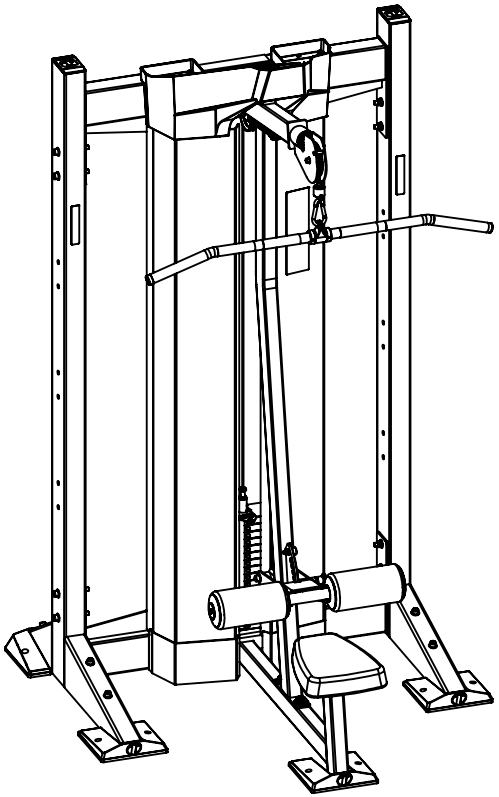
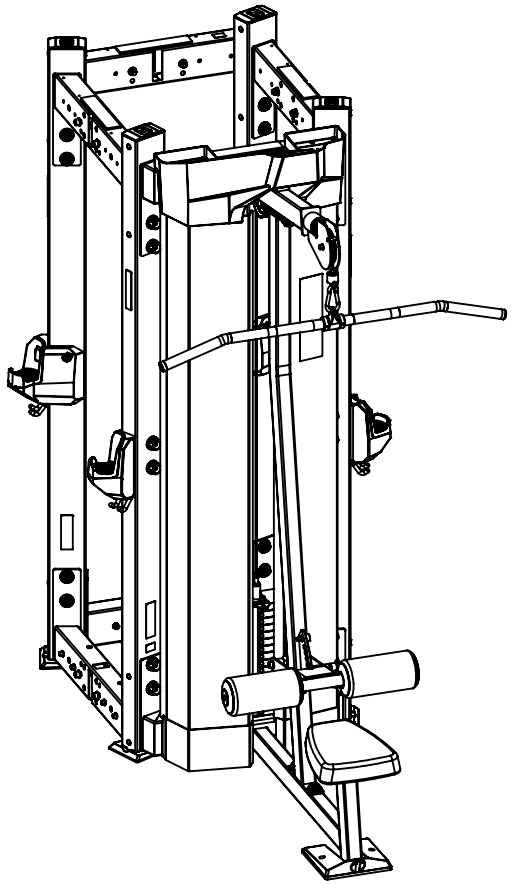
TORQUE USA





ASSEMBLY INSTRUCTIONS

LAT PULLDOWN MODULE / OMNI STATION

VERSION: XCREATE-4LPDM / XCREATE-OSS-LPD

PART # 5675901-F

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 scocket
- 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.

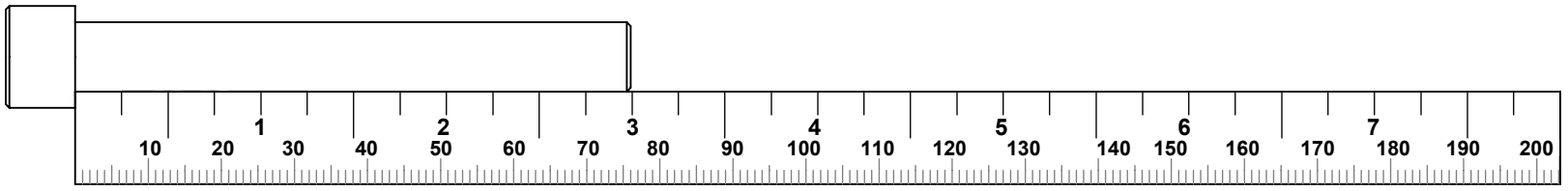
Follow the instructions included with the optional equipment to assemble it to the base product.

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.

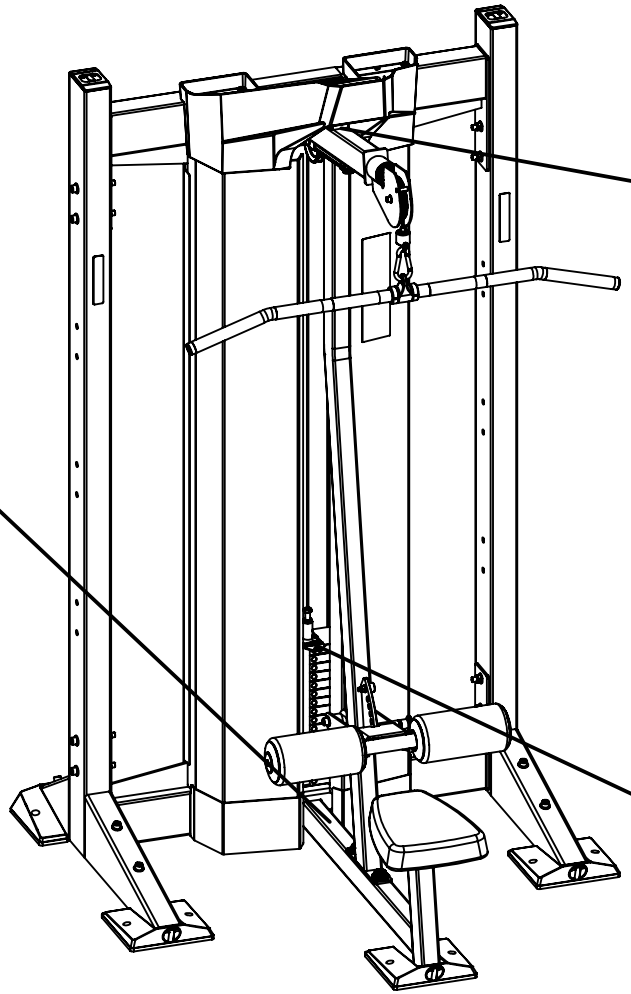


⚠ WARNING

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 immedately.
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



TORQUE USA

Model:

S/N:

MADE IN CHINA

TORQUE FITNESS
11201 Xeon St NW Ste 101
Coon Rapids, MN 55448

⚠ WARNING

WEIGHT STACK SELECTOR MUST BE FULLY ENGAGED

ITEM	PART NUMBER	DESCRIPTION	QTY
1	5915101	WLDMT, CABLE STATION CROSS * (SEE NOTE)	2 *
2	5581301	COVER, FRONT BASE	1
3	2001301	WASHER, FLAT 1/2 SAE ST ZN	28
4	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	12
5	2001401	NUT, 1/2-13 LK ST ZN	15
6	5645301	WLDMT, LAT BASE	1
7	56468PA	PTD ASSY, LAT FRONT UPRIGHT	1
8	2005815	BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD	2
9	5513601	CUSHION, WEIGHT STACK	2
10	5643201	GUIDE ROD, 19 DIA X 1912	2
11	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	5
12	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10
13	56345PA	PTD ASSY, HEAD PLATE	1
14	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	2
15	5996401	BUSHING, GUIDE ROD RETAINER	2
16	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1
17	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	2
18	56459PA	PTD ASSY, LAT TOP BOOM	1
19	2006803	SHCS, 1/2-13 X 1, CZ PATCH	2
20	2001101	WASHER, FLAT 3/8 SAE ST ZN	16
21	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2

ITEM	PART NUMBER	DESCRIPTION	QTY
22	56475PA	PTD ASSY, KNEE HOLD DOWN	1
23	2005821	BOLT, 1/2-13 X 5-1/2" (140mm) SOCKET HEAD	1
24	5454901	PAD, TAPPERED SEAT	1
25	2009404	BOLT, 3/8-16 X 1-1/4" (32mm) ST HT SOCKET HEAD W/NP	2
26	5675301	LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG)	1
27	5662501	WLDMT, LEFT SHROUD BASE	1
28	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	4
29	2001201	NUT, 3/8-16 LK ST ZN	4
30	5662901	WLDMT, RIGHT SHROUD BASE	1
31	5645101	SHROUD, XCREATE CABLE STATION	2
32	5664701	SHROUD, TOP CAP	1
33	2002101	WASHER, FLAT 1/4 SAE ST ZN	8
34	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6
35	5676201	PLACARD, XCREATE-LPD-101	1
36	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	2
37	5674701	ASSY, ALUMINUM LAT BAR	1
38	5923501	CARABINER, 100 X 50 X 10 DIA	1
39	5692601	WLDMT, XCREATE REAR SHROUD (OPTIONAL)	1
40	2009403	BOLT, 3/8-16 X 1" (25mm) ST HT SOCKET HEAD W/NP	4
41	5631801	WASHER COVER, NYLON BOLT	4

NOTE:

BOM above represents the components required for assembly of a standard 4' XCREATE module. For assembling as an OMNI stack station, see items listed below.

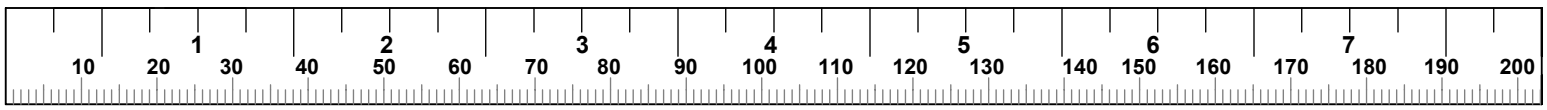
* ITEM 1 - Replaced by 60891PA or 60894PA - TOWER CABLE STATION CROSS.

NOTE:

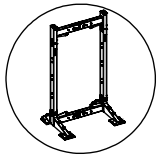
X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact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

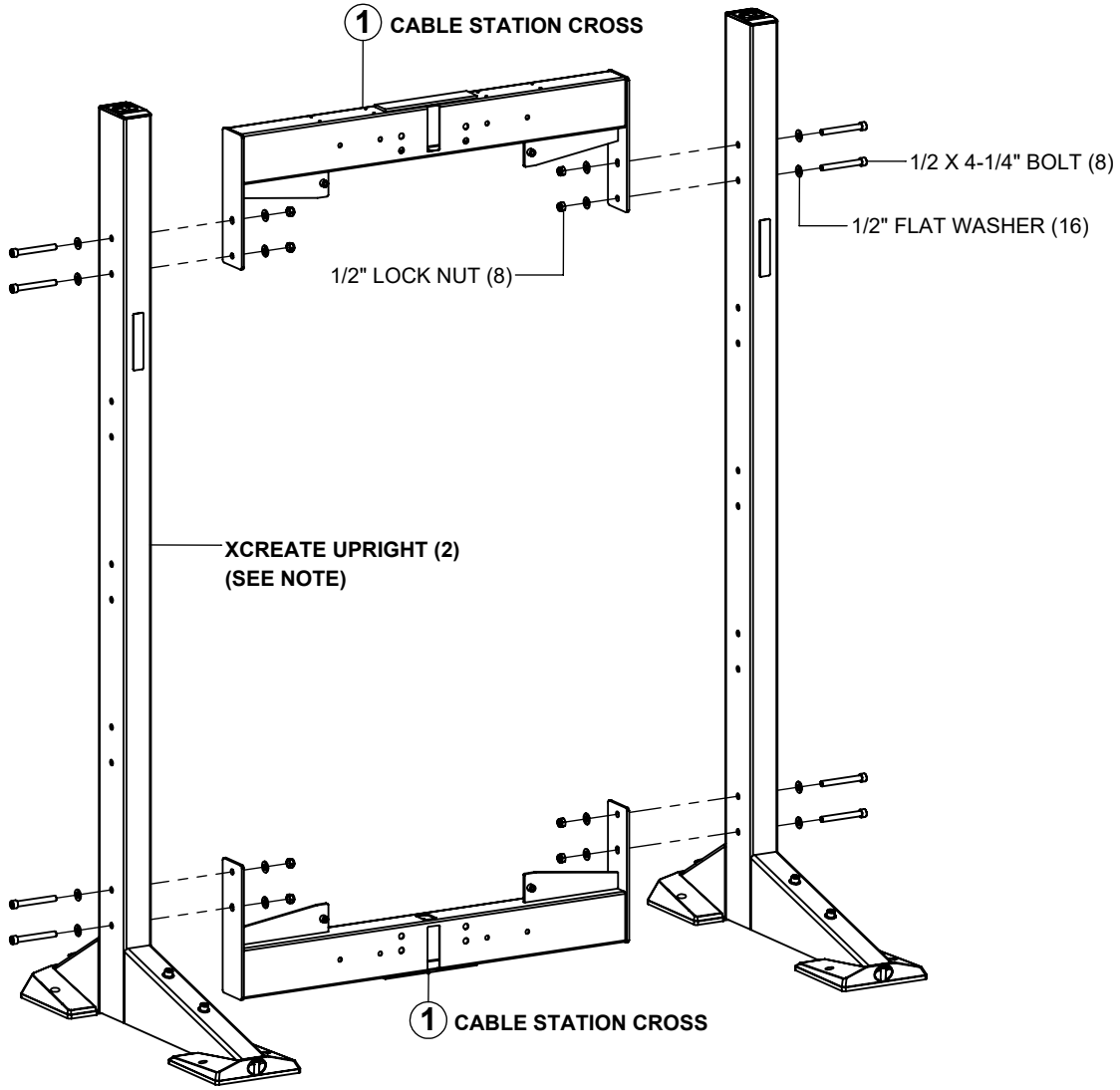
NOTE:

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 1A
4' MODULE

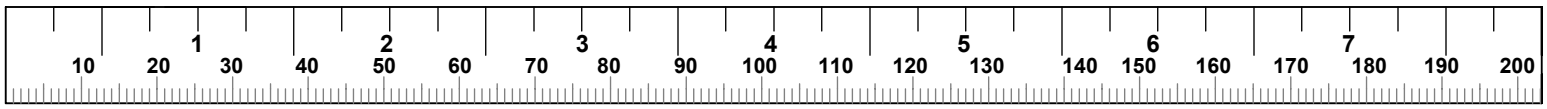




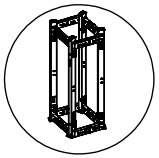
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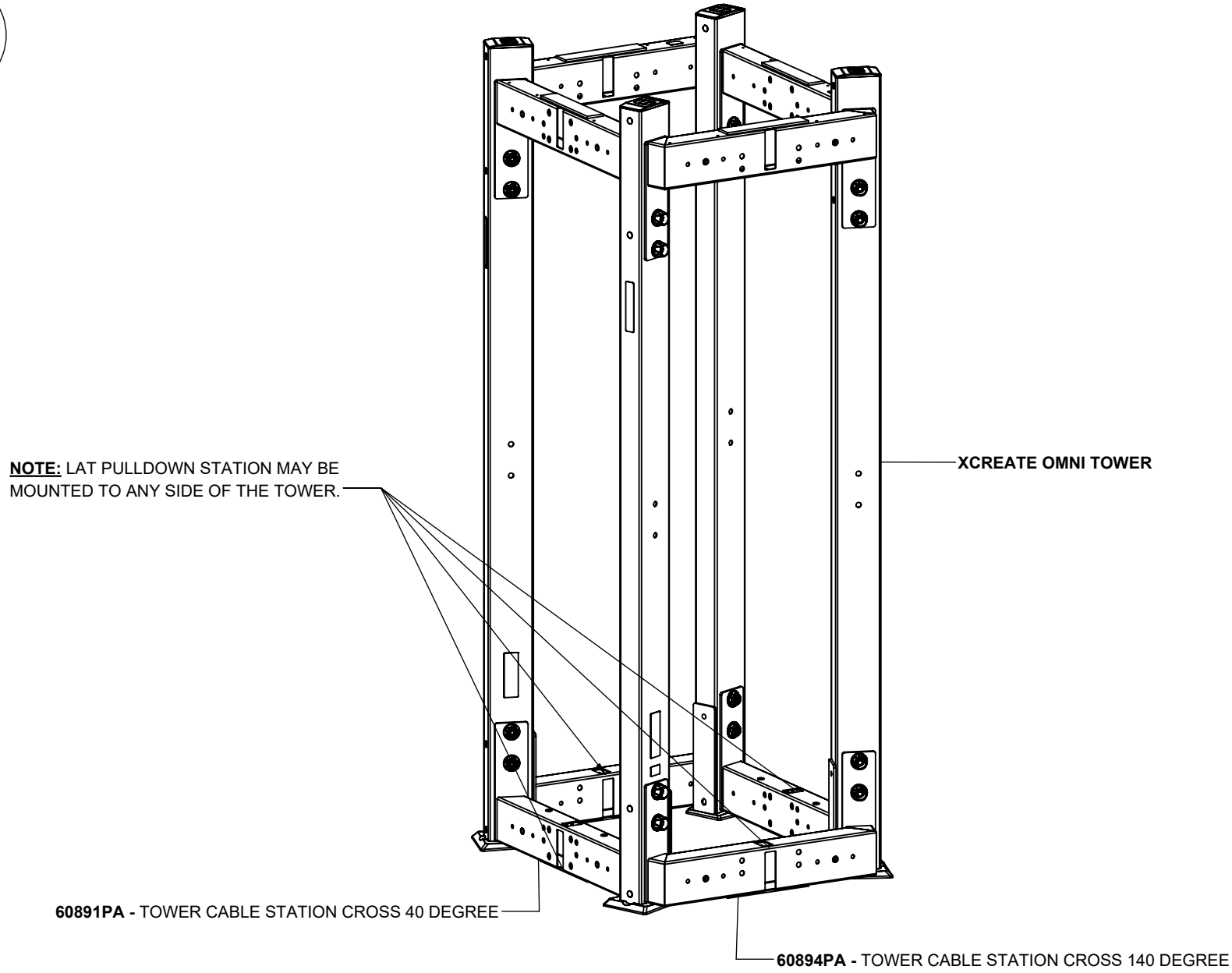
LOOSELY tighten bolt connections in this step.

