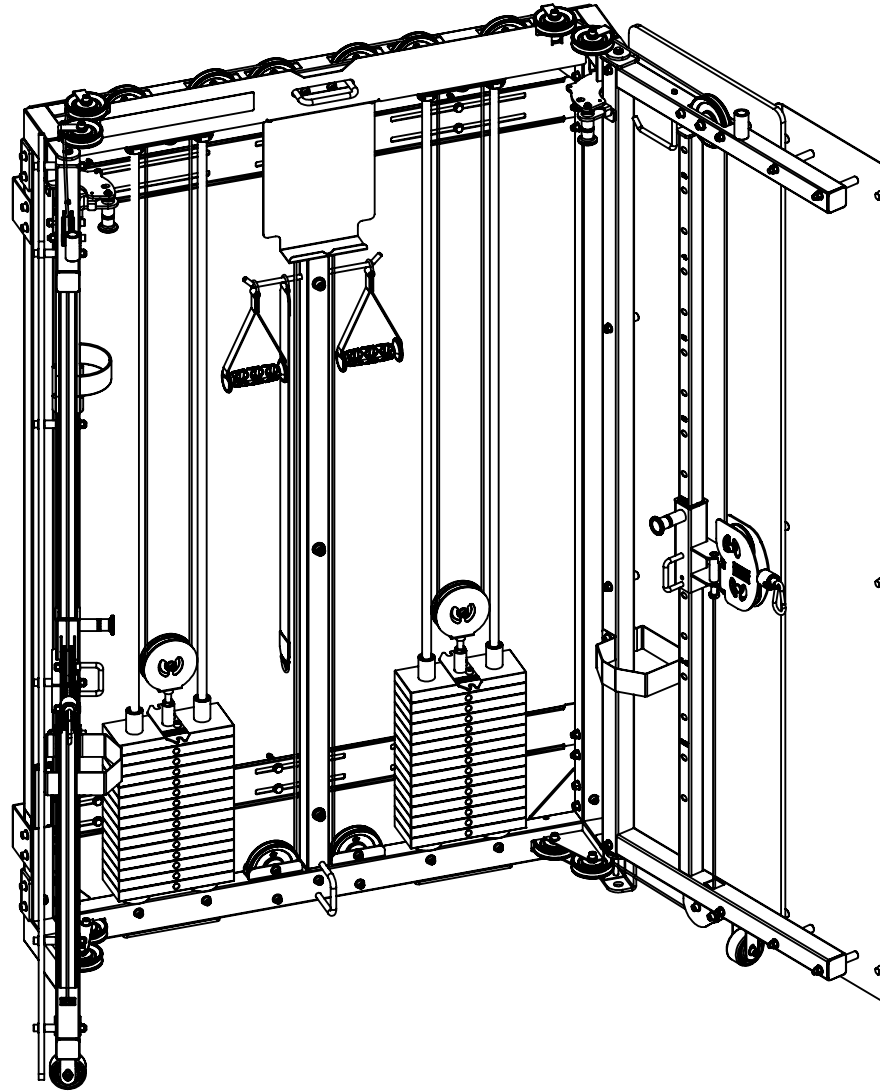


# F9W ASSEMBLY GUIDE

VERSION: F9W-001-150LB/200LB/225LB

PART #: 5775001-F



**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](mailto:service@torquefitness.com)

## Important Safety Instructions for Assembling Equipment

1. **Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.**
2. This product must be assembled on a flat, level surface to assure its proper function. Locate the unit a few inches from walls or furniture to allow easy access during assembly and use.
3. Read each numbered step in Assembly and Maintenance Guide and follow the steps in sequence. Skipping ahead may result in damage to the equipment and may require components to be disassembled.
4. Wear proper attire during the assembly process. Do not wear clothing which is too loose or open toed shoes.

## 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](http://www.torquefitness.com) or contact us at [service@torquefitness.com](mailto: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 or email [service@torquefitness.com](mailto: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", and 5/16" Allen wrench
- 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.

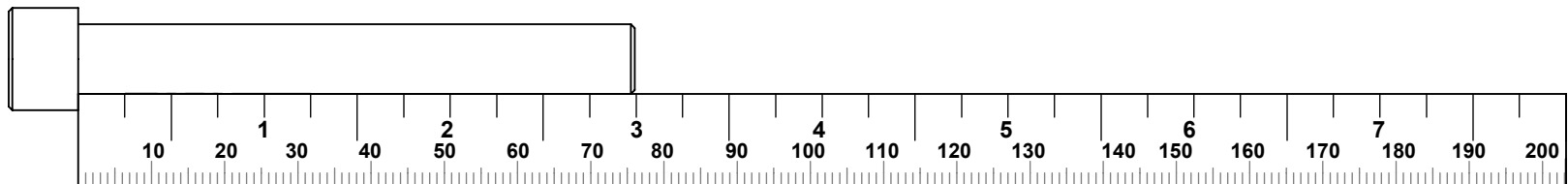
Follow the instructions included with the optional equipment to assemble it to the base product.

## 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    | 57514PA     | PTD ASSY, BASE                                      | 1   |
| 2    | 57525PA     | PTD ASSY, CORNER UPRIGHT TUBE                       | 1   |
| 3    | 5752501     | TUBE, CORNER UPRIGHT                                | 1   |
| 4    | 2001101     | WASHER, FLAT 3/8 SAE ST ZN                          | 108 |
| 5    | 2008410     | BOLT, 3/8-16 X 2-3/4" (70mm) ST HT SOCKET HEAD      | 34  |
| 6    | 2001201     | NUT, 3/8-16 LK ST ZN                                | 40  |
| 7    | 57526PA     | PTD ASSY, CENTER UPRIGHT                            | 1   |
| 8    | 57529PA     | PTD ASSY, TOP BOOM                                  | 1   |
| 9    | 5754001     | BRKT, F9 WALL MOUNT                                 | 2   |
| 10   | 2031101     | SCREW, 3/8" LAG X 2.5"L CLEAR ZINC                  | 12  |
| 11   | 5489201     | GUIDE ROD, 19 DIA X 1880                            | 4   |
| 12   | 57094PA     | PTD ASSY, 10 LB WEIGHT PLATE                        | *   |
| 13   | 57388PA     | PTD ASSY, 15 LB WEIGHT PLATE                        | *   |
| 14   | 57097PA     | PTD ASSY, HEAD PLATE                                | 2   |
| 15   | 54896PA     | PTD ASSY, GUIDE ROD SUPPORT                         | 2   |
| 16   | 5513601     | CUSHION, WEIGHT STACK                               | 4   |
| 17   | 5992401     | SHAFT COLLAR, TWO-PIECE CLAMPING                    | 4   |
| 18   | 2009409     | BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD W/NP | 6   |
| 19   | 5487101     | WLDMT, CARRIAGE UPRIGHT                             | 2   |
| 20   | 5795401     | ASSY, RIGHT CARRIAGE                                | 1   |
| 21   | 57546PA     | PTD ASSY, RIGHT DOOR                                | 1   |
| 22   | 2009403     | BOLT, 3/8-16 X 1" (25mm) ST HT SOCKET HEAD W/NP     | 2   |
| 23   | 5816301     | PIN, DOOR PIVOT                                     | 4   |
| 24   | 5795801     | ASSY, LEFT CARRIAGE                                 | 1   |
| 25   | 57553PA     | PTD ASSY, LEFT DOOR                                 | 1   |
| 26   | 5466201     | WHEEL, 3" OD X 1/2" ID X 1-1/2"                     | 2   |
| 27   | 5466601     | SPACER, WHEEL HUB                                   | 2   |
| 28   | 2008409     | BOLT, 3/8-16 X 2-1/2" (64mm) ST HT SOCKET HEAD      | 2   |
| 29   | 2008406     | BOLT, 3/8-16 X 1-3/4" (45mm) ST HT SOCKET HEAD      | 4   |
| 30   | 5094401     | PULLEY, 3-1/2 OD X 25                               | 6   |
| 31   | 5500701     | LABEL, WEIGHT STACK 1-20                            | 2   |
| 32   | 5666401     | ASSY, WEIGHT STACK PIN                              | 2   |

| ITEM | PART NUMBER | DESCRIPTION   | QTY |
|------|-------------|---|-----|
| 33   | 55181PA     | PTD ASSY, WEIGHT SELECTOR STORAGE PLATE             | 2   |
| 34   | 54970PA     | PTD ASSY, HEAD PLATE PULLEY                         | 2   |
| 35   | 2009402     | BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP   | 4   |
| 36   | 2002601     | NUT, 1/2 JAM ST ZN                                  | 4   |
| 37   | 5756301     | CABLE ASSY, F9 WALL                                 | 2   |
| 38   | 2009406     | BOLT, 3/8-16 X 1-3/4" (45mm) ST HT SOCKET HEAD W/NP | 6   |
| 39   | 5094501     | PULLEY, 4-1/2 OD X 25                               | 2   |
| 40   | 6065101     | HOUSING, CABLE COUPLER                              | 2   |
| 41   | 5509001     | CORE, CABLE COUPLER                                 | 2   |
| 42   | 2003201     | CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD               | 4   |
| 43   | 57608PA     | PTD ASSY, ACCESSORY HOLDER                          | 1   |
| 44   | 57612PA     | PTD ASSY, TOP BOOM SHROUD                           | 1   |
| 45   | 2002101     | WASHER, FLAT 1/4 SAE ST ZN                          | 2   |
| 46   | 2006502     | BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP         | 2   |
| 47   | 2041701     | BHCS, 3/8-16 X 1/2, GR 10.9, CZ                     | 2   |
| 48   | 57814PA     | PTD ASSY, ROLLER/MAT HOLDER                         | 2   |
| 49   | 5755601     | PANEL, DOOR SIDE                                    | 2   |
| 50   | 5493001     | SPACER, SHROUD STAND OFF                            | 12  |
| 51   | 2035801     | WASHER, FLAT 3/8" SAE ST BZ                         | 32  |
| 52   | 2035901     | SHCS, 3/8-16 X 4" (102MM), G5, BZ                   | 12  |
| 53   | 2035701     | NUT, 3/8-16 LK G5 BZ                                | 16  |
| 54   | 5780001     | BUMPER, 18 DIA X 12.7                               | 6   |
| 55   | 5755801     | SHROUD, DOOR FRONT                                  | 1   |
| 56   | 5755701     | SPACER, 50MM SHROUD STAND OFF                       | 4   |
| 57   | 2036001     | BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD     | 4   |
| 58   | 5497501     | STRAP, UNIVERSAL                                    | 1   |
| 59   | 57820PA     | PTD ASSY, PULL-UP/PRESS BAR                         | 1   |
| 60   | 5784201     | ASSY, LEG BOOT, SHORT                               | 1   |
| 61   | 5324701     | ASSY, SHORT STRAP HANDLE                            | 2   |
| 62   | 5497601     | ASSY, SQUAT HARNESS W D-RING                        | 1   |
| 63   | 5091801     | SNAP HOOK, 8MM DIA X 80MM                           | 2   |

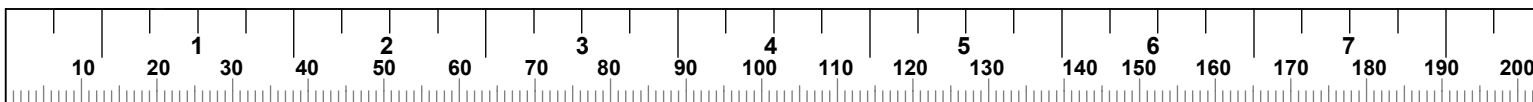
**NOTE:**

The F9W has three weight stack options. 150 LBS, 200 LBS and 225 LBS.

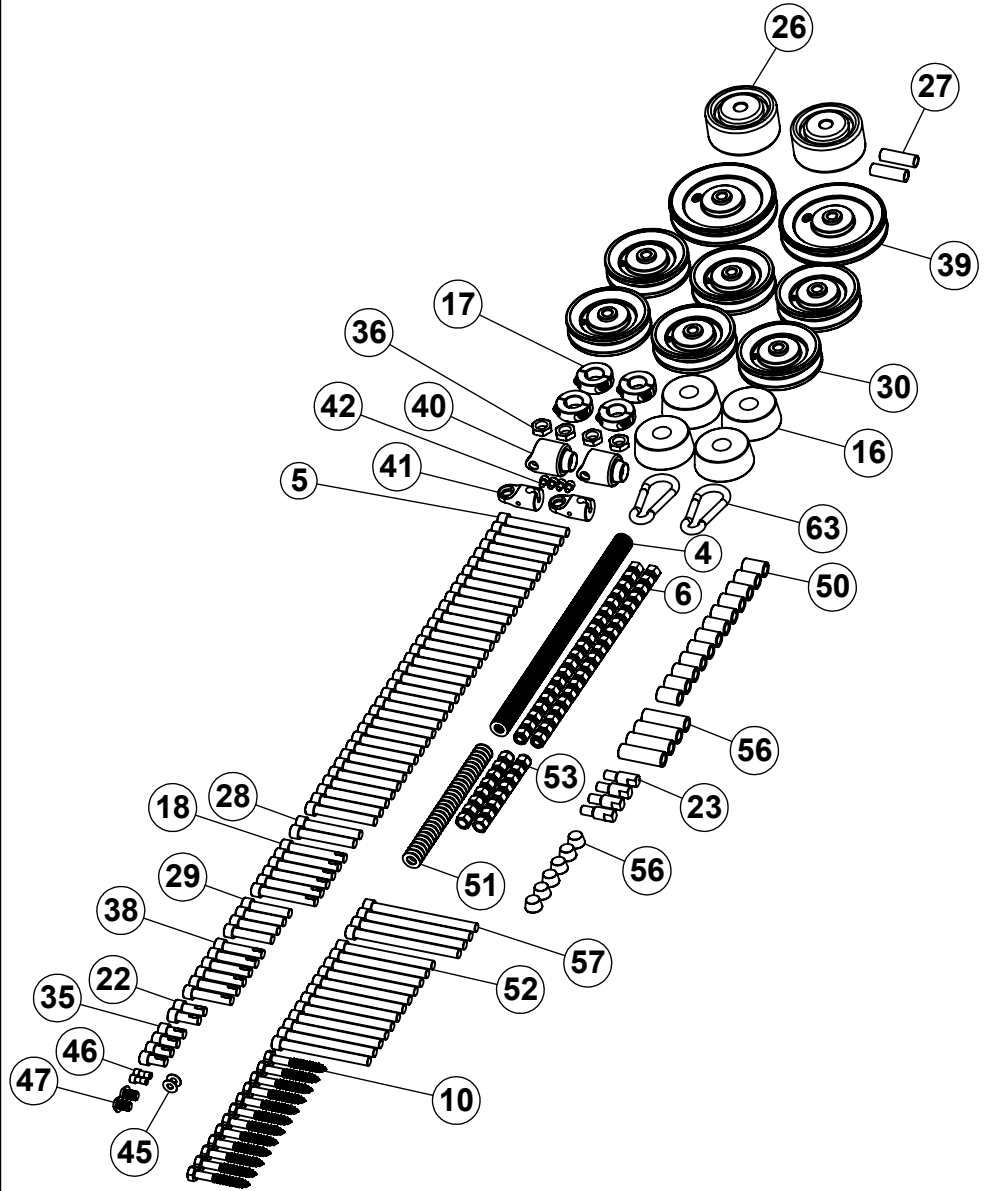
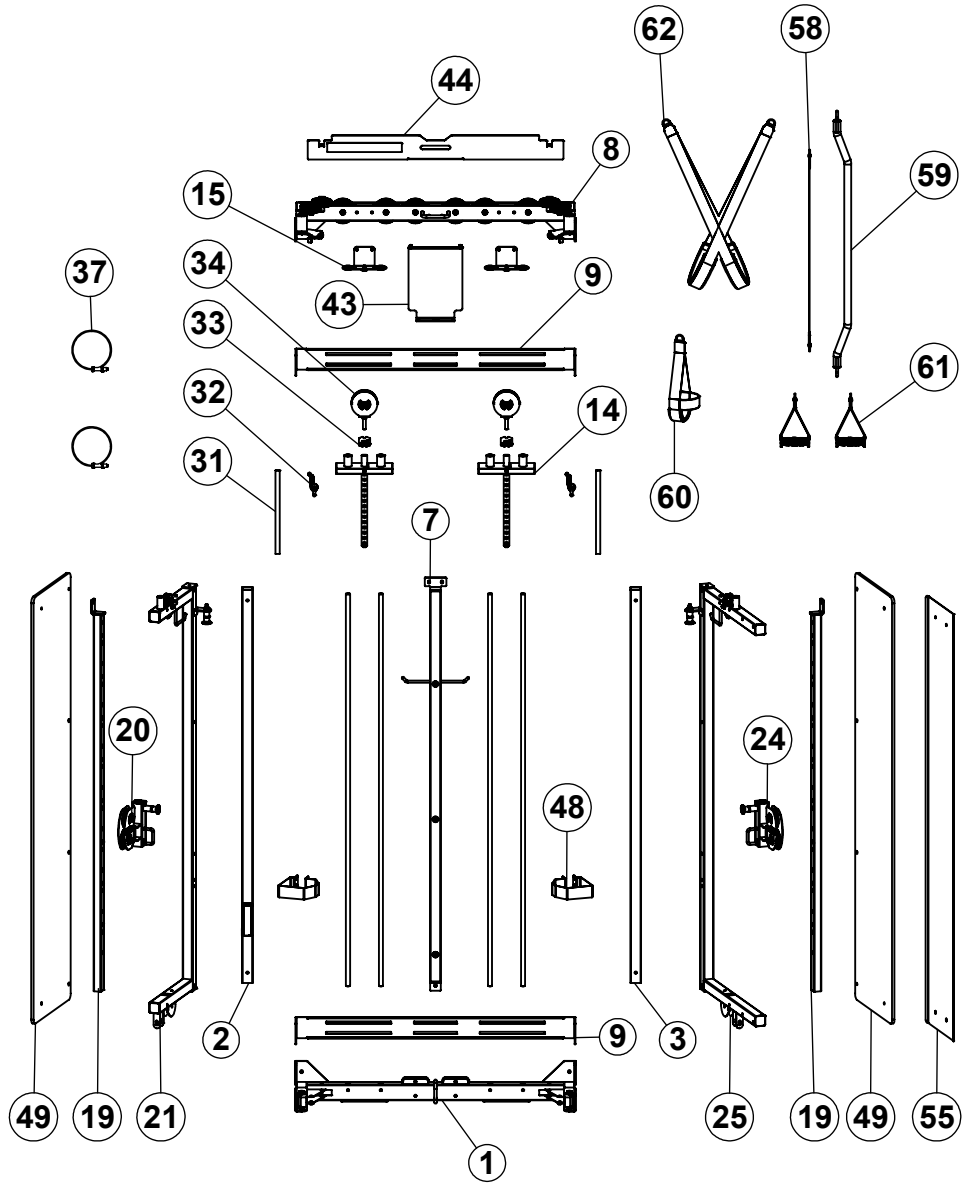
\* The 150 LB stack has fourteen 10 LB plates and a head plate.

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

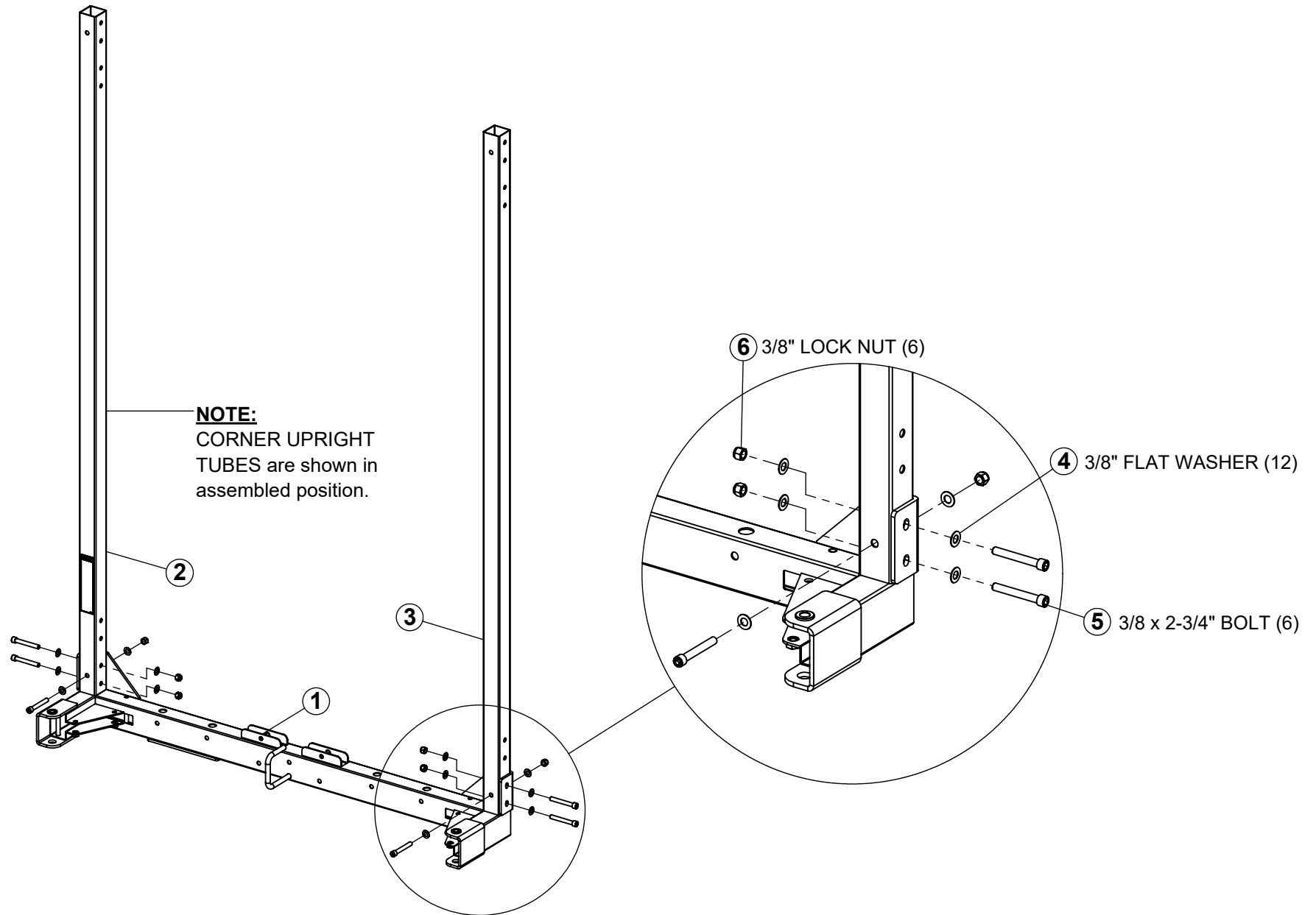
\*\* The 225 LB stack has fourteen 15 LB plates and a head plate.



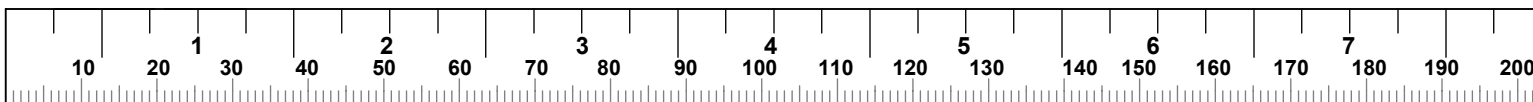
# PART DIAGRAM



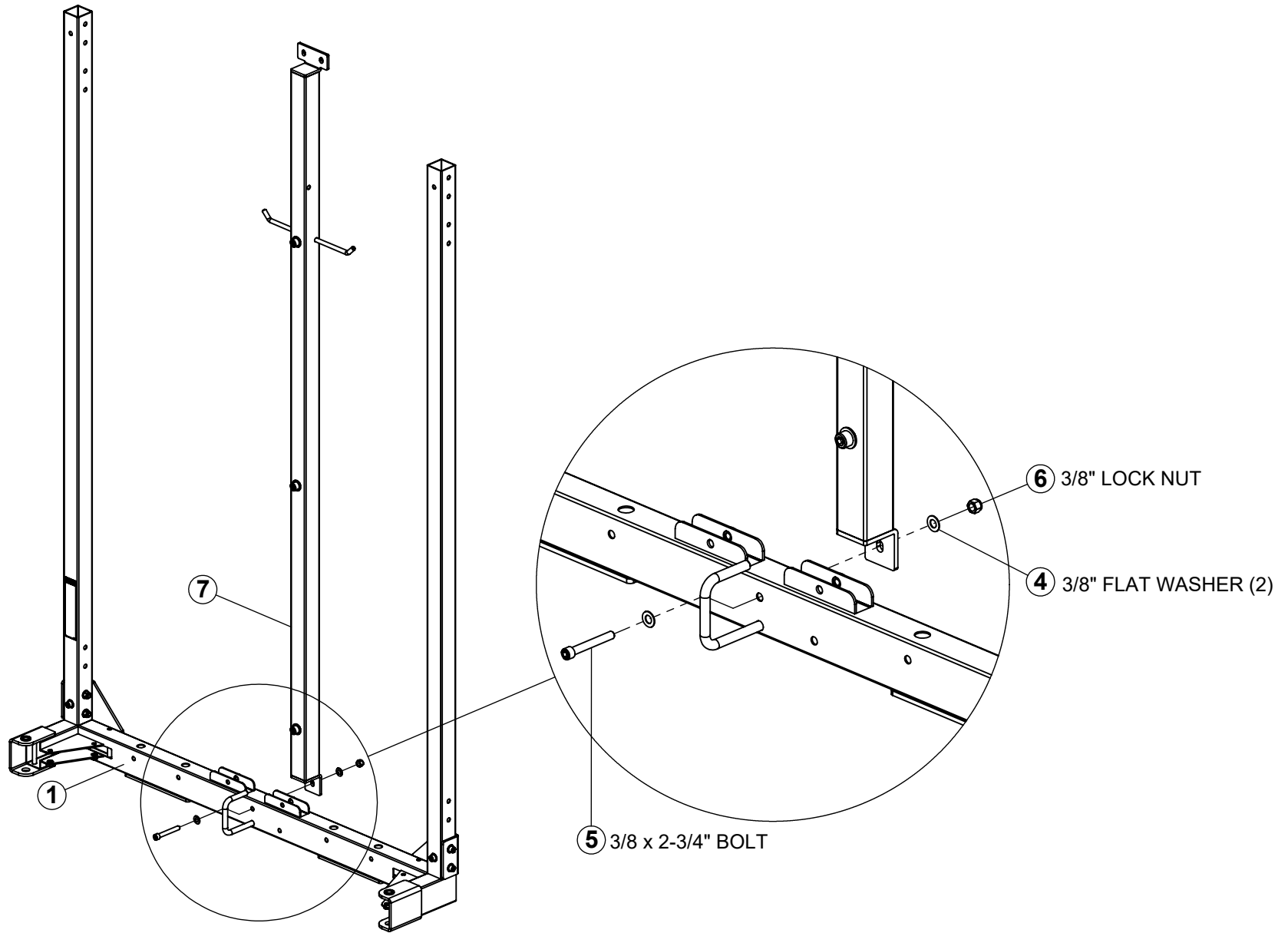
# STEP 1



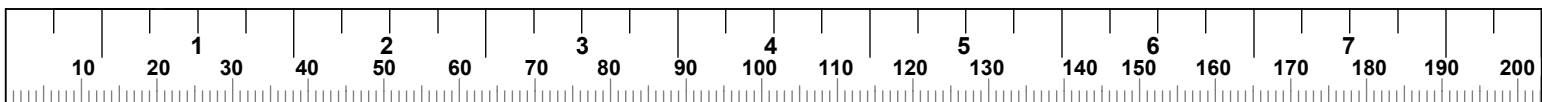
**NOTE:**  
**LOOSELY** assemble bolt connections in this step.



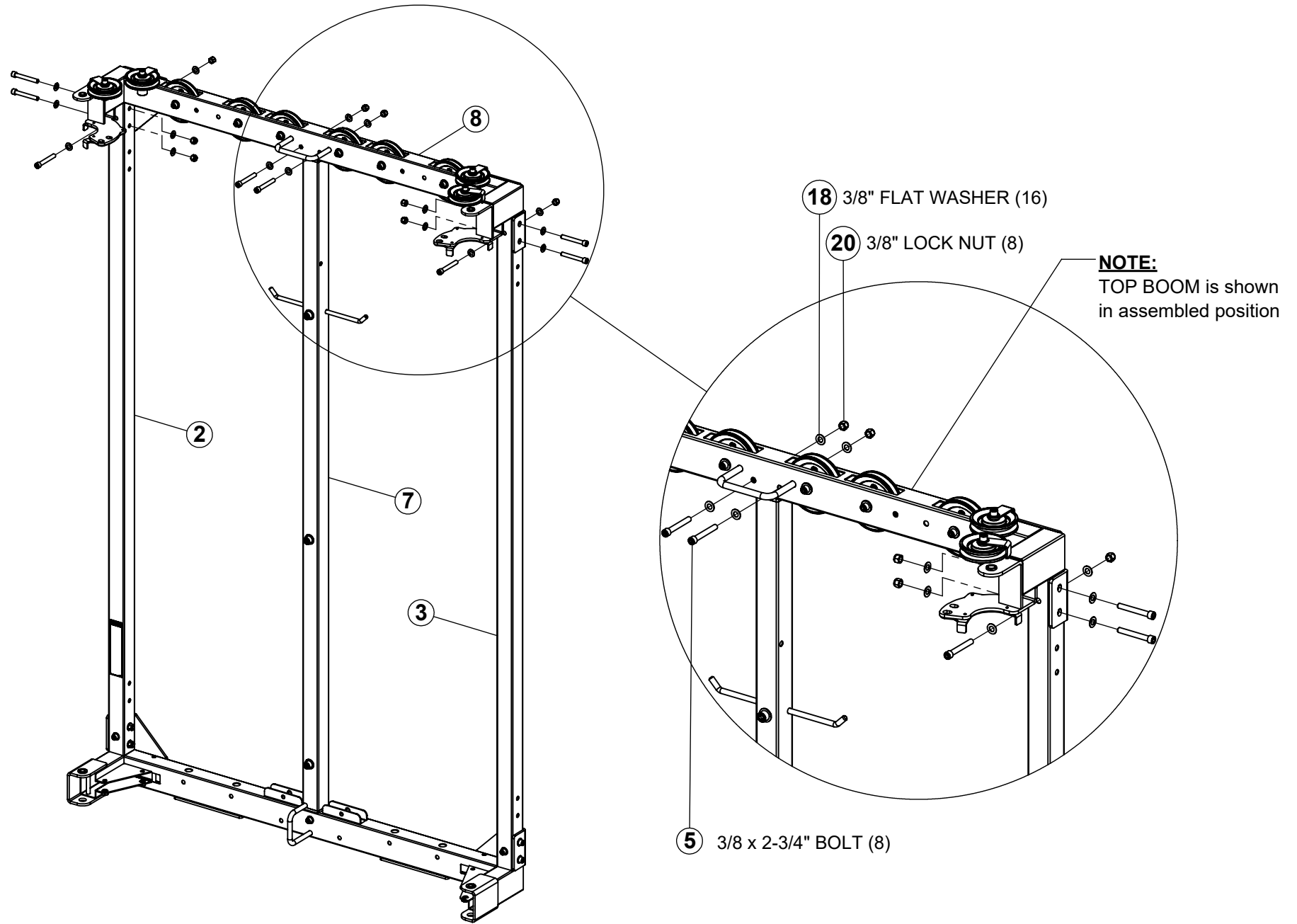
## STEP 2



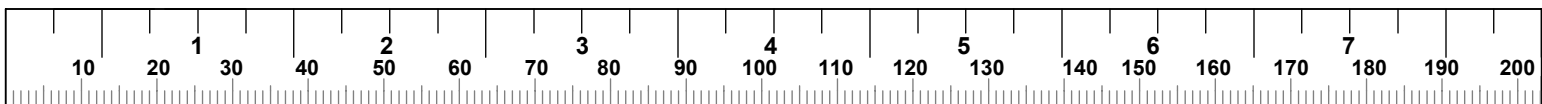
**NOTE:**  
**LOOSELY** assemble bolt connections in this step.



