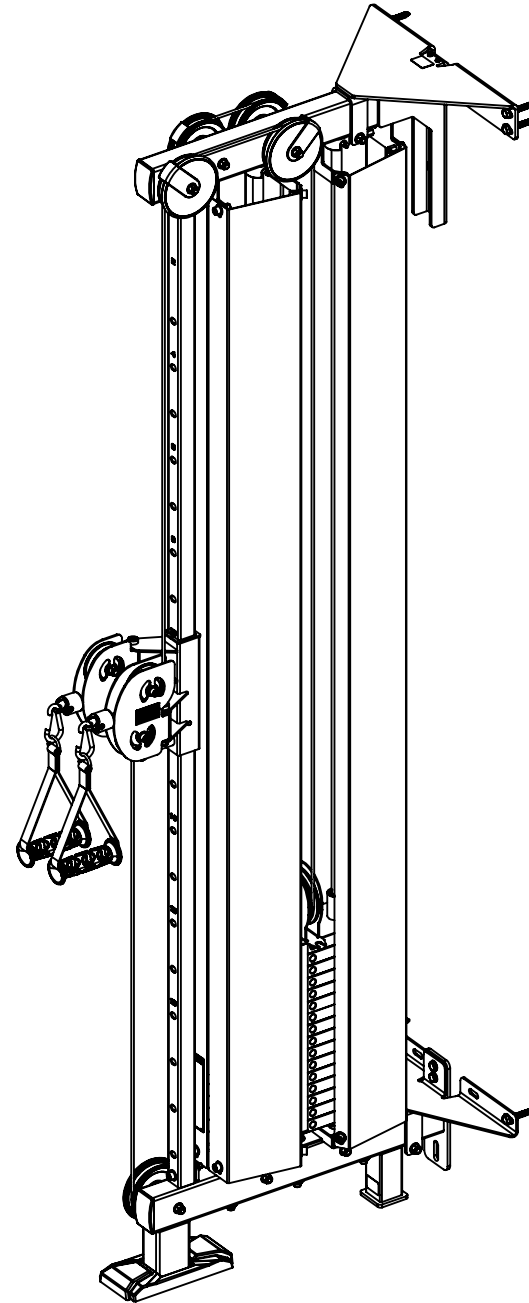
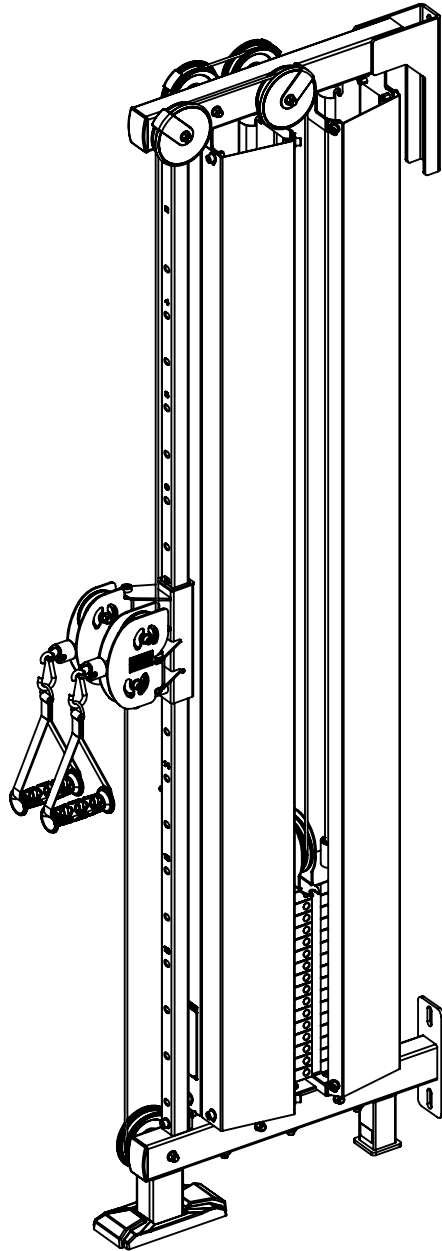


# CABLE COLUMN ASSEMBLY GUIDE

VERSION: XCC-103

PART #: 5852601-A



**TORQUE** USA

## X-SERIES CABLE COLUMN ASSEMBLY OVERVIEW

- This manual covers installing the XCC in a variety of systems. Find the rack system or mounting style that most closely matches yours to complete Steps 1 and 2.

## TABLE OF CONTENTS

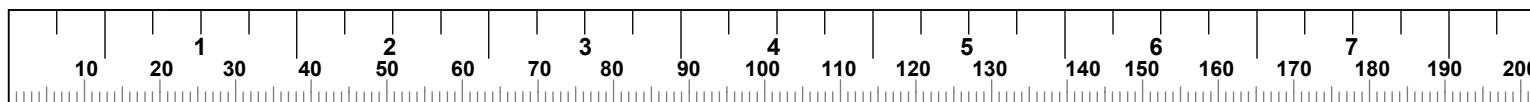
- STEP 1 (XLAB MOUNTED): PAGES 3-5
- STEP 1 (XRACK MOUNTED): PAGE 6
- STEP 1 (WALL MOUNTED): PAGES 7-8
- STEP 2: (XLAB MOUNTED) PAGES 9-11
- STEP 2: (XRACK MOUNTED) PAGES 12-13
- STEP 2: (WALL MOUNTED) PAGES 14-16
- STEPS 3-14: PAGE 17-31
- MAINTENANCE: PAGE 32

## TOOLS REQUIRED FOR ASSEMBLY

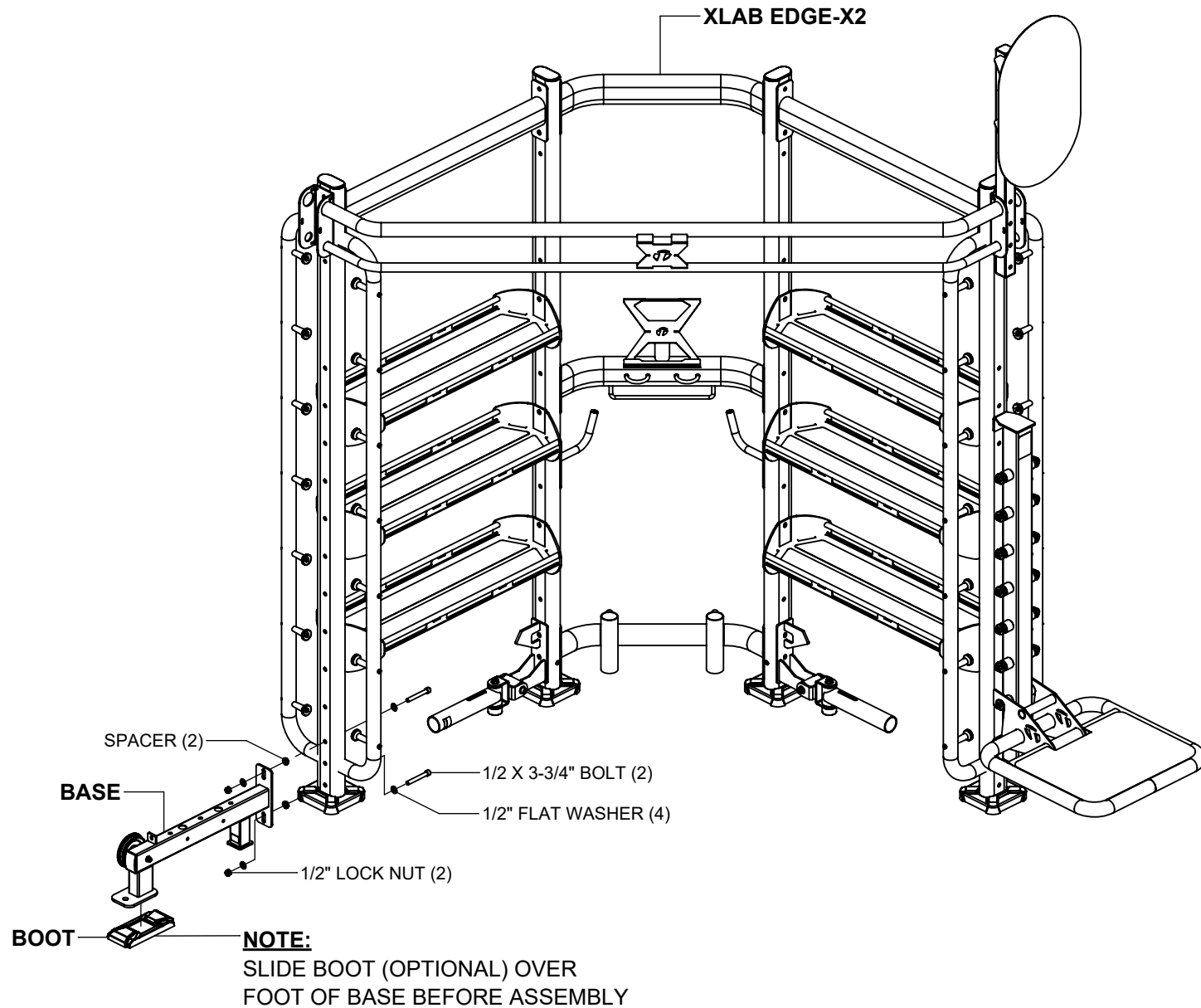
- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 3/16" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET
- 9/16" WRENCH OR SOCKET
- 1/2" WRENCH OR SOCKET
- RUBBER Mallet

## NOTICE:

Visit: <https://commercial.torquefitness.com/pages/assembly-manuals> to download the most current versions of assembly manuals. Some X-Series Packages have dedicated manuals that provide more detailed instructions than this manual.

