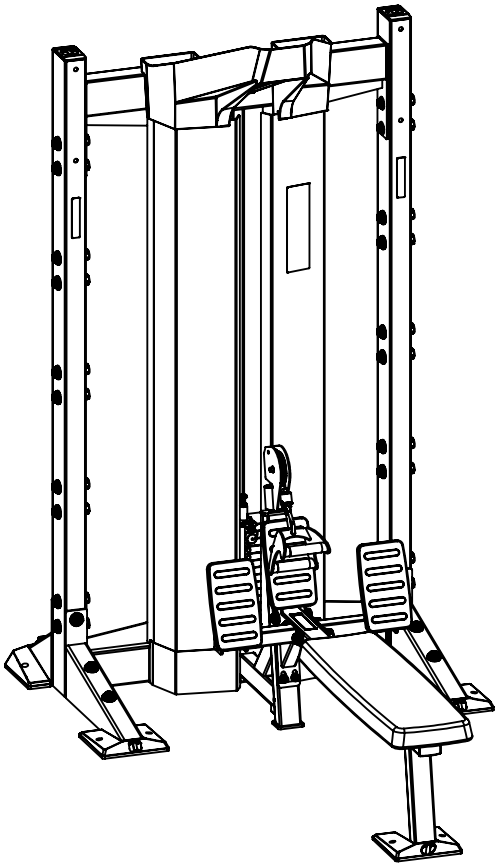
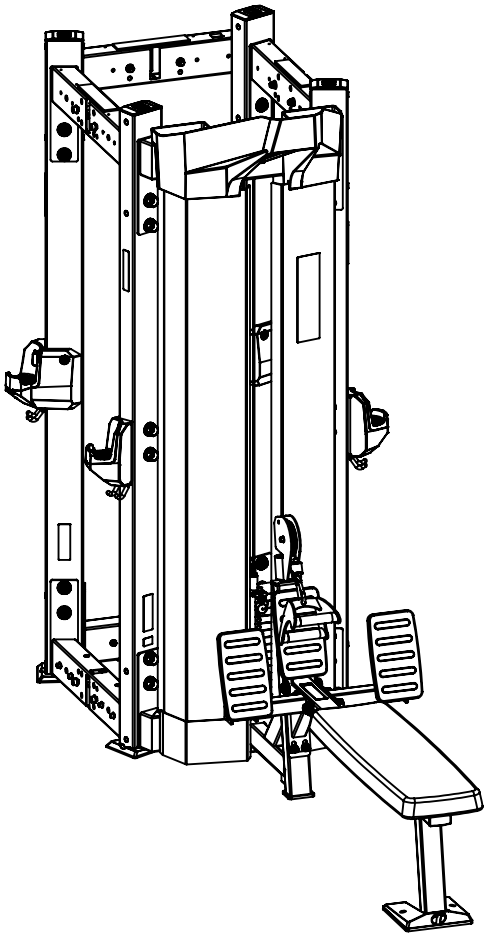
TORQUE USA





# *ASSEMBLY INSTRUCTIONS*

## SEATED ROW MODULE / STATION

**VERSION: XCREATE-4SRM / XCREATE-OSS-SR**

**PART # 5923601-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.

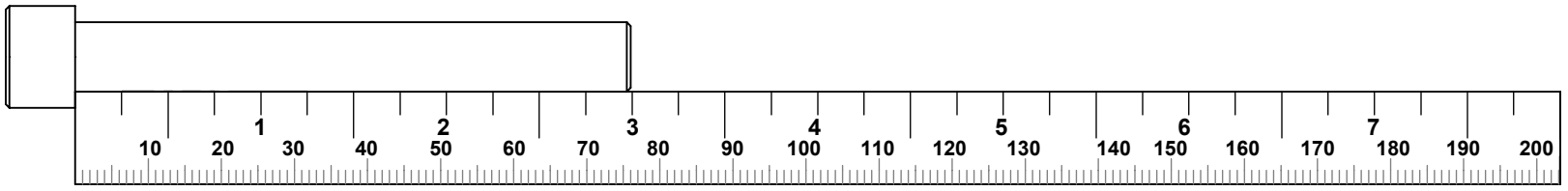
Follow the instructions included with the optional equipment to assemble it to the base product.

**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.

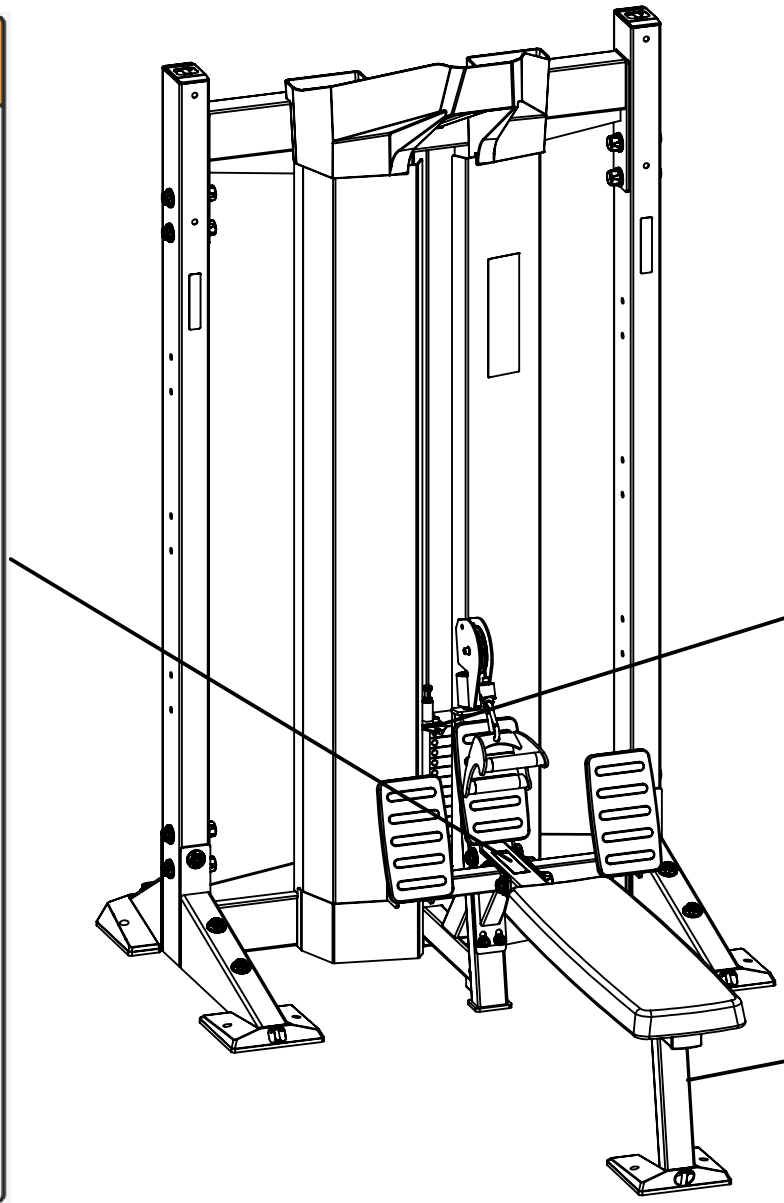


**⚠ WARNING**

**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 | 5915101 | WLDMT, CABLE STATION CROSS * (SEE NOTE) | 2* |
| 2 | 5631801 | WASHER COVER, NYLON BOLT | 11 |
| 3 | 5631901 | WASHER COVER, NYLON NUT | 11 |
| 4 | 2005816 | BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD | 15 |
| 5 | 2001401 | NUT, 1/2-13 LK ST ZN | 15 |
| 6 | 59137PA | PTD ASSY, SEATED ROW BASE | 1 |
| 7 | 2001301 | WASHER, FLAT 1/2 SAE ST ZN | 12 |
| 8 | 2001101 | WASHER, FLAT 3/8 SAE ST ZN | 19 |
| 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 | 5 |
| 13 | 5662901 | WLDMT, RIGHT SHROUD BASE | 1 |
| 14 | 5513601 | CUSHION, WEIGHT STACK | 2 |
| 15 | 5643201 | GUIDE ROD, 19 DIA X 1912 | 2 |
| 16 | 56351PA | PTD ASSY, 20 LB WEIGHT PLATE | 5 |
| 17 | 56350PA | PTD ASSY, 15 LB WEIGHT PLATE | 10 |
| 18 | 56345PA | PTD ASSY, HEAD PLATE | 1 |
| 19 | 5992401 | SHAFT COLLAR, TWO-PIECE CLAMPING | 2 |
| 20 | 5996401 | BUSHING, GUIDE ROD RETAINER | 2 |
| 21 | 55181PA | PTD ASSY, WEIGHT SELECTOR STORAGE PLATE | 1 |
| 22 | 2009402 | BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP | 2 |

| ITEM NO. | PART NUMBER | DESCRIPTION | QTY |
|---|---|---|---|
| 23 | 59148PA | PTD ASSY, SEATED ROW TOP BOOM | 1 |
| 24 | 5094501 | PULLEY, 4-1/2 OD X 25 | 1 |
| 25 | 2008407 | BOLT, 3/8-16 X 2" (51mm) ST HT SOCKET HEAD | 1 |
| 26 | 5675301 | LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG) | 1 |
| 27 | 5645101 | SHROUD, XCREATE CABLE STATION | 2 |
| 28 | 5664701 | SHROUD, TOP CAP | 1 |
| 29 | 2002101 | WASHER, FLAT 1/4 SAE ST ZN | 8 |
| 30 | 2006502 | BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP | 6 |
| 31 | 5676301 | PLACARD, XCREATE-SR-101 | 1 |
| 32 | 60899PA | PTD ASSY, ROW BENCH FRAME | 1 |
| 33 | 2034201 | WASHER, LOCK 1/2" SAE ST ZN | 4 |
| 34 | 2005804 | BOLT, 1/2-13 X 1-1/4" (32mm) SOCKET HEAD | 4 |
| 35 | 60901PA | PTD ASSY, ROW FOOT SUPPORT | 1 |
| 36 | 5408201 | PAD, BACK | 1 |
| 37 | 5581301 | COVER, FRONT BASE | 1 |
| 38 | 2005509 | BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD | 2 |
| 39 | 5674801 | WLDMT, ALUMINUM ROW HANDLE | 1 |
| 40 | 5923501 | CARABINER, 100 X 50 X 10 DIA | 1 |
| 41 | 5692601 | WLDMT, XCREATE REAR SHROUD (OPTIONAL) | 1 |
| 42 | 2009403 | BOLT, 3/8-16 X 1" (25mm) ST HT SOCKET HEAD W/NP | 4 |
| 43 | 5650701 | CABLE ASSY, XCREATE SEATED ROW | 1 |
| 44 | 2008411 | BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD | 2 |

**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.

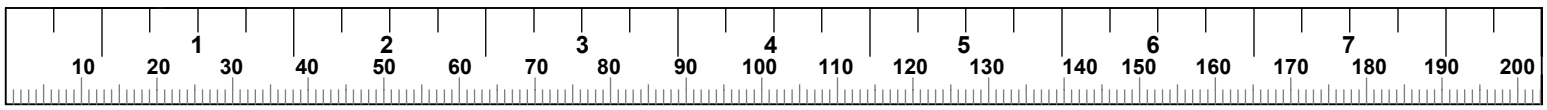
* ITEM 1 - Replaced by 60891PA or 60894PA - TOWER CABLE STATION CROSS.

**NOTE:**

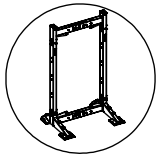
X-CREATE CABLE STATIONS can be customized in many ways. This manual provides instructions for assembling a single stand-alone unit. If you worked with Torque X-Team Design during the purchasing process, please request a Bill of Material Drawing to reference your exact set-up. For assistance, contact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

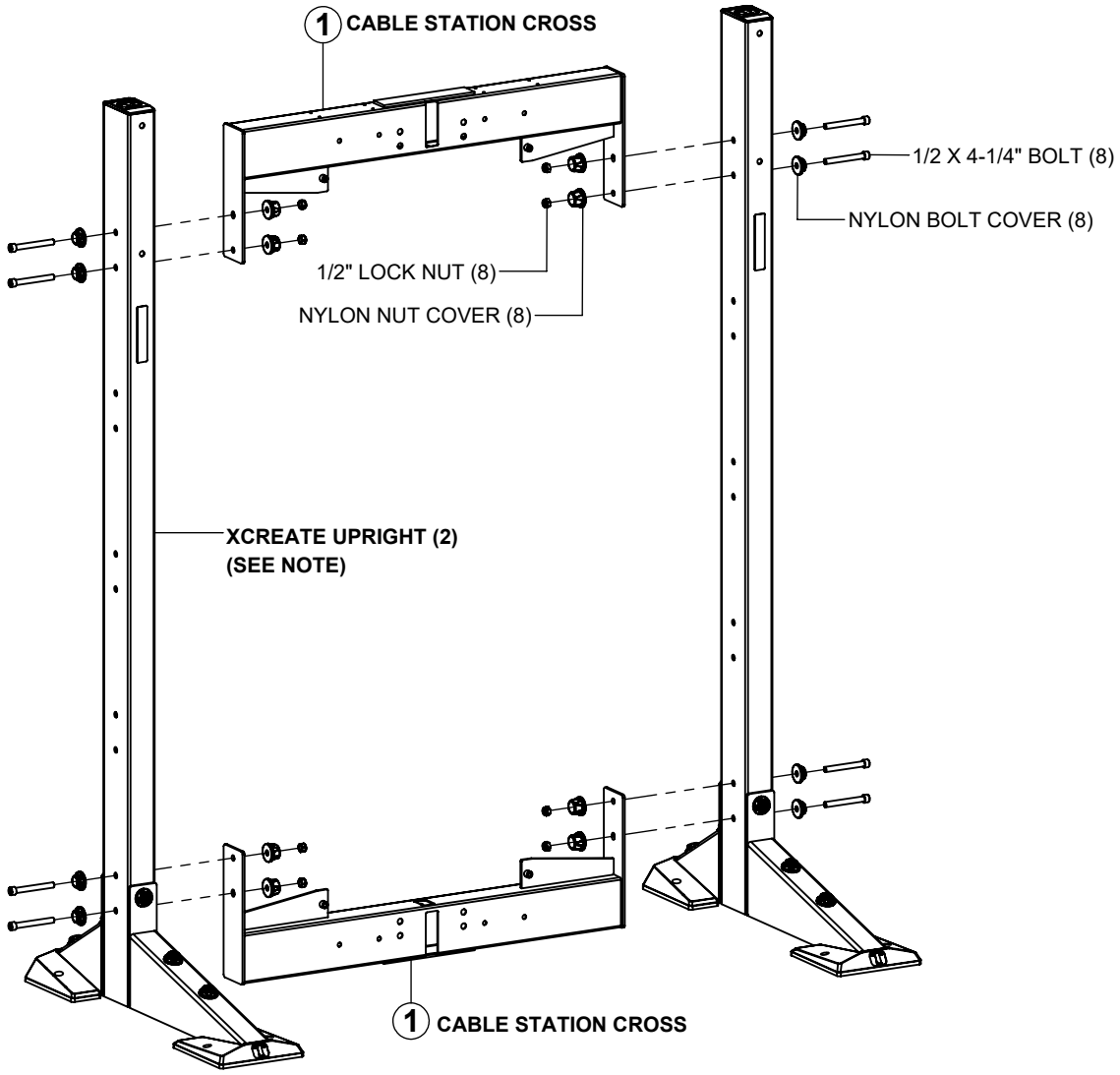
**NOTE:**

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

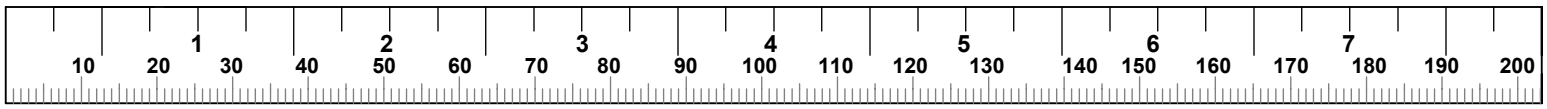




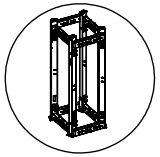

**NOTES:**

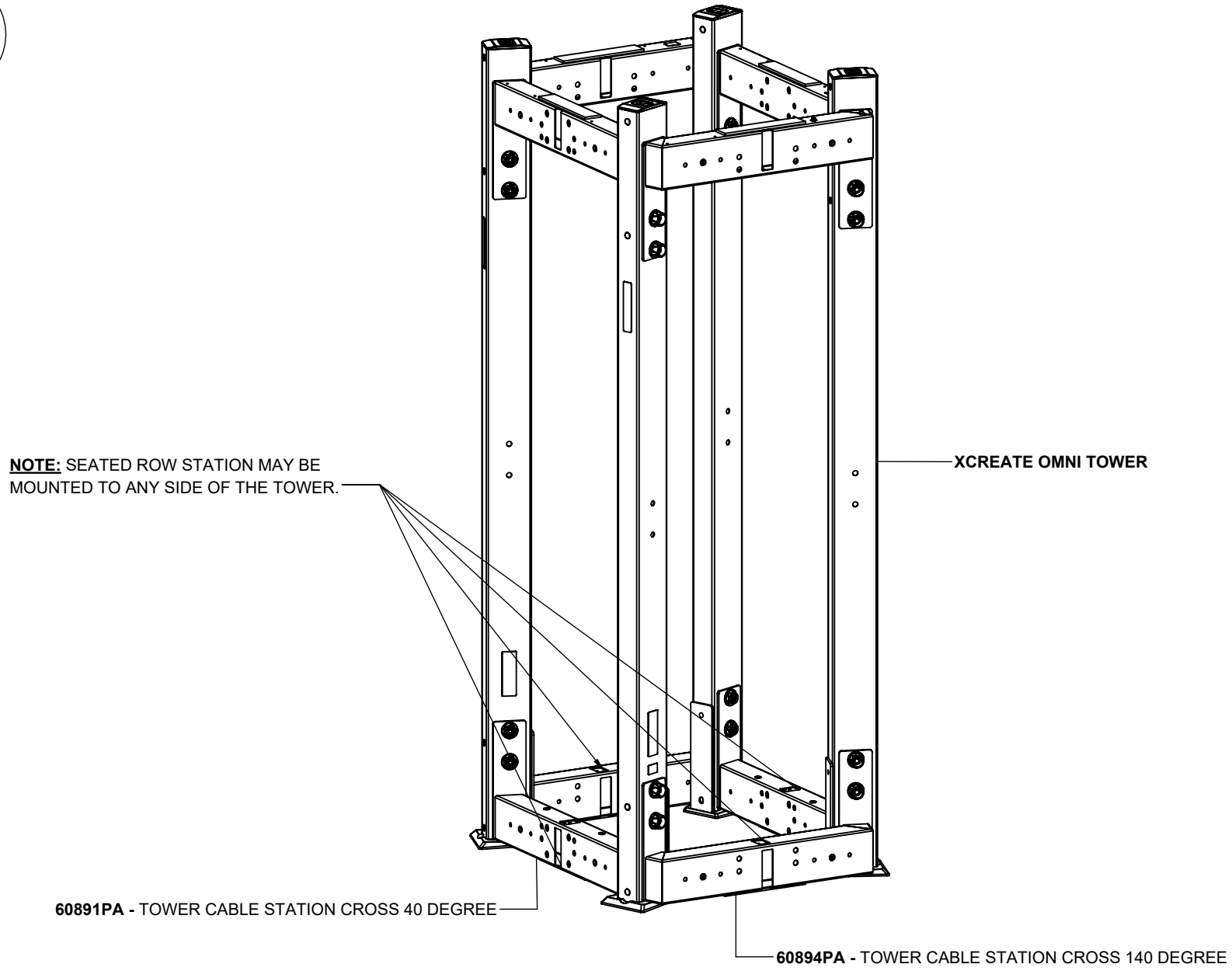
**LOOSELY** tighten bolt connections in this step.

