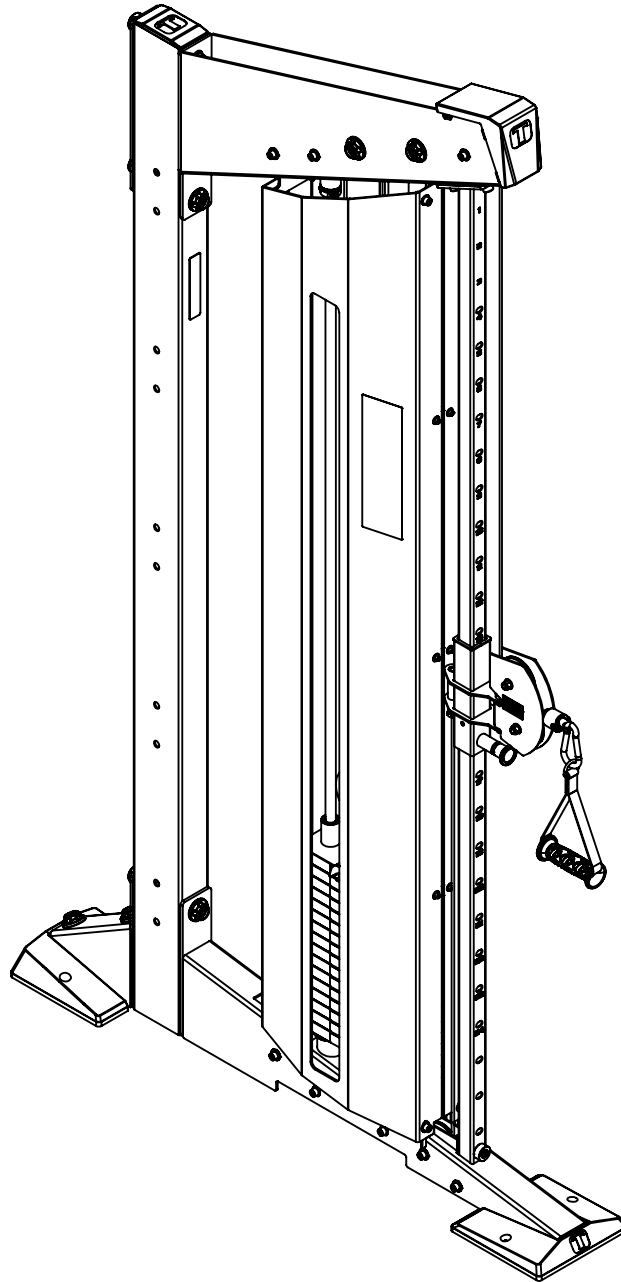


# UPRIGHT CABLE COMPONENT ASSEMBLY GUIDE

VERSION: XCREATE-UCC-101

PART #: 6000101-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. Do not put any foreign on or near this product when in use. Wear comfortable clothing which does not impair freedom of movement. Do not wear clothing which is too loose and could get caught in moving parts.
6. 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 lbs. (136 kgs.). 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](mailto: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** or **service@torquefitness.com**

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

## Tools Required

- 3/8" Allen wrench
- 5/16" Allen wrench
- 3/16" Allen wrench
- 3/4" Wrench and or socket
- 9/16" Wrench and or socket
- 1/2" Wrench and or socket
- Rubber mallet
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure

## Optional Equipment

Optional equipment may be available for this product.

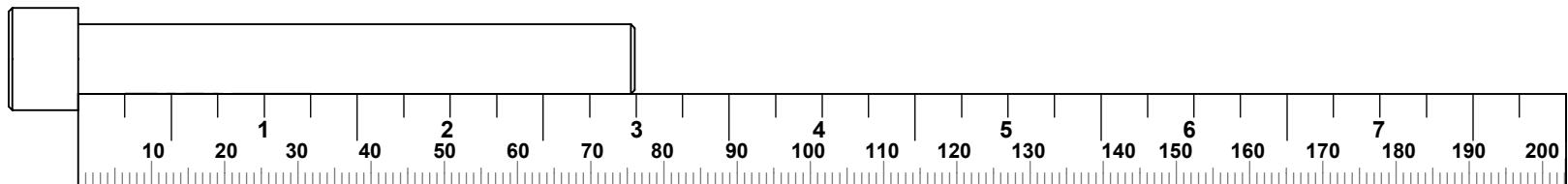
Follow the instructions included with the optional equipment to assemble it to the base product.

## Assembly Tips

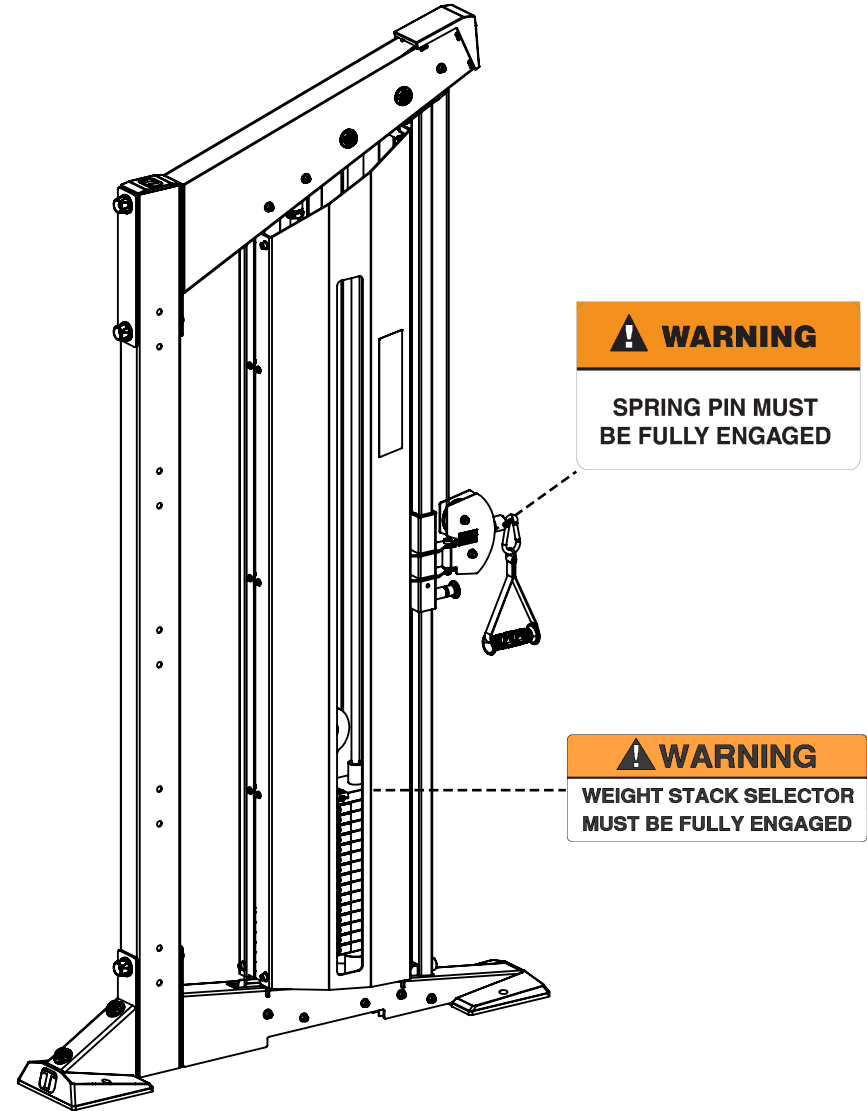
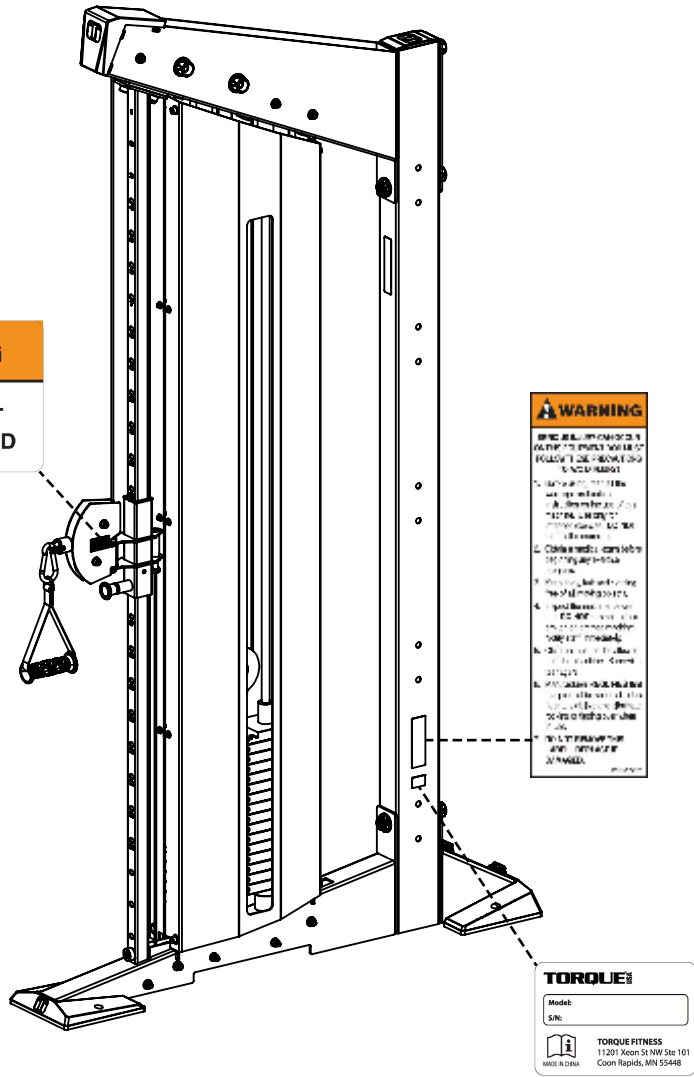
- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of this page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning that step.
- Some of the items shown in the assembly steps may be pre-assembled.

## Assembly Tips Continued

- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed in order to complete the step. Follow the instructions or damage to the product could occur.
- Some parts may have extra holes that will not be used. Use only the holes depicted in the instructions.
- Certain parts make reference to the right and left side of the machine. In order to determine the left and right side, stand in front of the machine.
- Provide ample space around the product for ease of assembly.
- **DO NOT** fully tighten any connections until instructed to do so. This will help insure that the alignment of all of the parts will be correct.
- Insert all bolts in the direction indicated in the instructions. Failure to do so may result in clearance issues and will degrade the aesthetics of the product.
- Carefully follow instructions for all pivot points. In general, primary rotating parts have connections that should be securely tightened, while secondary connections need to be loosen 1/4 turn.



# DECALS AND WARNING



# EXERCISE INSTRUCTIONS

**CABLE COMPONENT**

**LOW TO HIGH**



**TRICEP PRESS**

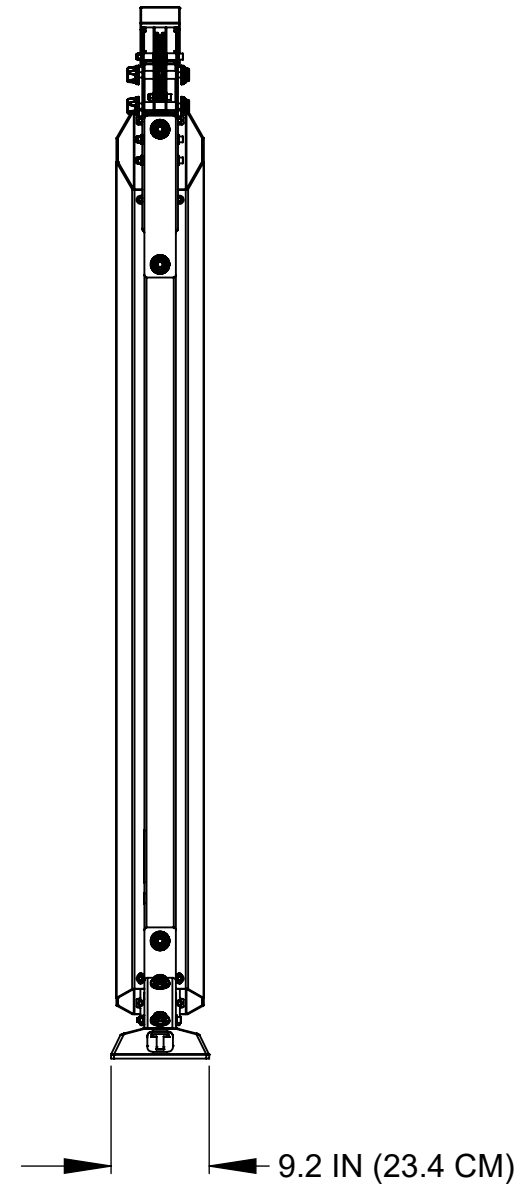
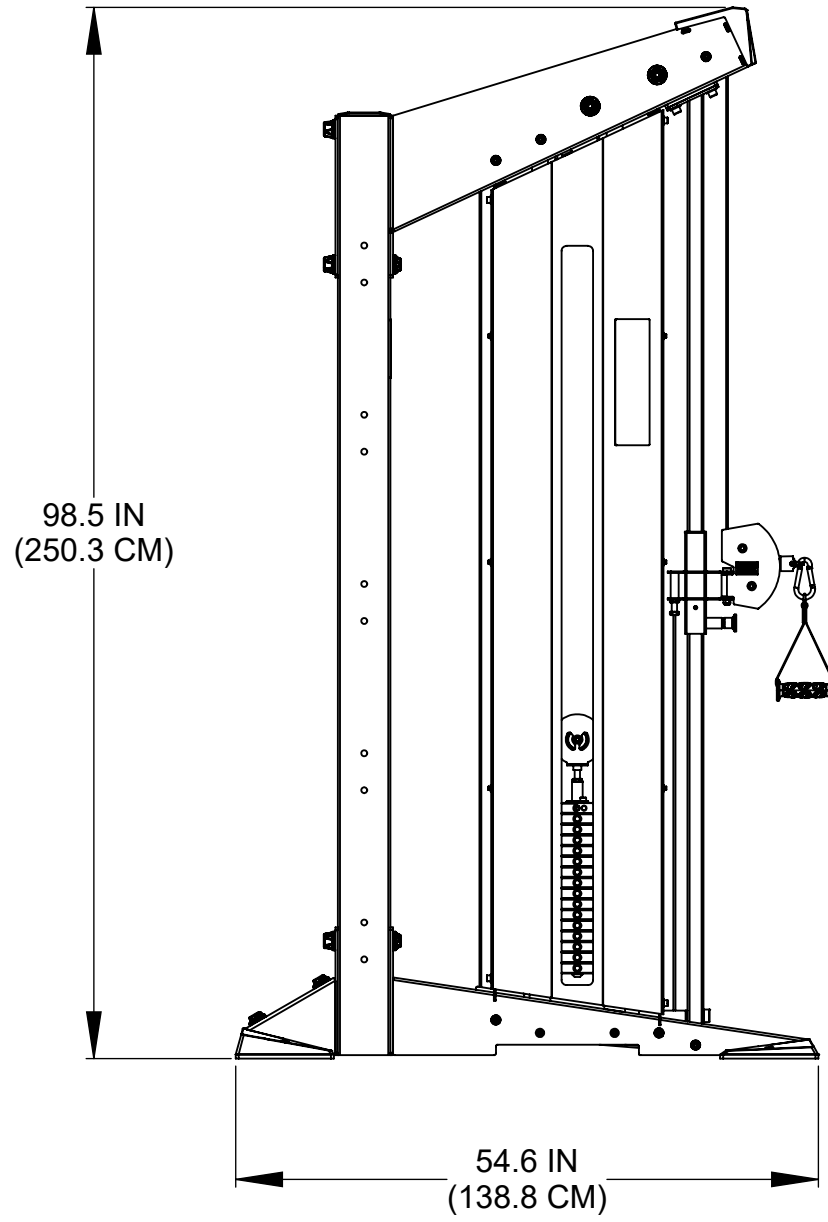


