

ASSEMBLY INSTRUCTIONS

4 FT (1.2 M) HIP THRUST MODULE

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 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 or contact us at 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.

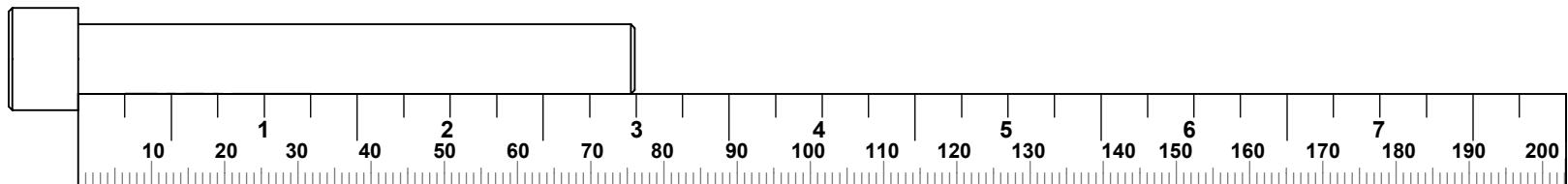
Follow the instructions included with the optional equipment to assemble it to the base product.

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.

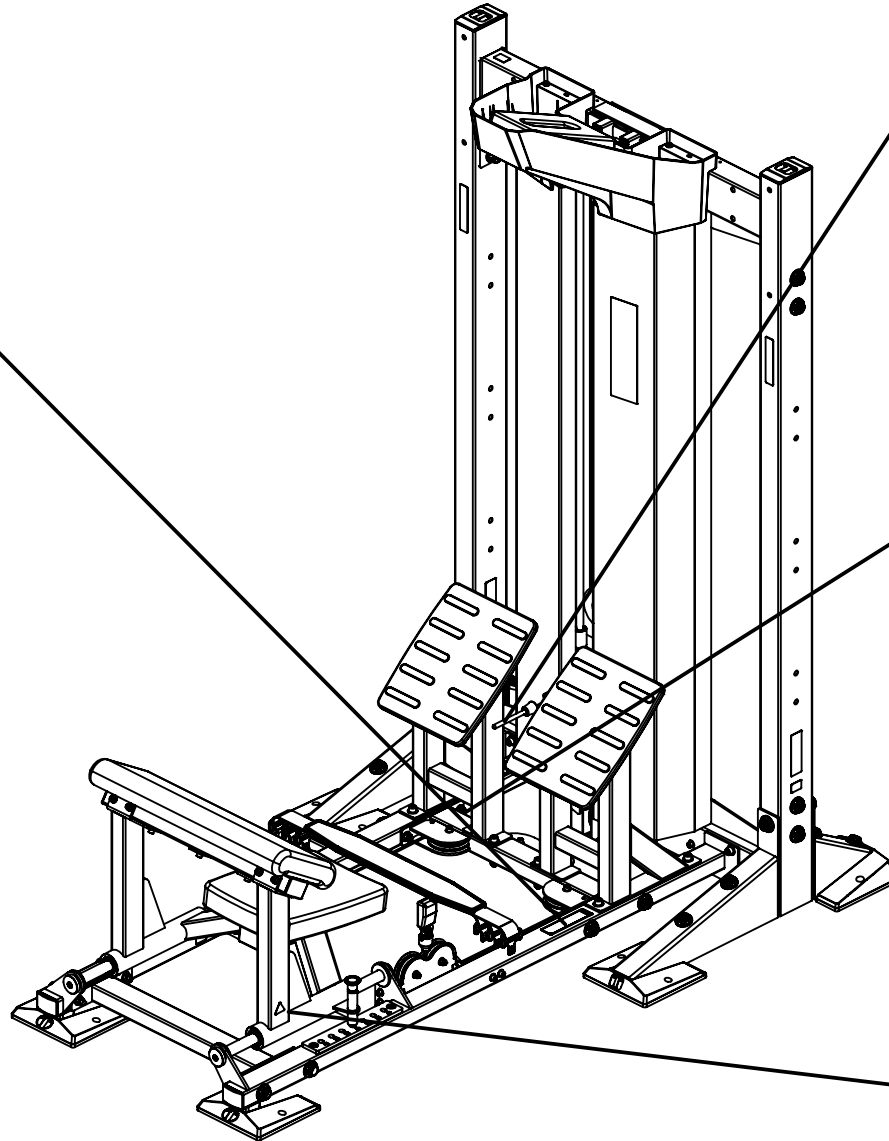


WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacture. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

P/N 5342301



WARNING

**WEIGHT STACK SELECTOR
MUST BE FULLY ENGAGED**

TORQUE^{USA}

Model:

S/N:



MADE IN CHINA

TORQUE FITNESS

11201 Xeon St NW Ste 101
Coon Rapids, MN 55448



EXERCISE INSTRUCTIONS

**HIP
THRUST**



START



FINISH

TORQUE USA

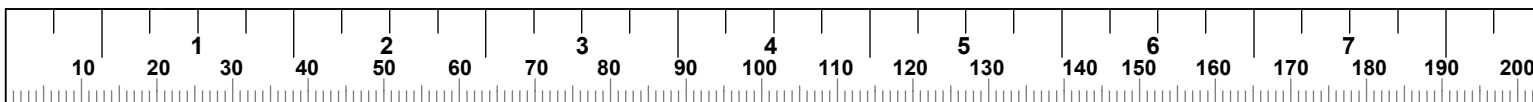
ITEM NO.	PART NUMBER	DESCRIPTION	QTY	ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	5985101	WLDMT, CABLE STATION CROSS	2	41	59880PA	PTD ASSY, PAD SUPPORT	1
2	5360001	LABEL, SERIAL-MARKING	1	42	59889PA	PTD ASSY, HIP THRUST TOP BOOM	1
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	38	43	59892PA	PTD ASSY, HIP THRUST BASE CONNECTOR	1
4	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	8	44	5643201	GUIDE ROD, 19 DIA X 1912	2
5	2001401	NUT, 1/2-13 LK ST ZN	22	45	5996401	BUSHING, GUIDE ROD RETAINER	2
6	2001101	WASHER, FLAT 3/8 SAE ST ZN	27	46	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	2
7	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	8	47	56345PA	PTD ASSY, HEAD PLATE	1
8	2001201	NUT, 3/8-16 LK ST ZN	10	48	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1
9	5985201	PLATE, CRUSH PROTECTION	2	49	54970PA	PTD ASSY, HEAD PLATE PULLEY	1
10	59885PA	PTD ASSY, CENTER CROSSMEMBER	1	50	5513601	CUSHION, WEIGHT STACK	2
11	59864PA	PTD ASSY, LEFT FOOT PLATE	1	51	5995001	CABLE ASSY, HIP THRUST	1
12	59866PA	PTD ASSY, RIGHT FOOT PLATE	1	52	5581301	COVER, FRONT BASE	2
13	59872PA	PTD ASSY, LEFT PAD SUPPORT	1	53	60569PA	PTD ASSY, SEAT PAD SUPPORT	1
14	59877PA	PTD ASSY, RIGHT PAD SUPPORT	1	54	2002601	NUT, 1/2 JAM ST ZN	1
15	6076201	WLDMT, LEFT SHROUD BASE W/ SERVICE HOLE	1	55	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10
16	6076001	WLDMT, RIGHT SHROUD BASE W/ SERVICE HOLE	1	56	56349PA	PTD ASSY, 10 LB WEIGHT PLATE	5
17	5991401	PAD, SEAT	1	57	5664701	SHROUD, TOP CAP	1
18	5993301	BELT, HIP THRUST	1	58	5645101	SHROUD, XCREATE CABLE STATION	2
19	5992301	PAD, HIP THRUST SHOULDER	1	59	6076301	CAP, 25 DIA HOLE	2
20	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2				
21	2005815	BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD	8				
22	5631801	WASHER COVER, NYLON BOLT	8				
23	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	6				
24	2009411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD W/NP	3				
25	2002101	WASHER, FLAT 1/4 SAE ST ZN	10				
26	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6				
27	2006803	SHCS, 1/2-13 X 1, CZ PATCH	2				
28	2009415	BOLT, 3/8-16 X 4" (102mm) ST HT SOCKET HEAD W/NP	2				
29	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	2				
30	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	4				
31	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4				
32	6065201	HOUSING, CABLE COUPLER (5958801 REPLACEMENT)	2				
33	5994901	BUCKLE, SEAT BELT	2				
34	5994801	CORE, CABLE COUPLER	2				
35	2005403	BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD	2				
36	5997701	PLACARD, XCREATE-HT-101	1				
37	5675301	LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG)	1				
38	59900PA	PTD ASSY, RIGHT BASE	1				
39	59917PA	PTD ASSY, LEFT BASE	1				
40	5985701	WLDMT, CROSS SUPPORT	1				

NOTE:

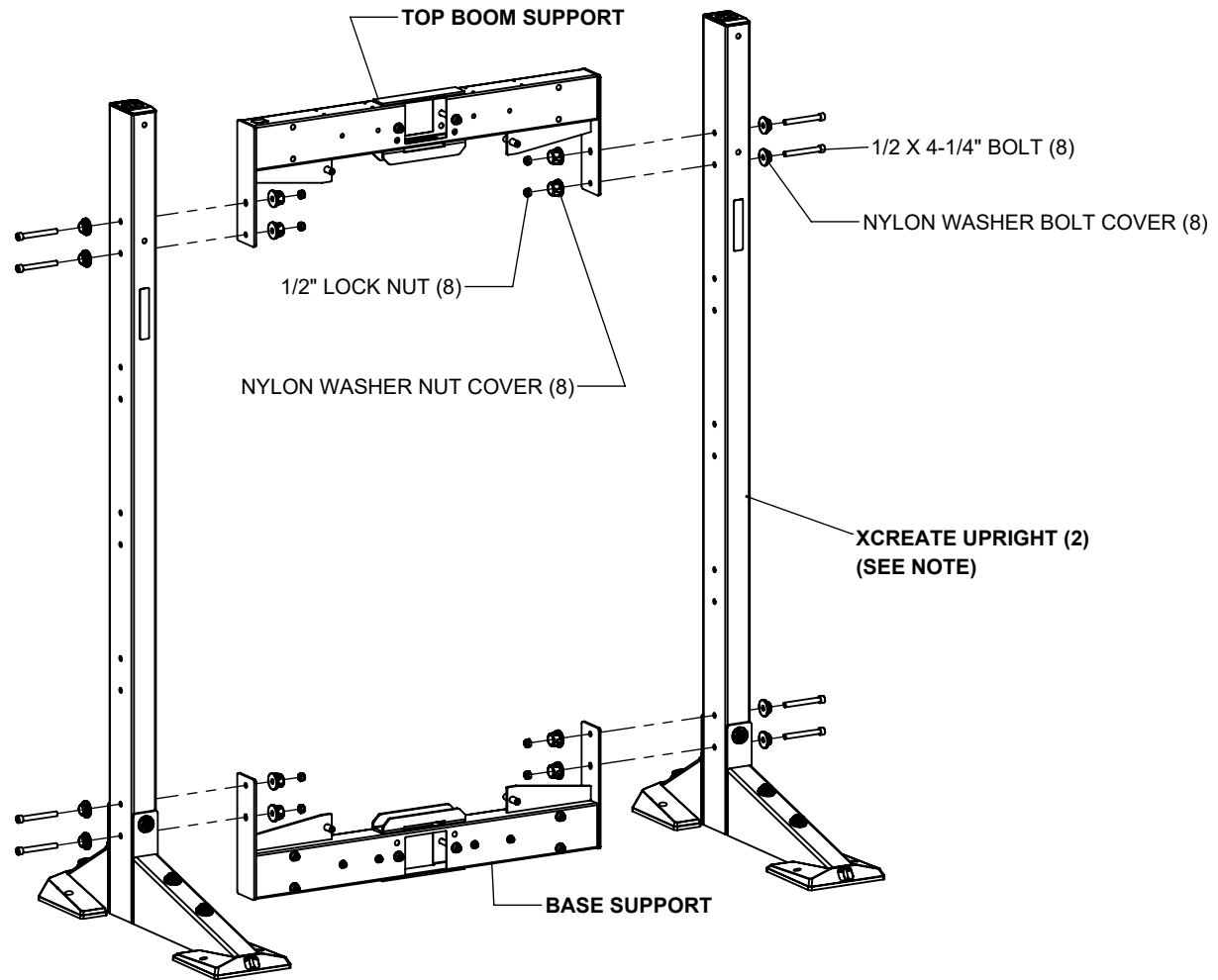
X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact sales@torquefitness.com or call (763) 754-7533; Toll free in USA (877) 867-7854.

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.



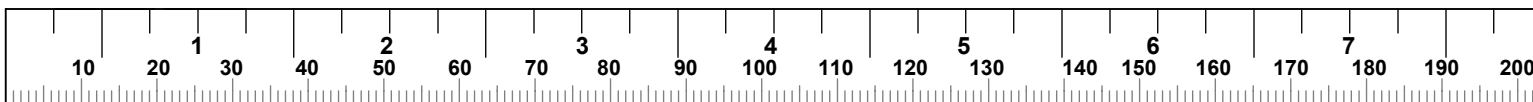
STEP 1



NOTES:

LOOSELY tighten bolt connections in this step.

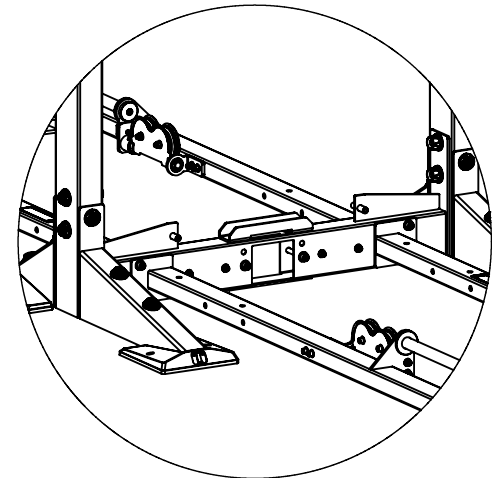
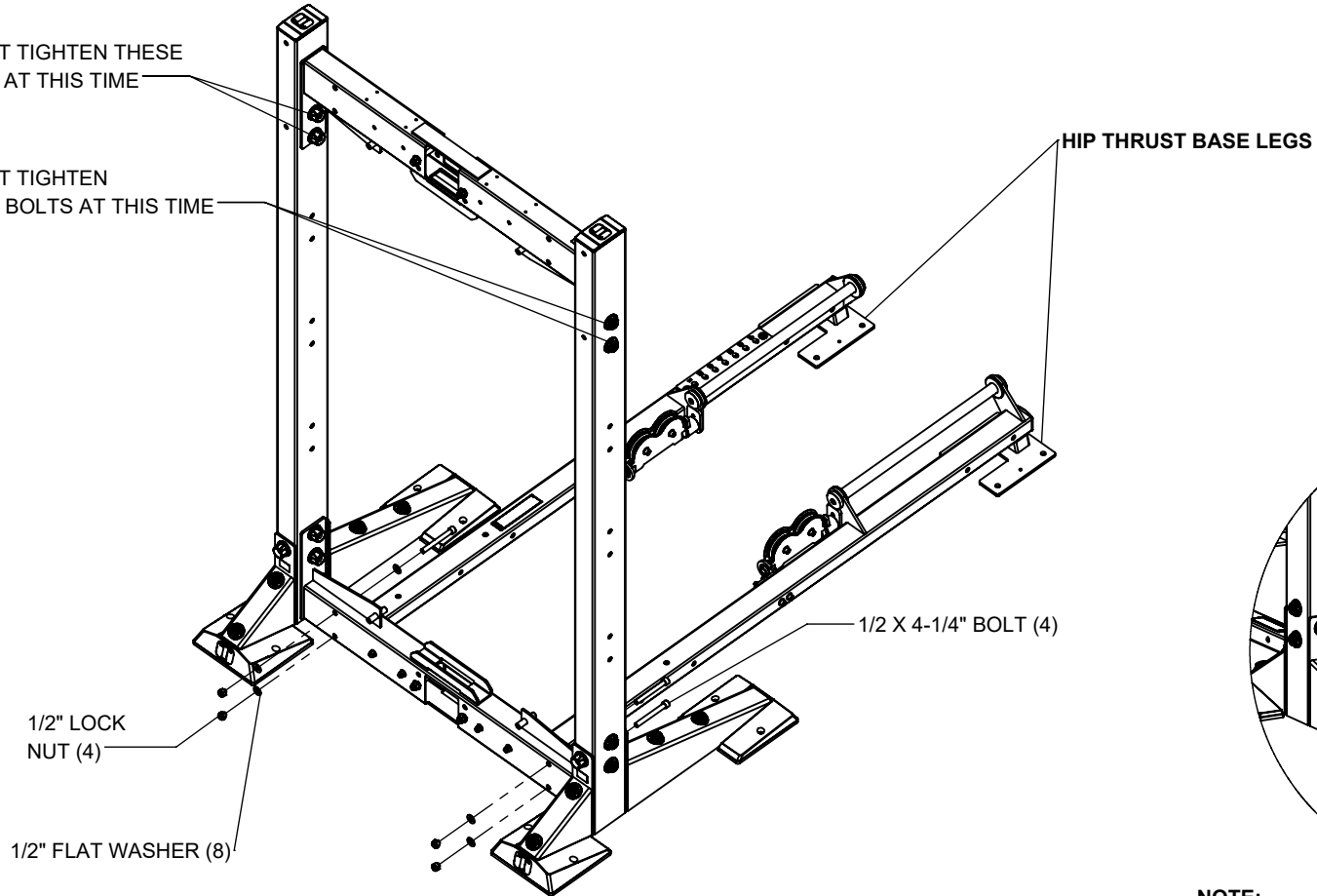
The XCREATE-HT is shown assembled to the XCREATE-U-7SS. However, the XCREATE-HT can also be assembled to the XCREATE-U-8SS and XCREATE-U-8DS the same way.



STEP 2

NOTE:
DO NOT TIGHTEN THESE
BOLTS AT THIS TIME

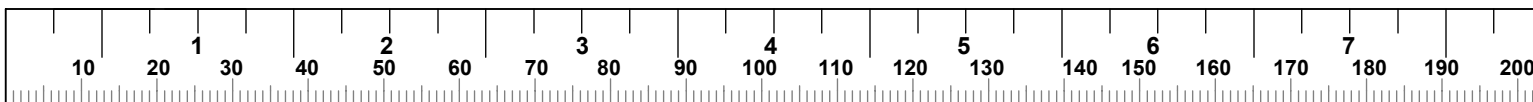
NOTE:
DO NOT TIGHTEN
THESE BOLTS AT THIS TIME



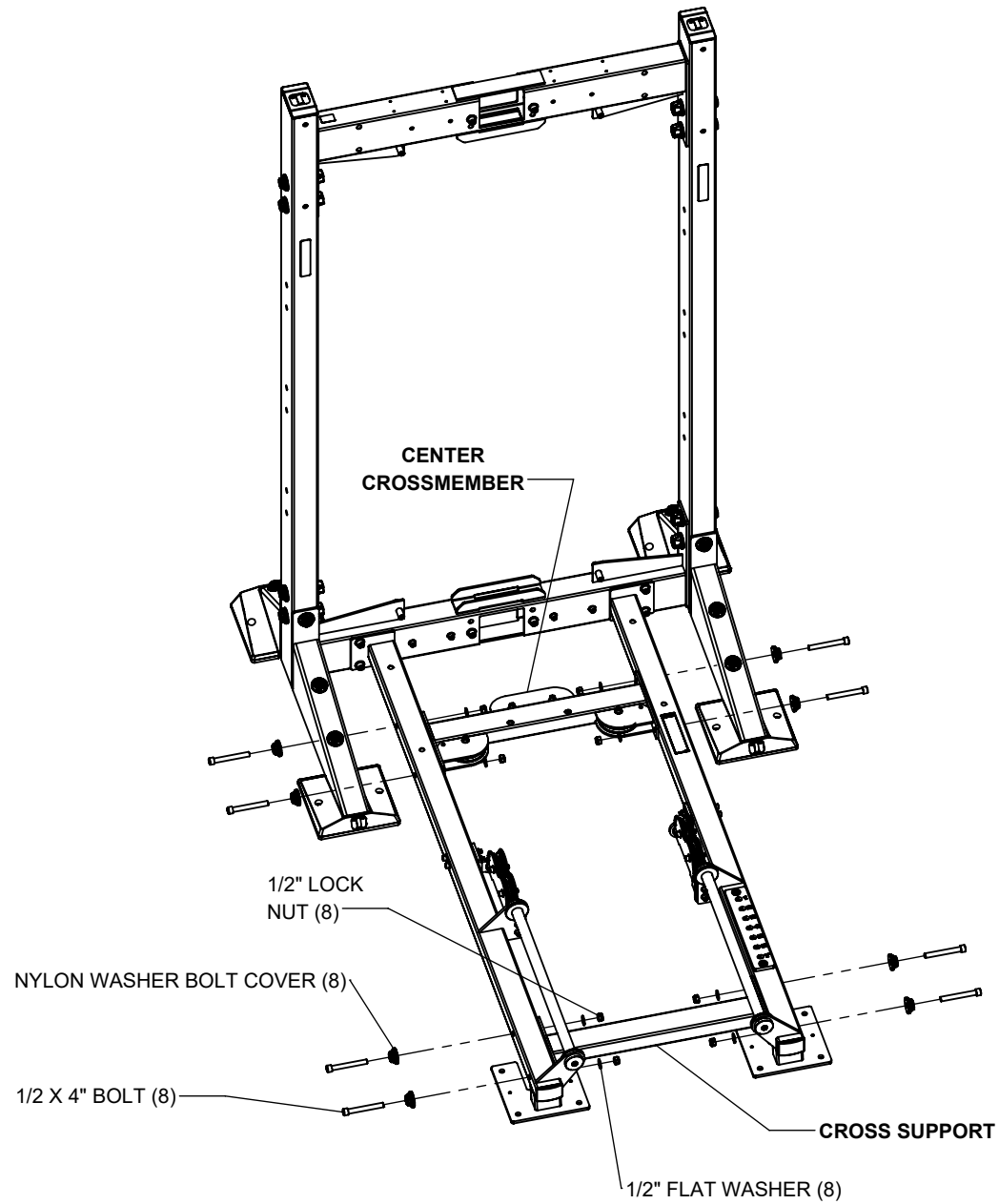
NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE
NOTE THAT THEY SHARE THE SAME BASE SUPPORT AND
HARDWARE AS SHOWN. BOTH HIP THRUST BASES NEED TO BE
ASSEMBLED SIMULTANEOUSLY

NOTES:

LOOSELY tighten bolt connections in this step.

