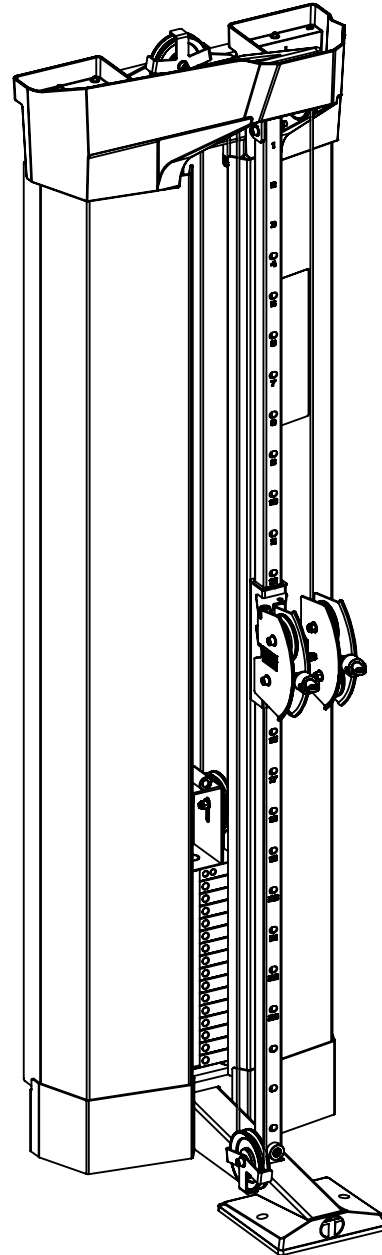


# CABLE COMPONENT, WALL MOUNT ASSEMBLY GUIDE

VERSION: XCREATE-CCWM-103

PART #: 5940901-B



**TORQUE** USA

# 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 and exercise booklet. **DO NOT** modify equipment in any way. **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. Tighten all loose connections. Do not disassemble, remove any parts or components or otherwise attempt to repair this product. **DO NOT** use product if product appears damaged. **DO NOT** attempt to fix a broken or jammed machine, obtain assistance by contacting [www.service@torquefitness.com](mailto: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 any 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. Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy.
7. If unsure of proper use of this product, contact Torque Fitness Customer service at: 763-754-7533 or [www.service@torquefitness.com](mailto: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 information on product operation and service.

For further information, visit our website at [www.torquefitness.com](http://www.torquefitness.com) or contact us at [www.service@torquefitness.com](mailto:www.service@torquefitness.com)

If you call or email customer service, have the model number and serial number(s) available. The location of the model and serial numbers are indicated in the back of this manual. 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 or [www.service@torquefitness.com](mailto:www.service@torquefitness.com)

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

## Tools Required

- 3/8" Allen wrench
- 5/16" Allen wrench
- 3/16" Allen wrench
- 3/8" Allen wrench
- 3/4" Wrench and or socket
- 9/16" Wrench and or socket
- 1/2" Wrench and or socket
- Rubber mallet
- 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.

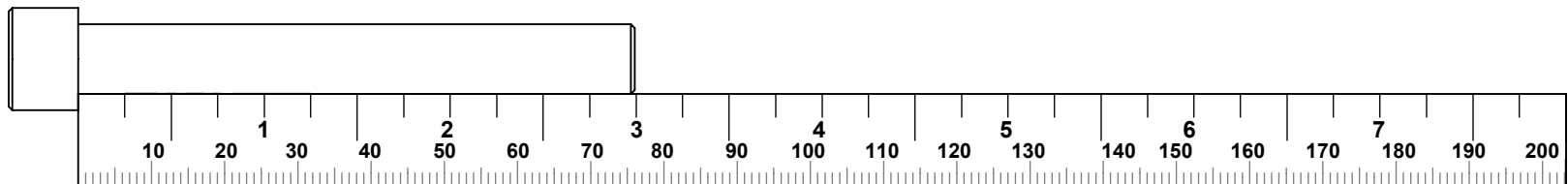
Follow the instructions included with the optional equipment to assemble it to the base product.

## Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of this 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.
- Some of the items shown in the assembly steps may already be pre-assembled.

## Assembly Tips Continued

- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed 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.
- Certain parts make reference to the right and left side of the machine. In order to determine the left and right side, stand in front of the machine.
- 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.
- Carefully follow instructions for all pivot points. In general, primary rotating parts have connections that should be securely tightened, while secondary connections need to be loosen 1/4 turn.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.	ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	59135PA	PTD ASSY, LOWER WALL MOUNT	1	42	5324601-A	ASSY, LEG BOOT D-RING	1
2	5642701	WLDMT, WEIGHT STACK BASE	1	43	5676401	ROPE, SINGLE HAND TRICEPS	2
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	4				
4	2006803	BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP	4				
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	11				
6	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2				
7	5662501	WLDMT, LEFT SHROUD BASE	1				
8	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	4				
9	5662901	WLDMT, RIGHT SHROUD BASE	1				
10	5643201	GUIDE ROD, 19 DIA X 1912	2				
11	5513601	CUSHION, WEIGHT STACK	2				
12	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	15				
13	5944701	ASSY, HEAD PLATE	1				
14	5992401/B	SHAFT COLLAR, TWO-PIECE CLAMPING	2				
15	5996401/B	BUSHING, GUIDE ROD RETAINER	2				
16	5644001	TUBE, SLIDE UPRIGHT	1				
17	5931701	ASSY, SWIVEL PULLEY SLIDE	1				
18	5672101	BUMPER, CARRIAGE STOP	1				
19	2008409	BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD	2				
20	2001201	NUT, 3/8-16 LK ST ZN	3				
21	5914601	WLDMT, UPPER WALL MOUNT	1				
22	59572PA	PTD ASSY, XCREATE-CC TOP BOOM	1				
23	5094501	PULLEY, 4-1/2 OD X 25	1				
24	5930201	BRKT, 4-1/2 PULLEY 160 DEGREE COVER	1				
25	2008407	BOLT, 3/8-16 X 2" (51mm) ST HT SOCKET HEAD	1				
26	5940601	CABLE ASSY, XCREATE-CC-103	1				
27	5958801	HOUSING, CABLE COUPLER	2				
28	5508901	GROMMET, RUBBER CABLE	2				
29	5509001	CORE, CABLE COUPLER	2				
30	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4				
31	5675501	LABEL, WEIGHT STACK 10-160 LB (4.5-72.6 KG)	1				
32	5645101	SHROUD, XCREATE CABLE STATION	2				
33	5664701	SHROUD, TOP CAP	1				
34	2002101	WASHER, FLAT 1/4 SAE ST ZN	8				
35	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6				
36	5676101	PLACARD, XCREATE-CC-101	1				
37	5581301	COVER, FRONT BASE	1				
38	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	2				
39	5659601	WLDMT, ACCESSORY HOLDER	4				
40	5923501/B	CARABINER, 100 X 50 X 10 DIA	2				
41	5324701-A	ASSY, SHORT STRAP HANDLE	2				

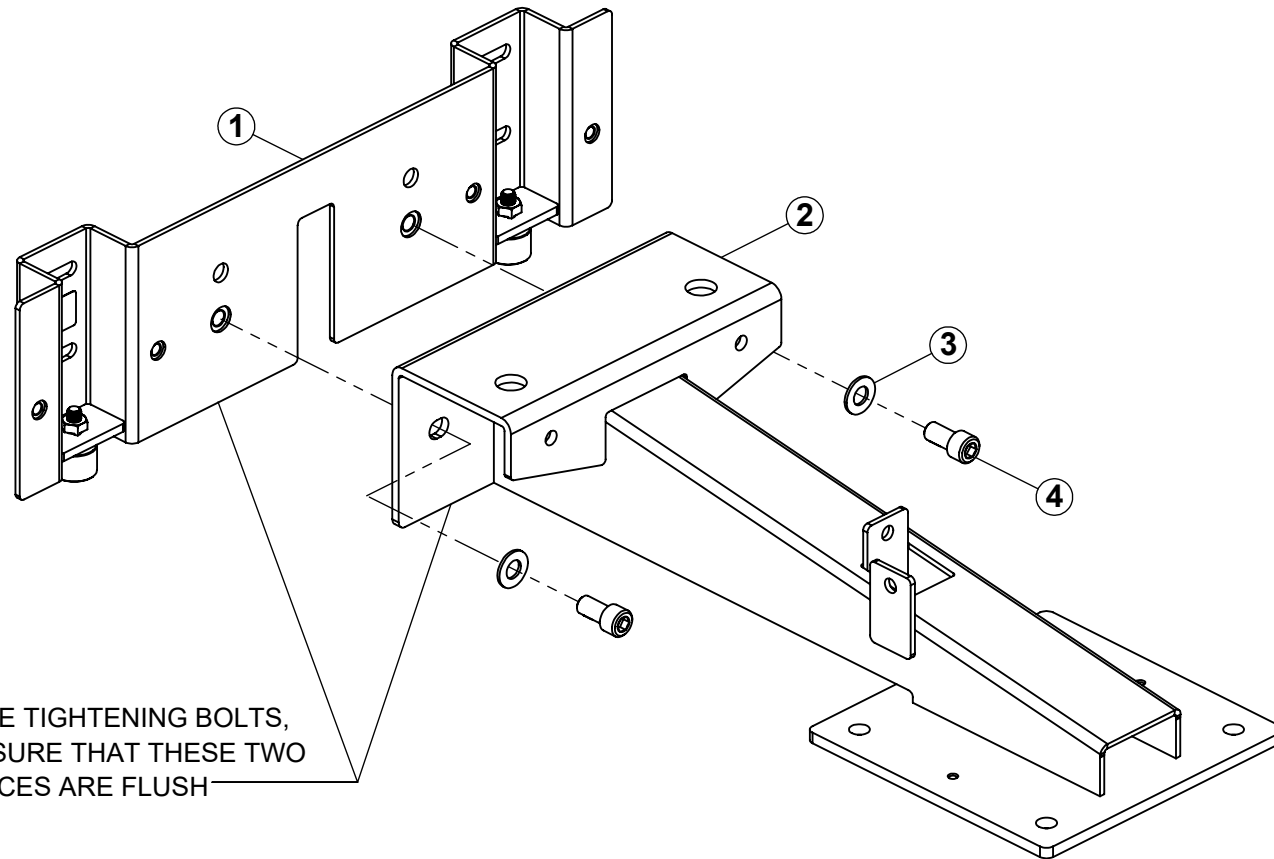
**NOTE:**

**Anchoring hardware is dictated by the wall construction that the station is being attached to. See pages 4 and 14 for the requirements.**

**If multiple stations are going to be attached to the same wall, a minimum of 4' (2.4 M) center to center is recommended between stations.**

**For assistance, contact [www.sales@torquefitness.com](mailto:www.sales@torquefitness.com) or call (763) 754-7533; Toll free in USA (877) 867-7854.**

## STEP 1

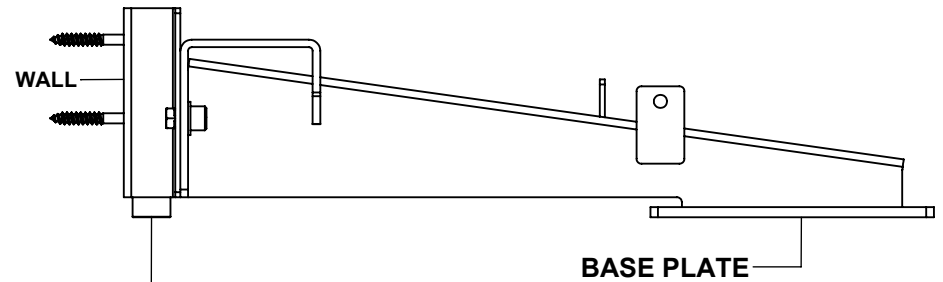
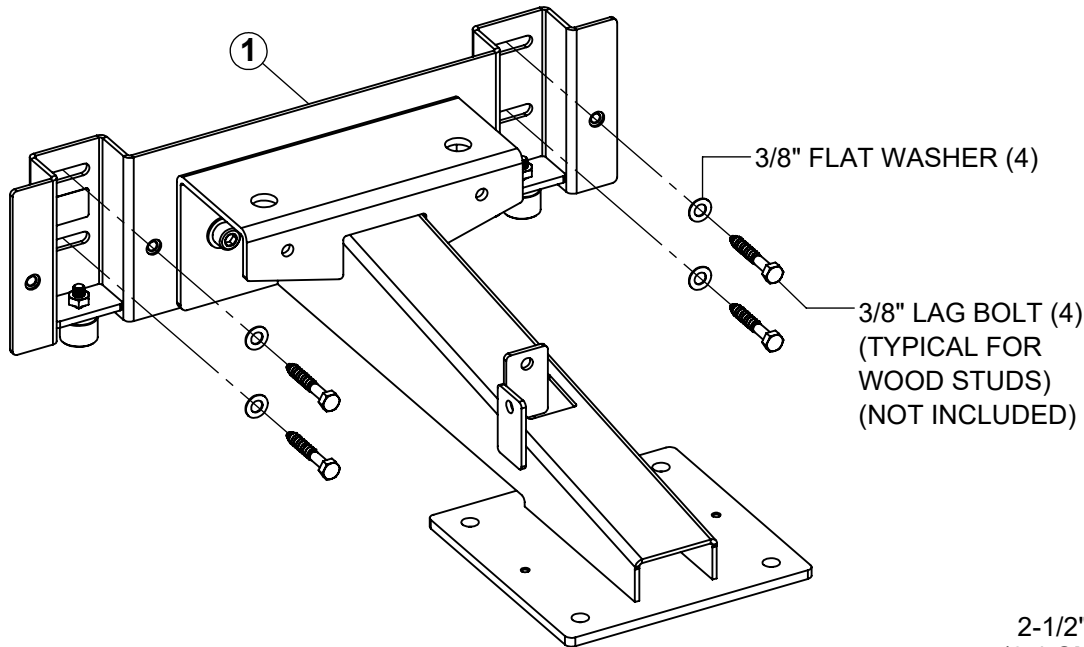


**NOTE:**  
BEFORE TIGHTENING BOLTS,  
MAKE SURE THAT THESE TWO  
SURFACES ARE FLUSH

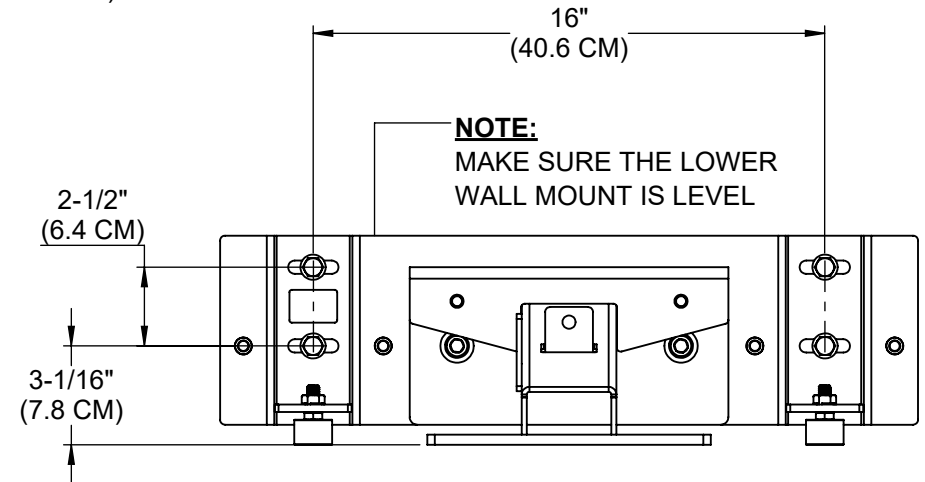
## **NOTE:**

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

## STEP 2



**NOTE:**  
BEFORE ANCHORING LOWER WALL MOUNT TO THE WALL, ADJUST LEVELERS (2) SO THAT THE BASE PLATE IS LEVEL WITH THE FLOOR.



