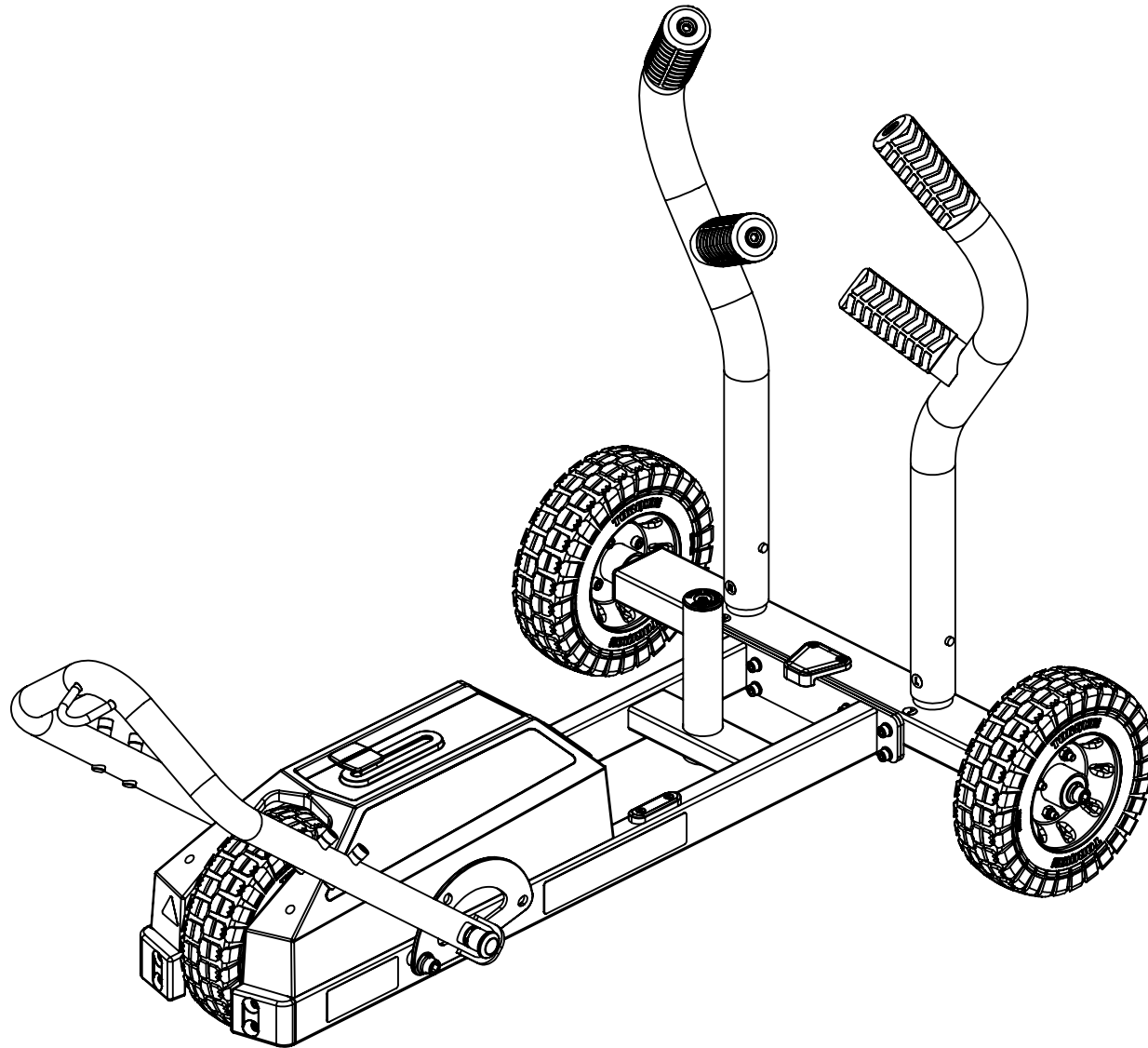


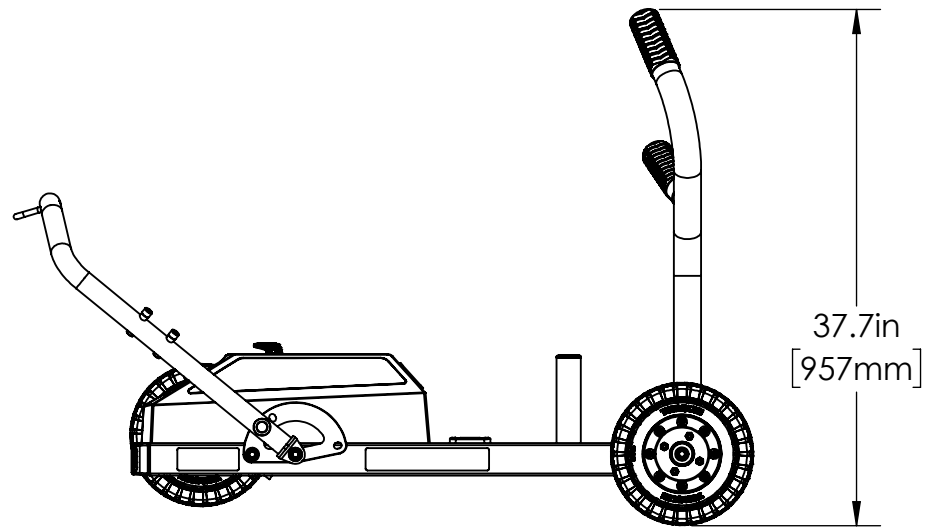
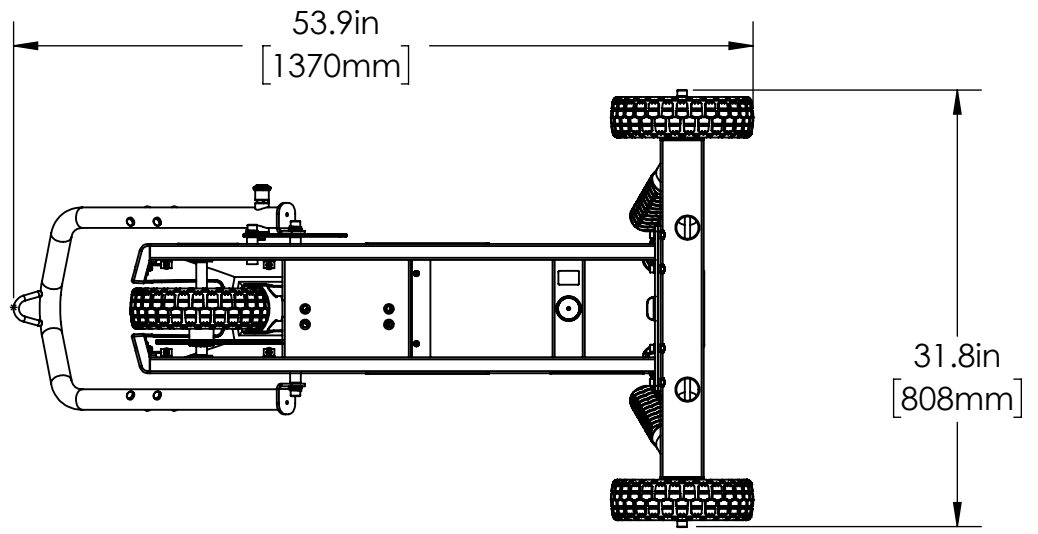
TANK M1 ASSEMBLY GUIDE

VERSION: XTTM1-RPH-103

PART #: 5854401-D



TORQUE USA



PRODUCT WEIGHT: 86 lbs. (39kg)



Complies with the following:

- 2001/95/EU General Product Safety Directive
- 2011/65/EU Restriction of Hazardous Substances Directive
- 2013/56/EC Battery Directive
- 2014/30/EU EMC Directive

TORQUE USA

ITEM	PART NUMBER	DESCRIPTION	QTY
1	5818101	ASSY, CHASSIS-M1	1
2	5661501	ASSY, REAR FRAME	1
3	2024401	WASHER, 8.4MM X 16MM X 1.8MM CLEAR ZINC	8
4	2009801	SCREW, M8-1.25 X 20L SOC HD GR 12.9	8
5	2010801	WASHER, STEEL 12.7 ID-25 OD-2 THK CLEAR ZINC	2
6	5819701	ASSY, REAR WHEEL - 10 IN DIAM-C	2
7	2010901	WASHER, LOCK M12 SAE ST ZN	2
8	2011301	SCREW, M12-1.75 X 30L SOC HD GR 12.9 CLEAR ZINC	2
9	56930PA	PTD ASSY, RH PUSH HANDLE	1
10	56931PA	PTD ASSY, LH PUSH HANDLE	1

TOOLS NEEDED FOR ASSEMBLY:

- 10MM ALLEN WRENCH (INCLUDED)
- 6MM ALLEN WRENCH (INCLUDED)
- 8MM ALLEN WRENCH (FOR OPTIONAL DUMBBELL CRADLE)
- PHILLIPS SCREW DRIVER

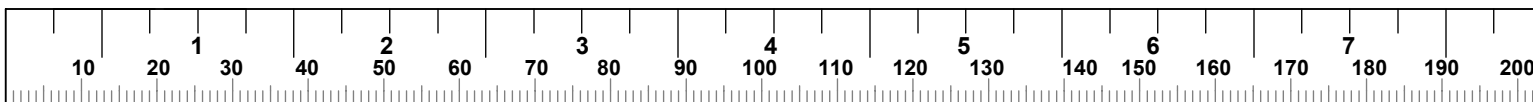
TABLE OF CONTENTS:

- TANK M1 ASSEMBLY: PAGES 4 - 6
- TANK M1 ADJUSTMENTS: PAGES 7 - 8
- TANK M1 OPERATION: PAGE 9
- OPTIONAL ATTACHMENTS: PAGE 10-16
- TANK M1 STORAGE (OPTIONAL): PAGE 17-20
- TANK M1 CONSOLE (OPTIONAL): PAGE 21
- INSPECTION & LUBRICATION: PAGE 22
- SHROUD REMOVAL: PAGE 23
- CHAIN ADJUSTMENT: PAGE 24
- SAFETY AND WARNING NOTICES: PAGE 25