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



## *STEP 1B*
### *OMNI STATION*

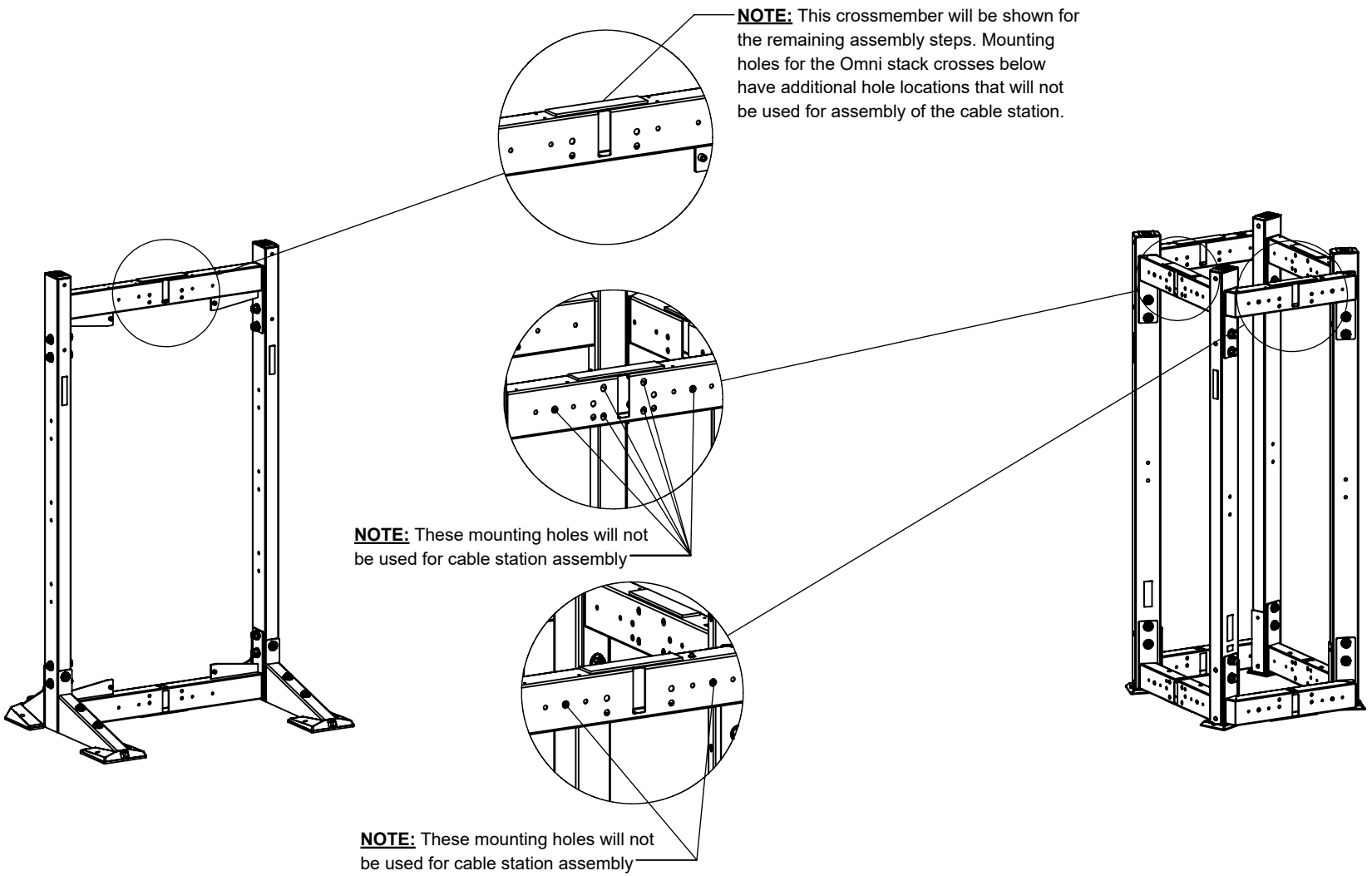





**NOTES:**

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

## 4' MODULE / OMNI STATION OVERVIEW

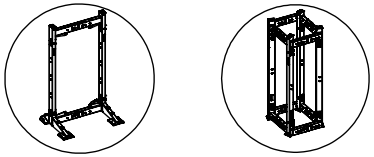



## NOTES:

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

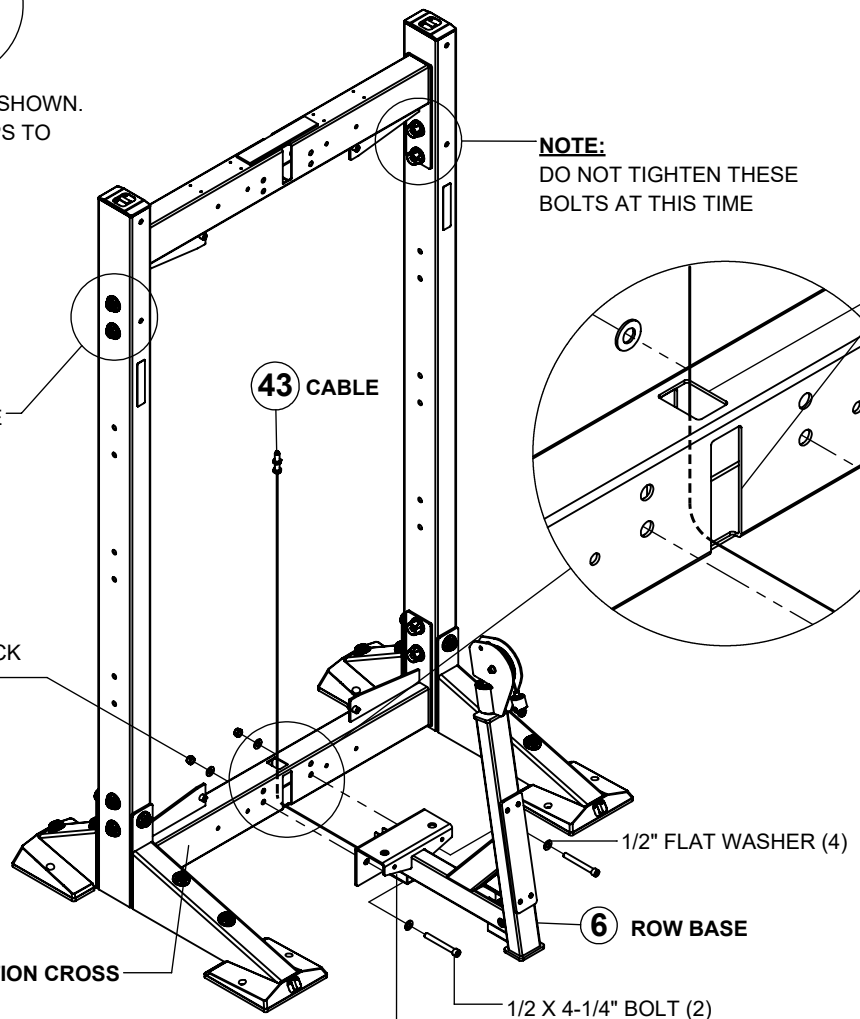
For this assembly guide the remaining steps will only show the **XCREATE-4SRM** configuration. Follow the same steps and same mounting locations for the **XCREATE-OSS-SR**.

## *STEP 2*
### *4' MODULE / OMNI STATION*



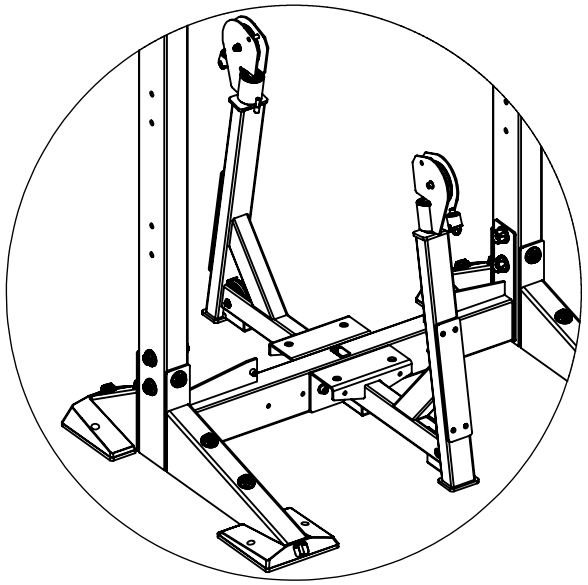


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.





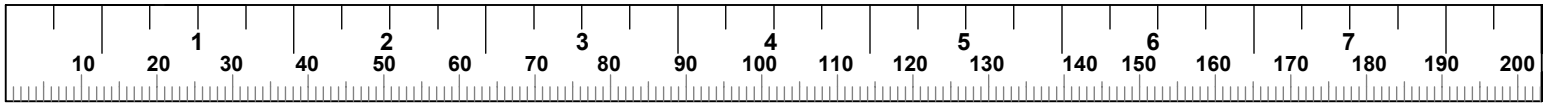

**NOTE 2:**
BEFORE ASSEMBLING ROW BASE, ROUTE THE CABLE THROUGH THE FRONT SLOT AND OUT THE TOP SLOT OF THE BASE SUPPORT AS SHOWN



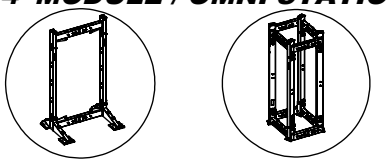
**NOTE:**
IF ASSEMBLING CABLE STATIONS BACK TO BACK, PLEASE NOTE THAT THEY SHARE THE SAME BASE SUPPORT AND HARDWARE AS SHOWN. BOTH ROW BASES NEED TO BE ASSEMBLED SIMULTANEOUSLY

## NOTES:

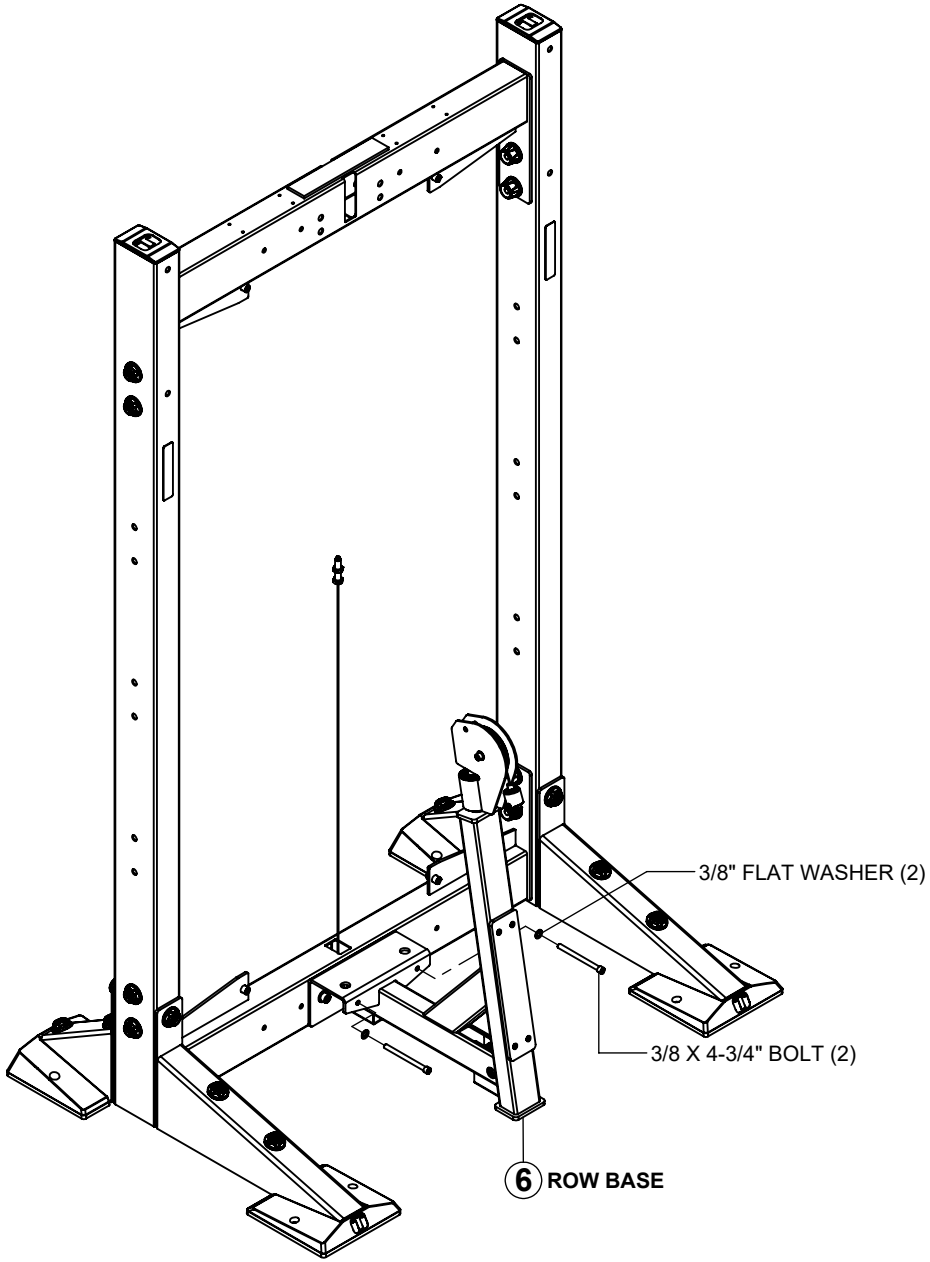
**SECURELY** tighten bolt connections in this step and previous step, except as noted.