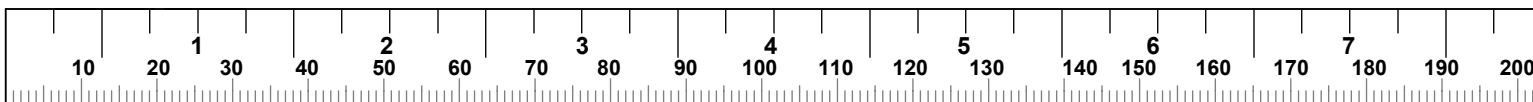


STEP 3

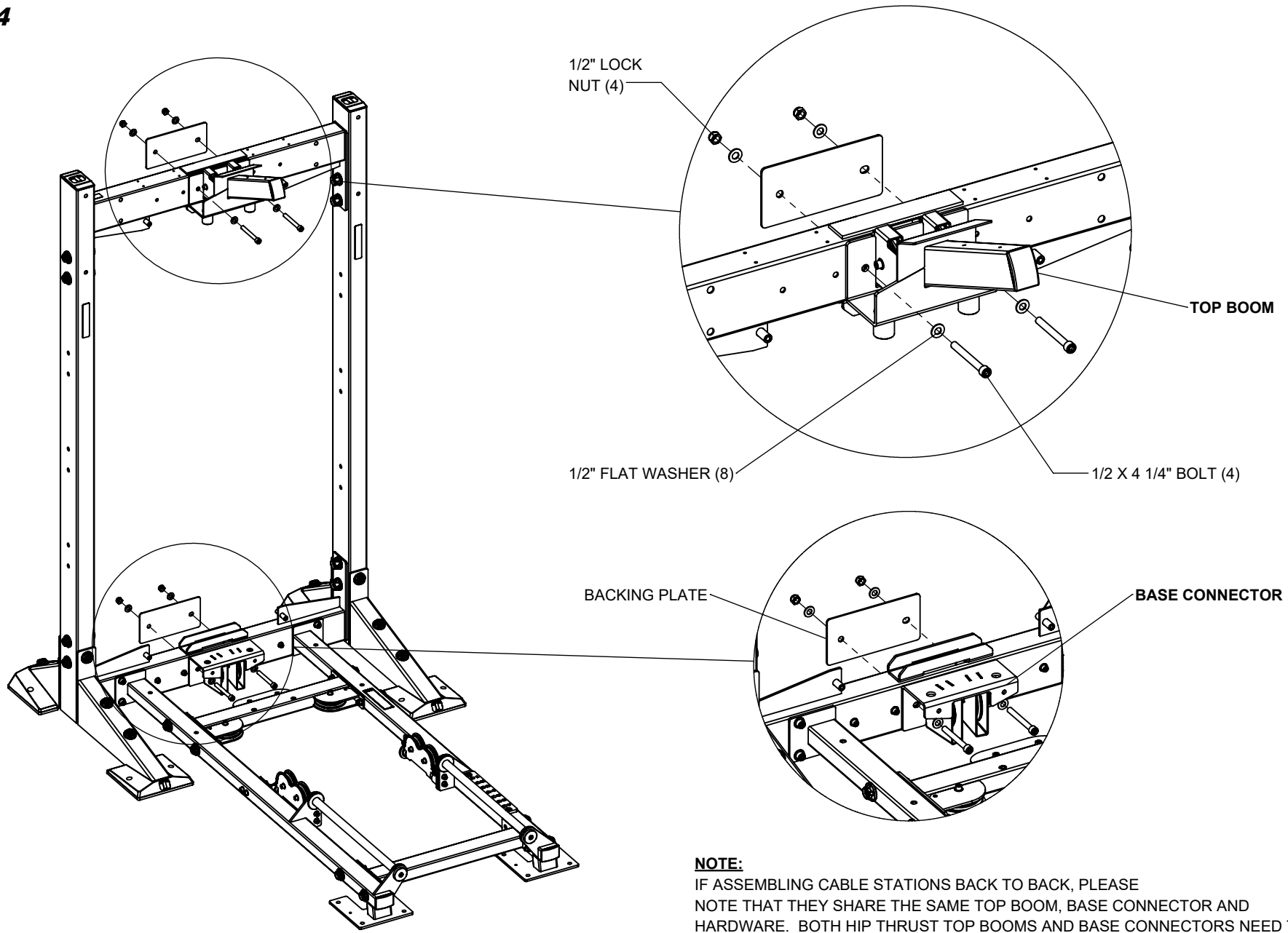


NOTES:

SECURELY tighten bolt connections in this step, and the previous two steps, except as noted



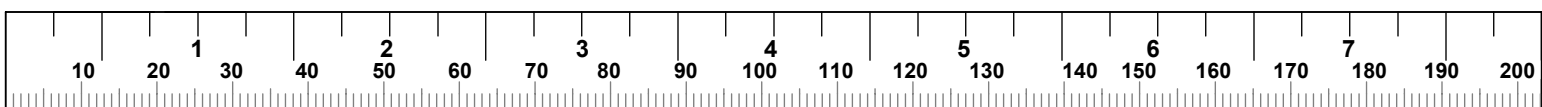
STEP 4



NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME TOP BOOM, BASE CONNECTOR AND HARDWARE. BOTH HIP THRUST TOP BOOMS AND BASE CONNECTORS NEED TO BE ASSEMBLED SIMULTANEOUSLY. THE BACKING PLATES ARE NOT NEEDED IF ASSEMBLING BACK TO BACK UNITS.

NOTES:

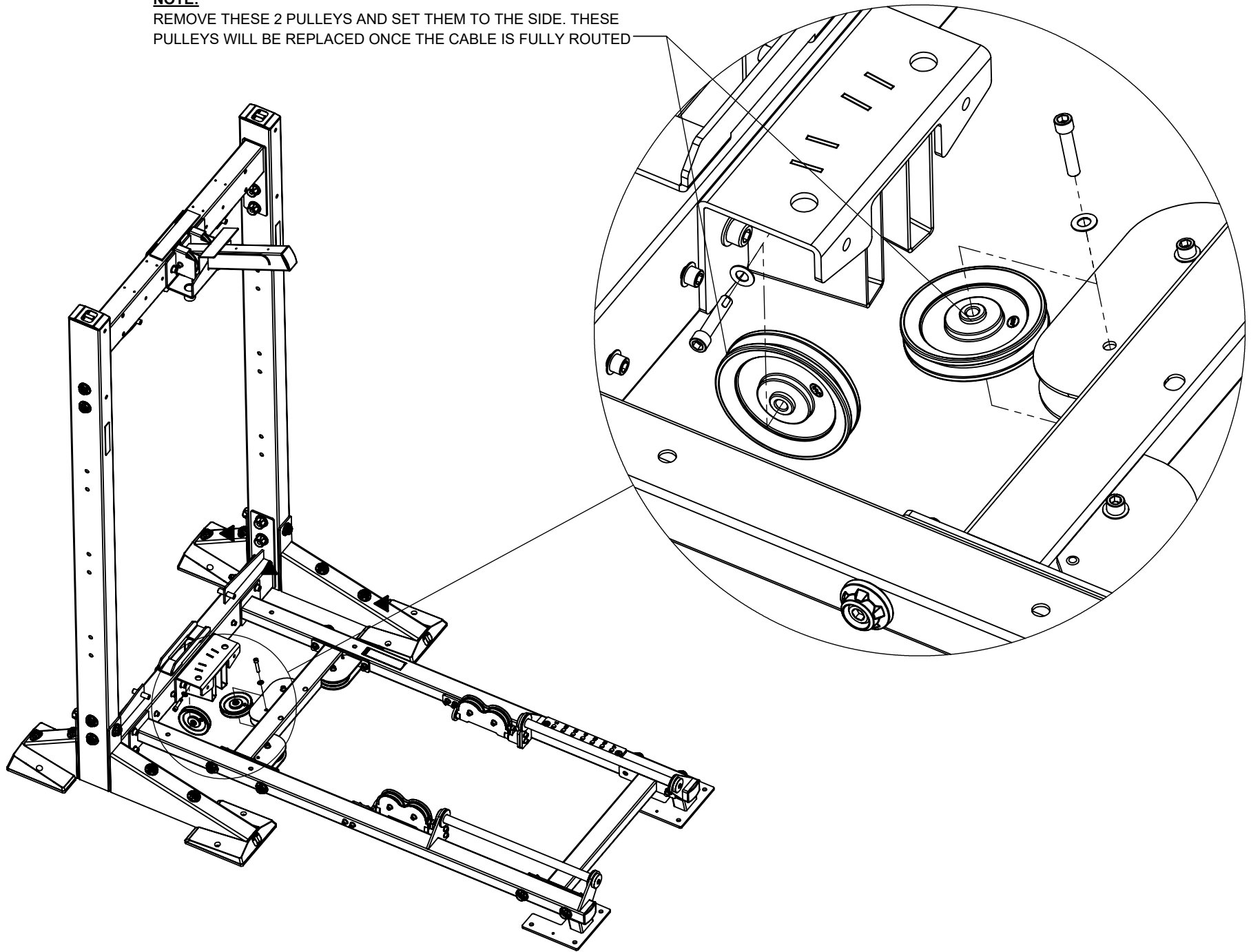
SECURELY tighten bolt connections in this step.



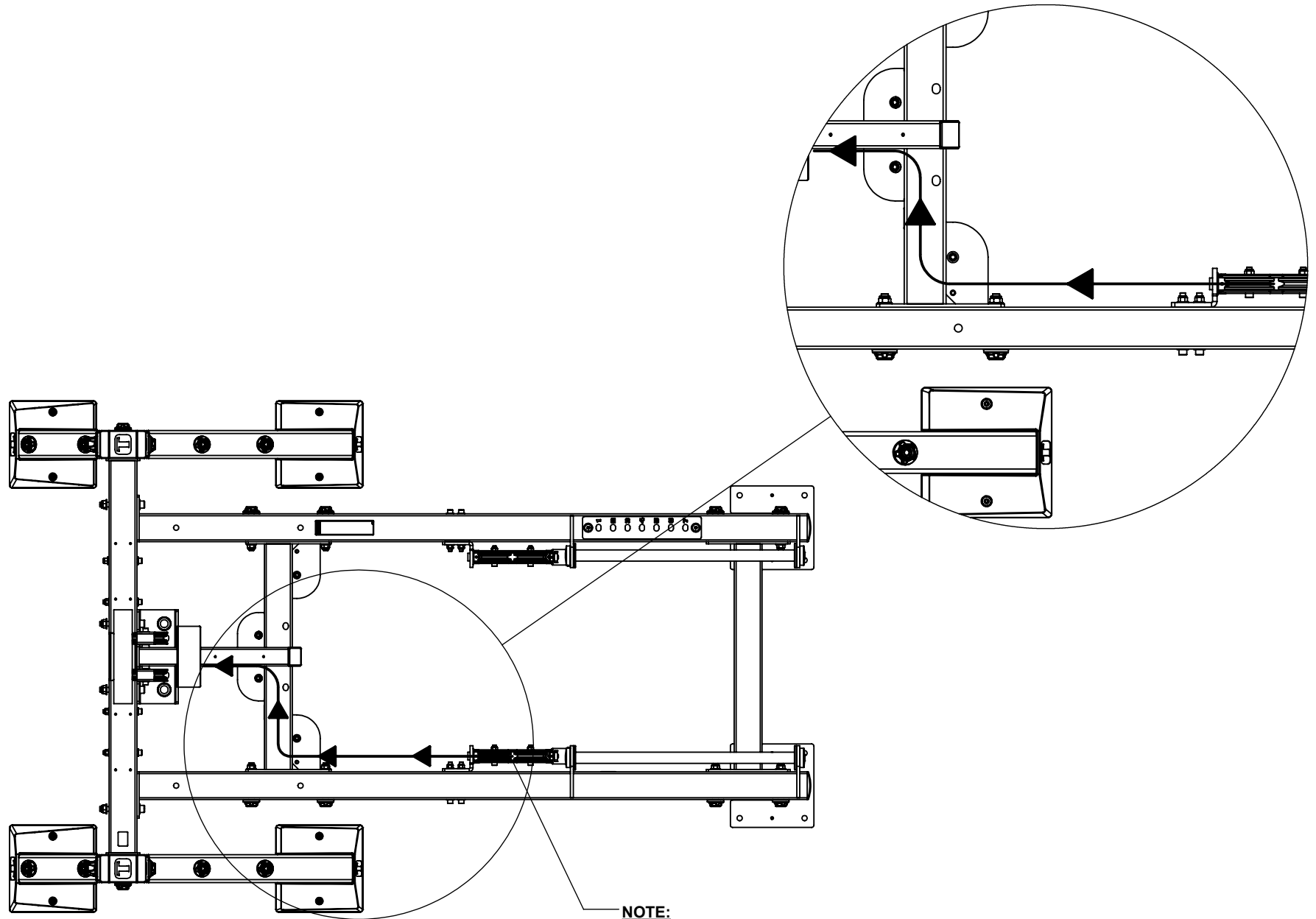
STEP 5a

NOTE:

REMOVE THESE 2 PULLEYS AND SET THEM TO THE SIDE. THESE PULLEYS WILL BE REPLACED ONCE THE CABLE IS FULLY ROUTED



STEP 5b

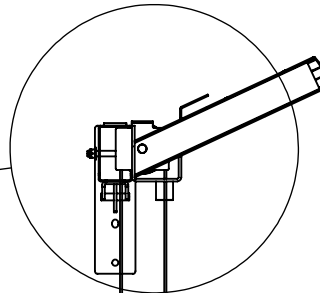
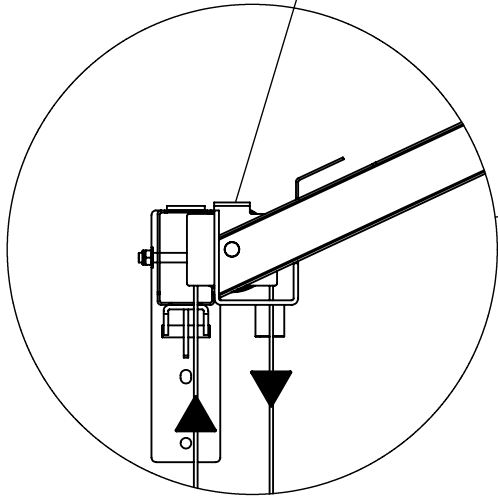


LEFT SIDE

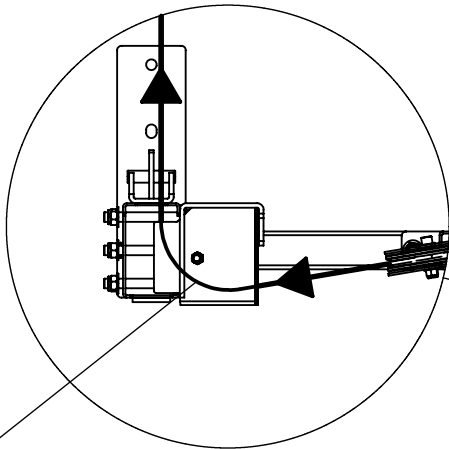
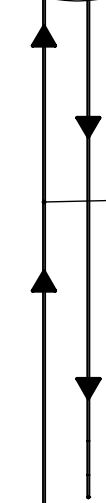
NOTE:
START BY GOING DOWN BETWEEN THESE 2 PULLEYS
AND OUT THE LEFT SIDE THROUGH THE BEARING HOLE

STEP 6

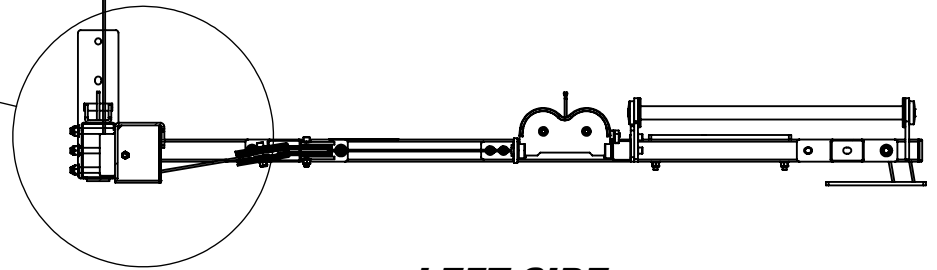
ROUTE CABLE UNDER THE CABLE RETAINING BRACKET AND PULL THE CABLE DOWN THROUGH THE TOP BOOM



