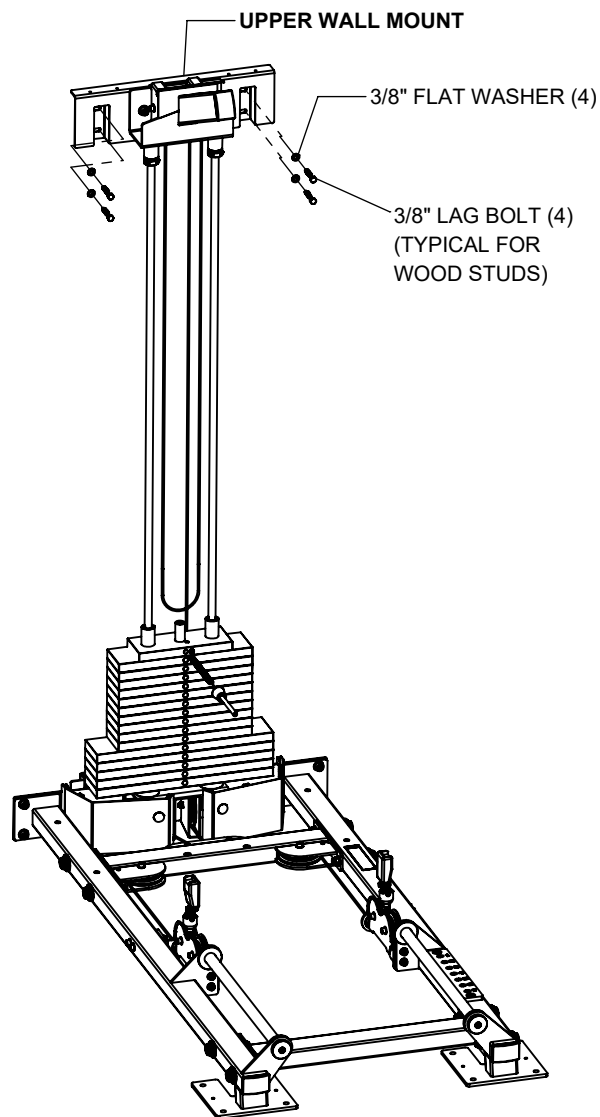


NOTES:

SECURELY tighten bolt connections in this step.



STEP 17

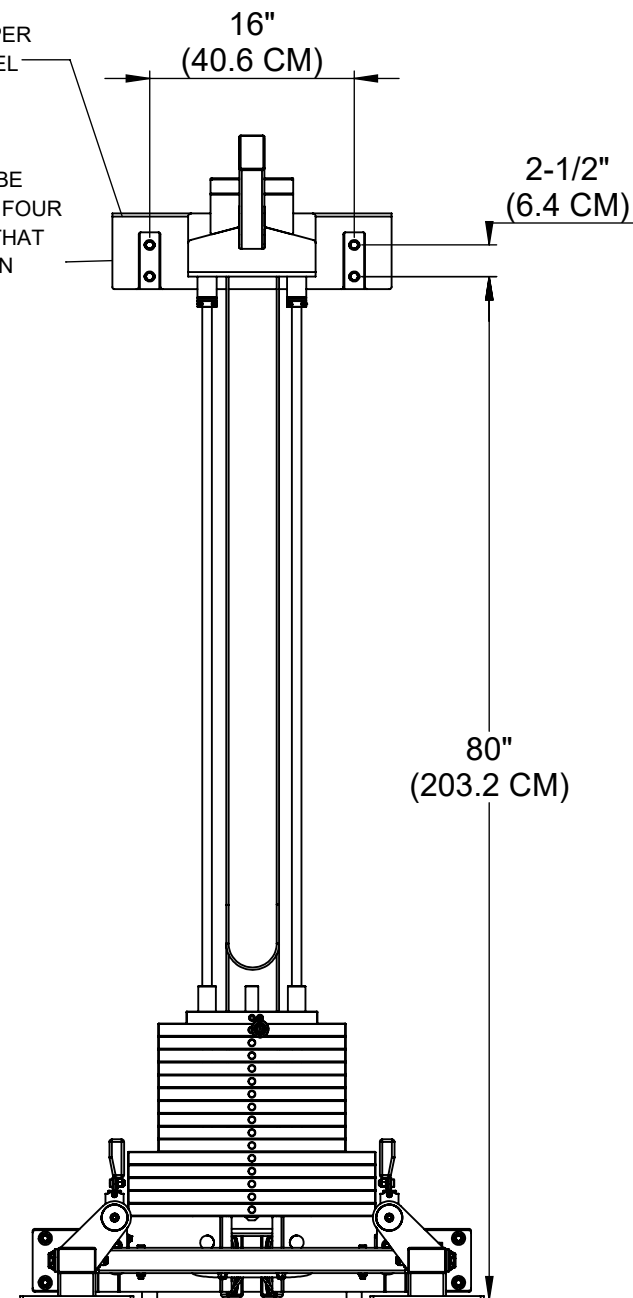


NOTE:

MAKE SURE THE UPPER
WALL MOUNT IS LEVEL

WARNING:

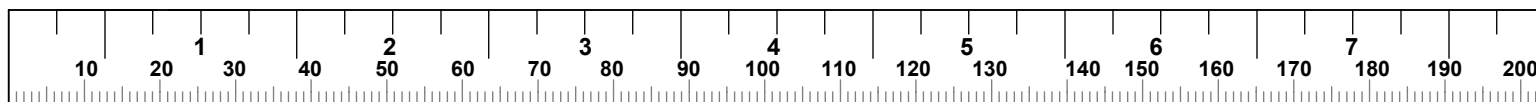
THE UPPER WALL MOUNT **MUST** BE
ANCHORED TO THE WALL USING FOUR
WALL ANCHORS SUITABLE FOR THAT
PATICULAR WALL CONSTRUCTION



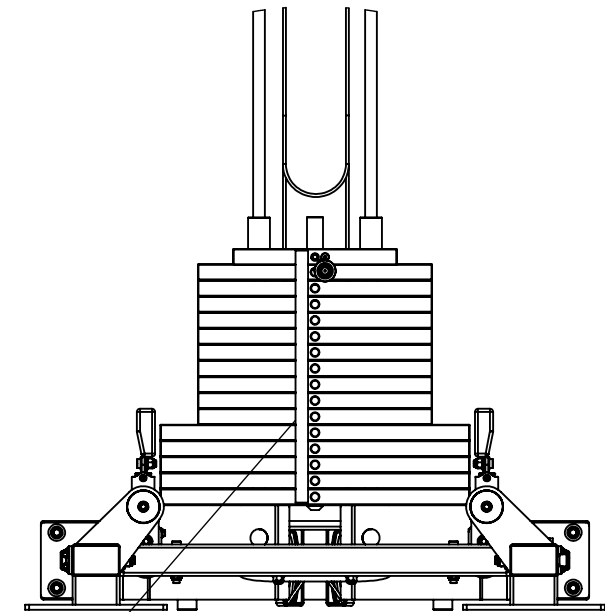
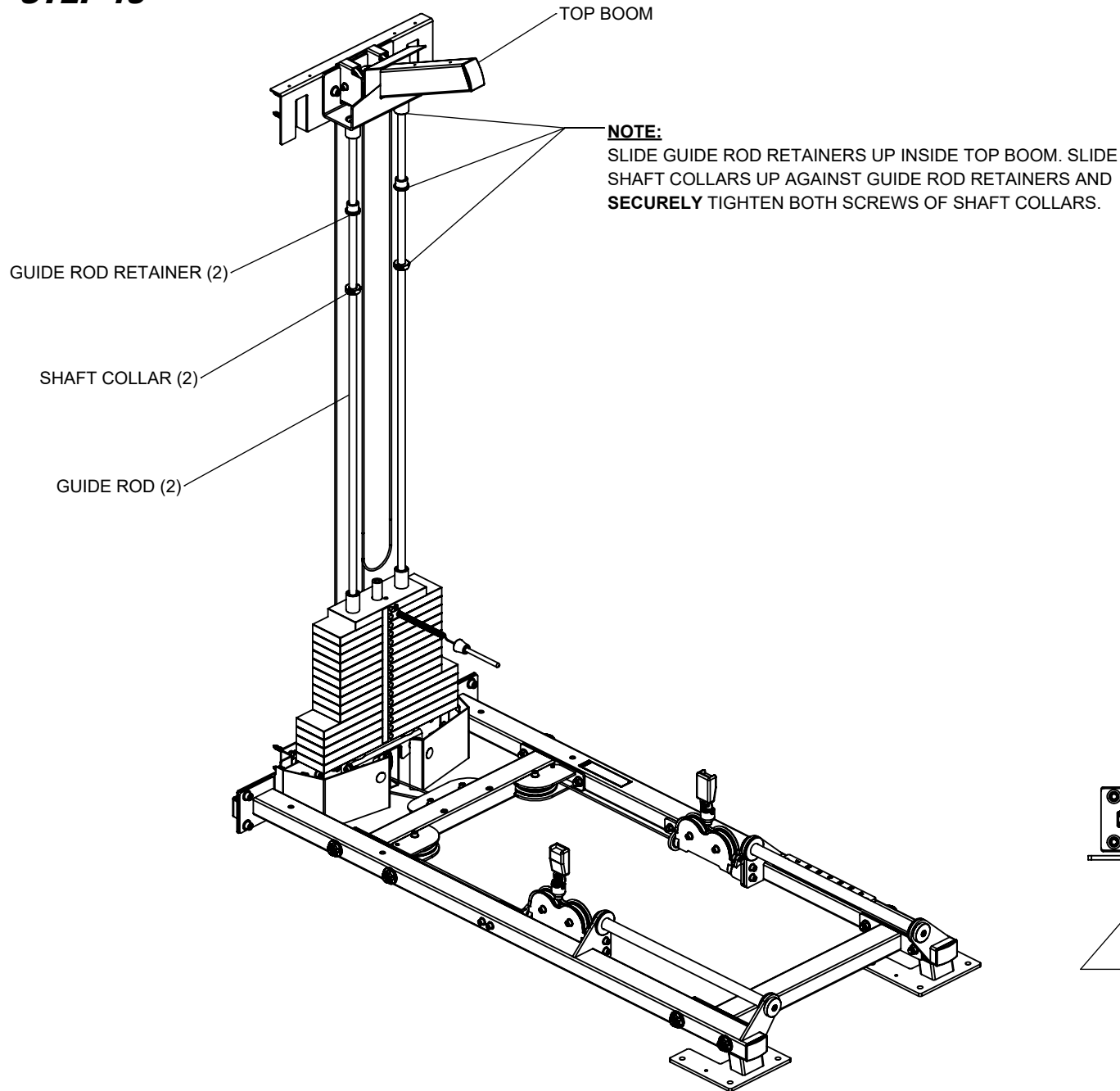
NOTES:

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

SECURELY tighten bolt connections in this step.



