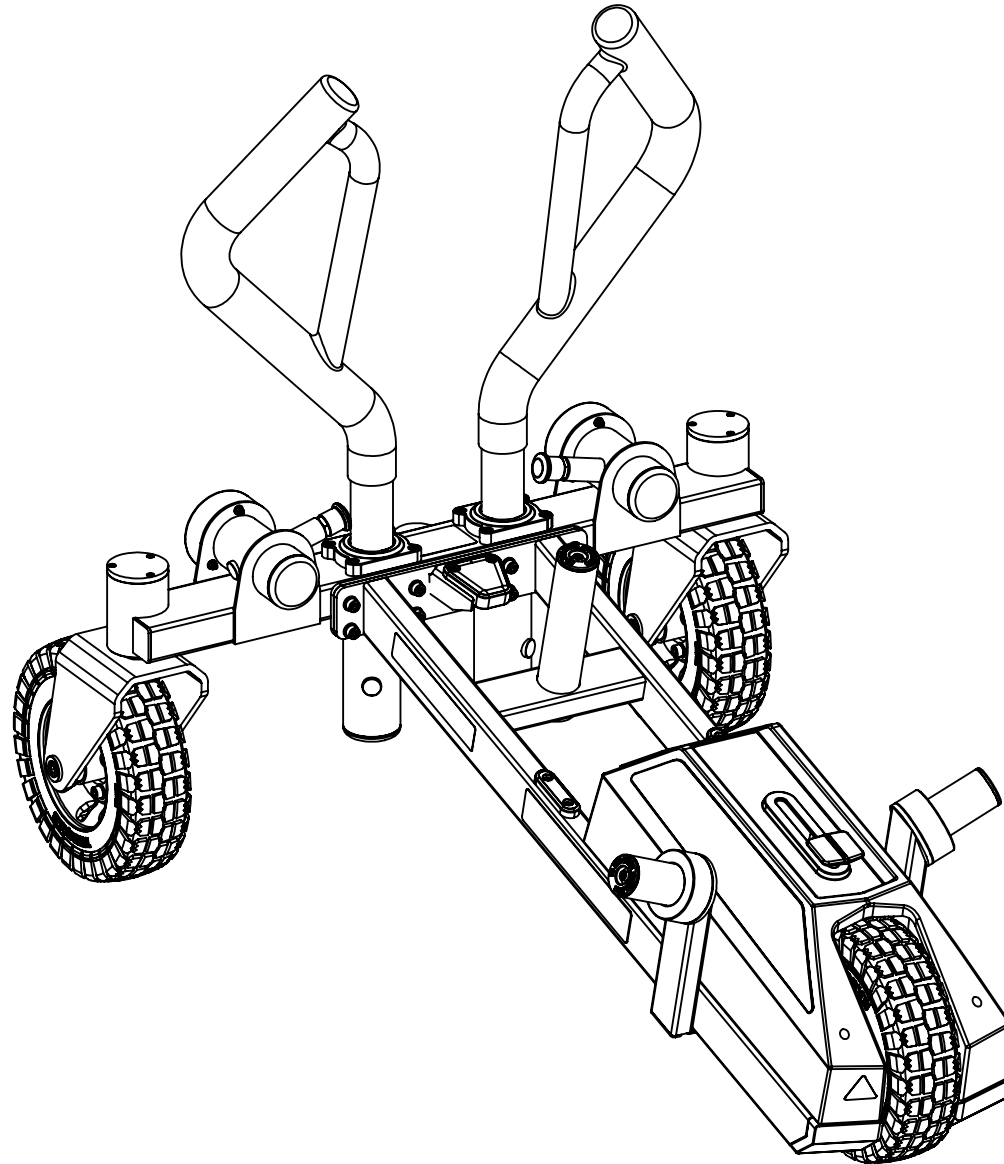


TANK M1S ASSEMBLY GUIDE

VERSION: XTTM1S-MPH-101

PART #: 6087301-A



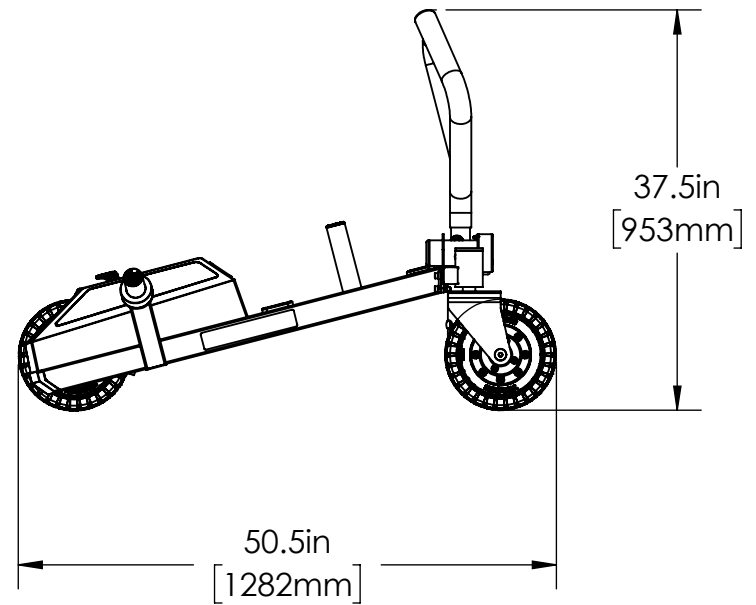
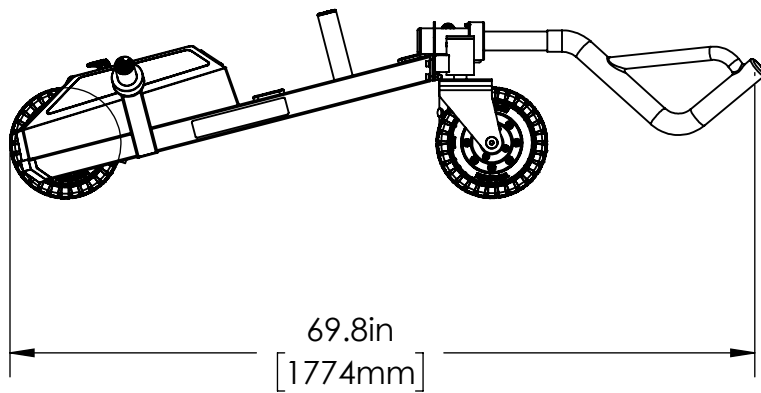
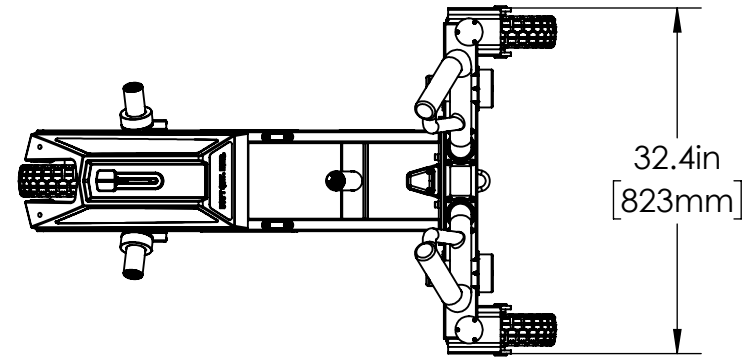
TORQUE USA

PRODUCT WEIGHT: 113 lbs. [51 kgs.]

Complies with the following:

2001/95/EU General Product Safety Directive

2011/65/EU Restriction of Hazardous Substances Directive



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 (8:30 am - 5:00 pm CST). Email: service@torquefitness.com

Note: Some items listed in the parts list may be pre-installed on the product.

Tools Required

- 6mm allen wrench (included)

Optional Equipment

Optional equipment may be available for this product.

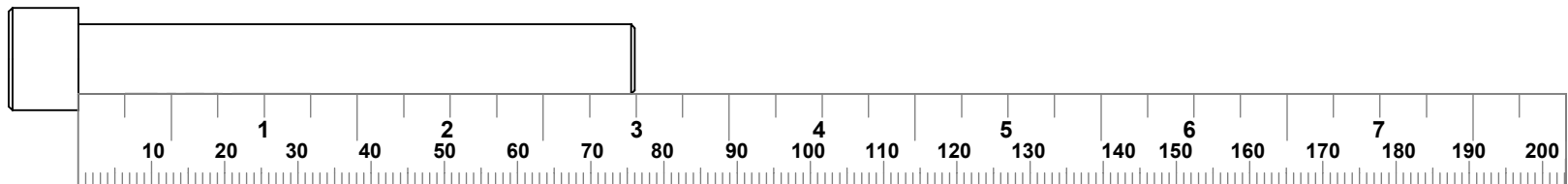
Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every 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 with your back to the 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.