NOTE:
UPRIGHTS ARE HIDDEN TO SHOW THE CABLE ROUTING PATH CLEARLY

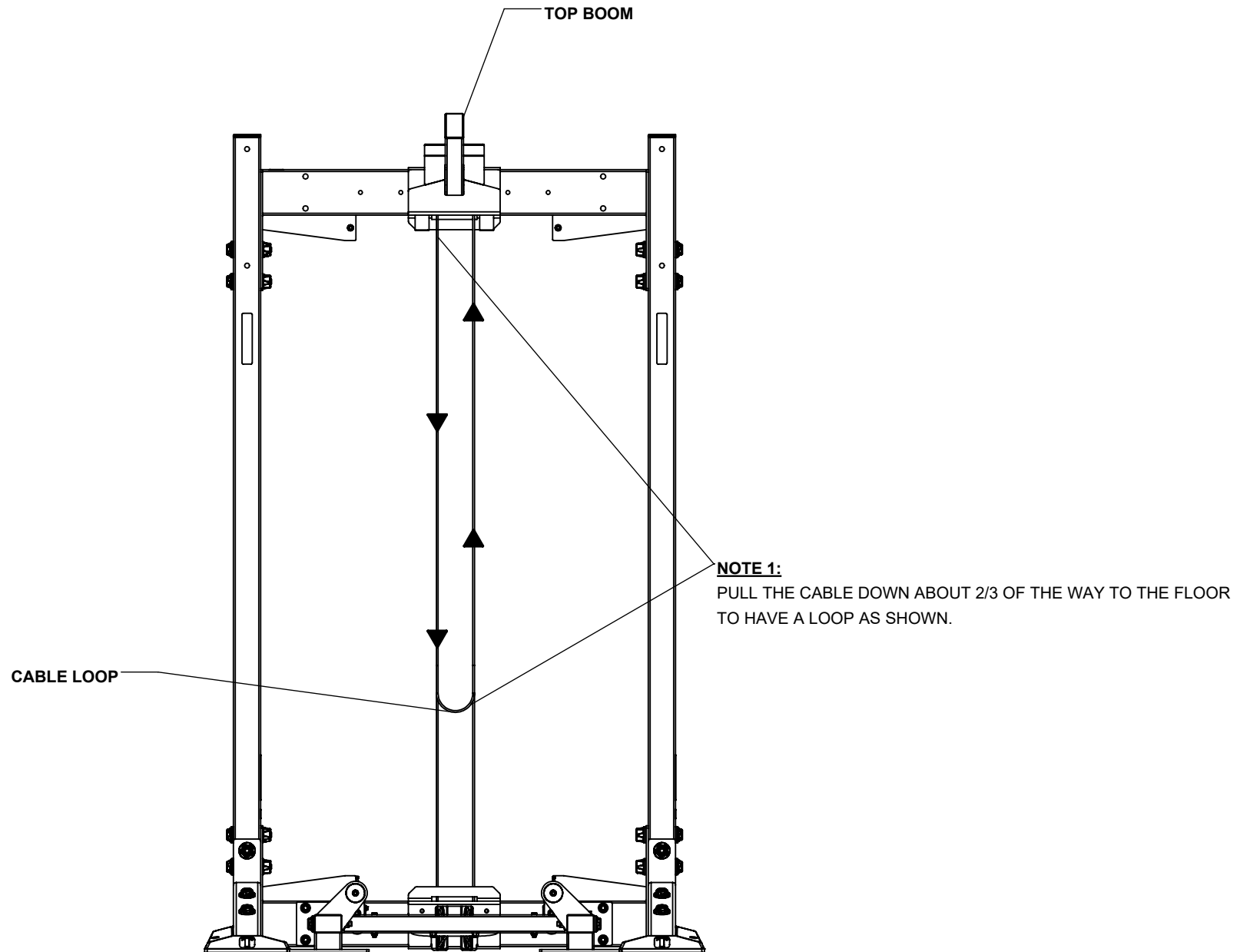


ROUTE CABLE THROUGH THE PULLEY BRACKET AND PULL THE CABLE UP THROUGH THE CABLE STATION CROSS



LEFT SIDE

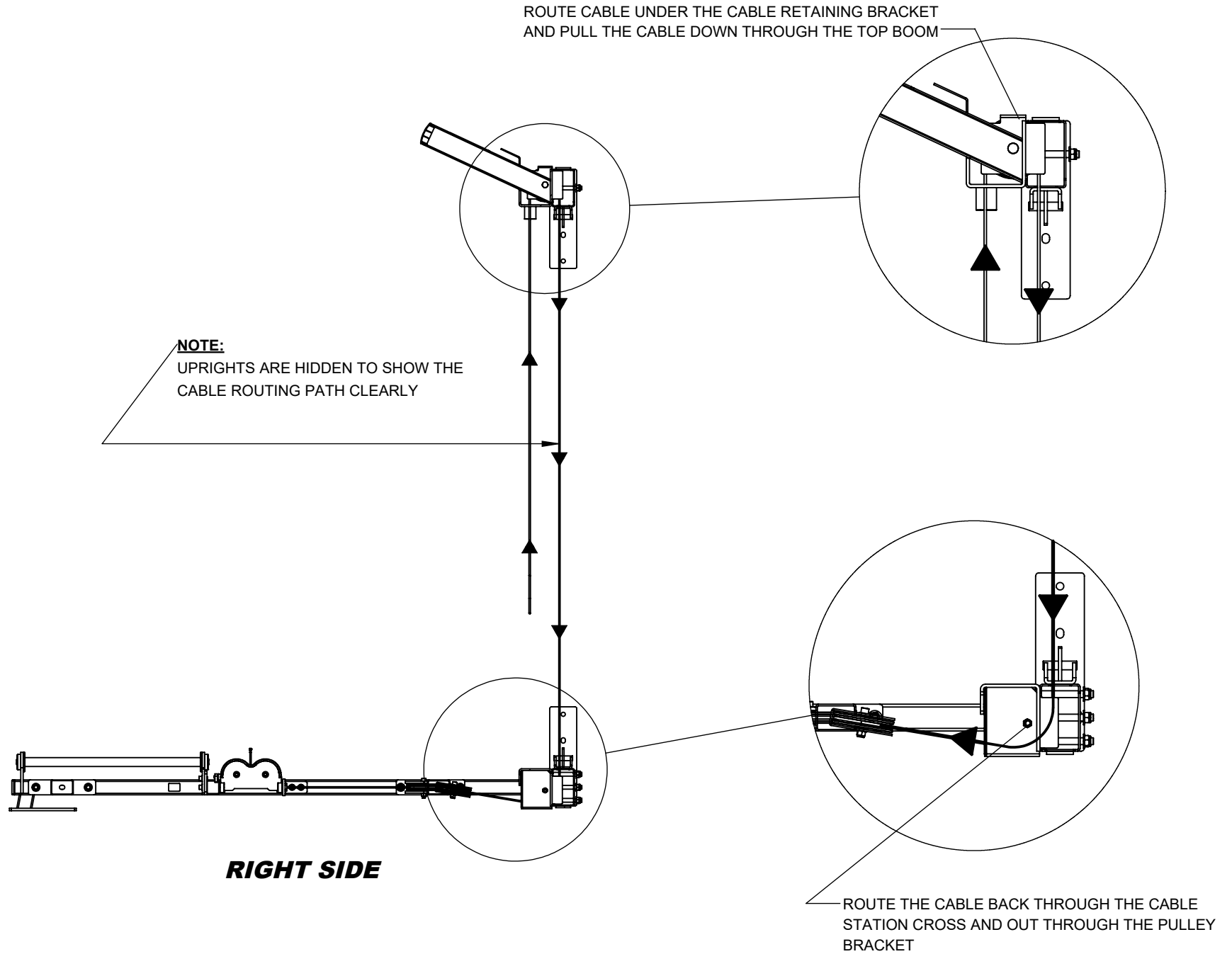
STEP 7



NOTES:

CABLE LOOP will be left hanging until the weight stack and head plate are installed.

STEP 8



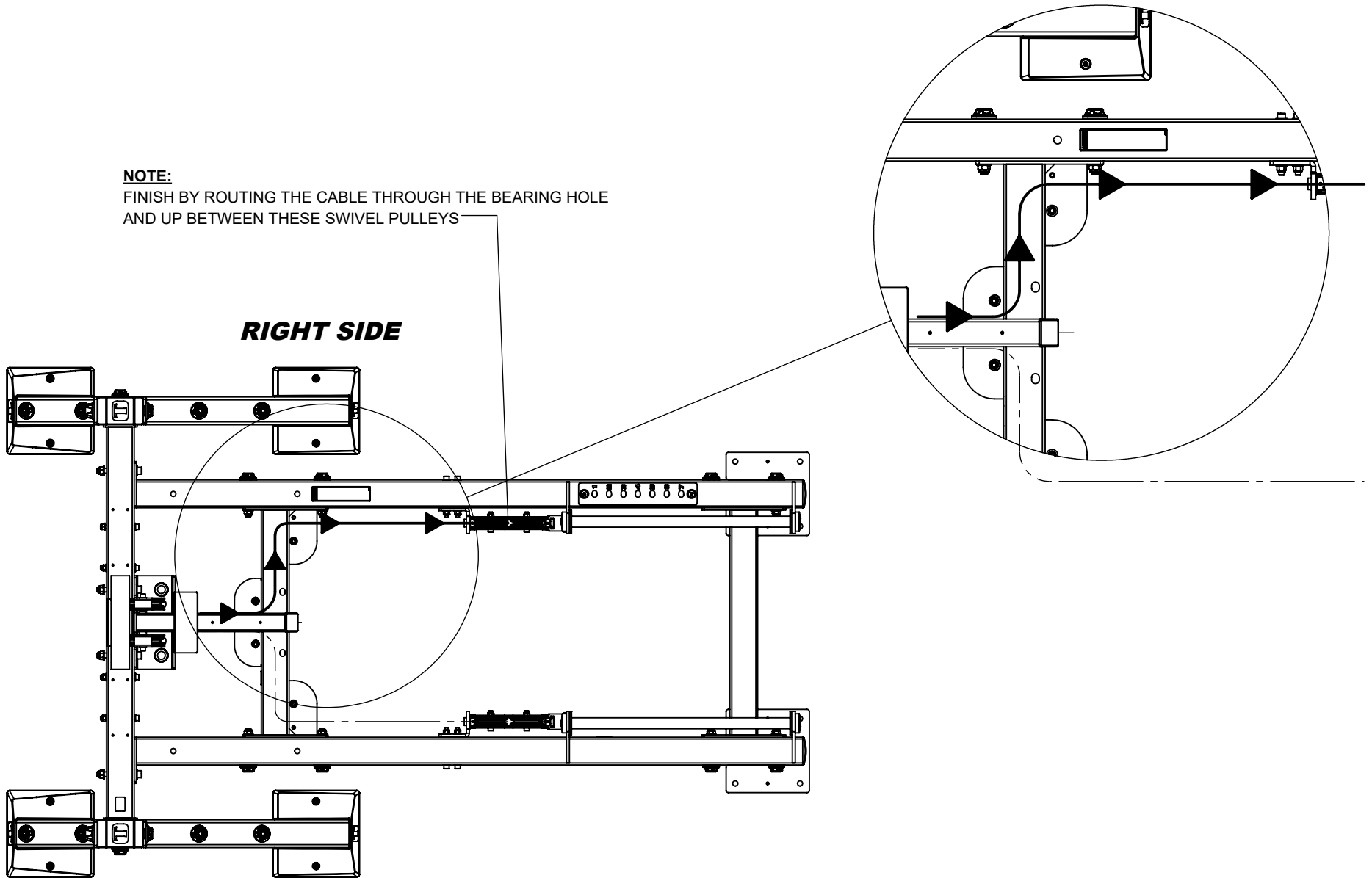
NOTES:

CABLE LOOP will be left hanging until the weight stack and head plate are installed.

STEP 9a

NOTE:
FINISH BY ROUTING THE CABLE THROUGH THE BEARING HOLE
AND UP BETWEEN THESE SWIVEL PULLEYS

RIGHT SIDE



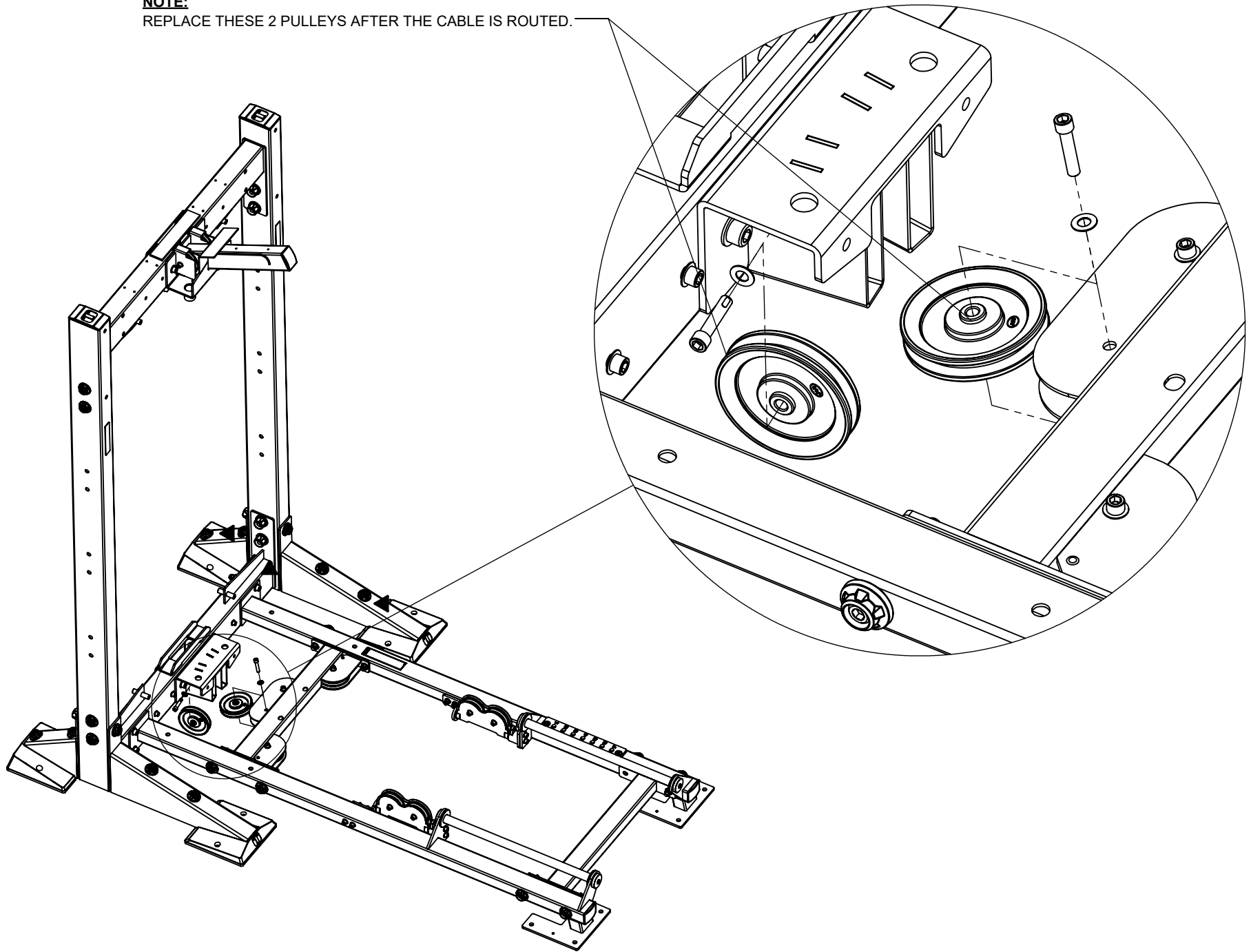
NOTES:

CABLE LOOP will be left hanging until the weight stack and head plate are installed.

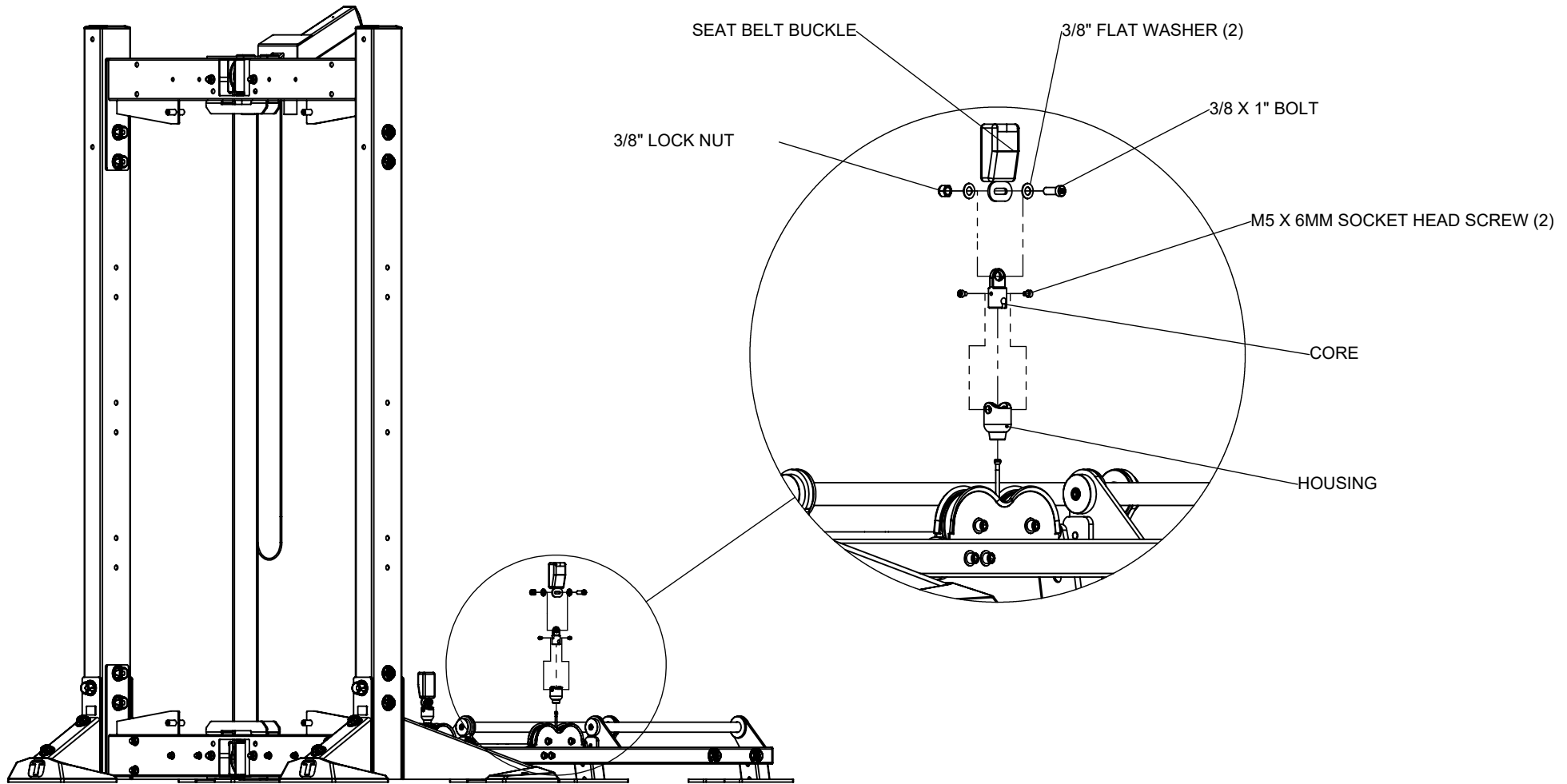
STEP 9b

NOTE:

REPLACE THESE 2 PULLEYS AFTER THE CABLE IS ROUTED.

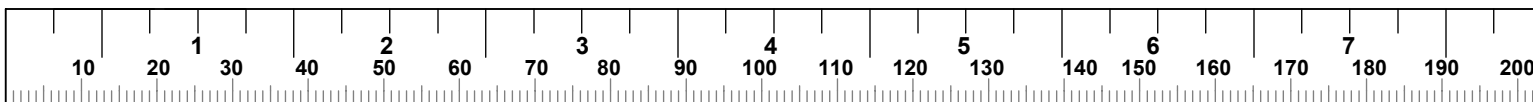


STEP 10



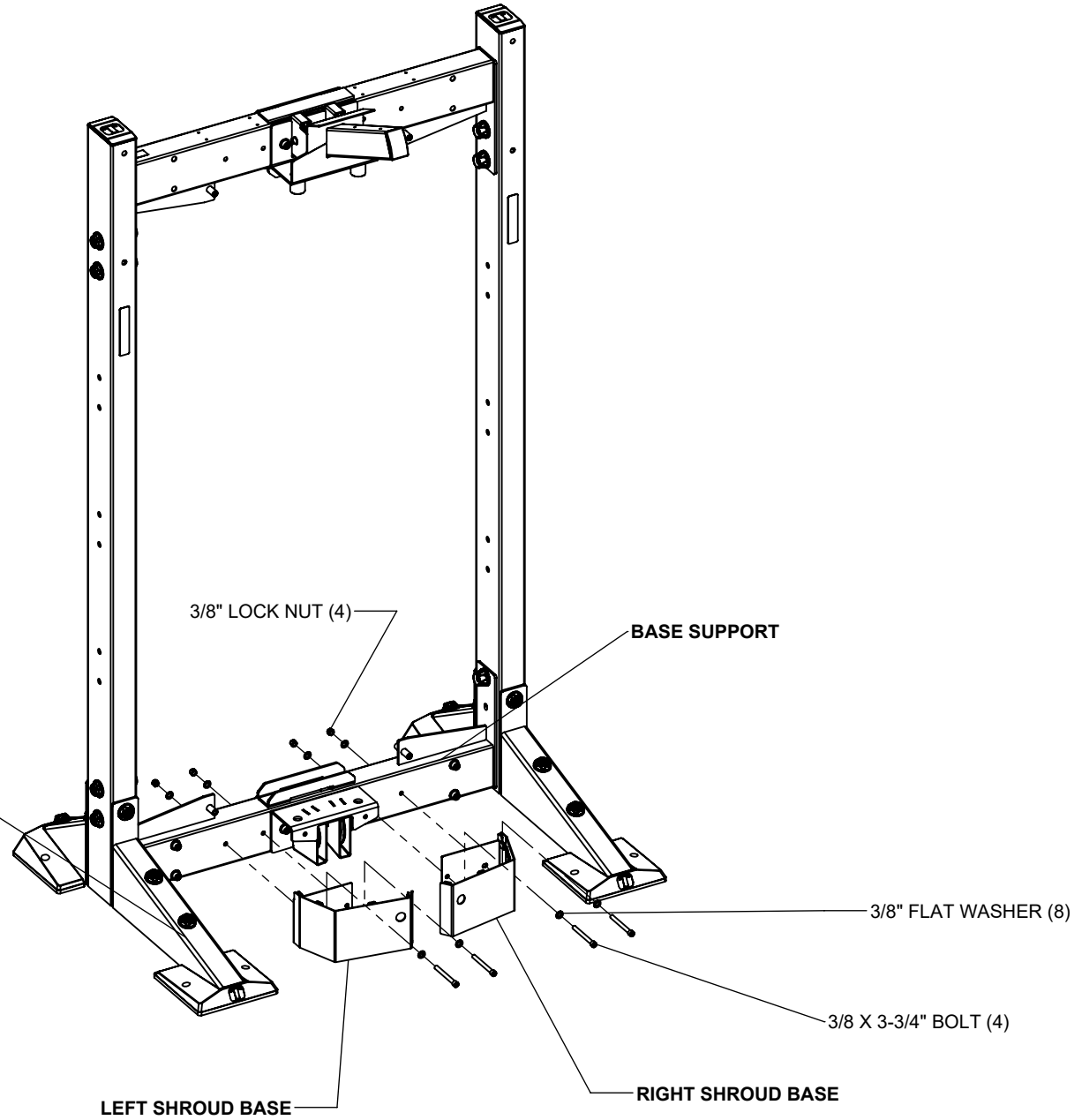
NOTES:

SECURELY tighten bolt connections in this step.



