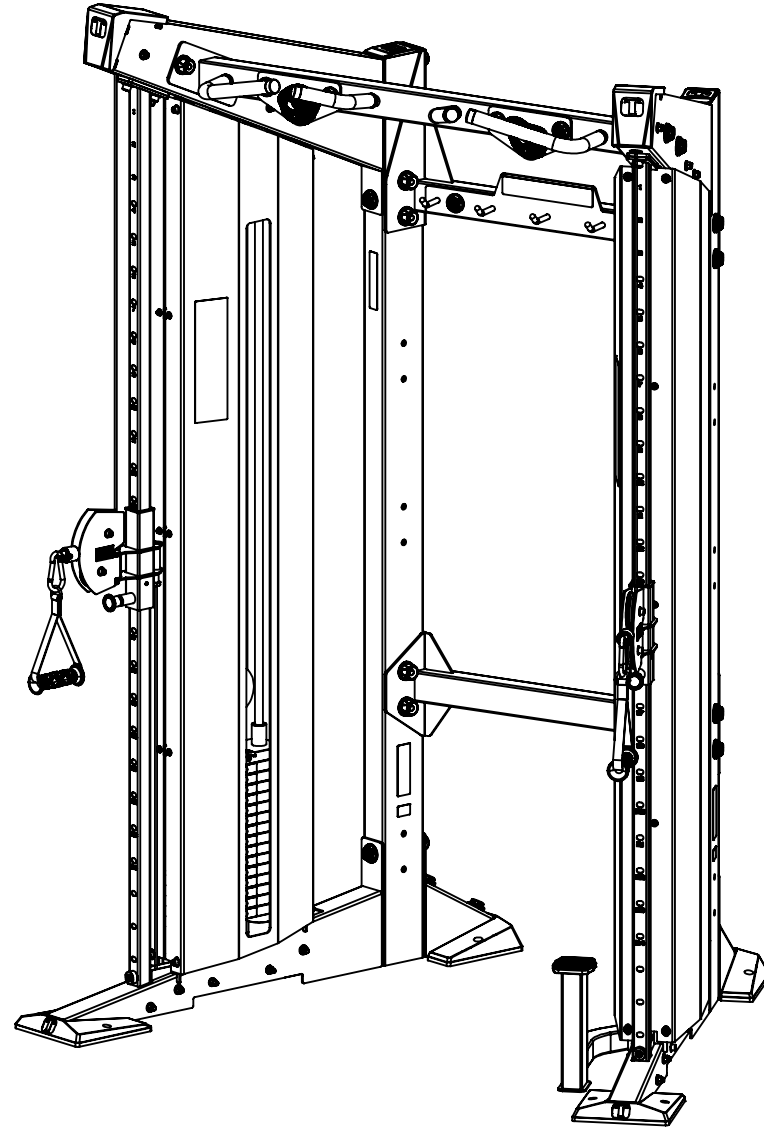


# DUAL ADJUSTABLE PULLEY ASSEMBLY GUIDE

VERSION: XCCDAP-101

PART #: 6067301-B



**TORQUE** USA

# 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 any way. 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 lbs. (136 kgs.). 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](mailto: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.

# 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.

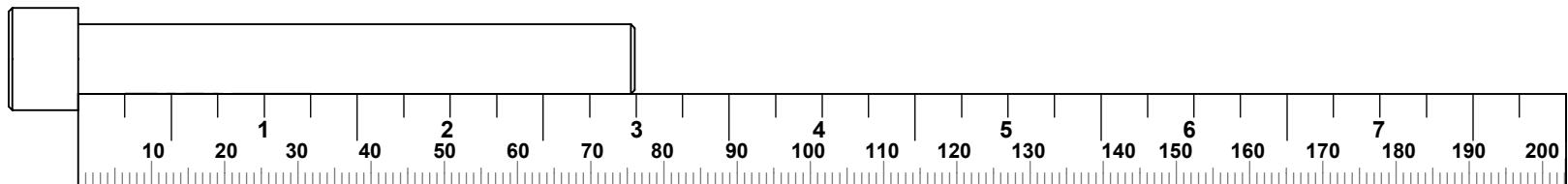
Follow the instructions included with the optional equipment to assemble it to the base product.

## Assembly Tips

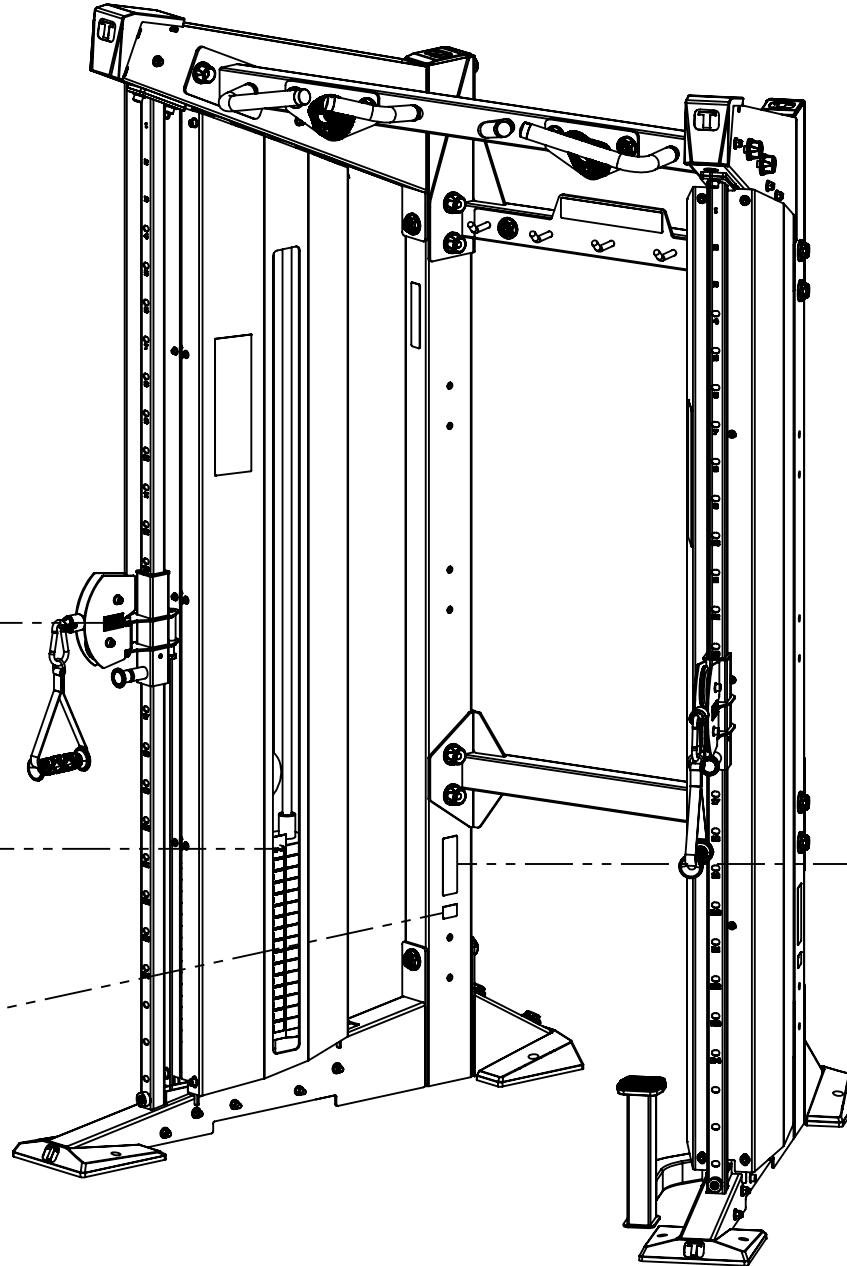
- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of this page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning 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 WARNING



**WARNING**

**SPRING PIN MUST BE FULLY ENGAGED**

**WARNING**

**WEIGHT STACK SELECTOR MUST BE FULLY ENGAGED**

**TORQUE<sup>®</sup>**

Model: \_\_\_\_\_  
 S/N: \_\_\_\_\_

**TORQUE FITNESS**  
 11201 Xenon St NW Ste 101  
 Coon Rapids, MN 55448  
 MADE IN CHINA

**WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

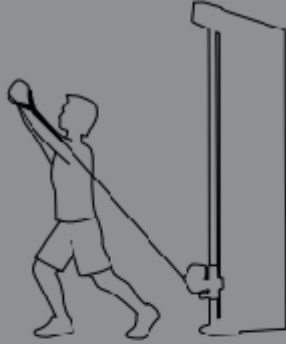
1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. DO NOT modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hands and clothing free of moving objects.
4. Inspect the machine before use. DO NOT attempt to fix a broken or stressed machine, notify a qualified technician.
5. Children and ill individuals need supervision. Supervise teenagers.
6. Maintenance REQUIRES that the protocol be followed for the proper installation and use as required in the user manual provided with this unit.
7. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

78102752

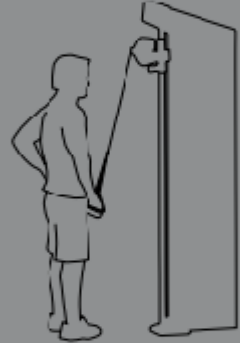
# EXERCISE INSTRUCTIONS

## CABLE COMPONENT

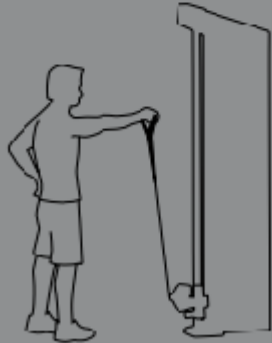
### LOW TO HIGH



### TRICEP PRESS



### FRONT RAISE



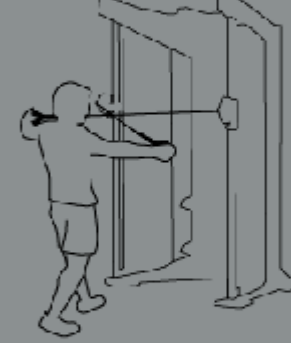
**TORQUE** USA

## DUAL PULLEY

### CHEST PRESS



### REAR DELTOID FLY

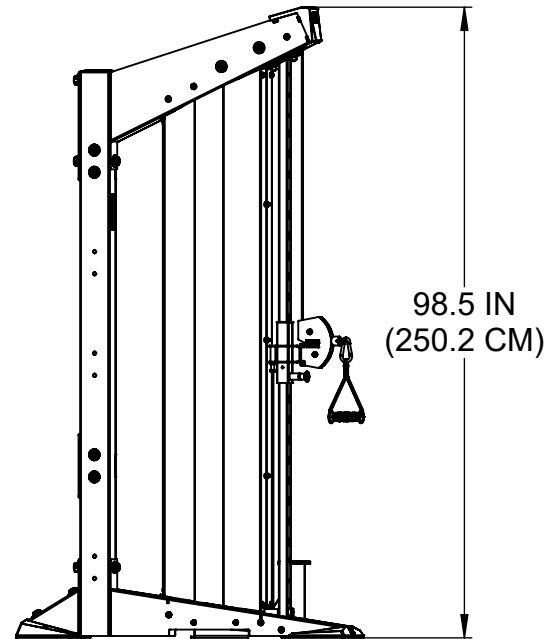
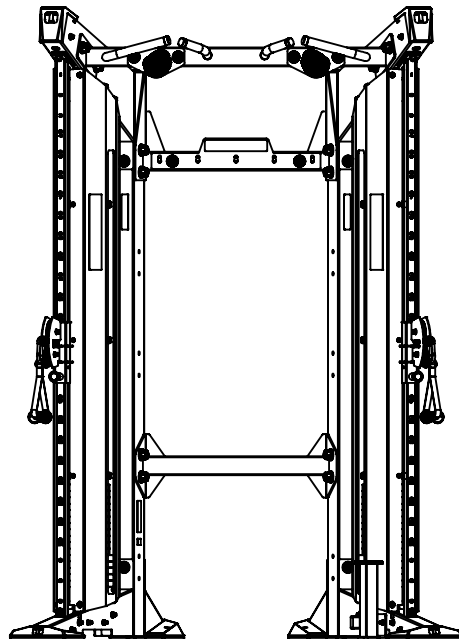
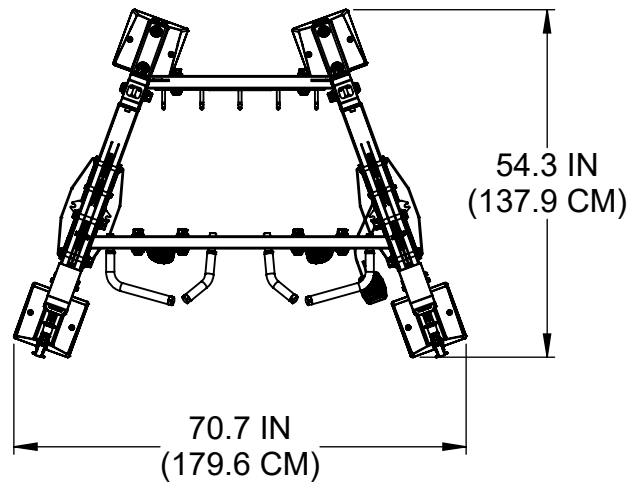


### SHOULDER PRESS



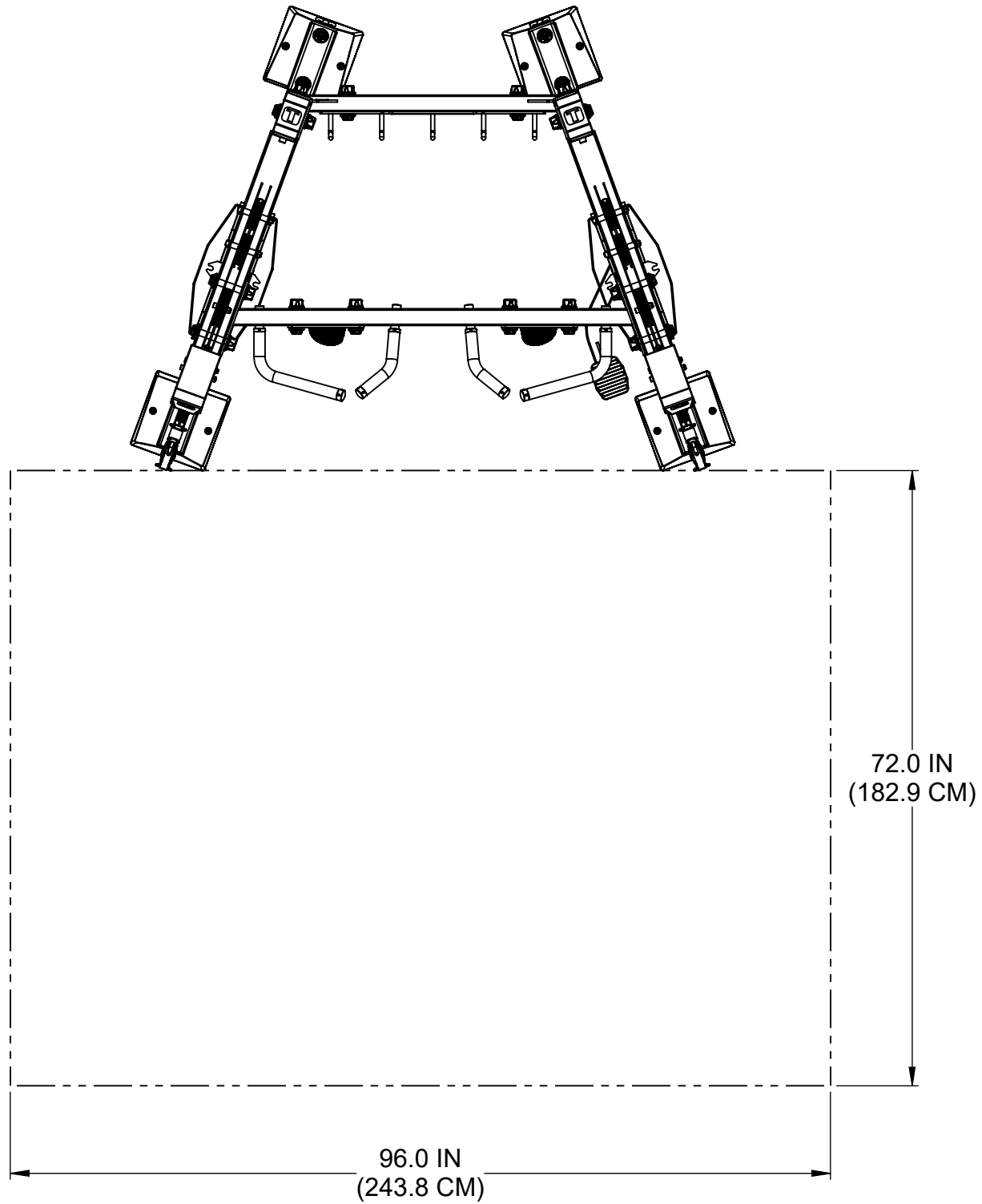
**TORQUE** USA

## WEIGHTS AND DIMENSIONS



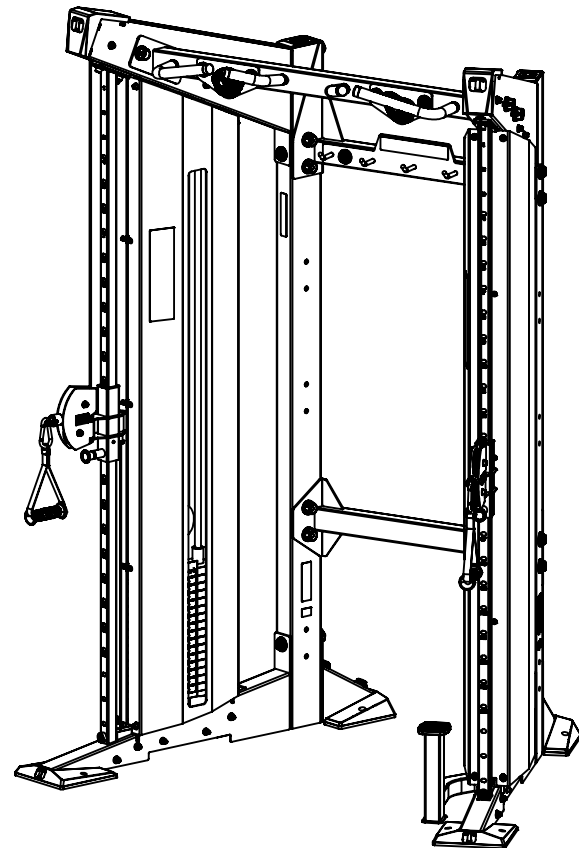
**PRODUCT WEIGHT: 900.0 LBS (408.2 KGS)**

