



ASSEMBLY INSTRUCTIONS

4 FT (1.2 M) SEATED ROW WALL MOUNT

ITEM	PART NUMBER	DESCRIPTION	QTY	ITEM	PART NUMBER	DESCRIPTION	QTY
1	59135PA	PTD ASSY, LOWER WALL MOUNT	1	38	5674801	WLDMT, ALUMINUM ROW HANDLE	1
2	59137PA	PTD ASSY, SEATED ROW BASE	1	39	5923501	CARABINER, 100 X 50 X 10 DIA	1
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	14	40	5650701	CABLE ASSY, XCREATE SEATED ROW	1
4	2006803	BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP	4	41	2034201	WASHER, LOCK 1/2" SAE ST ZN	4
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	11				
6	5513601	CUSHION, WEIGHT STACK	2				
7	5643201	GUIDE ROD, 19 DIA X 1912	2				
8	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	5				
9	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10				
10	56345PA	PTD ASSY, HEAD PLATE	1				
11	5992401 	SHAFT COLLAR, TWO-PIECE CLAMPING	2				
12	5996401 	BUSHING, GUIDE ROD RETAINER	2				
13	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1				
14	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	6				
15	5914601	WLDMT, UPPER WALL MOUNT	1				
16	59148PA	PTD ASSY, SEATED ROW TOP BOOM	1				
17	5094501	PULLEY, 4-1/2 OD X 25	1				
18	2008407	BOLT, 3/8-16 X 2" (51mm) ST HT SOCKET HEAD	1				
19	2001201	NUT, 3/8-16 LK ST ZN	1				
20	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2				
21	5675301	LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG)	1				
22	5662501	WLDMT, LEFT SHROUD BASE	1				
23	5662901	WLDMT, RIGHT SHROUD BASE	1				
24	5645101	SHROUD, XCREATE CABLE STATION	2				
25	5664701	SHROUD, TOP CAP	1				
26	2002101	WASHER, FLAT 1/4 SAE ST ZN	8				
27	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6				
28	5676301	PLACARD, XCREATE-SR-101	1				
29	56508PA	PTD ASSY, ROW BENCH FRAME	1				
30	2005804	BOLT, 1/2-13 X 1-1/4" (32mm) SOCKET HEAD	4				
31	2001401	NUT, 1/2-13 LK ST ZN	3				
32	56513PA	PTD ASSY, ROW FOOT SUPPORT	1				
33	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	3				
34	5408201	PAD, BACK	1				
35	2008411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD	3				
36	5581301	COVER, FRONT BASE	1				
37	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	2				

NOTE:

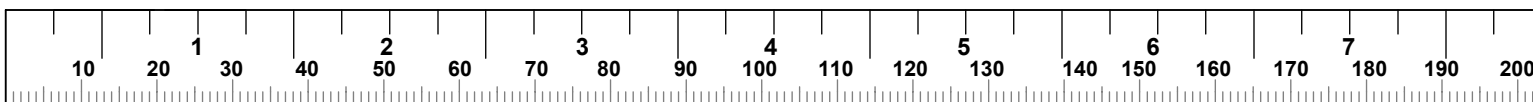
Anchoring hardware is dictated by the wall construction that the station is being attached to. See pages 4 and 12 for the requirements.

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

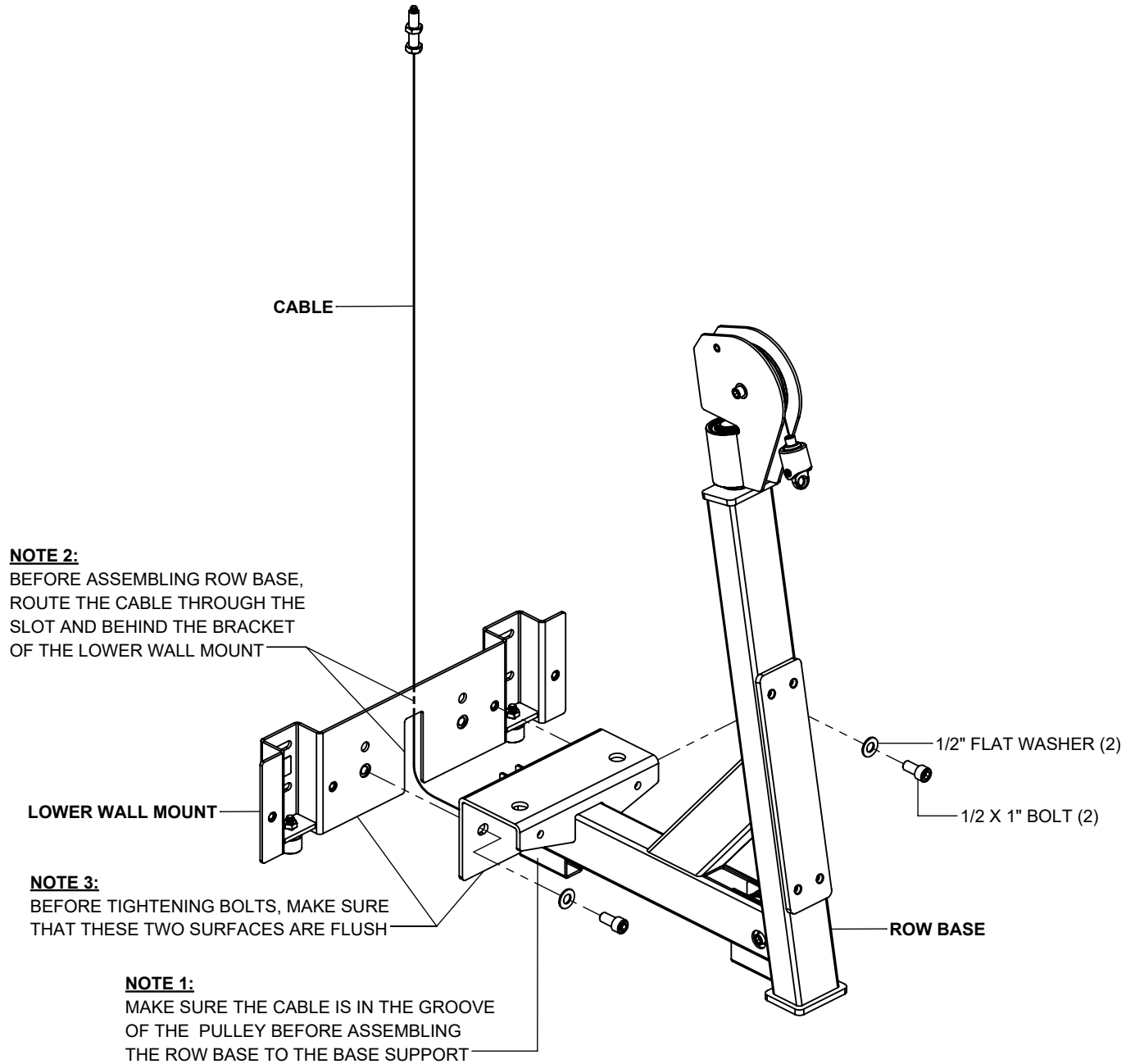
For assistance, contact www.sales@torquefitness.com or call (763) 754-7533; Toll free in USA (877) 867-7854.

TOOLS FOR ASSEMBLY:

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

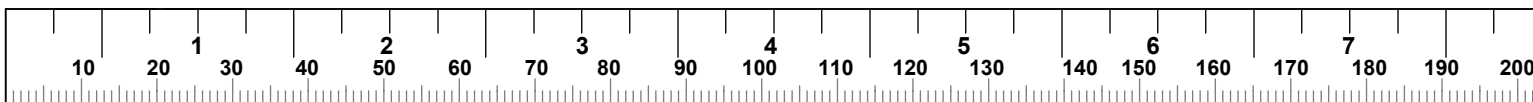


STEP 1

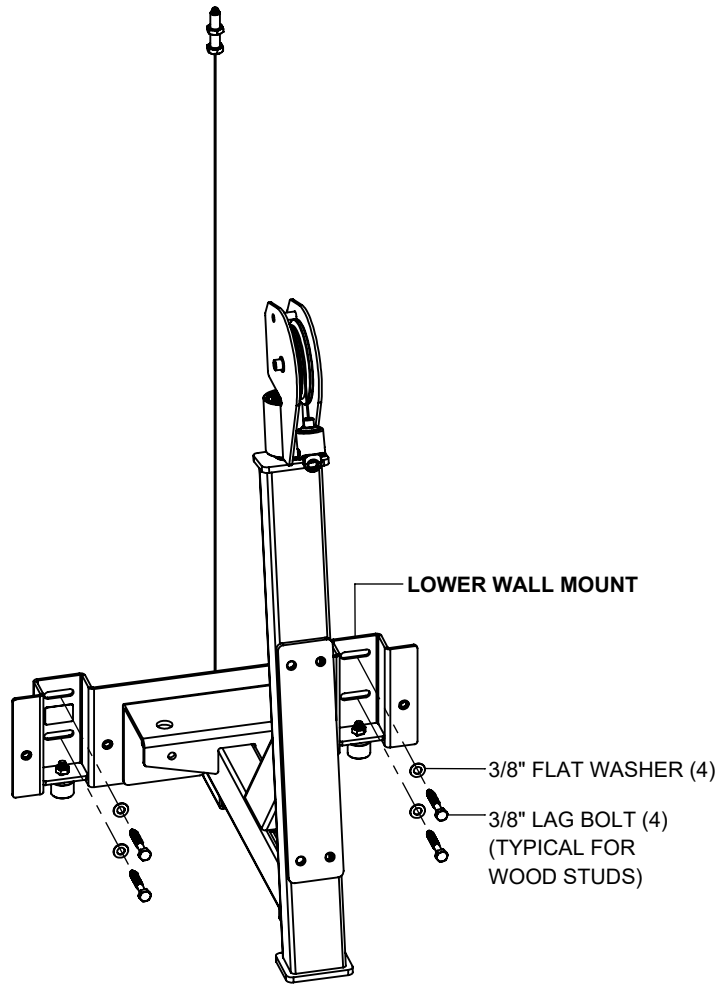


NOTES:

LOOSELY tighten bolt connections in this step.



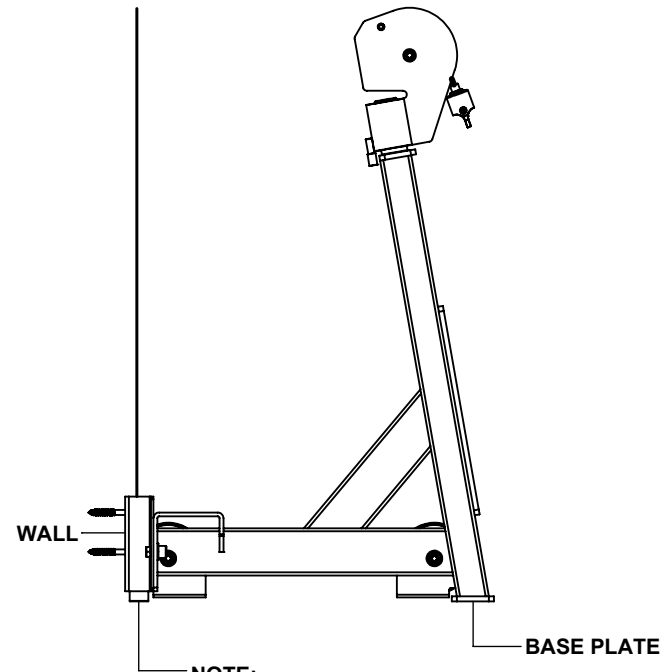
STEP 2



NOTES:

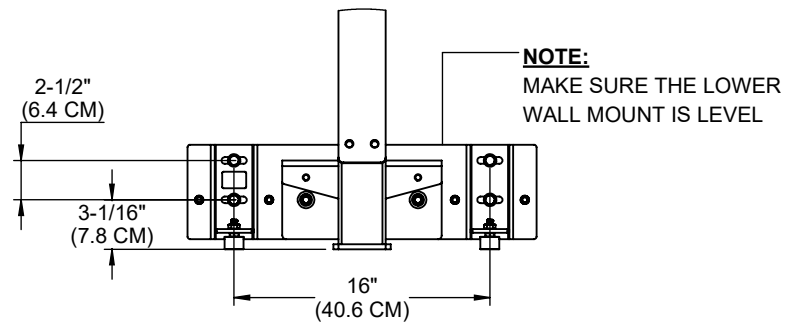
The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater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

SECURELY tighten bolt connections in this step.