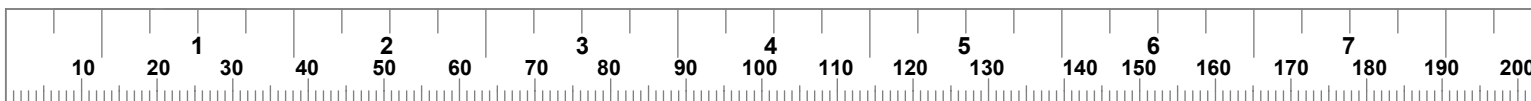
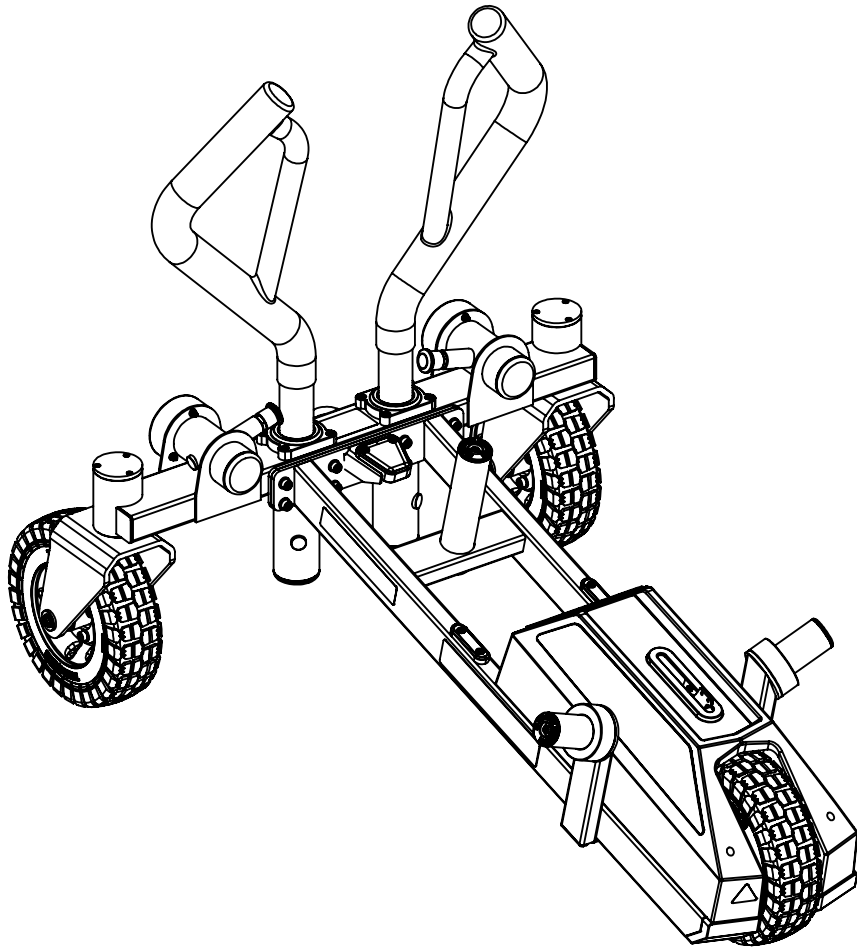
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	6041901	ASSY, REAR FRAME-M1S	1
2	6040901	ASSY, CHASSIS-M1S	1
3	2024401	WASHER, 8.4MM X 16MM X 1.8MM CLEAR ZINC	8
4	2021601	SCREW, M8-1.25 X 30L SOC HD GR 12.9	8
5	60417PA	PTD ASSY, PUSH HANDLE-RH M1S	1
6	60430PA	PTD ASSY, PUSH HANDLE-LH-M1S	1
7	5702101	WRENCH, 6MM ALLEN	1

TOOLS NEEDED FOR ASSEMBLY:

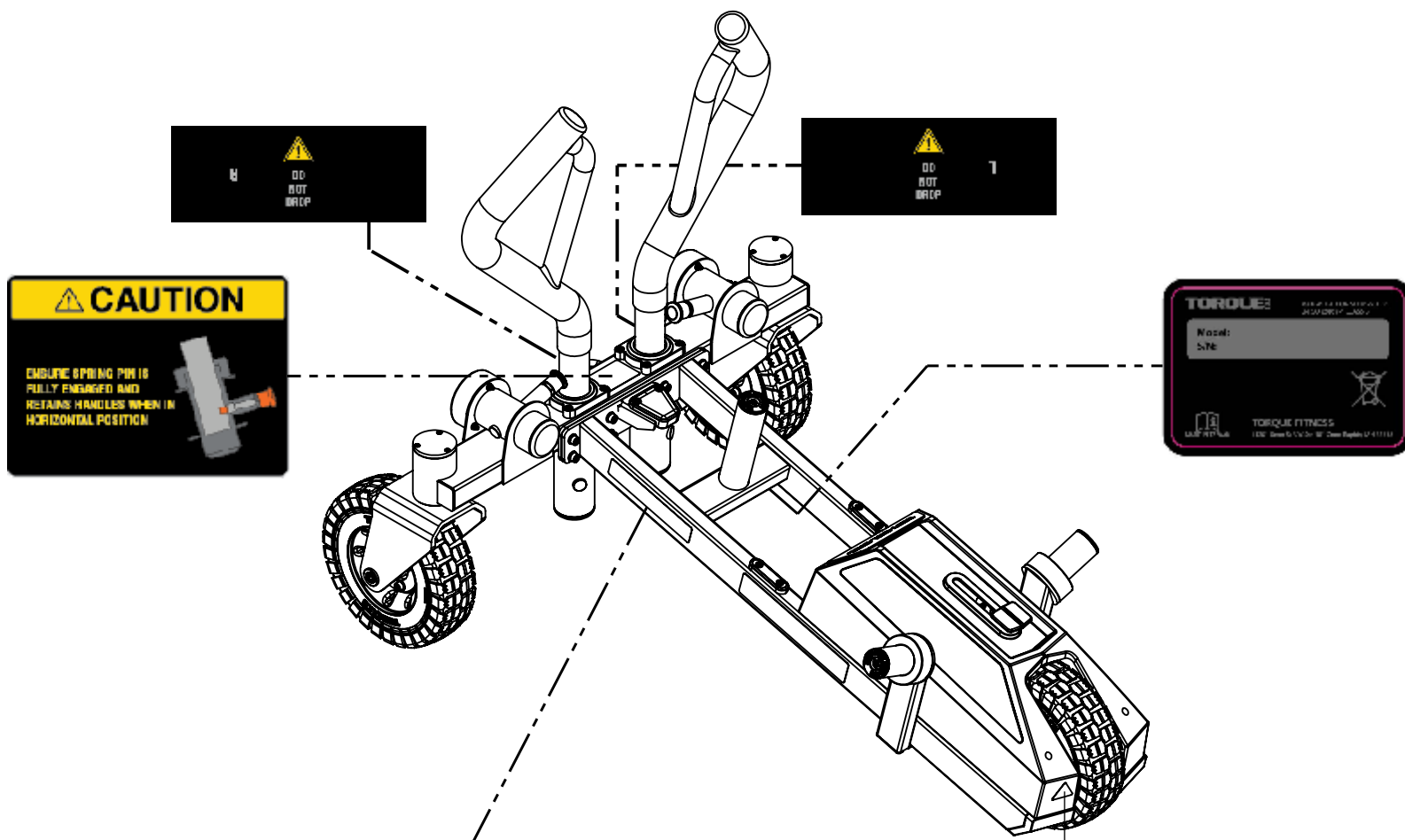
- 6MM ALLEN WRENCH (INCLUDED)

TABLE OF CONTENTS:

- WEIGHTS AND DIMENSIONS: PAGE 2
- WARNINGS: PAGE 3
- GENERAL NOTES: PAGE 4
- TOOLS AND PARTS LIST: PAGE 5
- LABEL LOCATIONS: PAGE 6
- M1S ASSEMBLY: PAGES 7 - 10
- M1S ADJUSTMENT: PAGE 11
- M1S OPERATION: PAGE 12
- CHAIN ADJUSTMENT: PAGES 13 - 15
- M1S CONSOLE (OPTIONAL): PAGE 16
- INSPECTION & LUBRICATION: PAGE 17
- LIVE AREA USE: PAGE 18
- SAFETY AND WARNING NOTICES: PAGE 19

