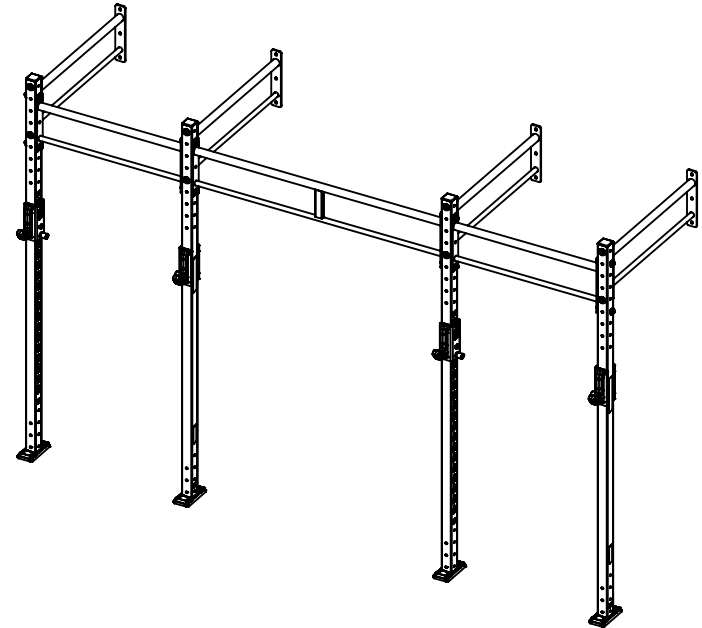
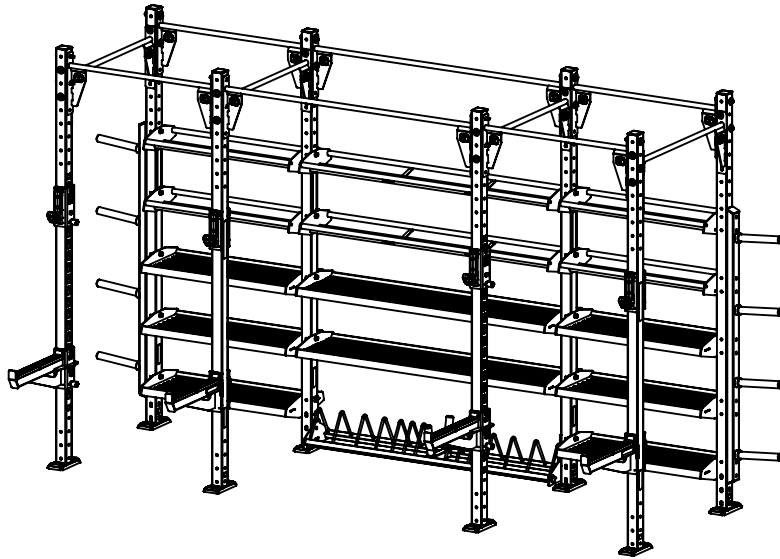
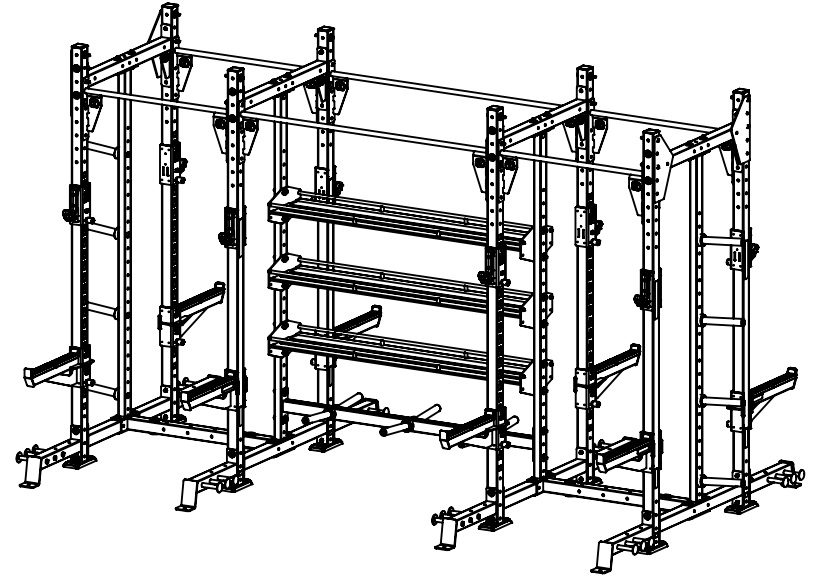
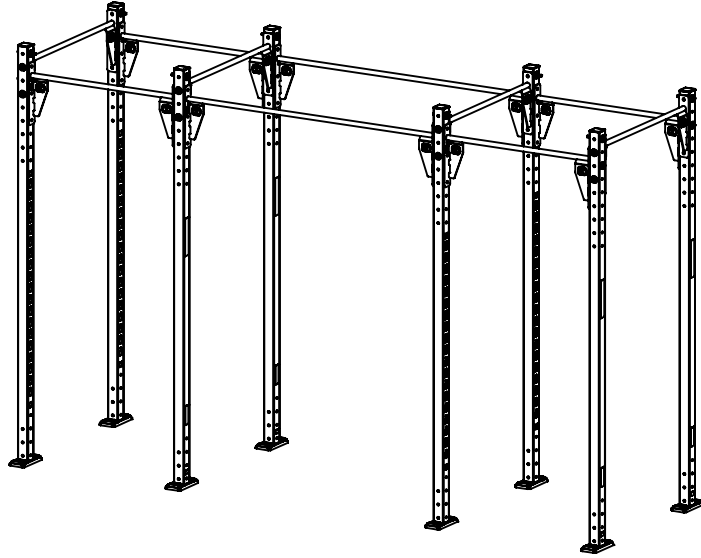


# X-RACK ASSEMBLY GUIDE

VERSION: XRACK

PART #: 5832101 - D



**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 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. Tighten all loose connections. Pay special attention to cable ends and 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 from your authorized Torque Fitness Dealer. **Failure to comply with these instructions will void any and all product warranties.**
5. Keep body and clothing clear of all moving parts. 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 adjustment spring pins are fully engaged after making an adjustment and before using the product.
7. Make sure weight stack selector pin is completely inserted into the weight stack before beginning any exercise.
8. Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy. Owner must notify any user of all warnings and proper use of equipment.
9. This product is designed for Class S, Studio or Commercial indoor use only. Unless directly specified, the maximum user weight is 300 lb (136 kg). 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 email **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 and the included workout booklet 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 [service@torquefitness.com](mailto: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): \_\_\_\_\_

**Torque Fitness**  
**11201 Xeon Street NW Suite 101**  
**Coon Rapids, MN USA 55448**

# 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). Email: [service@torquefitness.com](mailto: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
- Allen wrench set
- 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
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure
- Level

## Optional Equipment

Optional equipment may be available for this product.

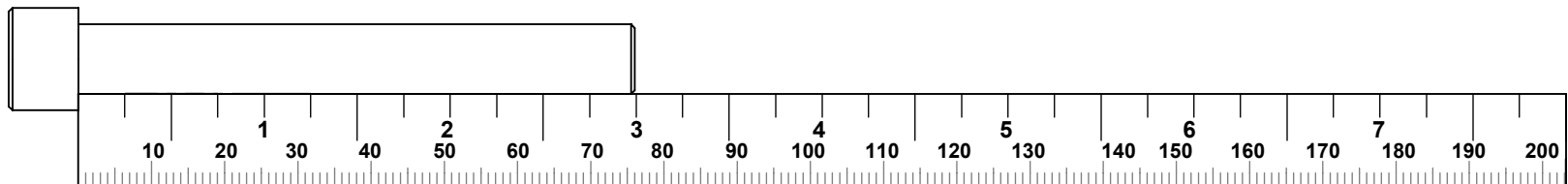
Follow the instructions included with the optional equipment to assemble it to the base product.

## 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.
- 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 with your back to the 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.



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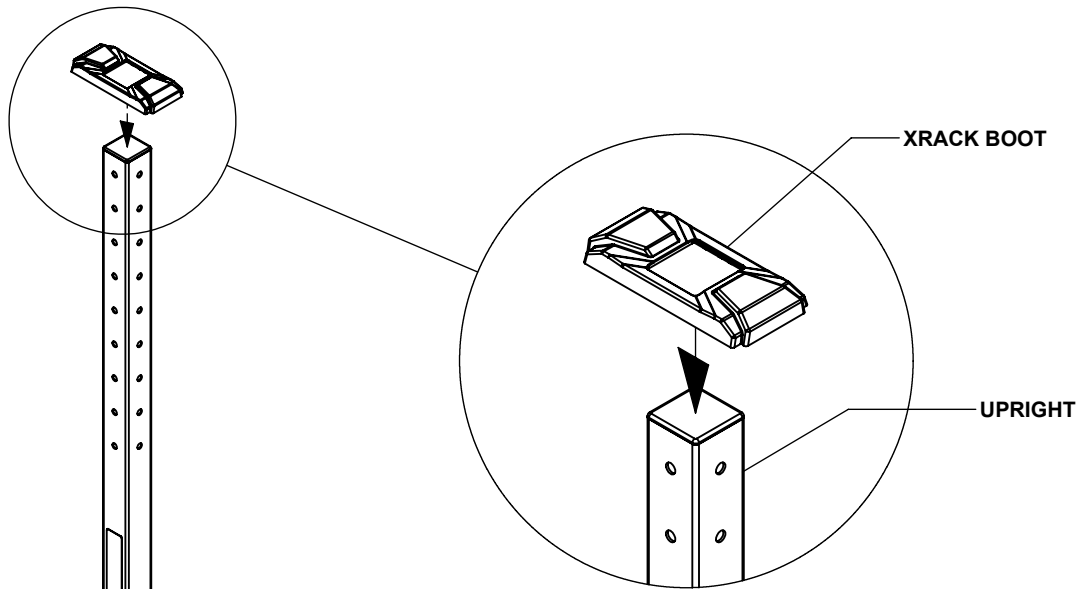
### 4. **MAINTENANCE AND NOTICES: PAGE 118**

**NOTE:** When assembling the XRACK system, it is recommended to keep all bolt connections loose until the base system and all of the module stations have been assembled. Securely tighten all frame connections at this time, and then proceed to the attachment options. Attachment options can be securely tightened as they are assembled.

## **WARNING!**

**SEE FLOOR ANCHOR NOTES FOR EACH RACK SYSTEM. ALL X-RACKS (UNLESS SPECIFIED OTHERWISE) ARE REQUIRED TO BE ANCHORED TO THE FLOOR AND OR WALL TO PREVENT ROCKING OR TIPPING DURING USE.**

# X-RACK UPRIGHTS AND BOOTS



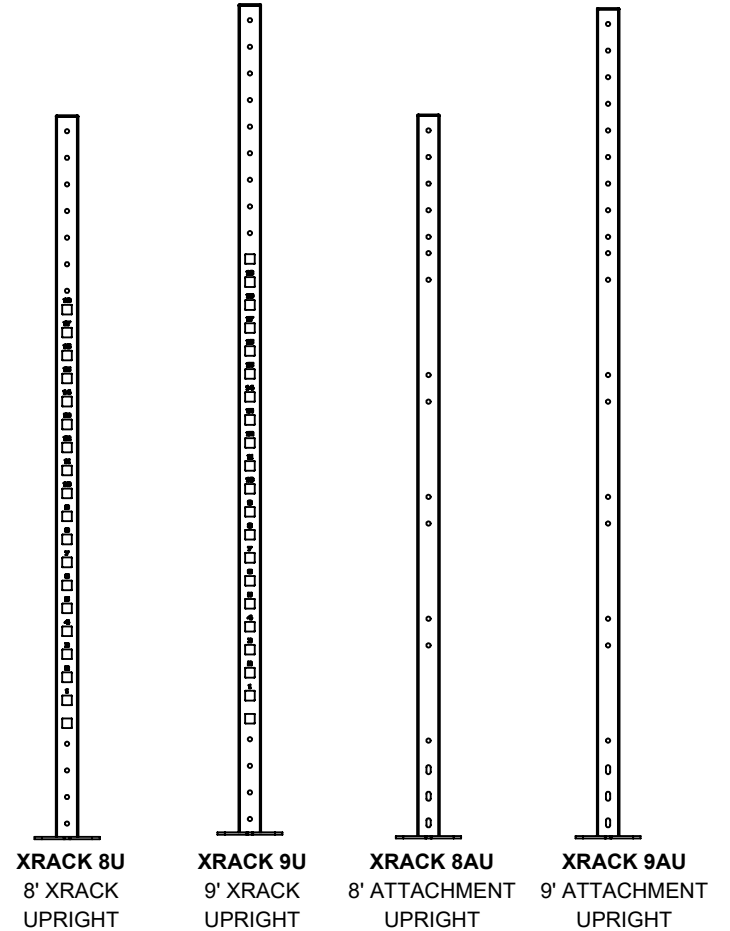
**NOTE:**

If **XRACK BOOTS** are included with the rack to be assembled, boots must be installed as shown prior to assembly of the rack.

For installing boots on attachment uprights (XRACK-8AU and XRACK-9AU) **Not all attachment configurations allow for boots.** If installing an XCREATE Cable module (4SRM, 4LPDM, 4CCM) using the **XCREATE-4CSX DO NOT INSTALL BOOTS ON THE UPRIGHTS THAT THE CABLE STATION WILL BE MOUNTED TO.**

**NOTE:**

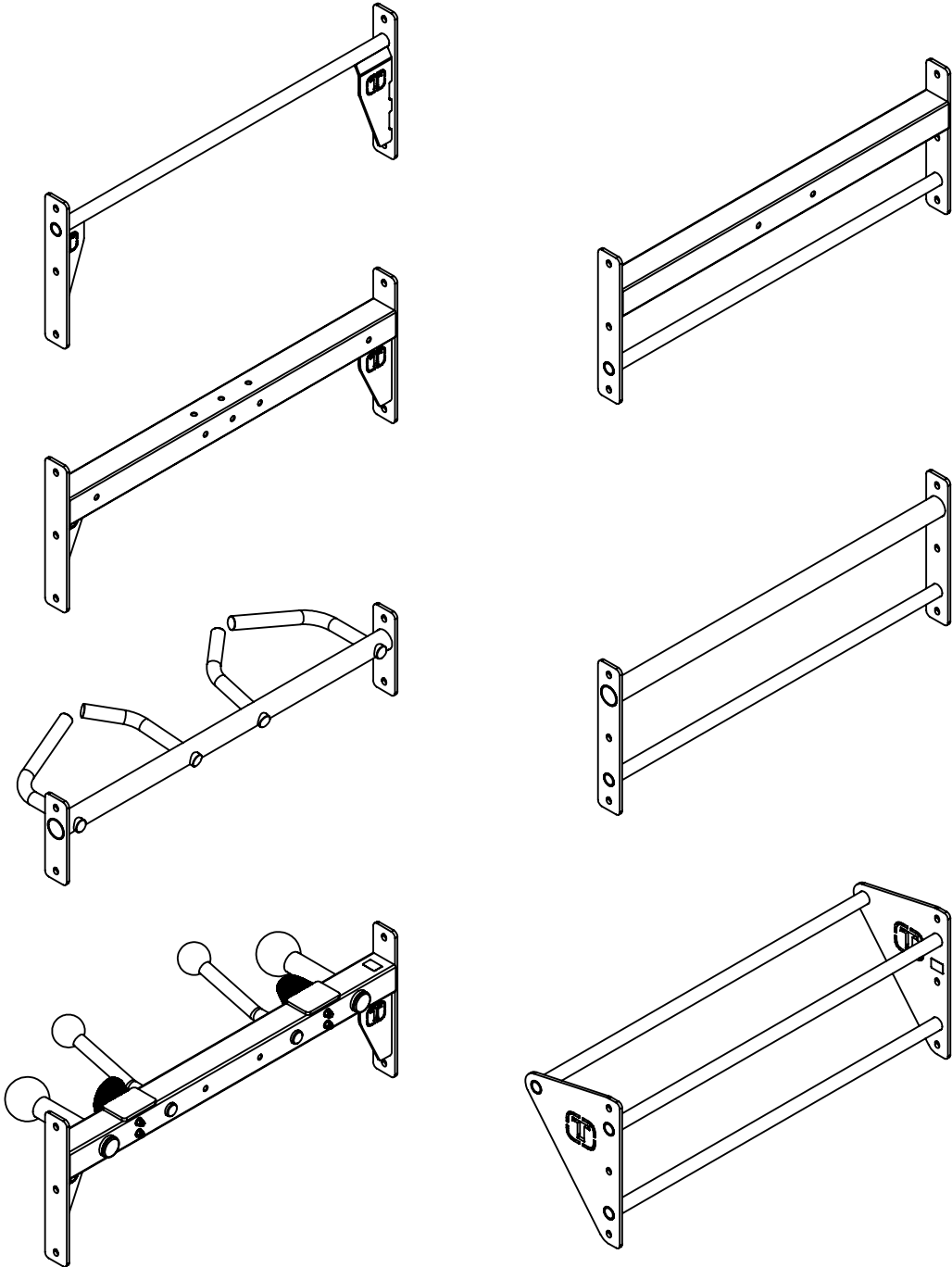
For the purpose of this assembly guide, the 9' **UPRIGHTS** are shown. However, the 8' **UPRIGHTS** may be assembled the exact same way. Some rack configurations may also substitute the **XRACK UPRIGHTS** for **ATTACHMENT UPRIGHTS**.



**NOTE:**

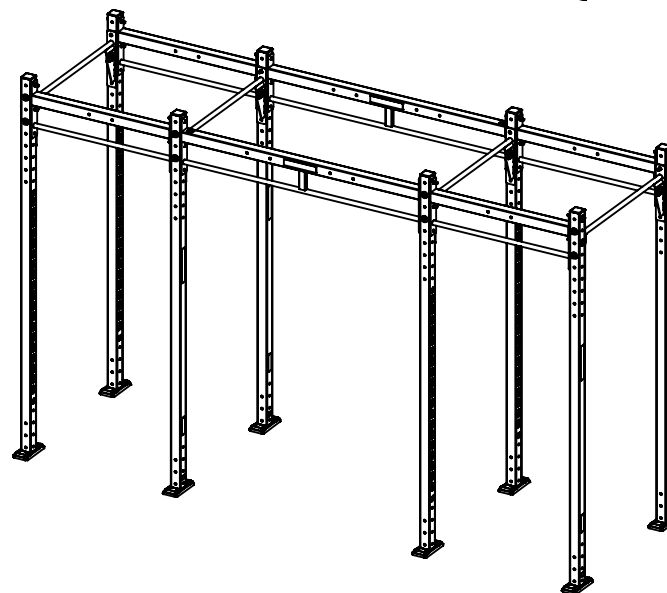
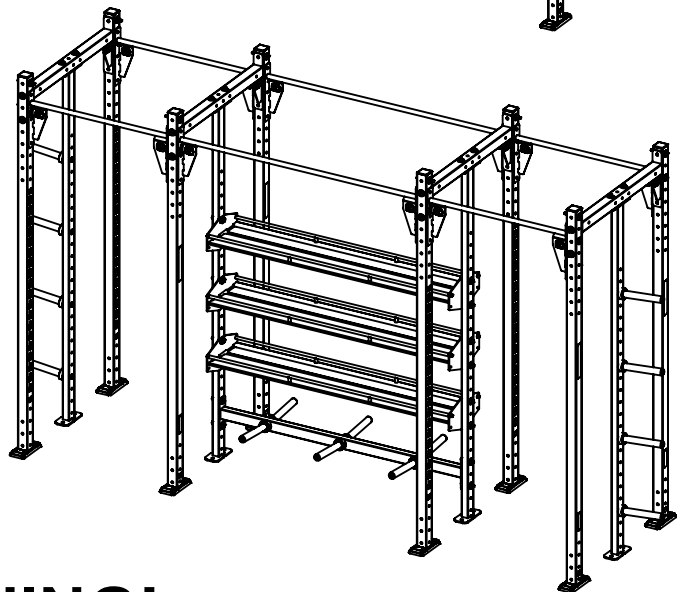
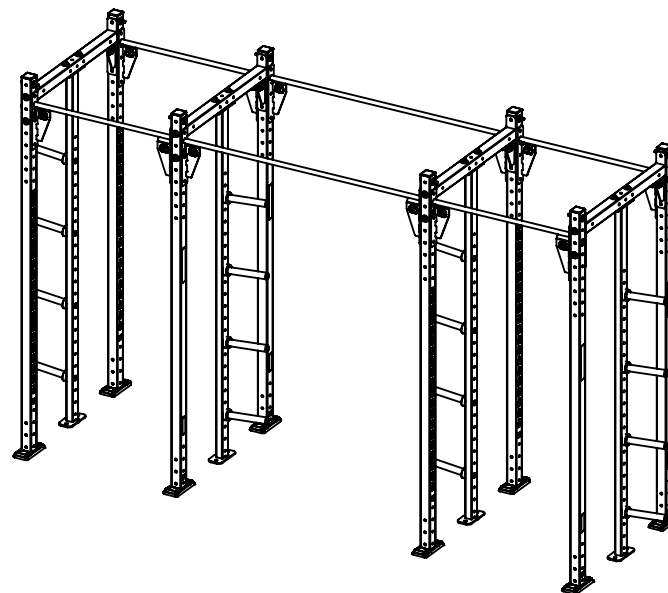
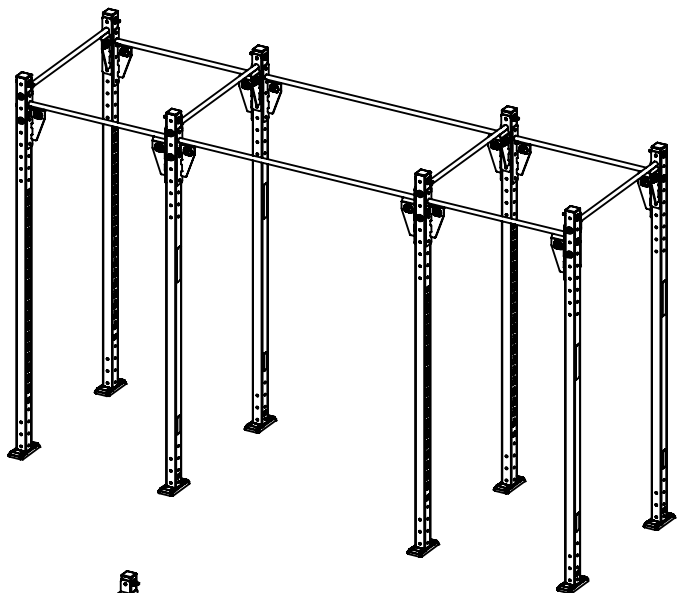
If optional **XRACK BOOTS** were purchased, then they must be installed over the uprights first, prior to assembly of the product.

# CROSSMEMBER OPTIONS



**NOTE:**  
There are a multiple crossmember options for **XRACK**. For the purpose of this assembly guide, crossmembers shown only represent the base rack package. Using the same bolted connections other crossmembers may be substituted during assembly.

# FLOOR MOUNTED X-RACK SYSTEMS

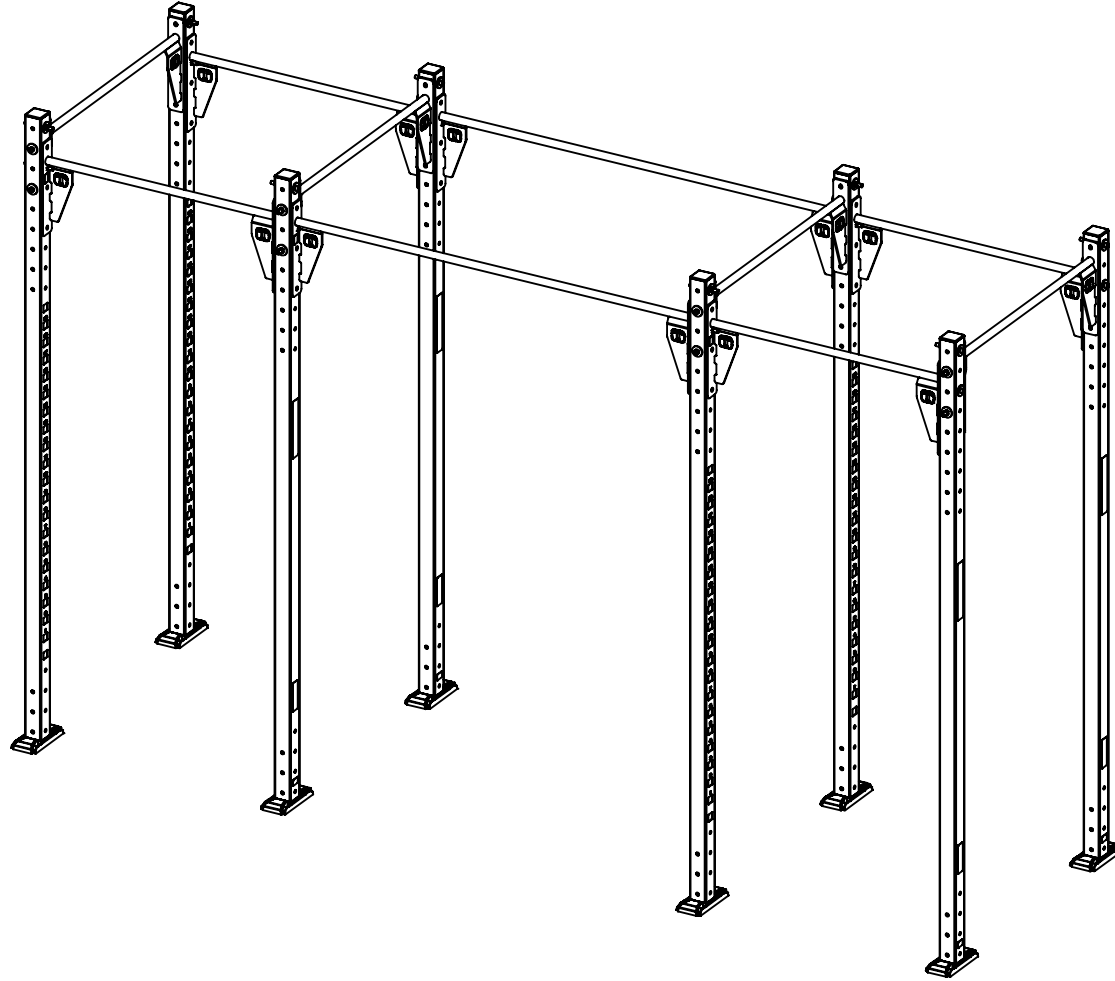


## WARNING!

ALL FLOOR MOUNTED X-RACK SYSTEMS ARE REQUIRED TO BE ANCHORED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE.

For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES ANCHORING INSTRUCTIONS/](http://www.torquefitness.com/assembly-manuals/X-SERIES ANCHORING INSTRUCTIONS/)

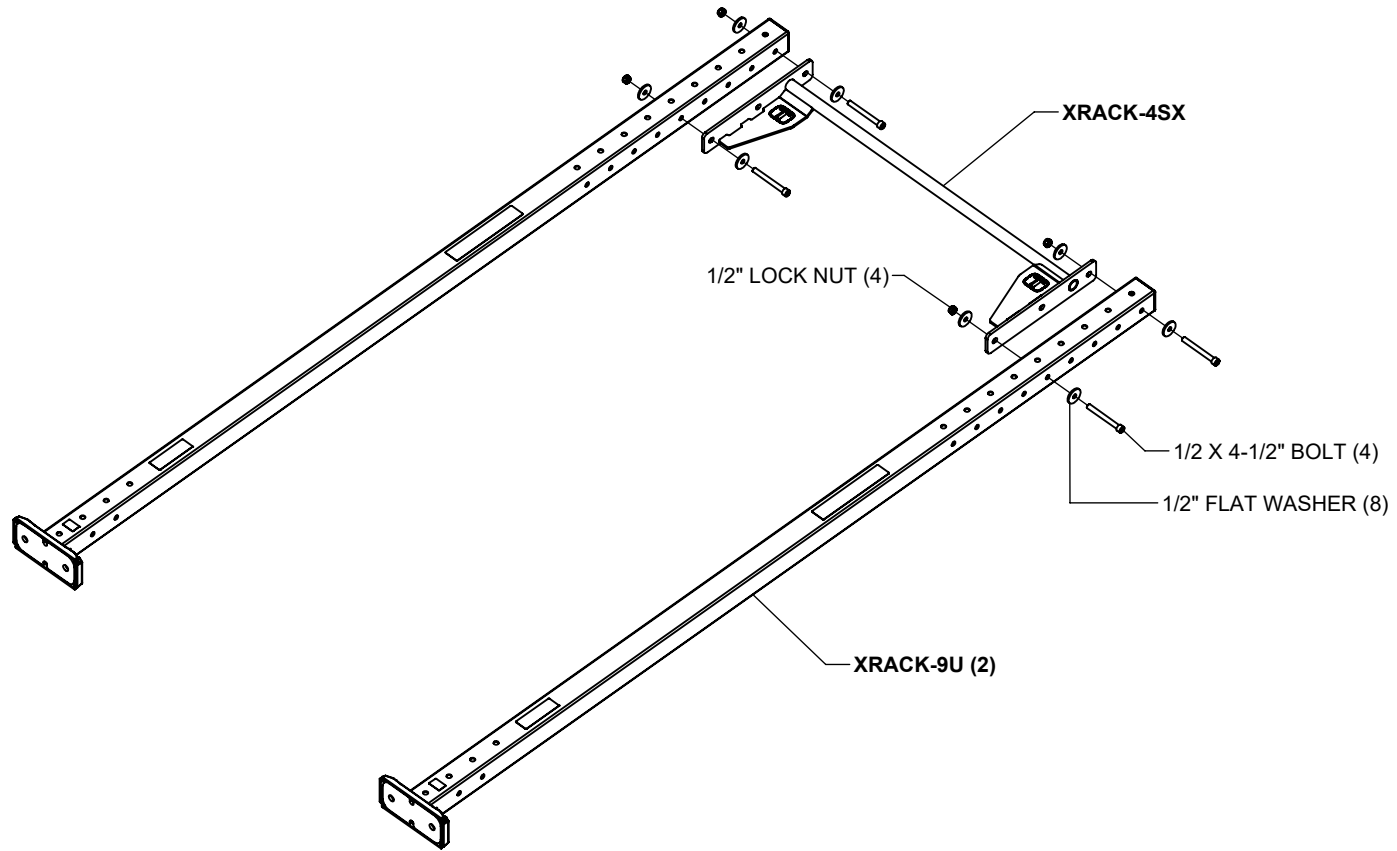
## FLOOR MOUNTED BASE CENTER



### NOTE:

There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, rack configurations will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

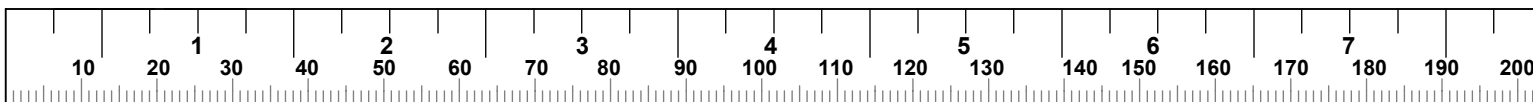
## XRFM BC - STEP 1



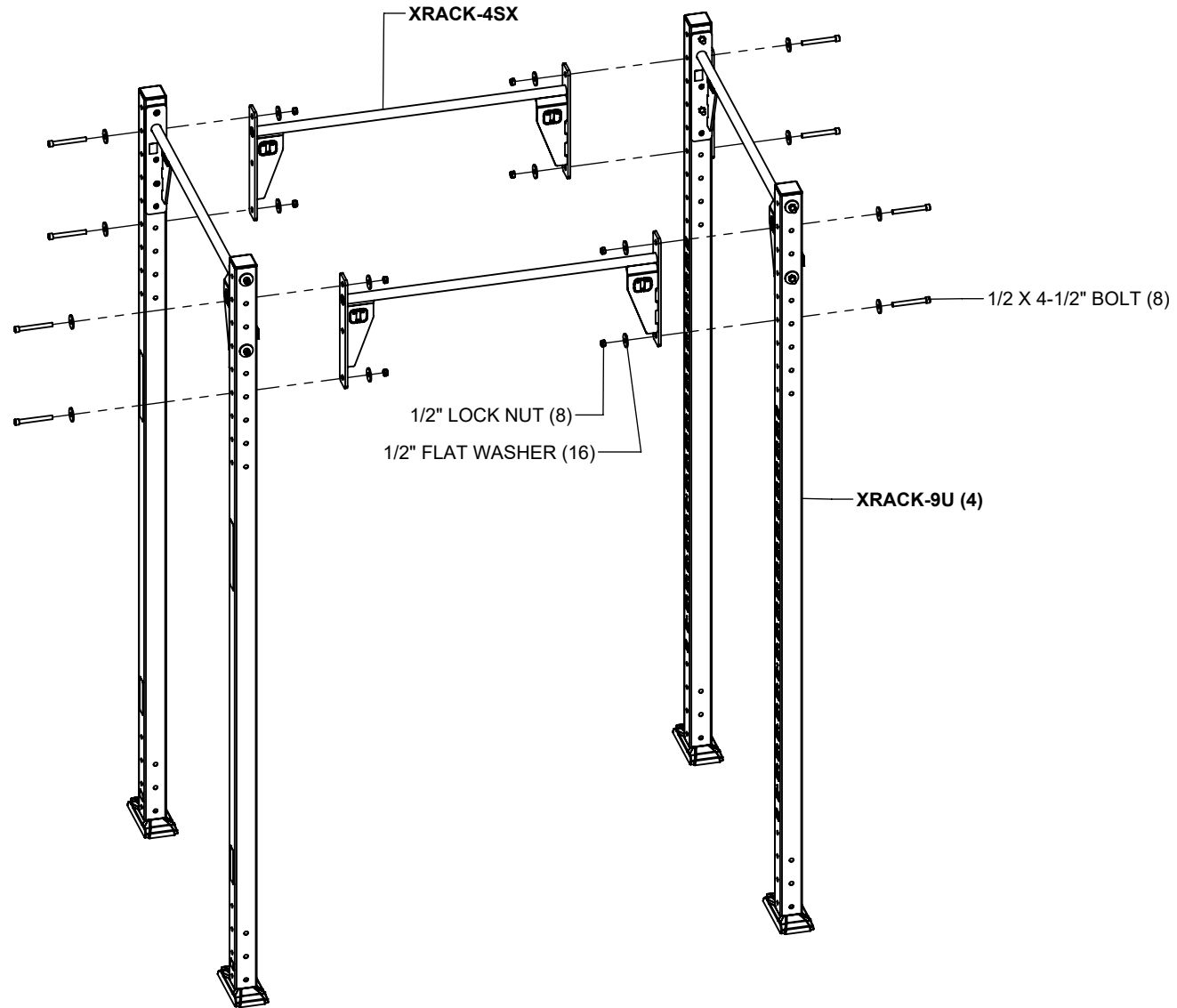
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations with weight storage.

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



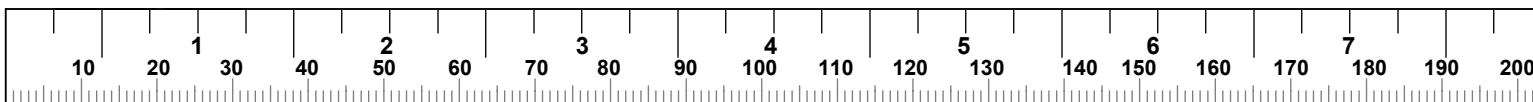
## XRFM BC - STEP 2



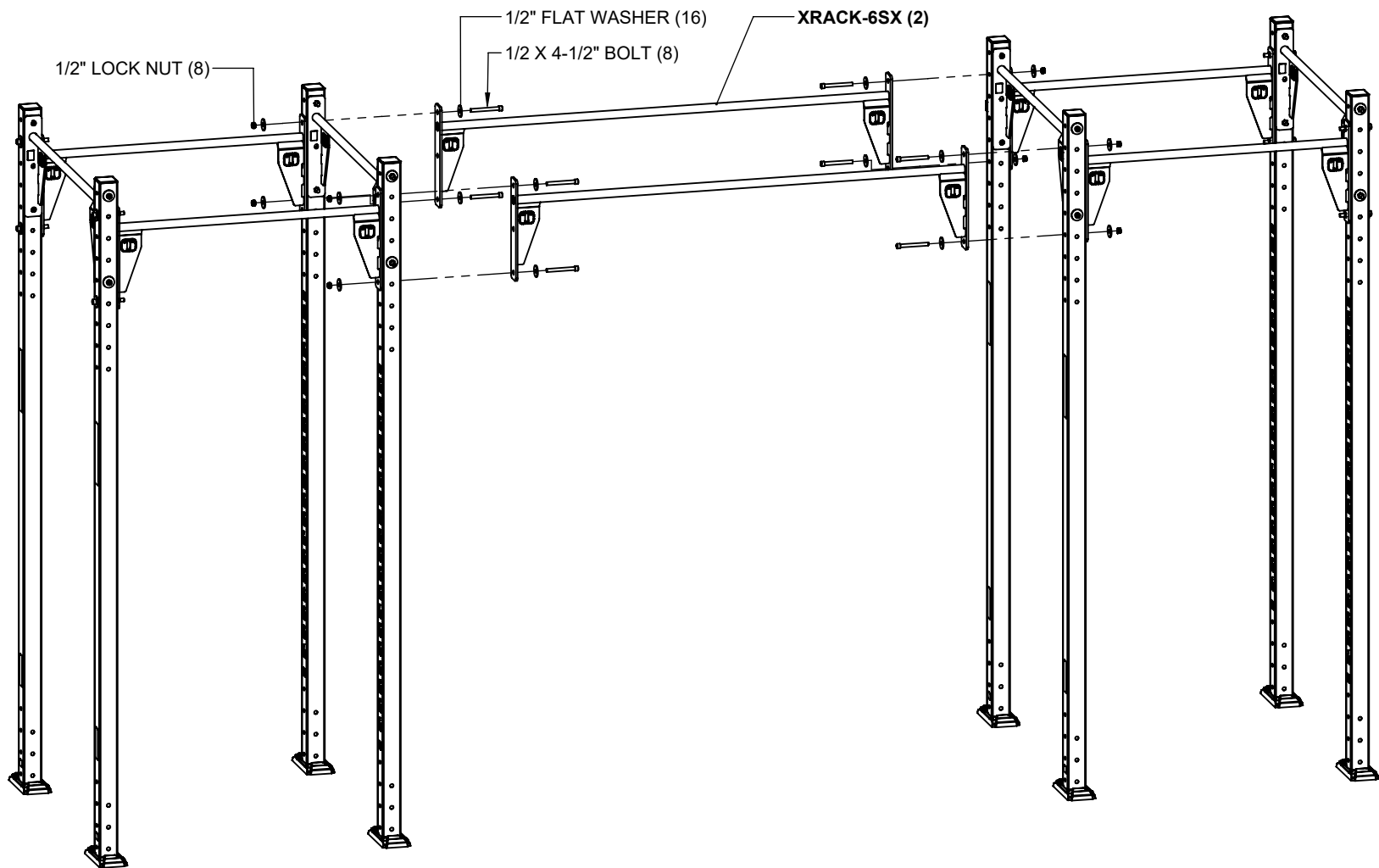
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations.

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



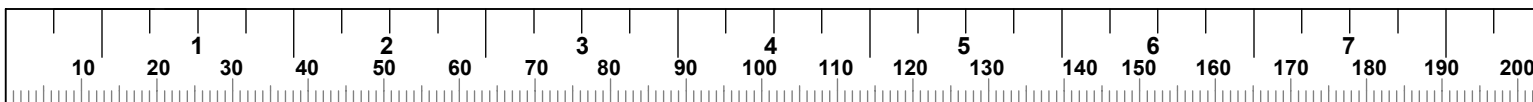
### XRFM BC - STEP 3



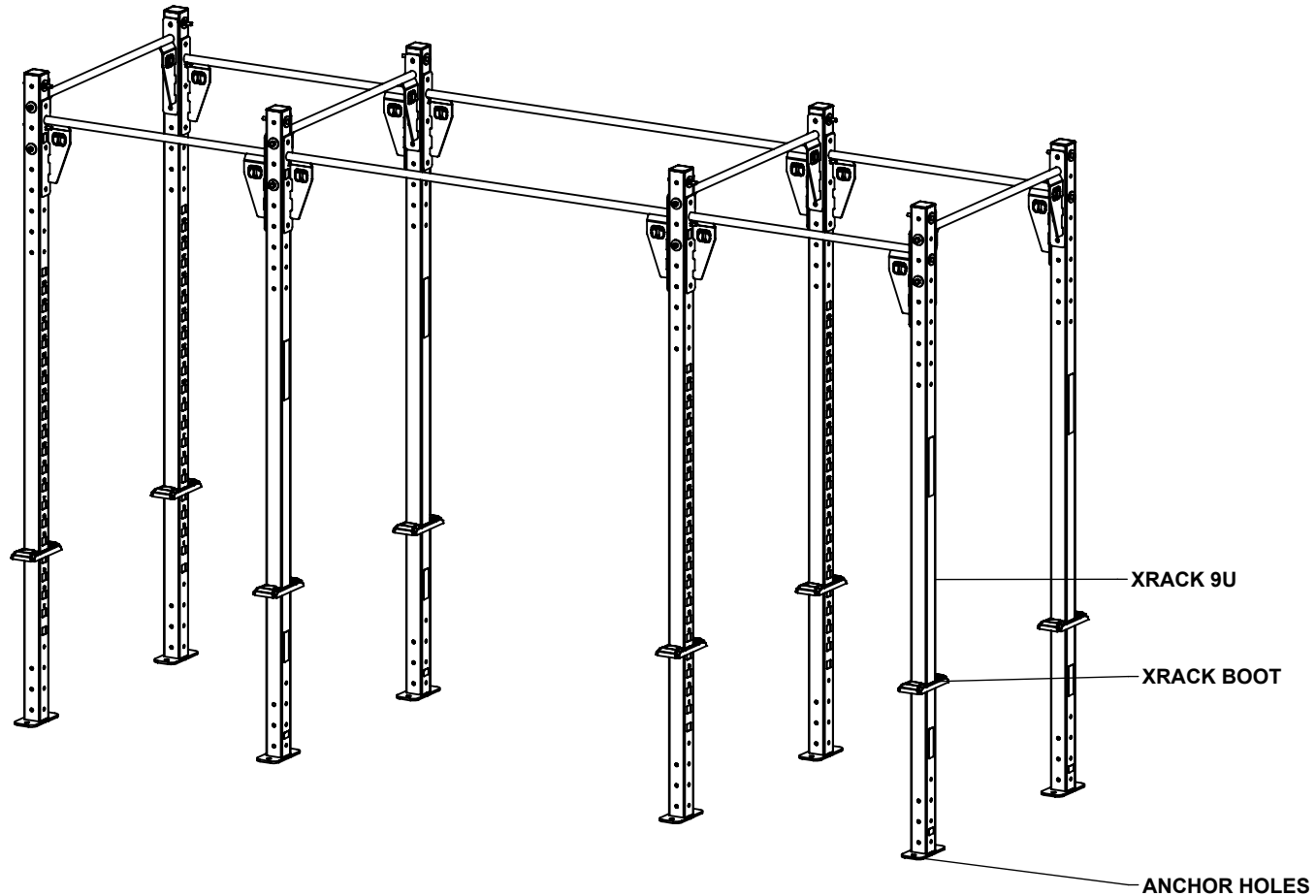
**NOTE:**

Complete this step in the final location of the rack.

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



## XRFM BC - STEP 4

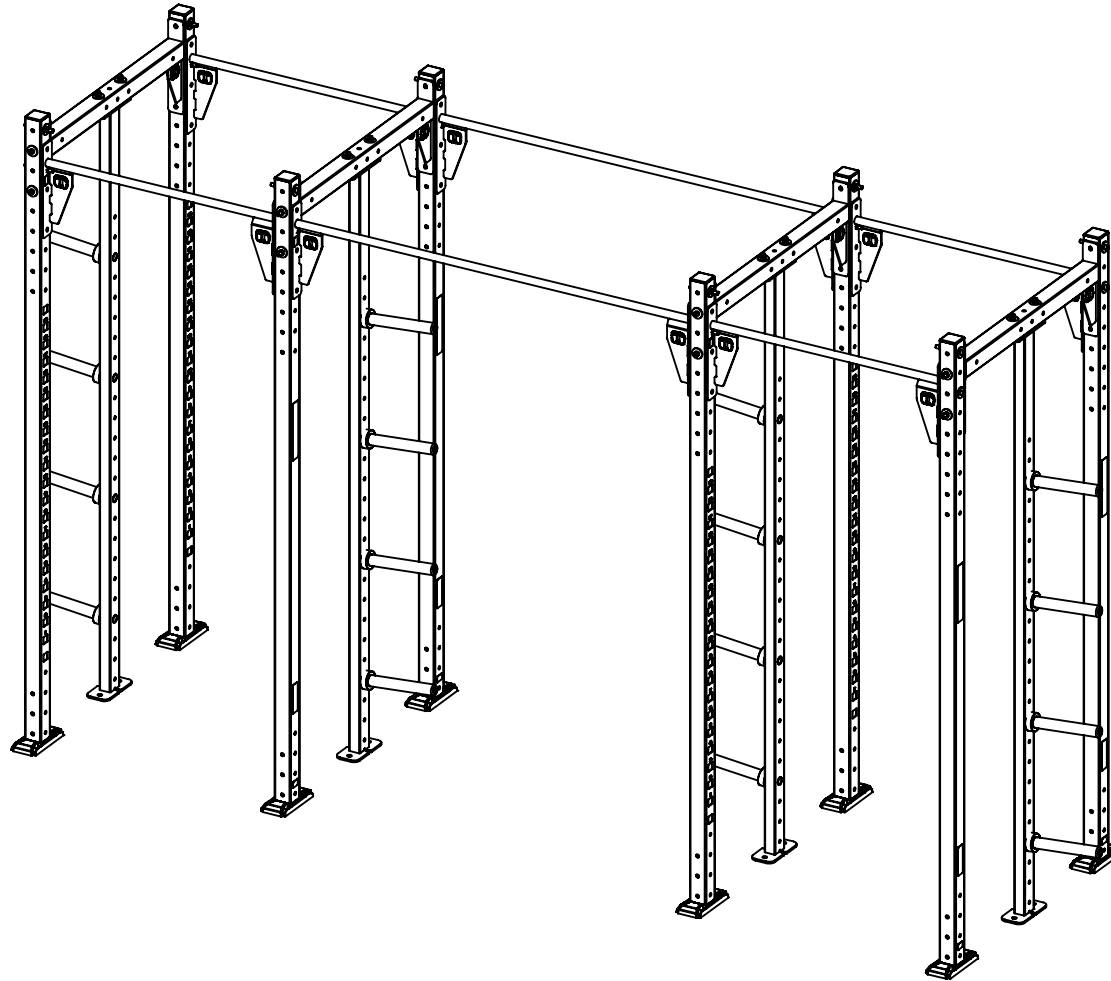


## **WARNING!**

**ALL FLOOR MOUNTED X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE.**

For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES](http://www.torquefitness.com/assembly-manuals/X-SERIES)  
**ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS**

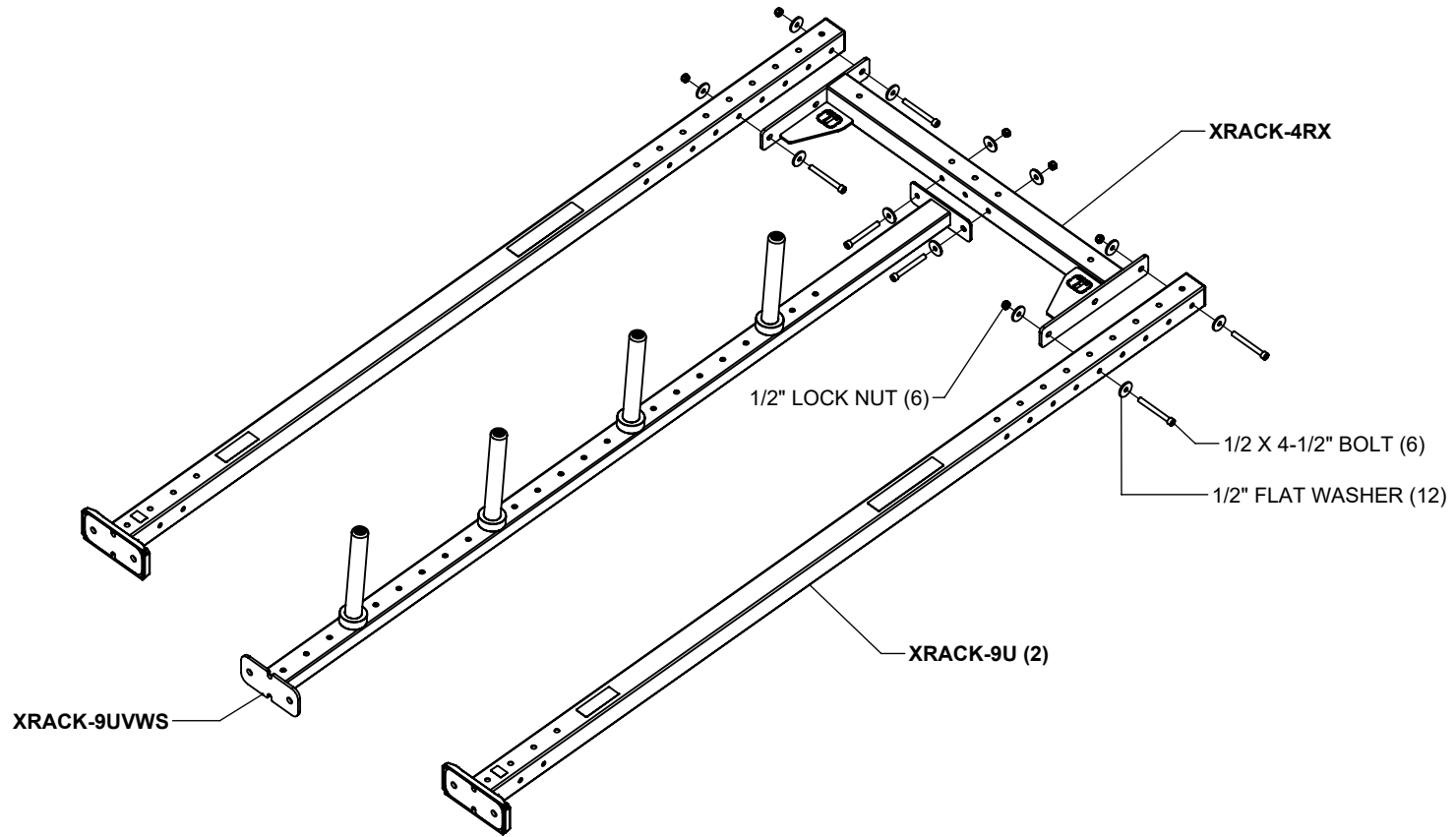
## FLOOR MOUNTED STORAGE CENTER



### NOTE:

There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, rack configurations will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

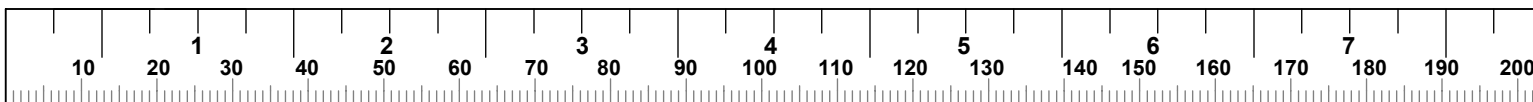
# XRFM SC - STEP 1



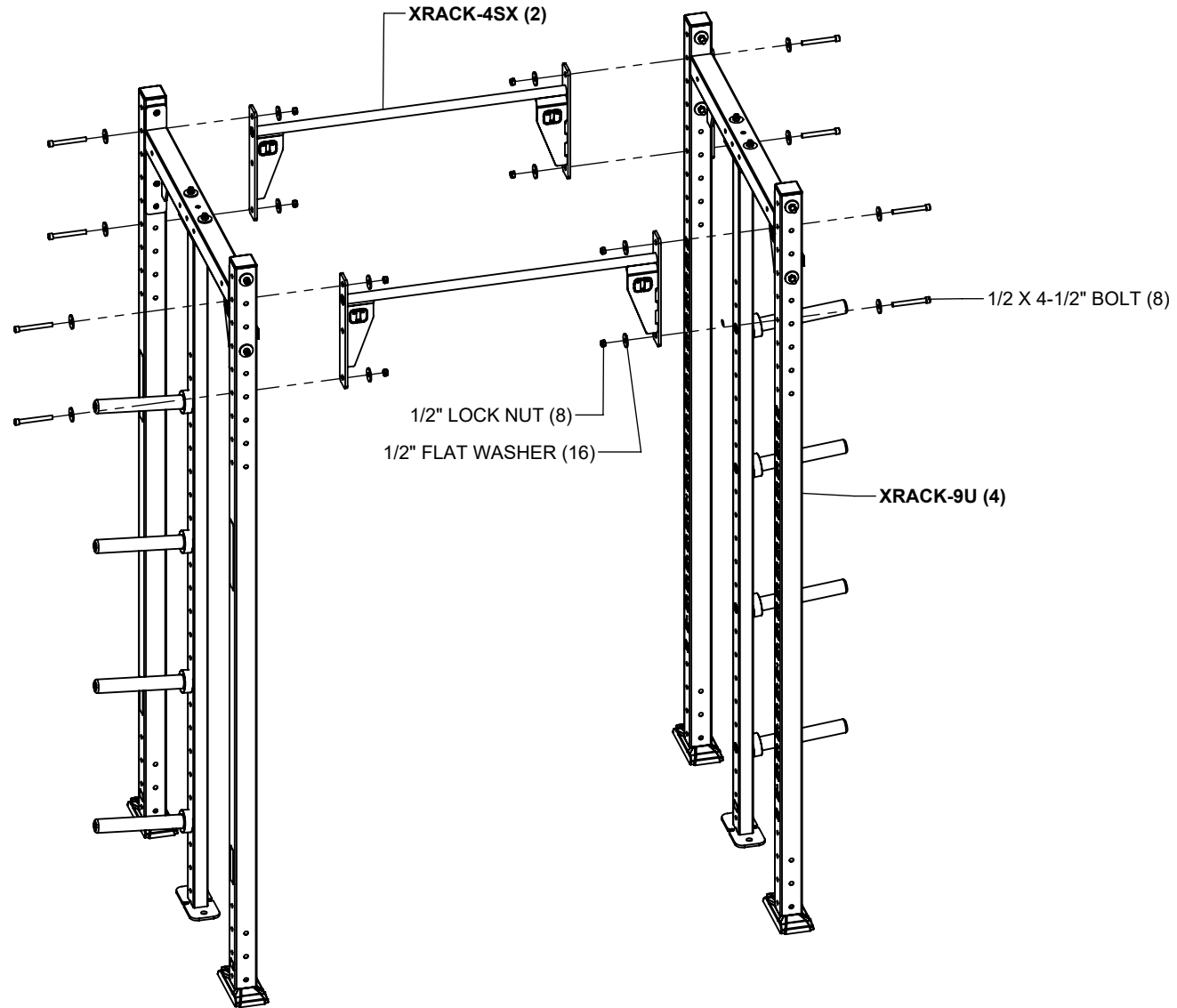
## **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations with weight storage.

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



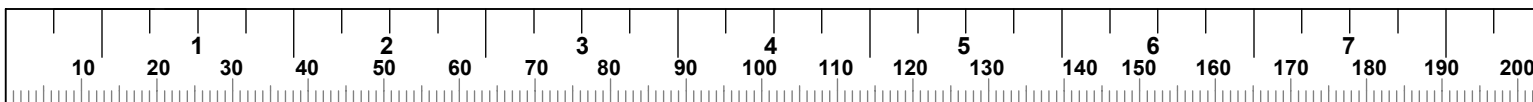
## XRFM SC - STEP 2



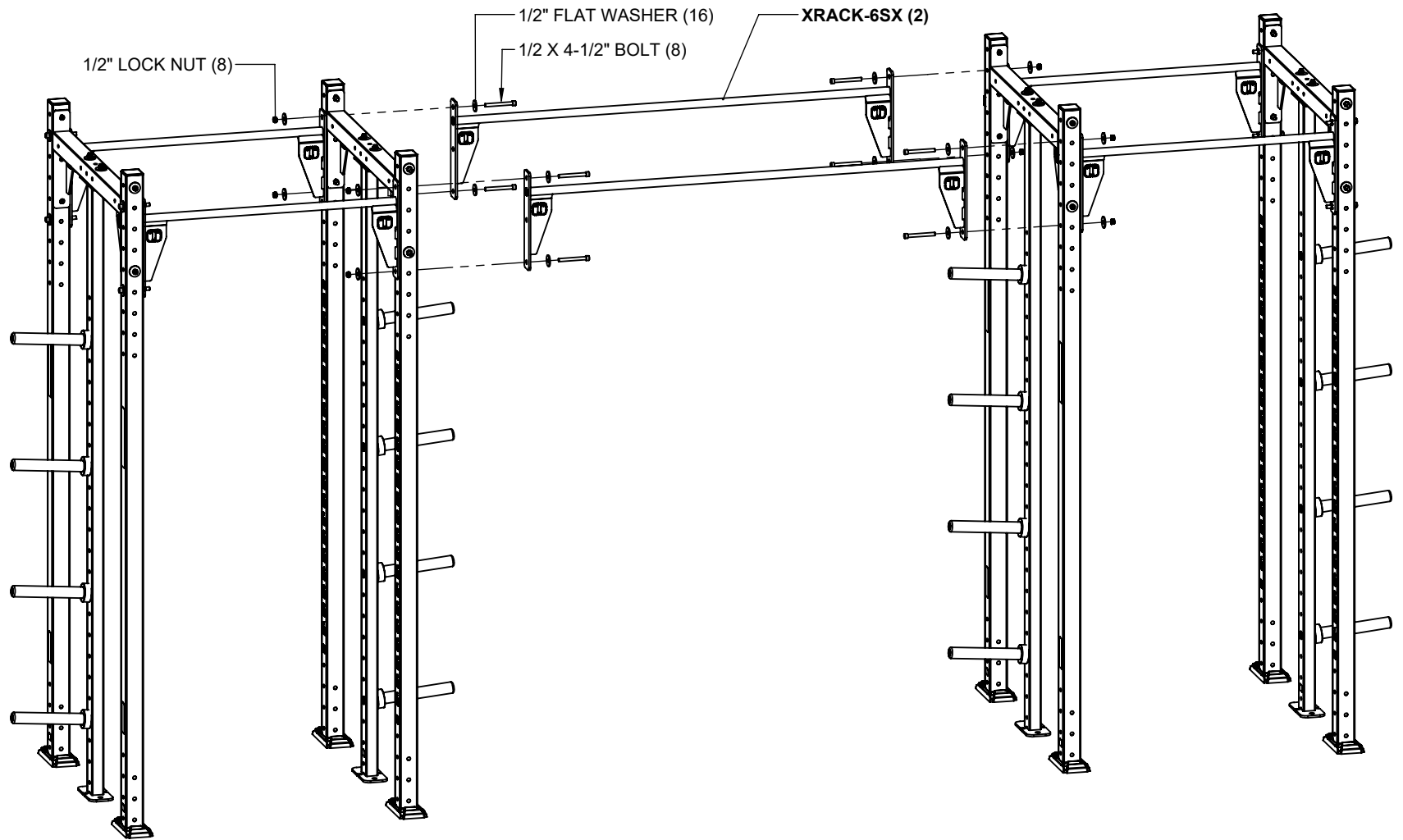
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations.

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



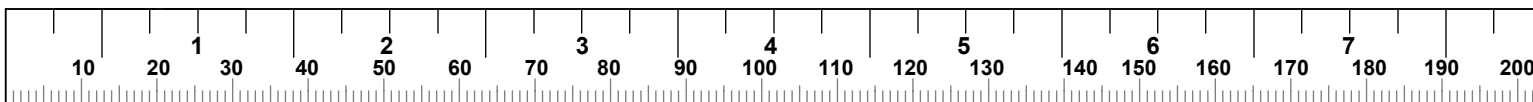
### XRFM SC - STEP 3



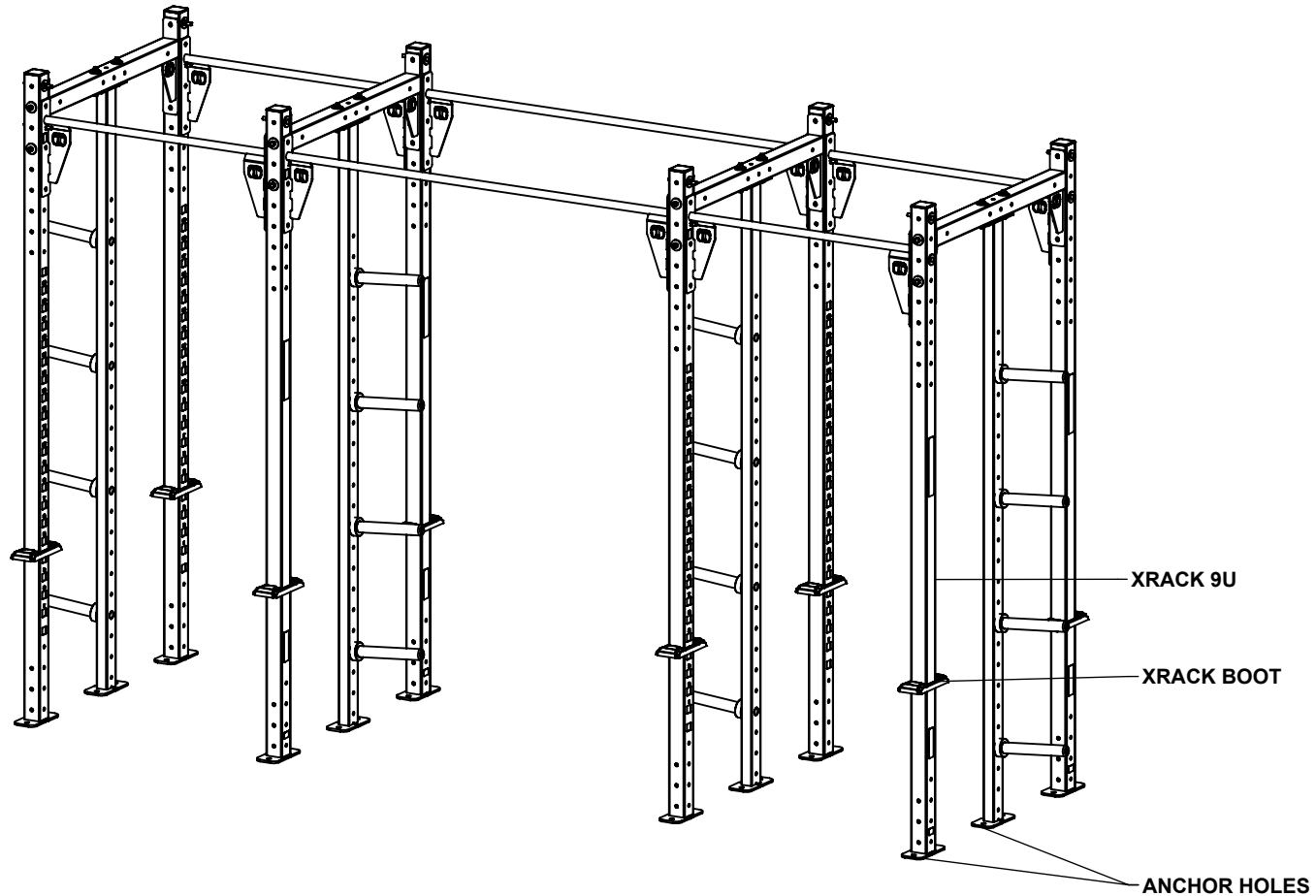
**NOTE:**

Complete this step in the final location of the rack.