### NOTES:

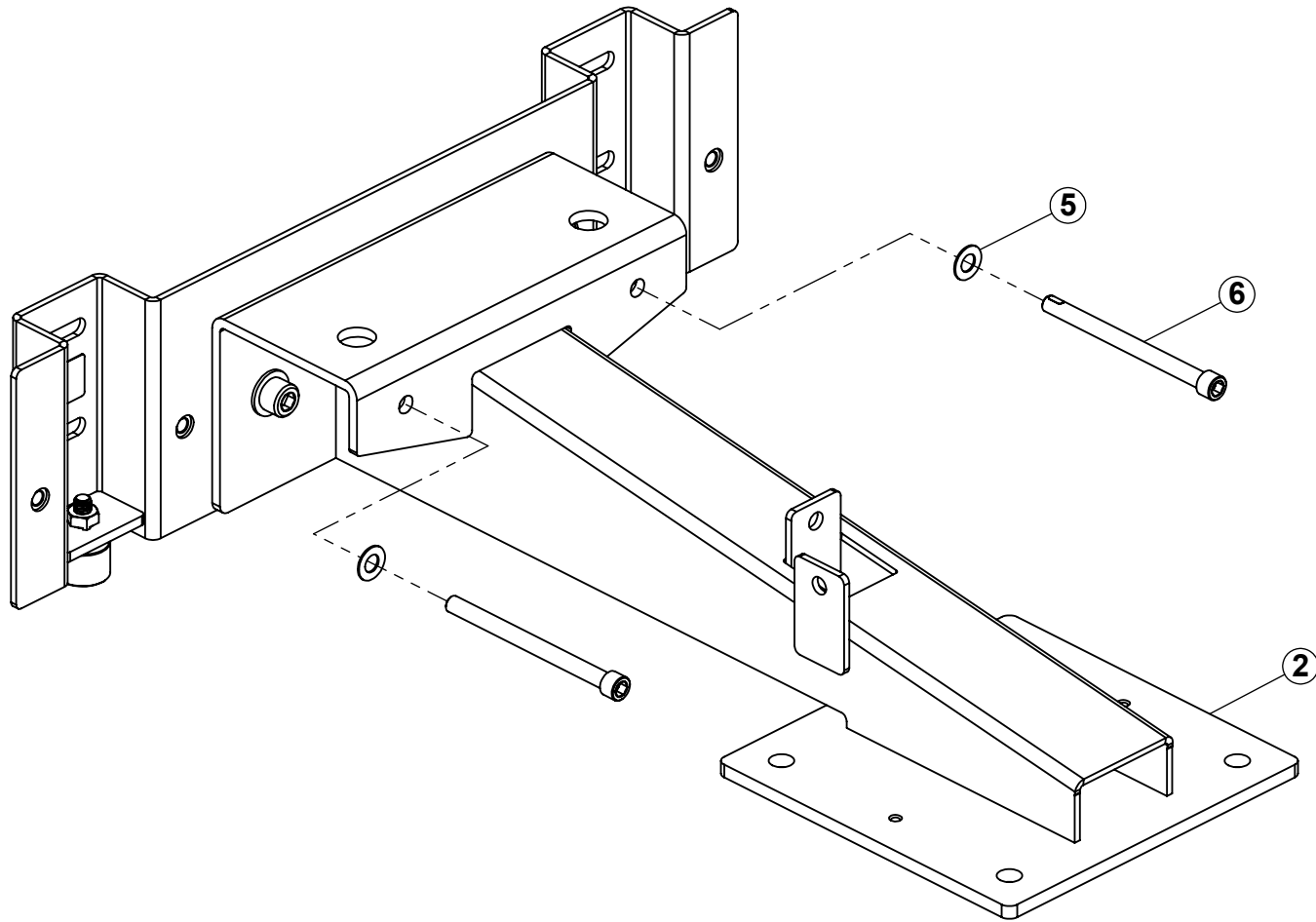
The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater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

