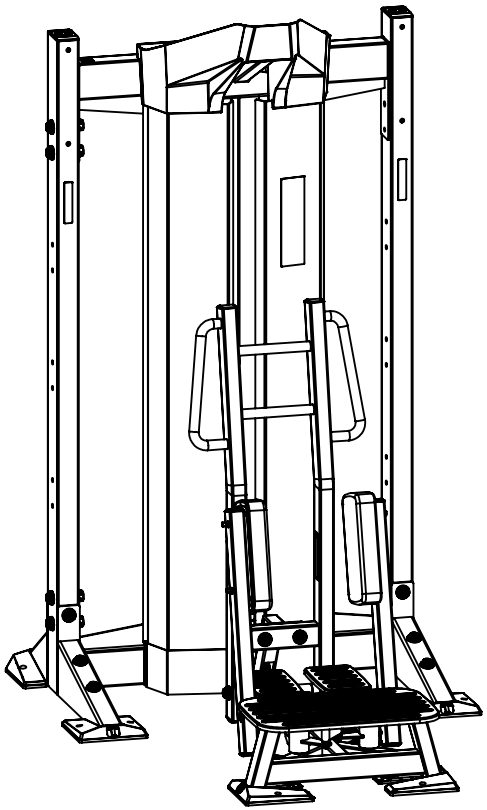
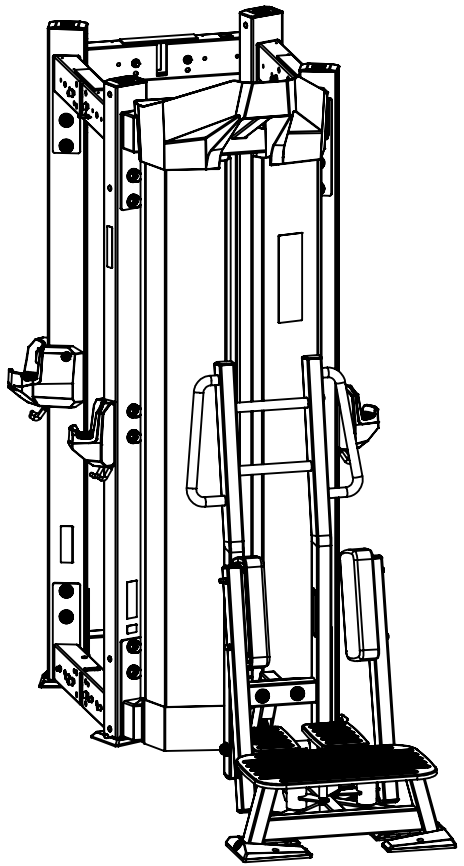
TORQUE USA





ASSEMBLY INSTRUCTIONS

STANDING HIP ABDUCTOR MODULE / STATION

VERSION: XCREATE-4SHAM, XCREATE-OSS-SHA

PART # 6019101-E

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.

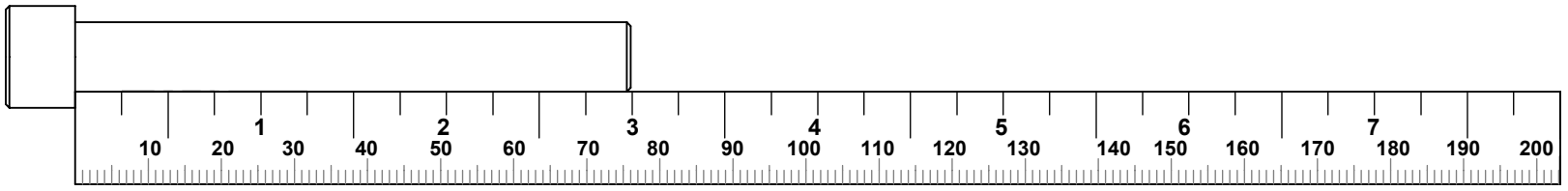
Follow the instructions included with the optional equipment to assemble it to the base product.

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.

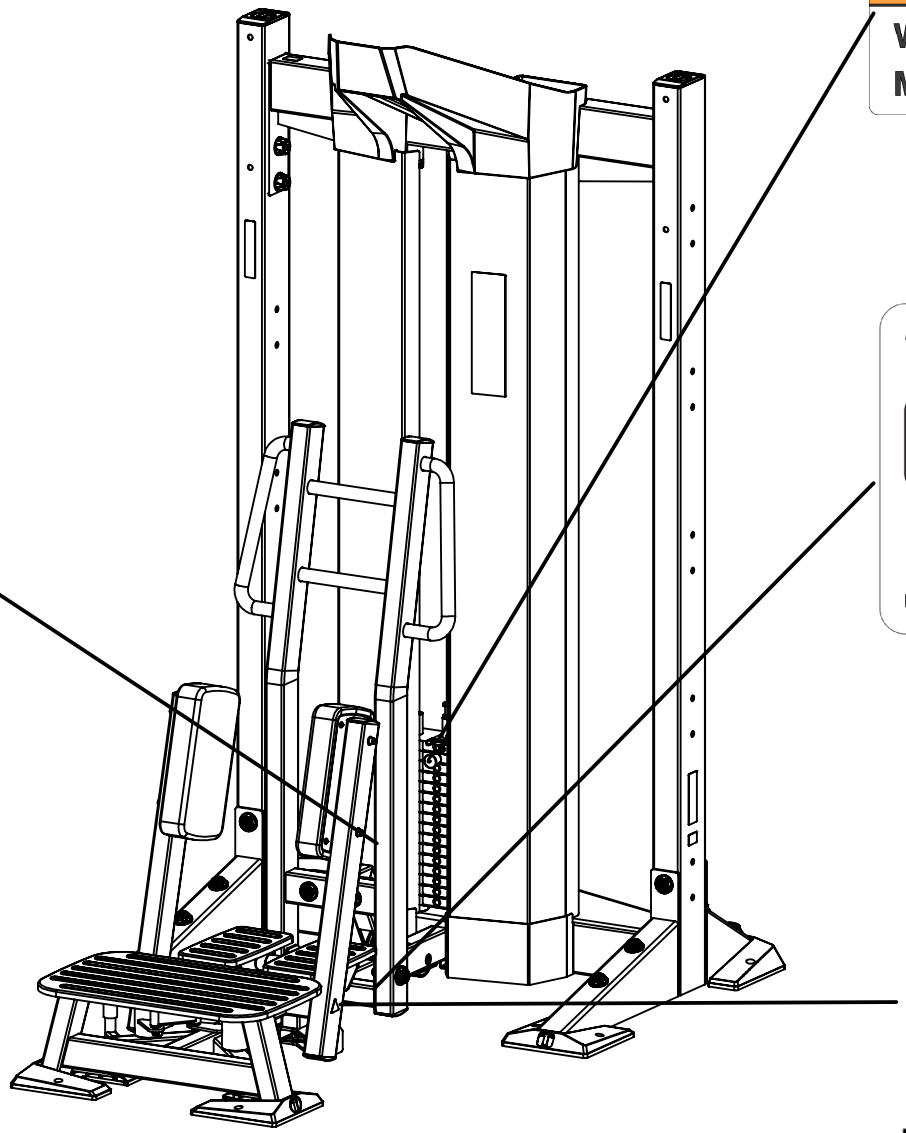


⚠ WARNING

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



⚠ 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



ITEM NO.	PART NUMBER	DESCRIPTION	QTY
1	2001401	NUT, 1/2-13 LK ST ZN	8
2	2001101	WASHER, FLAT 3/8 SAE ST ZN	16
3	2001201	NUT, 3/8-16 LK ST ZN	7
4	5631801	WASHER COVER, NYLON BOLT	4
5	5631901	WASHER COVER, NYLON NUT	4
6	60184PA	PTD ASSY, ABDUCTOR BASE	1
7	59148PA	PTD ASSY, SEATED ROW TOP BOOM	1
8	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2
9	5662501	WLDMT, LEFT SHROUD BASE	1
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

ITEM NO.	PART NUMBER	DESCRIPTION	QTY
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
38	2006509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD W/NP	4
39	5581301	COVER, FRONT BASE	2
40	2001601	NUT, 5/16-18 LK ST ZN	4
41	2001501	WASHER, FLAT 5/16 SAE ST ZN	4
42	56349PA	PTD ASSY, 10 LB WEIGHT PLATE	10
43	5915101	WLDMT, CABLE STATION CROSS * (SEE NOTE)	2 *
44	2001301	WASHER, FLAT 1/2 SAE ST ZN	8
45	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	4
46	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	4
47	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	5

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.

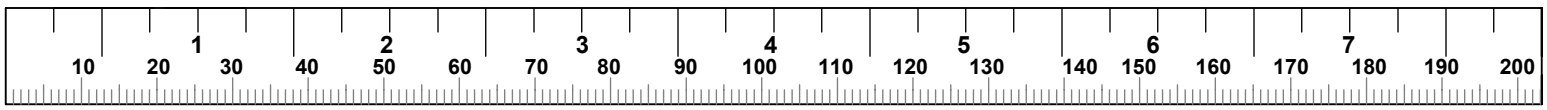
***** ITEM 43 - Replaced by 60891PA or 60894PA - TOWER CABLE STATION CROSS.

NOTE:

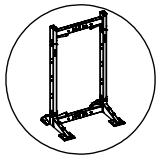
X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact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

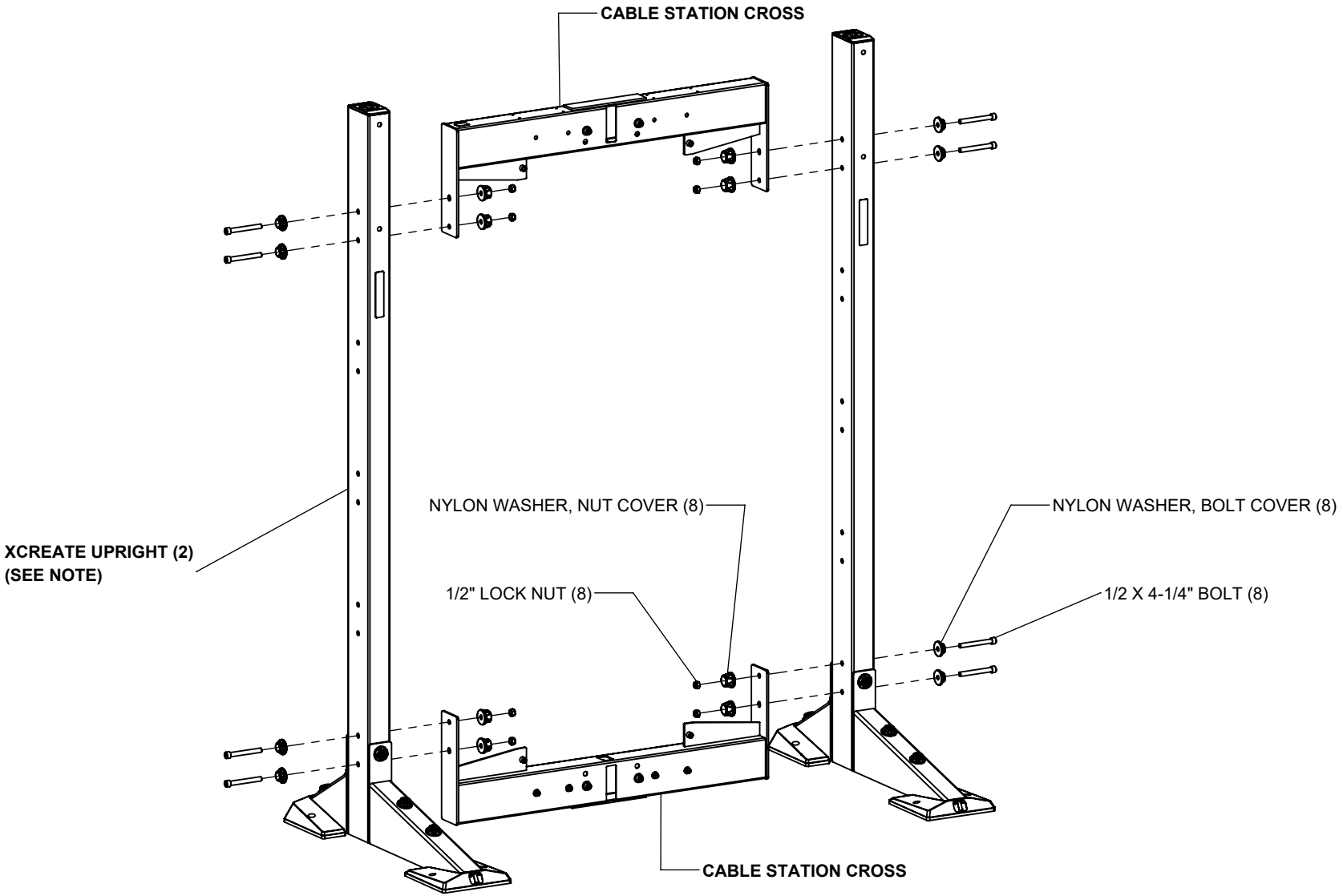
NOTE:

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

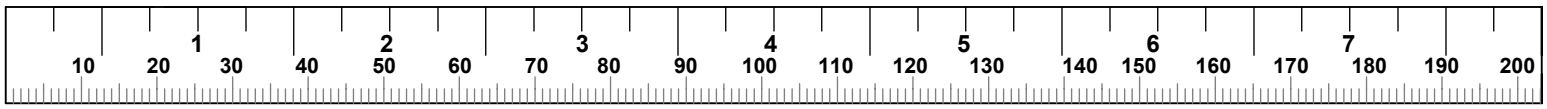




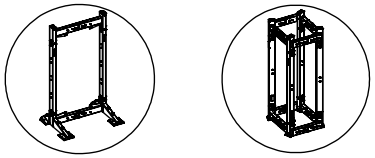
NOTES:

LOOSELY tighten bolt connections in this step.

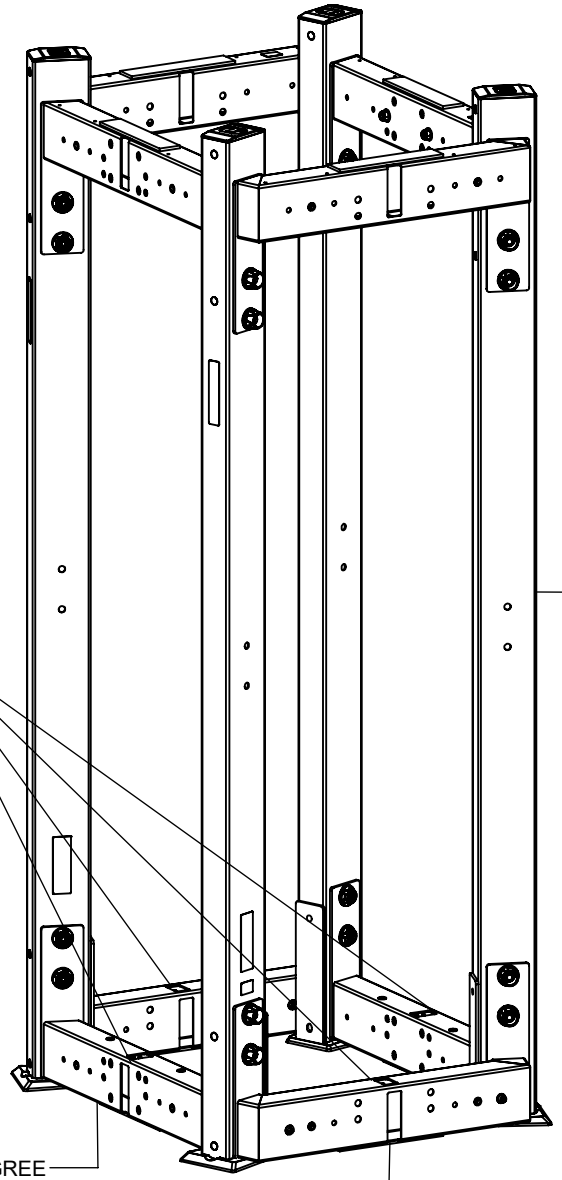
The XCREATE-SHA is shown assembled to the XCREATE-7U. However, the XCREATE-SHA can also be assembled to the XCREATE-8U and XCREATE-2S8U the same way.



STEP 1b
4' MODULE / OMNI STATION



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



NOTE: STANDING HIP ABDUCTOR STATION MAY BE MOUNTED TO ANY SIDE OF THE TOWER.

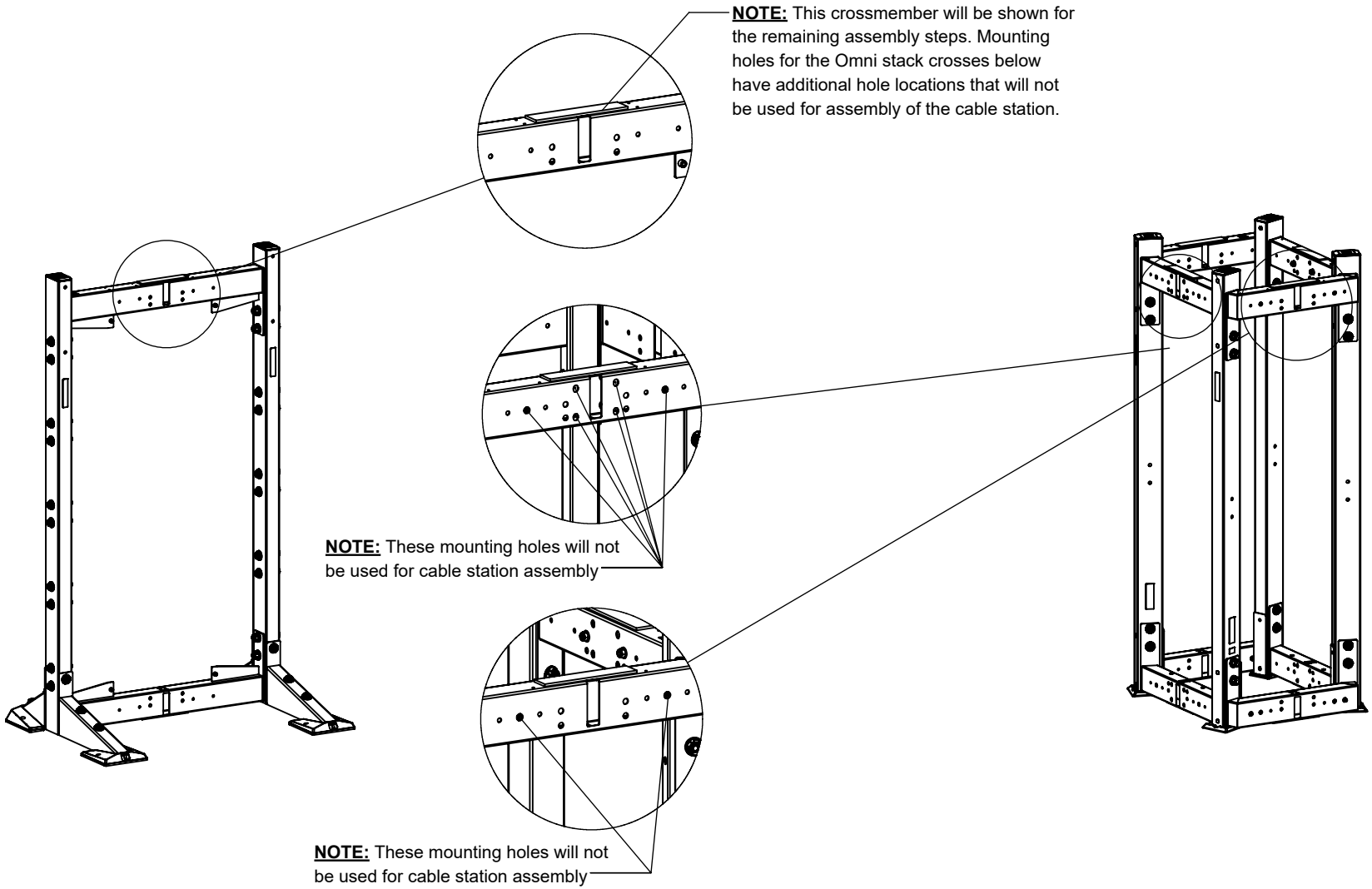
XCREATE OMNI TOWER

60891PA - TOWER CABLE STATION CROSS 40 DEGREE

60894PA - TOWER CABLE STATION CROSS 140 DEGREE

NOTES:

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

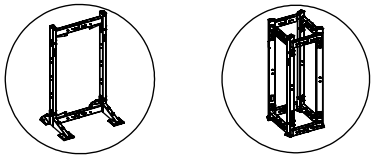


NOTES:

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-4SHAM** configuration. Follow the same steps and same mounting locations for the **XCREATE-OSS-SHA**.