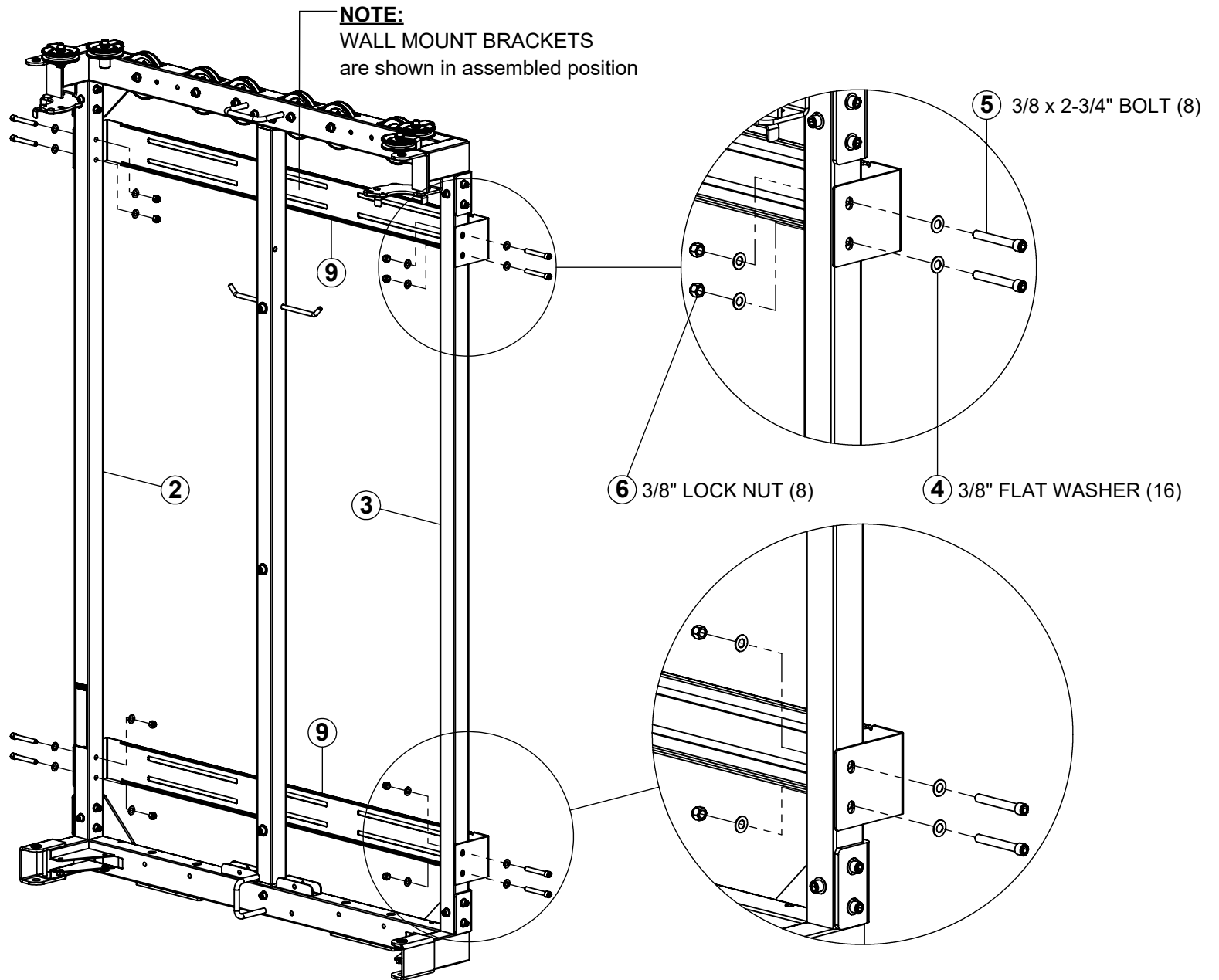
### STEP 3



**NOTE:**  
**LOOSELY** assemble bolt connections in this step.

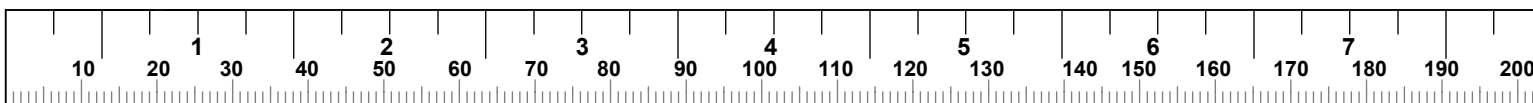


# STEP 4

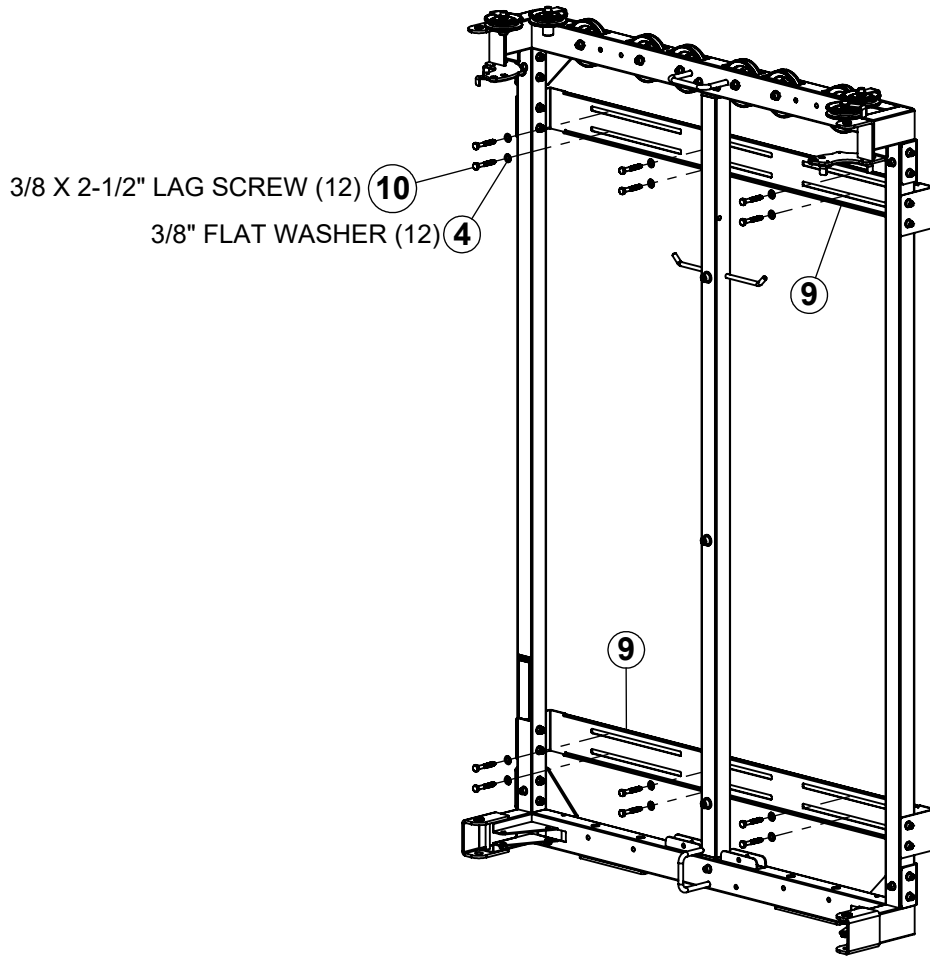


**NOTE:**

Once this step has been completed, **SECURELY** tighten all bolt connections in this step and previous steps.



## STEP 5



### NOTES:

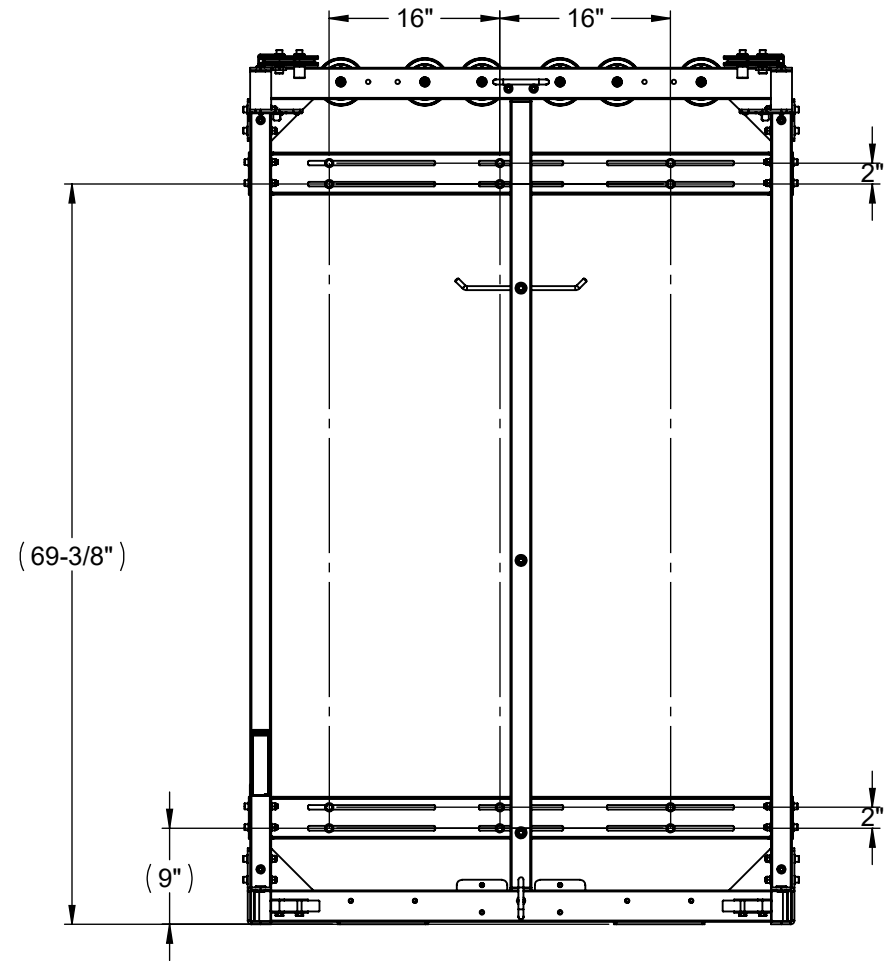
The images above show anchoring hardware used for attaching the WALL MOUNT BRACKETS to a typical wall with wood studs spaced 16" on center. The anchors used will depend on the wall construction.

**All twelve anchoring locations must be used.** The pull-out strength of the anchoring bolts used must be equal to or greater than 200 lbs. (91 kg)

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

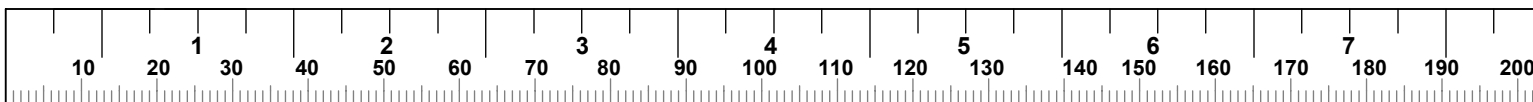
### WARNING:

The UPPER and LOWER WALL MOUNT BRACKETS **MUST** be anchored to the wall using 12 wall anchors suitable for that particular wall construction.

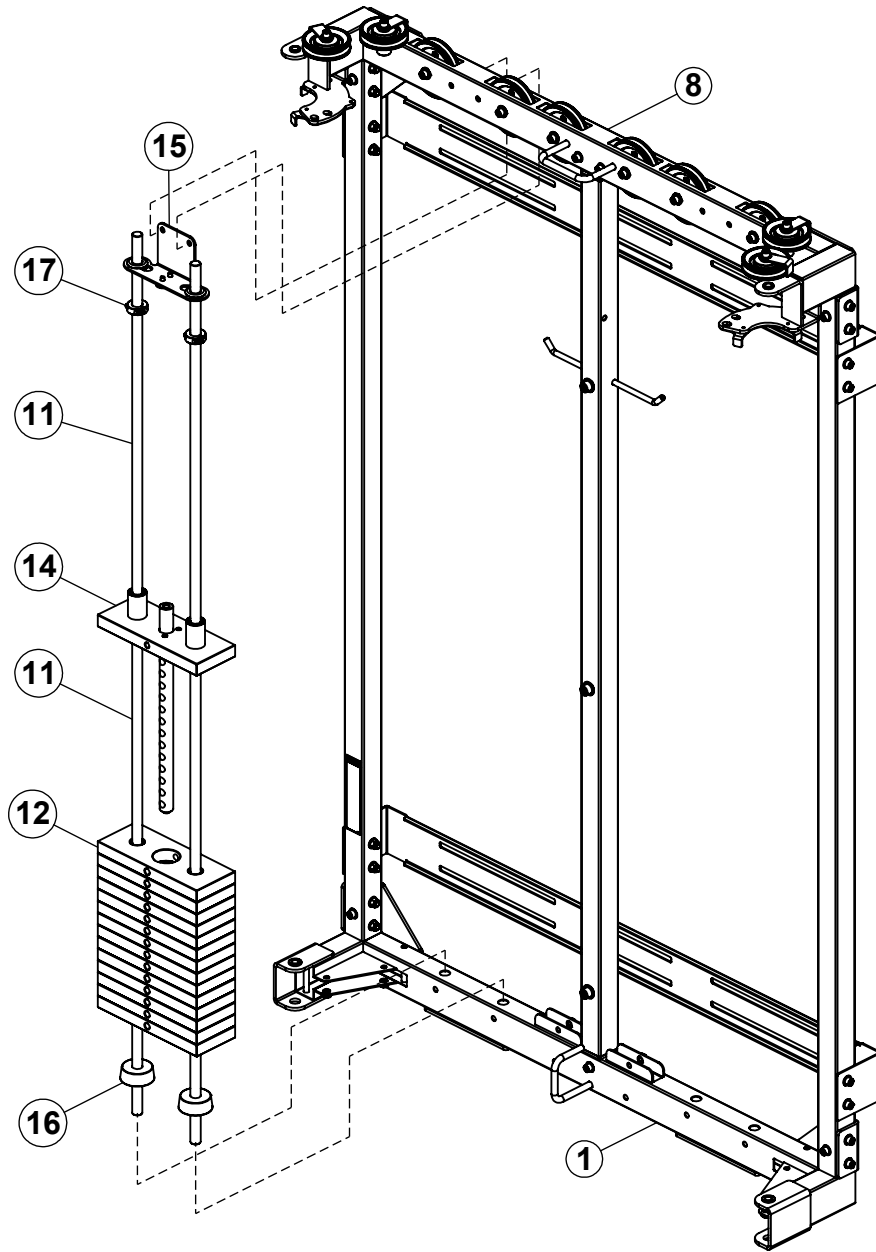


### NOTE:

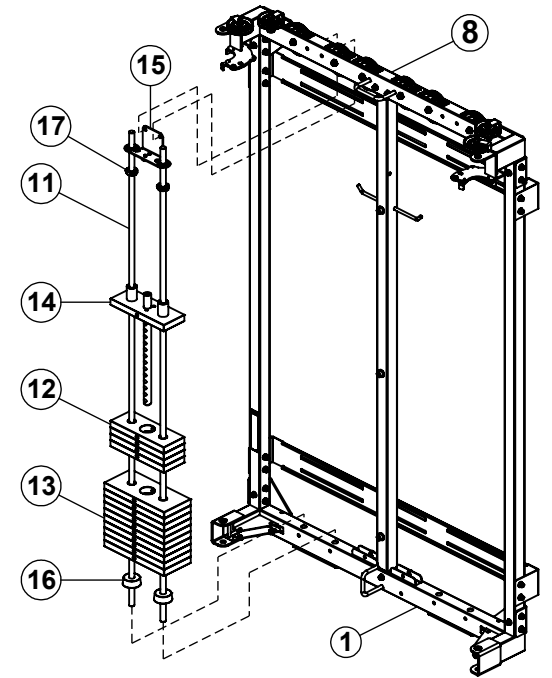
The dimensions shown are for reference only. Dimensions are based on the UPRIGHTS and floor being level.



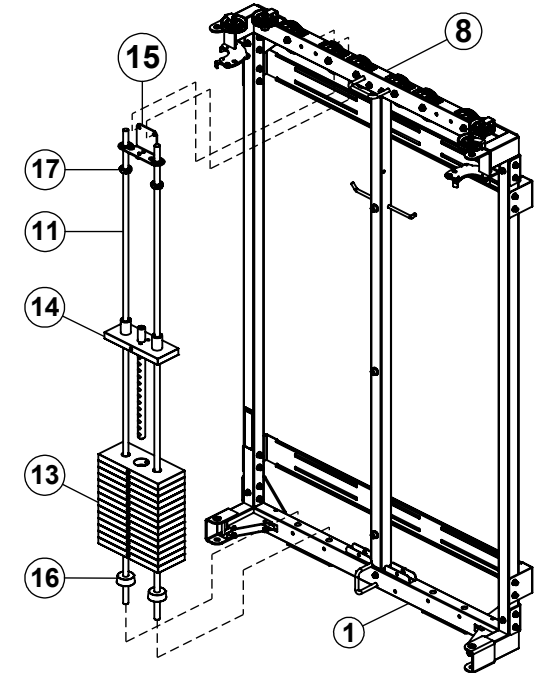
### STEP 6 (150 LB OPTION)



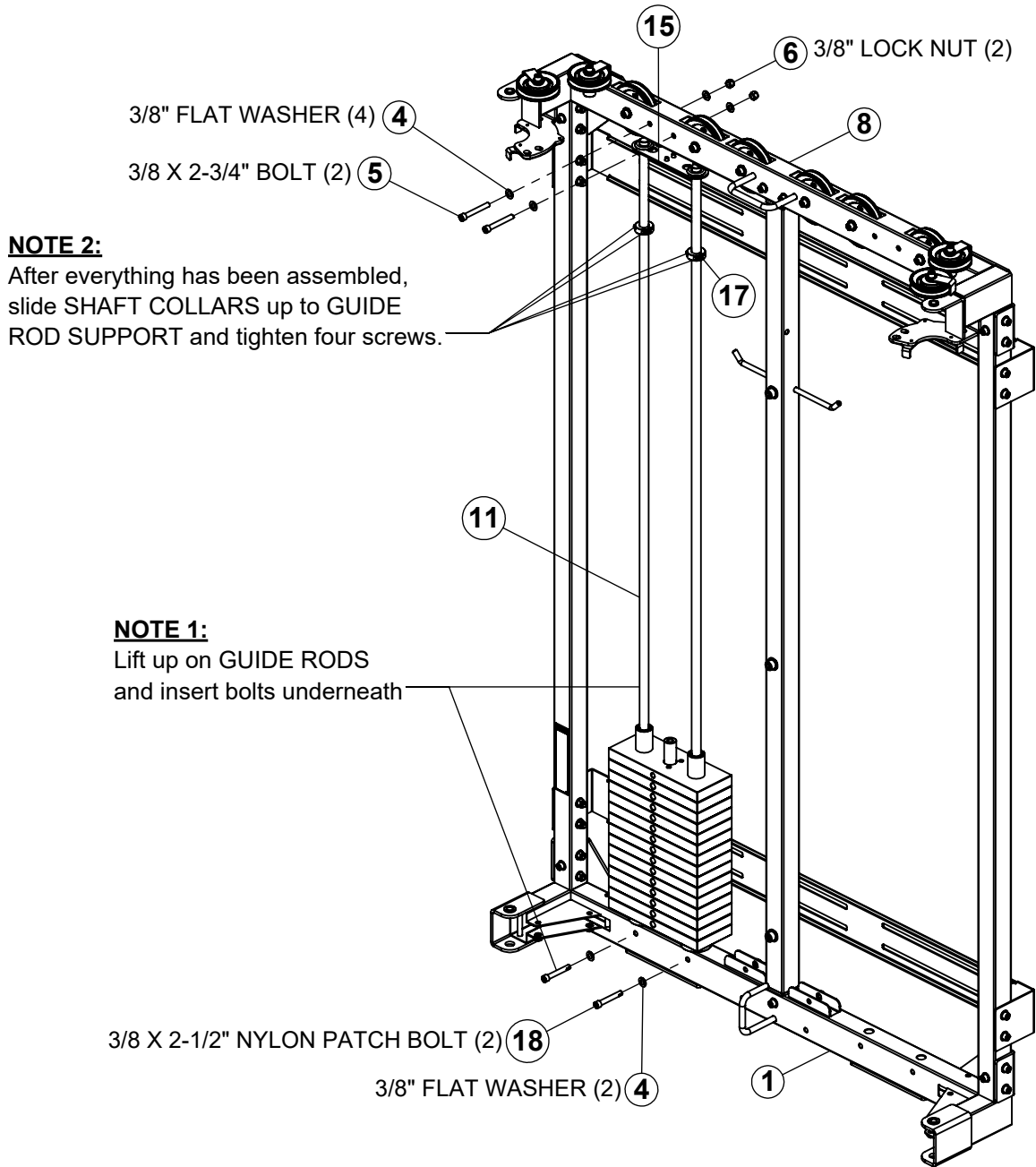
### STEP 6 (200 LB OPTION)



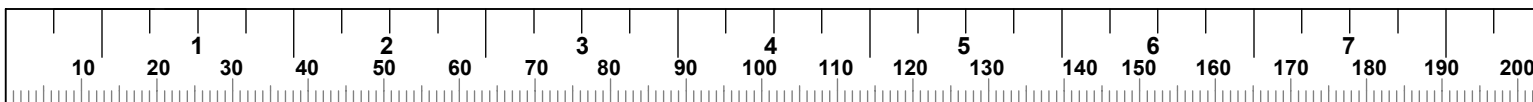
### STEP 6 (225 LB OPTION)



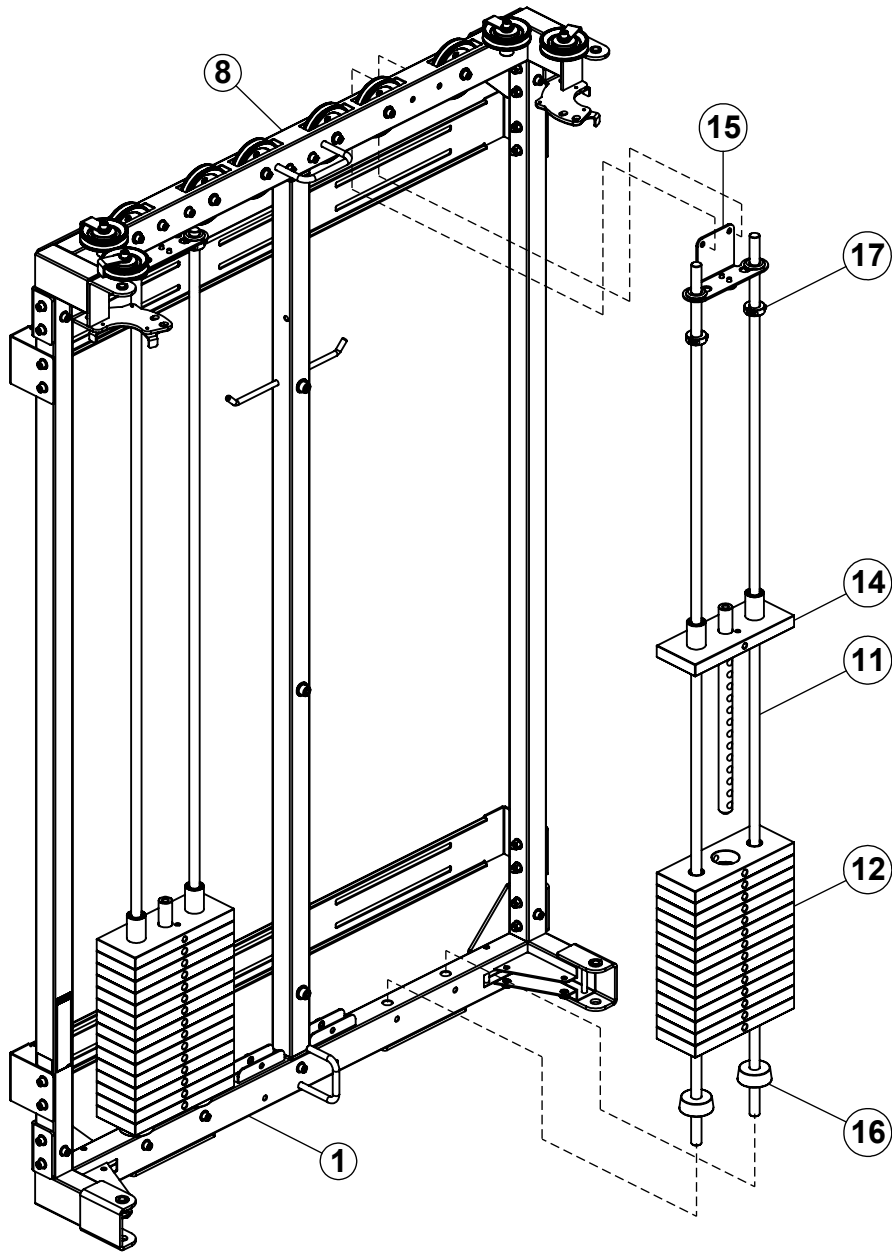
## STEP 7



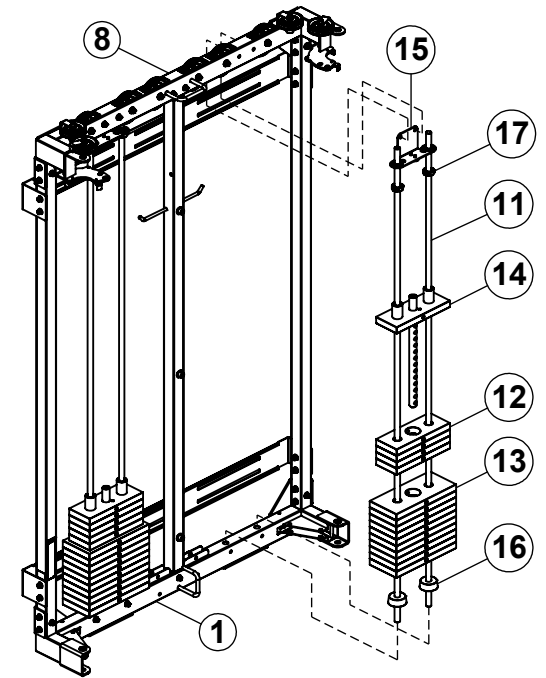
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



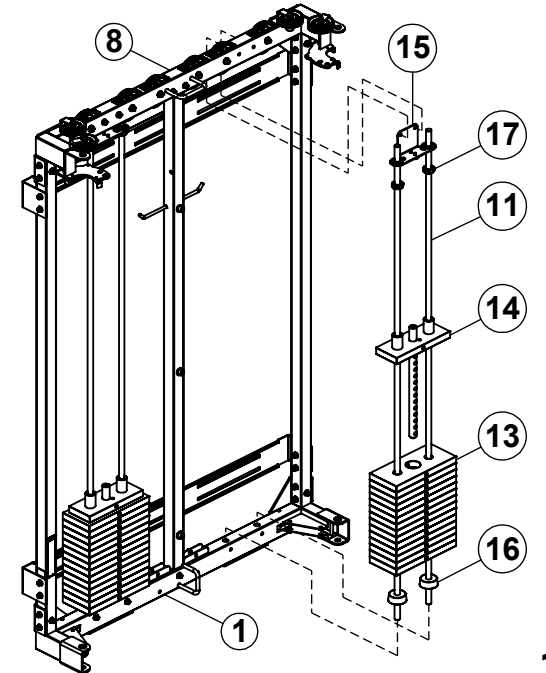
### STEP 8 (150 LB OPTION)