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

### WARNING:

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

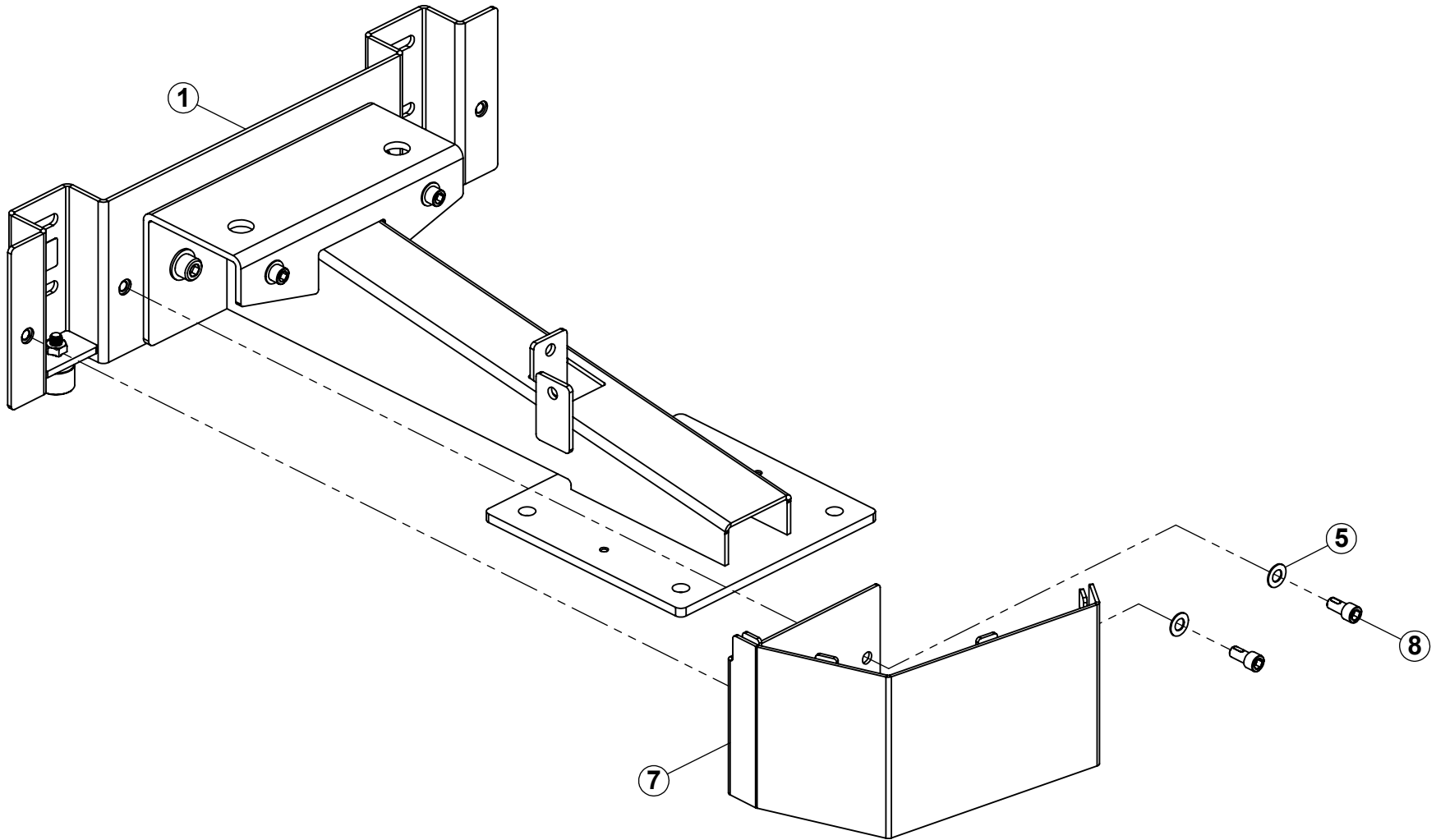
### STEP 3



### NOTE:

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

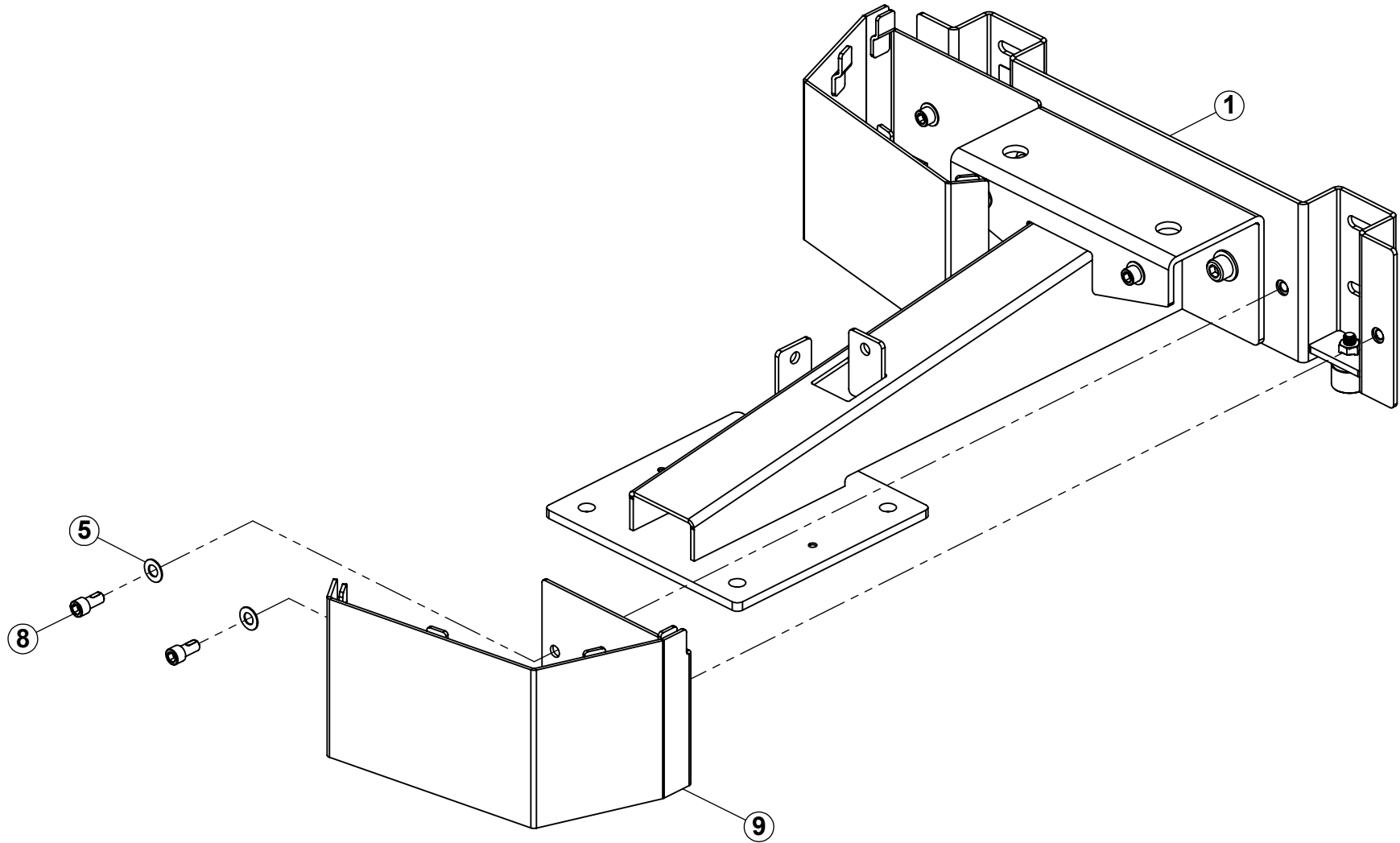
## STEP 4



### NOTE:

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

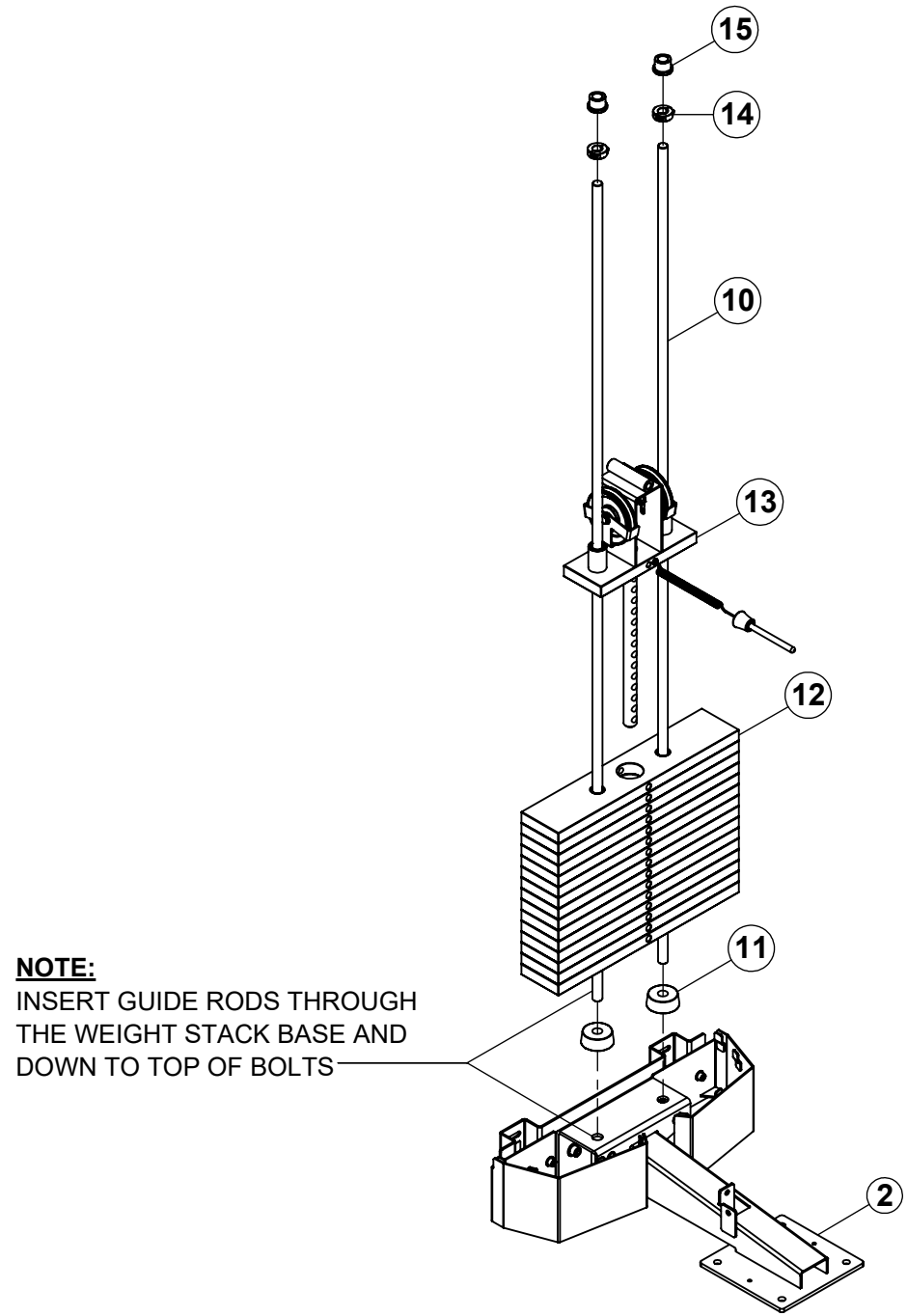
## STEP 5



### NOTE:

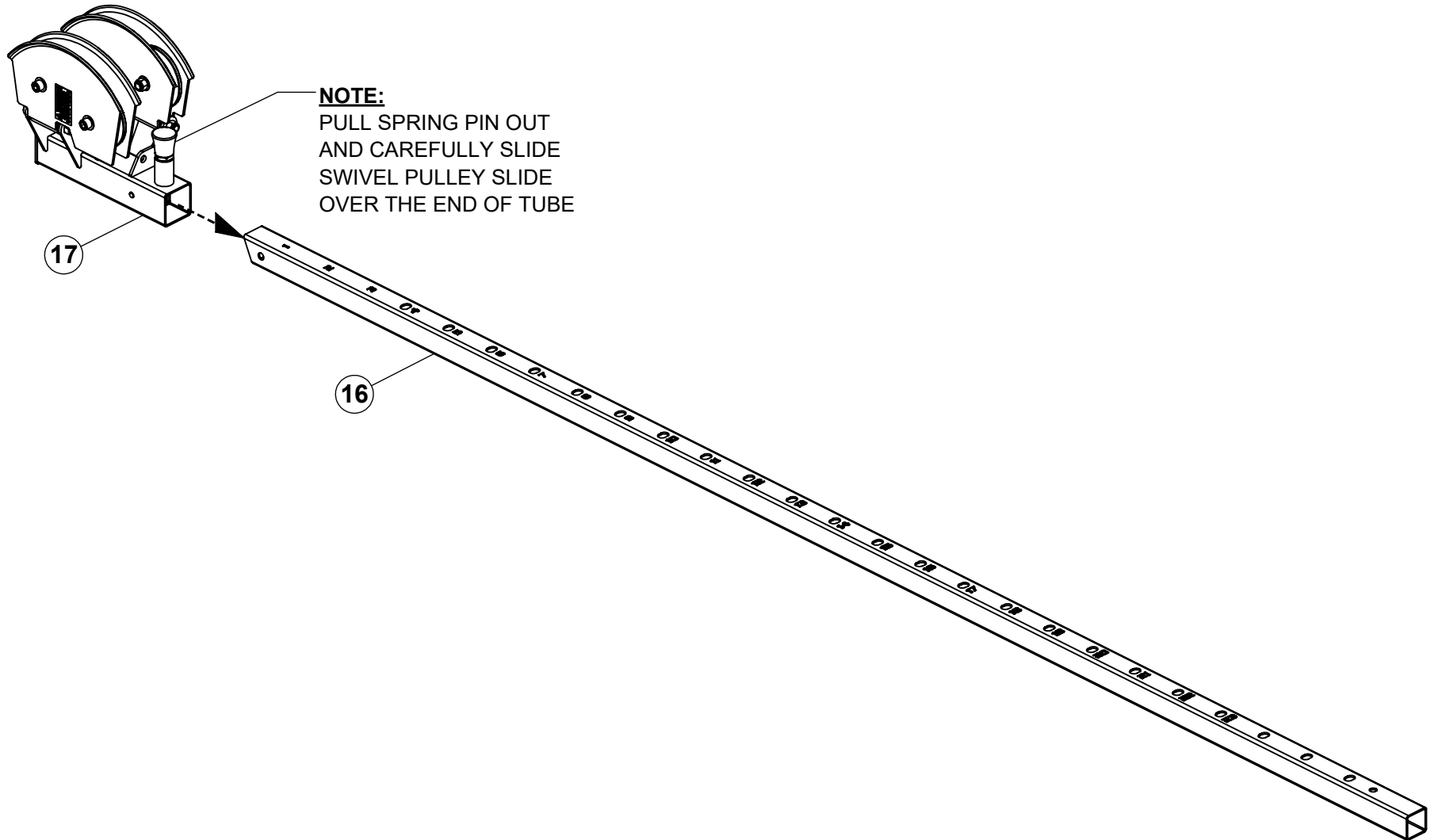
**SECURELY** tighten all bolt connections in this step.

# STEP 6

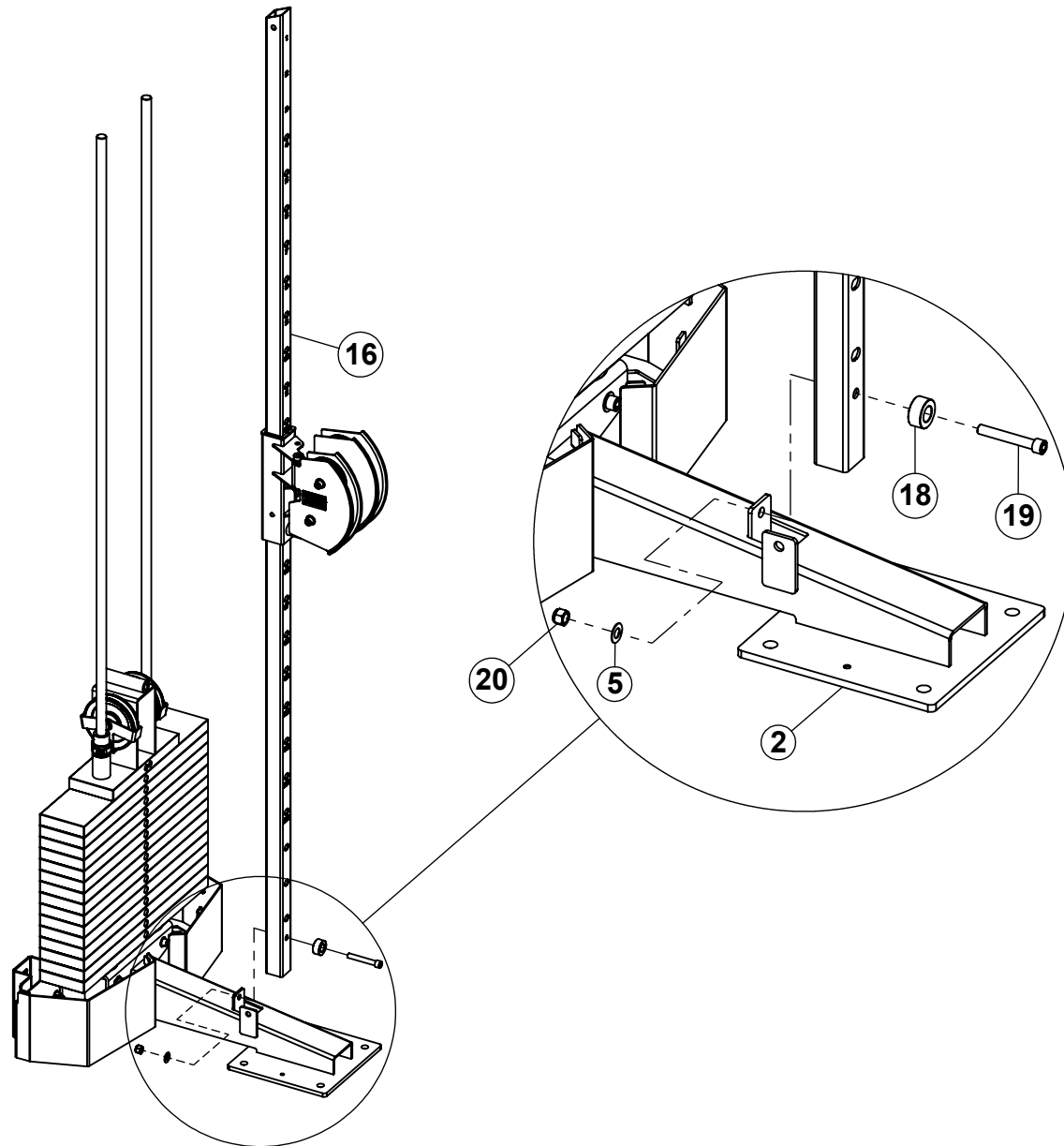


**NOTE:**  
INSERT GUIDE RODS THROUGH  
THE WEIGHT STACK BASE AND  
DOWN TO TOP OF BOLTS

## STEP 7



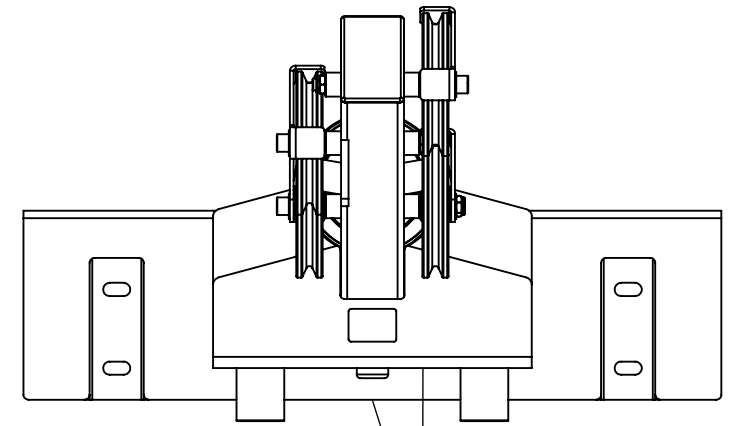
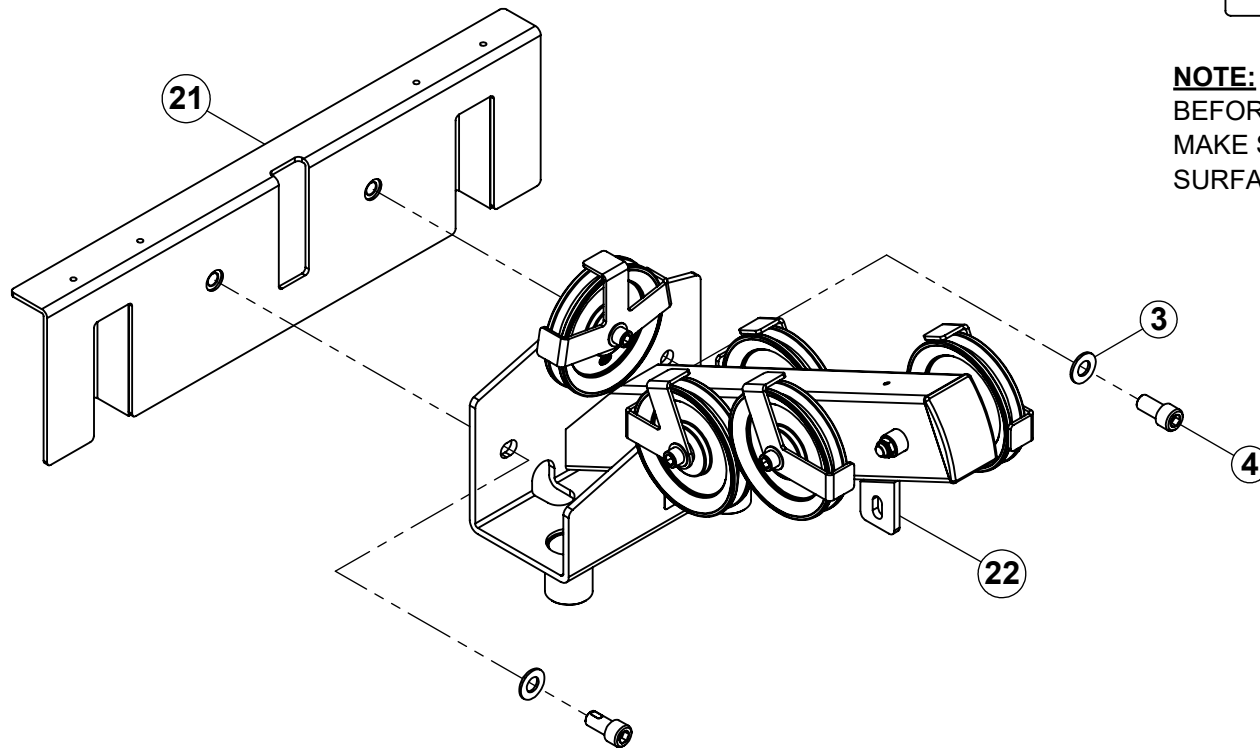
## STEP 8



