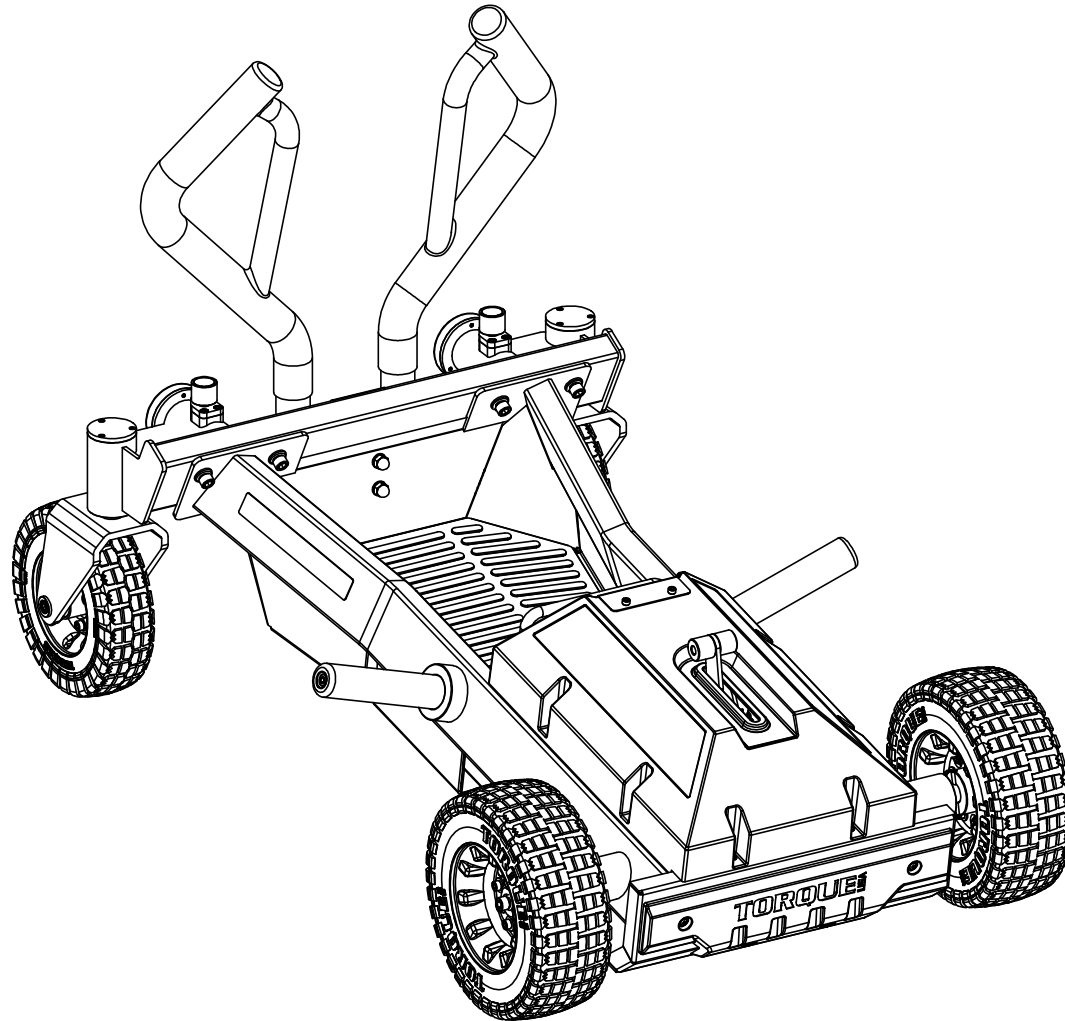


# TANK SX ASSEMBLY GUIDE

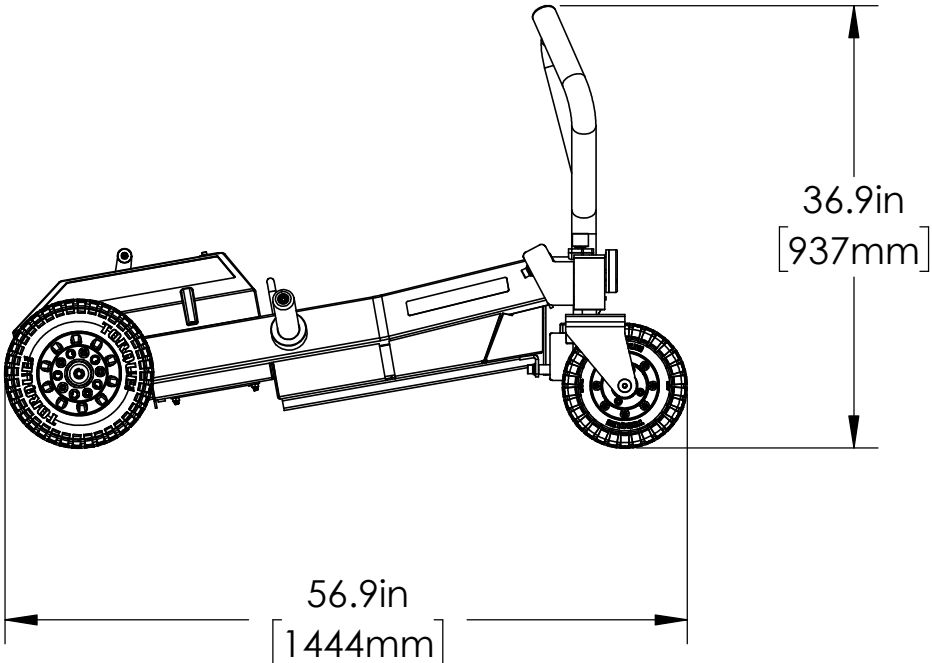
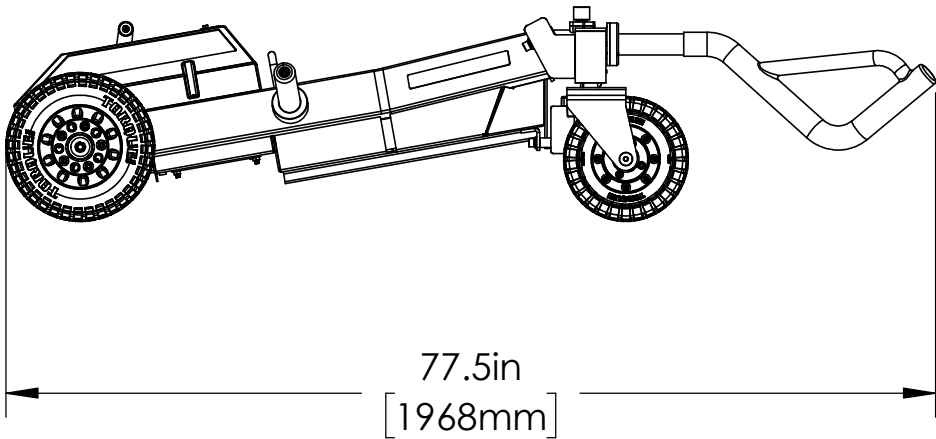
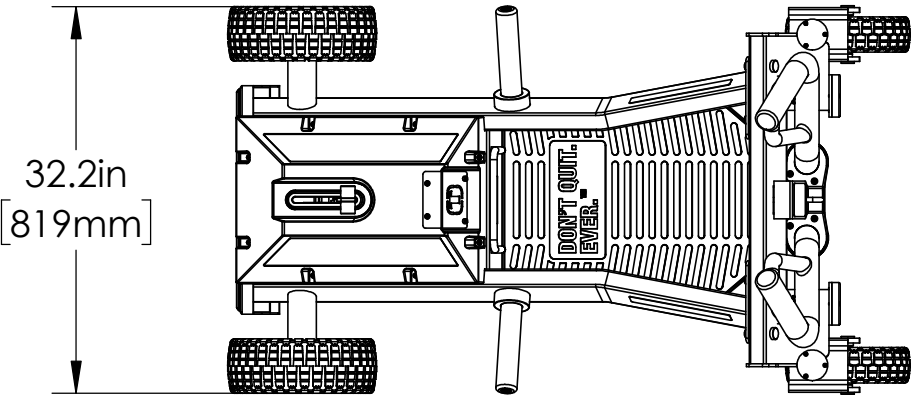
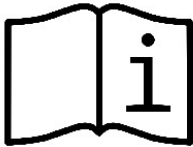
VERSION: XTTSX-MPH-101

PART #: 6140301-A



**TORQUE**  
USA

**PRODUCT WEIGHT: 298 lbs. [135 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](mailto:service@torquefitness.com)

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

## Tools Required

- 10mm Allen Wrench
- 5mm Allen Wrench
- #2 Phillips Screwdriver
- 13mm Wrench or Socket & Ratchet
- Socket Extension

## Optional Equipment

Optional equipment may be available for this product.

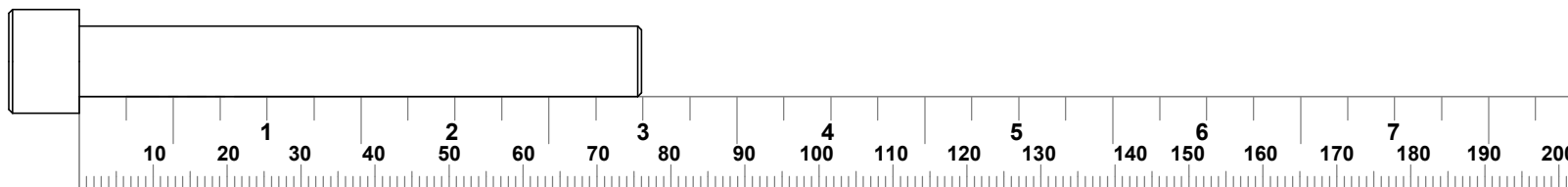
Follow the instructions included with the optional equipment to assemble it to the base product.

