

ASSEMBLY INSTRUCTIONS

4 FT (1.2 M) STANDING HIP ABDUCTOR 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.

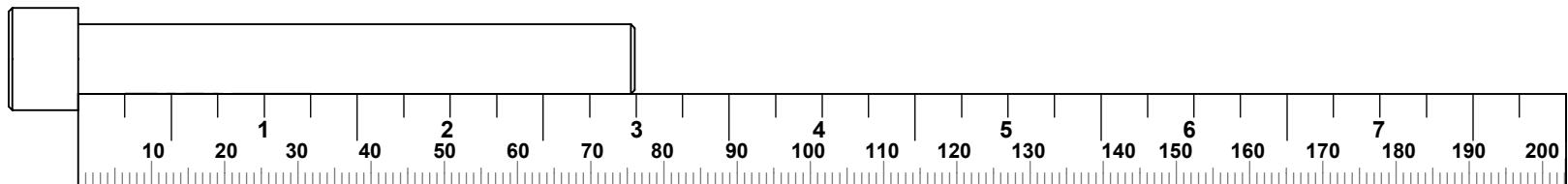
Follow the instructions included with the optional equipment to assemble it to the base product.

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.

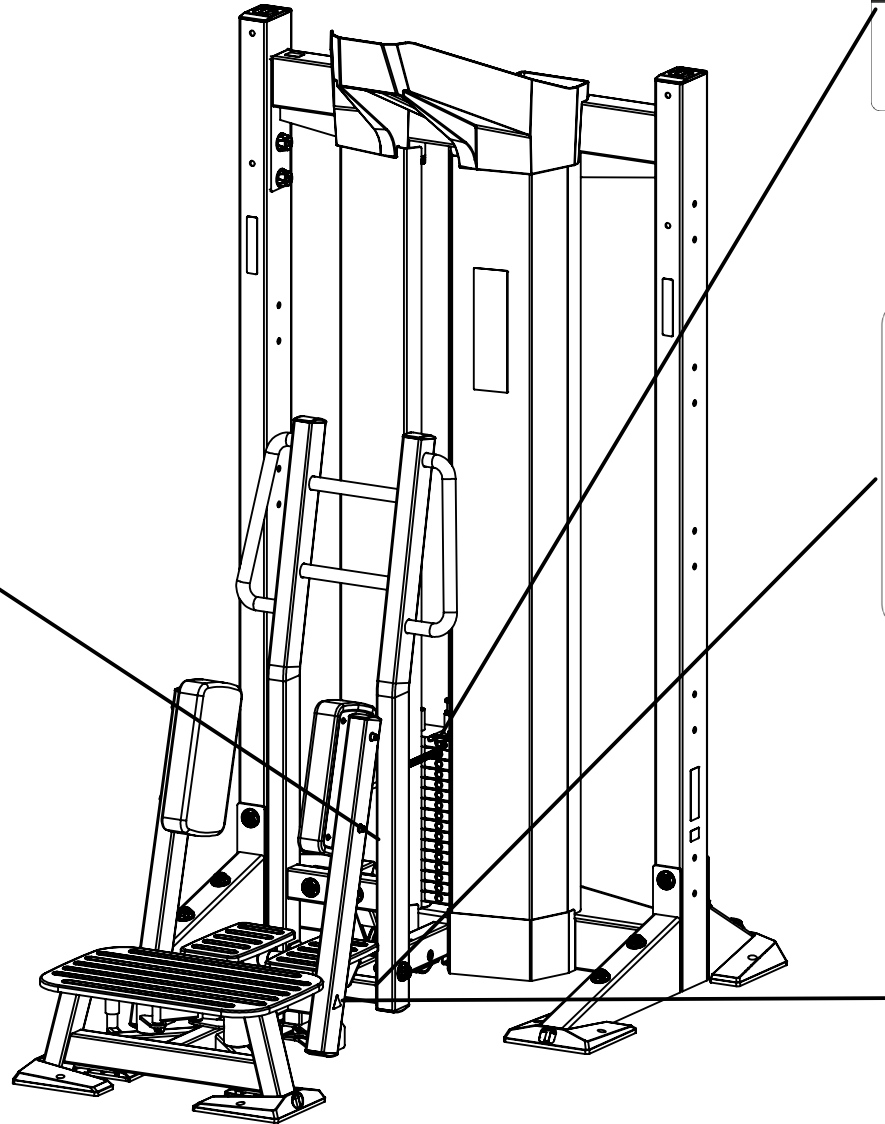


WARNING

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

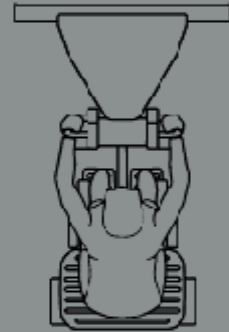
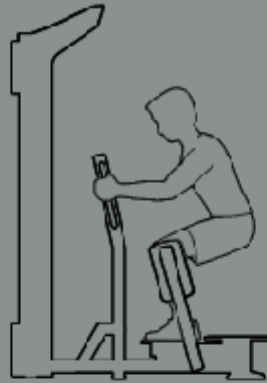
TORQUE FITNESS

11201 Xeon St NW Ste 101
Coon Rapids, MN 55448

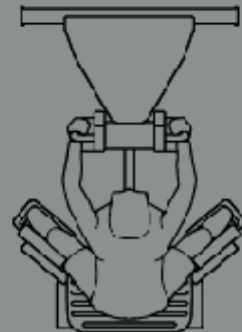


EXERCISE INSTRUCTIONS

**HIP
ABDUCTION**



START



FINISH

TORQUE USA

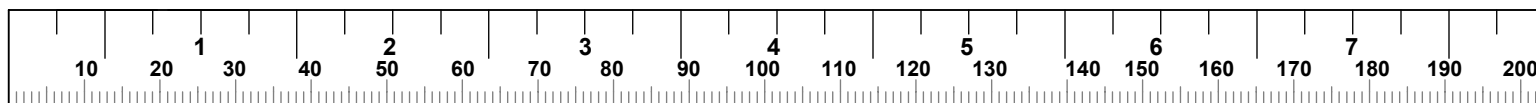
ITEM NO.	PART NUMBER	DESCRIPTION	QTY	ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	2001401	NUT, 1/2-13 LK ST ZN	8	39	5581301	COVER, FRONT BASE	2
2	2001101	WASHER, FLAT 3/8 SAE ST ZN	16	40	2001601	NUT, 5/16-18 LK ST ZN	4
3	2001201	NUT, 3/8-16 LK ST ZN	7	41	2001501	WASHER, FLAT 5/16 SAE ST ZN	4
4	5631801	WASHER COVER, NYLON BOLT	4	42	56349PA	PTD ASSY, 10 LB WEIGHT PLATE	10
5	5631901	WASHER COVER, NYLON NUT	4	43	5915101	WLDMT, CABLE STATION CROSS	2
6	60184PA	PTD ASSY, ABDUCTOR BASE	1	44	2001301	WASHER, FLAT 1/2 SAE ST ZN	8
7	59148PA	PTD ASSY, SEATED ROW TOP BOOM	1	45	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	4
8	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2	46	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	4
9	5662501	WLDMT, LEFT SHROUD BASE	1	47	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	5
10	5662901	WLDMT, RIGHT SHROUD BASE	1				
11	5513601	CUSHION, WEIGHT STACK	2				
12	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	2				
13	5996401	BUSHING, GUIDE ROD RETAINER	2				
14	5643201	GUIDE ROD, 19 DIA X 1912	2				
15	56345PA	PTD ASSY, HEAD PLATE	1				
16	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	2				
17	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	1				
18	2008407	BOLT, 3/8-16 X 2" (51mm) ST HT SOCKET HEAD	1				
19	5094501	PULLEY, 4-1/2 OD X 25	1				
20	6018801	ASSY, ABDUCTOR CABLE	1				
21	6065001	LABEL, WEIGHT STACK 15 - 190 LB (6.8 - 86.2 KG)	1				
22	5645101	SHROUD, XCREATE CABLE STATION	2				
23	5664701	SHROUD, TOP CAP	1				
24	2002101	WASHER, FLAT 1/4 SAE ST ZN	10				
25	2006502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	6				
26	6019301	PLACARD, XCREATE-SHA-101	1				
27	2009411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD W/NP	4				
28	60098PA	PTD ASSY, HIP ABDUCTOR RIGHT LEG	1				
29	6009901	PAD, ABDUCTOR LEG	2				
30	60093PA	PTD ASSY, HIP ABDUCTOR LEFT LEG	1				
31	2002209	BOLT, 1/2 DIA X 2-3/4" SHOULDER	2				
32	60110PA	PTD ASSY, ABDUCTOR CENTER SWIVEL	1				
33	60190PA	PTD ASSY, ABDUCTOR HANDLE MOUNT	1				
34	2005811	BOLT, 1/2-13 X 3" (76mm) SOCKET HEAD	4				
35	6019601	PLATE, ABDUCTOR LARGE FOOT PLATE - SUPPORT	1				
36	2008503	BOLT, 3/8-16 X 1" (25mm) FLAT HEAD W/NP	4				
37	60197PA	PTD ASSY, LARGE FOOT PLATE	1				
39	2006509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD W/NP	4				

NOTE:

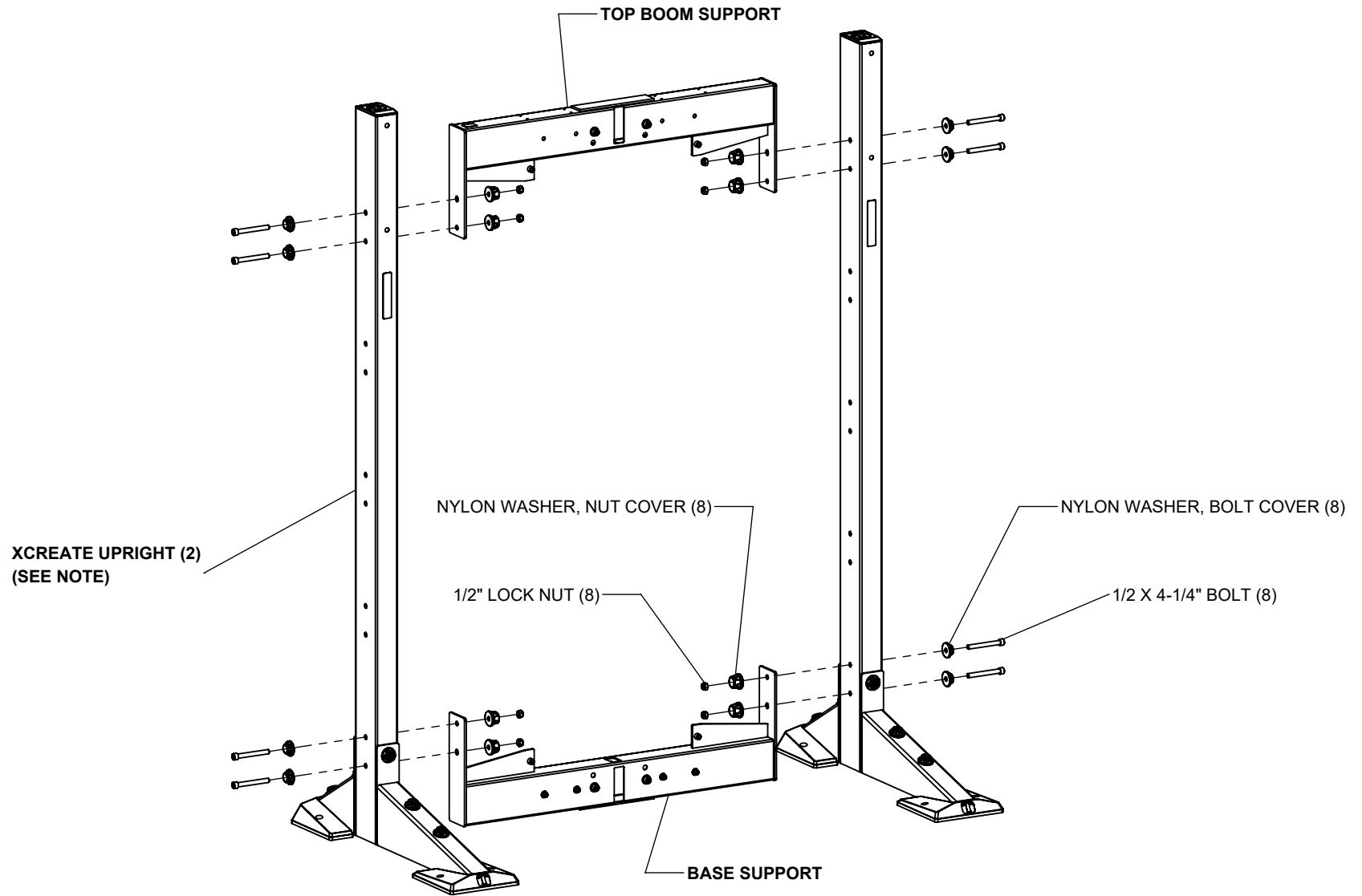
X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact 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.



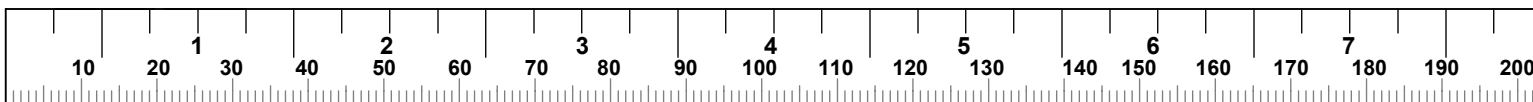
STEP 1



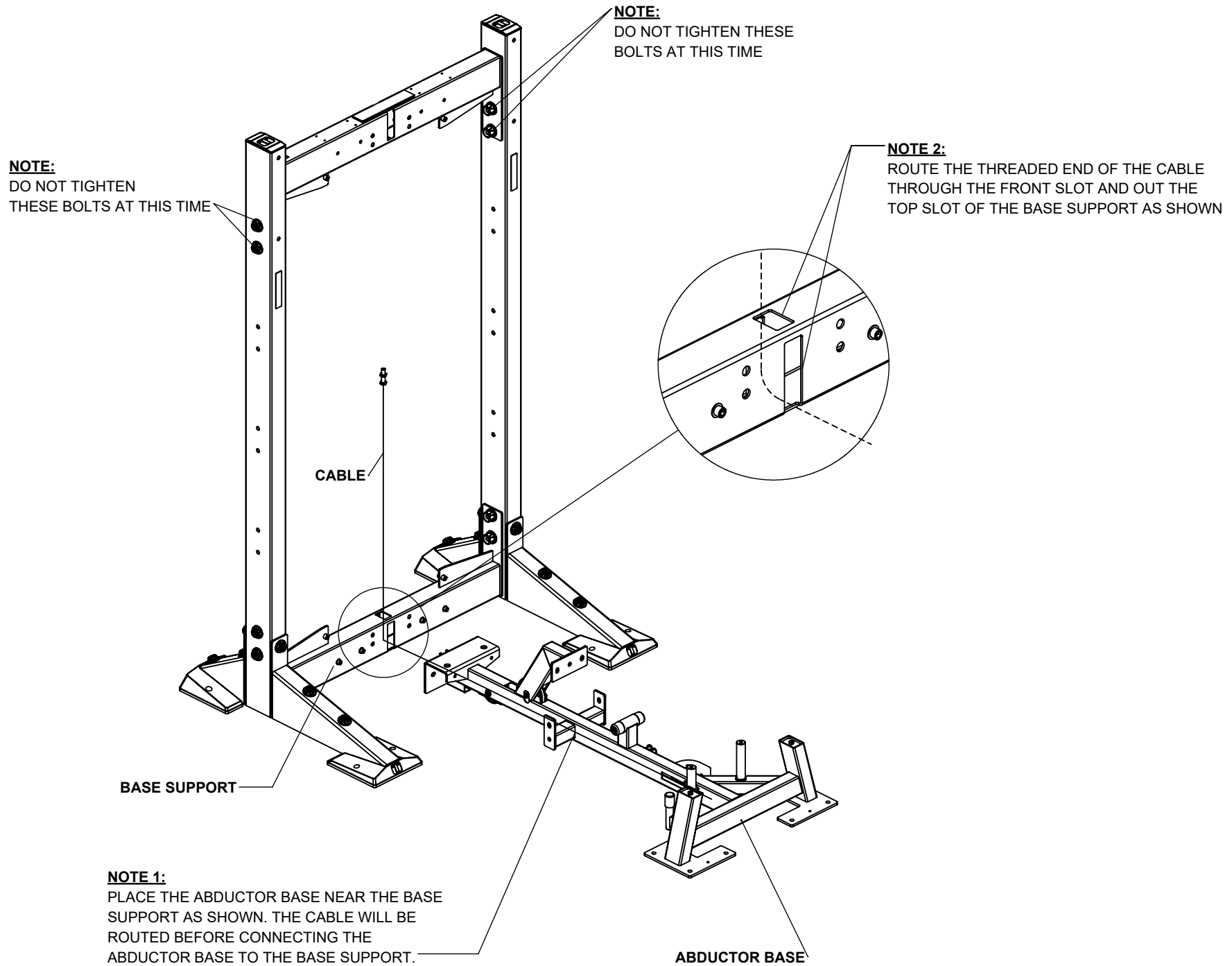
NOTES:

LOOSELY tighten bolt connections in this step.

