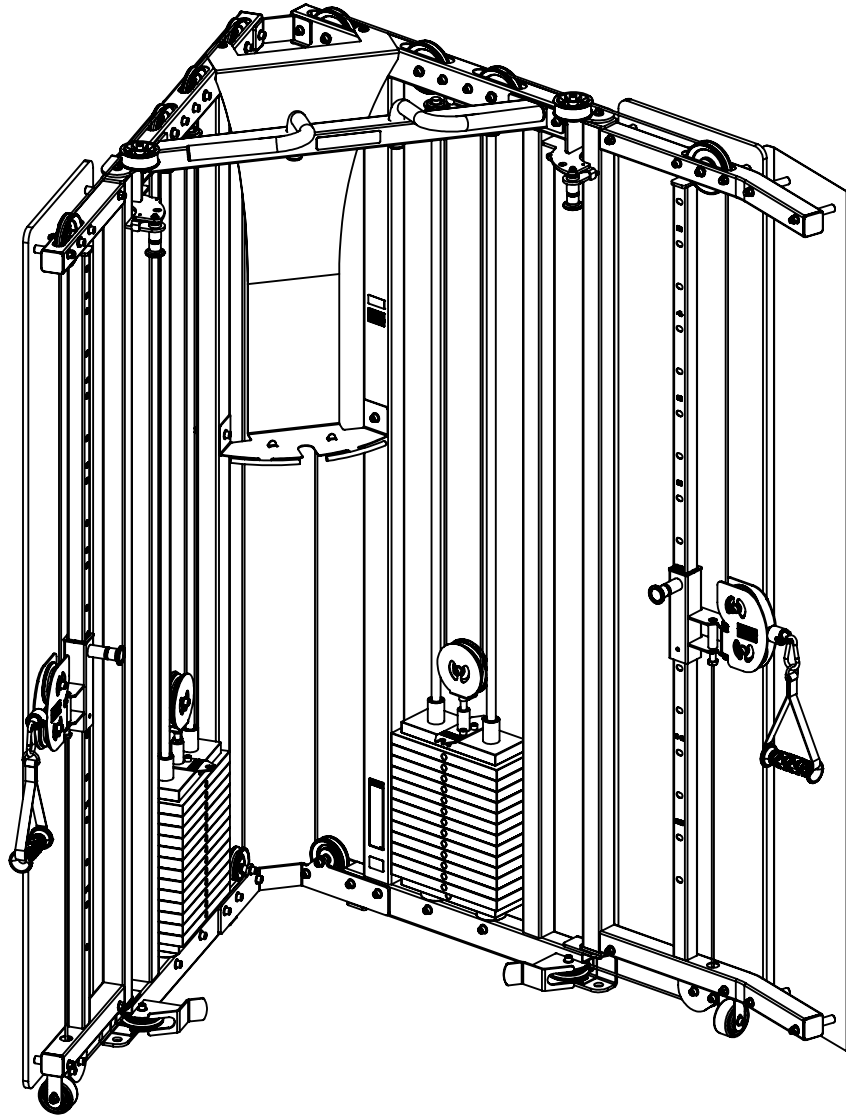


F9 ASSEMBLY GUIDE

VERSION: F9-003-150LB/200LB/225LB

PART #: 5726401-E



TORQUE USA

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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 H, home 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), or email service@torquefitness.com

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

Tools Required

- Rubber mallet or hammer
- 3/4" Box wrench or adjustable wrench
- 9/16" Box wrench or adjustable wrench
- Ratchet with 9/16" socket
- 5/32", 3/16", 7/32" and 5/16" Allen wrenches
- 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.

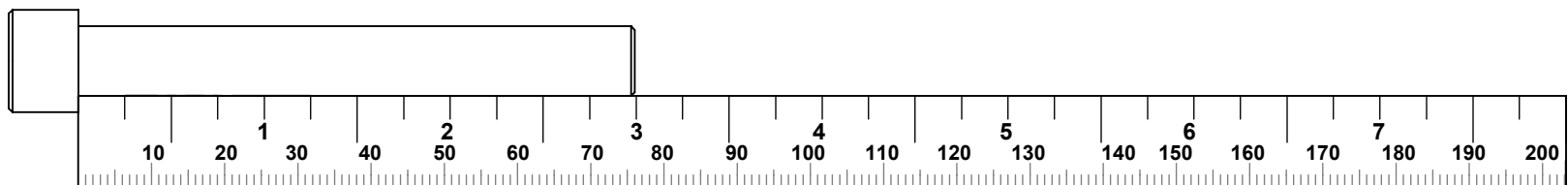
Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of 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 already 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	PART NUMBER	DESCRIPTION	QTY
1	5496201	BRKT, LOWER BASE CONNECTOR	1
2	54844PA	PTD ASSY, RIGHT SIDE	1
3	54858PA	PTD ASSY, LEFT SIDE	1
4	5496301	PLATE, LOWER BASE PULLEY	2
5	2001101	WASHER, FLAT 3/8 SAE ST ZN	98
6	2008411	BOLT, 3/8-16 X 3" (76mm) ST HT SOCKET HEAD	8
7	2001201	NUT, 3/8-16 LK ST ZN	46
8	5094401	PULLEY, 3-1/2 OD X 25	4
9	5485601	SPACER, 16 OD X 10.1 ID X 12	4
10	5496401	BRKT, UPPER SIDE CONNECTOR	1
11	2008410	BOLT, 3/8-16 X 2-3/4" (70mm) ST HT SOCKET HEAD	14
12	54861PA	PTD ASSY, ACCESSORY HOLDER	1
13	2001013	BOLT, 3/8-16 X 3-3/4" BUTTON HEAD	2
14	54866PA	PTD ASSY, CHIN-UP	1
15	5489201	GUIDE ROD, 19 DIA X 1880	4
16	57094PA	PTD ASSY, 10 LB WEIGHT PLATE	28 *
17	57388PA	PTD ASSY, 15 LB WEIGHT PLATE	28 **
18	57097PA	PTD ASSY, HEAD PLATE	2
19	54896PA	PTD ASSY, GUIDE ROD SUPPORT	2
20	5513601	CUSHION, WEIGHT STACK	4
21	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	4
22	2008409	BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD	6
23	5487101	WLDMT, CARRIAGE UPRIGHT	2
24	5506601	ASSY, RIGHT CARRIAGE	1
25	54880PA	PTD ASSY, RIGHT DOOR	1
26	2009403	BOLT, 3/8-16 X 1" (25mm) ST HT SOCKET HEAD W/NP	2
27	5511401-A	PIN, DOOR PIVOT	4
28	5506701	ASSY, LEFT CARRIAGE	1
29	54889PA	PTD ASSY, LEFT DOOR	1

ITEM	PART NUMBER	DESCRIPTION	QTY
30	5466201	WHEEL, 3" OD X 1/2" ID X 1-1/2"	2
31	5466601	SPACER, WHEEL HUB	2
32	2008406	BOLT, 3/8-16 X 1-3/4" (45mm) ST HT SOCKET HEAD	4
33	5172501	PULLEY, 3-1/2" IDLER	2
34	2009406	BOLT, 3/8-16 X 1-3/4" (45mm) ST HT SOCKET HEAD W/NP	2
35	5500701	LABEL, WEIGHT STACK 1-20	2
36	5666401	ASSY, WEIGHT STACK PIN	2
37	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	2
38	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	4
39	54970PA	PTD ASSY, HEAD PLATE PULLEY	2
40	2002601	NUT, 1/2 JAM ST ZN	4
41	5709301	CABLE ASSY, F9-103	2
42	6065101	HOUSING, CABLE COUPLER	2
43	5509001	CORE, CABLE COUPLER	2
44	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4
45	5493201	PANEL, DOOR SIDE	2
46	5493001	SPACER, SHROUD STAND OFF	8
47	2008415	BOLT, 3/8-16 X 4" (102mm) ST HT SOCKET HEAD	8
48	5493301	SHROUD, DOOR FRONT	1
49	5493101	SPACER, SHROUD STAND OFF	4
50	2008417	BOLT, 3/8-16 X 4-1/2" (114mm) ST HT SOCKET HEAD	4
51	5497501	STRAP, UNIVERSAL	1
52	5784201	ASSY, LEG BOOT, SHORT	1
53	5324701-A	ASSY, SHORT STRAP HANDLE	2
54	5497601	ASSY, SQUAT HARNESS W D-RING	1
55	55192PA	PTD ASSY, STRAIGHT BAR	1
56	5091801	SNAP HOOK, 8MM DIA X 80MM	2
57	5493701	WORKOUT BOOK, F9-101	1

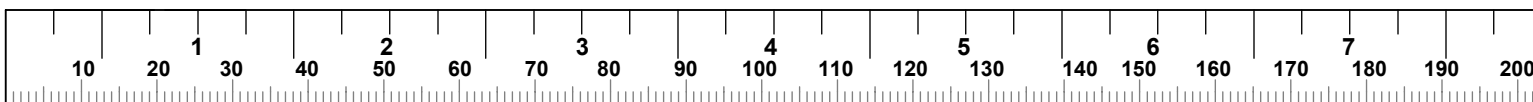
NOTE:

The F9 has three weight stack options. 150 LBS, 200 LBS and 225 LBS.

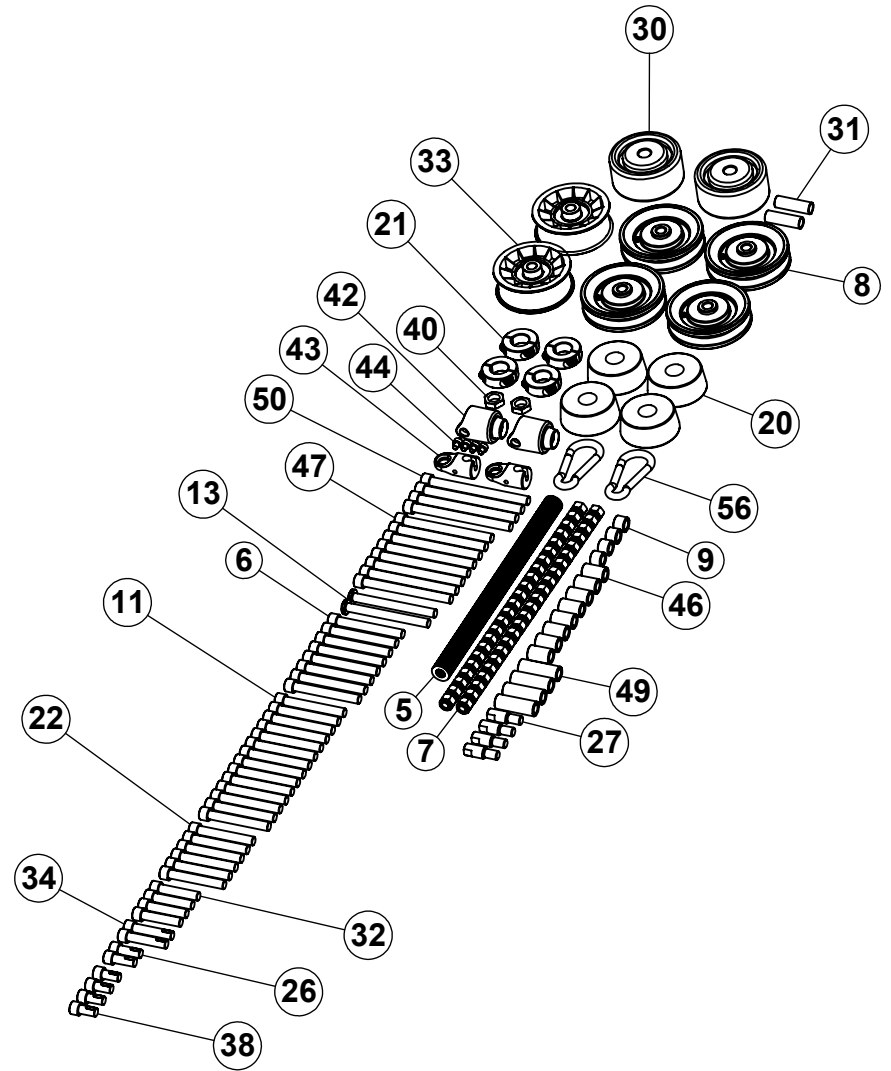
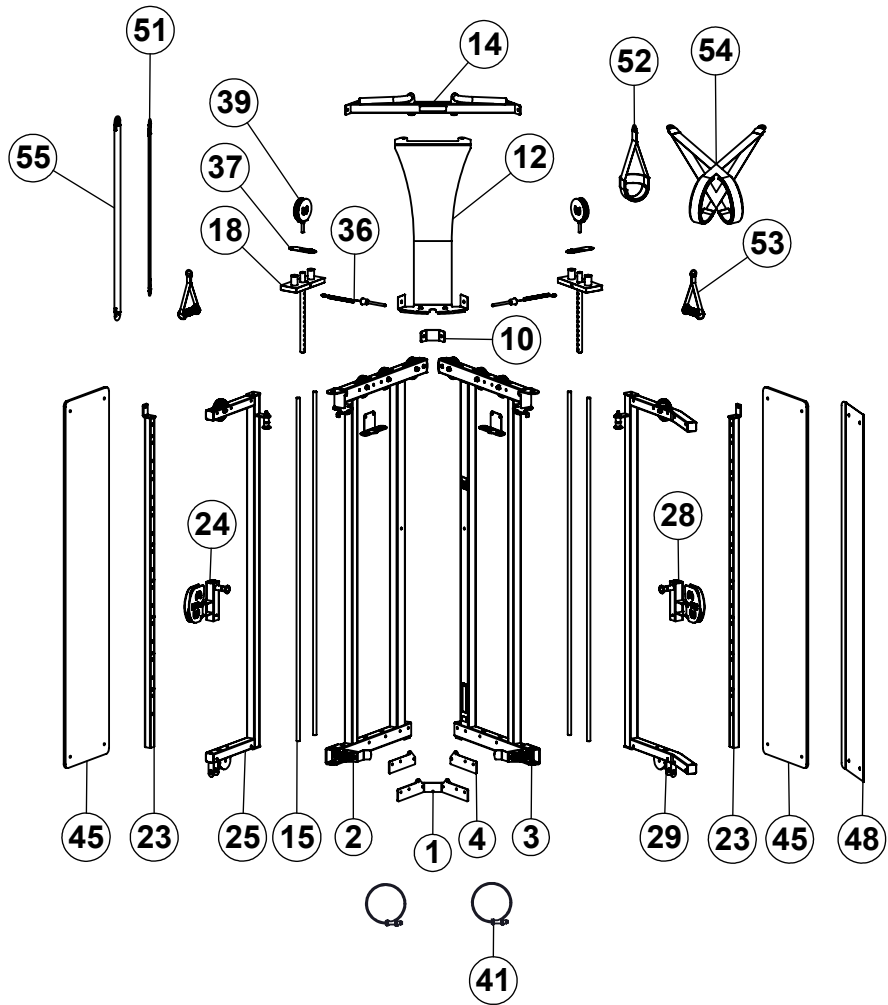
* The 150 LB stack has fourteen 10 LB plates and a head plate.

** The 200 LB stack has ten 15 LB plates, 4 ten LB plates and a head plate.

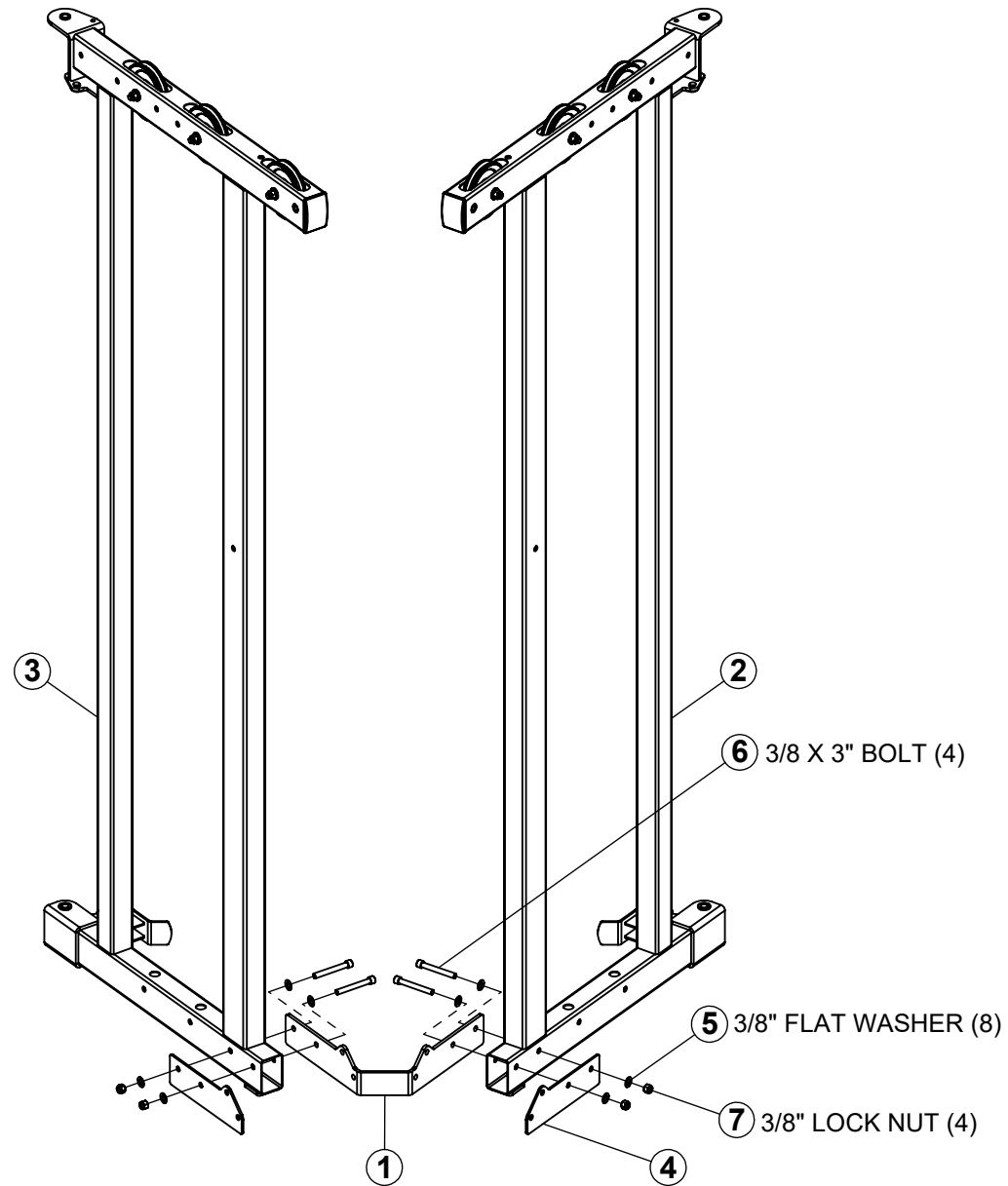
** The 225 LB stack has fourteen 15 LB plates and a head plate.



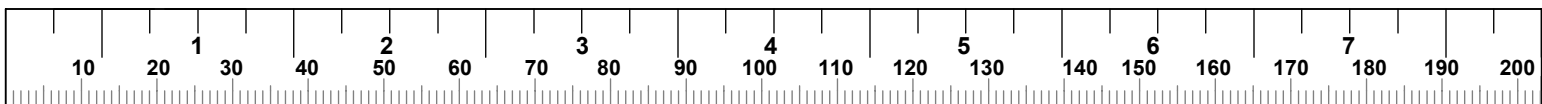
PART DIAGRAM



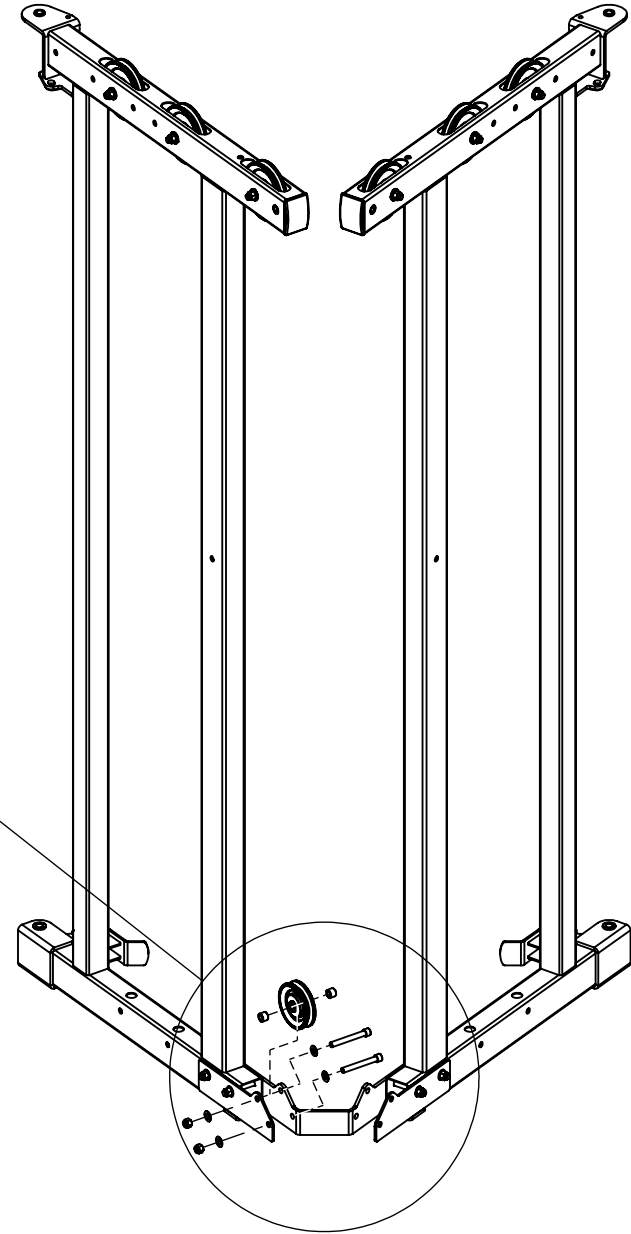
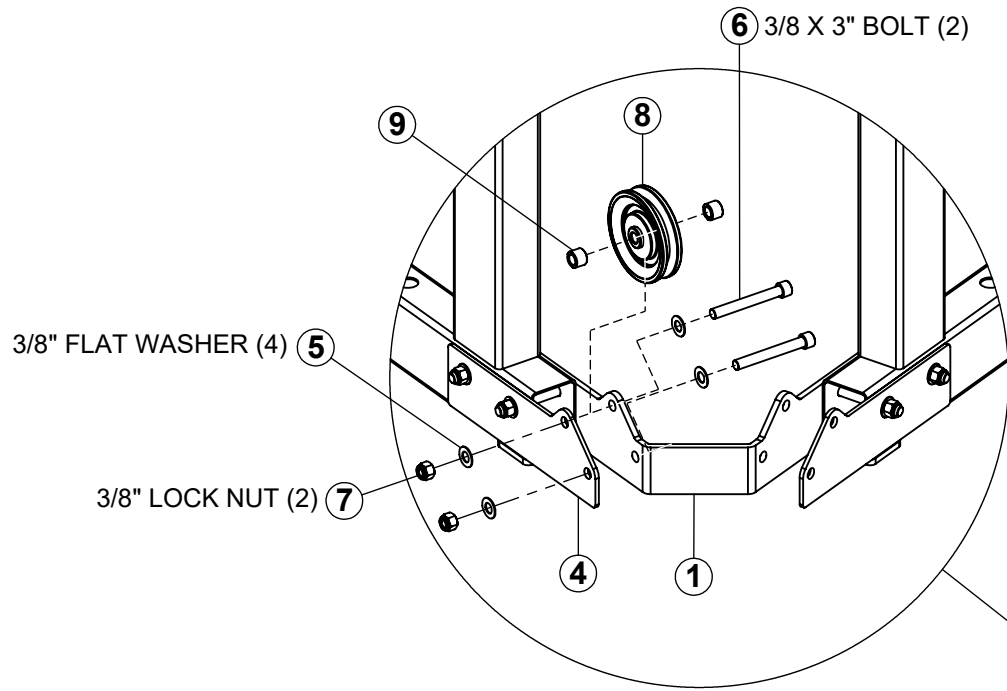
STEP 1



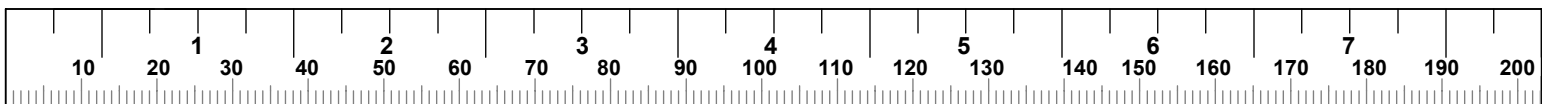
LOOSELY assemble bolt connections in this step.