## 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.



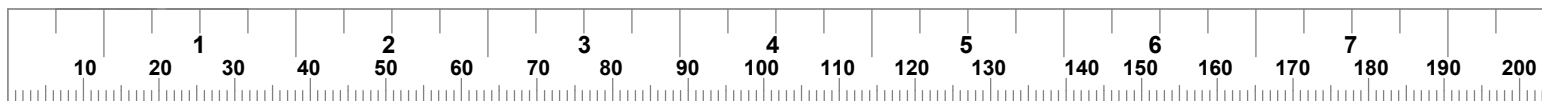
| ITEM NO. | PART NUMBER | DESCRIPTION                                     | QTY |
|----------|-------------|-------------------------------------------------|-----|
| 1        | 6081201     | ASSY, FRONT FRAME                               | 1   |
| 2        | 5941701     | WHEEL, AIRLESS-LARGE                            | 2   |
| 3        | 2011201     | WASHER, STEEL 12.7 ID-40 OD-4 THK CLEAR ZINC    | 2   |
| 4        | 2010901     | WASHER, LOCK M12 SAE ST ZN                      | 8   |
| 5        | 2011301     | SCREW, M12-1.75 X 30L SOC HD GR 12.9 CLEAR ZINC | 10  |
| 6        | 6137401     | ASSY, REAR FRAME                                | 1   |
| 7        | 2010801     | WASHER, STEEL 12.7 ID-25 OD-2 THK CLEAR ZINC    | 6   |
| 8        | 5938401     | WLDMT, TOW HOOK-STAINLESS                       | 1   |
| 9        | 2048801     | WASHER, FLAT, M10 X 20 X 2.0, SS                | 2   |
| 10       | 2052501     | M10 X 1.5 ACORN NUT-CZ                          | 2   |
| 11       | 60005PA     | PTD ASSY, WEIGHT HORN                           | 2   |
| 12       | 59371PA     | PTD ASSY, PUSH HANDLE-RH                        | 1   |
| 13       | 59372PA     | PTD ASSY, PUSH HANDLE-LH                        | 1   |
| 14       | 5617001     | V-STRAP, TANK (OPTIONAL)                        | 1   |
| 15       | 5620601     | WRENCH, 10MM ALLEN                              | 1   |
| 16       | 5191401     | ALLEN WRENCH, M5                                | 1   |

## TOOLS NEEDED FOR ASSEMBLY:

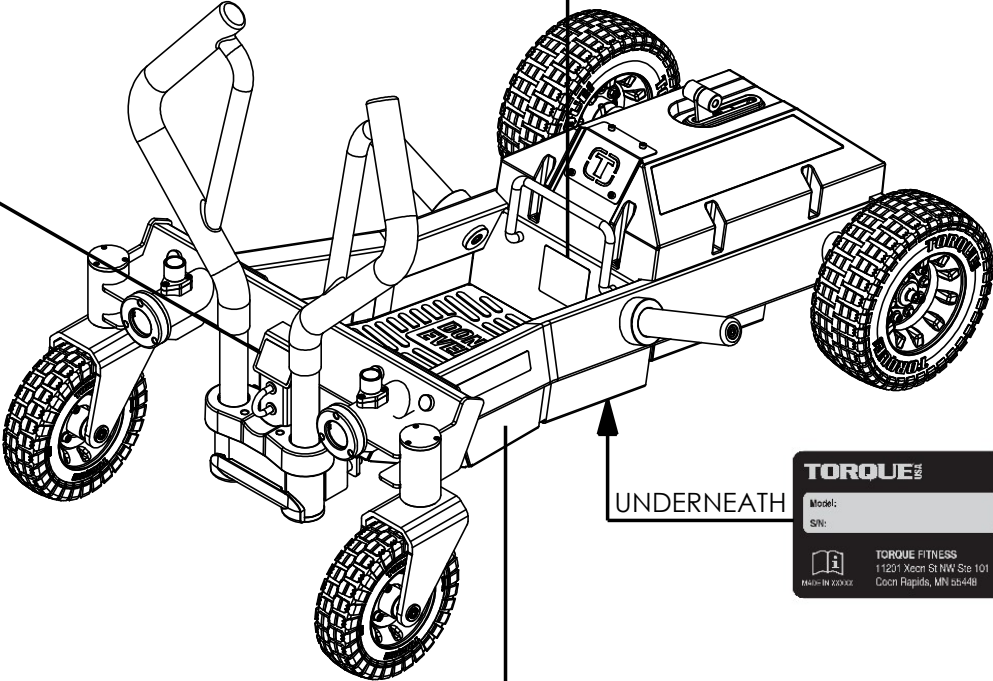
- 10mm ALLEN WRENCH (INCLUDED)
- 5mm ALLEN WRENCH (INCLUDED)
- PHILLIPS SCREW DRIVER
- 13mm WRENCH or SOCKET & RATCHET
- SOCKET EXTENSION

## TABLE OF CONTENTS:

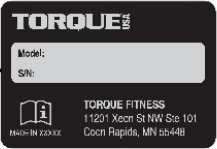
- TANK SX ASSEMBLY: PAGES 7 - 14
- TANK SX ADJUSTMENT: PAGE 15
- TANK SX OPERATION: PAGE 16
- CHAIN ADJUSTMENT: PAGES 17 - 19
- TANK SX CONSOLE (OPTIONAL): PAGE 20
- INSPECTION & LUBRICATION: PAGE 21
- SAFETY AND WARNING NOTICES: PAGE 23



DECALS AND WARNINGS

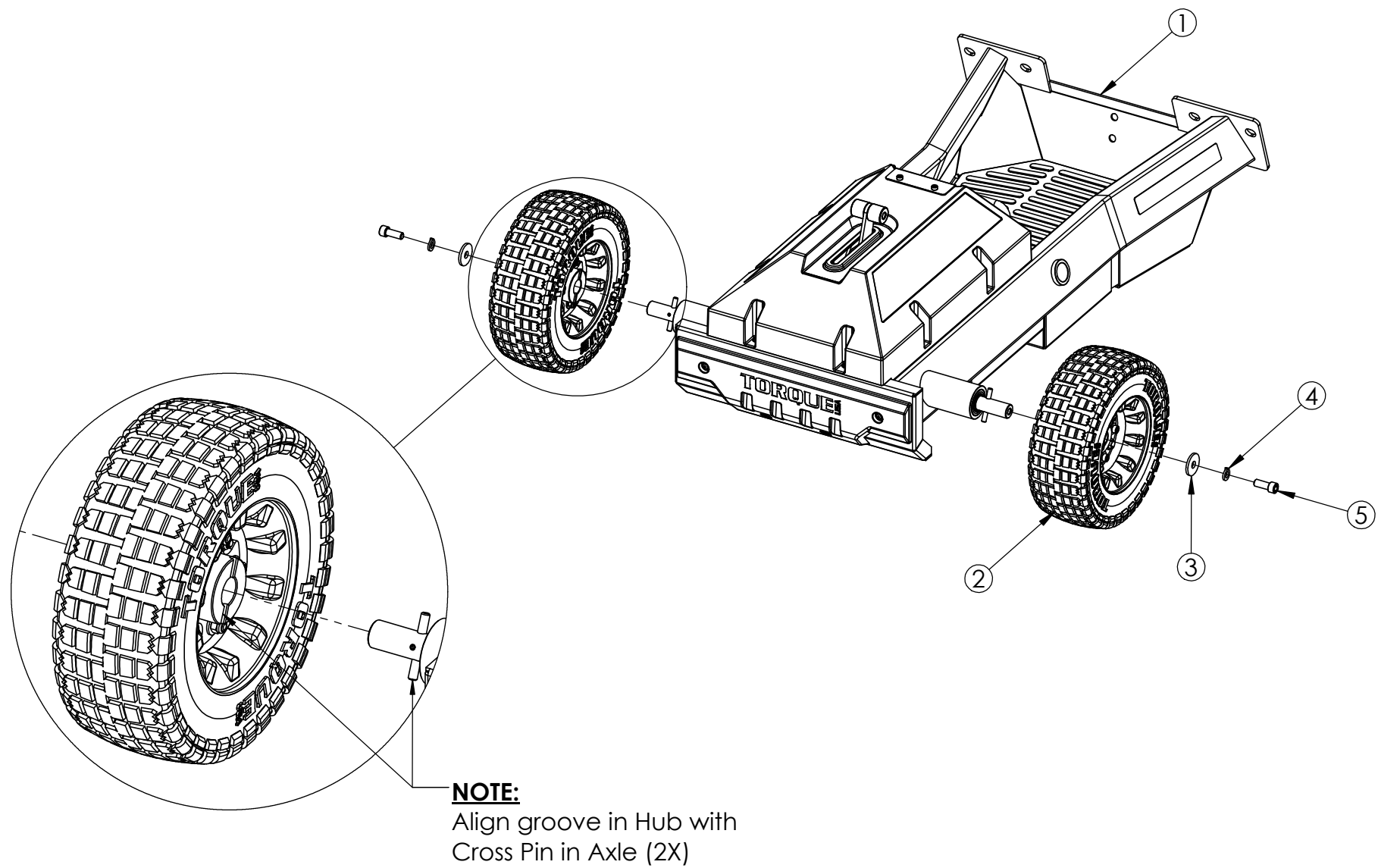


UNDERNEATH



| <b>WARNING</b>                                                                                                                                                                                                                                                                                                                                            | <b>WARNING</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>AVERTISSEMENT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>ADVERTÊNCIA!</b>                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. | 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 Gebrauchs 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. | 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 enlevés. | 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. |

