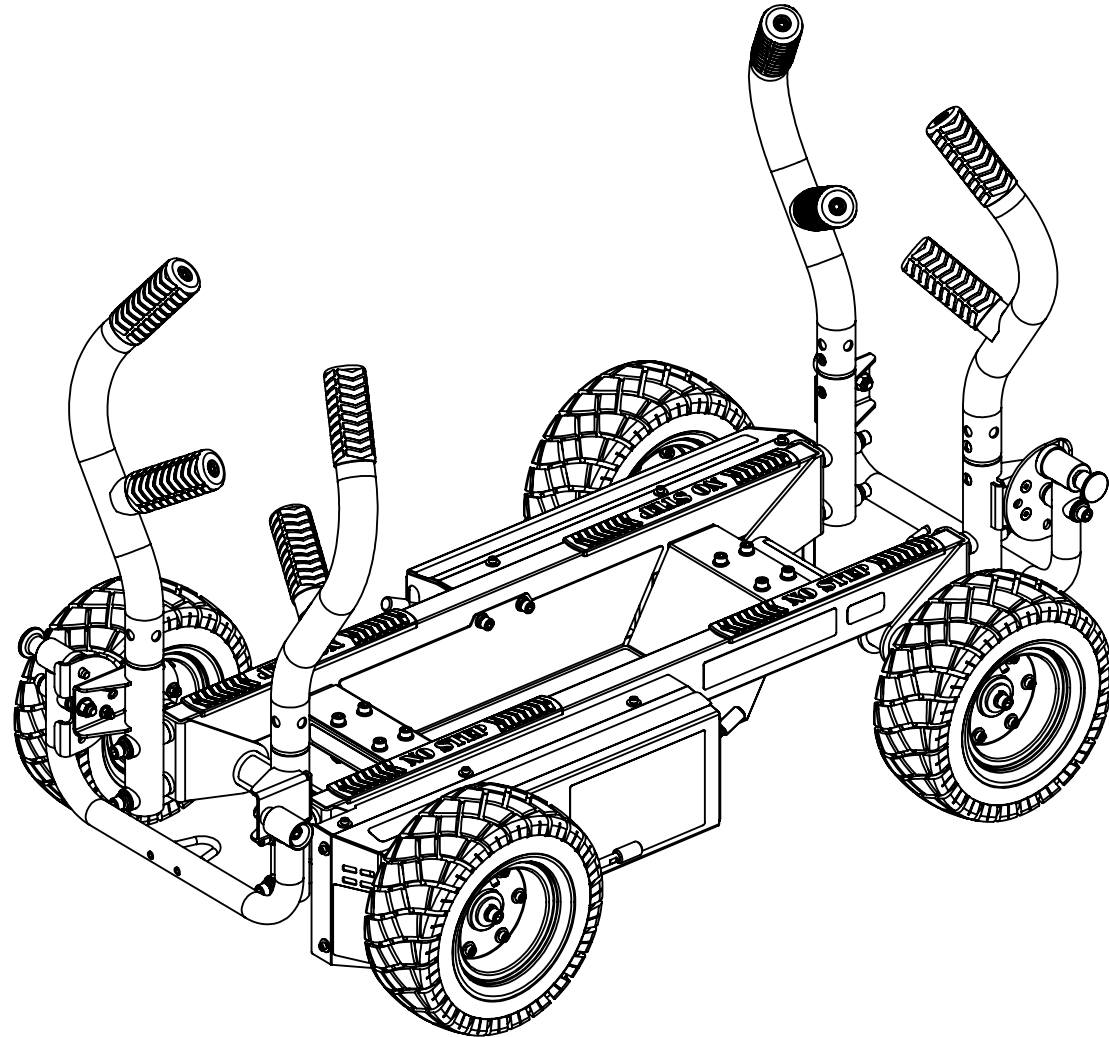


# TANK MX ASSEMBLY GUIDE

VERSION: XTTMX-RPH-101

PART #: 5672701-E



**TORQUE** USA

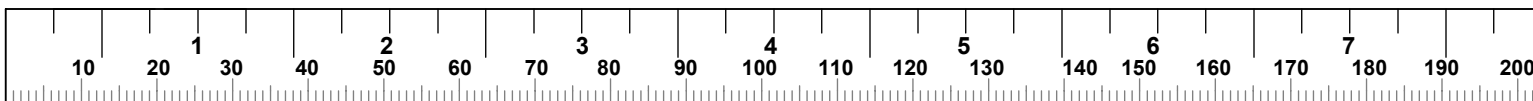
ITEM	PART NUMBER	DESCRIPTION	QTY
1	5637101	ASSY, FRAME-MX	1
2	5632401	WHEEL, 13" DIA X 5.0" WIDE	4
3	2011201	WASHER, STEEL 12.7 ID-40 OD-4 THK CLEAR ZINC	4
4	2010901	WASHER, LOCK M12 SAE ST ZN	12
5	2011301	SCREW, M12-1.75 X 30L SOC HD GR 12.9 CLEAR ZINC	4
6	5641201	ASSY, HANDLES AND HOOP MODULE	2
7	2010801	WASHER, STEEL 12.7 ID-25 OD-2 THK CLEAR ZINC	8
8	2010701	SCREW, M12-1.75 X 85L SOC HD GR 12.9 CLEAR ZINC	8
9	56314PA	PTD ASSY, PUSH HANDLE-RIGHT	4
10	56315PA	PTD ASSY, PUSH HANDLE-LEFT	4
11	56024PA	PTD ASSY, TANK WEIGHT HORN (OPTIONAL)	2
12	56363PA	PTD ASSY, ALIGNMENT DEVICE (OPTIONAL)	2
13	2024001	SCREW, M10-1.5 70L SOC HD GR 12.9 CLEAR ZINC	8
14	57665PA	PTD ASSY, WHEELBARROW HANDLE, RIGHT (OPTIONAL)	2
15	57664PA	PTD ASSY, WHEELBARROW HANDLE, LEFT (OPTIONAL)	2
16	58063PA	PTD ASSY, LOWER MOUNT (OPTIONAL)	1
17	2001101	WASHER, FLAT 3/8 SAE ST ZN	4
18	2031101	SCREW, 3/8" LAG X 2.5"L CLEAR ZINC	4
19	XTSA-101	TANK SWIVEL ATTACHMENT (OPTIONAL)	1

### TOOLS NEEDED FOR ASSEMBLY:

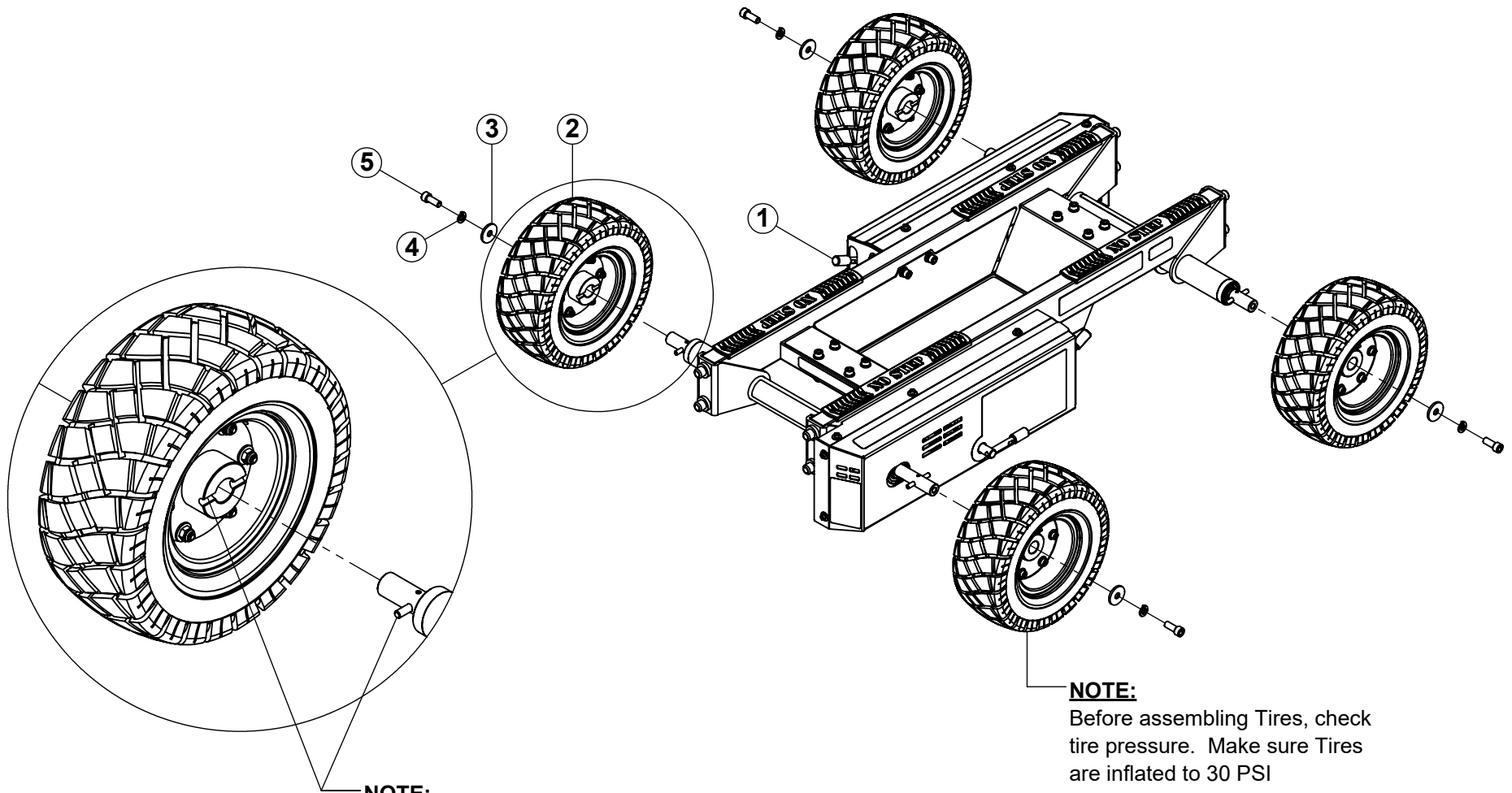
- 10MM ALLEN WRENCH (INCLUDED)
- 6MM ALLEN WRENCH (INCLUDED)
- AIR PUMP WITH GAUGE
- PHILLIPS SCREW DRIVER

### TABLE OF CONTENTS:

- TANK MX ASSEMBLY: PAGES 3 - 6
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- CHAIN TENSION ADJUSTMENT: PAGE 8-11, 13-15
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- WEIGHT HORN KIT (OPTIONAL): PAGES 16 - 17
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- WHEELBARROW ATTACHMENT (OPTIONAL): PAGE 20
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- WALL-MOUNTED HANDLE STORAGE (OPTIONAL): PAGES 24-26
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- TANK MX HANDLE STORAGE AND STACKING: PAGES 28- 29
- INSPECTION & LUBRICATION: PAGE 30
- SAFETY AND WARNING NOTICES: PAGE 31



# STEP 1

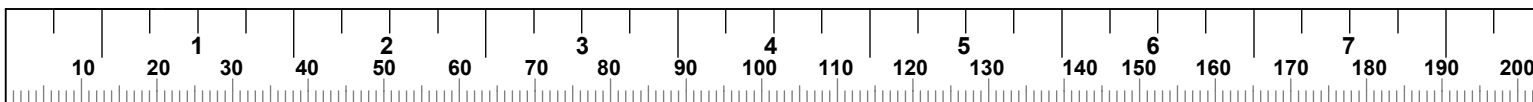


**NOTE:**  
Align groove in hub with  
cross pin in axle (4X)

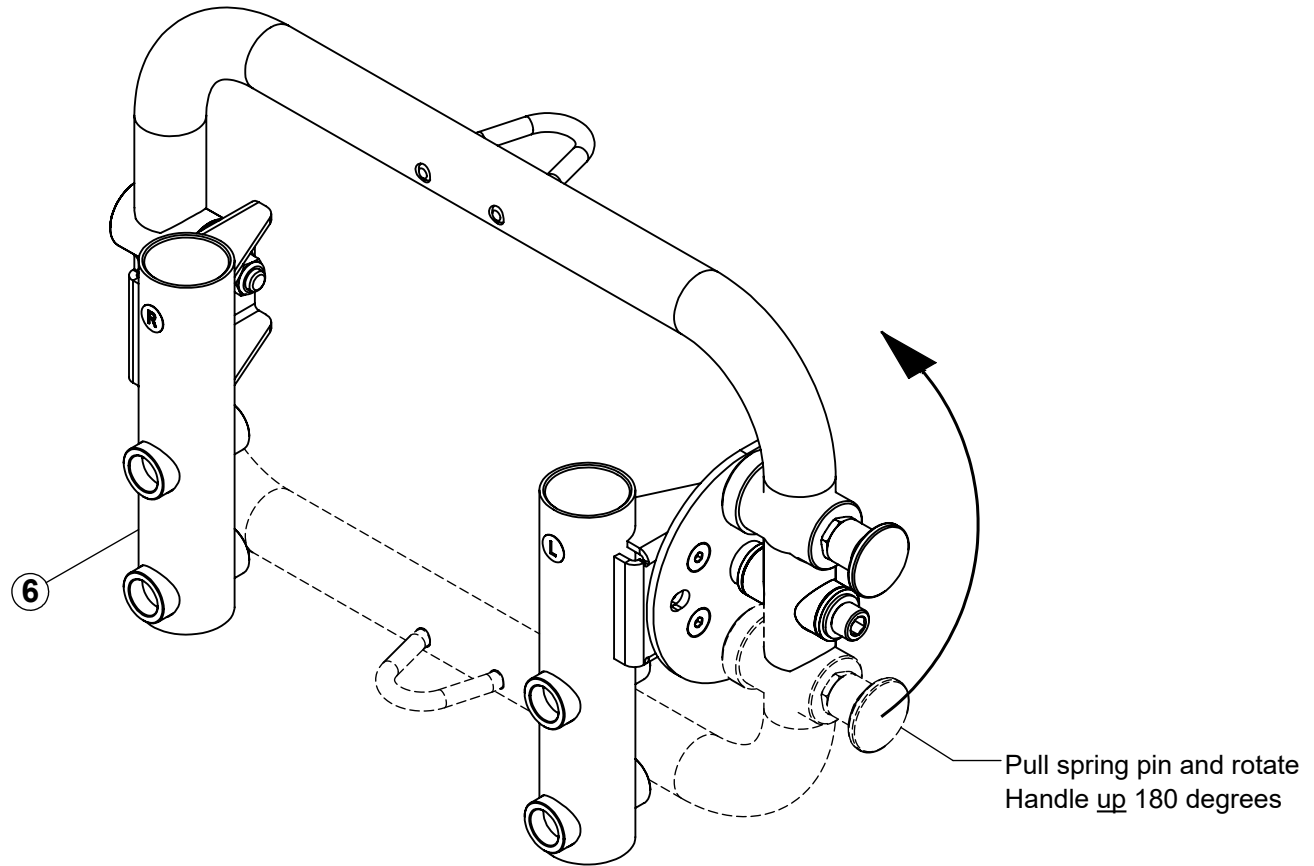
**NOTE:**  
Before assembling Tires, check  
tire pressure. Make sure Tires  
are inflated to 30 PSI

