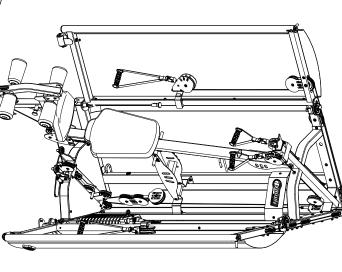


Intelligent Design • Powerful Results





) Fold Away Strength Trainer ™

Assembly and Maintenance Guide

Intelligent Design • Powerful Results

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Important Safety Instructions for Using the Equipment

There is a risk assumed by individuals who use this type of equipment. To minimize risk, you must follow these precautions:

- :-READ ALL INSTRUCTIONS AND WARNING LABELS COMPLETELY PRIOR TO ANY USE OR ASSEMBLY. Failure to read and follow the safety instructions and warnings Maintenance Guide and exercise chart. DO NOT modify equipment in any way. Any use other than as intended or modification of product will void any and all product 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
- Ņ ately if you experience dizziness, nausea, faintness, chest pain, shortness of breath or any other abnormal symptoms during use of this equipment. Consult your physician before starting any exercise program. Warm up properly before engaging in resistance training. Stop exercising and consult a physician immedi-
- ω 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. Certain exercise programs and/or equipment may not be suitable or appropriate for pregnant women, people with heart conditions, balance impairments or other pre-
- 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
- ĊΊ Keep body and clothing clear of all moving parts. Do not put any foreign objects 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
- Make sure all adjustment spring pins are fully engaged after making an adjustment and before using the product

all product warranties.

- Make sure weight stack selector is completely inserted into the weight stack before beginning any exercise
- 9.8.7.6 Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy
- outside the U.S. +1-763-754-7533. If unsure of the proper use of this product, contact your authorized Torque Fitness dealer or Torque Fitness Customer Service at 1-877-TORQUE5 (1-877-867-7835) or

Important Safety Instructions for Assembling Equipment

- It is strongly recommended that a qualified, authorized Torque Fitness dealer assemble the equipment. Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.
- Ņ assembly and use. 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
- ω may require components to be disassembled. Read each numbered step in the Assembly and Maintenance Guide and follow the steps in sequence. Skipping ahead may result in damage to the equipment and
- 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 equipment yourself except for the maintenance tasks described in this manua

Refer to the Adjustments and Maintenance section at the back of this manual and the included Exercise Chart for information on product operation and service.

For further information, contact an authorized Torque Fitness dealer or visit our web site at www.torquefitness.com

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Model number:	Name:	Date of purchase:
Serial number(s):	Address:	Dealer Service Contract:
Dealer information:	Tele: Contact Person:	Dealer Service Phone:
		7

GENERAL NOTES

CAUTION: More than one person is required to assemble this unit. Do not attempt to assemble by yourself.

Torque Fitness strongly recommends having a qualified, authorized Torque Fitness Dealer assemble the equipment.

Unpacking the Equipment

This product is 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 parts near 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 separate bags sorted by step. Carefully open each bag and keep sorted.

Before starting assembly, identify each part and hardware item as listed in the parts list. If any items are missing, contact the dealer whom you purchased the unit from or call Torque Fitness Customer Service.

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

Tools Required

- Rubber mallet or hammer
- 3/4" wrench or adjustable wrench
- Ratchet with 9/16" socket
- 9/16" box wrench
- 4mm Allen wrench
- 5mm Allen wrench
- 6mm Allen wrench
- 7/16" wrench or socket
 Wire tie cutter (cuts plastic tie wraps)
- Scissors or utility knife (cuts hardware bags)
- Step stool
- Measuring tape
- Pliers

Optional Equipment

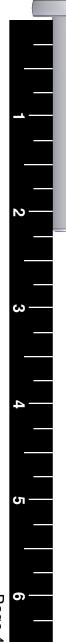
Optional equipment may be available for this equipment.

Follow the instructions in the optional equipment instructions for the sequence step to assemble it to the base unit.

Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6-inch scale is provided at the bottom of every assembly instruction page. The head of the bolt should not be used when measuring the length of the bolt as depicted in the illustration below.