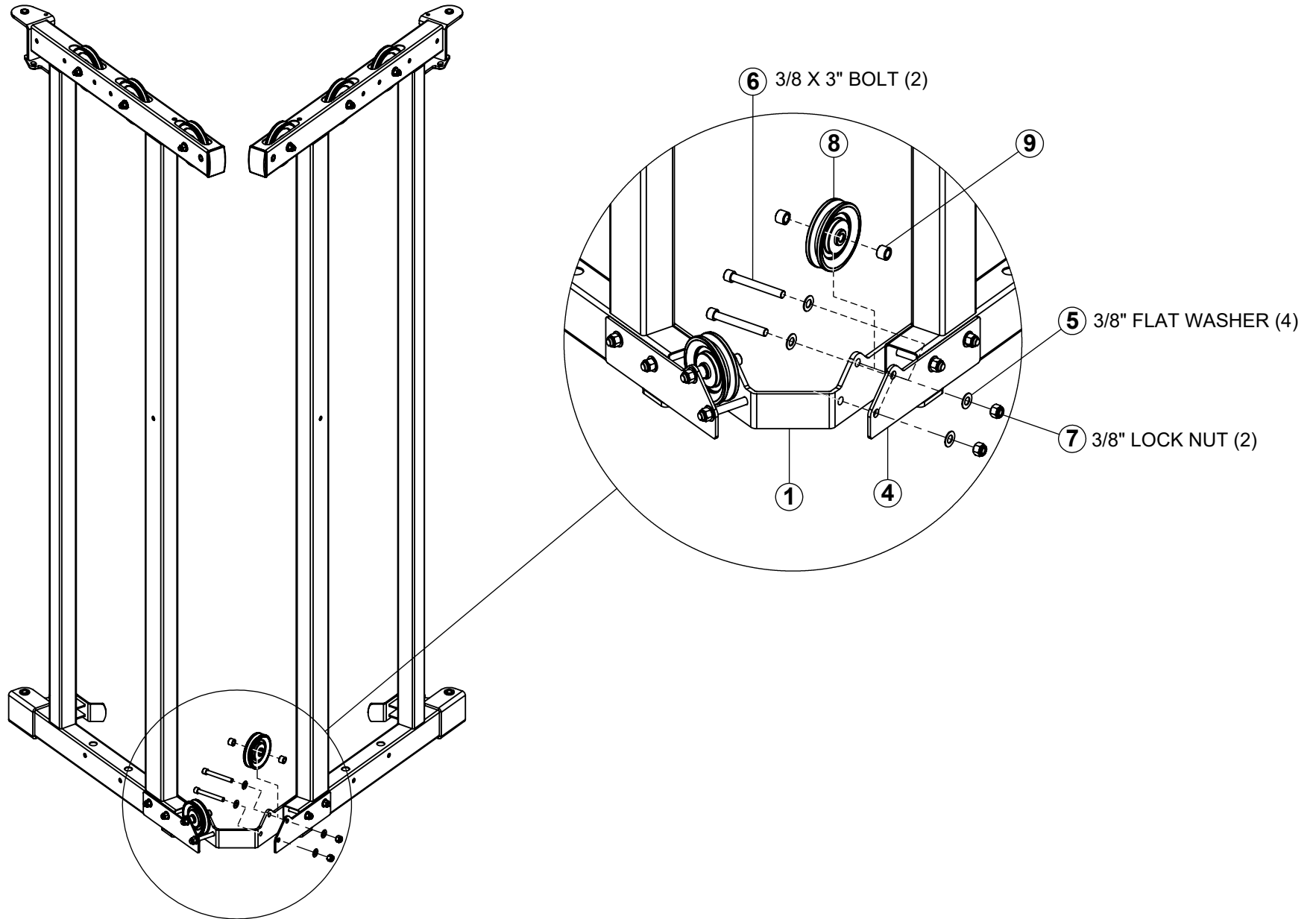
STEP 2



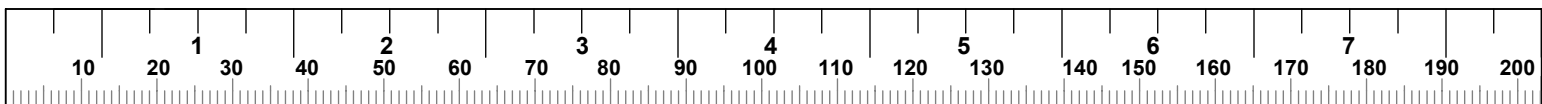
LOOSELY assemble bolt connections in this step.



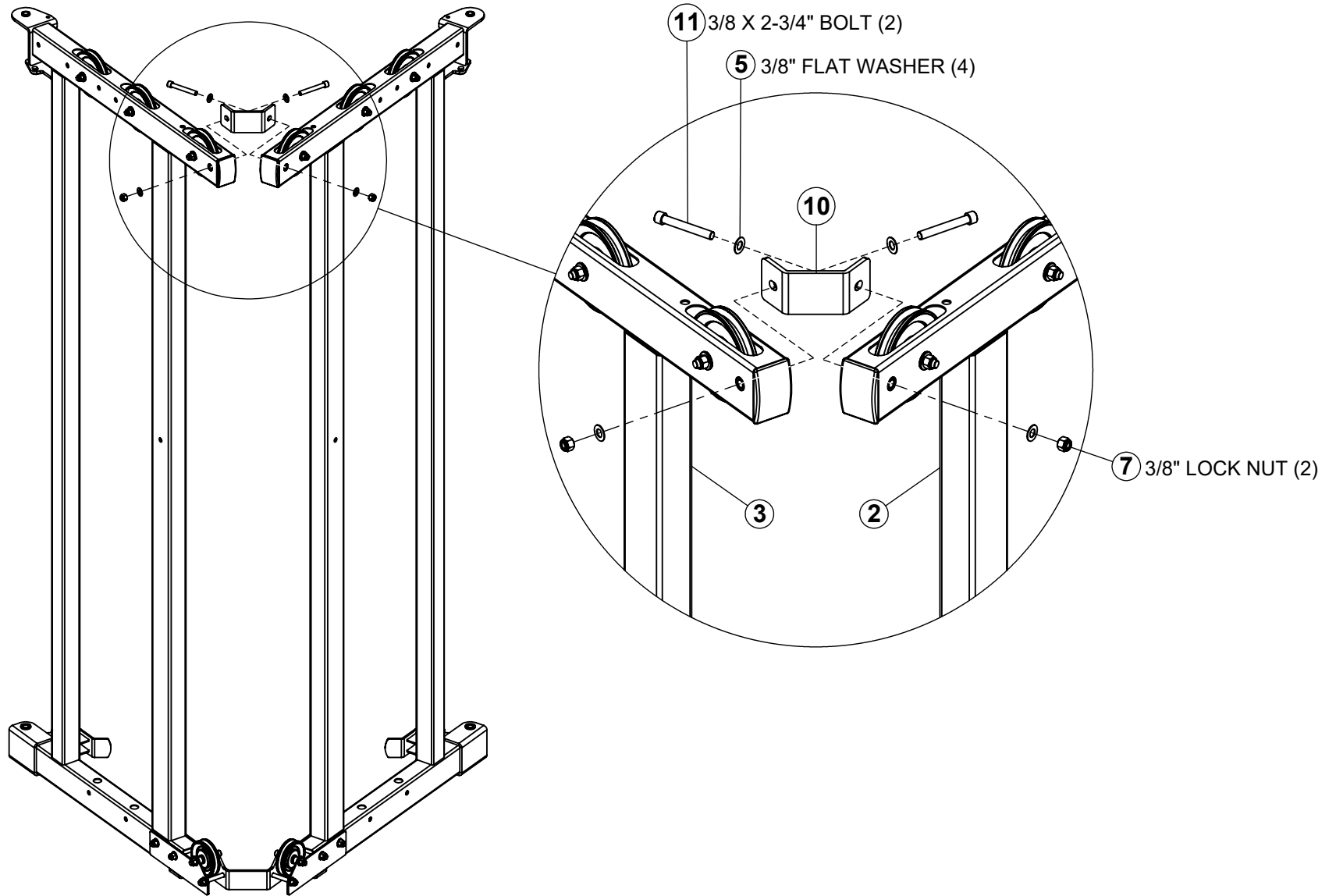
STEP 3



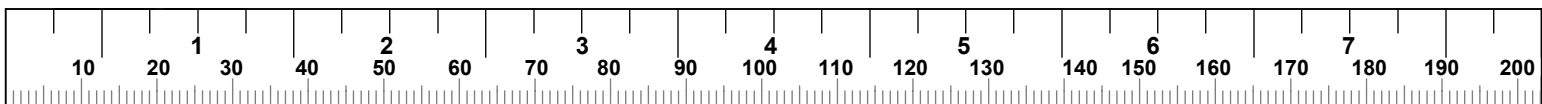
LOOSELY assemble bolt connections in this step.



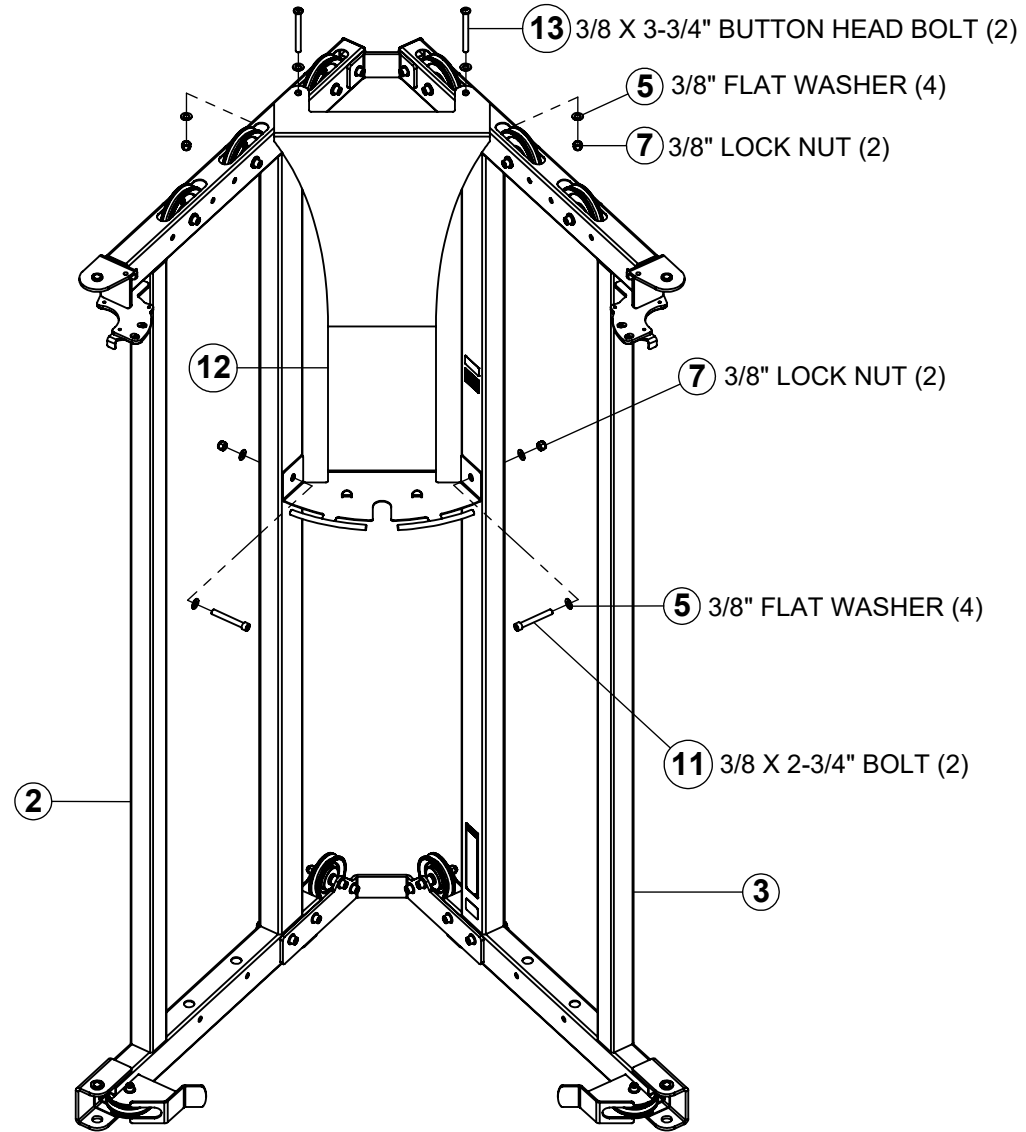
STEP 4



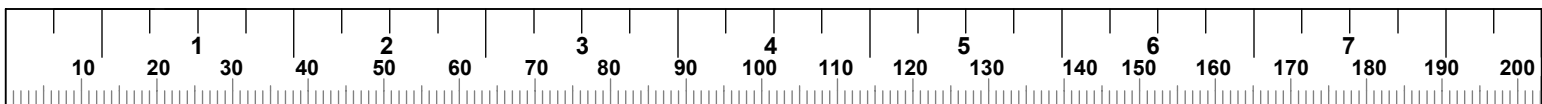
LOOSELY assemble bolt connections in this step.



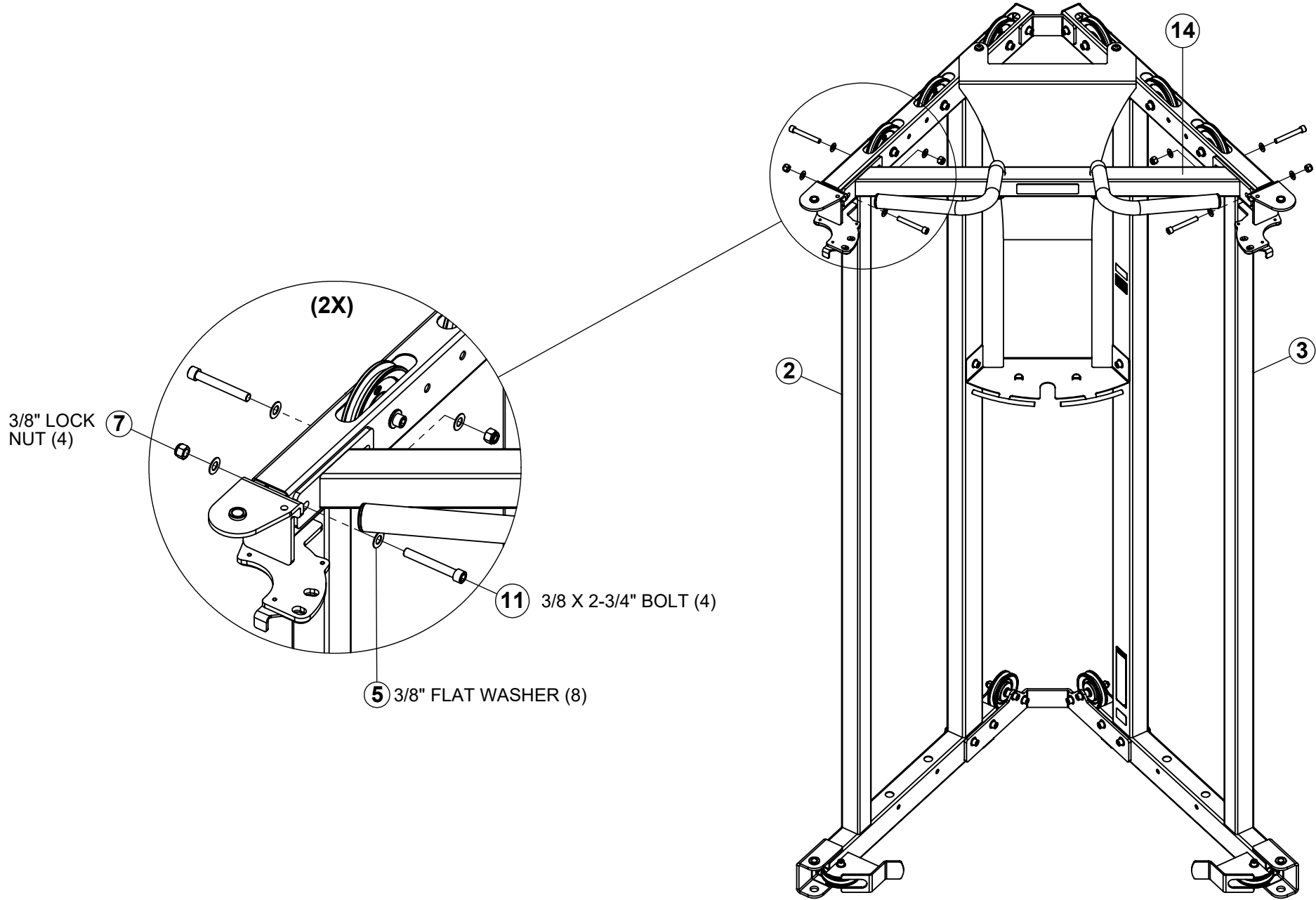
STEP 5



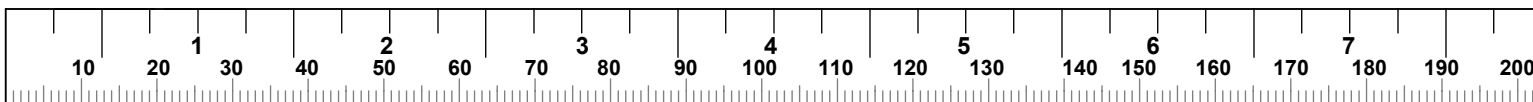
LOOSELY assemble bolt connections in this step.



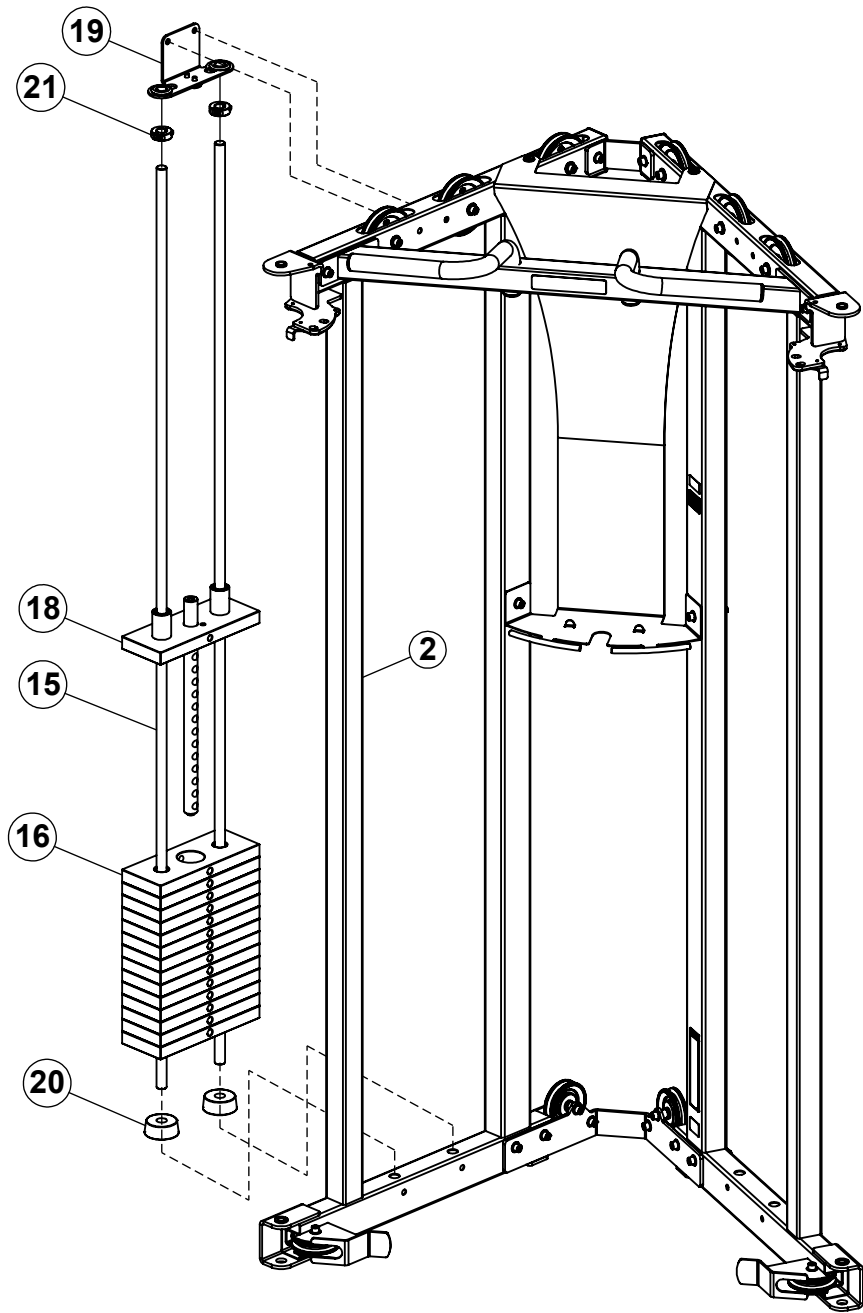
STEP 6



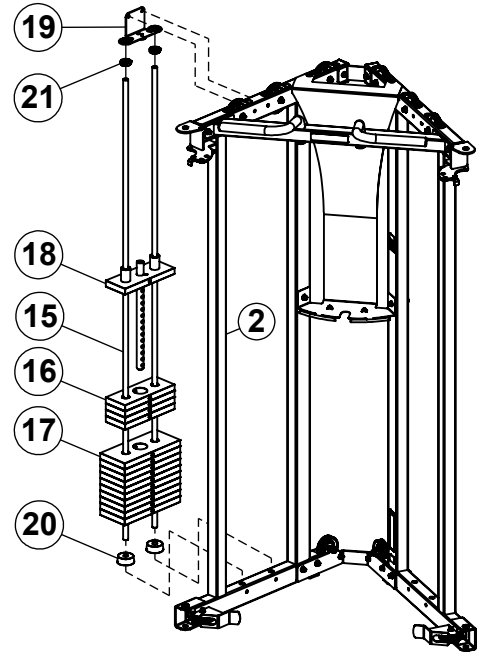
After this step has been assembled, **SECURELY** tighten all bolt connections from this step and previous steps.