## **NOTE:**

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

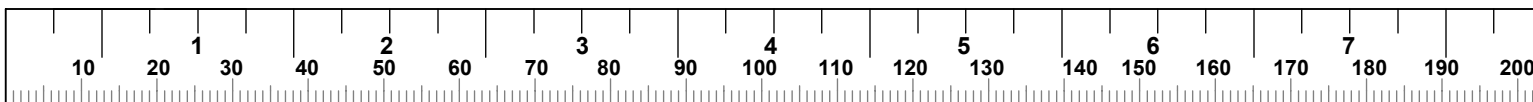


## STEP 2

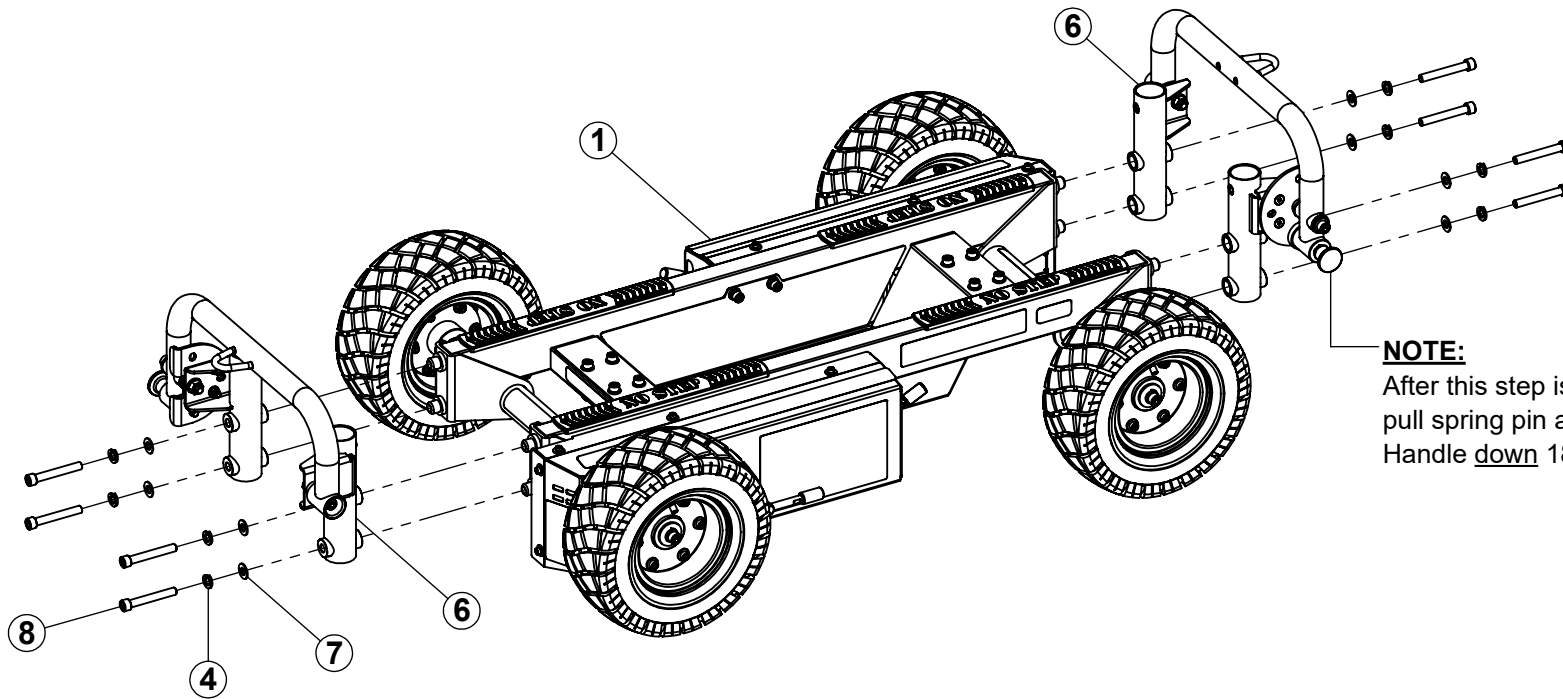


### **NOTE:**

Repeat this step for the other COMBO HANDLE.



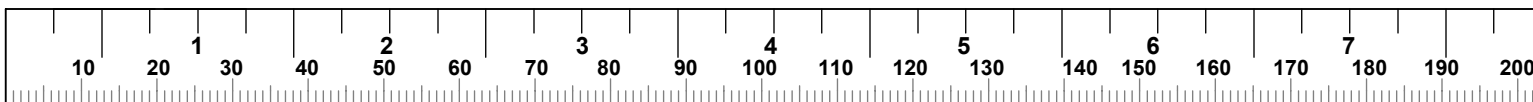
### STEP 3



**NOTE:**  
After this step is complete,  
pull spring pin and rotate  
Handle down 180 degrees (2X)

### **NOTE:**

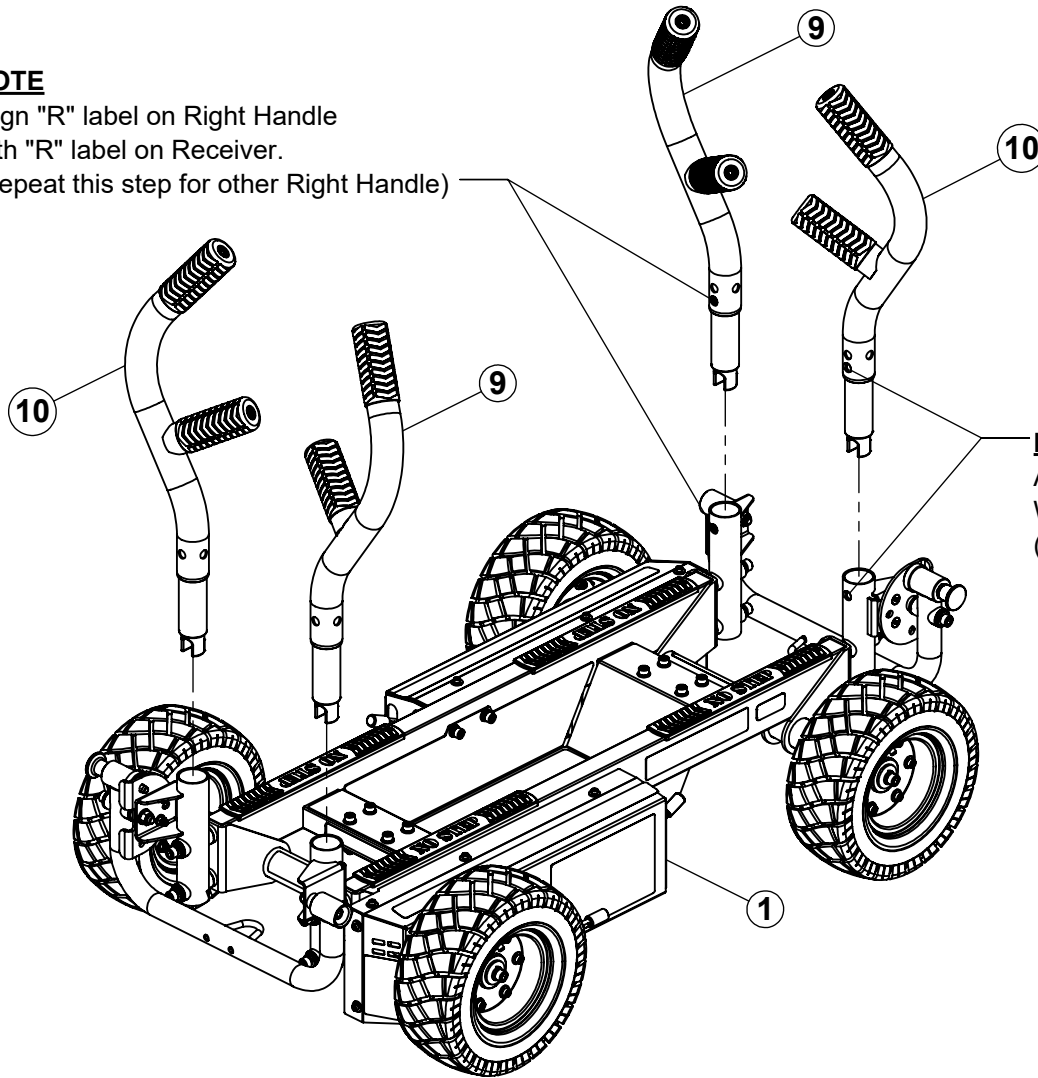
**SECURELY** tighten all bolt connections in this step.



## STEP 4

### **NOTE**

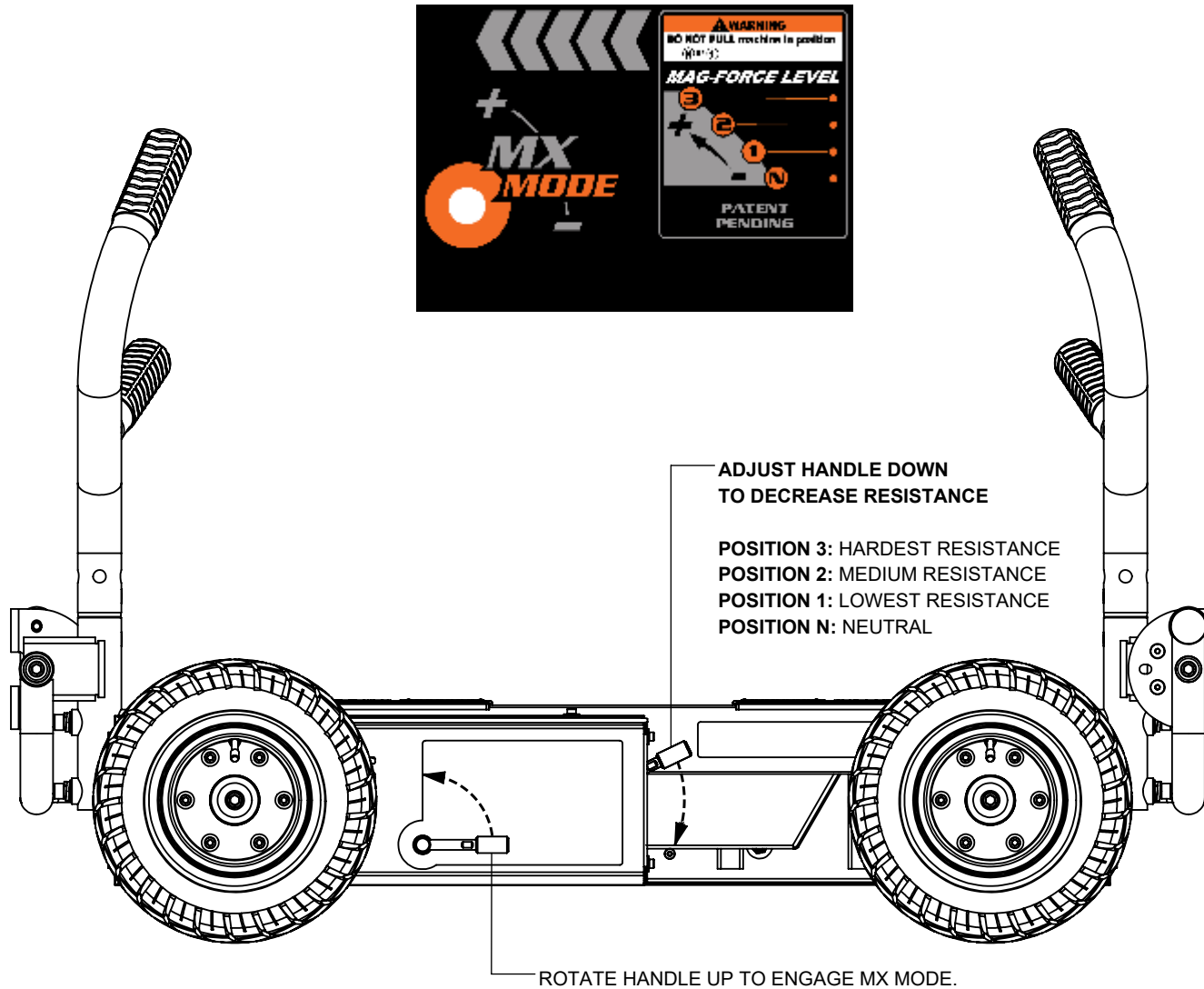
Align "R" label on Right Handle  
with "R" label on Receiver.  
(Repeat this step for other Right Handle)



### **NOTE**

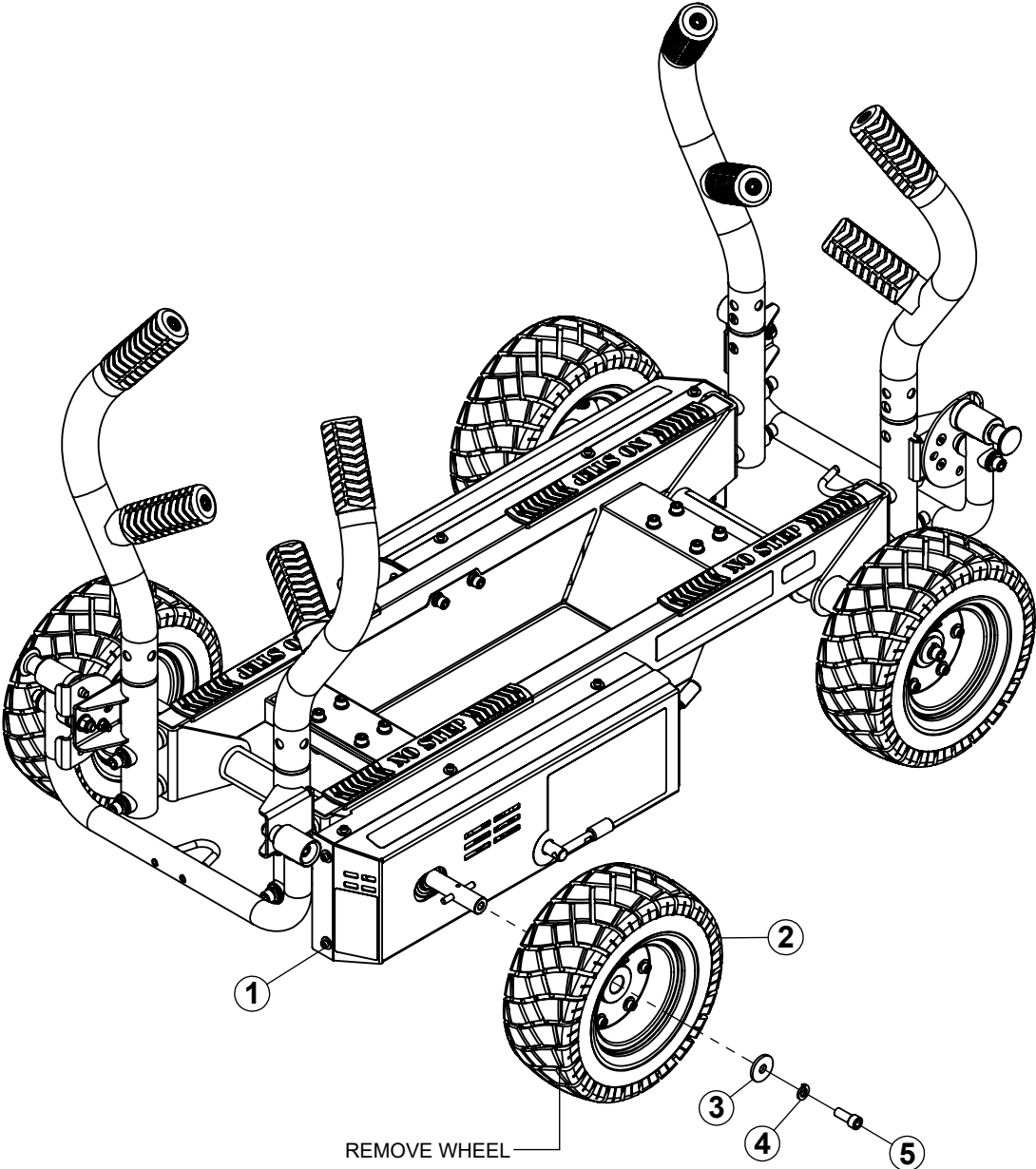
Align "L" label on the Left Handle  
With "L" label on Receiver.  
(Repeat this step for other Left Handle)