**LIVE AREA**

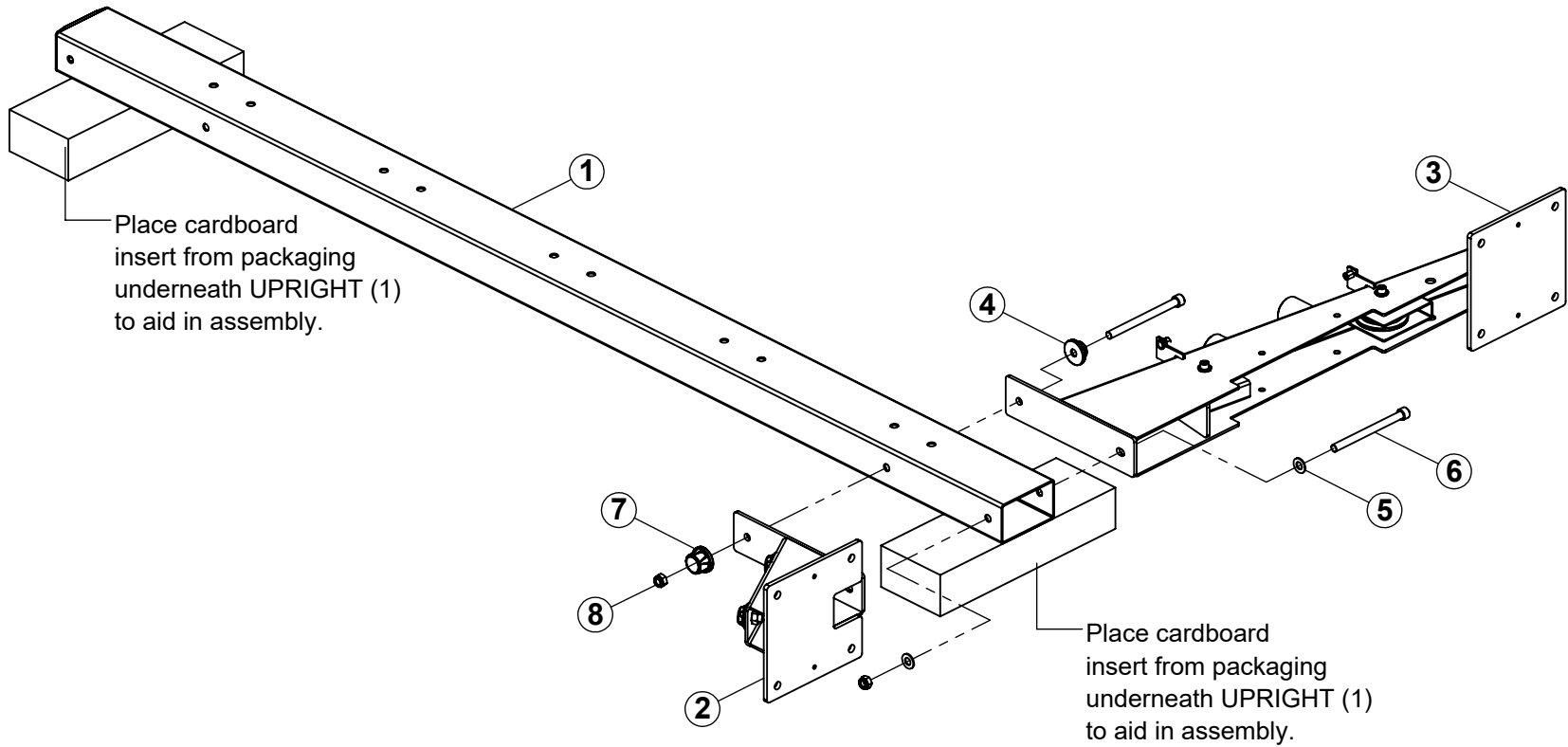


ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	58183PA	PTD ASSY, 8' UPRIGHT	2
2	58184PA	PTD ASSY, UPRIGHT BASE REAR	2
3	59954PA	PTD ASSY, XCREATE-UCC BASE	2
4	5631801	WASHER COVER, NYLON BOLT	12
5	2001301	WASHER, FLAT 1/2 SAE ST ZN	10
6	2005824	BOLT, 1/2-13 X 6-1/4" (159mm) SOCKET HEAD	8
7	5631901	WASHER COVER, NYLON NUT	14
8	2001401	NUT, 1/2-13 LK ST ZN	16
9	60290PA	PTD ASSY, DAP ACCESSORY STORAGE CROSS	1
10	6044401	WLDMT, DAP LOWER CROSS	1
11	2005816	BOLT, 1/2-13 X 4-1/4" (108mm) SOCKET HEAD	8
12	5513601	CUSHION, WEIGHT STACK	4
13	5996201	GUIDE ROD, 19 DIA X 2054	4
14	56350PA	PTD ASSY, 15 LB WEIGHT PLATE	10/30
15	56349PA	PTD ASSY, 10 LB WEIGHT PLATE	20/0
16	56345PA	PTD ASSY, HEAD PLATE	2
17	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	4
18	5996401	BUSHING, GUIDE ROD RETAINER	4
19	6034001	WLDMT, SLIDE UPRIGHT	2
20	5943501	ASSY, SWIVEL PULLEY SLIDE	2
21	5672101	BUMPER, CARRIAGE STOP	2
22	2008409	BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD	2
23	2001101	WASHER, FLAT 3/8 SAE ST ZN	26
24	2001201	NUT, 3/8-16 LK ST ZN	8
25	6034301	SPACER, FLNG 16.2 X 10.1 X 18	4
26	2008414	BOLT, 3/8-16 X 3-3/4" (95mm) ST HT SOCKET HEAD	6
27	59965PA	PTD ASSY, XCREATE-UCC TOP BOOM	2
28	2006803	SHCS, 1/2-13 X 1, CZ PATCH	4
29	60211PA	PTD ASSY, DAP PULL-UP CROSS	1
30	6064901	LABEL, WEIGHT STACK 7.5 - 95 LB (3.4 - 43.1 KG)	2
31	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	2
32	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	4
33	54970PA	PTD ASSY, HEAD PLATE PULLEY	2
34	2002601	NUT, 1/2 JAM ST ZN	2
35	5996101	CABLE ASSY, XCREATE-UCC	2
36	6065101	HOUSING, CABLE COUPLER	2
37	5509001	CORE, CABLE COUPLER	2
38	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4
39	5997601	SHROUD, XCREATE-UCC RIGHT	1
40	5997501	SHROUD, XCREATE-UCC LEFT	1
41	6045101	CLIP, SHROUD SPACER	12

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
42	2005502	BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD	24
43	2002101	WASHER, FLAT 1/4 SAE ST ZN	32
44	6035301	SHROUD, XCREATE-UCC LEFT	1
45	6035401	SHROUD, XCREATE-UCC RIGHT	1
46	2009403	BOLT, 3/8-16 X 1" (25mm) ST HT SOCKET HEAD W/NP	16
47	60224PA	PTD ASSY, DAP STEP-UP	1
48	6008101	COVER, FRONT BASE	2
49	6008201	COVER, REAR BASE	2
50	6008301	CAP, BOOM END	2
51	2005509	BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD	8
52	5999901	PLACARD, XCREATE-UCC-101	1
53	6000001	PLACARD, XCREATE-CDAPF-101	1
54	5923501	CARABINER, 100 X 50 X 10 DIA	2
55	5324701-A	ASSY, SHORT STRAP HANDLE	2
56	6087501	LABEL, WEIGHT STACK 7.5 - 120 LB (3.4 - 54.4 KG)	2



# STEP 1



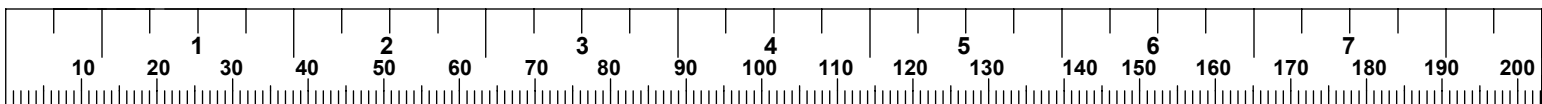
**REPEAT THIS STEP FOR 2ND UPRIGHT**

## **NOTES:**

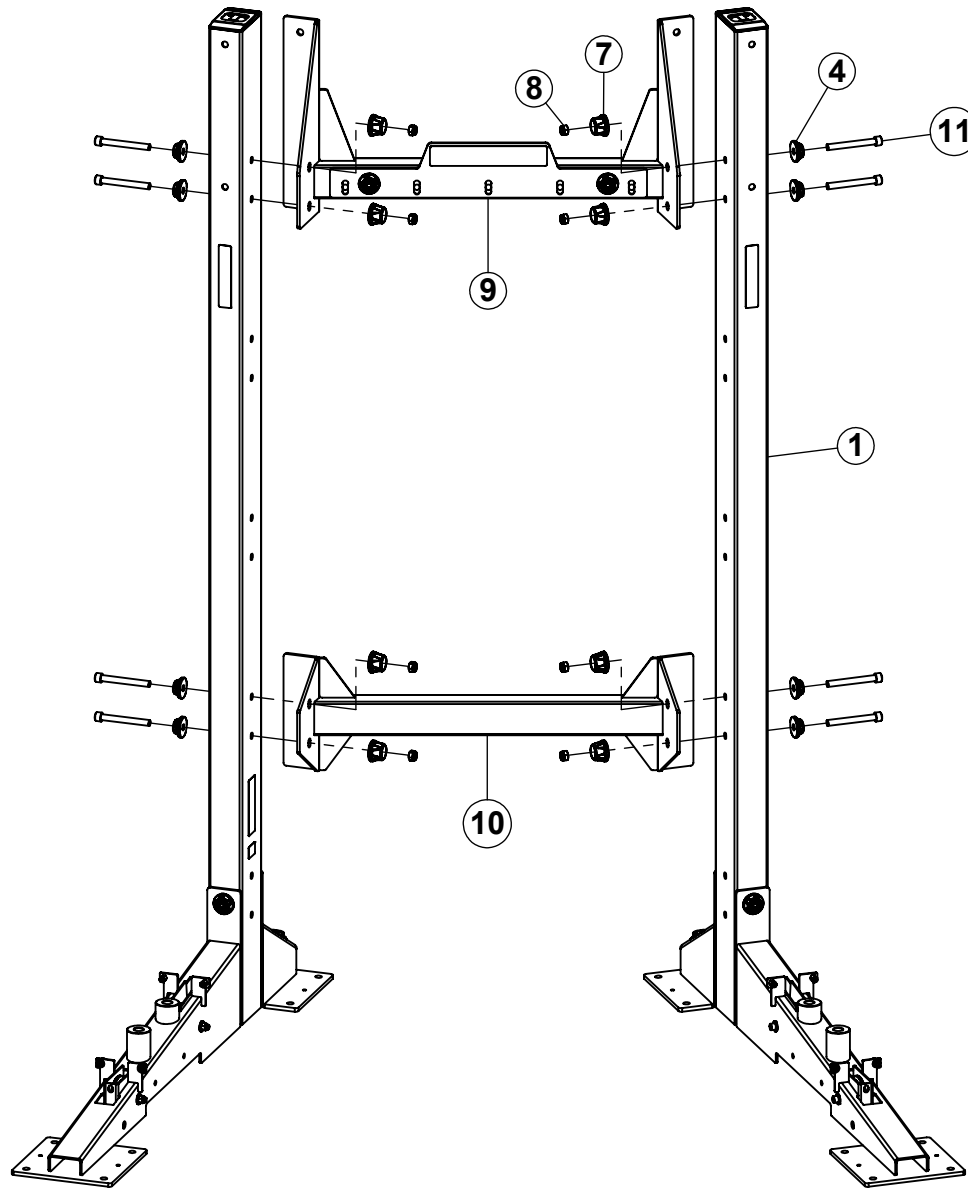
This step requires two people to assemble. Please get help.

Assemble the UPRIGHT on the floor.

Assemble all parts together first, then **SECURELY** tighten all bolt connections.



## STEP 2

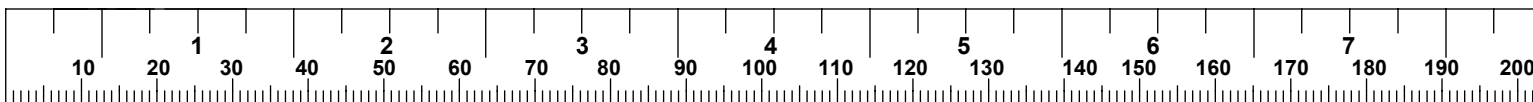


### NOTES:

This step requires at least two people to assemble. Please get help.

Carefully stand uprights up to complete this step.

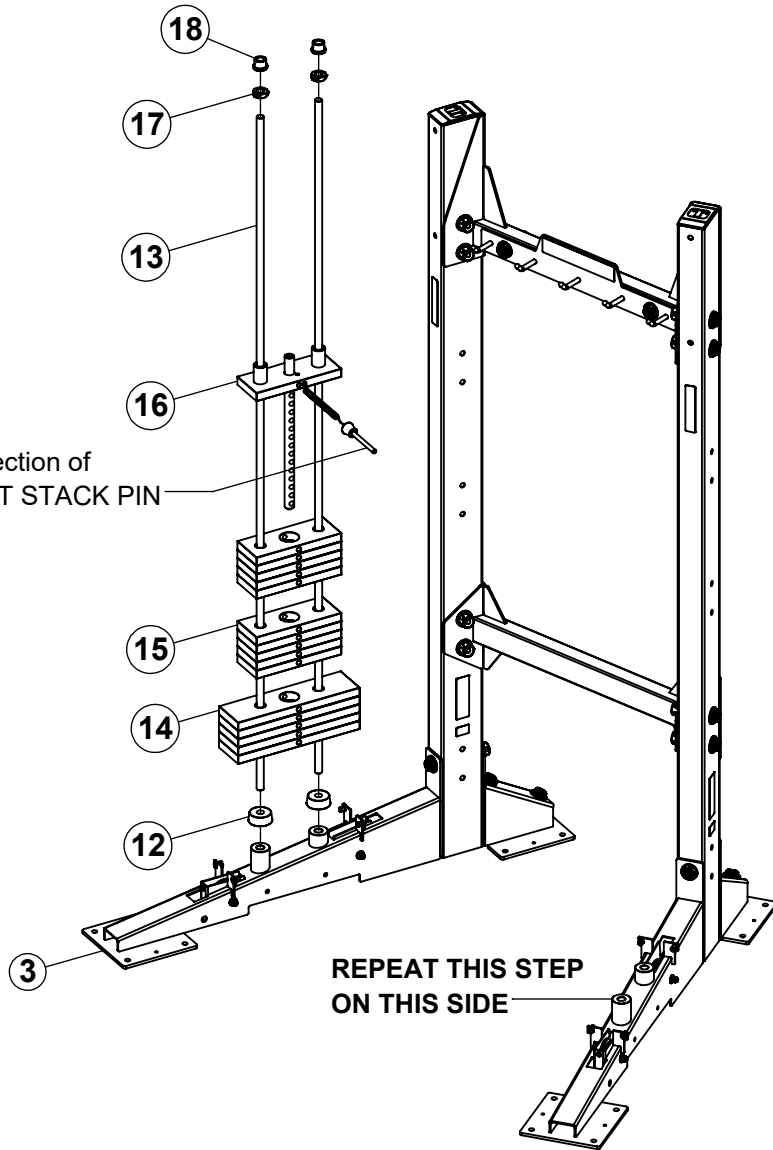
Tighten all bolt connections 75% in this step.



