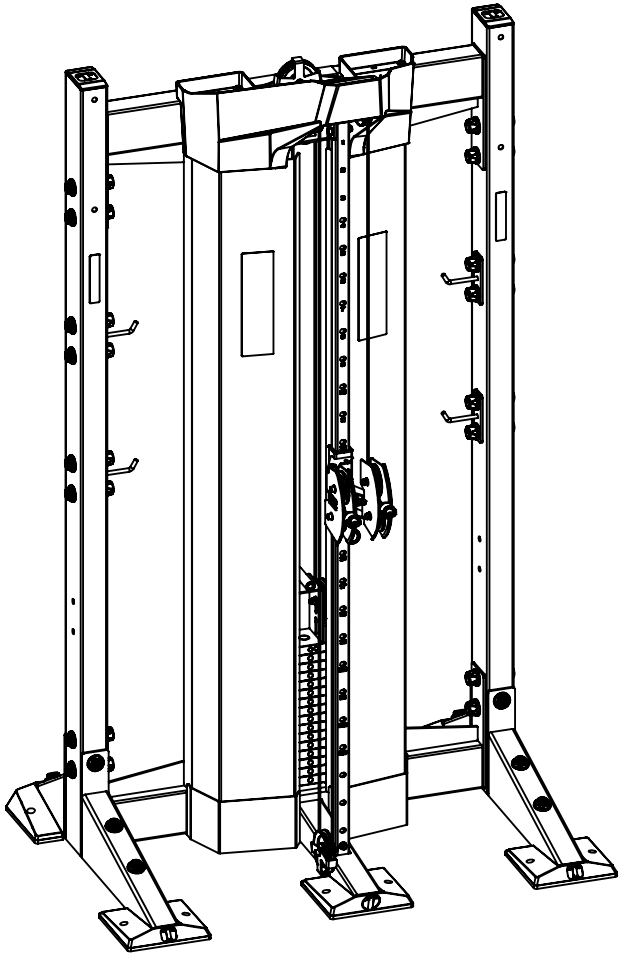
TORQUE USA





ASSEMBLY INSTRUCTIONS

CABLE COMPONENT MODULE / STATION

VERSION: XCREATE-4CCM / XCREATE-OSS-CC

PART # 5940801-G

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.

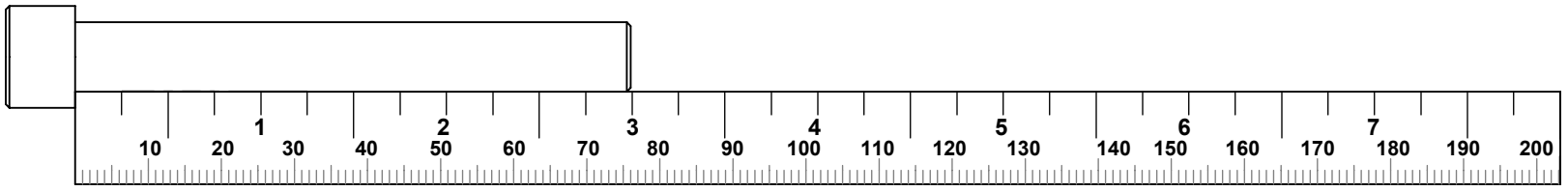
Follow the instructions included with the optional equipment to assemble it to the base product.

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.



DECALS AND WARNINGS

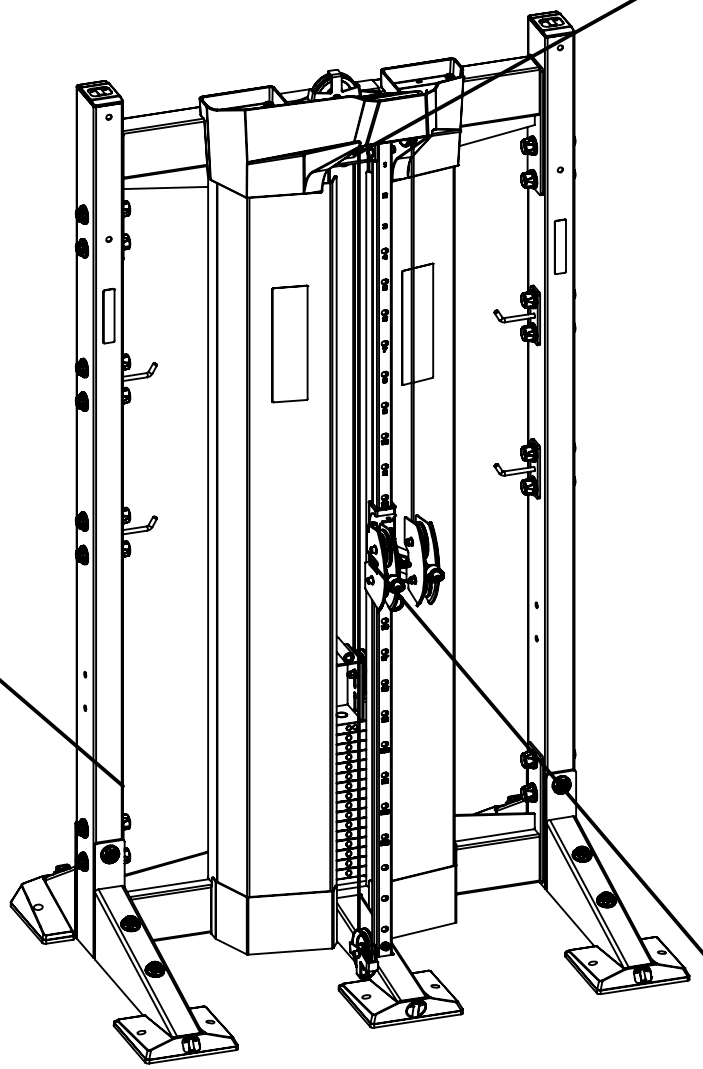
WARNING

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

SPRING PIN MUST BE FULLY ENGAGED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	5915101	WLDMT, CABLE STATION CROSS * (SEE NOTE)	2 *
2	5631801	WASHER COVER, NYLON BOLT	16
3	5631901	WASHER COVER, NYLON NUT	16
4	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	20
5	2001401	NUT, 1/2-13 LK ST ZN	20
6	5642701	WLDMT, WEIGHT STACK BASE	1
7	2001301	WASHER, FLAT 1/2 SAE ST ZN	8
8	2001101	WASHER, FLAT 3/8 SAE ST ZN	16
9	2009418	BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP	2
10	5662501	WLDMT, LEFT SHROUD BASE	1
11	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	4
12	2001201	NUT, 3/8-16 LK ST ZN	7
13	5662901	WLDMT, RIGHT SHROUD BASE	1
14	5643201	GUIDE ROD, 19 DIA X 1912	2
15	5513601	CUSHION, WEIGHT STACK	2
16	56351PA	PTD ASSY, 20 LB WEIGHT PLATE	15
17	5944701	ASSY, HEAD PLATE	1
18	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	2
19	5996401	BUSHING, GUIDE ROD RETAINER	2
20	5644001	TUBE, SLIDE UPRIGHT	1
21	2008408	BOLT, 3/8-16 X 2-1/4" (57mm) ST HT SOCKET HEAD	2
22	59572PA	PTD ASSY, XCREATE-CC TOP BOOM	1

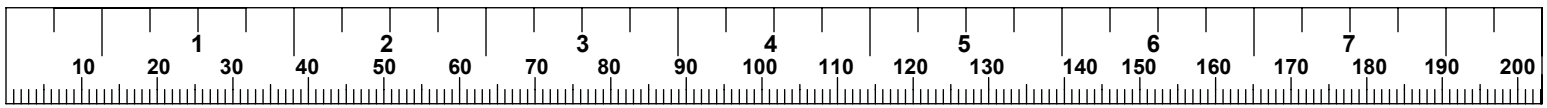
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
23	5094501	PULLEY, 4-1/2 OD X 25	1
24	5930201	BRKT, 4-1/2 PULLEY 160 DEGREE COVER	1
25	2008407	BOLT, 3/8-16 X 2" (51mm) ST HT SOCKET HEAD	1
26	5940601	CABLE ASSY, XCREATE-CC-103	1
27	6065201	HOUSING, CABLE COUPLER (5958801 REPLACEMENT)	2
28	5509001	CORE, CABLE COUPLER	2
29	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4
30	5675501	LABEL, WEIGHT STACK 10-160 LB (4.5-72.6 KG)	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	5676101	PLACARD, XCREATE-CC-101	1
36	5659601	WLDMT, ACCESSORY HOLDER	4
37	5923501	CARABINER, 100 X 50 X 10 DIA	2
38	5324701-A	ASSY, SHORT STRAP HANDLE	2
39	5324601-A	ASSY, LEG BOOT D-RING	1
40	5676401	ROPE, SINGLE HAND TRICEPS	2
41	5581301	COVER, FRONT BASE	1
42	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	2
43	5931701	ASSY, SWIVEL PULLEY SLIDE	1
44	6116801	LABEL/PLACARD, XCREATE-CC CABLE CAUTION	1

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.

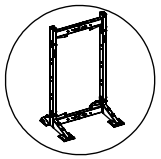
* ITEM 1 - Replaced by 60891PA or 60894PA - TOWER CABLE STATION CROSS.

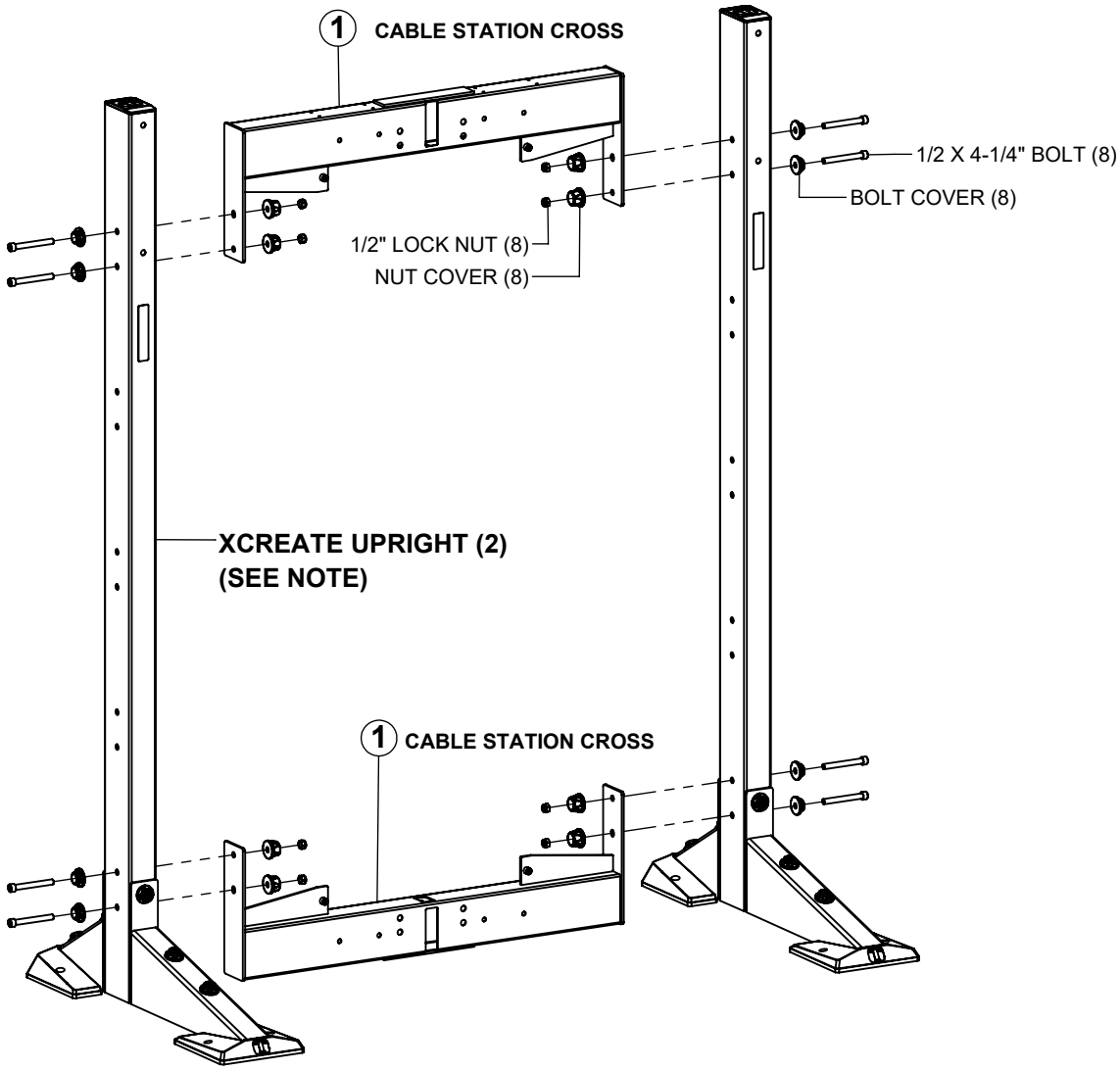
NOTE:
X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact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

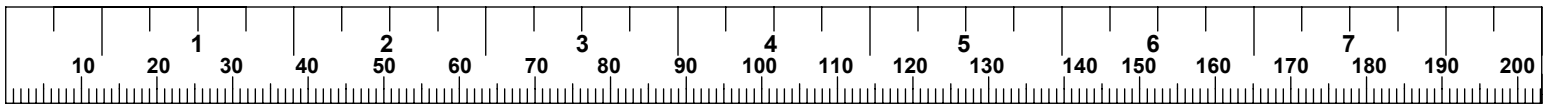




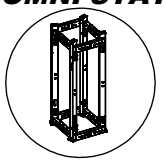
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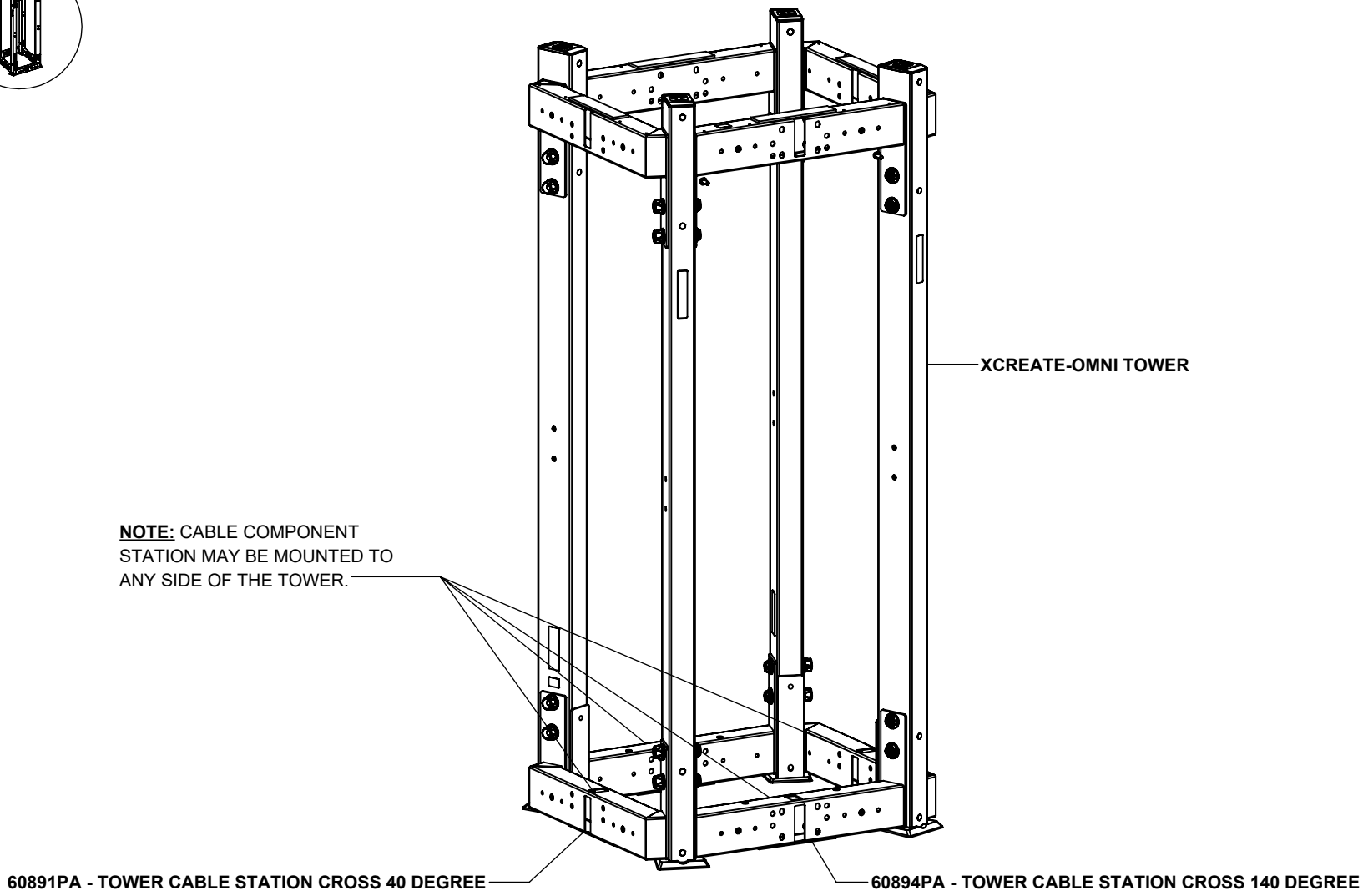
LOOSELY tighten bolt connections in this step.

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



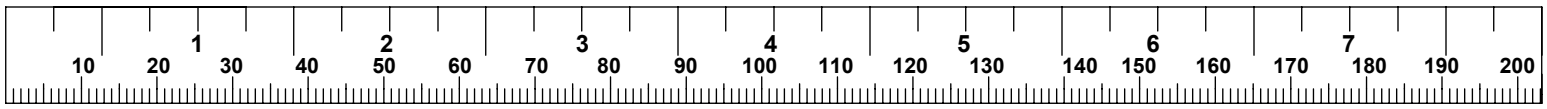
STEP 1B
OMNI STATION

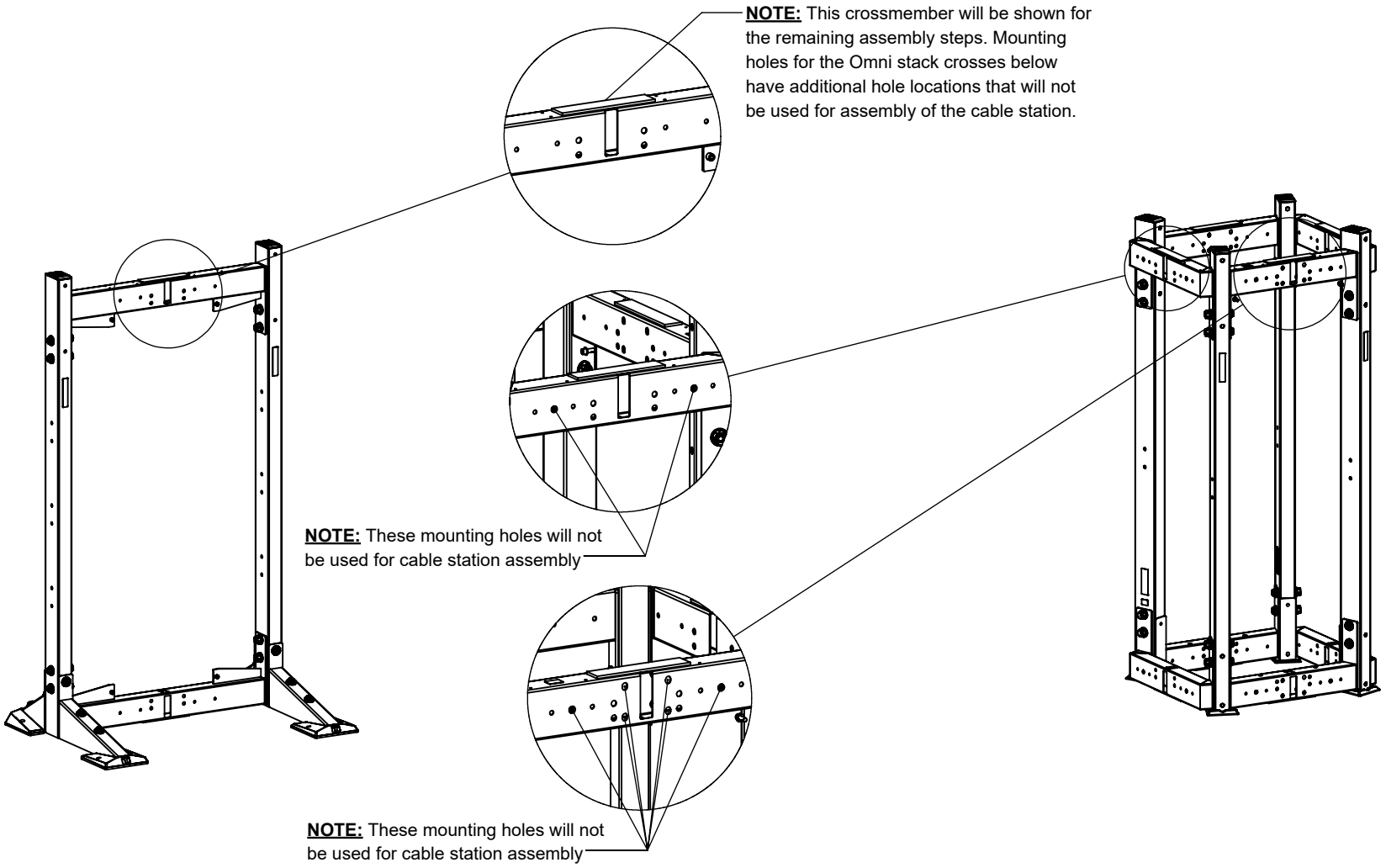




NOTES:

See the Omni Stack manual for assembling the base unit.



