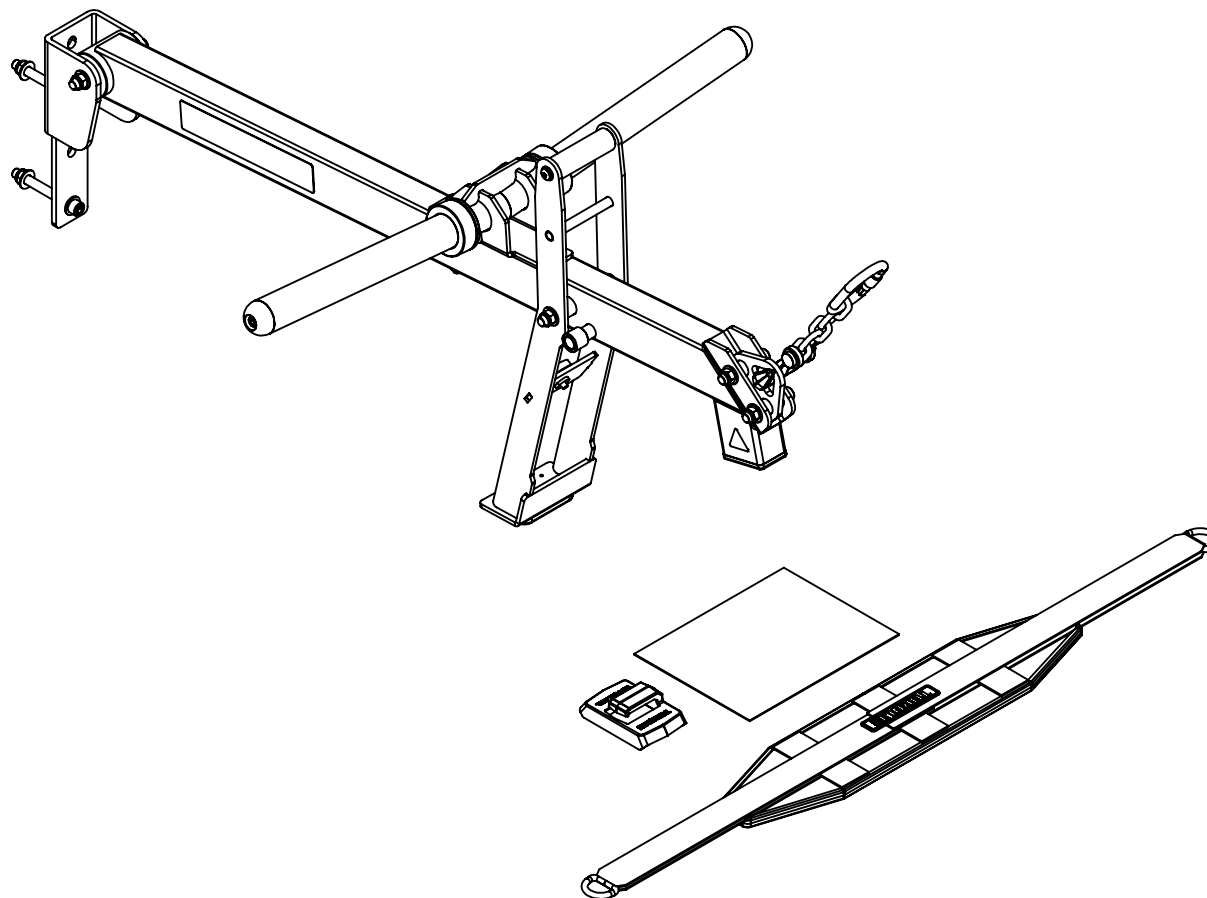


XRACK BELT SQUAT ASSEMBLY GUIDE

VERSION: XRACK-BSQUAT

PART: 6034901-B

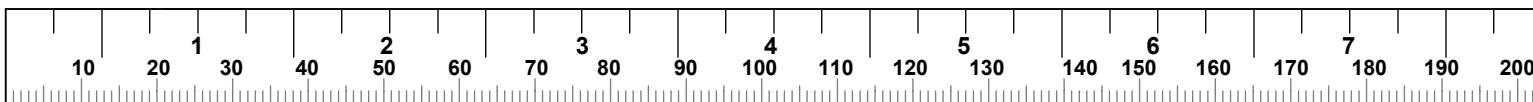


TORQUE USA

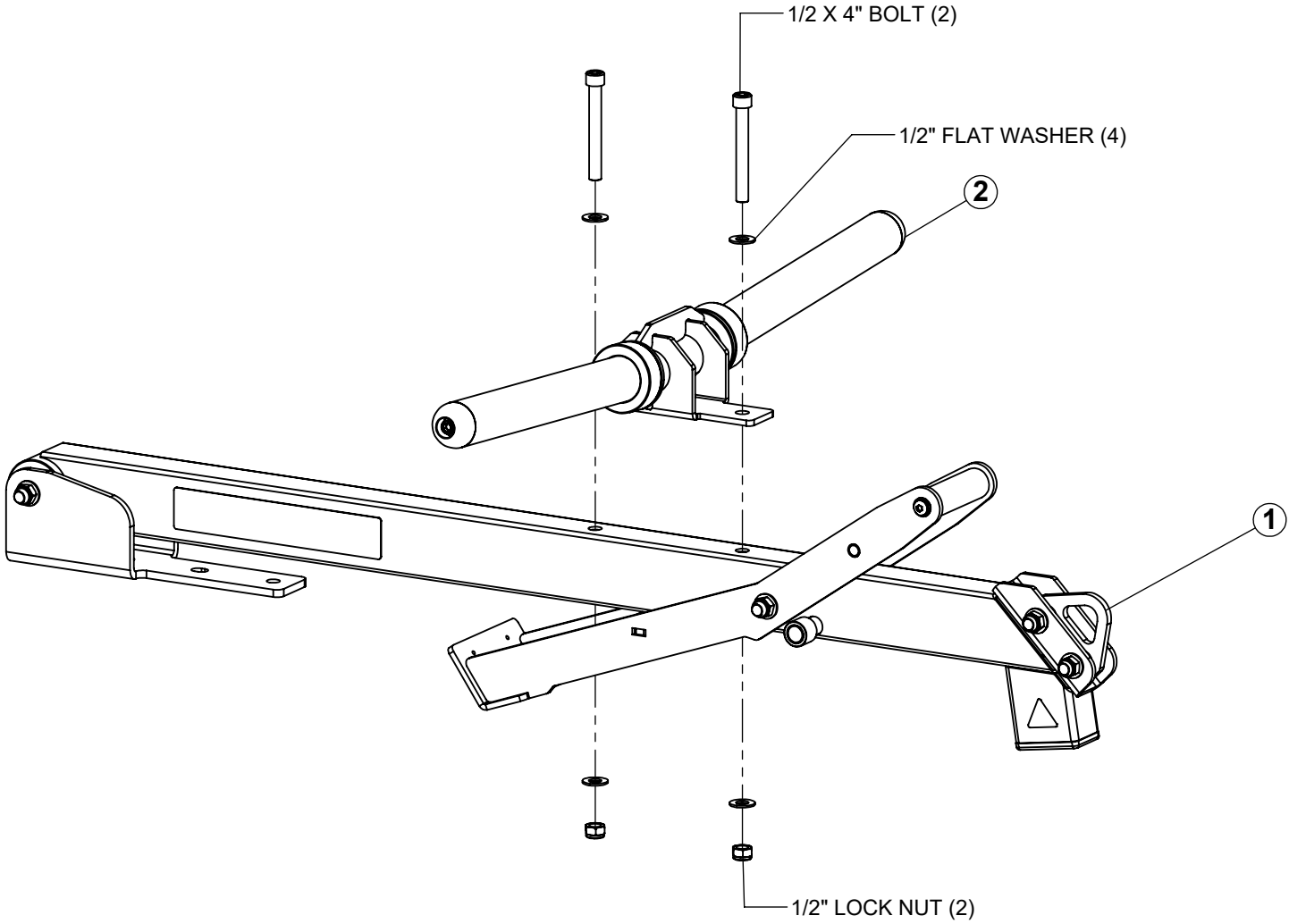
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	59279PA	PTD ASSY, BELT SQUAT LEVER	1
2	5927201	PTD ASSY, BELT SQUAT WEIGHT POST	1
3	2005815	BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD	2
4	2001301	WASHER, FLAT 1/2 SAE ST ZN	8
5	2001401	NUT, 1/2-13 LK ST ZN	4
6	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	2
7	5992501	BELT, SQUAT	1
8	6035001	ASSY, HOOK AND CHAIN	1
9	5929201	CARABINER, LOCKING LATCH	1
10	5721701	HOOK, STRAP HOLD	1
11	6034901	ASSY INST, XRACK BELT SQUAT	1