# XTTMX RESISTANCE ADJUSTMENT & MX MODE



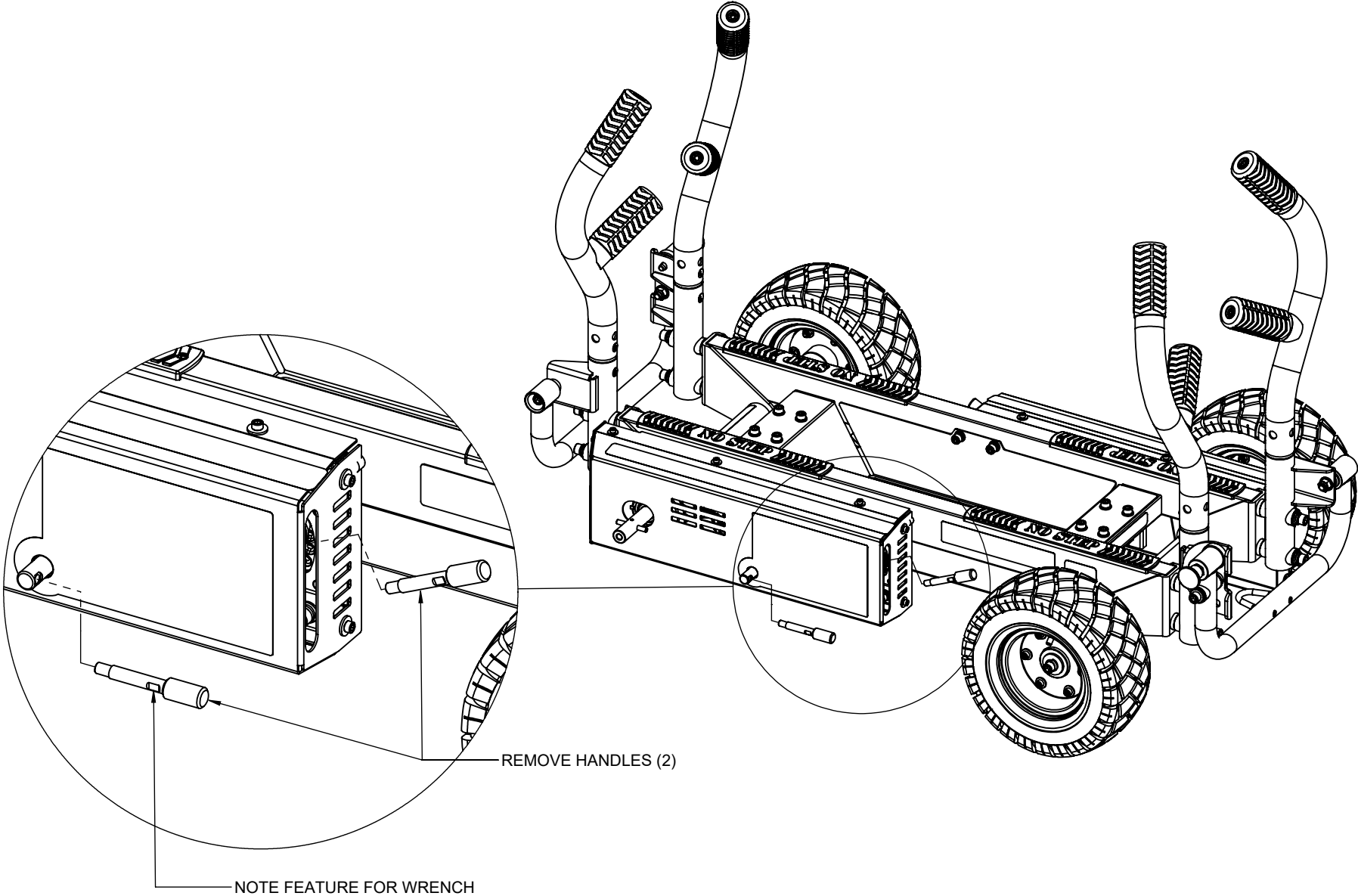
**NOTE:**  
ENGAGING THE MX MODE WILL INCREASE THE RESISTANCE AT ANY LEVEL N - 3. RESISTANCE INCREASES APPROXIMATELY 30% AT LEVEL 3

# CHAIN AND BELT ADJUSTMENT

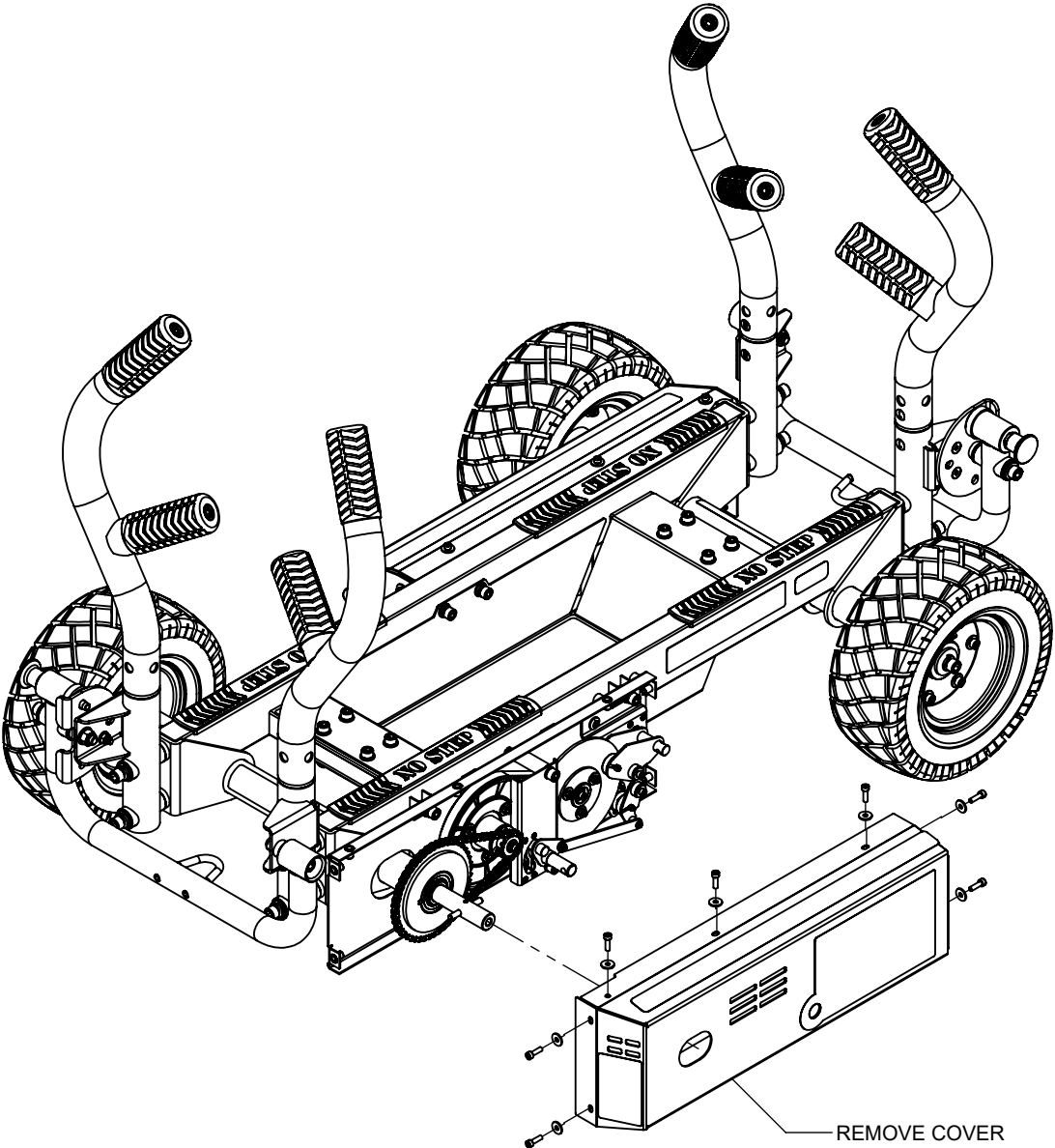




# CHAIN AND BELT ADJUSTMENT

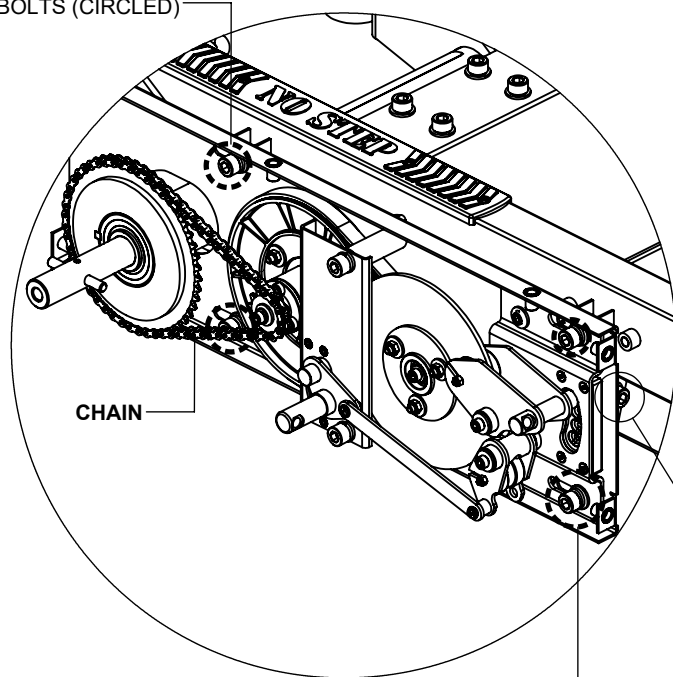


# CHAIN AND BELT ADJUSTMENT

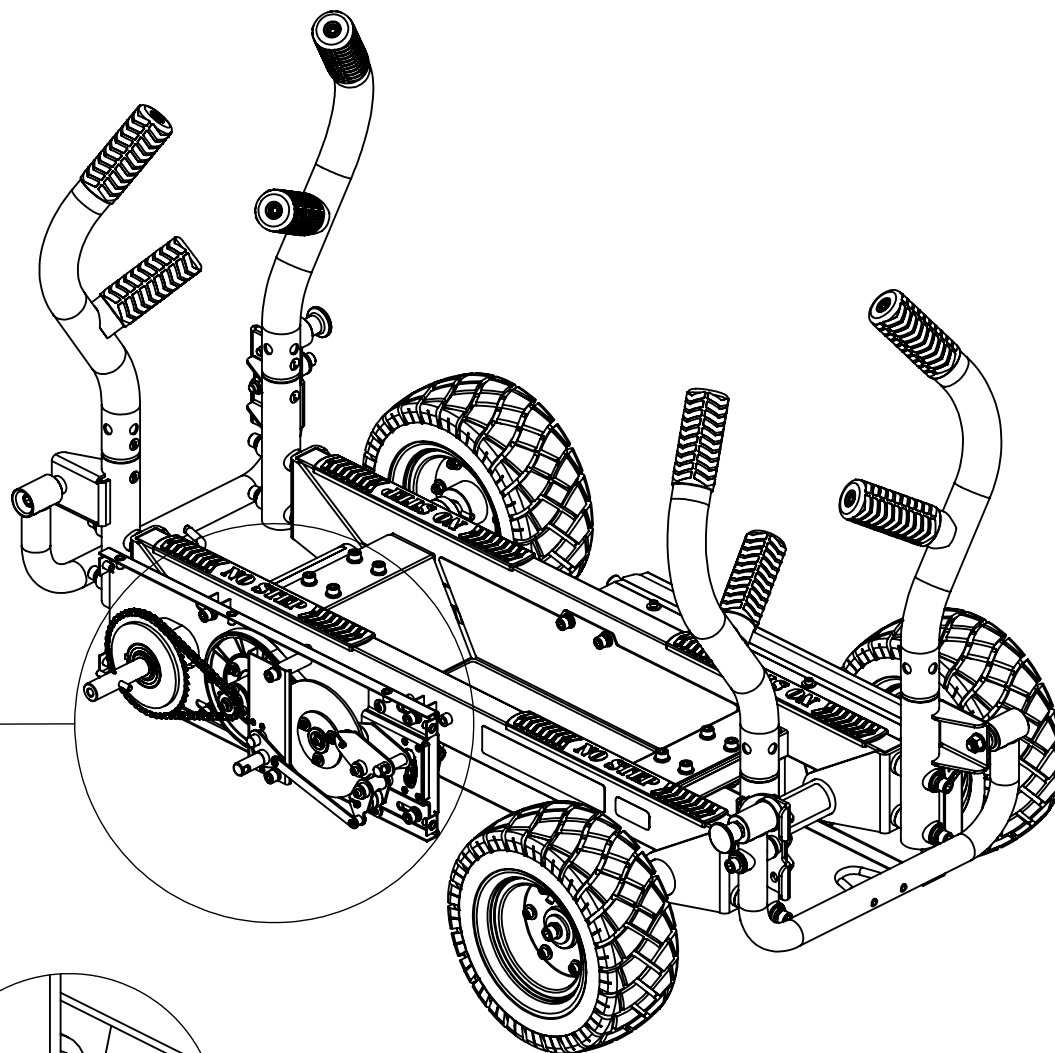
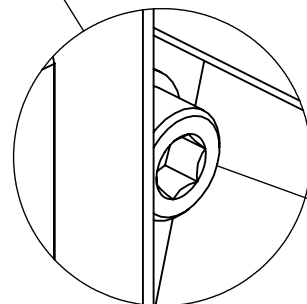


