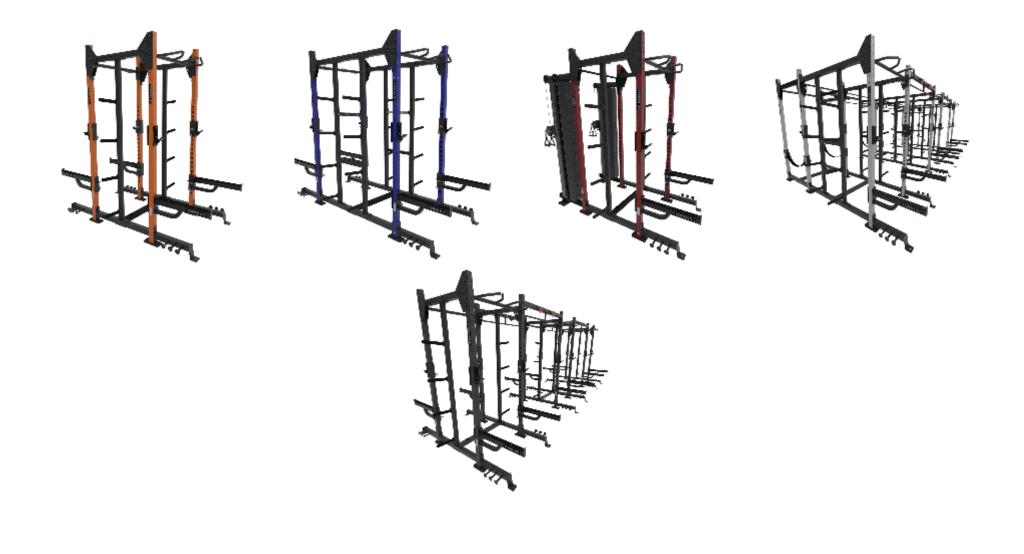
## **ASSEMBLY INSTRUCTIONS** *x-siege packages*





Assembly Instructions table of contents:

- ANCHOR WARNING: PAGE 3
- XSS-4-4-X1: PAGES 5 14
- XSS-6-4-X1: PAGES 16 27
- XSSC-4-4-X1: PAGES 29 37
- XSS 10-4-X1: PAGES 39 51

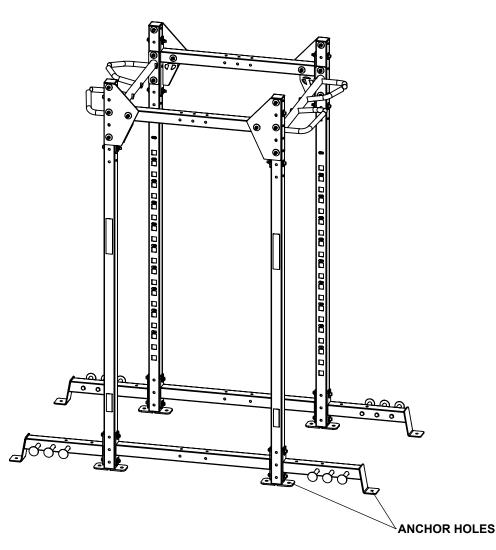
Expansion for 14', 24' and longer X-SIEGE systems:

- XSS-4-24-X1: PAGE 52
- XSS-6-24-X1: PAGE 53
- XSSC-4-24-X1: PAGE 54
- XSS-10-24-X1: PAGE 55

### NOTES:

Standard packages include 9' Uprights. These instructions detail assembly of standard 9' packages and optional 8' packages.

8' Upright option is not compatible with XSSC-4-4-X1, XSSC-4-24-X1 or any SIEGE system that includes the XCCS Cable Component Station.



# WARNING!

IF THE X-SIEGE SYSTEM IS TO BE USED FOR BODY WEIGHT STRAP TRAINING, (ALSO REFERRED TO AS SUSPENSION TRAINING OR TRX TRAINING) THE SYSTEM MUST BE PROPERLY SECURED TO THE FLOOR TO STABILIZE AND ELIMINATE ROCKING OR TIPPING.

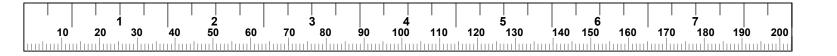
For floor anchoring instructions, please visit our web site at: www.torquefitness.com/assembly-manuals/X-SERIES ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS

## **ASSEMBLY INSTRUCTIONS** 4 X 4 STORAGE RACK

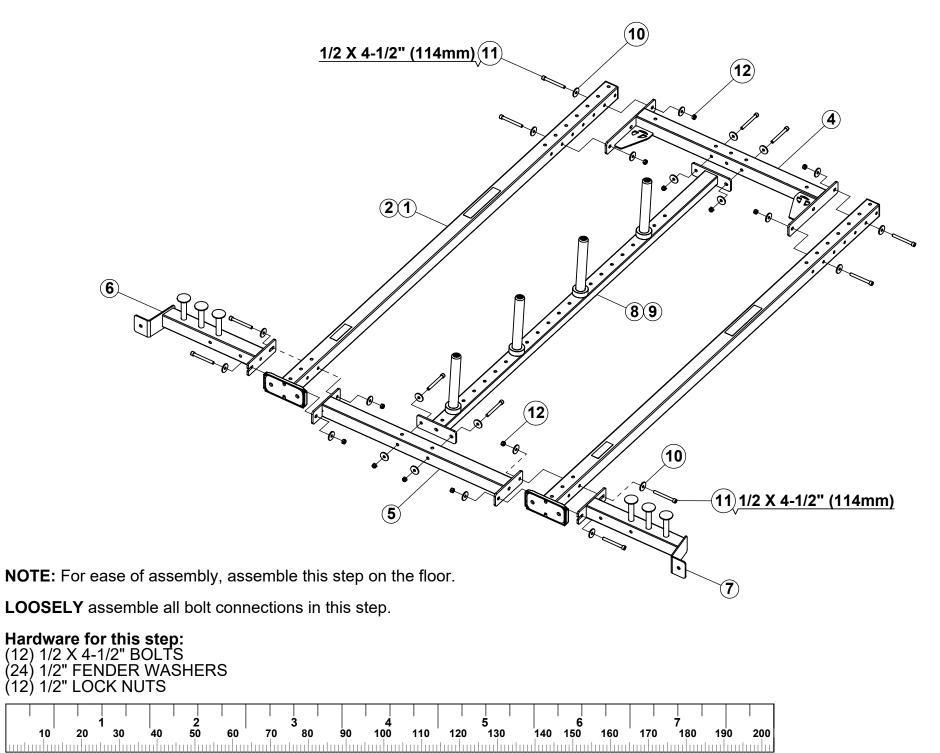


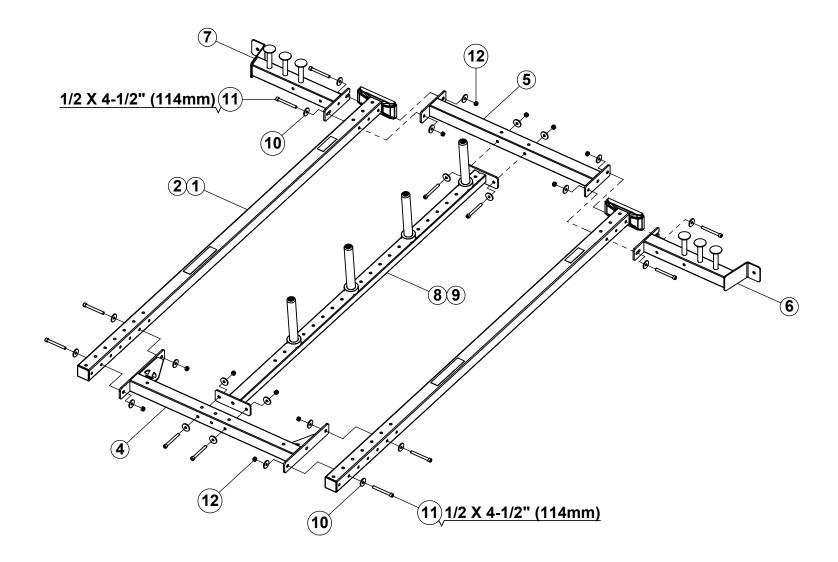


ITEM	PART NUMBER	DESCRIPTION	QTY	
1	55077PA	PTD ASSY, 9' UPRIGHT	4	-
2	55899PA	PTD ASSY, 8' UPRIGHT	4	*Used with 8' option only.
3	5479401	BOOT, X-RACK	4	
4	5474901	WLDMT, 4' RECTANGLE CROSS	2	
5	5589701	WLDMT, 4' LOWER RECTANGLE CROSS	2	
6	5582701	WLDMT, LBPA RIGHT	2	
7	5582201	WLDMT, LBPA LEFT	2	
8	55891PA	PTD ASSY, 9' UPRIGHT VERTICAL WEIGHT STORAGE	2	
9	55901PA	PTD ASSY, 8' UPRIGHT VERTICAL WEIGHT STORAGE	2	*Used with 8' option only.
10	2007801	WASHER, 1/2 X 1-3/4 X 4.5t	80	-
11	2005817	BOLT, 1/2-13 X 4-1/2" (114mm) SOCKET HEAD	32	-
12	2001401	NUT, 1/2-13 LK ST ZN	40	-
13	5565901	PLATE, UPRIGHT GUSSET	4	-
14	5481301	WLDMT, 4' MULTI-GRIP CROSS	2	-
15	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	8	-
16	5589401	WLDMT, 4' LOWER CROSS CONNECTOR	1	
17	54737PA	PTD ASSY, LEFT BAR SUPPORT	2	
18	54742PA	PTD ASSY, RIGHT BAR SUPPORT	2	
19	54745PA	PTD ASSY, LEFT BAR CATCH	2	
20	54748PA	PTD ASSY, RIGHT BAR CATCH	2	



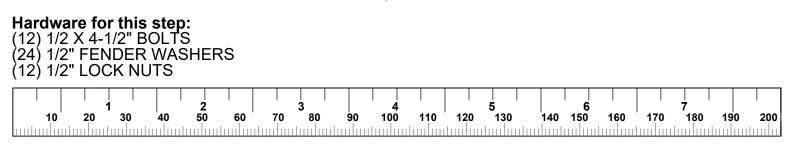
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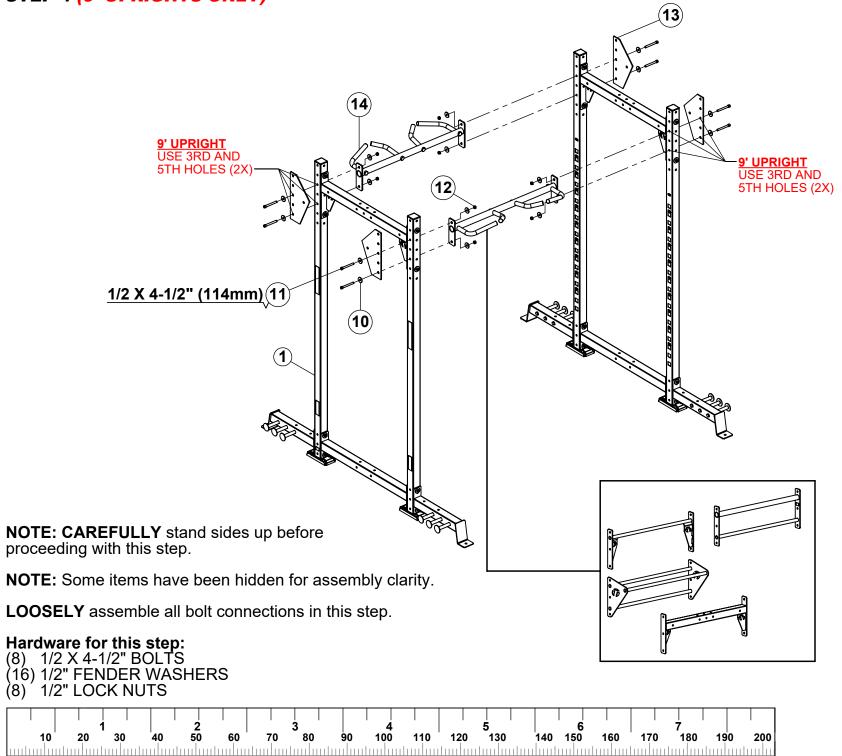