The XCREATE-LPD is shown assembled to the XCREATE-7U.
However, the XCREATE-LPD can also be assembled to the
XCREATE-8U and XCREATE-2S8U the same way.



STEP 1B
OMNI STATION

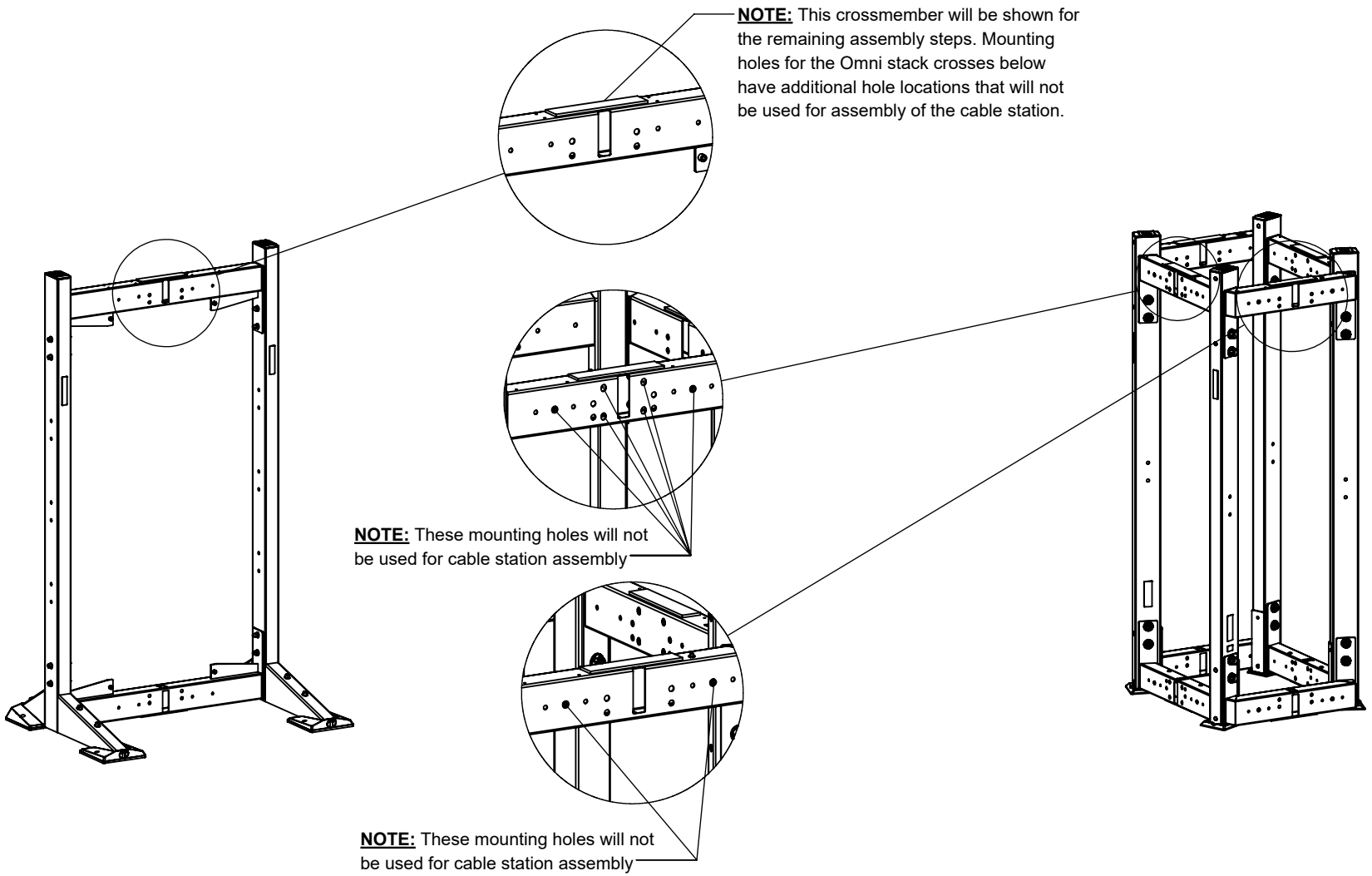




NOTES:

Reference the Omni Stack manual for assembling the base unit shown.

4' MODULE / OMNI STATION OVERVIEW

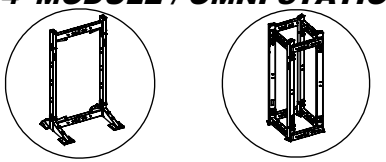


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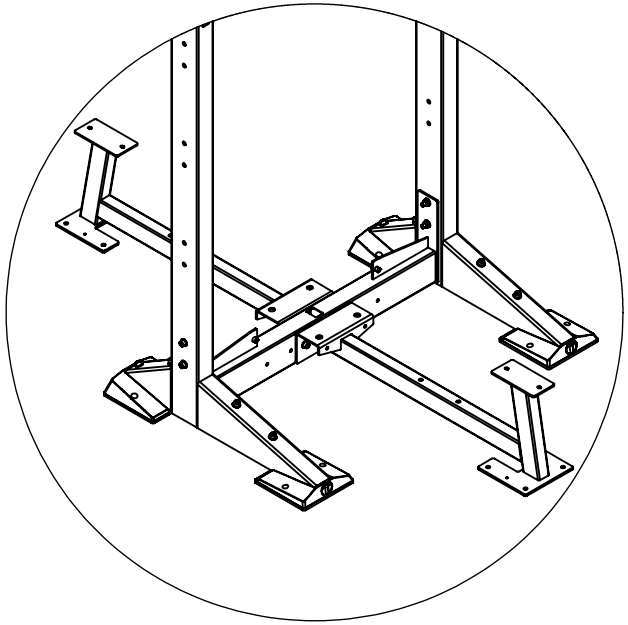
Unless specified otherwise, the remaining steps to assemble the cable station are the exact same to assemble a 4' Module or Omni Stack Station.

For this assembly guide the remaining steps will only show the **XCREATE-4LPDM** configuration. Follow the same steps and same mounting locations for the **XCREATE-OSS-LPD**.

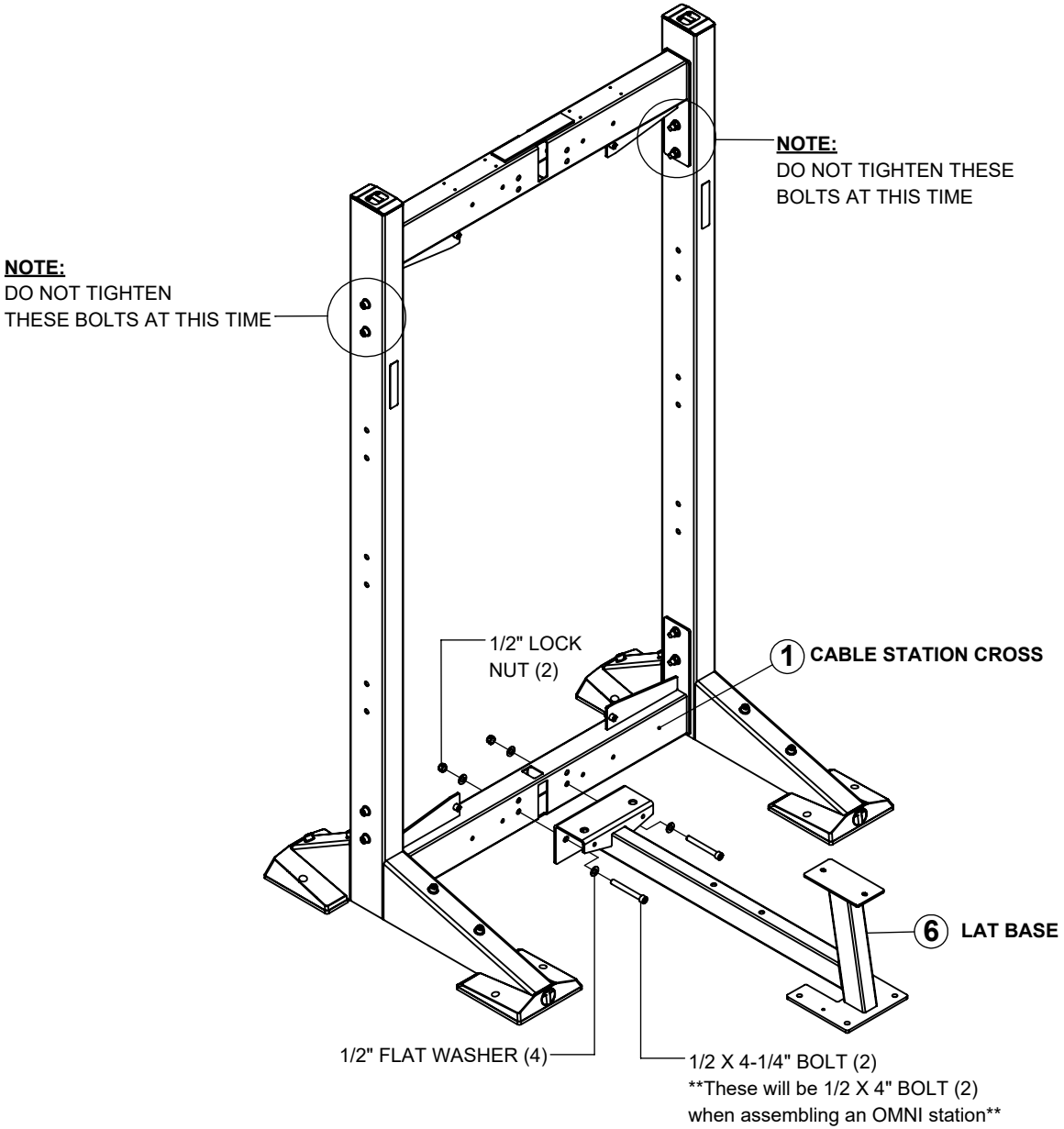
STEP 2
4' MODULE / OMNI STATION



NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

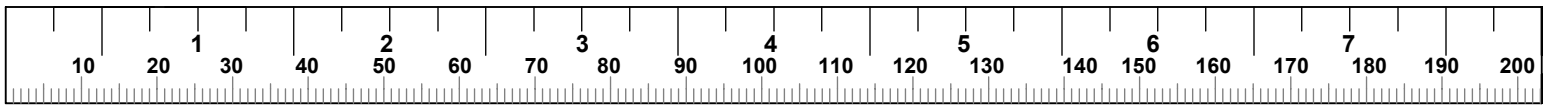


NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME BASE SUPPORT AND HARDWARE AS SHOWN. BOTH LAT BASES NEED TO BE ASSEMBLED SIMULTANEOUSLY

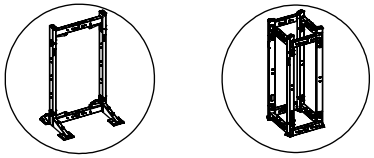


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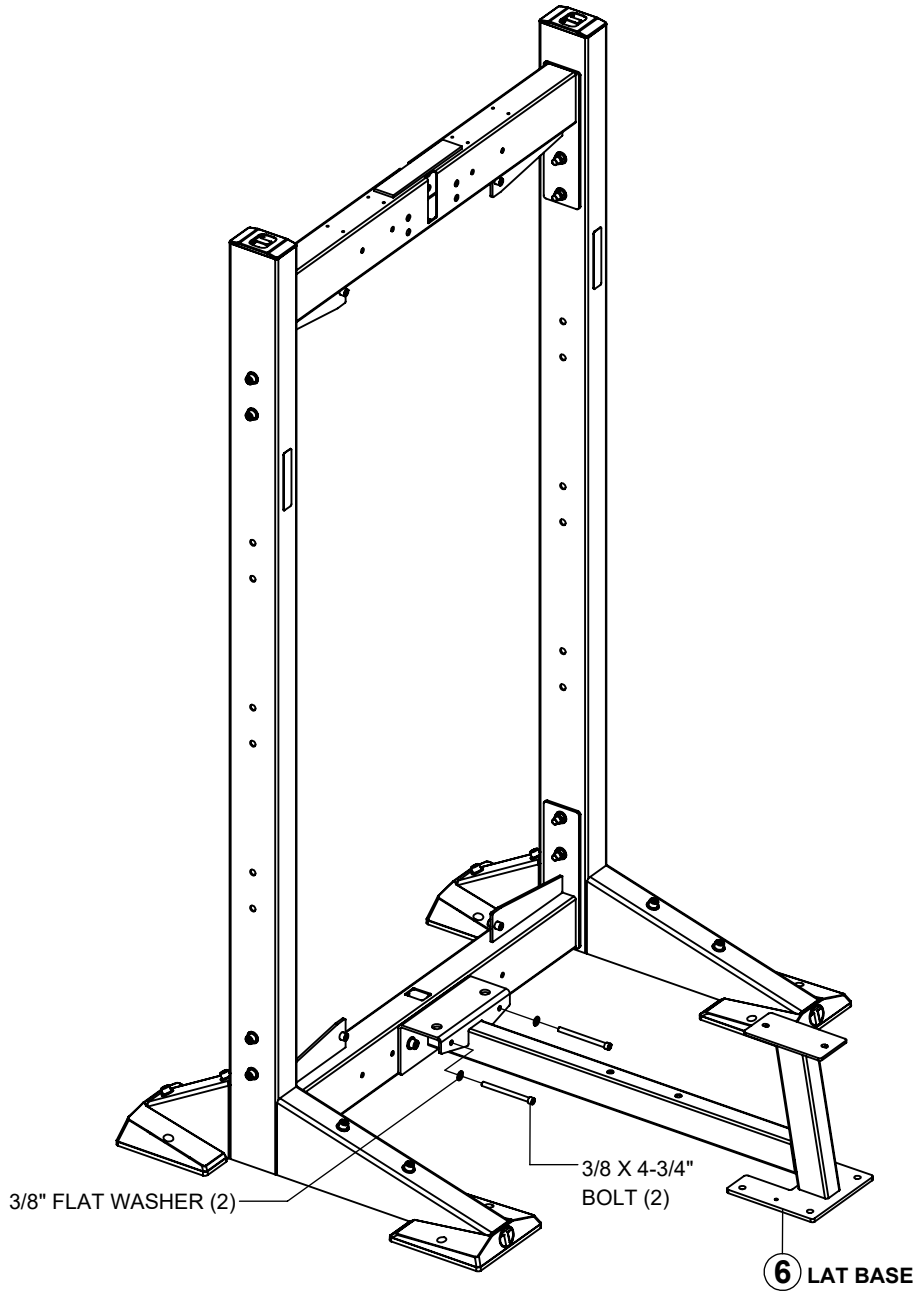
SECURELY tighten bolt connections in this step and previous step, except as noted.