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

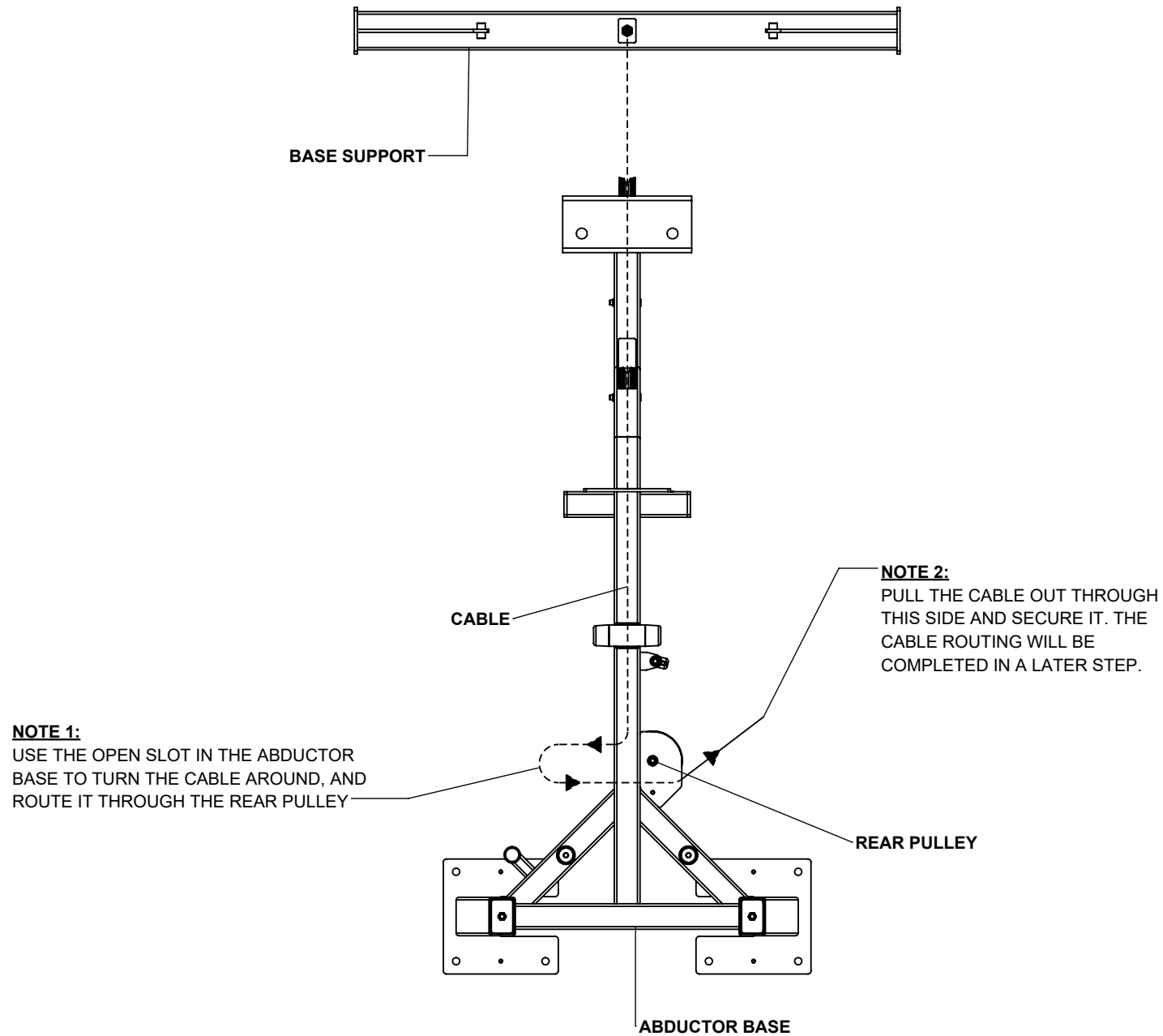


STEP 2a



STEP 2c

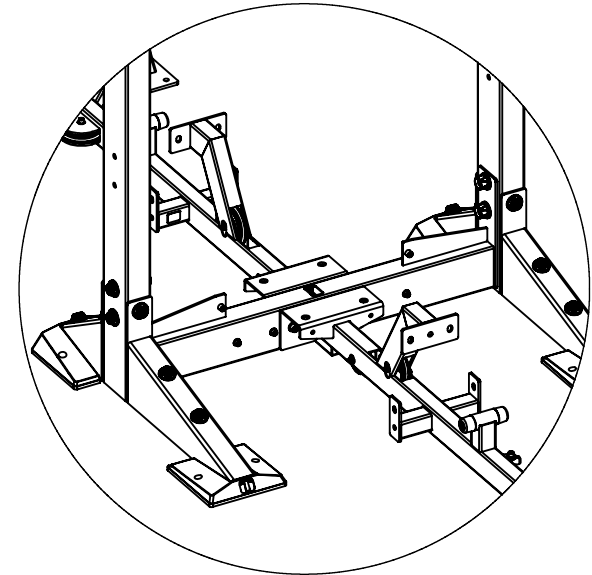
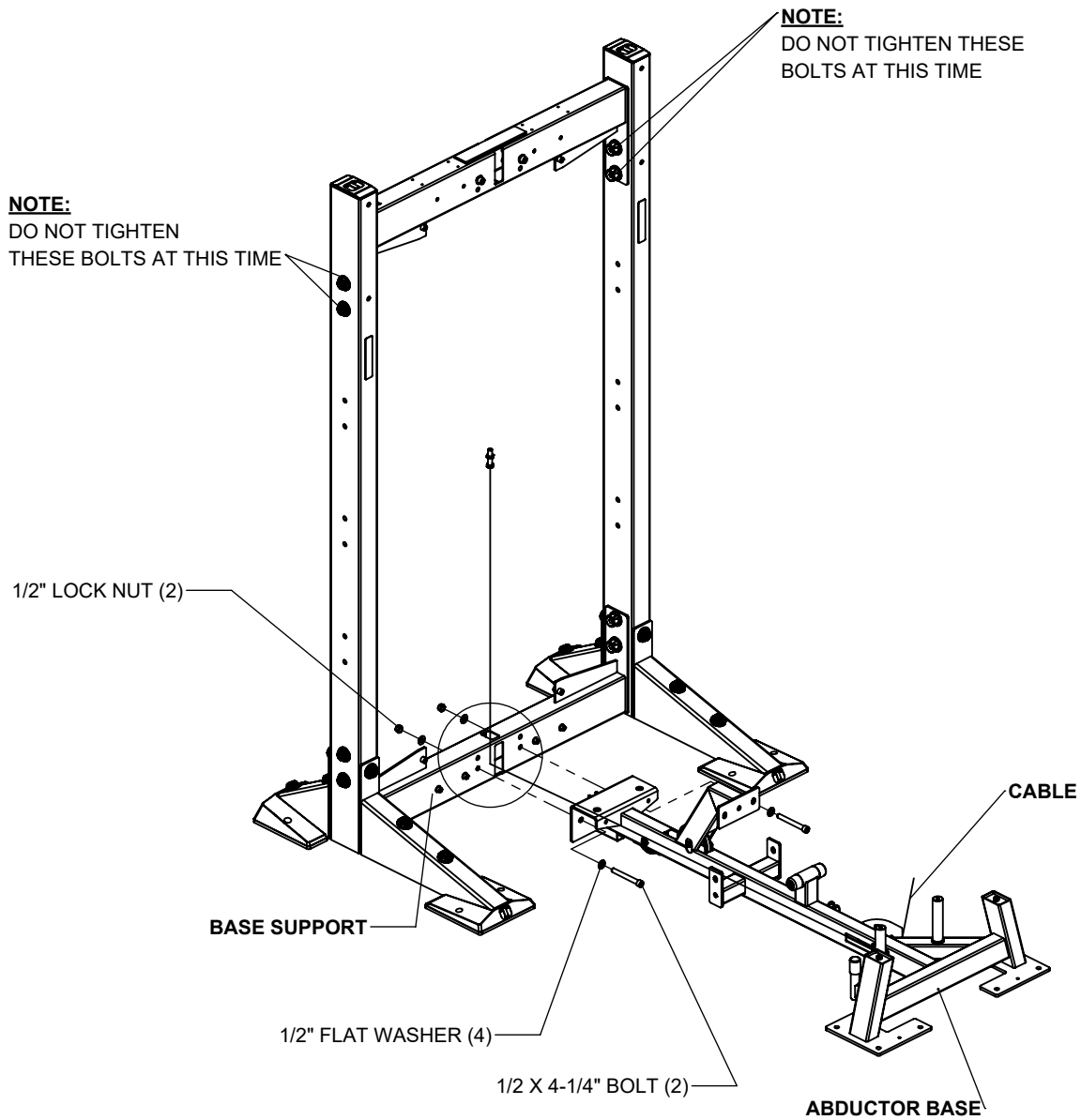
TOP VIEW



NOTES:

UPRIGHTS have been hidden for illustration clarity.

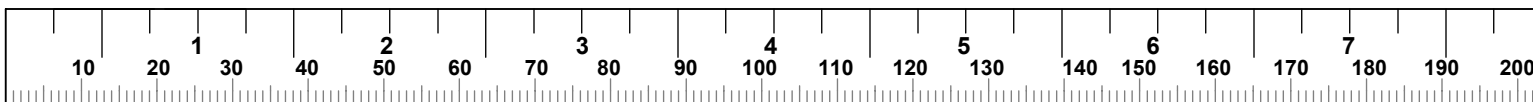
STEP 2d



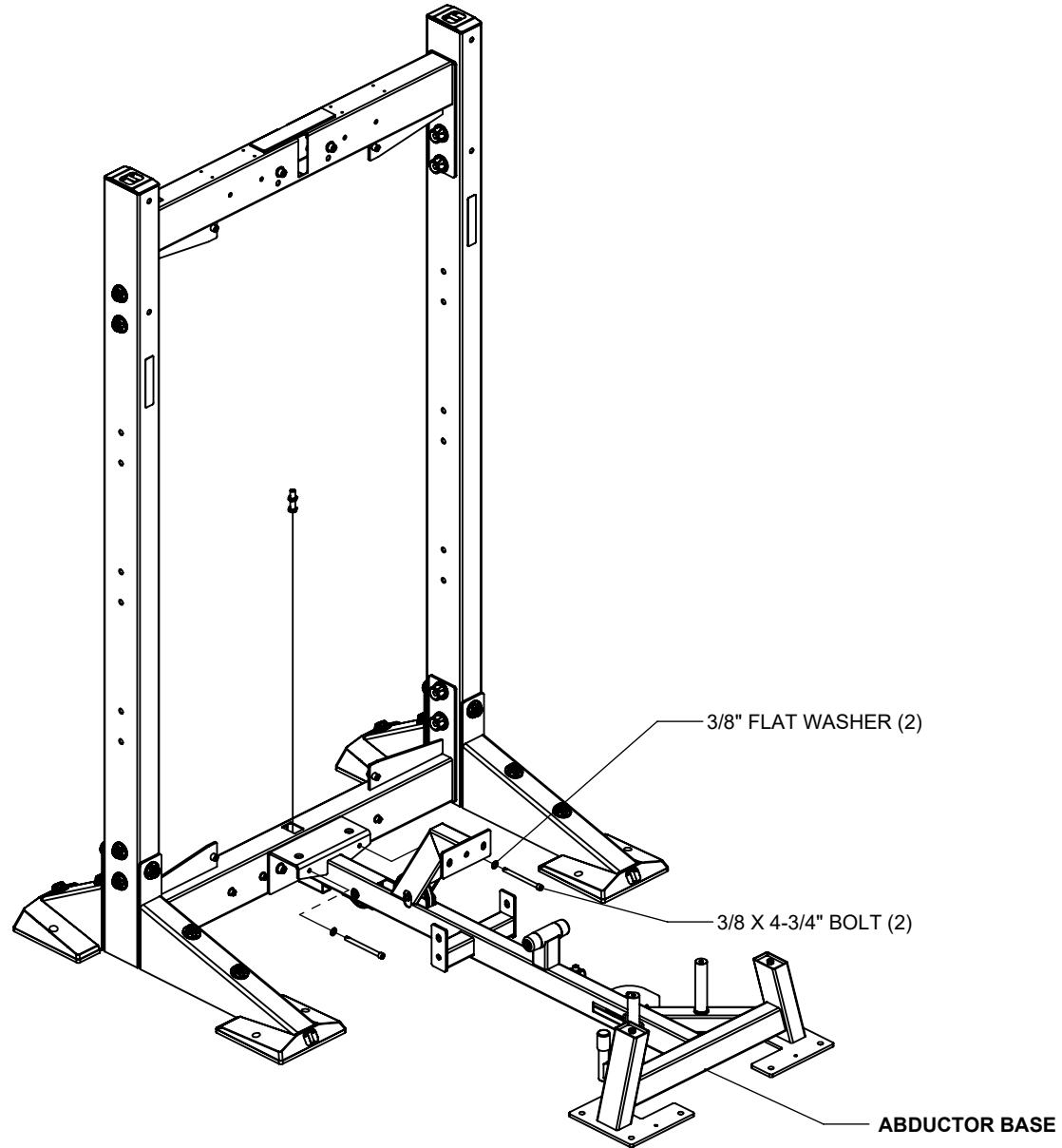
NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME BASE SUPPORT AND HARDWARE AS SHOWN. BOTH ABDUCTOR BASES NEED TO BE ASSEMBLED SIMULTANEOUSLY

NOTES:

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

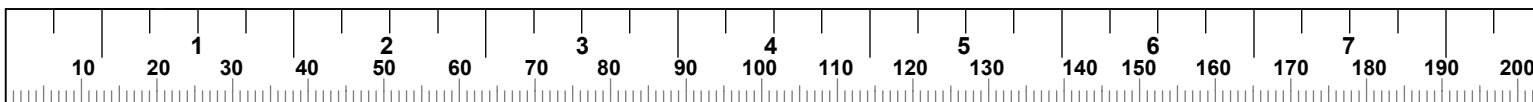


STEP 3

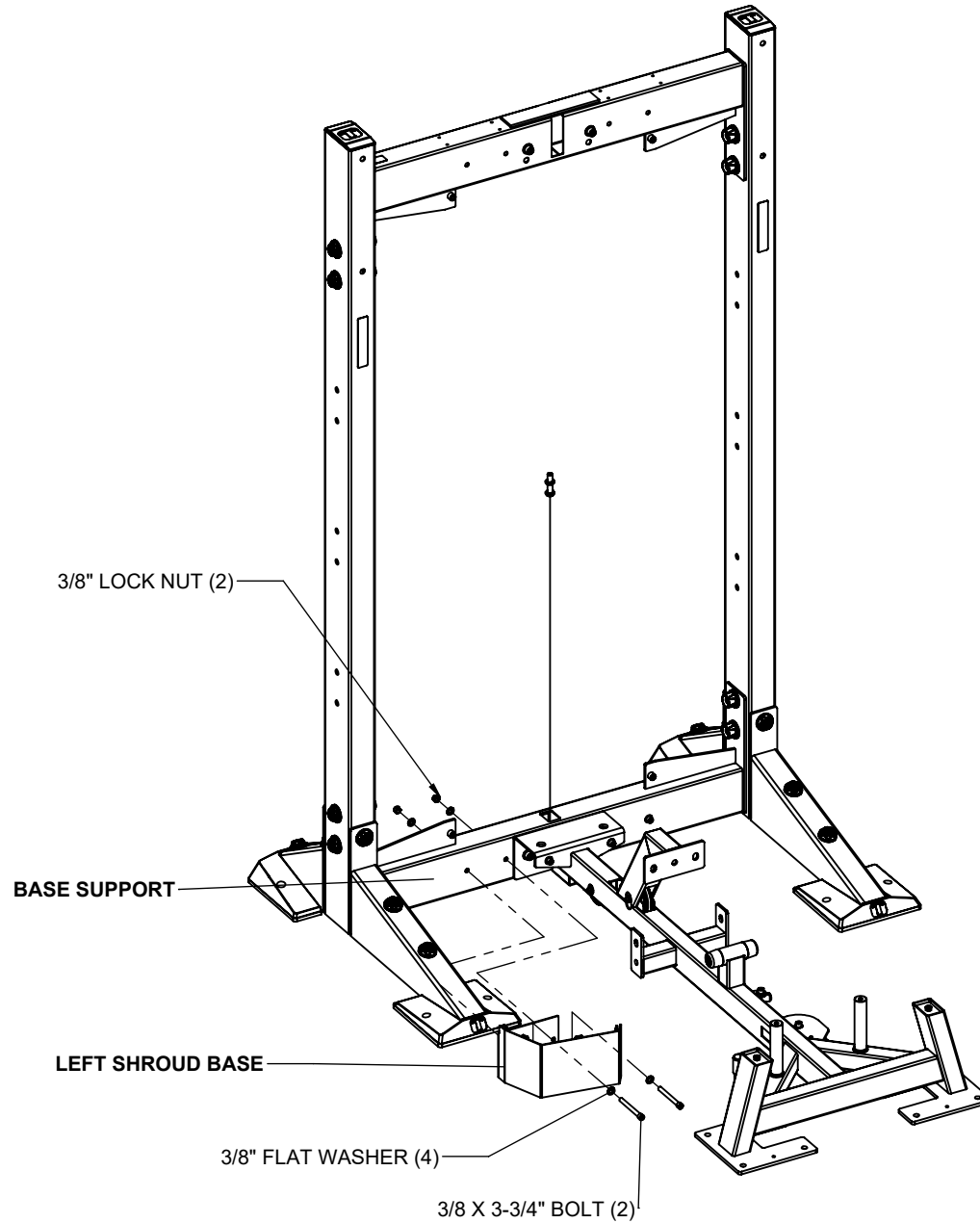


NOTES:

SECURELY tighten bolt connections in this step.

