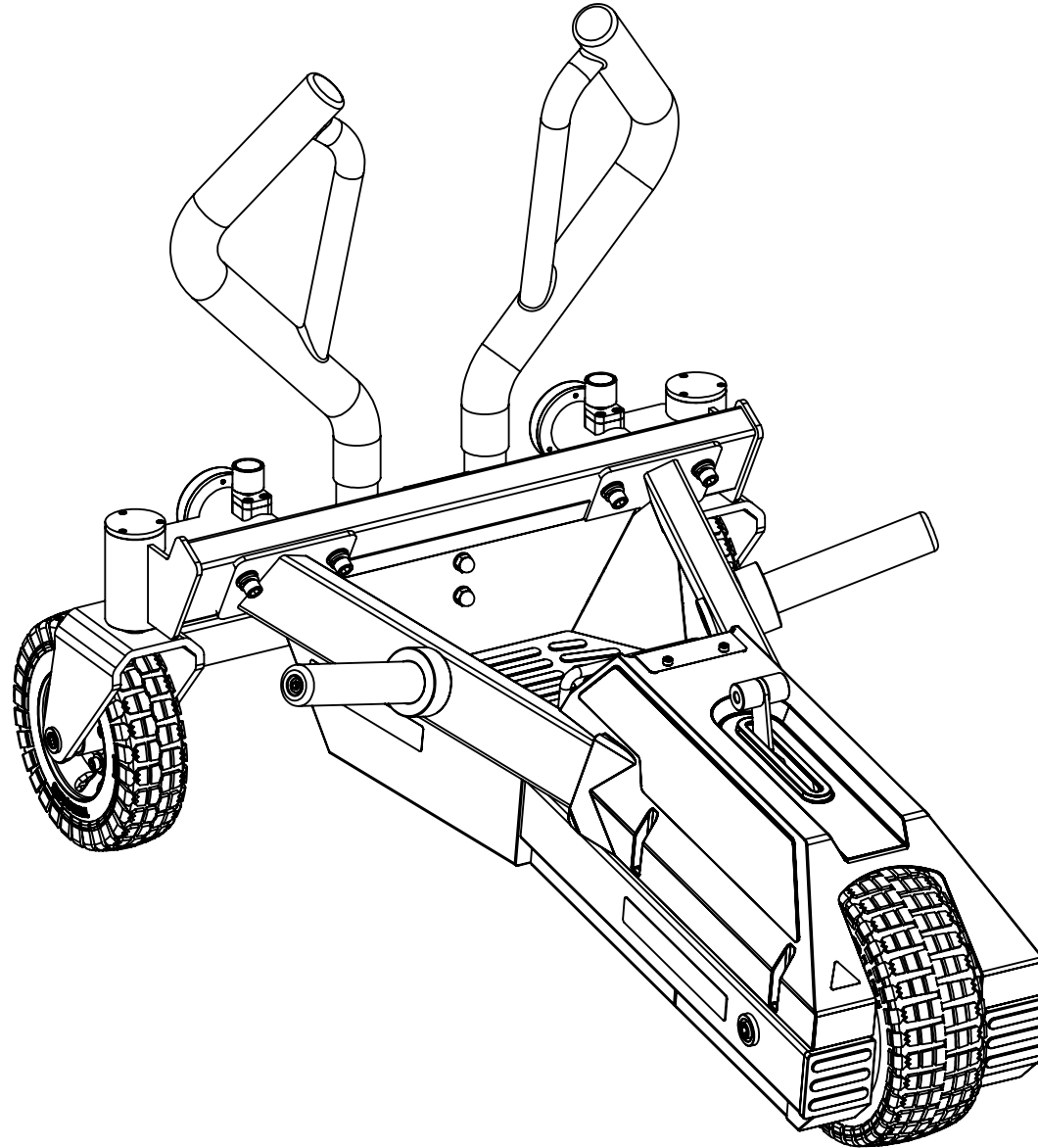


TANK M3 ASSEMBLY GUIDE

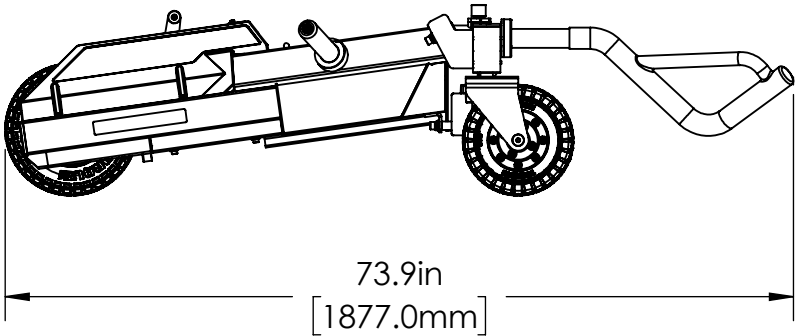
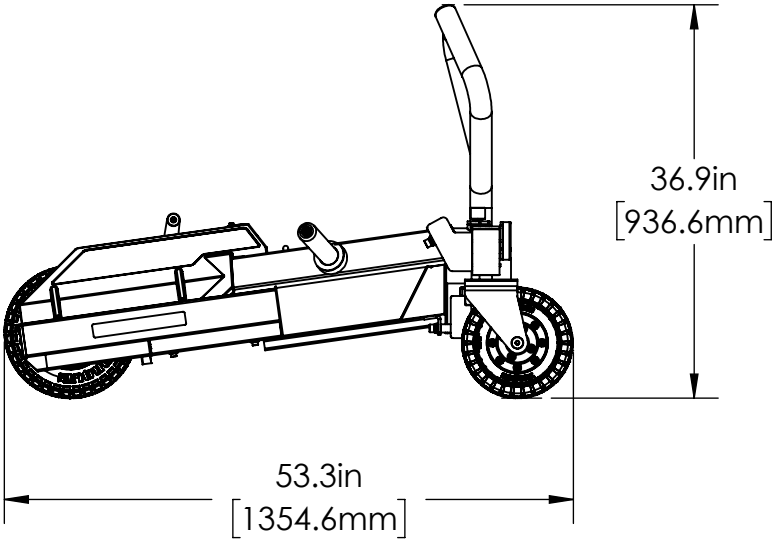
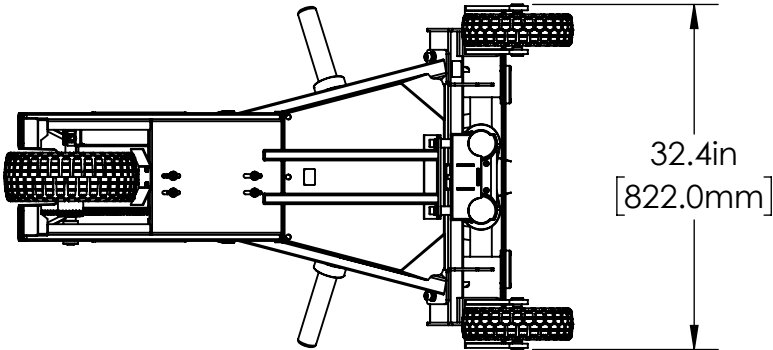
VERSION: XTTM3-MPH-103

PART #: 6035601-A



TORQUE USA

PRODUCT WEIGHT: 209 lbs. (95 kgs.)



