

## ***ASSEMBLY INSTRUCTIONS***

### **4 FT (1.2 M) LAT PULLDOWN WALL MOUNT**

ITEM	PART NUMBER	DESCRIPTION	QTY
1	5645301	WLDMT, LAT BASE	1
2	56468PA	PTD ASSY, LAT FRONT UPRIGHT	1
3	2005815	BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD	2
4	2001401	NUT, 1/2-13 LK ST ZN	3
5	5513601	CUSHION, WEIGHT STACK	2
6	5643201	GUIDE ROD, 19 DIA X 1912	2
7	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	5
8	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10
9	56345PA	PTD ASSY, HEAD PLATE	1
10	5992401 	SHAFT COLLAR, TWO-PIECE CLAMPING	2
11	5996401 	BUSHING, GUIDE ROD RETAINER	2
12	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1
13	5664401	WLDMT, UPPER WALL MOUNT	1
14	5675301	LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG)	1
15	56475PA	PTD ASSY, KNEE HOLD DOWN	1
16	2005821	BOLT, 1/2-13 X 5-1/2" (140mm) SOCKET HEAD	1
17	5454901	PAD, TAPERED SEAT	1
18	2009404	BOLT, 3/8-16 X 1-1/4" (32mm) ST HT SOCKET HEAD W/NP	2
19	5662501	WLDMT, LEFT SHROUD BASE	1
20	5662901	WLDMT, RIGHT SHROUD BASE	1
21	5645101	SHROUD, XCREATE CABLE STATION	2
22	5664701	SHROUD, TOP CAP	1
23	2002101	WASHER, FLAT 1/4 SAE ST ZN	8
24	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6
25	5676201	PLACARD, XCREATE-LPD-101	1
26	5581301	COVER, FRONT BASE	1
27	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	2
28	5674701	ASSY, ALUMINUM LAT BAR	1
29	5923501 	CARABINER, 100 X 50 X 10 DIA	1
30	56641PA	PTD ASSY, LOWER WALL MOUNT	1
31	2001301	WASHER, FLAT 1/2 SAE ST ZN	12
32	2006803	BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP	6
33	2001101	WASHER, FLAT 3/8 SAE ST ZN	8
34	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2
35	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	6
36	56459PA	PTD ASSY, LAT TOP BOOM	1

**NOTE:**

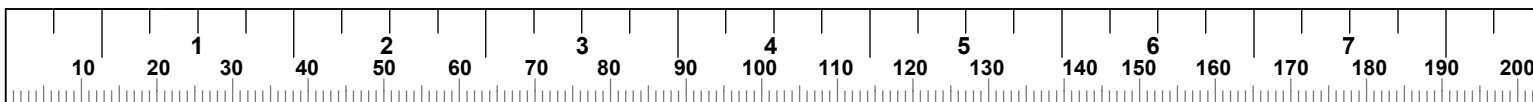
Anchoring hardware is dictated by the wall construction that the station is being attached to. See pages 4 and 13 for the requirements.

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.

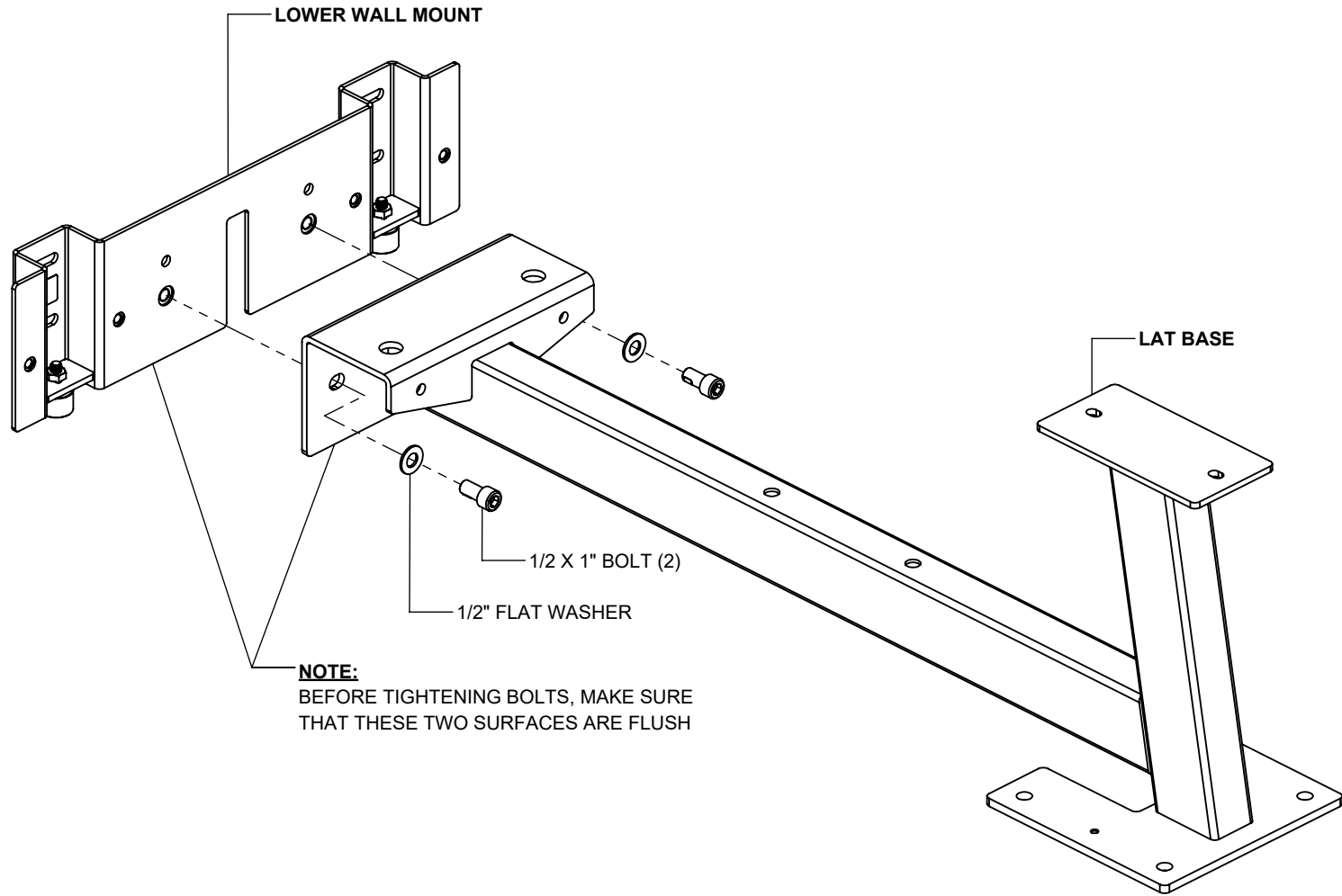
For assistance, contact [www.sales@torquefitness.com](mailto:www.sales@torquefitness.com) or call (763) 754-7533; Toll free in USA (877) 867-7854.

**TOOLS FOR ASSEMBLY:**

- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 3/16" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET
- 9/16" WRENCH OR SOCKET
- 1/2" WRENCH OR SOCKET
- RUBBER MALLET

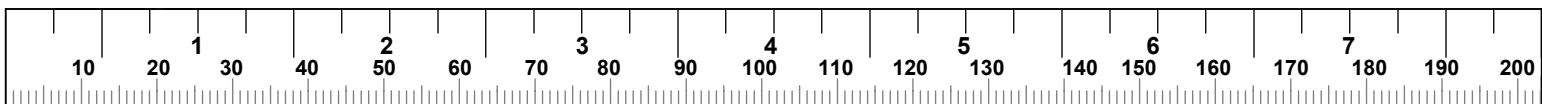


# STEP 1

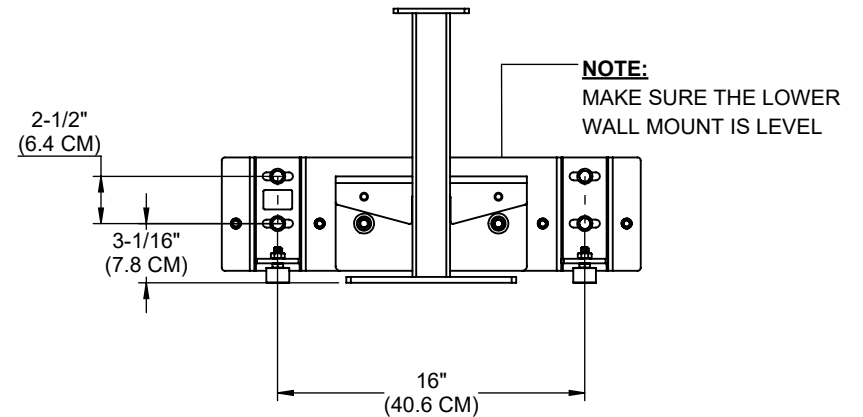
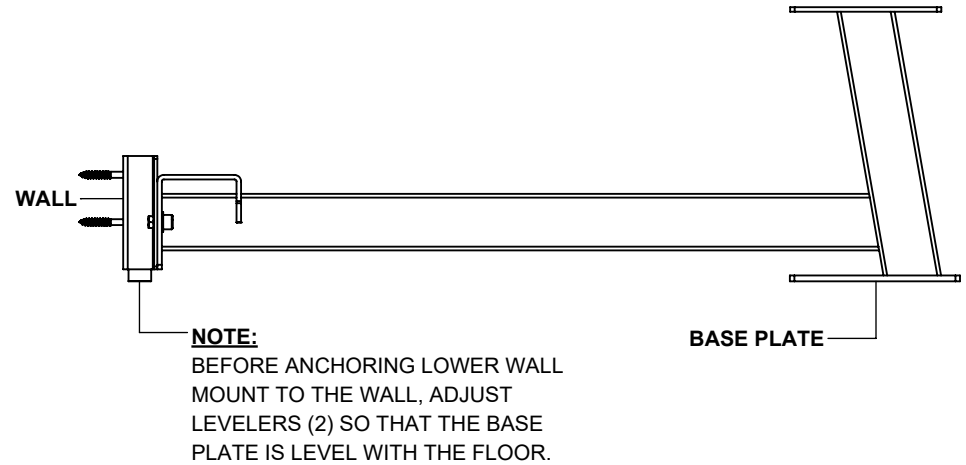
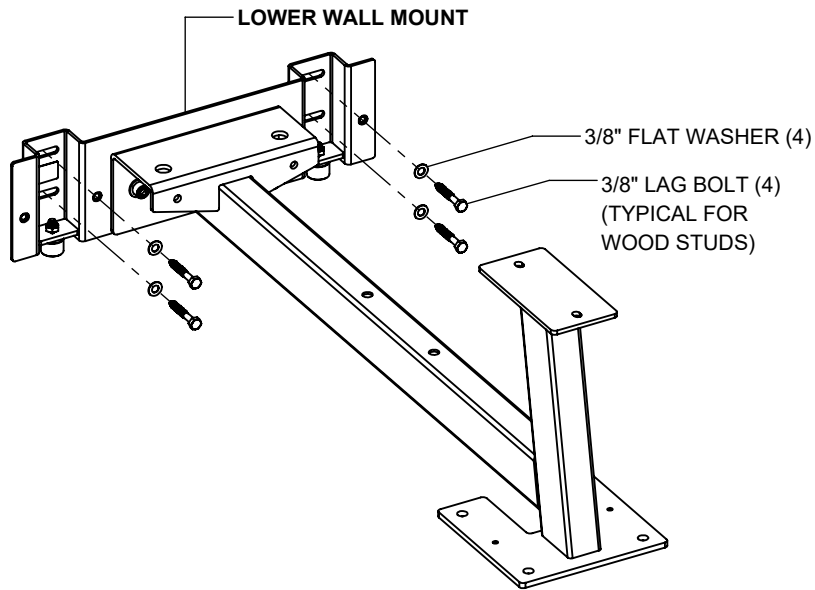