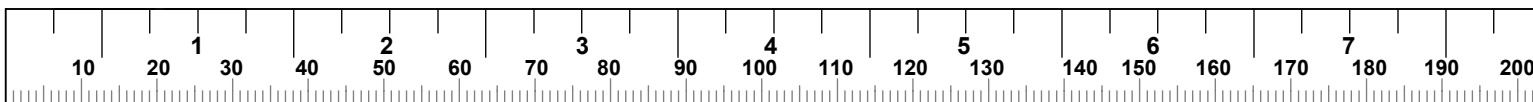
NOTE:

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

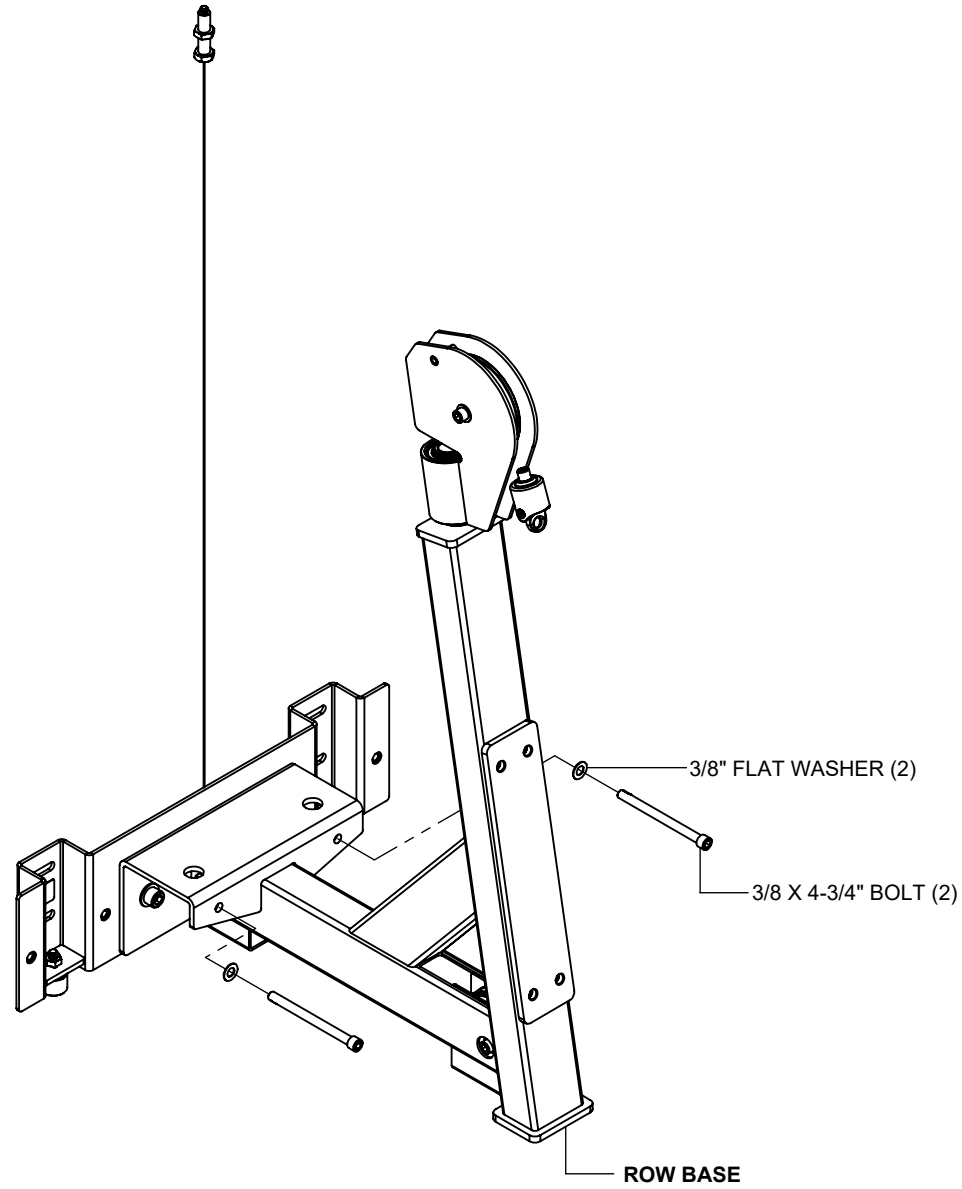


WARNING:

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

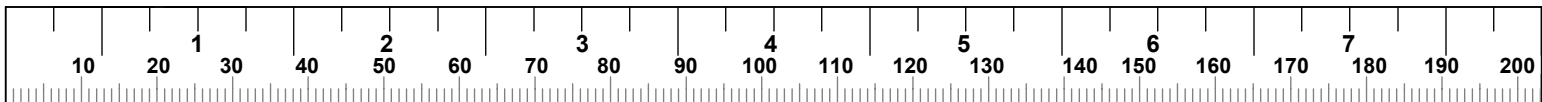


STEP 3

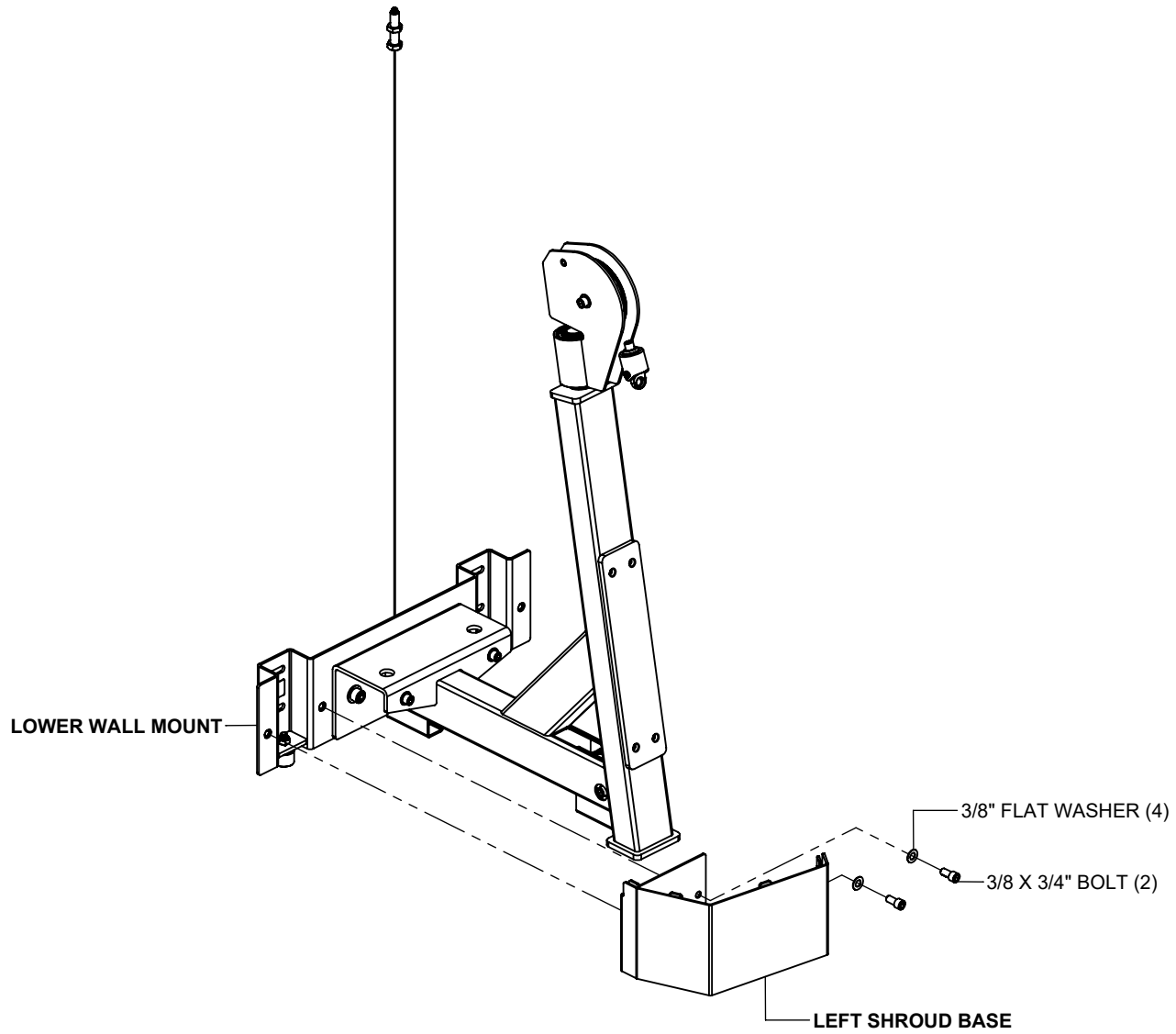


NOTES:

SECURELY tighten bolt connections in this step.

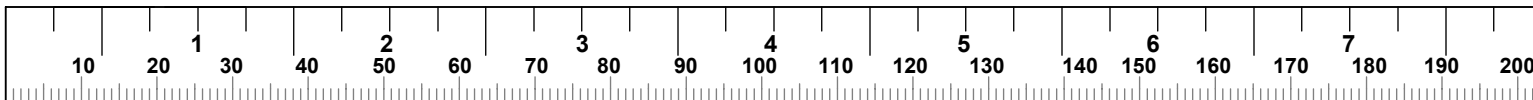


STEP 4

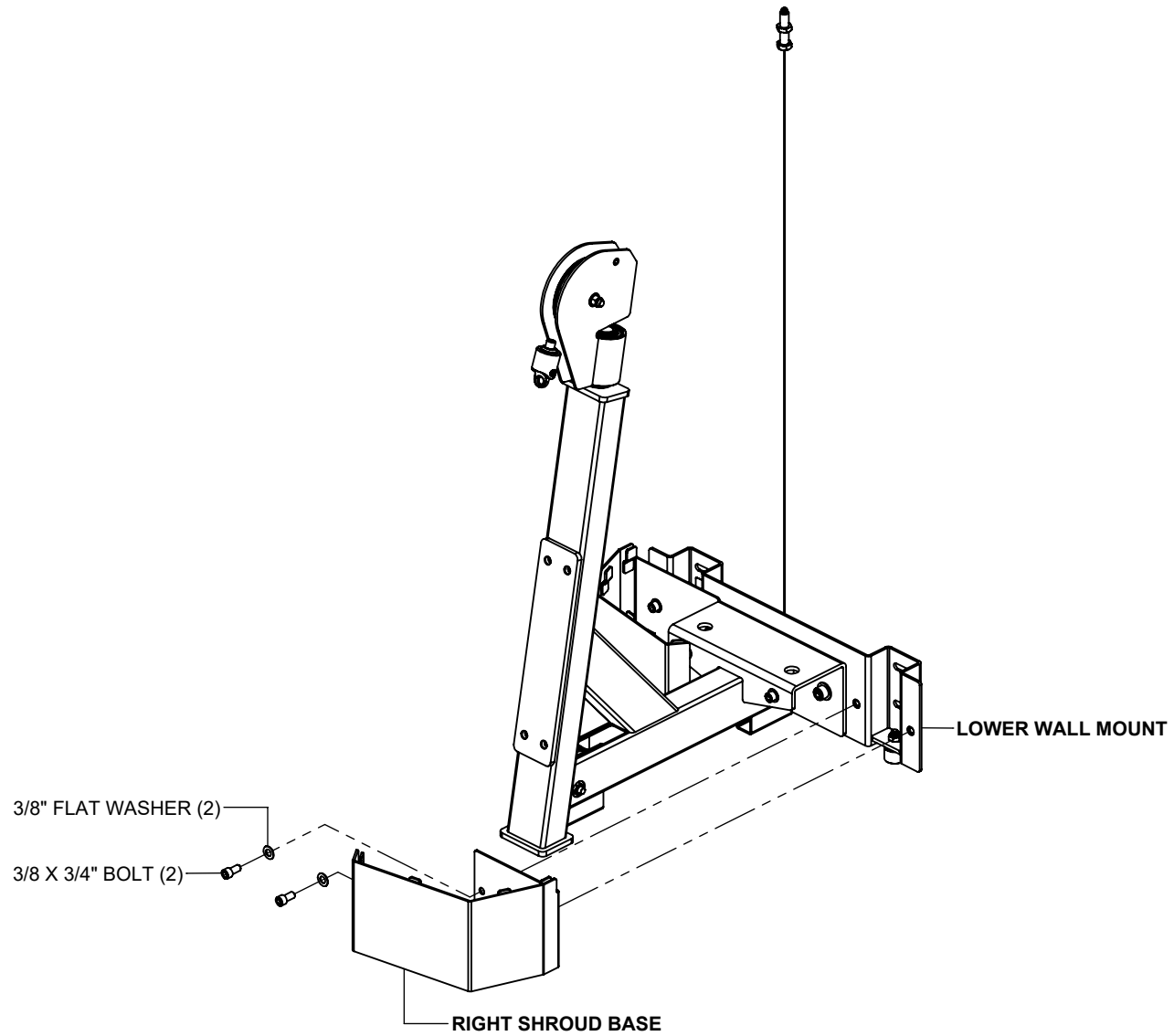


NOTES:

SECURELY tighten bolt connections in this step.