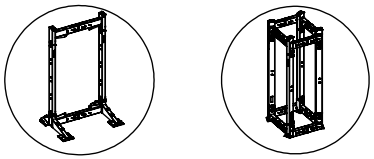


NOTES:

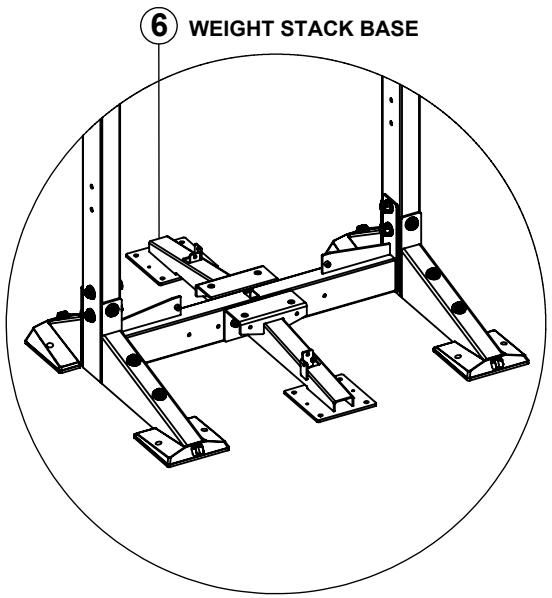
Unless specified otherwise, the remaining steps to assemble the cable station are the exact same to assemble a 4' Module or Omni Stack Station.

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

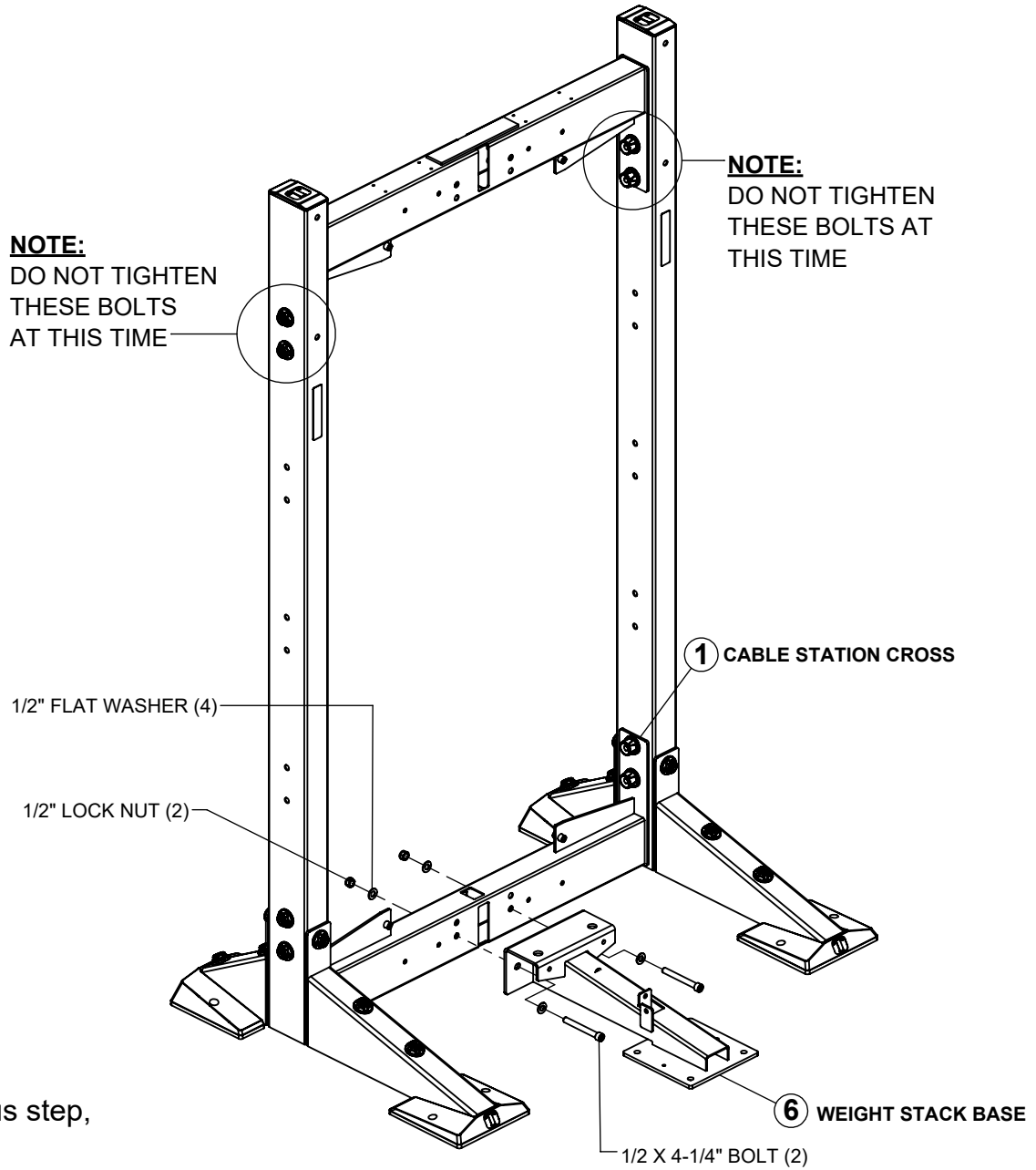
STEP 2
4' MODULE / OMNI STATION



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



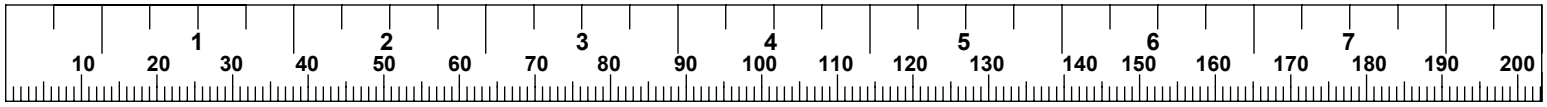
NOTE:
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME BASE CROSS AND HARDWARE AS SHOWN. BOTH WEIGHT STACK BASES NEED TO BE ASSEMBLED AT THE SAME TIME



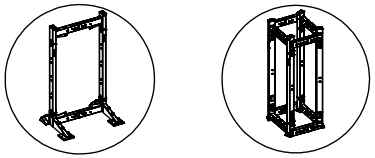
NOTE:

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

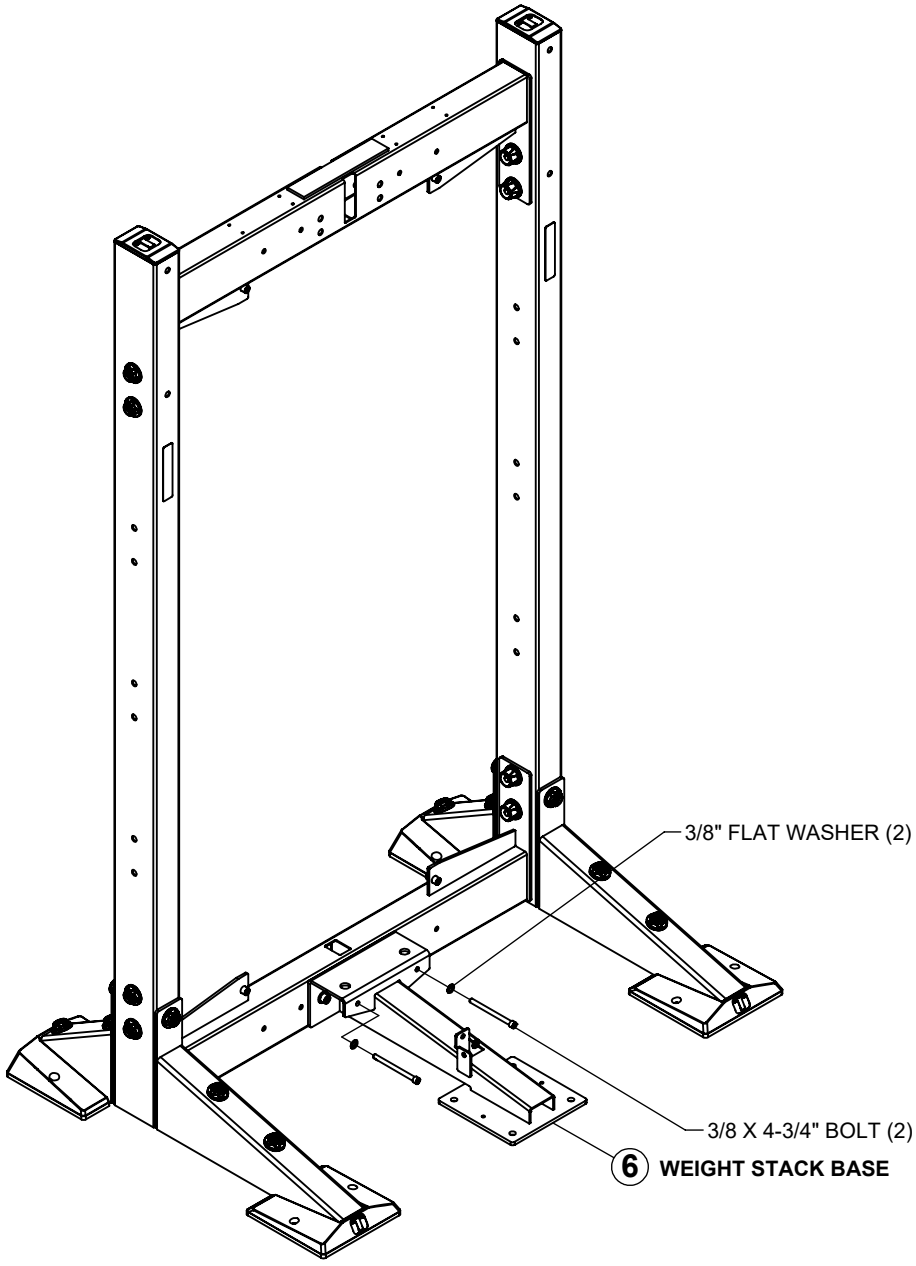
** OMNI STATION requires different hardware in this step. See hardware length callout.



STEP 3
4' MODULE / OMNI STATION

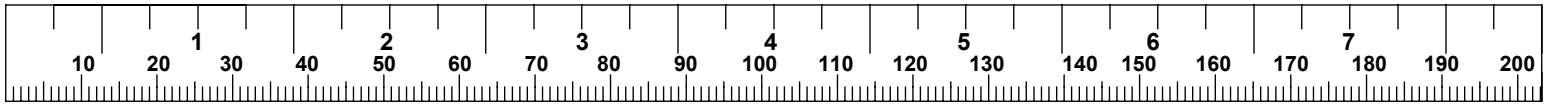


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

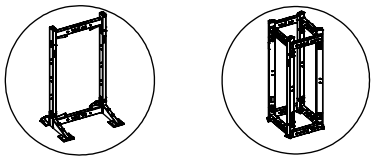


NOTE:

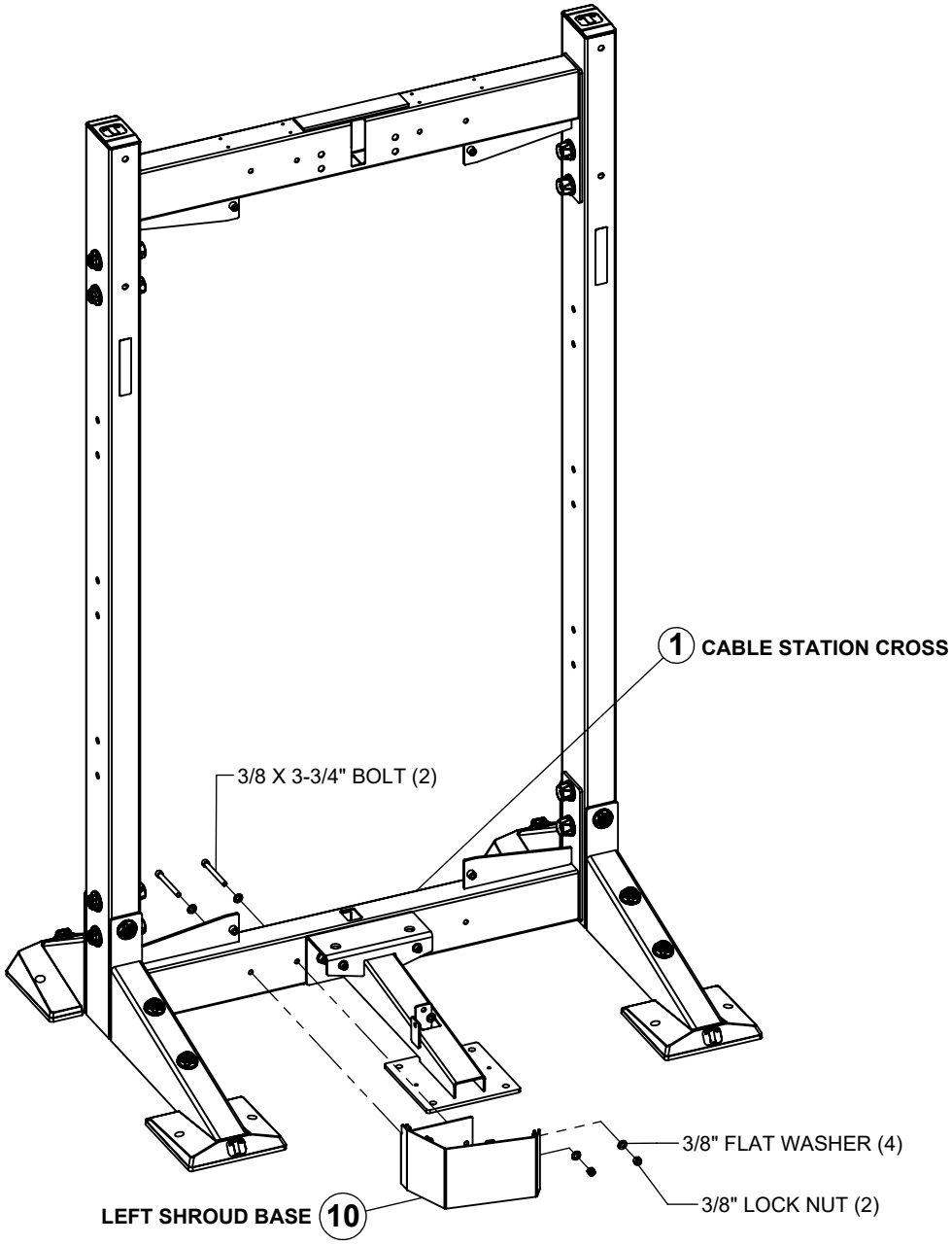
SECURELY tighten all bolt connections in this step.



STEP 4
4' MODULE / OMNI STATION

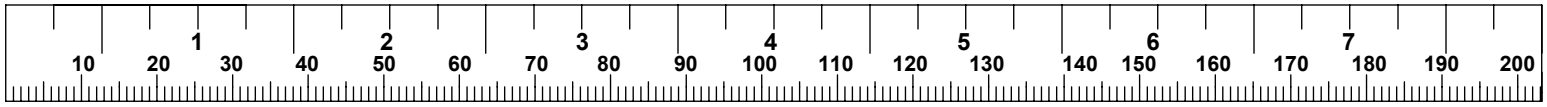


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

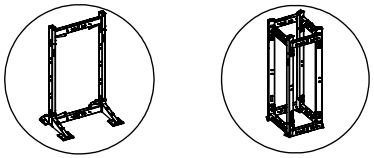


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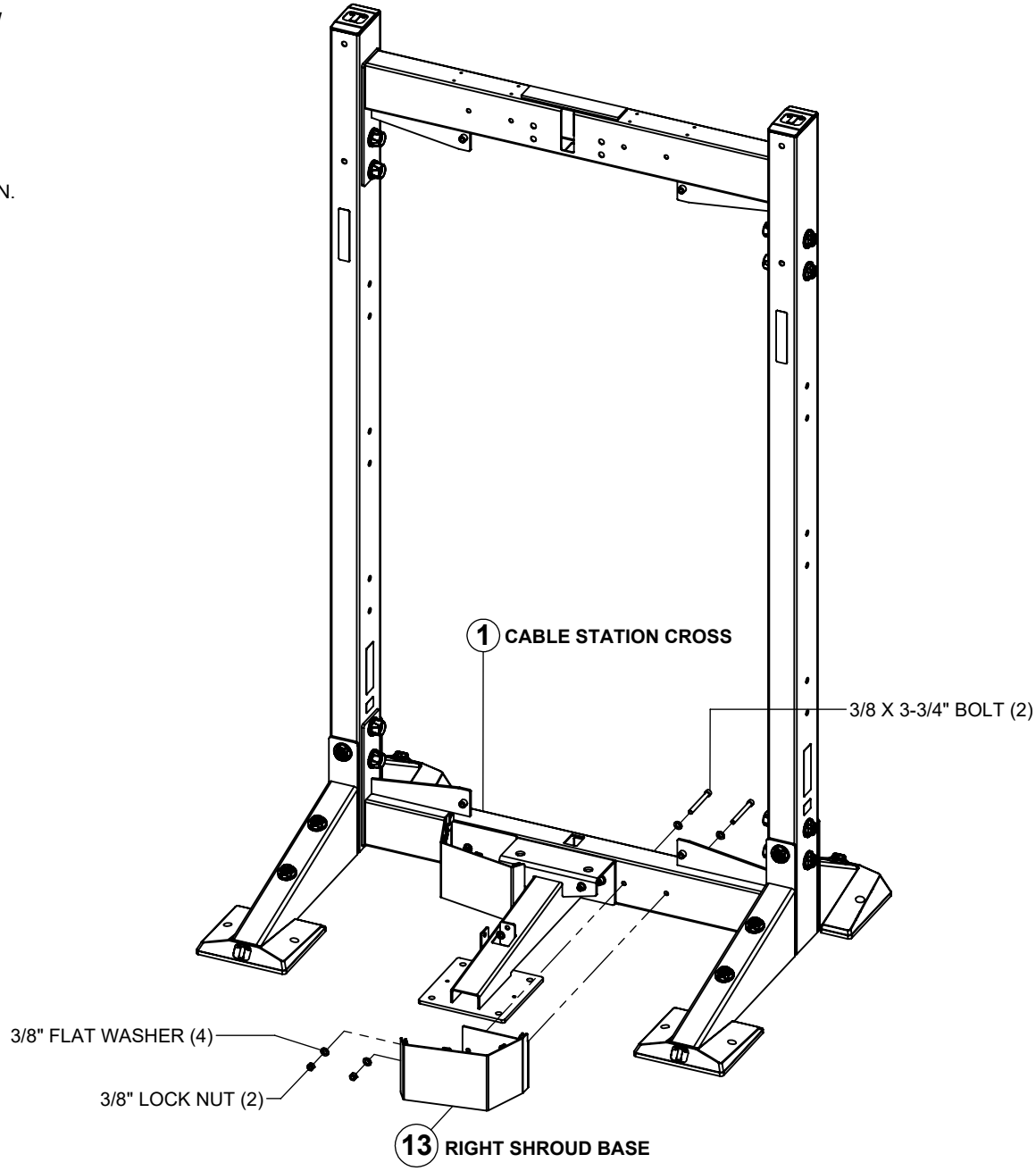
SECURELY tighten all bolt connections in this step.