STEP 3
4' MODULE / OMNI STATION

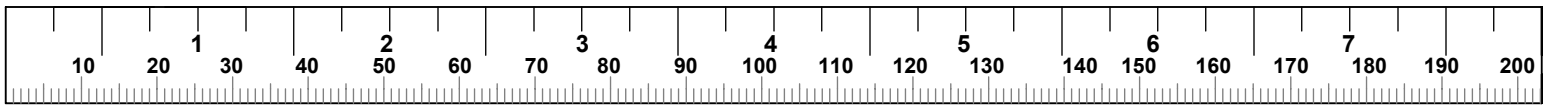


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

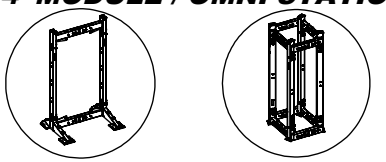


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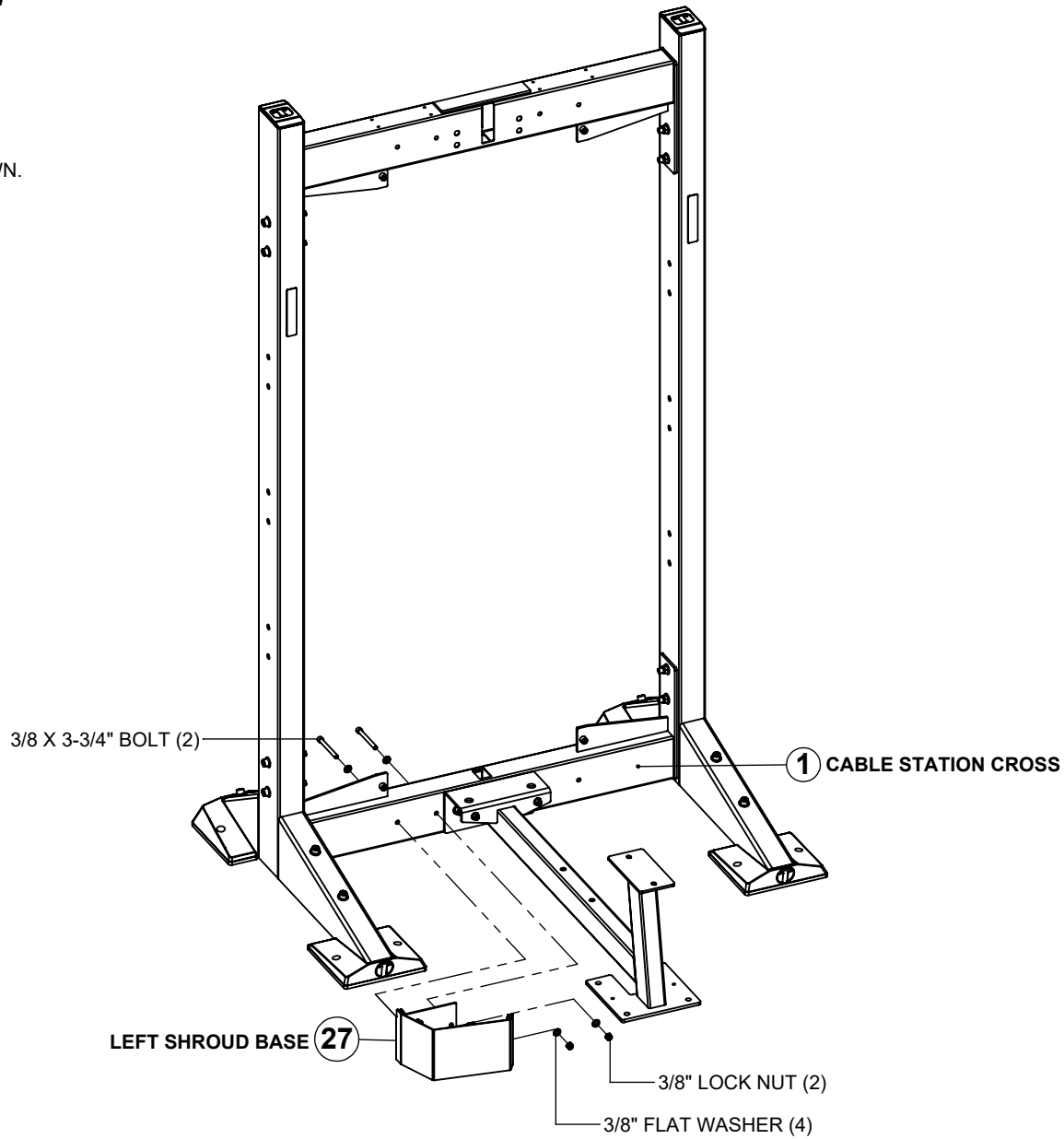
SECURELY tighten bolt connections in this step.



STEP 4
4' MODULE / OMNI STATION

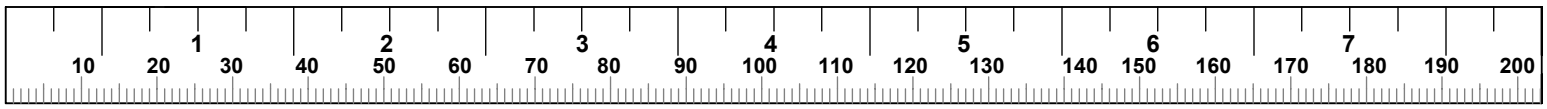


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

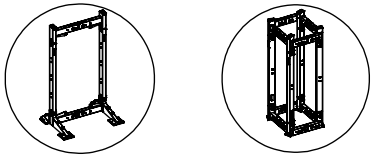


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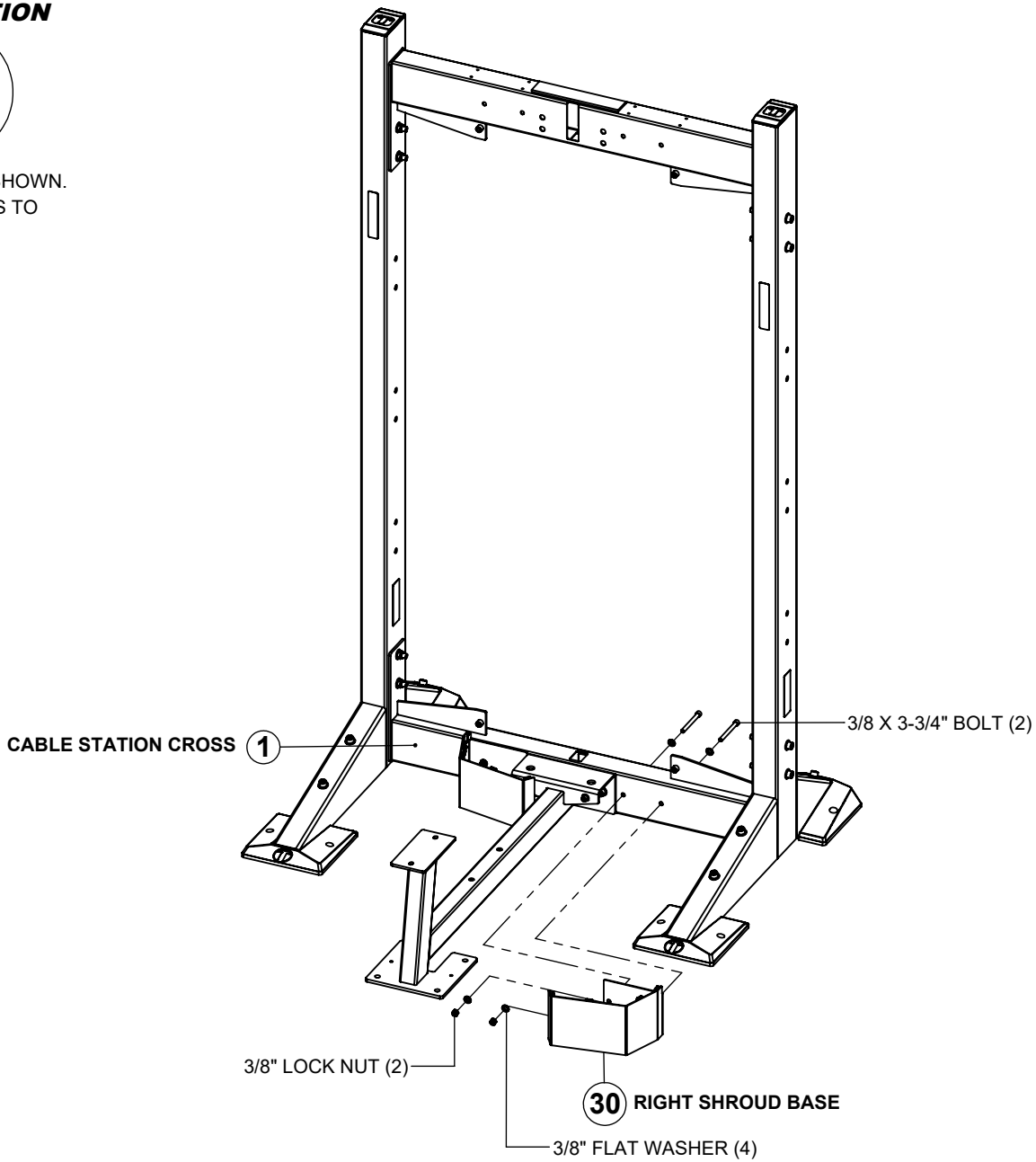
SECURELY tighten bolt connections in this step.



STEP 5
4' MODULE / OMNI STATION

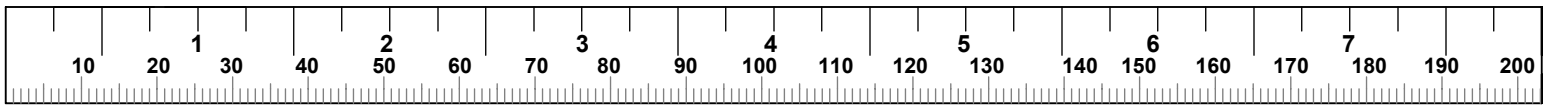


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

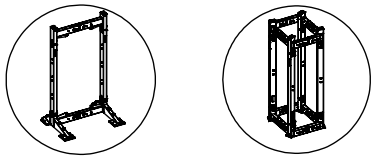


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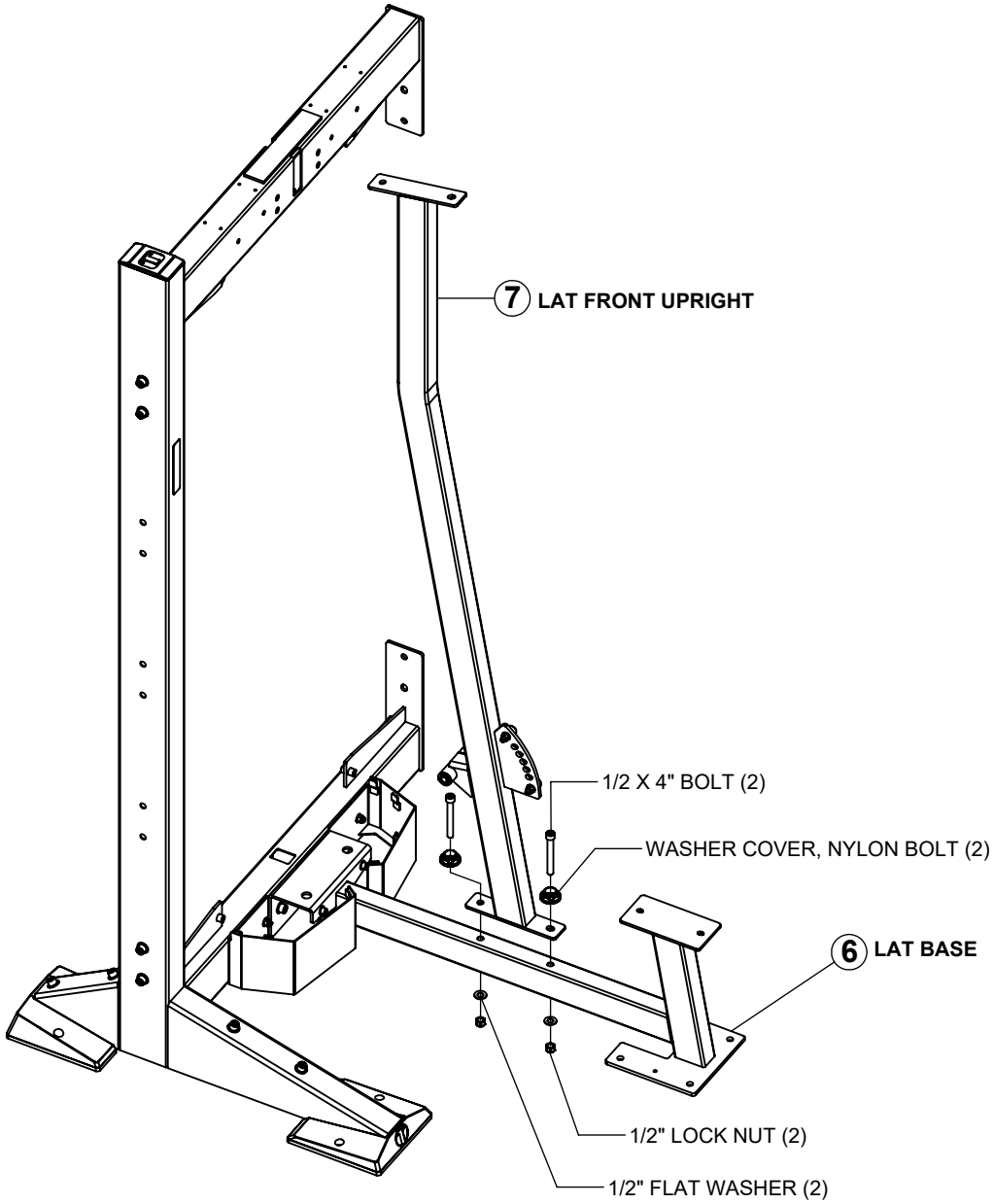
SECURELY tighten bolt connections in this step.



STEP 6
4' MODULE / OMNI STATION



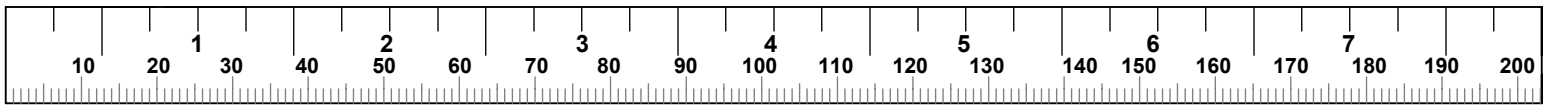
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



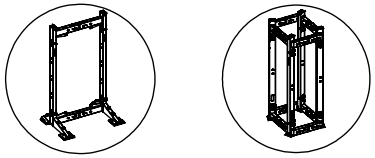
NOTES:

LOOSELY tighten bolt connections in this step.

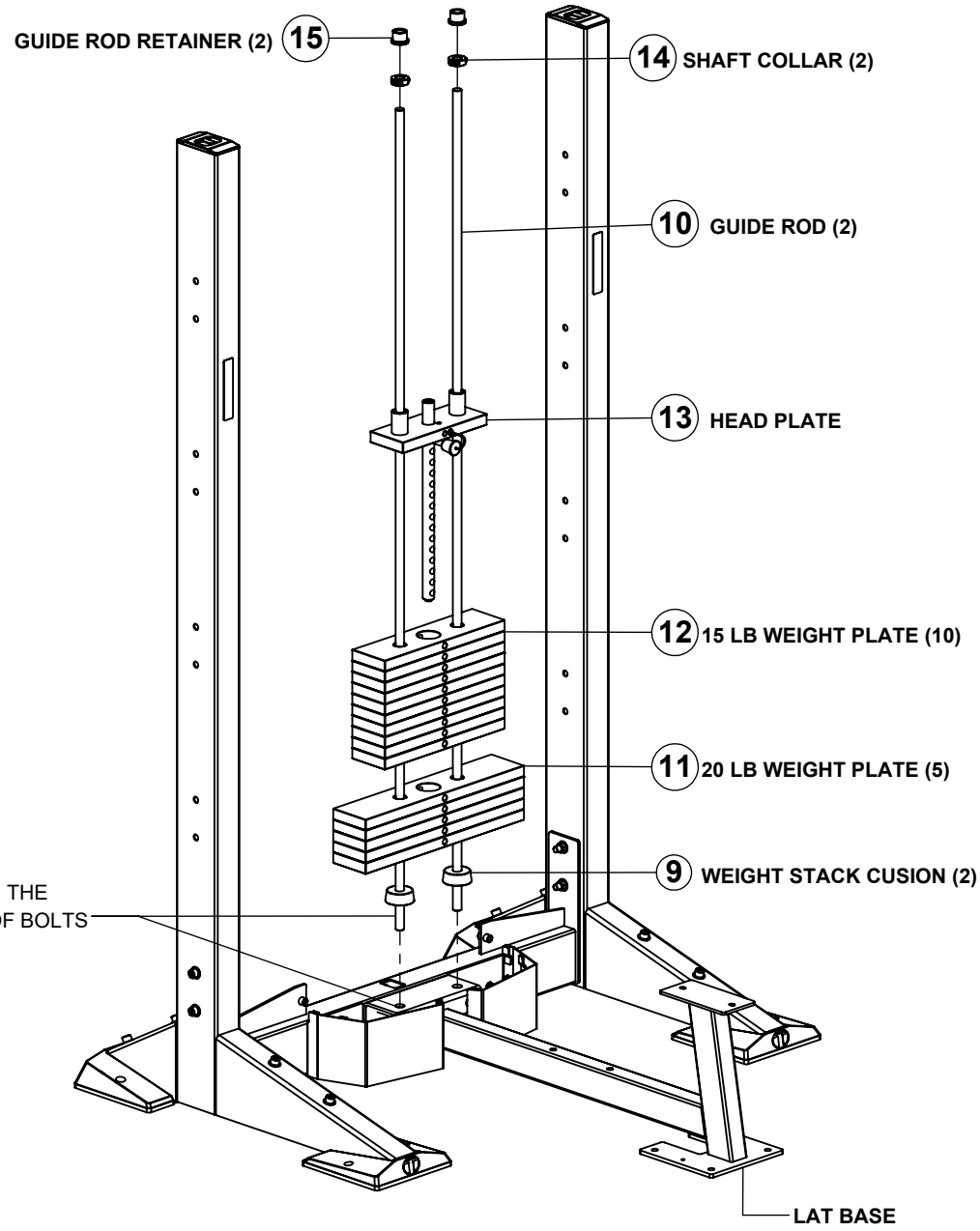
Right upright has been hidden for illustration clarity.