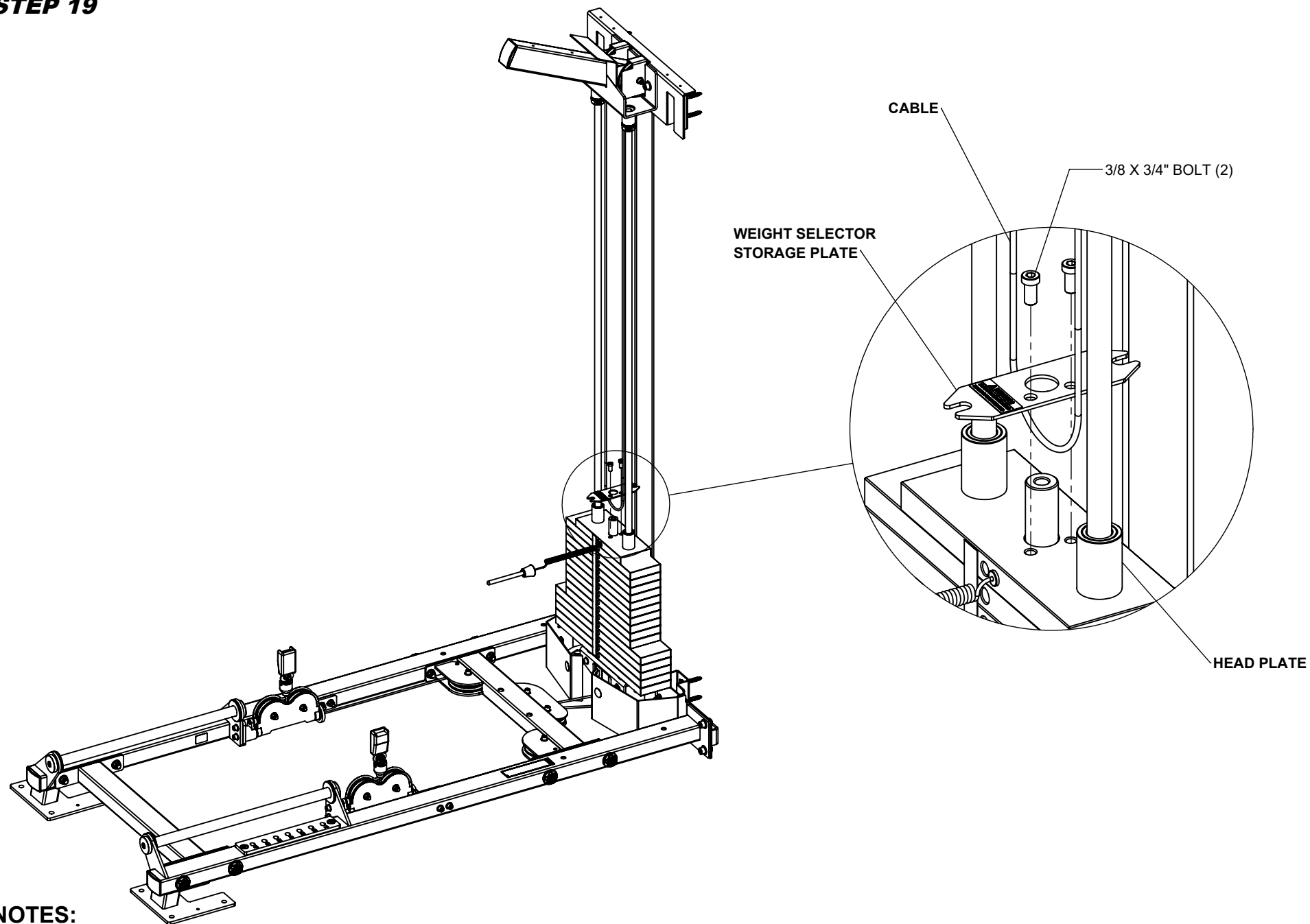
STEP 18



NOTES:

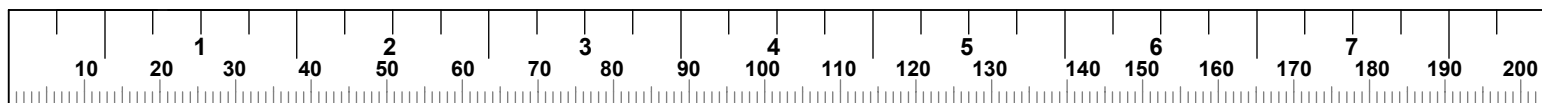
SECURELY tighten connections in this step.

STEP 19



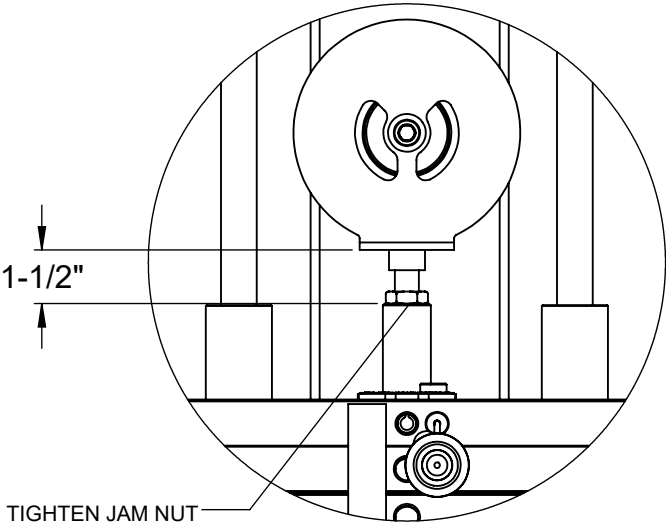
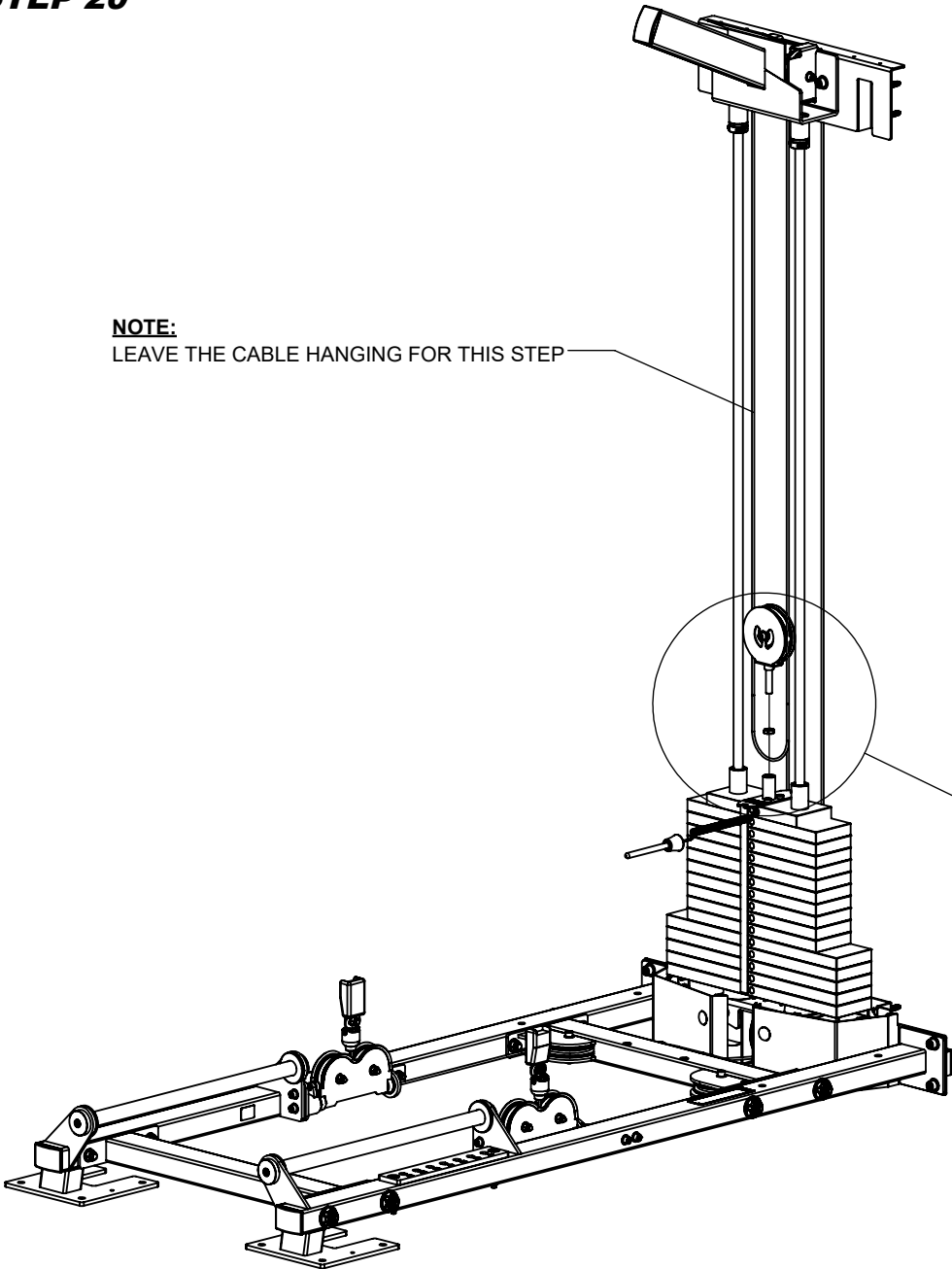
NOTES:

SECURELY tighten bolt connections in this step.