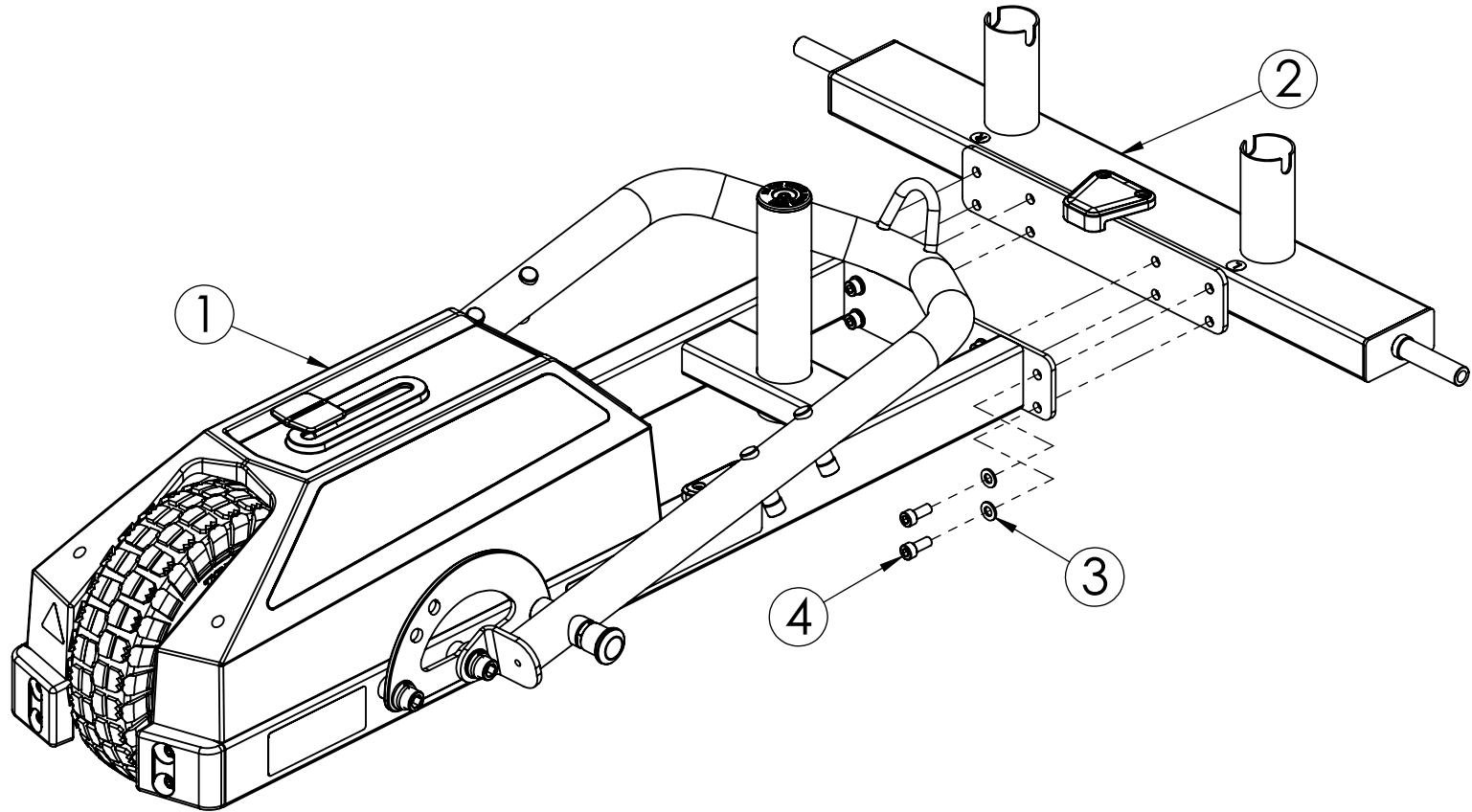
NOTE:
Items 11-22 not included.

To discover what accessories pair well with the TANK M1, visit our web site at:
www.torquefitness.com/collections/tank-accessories.
or by phone at 877-767-7835

ITEM	PART NUMBER	DESCRIPTION	QTY
11	57144PA	PTD ASSY, UPPER MOUNT	1
12	58027PA	PTD ASSY, LOWER MOUNT	1
13	2001101	WASHER, FLAT 3/8 SAE ST ZN	8
14	2031101	SCREW, 3/8" LAG X 2.5"L CLEAR ZINC	8
15	5617001	V-STRAP, TANK	1
16	5560801	ASSY, TANK TOW ROPE	1
17	57668PA	PTD ASSY, WHEELBARROW HANDLE, LEFT	1
18	57669PA	PTD ASSY, WHEELBARROW HANDLE, RIGHT	1
19	5816001	ASSEMBLY, M1 CONSOLE	1
20	5844201	ASSY, DUMBBELL CRADLE-RH	1
21	5845201	ASSY, DUMBBELL CRADLE-LH	1
22	2010501	WASHER, STEEL 10.5 ID-20 OD-2 THK CLEAR ZINC	4

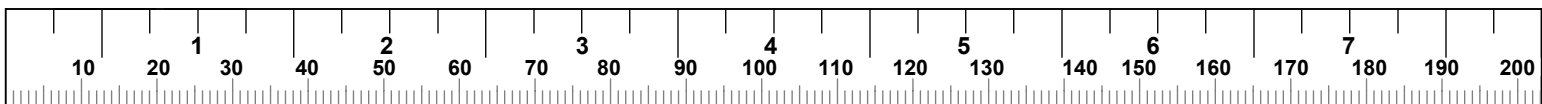


STEP 1

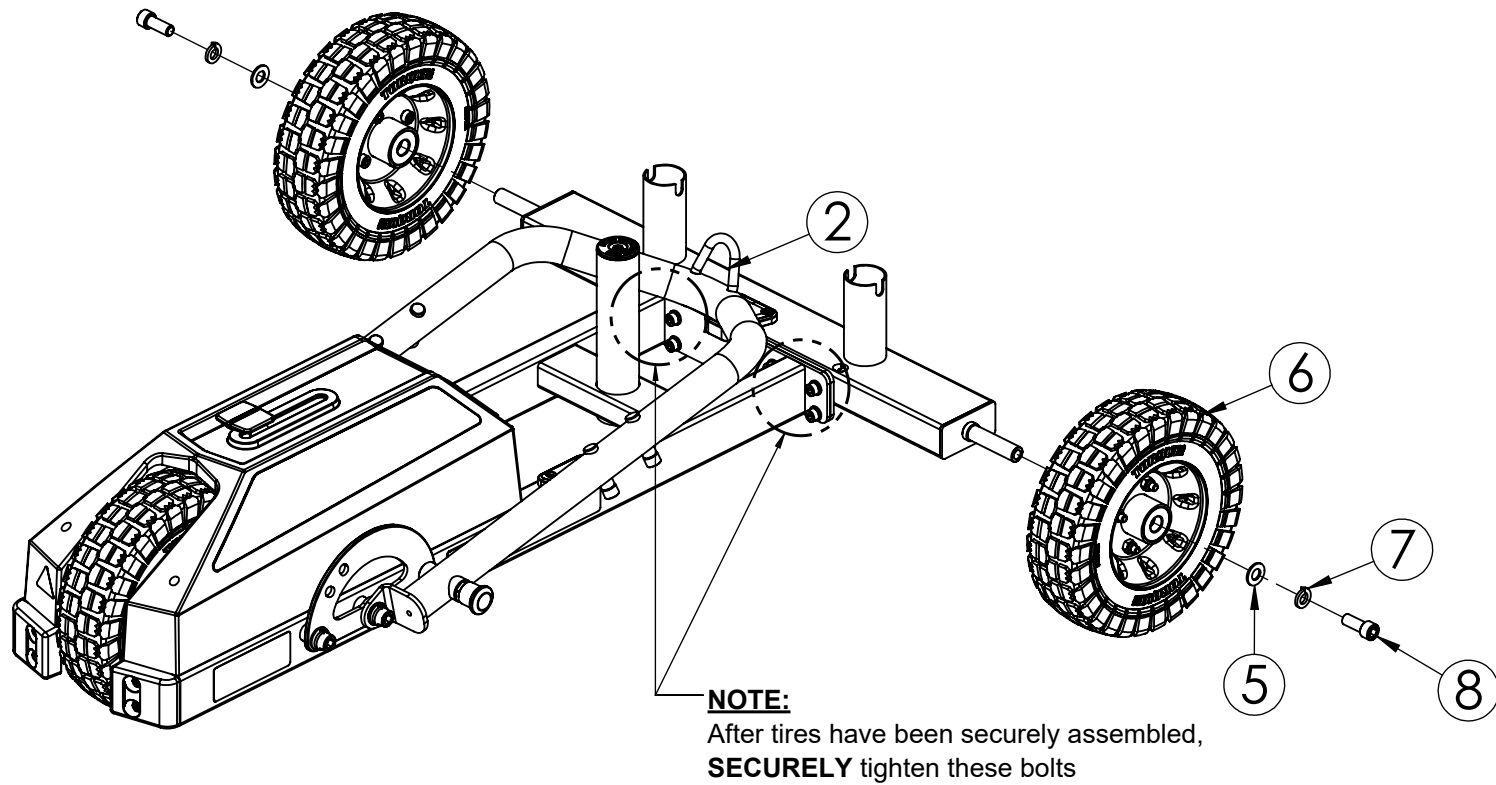


NOTE:

LOOSELY tighten bolt connections in this step

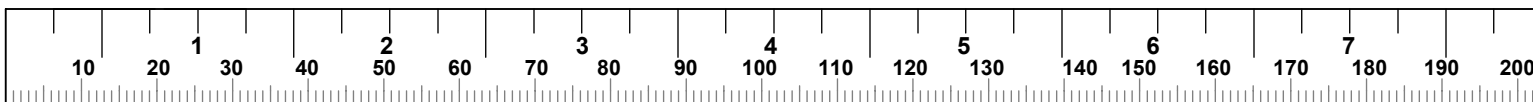


STEP 2

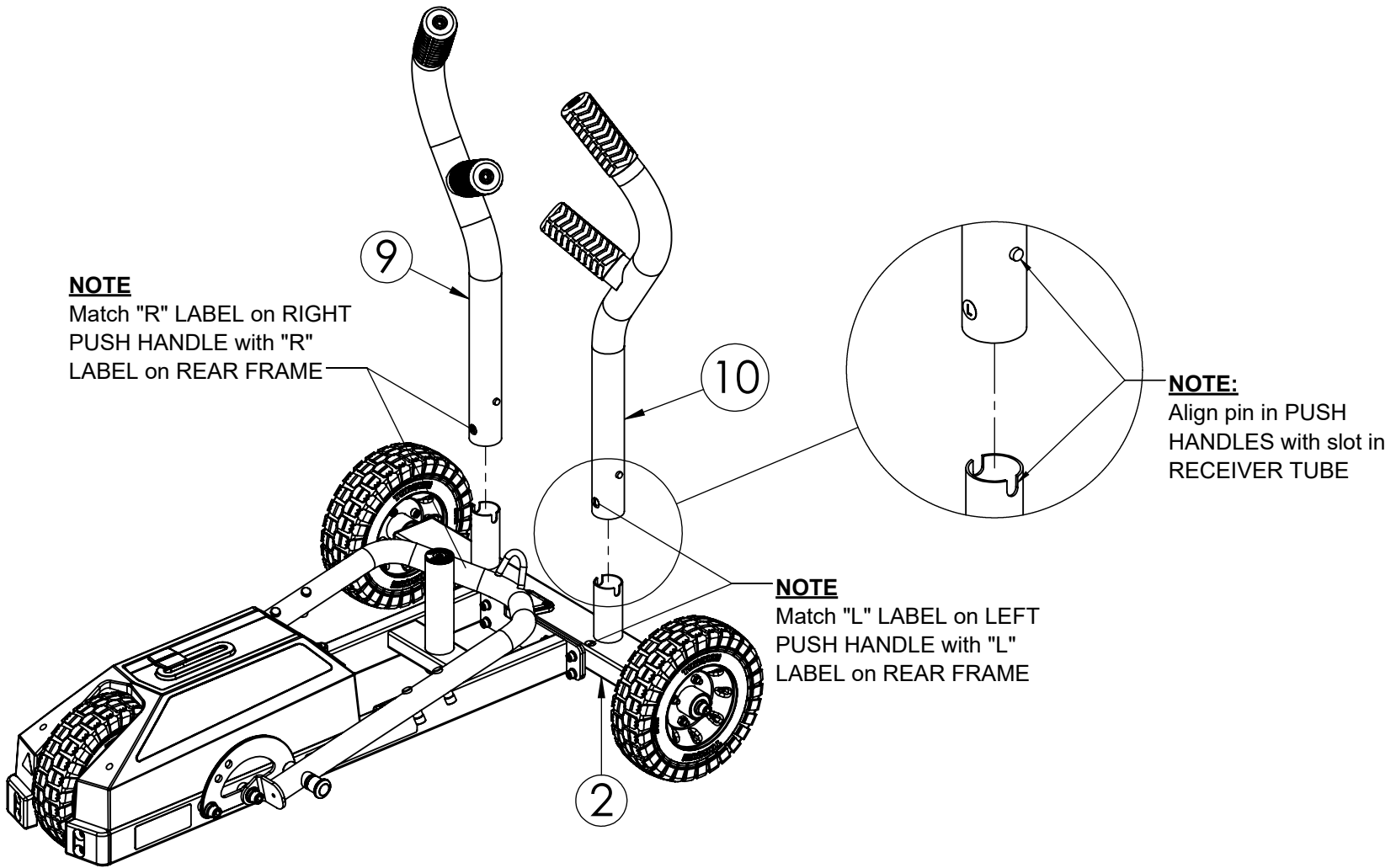


NOTE:

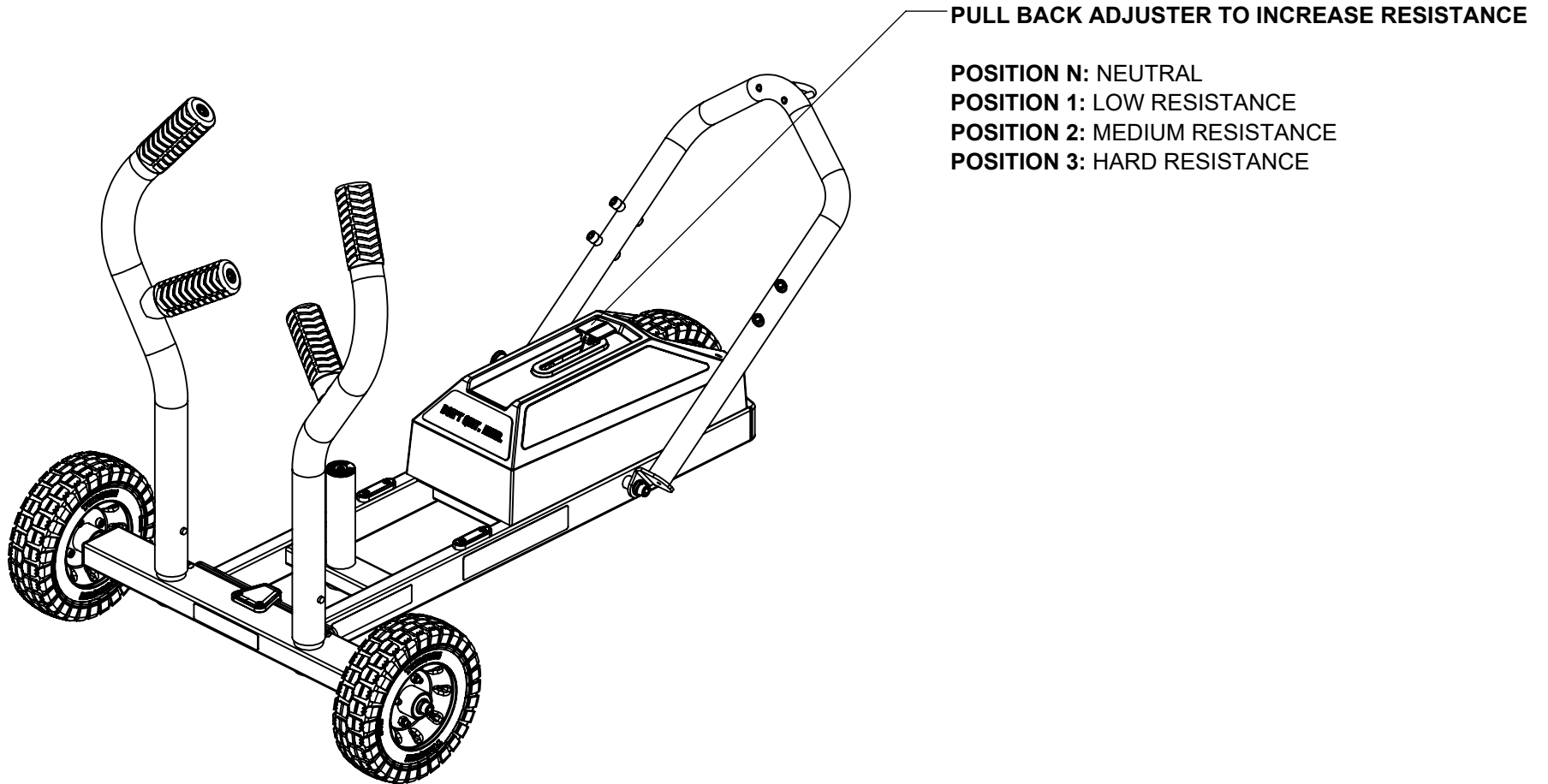
SECURELY tighten all bolt connections in this step and previous step