## CHAIN ADJUSTMENT

1. LOOSEN FOUR  
BOLTS (CIRCLED)



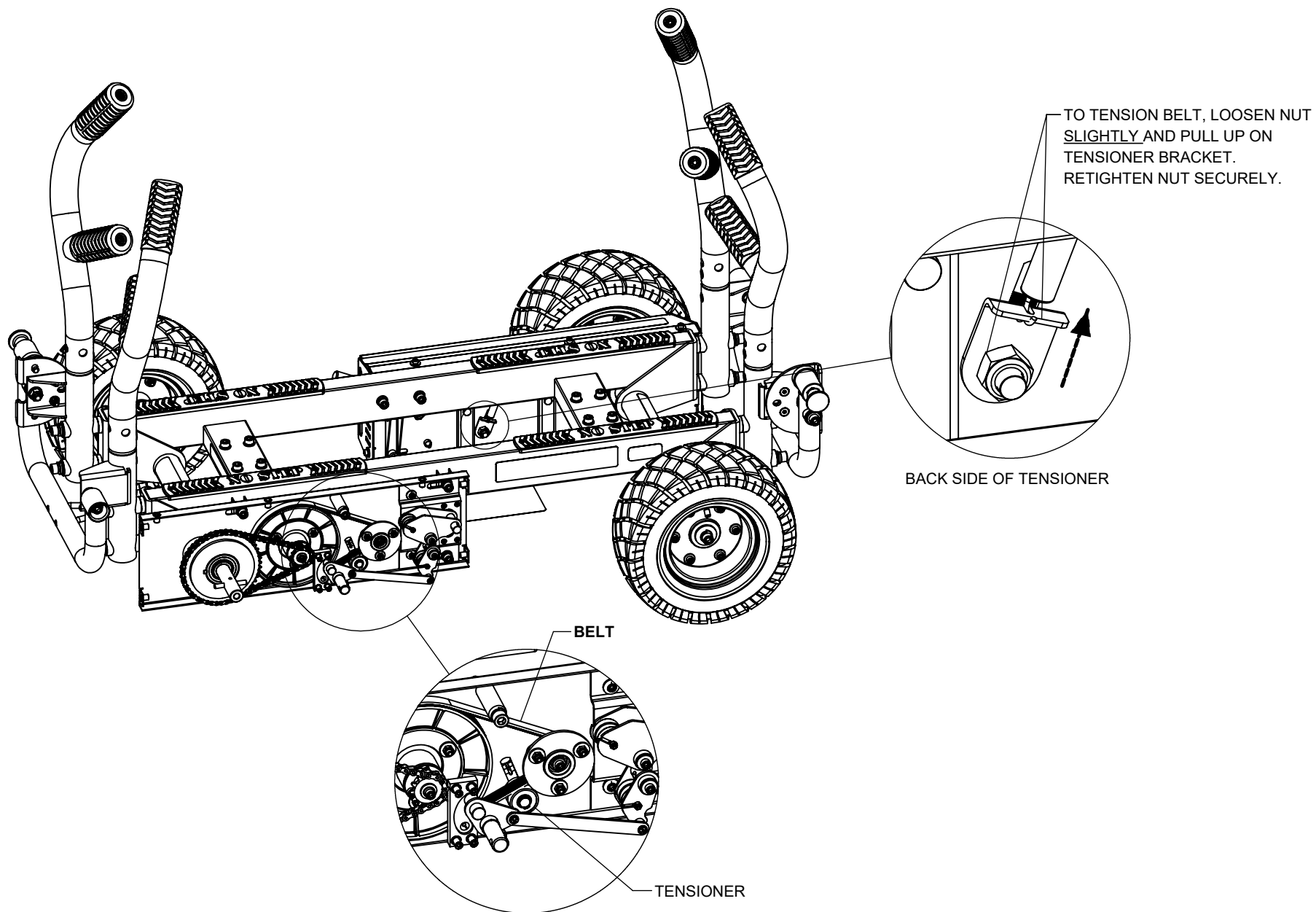
3. RETIGHTEN  
FOUR BOLTS (CIRCLED)



### **NOTE:**

The chain tension on TANK is pre-set at the factory. However, if the chain becomes too loose or is too tight, then please follow the steps in numbered order to adjust

## BELT ADJUSTMENT

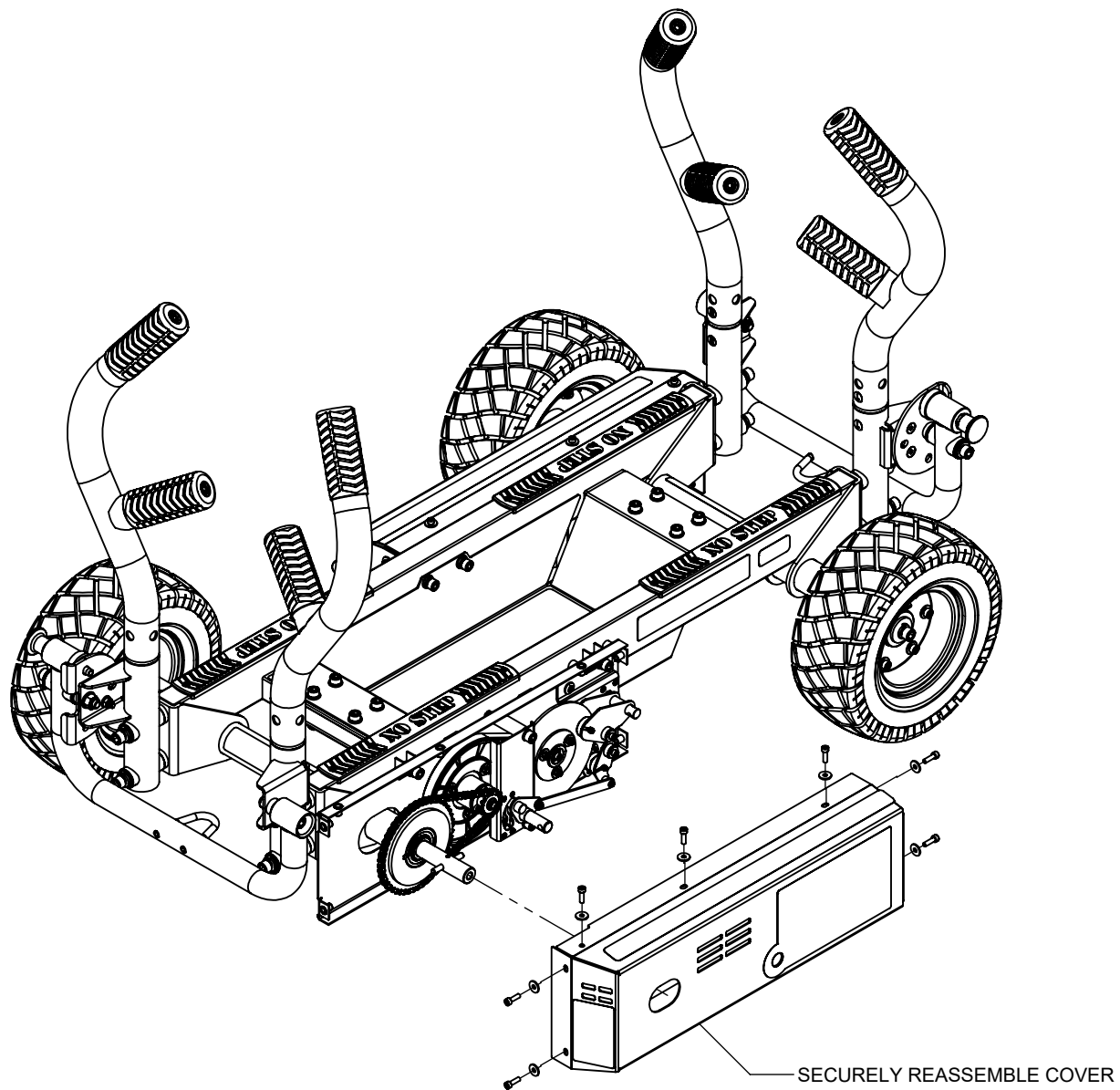


### **NOTE:**

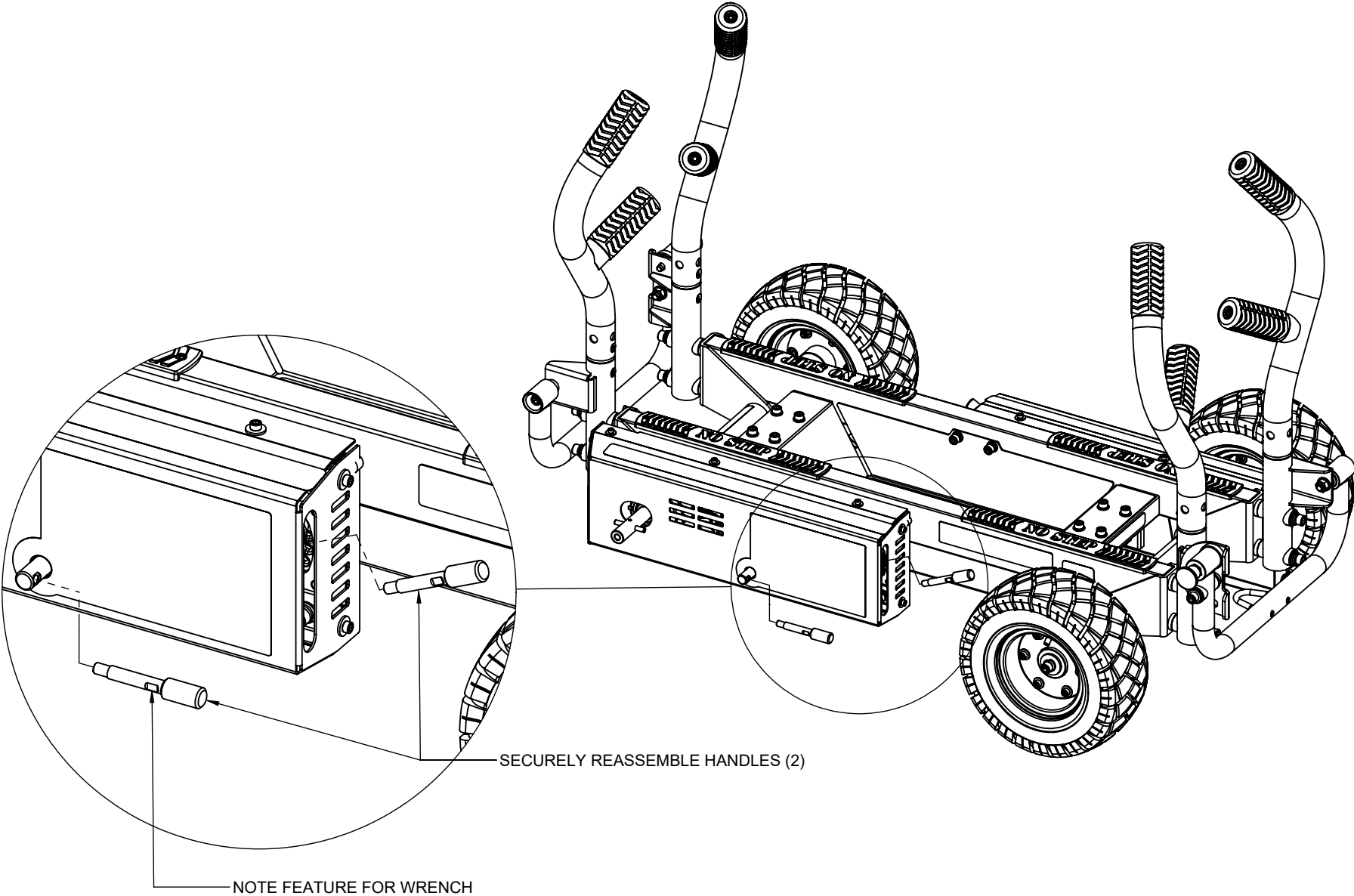
Parts hidden for assembly clarity.

The belt tension on TANK is pre-set at the factory. However, if belt is too loose or starts to slip, then please follow this step.