### NOTE:

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

## STEP 9

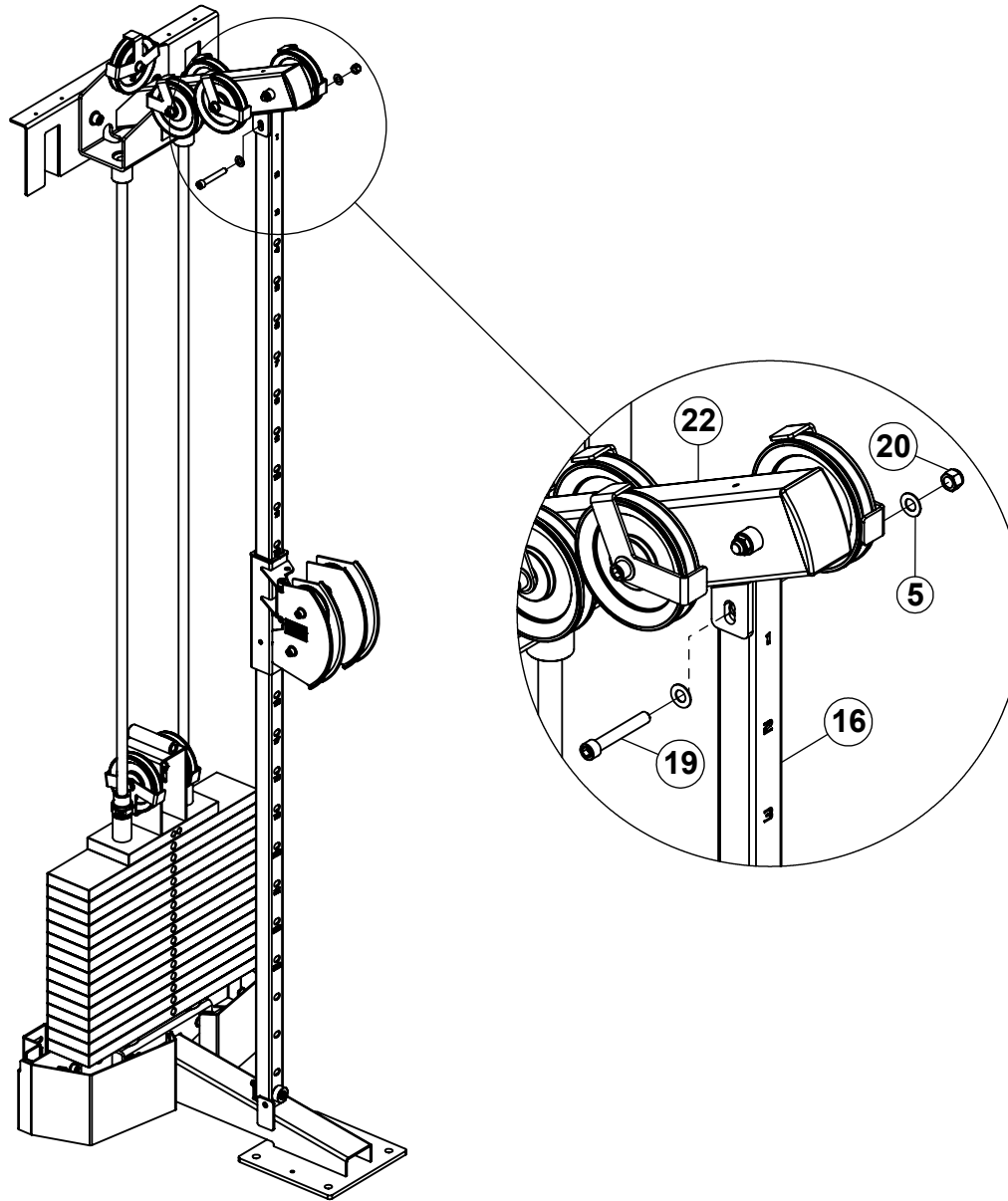


**NOTE:**  
BEFORE TIGHTENING BOLTS,  
MAKE SURE THAT THESE TWO  
SURFACES ARE PARALLEL

## **NOTE:**

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

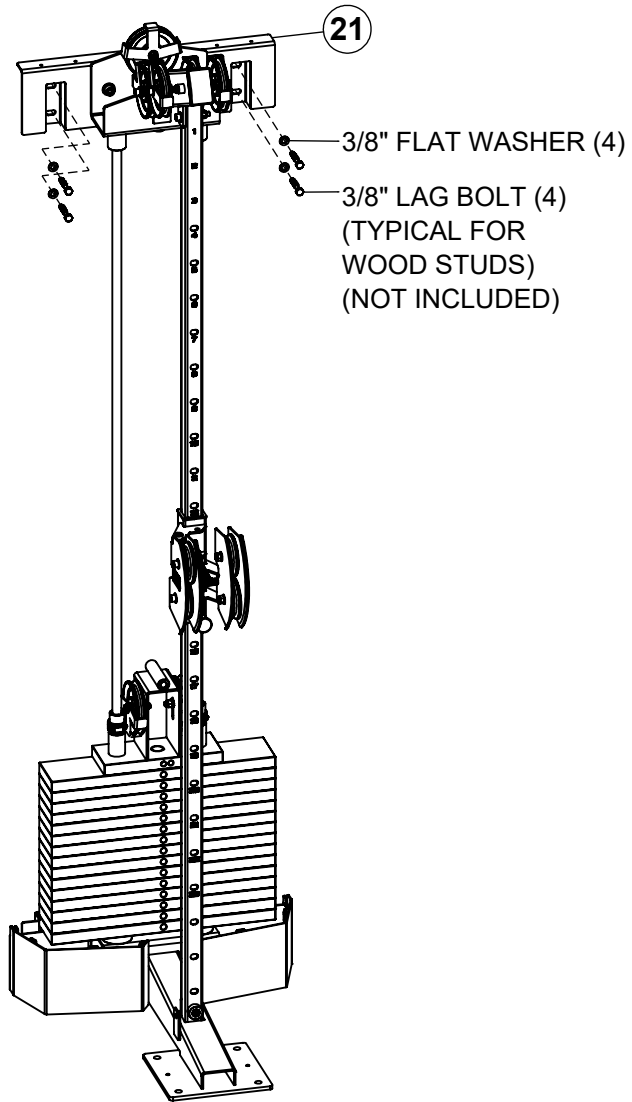
## STEP 10



### NOTE:

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

## STEP 11

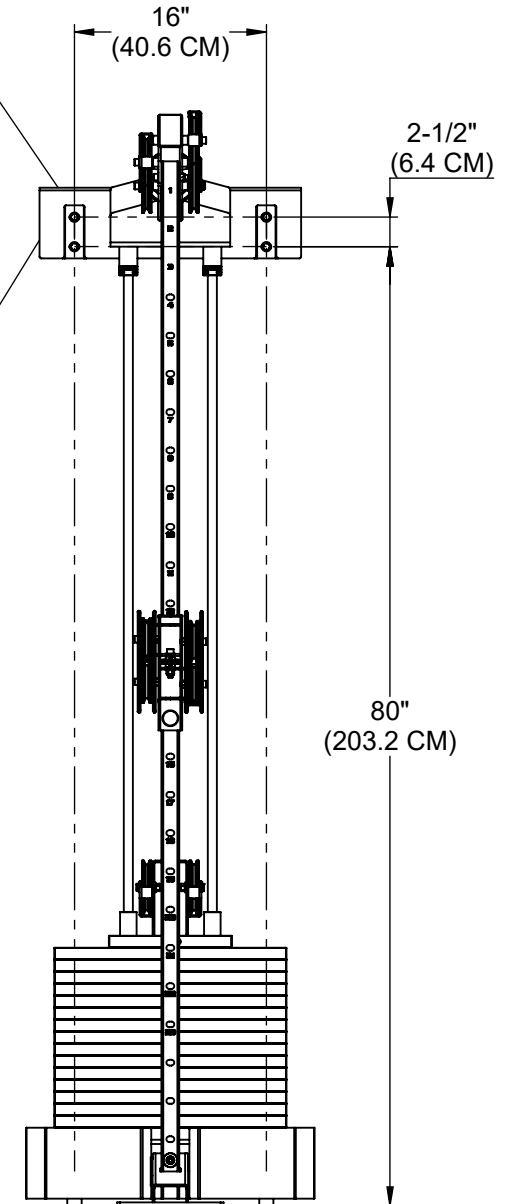


### **NOTE:**

MAKE SURE THE UPPER  
WALL MOUNT IS LEVEL

### **WARNING:**

THE UPPER WALL MOUNT  
**MUST** BE ANCHORED TO  
WALL USING FOUR WALL  
ANCHORS SUITABLE FOR  
THAT PARTICULAR WALL  
CONSTRUCTION



### **NOTES:**

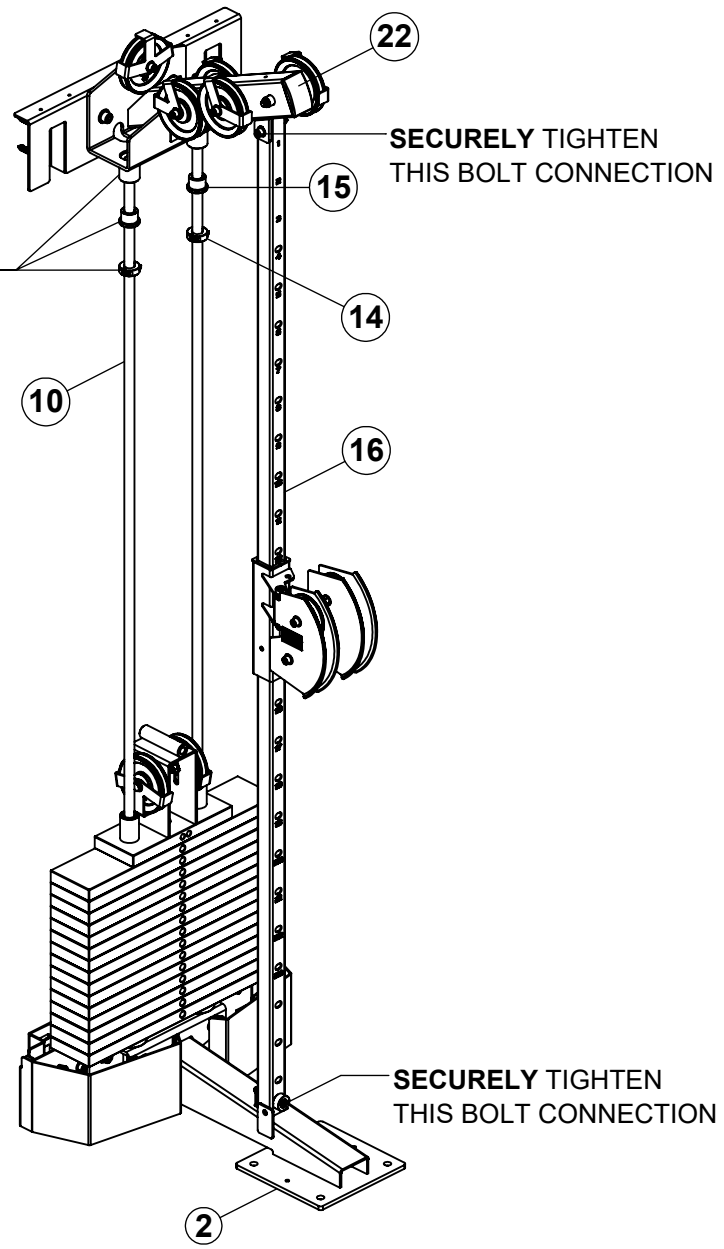
The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater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

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

## STEP 12

**NOTE:**

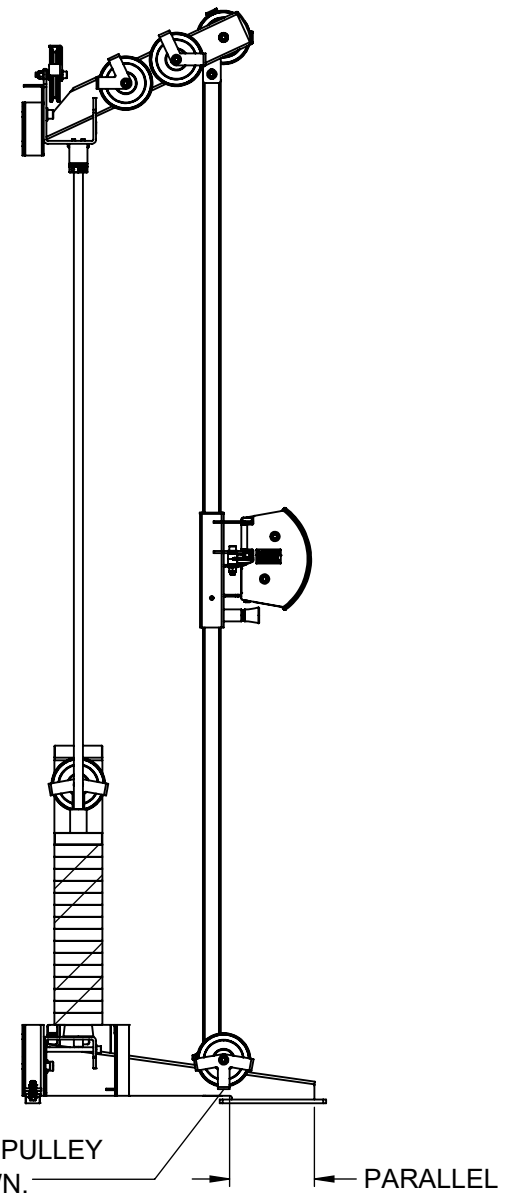
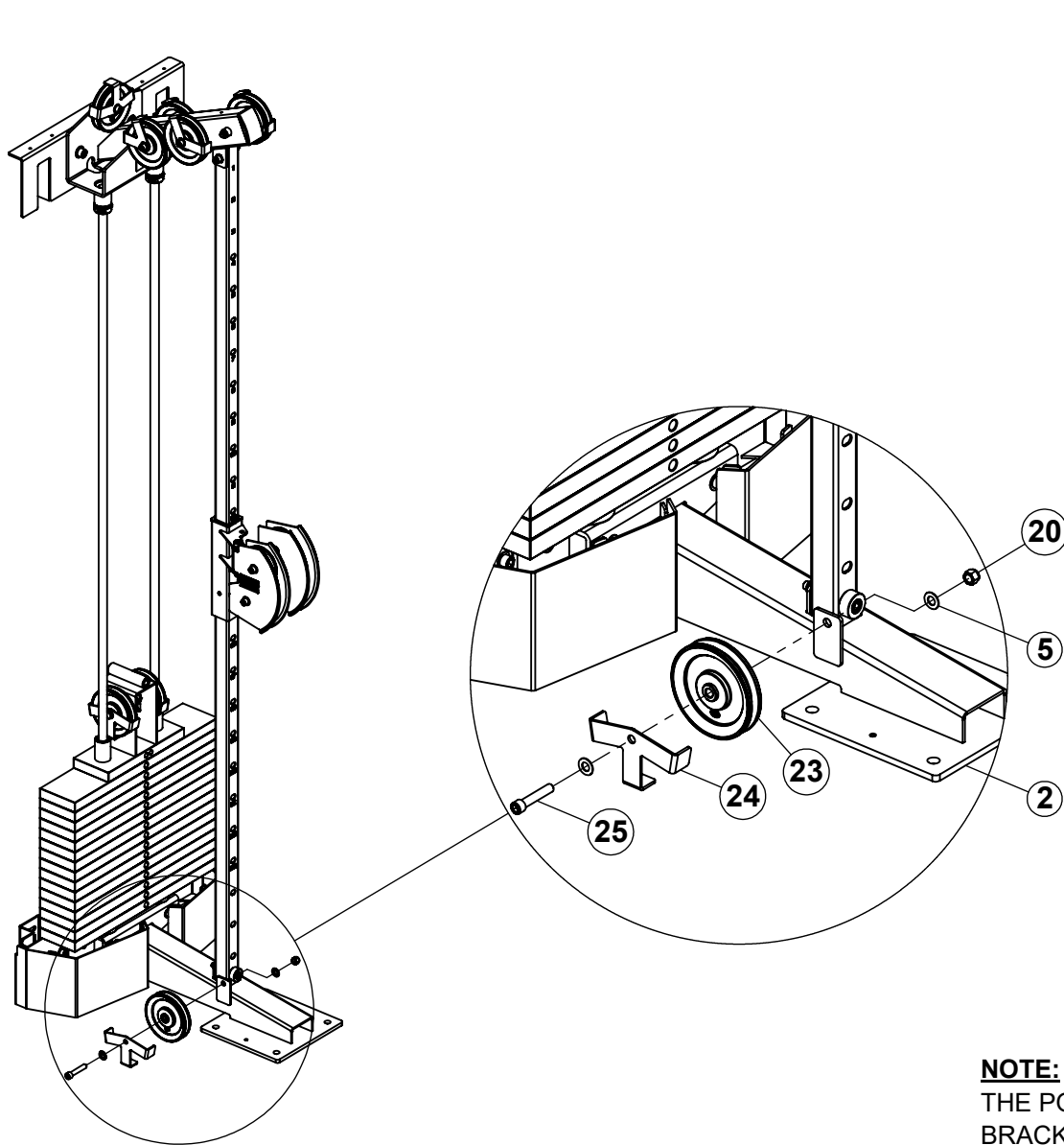
SLIDE GUIDE ROD RETAINERS UP INSIDE TOP BOOM. SLIDE SHAFT COLLARS UP AGAINST GUIDE ROD RETAINERS AND **SECURELY** TIGHTEN BOTH SCREWS OF SHAFT COLLARS