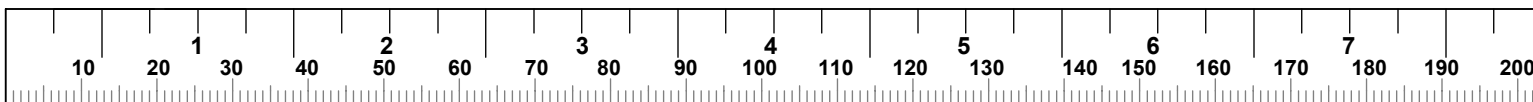
STEP 11

NOTE:
PREVIOUS STEPS ARE HIDDEN TO
SHOW THE ASSEMBLY CLEARLY

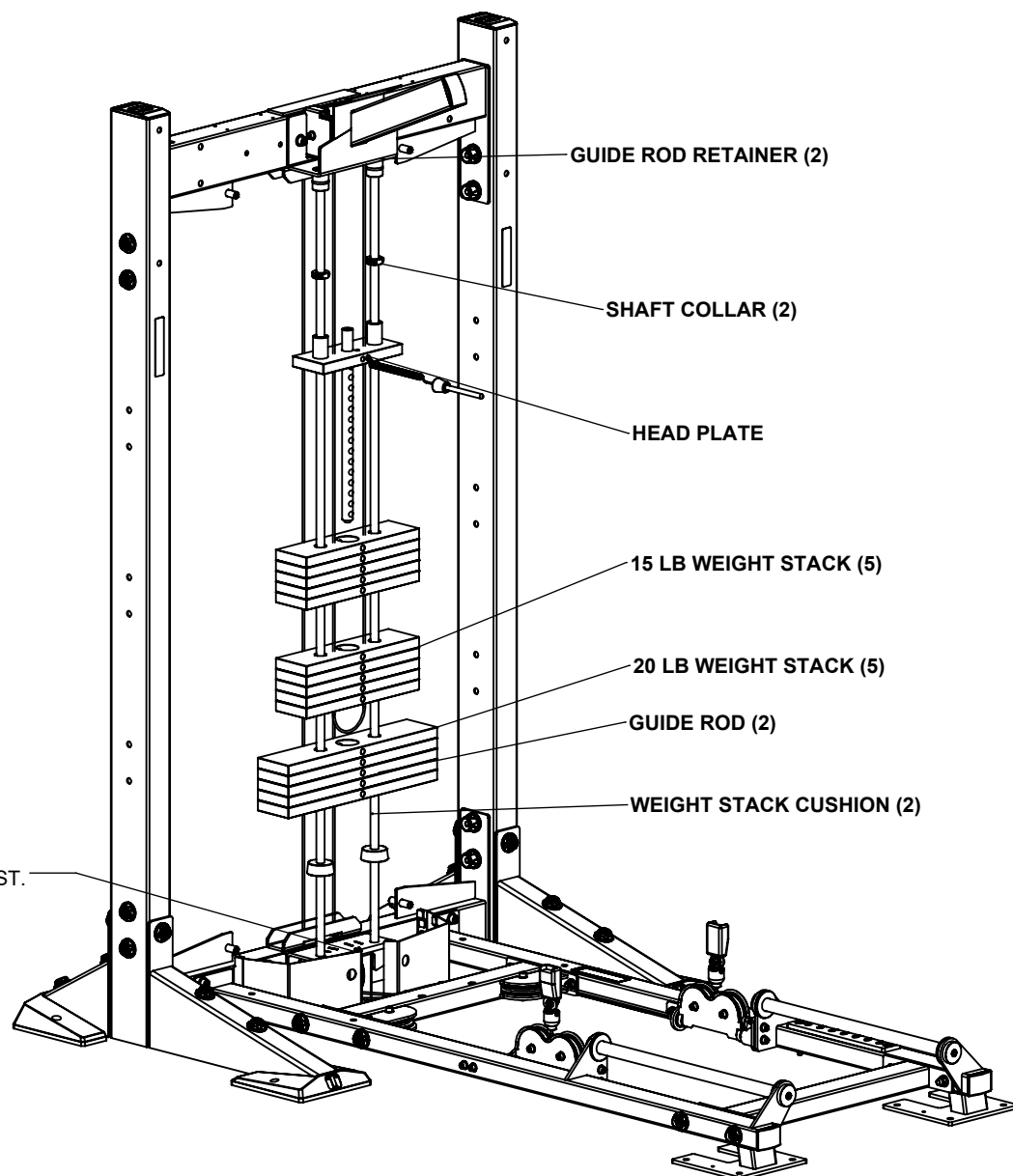


NOTES:

SECURELY tighten bolt connections in this step.

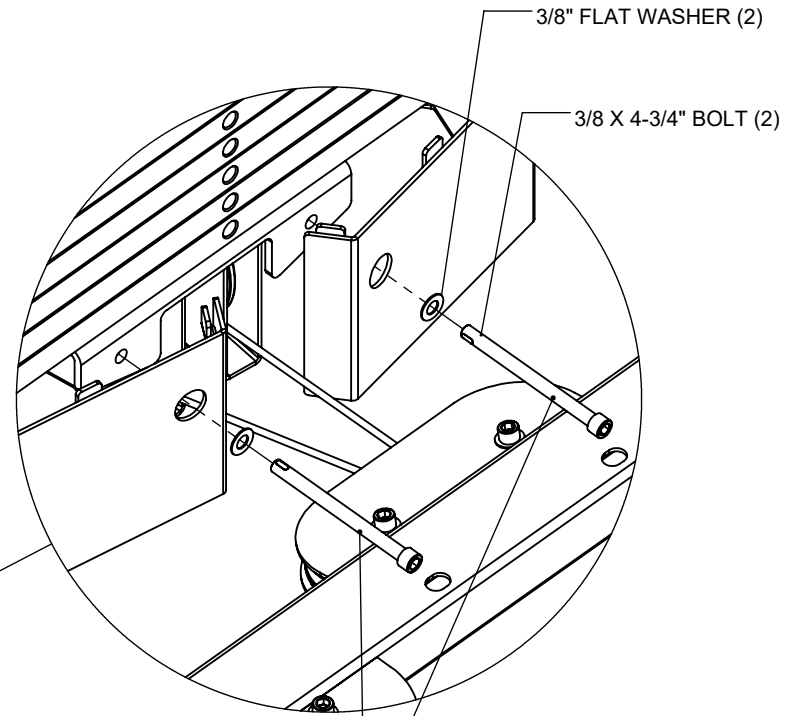
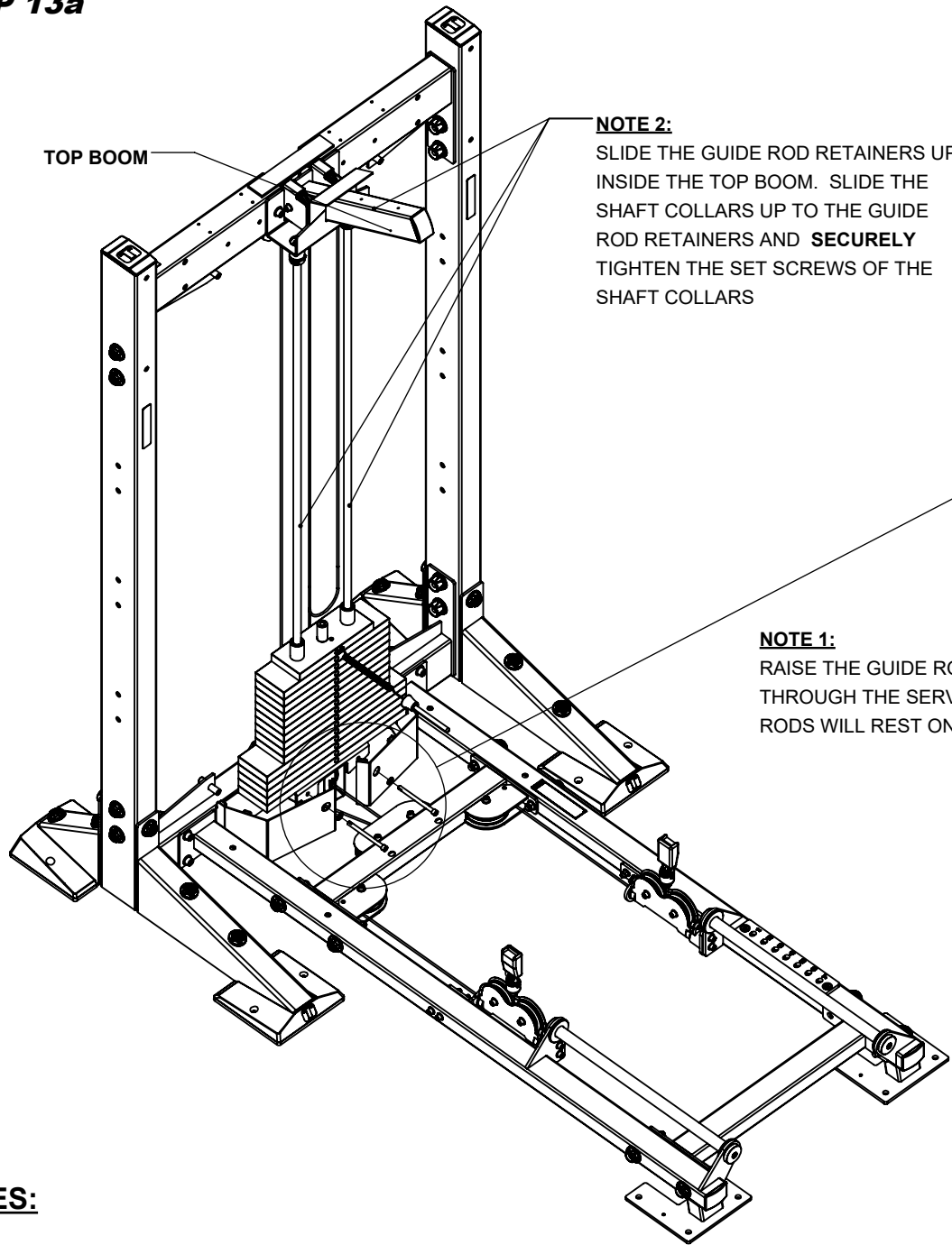


STEP 12

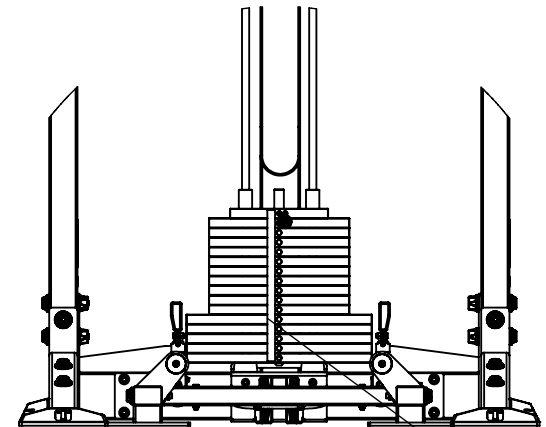


NOTE:
INSERT GUIDE RODS THROUGH THE BASE
CONNECTOR AND TOUCH THE FLOOR. THE
GUIDE RODS WILL LEAN FORWARD AND REST.

STEP 13a

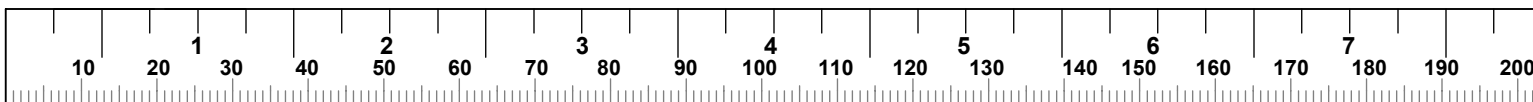


NOTE 1:
RAISE THE GUIDE RODS UP AND INSERT THE BOLTS THROUGH THE SERVICE HOLES SHOWN. THE GUIDE RODS WILL REST ON TOP OF THESE BOLTS

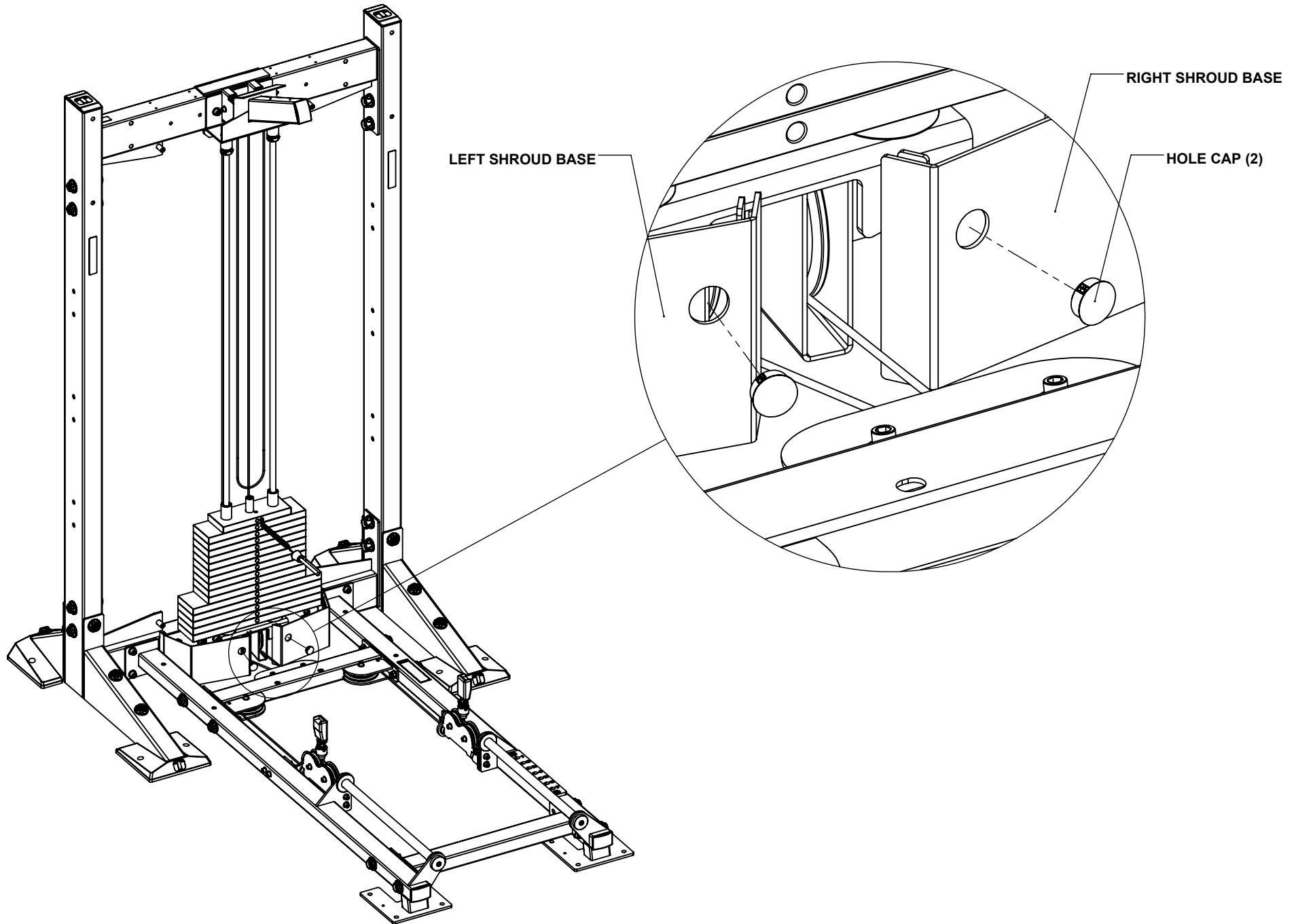


NOTES:

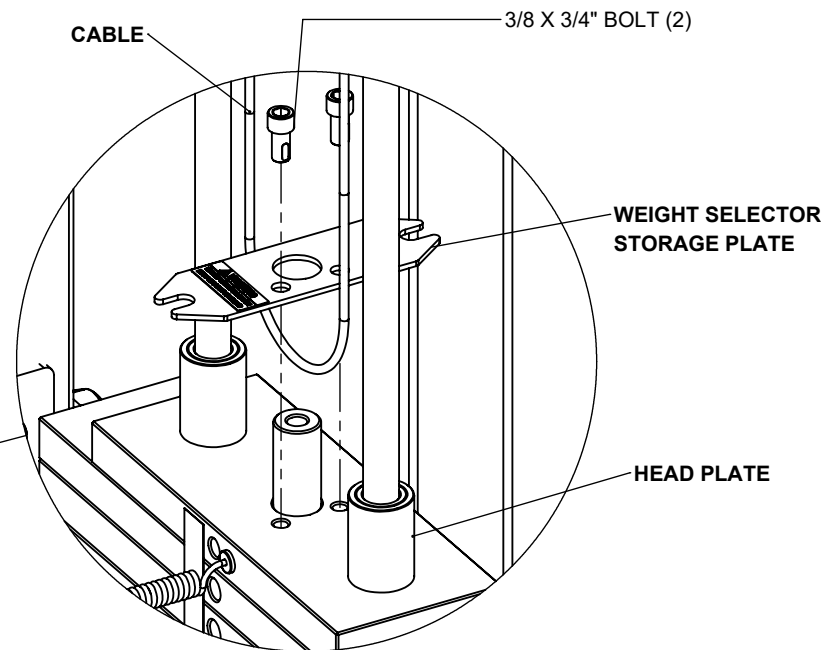
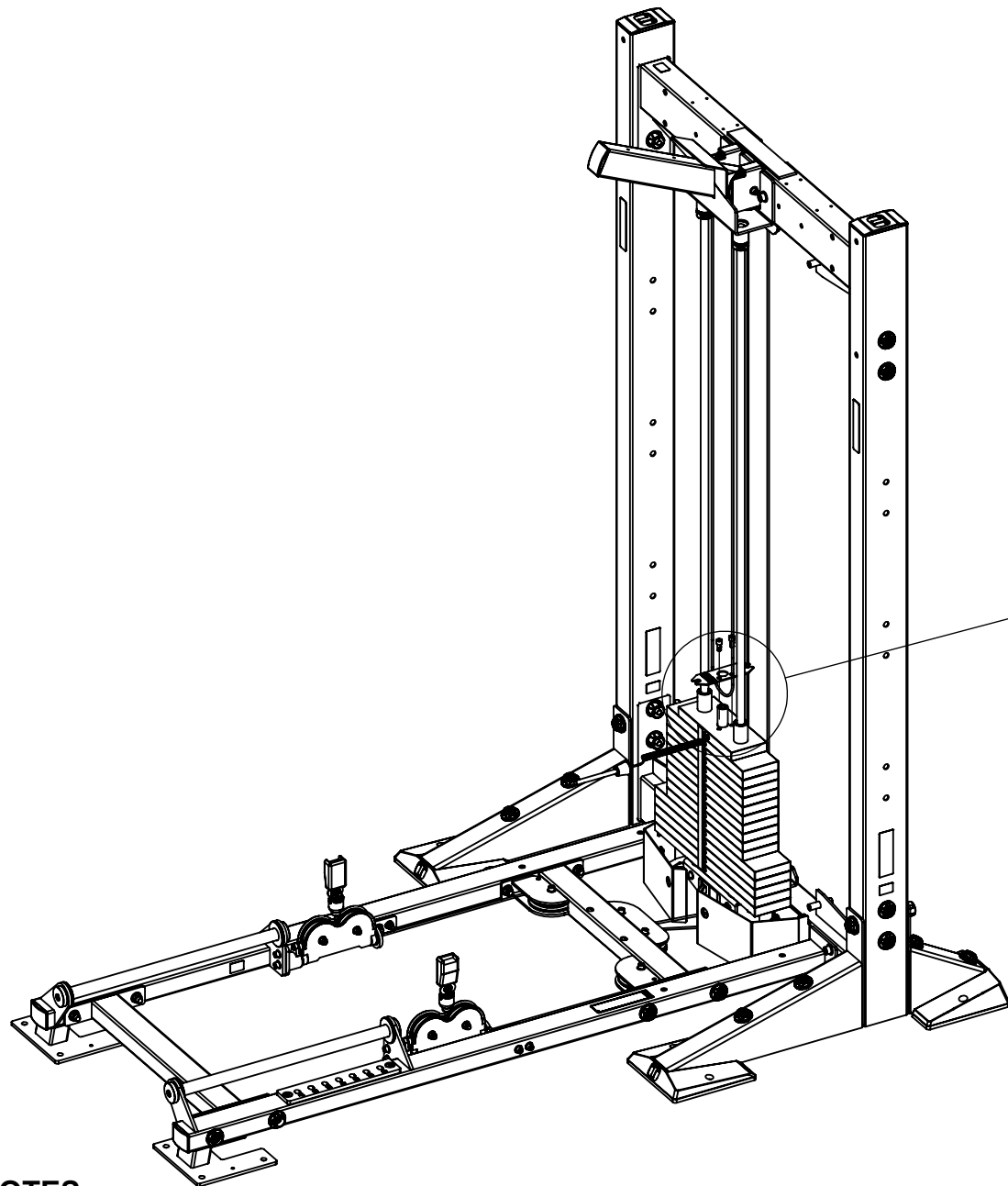
SECURELY tighten bolt connections in this step.