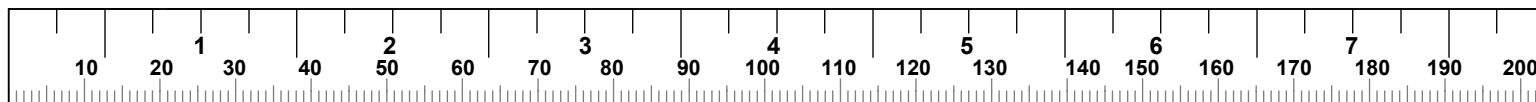


**STEP 1A**  
**XLAB MOUNT**

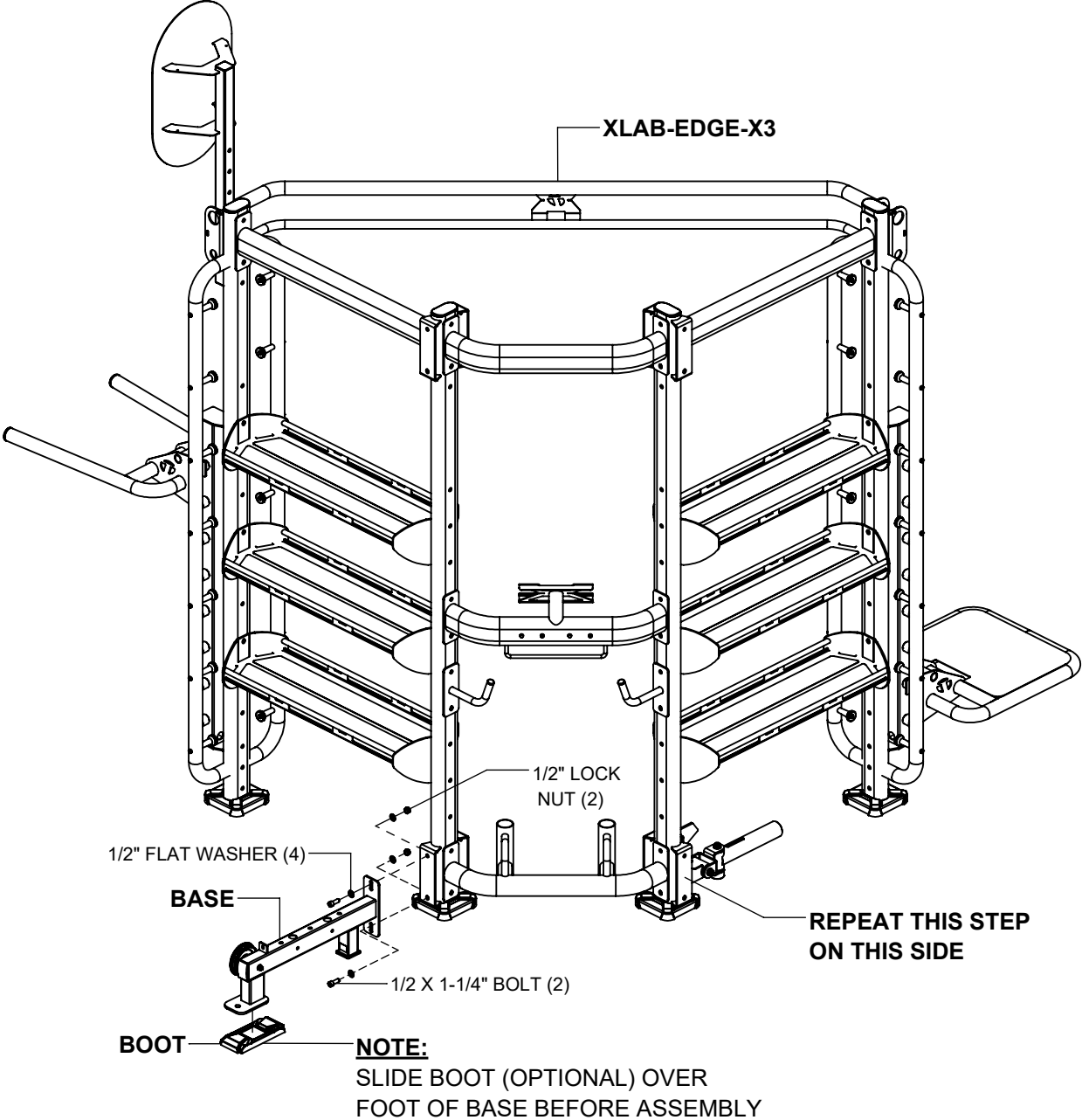


**NOTE:**

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

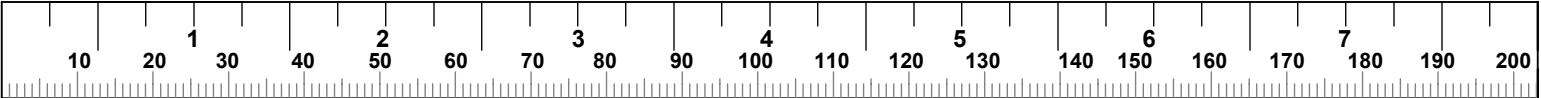


**STEP 1B**  
**XLAB MOUNT**

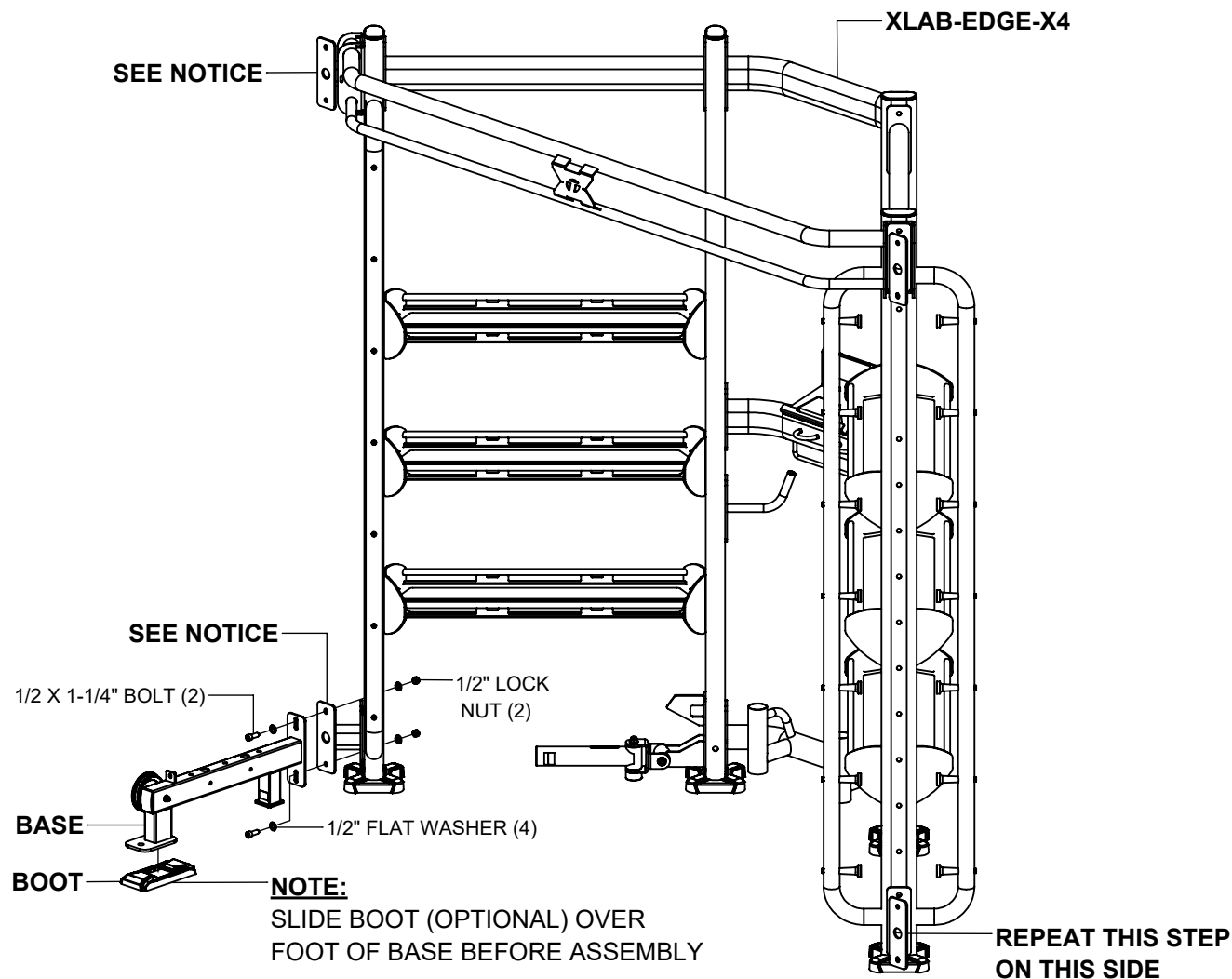


**NOTE:**

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



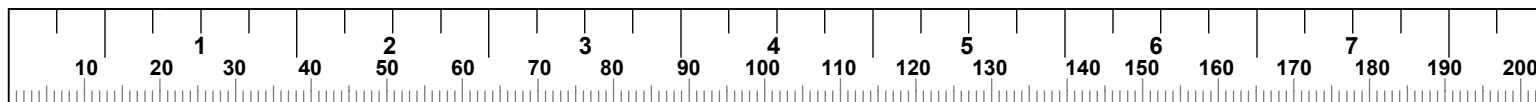
## STEP 1C XLAB MOUNT



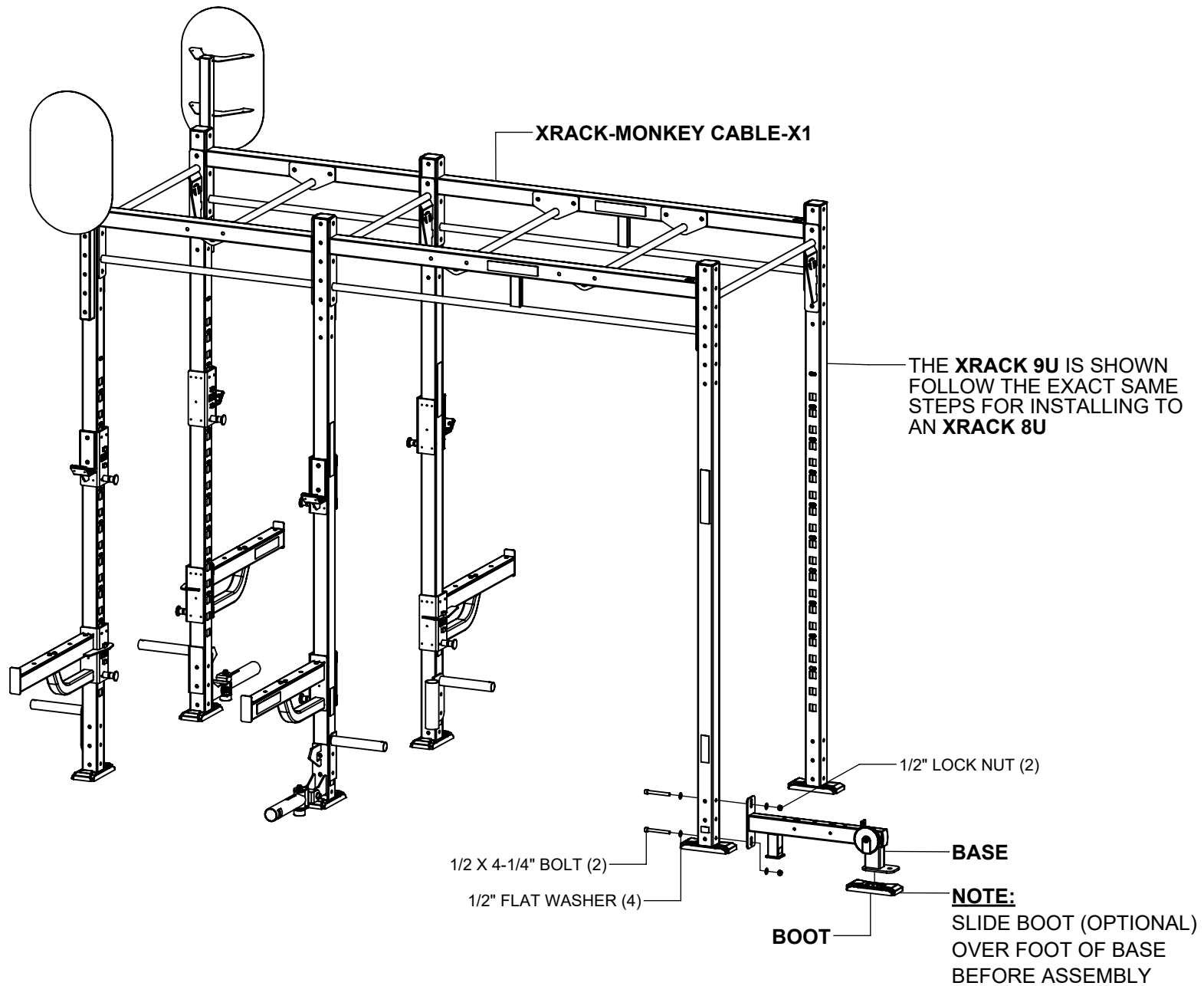
### NOTICE:

The X-Lab Edge X4 package (and some custom packages) require angled connectors that bolt to the uprights first. Please download the XLE-X4 instructions from: <http://www.torquefitness.com/assembly-manuals/> for more detailed instructions.