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



## XRFM SC - STEP 4

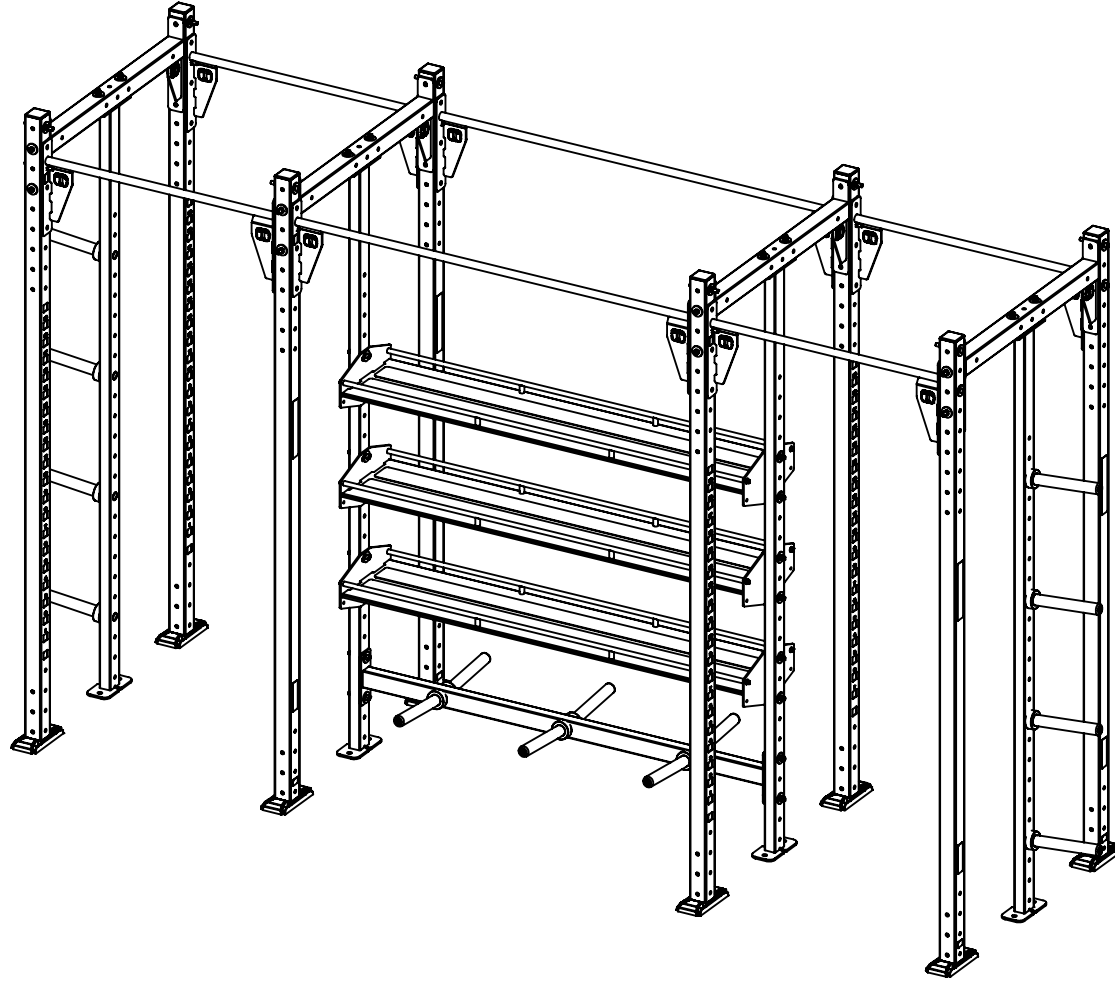


## **WARNING!**

**ALL FLOOR MOUNTED X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE.**

For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES](http://www.torquefitness.com/assembly-manuals/X-SERIES)  
**ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS**

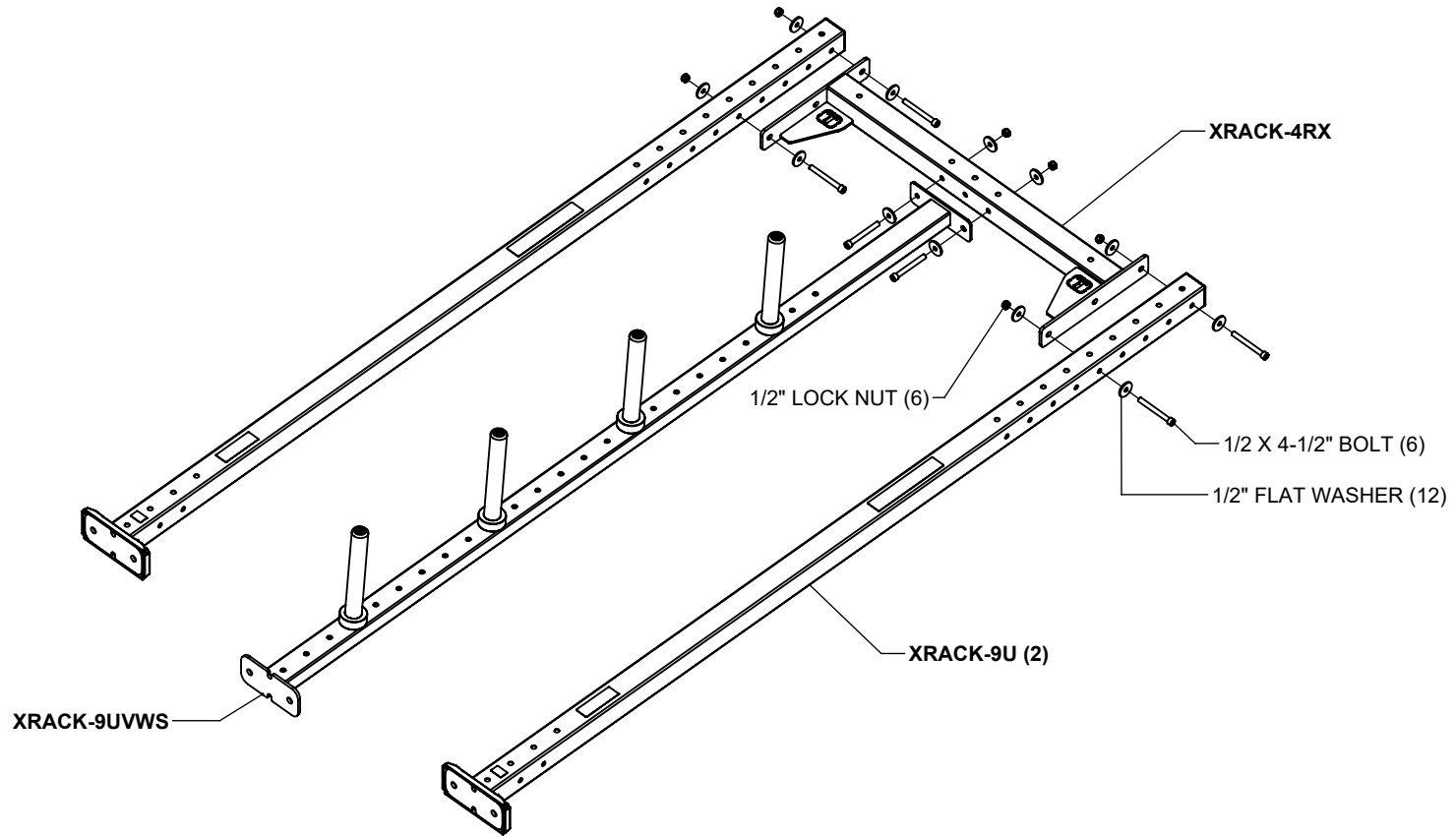
## FLOOR MOUNTED STORAGE PLUS CENTER



### **NOTE:**

There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, rack configurations will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

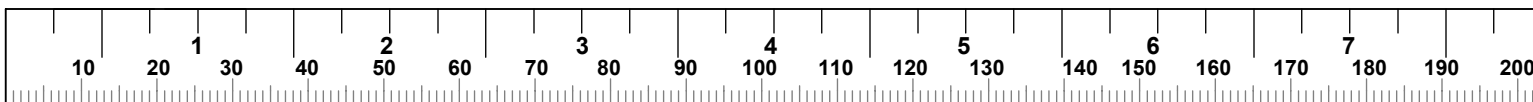
# XRFM SPC - STEP 1



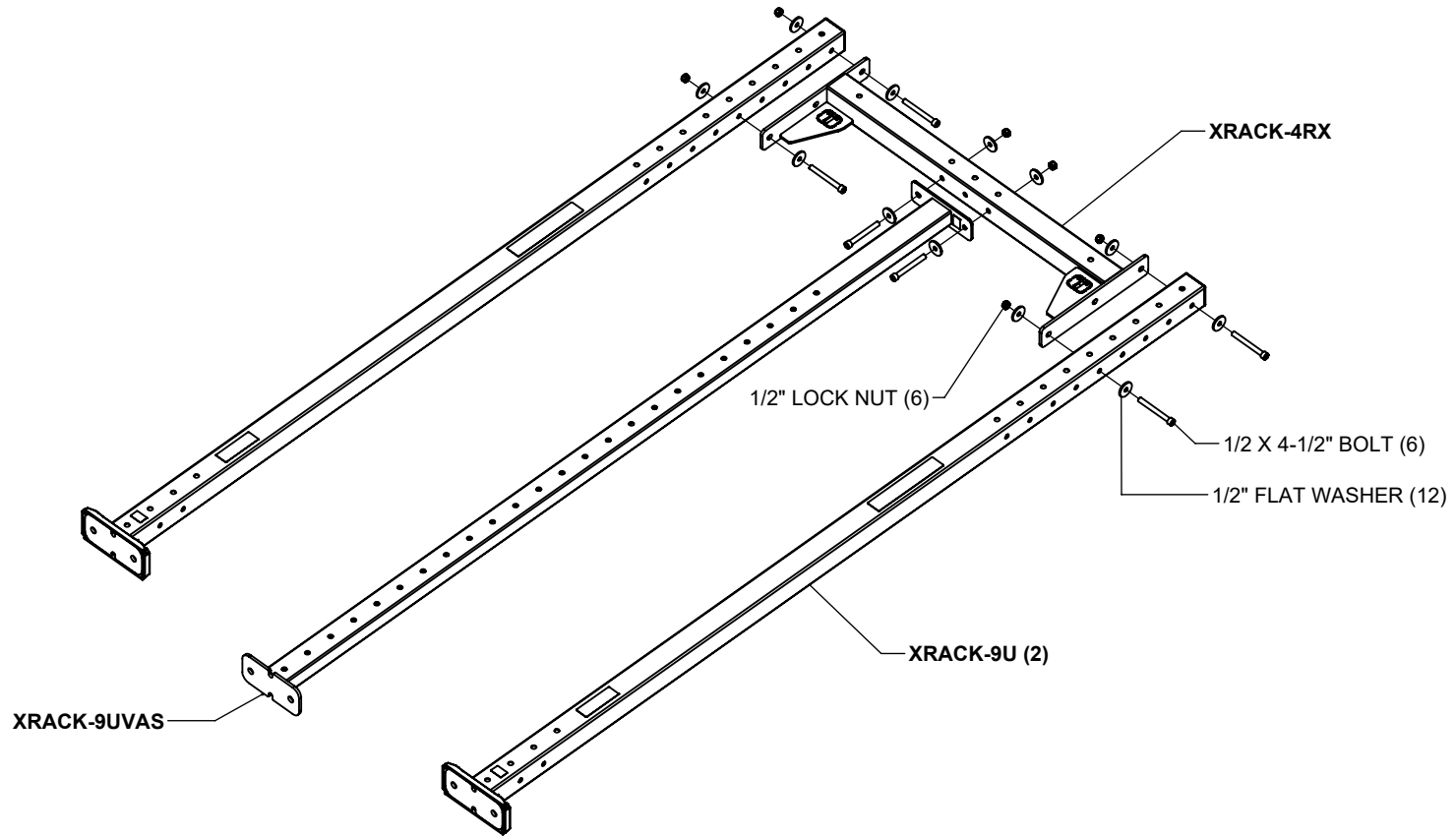
## **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations with weight storage.

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



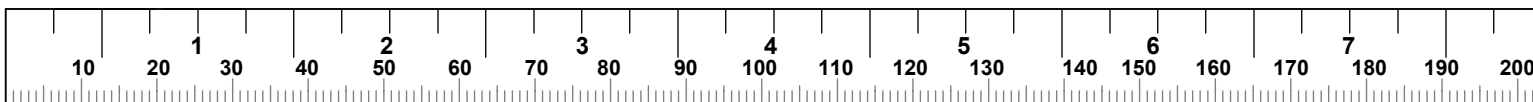
## XRFM SPC - STEP 2



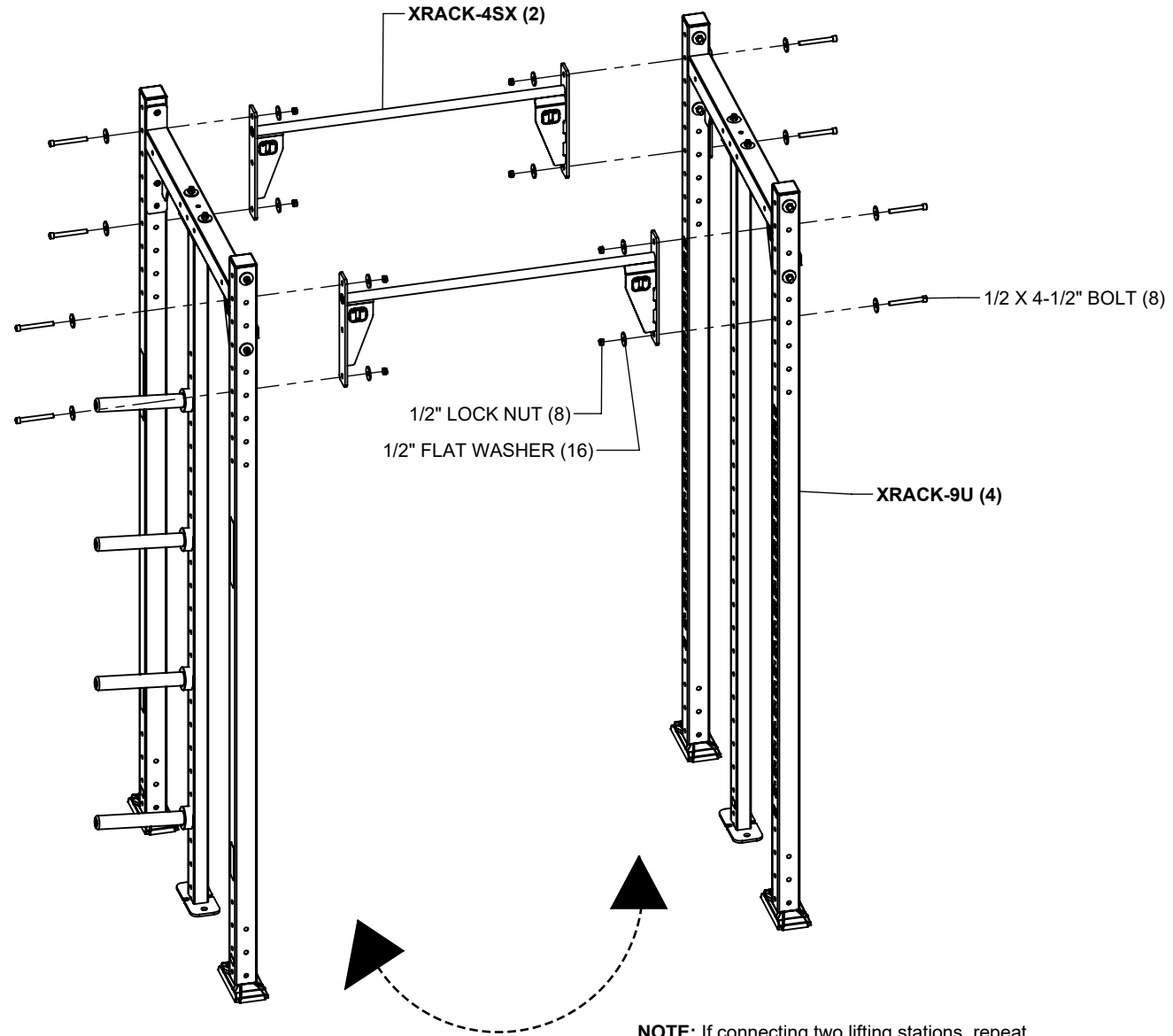
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations with accessory storage.

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



## XRFM SPC - STEP 3

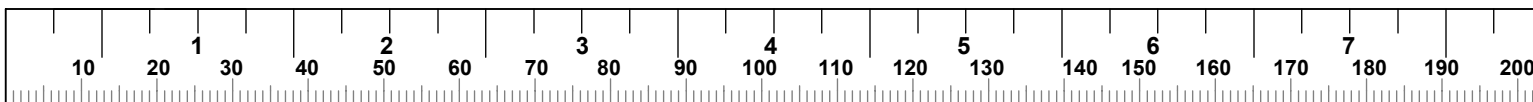


### **NOTE:**

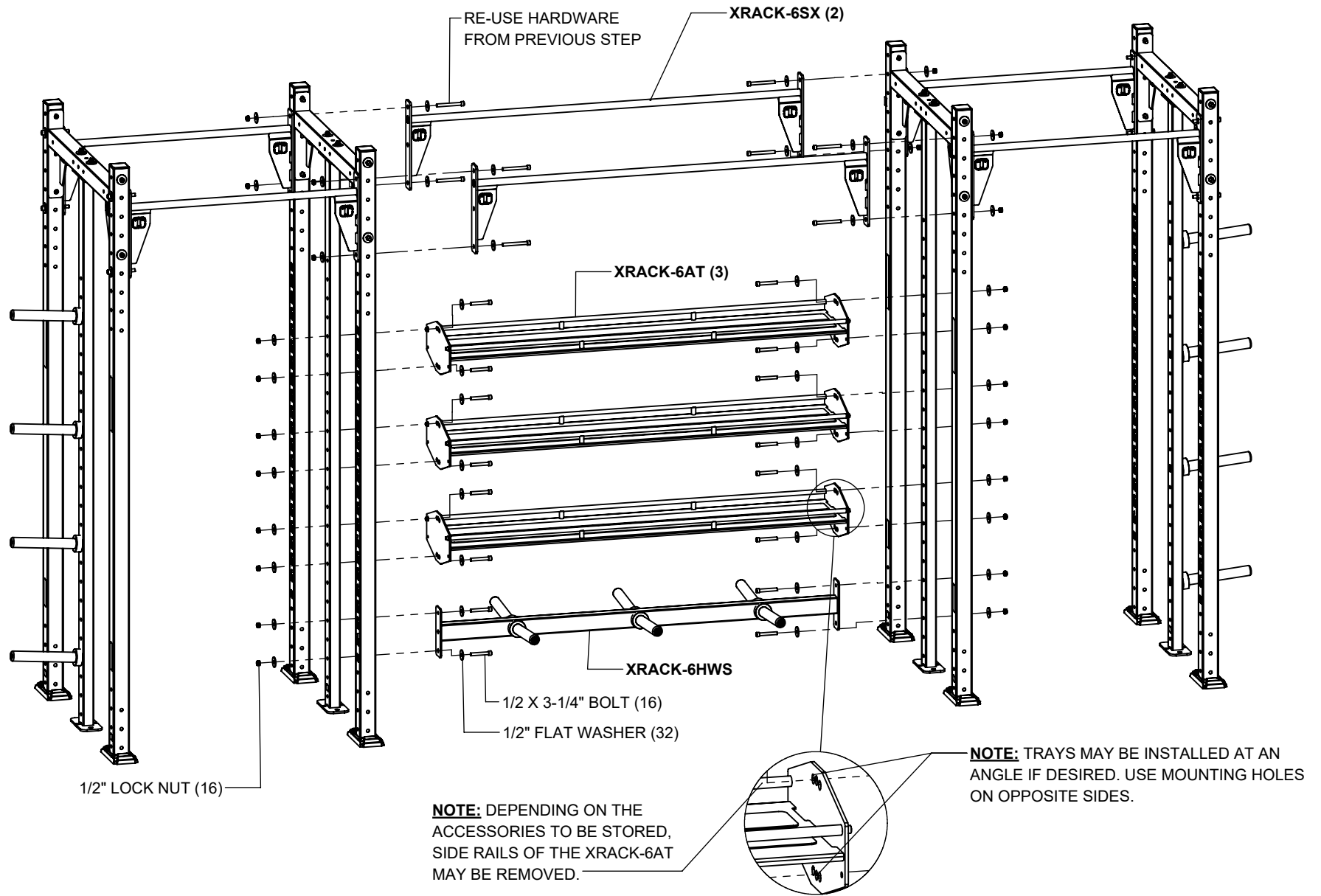
Complete this step near the final location of the rack. Repeat this step for all lifting stations.

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

**NOTE:** If connecting two lifting stations, repeat this step with the next rack facing the opposite direction so the weight horns face outwards. See the following step.



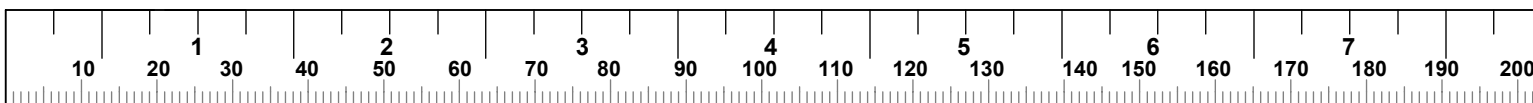
# XRFM SPC - STEP 4



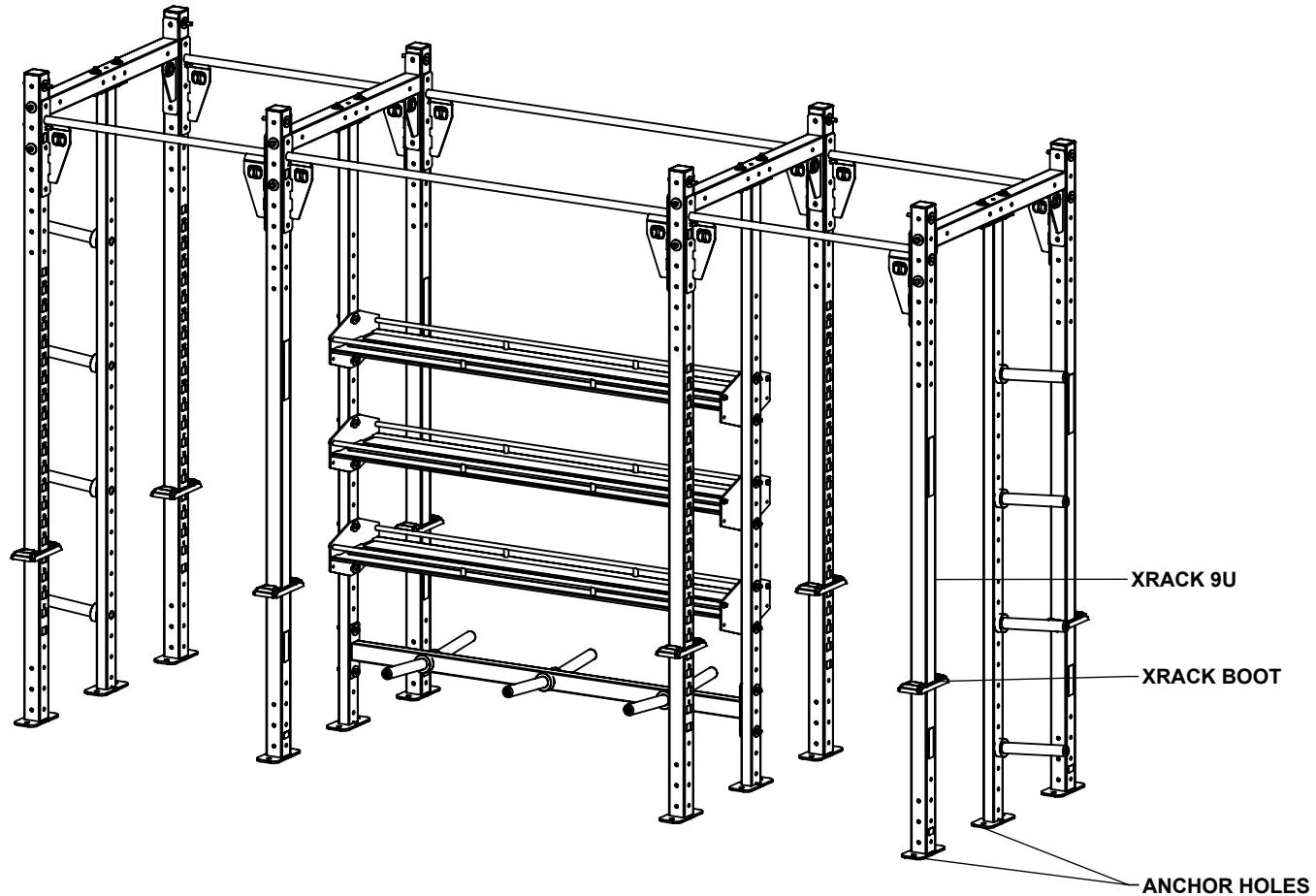
**NOTE:**

Complete this step in the final location of the rack.

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



## XRFM SPC - STEP 5

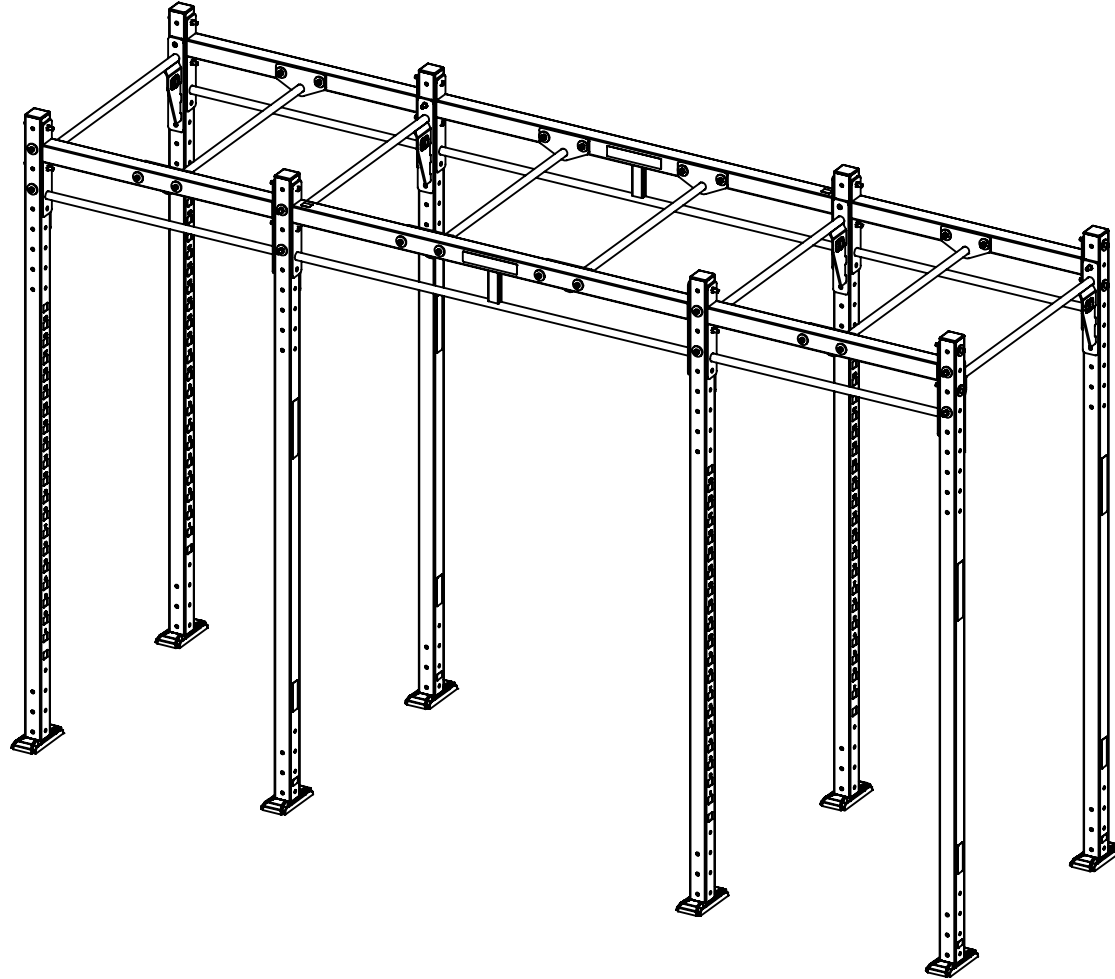


## **WARNING!**

**ALL FLOOR MOUNTED X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE.**

For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES](http://www.torquefitness.com/assembly-manuals/X-SERIES)  
**ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS**

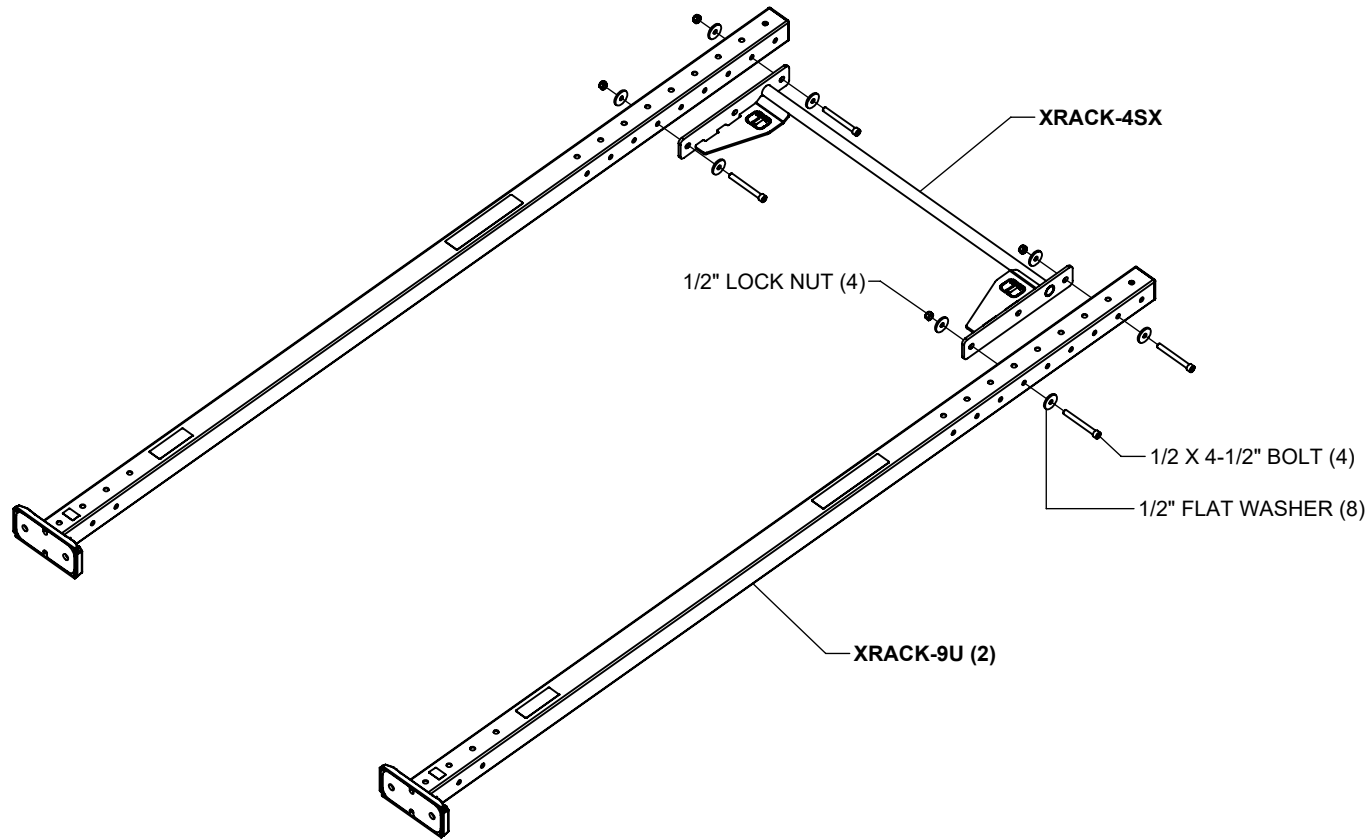
## FLOOR MOUNTED MONKEY BAR CENTER



### NOTE:

There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, rack configurations will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

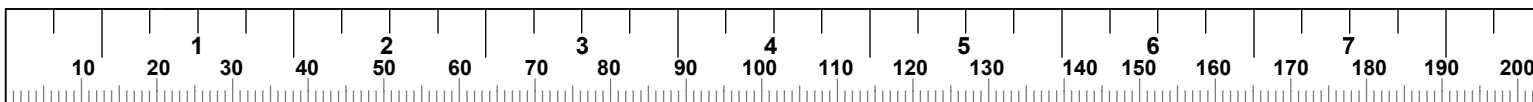
## XRFM MBC - STEP 1



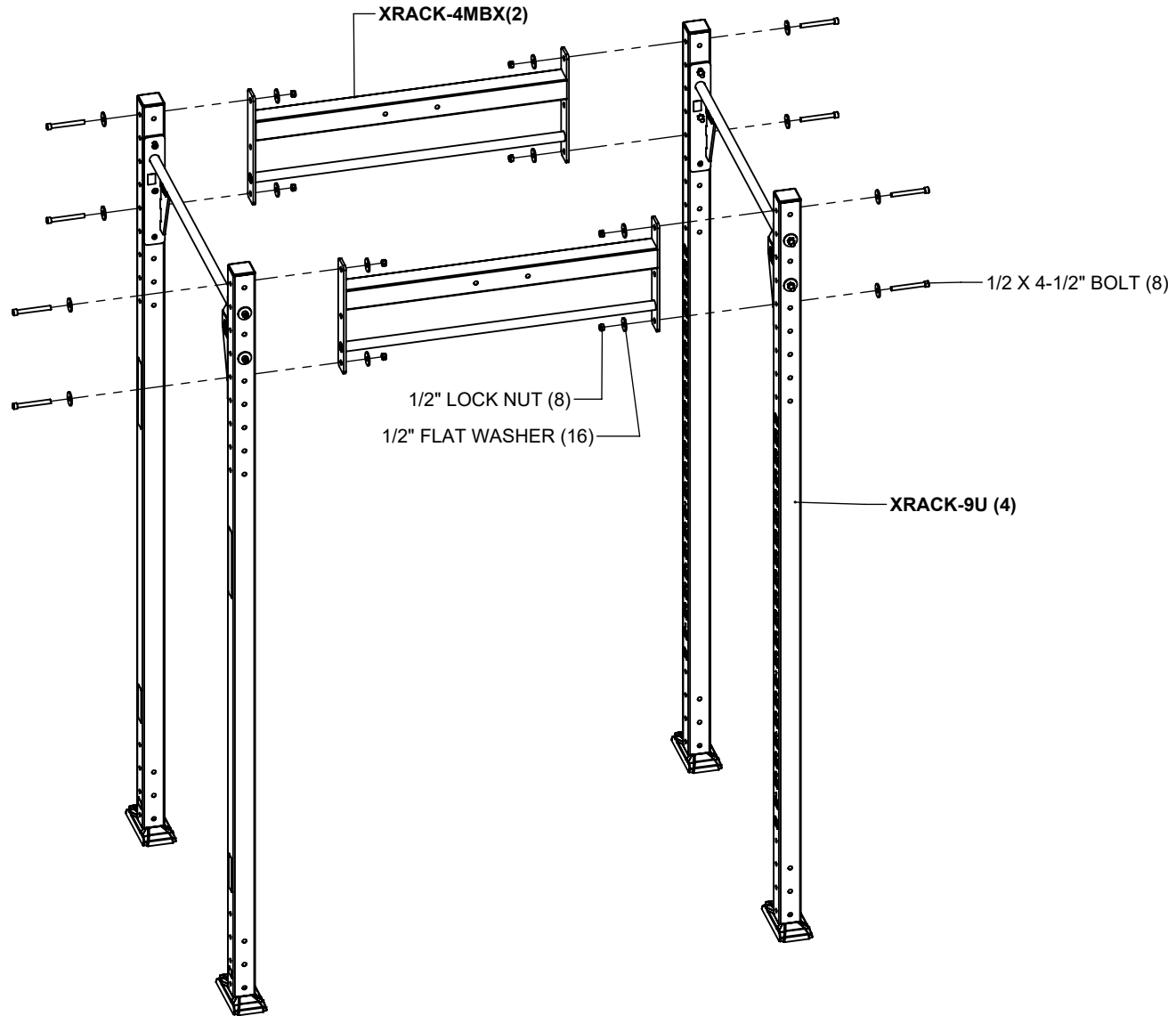
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations with weight storage.

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



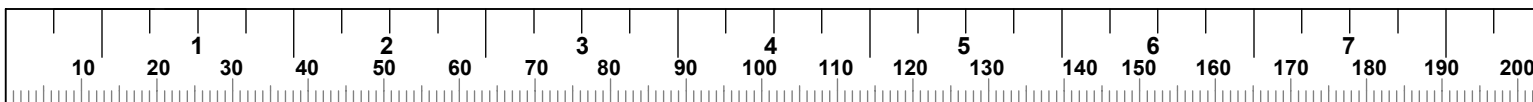
## XRFM MBC - STEP 2



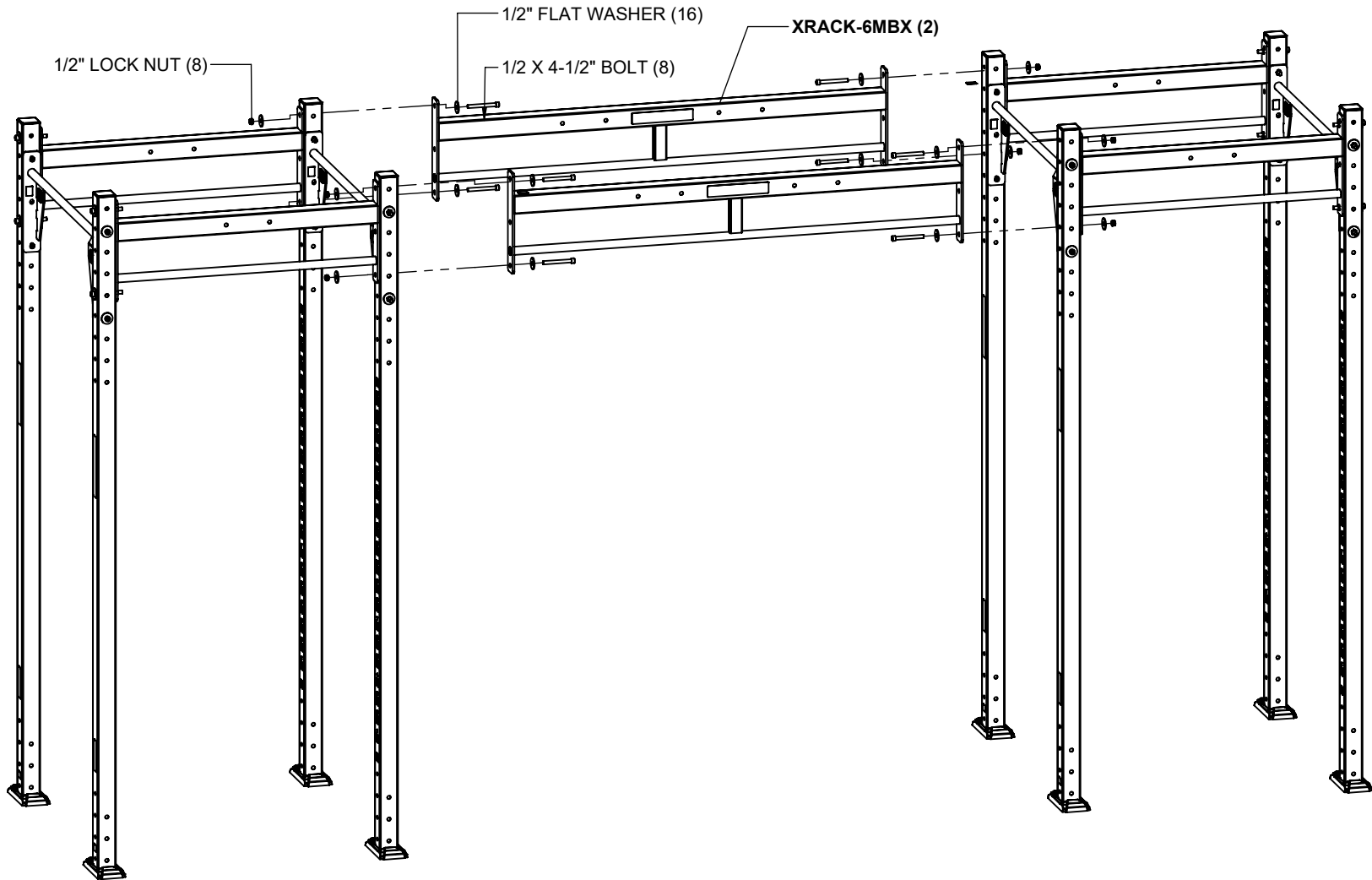
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations.

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



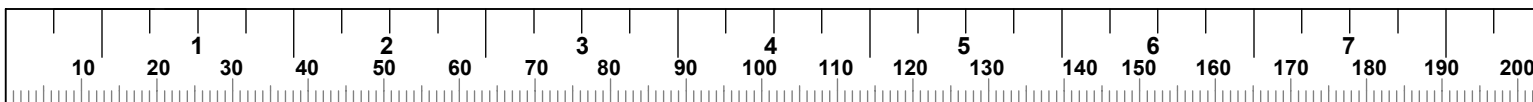
## XRFM MBC - STEP 3



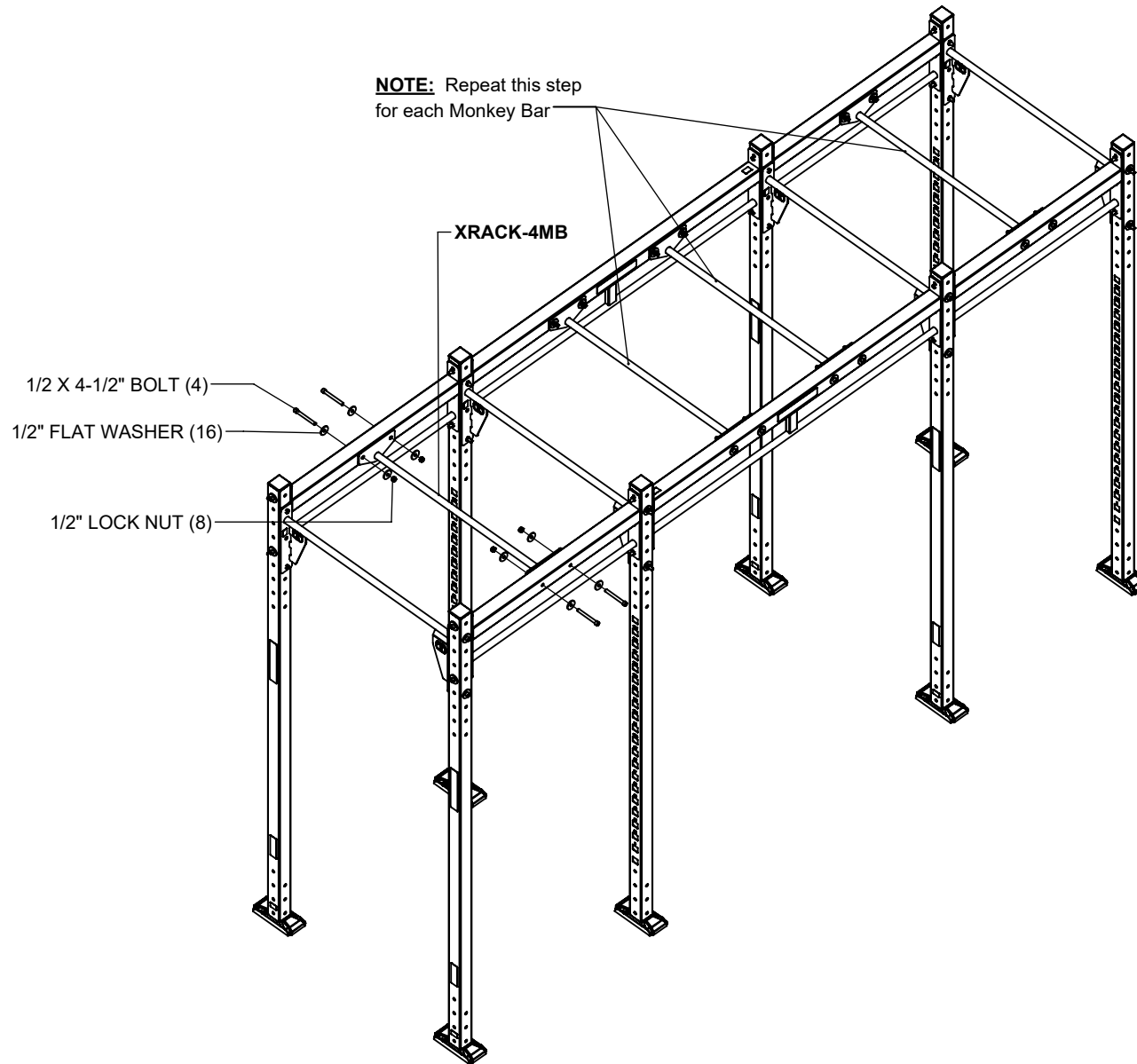
### NOTE:

Complete this step in the final location of the rack.

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

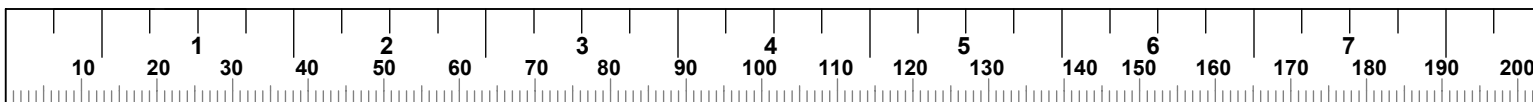


## XRFM MBC - STEP 4

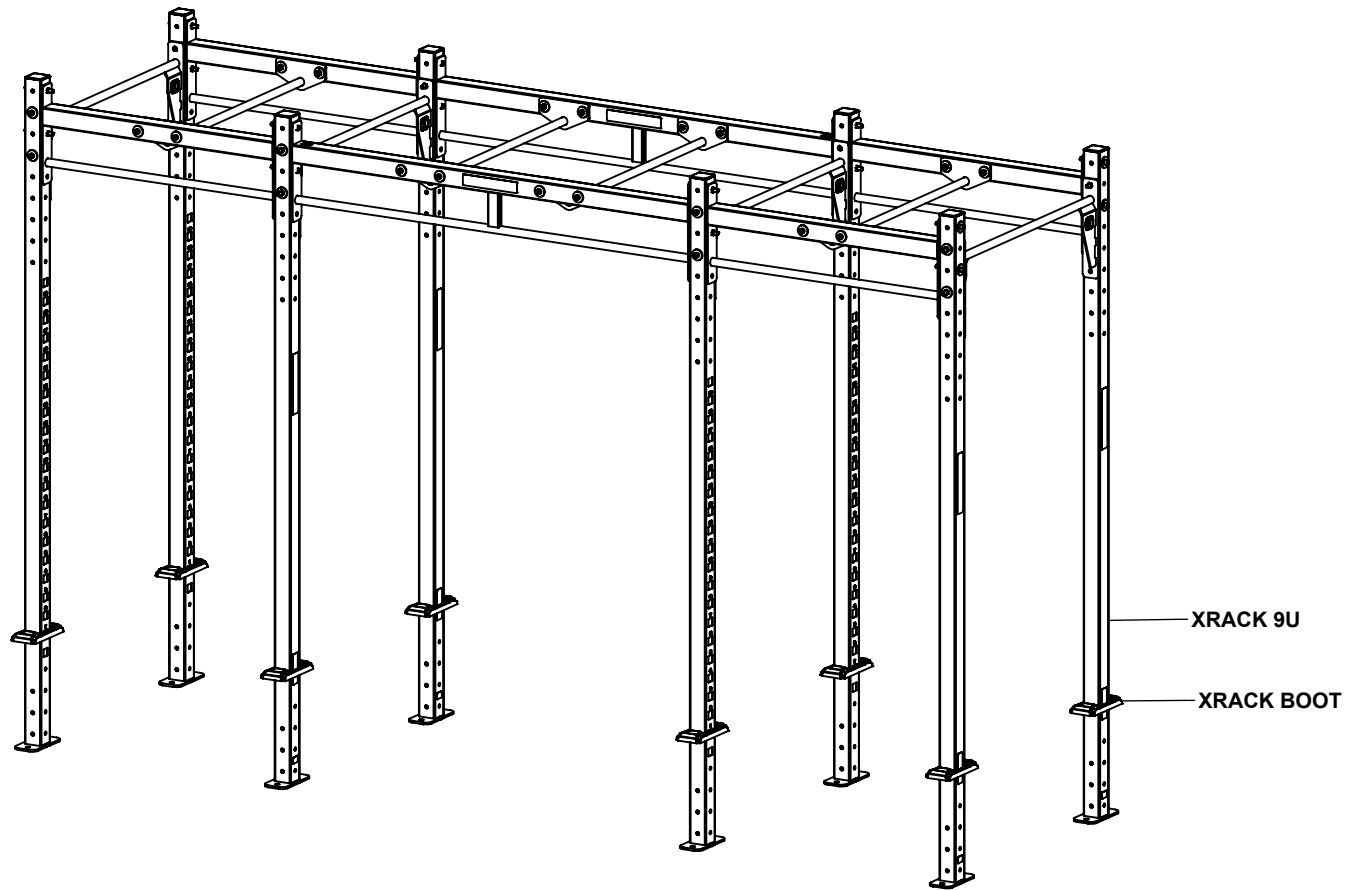


### **NOTE:**

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



## **XRFM MBC - STEP 5**

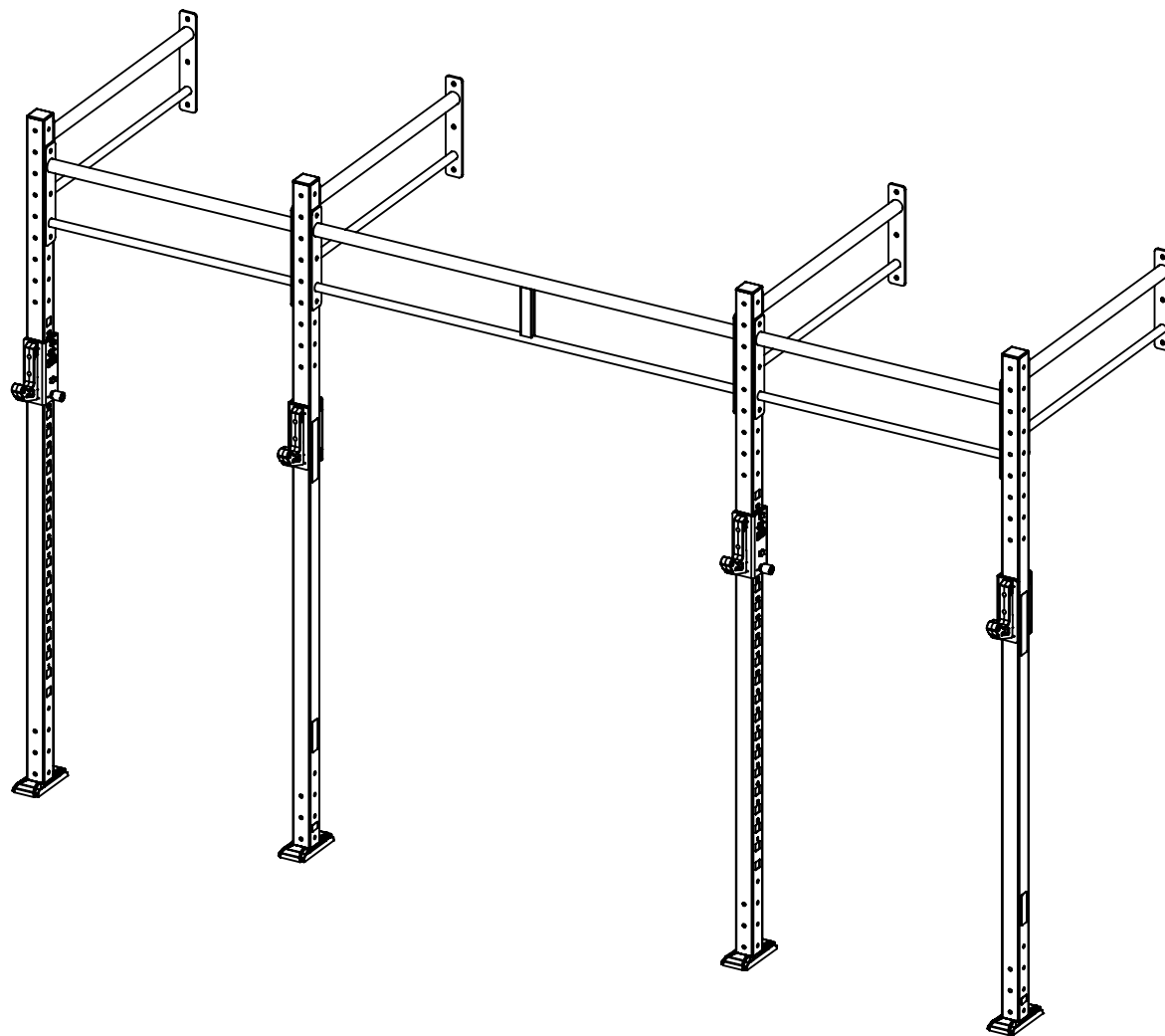


## **WARNING!**

**ALL FLOOR MOUNTED X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR TO PREVENT ROCKING OR TIPPING DURING USE.**

For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES](http://www.torquefitness.com/assembly-manuals/X-SERIES)  
**ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS**

# WALL MOUNTED X-RACK SYSTEMS



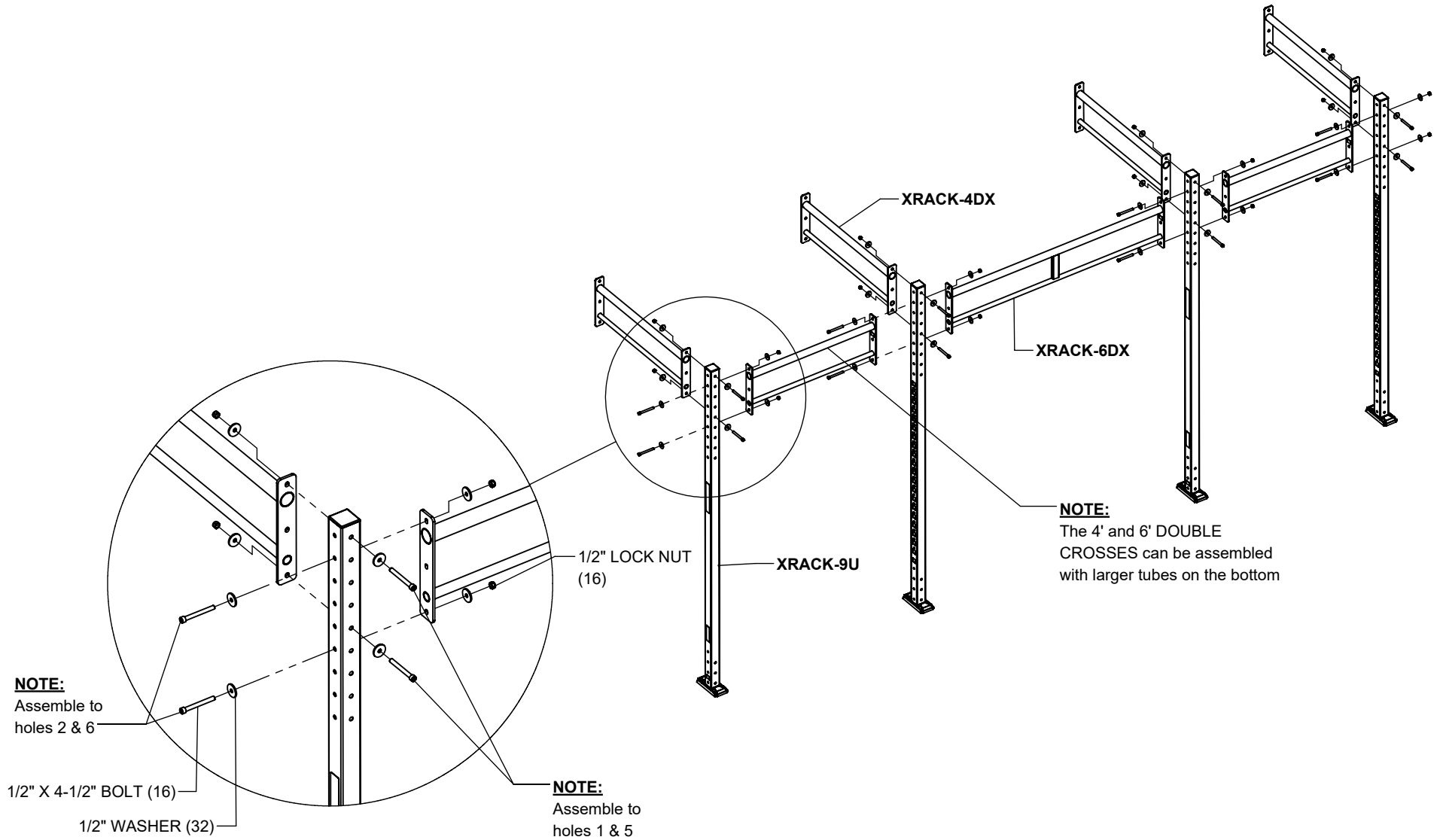
## **WARNING!**

**ALL WALL MOUNTED X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR AND WALL TO PREVENT ROCKING OR TIPPING DURING USE.**

**For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES](http://www.torquefitness.com/assembly-manuals/X-SERIES)  
ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS**

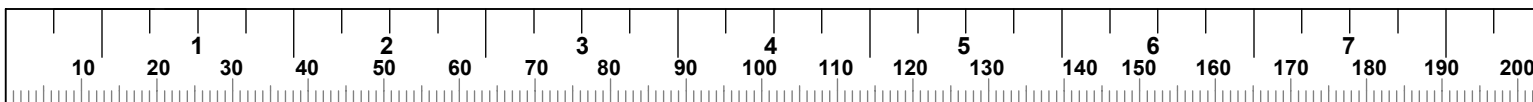
There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, rack configurations will be shown for standard bolt connections as well as different assembly options that are common for all X-RACKS.

# XRWM B - STEP 1



## **NOTE:**

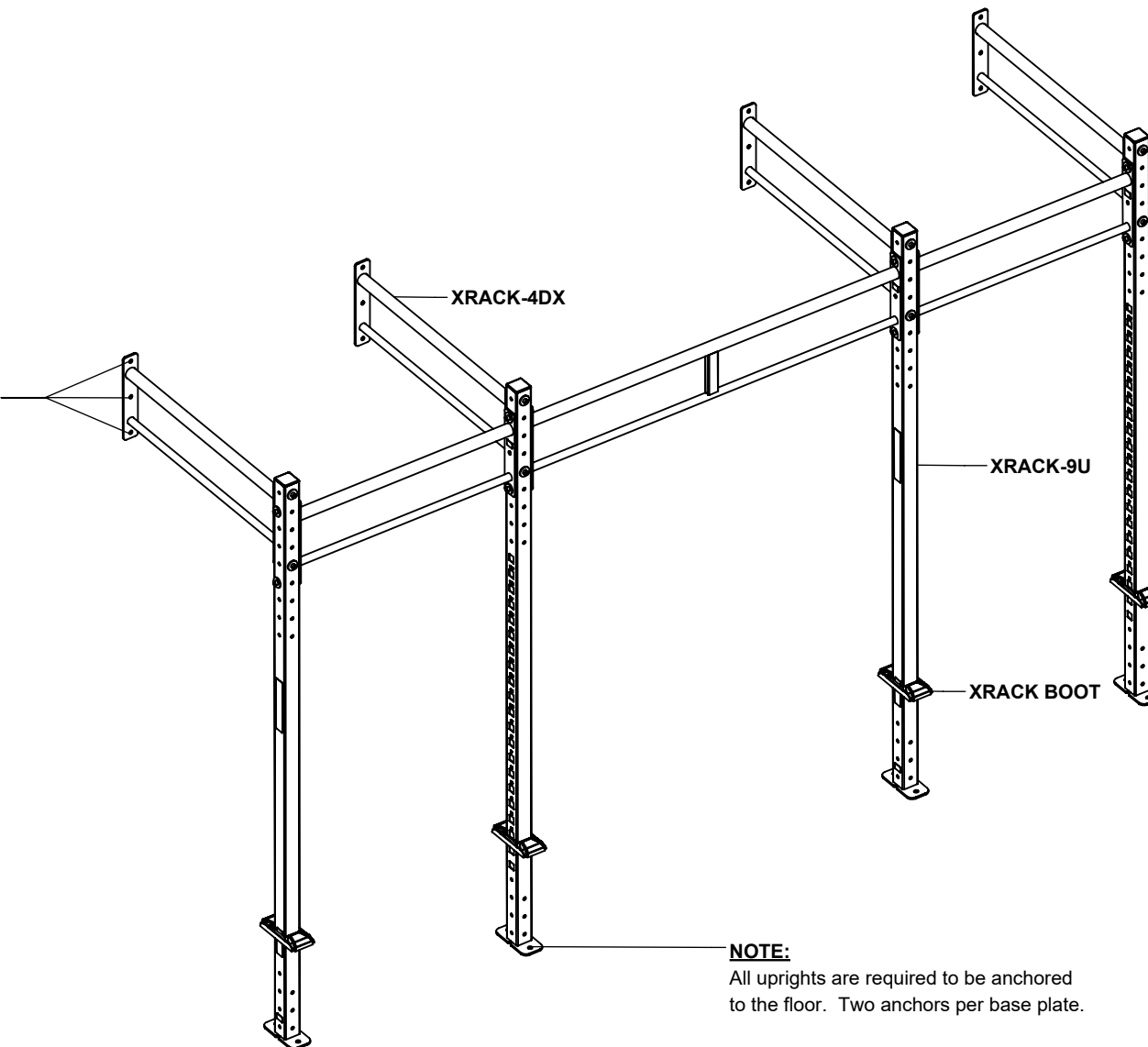
**LOOSELY** assemble all frame connections first, then **SECURELY** tighten.



## XRWM B - STEP 2

**NOTE:**

Anchor holes. (See page 13 - 15 for different anchoring options).



**NOTE:**

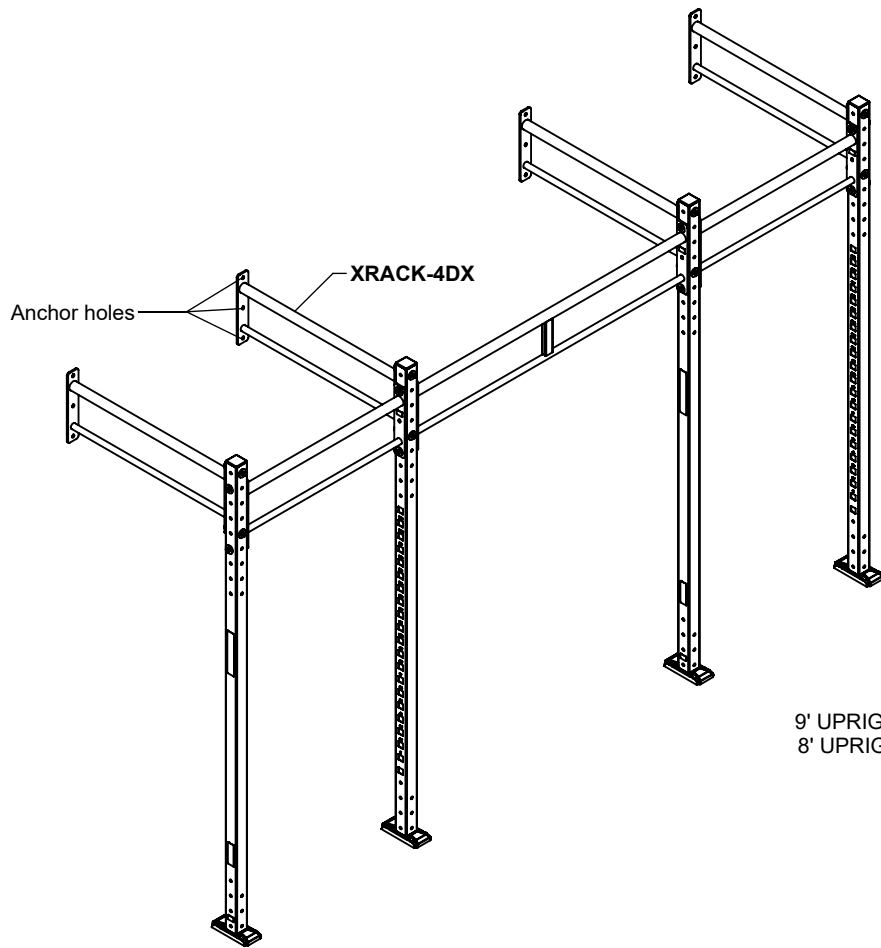
All uprights are required to be anchored to the floor. Two anchors per base plate.