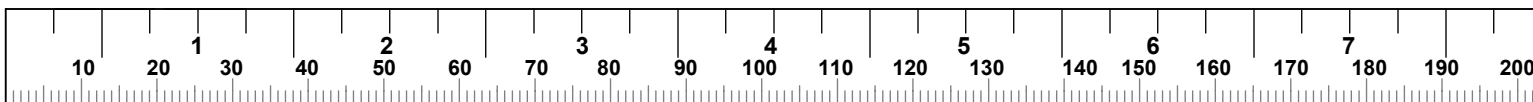


STEP 5

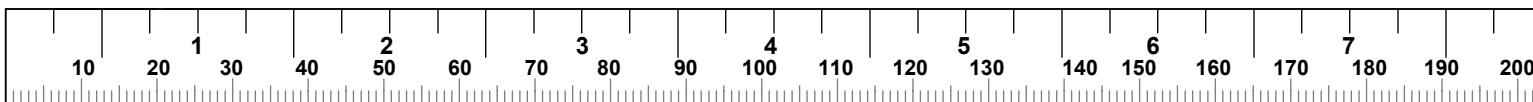
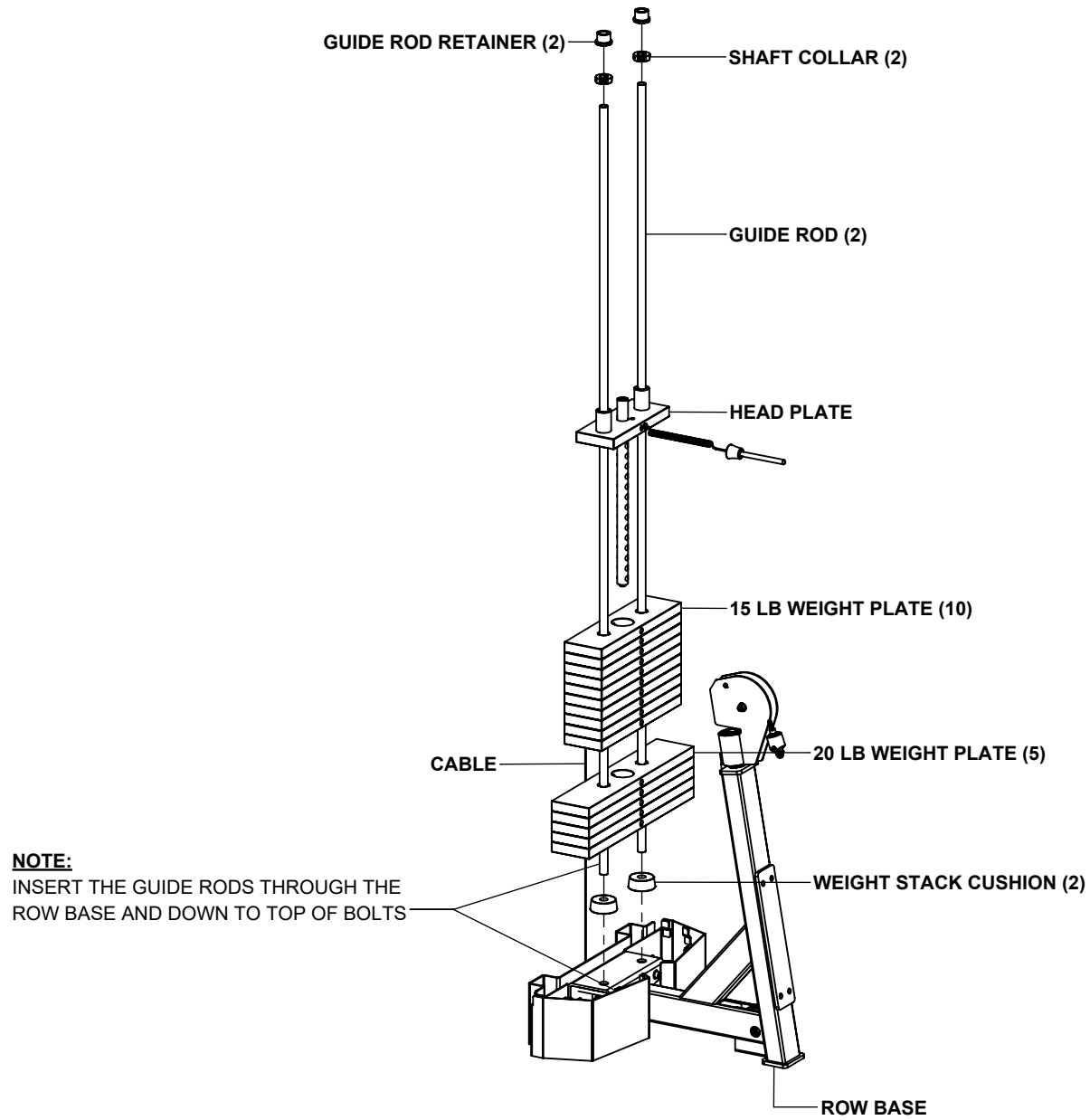


NOTES:

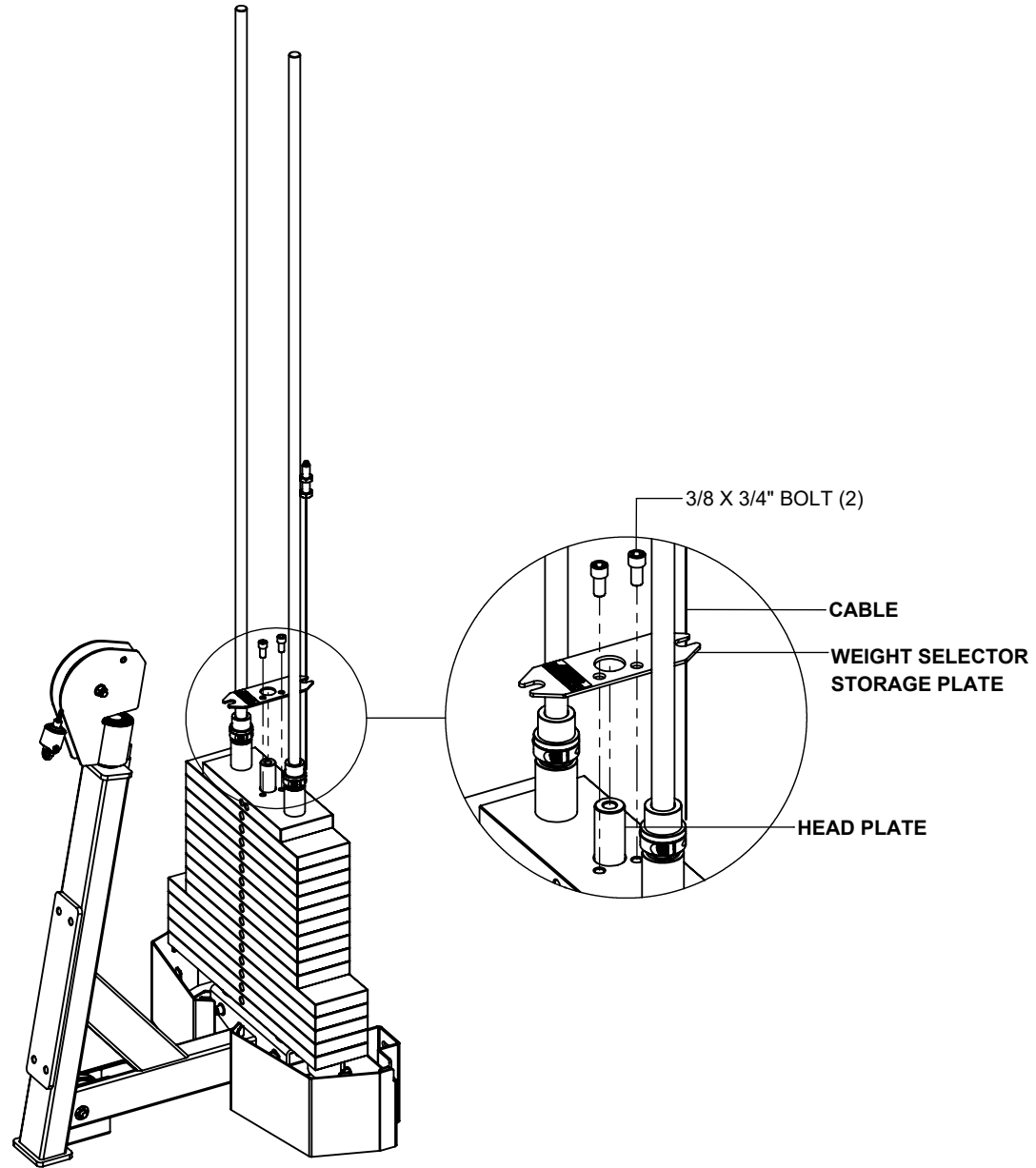
SECURELY tighten bolt connections in this step.