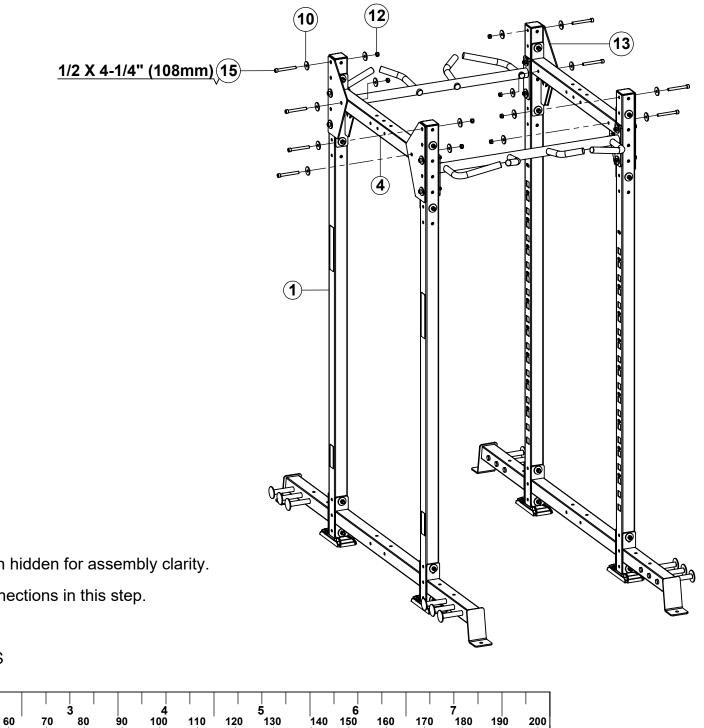
**NOTE:** For ease of assembly, assemble this step on the floor.

LOOSELY assemble all bolt connections in this step.





### **STEP 5 (9' UPRIGHTS ONLY)**



**NOTE:** Some items have been hidden for assembly clarity.

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

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Hardware for this step: (8) 1/2 X 4-1/4" BOLTS (16) 1/2" FENDER WASHERS (8) 1/2" LOCK NUTS

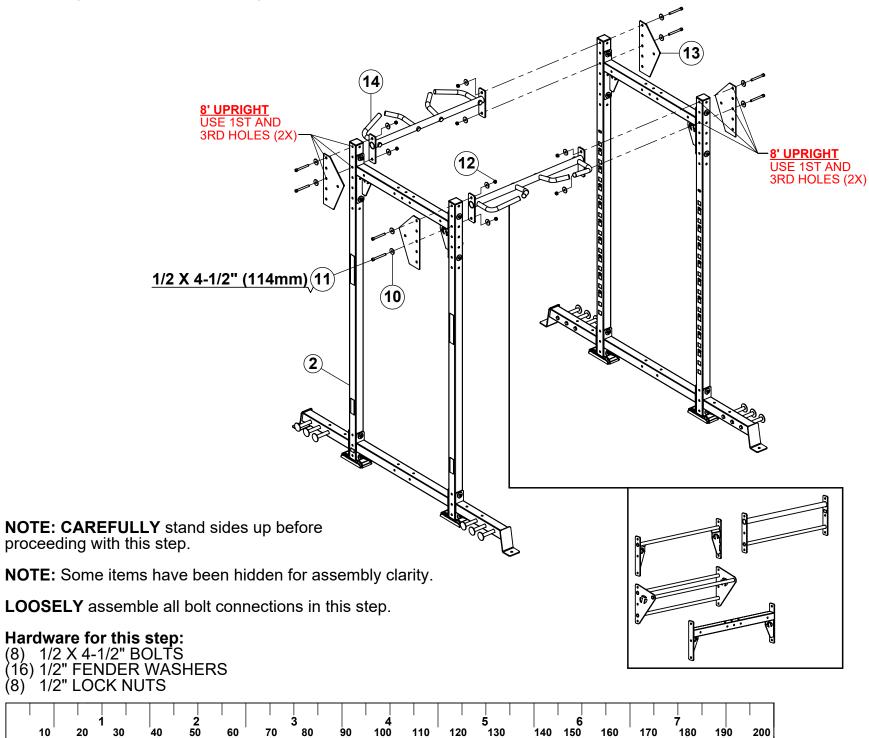
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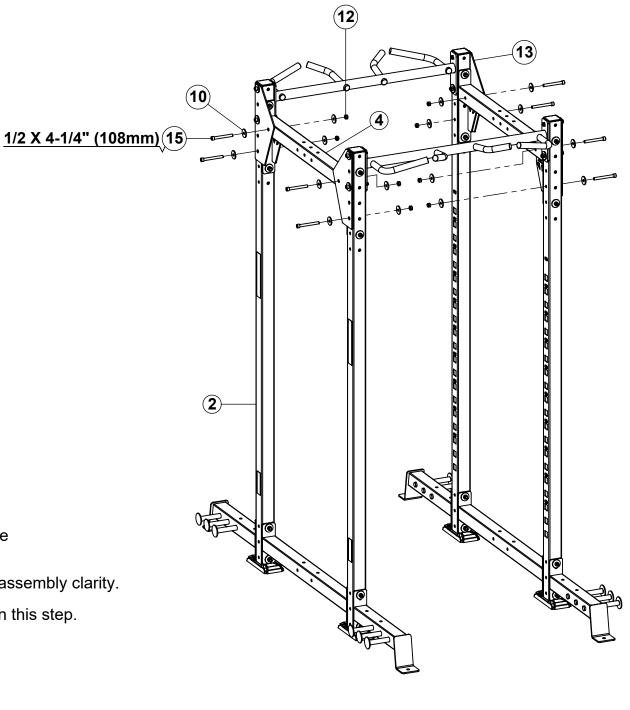
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### STEP 7 (8' UPRIGHTS ONLY)



**NOTE: CAREFULLY** stand sides up before proceeding with this step.

NOTE: Some items have been hidden for assembly clarity.

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

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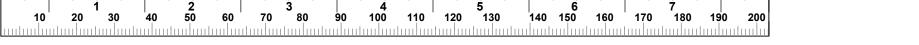
Hardware for this step: (8) 1/2 X 4-1/4" BOLTS (16) 1/2" FENDER WASHERS (8) 1/2" LOCK NUTS

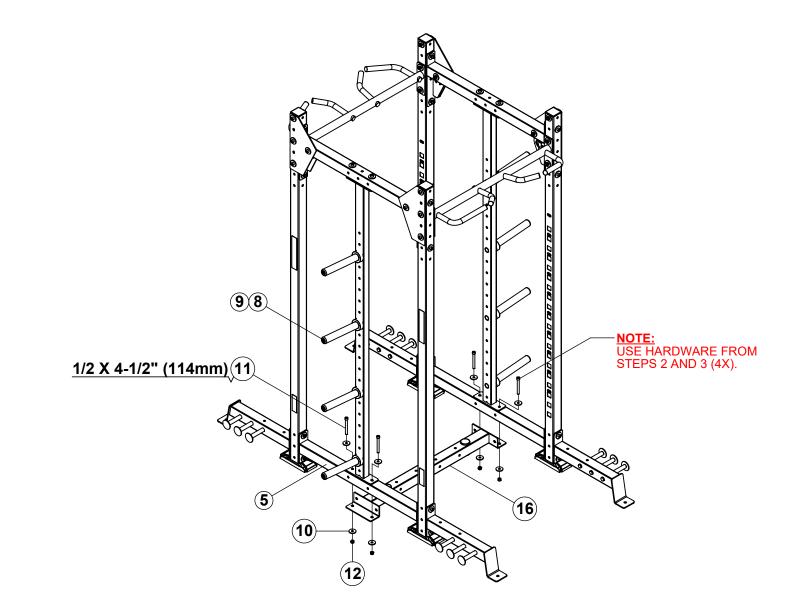
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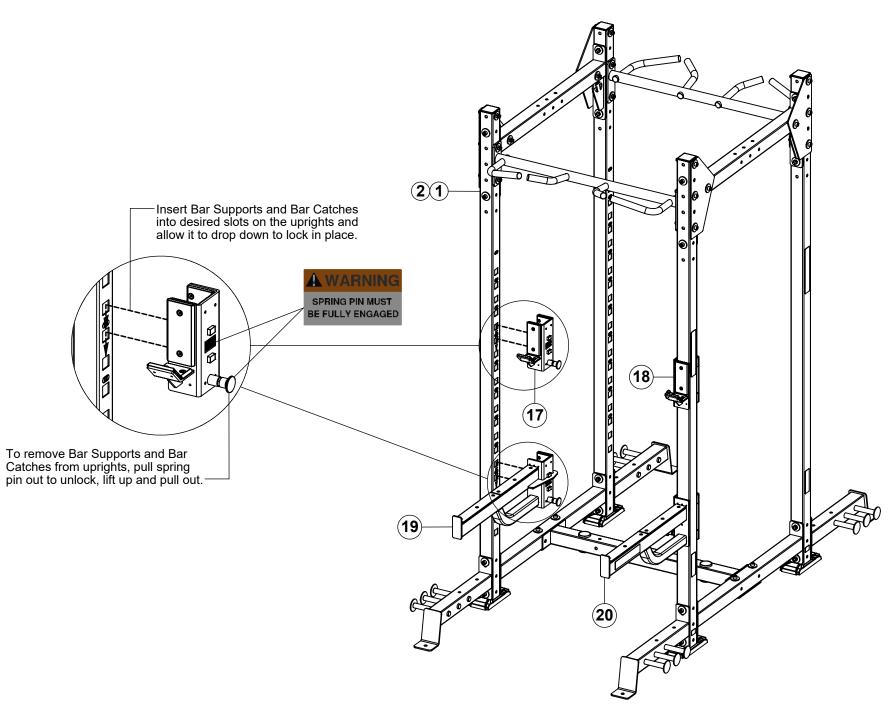




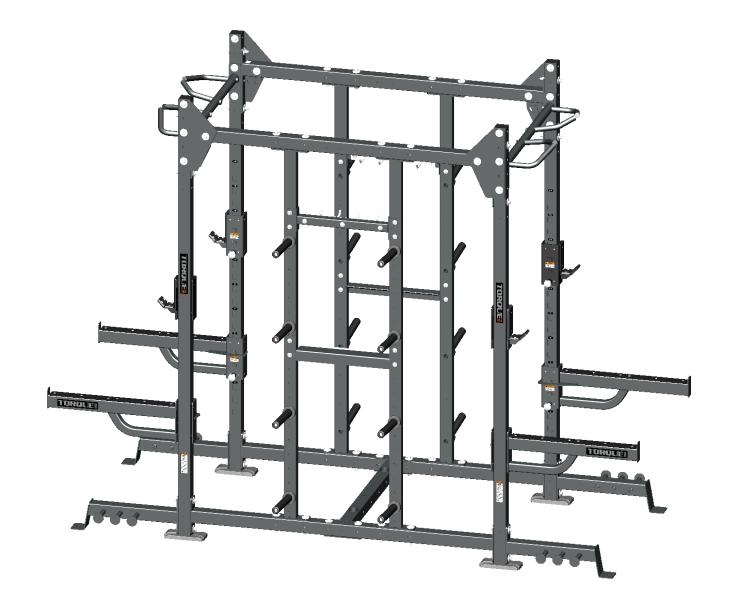
**<u>NOTE:</u>** After this step has been completed, <u>**SECURELY**</u> tighten all bolt connections from previous steps.

