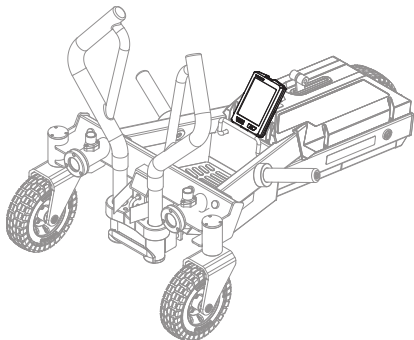


TORQUE^{USA}



Assembly & User Instructions for M3 Digital Console

(Model No: XTTM3-C)

For use with Tank M3

(Model No: XTTM3-MPH)



This product is compliant with the applicable CE requirements.

Assembly & User Instructions

M3 Digital Console

Table of Contents

IMPORTANT SAFETY INSTRUCTIONS.....	ii
Product Label Location.....	iv
Electrical Specifications and Disposal Instructions.....	iv
M3 Digital Console Assembly Instructions.....	1
Assembly Preparation.....	1
1. Remove Shroud and Handle	2
2. Remove Shroud Cover Plate	3
3. Install Console on Shroud.....	4
4. Install Console/Shroud Assembly	6
5. Calibrate the Console (<i>Required</i>)	7
M3 Digital Console User Instructions	8
Console Buttons	8
Console Setup (<i>Optional</i>)	9
Display	12
Limited Product Warranty	14



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

IMPORTANT SAFETY INSTRUCTIONS

WARNING: The safety of this product can be maintained only if it is examined regularly for damage and wear.

- Consult your physician before beginning an exercise program using this equipment.
- **Do not** immerse console in water or expose to extreme heat or cold.
- **Do not** install the batteries into the machine until the time specified in the assembly manual.
- **Do not** mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.
- Use this machine **only** for its intended use as described in this manual. Use **only** attachments recommended by Torque Fitness.
- Clean with a damp cloth. Do not spray cleaner directly on the display; moisten the cloth first, then wipe the display. Do not allow moisture from perspiration to accumulate as it is extremely corrosive.

FCC Warning

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
 - (1) This device may not cause harmful interference.
 - (2) This device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

CE Warning

EU Declaration of Conformity

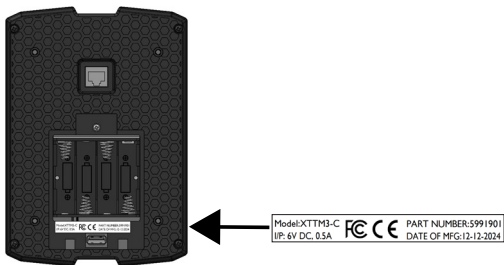
TORQUE FITNESS, LLC hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. This device can be operated in at least one Member State without infringing applicable requirements on the use of radio spectrum.

RF Exposure Information:

This equipment complies with EU radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body.

SAVE THESE INSTRUCTIONS

Product Label Location



The accuracy of the Watt value displays on the console is within +/- 10%.

Electrical Specifications and Disposal Instructions

Power Requirements: Four (4) AA batteries

Disposal:



Waste of electrical and electronic equipment must not be disposed as unsorted municipal waste. It must be collected separately, and must be disposed of per local regulations. Unlawful disposal may cause environmental pollution.

Remove batteries from console unit and dispose of batteries and console according to local regulations.

M3 Digital Console Assembly Instructions

Assembly Preparation

Unpack all contents, removing all packaging and protective bags. Verify all items shown below are included and undamaged.

Hardware Included:



- 5mm Allen wrench Qty: 1
- Console Attachment Retainer Qty: 6
- M6 x 1.0 x 10L Screw Qty: 2
- M5 x 0.8 x 10L Screw Qty: 4
- #2 Phillips screwdriver (not provided)

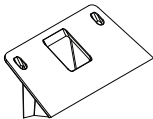
Tools Required:

- 5mm Allen (hex) wrench (provided)
- 4mm Allen (hex) wrench (provided with M3 Base Product)
- #2 Phillips screwdriver (not provided)