STEP 6

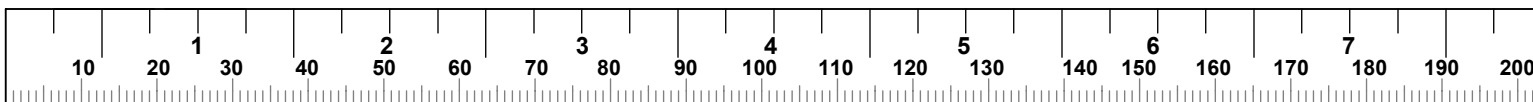


STEP 7

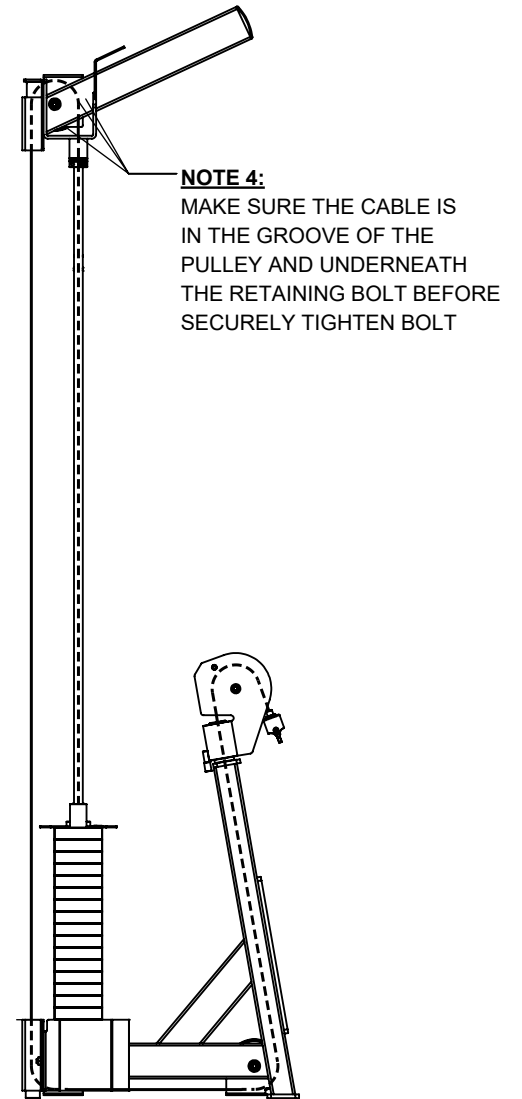
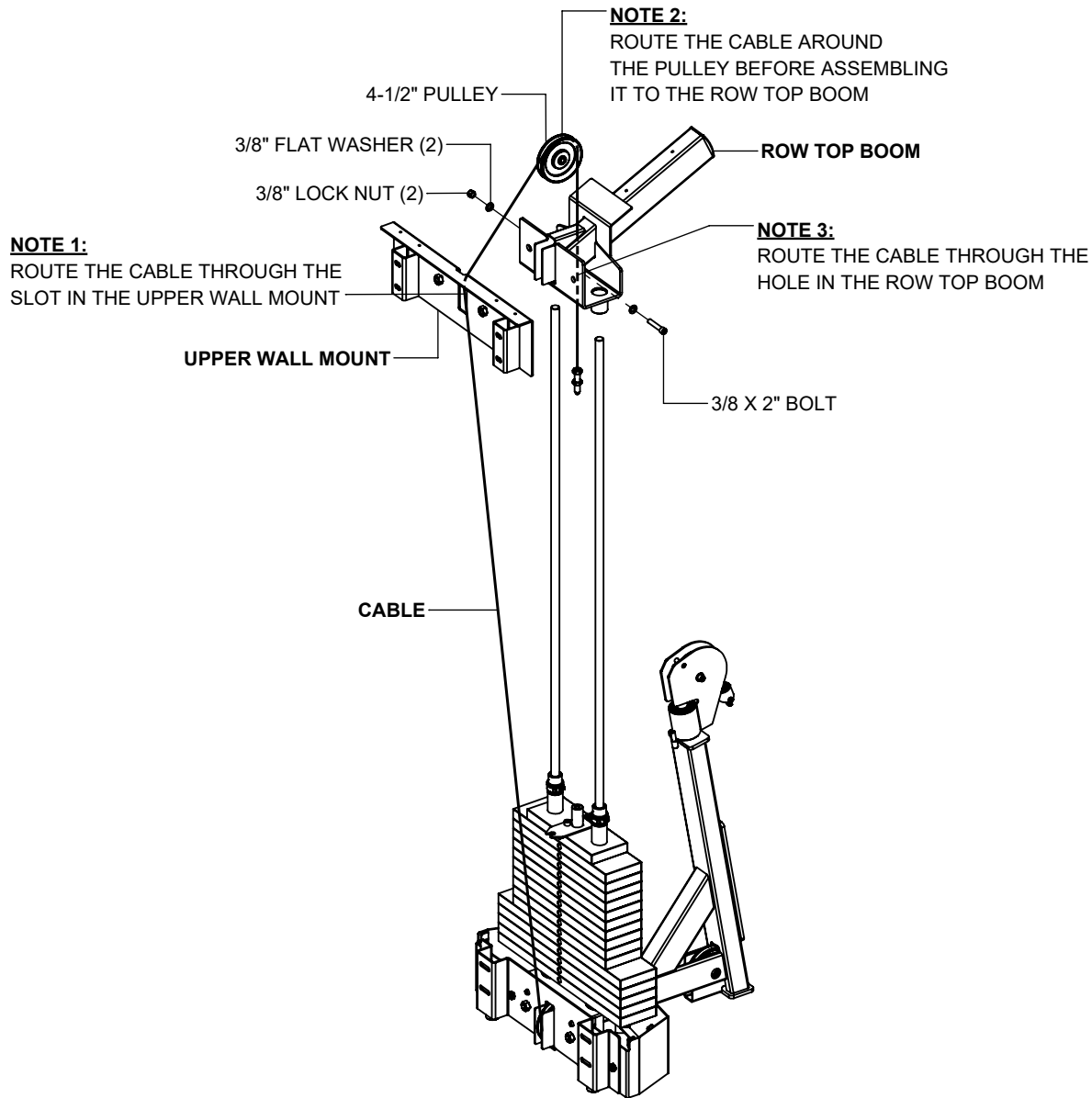


NOTES:

SECURELY tighten bolt connections in this step.

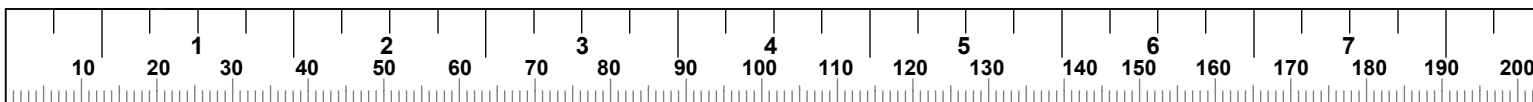


STEP 8

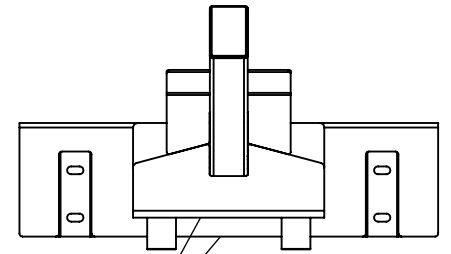
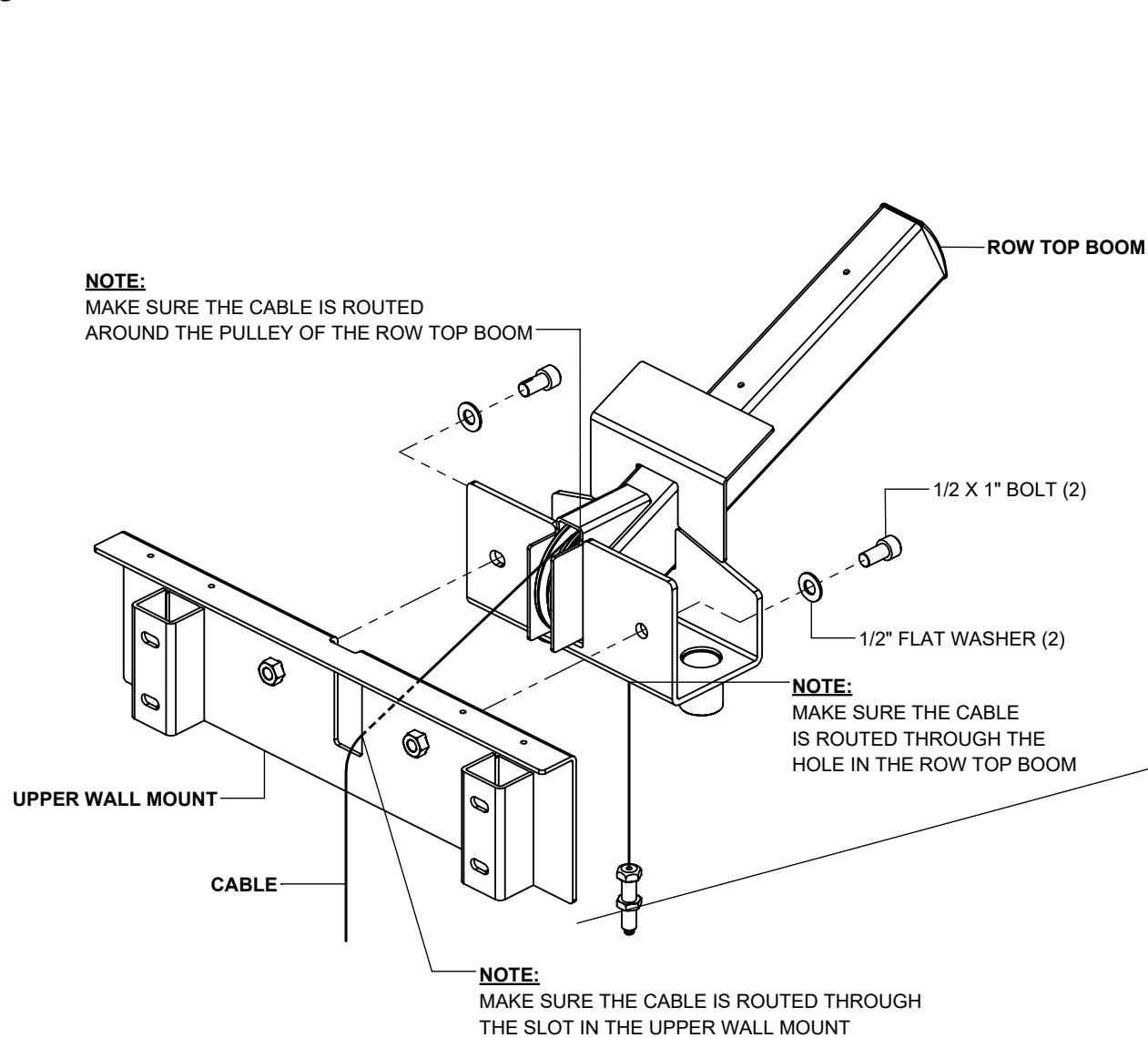


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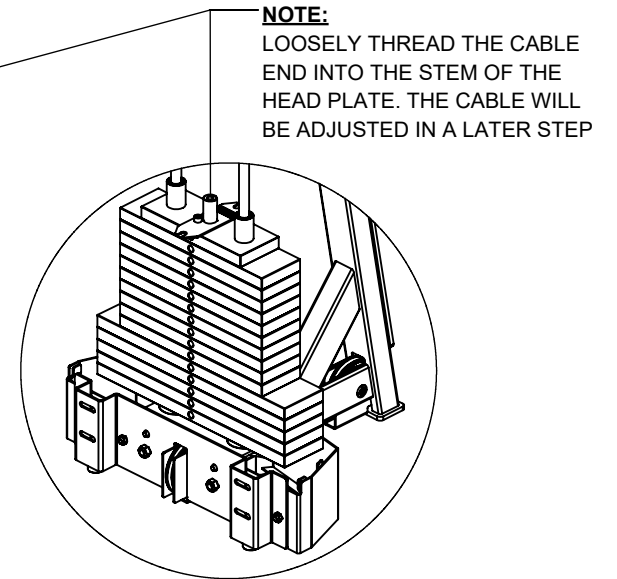
SECURELY tighten bolt connections in this step.



STEP 9

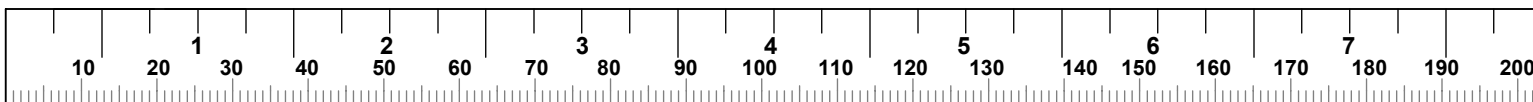


NOTE:
BEFORE TIGHTENING BOLTS, MAKE SURE THAT THESE TWO SURFACES ARE PARALLEL

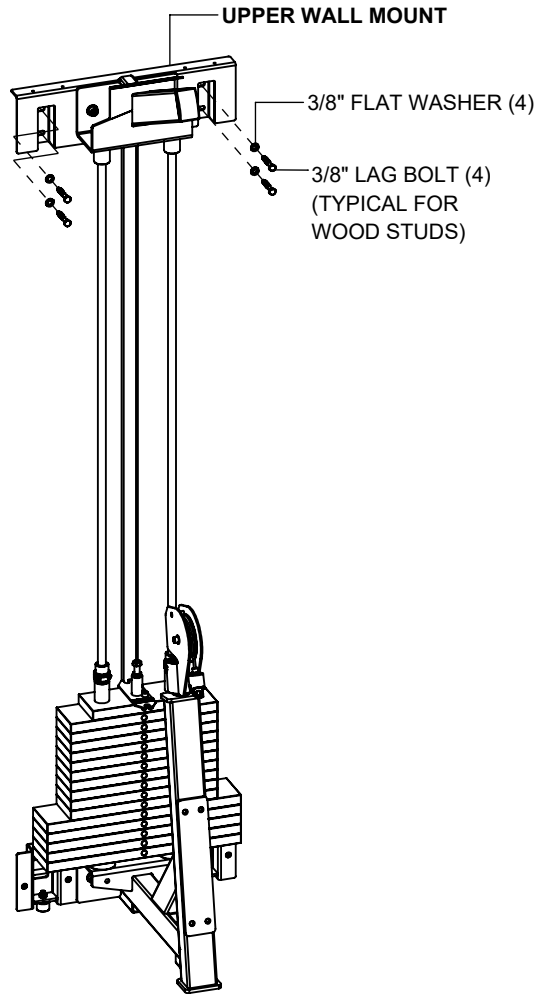


NOTES:

SECURELY tighten bolt connections in this step.



