

ENDLESS ROPE TRAINER ASSEMBLY GUIDE

VERSION: XERT-101

PART #: 5726301-B

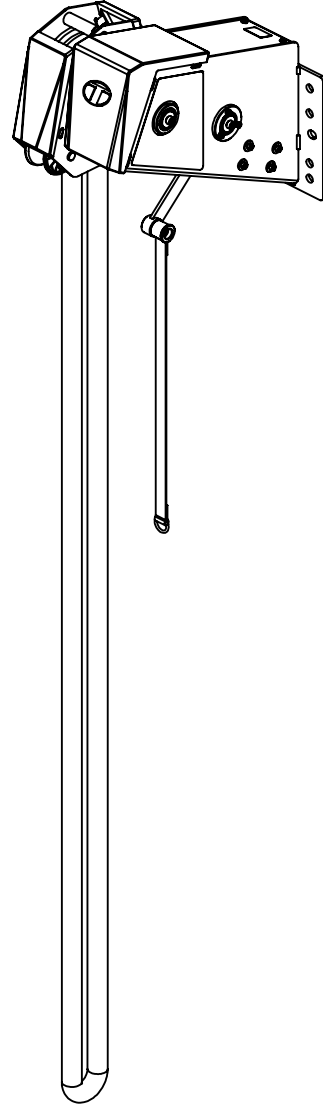


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- To assemble the XERT to the HALF CAGE download manual at: www.torquefitness.com/pages/assembly-manuals
- To assemble the XERT to the X-LAB EDGE download manual at: www.torquefitness.com/pages/assembly-manuals
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NOTICE:

This manual provides contact information, warnings, instructions on the operation and maintenance of the ENDLESS ROPE TRAINER as well as assembly steps for attaching this unit directly to a wall with wood studs. For instructions on how to assemble the ENDLESS ROPE TRAINER to your Torque System, please refer to the manual included with your product or download manuals at: www.torquefitness.com/pages/assembly-manuals

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. **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 (**NOTE: Some rope fraying is normal over time. See page 12 for rope care**). Tighten all loose connections. Pay special attention to rope and bolt connections. **DO NOT** use product if product appears damaged (**NOTE: Some rope fraying is normal over time. See page 12 for rope care**). **DO NOT** attempt to fix a broken or jammed machine, instead contact us at www.service@torquefitness.com. **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 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.
6. Make sure all adjustments are fully engaged after making an adjustment and before using the product.
7. This product is not a toy.
8. 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 1-877-TORQUE5 (1-866-664-9894). www.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.

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. For future reference, write the model and serial number(s) in the space below.

Model Number: _____

Serial Number(s): _____

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 (8:30 am - 5:00 pm CST), or 1-877-TORQUE5 (1-866-664-9894). www.service@torquefitness.com

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

Tools Required

- Rubber mallet or hammer
- 8mm Allen wrench (**included**)
- Phillips screwdriver
- 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.

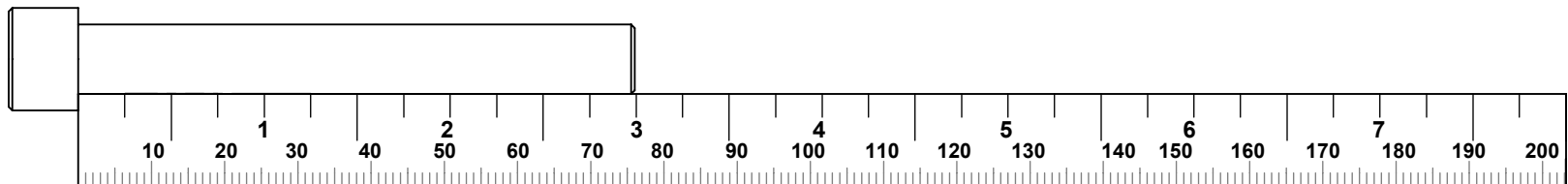
Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

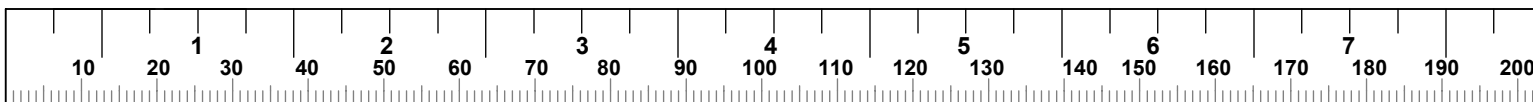
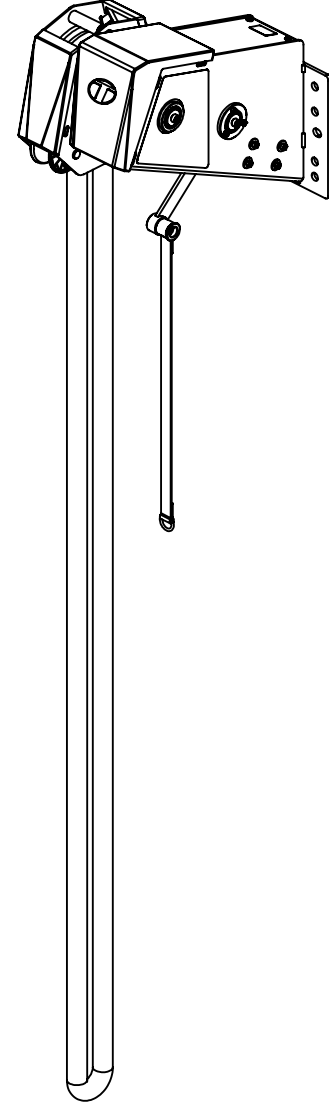
- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning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

Assembly Tips Continued

- Some of the items shown in the assembly steps may already be pre-assembled.
- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some assembled parts may need to be temporarily loosened 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.
- 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.