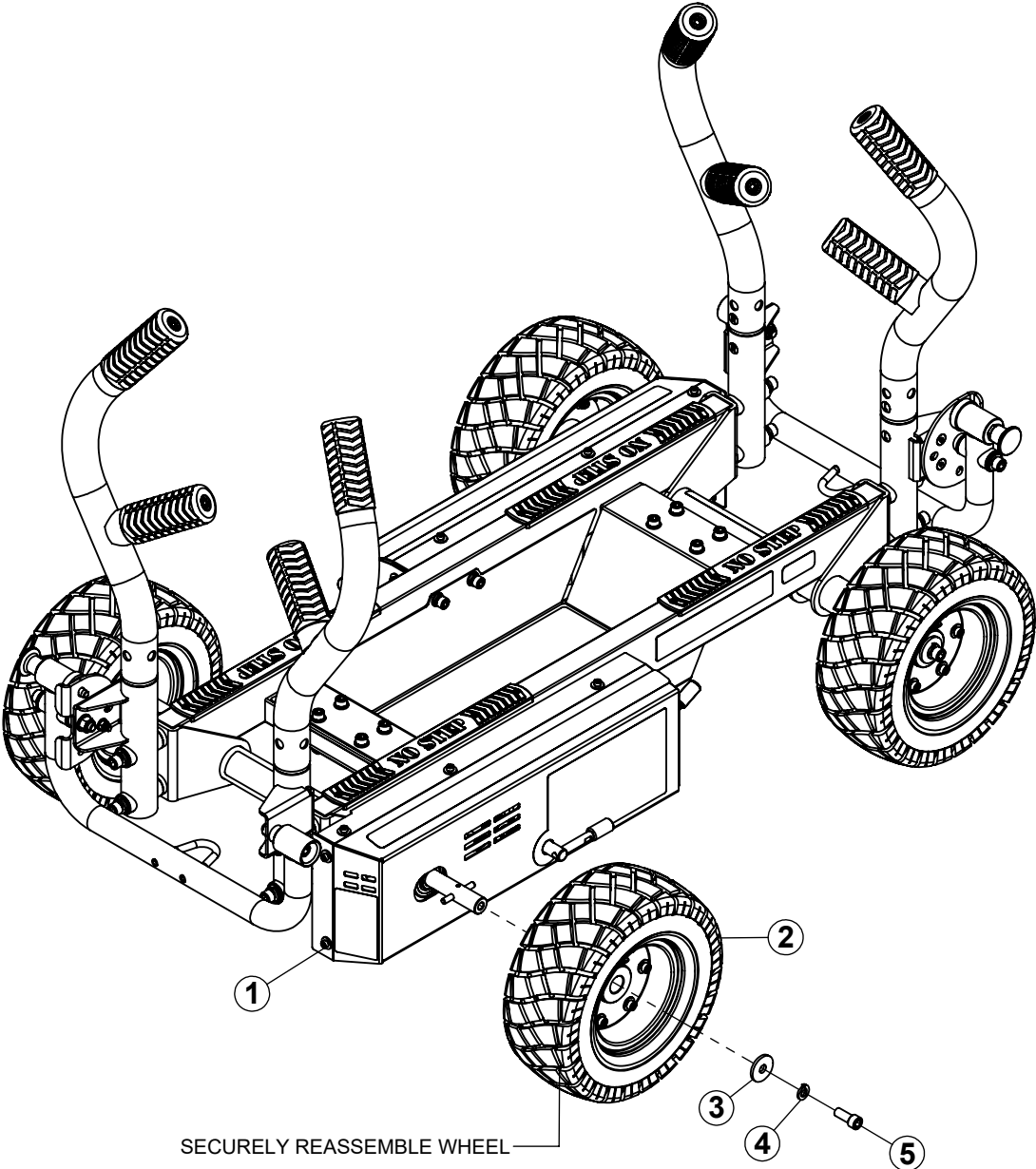
# CHAIN AND BELT ADJUSTMENT



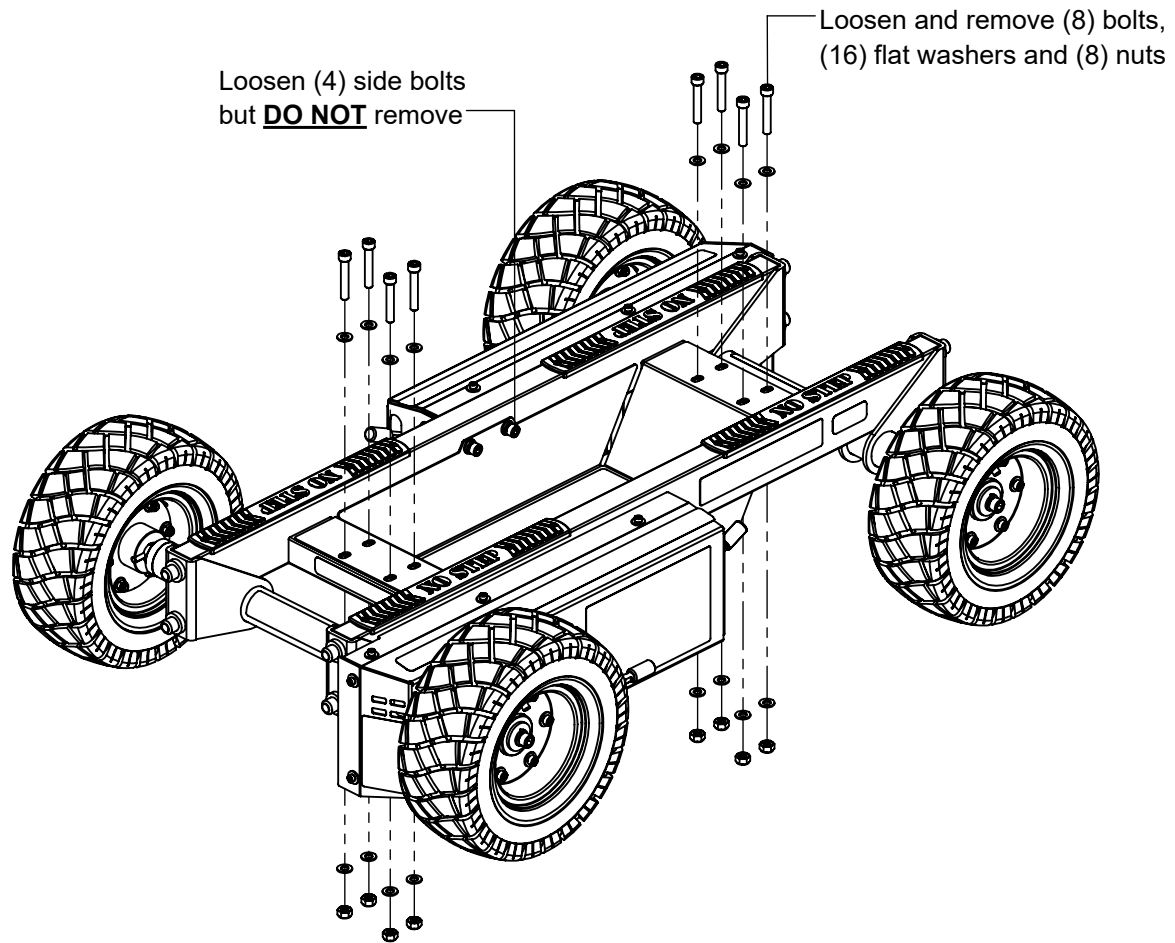
# CHAIN AND BELT ADJUSTMENT



# CHAIN AND BELT ADJUSTMENT



**XTWHK  
WEIGHT HORN KIT (OPTIONAL)  
STEP 1**

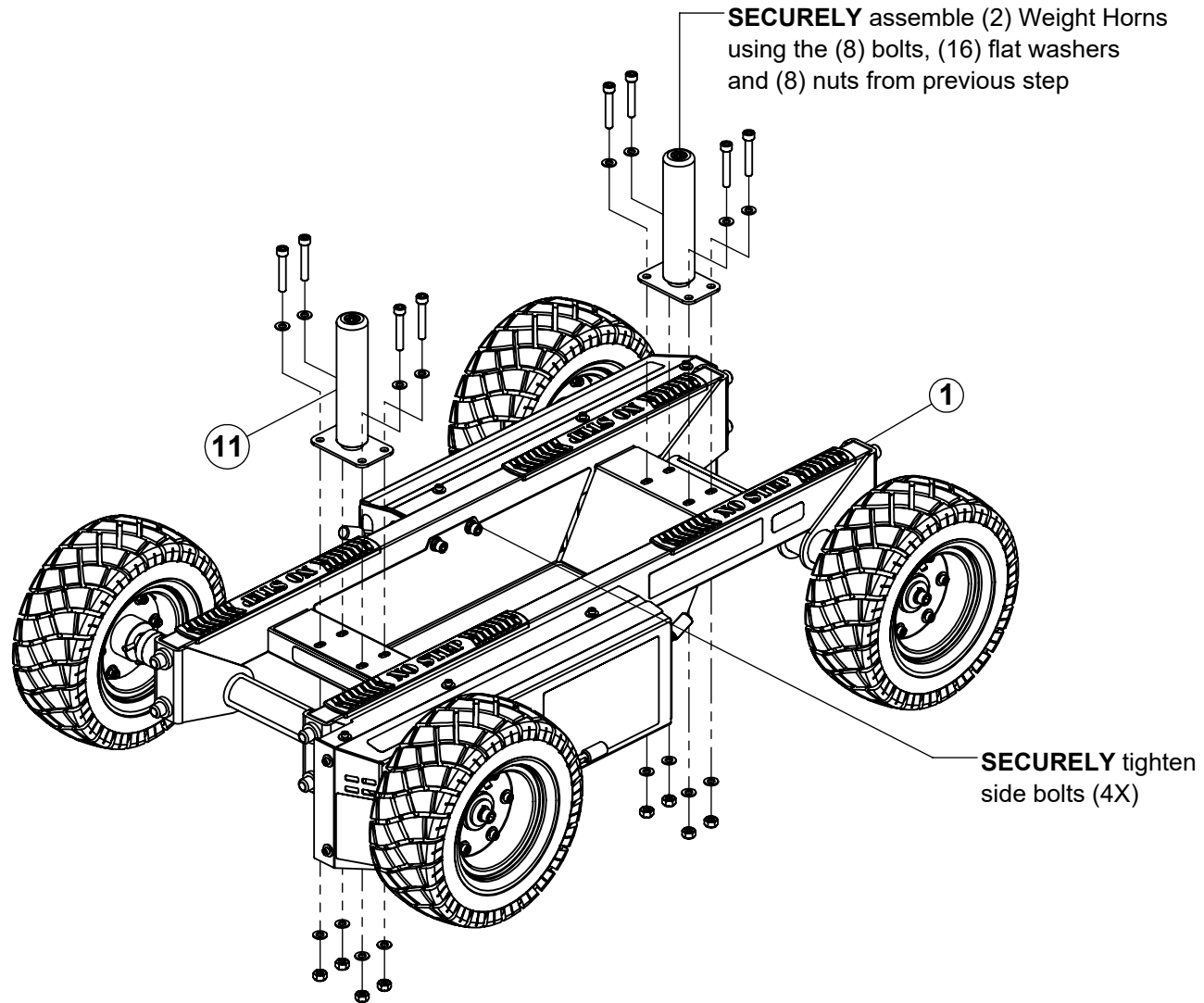


**NOTE:**

Handles have been hidden for assembly clarity.



**XTWHK  
WEIGHT HORN KIT (OPTIONAL)  
STEP 2**

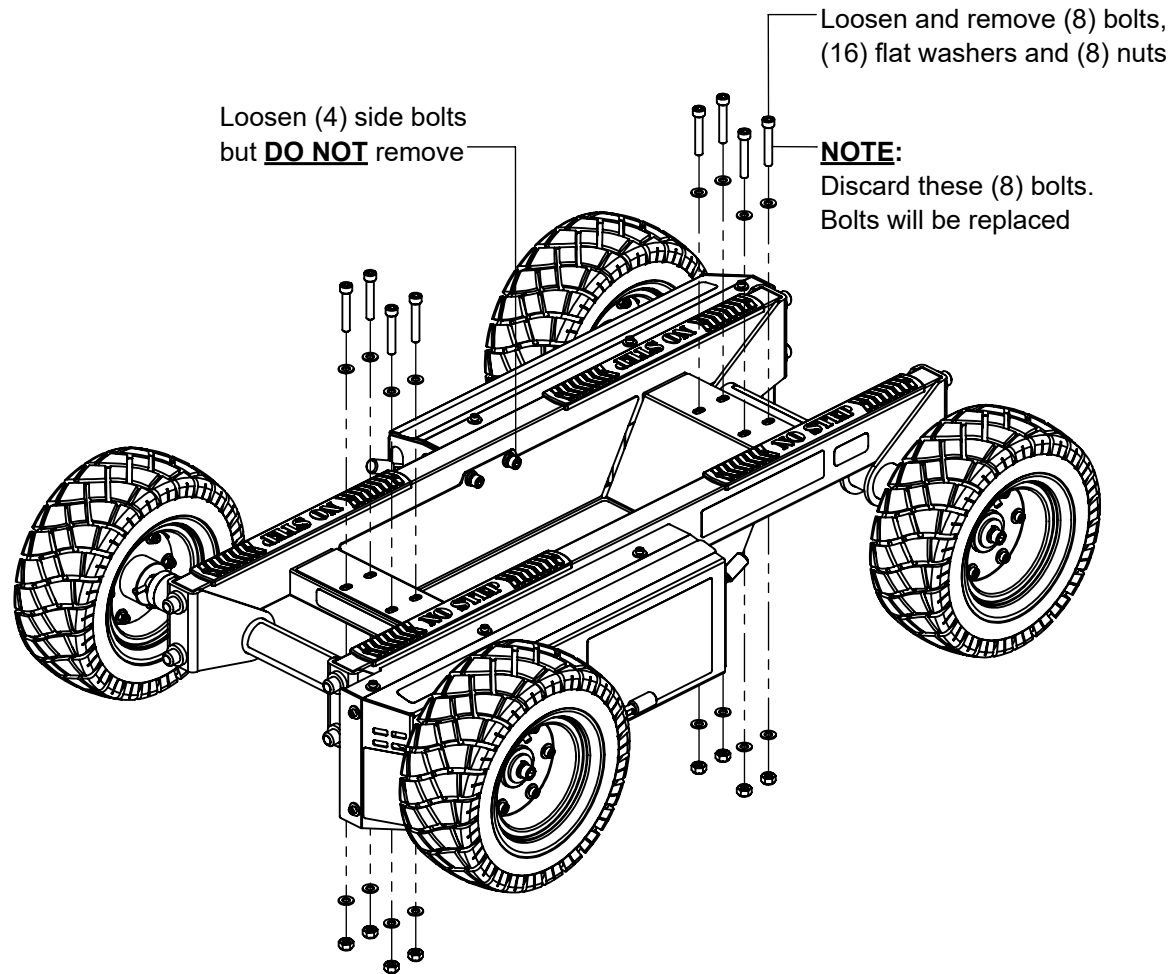


**NOTE:**

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

Handles have been hidden for assembly clarity.

**XTWHSK  
WEIGHT HORN STACKING KIT (OPTIONAL)  
STEP 1**

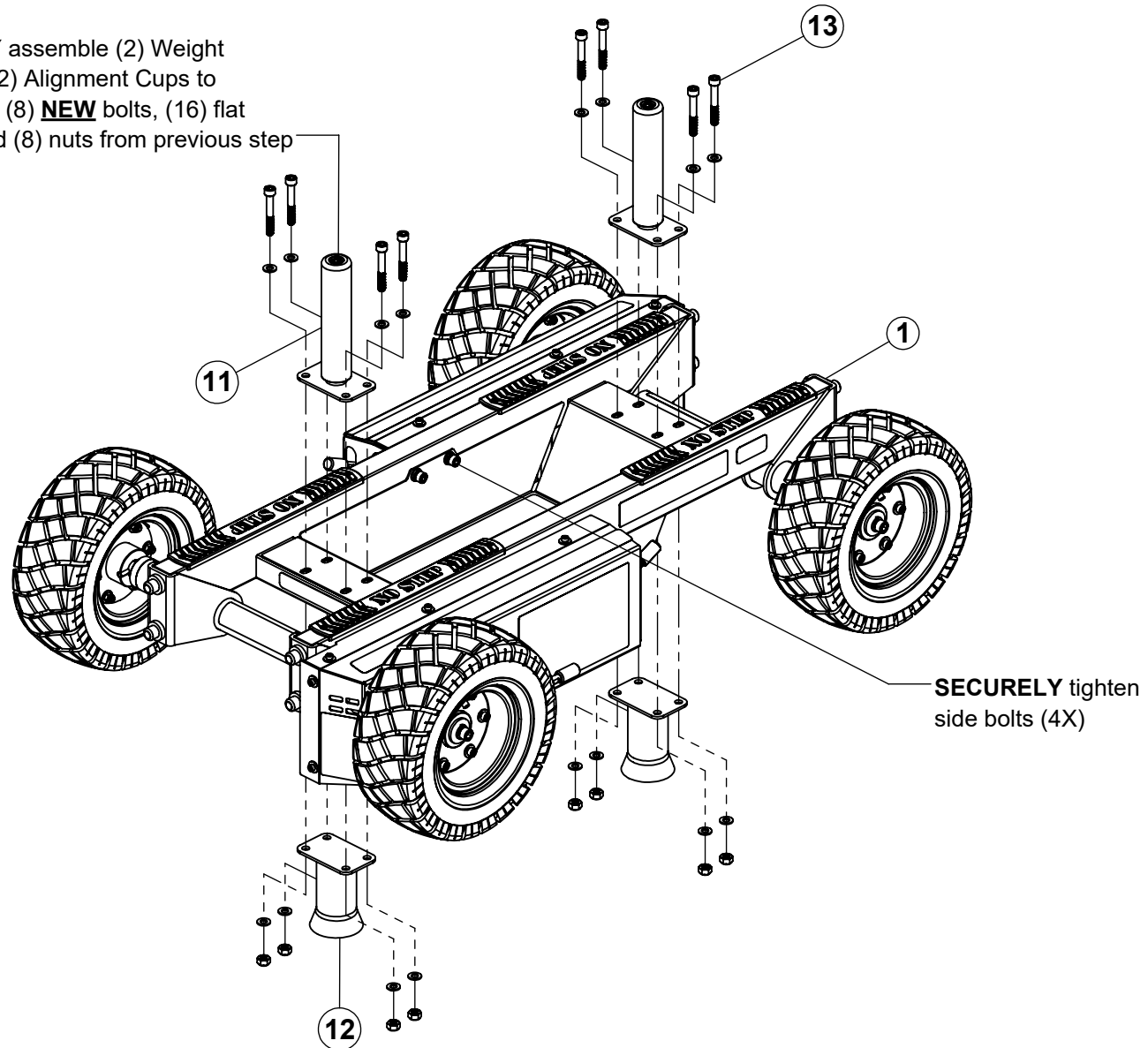


**NOTE:**

Handles have been hidden for assembly clarity.