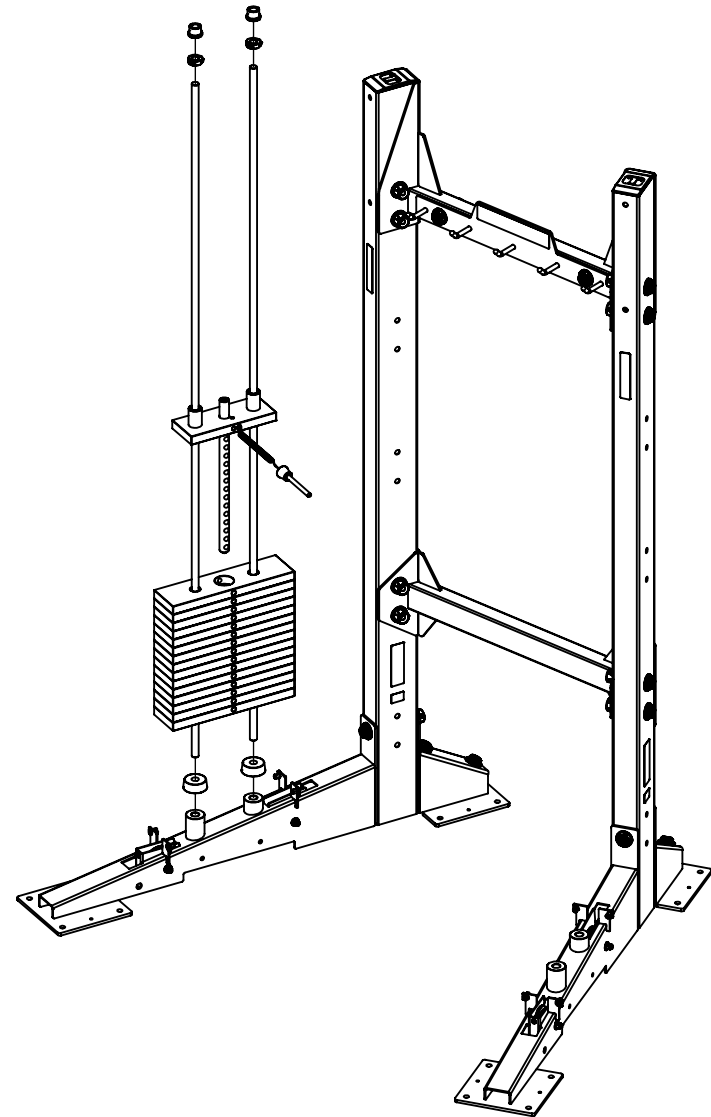
# STEP 3

**NOTE:**

The direction of  
WEIGHT STACK PIN

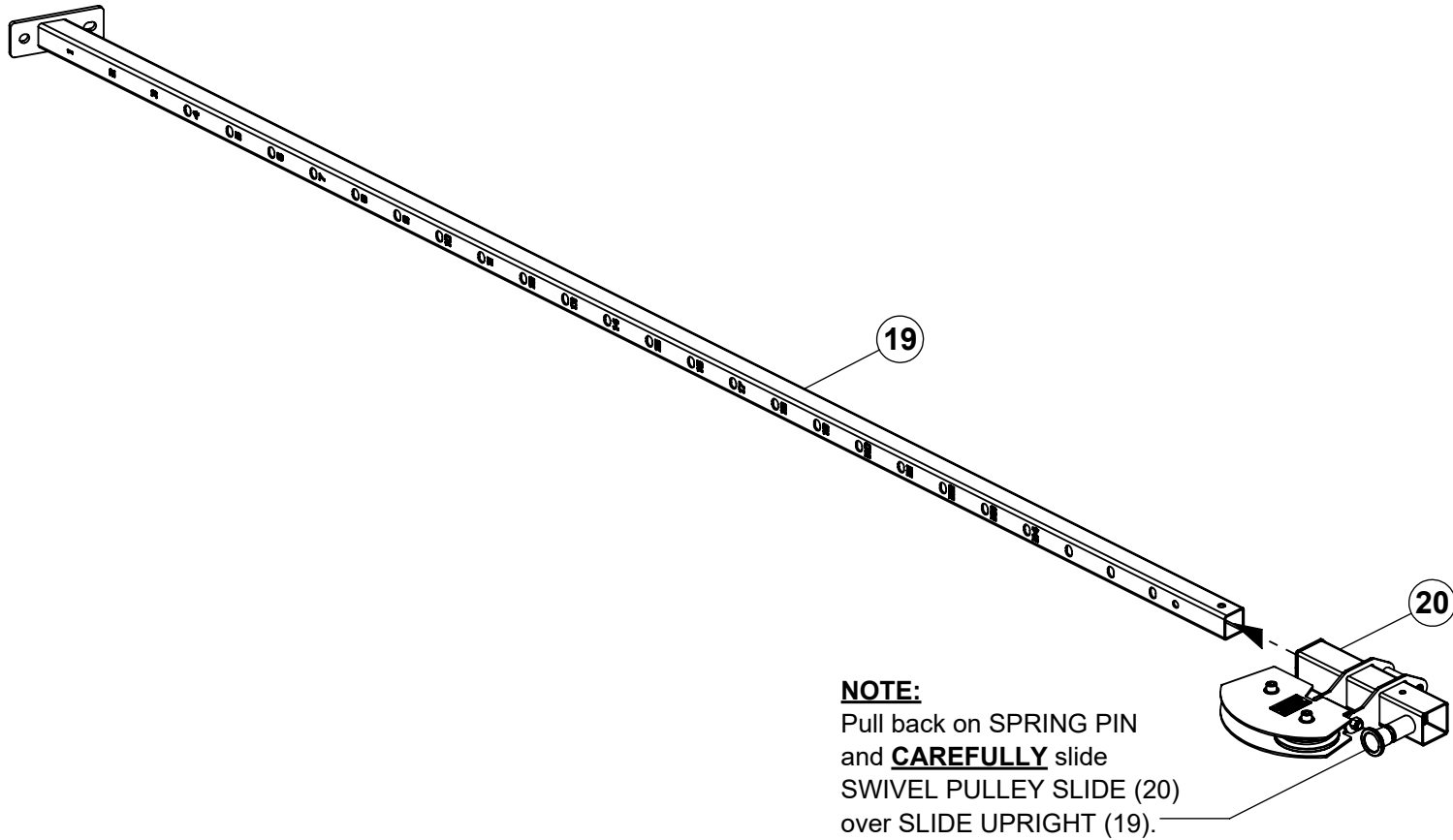


**190LB STACK: (5 X 15LB PLATES  
& 10 X 10LB PLATES EACH SIDE)**



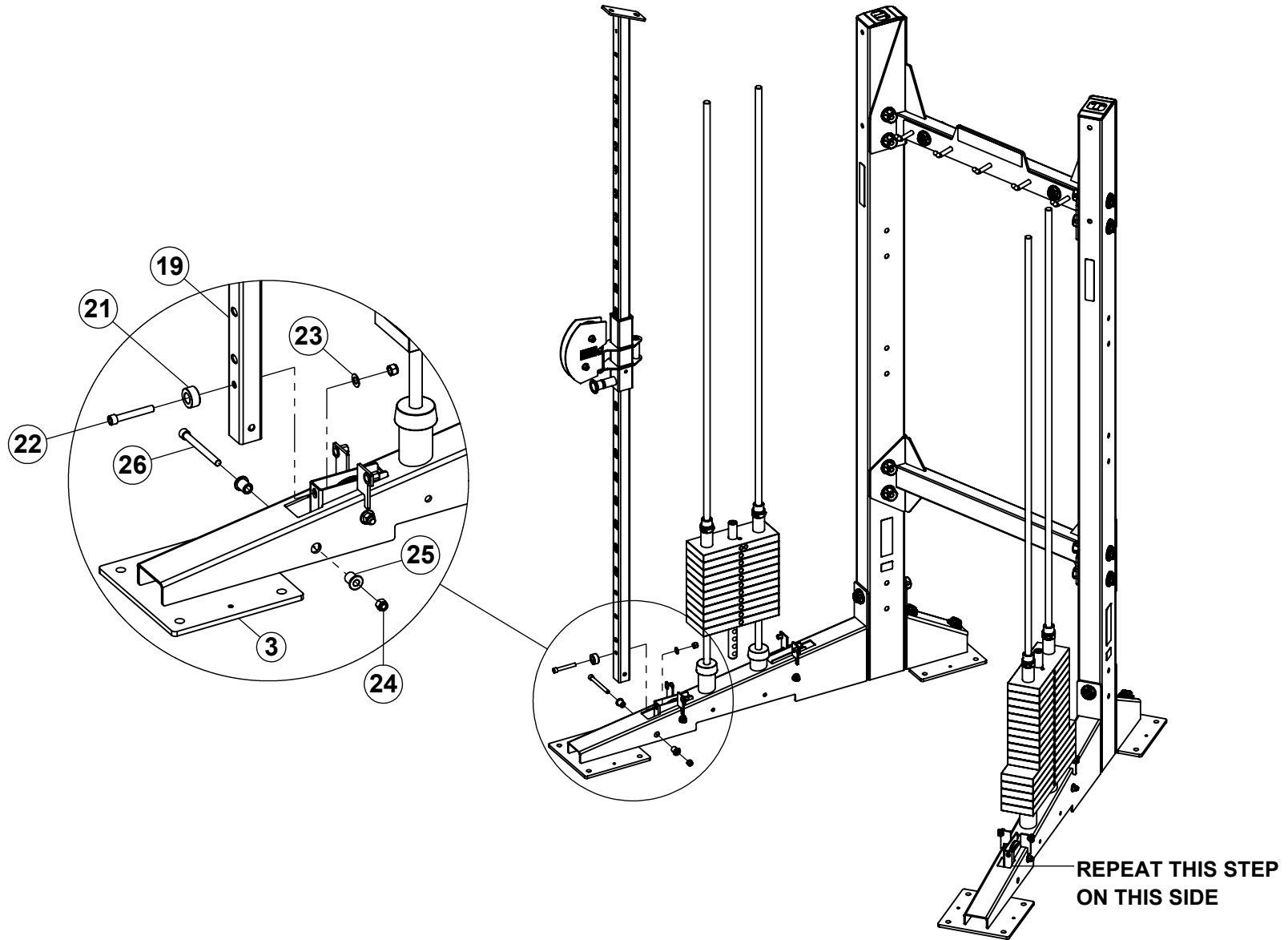
**240LB STACK: (15 X 15LB  
PLATES EACH SIDE)**

## STEP 4



REPEAT THIS STEP FOR 2ND UPRIGHT

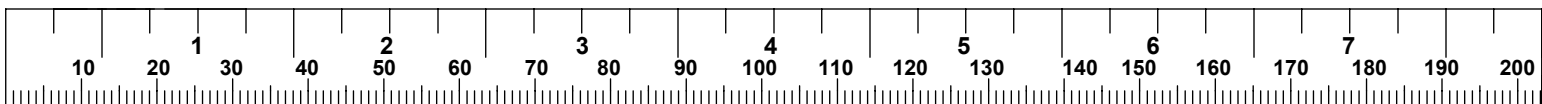
# STEP 5



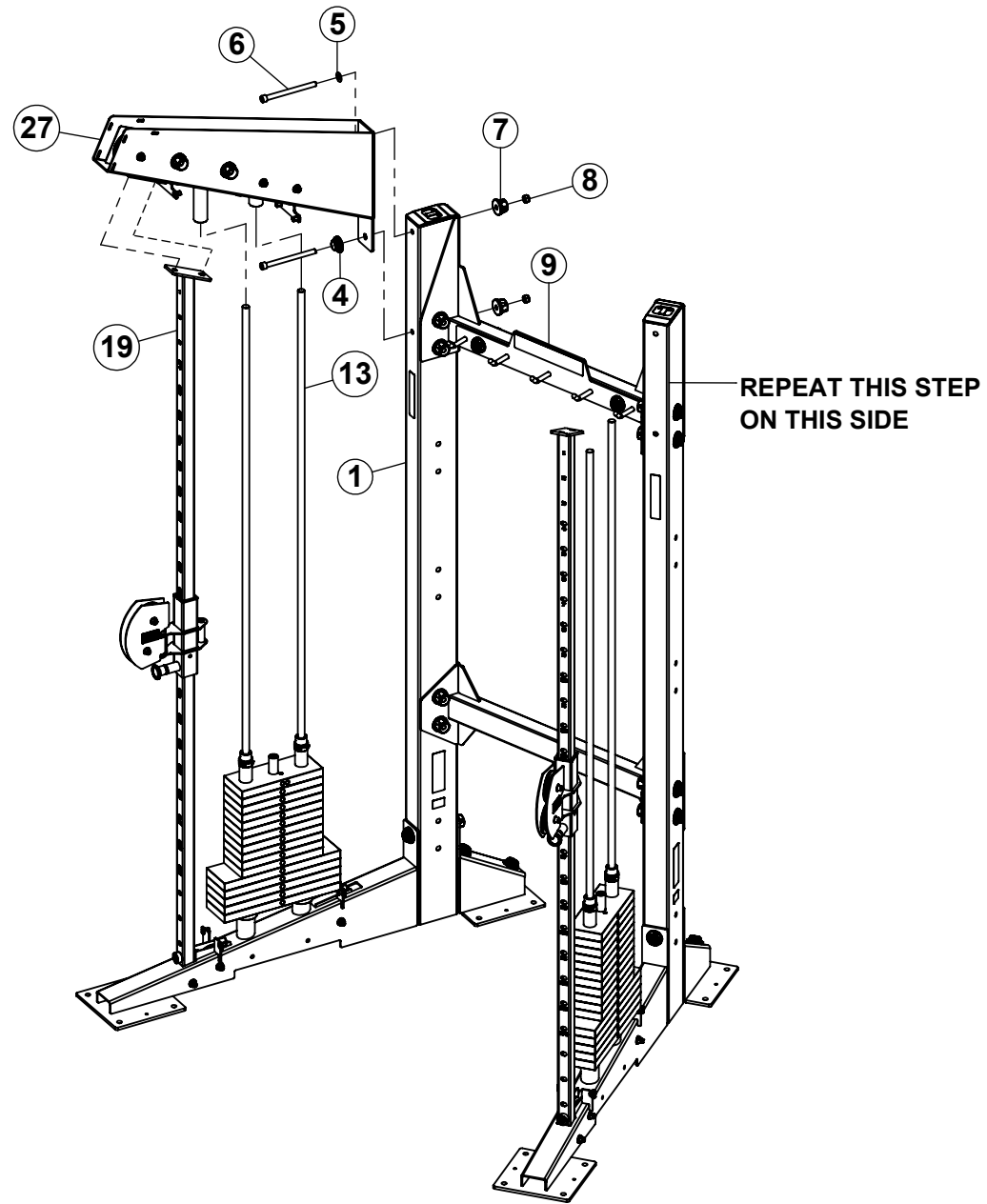
## NOTES:

Tighten all bolt connections 75% in this step.

The 15 Lb. Plates are hidden for assembly clarity.



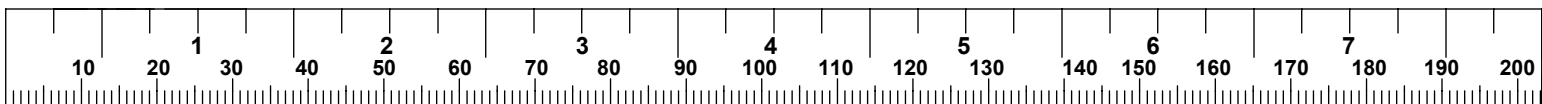
## STEP 6



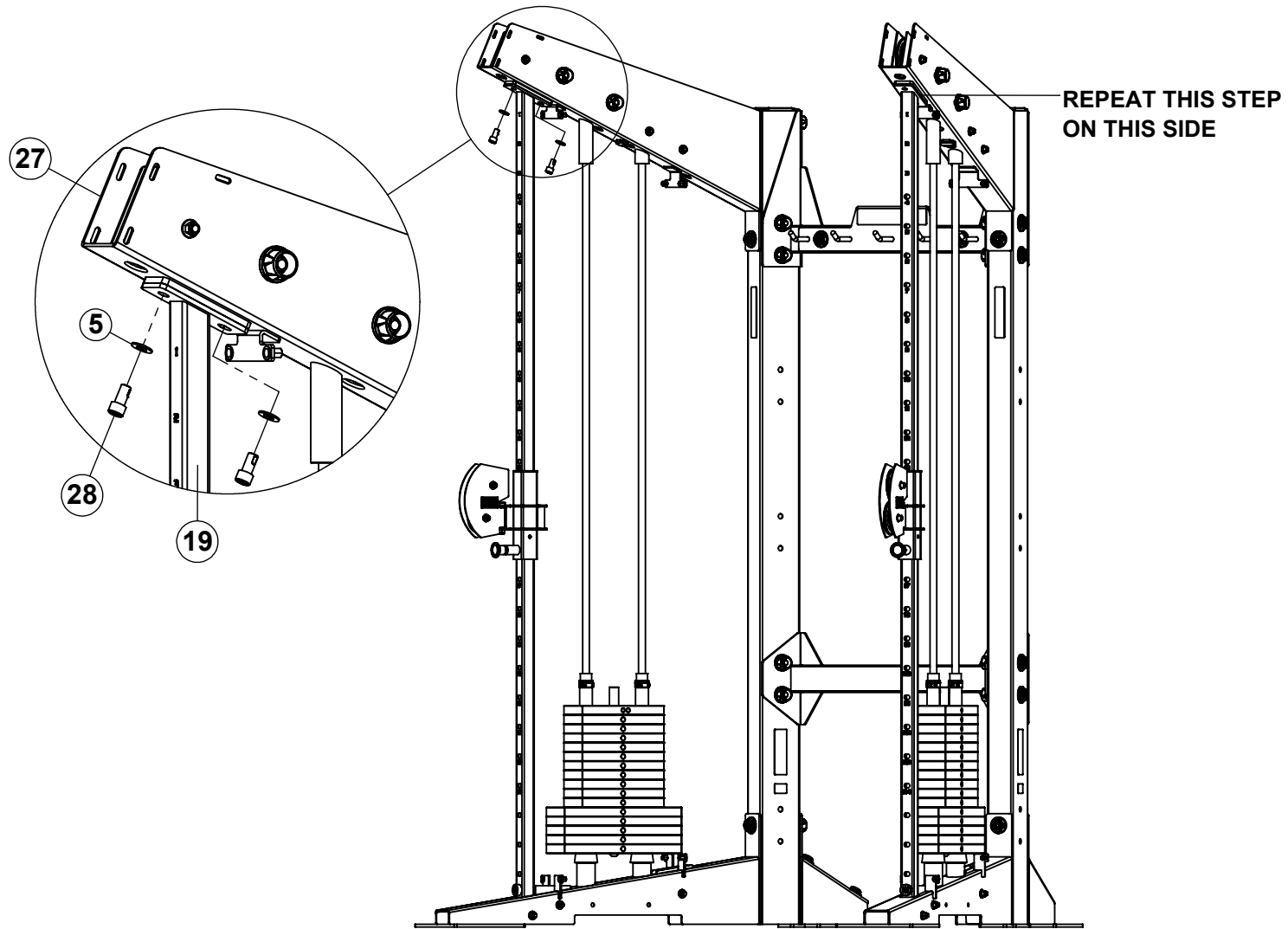
### NOTES:

This step requires at least two people to assemble. Please get help.

Tighten all bolt connections 75% in this step.

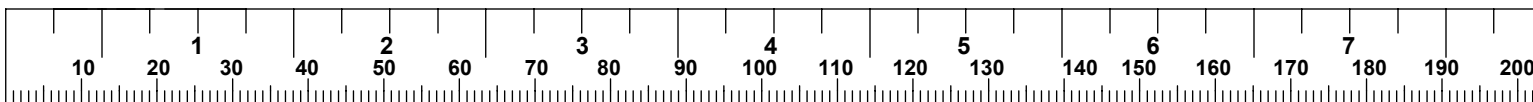


# STEP 7



## NOTE:

Tighten all bolt connections 75% in this step.



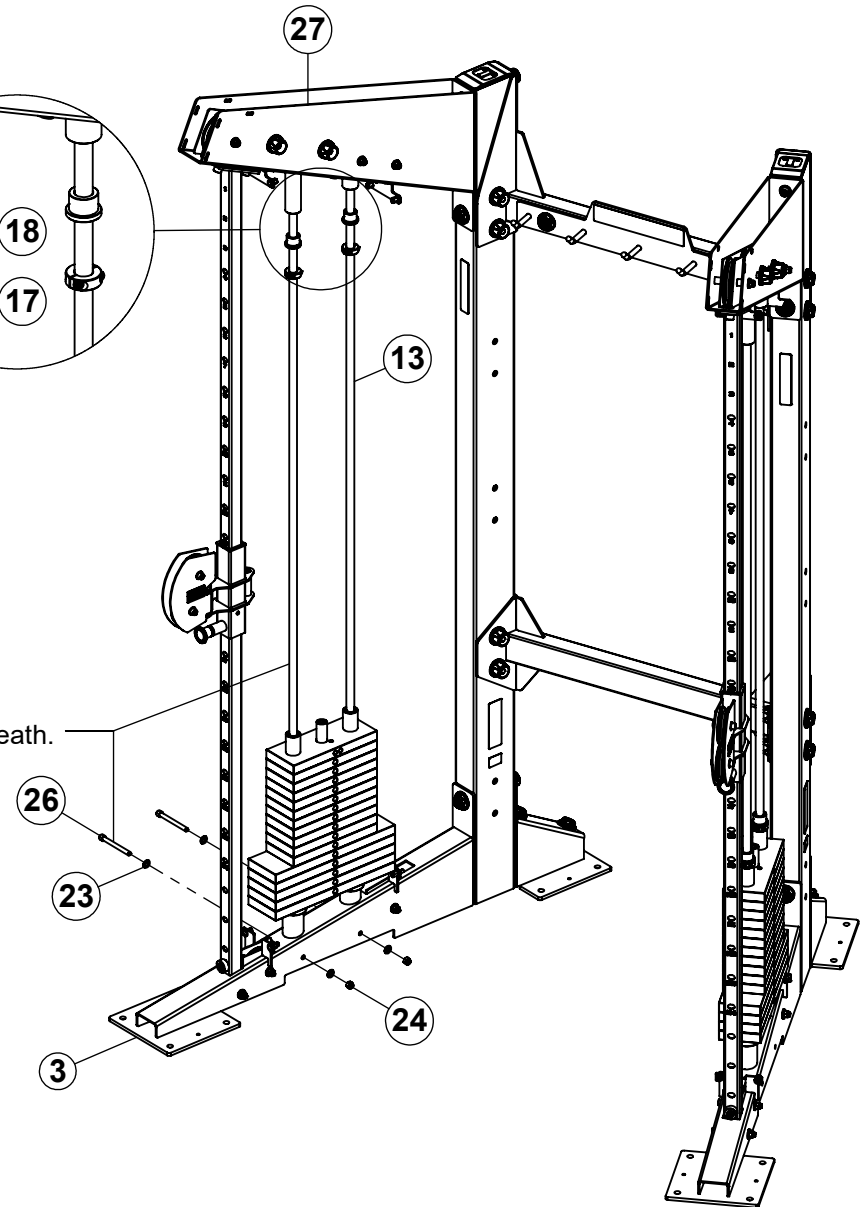
## STEP 8a

### **NOTE 2:**

After everything has been assembled, slide GUIDE ROD RETAINER BUSHINGS (18) and SHAFT COLLARS (17) up inside the HOUSINGS of TOP BOOM (27) and **SECURELY** tighten four SET SCREWS.

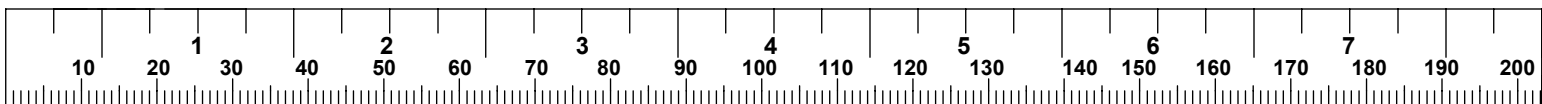
### **NOTE 1:**

Lift up on GUIDE RODS (13) and insert BOLTS (26) underneath.