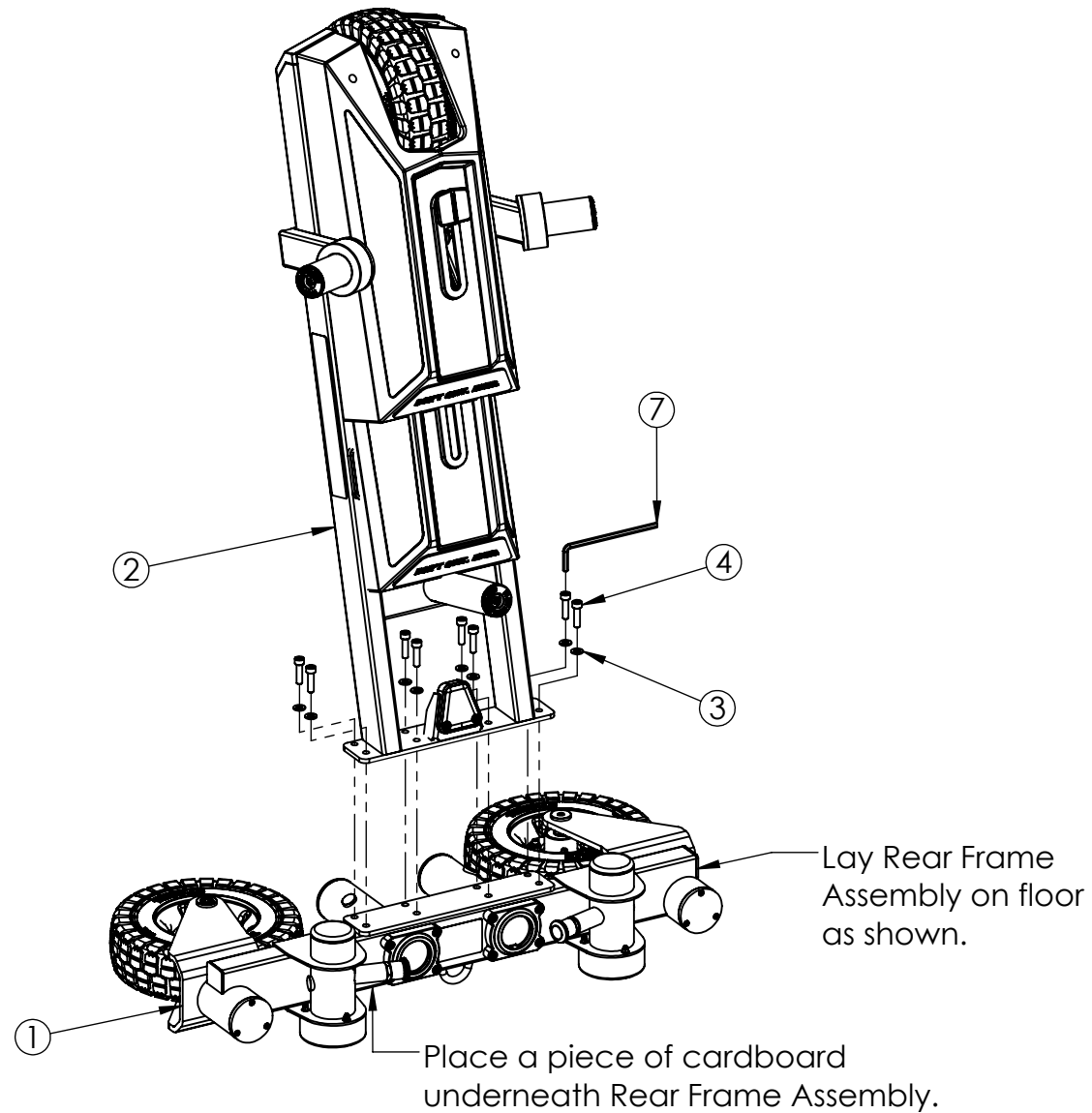


DECALS AND WARNINGS



<p>⚠ WARNING</p> <p>Before starting any exercise program, consult your physician. Machine contains moving parts. To avoid injury, keep children and pets clear of the exerciser at all times. Keep hands and feet clear during use. Review and follow all warnings and instructions in the owners manual prior to use. Replace this label if damaged, illegible, or removed.</p>	<p>⚠ WARNUNG</p> <p>Bevor Sie mit diesem Übungsprogramm beginnen, sollten Sie Ihren Arzt um Rat fragen. Maschine enthält bewegliche Teile. Um Verletzung zu vermeiden halten Sie Ihre Kinder und Haustiere durchgehend von der Maschine entfernt. Hände und Füße während des Gebrauches entfernt halten. Lesen und befolgen Sie alle Warnungen und Anweisungen in der Bedienungsanleitung vor Gebrauch. Ersetzen Sie dieses Label wenn es unleserlich ist, beschädigt oder entfernt wurde.</p>	<p>⚠ AVERTISSEMENT</p> <p>Avant d'entamer un programme d'exercice, veuillez consulter votre médecin. L'appareil possède des parties mobiles. Pour éviter un accident, les enfants et les animaux domestiques doivent toujours être tenus à l'écart de la machine d'exercice. Gardez à l'écart les mains et les pieds pendant l'utilisation. Avant de vous servir de votre appareil, lisez et suivez tout avertissement et toutes consignes dans le manuel d'utilisateur. Remplacez ce label si elles sont endommagées, illisibles, ou enlevées.</p>	<p>⚠ ADVERTÊNCIA!</p> <p>Antes de começar qualquer programa de exercícios, consulte um médico. O equipamento possui peças móveis. Para evitar ferimentos, mantenha crianças e animais afastados do equipamento sempre. Mantenha mãos e pés afastados durante o uso. Revise e siga todas as advertências e instruções no manual do usuário antes da utilização. Substitua esta etiqueta se ele for danificada, ilegível, ou removida.</p>
---	---	--	---

STEP 1



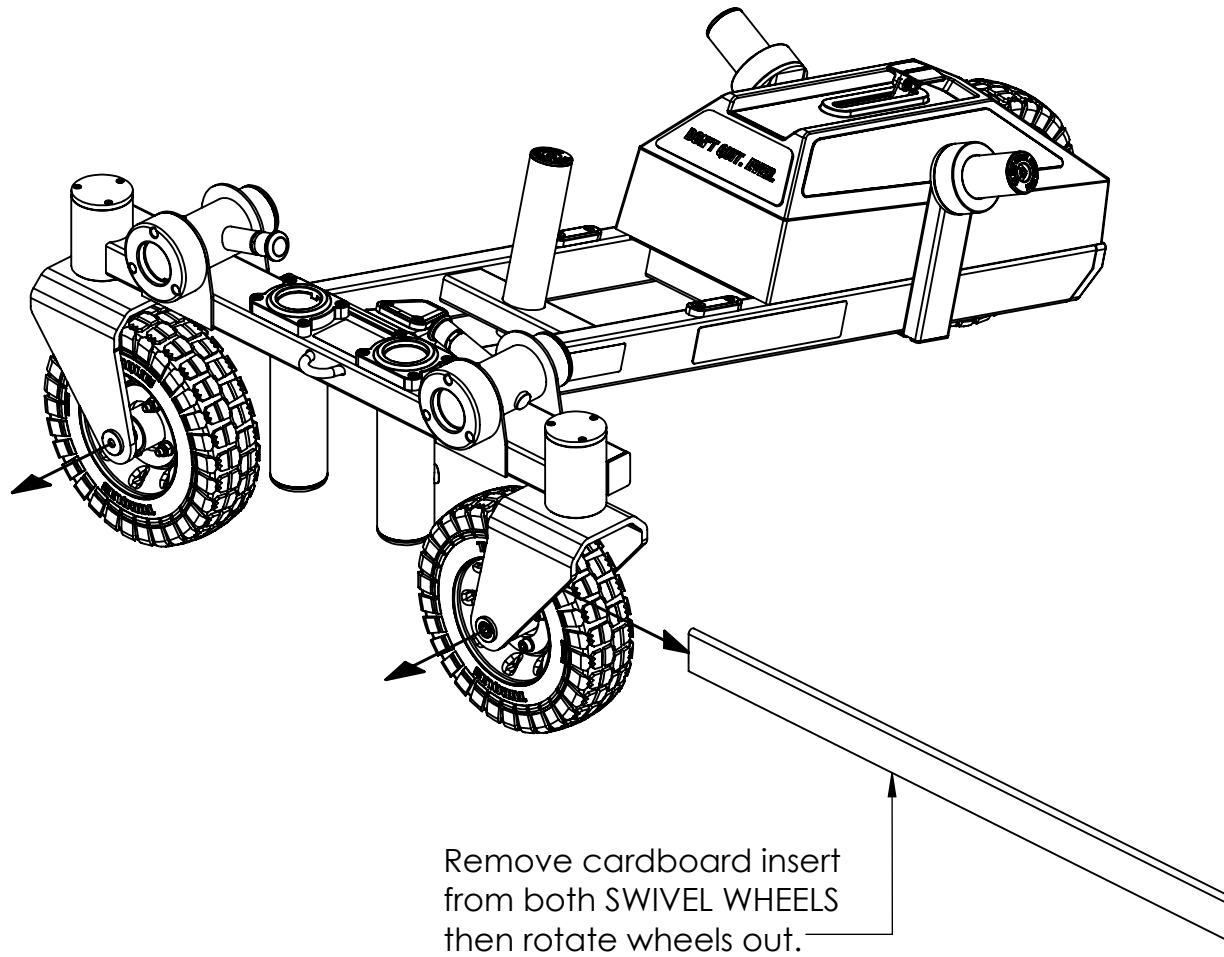
NOTES:

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

Carefully assemble CHASSIS ASSEMBLY to REAR FRAME ASSEMBLY using 6mm Allen Wrench (included).

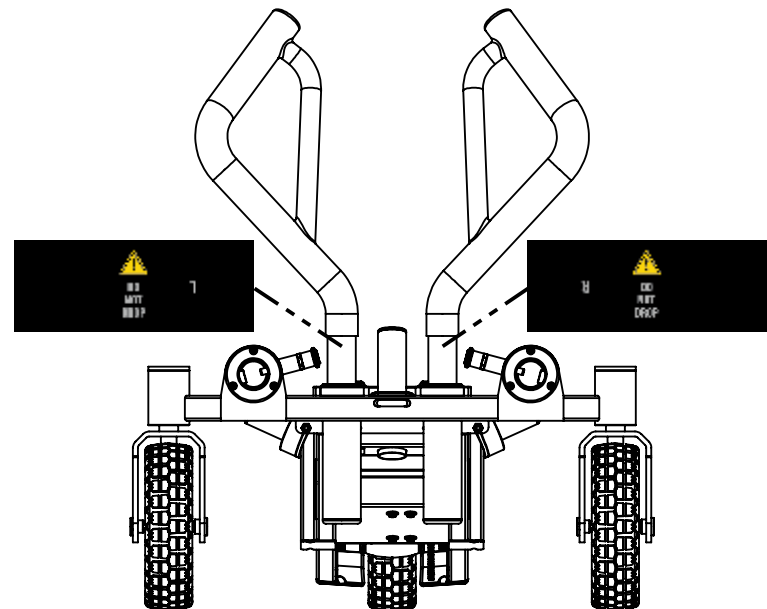
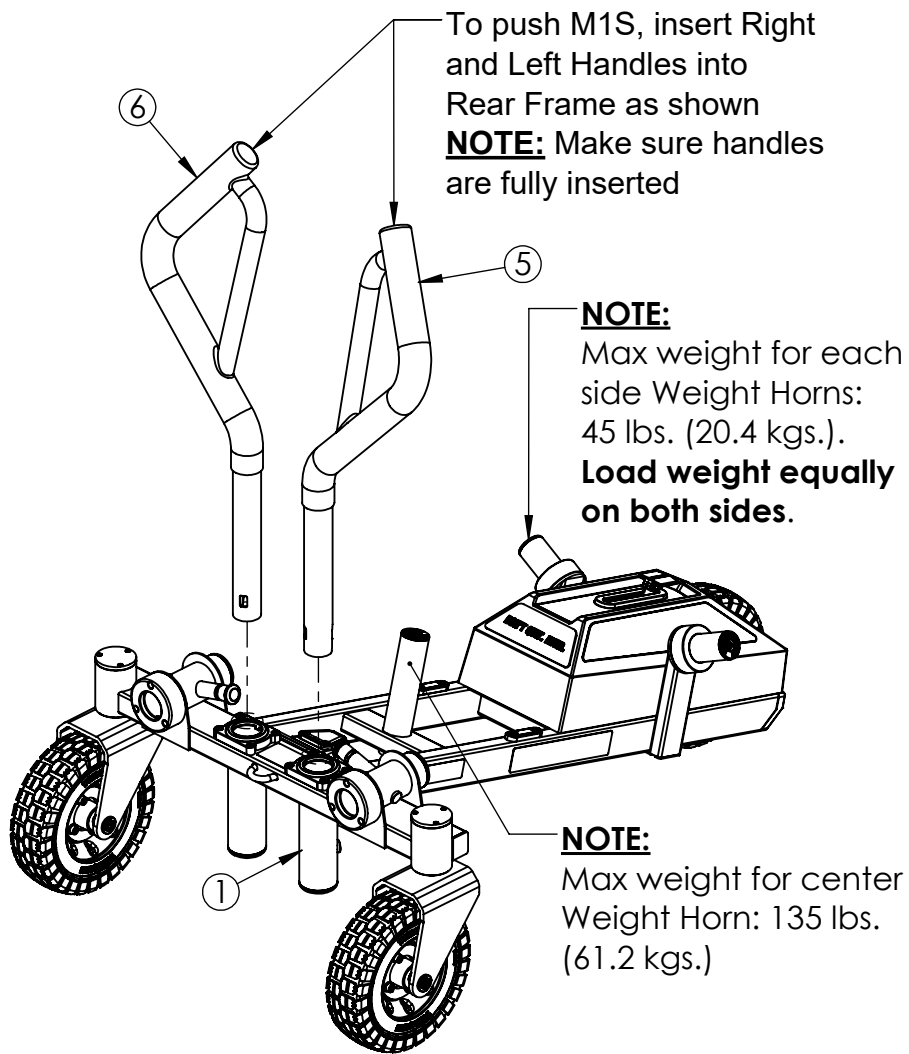
SECURELY tighten all bolt connections in this step.

STEP 2



NOTE:

CAREFULLY set CHASSIS ASSEMBLY back down to floor.

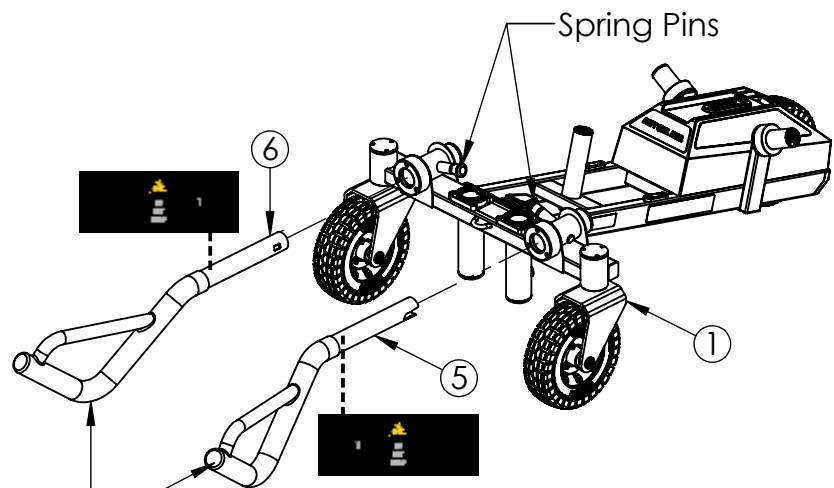


**REAR VIEW
HANDLES INSTALLED**

WARNING:

Remove weight from M1S when not in use. Leaving the weights on M1S could cause the tires to deform.

WHEELBARROW AND DEAD LIFT TRAINING



To perform wheelbarrow or deadlift exercises, pull back on spring pin and fully insert Left and Right Handles horizontally into Rear Frame as shown.

NOTE: Ensure Spring Pins are fully engaged.