## **WARNING!**

**ALL WALL MOUNT X-RACKS ARE REQUIRED TO BE ANCHORED TO THE FLOOR AND WALL TO PREVENT ROCKING OR TIPPING DURING USE.**

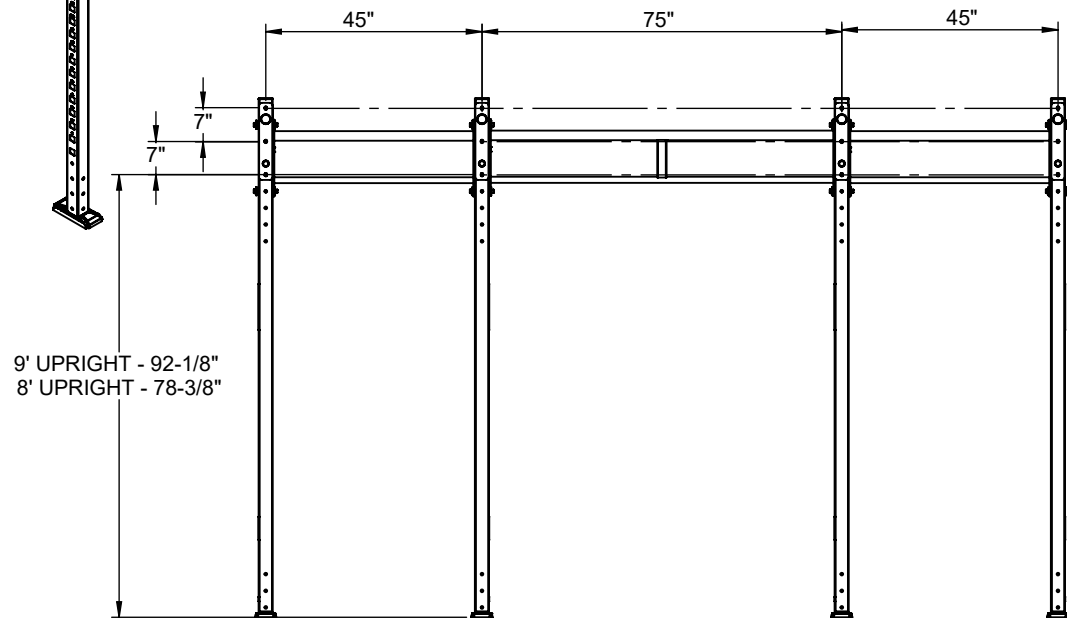
For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES](http://www.torquefitness.com/assembly-manuals/X-SERIES)  
**ANCHORING INSTRUCTIONS/X-SERIES FLOOR ANCHORING INSTRUCTIONS**

## STEP 2A (WALL MOUNT ANCHOR - CONCRETE)



### **WARNING:**

THE WALL MOUNT X-RACK **MUST** BE ANCHORED TO THE WALL USING TWELVE WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

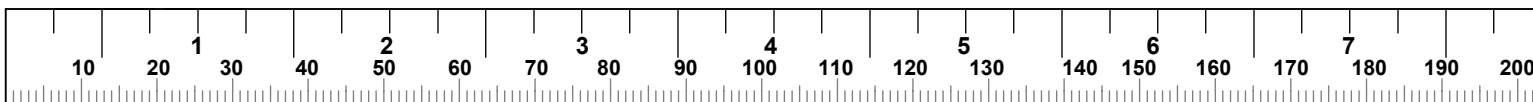


## WALL VIEW

### **NOTES:**

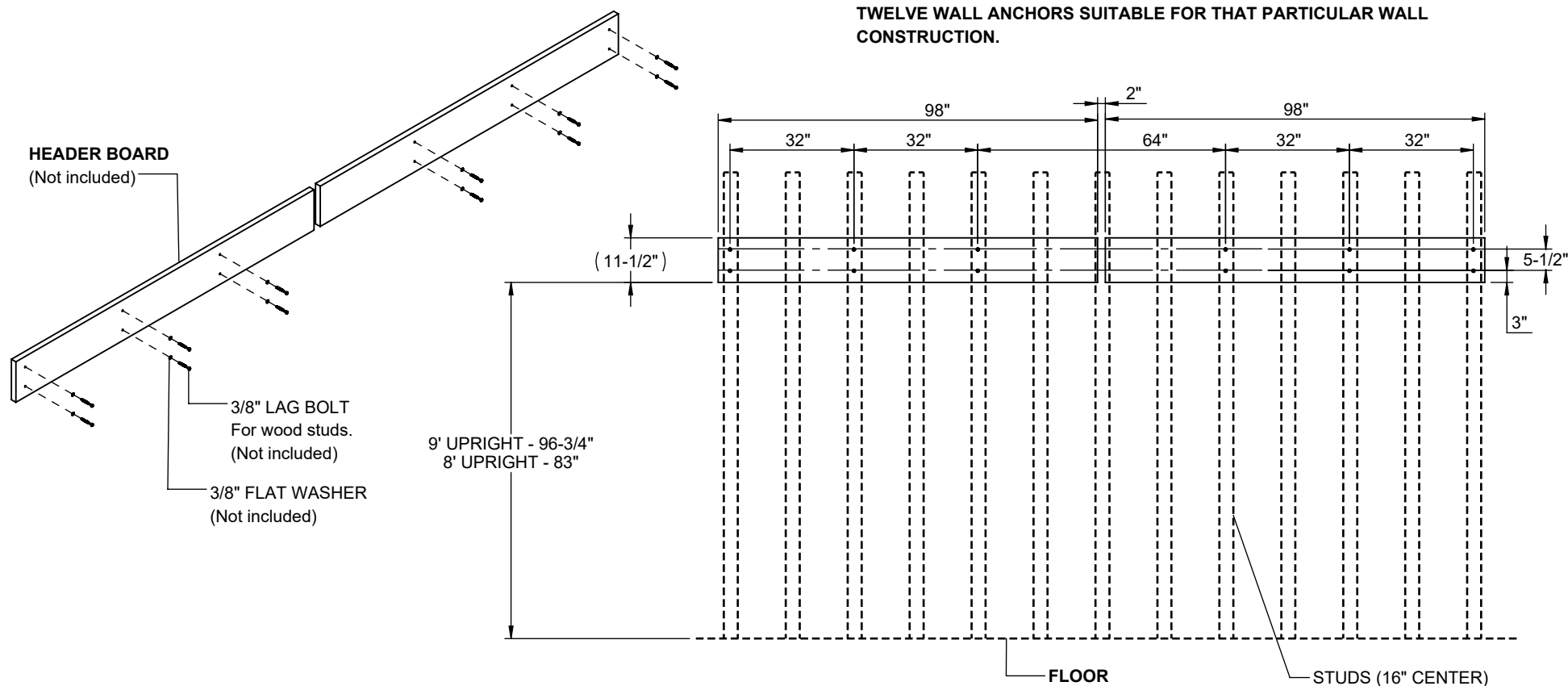
The images above show how to attach the WALL MOUNT X-RACK to the wall using wall anchors. The wall anchors used will depend on the wall construction. **NOTE: All twelve anchoring locations must be used.** The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

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



## STEP 2B (WOOD STUDS WITH HEADER BOARD)

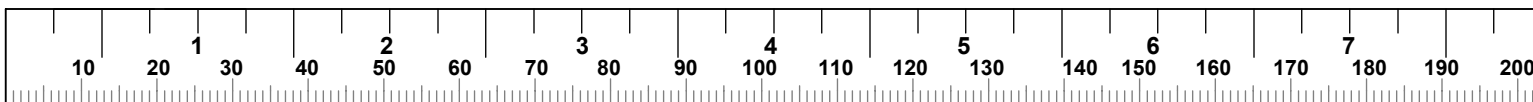
**WARNING:**  
THE HEADER BOARD **MUST** BE ANCHORED TO THE WALL USING  
TWELVE WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL  
CONSTRUCTION.



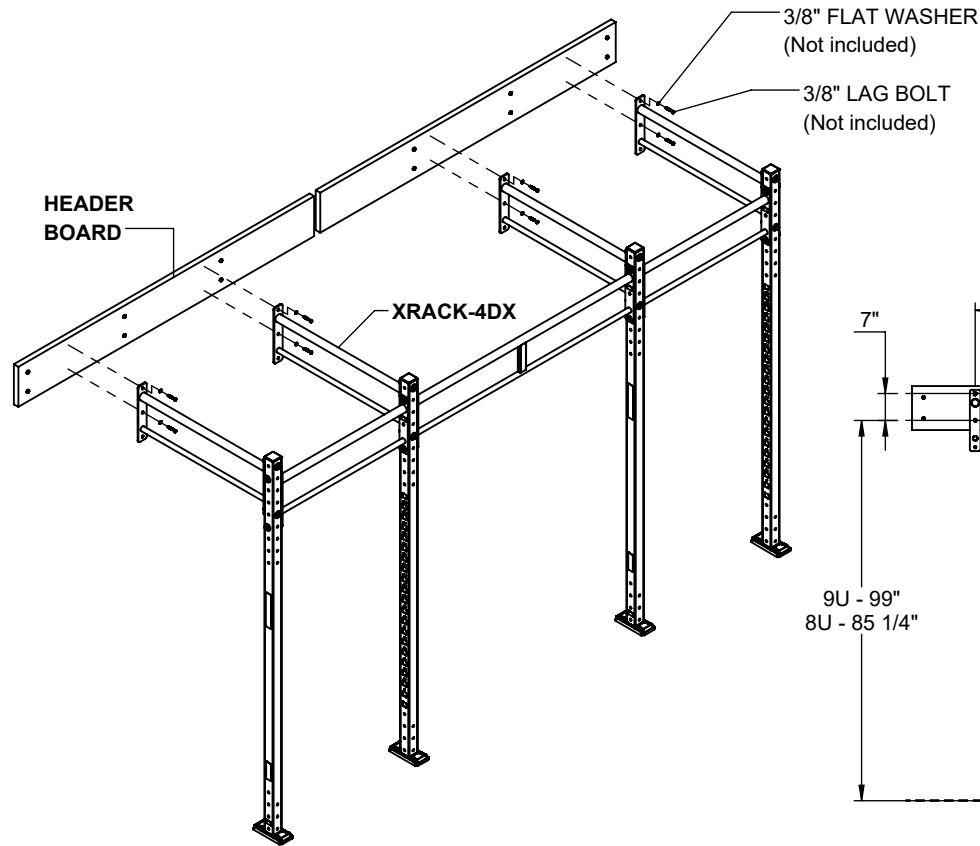
### NOTES:

The images above show how to attach a header board to a typical wall with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE: All twelve anchoring locations must be used.** The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

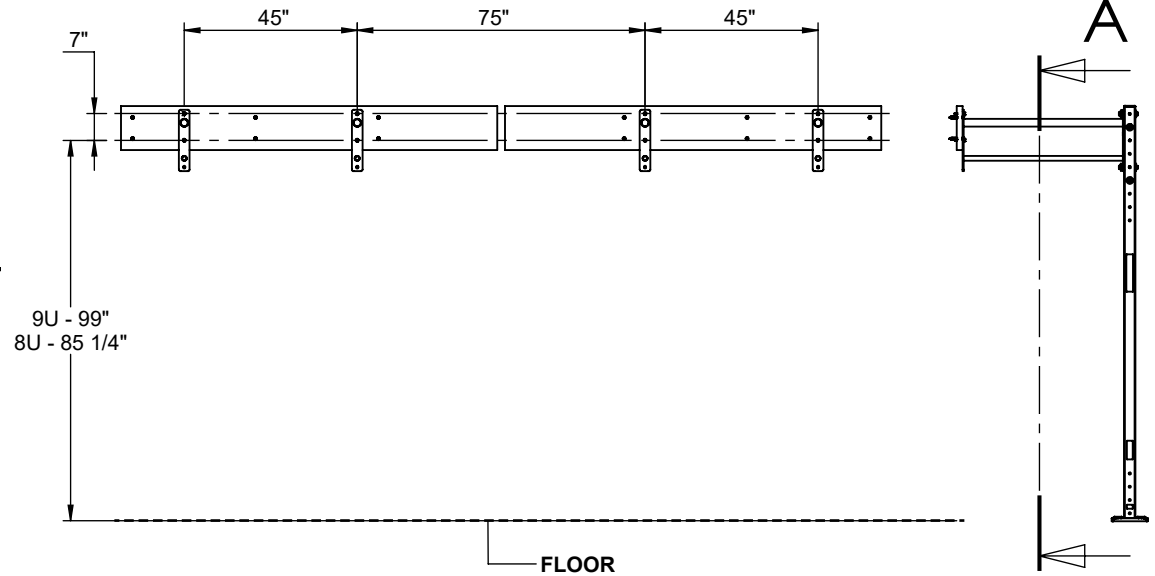
**SECURELY** tighten all bolt connections in this step.



## STEP 2B (WOOD STUDS WITH HEADER BOARD)



**WARNING:**  
THE WALL MOUNT X-RACK MUST BE ANCHORED TO THE HEADER BOARD USING ALL EIGHT WALL ANCHORS

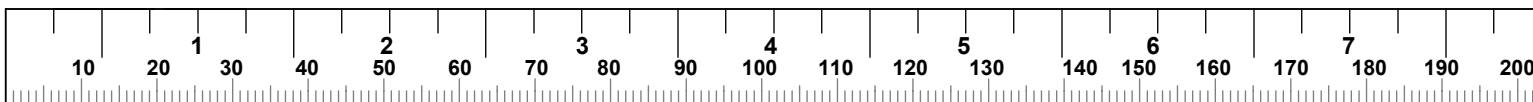


SECTION A-A

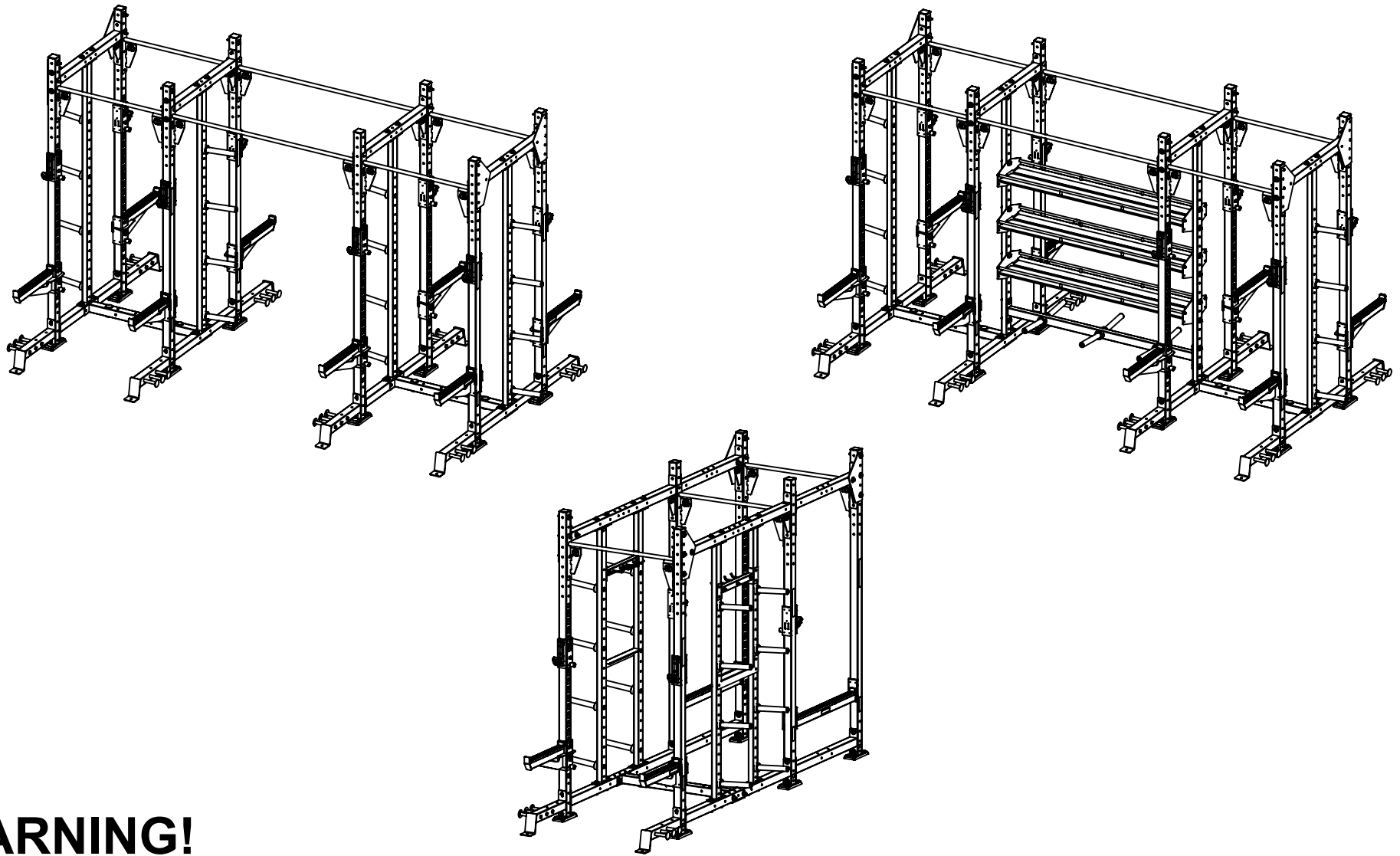
### NOTES:

The images above show how to attach the WALL MOUNT X-RACK to the header board from previous step using 3/8" lag bolts. **NOTE:** All eight anchoring locations must be used. The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

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



# FREE STANDING X-RACK SYSTEMS

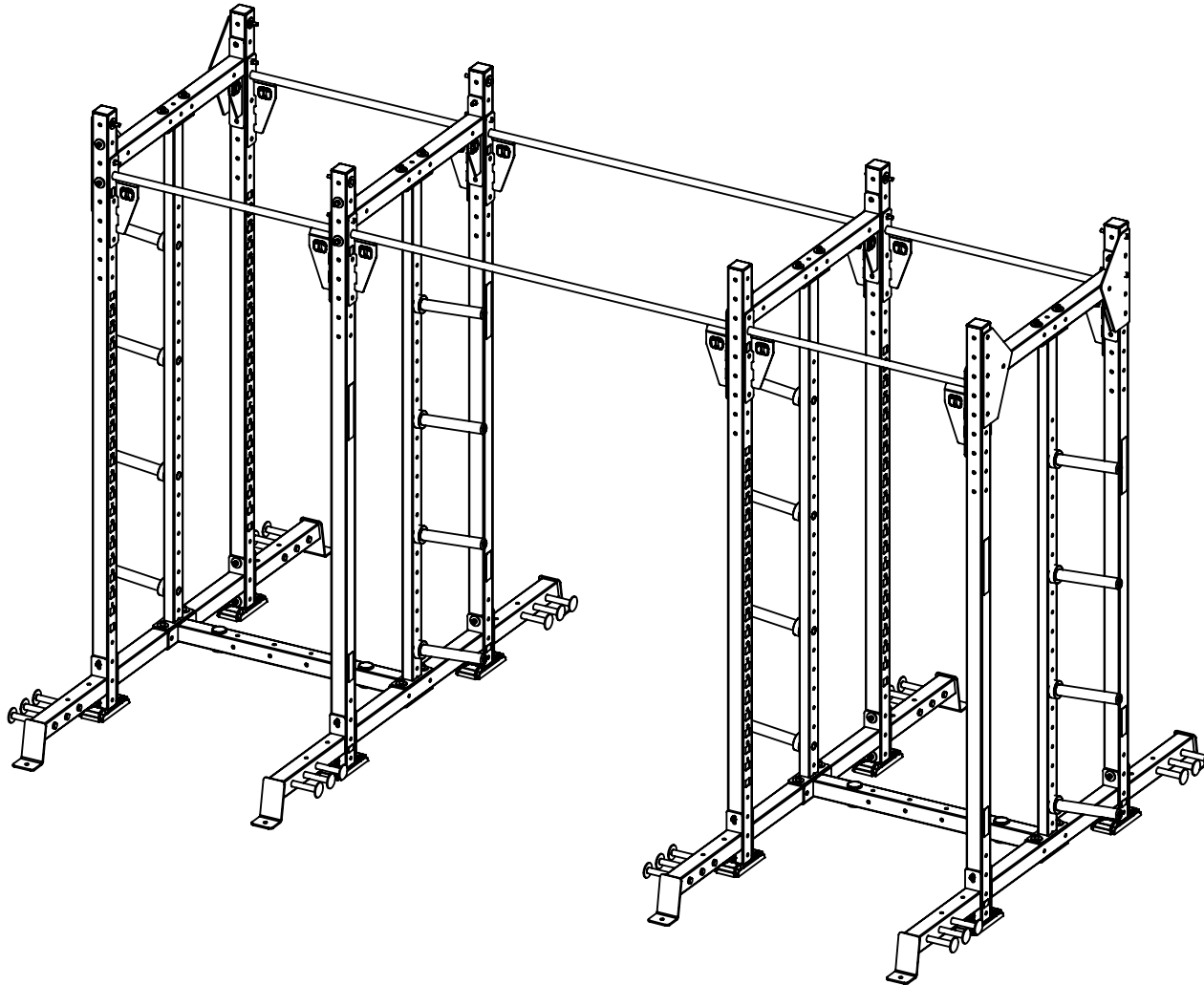


## WARNING!

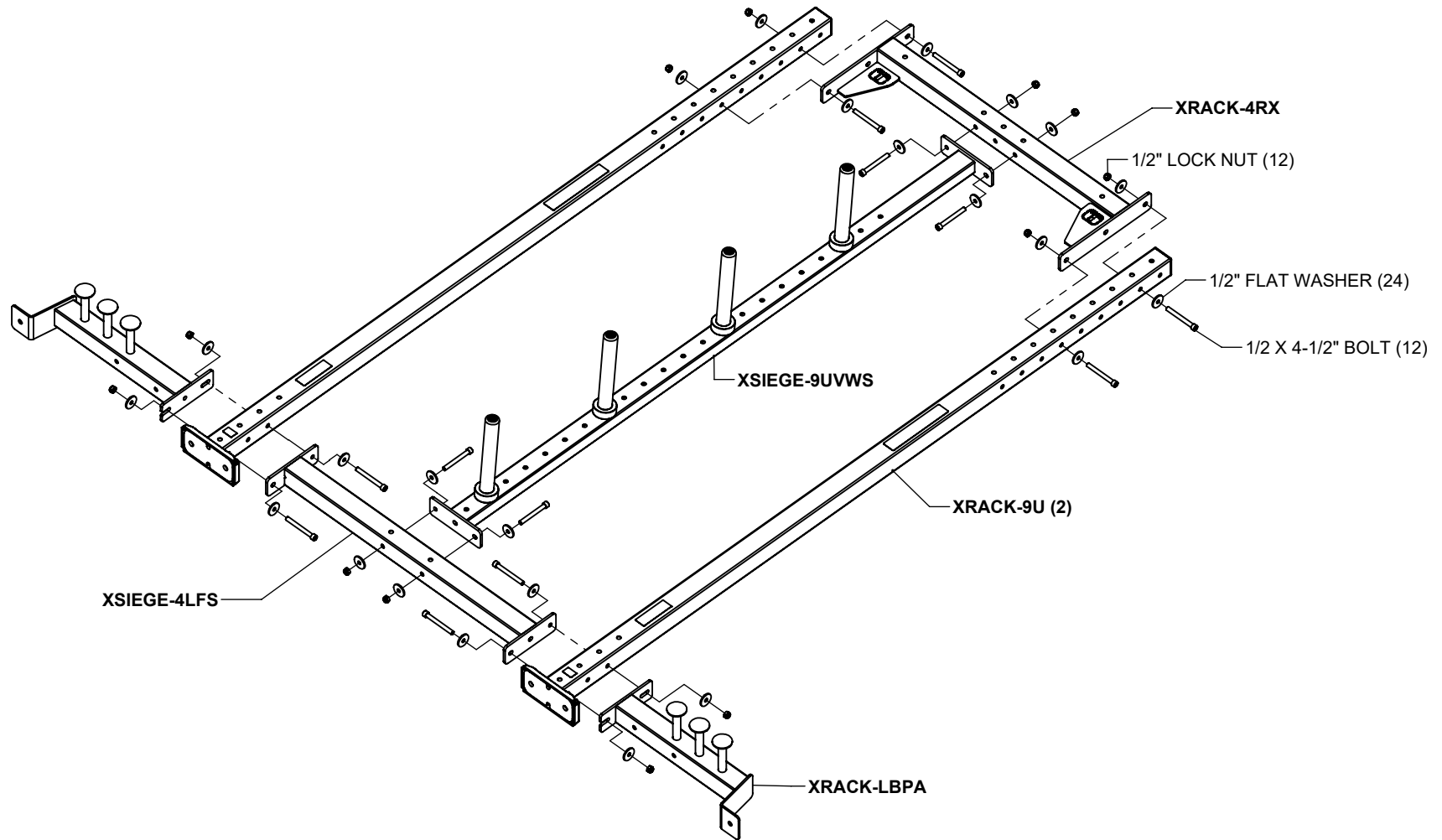
IF THE FREE STANDING X-RACK SYSTEM IS TO BE USED FOR BODY WEIGHT STRAP TRAINING, (ALSO REFERRED TO AS SUSPENSION TRAINING OR TRX TRAINING) OR ANY OTHER PURPOSE THAT MAY COMPROMISE THE STABILITY. THE SYSTEM MUST BE ANCHORED TO THE FLOOR TO STABILIZE AND ELIMINATE ROCKING OR TIPPING.

For floor anchoring instructions, please visit our web site at:  
[www.torquefitness.com/assembly-manuals/X-SERIES ANCHORING INSTRUCTIONS/](http://www.torquefitness.com/assembly-manuals/X-SERIES ANCHORING INSTRUCTIONS/)

# FREE STANDING - STORAGE CENTER



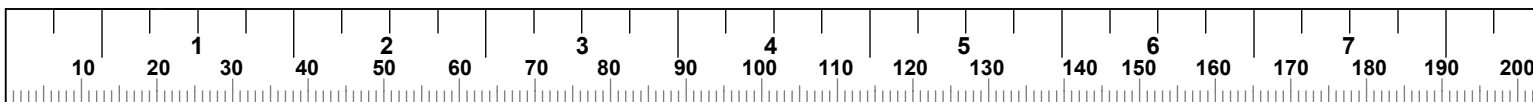
# XRFS SC - STEP 1



## **NOTE:**

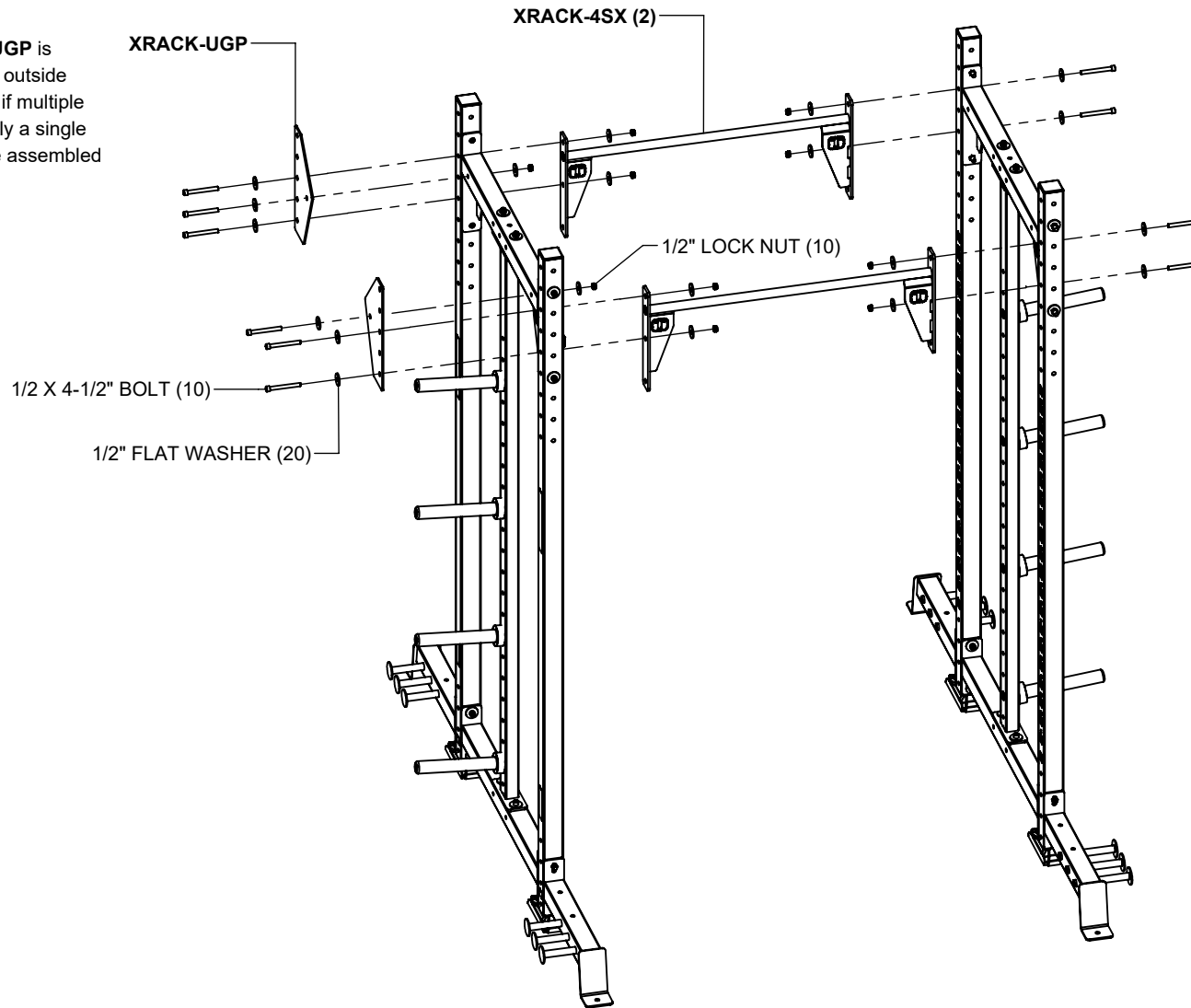
Complete this step near the final location of the rack. Repeat this step for all lifting stations with weight storage.

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



## XRFS SC - STEP 2

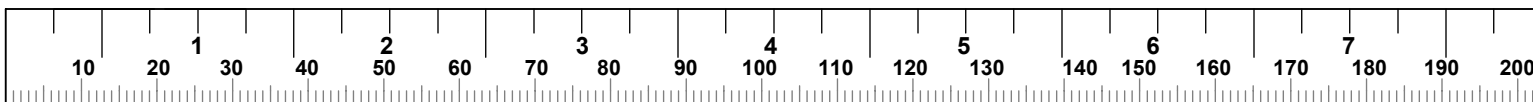
**NOTE:** The XRACK-UGP is assembled only to the outside ends of lifting stations if multiple are connected. For only a single lifting station it may be assembled to both sides.



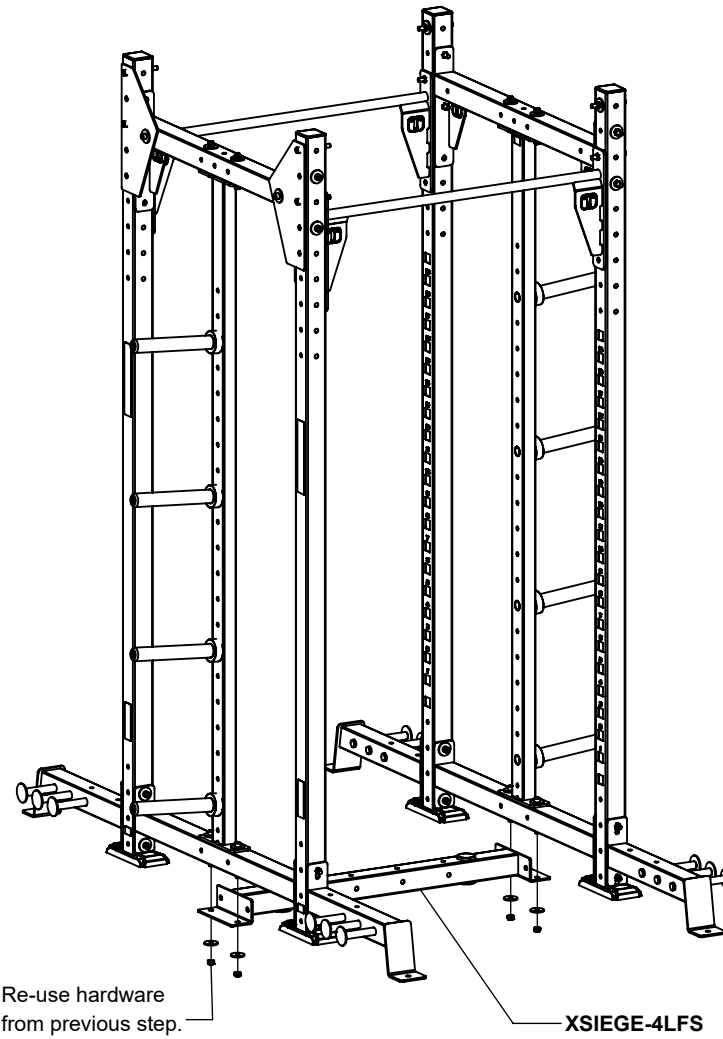
### **NOTE:**

Complete this step near the final location of the rack. Repeat this step for all lifting stations with accessory storage.

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

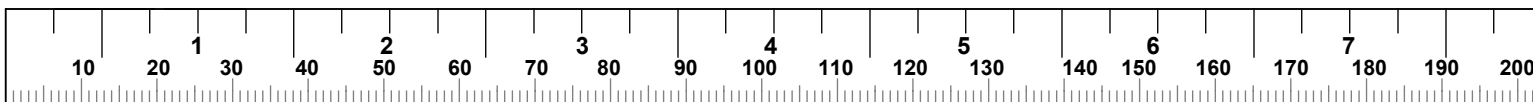


## XRFS SC - STEP 3

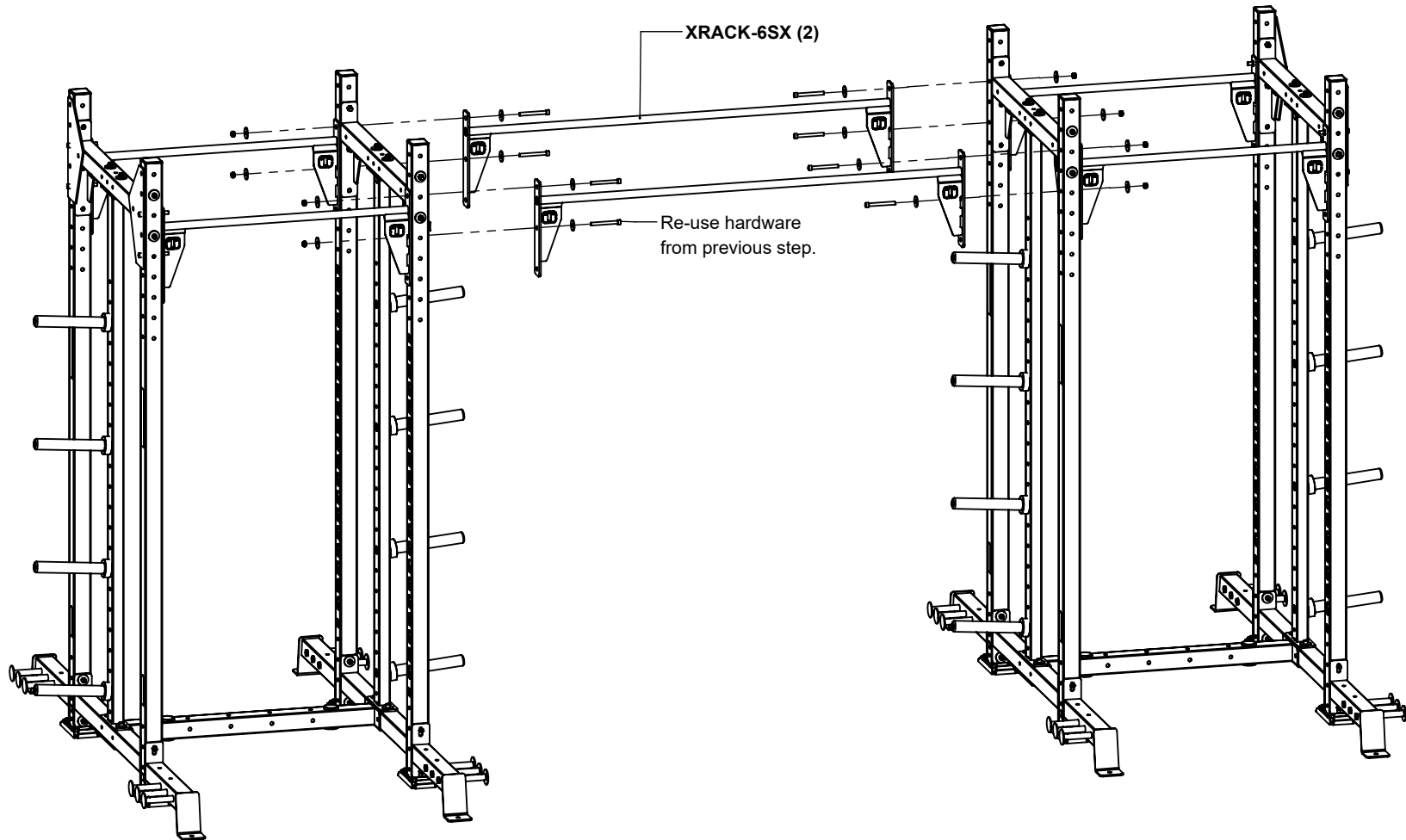


### **NOTE:**

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



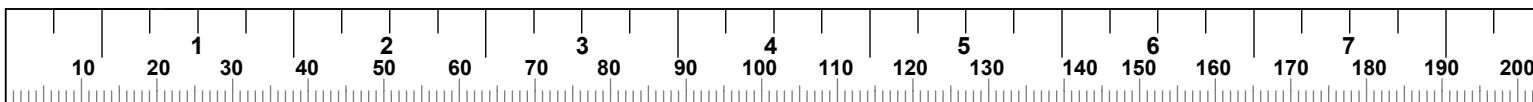
## XRFS SC - STEP 4



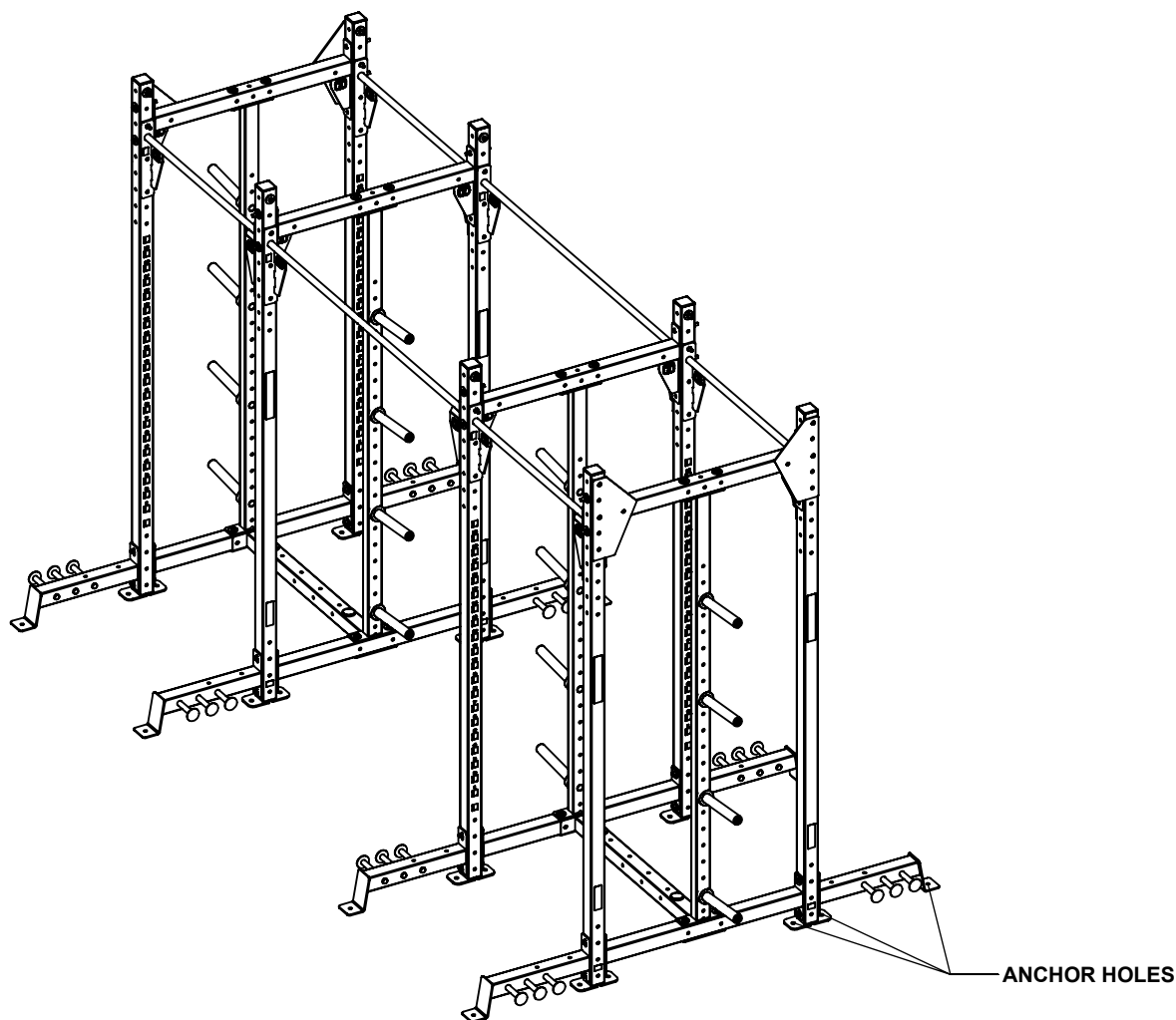
### **NOTE:**

Complete this step in the final location for the Rack.

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



## XRFS SC - STEP 5 (OPTIONAL)

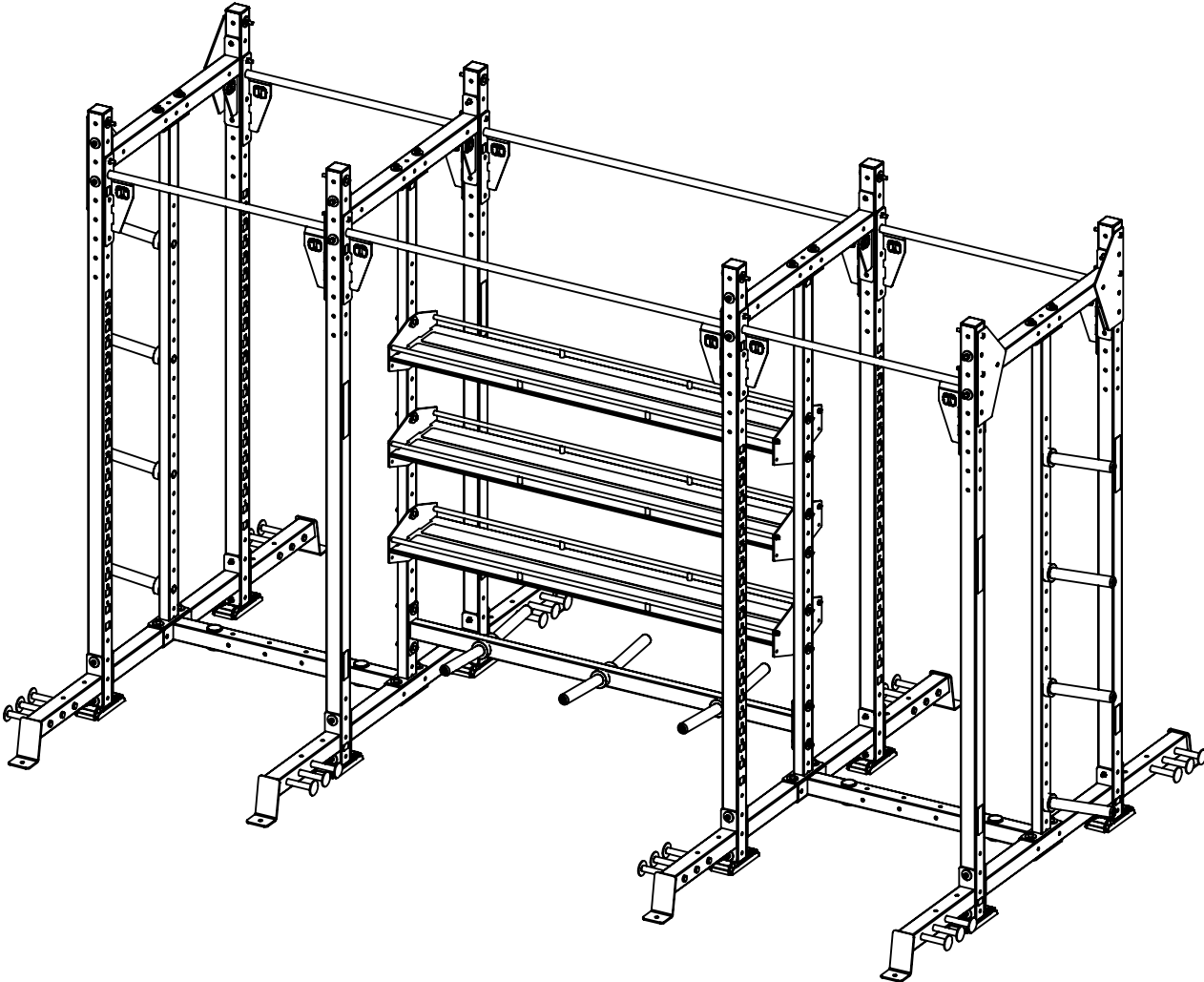


## WARNING!

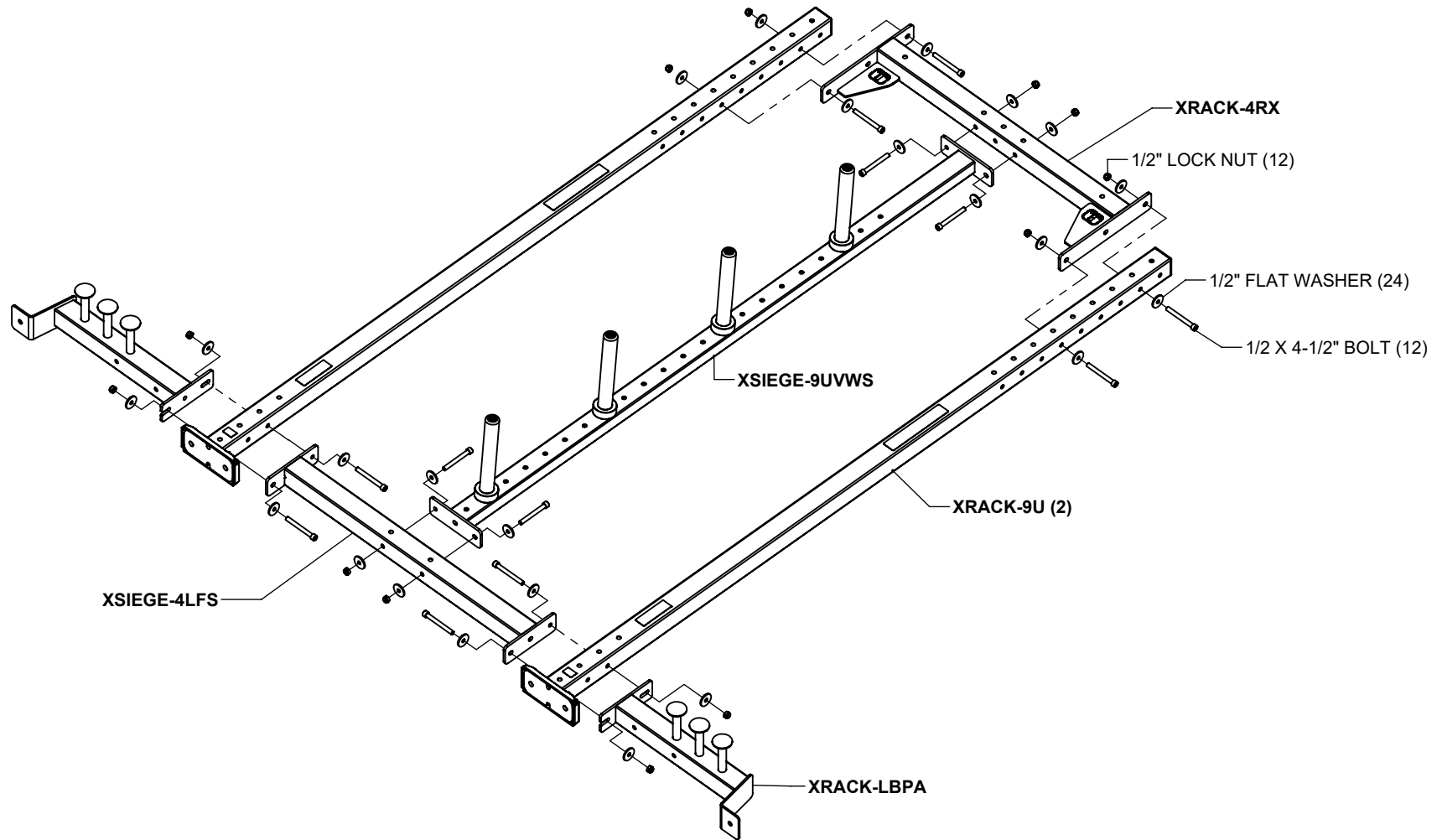
IF THE FREE STANDING X-RACK SYSTEM IS TO BE USED FOR BODY WEIGHT STRAP TRAINING, (ALSO REFERRED TO AS SUSPENSION TRAINING OR TRX TRAINING) OR ANY OTHER PURPOSE THAT MAY COMPROMISE THE STABILITY. THE SYSTEM MUST BE ANCHORED TO THE FLOOR TO STABILIZE AND ELIMINATE ROCKING OR TIPPING.

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ANCHORING INSTRUCTIONS/

**FREE STANDING - STORAGE PLUS CENTER**



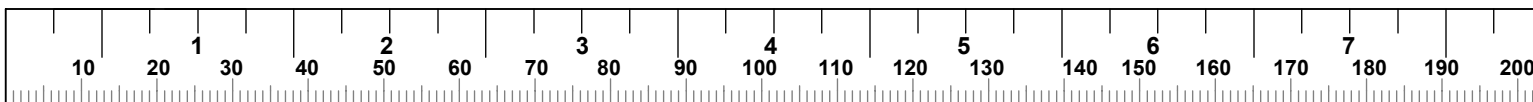
# XRFS SPC - STEP 1



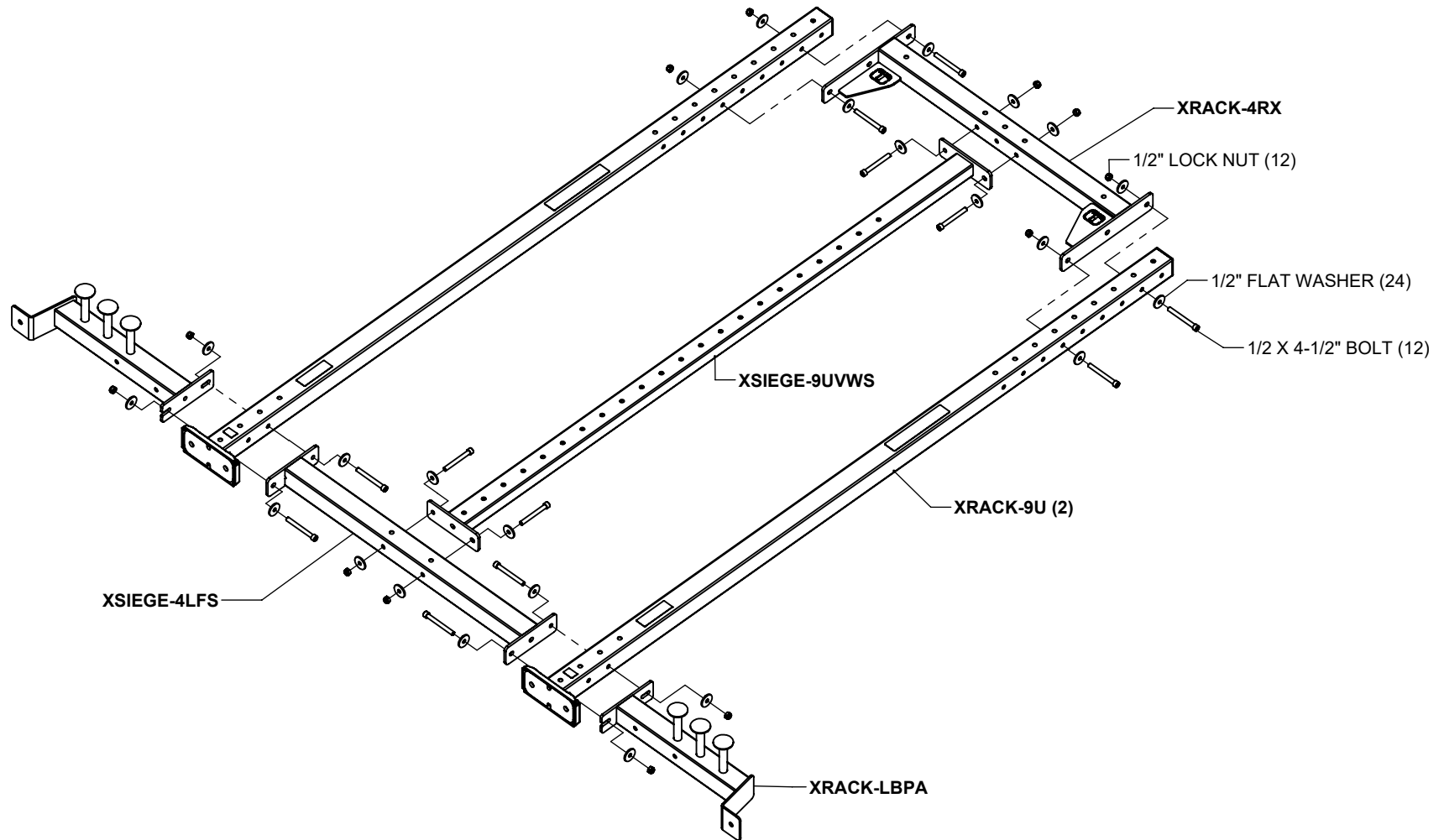
## NOTE:

Complete this step near the final location of the rack. Repeat this step for all lifting stations with weight storage.

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



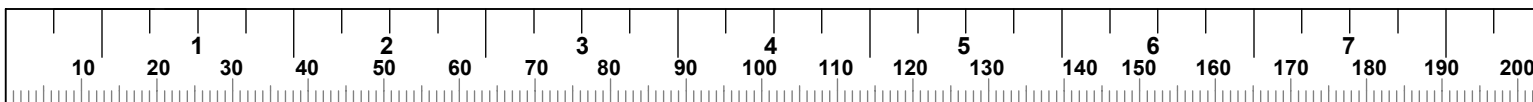
## XRFS SPC - STEP 2



### **NOTE:**

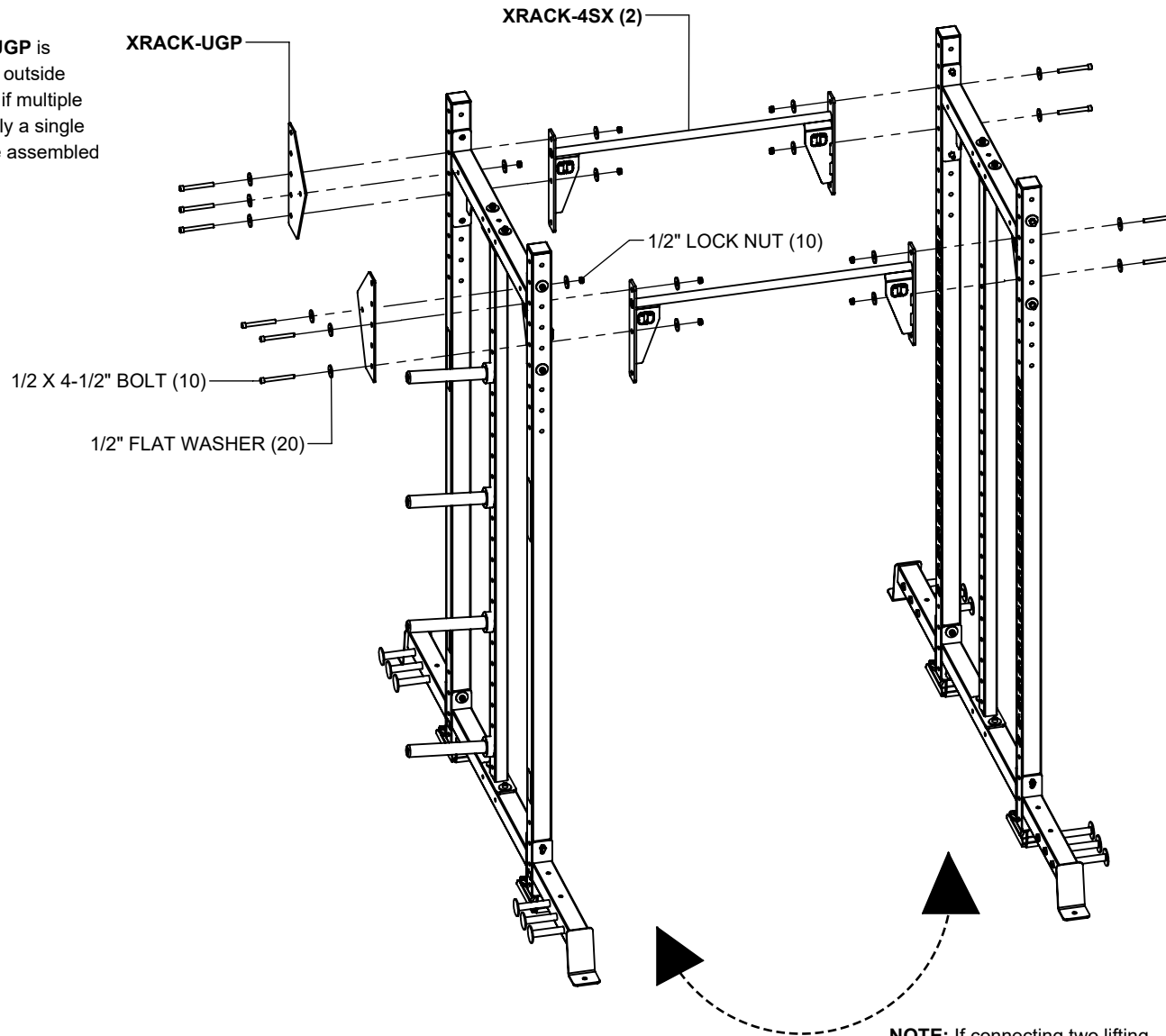
Complete this step near the final location of the rack. Repeat this step for all lifting stations with accessory storage.

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



## XRFS SPC - STEP 3

**NOTE:** The XRACK-UGP is assembled only to the outside ends of lifting stations if multiple are connected. For only a single lifting station it may be assembled to both sides.

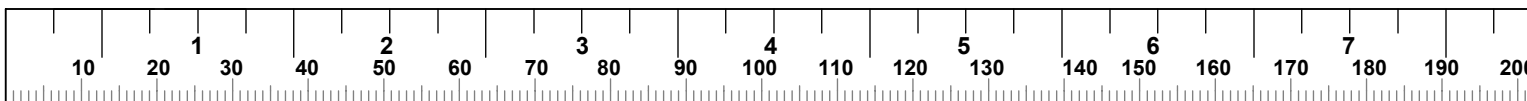


### **NOTE:**

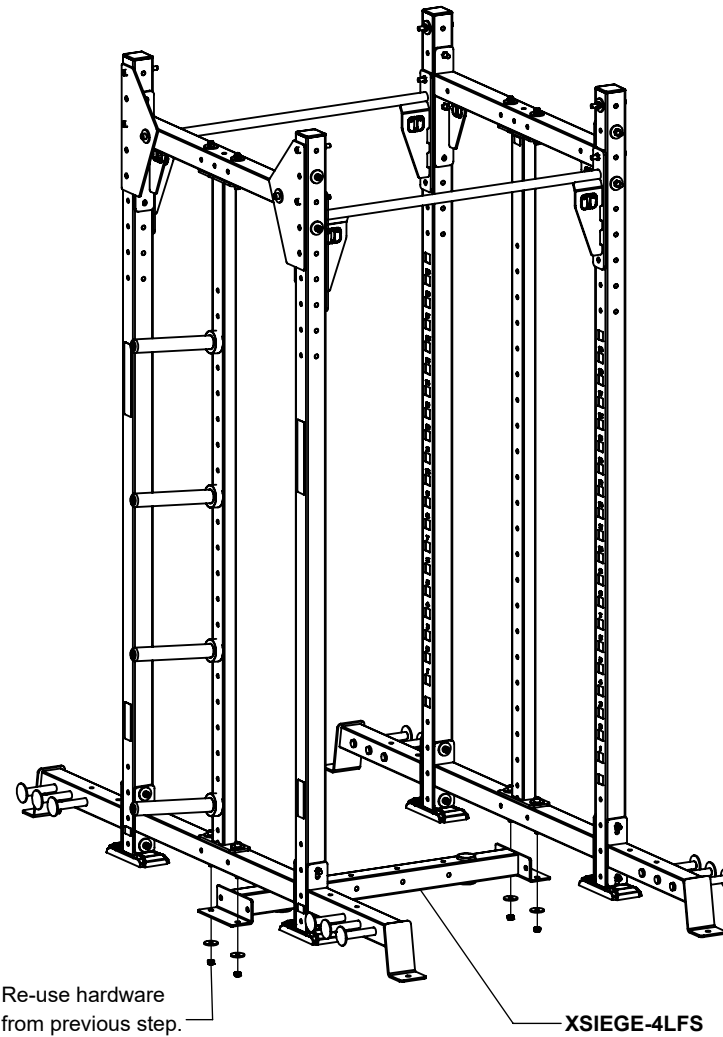
Complete this step near the final location of the rack. Repeat this step for all lifting stations with accessory storage.

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

**NOTE:** If connecting two lifting stations, repeat this step with the next rack facing the opposite direction so the weight horns face outwards. See the following steps.