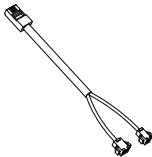
Digital Console



Console Mount



Console Cable



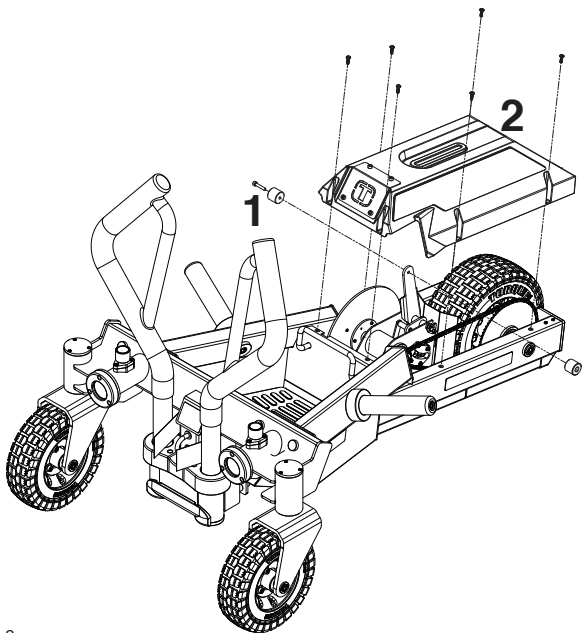
AA Batteries (4) - *Pre-installed in console*

Assembly and User Instructions



1. Remove Shroud and Handle

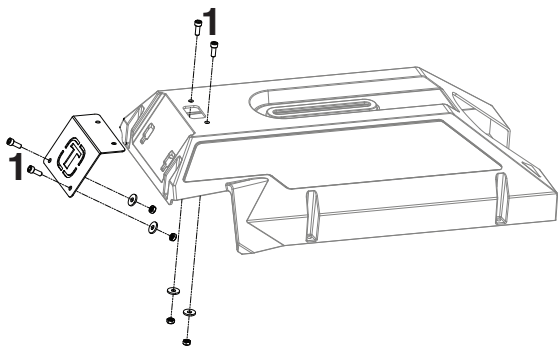
1. Use 5mm Allen wrench to remove screw securing two sides of resistance handle. Retain two handle pieces and screw for reuse in step 4.
2. Use #2 Phillips screwdriver to remove six (6) screws securing shroud to base frame. Retain screws for reuse in step 4. Lift shroud off base and set aside.



2. Remove Shroud Cover Plate

1. Use 5mm Allen wrench and a 10mm wrench to remove four (4) screws, washers and nuts securing cover plate to shroud. Retain two washers for reuse in step 4.

The removed cover plate, screws, nuts, and two additional washers are no longer needed.

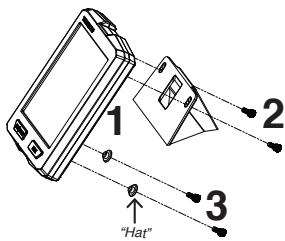


3. Install Console on Shroud

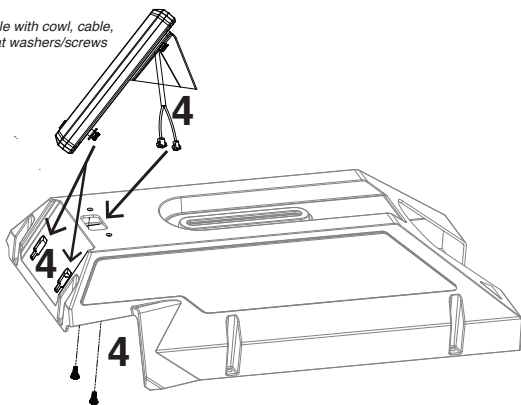
1. Pull the battery protection tab (not shown) to remove it from the battery compartment on the back of the console. The console window should illuminate.

If the does not illuminate, replace the batteries:

- Remove the #1 Phillips screw and battery compartment cover.
 - Remove and replace the old batteries with four (4) fresh AA batteries, oriented according to the diagram in the battery compartment.
 - Secure battery compartment cover with screw.
2. Attach the cowl to the back of the console using two M5 screws and 4mm Allen wrench. The closed end of the cowl should be near the top of the console, as shown.
 3. Install hat washers and two (2) M5 screws into holes at the bottom of the console back. The bottom of each "hat" should be next to the console plastic, with the screw inserted through the top of the hat and then into the console, as shown.
 4. Plug the single connector end of the console cable into the back of the console. With the shroud facing up, feed the two-connector end of the console cable down through the hole in the top of the shroud. Align the screws in the hat washers with the slots in the shroud and slide the console down into place. Turn the shroud over and use a 5mm Allen wrench to secure the console to the shroud with two (2) M6 screws and two washers removed in step 2.1.