**XTWHSK  
WEIGHT HORN STACKING KIT (OPTIONAL)  
STEP 2**

**SECURELY** assemble (2) Weight Horns and (2) Alignment Cups to TANK using (8) **NEW** bolts, (16) flat washers and (8) nuts from previous step

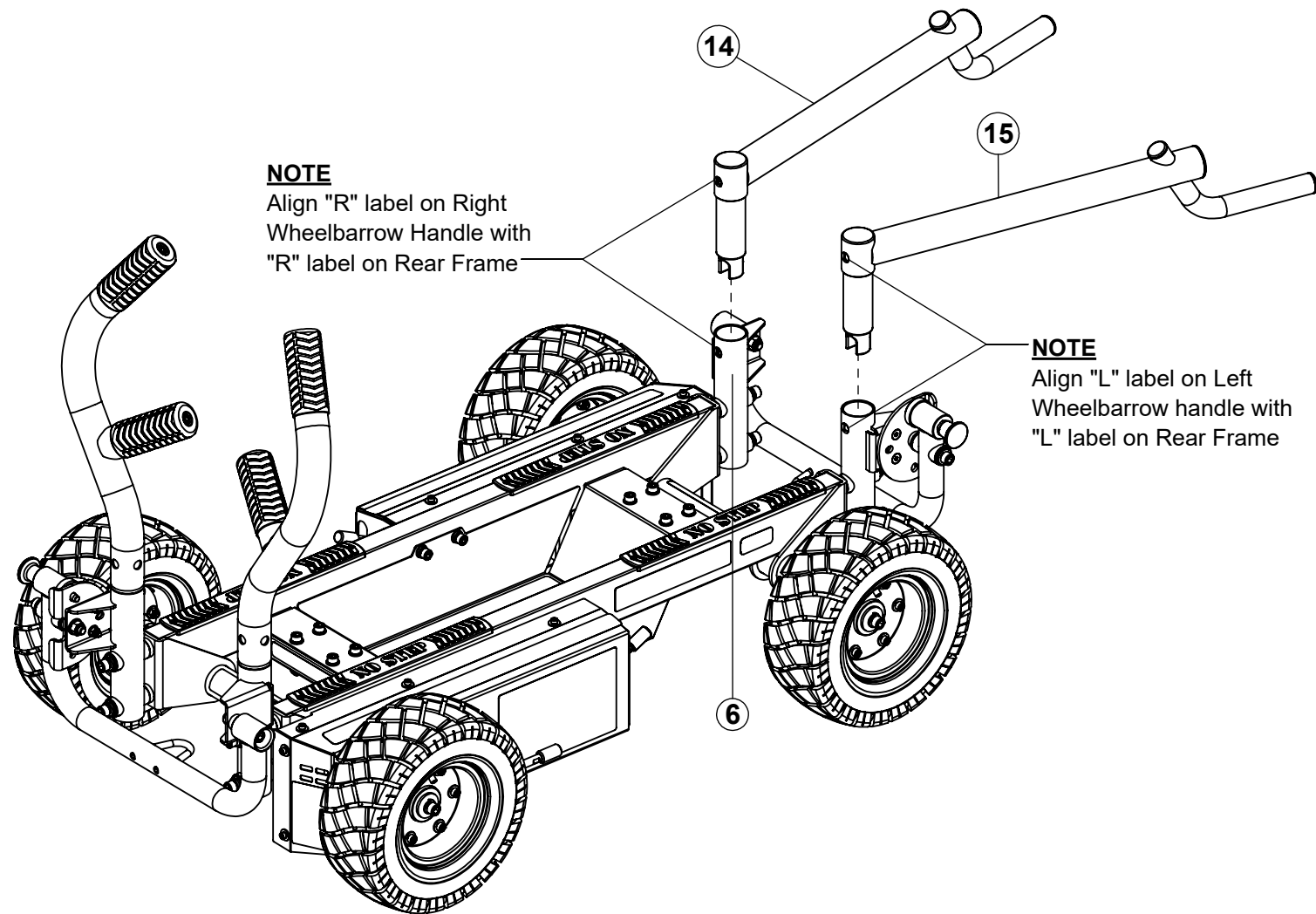


**NOTE:**

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

Handles have been hidden for assembly clarity.

## WHEELBARROW HANDLE ATTACHMENT (OPTIONAL)



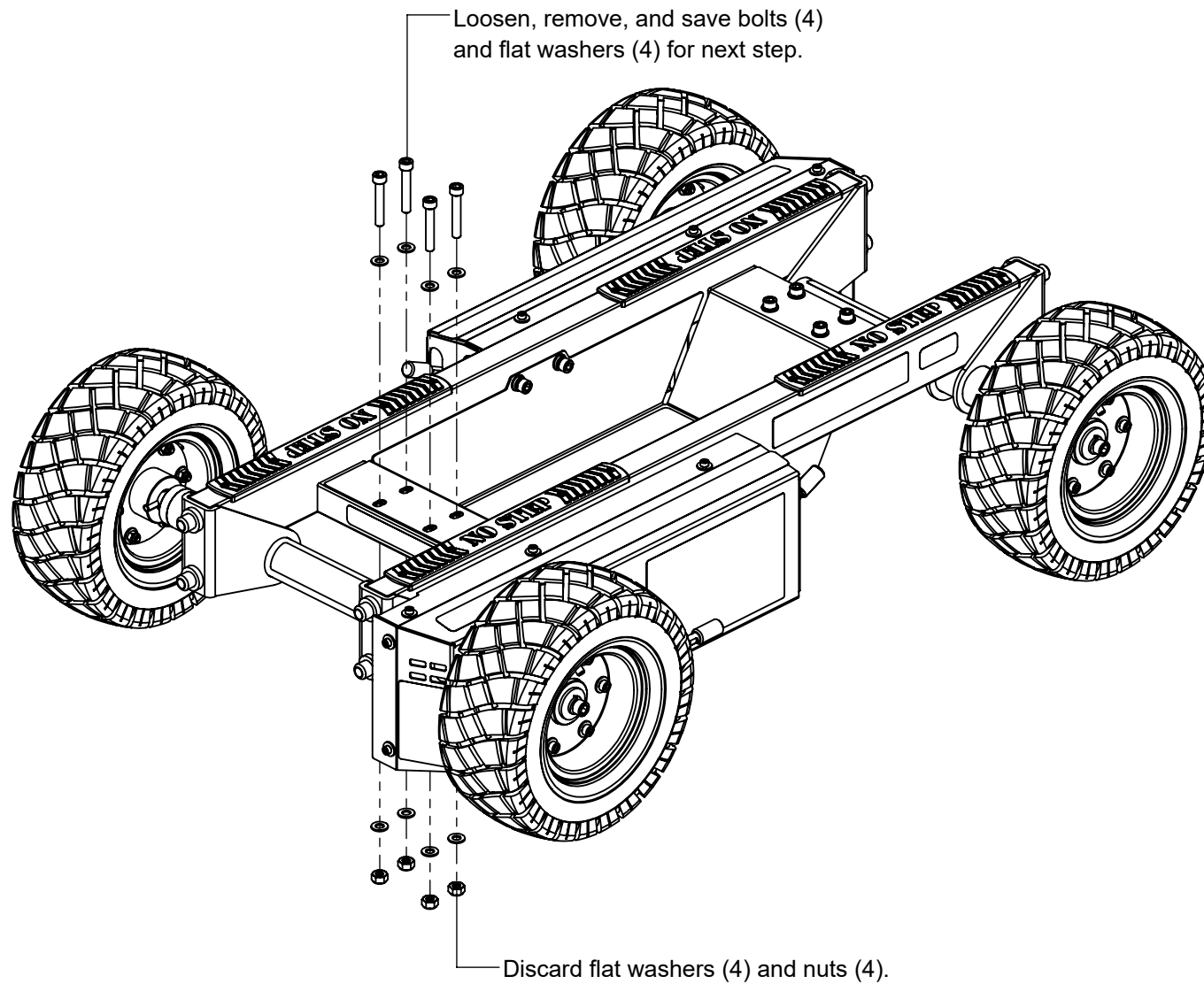
**NOTE**

Align "R" label on Right Wheelbarrow Handle with "R" label on Rear Frame

**NOTE**

Align "L" label on Left Wheelbarrow handle with "L" label on Rear Frame

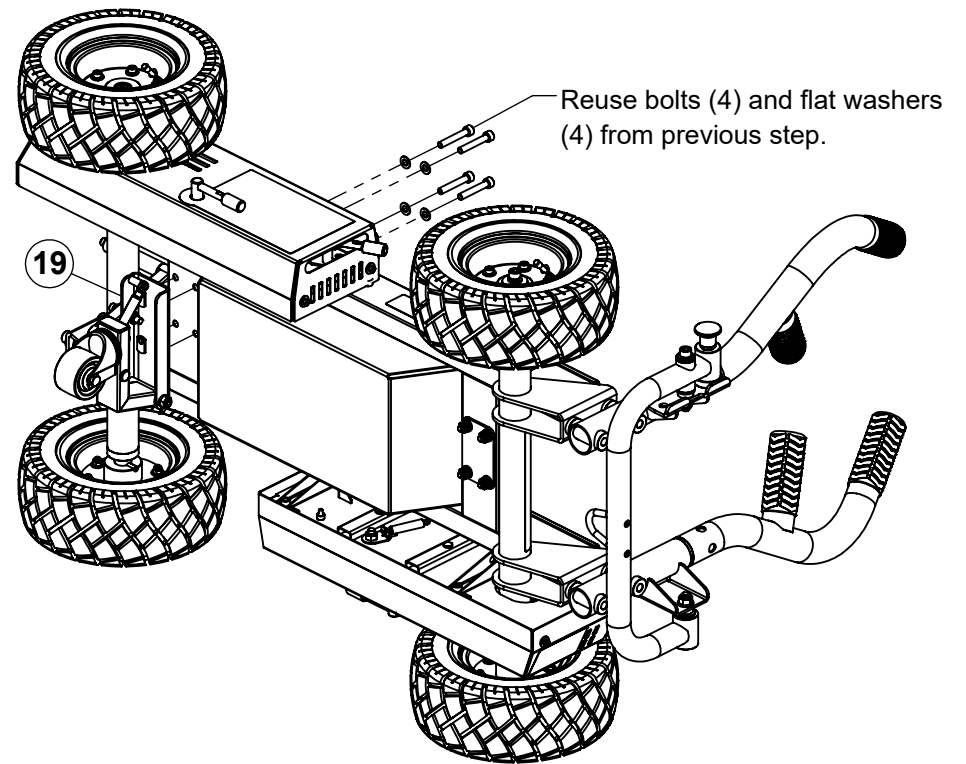
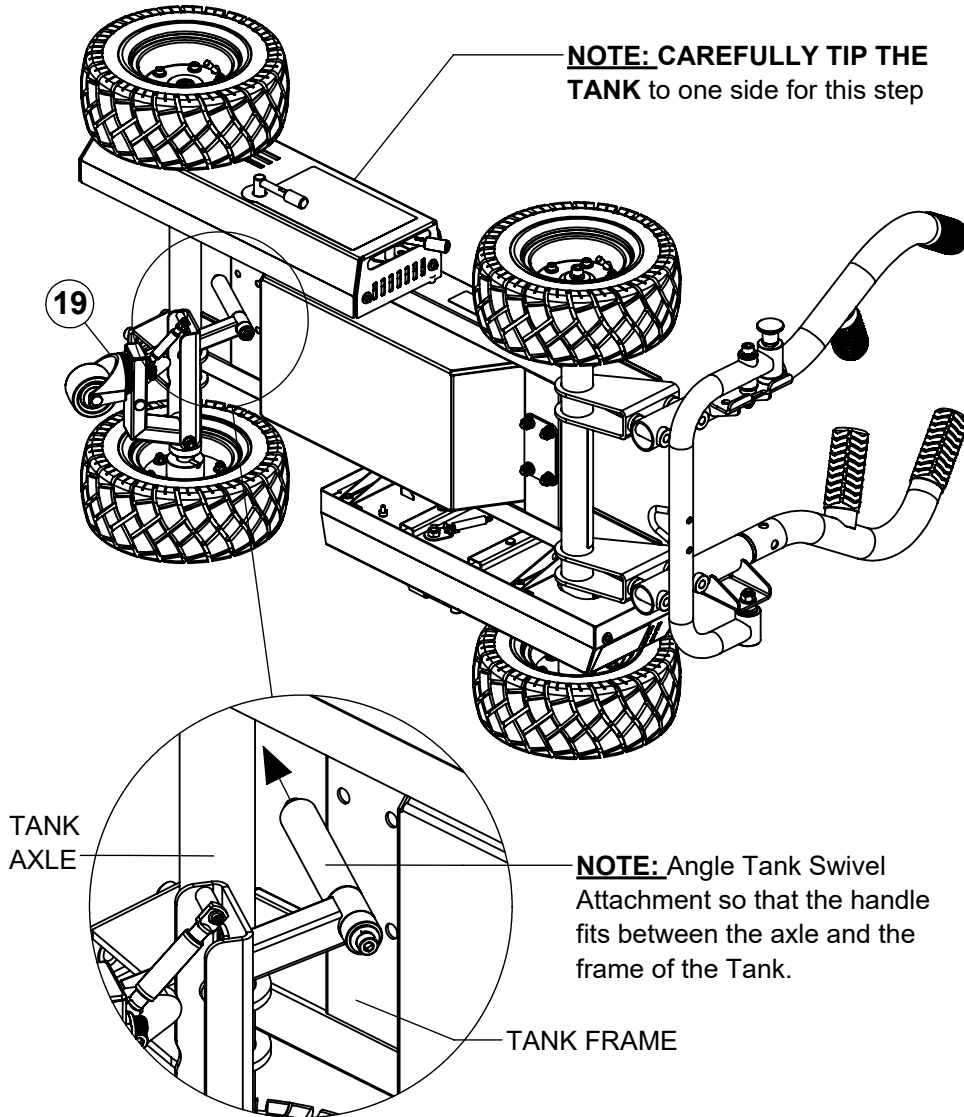
## XTSA TANK SWIVEL ATTACHMENT (OPTIONAL)



### **NOTE:**

Handles have been hidden for assembly clarity.