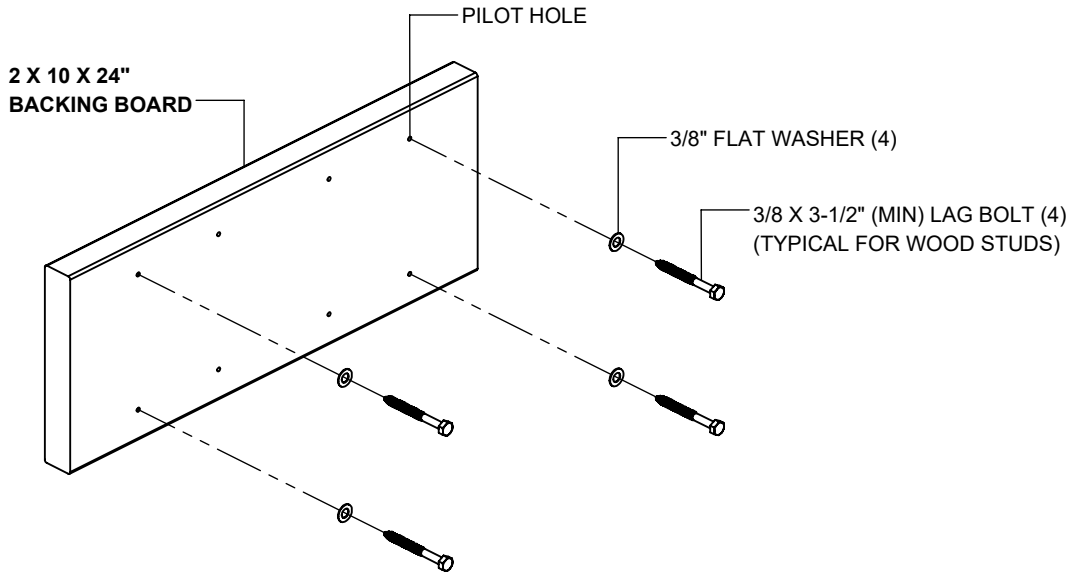
ITEM	PART NUMBER	DESCRIPTION	QTY
1	5715701	FINAL ASSY, ENDLESS ROPE TRAINER	1
2	5676701	PLATE, MOUNTING	1
3	5708201	BPLATE, XERT MOUNTING	1
4	5494201	BSHNG, 25 OD X 13.5 ID X 75	2
5	2008927	BOLT, 1/2-13 X 7" (178mm) HEX HEAD	2
6	2008917	BOLT, 1/2-13 X 4-1/2" (114mm) HEX HEAD	4
7	2008904	BOLT, 1/2-13 X 1-1/4" (32mm) HEX HEAD	4
8	2001301	WASHER, FLAT 1/2 SAE ST ZN	6
9	2021001	NUT, 1/2-13 LK ST ZN	6
10	5706901	KNOB, ADJUSTER HANDLE	1
11	5620701	WRENCH, 8MM ALLEN	1
12	5726301	ASSEMBLY INSTRUCTIONS, XERT-101	1



MOUNT XERT TO WALL: STEP 1

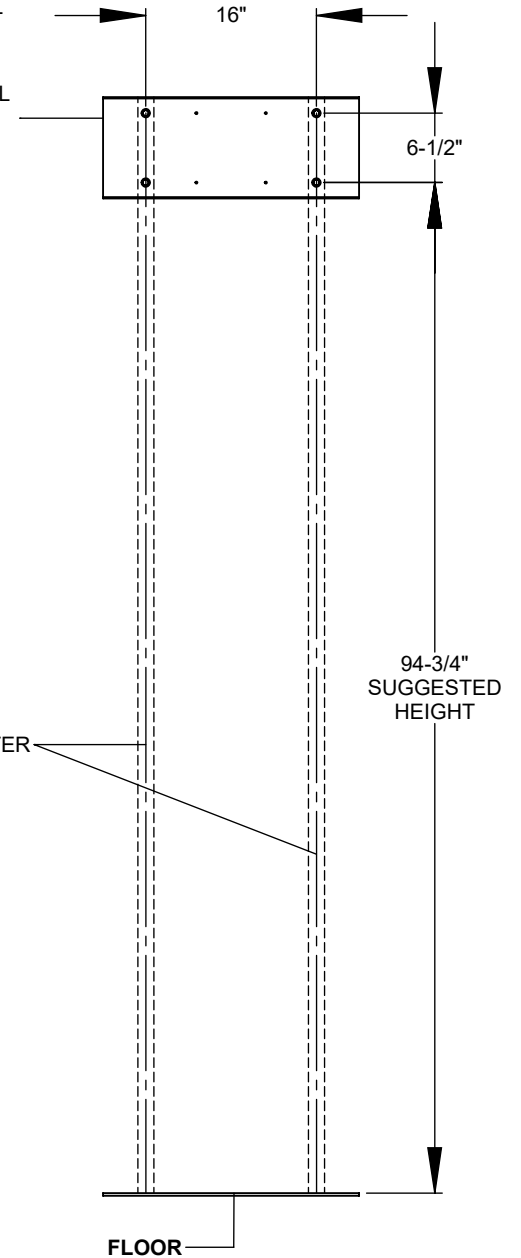
WARNING:

THE BACKING BOARD MUST BE ANCHORED TO THE WALL USING A MINIMUM OF FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



NOTICE:

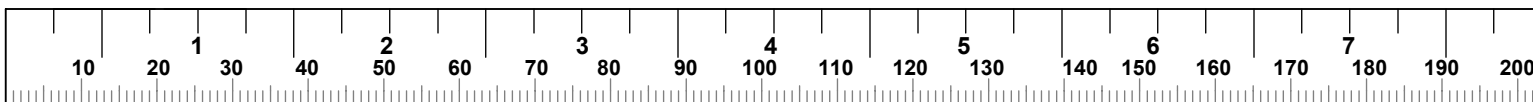
FLAT WASHERS AND LAG BOLTS ARE NOT INCLUDED



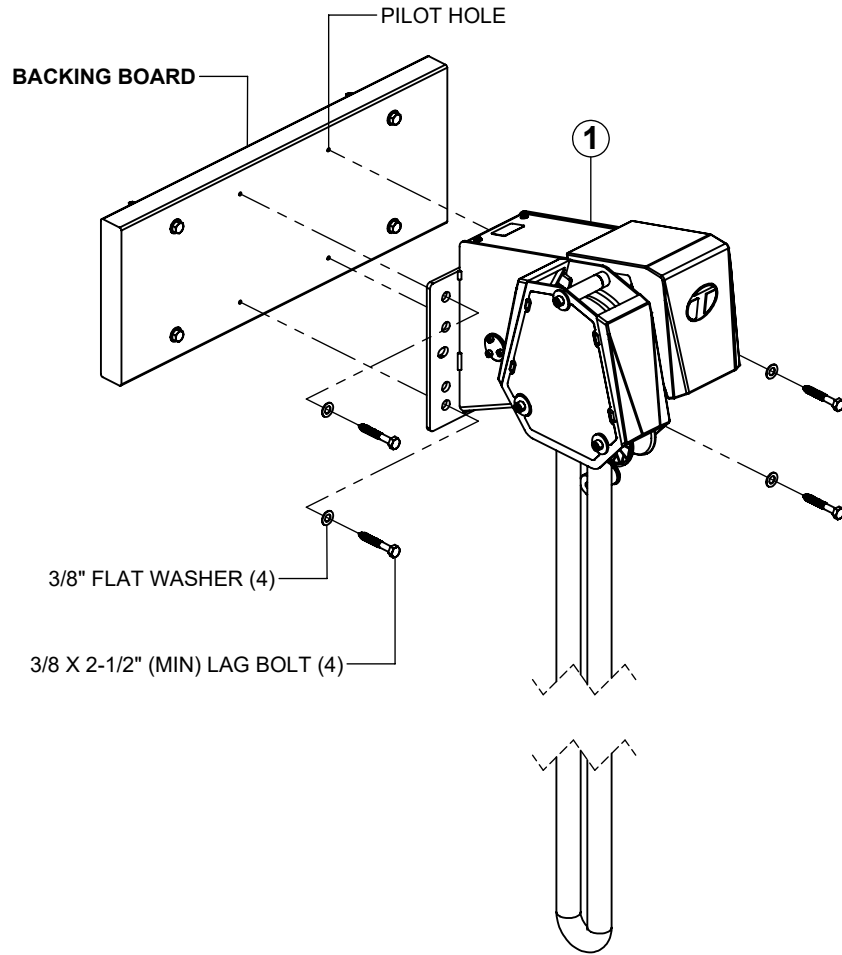
NOTES:

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

SECURELY tighten all bolt connections in this step.