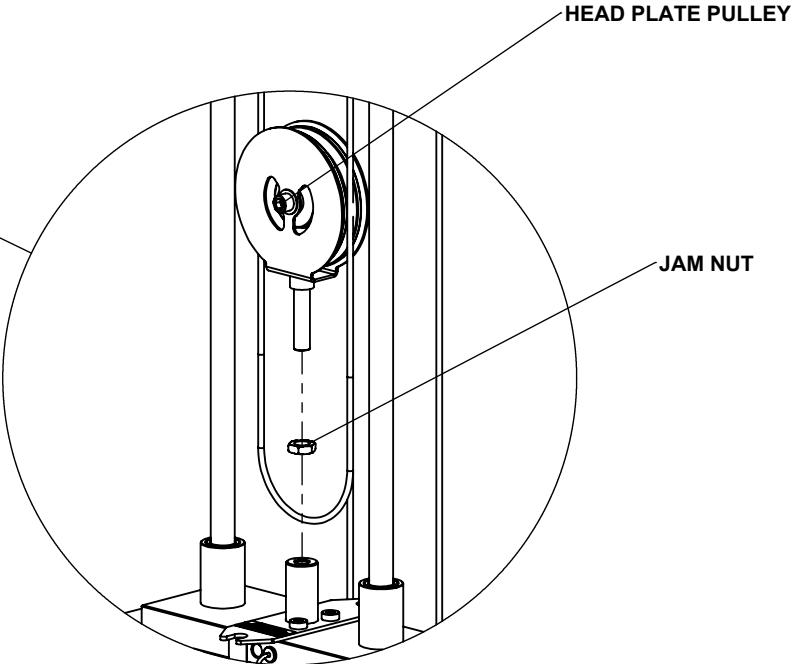
STEP 20

NOTE:
LEAVE THE CABLE HANGING FOR THIS STEP

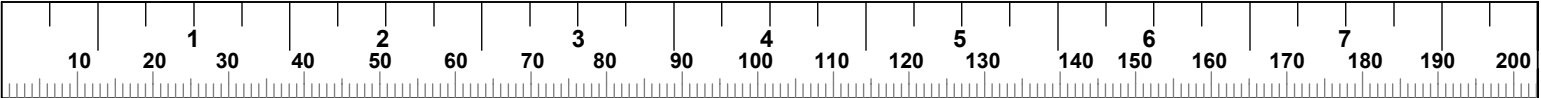


NOTE:
SECURELY TIGHTEN JAM NUT

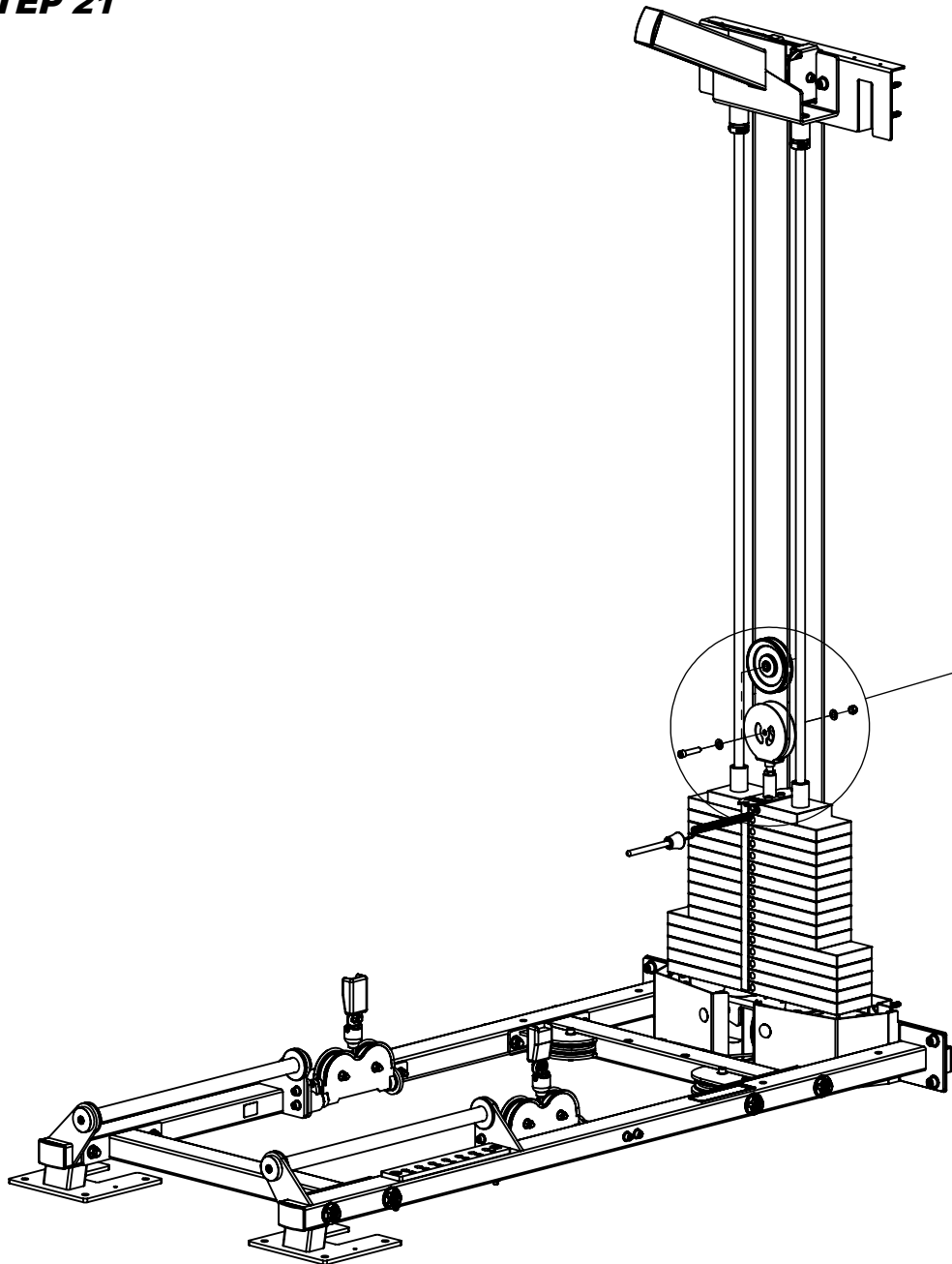
ASSEMBLED VIEW



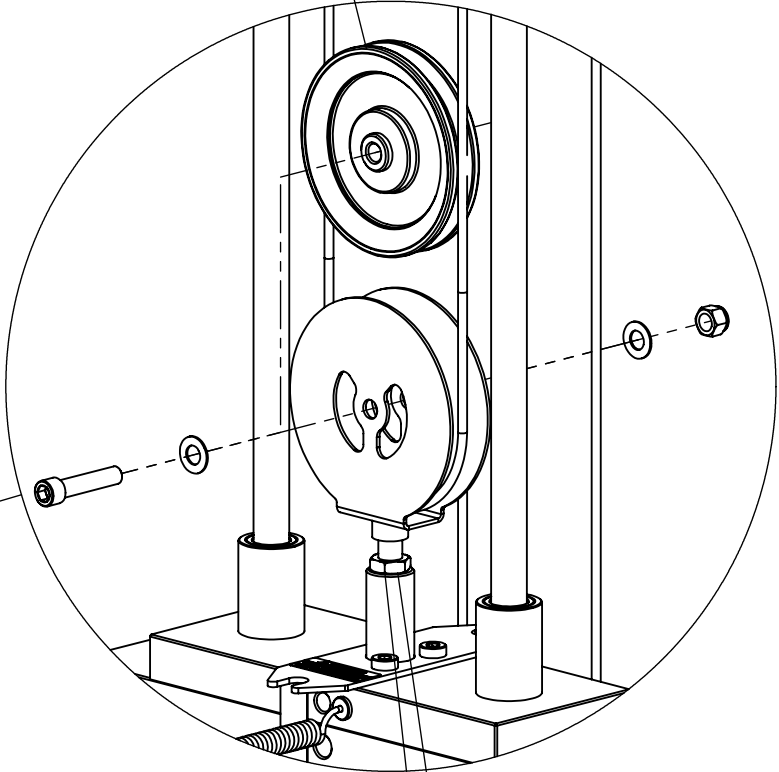
NOTES:
SECURELY tighten connections in this step.



STEP 21



NOTE:
REMOVE PULLEY AND LOOP THE
CABLE UNDERNEATH THE PULLEY AND
CONTAIN IT INSIDE THE HOUSING



NOTE:
If there is a gap between the head plate and
the first plate, loosen jam nut and turn the
threaded end counter clockwise until the
head plate touches the first plate.
SECURELY tighten jam nut.

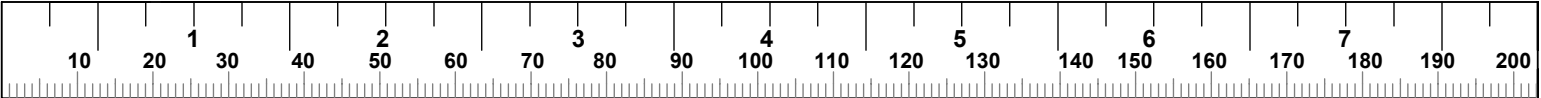
To add tension to the cable, turn the
threaded end clockwise.
SECURELY tighten jam nut.

NOTE:
If further cable adjustment is needed,
remove the pulley again as shown above.

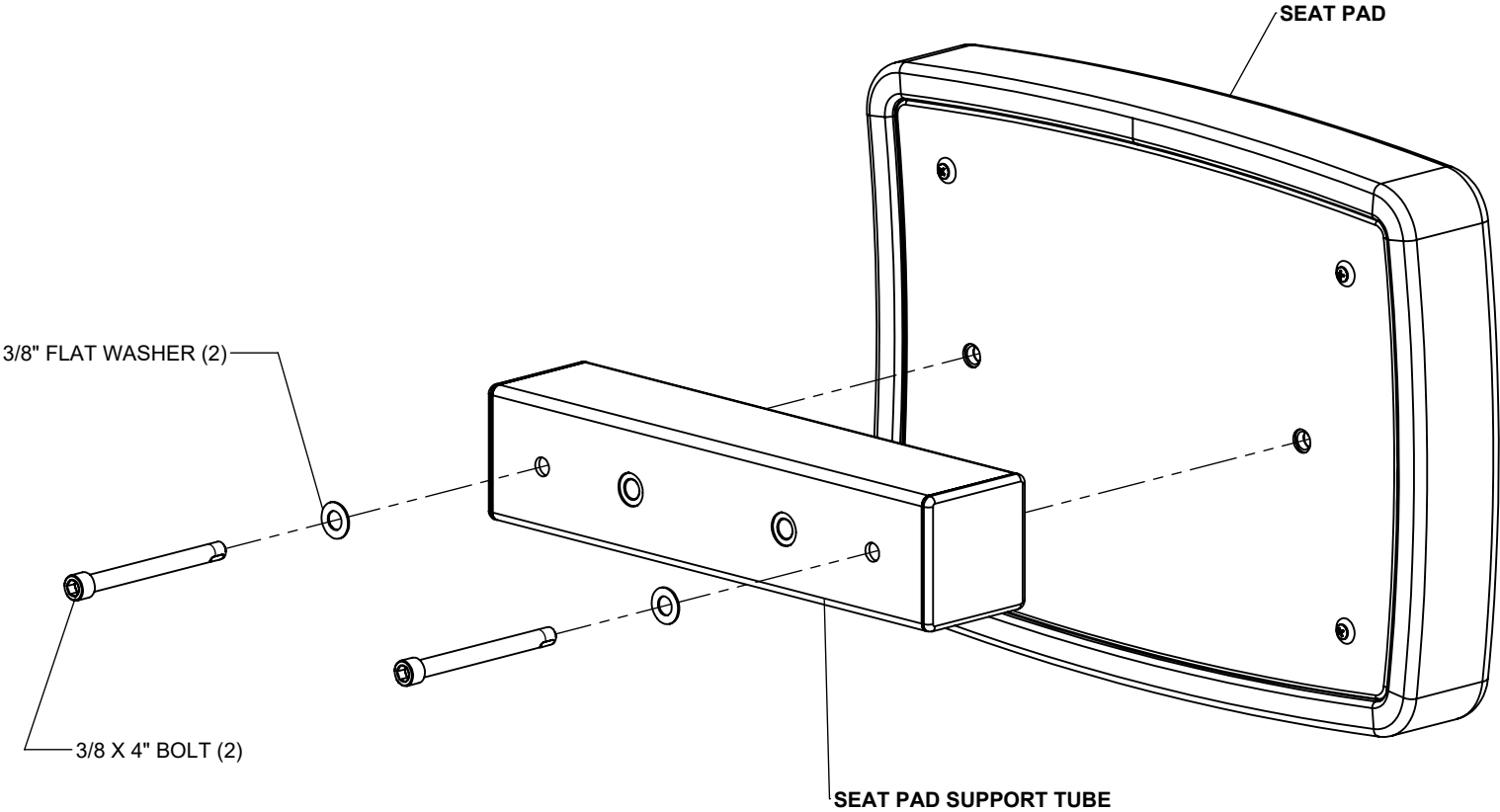
Loosen the jam nut and rotate the head
plate pulley assembly counter clockwise to
loosen the cable. To add tension to the
cable, rotate the head plate pulley assembly
clockwise.

Reinstall pulley and **SECURELY** tighten
bolts.
SECURELY tighten jam nut.

NOTES:
SECURELY tighten bolt connections in this step.