## *STEP 3*
### *4' MODULE / OMNI STATION*

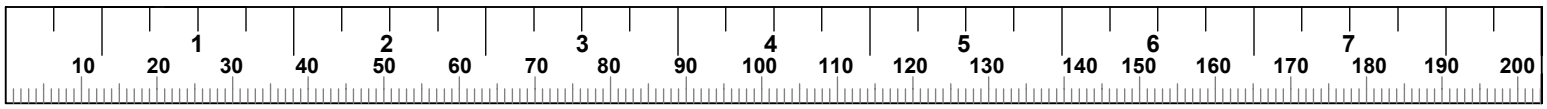


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

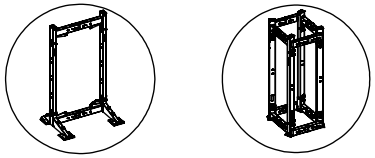



## NOTES:

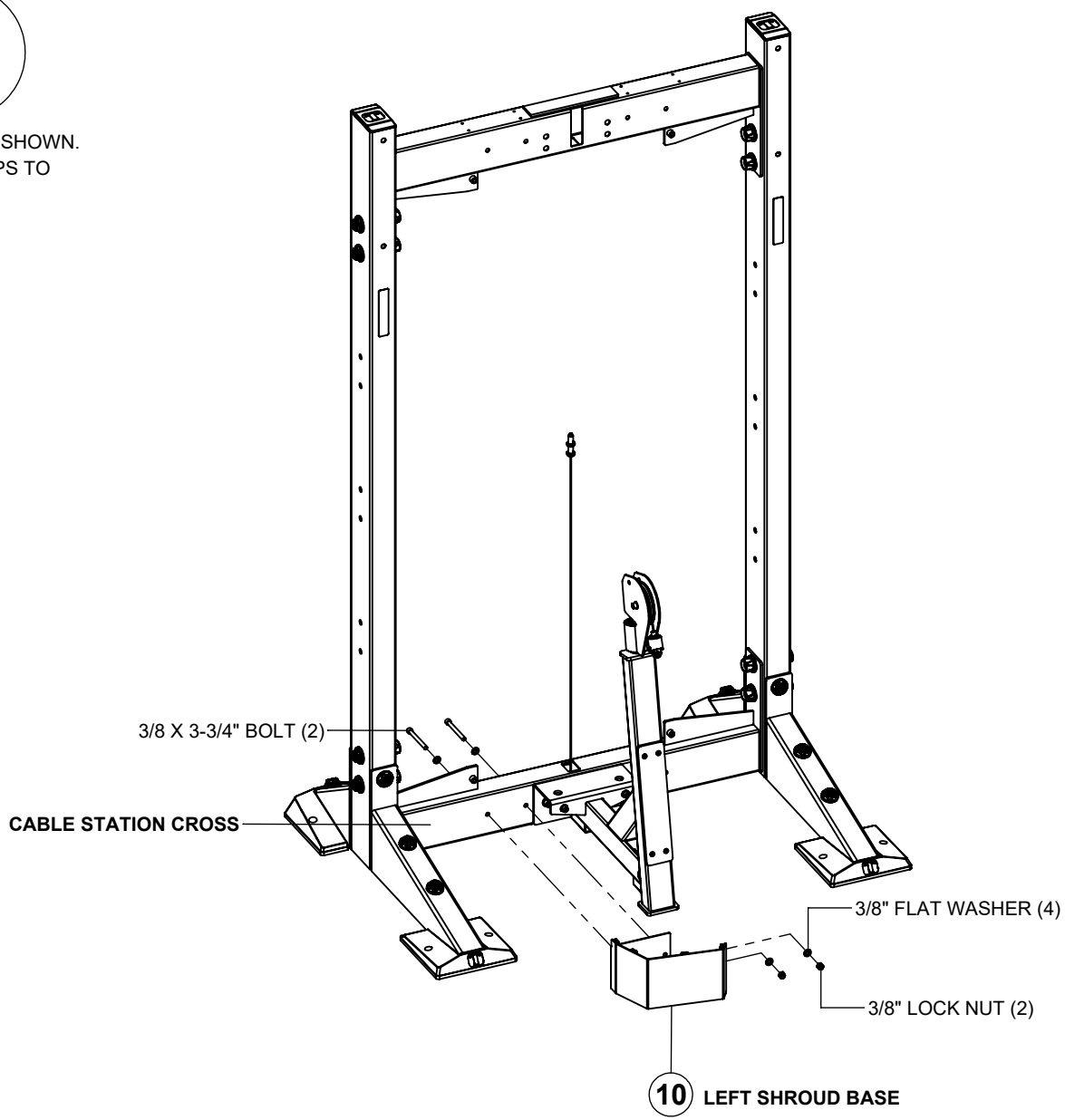
**SECURELY** tighten bolt connections in this step.



## *STEP 4*
### *4' MODULE / OMNI STATION*

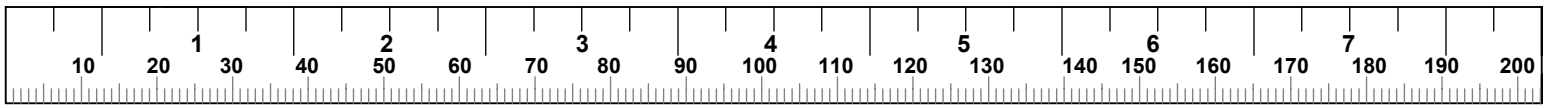


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

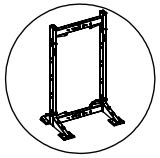


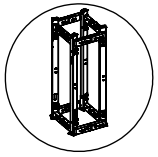

## NOTES:

**SECURELY** tighten bolt connections in this step.

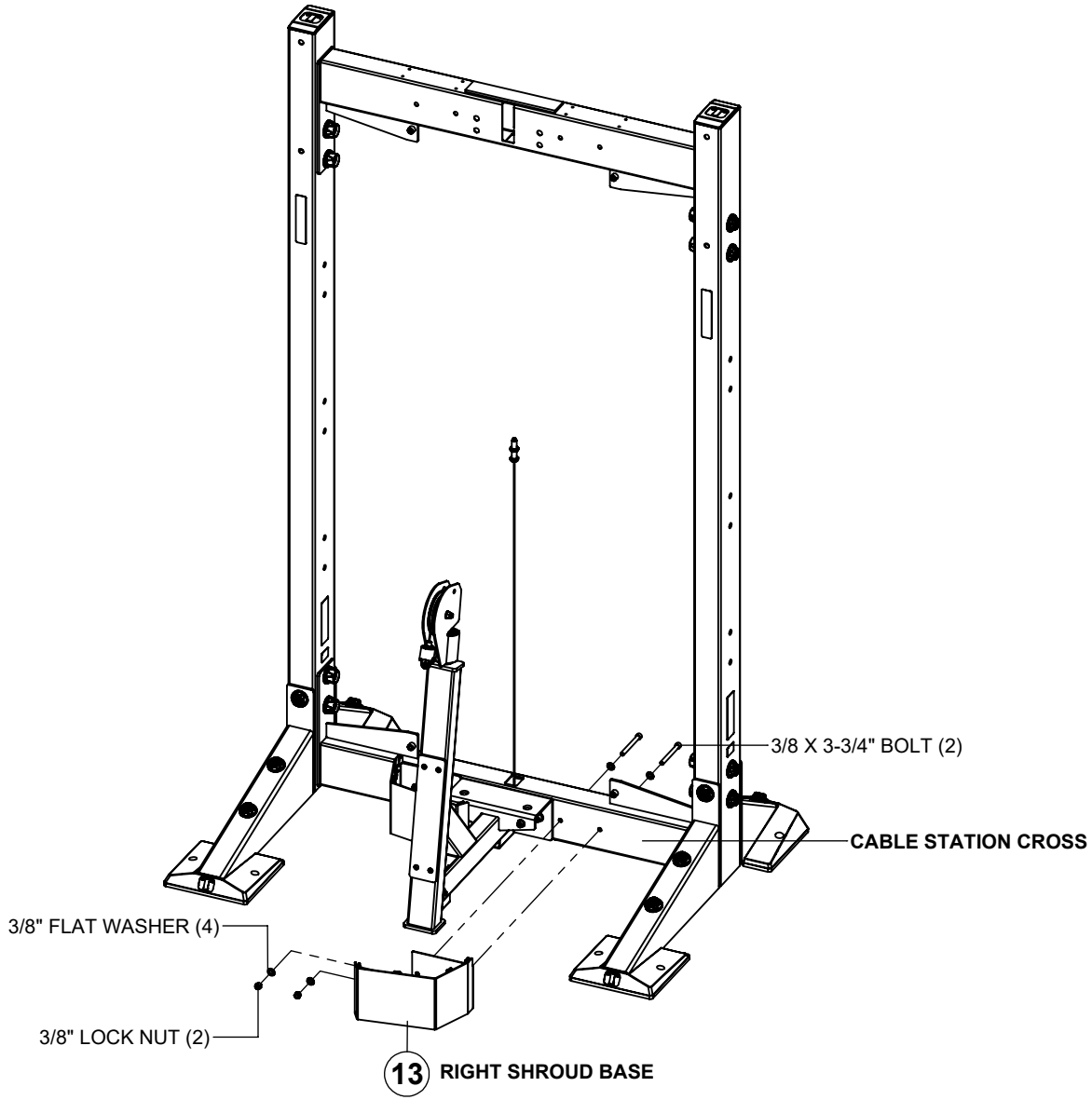


## *STEP 5*
### *4' MODULE / OMNI STATION*



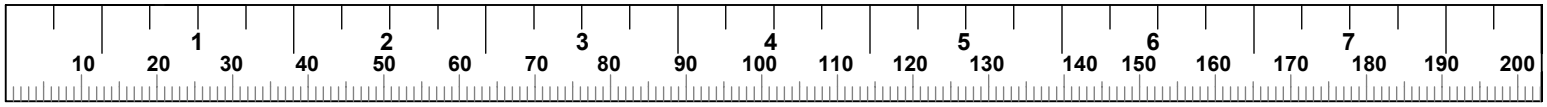


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

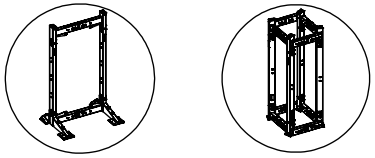



## NOTES:

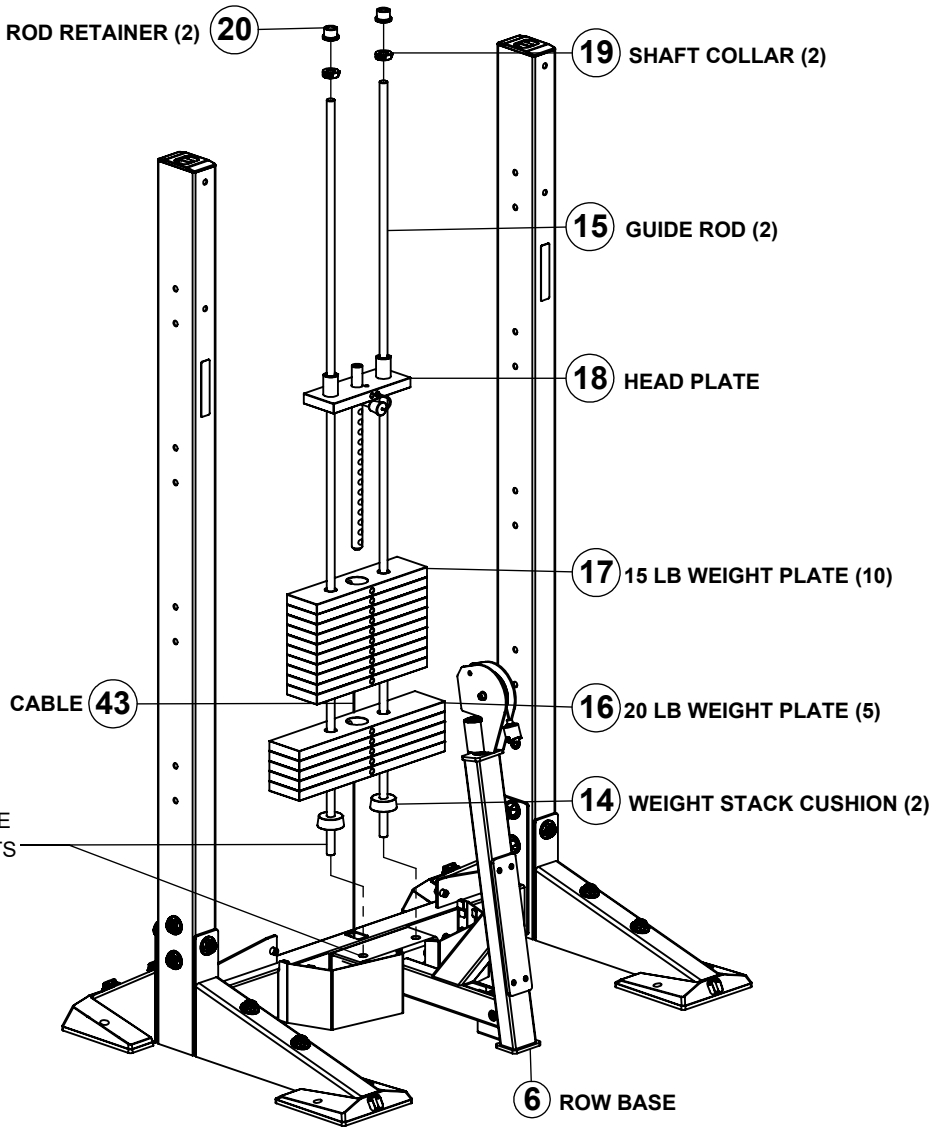
**SECURELY** tighten bolt connections in this step.



## *STEP 6*
### *4' MODULE / OMNI STATION*

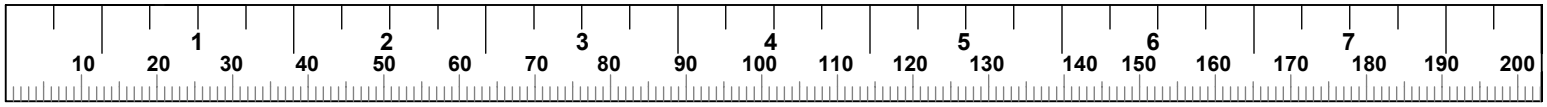


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

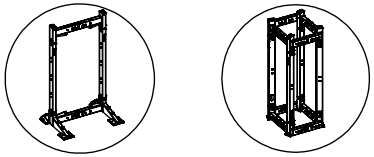



## NOTES:

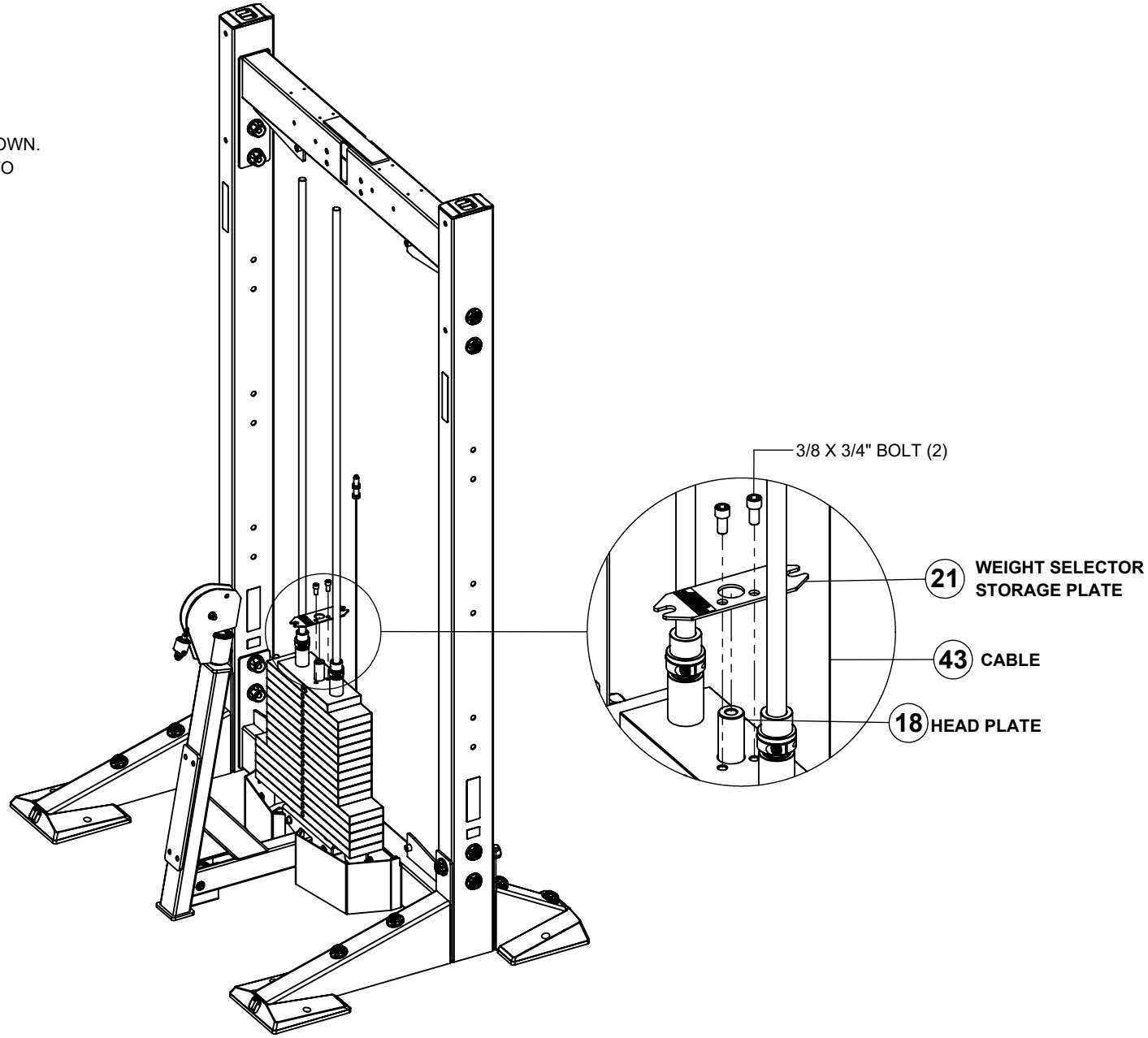
Top **CABLE STATION CROSS** has been hidden for illustration clarity.