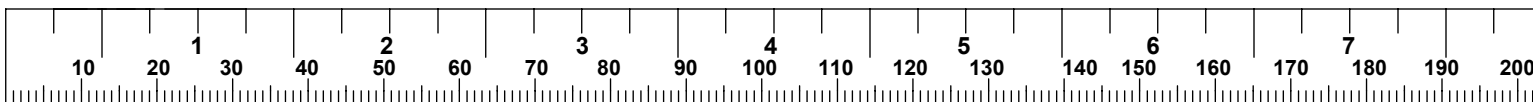
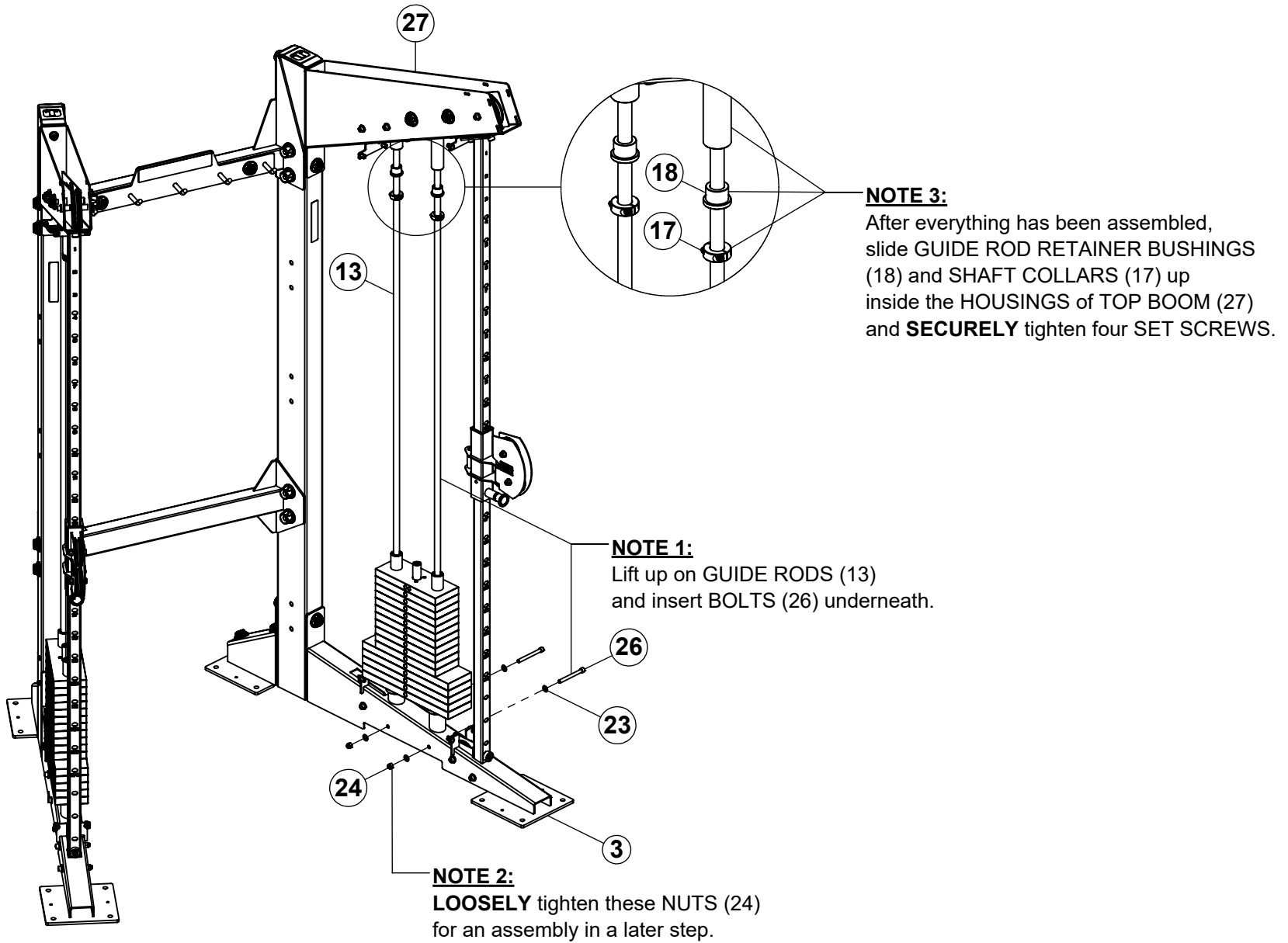


### **NOTE:**

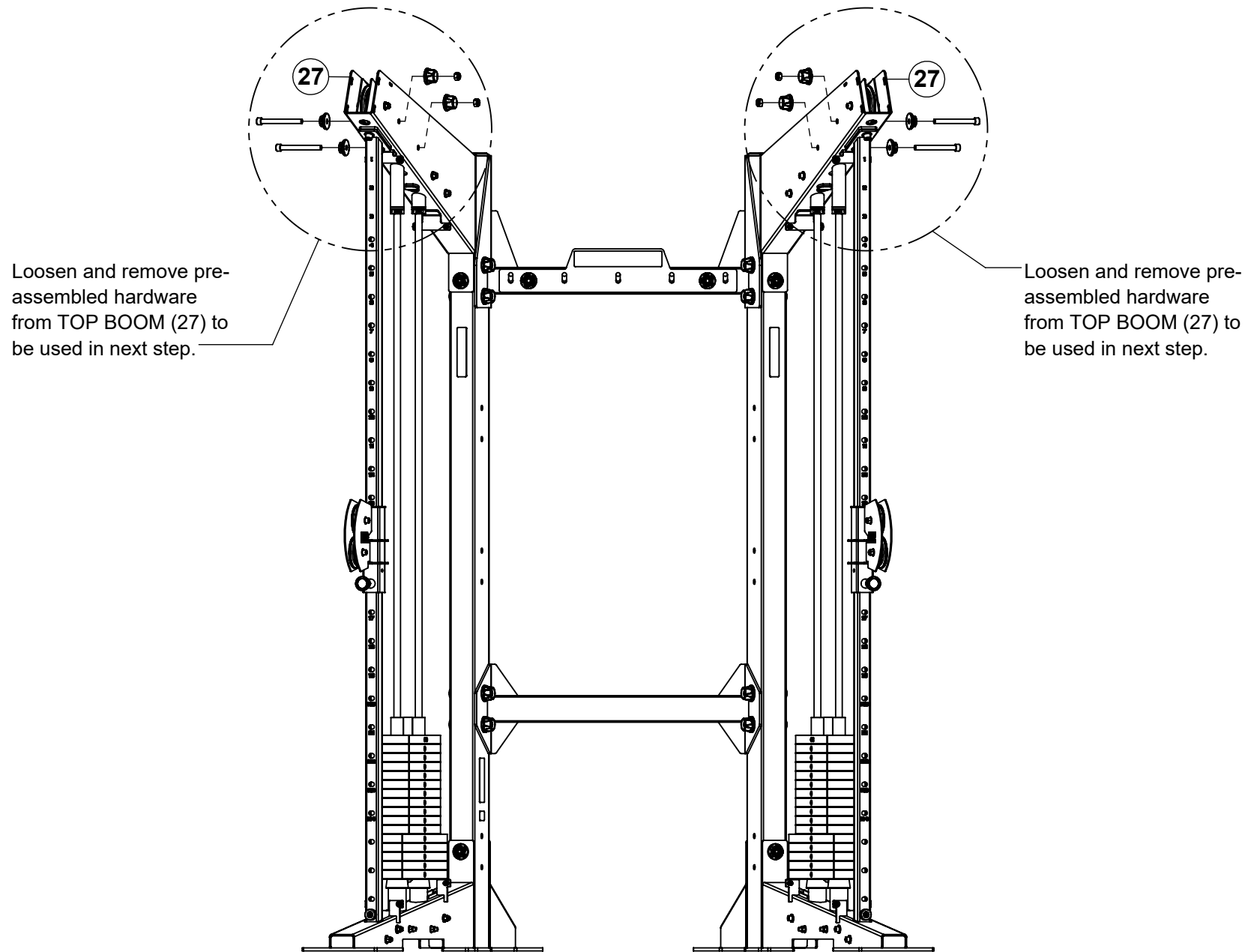
**SECURELY** tighten all bolt connections in this step.



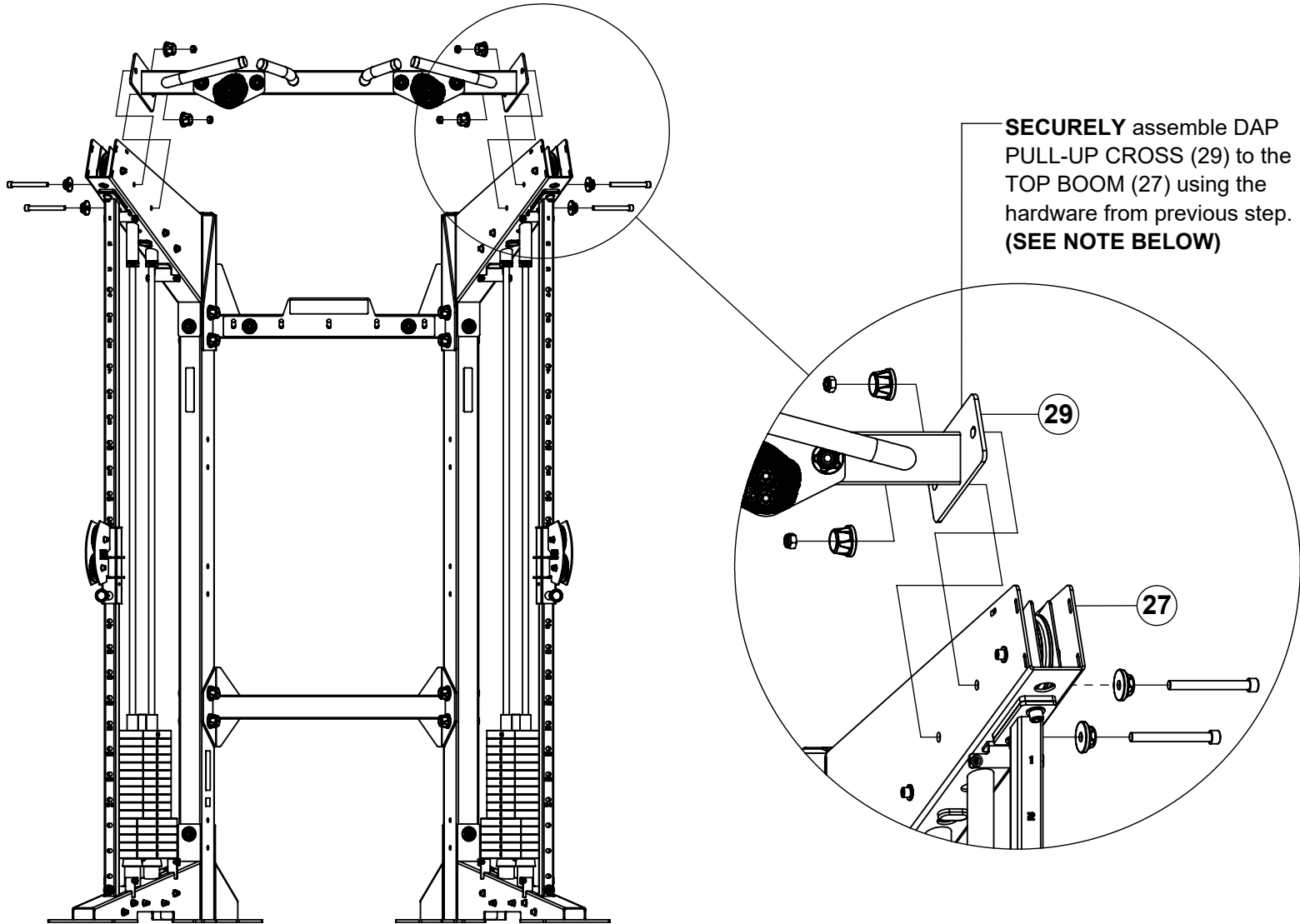
## STEP 8b



## STEP 9a



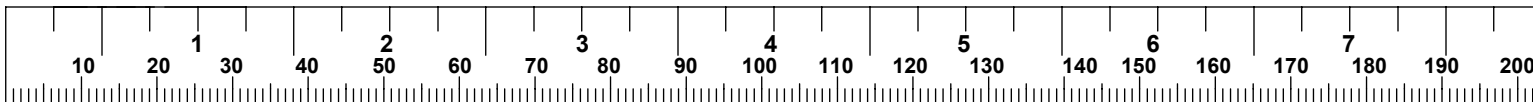
## STEP 9b



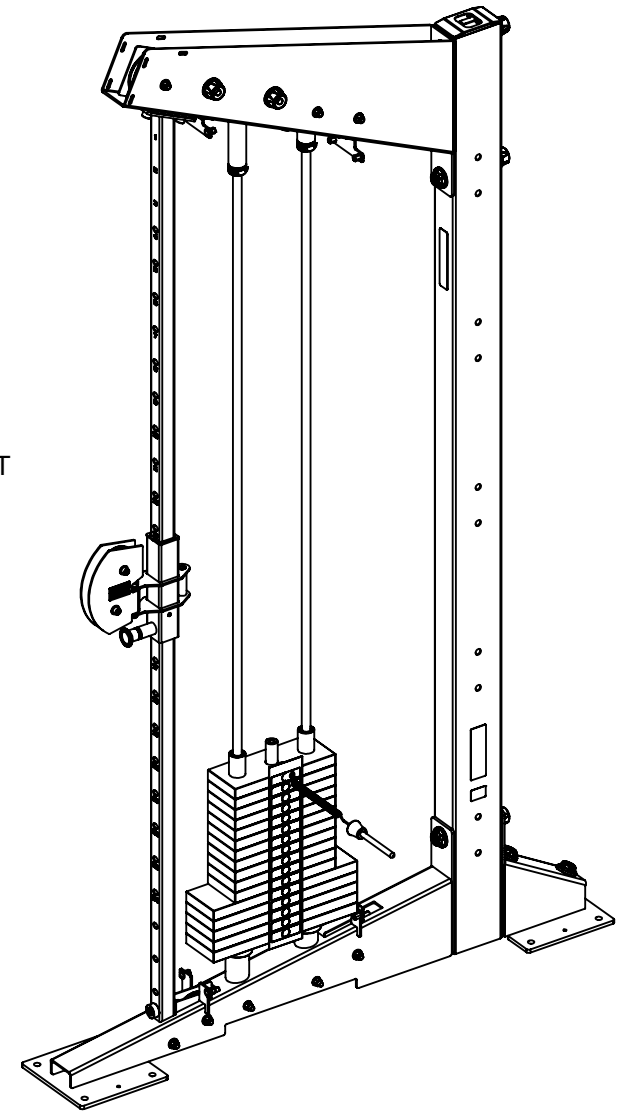
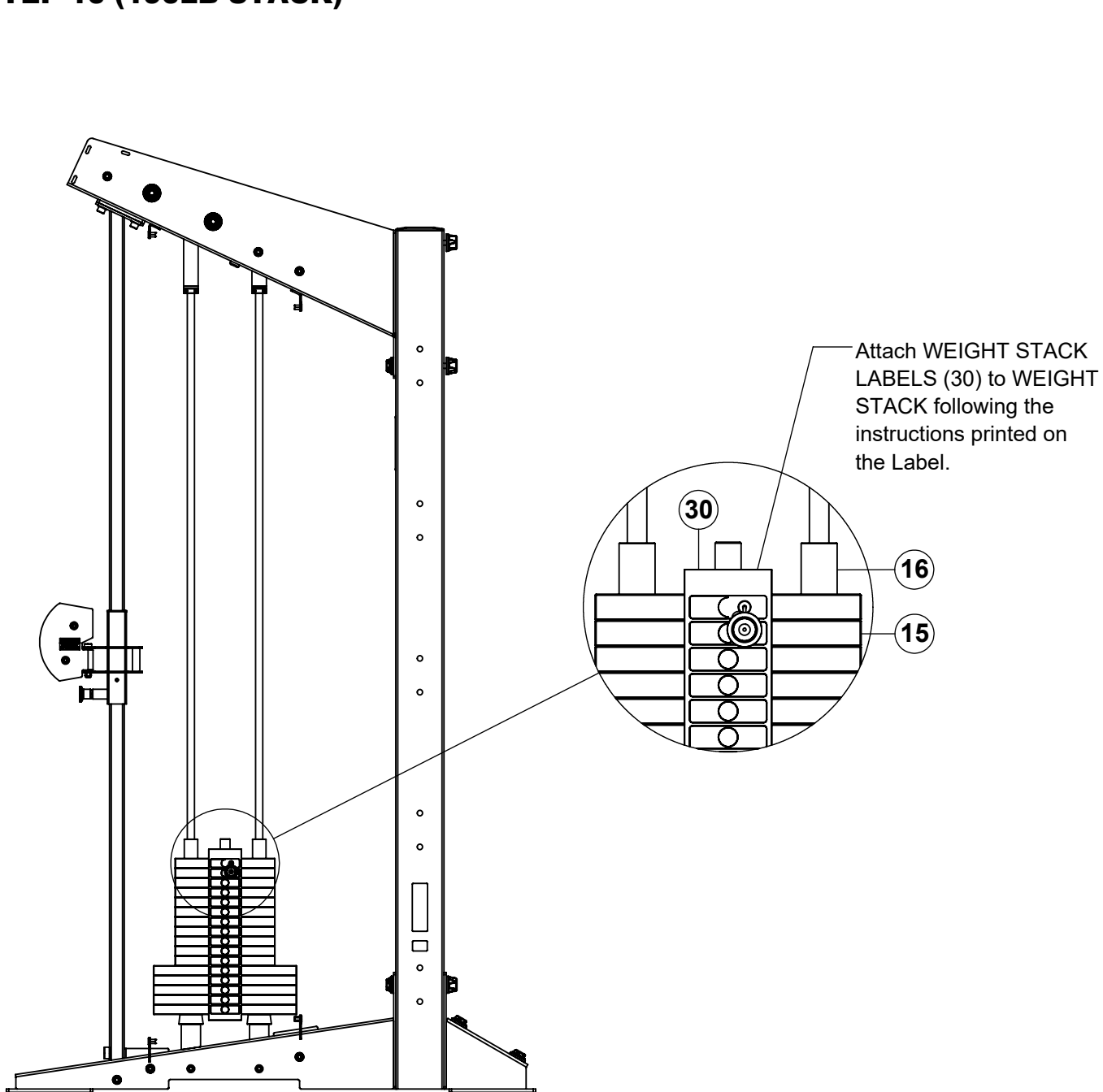
### NOTES:

This step requires at least two people to assemble. Please get help.

Once this step is complete. **SECURLY** tighten all bolt connetions in this STEP and STEPS 2, 5, 6 and 7.



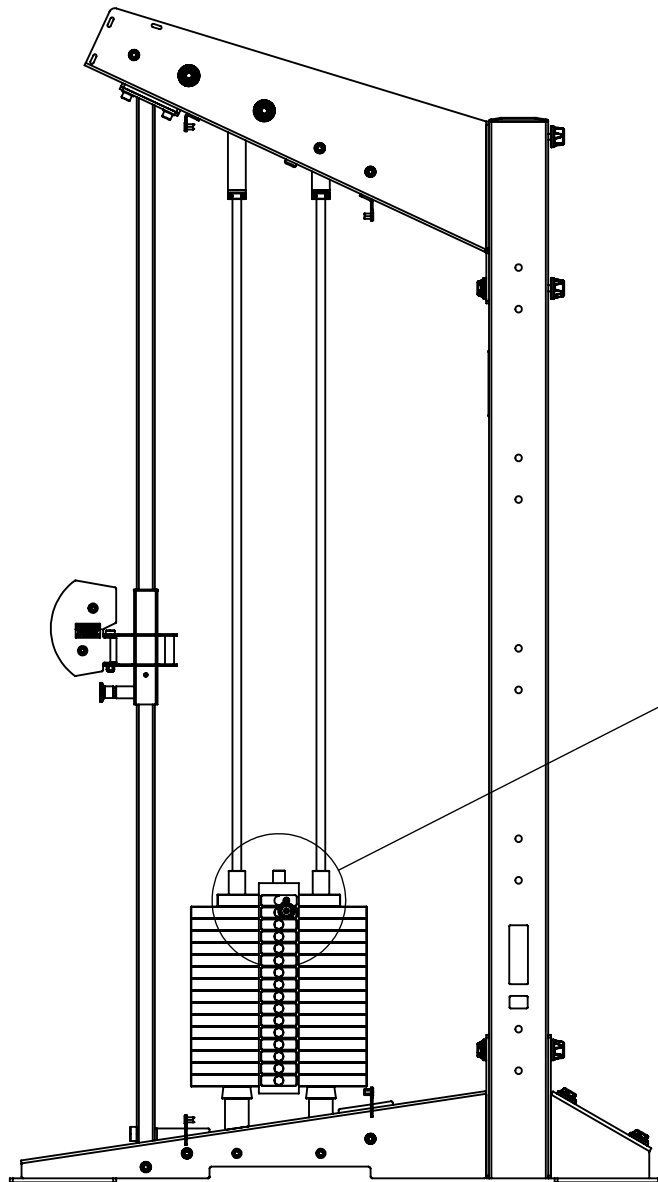
## STEP 10 (190LB STACK)



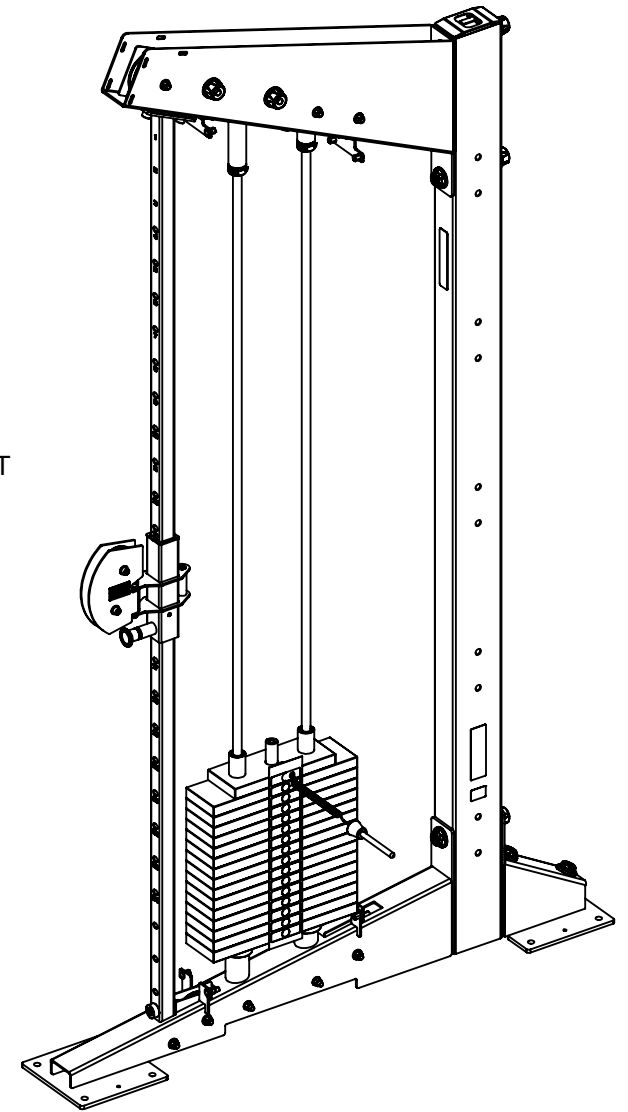
LEFT SIDE

REPEAT THIS STEP FOR RIGHT SIDE

## STEP 10 (240LB STACK)



Attach WEIGHT STACK LABELS (56) to WEIGHT STACK following the instructions printed on the Label.