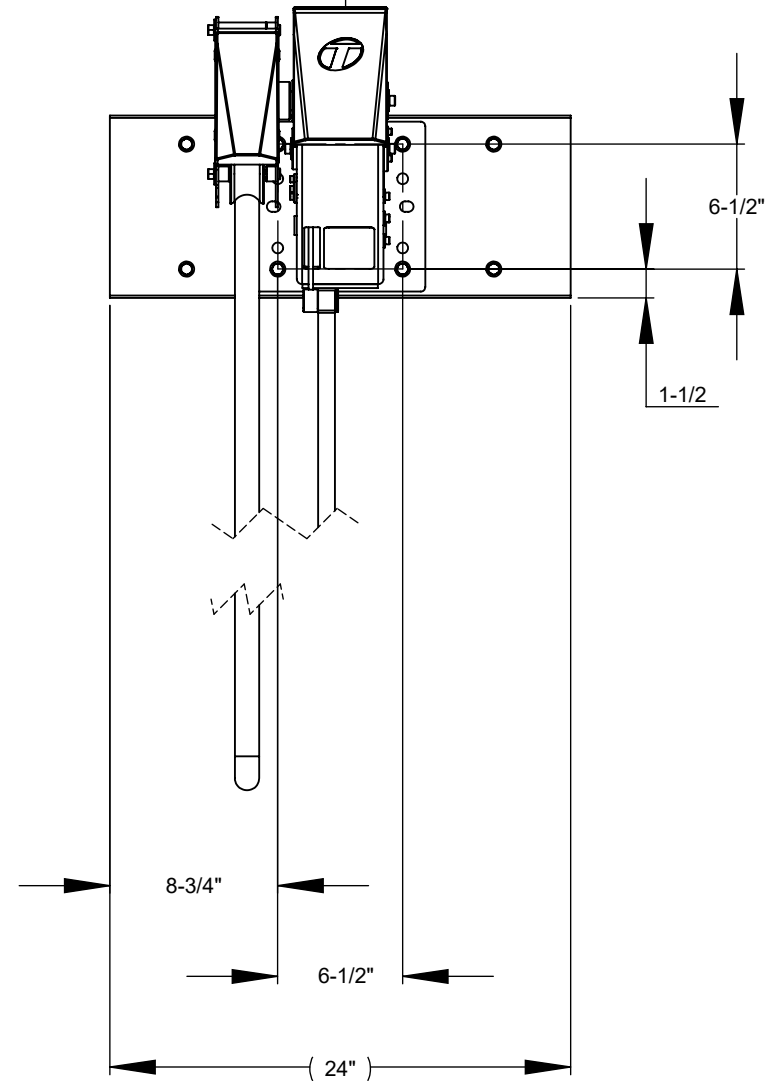


MOUNT XERT TO WALL: STEP 2



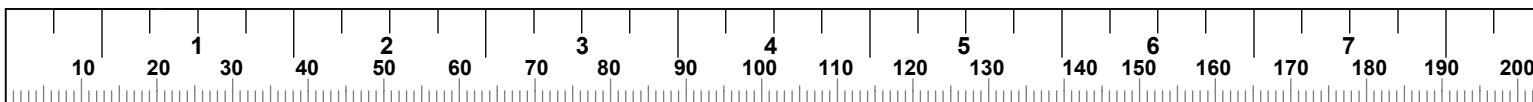
NOTICE:
FLAT WASHERS AND LAG BOLTS ARE NOT INCLUDED

WARNING:
THE XERT MUST BE ANCHORED TO THE BACKING BOARD USING A MINIMUM OF FOUR LAG SCREWS

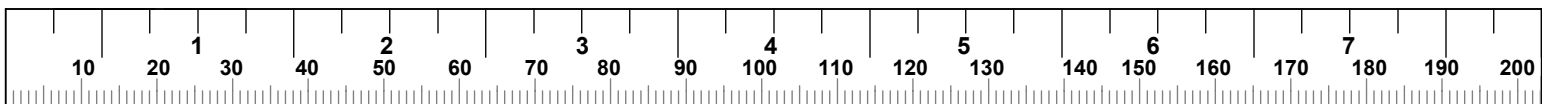
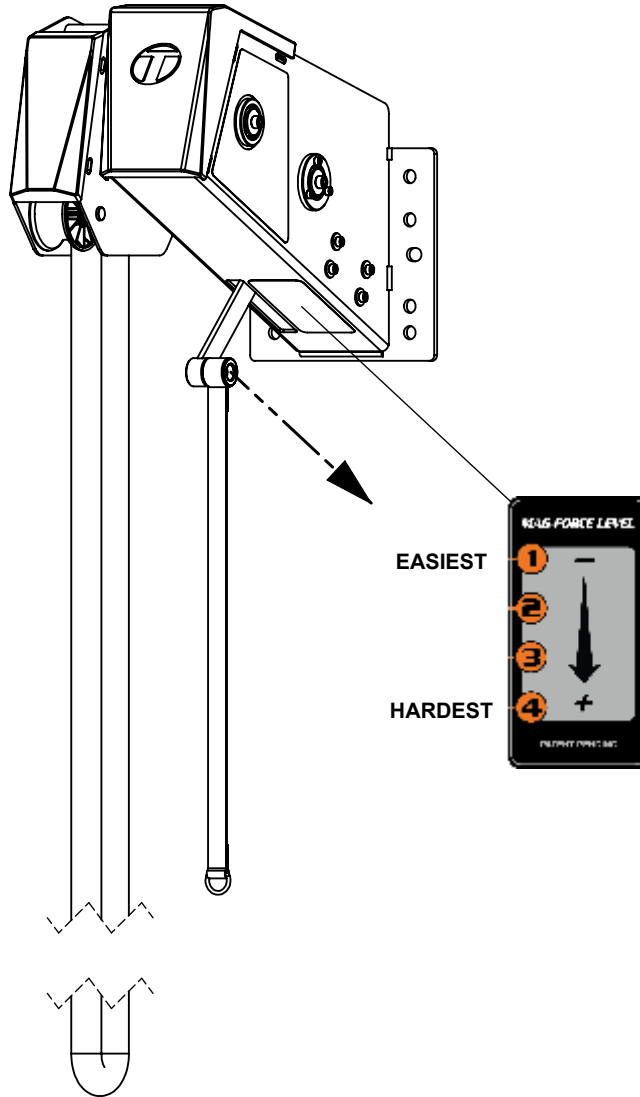