# XTSA TANK SWIVEL ATTACHMENT (OPTIONAL)

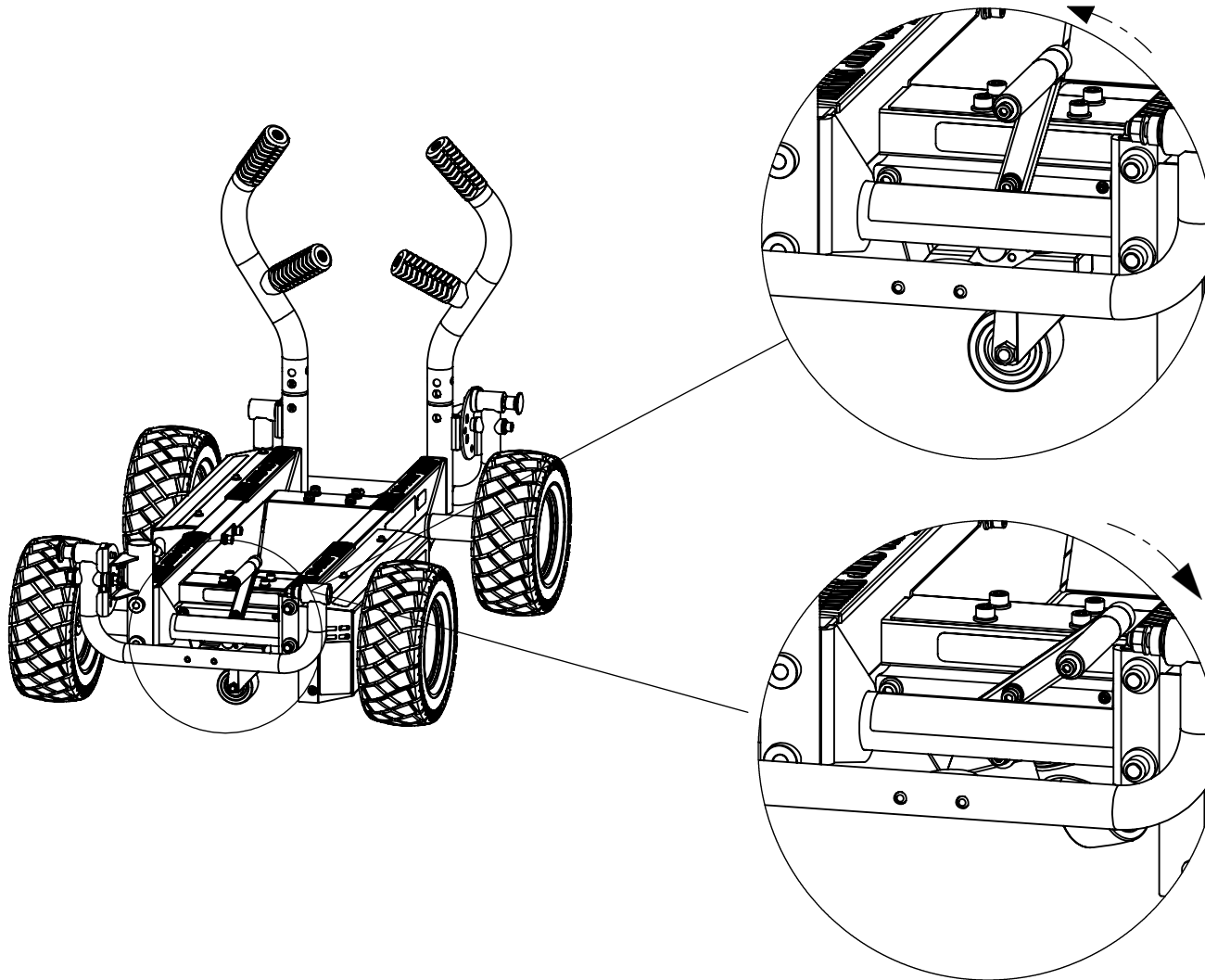


## **NOTE:**

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

Handles have been hidden for assembly clarity.

## XTSA TANK SWIVEL ATTACHMENT (OPTIONAL)



**NOTE:**

To engage Tank Swivel, lift up on handle.

The Tank Swivel Attachment allows for improved steering and turning between exercises. **DO NOT TRAIN OR EXERCISE WITH THE SWIVEL ENGAGED.**

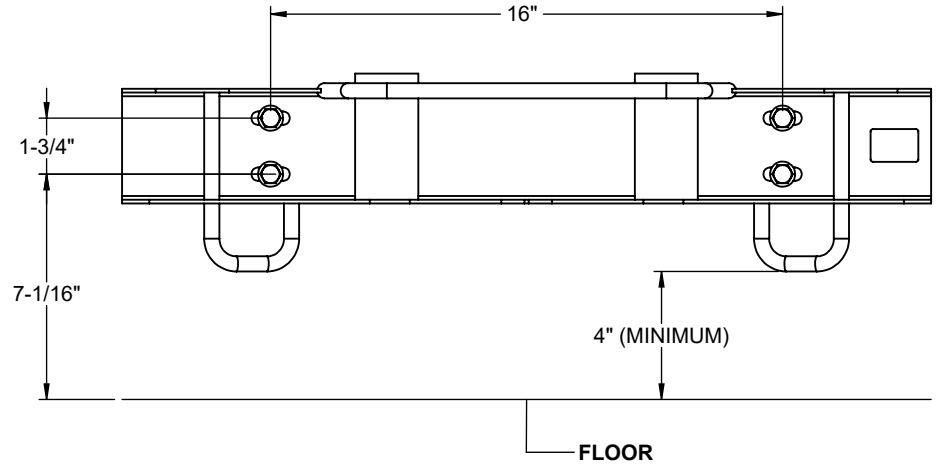
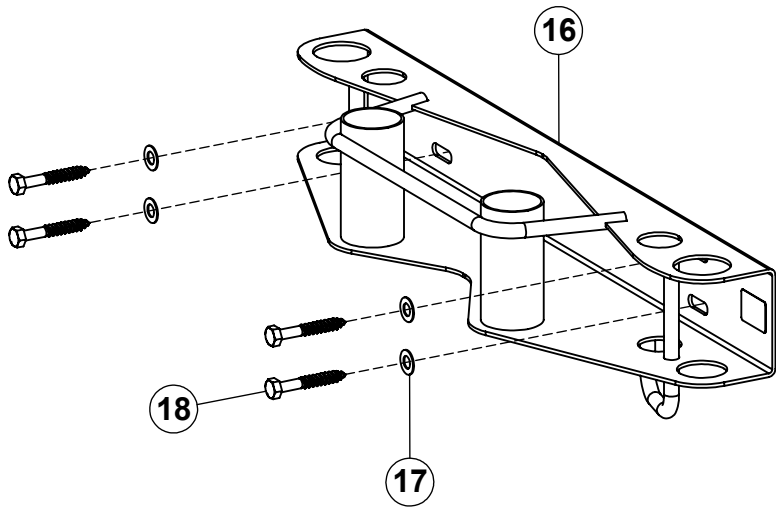
**NOTE:**

To disengage Tank Swivel, press down on handle.

**NOTE:**

Handles have been hidden for assembly clarity.

# XTMX-WMHS WALL-MOUNTED HANDLE STORAGE (OPTIONAL)

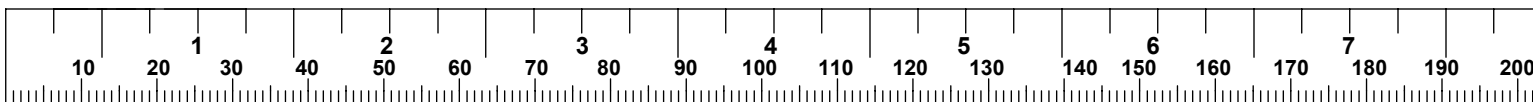


**WARNING:**  
THE LOWER MOUNT **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

## NOTES:

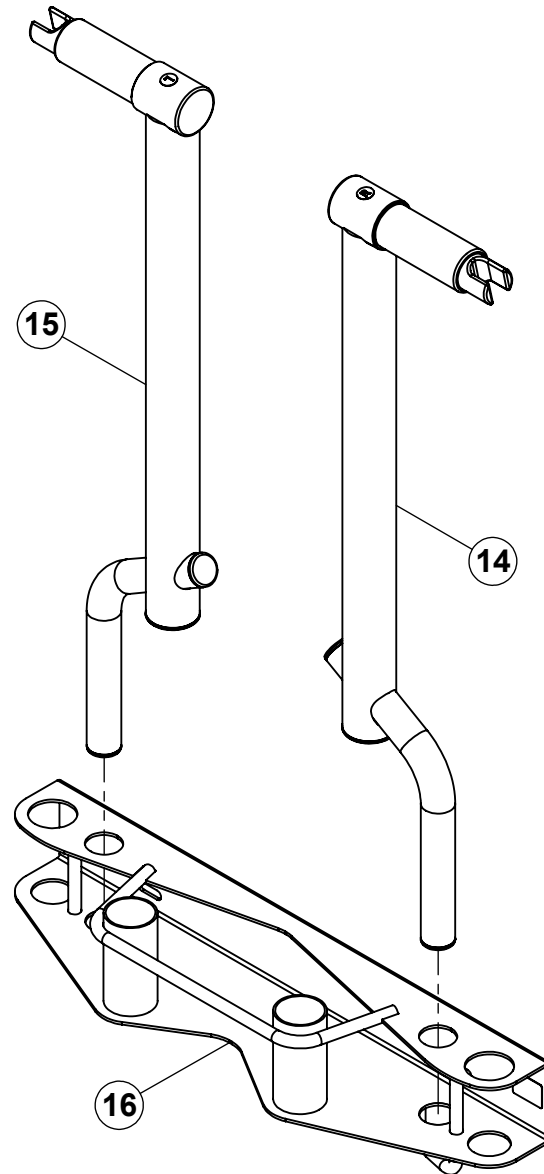
The images above show the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE: All four anchoring locations must be used.** The pull-out strength of the anchoring bolts used must be greater than or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

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

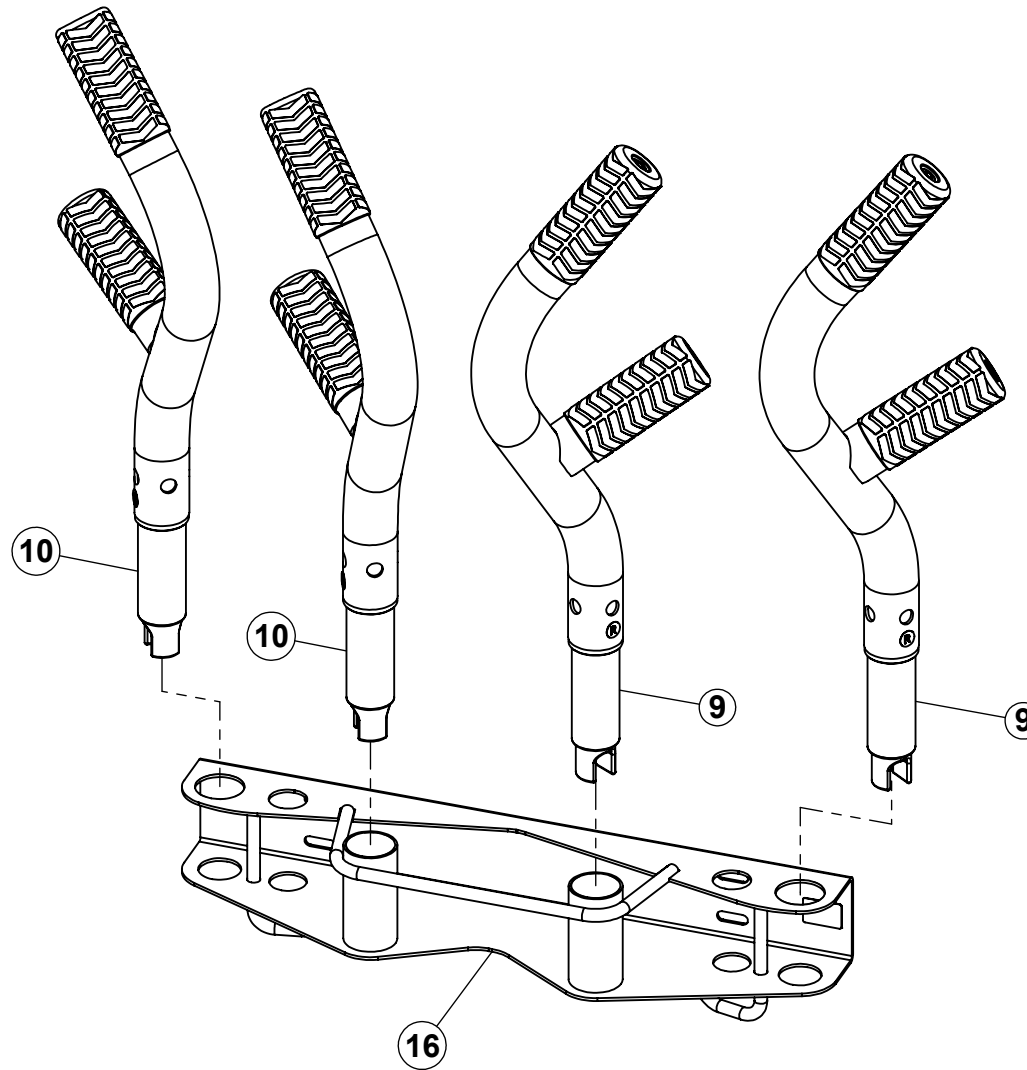




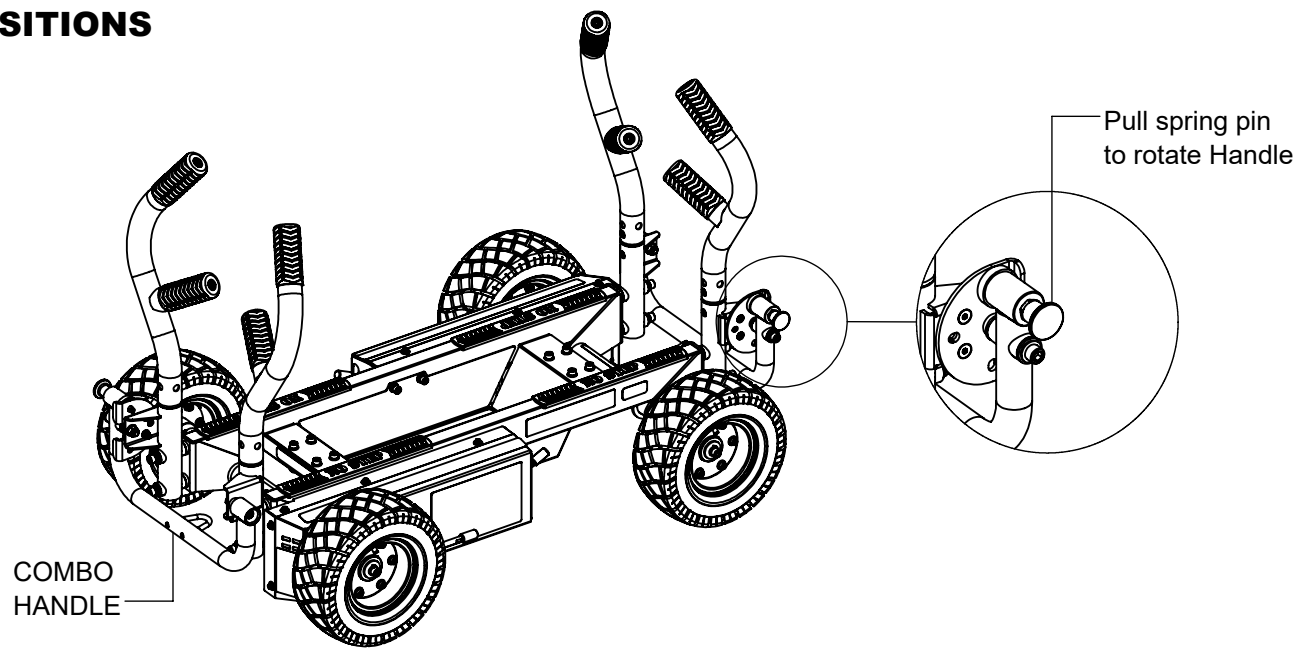
**XTMX-WMHS**  
**WALL-MOUNTED HANDLE STORAGE (OPTIONAL)**