## *STEP 7*
### *4' MODULE / OMNI STATION*

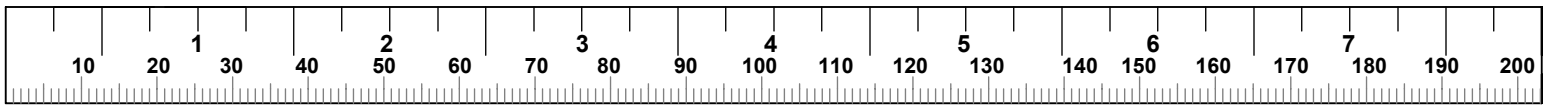


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

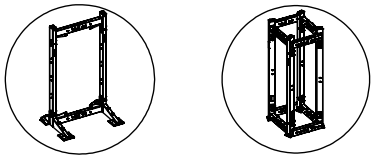



## NOTES:

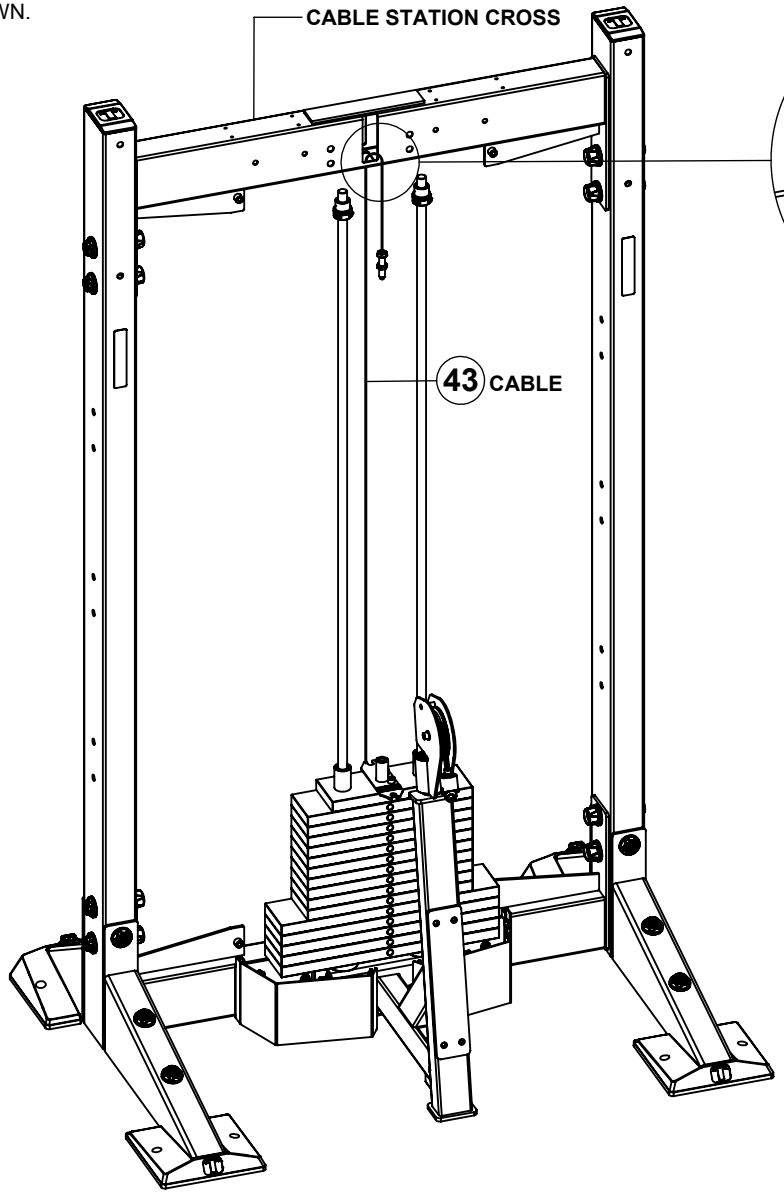
**SECURELY** tighten bolt connections in this step.

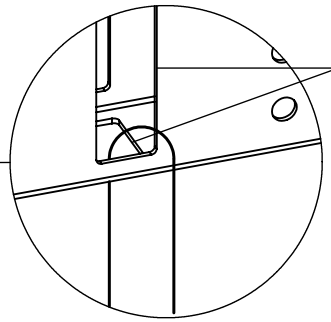


## *STEP 8*
### *4' MODULE / OMNI STATION*



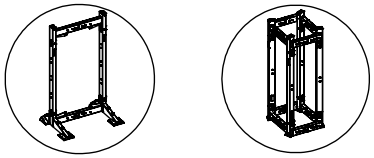
**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



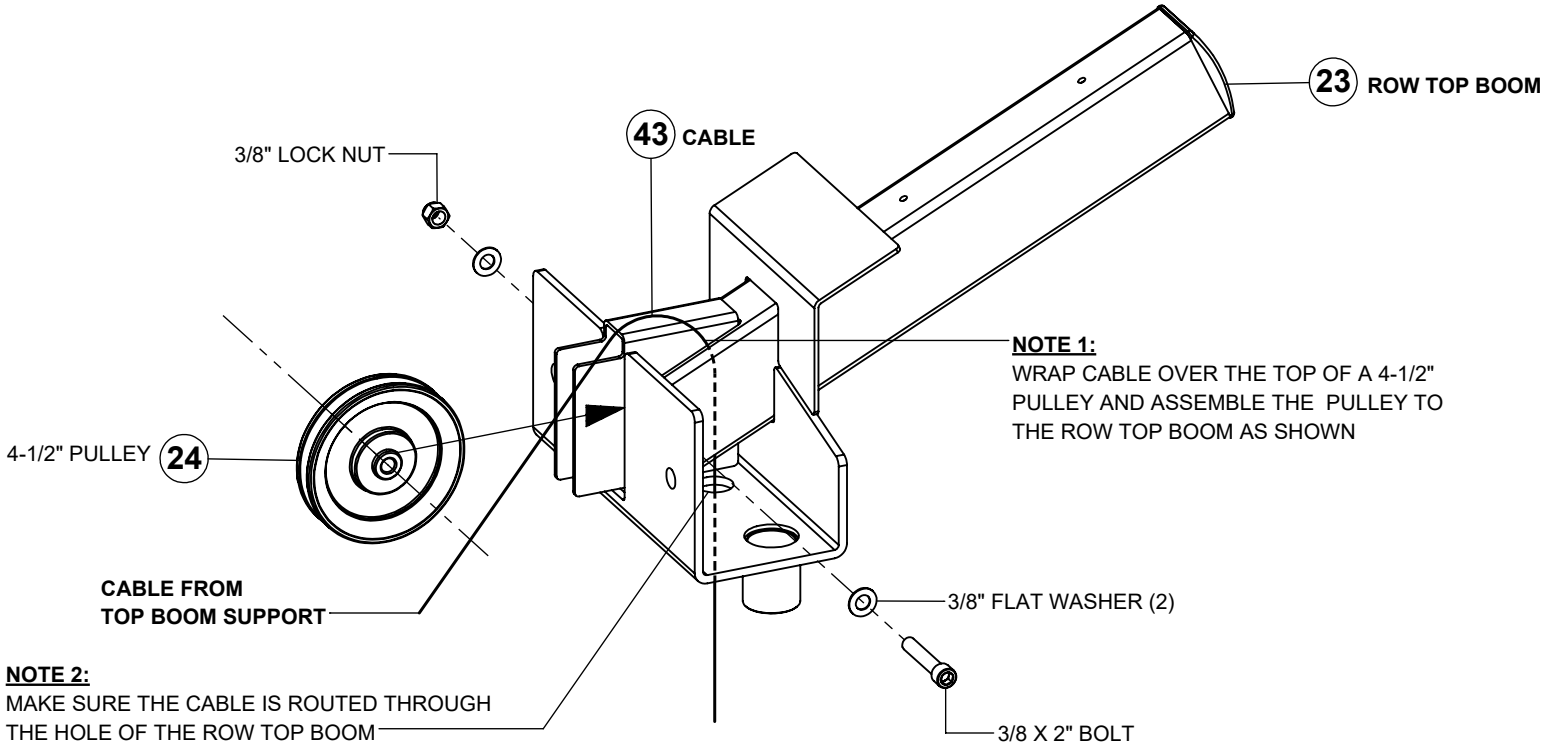



**NOTE:**
BEFORE ASSEMBLING THE TOP BOOM, ROUTE THE CABLE UP THROUGH THE BOTTOM SLOT AND OUT THE FRONT SLOT OF THE TOP BOOM SUPPORT AS SHOWN

## *STEP 9*
### *4' MODULE / OMNI STATION*

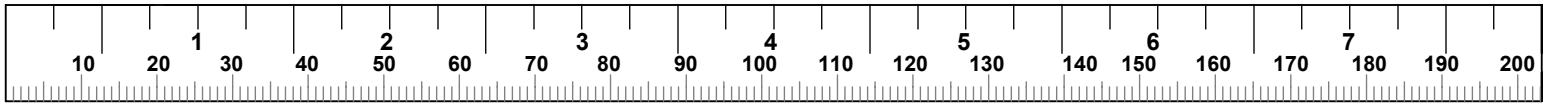


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

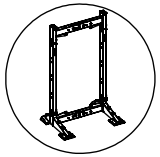


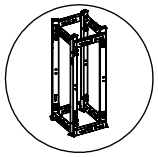

## NOTES:

**SECURELY** tighten bolt connections in this step.

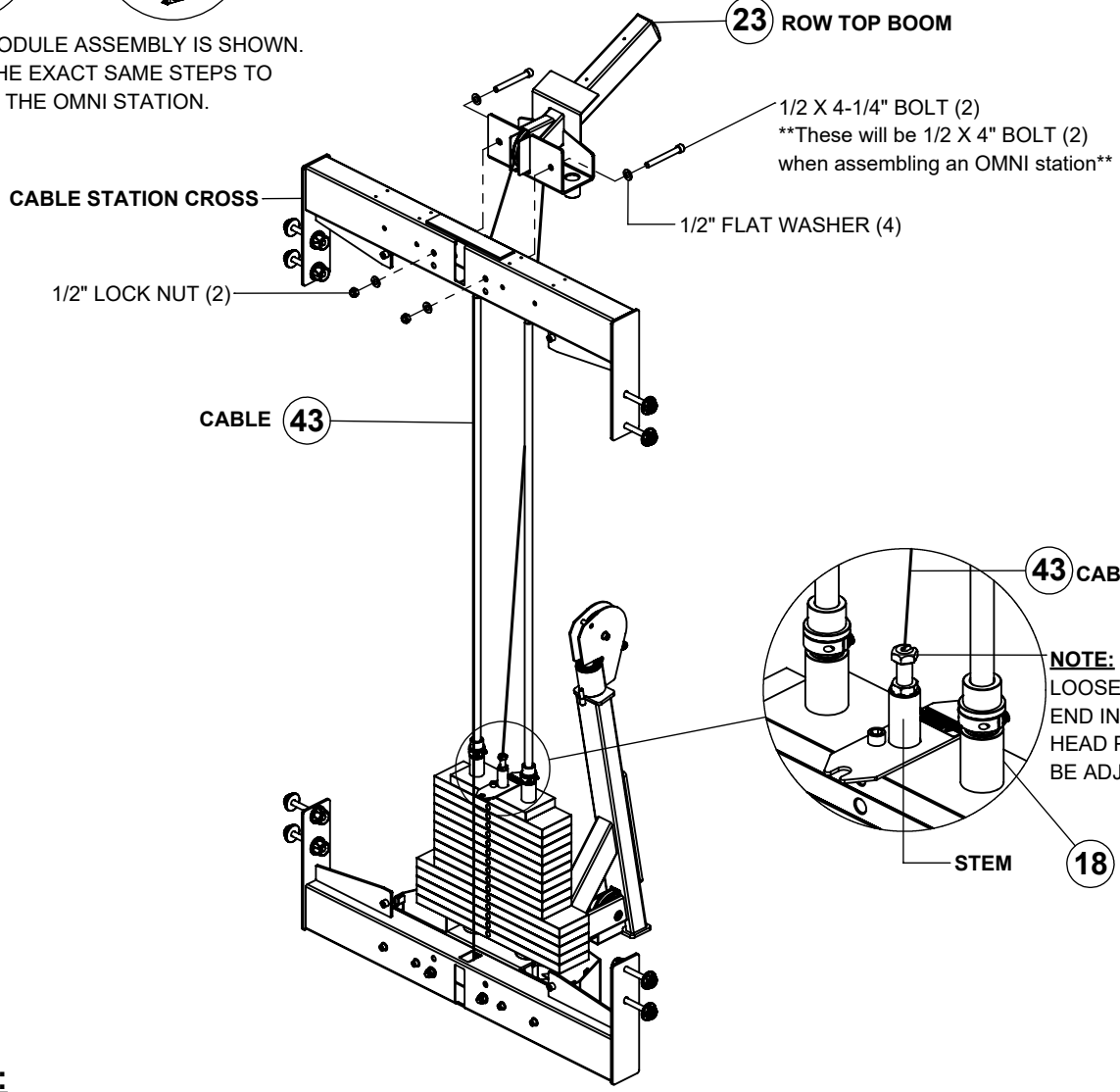


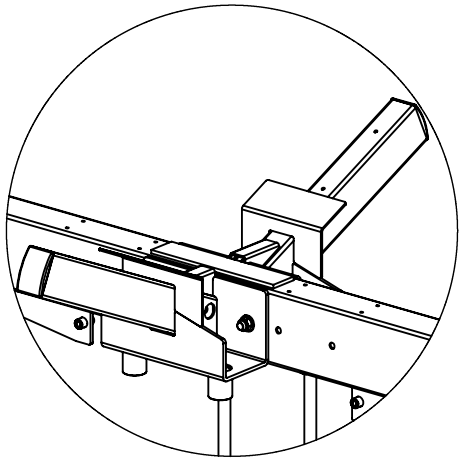
## *STEP 10*
### *4' MODULE / OMNI STATION*





**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 ROW TOP BOOMS NEED TO BE ASSEMBLED SIMULTANEOUSLY

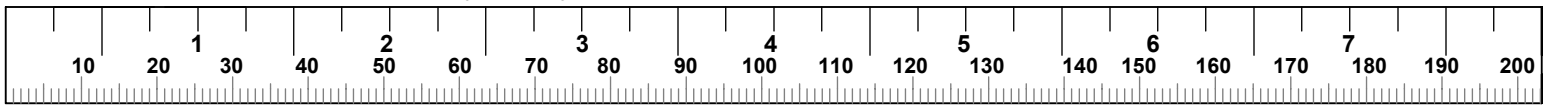



**NOTE:**
LOOSELY THREAD THE CABLE END INTO THE STEM OF THE HEAD PLATE. THE CABLE WILL BE ADJUSTED IN A LATER STEP

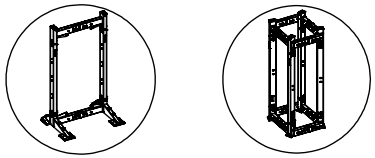
## NOTES:

**SECURELY** tighten bolt connections in this step.

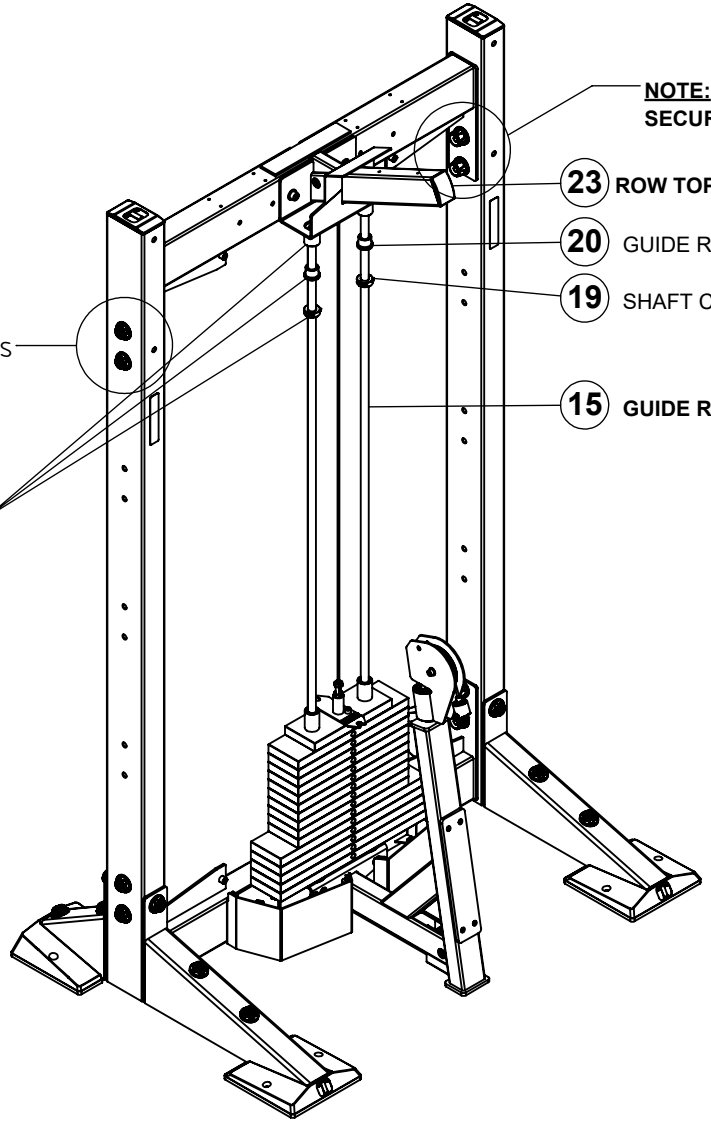
**UPRIGHTS** hidden for assembly clarity.



