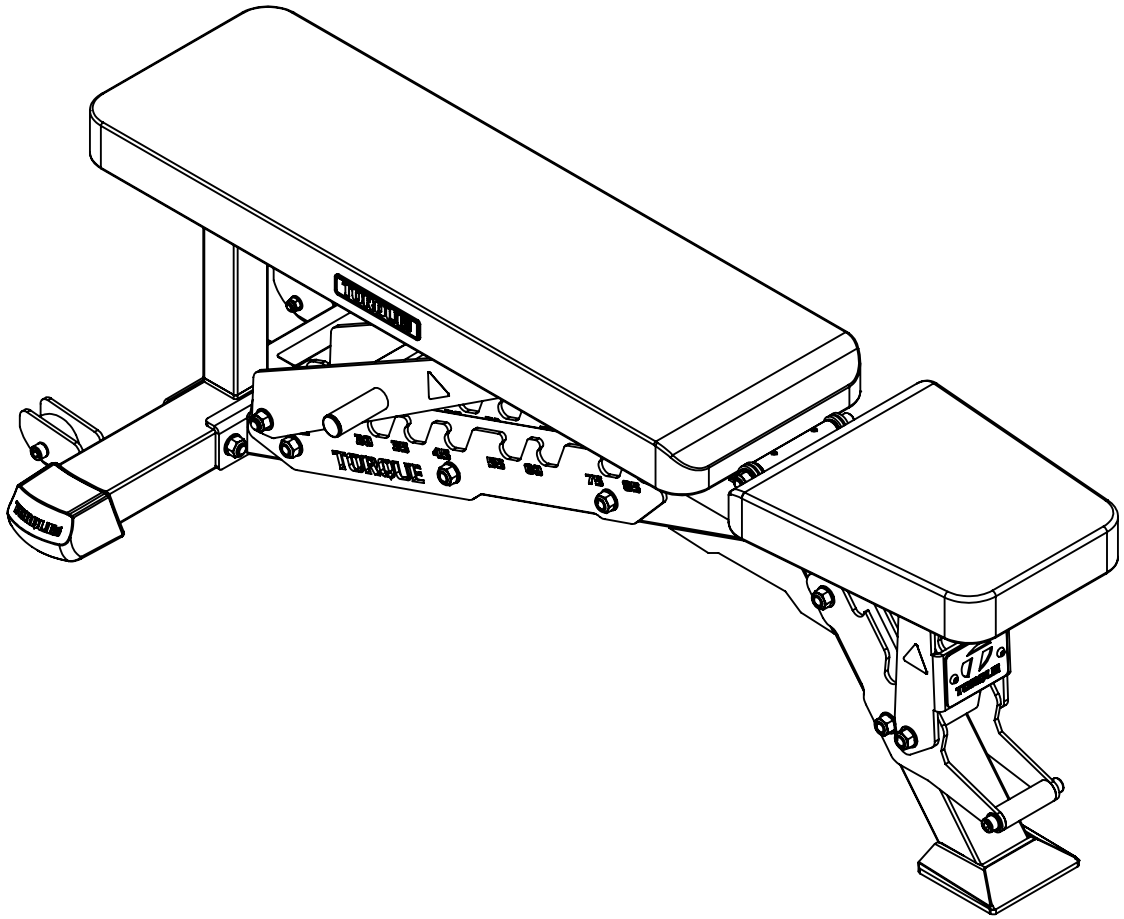
X-GYM FLAT INCLINE BENCH ASSEMBLY GUIDE

VERSION: XG-FIB-101

PART #: 5854001-C



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. 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, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). **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. Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy.
8. If unsure of proper use of this product, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). www.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 **www.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):_____

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). www.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
- Crescent wrench
- 17MM Wrench or Ratchet with 17MM socket
- 4 MM Allen wrench (included)
- 6 MM Allen wrench (included)
- 8 MM Allen wrench (included)
- 10 MM Allen wrench (included)
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)

Optional Equipment

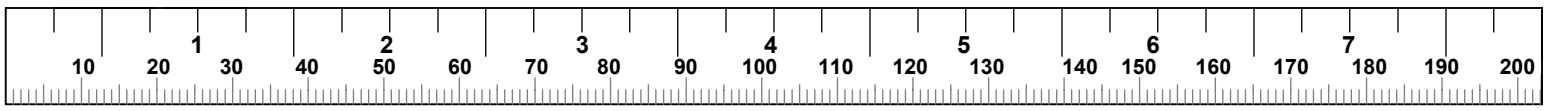
- Optional equipment may be available for this product.
- Follow the instructions included with the optional equipment to assemble it to the base product.

Assembly Tips

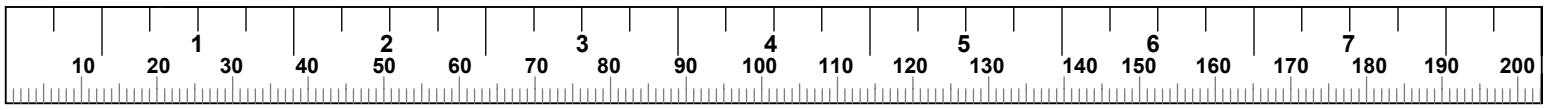
- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning that step.
- Some of the items shown in the assembly steps may already be pre-assembled.