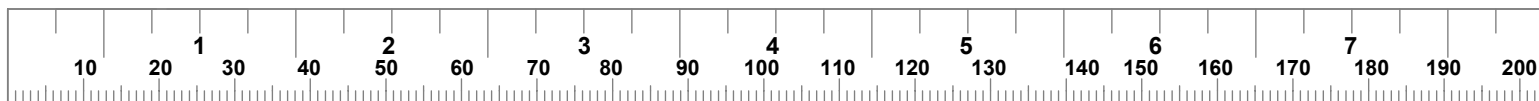
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	5937701	ASSY, CHASSIS-FRONT	1
2	5965601	ASSY, CHASSIS-REAR	1
3	2010801	WASHER, STEEL 12.7 ID-25 OD-2 THK CLEAR ZINC	6
4	2010901	WASHER, LOCK M12 SAE ST ZN	6
5	2011301	SCREW, M12-1.75 X 30L SOC HD GR 12.9 CLEAR ZINC	8
6	5938401	WLDMT, TOW HOOK-STAINLESS	1
7	2048801	WASHER, FLAT,M10 X 20 X 2.0, SS	2
8	2052501	M10 X 1.5 ACORN NUT-CZ	2
9	60005PA	PTD ASSY, WEIGHT HORN	2
10	59371PA	PTD ASSY, PUSH HANDLE-RH	1
11	59372PA	PTD ASSY, PUSH HANDLE-LH	1
12	5620601	WRENCH, 10MM ALLEN	1
13	5191401	ALLEN WRENCH, M5	1

TOOLS NEEDED FOR ASSEMBLY:

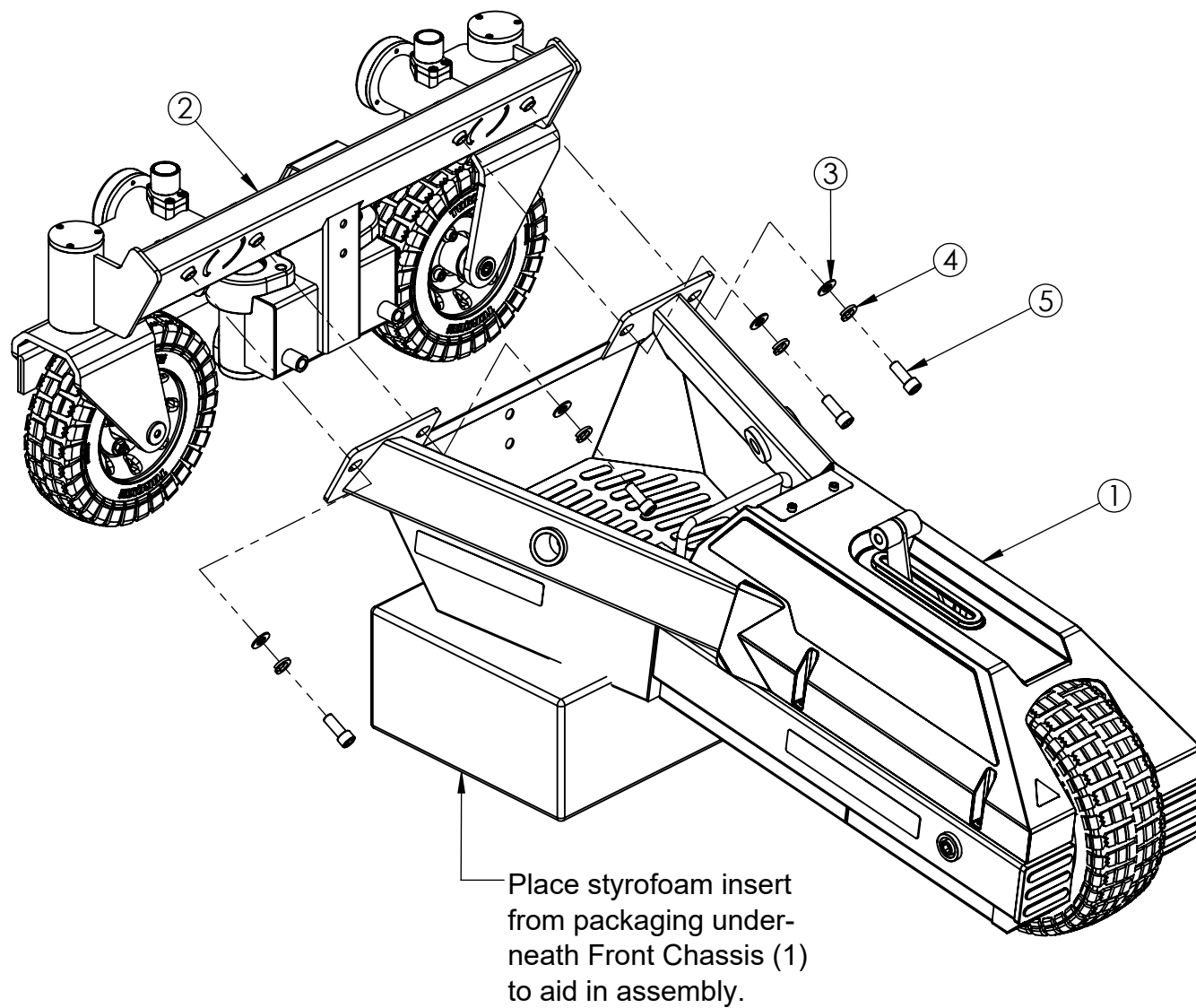
- 10MM ALLEN WRENCH (INCLUDED)
- 5MM ALLEN WRENCH (INCLUDED)
- PHILLIPS SCREW DRIVER

TABLE OF CONTENTS:

- TANK M3 ASSEMBLY: PAGES 4 - 10
- TANK M3 ADJUSTMENT: PAGE 11
- CHAIN ADJUSTMENT: PAGES 12 - 14
- TANK M3 CONSOLE (OPTIONAL): PAGE 15
- INSPECTION & LUBRICATION: PAGE 16
- SAFETY AND WARNING NOTICES: PAGE 17