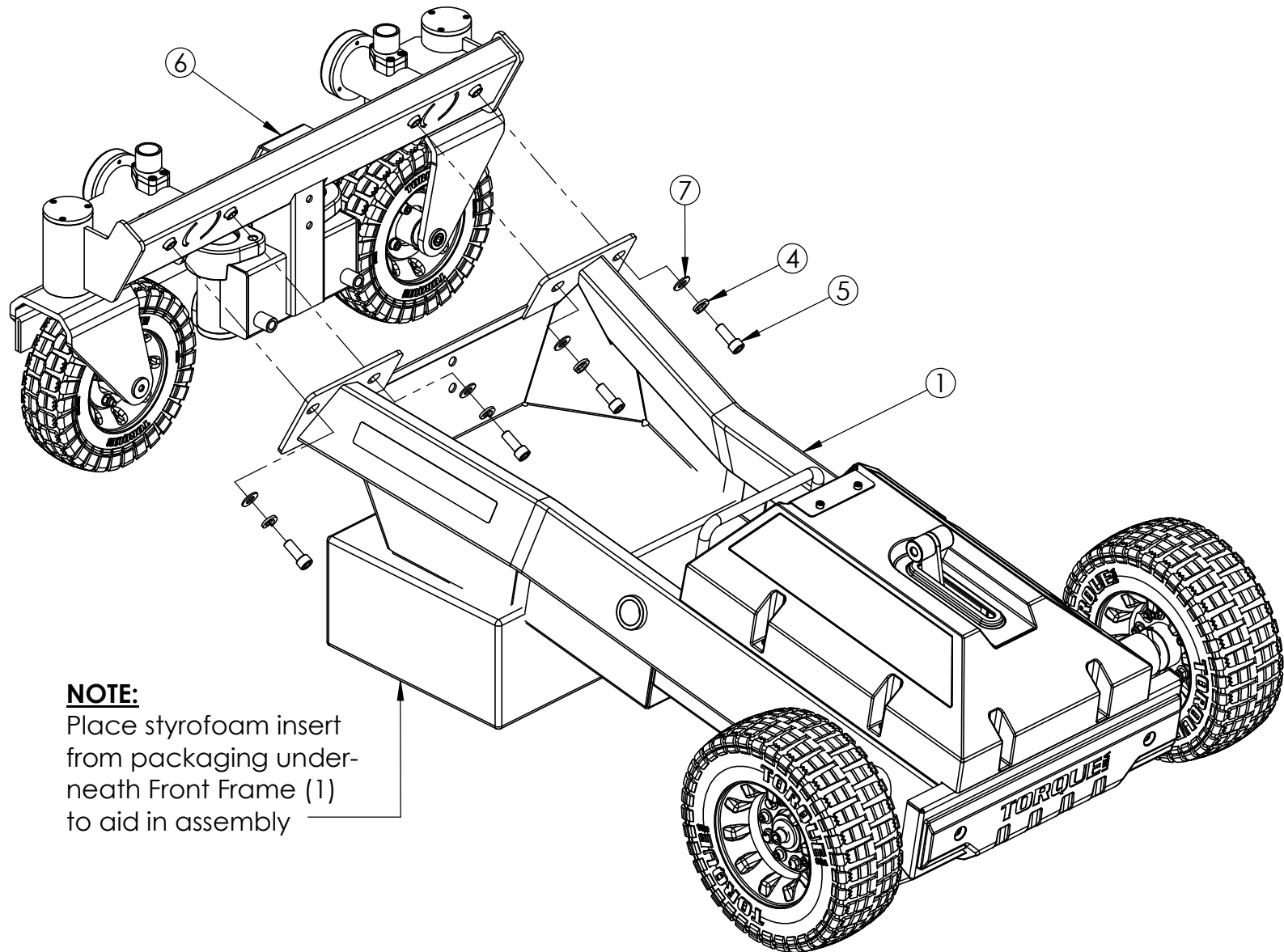
## STEP 1



### NOTE:

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

## STEP 2



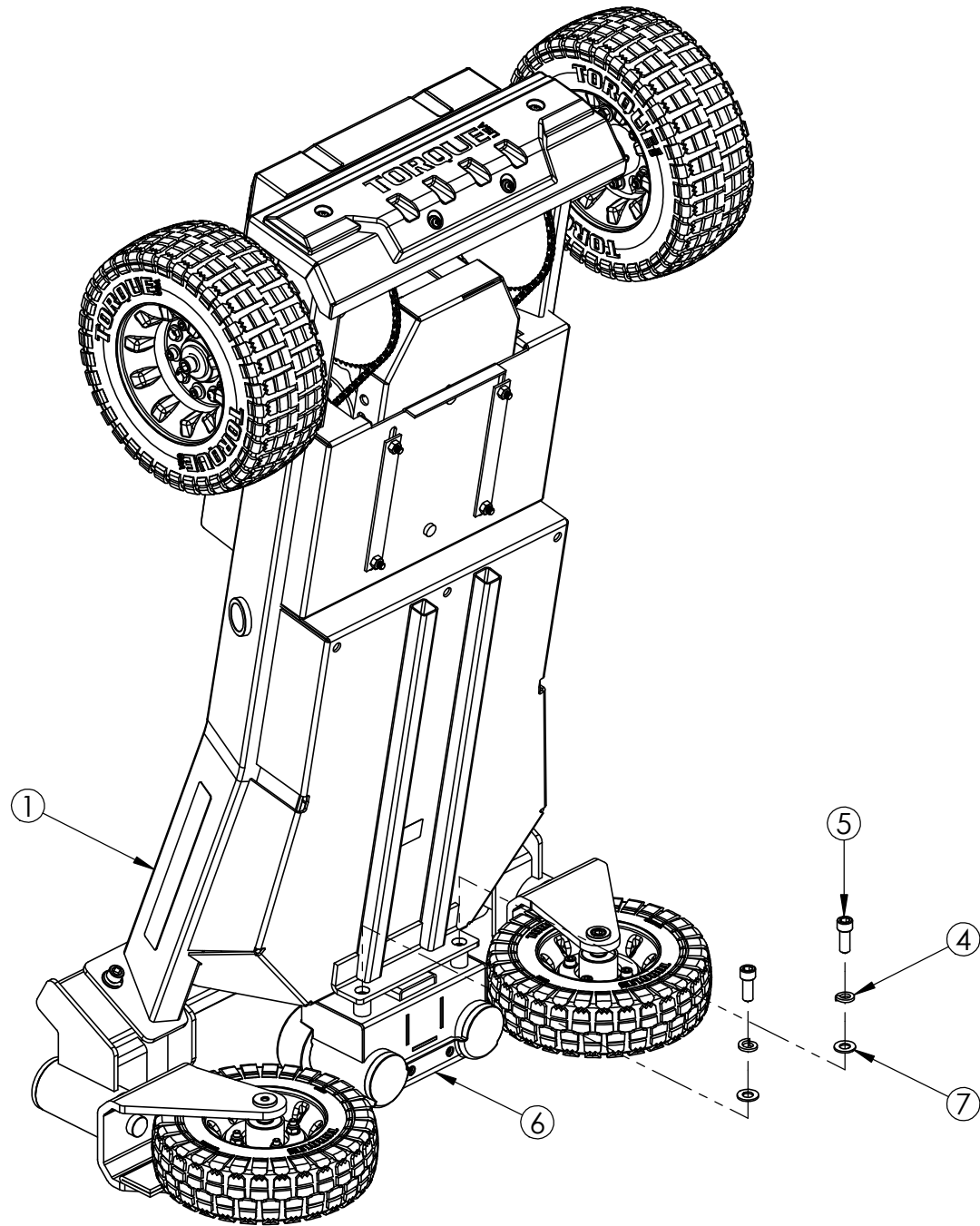
**NOTE:**

Place styrofoam insert  
from packaging under-  
neath Front Frame (1)  
to aid in assembly