**FRONT RAISE**



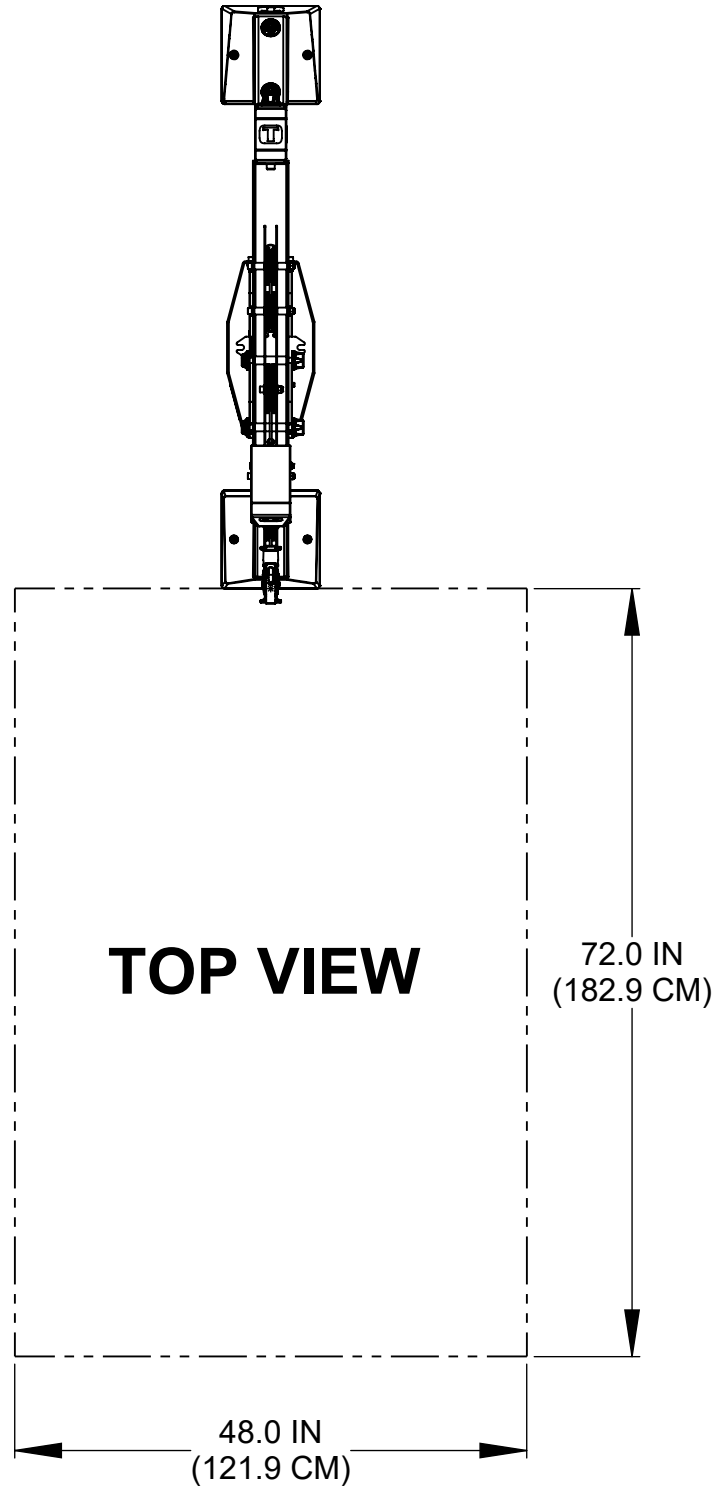
**TORQUE** USA

# WEIGHTS AND DIMENSIONS



**PRODUCT WEIGHT: 401.5 LBS (182.1 KG)**

**LIVE AREA**



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	58183PA	PTD ASSY, 8' UPRIGHT	1
2	58184PA	PTD ASSY, UPRIGHT BASE REAR	1
3	59954PA	PTD ASSY, XCREATE-UCC BASE	1
4	5631801	WASHER COVER, NYLON BOLT	2
5	2001301	WASHER, FLAT 1/2 SAE ST ZN	5
6	2005824	BOLT, 1/2-13 X 6-1/4" (159mm) SOCKET HEAD	4
7	5631901	WASHER COVER, NYLON NUT	3
8	2001401	NUT, 1/2-13 LK ST ZN	4
9	5513601	CUSHION, WEIGHT STACK	2
10	5996201	GUIDE ROD, 19 DIA X 2054	2
11	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	5/15
12	56349PA	PTD ASSY, 10 LB WEIGHT PLATE	10/0
13	56345PA	PTD ASSY, HEAD PLATE	1
14	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	2
15	5996401	BUSHING, GUIDE ROD RETAINER	2
16	6034001	WLDMT, SLIDE UPRIGHT	1
17	5943501	ASSY, SWIVEL PULLEY SLIDE	1
18	5672101	BUMPER, CARRIAGE STOP	1
19	2008409	BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD	1
20	2001101	WASHER, FLAT 3/8 SAE ST ZN	13
21	2001201	NUT, 3/8-16 LK ST ZN	4
22	6034301	SPACER, FLNG 16.2 X 10.1 X 18	2
23	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	3
24	59965PA	PTD ASSY, XCREATE-UCC TOP BOOM	1
25	5819001	PLATE, BACKING	1
26	2006803	SHCS, 1/2-13 X 1, CZ PATCH	2
27	6064901	LABEL, WEIGHT STACK 7.5 - 95 LB (3.4 - 43.1 KG)	1
28	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1
29	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	2
30	54970PA	PTD ASSY, HEAD PLATE PULLEY	1
31	2002601	NUT, 1/2 JAM ST ZN	1
32	5996101	CABLE ASSY, XCREATE-UCC	1
33	6065101	HOUSING, CABLE COUPLER	1
34	5509001	CORE, CABLE COUPLER	1
35	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	2
36	5997501	SHROUD, XCREATE-UCC LEFT	1
37	5997601	SHROUD, XCREATE-UCC RIGHT	1
38	6045101	CLIP, SHROUD SPACER	6
39	2002101	WASHER, FLAT 1/4 SAE ST ZN	16
40	2005502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD	12
41	2009403	BOLT, 3/8-16 X 1" (25mm) ST HT SOCKET HEAD W/NP	8

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
42	6008301	CAP, BOOM END	1
43	6008101	COVER, FRONT BASE	1
44	6008201	COVER, REAR BASE	1
45	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	4
46	5999901	PLACARD, XCREATE-UCC-101	1
47	5923501	CARABINER, 100 X 50 X 10 DIA	1
48	5324701-A	ASSY, SHORT STRAP HANDLE	1
49	6087501	LABEL, WEIGHT STACK 7.5 - 120 LB (3.4 - 54.4 KG)	1

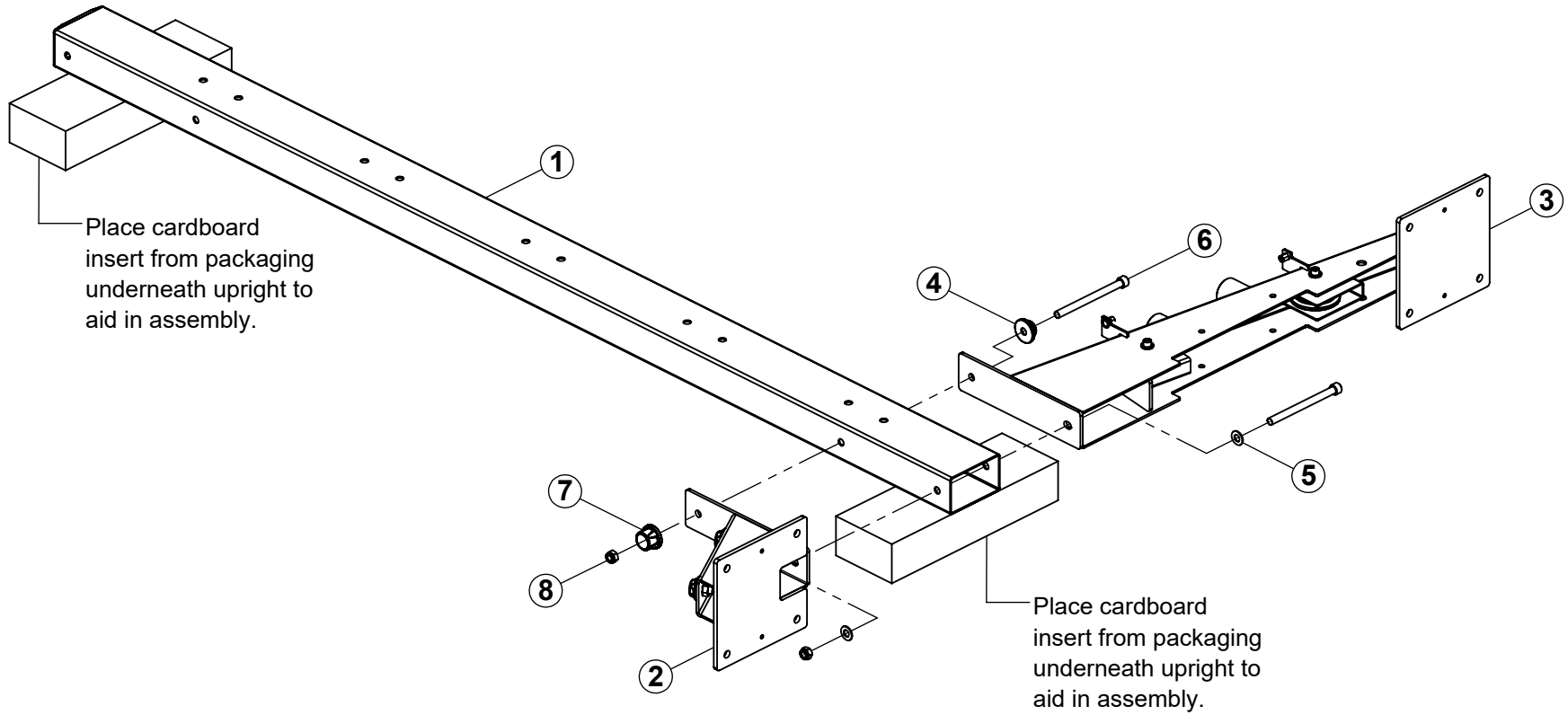
**NOTE:**

X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact [sales@torquefitness.com](mailto:sales@torquefitness.com) or call (763) 754-7533.

**NOTE:**

When assembling any X-CREATE CABLE STATIONS that is longer than one module wide, the hardware will be shared between two side-by-side modules. It is recommended to keep all bolt connections loose until all the cable stations have been fully assembled, then securely tighten all frame connections.