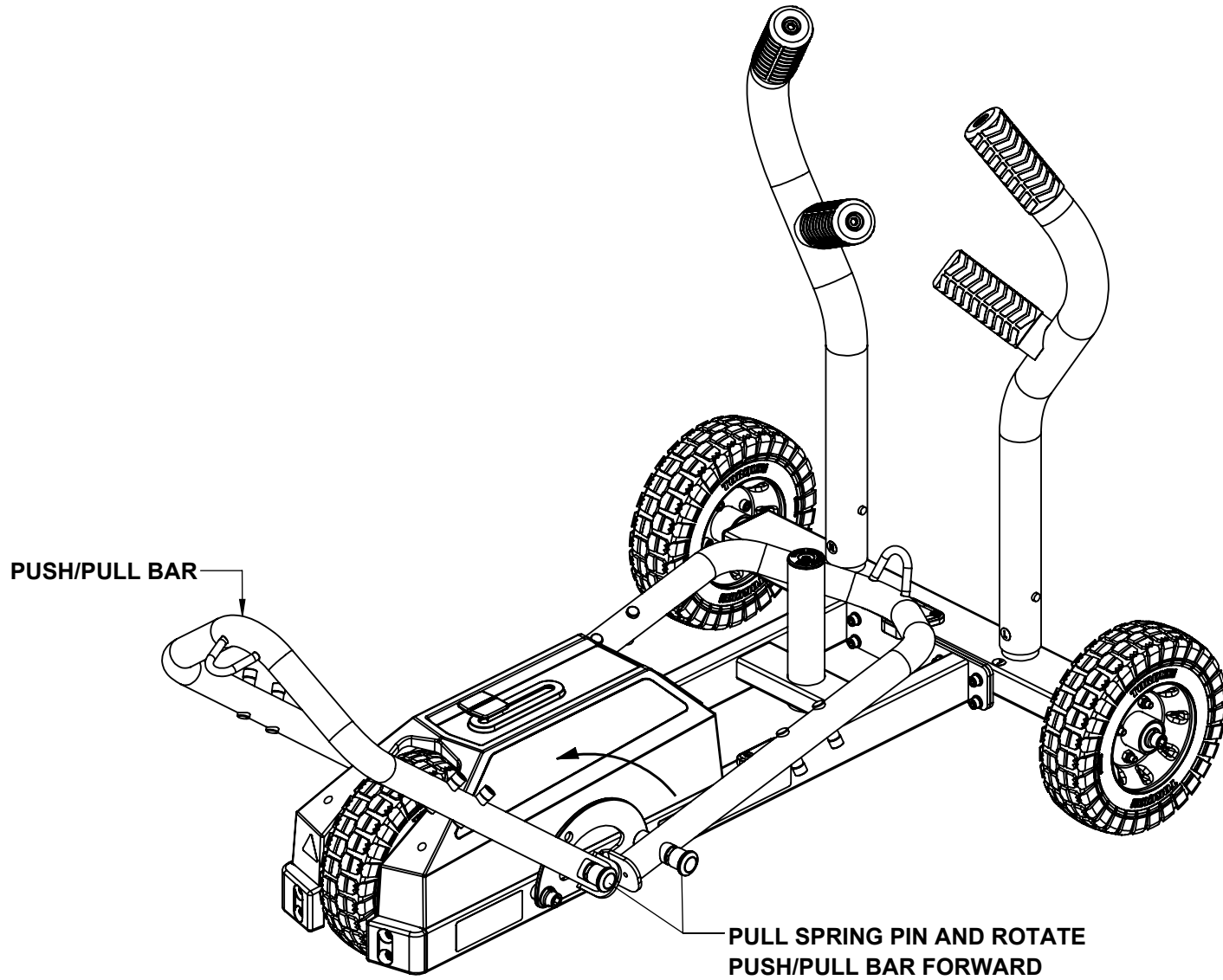
STEP 3



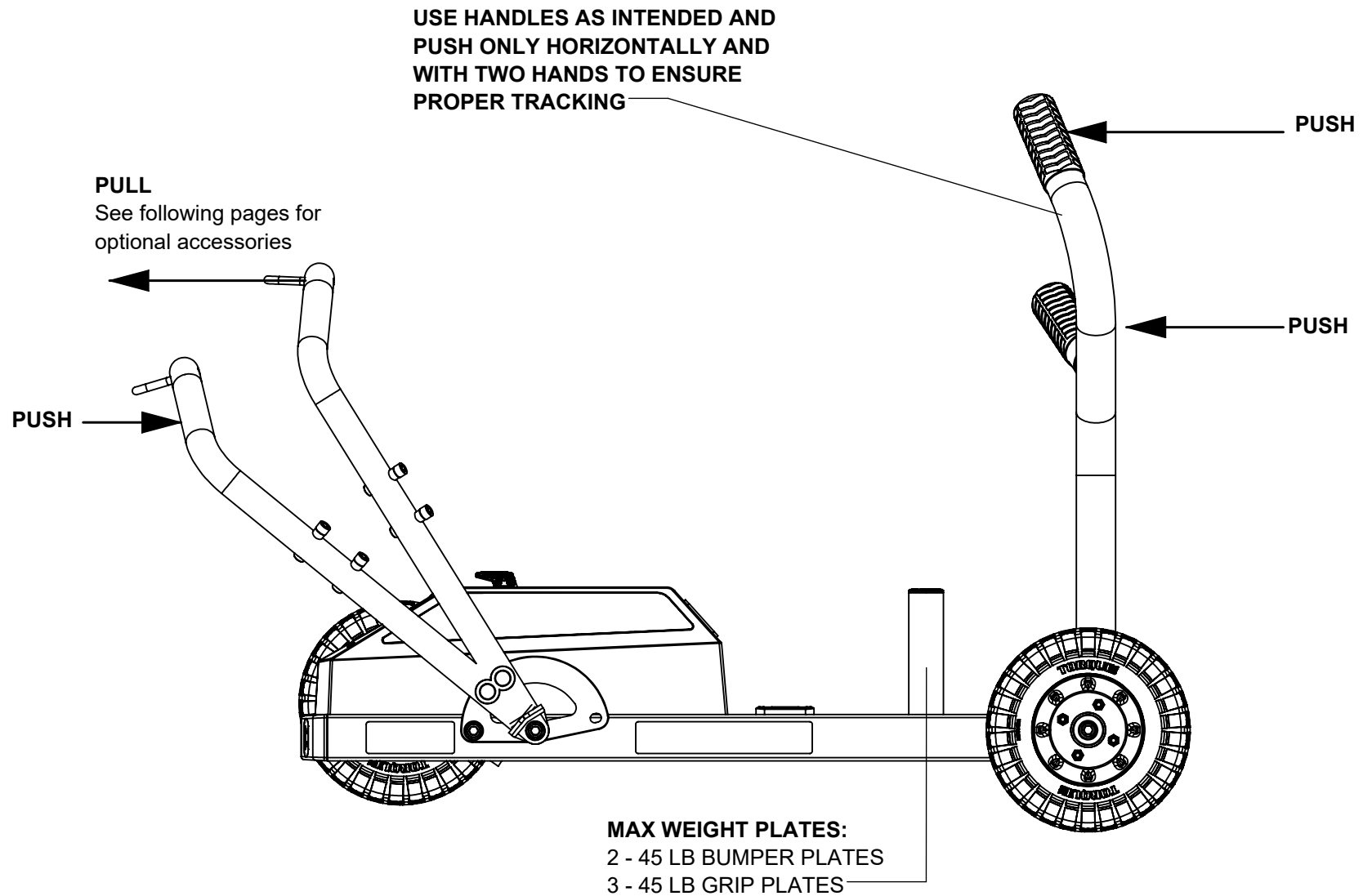
TANK M1 RESISTANCE ADJUSTMENT



TANK M1 PUSH/PULL BAR ADJUSTMENT



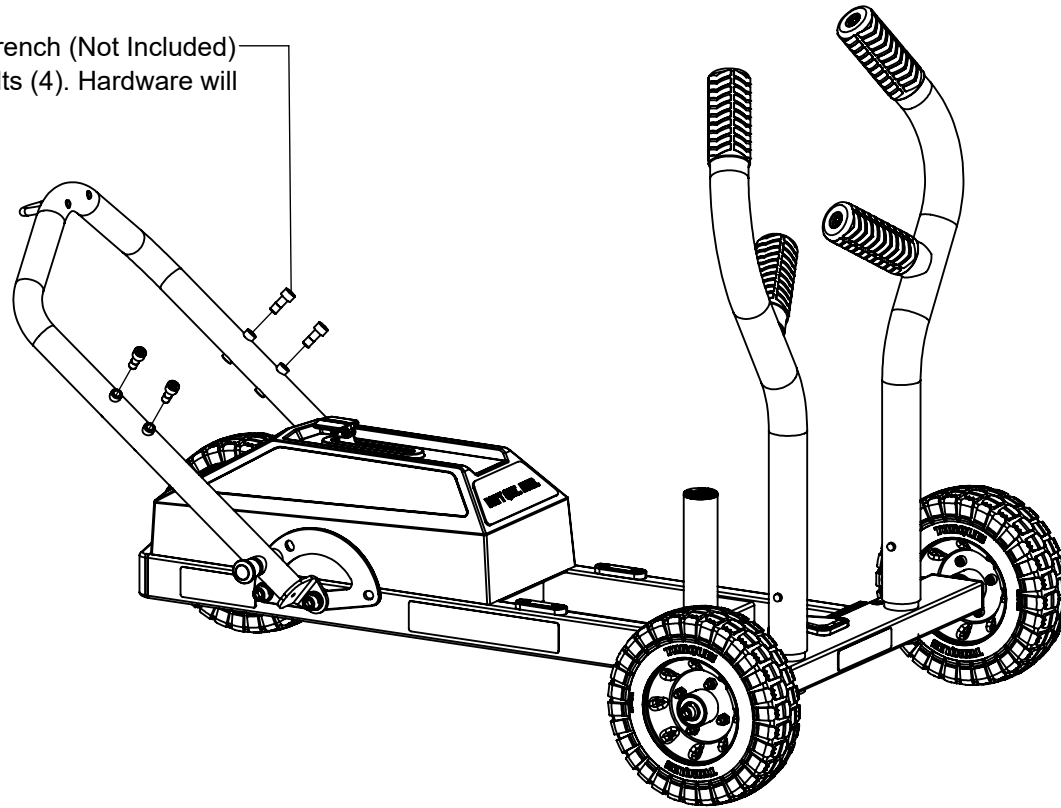
TANK OPERATION



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

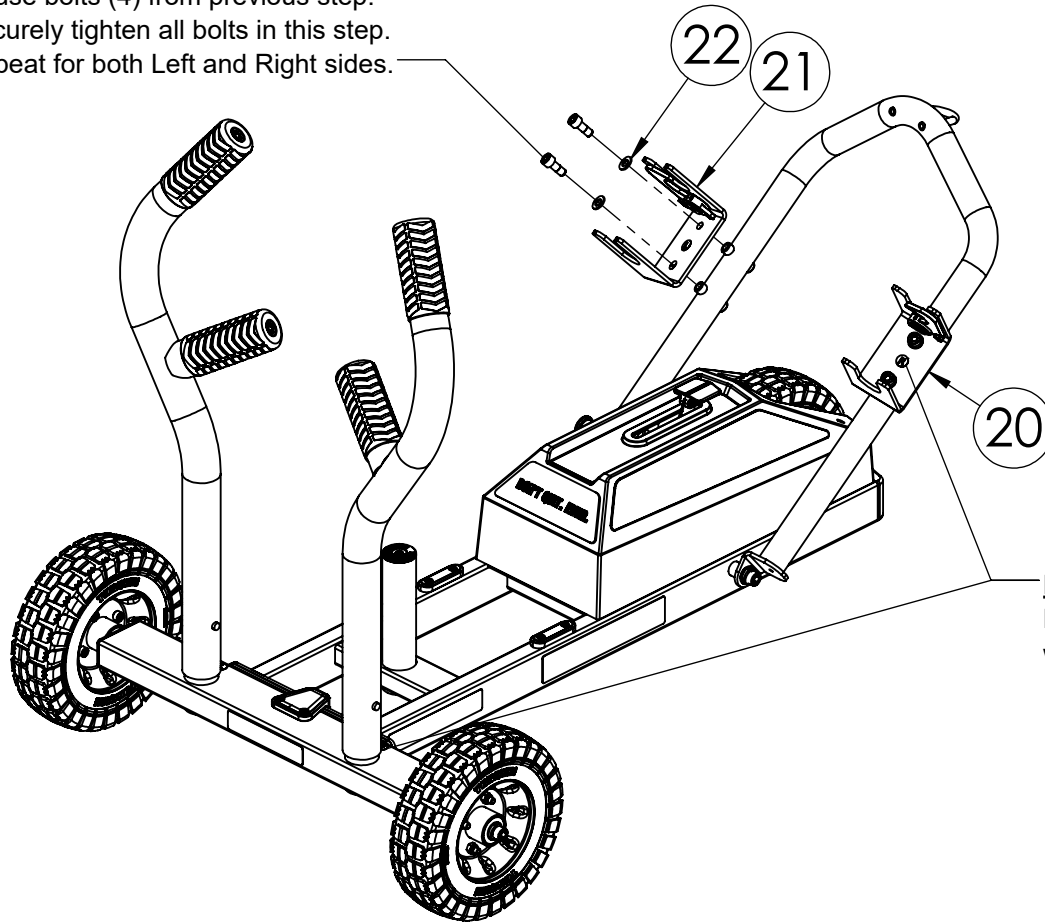
DUMBBELL CRADLE ATTACHMENT (OPTIONAL)

Using an 8mm Allen Wrench (Not Included)
Loosen and remove bolts (4). Hardware will
be reused in next step.



DUMBBELL CRADLE ATTACHMENT (OPTIONAL)

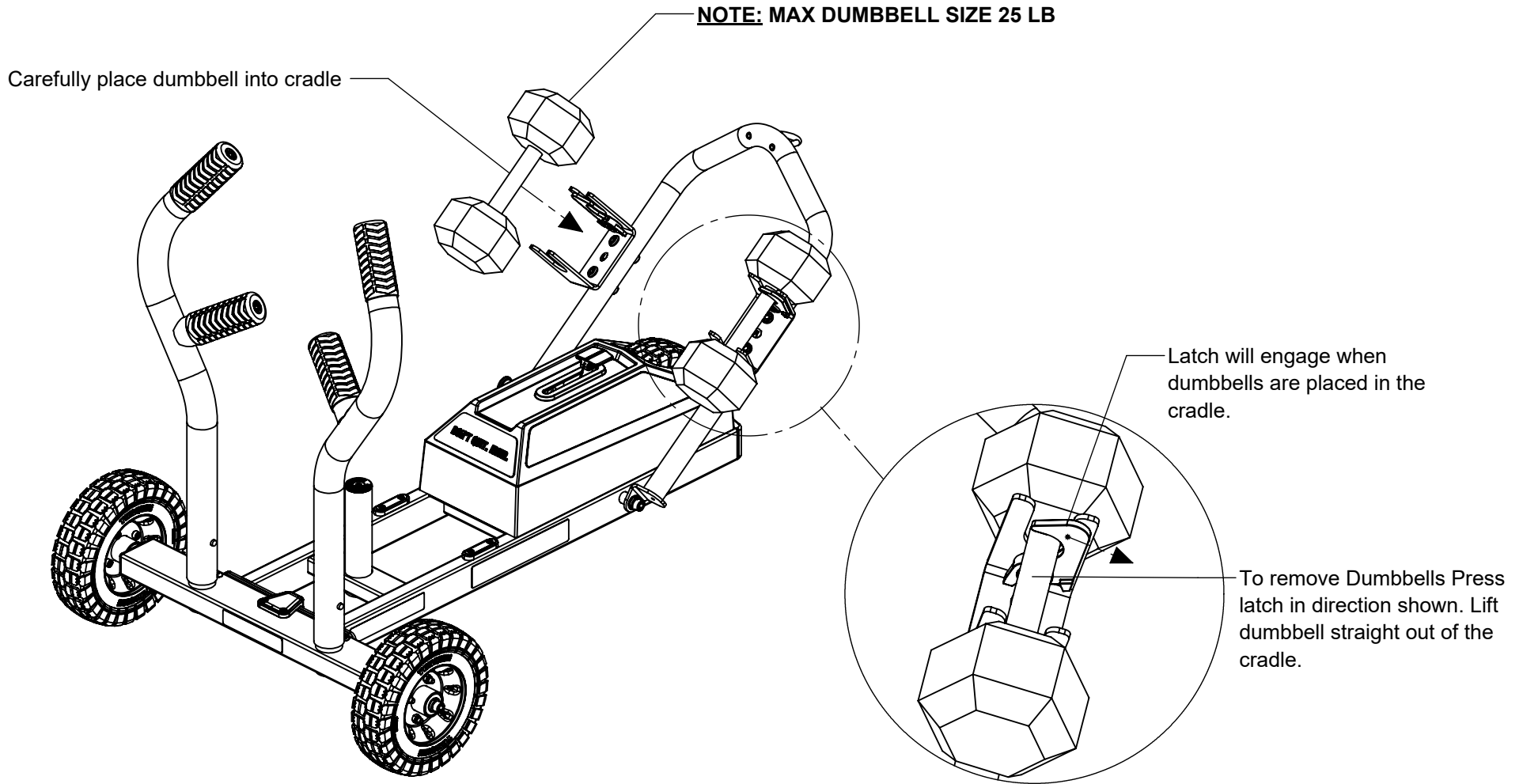
Reuse bolts (4) from previous step.
Securely tighten all bolts in this step.
Repeat for both Left and Right sides.