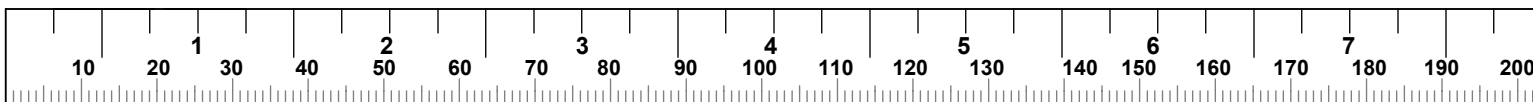


STEP 4

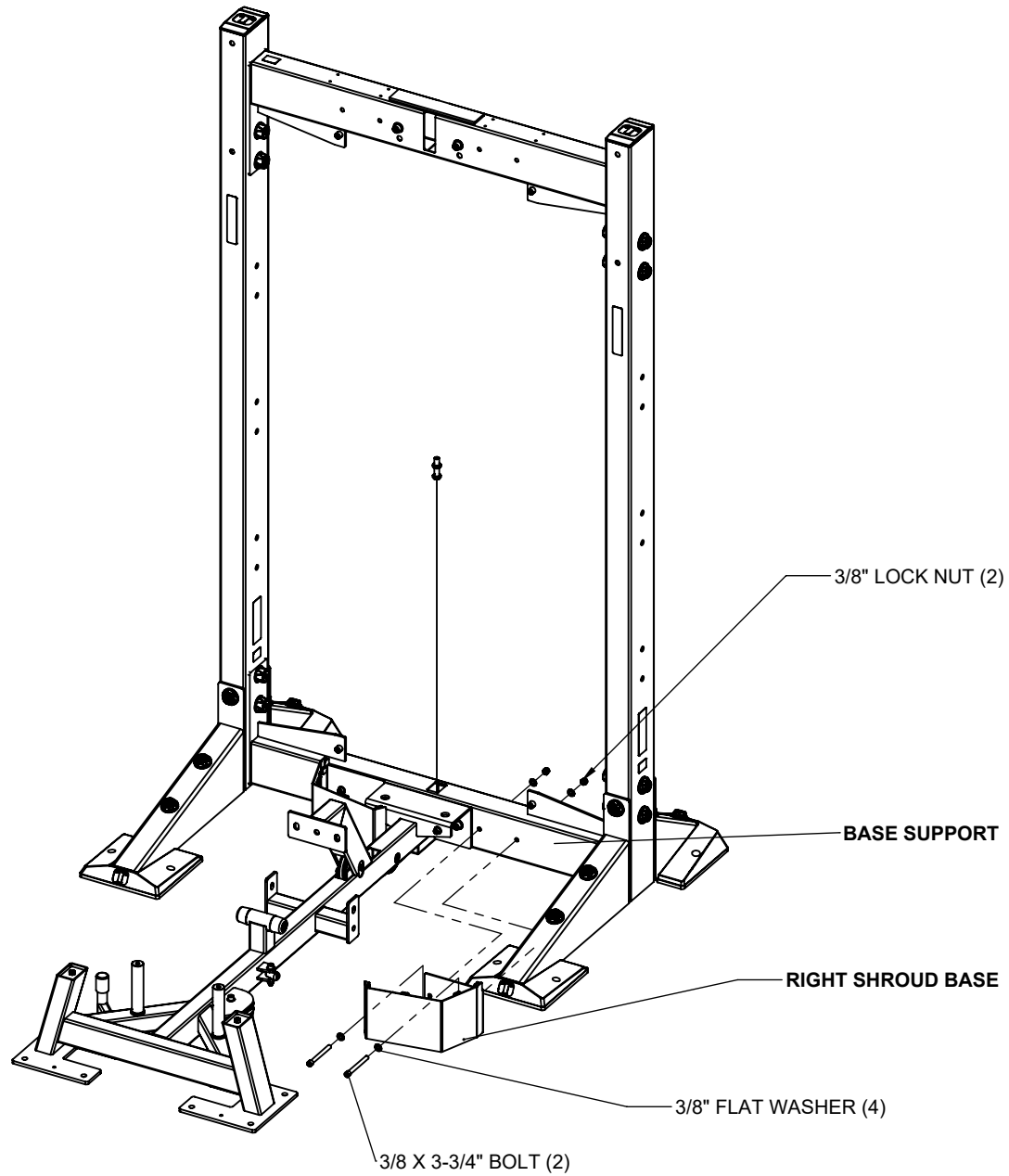


NOTES:

SECURELY tighten bolt connections in this step.

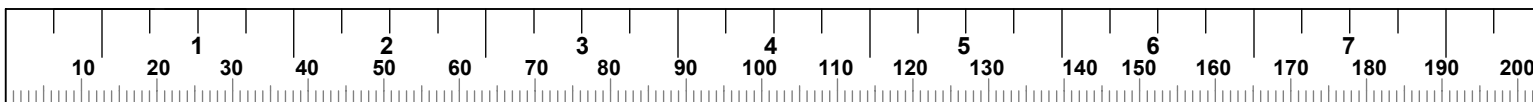


STEP 5

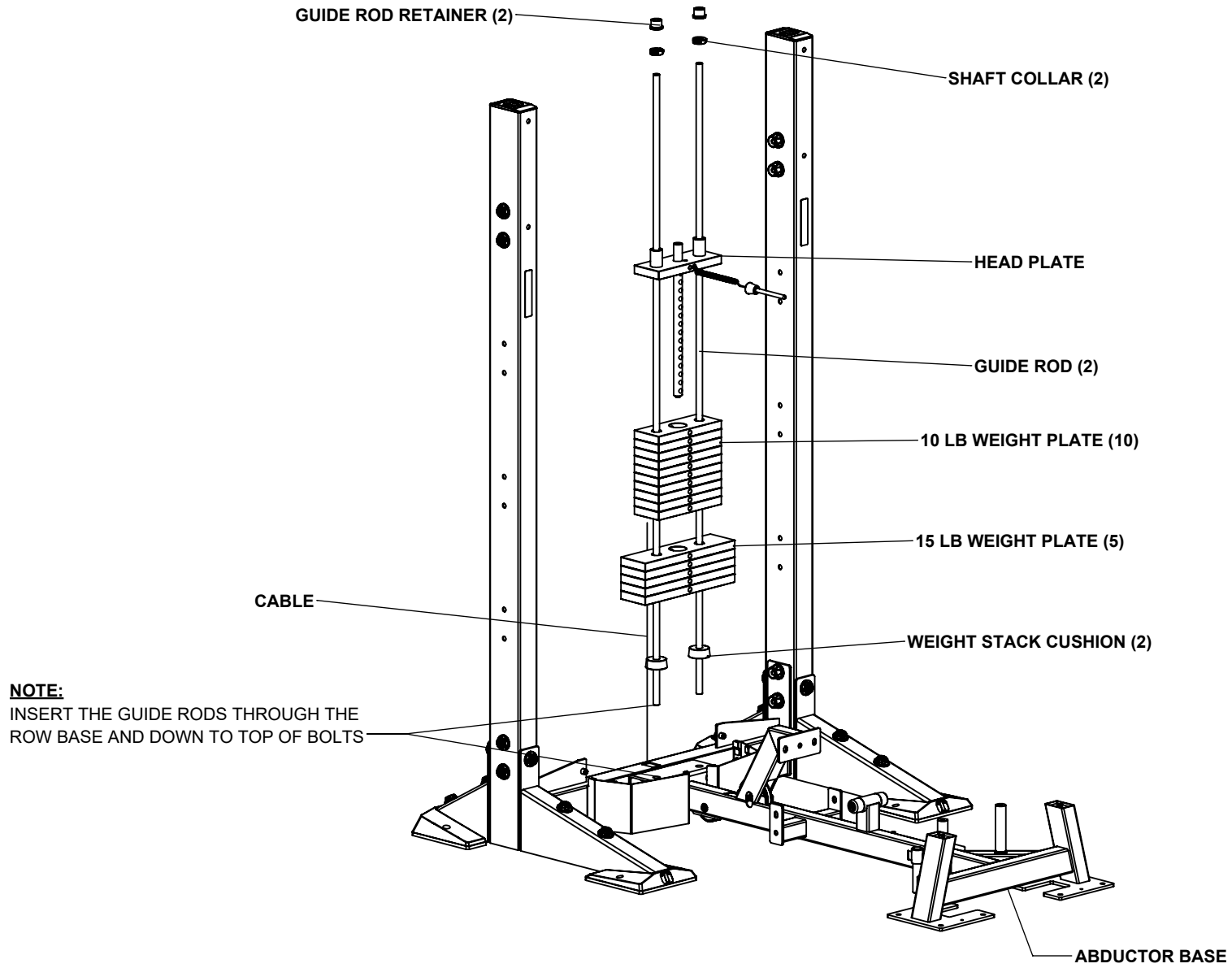


NOTES:

SECURELY tighten bolt connections in this step.



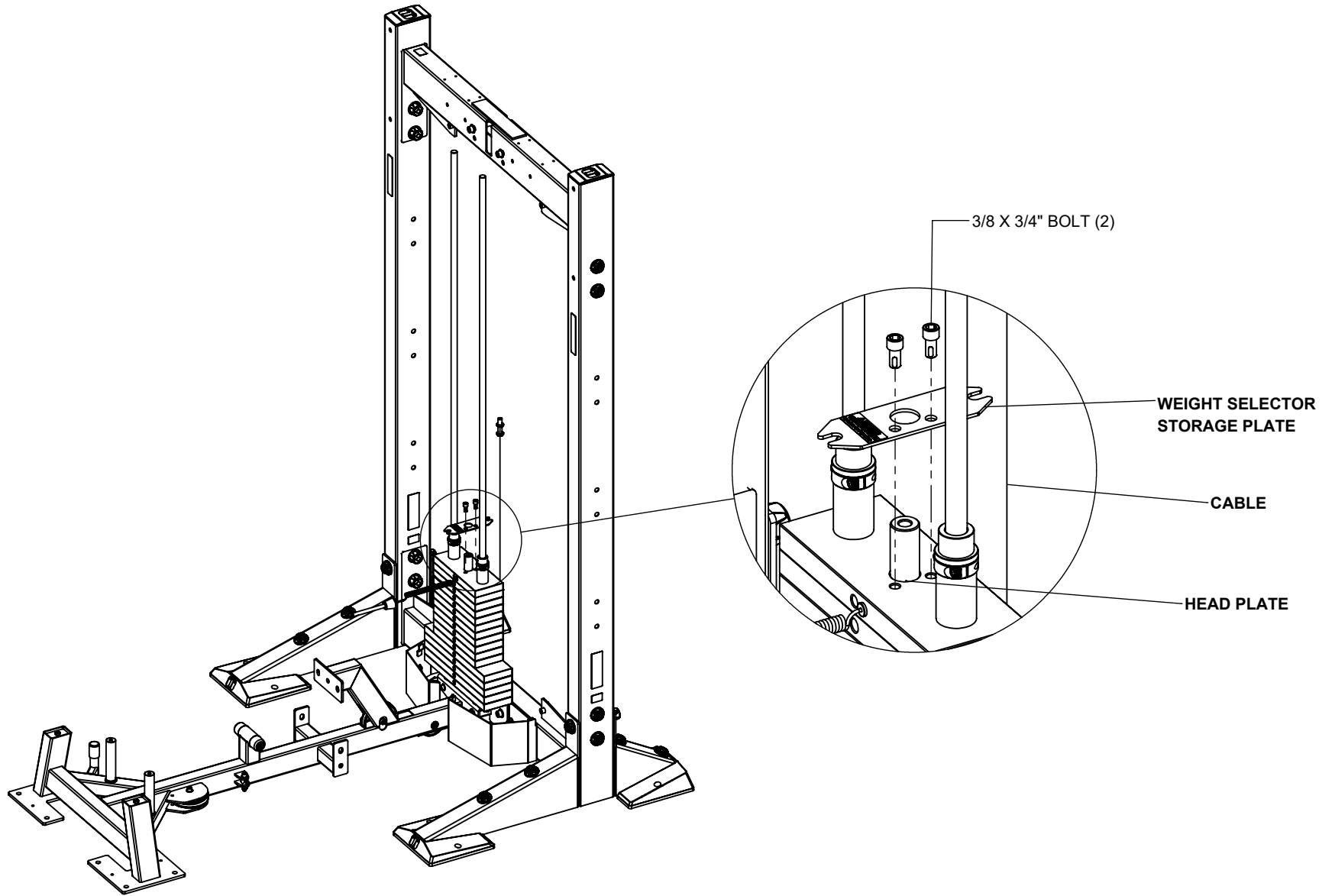
STEP 6



NOTES:

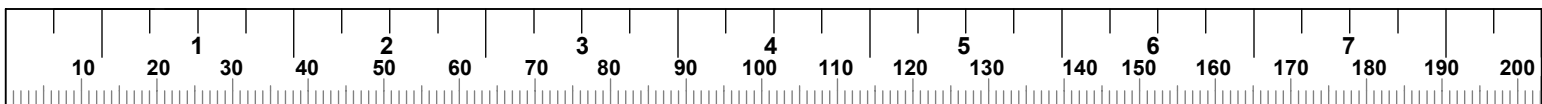
TOP BOOM SUPPORT has been hidden for illustration clarity.

STEP 7

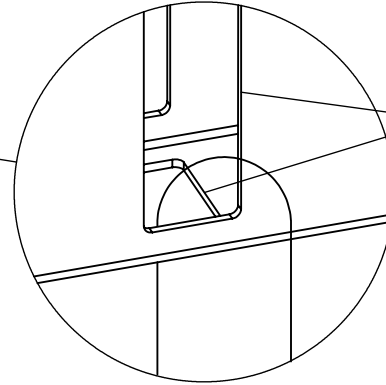
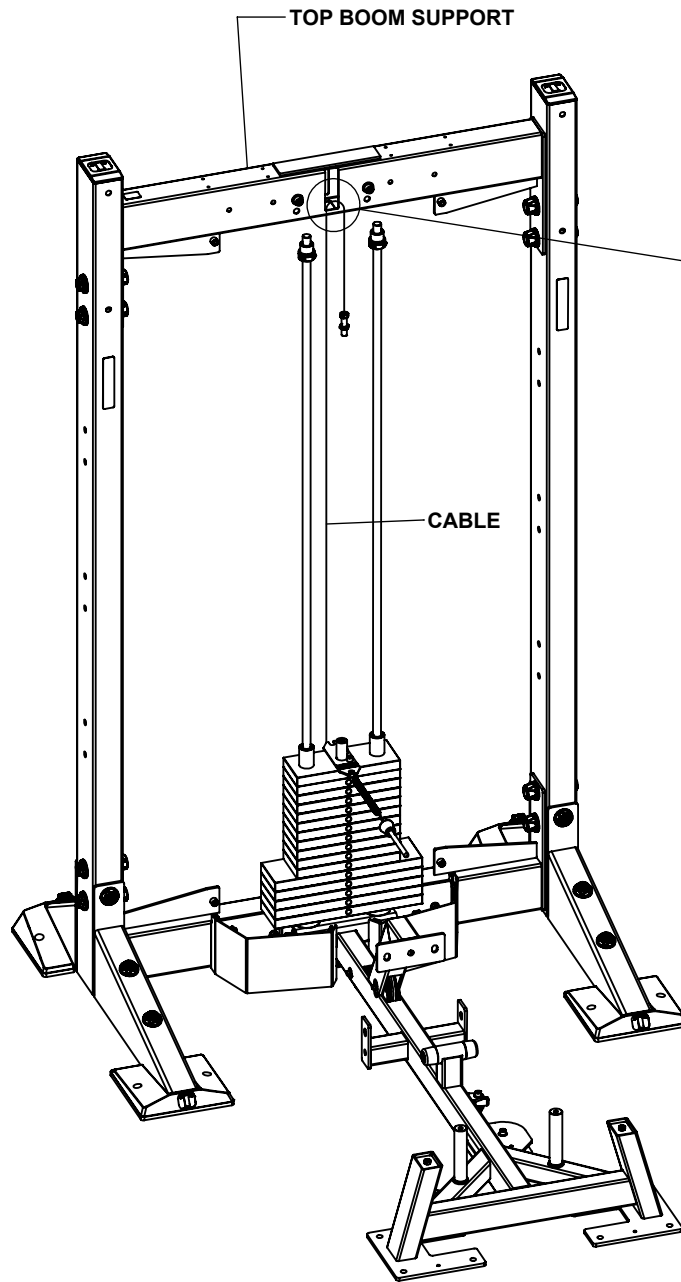


NOTES:

SECURELY tighten bolt connections in this step.