STEP 5
4' MODULE / OMNI STATION

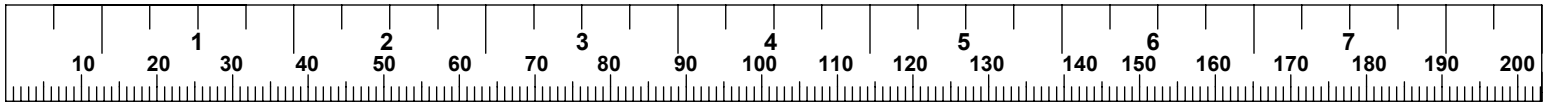


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

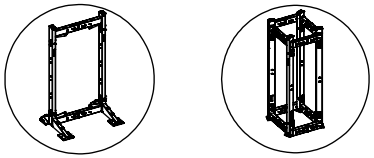


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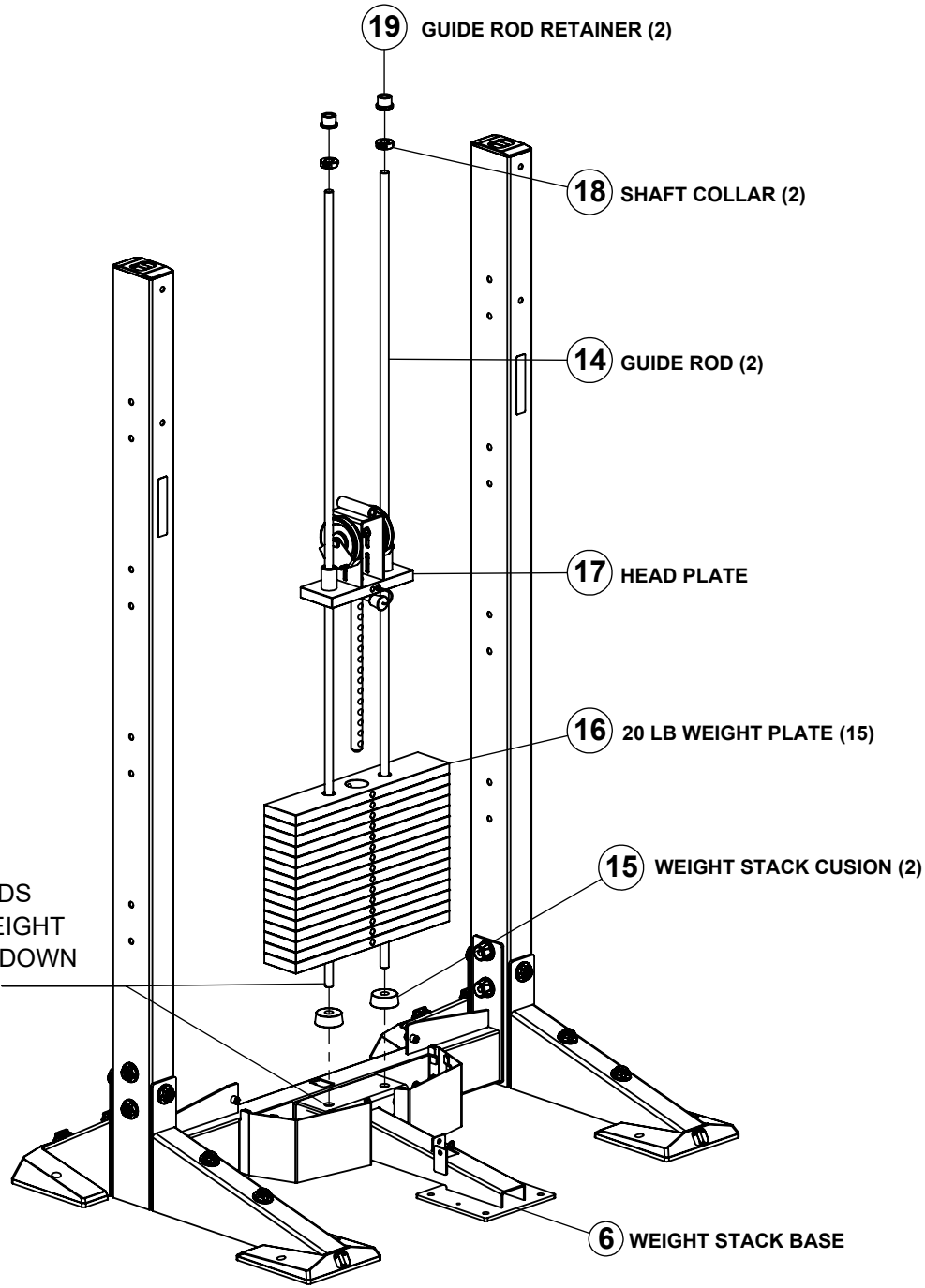
SECURELY tighten all bolt connections in this step.



STEP 6
4' MODULE / OMNI STATION



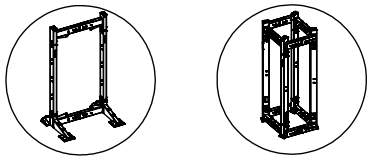
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

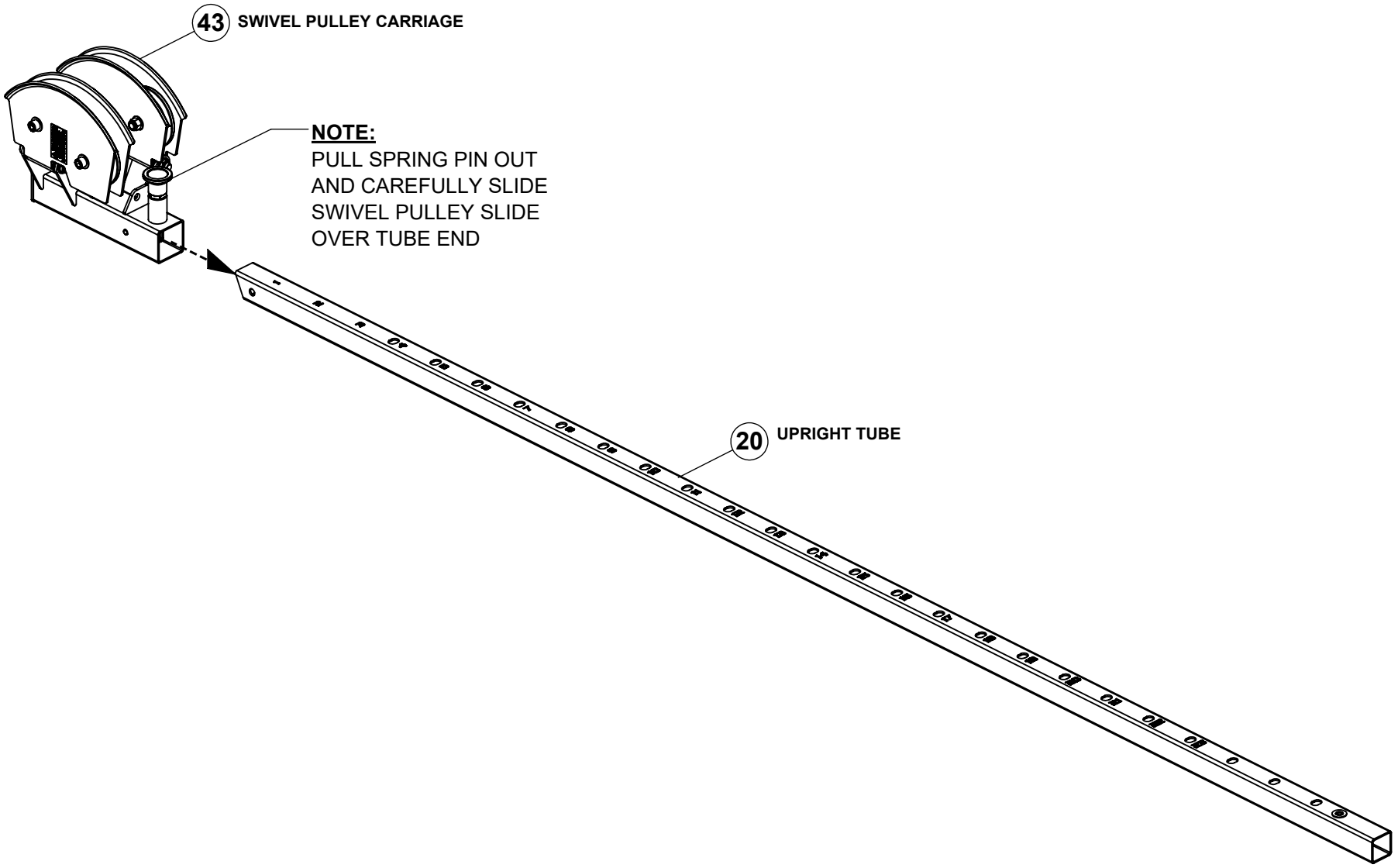


NOTE:

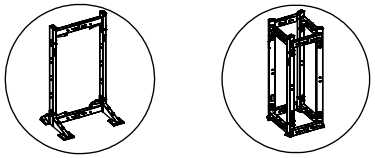
Top **CABLE STATION CROSS** has been hidden for illustration clarity.

STEP 7
4' MODULE / OMNI STATION

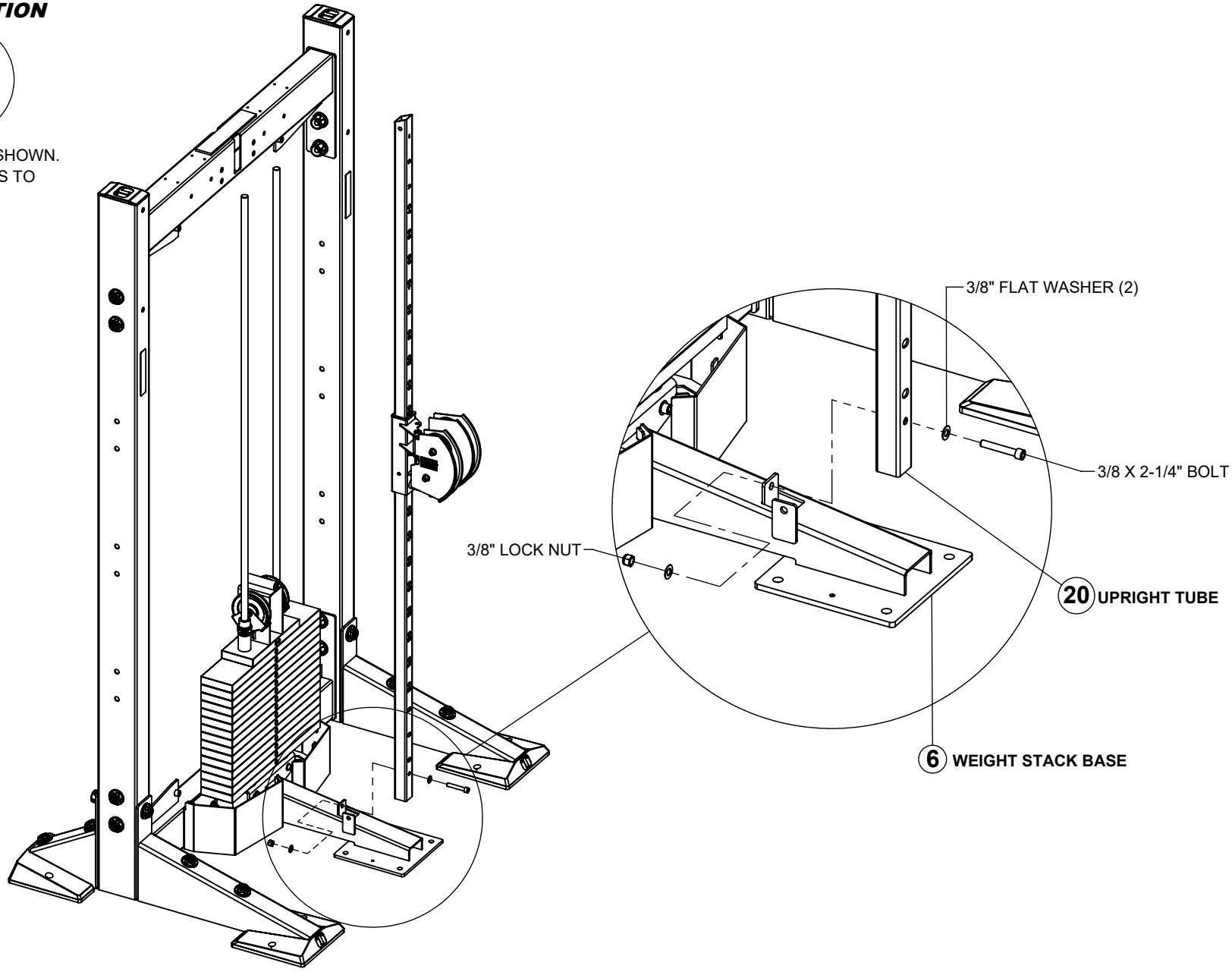




STEP 8
4' MODULE / OMNI STATION

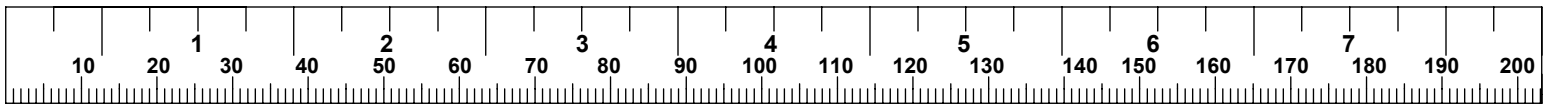


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

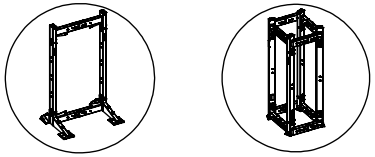


NOTE:

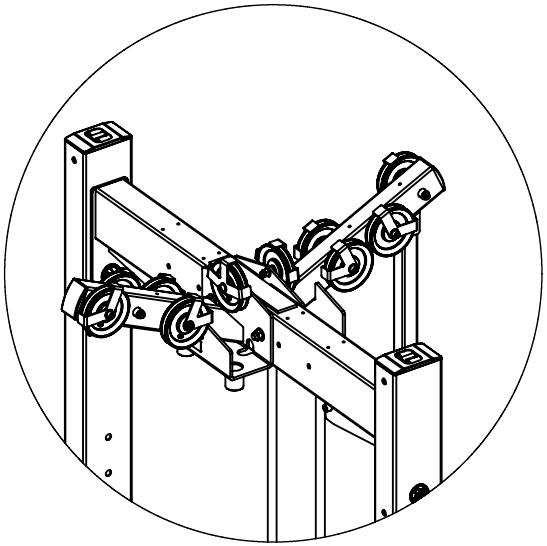
LOOSELY tighten bolt connections in this step.



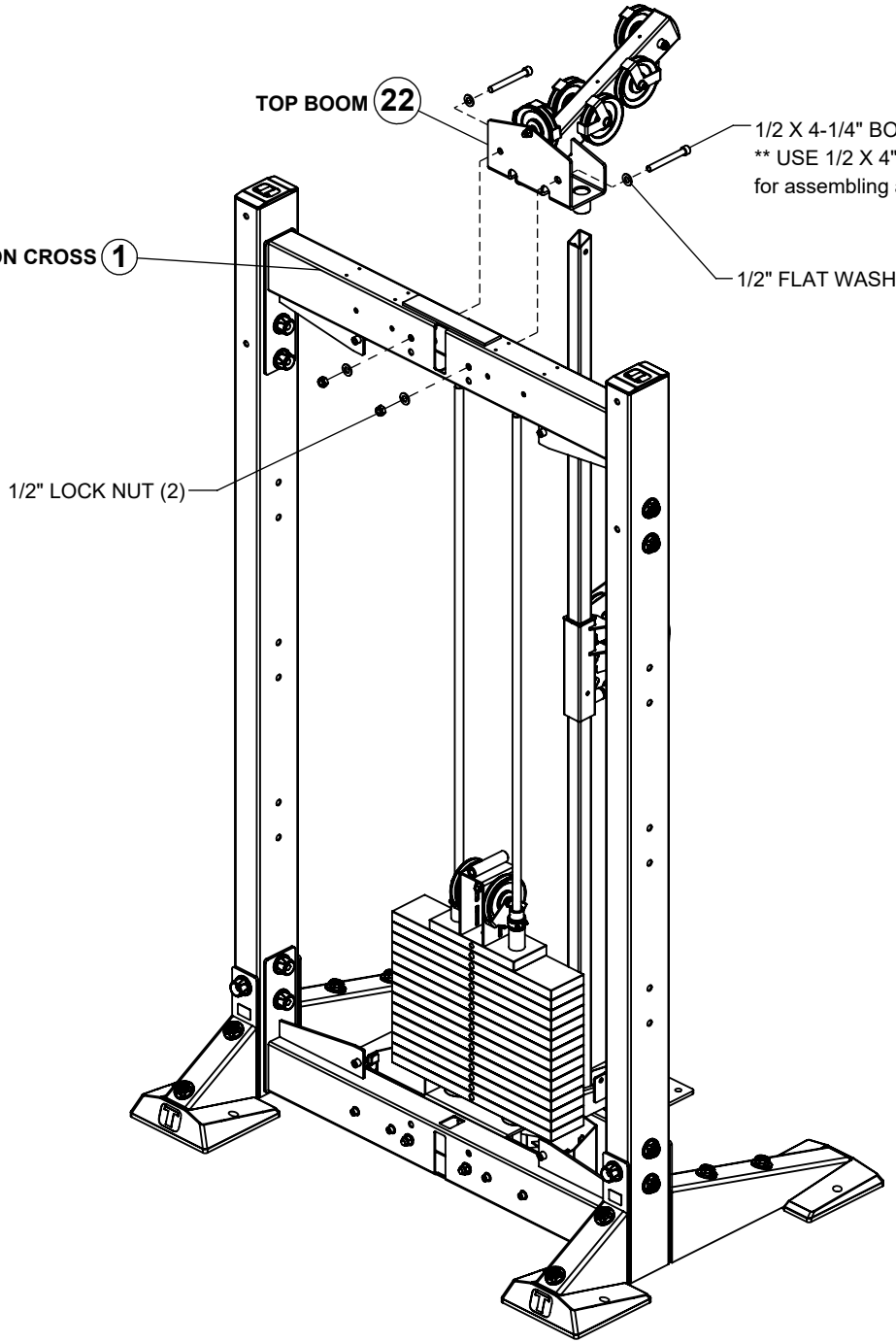
STEP 9
4' MODULE / OMNI STATION



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



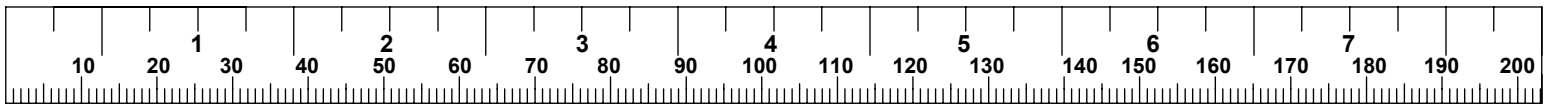
NOTE:
IF ASSEMBLING CABLE STATIONS BACK
TO BACK, PLEASE NOTE THAT THEY
SHARE THE SAME CROSS SUPPORT
AND HARDWARE AS SHOWN. BOTH TOP
BOOMS NEED TO BE ASSEMBLED
AT THE SAME TIME



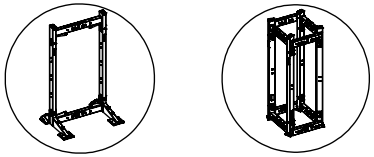
NOTE:

LOOSELY tighten bolt connections in this step.