STEP 7
4' MODULE / OMNI STATION

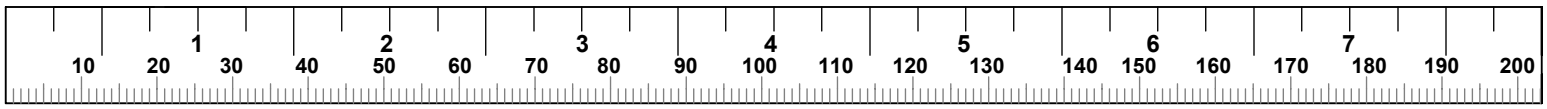


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

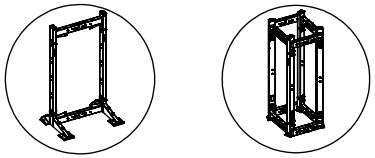


NOTES:

Some parts have been hidden for illustration clarity.



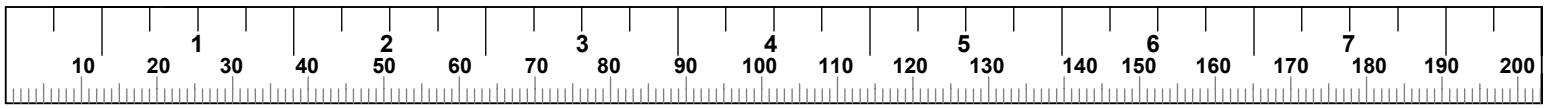
STEP 8
4' MODULE / OMNI STATION



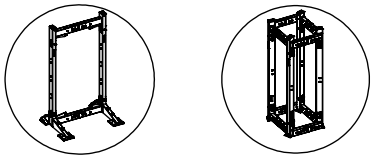
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

NOTES:

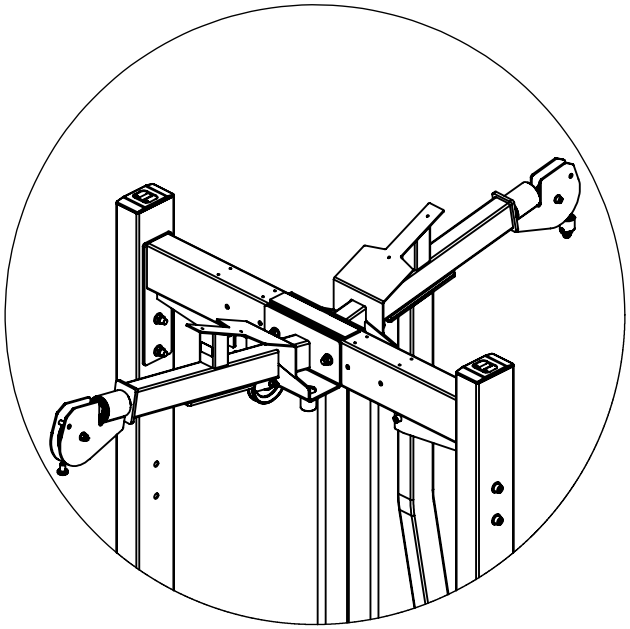
SECURELY tighten bolt connections in this step.



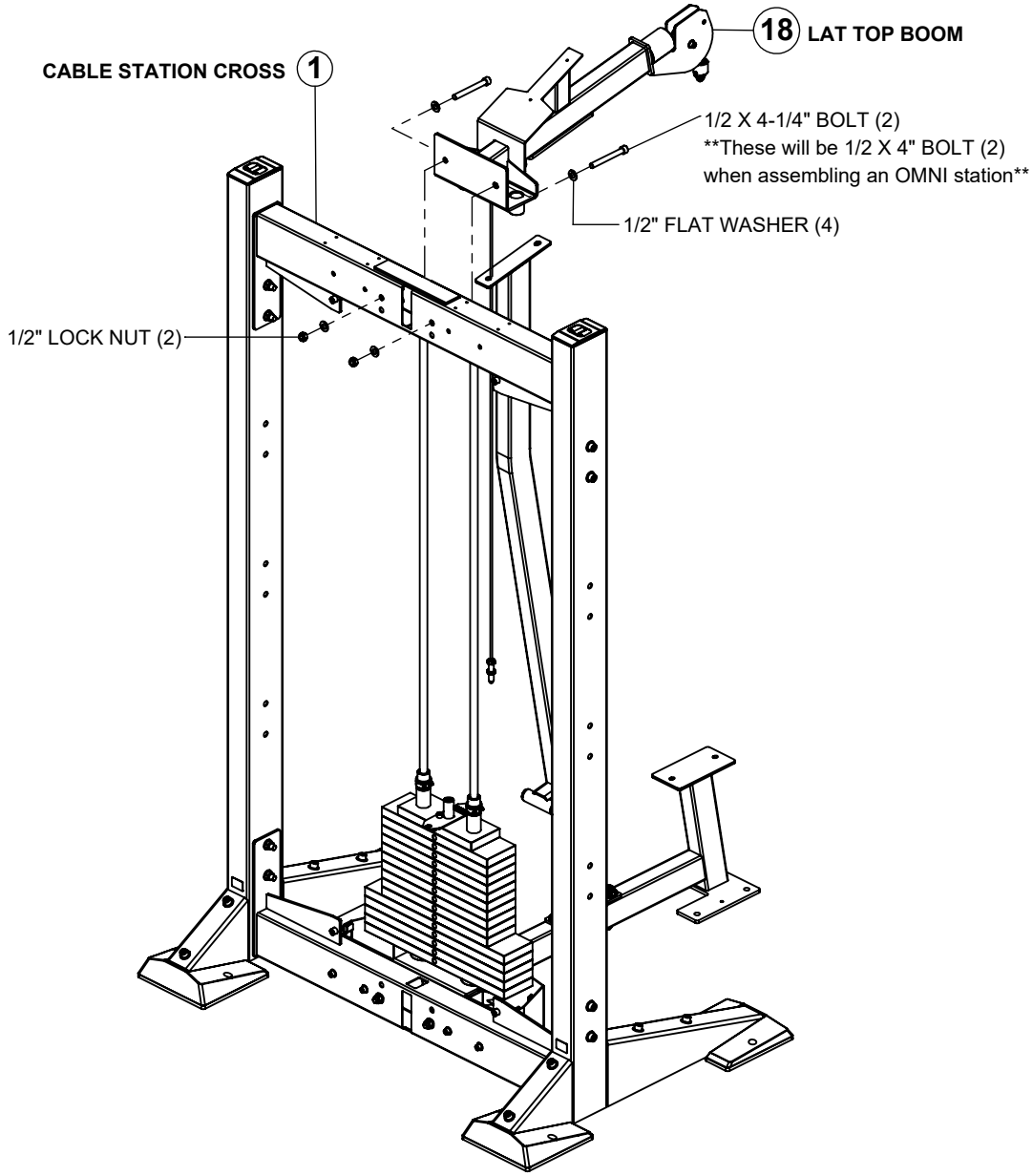
STEP 9
4' MODULE / OMNI STATION



NOTE: 4' MODULE ASSEMBLY IS SHOWN.
FOLLOW THE EXACT SAME STEPS TO
ASSEMBLE THE OMNI STATION.

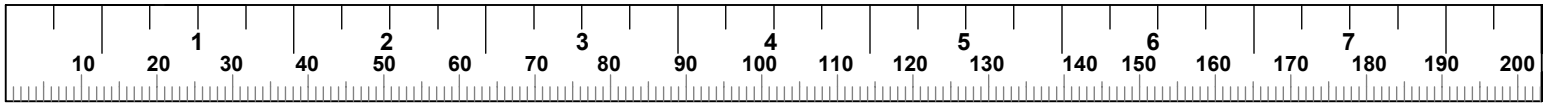


NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME TOP BOOM SUPPORT AND HARDWARE AS SHOWN. BOTH LAT TOP BOOMS NEED TO BE ASSEMBLED SIMULTANEOUSLY

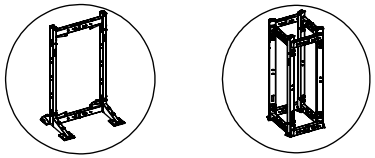


NOTES:

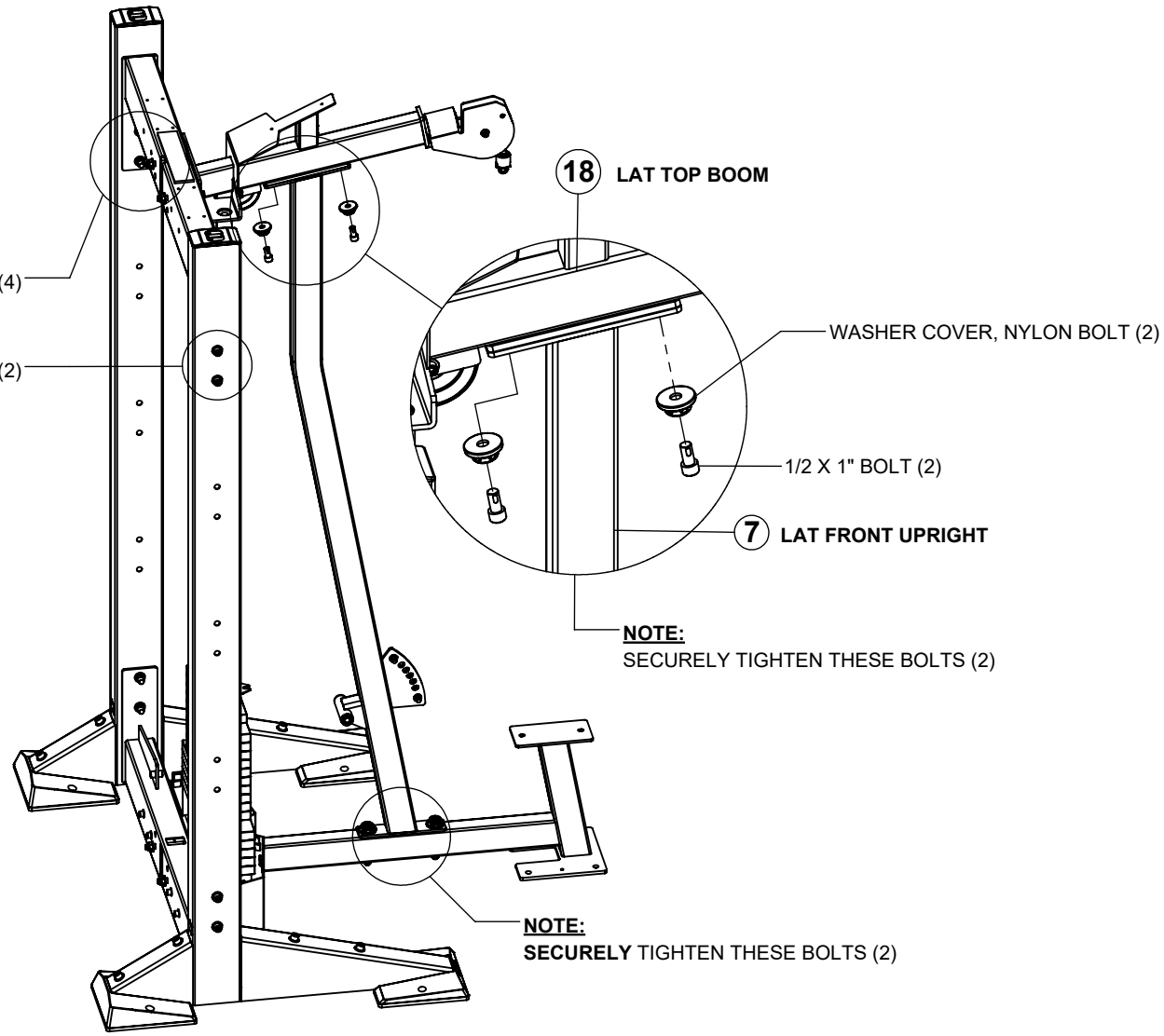
LOOSELY tighten connections in this step.



STEP 10
4' MODULE / OMNI STATION

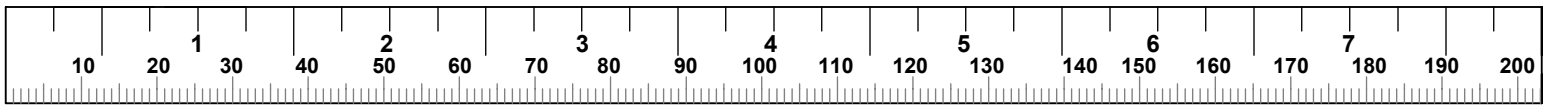


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

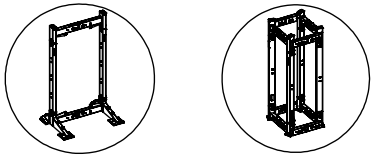


NOTES:

SECURELY tighten bolt connections as shown.