Assembly Tips Continued

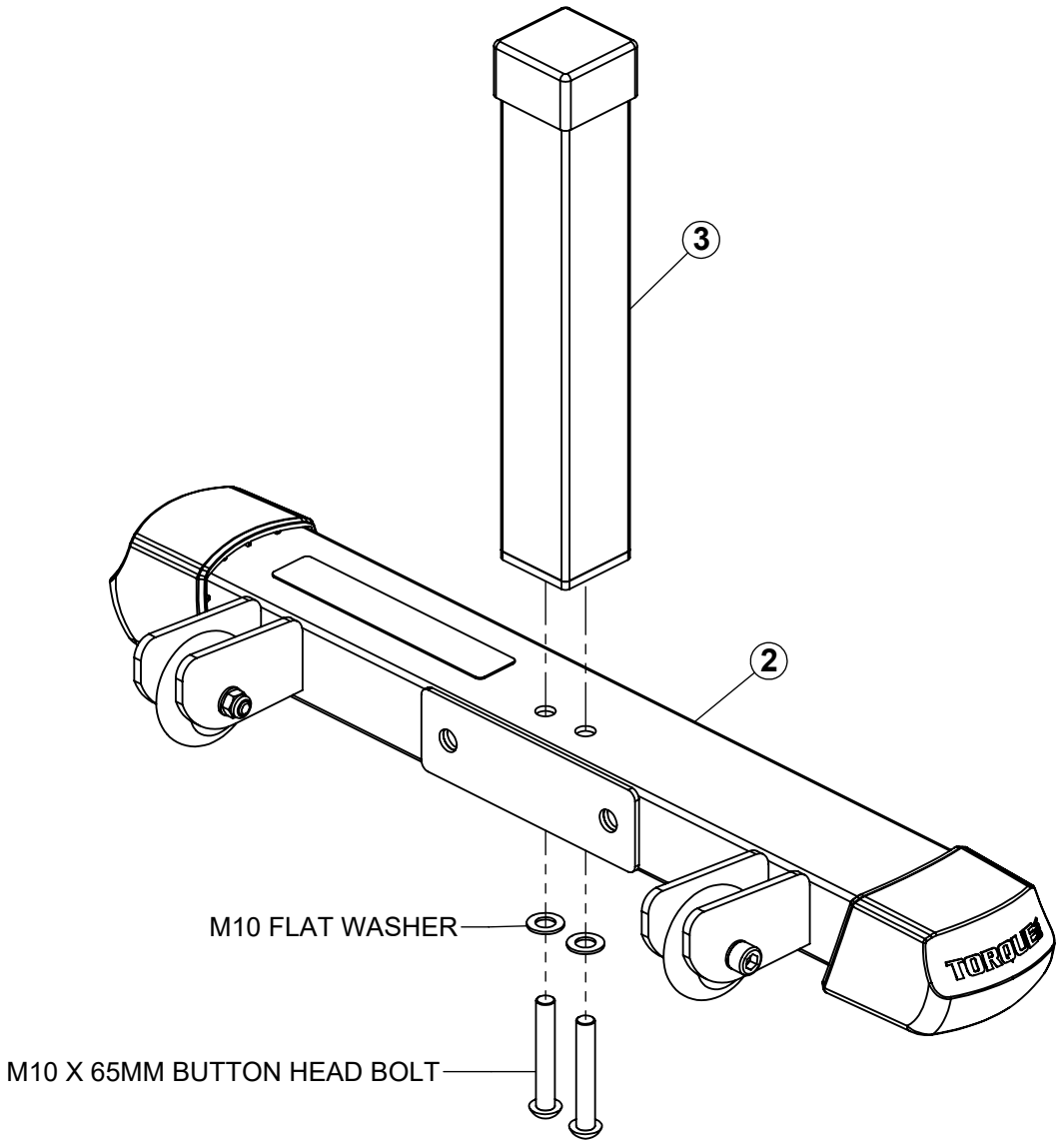
- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed in order to complete the step. Follow the instructions or damage to the product could occur.
- Some parts may have extra holes that will not be used. Use only the holes 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 facing the front of the bench.
- 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.



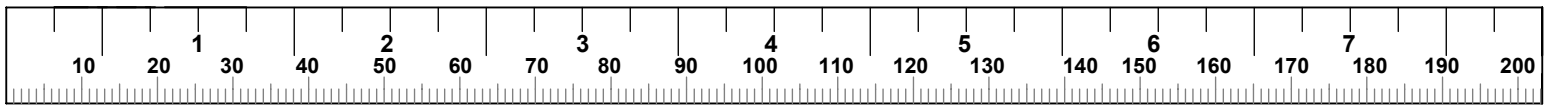
ITEM	PART NO	DESCRIPTION	BOM/QTY
1	58484PA	PTD ASSY, BENCH FRAME	1
2	58485PA	PTD ASSY, BENCH REAR BASE	1
3	58486PA	PTD ASSY, BACK SUPPORT POST	1
4	2042601	WASHER, M12 X 24 X 1.5 CZ	20
5	2042501	WASHER, M10 X 20 X 1.5 CZ	4
6	2042201	SBHCS M10 X 1.5 X 65 CZ	2
7	2043005	SHCS, M12 X 1.75 X 100 CZ	7
8	2022001	NUT, HEX M12-1.75 LOCKING GR 10 CLEAR ZINC	10
9	58483PA	PTD ASSY, BACK SUPPORT	1
10	58482PA	PTD ASSY, SEAT SUPPORT	1
11	58481PA	PAD ASSY, BENCH BACK	1
12	5848001	PAD ASSY, XG-FIB SEAT	1
13	2042401	WASHER, M8 X 16 X 1.6 CZ	8
14	2042802	SHCS M8 X 1.25 X 30 CZ	8
15	2034701	WASHER, LOCK, M8 X 12.7 X 2.0, CZ	8
16	58488PA	PTD ASSY, SEAT ADJUSTMENT	1
17	5849301	WLDMT, HANDLE	1
18	2042901	SHCS M10 X 1.50 X 20 CZ	2
19	2043003	SHCS M12 X 1.75 X 140 CZ	1
20	2043004	SHCS M12 X 1.75 X 155 CZ	1
21	2043002	SHCS M12 X 1.75 X 125 CZ	1
22	5850101	SLEEVE, NYLON 18 MM OD X 97 MM X 2.75T	1
23	58487PA	PTD ASSY, BACK ADJUST	1
24	5849001	PLATE, LADDER SEAT	2
25	5849101	PLATE, LADDER BACK LEFT	1
26	5849201	PLATE, LADDER BACK RIGHT	1
27	5854001	ASSEMBLY INSTRUCTIONS, XG-FIB-101	1
28	5191601	ALLEN WRENCH, M8	1
29	5620601	WRENCH, 10MM ALLEN	1
30	5191901	ALLEN WRENCH, M6	1
31	5191501	ALLEN WRENCH, M4	1