## NOTES:

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



## STEP 2



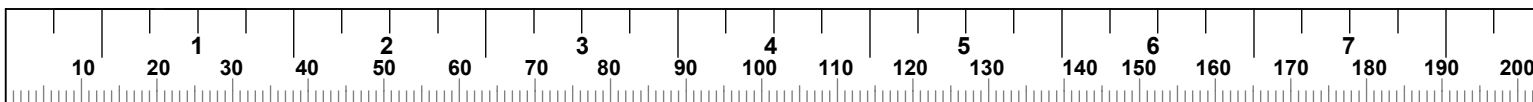
### **NOTES:**

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)

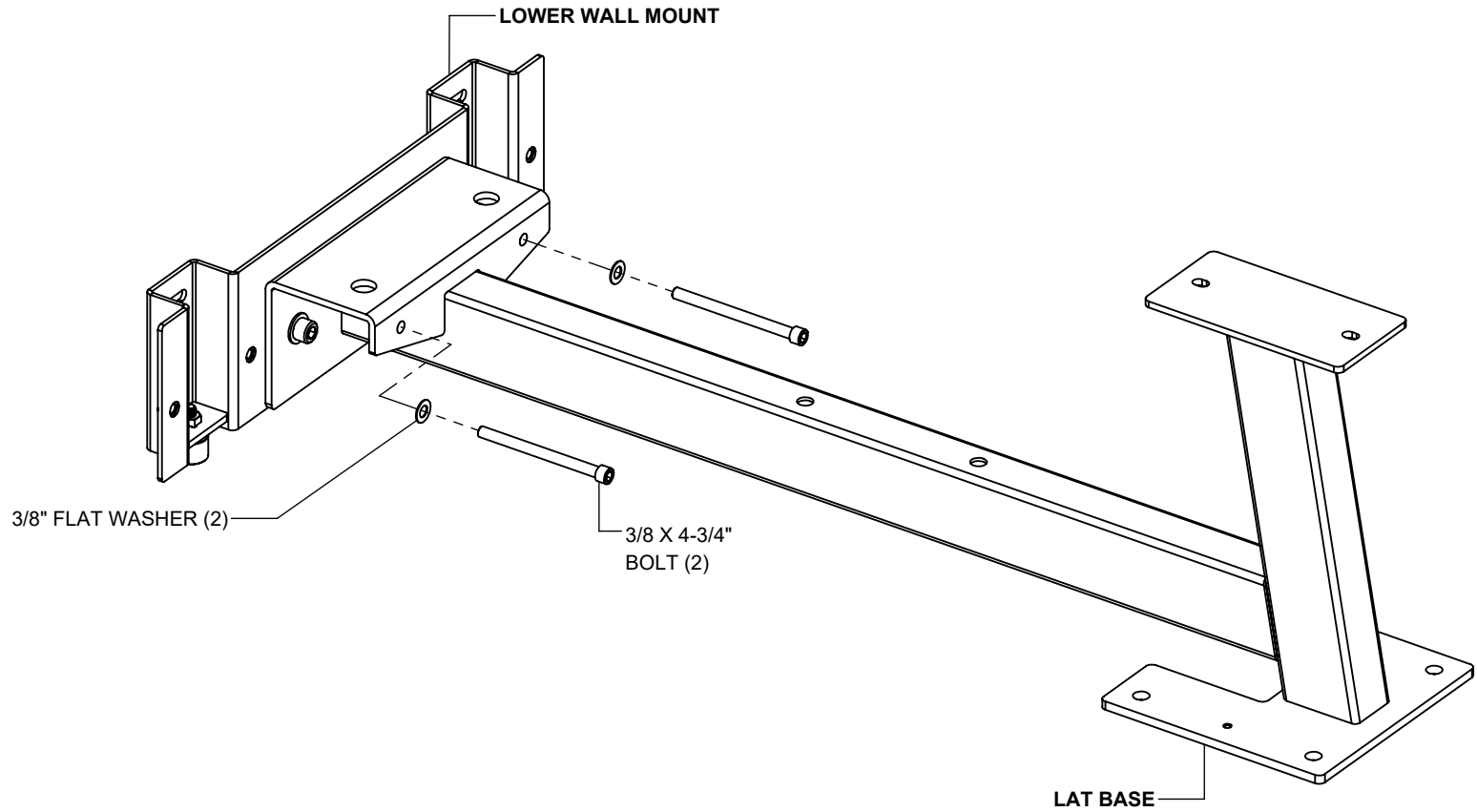
**SECURELY** tighten bolt connections in this step.