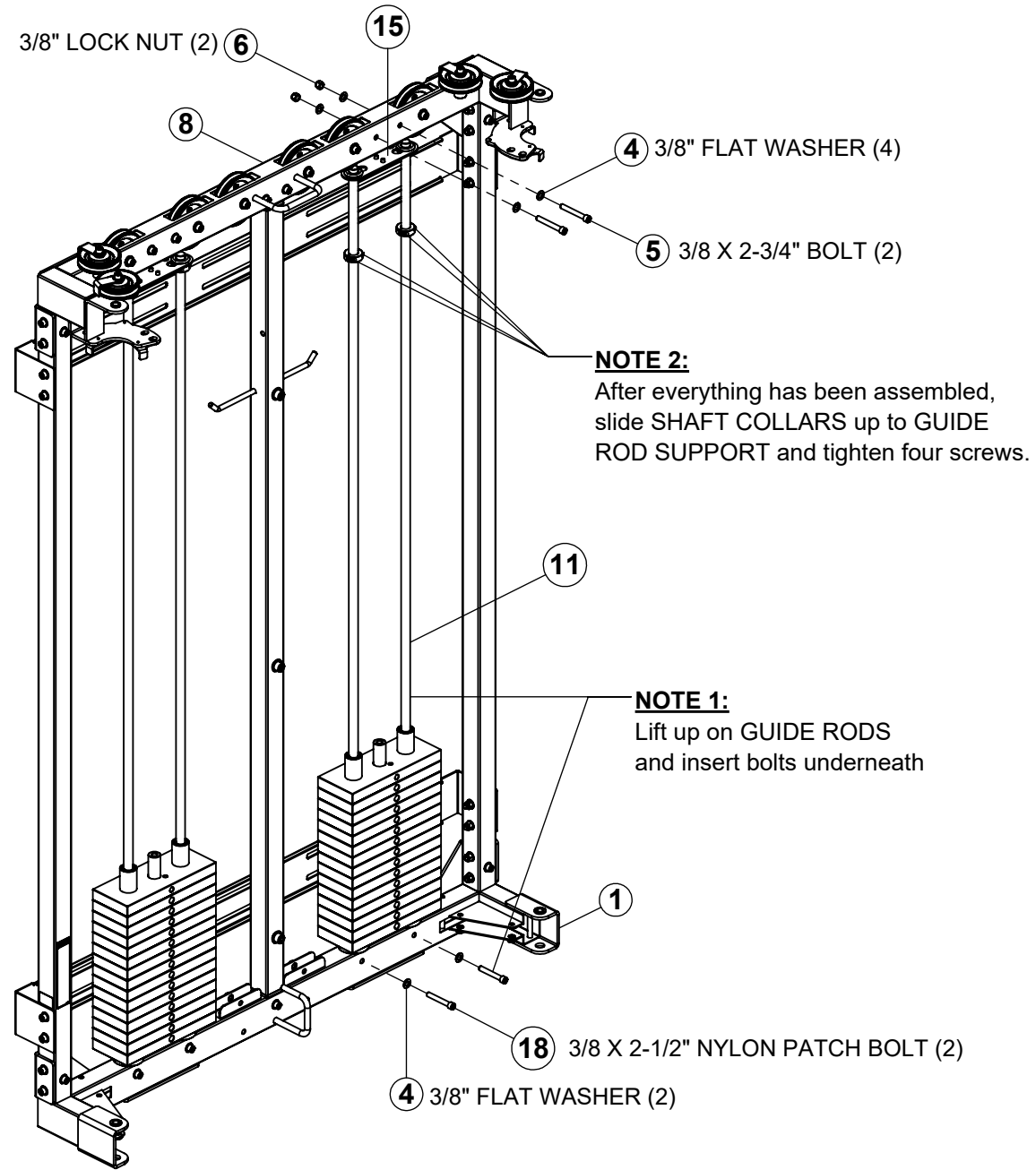
### STEP 8 (200 LB OPTION)



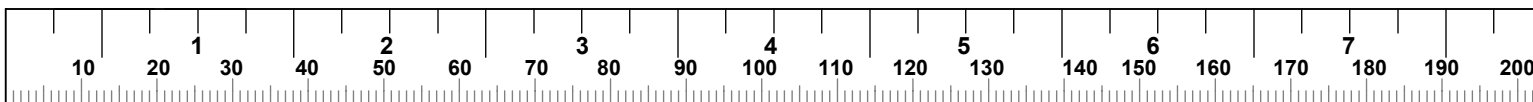
### STEP 8 (225 LB OPTION)



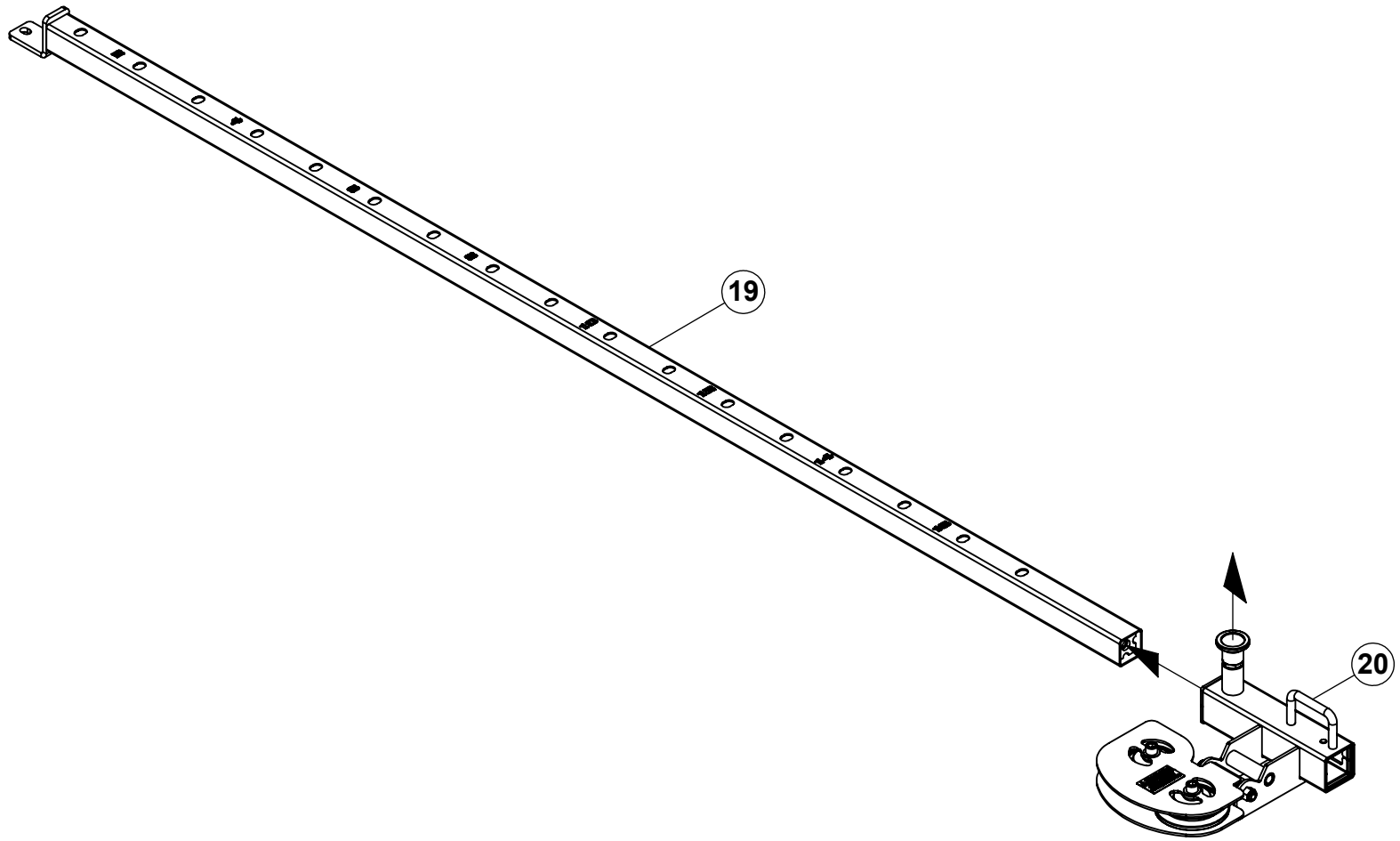
# STEP 9



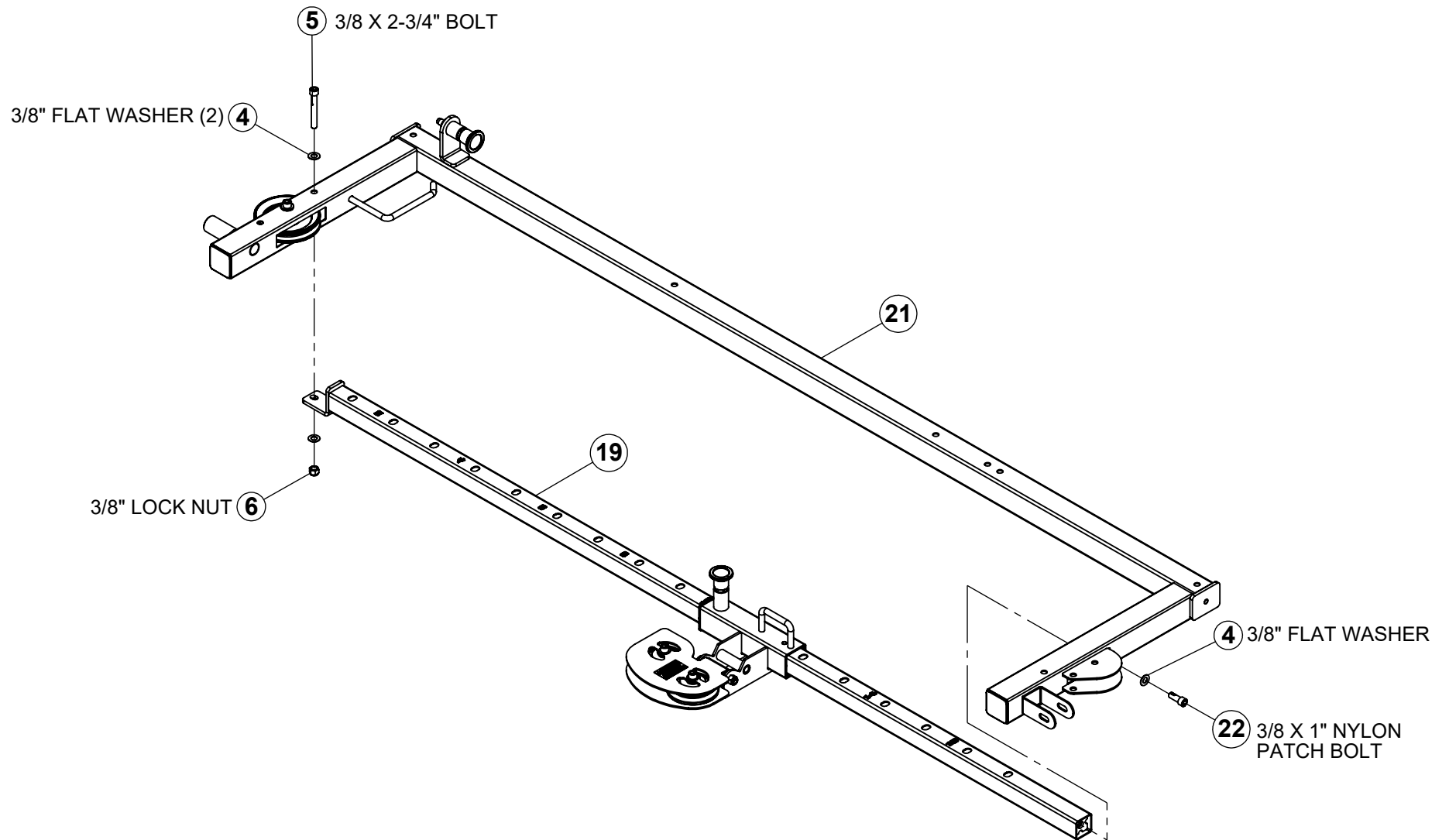
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



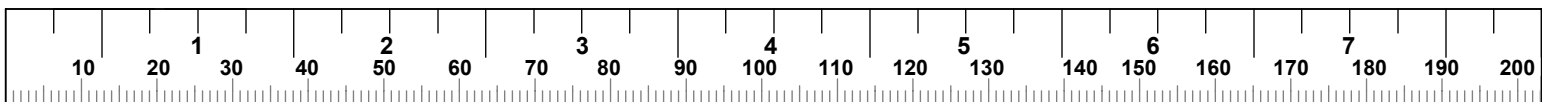
**STEP 10**



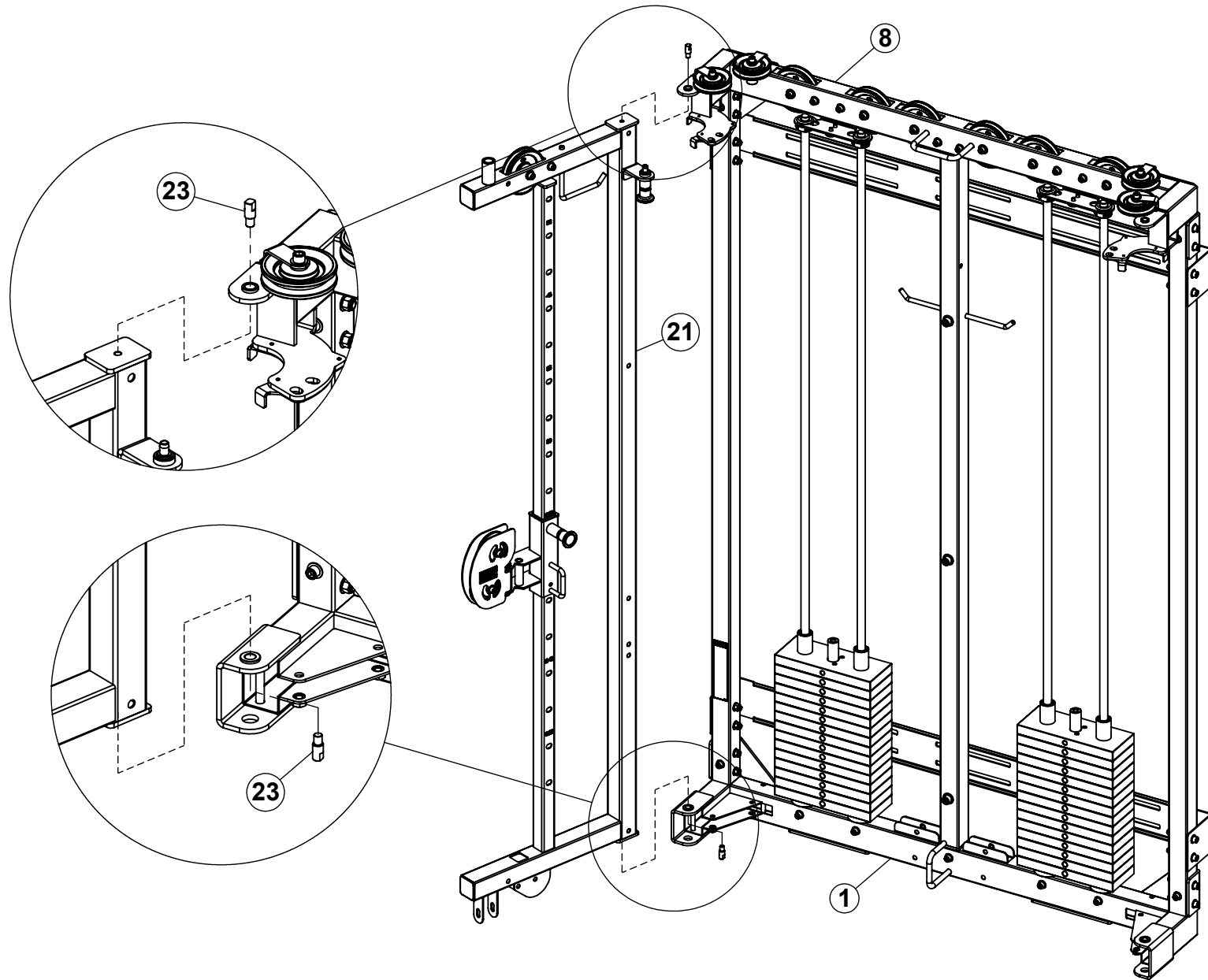
# STEP 11



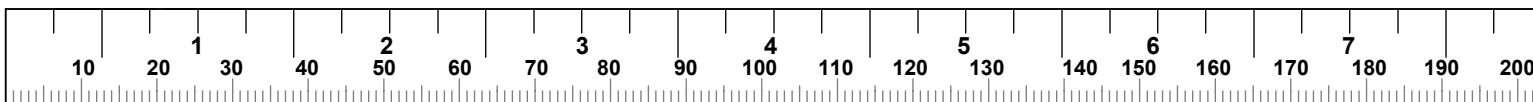
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



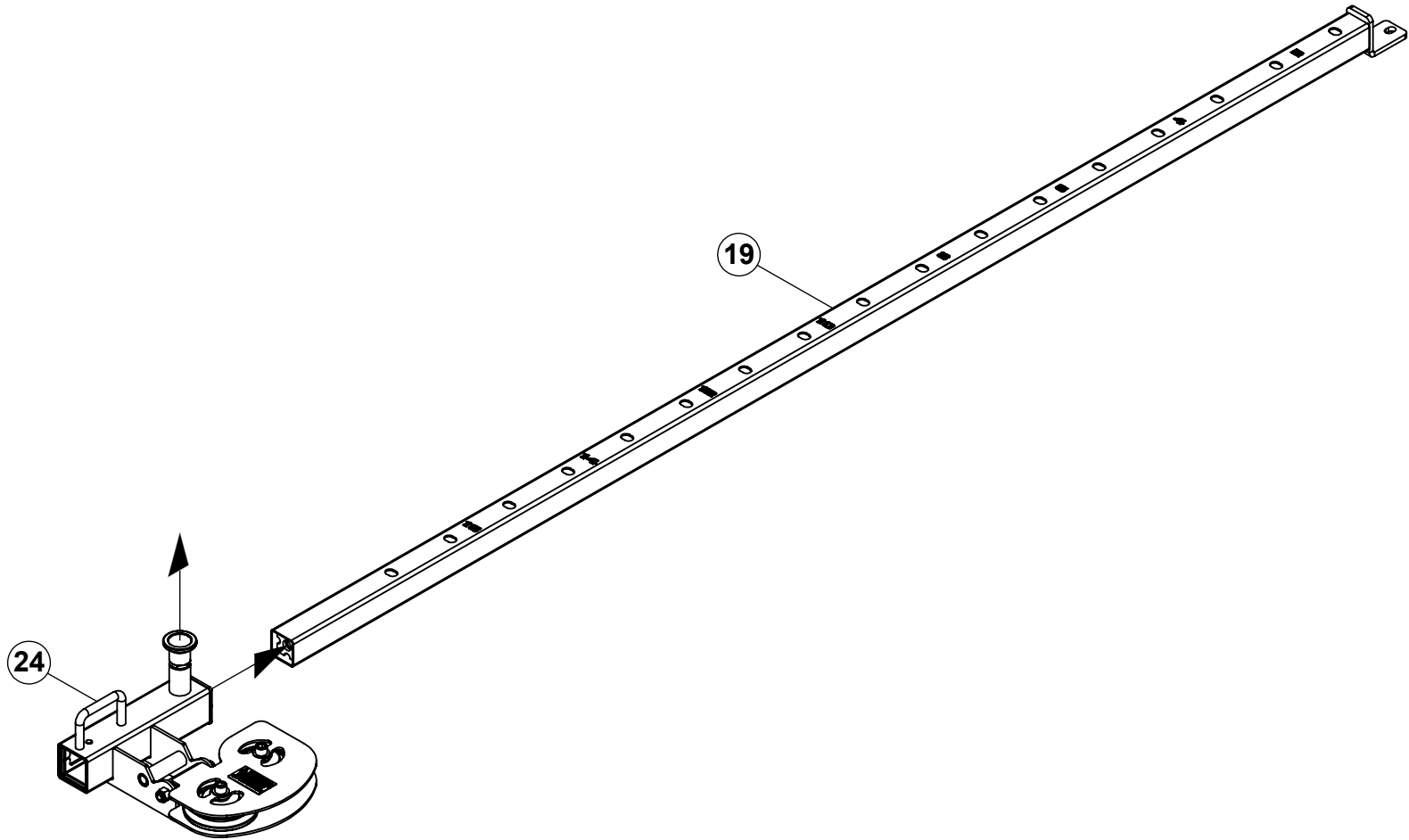
# STEP 12



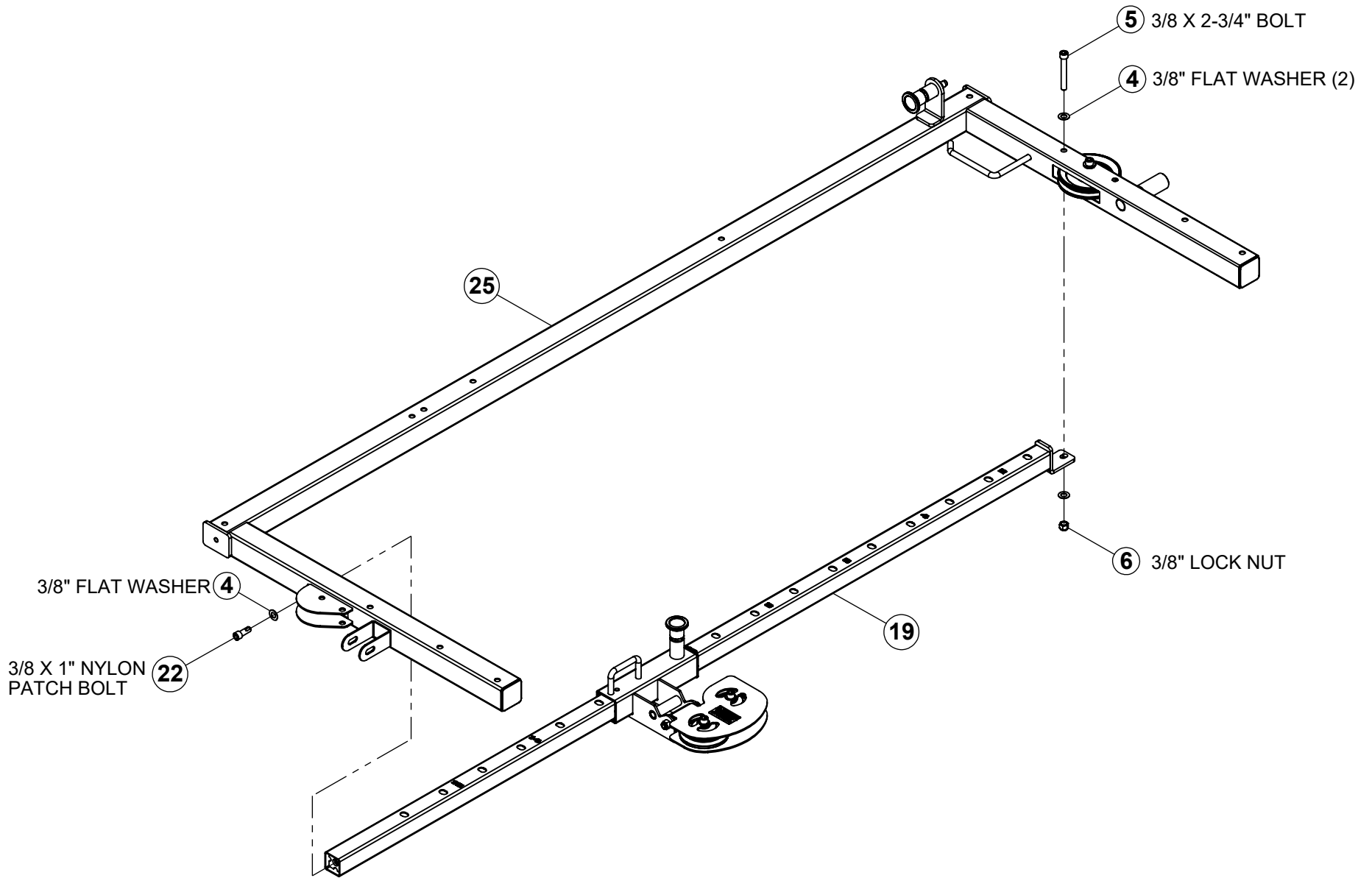
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



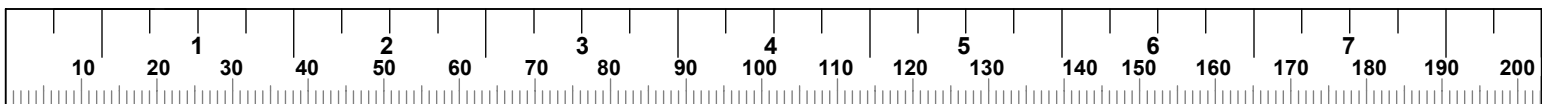
**STEP 13**



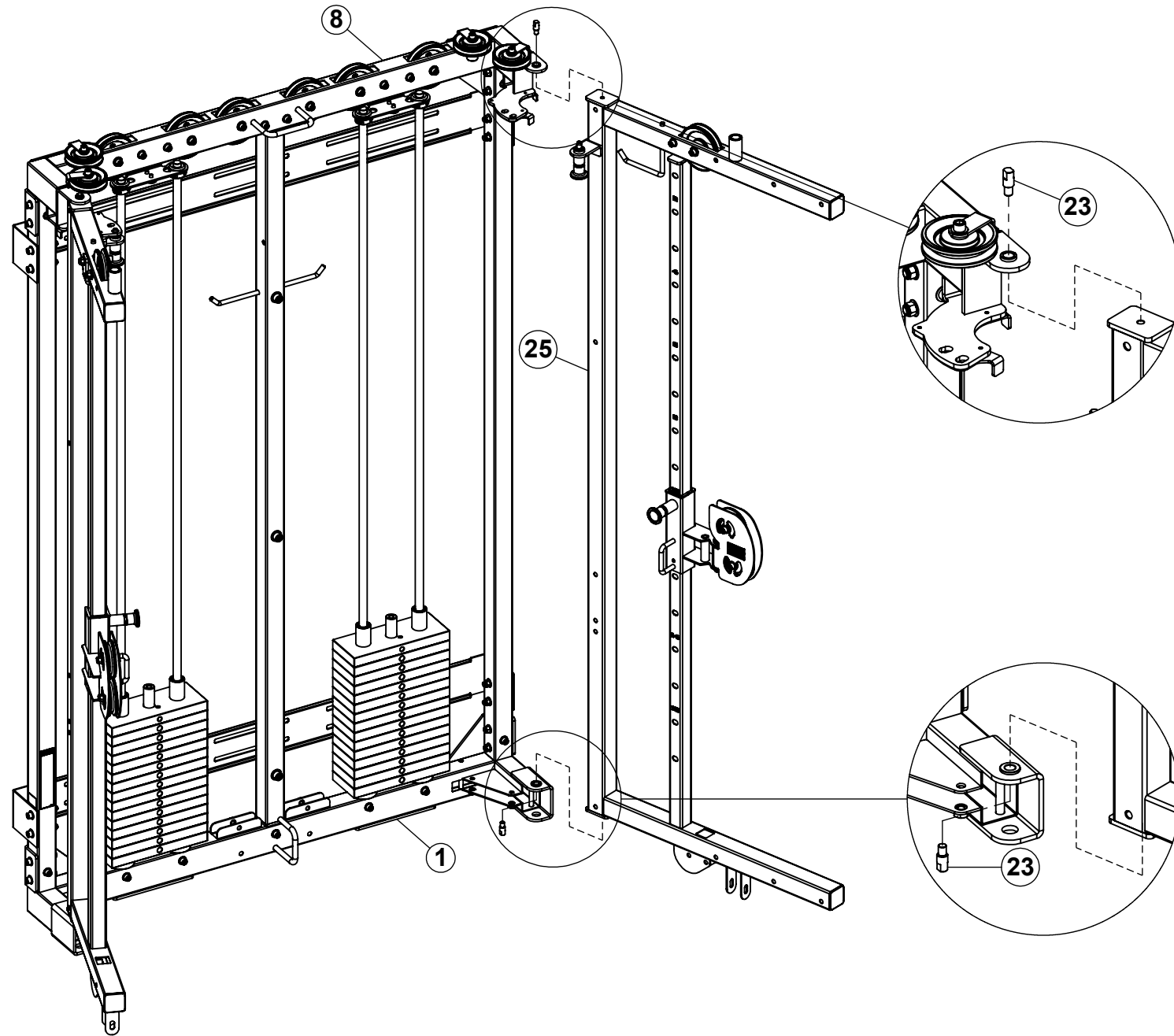
# STEP 14



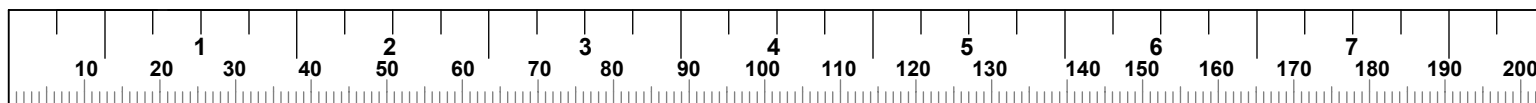
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



# STEP 15



**NOTE:**  
**SECURELY** tighten bolt connections in this step.



# STEP 16

4 3/8" FLAT WASHER (2)

21

6 3/8" LOCK NUT

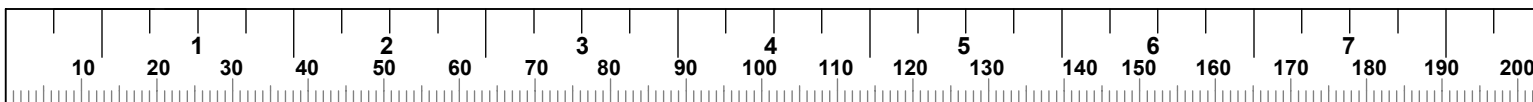
27

26

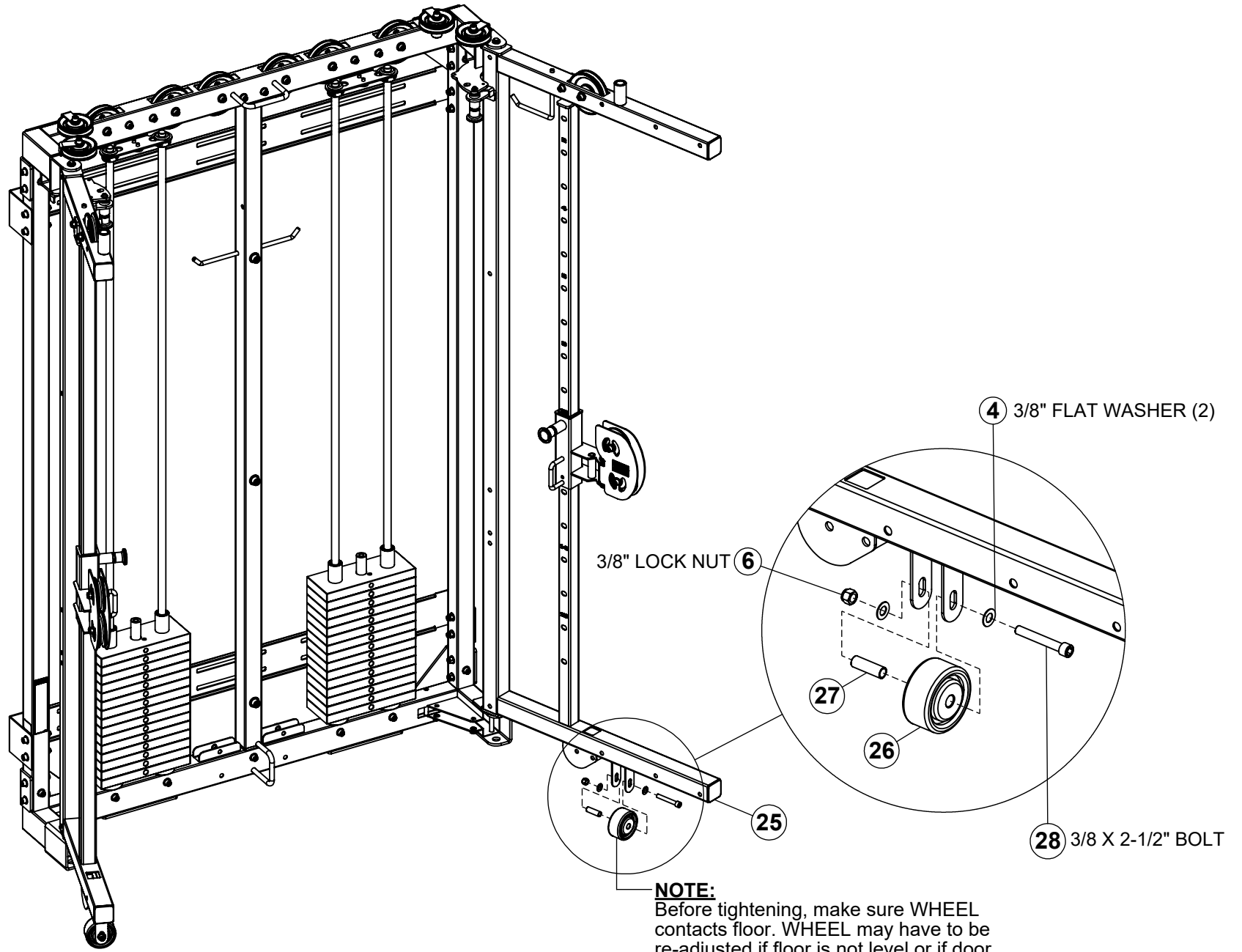
28 3/8 X 2-1/2" BOLT

**NOTE:**  
Before tightening, make sure WHEEL contacts floor. WHEEL may have to be re-adjusted if floor is not level or if door is difficult to open or close

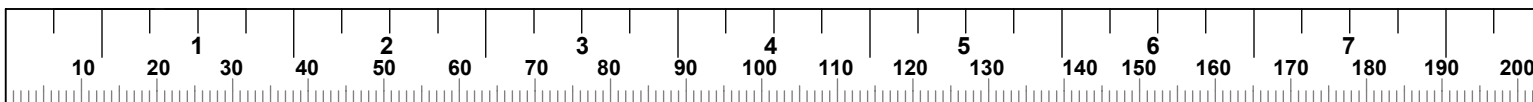
**NOTE:**  
SECURELY tighten bolt connections in this step.