Hardware from previous step: (4) 1/2 X 4-1/2" BOLTS (8) 1/2" FENDER WASHERS (4) 1/2" LOCK NUTS

		1		2			3		4			5		6			7		
10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200

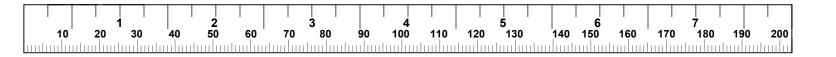


## **ASSEMBLY INSTRUCTIONS** 6 X 4 STORAGE RACK

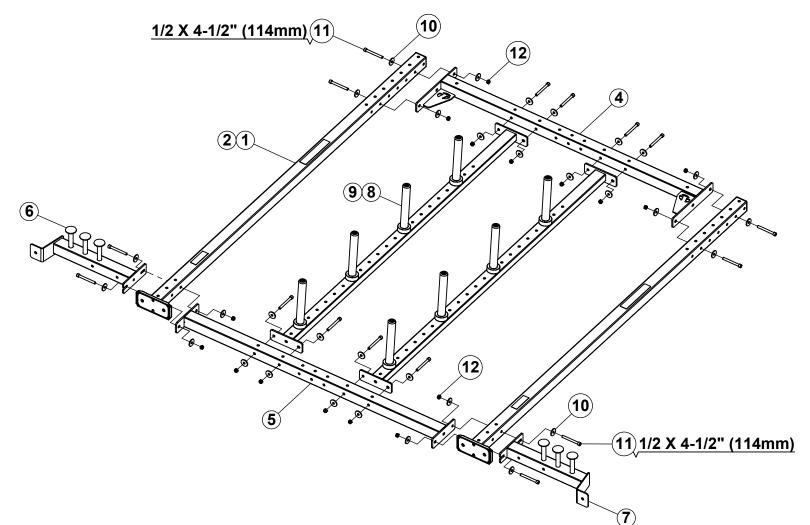




ITEM	PART NUMBER	DESCRIPTION	QTY	
1	55077PA	PTD ASSY, 9' UPRIGHT	4	
2	55899PA	PTD ASSY, 8' UPRIGHT	4	*Used with 8' option only.
3	5479401	BOOT, X-RACK	4	
4	5475201	WLDMT, 6' RECTANGULAR CROSS	2	
5	5588801	WLDMT, 6' LOWER RECTANGLE CROSS	2	
6	5582701	WLDMT, LBPA RIGHT	2	
7	5582201	WLDMT, LBPA LEFT	2	
8	55891PA	PTD ASSY, 9' UPRIGHT VERTICAL WEIGHT STORAGE	4	
9	55901PA	PTD ASSY, 8' UPRIGHT VERTICAL WEIGHT STORAGE	4	*Used with 8' option only.
10	2007801	WASHER, 1/2 X 1-3/4 X 4.5t	104	
11	2005817	BOLT, 1/2-13 X 4-1/2" (114mm) SOCKET HEAD	44	
12	2001401	NUT, 1/2-13 LK ST ZN	68	
13	5565901	PLATE, UPRIGHT GUSSET	4	
14	5481301	WLDMT, 4' MULTI-GRIP CROSS	2	
15	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	8	
16	5589401	WLDMT, 4' LOWER CROSS CONNECTOR	1	
17	5573201	BRKT, BAR CATCH STORAGE	2	
18	2001301	WASHER, FLAT 1/2 SAE ST ZN	32	
19	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	16	
20	55654PA	PTD ASSY, ACCESSORY HOLDER	2	
21	54737PA	PTD ASSY, LEFT BAR SUPPORT	2	
22	54742PA	PTD ASSY, RIGHT BAR SUPPORT	2	
23	54745PA	PTD ASSY, LEFT BAR CATCH	2	
24	54748PA	PTD ASSY, RIGHT BAR CATCH	2	

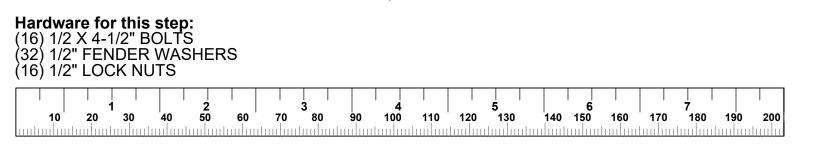


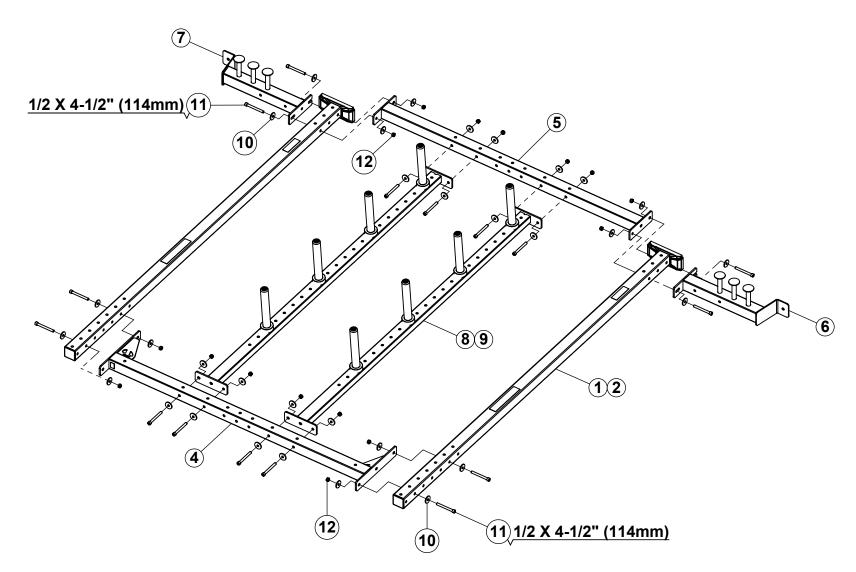
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**NOTE:** For ease of assembly, assemble this step on the floor.

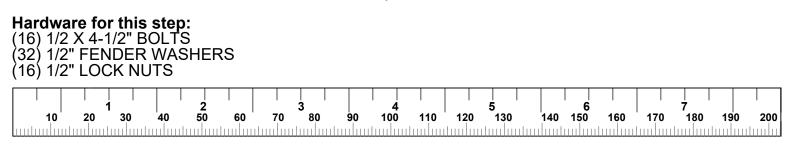
**LOOSELY** assemble all bolt connections in this step.



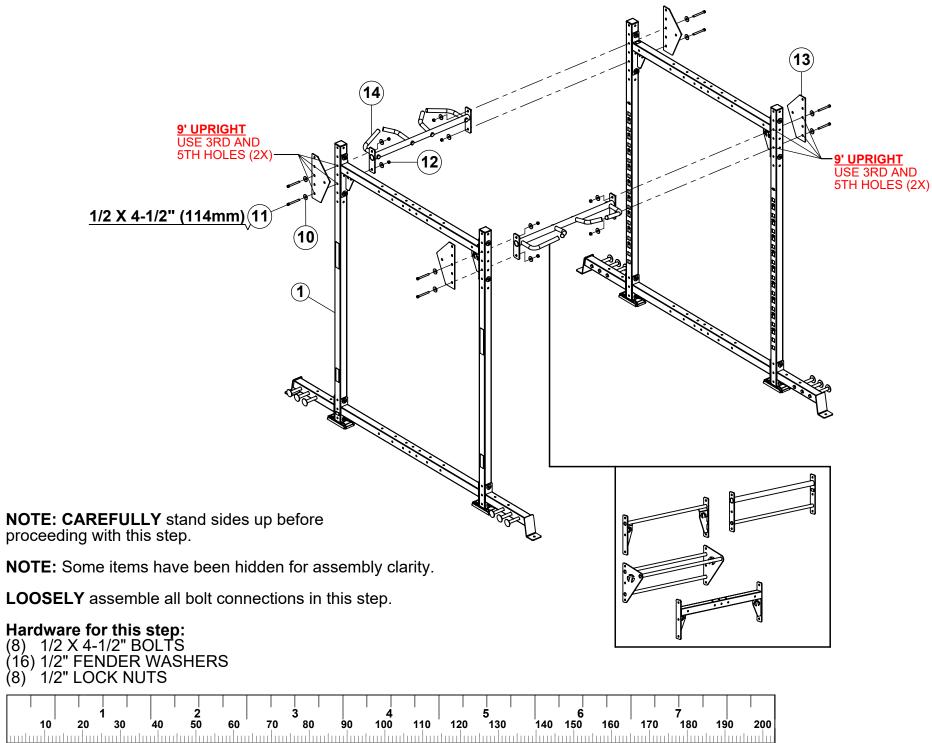


**NOTE:** For ease of assembly, assemble this step on the floor.

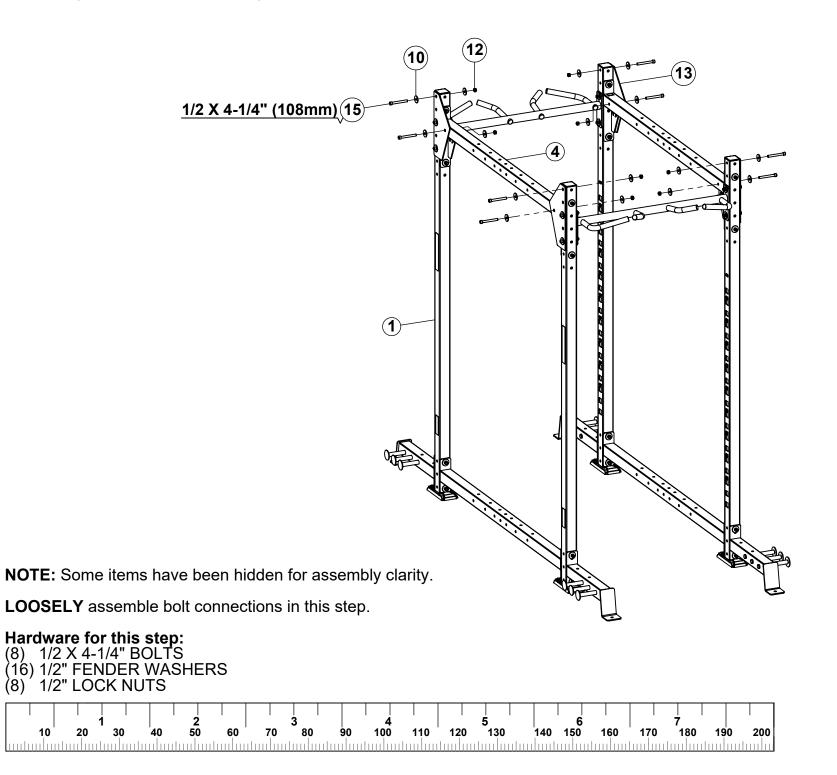
LOOSELY assemble all bolt connections in this step.