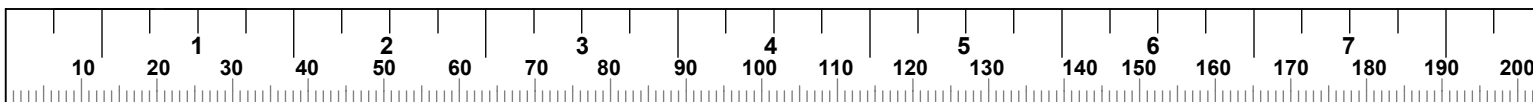


## XRFS SPC - STEP 1

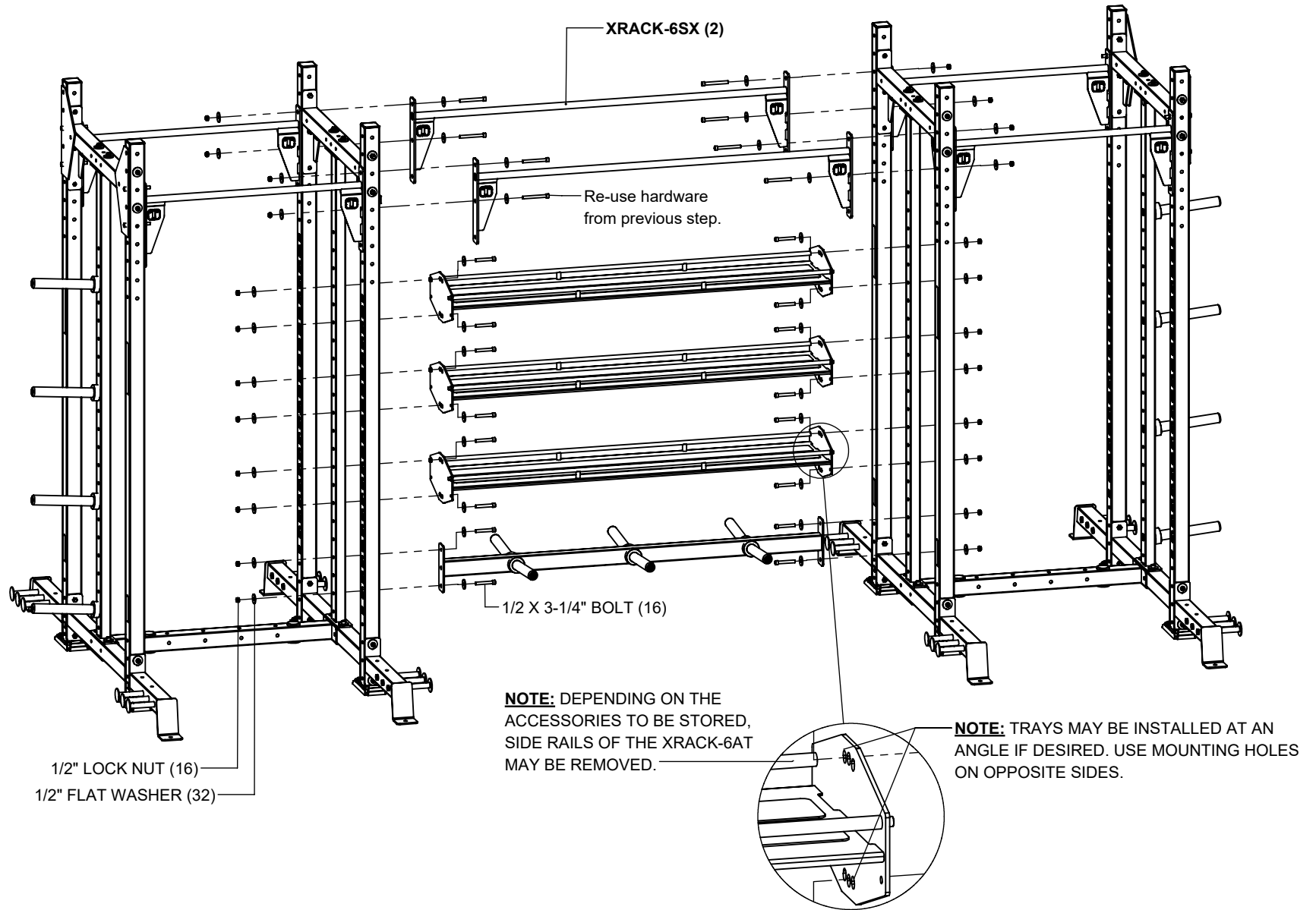


### NOTE:

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



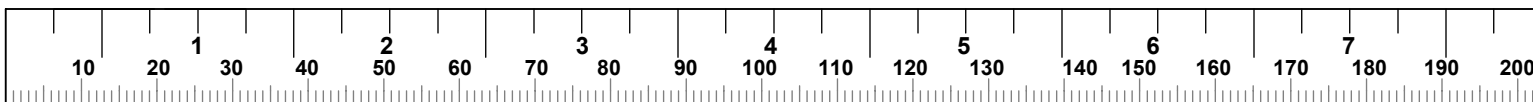
# XRFS SPC - STEP 1



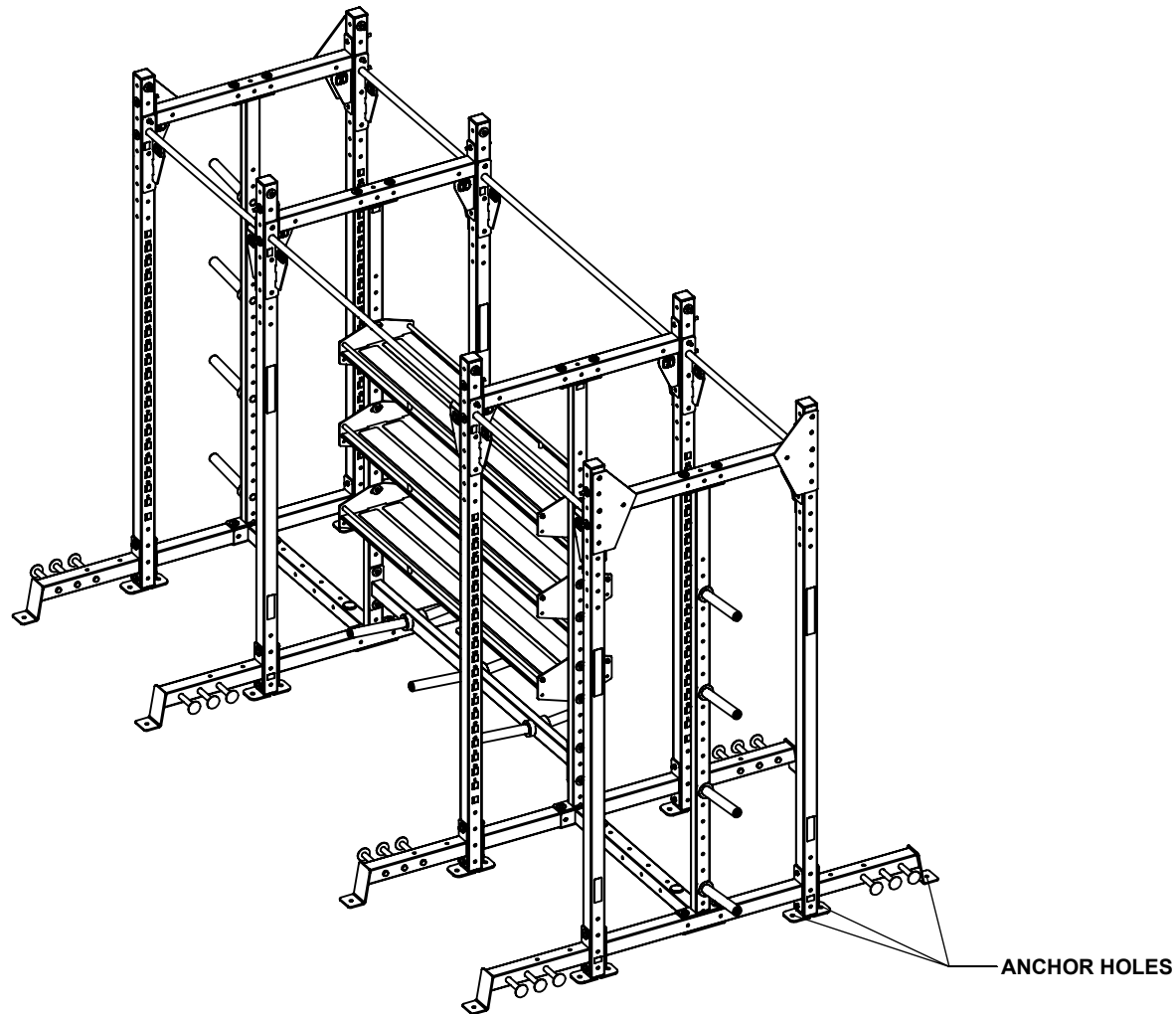
## NOTE:

Complete this step in the final location for the Rack.

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



## XRFS SPC - STEP 6 (OPTIONAL)

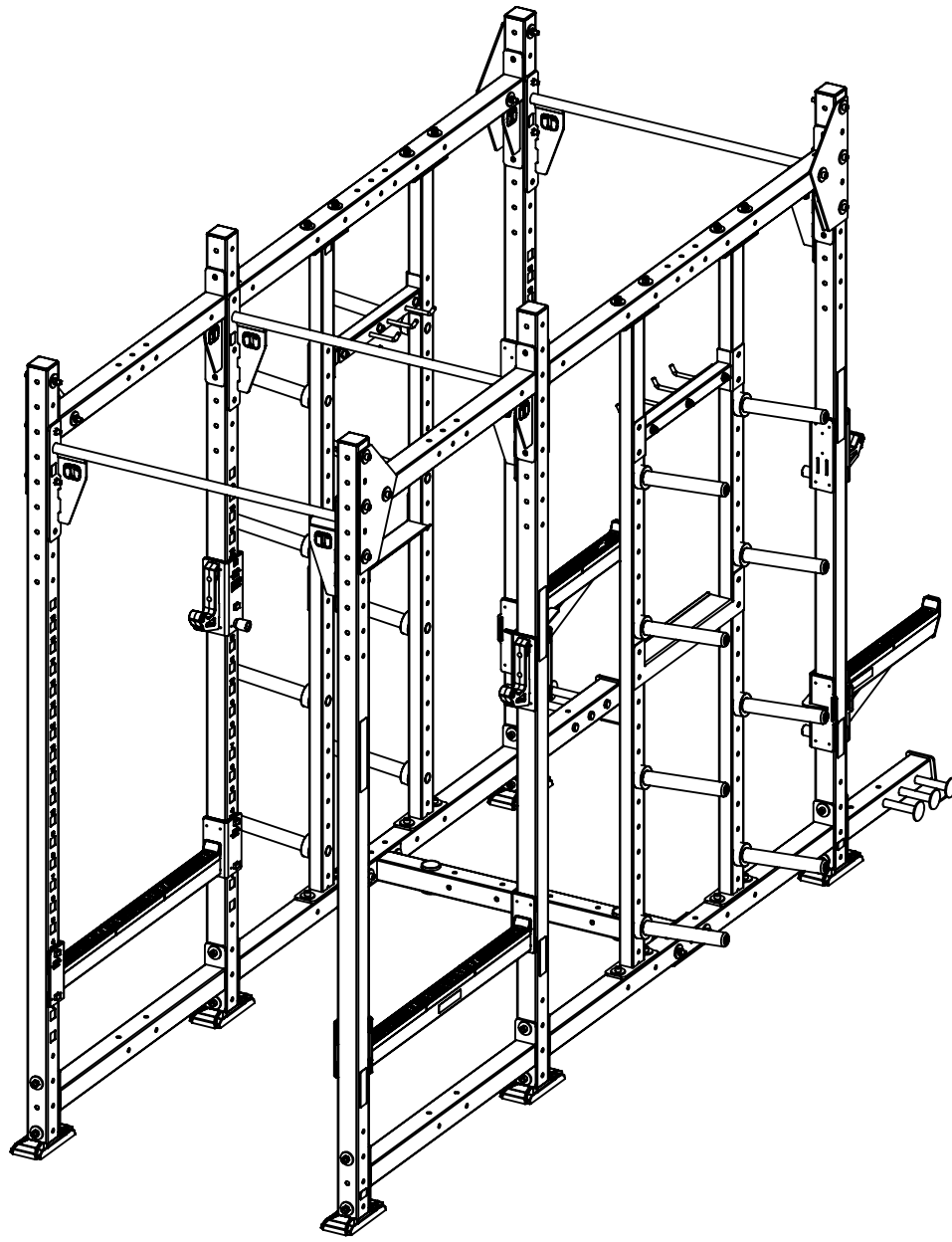


## WARNING!

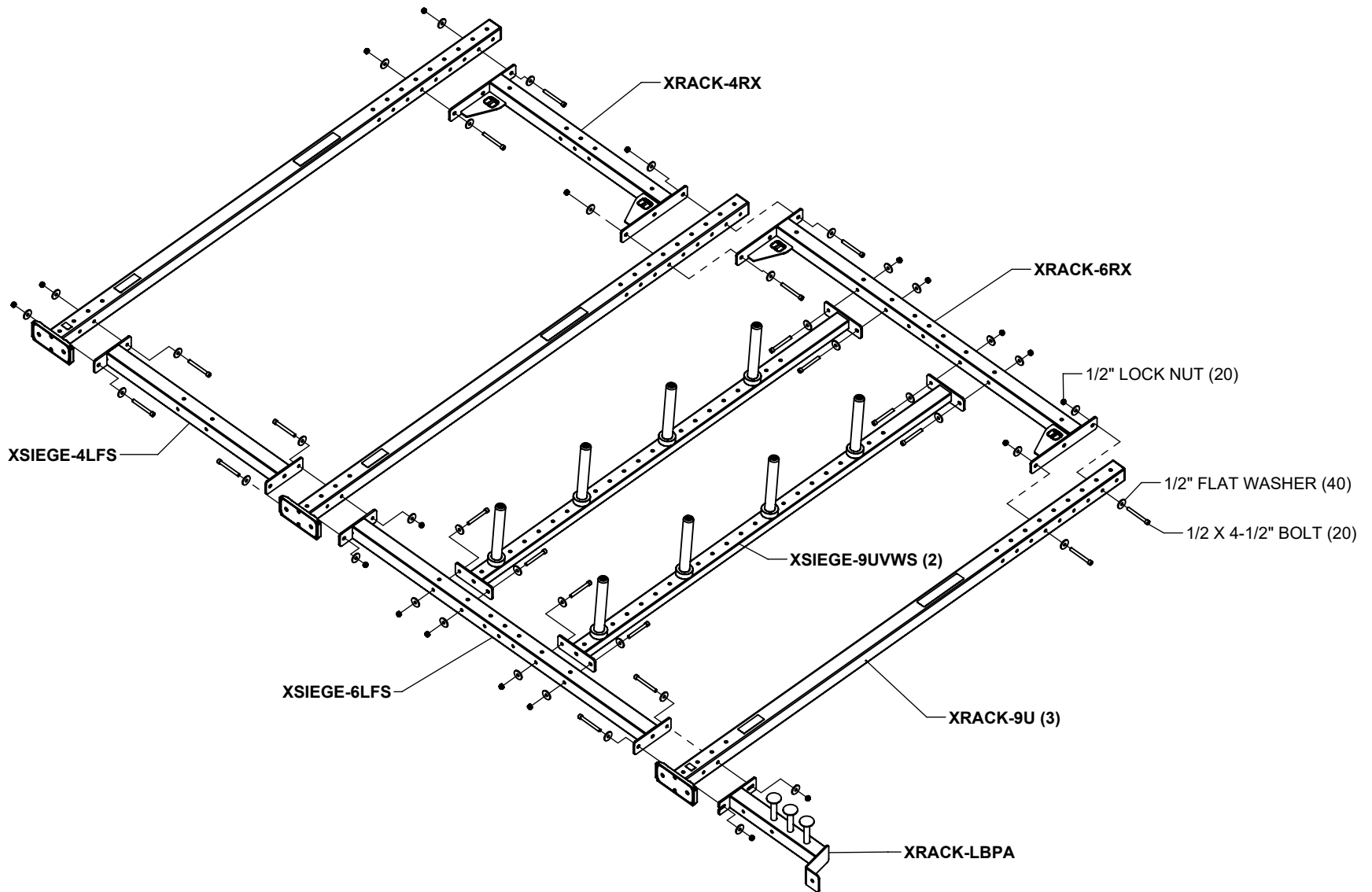
IF THE FREE STANDING X-RACK SYSTEM IS TO BE USED FOR BODY WEIGHT STRAP TRAINING, (ALSO REFERRED TO AS SUSPENSION TRAINING OR TRX TRAINING) OR ANY OTHER PURPOSE THAT MAY COMPROMISE THE STABILITY. THE SYSTEM MUST BE ANCHORED TO THE FLOOR TO STABILIZE AND ELIMINATE ROCKING OR TIPPING.

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ANCHORING INSTRUCTIONS/

# FREE STANDING - 10' DEPTH STORAGE CENTER



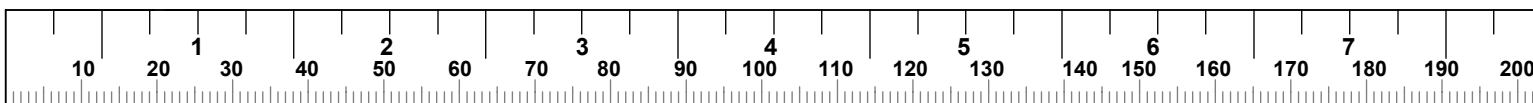
# XRFS 10SC - STEP 1



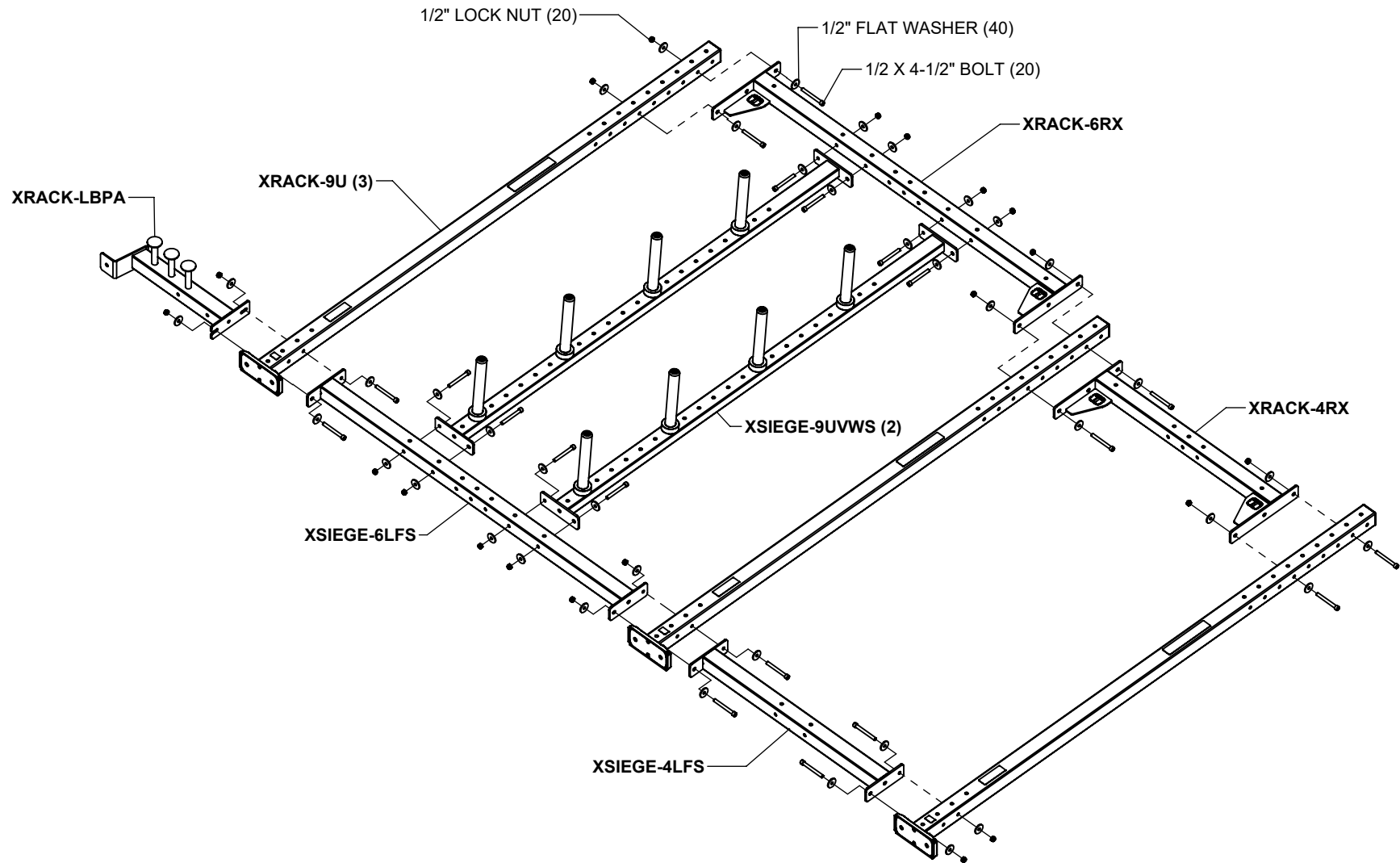
## **NOTE:**

Complete this step near the final location of the rack.

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



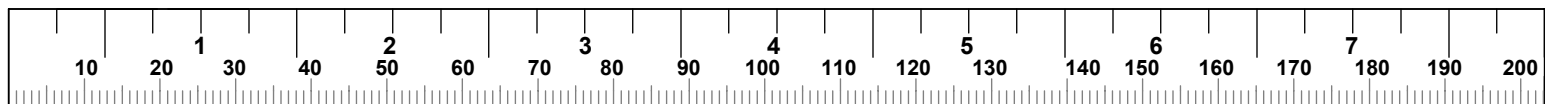
## XRFS 10SC - STEP 2



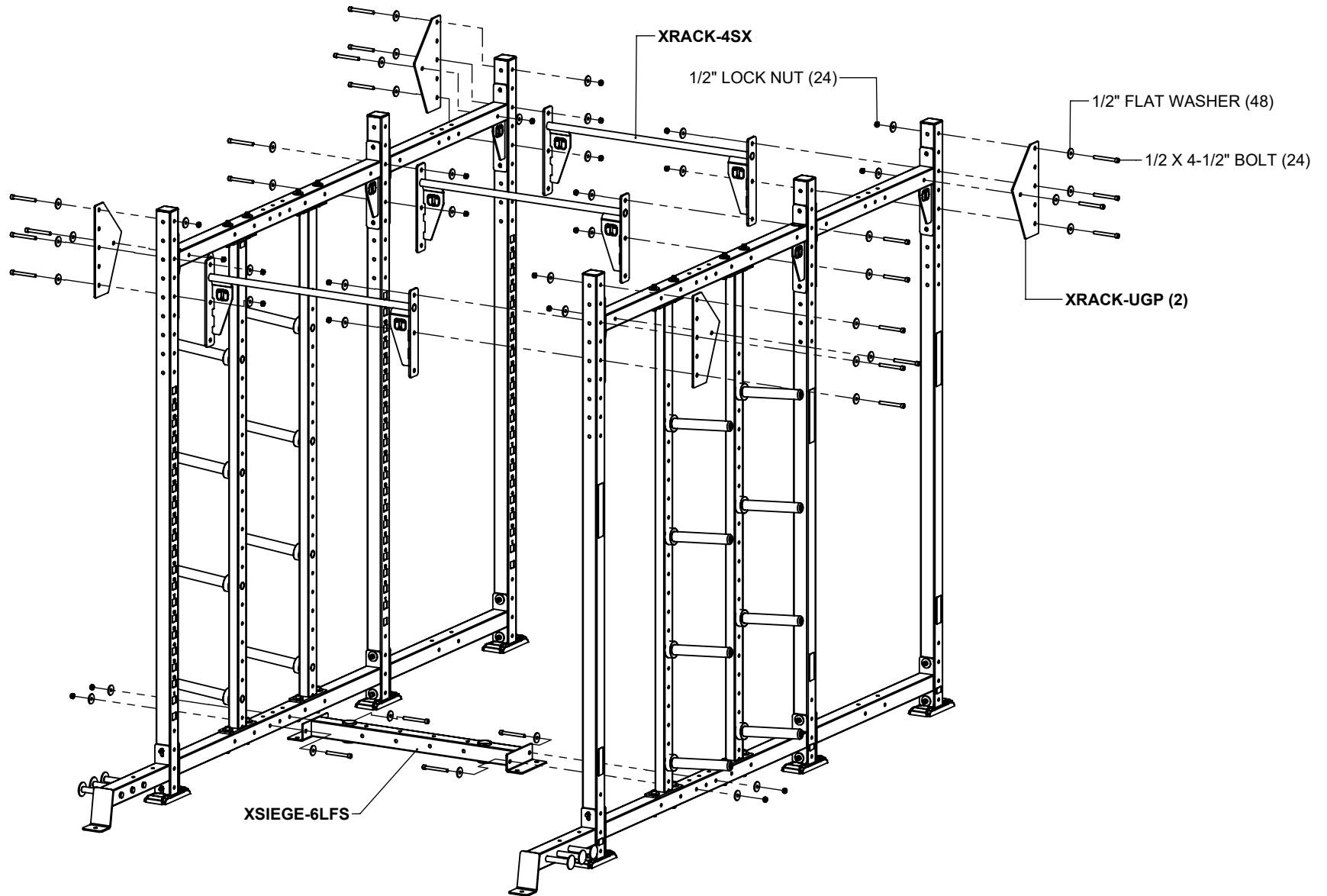
### **NOTE:**

Complete this step near the final location of the rack.

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



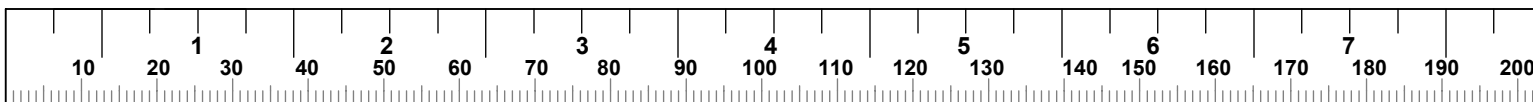
# XRFS 10SC - STEP 3



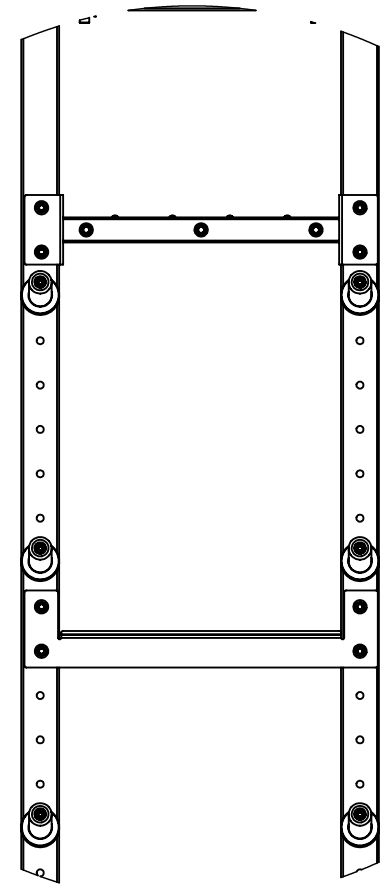
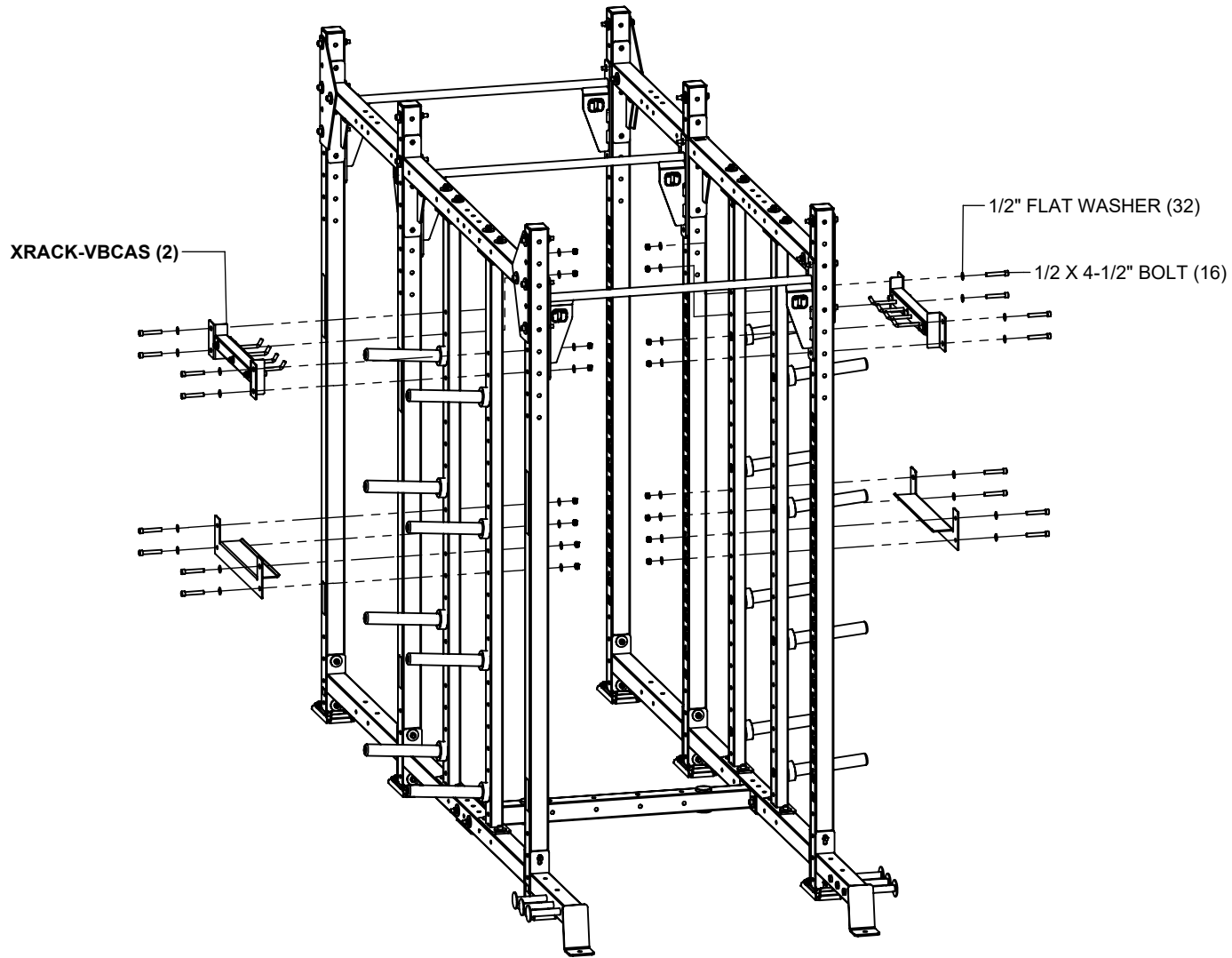
## NOTE:

Complete this step in the final location of the rack.

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

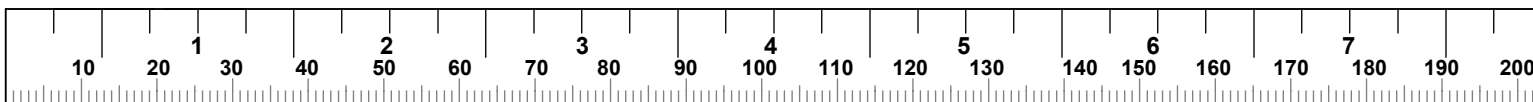


# XRFS 10SC - STEP 4

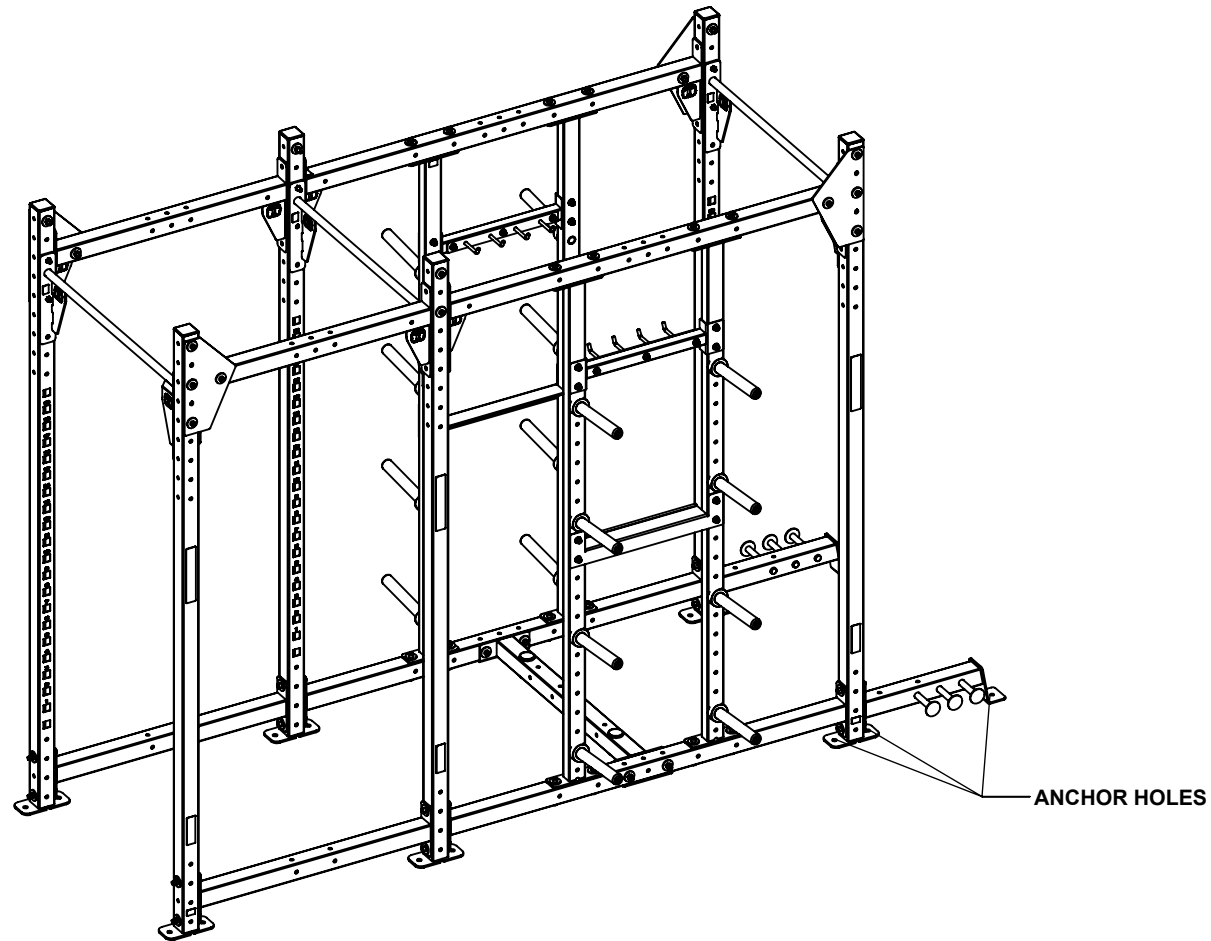


## NOTE:

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



## XRFS 10SC - STEP 5 (OPTIONAL)

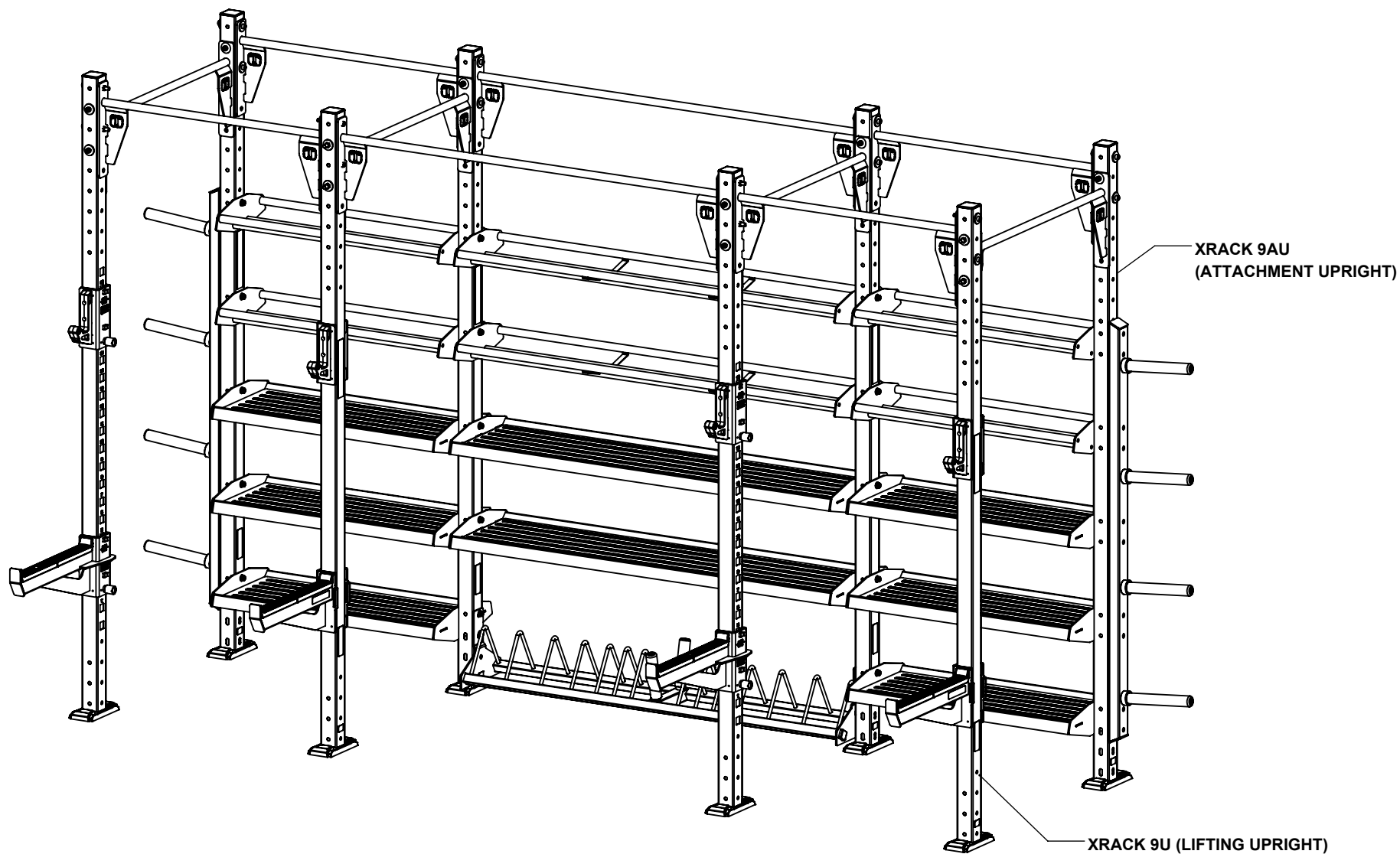


## WARNING!

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ANCHORING INSTRUCTIONS/

## OPTIONAL X-RACK ATTACHMENT UPRIGHTS

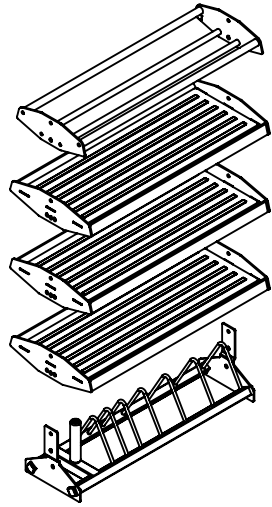


### **NOTE:**

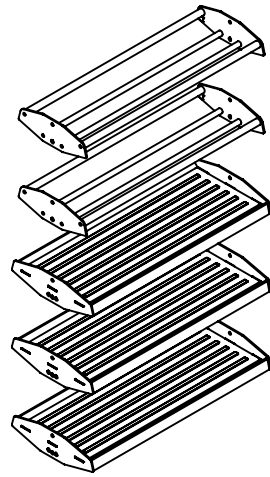
There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, the attachment uprights (**XRACK-8AU**, **XRACK-9AU**) are shown for the bolted attachments and accessories. Attachment uprights may be substituted for standard lifting uprights in a variety of configurations. Refer to previous instructions to assemble a particular rack configuration and leave all hardware loose until all attachments are added.

**The following attachments apply only to the XRACK 8' and 9' Attachment Uprights.**

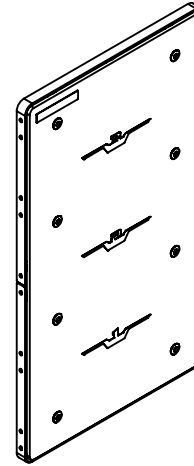
**ATTACHMENT  
UPRIGHT 4' & 6'  
ATTACHMENTS**



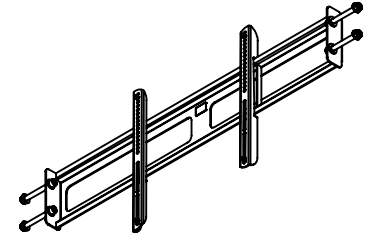
**XCREATE 4' STORAGE MODULES**



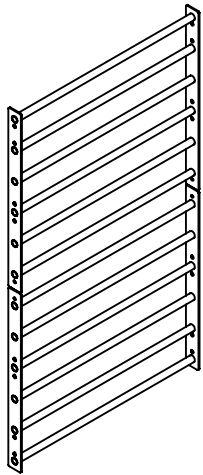
**XCREATE 4' / 6' STORAGE MODULES**



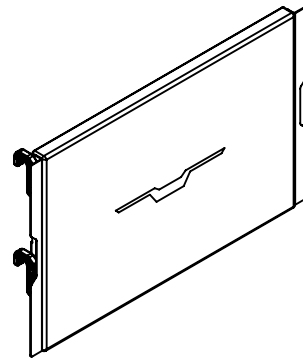
**XCREATE 4' BALL  
TARGET WALL**



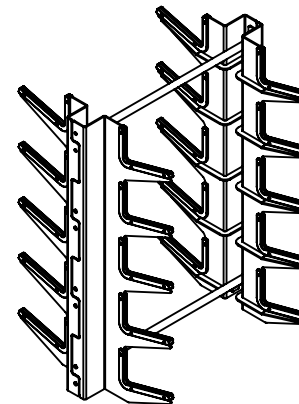
**XCREATE 4'  
MONITOR MOUNT**



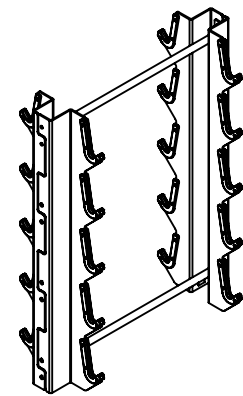
**XCREATE 4' STALL BARS**



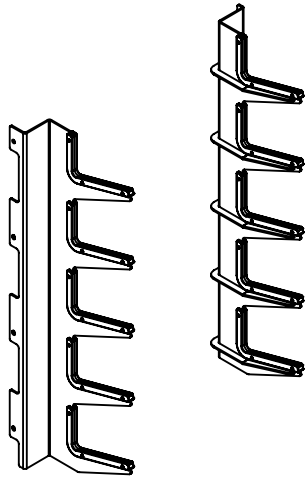
**XCREATE 4' BALL TARGET WALL PADS**



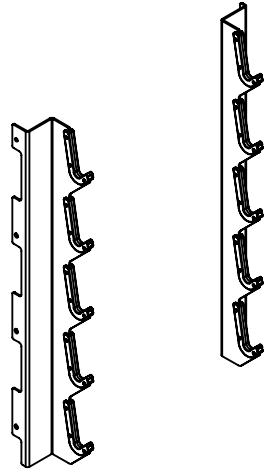
**XCREATE BARBELL STORAGE MODULES**



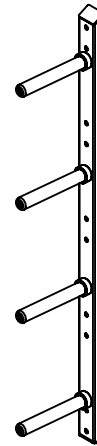
**XCREATE BARBELL STORAGE MODULES**



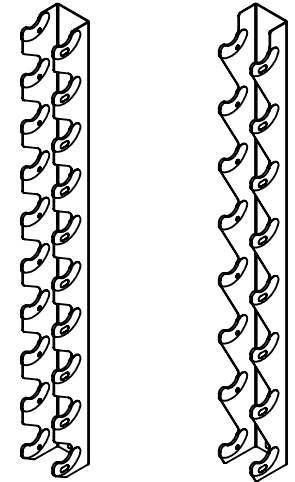
**XCREATE VBS10**  
VERTICAL BAR STORAGE (10 BARS)



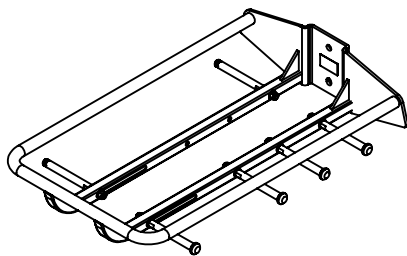
**XCREATE VBS5**  
VERTICAL BAR STORAGE (5 BARS)



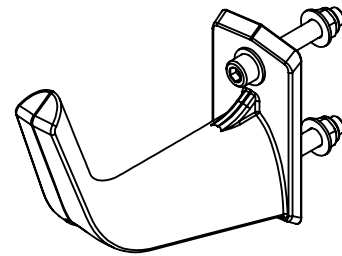
**XCREATE 8UVWSS**  
VERTICAL WEIGHT STORAGE UPRIGHTS



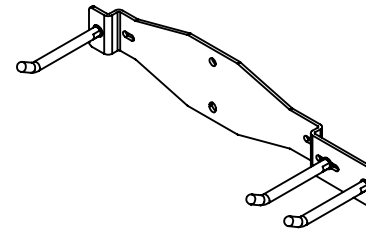
**XCREATE VDS5 & XCREATE VDS4**  
VERTICAL DUMBBELL STORAGE



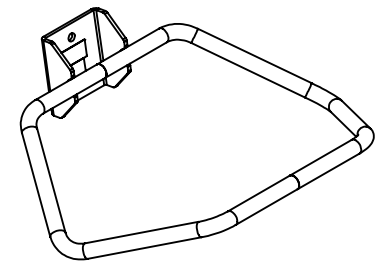
**XCREATE BHSE**  
BALL HANGING STORAGE EXTENSION



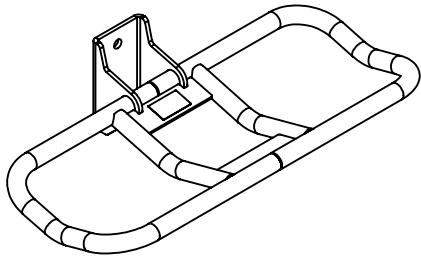
**XCREATE HSH**  
HANGING STORAGE HOOK



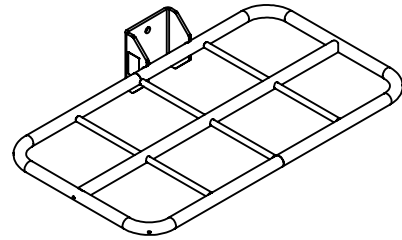
**XCREATE HMSA**  
HANGING MAT STORAGE ATTACHMENT



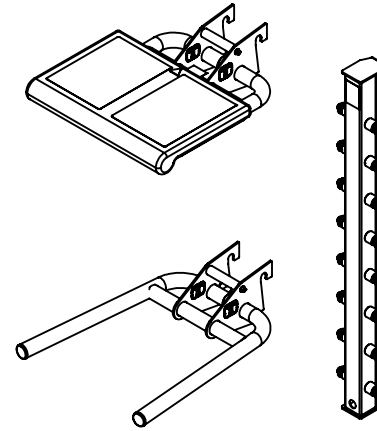
**XCREATE BOSU SA**  
BOSU STORAGE ATTACHMENT



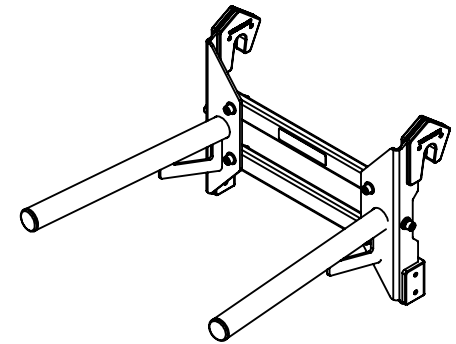
**XCREATE-BTBSA**  
BALL AND TORPEDO BAG STORAGE



**XCREATE-FRS6-8**  
FOAM ROLLER STORAGE

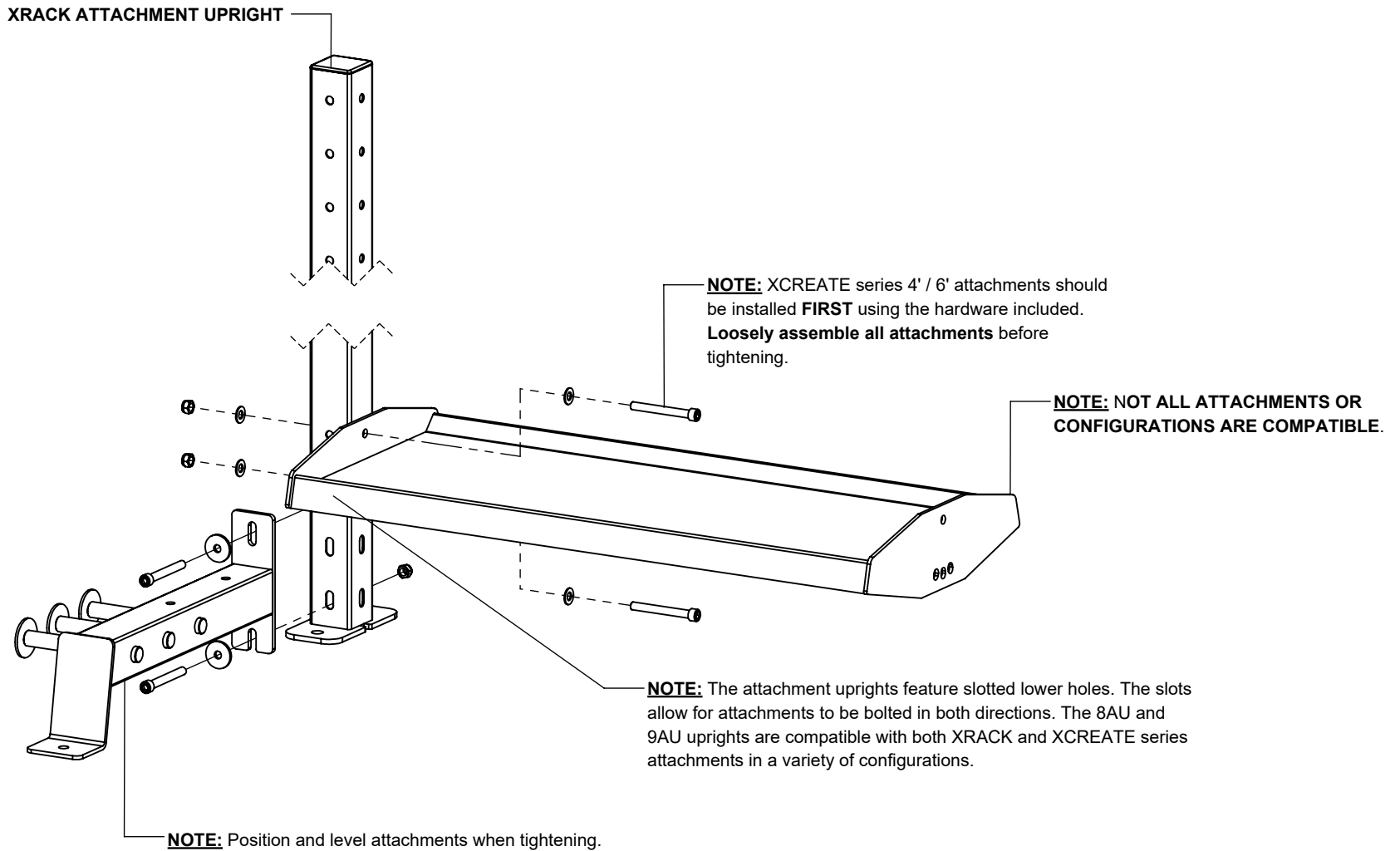


**XCREATE-SBDA**  
STALL BAR DIP ATTACHMENT



**ATTACHMENT ANCHOR**  
DIP ATTACHMENT AND PLYOSTEP

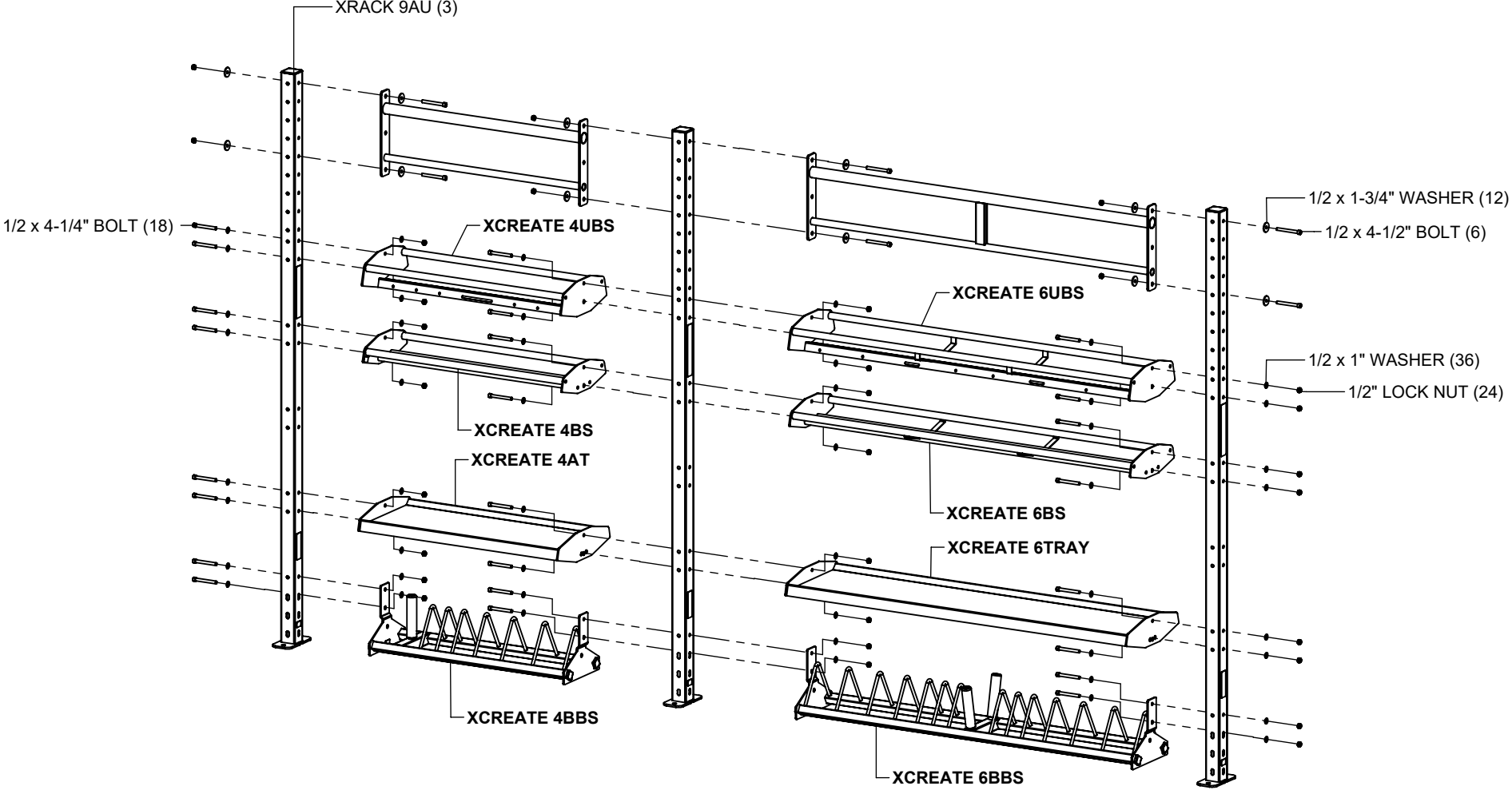
# X-RACK ATTACHMENT UPRIGHT



## **NOTES:**

Not all configurations may be compatible. This guide show the uprights and attachments for their bolted connections. Reference previous steps for more details on rack assembly.

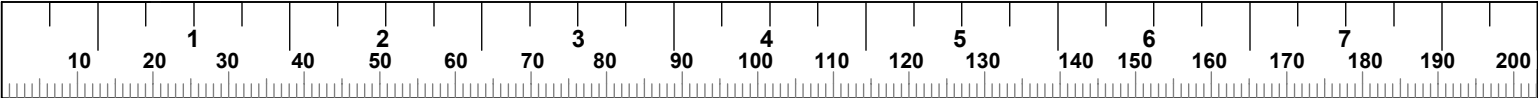
# OPTIONAL 4' & 6' STORAGE ATTACHMENTS (9AU)



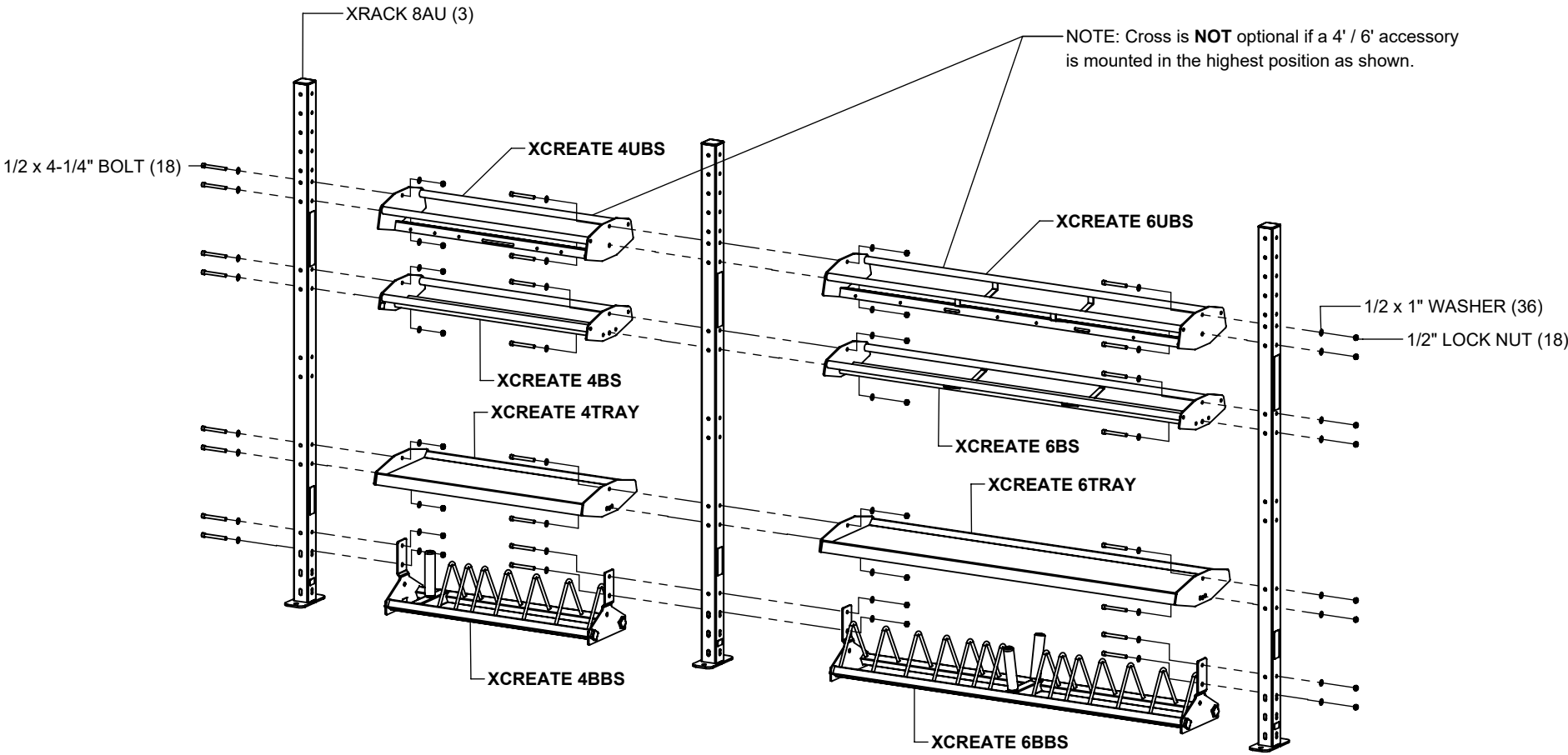
**NOTES:**

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



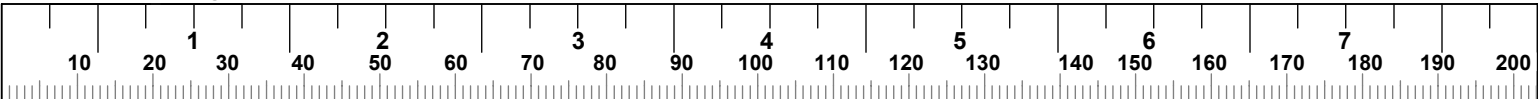
# OPTIONAL 4' AND 6' STORAGE ATTACHMENTS (8AU)



**NOTES:**

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



## ACCESSORY TRAY LABELS

ATTACH DESIRED  
LABEL TO EACH  
ACCESSORY TRAY  
SEE NOTE BELOW

1-3/4"

3/8"

ACCESSORY LABEL

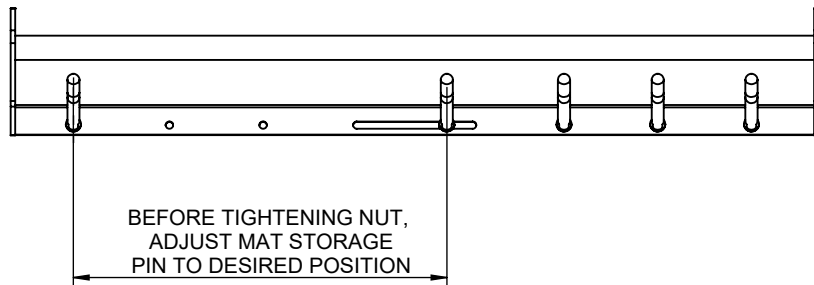
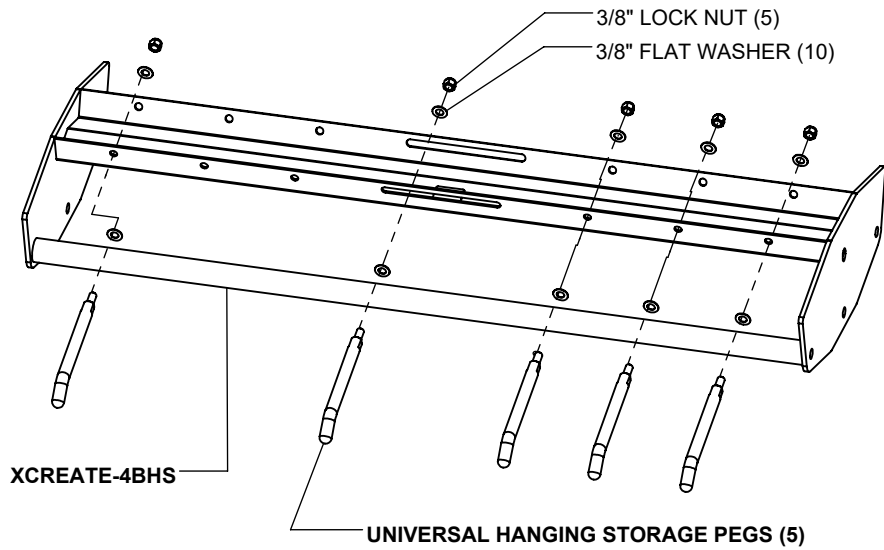
XCREATE-6AT (3)

XCREATE 4TRAY (3)

### **NOTE:**

If you are a professional contractor installing this system for a facility, leave these labels and instruction with manager or inquire what label to attach to each accessory tray.