STEP 10

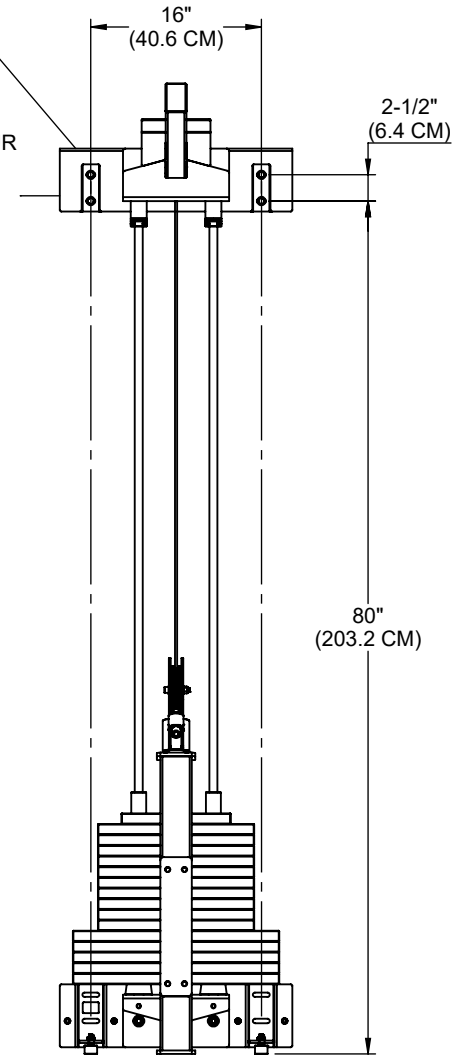


NOTE:

MAKE SURE THE UPPER WALL MOUNT IS LEVEL

WARNING:

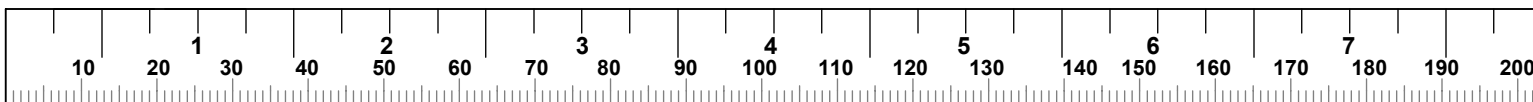
THE UPPER WALL MOUNT **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION



NOTES:

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

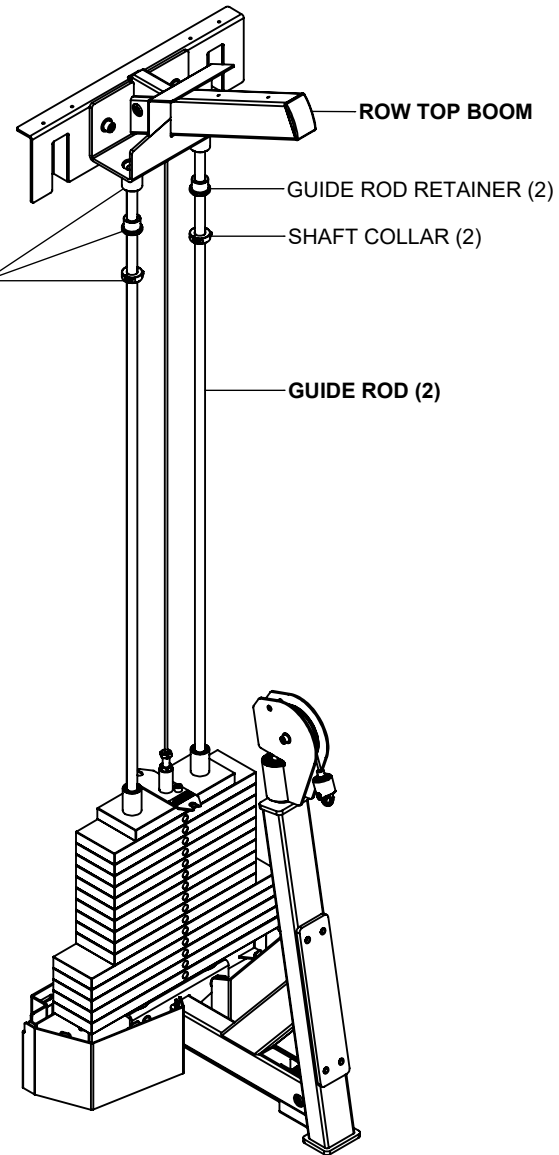
SECURELY tighten bolt connections in this step.



STEP 11

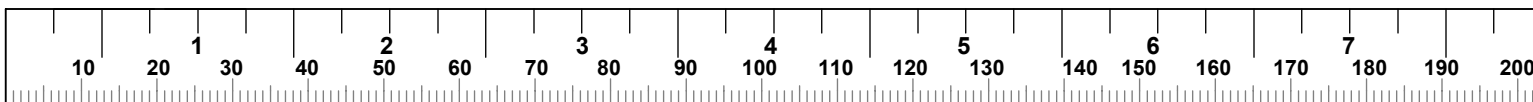
NOTE:

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

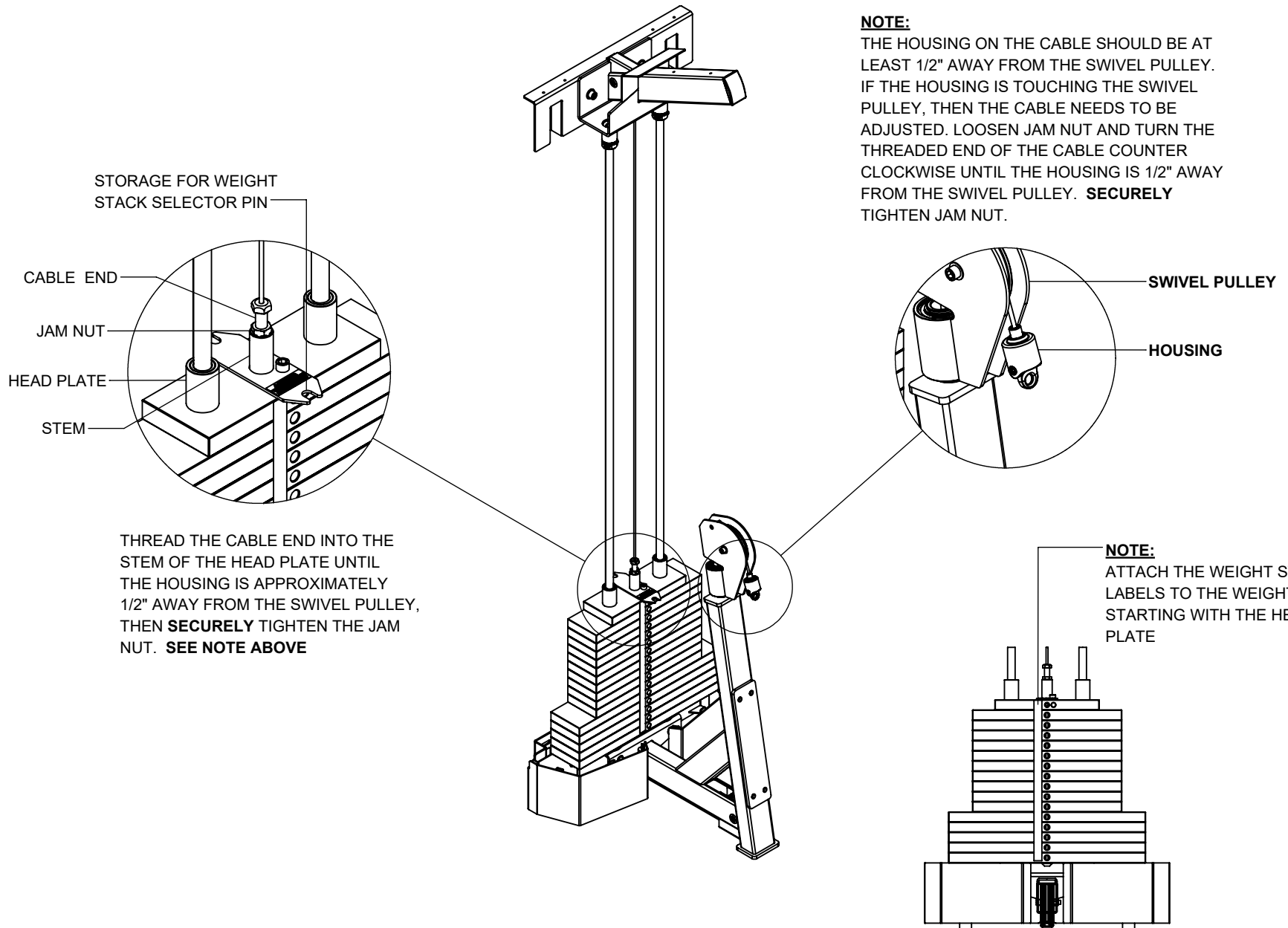


NOTES:

SECURELY tighten bolt connections in this step.

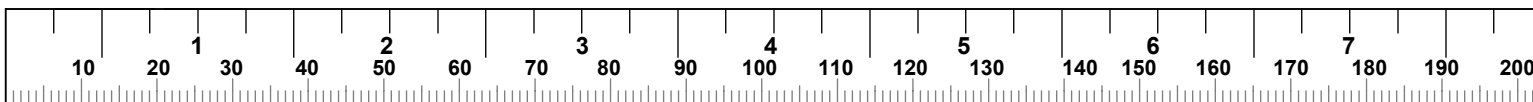


STEP 12



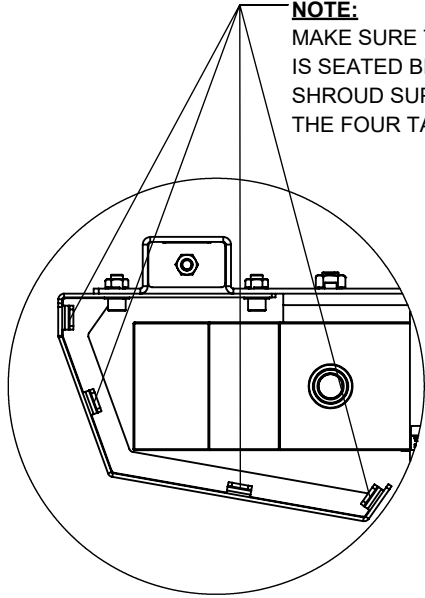
NOTES:

SECURELY tighten connections in this step.