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

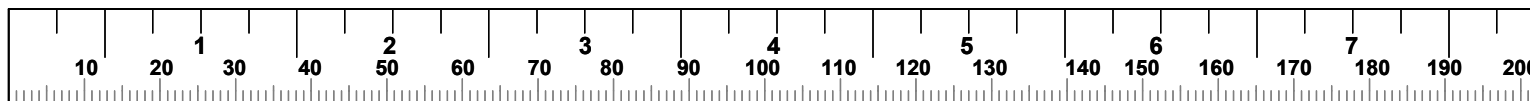


# **STEP 1A** **XRACK MOUNT**

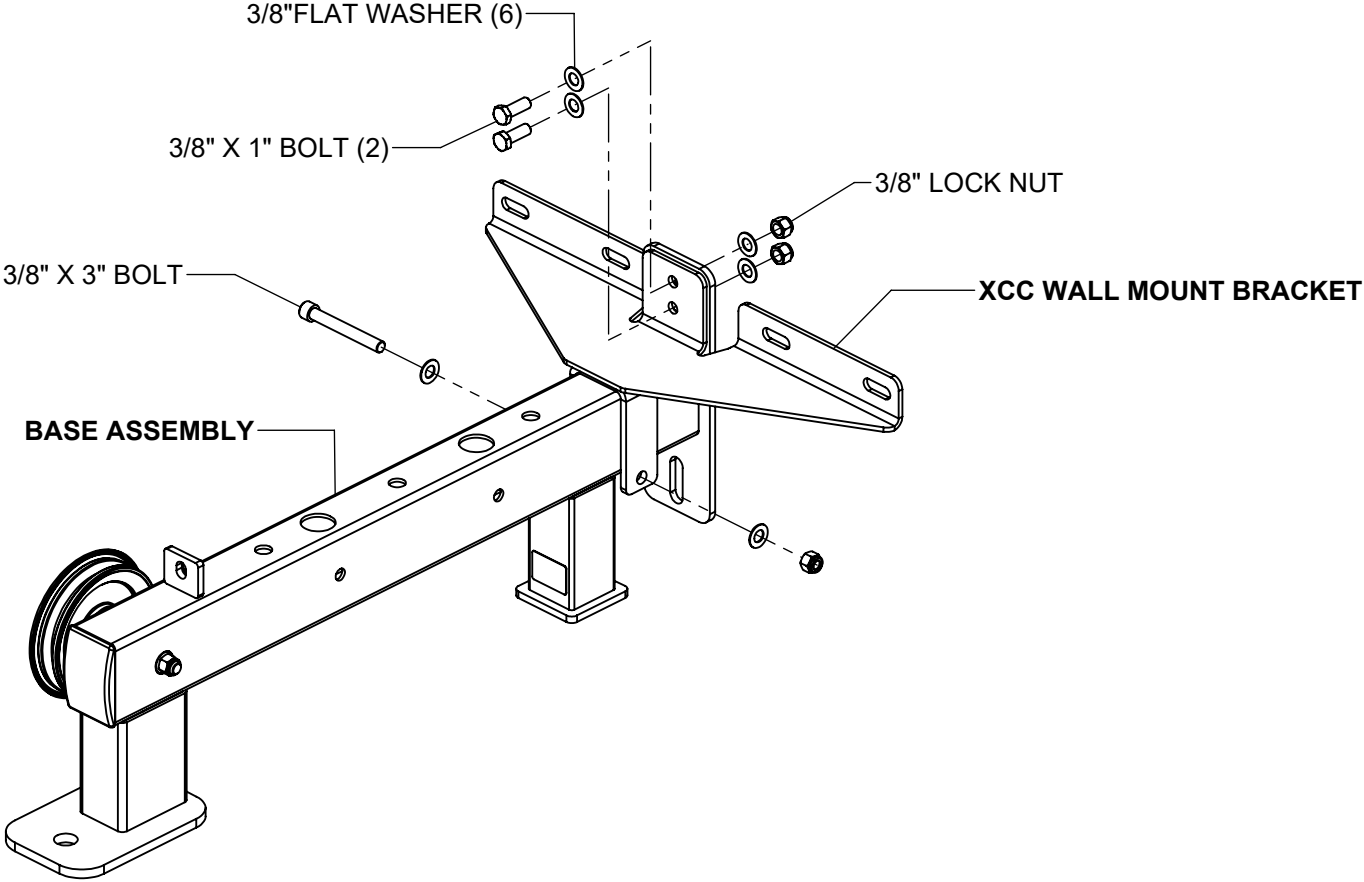


## **NOTE:**

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

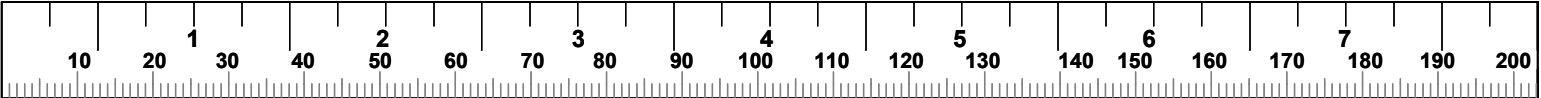


**STEP 1A**  
**WALL MOUNT**

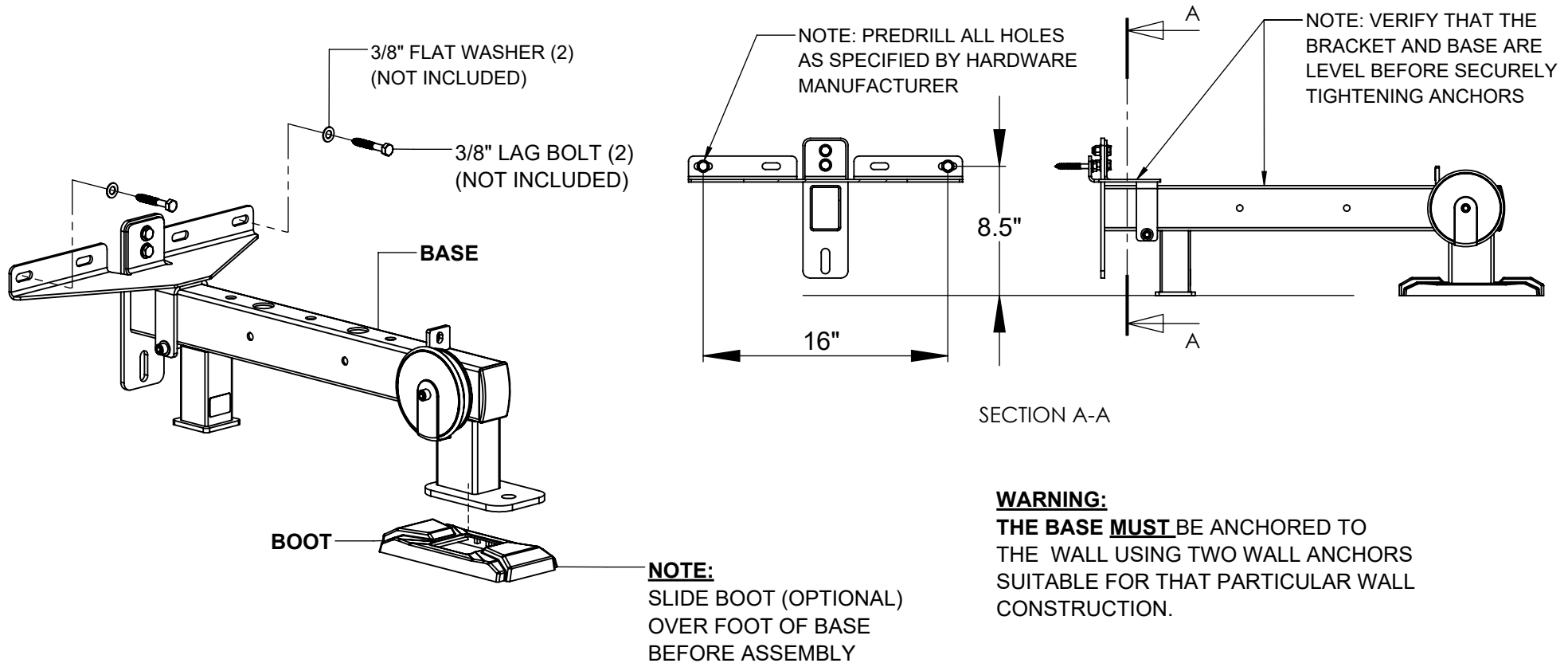


**NOTES:**

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



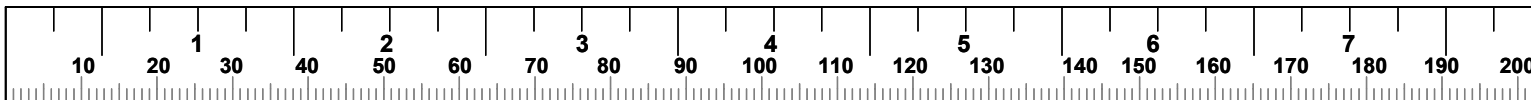
## STEP 1B WALL MOUNT



### NOTES:

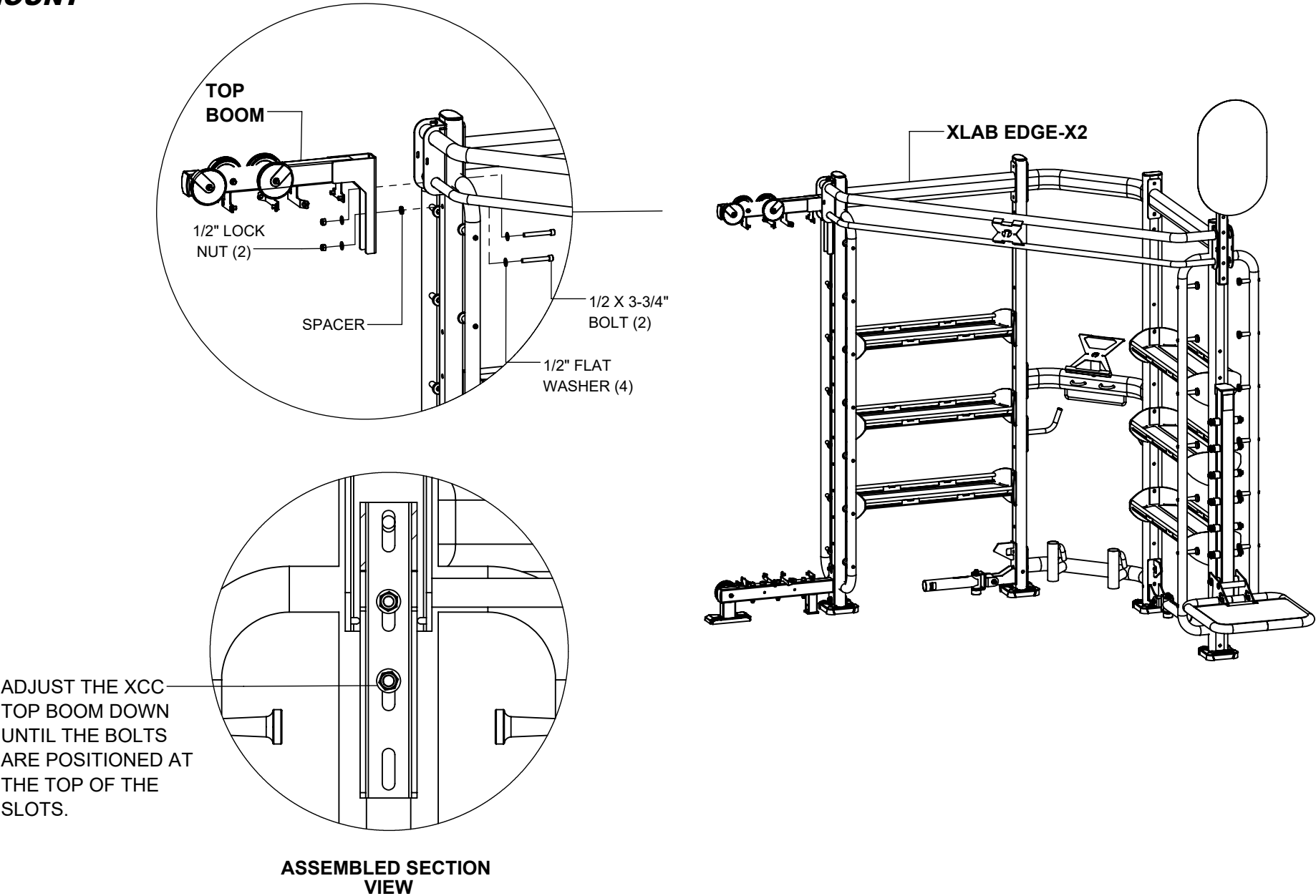
The images above show the anchoring hardware used for attaching the XCC base to a typical wall with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE: Minumum of 2 anchoring locations must be used.** The pull-out strength of the anchoring bolts used must be equal to or greater than 200 lbs. (91 kg)

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

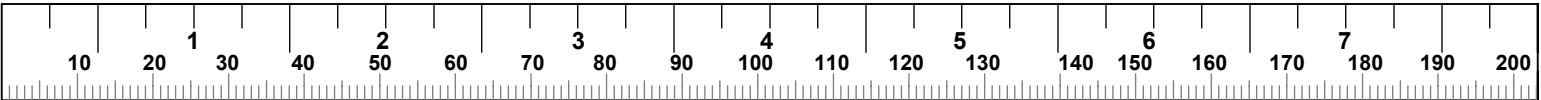




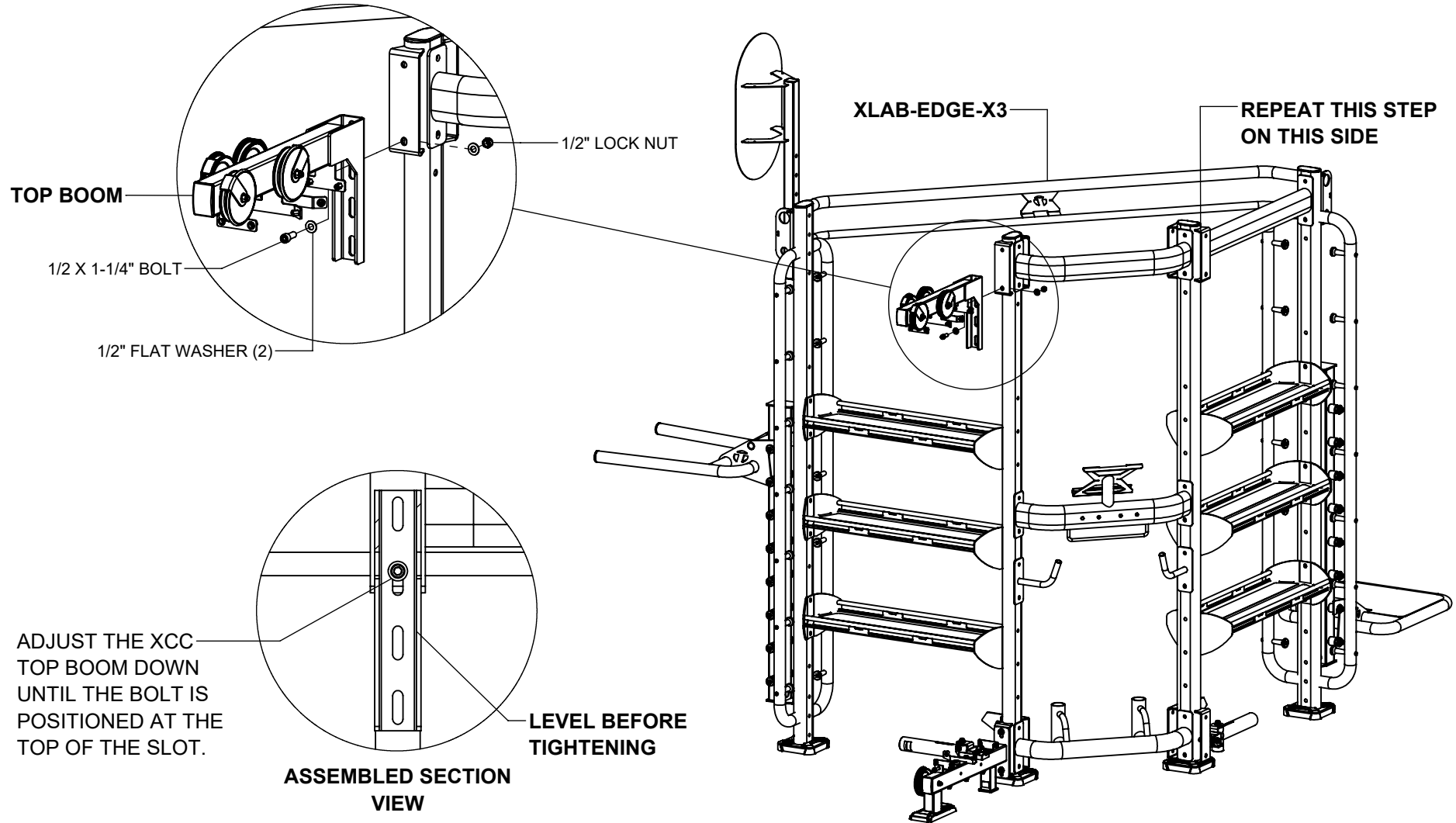
**STEP 2A**  
**XLAB MOUNT**



**NOTE:**  
**SECURELY** assemble all bolt connections in this step.



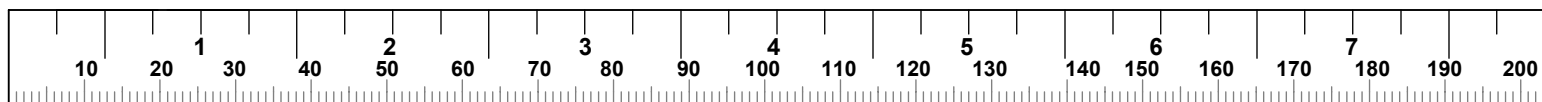
## STEP 2B XLAB MOUNT



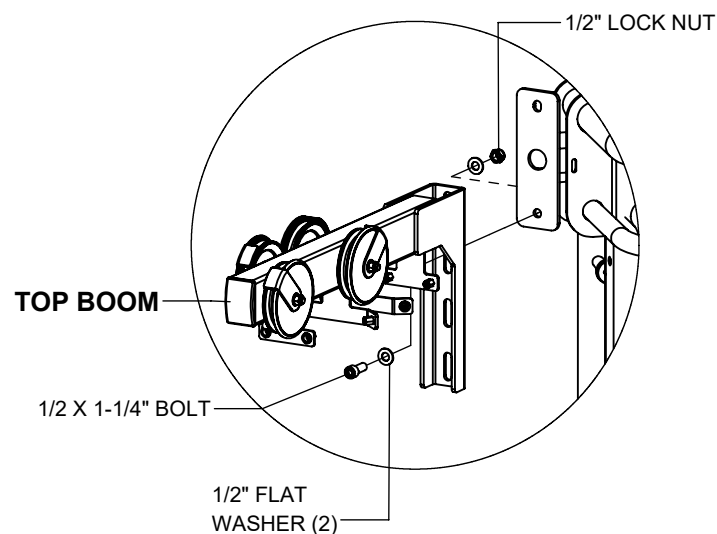
### **NOTE:**

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

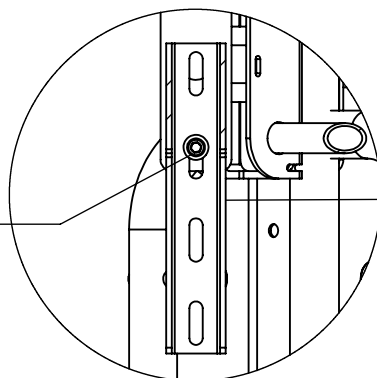
Some items have been hidden for assembly clarity.



## STEP 2C XLAB MOUNT

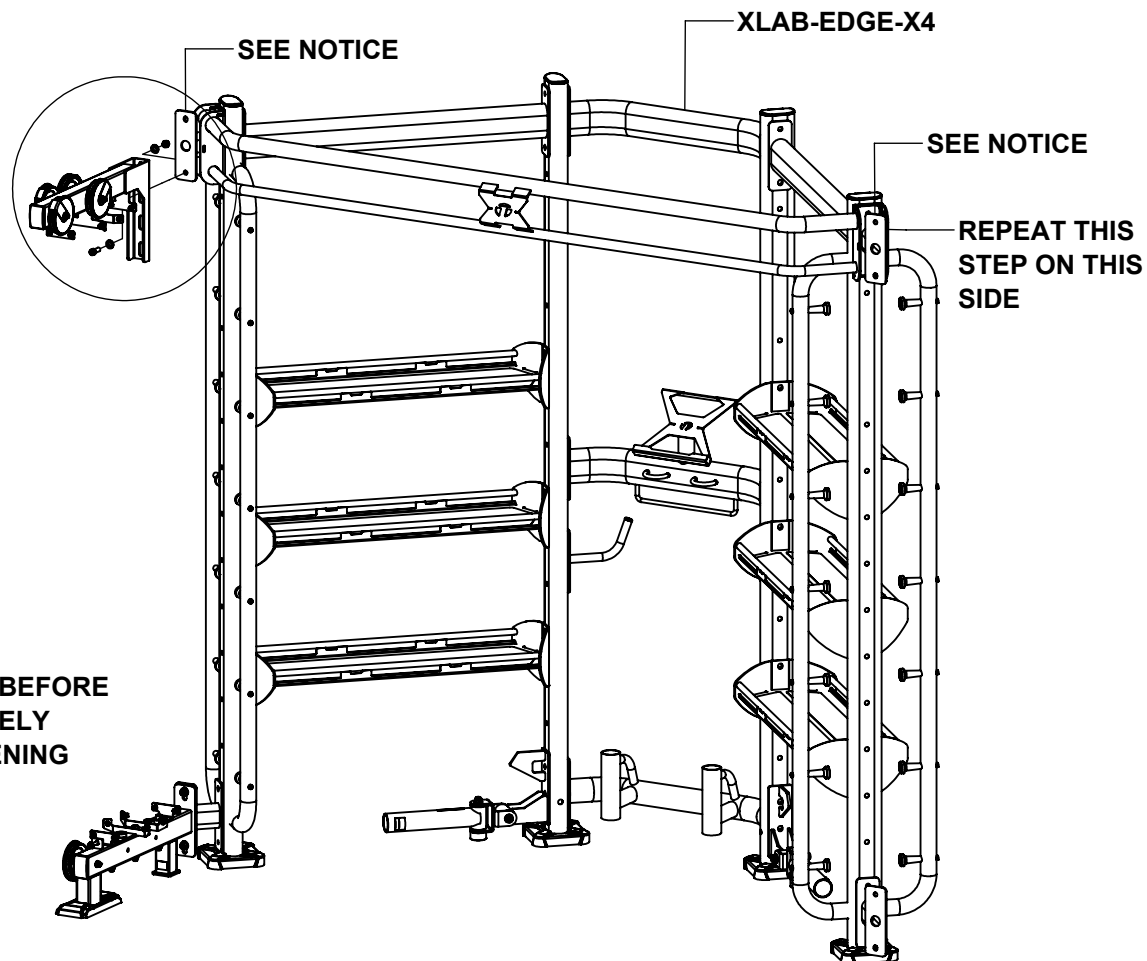


ADJUST THE XCC TOP BOOM DOWN UNTIL THE BOLT IS POSITIONED AT THE TOP OF THE SLOT.