TOOLS NEEDED FOR ASSEMBLY:

- 3/8" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET

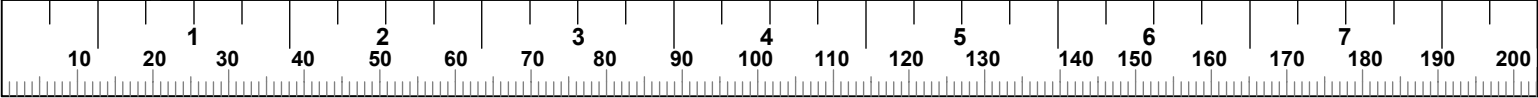


STEP 1

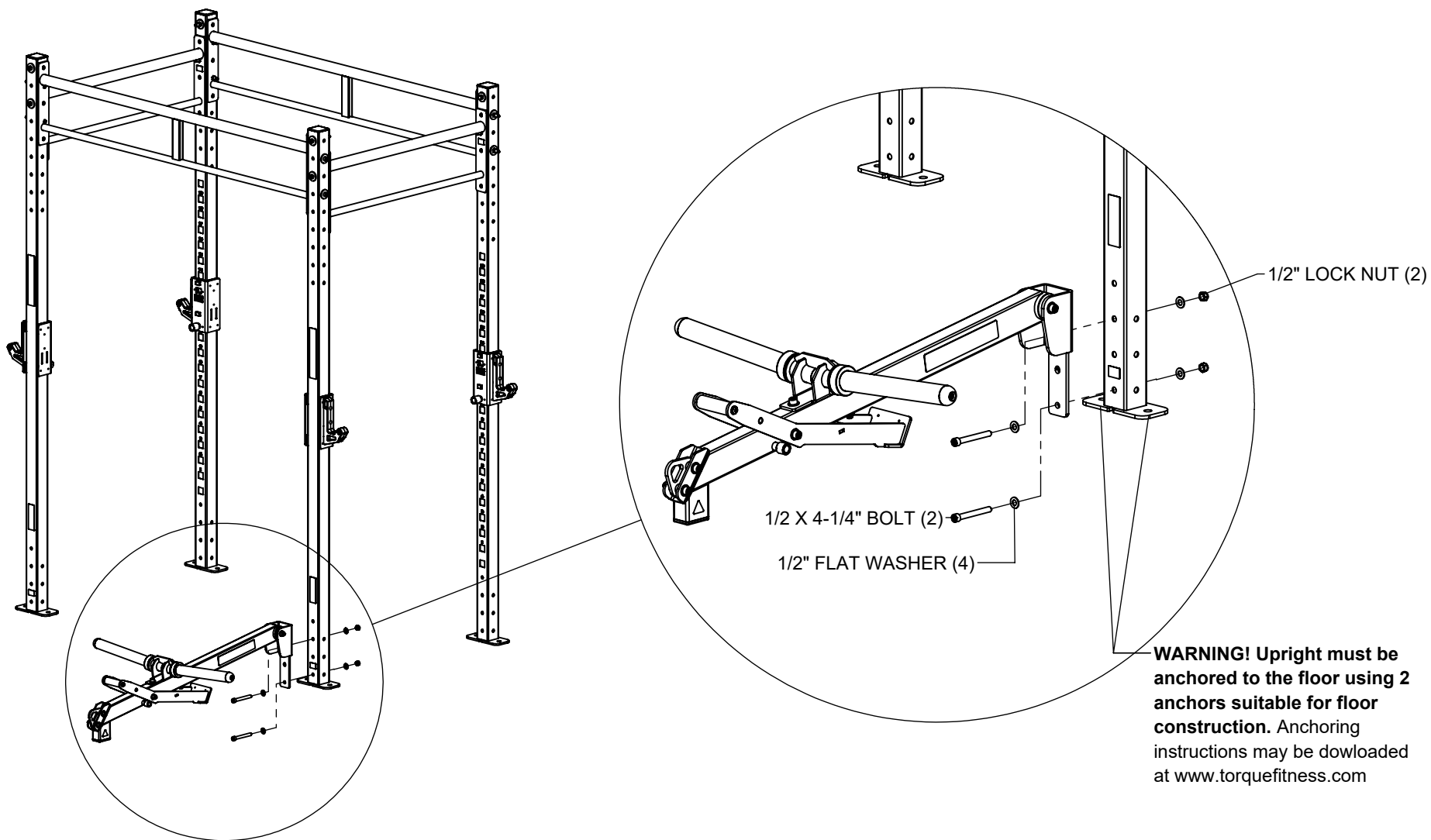


NOTE:

SECURELY tighten all bolt connections in this step.