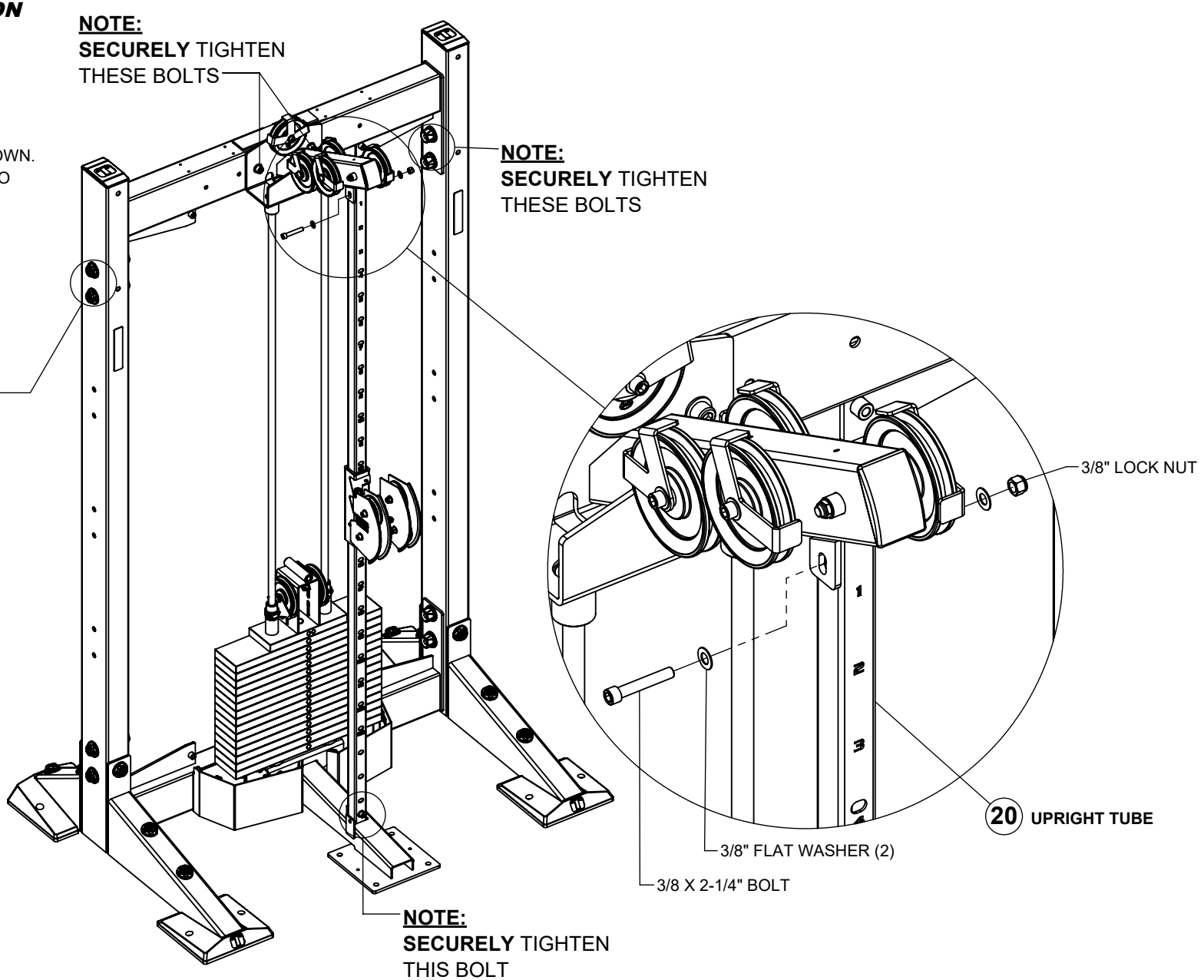
** OMNI STATION requires different hardware in this step. See hardware length callout.



STEP 10
4' MODULE / OMNI STATION

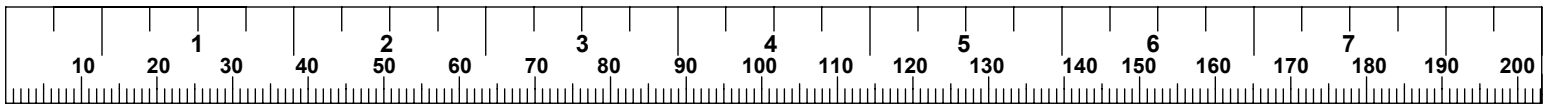


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

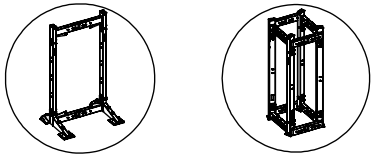


NOTE:

SECURELY tighten all bolt connections made to this point.

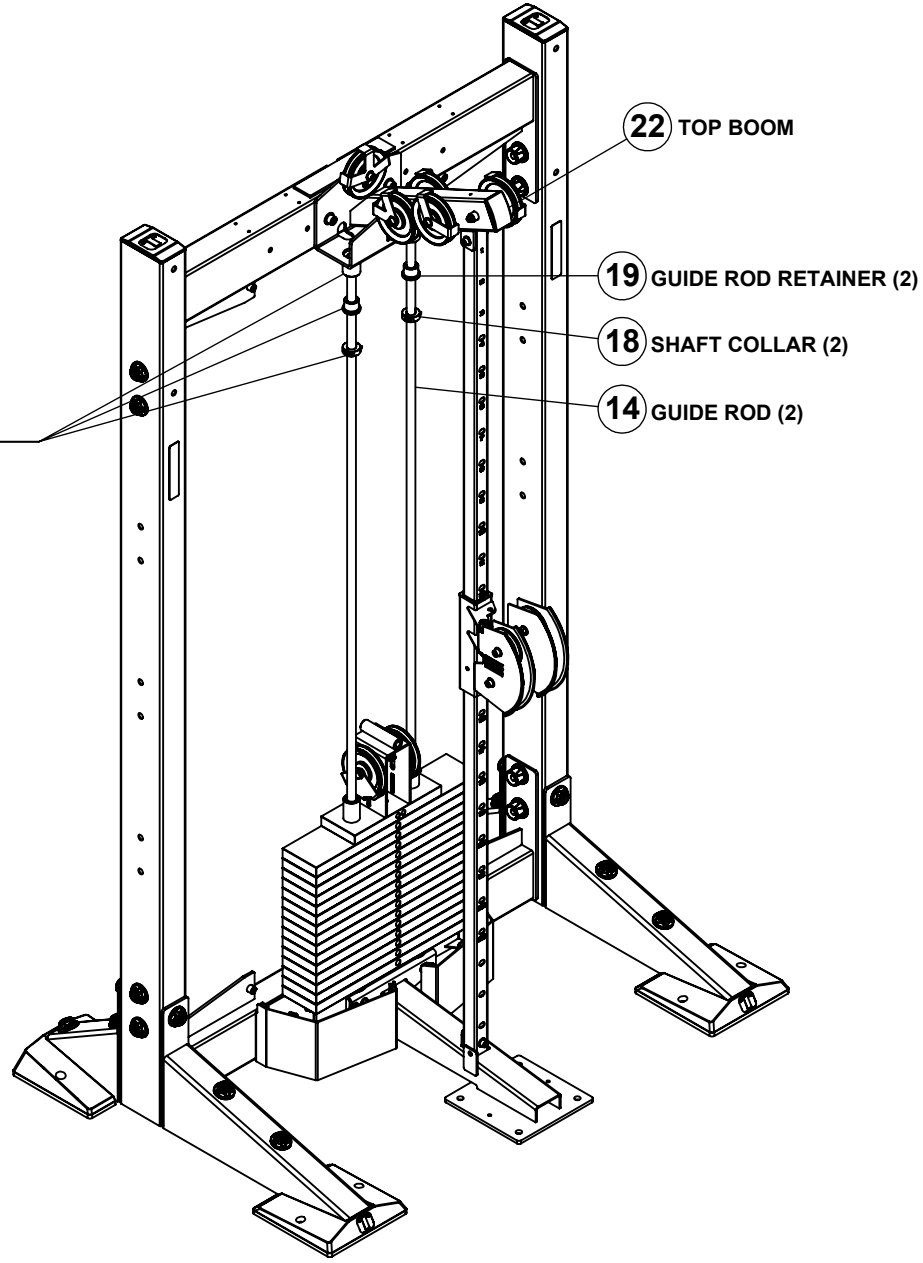


STEP 11
4' MODULE / OMNI STATION



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

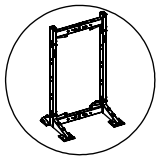
NOTE:
SLIDE GUIDE ROD RETAINERS UP INSIDE TOP BOOM. SLIDE SHAFT COLLARS UP AGAINST GUIDE ROD RETAINERS AND S**ECURELY** TIGHTEN BOTH SCREWS OF SHAFT COLLARS

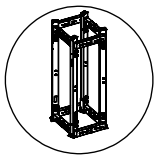


NOTE:

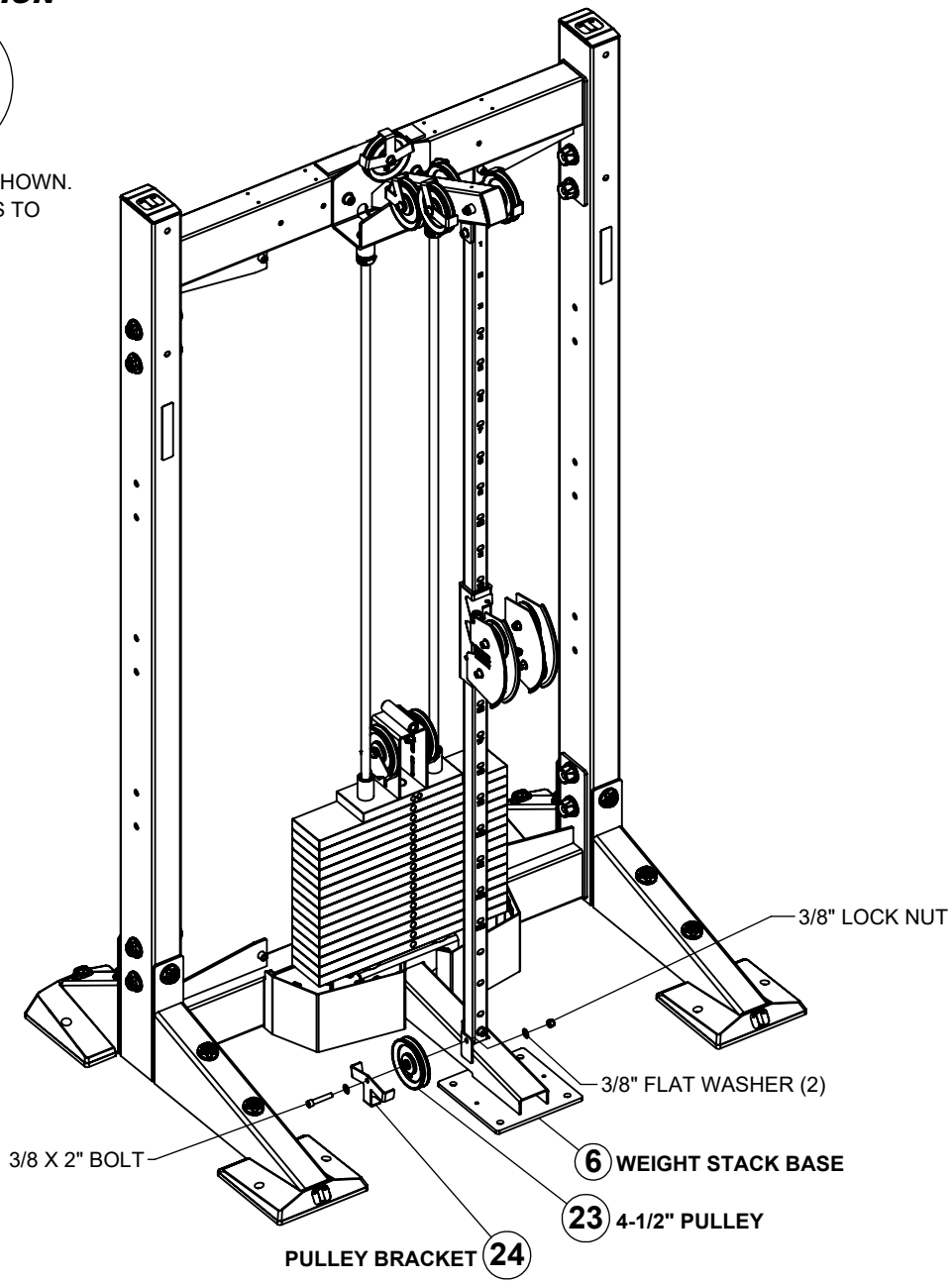
SECURELY tighten all bolt connections in this step.

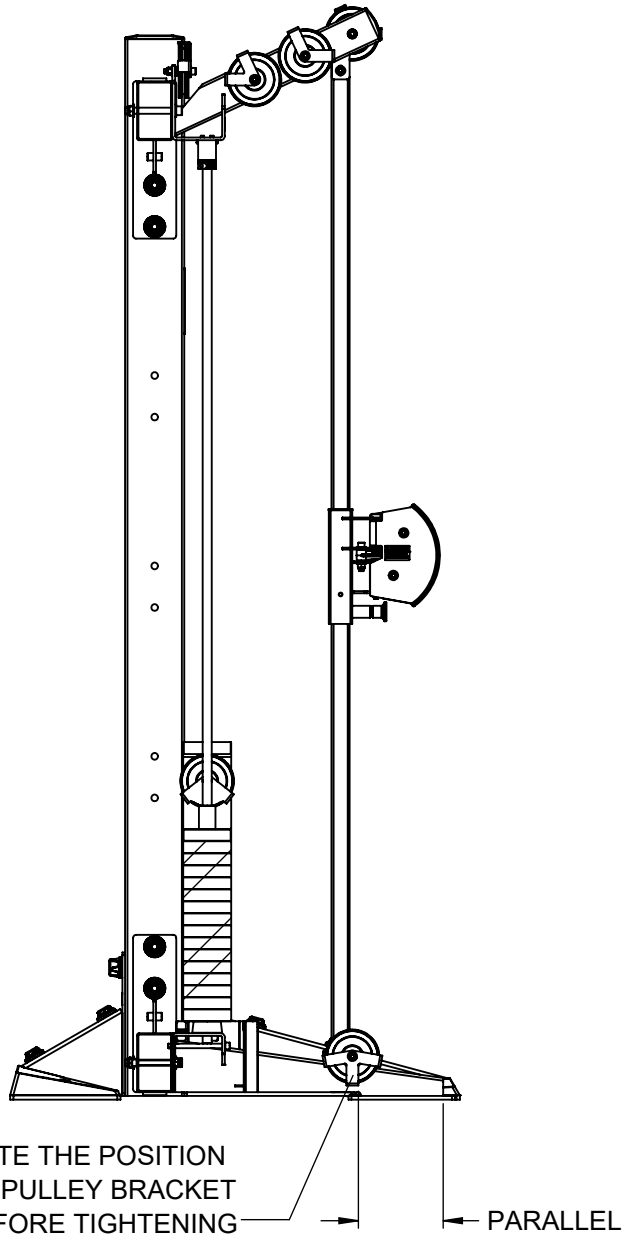
STEP 12
4' MODULE / OMNI STATION





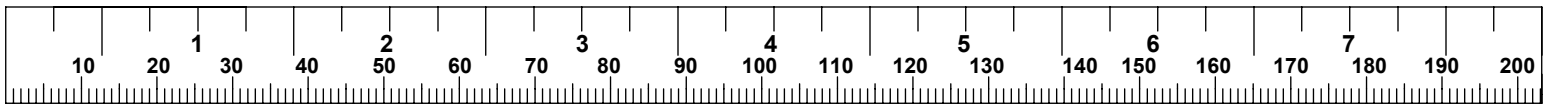
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



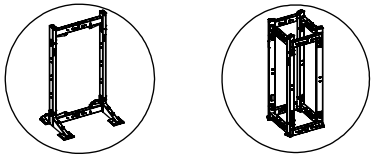


NOTE:

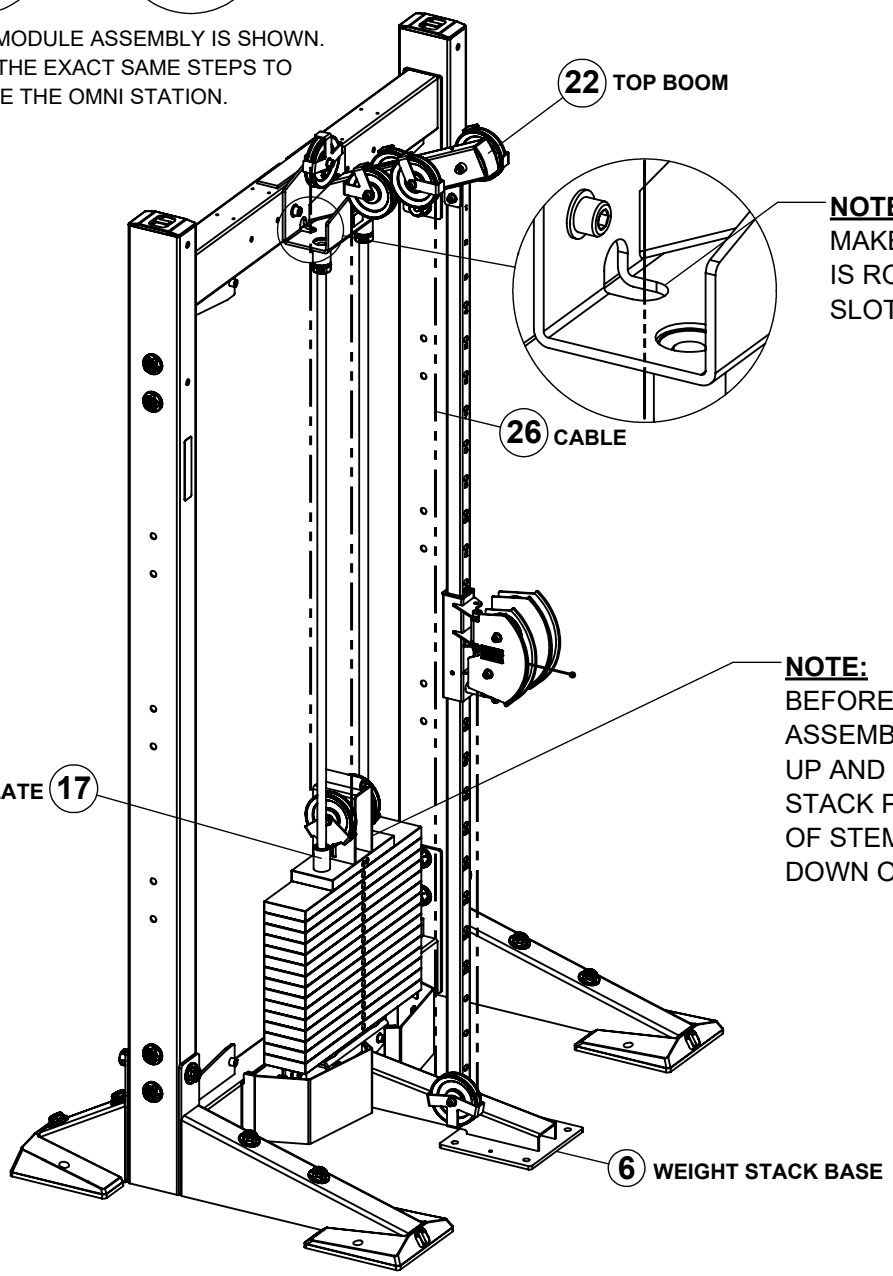
SECURELY tighten all bolt connections in this step.