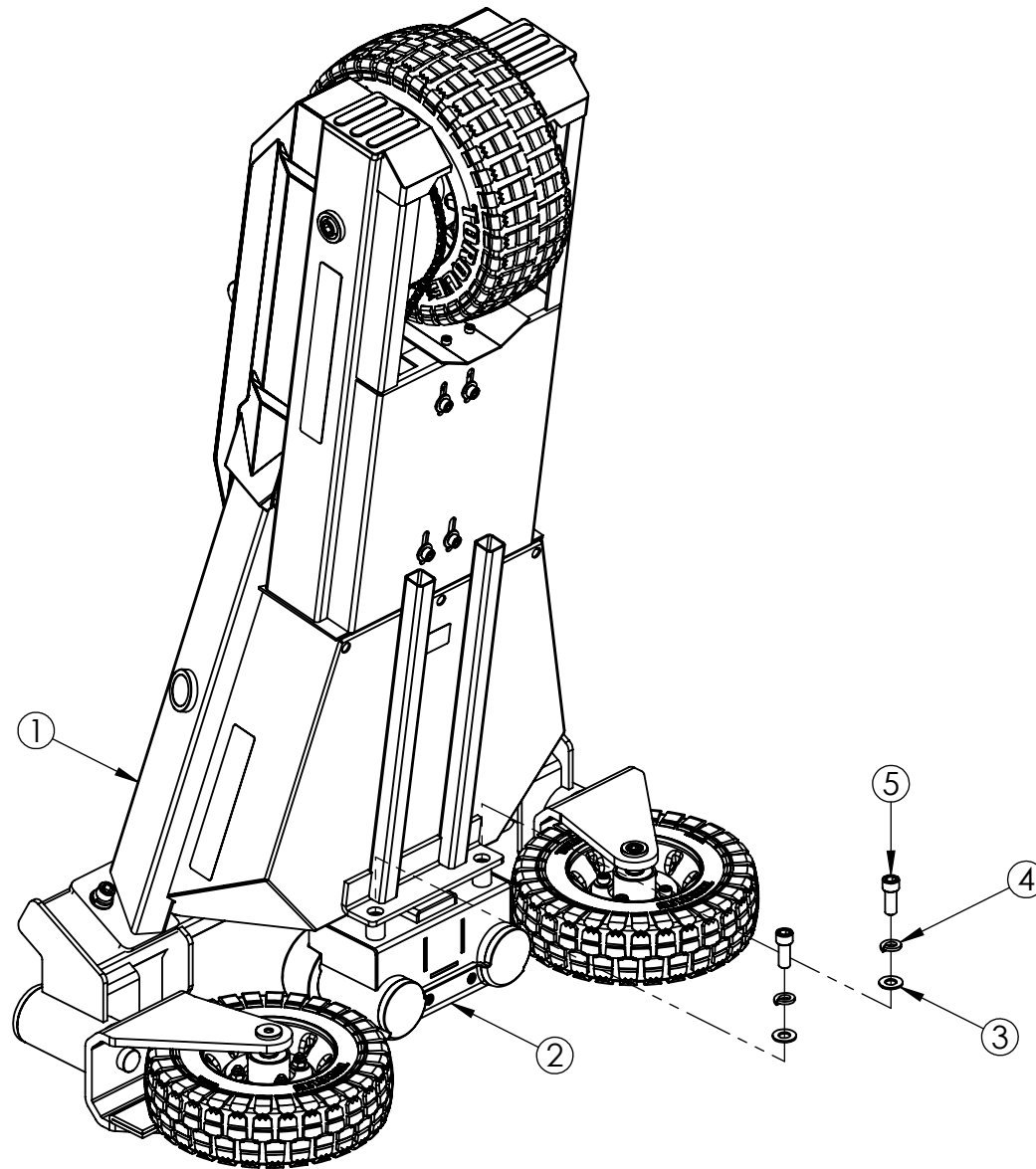
STEP 1



NOTE:

LOOSELY tighten bolt connections in this step.

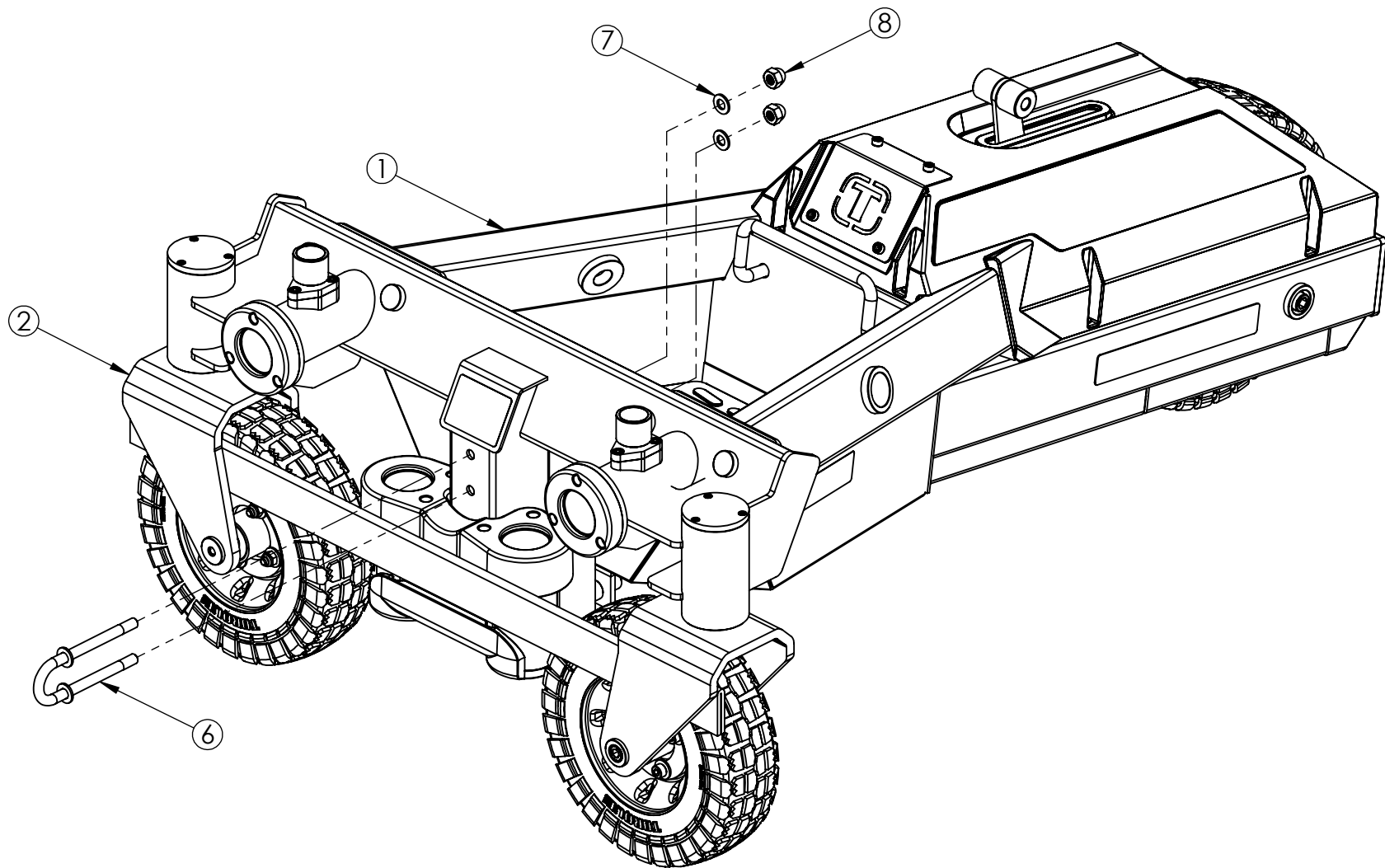
STEP 2



NOTE:

SECURELY tighten all bolt connections in this step and in STEP 1.