**ASSEMBLED SECTION VIEW**

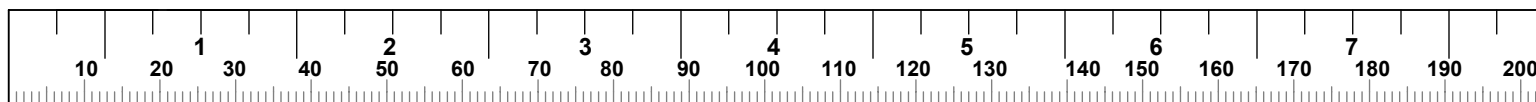
**LEVEL BEFORE SECURELY TIGHTENING**



### **NOTICE:**

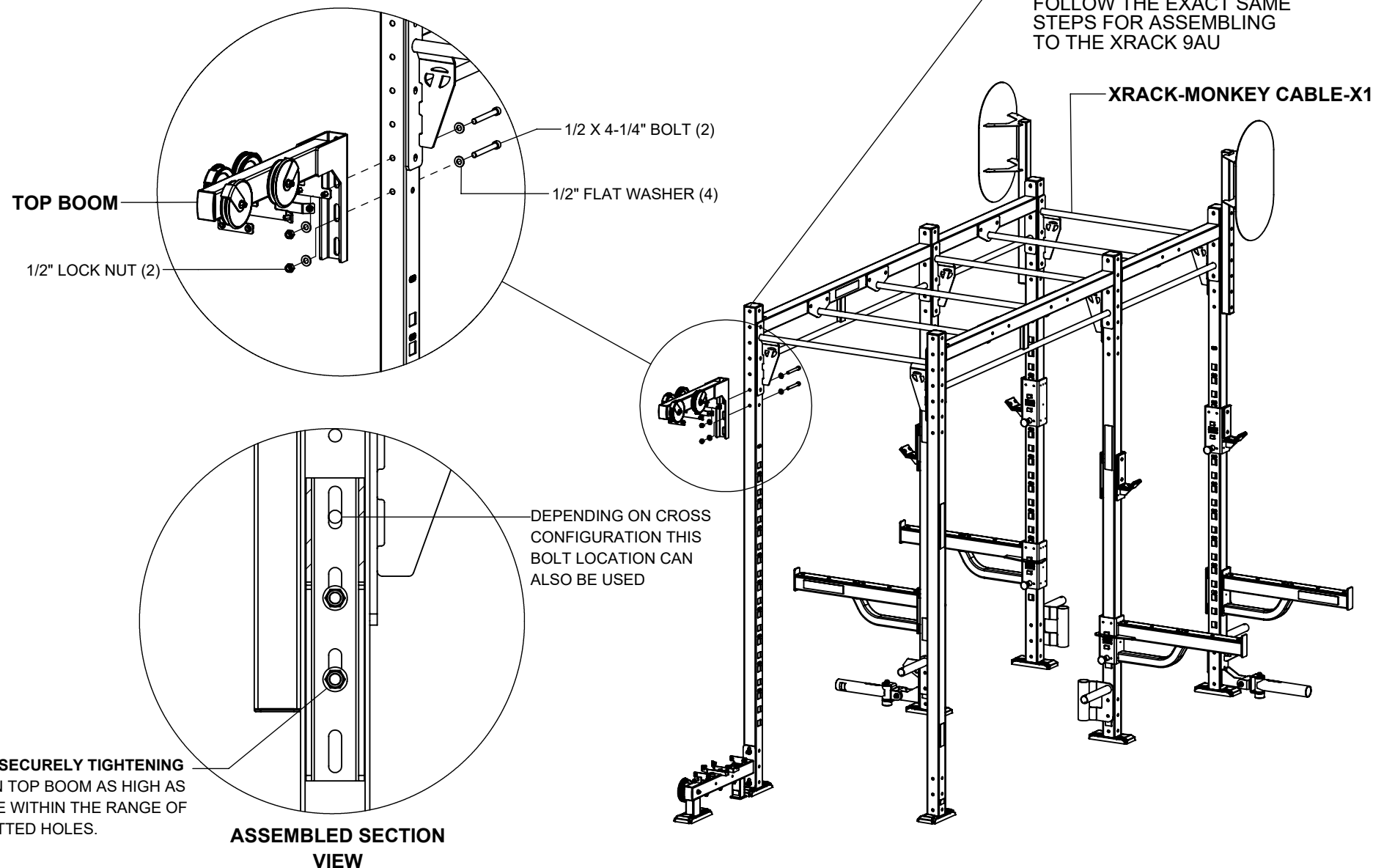
The X-Lab Edge X4 package (and some custom packages) require angled connectors that bolt to the uprights first. Please download the XLE-X4 instructions from: <http://www.torquefitness.com/assembly-manuals/> for more detailed instructions.

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



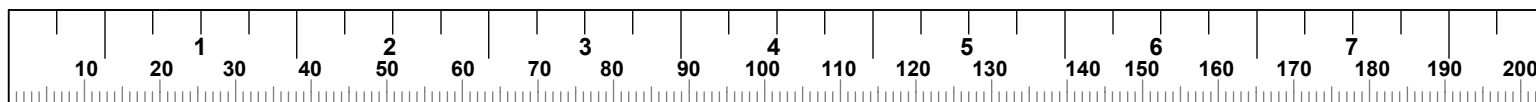
## STEP 2A XRACK MOUNT 9U

**NOTE:** XRACK 9U SHOWN.  
FOLLOW THE EXACT SAME  
STEPS FOR ASSEMBLING  
TO THE XRACK 9AU

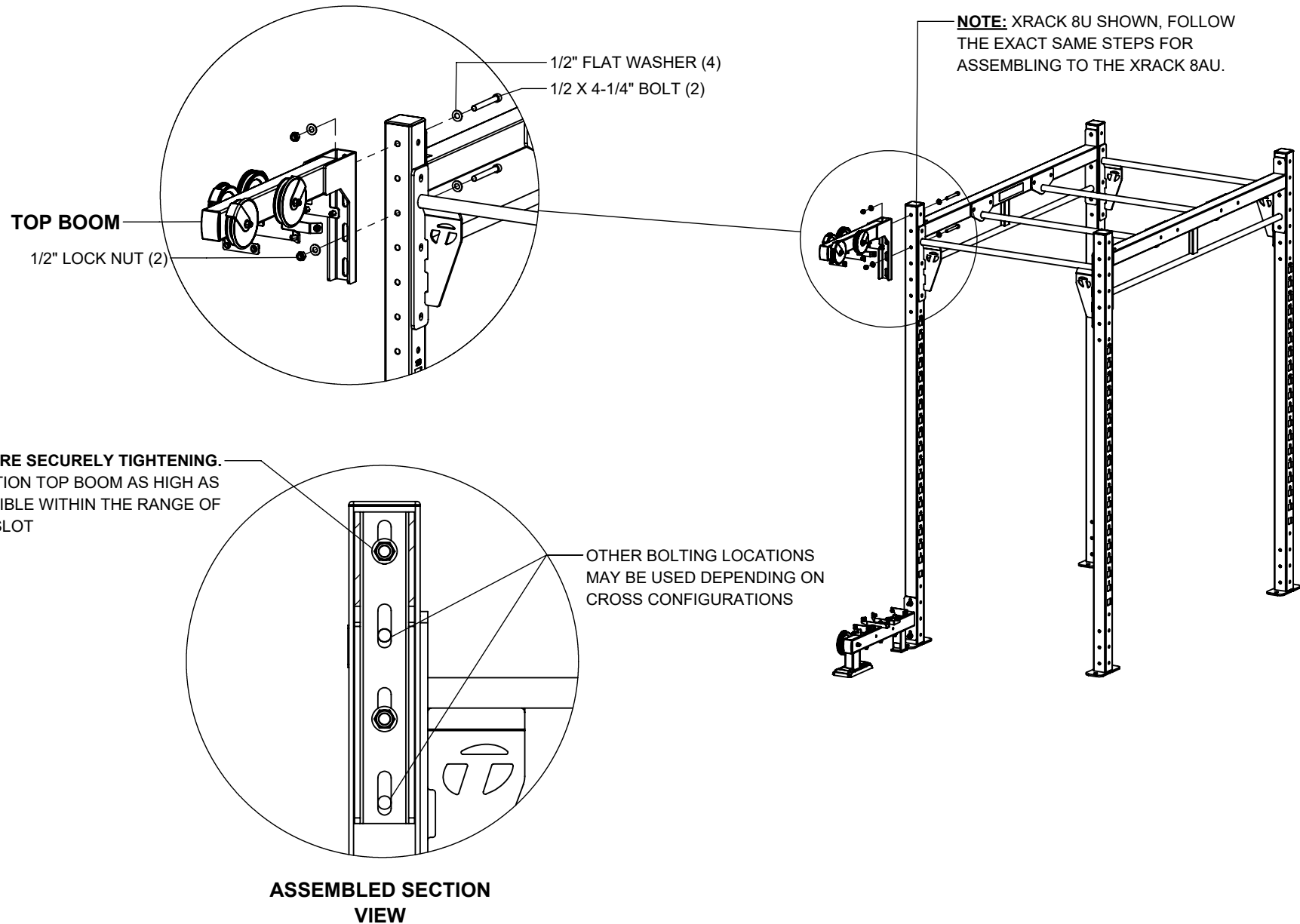


### **NOTE:**

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

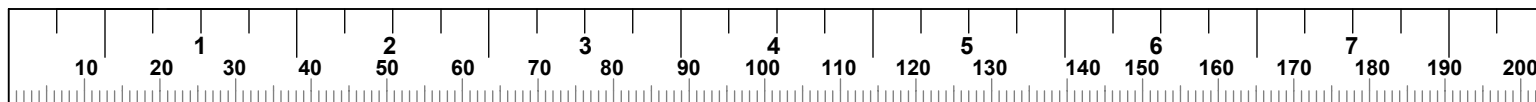


## STEP 2B XRACK MOUNT 8U

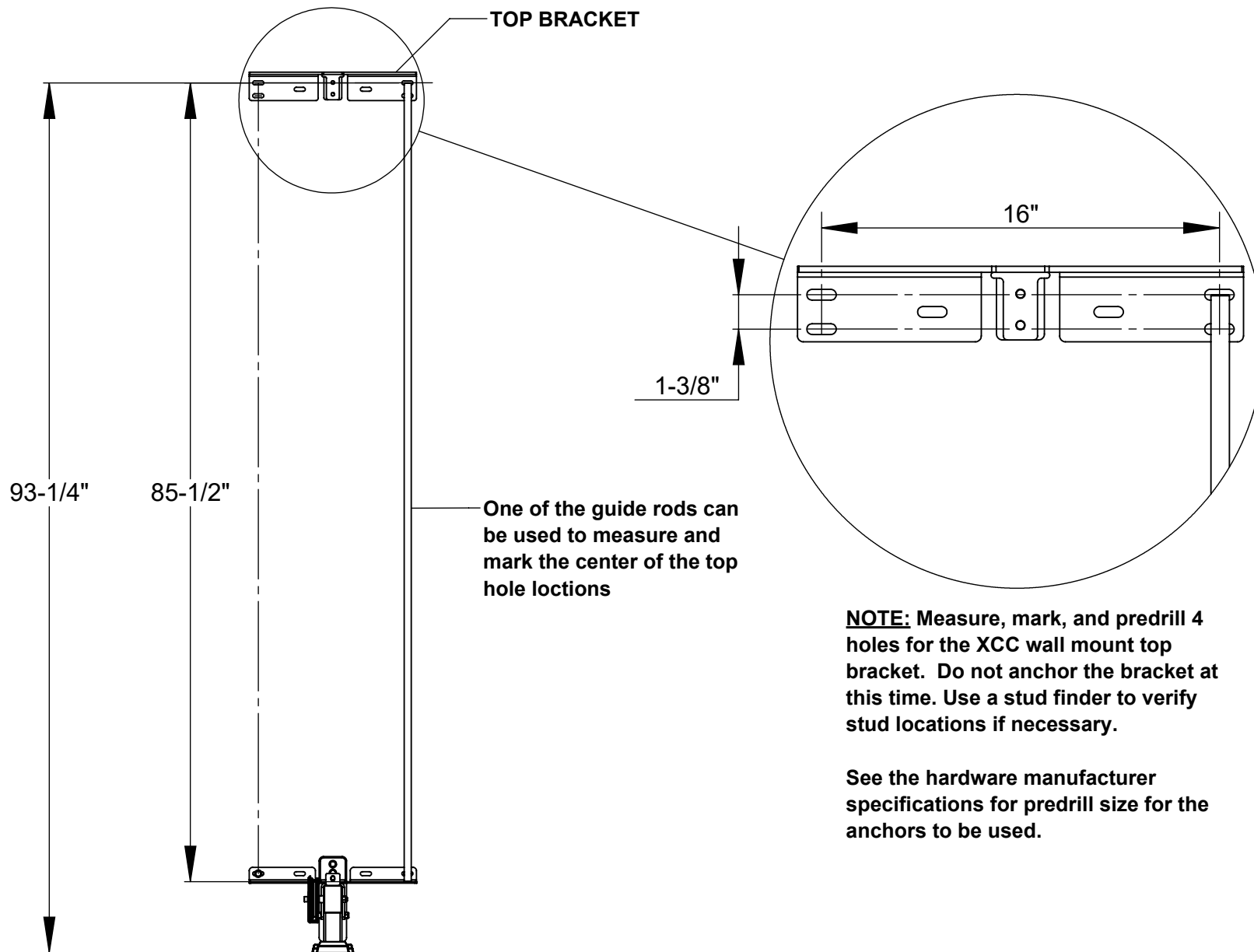


### **NOTE:**

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



## STEP 2A WALL MOUNT

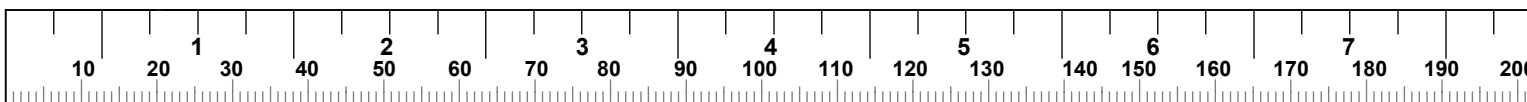


**NOTE:** Measure, mark, and predrill 4 holes for the XCC wall mount top bracket. Do not anchor the bracket at this time. Use a stud finder to verify stud locations if necessary.

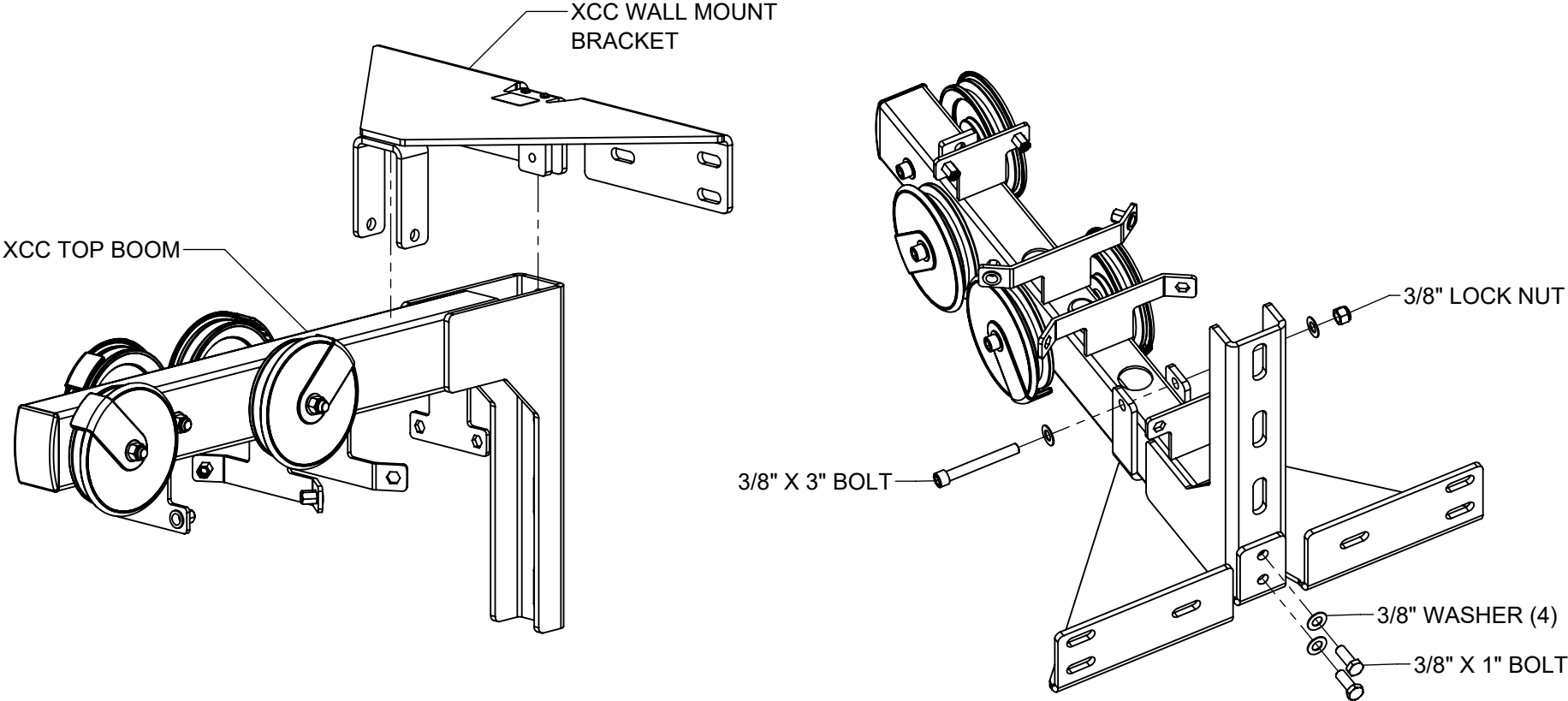
See the hardware manufacturer specifications for predrill size for the anchors to be used.