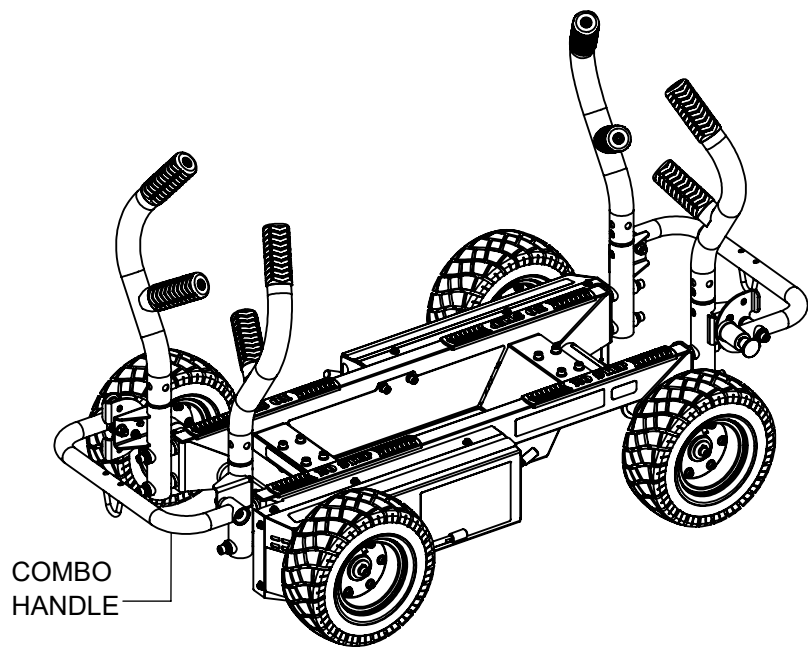
**XTMX-WMHS**  
**WALL-MOUNTED HANDLE STORAGE (OPTIONAL)**



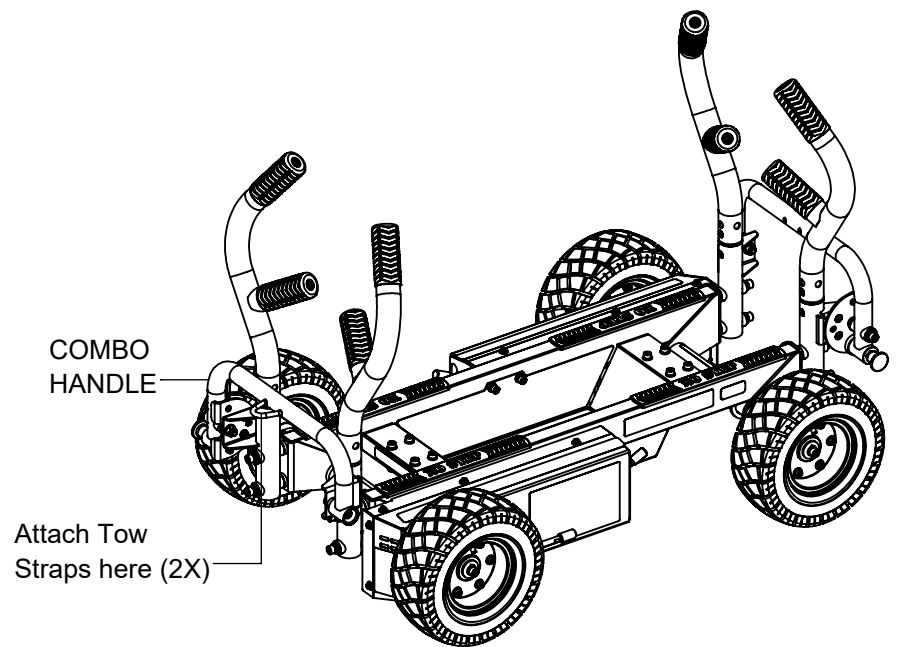
# XTTMX HANDLE POSITIONS



**HANDLE DOWN: STORAGE POSITION**



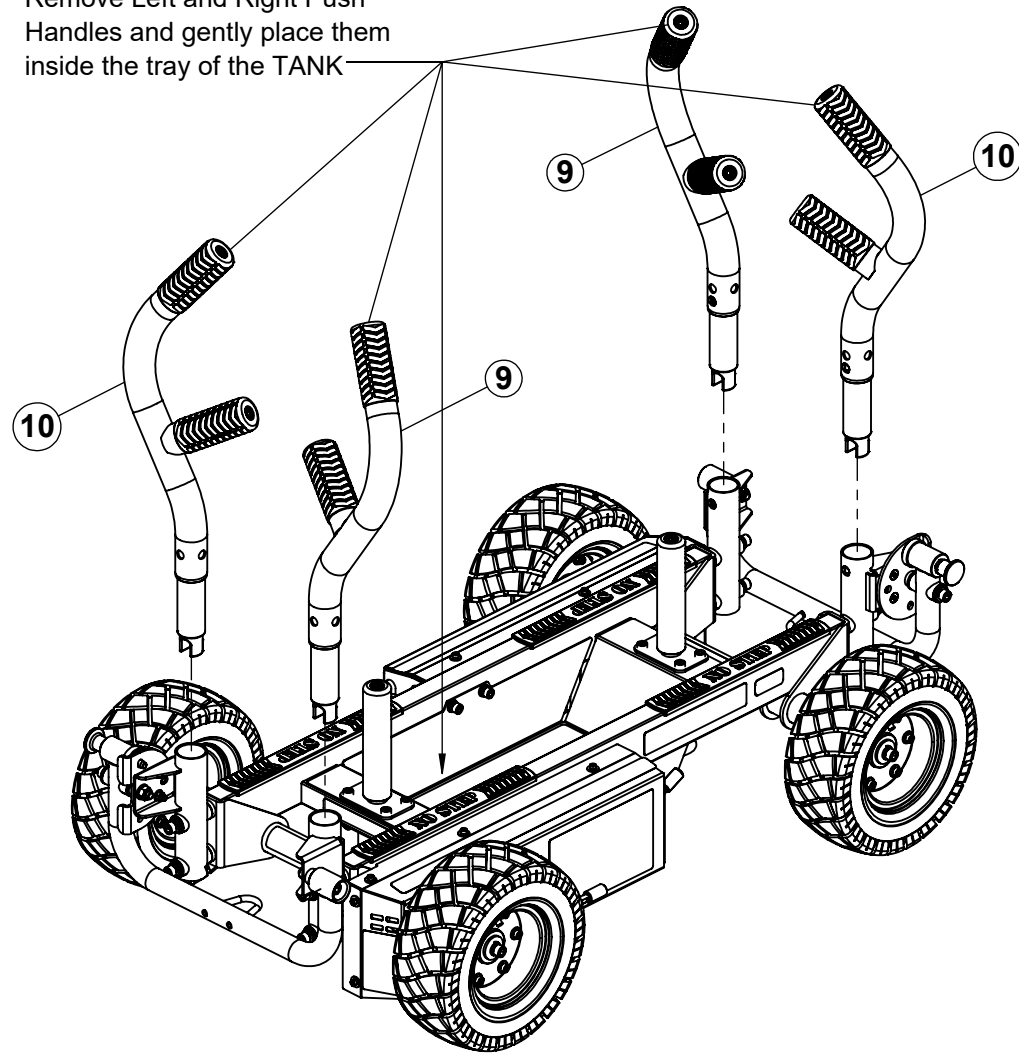
**HANDLE HORIZONTAL: LIFTING POSITION AND PUSHING POSITION**



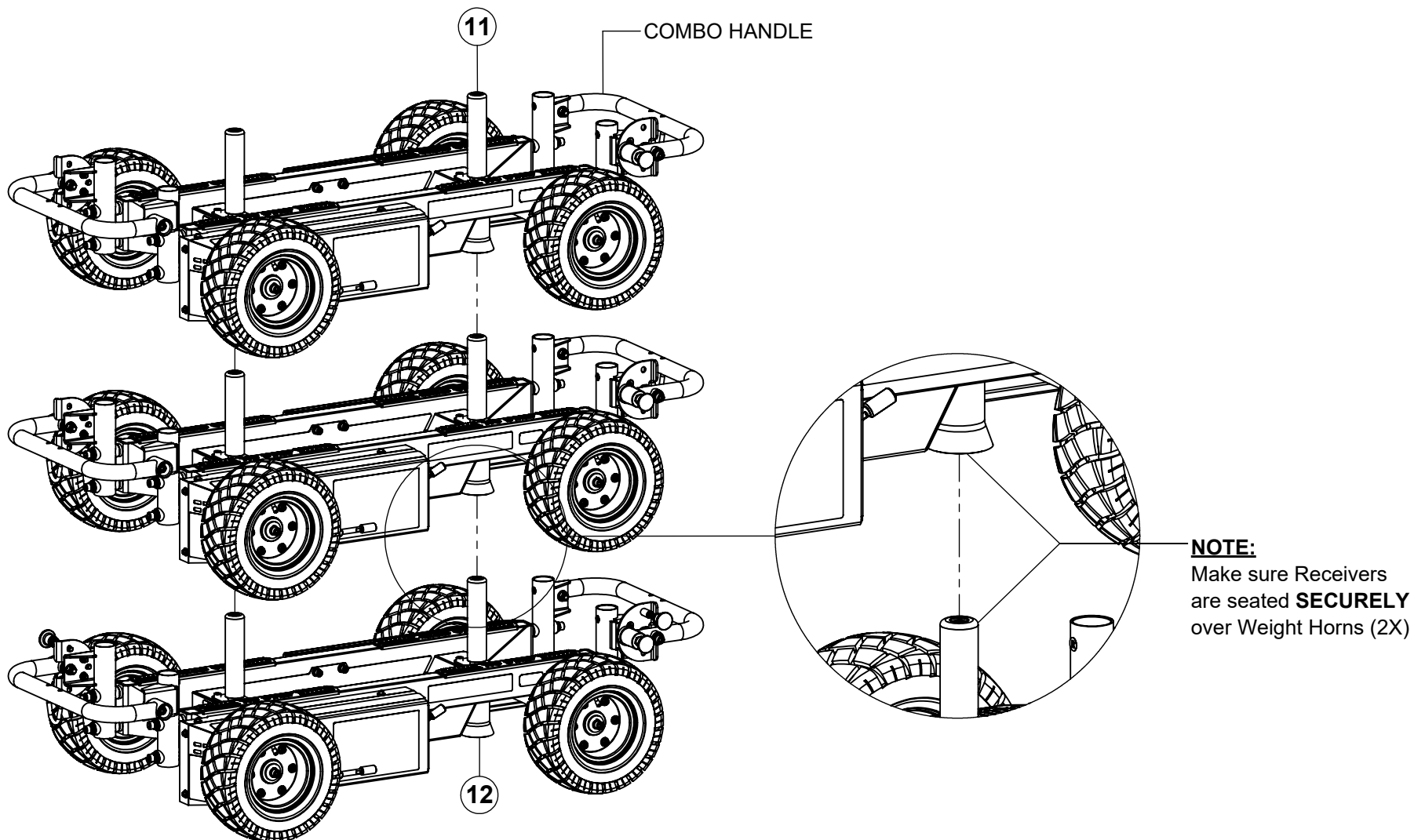
**HANDLE UP: TOWING POSITION AND PUSHING POSITION**

# XTTMX STORAGE/STACKING STEP 1

Remove Left and Right Push  
Handles and gently place them  
inside the tray of the TANK



## XTTMX STORAGE/STACKING STEP 2



### **NOTES:**

Use two people to lift TANKS.

Use COMBO HANDLES to stack tanks on top of each other.

Make sure both RECEIVERS on the bottom of the TANK are seated securely over the WEIGHT HORNS on top of the TANK (see inset).

**DO NOT** stack the TANKS more than three high.

## INSPECTION & LUBRICATION

### INSPECTION:

#### ATTENTION:

**PLEASE ENSURE THAT ALL TIRES ARE INFLATED TO 30 PSI. FAILURE TO DO SO MAY RESULT IN TANK VEERING DURING USE.**

**Once a month, check for loose bolts on handles, wheels and weight horns (optional) as indicated. Tighten if necessary.**

**Once a month, check that the chain and sprockets are clean, free of rust, dust and grime. Make sure that the chain is properly lubricated.**

**Once a month, inspect belt. Make sure the belt is not worn, frayed or loose. Replace belt if worn or frayed.**

### 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.

 [#TorqueFitness #TorqueTANK](#)

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

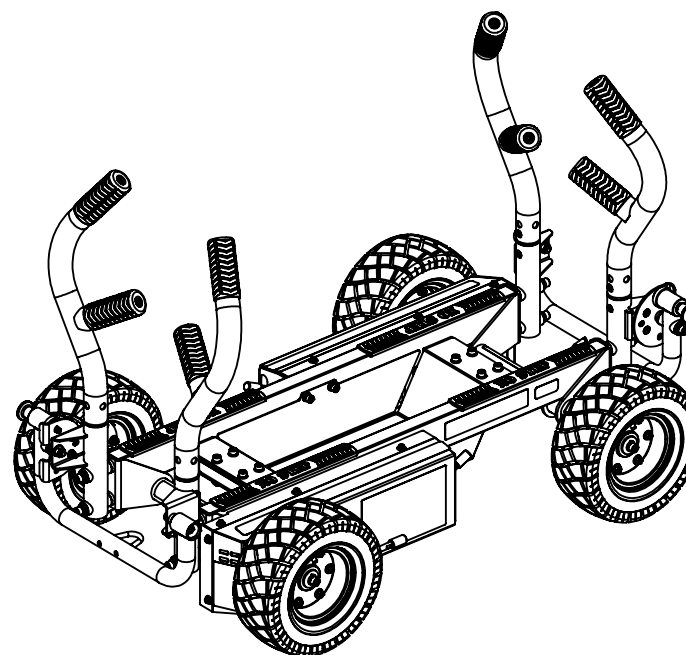
 <https://www.youtube.com/c/TorqueFitness>

 <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. See inspection and lubrication section for more details.

- **DO NOT** overinflate tires! All tires should be inflated to 30 PSI. Check air pressure periodically.
- Keep children away from the TANK MX during use.
- Keep all loose clothing, hair and shoelaces away from moving parts.
- **DO NOT** attempt to use the TANK MX for any purposes other than that for which it was intended.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the TANK MX.
- **DO NOT** drop the weight plates onto the TANK MX. Doing so, may result in damage to the TANK MX.
- **DO NOT** use the TANK MX in wet or slippery conditions.
- **DO NOT** push the TANK MX while any accessories are attached to the push/pull bar.
- **DO NOT** stand or ride on the TANK MX.
- **DO NOT** use the TANK MX without the shrouds.



Torque Fitness  
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Coon Rapids, MN USA 55448

[www.torquefitness.com](http://www.torquefitness.com)  
or 763-754-7533 (8:30 am – 5:00 CST).

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For service: [service@torquefitness.com](mailto:service@torquefitness.com)