STEP 13b

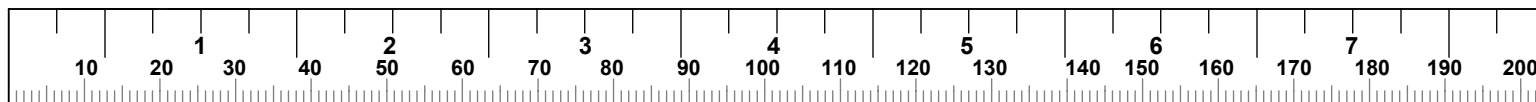


STEP 14



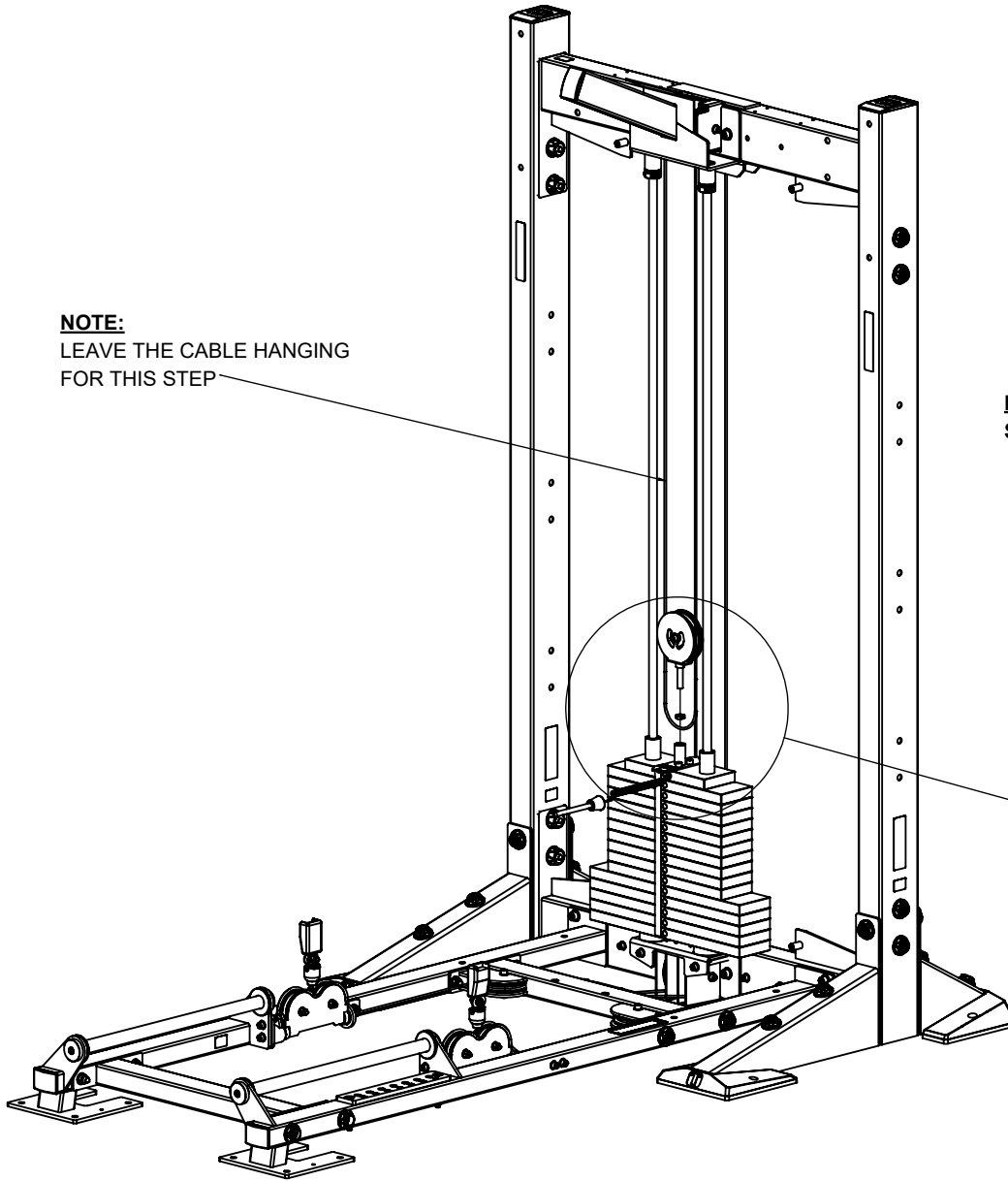
NOTES:

SECURELY tighten bolt connections in this step.



STEP 15

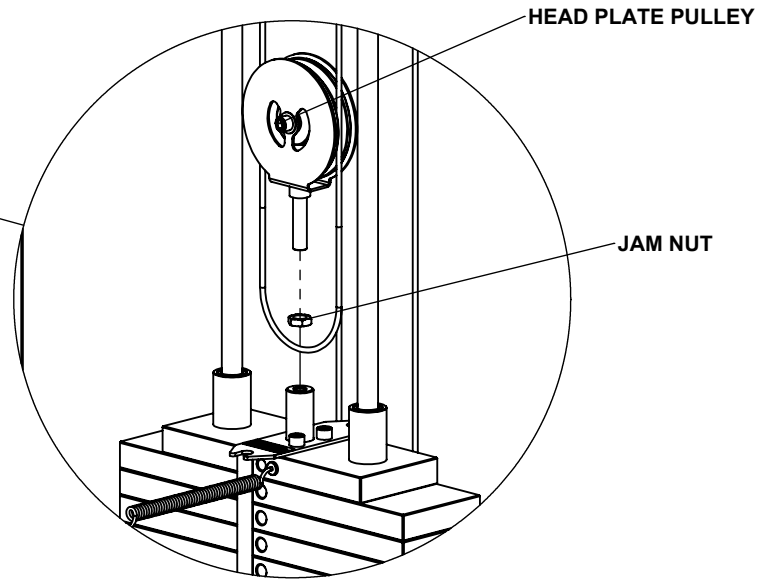
NOTE:
LEAVE THE CABLE HANGING
FOR THIS STEP



1-1/2"

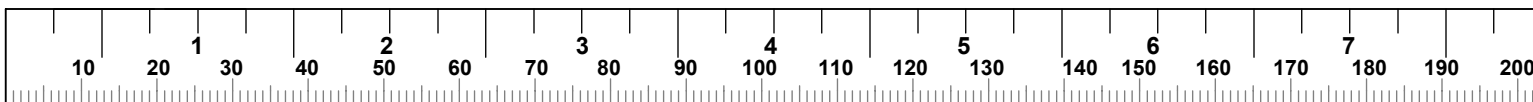
NOTE:
SECURELY TIGHTEN JAM NUT

ASSEMBLED VIEW

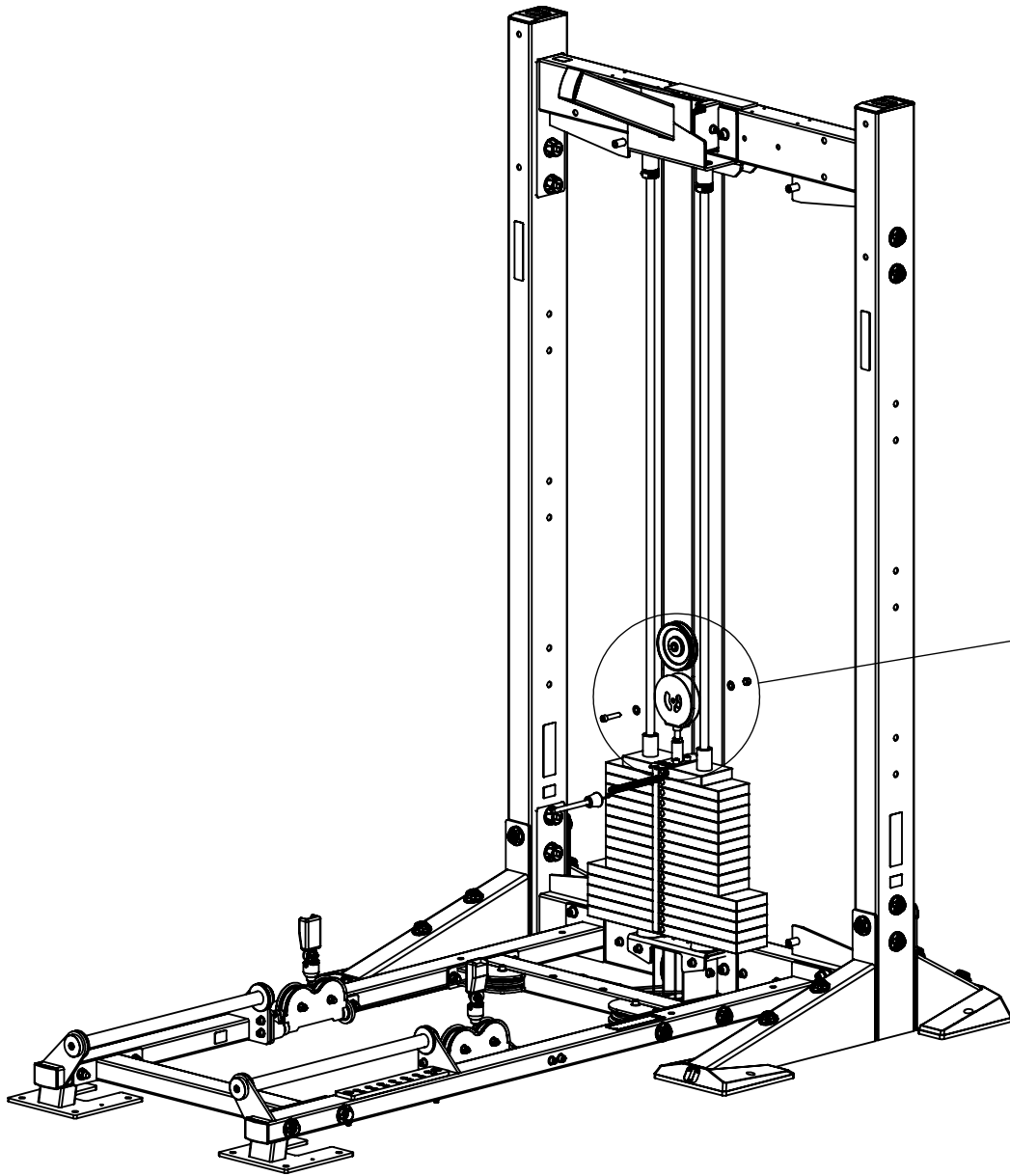


NOTES:

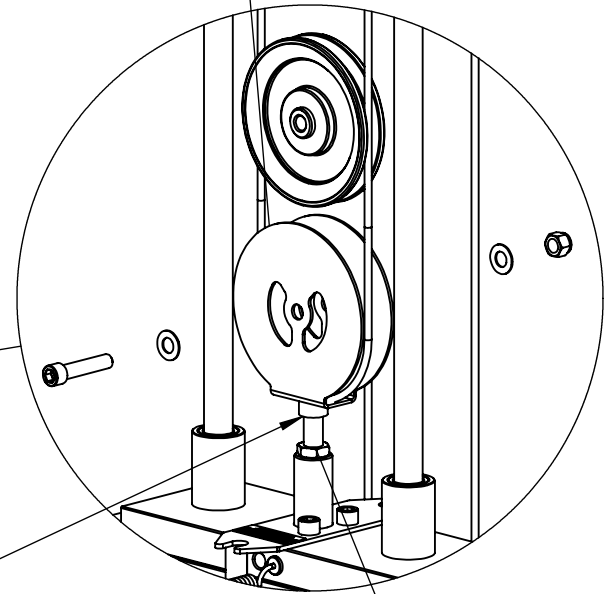
SECURELY tighten bolt connections in this step.



STEP 16



NOTE
REMOVE PULLEY AND LOOP THE CABLE UNDERNEATH THE PULLEY AND CONTAIN IT INSIDE THE HOUSING.



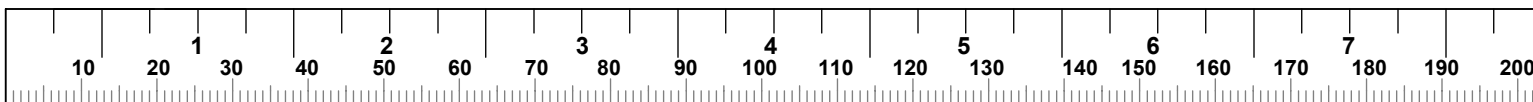
NOTE
If there is a gap between the head plate and the first plate, loosen jam nut and turn threaded end counter clockwise until the head plate touches the first plate. **SECURELY** tighten jam nut.

To add tension to the cable, turn the threaded end clockwise. **SECURELY** tighten jam nut.

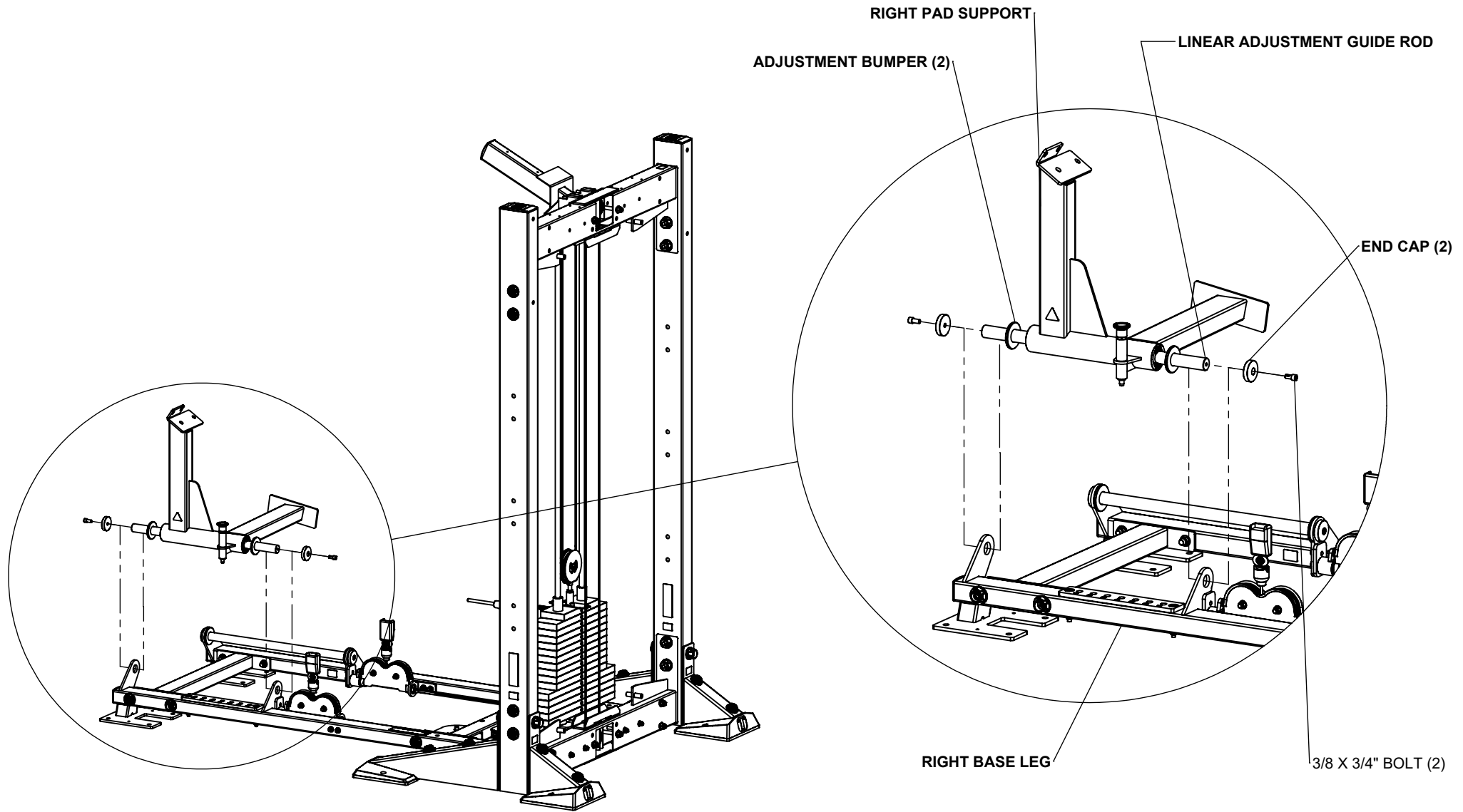
NOTE
If further cable adjustment is needed, remove the pulley again as shown above.

Loosen the jam nut and rotate the head plate pulley assembly counter clockwise to loosen the cable. To add tension to the cable, rotate the head plate pulley assembly clockwise.

Reinstall pulley and **SECURELY** tighten bolts. **SECURELY** tighten jam nut.

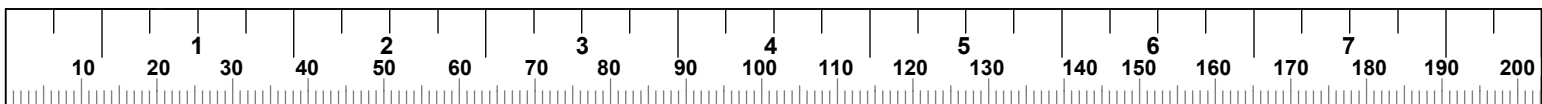


STEP 17

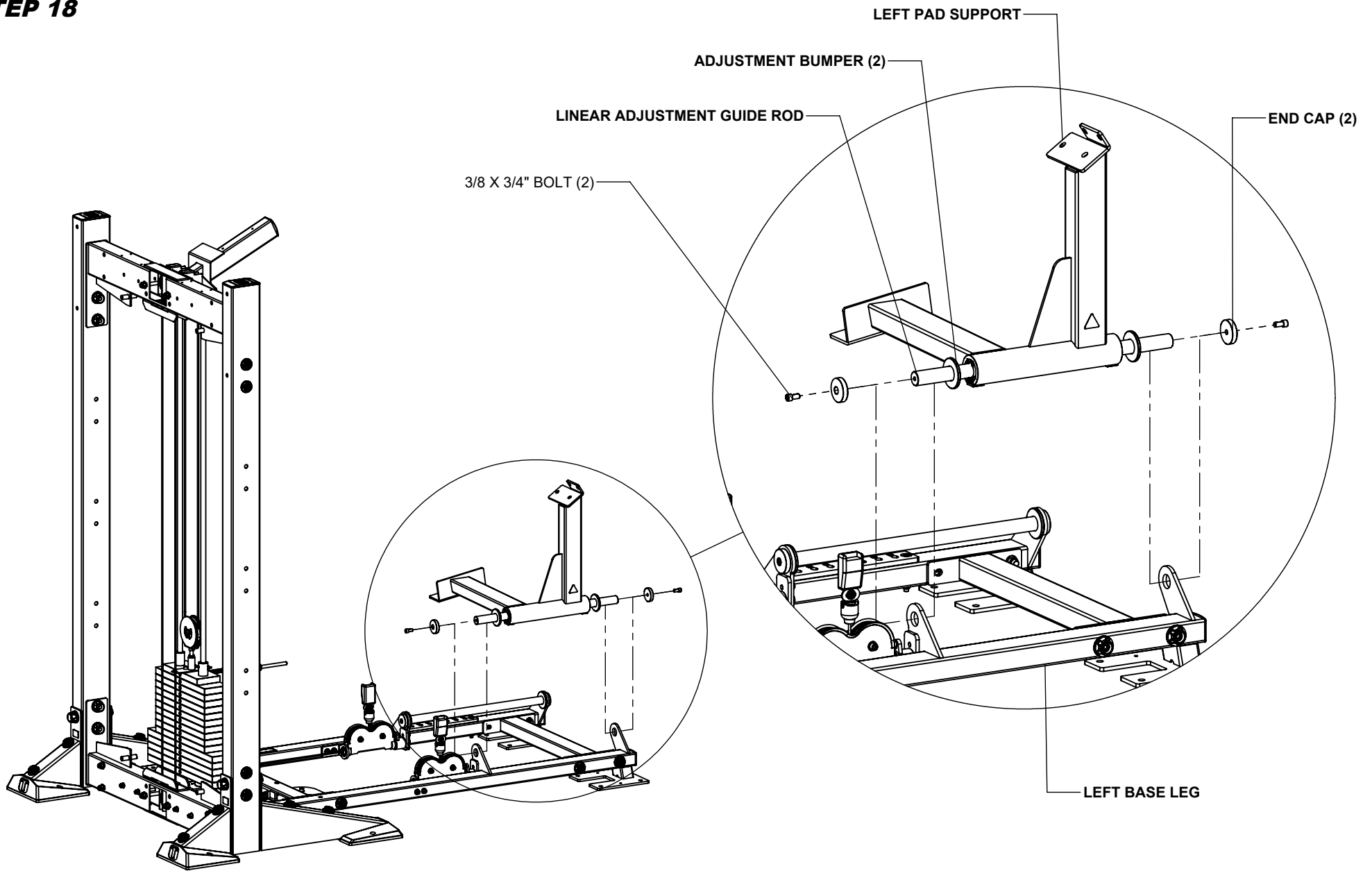


NOTES:

SECURELY tighten bolt connections in this step.