# STEP 1

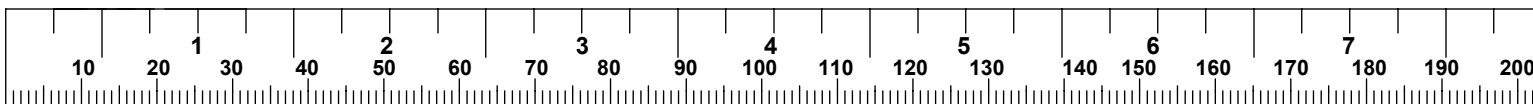


## NOTES:

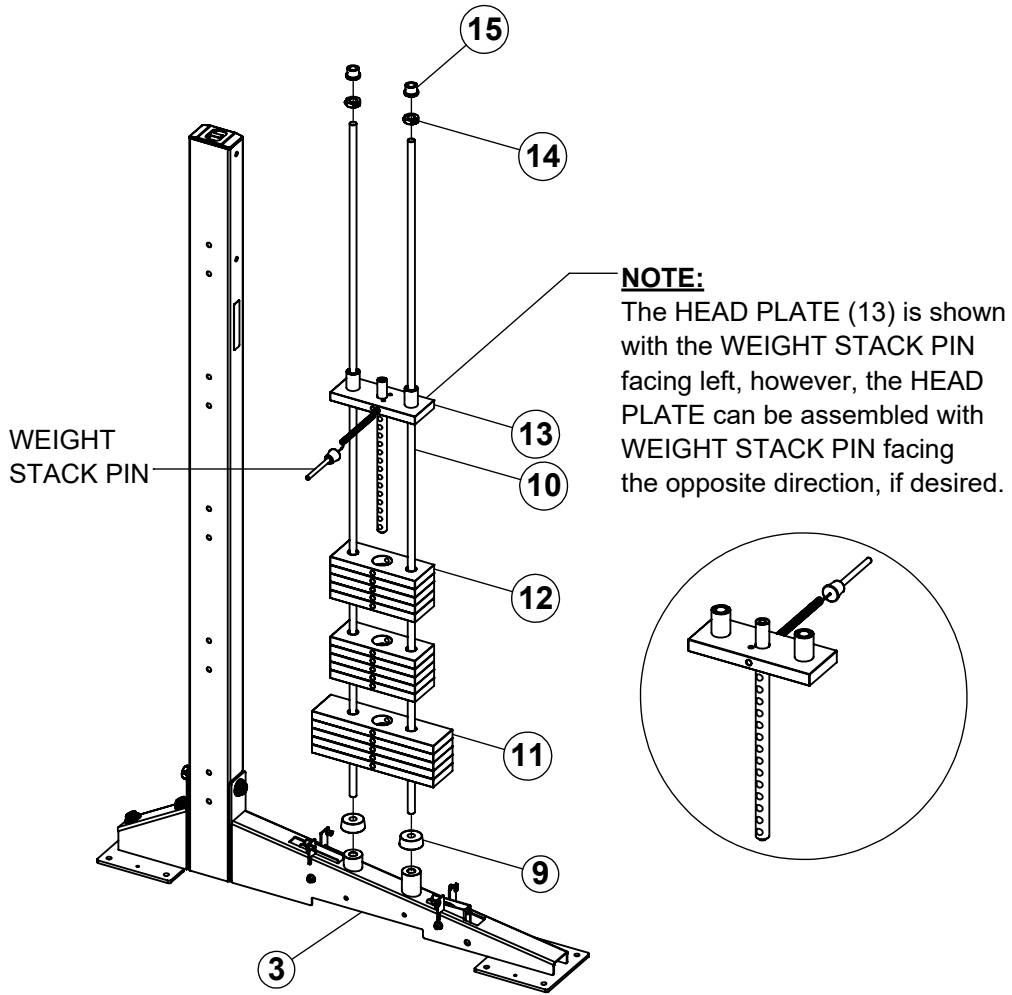
This step requires two people to assemble. Please get help.

Assemble the UPRIGHT on the floor.

Assemble all parts together first, then **SECURELY** tighten all bolt connections.



## STEP 2

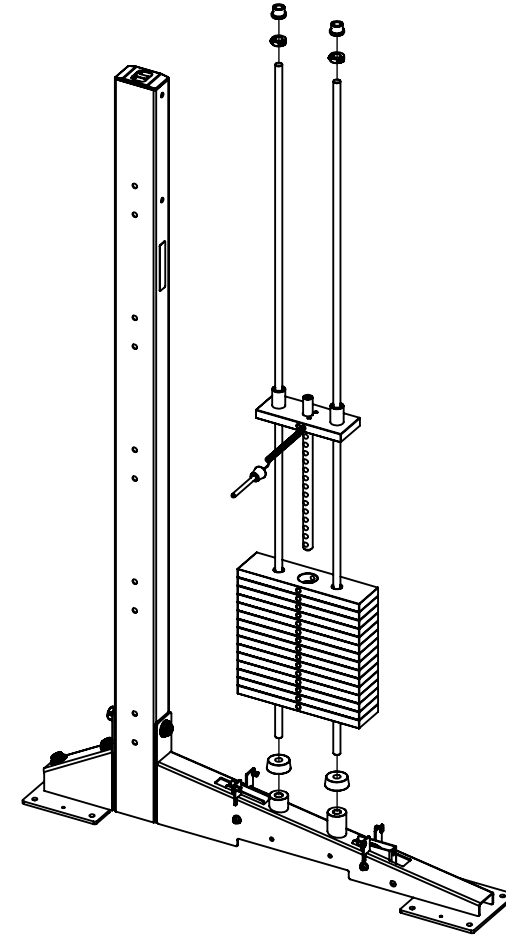


**190LB STACK: (5 X 15 LB PLATES  
& 10 X 10LB PLATES)**

### **NOTES:**

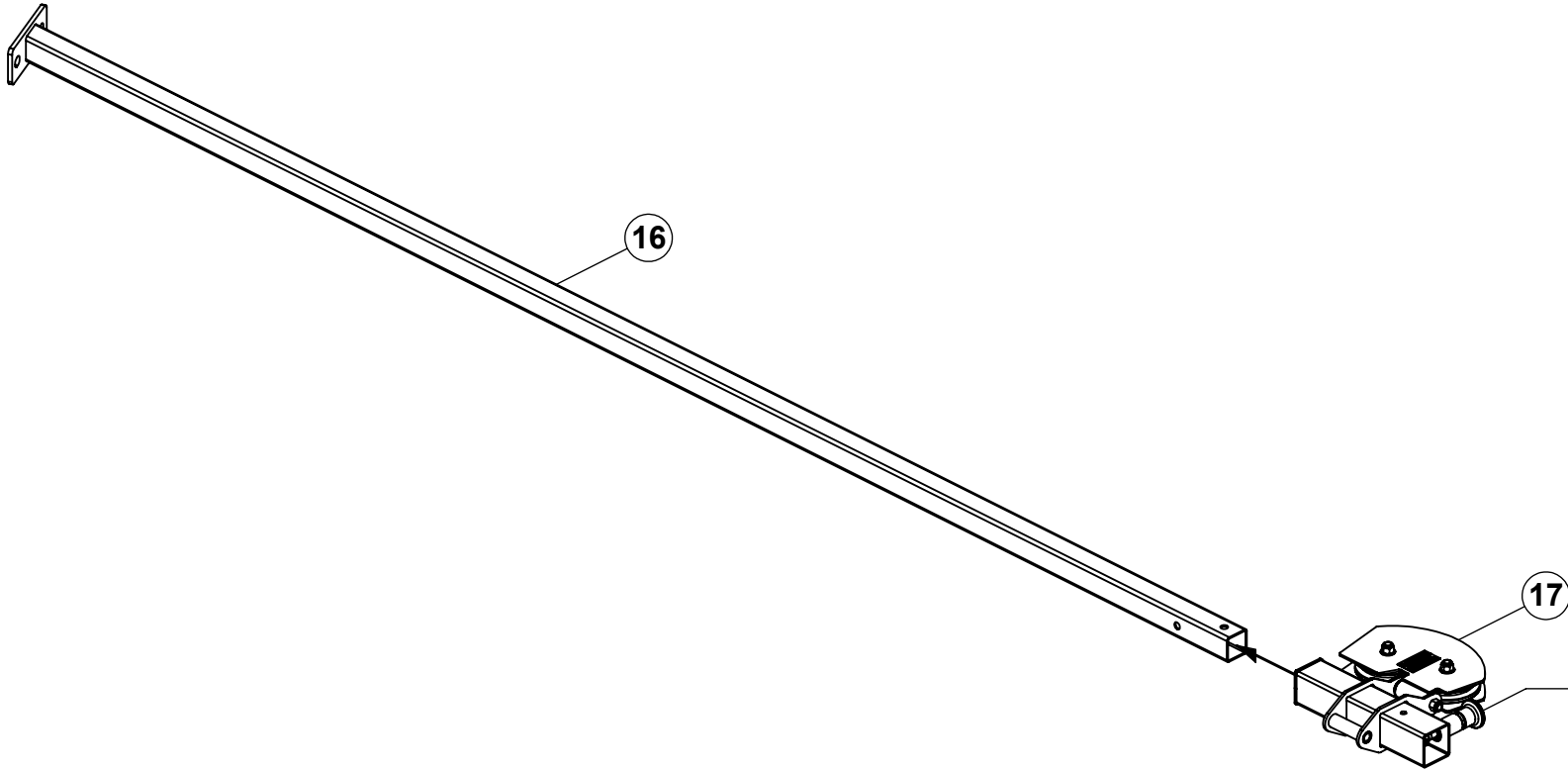
This step requires two people to assemble. Please get help.

Carefully stand upright up to complete this step.