NOTE:

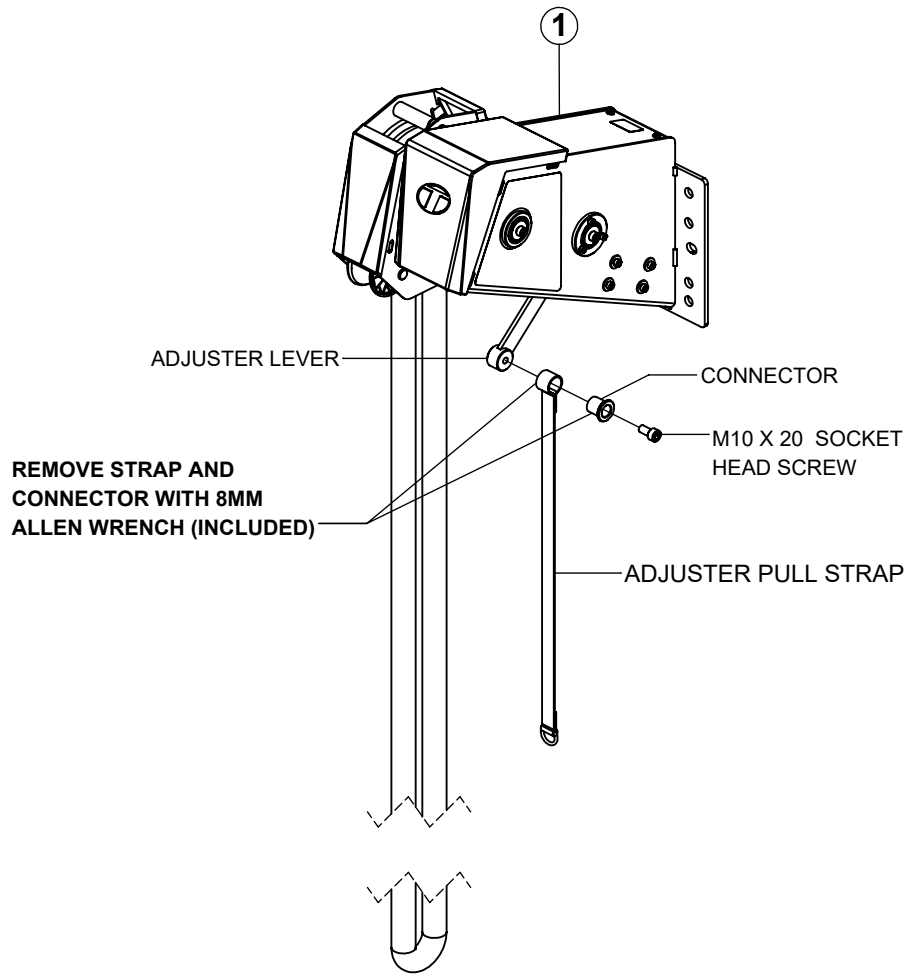
SECURELY tighten all bolt connections in this step.