**NOTE:**

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

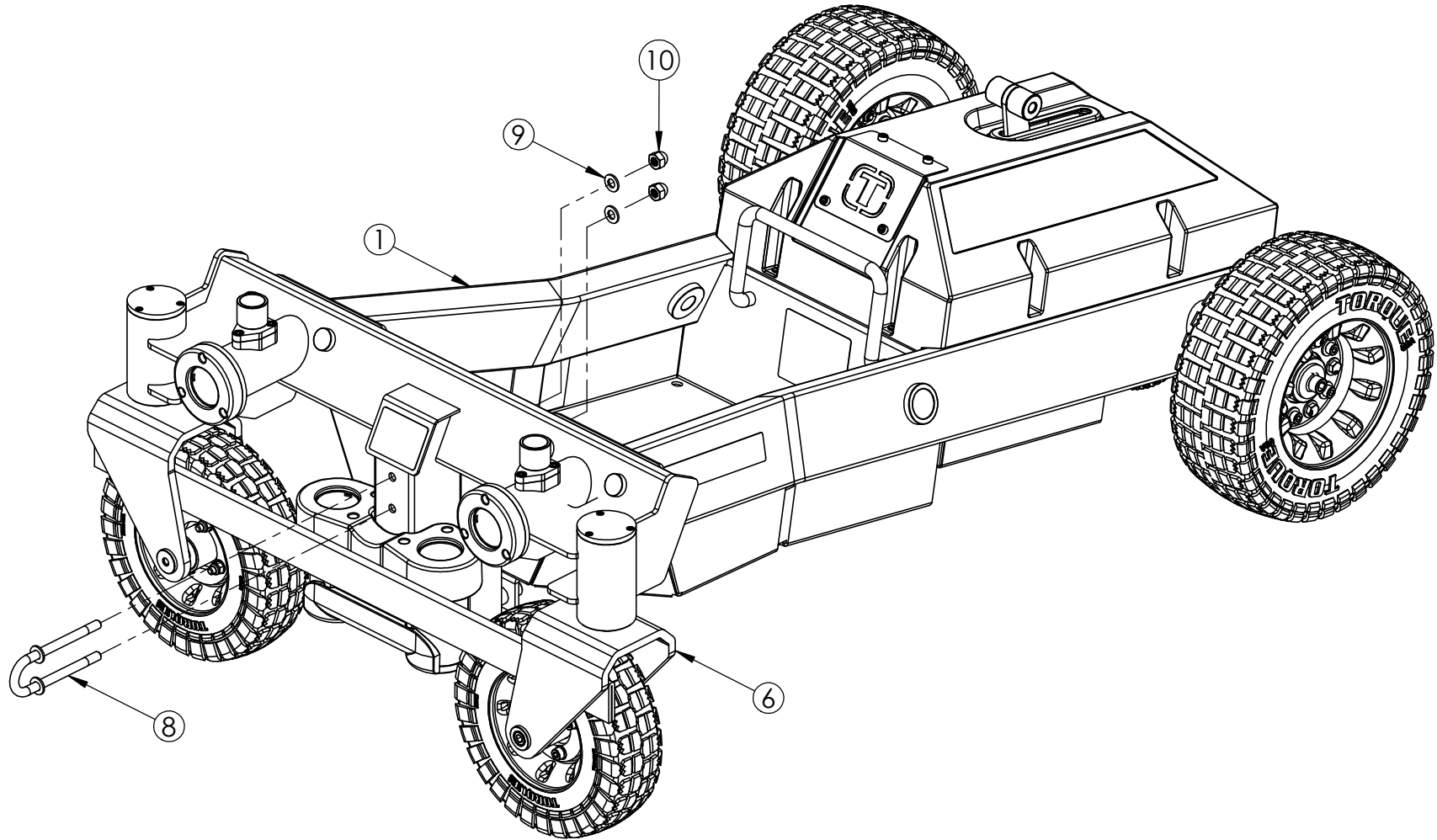
### STEP 3



#### NOTE:

**SECURELY** tighten all bolt connections in this Step and Step 2.

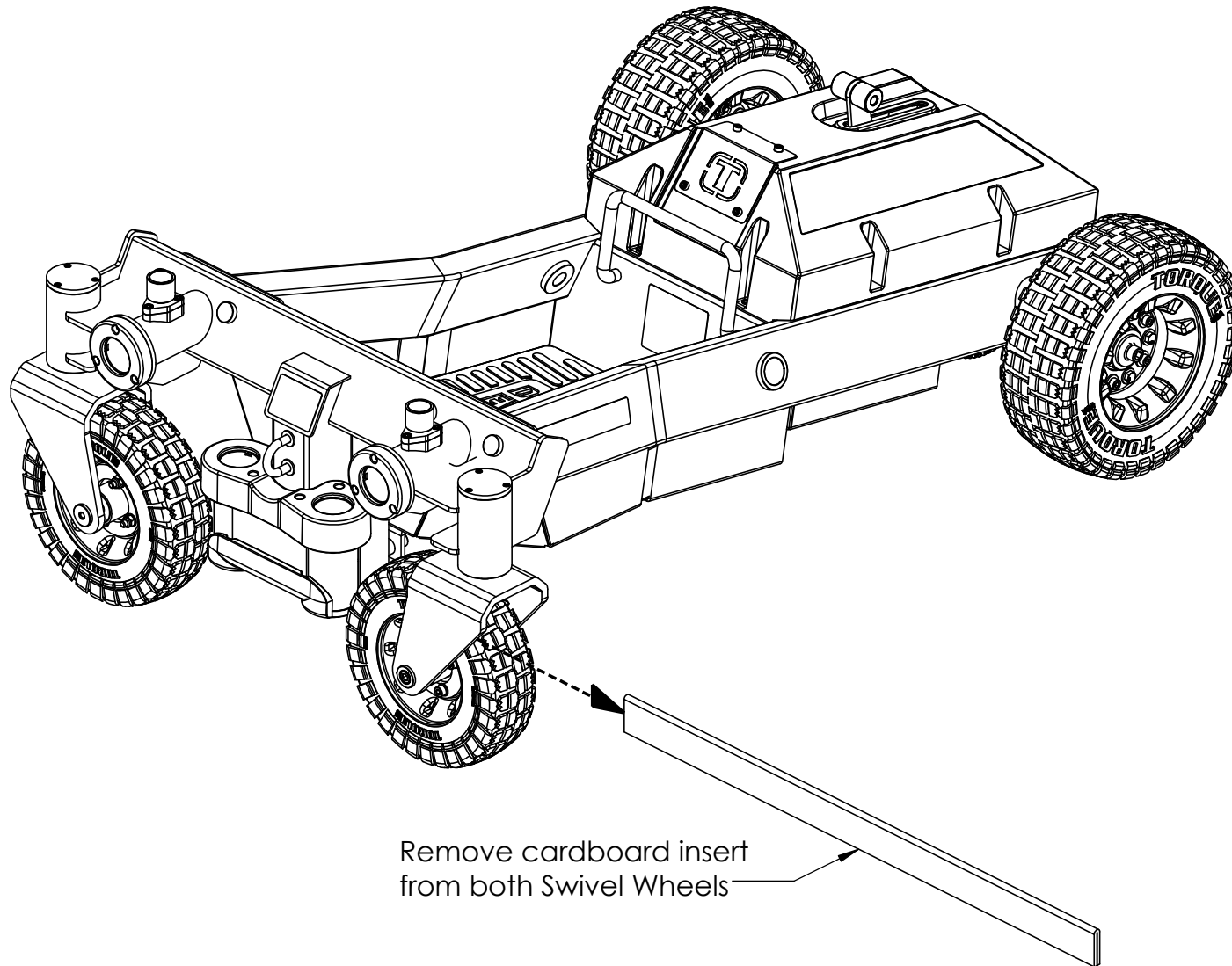
## STEP 4



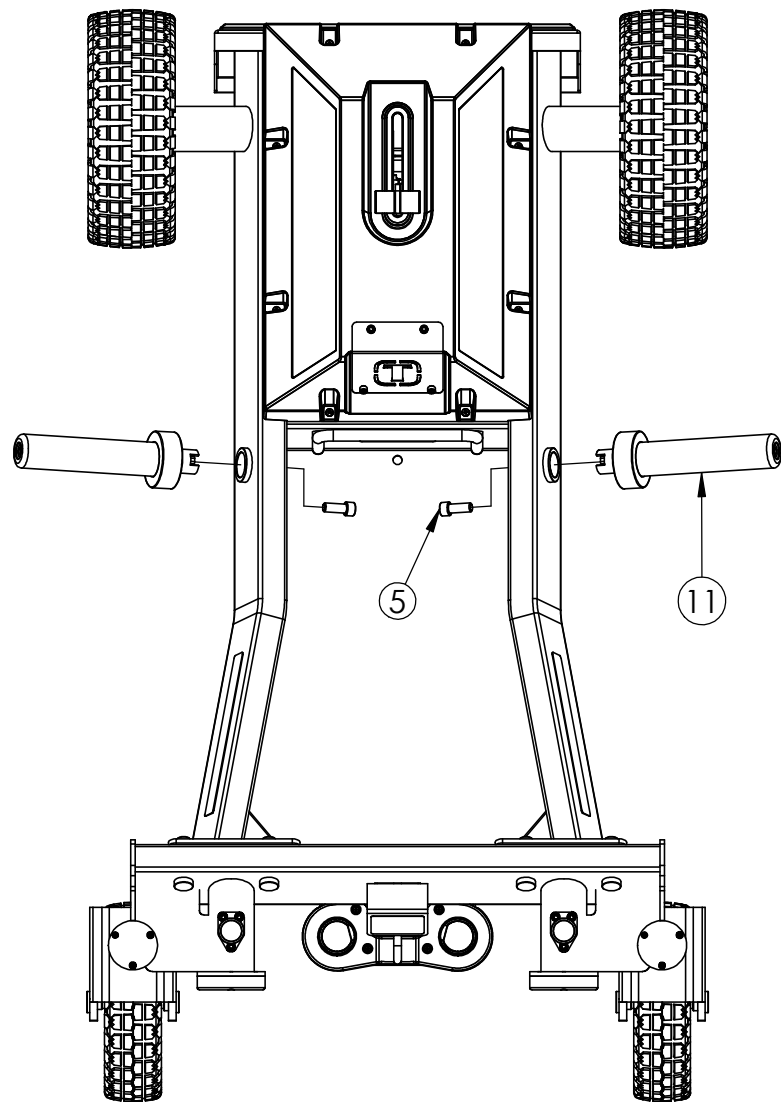
### NOTE:

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

## STEP 5

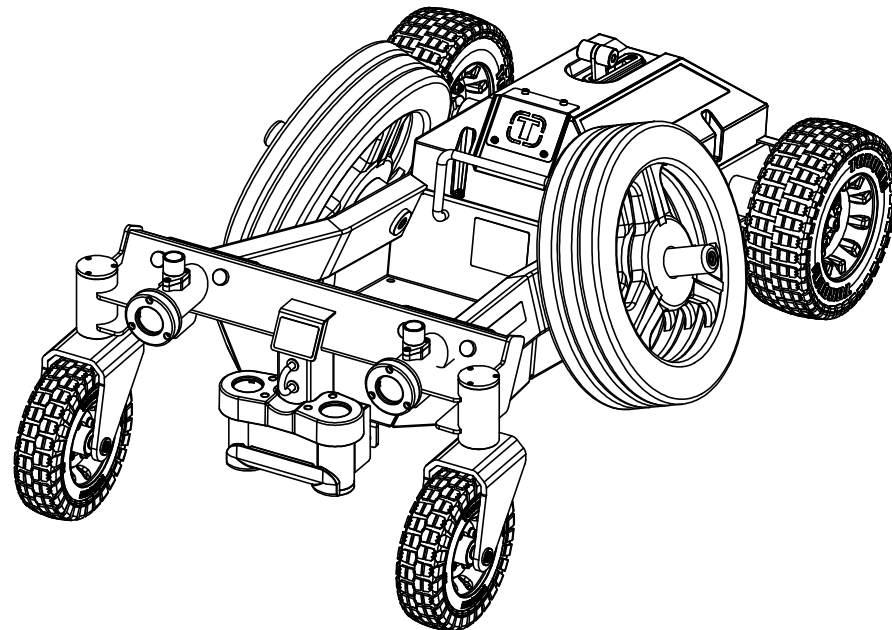


## STEP 6



### **NOTE:**

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



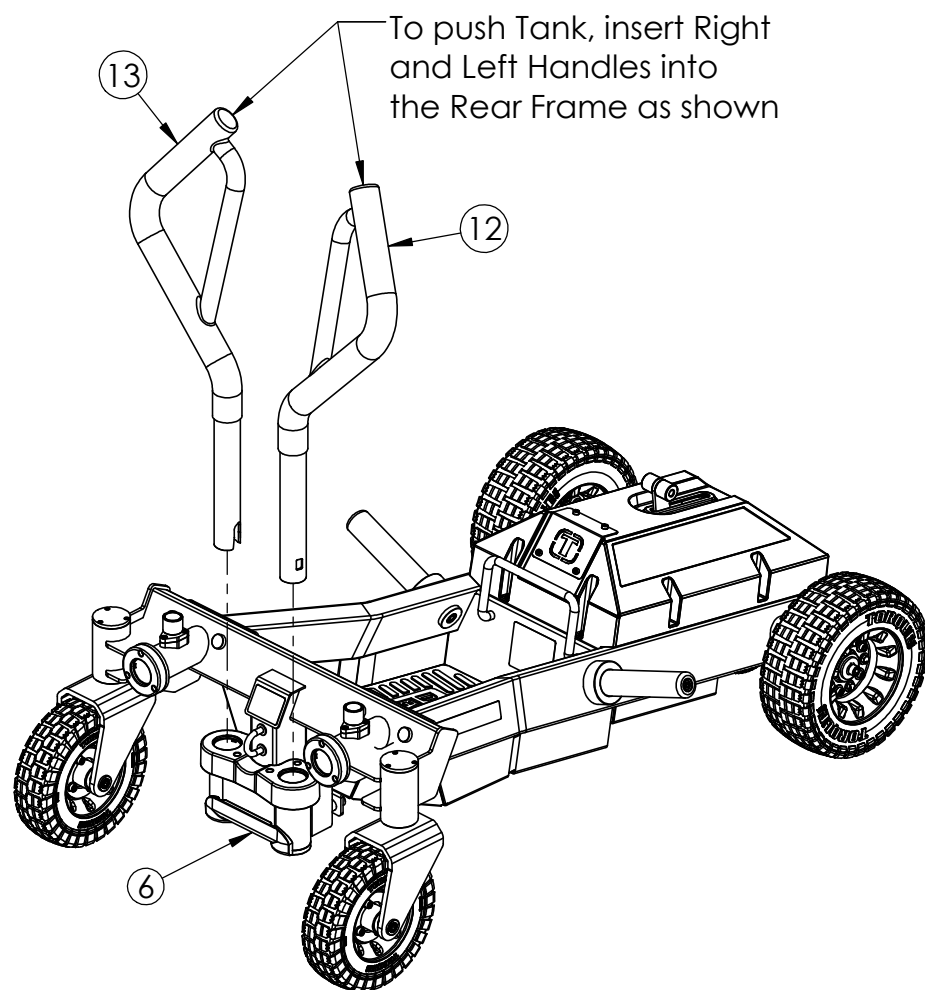
### **NOTE:**

Max weight: 270 lbs. (122 kgs.).  
Load weight equally on both sides

### **WARNING:**

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

## STEP 7

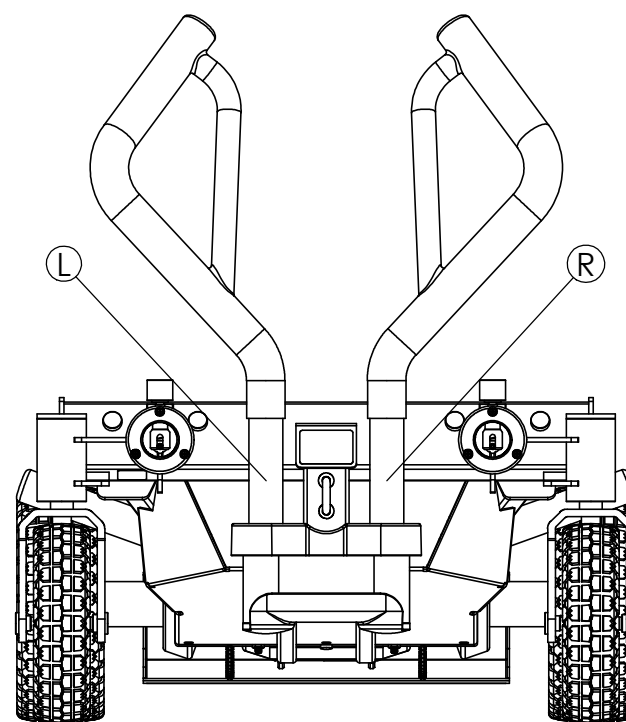


### **NOTE:**

Max weight: 270 lbs. (122 kgs.). Load weight equally on both sides.

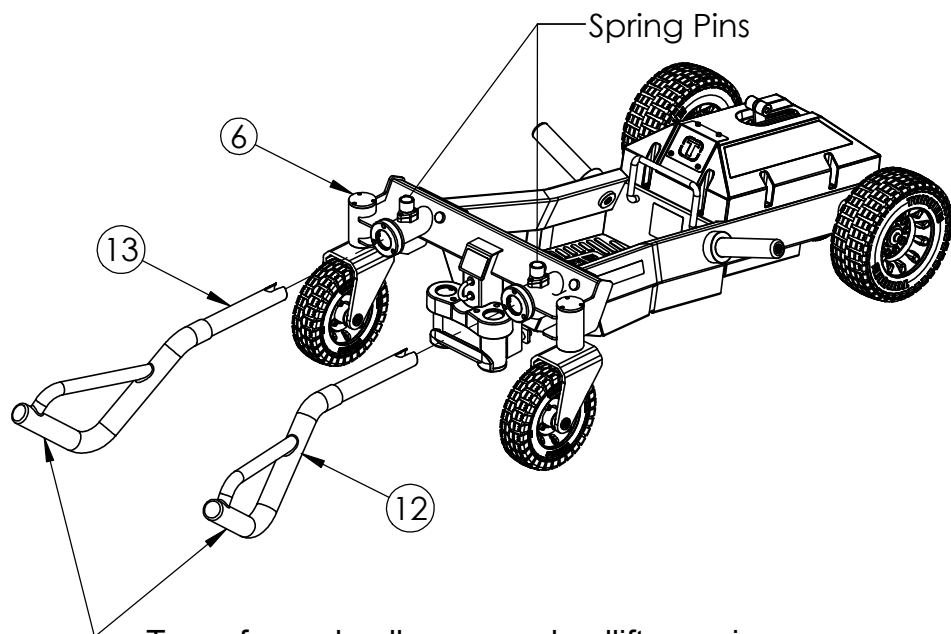
### **WARNING:**

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



**REAR VIEW  
HANDLES INSTALLED**

## WHEELBARROW AND DEAD LIFT TRAINING



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

**NOTE:** Ensure Spring Pins are fully engaged.

### **WARNING:**

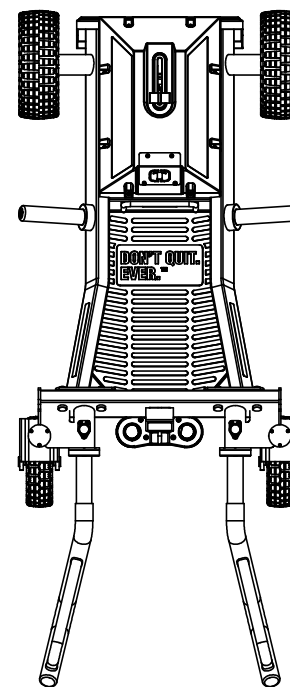
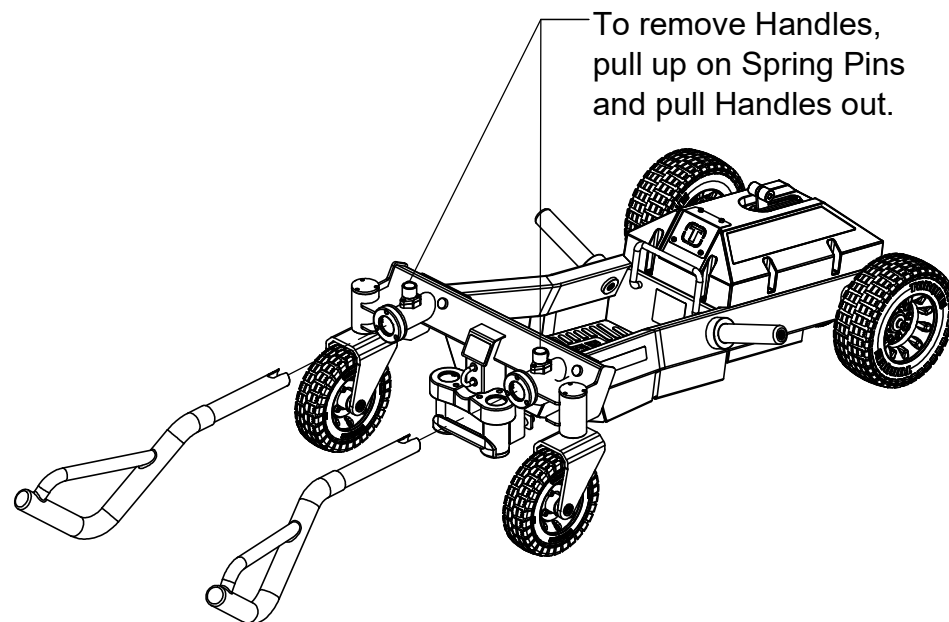
**DO NOT** drop SX from Handles. Set SX down after performing exercises. Dropping SX from Handles could result in damage to Wheels, Casters and Frame and will void warranty.