NOTE

Match "R" AND "L" LABEL on DUMBBELL CRADLE
with "R" AND "L" LABEL on REAR FRAME

DUMBBELL CRADLE ATTACHMENT (OPTIONAL)

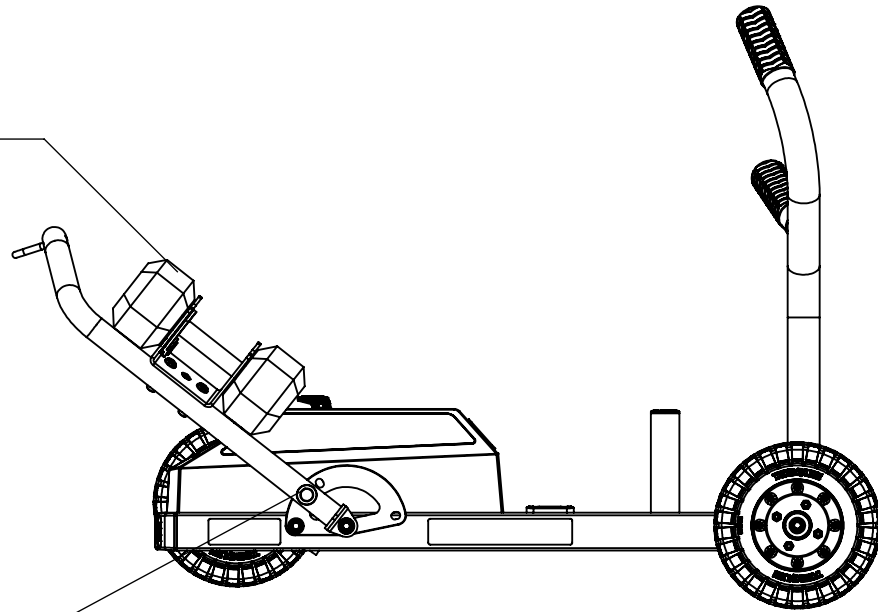


DUMBBELL CRADLE ATTACHMENT (OPTIONAL)

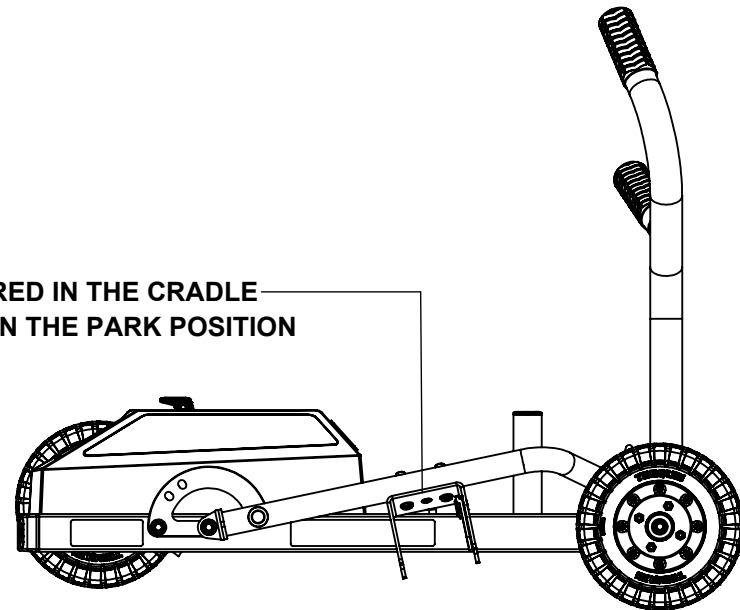
Dumbbells may be stored in the Dumbbell Cradles while using the TANK. Stored dumbbells may reduce tire slippage and skidding depending on the surface the TANK is used on.

WARNING!

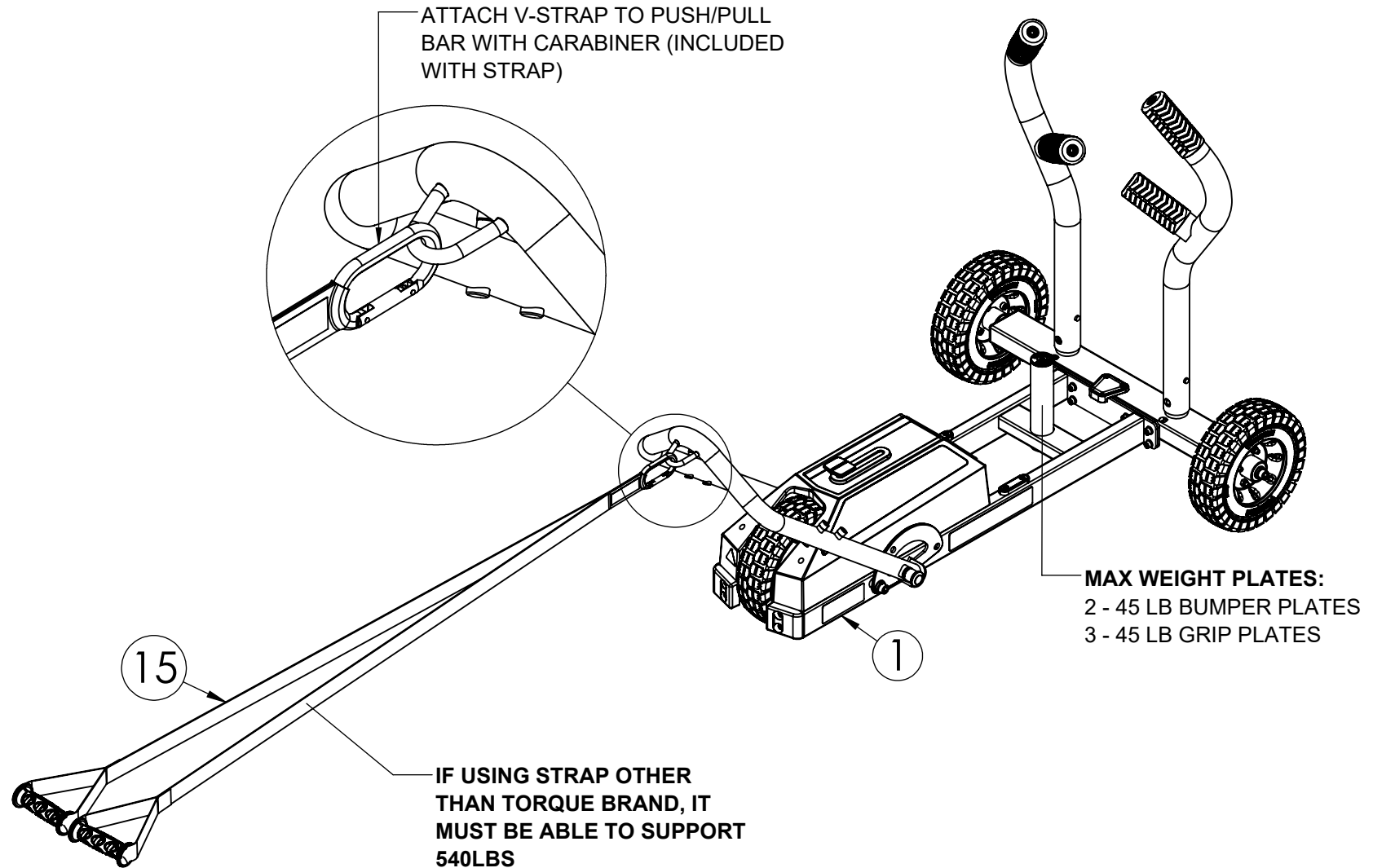
DO NOT ADJUST THE PUSH/PULL BAR WITH DUMBBELLS STORED IN THE DUMBBELL CRADLE. ALWAYS REMOVE DUMBBELLS BEFORE ADJUSTING



DUMBBELLS CAN NOT BE STORED IN THE CRADLE WHEN THE PUSH/PULL BAR IS IN THE PARK POSITION



V-STRAP ATTACHMENT (OPTIONAL)



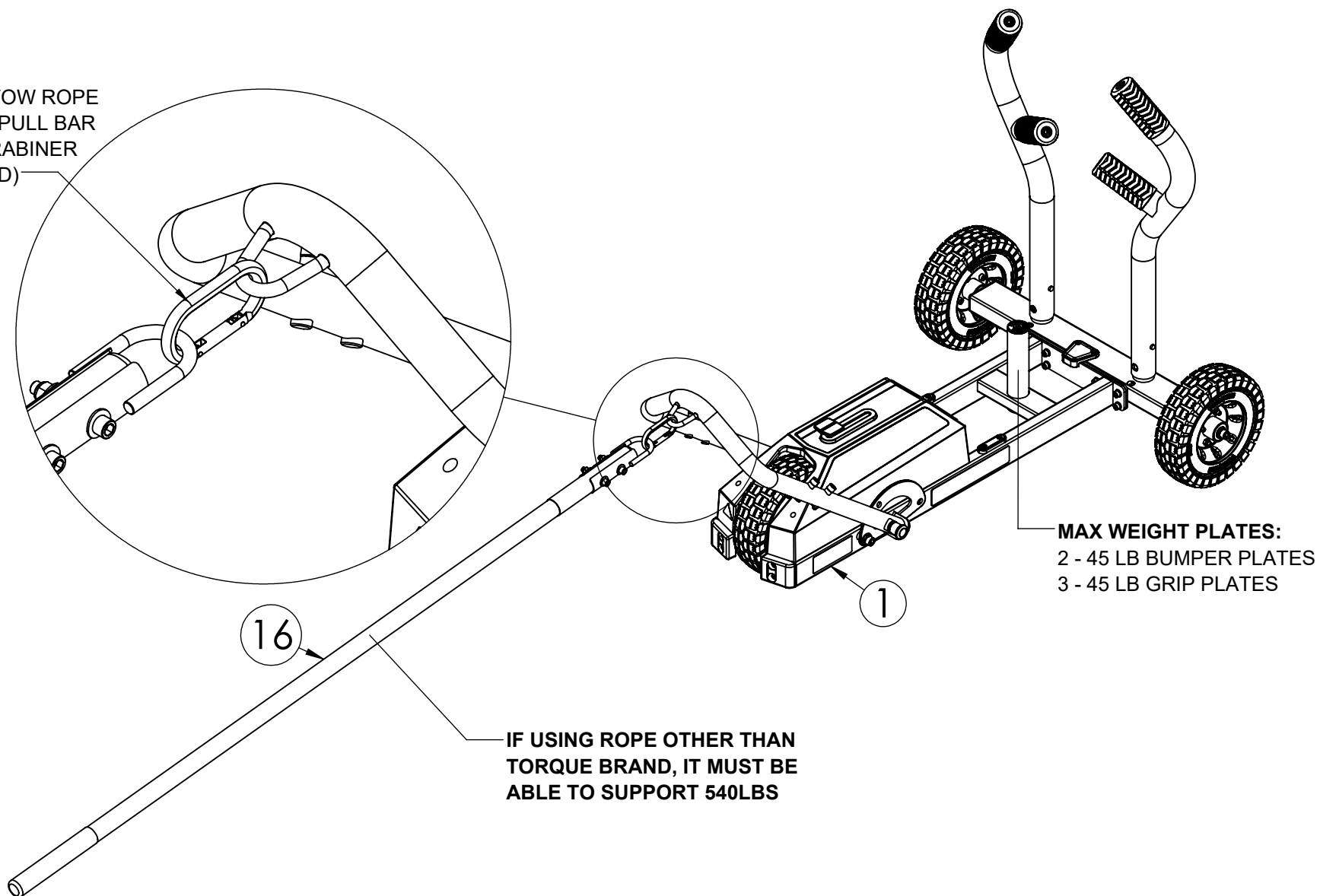
NOTE:

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

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TOW ROPE ATTACHMENT (OPTIONAL)

ATTACH TOW ROPE
TO PUSH/PULL BAR
WITH CARABINER
(INCLUDED)