**NOTE:**

**SECURELY** tighten all bolt connections in this step and previous steps.

# STEP 13

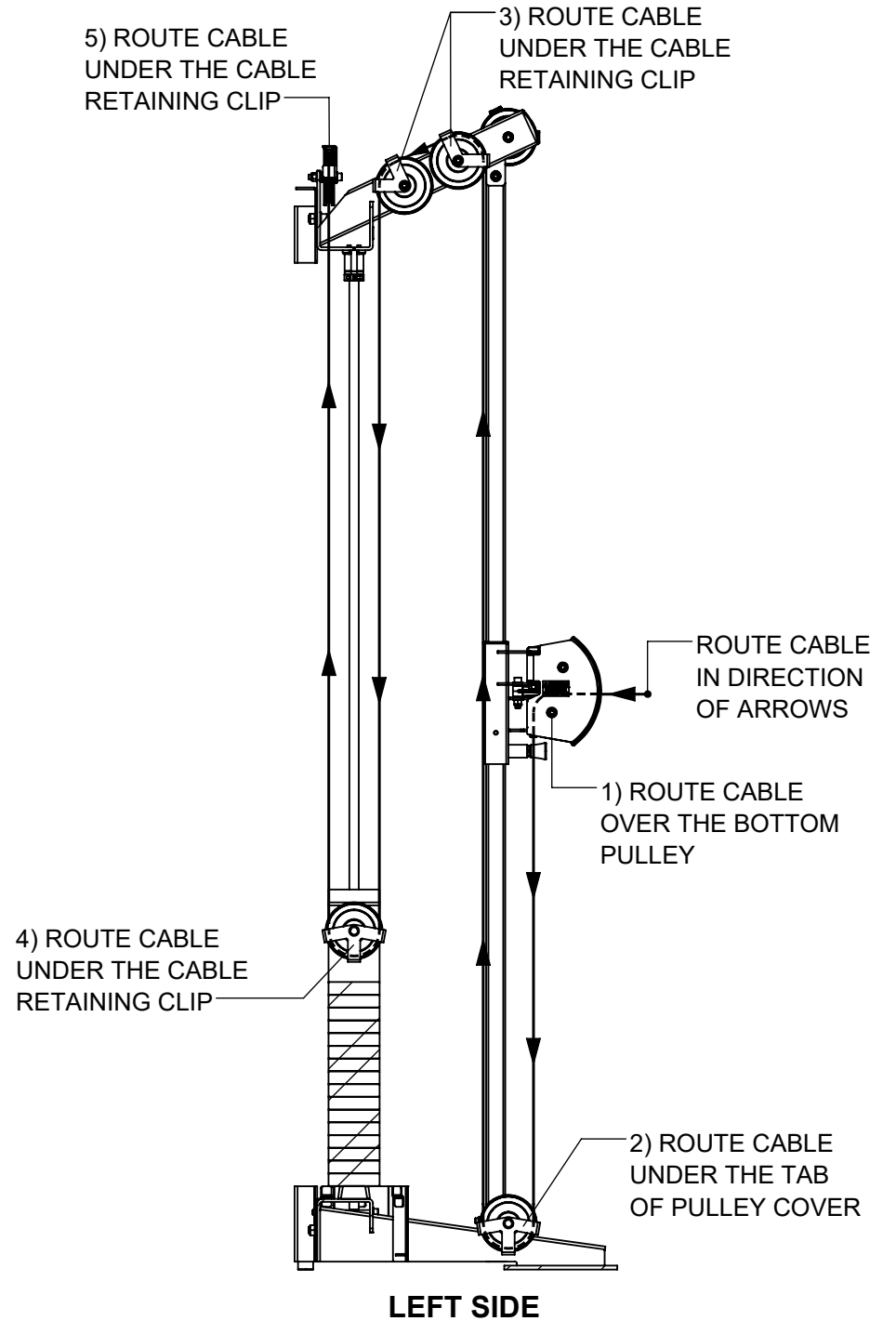
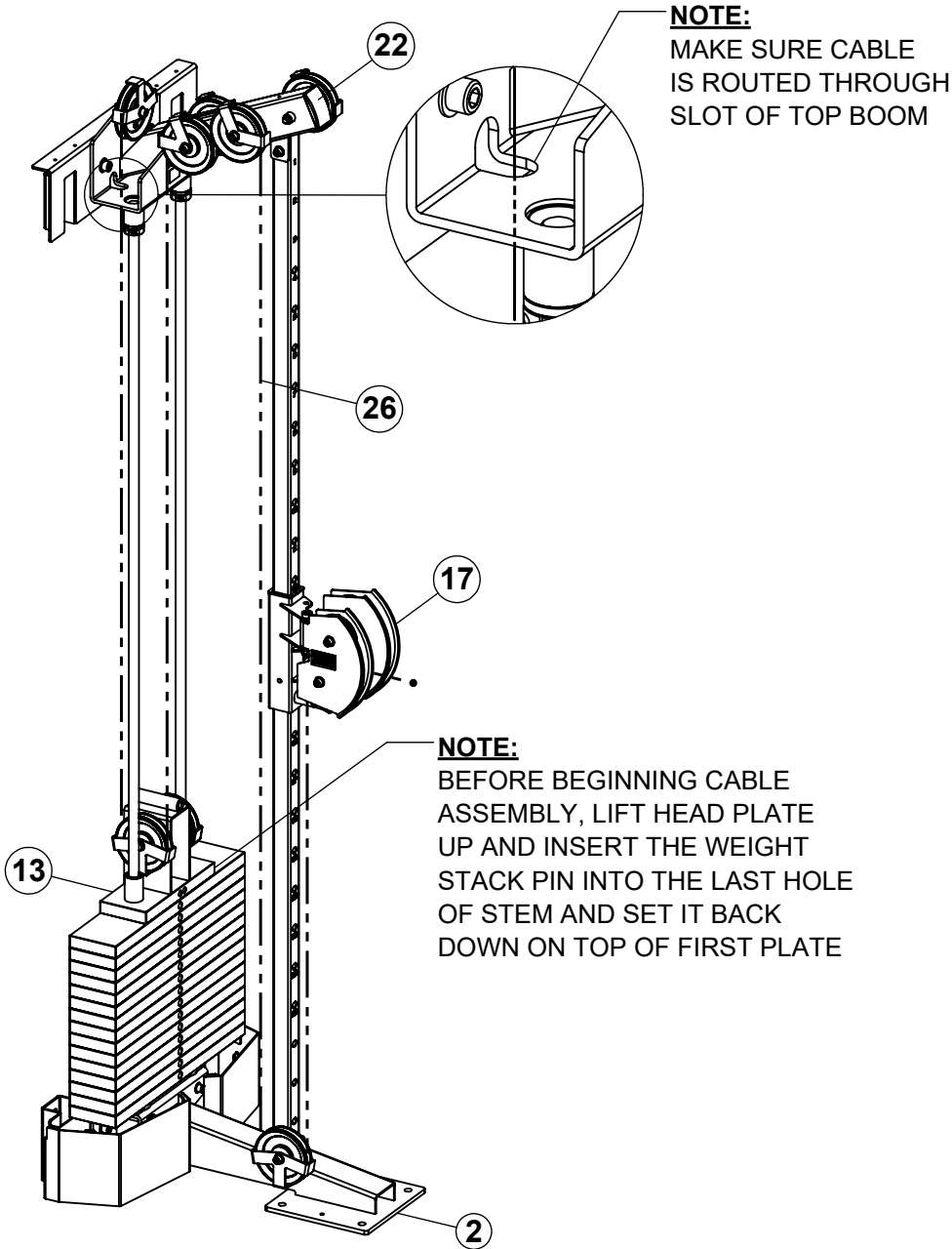