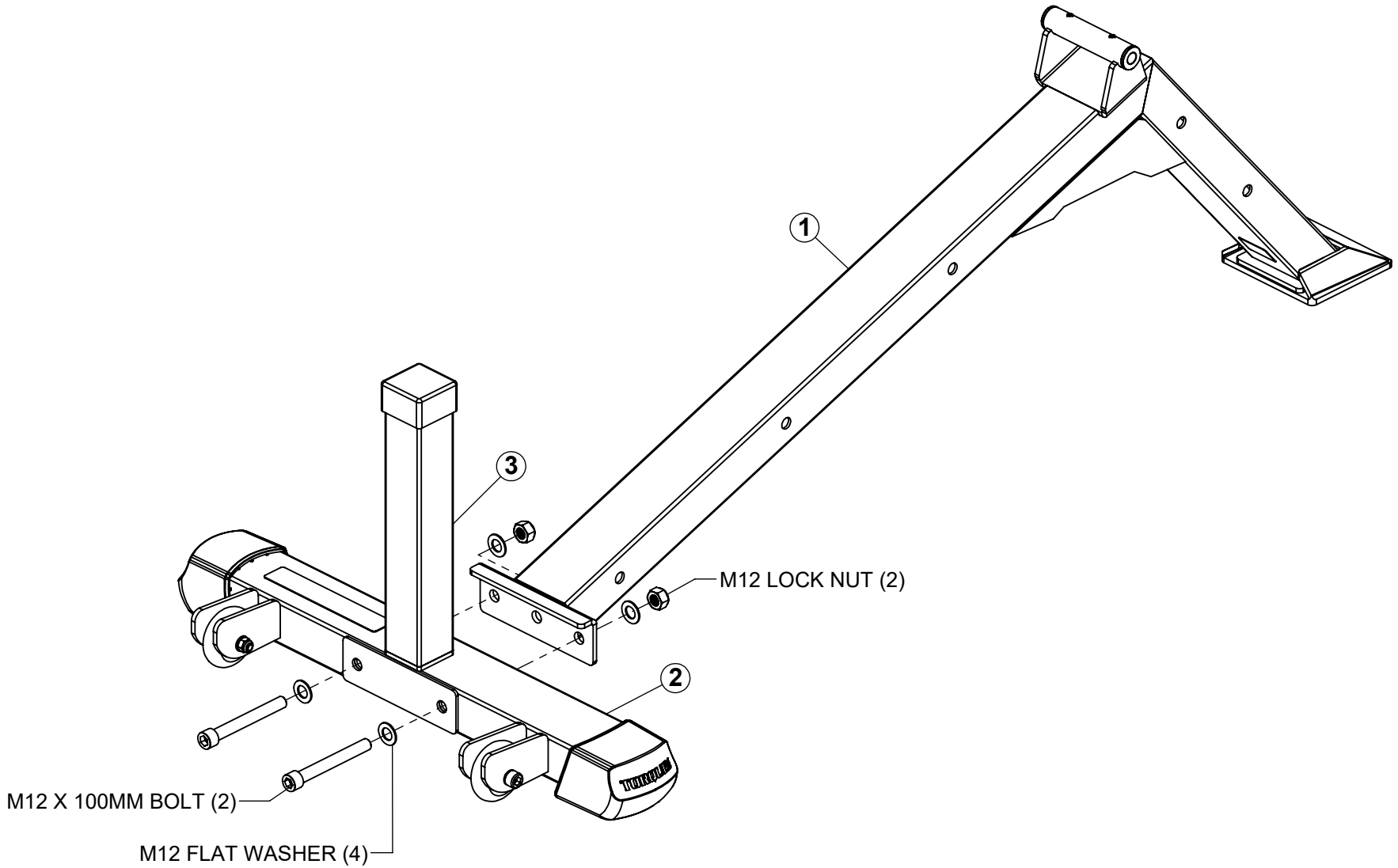
STEP 1



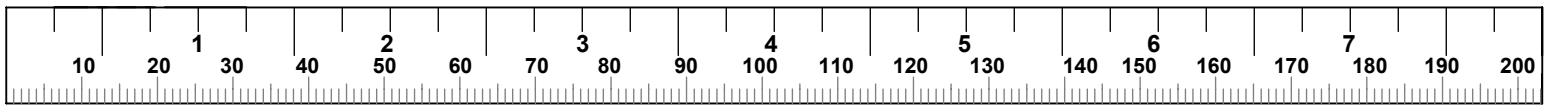
SECURELY tighten all bolt connections in this step