### **WARNING:**

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

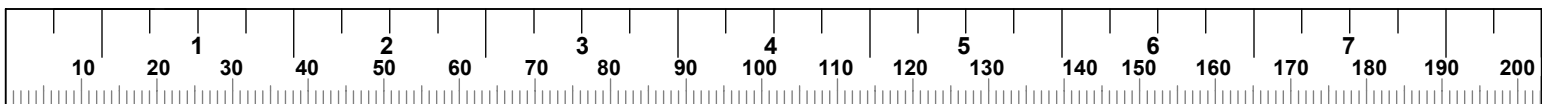


**STEP 3**

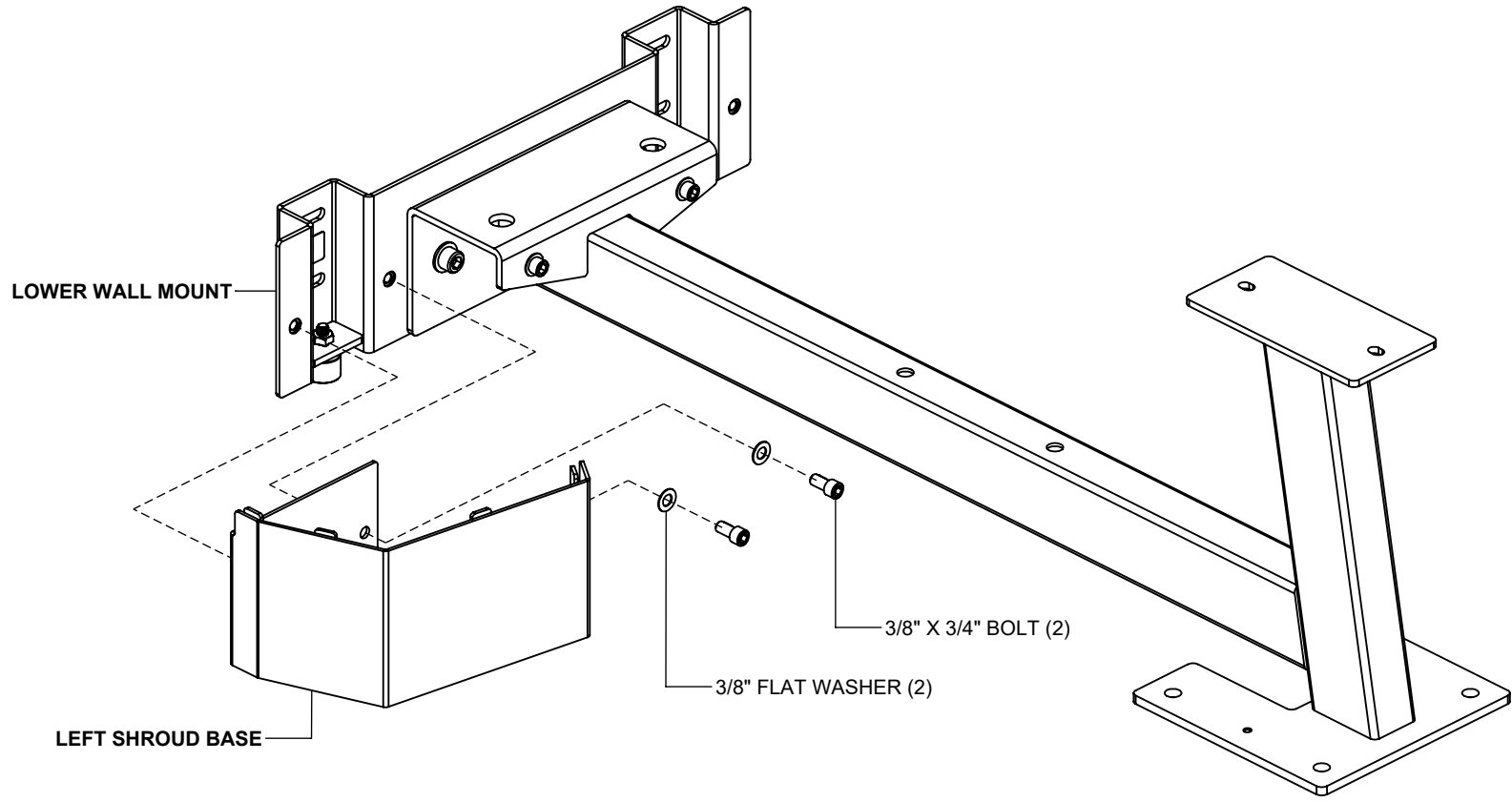


**NOTES:**

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

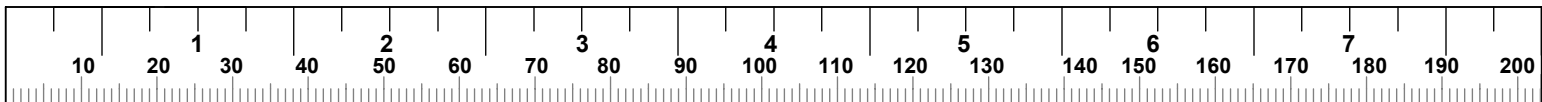


**STEP 4**

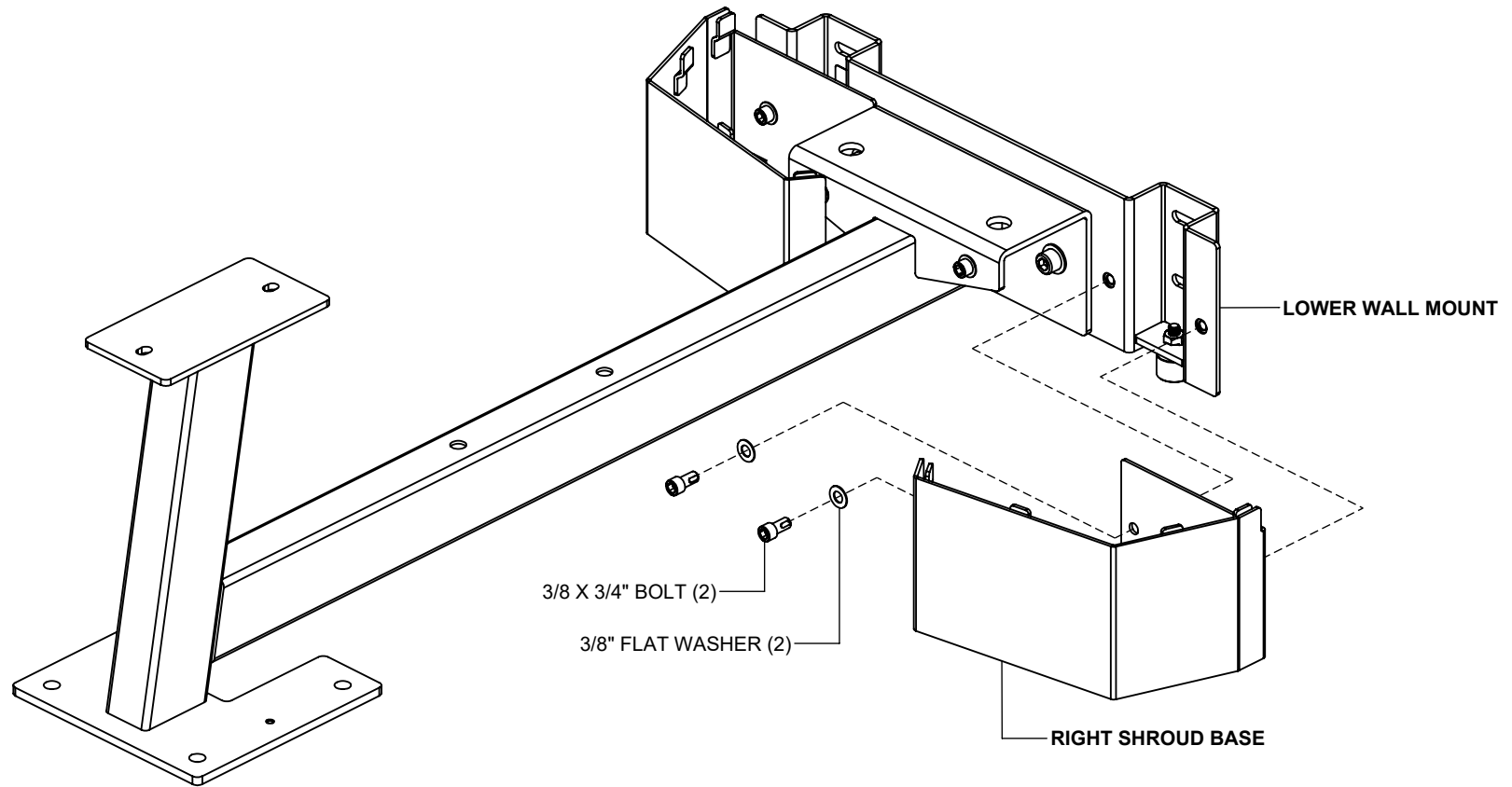


**NOTES:**

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

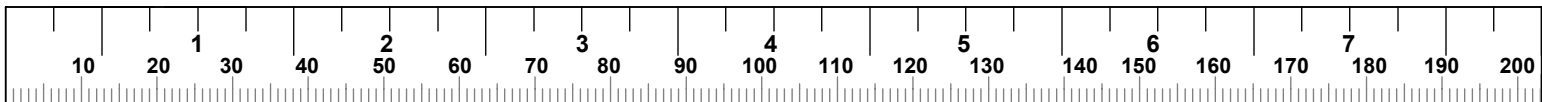


**STEP 5**

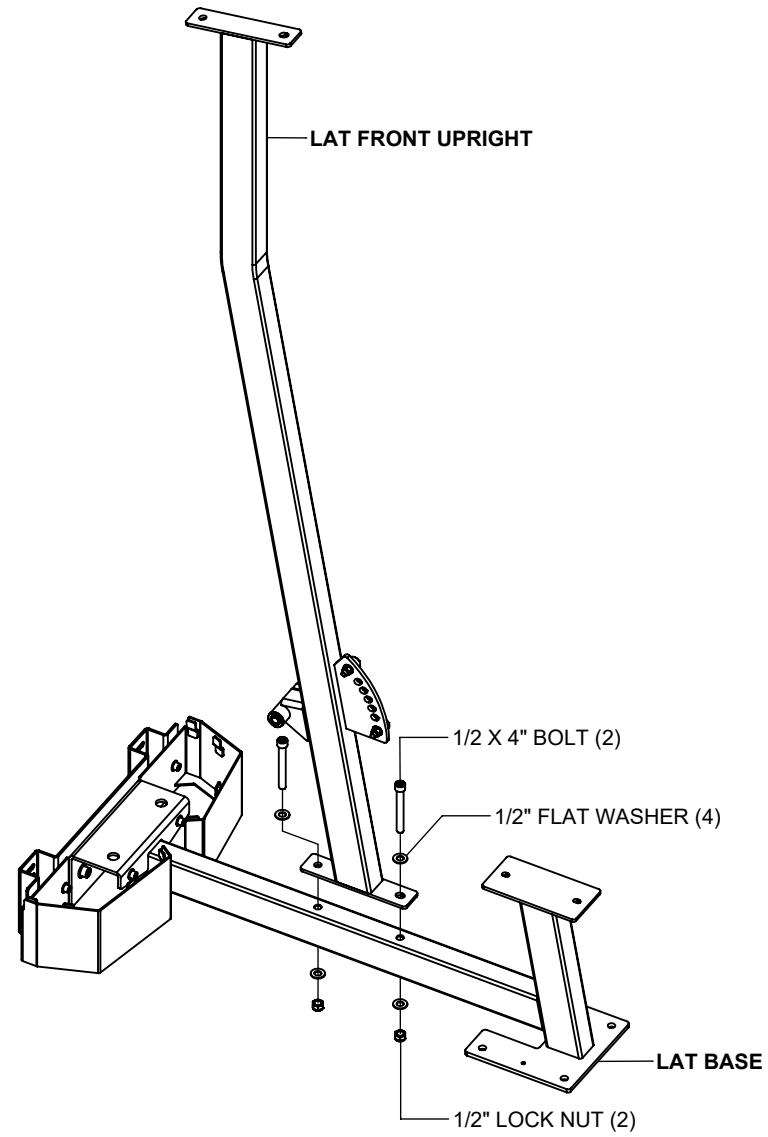


**NOTES:**

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

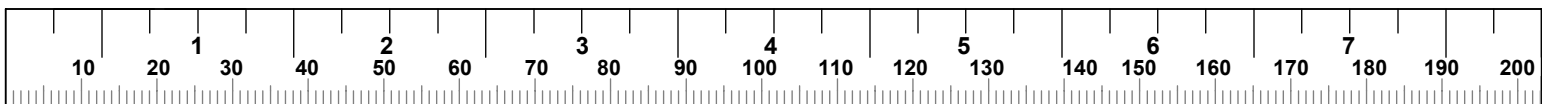


## STEP 6

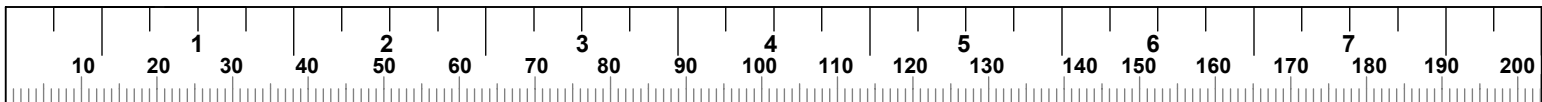
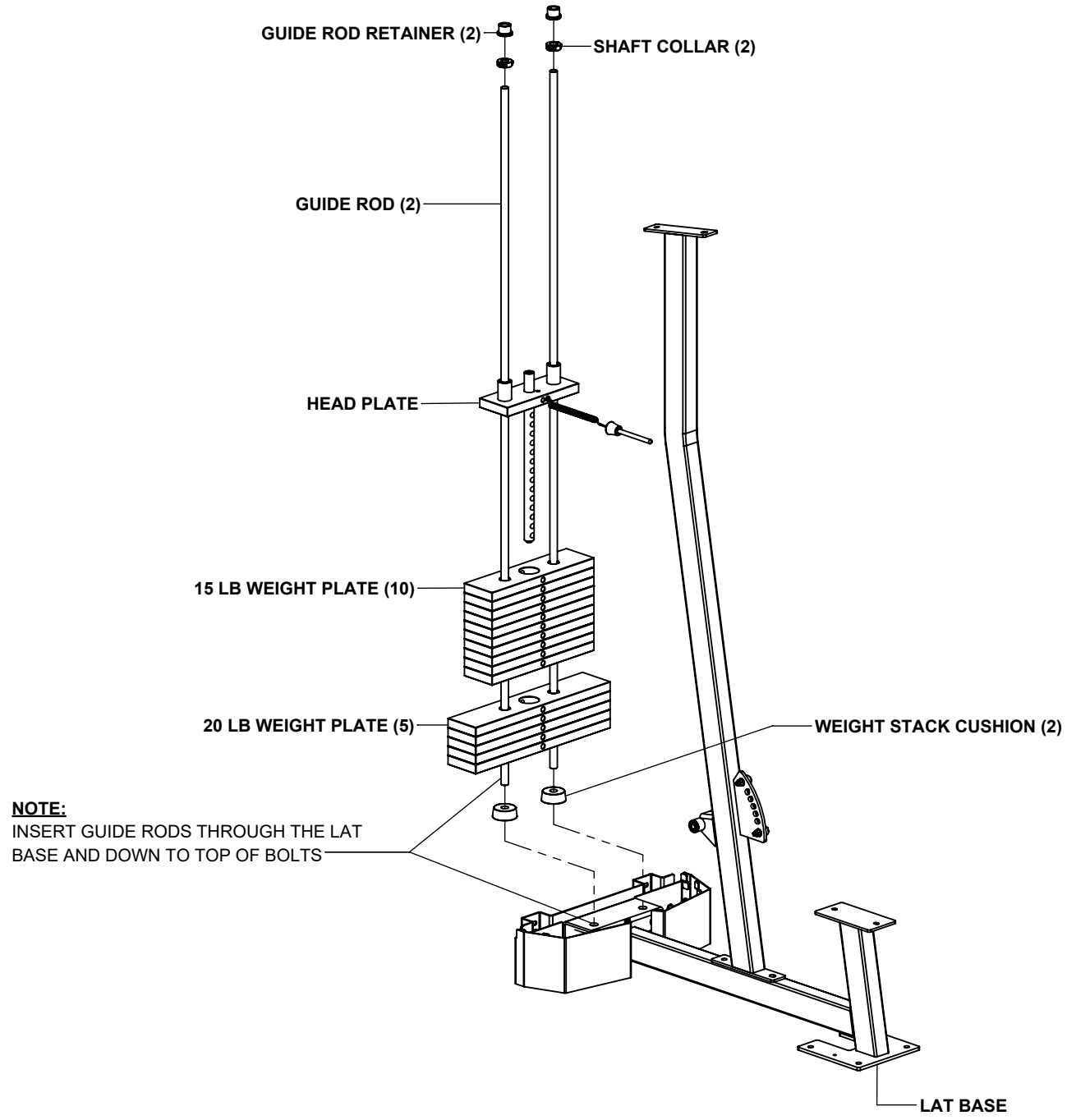