STEP 13A - CABLE ROUTING
4' MODULE / OMNI STATION

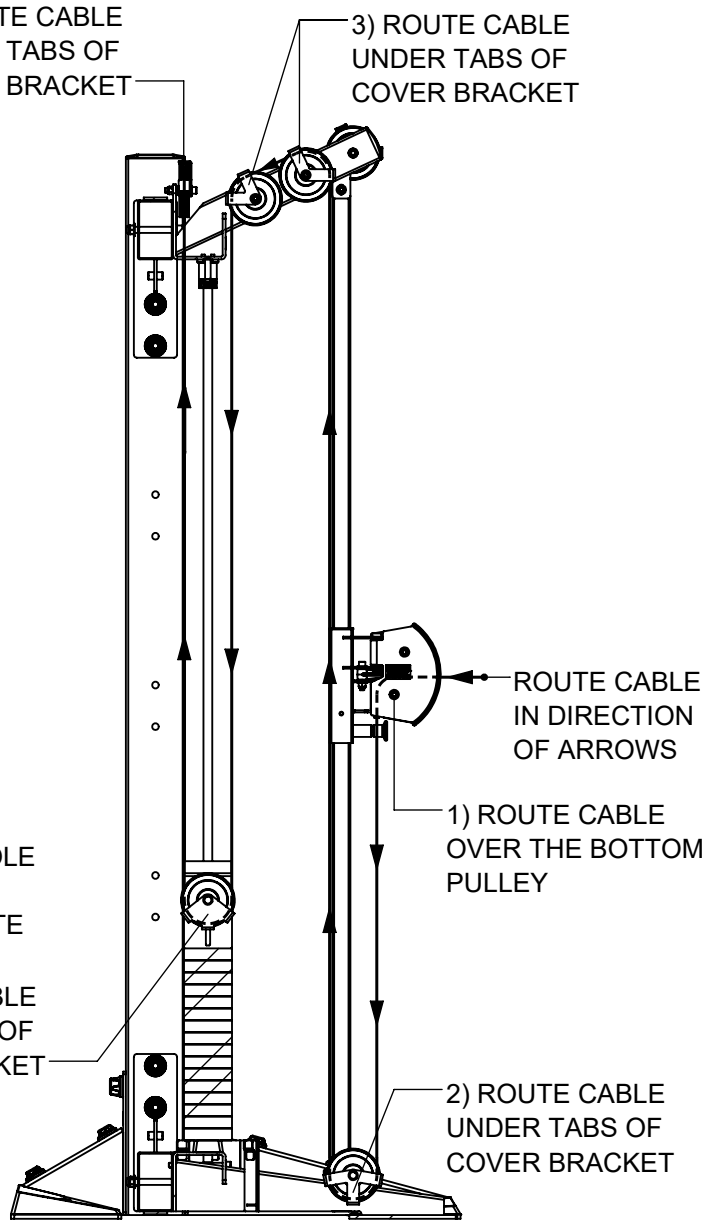


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



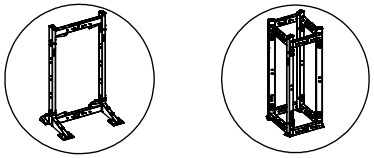
NOTE:
MAKE SURE CABLE IS ROUTED THROUGH SLOT OF TOP BOOM

NOTE:
BEFORE BEGINNING CABLE ASSEMBLY, LIFT HEAD PLATE UP AND INSERT THE WEIGHT STACK PIN INTO THE LAST HOLE OF STEM AND SET IT BACK DOWN ON TOP OF FIRST PLATE

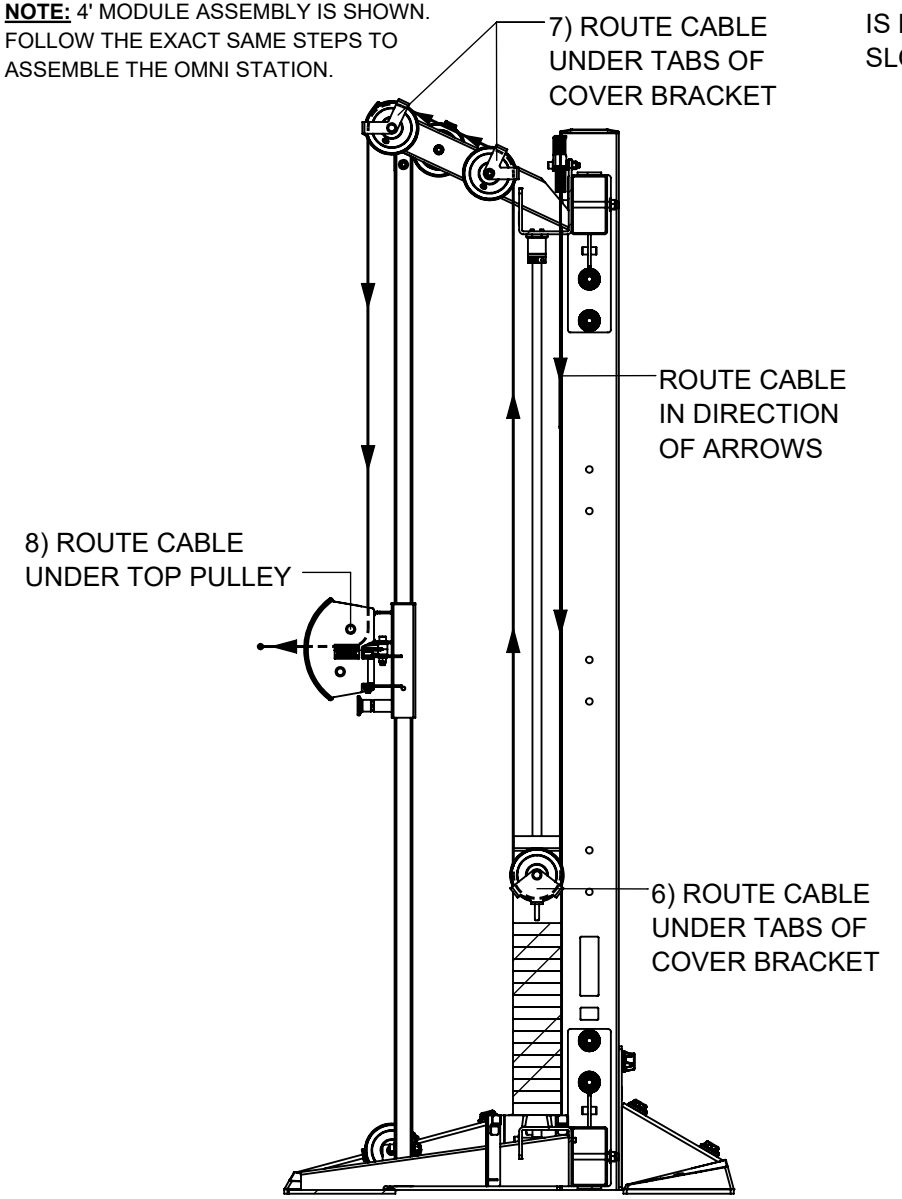


LEFT SIDE

STEP 13B CABLE ROUTING
4' MODULE / OMNI STATION

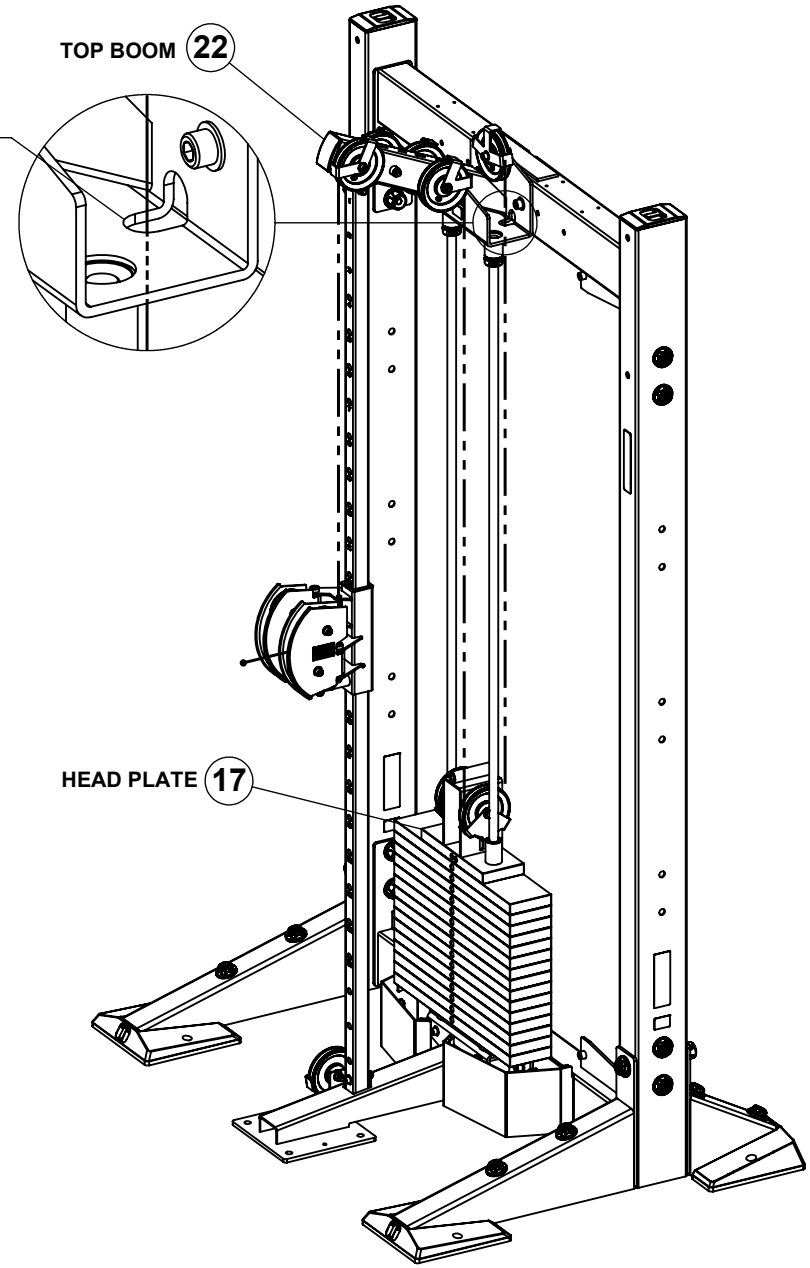


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

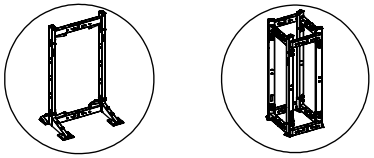


RIGHT SIDE

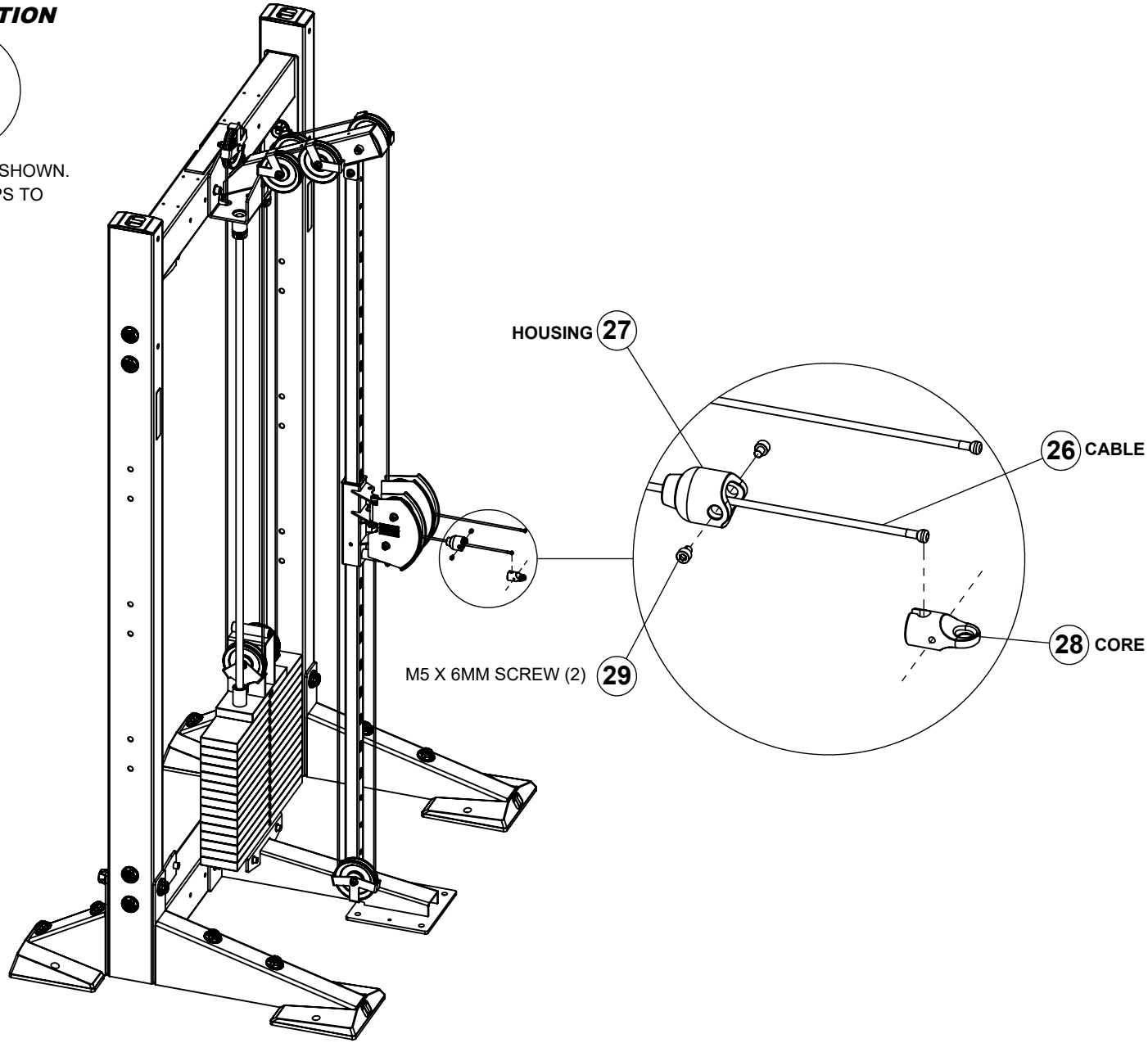
NOTE:
MAKE SURE CABLE IS ROUTED THROUGH SLOT OF TOP BOOM



STEP 14A
4' MODULE / OMNI STATION

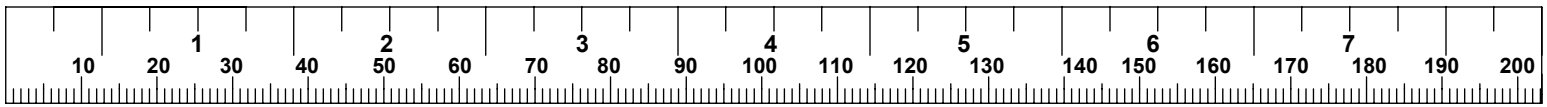


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

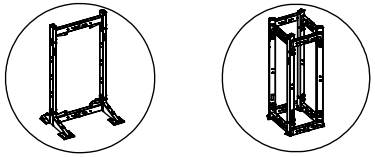


NOTE:

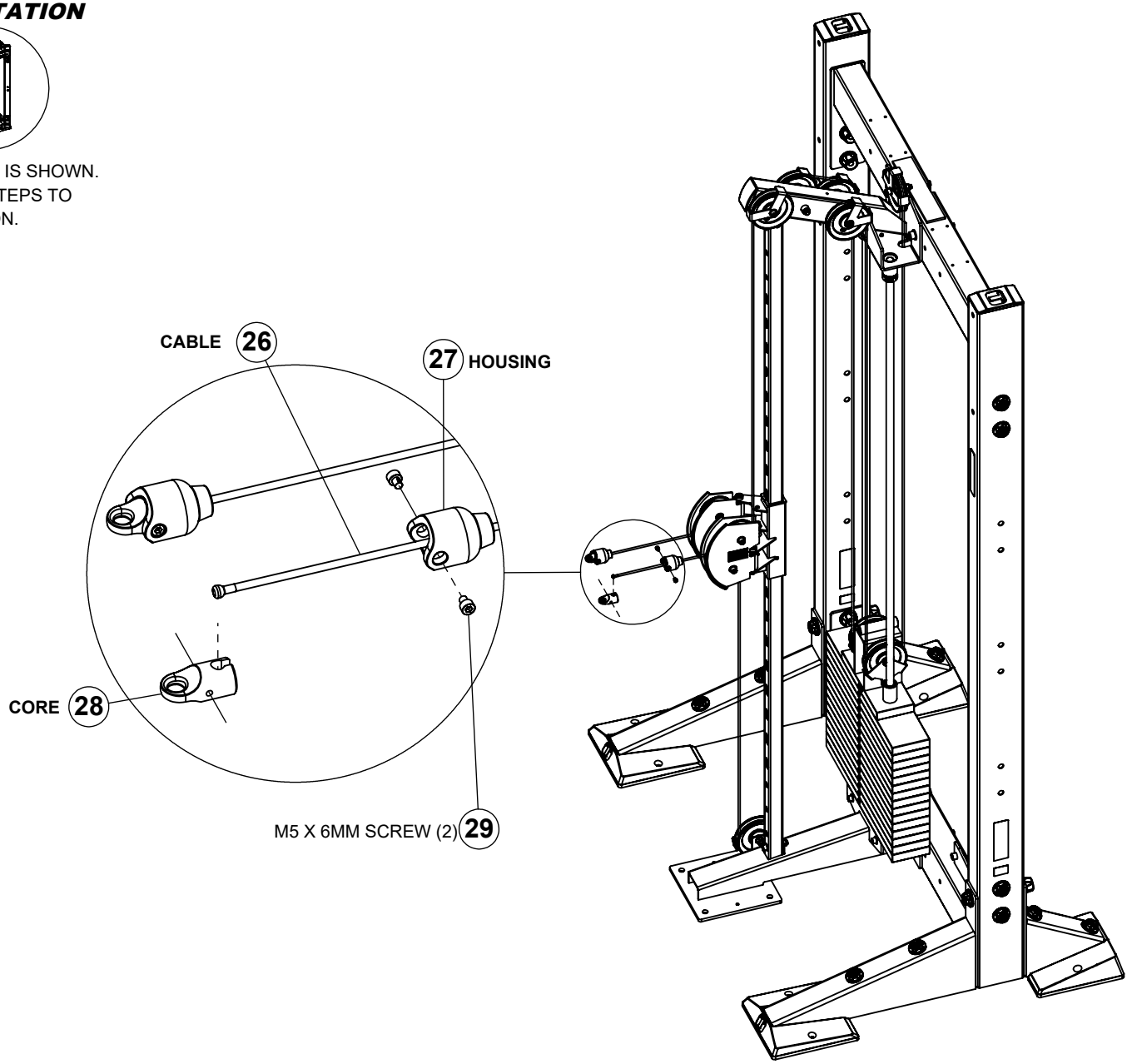
SECURELY tighten all bolt connections in this step.