### **NOTES:**

Position, mark and predrill in this step. Do not anchor or install hardware.

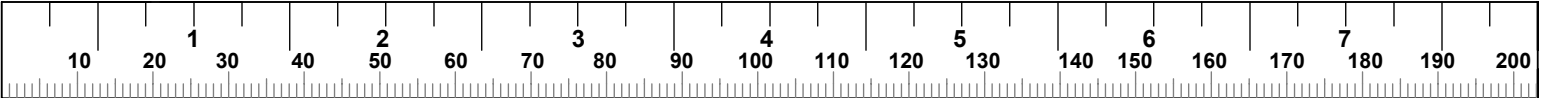


**STEP 2B**  
**WALL MOUNT**



**NOTES:**

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



## STEP 2C WALL MOUNT

### **WARNING:**

THE XCC WALL BRACKET **MUST** BE ANCHORED TO THE WALL USING A MINIMUM OF FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION

### **NOTE:**

MAKE SURE TOP BOOM AND WALL BRACKET ARE LEVEL.

XCC-WMB

TOP BOOM

3/8" FLAT  
WASHER (4)  
(NOT INCLUDED)

3/8" LAG BOLT (4)  
(NOT INCLUDED)

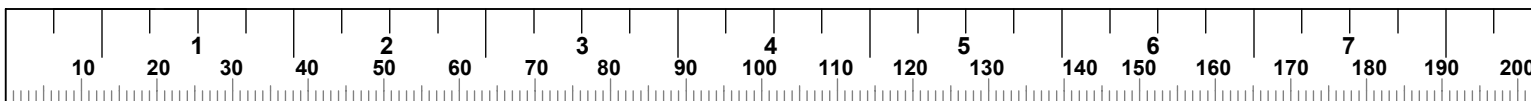
91-1/4"

SECTION A-A

### **NOTES:**

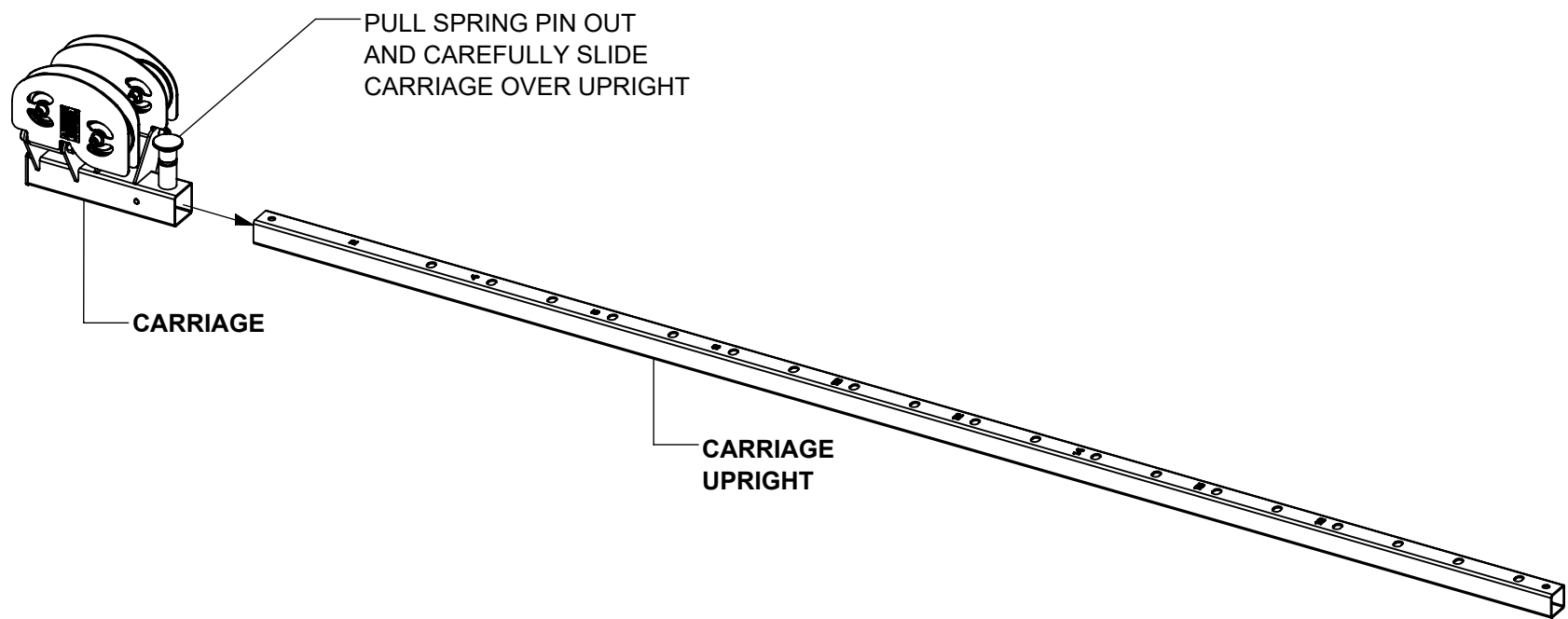
The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater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

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



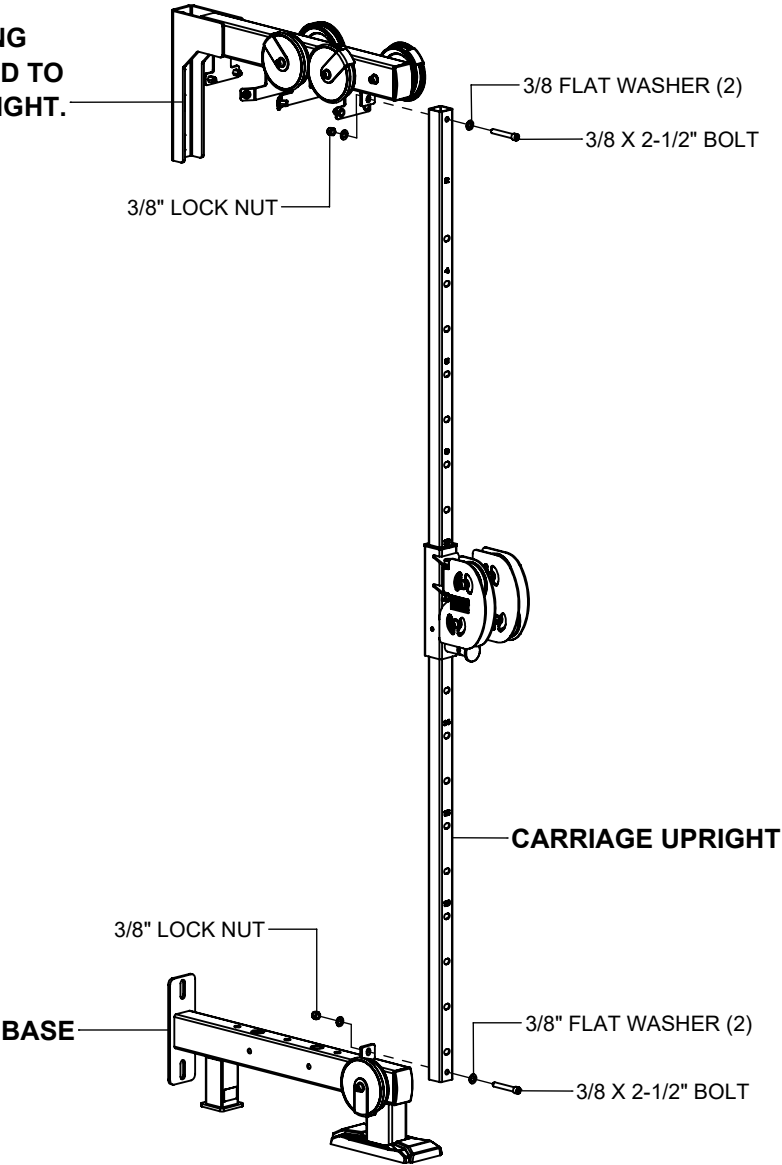


### STEP 3



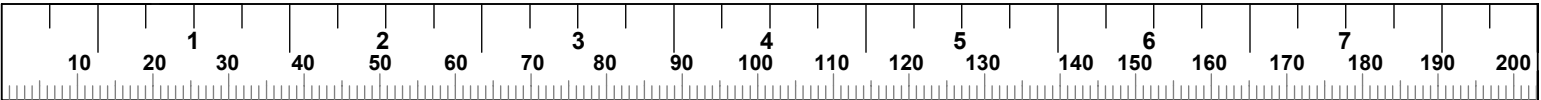
**STEP 4**

LOOSENING OF MOUNTING  
BOLTS MAY BE REQUIRED TO  
INSTALL CARRIAGE UPRIGHT.