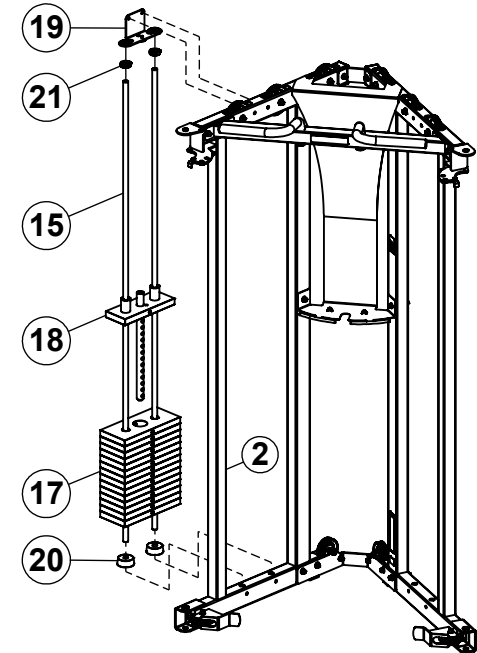
STEP 7



150 LB OPTION

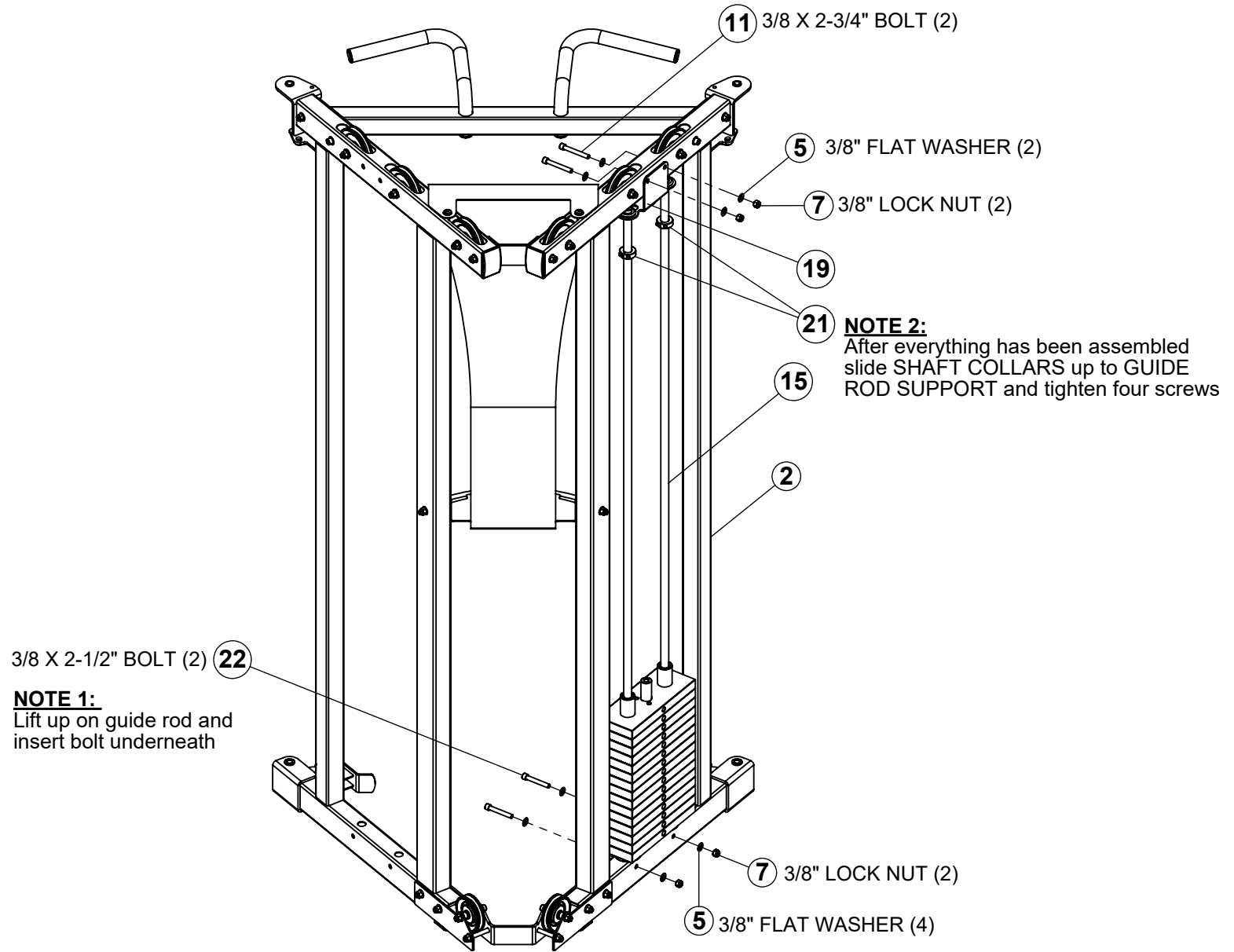


200 LB OPTION

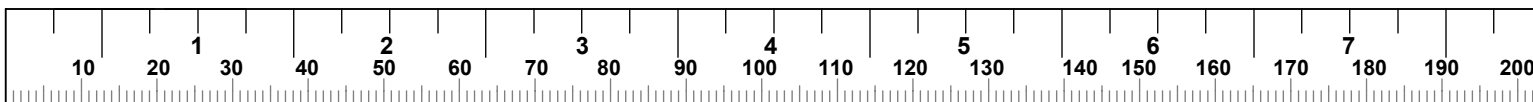


225 LB OPTION

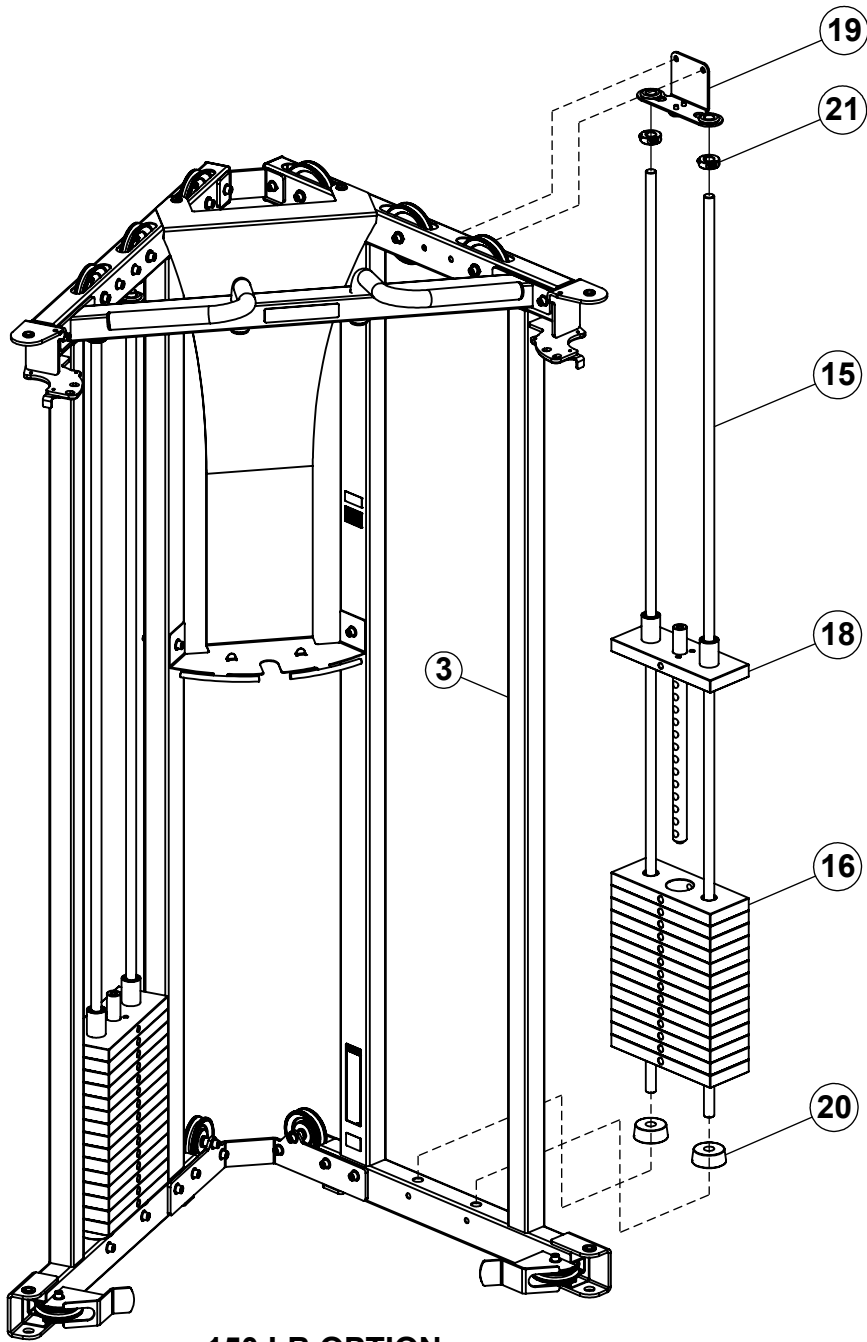
STEP 8



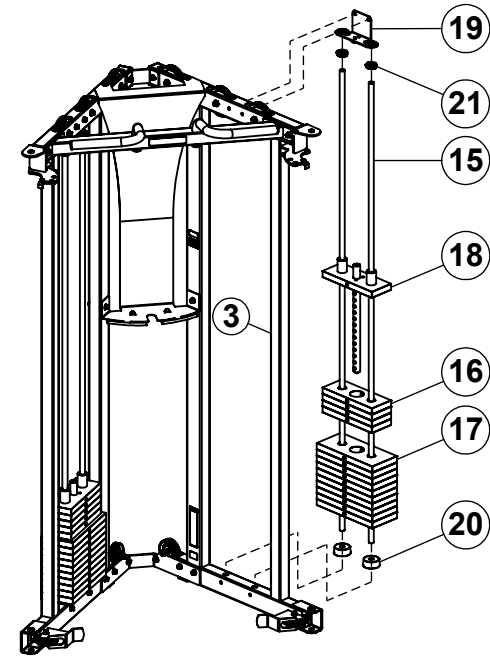
SECURELY tighten all bolt connections in this step.



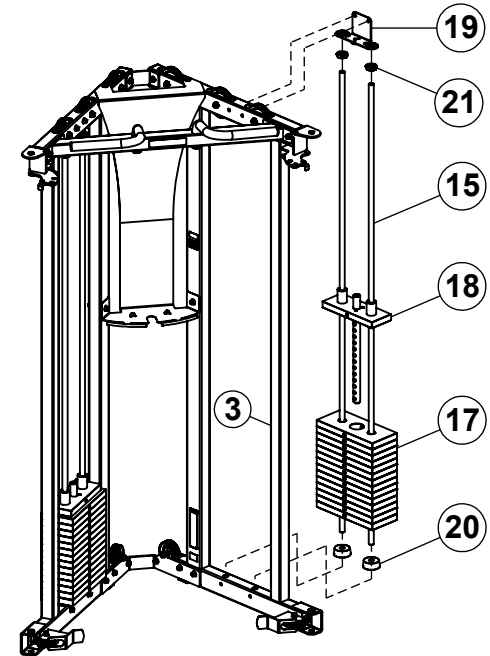
STEP 9



150 LB OPTION



200 LB OPTION

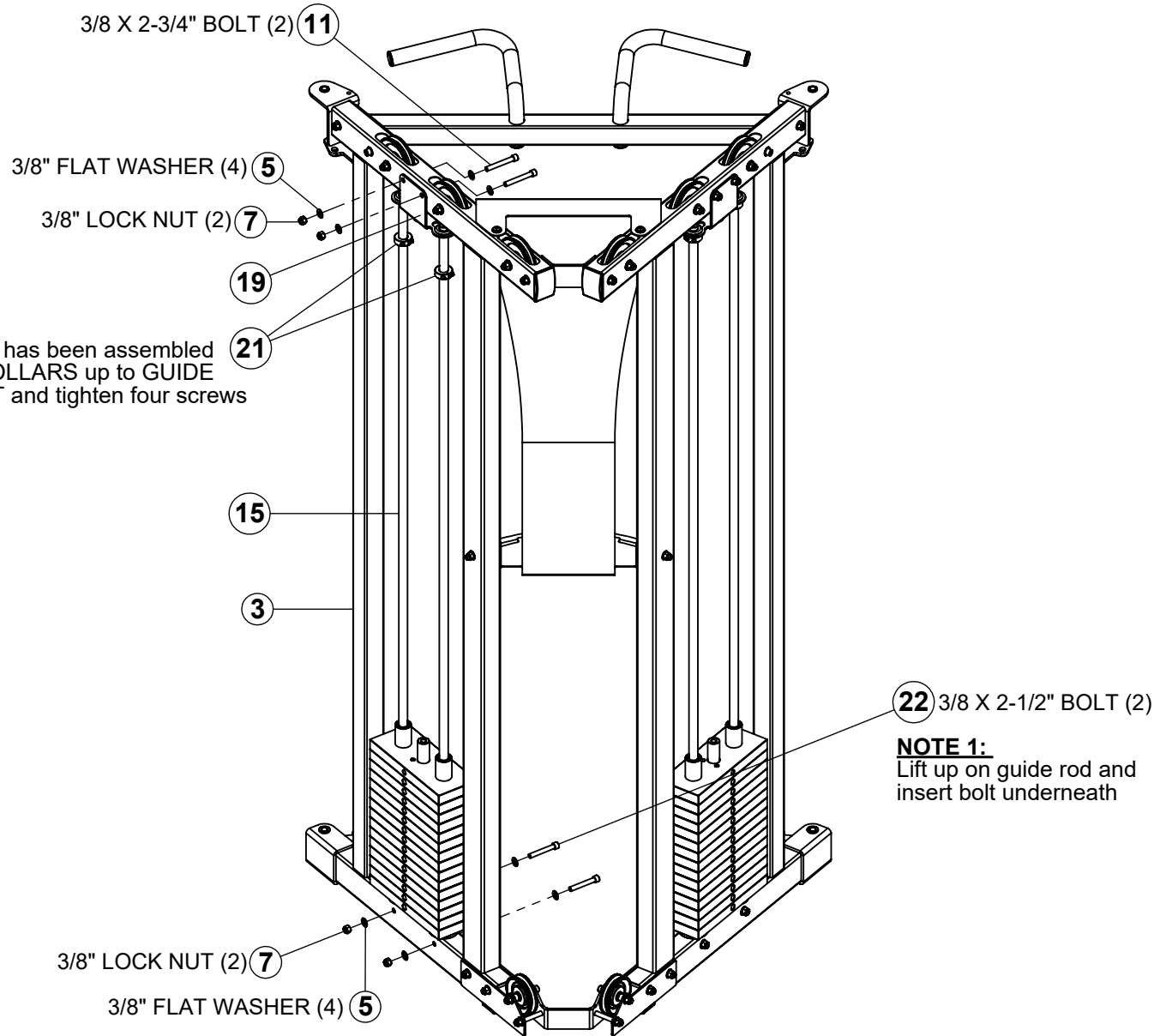


225 LB OPTION

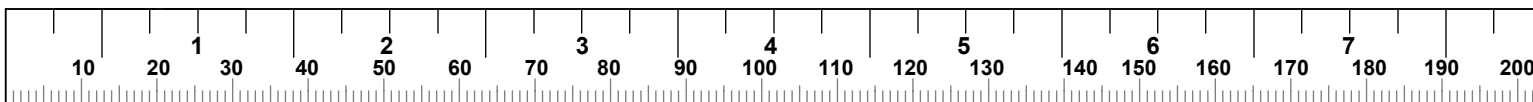
STEP 10

NOTE 2:

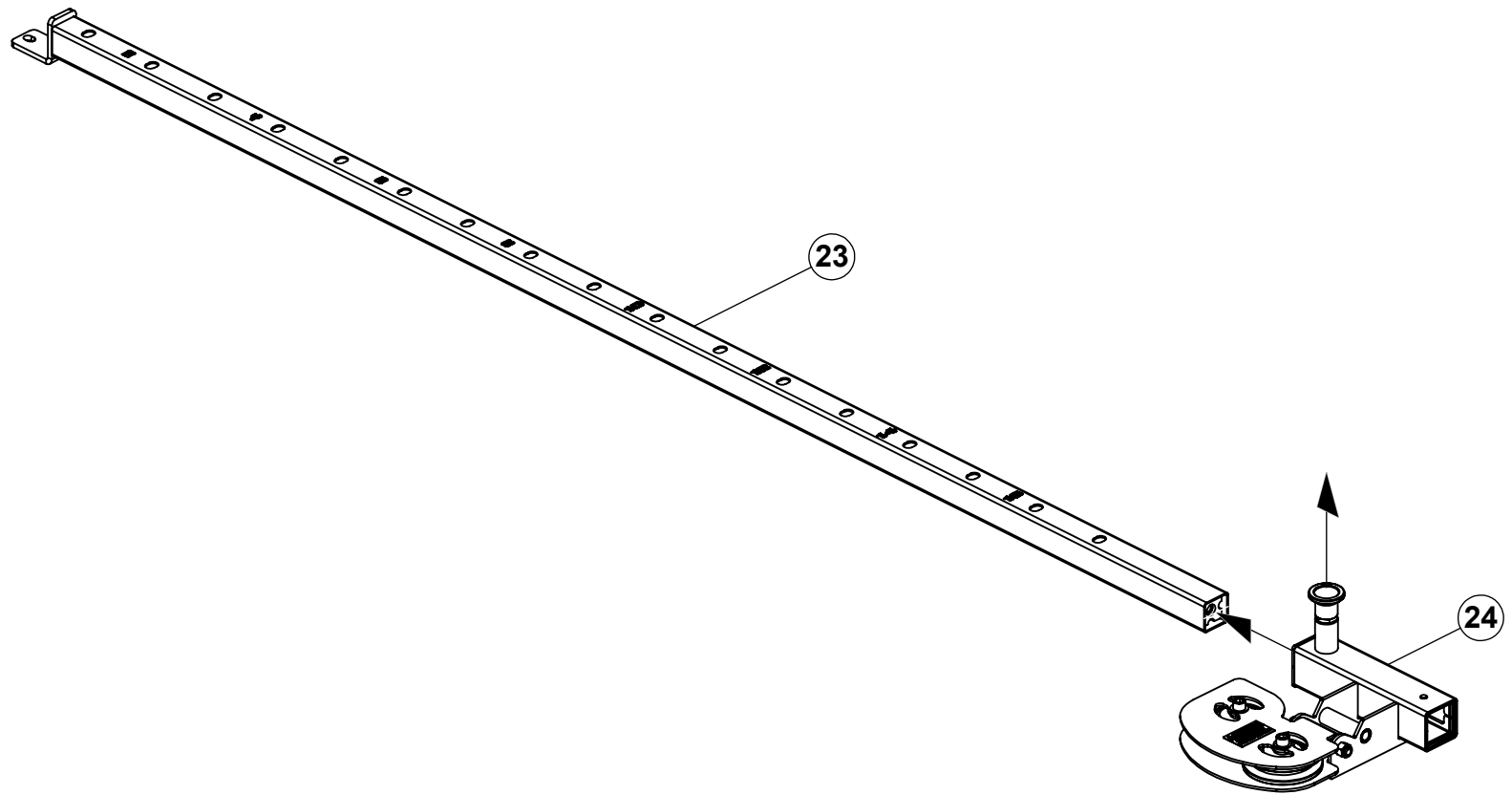
After everything has been assembled slide SHAFT COLLARS up to GUIDE ROD SUPPORT and tighten four screws



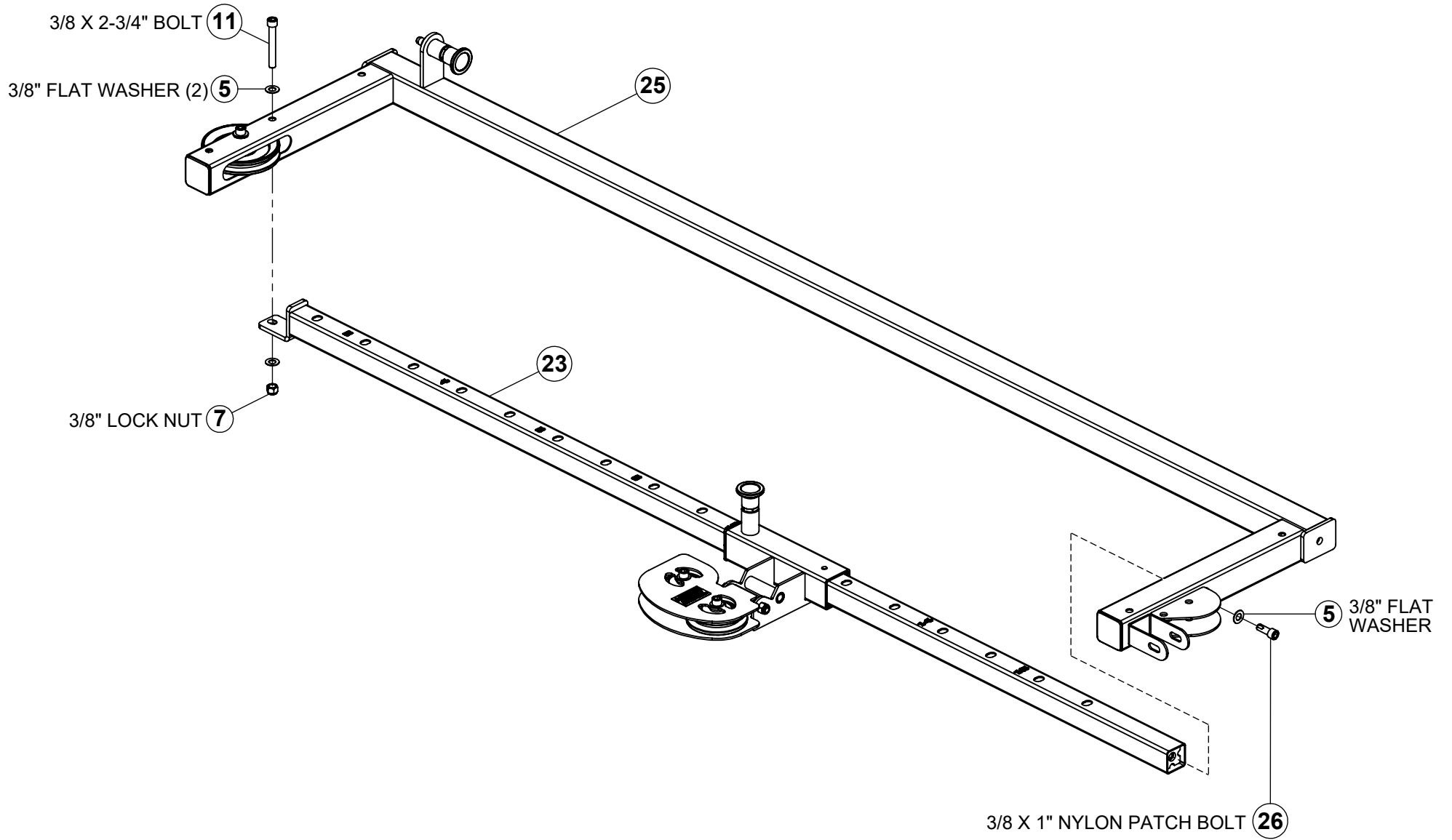
SECURELY tighten all bolt connections in this step.