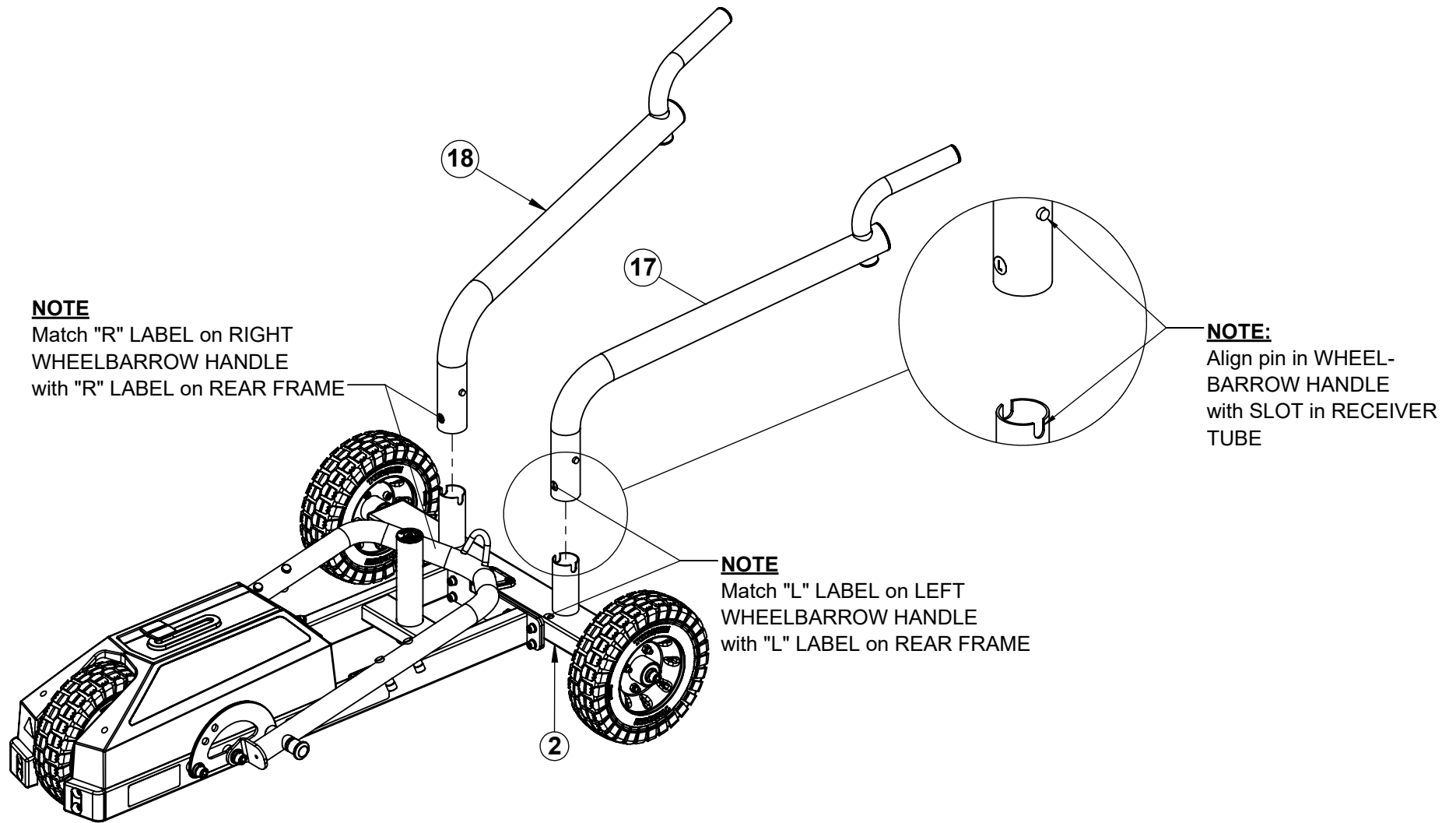


NOTE:

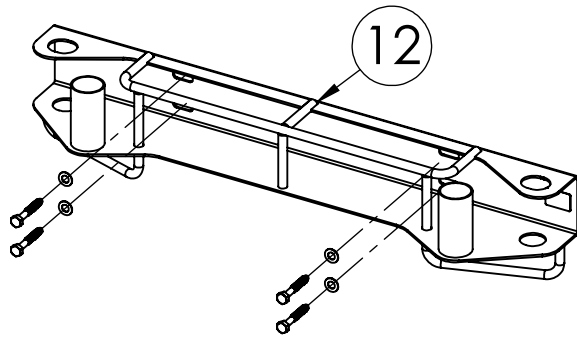
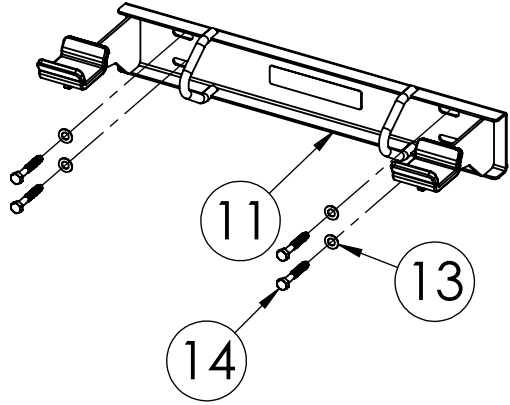
Weight plates are not included. Weight plates are only needed to prevent skidding and lifting of the back wheels. Adding weight does not affect the resistance

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WHEELBARROW HANDLE ATTACHMENT (OPTIONAL)

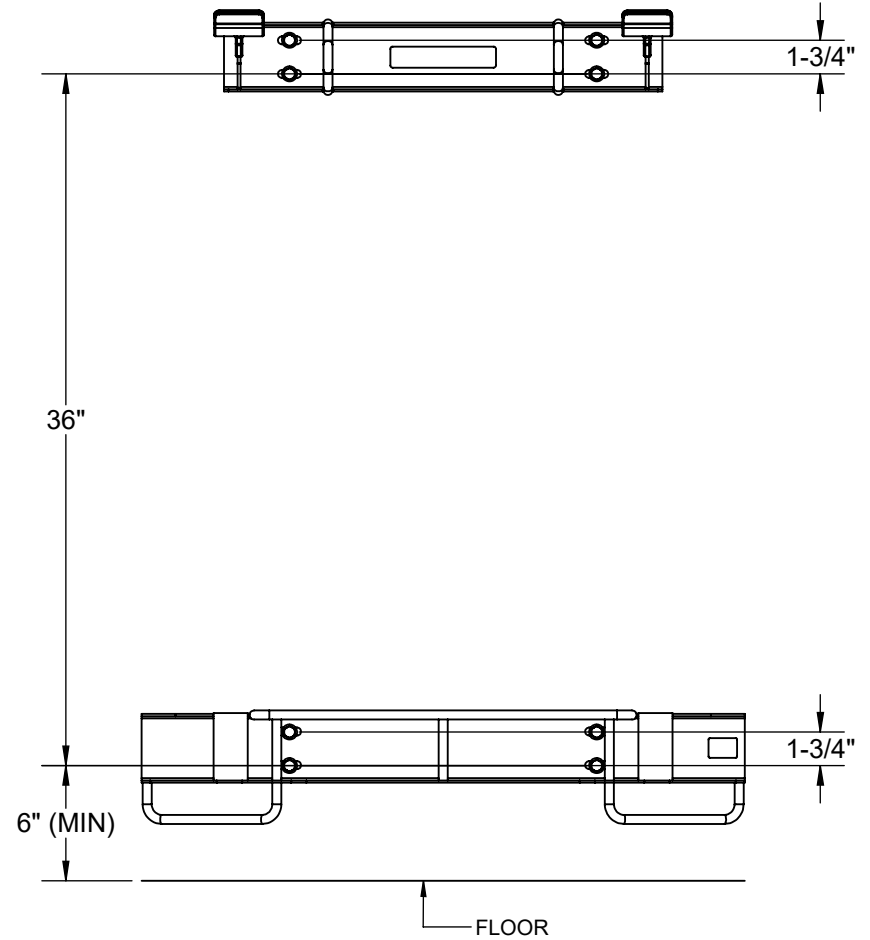


**XTM1-WMSS
WALL MOUNT STORAGE SYSTEM (OPTIONAL)**



WARNING:

The **UPPER MOUNT MUST** be anchored to the wall using four WALL ANCHORS suitable for that particular wall construction



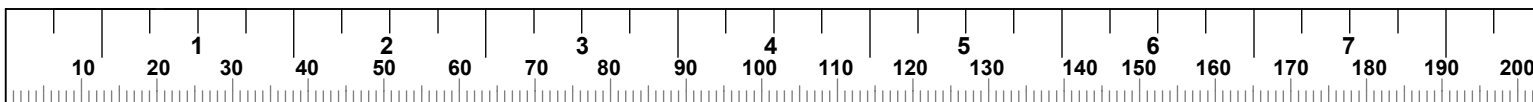
WARNING:

The **LOWER MOUNT MUST** be anchored to the wall using four WALL ANCHORS suitable for that particular wall construction

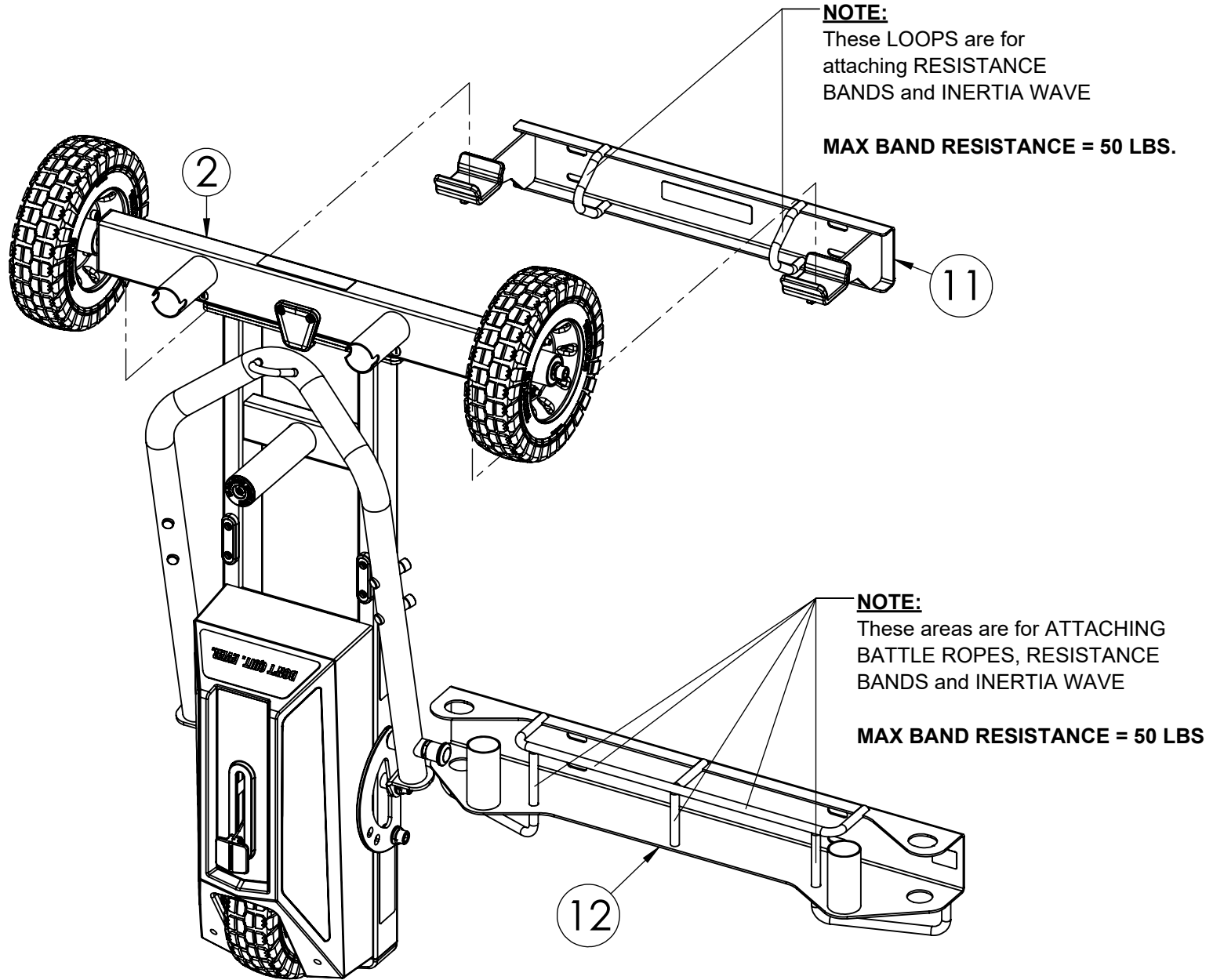
NOTES:

The images above show the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. **NOTE: At least four anchoring locations must be used in each part.** The pull-out strength of the anchoring bolts used must be greater than or equal to 200 lbs. (91 kg)