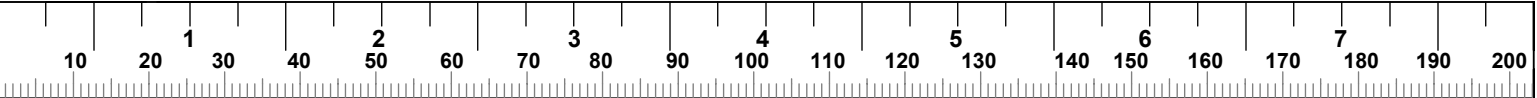
STEP 22



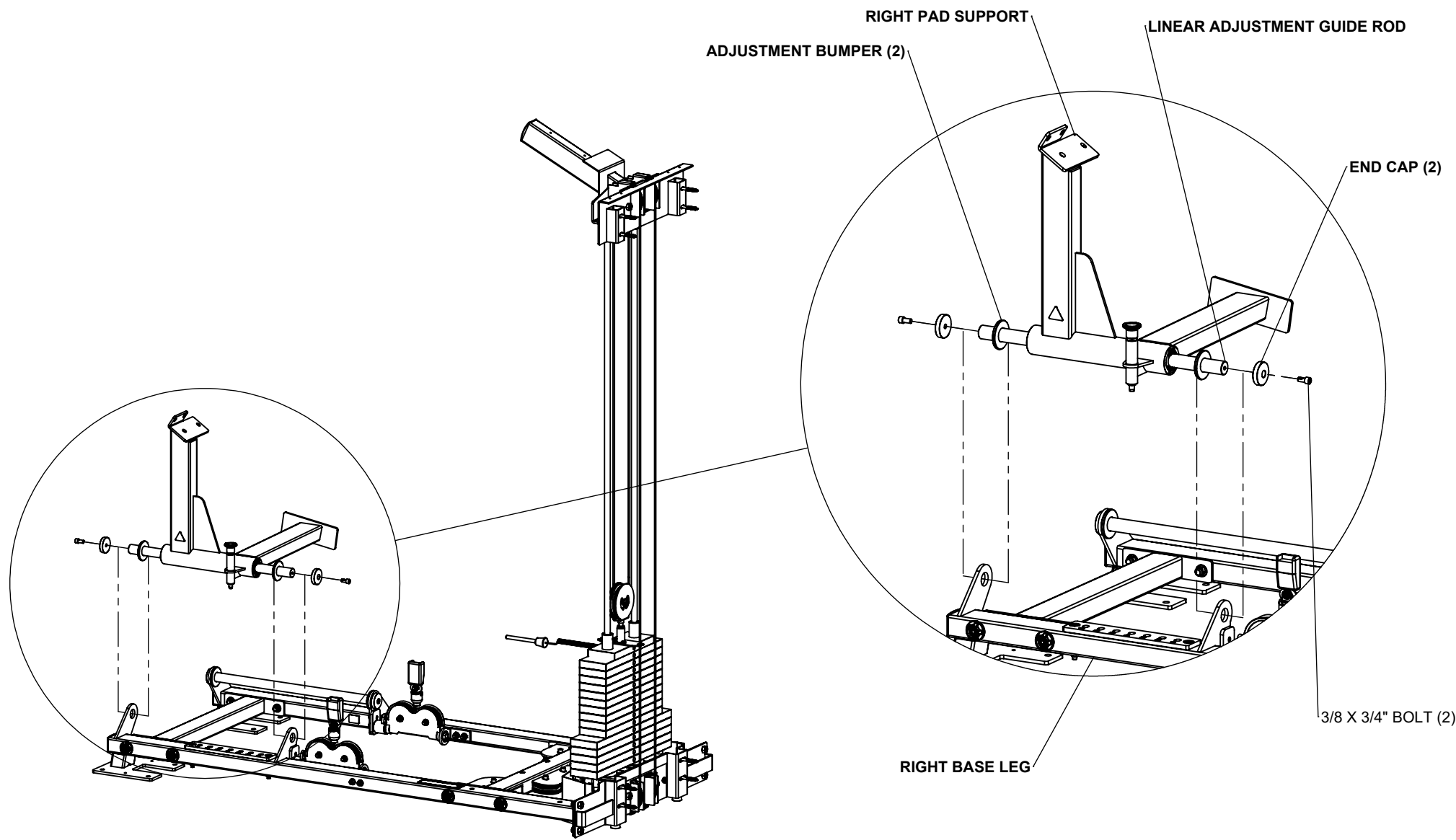
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.

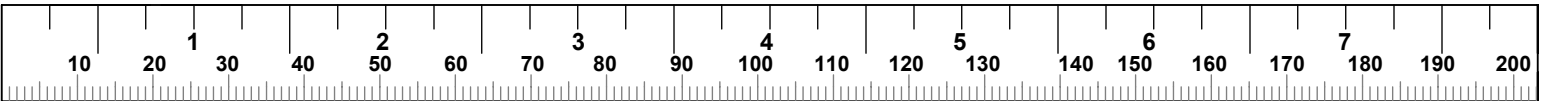


STEP 23

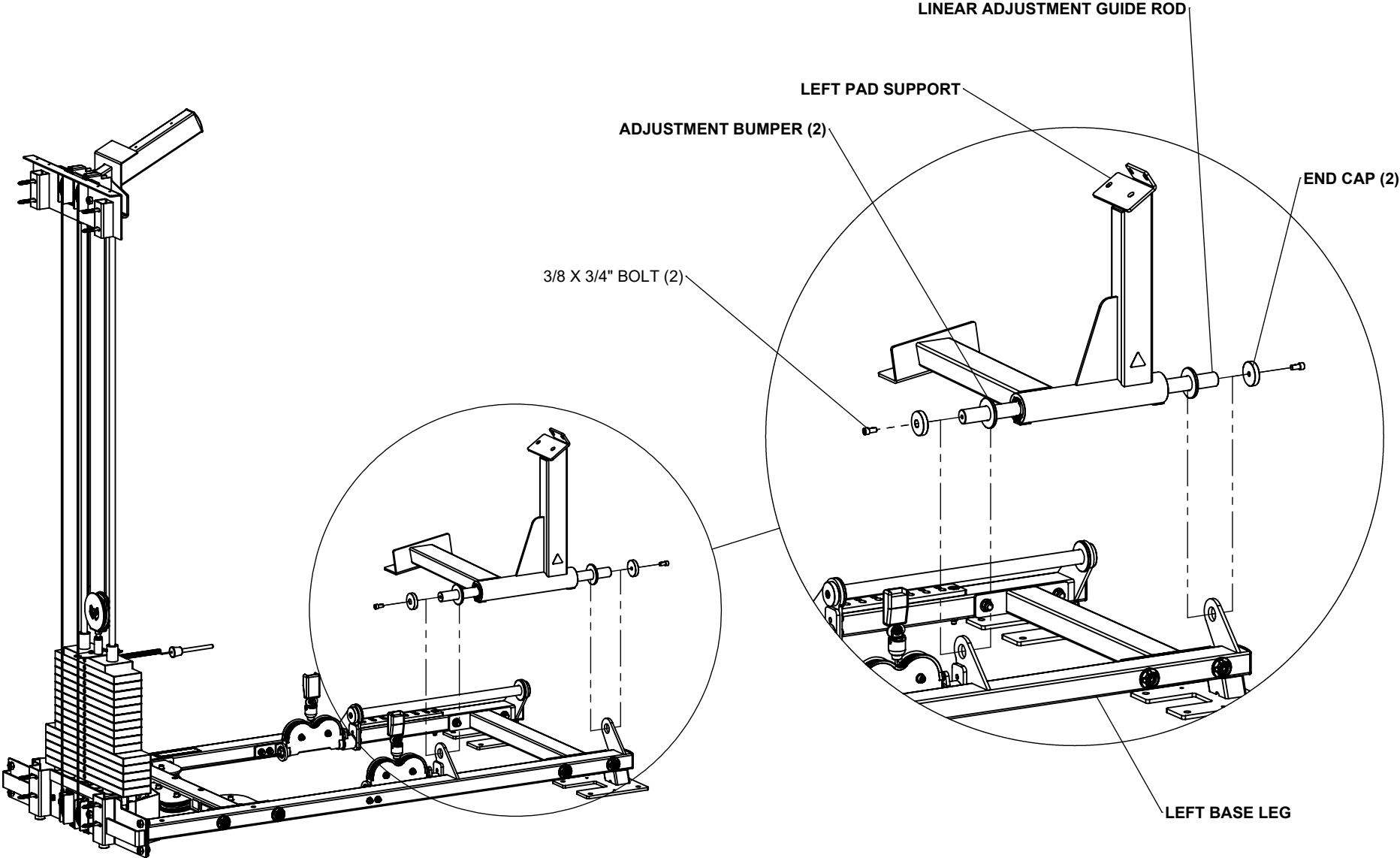


NOTES:

SECURELY tighten bolt connections in this step.



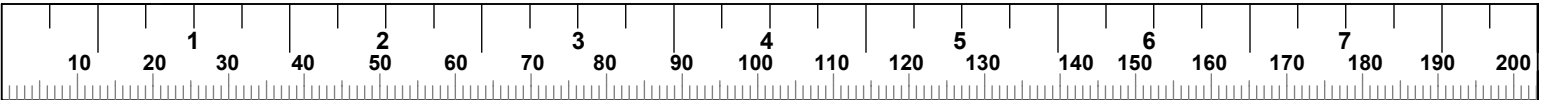
STEP 24



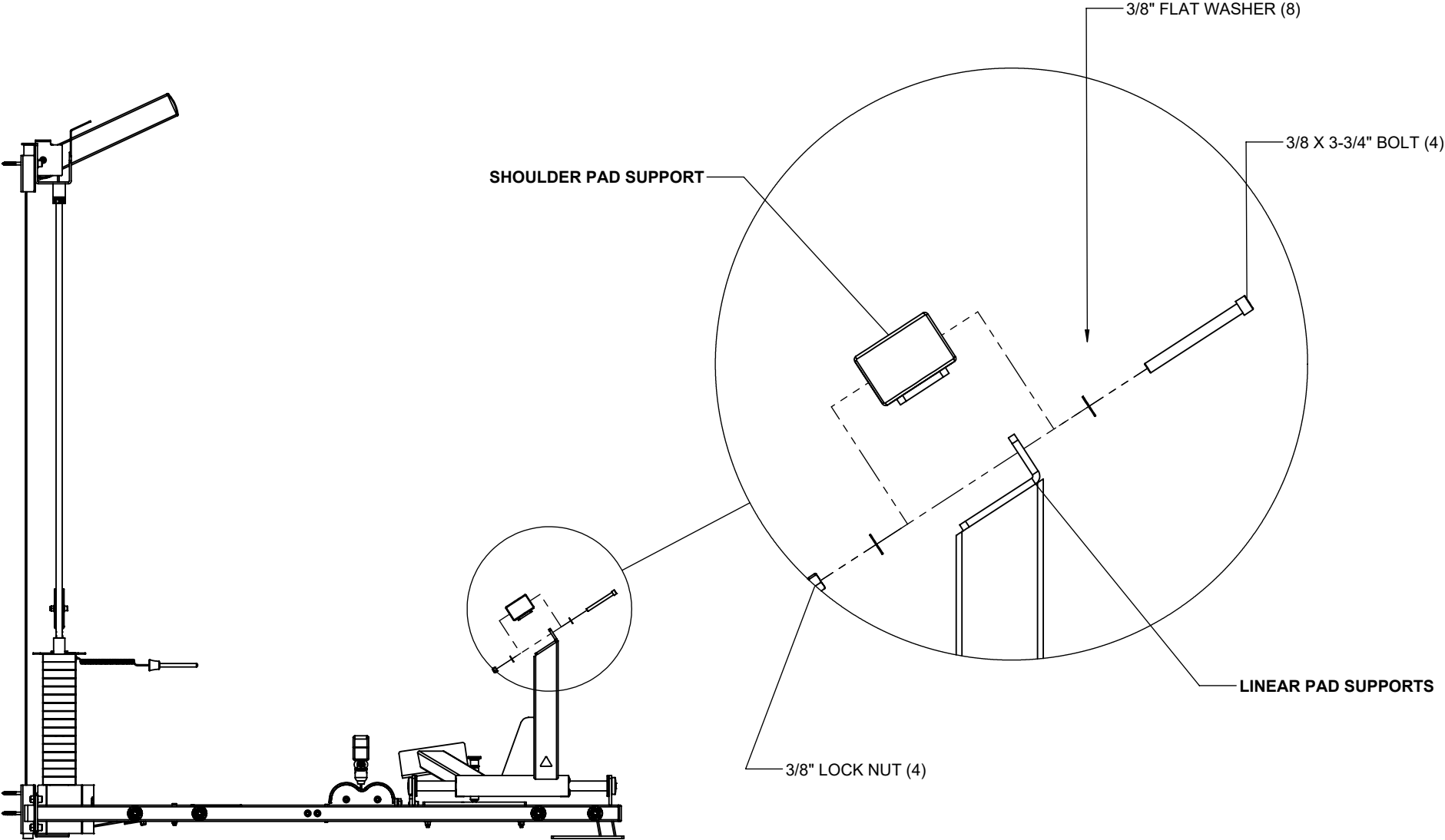
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.