### NOTES:

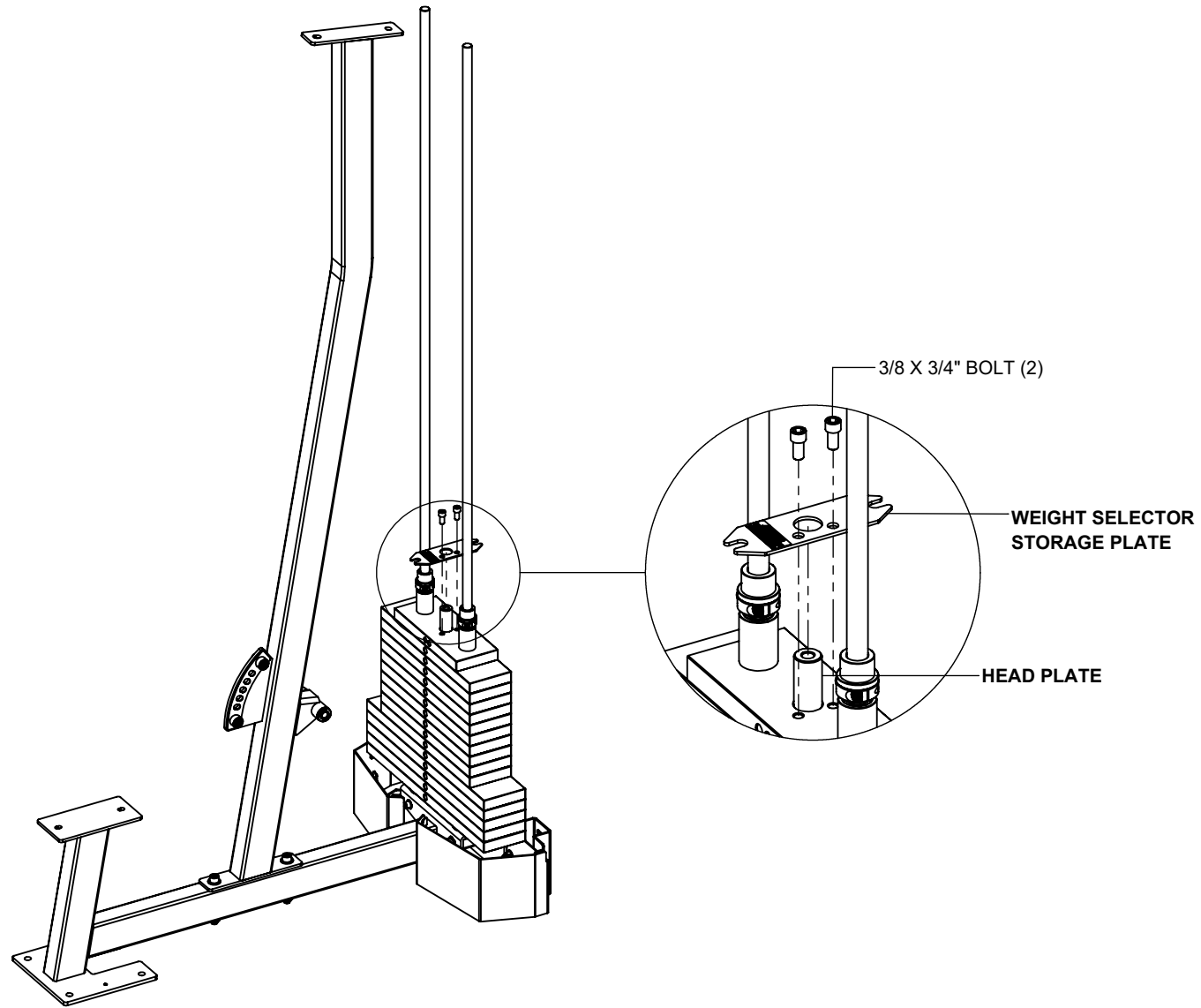
**LOOSELY** tighten bolt connections in this step.