## *STEP 11*
### *4' MODULE / OMNI STATION*

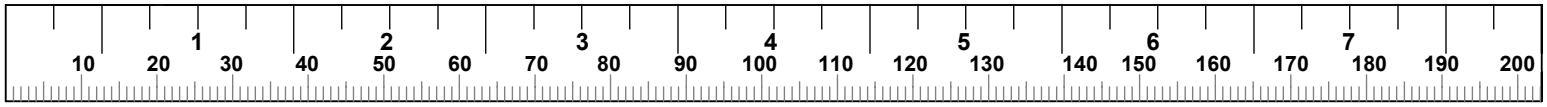


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

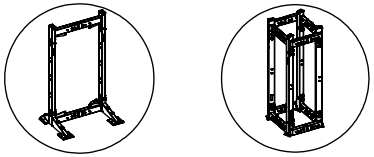



## NOTES:

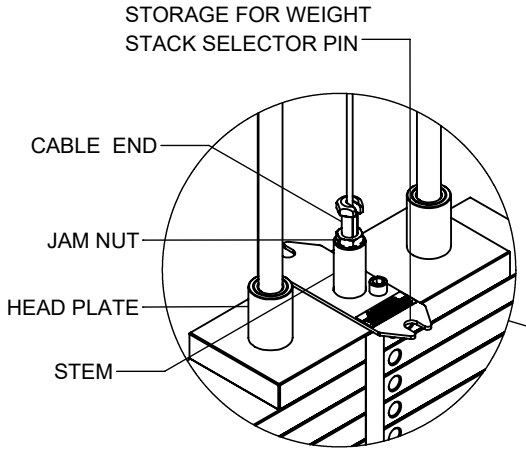
**SECURELY** tighten bolt connections in this step, and previous steps.



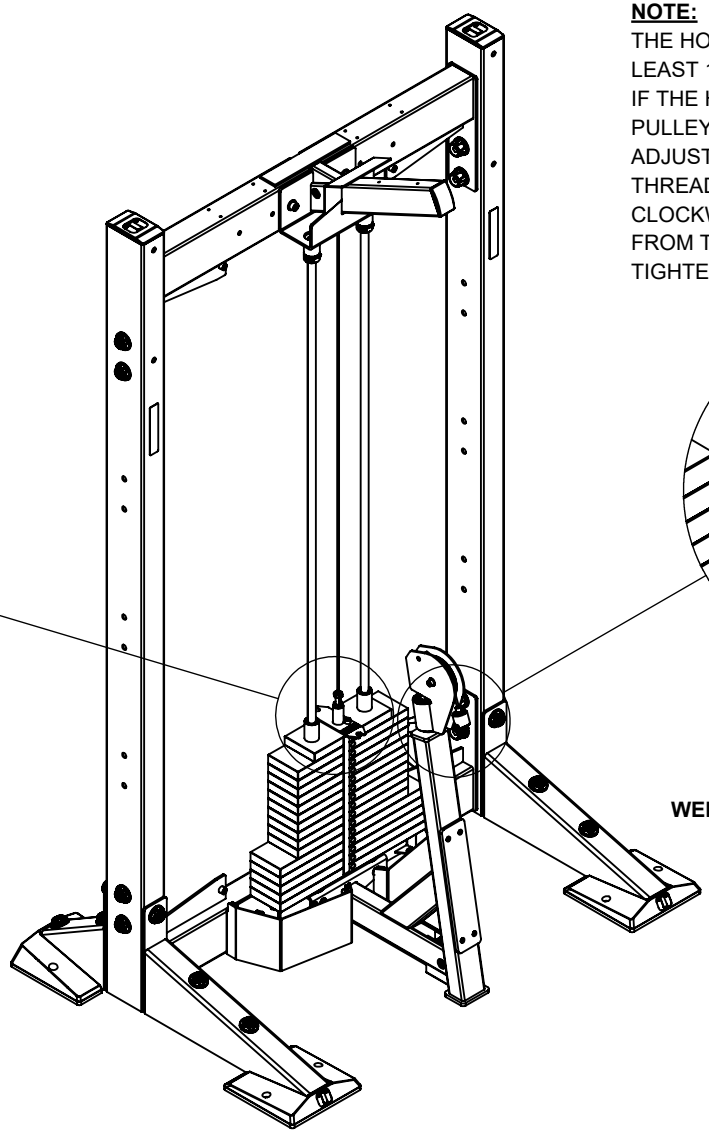
## *STEP 12*
### *4' MODULE / OMNI STATION*



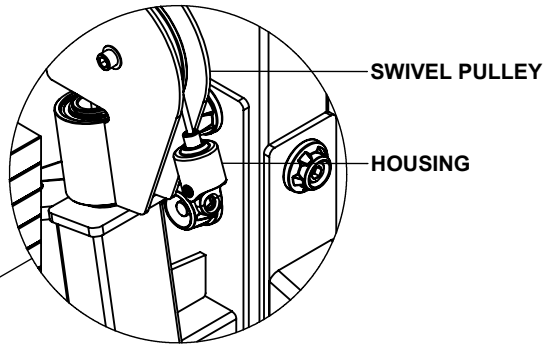
**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

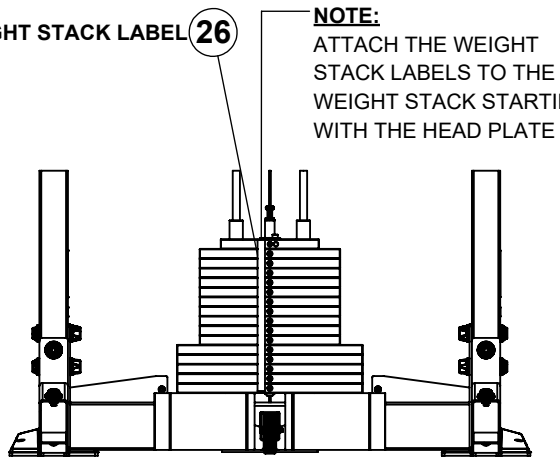



**NOTE:**
THREAD THE CABLE END INTO THE STEM OF THE HEAD PLATE UNTIL THE HOUSING IS APPROXIMATELY 1/2" AWAY FROM THE SWIVEL PULLEY, THEN **SECURELY** TIGHTEN THE JAM NUT. **SEE NOTE ABOVE**



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

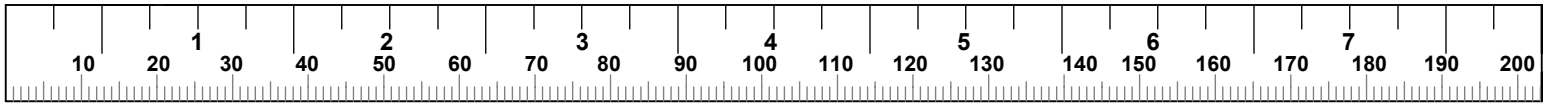


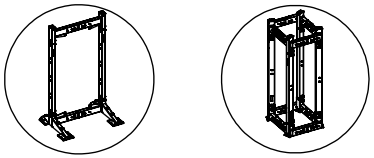

**NOTE:**
ATTACH THE WEIGHT STACK LABELS TO THE WEIGHT STACK STARTING WITH THE HEAD PLATE

## NOTES:

**SECURELY** tighten connections in this step.

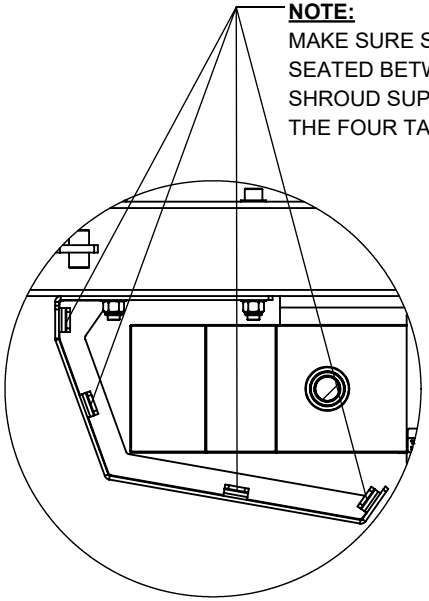


## *STEP 13*
### *4' MODULE / OMNI STATION*

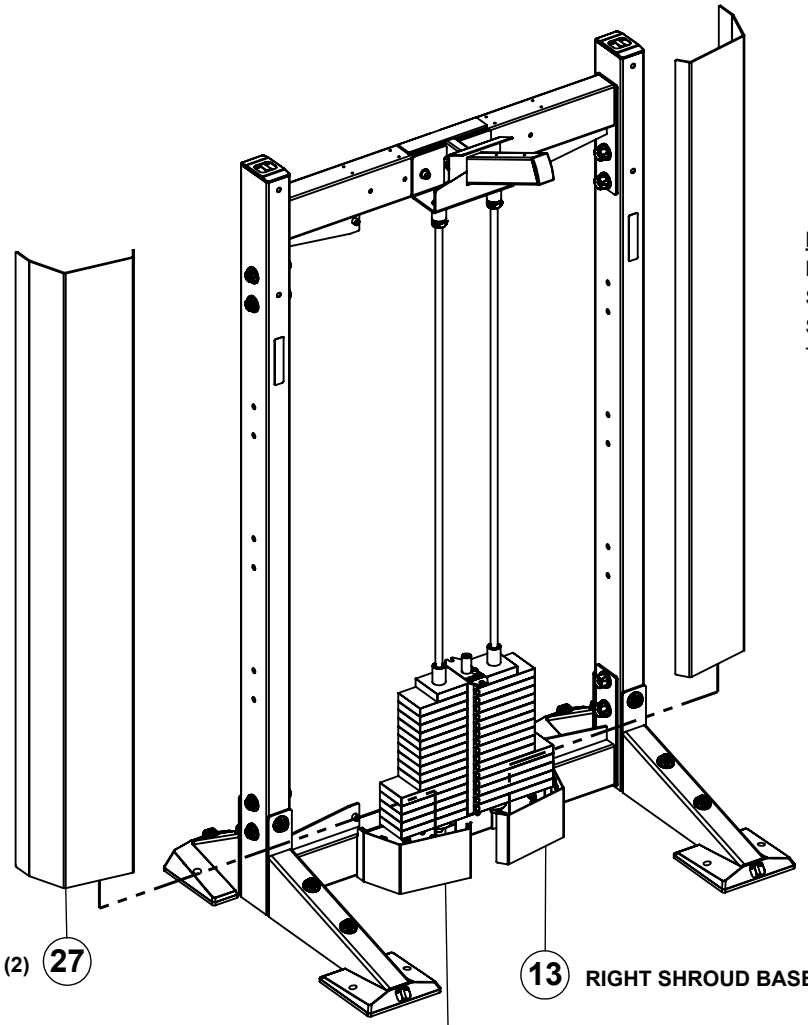


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN.
FOLLOW THE EXACT SAME STEPS TO
ASSEMBLE THE OMNI STATION.

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



**TOP VIEW LEFT**

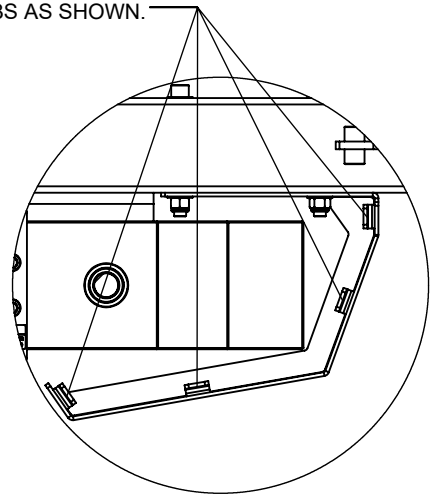


**FRONT SHROUD (2)** 27

**LEFT SHROUD BASE** 10

13 **RIGHT SHROUD BASE**

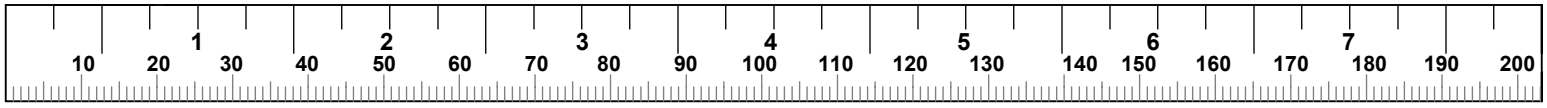
**NOTE:**
MAKE SURE SHROUD IS
SEATED BETWEEN THE
SHROUD SUPPORT AND
THE FOUR TABS AS SHOWN.



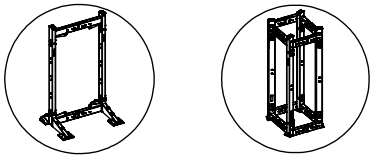
**TOP VIEW RIGHT**

## NOTES:

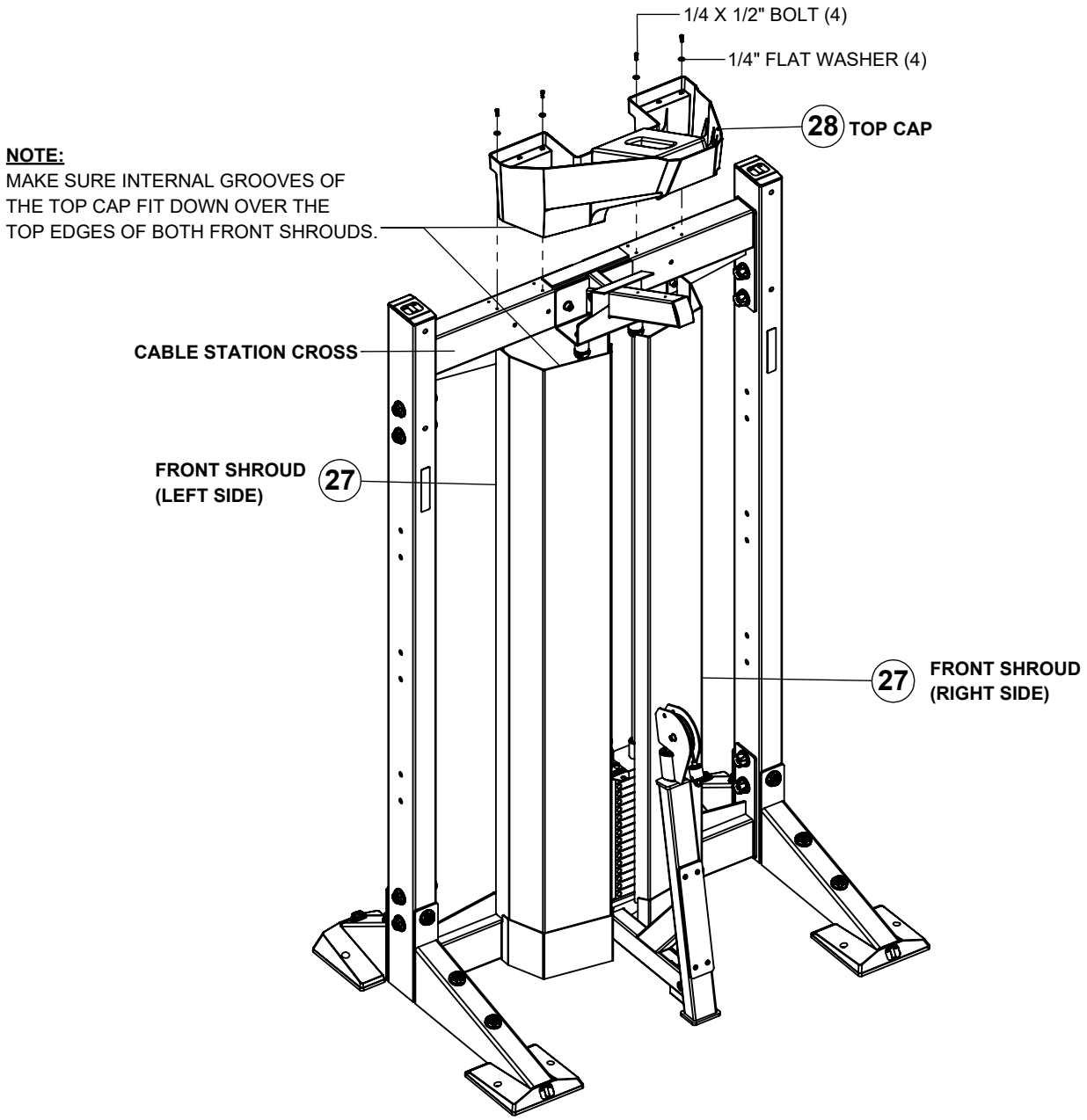
ROW BASE and CABLE have been hidden for illustration clarity.