- Read all caution notes on each page before beginning that step.
- Some of the items shown in the assembly steps may already be pre-installed.
- **Note:** Some pre-installed parts may need to be temporarily disassembled in order to complete a step. Follow the instructions or damage to the unit could occur.
- Some parts may have extra holes that you will not use. Use only the holes depicted in the instructions.
- Certain parts make reference to the right and left side of the machine. In order to remain consistent, determine the left and right side of the machine by sitting with your back to the rear of the machine.
- Provide ample space around the machine in order to ease assembly.
- **DO NOT** fully tighten any connections until instructed to do so. This will help ensure that alignment of all of the parts will be correct.
- Insert all bolts in the direction indicated by the illustrations. Failure to do so may result in clearance issues and will degrade the aesthetics of your unit.
- 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 loosened 1/4 turn



Parts List

34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	1	10	9	ω	7	6	5	4	ω	Ν	_	#
2001006	2001009	2001101	50940PA	50939PA	50577PA	50136PA	51143PA	5150701	50098PA	50099PA	5118101	5051701	5077601	5059201	50560PA	50557PA	50541PA	50867PA	5086601	5081301	5153001	5153501	50830PA	50113PA	5013501	50805PA	51148PA	50799PA	50810PA	50806PA	50820PA	50823PA	50827PA	PART NO.
3/8 X 2" BUTTON HEAD BOLT	3/8 X 2-3/4" BUTTON HEAD BOLT	3/8" FLAT WASHER	LEFT DOOR SHROUD	RIGHT DOOR SHROUD	BADGE PLATE	DUAL FLOATING PULLEY	PULLEY BRACKET W/ GUIDE	TIGHTENING KNOB	PULLEY BRACKET	HEAD PLATE PULLEY	WEIGHT STEM L BRACKET	BACK PAD	ROLLER PAD SUPPORT	SEAT PAD	SEAT ADJUSTMENT	LC/LE PIVOT	SEAT SUPPORT	ADJUSTMENT ARM	NYLON SPACER	PIVOT SHAFT	1/2 X 15mm SHOULDER BOLT	4-1/2" CABLE GUIDE WIRE	CENTER UPRIGHT	GUIDE ROD SUPPORT	GUIDE ROD	LEFT DOOR	WHEEL SUPPORT	RIGHT DOOR	ADJUSTMENT ARM SUPPORT	TOP BOOM	LEFT SIDE	RIGHT SIDE	BASE	DESCRIPTION
4	16	48	1	1	1	1	1	1	2	1	1	1	1	1	1	1	1	1	2	1	4	1	1	1	2	_	2	1	1	_	1	_	_	NIO VIO
68	67	66	65	64	63	62	61	60	59	58	57	56	55	54	53	52	51	50	49	48	47	46	45	44	43	42	41	40	39	38	37	36	35	#
5051201	5050901	5050401	5091701	5091801	5091901	5110101	5110001	5101501	5039401	5101001	5044101	5114501	5049201	5098401	5088901	5088801	5088701	2002101	2001901	2002601	2001703	5048701	50490PA	5105201	5093101	5098201	5095301	2002301	5150401	2004001	2001201	2001003	2001010	PART NO.
WEIGHT STACK SELECTOR FORK	WEIGHT PLATE	HEAD PLATE	ANKLE STRAP	SNAP HOOK	UNIVERSALADAPTER	BLACK TOUCH-UP PAINT	SILVER TOUCH-UP PAINT	GUIDE ROD LUBE PACKET	F3 WALL CHART	ORANGE PIVOT WASHER	SHORT STRAP HANDLE	MEDIUM STRAP HANDLE	ADJUSTABLE LOW ROW BAR	LC/LE CABLE	LINK CABLE	UPPER PULLEY CABLE	MID PULLEY CABLE	1/4" FLAT WASHER	1/4 X 1/2" BUTTON HEAD BOLT	1/2" JAM NUT	5/16" X BUTTON HEAD BOLT	ROLLER PAD CAP	ROLLER PAD	F3 PLACARD	WEIGHT STACK LABEL	WEIGHT STACK CUSHION	SHAFT COLLAR	3/8" JAM NUT	WEIGHT STACK STILT	3/8 X 3/4" BUTTON HEAD BOLT W/NP	3/8" LOCK NUT	3/8 X 1-1/4" BUTTON HEAD BOLT	3/8 X 3" BUTTON HEAD BOLT	DESCRIPTION
_	14	1	1	2	2	_	_	2	1	2	2	2	1	1	1	1	1	24	24	1	2	2	2	1	_	2	2	2	2	10	18	2	2	QTY