# STEP 17

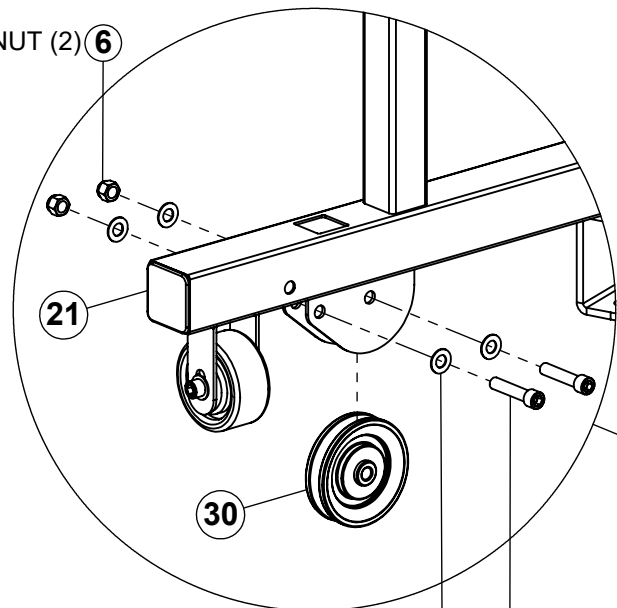


**NOTE:**  
SECURELY tighten bolt connections in this step.



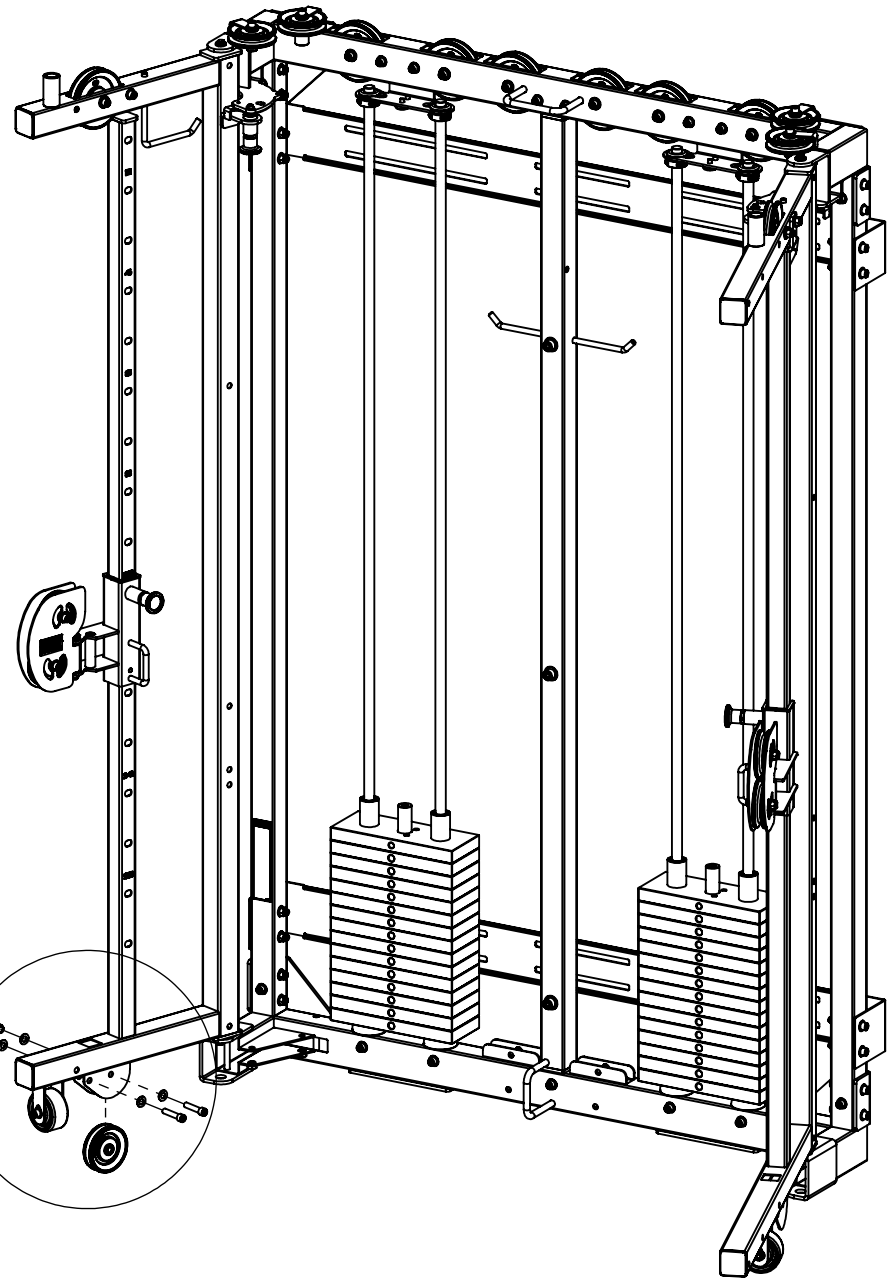
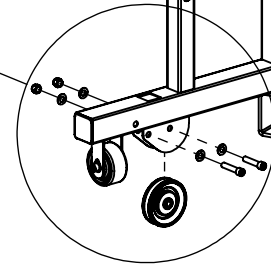
# STEP 18

3/8" LOCK NUT (2) **6**

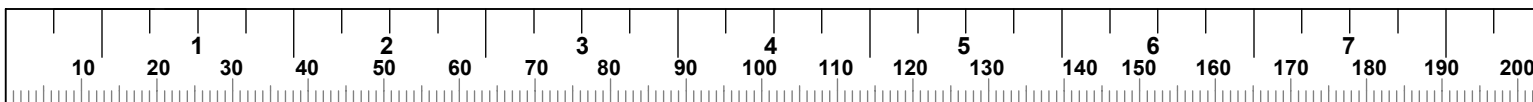


3/8" FLAT WASHER (4) **4**

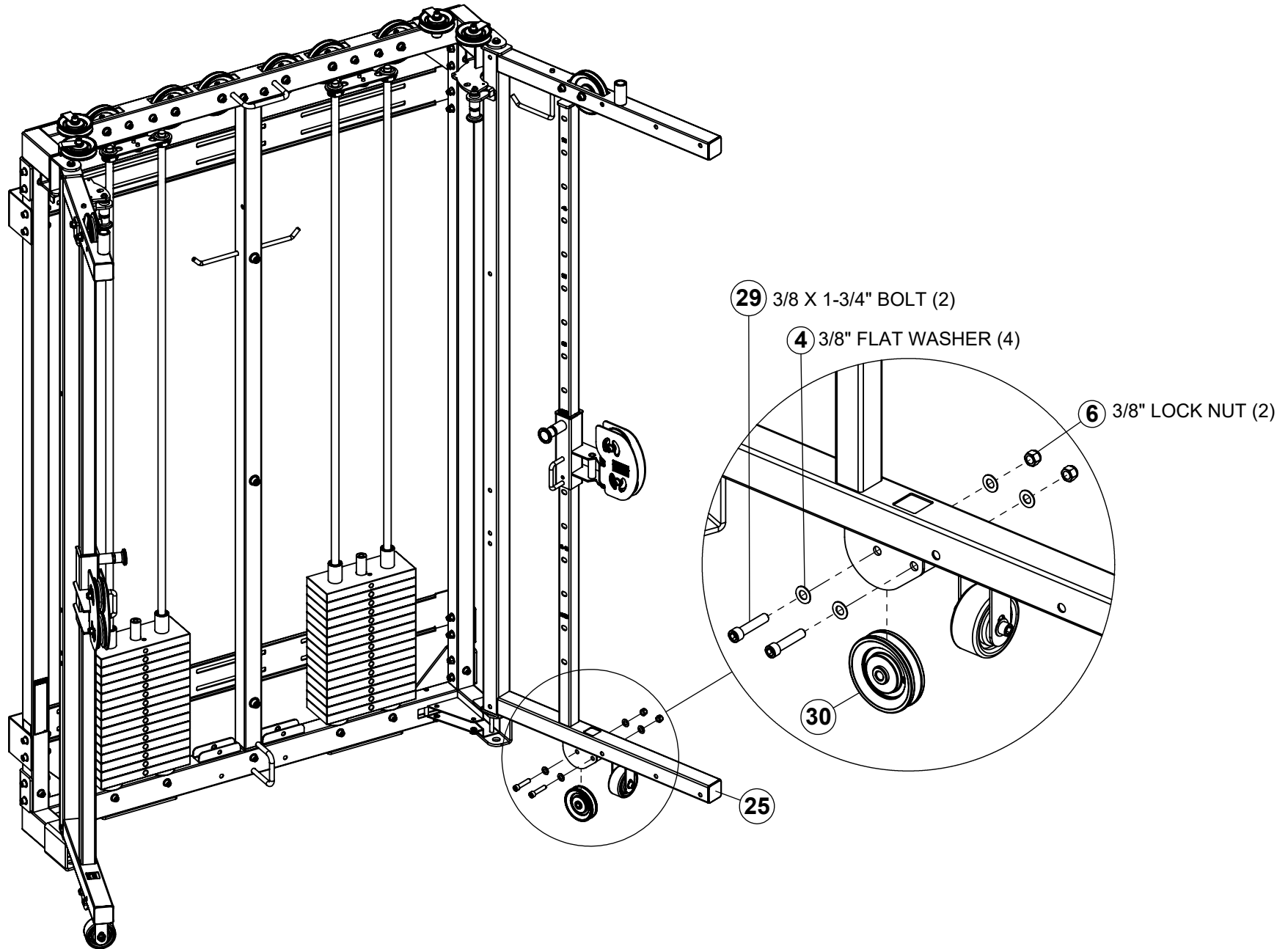
3/8 X 1-3/4" BOLT (2) **29**



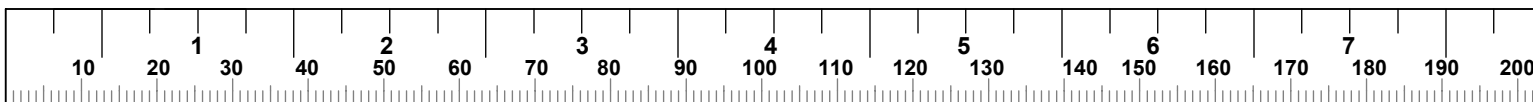
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



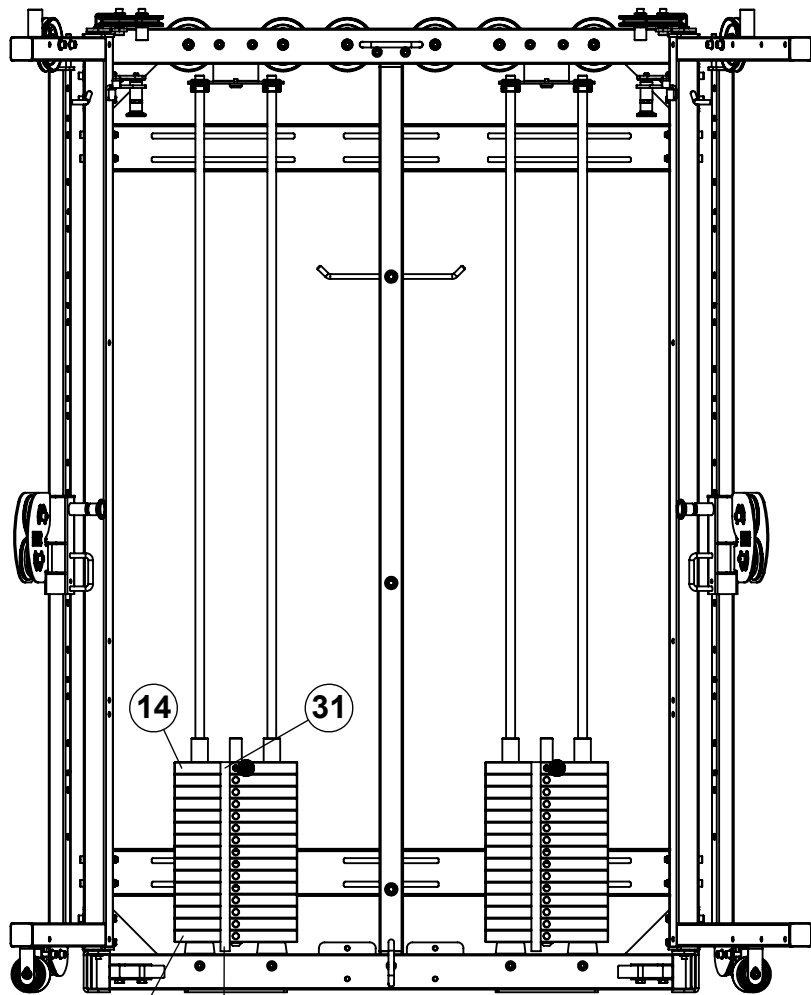
# STEP 19



**NOTE:**  
**SECURELY** tighten bolt connections in this step.

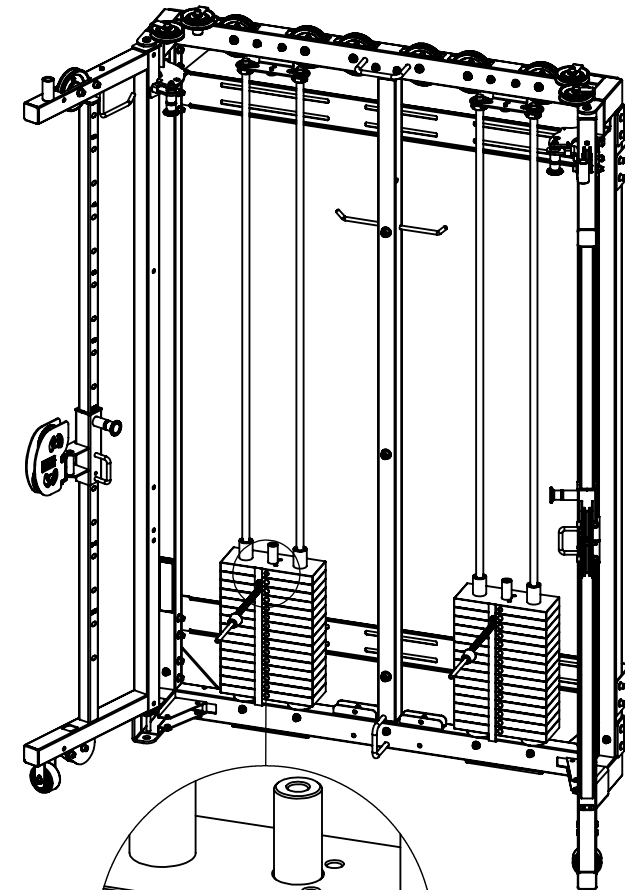


## STEP 20



13 12

**NOTE:**  
Apply the WEIGHT STACK LABELS to the left of the holes on WEIGHT PLATES by following the installation instructions printed on the LABEL

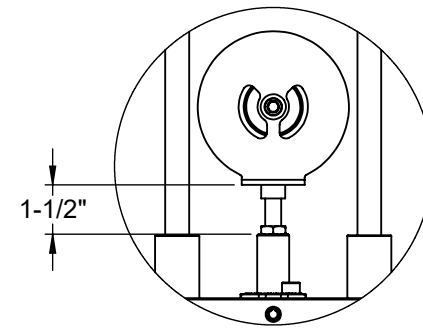
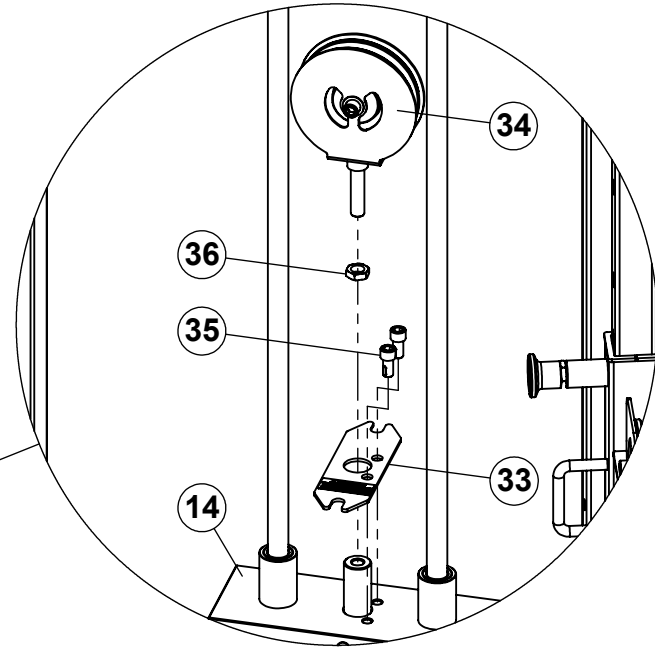
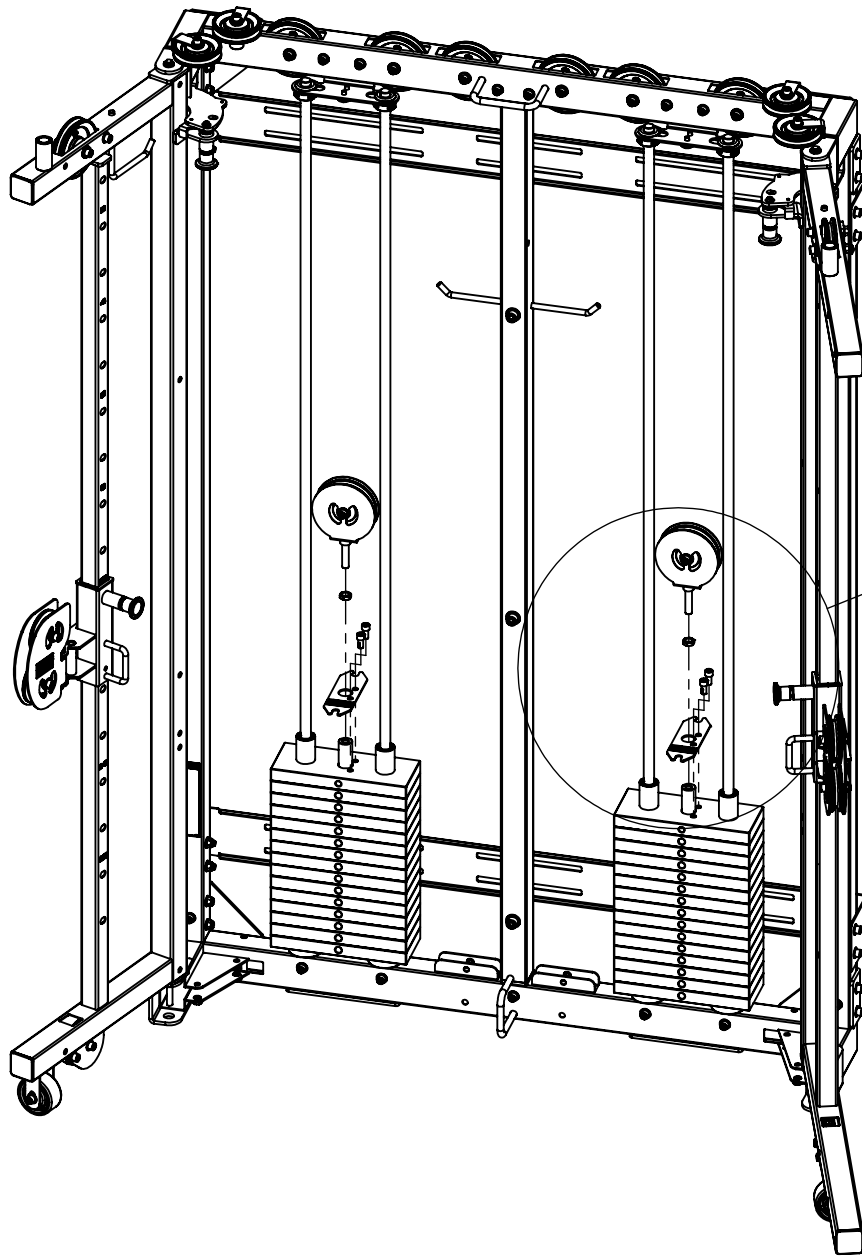


32

14

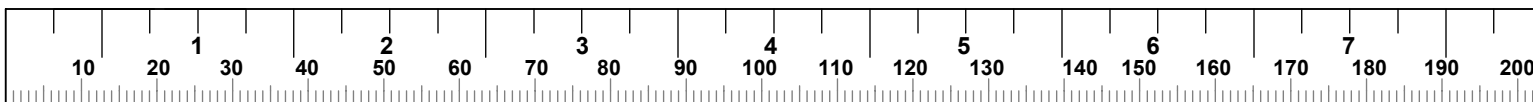
**NOTE:**  
After WEIGHT STACK LABELS have been applied, use a rubber mallet to carefully install INSERT PLUG of the WEIGHT STACK PIN into the center hole of the HEAD PLATE

# STEP 21

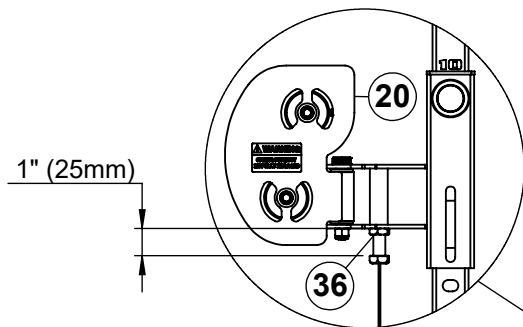


ASSEMBLED VIEW

**NOTE:**  
SECURELY tighten bolt connections in this step.



## STEP 22 (RIGHT CABLE ASSEMBLY)



### STEP 22a:

Thread a JAM NUT on bolt end of CABLE. Thread bolt end of CABLE into CARRIAGE as shown in inset above.

Route CABLE in direction of arrows. See **CAUTIONS** below.

### STEP 22b:

Route ball end of CABLE through DOOR and around PULLEYS. Make sure CABLE is in groove of PULLEY

### NOTE 1:

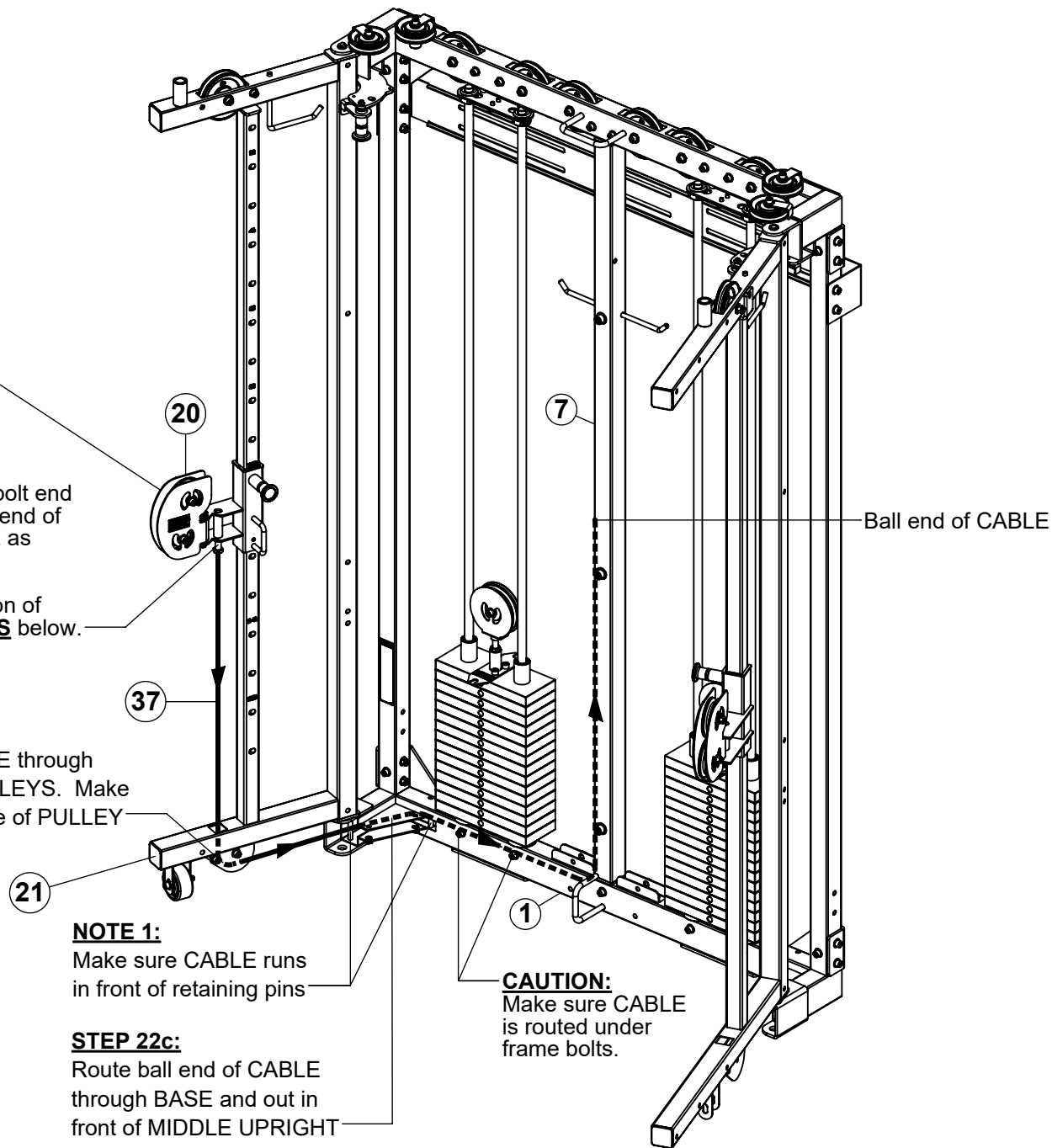
Make sure CABLE runs in front of retaining pins

### STEP 22c:

Route ball end of CABLE through BASE and out in front of MIDDLE UPRIGHT

### CAUTION:

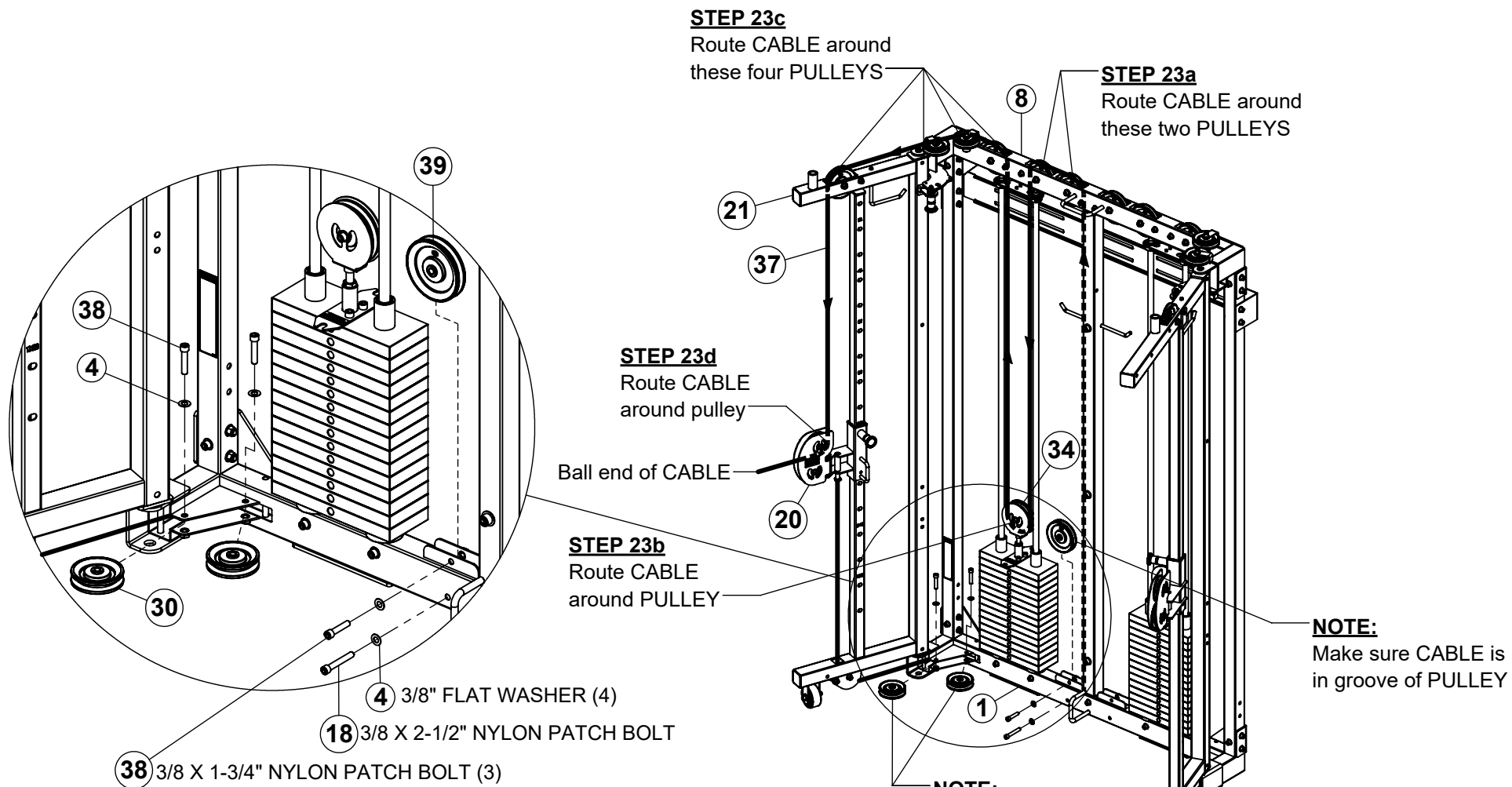
Make sure CABLE is routed under frame bolts.