WARNING:

DO NOT drop M1S from Handles. Set M1S down after performing exercises. Dropping M1S from Handles could result in damage to Wheels, Casters and Frame and will void warranty.

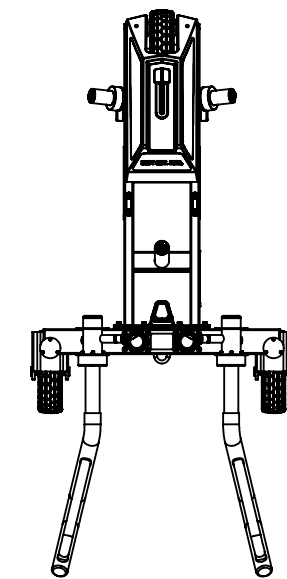
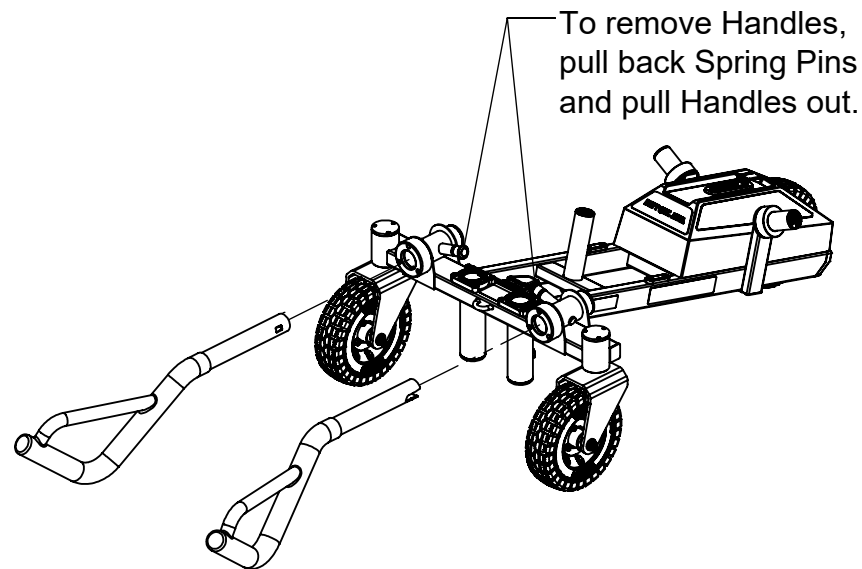
NOTES:

Max weight on each side Weight Horns: 45 lbs. (20.4 kgs.).
Load weight equally on both sides.

Max weight on center Weight Horn: 135 lbs. (61.2 kgs.)

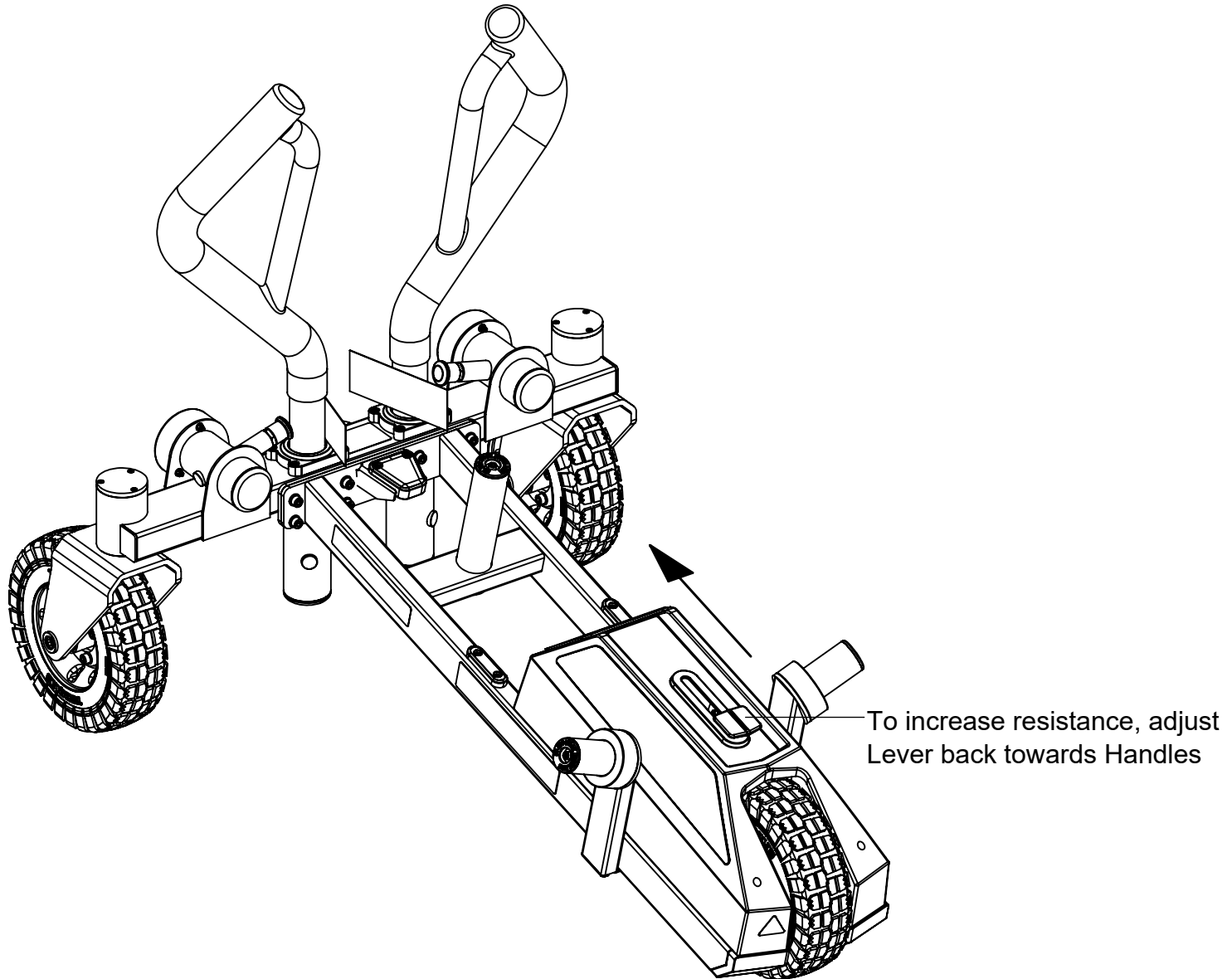
WARNING:

Remove weight from M1S when not in use. Leaving the weights on M1S could cause the tires to deform.



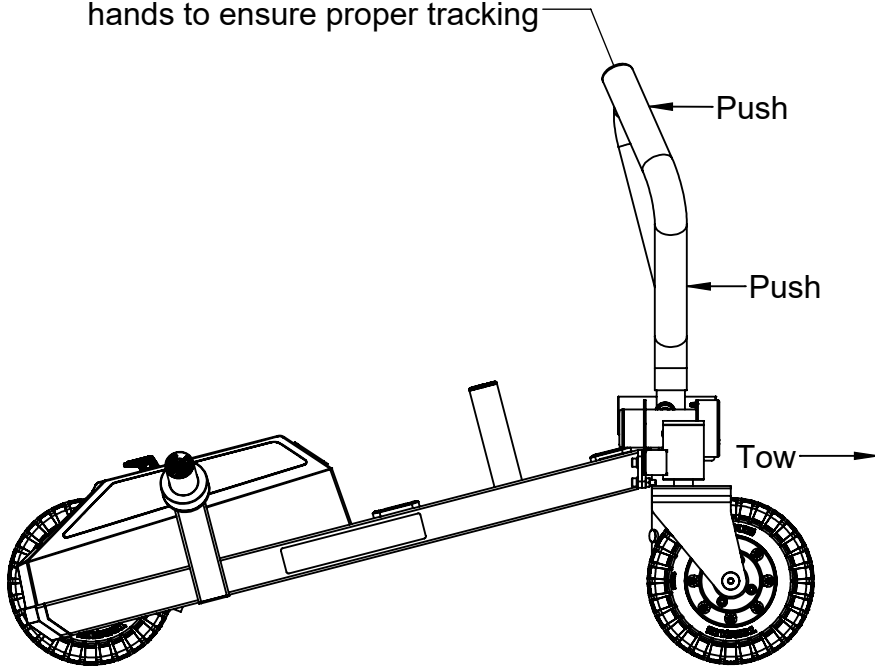
**TOP VIEW
HANDLES INSTALLED**

M1S RESISTANCE ADJUSTMENT



M1S OPERATION

Use Handles as intended.
Push horizontally with both
hands to ensure proper tracking