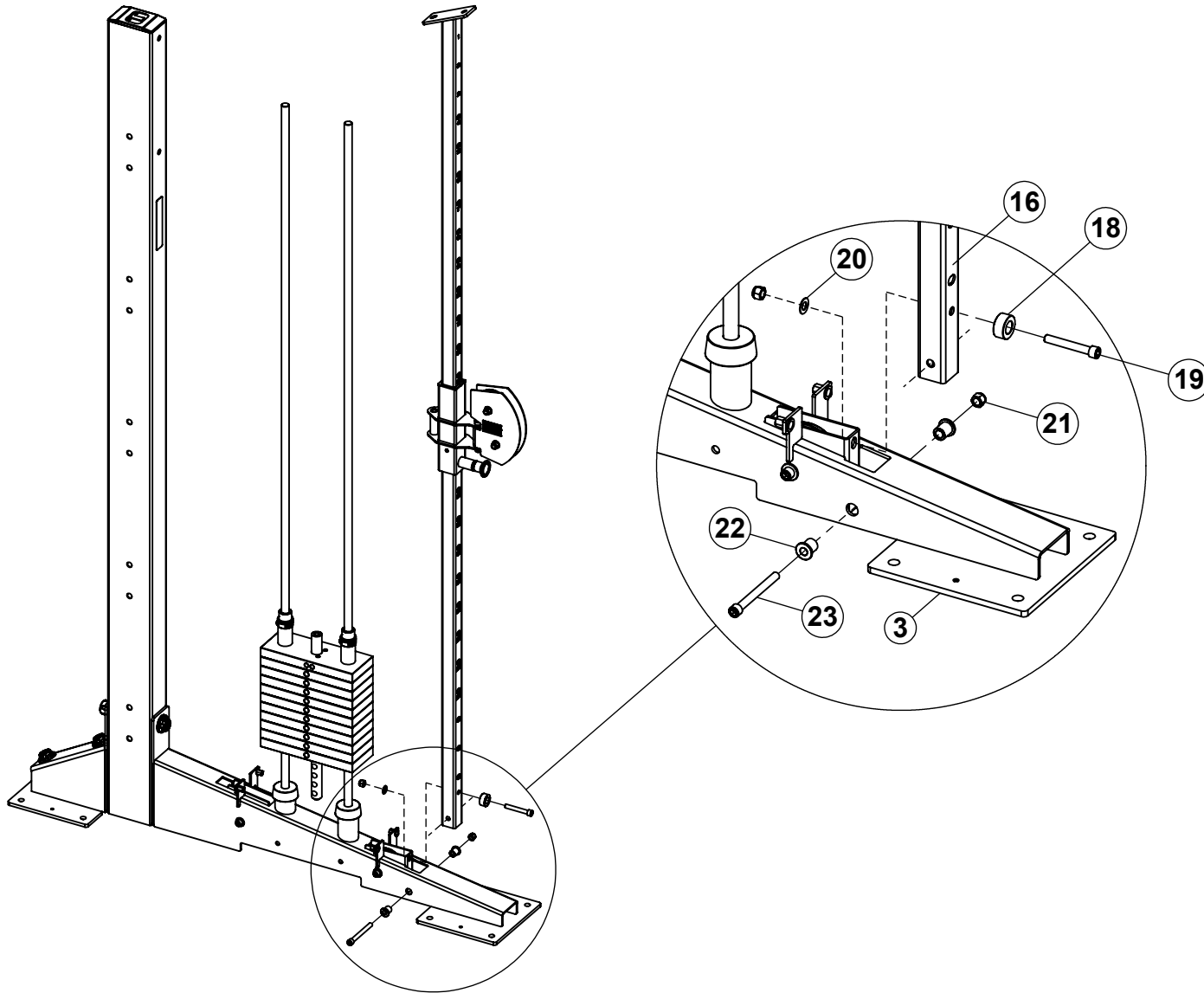
**240LB STACK: (15 X 15LB PLATES)**

### STEP 3



**NOTE:**  
Pull back on SPRING PIN  
and **CAREFULLY** slide  
SWIVEL PULLEY SLIDE (17)  
over SLIDE UPRIGHT (16).

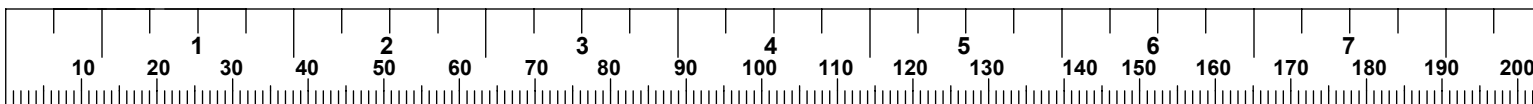
## STEP 4



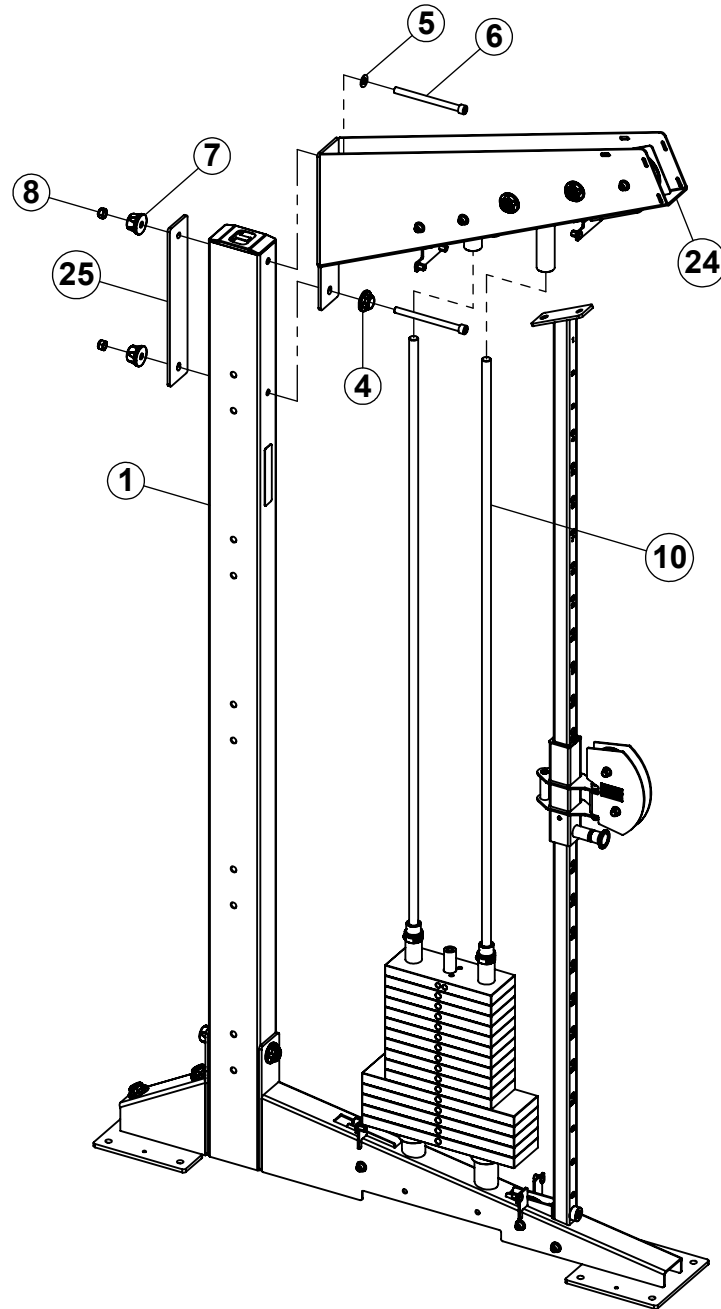
### NOTES:

Tighten all bolt connections 75% in this step.

The 15 Lb. Plates are hidden for assembly clarity.

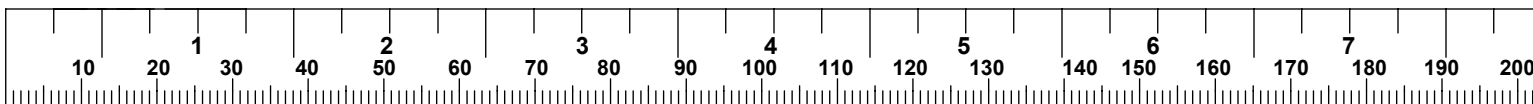


## STEP 5

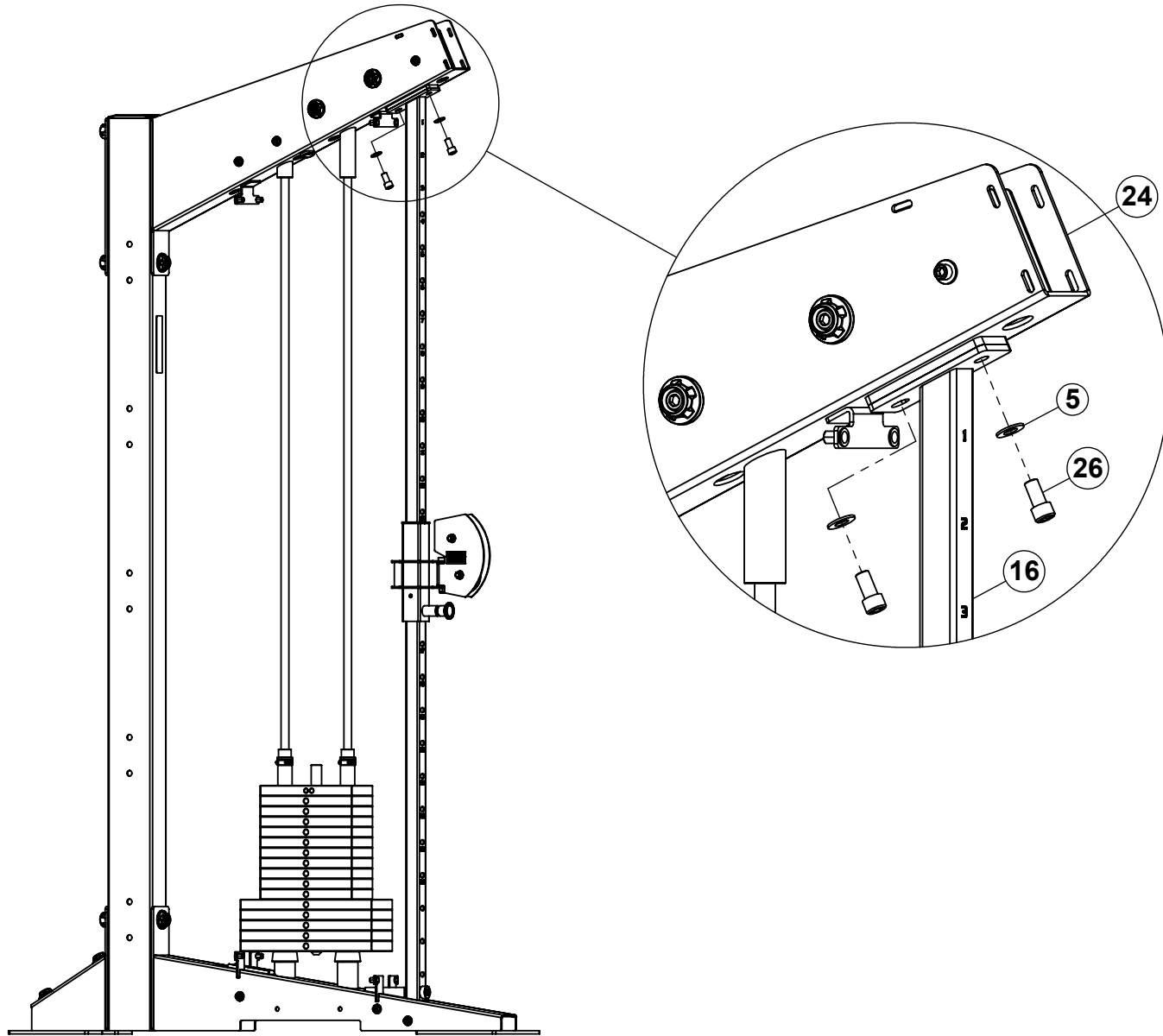


### NOTE:

Tighten all bolt connections 75% in this step.

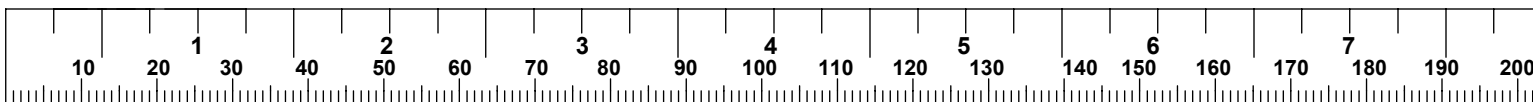


## STEP 6

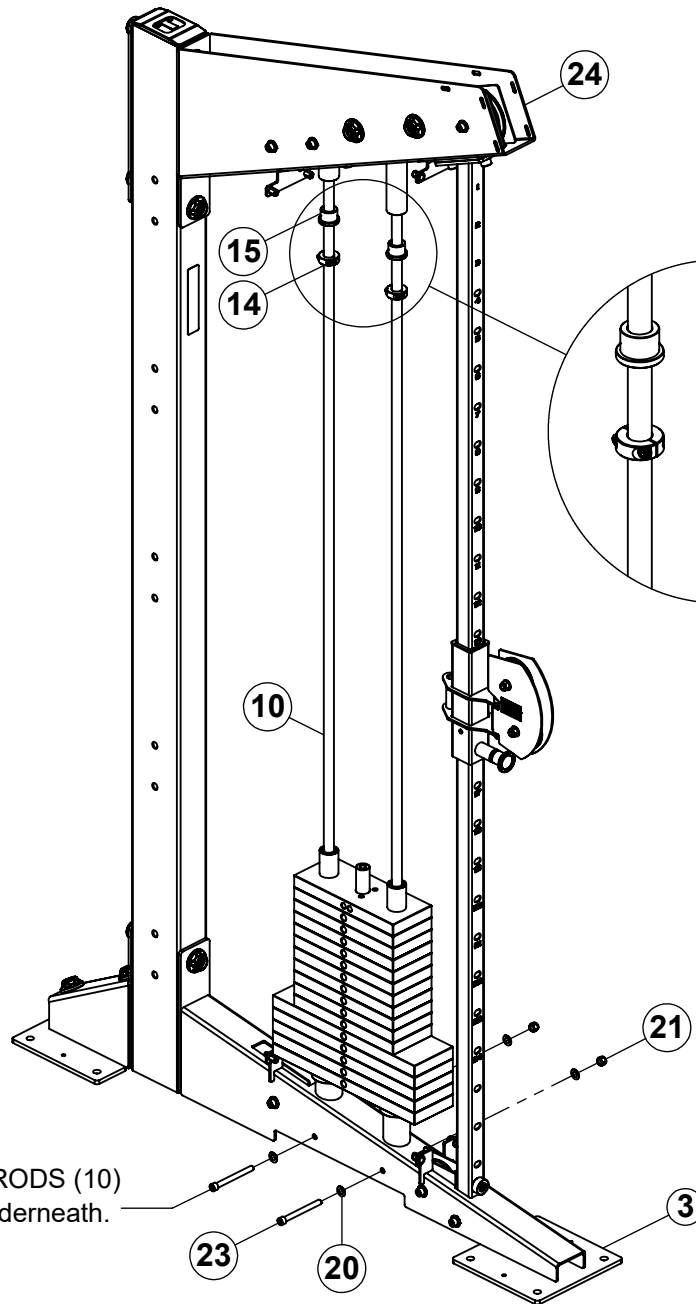


### NOTE:

Once this step is complete. **SECURLY** tighten all bolt connetions in STEPS 4, 5 and 6.



## STEP 7



### **NOTE 1:**

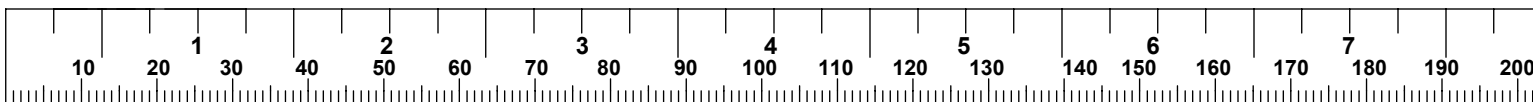
Lift up on GUIDE RODS (10) and insert bolts underneath.