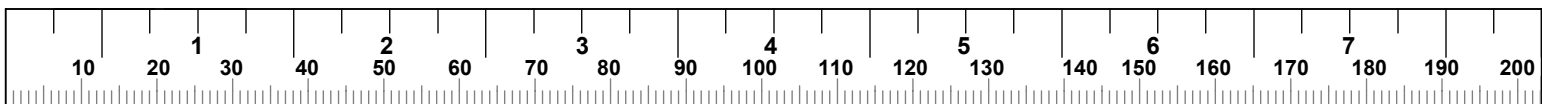
STEP 11



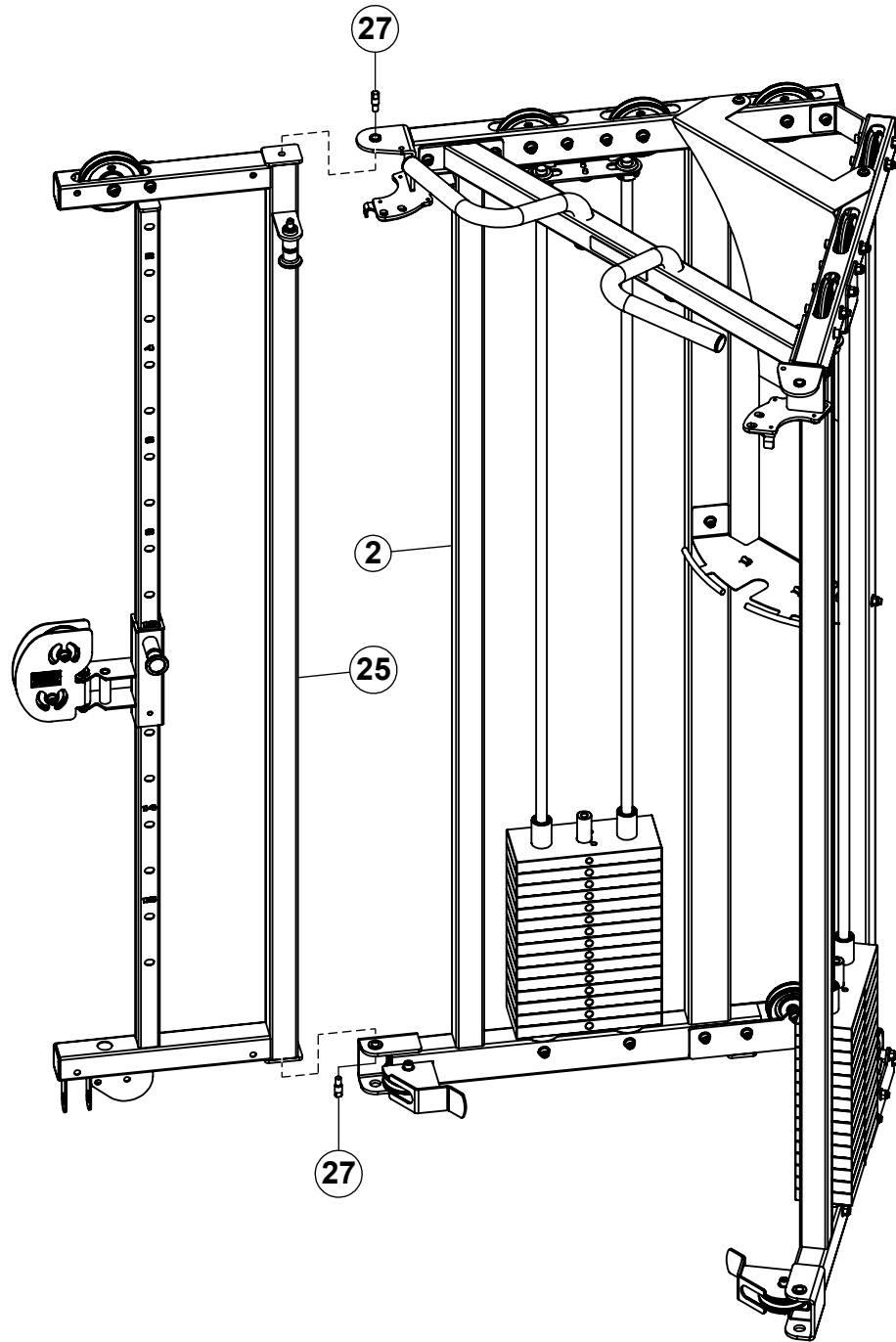
STEP 12



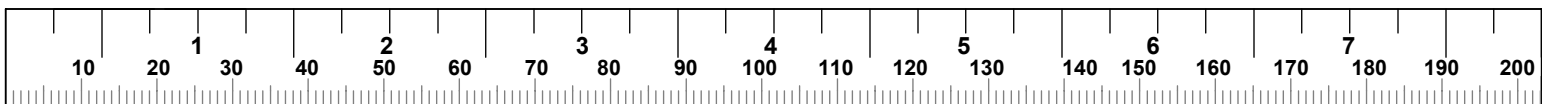
SECURELY tighten all bolt connections in this step.



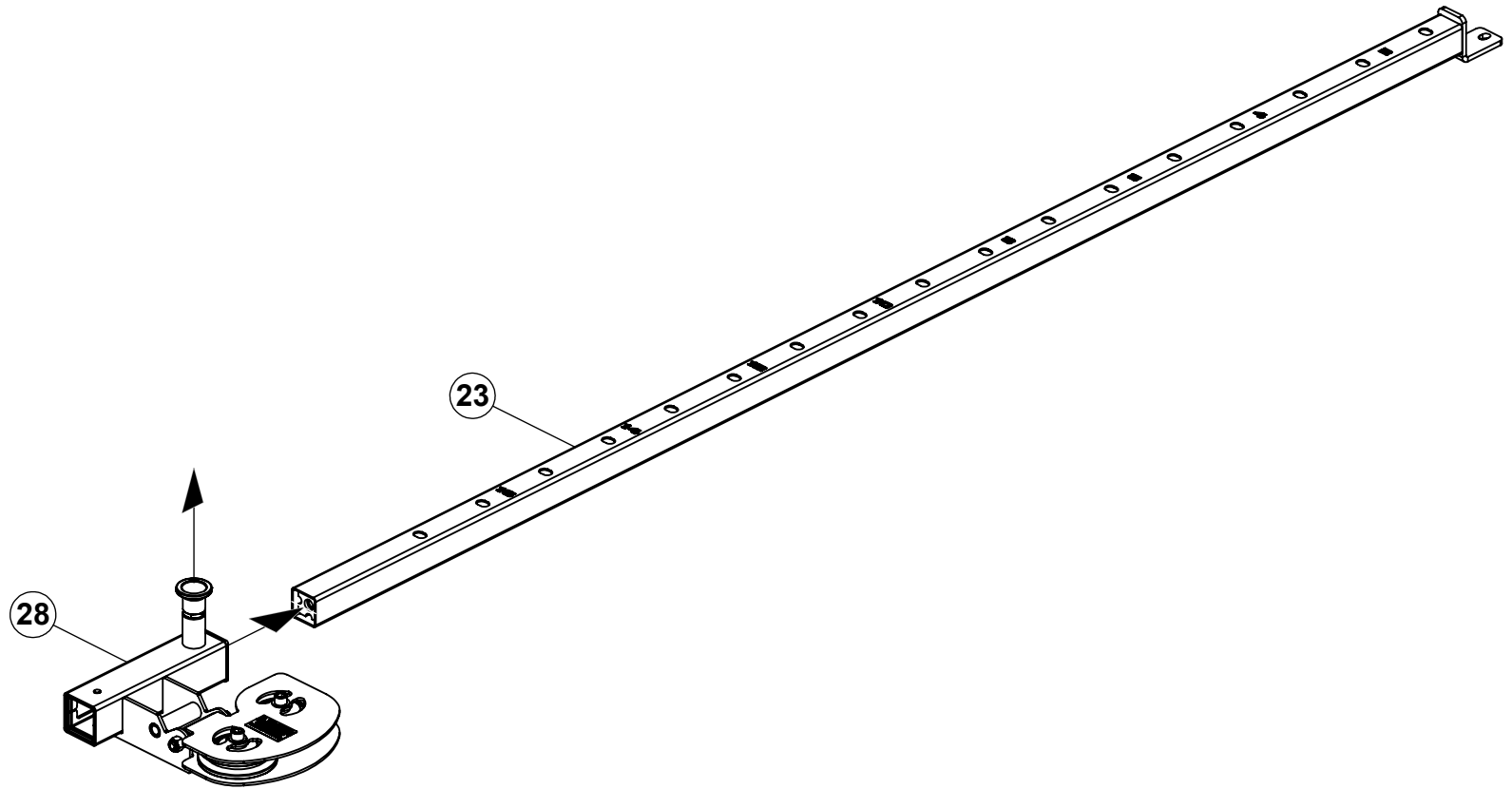
STEP 13



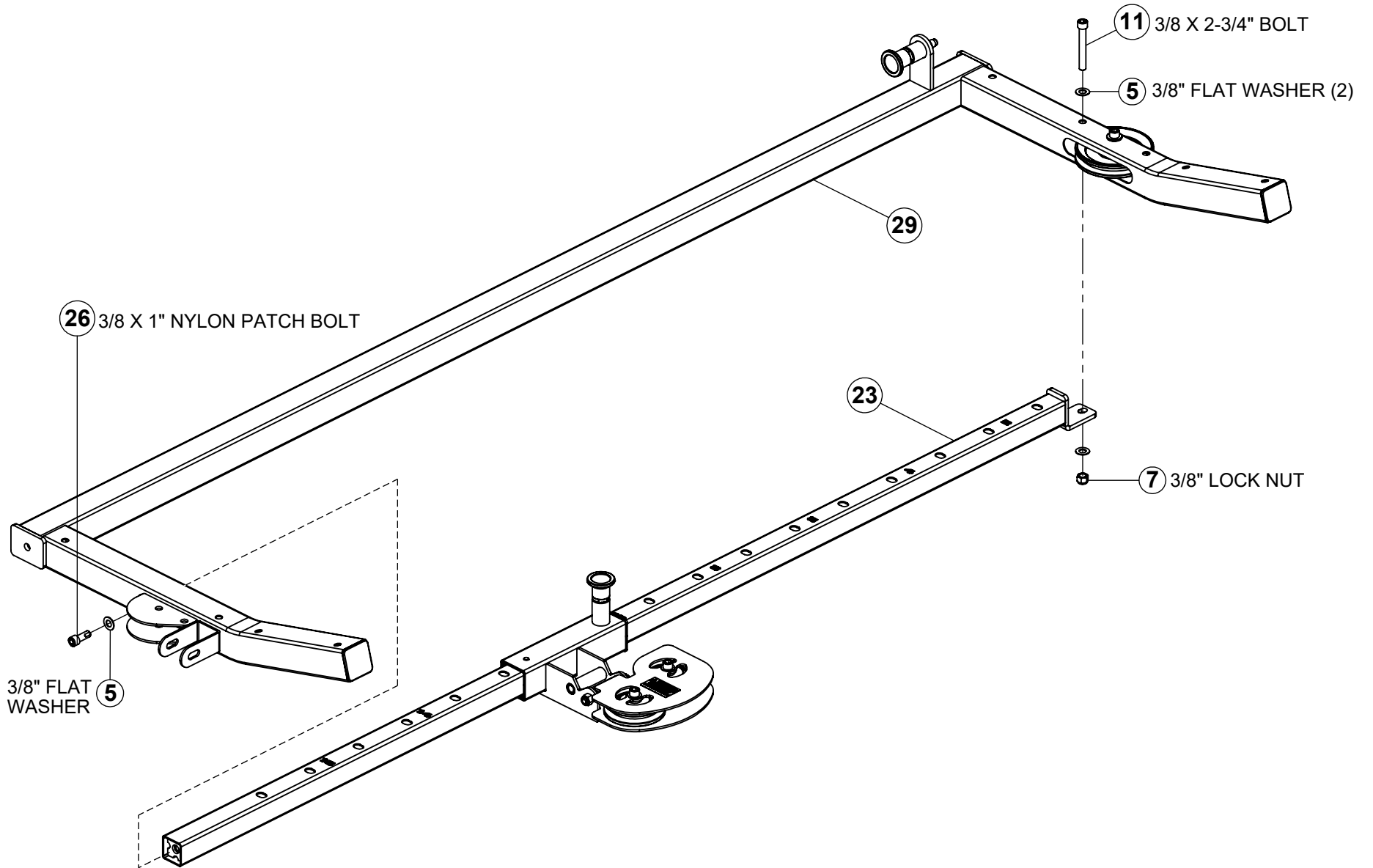
SECURELY tighten all bolt connections in this step.



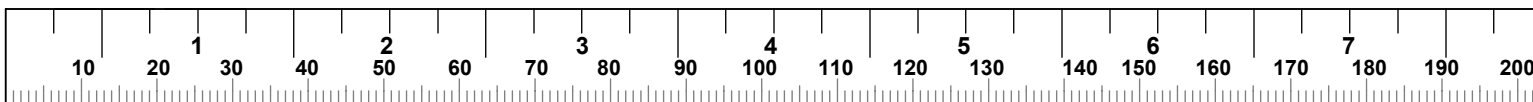
STEP 14



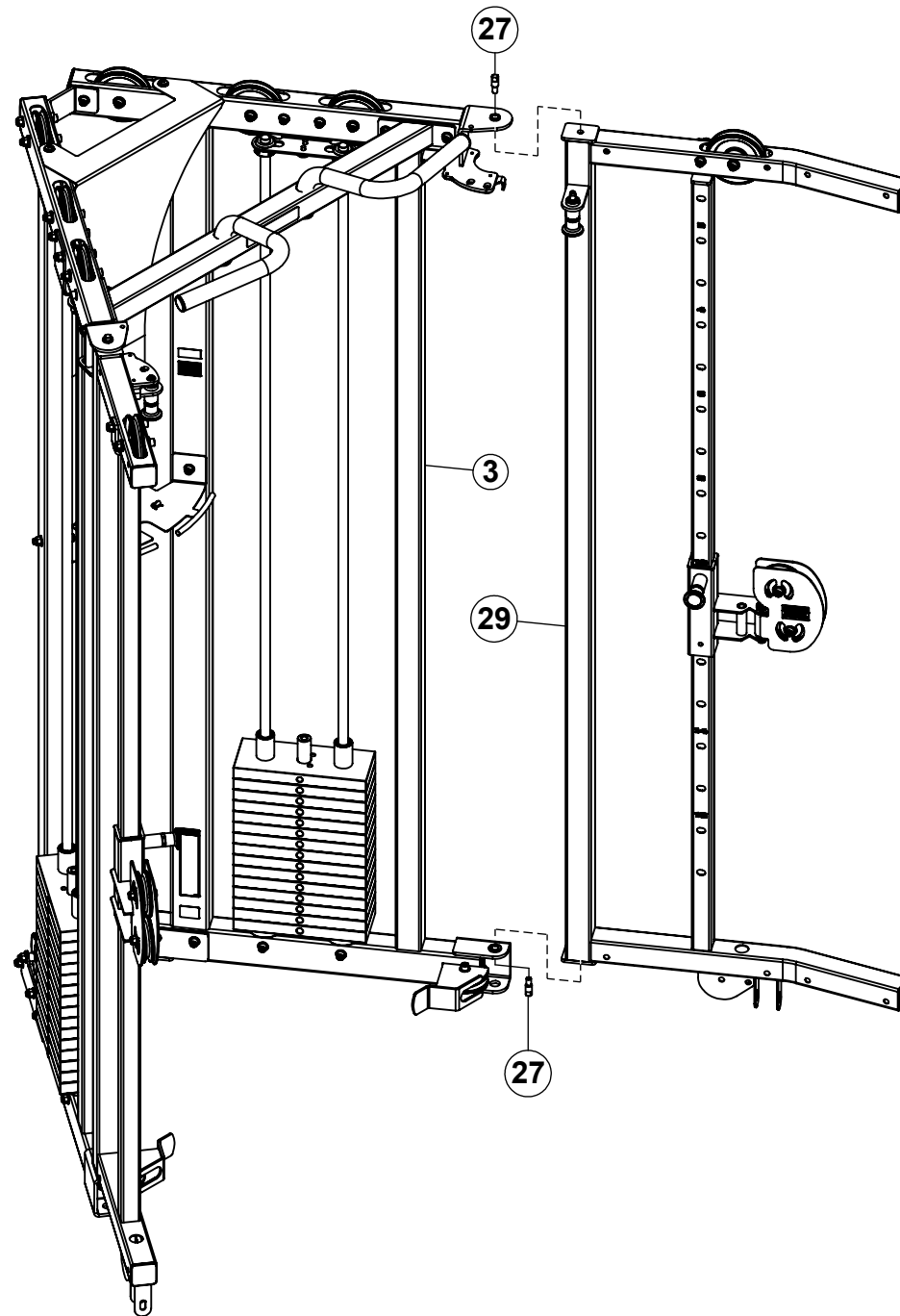
STEP 15



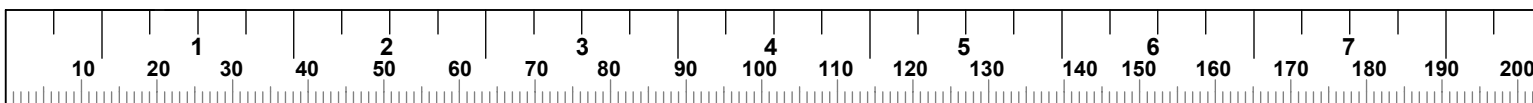
SECURELY tighten all bolt connections made in this step.



STEP 16

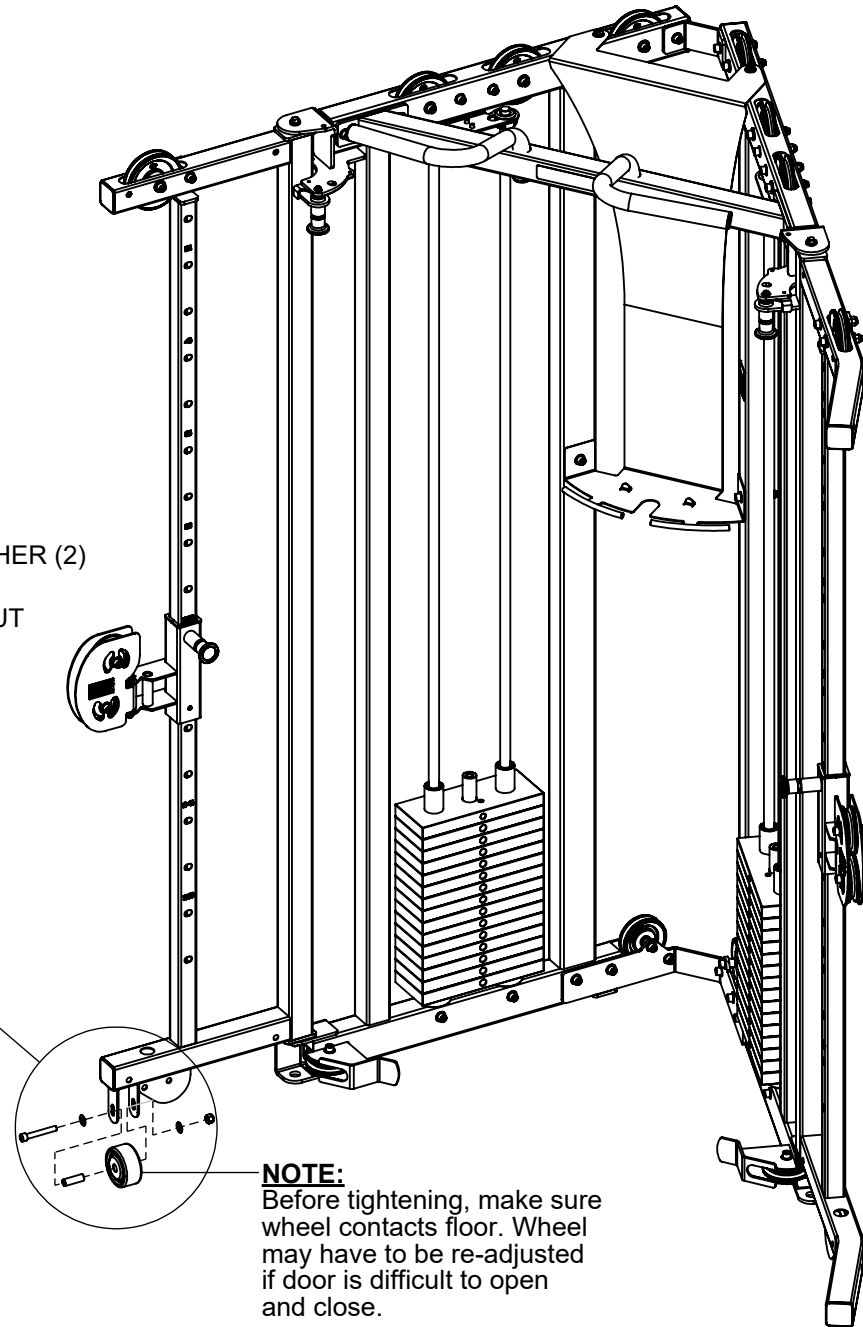
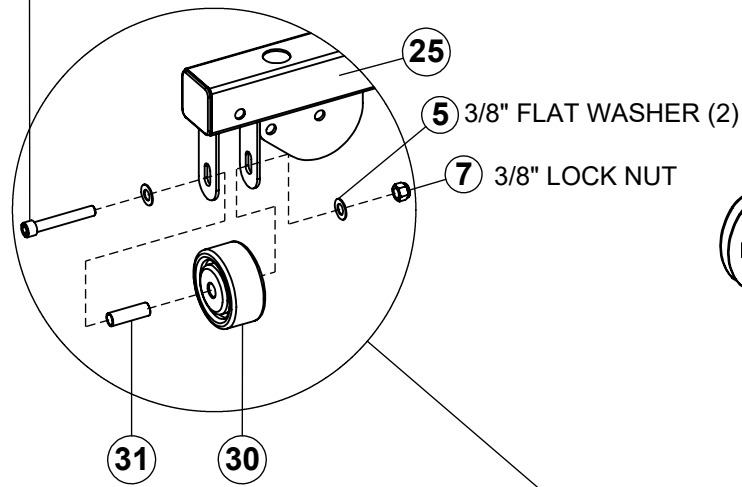


SECURELY tighten all bolt connections in this step.



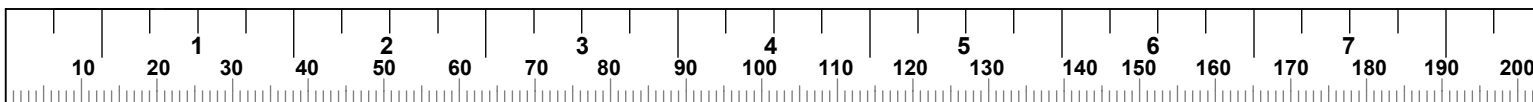
STEP 17

22 3/8 X 2-1/2" BOLT

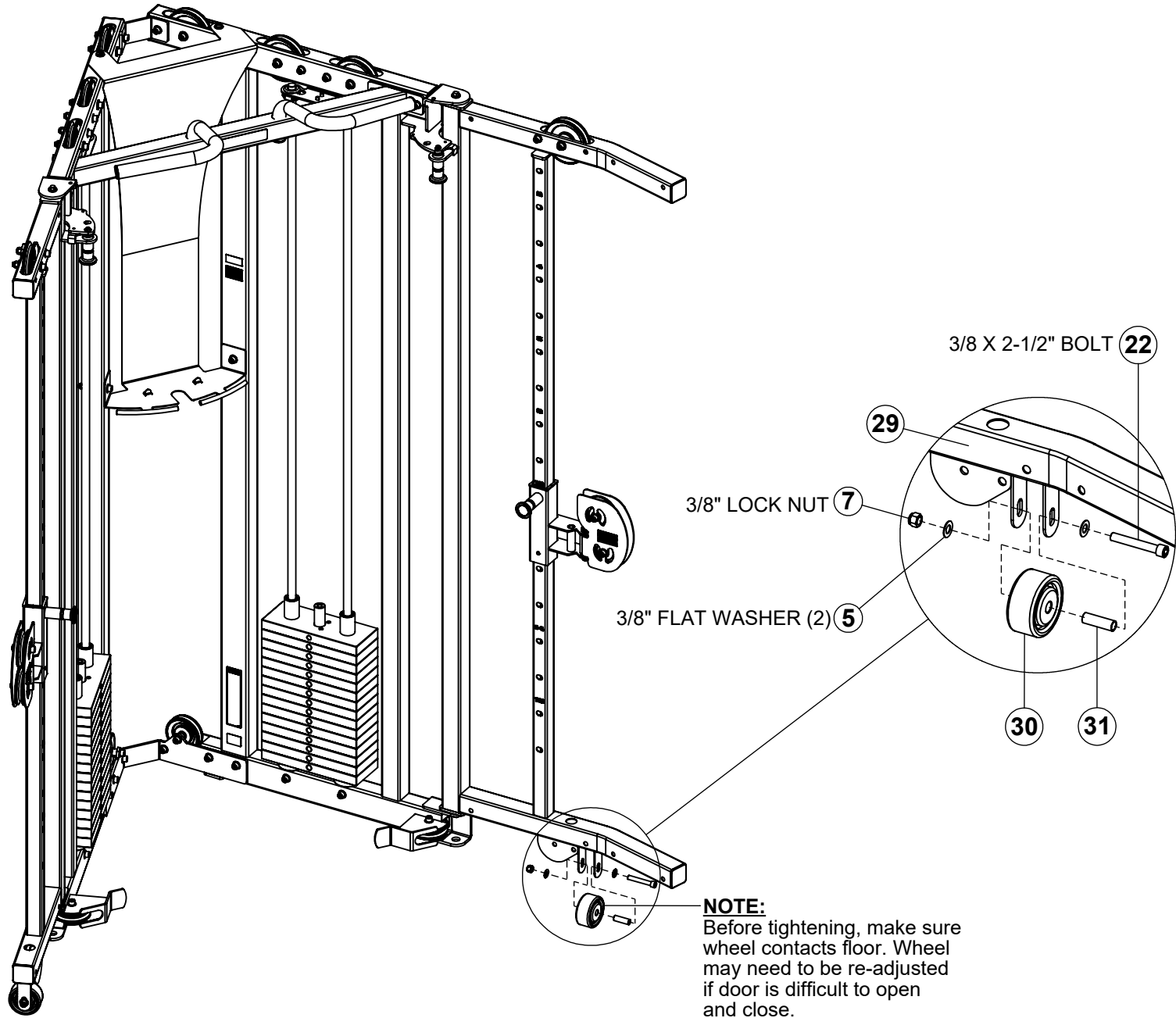


NOTE:
Before tightening, make sure wheel contacts floor. Wheel may have to be re-adjusted if door is difficult to open and close.