### **NOTE:**

Max weight: 270 lbs. (122 kgs.). Load weight equally on both sides.

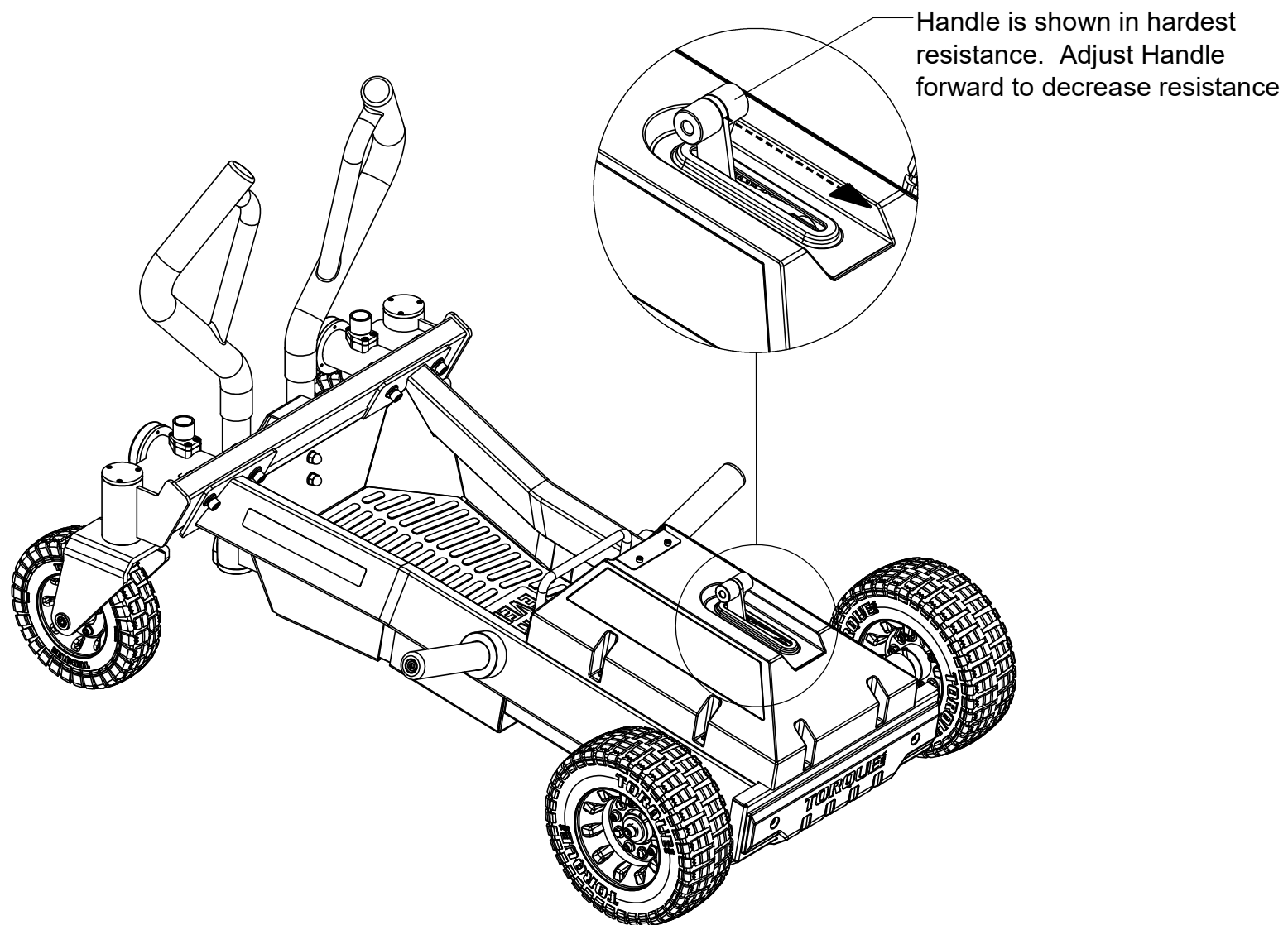
### **WARNING:**

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



**TOP VIEW  
HANDLES INSTALLED**

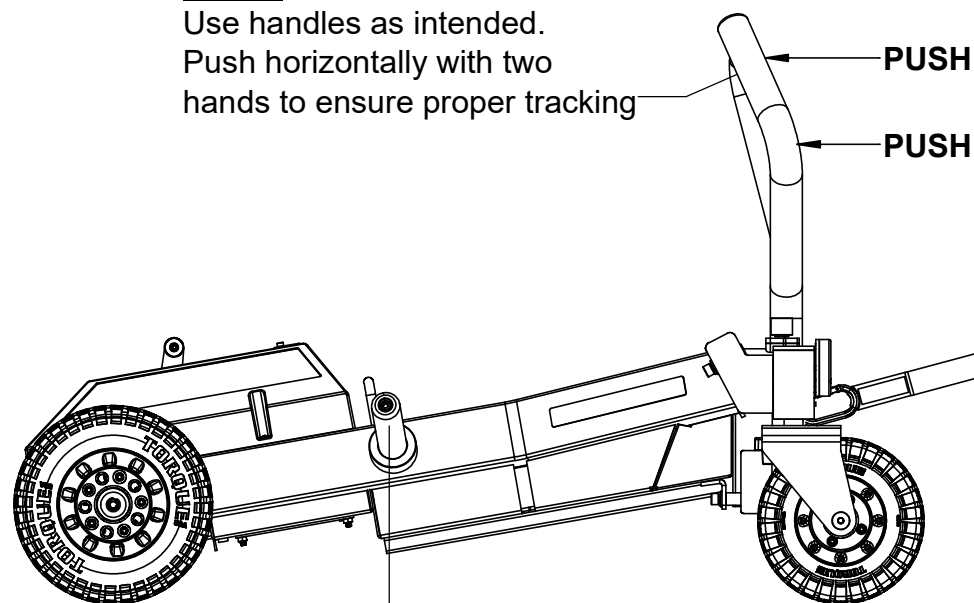
## SX RESISTANCE ADJUSTMENT



## TANK OPERATION

**NOTE:**

Use handles as intended.  
Push horizontally with two  
hands to ensure proper tracking



**PUSH**

**PUSH**

**NOTE:**

Use Strap Handles for towing.  
Add weight to avoid skidding.