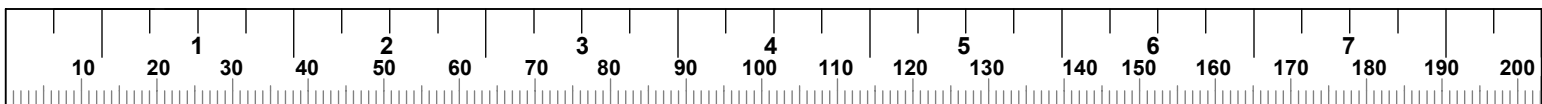


STEP 18

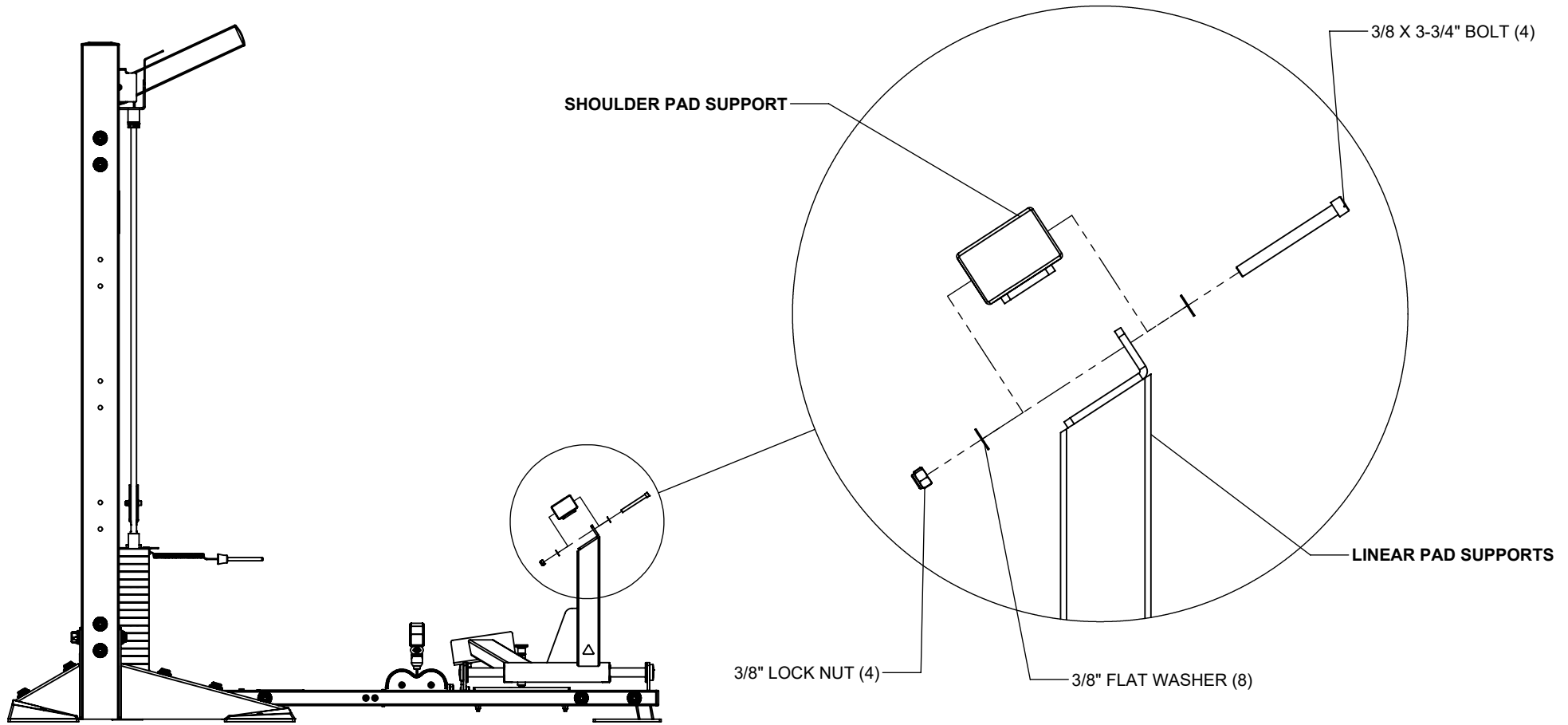


NOTES:

SECURELY tighten bolt connections in this step.

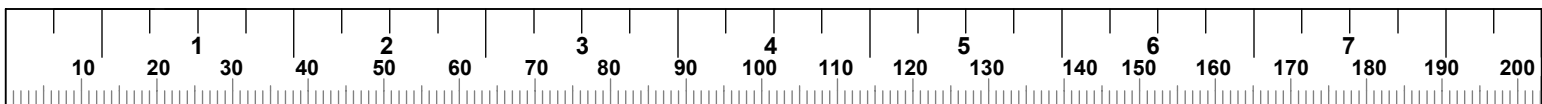


STEP 19

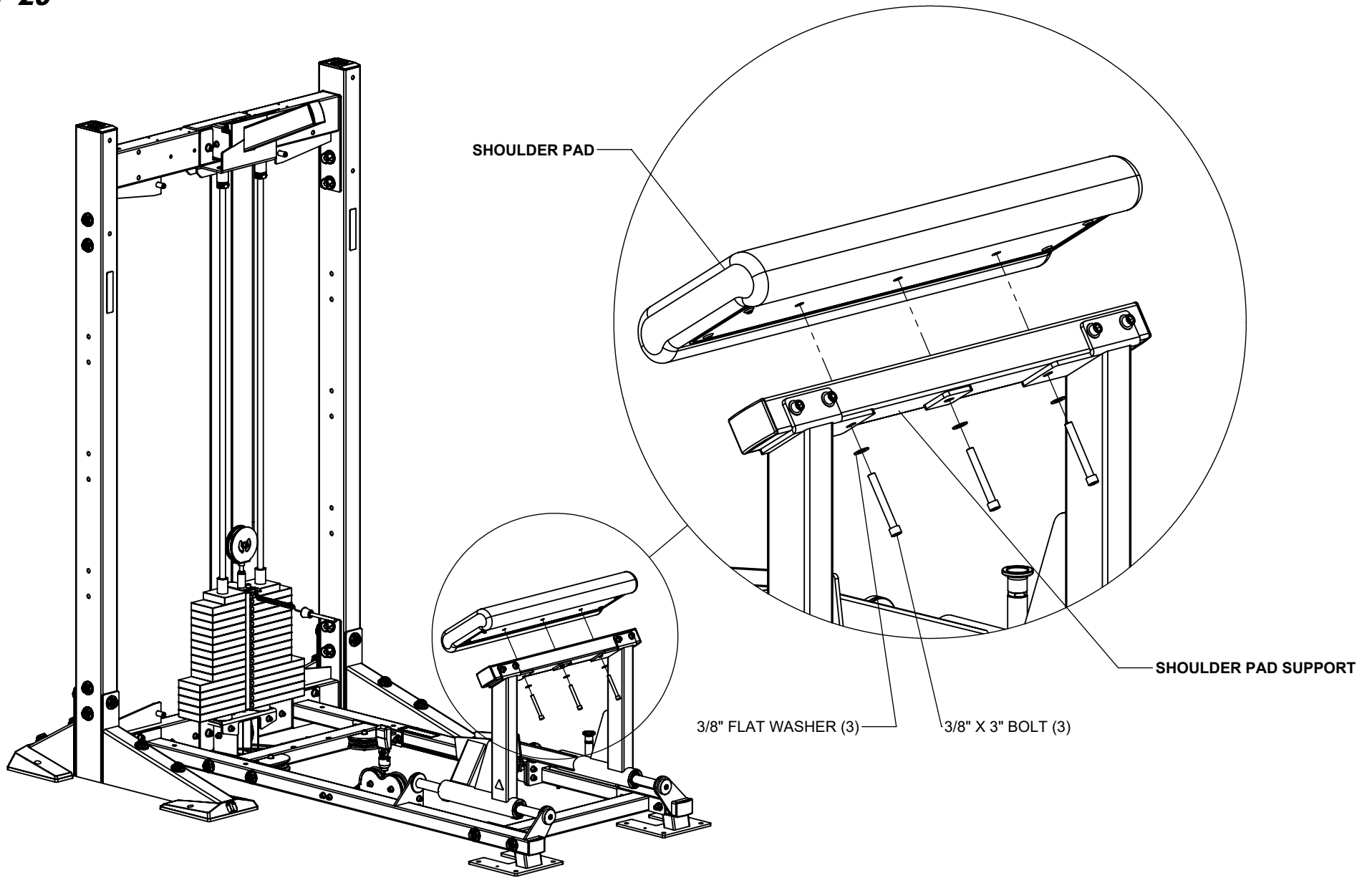


NOTES:

SECURELY tighten bolt connections in this step.

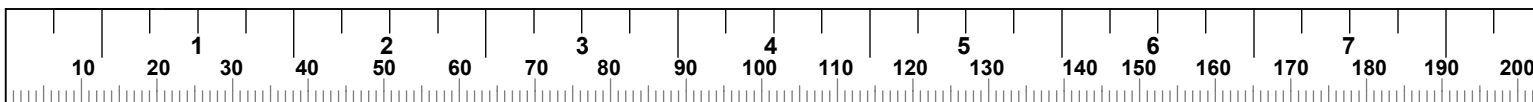


STEP 20

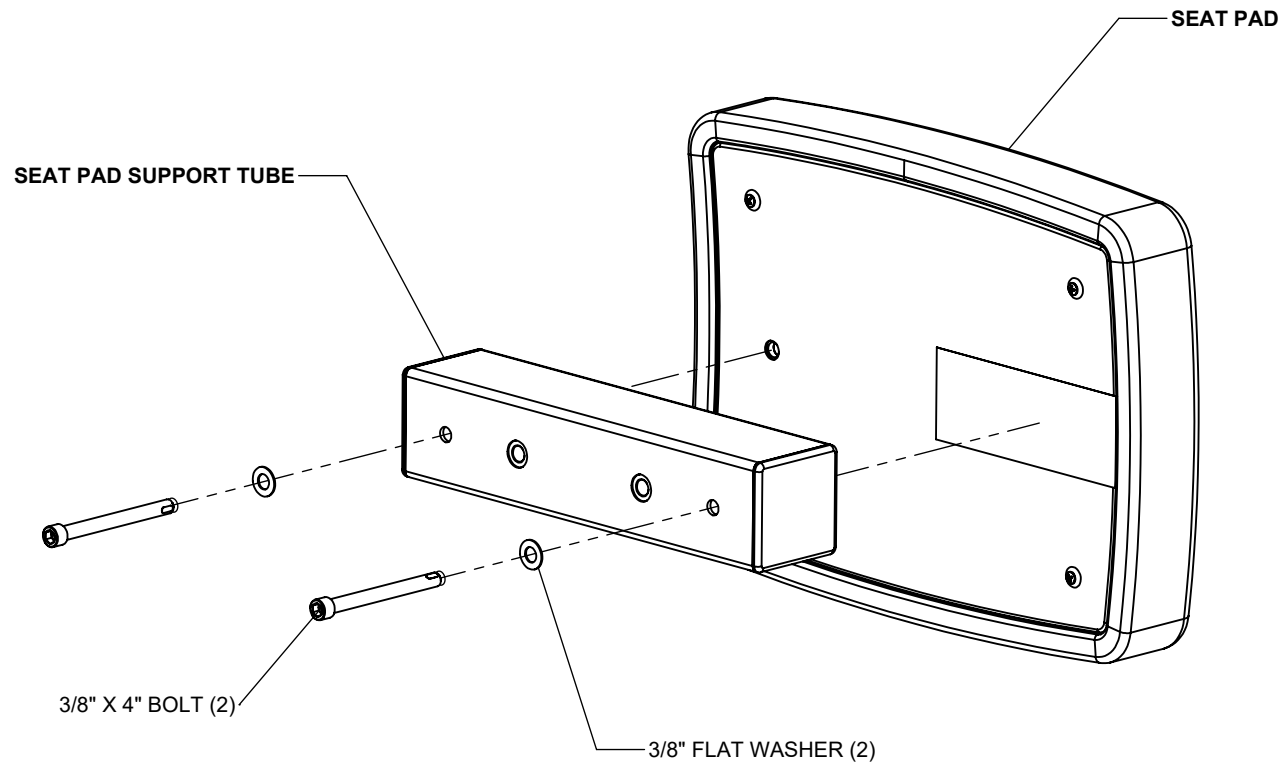


NOTES:

SECURELY tighten bolt connections in this step.



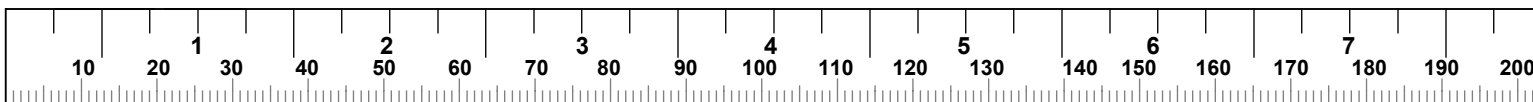
STEP 21



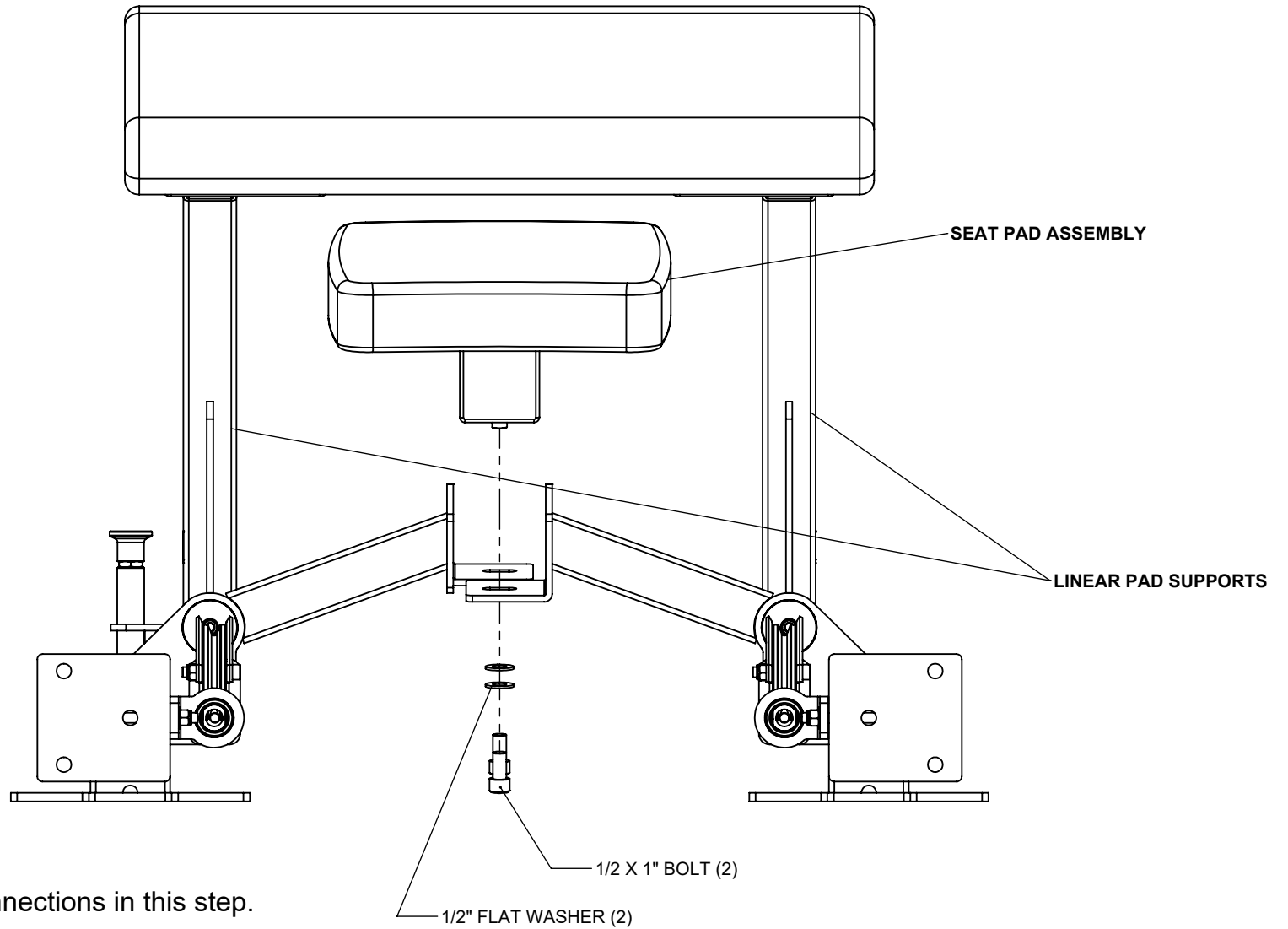
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.



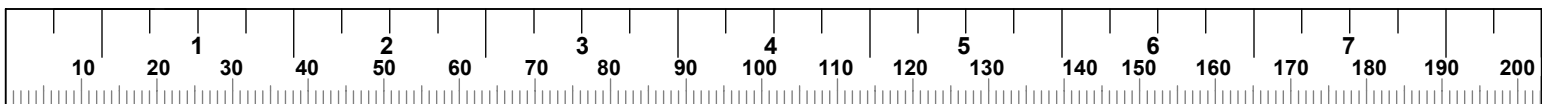
STEP 22



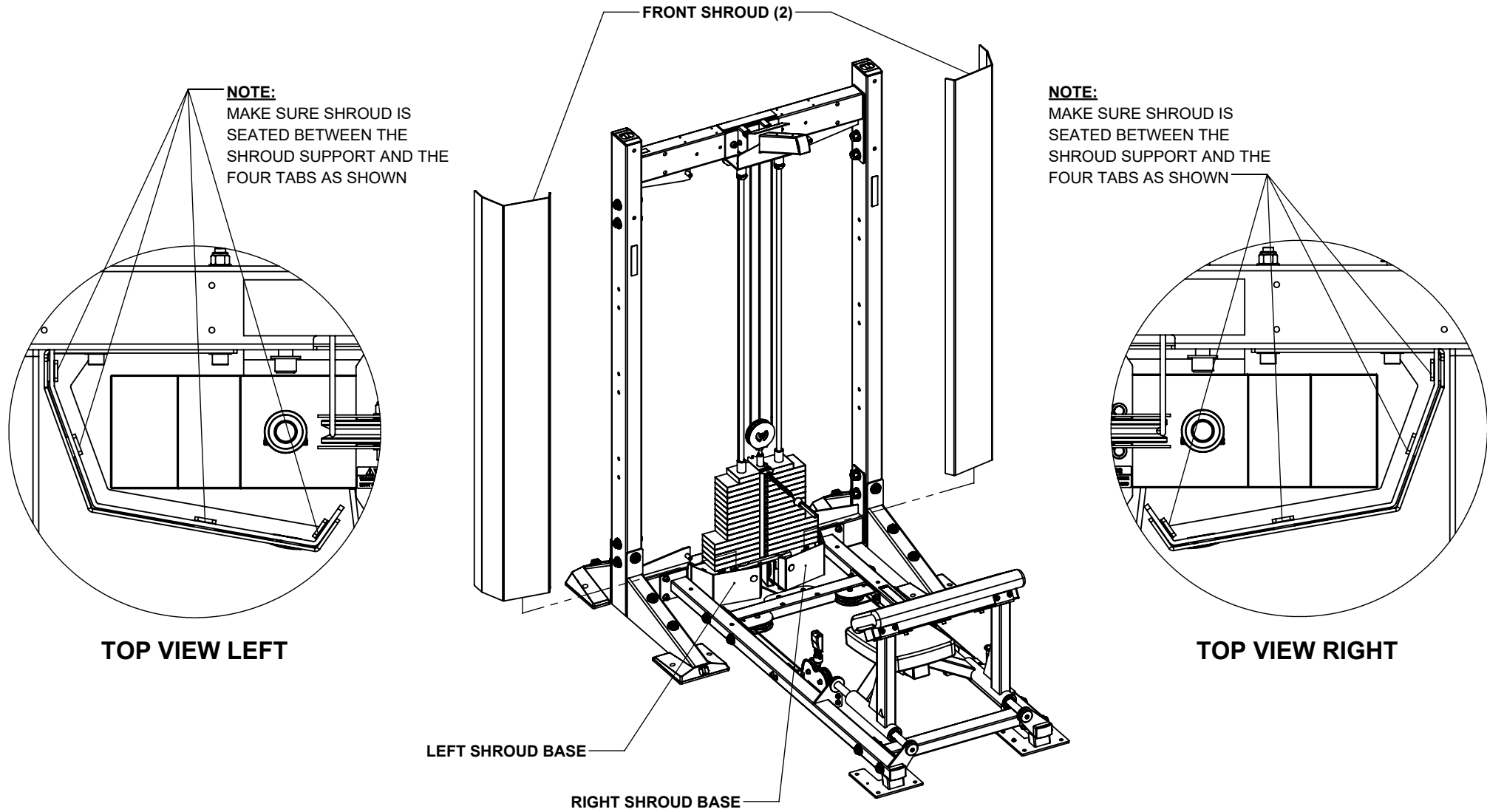
NOTES:

SECURELY tighten bolt connections in this step.