## *STEP 14a*
### *4' MODULE / OMNI STATION*

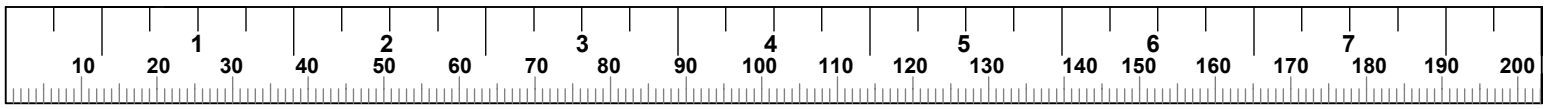


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

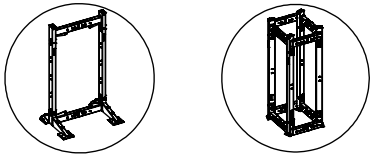



## NOTES:

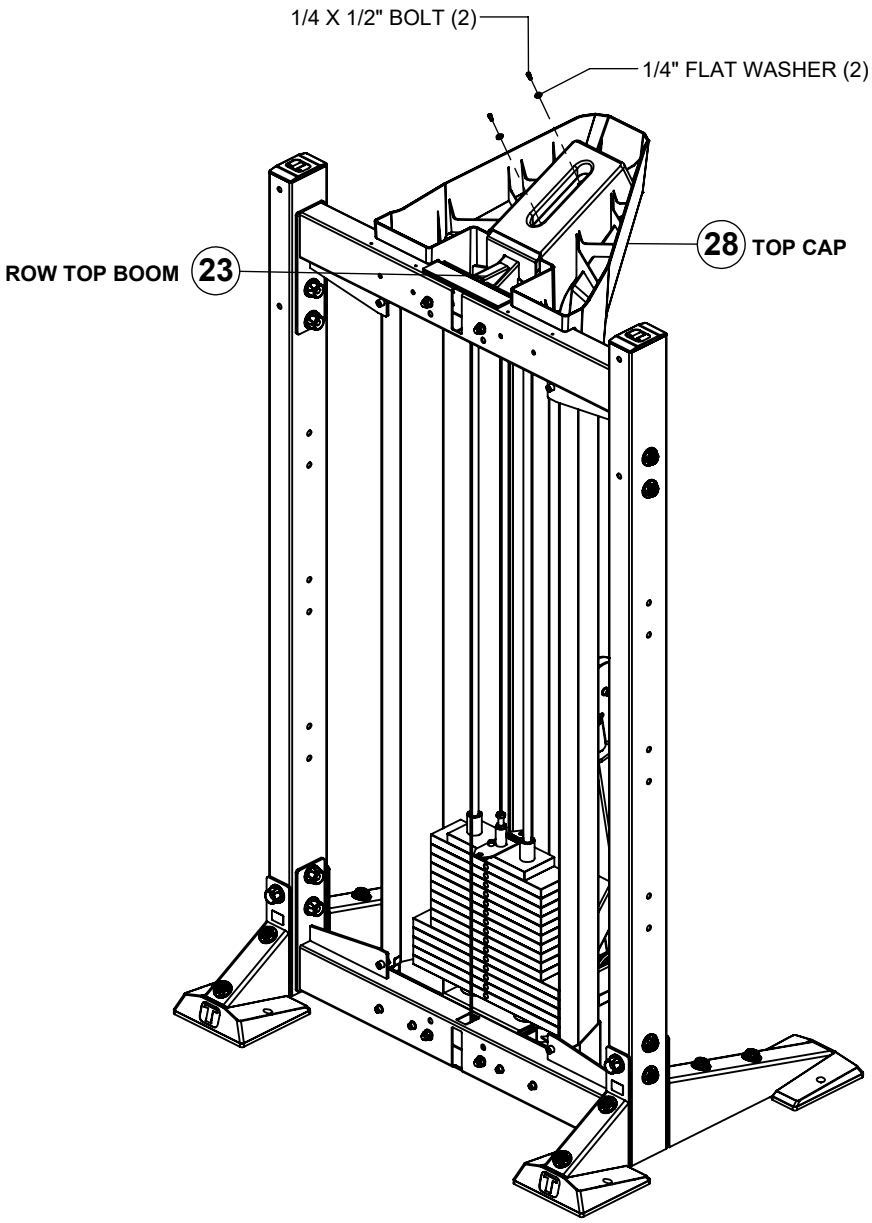
**LOOSELY** tighten bolt connections in this step.



## *STEP 14b*
### *4' MODULE / OMNI STATION*



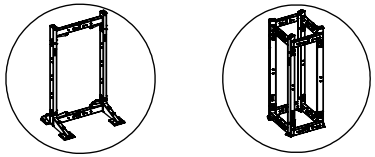
**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



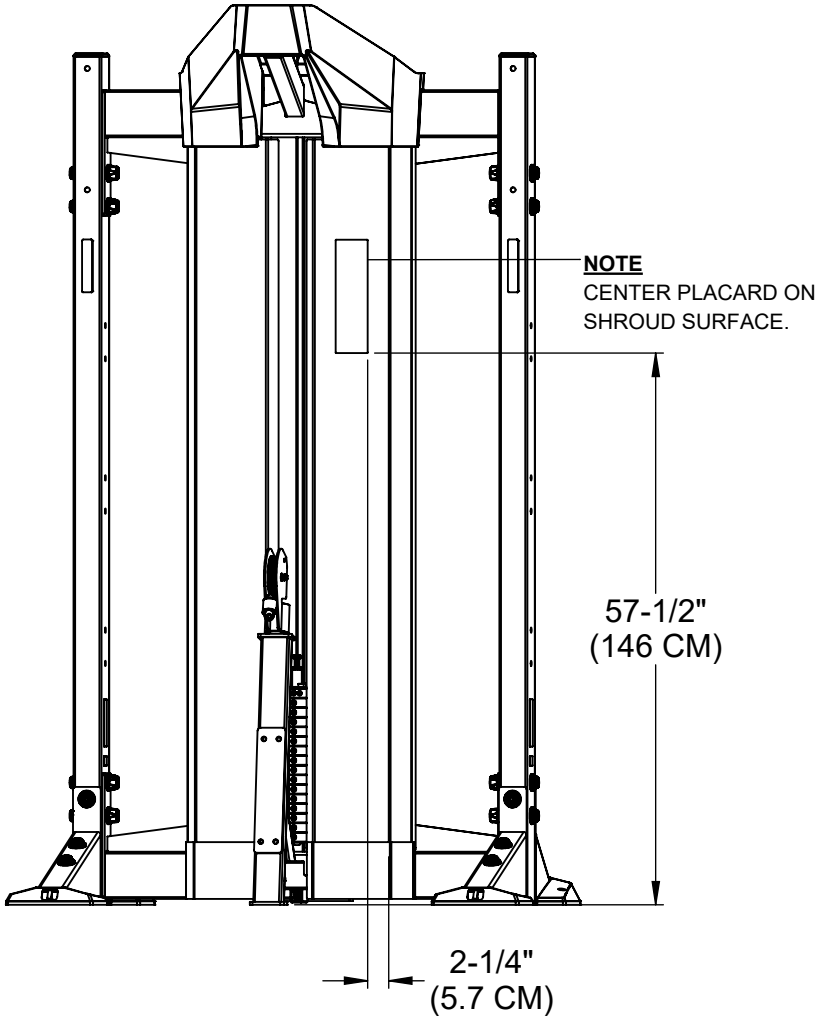

**NOTES:**

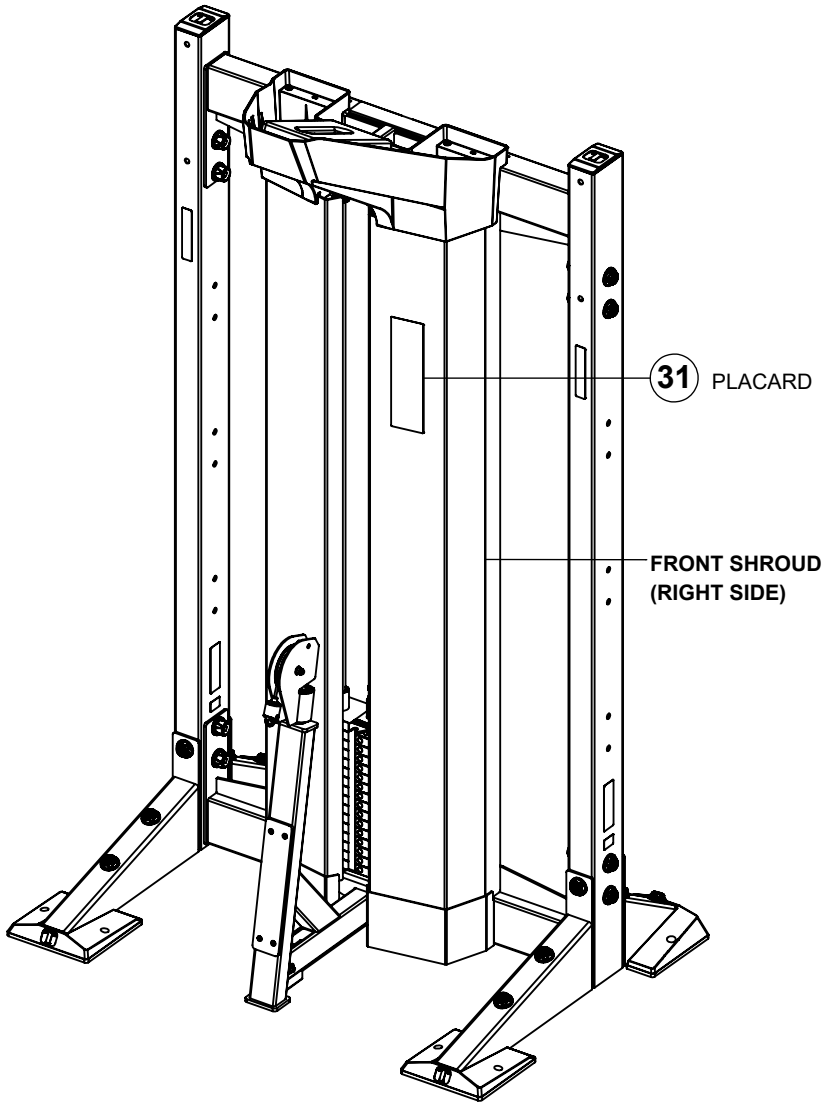
**SECURELY** tighten bolt connections in this step, and previous step.

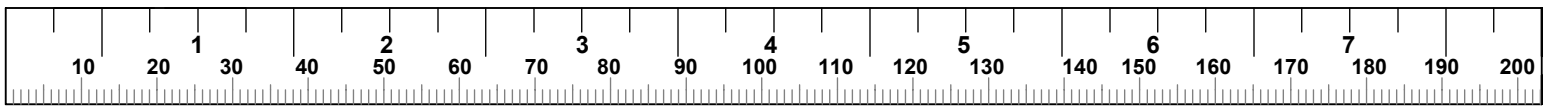
## *STEP 15*
### *4' MODULE / OMNI STATION*



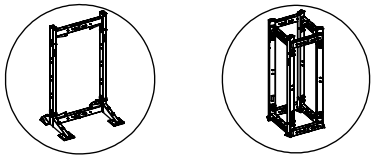
**NOTE:** 4' MODULE ASSEMBLY IS SHOWN.
FOLLOW THE EXACT SAME STEPS TO
ASSEMBLE THE OMNI STATION.



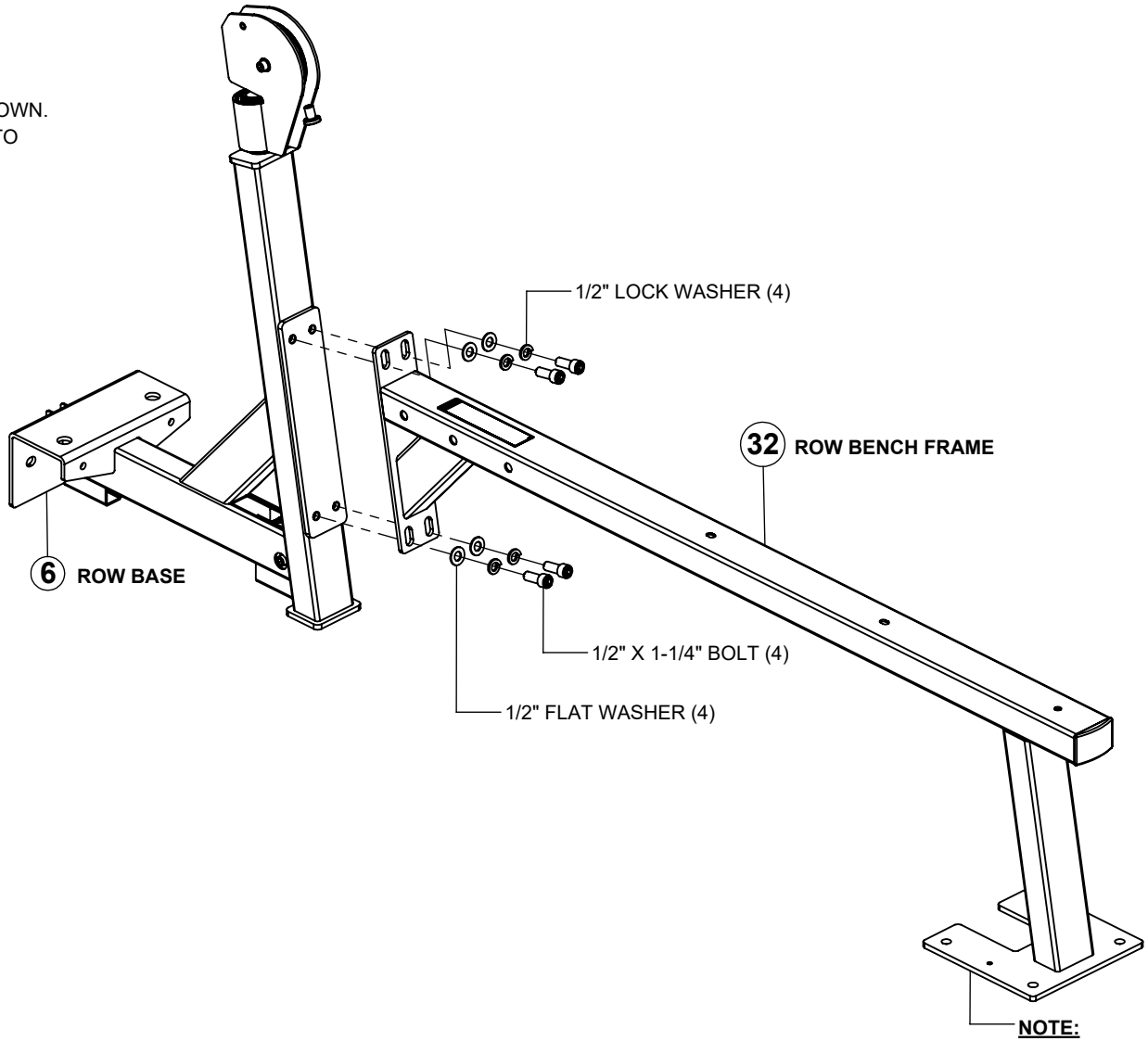



## *STEP 16*
### *4' MODULE / OMNI STATION*





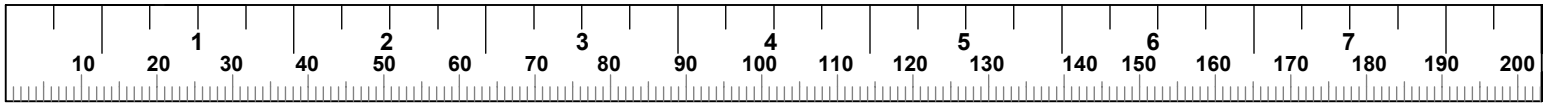
**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.



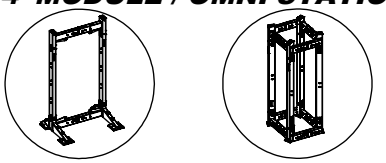

**NOTES:**

**SECURELY** tighten bolt connections in this step.

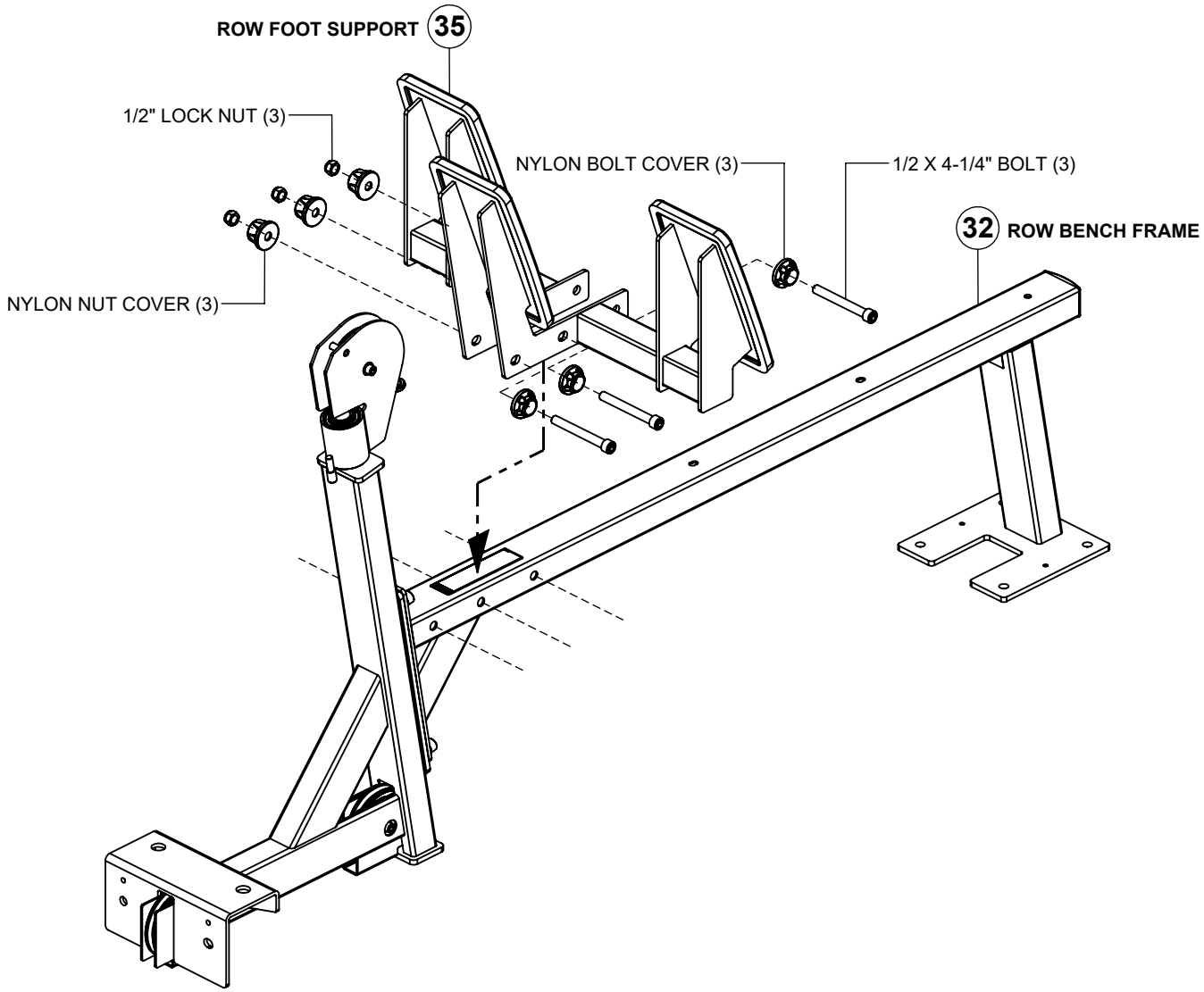
Some parts have been hidden for illustration clarity.