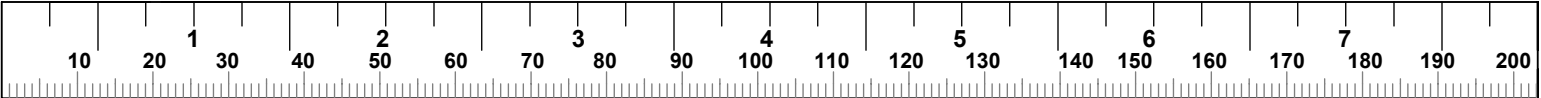


STEP 25

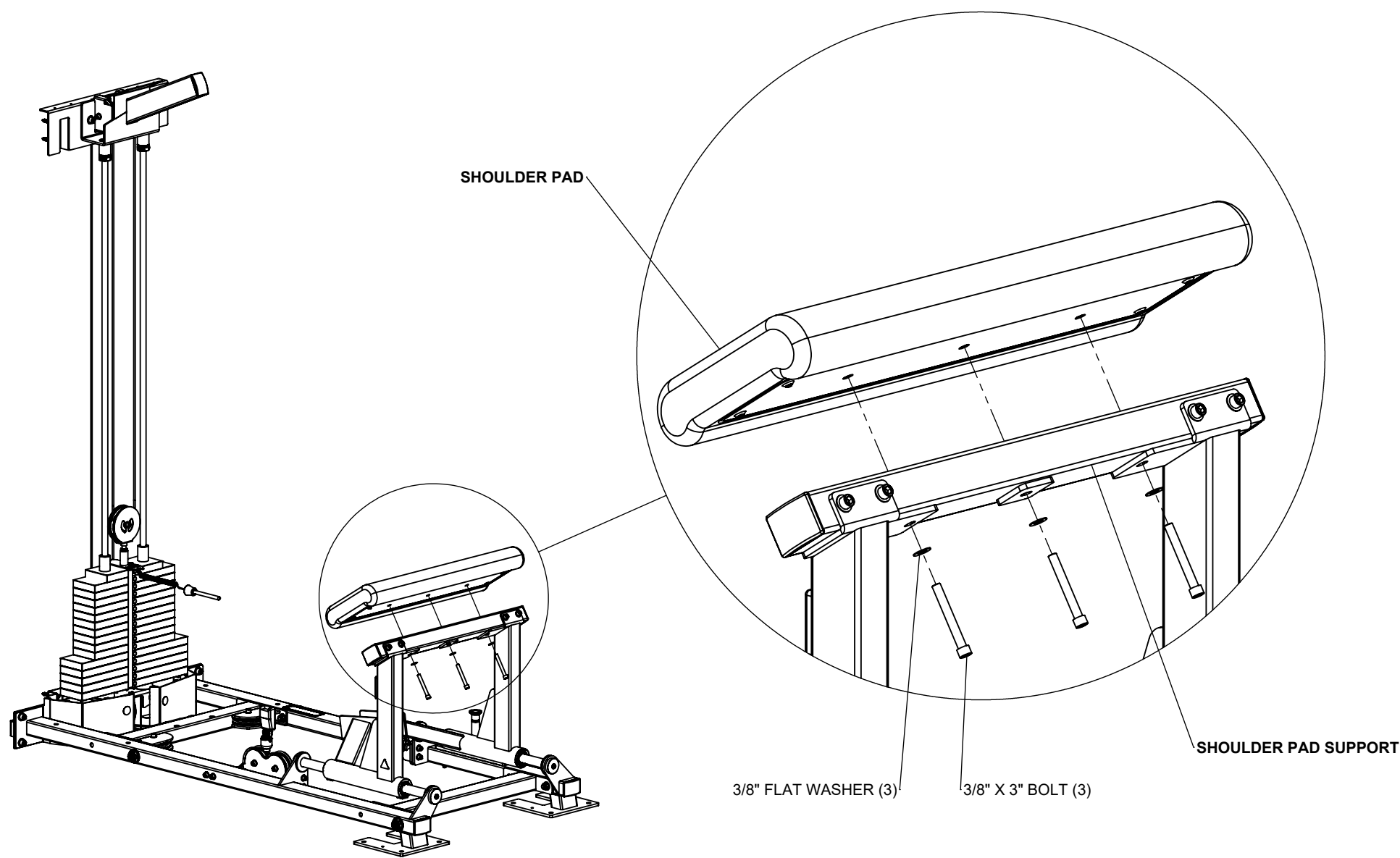


NOTES:

SECURELY tighten bolt connections in this step.

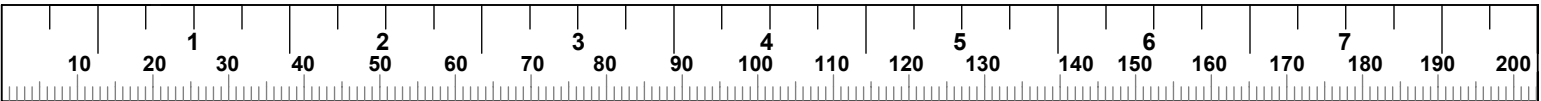


STEP 26

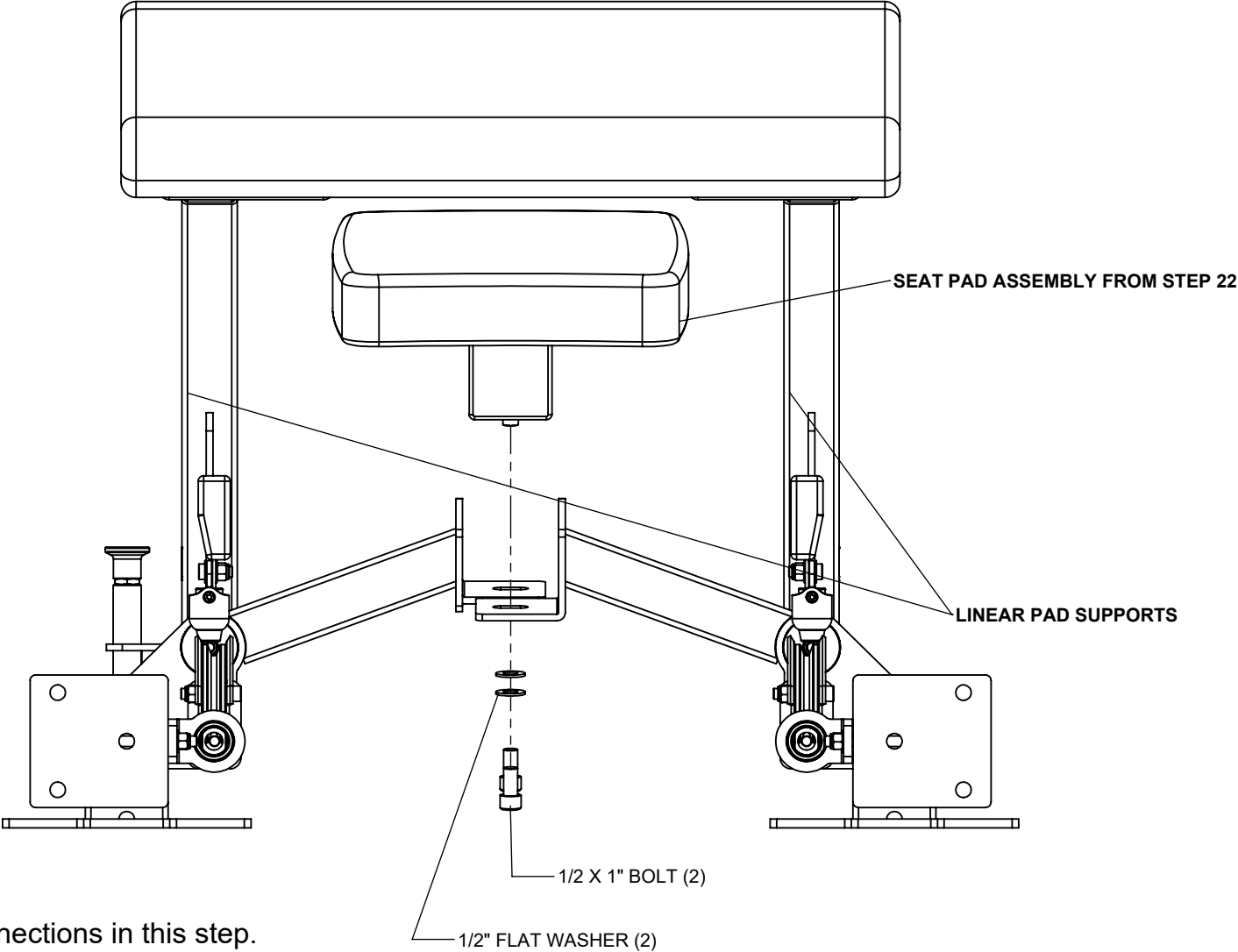


NOTES:

SECURELY tighten bolt connections in this step.



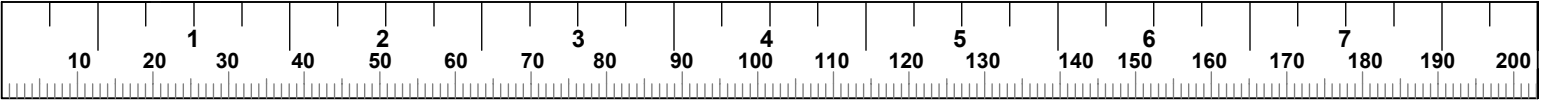
STEP 27



NOTES:

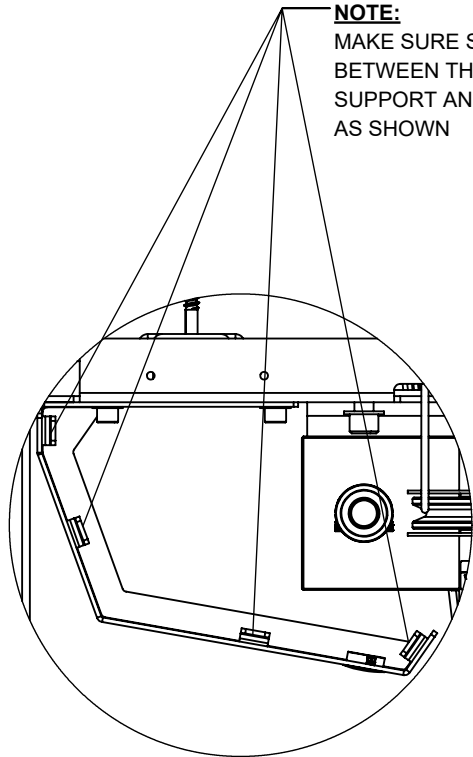
SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.