STEP 14B
4' MODULE / OMNI STATION

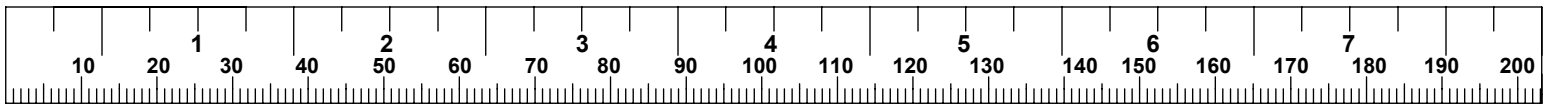


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

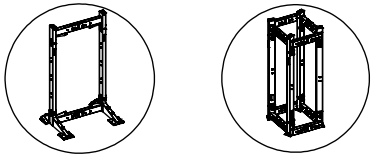


NOTE:

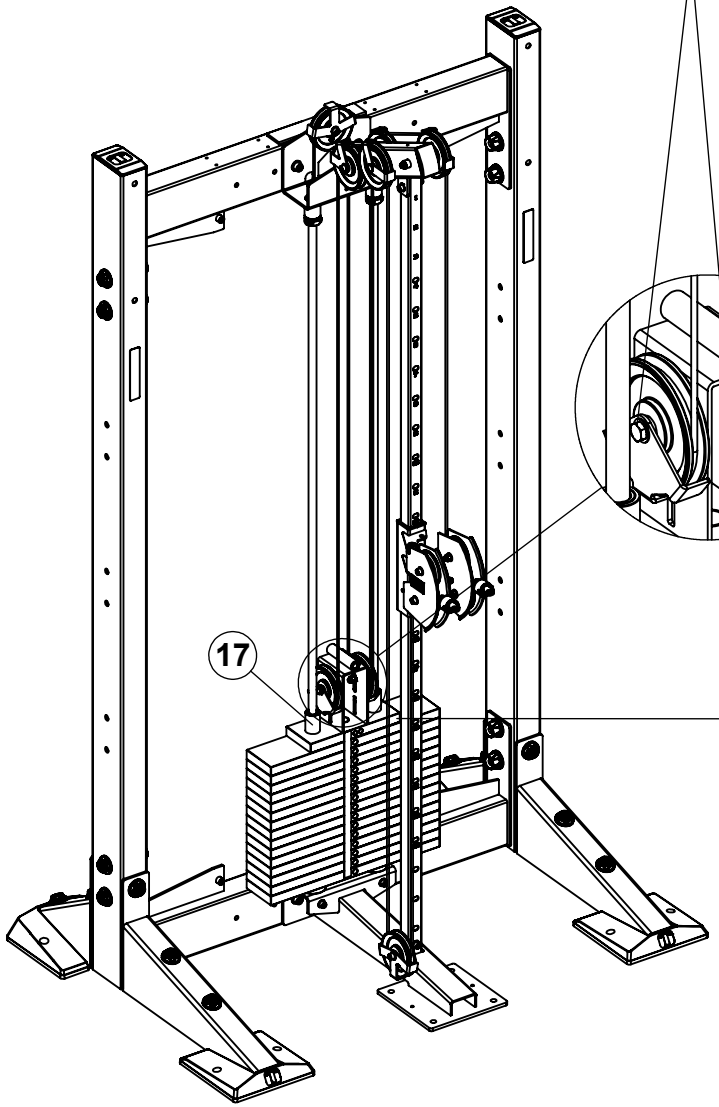
SECURELY tighten all bolt connections in this step.



STEP 14C
4' MODULE / OMNI STATION



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

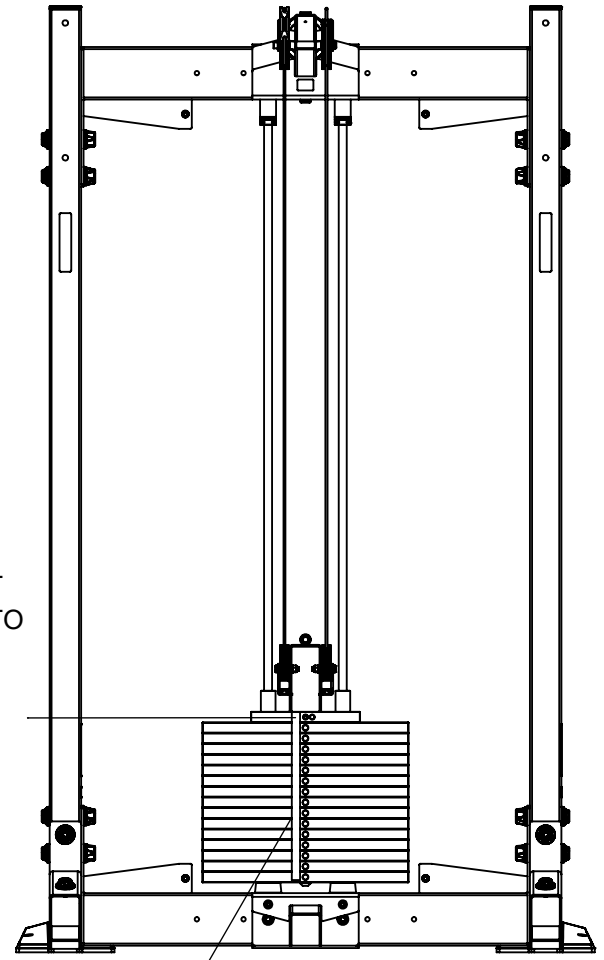


NOTE 2:
IF THERE IS A GAP BETWEEN THE HEAD PLATE AND FIRST PLATE, LOOSEN ONE OR BOTH OF THESE BOLTS AND ADJUST PULLEYS UP UNTIL HEAD PLATE TOUCHES THE FIRST PLATE. RETIGHTEN BOLT CONNECTIONS **SECURELY**.

WEIGHT STACK PIN STORAGE

NOTE 1:
LIFT HEAD PLATE UP AND REMOVE WEIGHT STACK PIN. LOWER HEAD PLATE BACK DOWN ON TOP OF FIRST PLATE. **(SEE NOTE 2 ABOVE)**.

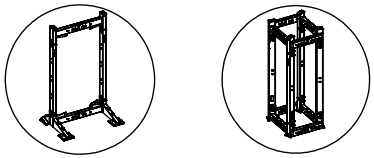
NOTE 3:
ATTACH WEIGHT STACK LABELS TO WEIGHT STACK STARTING WITH HEAD PLATE.



NOTE:

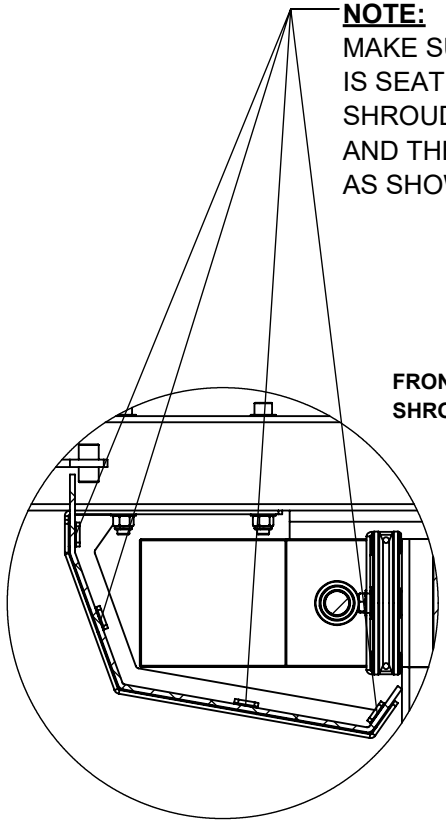
SECURELY tighten bolt connections in this step.

STEP 15
4' MODULE / OMNI STATION

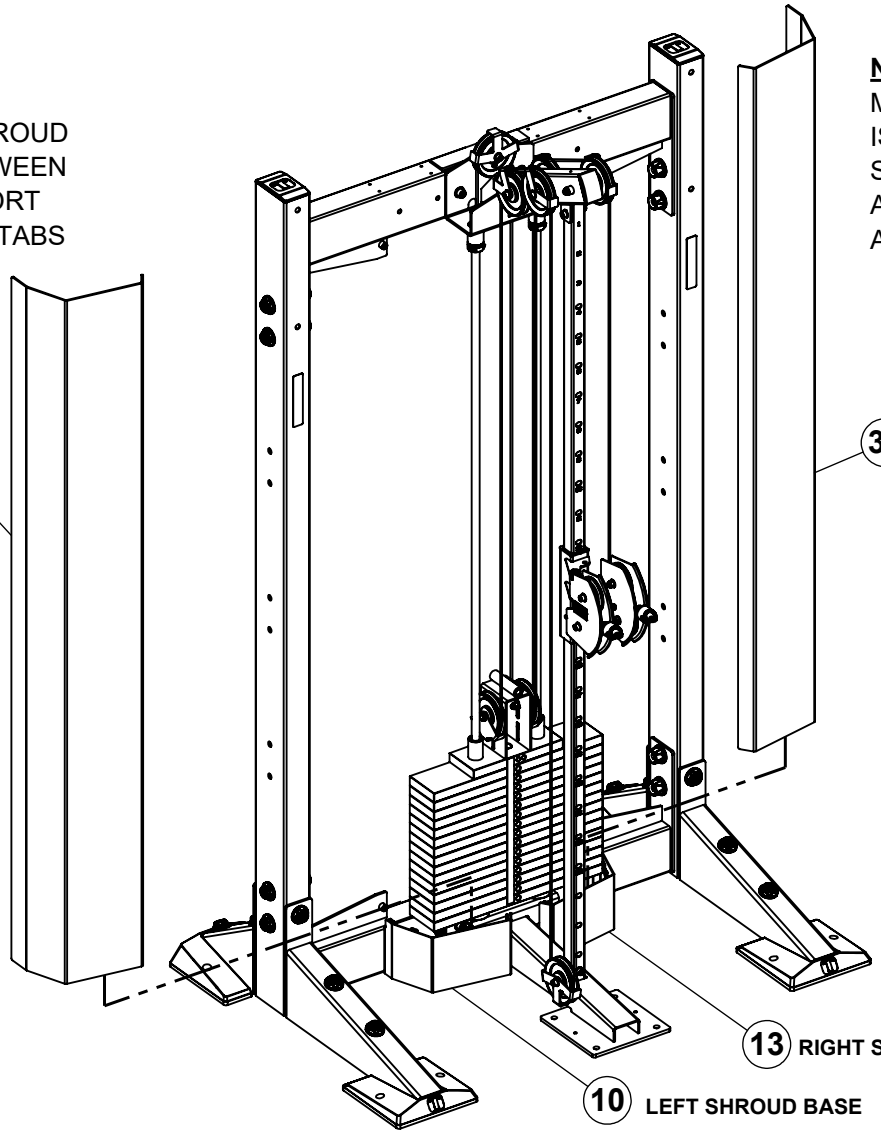


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

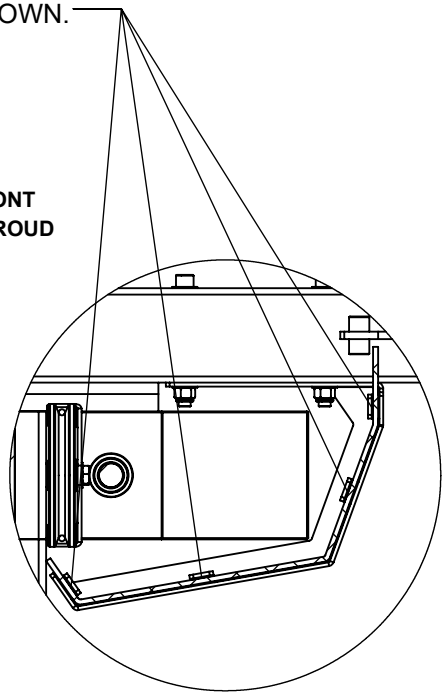
NOTE:
MAKE SURE SHROUD IS SEATED BETWEEN SHROUD SUPPORT AND THE FOUR TABS AS SHOWN.



TOP VIEW LEFT

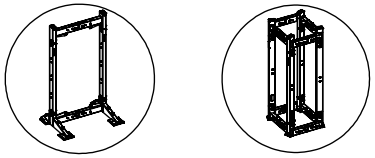


NOTE:
MAKE SURE SHROUD IS SEATED BETWEEN SHROUD SUPPORT AND THE FOUR TABS AS SHOWN.

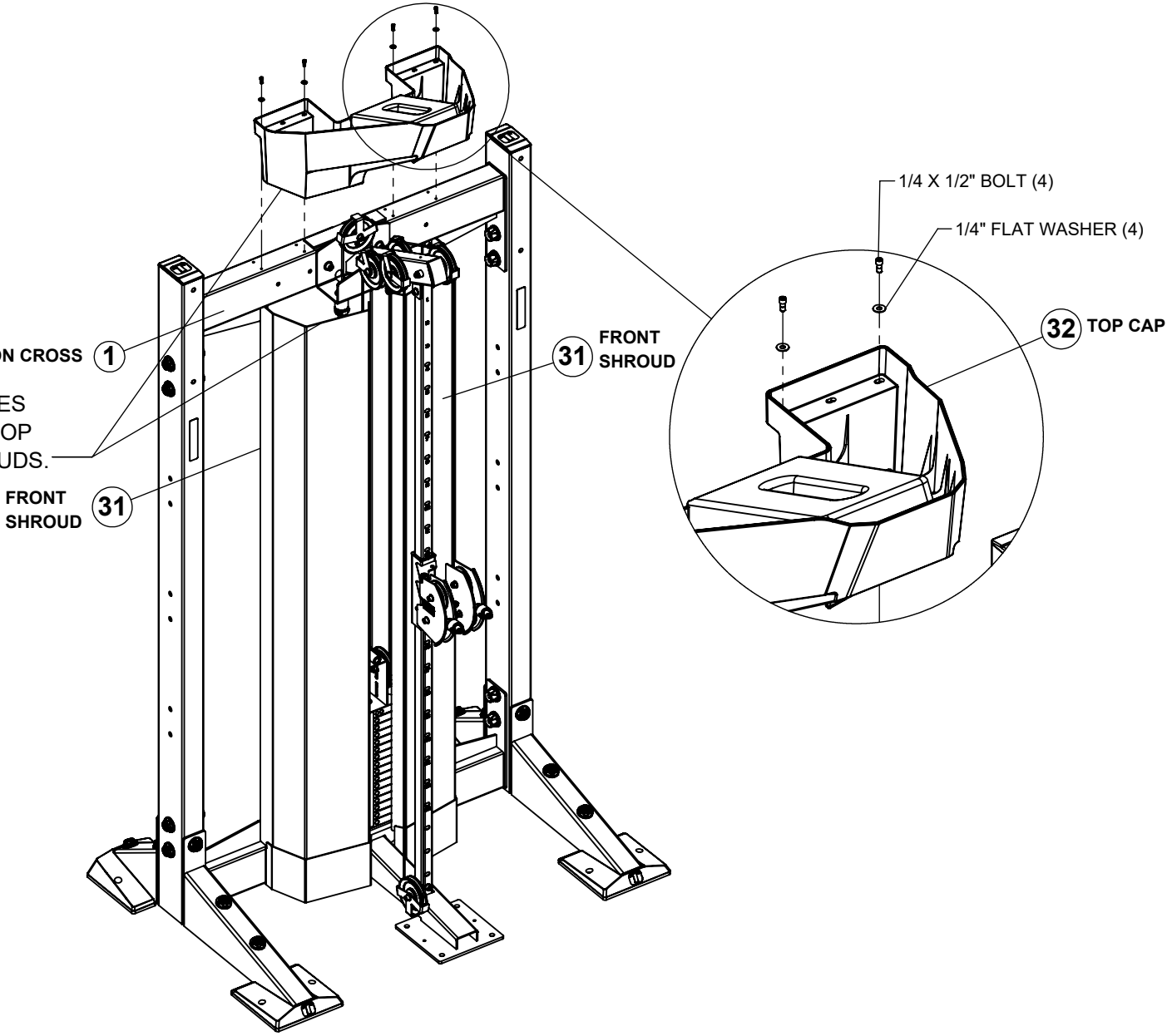


TOP VIEW RIGHT

STEP 16A
4' MODULE / OMNI STATION



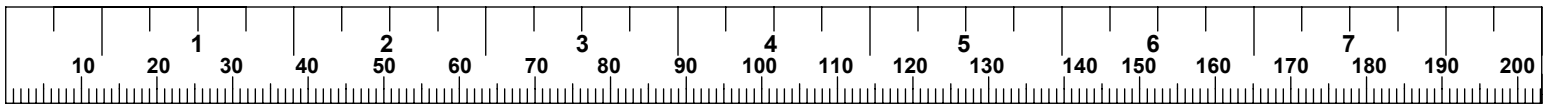
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



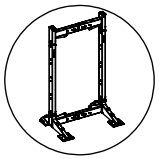
NOTE:
MAKE SURE INTERNAL GROOVES OF TOP CAP FIT DOWN OVER TOP EDGES OF BOTH FRONT SHROUDS.

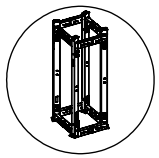
NOTE:

LOOSELY tighten bolt connections in this step.

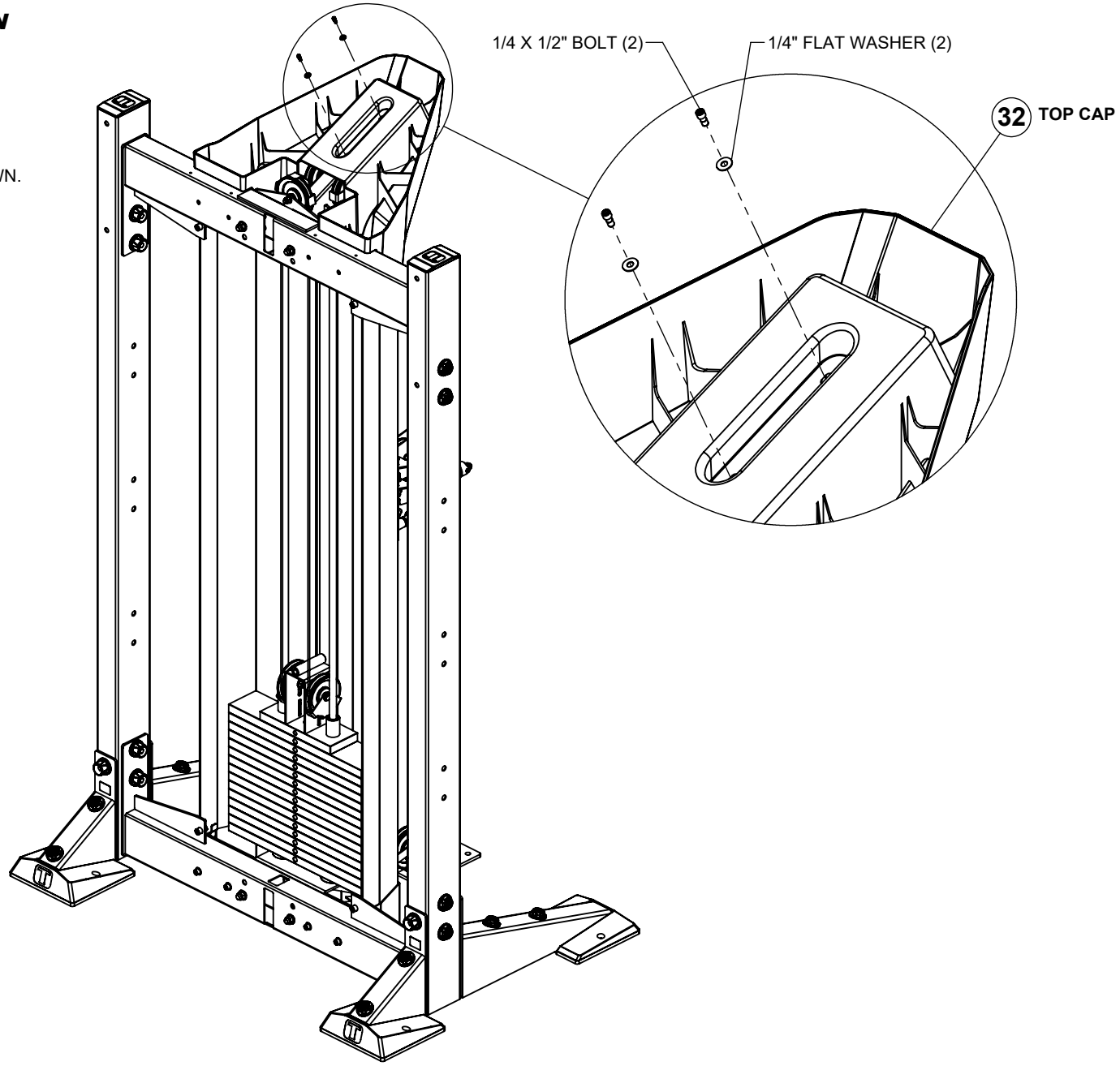


STEP 16B
4' MODULE / OMNI STATION



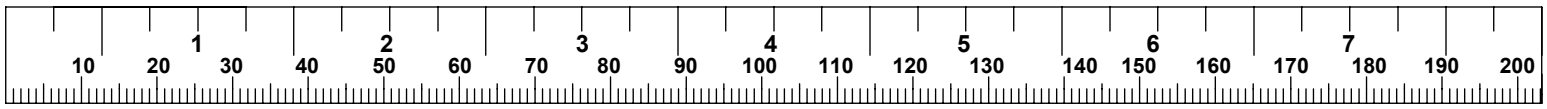


NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

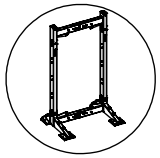


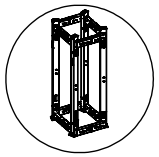
NOTE:

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

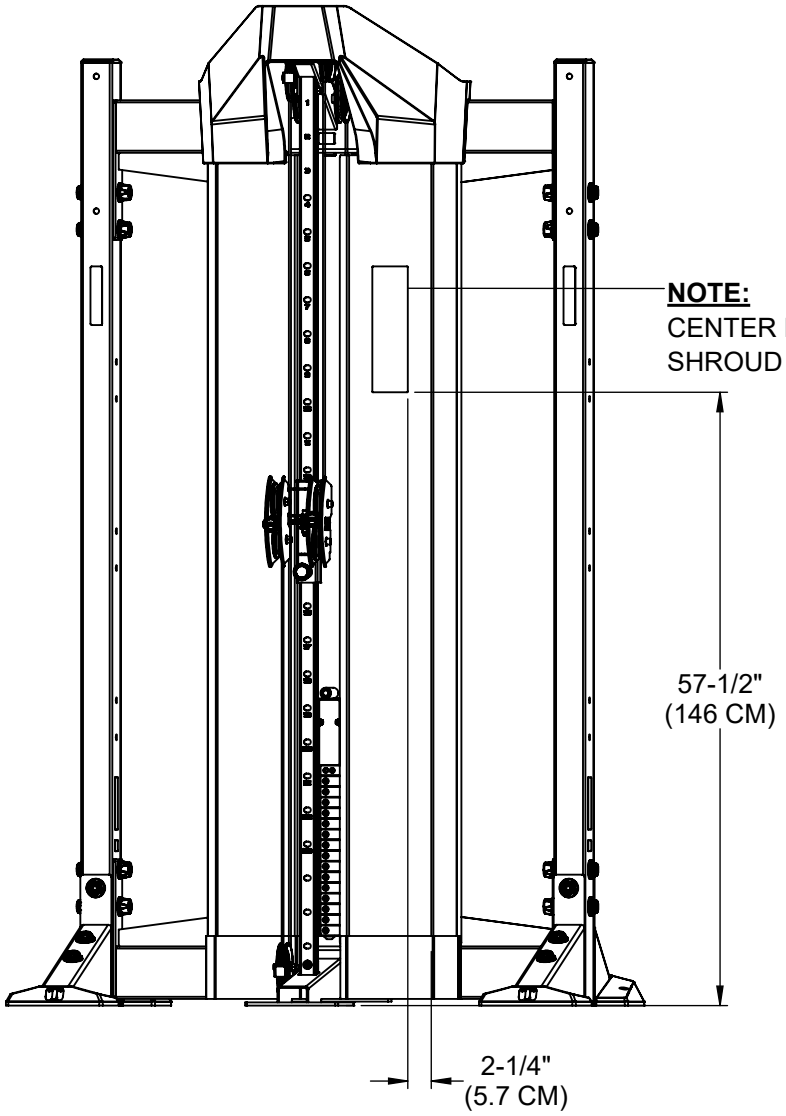


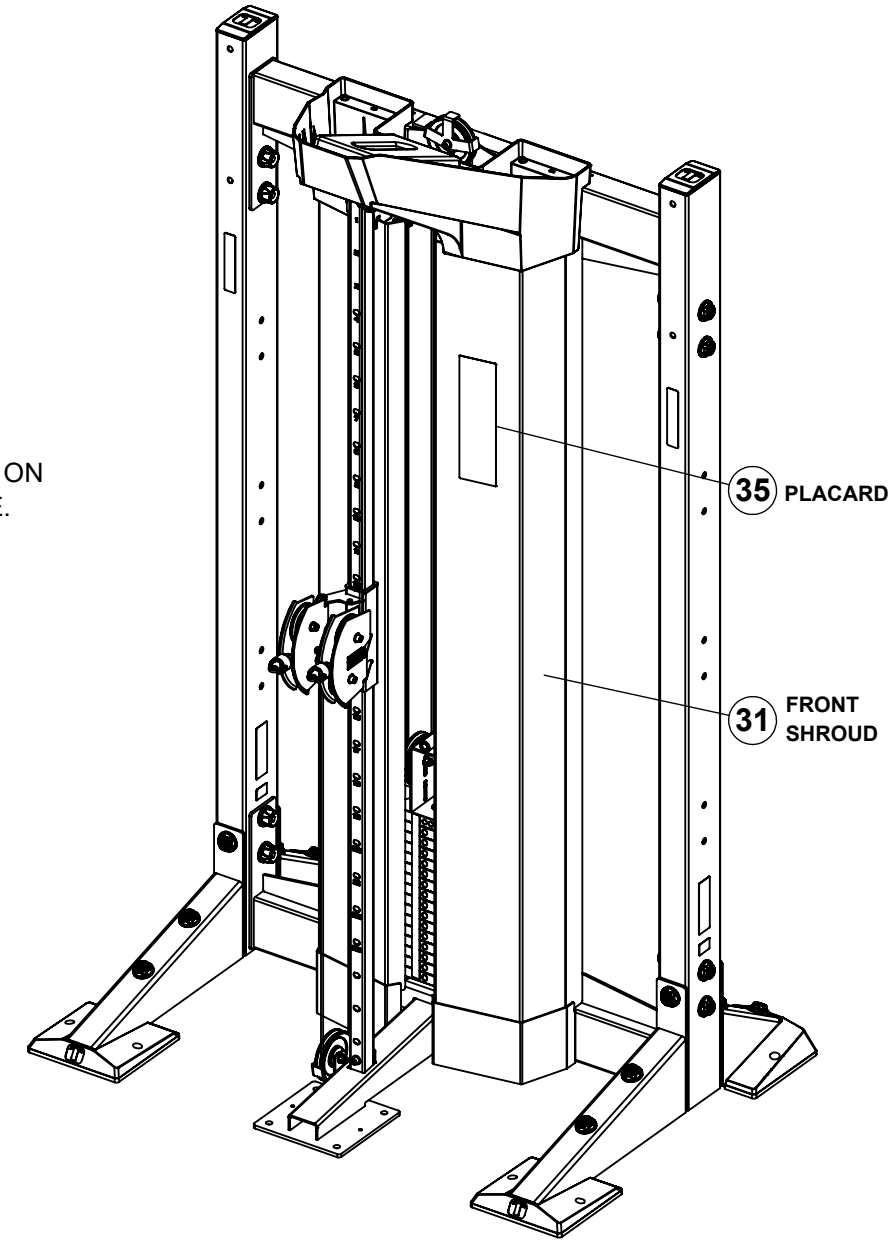
STEP 17A
4' MODULE / OMNI STATION



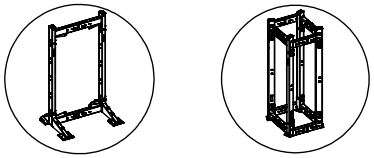


NOTE: 4' MODULE ASSEMBLY IS SHOWN.
FOLLOW THE EXACT SAME STEPS TO
ASSEMBLE THE OMNI STATION.

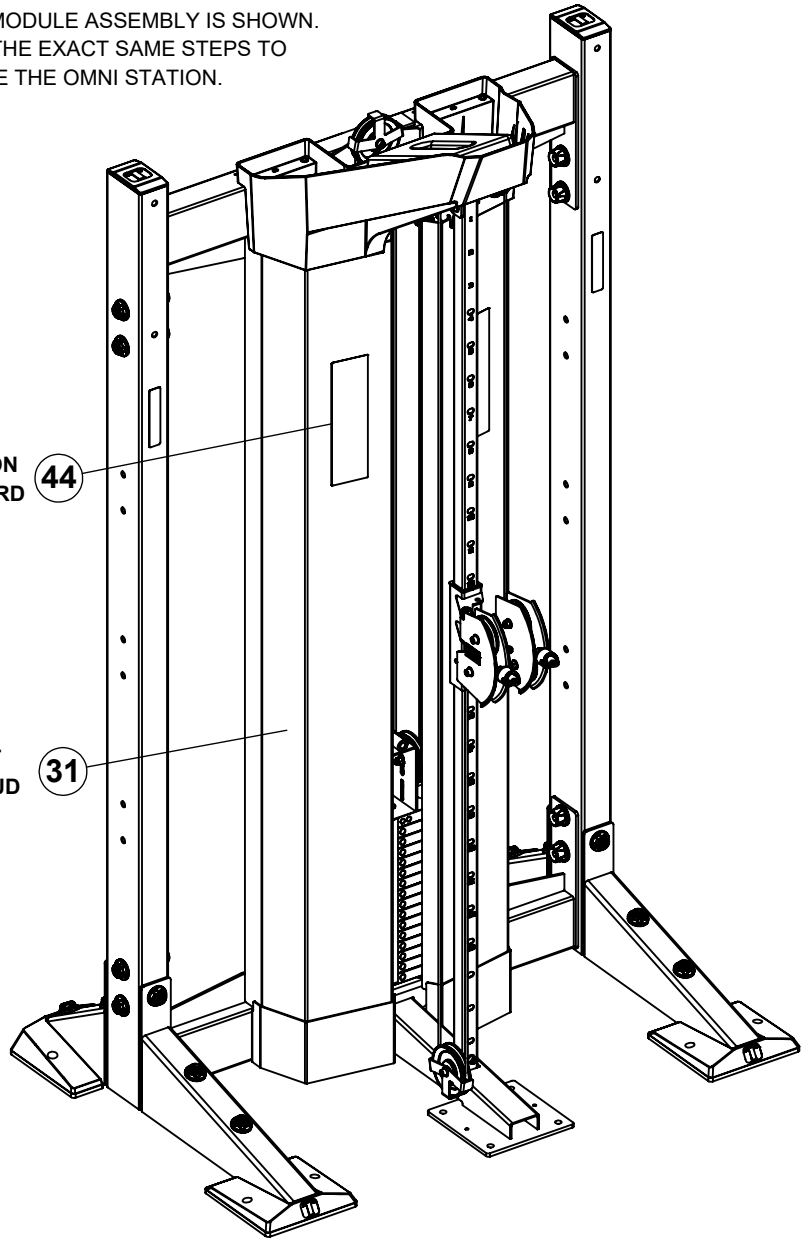




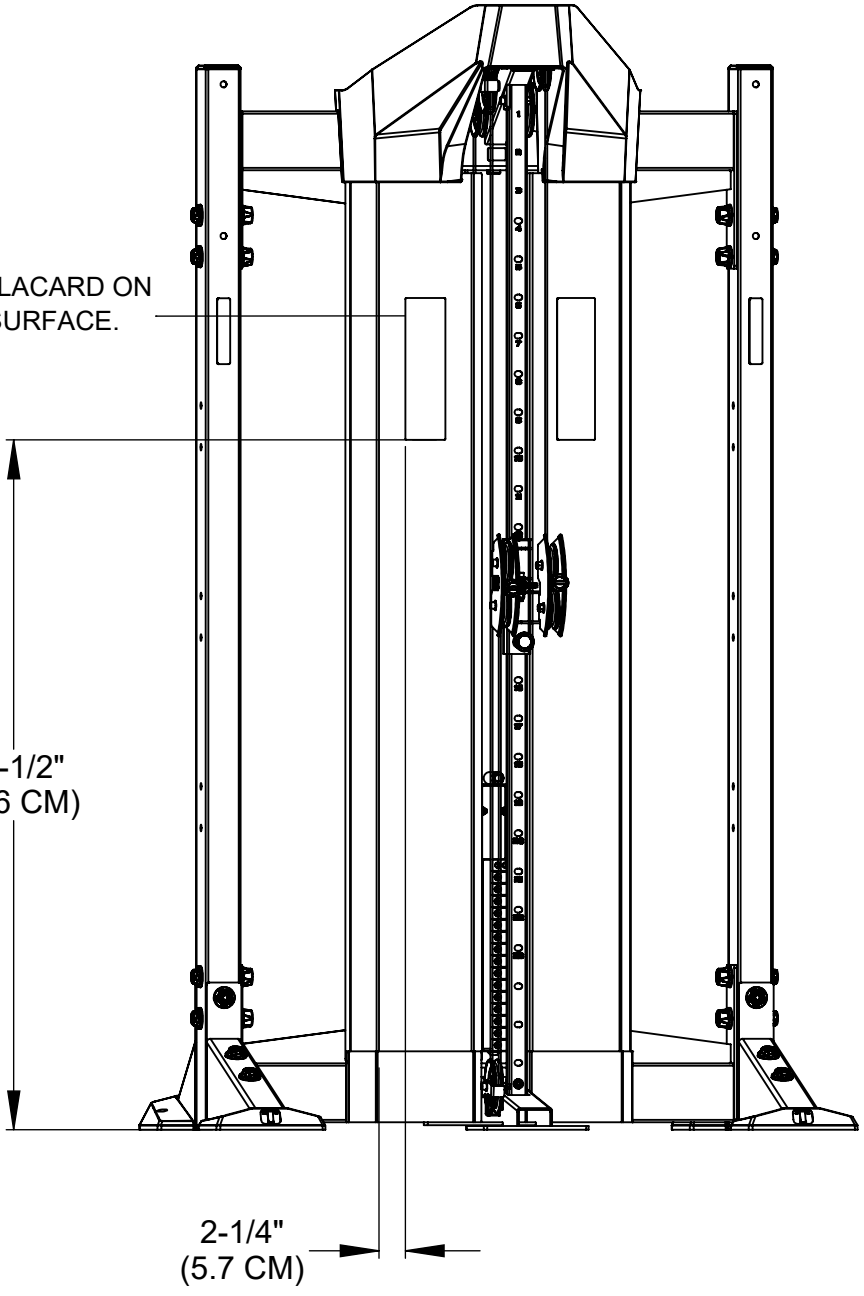
STEP 17B
4' MODULE / OMNI STATION



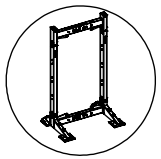
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



NOTE:
CENTER PLACARD ON SHROUD SURFACE.



STEP 18
4' MODULE

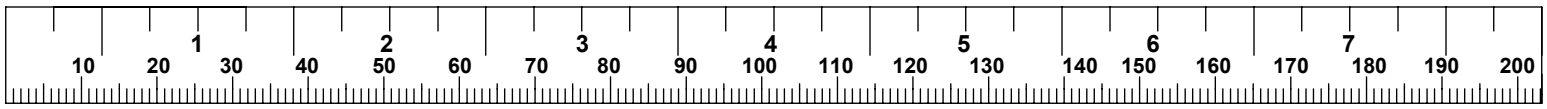


NOTE:
ACCESSORY HOLDERS CAN BE ASSEMBLED TO ANY SET OF HOLES ON UPRIGHT. THIS STEP ILLUSTRATES THE SUGGESTED LOCATION

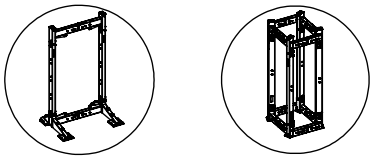
NOTE:

If assembling the OMNI Station, this step is not required and accessory holders may be discarded.

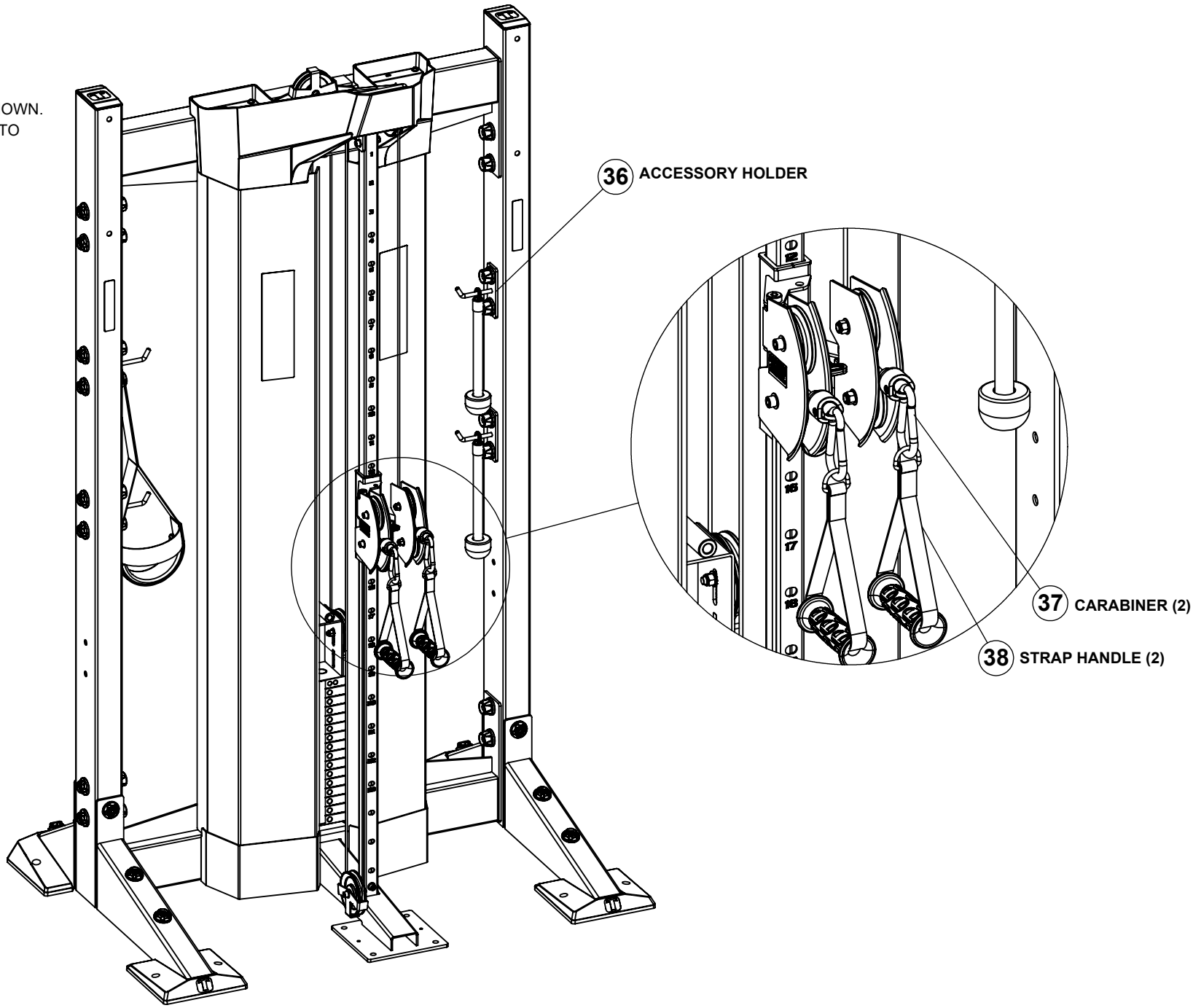
SECURELY tighten all bolt connections in this step.