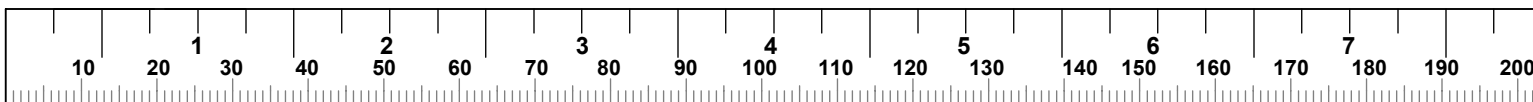
SECURELY tighten all bolt connections in this step.



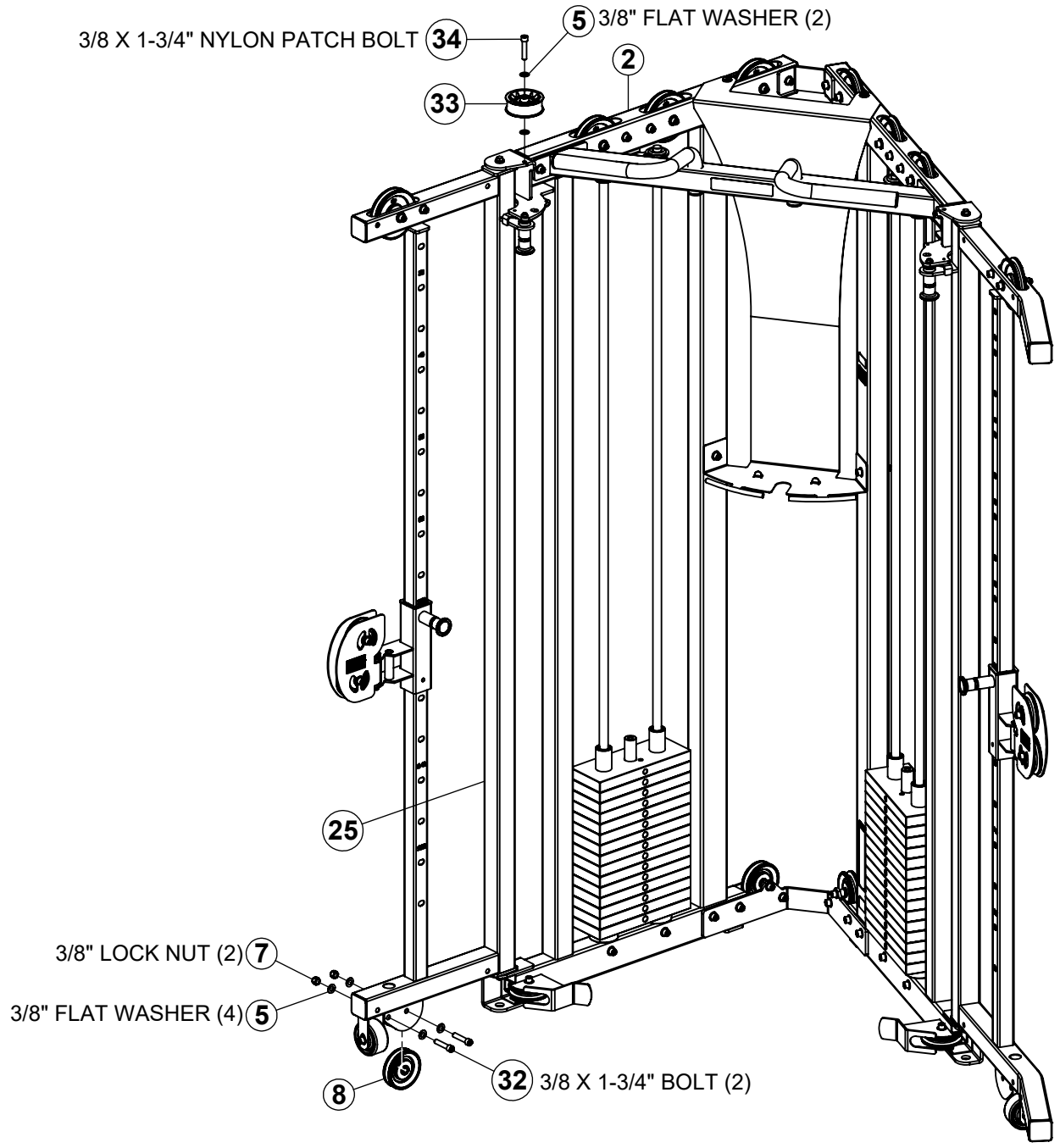
STEP 18



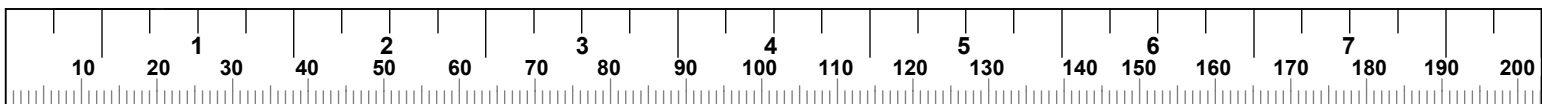
SECURELY tighten all bolt connections in this step.



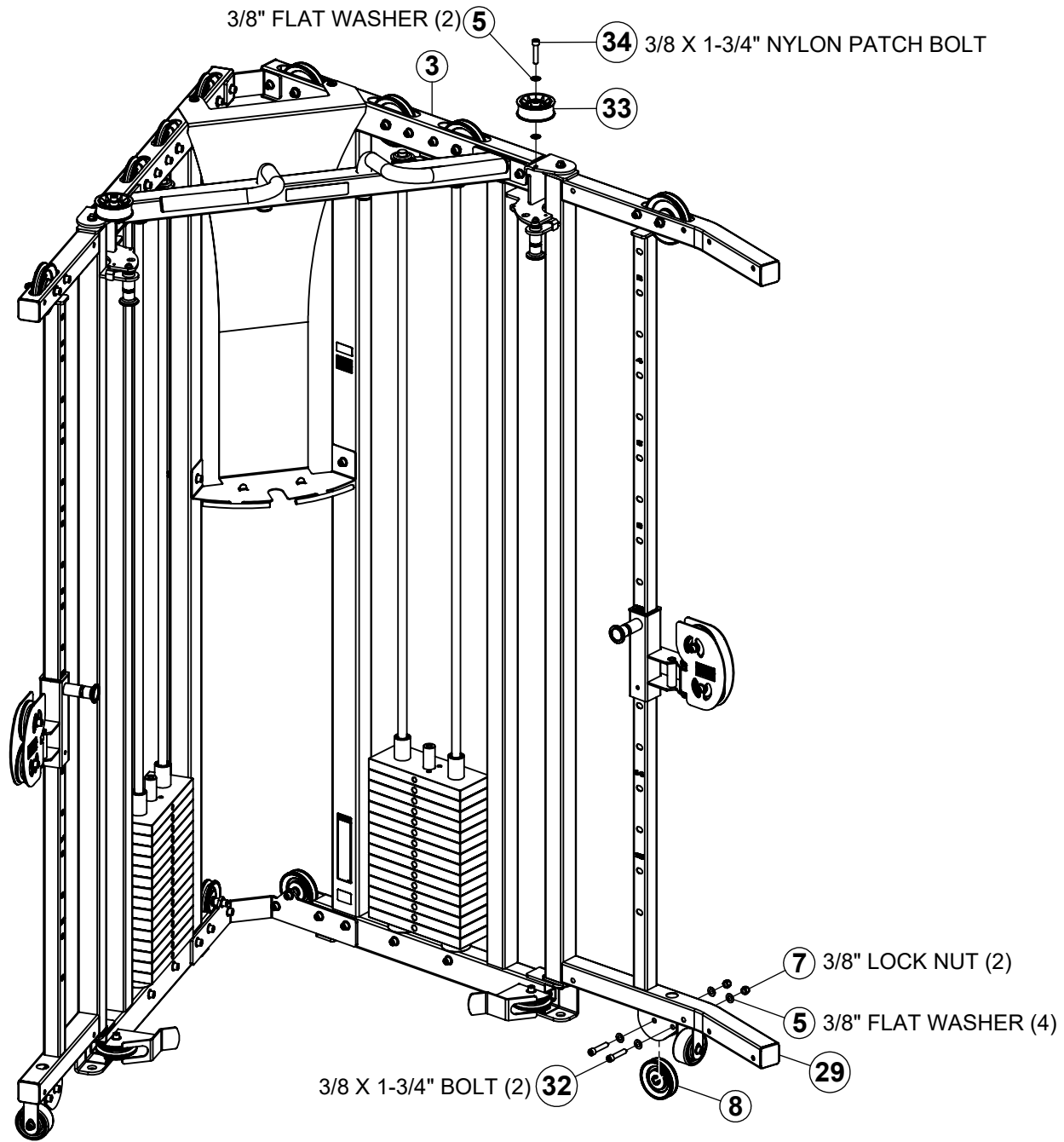
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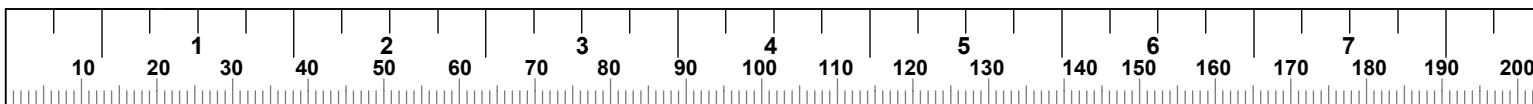
SECURELY tighten all bolt connections in this step.



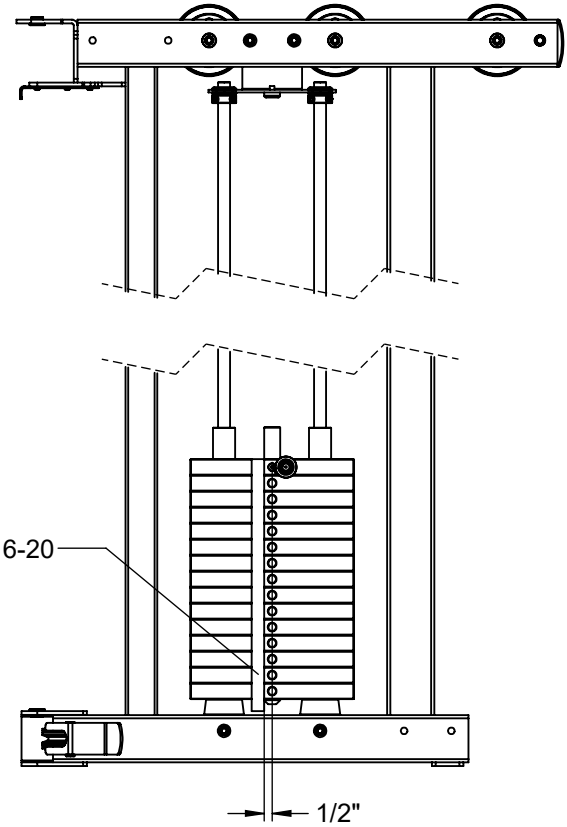
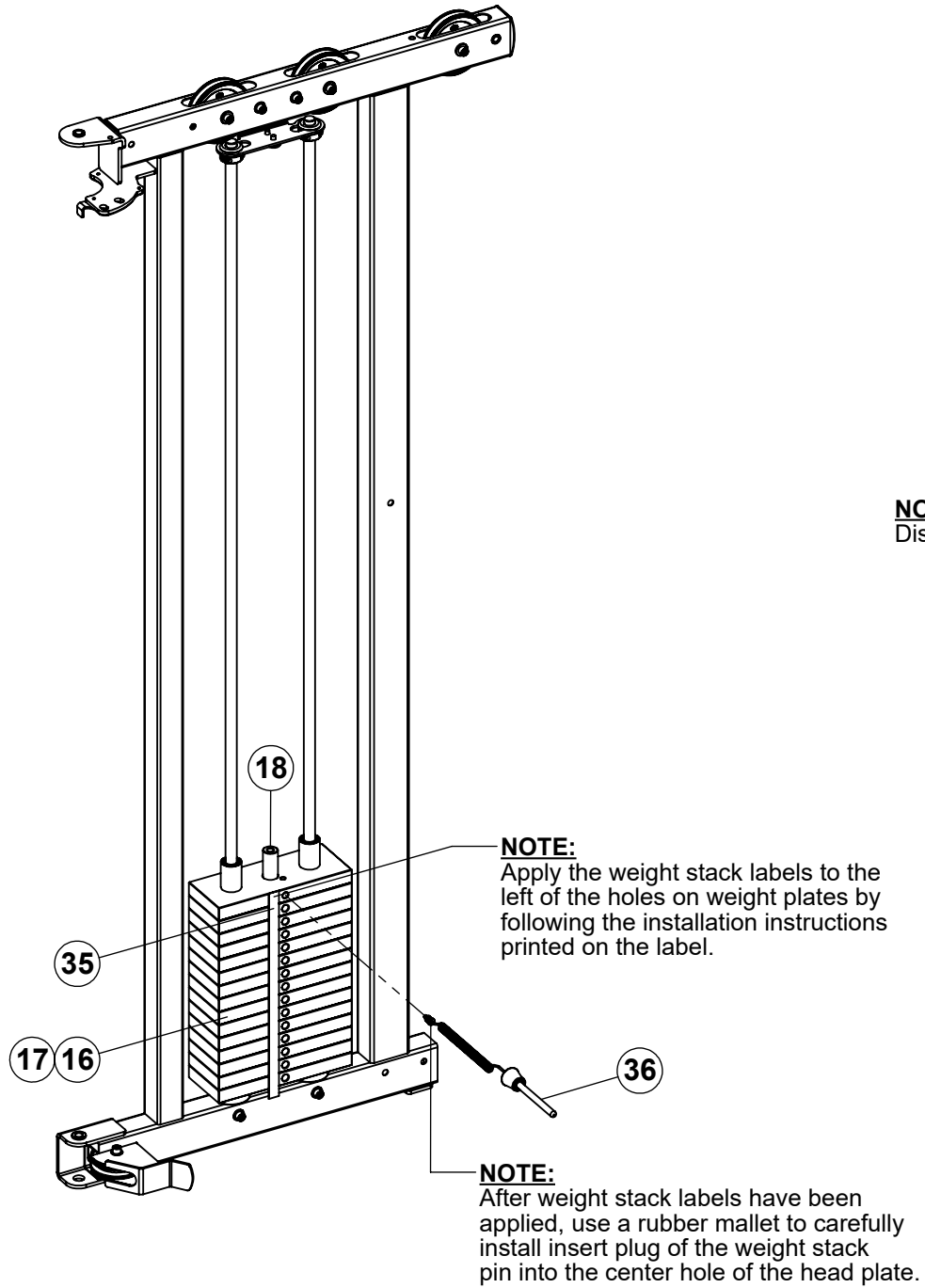
STEP 20



SECURELY tighten all bolt connections in this step.

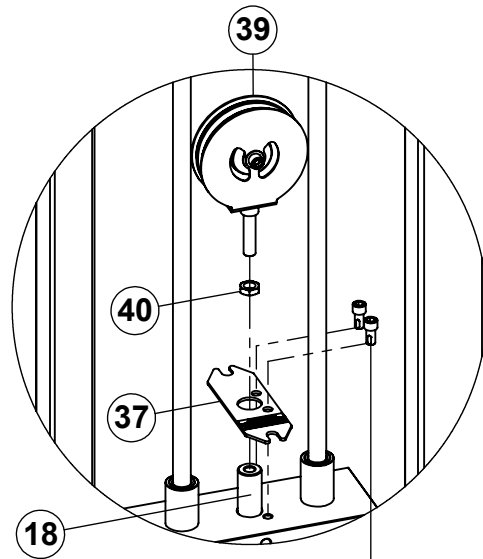
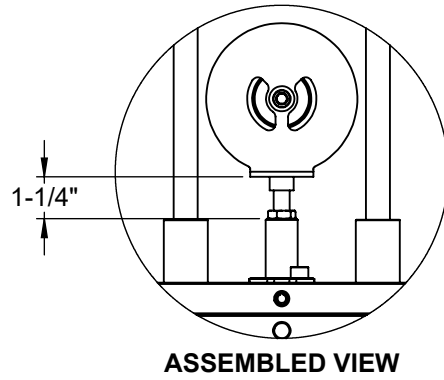


STEP 21

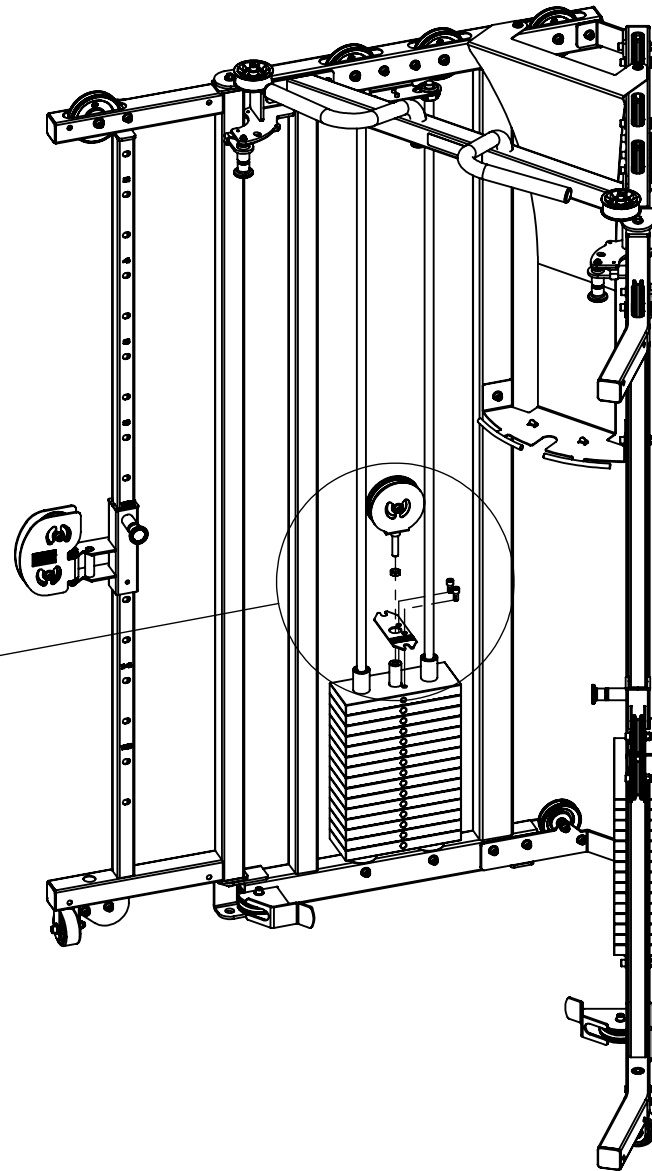


RIGHT SIDE VIEW

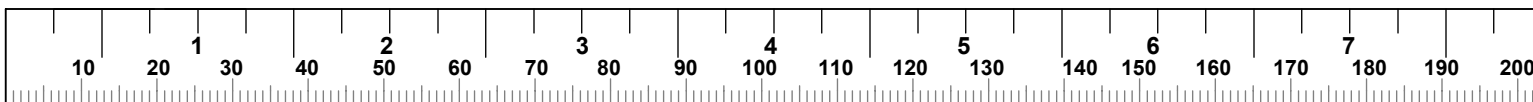
STEP 22



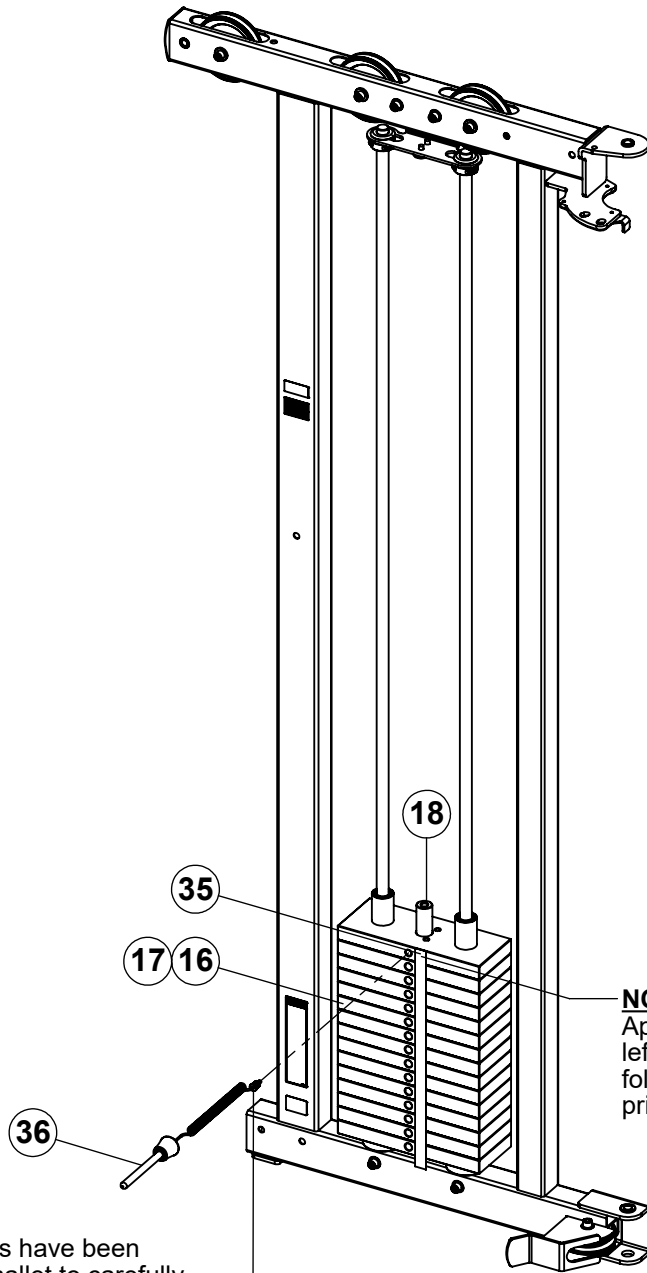
3/8 X 3/4" NYLON PATCH BOLT (2) **38**



SECURELY tighten all bolt connections in this step.