### **NOTE 2:**

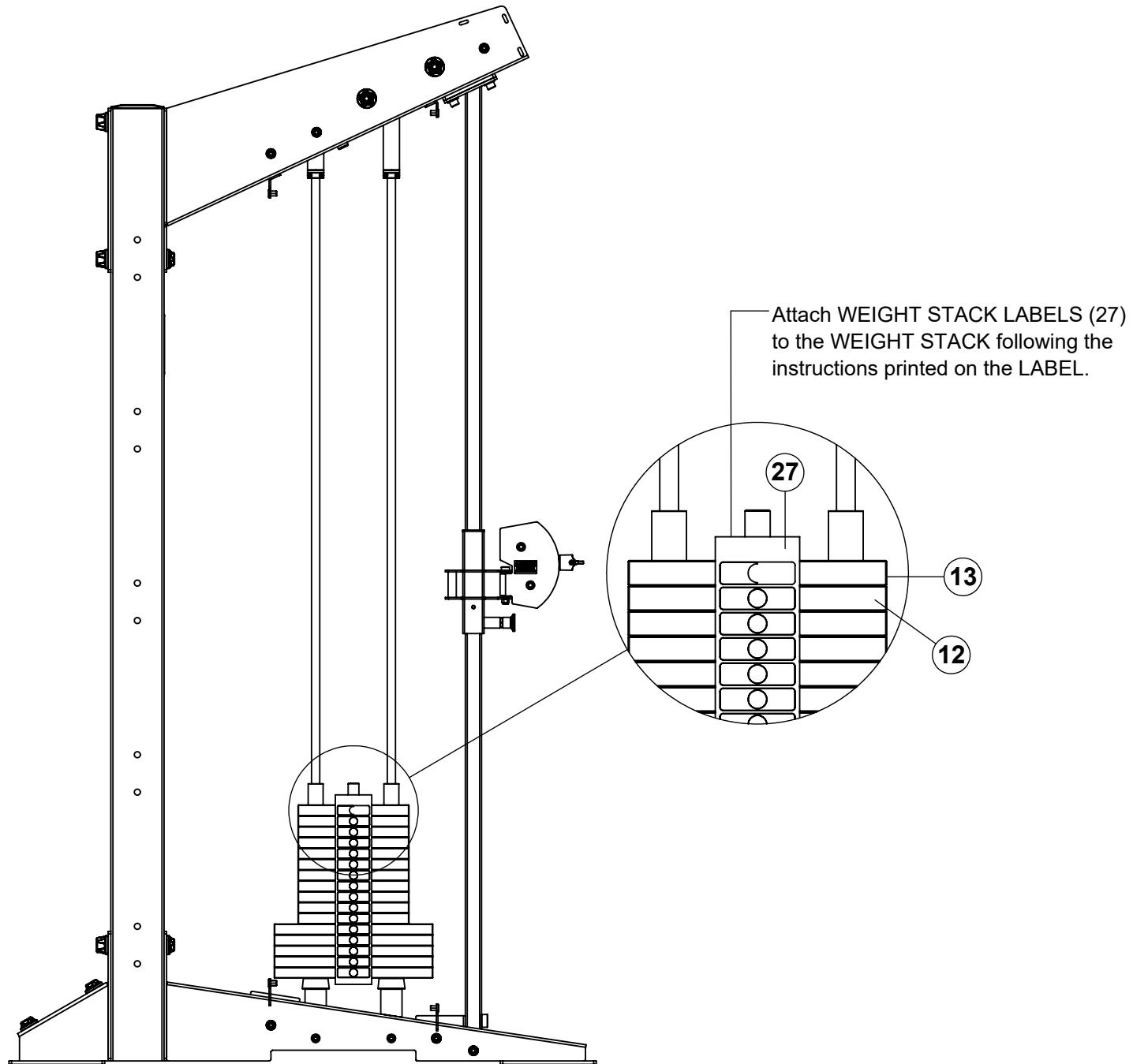
After everything has been assembled, slide GUIDE ROD RETAINER BUSHINGS (15) and SHAFT COLLARS (14) up inside the HOUSINGS of TOP BOOM (24) and SECURELY tighten four SET SCREWS.

### **NOTE:**

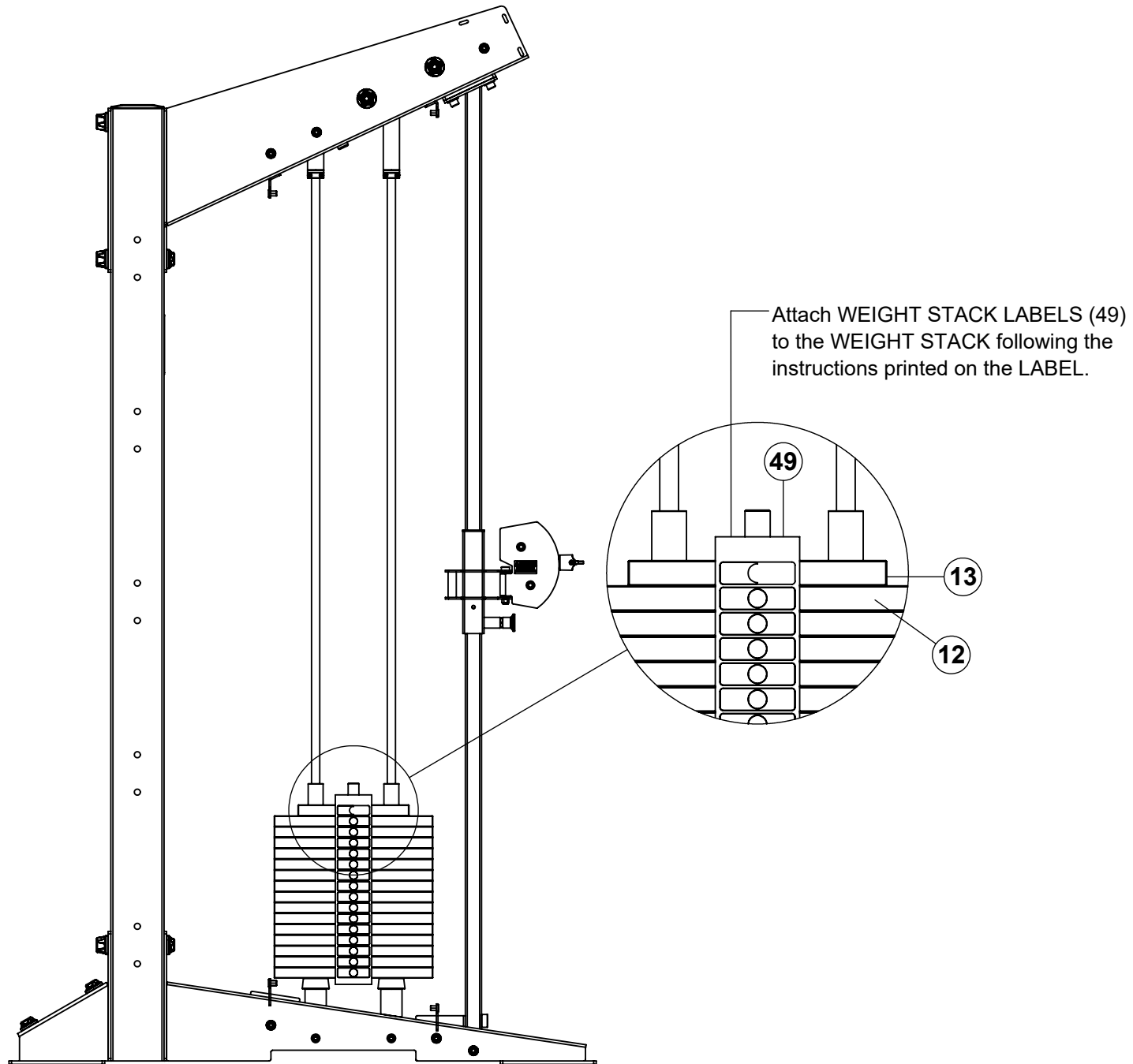
**SECURELY** tighten all bolt connections in this step.



## STEP 8 (190LB STACK)



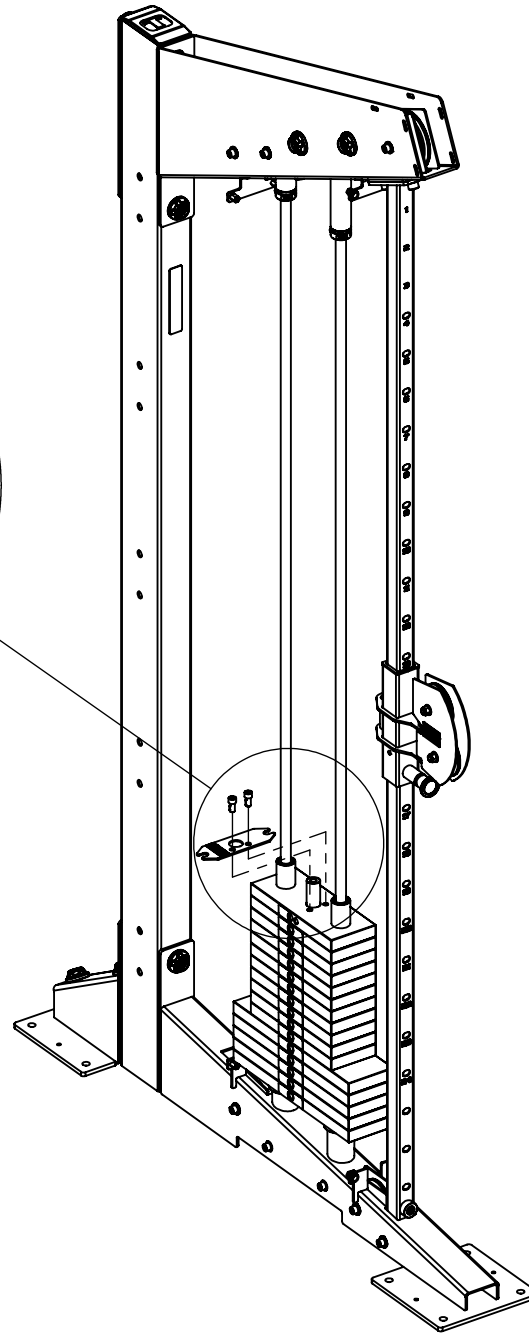
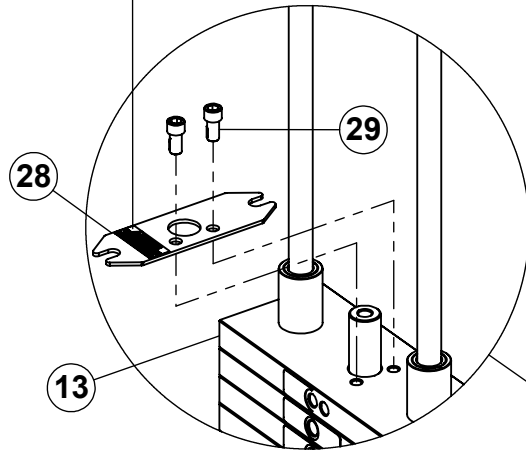
## STEP 8 (240LB STACK)



## STEP 9

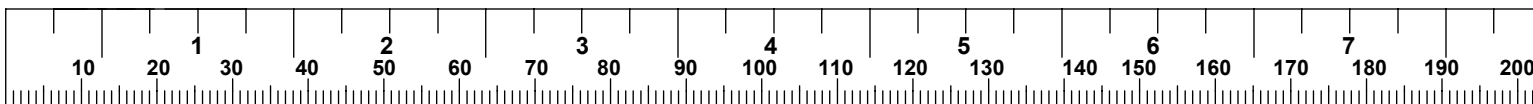
**NOTE:**

The WARNING LABEL must be facing the same direction as the WEIGHT STACK PIN.

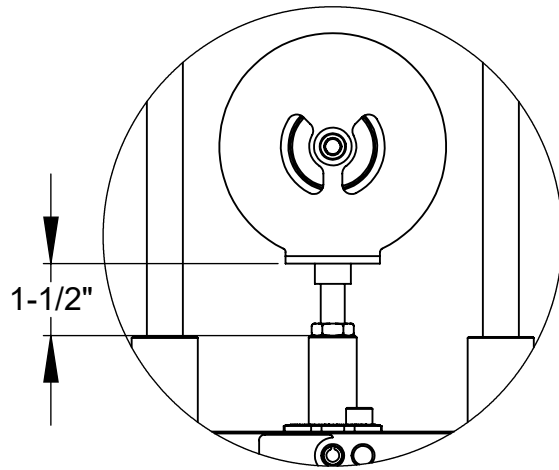


**NOTE:**

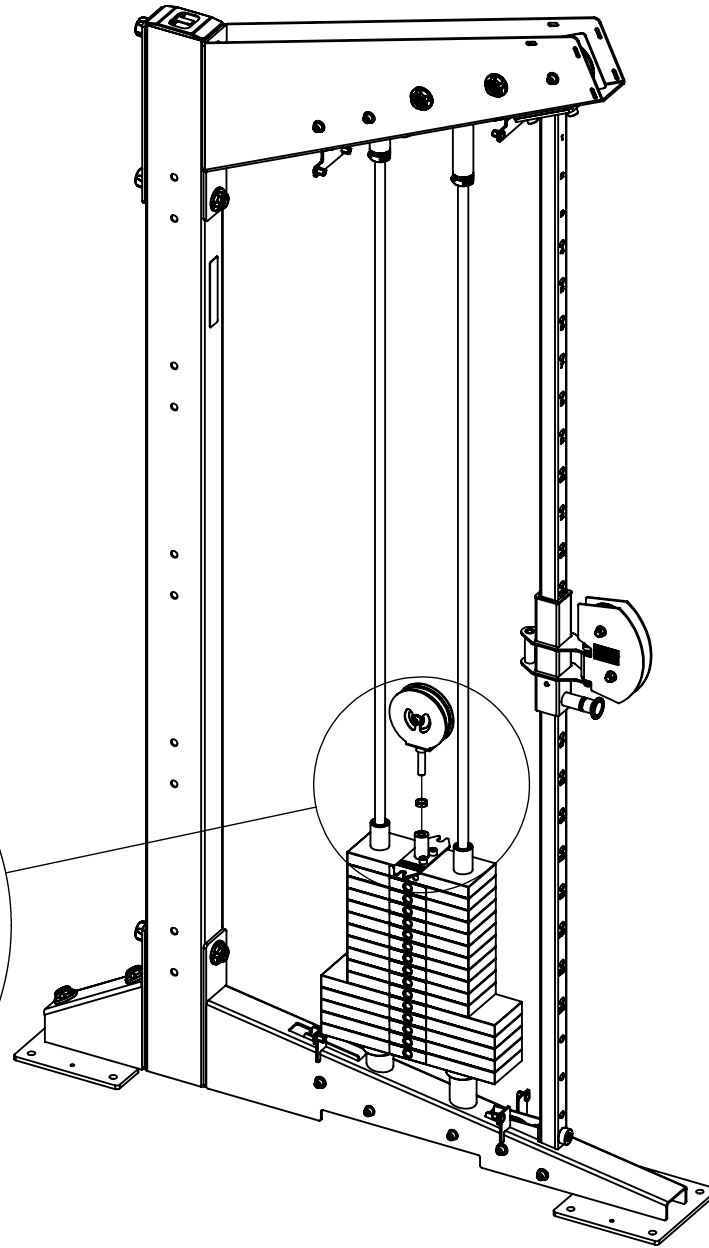
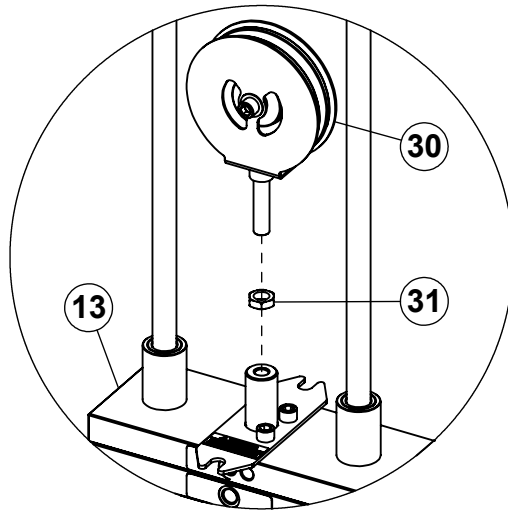
**SECURELY** tighten all bolt connections in this step.