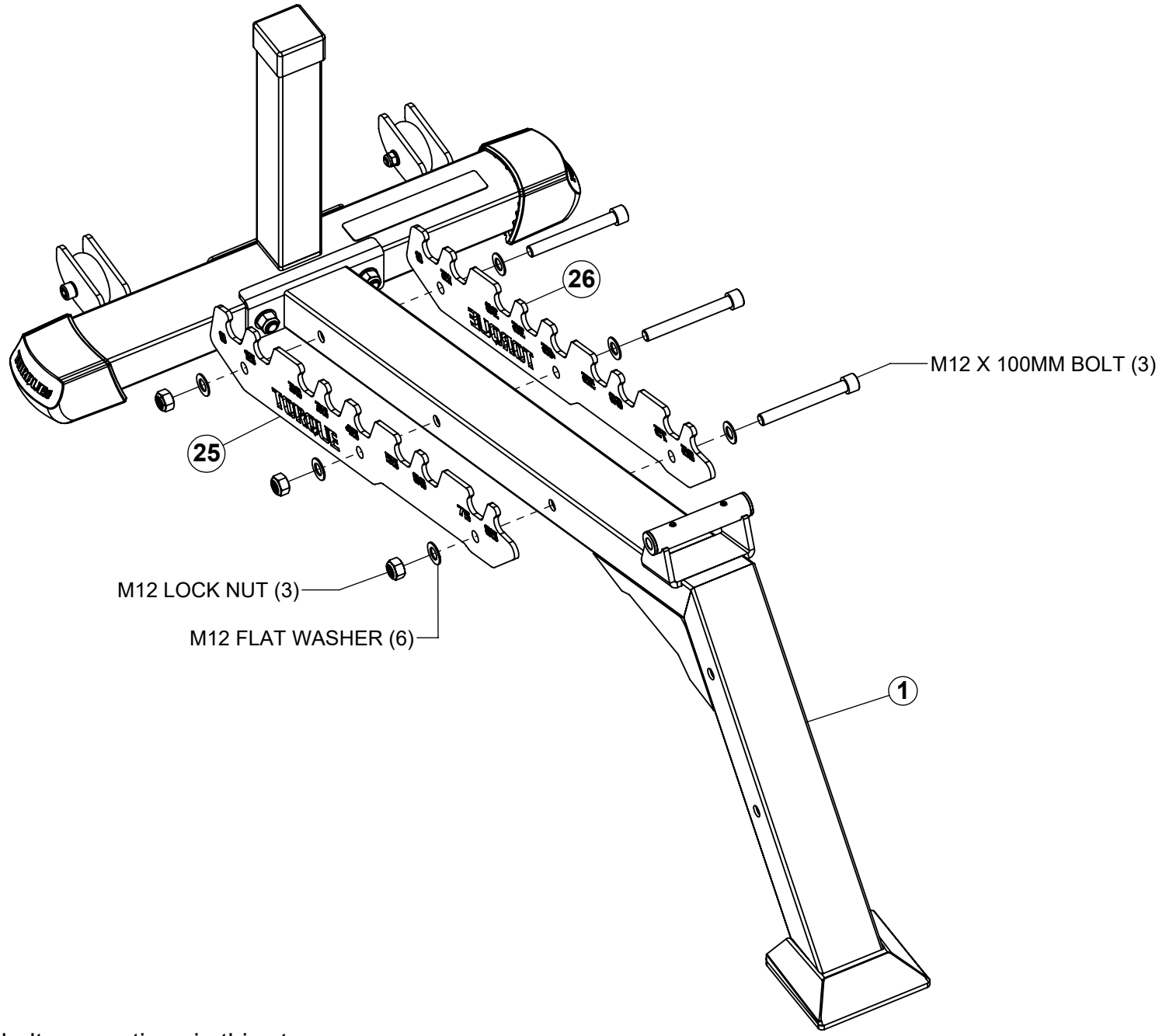
STEP 2



SECURELY tighten all bolt connections in this step

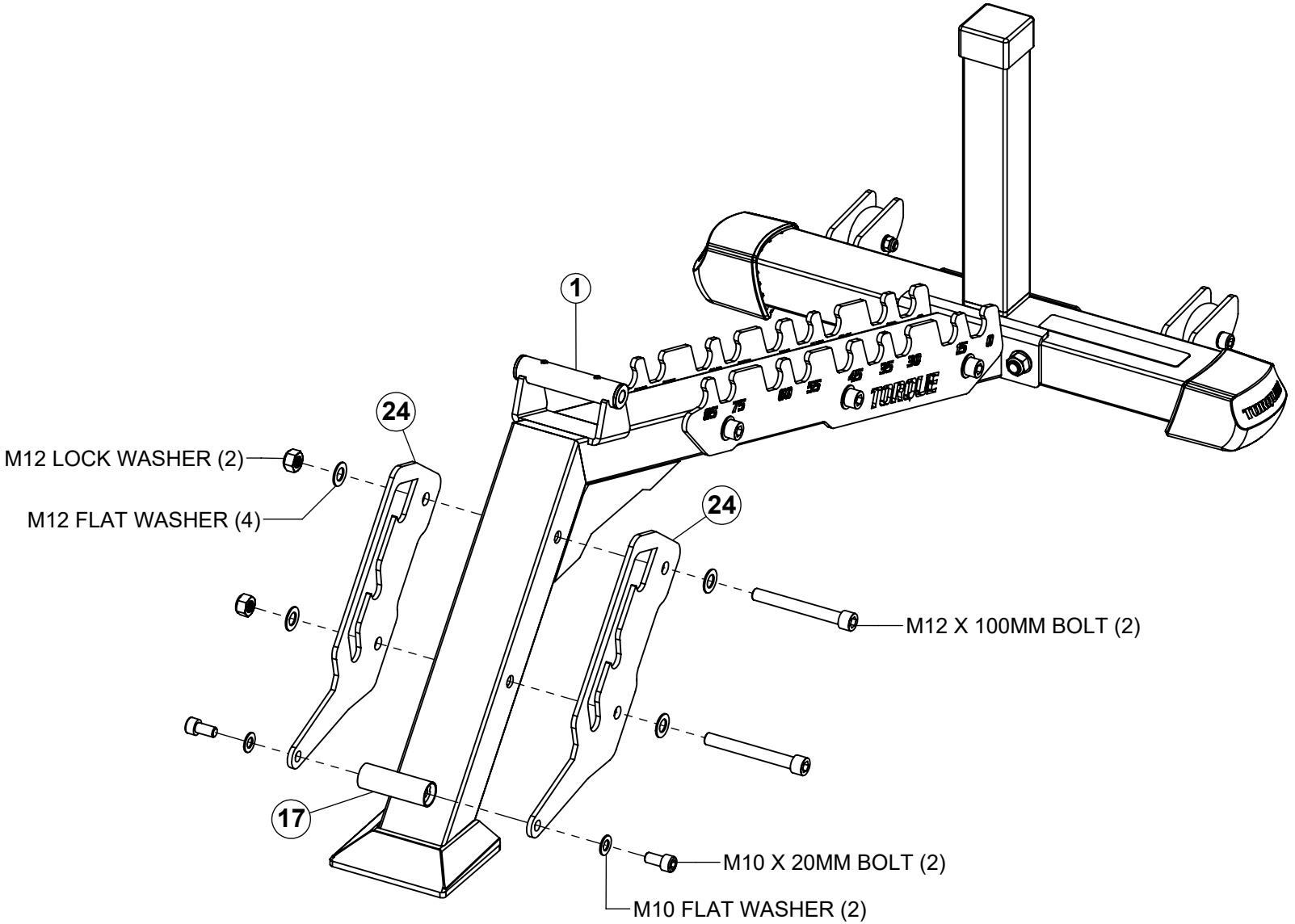


STEP 3

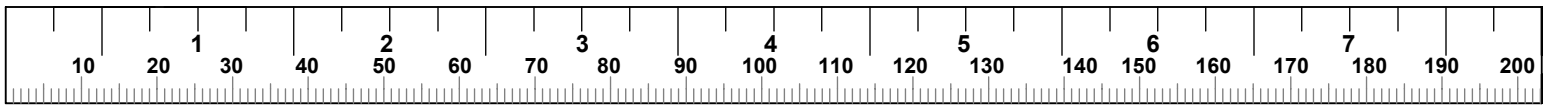


SECURELY tighten all bolt connections in this step

STEP 4