STEP 23

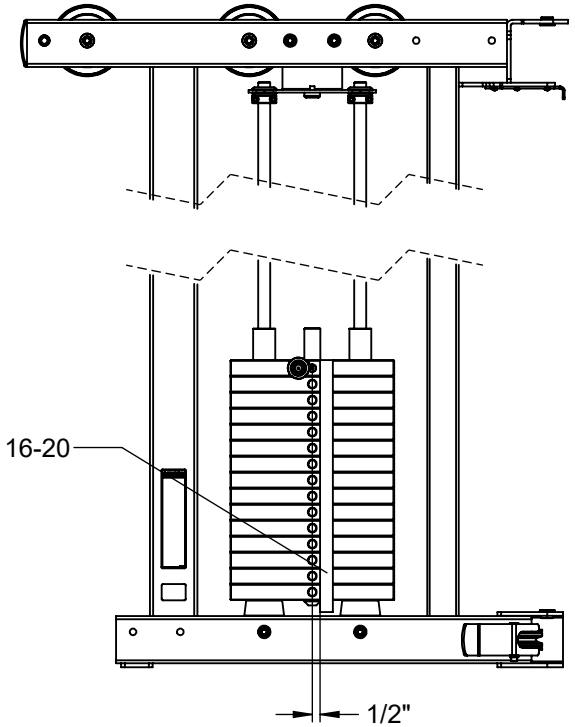


NOTE:

After weight stack labels have been applied, use a rubber mallet to carefully install insert plug of the weight stack pin into the center hole of the head plate.

NOTE:

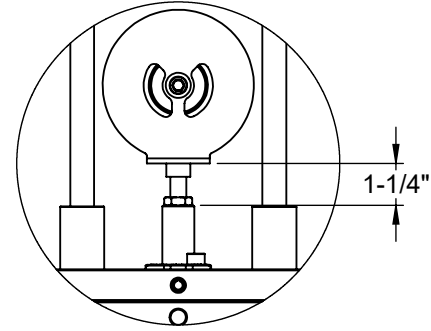
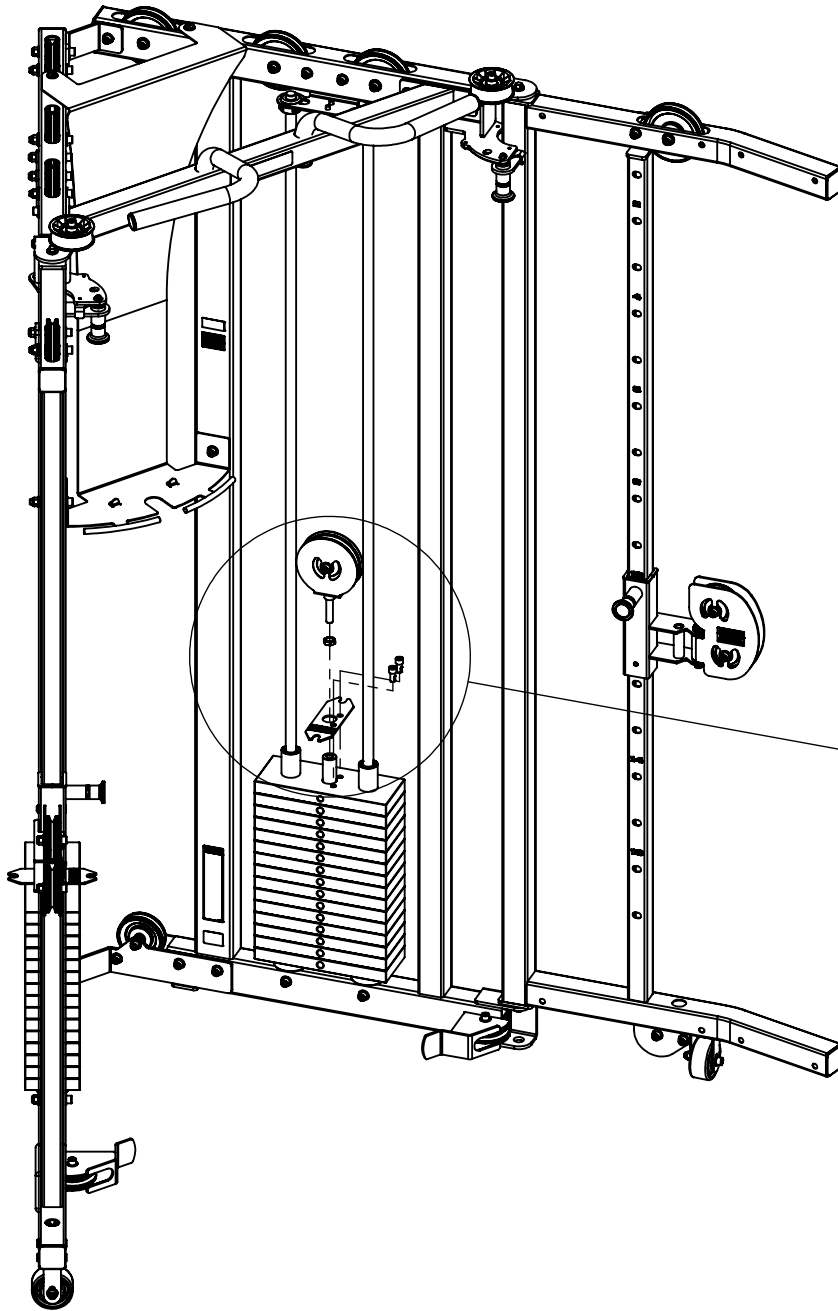
Apply the weight stack labels to the left of the holes on weight plates by following the installation instructions printed on the label.



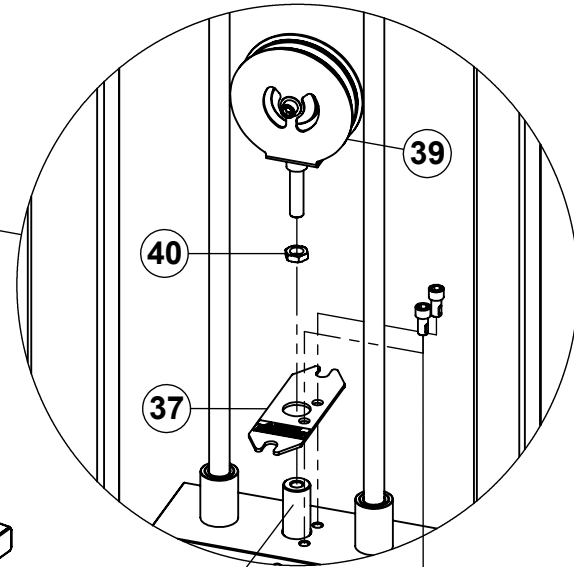
NOTE:
Discard labels 16-20

LEFT SIDE VIEW

STEP 24

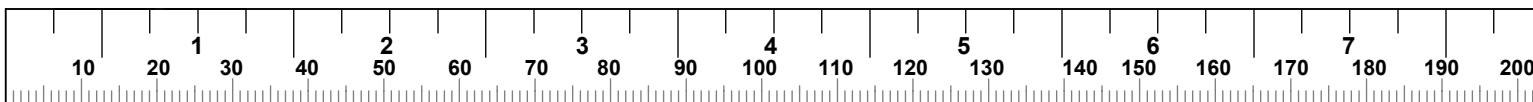


ASSEMBLED VIEW

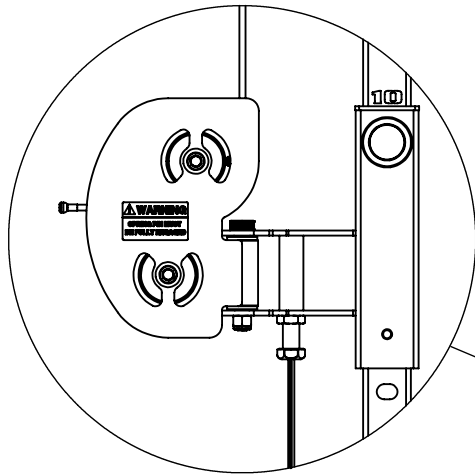


3/8 X 3/4" NYLON PATCH BOLT 38

SECURELY tighten all bolt connections in this step.



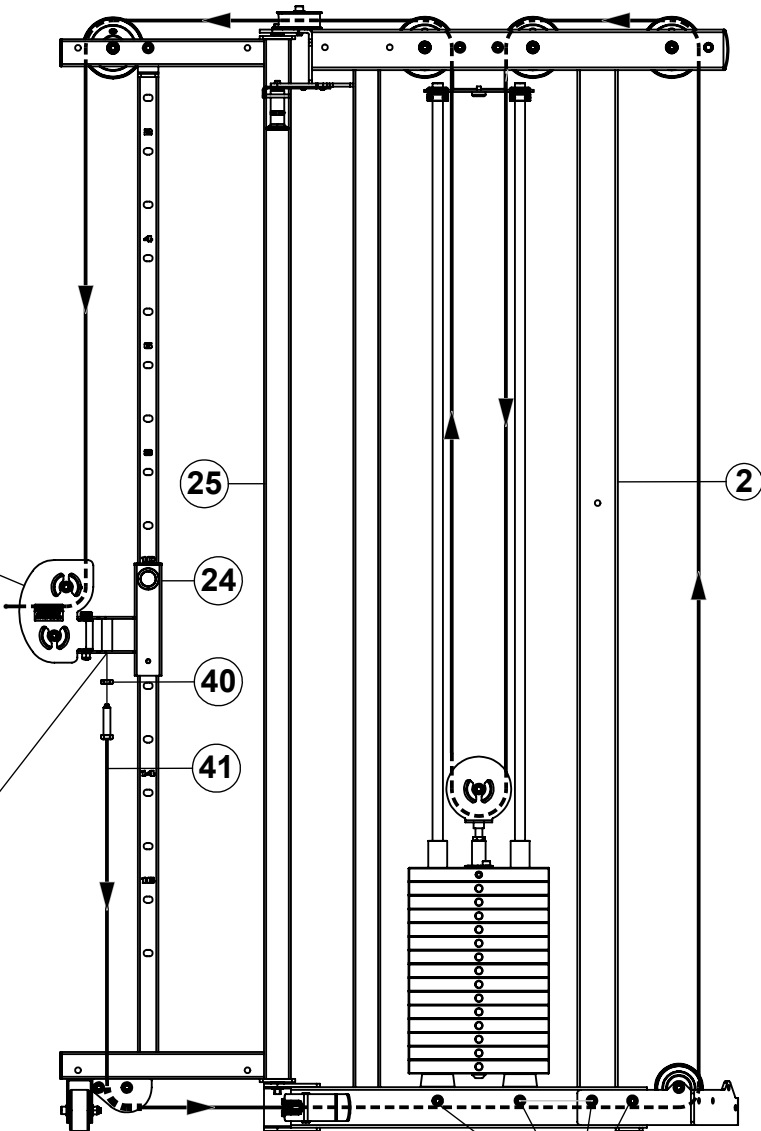
STEP 25 CABLE ROUTING



TO START:

THREAD JAM NUT ON TO CABLE END.
THREAD CABLE END INTO CARRIAGE AS SHOWN IN INSET VIEW.

ROUTE CABLE IN DIRECTION OF ARROWS.
SEE **CAUTIONS** BELOW.

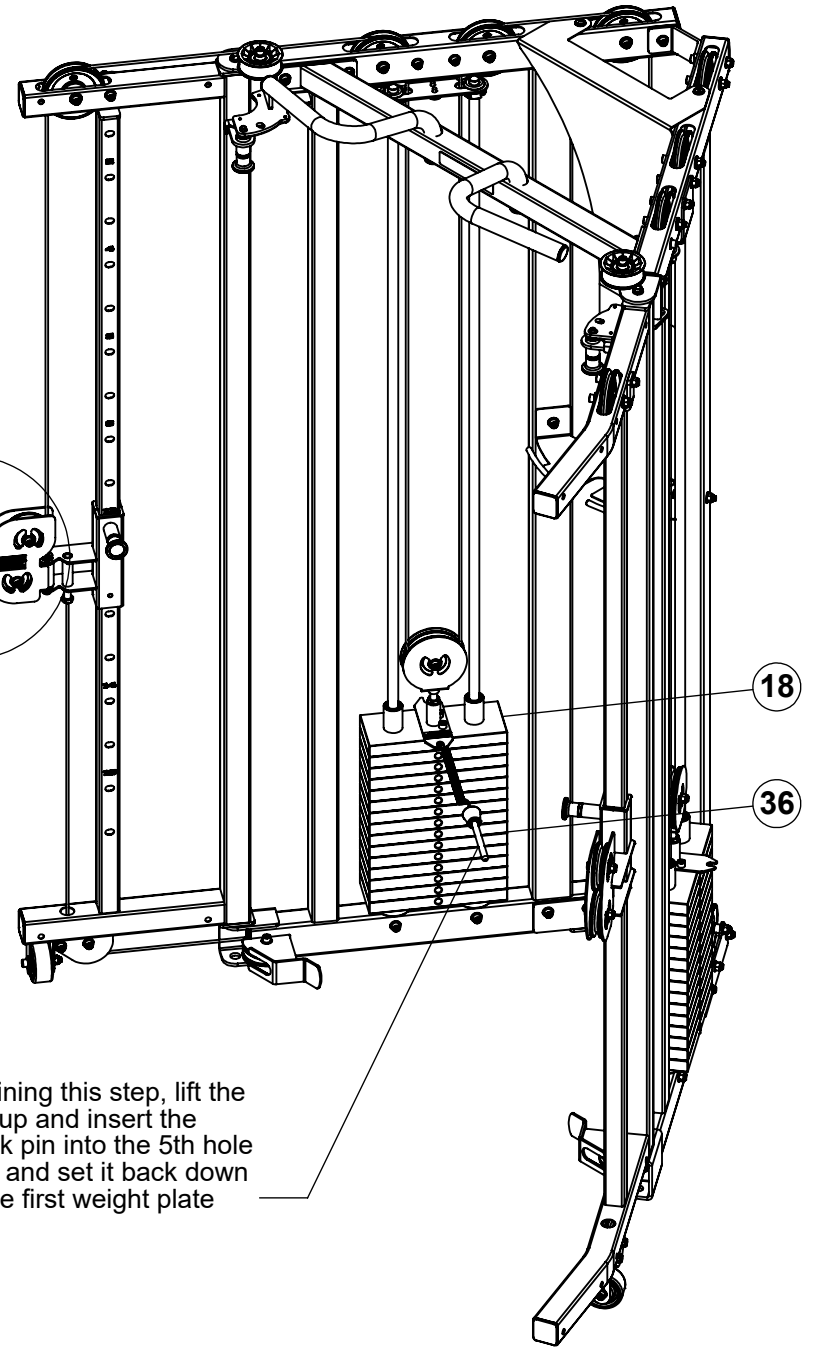
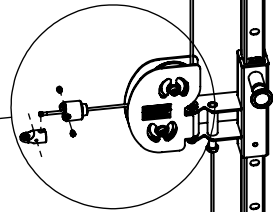
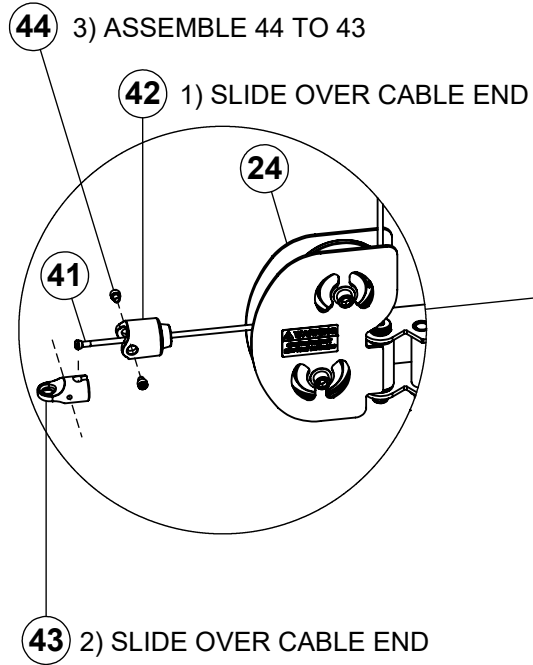


CAUTION: MAKE SURE CABLE IS ROUTED UNDER FRAME BOLTS

RIGHT SIDE

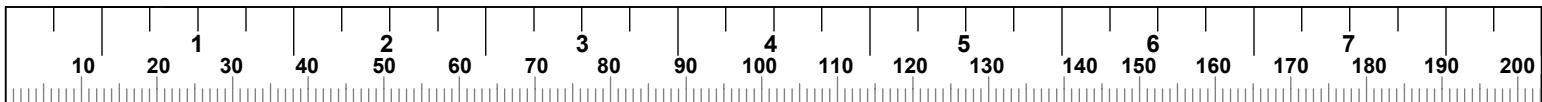
CAUTION: When routing cables, make sure that the cables are seated in the groove of the pulleys and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to cable.

STEP 26a

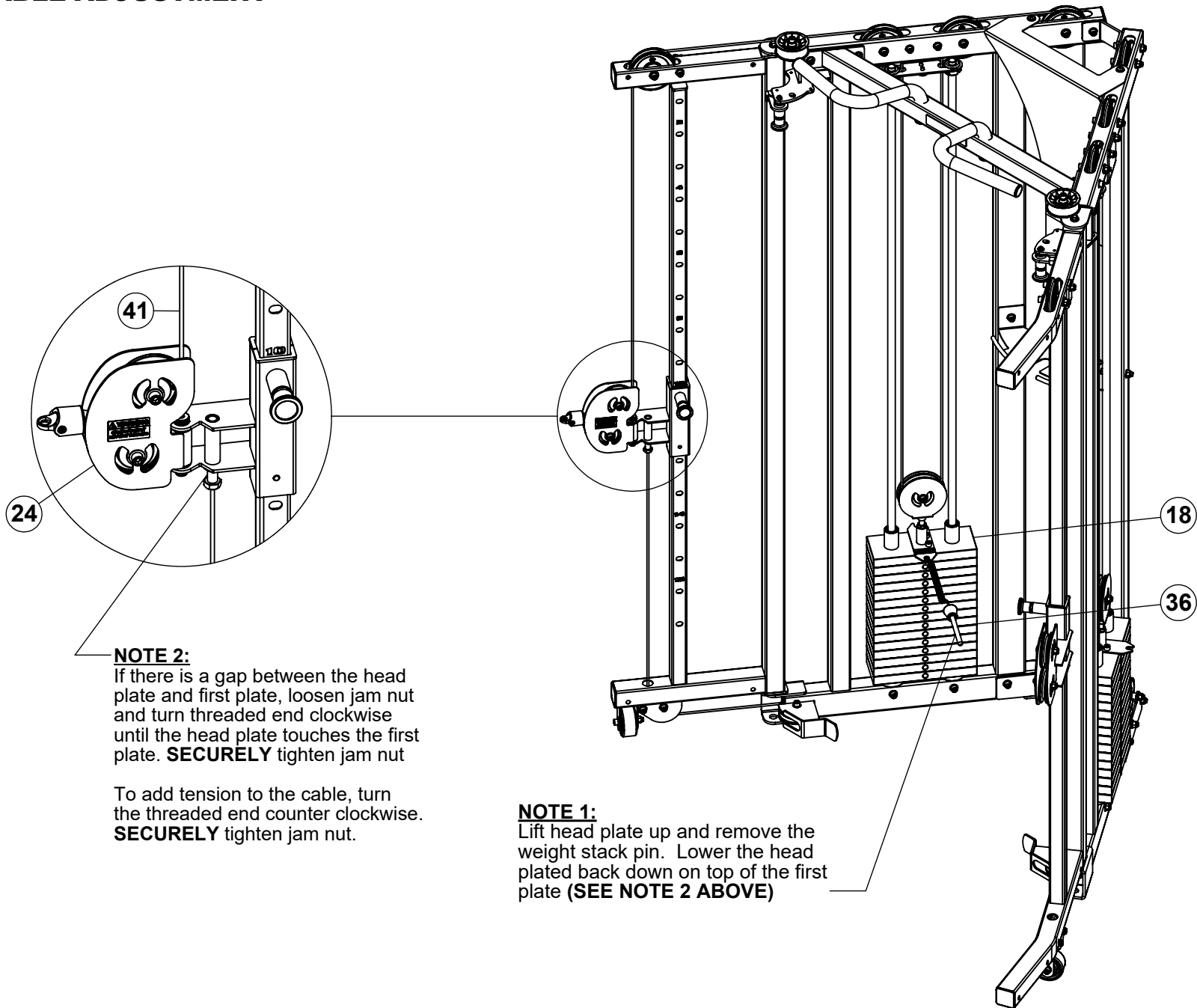


NOTE:
Before beginning this step, lift the head plate up and insert the weight stack pin into the 5th hole of the stem and set it back down on top of the first weight plate

SECURELY tighten all bolt connections in this step.



STEP 26b CABLE ADJUSTMENT



NOTE 2:

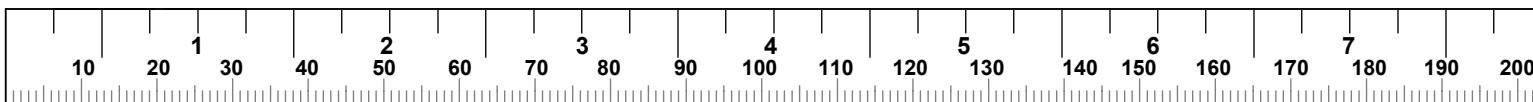
If there is a gap between the head plate and first plate, loosen jam nut and turn threaded end clockwise until the head plate touches the first plate. **SECURELY** tighten jam nut

To add tension to the cable, turn the threaded end counter clockwise. **SECURELY** tighten jam nut.

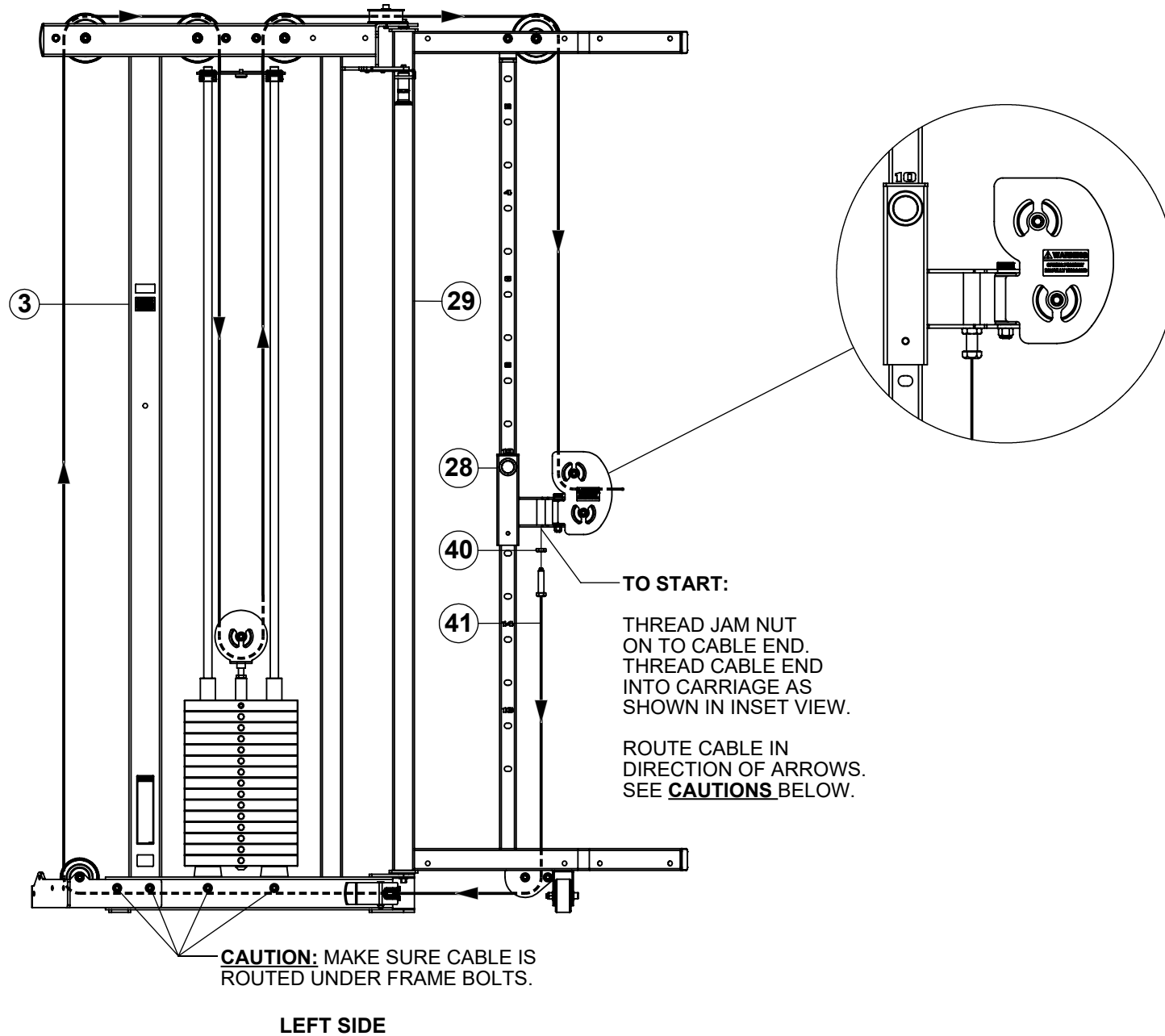
NOTE 1:

Lift head plate up and remove the weight stack pin. Lower the head plate back down on top of the first plate (**SEE NOTE 2 ABOVE**)

SECURELY tighten all bolt connections in this step.