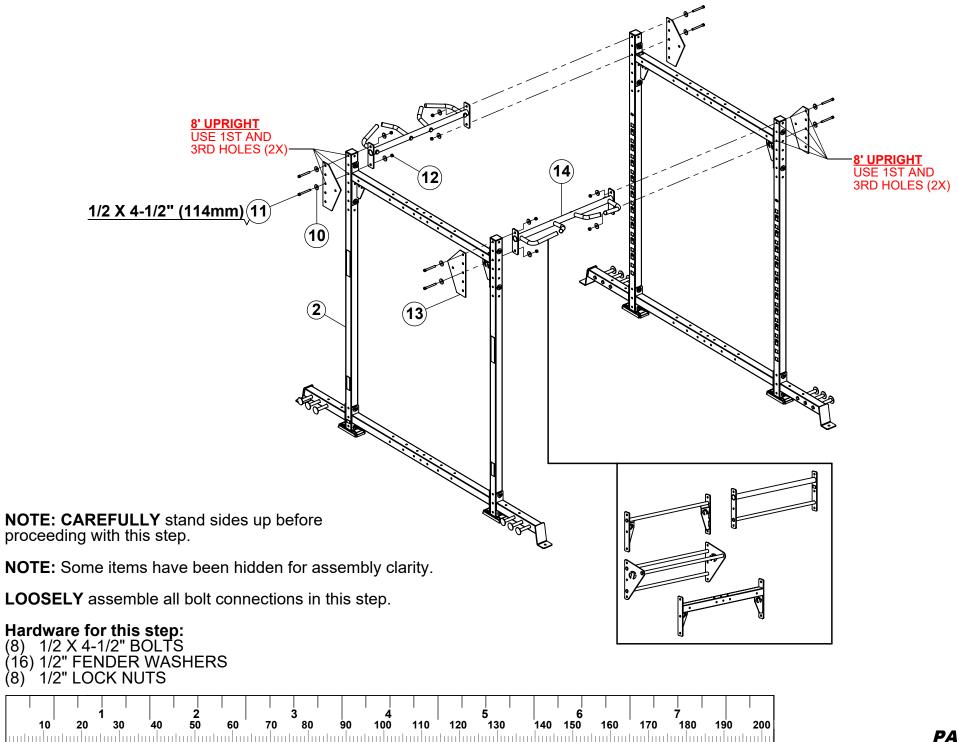


### STEP 4 (9' UPRIGHTS ONLY)



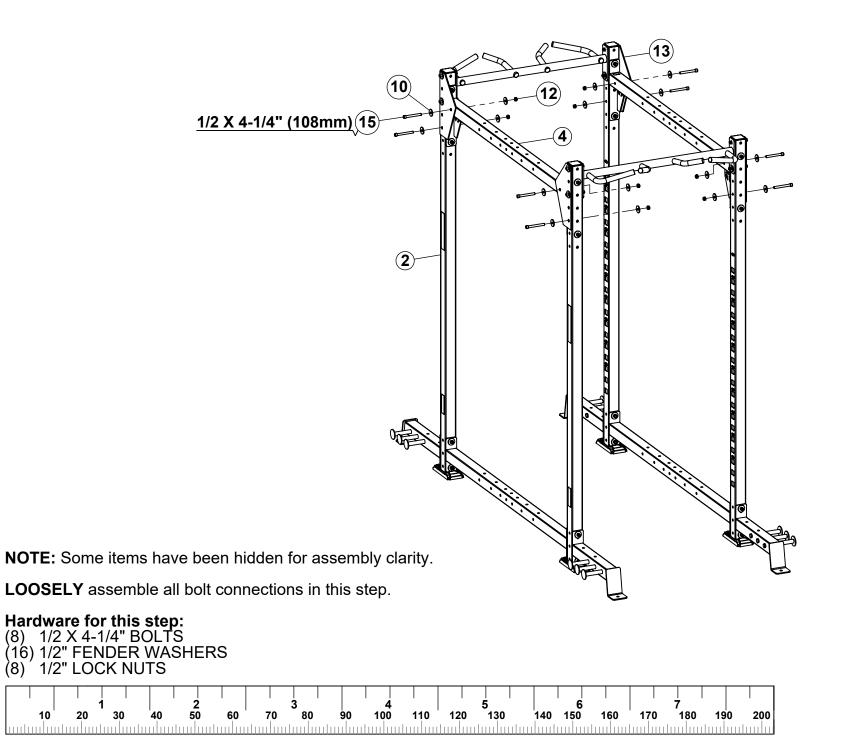
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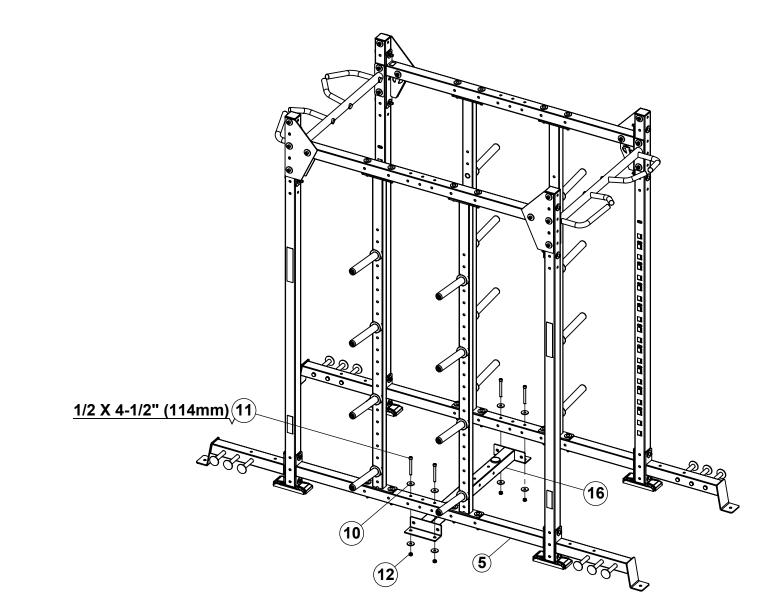




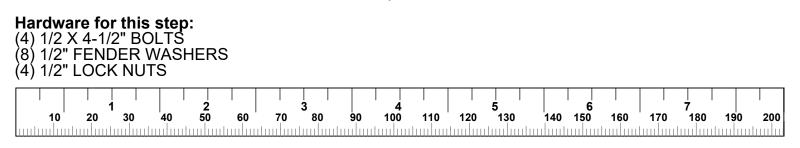
STEP 7 (8' UPRIGHTS ONLY)

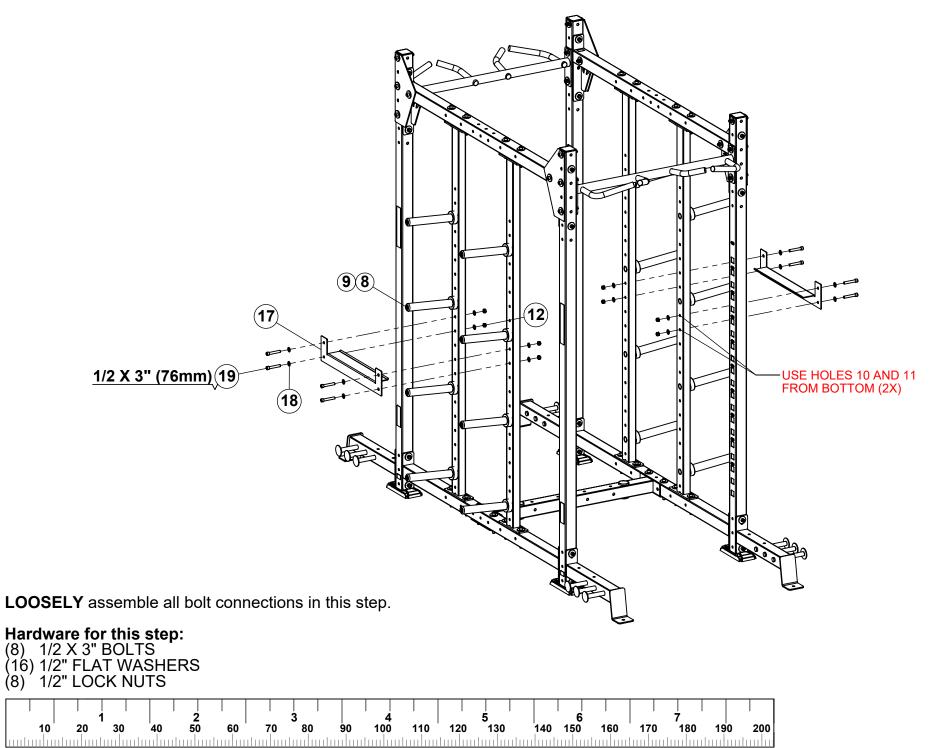
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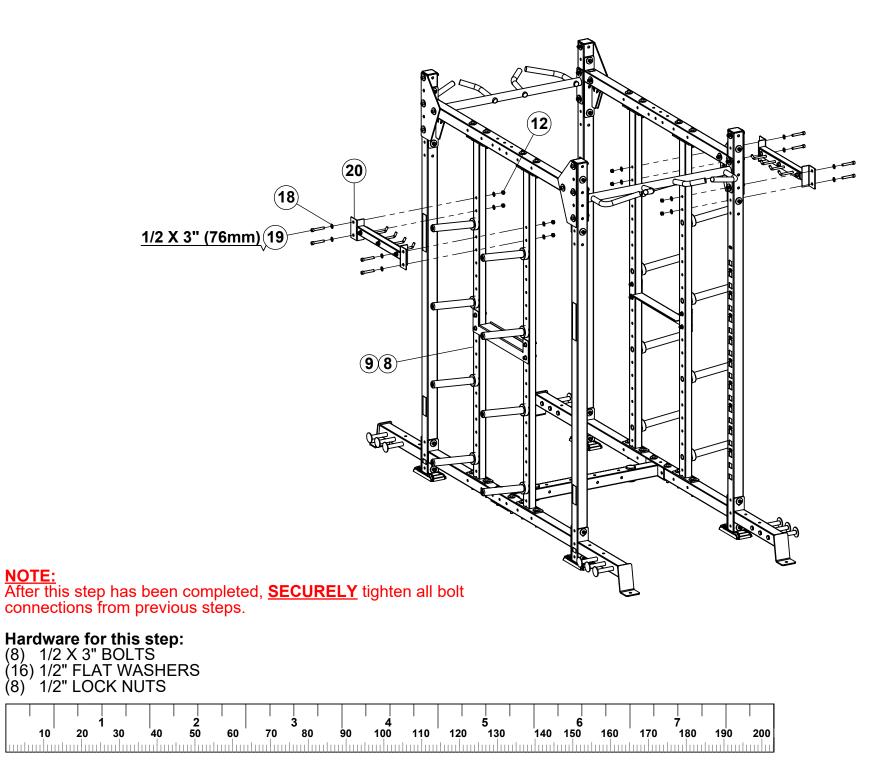


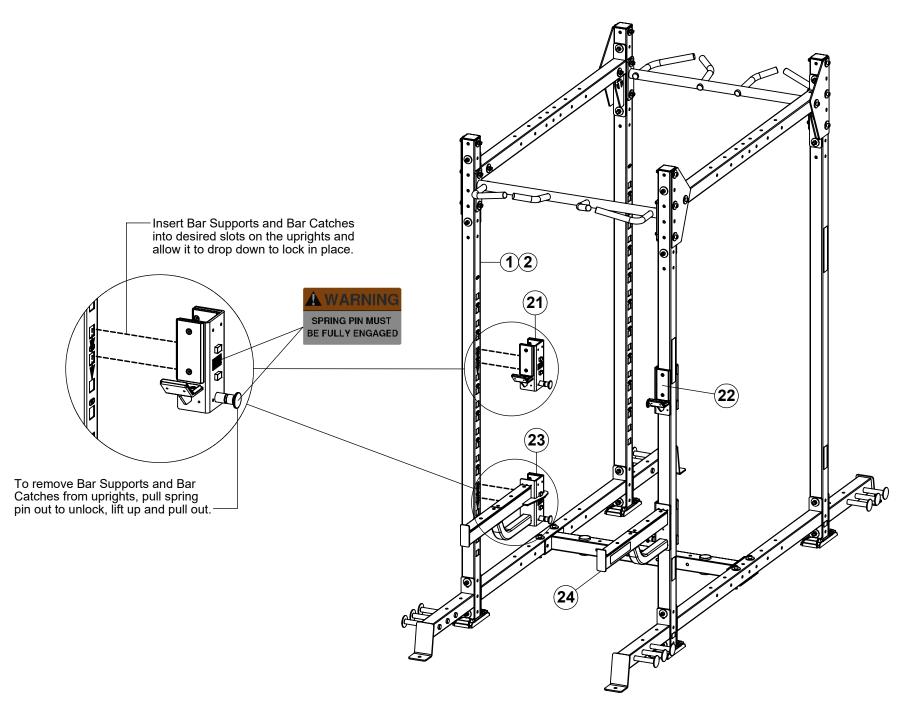
LOOSELY assemble all bolt connections in this step.