SECURELY tighten all bolt connections in this step



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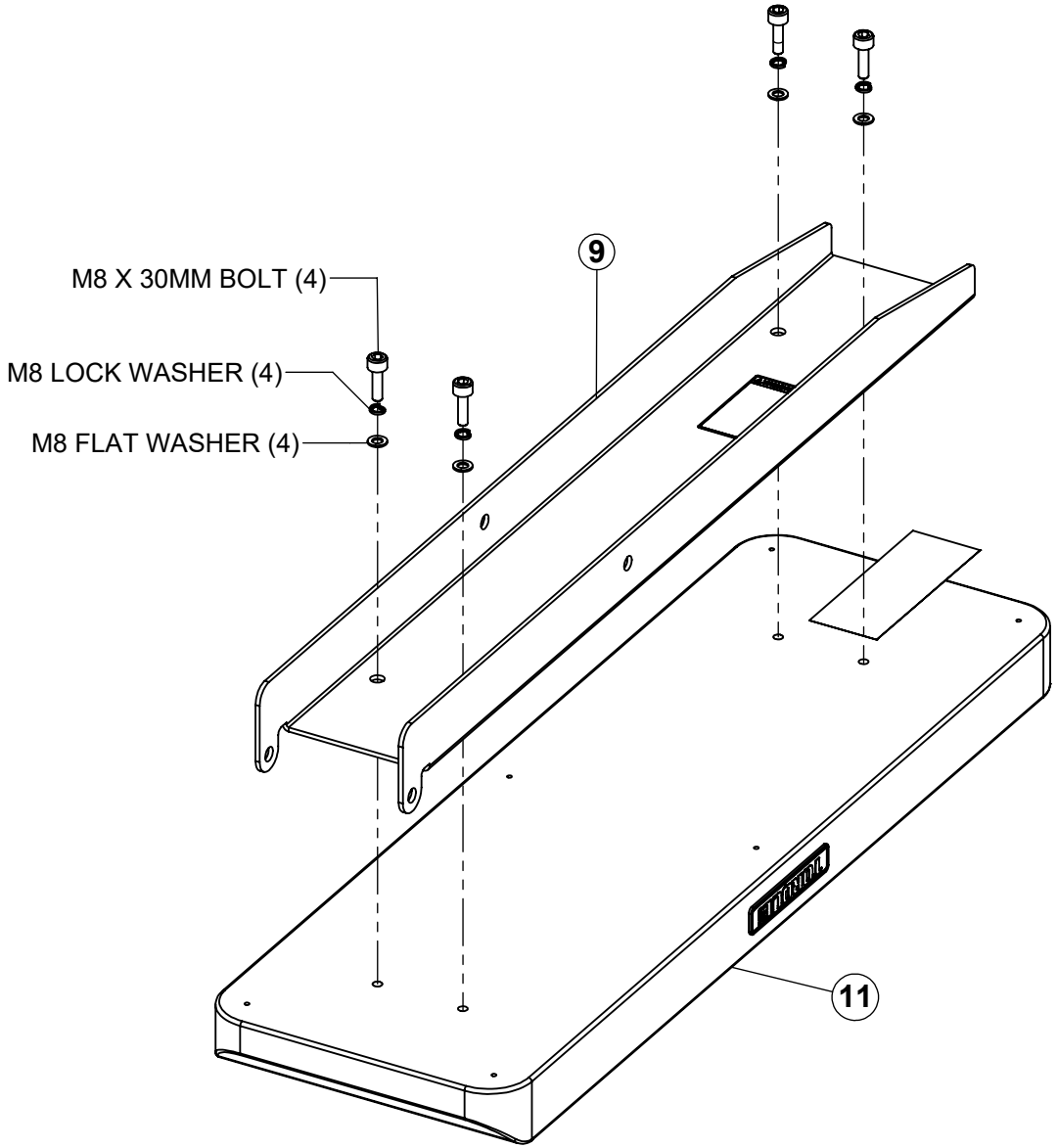
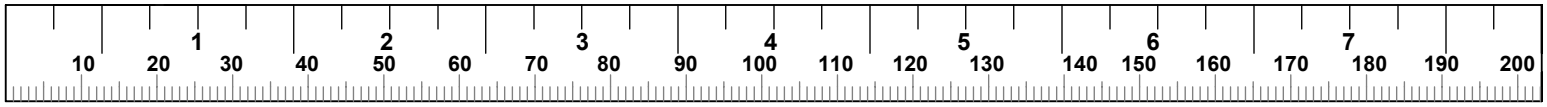
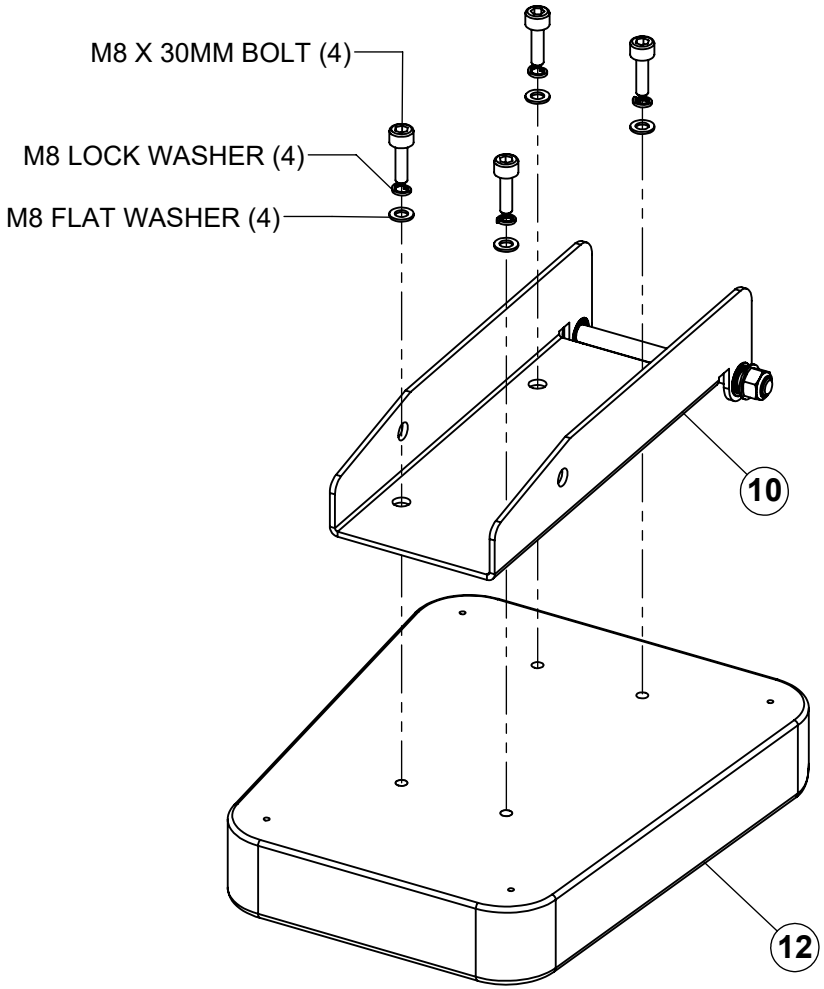
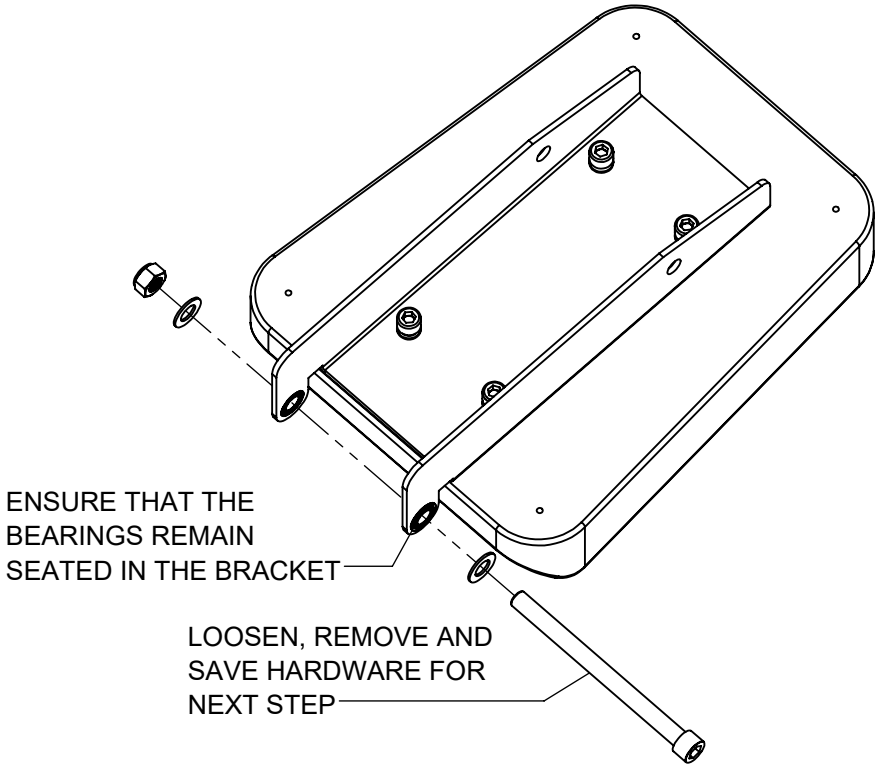