### CAUTION:

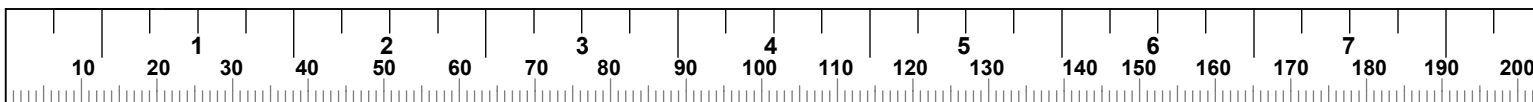
When routing CABLE, make sure CABLE is seated in groove of PULLEYS and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to CABLE.

## STEP 23 (RIGHT CABLE ASSEMBLY)



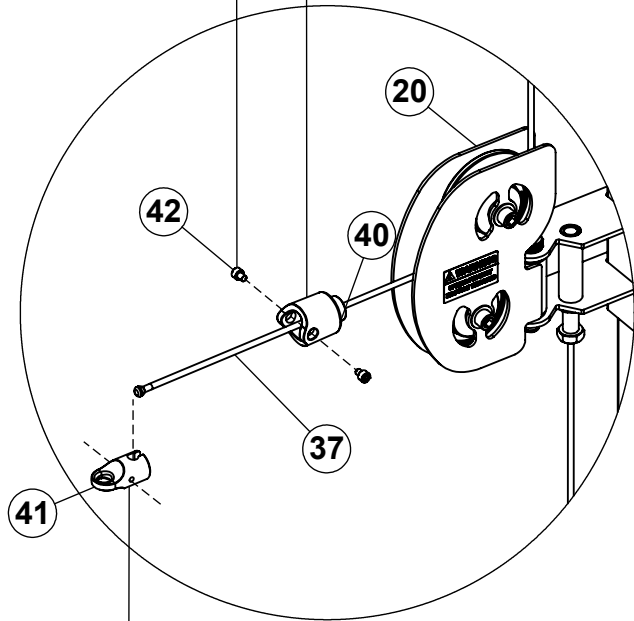
**CAUTION:**  
When routing CABLE, make sure CABLE is seated in groove of PULLEYS and underneath all retaining bolts, pins or brackets.  
**Failure to do so, may result in damage to CABLE.**

**NOTE:**  
**SECURELY** tighten bolt connections in this step.



## STEP 24A (RIGHT CABLE ASSEMBLY)

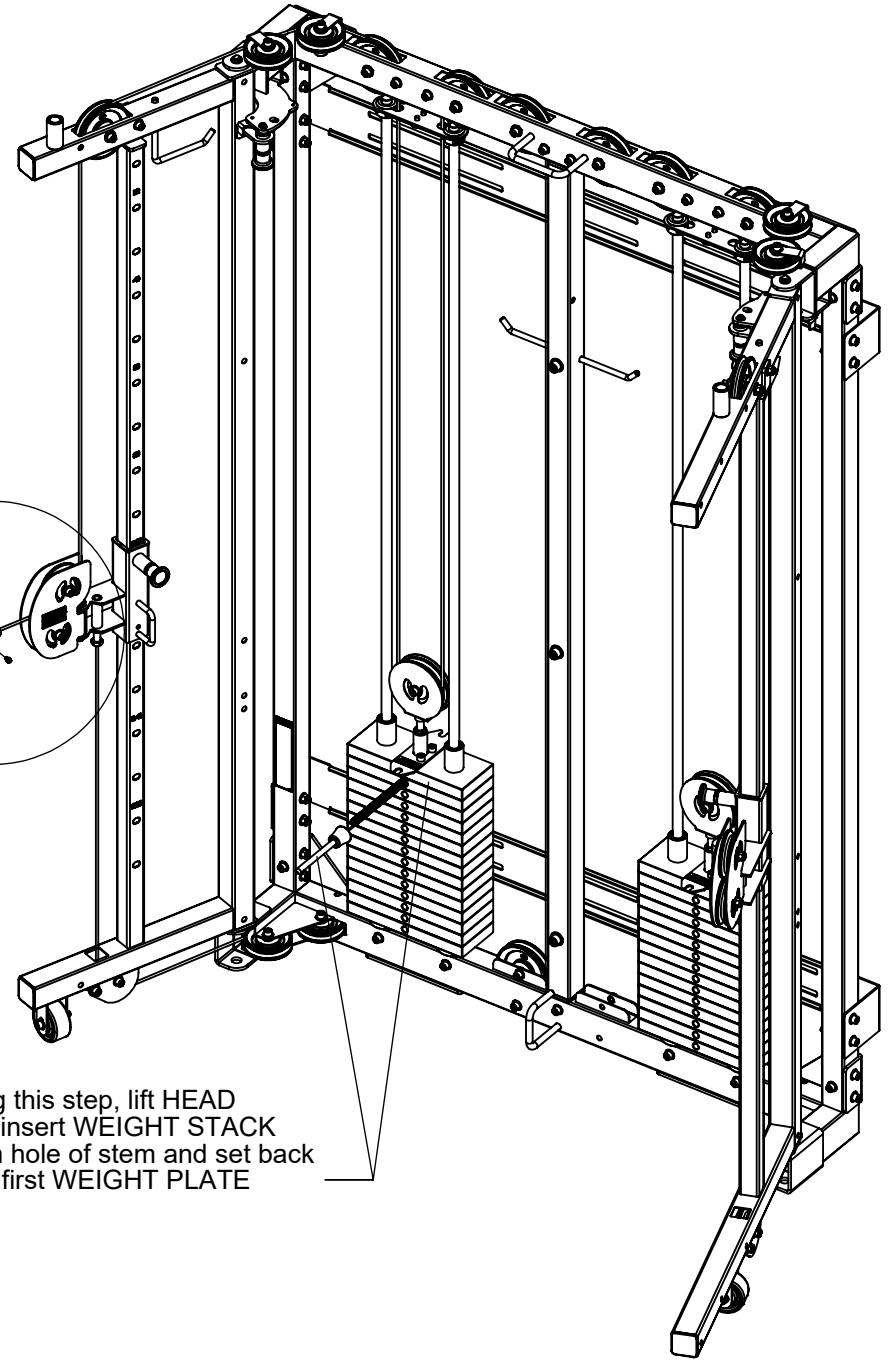
- 3) Assemble 40 to 41
- 1) Slide over CABLE end



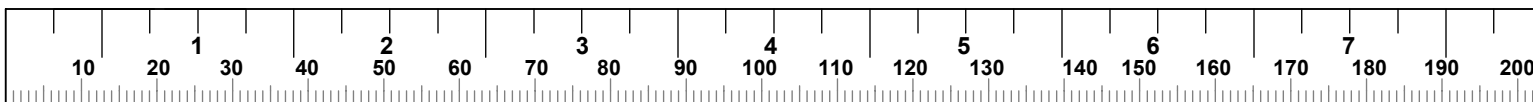
- 2) Slide on to CABLE end

**NOTE:**

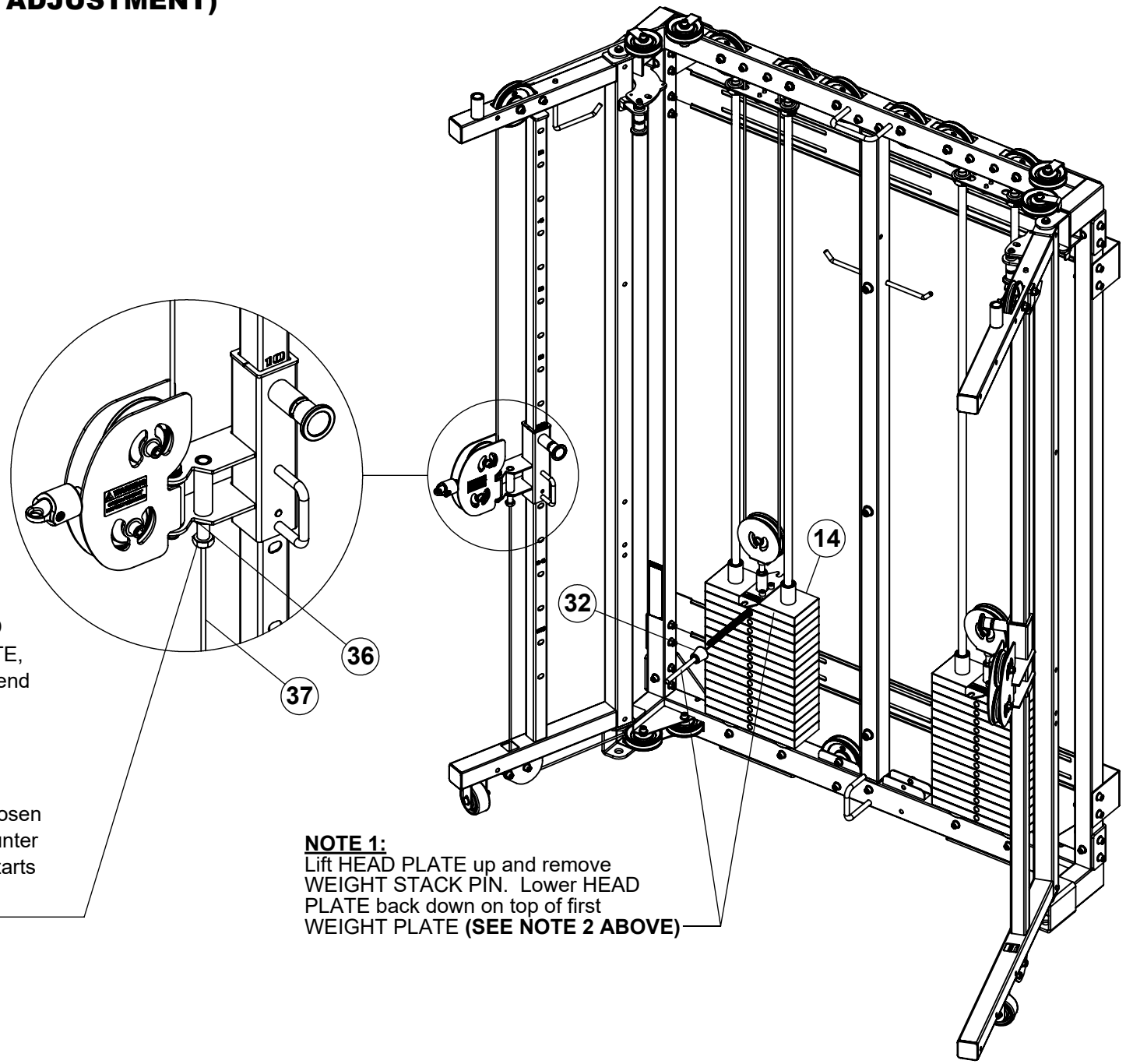
Before beginning this step, lift HEAD PLATE up and insert WEIGHT STACK PIN into bottom hole of stem and set back down on top of first WEIGHT PLATE



**NOTE:**  
**SECURELY** tighten bolt connections in this step.



## STEP 24B (RIGHT CABLE ADJUSTMENT)



### **NOTE 2:**

If there is a gap between HEAD PLATE and first WEIGHT PLATE, loosen JAM NUT and turn bolt end clockwise until HEAD PLATE touches first WEIGHT PLATE.

**SECURELY** tighten JAM NUT.

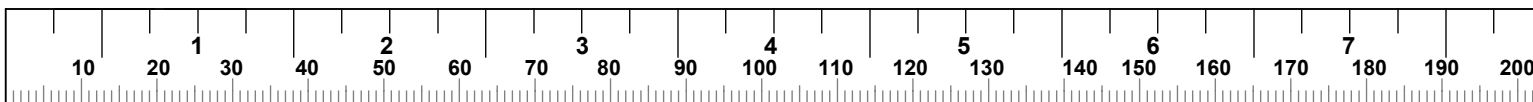
If CABLE has too much slack, loosen JAM NUT and turn bolt end counter clockwise until HEAD PLATE starts lifting off first WEIGHT PLATE.

**SECURELY** tighten JAM NUT.

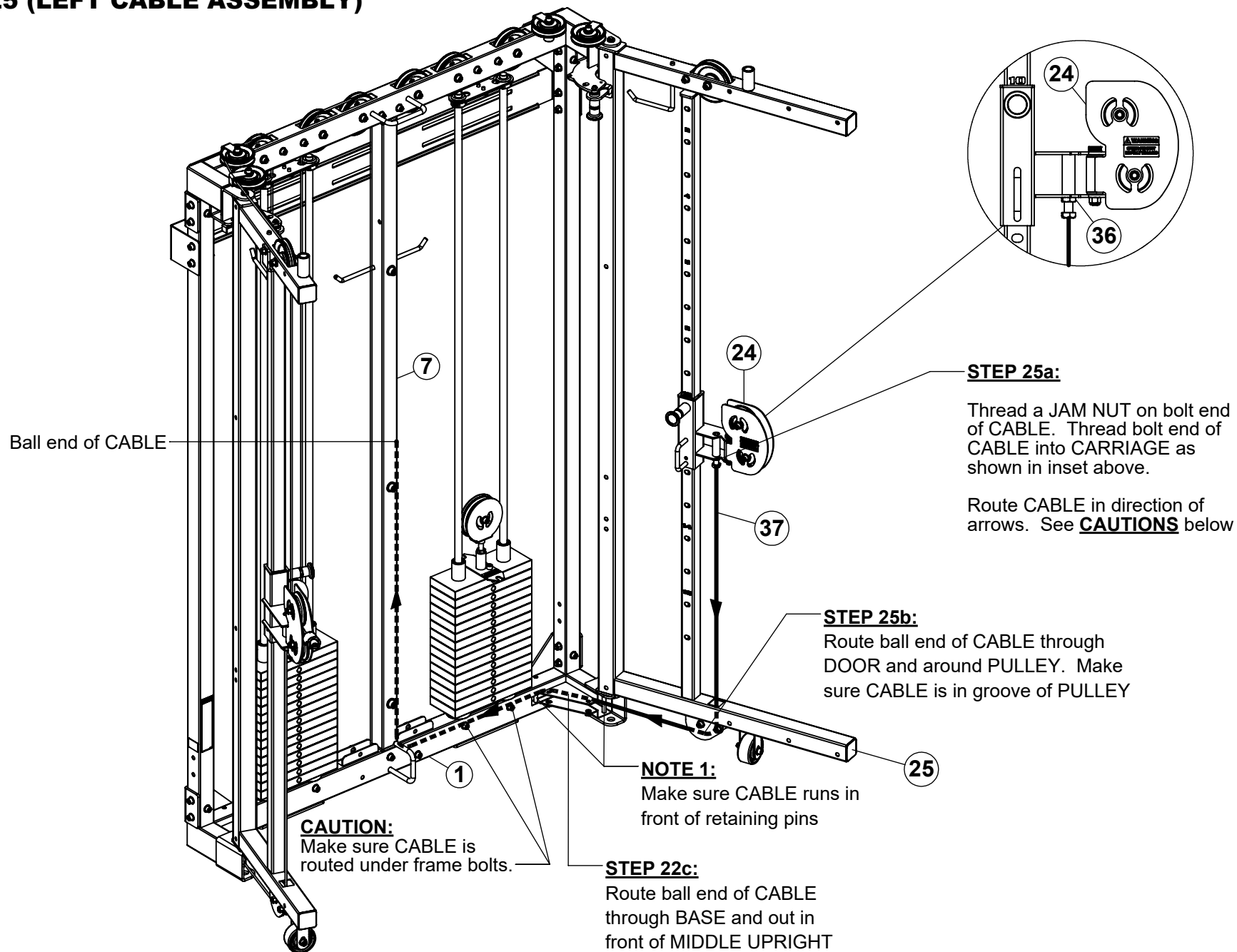
### **NOTE 1:**

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

**NOTE:**  
**SECURELY** tighten bolt connections in this step.



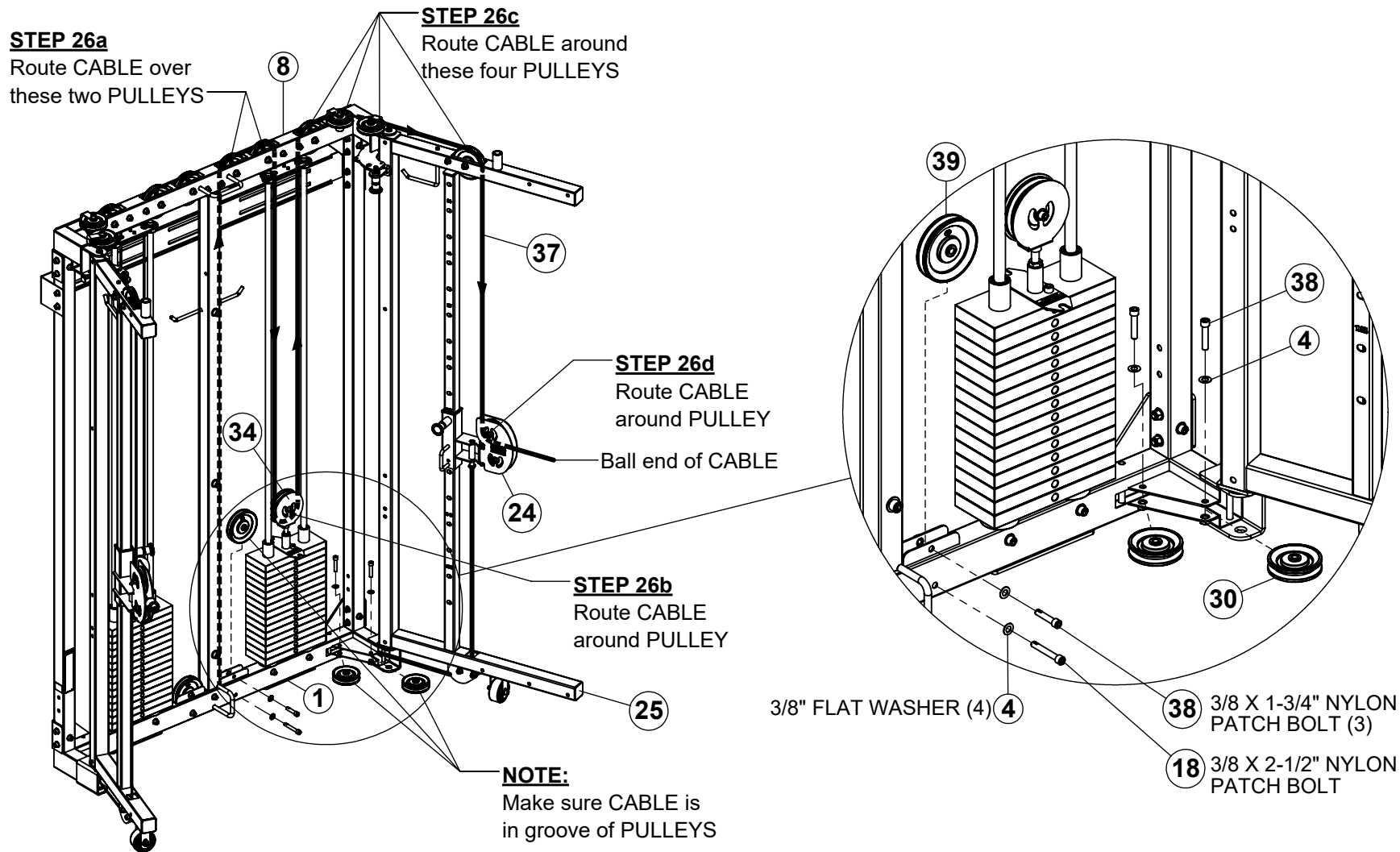
## STEP 25 (LEFT CABLE ASSEMBLY)



### **CAUTION:**

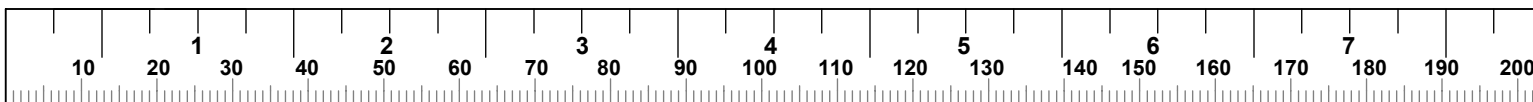
When routing CABLE, make sure CABLE is seated in groove of PULLEYS and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to CABLE.

## STEP 26 (LEFT CABLE ASSEMBLY)

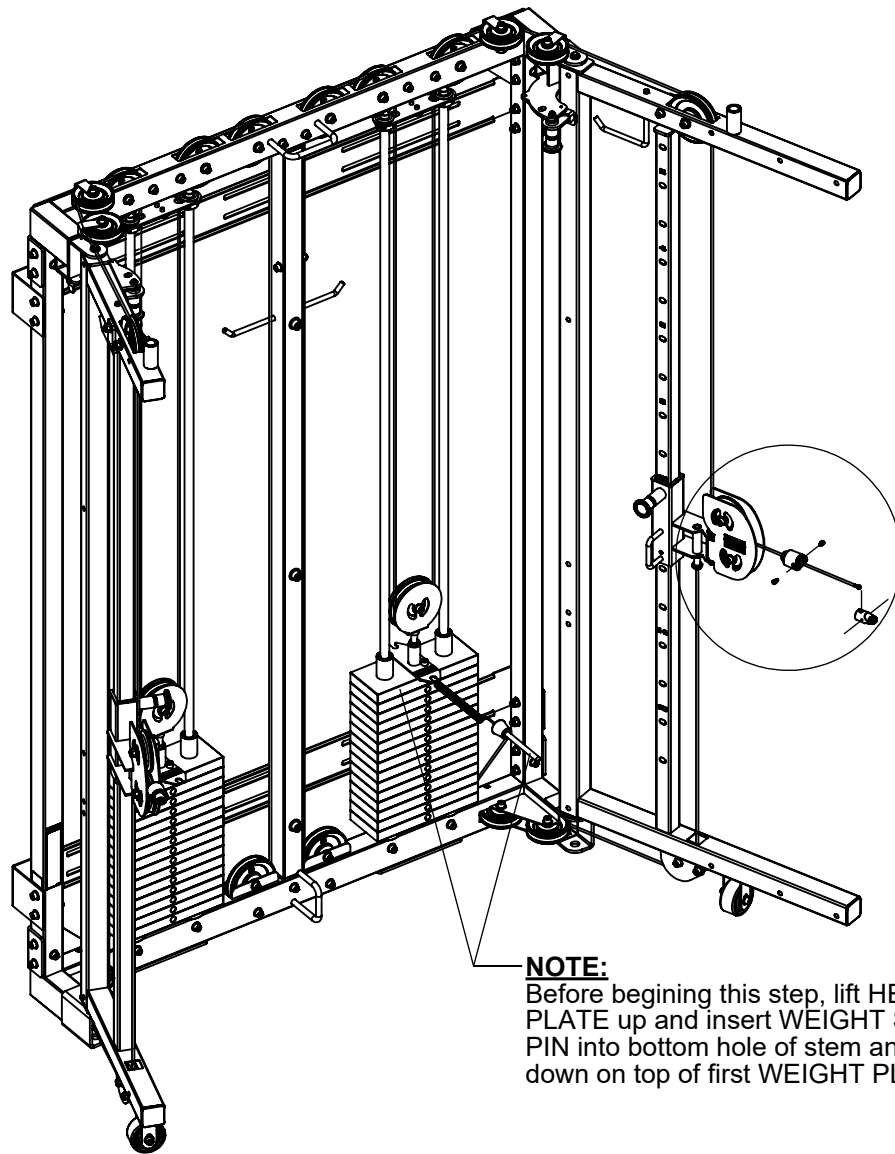


**CAUTION:**  
When routing CABLE, make sure CABLE is seated in groove of PULLEYS and underneath all retaining bolts, pins or brackets.  
**Failure to do so, may result in damage to CABLE.**

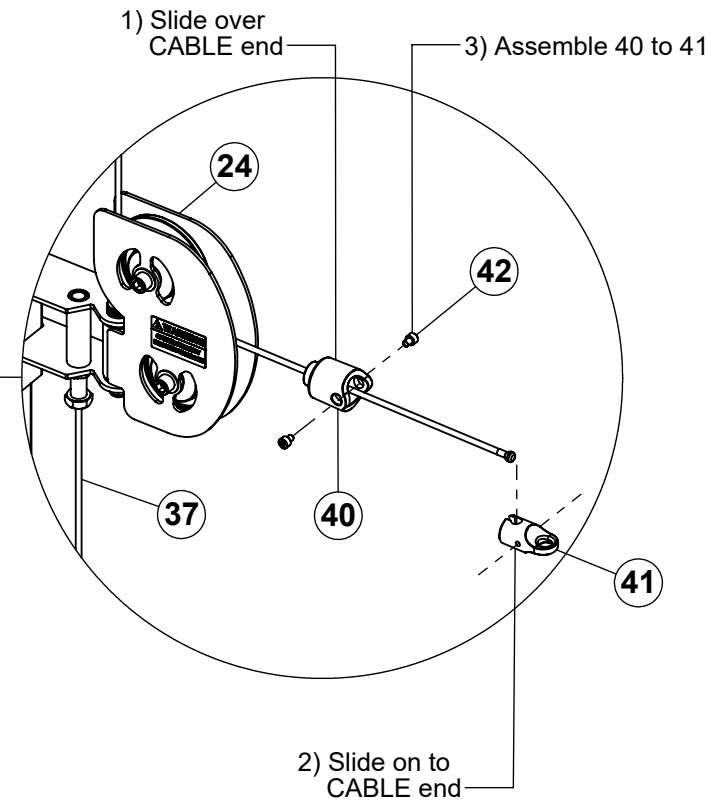
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



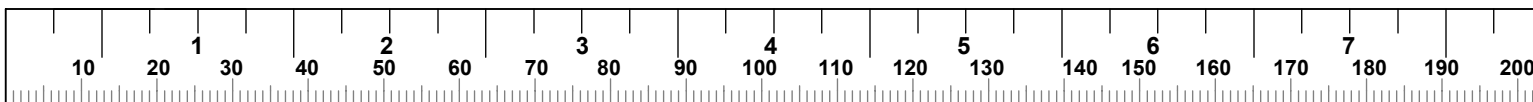
## STEP 27A (LEFT CABLE ASSEMBLY)