STEP 2a
4' MODULE / OMNI STATION

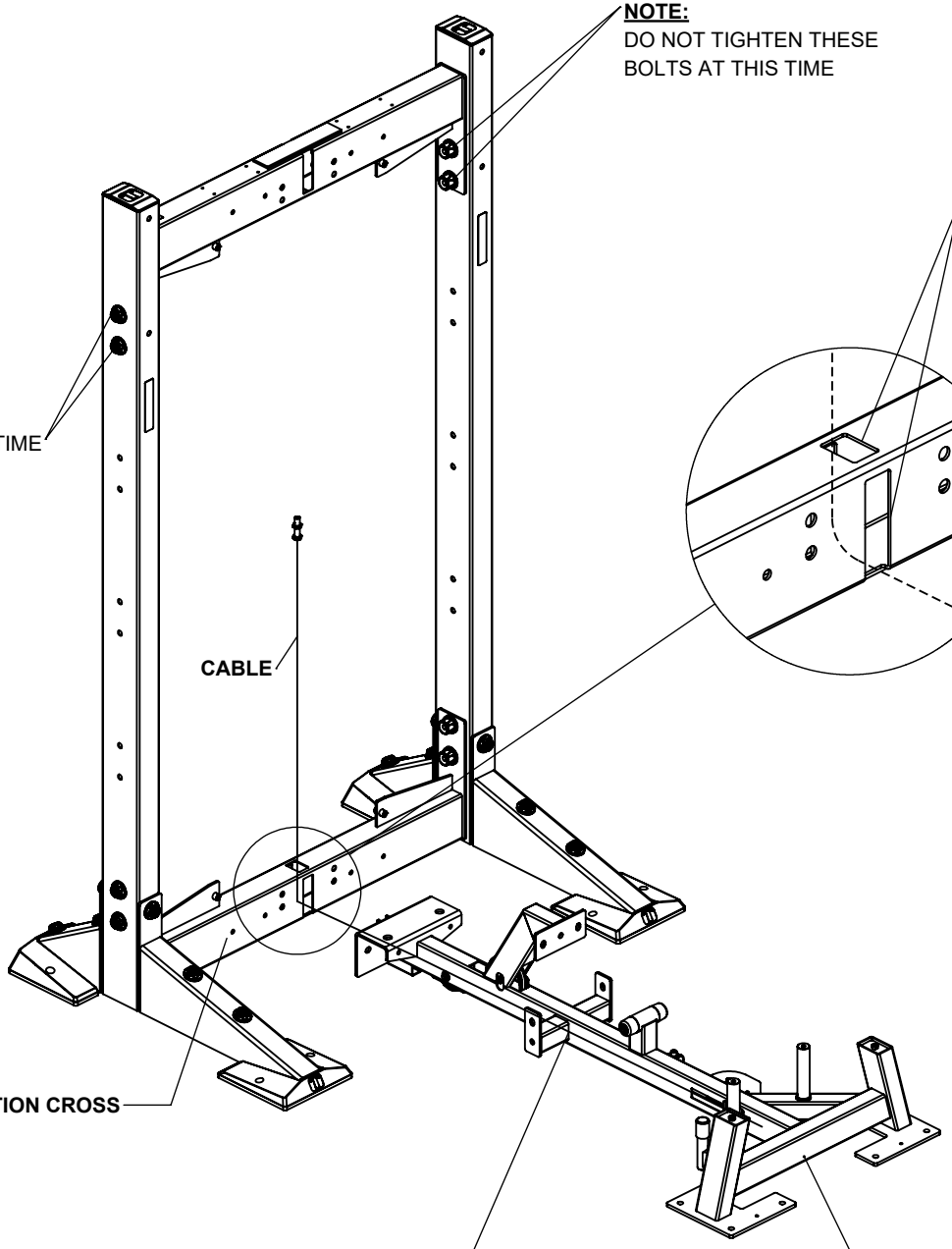


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

NOTE:
DO NOT TIGHTEN THESE BOLTS AT THIS TIME

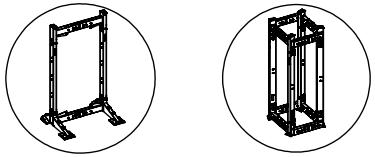
NOTE 2:
ROUTE THE THREADED END OF THE CABLE THROUGH THE FRONT SLOT AND OUT THE TOP SLOT OF THE BASE SUPPORT AS SHOWN

NOTE:
DO NOT TIGHTEN THESE BOLTS AT THIS TIME

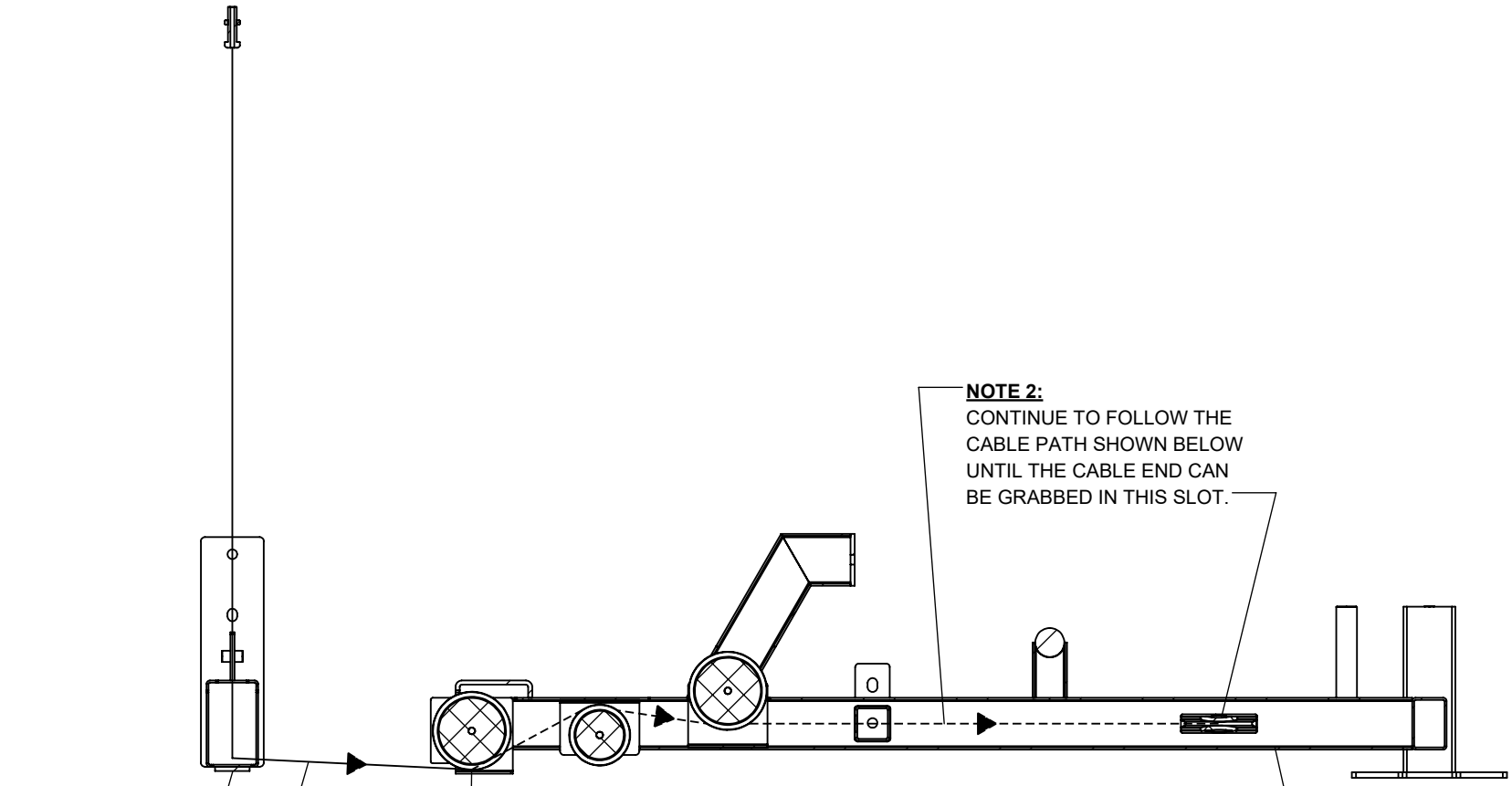


NOTE 1:
PLACE THE ABDUCTOR BASE NEAR THE BASE SUPPORT AS SHOWN. THE CABLE WILL BE ROUTED BEFORE CONNECTING THE ABDUCTOR BASE TO THE BASE SUPPORT.

STEP 2b
4' MODULE / OMNI STATION



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

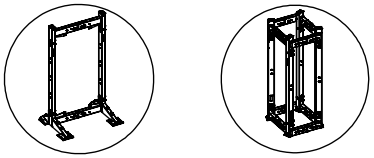


SECTION VIEW

NOTES:

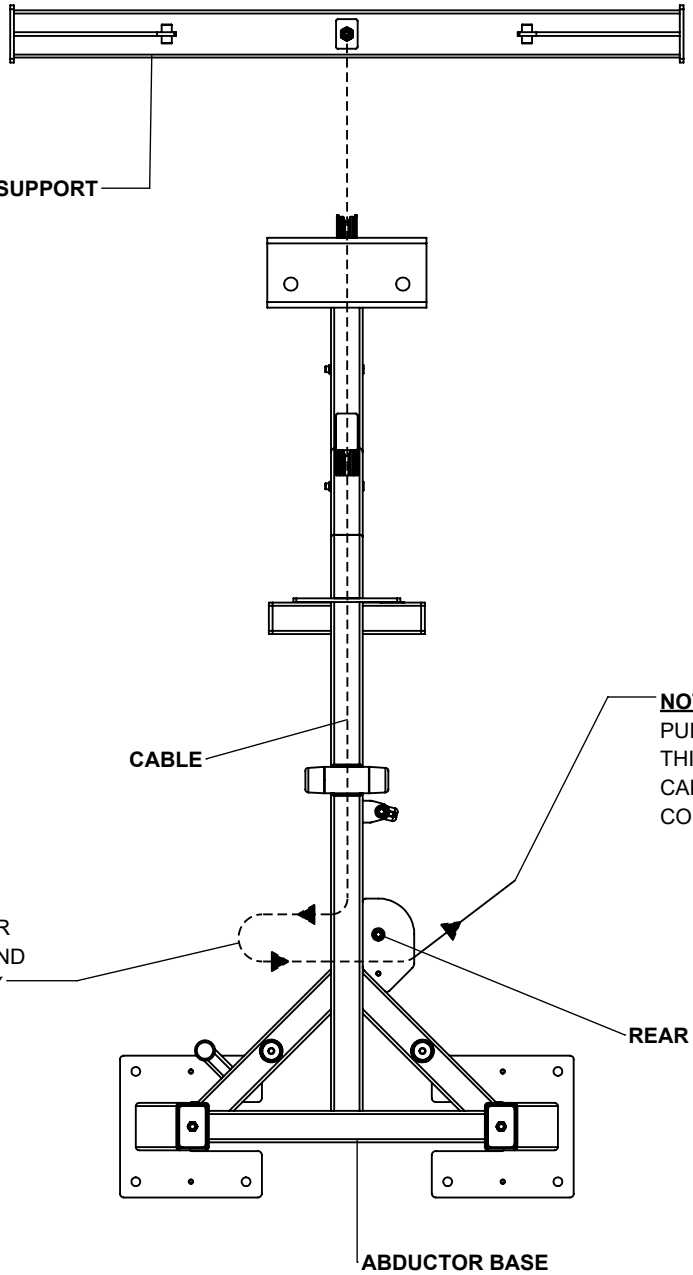
UPRIGHTS have been hidden for illustration clarity.

STEP 2c
4' MODULE / OMNI STATION



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

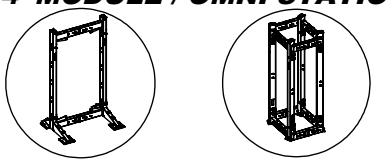
TOP VIEW



NOTES:

UPRIGHTS have been hidden for illustration clarity.

STEP 2d
4' MODULE / OMNI STATION



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

NOTE:
DO NOT TIGHTEN THESE BOLTS AT THIS TIME

NOTE:
DO NOT TIGHTEN THESE BOLTS AT THIS TIME

1/2" LOCK NUT (2)

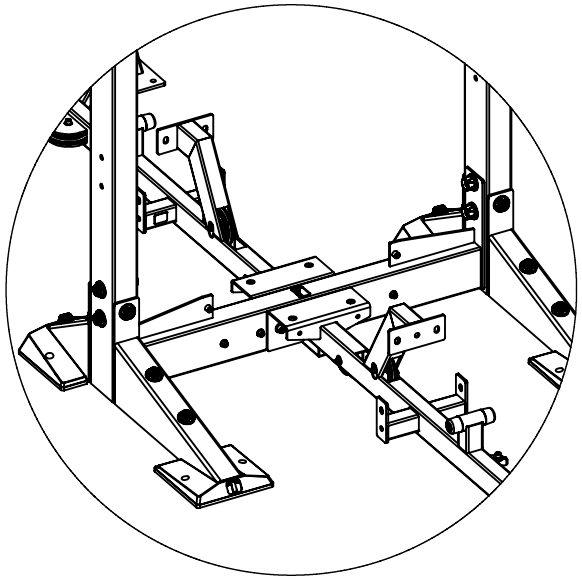
BASE SUPPORT

1/2" FLAT WASHER (4)

1/2 X 4-1/4" BOLT (2)
**These will be 1/2 X 4" BOLT (2)
when assembling an OMNI station**

CABLE

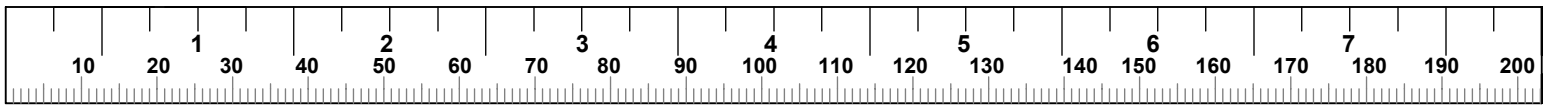
ABDUCTOR BASE



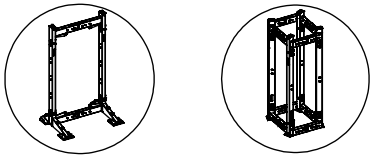
NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME BASE SUPPORT AND HARDWARE AS SHOWN. BOTH ABDUCTOR BASES NEED TO BE ASSEMBLED SIMULTANEOUSLY

NOTES:

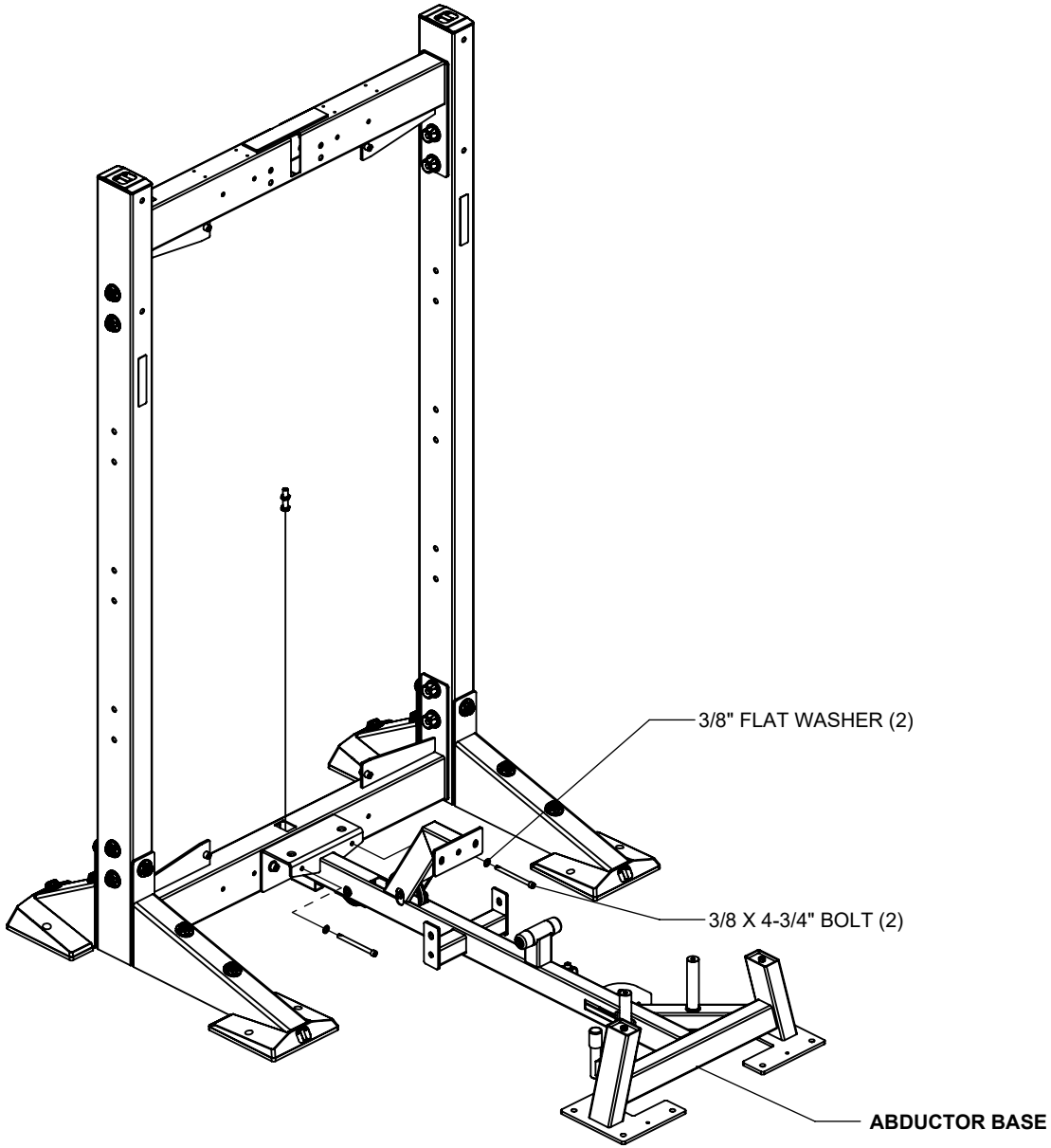
SECURELY tighten bolt connections in this step, except as noted.