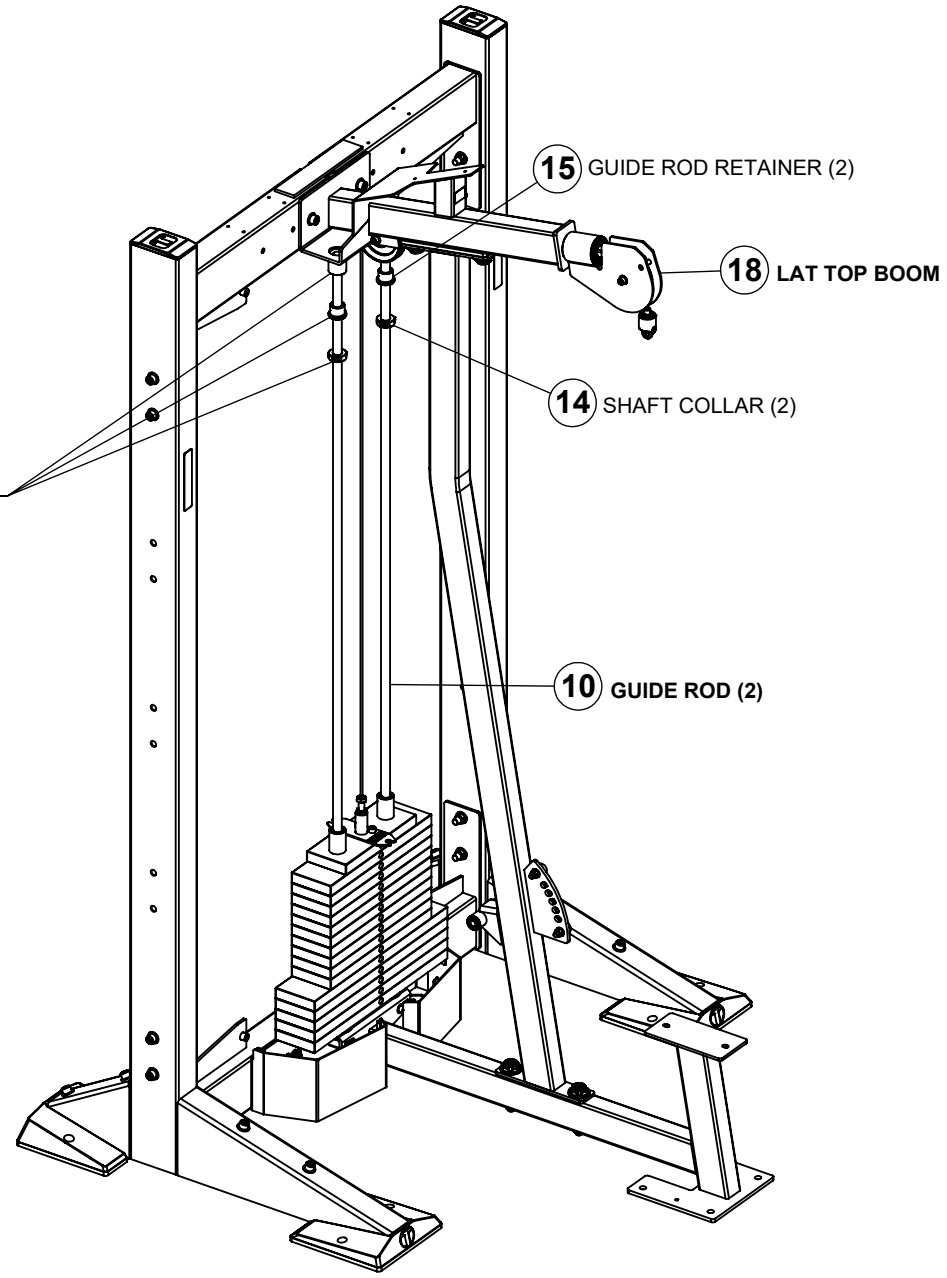


STEP 11
4' MODULE / OMNI STATION



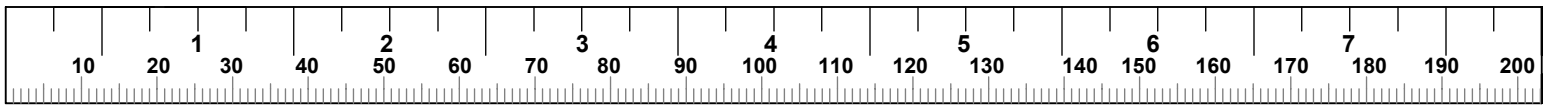
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

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

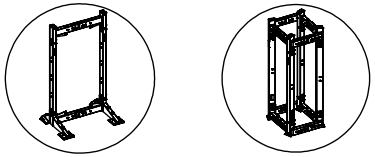


NOTES:

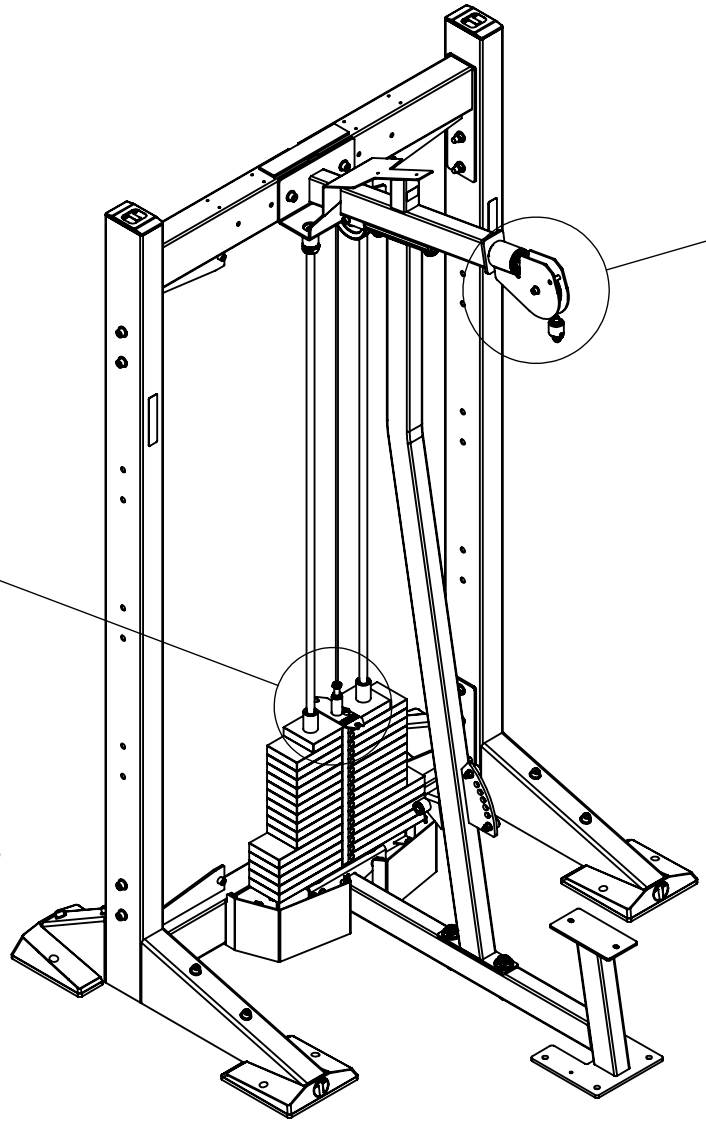
SECURELY tighten bolt connections in this step.

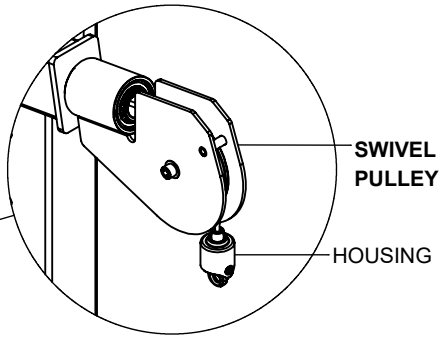


STEP 12
4' MODULE / OMNI STATION

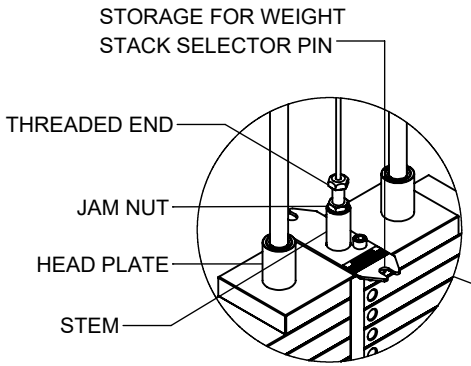


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



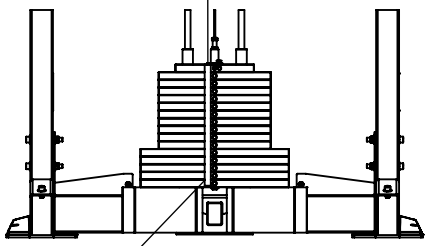


NOTE:
THE HOUSING ON THE CABLE SHOULD BE AT LEAST 1/2" AWAY FROM THE SWIVEL PULLEY. IF THE HOUSING IS TOUCHING THE SWIVEL PULLEY, THEN THE CABLE NEEDS TO BE ADJUSTED. LOOSEN JAM NUT AND TURN THE THREADED END OF THE CABLE COUNTER CLOCKWISE UNTIL THE HOUSING IS 1/2" AWAY FROM THE SWIVEL PULLEY. **SECURELY** TIGHTEN JAM NUT.



NOTE:
THREAD THE CABLE END INTO THE STEM OF THE HEAD PLATE UNTIL THE HOUSING IS APPROXIMATELY 1/2" AWAY FROM THE SWIVEL PULLEY, THEN **SECURELY** TIGHTEN THE JAM NUT. **SEE NOTE ABOVE**

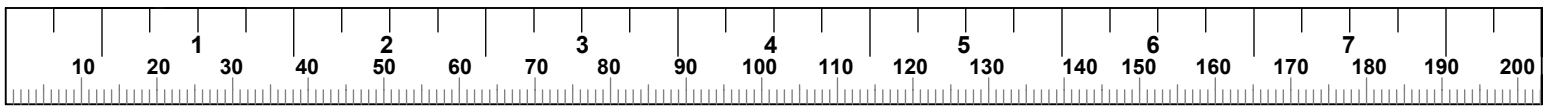
NOTE:
ATTACH THE WEIGHT STACK LABELS TO THE WEIGHT STACK STARTING WITH THE HEAD PLATE



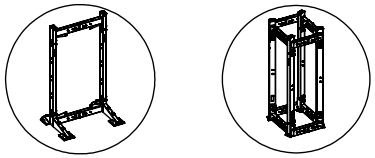
26 WEIGHT STACK LABEL

NOTES:

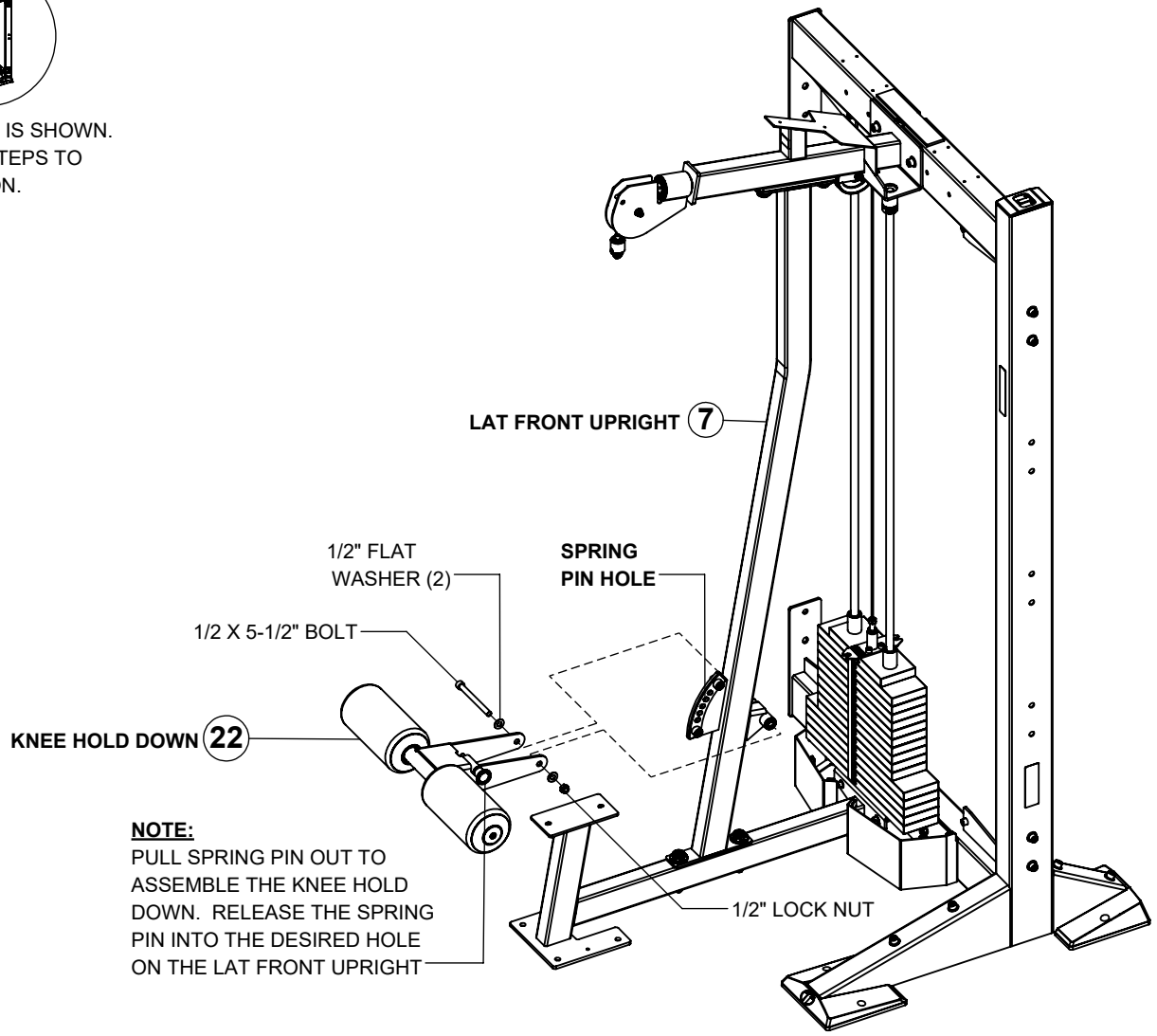
SECURELY tighten bolt connections in this step.



STEP 13
4' MODULE / OMNI STATION



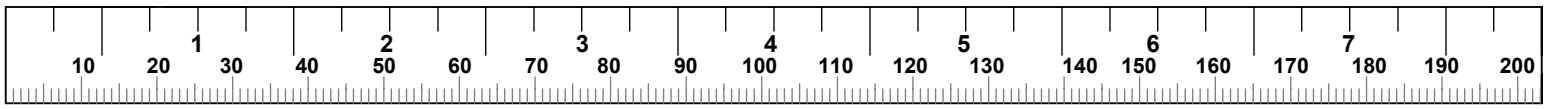
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



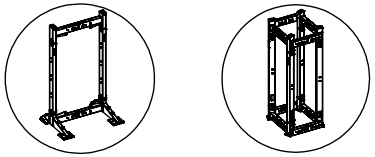
NOTES:

SECURELY tighten bolt connections in this step.

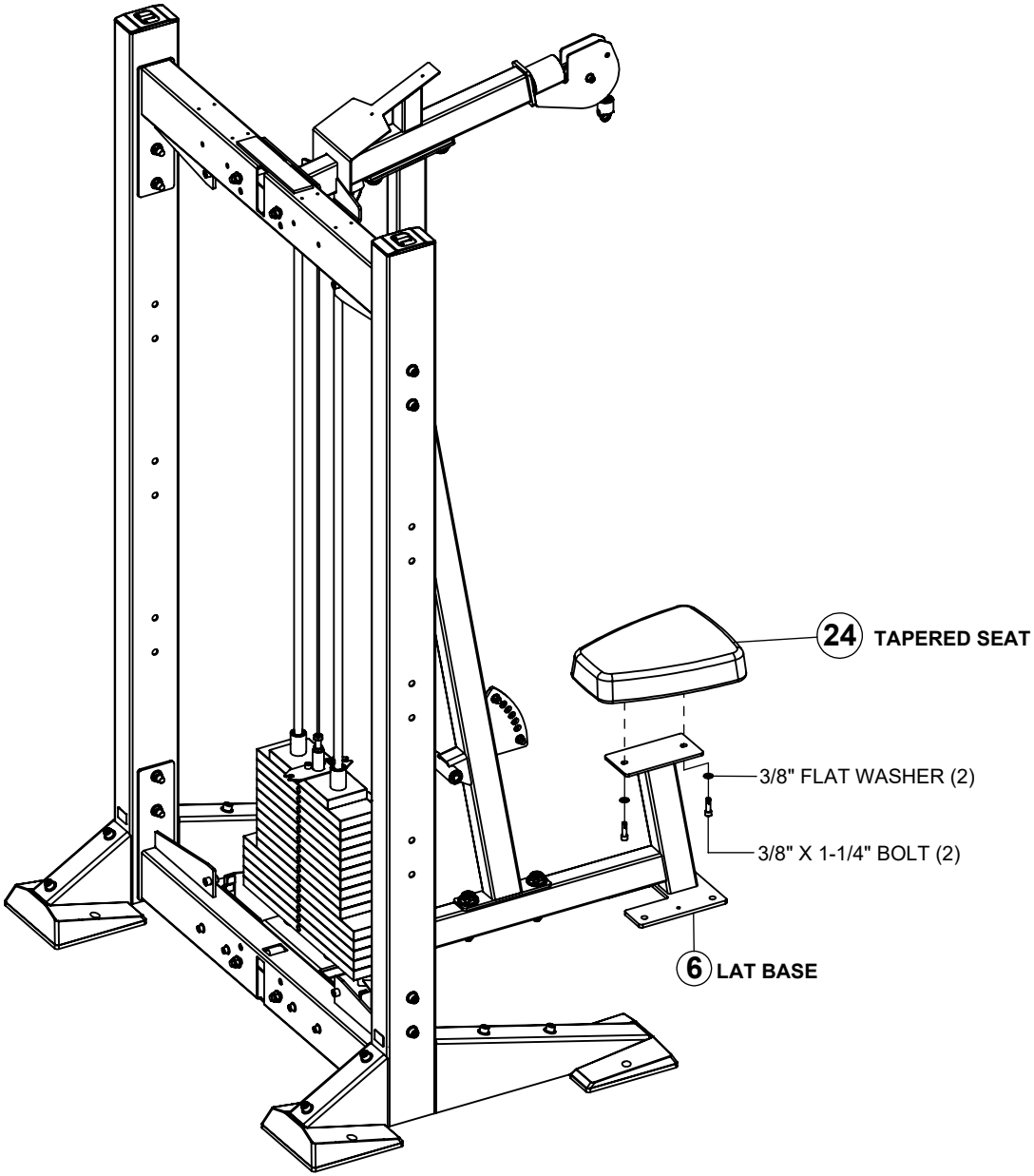
LEFT UPRIGHT has been hidden for illustration clarity.