STEP 2A - XRACK MOUNT

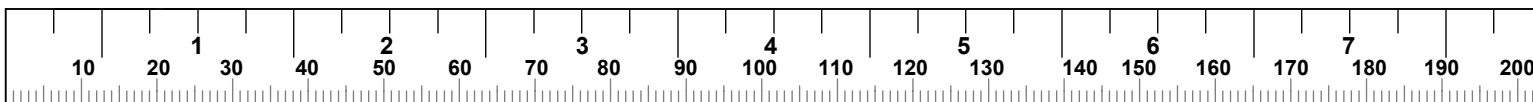


NOTE:

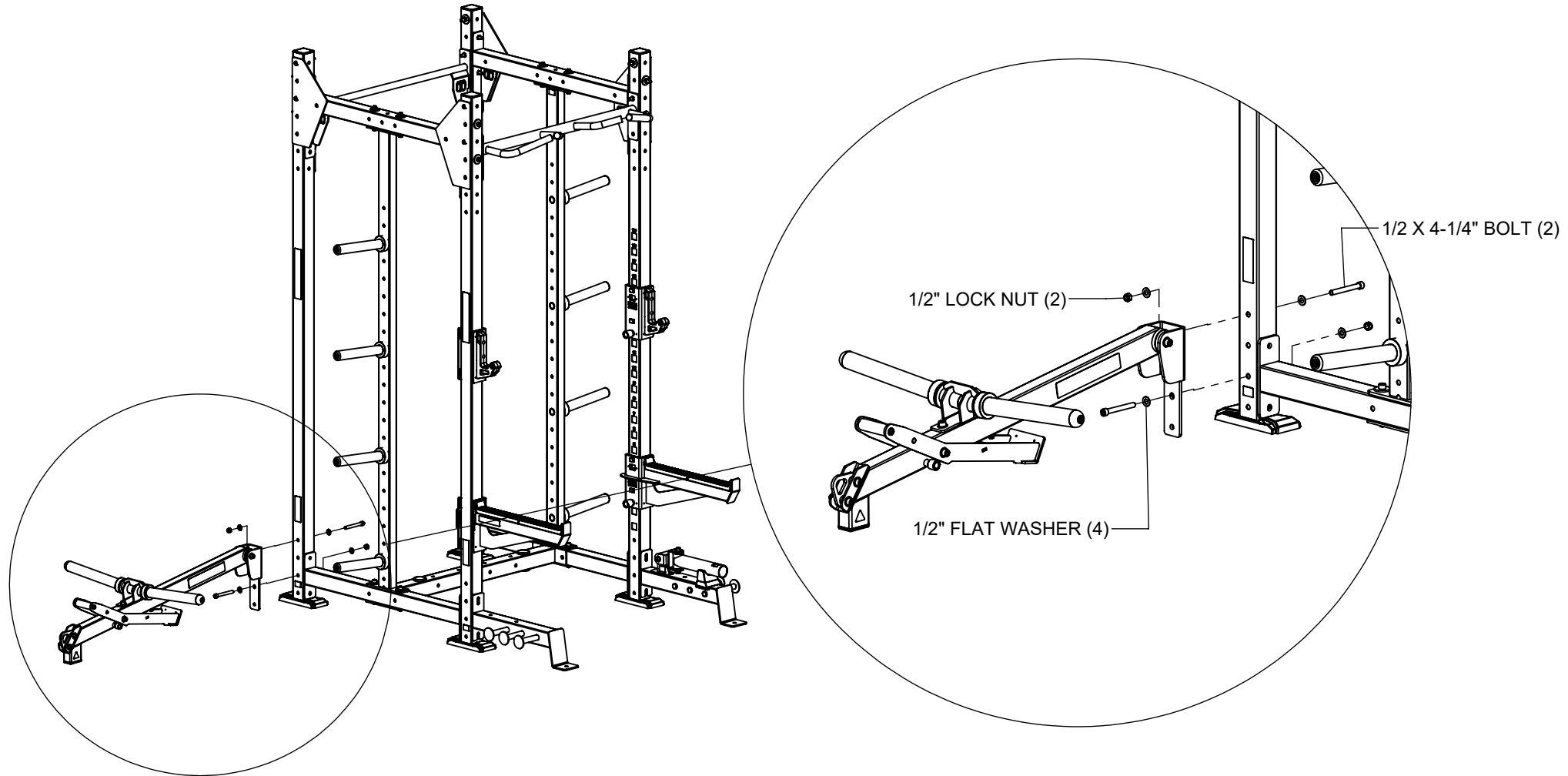
SEE FLOOR ANCHOR WARNING.

This step illustrates mounting the attachment to a standard XRACK configuration. For other mounting scenarios, please see next steps.

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



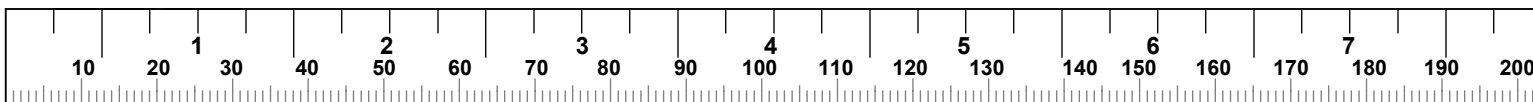
STEP 2B - XSIEGE MOUNT



NOTE:

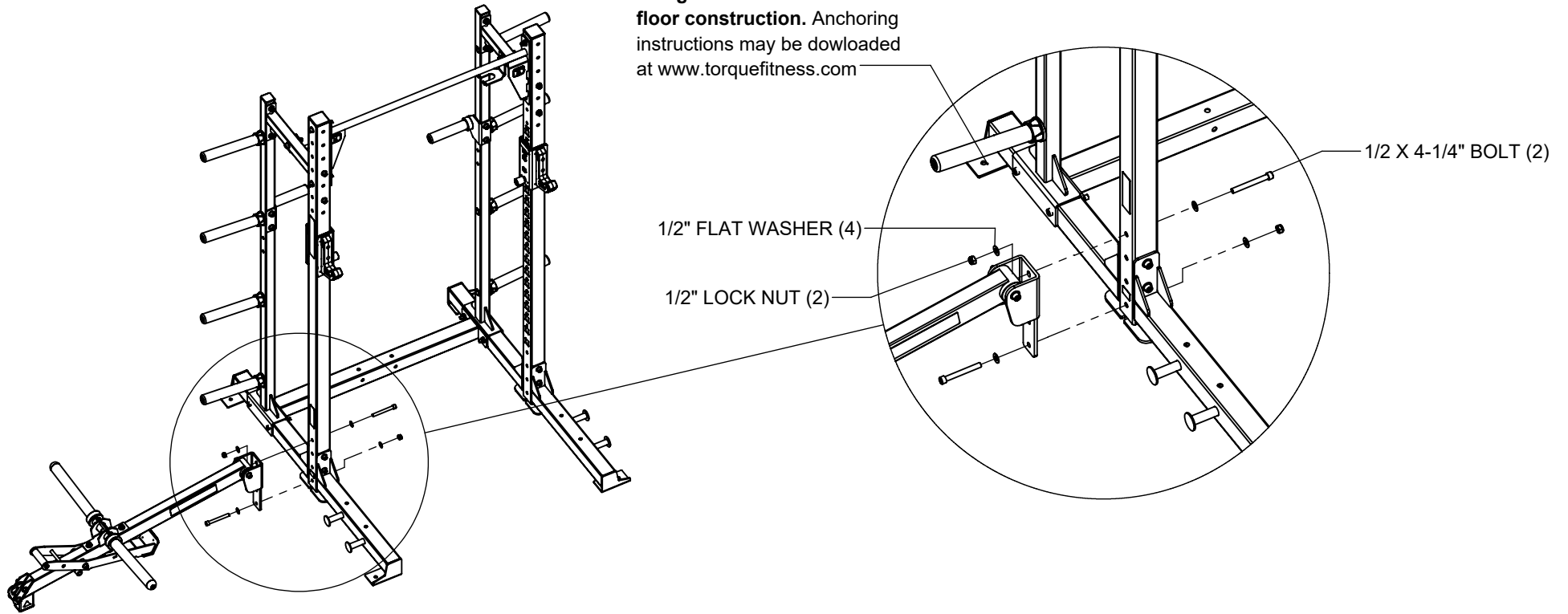
This step illustrates mounting the attachment to a standard XSIEGE configuration. For other mounting scenarios, please see next steps.