**TOW** →

**Max Weight Plates:**

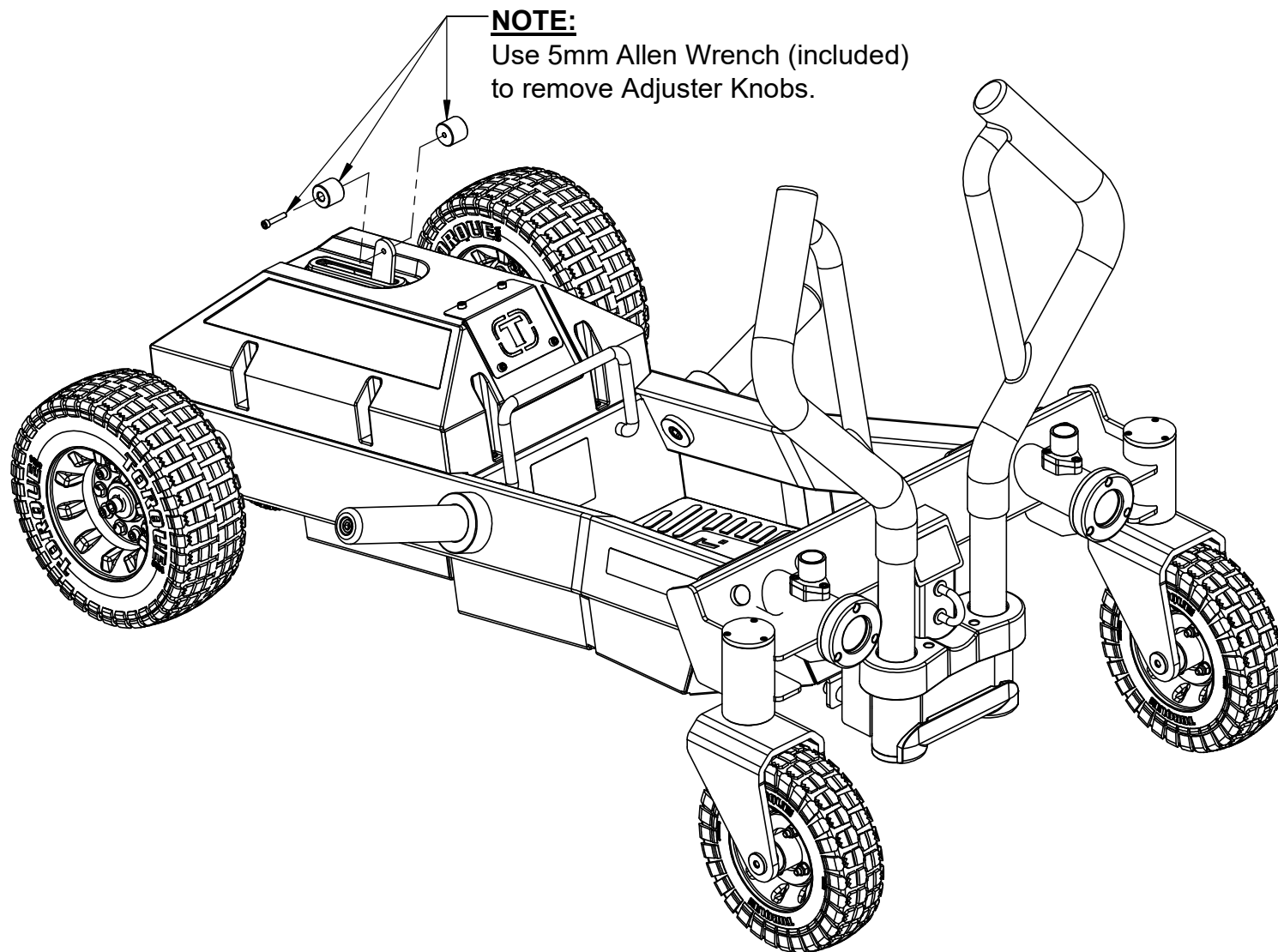
2 - 45 lb. Bumper Plates

3 - 45 lb. Grip Plates

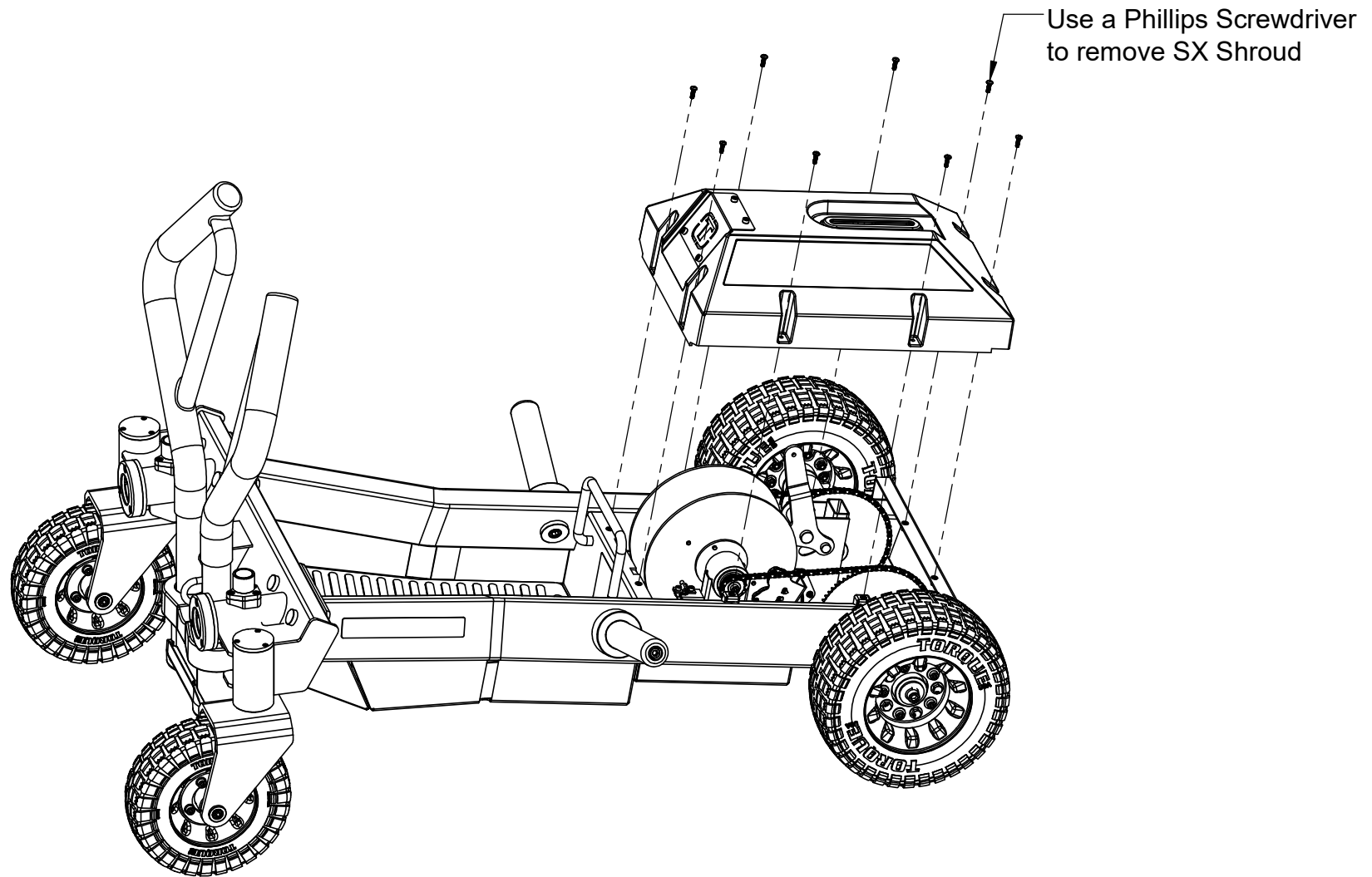
**NOTE:**

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

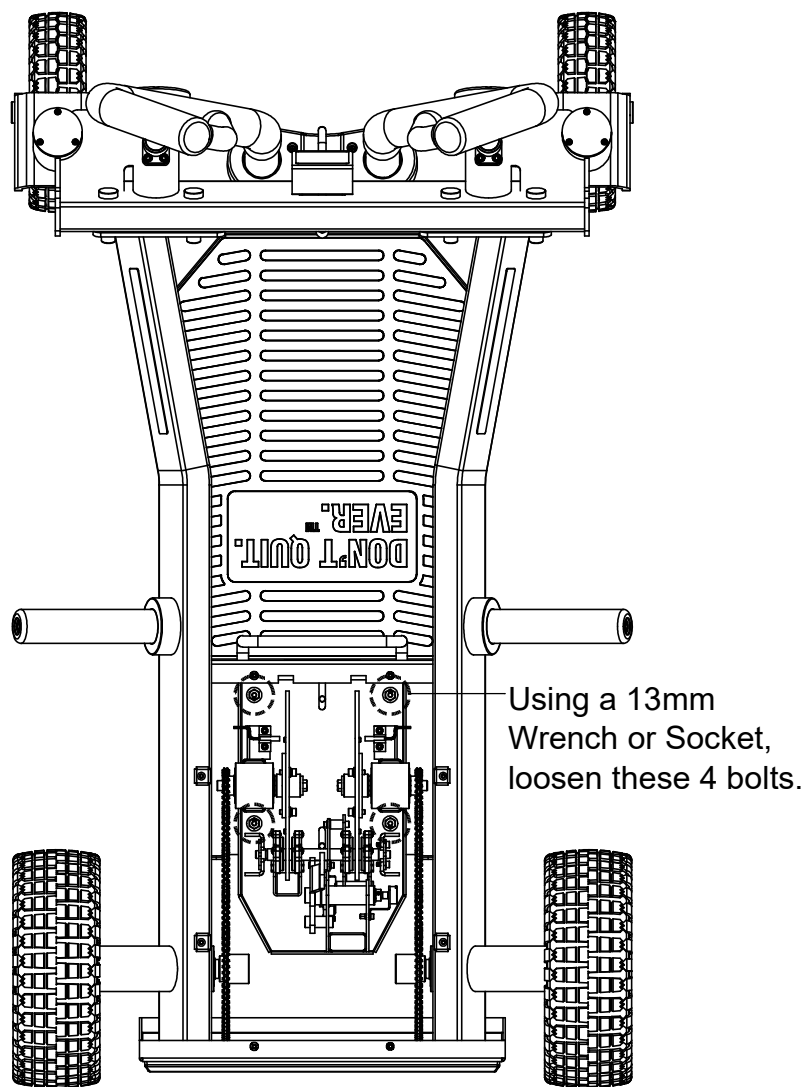
## CHAIN ADJUSTMENT, STEP 1



## CHAIN ADJUSTMENT, STEP 2

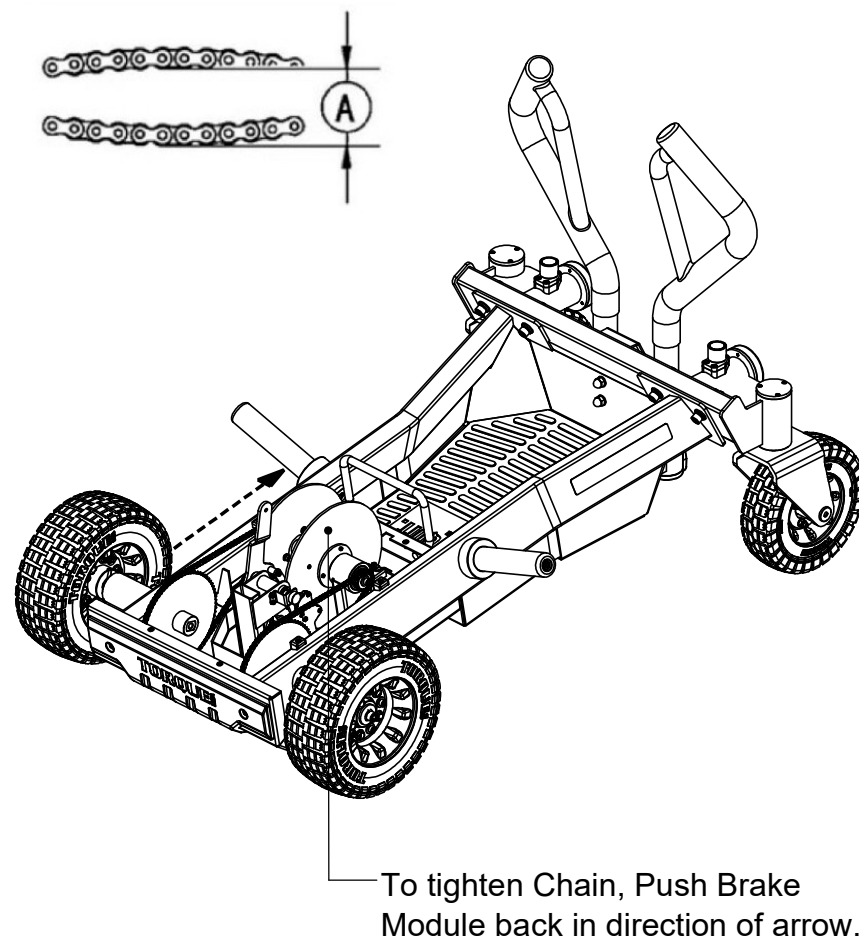


## CHAIN ADJUSTMENT, STEP 3

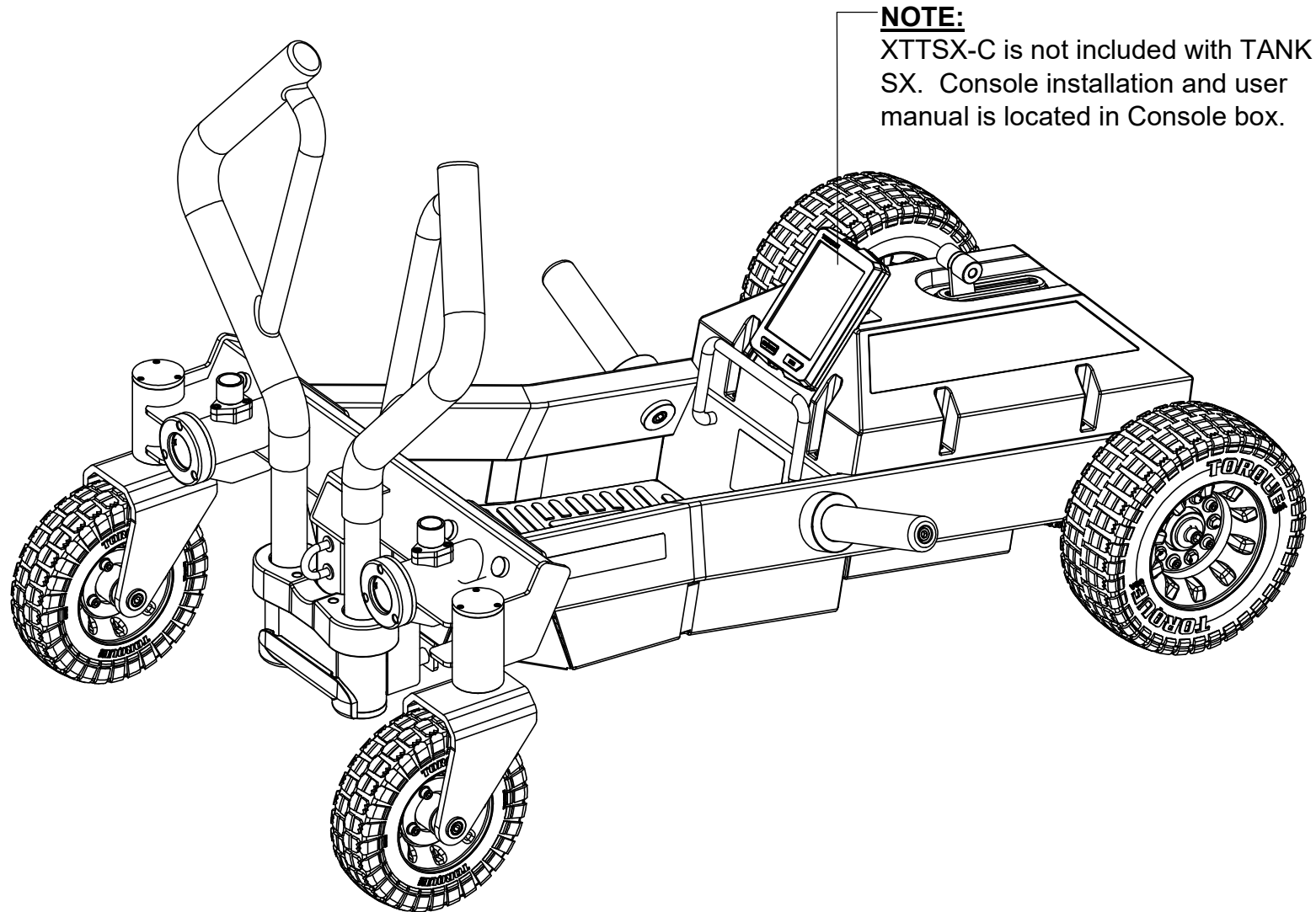


### **NOTE:**

Once this step is complete, reassemble SX Shroud as shown on Page 18 and Adjuster Knobs as shown on Pages 17.



## TANK SX CONSOLE ASSEMBLY (OPTIONAL)



**NOTE:**

XTTSX-C is not included with TANK SX. Console installation and user manual is located in Console box.

**NOTE:**

To discover what accessories pair well with the Tank SX, visit our website at: [www.torquefitness.com/collections/tank-accessories](http://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 17 & 18** 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 **pages 17 - 19** 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 TANK will be used.

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

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

For sales: [sales@torquefitness.com](mailto:sales@torquefitness.com)  
For service: [service@torquefitness.com](mailto:service@torquefitness.com)