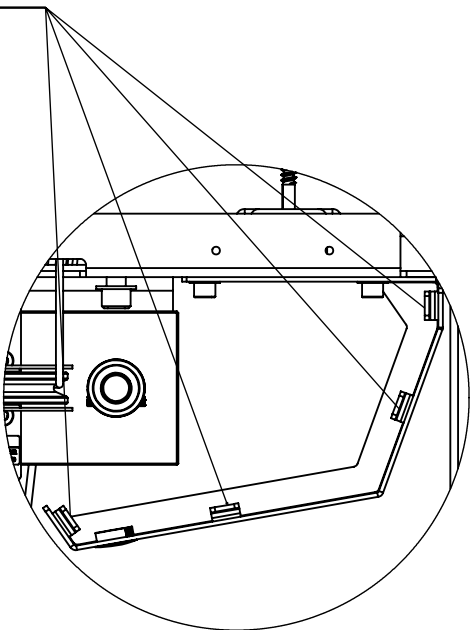
STEP 28

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

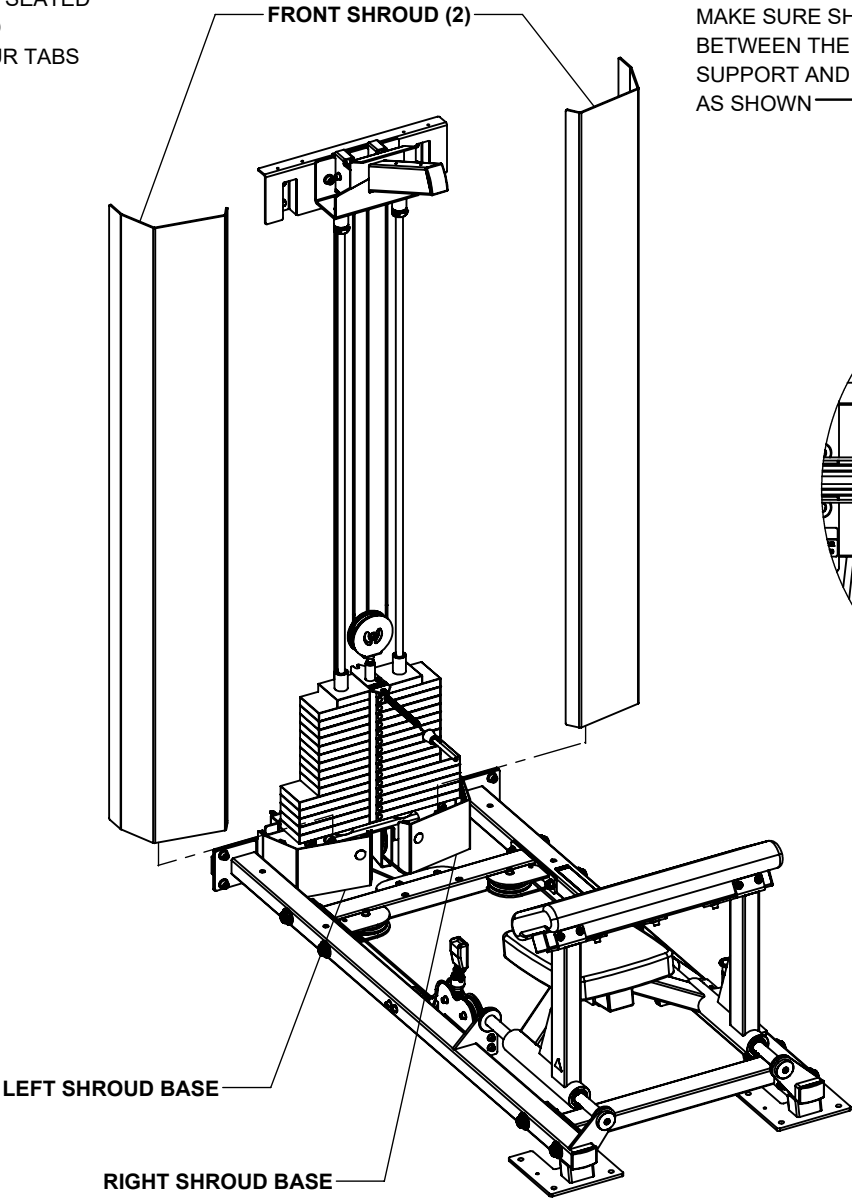


TOP VIEW LEFT

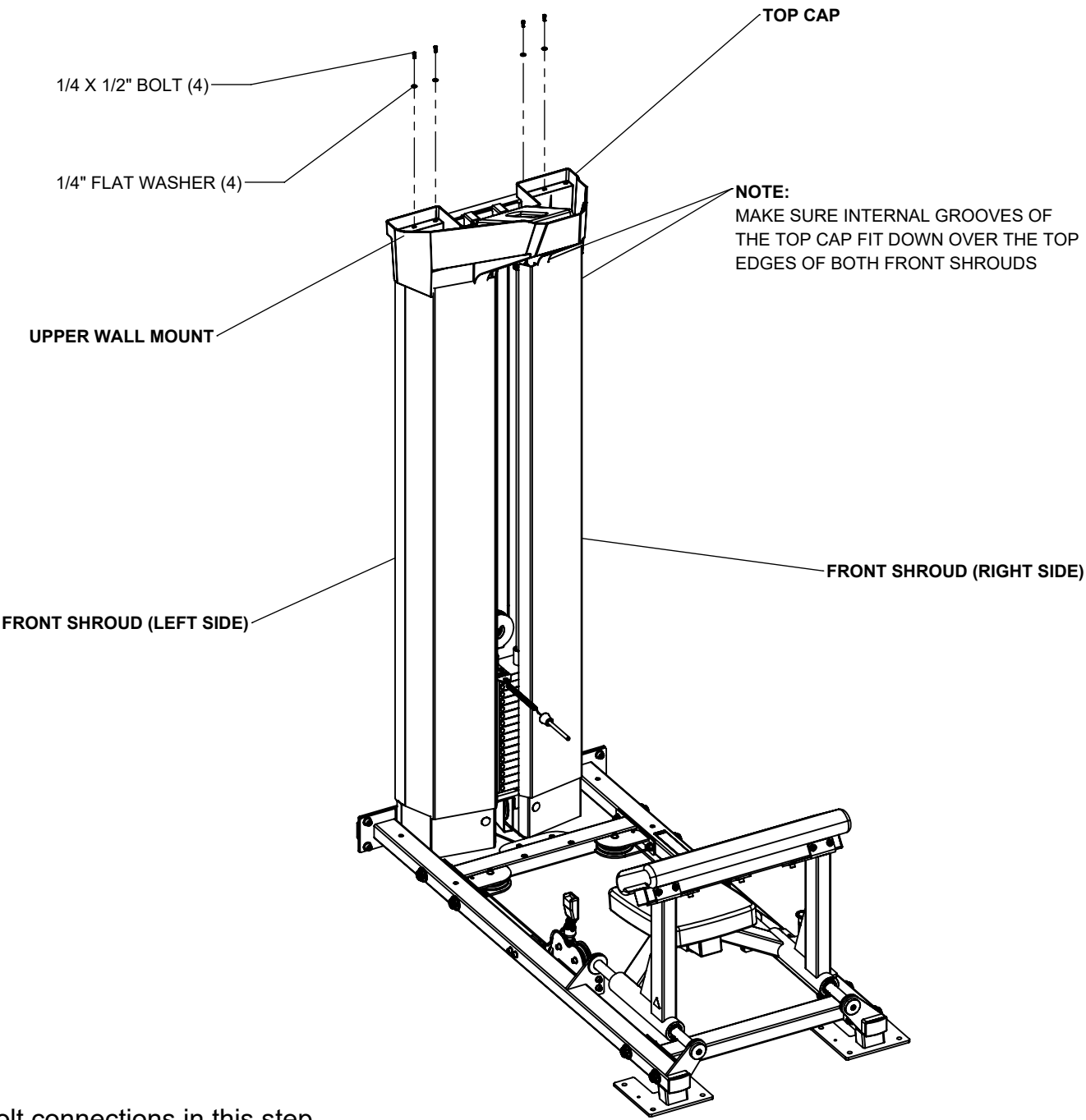
NOTE:
MAKE SURE SHROUD IS SEATED
BETWEEN THE SHROUD
SUPPORT AND THE FOUR TABS
AS SHOWN



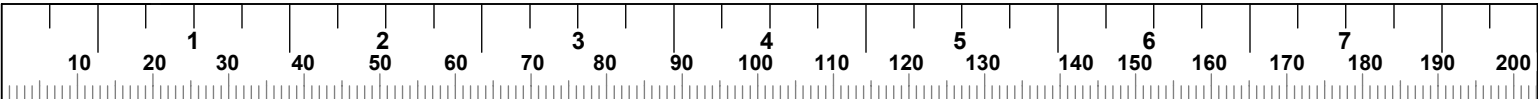
TOP VIEW RIGHT



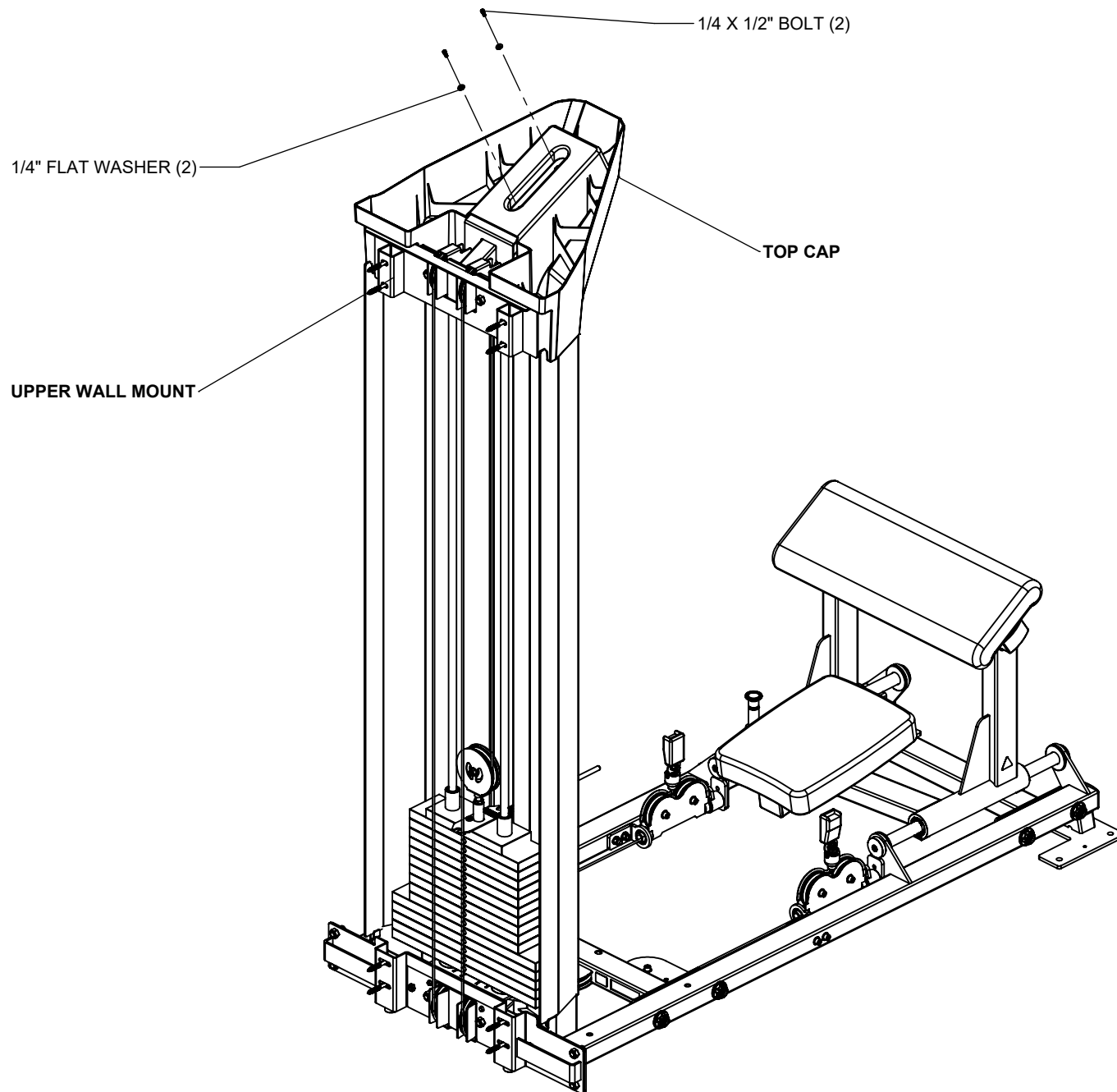
STEP 29



NOTES:
LOOSELY tighten bolt connections in this step.