# STEP 10

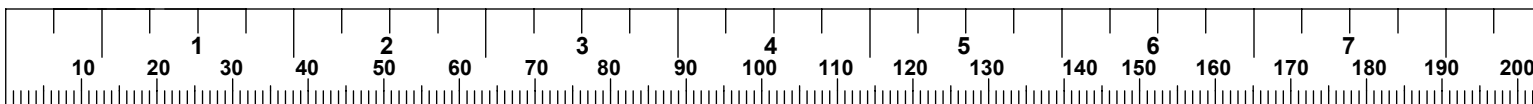


ASSEMBLED VIEW



## NOTE:

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

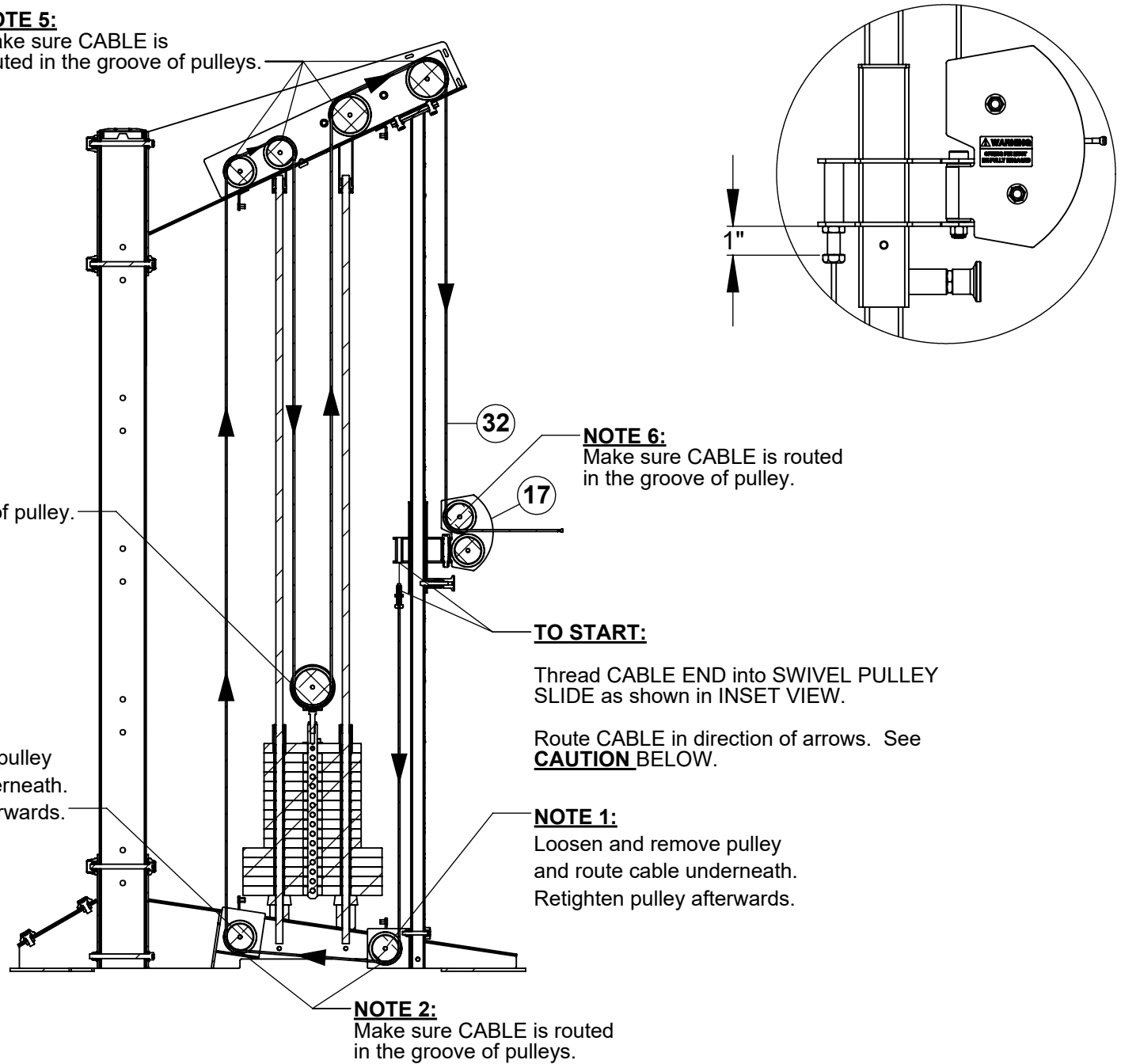


## STEP 11 (CABLE ASSEMBLY)

**NOTE 5:**  
Make sure CABLE is  
routed in the groove of pulleys.

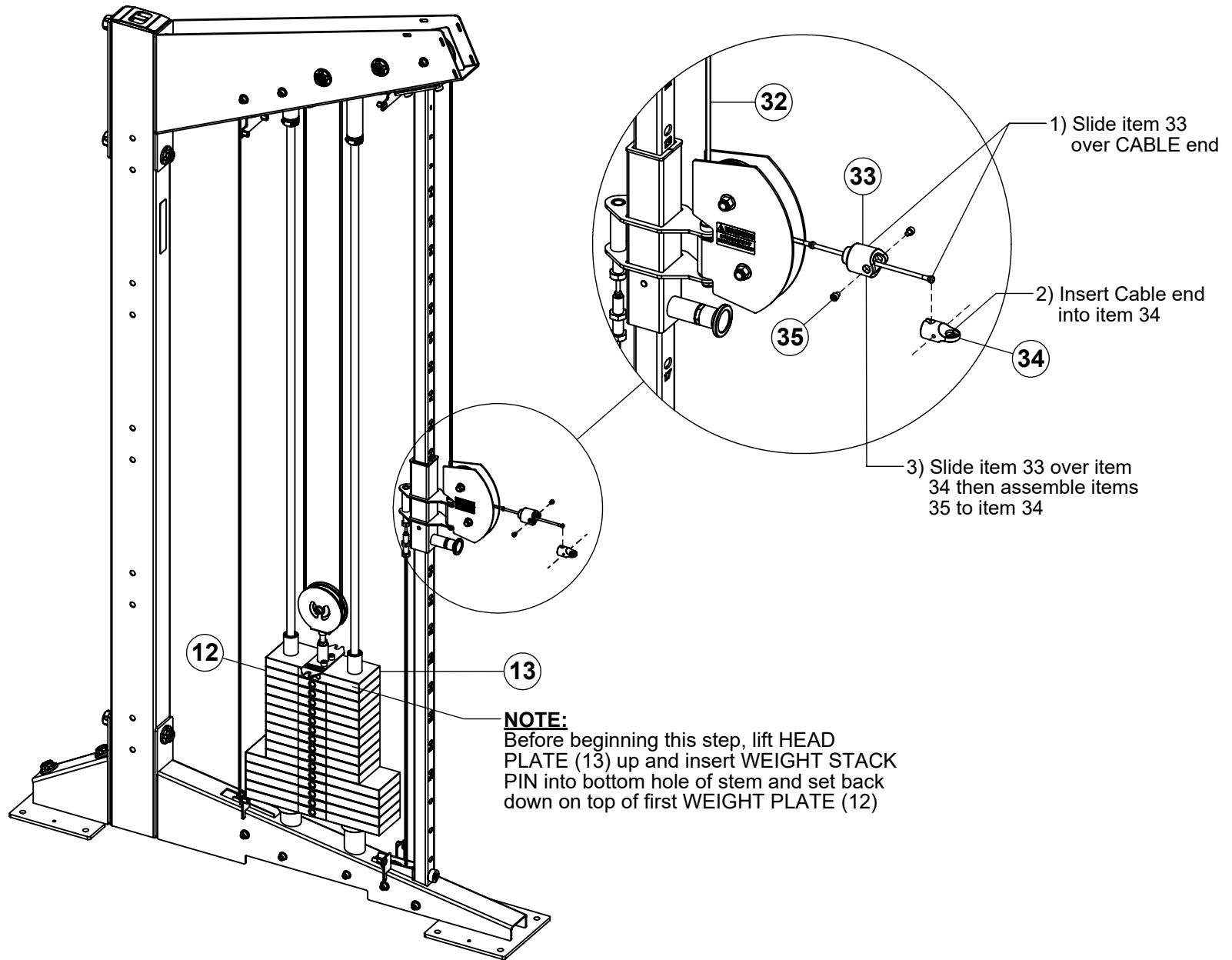
**NOTE 4:**  
Make sure CABLE is  
routed in the groove of pulley.

**NOTE 3:**  
Loosen and remove pulley  
and route cable underneath.  
Retighten pulley afterwards.



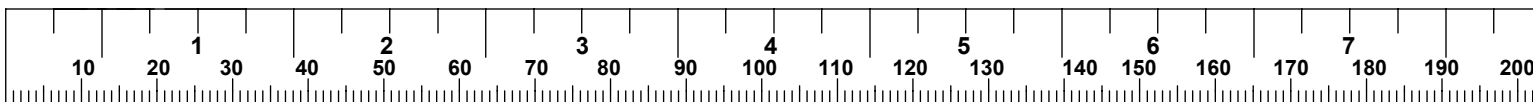
**CAUTION:** When routing cables, make sure that the cable is seated in the groove of all pulleys and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to cable.

## STEP 12A

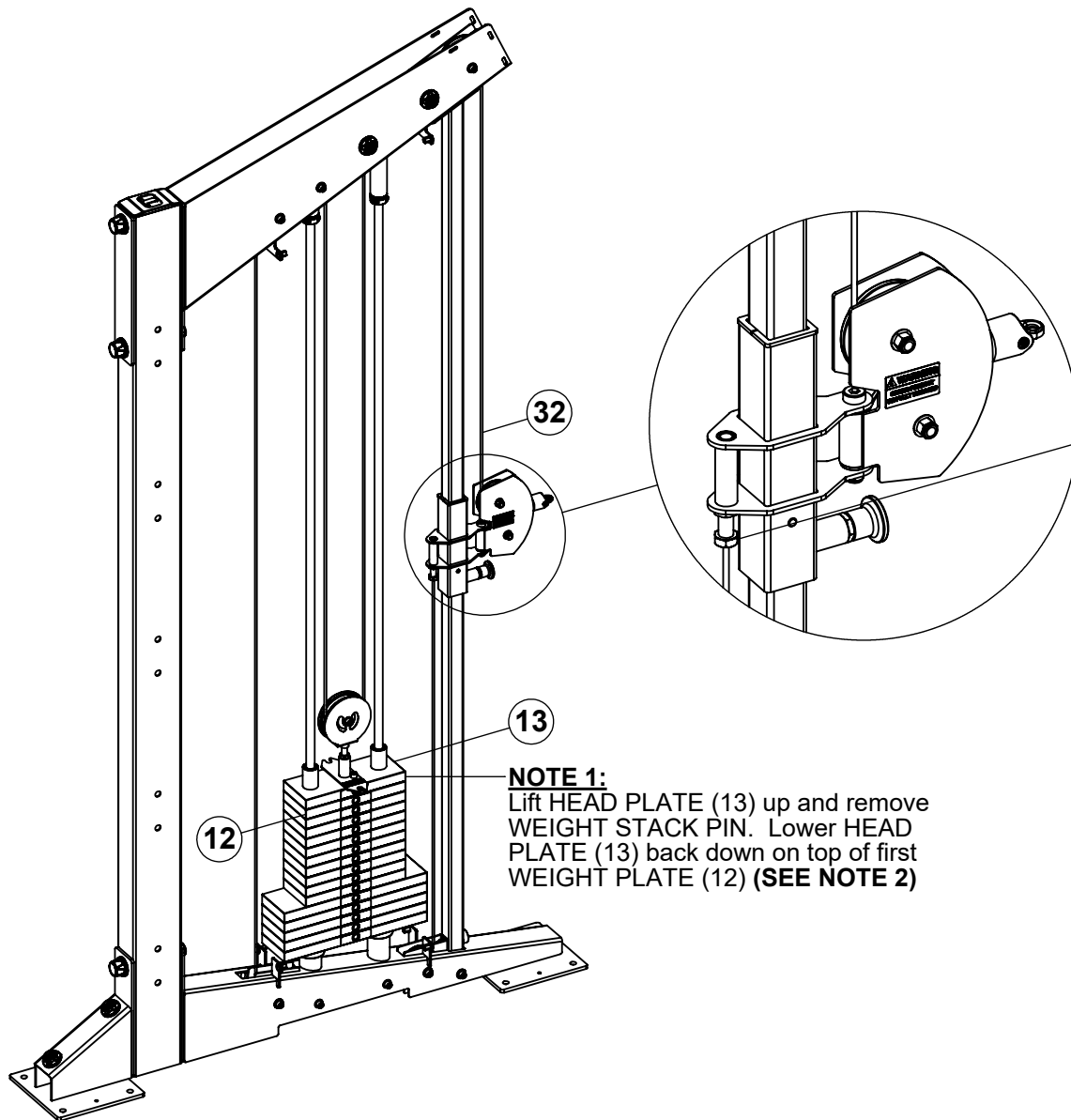


### **NOTE:**

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



## STEP 12B (CABLE ADJUSTMENT)



**NOTE 1:**  
Lift HEAD PLATE (13) up and remove WEIGHT STACK PIN. Lower HEAD PLATE (13) back down on top of first WEIGHT PLATE (12) (**SEE NOTE 2**)

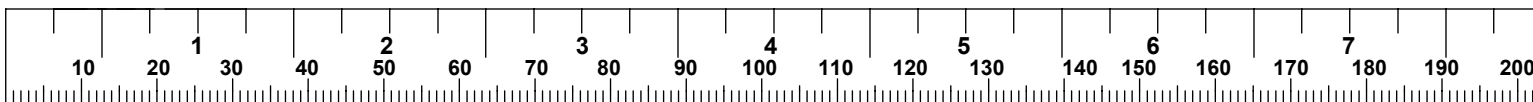
**NOTE 2:**

If there is a gap between HEAD PLATE (13) and first WEIGHT PLATE (12), loosen JAM NUT on CABLE (32) and turn threaded end clockwise until HEAD PLATE (13) touches first WEIGHT PLATE (12). **SECURELY** tighten JAM NUT.