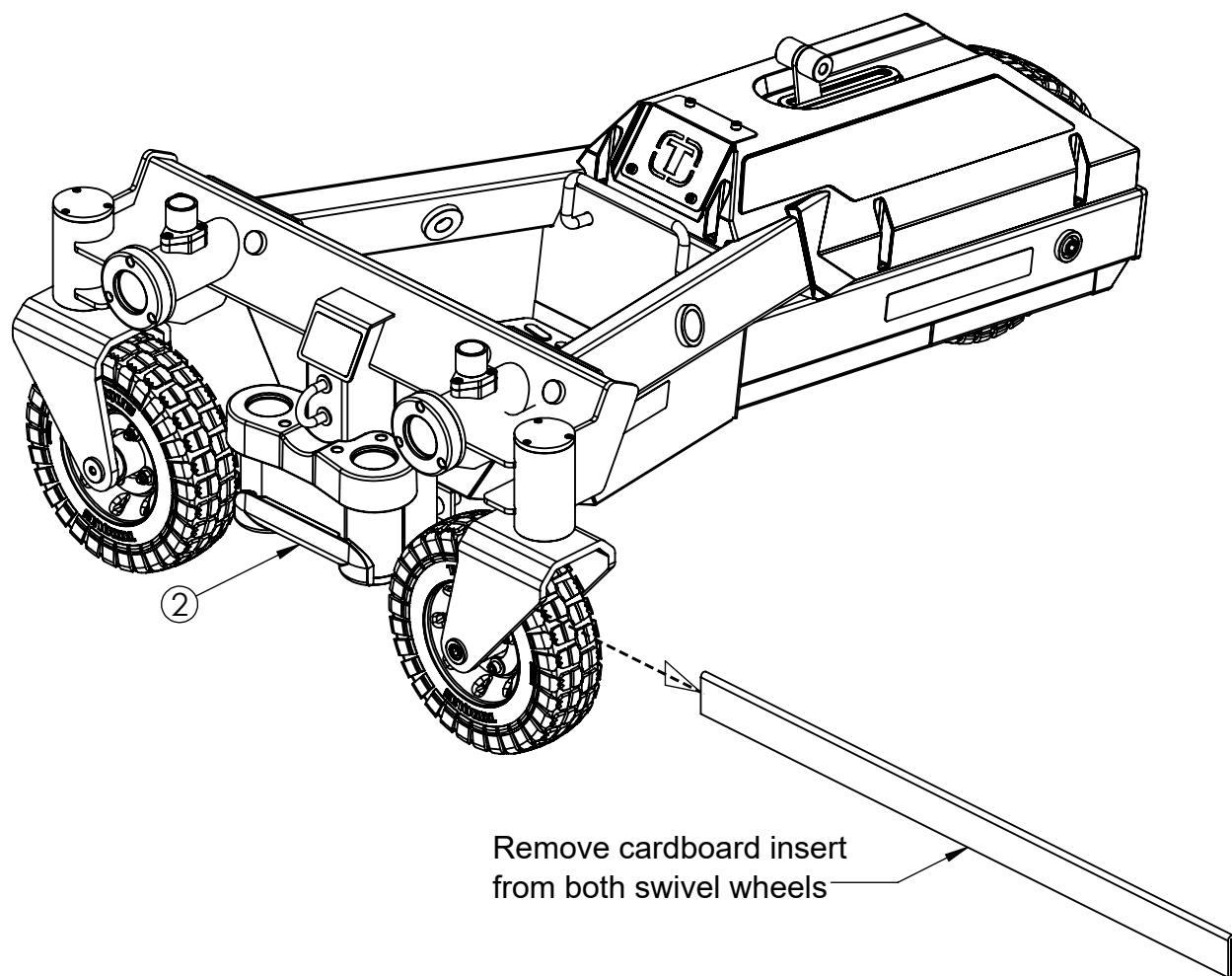
STEP 3



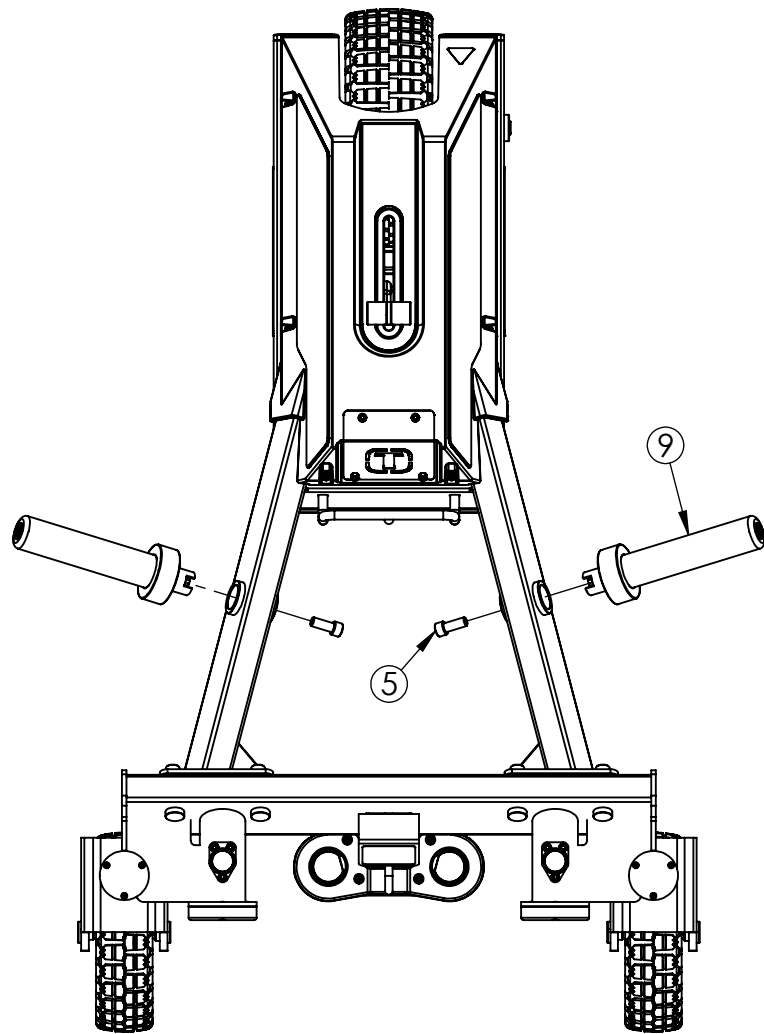
NOTE:

SECURELY tighten all bolt connections in this step.

STEP 4



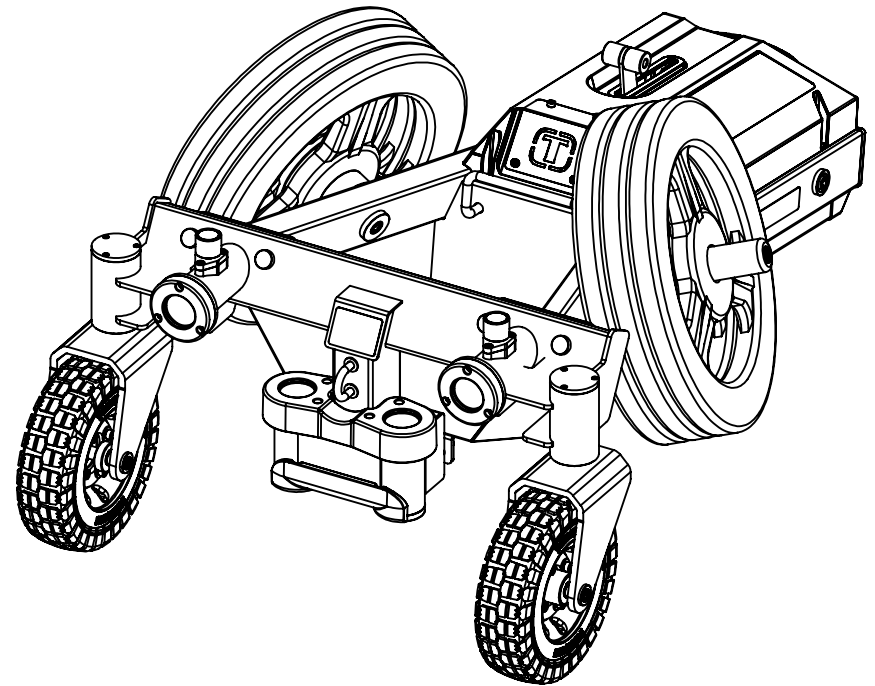
STEP 5



TOP VIEW

NOTE:

SECURELY tighten all bolt connections in this step.