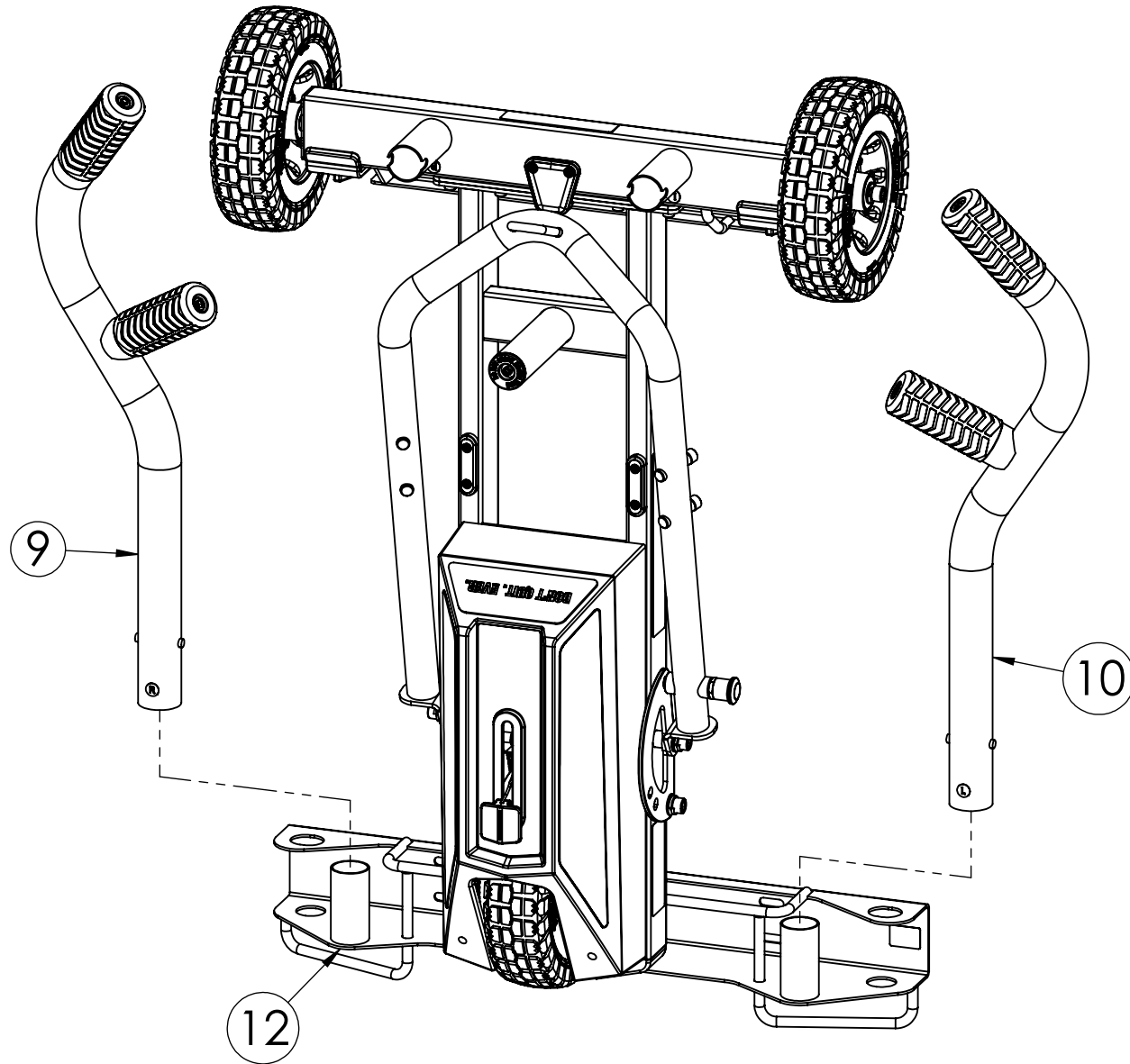
SECURELY tighten bolt connections in this step



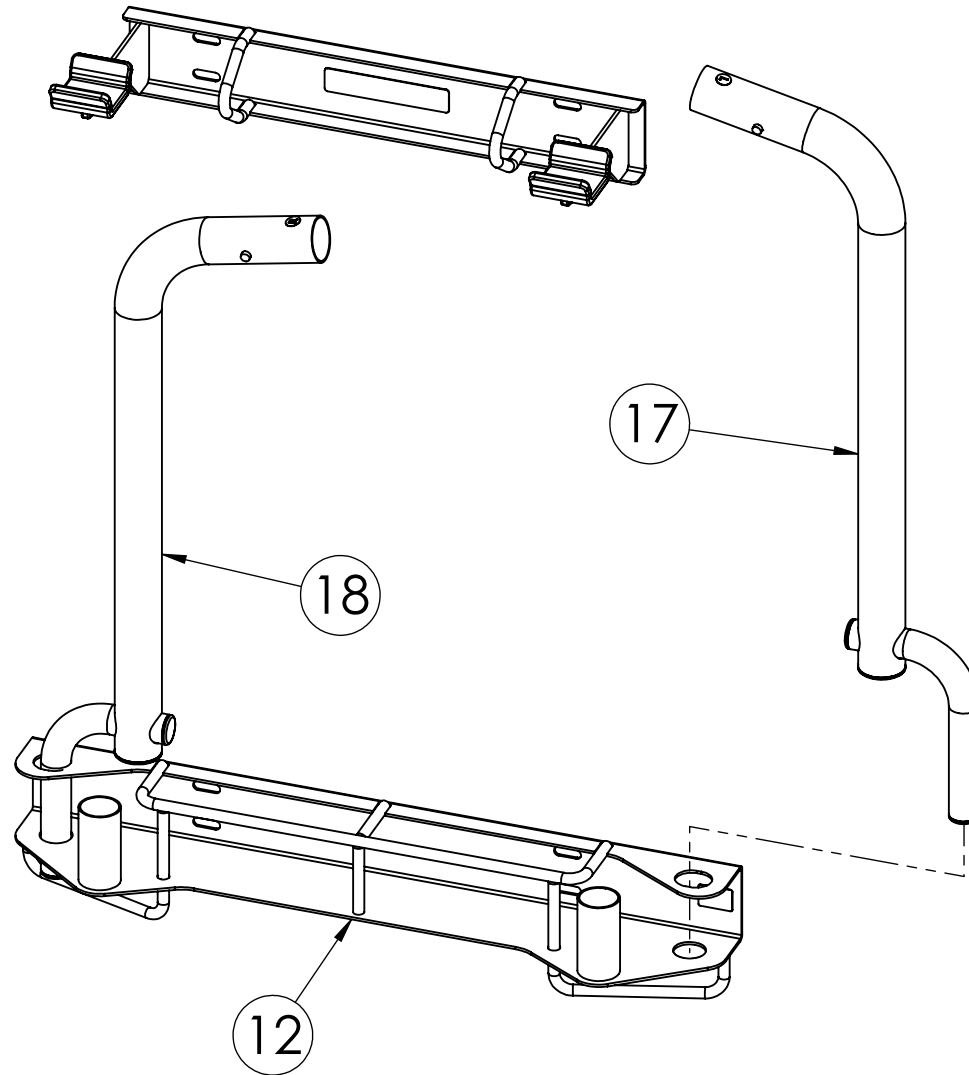
**XTM1-WMSS
WALL MOUNT STORAGE SYSTEM (OPTIONAL)
M1 STORAGE**



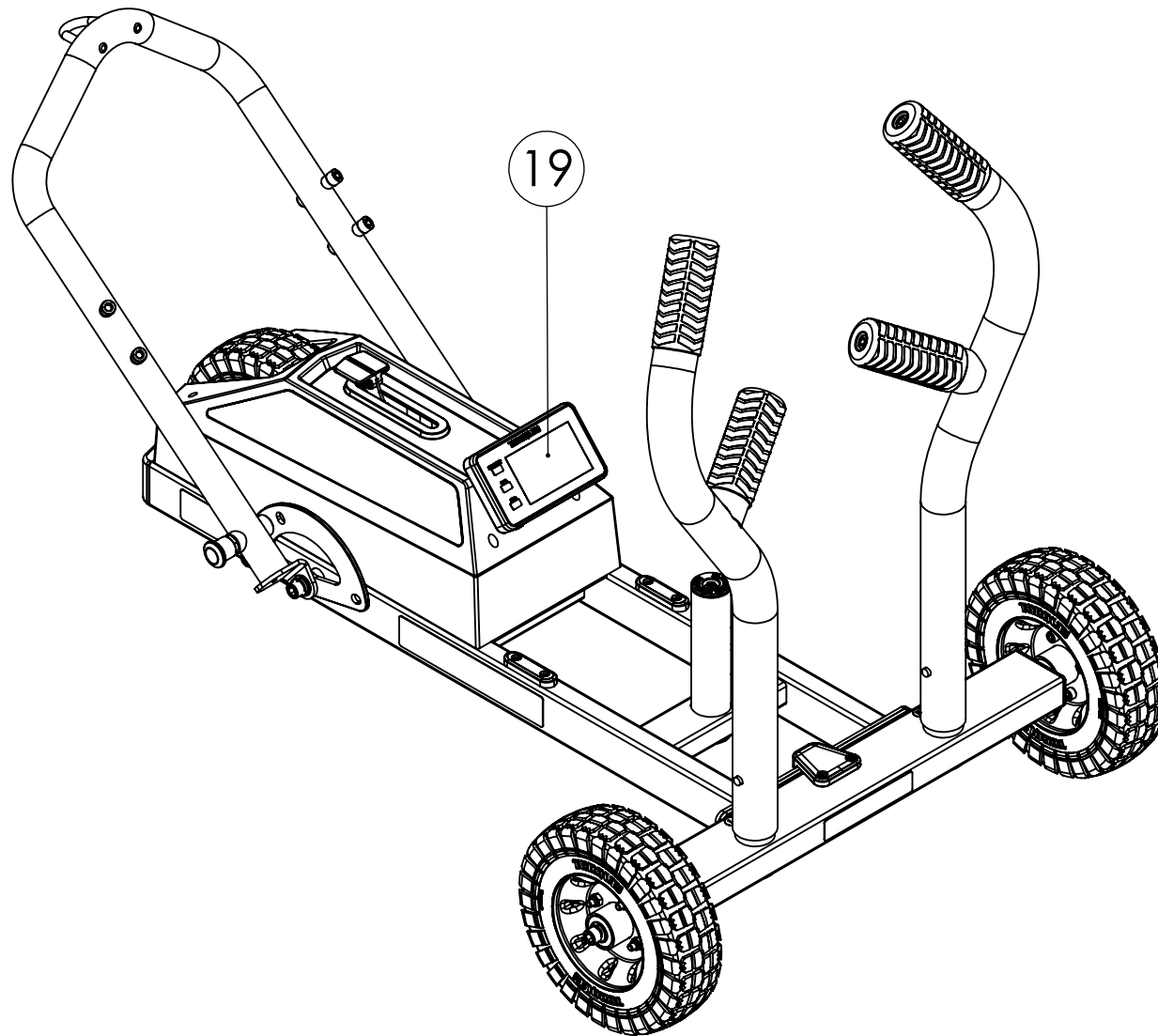
**XTM1-WMSS
WALL MOUNT STORAGE SYSTEM (OPTIONAL)
PUSH HANDLE STORAGE**



**XTM1-WMSS
WALL MOUNT STORAGE SYSTEM (OPTIONAL)
WHEELBARROW HANDLE STORAGE**



**XTTM1-C-101
CONSOLE, TANK M1 (OPTIONAL)**



NOTE:
Console not included. Console installation and user manual located in console box.

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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 **PAGE 23** 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, see **PAGE 24** 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.