STEP 14
4' MODULE / OMNI STATION

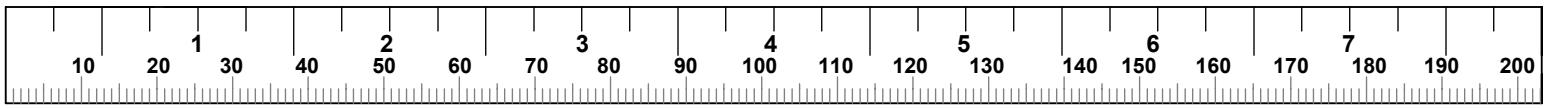


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

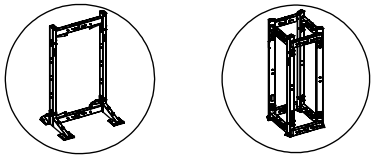


NOTES:

SECURELY tighten bolt connections in this step.

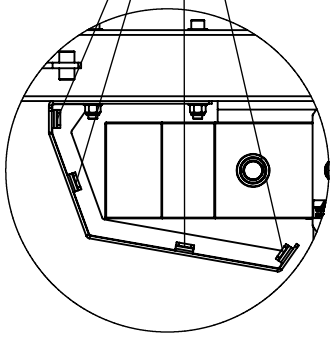


STEP 15
4' MODULE / OMNI STATION

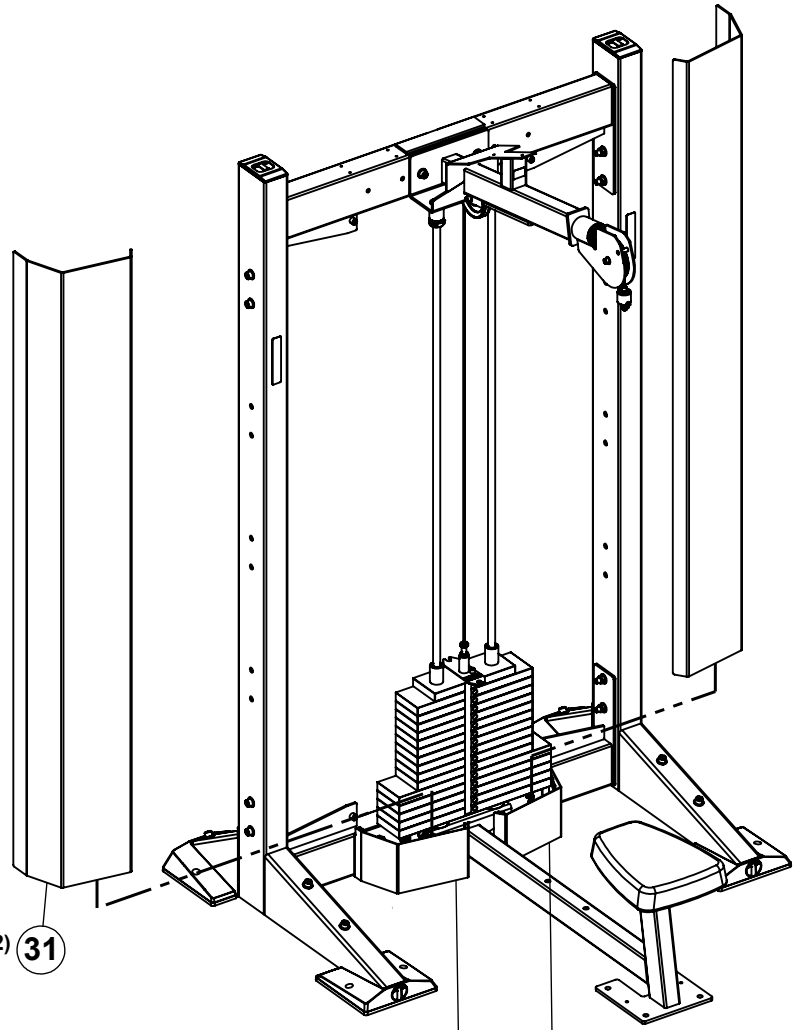


NOTE: 4' MODULE ASSEMBLY IS SHOWN.
FOLLOW THE EXACT SAME STEPS TO
ASSEMBLE THE OMNI STATION.

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



TOP VIEW LEFT

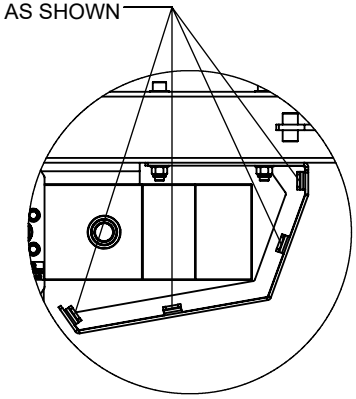


FRONT SHROUD (2) 31

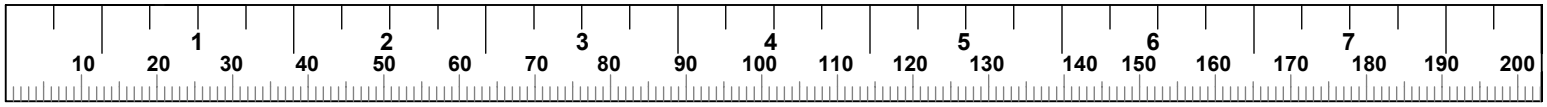
LEFT SHROUD BASE 27

30 **RIGHT SHROUD BASE**

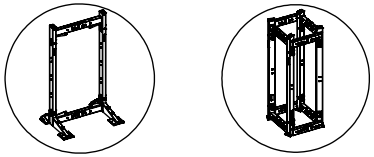
NOTE:
MAKE SURE SHROUD IS
SEATED BETWEEN THE
SHROUD SUPPORT AND
THE FOUR TABS AS SHOWN



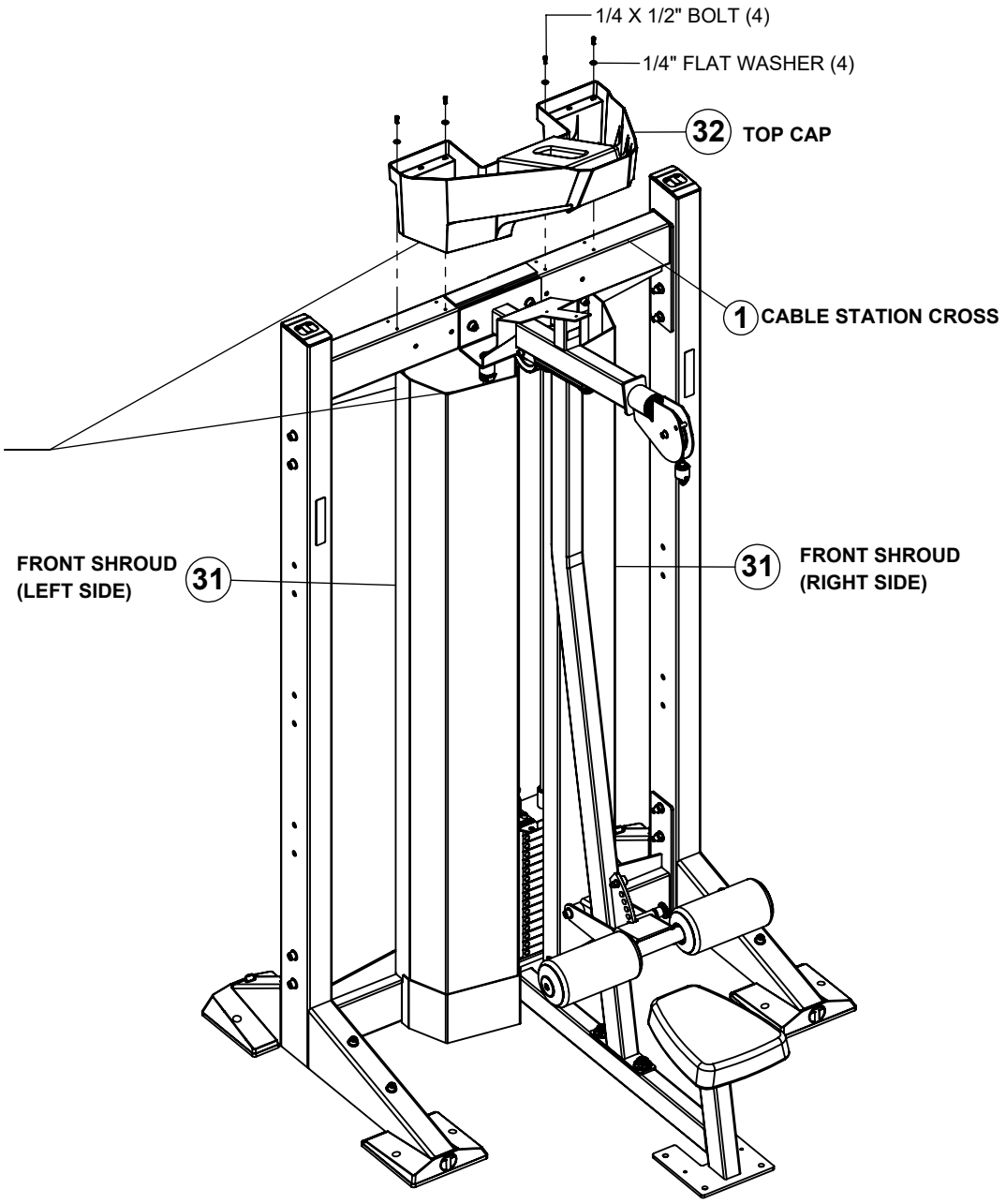
TOP VIEW RIGHT



STEP 16a
4' MODULE / OMNI STATION

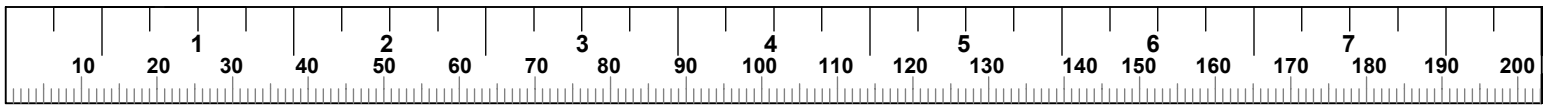


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

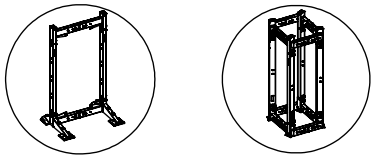


NOTES:

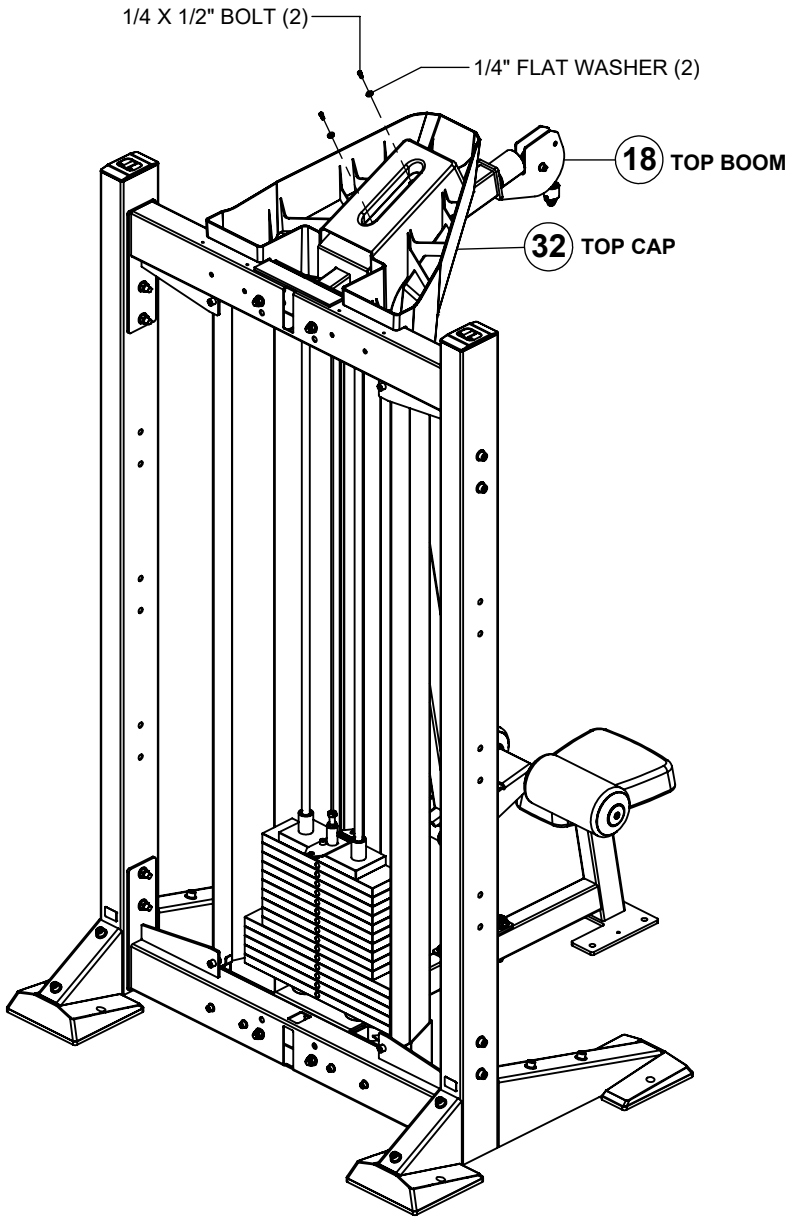
LOOSELY tighten bolt connections in this step.



STEP 16b
4' MODULE / OMNI STATION

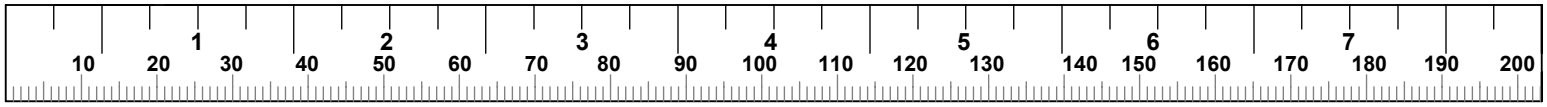


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

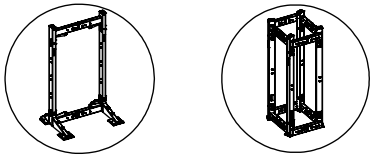


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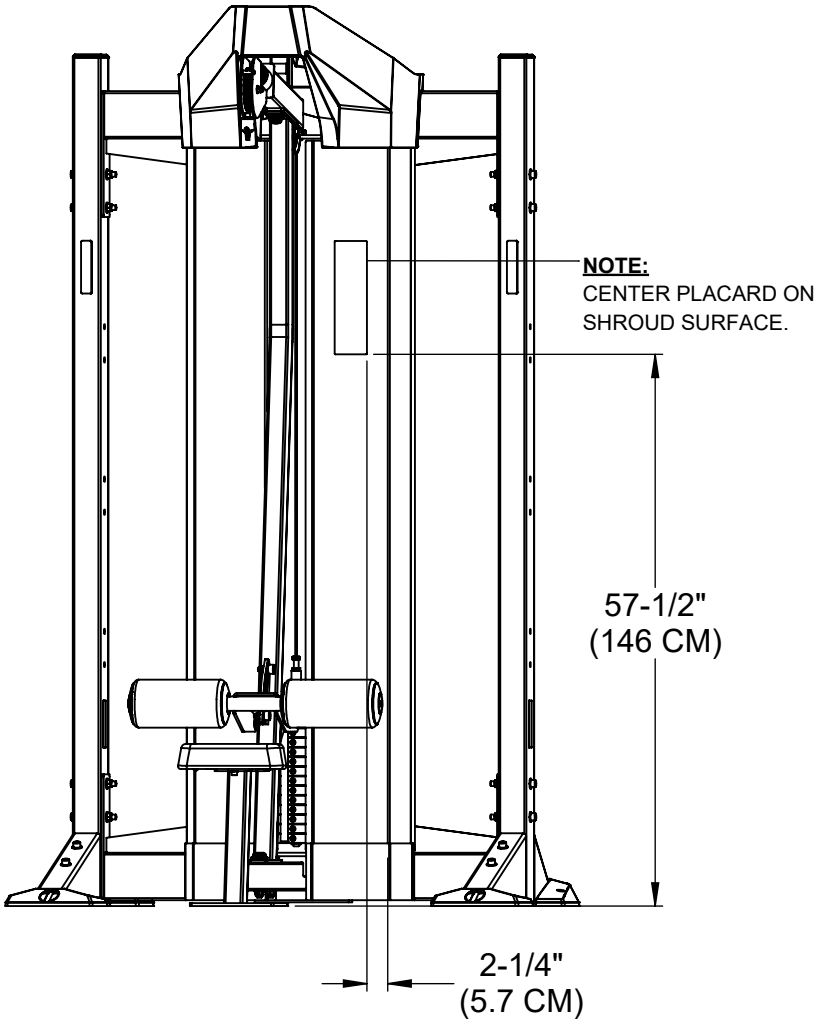
SECURELY tighten bolt connections in this step, and previous step.