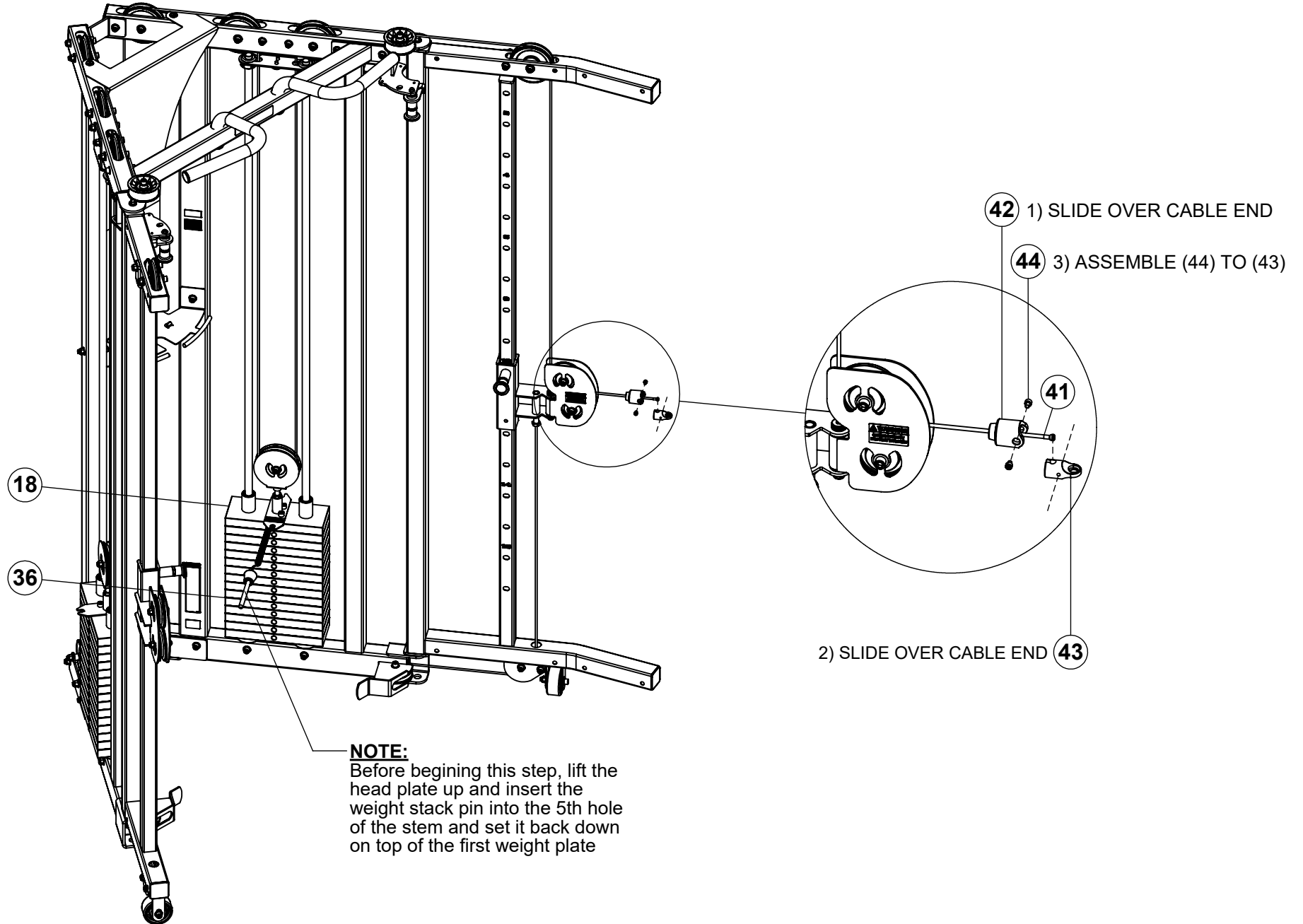


STEP 27 CABLE ROUTING

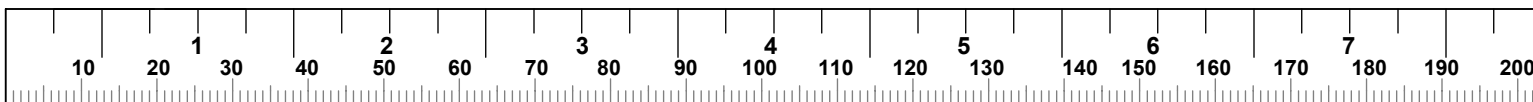


CAUTION: When routing cables, make sure that the cables are seated in the groove of the pulleys and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to cable.

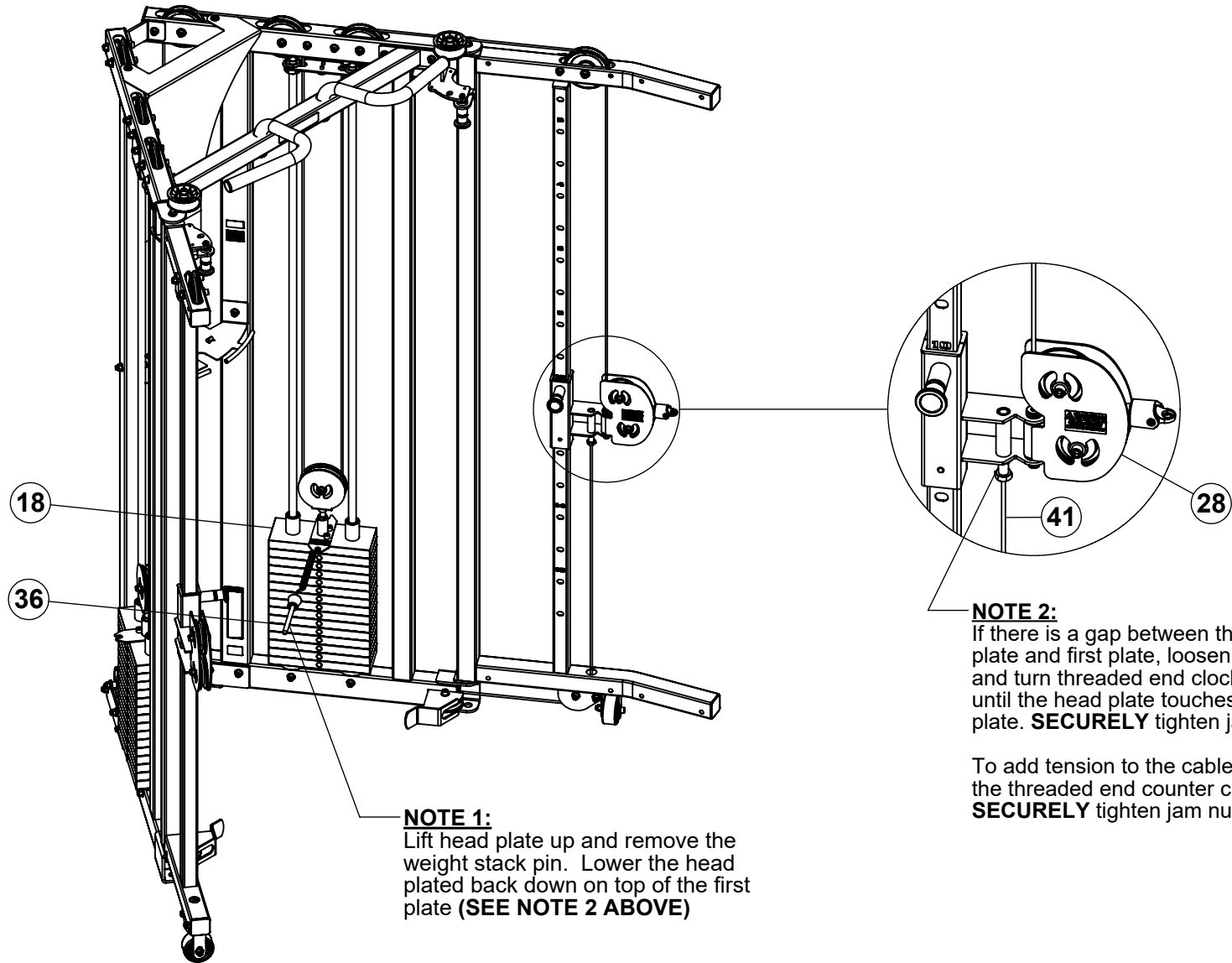
STEP 28a



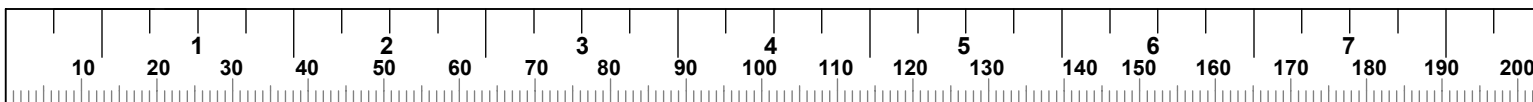
SECURELY tighten all bolt connections in this step.



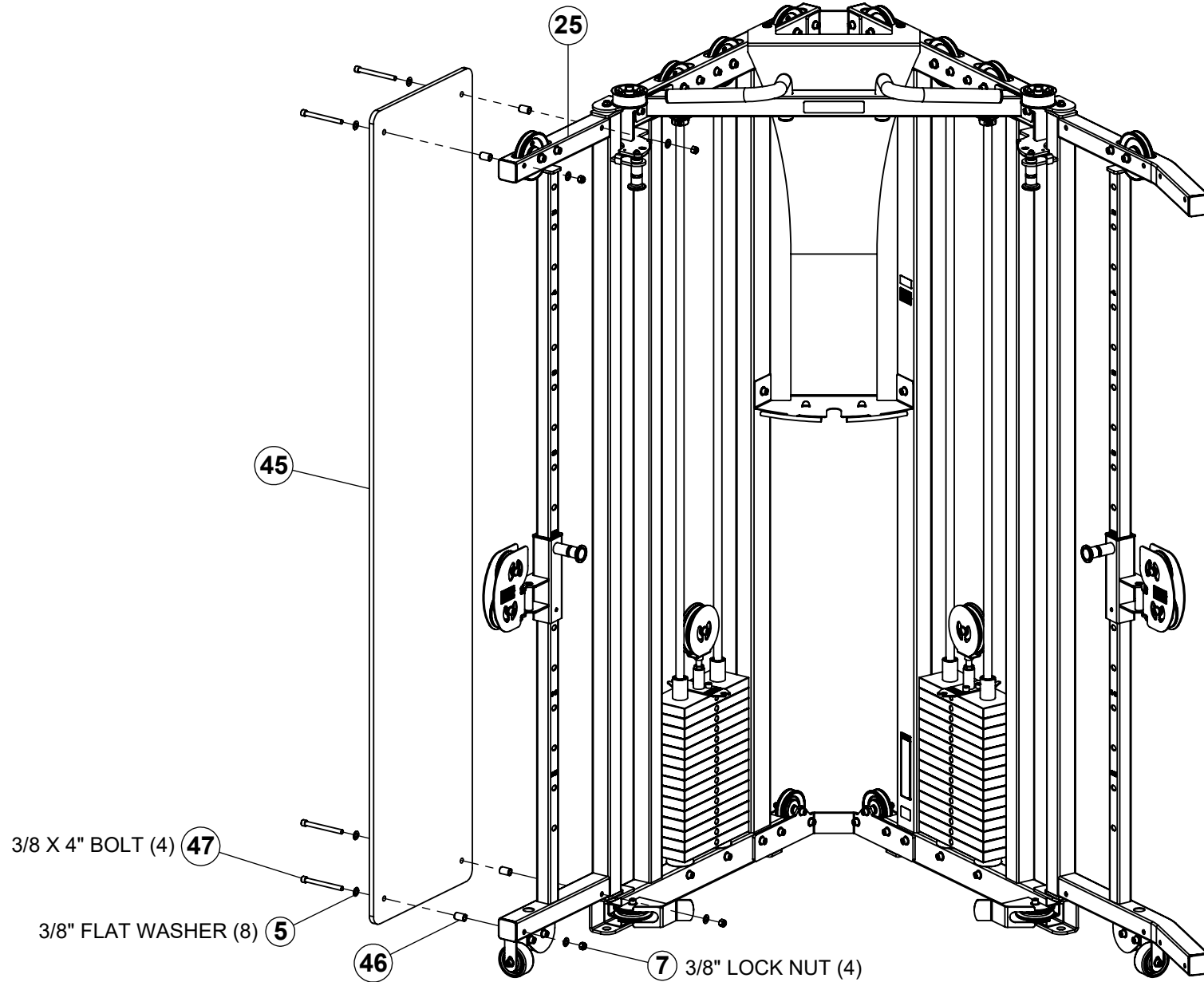
STEP 28b CABLE ADJUSTMENT



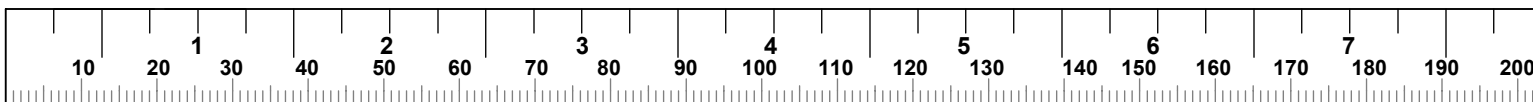
SECURELY tighten all bolt connections in this step.



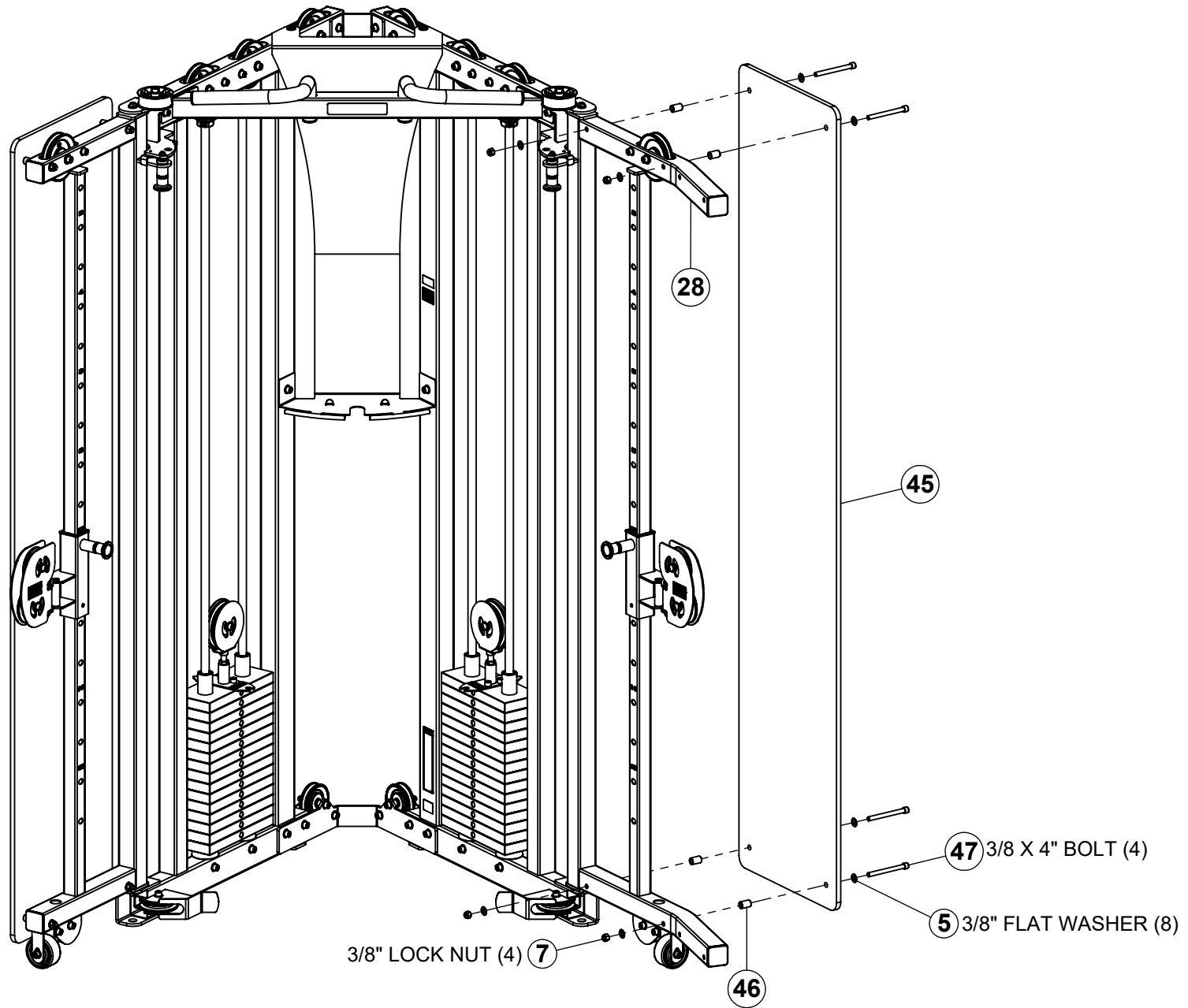
STEP 29



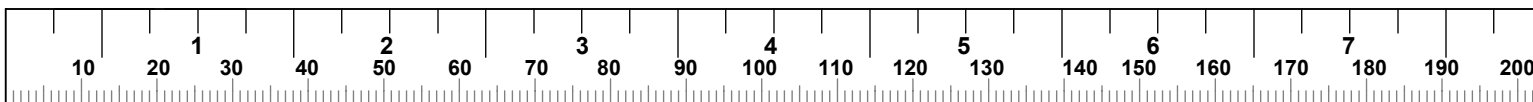
SECURELY tighten all bolt connections in this step.



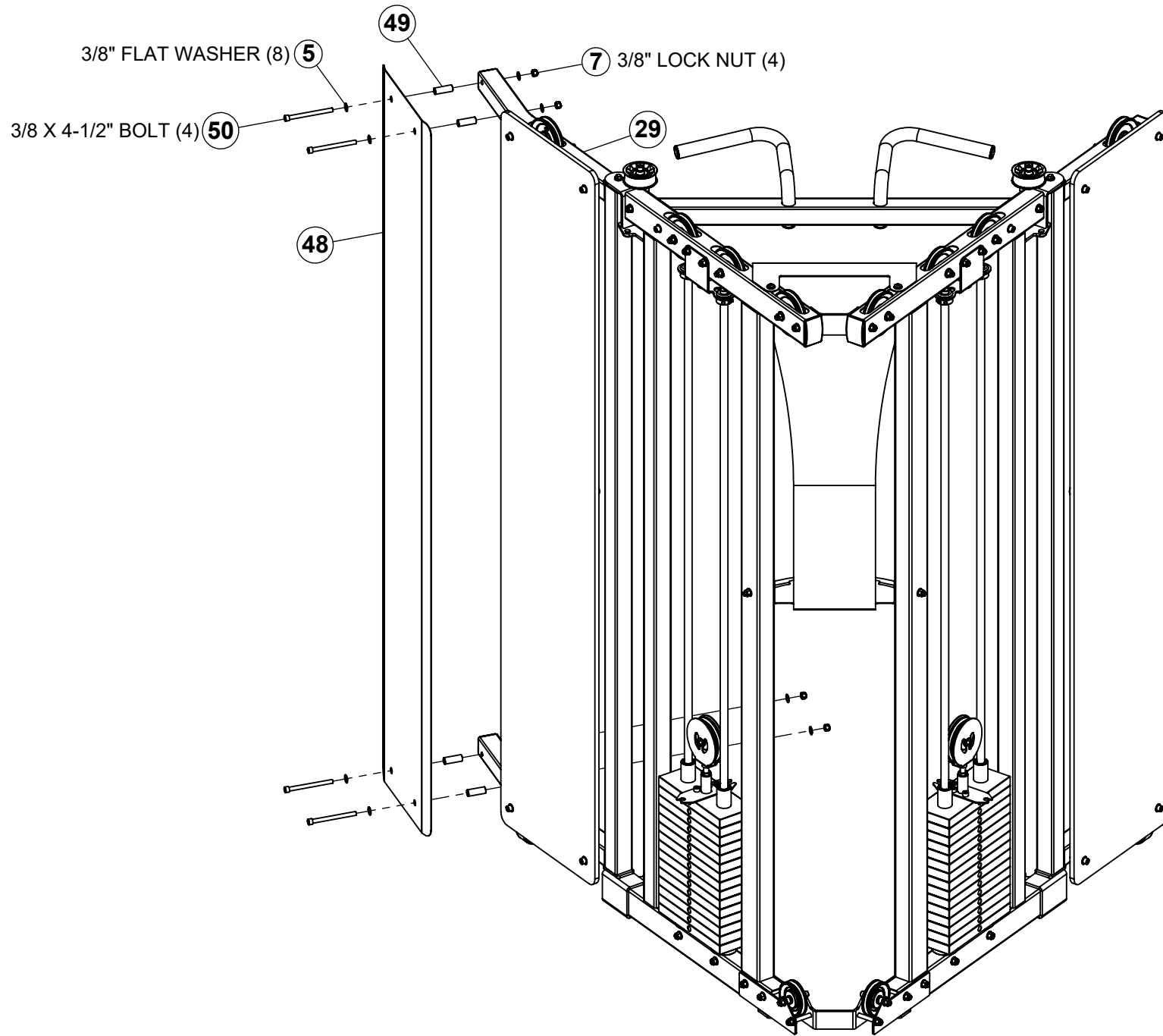
STEP 30



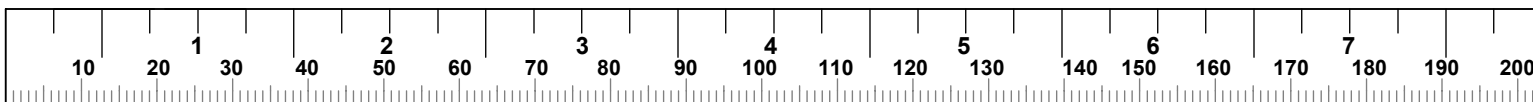
SECURELY tighten all bolt connections in this step.