**NOTE:**  
THE POSITION OF PULLEY  
BRACKET AS SHOWN. ← PARALLEL

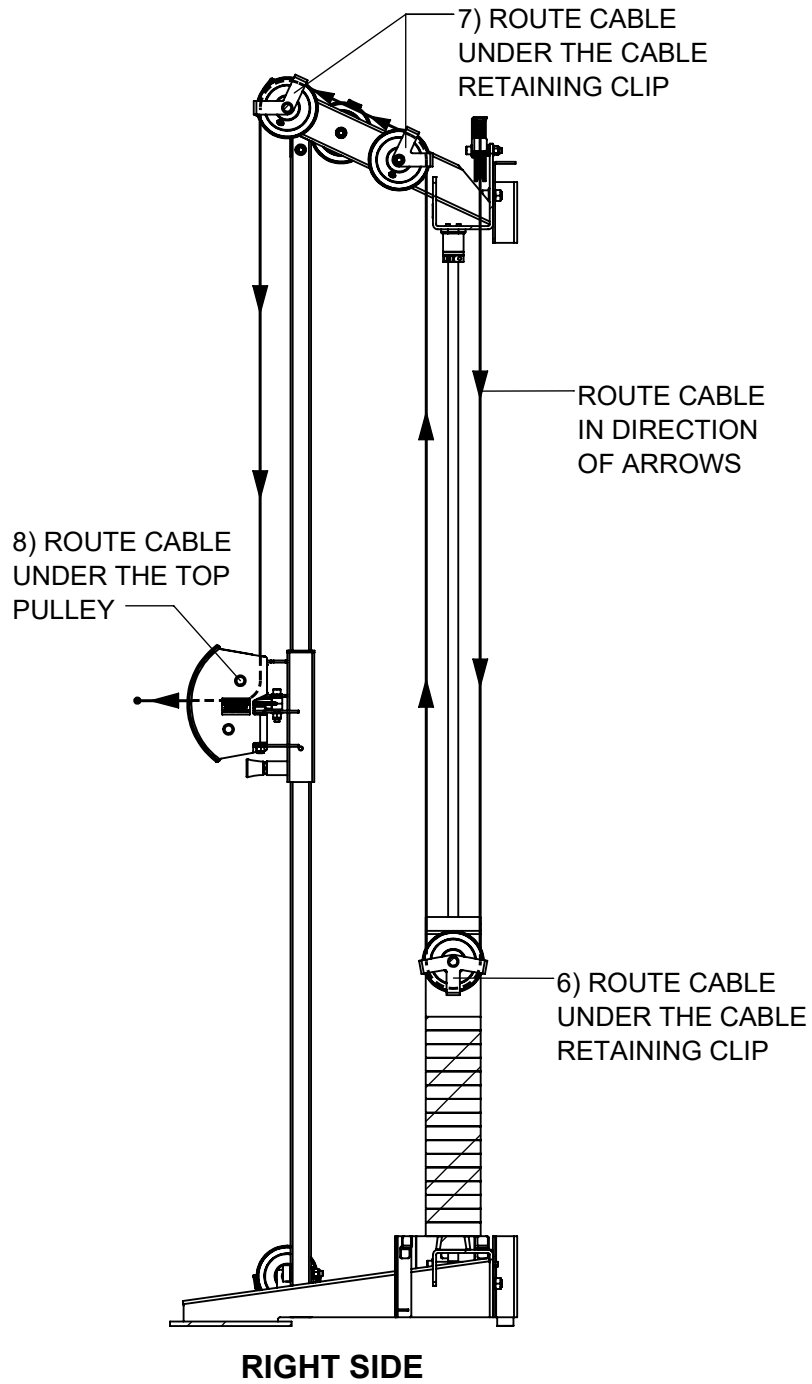
## **NOTE:**

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

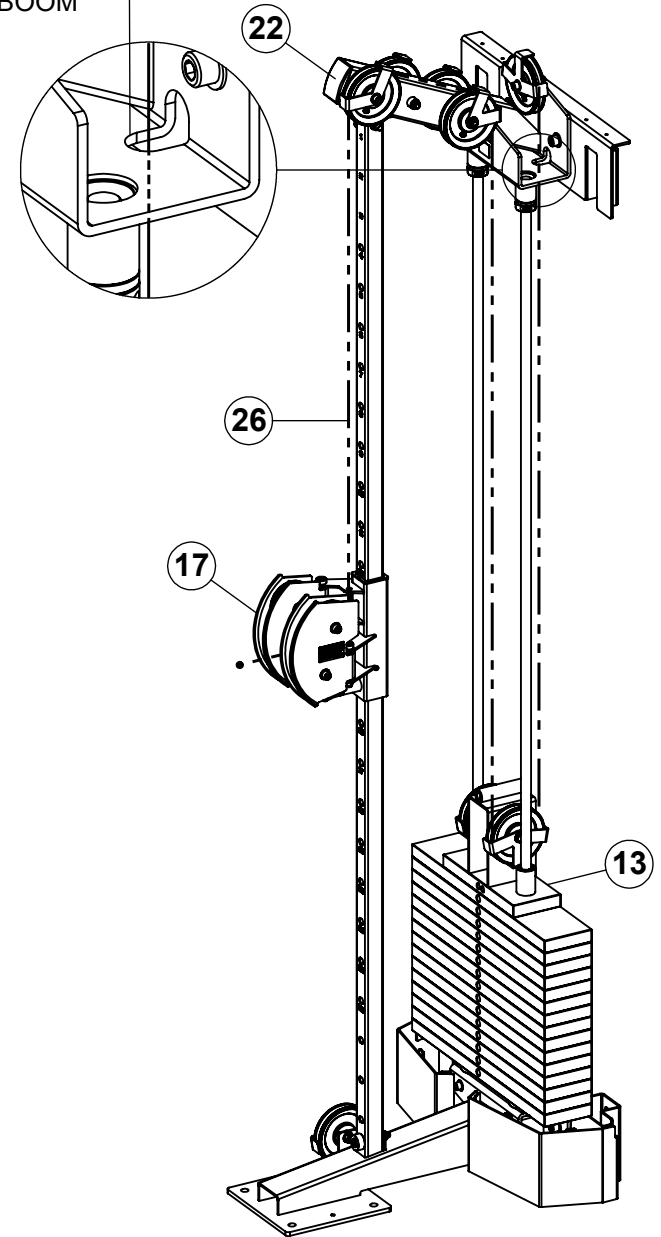
**STEP 14a**  
**CABLE ROUTING**



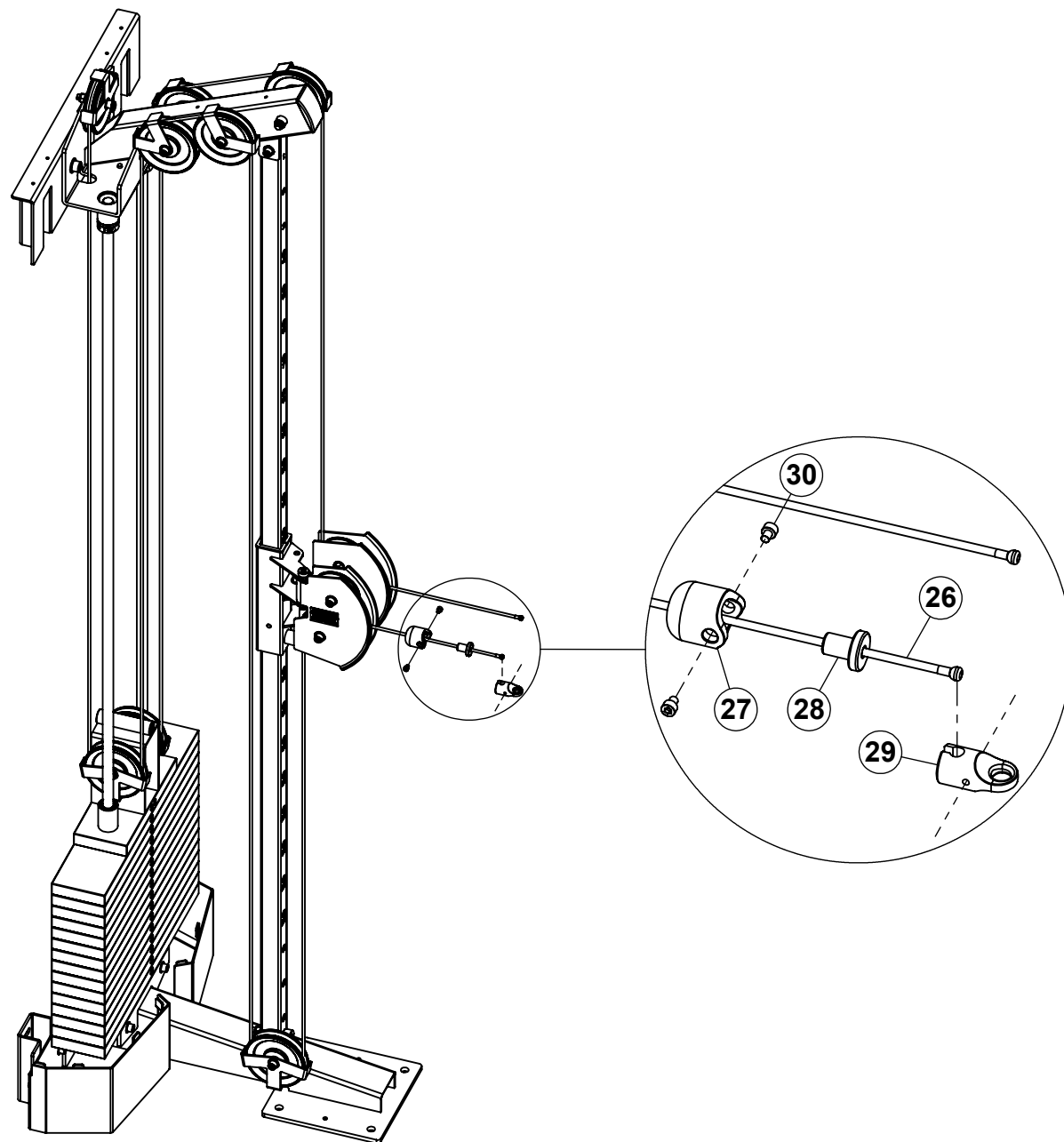
# STEP 14b CABLE ROUTING



**NOTE:**  
MAKE SURE CABLE  
IS ROUTED THROUGH  
SLOT OF TOP BOOM



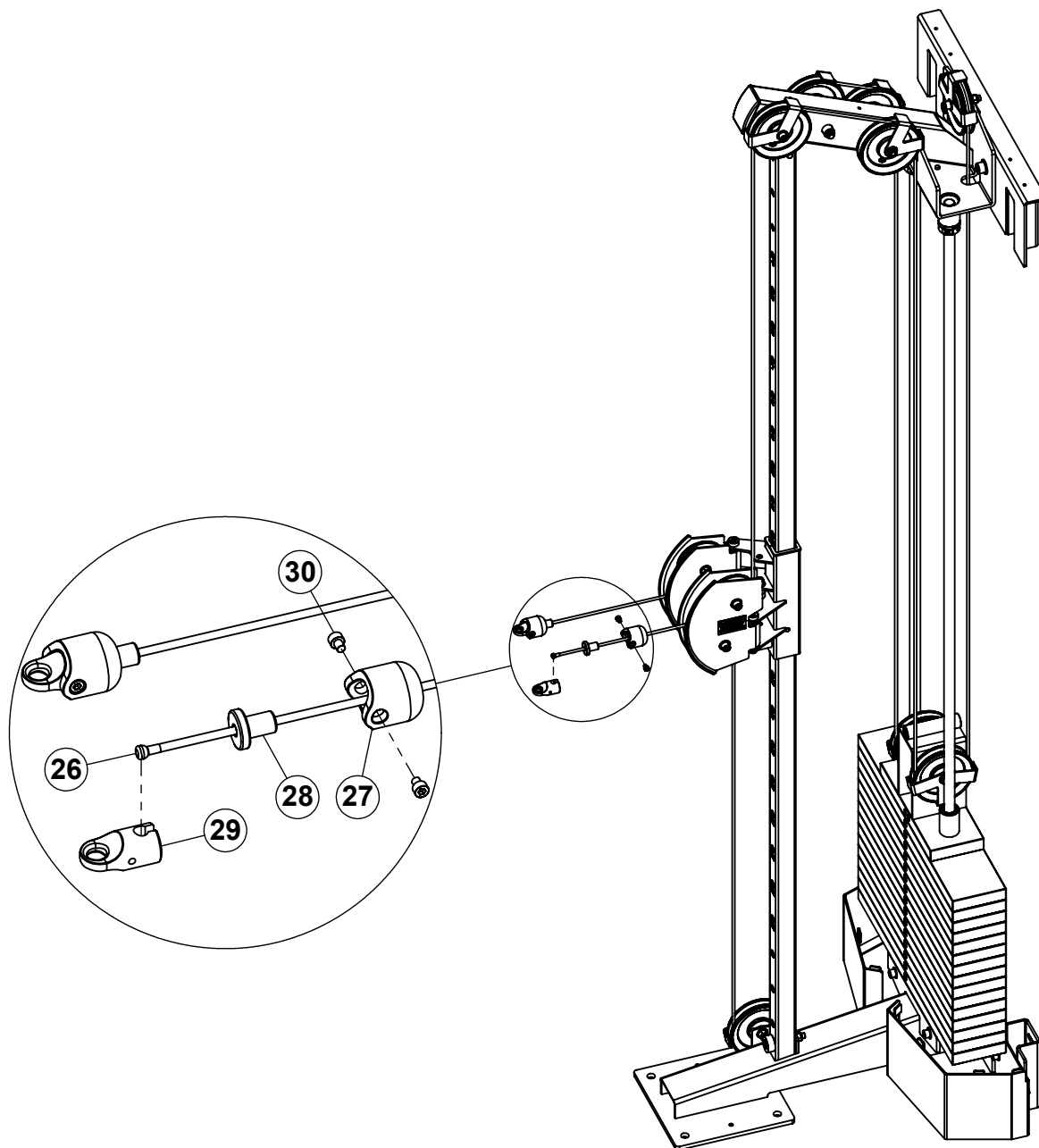
## STEP 15a



### NOTE:

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

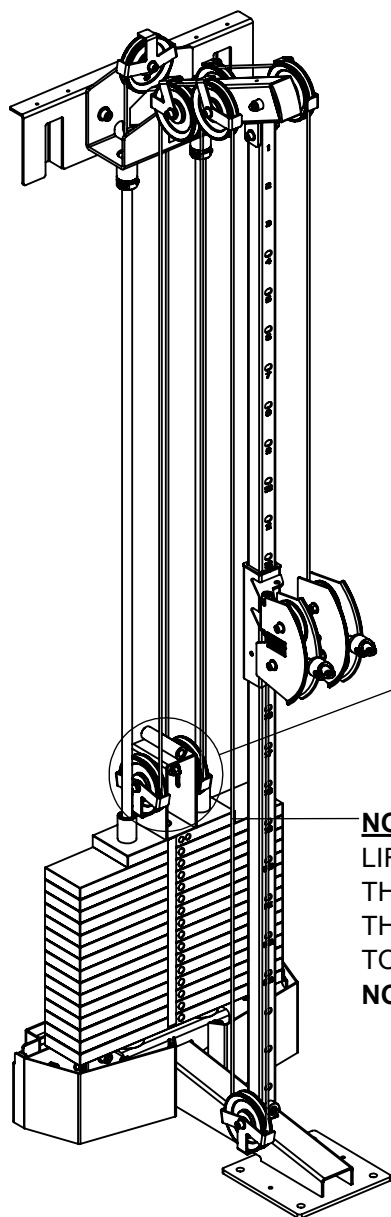
## STEP 15b



### NOTE:

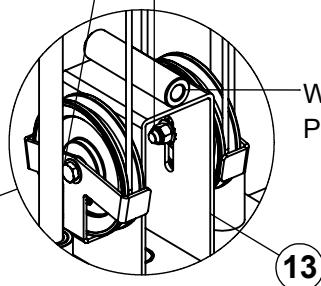
**SECURELY** tighten all bolt connections in this step.

## STEP 15c



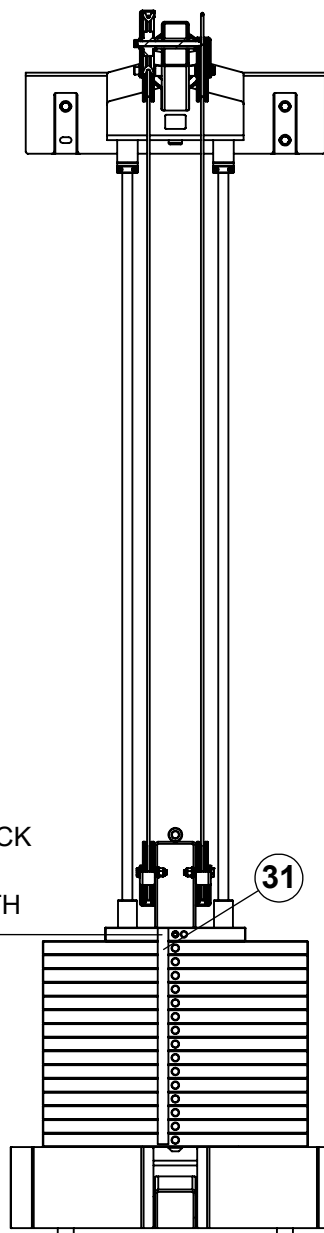
**NOTE 1:**  
LIFT HEAD PLATE UP AND REMOVE THE WEIGHT STACK PIN. LOWER THE HEAD PLATE BACK DOWN ON TOP OF THE FIRST PLATE. (SEE NOTE 2 ABOVE).

**NOTE 2:**  
IF THERE IS A GAP BETWEEN THE HEAD PLATE AND FIRST PLATE, LOOSEN ONE OR BOTH OF THESE BOLTS AND ADJUST PULLEYS UP UNTIL HEAD PLATE TOUCHES THE FIRST PLATE. RETIGHTEN BOLT CONNECTIONS SECURELY.