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



STEP 2C - TR1 MOUNT

WARNING! TR1 RACK Base must be anchored to the floor using 4 anchors suitable for floor construction. Anchoring instructions may be downloaded at www.torquefitness.com

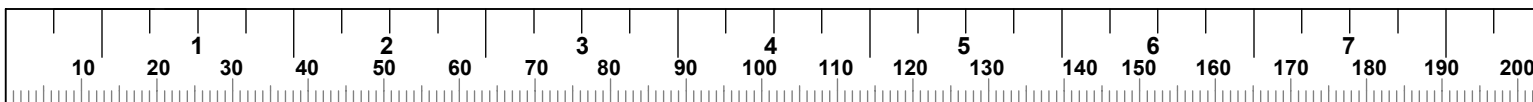


NOTE:

SEE FLOOR ANCHOR WARNING.

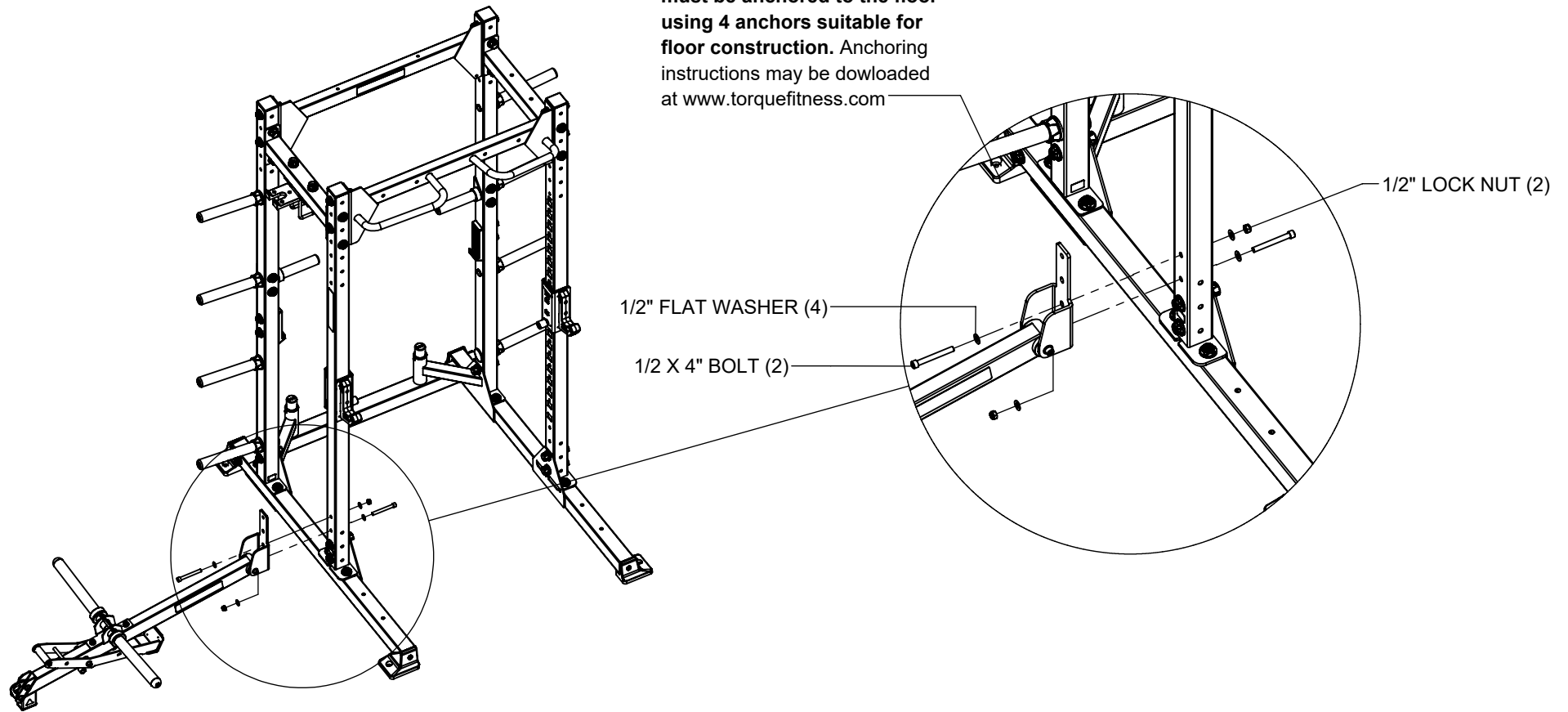
This step illustrates mounting the attachment to a standard TR1 Half Rack configuration. For other mounting scenarios, please see next steps.

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



STEP 2D - TR2 MOUNT

WARNING! TR2 RACK Base must be anchored to the floor using 4 anchors suitable for floor construction. Anchoring instructions may be downloaded at www.torquefitness.com

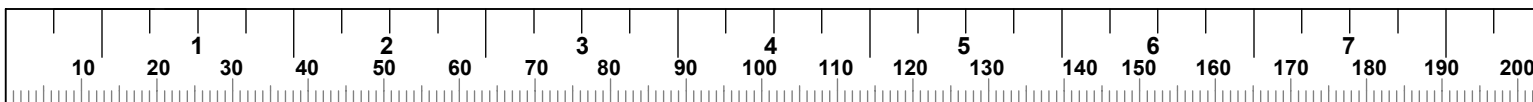


NOTE:

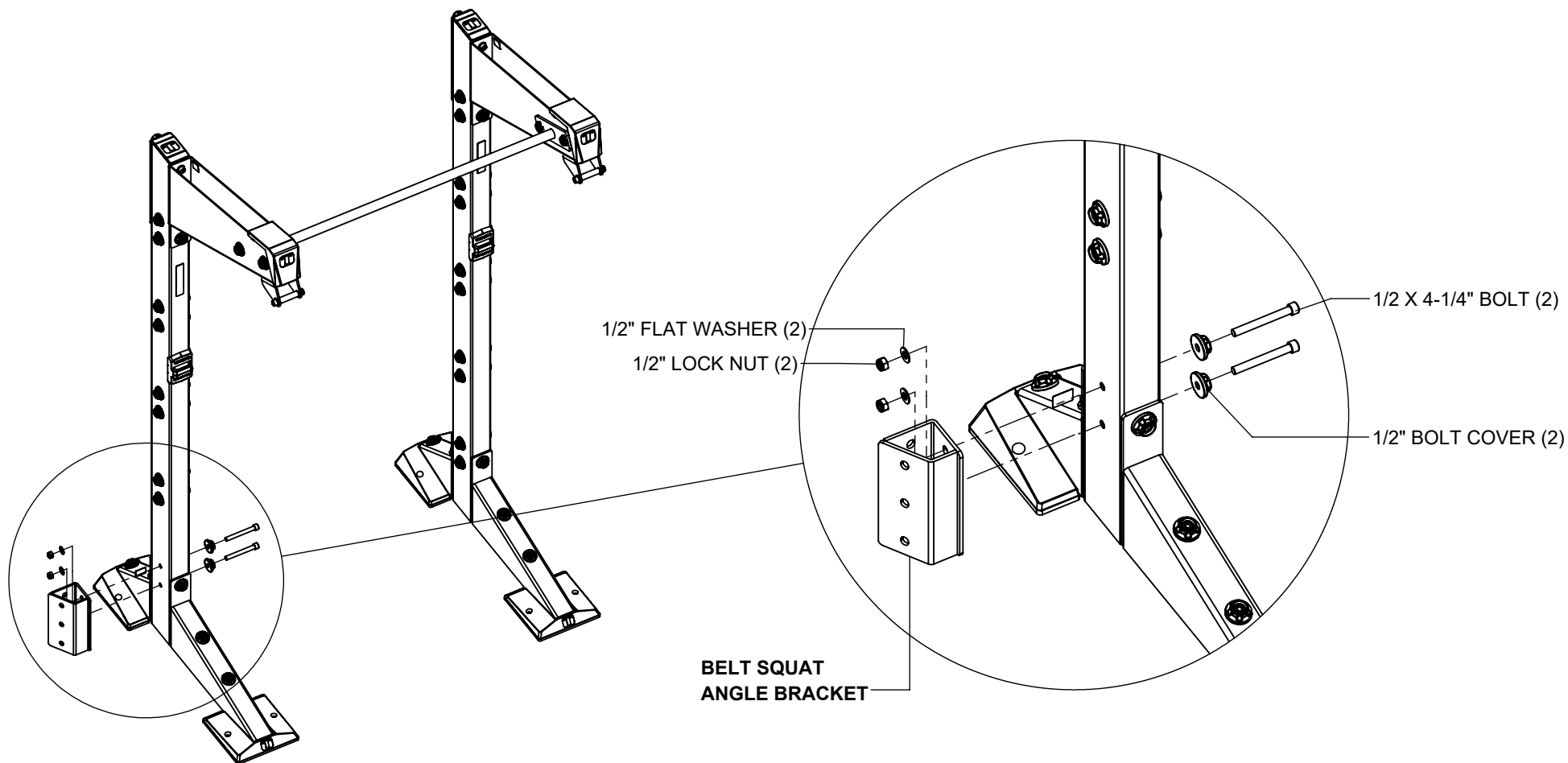
SEE FLOOR ANCHOR WARNING.

This step illustrates mounting the attachment to a standard TR2 Half Rack configuration. Follow the exact same steps for mounting to the TR2 Power Rack. For other mounting scenarios, please see next steps.

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



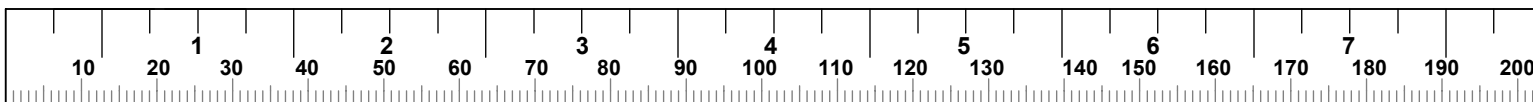
STEP 2E - XCREATE WALL ANGLE MOUNT (XCREATE-BSQUATAB REQUIRED)



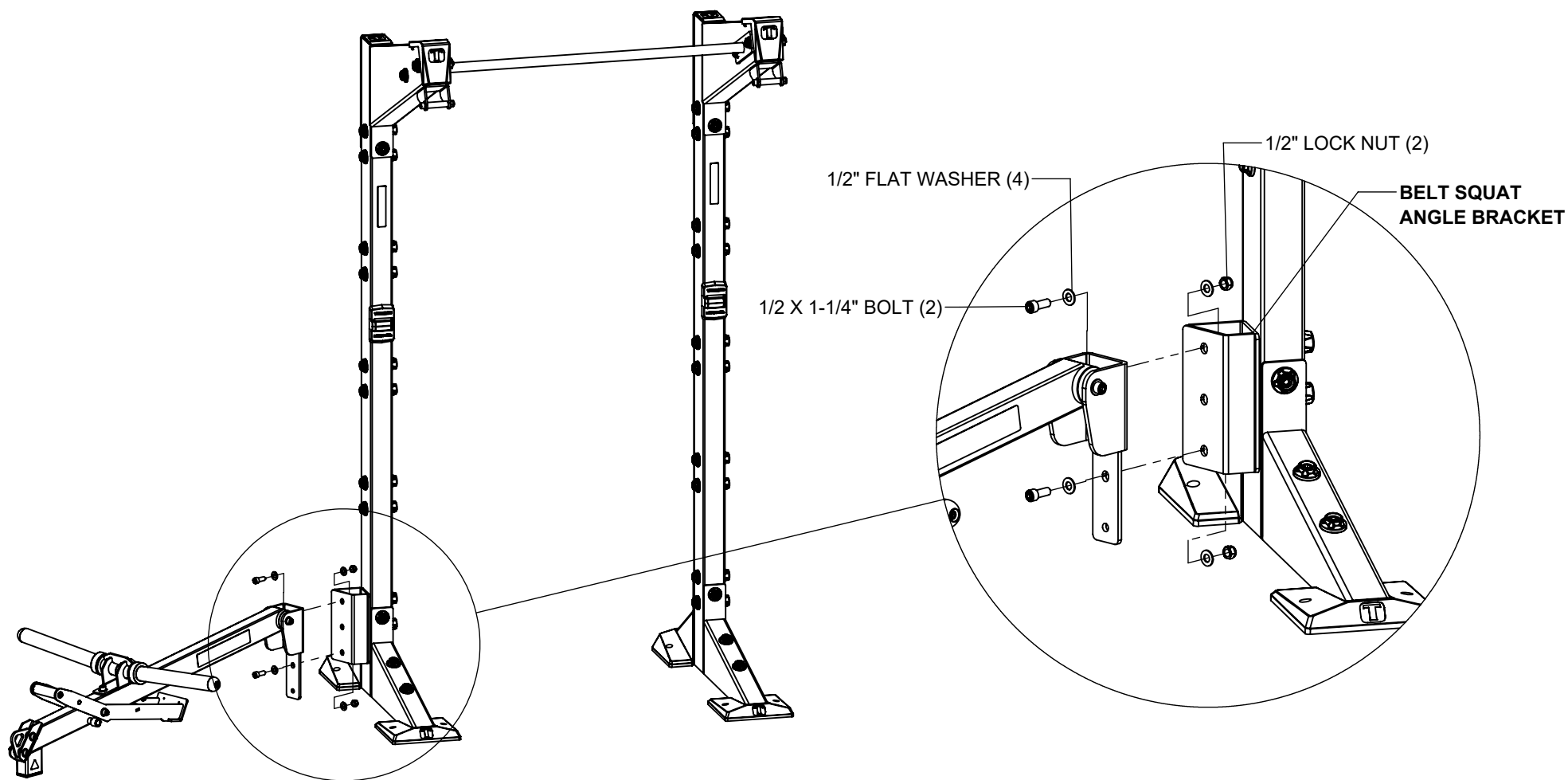
NOTE:

This step illustrates mounting the attachment to an XCREATE wall module using the optional angle bracket (**XCREATE-BSQUATAB**).