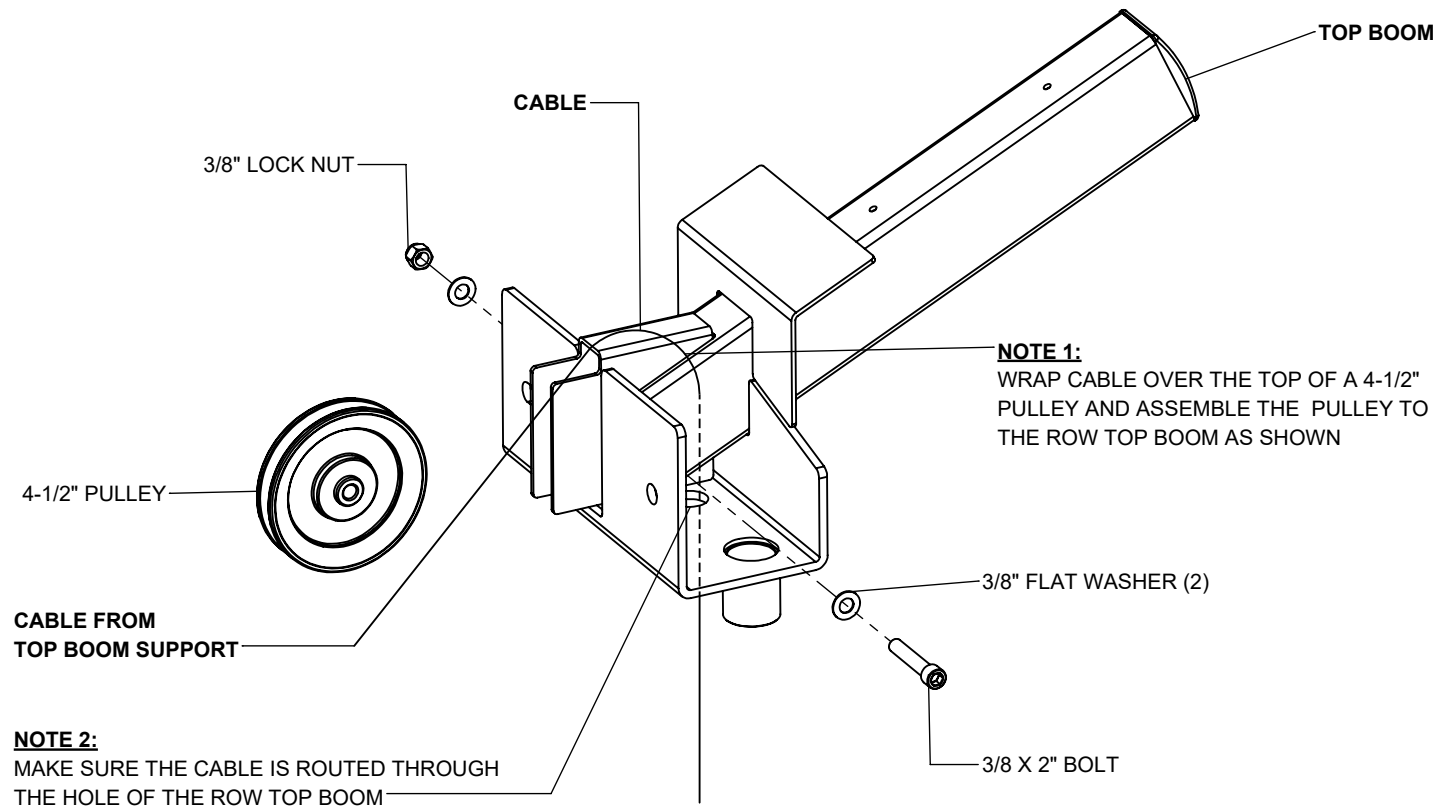


STEP 8



NOTE:
BEFORE ASSEMBLING THE TOP BOOM,
ROUTE THE CABLE UP THROUGH THE
BOTTOM SLOT AND OUT THE FRONT
SLOT OF THE TOP BOOM SUPPORT AS
SHOWN

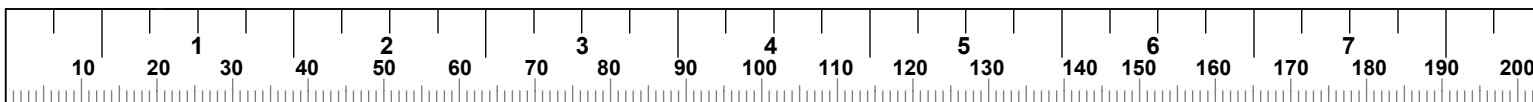
STEP 9



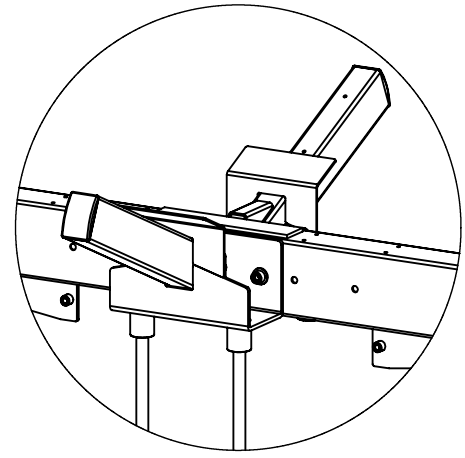
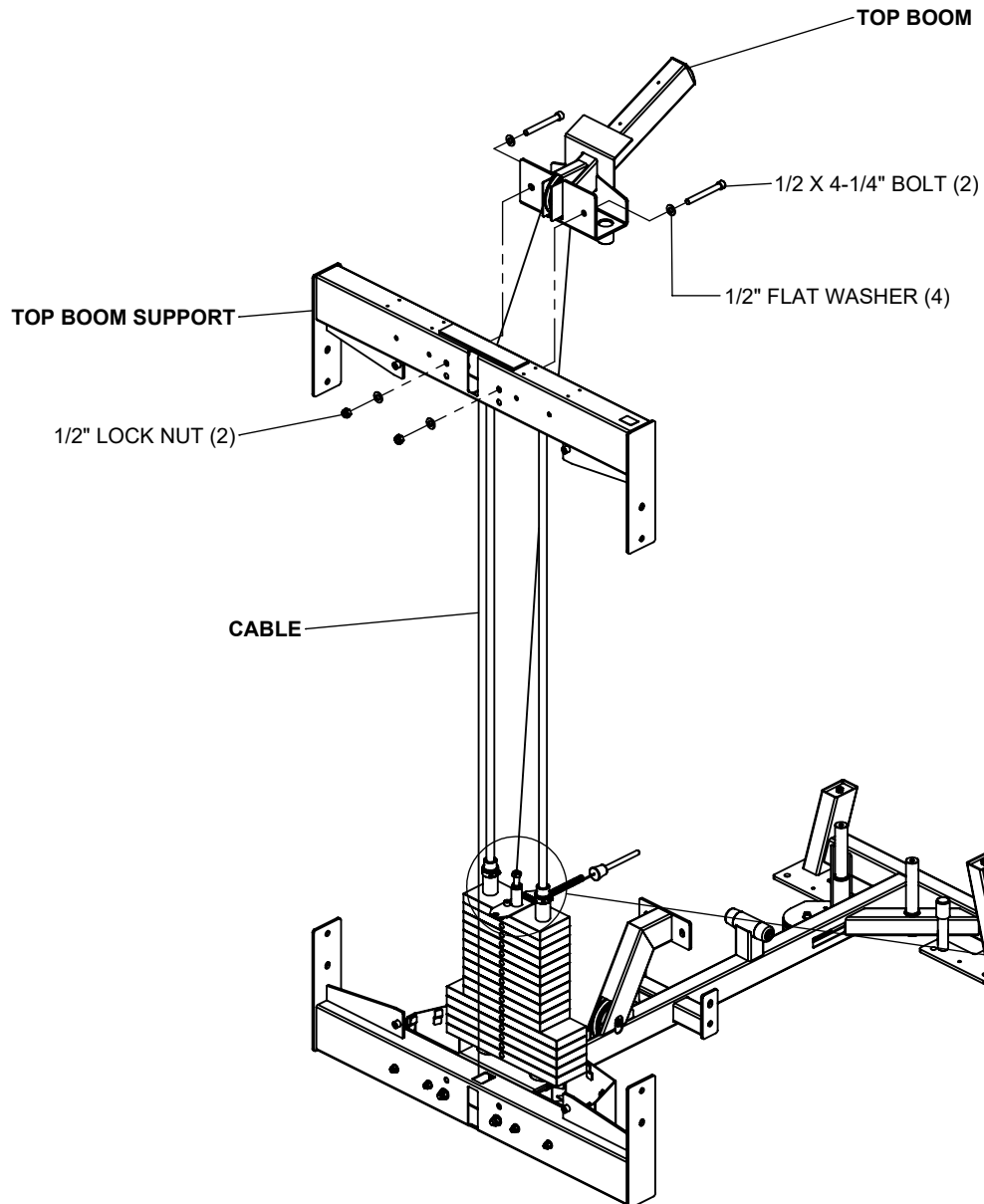
NOTES:

SOME COMPONENTS have been hidden for illustration clarity.

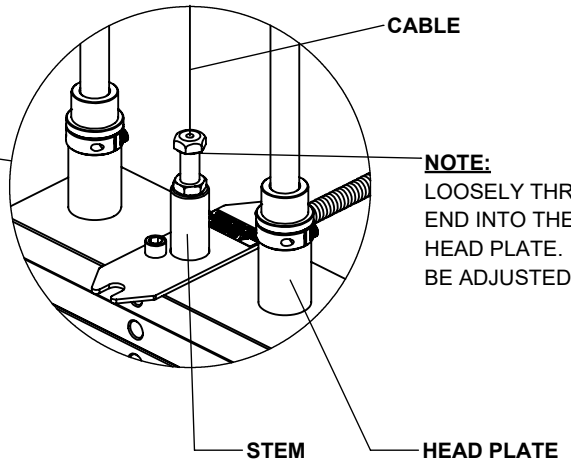
SECURELY tighten bolt connections in this step.



STEP 10

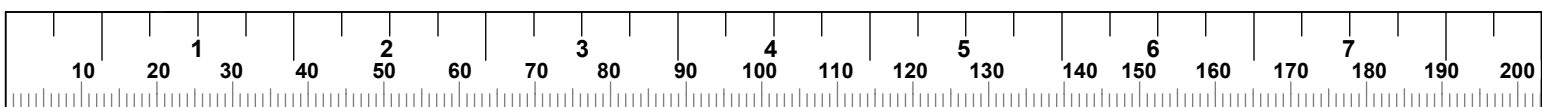


NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME TOP BOOM SUPPORT AND HARDWARE AS SHOWN. BOTH TOP BOOMS NEED TO BE ASSEMBLED SIMULTANEOUSLY

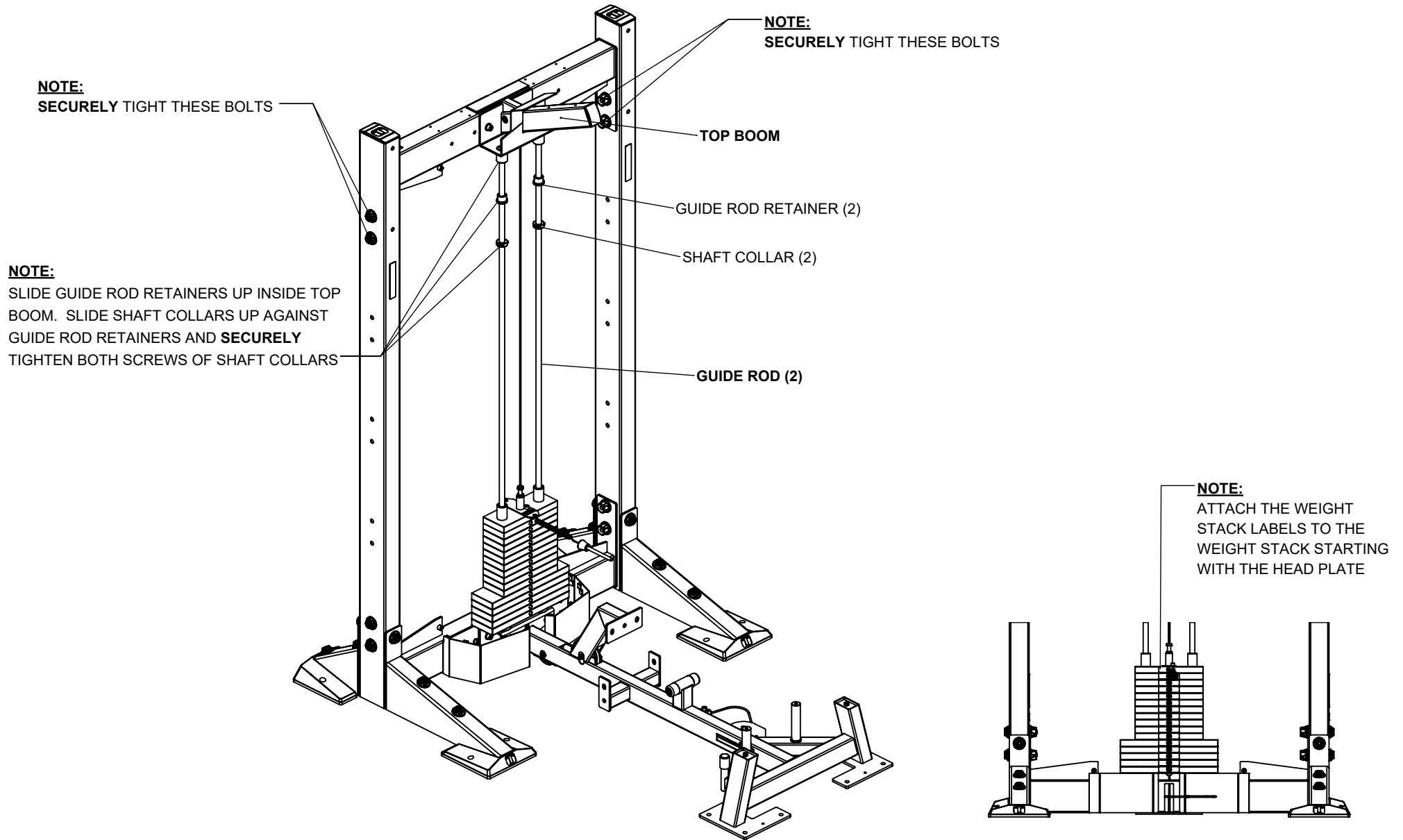


NOTES:

SECURELY tighten bolt connections in this step.



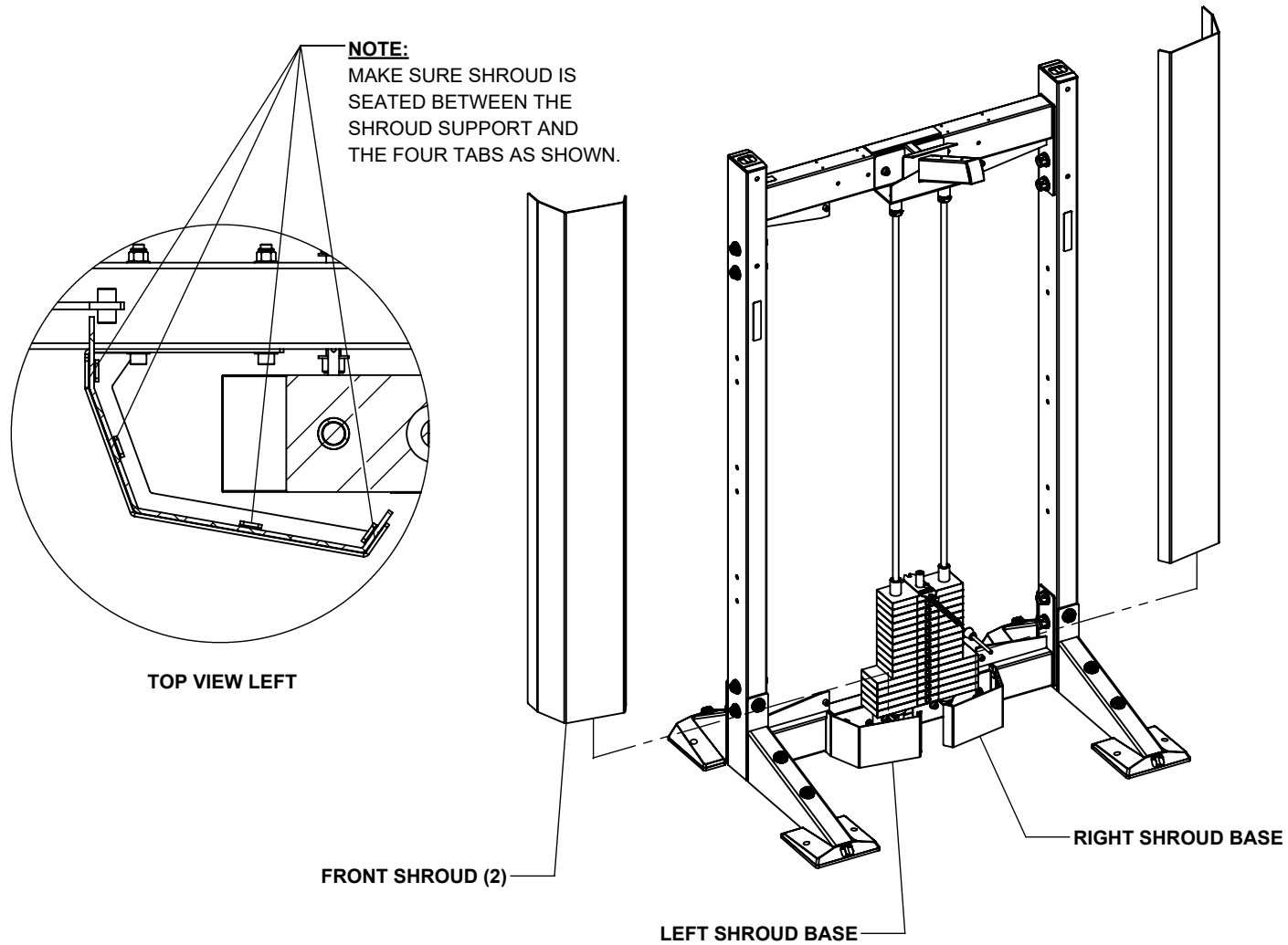
STEP 11



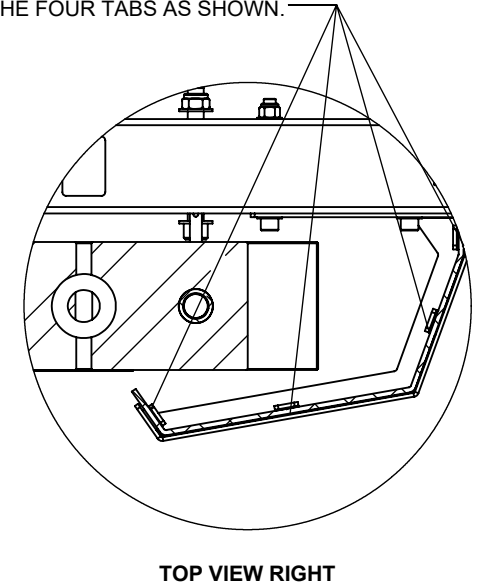
NOTES:

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

STEP 12



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



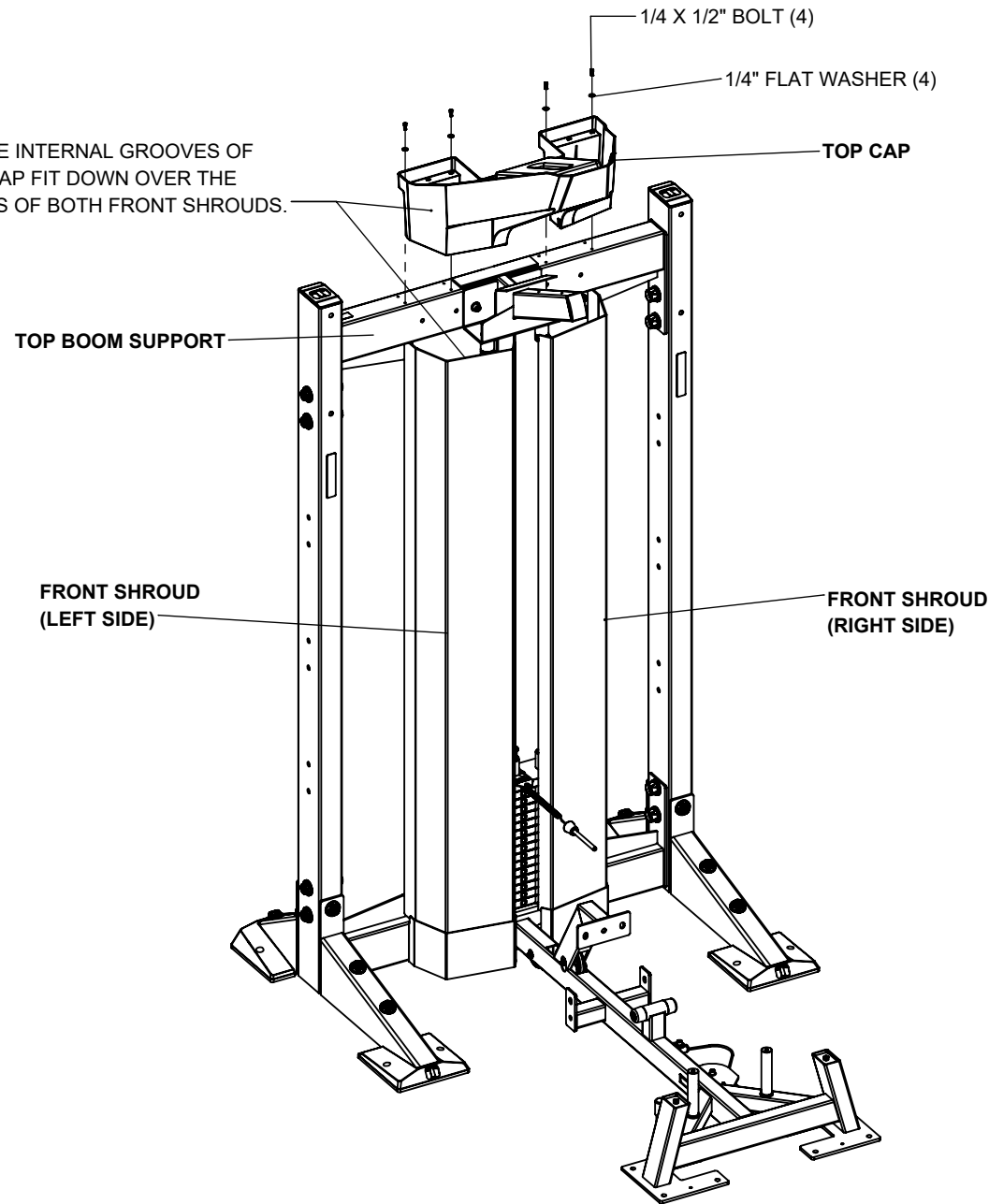
NOTES:

ABDUCTOR BASE and **CABLE** have been hidden for illustration clarity.

STEP 13a

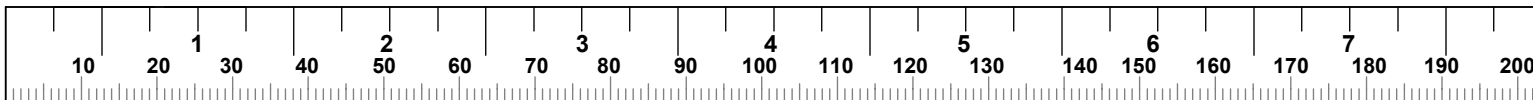
NOTE:

MAKE SURE INTERNAL GROOVES OF THE TOP CAP FIT DOWN OVER THE TOP EDGES OF BOTH FRONT SHROUDS.

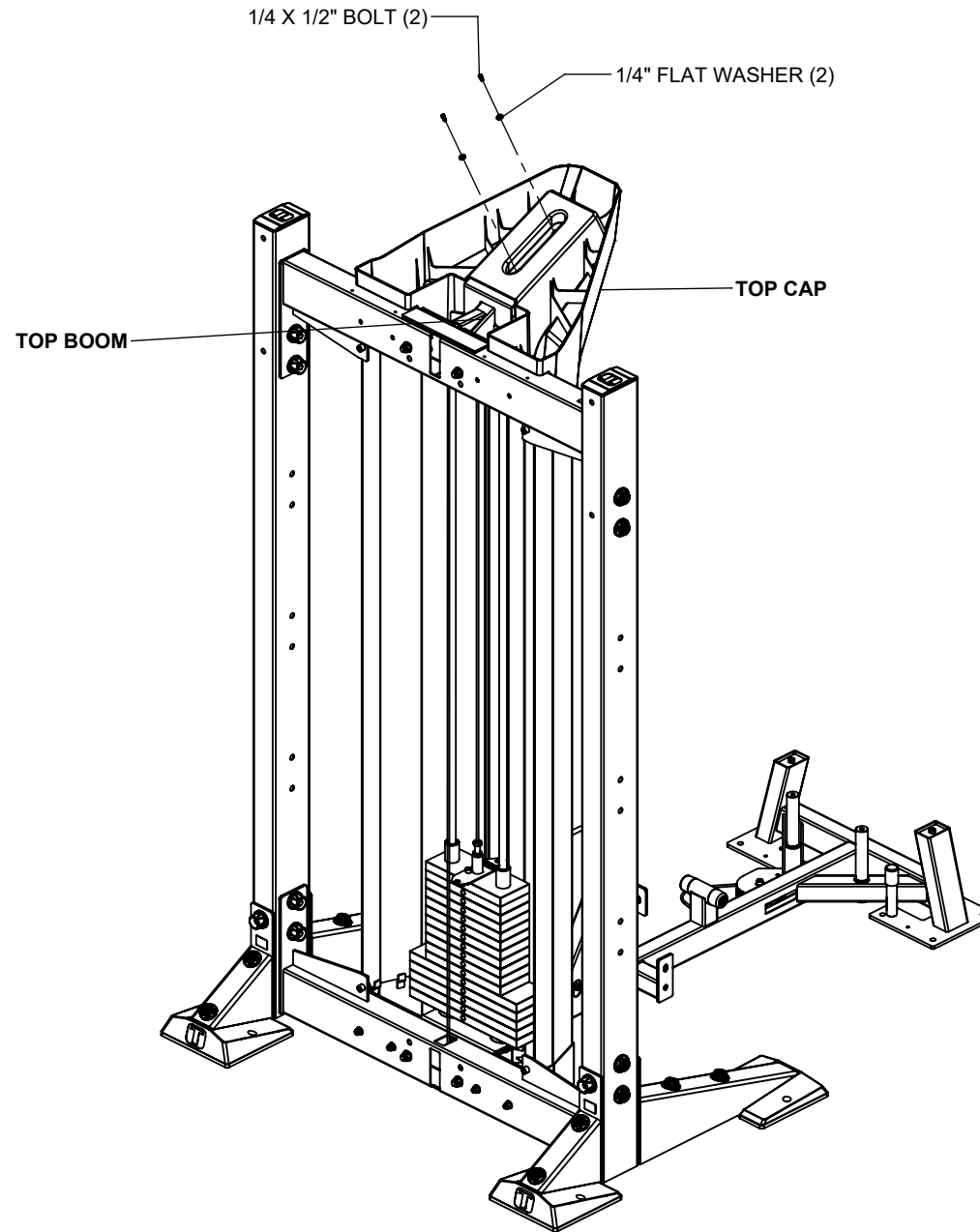


NOTES:

LOOSELY tighten bolt connections in this step.

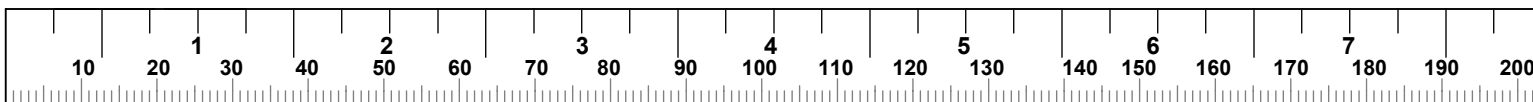


STEP 13b

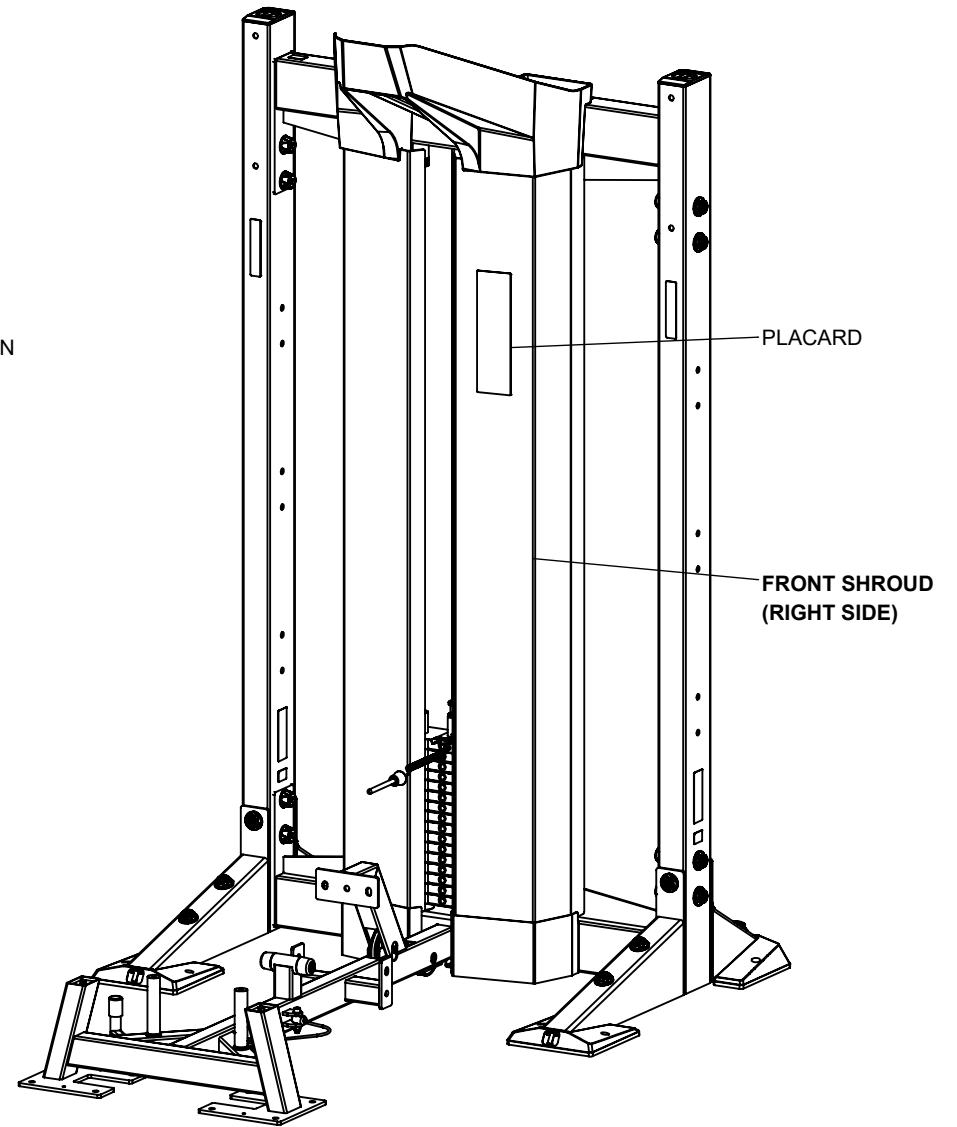
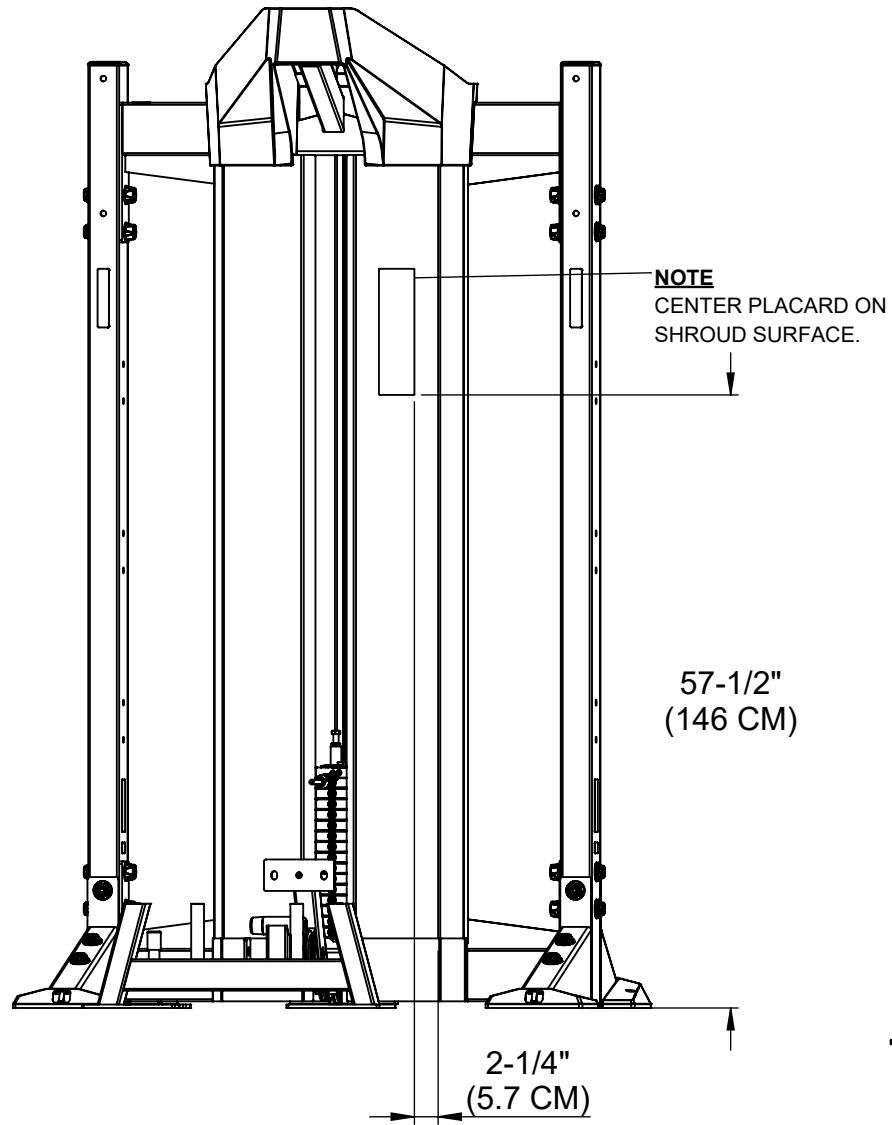


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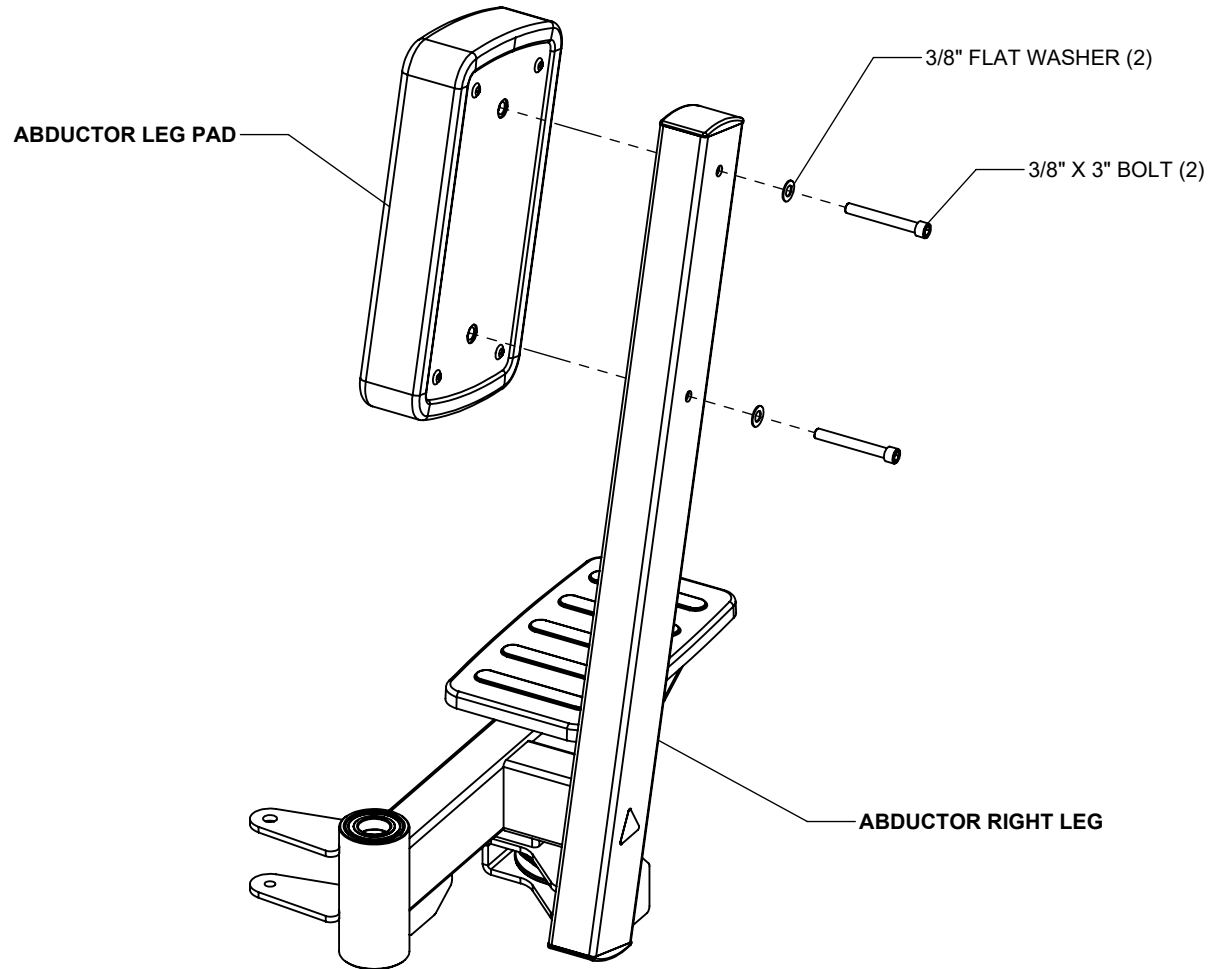
SECURELY tighten bolt connections in this step, and previous step.