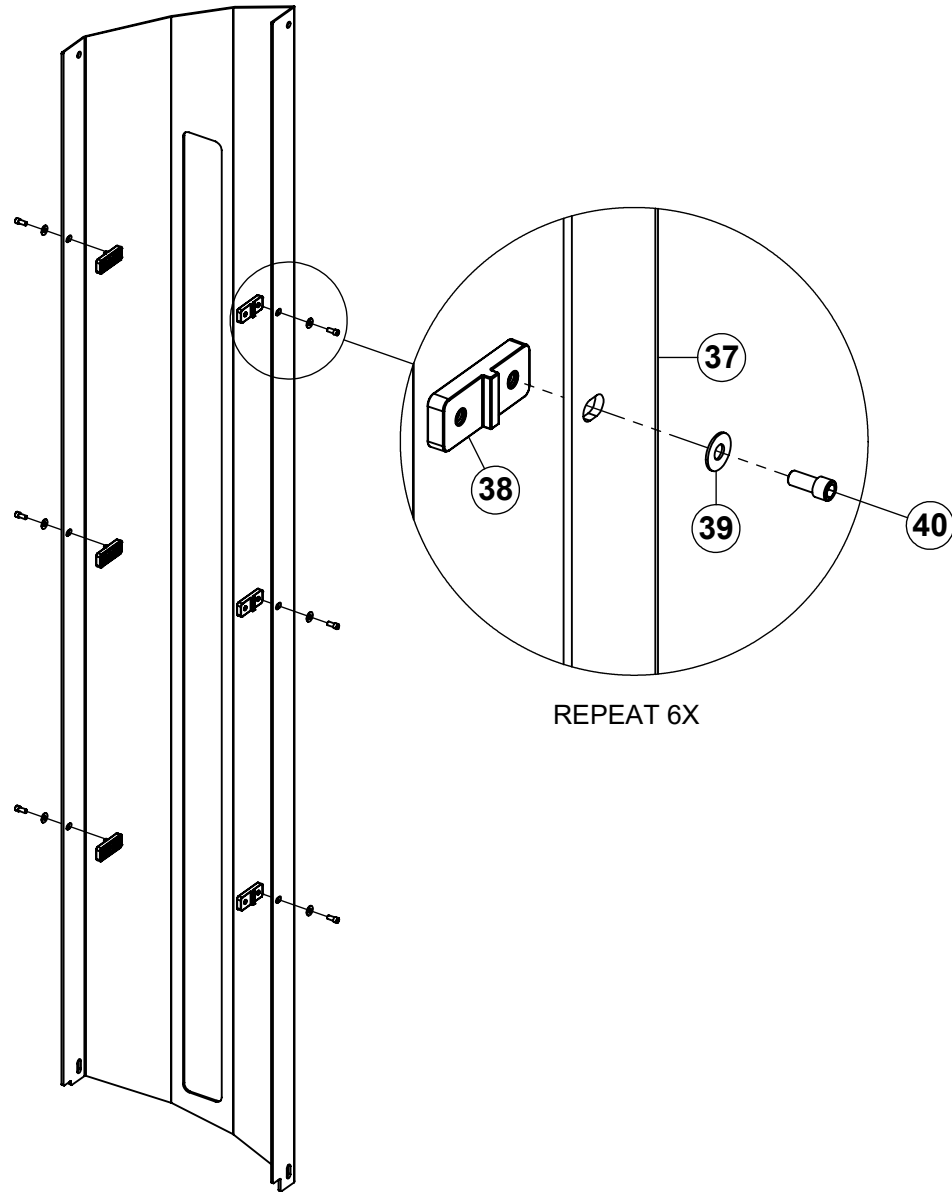
If CABLE (32) has too much slack, loosen JAM NUT and turn bolt end counter clockwise until HEAD PLATE (13) starts lifting off first WEIGHT PLATE (12). **SECURELY** tighten JAM NUT.

**NOTE:**

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

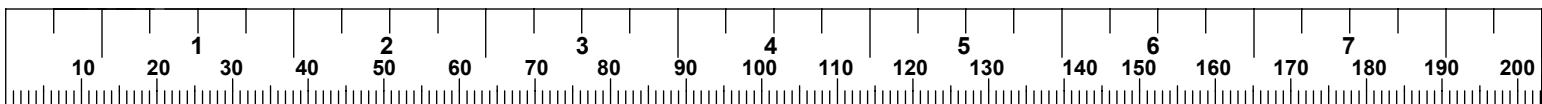


# STEP 13

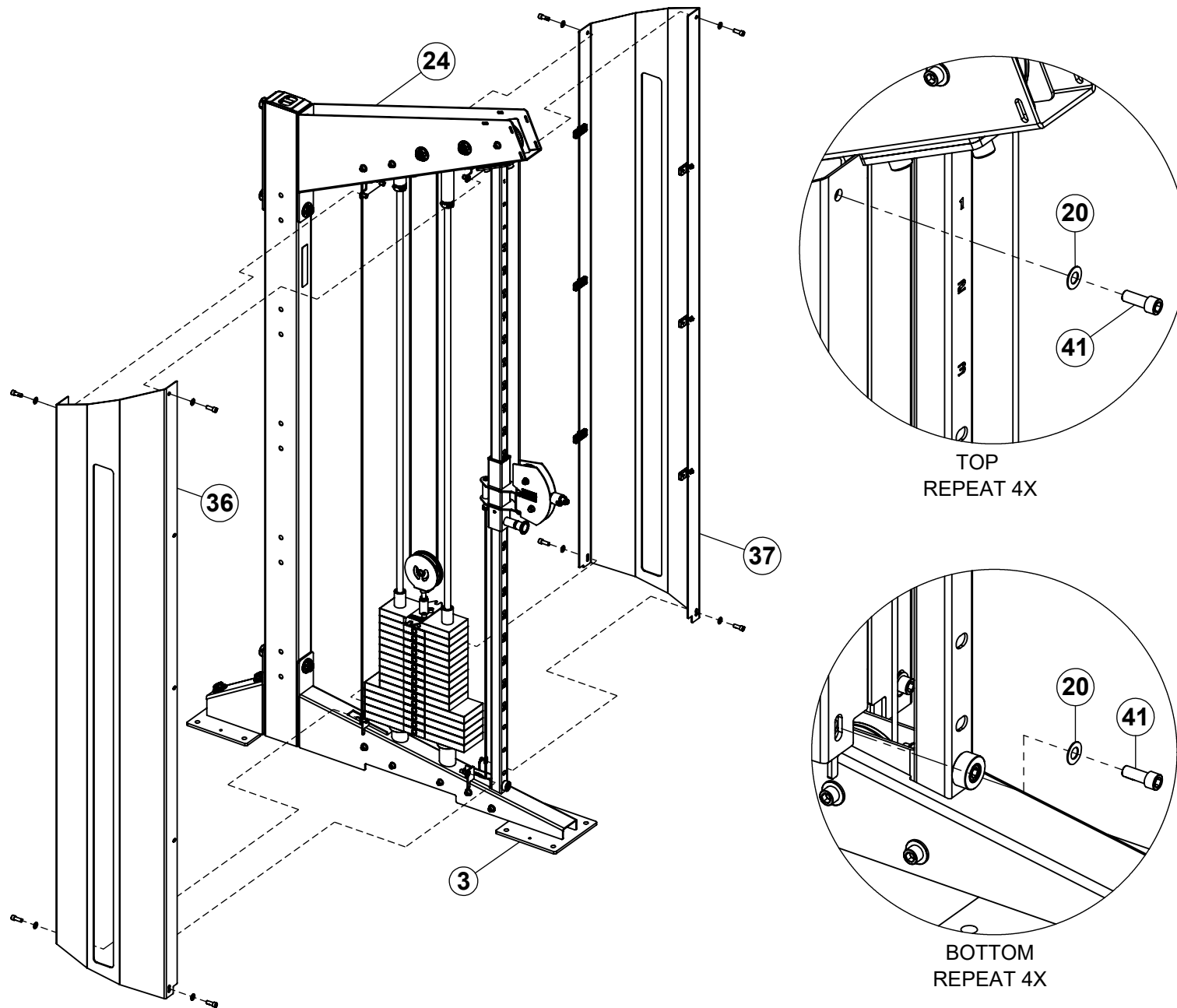


## NOTE:

Tighten bolt connections 75% in this step.