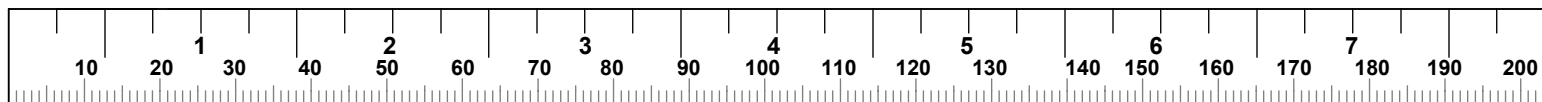


STEP 30

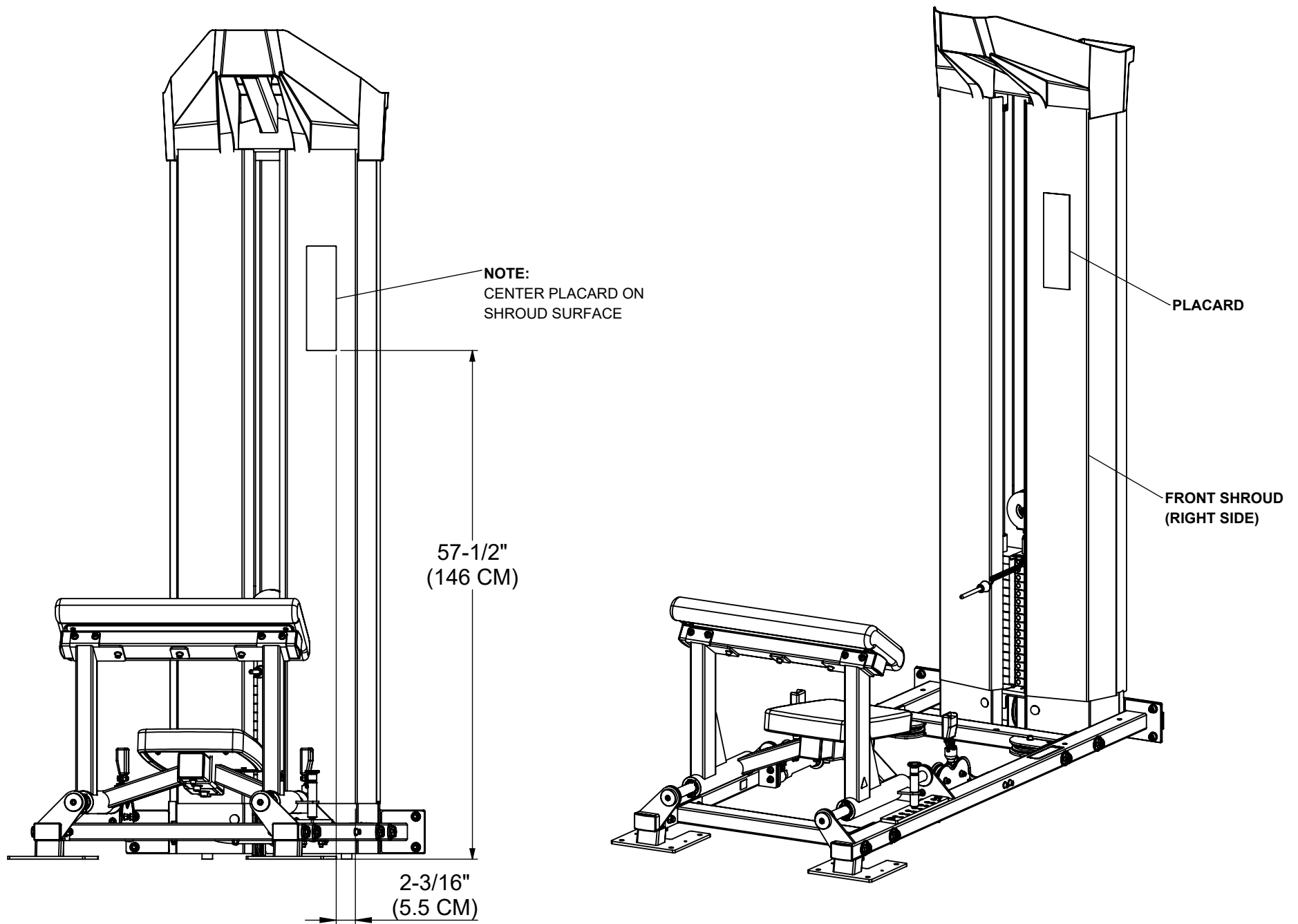


NOTES:

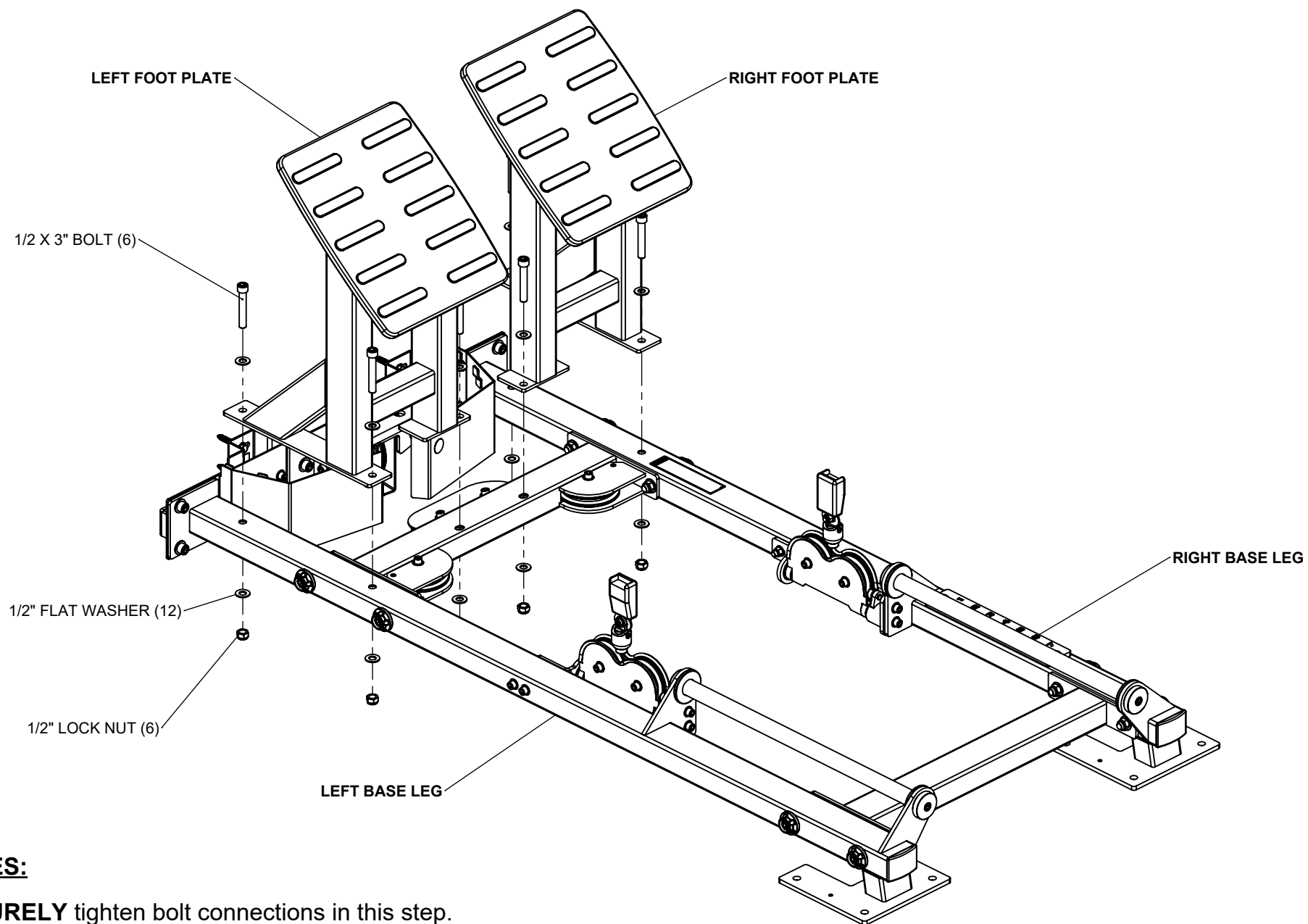
SECURELY tighten bolt connections in this step, and previous step.



STEP 31



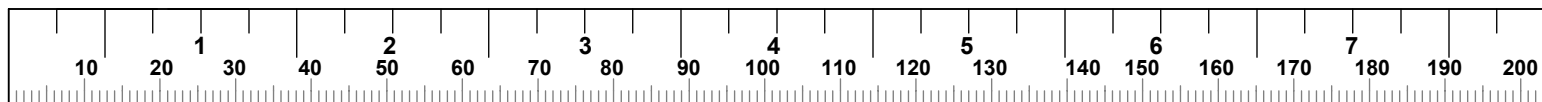
STEP 32



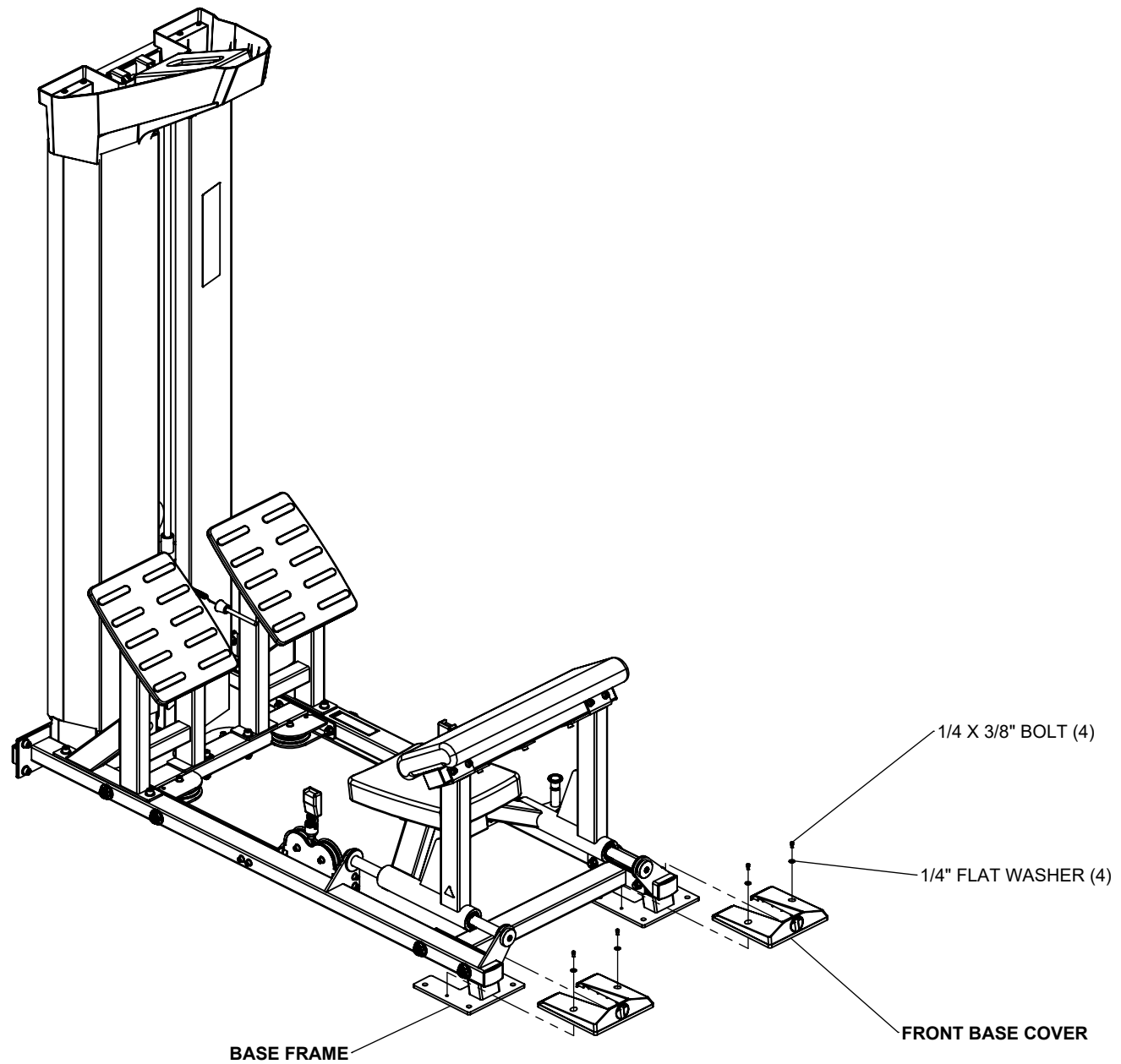
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.