STEP 3
4' MODULE / OMNI STATION

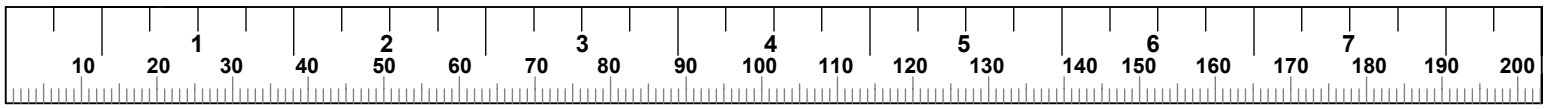


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

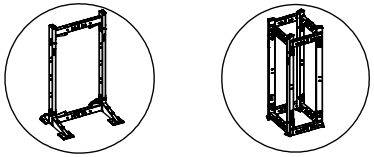


NOTES:

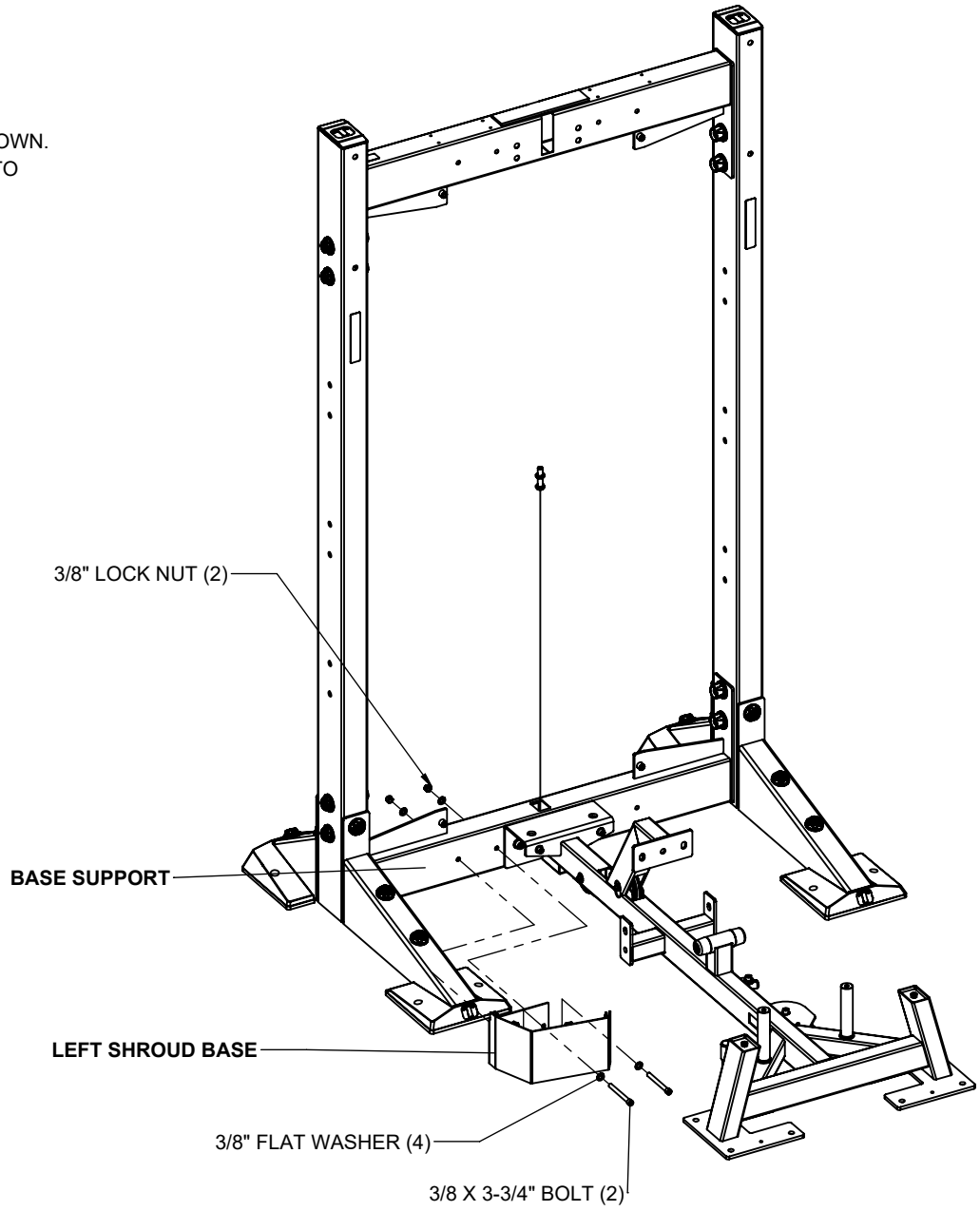
SECURELY tighten bolt connections in this step.



STEP 4
4' MODULE / OMNI STATION

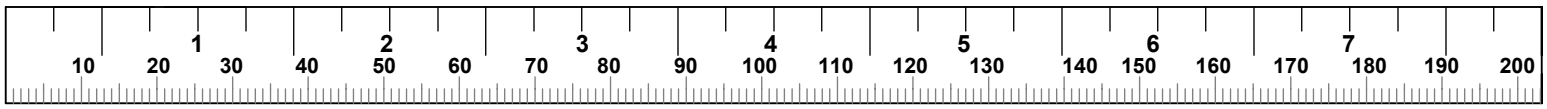


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

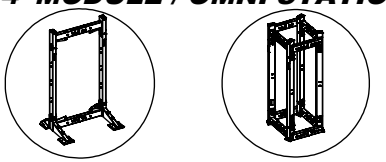


NOTES:

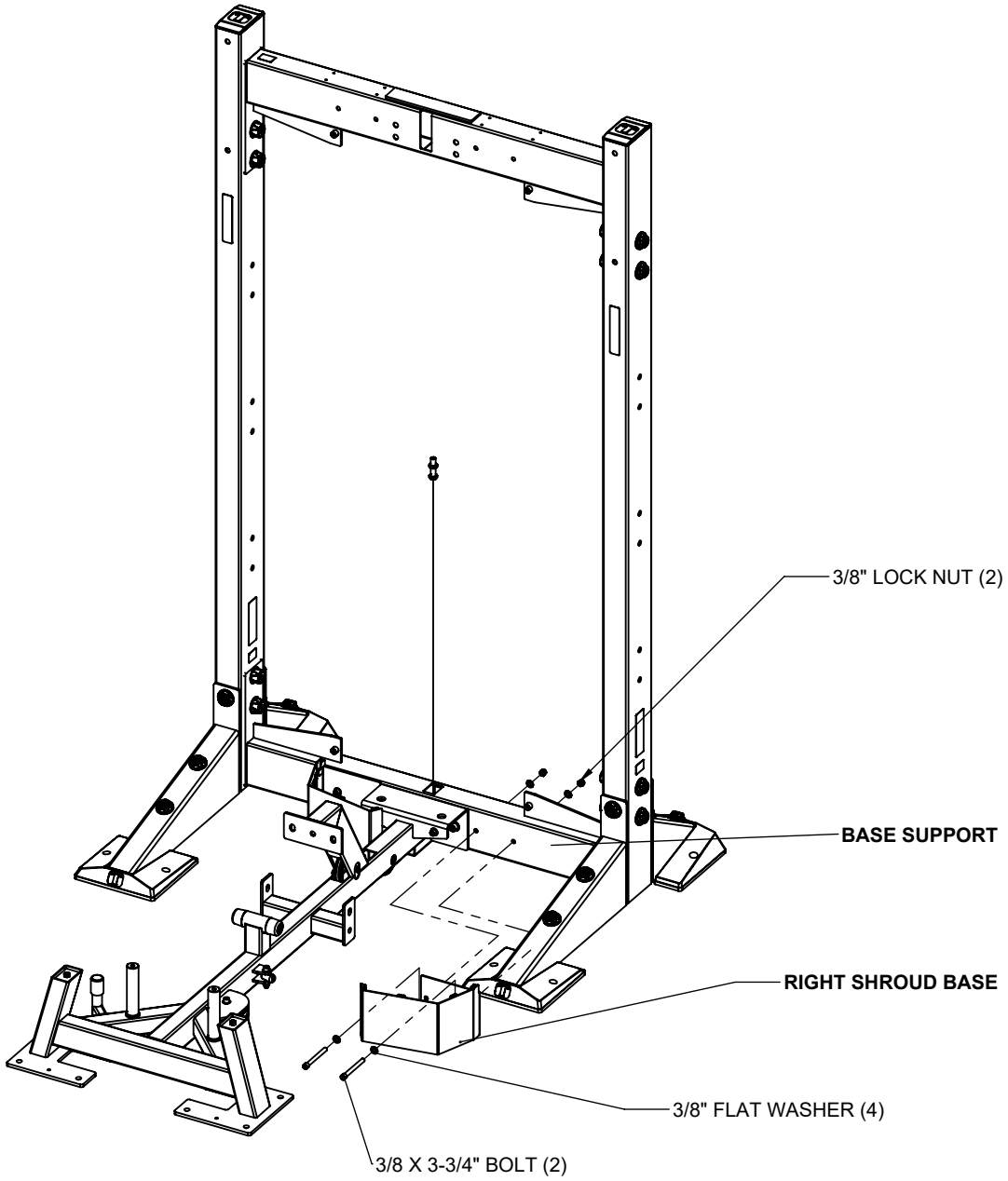
SECURELY tighten bolt connections in this step.



STEP 5
4' MODULE / OMNI STATION



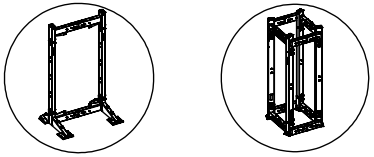
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



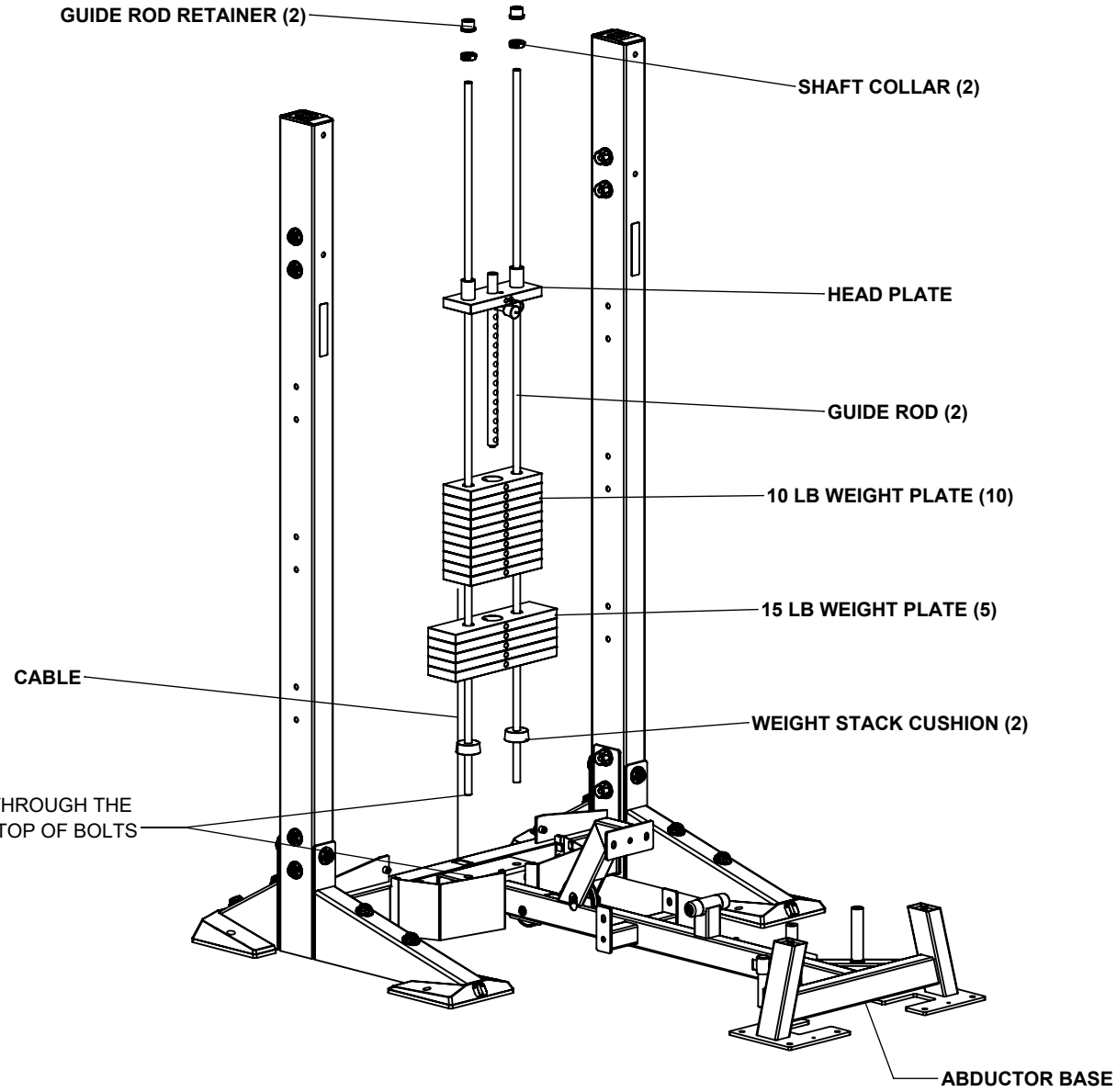
NOTES:

SECURELY tighten bolt connections in this step.

STEP 6
4' MODULE / OMNI STATION



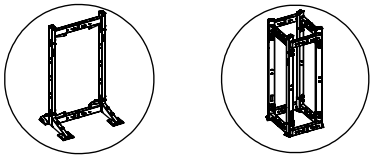
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



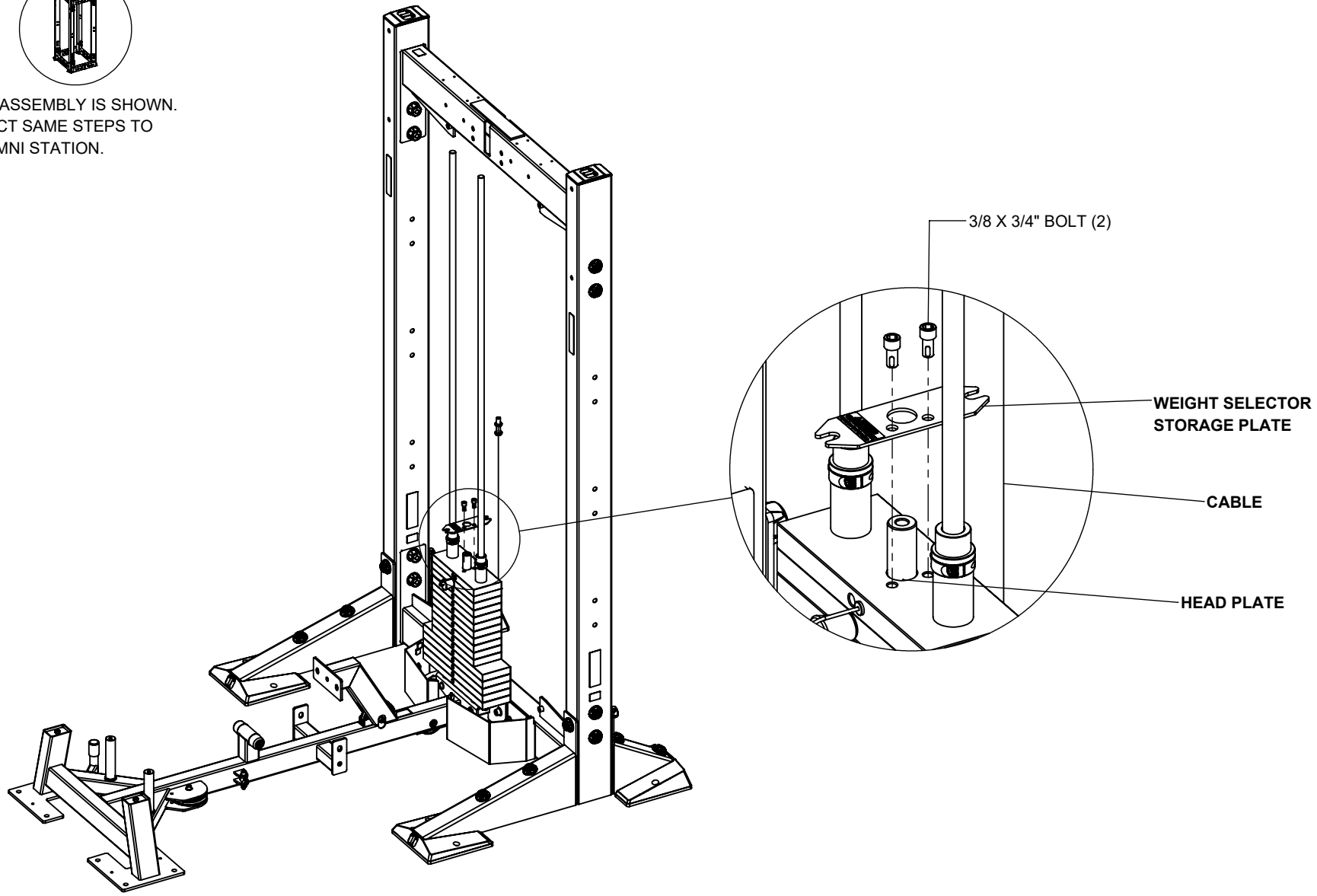
NOTES:

TOP BOOM SUPPORT has been hidden for illustration clarity.

STEP 7
4' MODULE / OMNI STATION

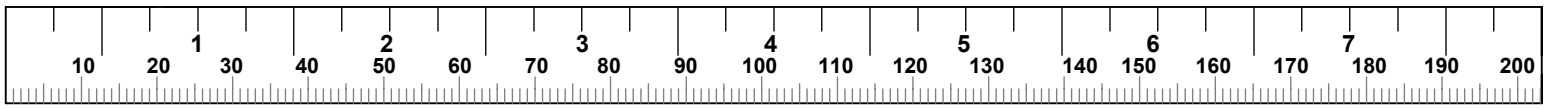


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

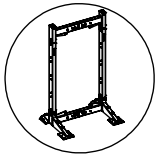


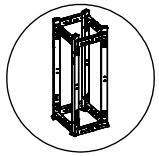
NOTES:

SECURELY tighten bolt connections in this step.