STEP 14



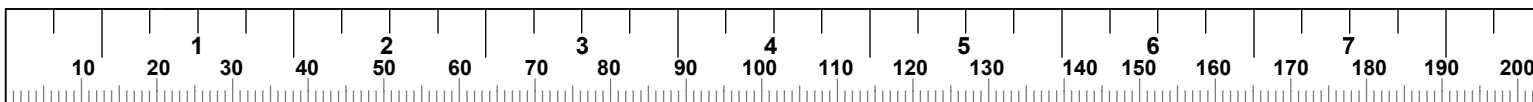
STEP 15



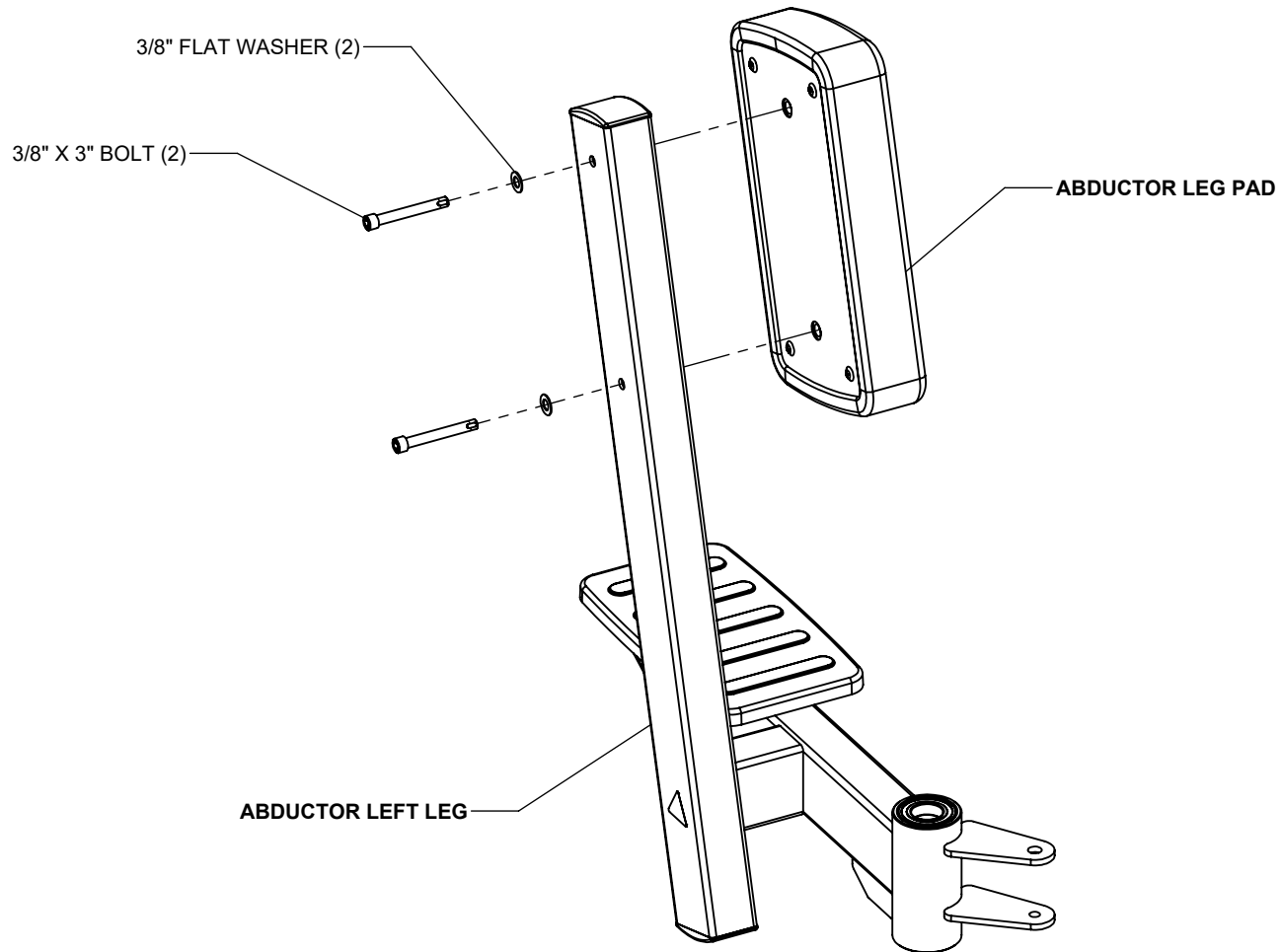
NOTES:

SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.



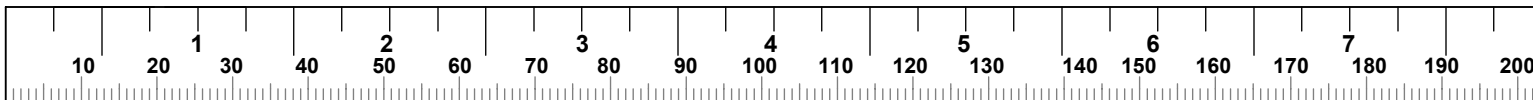
STEP 16



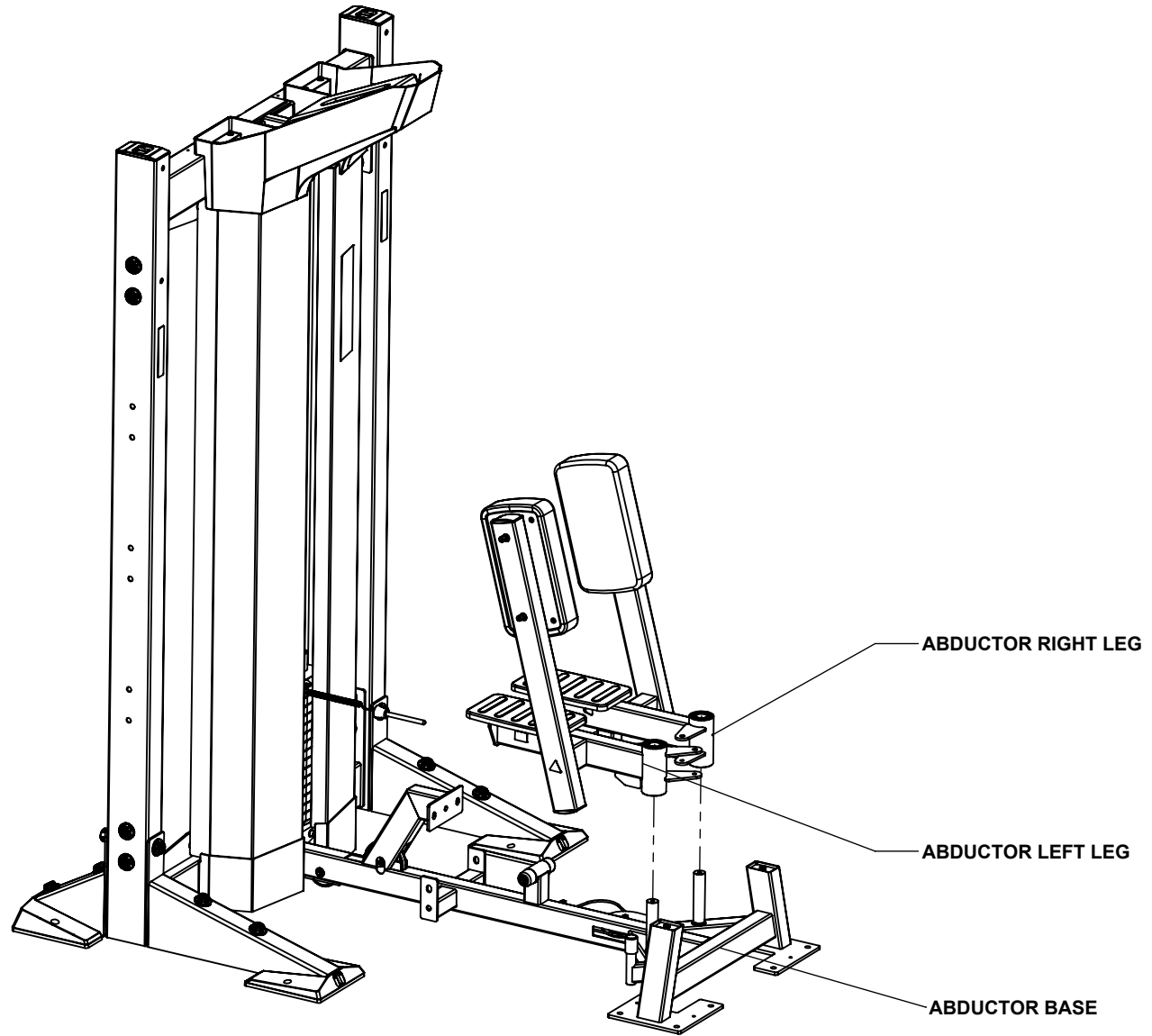
NOTES:

SECURELY tighten bolt connections in this step.

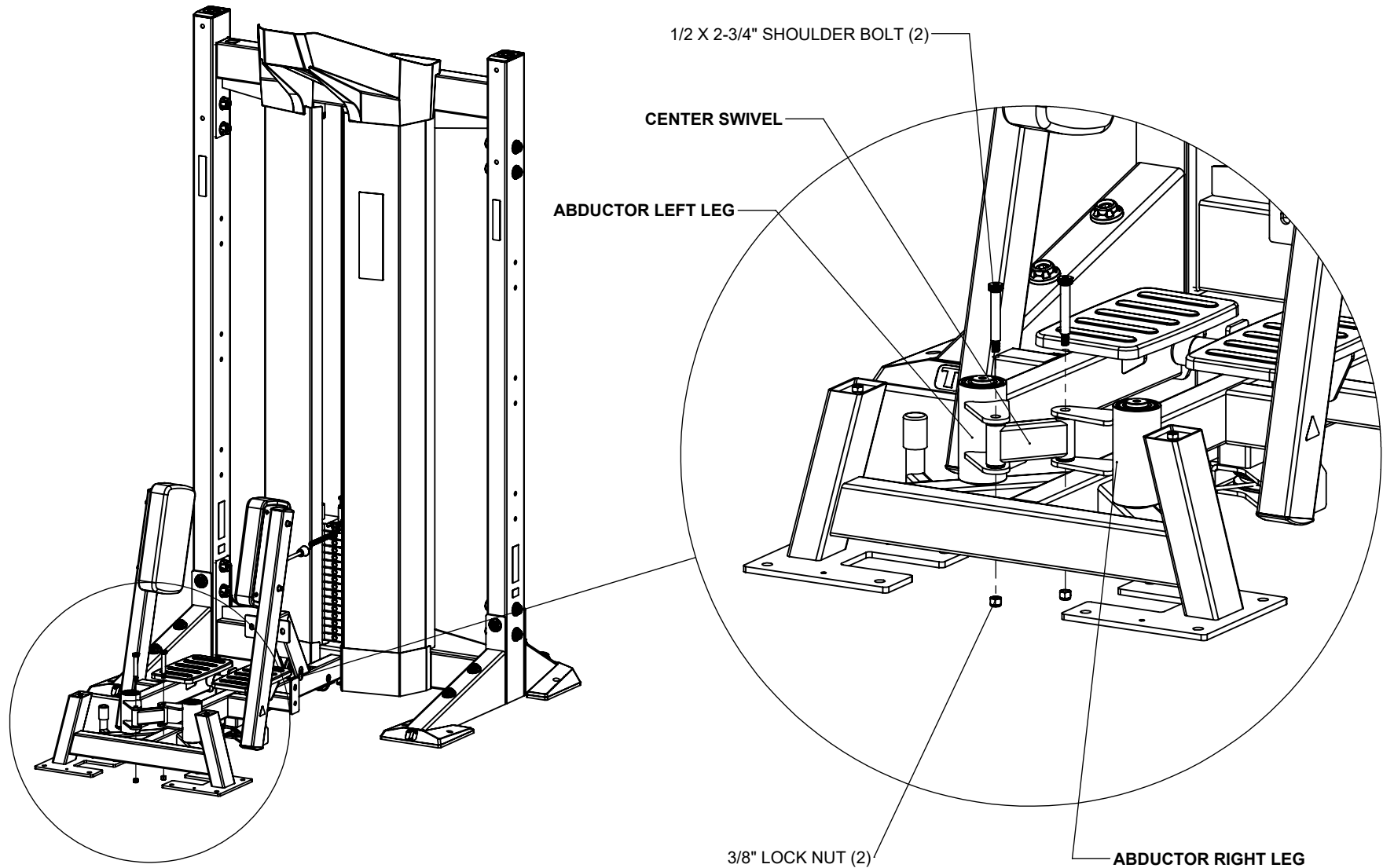
Some parts have been hidden for illustration clarity.



STEP 17

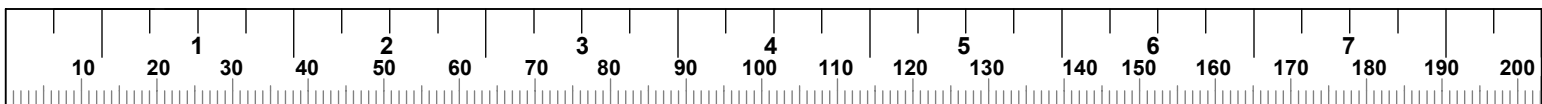


STEP 18



NOTES:

SECURELY tighten bolt connections in this step.



STEP 19

NOTE:

THREAD THE CABLE THROUGH THE PULLEY OF THE ABDUCTOR RIGHT LEG. REMOVE THE CORE AND PLACE THE CABLE END INSIDE THE CORE. PLACE THE SPACER BACK INTO THE CORE AND REPLACE THE BOLT. ONCE THE CABLE END IS IN PLACE **SECURELY** TIGHTEN JAM NUT.