## *STEP 17*
### *4' MODULE / OMNI STATION*



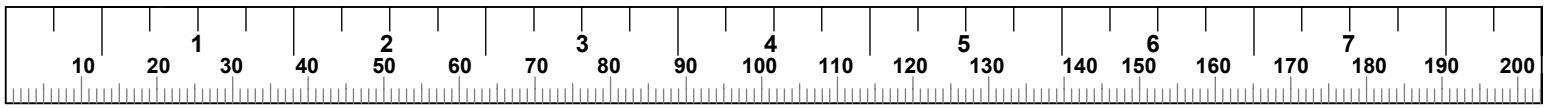




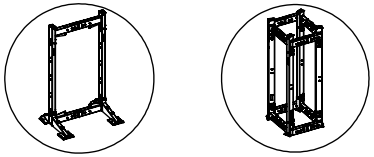

**NOTES:**

**SECURELY** tighten bolt connections in this step.

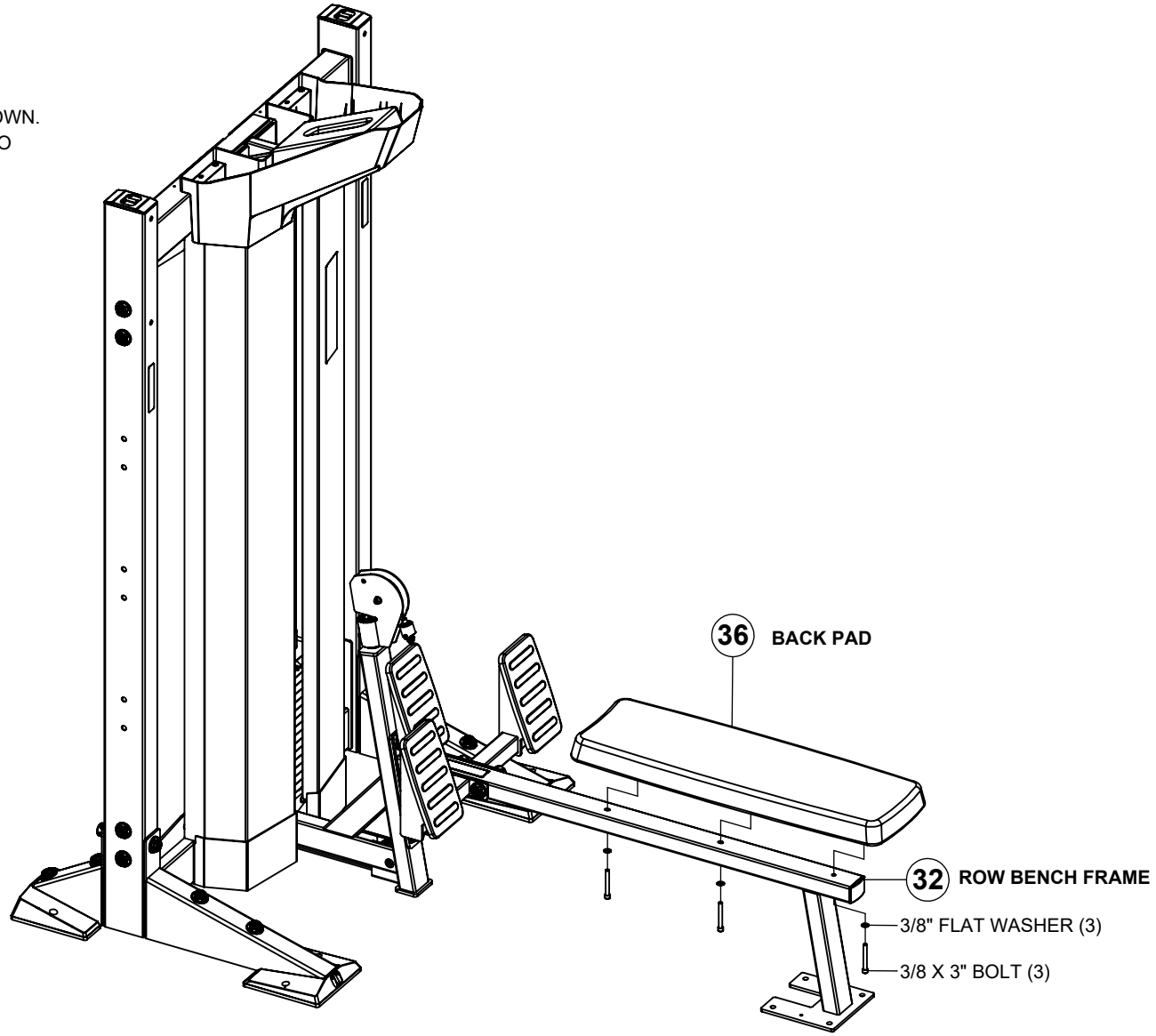
Some parts have been hidden for illustration clarity.



## *STEP 18*
### *4' MODULE / OMNI STATION*

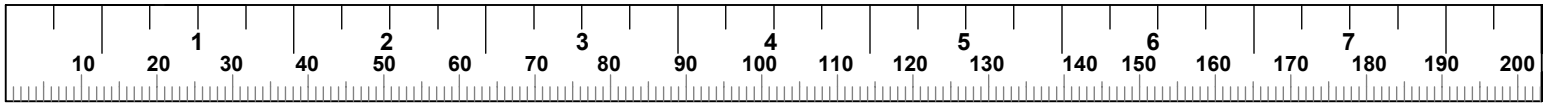


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

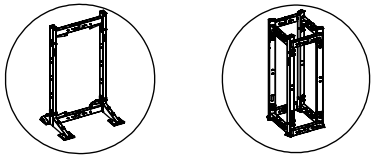



**NOTES:**

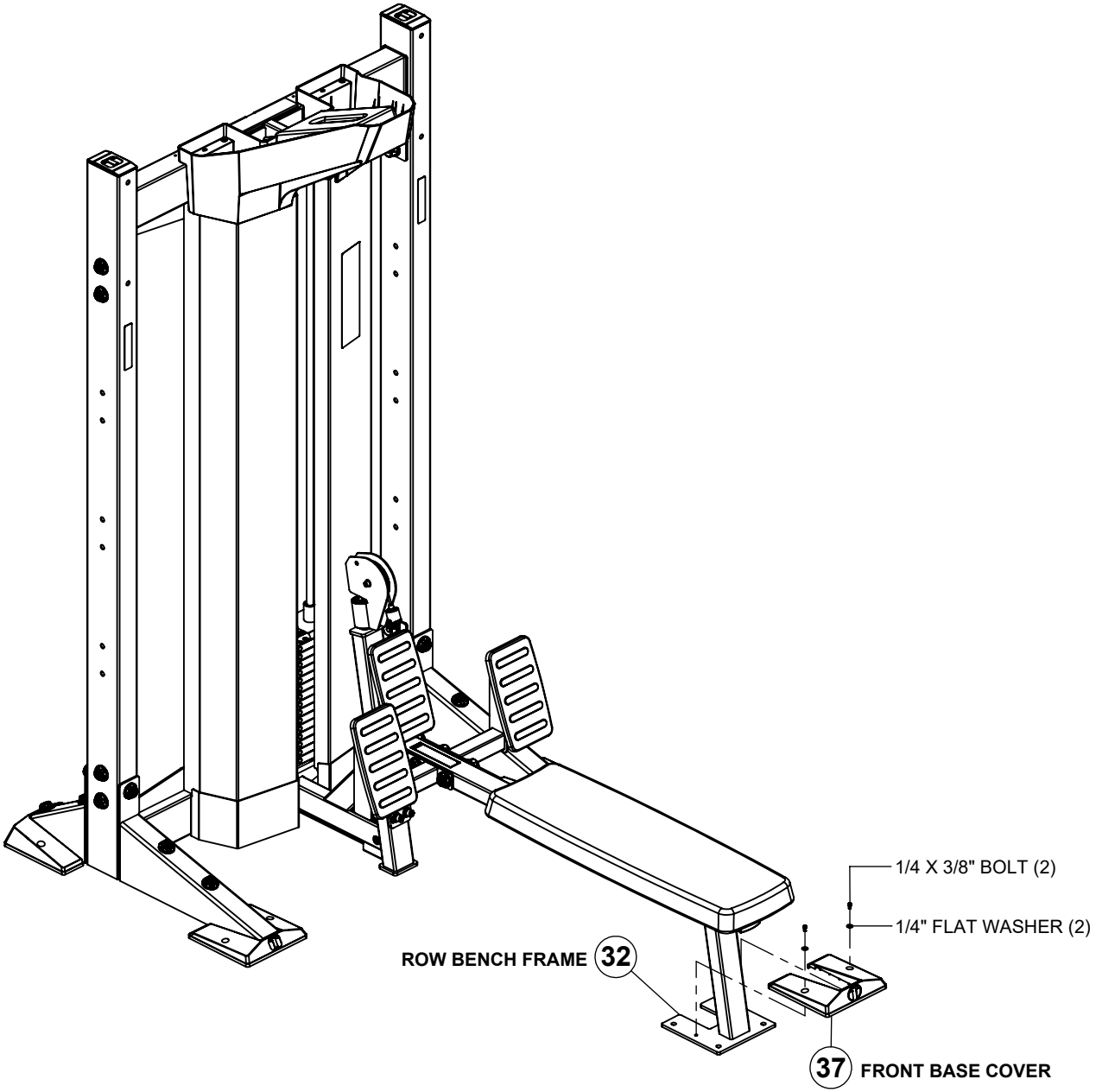
**SECURELY** tighten bolt connections in this step.



## *STEP 19*
### *4' MODULE / OMNI STATION*

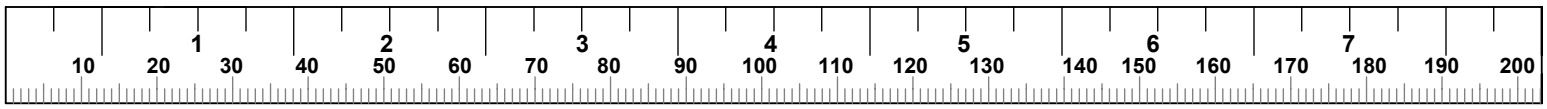


**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

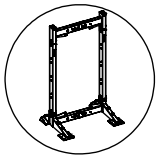


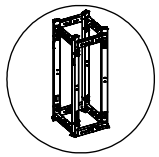

## NOTES:

**SECURELY** tighten bolt connections in this step.

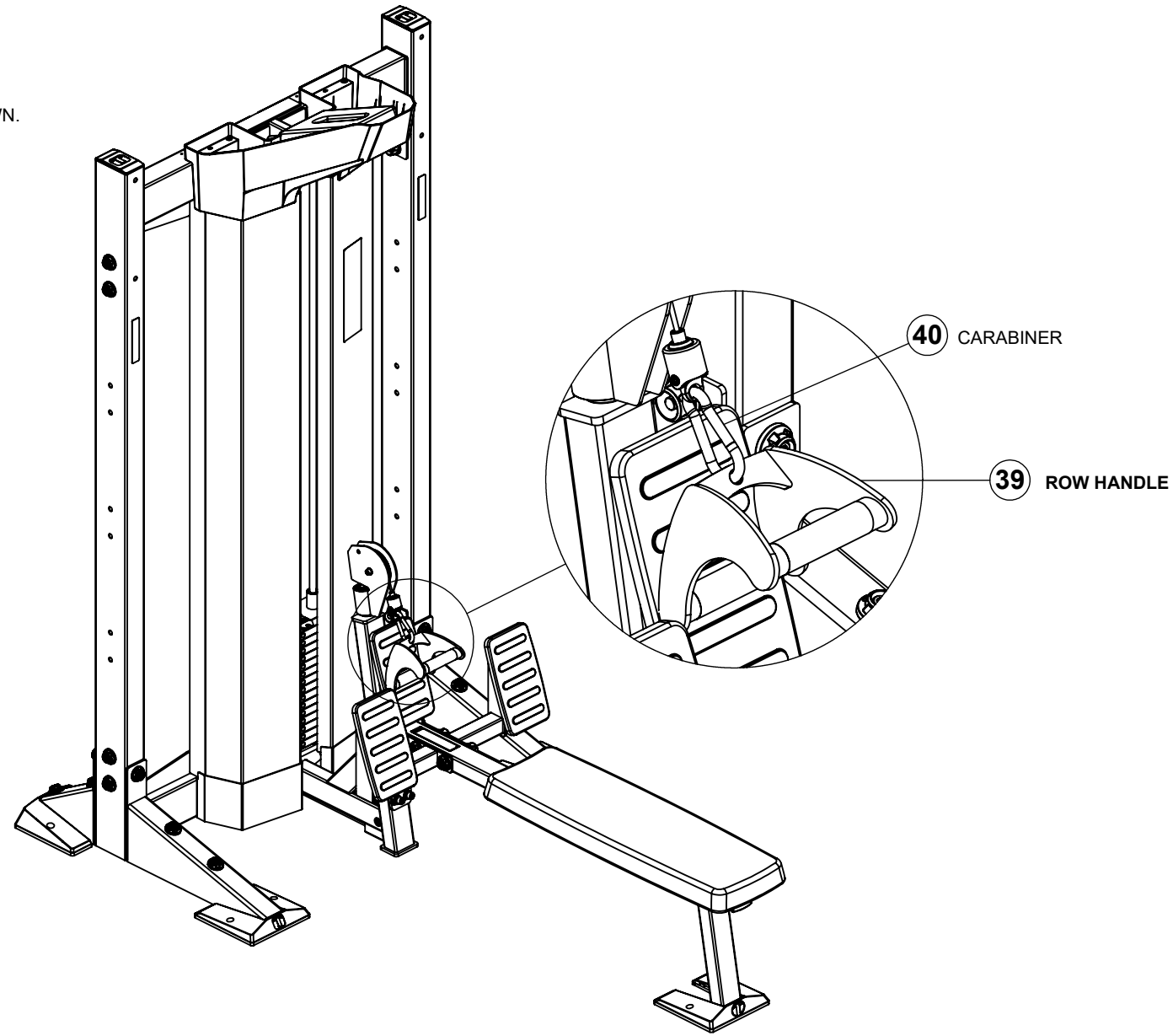


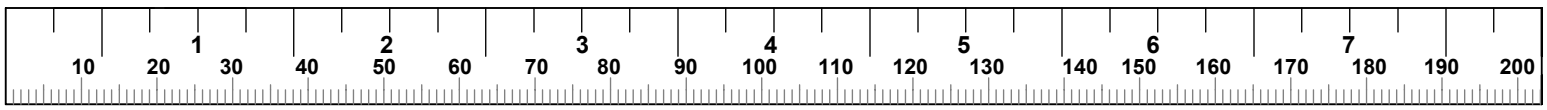
## *STEP 20*
### *4' MODULE / OMNI STATION*