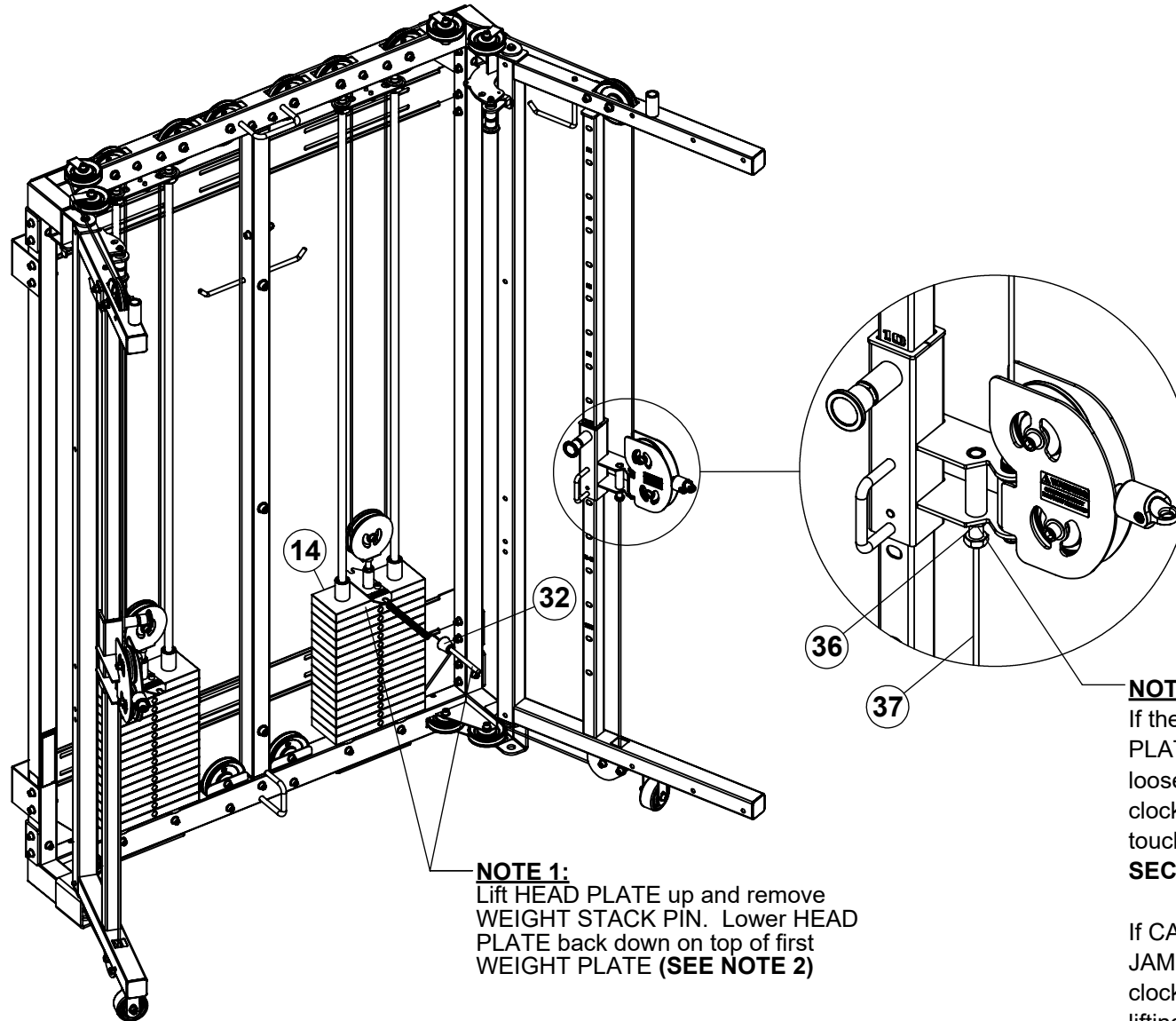
**NOTE:**  
Before beginning this step, lift HEAD PLATE up and insert WEIGHT STACK PIN into bottom hole of stem and set back down on top of first WEIGHT PLATE



**NOTE:**  
**SECURELY** tighten bolt connections in this step.



## STEP 27B (LEFT CABLE ADJUSTMENT)



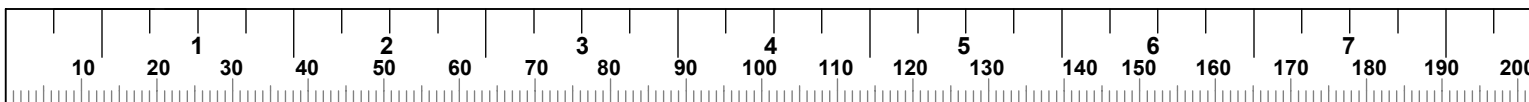
**NOTE 1:**  
Lift HEAD PLATE up and remove WEIGHT STACK PIN. Lower HEAD PLATE back down on top of first WEIGHT PLATE (SEE NOTE 2)

**NOTE 2:**

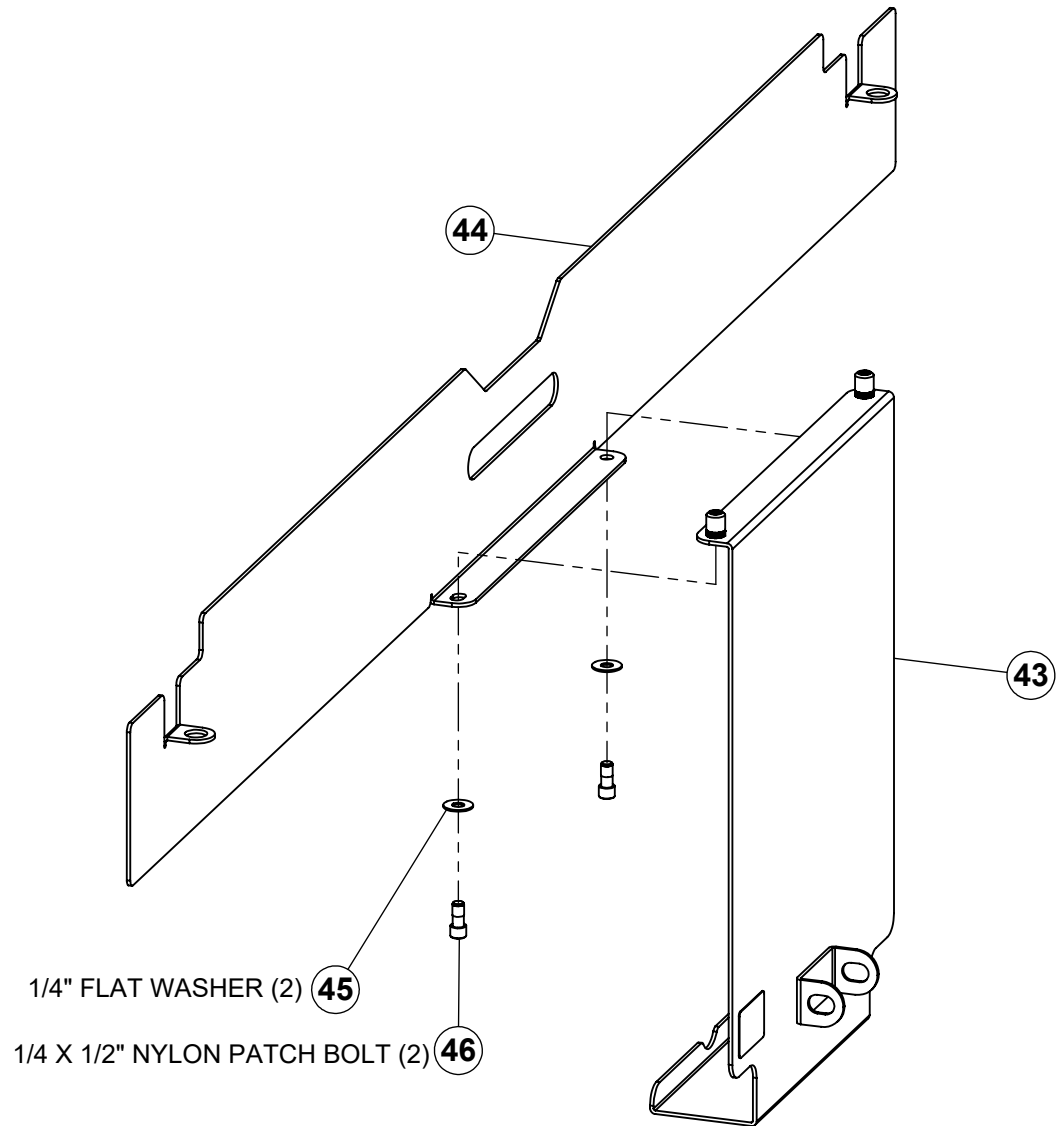
If there is a gap between HEAD PLATE and first WEIGHT PLATE, loosen JAM NUT and turn bolt end clockwise until HEAD PLATE touches first WEIGHT PLATE. **SECURELY** tighten JAM NUT.

If CABLE has too much slack, loosen JAM NUT and turn bolt end counter clockwise until HEAD PLATE starts lifting off first WEIGHT PLATE. **SECURELY** tighten JAM NUT.

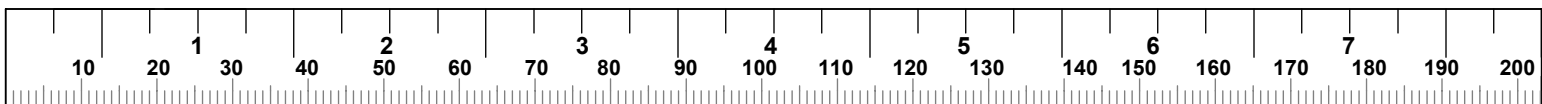
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



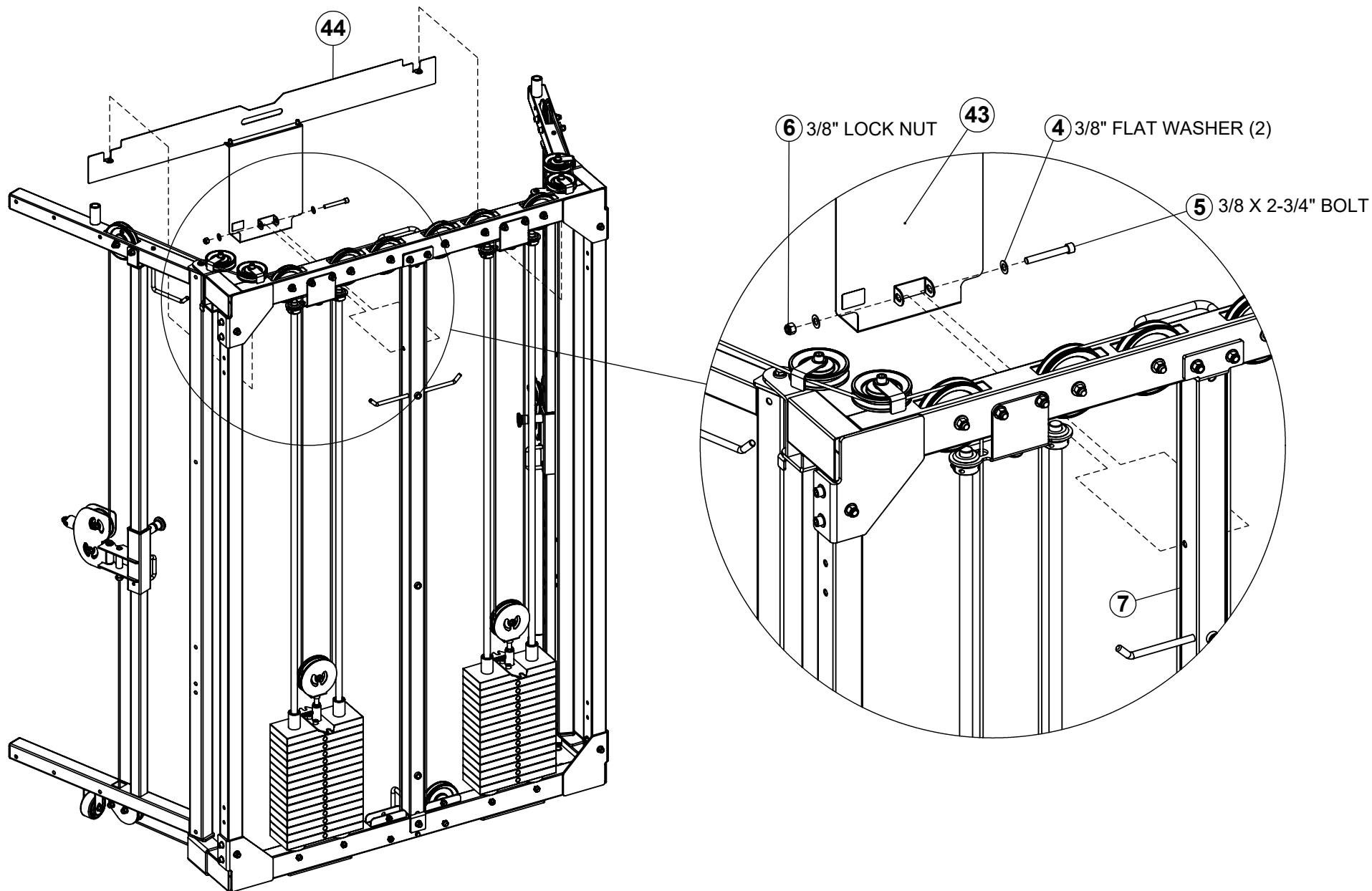
# STEP 28



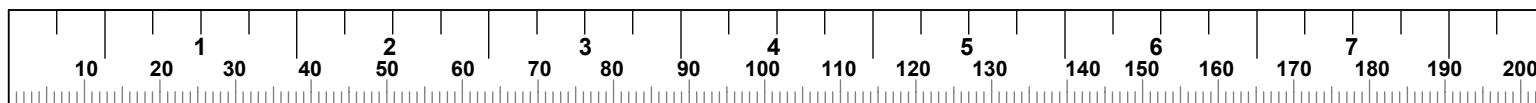
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



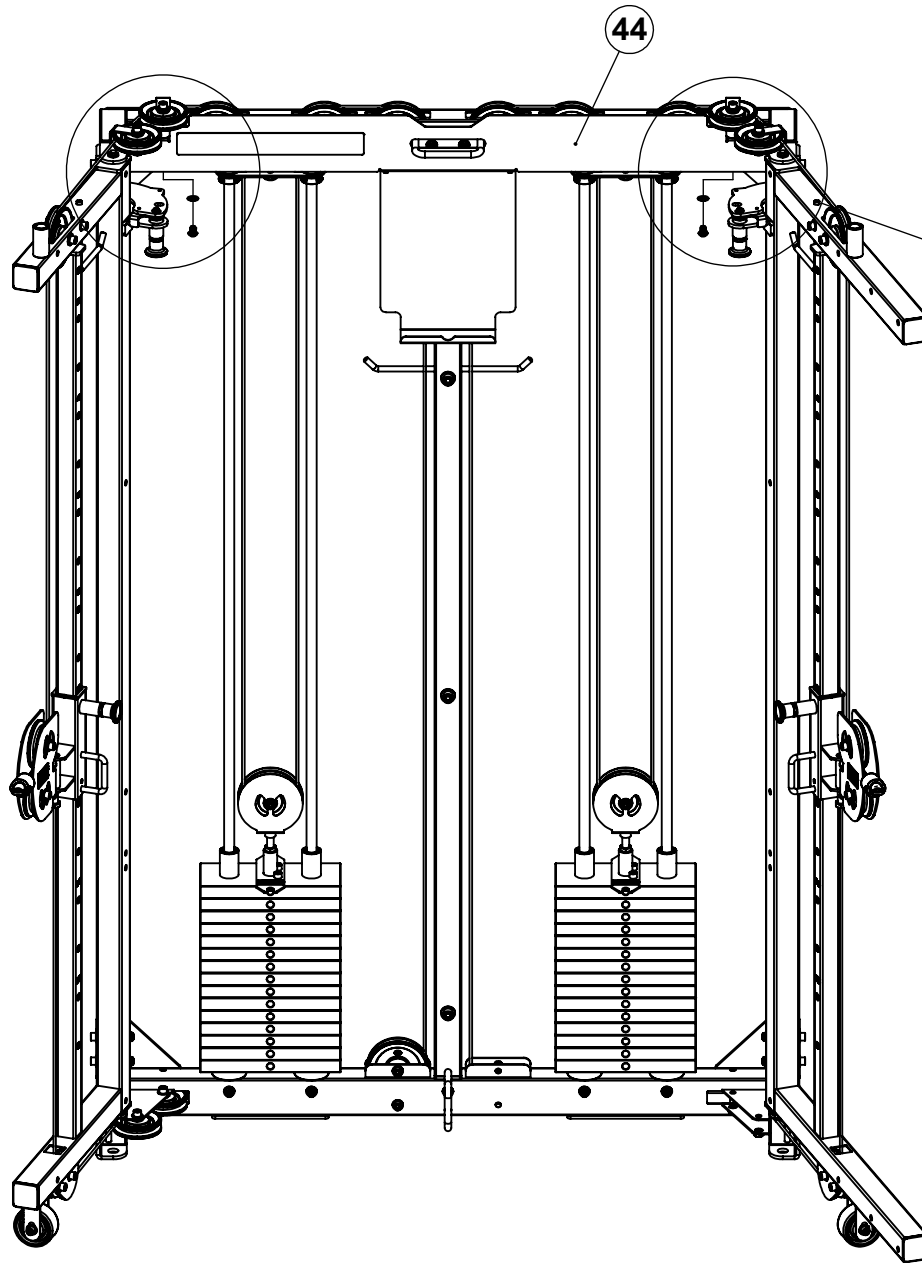
# STEP 29



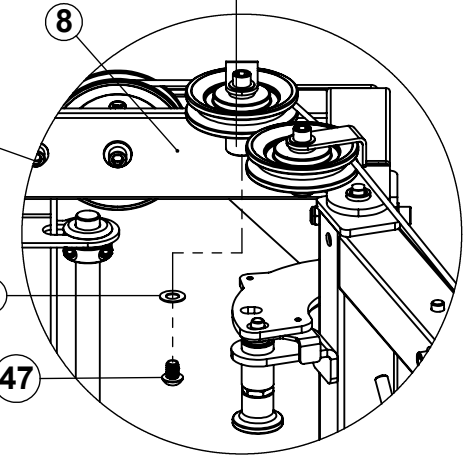
**NOTE:**  
LOOSELY tighten bolt connections in this step.



# STEP 30



**NOTE:**  
Assemble TOP BOOM SHROUD to bottom of pulley shaft (2 places).

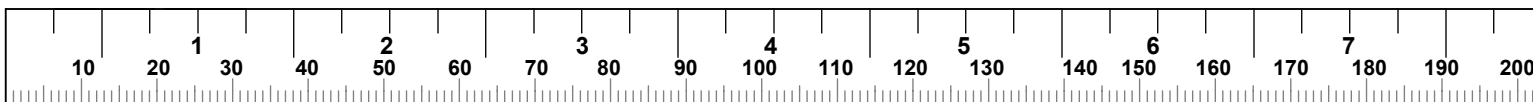


3/8" FLAT WASHER (2) **4**

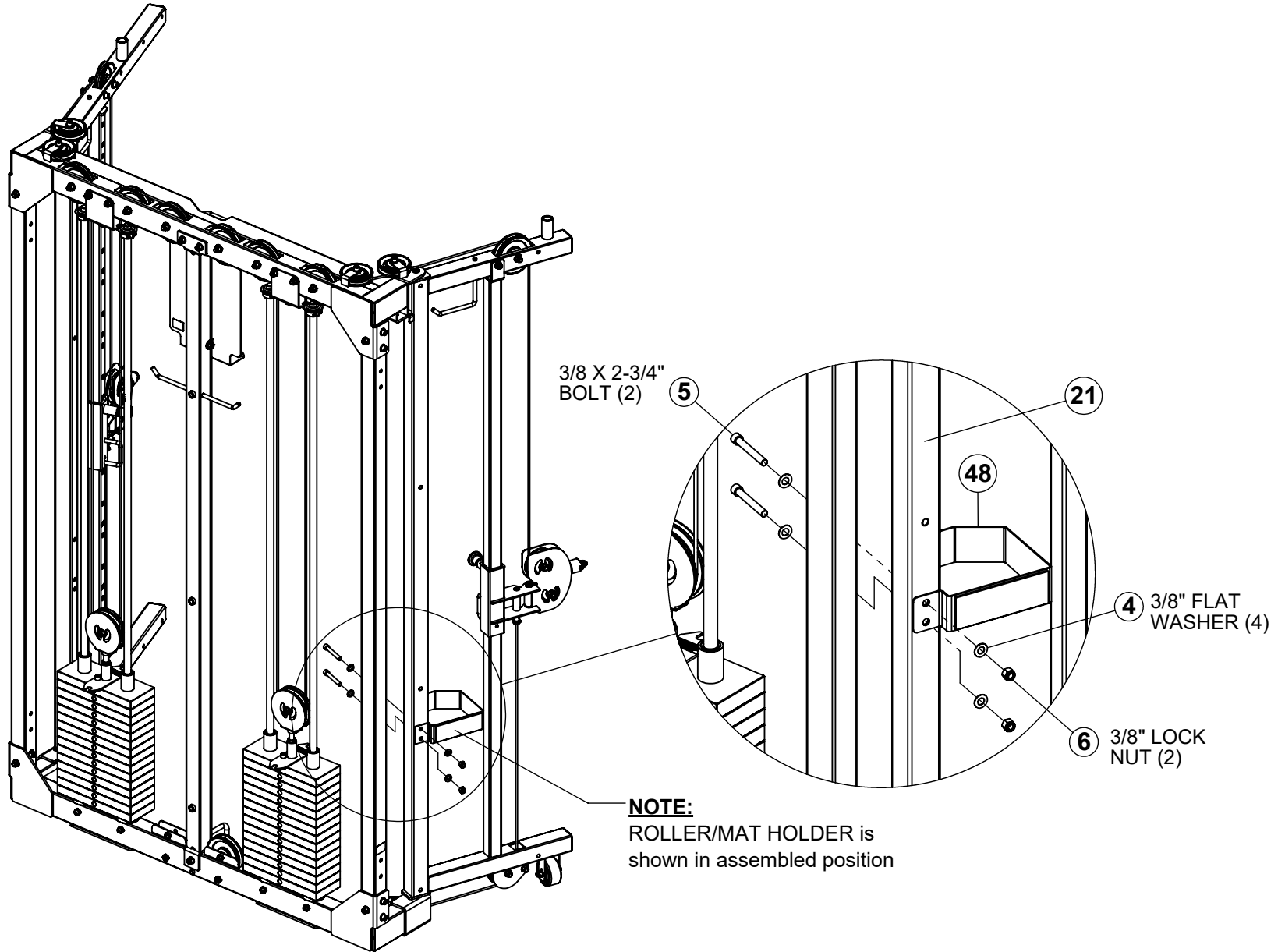
3/8" BUTTON HEAD BOLT (2) **47**

**NOTE:**  
TOP BOOM SHROUD has been hidden for assembly clarity

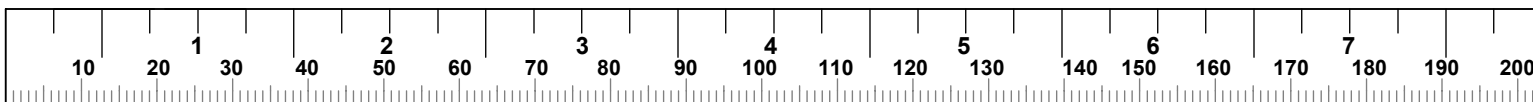
**NOTE:**  
Once this step has been completed, **SECURELY** tighten all bolt connections in this step and previous step.



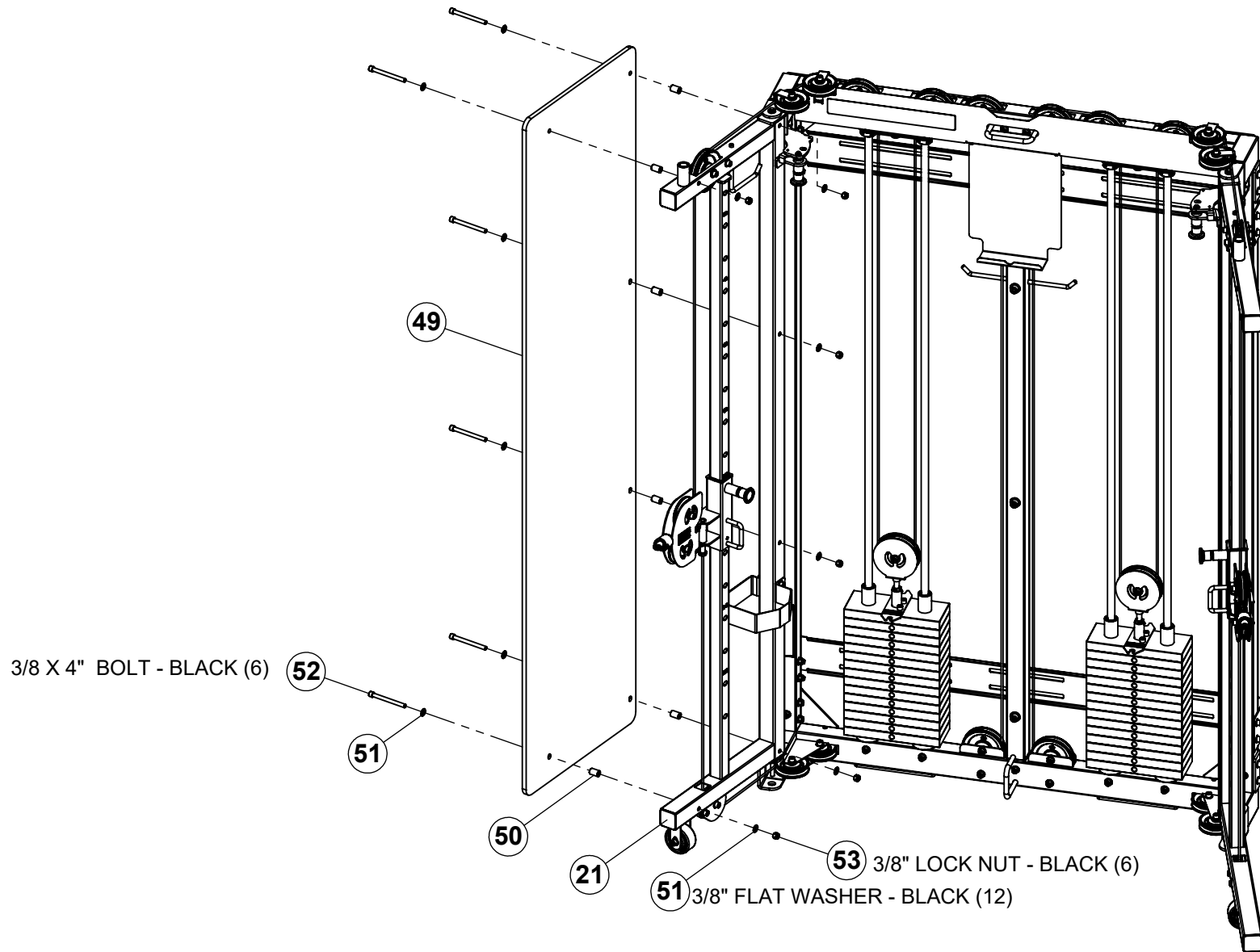
# STEP 31



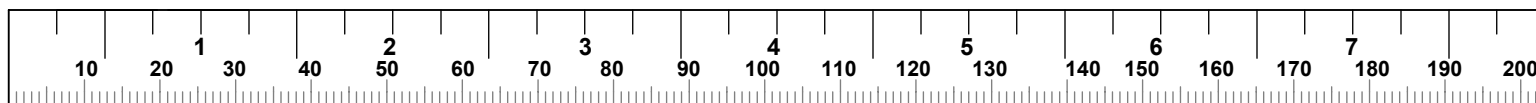
**NOTE:**  
SECURELY tighten bolt connections in this step.