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



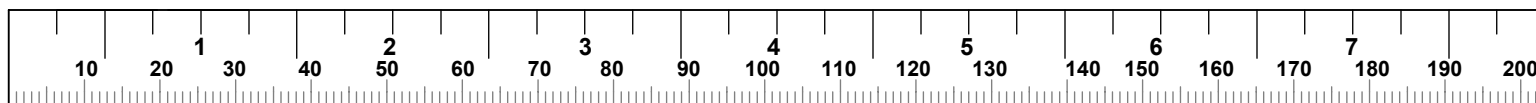
STEP 2F - XCREATE WALL ANGLE MOUNT (XCREATE-BSQUATAB REQUIRED)



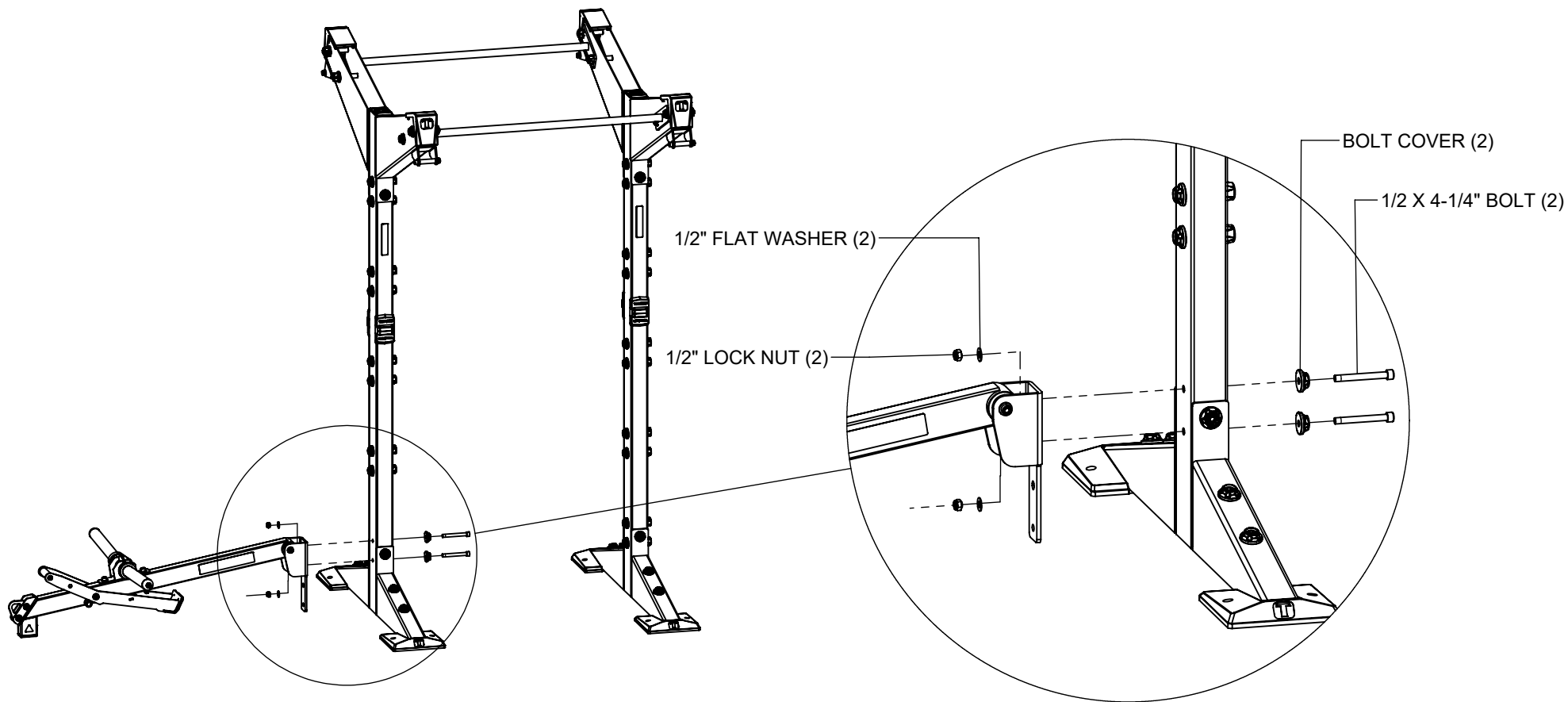
NOTE:

This step illustrates mounting the attachment to an XCREATE wall module using the optional angle bracket (**XCREATE-BSQUATAB**).

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



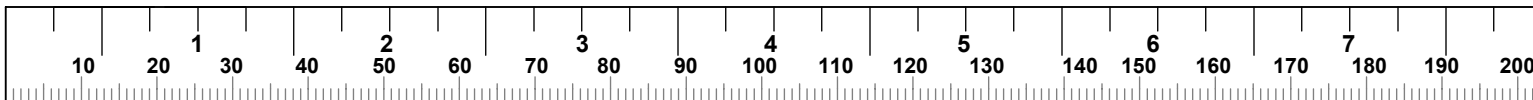
STEP 2G - XCREATE CENTER MOUNT



NOTE:

This step illustrates mounting the attachment to an XCREATE center space module.

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

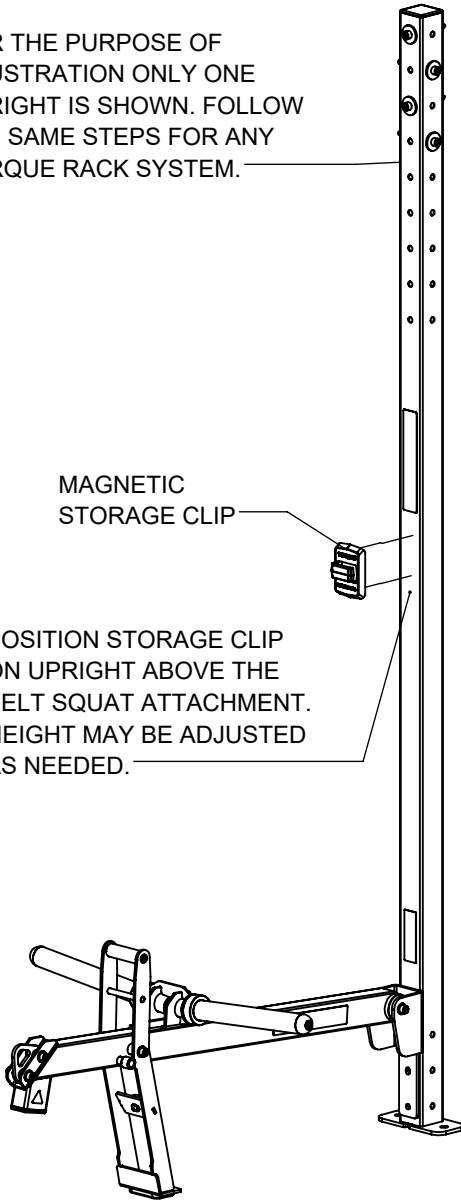


STEP 3 - HANGING STORAGE HOOK

FOR THE PURPOSE OF ILLUSTRATION ONLY ONE UPRIGHT IS SHOWN. FOLLOW THE SAME STEPS FOR ANY TORQUE RACK SYSTEM.