SECURELY tighten all bolt connections in this step

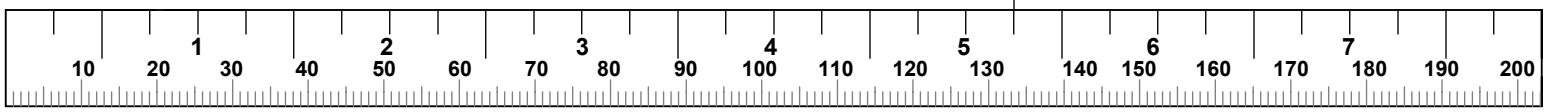


STEP 6A AND 6B

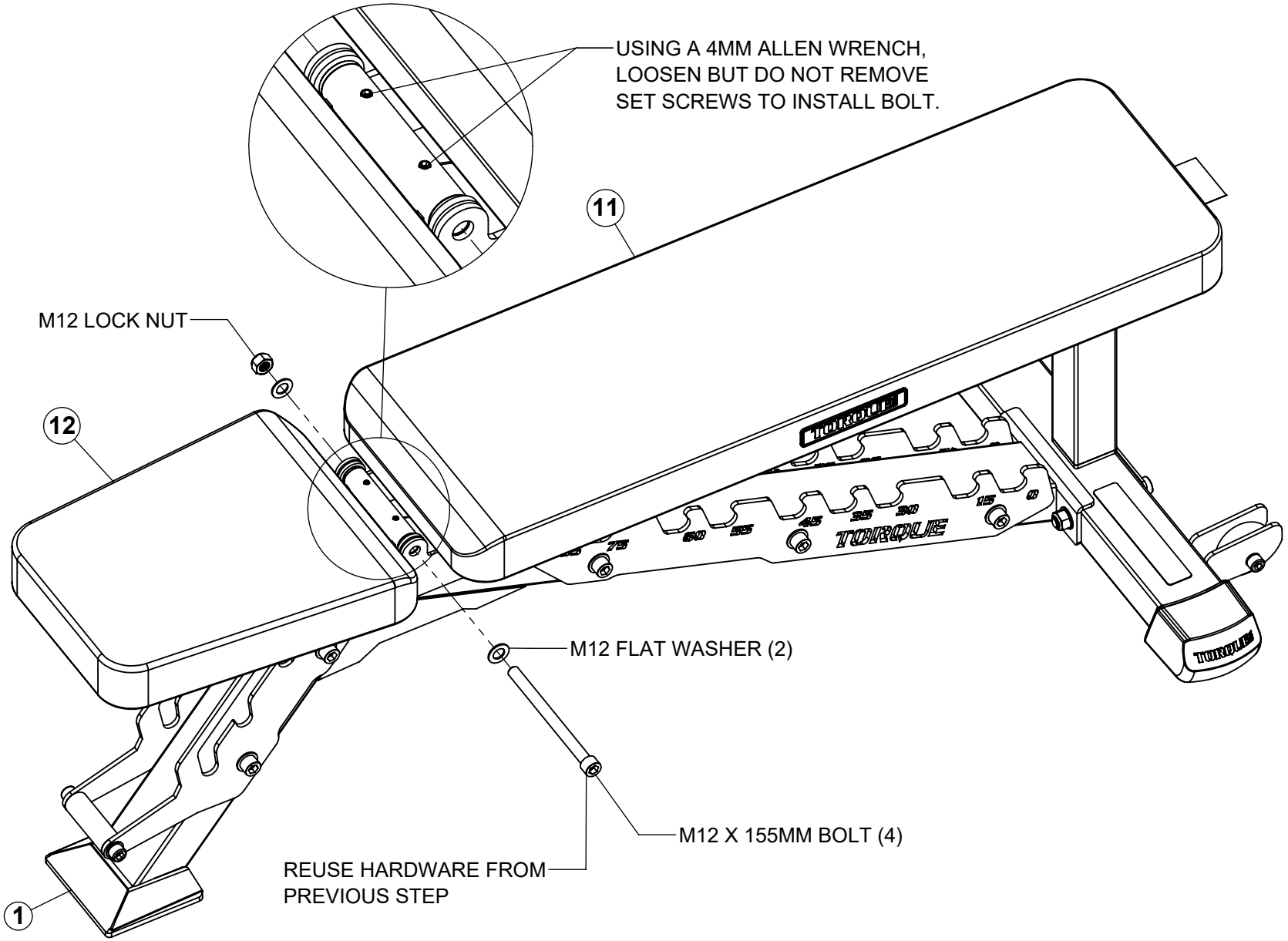




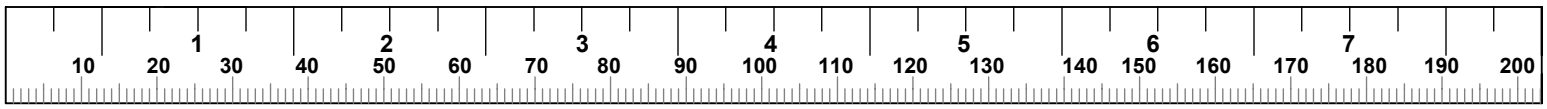
SECURELY tighten all bolt connections in this step



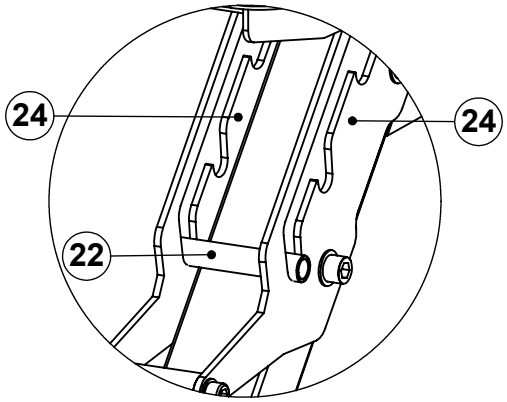
STEP 7



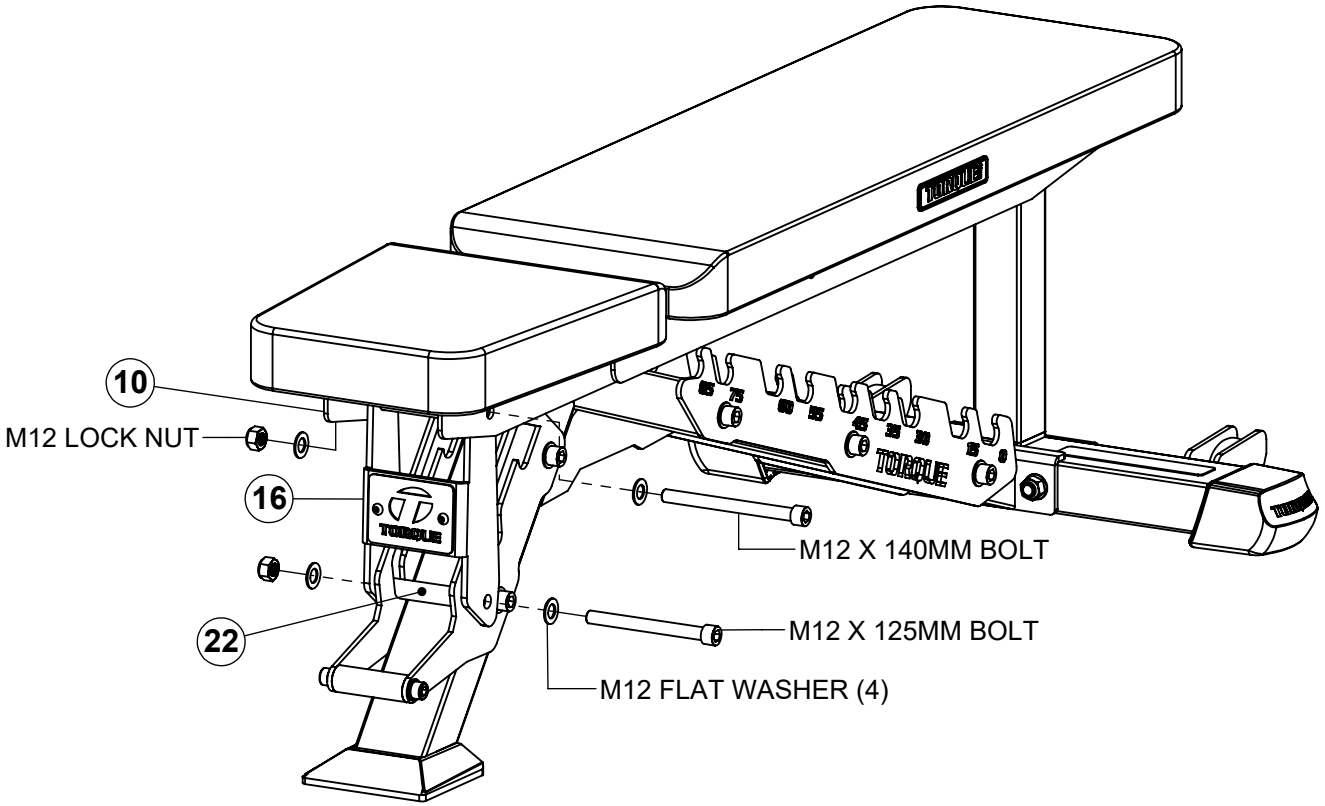
SECURELY tighten, then **LOOSEN 1/4 TURN** in this step.