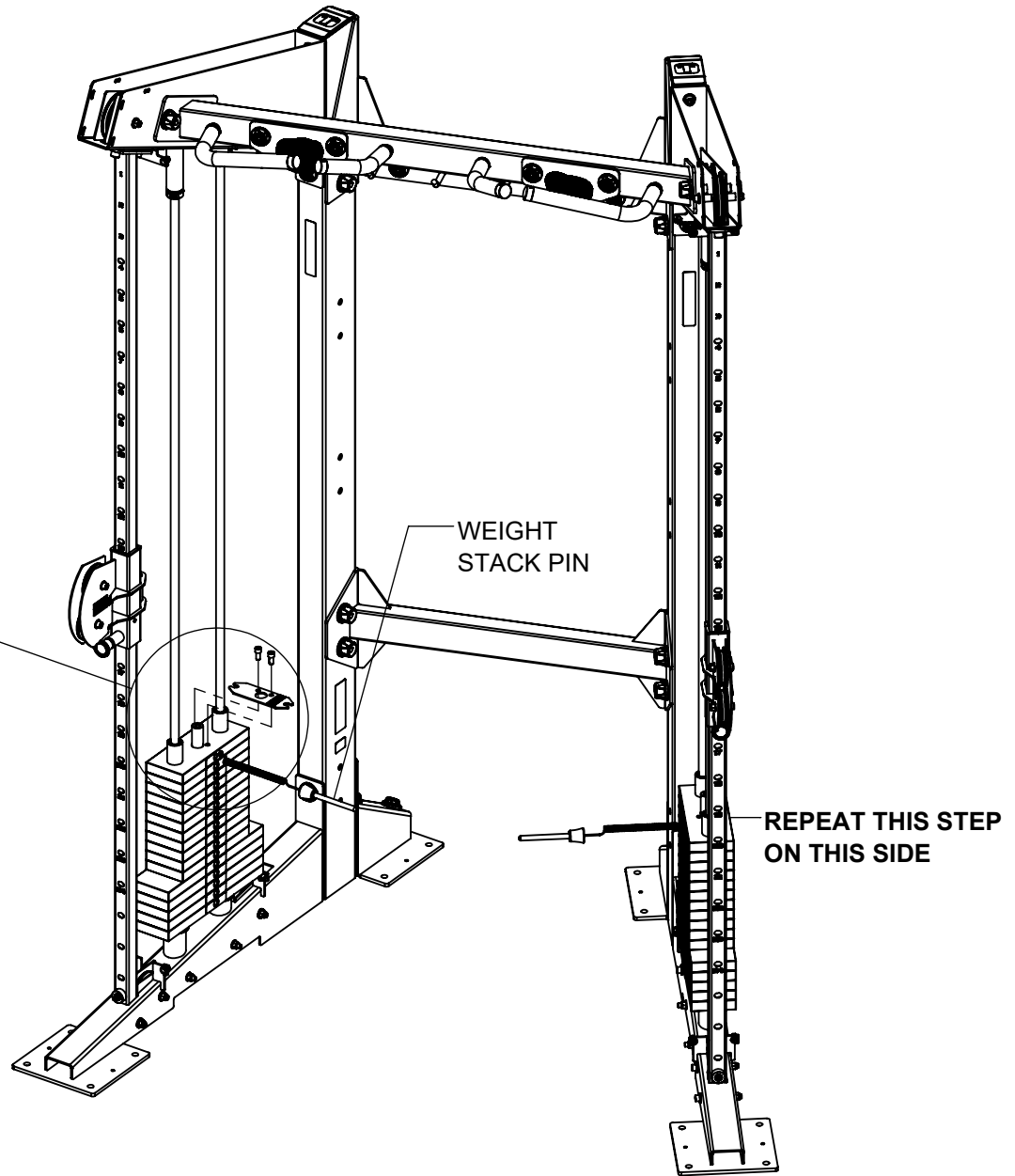
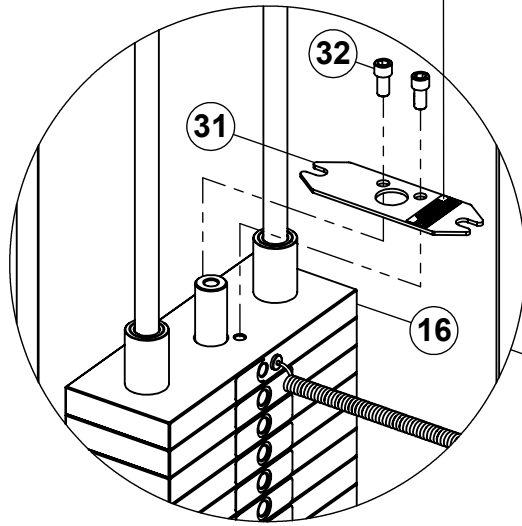
LEFT SIDE

REPEAT THIS STEP FOR RIGHT SIDE

# STEP 11

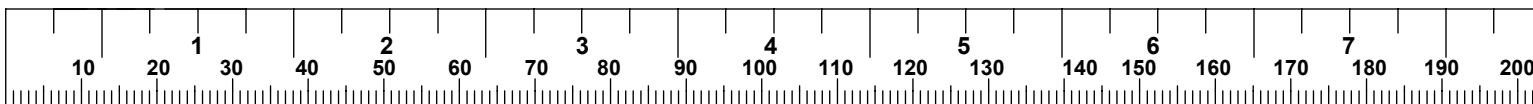
**NOTE:**

The WARNING LABEL must be facing the same direction as the WEIGHT STACK PIN.

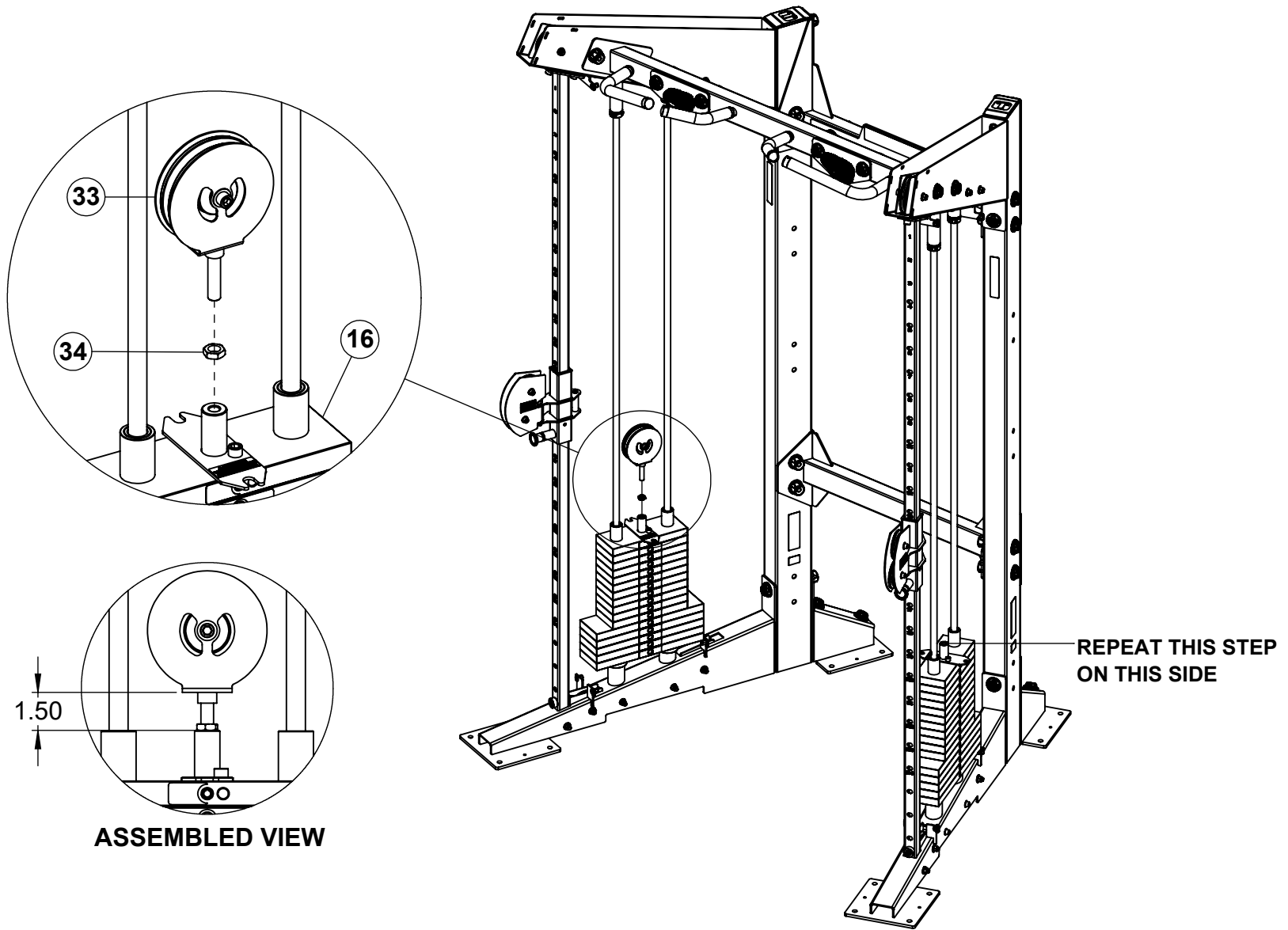


**NOTE:**

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

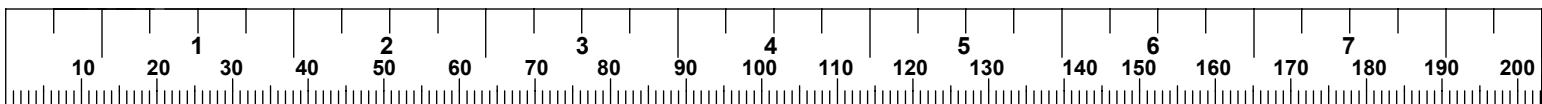


# STEP 12

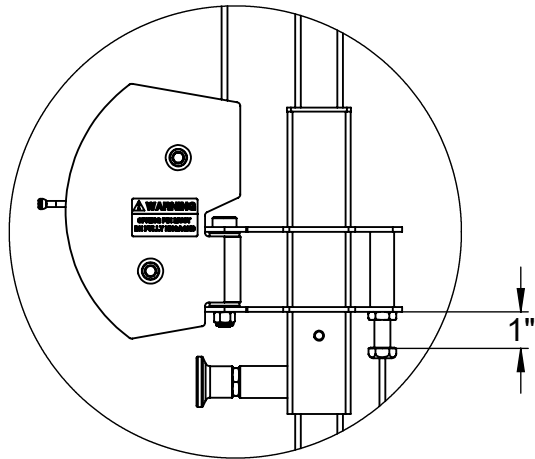


## NOTE:

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



## STEP 13a (CABLE ASSEMBLY - LEFT SIDE)



**INSET VIEW**

**NOTE 6:**  
Make sure CABLE is routed in the groove of pulley.

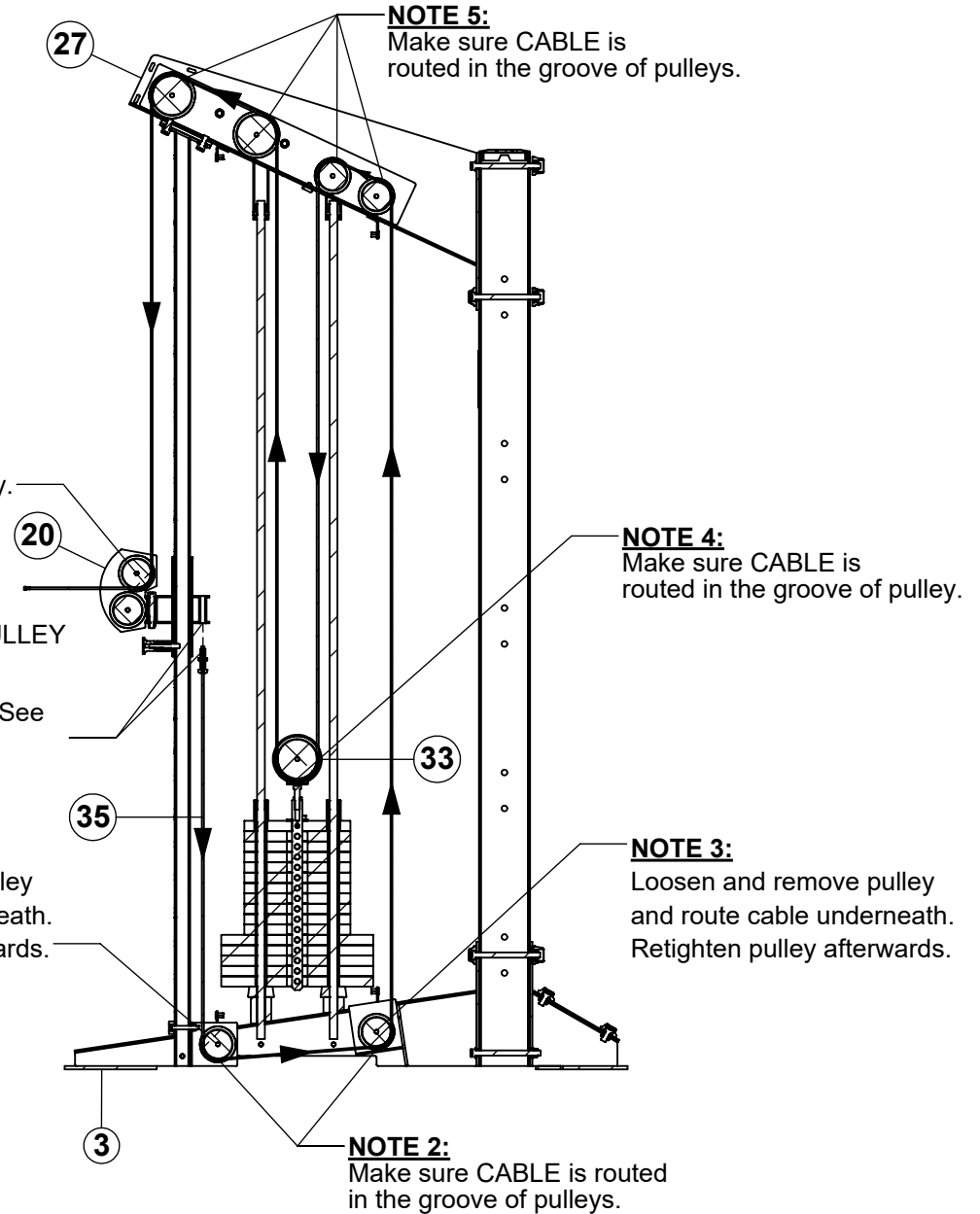
### **TO START:**

Thread CABLE END into SWIVEL PULLEY SLIDE as shown in INSET VIEW.

Route CABLE in direction of arrows. See **CAUTION** BELOW.

**NOTE 1:**  
Loosen and remove pulley and route cable underneath. Retighten pulley afterwards.

**NOTE 5:**  
Make sure CABLE is routed in the groove of pulleys.



**CAUTION:** When routing cables, make sure that the cable is seated in the groove of all pulleys and underneath all retaining bolts, pins or brackets. **Failure to do so, may result in damage to cable.**

## STEP 13b (CABLE ASSEMBLY - RIGHT SIDE)

**NOTE 5:**

Make sure CABLE is routed in the groove of pulleys.

**NOTE 4:**

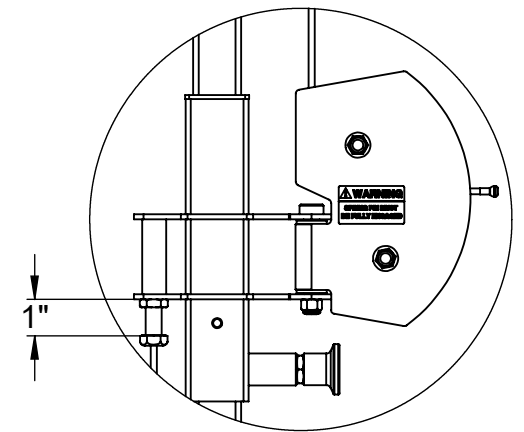
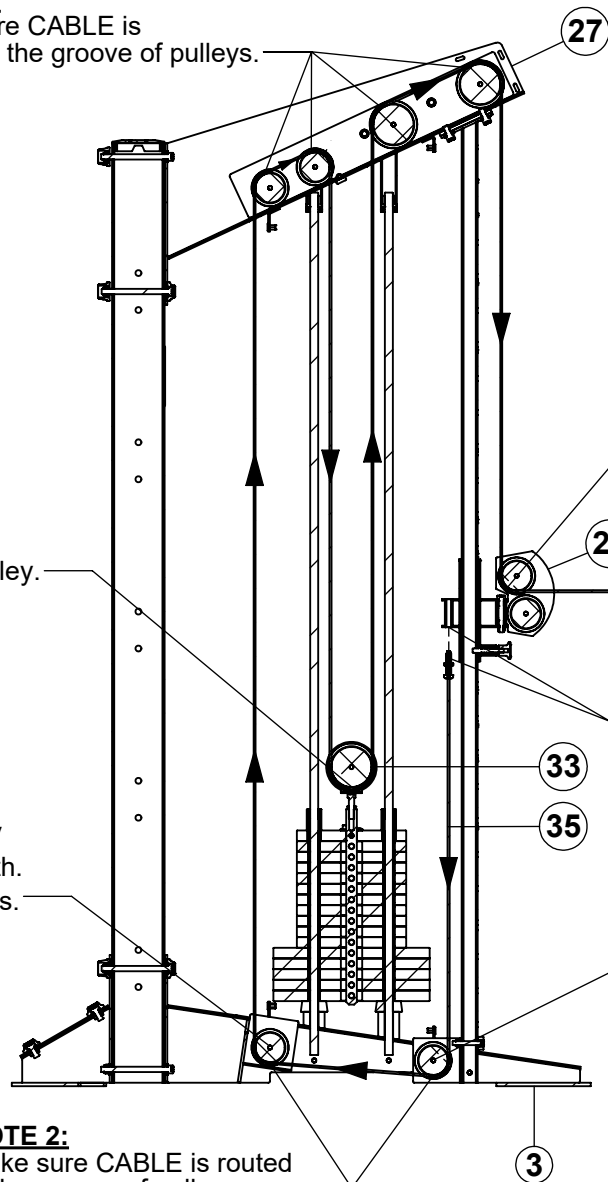
Make sure CABLE is routed in the groove of pulley.