MAGNETIC STORAGE CLIP

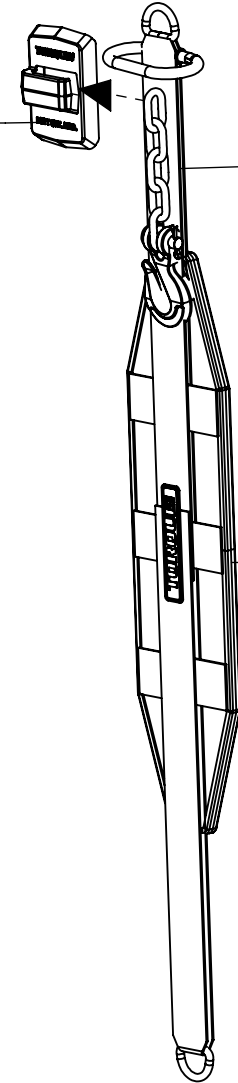
POSITION STORAGE CLIP ON UPRIGHT ABOVE THE BELT SQUAT ATTACHMENT. HEIGHT MAY BE ADJUSTED AS NEEDED.



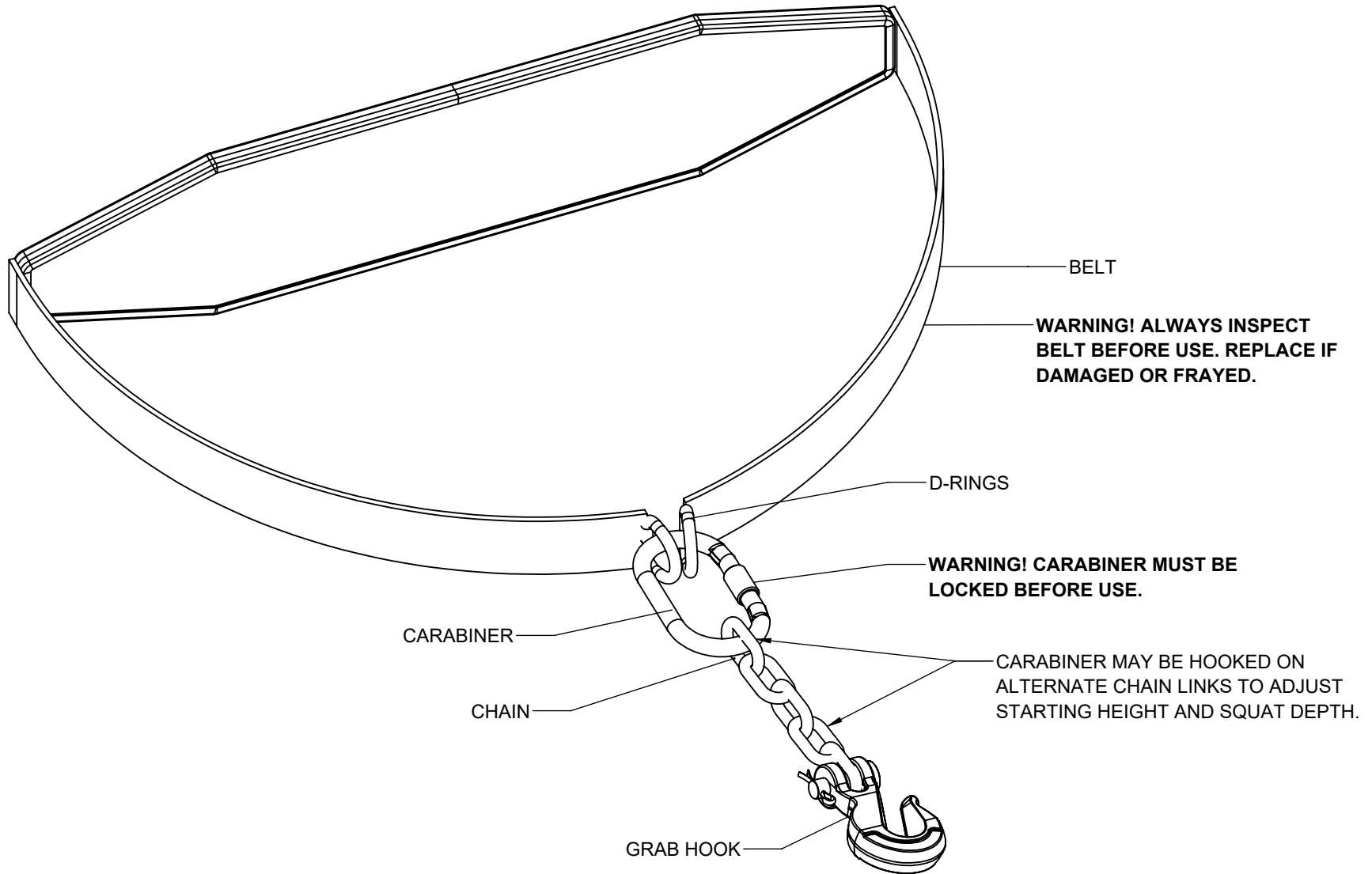
MAGNETIC STORAGE CLIP

WHEN NOT IN USE BELT MAY BE STORED USING THE MAGNETIC HANGING STORAGE HOOK.