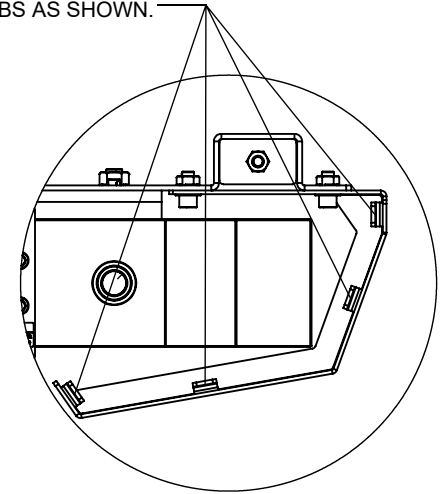
STEP 13

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

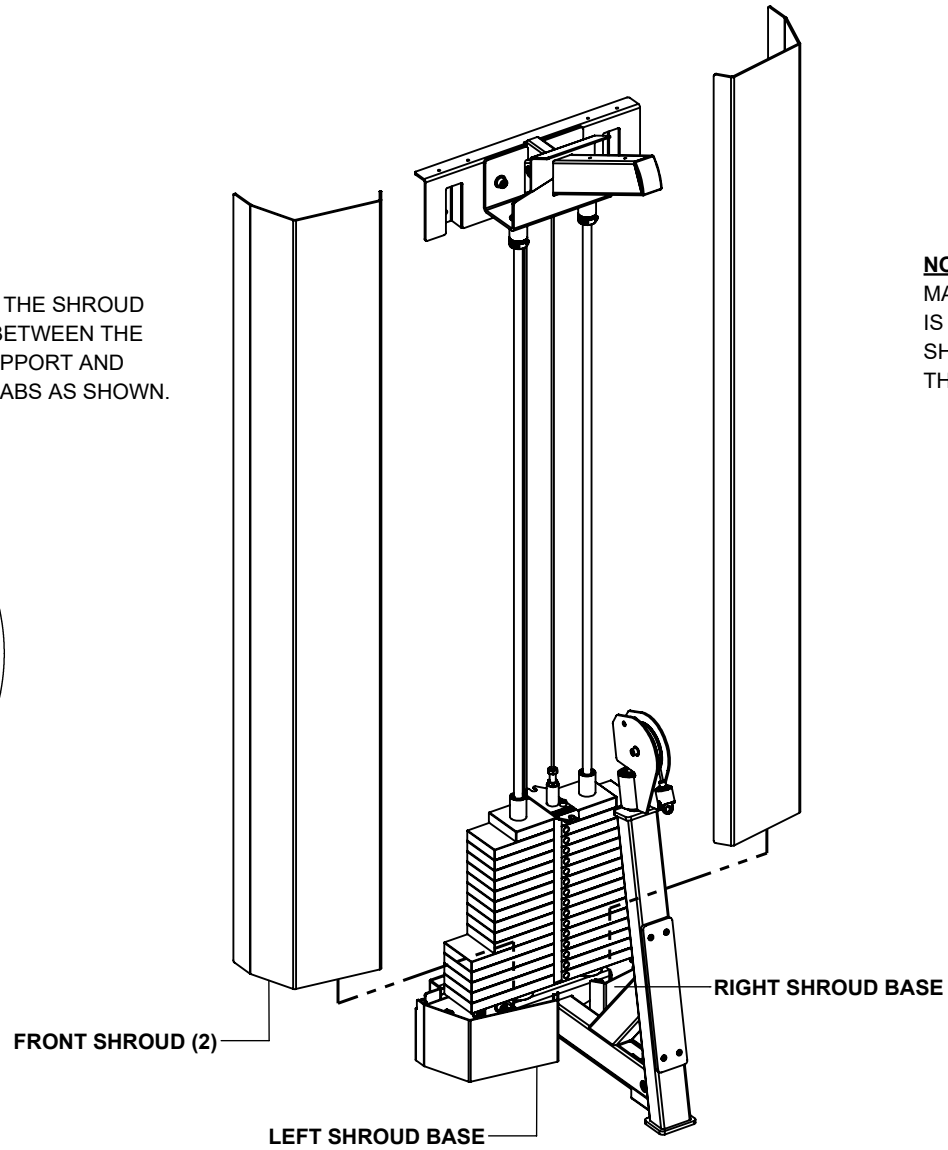


TOP VIEW LEFT

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



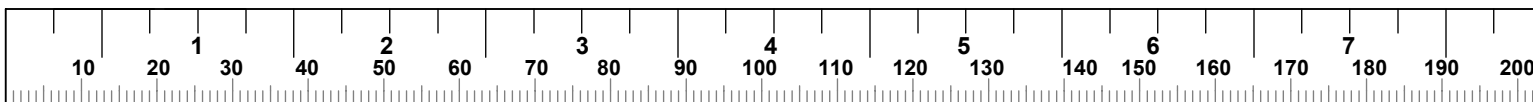
TOP VIEW RIGHT



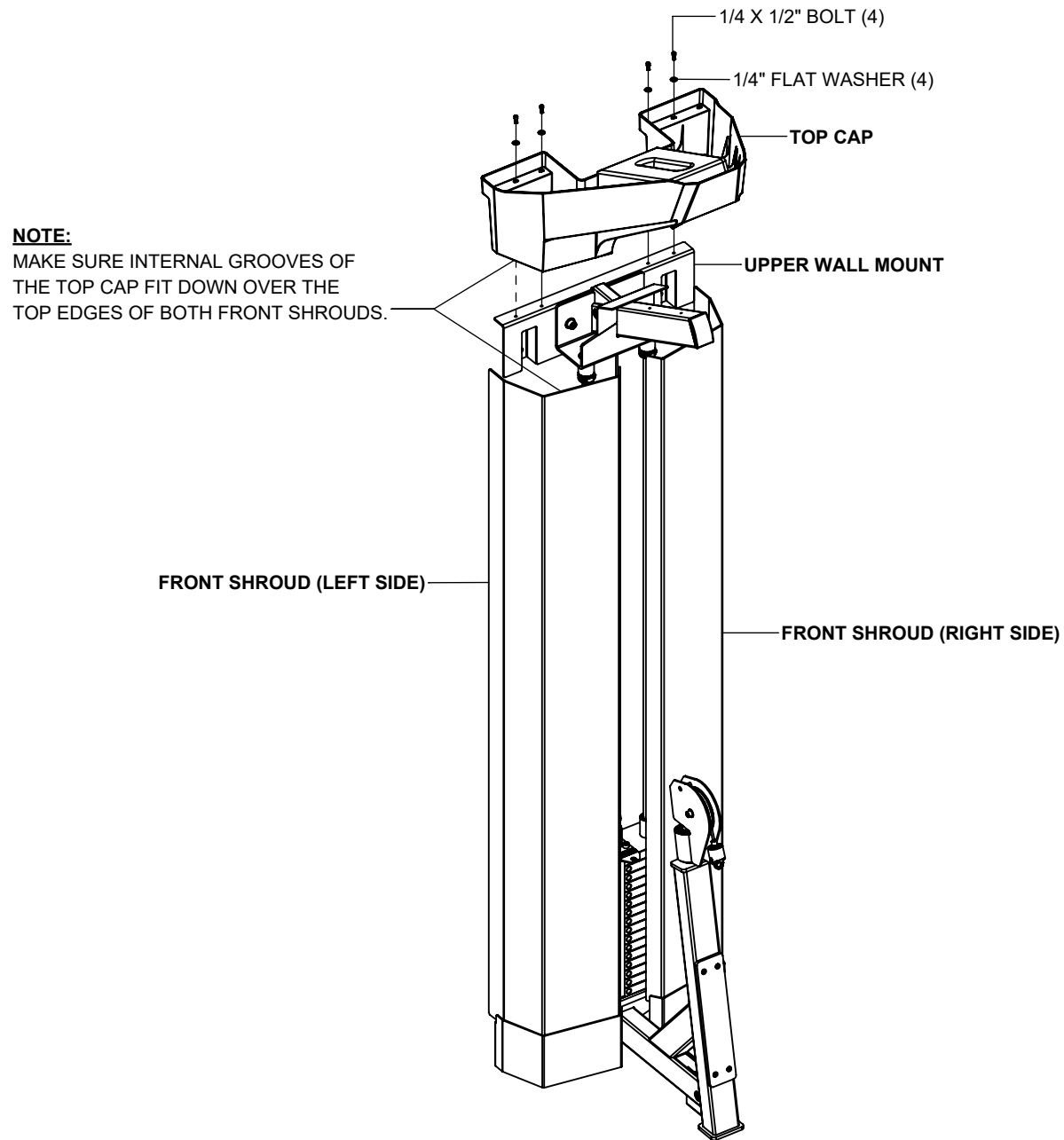
FRONT SHROUD (2)

LEFT SHROUD BASE

RIGHT SHROUD BASE

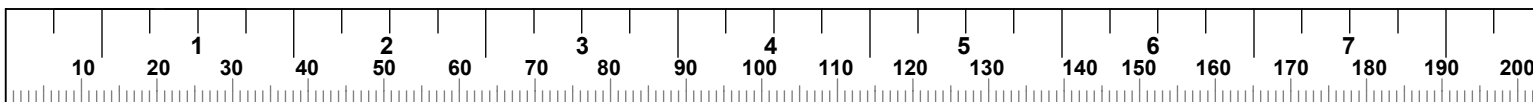


STEP 14a

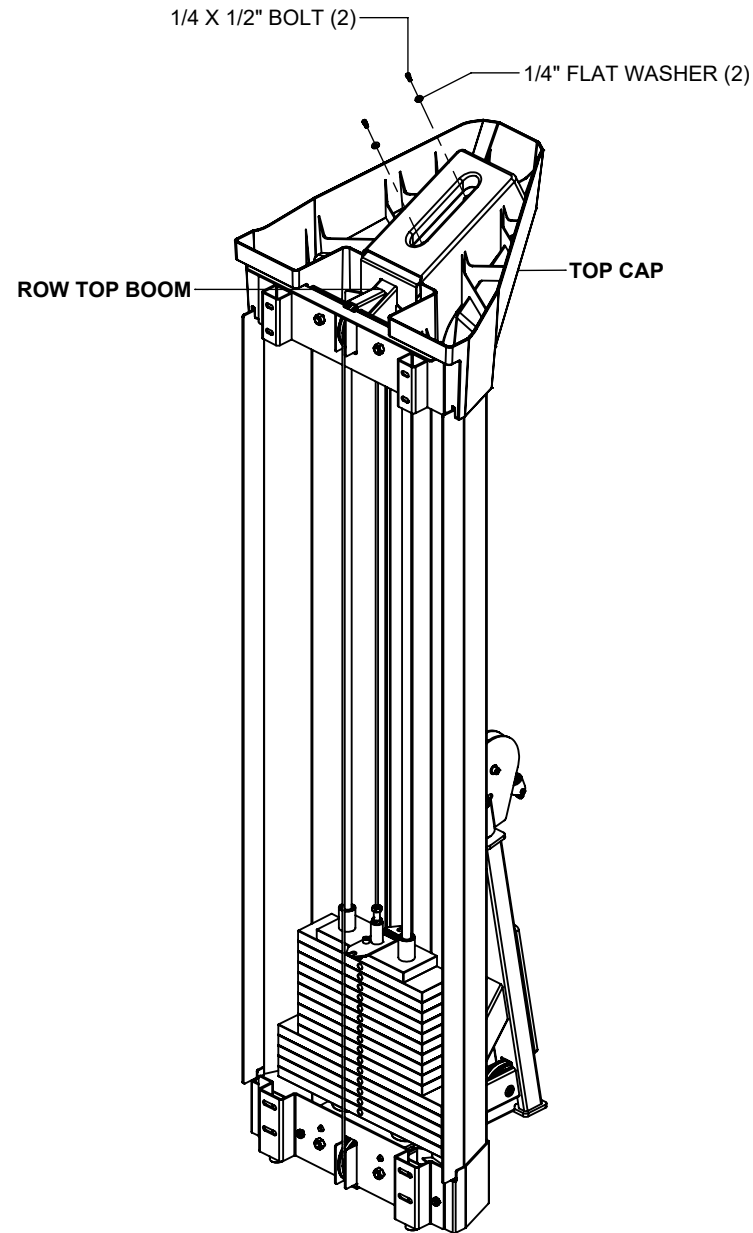


NOTES:

LOOSELY tighten bolt connections in this step.