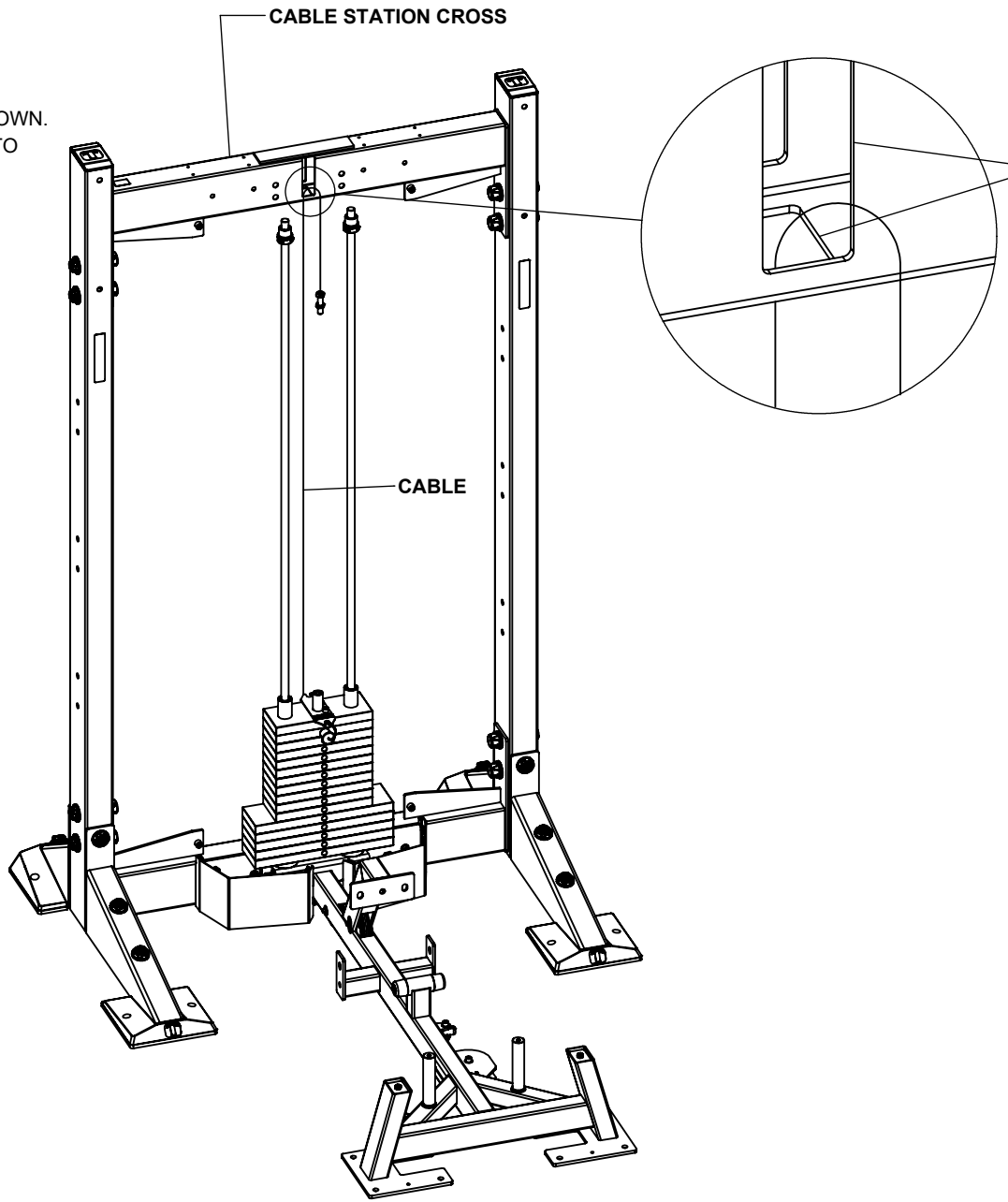


STEP 8
4' MODULE / OMNI STATION



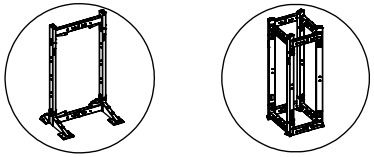


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

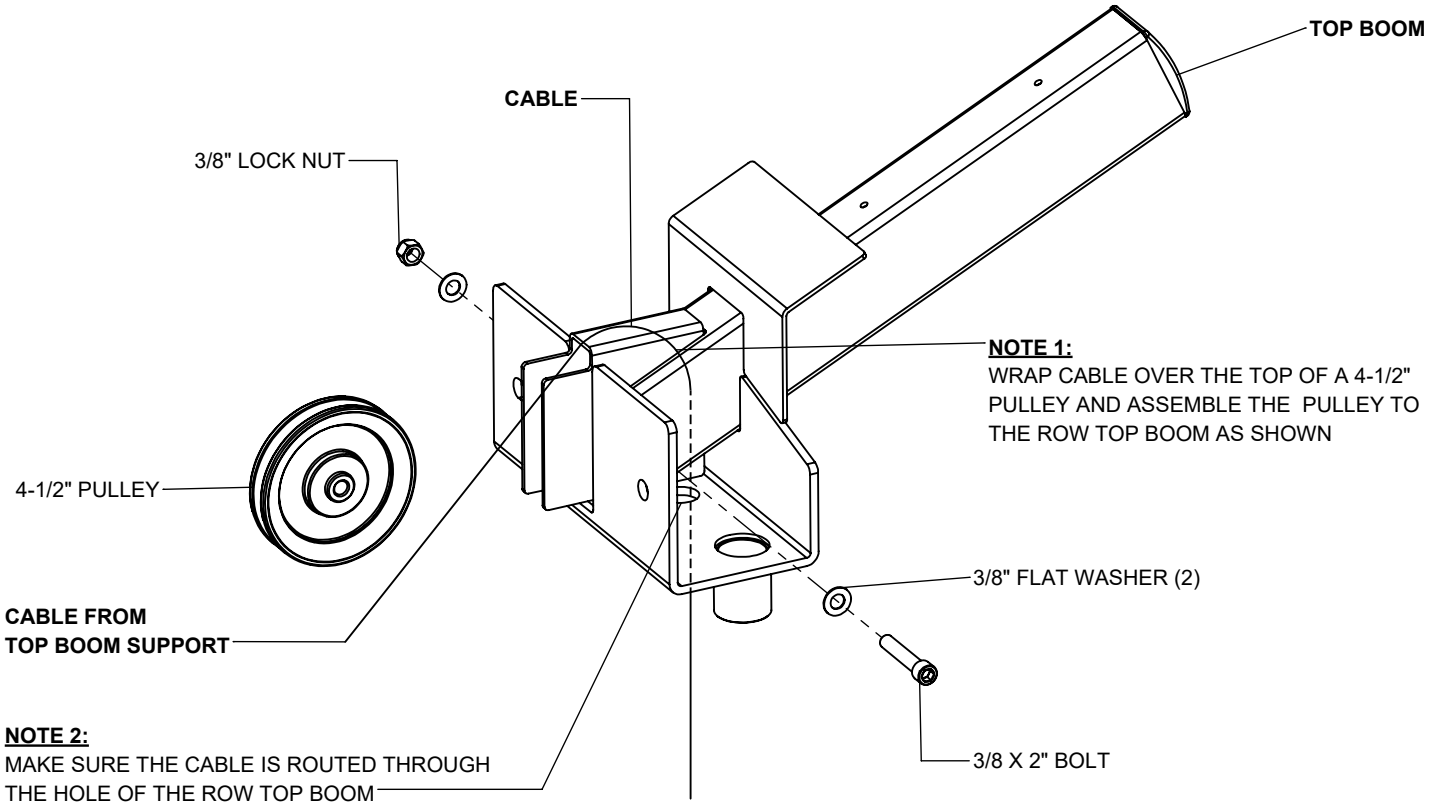


NOTE:
BEFORE ASSEMBLING THE TOP BOOM, ROUTE THE CABLE UP THROUGH THE BOTTOM SLOT AND OUT THE FRONT SLOT OF THE TOP BOOM SUPPORT AS SHOWN

STEP 9
4' MODULE / OMNI STATION



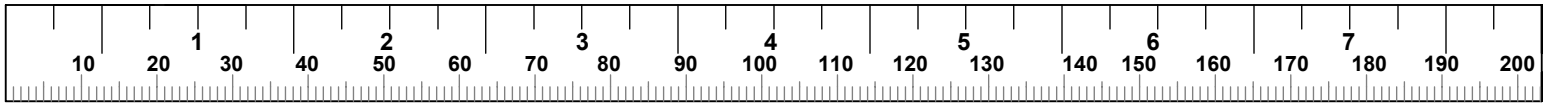
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



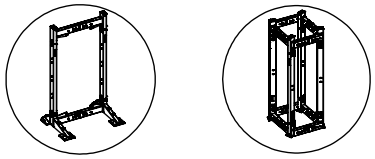
NOTES:

SOME COMPONENTS have been hidden for illustration clarity.

SECURELY tighten bolt connections in this step.



STEP 10
4' MODULE / OMNI STATION



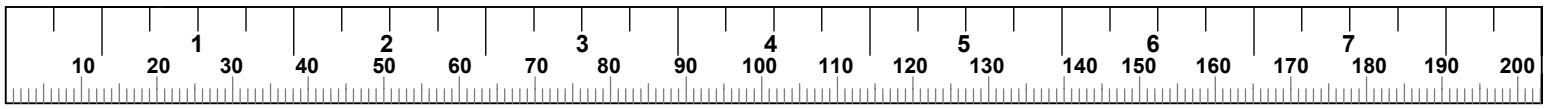
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

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

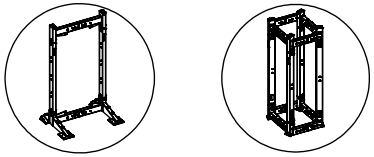
NOTE:
LOOSELY THREAD THE CABLE END INTO THE STEM OF THE HEAD PLATE. THE CABLE WILL BE ADJUSTED IN A LATER STEP

NOTES:

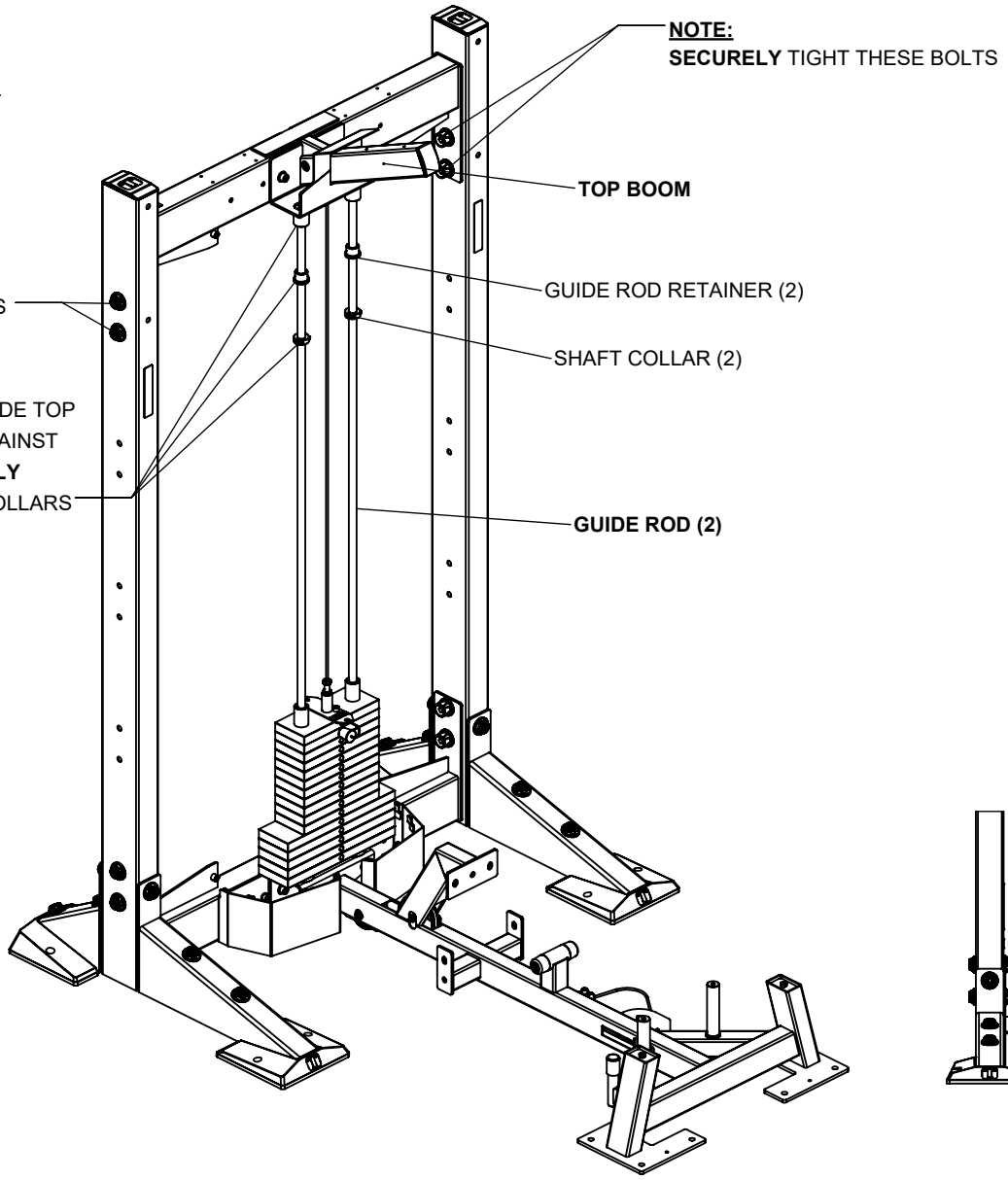
SECURELY tighten bolt connections in this step.

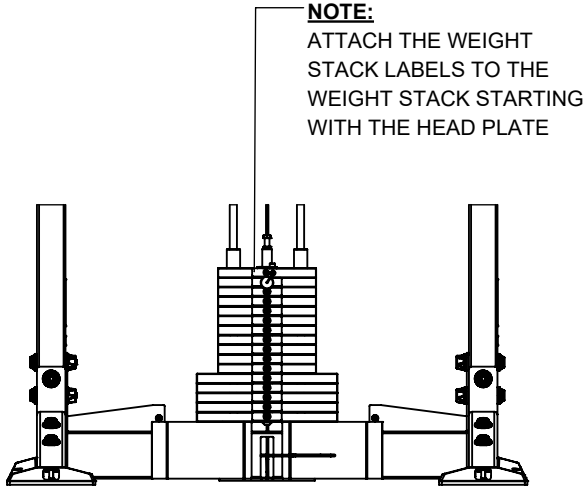


STEP 11
4' MODULE / OMNI STATION



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

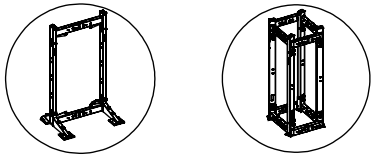




NOTES:

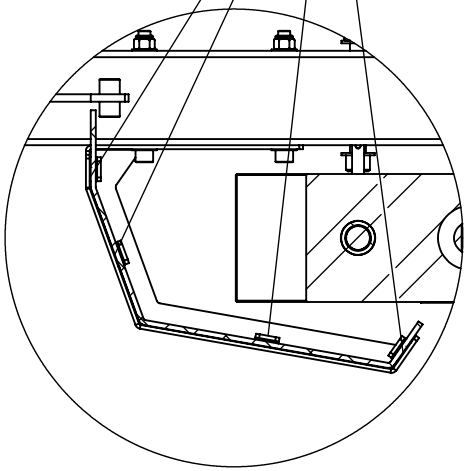
SECURELY tighten bolt connections in this step, and previous steps.

STEP 12
4' MODULE / OMNI STATION

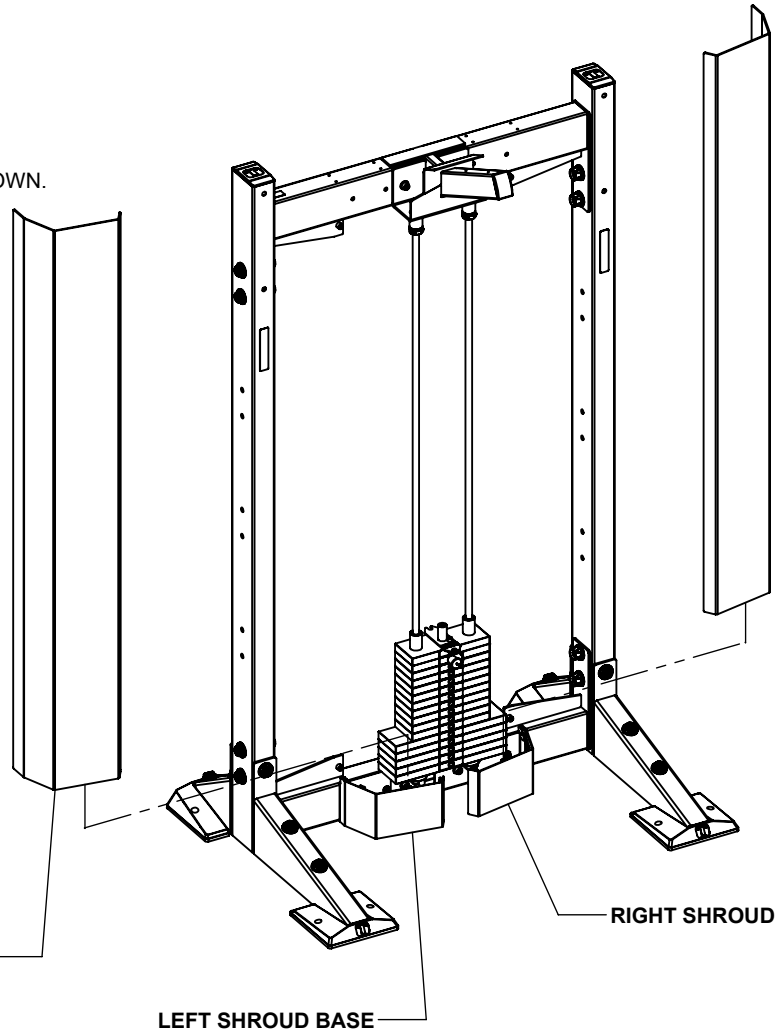


NOTE: 4' MODULE ASSEMBLY IS SHOWN.
FOLLOW THE EXACT SAME STEPS TO
ASSEMBLE THE OMNI STATION.

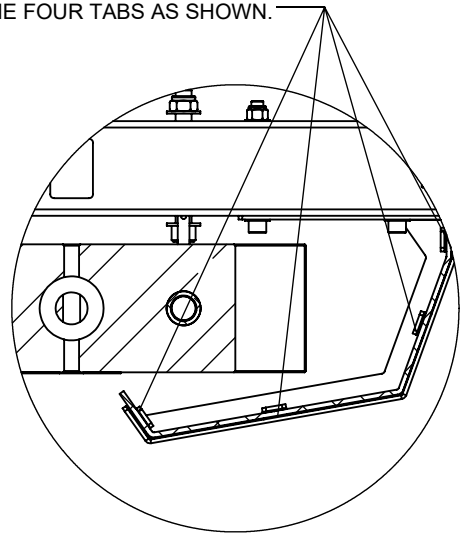
NOTE:
MAKE SURE SHROUD IS
SEATED BETWEEN THE
SHROUD SUPPORT AND
THE FOUR TABS AS SHOWN.



TOP VIEW LEFT



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

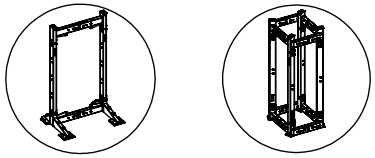


TOP VIEW RIGHT

NOTES:

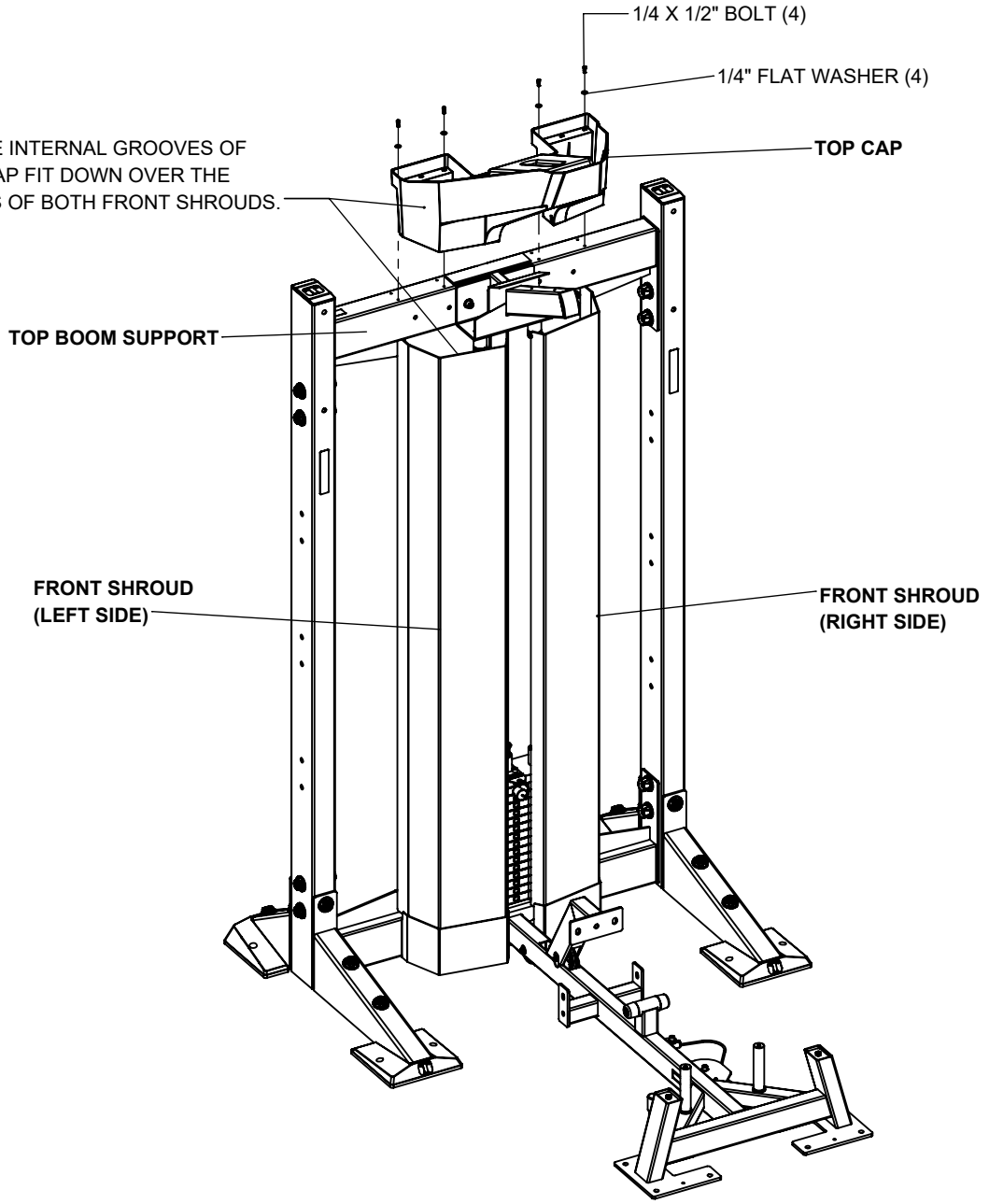
ABDUCTOR BASE and **CABLE** have been hidden for illustration clarity.