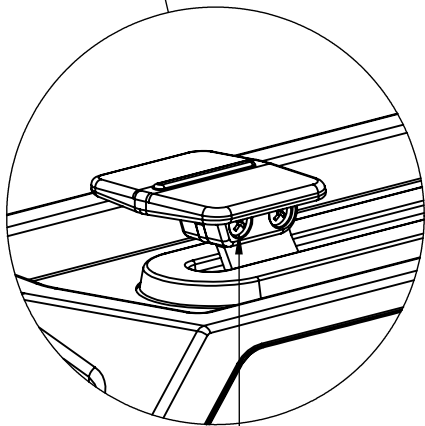
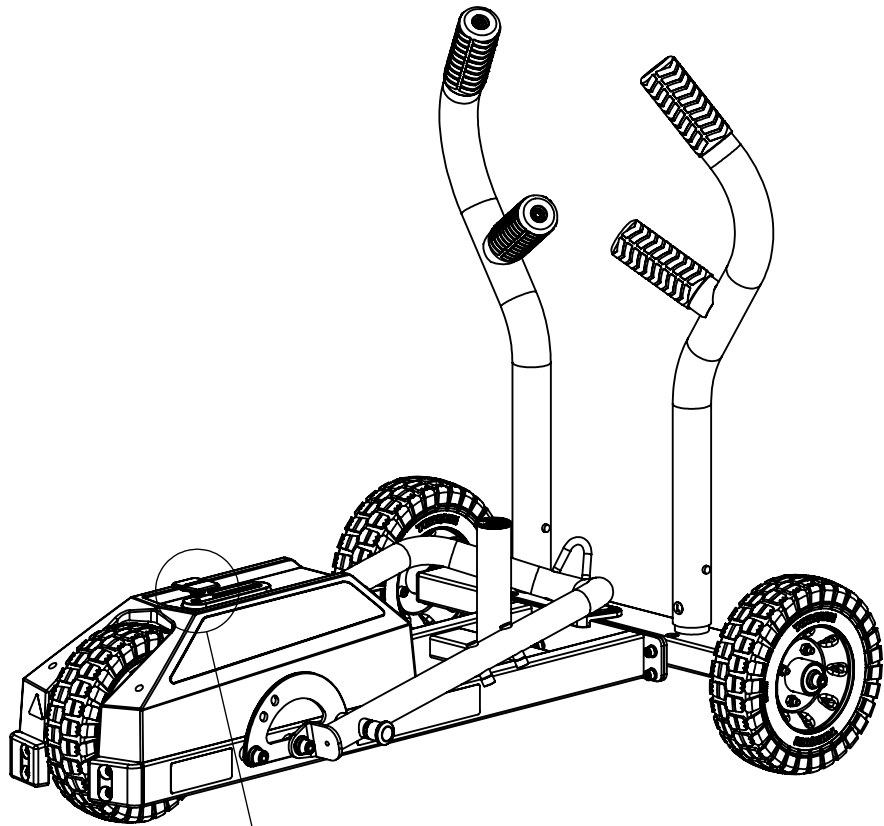
 [#TorqueFitness #TorqueTANK](#)

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

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

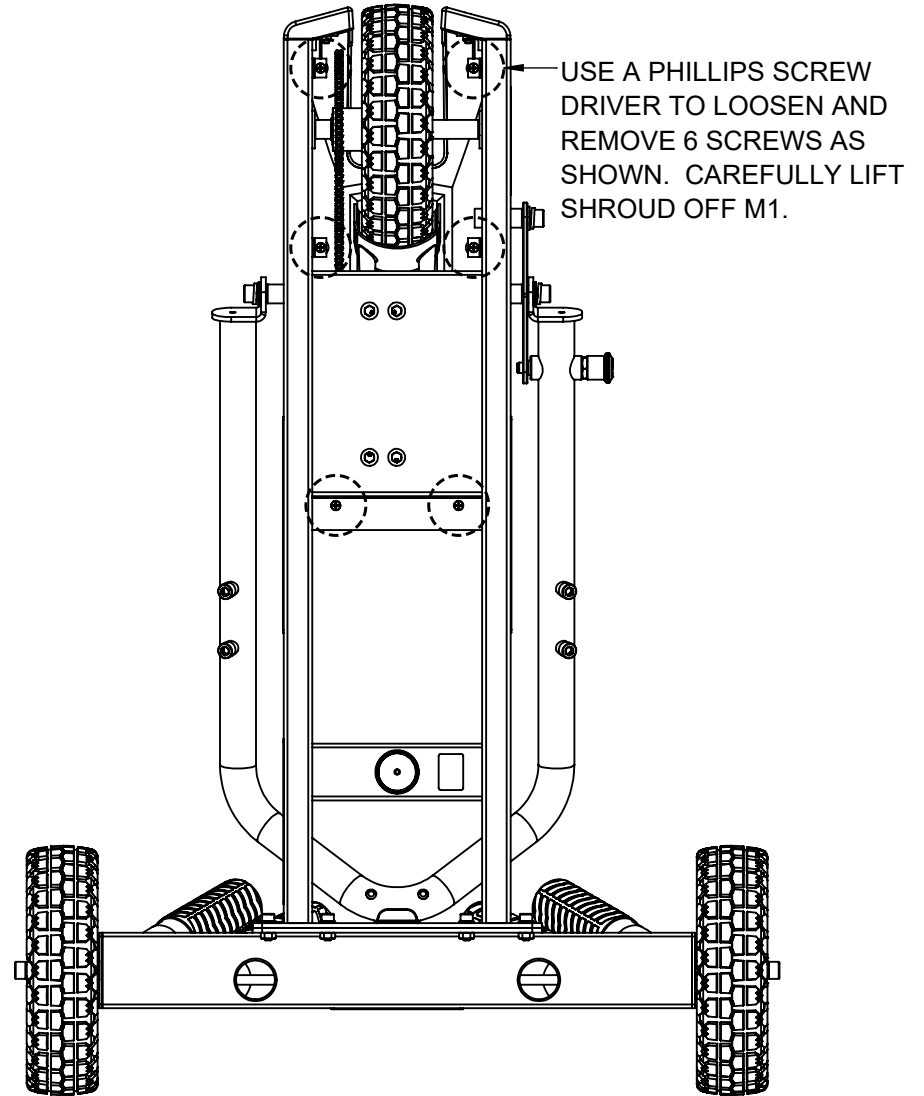
 <https://www.facebook.com/groups/thetankcommunity>

SHROUD REMOVAL - STEP 1



USE A PHILLIPS SCREW DRIVER TO LOOSEN AND REMOVE 2 SCREWS AND CAREFULLY REMOVE HANDLE.

SHROUD REMOVAL - STEP 2



USE A PHILLIPS SCREW DRIVER TO LOOSEN AND REMOVE 6 SCREWS AS SHOWN. CAREFULLY LIFT SHROUD OFF M1.

BOTTOM VIEW

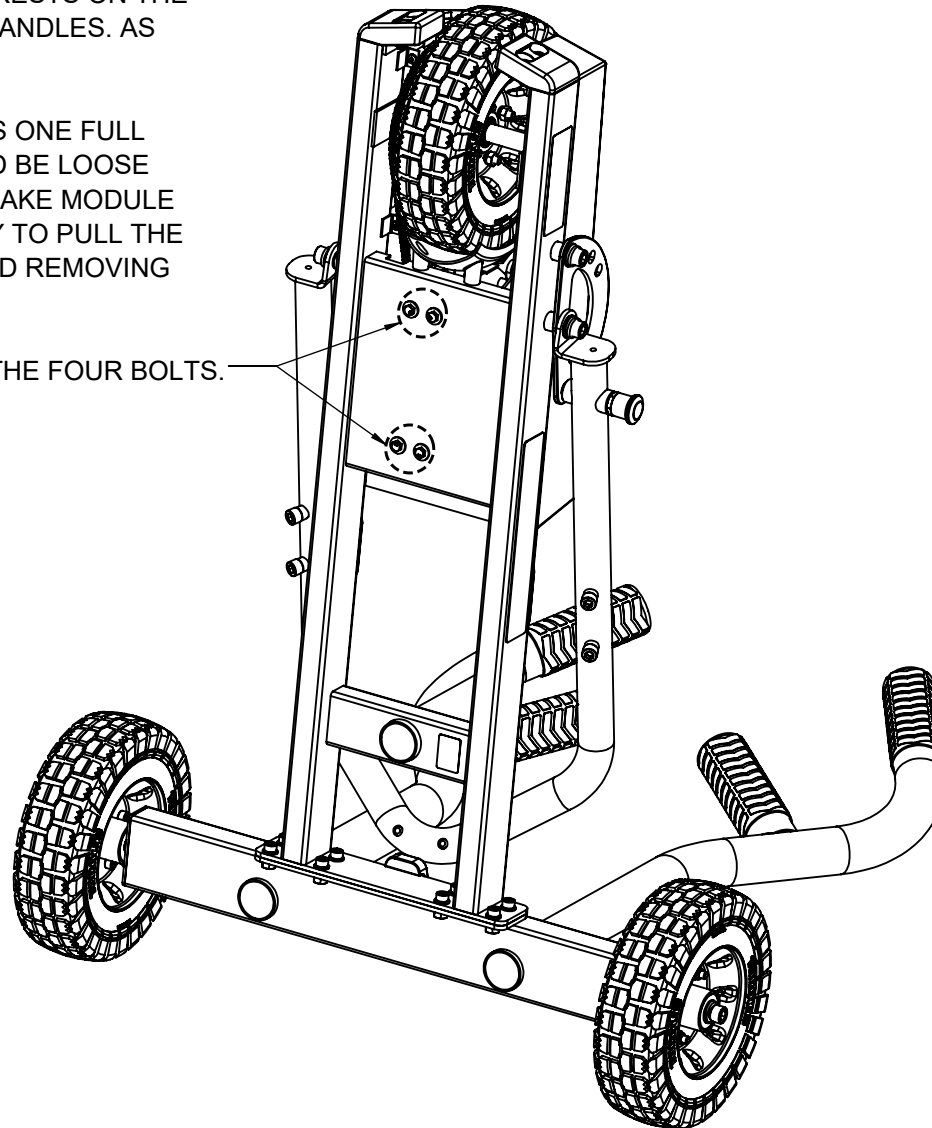
CHAIN ADJUSTMENT

TO SET THE CORRECT CHAIN TENSION
FOLLOW THESE STEPS:

1) TIP M1 BACK SO THAT IT RESTS ON THE
REAR WHEELS AND PUSH HANDLES. AS
SHOWN.

2) LOOSEN ALL FOUR BOLTS ONE FULL
TURN EACH. (BOLT SHOULD BE LOOSE
ENOUGH TO ALLOW THE BRAKE MODULE
TO MOVE). ALLOW GRAVITY TO PULL THE
BRAKE MODULE DOWNWARD REMOVING
THE EXCESS SLACK.

3) **SECURELY** RE-TIGHTEN THE FOUR BOLTS.



IMPORTANT SAFETY INSTRUCTIONS:

WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear. Damaged or worn components must be replaced immediately with Torque Fitness approved service parts. See inspection and lubrication section on page 24 for more details.

- WARNING: Injuries to health may result from incorrect or excessive training.
- Keep children away from the TANK M1 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.
- **DO NOT** attempt to use the TANK M1 for any purposes other than that for which it was intended.
- Wear shoes with rubber or high-traction soles. High heels, dress shoes, sandals or bare feet are not suitable for use with the TANK M1.
- **DO NOT** drop the front wheel down when turning the TANK M1 around. Carefully set the front wheel down - especially with weight plates on the weight horn.
- **DO NOT** place more than 135 LBS. on the weight horn of the TANK M1.
- **DO NOT** stack weight above weight horn cap.
- **DO NOT** drop the weight plates onto the TANK M1. Doing so, may result in damage to the TANK M1.
- **DO NOT** use the TANK M1 in wet or slippery conditions.
- **DO NOT** push the TANK M1 while any accessories are attached to the push/pull bar. Dumbbells attached using the Dumbbell Cradle may be left attached during use.
- **DO NOT** adjust the Push/Tow hoop when a dumbbell is in the dumbbell cradle.
- **DO NOT** stand or ride on the TANK M1.
- **DO NOT** use the TANK M1 without the shroud.
- Use two hands while using the push handles to ensure Tank will travel straight.
- The gap between front wheel and shroud may have pinching risk.
- If you feel skidding of the tires, add more weight to the weight horn.
Max of 3 grip plates or 2 bumper plates.

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

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

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