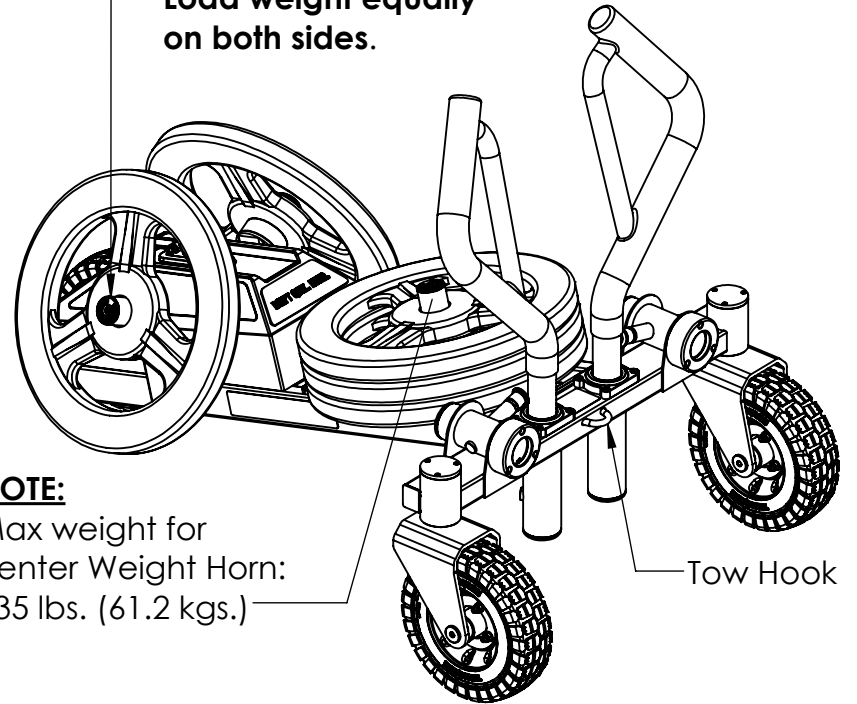


NOTE:
Weight plates are not included. Weight plates are only needed to
prevent skidding and lifting of the back wheels. Adding weight
does not affect the resistance

NOTE:

Max weight for each
side Weight Horns:
45 lbs. (20.4 kgs.).

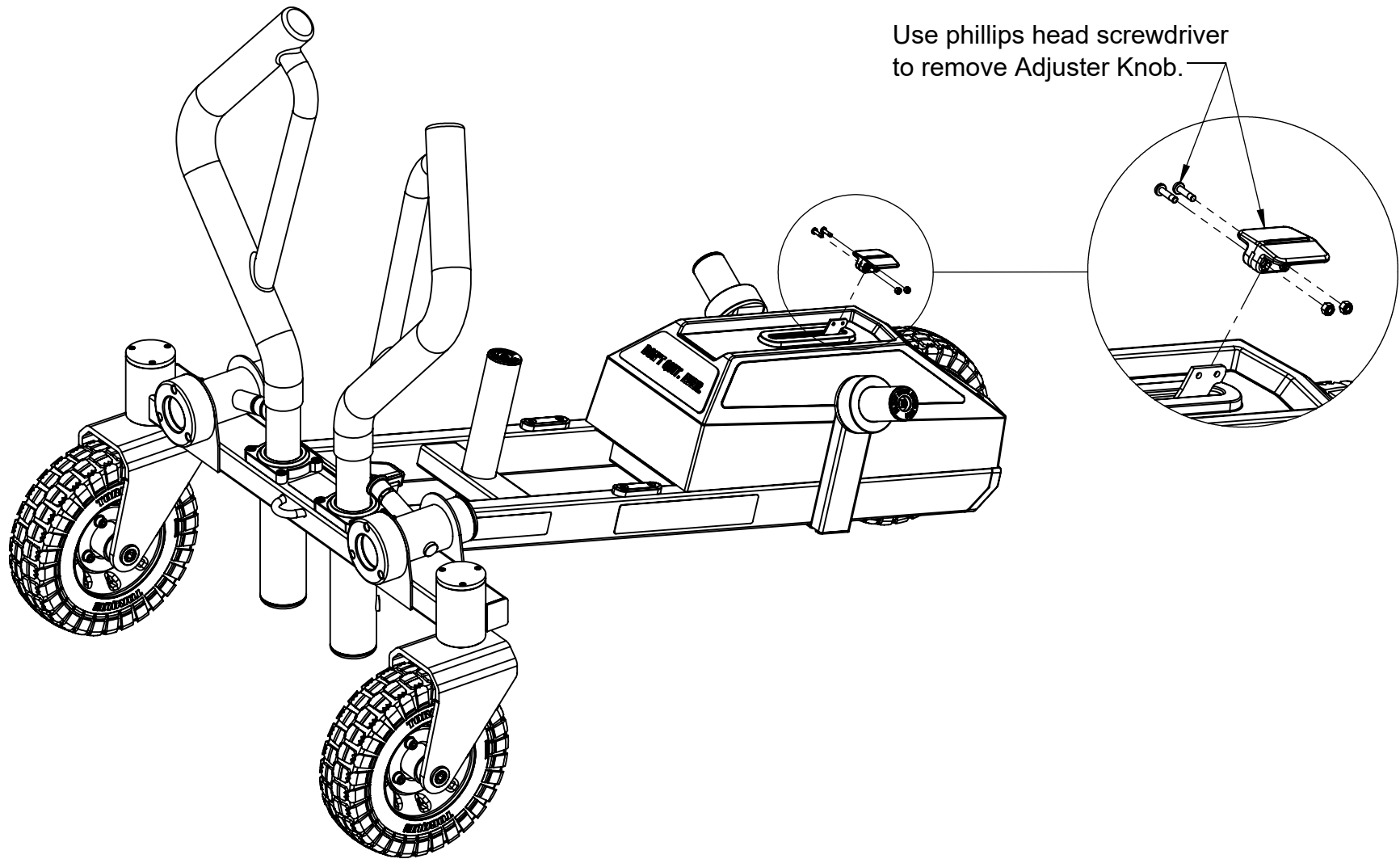
**Load weight equally
on both sides.**



NOTE:

Max weight for
center Weight Horn:
135 lbs. (61.2 kgs.)

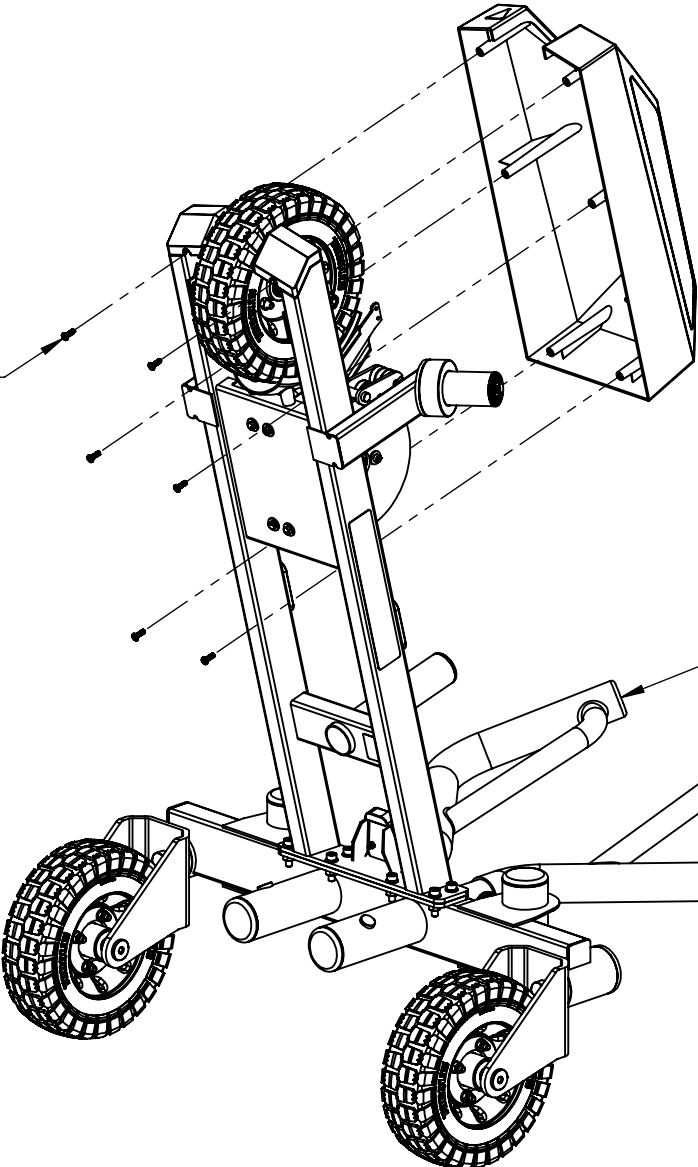
M1S CHAIN ADJUSTMENT, STEP 1



Use phillips head screwdriver to remove Adjuster Knob.