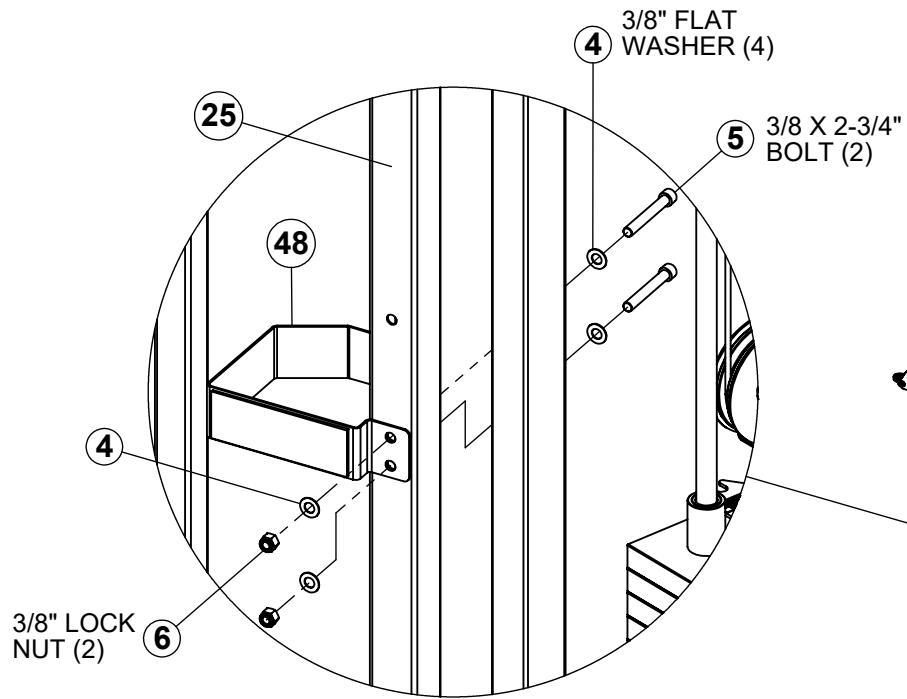
# STEP 32



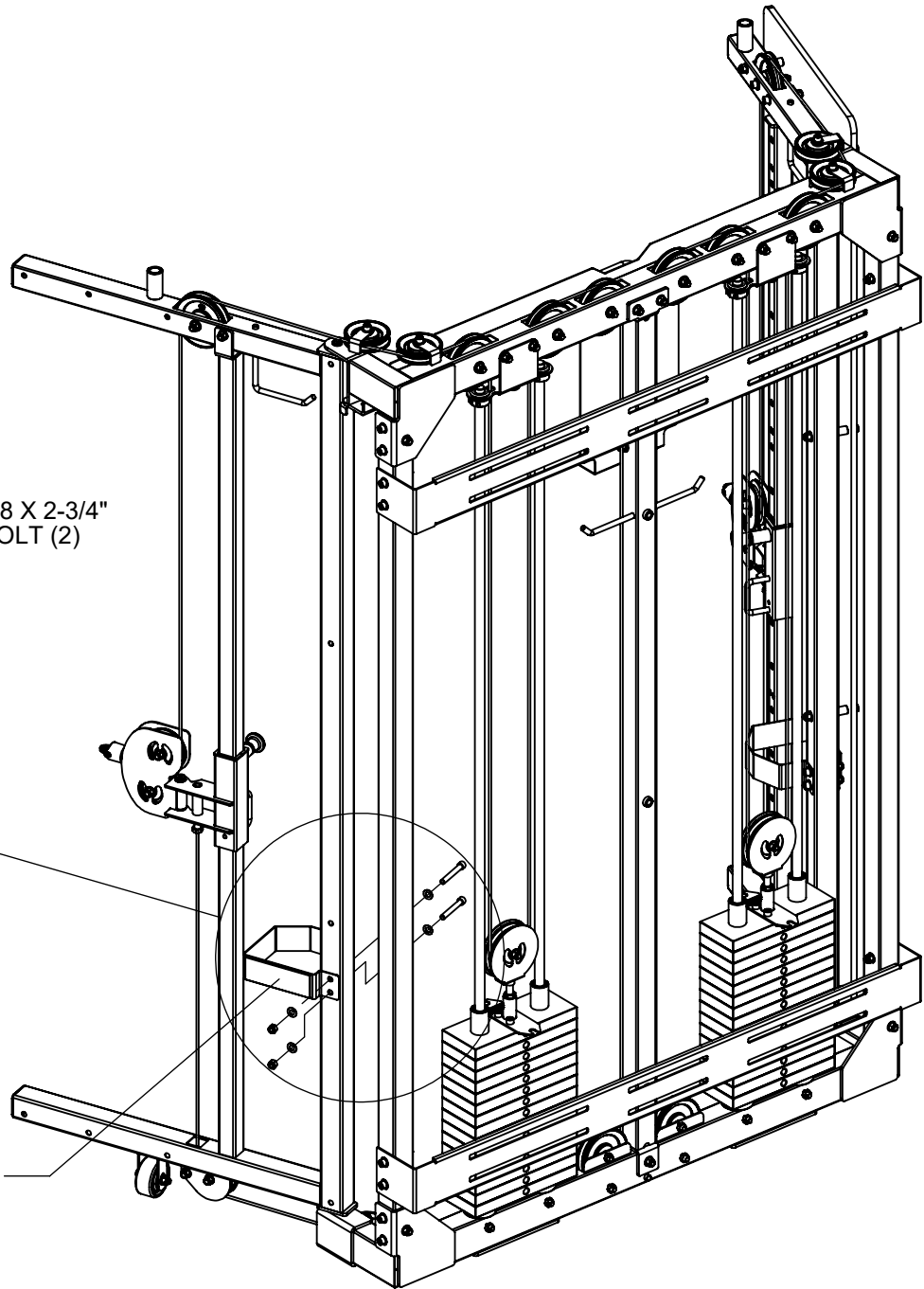
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



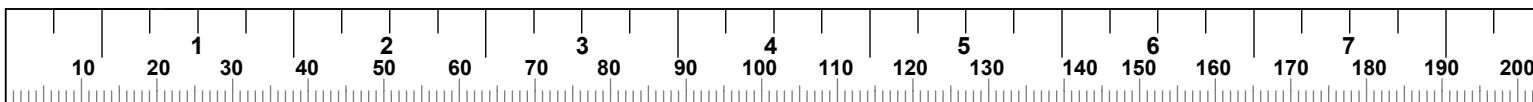
# STEP 33



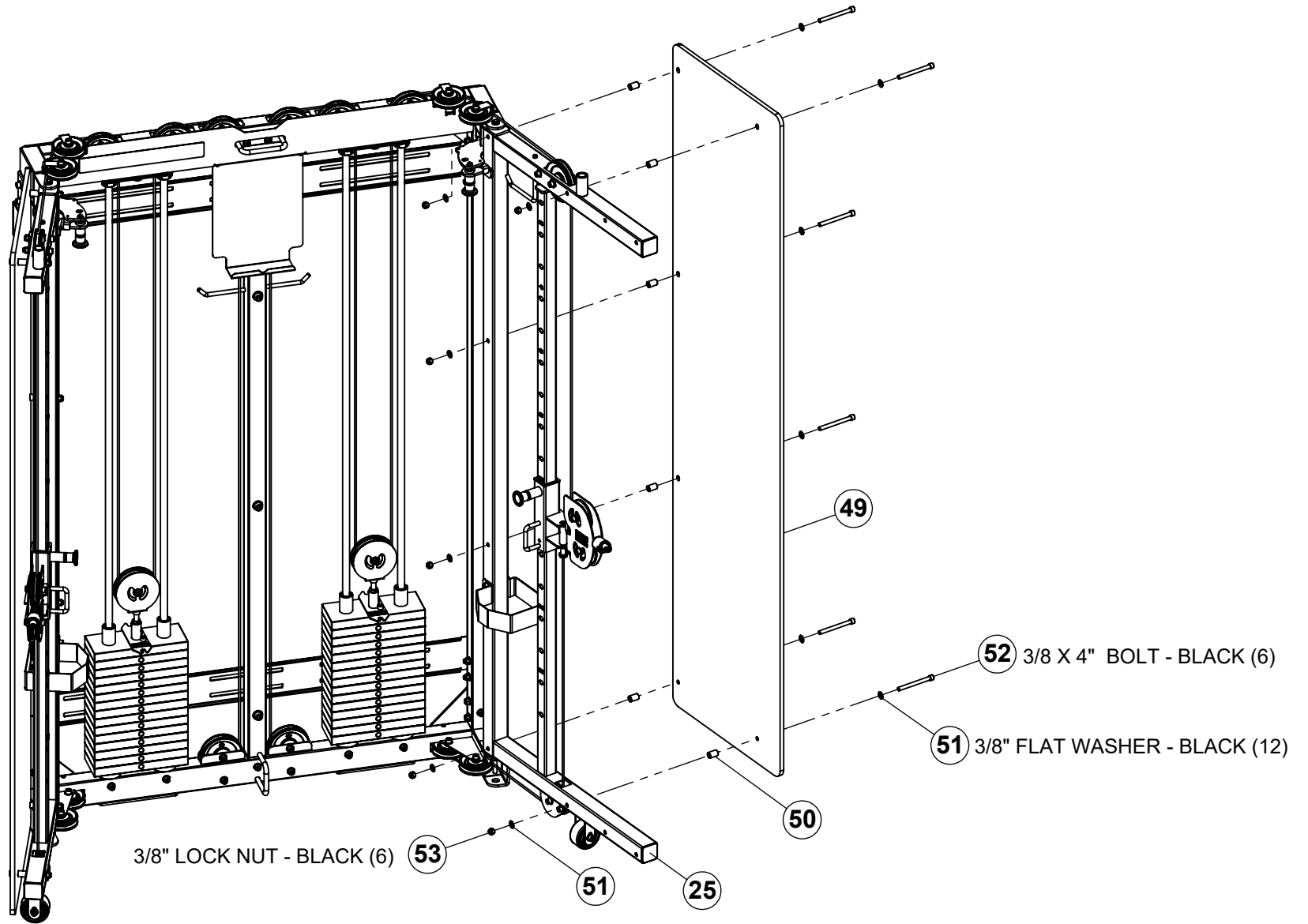
**NOTE:**  
ROLLER/MAT HOLDER is shown in assembled position



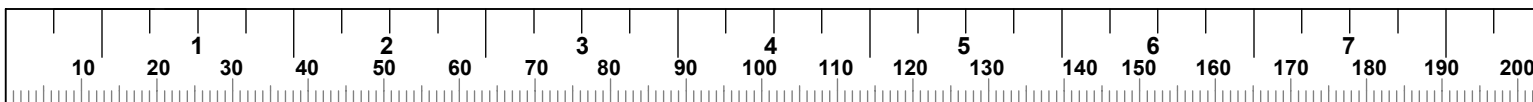
**NOTE:**  
**SECURELY** tighten bolt connections in this step.



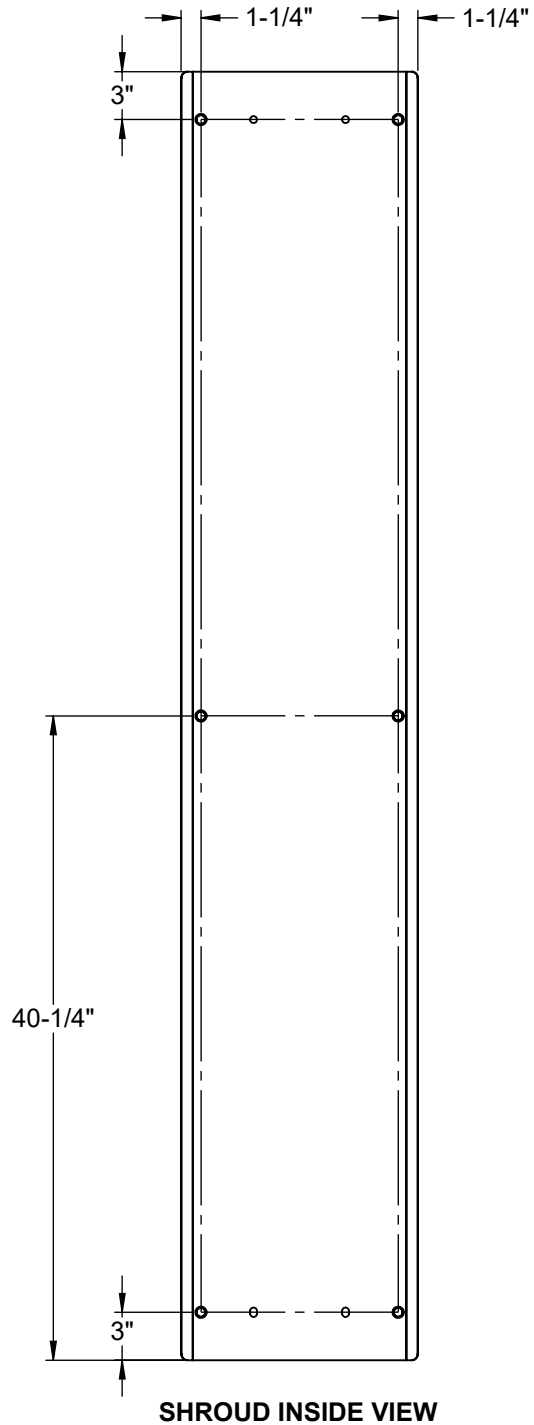
# STEP 34



**NOTE:**  
SECURELY tighten bolt connections in this step.

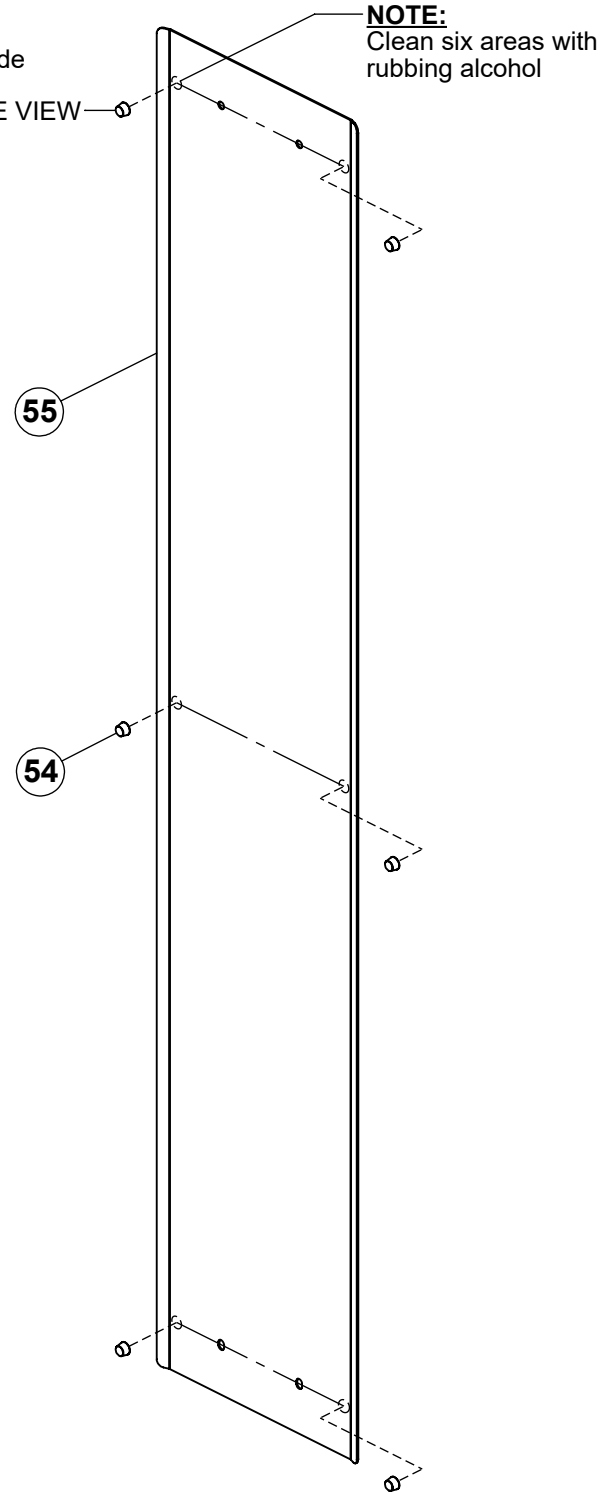


# STEP 35

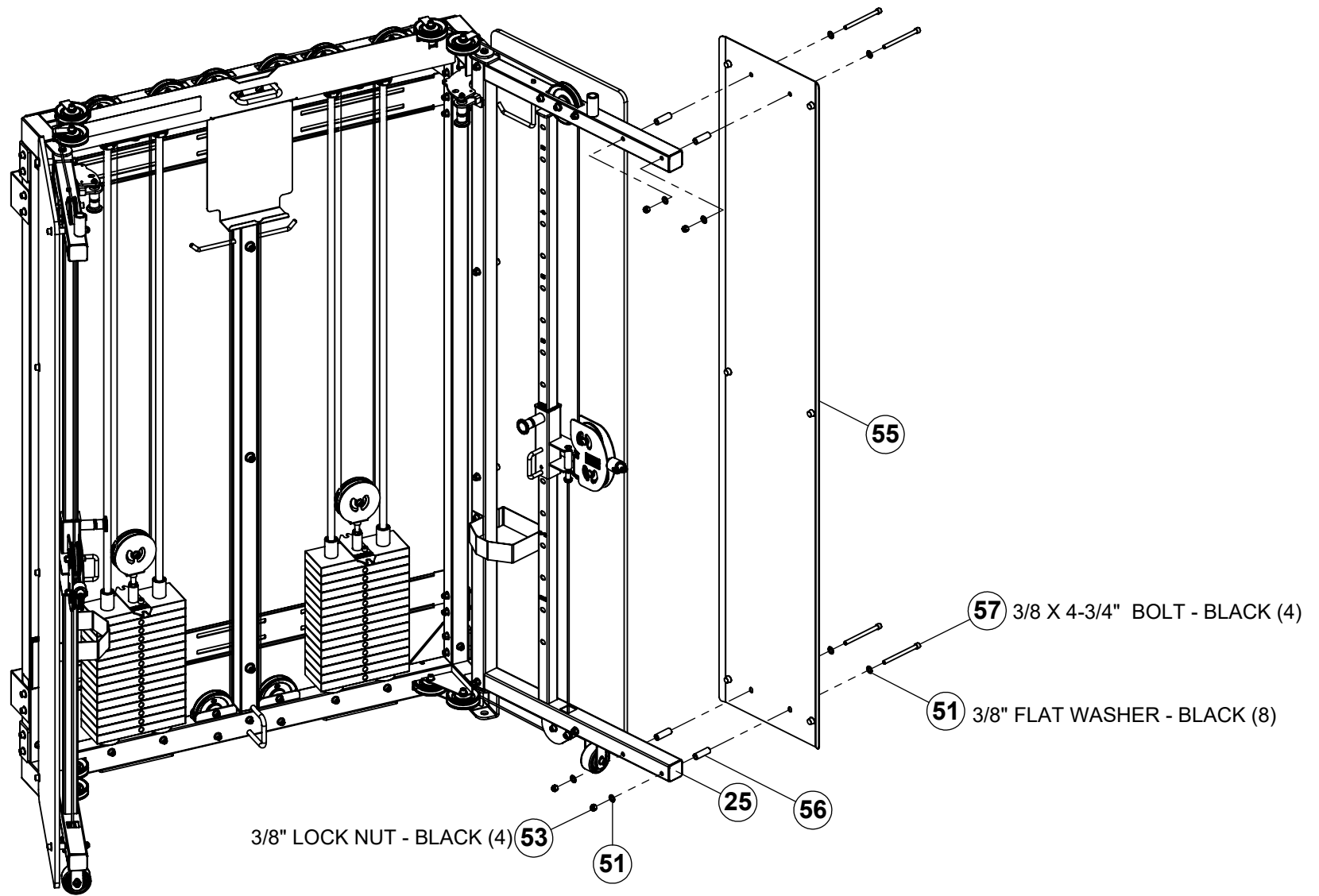


## NOTE:

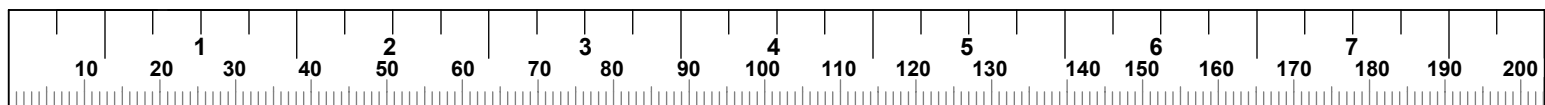
Peel backing from BUMPERS and stick BUMPER to the inside surface of FRONT DOOR SHROUD as shown in INSIDE VIEW



# STEP 36

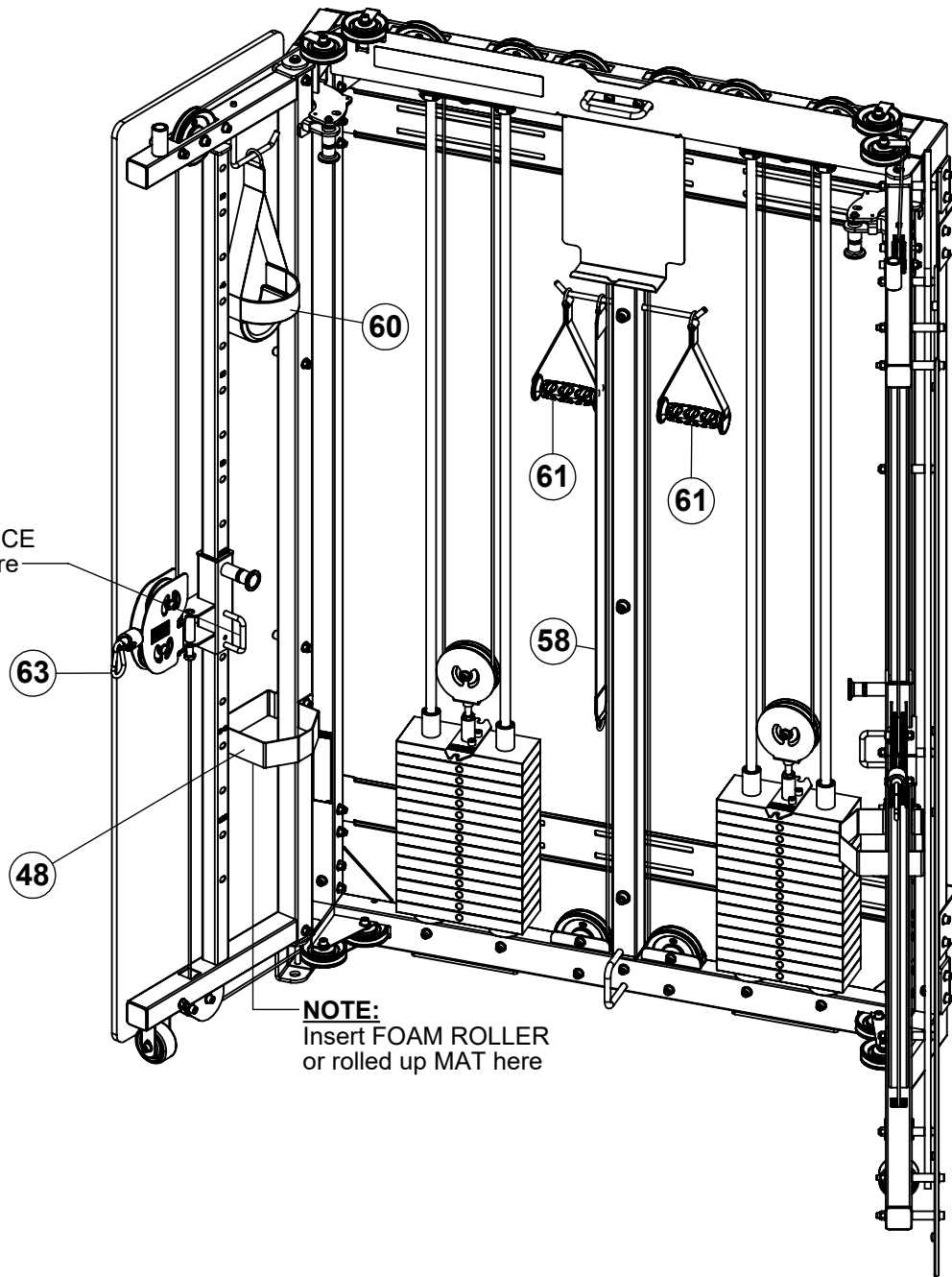


**NOTE:**  
**SECURELY** tighten bolt connections in this step.

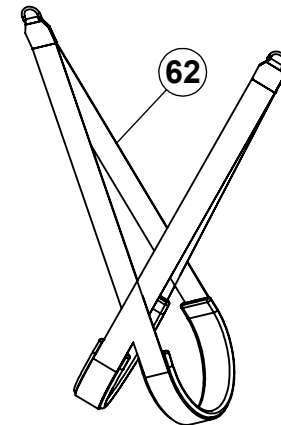


# STEP 37

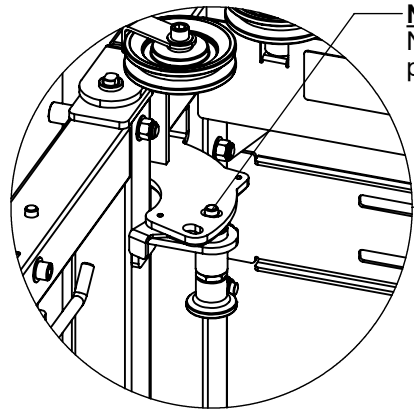
**NOTE:**  
Attach  
RESISTANCE  
BANDS here



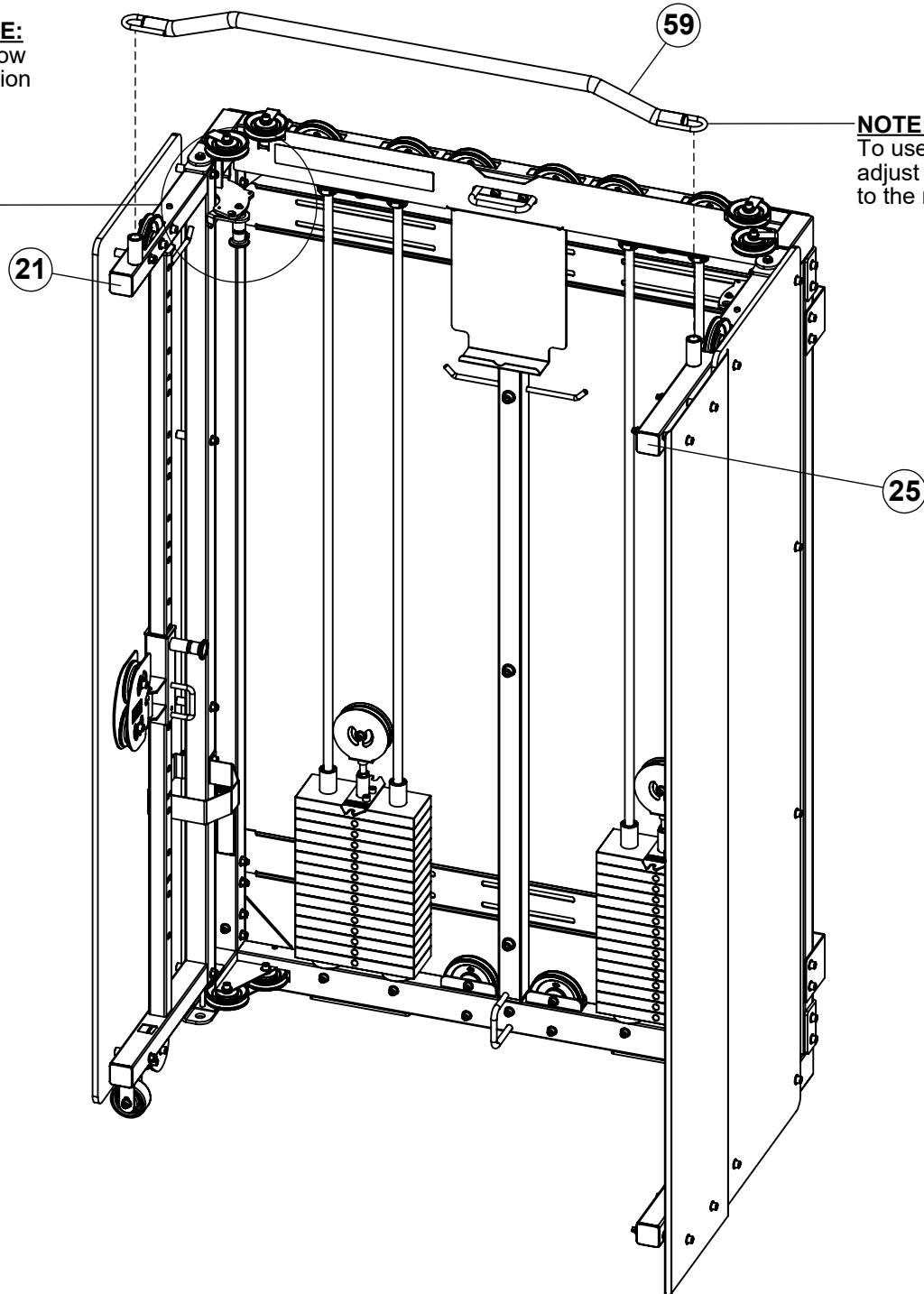
**NOTE:**  
Insert FOAM ROLLER  
or rolled up MAT here



# STEP 38

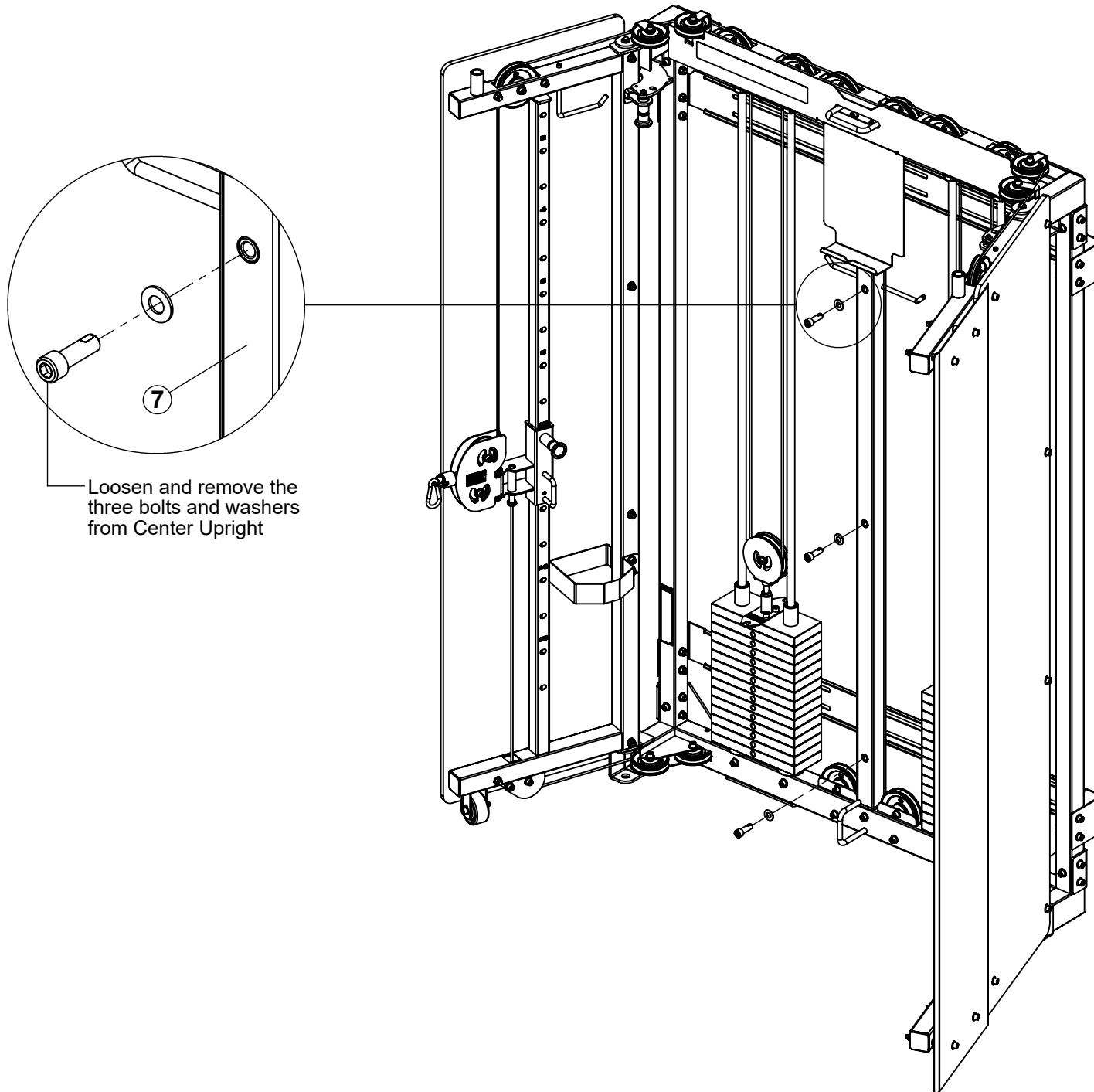


**NOTE:**  
Narrow  
position

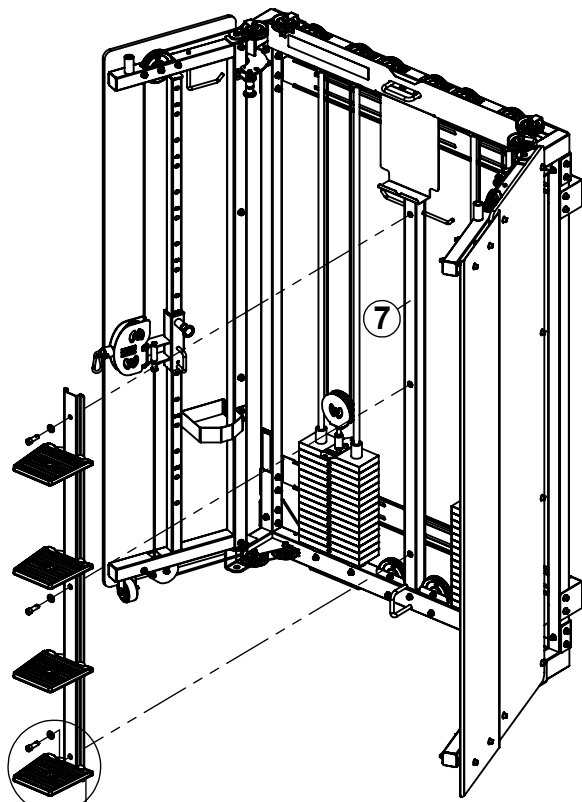


**NOTE:**  
To use the PULL-UP/PRESS BAR,  
adjust LEFT and RIGHT DOORS  
to the narrow position

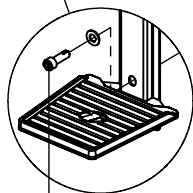
## OPTIONAL KETTLBELL/DUMBBELL STORAGE: STEP 1