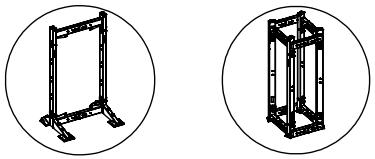
STEP 19
4' MODULE / OMNI STATION



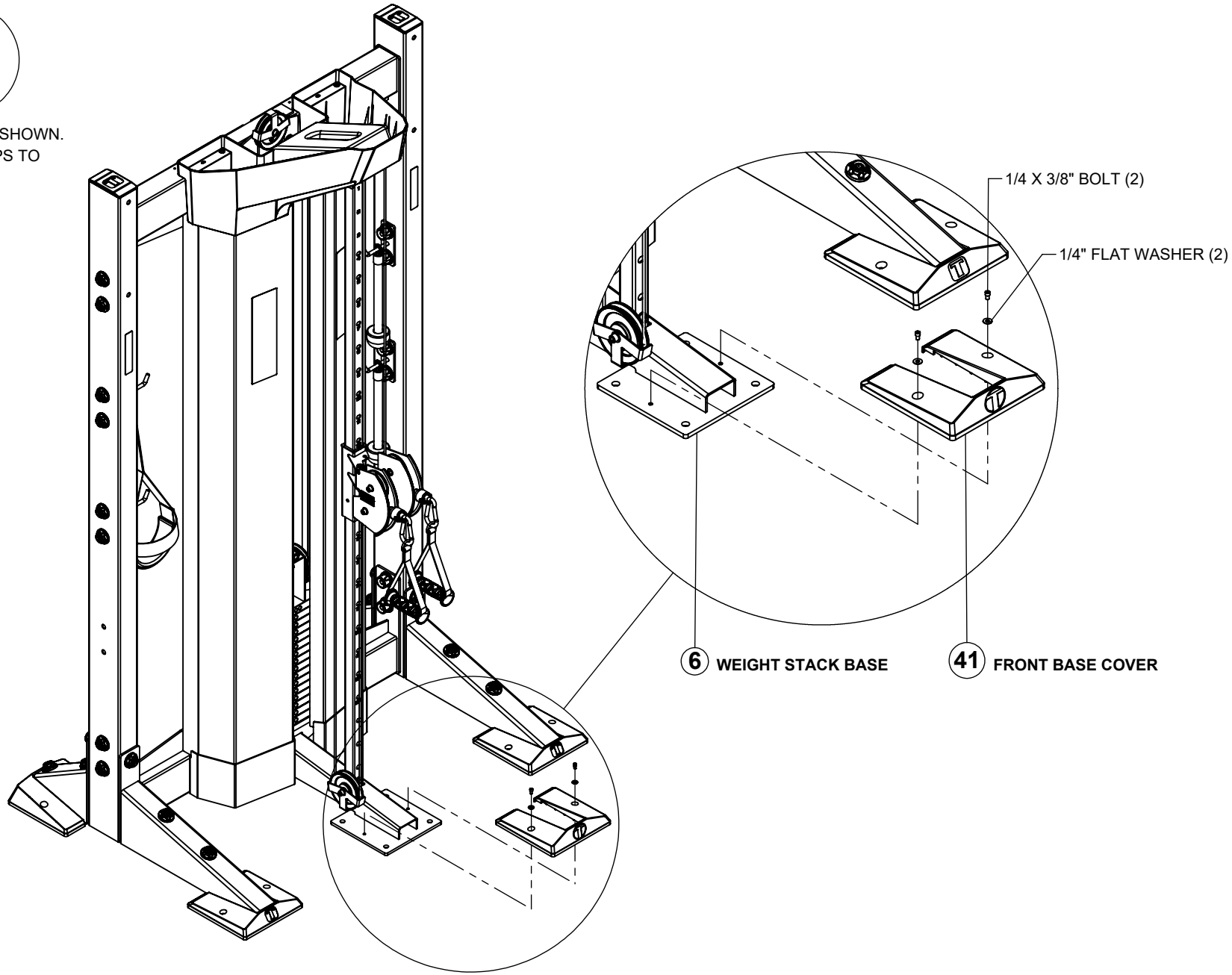
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



STEP 20
4' MODULE / OMNI STATION



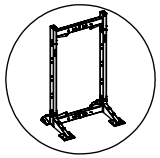
NOTE: 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

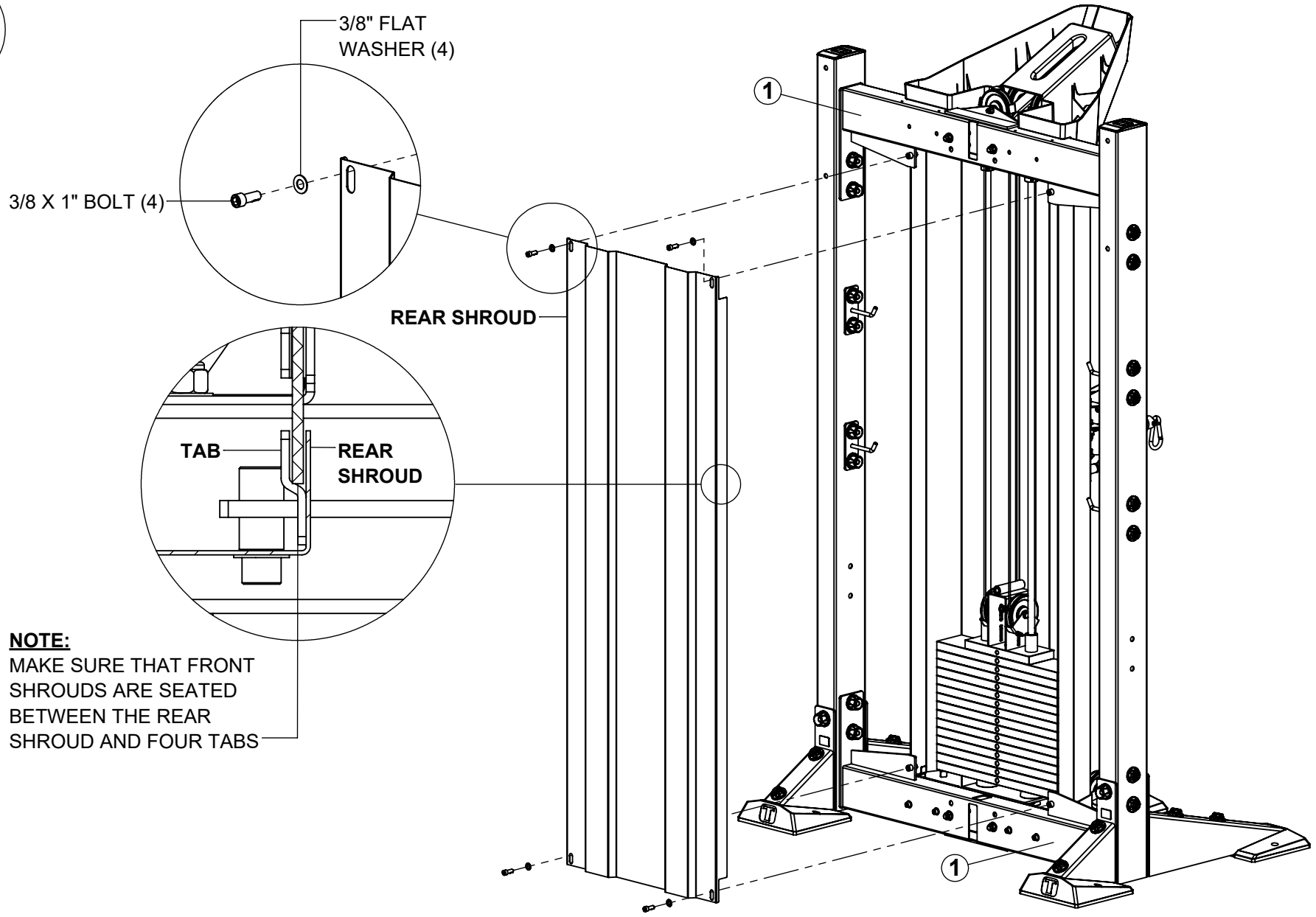


NOTE:

SECURELY tighten all bolt connections in this step.

STEP 21 (OPTIONAL REAR SHROUD)
4' MODULE

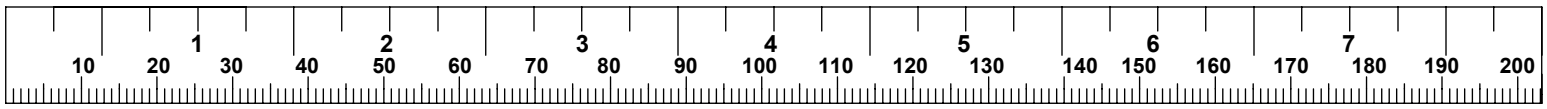




NOTE:
MAKE SURE THAT FRONT SHROUDS ARE SEATED BETWEEN THE REAR SHROUD AND FOUR TABS

NOTE:

SECURELY tighten all bolt connections in this step.



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.

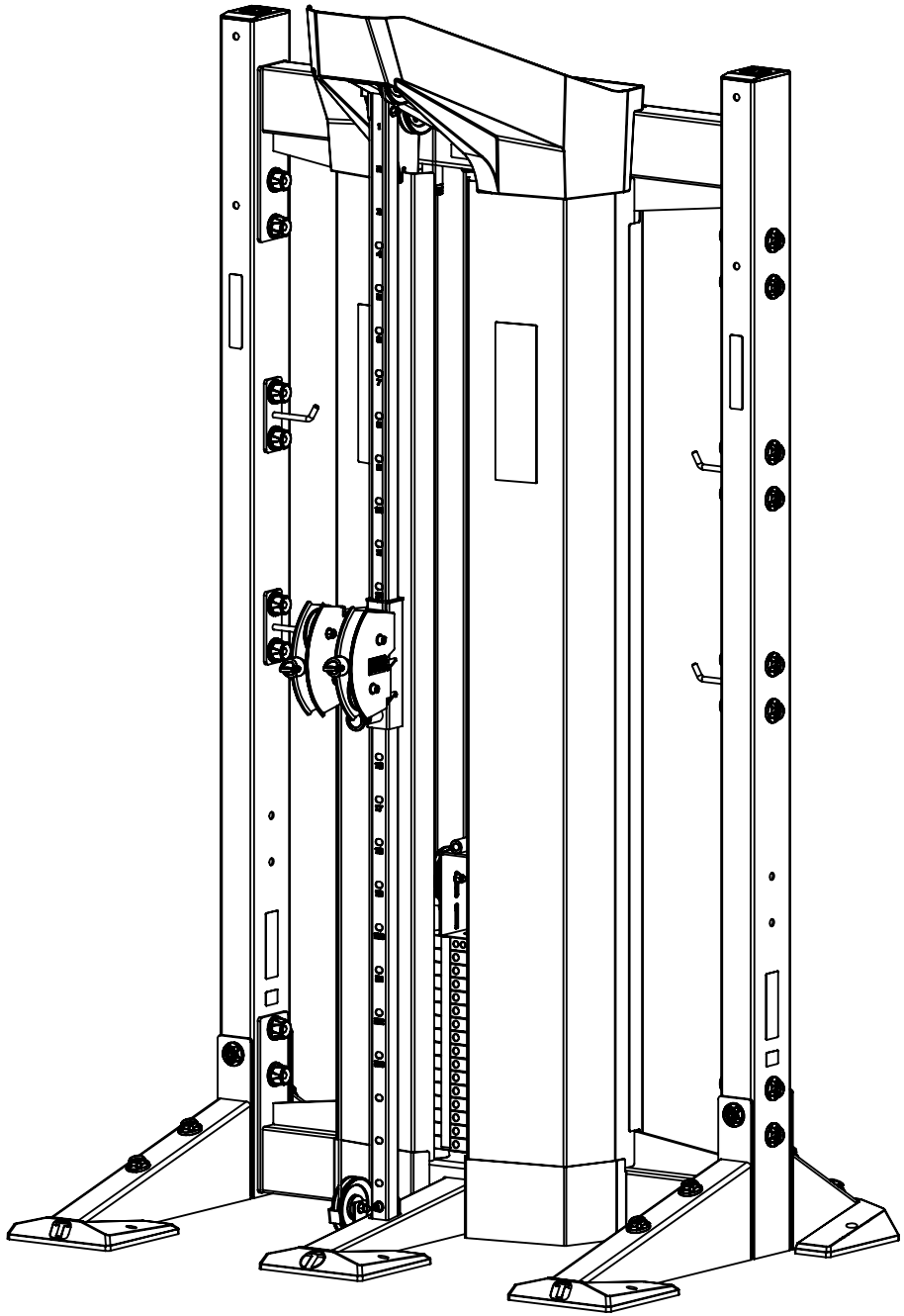
GUIDE RODS WITH LINEAR BEARINGS: At least once a month, Clean and lubricate with a thin film of NLGI 1 or NLGI 2 Grease (non-Moly / non-PTFE). Examples include *Lucas Oil White Lithium Grease* and *Mobil 122136 EP 2.*

CABLES: Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 14c, PAGE 24 TO ADJUST CABLE TENSION)

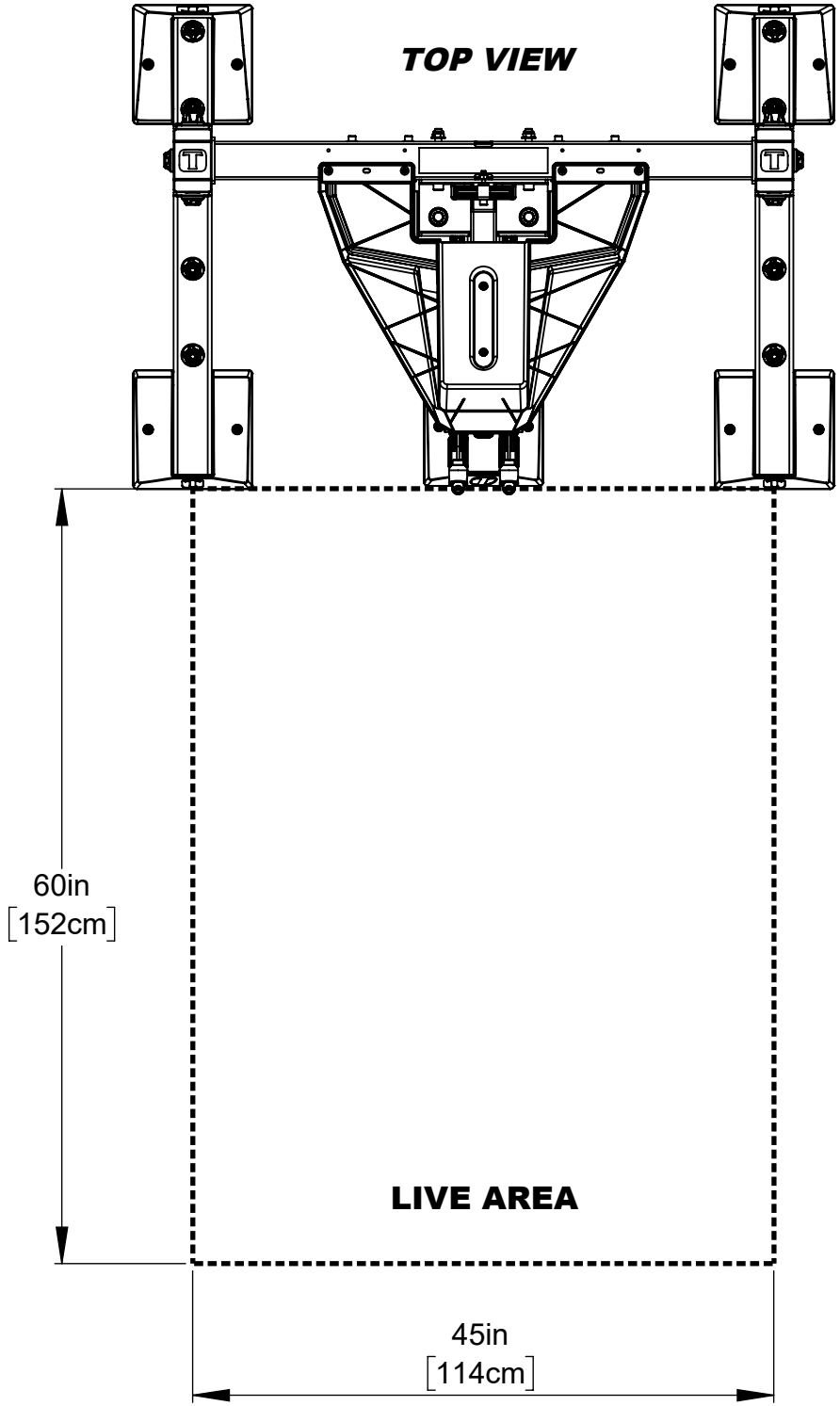
UPHOLSTERY: Wipe down and dry after each use. Clean and condition periodically.

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

FRAME: Clean with a damp cloth.

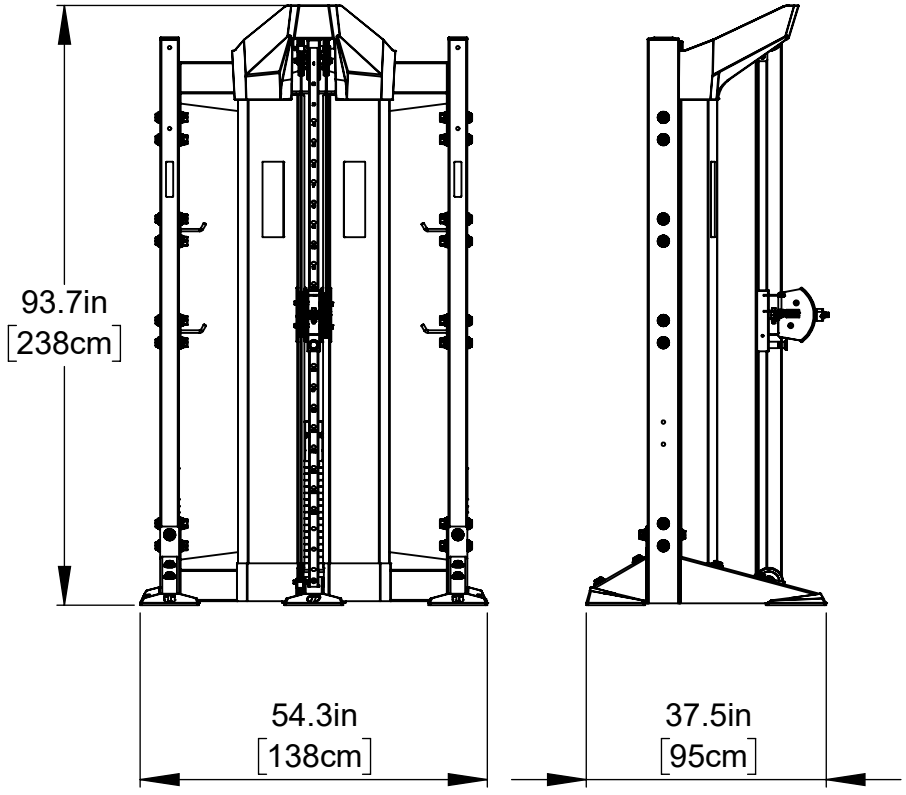


LIVE AREA



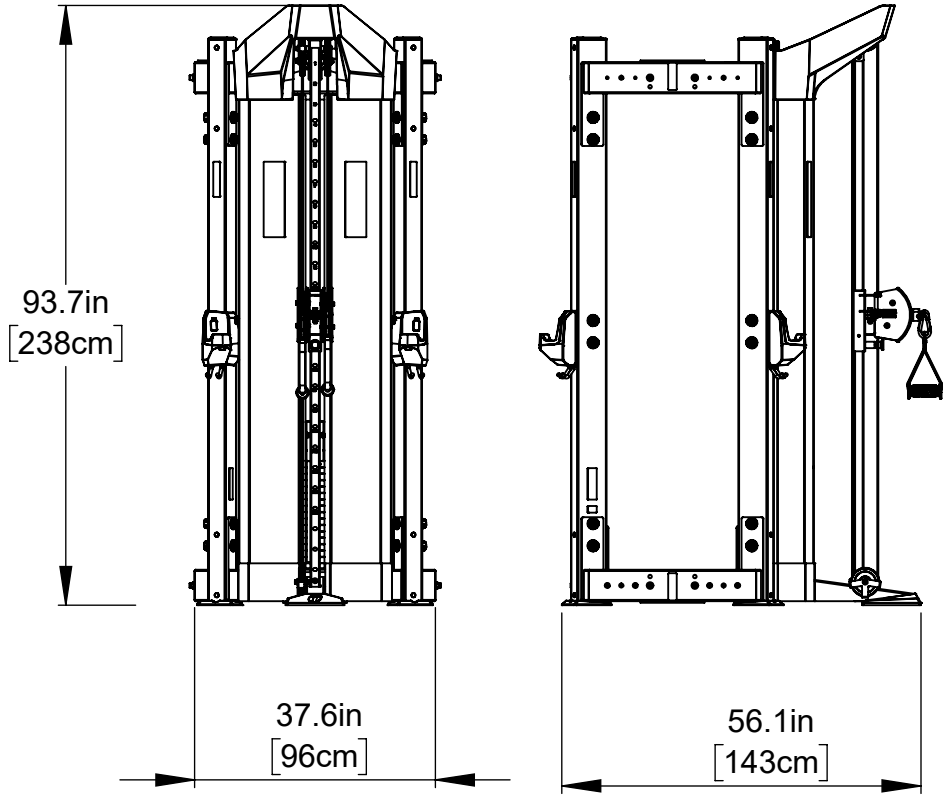
DIMENSIONS

XCREATE-4CCM



TOTAL UNIT WEIGHT : 765 LBS [347 KG]

XCREATE-OSS-CC



TOTAL UNIT WEIGHT : 864 LBS [392 KG]