XERT RESISTANCE ADJUSTMENT

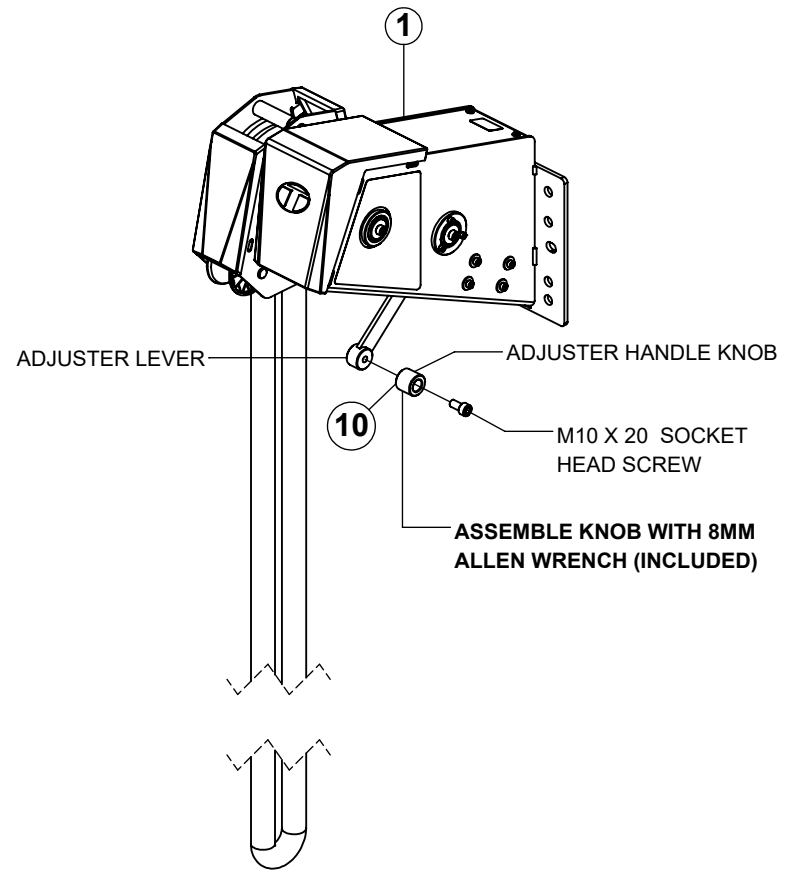


XERT ADJUSTER PULL STRAP REMOVAL



STEP 1: REMOVE STRAP

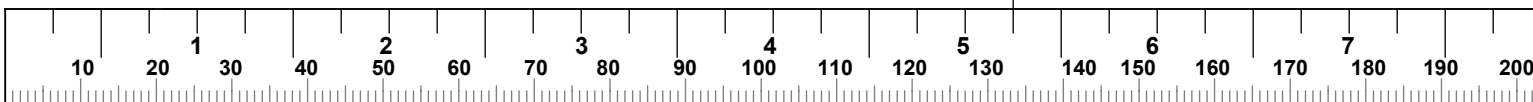
XERT ADJUSTER HANDLE KNOB ASSEMBLY



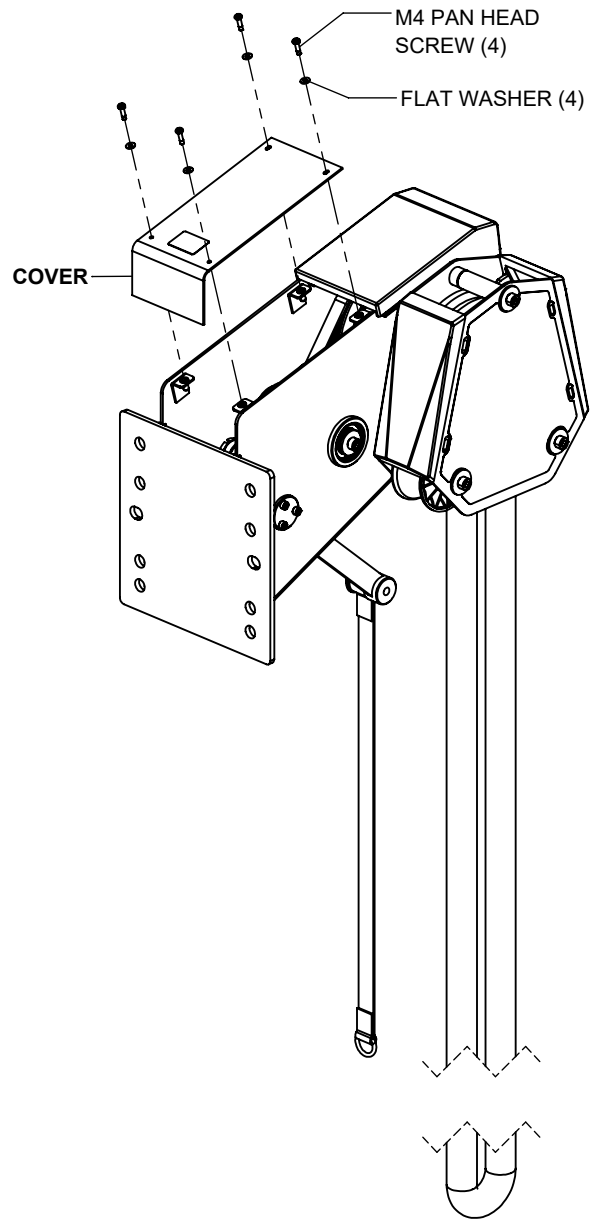
STEP 2: ASSEMBLE KNOB

OPTION:

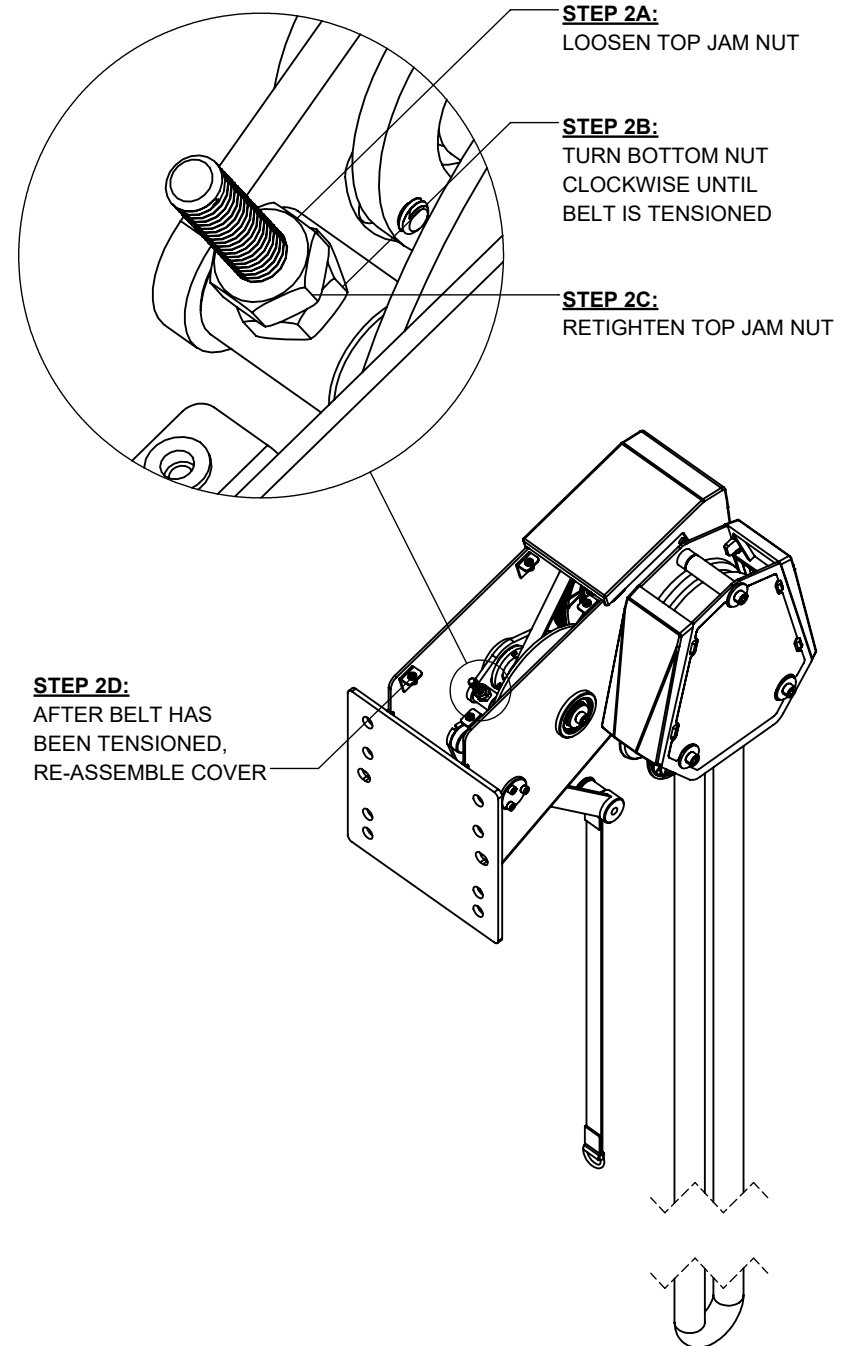
If the ADJUSTER LEVER can be reached while standing on the floor, then the ADJUSTER STRAP can be removed by following the steps above.