#TorqueFitness #TorqueTANK



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



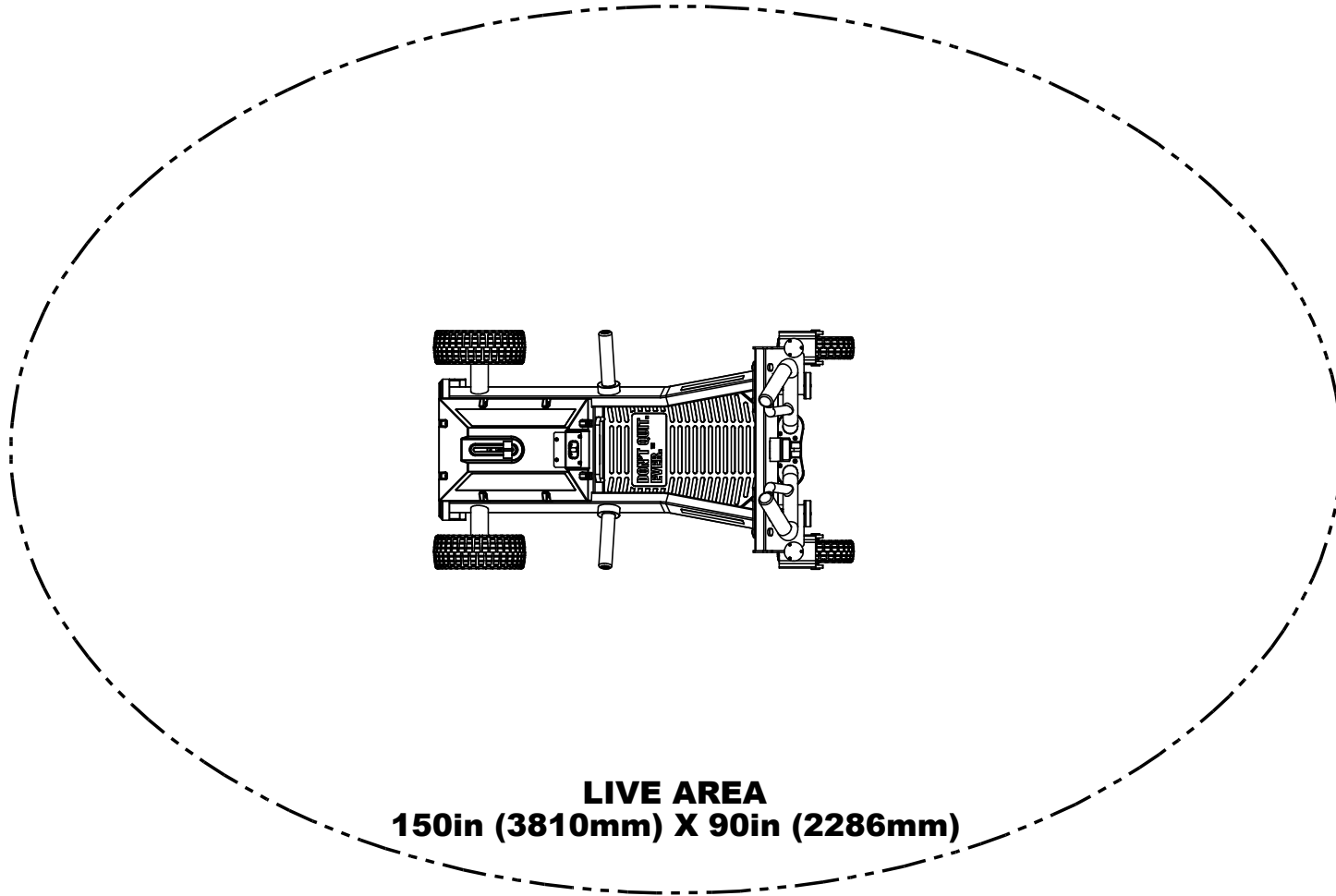
<https://www.youtube.com/c/TorqueFitness>



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

## LIVE AREA

### TOP VIEW



**WARNING:** Keep other athletes 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 TANK SX 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 Tank will travel straight.
- If you feel skidding of the tires, add more weight to the weight horn. Max of 3 grip plates or 2 bumper plates.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the TANK SX.
- **DO NOT** attempt to use the TANK SX for any purposes other than that for which it was intended.
- **DO NOT** drop SX when handles are in wheelbarrow position. Set SX down after performing exercises. Dropping SX from handles could result in damage to Wheels, Casters and Frame and will void warranty.
- **DO NOT** place more than 270 LBS. on the weight horns of the TANK SX.
- **WARNING:** Remove weight from SX when not in use. Leaving the weights on SX could cause the tires to deform.
- **DO NOT** place any weight in Tray of SX.
- **DO NOT** use the TANK SX in wet or slippery conditions.
- **DO NOT** stand or ride on the TANK SX.
- **DO NOT** use the TANK SX without the shroud.