STEP 13a
4' MODULE / OMNI STATION



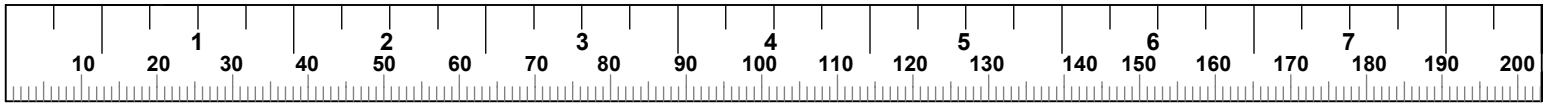
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

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

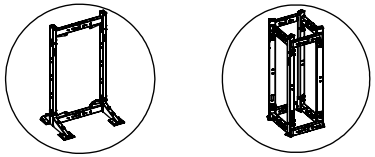


NOTES:

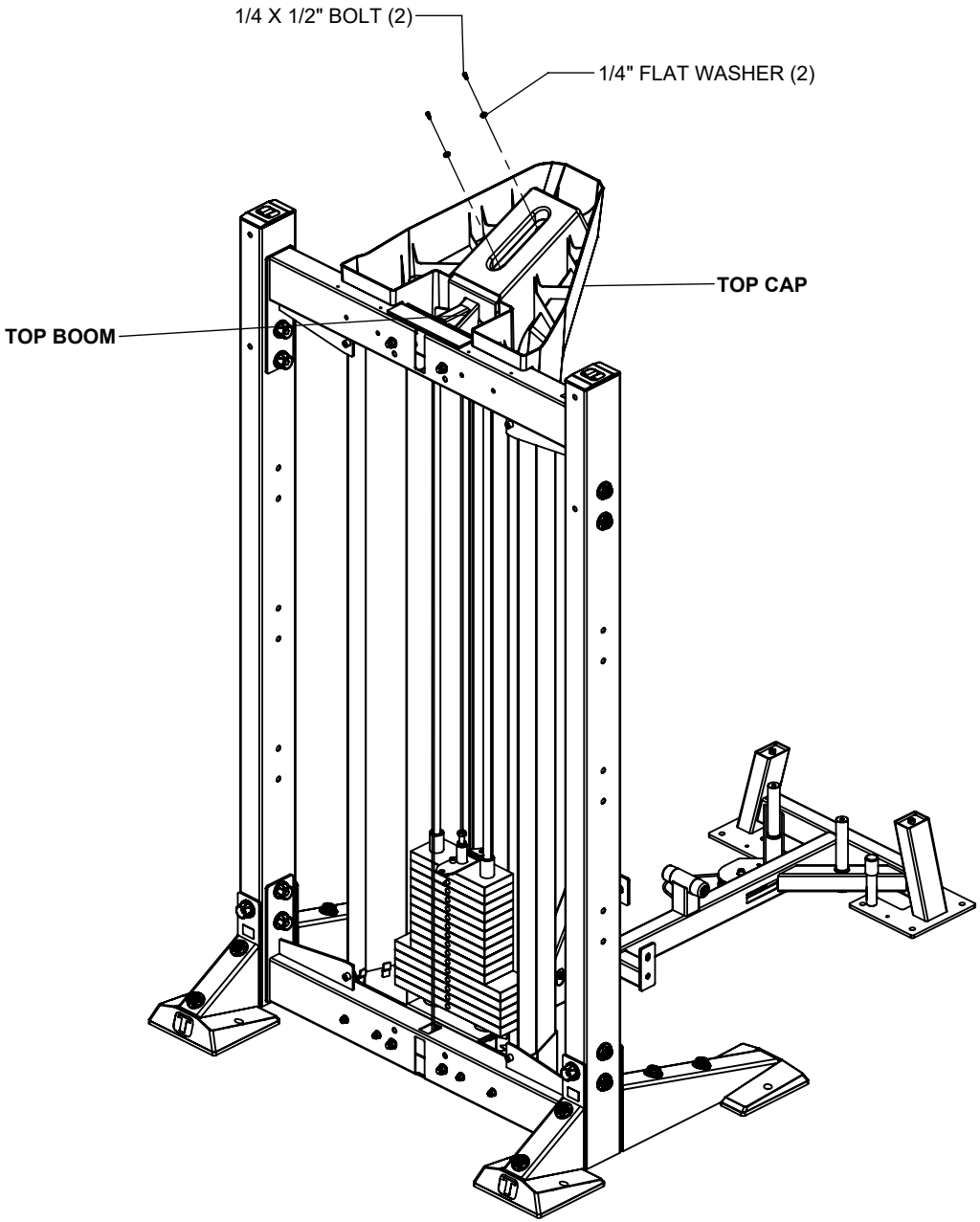
LOOSELY tighten bolt connections in this step.



STEP 13b
4' MODULE / OMNI STATION



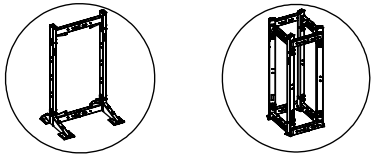
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



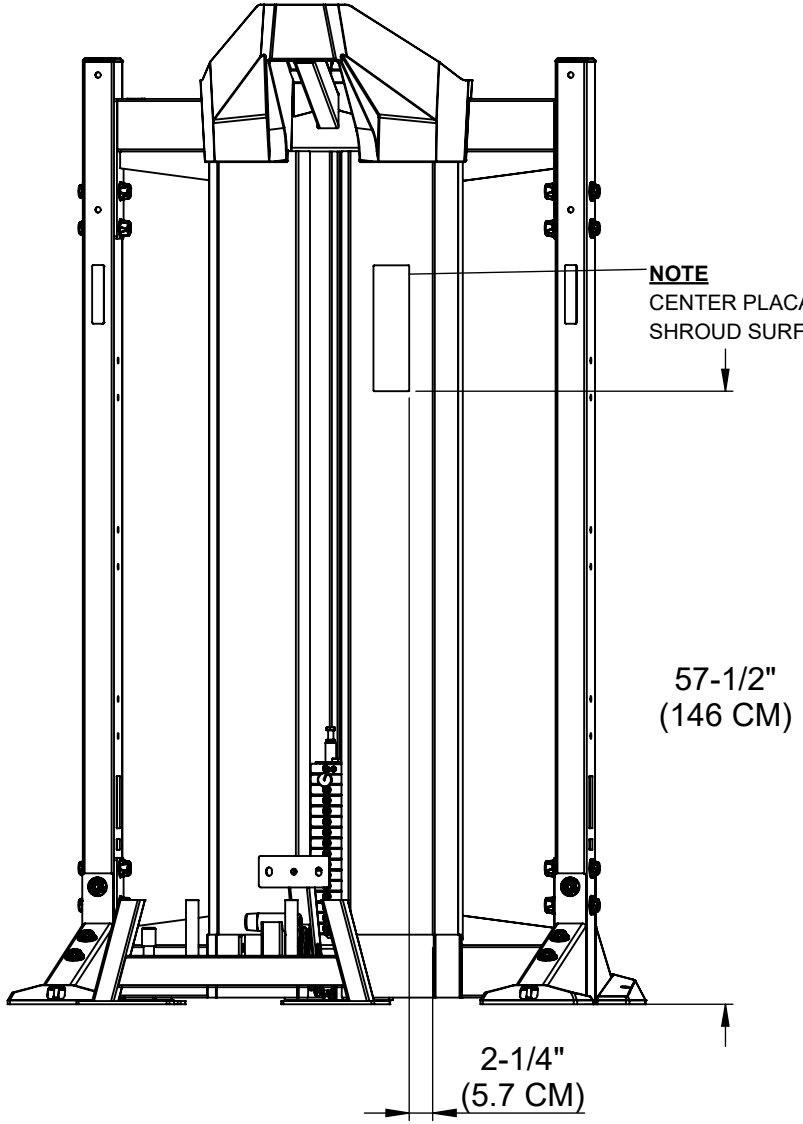
NOTES:

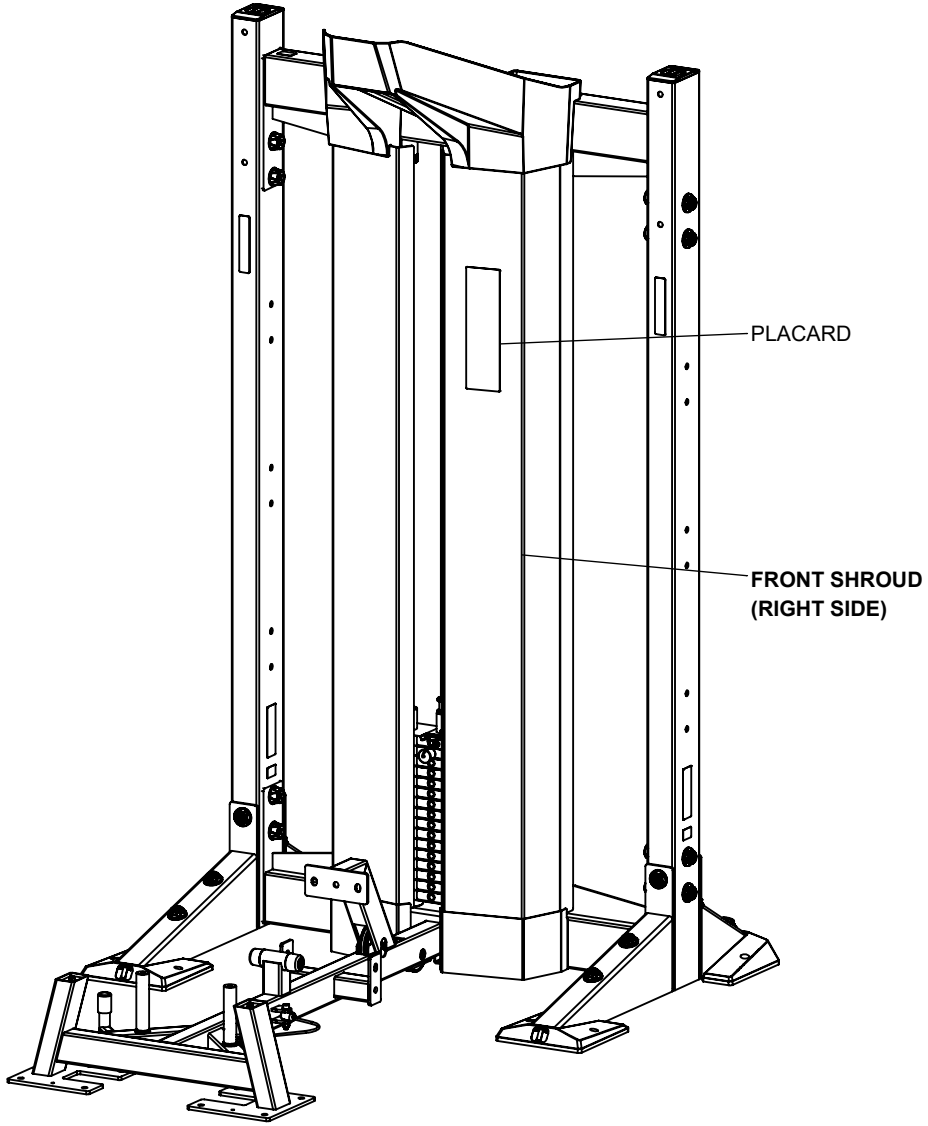
SECURELY tighten bolt connections in this step, and previous step.

STEP 14
4' MODULE / OMNI STATION

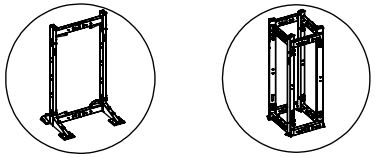


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

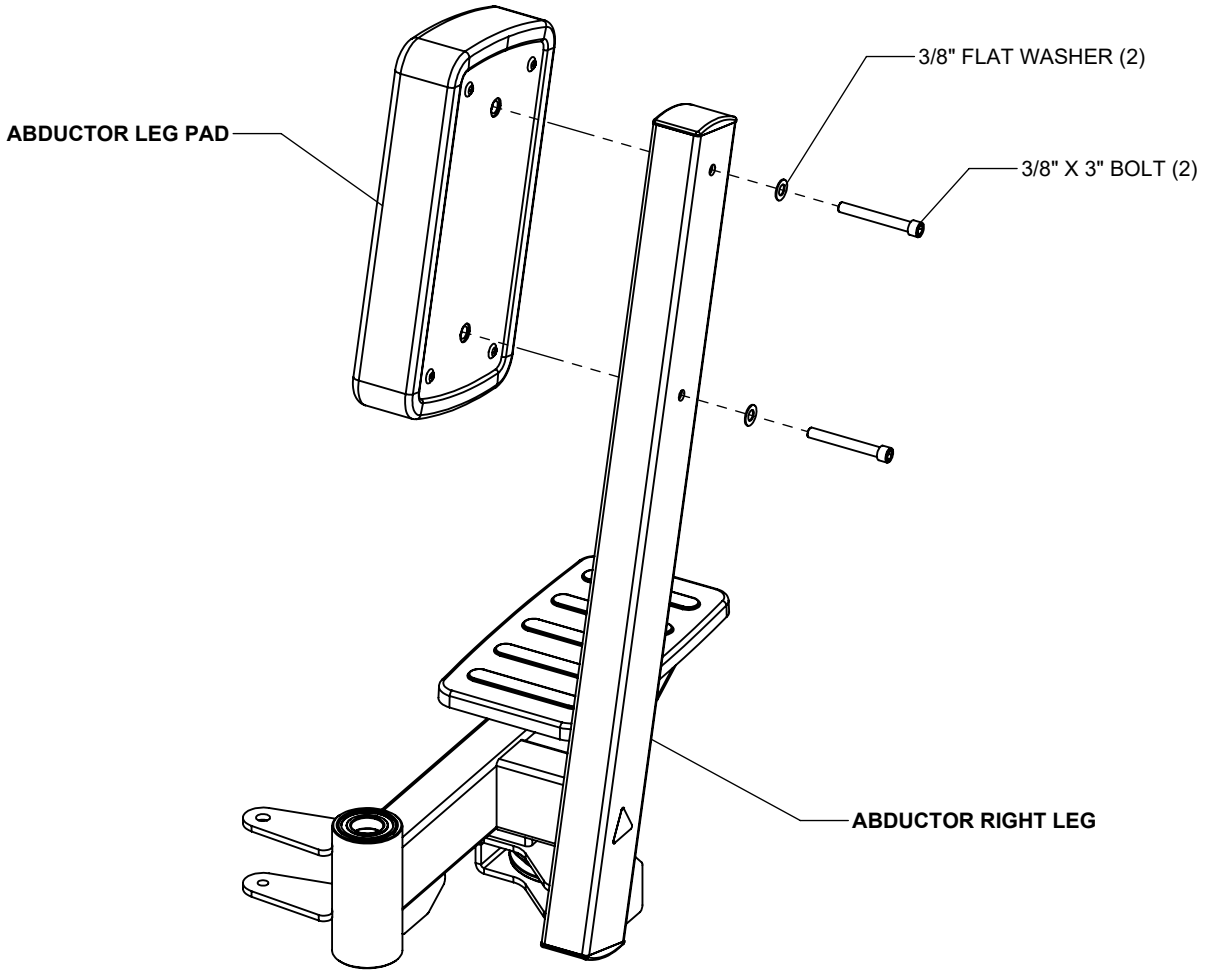




STEP 15
4' MODULE / OMNI STATION



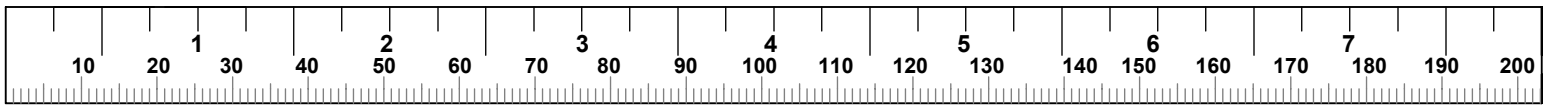
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



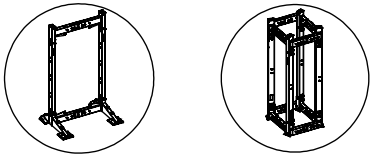
NOTES:

SECURELY tighten bolt connections in this step.

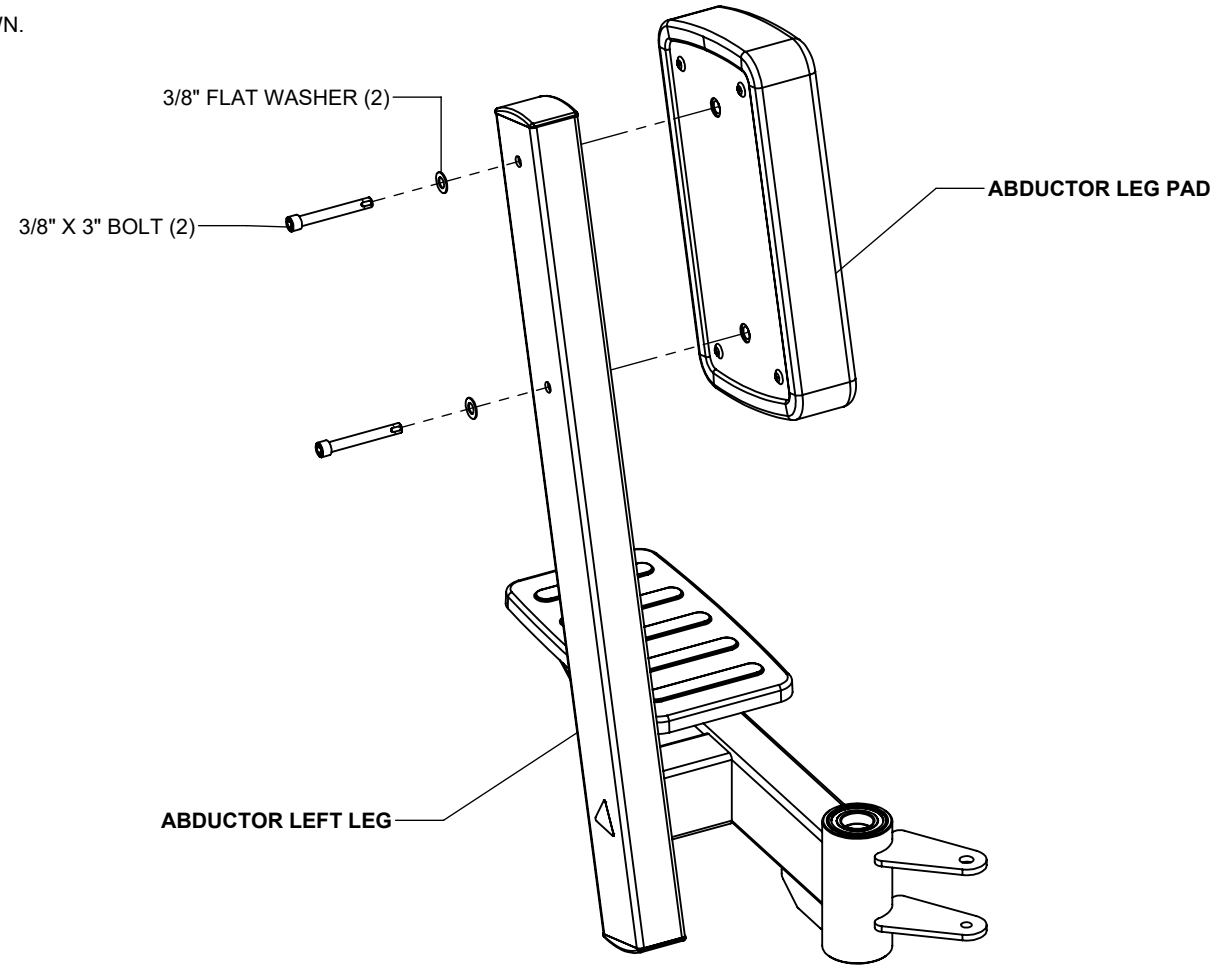
Some parts have been hidden for illustration clarity.