WEIGHT STACK  
PIN STORAGE

**NOTE 3:**  
ATTACH WEIGHT STACK LABELS TO WEIGHT STACK STARTING WITH THE HEAD PLATE.

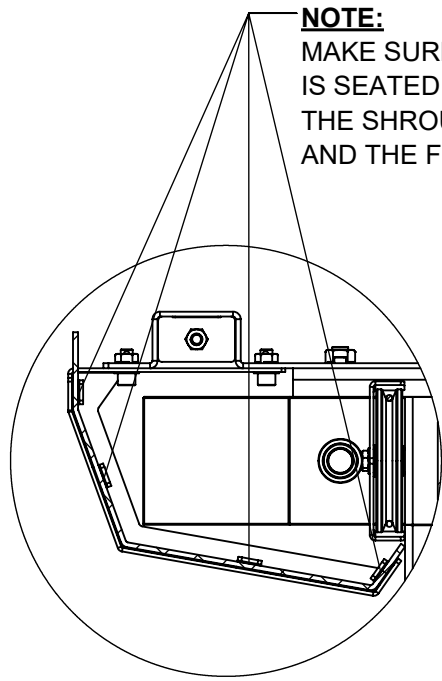


FRONT VIEW

### **NOTE:**

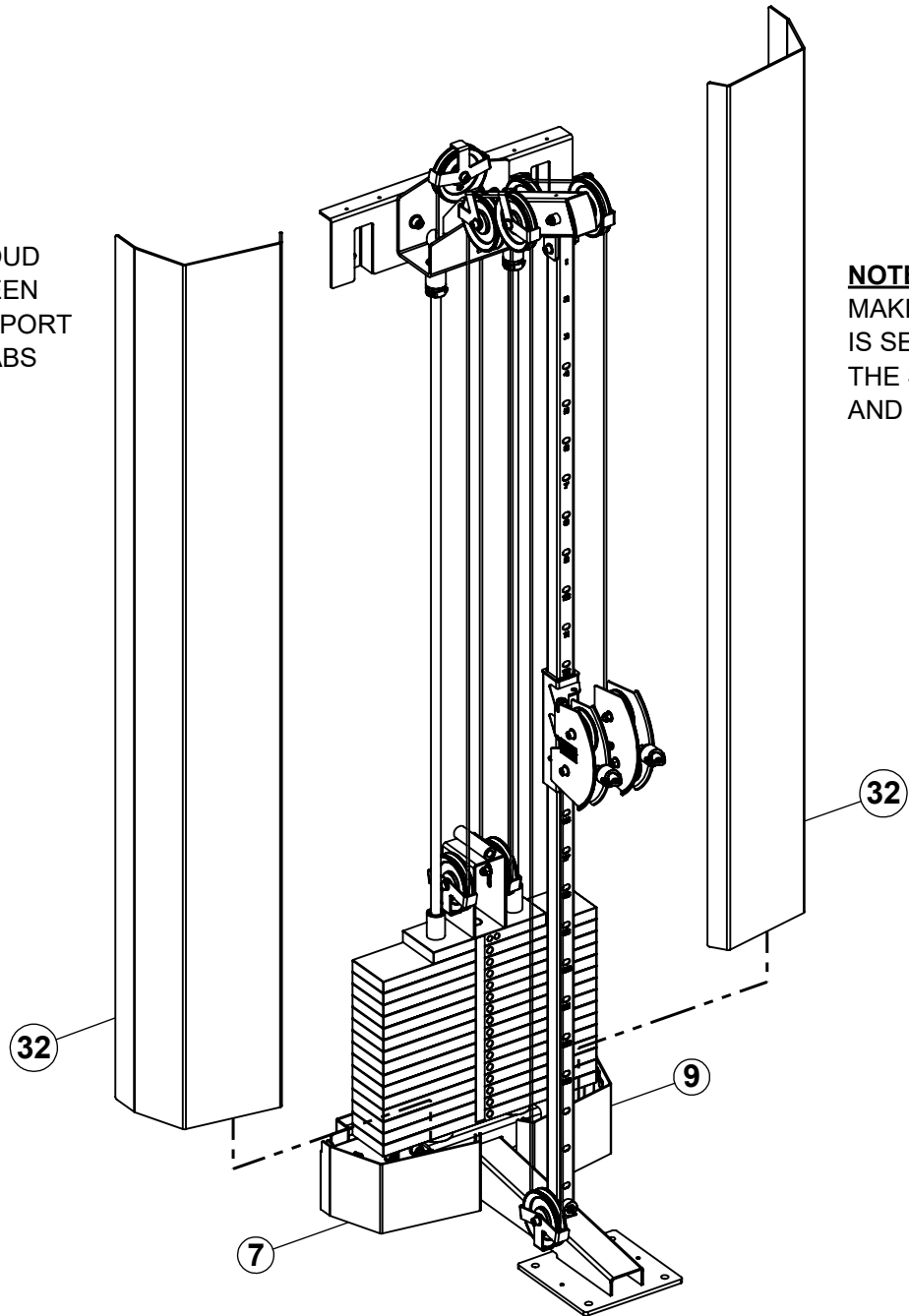
**SECURELY** tighten all bolt connections in this step.

# STEP 16

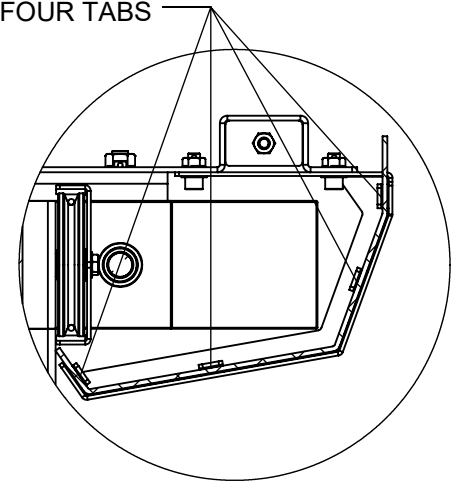


**NOTE:**  
MAKE SURE SHROUD  
IS SEATED BETWEEN  
THE SHROUD SUPPORT  
AND THE FOUR TABS

TOP VIEW LEFT



**NOTE:**  
MAKE SURE SHROUD  
IS SEATED BETWEEN  
THE SHROUD SUPPORT  
AND THE FOUR TABS

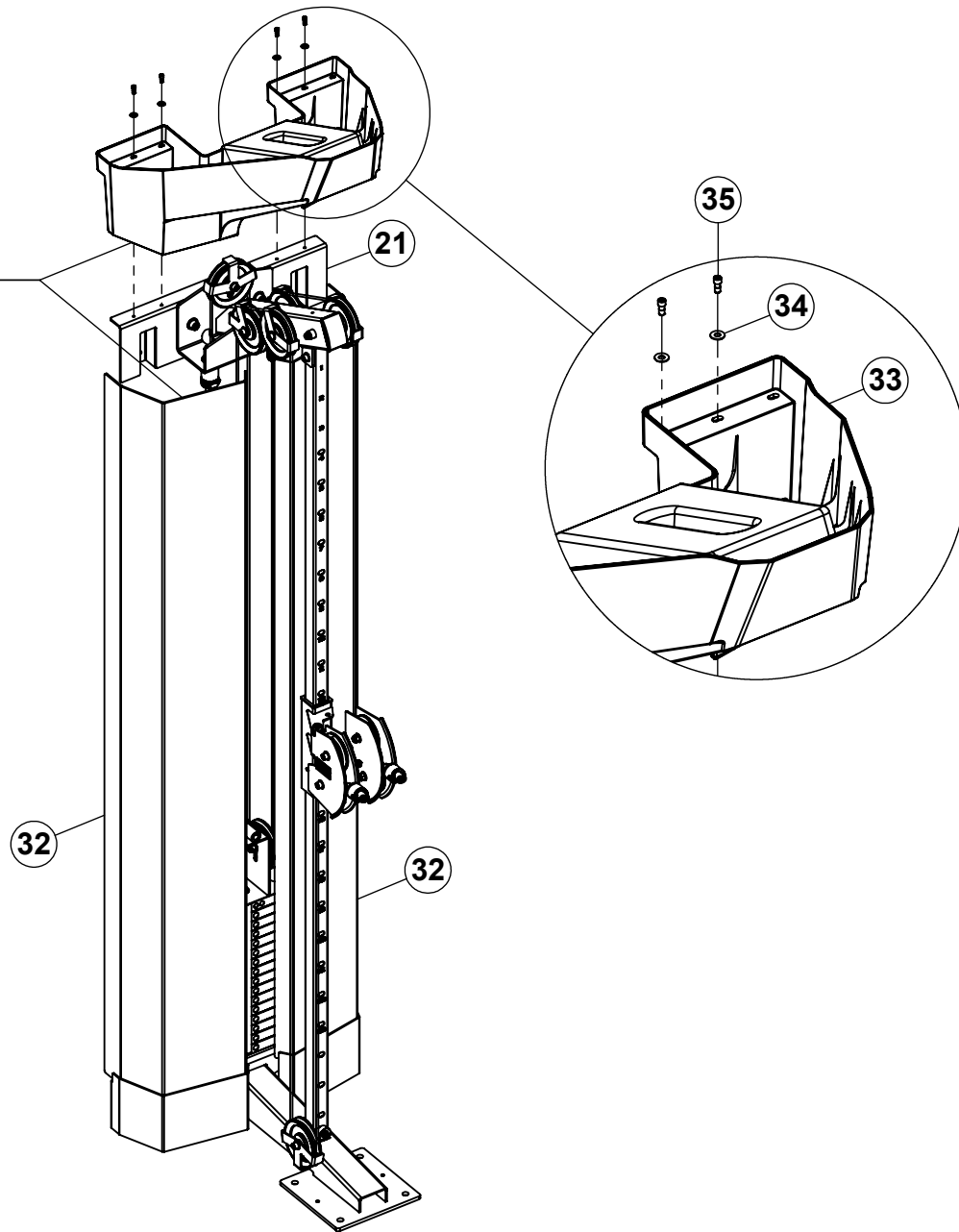


TOP VIEW RIGHT

## STEP 17a

**NOTE:**

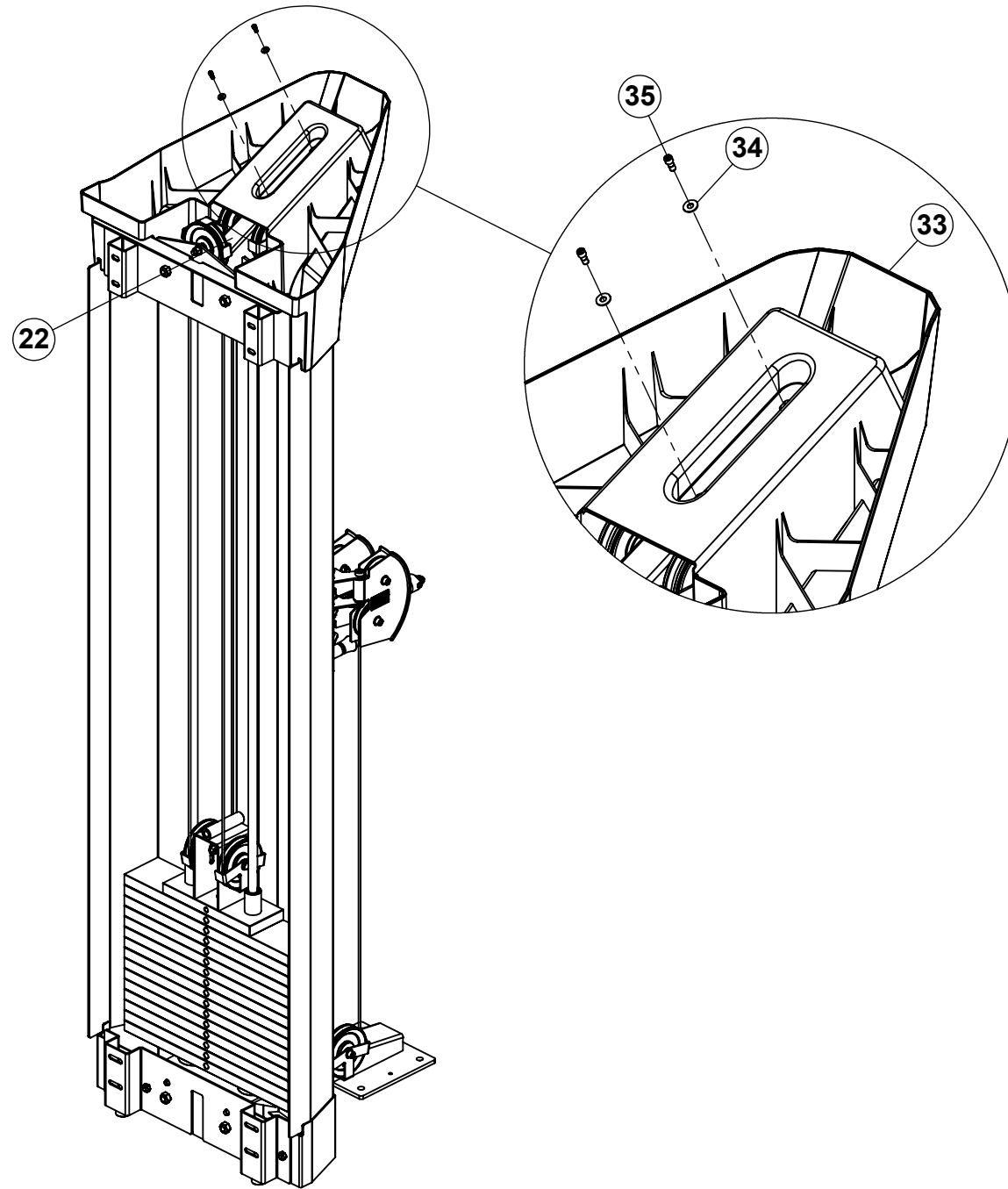
MAKE SURE INTERNAL GROOVES  
OF TOP CAP FIT DOWN OVER TOP  
EDGES OF BOTH FRONT SHROUDS.



**NOTE:**

LOOSELY tighten bolt connections in this step.