NOTE:



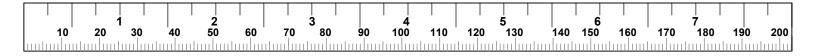


## **ASSEMBLY INSTRUCTIONS** 4 X 4 STORAGE CABLE RACK

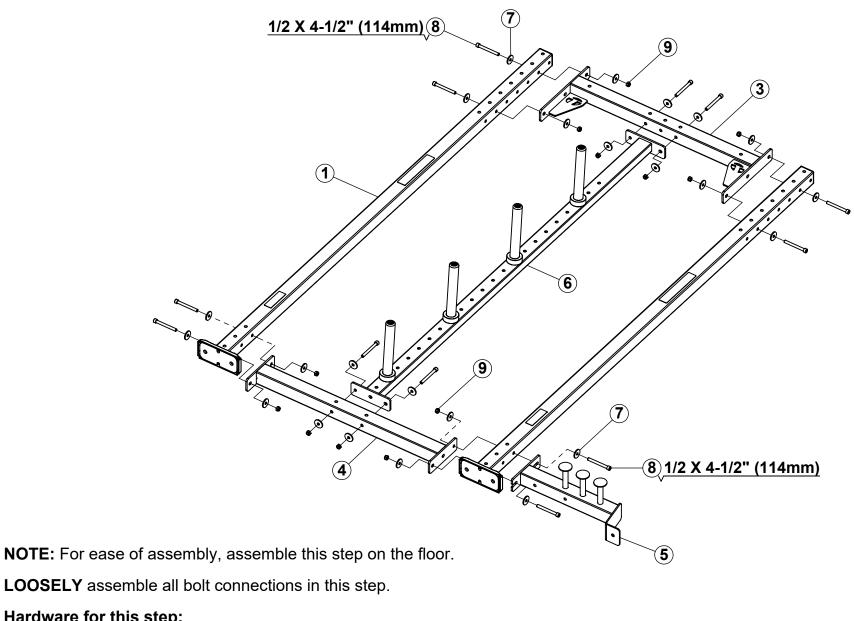




ITEM	PART NUMBER	DESCRIPTION	QTY
1	55077PA	PTD ASSY, 9' UPRIGHT	4
2	5479401	BOOT, X-RACK	4
3	5474901	WLDMT, 4' RECTANGLE CROSS	2
4	5589701	WLDMT, 4' LOWER RECTANGLE CROSS	2
5	5582201	WLDMT, LBPA LEFT	1
6	55891PA	PTD ASSY, 9' UPRIGHT VERTICAL WEIGHT STORAGE	2
7	2007801	WASHER, 1/2 X 1-3/4 X 4.5t	80
8	2005817	BOLT, 1/2-13 X 4-1/2" (114mm) SOCKET HEAD	32
9	2001401	NUT, 1/2-13 LK ST ZN	40
10	5582701	WLDMT, LBPA RIGHT	1
11	5565901	PLATE, UPRIGHT GUSSET	4
12	5481301	WLDMT, 4' MULTI-GRIP CROSS	1
13	5442801	WLDMT, 4' SINGLE CROSS	1
14	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	8
15	5589401	WLDMT, 4' LOWER CROSS CONNECTOR	1
16	54737PA	PTD ASSY, LEFT BAR SUPPORT	1
17	54742PA	PTD ASSY, RIGHT BAR SUPPORT	1
18	54745PA	PTD ASSY, LEFT BAR CATCH	1
19	54748PA	PTD ASSY, RIGHT BAR CATCH	1

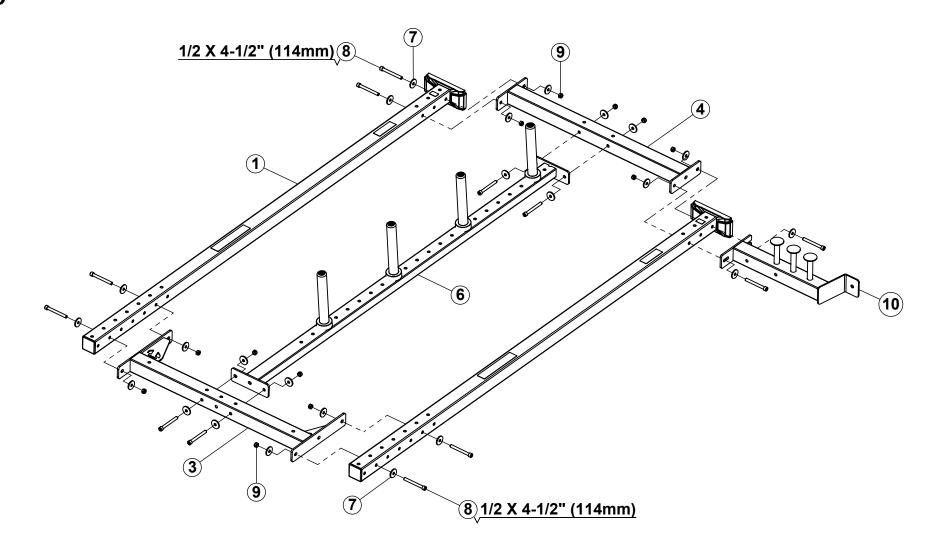


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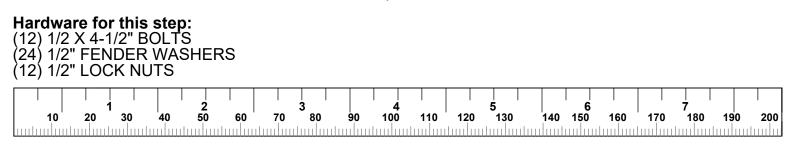
Hardware for this step: (12) 1/2 X 4-1/2" BOLTS (24) 1/2" FENDER WASHERS (12) 1/2" LOCK NUTS 50 130 140 150 7 180 190 110 ່ ha ta da ta da ta ha ta ha

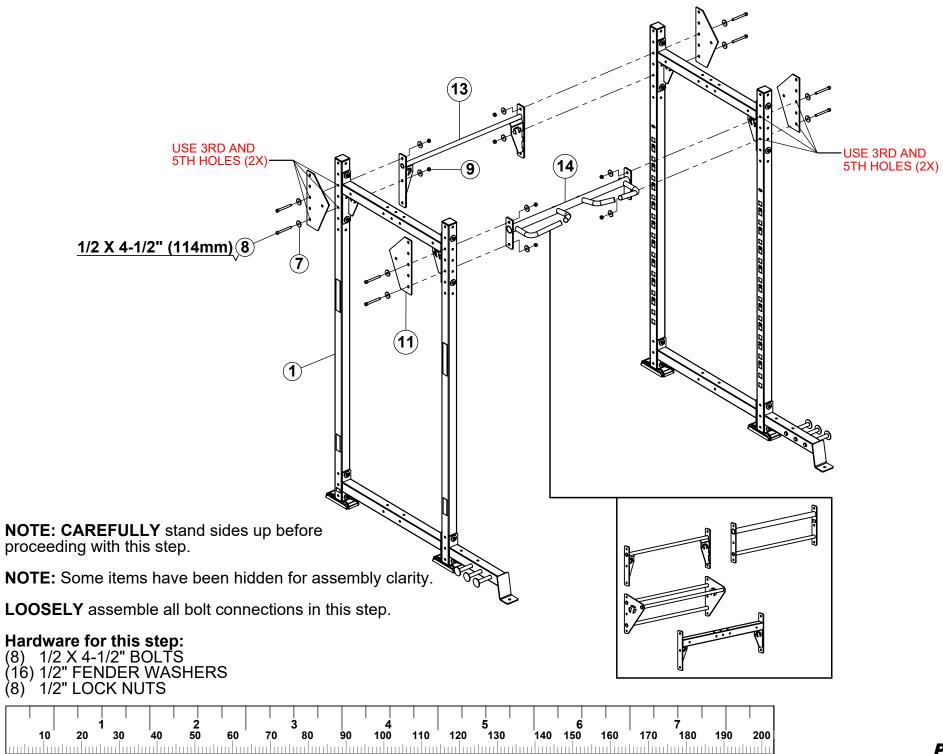
**PAGE 31** 

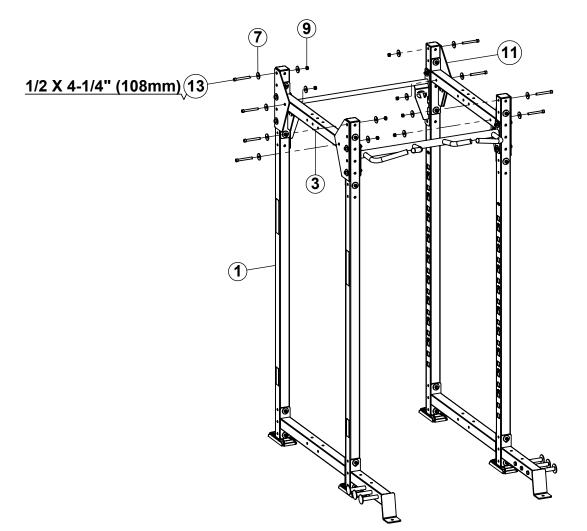


**NOTE:** For ease of assembly, assemble this step on the floor.

LOOSELY assemble all bolt connections in this step.

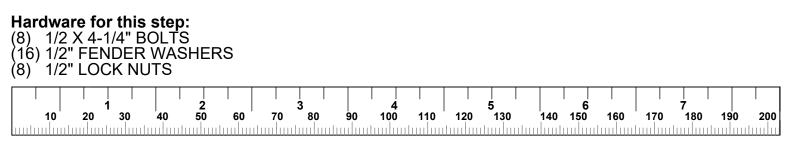


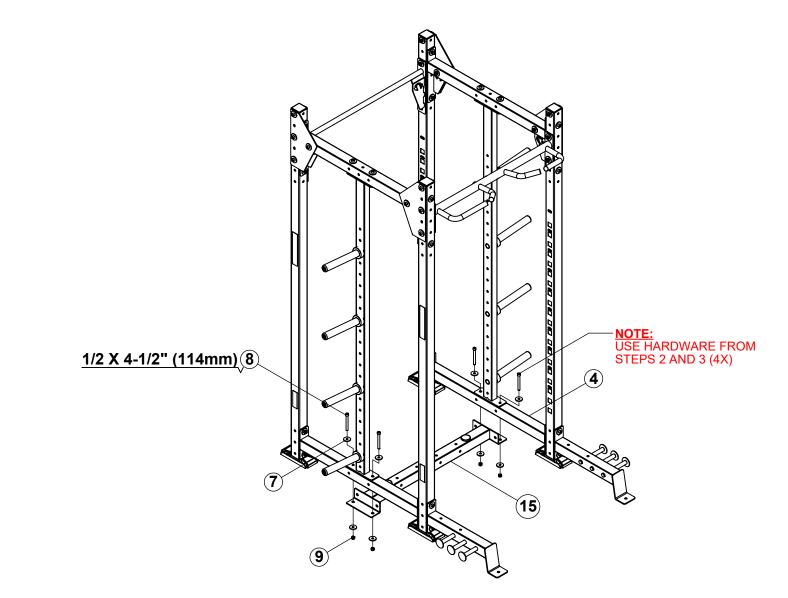




**NOTE:** Some items have been hidden for assembly clarity.

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

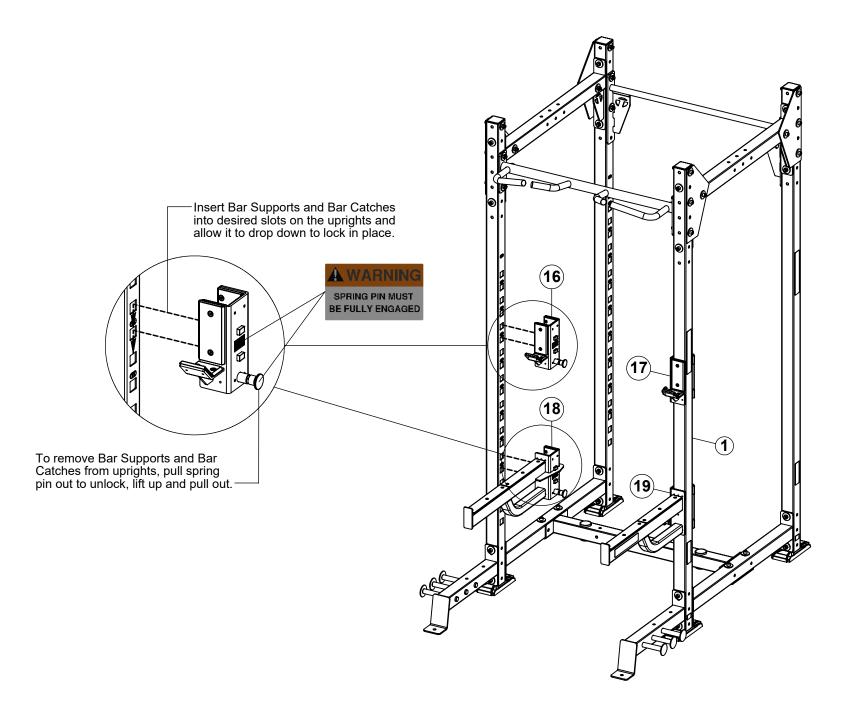




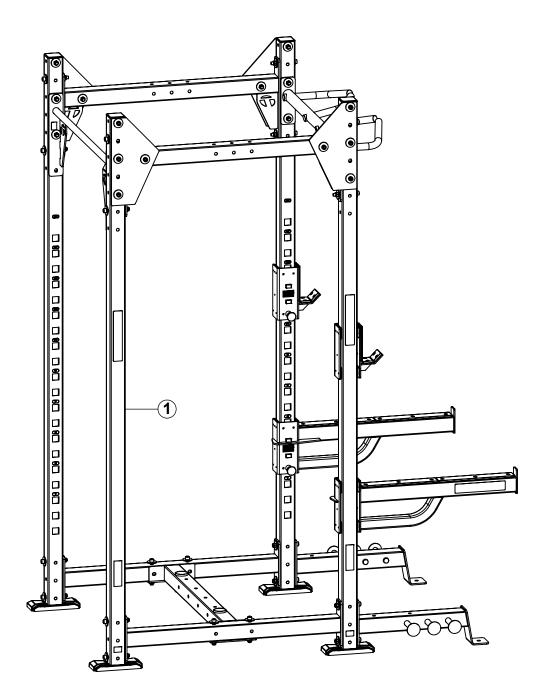
**<u>NOTE:</u>** After this step has been completed, <u>**SECURELY**</u> tighten all bolt connections from previous steps.