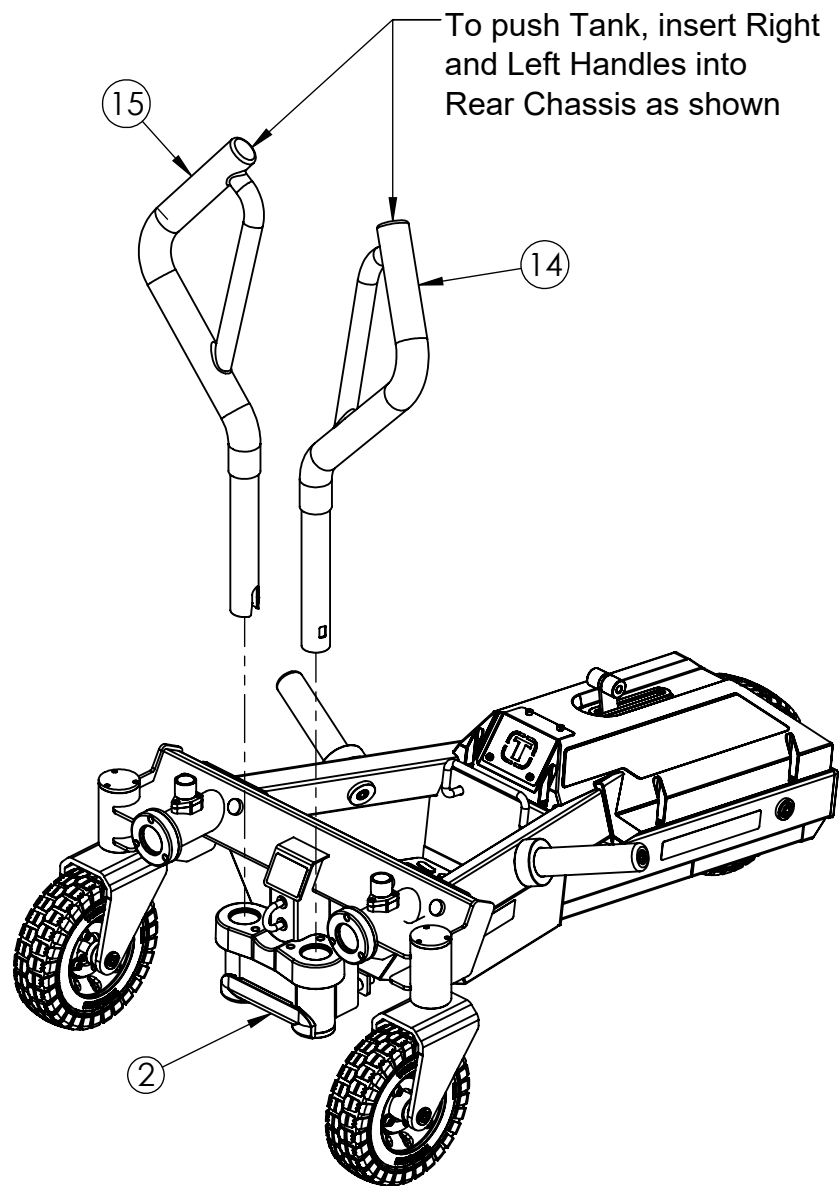


NOTE:

Max weight: 270 lbs. (122 kgs.).
Load weight equally on both sides.

WARNING:

Remove weight from M3 when not in use. Leaving the weights on M3 could cause the tires to deform.

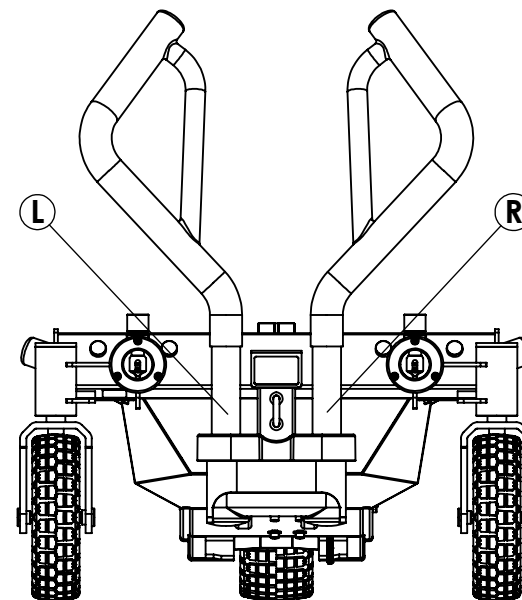


NOTE:

Max weight: 270 lbs. (122 kgs.). Load weight equally on both sides.

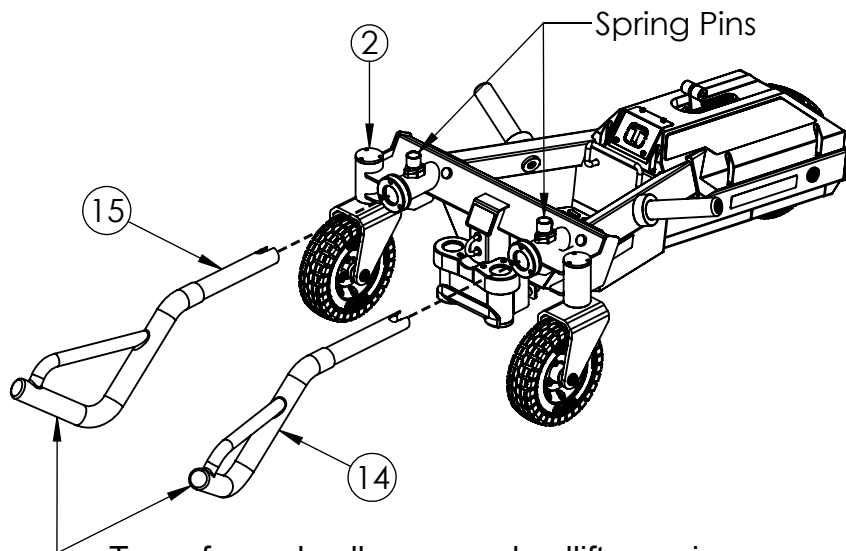
WARNING:

Remove weight from M3 when not in use. Leaving the weights on M3 could cause the tires to deform.



**REAR VIEW
HANDLES INSTALLED**

WHEELBARROW AND DEAD LIFT TRAINING



To perform wheelbarrow or deadlift exercises, fully insert Left and Right Handles horizontally into Rear Chassis as shown.

NOTE: Ensure Spring Pins are fully engaged.

WARNING:

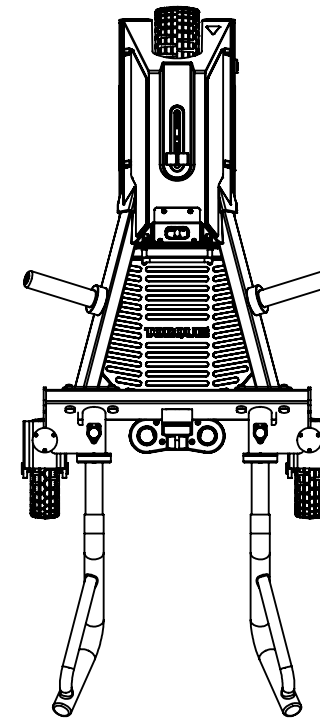
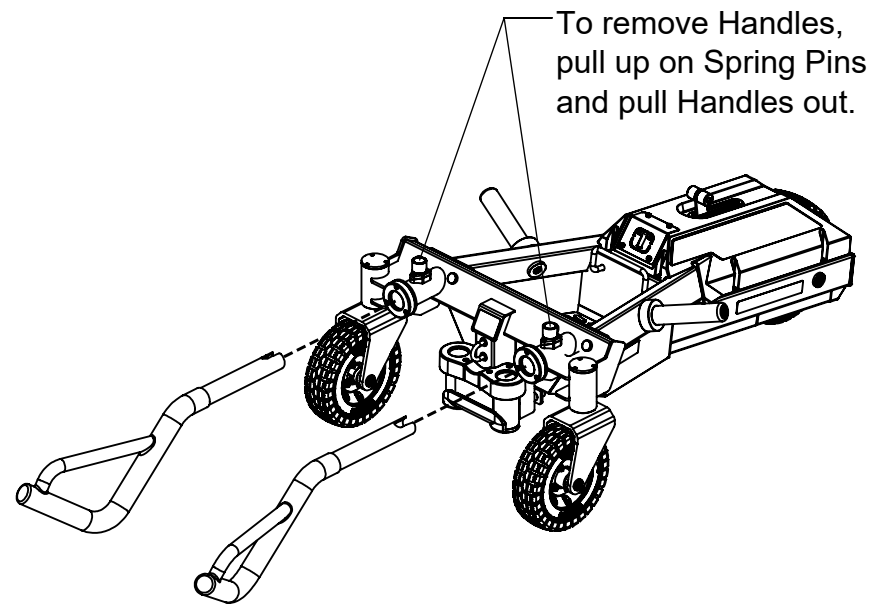
DO NOT drop M3 from Handles. Set M3 down after performing exercises. Dropping M3 from Handles could result in damage to Wheels, Casters and Frame and will void warranty.