STEP 16
4' MODULE / OMNI STATION



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

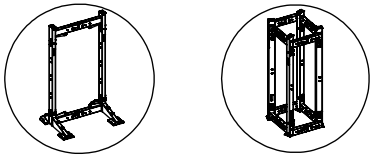


NOTES:

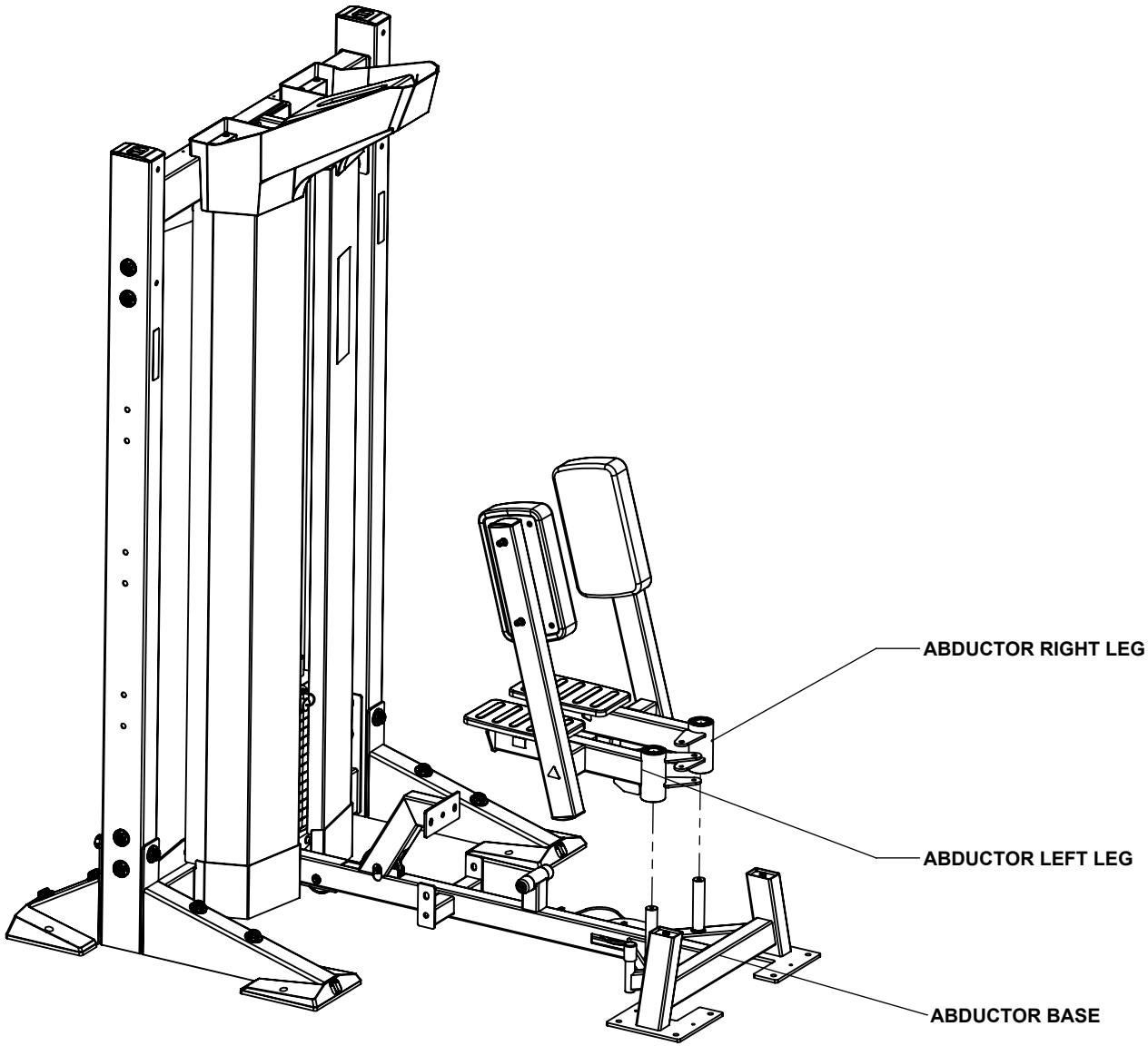
SECURELY tighten bolt connections in this step.

Some parts have been hidden for illustration clarity.

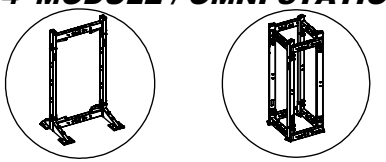
STEP 17
4' MODULE / OMNI STATION



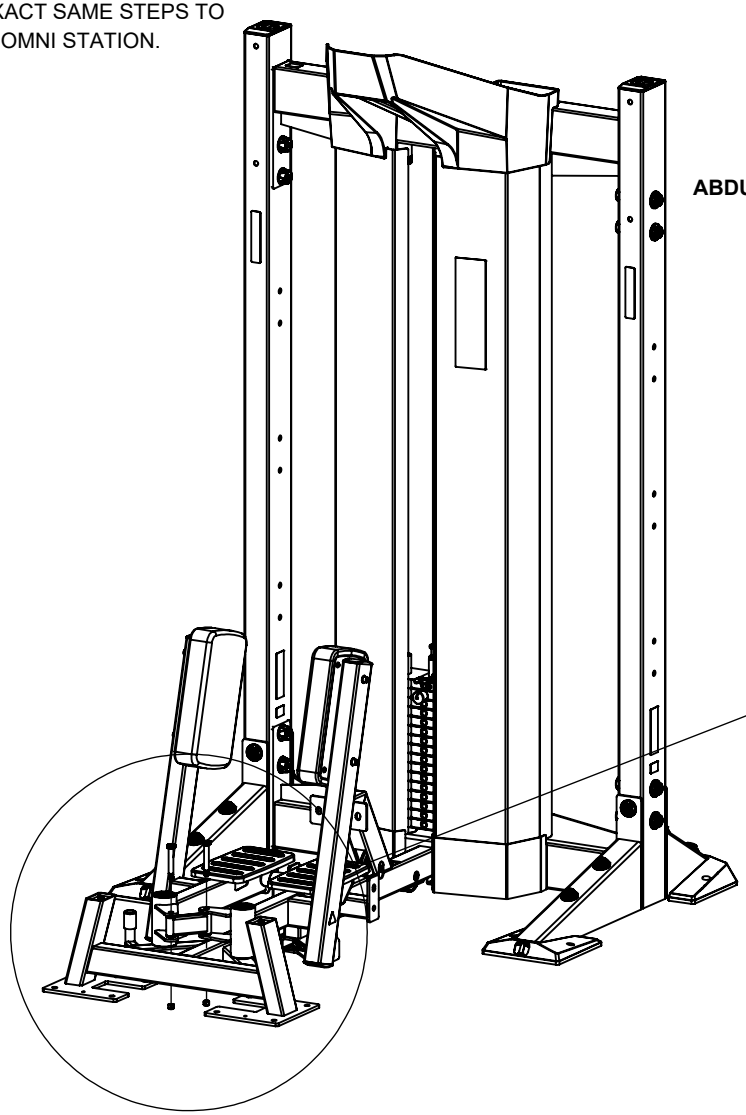
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

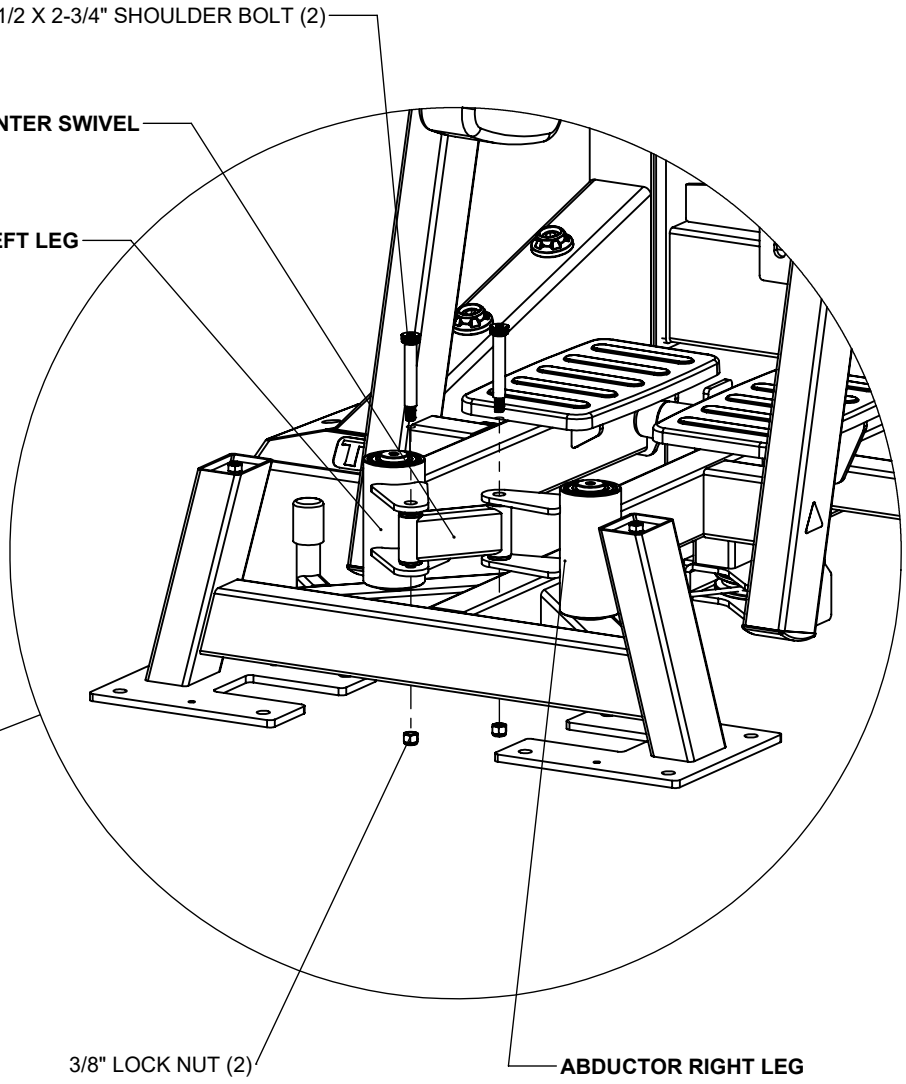


STEP 18
4' MODULE / OMNI STATION



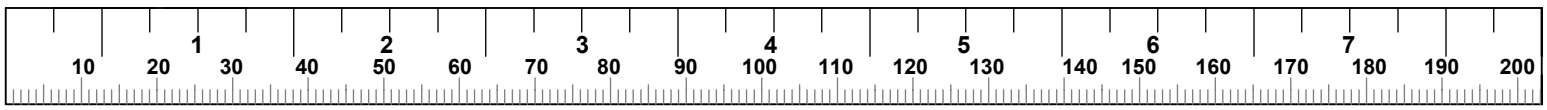
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



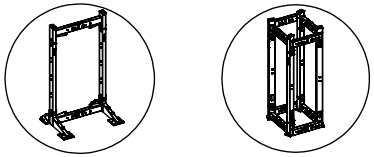


NOTES:

SECURELY tighten bolt connections in this step.

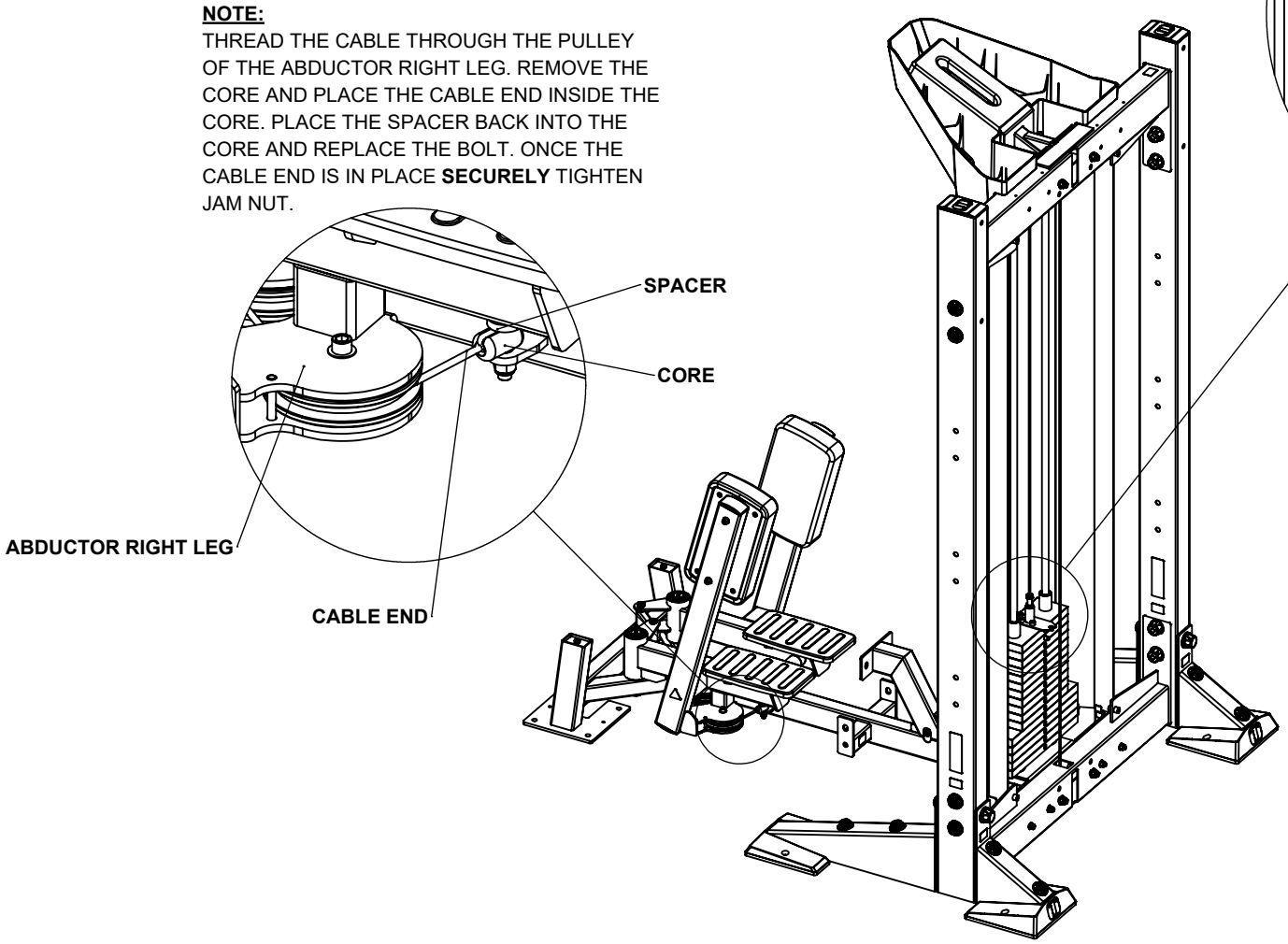


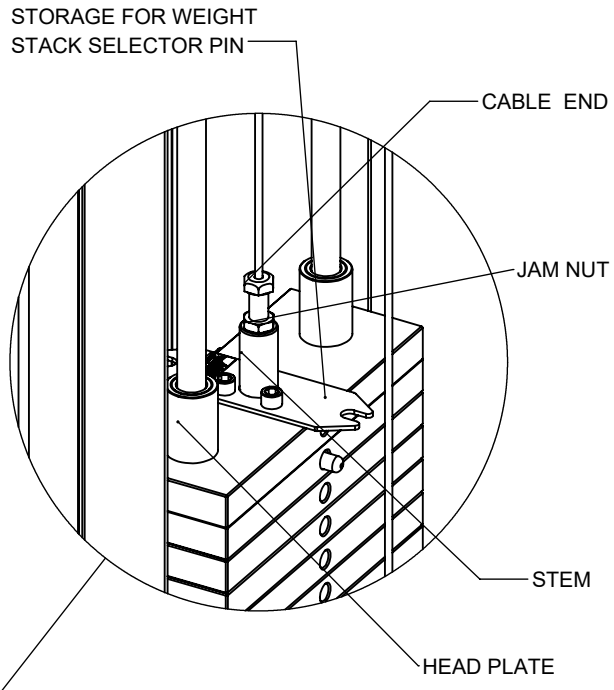
STEP 19
4' MODULE / OMNI STATION



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

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.

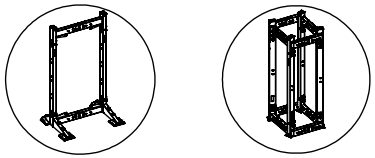




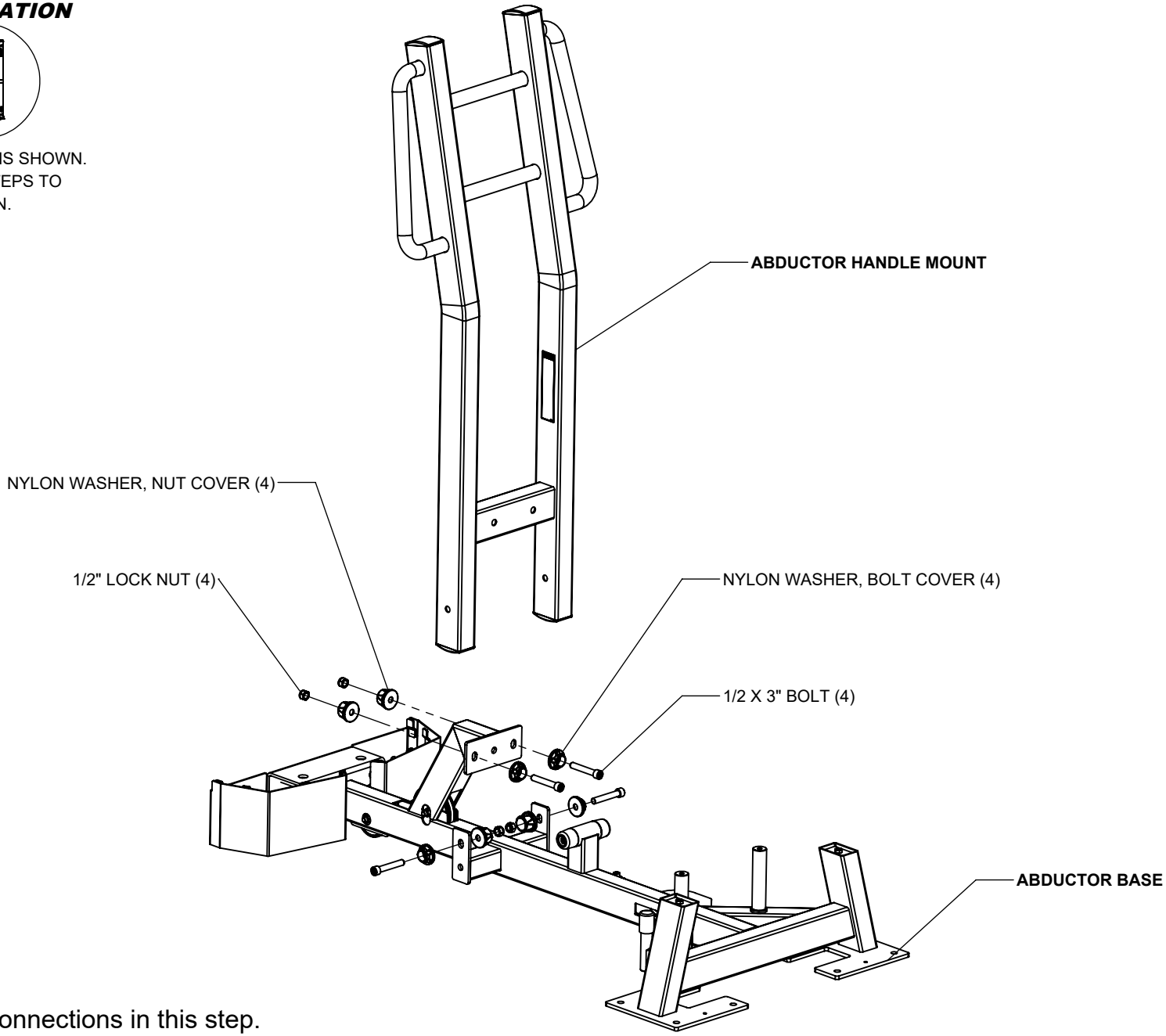
NOTES:

SECURELY tighten connections in this step.