**NOTE 3:**

Loosen and remove pulley and route cable underneath. Retighten pulley afterwards.

**NOTE 2:**

Make sure CABLE is routed in the groove of pulleys.



**INSET VIEW**

**NOTE 6:**

Make sure CABLE is routed in the groove of pulley.

**TO START:**

Thread CABLE END into SWIVEL PULLEY SLIDE as shown in INSET VIEW.

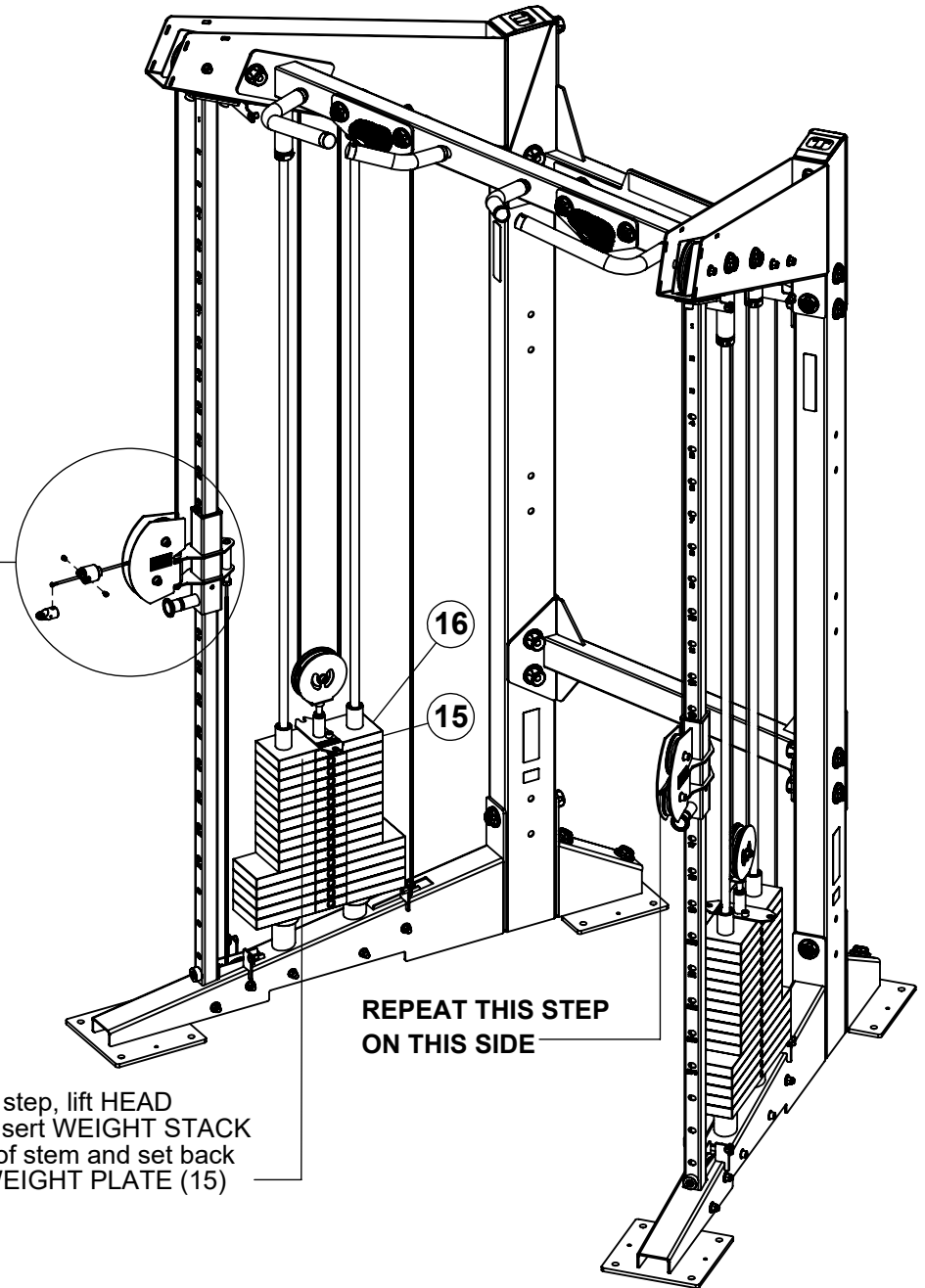
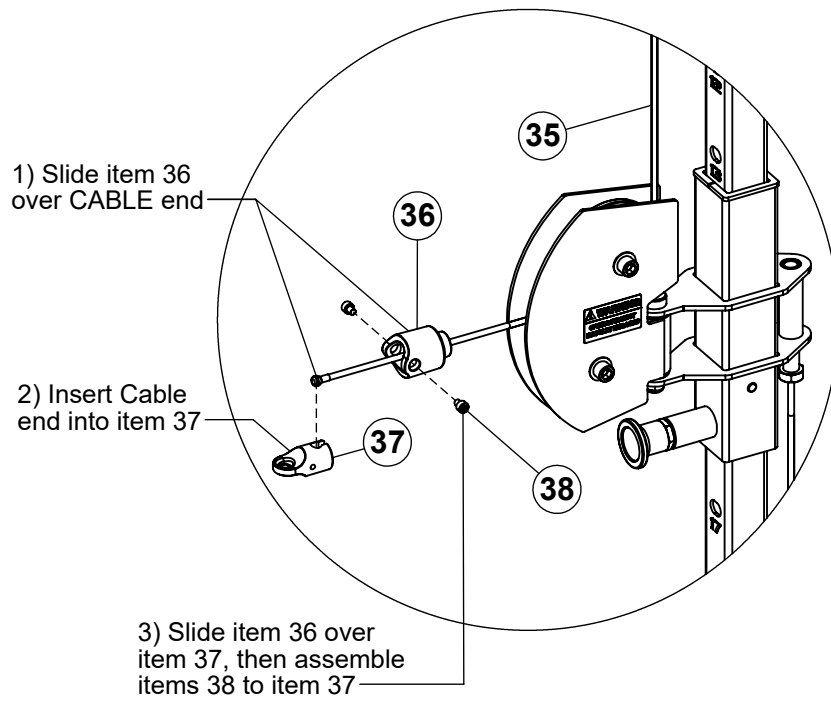
Route CABLE in direction of arrows. See **CAUTION** BELOW.

**NOTE 1:**

Loosen and remove pulley and route cable underneath. Retighten pulley afterwards.

**CAUTION:** When routing cables, make sure that the cable is seated in the groove of all pulleys and underneath all retaining bolts, pins or brackets. **Failure to do so, may result in damage to cable.**

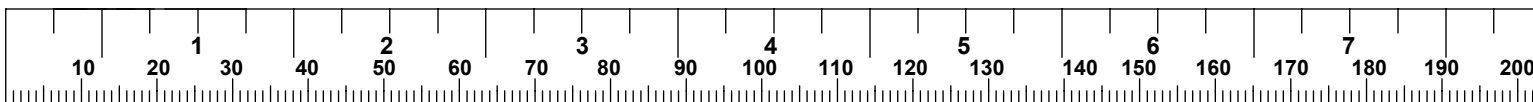
# STEP 14



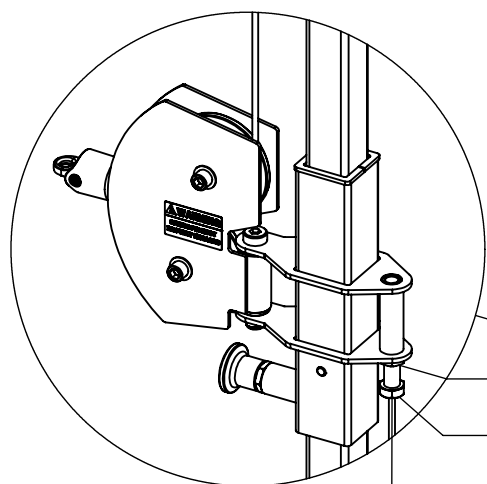
**NOTE:**  
Before beginning this step, lift HEAD PLATE (16) up and insert WEIGHT STACK PIN into bottom hole of stem and set back down on top of first WEIGHT PLATE (15)

## NOTE:

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



## STEP 15 (CABLE ADJUSTMENT)

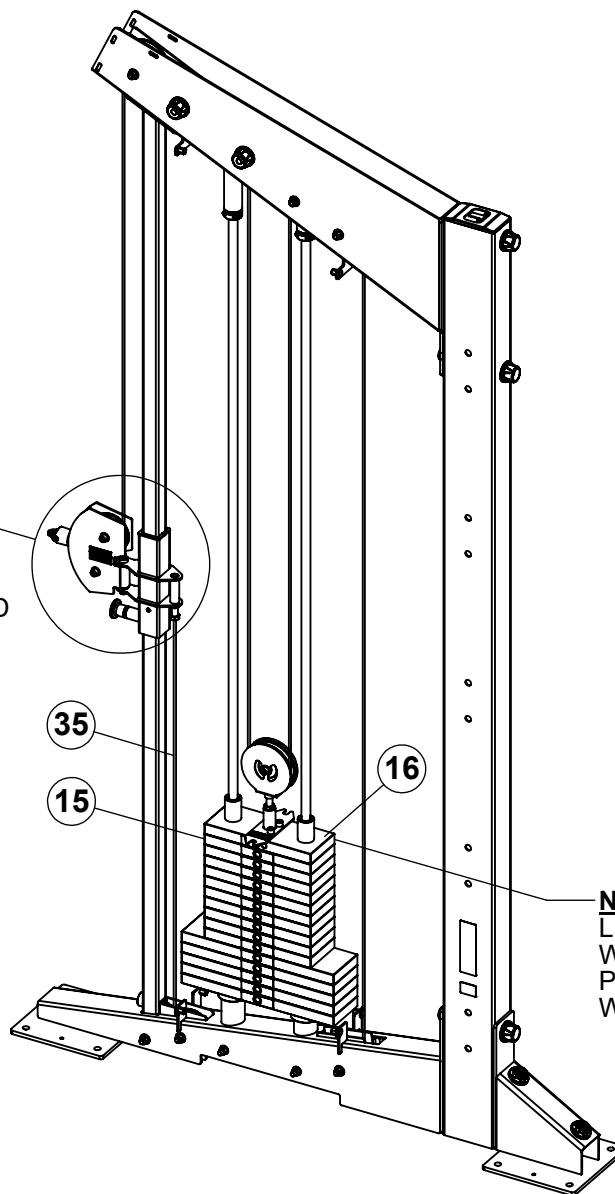


JAM NUT  
THREADED  
END

### **NOTE 2:**

If there is a gap between HEAD PLATE (16) and first WEIGHT PLATE (15), loosen JAM NUT on CABLE (35) and turn threaded end clockwise until HEAD PLATE (16) touches first WEIGHT PLATE (15). **SECURELY** tighten JAM NUT.

If CABLE (35) has too much slack, loosen JAM NUT and turn threaded end counter clockwise until HEAD PLATE (16) starts lifting off first WEIGHT PLATE (15). **SECURELY** tighten JAM NUT.



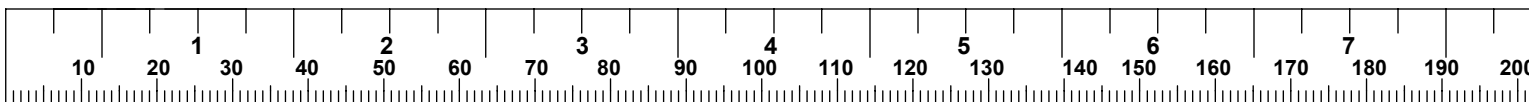
### **NOTE 1:**

Lift HEAD PLATE (16) up and remove WEIGHT STACK PIN. Lower HEAD PLATE (16) back down on top of first WEIGHT PLATE (15) (**SEE NOTE 2**)