M1S CHAIN ADJUSTMENT, STEP 2

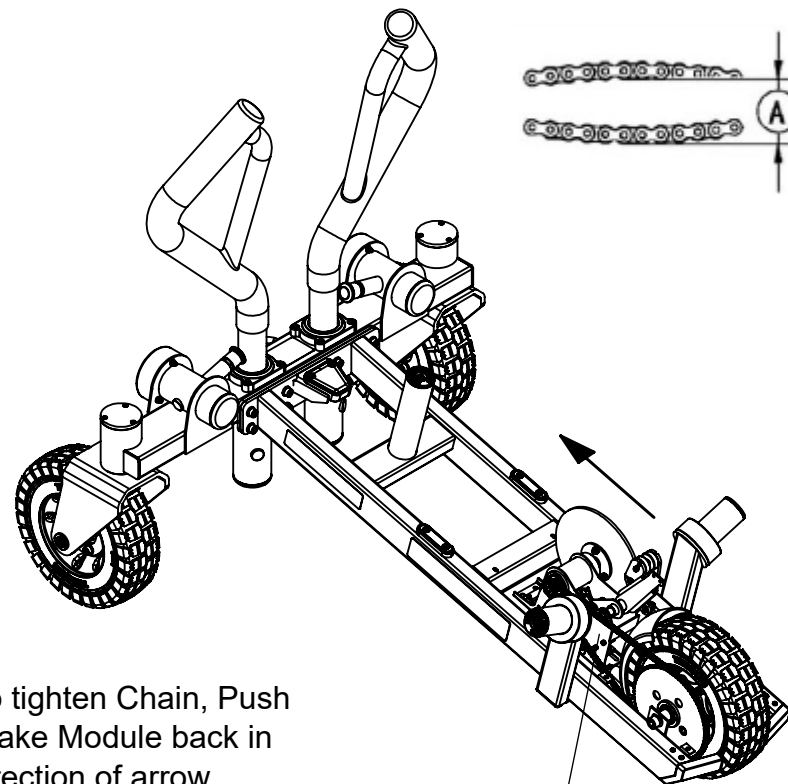
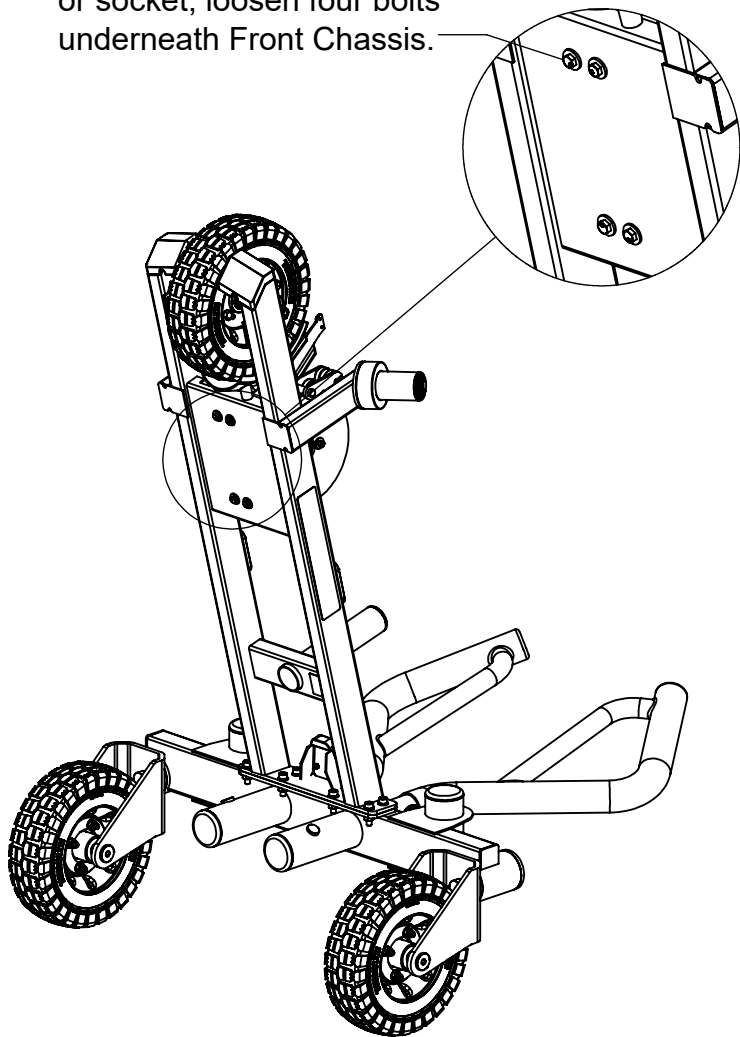
Use a Phillips Screwdriver to remove M1S Shroud (6X)



CAREFULLY tip M1S back and allow handles to rest on floor.

M1S CHAIN ADJUSTMENT, STEP 3

Using a 10mm box wrench or socket, loosen four bolts underneath Front Chassis.



To tighten Chain, Push Brake Module back in direction of arrow.

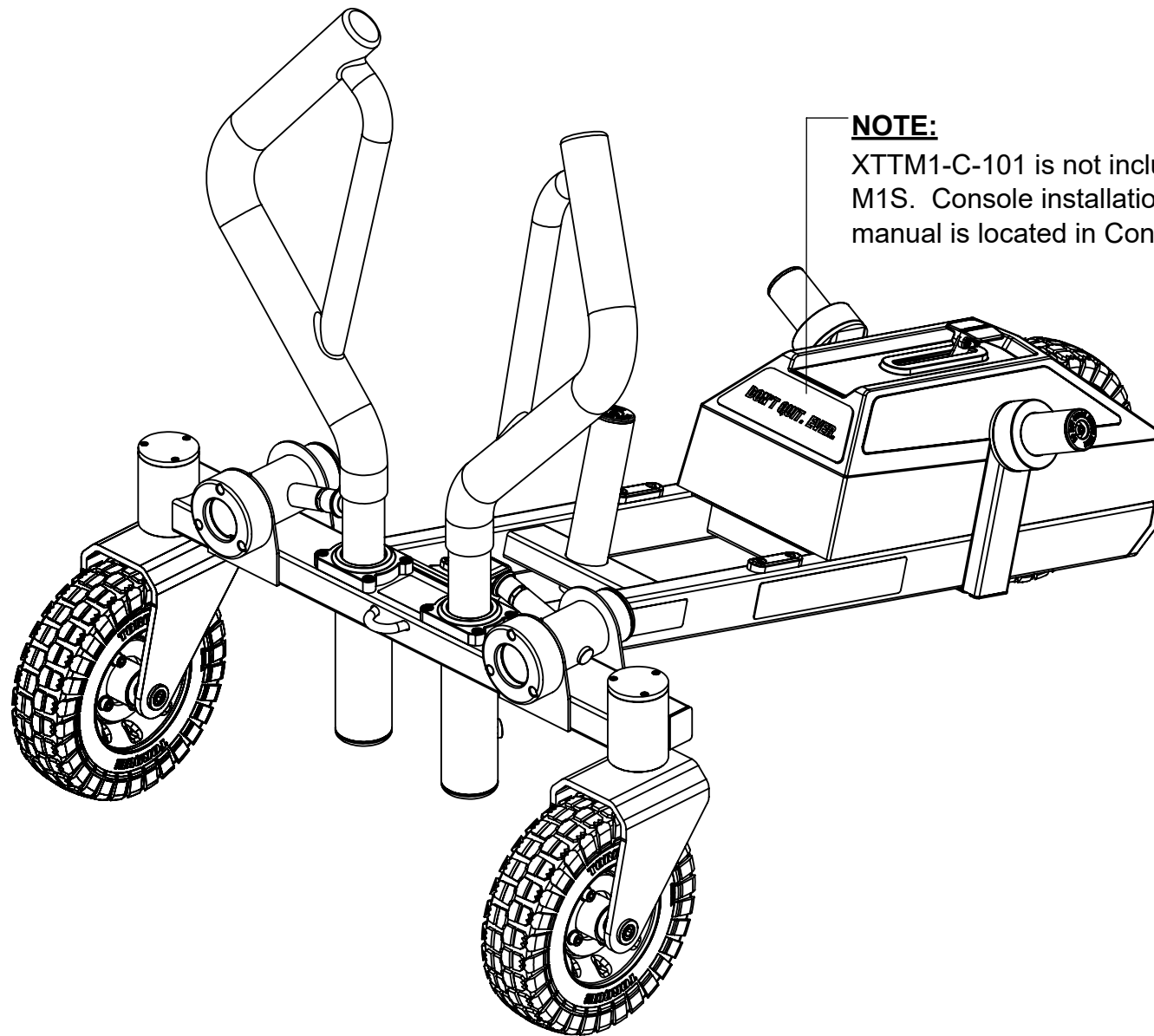
NOTE: DO NOT overtighten Chain. Leave a small amount of slack (up and down play) in the chain for best performance. See view above.