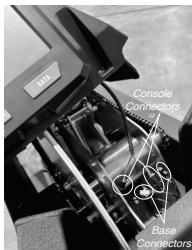


*Console with cowl, cable,
and hat washers/screws*

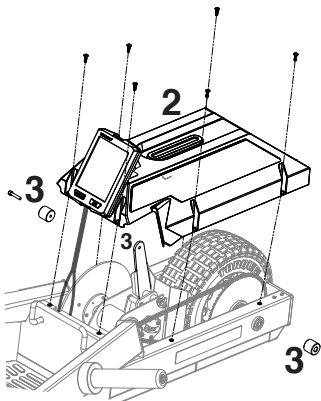


4. Install Console/Shroud Assembly

1. Set shroud on frame, then connect console cable connectors to base cable connectors. (One is a 3-pin connection, the other is a 2-pin connection.) Push the sled and verify the console illuminates. If it does not, check the connections and try again.

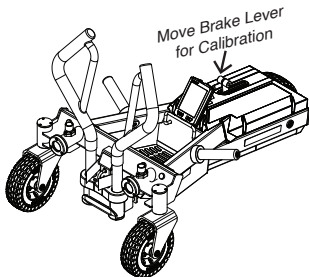
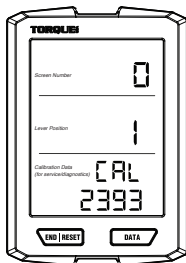


2. Align holes in shroud with holes in frame, then attach shroud to frame using #2 Phillips screwdriver and six (6) screws removed in step 1.2.
3. Reattach the handle to the brake lever using the screw and handle parts removed in step 1.1.



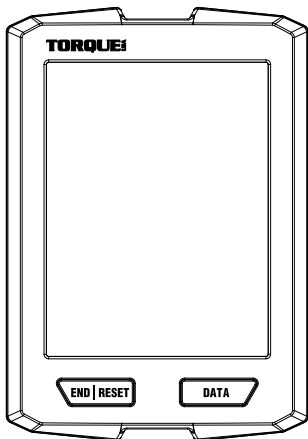
5. Calibrate the Console (Required)

1. Press any key to wake the console. Press "DATA", then "END | RESET" and hold both keys until the calibration screen (Screen 0) appears:
2. Set the brake lever to "N", then press "DATA". The number in the middle section of the screen will change to "1".
3. Move the resistance lever to "1", then press "DATA". The number in the middle section of the screen will change to "2".
4. Move the resistance lever to "2", then press "DATA". The number in the middle section of the screen will change to "3".
5. Move the resistance lever to "3", then press "DATA". Press END / RESET to save the calibration values and move to the next Setup screen. Setup screens 1-6, described on page 11, are optional; press END RESET two times to exit the setup functions at any time once the calibration has been completed.



M3 Digital Console User Instructions

Console Buttons



The console features two (2) buttons to control the digital display:

END | RESET Press this button to end a workout and activate the workout summary display. Press and hold the button for three seconds to reset the console data to the neutral state or cancel programming.

DATA Press this button during a workout or workout summary to move between display settings for the center section of the screen. The display offers three display states:

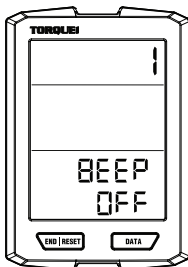
- ⚡
- Speed (🌀)
- Force (🏋️)

During the workout summary, the display alternately shows average and max values for ⚡, Speed, and Force.

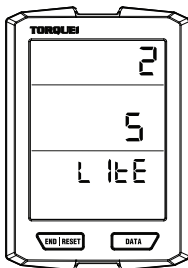
Console Setup (Optional)

The default console values for Units, Beep, and back light may be changed if desired. Follow these steps to verify or change the settings:

Press "DATA", then "END | RESET" and hold both keys until the calibration screen (Screen 0) appears. Press "END | RESET" to move to Setup screen 1.

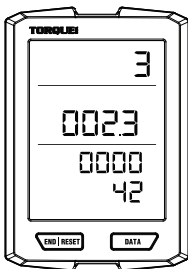


Press "DATA" to toggle the **beep** On or Off. Press "END | RESET" to move to back light setup (screen 2).

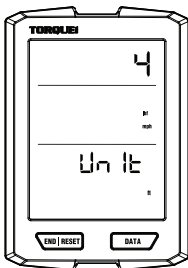


Press "DATA" to toggle through the **back light** level values. The back light may be set to 0 (off, the default value) or any value from 0 to 5, with 5 being the brightest. Note: A brighter back light setting will drain the console batteries more quickly. Select the value you prefer, then press "END | RESET" to move to the odometer (screen 3.)