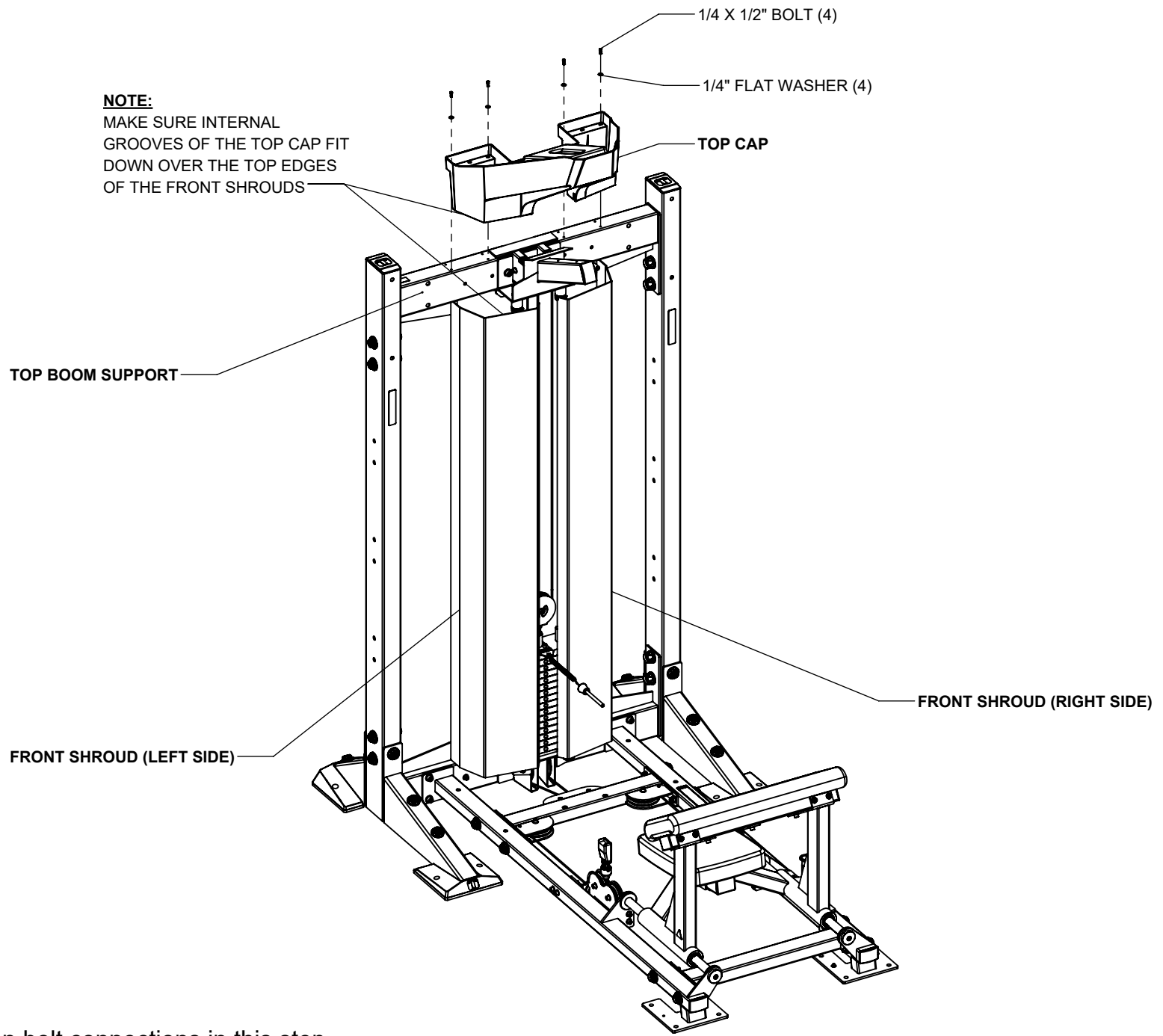
Some parts have been hidden for illustration clarity.



STEP 23

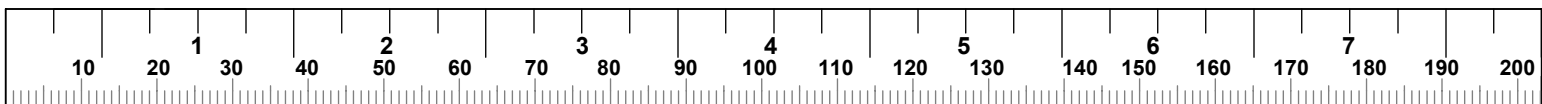


STEP 24

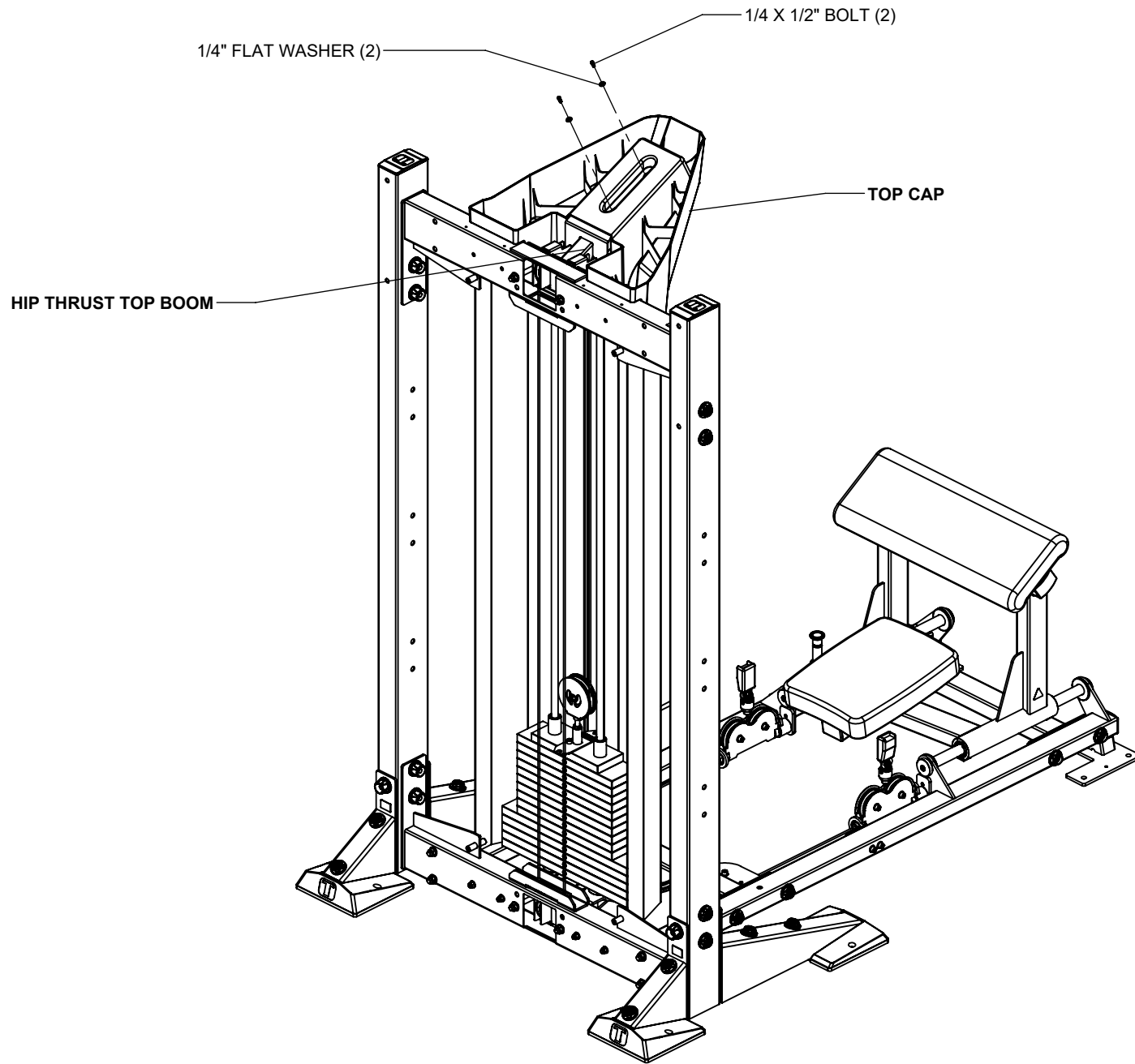


NOTES:

LOOSELY tighten bolt connections in this step.

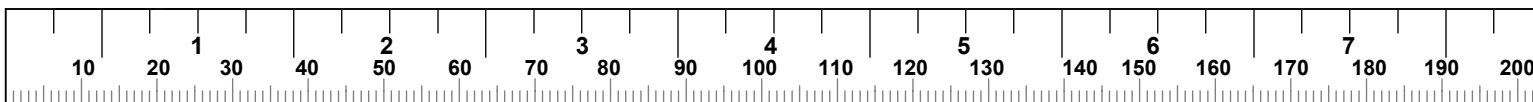


STEP 24b

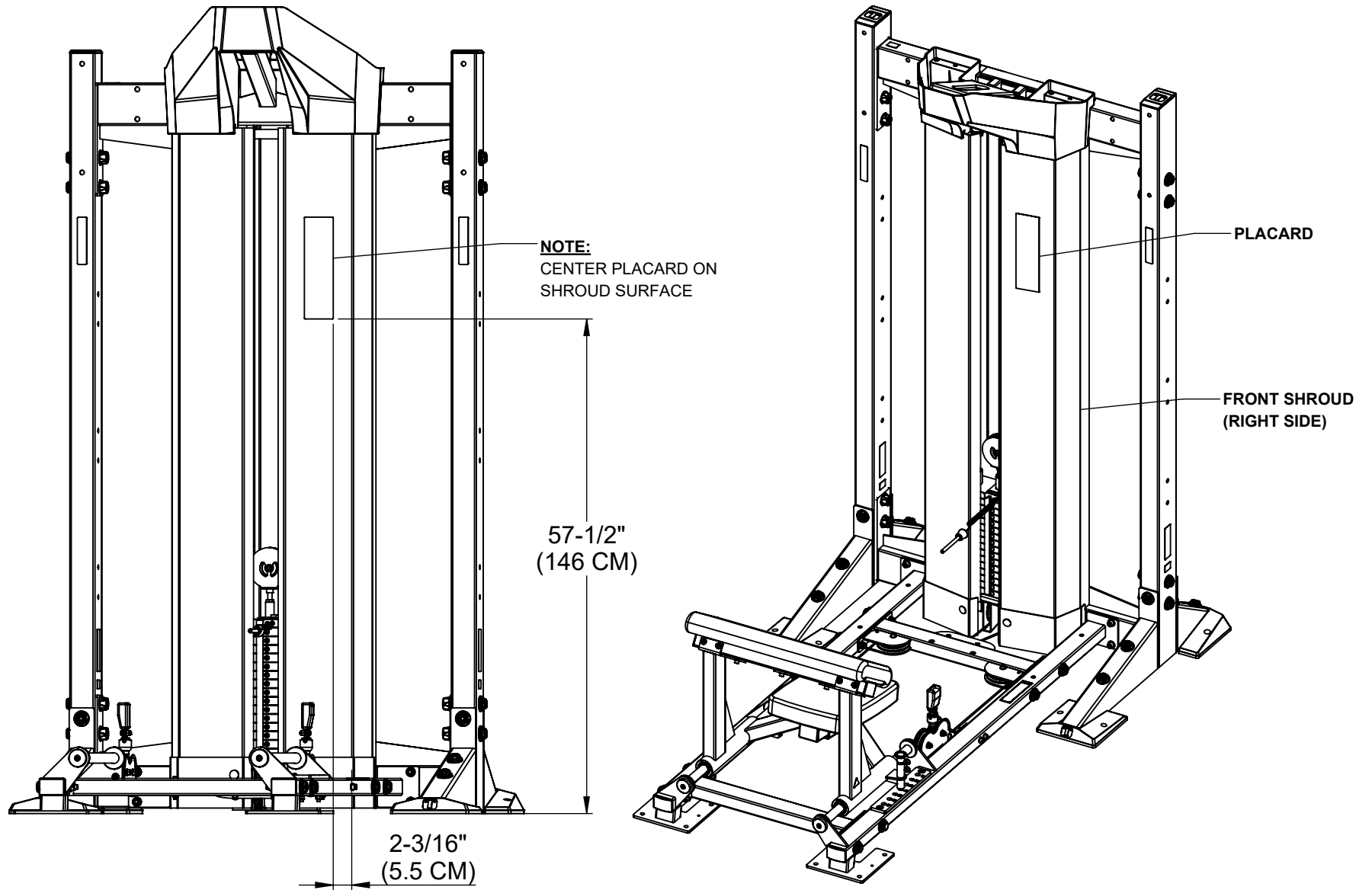


NOTES:

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



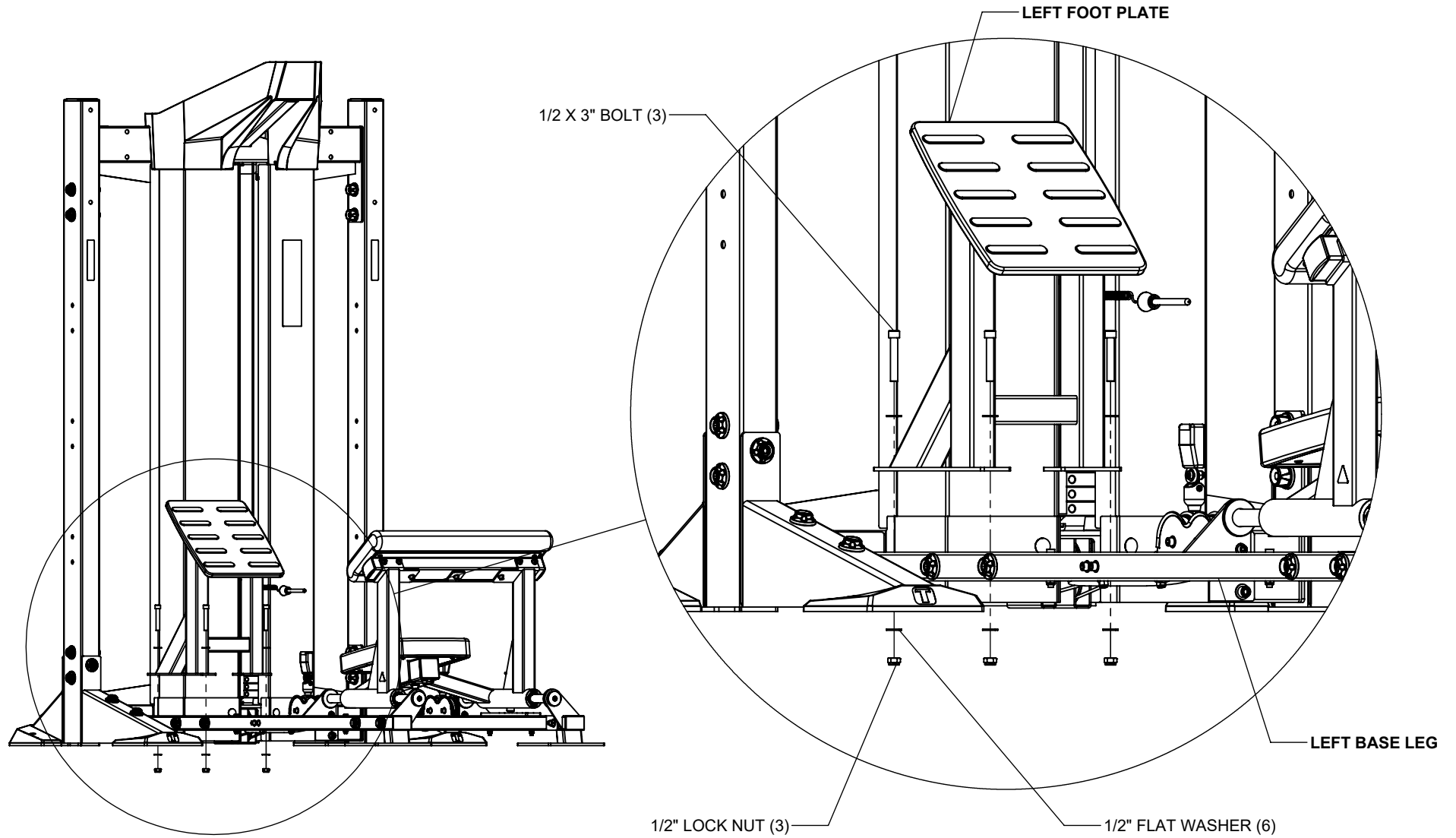
STEP 25



NOTES:

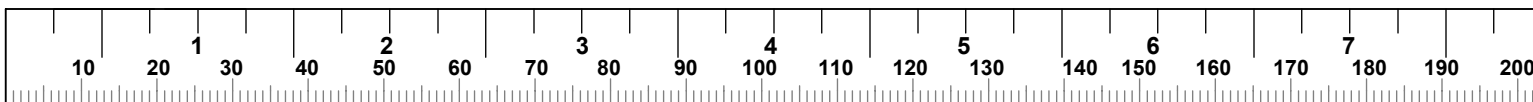
Some parts have been hidden for illustration clarity.

STEP 26

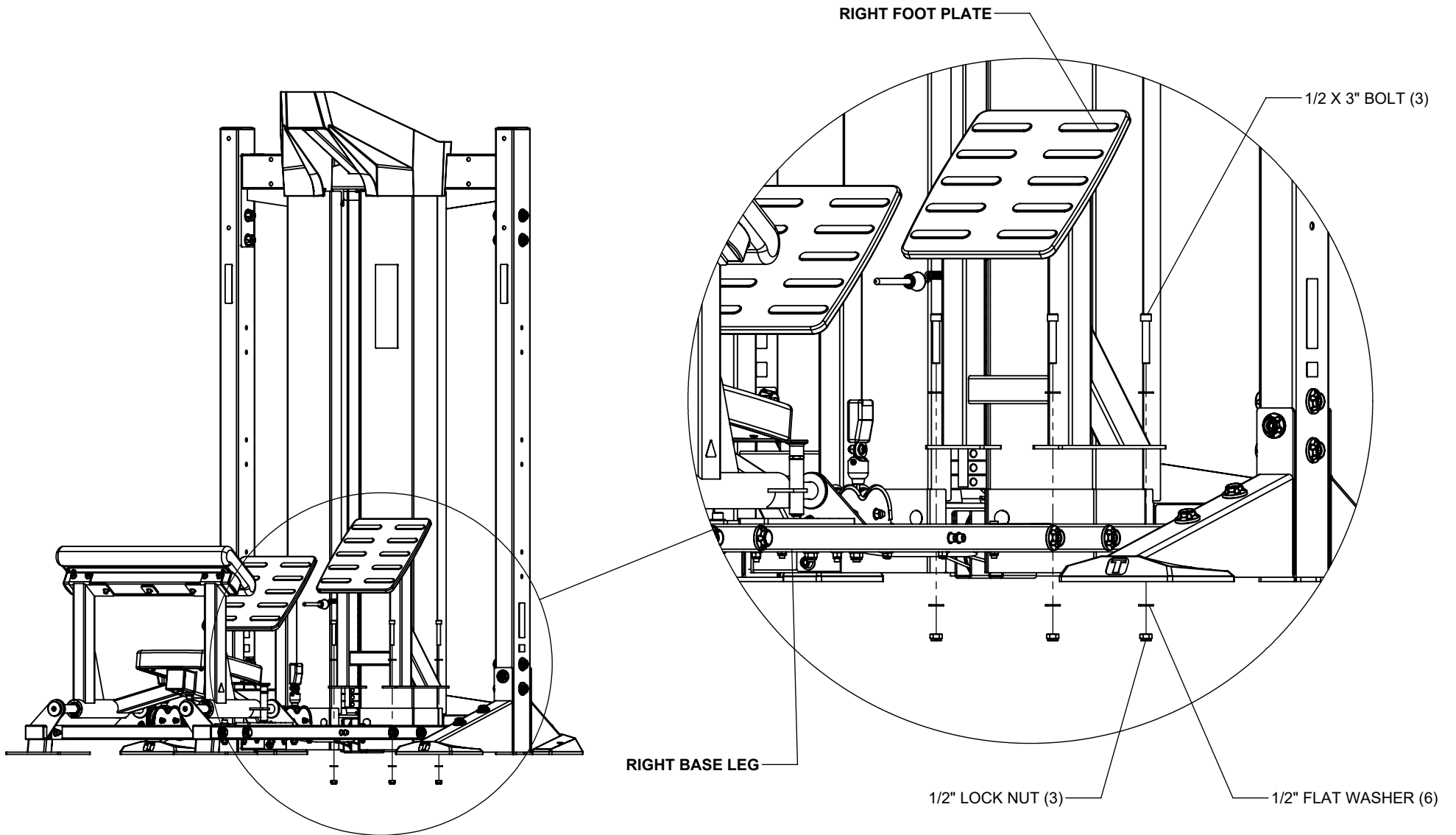


NOTES:

SECURELY tighten bolt connections in this step.