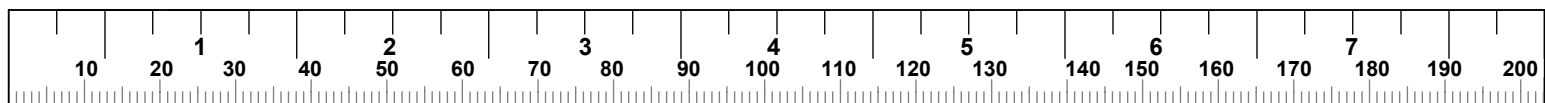


STEP 33

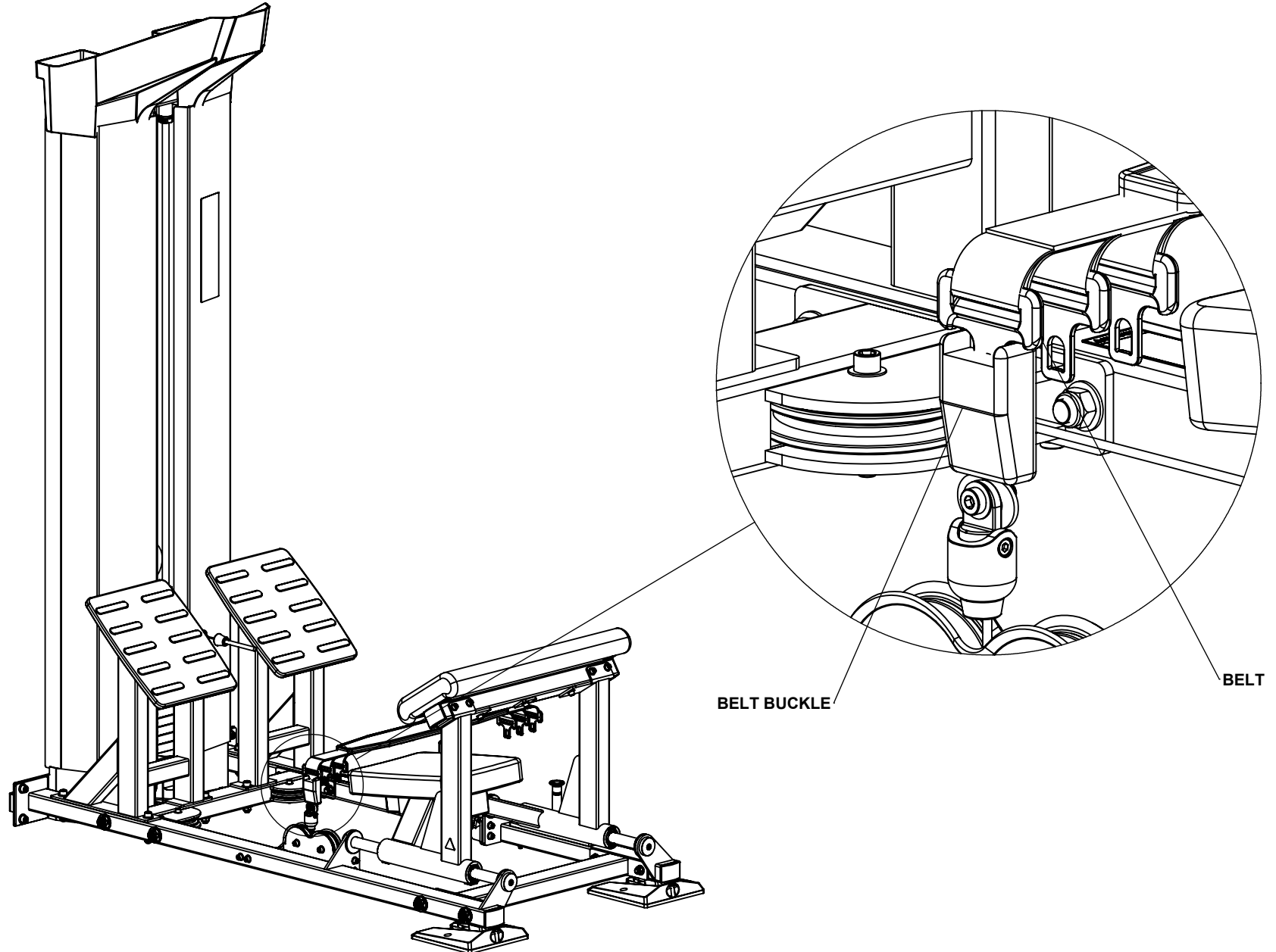


NOTES:

SECURELY tighten bolt connections in this step.

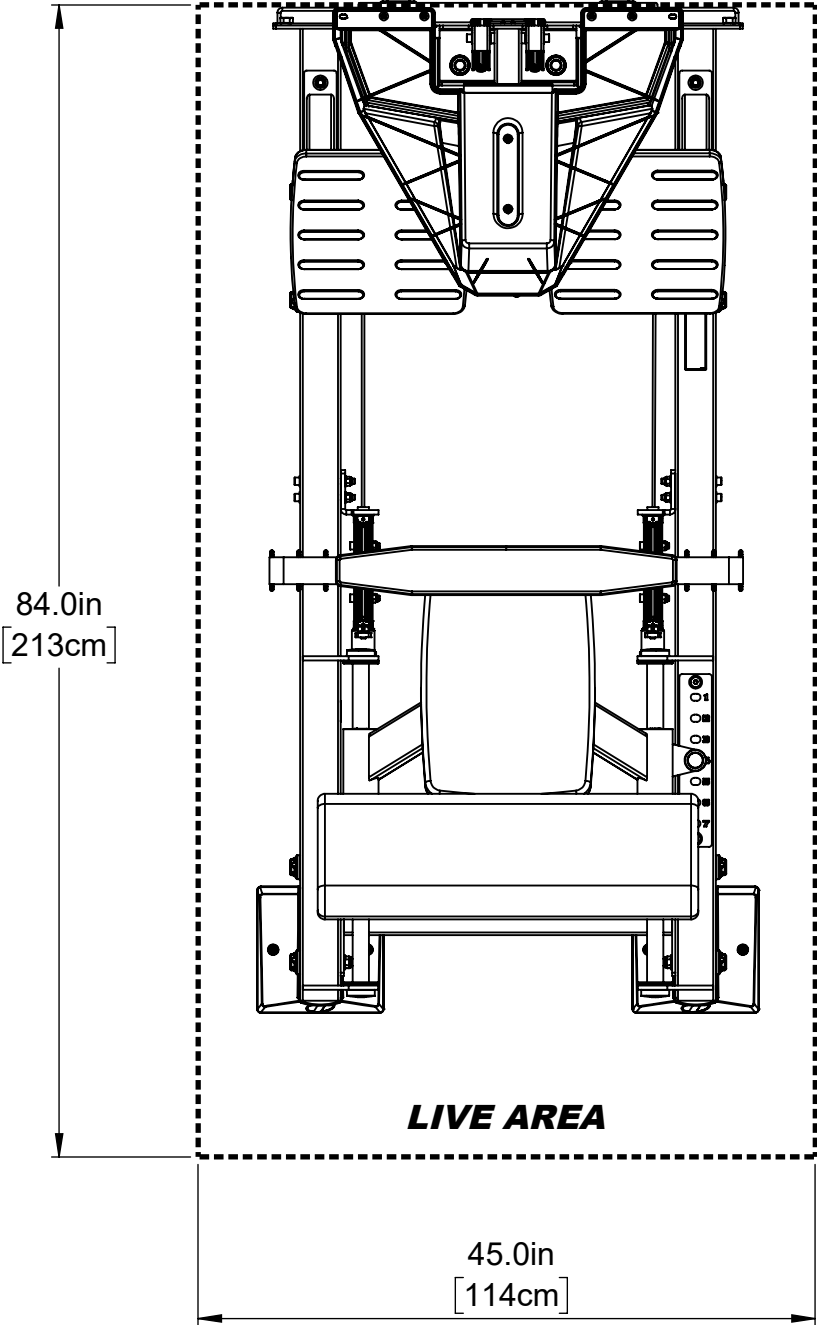


STEP 34

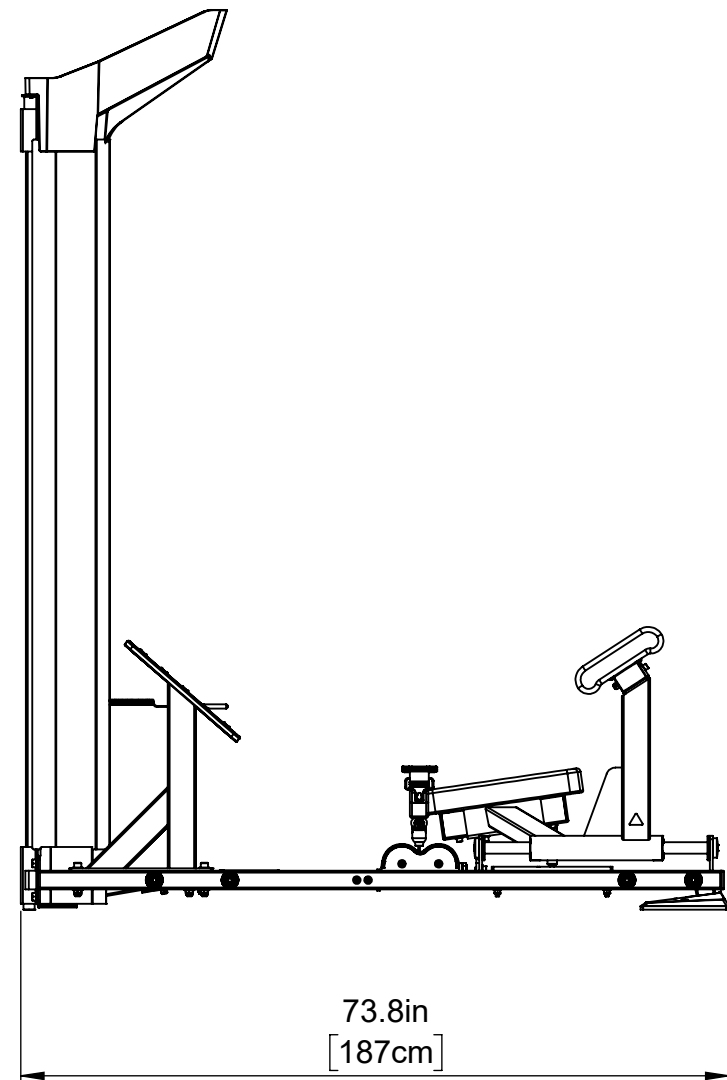
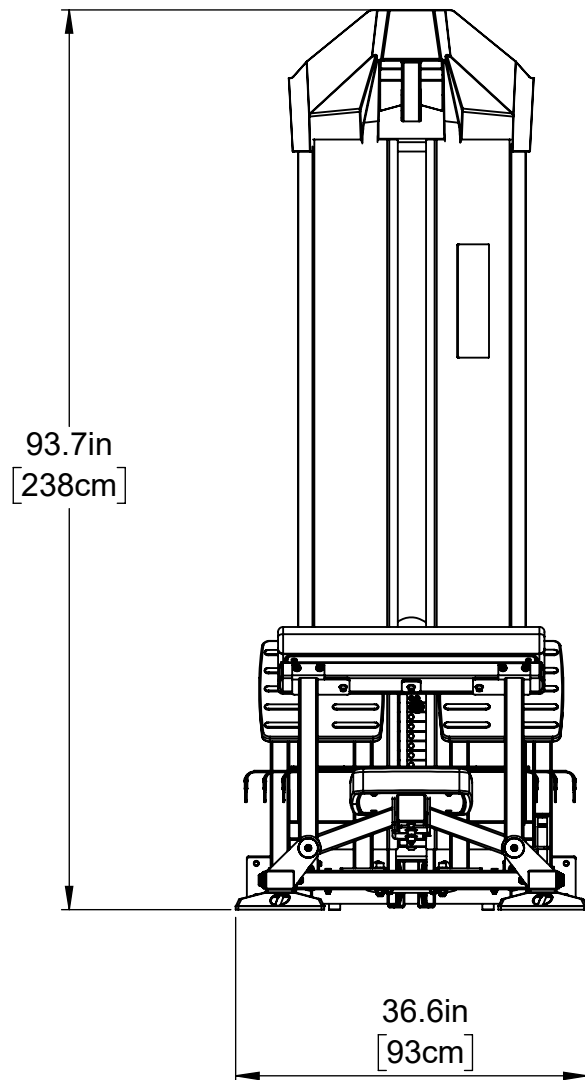


LIVE AREA

TOP VIEW



DIMENSIONS



TOTAL UNIT WEIGHT : 630 LBS [286 KG]

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 21, PAGE 23 TO ADJUST CABLE TENSION)

FRAME: Clean with a damp cloth.