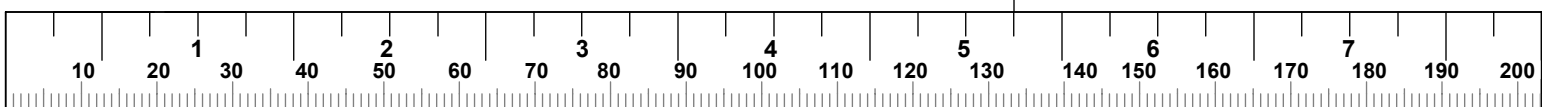
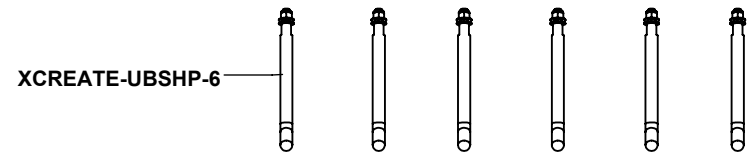
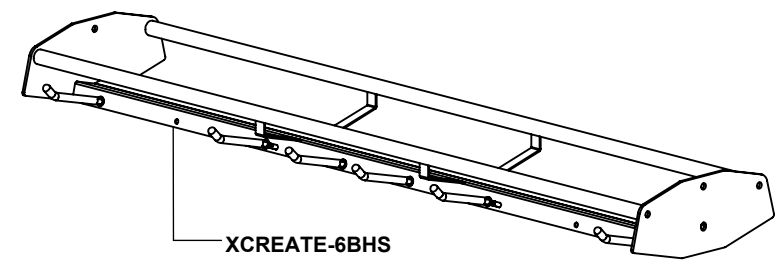
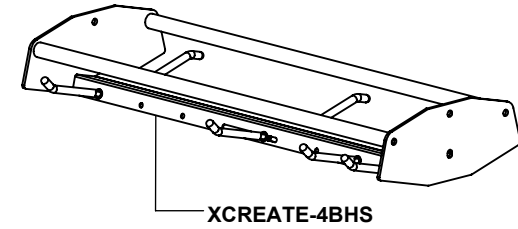
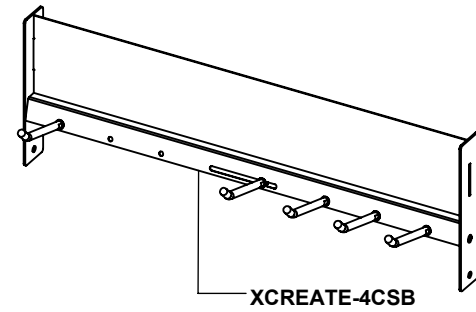
# MAT STORAGE AND ACCESSORY PINS



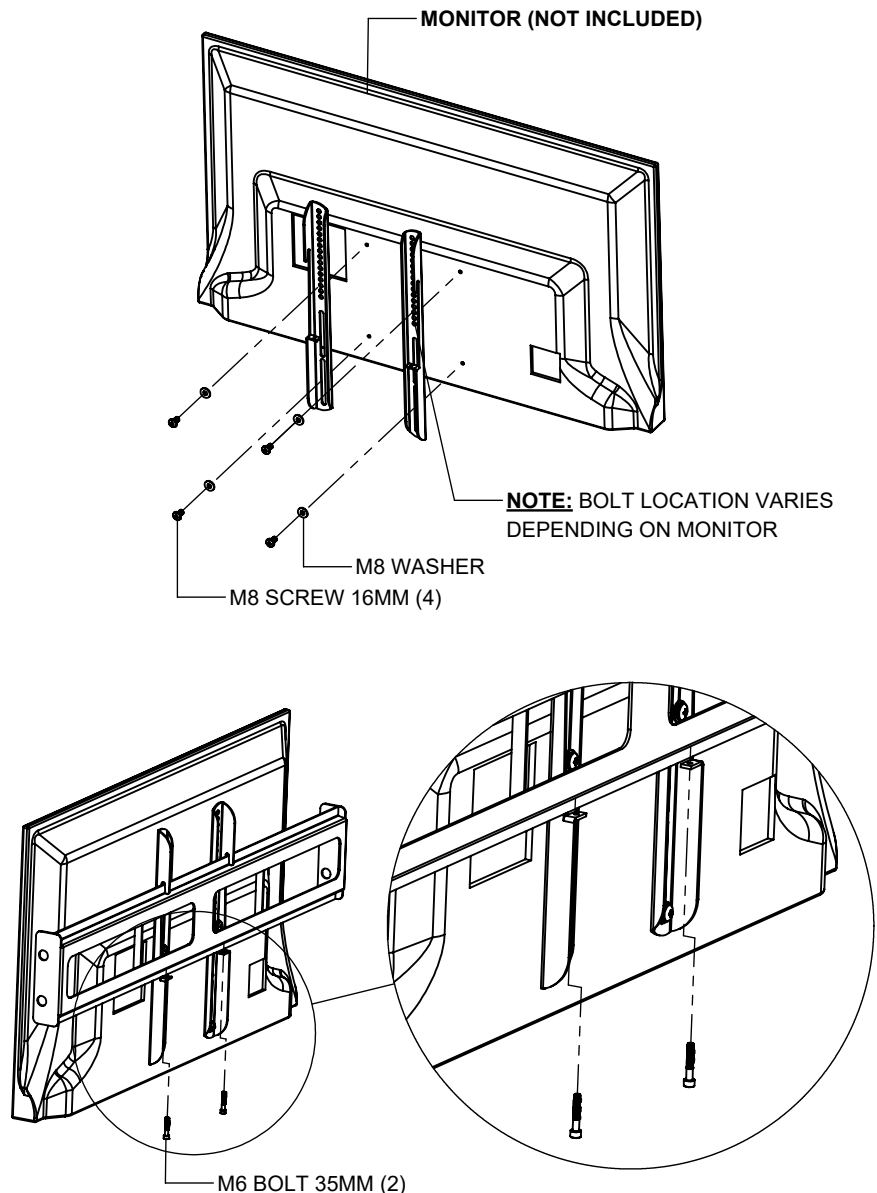
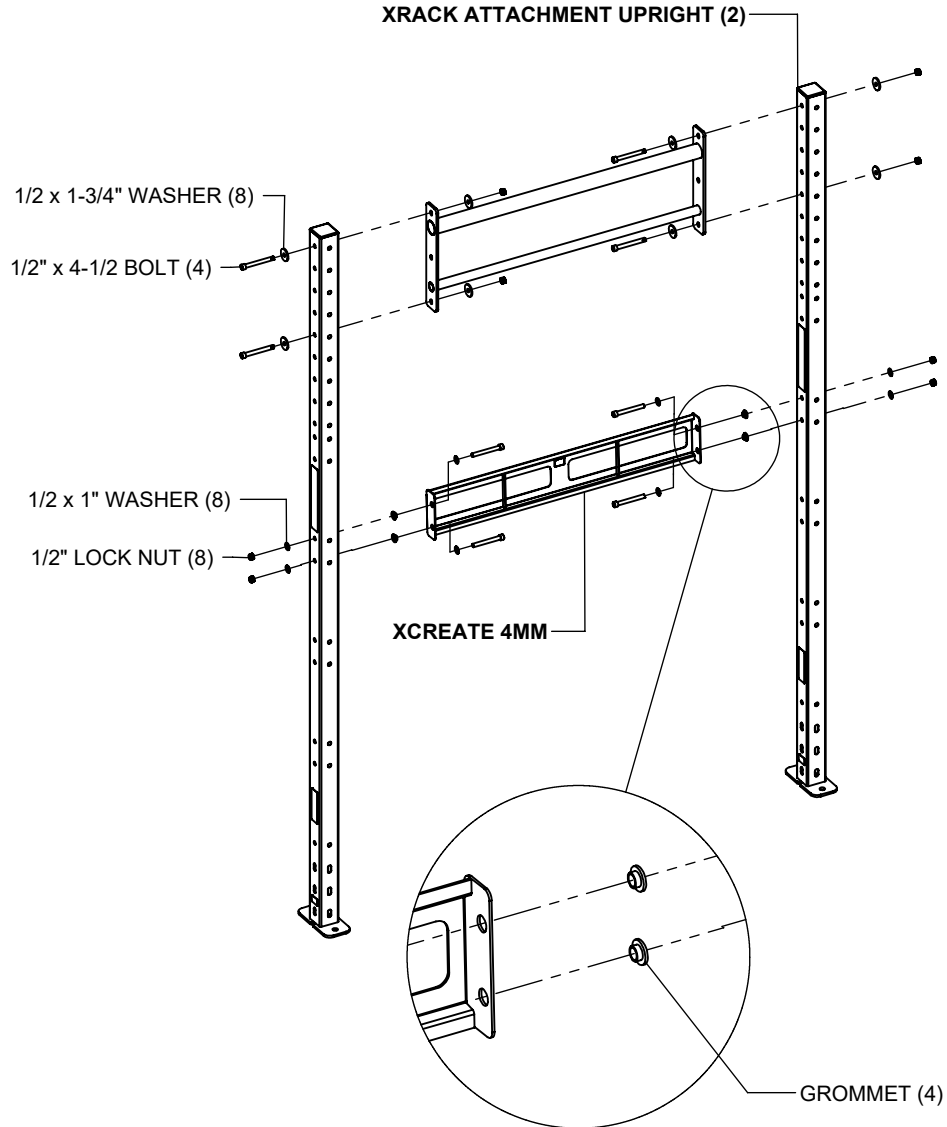
**NOTE:**

For the purpose of illustration the XCREATE-4BHS is shown. The XCREATE-4BHS, XCREATE-4CSB and XCREATE-6BHS can be assembled the same way.

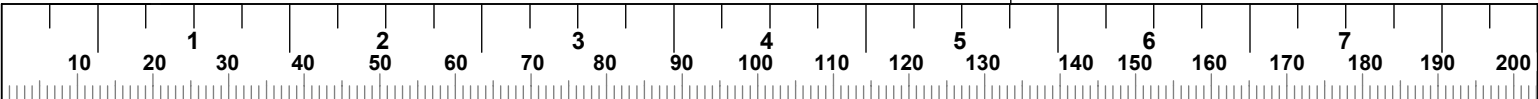
**SECURELY** tighten all connections in this step.



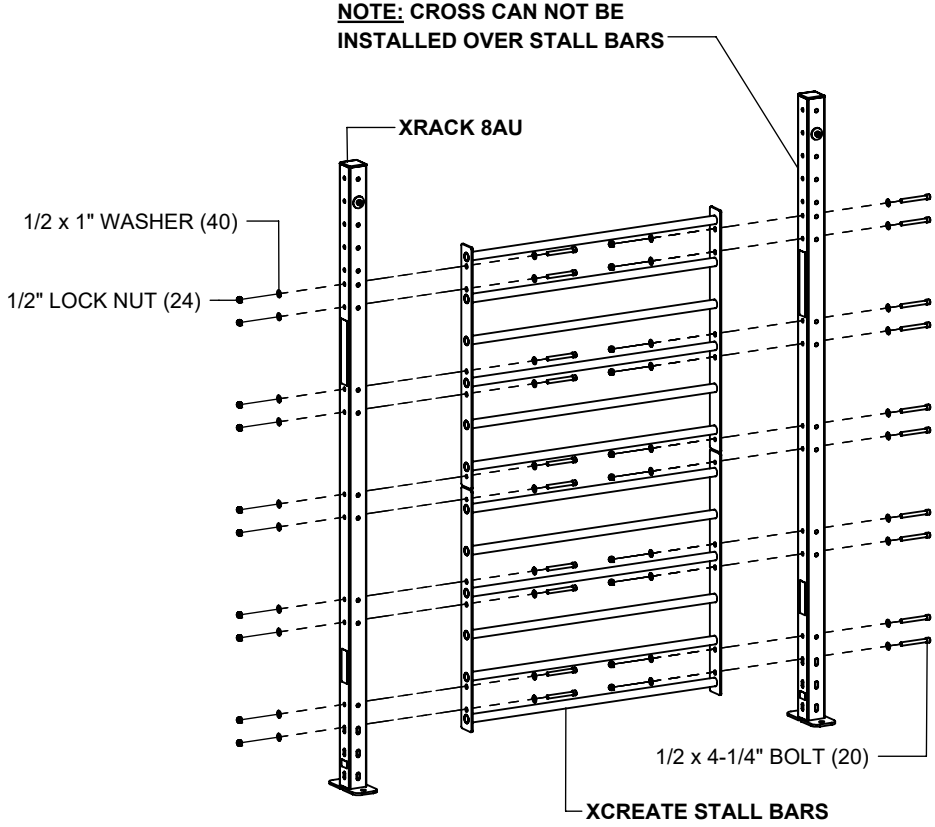
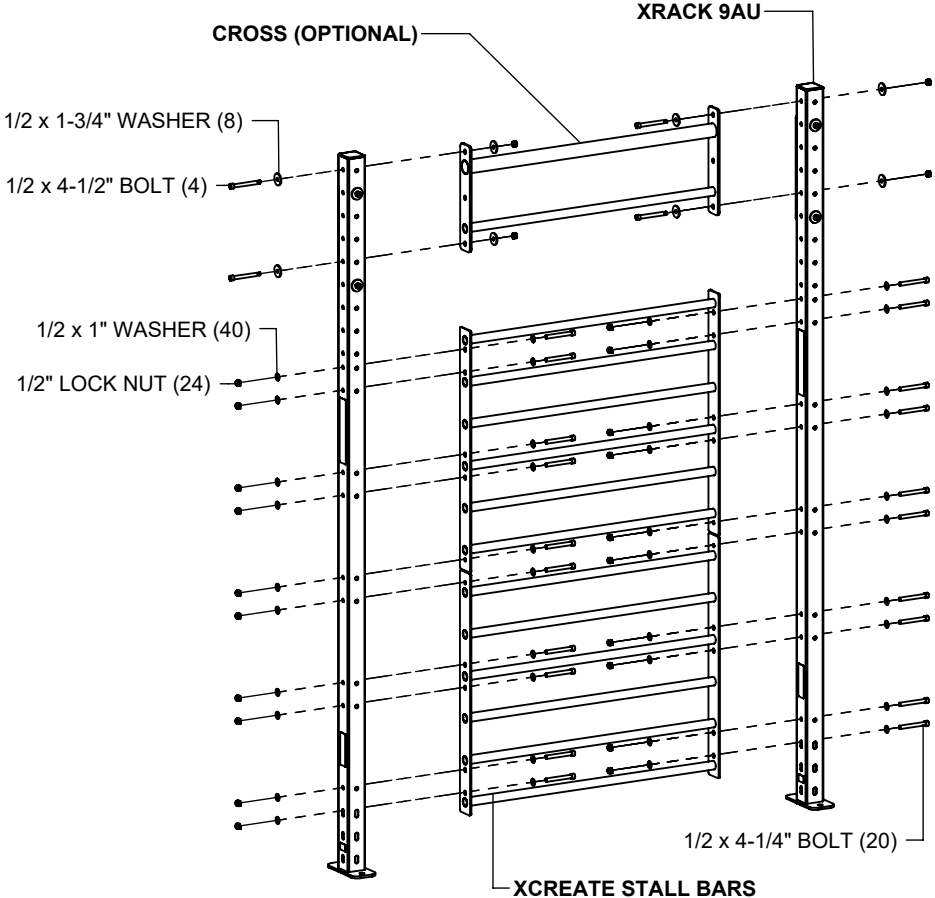
# OPTIONAL MONITOR MOUNT



**NOTES:**  
**SECURELY** tighten all bolt connections in this step.  
 Reference the XCREATE Wall manual for standard configurations of the monitor mount or for more details.



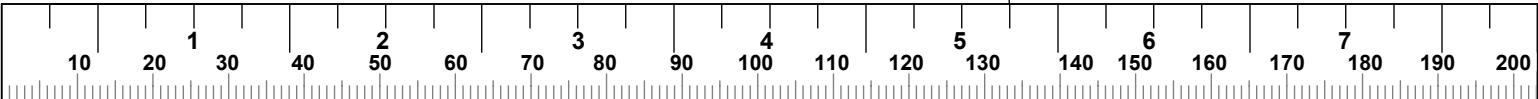
# OPTIONAL STALL BARS



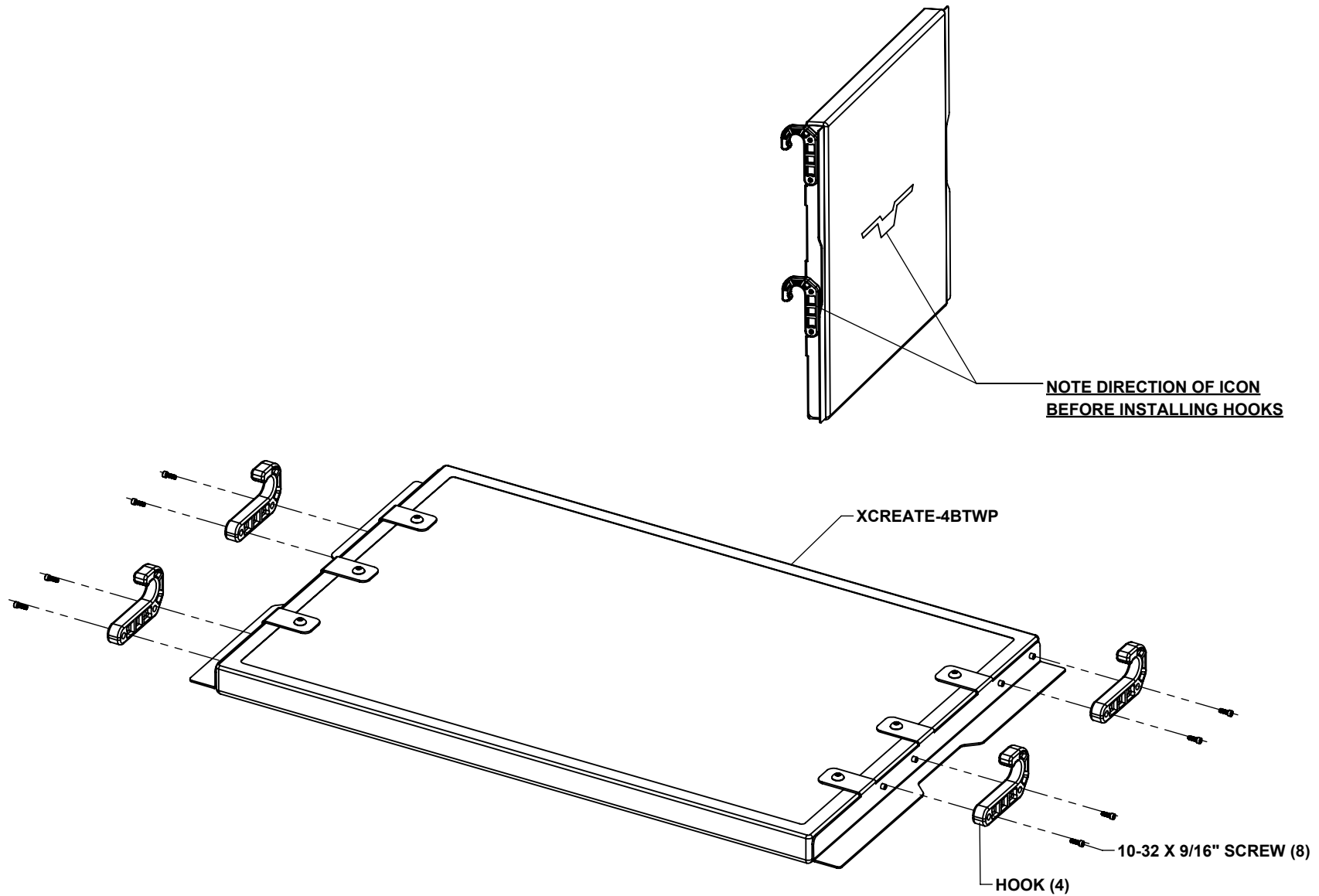
**NOTES:**

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.



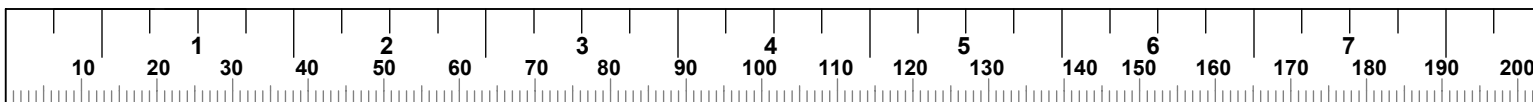
## OPTIONAL BALL TARGET WALL PADS (STEP 1)



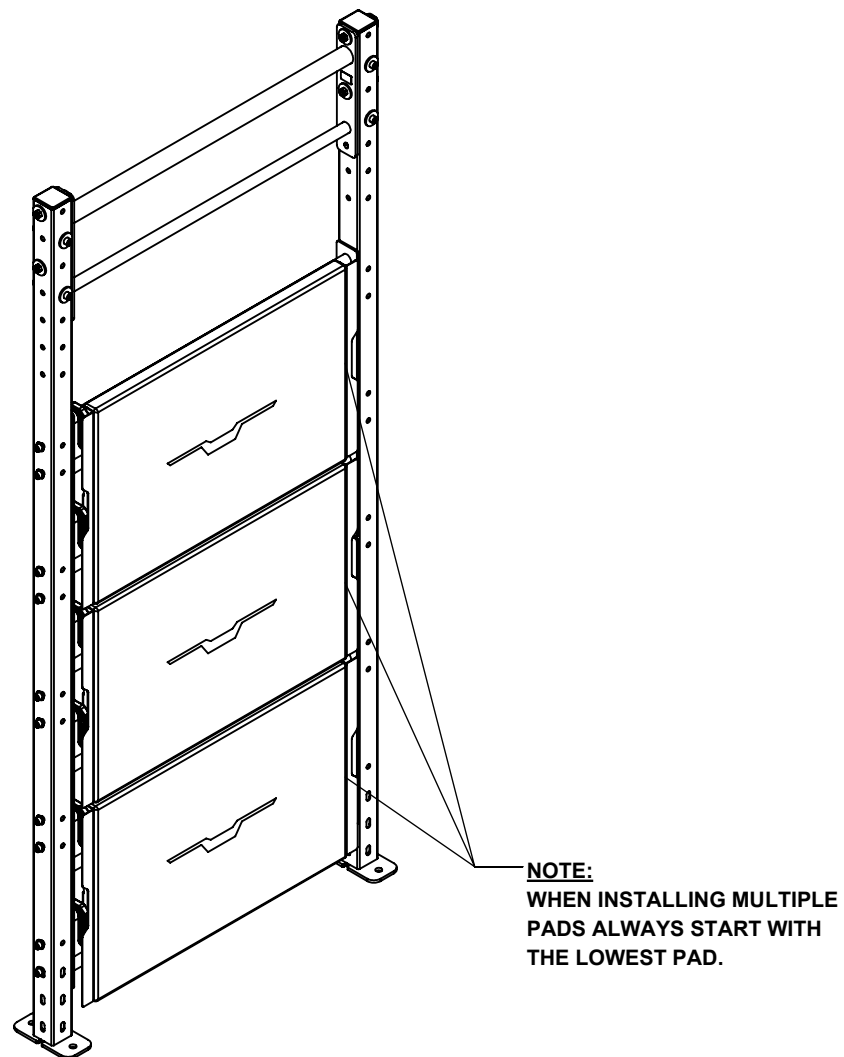
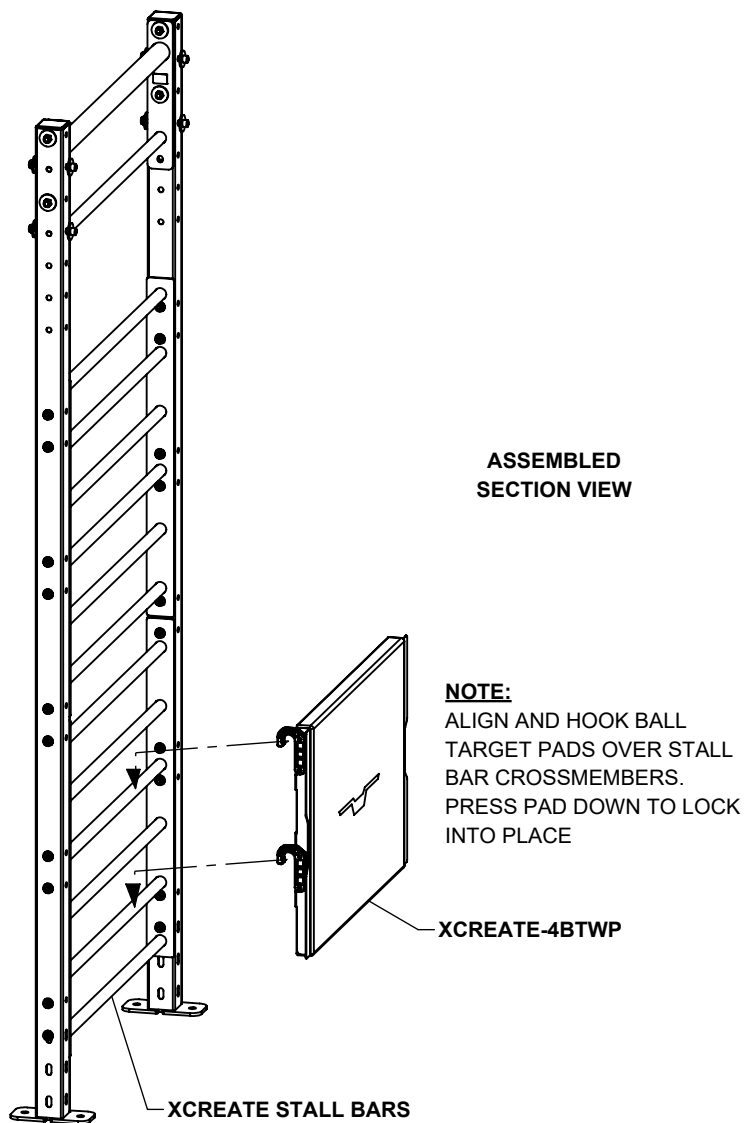
### NOTES:

**SECURELY TIGHTEN, DO NOT OVERTIGHTEN** bolted connections in this step.

Repeat this step for all ball target pads.



## OPTIONAL BALL TARGET WALL PAD MODULE

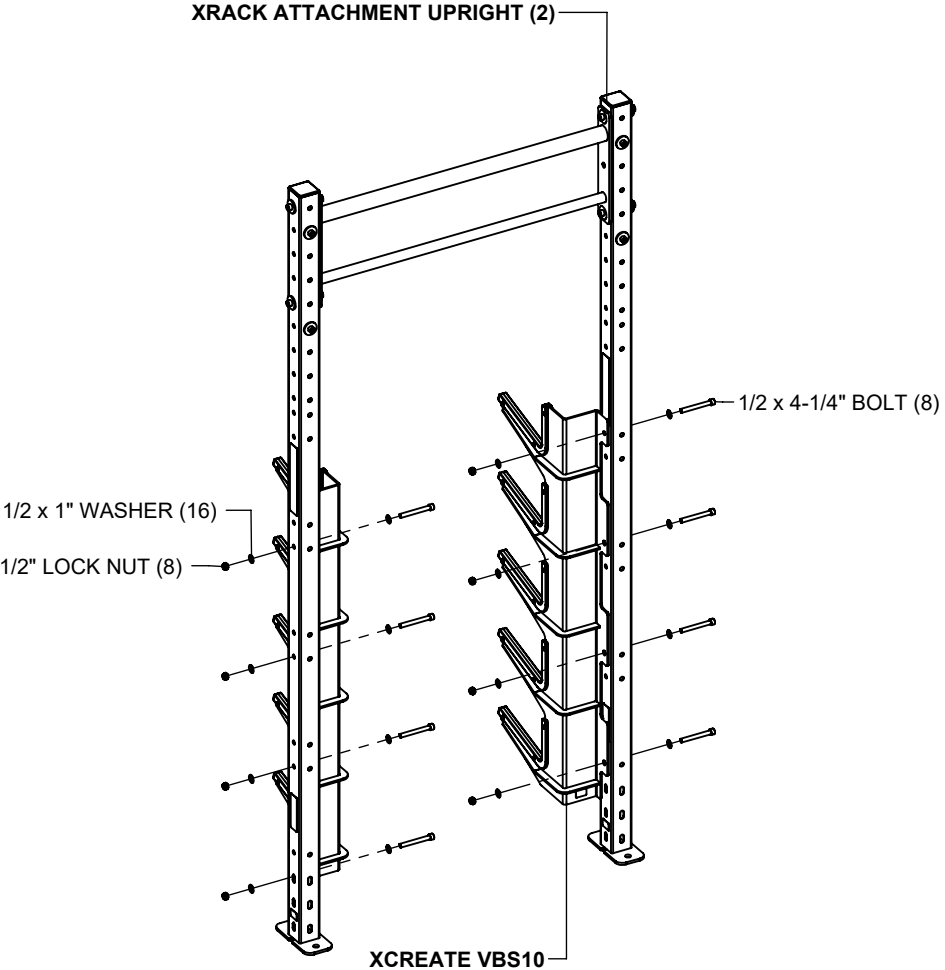
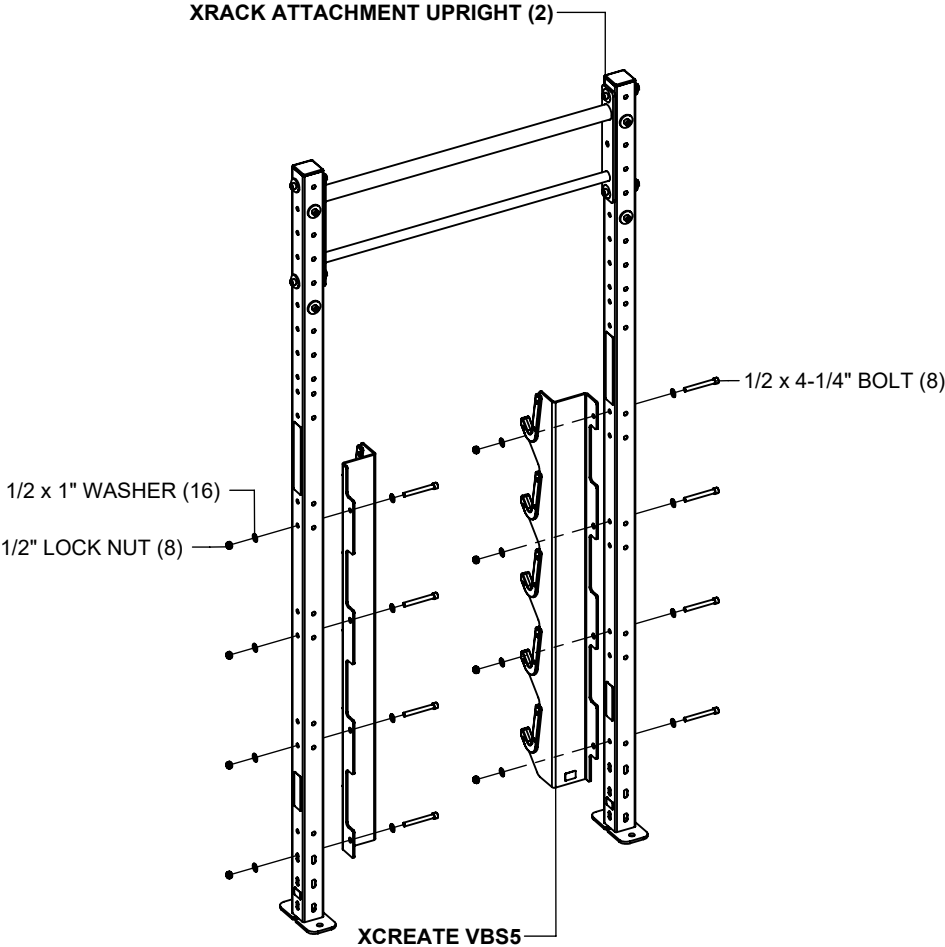


### NOTES:

The **XCREATE 4' STALL BARS ARE REQUIRED**. Reference previous steps for installing the stall bars.

Ball target wall pads can be removed and replaced as needed.

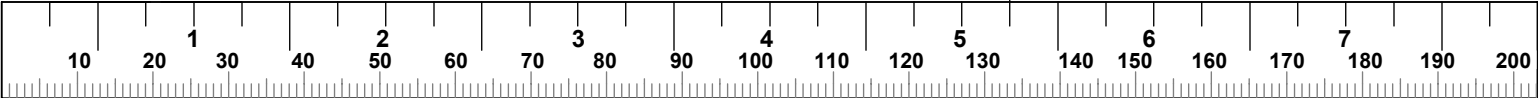
# OPTIONAL BAR STORAGE ATTACHMENTS



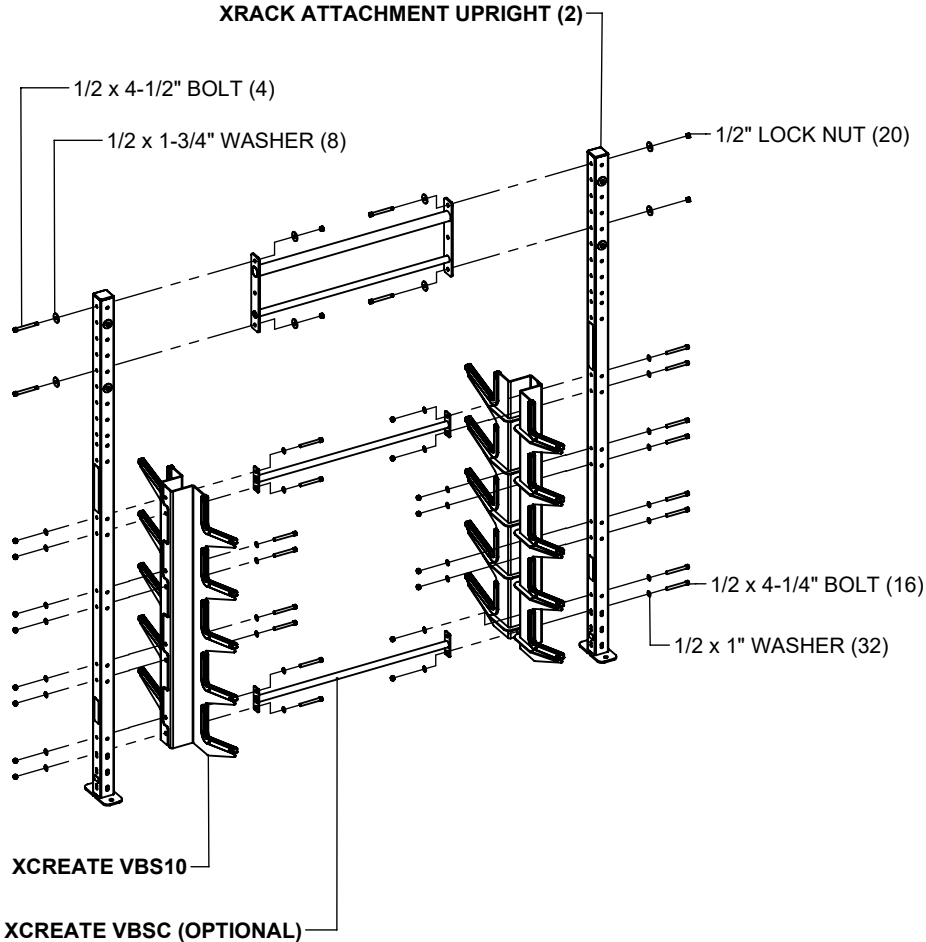
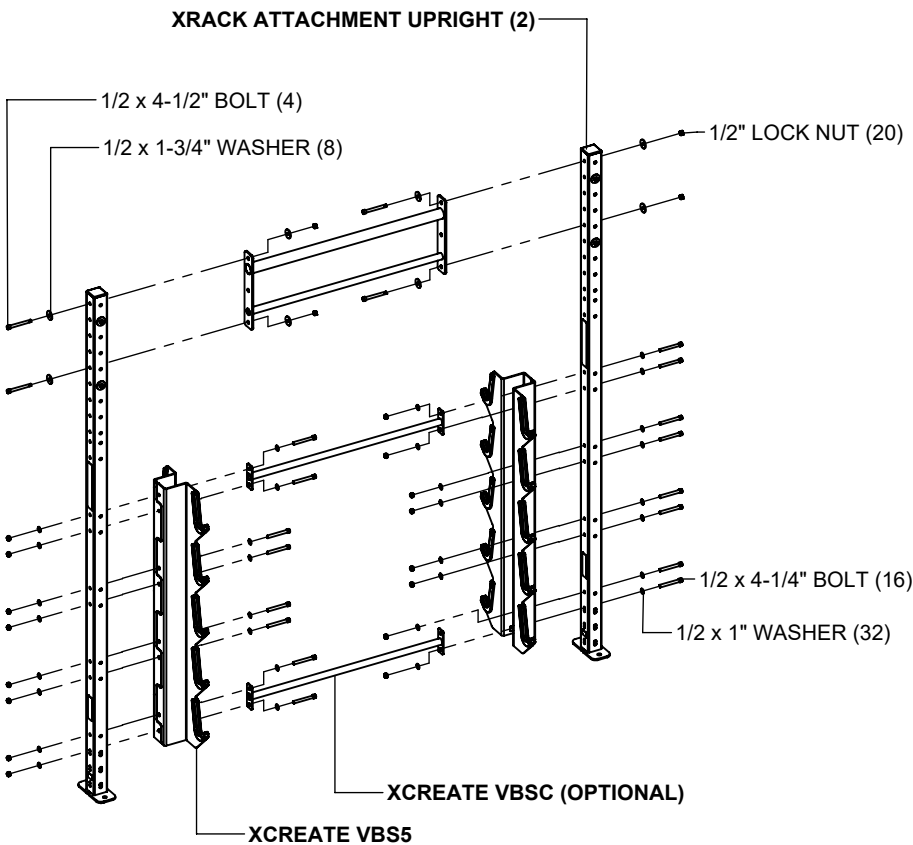
**NOTES:**

For the purpose of illustration the 9AU is shown the 8AU is assembled the exact same way.

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



# OPTIONAL BAR STORAGE ATTACHMENTS

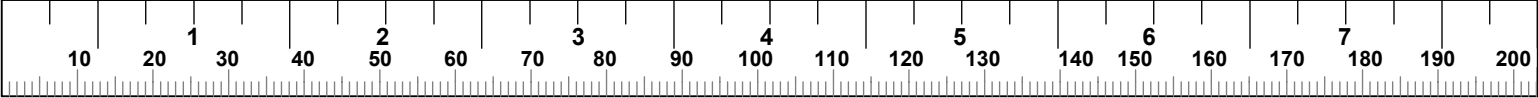


**NOTES:**

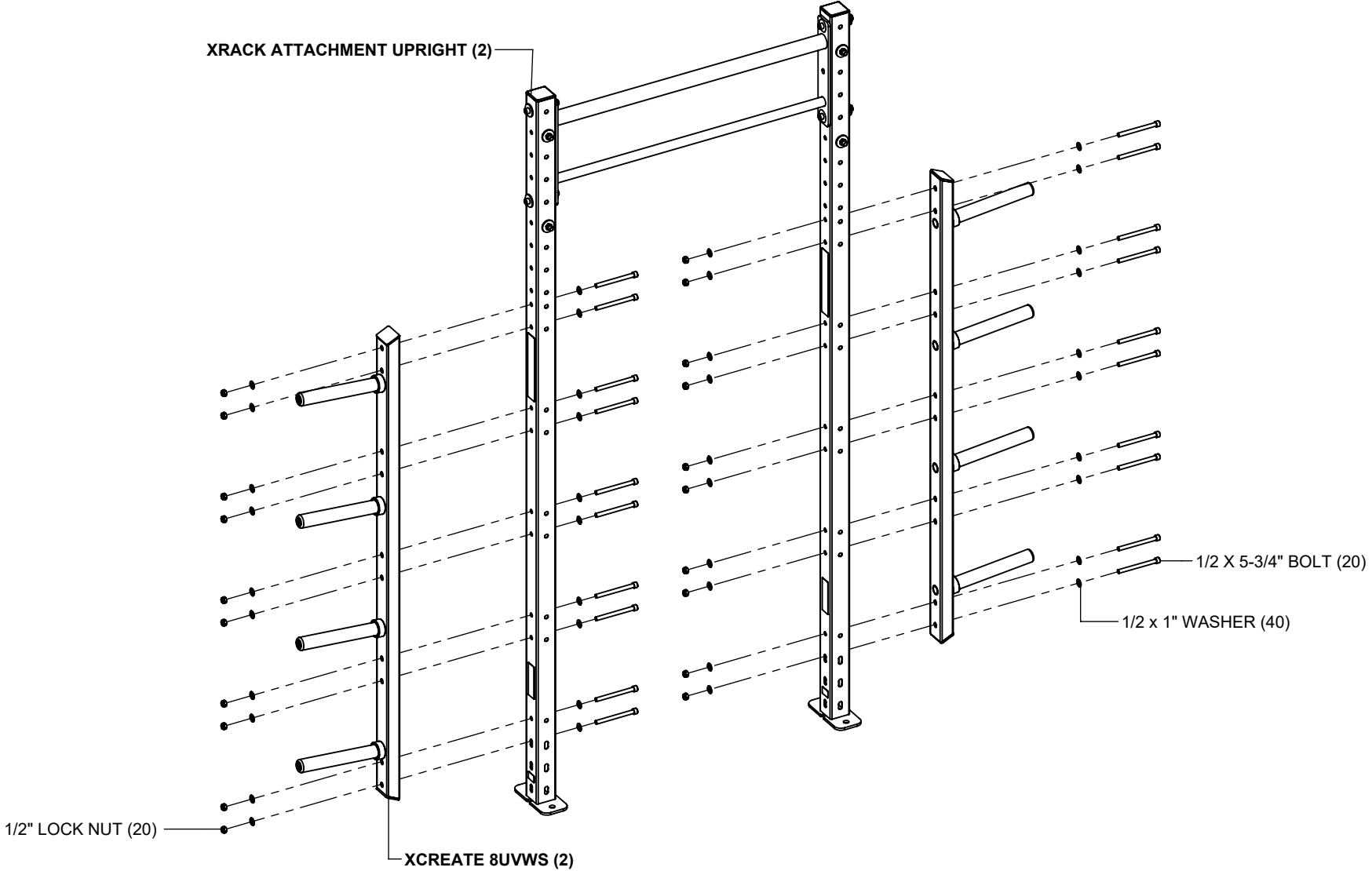
For the purpose of illustration the 9AU is shown. The 8AU is assembled the exact same way.

If more attachments will be assembled **LOOSELY** assemble connections in this step.

If this is the only option being assembled to the X-RACK then **SECURELY** tighten all bolt connections in this step and previous step.

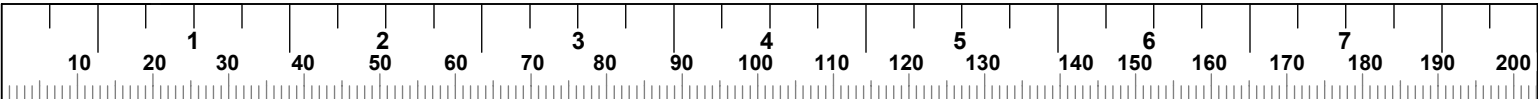


# OPTIONAL VERTICAL WEIGHT STORAGE

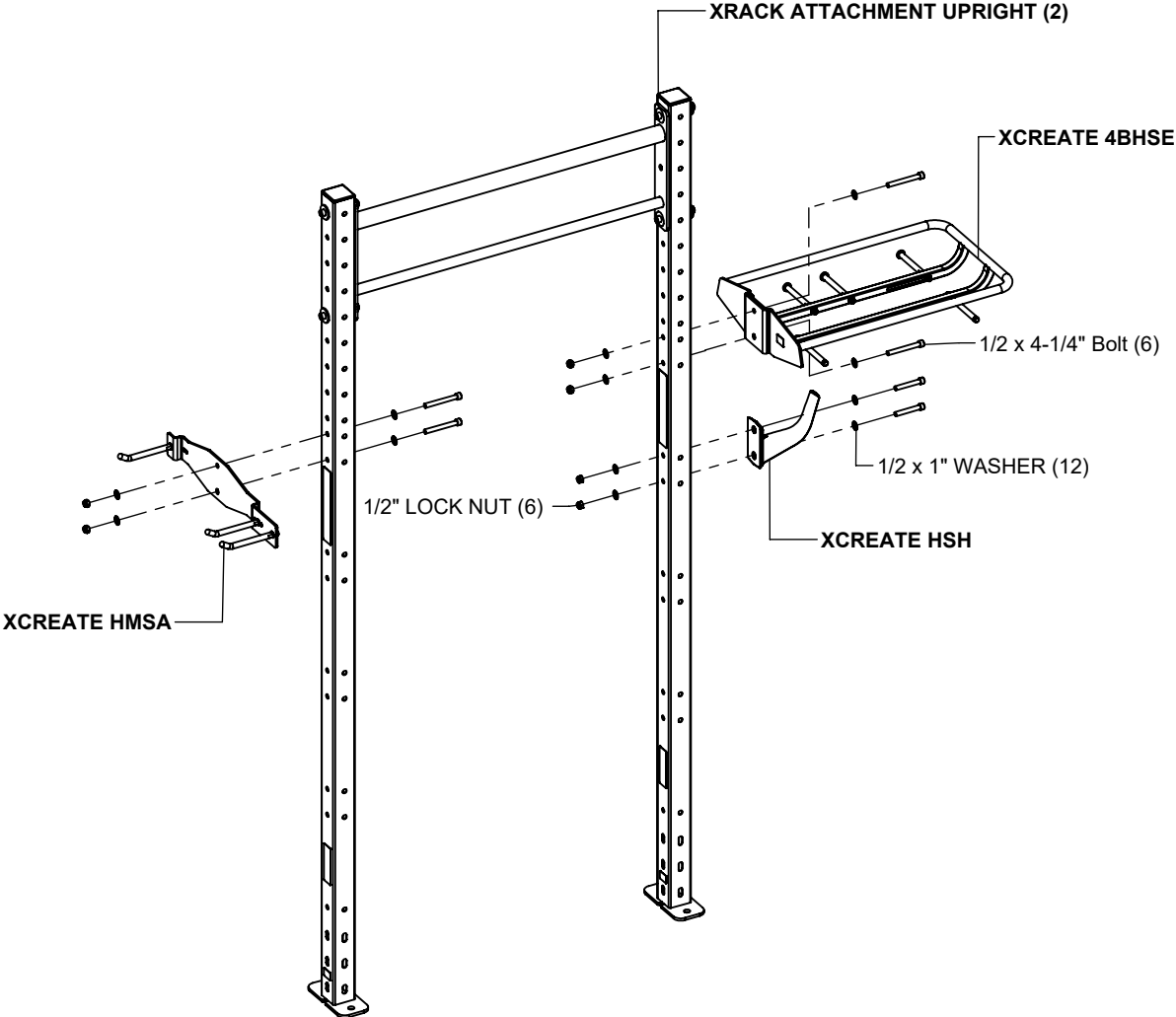


## NOTES:

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

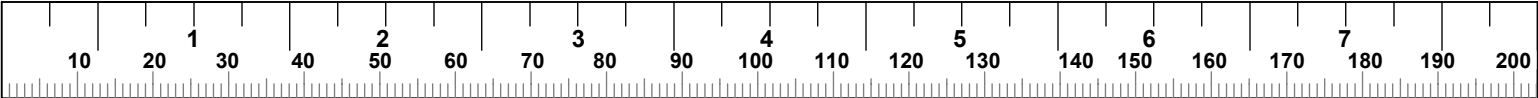


# OPTIONAL STORAGE ATTACHMENTS

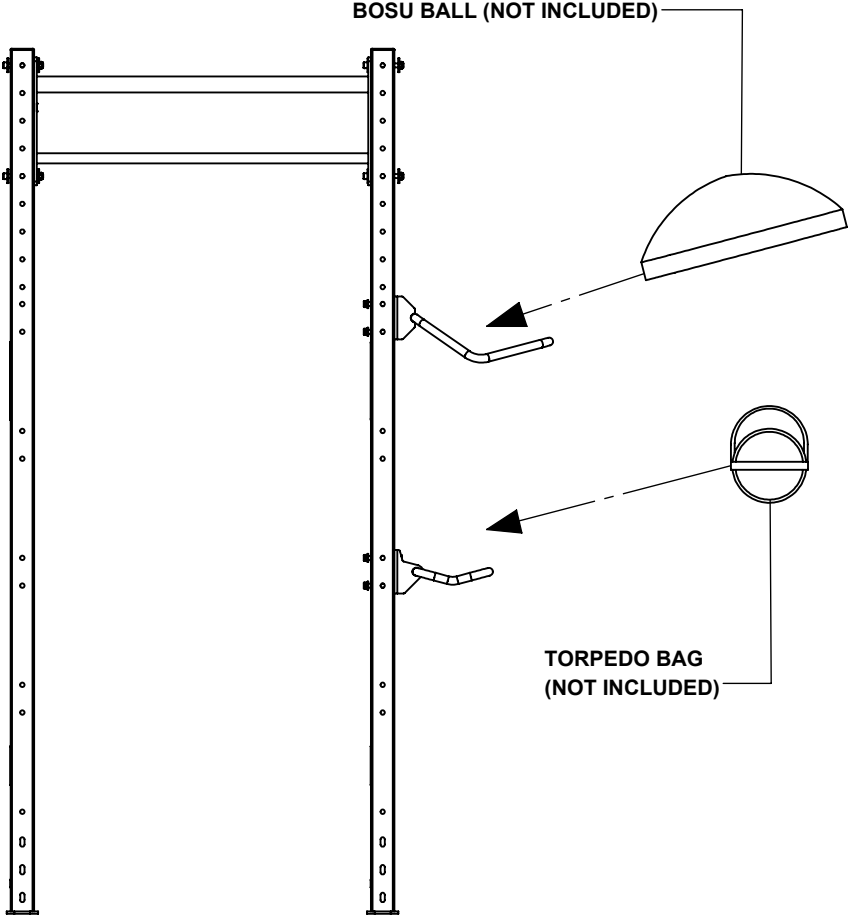
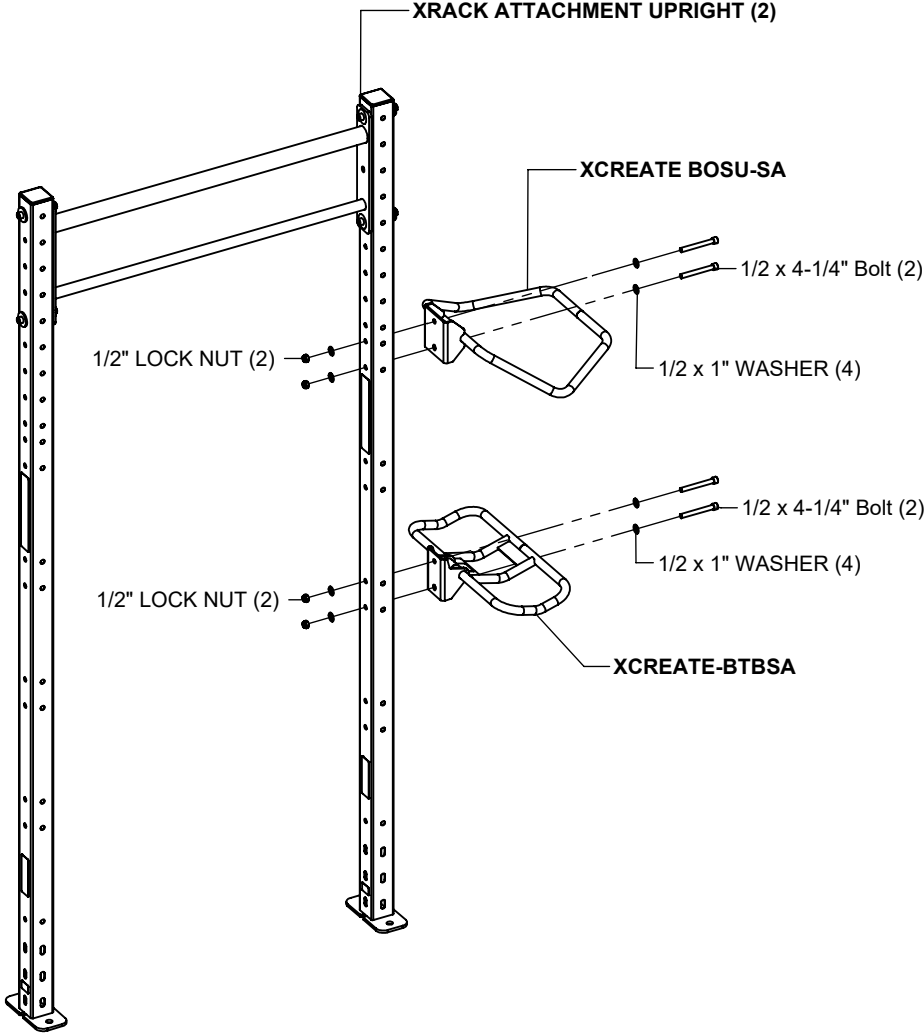


**NOTES:**

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

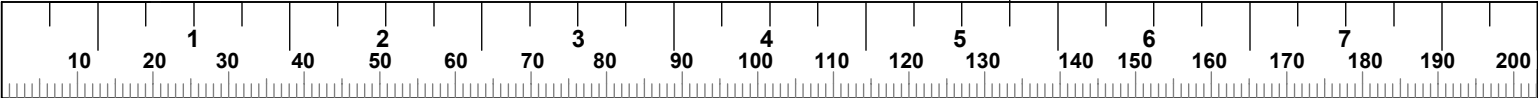


# OPTIONAL STORAGE ATTACHMENTS

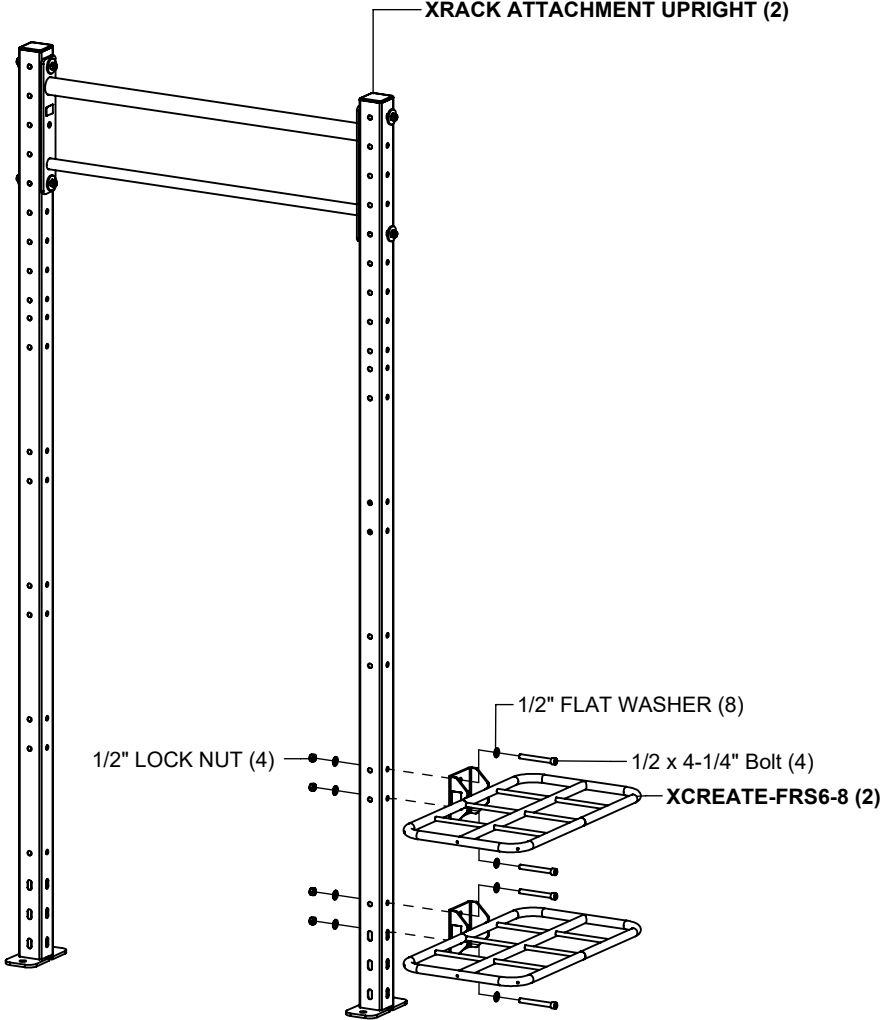
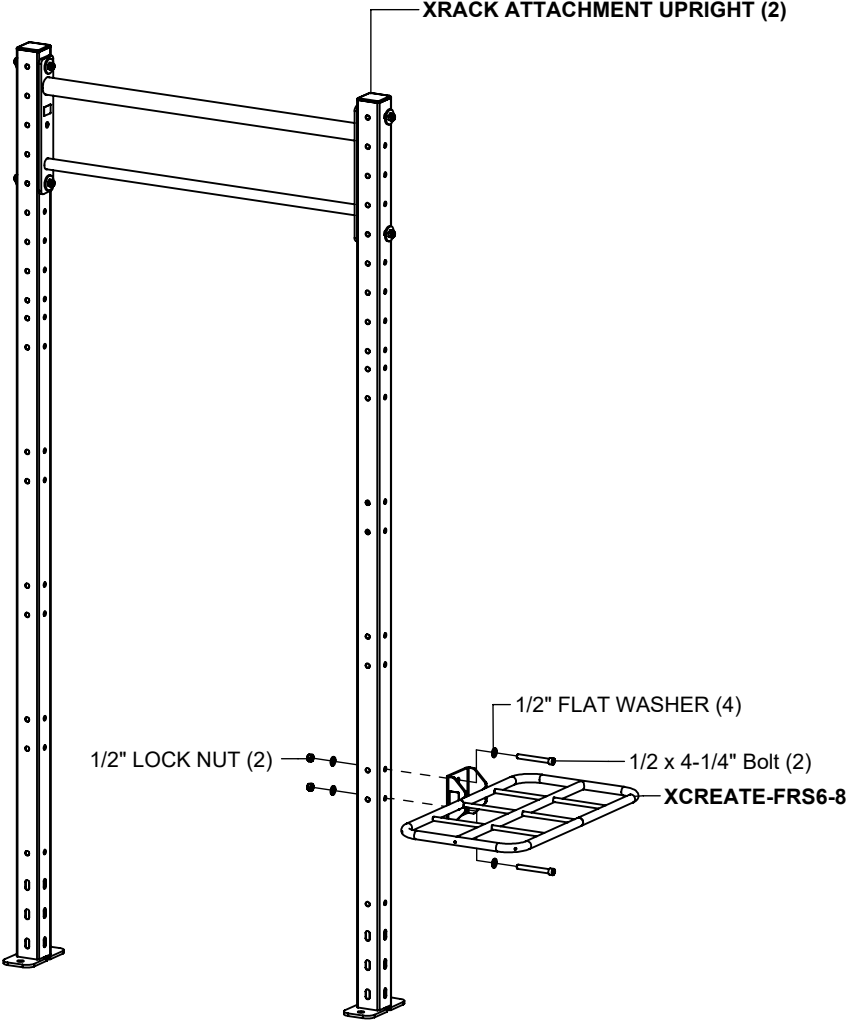


**NOTES:**

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

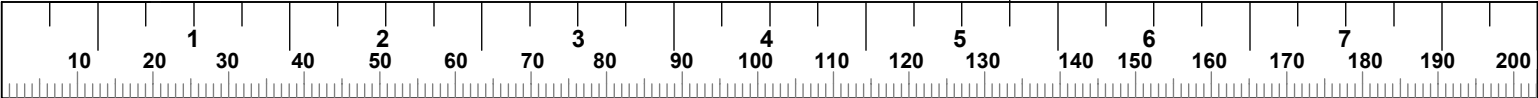


# OPTIONAL STORAGE ATTACHMENTS

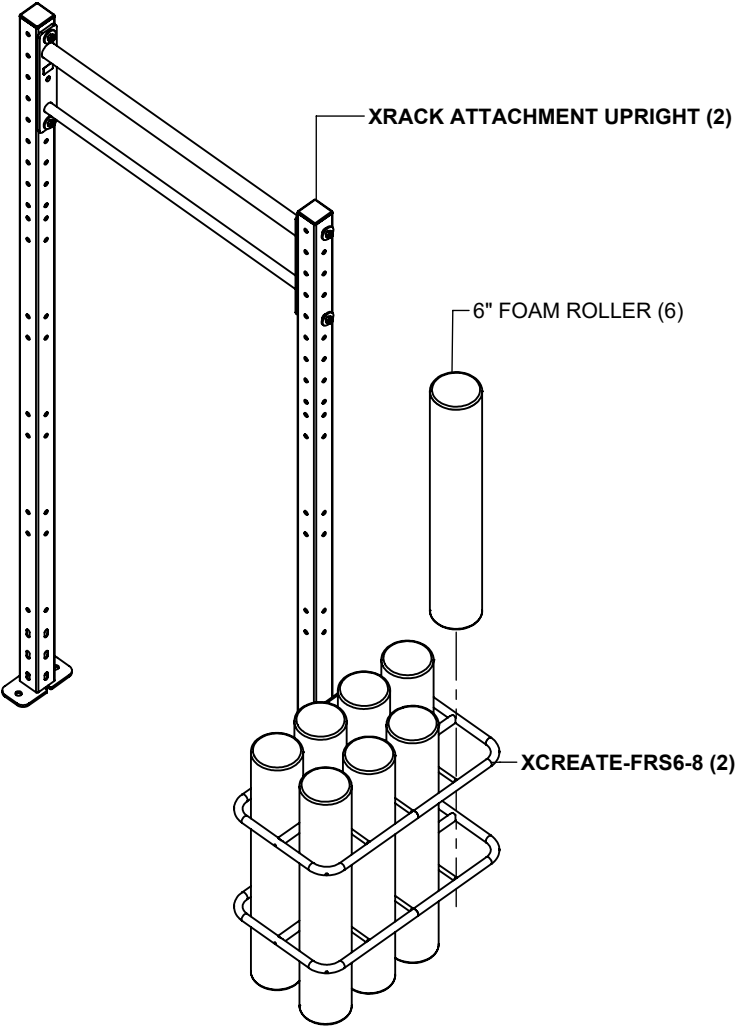
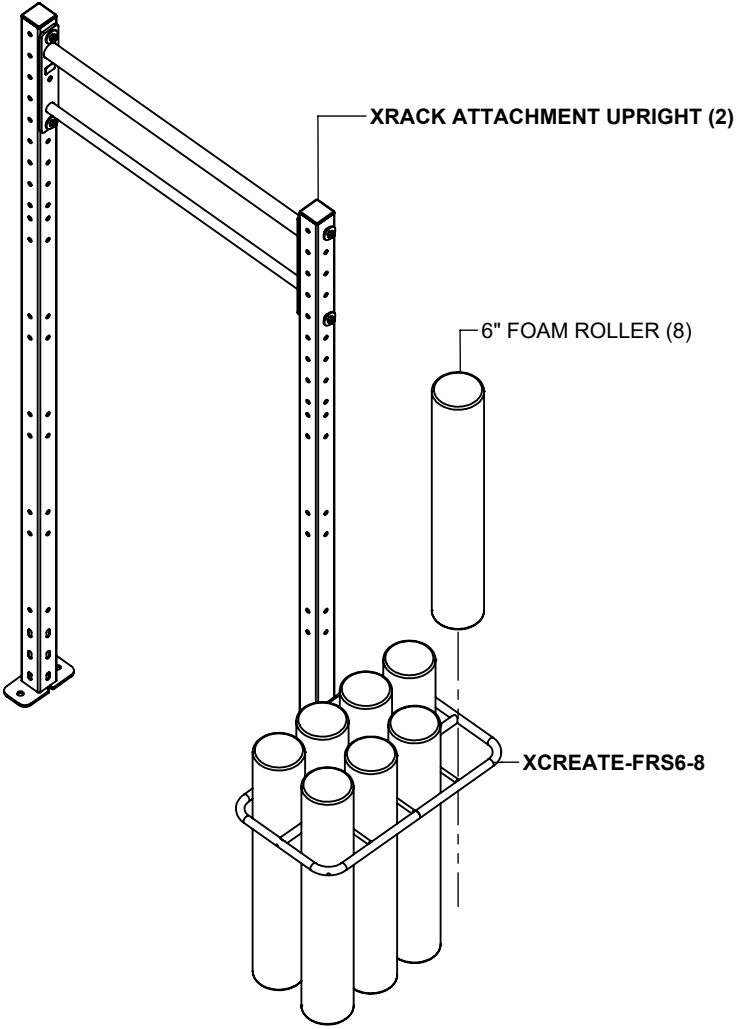


**NOTES:**

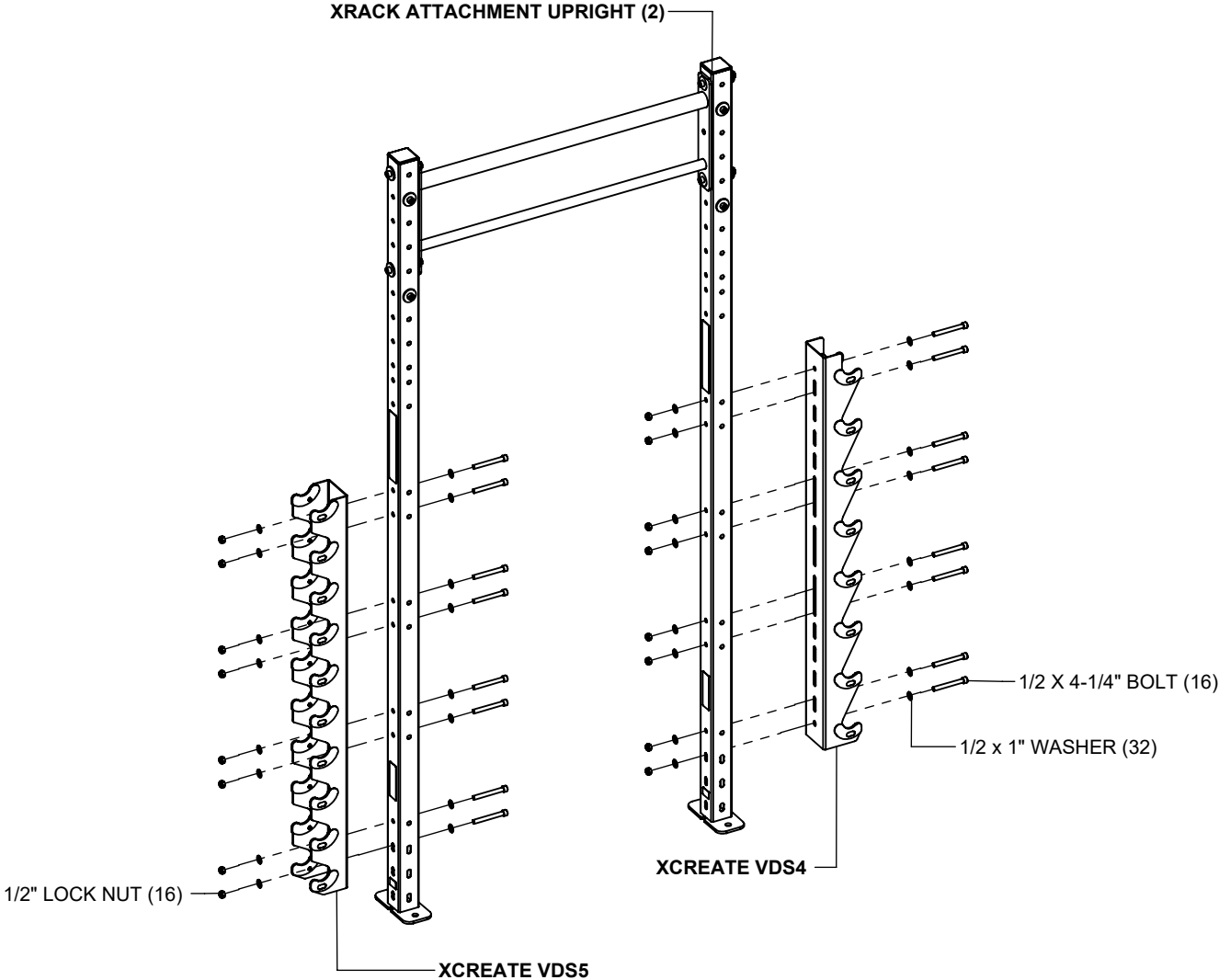
**SECURELY** tighten all bolt connections in this step.