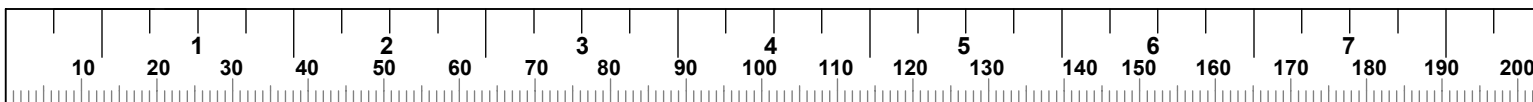


STEP 27

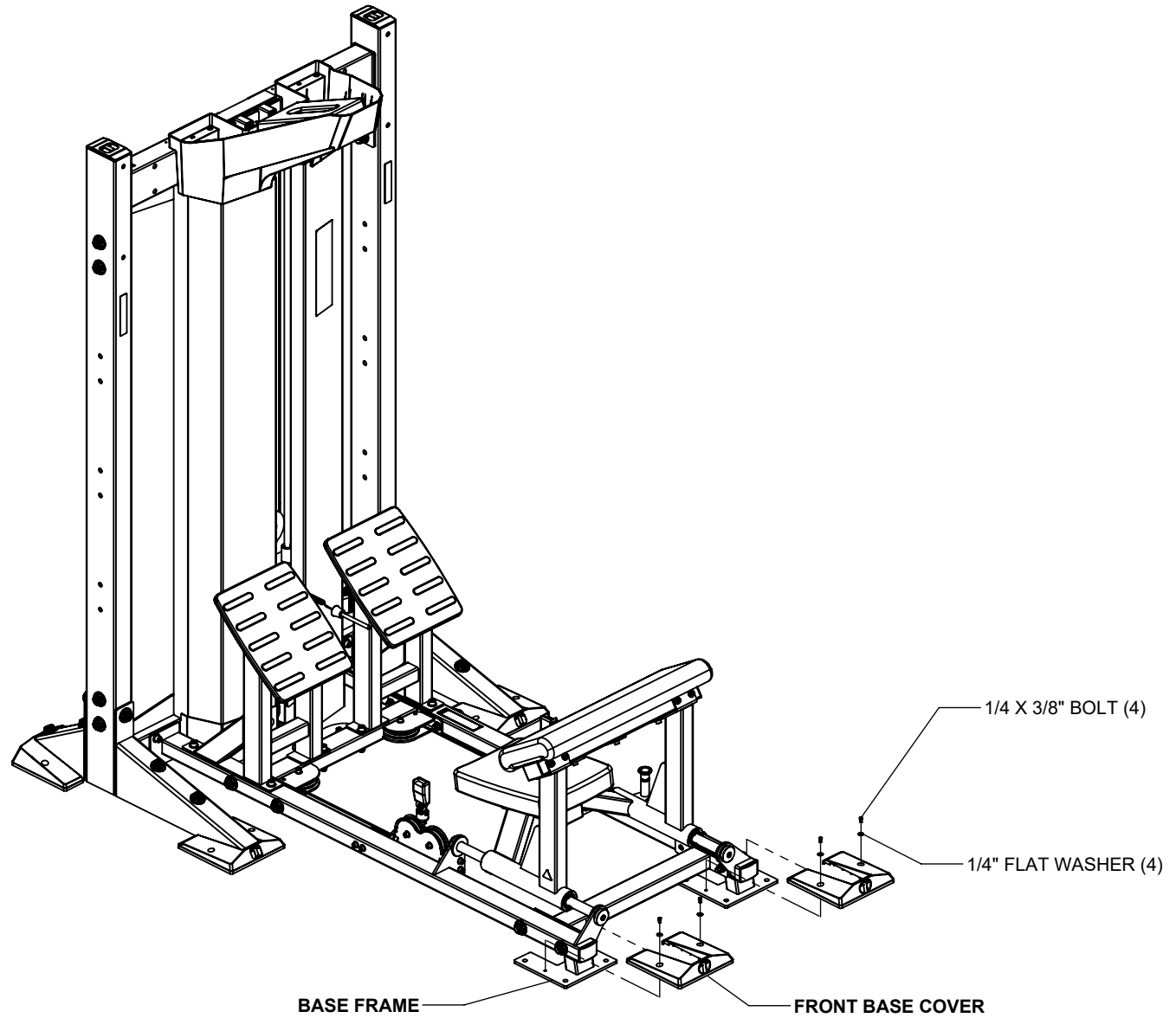


NOTES:

SECURELY tighten bolt connections in this step.

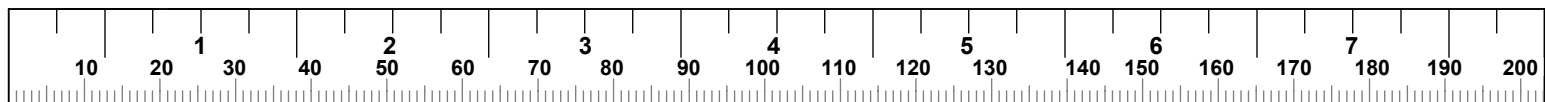


STEP 28

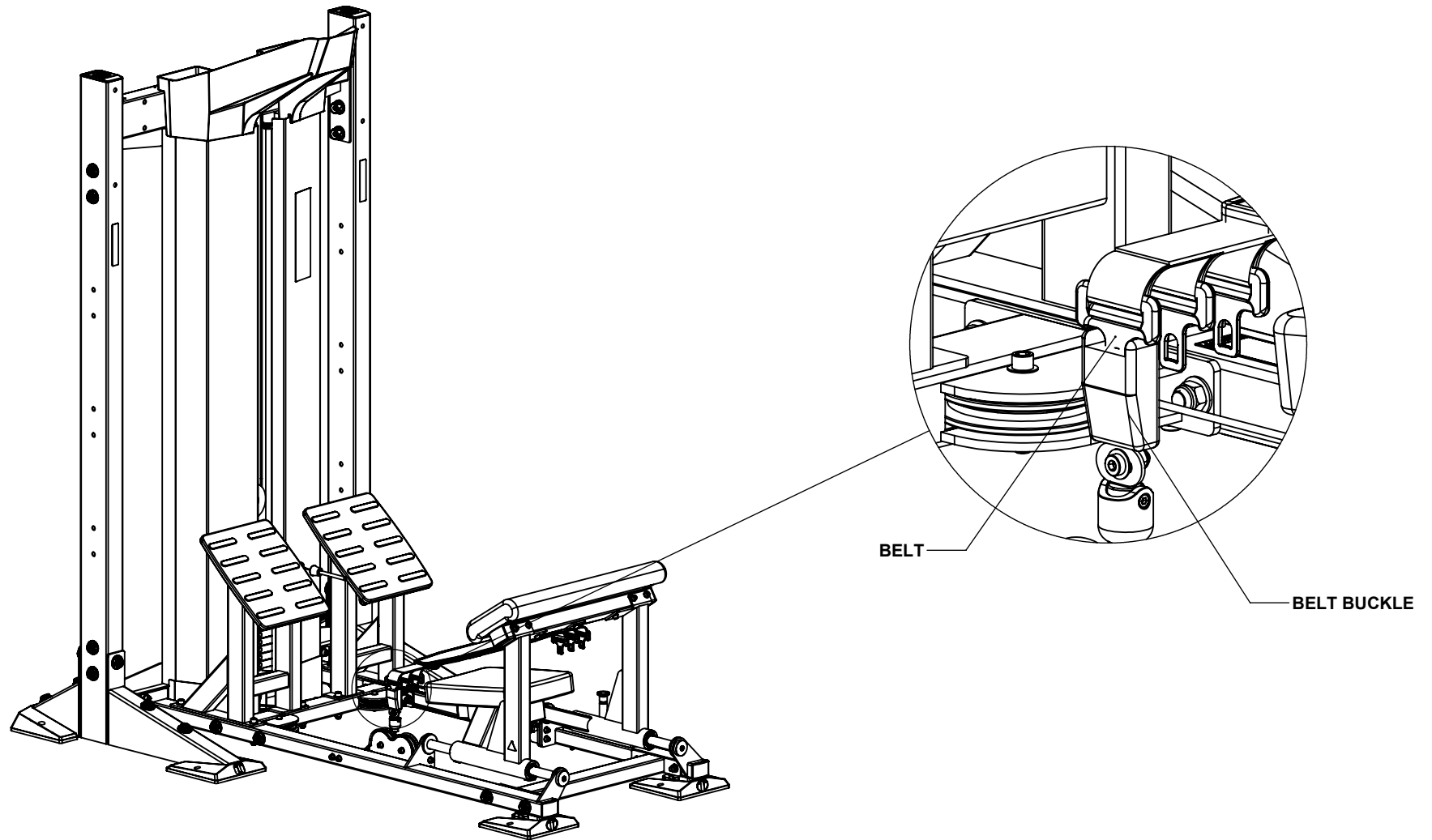


NOTES:

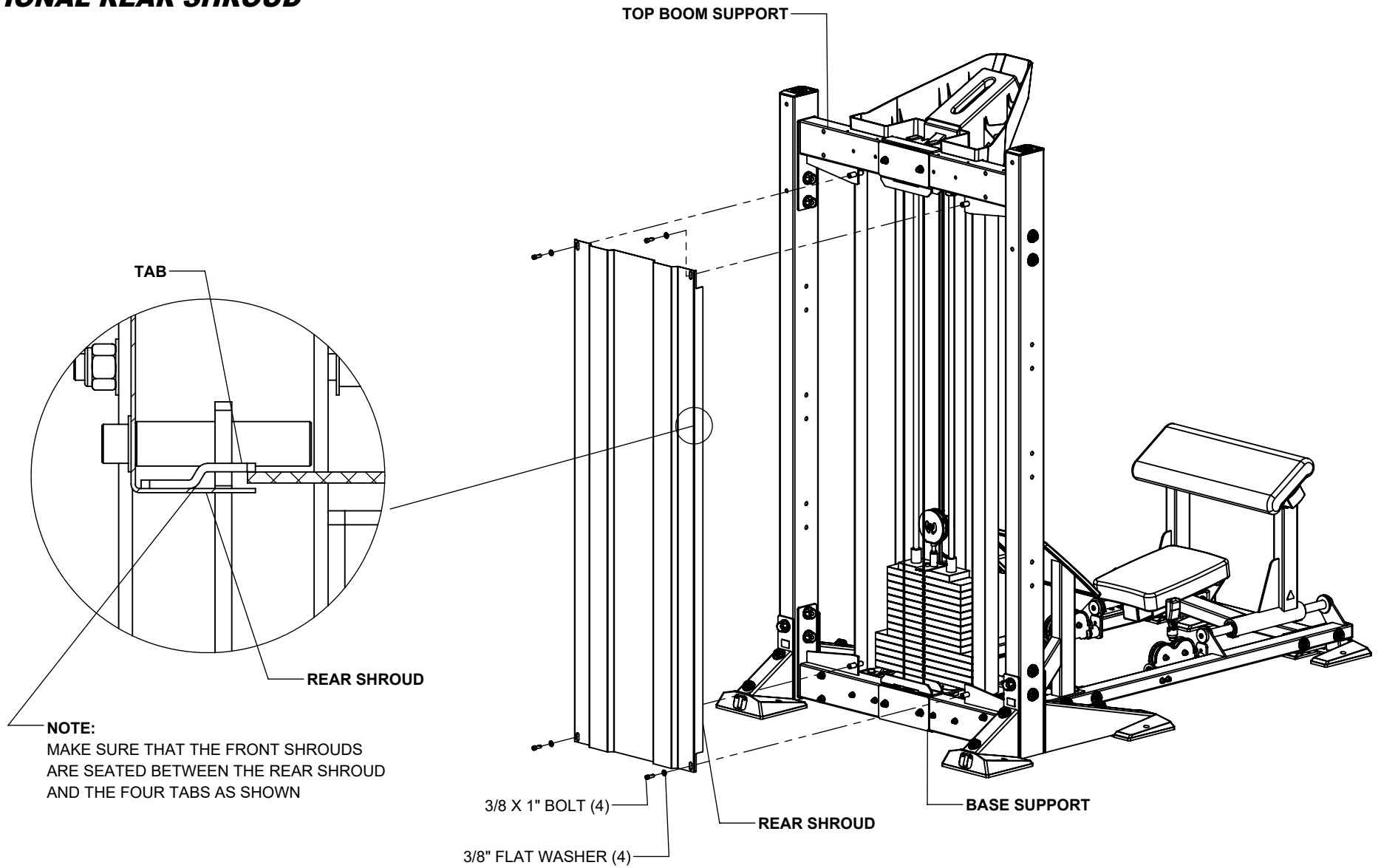
SECURELY tighten bolt connections in this step.



STEP 29

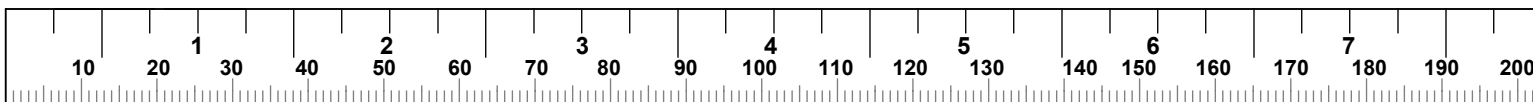


STEP 30
OPTIONAL REAR SHROUD

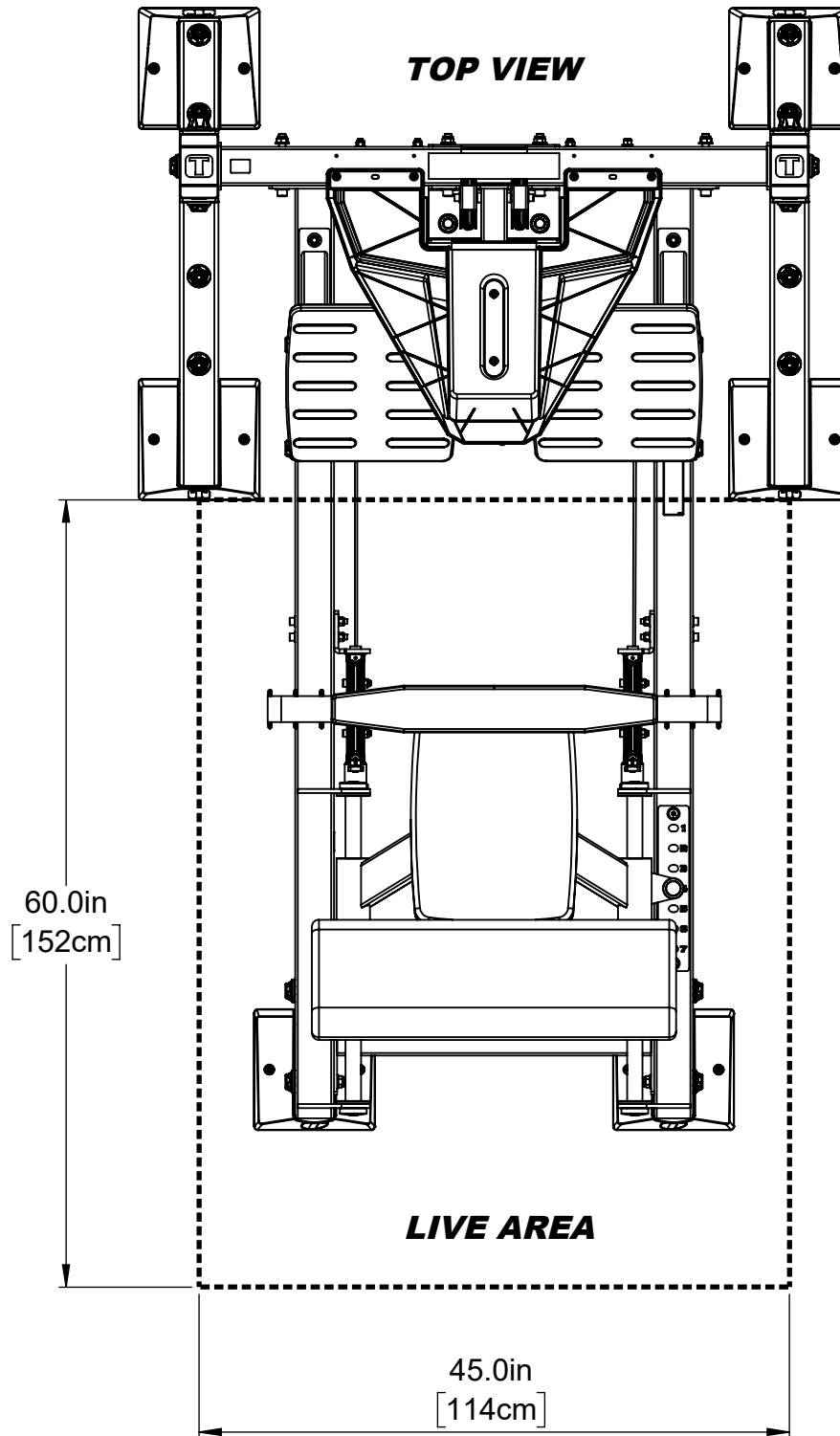


NOTES:

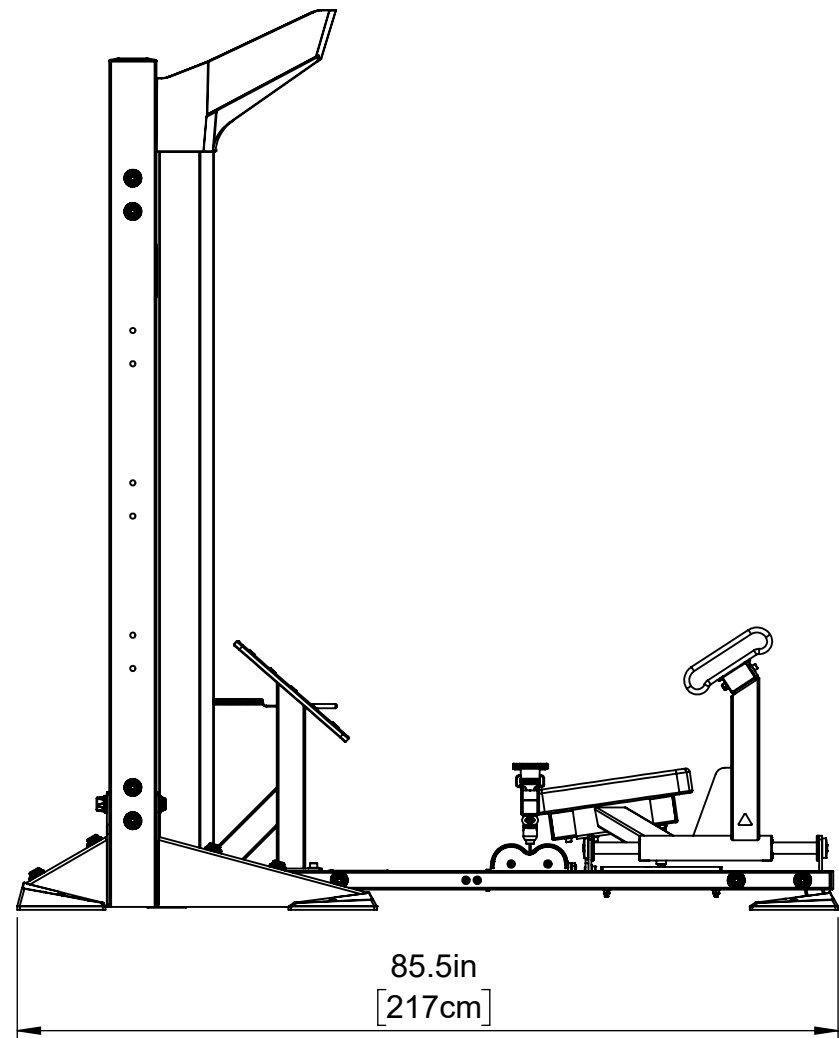
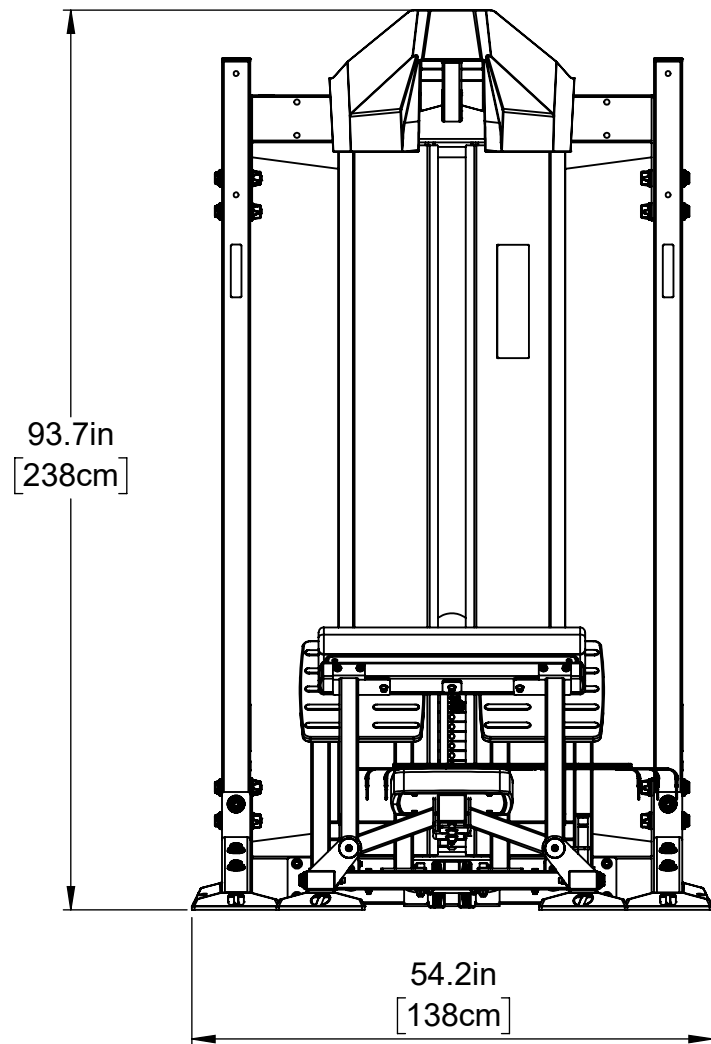
SECURELY tighten bolt connections in this step.



LIVE AREA



DIMENSIONS



TOTAL UNIT WEIGHT : 855 LBS [388 KG]

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 15, PAGE 17 TO ADJUST CABLE TENSION)

FRAME: Clean with a damp cloth.