Console Setup (Continued)



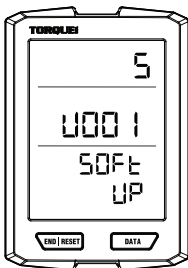
The odometer screen is a display-only screen showing machine distance and hours for service and diagnostics purposes. Press “END | RESET” to move to the units setup (screen 4.)



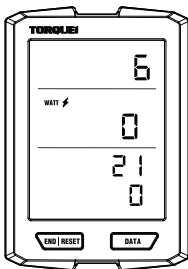
Press “DATA” to toggle the **units** setting between imperial (pounds, miles/hour, and feet) and metric (kilograms, kilometers/hour, and kilograms).

Press “END | RESET” to move to the software version display (screen 5), for use when a software update is required.

Console Setup (Continued)



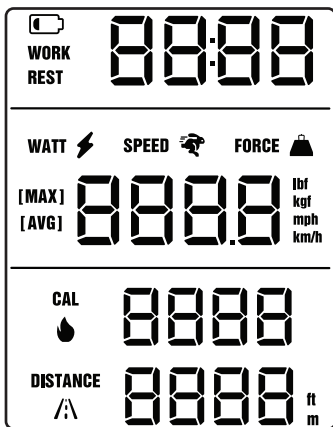
Press "END | RESET" to move to diagnostics (screen 6) without doing a software update. When an update is required, press "DATA" to begin an update procedure, following the directions on the screen, then press END / RESET" to move to diagnostics (screen 6).




Use the diagnostic screen as needed when working with a Torque Fitness service technician.

Press "END | RESET" to save your Setup selections and return to the main display screen.

Display



The digital LCD includes the following data at the top of the screen:

Battery () This icon blinks when the battery level is low. Replace the batteries following the instructions on page 4, step 3.1.

TIME During a workout, this field displays the elapsed time of the workout, actively counting up (in minutes:seconds). The time displayed is one of two sub-values:

WORK The elapsed time the M3 has been moving.

REST The elapsed time the M3 has been immobile.

The middle section of the screen has three alternative displays of active (point in time) data. Press "DATA" to change the display during the workout.



Displays the approximate energy (effort) currently being generated, ranging from 0-9999.

SPEED ()


Displays the approximate current speed, in miles or kilometers per hour, from 0-99.9.


FORCE ()

Displays an approximate level of effort (force) the user is applying, in pounds or kilograms, ranging from 0-999.9.

Display (continued)







The bottom section of the screen displays of cumulative data for the workout:

CAL () Displays the approximate number of calories burned during the workout (based on a user weight of 150 pounds), ranging from 0-9999.

DISTANCE () Displays the approximate distance the M3 has been pushed by the user, in feet or meters, from 0 to 9999.

Workout Summary

After five consecutive minutes of rest, the screen displays a workout summary. Alternatively, the user may manually end the workout and see the workout summary at any time by pressing "END | RESET" once. In summary mode, the display toggles for five minutes between three summary screens, including the following data:

WORK	Total workout time (including rest time)
[MAX] SPEED ()	Total active time
[AVG] SPEED ()	Maximum speed in mph or kph
[MAX] 	Average in mph or kph
[AVG] 	Maximum energy generated during the workout
CAL	Average energy generated per during the workout
[MAX] FORCE ()	Total calories burned
[AVG] FORCE ()	Maximum level of effort in pounds or kilograms (your "hardest" push)
DISTANCE	Average level of effort, in pounds or kilograms (your average push)
	Total distance in feet or meters

If the M3 is moved during summary screen display, the workout resumes.

Press and hold "END | RESET" to clear the workout and the summary.

Press and hold "END | RESET" to turn off the console and conserve battery.

Limited Product Warranty

For warranty information, visit www.torquefitness.com/pages/warranty.

If you purchased your machine outside of the United States, consult your local distributor or dealer for warranty coverage.

TORQUEUSA

DON'T QUIT. EVER.™

Torque Fitness
11201 Xeon Street NW Ste 101
Coon Rapids, MN USA 55448
www.torquefitness.com

Toll free: 1-877-TORQUE5 (1-866-664-9894)
or 763-754-7533 (8:30 am – 5:00 CST).
For sales: sales@torquefitness.com
For service: service@torquefitness.com

© 2025 Torque Fitness. All rights reserved.
P/N 6004001 REV B 01/2025