# OPTIONAL STORAGE ATTACHMENTS

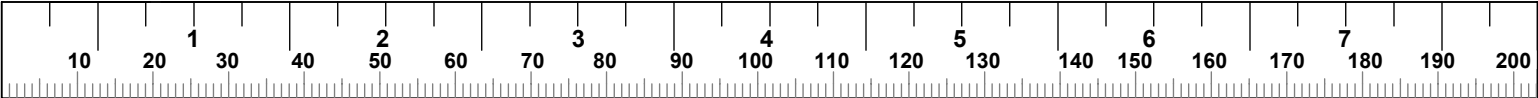


# OPTIONAL VERTICAL DUMBBELL STORAGE

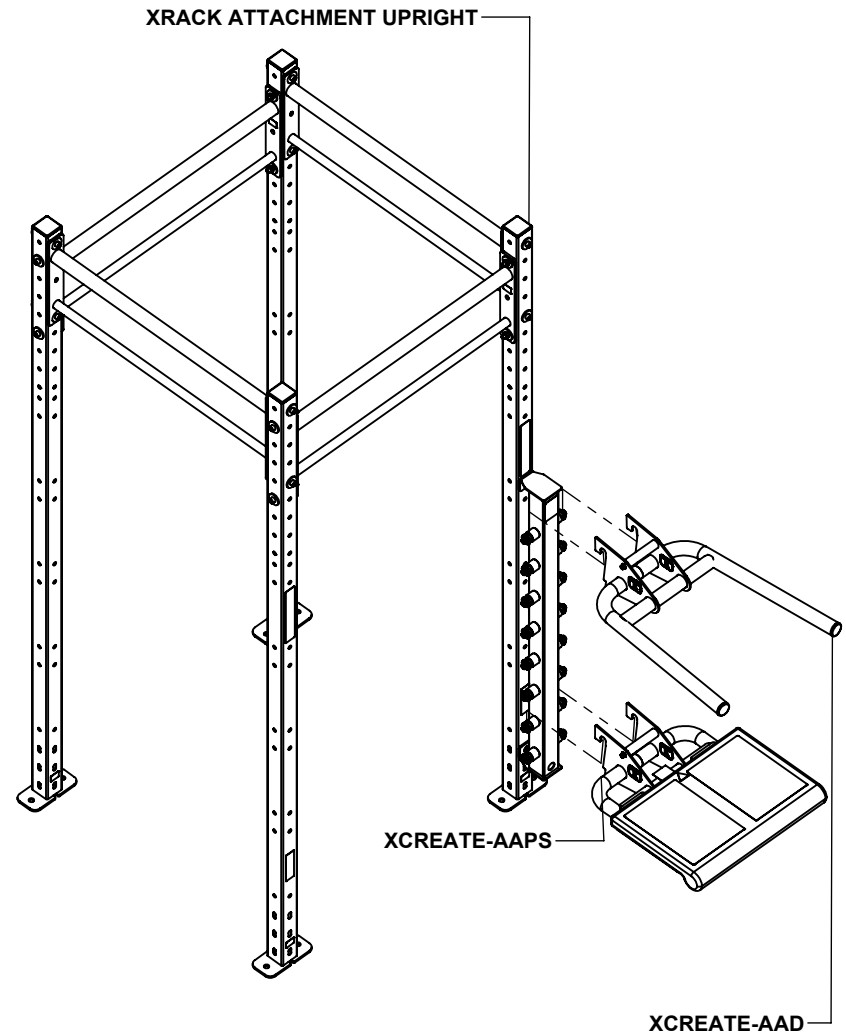
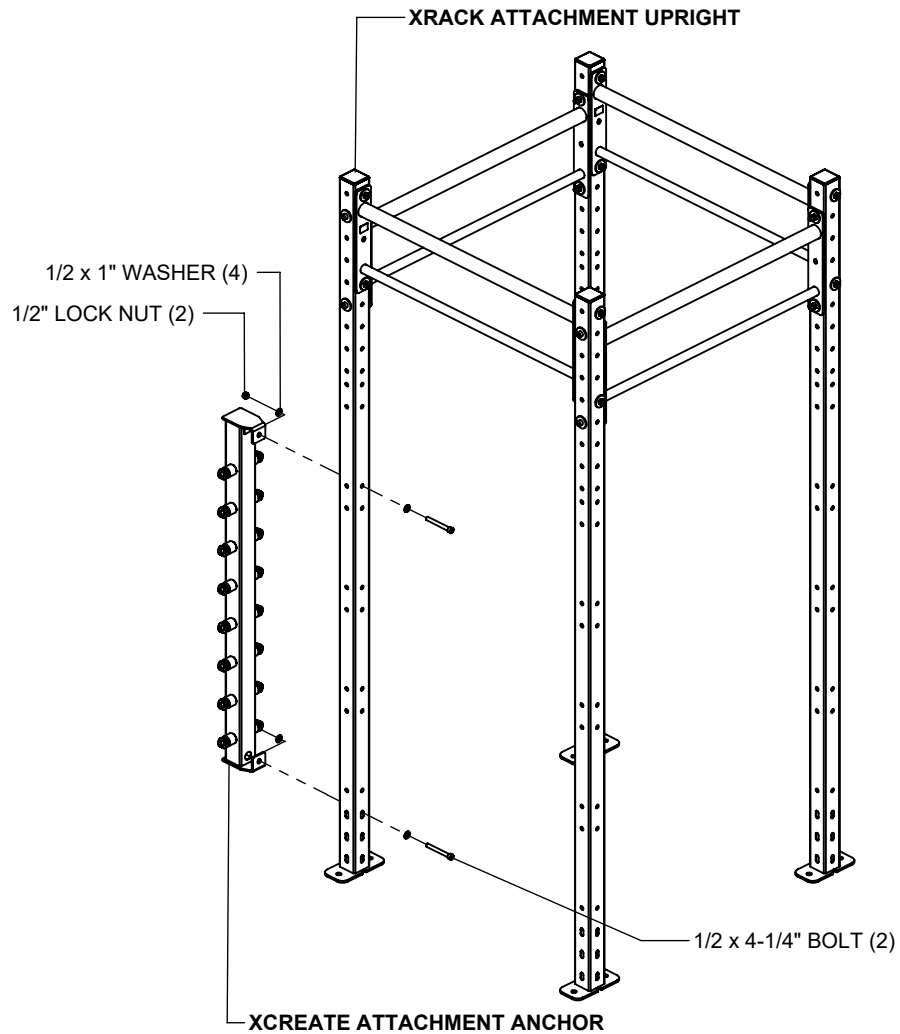


## NOTES:

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

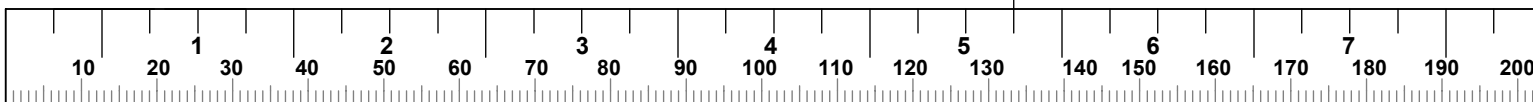


# OPTIONAL PLYOSTEP AND DIP ATTACHMENT

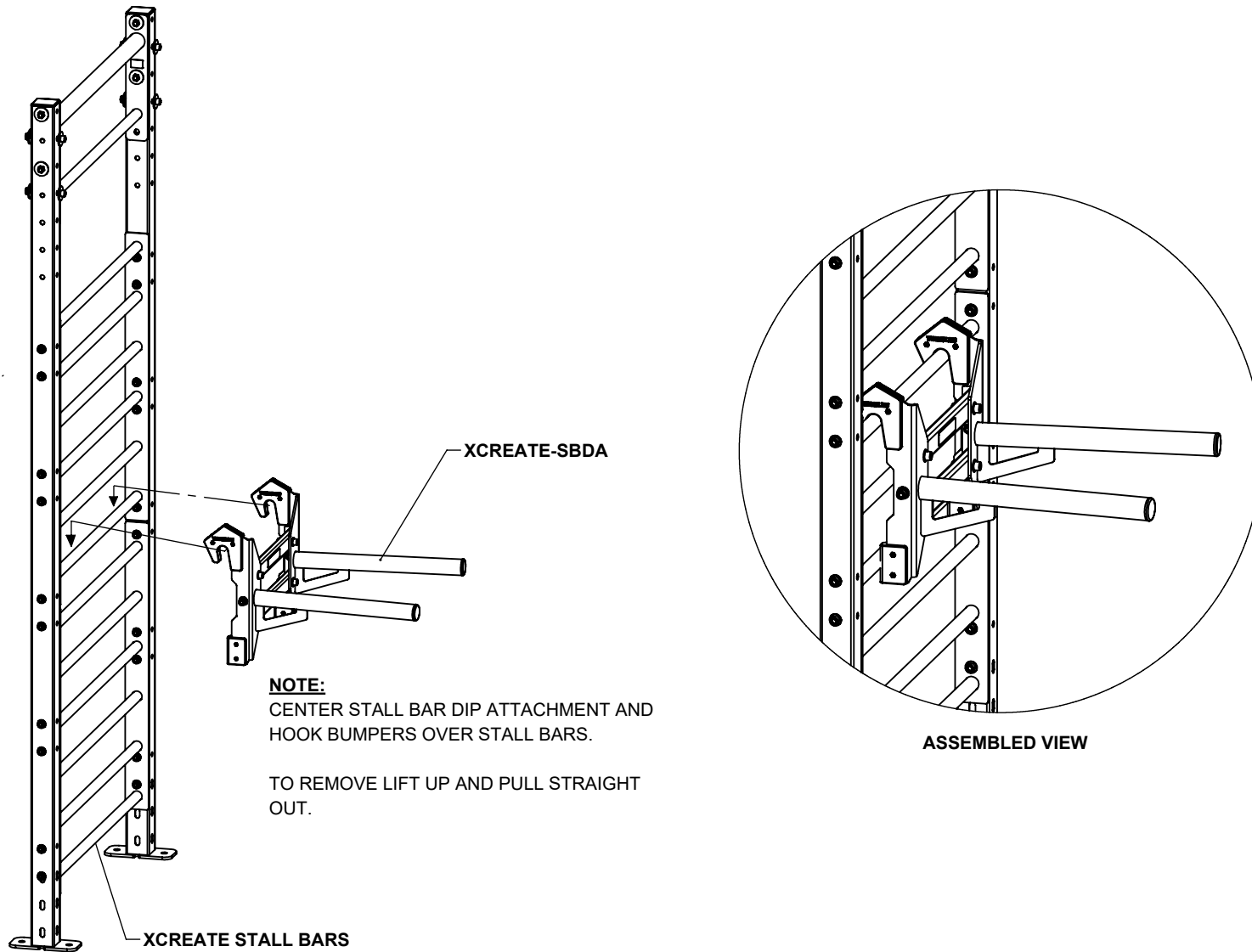


## NOTES:

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



## OPTIONAL STALL BAR DIP ATTACHMENT



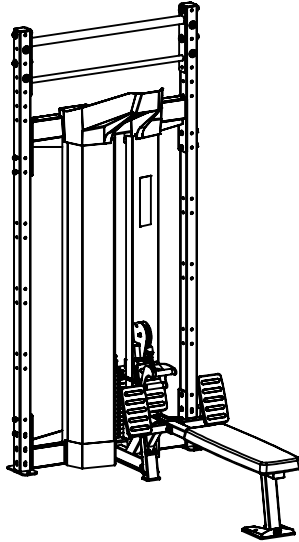
### NOTES:

The **XCREATE 4' STALL BARS ARE REQUIRED.** Reference previous steps for installing the stall bars.

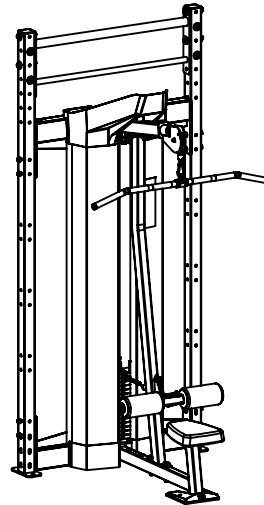
Ball target wall pads can be removed and replaced as needed.

## OPTIONAL 4' CABLE STATIONS - 4SRM, 4LPDM, 4CCM

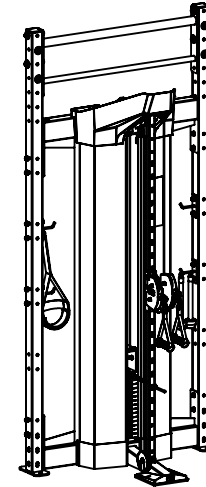
9AU  
4' SEATED ROW MODULE



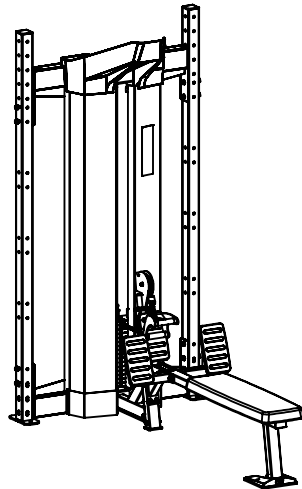
9AU  
4' LAT PULL DOWN MODULE



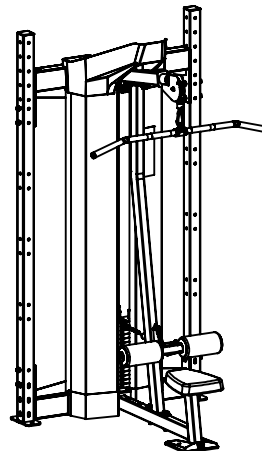
9AU  
4' CABLE COMPONENT MODULE



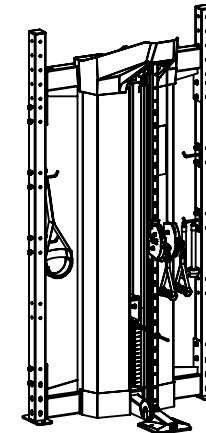
8AU  
4' SEATED ROW MODULE



8AU  
4' LAT PULL DOWN MODULE



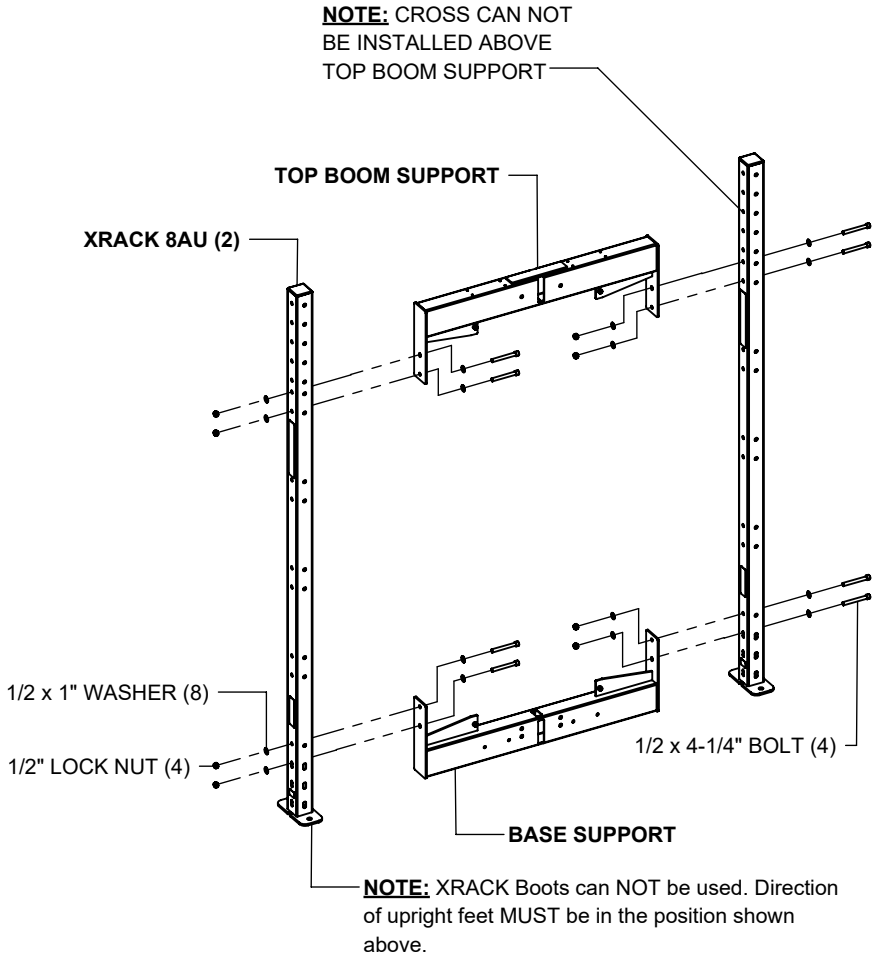
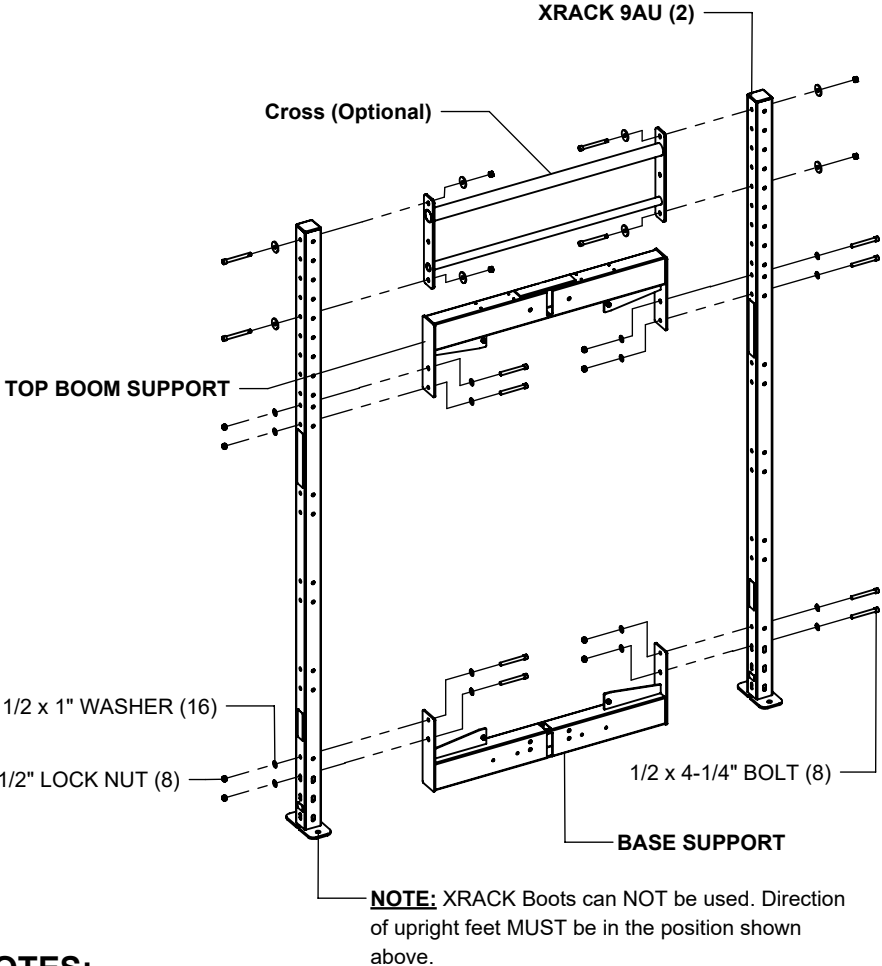
8AU  
4' CABLE COMPONENT MODULE



### NOTES:

The XCREATE 4SRM, 4LPDM, and 4CCM can be assembled to the 8AU and 9AU. See next step for details on mounting to the uprights. For the following steps of assembly refer to the XCREATE module manual for the model being assembled.

**OPTIONAL 4' CABLE STATIONS - 4SRM, 4LPDM, 4CCM**

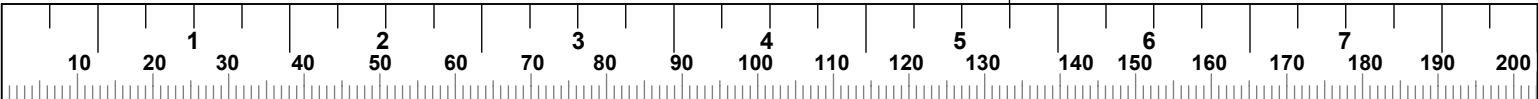


**NOTES:**

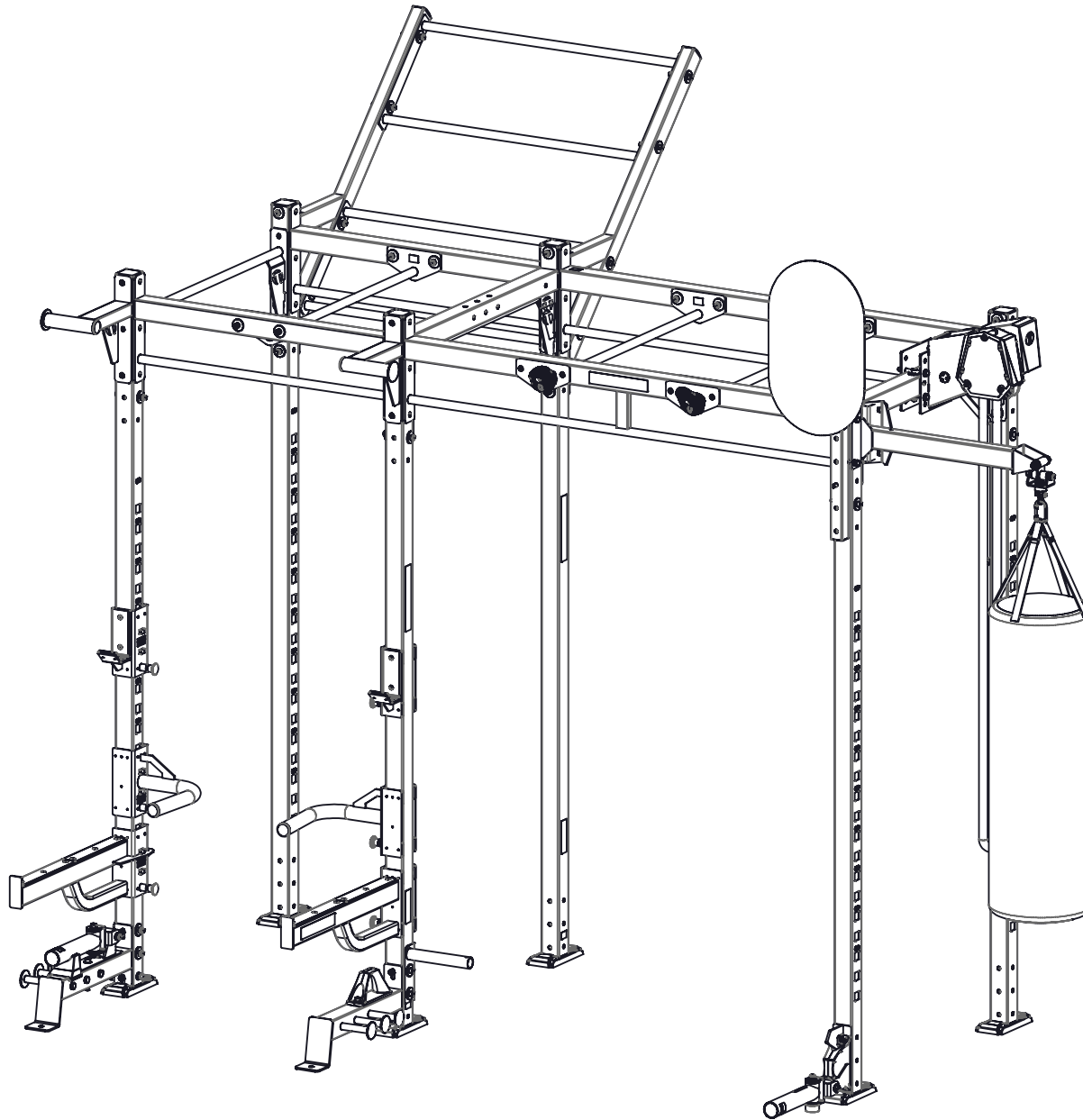
**LOOSELY** tighten bolt connections in this step.

For further instruction refer to the XCREATE manual associated with the module that is being assembled. The Modules are assembled the exact same way.

**XRACK BOOTS CAN NOT BE USED** in this step



## GENERAL ATTACHMENT OPTIONS

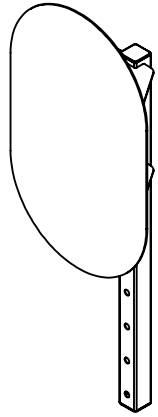


### **NOTE:**

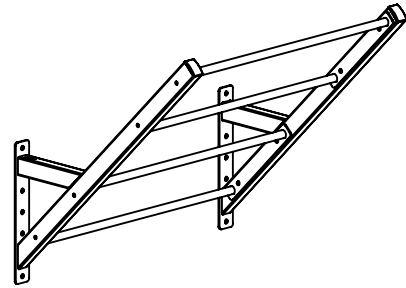
There are many different lengths, widths, heights and options for X-RACKS. For the purposes of this assembly guide, the attachments are shown only for their bolted connections.

**The following attachments apply to both the standard XRACK uprights and the Attachment Uprights unless specified.**

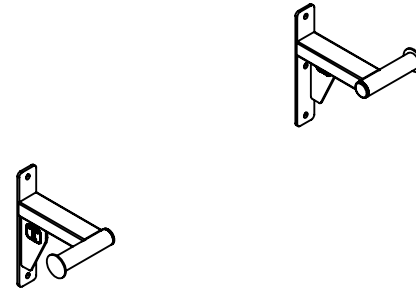
# GENERAL ATTACHMENTS



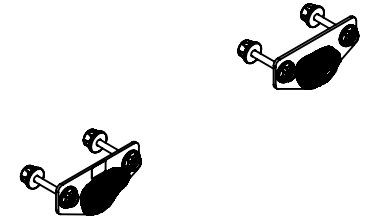
**BT**  
BALL TARGET



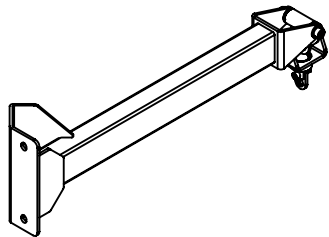
**FPU**  
FLYING PULL UP ATTACHMENT



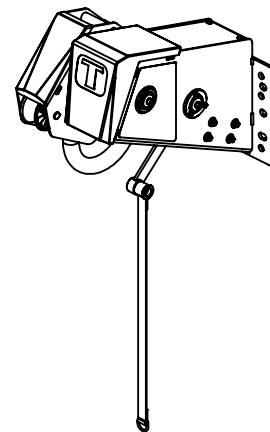
**UBPA**  
UPPER BAND PEG ATTACHMENT



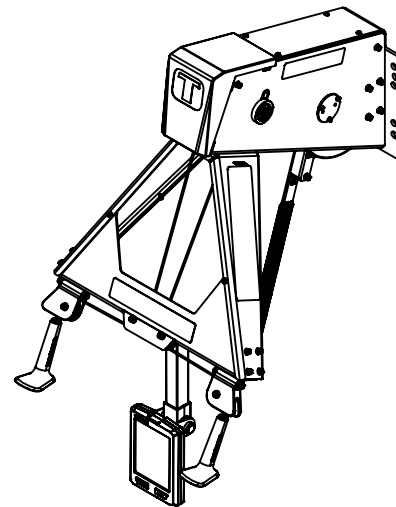
**RCK**  
ROCK CLIMBING KIT



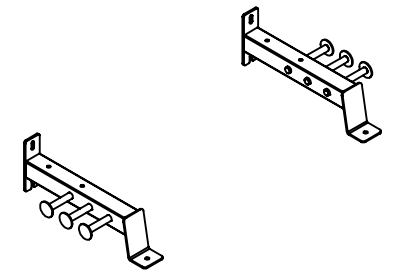
**UHBM**  
UNIVERSAL HEAVY BAG MOUNT



**XERT**  
RELENTLESS ROPE TRAINER

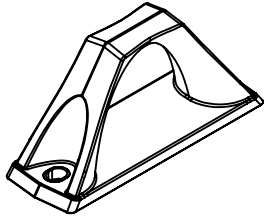


**XRR-SKI**  
RELENTLESS RIPPER

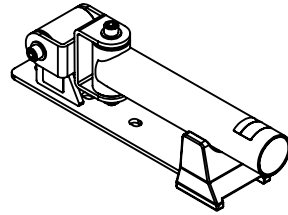


**LBPA**  
LOWER BAND PEG ATTACHMENT

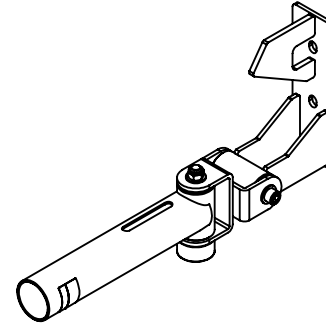
# GENERAL ATTACHMENTS



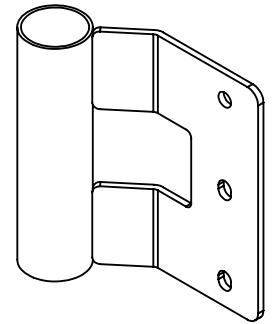
**BRA**  
BATTLE ROPE ANCHOR



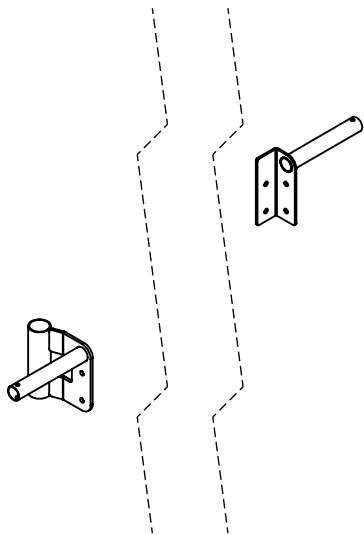
**HMGRT**  
HORIZONTAL MOUNT GROUND  
ROTATIONAL TRAINER



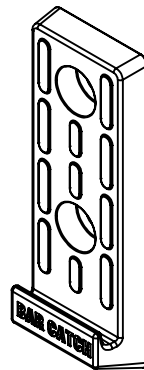
**GRT**  
GROUND ROTATIONAL TRAINER



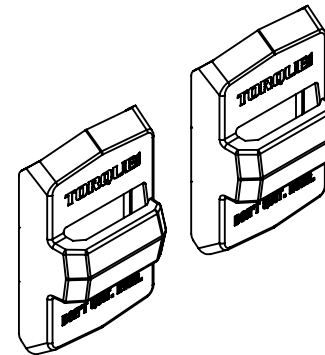
**DP**  
DOUBLE PLAY



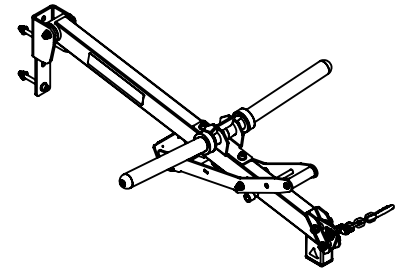
**TP**  
TRIPLE PLAY



**BCSA**  
BAR CATCH STORAGE ATTACHMENT

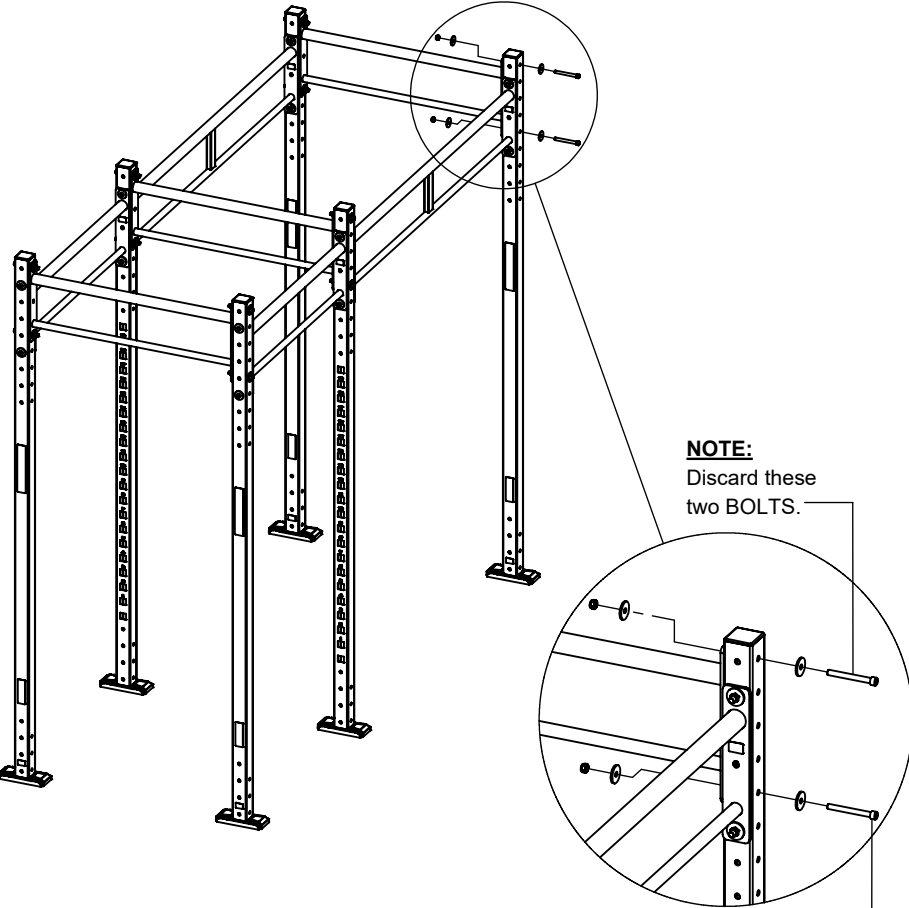


**XCREATE-HMSC**  
MAGNETIC SUSPENSION CLIP



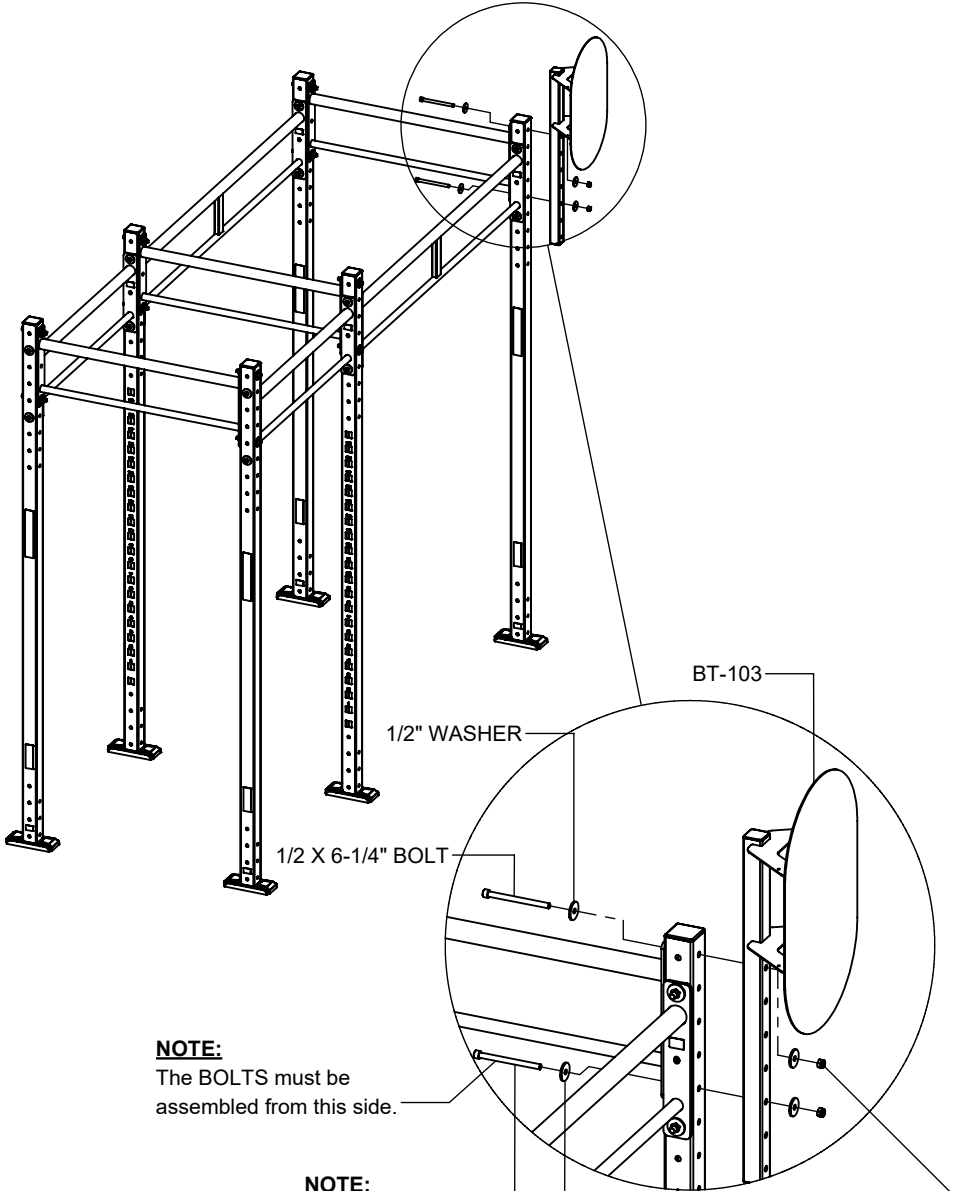
**XRACK-BSQUAT**  
BELT SQUAT

**OPTIONAL BALL TARGET**



**NOTE:**  
Discard these  
two BOLTS.

**NOTE:**  
Loosen and remove BOLTS,  
WASHERS and NUTS.



1/2" WASHER

1/2 X 6-1/4" BOLT

BT-103

**NOTE:**  
The BOLTS must be  
assembled from this side.

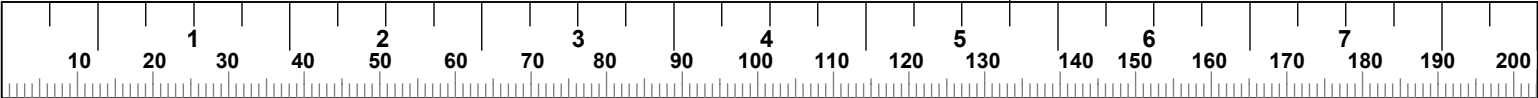
**NOTE:**  
New longer bolts

1/2" LOCK NUT

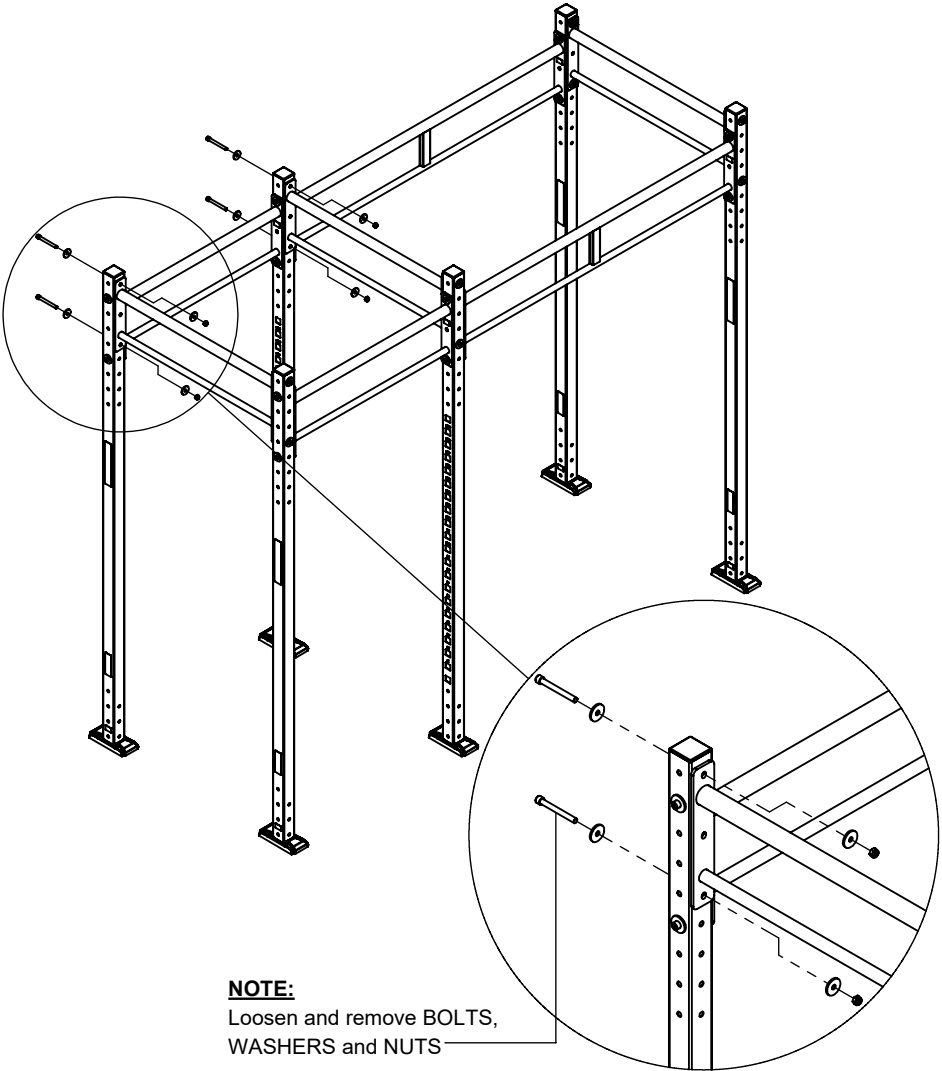
**NOTE:**  
Re-use WASHERS and  
NUTS from previous step.

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

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



**OPTIONAL FLYING PULL-UP**

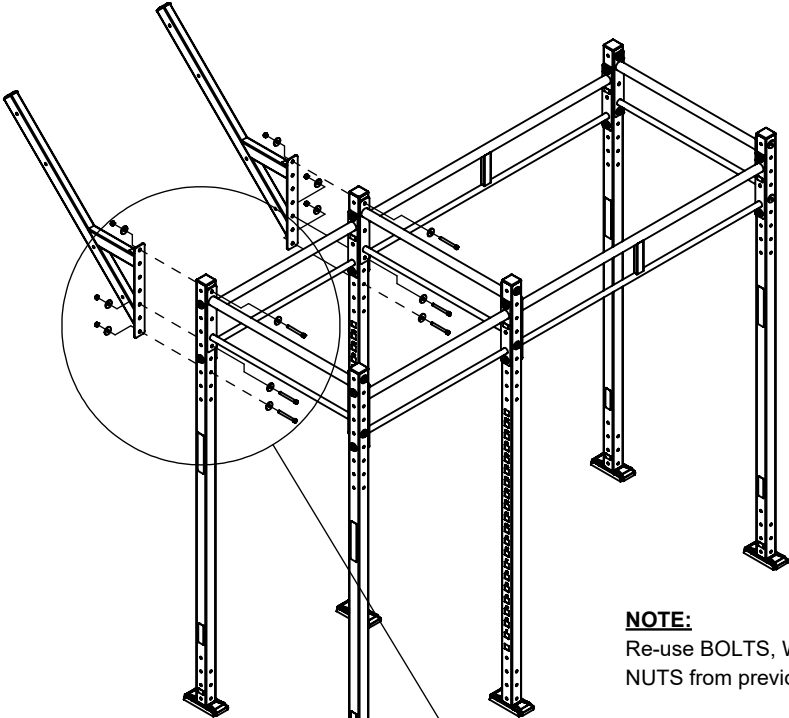


**NOTE:**  
Loosen and remove BOLTS,  
WASHERS and NUTS

REPEAT 2X

**NOTE:**  
**LOOSELY** tighten all bolt connections in this step.

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



**NOTE:**  
Re-use BOLTS, WASHERS and  
NUTS from previous step.

REPEAT 2X

XRACK-4FPU

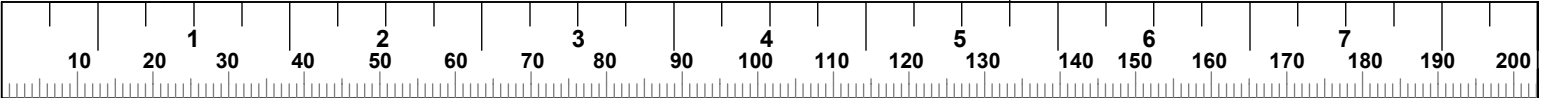
1/2" LOCK NUT

1/2" WASHER

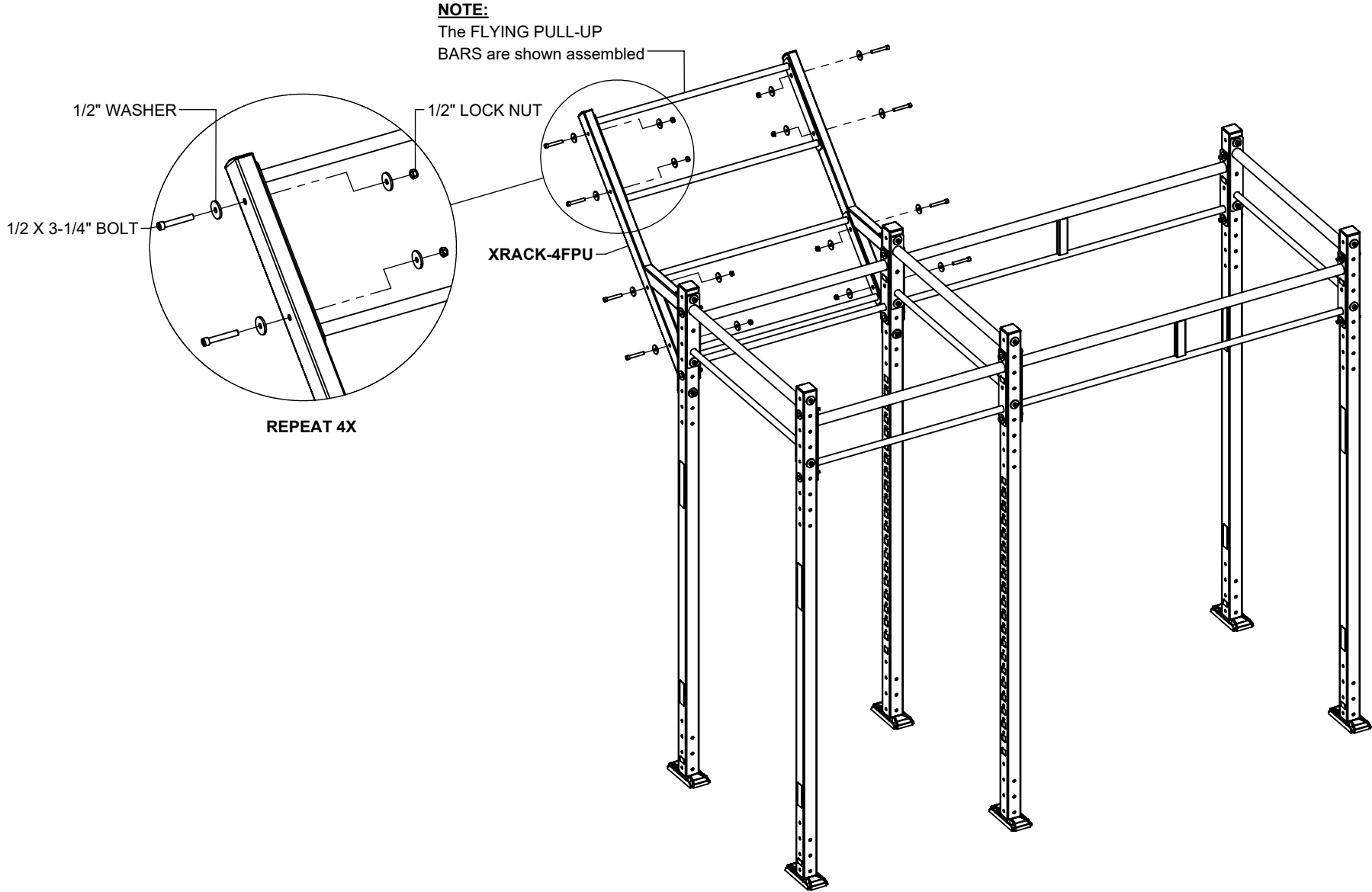
**NOTE:**  
Use additional BOLTS (2),  
WASHERS (4) and NUTS (2)

1/2 X 4-1/2" BOLT

**NOTE:**  
The BOLTS must be  
assembled from this side.

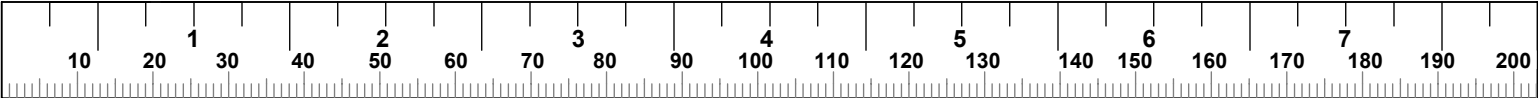


# OPTIONAL FLYING PULL-UP

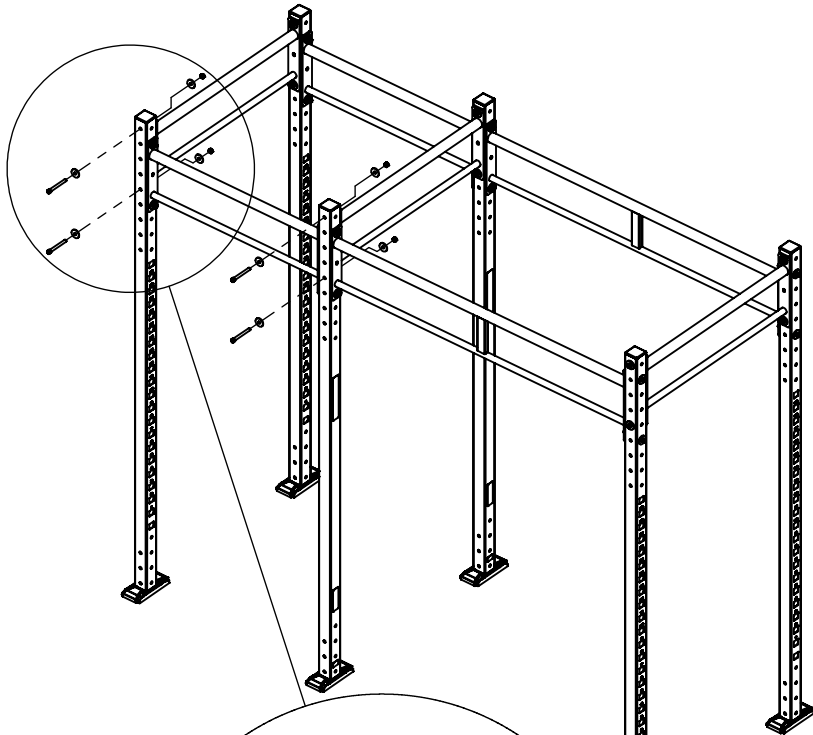


**NOTE:**

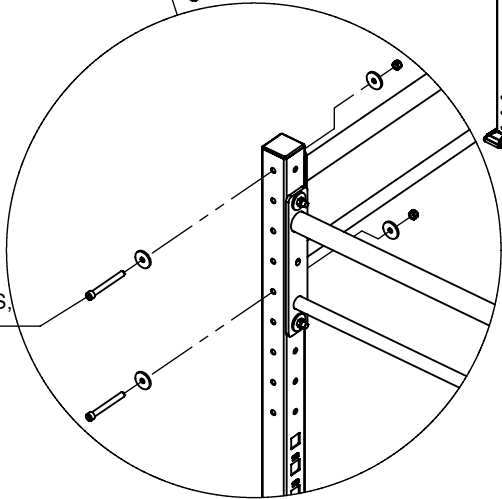
**SECURELY** tighten all bolt connections in this step and previous step.



# OPTIONAL UPPER BAND PEG ATTACHMENT



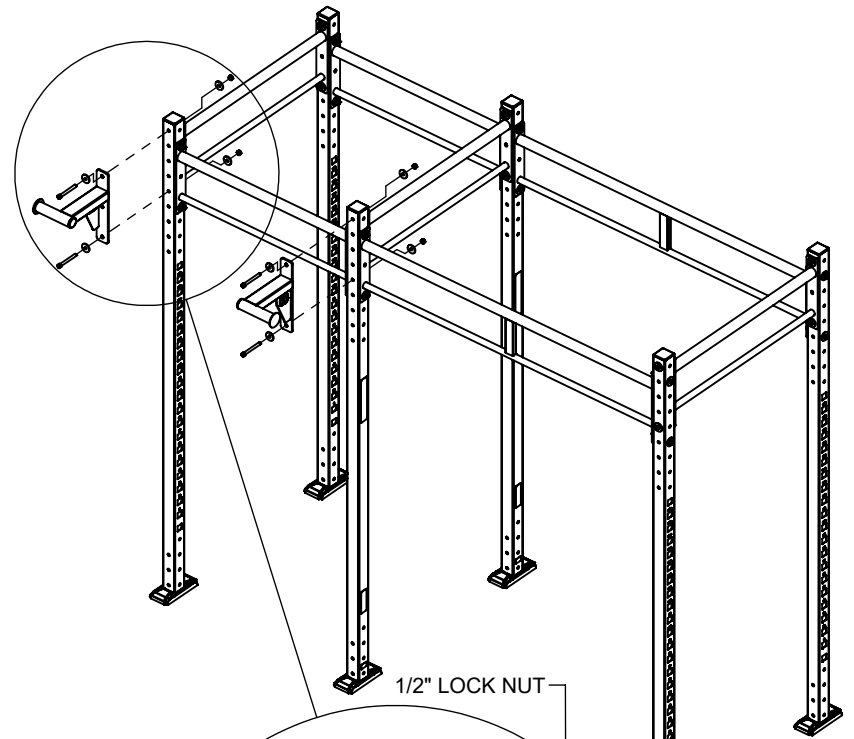
**NOTE:**  
Loosen and remove BOLTS,  
WASHERS and NUTS  
REPEAT 2X



## NOTE:

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

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



1/2" LOCK NUT

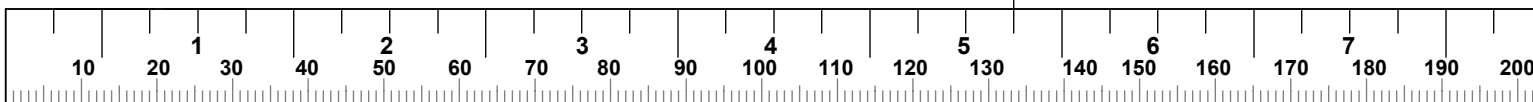
1/2" WASHER

1/2 X 4-1/2" BOLT

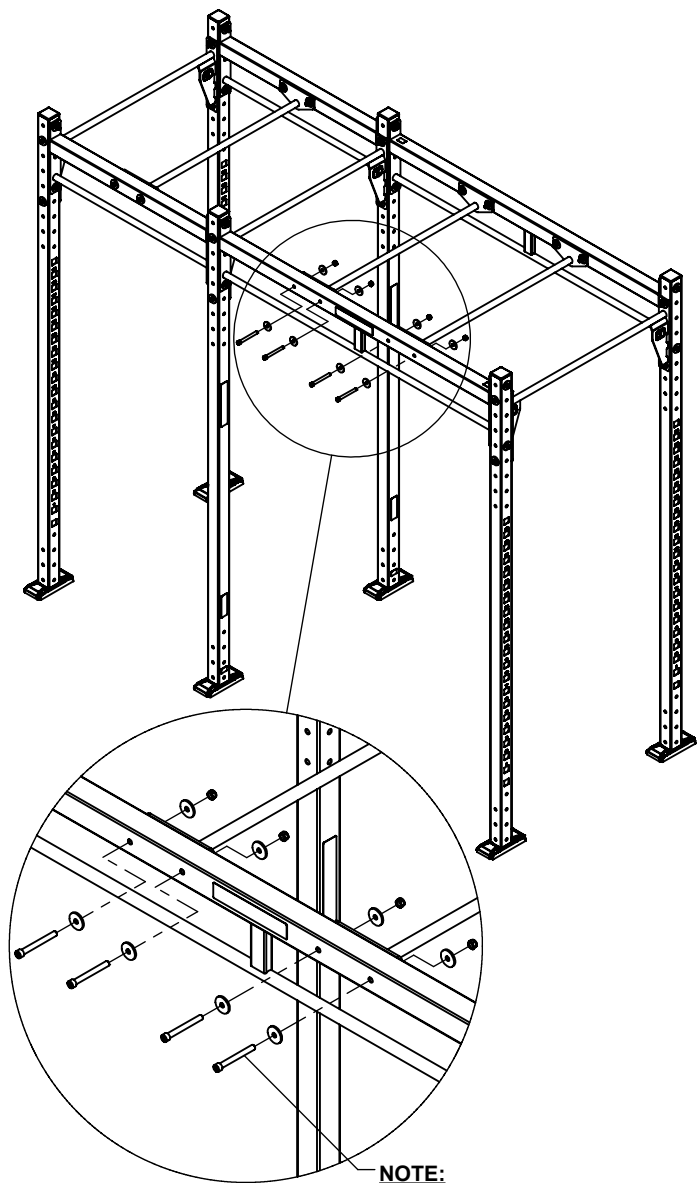
**NOTE:**  
Re-use BOLTS, WASHERS  
and NUTS from previous step

XRACK-UBPA

REPEAT 2X



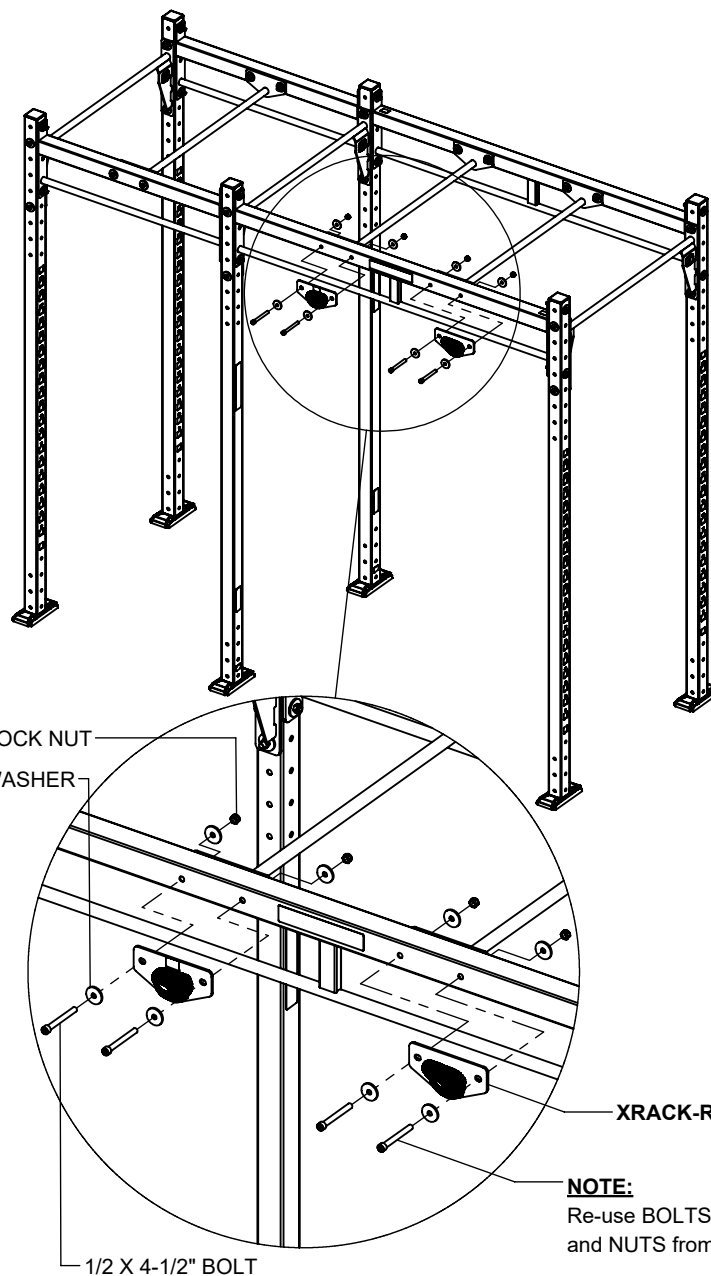
# OPTIONAL ROCK CLIMBING KIT



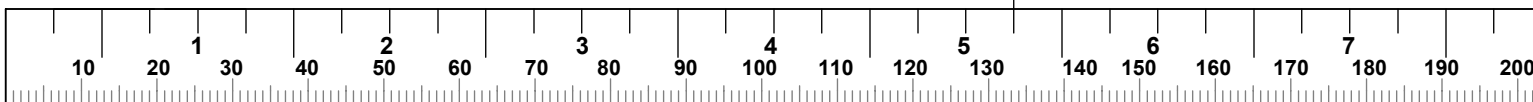
**NOTE:**  
Loosen and remove BOLTS,  
WASHERS and NUTS

## NOTE:

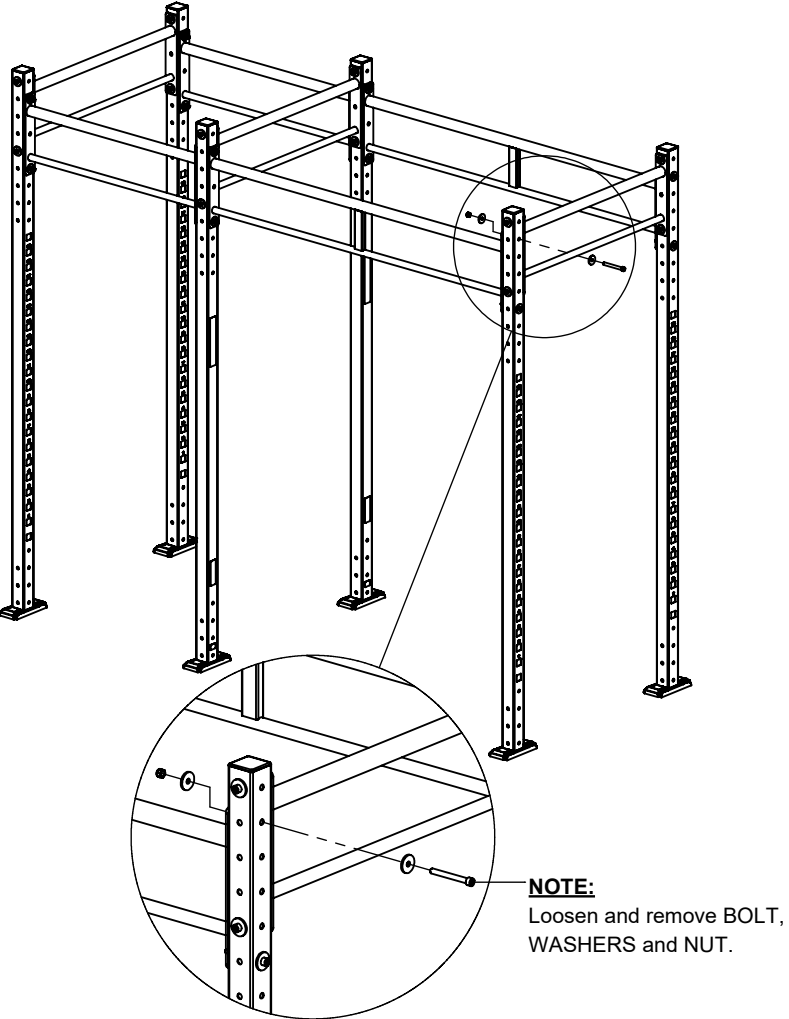
**SECURELY** tighten all bolt connections in this step.