STEP 20
4' MODULE / OMNI STATION



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

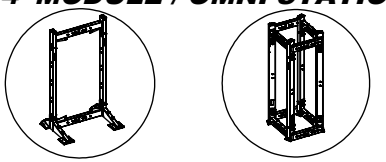


NOTES:

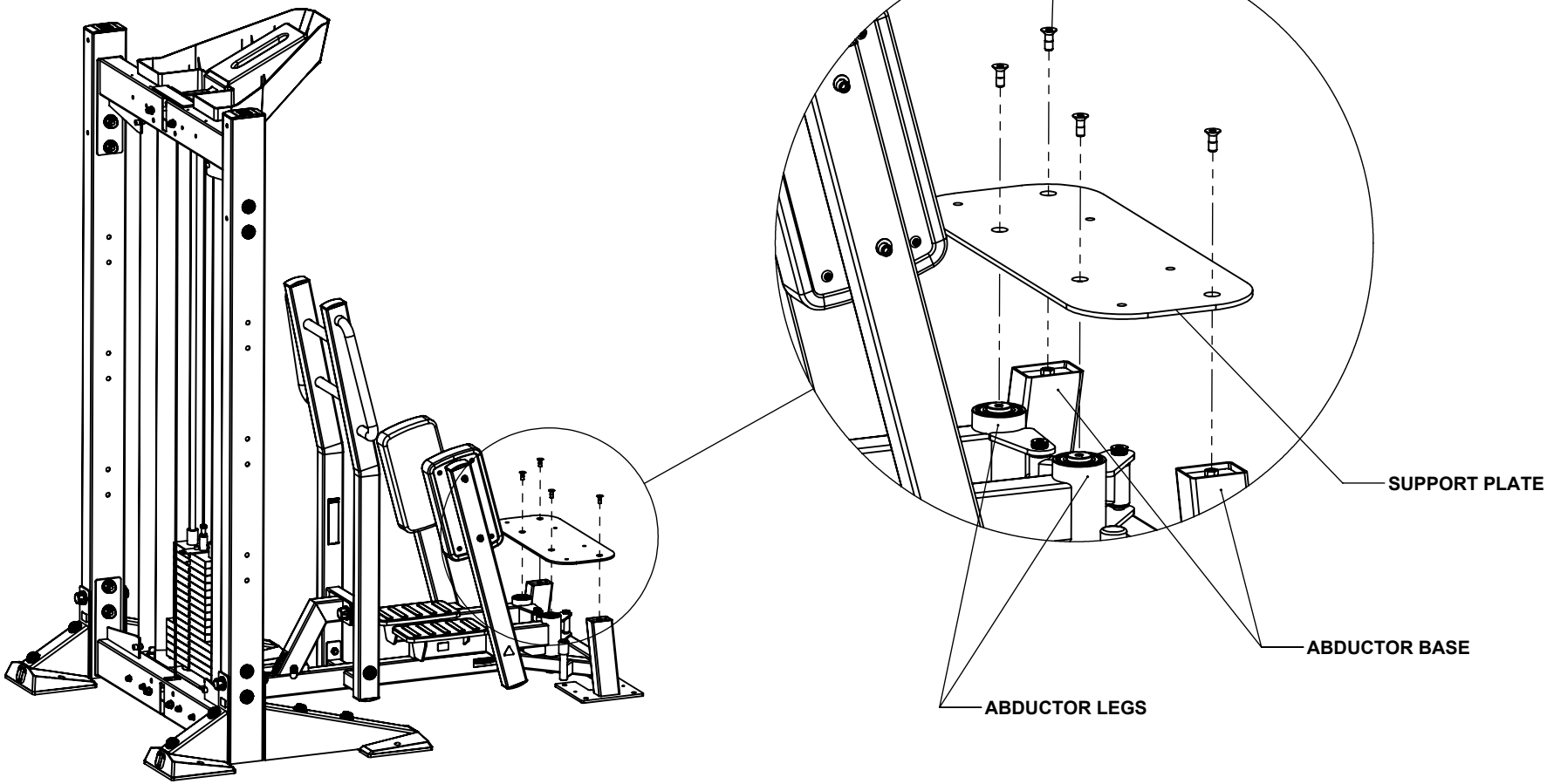
SECURELY tighten connections in this step.

Some parts have been hidden for illustration clarity.

STEP 21
4' MODULE / OMNI STATION

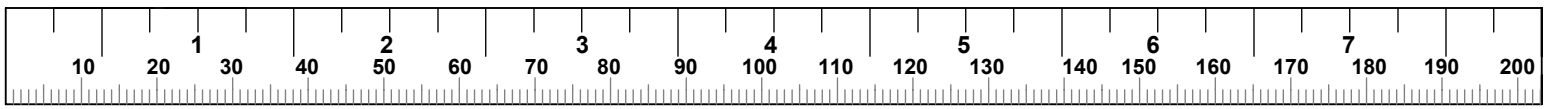


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

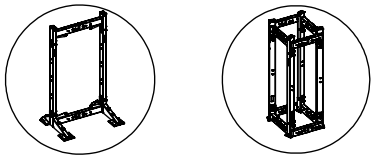


NOTES:

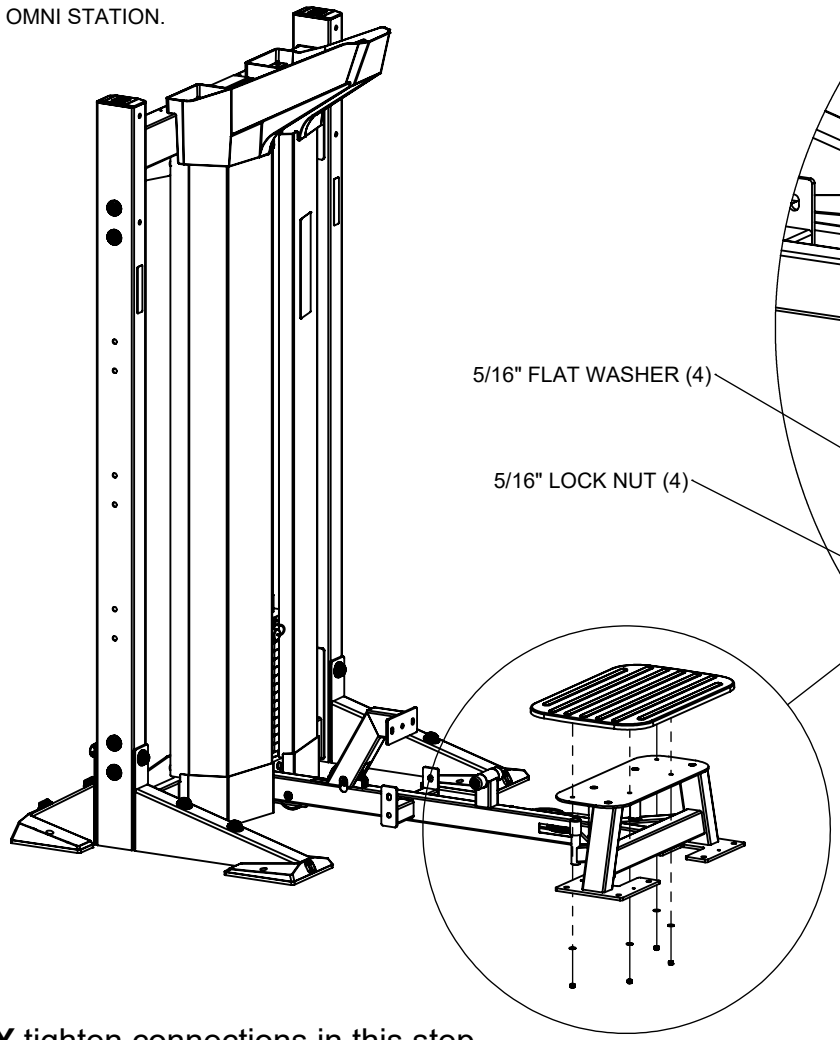
SECURELY tighten connections in this step.

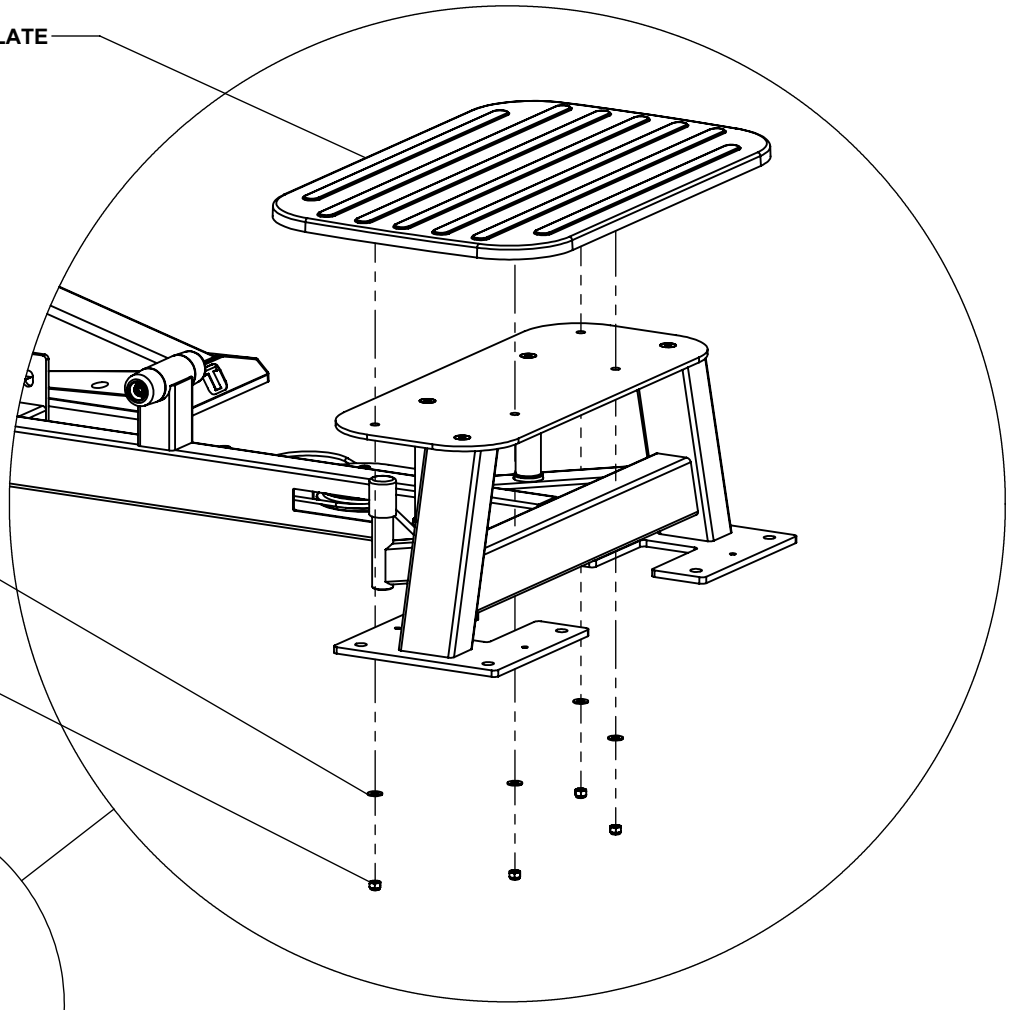


STEP 22
4' MODULE / OMNI STATION



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



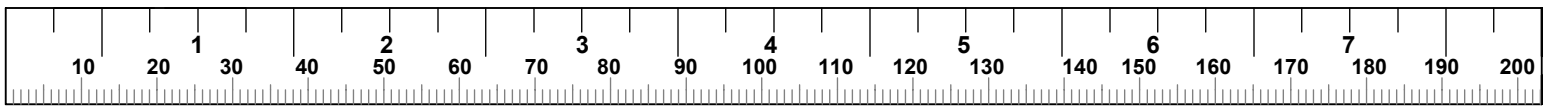


NOTE:
ALLOW THE PEM STUDS ON THE BOTTOM OF THE FOOT PLATE TO GO THROUGH THE SUPPORT PLATE. **SECURELY** TIGHTEN NUT.

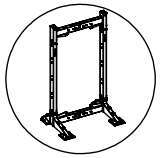
NOTES:

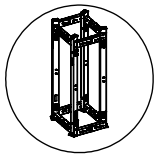
SECURELY tighten connections in this step.

Some parts have been hidden for illustration clarity.

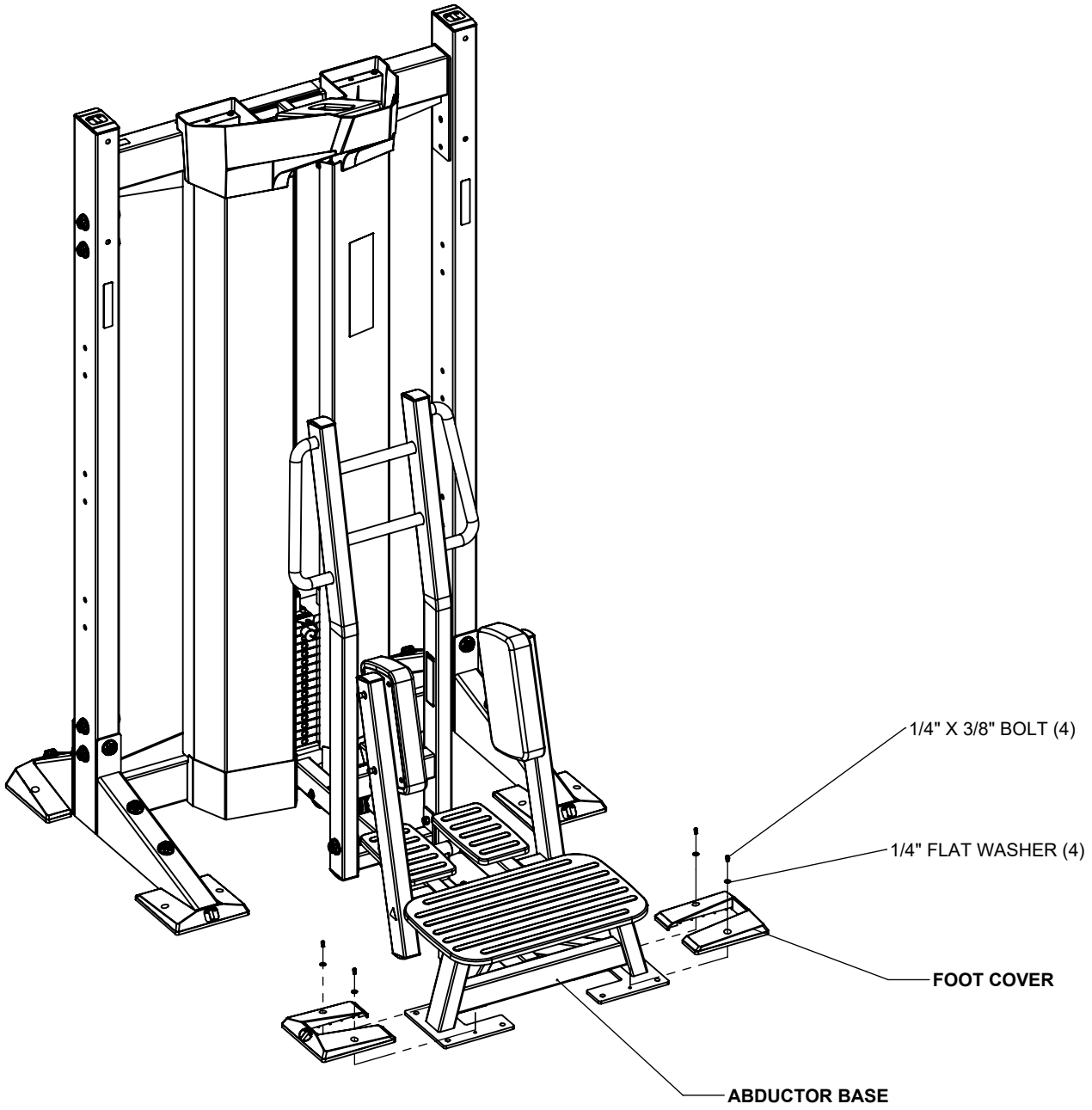


STEP 23
4' MODULE / OMNI STATION



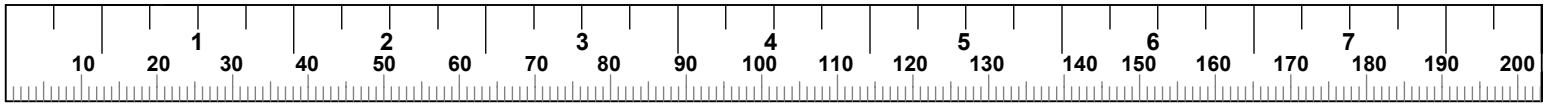


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

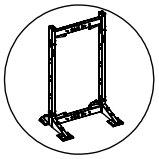


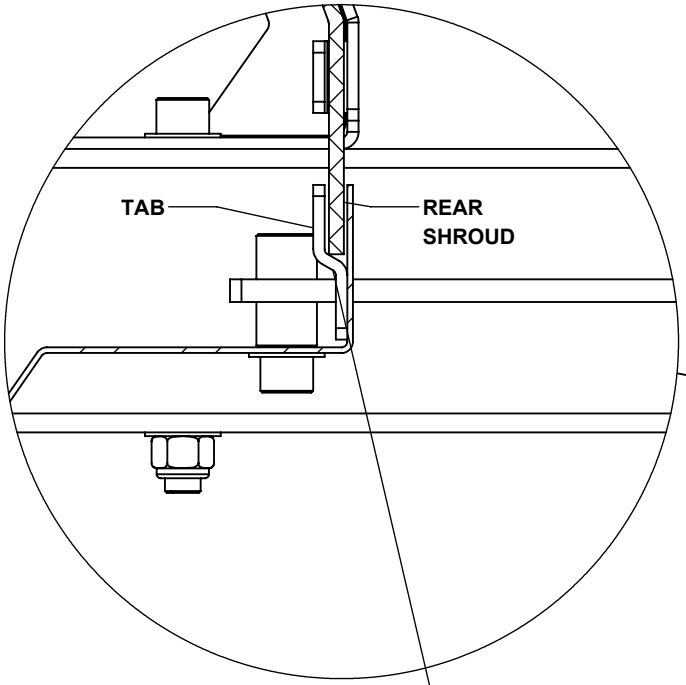
NOTES:

SECURELY tighten connections in this step.