Hardware from previous step: (4) 1/2 X 4-1/2" BOLTS (8) 1/2" FENDER WASHERS (4) 1/2" LOCK NUTS

		1		2			3		4			5		6			7		
10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200



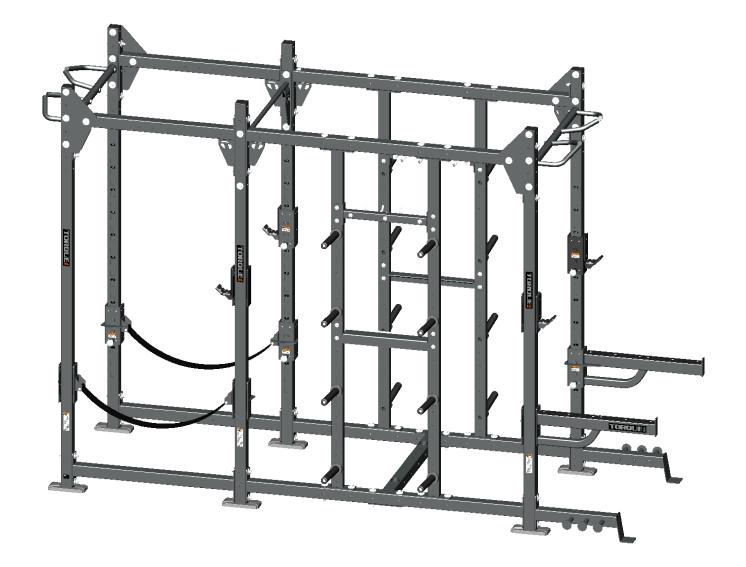
## STEP 10 (9' UPRIGHTS ONLY)



XCCS CABLE COMPONENT STATION (SEE NOTE)------

## NOTE: ASSEMBLE THE XCCS TO THE X-SIEGE USING THE INSTRUCTIONS INCLUDED WITH THAT PRODUCT.

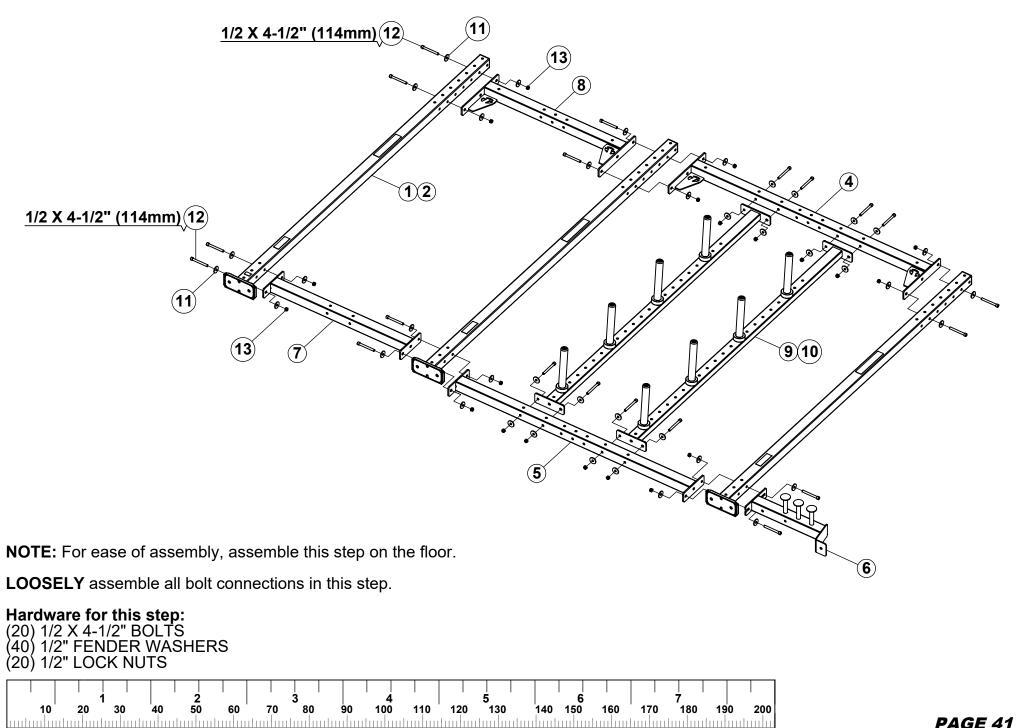
## **ASSEMBLY INSTRUCTIONS** 4 X 10 STORAGE COMBO RACK

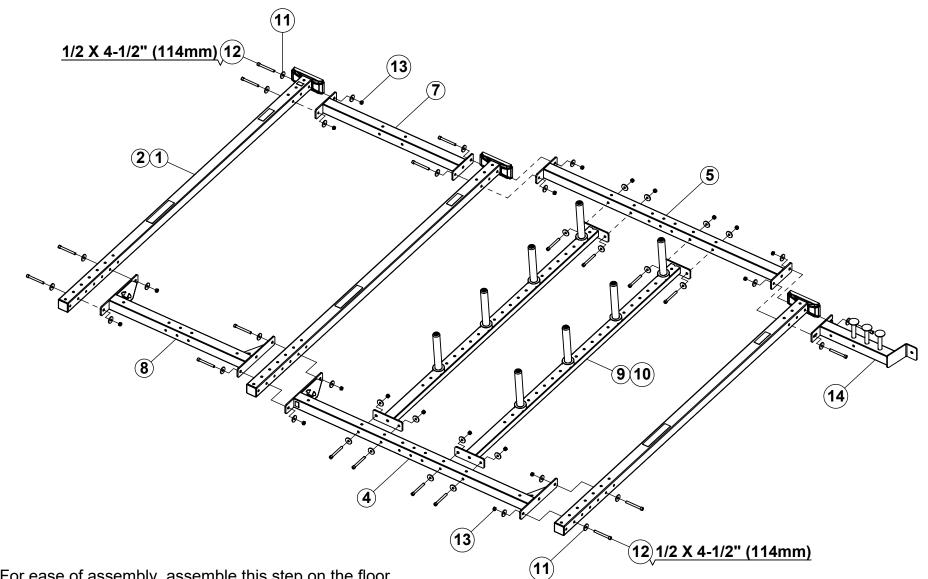




ITEM	PART NUMBER	DESCRIPTION	QTY	7
1	55077PA	PTD ASSY, 9' UPRIGHT	6	*Used with 8' option only.
2	55899PA	PTD ASSY, 8' UPRIGHT	6	
3	5479401	BOOT, X-RACK	6	
4	5475201	WLDMT, 6' RECTANGULAR CROSS	2	
5	5588801	WLDMT, 6' LOWER RECTANGLE CROSS	2	
6	5582201	WLDMT, LBPA LEFT	1	
7	5589701	WLDMT, 4' LOWER RECTANGLE CROSS	2	
8	5474901	WLDMT, 4' RECTANGLE CROSS	2	
9	55891PA	PTD ASSY, 9' UPRIGHT VERTICAL WEIGHT STORAGE	4	
10	55901PA	PTD ASSY, 8' UPRIGHT VERTICAL WEIGHT STORAGE	4	*Used with 8' option only.
11	2007801	WASHER, 1/2 X 1-3/4 X 4.5t	128	
12	2005817	BOLT, 1/2-13 X 4-1/2" (114mm) SOCKET HEAD	56	
13	2001401	NUT, 1/2-13 LK ST ZN	80	
14	5582701	WLDMT, LBPA RIGHT	1	
15	5565901	PLATE, UPRIGHT GUSSET	4	**The extra part (item 19) will not be used in this package.
16	5481301	WLDMT, 4' MULTI-GRIP CROSS	2	
17	5442801	WLDMT, 4' SINGLE CROSS	1	
18	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	8	
19	5589401	WLDMT, 4' LOWER CROSS CONNECTOR	1	
20	5573201	BRKT, BAR CATCH STORAGE	2	
21	2001301	WASHER, FLAT 1/2 SAE ST ZN	32	
22	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	16	
23	55654PA	PTD ASSY, ACCESSORY HOLDER	2	
24	54737PA	PTD ASSY, LEFT BAR SUPPORT	2	
25	54742PA	PTD ASSY, RIGHT BAR SUPPORT	2	
26	54745PA	PTD ASSY, LEFT BAR CATCH	1	
27	54748PA	PTD ASSY, RIGHT BAR CATCH	1	
28	5566501	ASSY, 4' BAR CATCH STRAP	2	

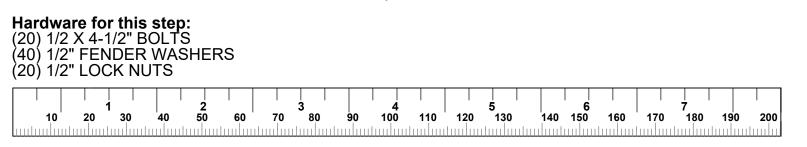
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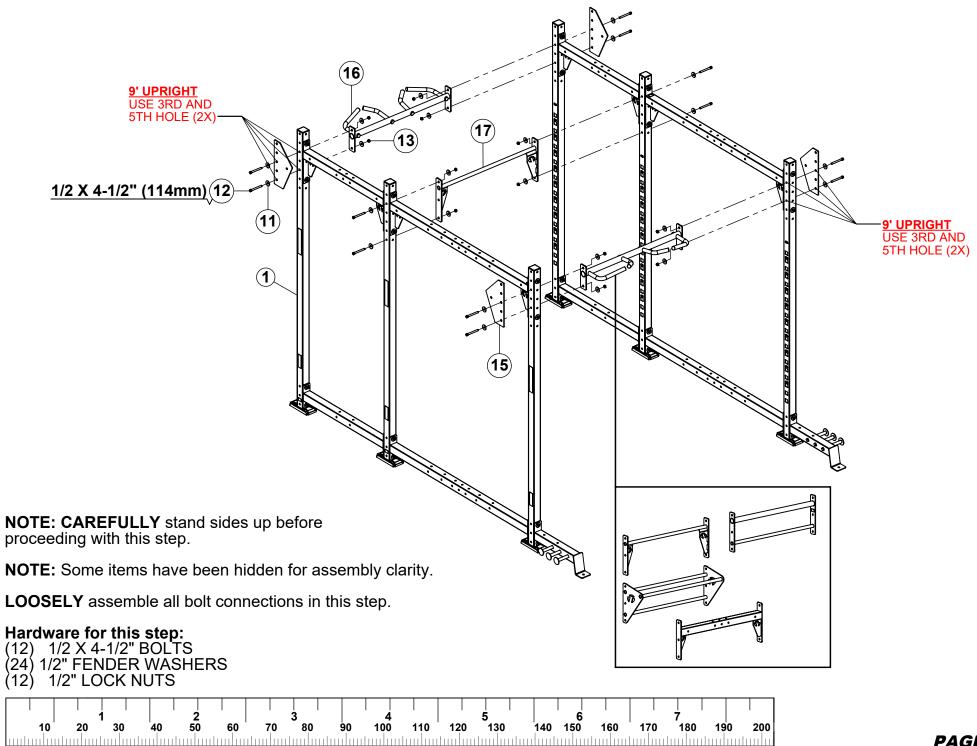