NOTE:

Max weight: 270 lbs. (122 kgs.). Load weight equally on both sides.

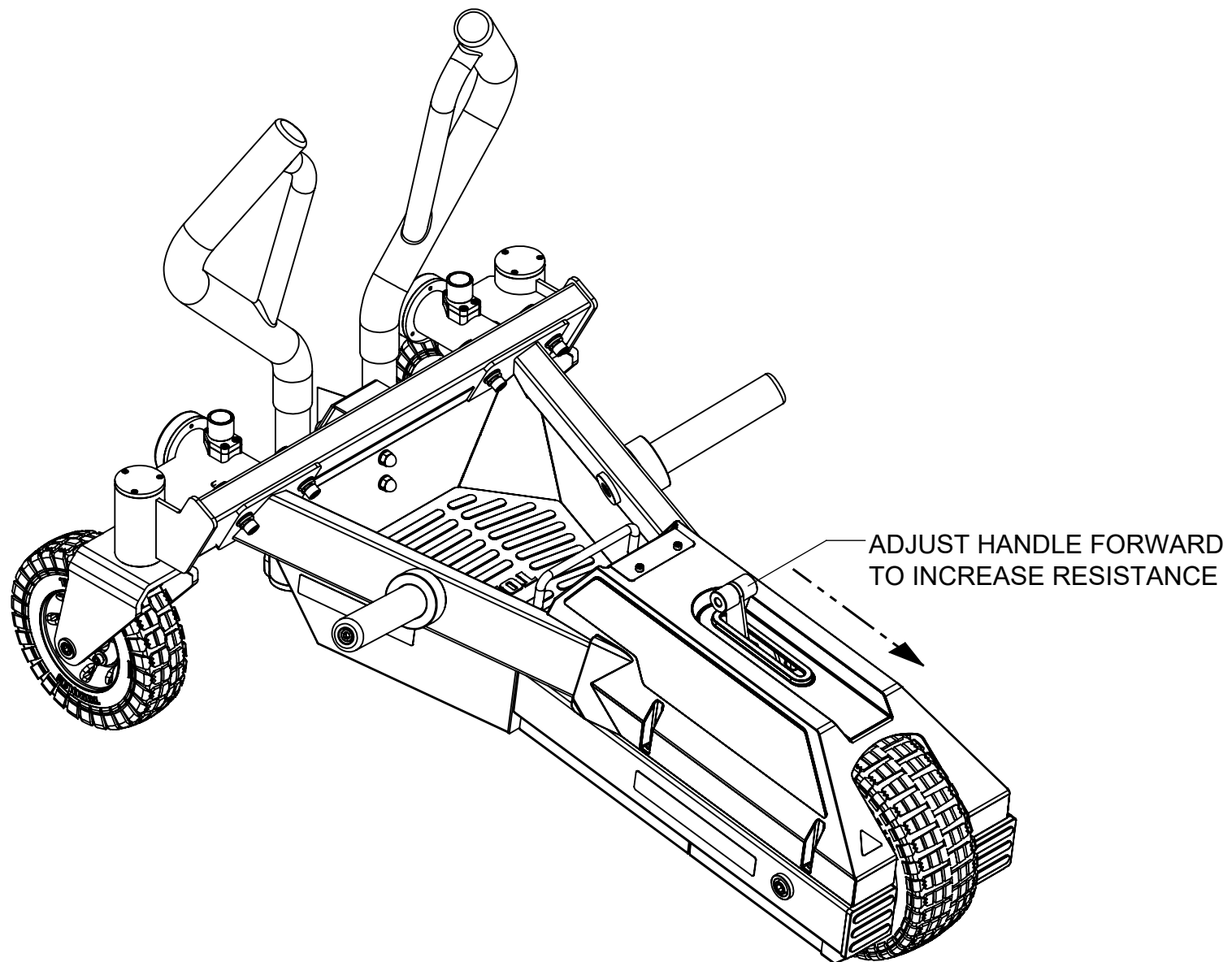
WARNING:

Remove weight from M3 when not in use. Leaving the weights on M3 could cause the tires to deform.