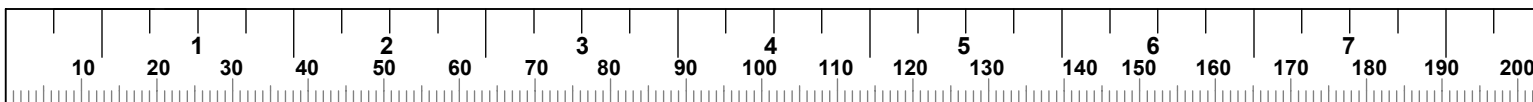


STEP 14b

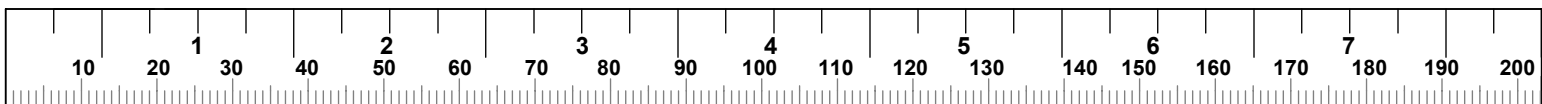
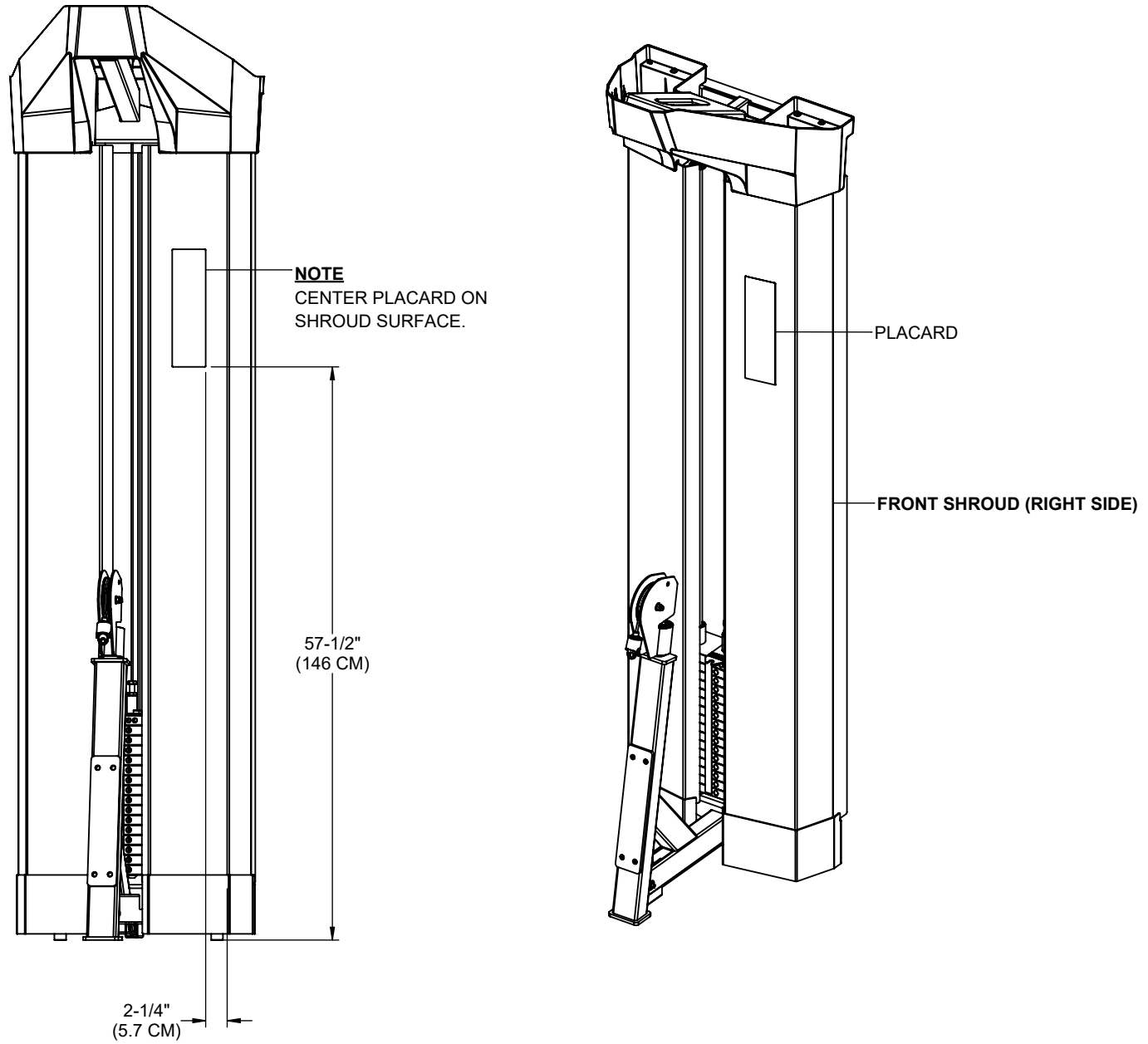


NOTES:

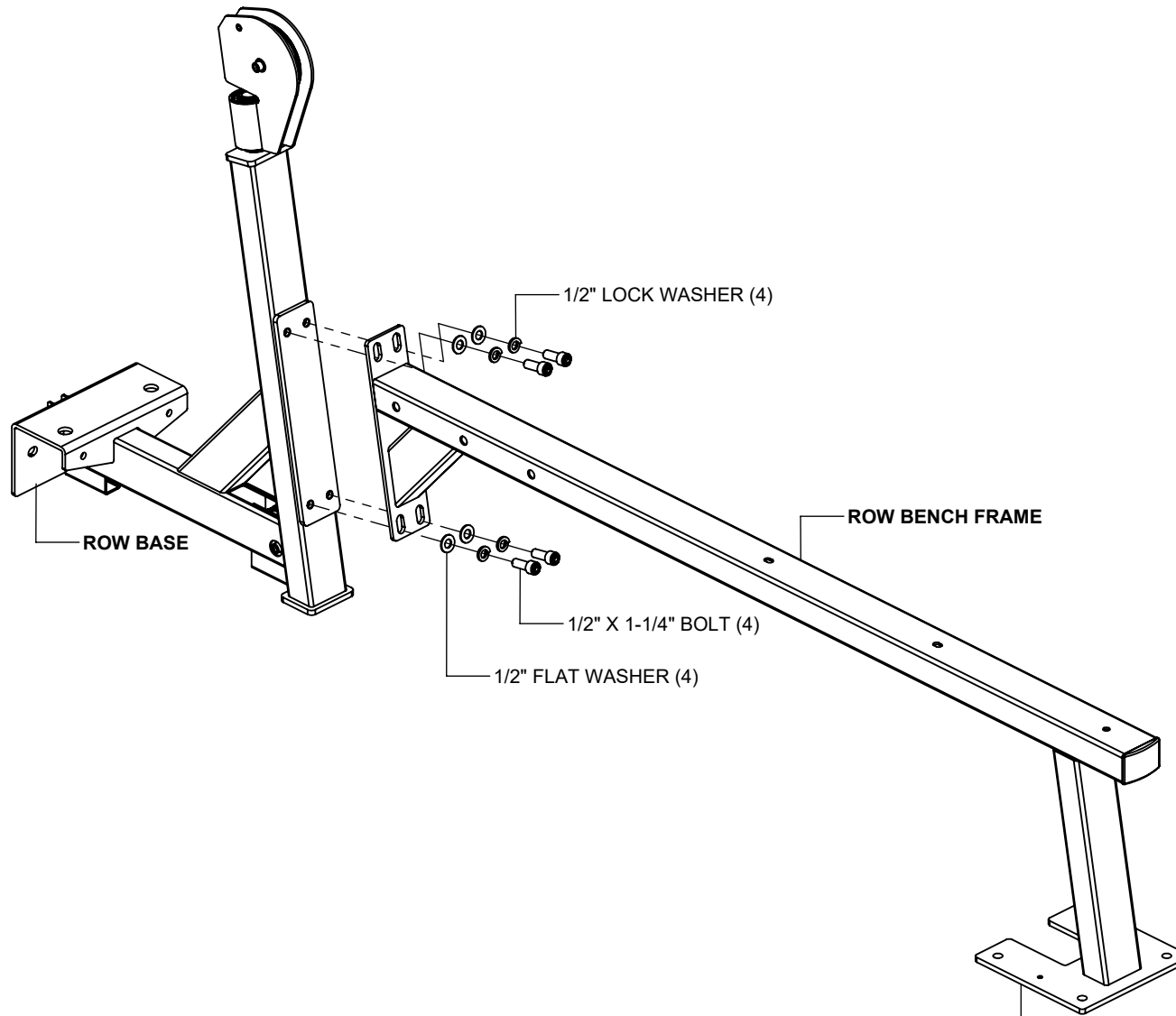
SECURELY tighten bolt connections in this step, and previous step.



STEP 15



STEP 16

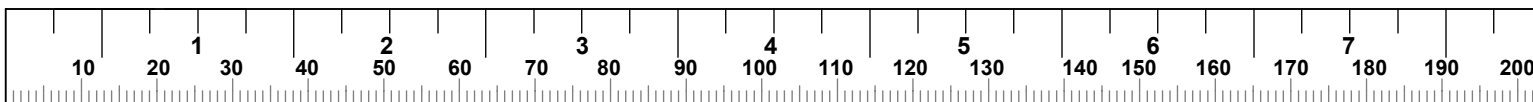


NOTE:
MAKE SURE THE BASE PLATE
SITS FLAT ON THE FLOOR
BEFORE TIGHTENING

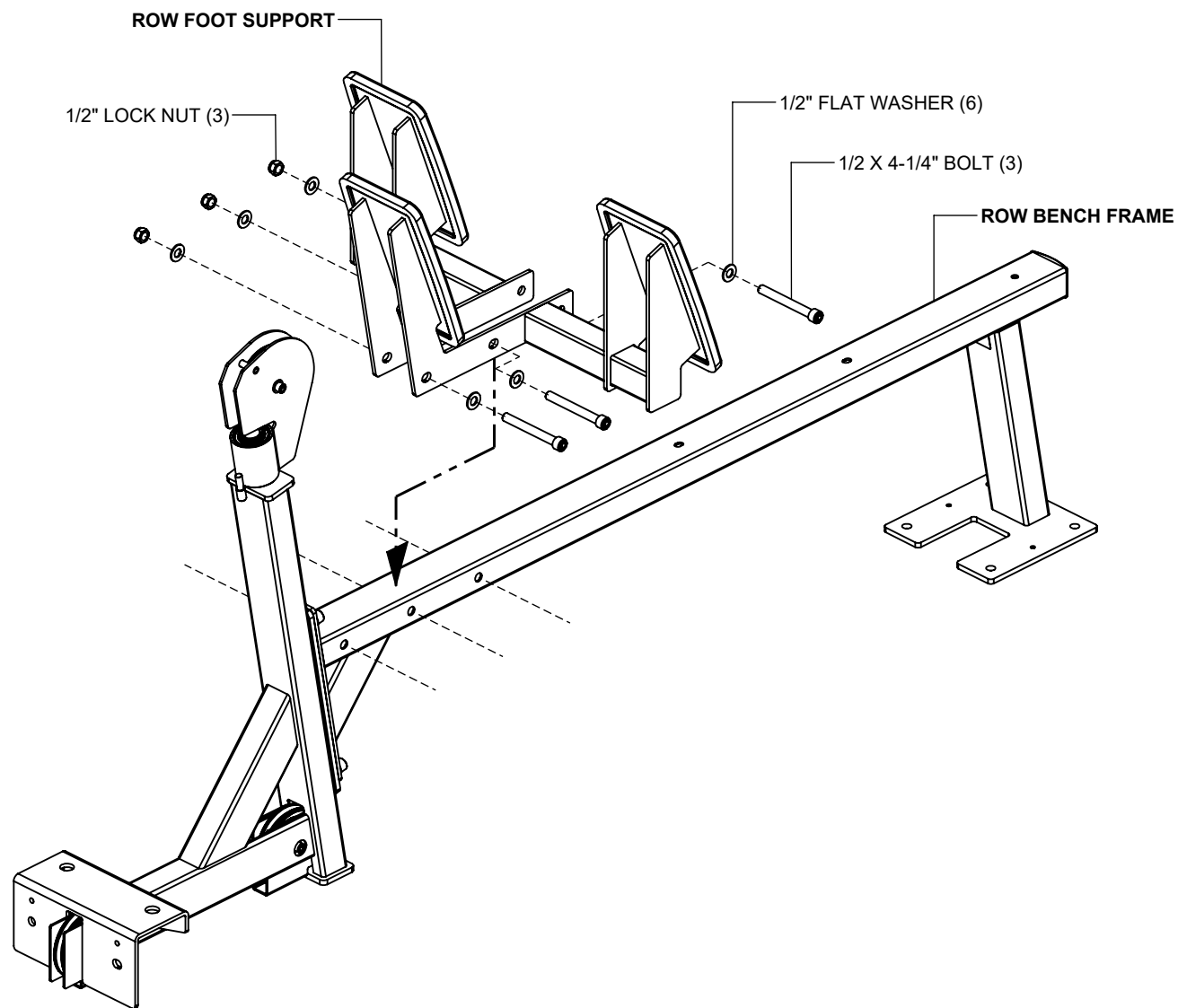
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.