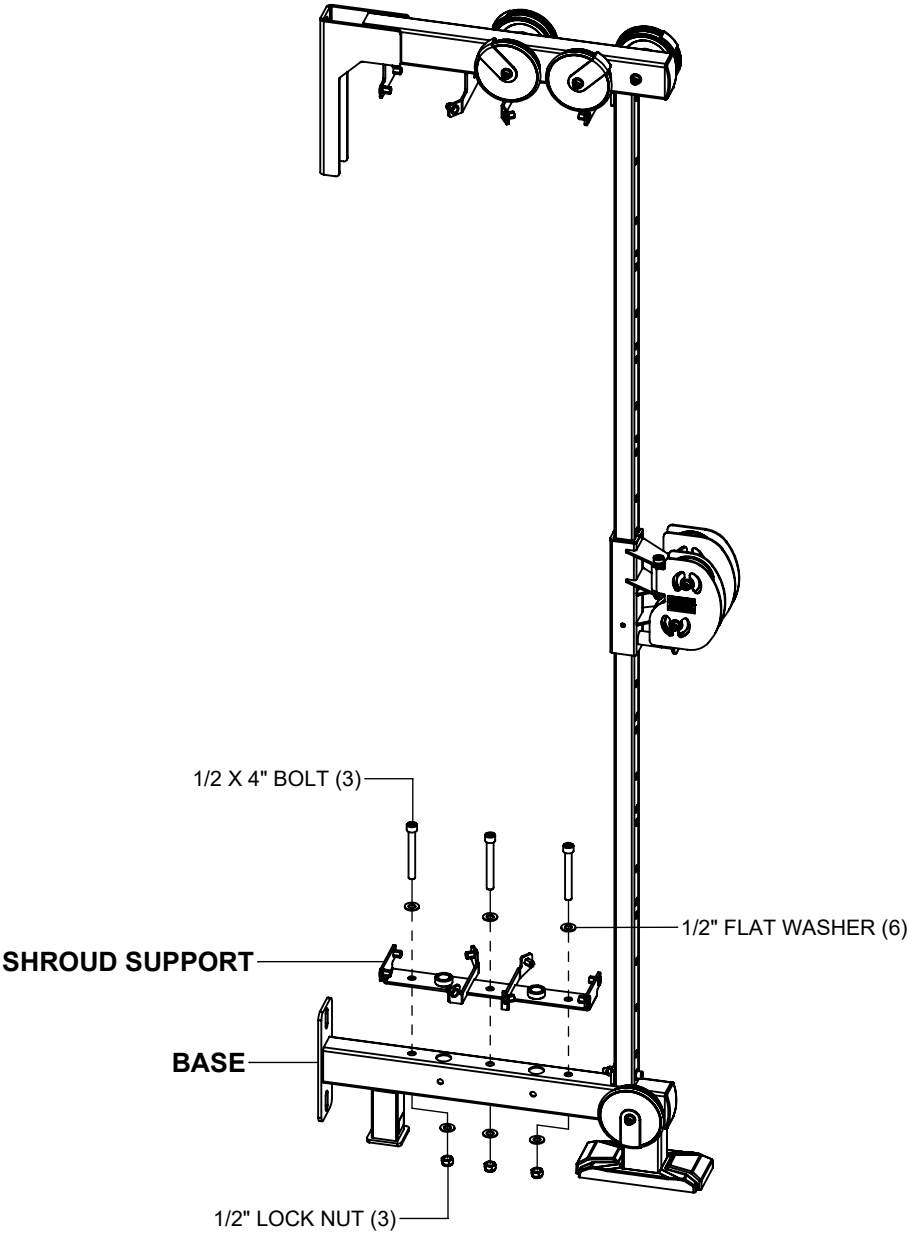


**NOTE:**

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

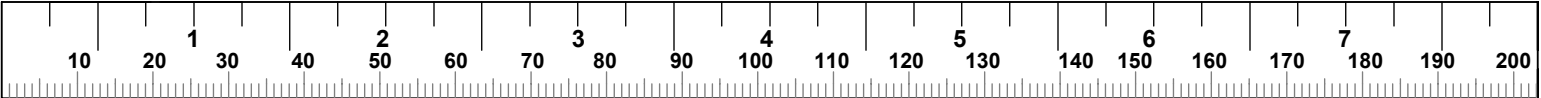


**STEP 5**

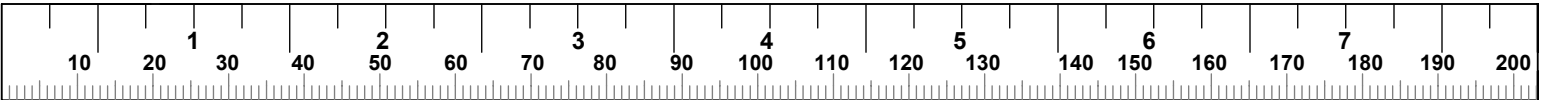
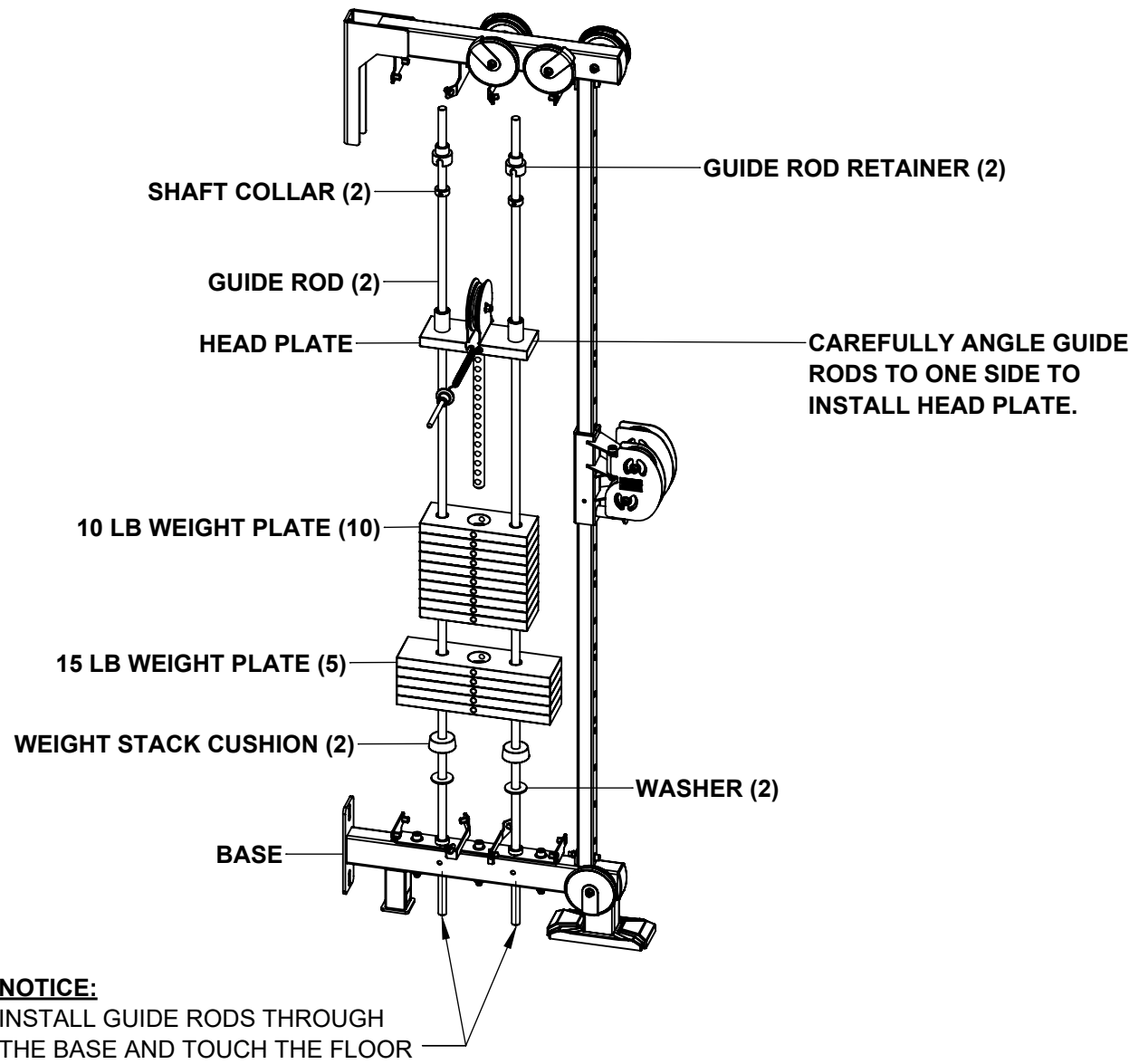


**NOTE:**

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



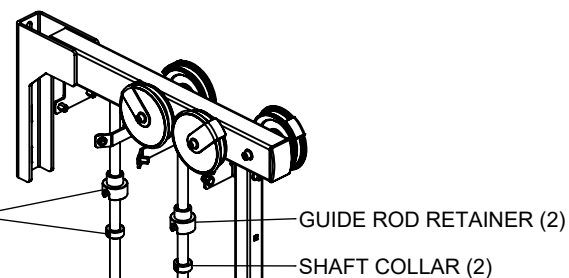
**STEP 6**



## STEP 7

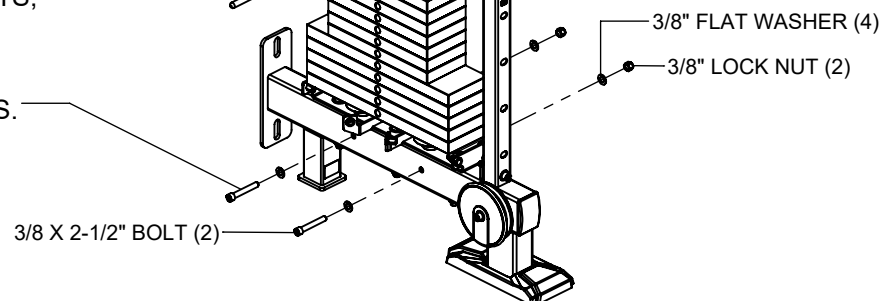
### **NOTE:**

SLIDE GUIDE ROD RETAINERS UP INSIDE THE TOP BOOM. SLIDE SHAFT COLLARS UP INSIDE OF GUIDE ROD RETAINERS AND **SECURELY** TIGHTEN SET SCREWS OF SHAFT COLLARS

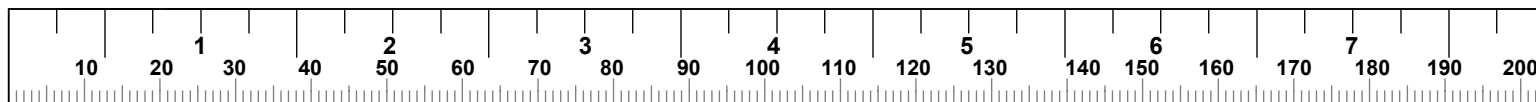


### **NOTE:**

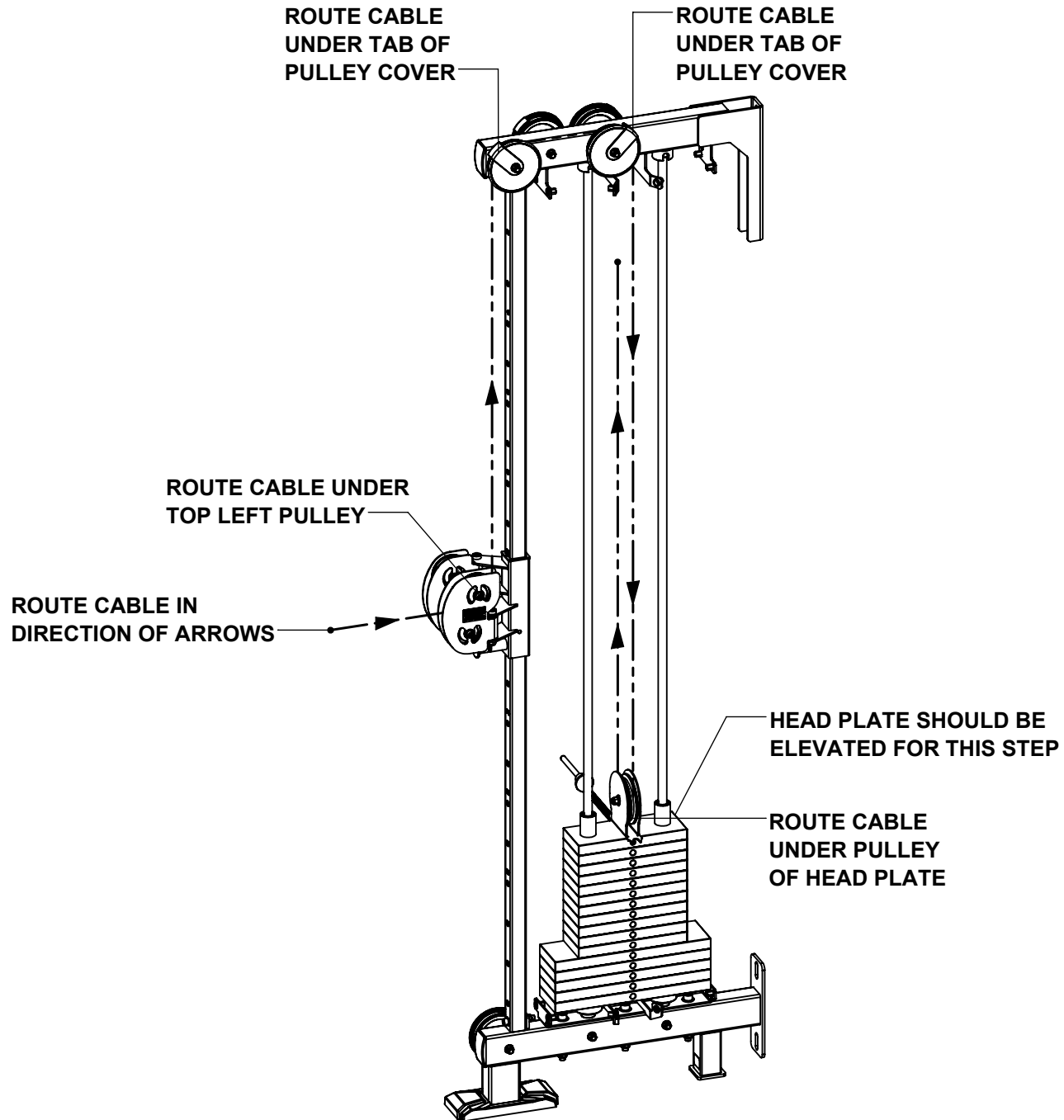
ONCE THE WEIGHT STACK HAS BEEN ASSEMBLED, LIFT UP ON GUIDE RODS AND **SECURELY** ASSEMBLE THE BOLTS, WASHERS AND NUTS TO THE BASE UNDERNEATH THE GUIDE RODS. GUIDE RODS REST ON TOP OF BOLTS.



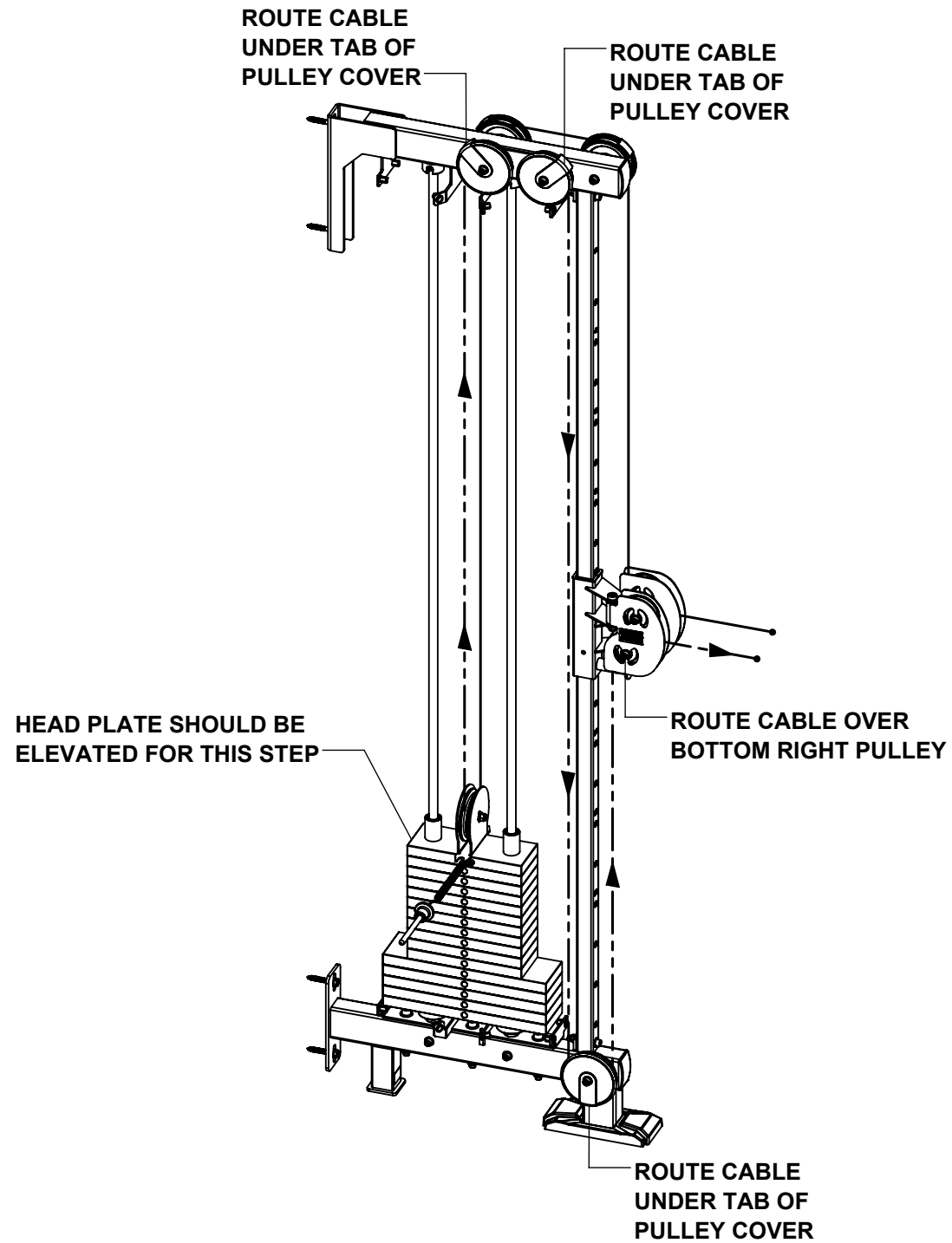
**SECURELY** tighten all bolt connections in this step.