STORAGE FOR WEIGHT
STACK SELECTOR PIN

CABLE END

JAM NUT

STEM

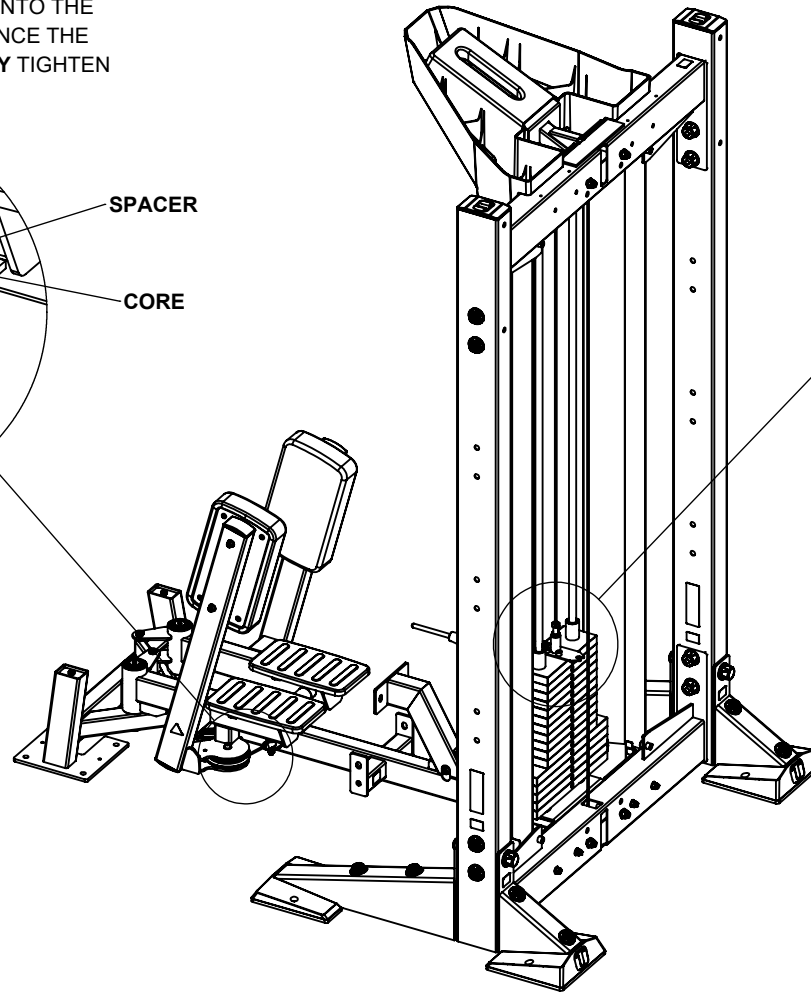
HEAD PLATE

SPACER

CORE

ABDUCTOR RIGHT LEG

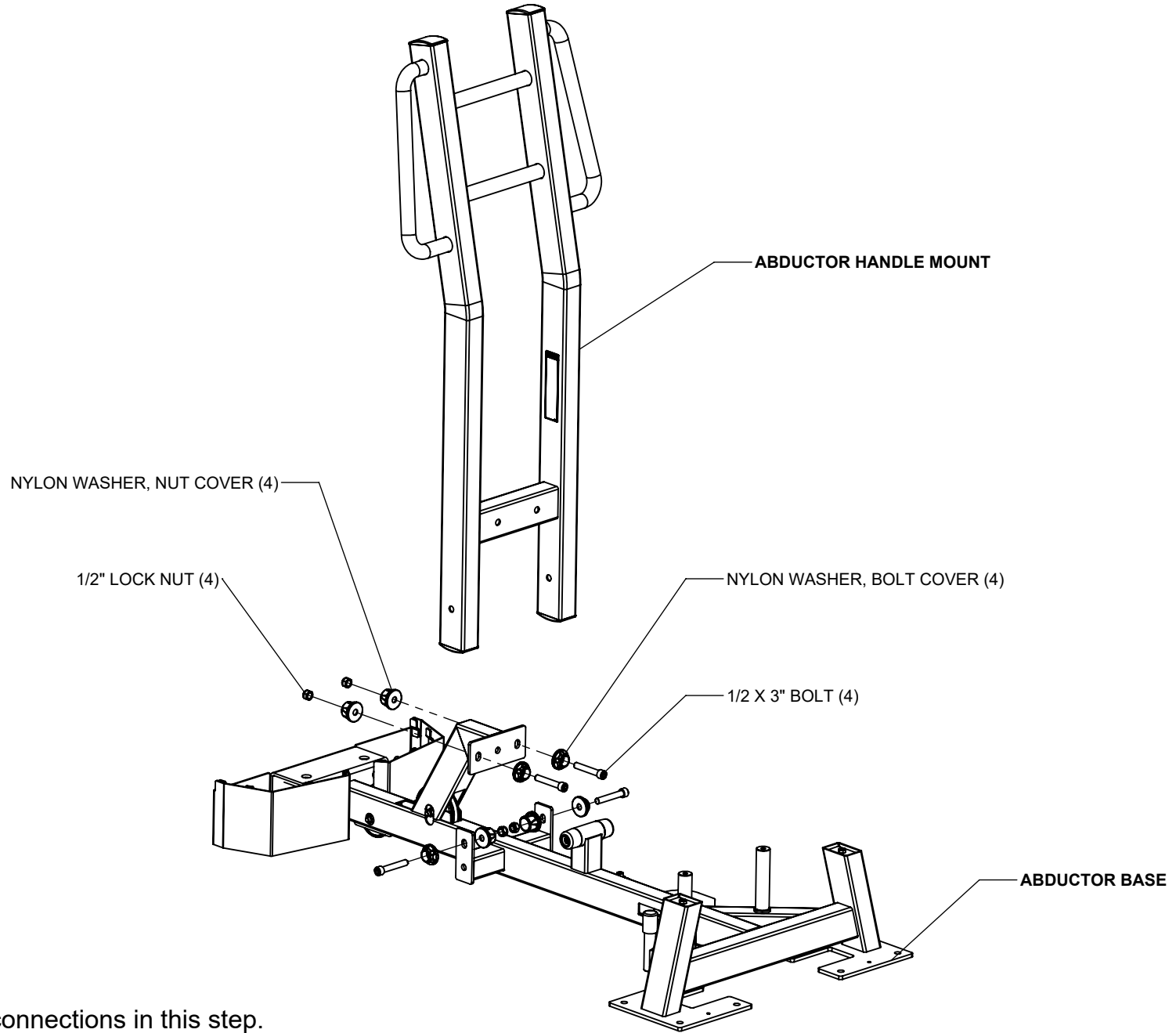
CABLE END



NOTES:

SECURELY tighten connections in this step.

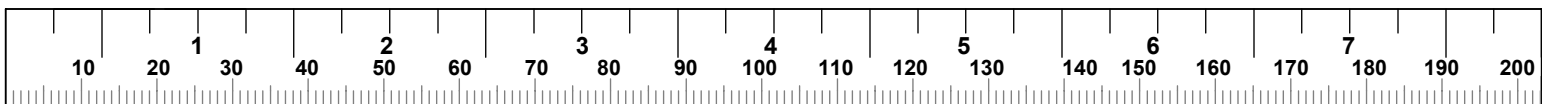
STEP 20



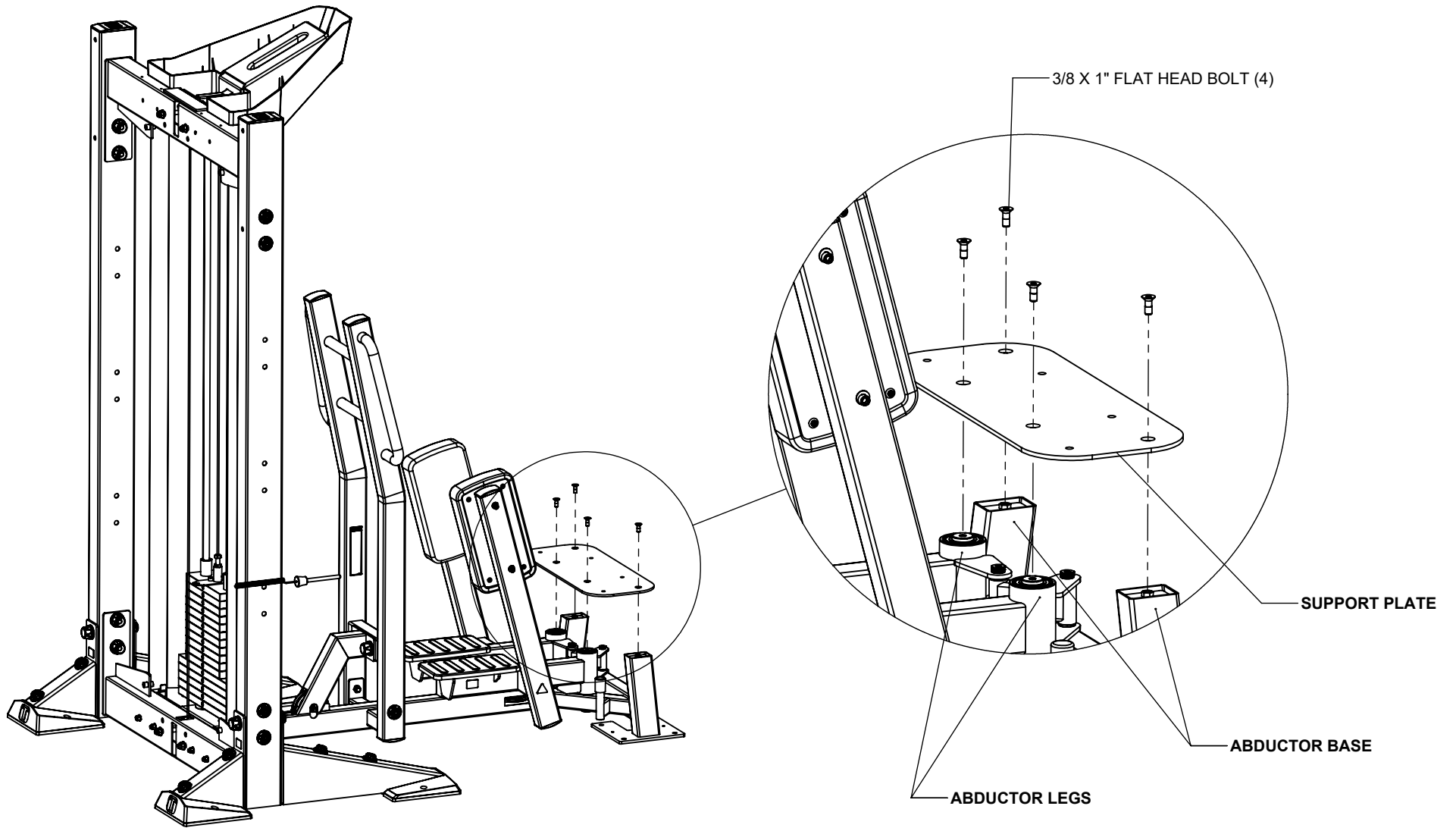
NOTES:

SECURELY tighten connections in this step.

Some parts have been hidden for illustration clarity.

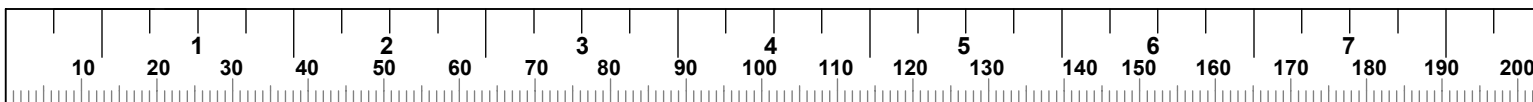


STEP 21

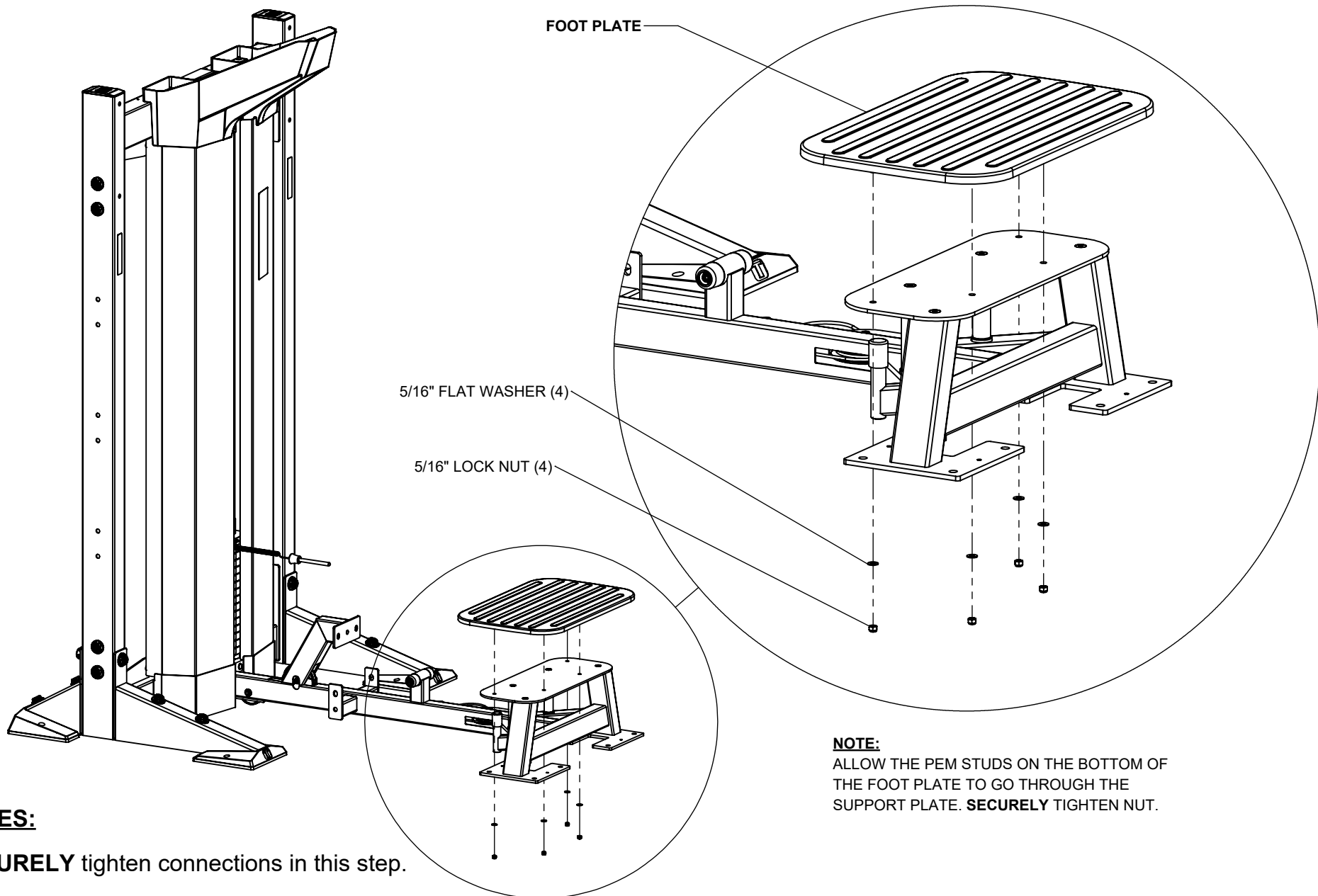


NOTES:

SECURELY tighten connections in this step.



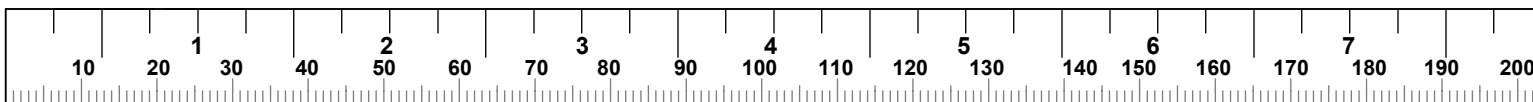
STEP 22



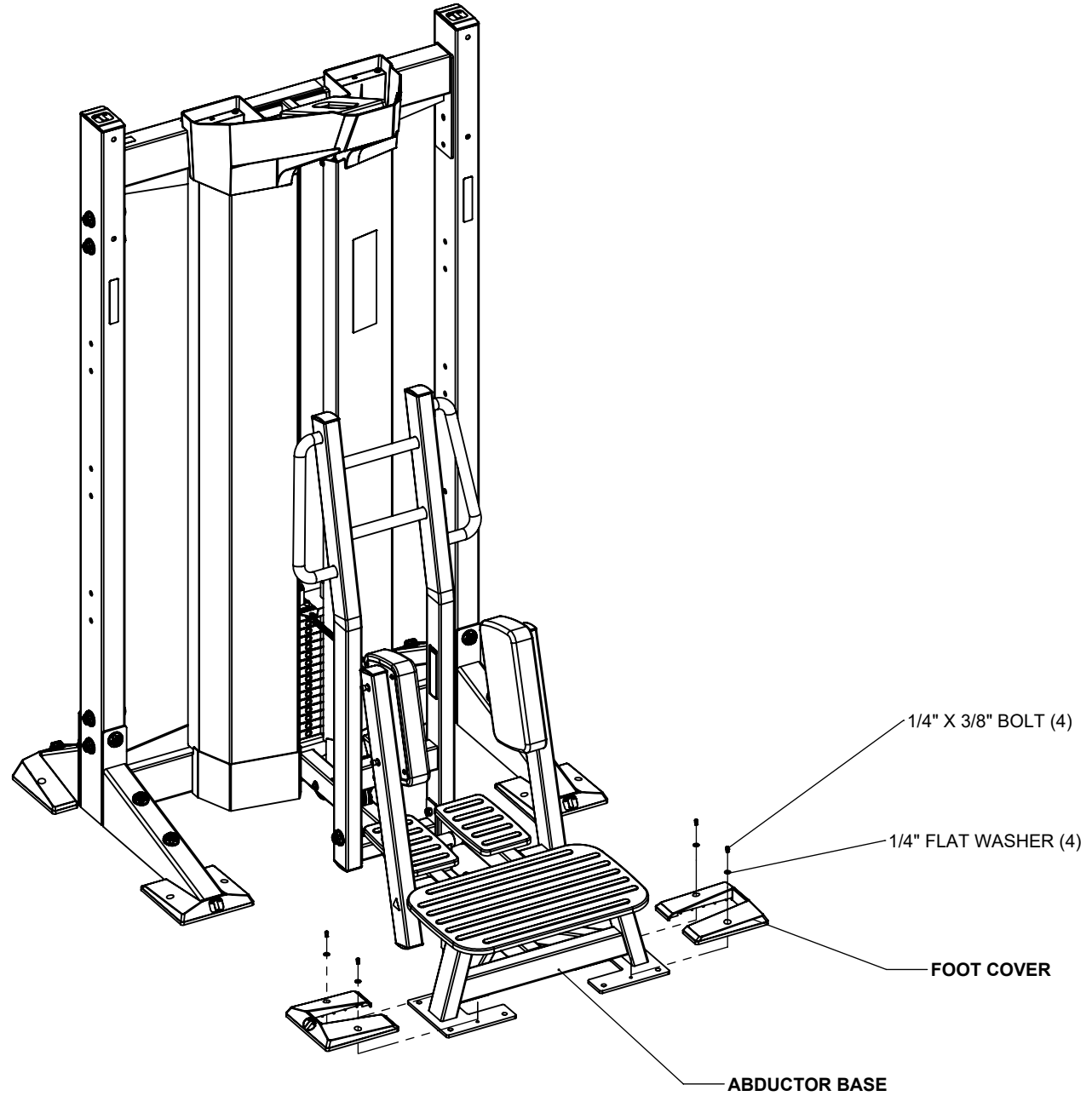
NOTES:

SECURELY tighten connections in this step.