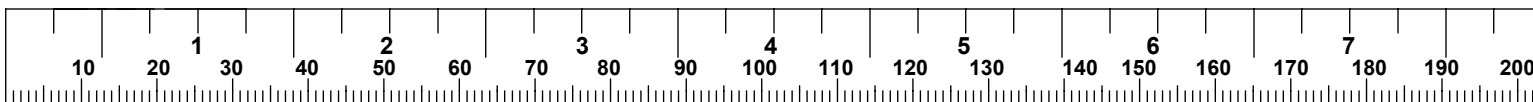


# STEP 14

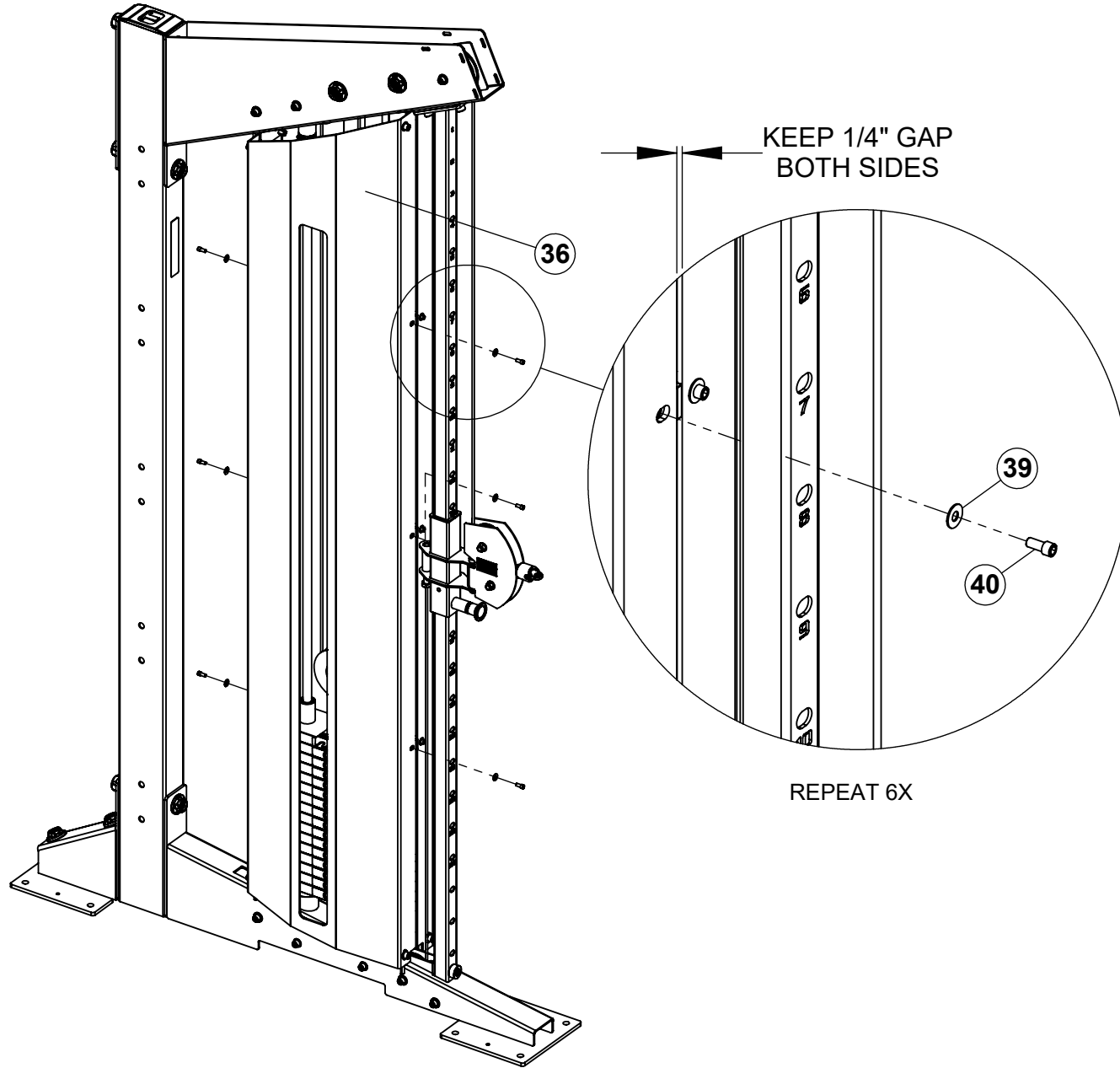


## NOTE:

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

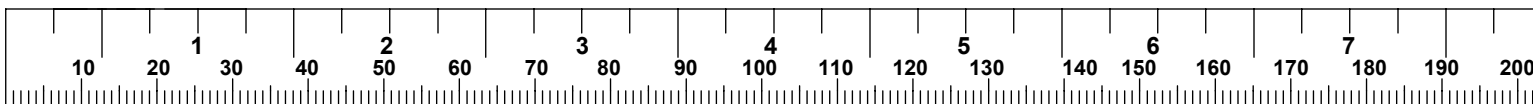


# STEP 15

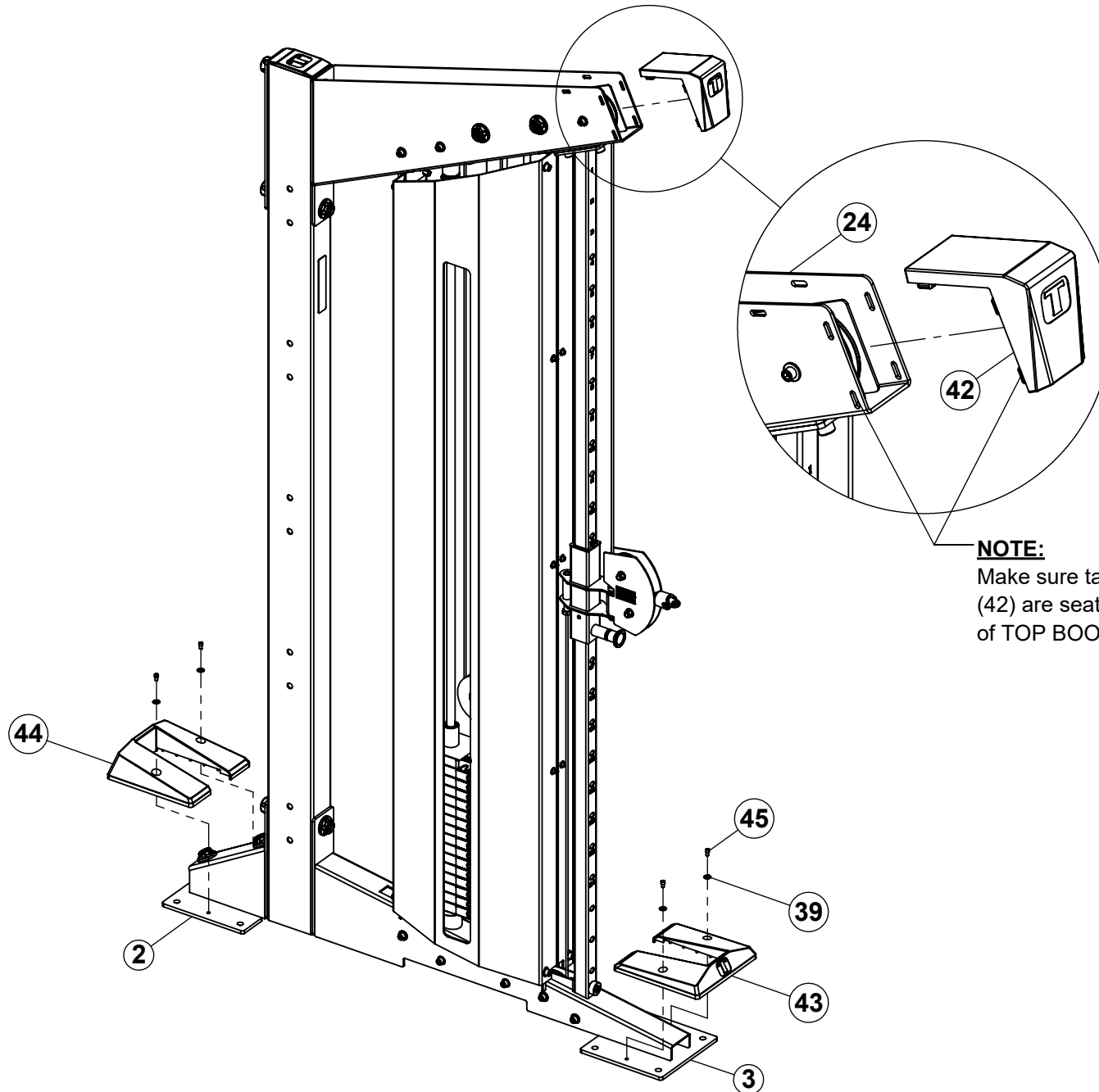


## NOTE:

After this step is complete, **SECURELY** tighten all bolt connections in this step and **STEP 13**.



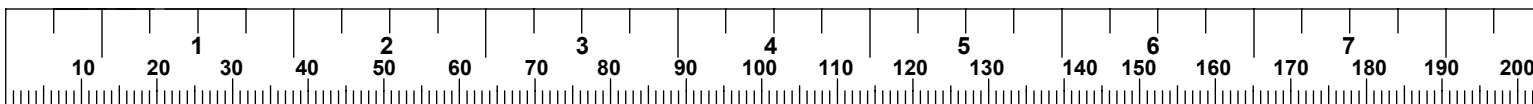
# STEP 16



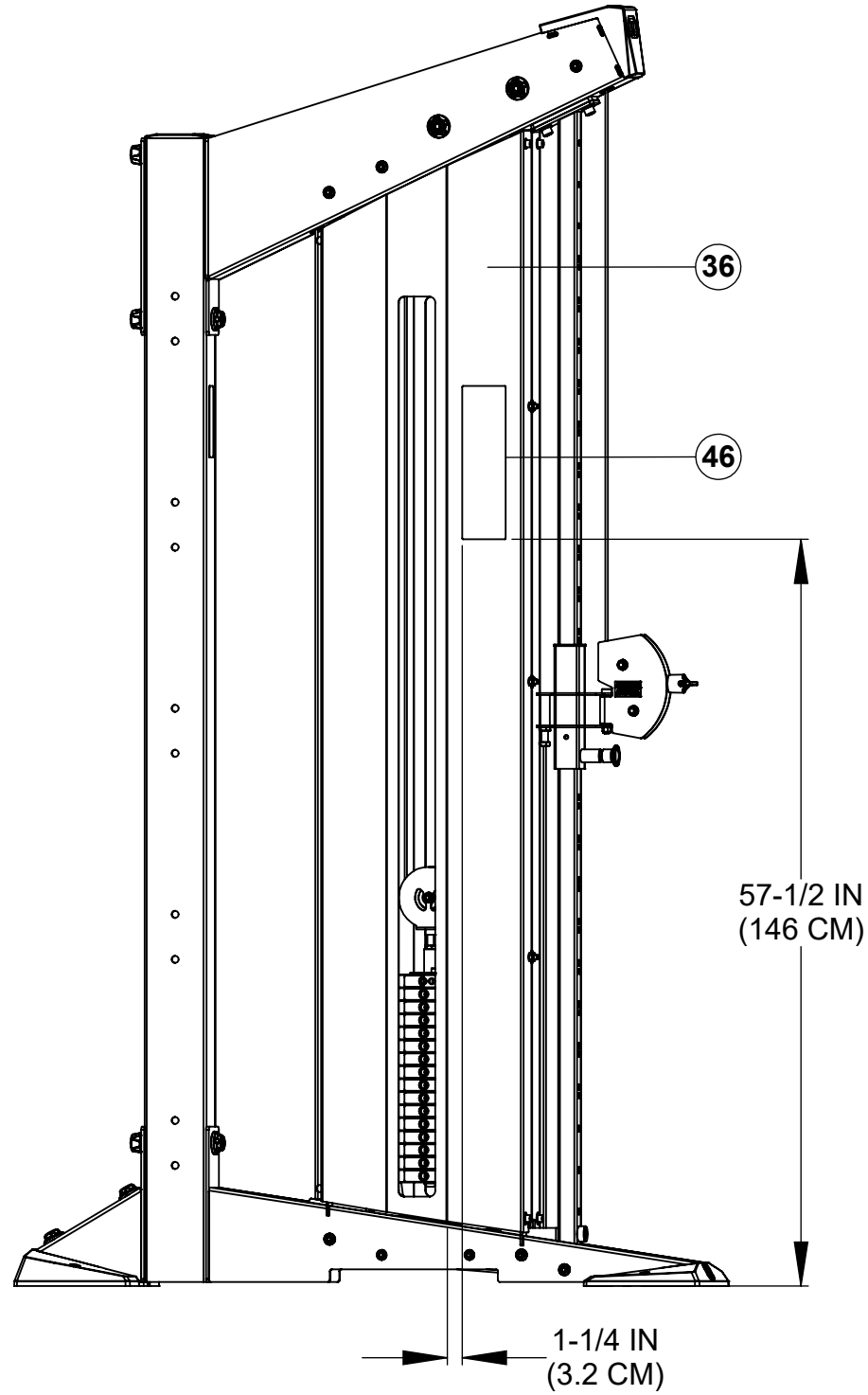
**NOTE:**  
Make sure tabs of END CAP (42) are seated in the slots of TOP BOOM (24) (6X).

## **NOTE:**

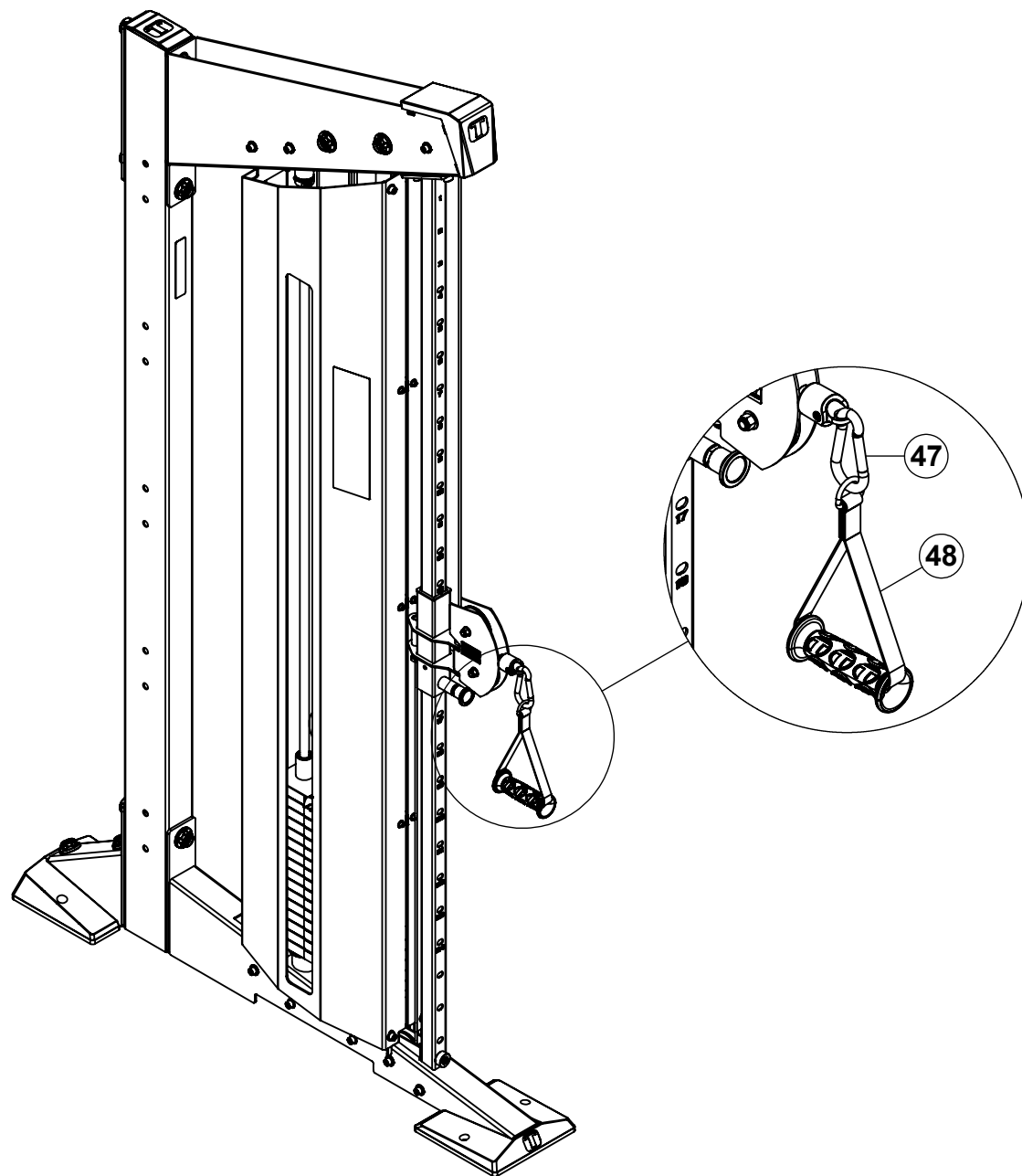
**SECURELY** tighten all bolt connections in this step.



**STEP 17**



**STEP 18**



## 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 12b, PAGE 21 TO ADJUST CABLE TENSION)

**SPRING PINS:** Make sure SPRING PIN fully engage slots when released. Tighten SPRING PIN NUTS as needed.

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