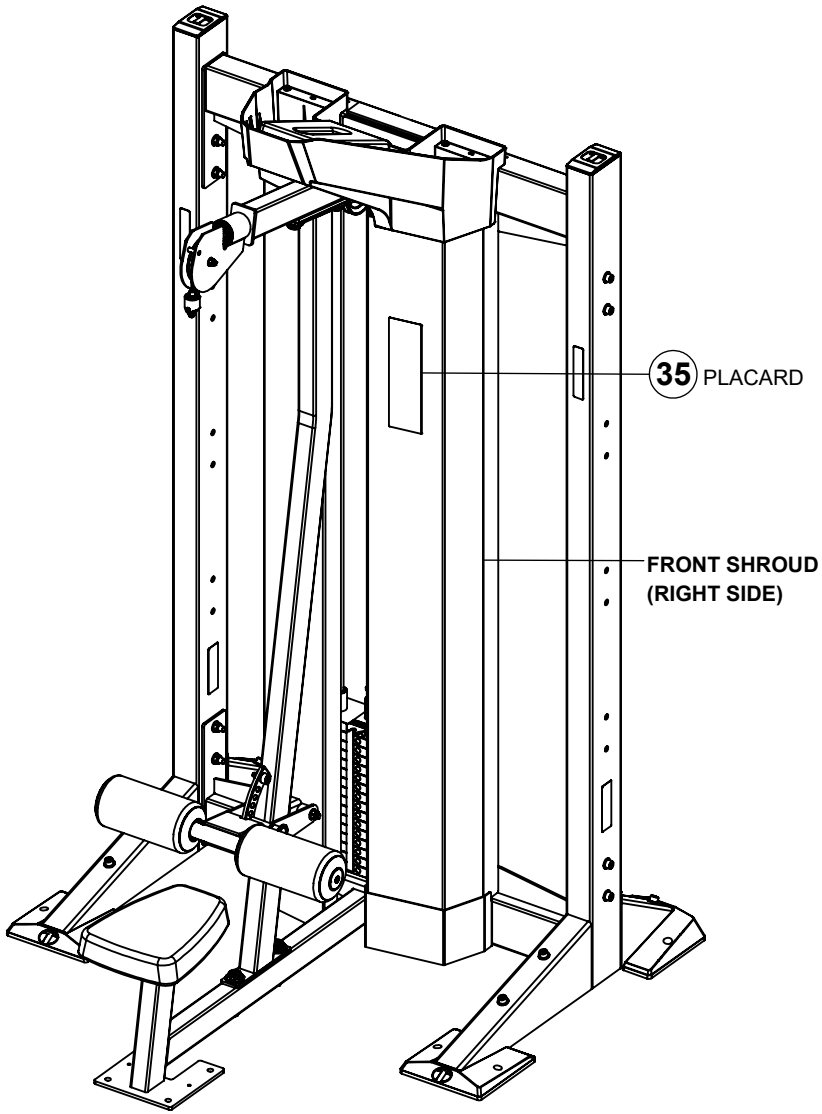


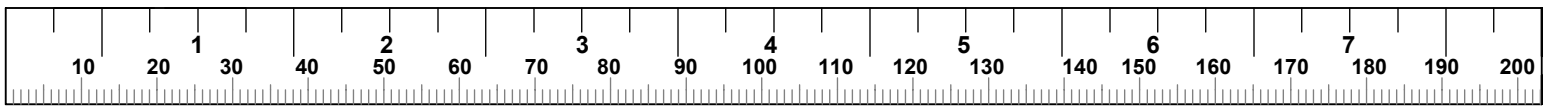
STEP 17
4' MODULE / OMNI STATION



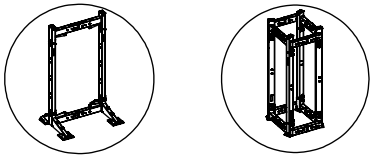
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



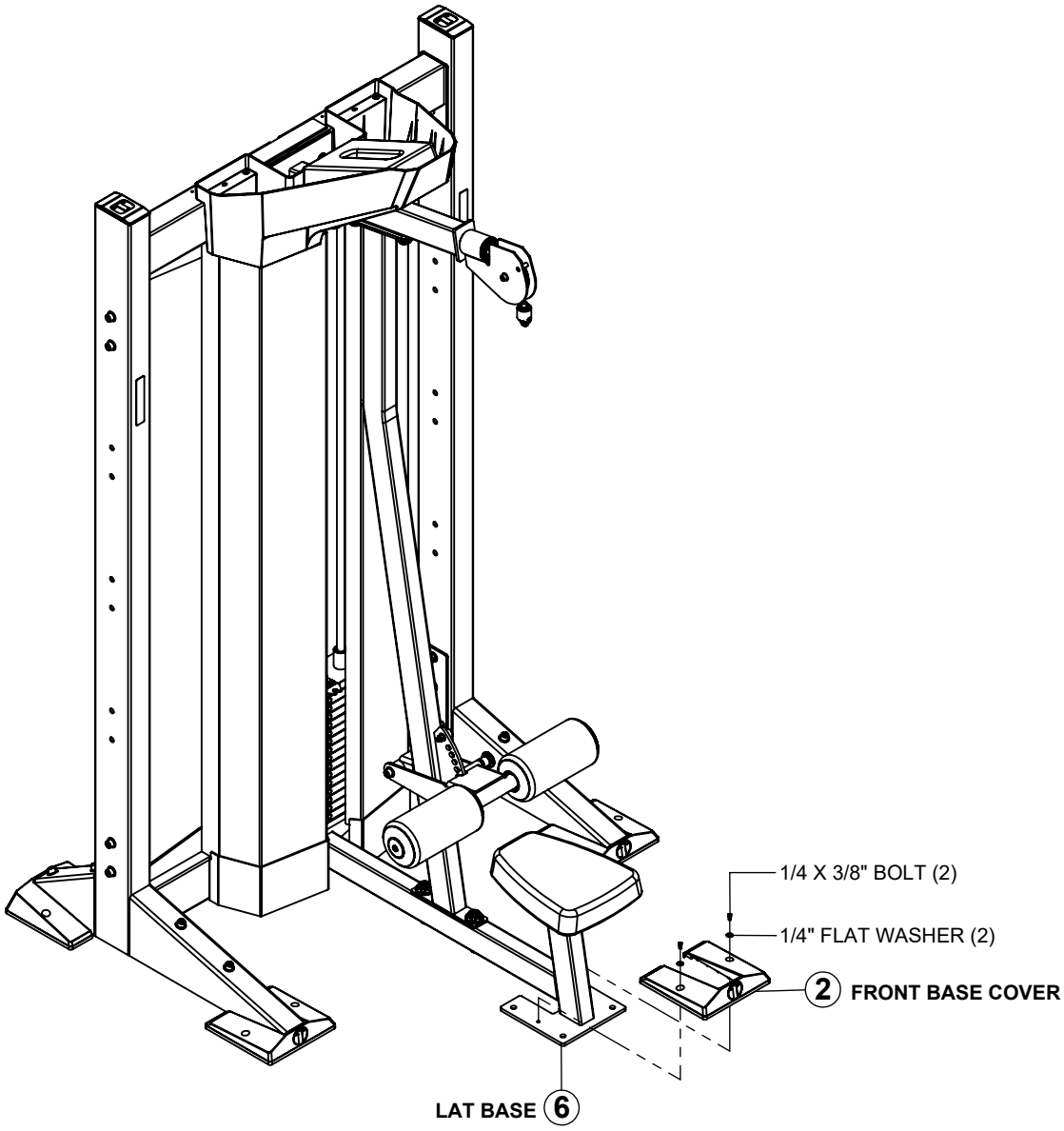




STEP 18
4' MODULE / OMNI STATION



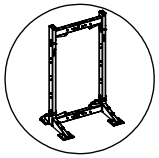
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

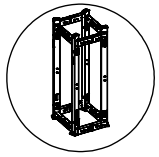


NOTES:

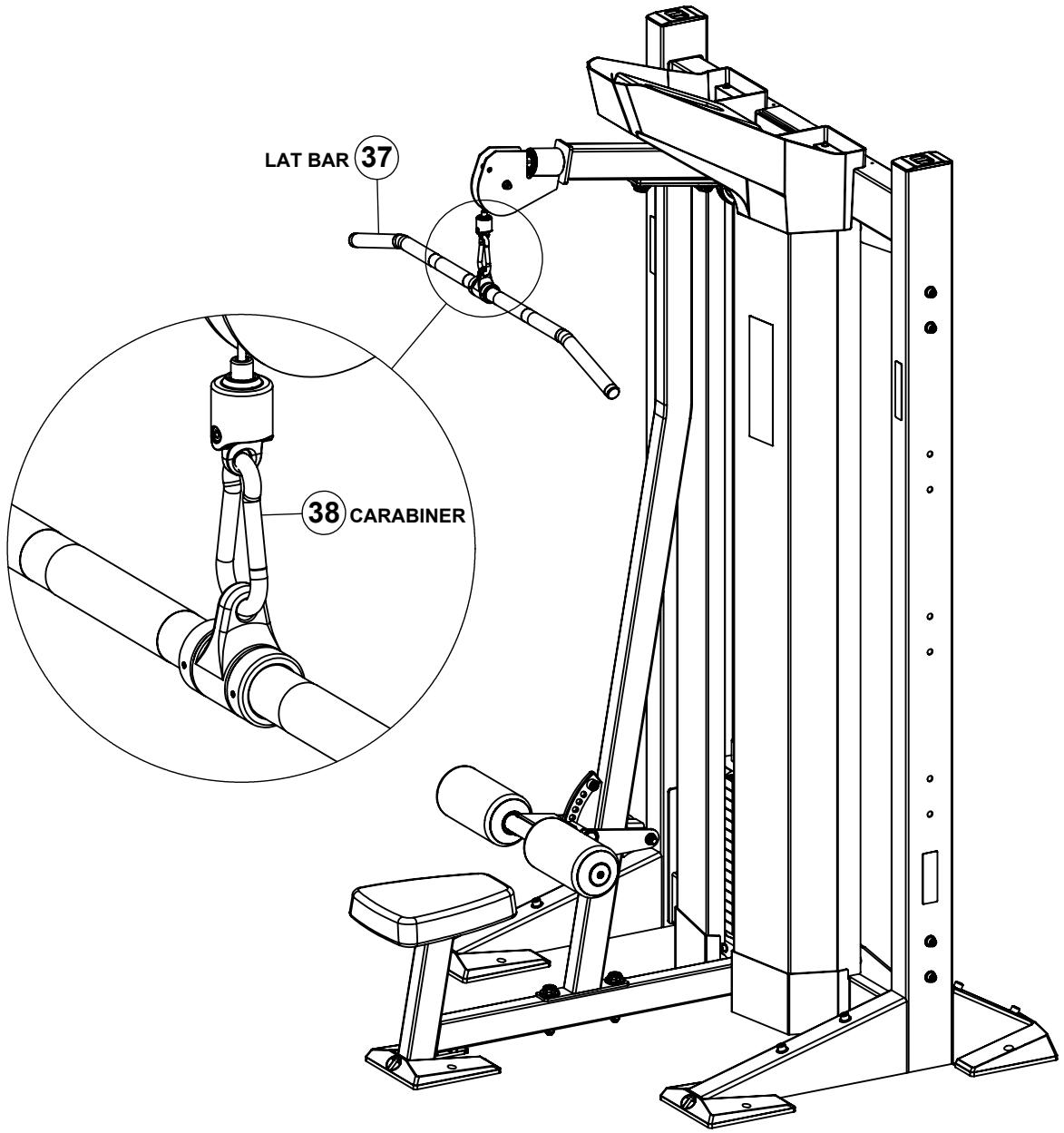
SECURELY tighten bolt connections in this step.

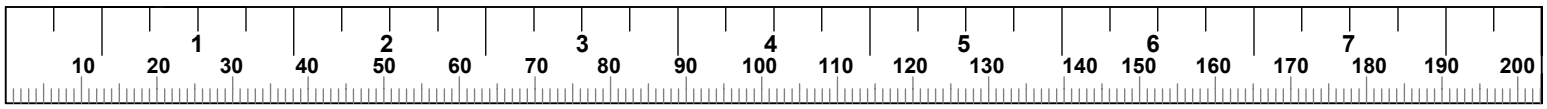
STEP 19
4' MODULE / OMNI STATION



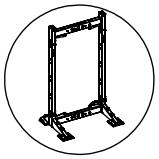


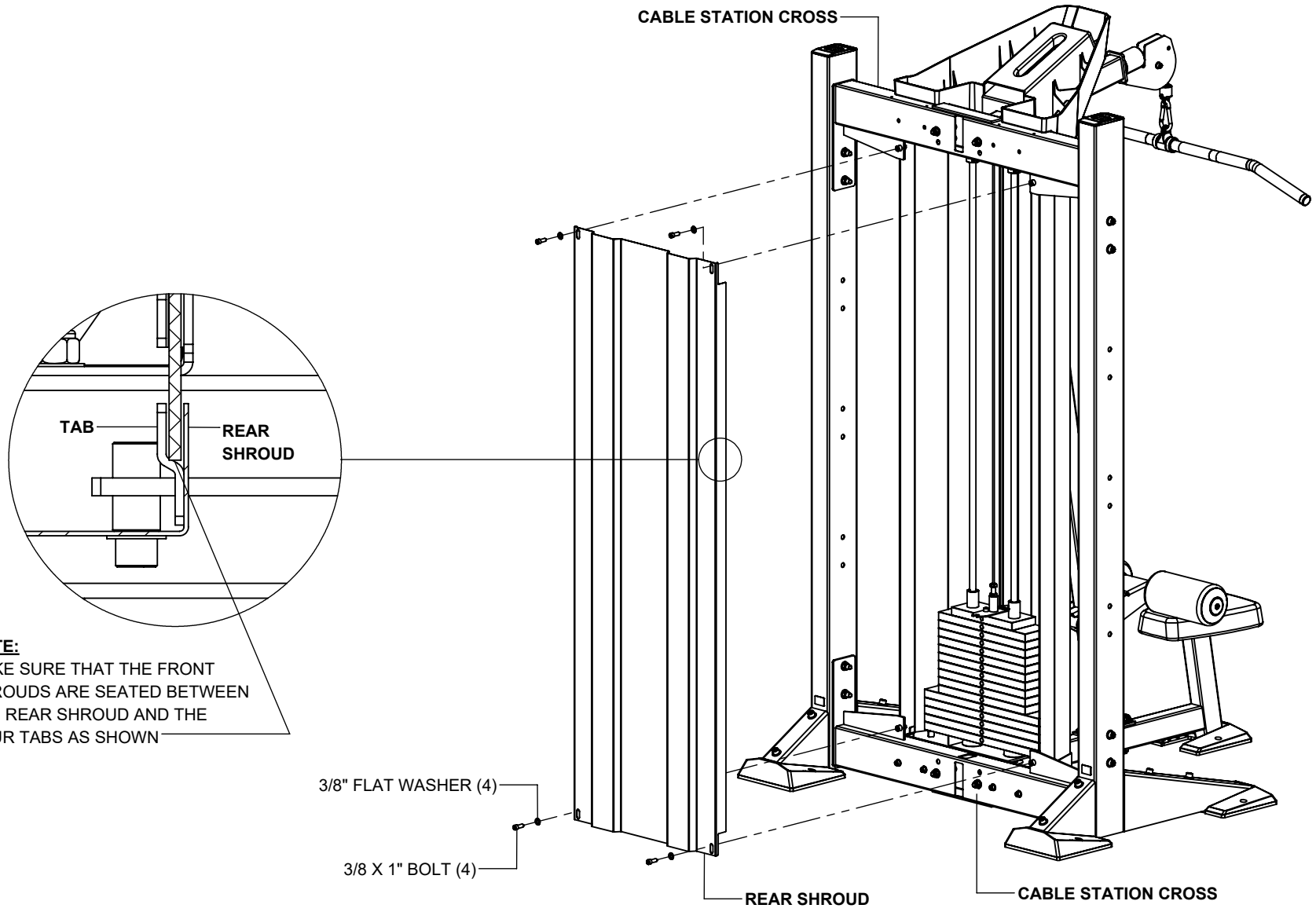
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.