# STEP 7

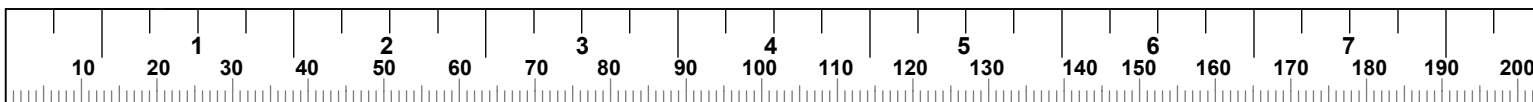


## STEP 8

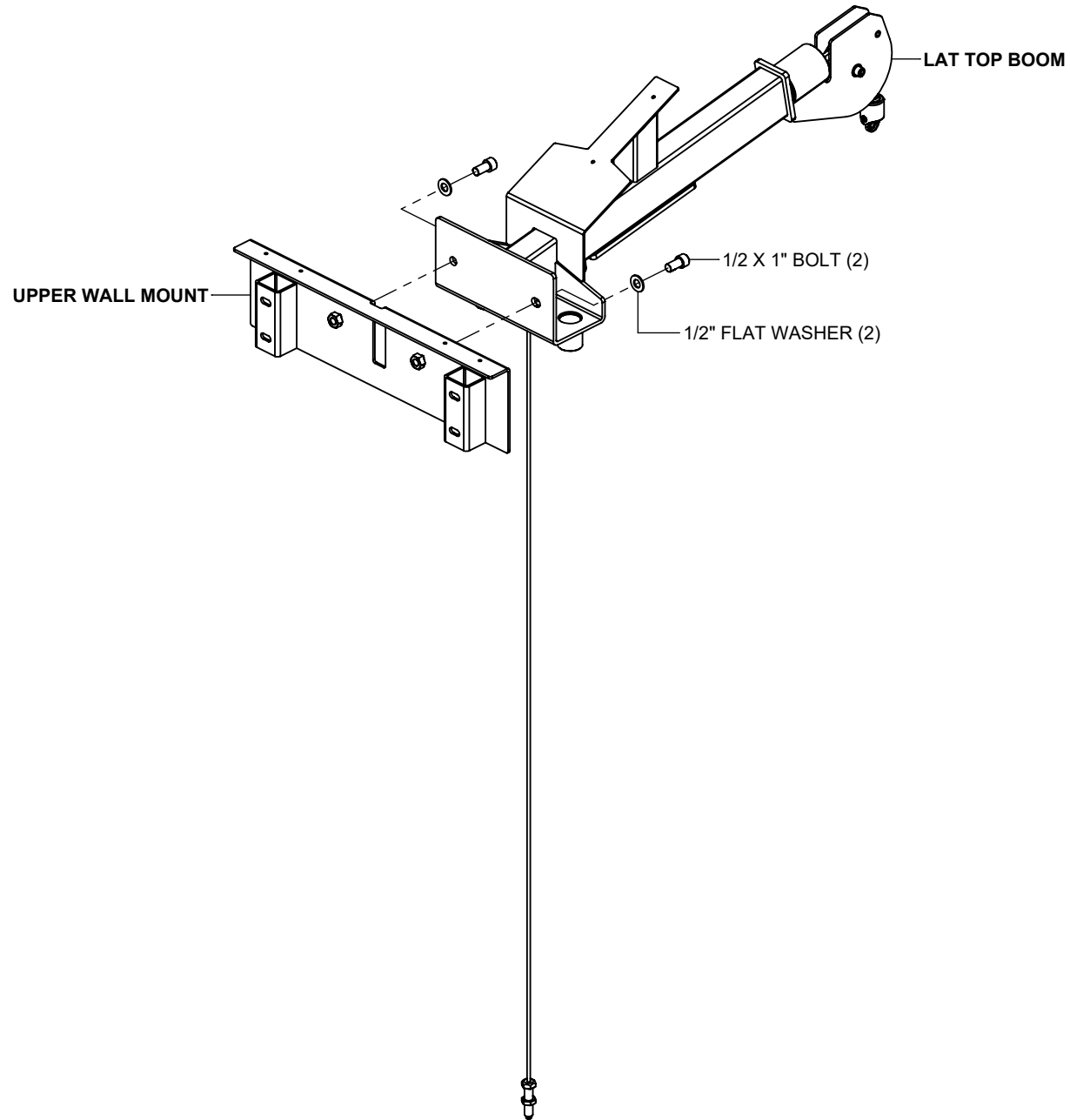


### NOTES:

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

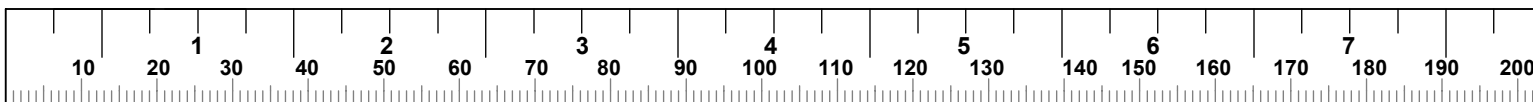


**STEP 9**

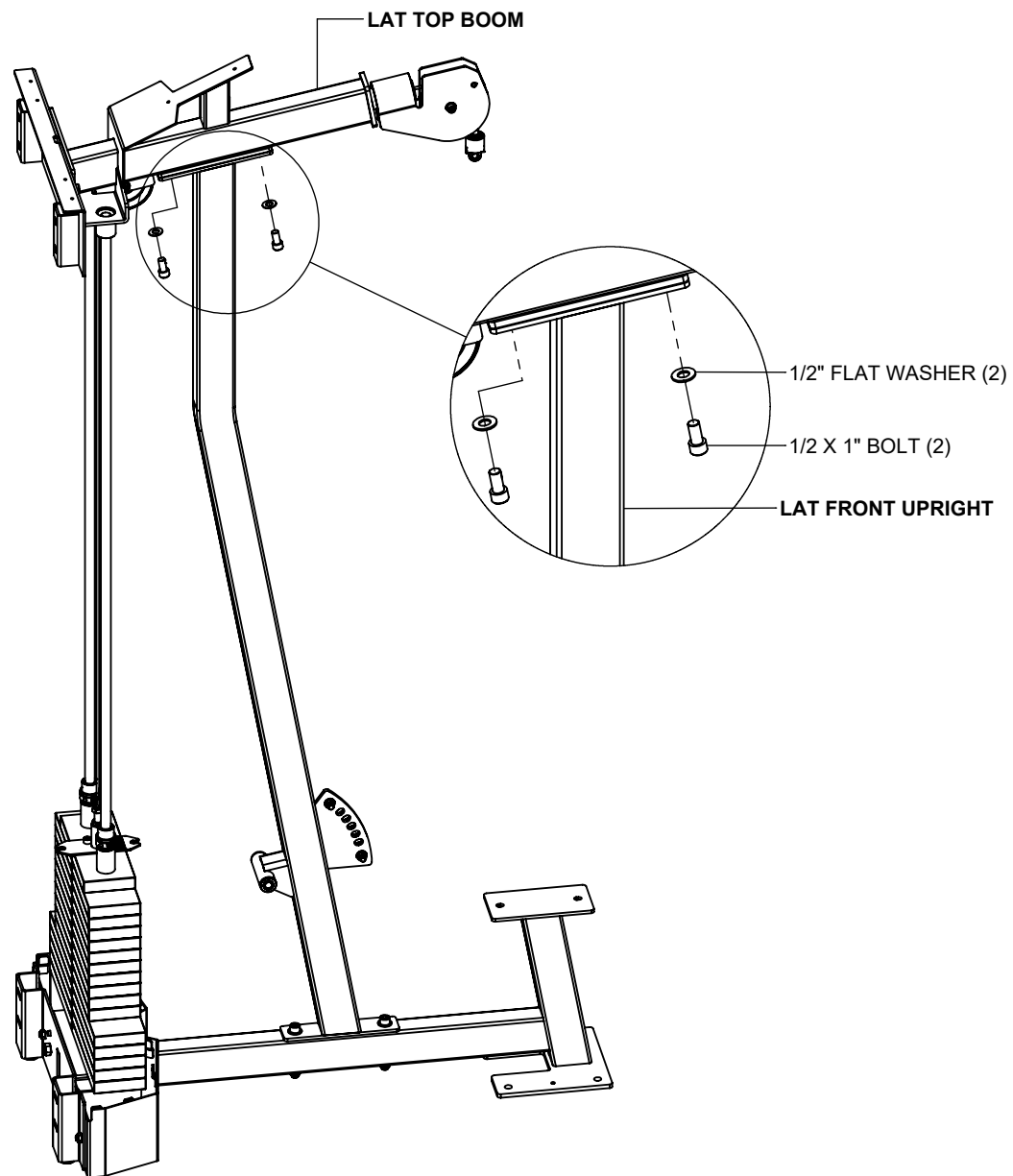


**NOTES:**

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

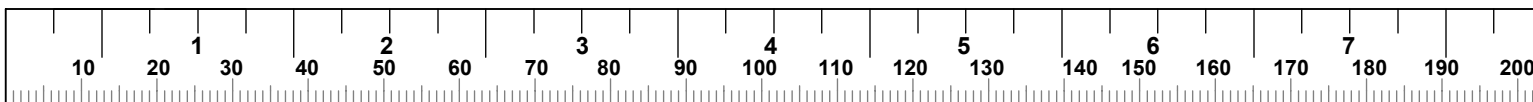


# STEP 10

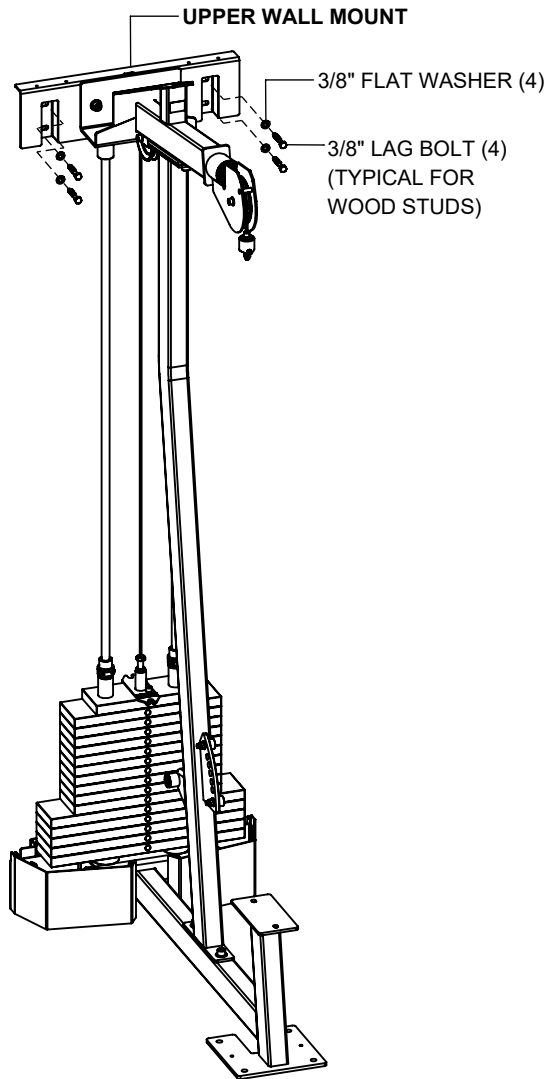


## NOTES:

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



## STEP 11

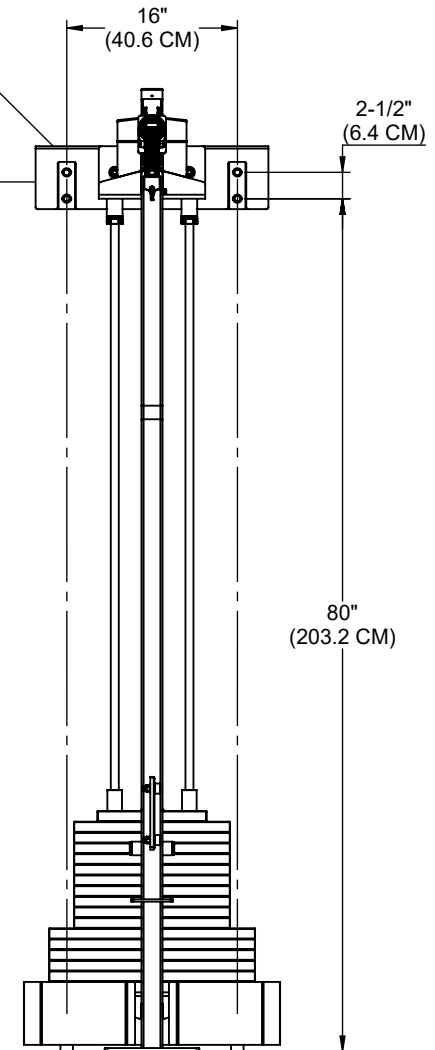


### NOTE:

MAKE SURE THE UPPER WALL MOUNT IS LEVEL

### WARNING:

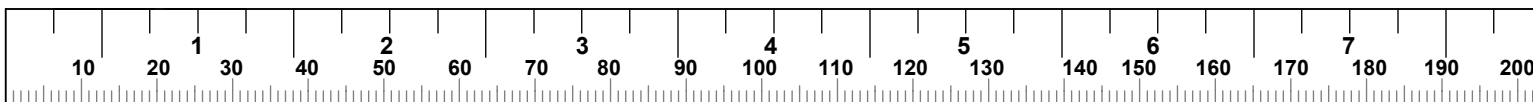
THE UPPER WALL MOUNT **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION



### 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)

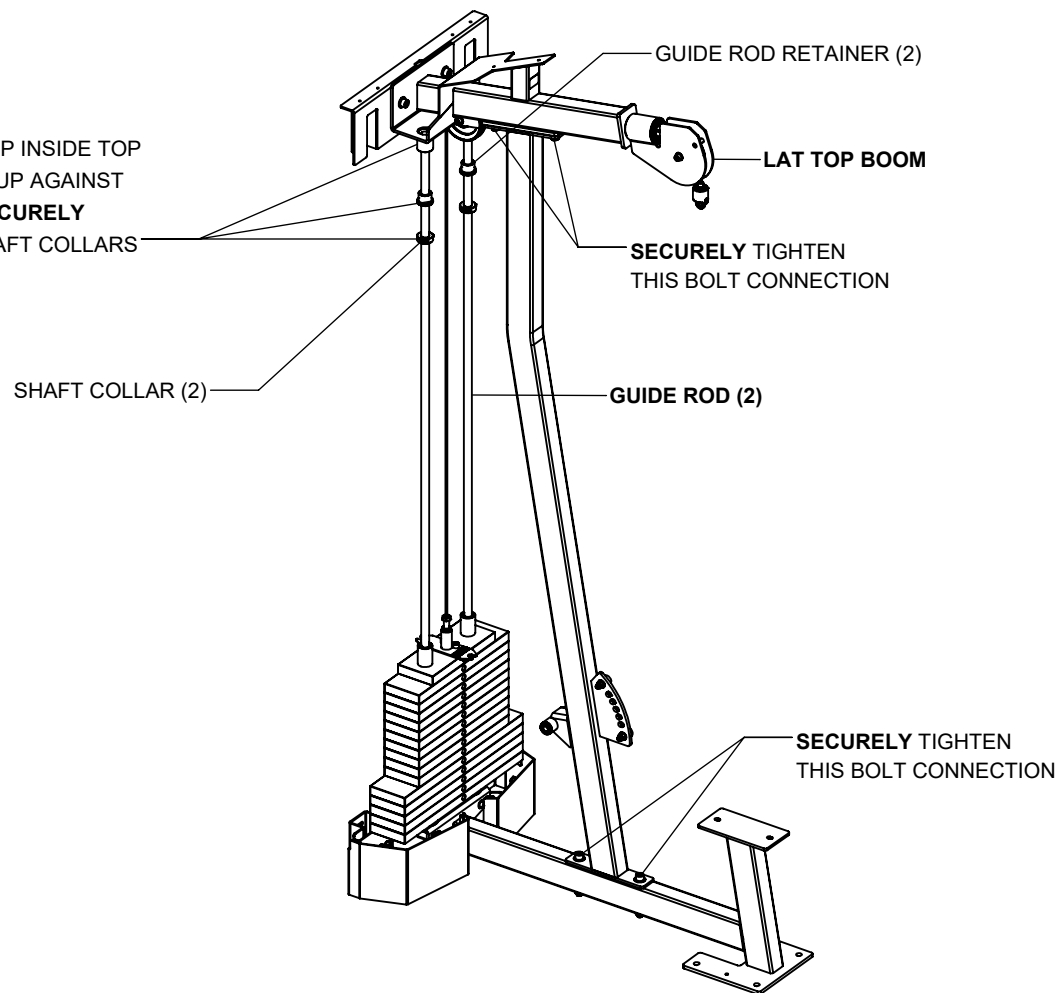
**SECURELY** tighten bolt connections in this step.



## STEP 12

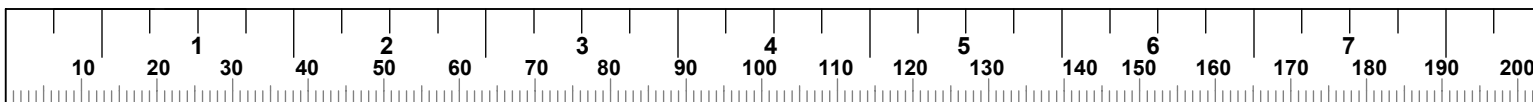
### **NOTE:**

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

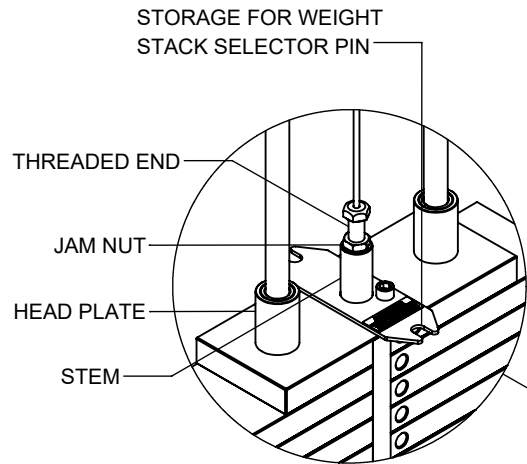


### **NOTES:**

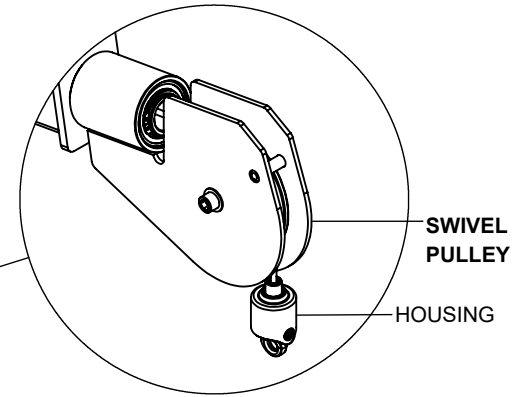
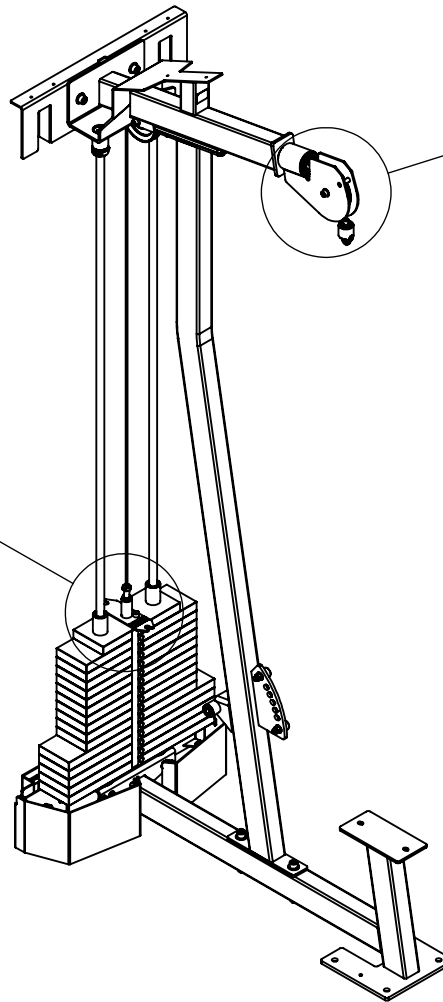
**SECURELY** tighten bolt connections in this step.