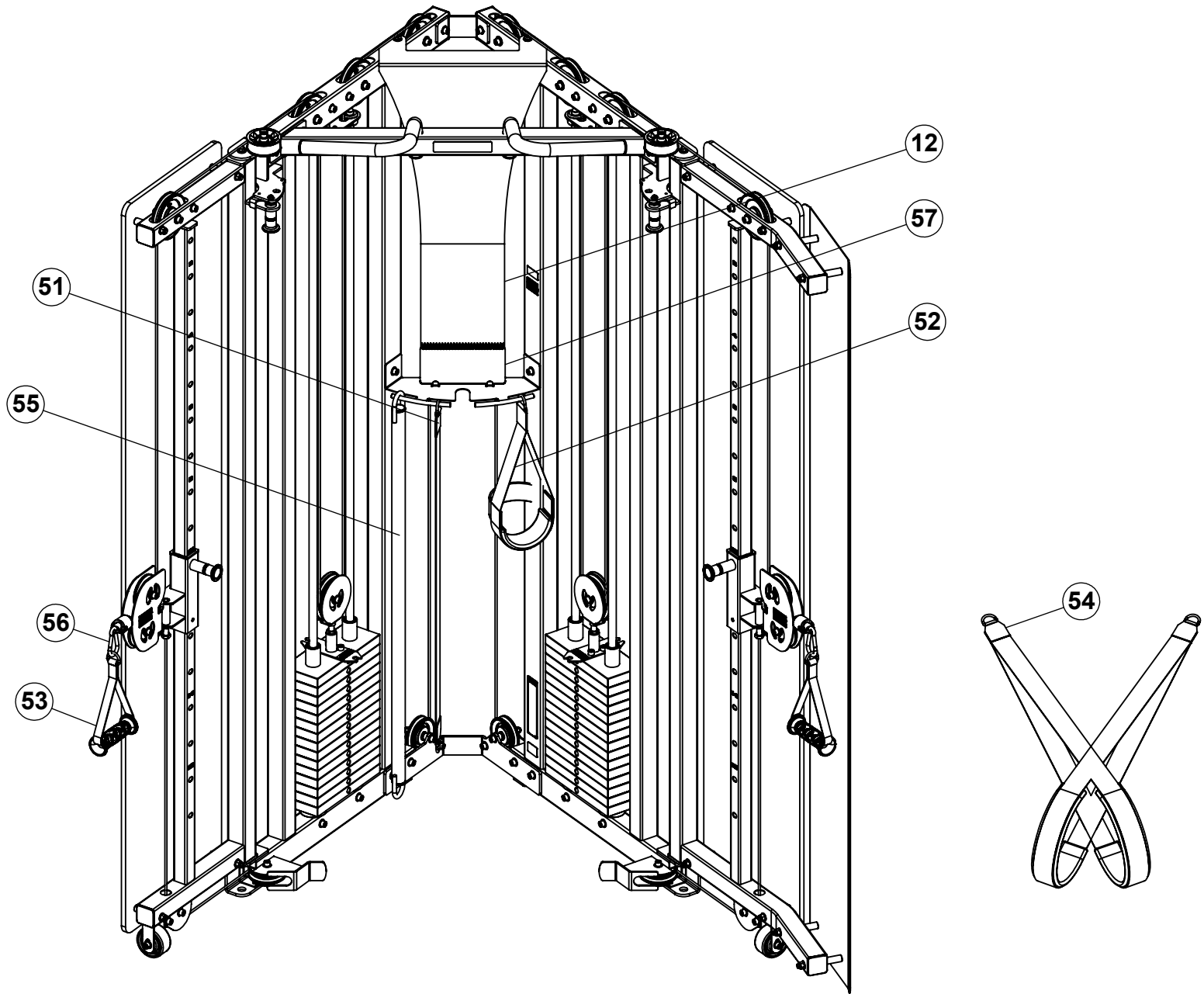
STEP 31



SECURELY tighten all bolt connections in this step.



STEP 32



STEP 33

MAINTENANCE:

GUIDE RODS: Clean and lubricate with a silicone or teflon base lubricant.

NUTS/BOLTS: Tighten and/or adjust as needed.

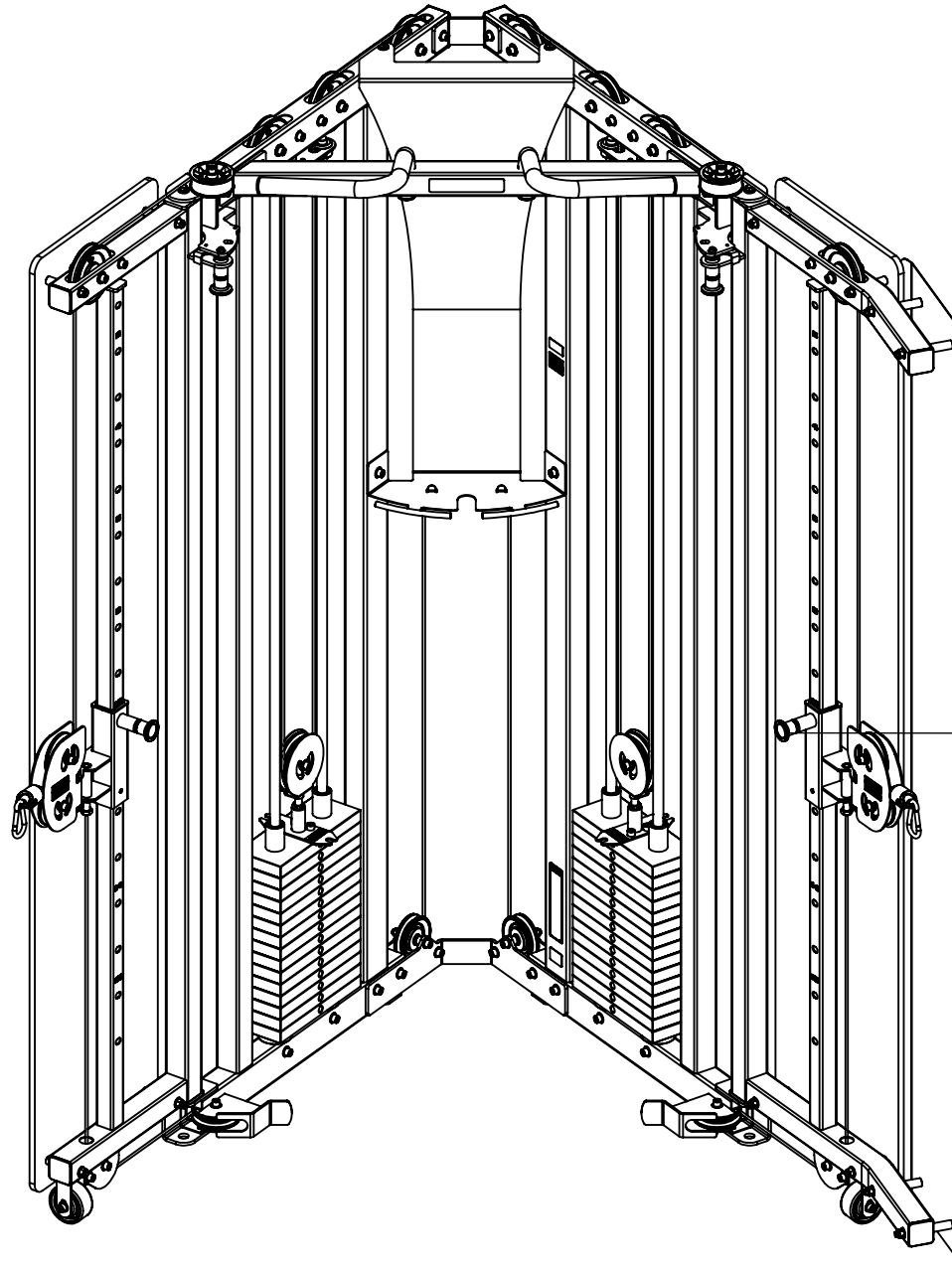
CABLES: Check tension, end fittings, and coating. Replace if damaged or worn. Check jam nuts on cable ends. **(NOTICE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEPS 26b & 28b FOR ADJUSTING CABLE TENSION)**

SPRING PINS: Check that spring pins fully engage the hole when released. Tighten spring pin nuts as needed.

FRAME: Wipe down and damp cloth.

GRIPS: Inspect and replace if they appear worn or damaged.

For customer service contact Torque Fitness Customer service at: 763-754-7533 or service@torquefitness.com



NOTE:

To adjust carriage up or down. Pull spring pin out with one hand and with the other hand adjust carriage to desired location. Release spring pin into the nearest hole.

! WARNING

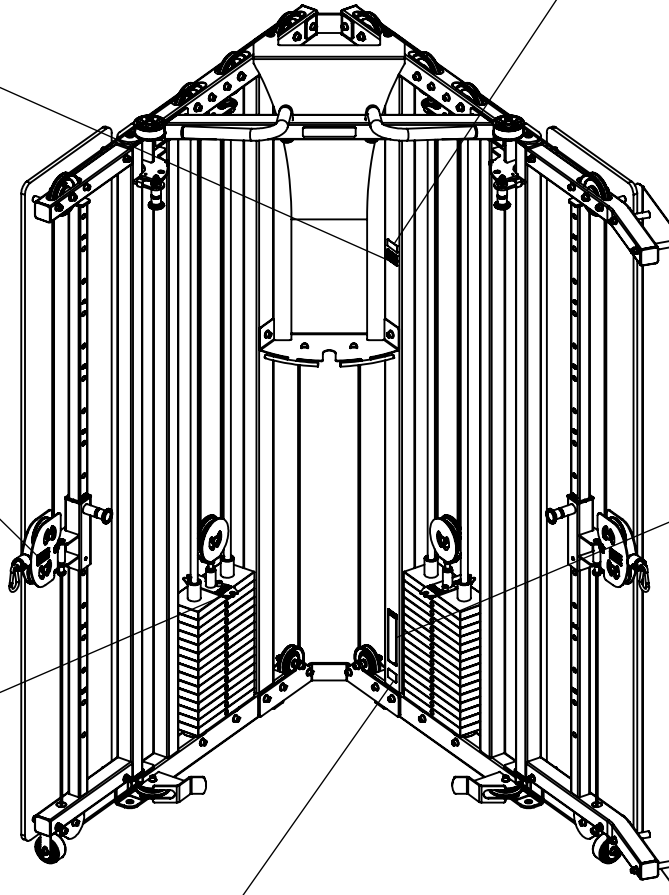
SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

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 immediately.
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

PATENT:
WWW.TORQUEFITNESS.COM/PATENT




! WARNING
STRAP MUST BE USED TO SECURE BENCH IN PLACE WHEN BENCH IS FOLDED UP. FAILURE TO SECURE BENCH IN PLACE WITH STRAP COULD RESULT IN INJURY

! WARNING
SPRING PIN MUST BE FULLY ENGAGED

! WARNING
WEIGHT STACK SELECTOR MUST BE FULLY ENGAGED

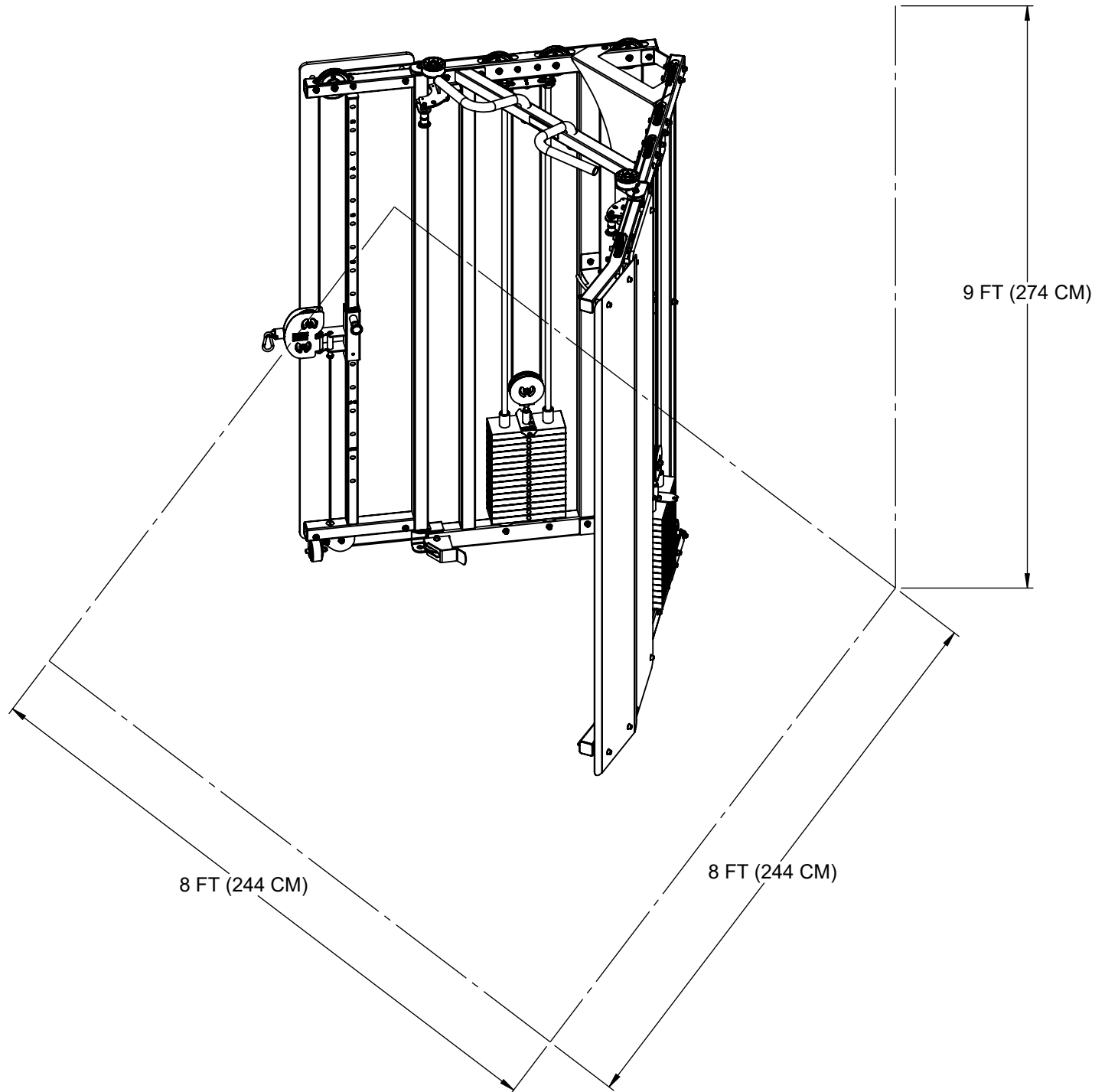
TORQUE
FITNESS

Model: _____
S/N: _____

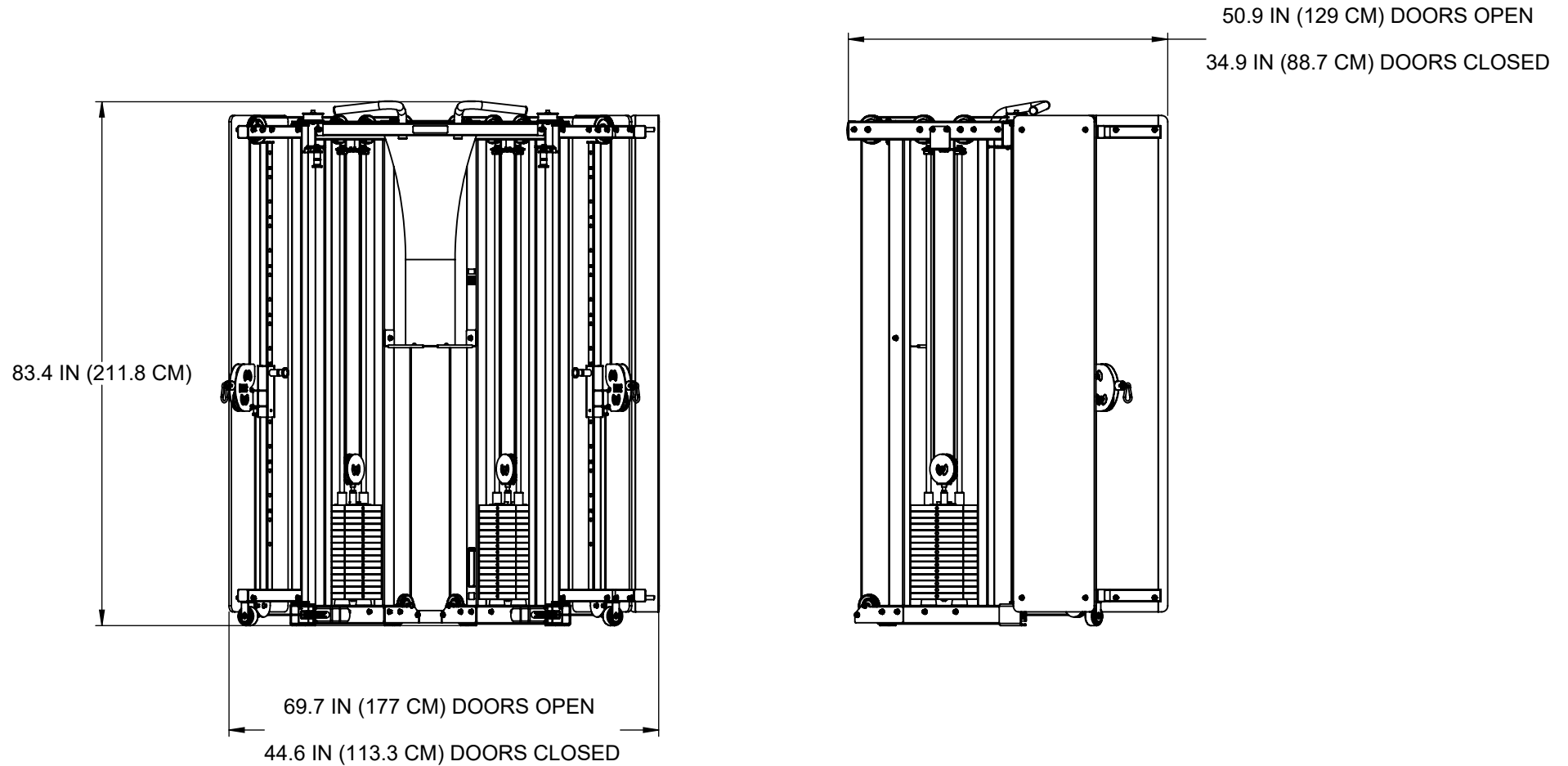
 **TORQUE FITNESS**
11201 Xeon St NW Ste 101
Coon Rapids, MN 55448

MADE IN CHINA

LIVE AREA



DIMENSIONS



F9 BASE UNIT WEIGHT : 321 LBS (145.6 KG)

TO CALCULATE TOTAL WEIGHT ADD DESIRED
WEIGHT STACKS (QTY 2) TO BASE UNIT WEIGHT.

EXERCISE INSTRUCTIONS

For exercise safety and training tips an exercise guide is included with the F9.
This guide may also be downloaded from www.torquefitness.com.



*TRAIN THE WAY
YOUR BODY MOVES*



Functional Training Exercise Guide

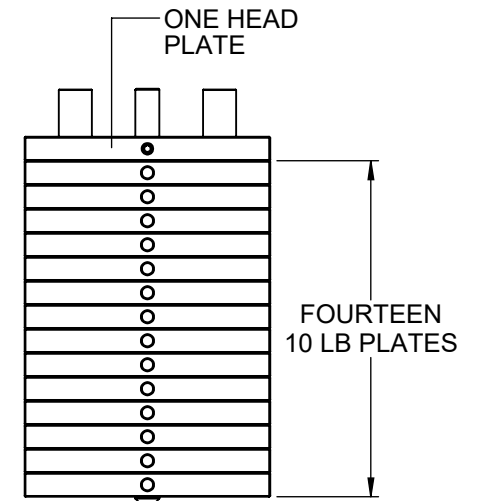
F9 FOLD-AWAY STRENGTH TRAINER - RESISTANCE RATIO CHART

F9-003-150LB

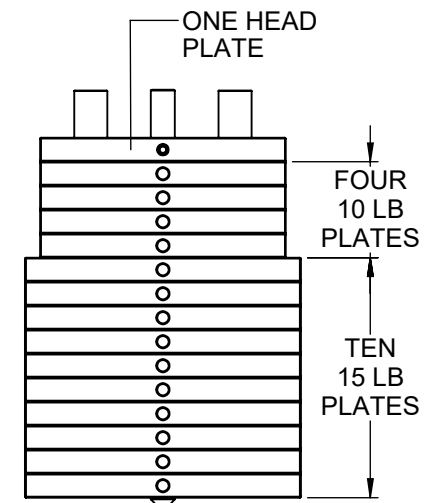
NUMBER	ACTUAL WEIGHT (LB)	ACTUAL WEIGHT (KG)	SINGLE HANDLE (LB)	BOTH HANDLES (LB)	SINGLE HANDLE (KG)	BOTH HANDLES (KG)
1	15	6.8	7.5	15.0	3.4	6.8
2	25	11.3	12.5	25.0	5.7	11.3
3	35	15.9	17.5	35.0	7.9	15.9
4	45	20.4	22.5	45.0	10.2	20.4
5	55	24.9	27.5	55.0	12.5	24.9
6	65	29.5	32.5	65.0	14.7	29.5
7	75	34.0	37.5	75.0	17.0	34.0
8	85	38.6	42.5	85.0	19.3	38.6
9	95	43.1	47.5	95.0	21.5	43.1
10	105	47.6	52.5	105.0	23.8	47.6
11	115	52.2	57.5	115.0	26.1	52.2
12	125	56.7	62.5	125.0	28.3	56.7
13	135	61.2	67.5	135.0	30.6	61.2
14	145	65.8	72.5	145.0	32.9	65.8
15	155	70.3	77.5	155.0	35.2	70.3

F9-003-200LB

NUMBER	ACTUAL WEIGHT (LB)	ACTUAL WEIGHT (KG)	SINGLE HANDLE (LB)	BOTH HANDLES (LB)	SINGLE HANDLE (KG)	BOTH HANDLES (KG)
1	15	6.8	7.5	15.0	3.4	6.8
2	25	11.3	12.5	25.0	5.7	11.3
3	35	15.9	17.5	35.0	7.9	15.9
4	45	20.4	22.5	45.0	10.2	20.4
5	55	24.9	27.5	55.0	12.5	24.9
6	70	31.8	35.0	70.0	15.9	31.8
7	85	38.6	42.5	85.0	19.3	38.6
8	100	45.4	50.0	100.0	22.7	45.4
9	115	52.2	57.5	115.0	26.1	52.2
10	130	59.0	65.0	130.0	29.5	59.0
11	145	65.8	72.5	145.0	32.9	65.8
12	160	72.6	80.0	160.0	36.3	72.6
13	175	79.4	87.5	175.0	39.7	79.4
14	190	86.2	95.0	190.0	43.1	86.2
15	205	93.0	102.5	205.0	46.5	93.0



150 LB STACK



200 LB STACK

F9 FOLD-AWAY STRENGTH TRAINER - RESISTANCE RATIO CHART

F9-003-225LB

NUMBER	ACTUAL WEIGHT (LB)	ACTUAL WEIGHT (KG)	SINGLE HANDLE (LB)	BOTH HANDLES (LB)	SINGLE HANDLE (KG)	BOTH HANDLES (KG)
1	15	6.8	7.5	15.0	3.4	6.8
2	30	13.6	15.0	30.0	6.8	13.6
3	45	20.4	22.5	45.0	10.2	20.4
4	60	27.2	30.0	60.0	13.6	27.2
5	75	34.0	37.5	75.0	17.0	34.0
6	90	40.8	45.0	90.0	20.4	40.8
7	105	47.6	52.5	105.0	23.8	47.6
8	120	54.4	60.0	120.0	27.2	54.4
9	135	61.2	67.5	135.0	30.6	61.2
10	150	68.0	75.0	150.0	34.0	68.0
11	165	74.8	82.5	165.0	37.4	74.8
12	180	81.6	90.0	180.0	40.8	81.6
13	195	88.5	97.5	195.0	44.2	88.5
14	210	95.3	105.0	210.0	47.6	95.3
15	225	102.1	112.5	225.0	51.0	102.1