**NOTE:** For ease of assembly, assemble this step on the floor.

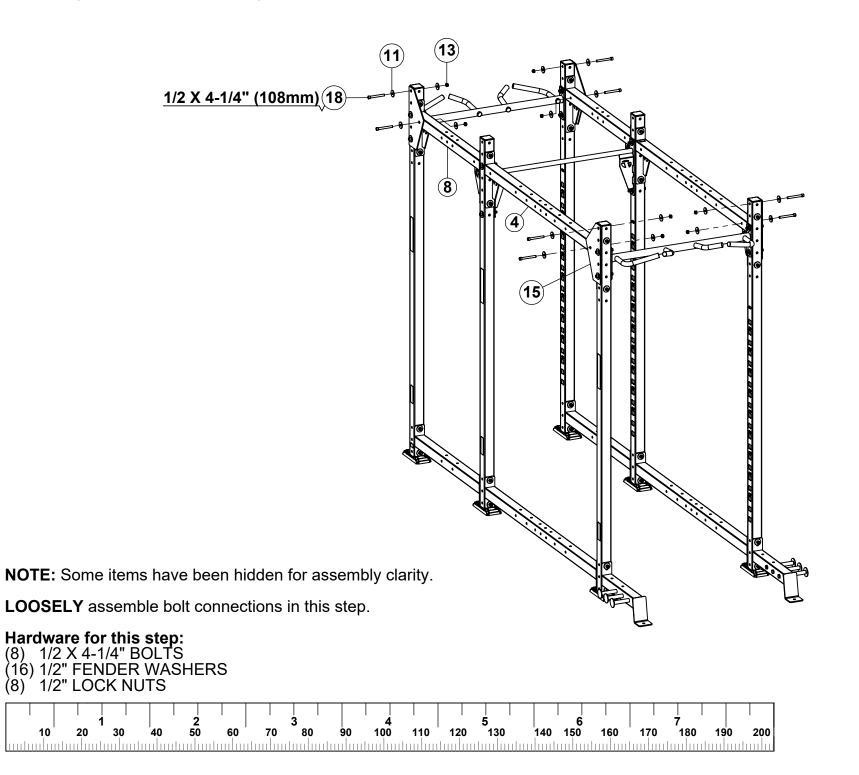
LOOSELY assemble all bolt connections in this step.

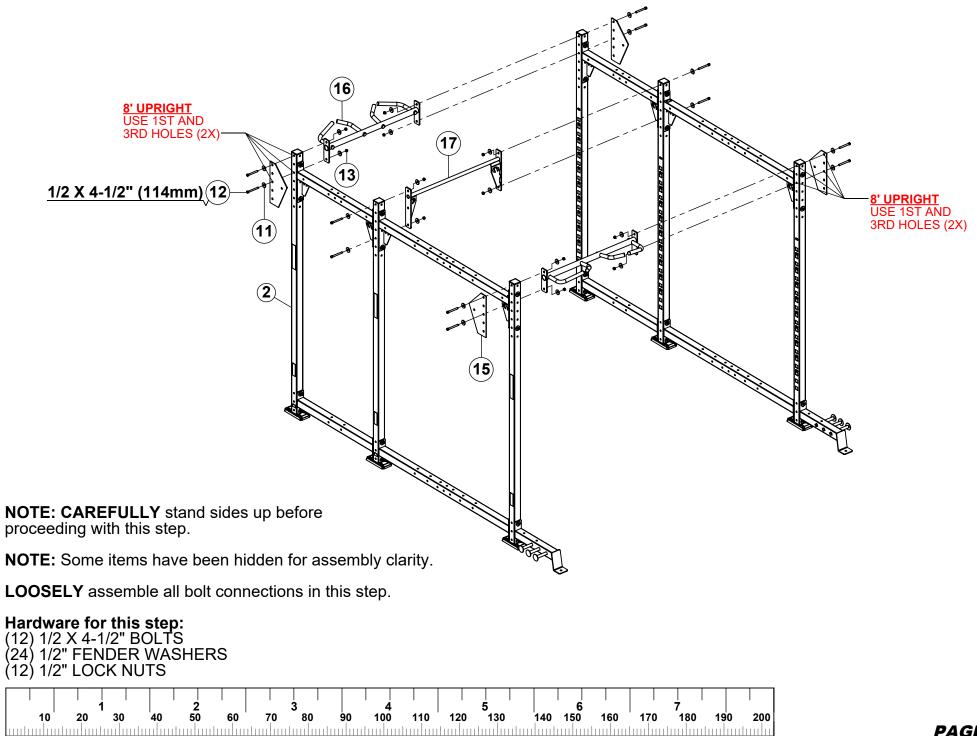


## **STEP 4 (9' UPRIGHTS ONLY)**



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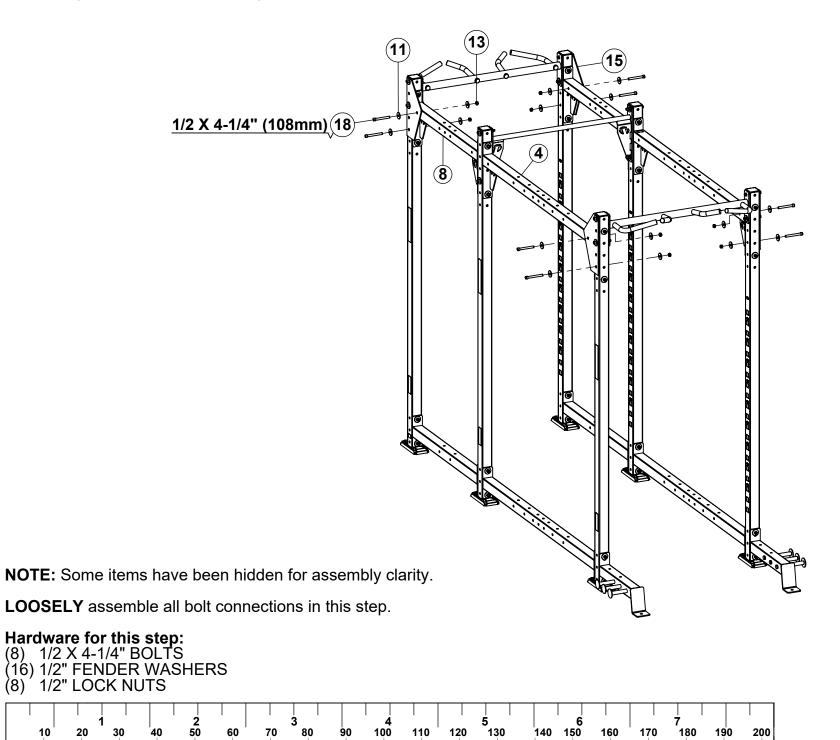




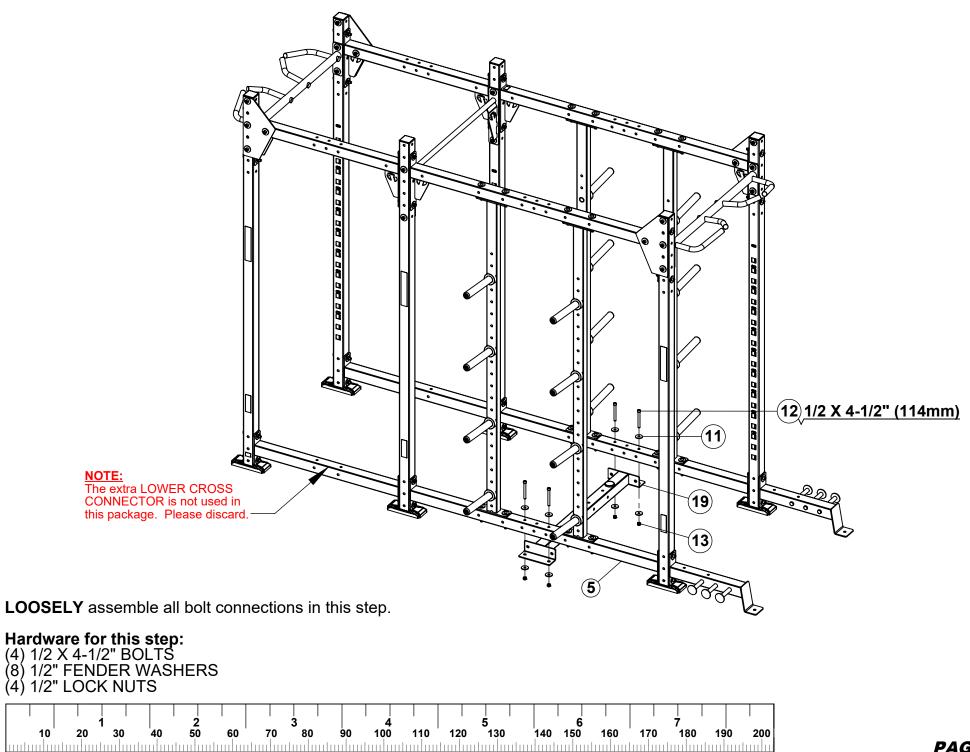
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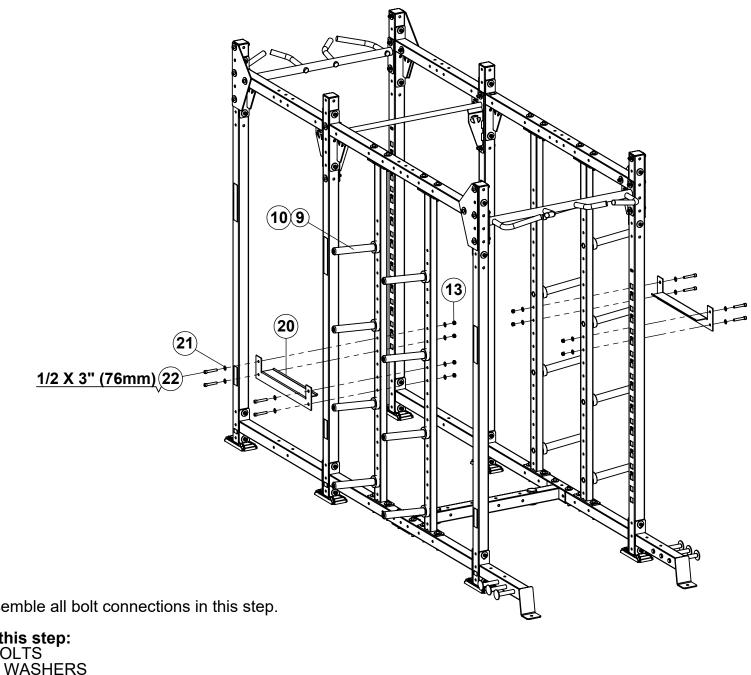
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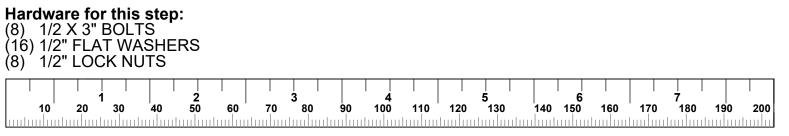