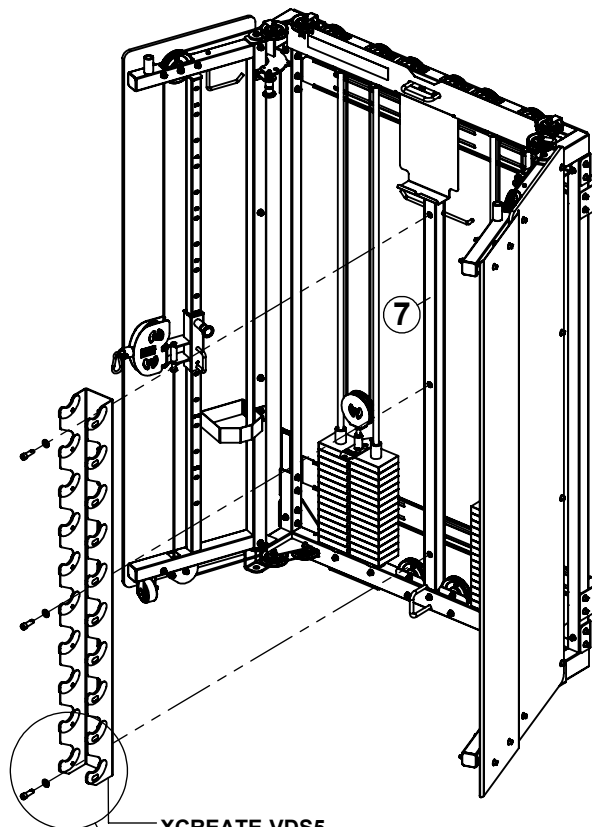
## OPTIONAL KETTLBELL/DUMBBELL STORAGE: STEP 2



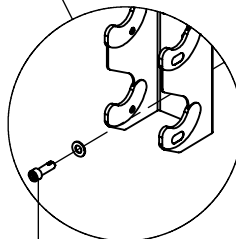
**VKBS4**  
VERTICAL KETTLBELL  
STORAGE 4 TRAYS



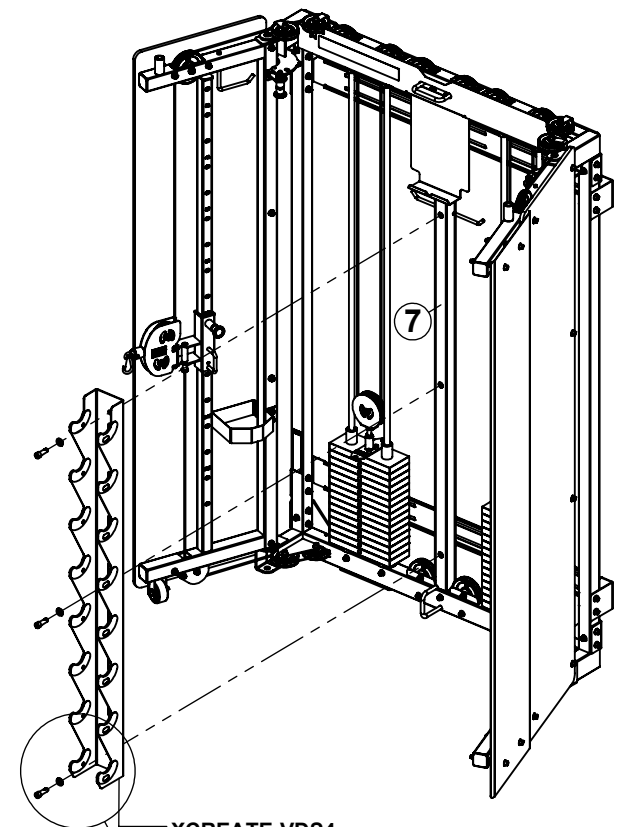
**SECURELY** assemble  
KETTLBELL STORAGE  
to CENTER UPRIGHT  
using three bolts and  
washers from previous step



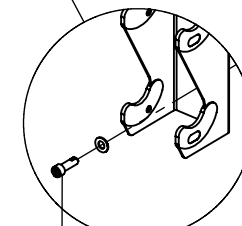
**XCREATE-VDS5**  
VERTICAL DUMBBELL  
STORAGE 5 PAIR



**SECURELY** assemble  
DUMBBELL STORAGE  
to CENTER UPRIGHT  
using three bolts and  
washers from previous step



**XCREATE-VDS4**  
VERTICAL DUMBBELL  
STORAGE 4 PAIR



**SECURELY** assemble  
DUMBBELL STORAGE  
to CENTER UPRIGHT  
using three bolts and  
washers from previous step

## STEP 39

### MAINTENANCE:

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

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

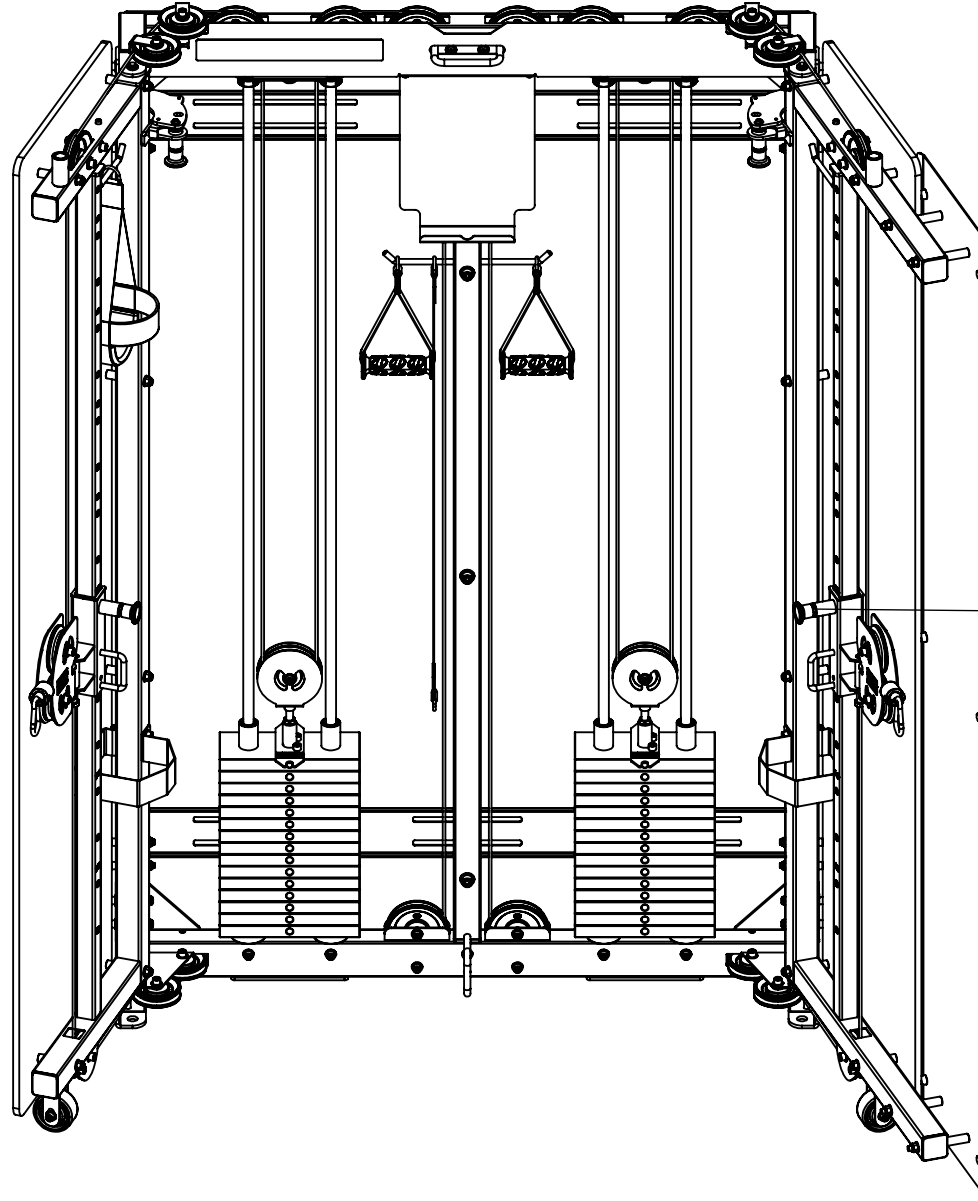
**CABLES:** Check tension, end fittings, and coating. Replace if damaged or worn. Check jam nuts on cable ends. **(NOTICE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEPS 24b & 27b FOR ADJUSTING CABLE TENSION)**

**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 email [service@torquefitness.com](mailto:service@torquefitness.com)



**NOTE:**

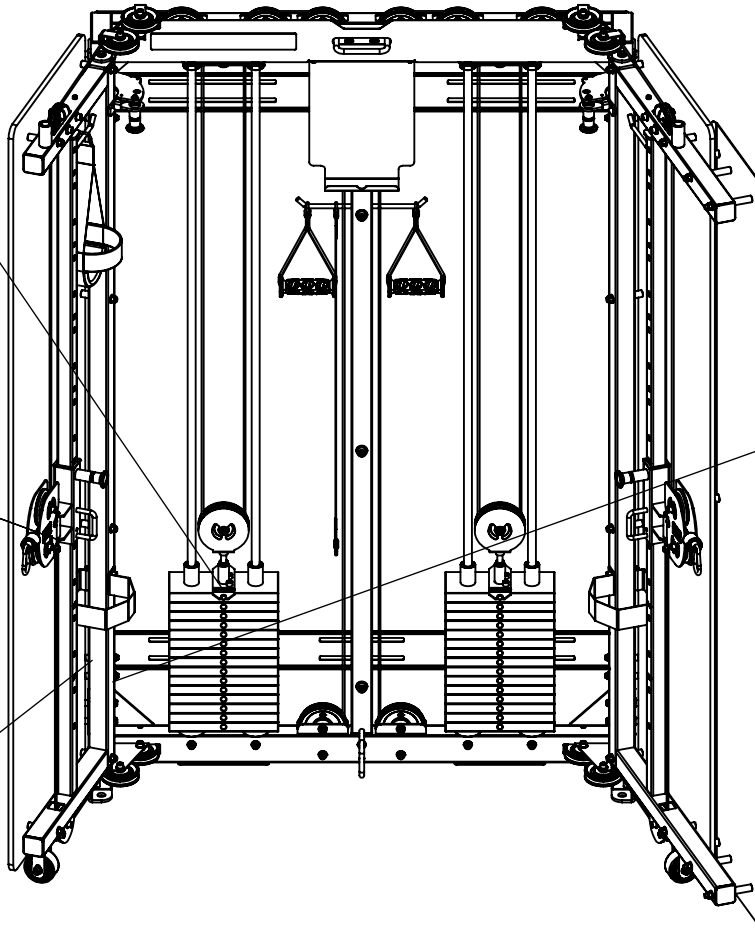
To adjust carriage up or down. Pull spring pin out with one hand and with the other hand adjust carriage to desired location. Release spring pin into the nearest hole.

**! WARNING**

**WEIGHT STACK SELECTOR  
MUST BE FULLY ENGAGED**

**! WARNING**

**SPRING PIN MUST  
BE FULLY ENGAGED**



**TORQUE** USA

Model:

S/N:



MADE IN CHINA

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

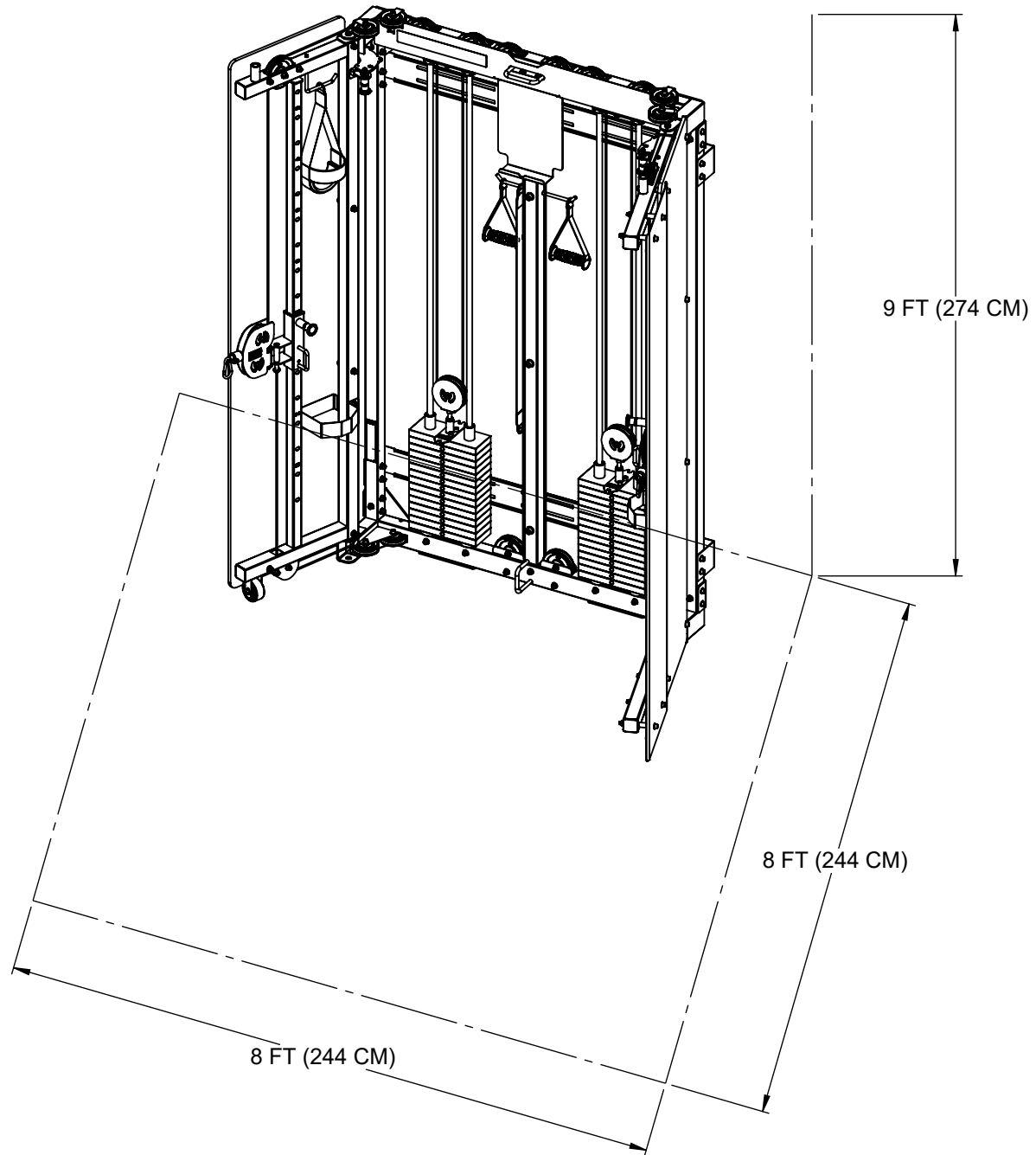
**! WARNING**

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

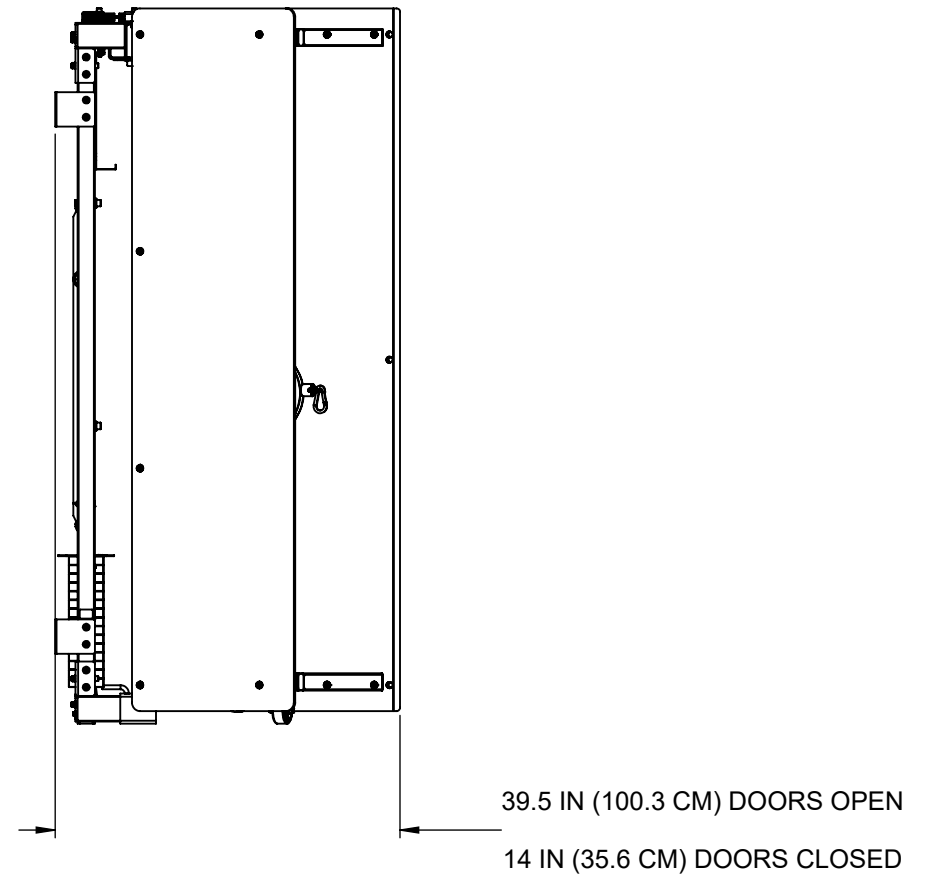
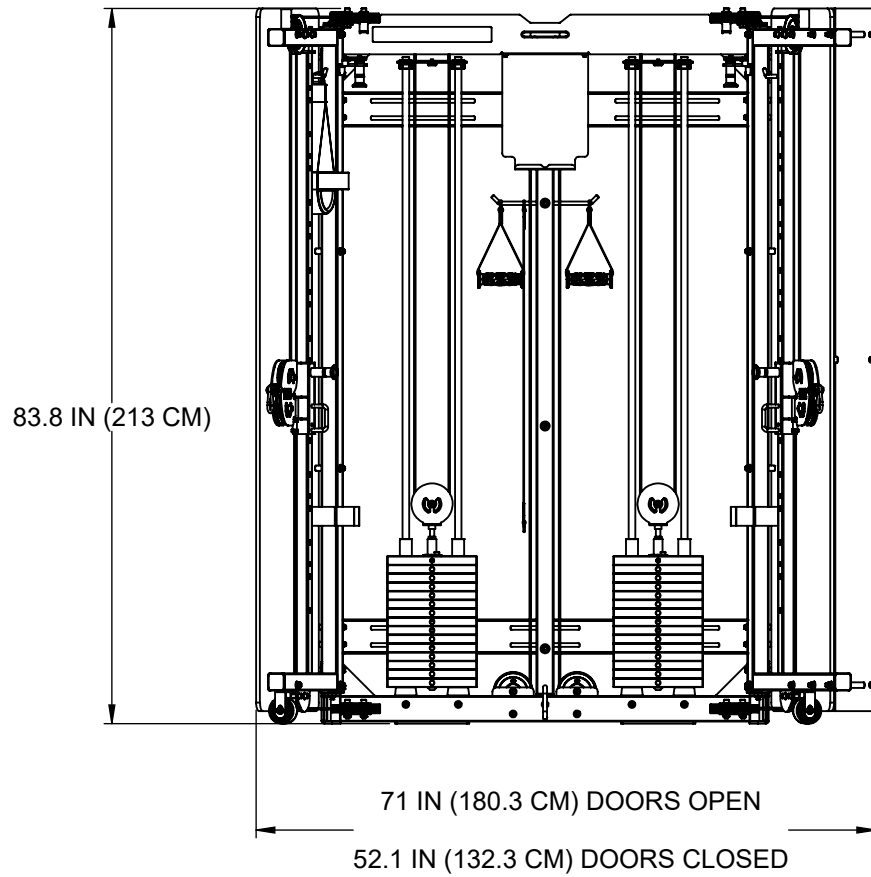
1. Before using, read all warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before 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.**

PIN 5342301

**LIVE AREA**



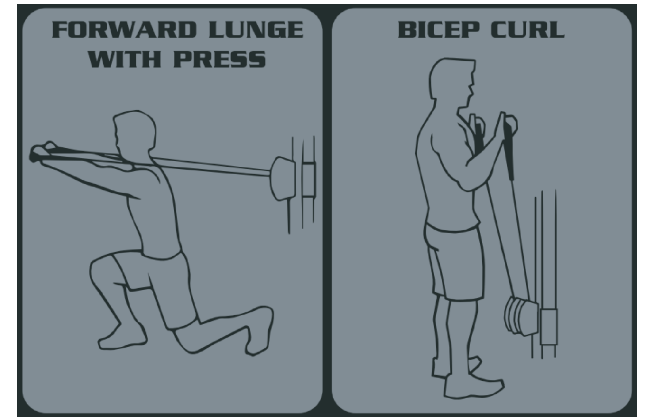
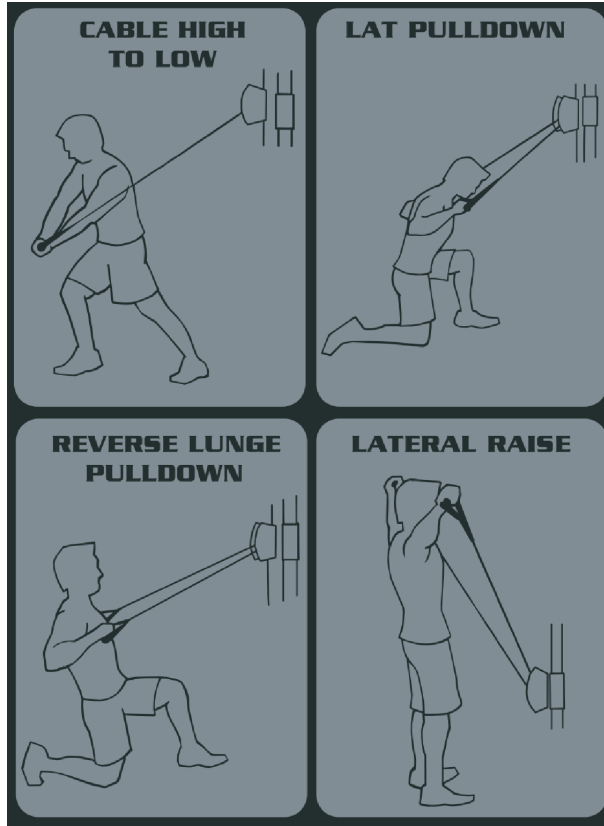
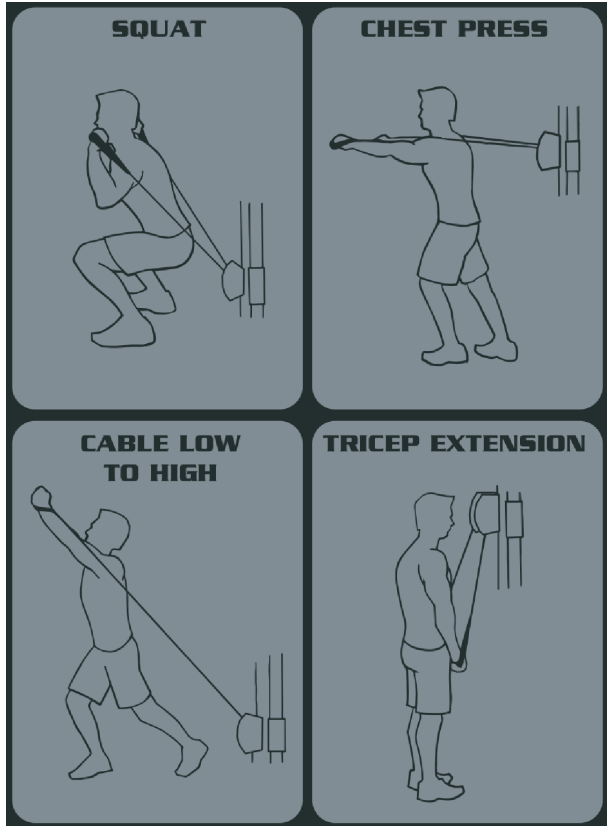
# DIMENSIONS



**F9W BASE UNIT WEIGHT - 330 LBS (150 KG)**

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

# Exercise Instructions



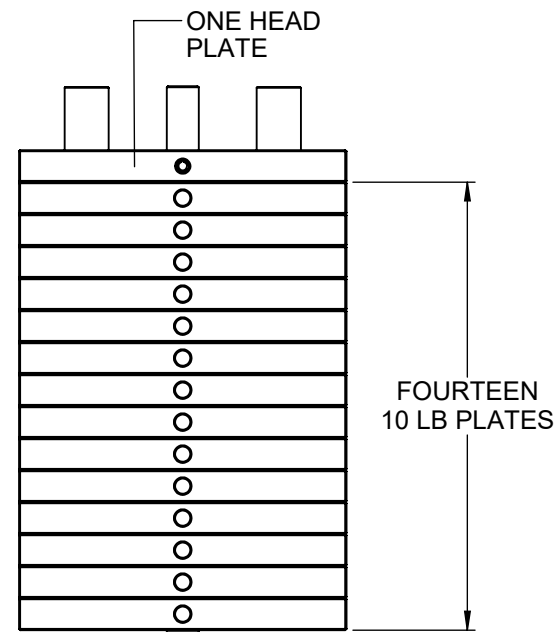
## F9W FOLD-AWAY STRENGTH TRAINER - RESISTANCE RATIO CHART

### F9W-001-150LB

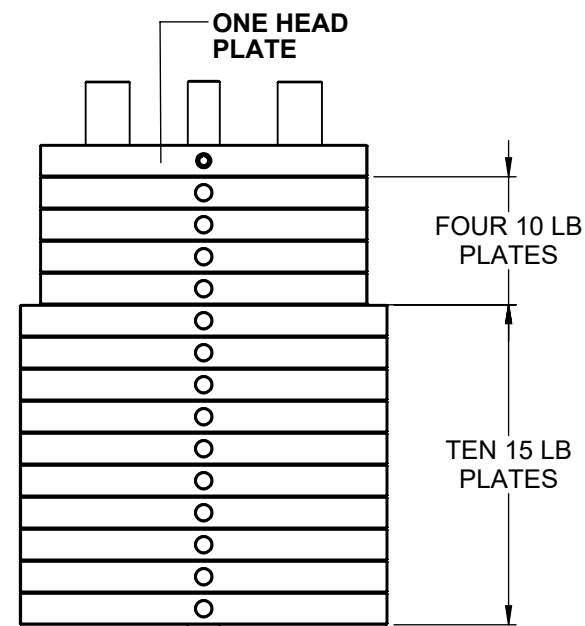
| NUMBER | ACTUAL WEIGHT (LB) | ACTUAL WEIGHT (KG) | SINGLE HANDLE (LB) | BOTH HANDLES (LB) | SINGLE HANDLE (KG) | BOTH HANDLES (KG) |
|--------|--------------------|--------------------|--------------------|-------------------|--------------------|-------------------|
| 1      | 15                 | 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              |

### F9W-001-200LB

| 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**

## F9W FOLD-AWAY STRENGTH TRAINER - RESISTANCE RATIO CHART

F9W-001-225LB

| 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             |