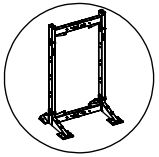


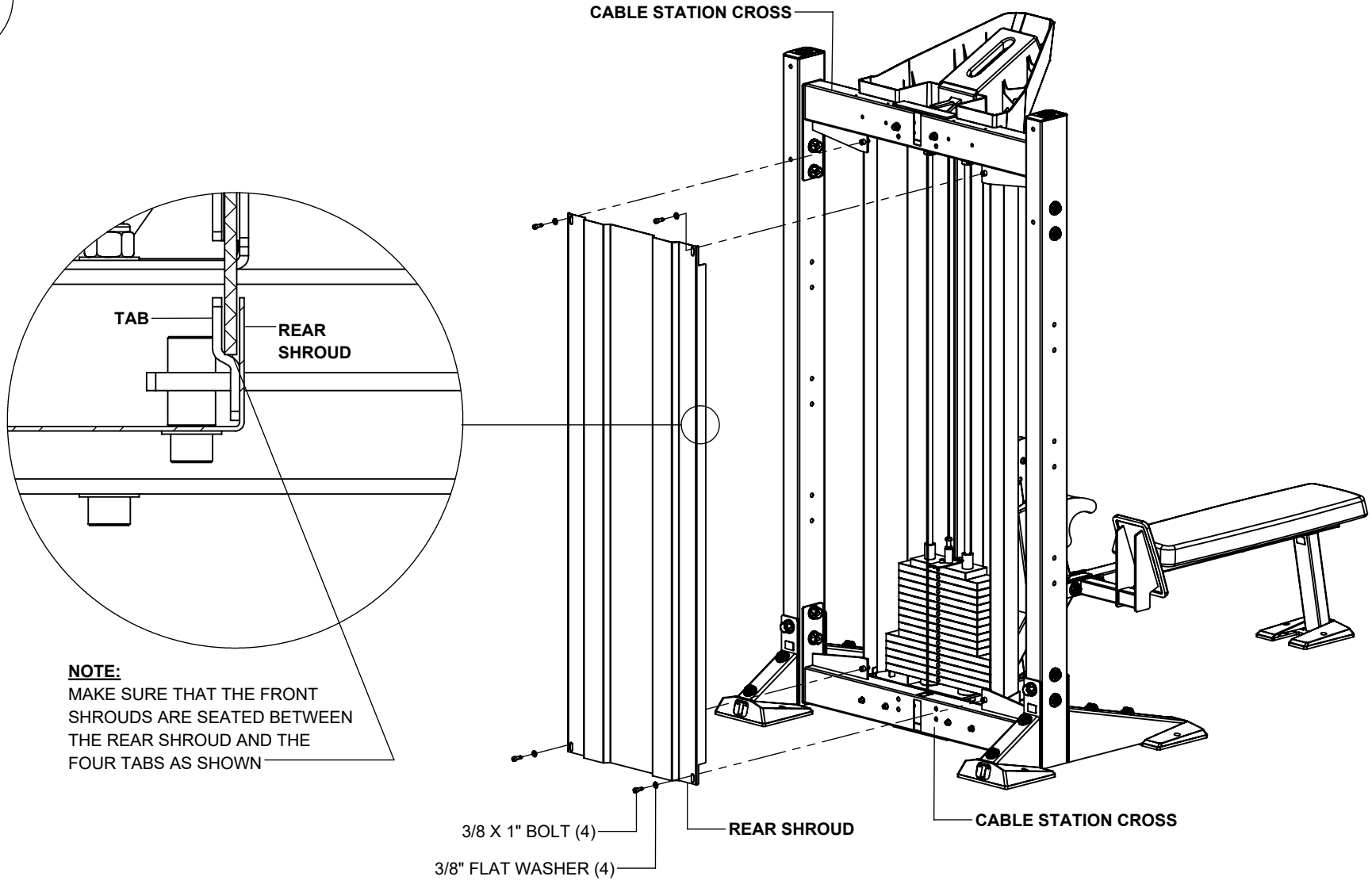
**NOTE:** 4' MODULE ASSEMBLY IS SHOWN. FOLLOW THE EXACT SAME STEPS TO ASSEMBLE THE OMNI STATION.

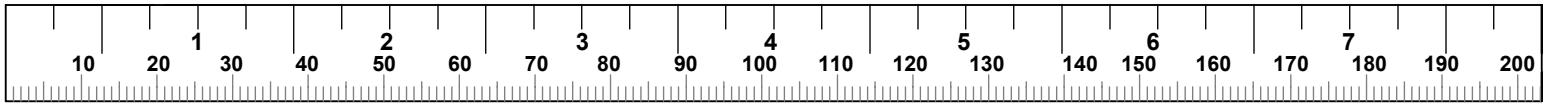


## *STEP 21 (OPTIONAL REAR SHROUD)*
### *4' MODULE*





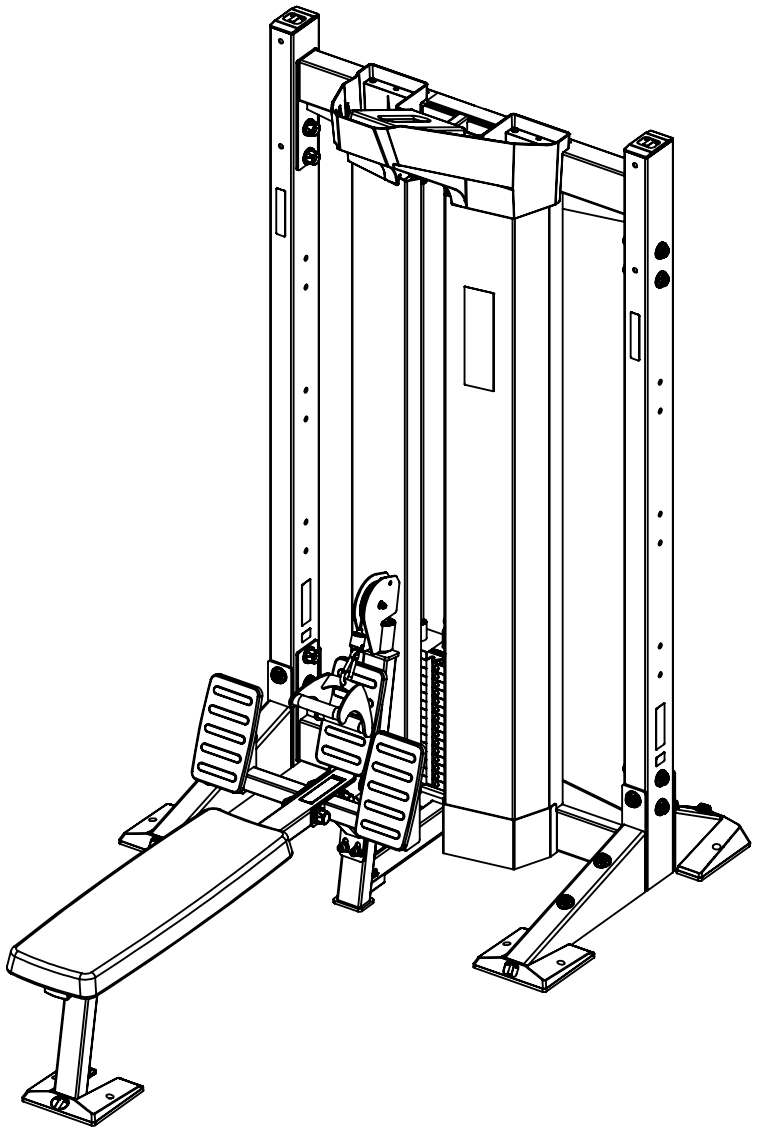
## *MAINTENANCE*

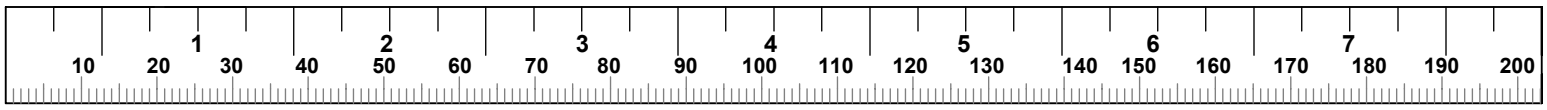
**GUIDE RODS:** Clean and lubricate with a silicone or teflon based lubricant

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

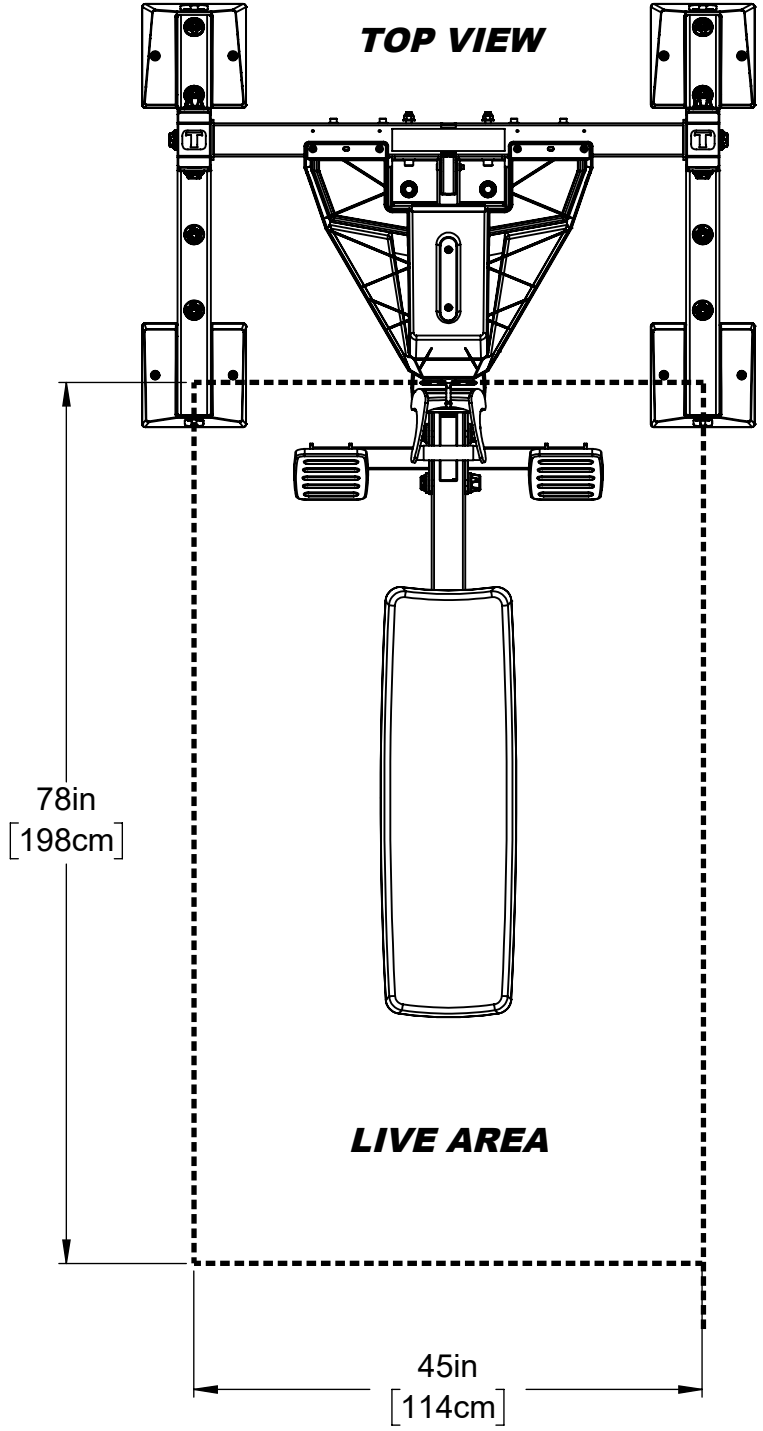
**CABLES:** Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 12, PAGE 19 TO ADJUST CABLE TENSION)

**FRAME:** Clean with a damp cloth.

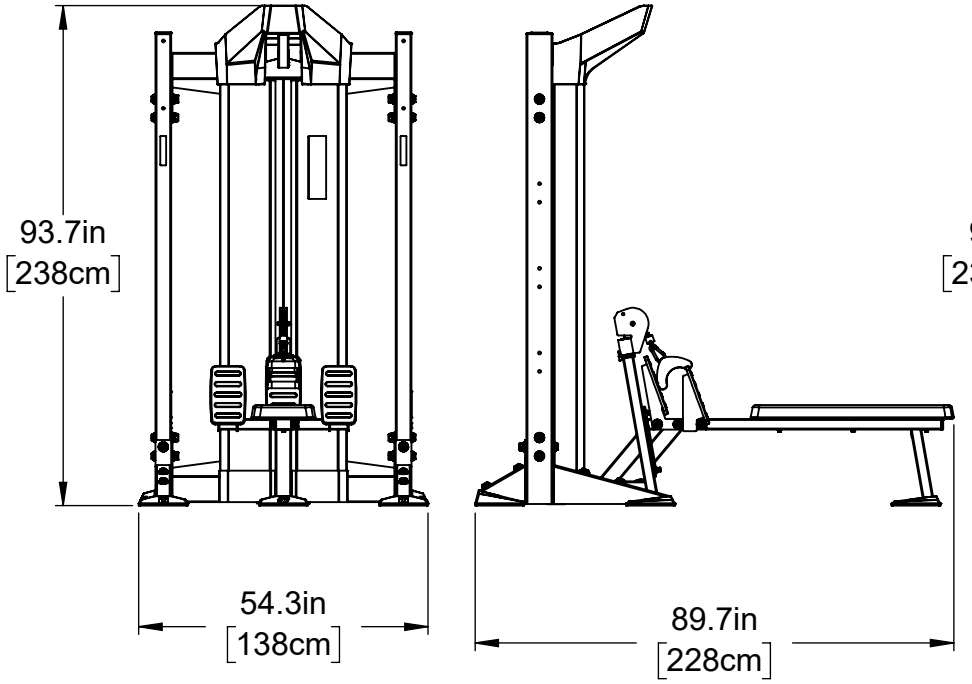




## LIVE AREA

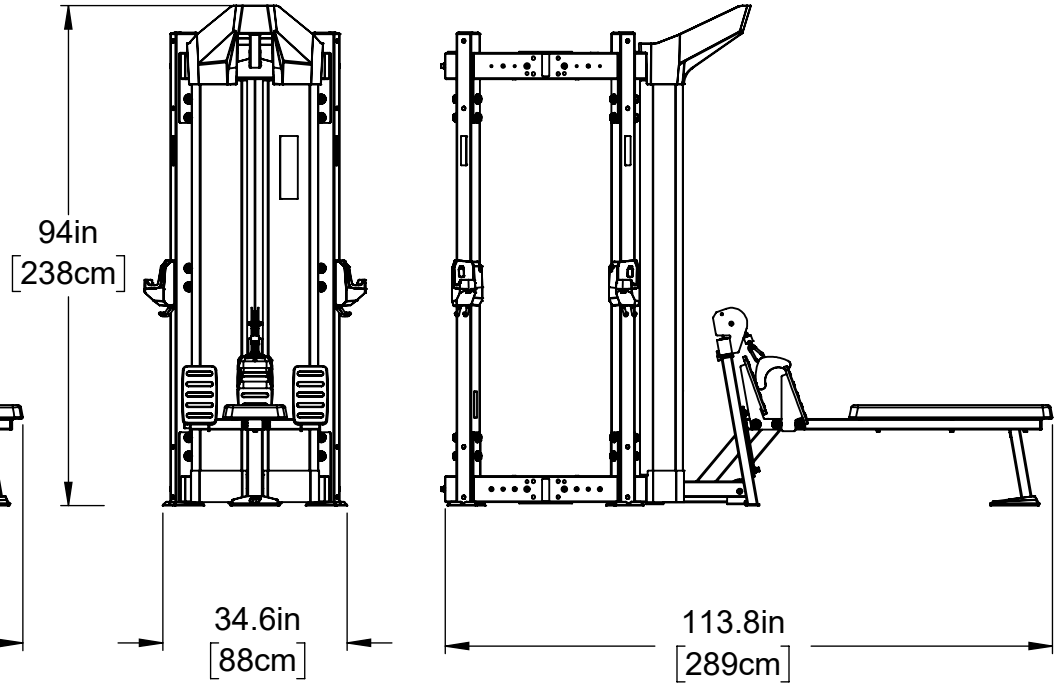


**XCREATE-4SRM**

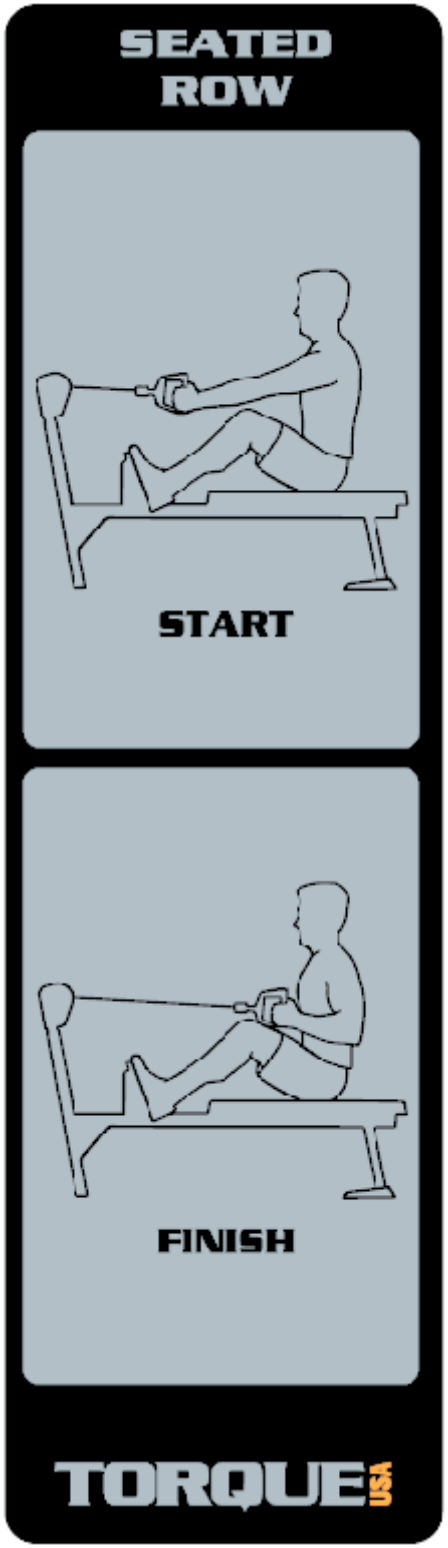



**TOTAL UNIT WEIGHT : 772 LBS [350 KG]**

**XCREATE-OSS-SR**




**TOTAL UNIT WEIGHT : 1155 LBS [524 KG]**


SEATED
ROW
START
FINISH
TORQUE USA