Some parts have been hidden for illustration clarity.

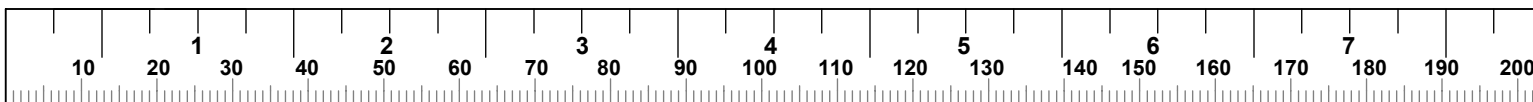


STEP 23

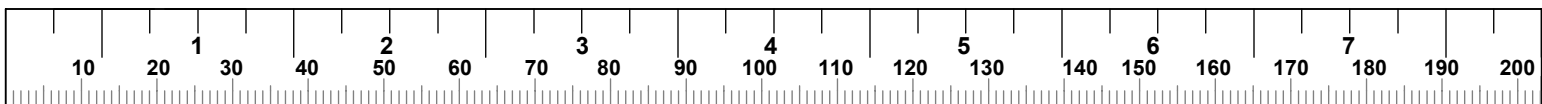
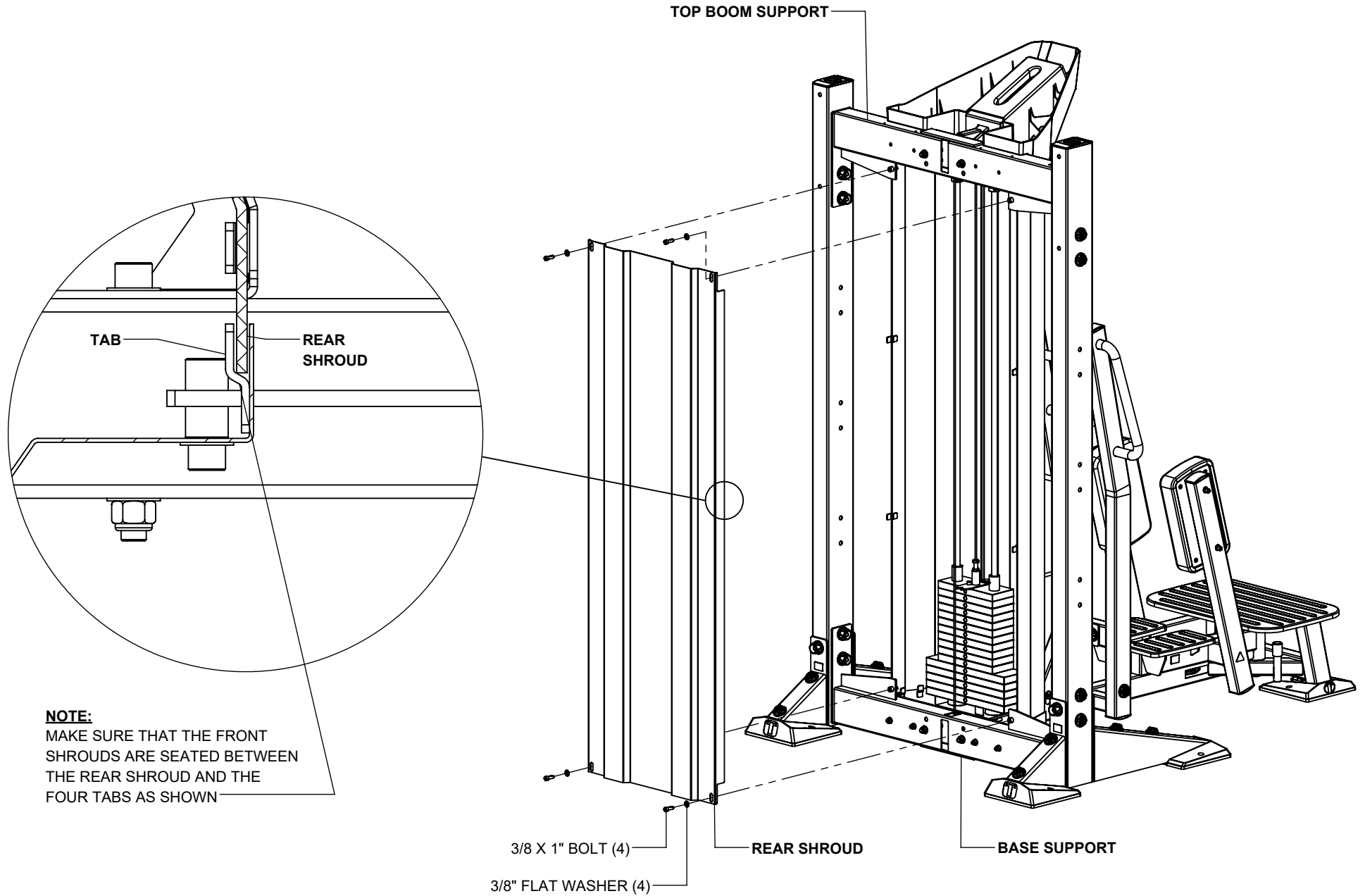


NOTES:

SECURELY tighten connections in this step.



STEP 24 (OPTIONAL REAR SHROUD)



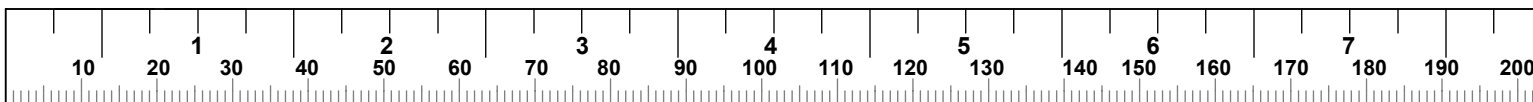
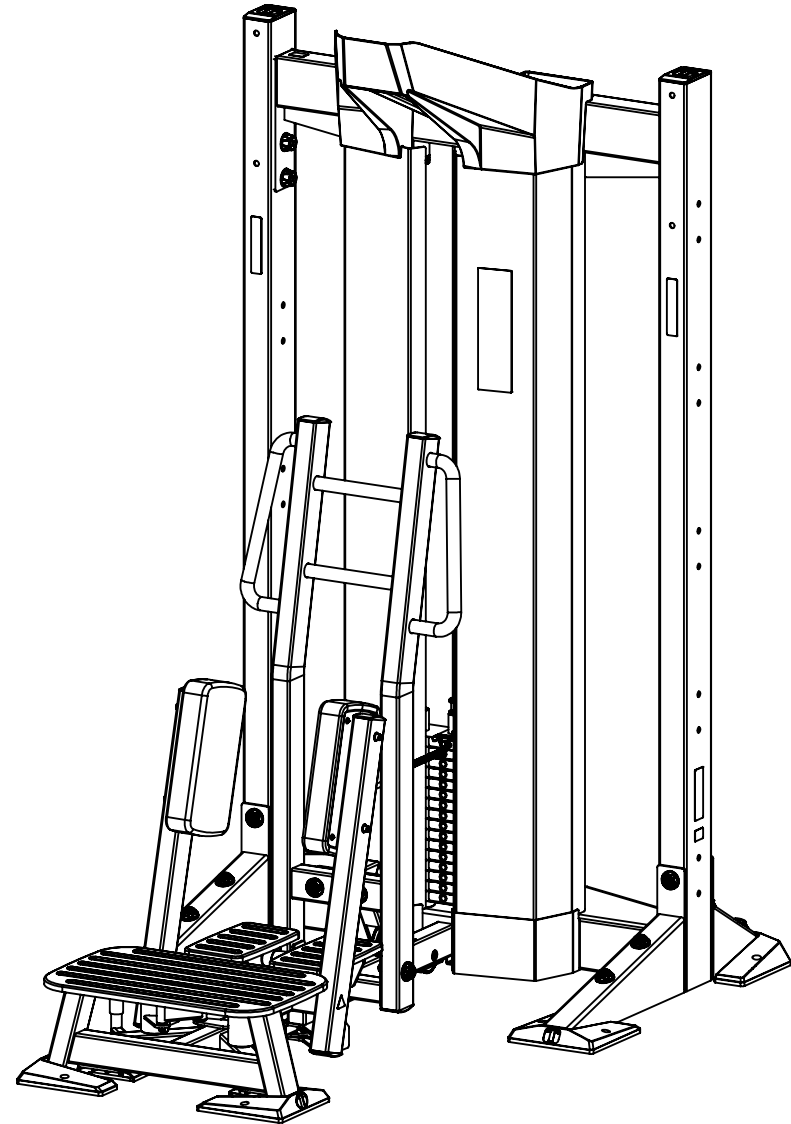
MAINTENANCE

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

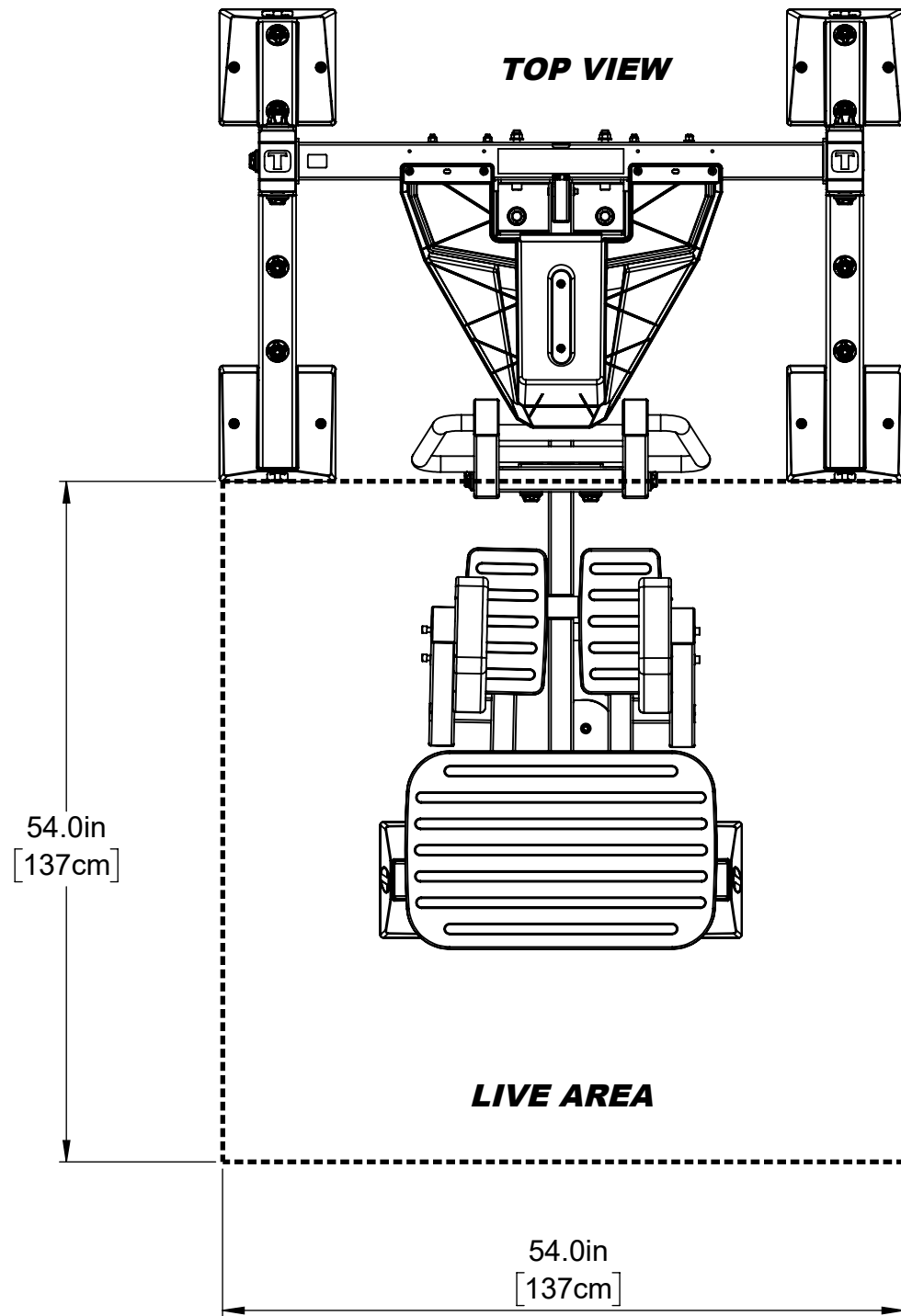
INSPECTION: Once a month, check for loose bolts. Tighten if necessary.

CABLES: Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 19, PAGE 22 TO ADJUST CABLE TENSION)

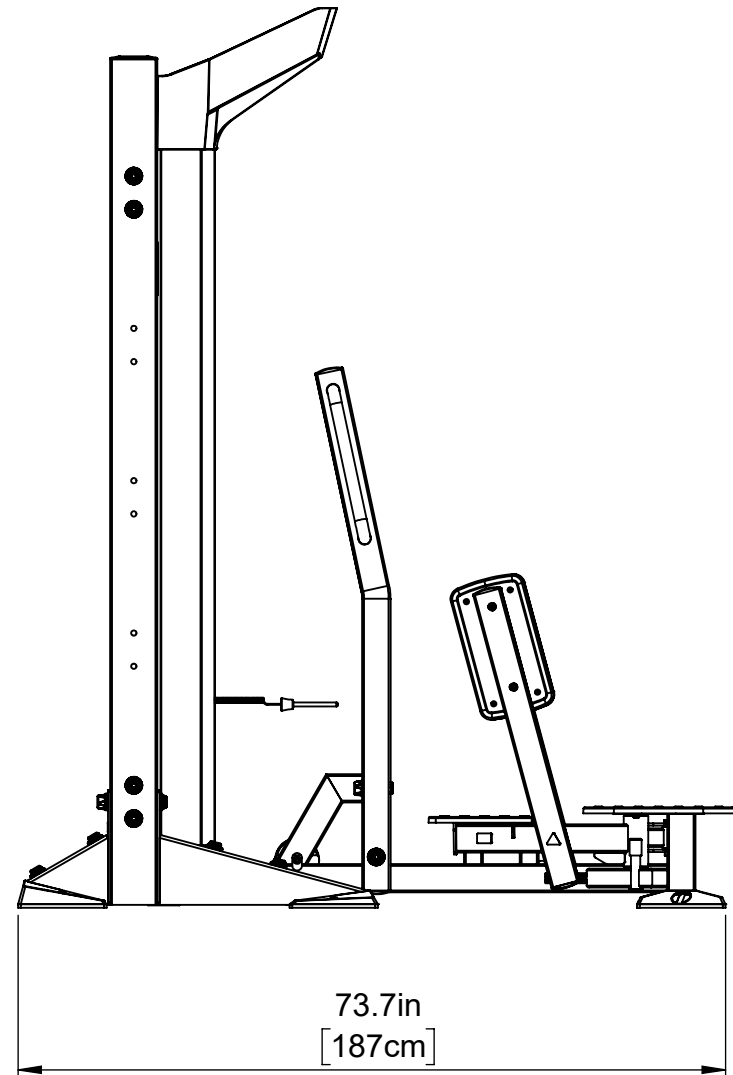
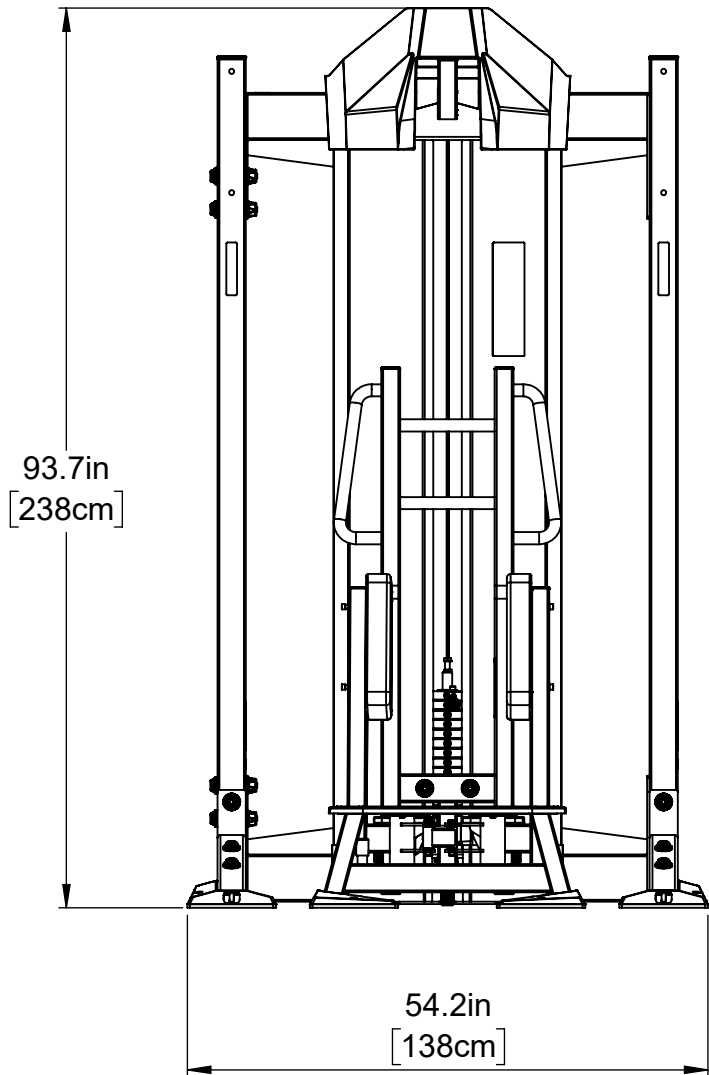
FRAME: Clean with a damp cloth.



LIVE AREA



DIMENSIONS



TOTAL UNIT WEIGHT : 797 LBS [362 KG]