**NOTE:**  
Re-use BOLTS, WASHERS  
and NUTS from previous step

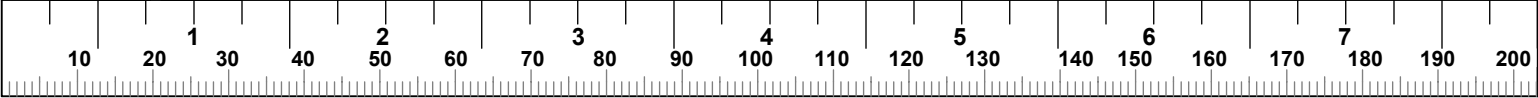
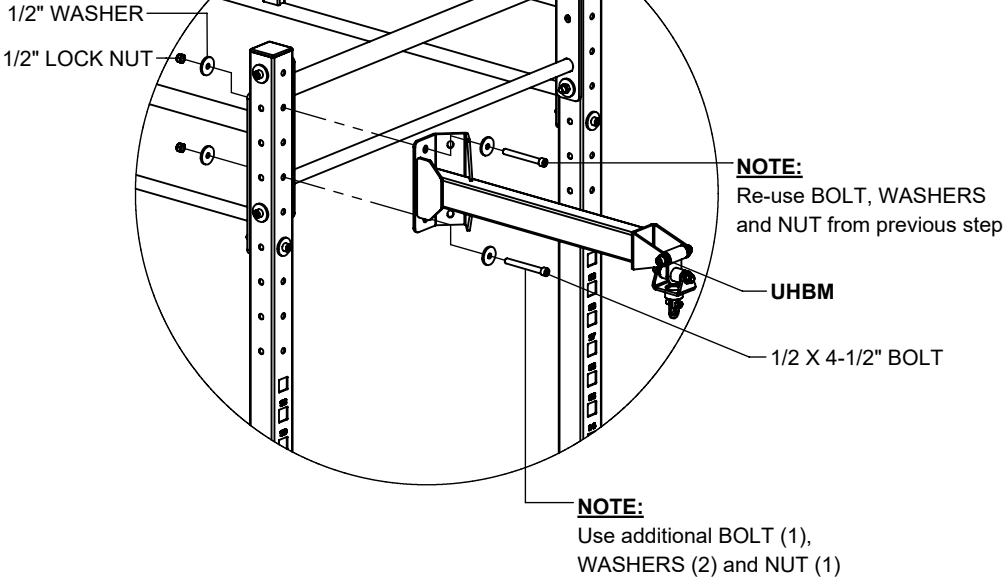
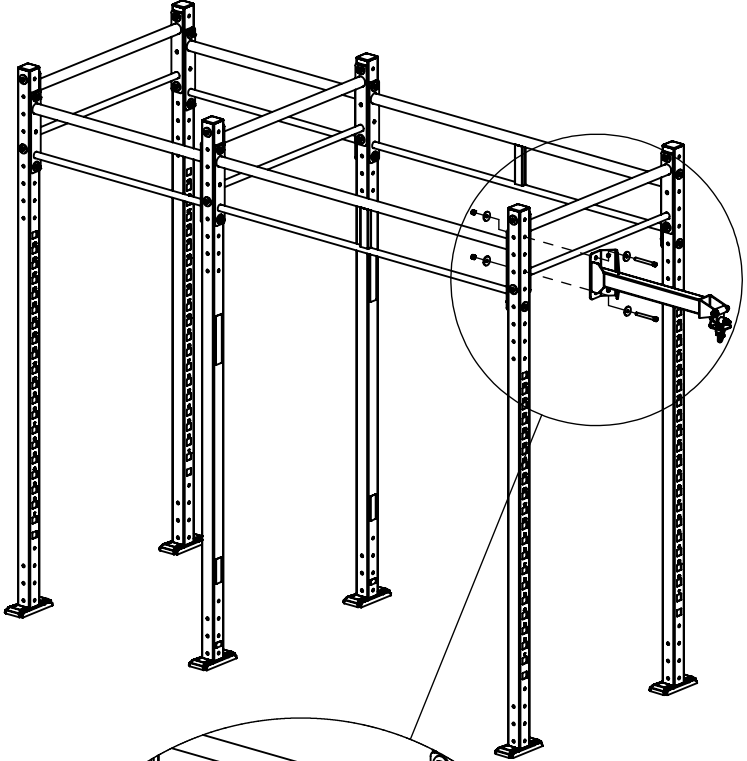


**OPTIONAL UNIVERSAL HEAVY BAG MOUNT - STRAIGHT**

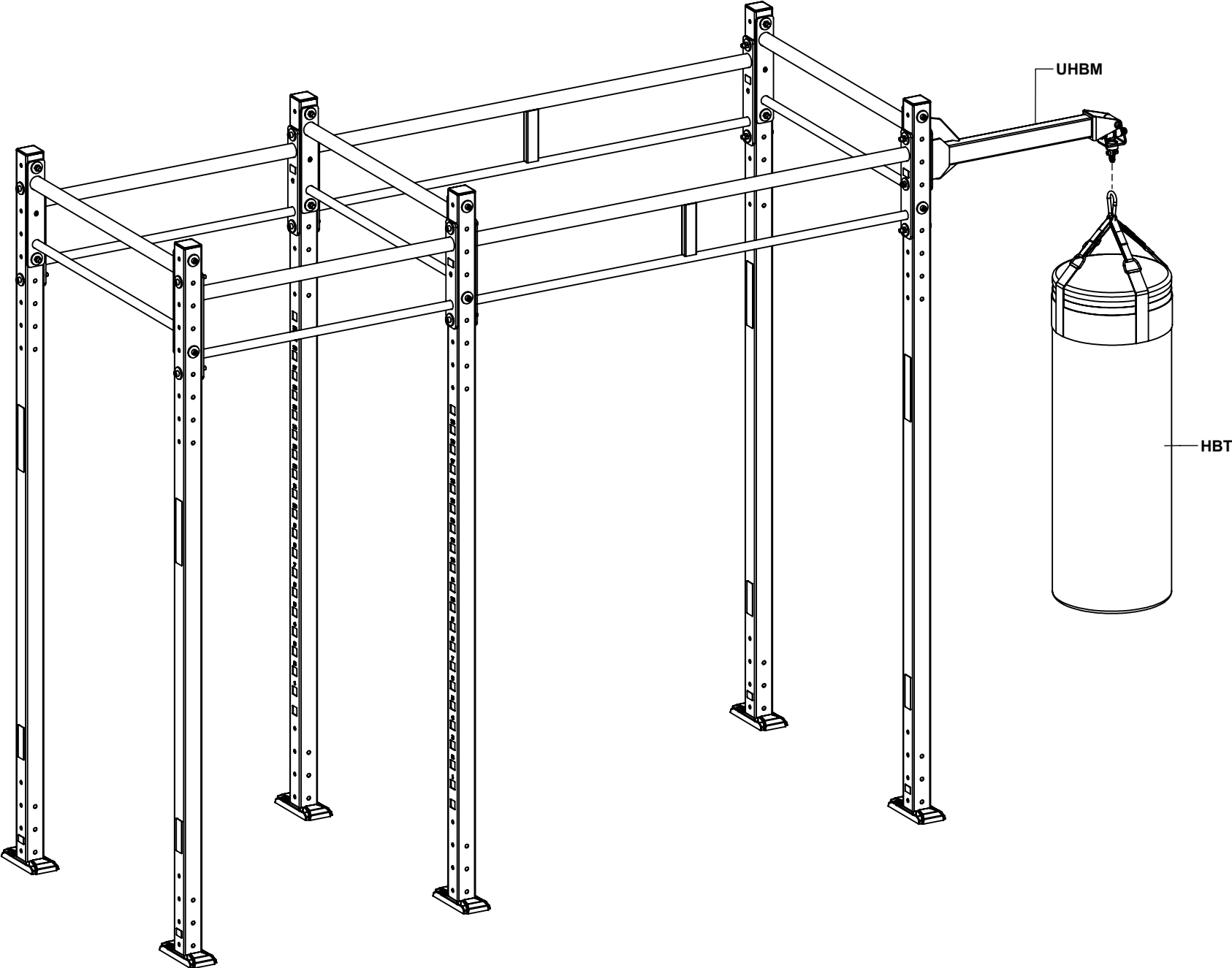


**NOTE:**  
**SECURELY** tighten all bolt connections in this step.

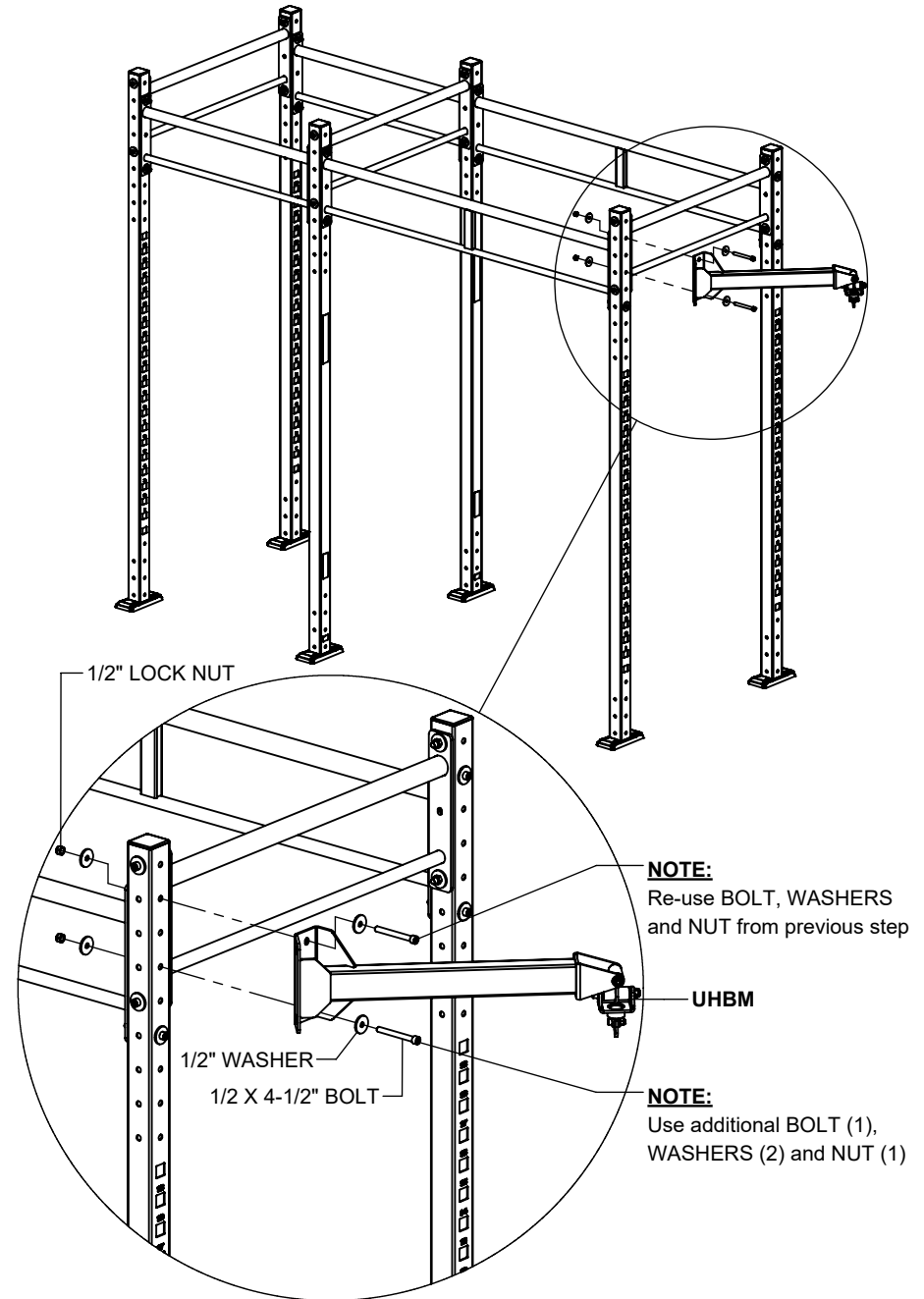
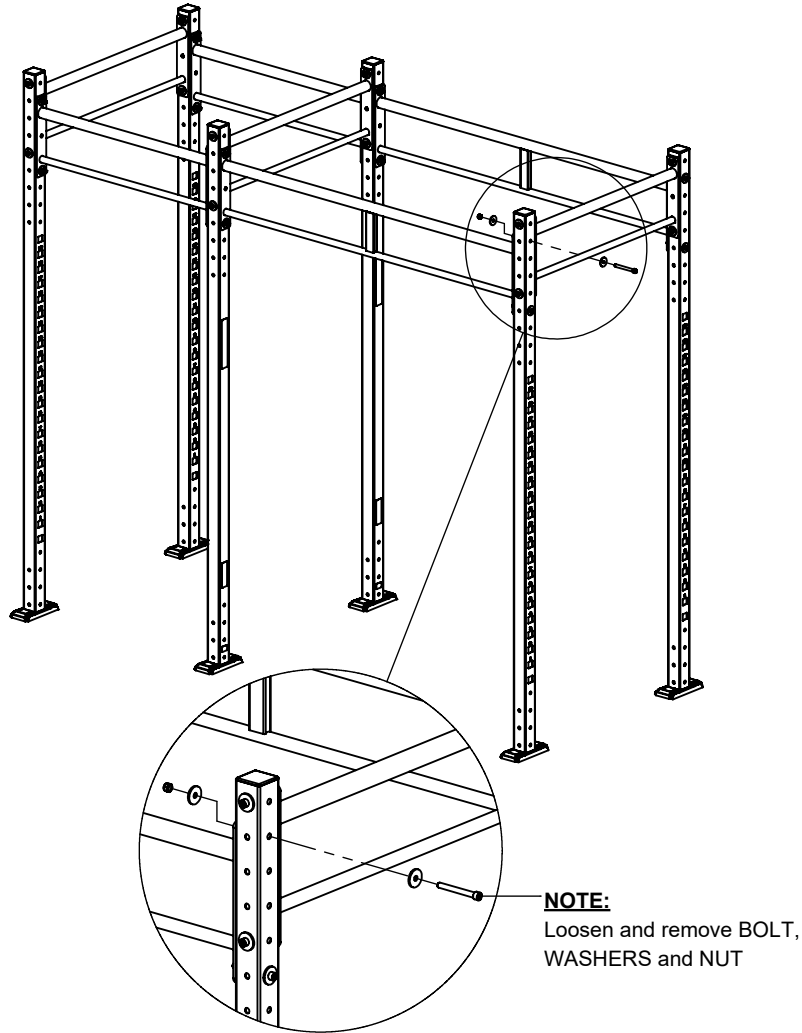
The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



**OPTIONAL UNIVERSAL HEAVY BAG MOUNT STRAIGHT**



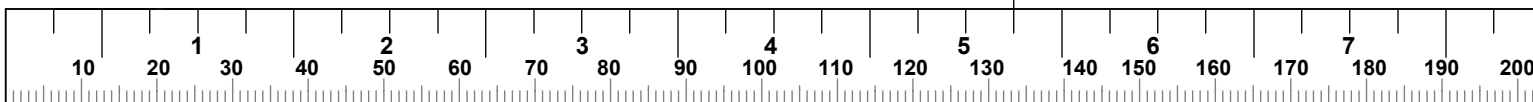
# OPTIONAL UNIVERSAL HEAVY BAG MOUNT - ANGLED



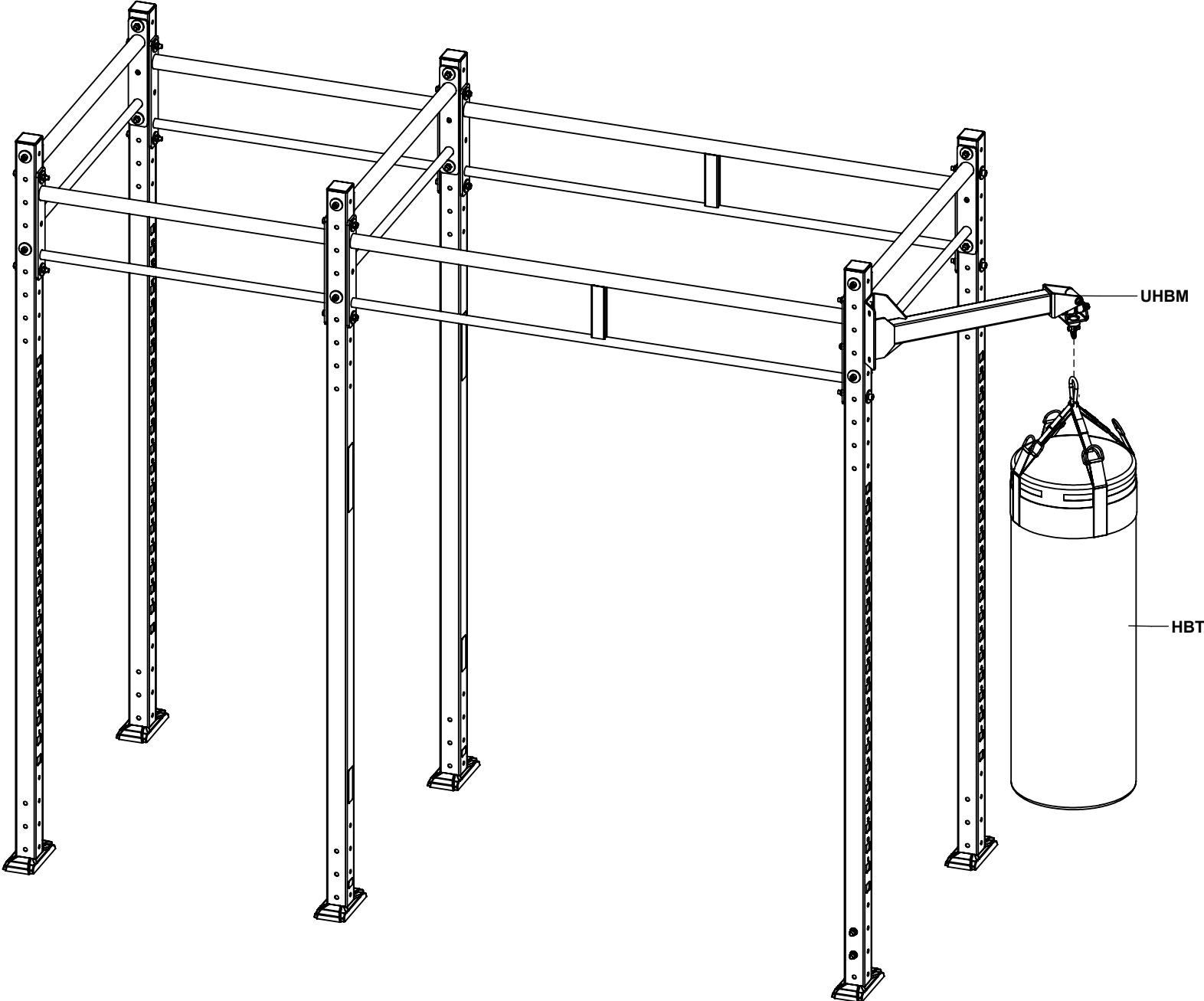
**NOTE:**

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

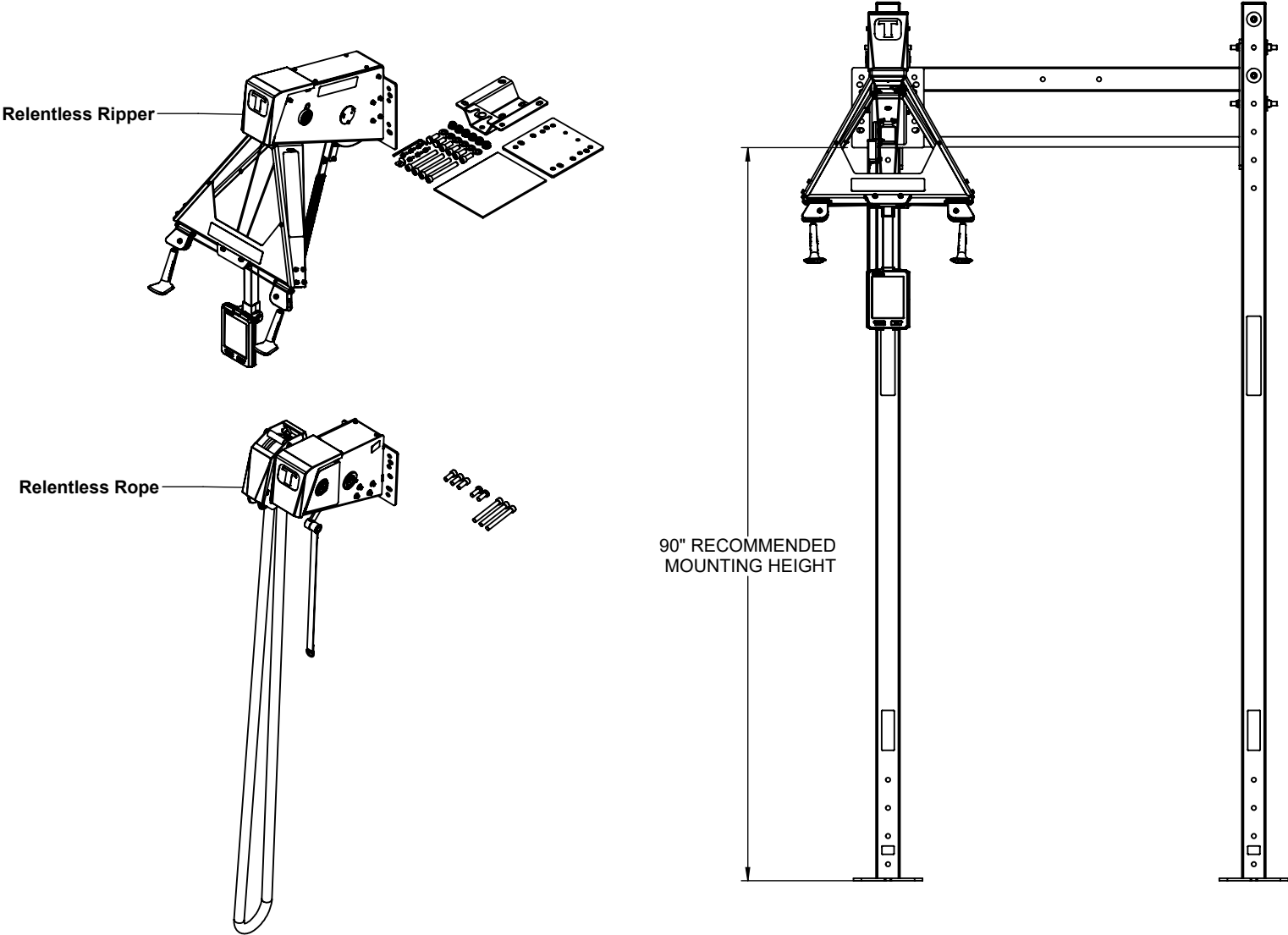
The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



**OPTIONAL UNIVERSAL HEAVY BAG MOUNT ANGLED**



# OPTIONAL RELENTLESS ROPE & RELENTLESS RIPPER

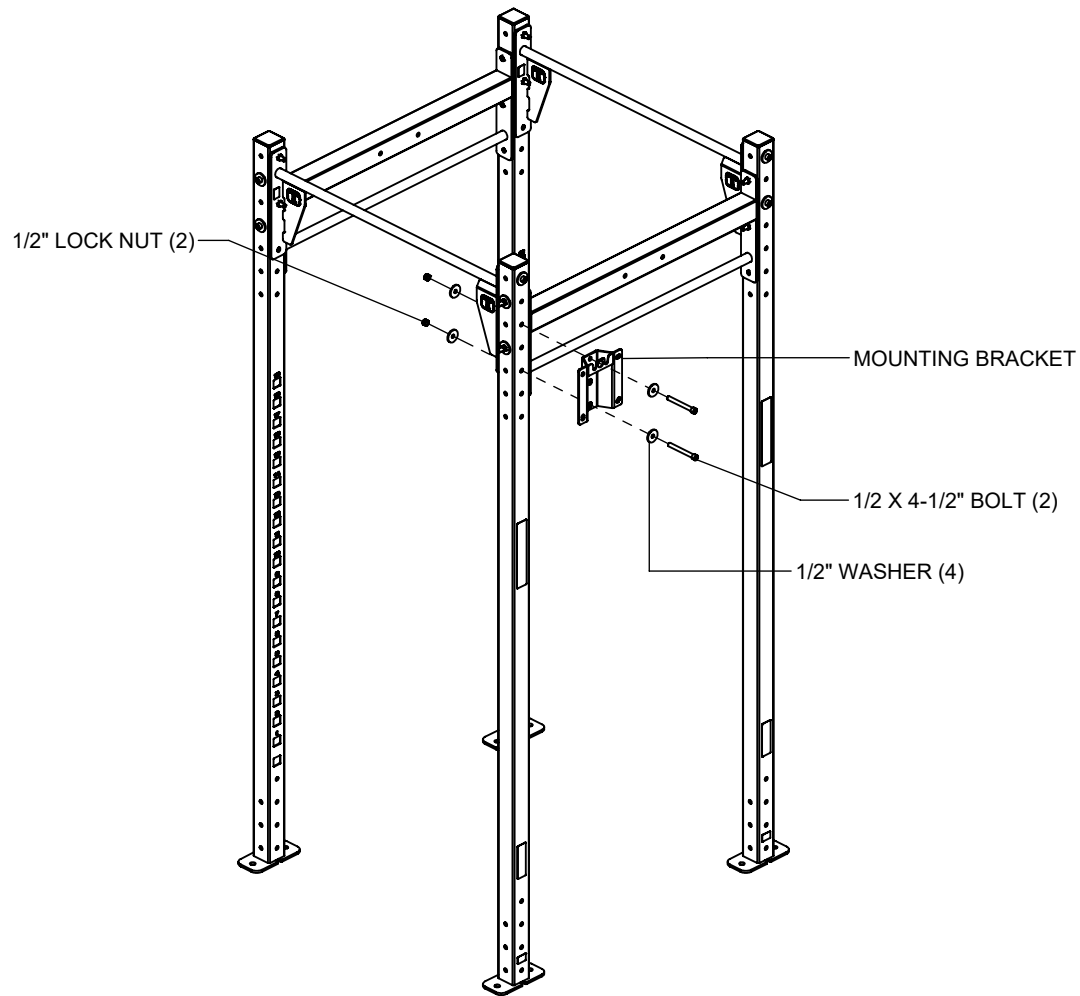


**NOTE:**

**XRACKS** offer a wide range of cross configurations and attachment location options for the **RELENTLESS RIPPER** and **RELENTLESS ROPE**.

The following steps cover a range of mounting scenarios. Where possible mount the attachments as close as possible to the recommended height shown above.

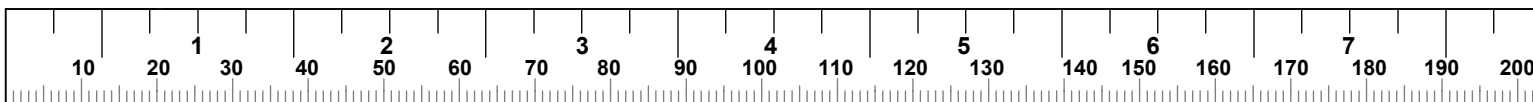
## OPTIONAL RELENTLESS ROPE / RIPPER - UPRIGHT MOUNT



### **NOTE:**

The **RELENTLESS RIPPER** and **RELENTLESS ROPE** are assembled the exact same way.

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

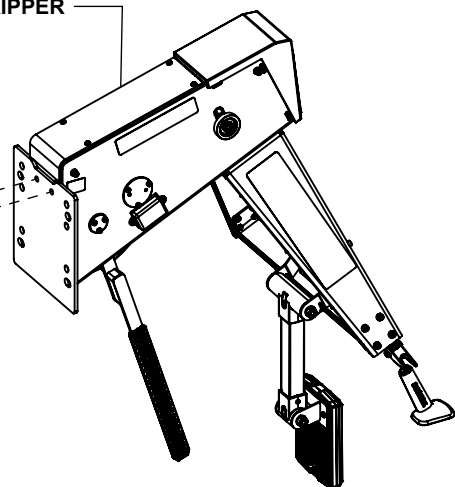


# OPTIONAL RELENTLESS ROPE / RIPPER - UPRIGHT MOUNT

RELENTLESS RIPPER

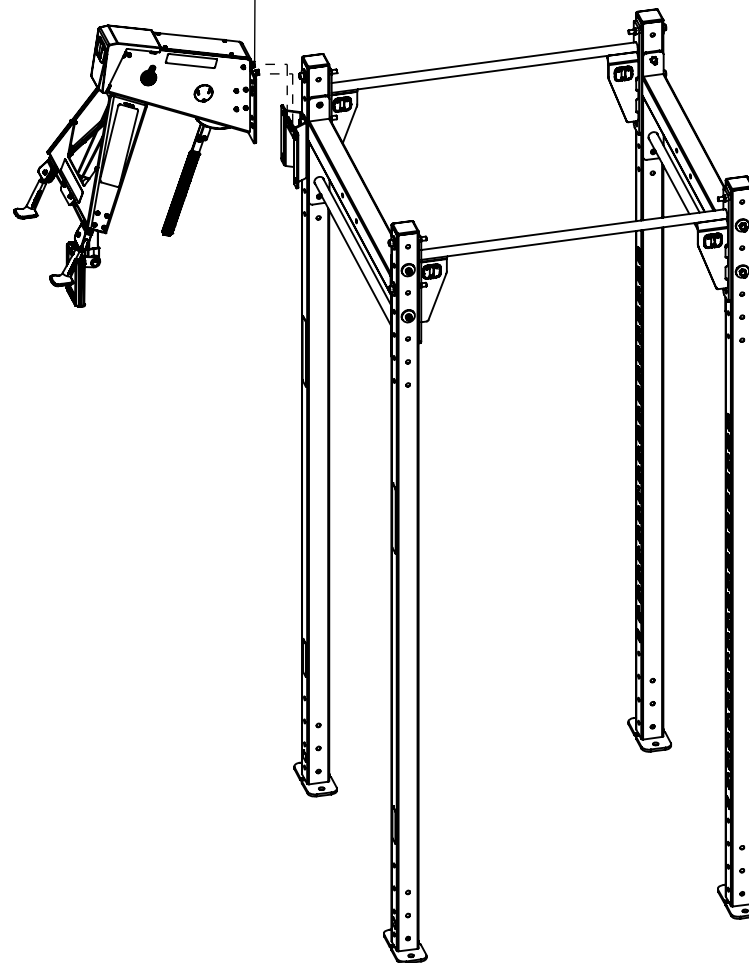
1/2 x 1-1/4" Bolt (2)

**NOTE:** Loosely install bolts until the bolt head is approximately 1/2" from the plate.



**NOTE:**

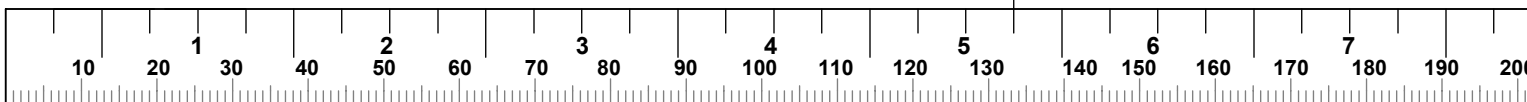
Using the bolts from the previous step, hang the **RELENTLESS RIPPER** from the slotted holes in the mounting bracket.



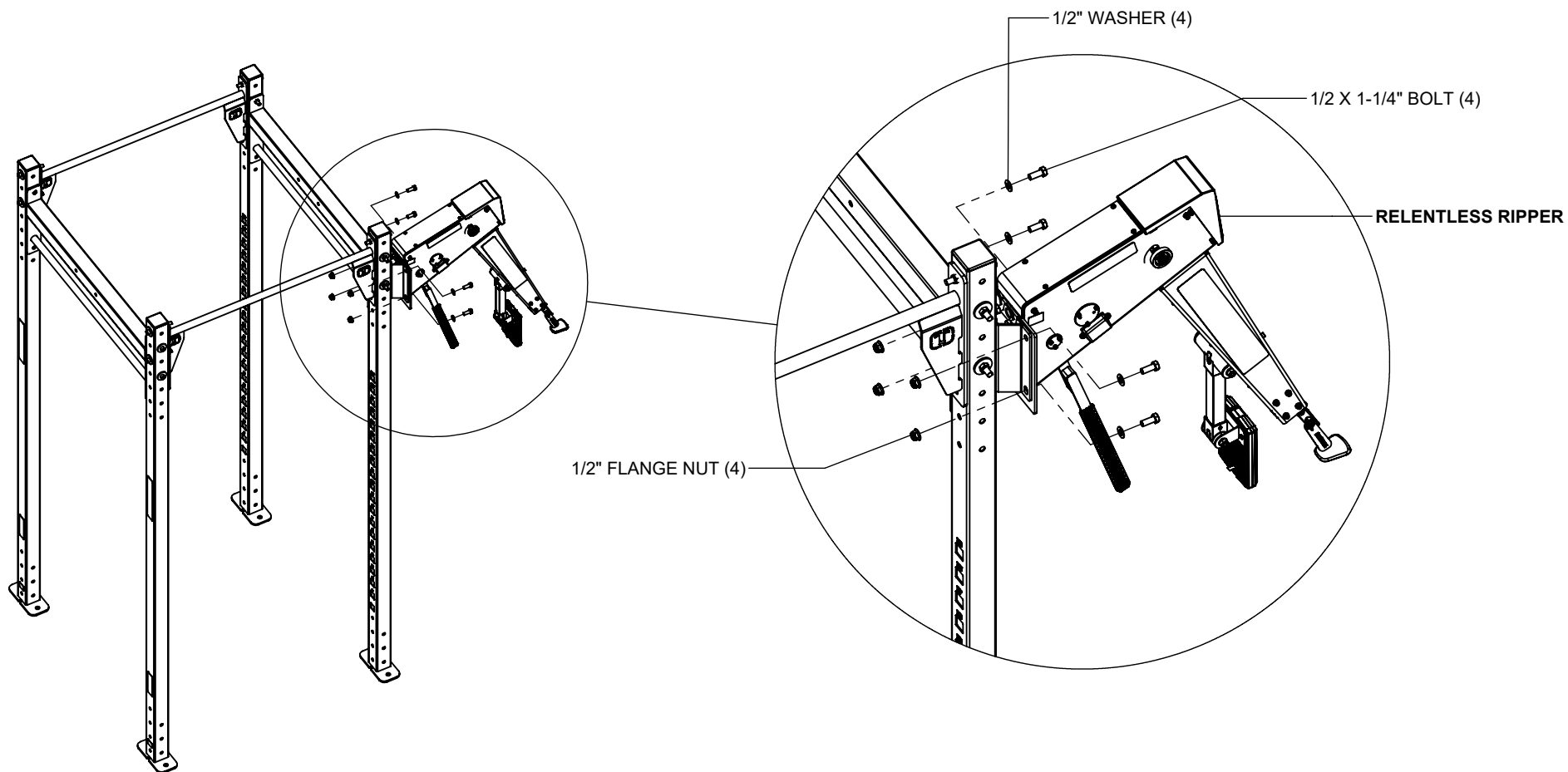
**NOTE:**

The **RELENTLESS RIPPER** is shown. The **RELENTLESS ROPE** is assembled the exact same way.

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



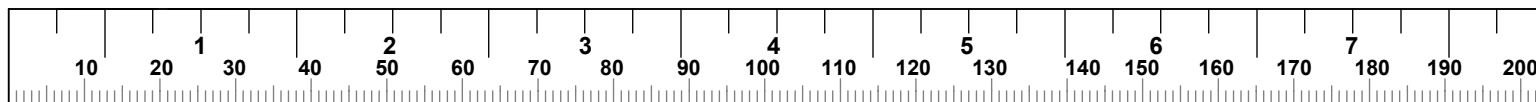
## OPTIONAL RELENTLESS RIPPER / ROPE - UPRIGHT MOUNT



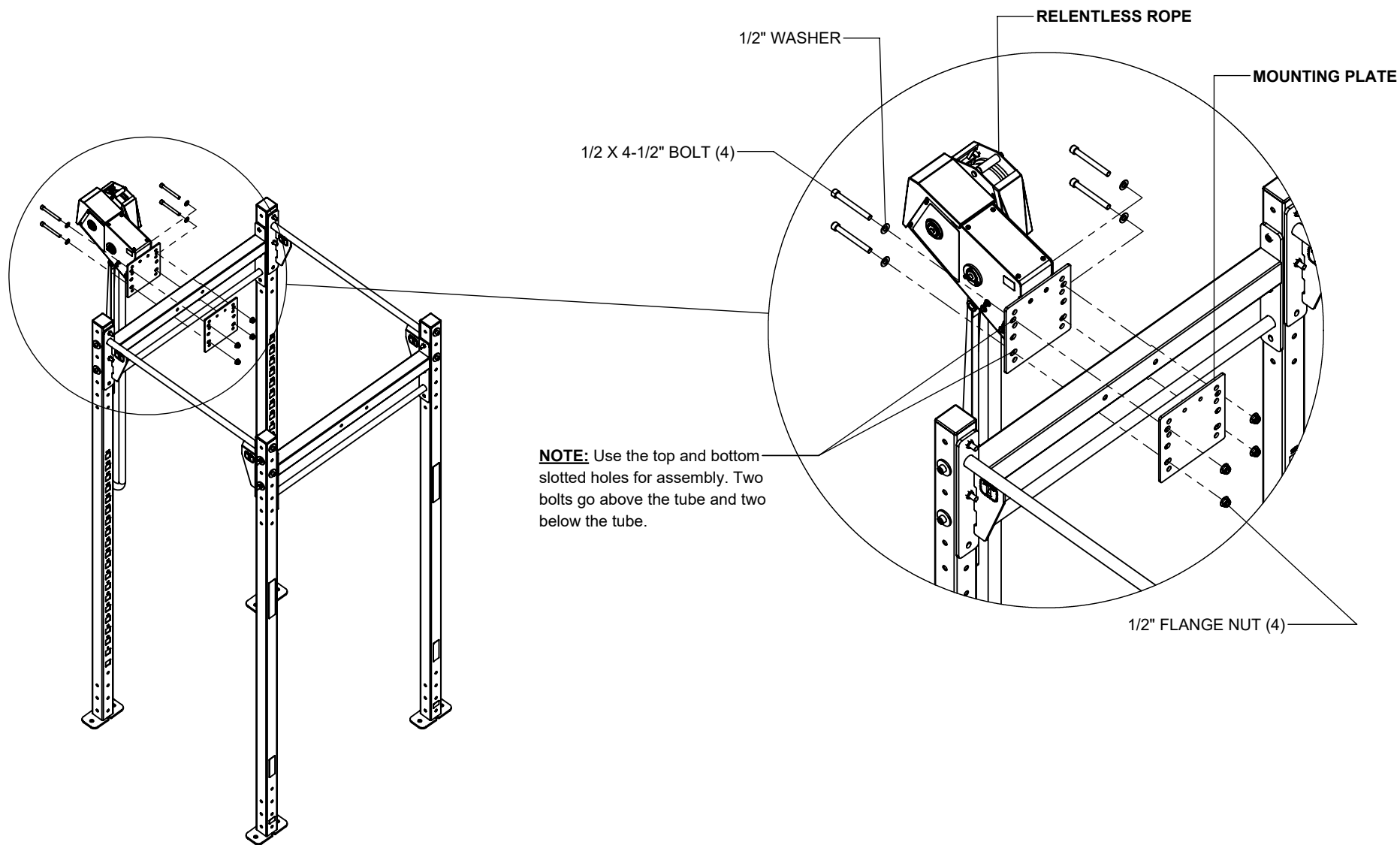
### **NOTE:**

The **RELENTLESS RIPPER** is shown. The **RELENTLESS ROPE** is assembled the exact same way.

**SECURELY** tighten all bolt connections in this step, including the bolts from the previous step.



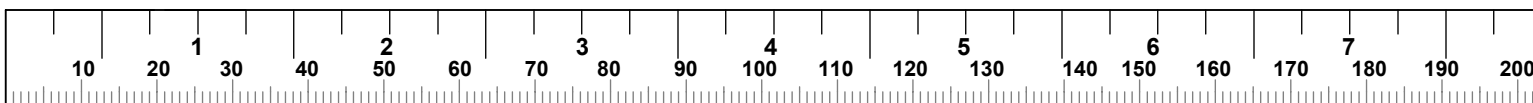
# OPTIONAL RELENTLESS ROPE / RIPPER - CROSSMEMBER MOUNT



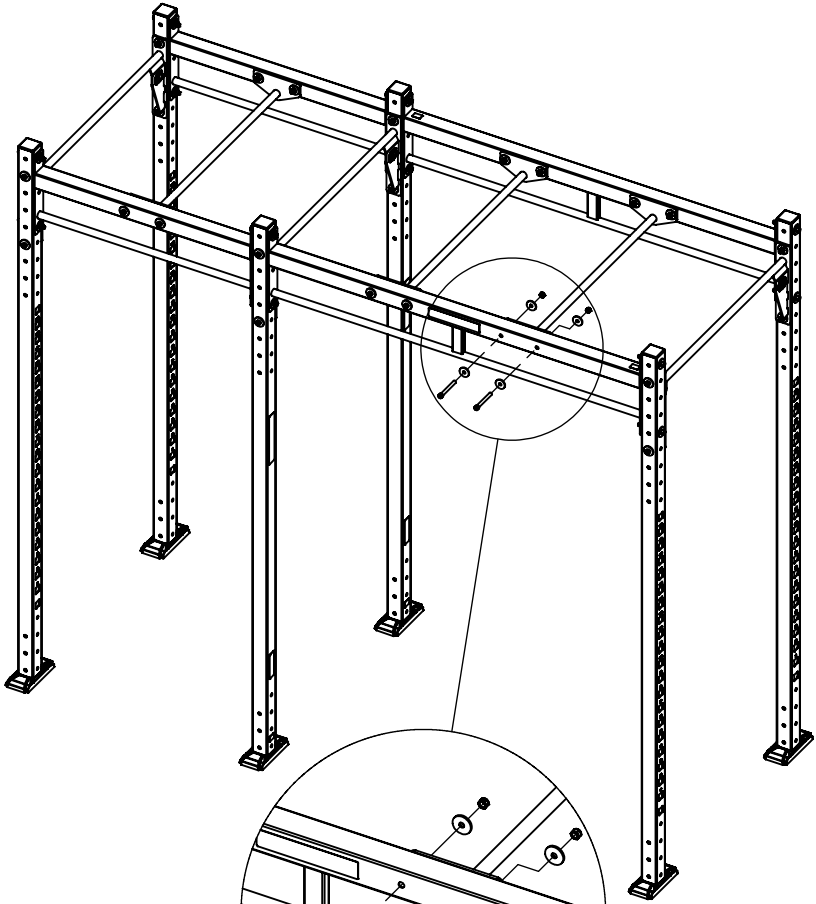
## **NOTE:**

The **RELENTLESS ROPE** is shown. The **RELENTLESS RIPPER** is assembled the exact same way.

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

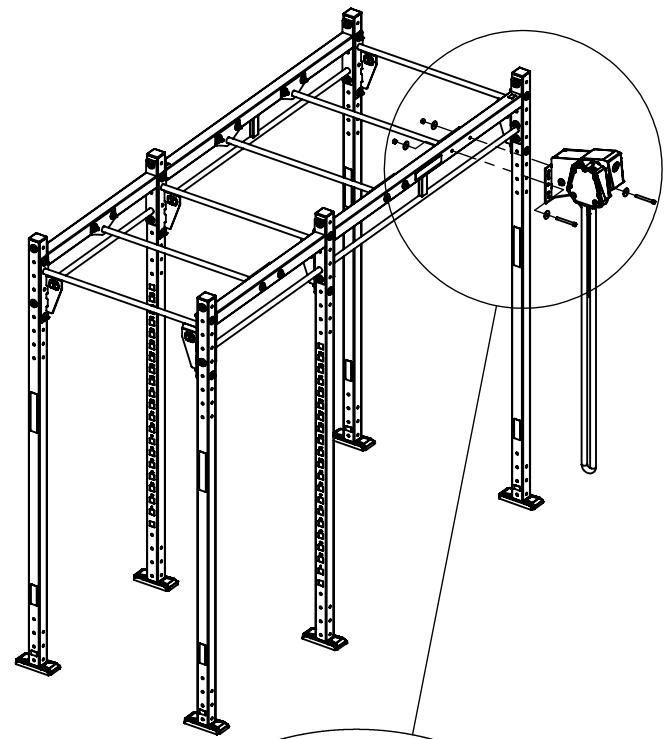


# OPTIONAL RELENTLESS ROPE / RIPPER - MONKEY BAR CROSS MOUNT



**NOTE:**  
Loosen and remove BOLTS,  
WASHERS and NUTS.

XRACK-6MBX



1/2" LOCK NUT  
1/2" WASHER

XERT

**NOTE:**  
Use the two  
center slots

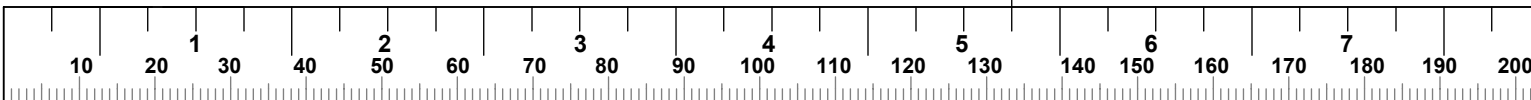
1/2 X 4-1/2" BOLT

**NOTE:**  
Re-use BOLT, WASHERS  
and NUT from previous step.

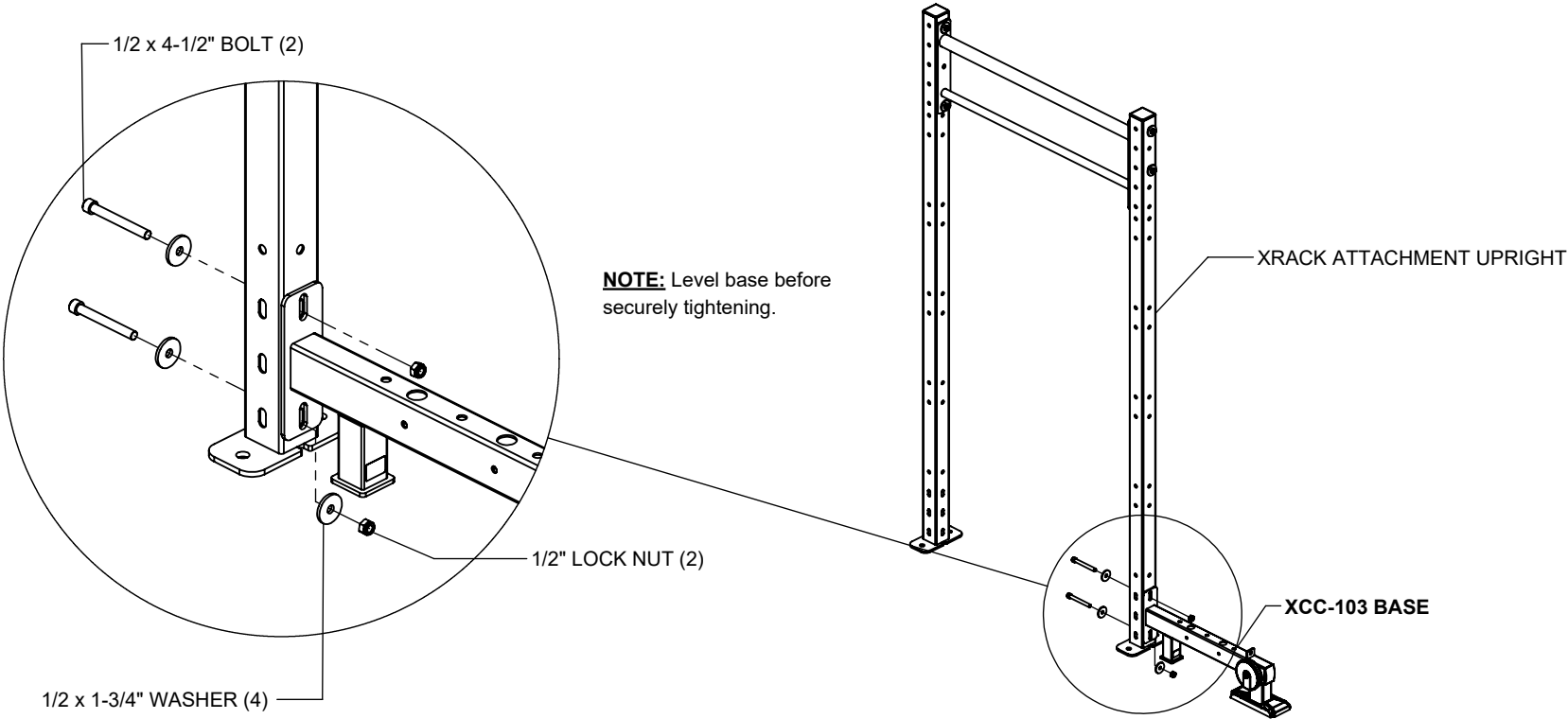
## **NOTE:**

The **RELENTLESS ROPE** is shown, the **RELENTLESS RIPPER** is assembled the exact same way.

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



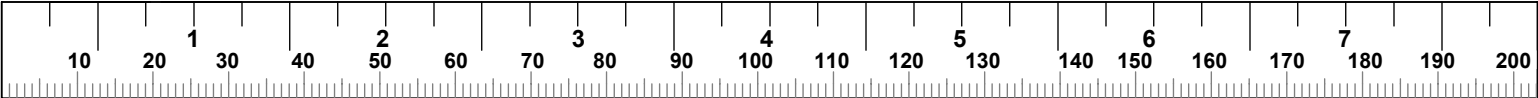
# OPTIONAL XCC ATTACHMENT - BASE TO ATTACHMENT UPRIGHTS



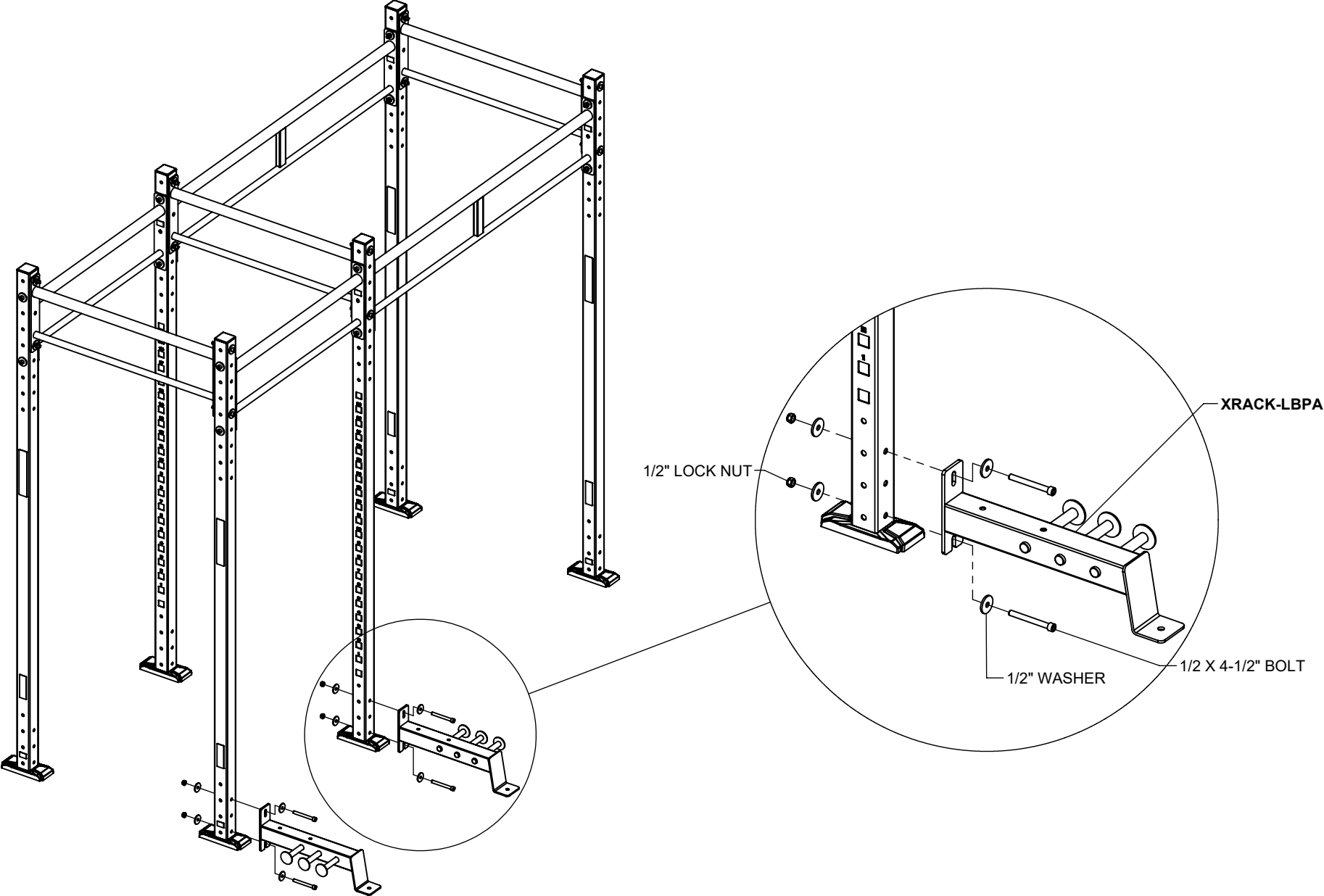
## NOTES:

For further instruction refer to the XCC-103 manual. The remaining steps are assembled the exact same way.

For mounting to standard XRACK uprights refer to the XCC-103 manual.

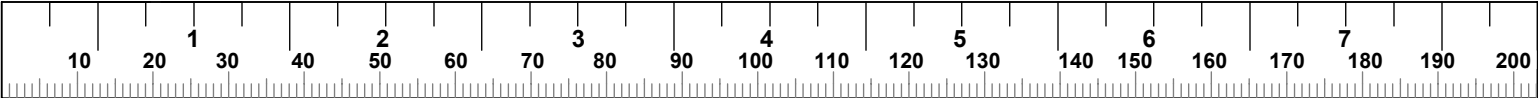


# OPTIONAL LOWER BAND PEG ATTACHMENT (XRACK UPRIGHT)

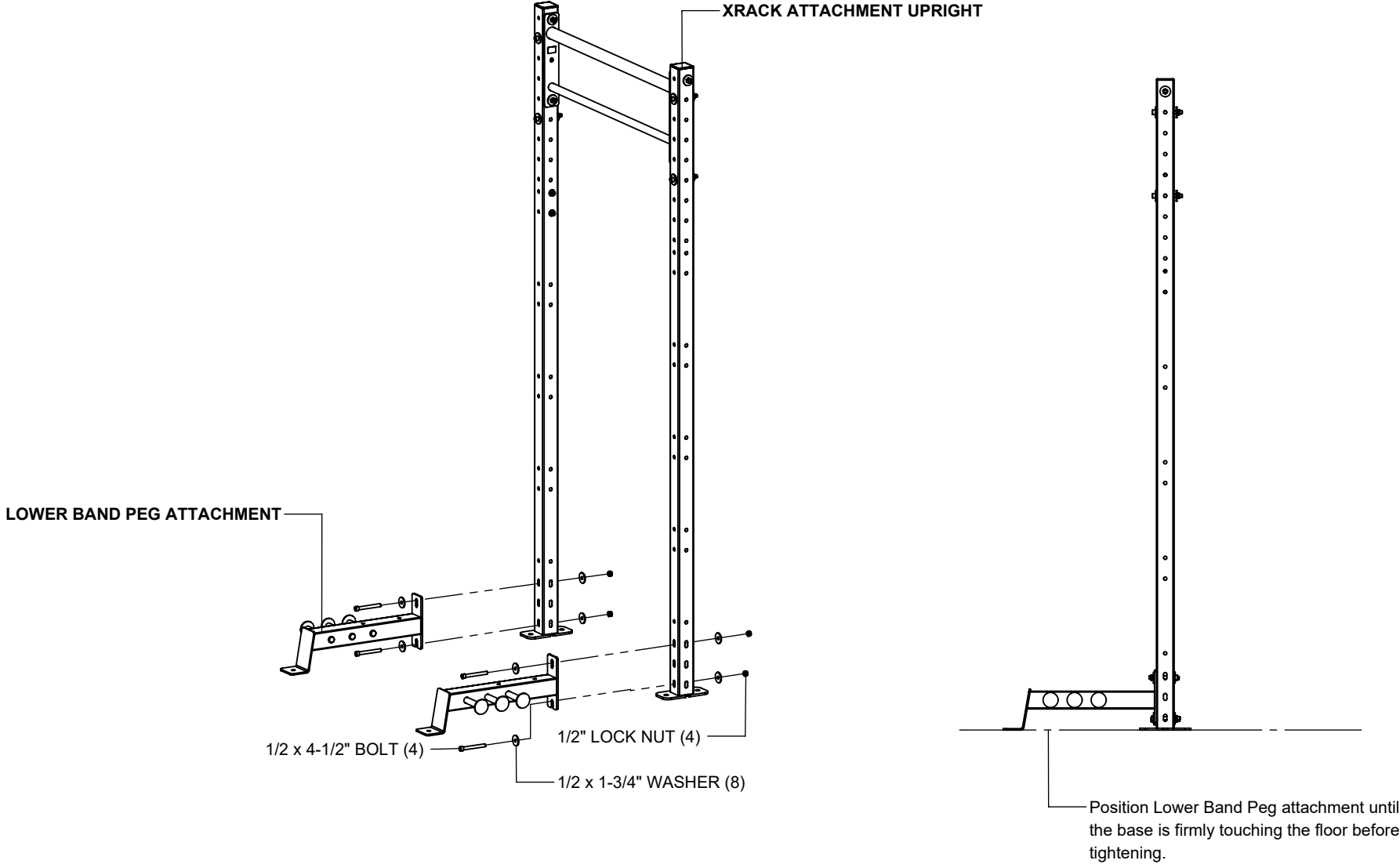


**NOTE:**

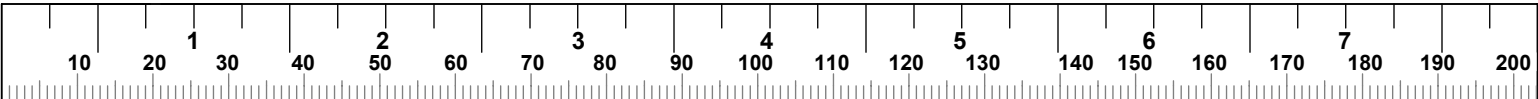
**SECURELY** tighten all bolt connections in this step.