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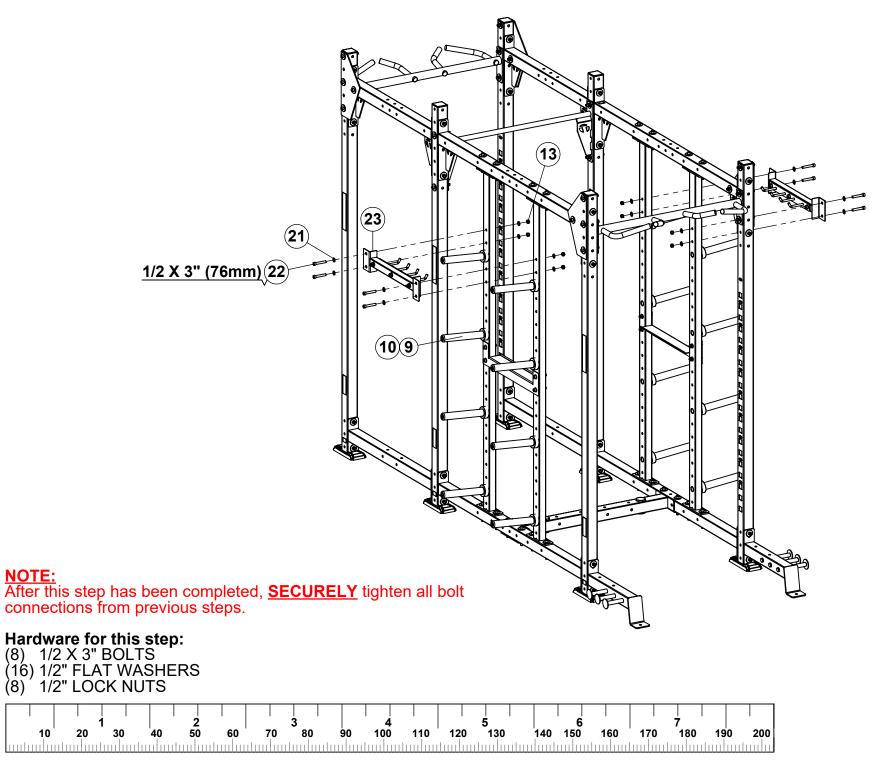


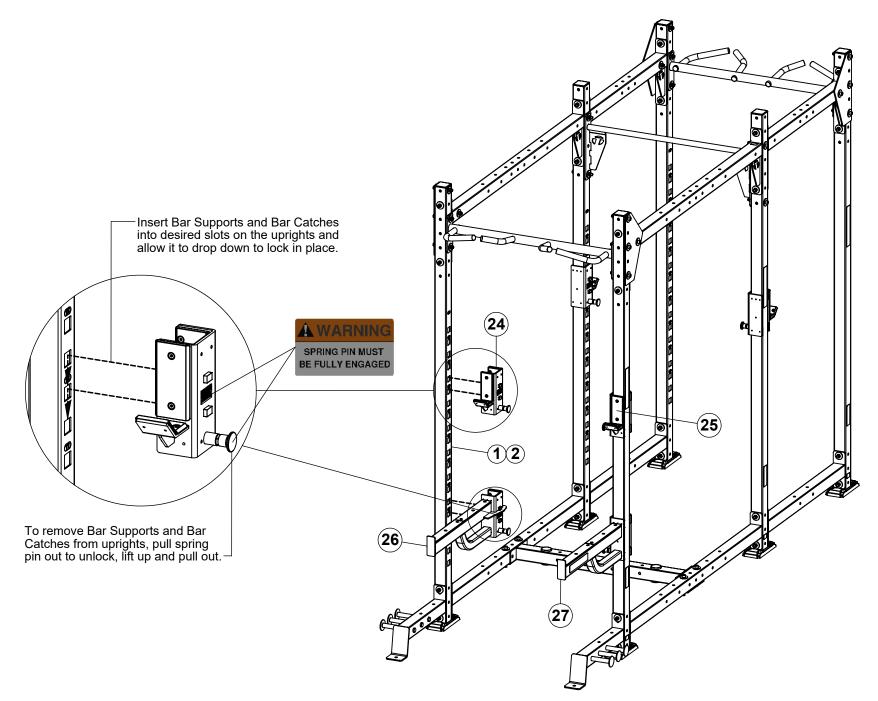


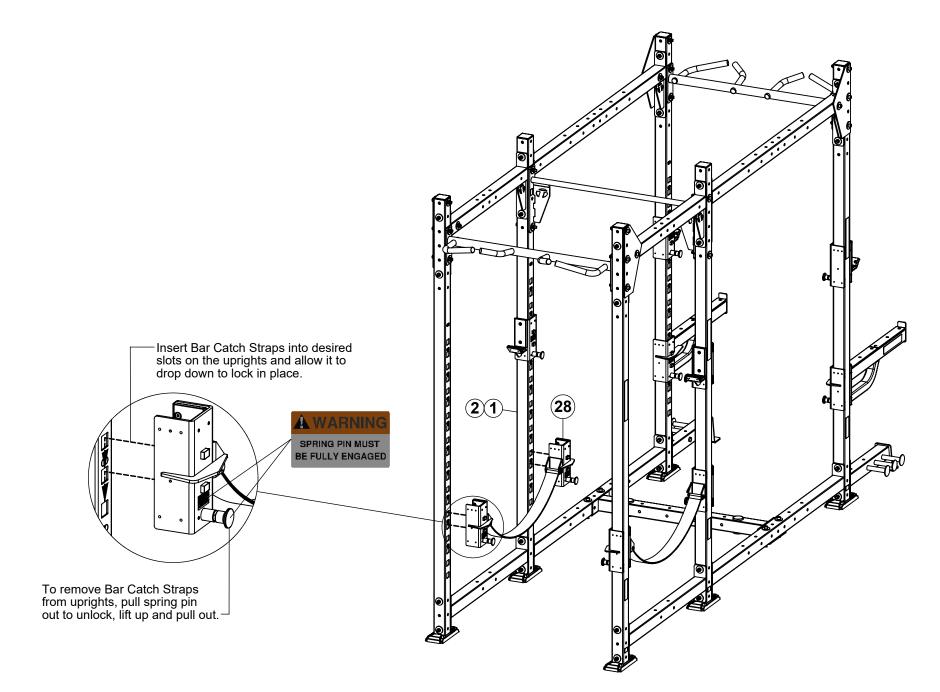
LOOSELY assemble all bolt connections in this step.

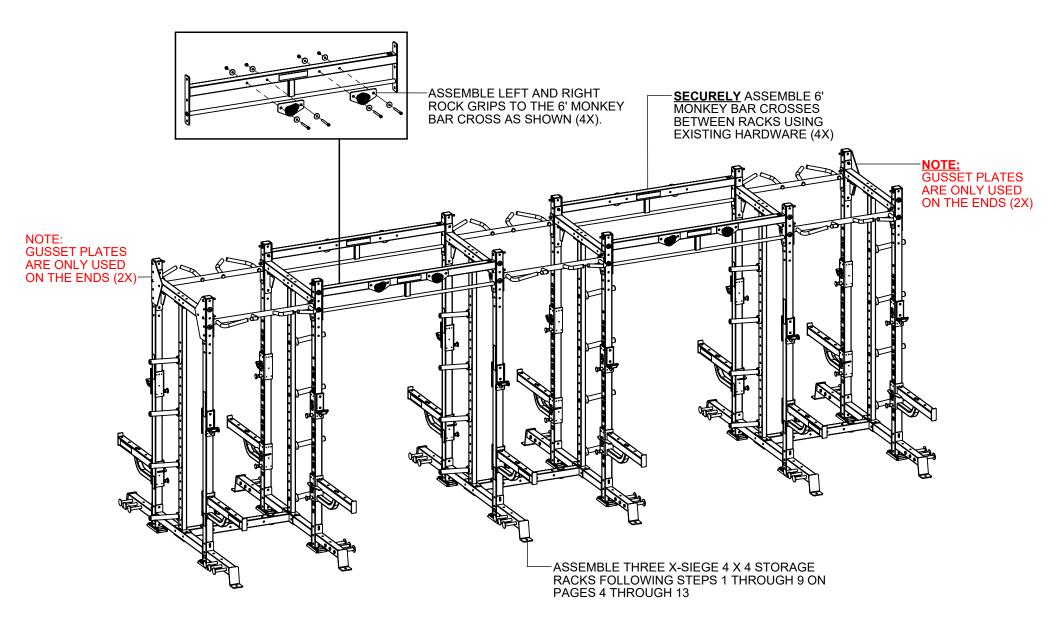


NOTE:

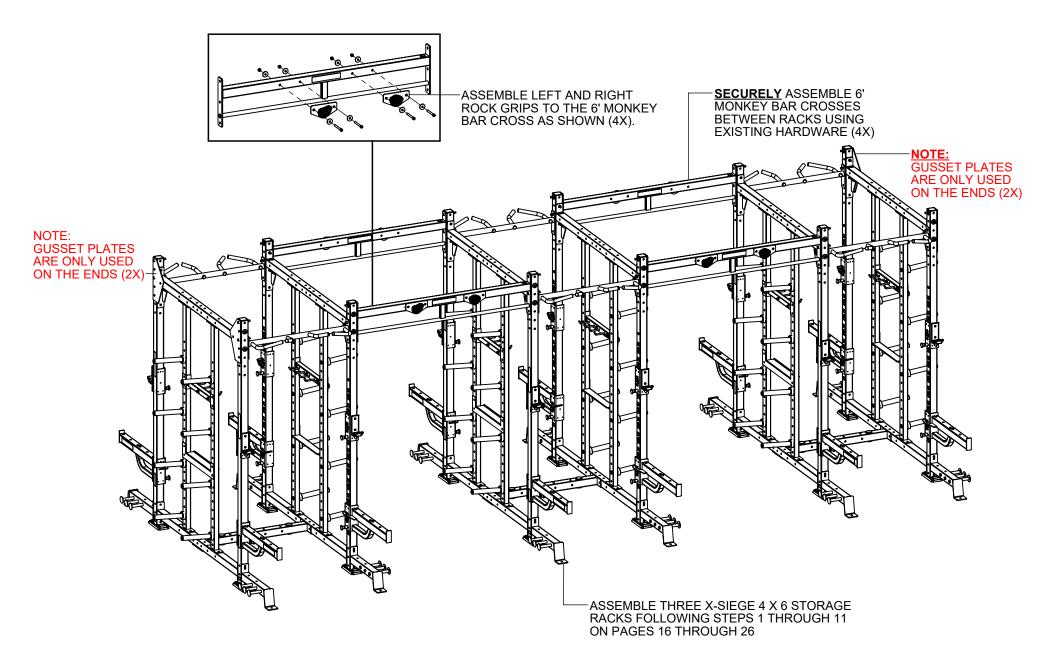




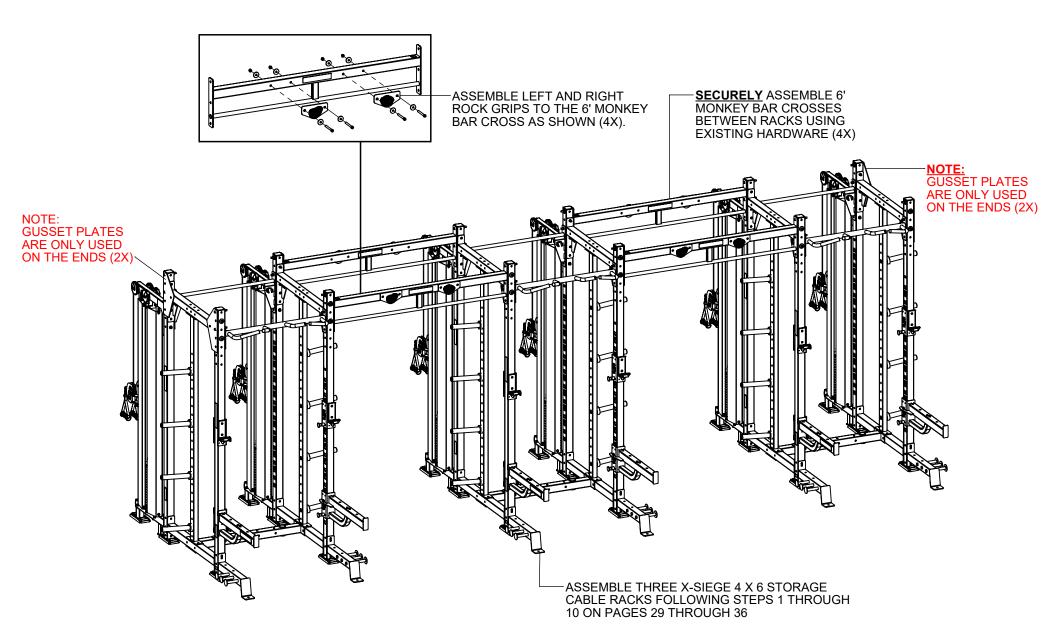




XSS-6-24-X1



XSSC-4-24-X1



XSS-10-24-X1