XERT BELT ADJUSTMENT

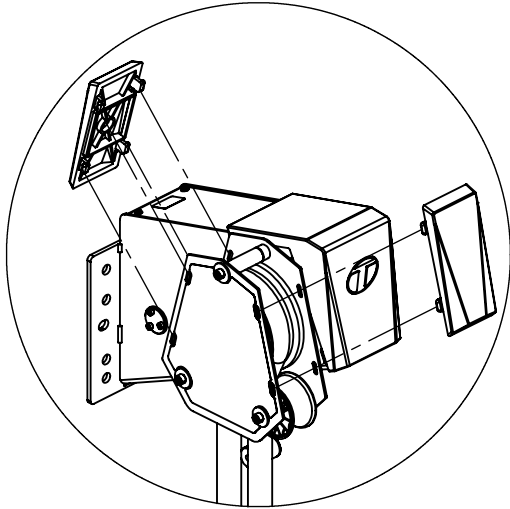


STEP 1: REMOVE COVER



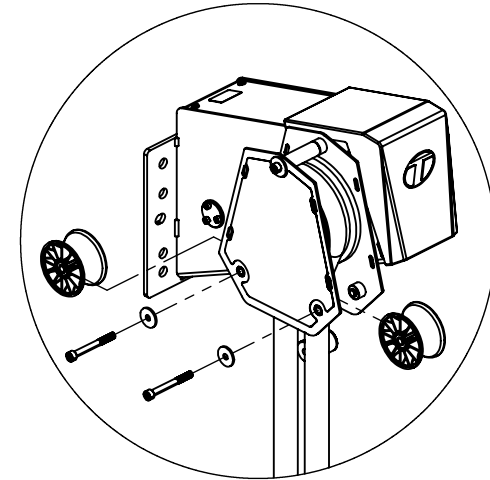
STEP 2: TENSIONING BELT

XERT ROPE REPLACEMENT



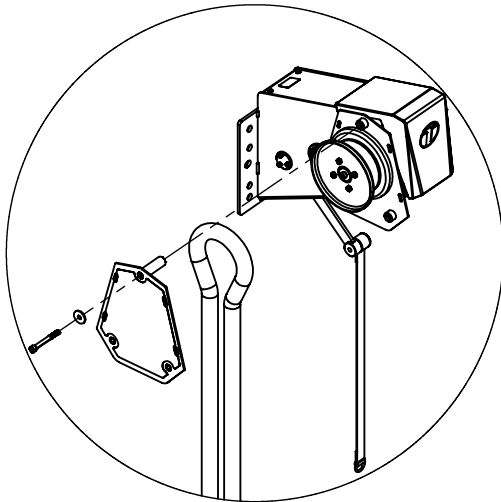
STEP 1:

Squeeze the ROLLER COVER CAP sides together and remove CAPS from SWIVEL PLATE and OUTER COVER PLATES



STEP 2:

Loosen and remove the two bottom BOLTS and WASHERS and remove GUIDE ROLLERS.

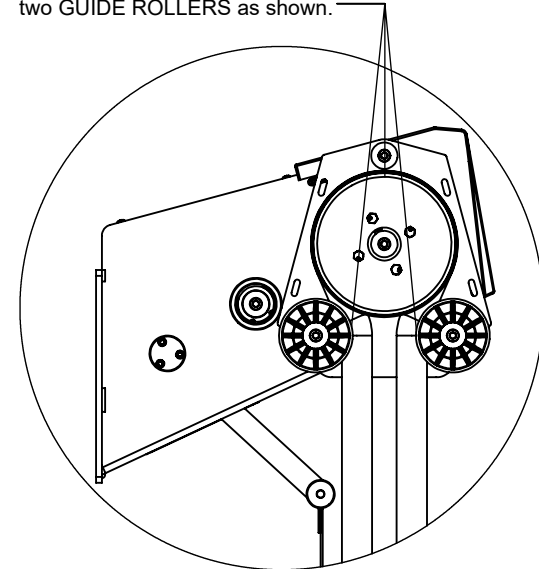


STEP 3:

Loosen and remove the top BOLT and WASHER. Remove OUTER COVER PLATE. Remove ROPE and replace. Repeat these steps in reverse order.

NOTE:

Make sure the new ROPE is wrapped around the DRIVE ROLLER and bottom two GUIDE ROLLERS as shown.



SIDE VIEW

PRODUCT AND ROPE INSPECTION:

- Periodically inspect all nuts and bolts. Tighten if necessary.
- Before each use, inspect rope for wear. See below for rope maintenance and care.
- Periodically clean metal, plastic and rubber parts using a clean damp rag.
- Check that the belt has enough tension. If belt is loose, follow the instructions on **PAGE 10**.
- For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST) or 1-877-TORQUE5 (1-866-664-9894). www.service@torquefitness.com.

ROPE MAINTENANCE:

All Torque Fitness braided ropes are made of high quality polyester material because of its high tensile strength and low moisture absorption as compared to nylon. See notes below for closed-ended ropes:

- Closed-ended polyester rope will shrink by as much as 25% in length throughout the life of the rope. In most cases, with daily use, the rope will achieve its final length within 3 months.
- Rope diameter, softness and texture will change within the first 3 weeks of use. As the rope length shrinks, the rope diameter will increase slightly. The rope will also firm up.
- **SOME FIBER FRAYING IS NORMAL.** (See below).
- Wipe rope down using only a mild detergent. **DO NOT** use solvents or alcohol. Make sure rope is dry before use.

ROPE CARE:

In some cases, minor maintenance and repair may be required. See below for examples.

- **SOME FIBER FRAYING IS NORMAL.** If this happens, fiber strands can be trimmed away using a scissors. **(BE CAREFUL NOT TO CUT ROPE).**

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

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

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

IMPORTANT SAFETY AND USAGE INSTRUCTIONS:

WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear. See inspection section on page 12 for more details.

- **DO NOT** put fingers in between rope and pulleys.
- **DO NOT** wrap rope around neck and or body.
- **DO NOT** hang from rope, pull rope with hands only.
- **DO NOT** try to lift yourself off the floor.
- **DO NOT** hang from adjuster strap.
- **DO NOT** use ENDLESS ROPE TRAINER without covers.
- **DO NOT** route rope over any bars, handles or frame components. Doing so will create excessive wear which will void the warranty on the rope.
- **DO NOT** attempt to use the ENDLESS ROPE TRAINER for any purposes other than that for which it was intended.
- For your own safety, **DO NOT** begin any exercise program without proper instruction.
- Maintain solid footing.
- Avoid swinging and or whipping rope laterally which will get tangled up in adjuster strap.
- Keep children and pets away from ENDLESS ROPE TRAINER at all times. Supervise teenagers.
- Keep all loose clothing, hair and shoelaces away from moving parts.

Torque Fitness
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Coon Rapids, MN USA 55448

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Toll free: 1-877-TORQUE5 (1-866-664-9894)
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