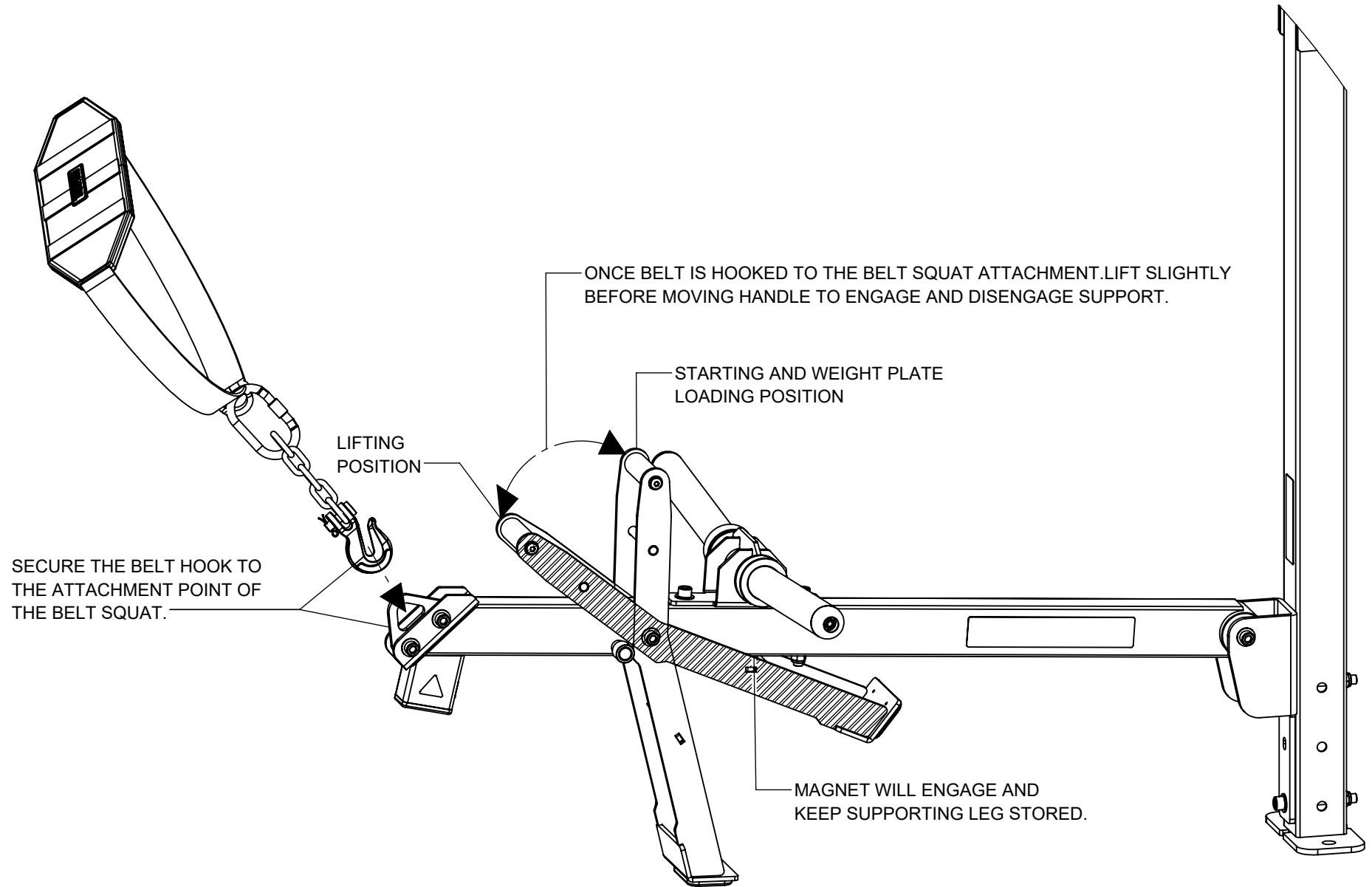
BELT SQUAT BELT



STEP 4 - BELT ASSEMBLY

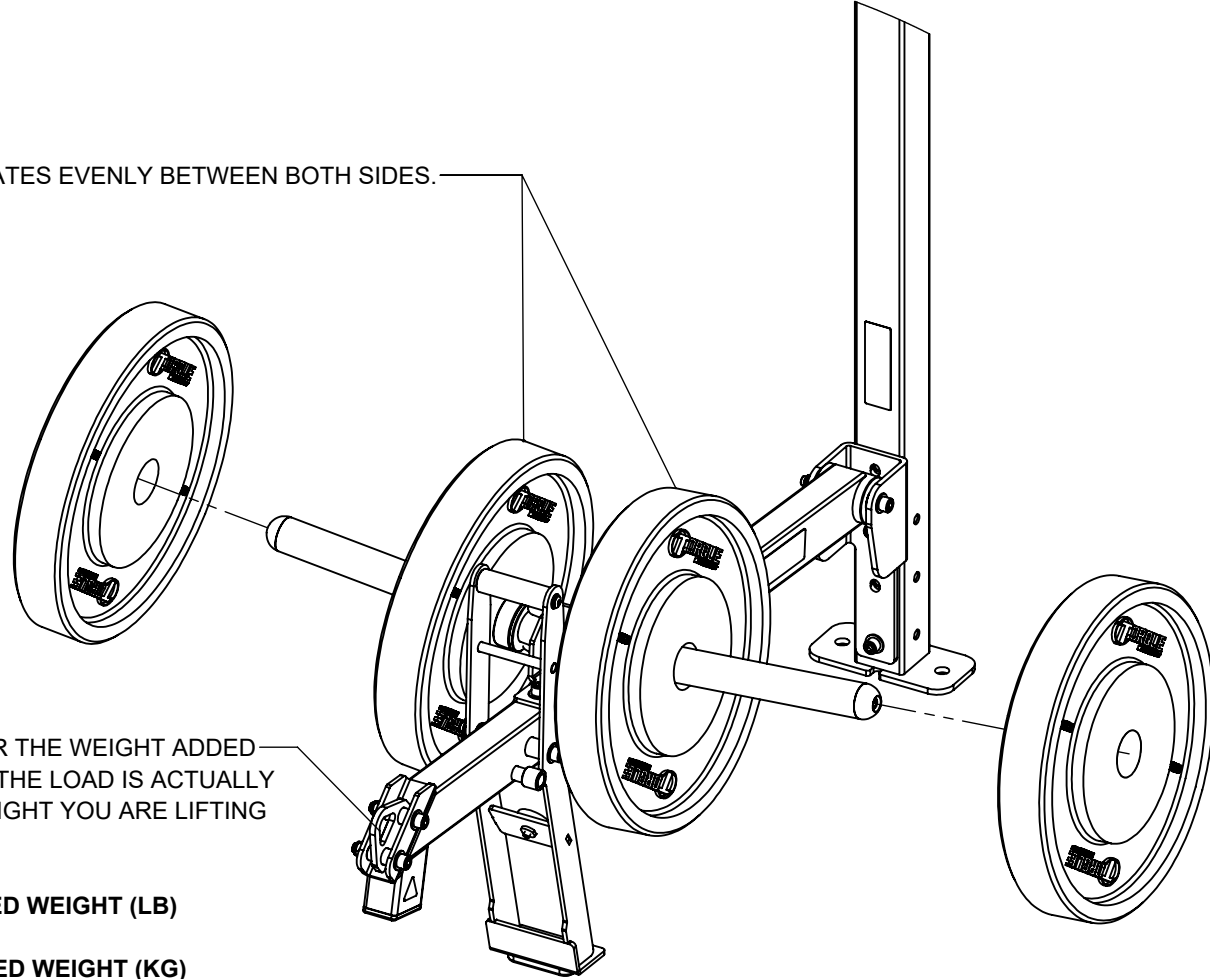


STEP 5 - USER OPERATION



STEP 6 - WEIGHT PLATE LOADING

LOAD PLATES EVENLY BETWEEN BOTH SIDES.



STARTING WEIGHT IS 30 LB (13KG). FOR THE WEIGHT ADDED TO THE WEIGHT HORNS ONLY 60% OF THE LOAD IS ACTUALLY BEING LIFTED. TO DETERMINE THE WEIGHT YOU ARE LIFTING USE THE CALCULATION BELOW.

LIFTED WEIGHT (LB) = 30 + 0.6 X LOADED WEIGHT (LB)

LIFTED WEIGHT (KG) = 13 + 0.6 X LOADED WEIGHT (KG)

WARNING!

LOADED WEIGHT MUST NOT EXCEED 720 LB (326 KG)