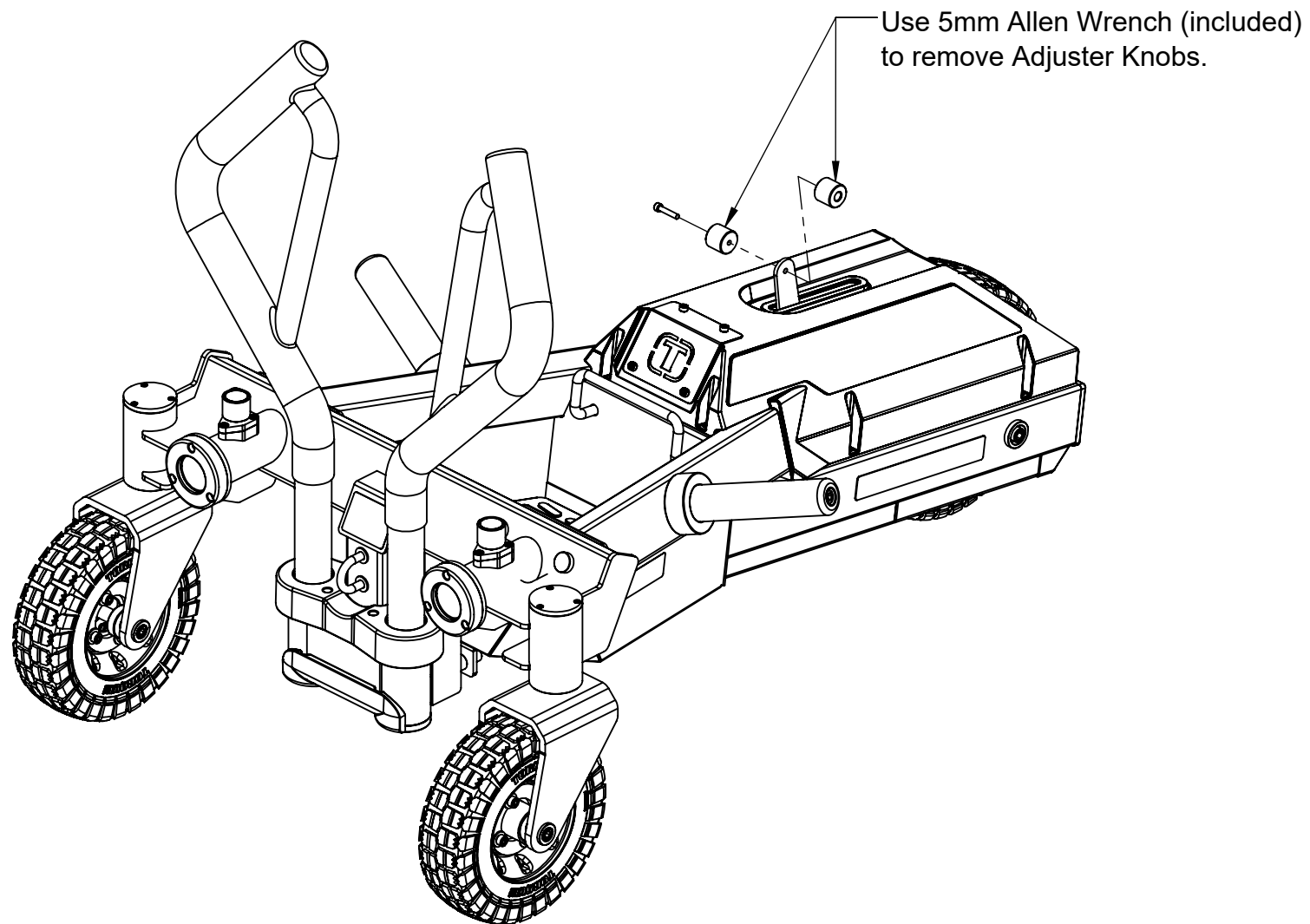


**TOP VIEW
HANDLES INSTALLED**

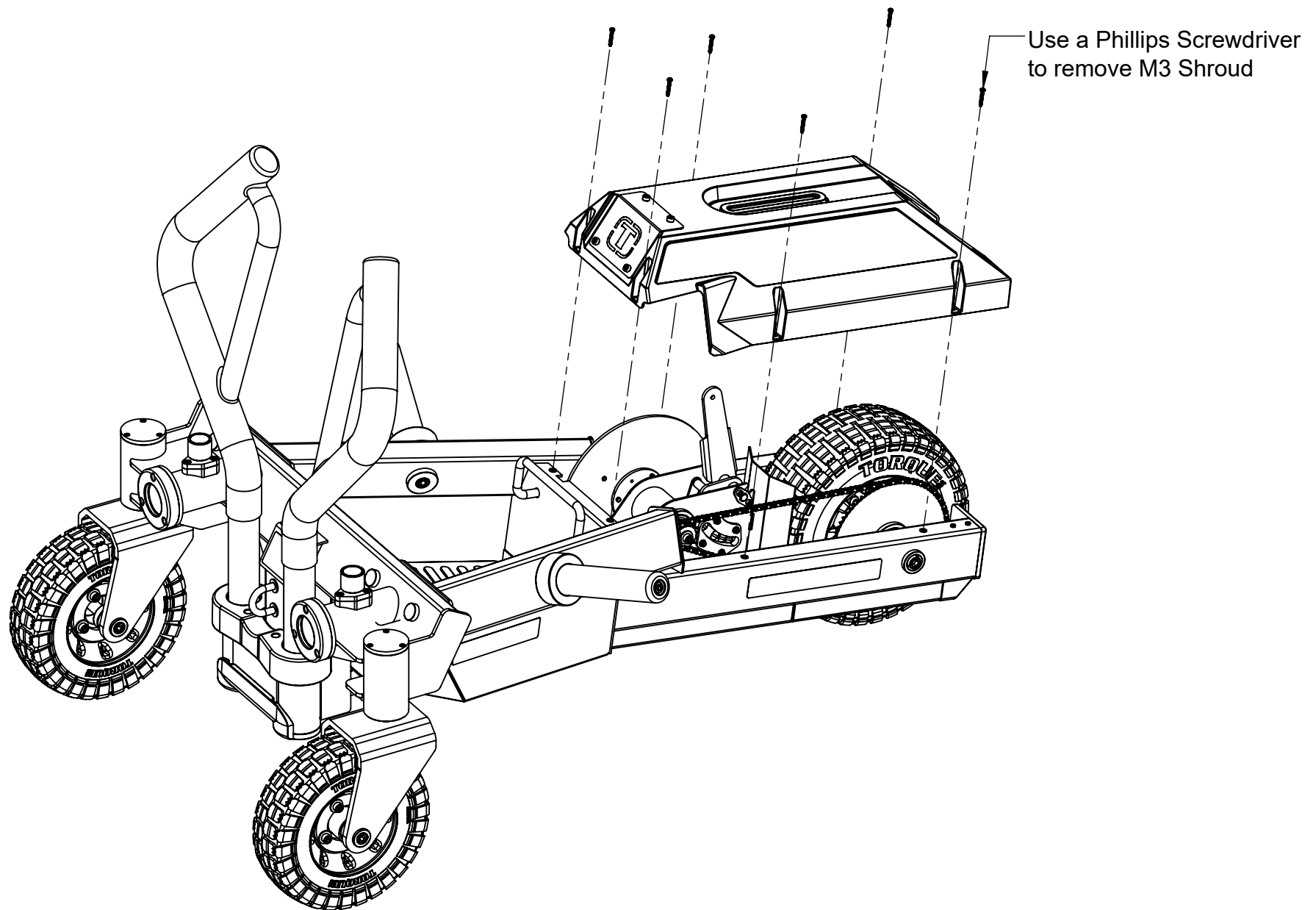
M3 RESISTANCE ADJUSTMENT



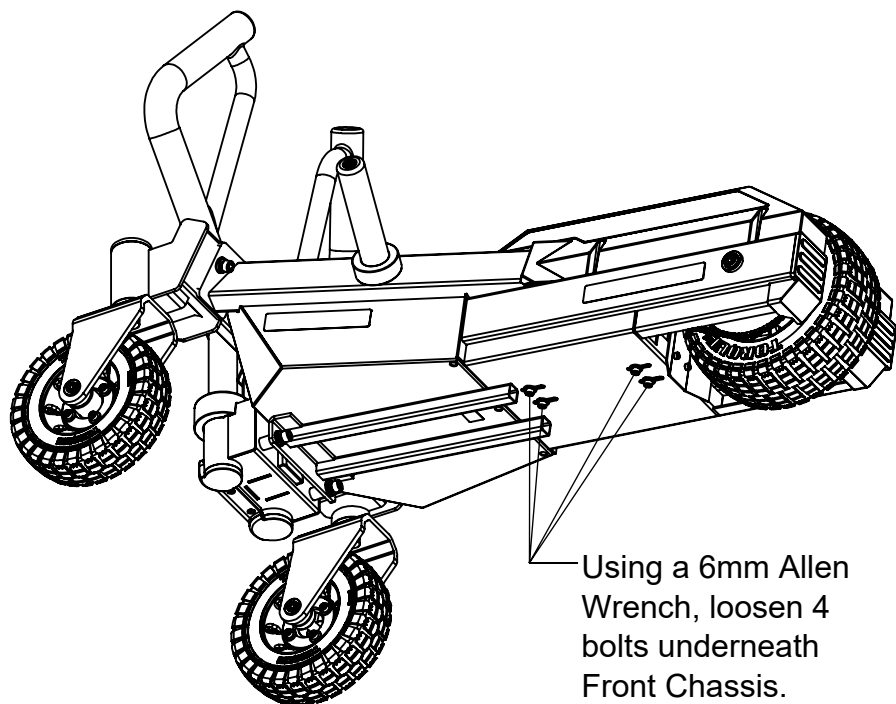
CHAIN ADJUSTMENT, STEP 1



CHAIN ADJUSTMENT, STEP 2

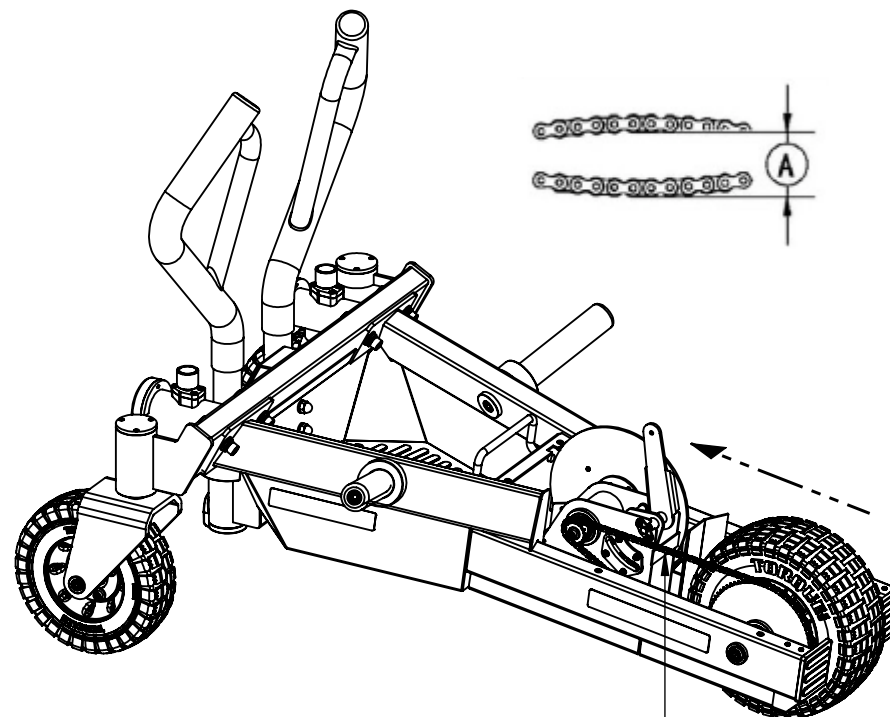


CHAIN ADJUSTMENT, STEP 3



NOTE:

Once this step is complete, reassemble M3 Shroud and Adjuster Knobs as shown on Pages 13 and 12.