Once this has been complete, retighten 4 bolts underneath Front Chassis

NOTE:

Once this step is complete, reassemble M1S Shroud and Adjuster Knob as shown on Pages 13 and 14.

M1S CONSOLE ASSEMBLY (OPTIONAL)



NOTE:

XTTM1-C-101 is not included with M1S. Console installation and user manual is located in Console box.

NOTE:

To discover what accessories pair well with the M1S, visit our website at: www.torquefitness.com/collections/tank-accessories. Or by phone: 763-754-7533 (8:30 am - 5:00 pm CST).

INSPECTION & LUBRICATION

INSPECTION:

Once a month, check for loose bolts on frame and wheels. Tighten if necessary.

Once a month, remove shroud as shown on **pages 13 & 14** and check that the chain and sprockets are clean, free of rust, dust and grime. Make sure that the chain is properly lubricated.

If chain ever becomes loose, follow **page 15** to adjust chain.

LUBRICATION:

Once a month, the sprockets should be cleaned and the chain should be lubricated.

RECOMMENDED LUBRICATION: Use a Dry lubrication for indoor use, and wet lubrication for outdoor use. Most bicycle shops carry a variety of different lubricants and can recommend a lubricant based on the conditions where the M1S will be used.

Torque Fitness
11201 Xeon Street NW Ste 101
Coon Rapids, MN USA 55448

www.torquefitness.com
763-754-7533 (8:30 am - 5:00 pm CST).

For sales: sales@torquefitness.com
For service: service@torquefitness.com

 [#TorqueFitness #TorqueTANK](#)

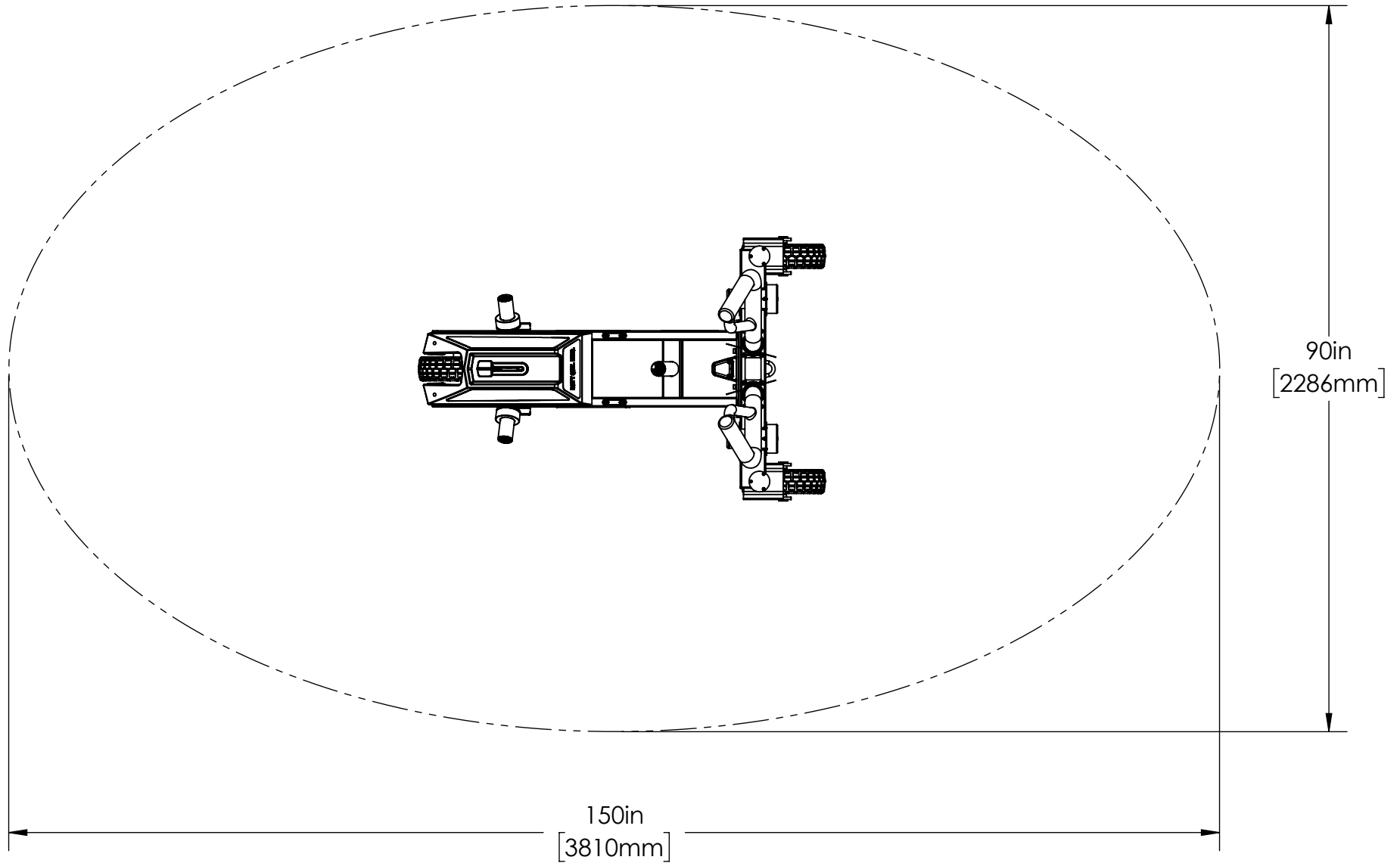
 <https://www.instagram.com/torquefitnessusa/>

 <https://www.youtube.com/c/TorqueFitness>

 <https://www.facebook.com/groups/thetankcommunity>

LIVE AREA

TOP VIEW



LIVE AREA

WARNING: Keep other people outside of live area during use.

IMPORTANT SAFETY INSTRUCTIONS:

- **WARNING:** Injuries to health may result from incorrect or excessive training.
- This product is designed for Class S, Studio or Commercial indoor use only. 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**
- Keep children away from the M1S during use.
- For use on any hard surface (e.g. concrete). Do not use on sand, snow or ice.
- Keep all loose clothing, hair and shoelaces away from moving parts.
- Use two hands while using the push handles to ensure M1S will travel straight.
- The gap between front wheel and shroud may have pinching risk.
- If you feel skidding of the tires, add more weight to the weight horns.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the M1S.
- **DO NOT** attempt to use the M1S for any purposes other than that for which it was intended.
- **DO NOT** drop M1S when handles are in wheelbarrow position. Set M1S down after performing exercises. Dropping M1S from handles could result in damage to Wheels, Casters and Frame and will void warranty.
- **DO NOT** place more than 225 lbs (102 kgs). on the weight horns of the M1S.
 - Max weight on side weight horns: 45 lbs. (20.4 kgs.). **Load weight equally on both sides.**
 - Max weight on center weight horn: 135 lbs. (61.2 kgs.)
- **WARNING:** Remove weight from M1S when not in use. Leaving the weights on M1S could cause the tires to deform.
- **DO NOT** use the M1S in wet or slippery conditions.
- **DO NOT** stand or ride on the M1S.
- **DO NOT** use the M1S without the shroud.