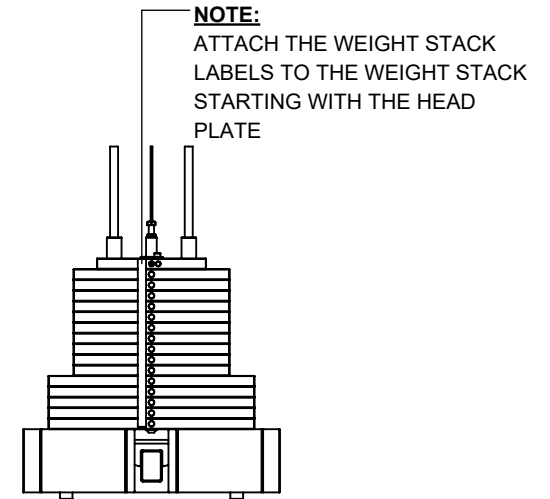
# STEP 13



**NOTE:**  
 THREAD THE CABLE END INTO THE STEM OF THE HEAD PLATE UNTIL THE HOUSING IS APPROXIMATELY 1/2" AWAY FROM THE SWIVEL PULLEY, THEN **SECURELY** TIGHTEN THE JAM NUT. **SEE NOTE ABOVE**

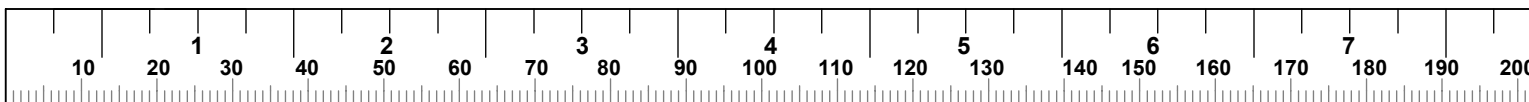


**NOTE:**  
 THE HOUSING ON THE CABLE SHOULD BE AT LEAST 1/2" AWAY FROM THE SWIVEL PULLEY. IF THE HOUSING IS TOUCHING THE SWIVEL PULLEY, THEN THE CABLE NEEDS TO BE ADJUSTED. LOOSEN JAM NUT AND TURN THE THREADED END OF THE CABLE COUNTER CLOCKWISE UNTIL THE HOUSING IS 1/2" AWAY FROM THE SWIVEL PULLEY. **SECURELY** TIGHTEN JAM NUT.

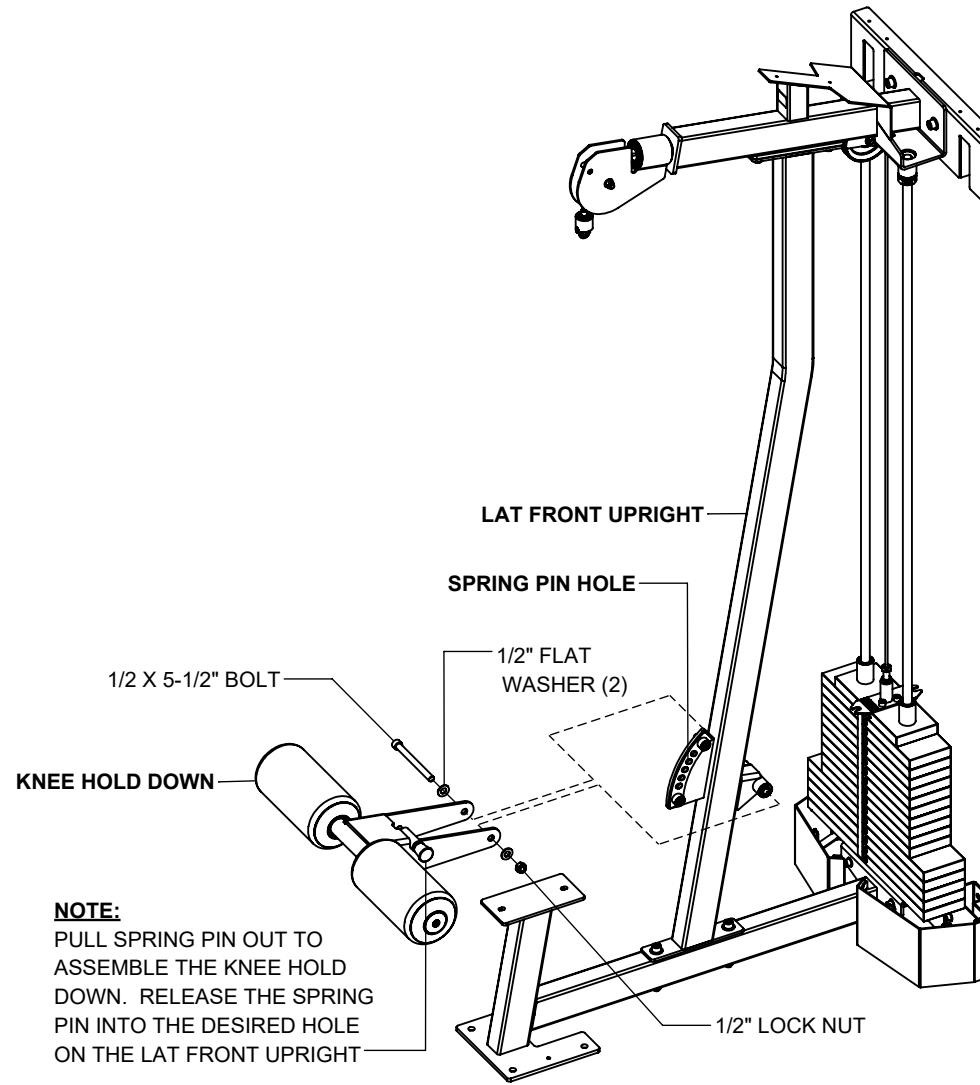


## NOTES:

**SECURELY** tighten connections in this step.

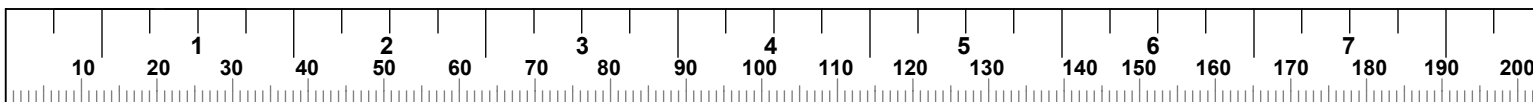


# STEP 14

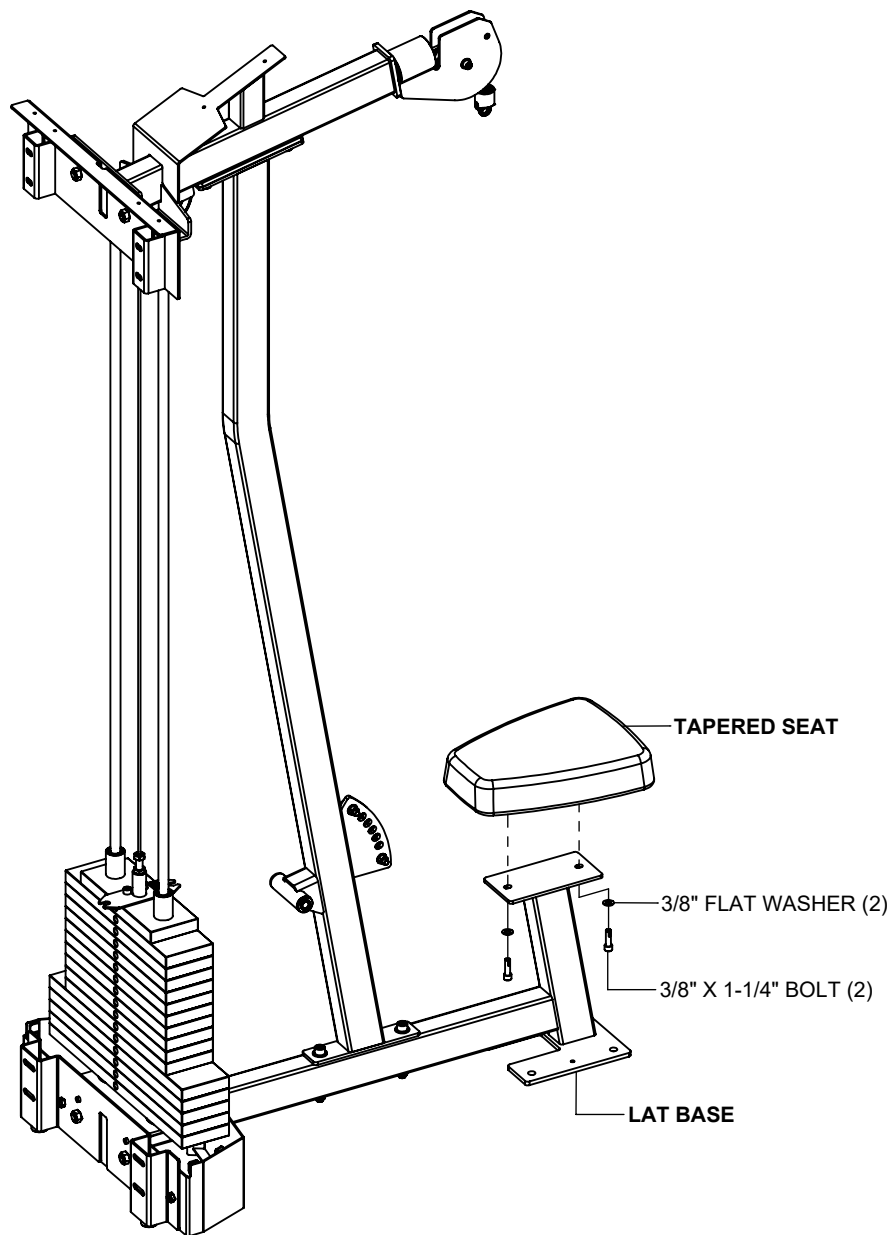


## NOTES:

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

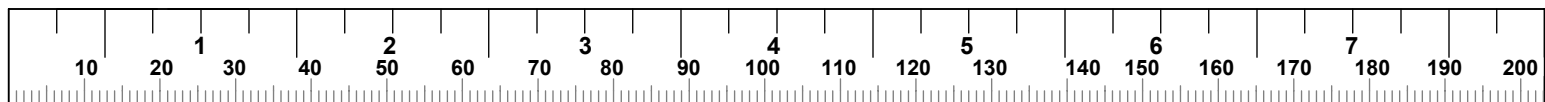


## STEP 15



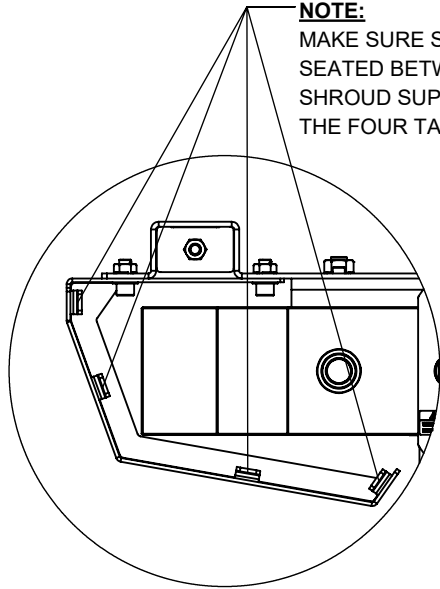
### NOTES:

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



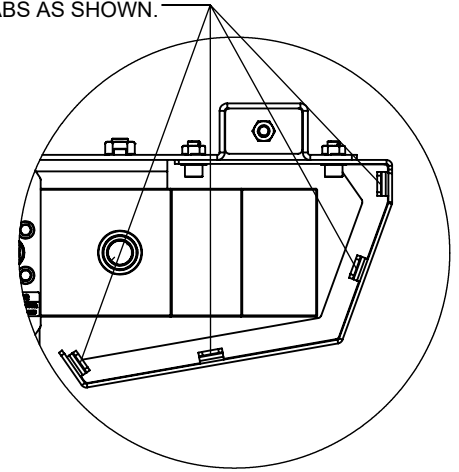
# STEP 16

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



TOP VIEW LEFT

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

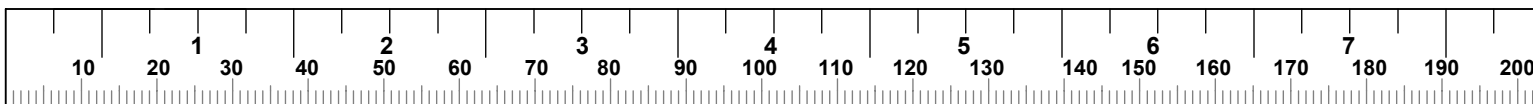


TOP VIEW RIGHT

FRONT SHROUD (2)