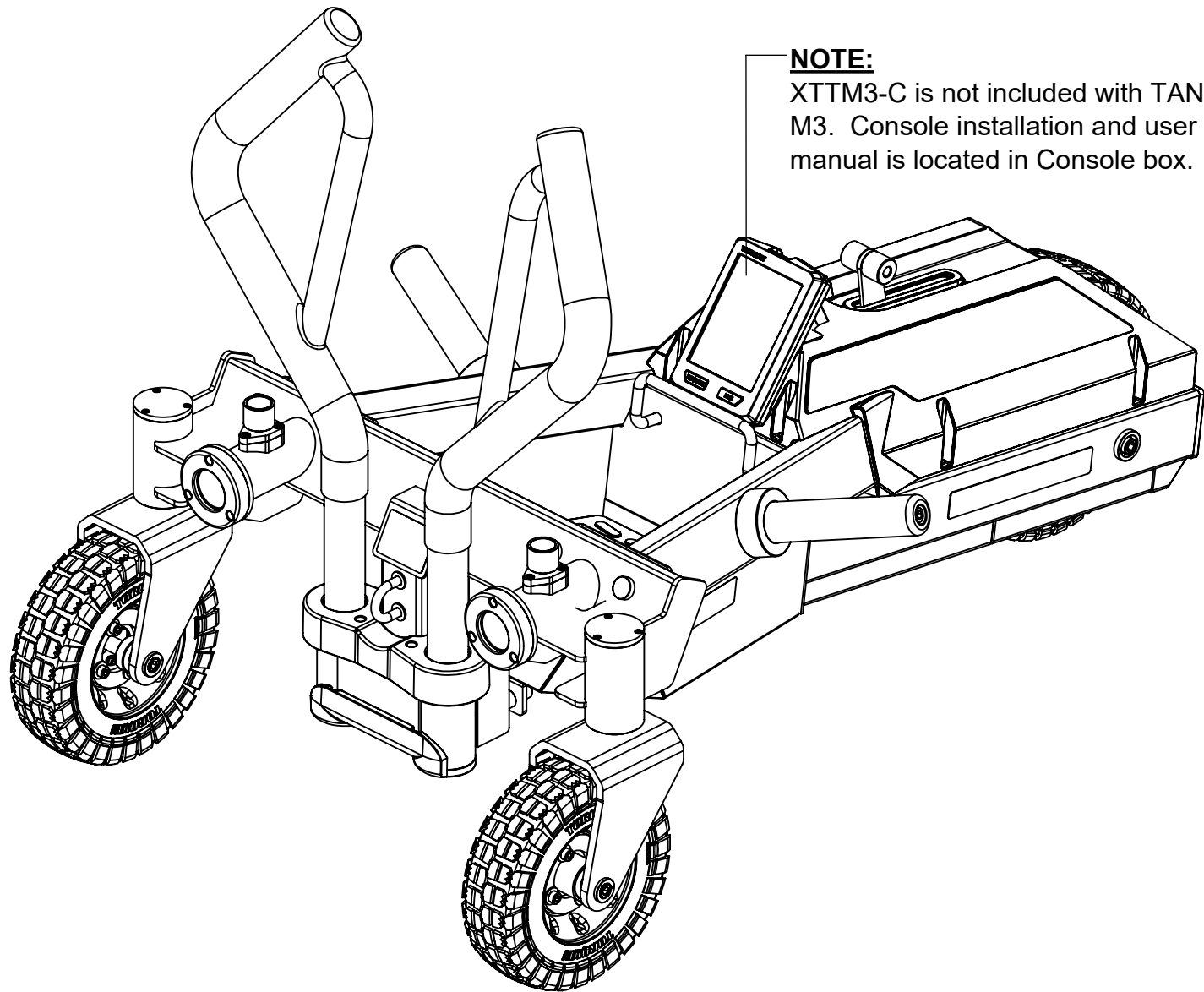


To tighten Chain, Push Brake Module back in direction of arrow.

NOTE: DO NOT overtighten Chain. Leave a small amount of slack (up and down play) in the chain for best performance. See view above.

Once this has been complete, retighten 4 bolts underneath Front Chassis

TANK M3 CONSOLE ASSEMBLY (OPTIONAL)



NOTE:

XTTM3-C is not included with TANK M3. Console installation and user manual is located in Console box.

NOTE:

To discover what accessories pair well with the Tank M3, visit our website at: www.torquefitness.com/collections/tank-accessories. Or by phone: 763-754-7533 (8:30 am - 5:00 pm CST).

INSPECTION & LUBRICATION

INSPECTION:

Once a month, check for loose bolts on frame and wheels. Tighten if necessary.

Once a month, remove shroud as shown on **pages 13 & 14** and check that the chain and sprockets are clean, free of rust, dust and grime. Make sure that the chain is properly lubricated.

If chain ever becomes loose, follow **pages 13 - 15** to adjust chain.

LUBRICATION:

Once a month, the sprockets should be cleaned and the chain should be lubricated.

RECOMMENDED LUBRICATION: Use a Dry lubrication for indoor use, and wet lubrication for outdoor use. Most bicycle shops carry a variety of different lubricants and can recommend a lubricant based on the conditions where the TANK will be used.

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

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

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



#TorqueFitness #TorqueTANK



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



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



<https://www.facebook.com/groups/thetankcommunity>

IMPORTANT SAFETY INSTRUCTIONS:

WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear. Damaged or worn components must be replaced immediately with Torque Fitness approved service parts. See inspection and lubrication section on page 17 for more details.

- **WARNING:** Injuries to health may result from incorrect or excessive training.
- Keep children away from the TANK M3 during use.
- For use on any hard surface (e.g. concrete). Do not use on sand, snow or ice.
- Keep all loose clothing, hair and shoelaces away from moving parts.
- Use two hands while using the push handles to ensure Tank will travel straight.
- The gap between front wheel and shroud may have pinching risk.
- If you feel skidding of the tires, add more weight to the weight horn. Max of 3 grip plates or 2 bumper plates.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the TANK M3.
- **DO NOT** attempt to use the TANK M3 for any purposes other than that for which it was intended.
- **DO NOT** drop M3 when handles are in wheelbarrow position. Set M3 down after performing exercises. Dropping M3 from handles could result in damage to Wheels, Casters and Frame and will void warranty.
- **DO NOT** place more than 270 LBS. on the weight horns of the TANK M3.
- **WARNING:** Remove weight from M3 when not in use. Leaving the weights on M3 could cause the tires to deform.
- **DO NOT** place any weight in Tray of M3
- **DO NOT** use the TANK M3 in wet or slippery conditions.
- **DO NOT** stand or ride on the TANK M3.
- **DO NOT** use the TANK M3 without the shroud.