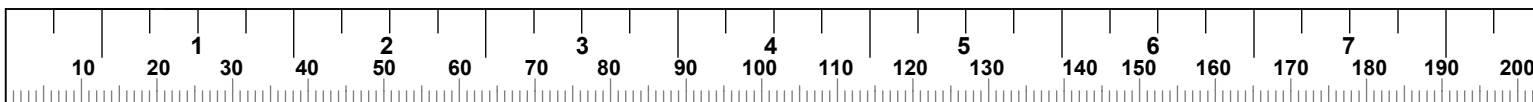
STEP 17



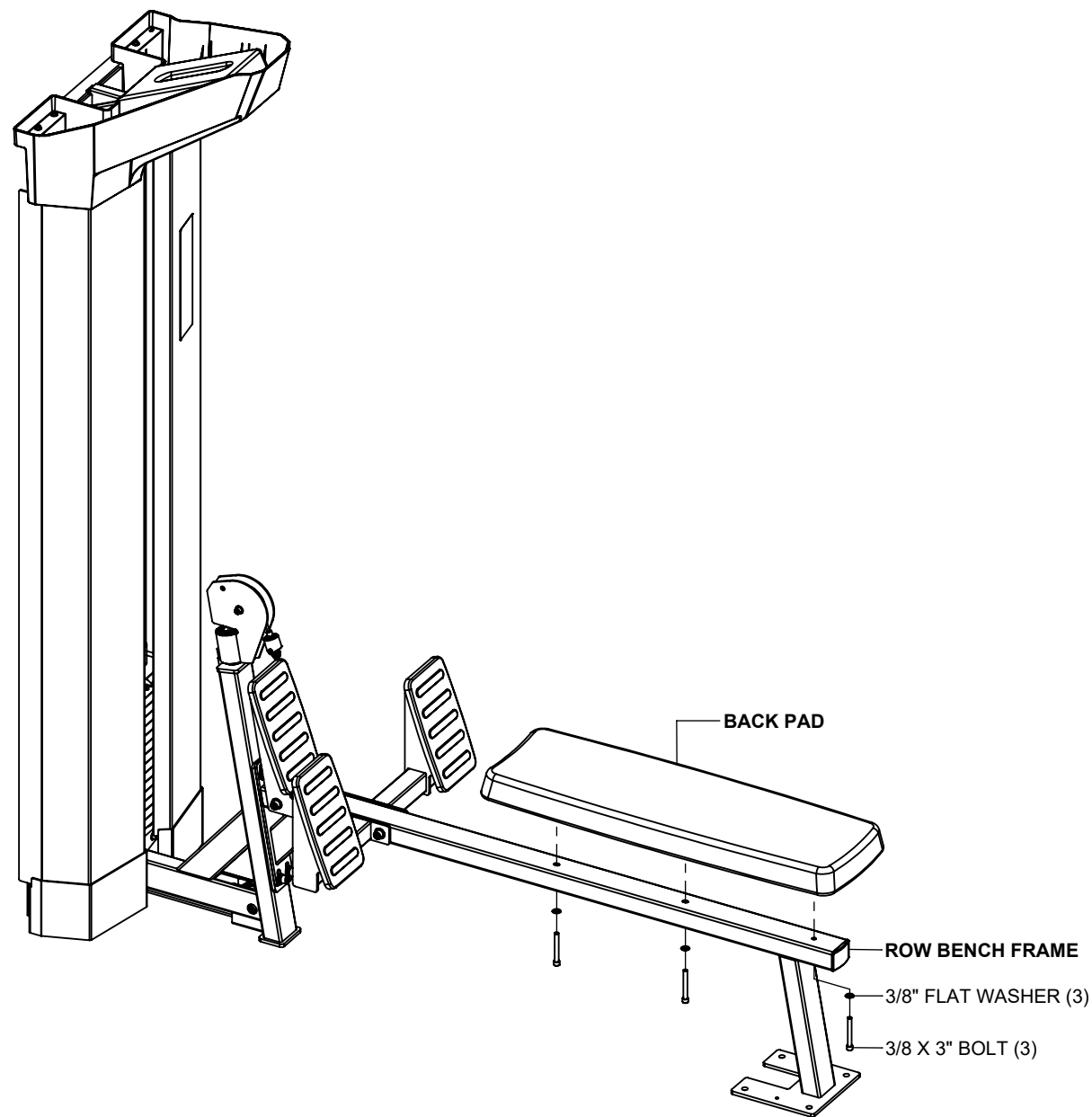
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.

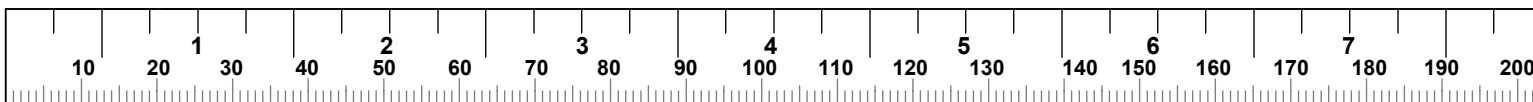


STEP 18

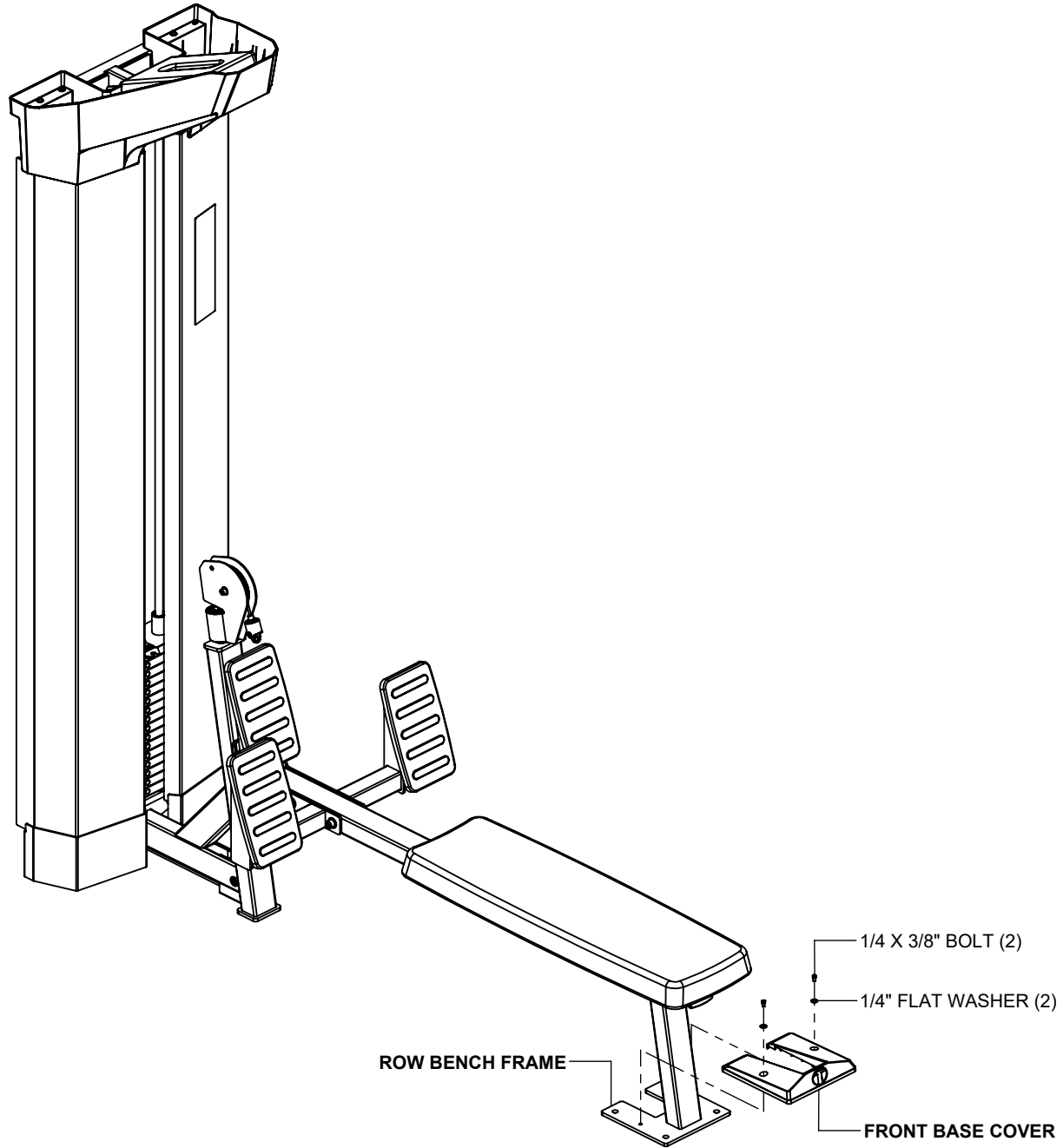


NOTES:

SECURELY tighten bolt connections in this step.

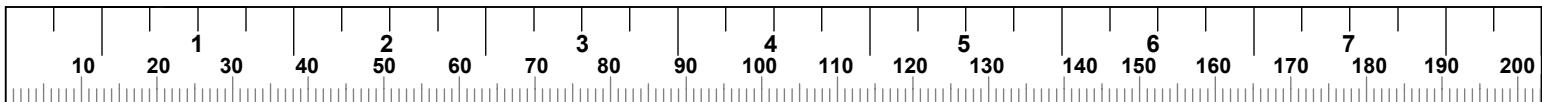


STEP 19

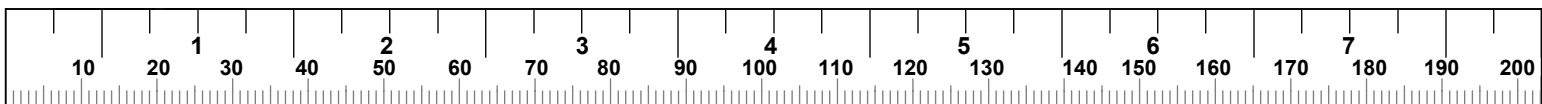
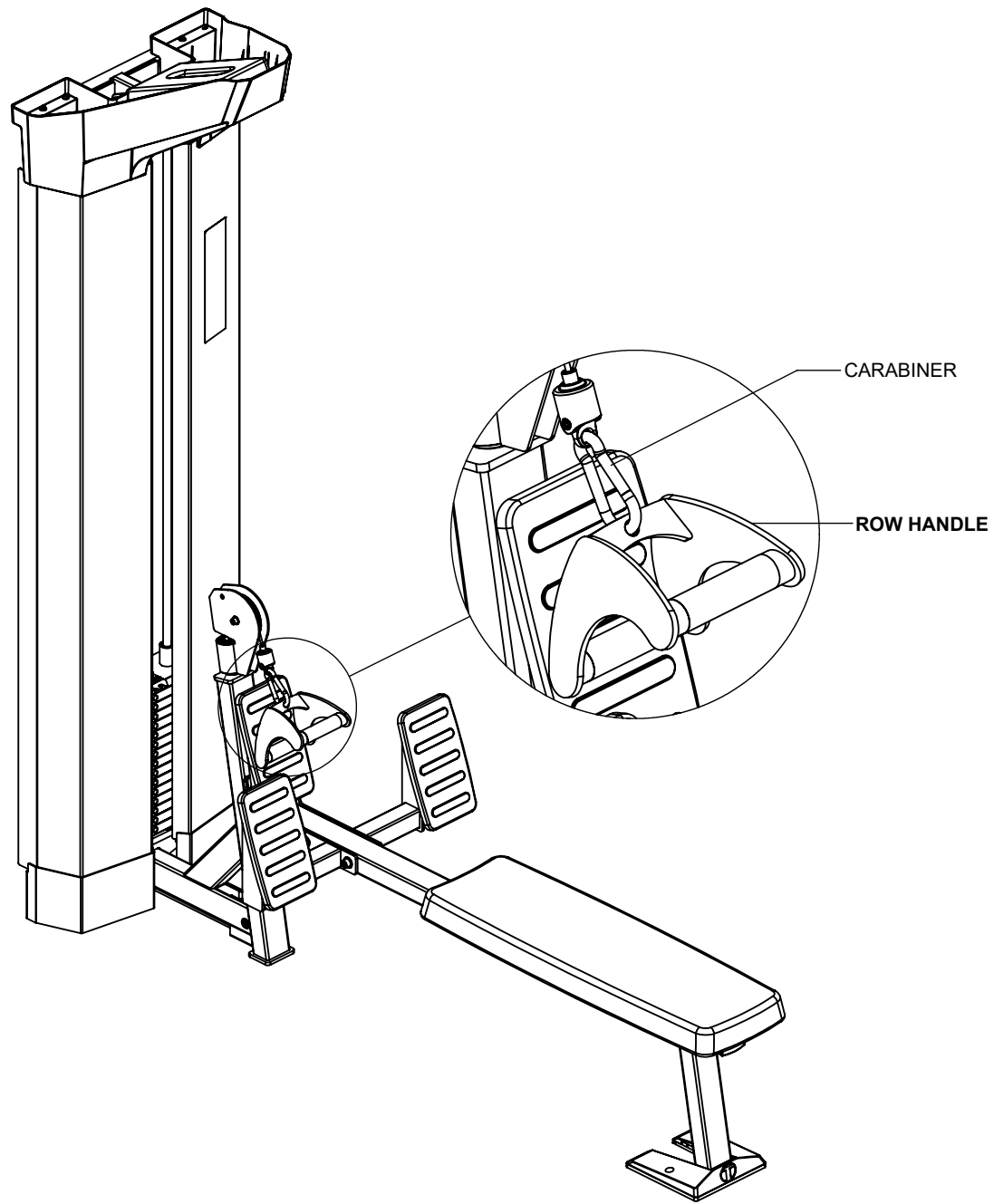


NOTES:

SECURELY tighten bolt connections in this step.



STEP 20



MAINTENANCE

GUIDE RODS: Clean and lubricate with a silicone or teflon based lubricant

INSPECTION: Once a month, check for loose bolts. Tighten if necessary.

CABLES: Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 8, PAGE 11 TO ADJUST CABLE TENSION)

FRAME: Clean with a damp cloth.