LEFT SHROUD BASE

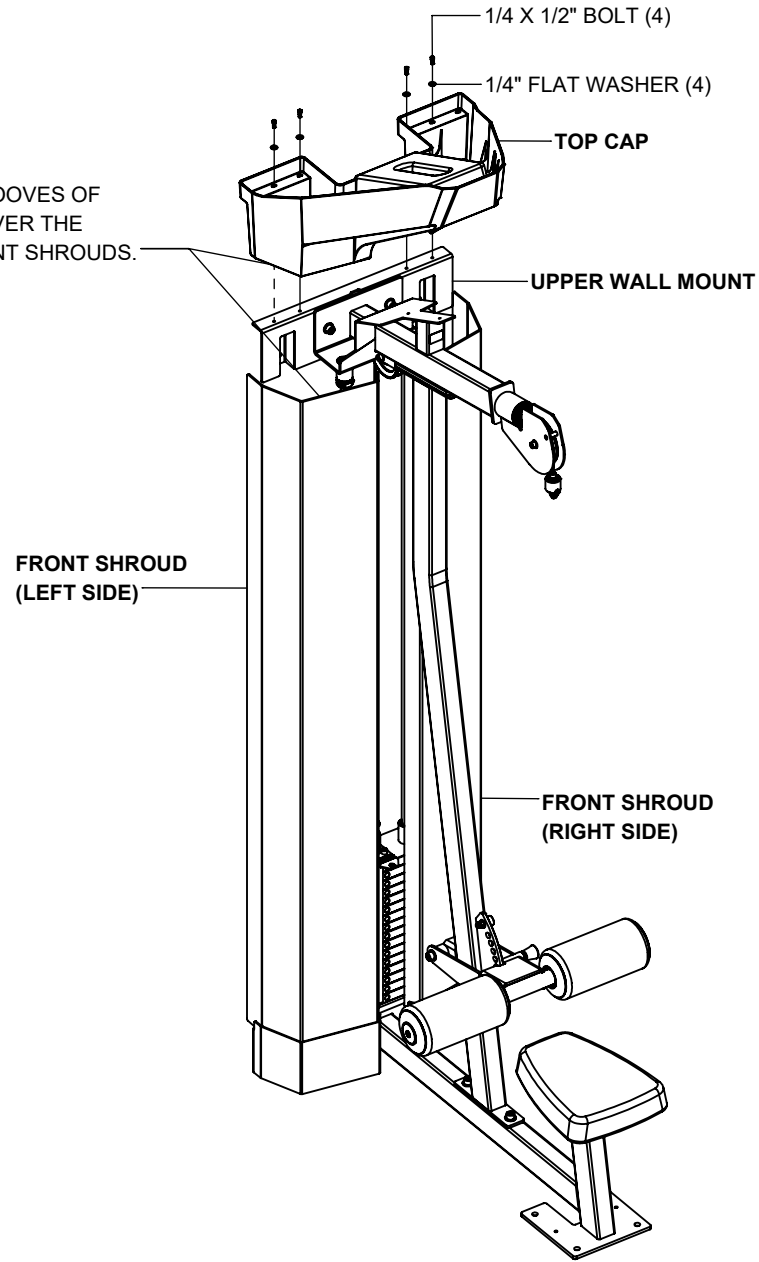
RIGHT SHROUD BASE



## STEP 17a

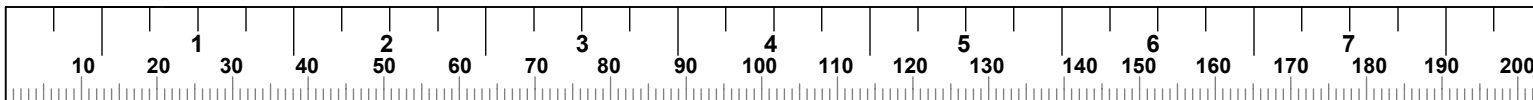
**NOTE:**

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

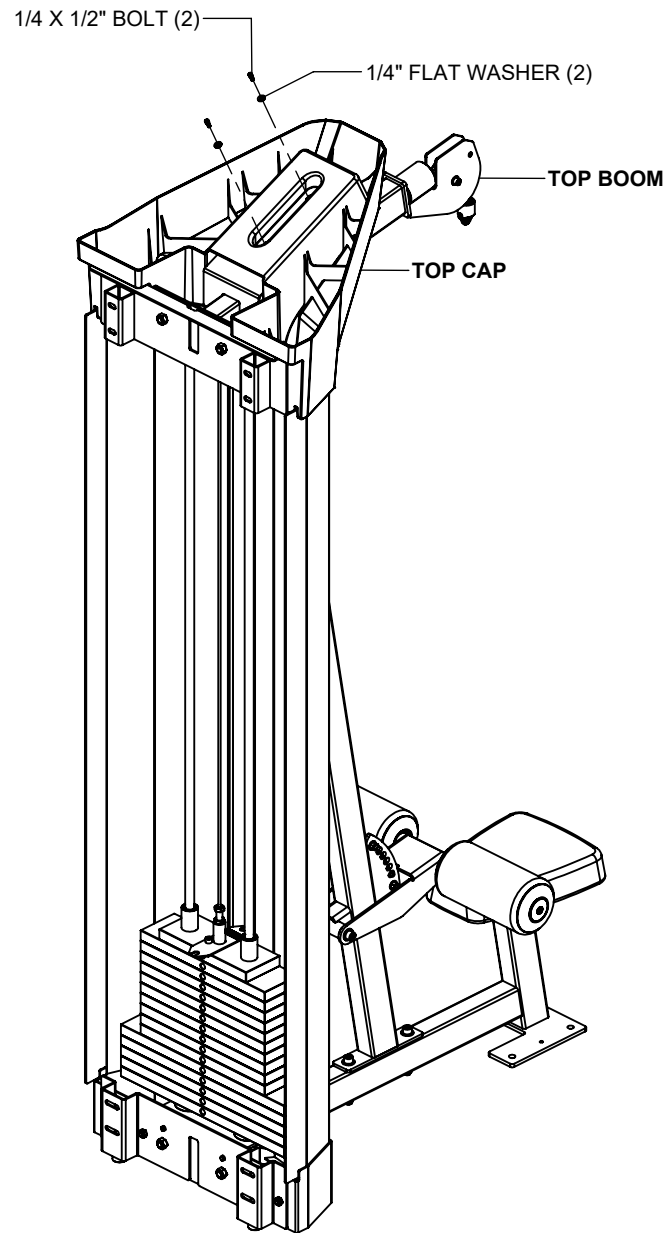


**NOTES:**

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

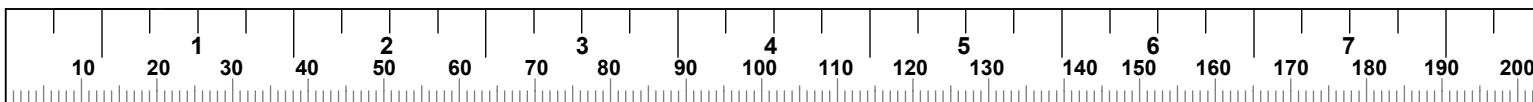


## STEP 17b

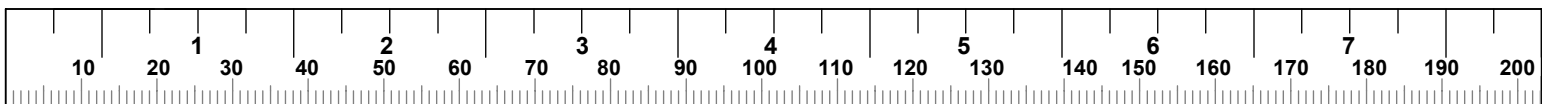
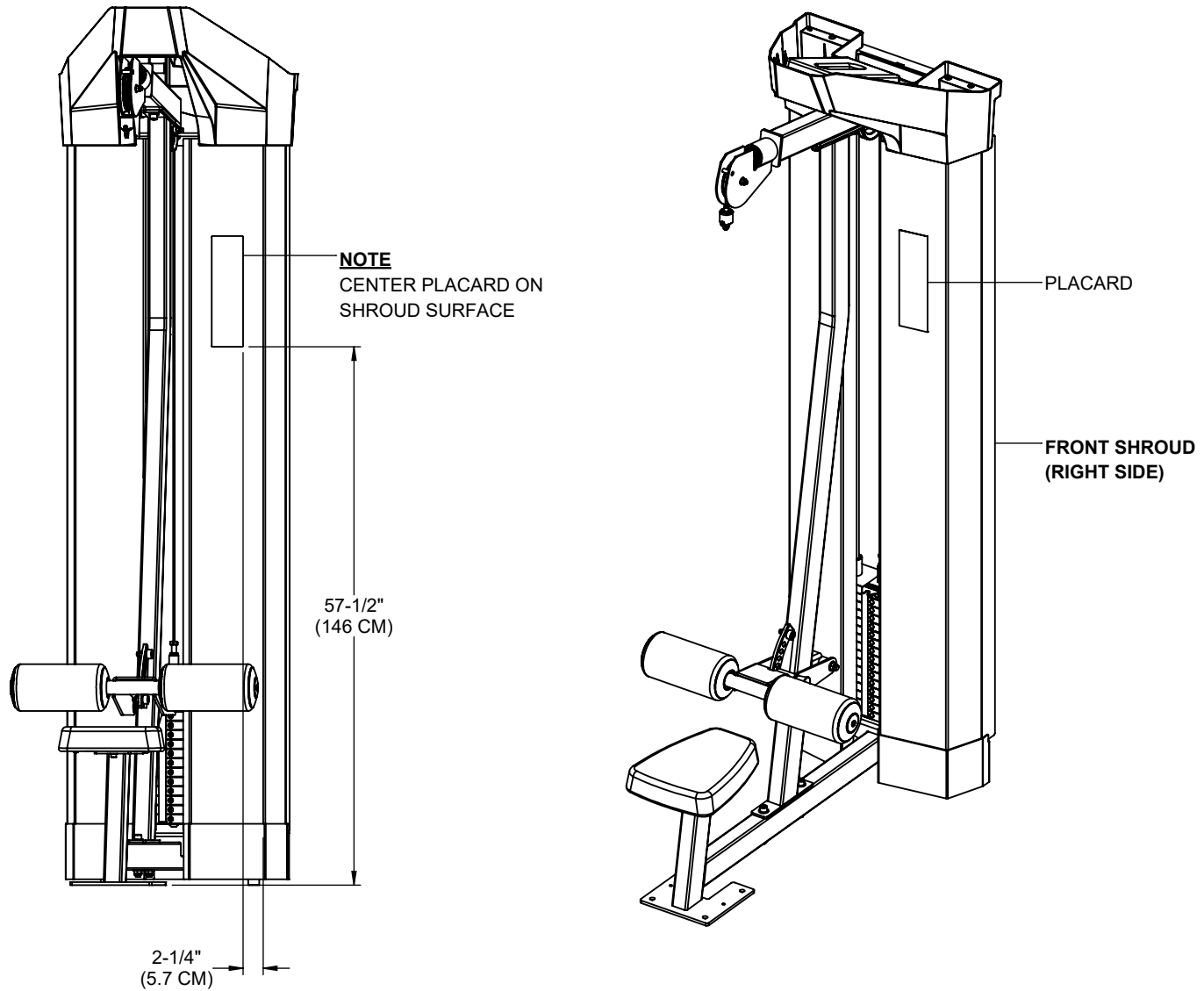


### NOTES:

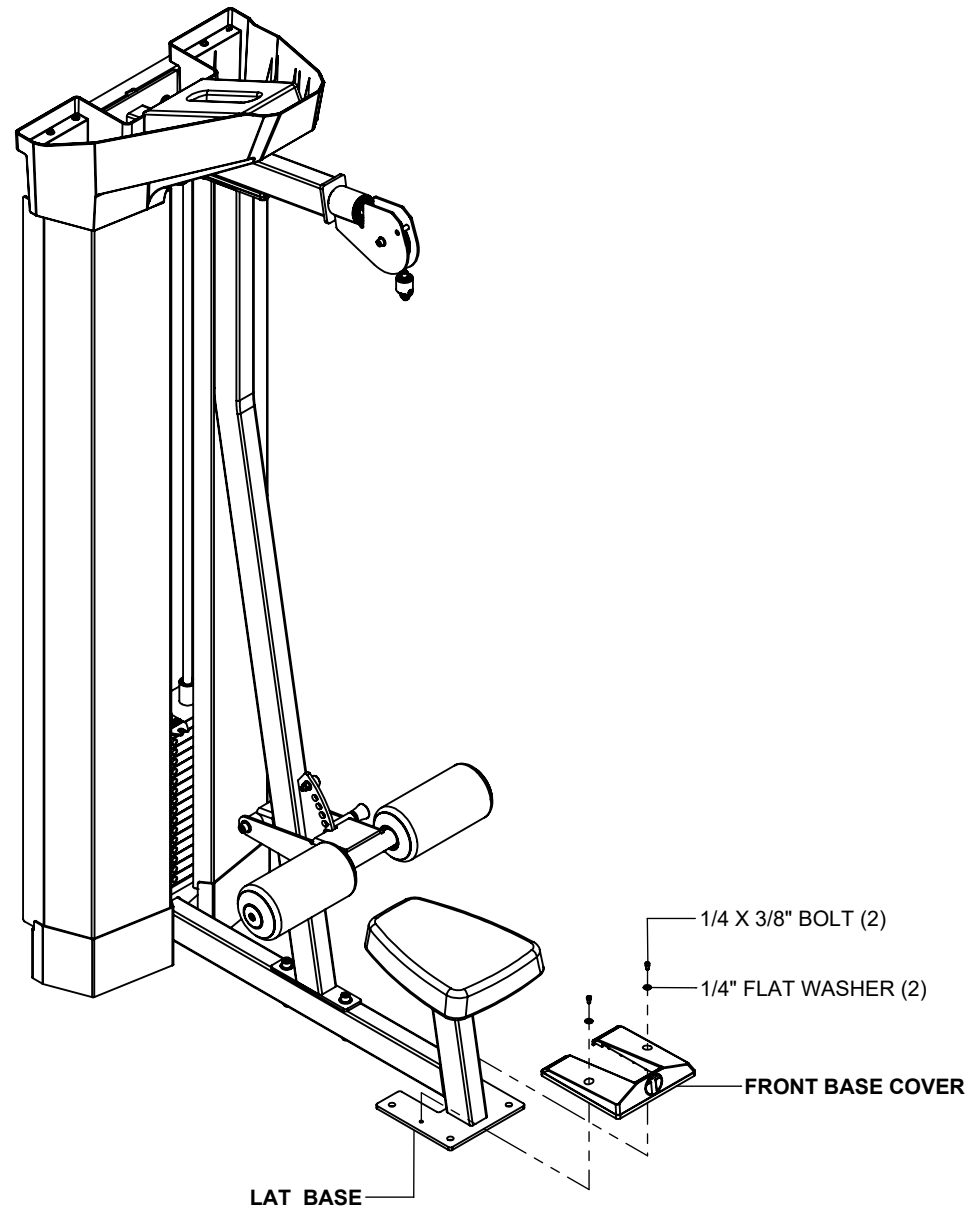
**SECURELY** tighten bolt connections in this step, and previous step.



**STEP 18**

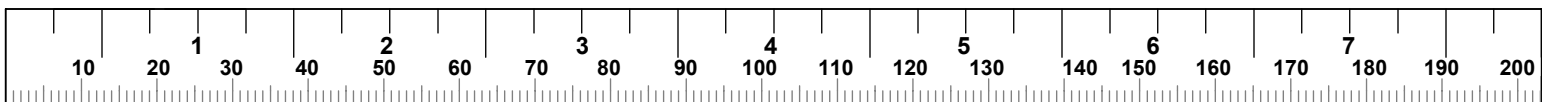


## STEP 19

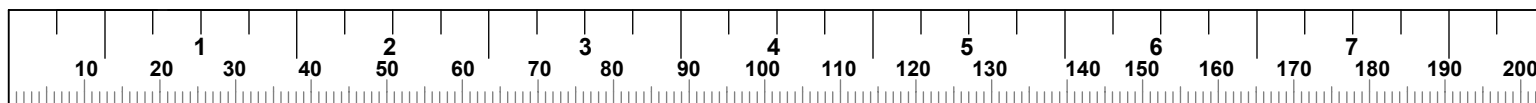
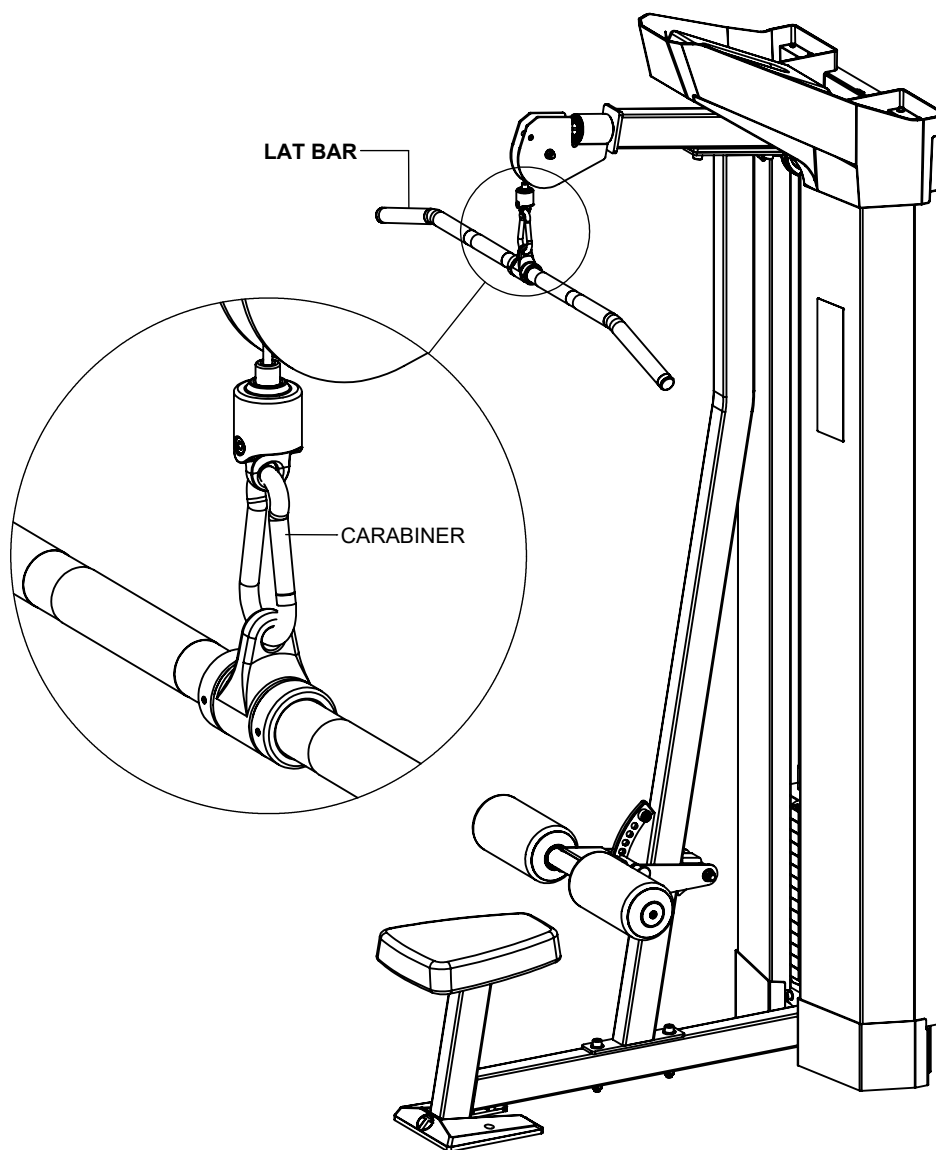


### NOTES:

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



**STEP 20**



## 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 11c, PAGE 17 TO ADJUST CABLE TENSION)

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

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