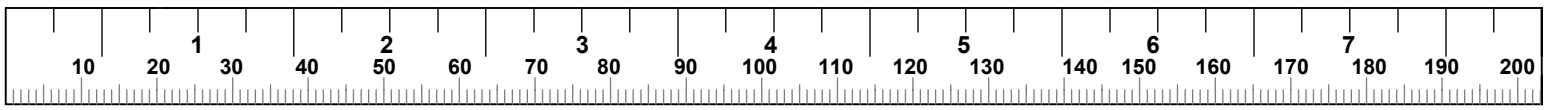
STEP 20 (OPTIONAL REAR SHROUD)
4' MODULE





NOTES:

SECURELY tighten bolt connections in this step.



MAINTENANCE

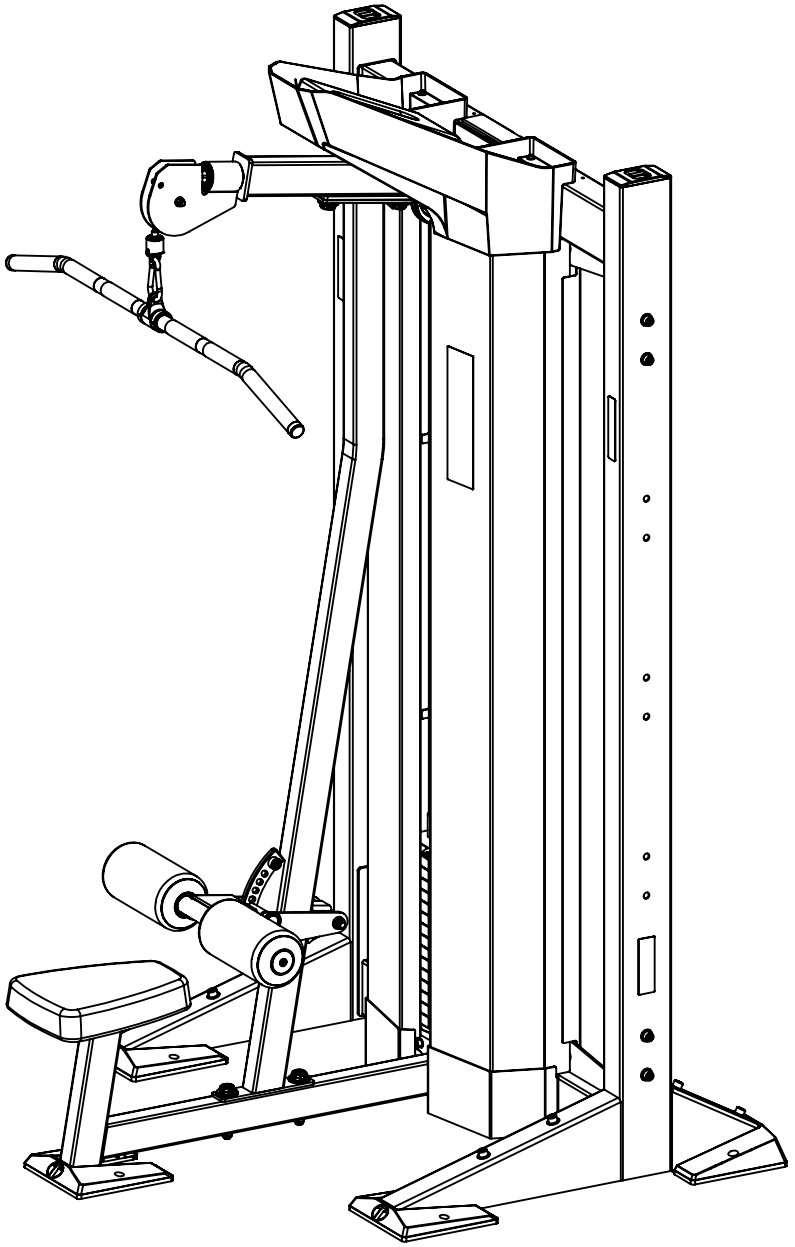
GUIDE RODS: Clean and lubricate with a silicone or teflon based lubricant

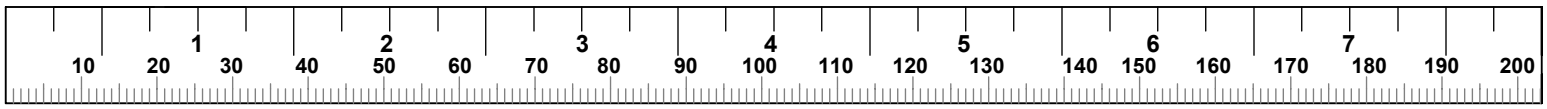
INSPECTION: Once a month, check for loose bolts. Tighten if necessary.

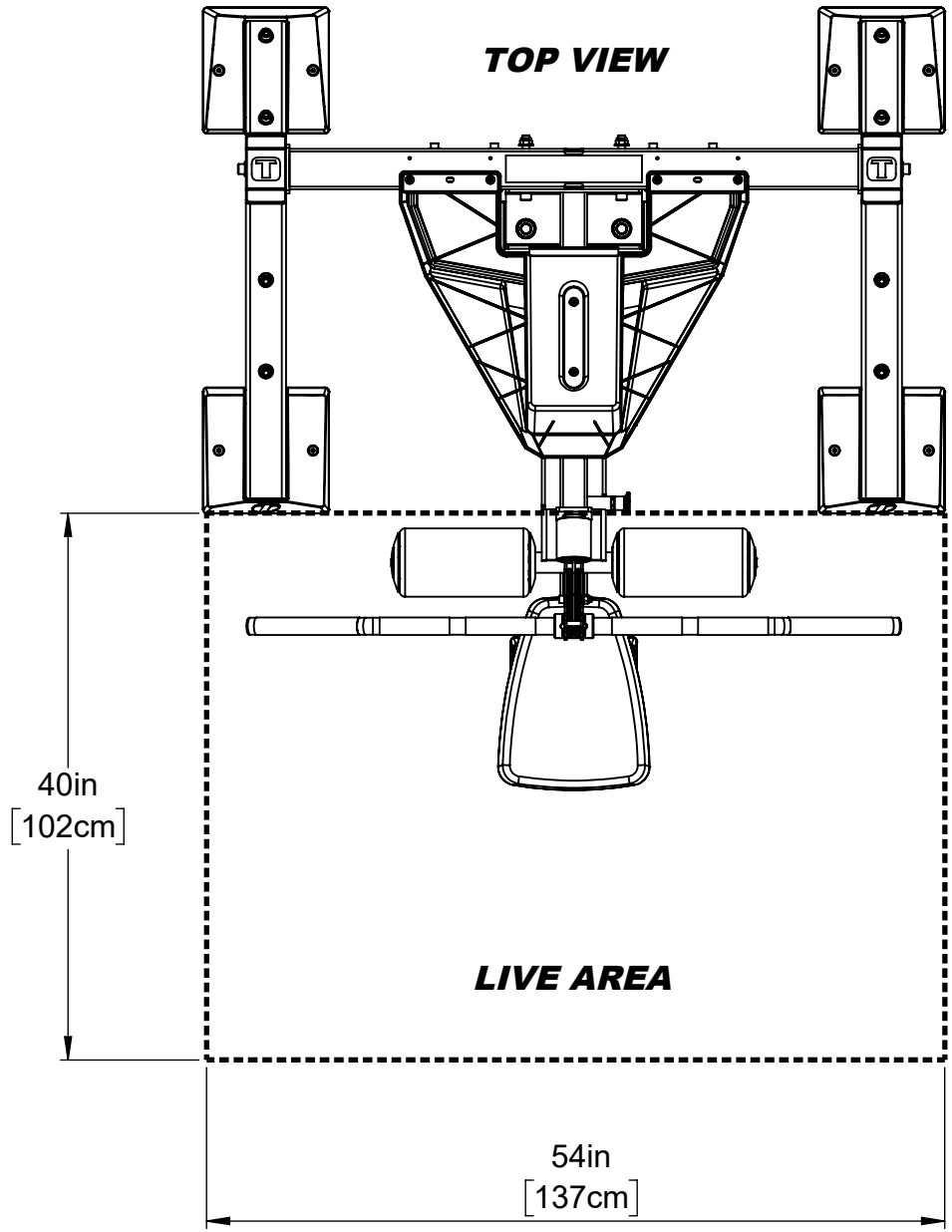
CABLES: Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 12, PAGE 19 TO ADJUST CABLE TENSION)

SPRING PINS: Check that the SPRING PINS fully engage when release. Tighten SPIRING PIN NUTS as needed.

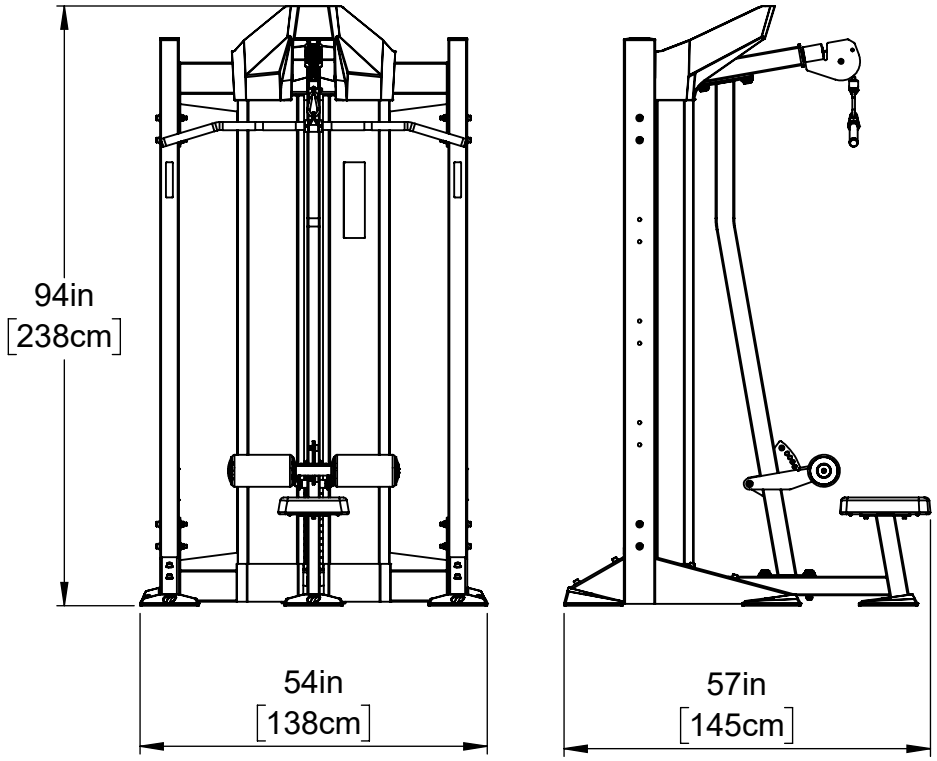
FRAME: Clean with a damp cloth.





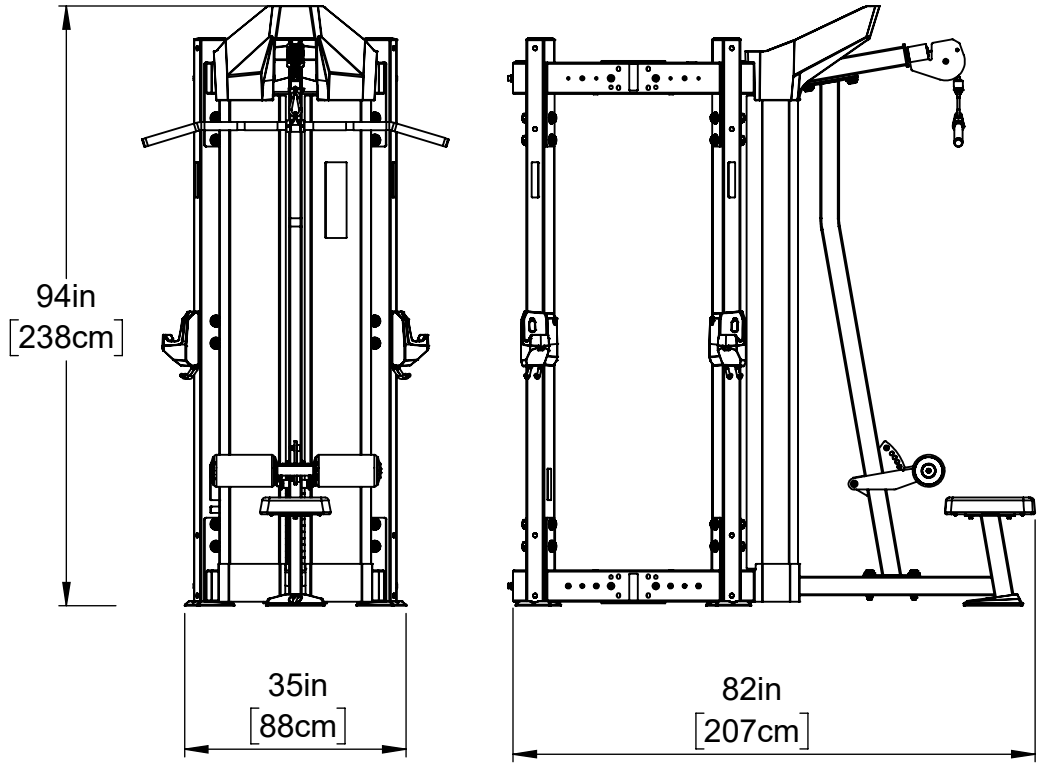

TOP VIEW
40in
[102cm]
LIVE AREA
54in
[137cm]

XCREATE-4LPDM

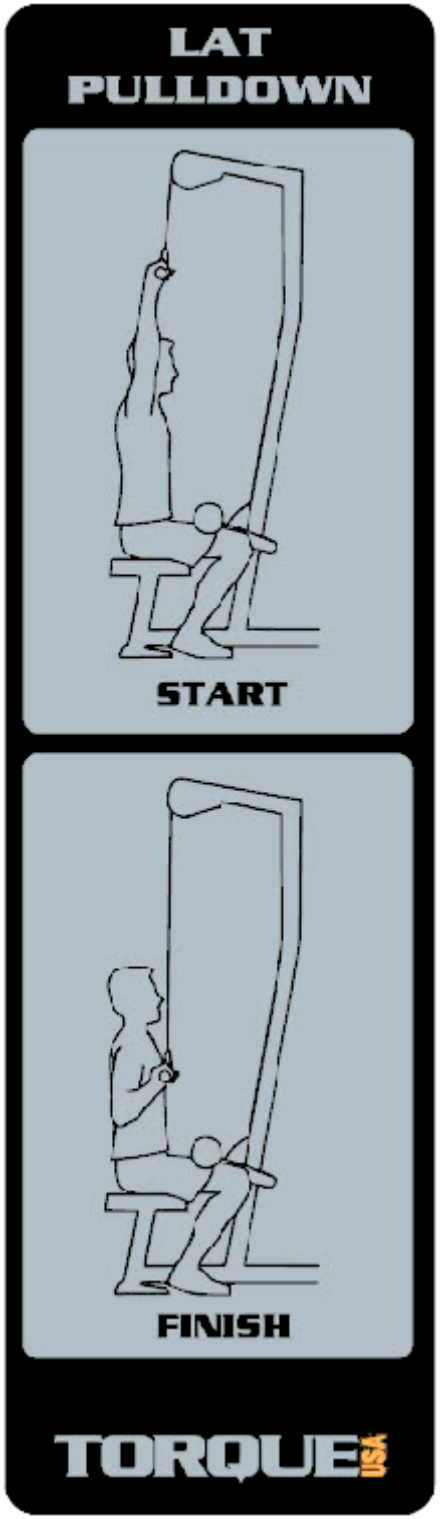


TOTAL UNIT WEIGHT : 744 LBS [337 KG]

XCREATE-OSS-LPD



TOTAL UNIT WEIGHT : 1119 LBS [508 KG]


LAT
PULLDOWN
START
FINISH
TORQUE USA