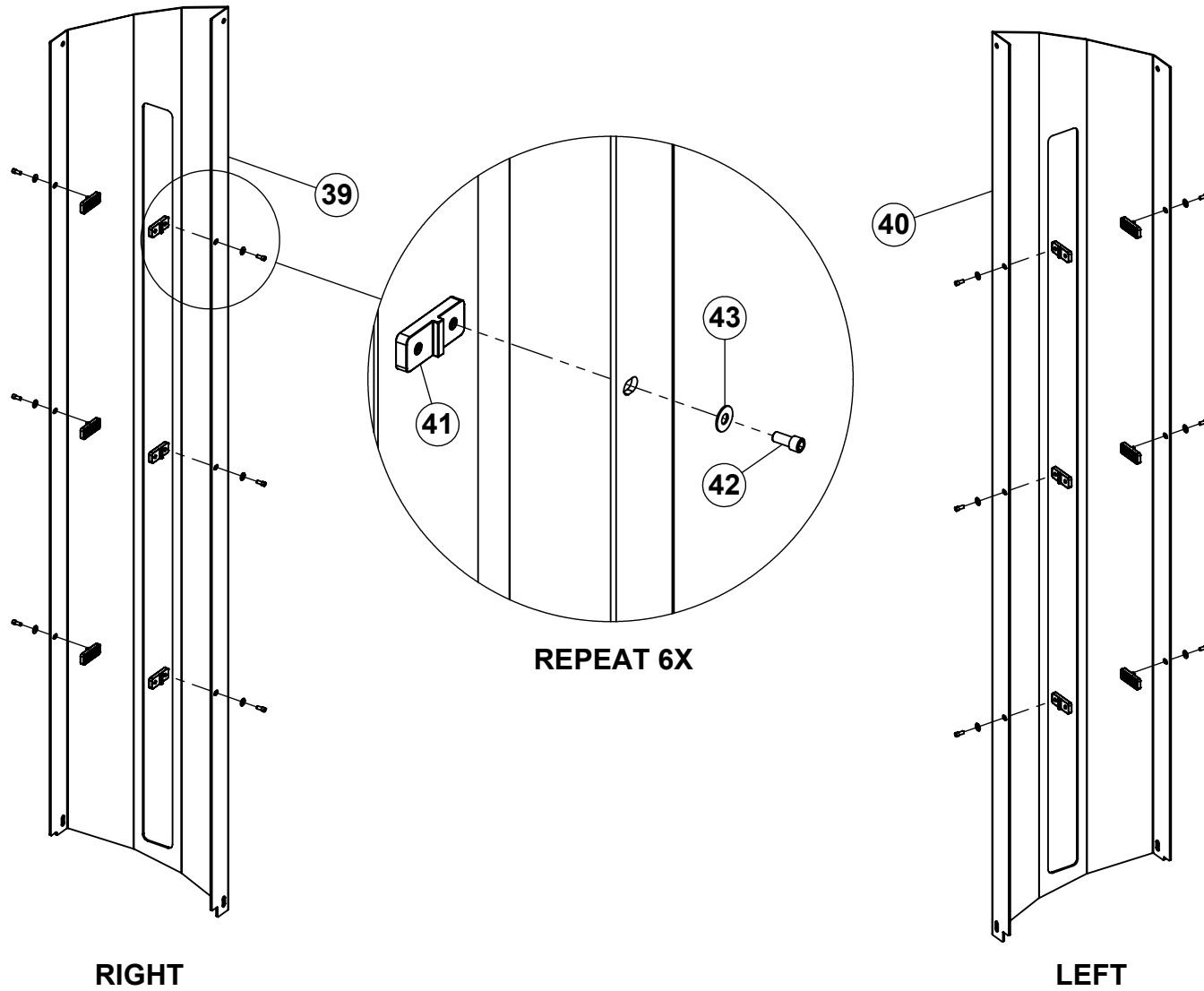
**REPEAT THIS STEP FOR RIGHT SIDE**

### **NOTE:**

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

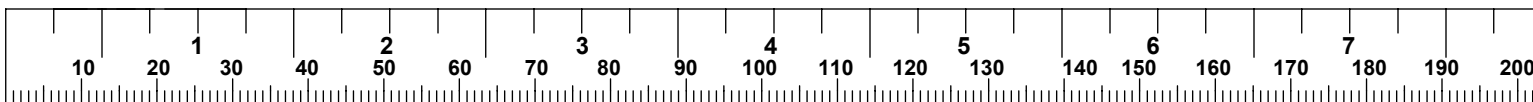


# STEP 16

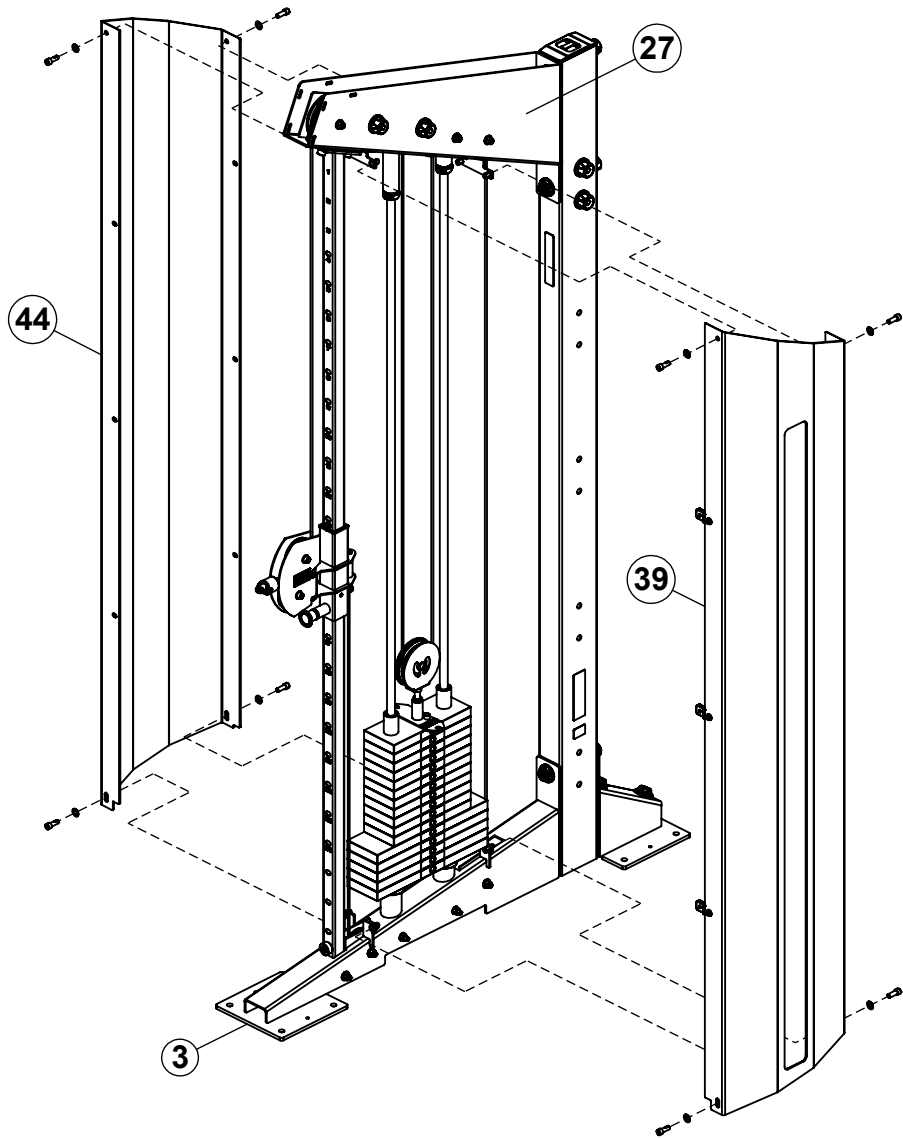


## NOTE:

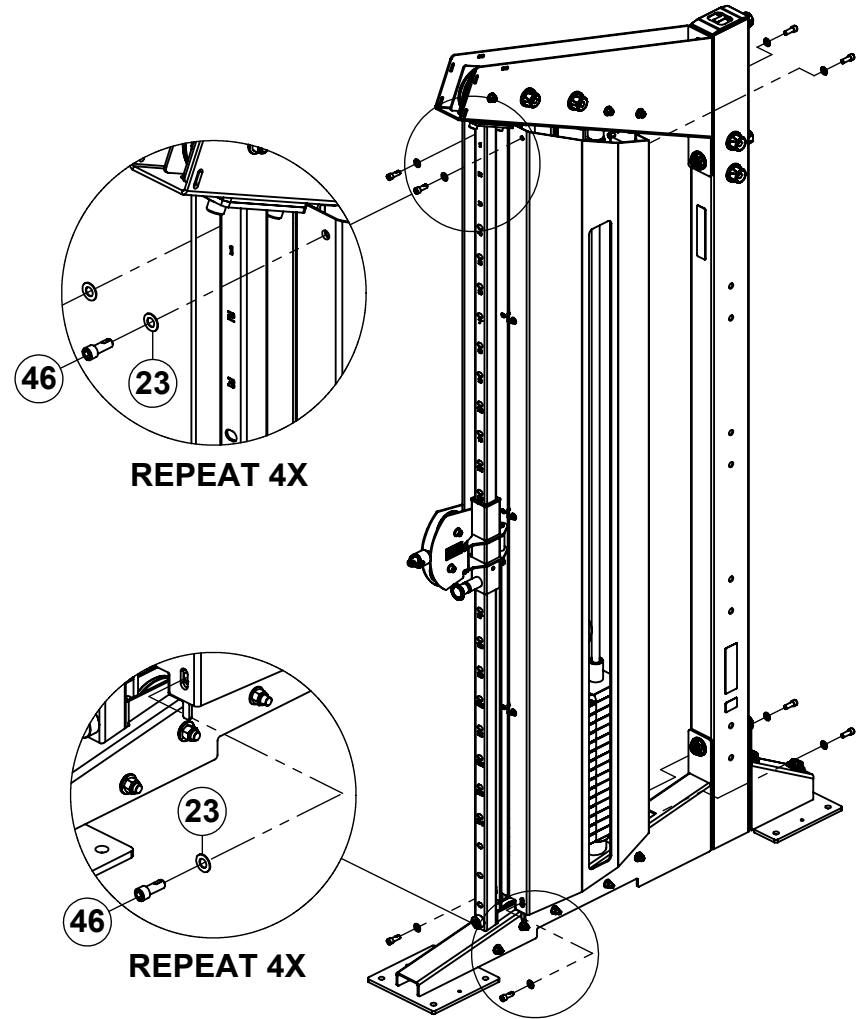
Tighten bolt connections 75% in this step.



# STEP 17



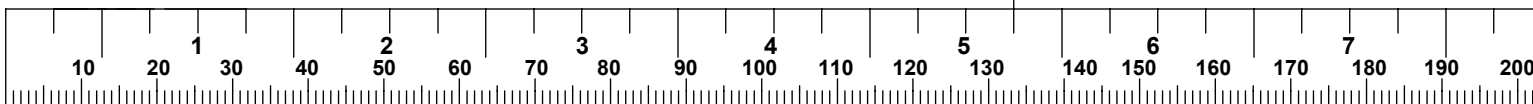
LEFT SIDE EXPLODED VIEW



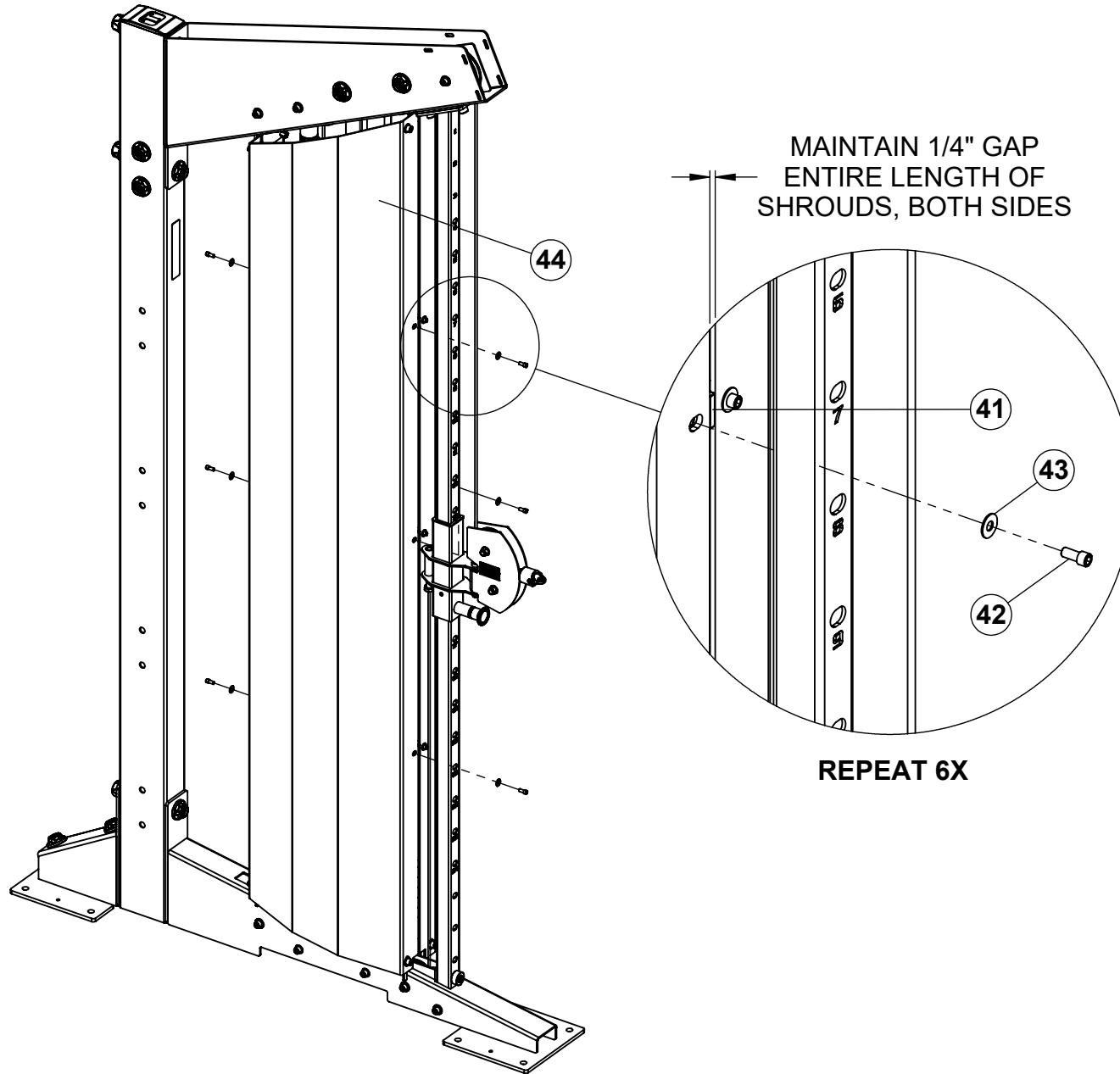
LEFT SIDE ASSEMBLED VIEW

## NOTE:

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

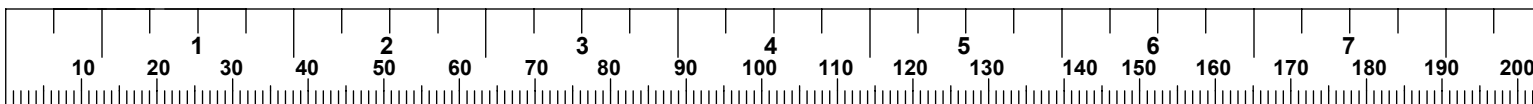


# STEP 18

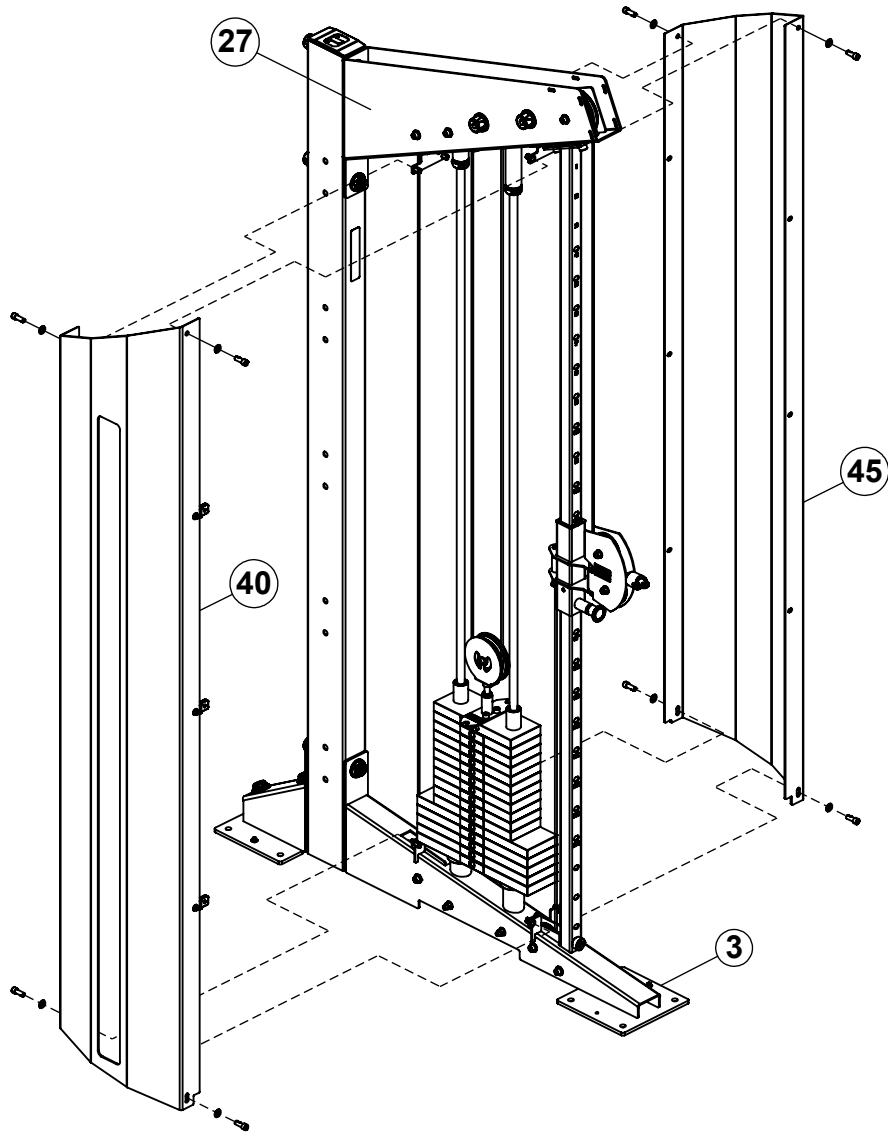


## NOTE:

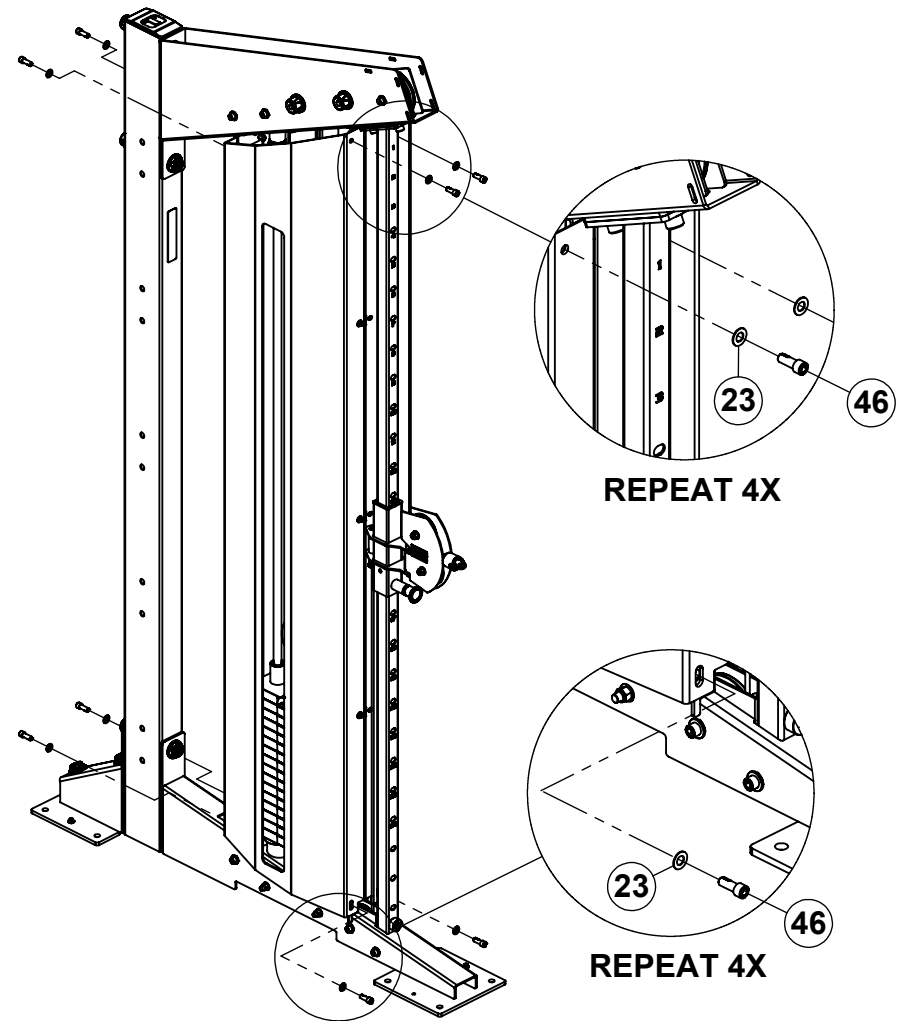
After this step is complete, **SECURELY** tighten all bolt connections in this step and **STEP 17**.