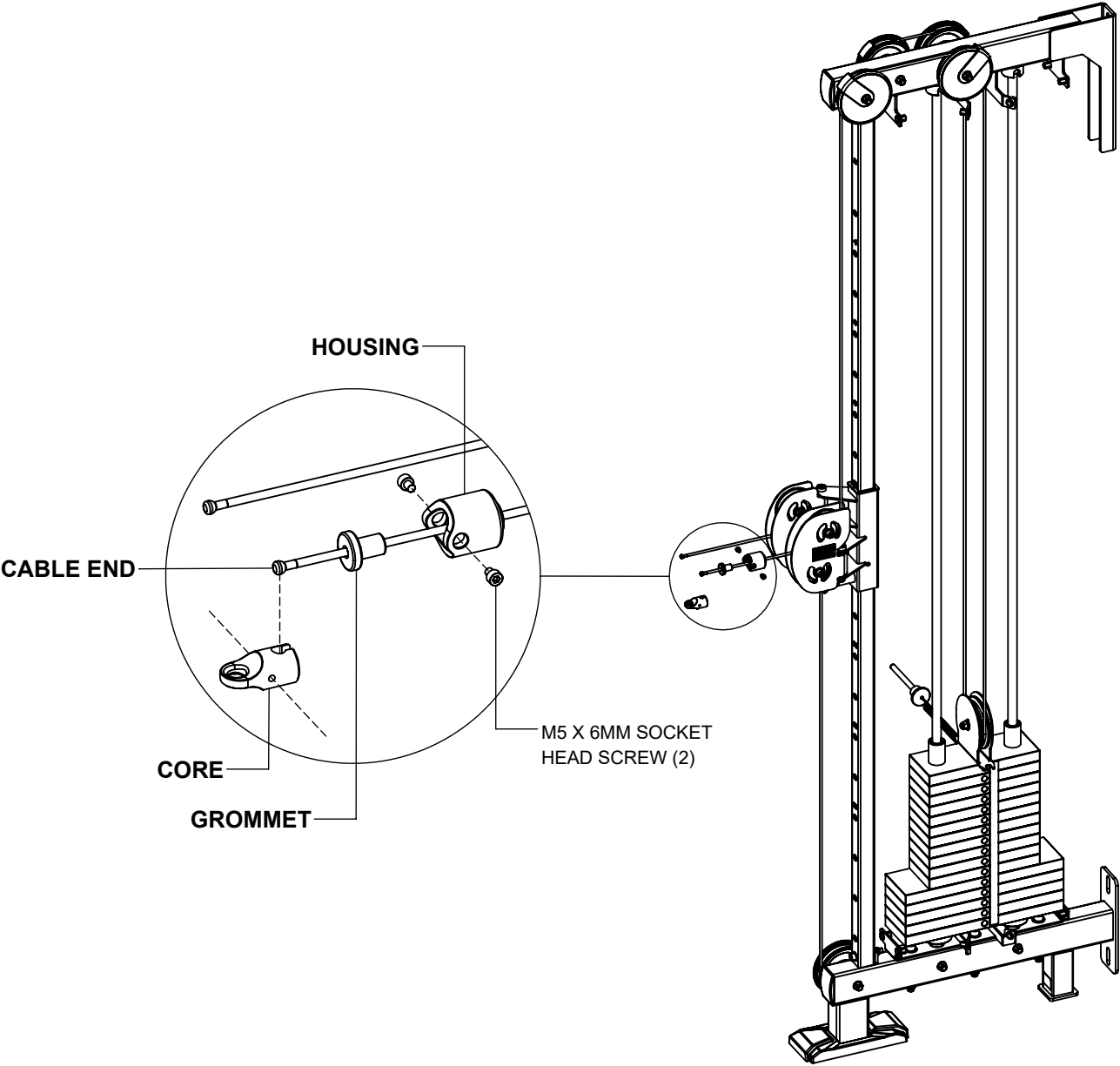
**STEP 8A**  
**CABLE ROUTING**



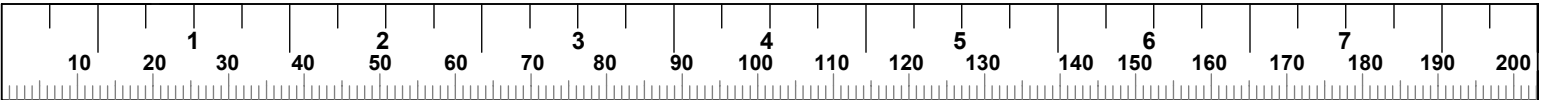
**STEP 8B**  
**CABLE ROUTING**



**STEP 9A**

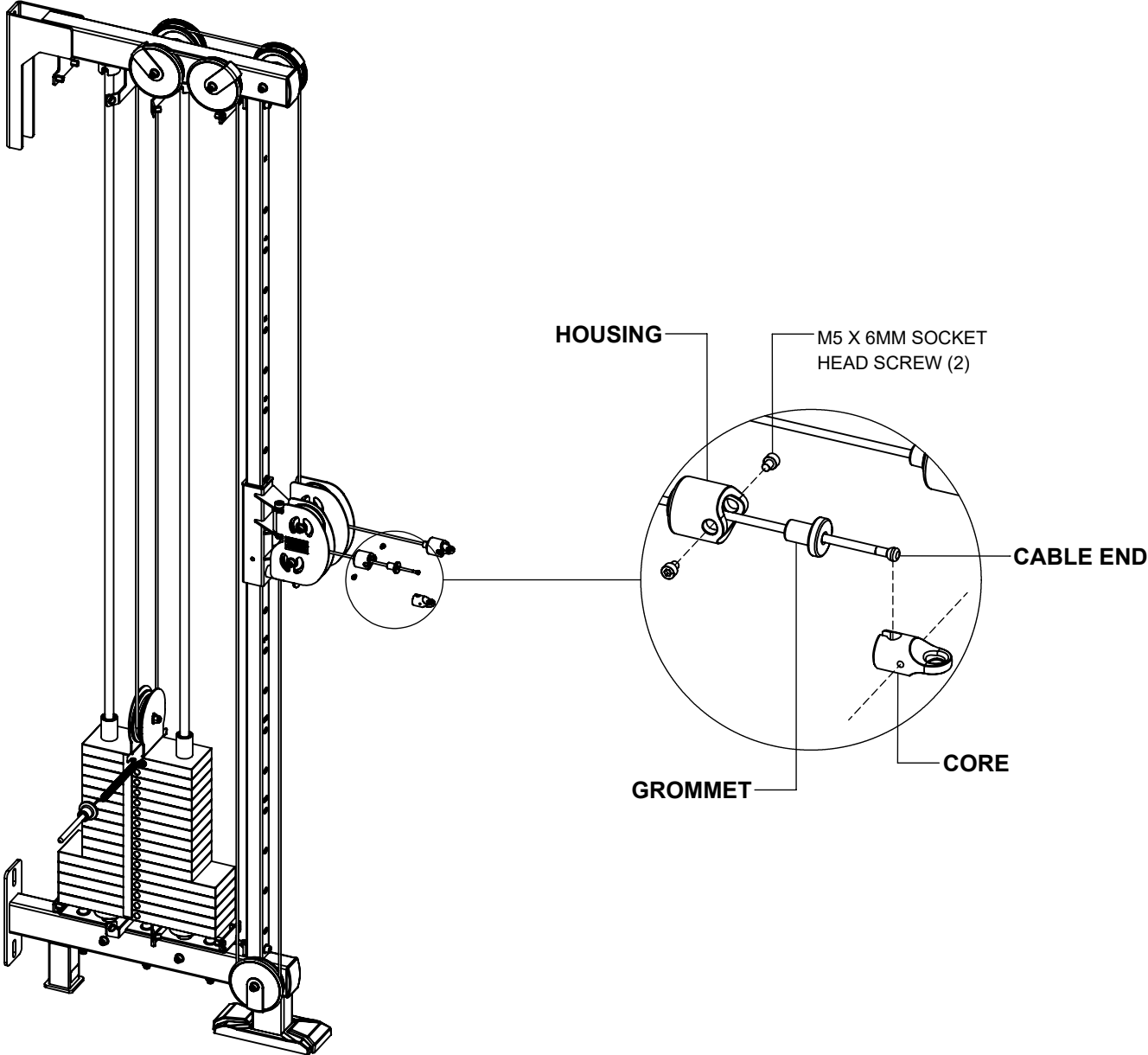


**SECURELY** tighten all bolt connections in this step.

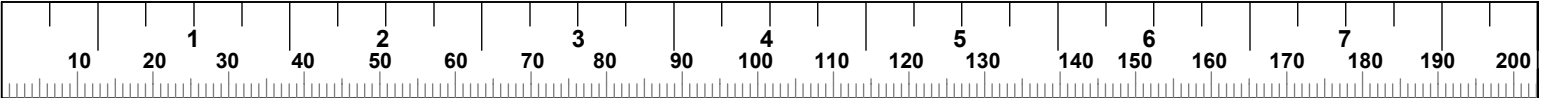




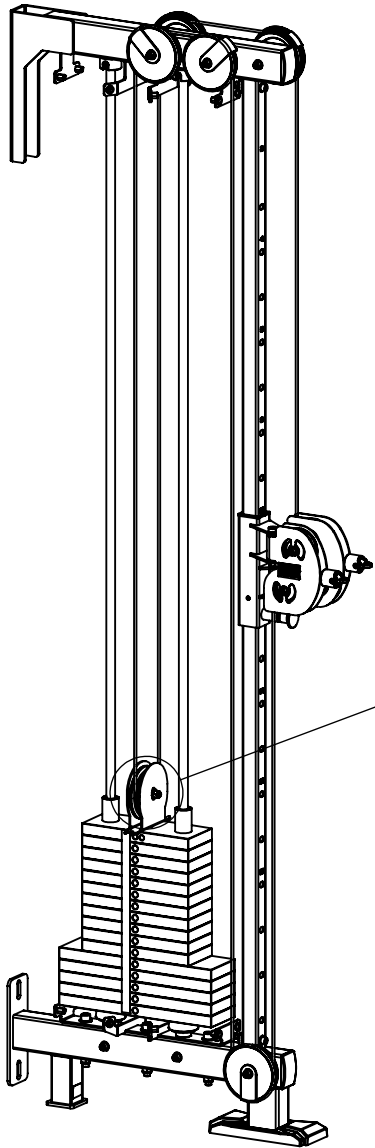
**STEP 9B**



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

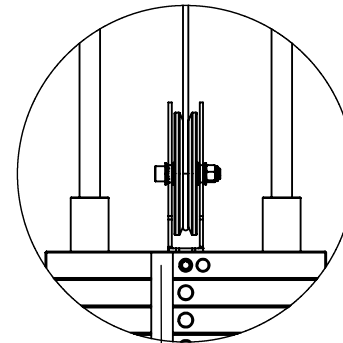


## STEP 9C



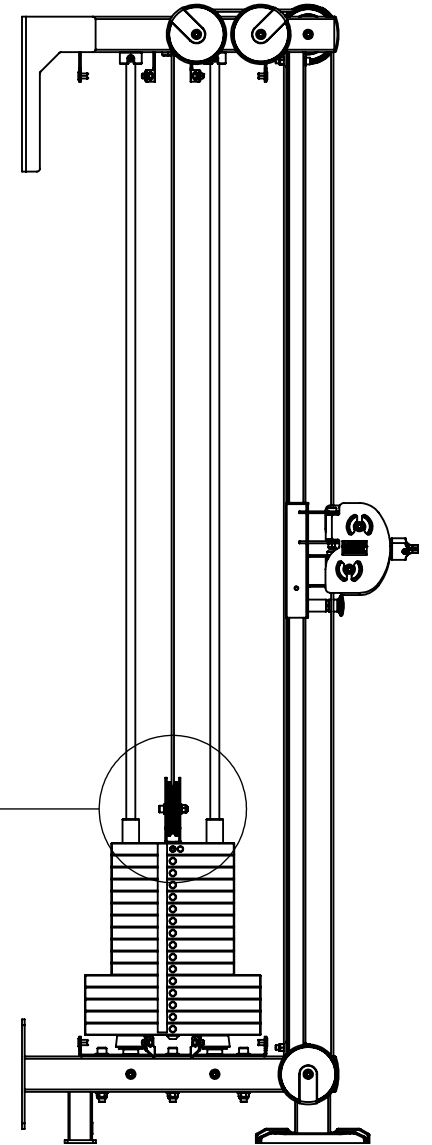
**NOTE:**

IF HEAD PLATE IS NOT SITTING FLAT ON TOP OF FIRST WEIGHT PLATE, LOOSEN THIS BOLT AND ADJUST PULLEY UP TO CREATE SLACK IN CABLE. RE-TIGHTEN BOLT CONNECTION **SECURELY**.



**NOTE:**

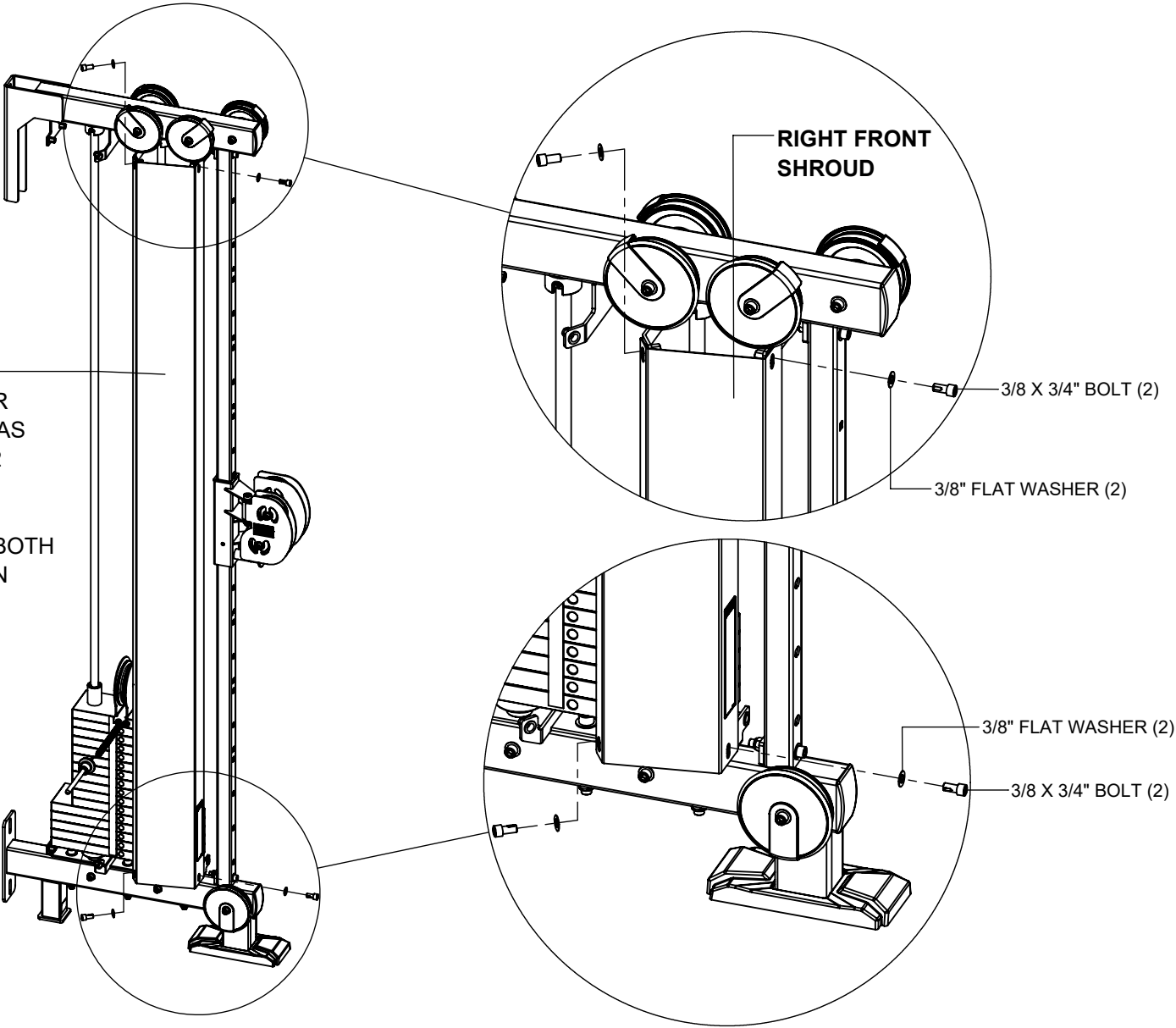
ATTACH THE WEIGHT STACK LABELS TO BOTH SIDES OF THE WEIGHT STACK, STARTING WITH THE HEAD PLATE.