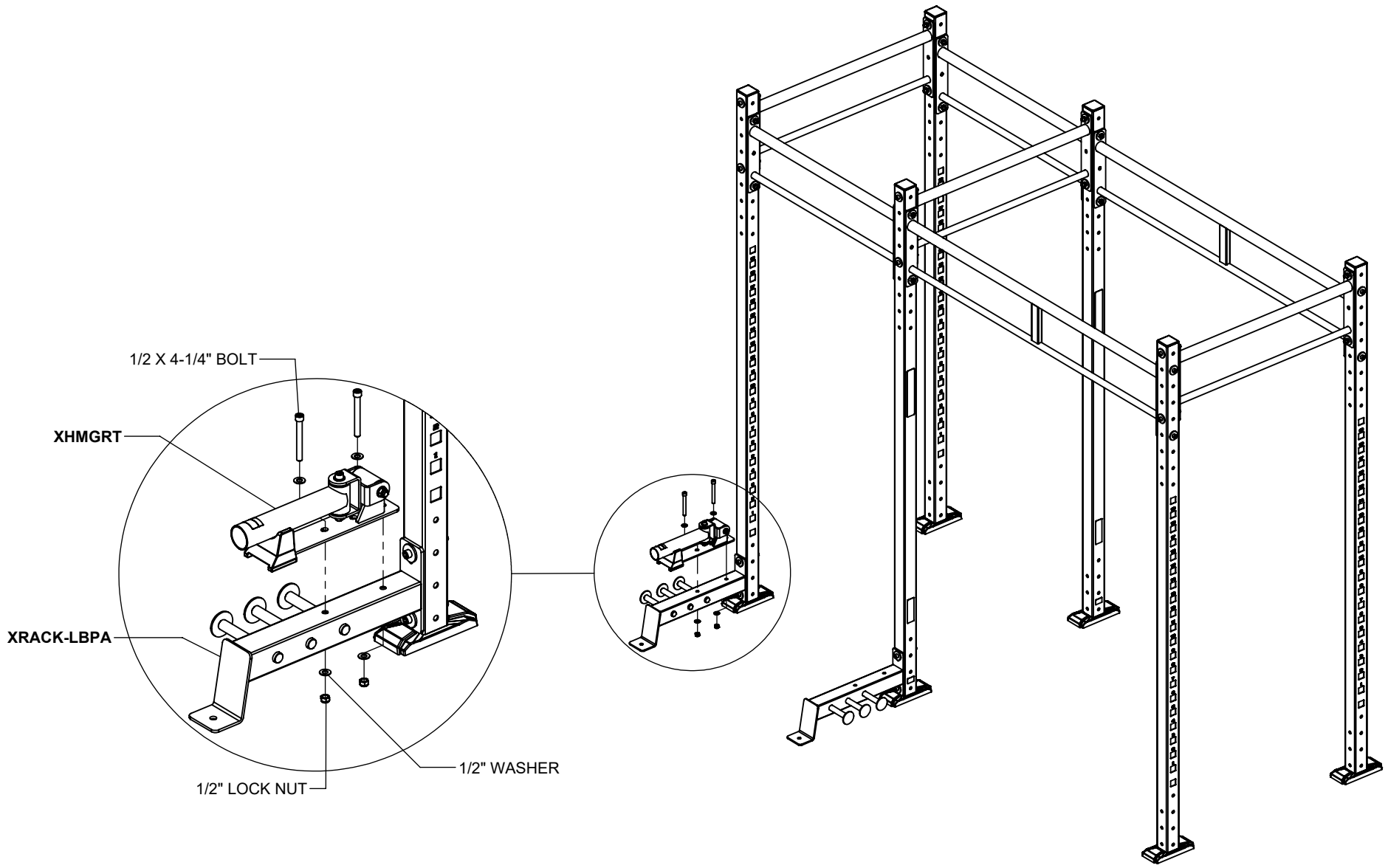
**OPTIONAL LOWER BAND PEG ATTACHMENT (ATTACHMENT UPRIGHT)**



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

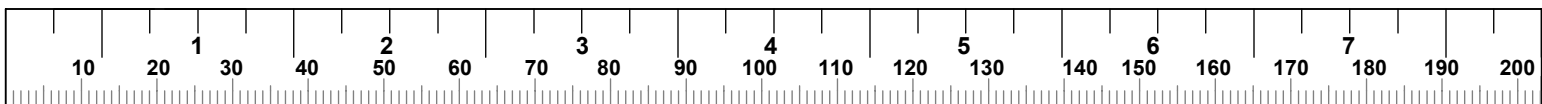


# OPTIONAL GROUND ROTATIONAL TRAINER - HORIZONTAL MOUNT

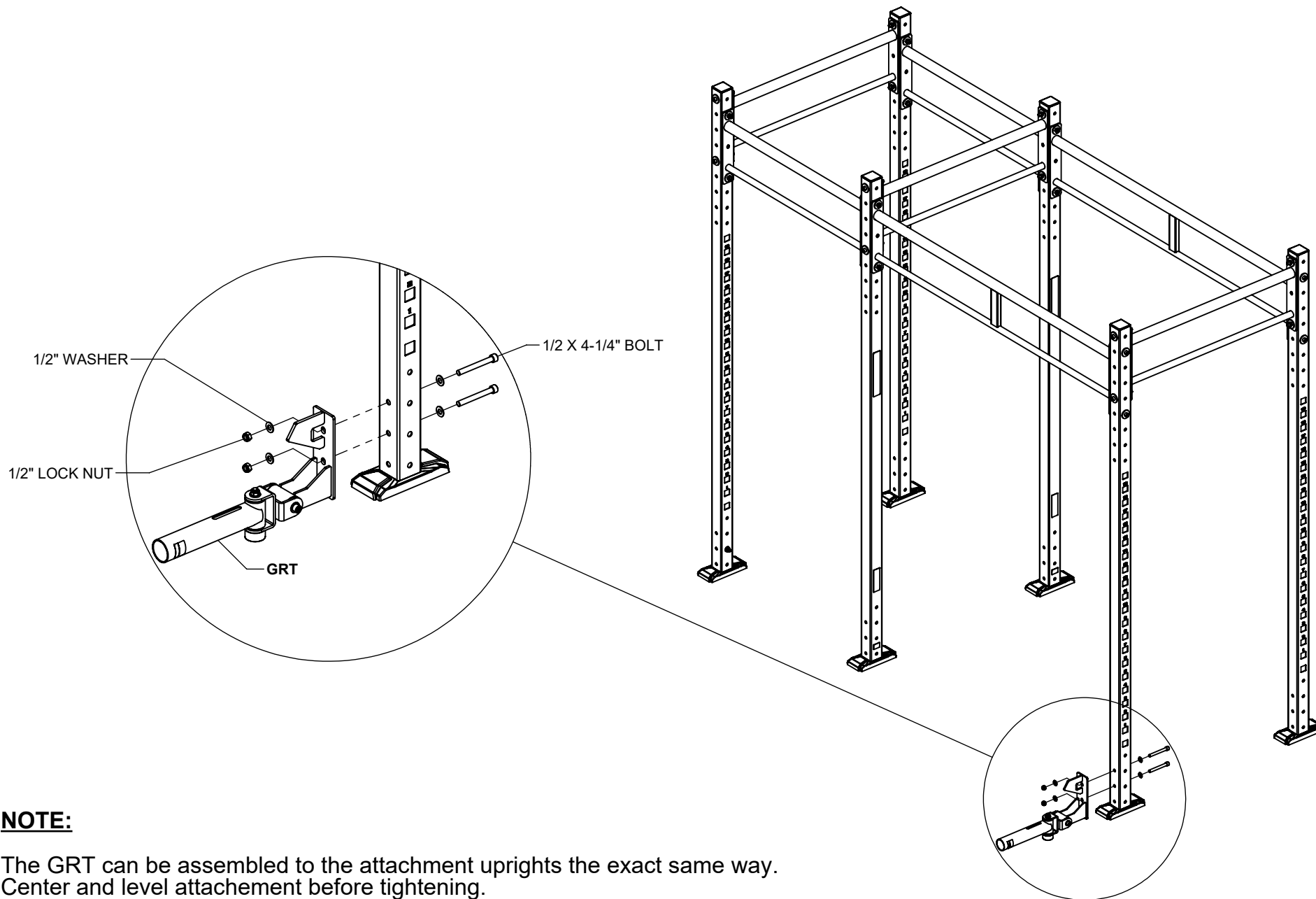


## **NOTE:**

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



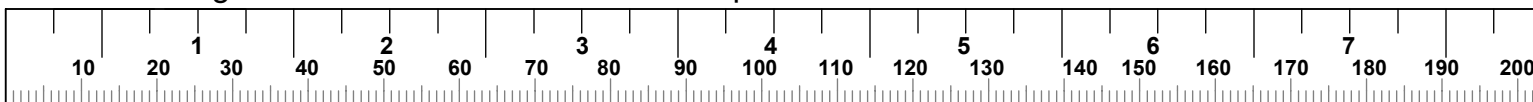
# OPTIONAL GROUND ROTATIONAL TRAINER - VERTICAL MOUNT



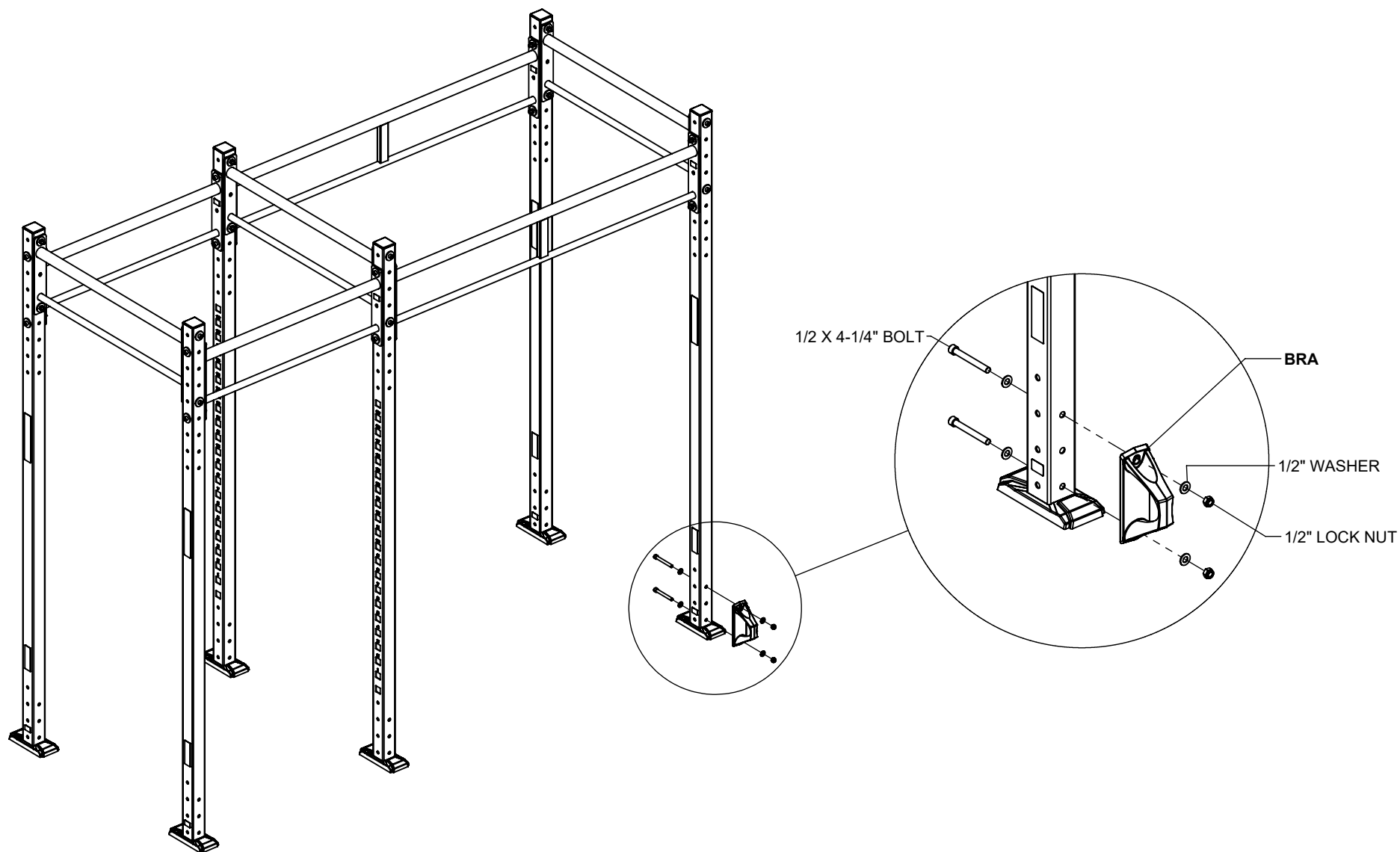
## **NOTE:**

The GRT can be assembled to the attachment uprights the exact same way. Center and level attachment before tightening.

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



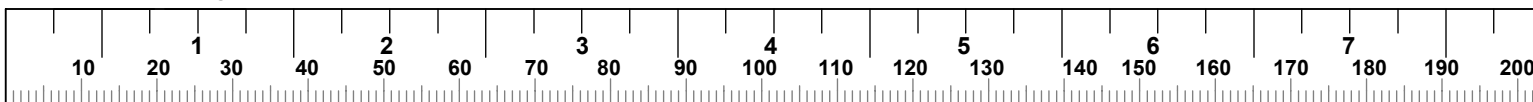
## OPTIONAL BATTLE ROPE ANCHOR - VERTICAL MOUNT



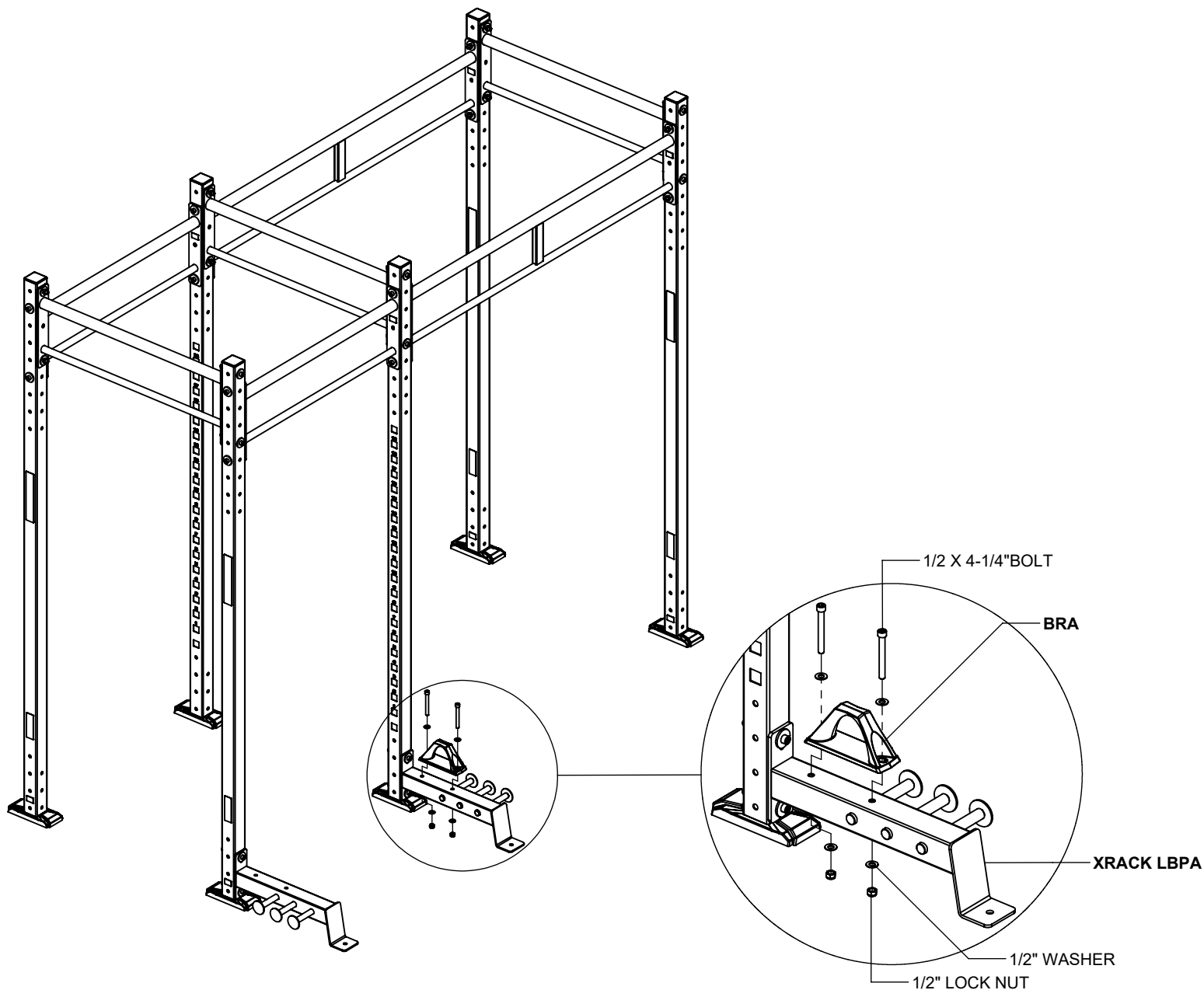
### **NOTE:**

The BRA can be assembled to the attachment uprights the exact same way. Center and level attachment before tightening.

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

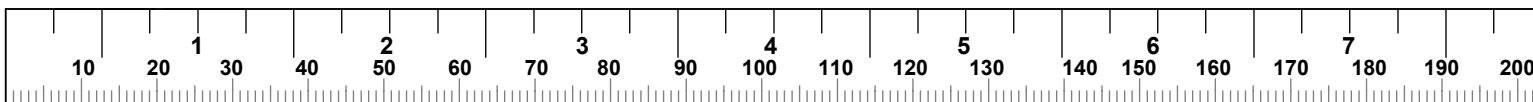


# OPTIONAL BATTLE ROPE ANCHOR - HORIZONTAL MOUNT

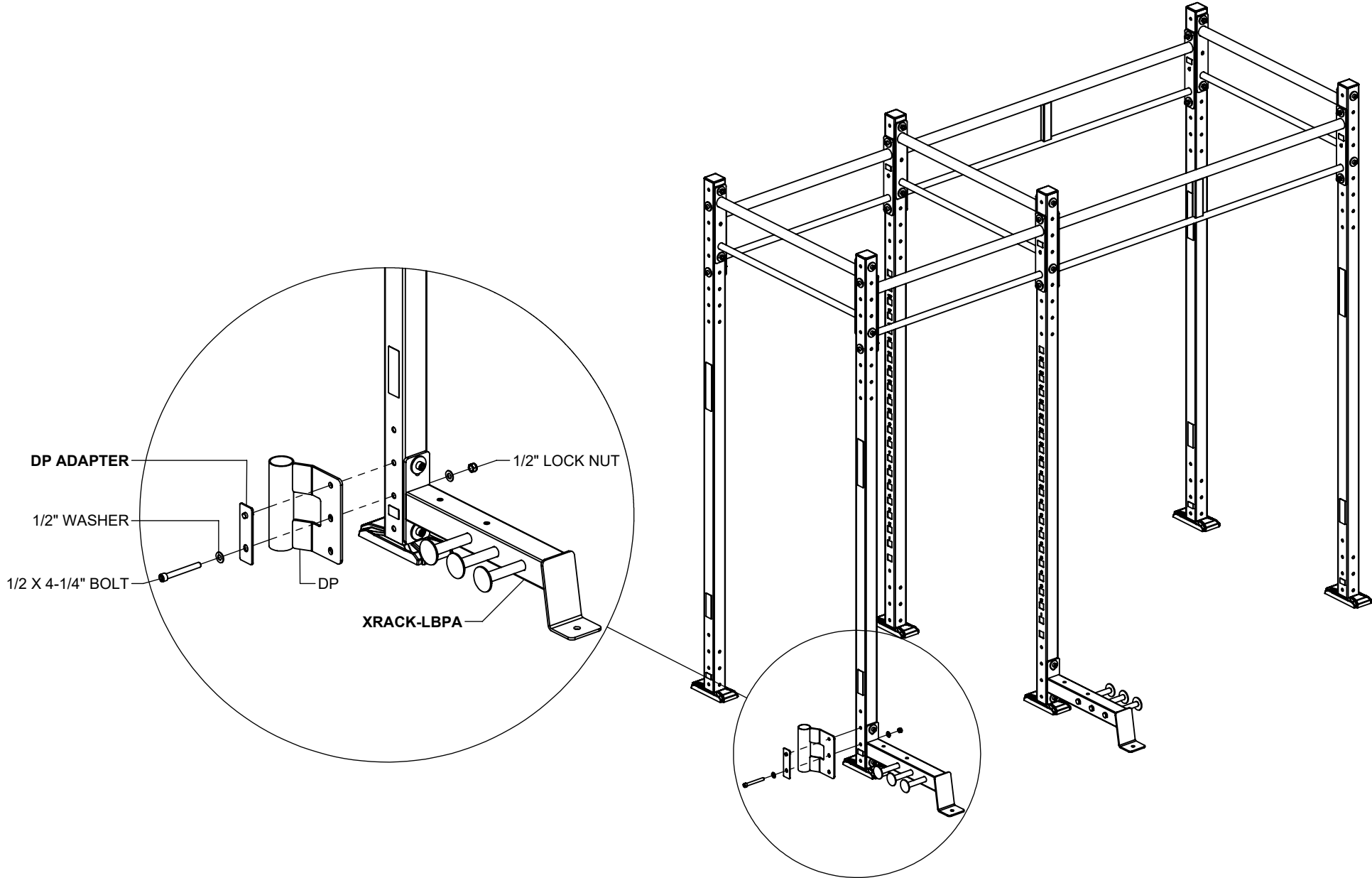


**NOTE:**

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

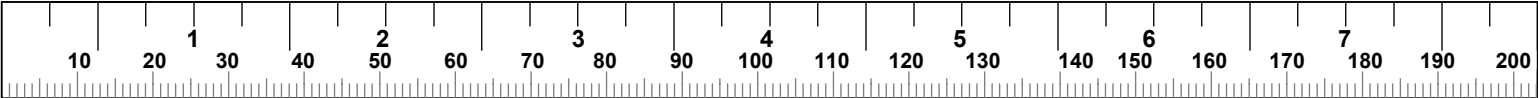


# OPTIONAL DOUBLE PLAY WHEN LOWER BAND PEG ATTACHMENT IS ASSEMBLED

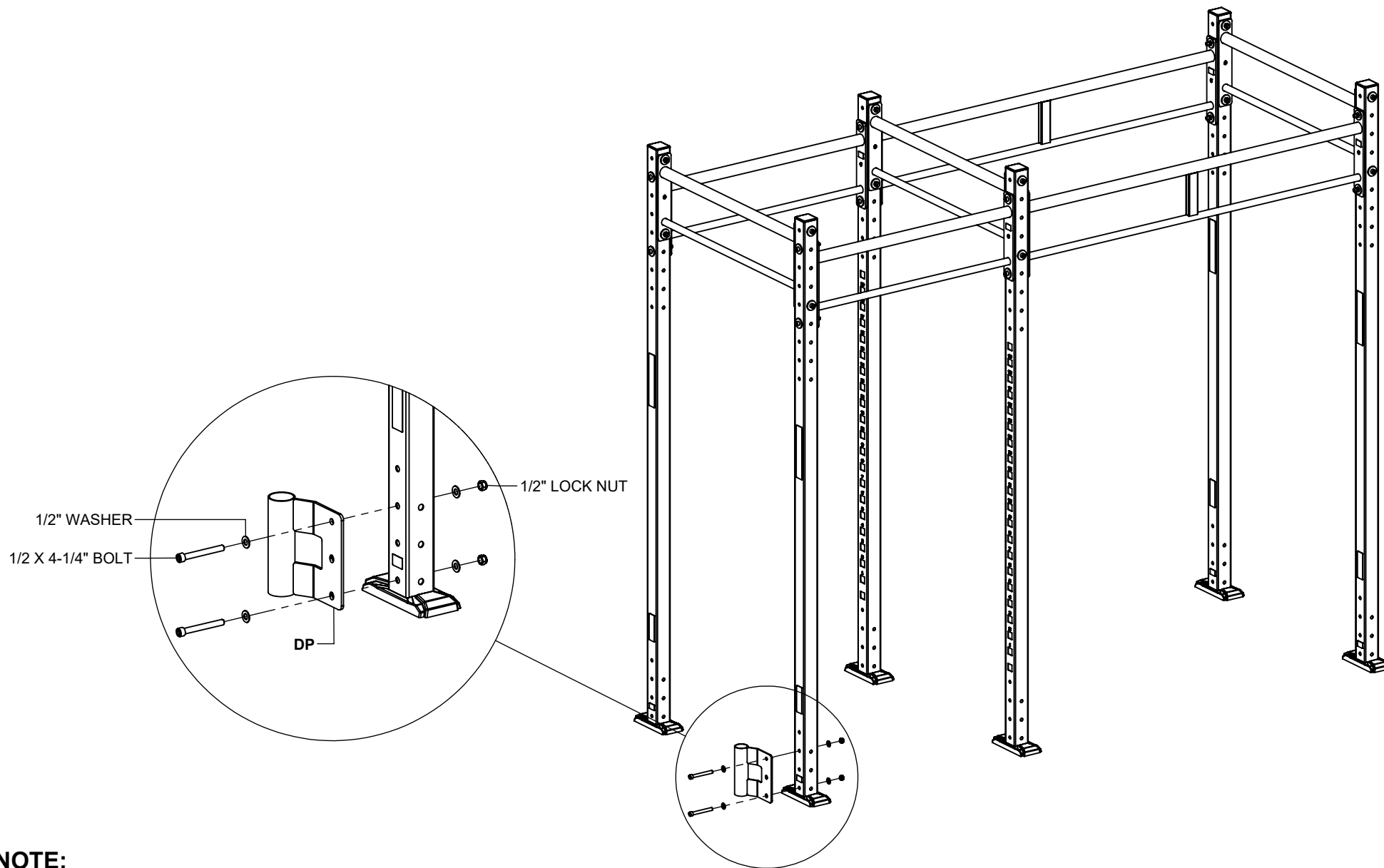


**NOTE:**

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



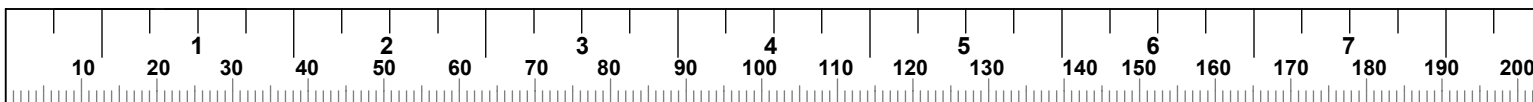
## OPTIONAL DOUBLE PLAY



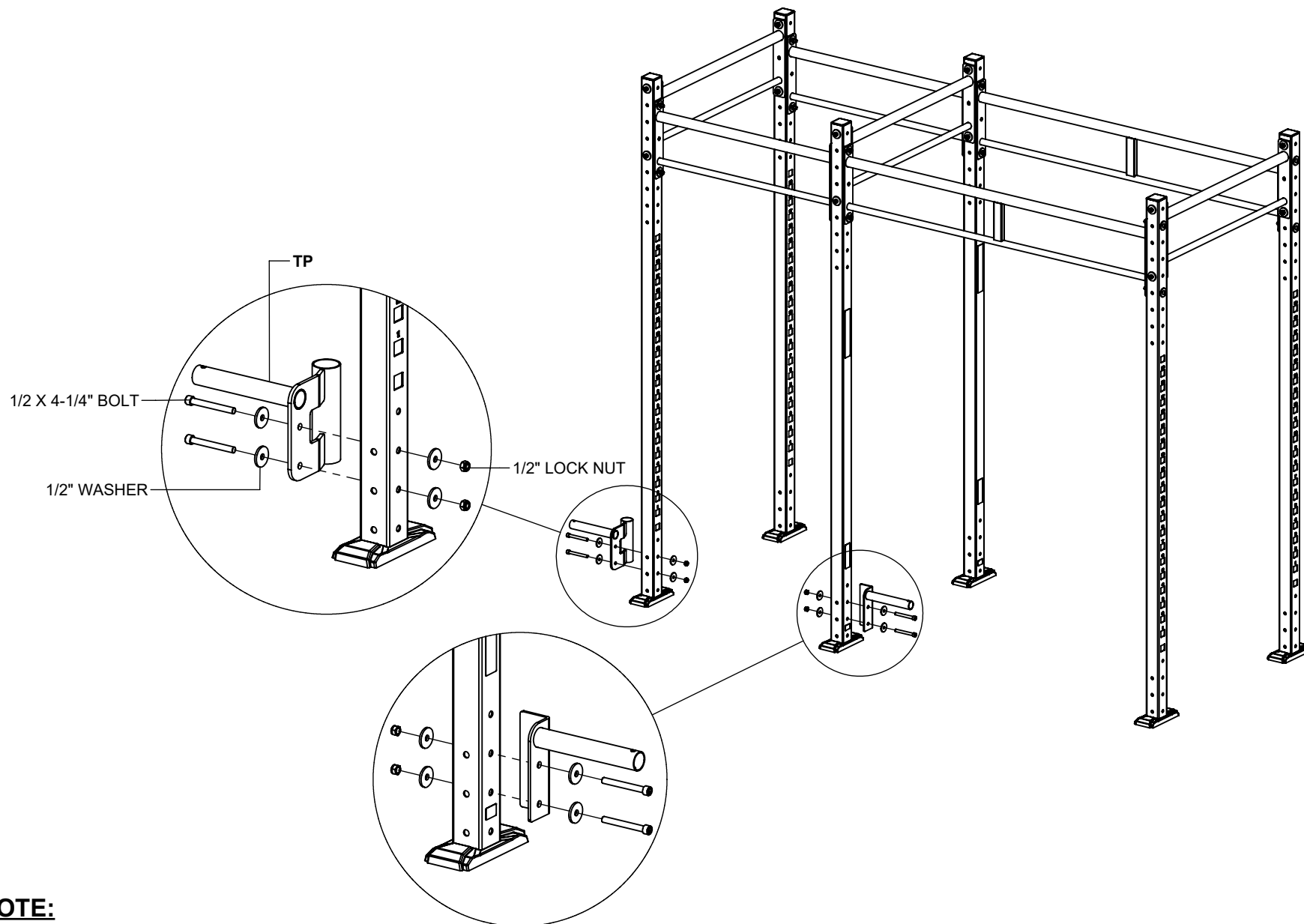
### **NOTE:**

The DOUBLE PLAY can be assembled to the attachment uprights the exact same way, Center and level attachment before tightening.

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



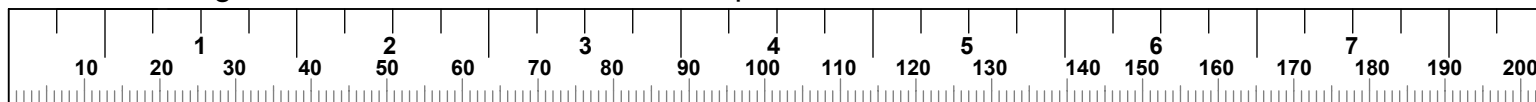
## OPTIONAL TRIPLE PLAY



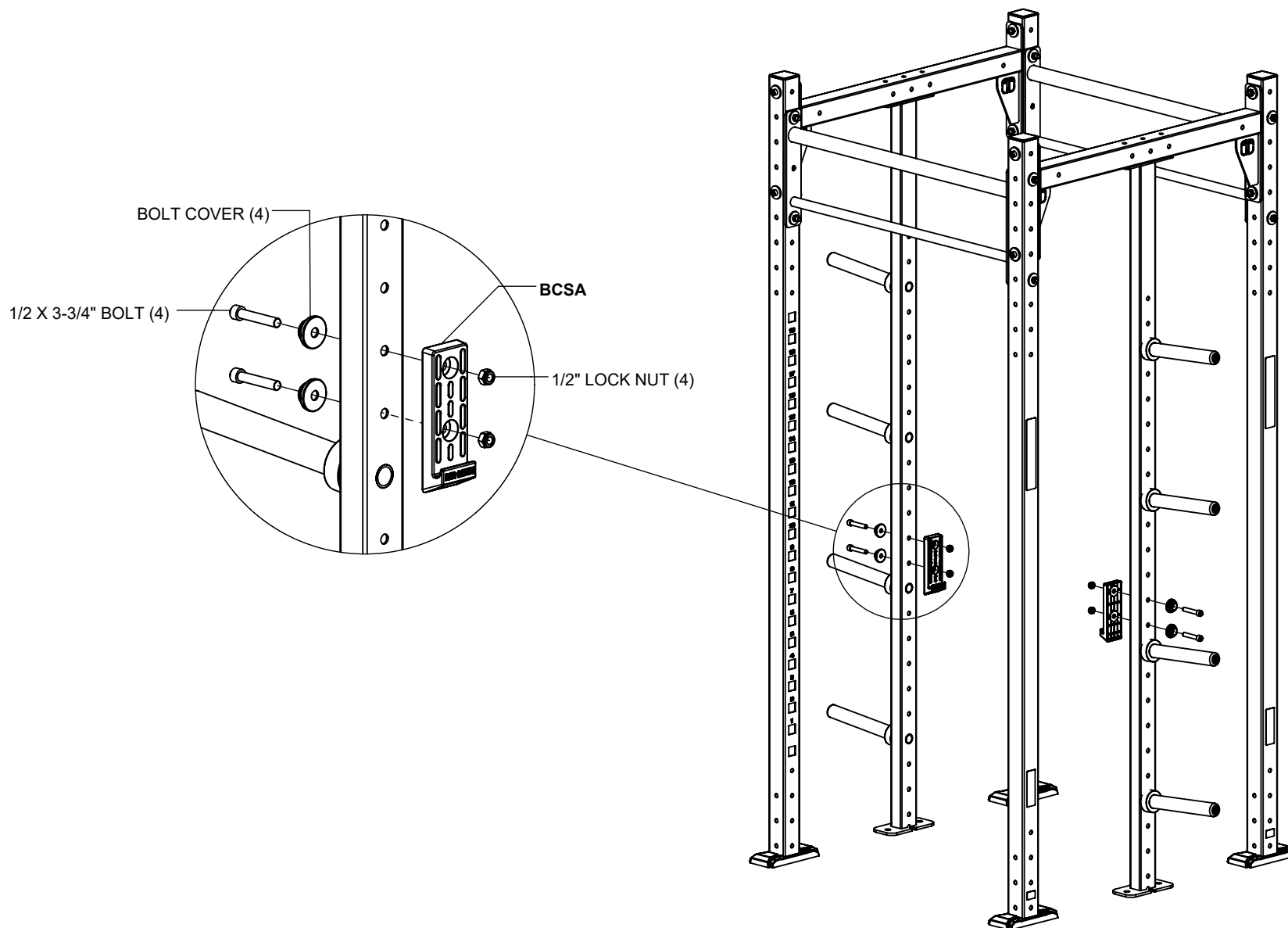
### **NOTE:**

The TRIPLE PLAY can be assembled to the attachment uprights the exact same way. Center and level attachment before tightening.

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

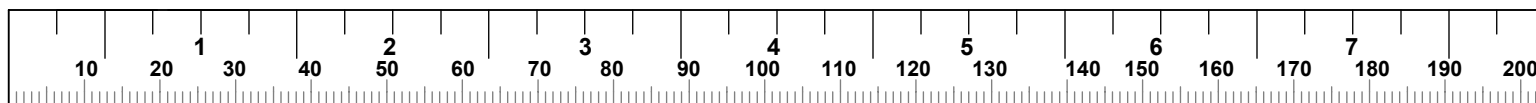


# OPTIONAL BAR CATCH STORAGE ATTACHMENT

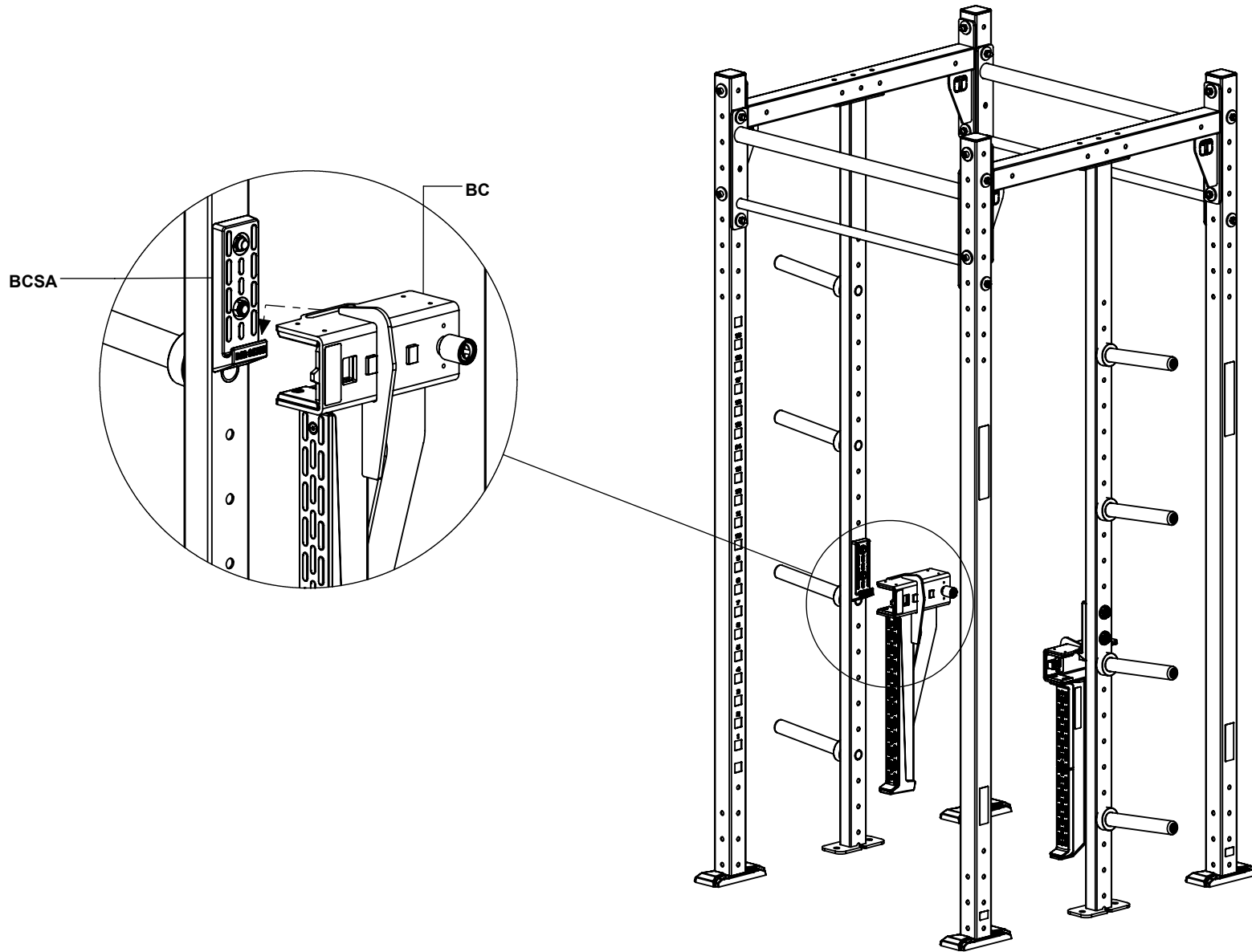


## NOTES:

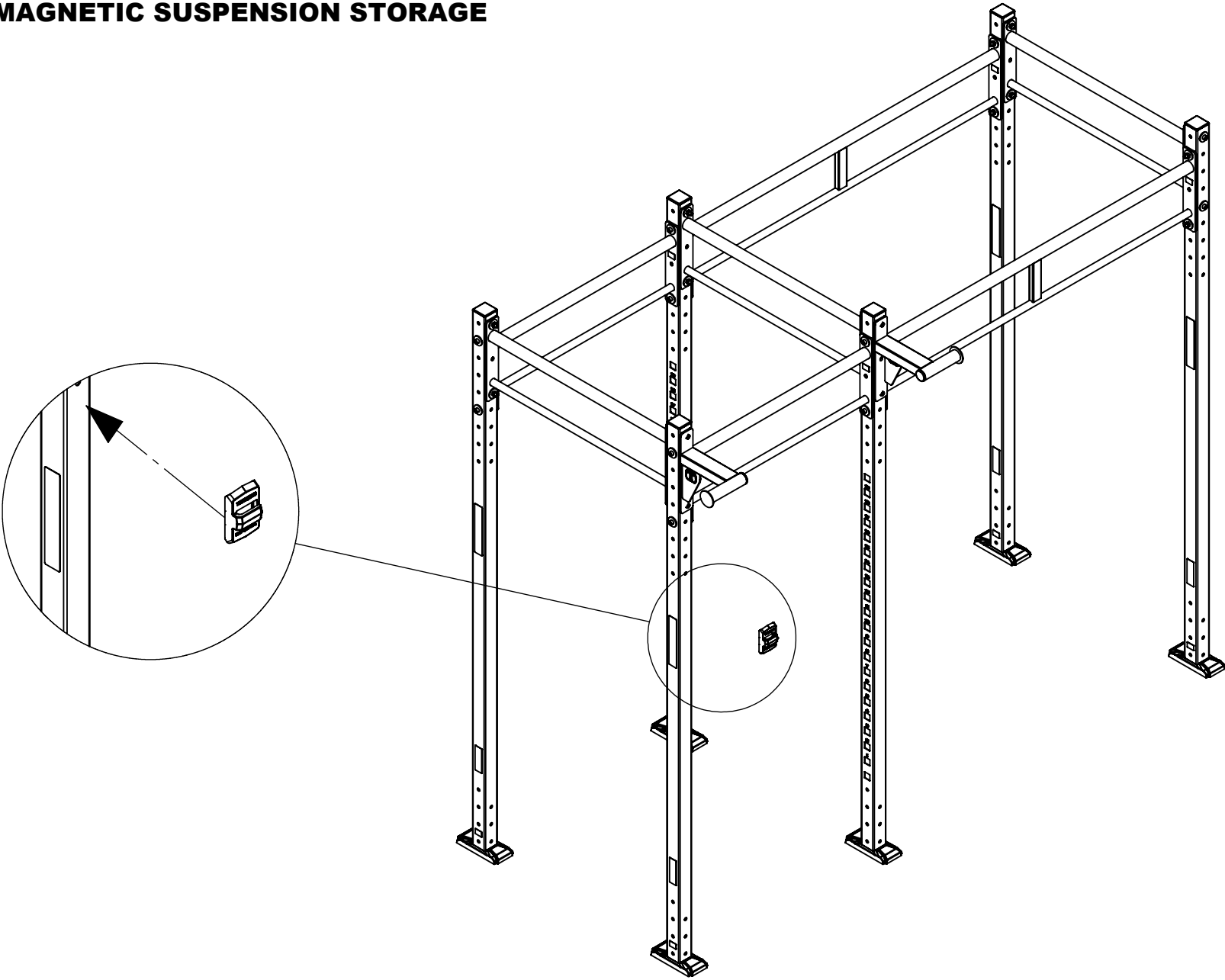
**SECURELY** tighten all bolt connections in this step.



# OPTIONAL BAR CATCH STORAGE ATTACHMENT



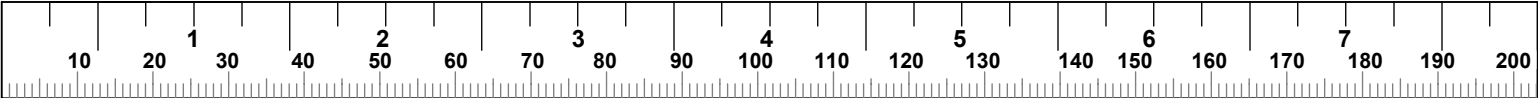
# OPTIONAL MAGNETIC SUSPENSION STORAGE



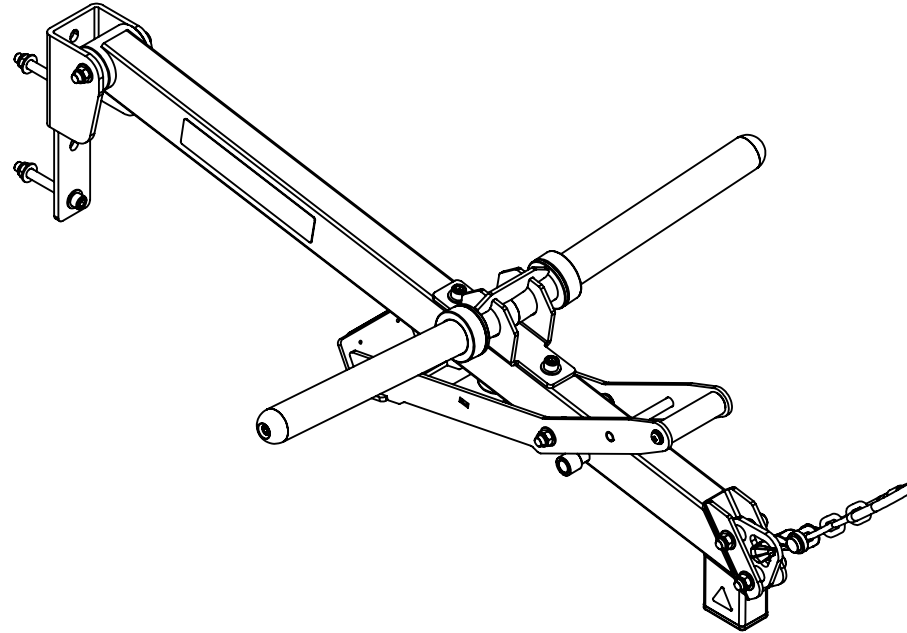
**NOTE:**

Suspension storage clip can be positioned to desired height.

The 9U is shown, follow the same steps for assembling to the 8U, 8AU, and 9AU



## OPTIONAL BELT SQUAT

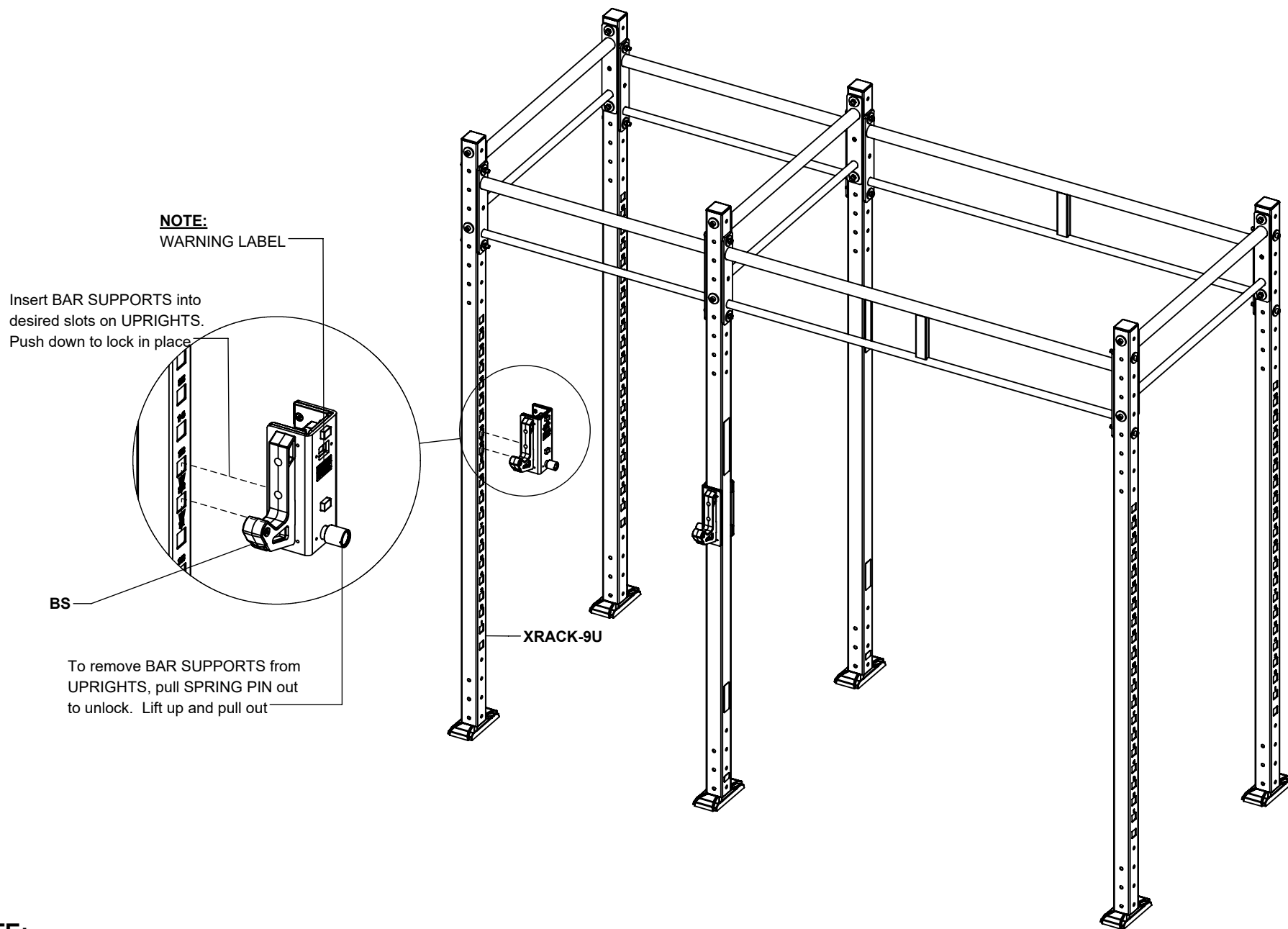


### NOTE:

Assembly instructions for the **XRACK-BSQUAT** are included in the product.

They may also be downloaded at  
<https://commercial.torquefitness.com/pages/assemblymanuals>

## OPTIONAL BAR SUPPORTS

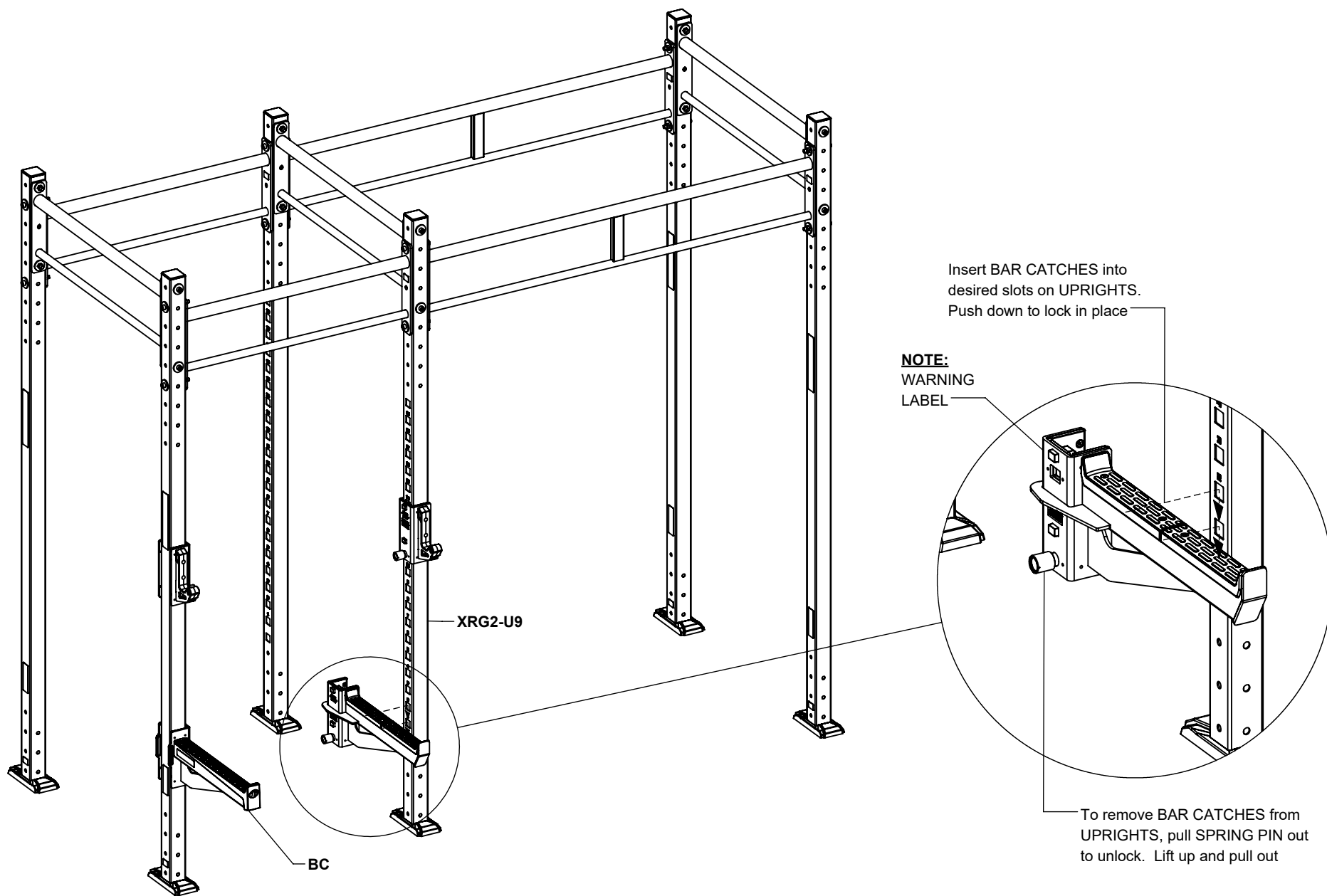


### **NOTE:**

The 9U is shown, follow the same steps for assembling to the 8U.

This attachment is **NOT COMPATIBLE** with the **XRACK-8AU** or **XRACK-9AU**.

## OPTIONAL BAR CATCHES

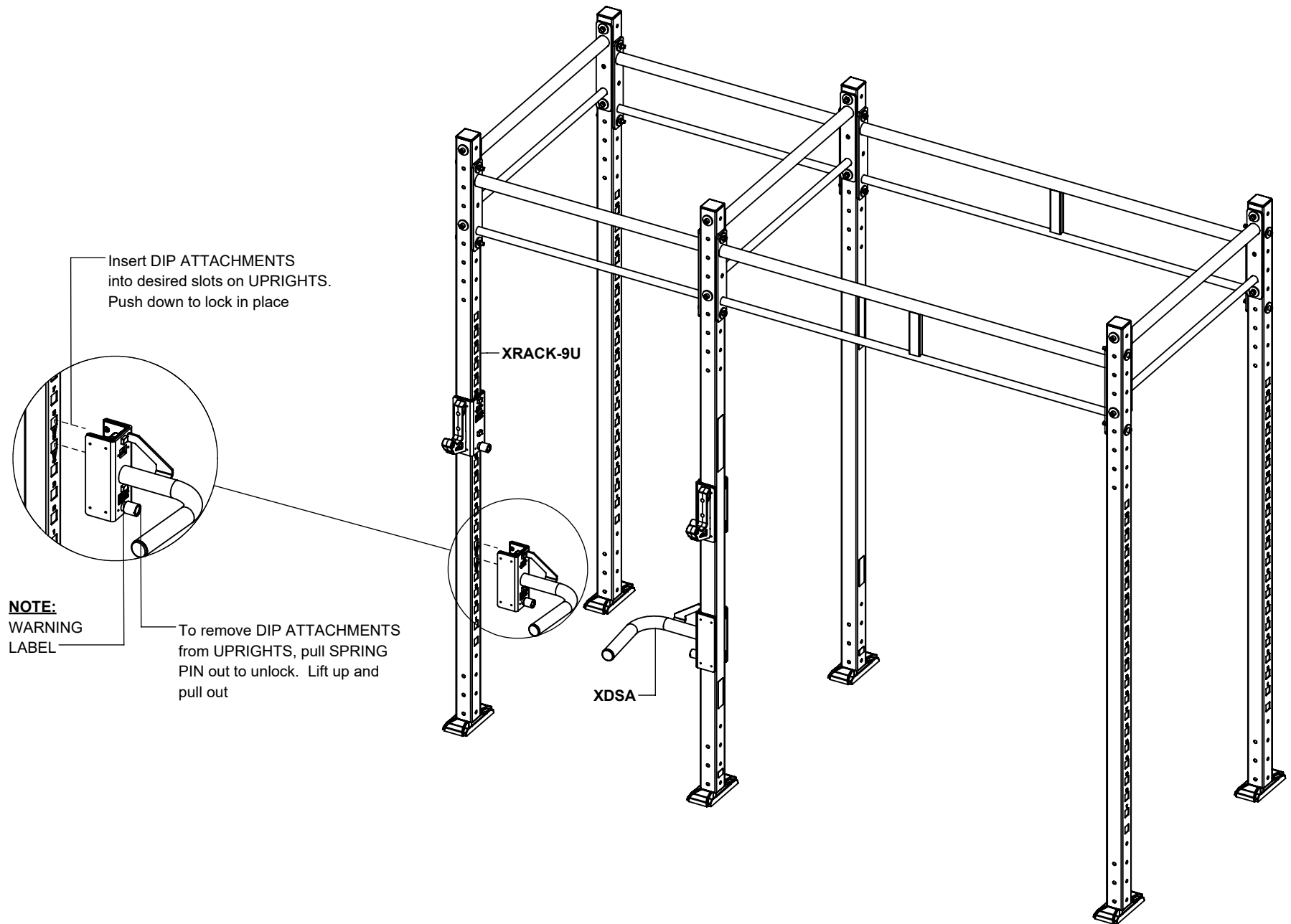


### **NOTE:**

The 9U is shown, follow the same steps for assembling to the 8U.

This attachment is **NOT COMPATIBLE** with the **XRACK-8AU** or **XRACK-9AU**.

## OPTIONAL DIP ATTACHMENTS

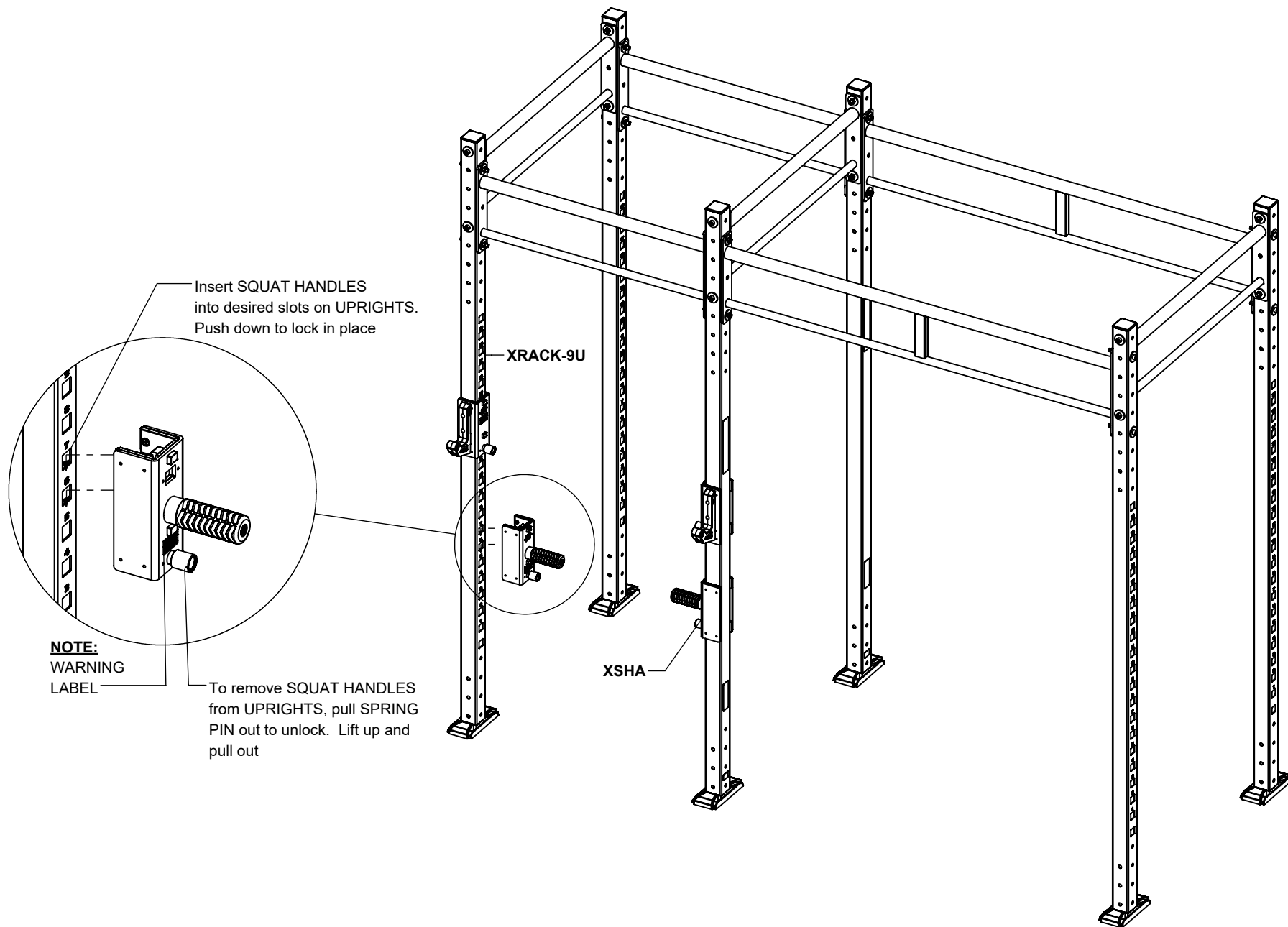


### **NOTE:**

The 9U is shown, follow the same steps for assembling to the 8U.

This attachment is **NOT COMPATIBLE** with the **XRACK-8AU** or **XRACK-9AU**.

## OPTIONAL SQUAT HANDLES

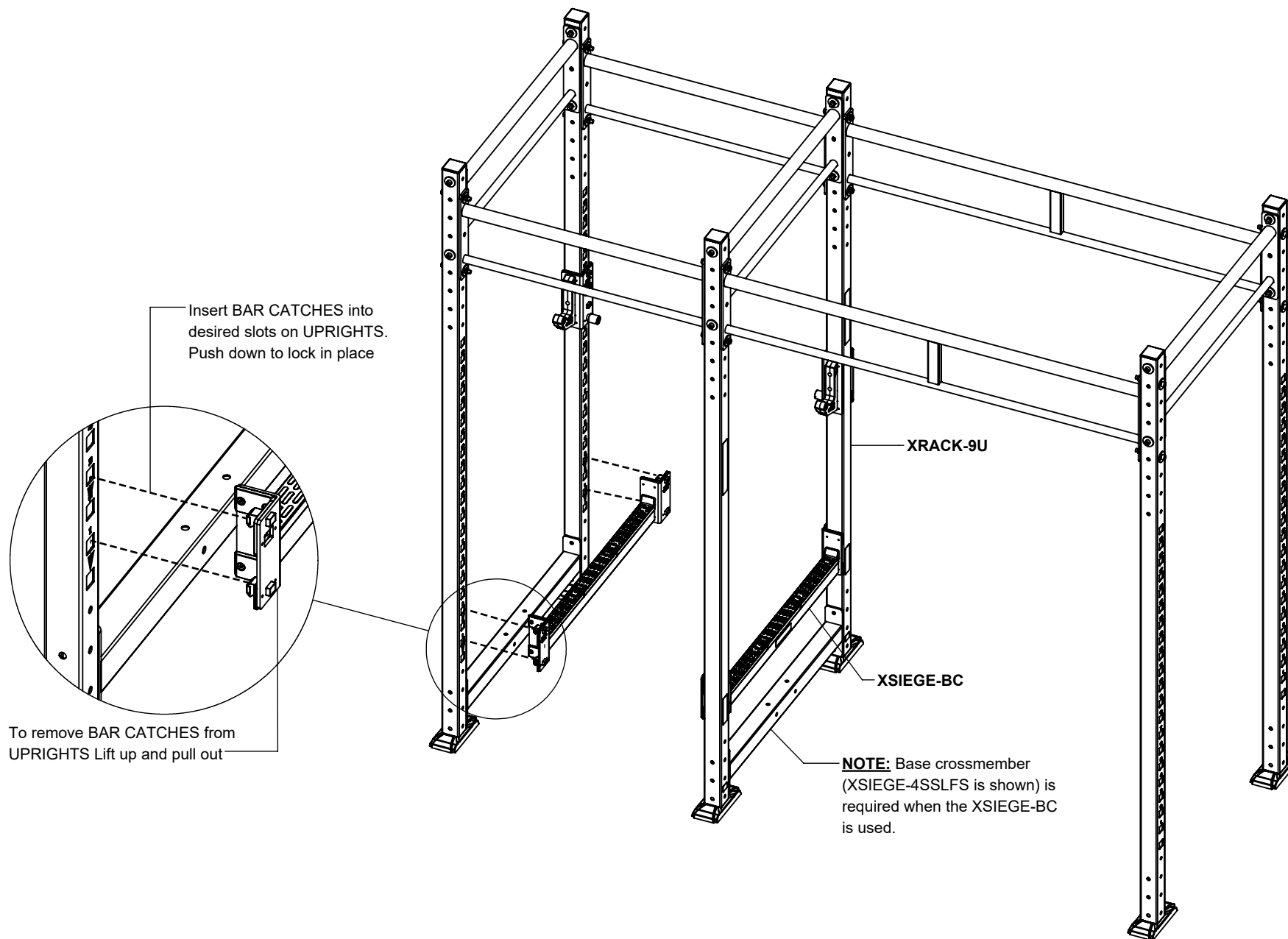


### **NOTE:**

The 9U is shown, follow the same steps for assembling to the 8U.

This attachment is **NOT COMPATIBLE** with the **XRACK-8AU** or **XRACK-9AU**.

## OPTIONAL BAR CATCH STRAPS



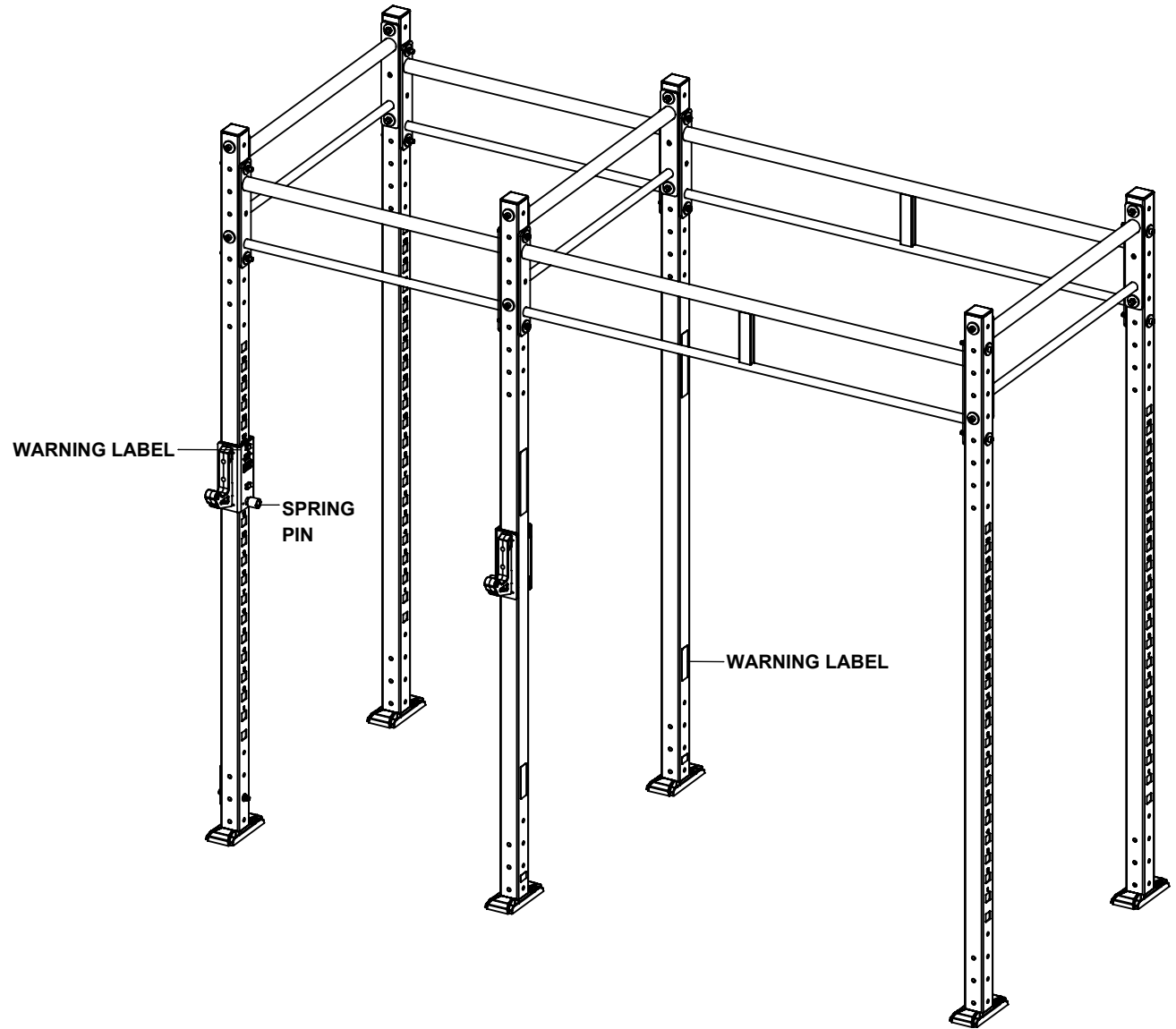
### **NOTE:**

The 9U is shown, follow the same steps for assembling to the 8U.

This attachment is **NOT COMPATIBLE** with the **XRACK-8AU** or **XRACK-9AU**.

## MAINTENANCE:

- **NUTS/BOLTS:** Inspect periodically, tighten and/or adjust as needed.
- **SPRING PINS:** Check that spring pins fully engage the hole when released.
- **FRAME:** Wipe down frame with a damp cloth.



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