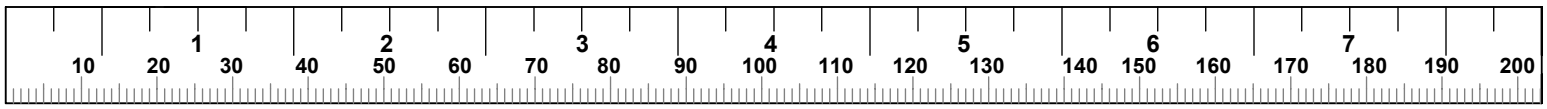
STEP 8A AND 8B



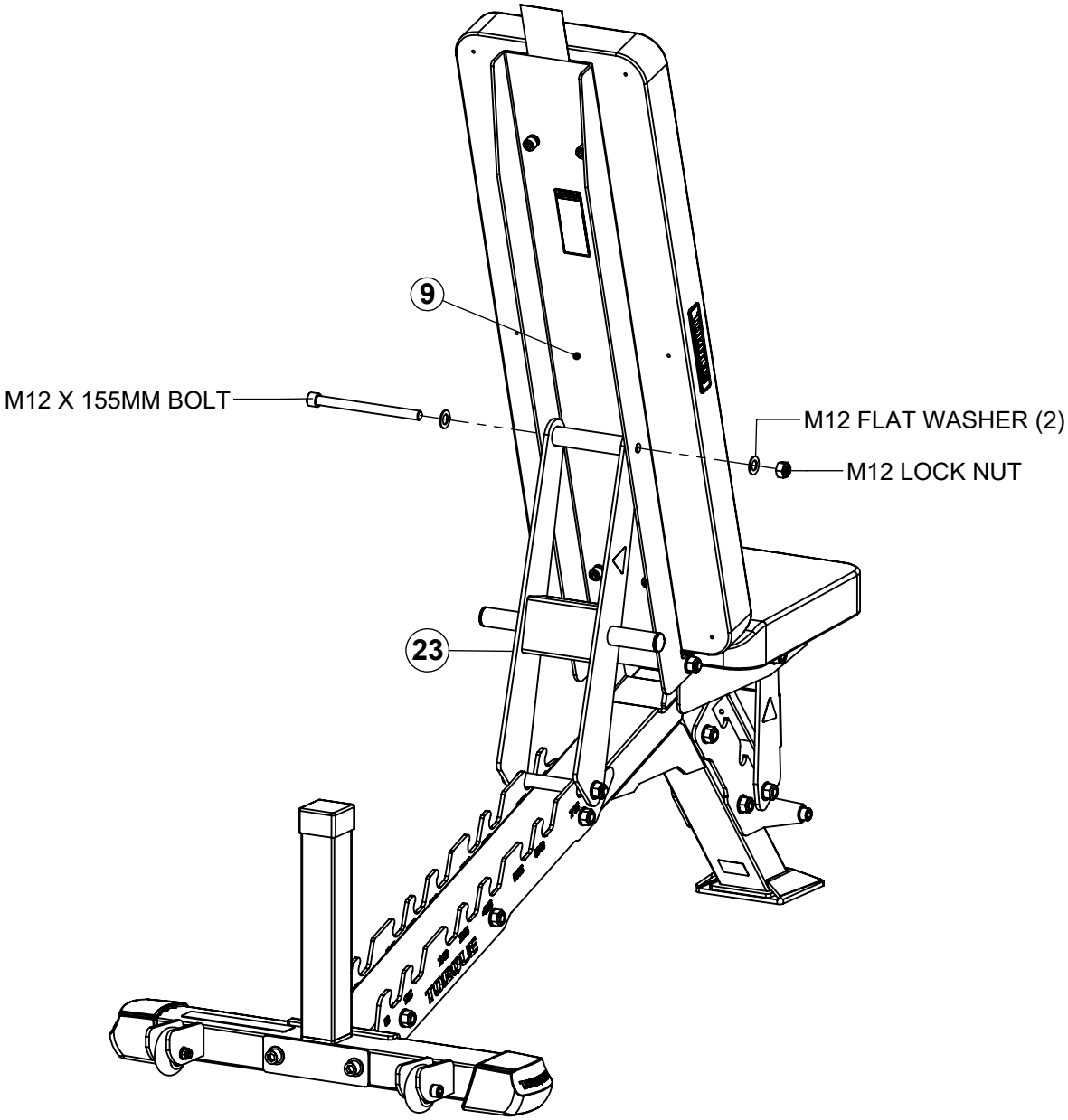
POSITION AND CENTER NYLON SPACER BETWEEN THE SEAT ADJUSTMENT PLATES.