# STEP 19



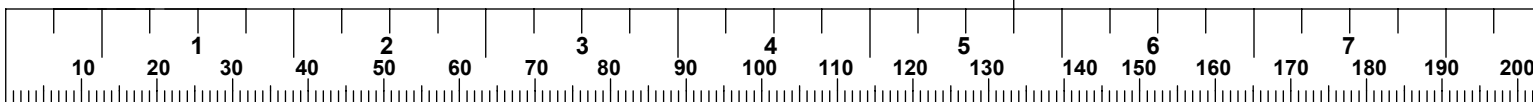
**RIGHT SIDE EXPLODED VIEW**



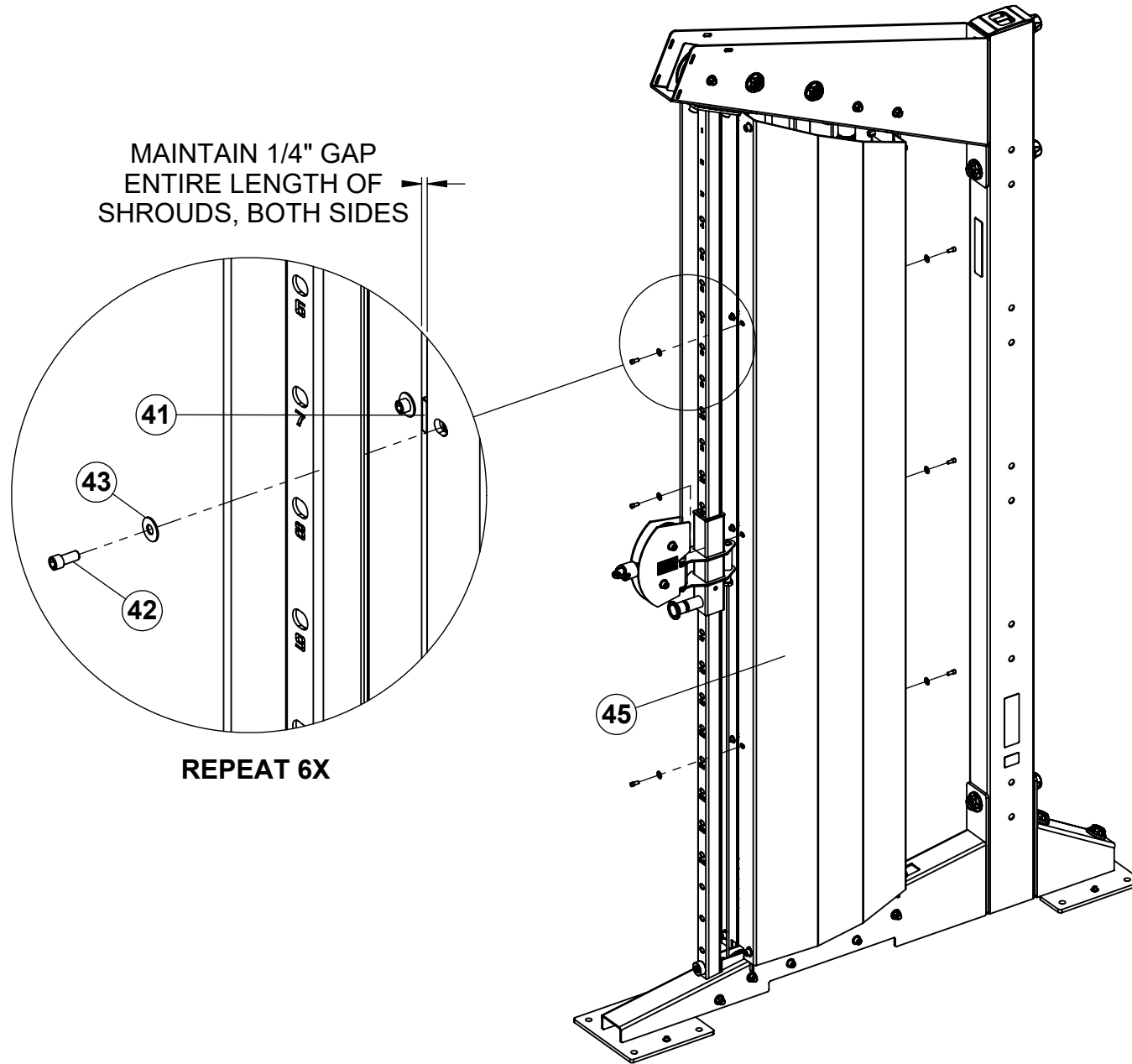
**RIGHT SIDE ASSEMBLED VIEW**

## NOTE:

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

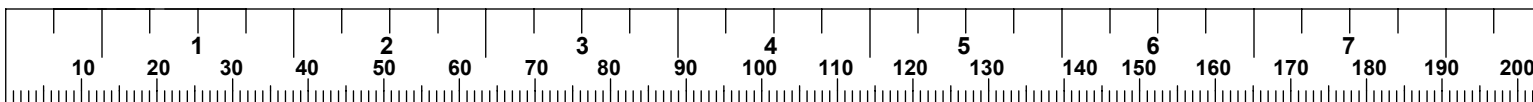


## STEP 20

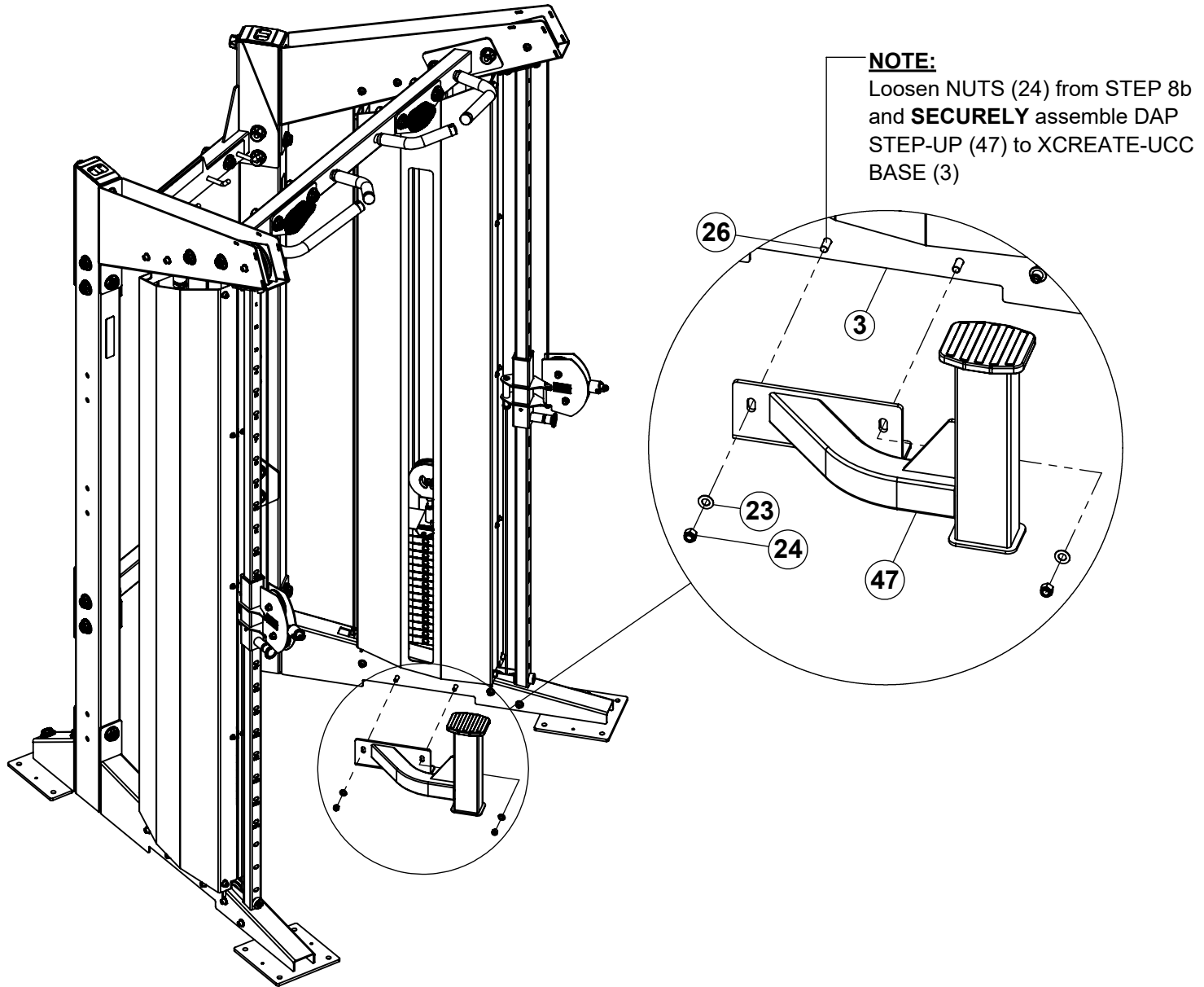


### NOTE:

After this step is complete, **SECURELY** tighten all bolt connections in this step and **STEP 19**.

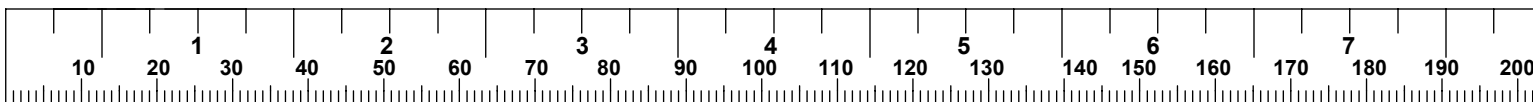


## STEP 21

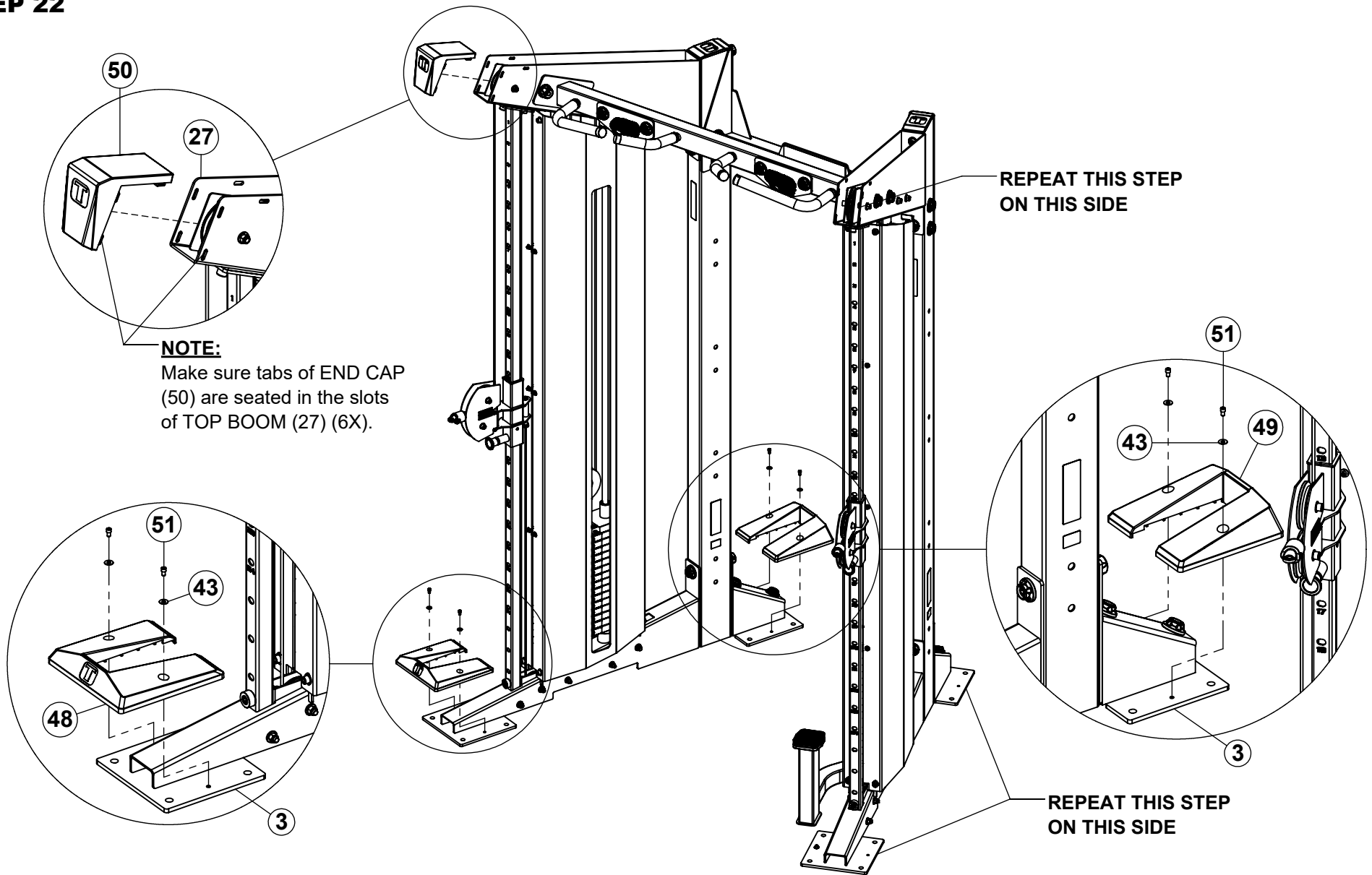


### NOTE:

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



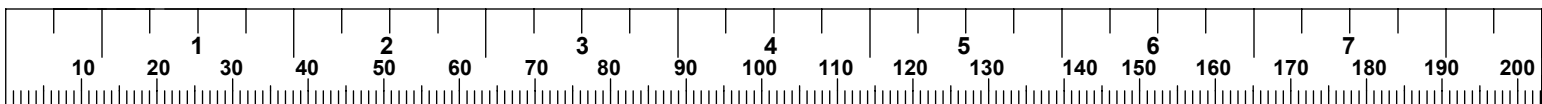
## STEP 22



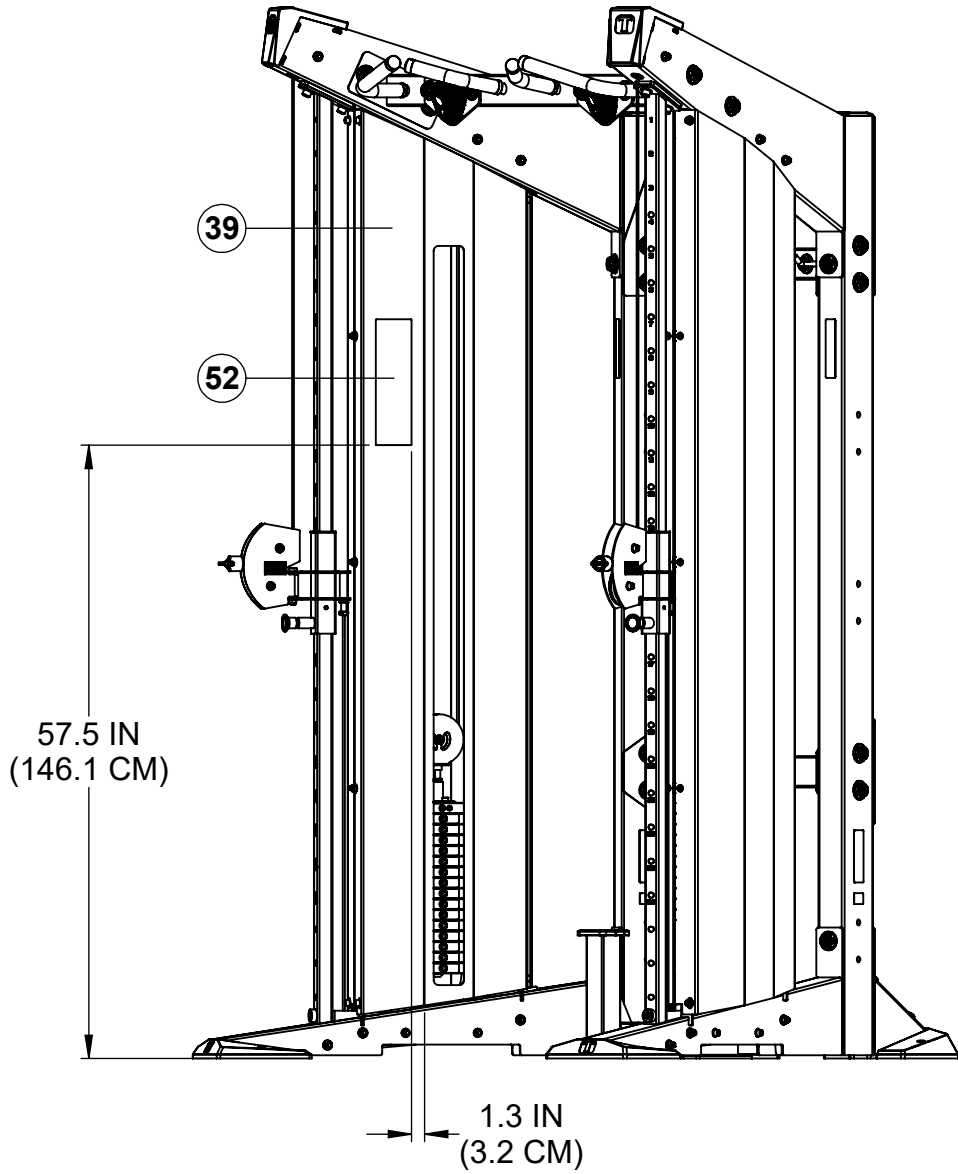
### NOTES:

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

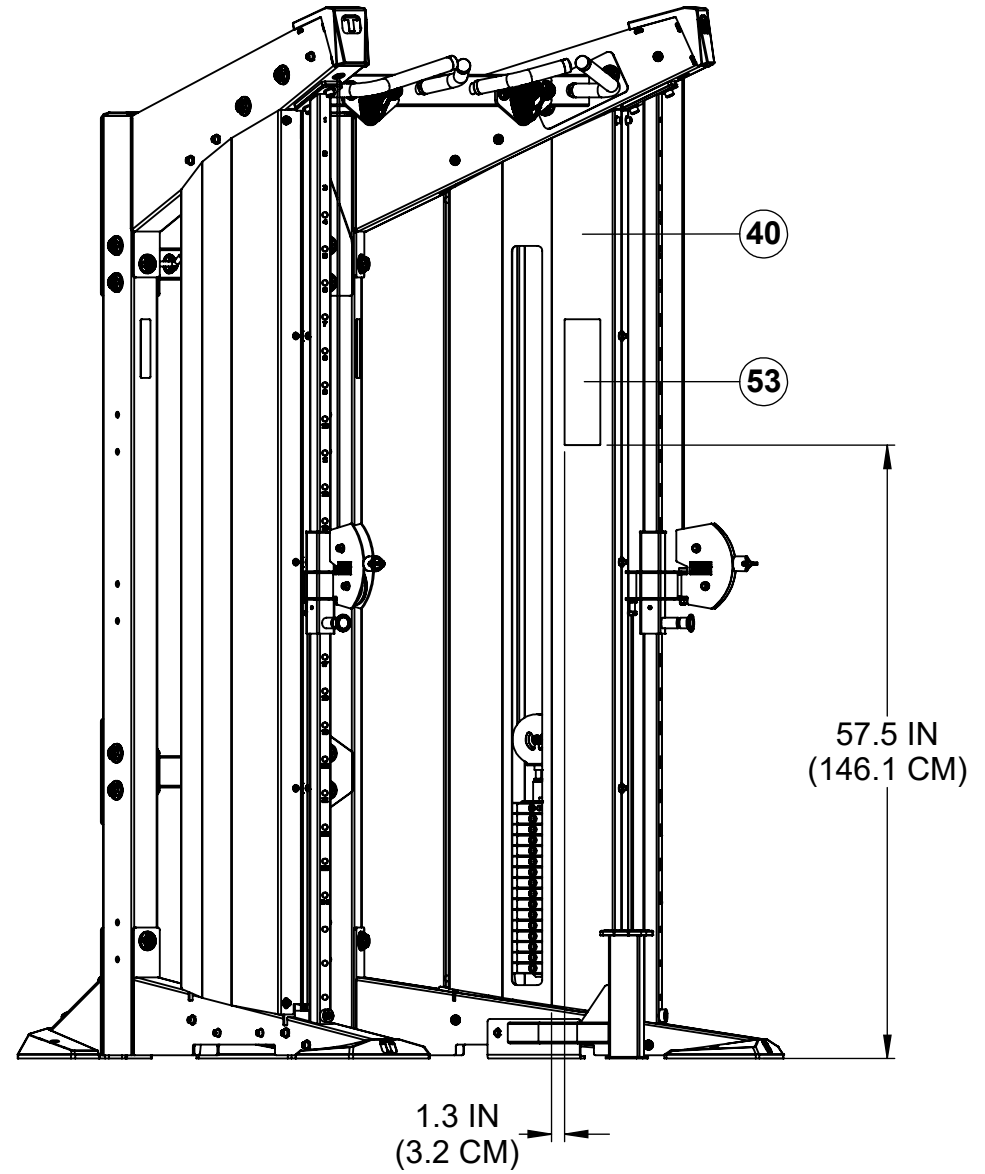
The DAP LOWER CROSS has been hidden for assembly clarity.



**STEP 23**

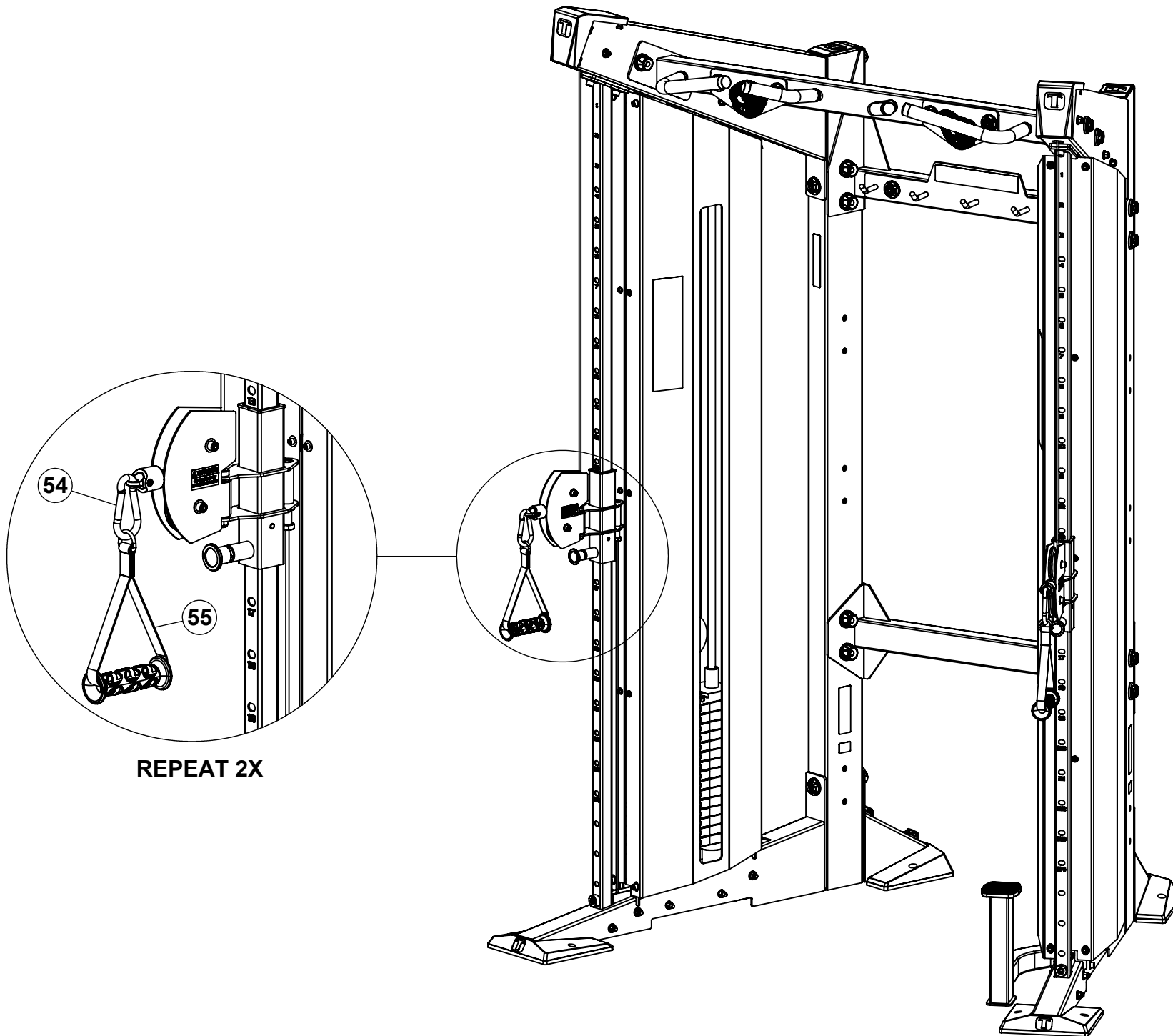


**LEFT SIDE**



**RIGHT SIDE**

**STEP 24**



## 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 fittings and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 15, PAGE 26 TO ADJUST CABLE TENSION)

**SPRING PINS:** Make sure SPRING PIN fully engage slots when released.

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