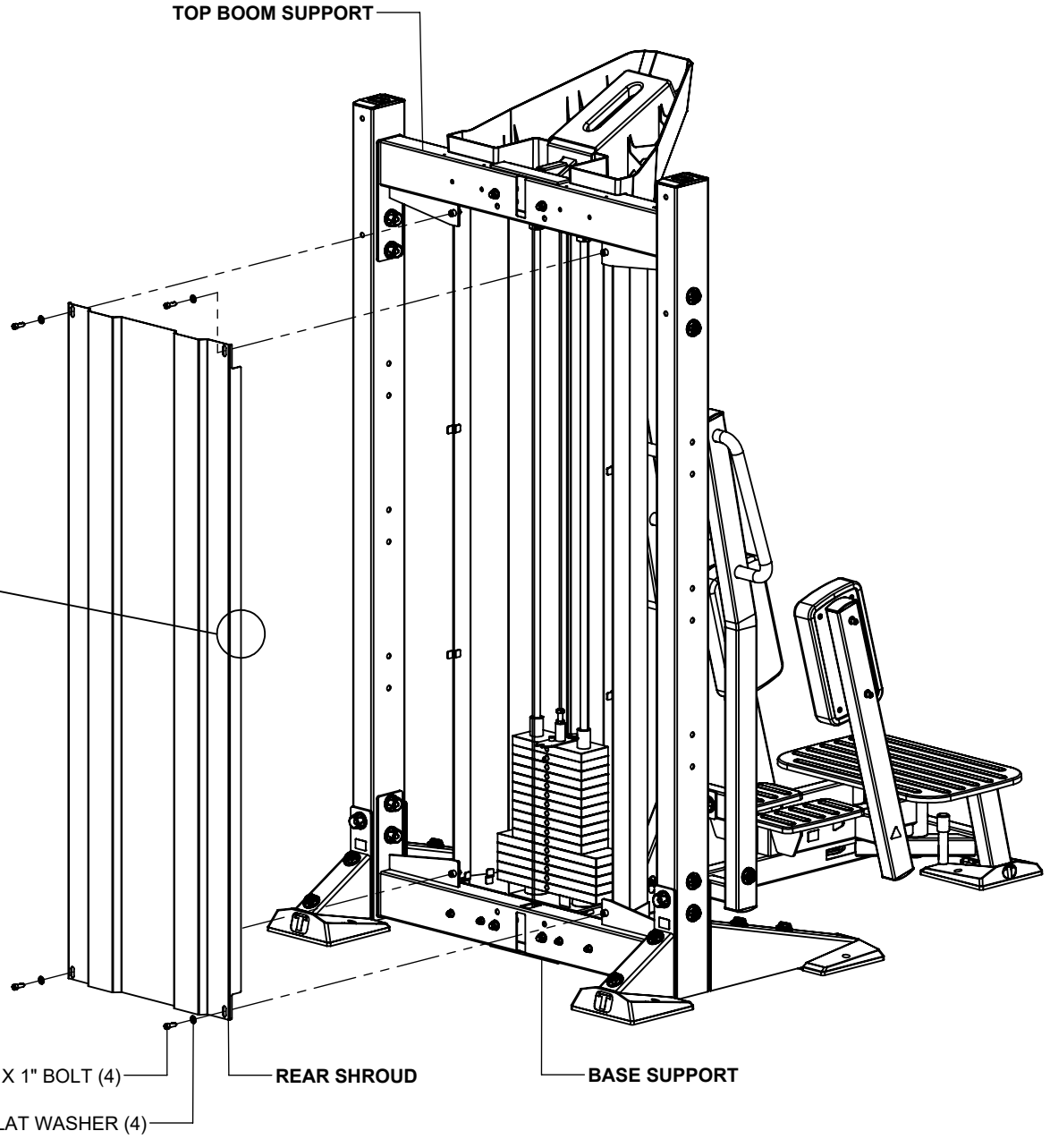


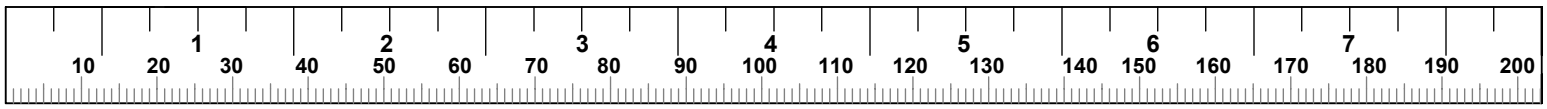
STEP 24 (OPTIONAL REAR SHROUD)
4' MODULE





NOTE:
MAKE SURE THAT THE FRONT SHROUDS ARE SEATED BETWEEN THE REAR SHROUD AND THE FOUR TABS AS SHOWN





MAINTENANCE

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

WEIGHT STACK GUIDE RODS, PIVOTING JOINTS, AND TUBE IN TUBE ADJUSTMENTS: At least once a month, Clean and lubricate with a silicone or teflon based lubricant.

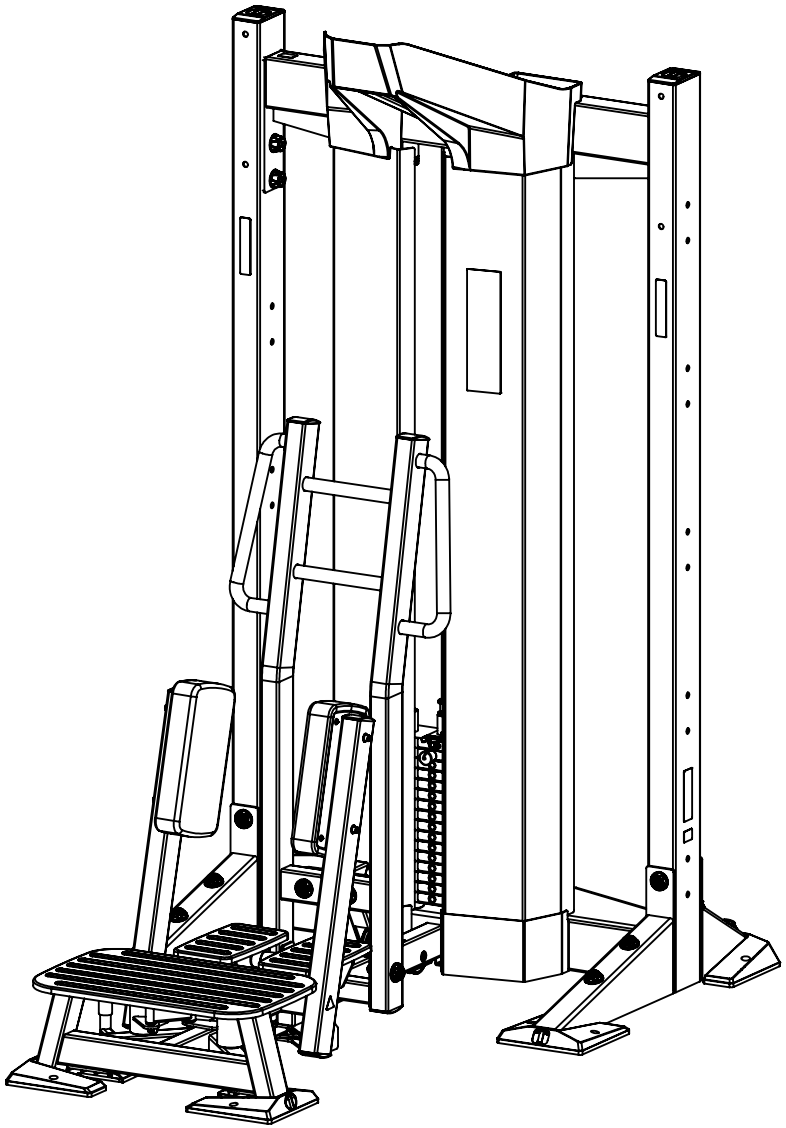
GUIDE RODS WITH LINEAR BEARINGS: At least once a month, Clean and lubricate with a thin film of NLGI 1 or NLGI 2 Grease (non-Moly / non-PTFE). Examples include *Lucas Oil White Lithium Grease* and *Mobil 122136 EP 2.*

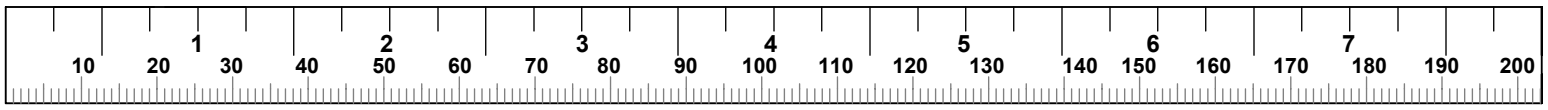
CABLES: Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 23 TO ADJUST CABLE TENSION)

UPHOLSTERY: Wipe down and dry after each use. Clean and condition periodically.

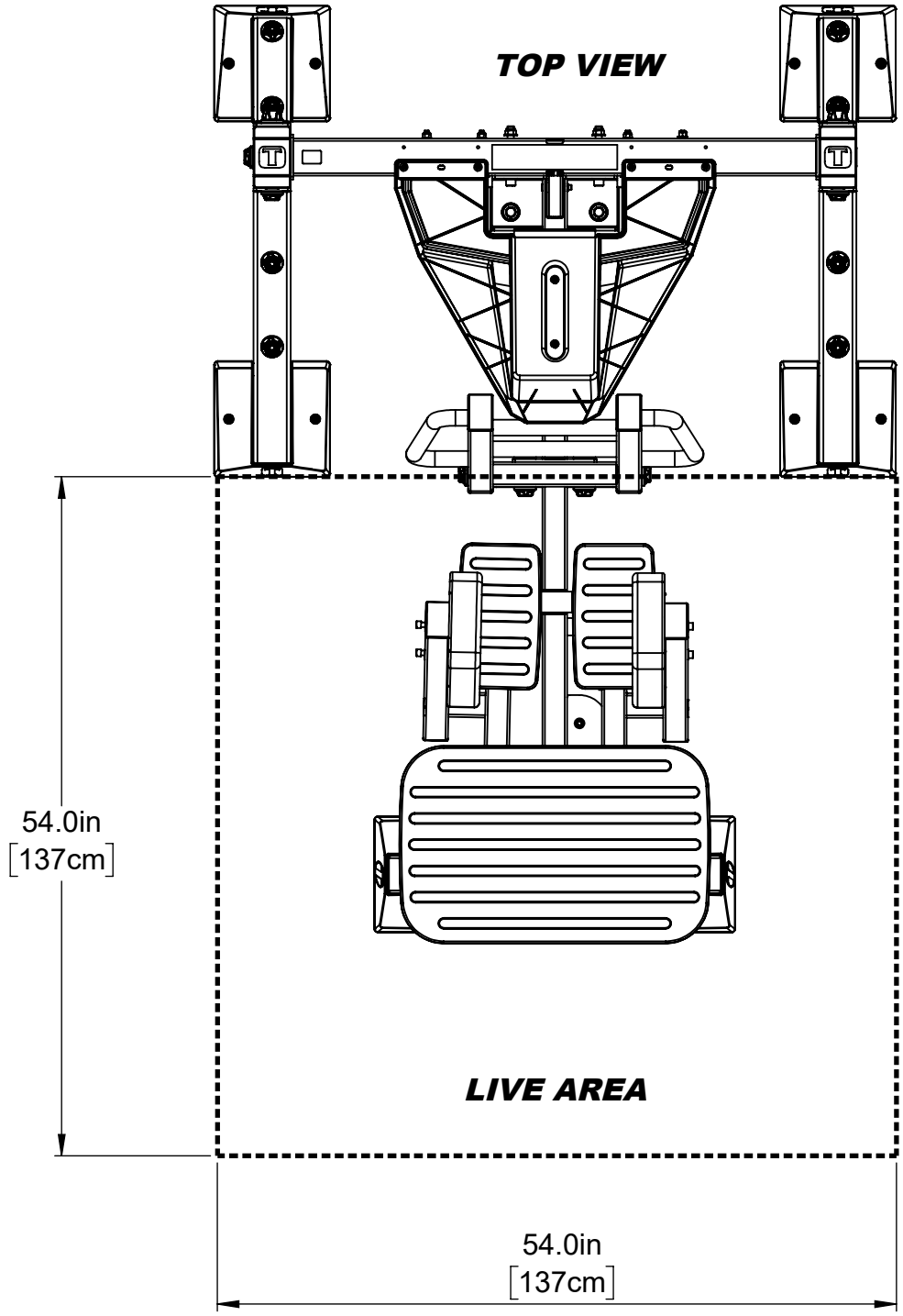
SPRING PINS: Check that spring pin fully engages the hole when released. Tighten spring pin nut as needed.

FRAME: Clean with a damp cloth.

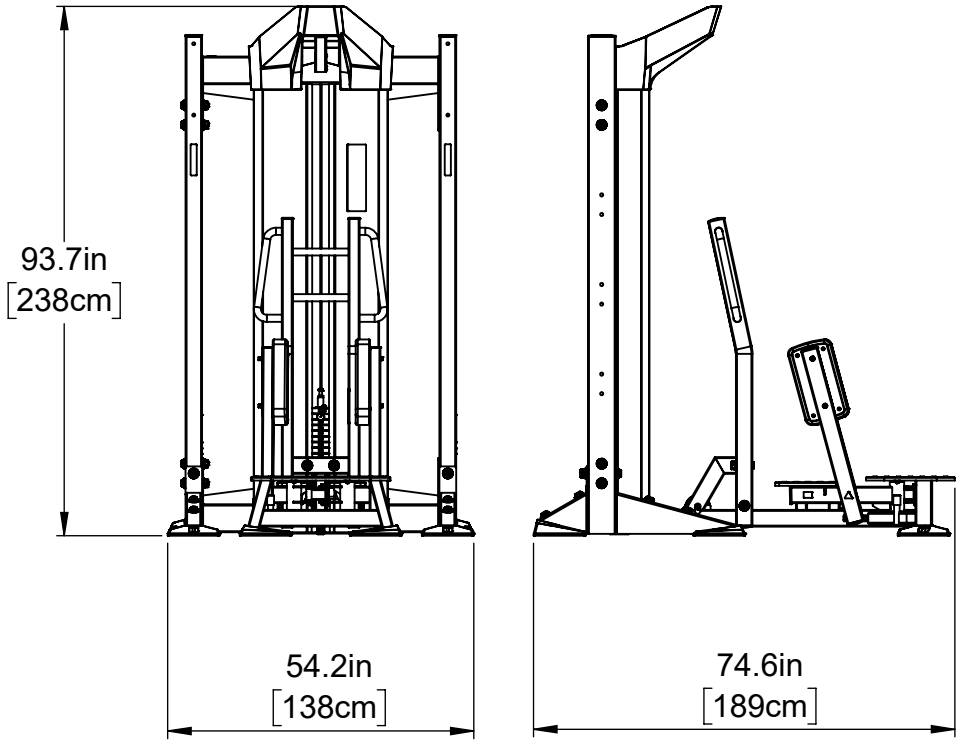




LIVE AREA

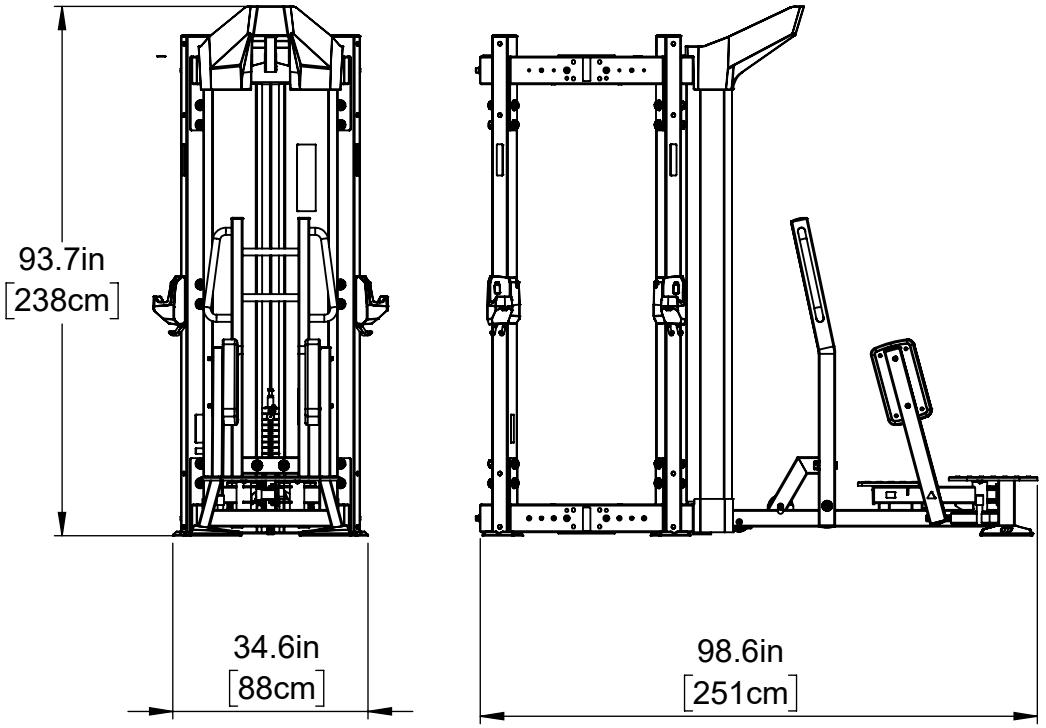


XCREATE-4SHAM

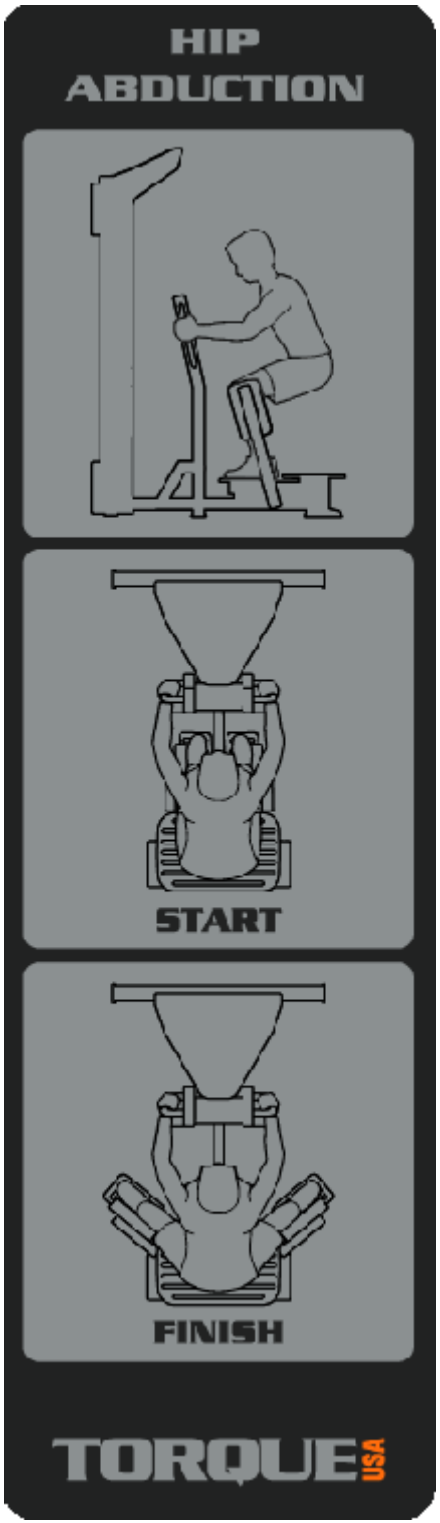


TOTAL UNIT WEIGHT : 711 LBS [323 KG]

XCREATE-OSS-SHA



TOTAL UNIT WEIGHT : 863 LBS [391 KG]


HIP
ABDUCTION
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FINISH
TORQUE
USA