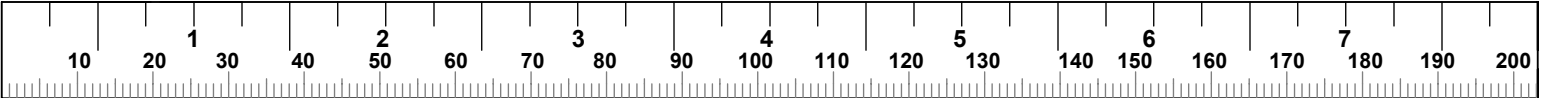
**STEP 10**

**NOTE:** IF YOU ARE A PROFESSIONAL INSTALLER INQUIRE WITH A MANAGER AS TO THE LOCATION OF THE 2 PLACARD SHROUDS.

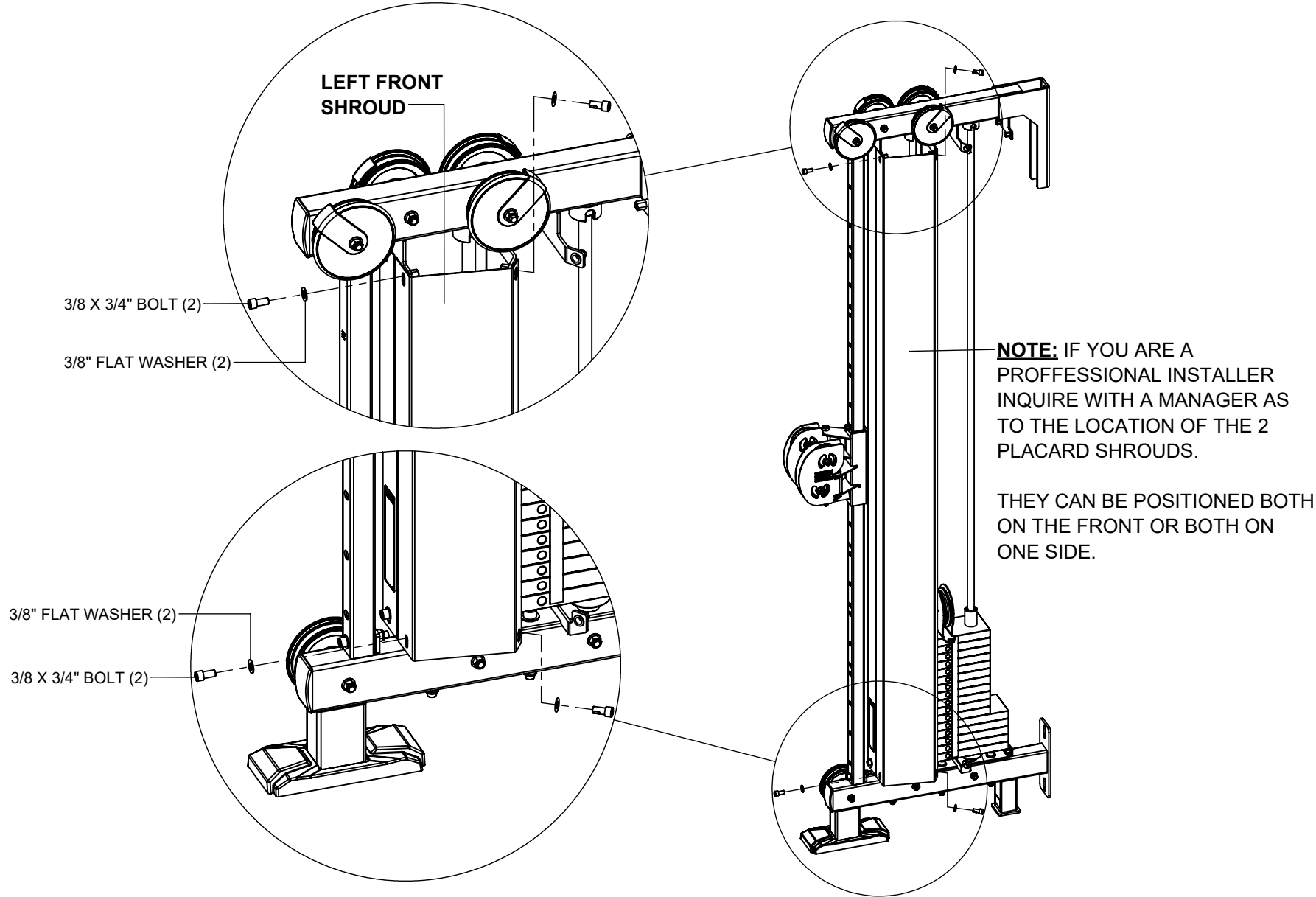
THEY CAN BE POSITIONED BOTH ON THE FRONT OR BOTH ON ONE SIDE.



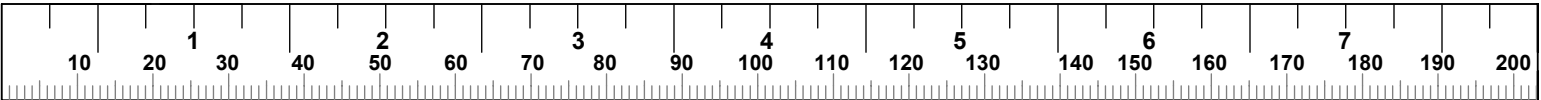
**SECURELY** tighten all bolt connections in this step.



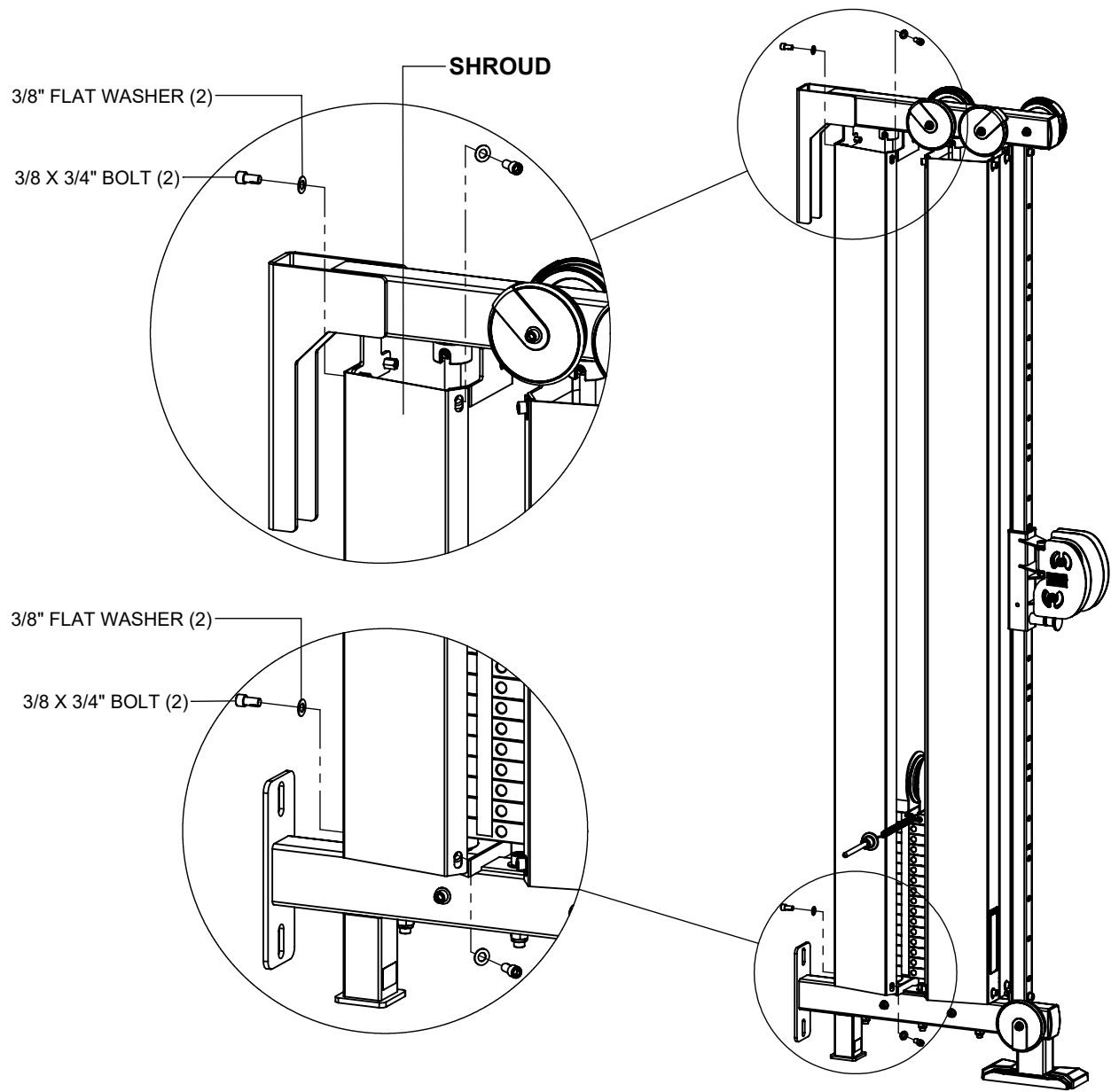
**STEP 11**



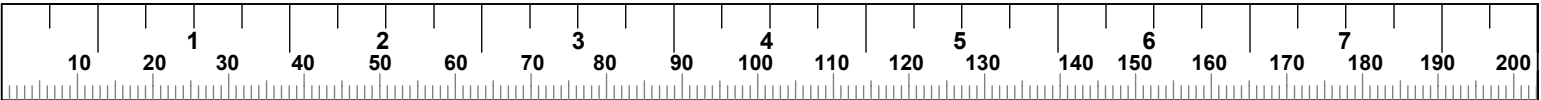
**SECURELY** tighten all bolt connections in this step.



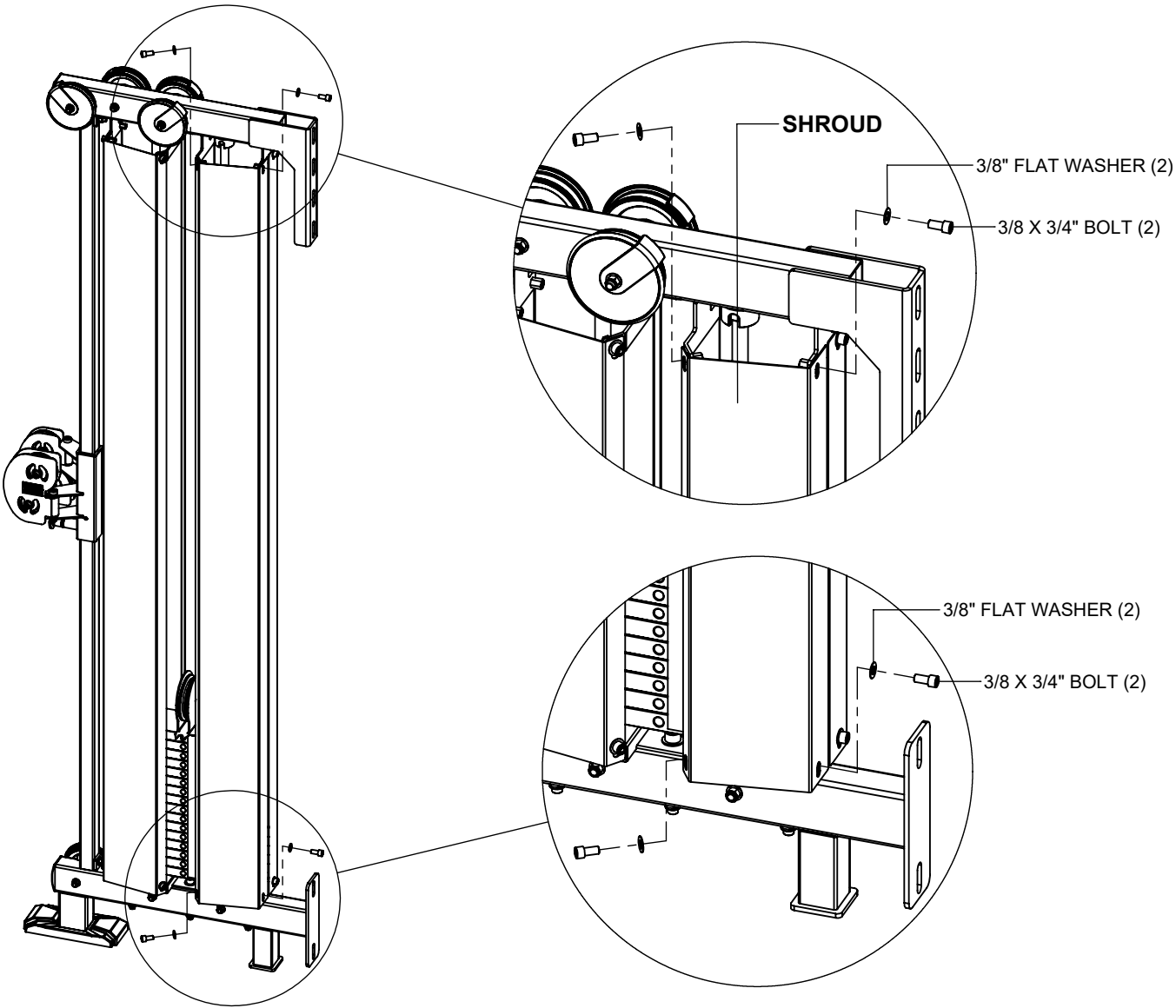
**STEP 12**



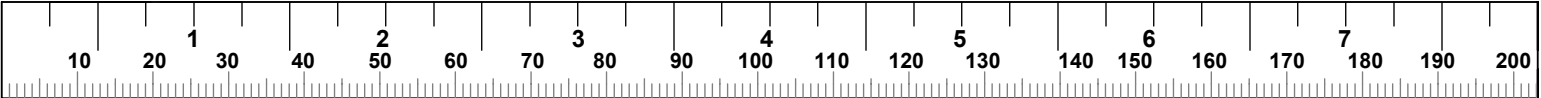
**SECURELY** tighten all bolt connections in this step.



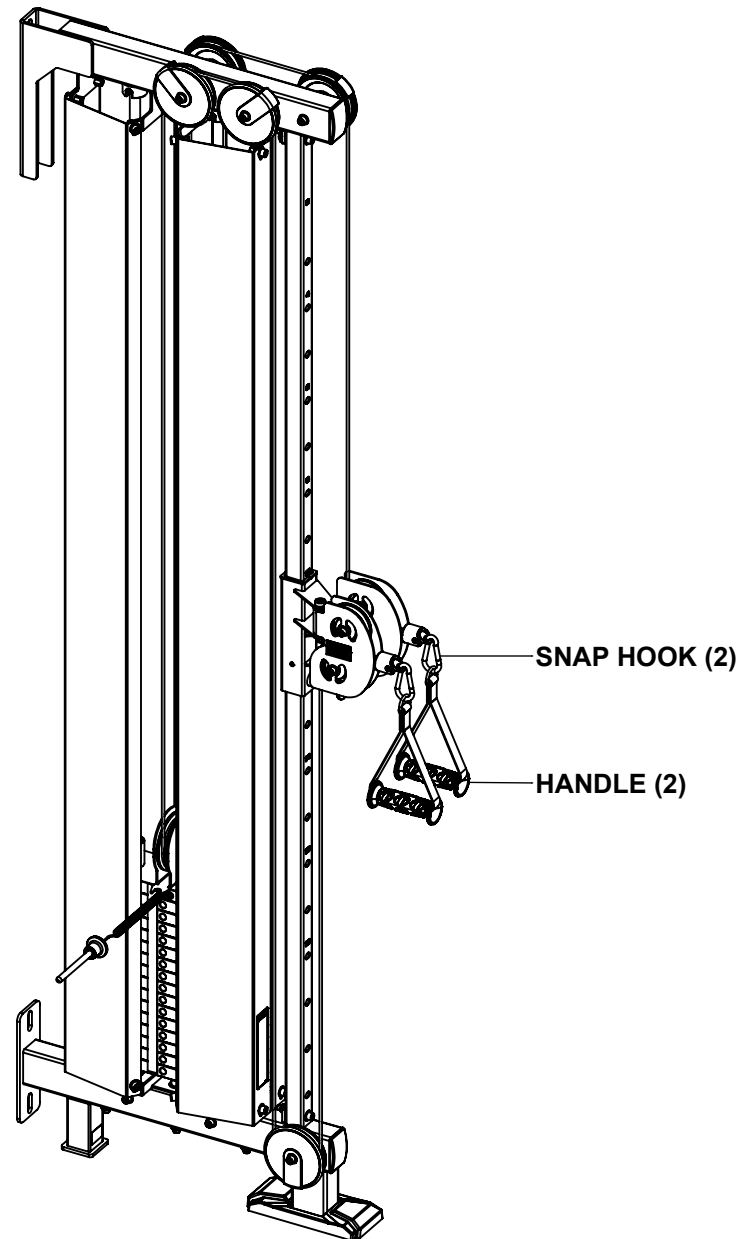
**STEP 13**



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



**STEP 14**



## **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 9a, PAGE 24 TO ADJUST CABLE TENSION)

**SPRING PINS:** Check that the SPRING PINS fully engage when release. Tighten SPIRING PIN NUTS as needed.

**FRAME:** Clean with a damp cloth.