SECURELY tighten all bolt connections in this step

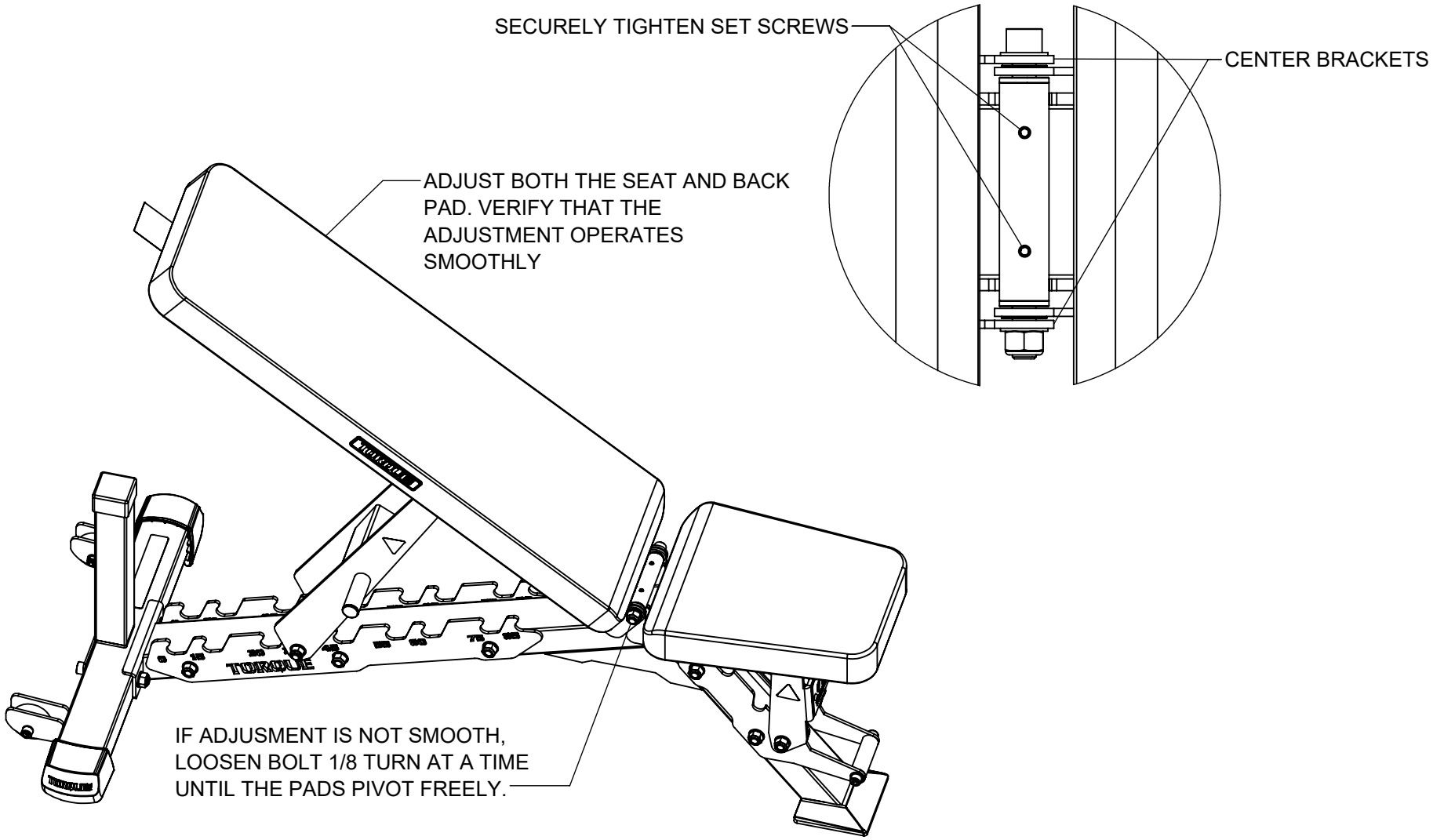


STEP 9



SECURELY tighten all bolt connections in this step

STEP 10


SECURELY TIGHTEN SET SCREWS
CENTER BRACKETS
ADJUST BOTH THE SEAT AND BACK PAD. VERIFY THAT THE ADJUSTMENT OPERATES SMOOTHLY
IF ADJUSMENT IS NOT SMOOTH, LOOSEN BOLT 1/8 TURN AT A TIME UNTIL THE PADS PIVOT FREELY.

STEP 11

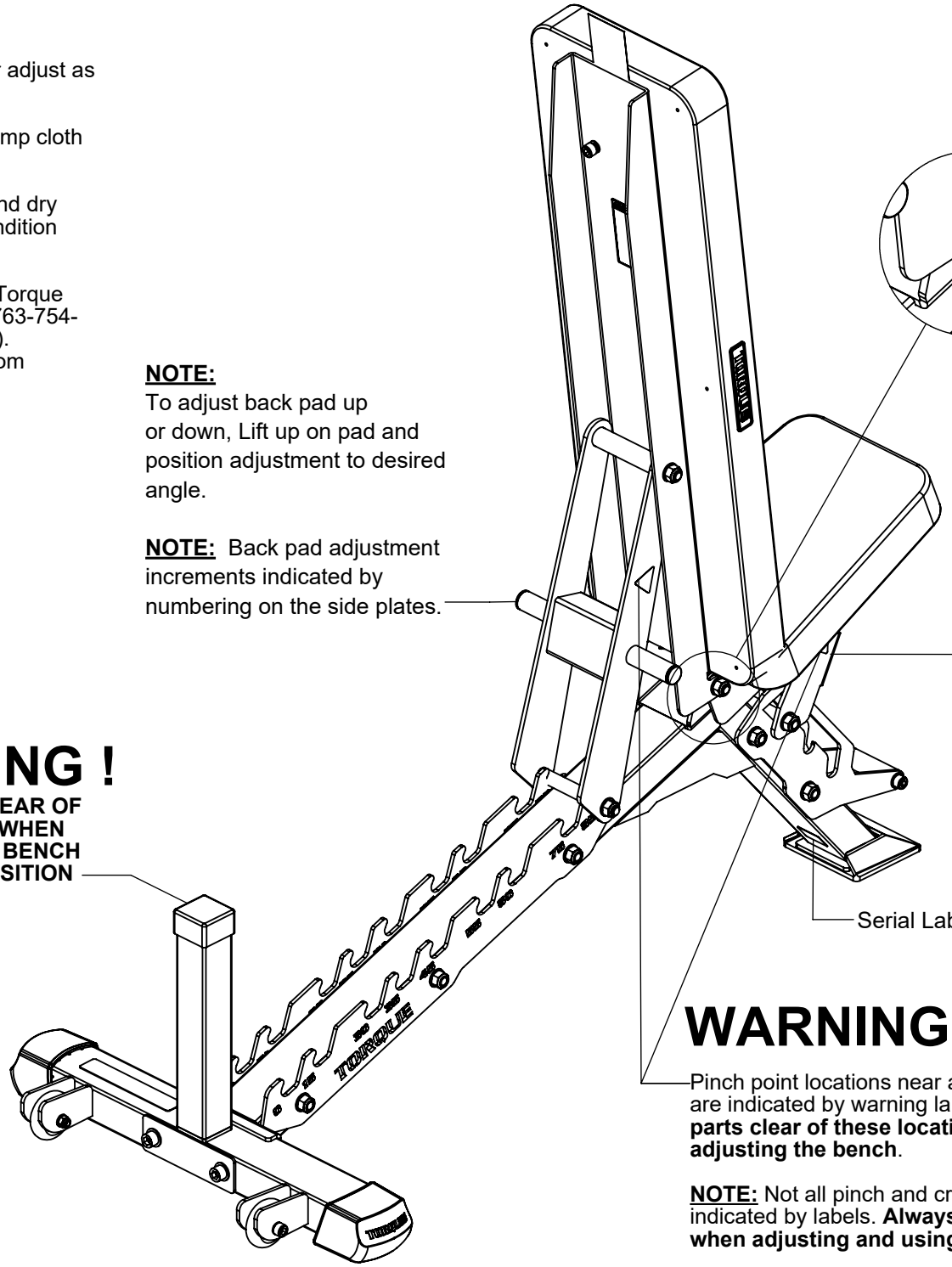
MAINTENANCE:

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

FRAME: Wipe down with a damp cloth and dry.

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

For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). www.service@torquefitness.com



WARNING !

NEVER PLACE BODY PARTS BETWEEN THE PAD SUPPORT BRACKETS

NOTE:
To adjust back pad up or down, Lift up on pad and position adjustment to desired angle.

NOTE: Back pad adjustment increments indicated by numbering on the side plates.

NOTE:
To adjust the seat pad up, simply lift up on the seat and push bracket to lock into position.

To lower the seat, lift up on seat pad and lower to desired position.

Serial Label

WARNING !

KEEP HANDS CLEAR OF SUPPORT TUBE WHEN ADJUSTING THE BENCH TO THE FLAT POSITION

WARNING !

Pinch point locations near adjustment points are indicated by warning labels. **Keep body parts clear of these locations when adjusting the bench**.

NOTE: Not all pinch and crush points are indicated by labels. **Always use caution when adjusting and using the bench.**