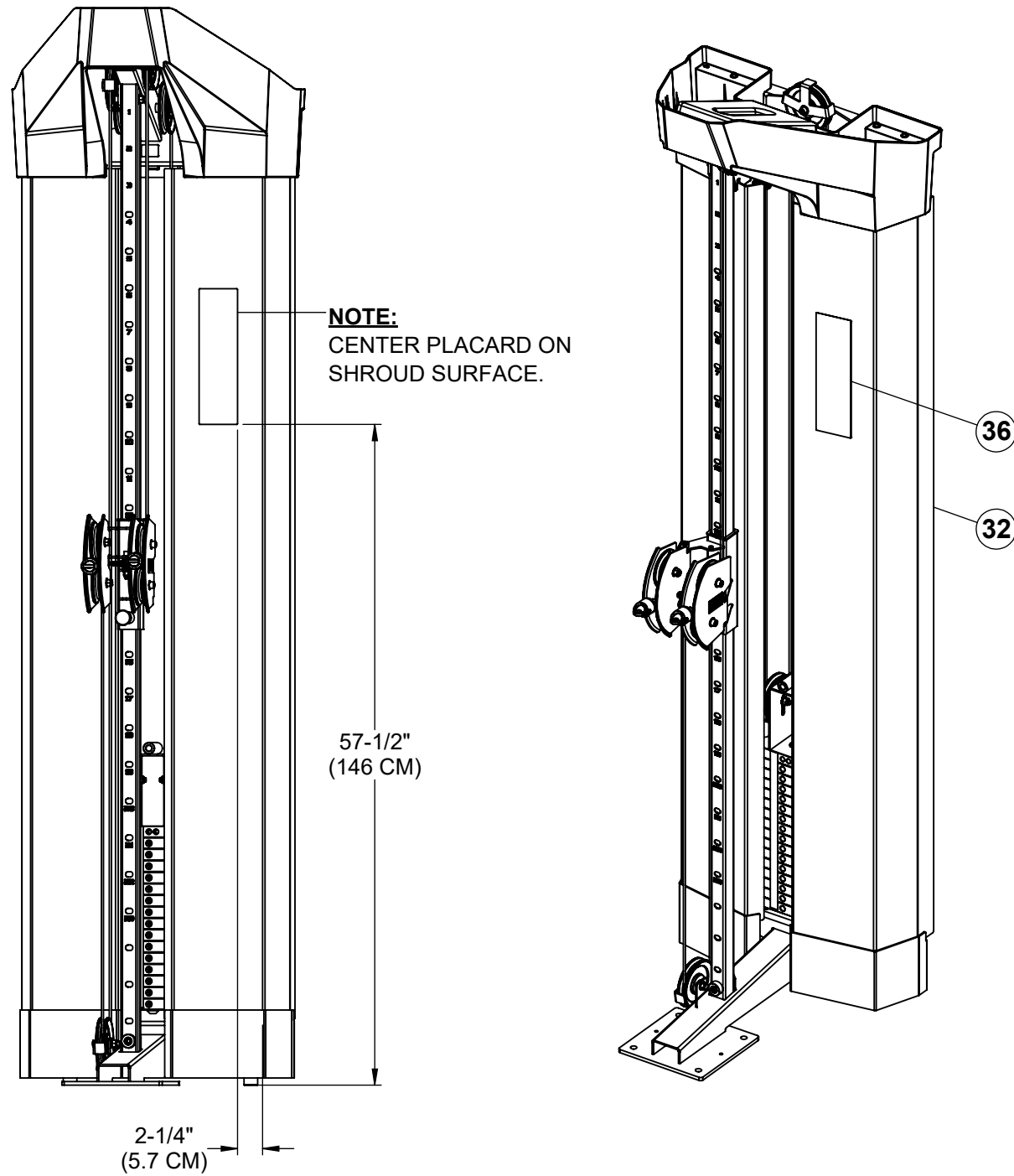
## STEP 17b



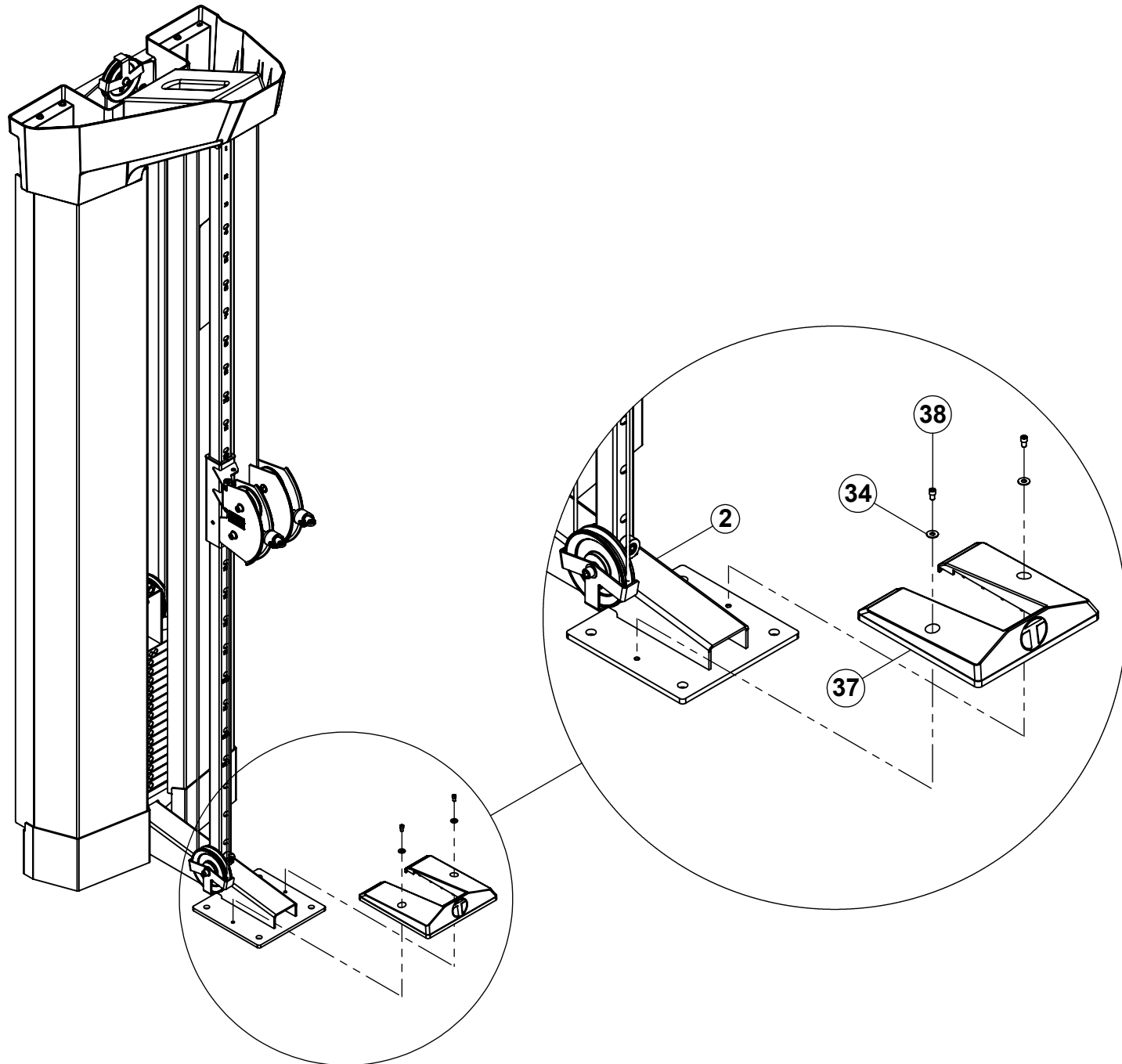
### NOTE:

**SECURELY** tighten bolt connections in this step, and previous step.

# STEP 18



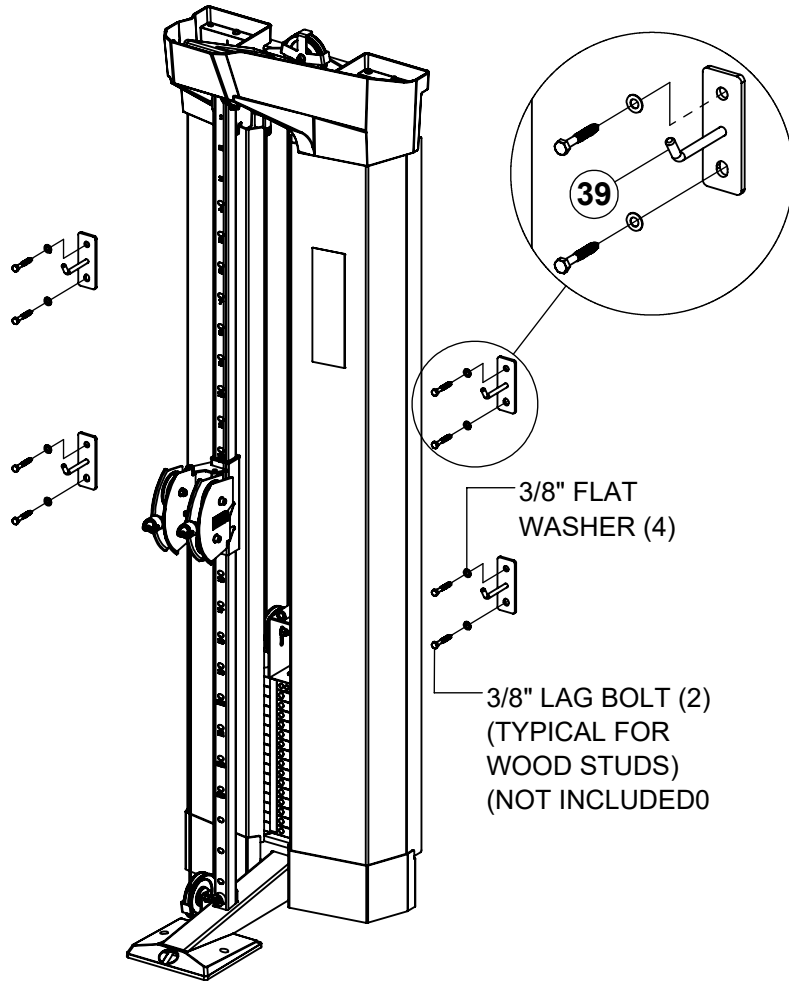
## STEP 19



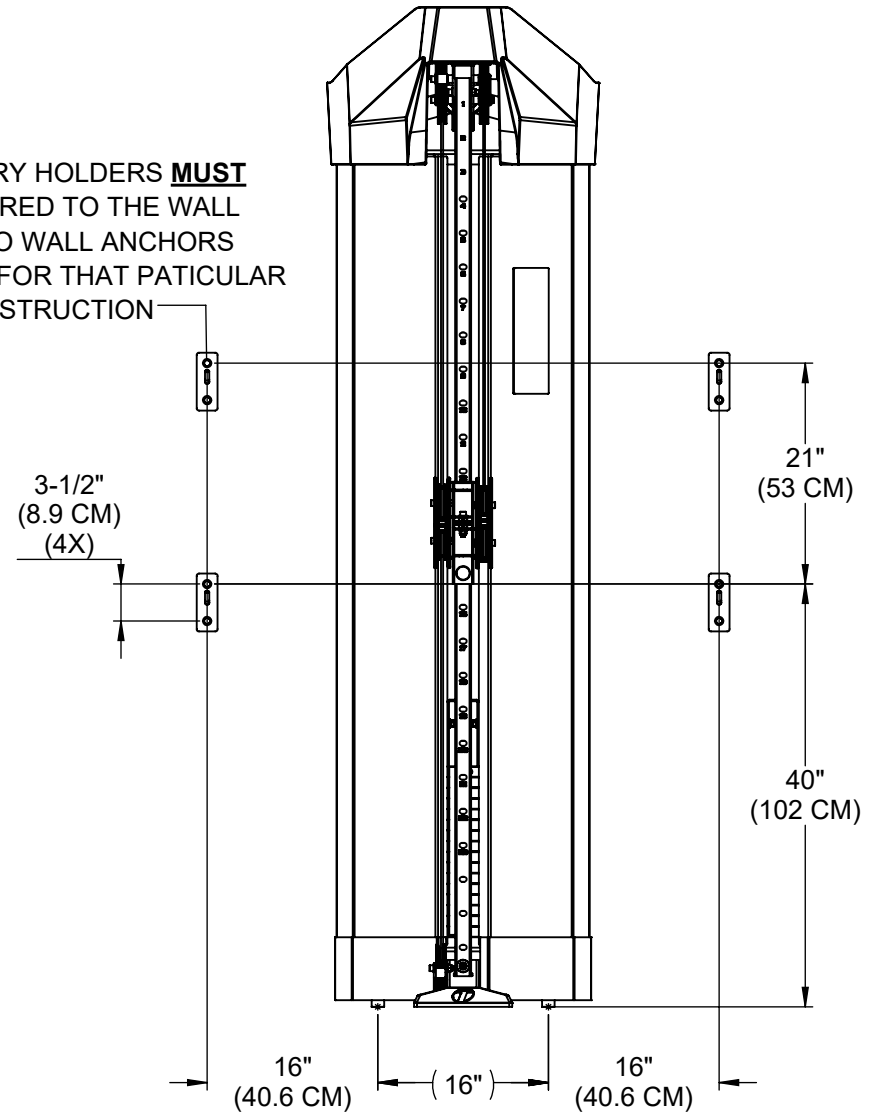
### NOTE:

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

## STEP 20



**WARNING:**  
ACCESSORY HOLDERS **MUST**  
BE ANCHORED TO THE WALL  
USING TWO WALL ANCHORS  
SUITABLE FOR THAT PARTICULAR  
WALL CONSTRUCTION



## NOTES:

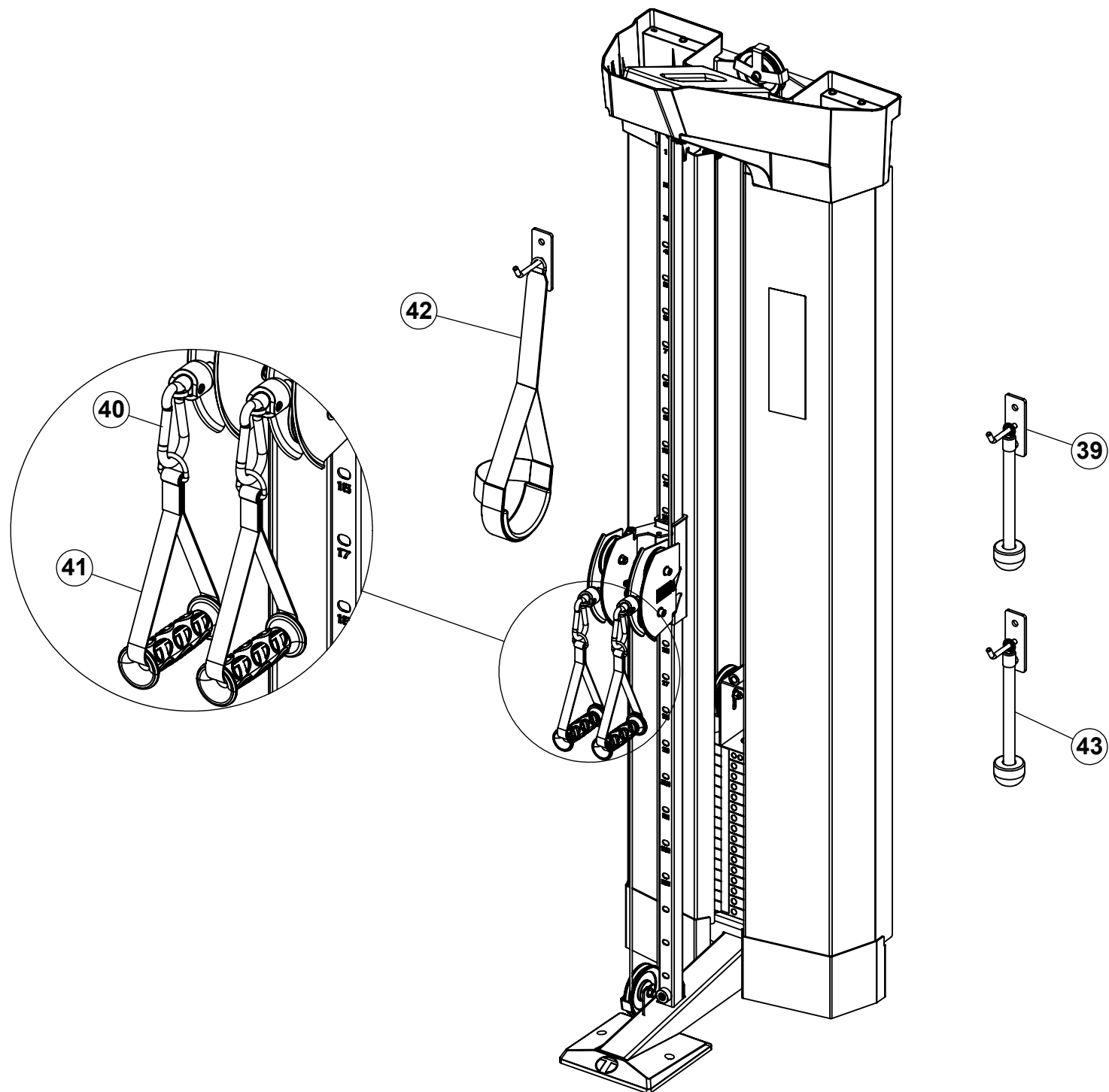
The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, both anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than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

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

## NOTE:

THIS STEP ILLUSTRATES THE SUGGESTED LOCATION OF THE ACCESSORY HOLDERS, HOWEVER, THEY CAN BE ANCHORED TO THE WALL PER INDIVIDUAL NEEDS

# STEP 21



## 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 15c, PAGE 22 TO ADJUST CABLE TENSION)

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

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