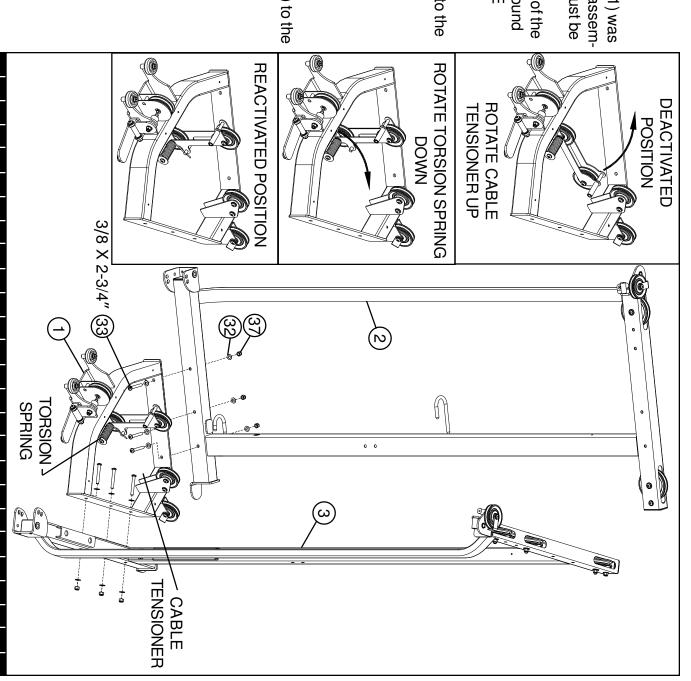
The CABLE TENSIONER on the BASE (1) was deactivated for shipping. Before starting assembly of the F3, the CABLE TENSIONER must be re-activated. Start by rotating the CABLE TENSIONER up, then grab the loose end of the TORSION SPRING and rotate it down, around and underneath the SHAFT of the CABLE TENSIONER as shown in inset.

LOOSELY assemble the LEFT SIDE (3) to the BASE (1) using:

Three 3/8 X 2-3/4" BOLTS (33) Six 3/8" WASHERS (32) Three 3/8" LOCK NUTS (37)

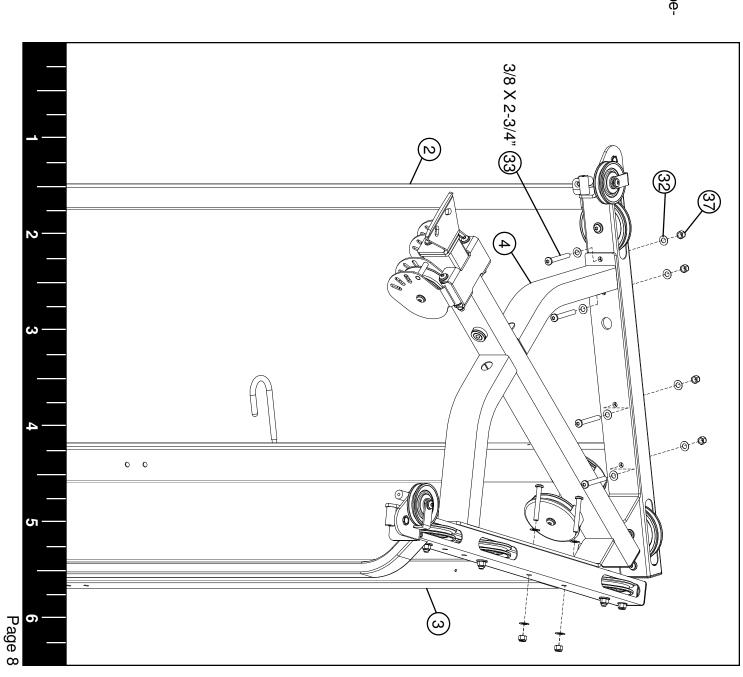
LOOSELY assemble the RIGHT SIDE (2) to the BASE (1) using:

Three 3/8 X 2-3/4" BOLTS (33) Six 3/8" WASHERS (32) Three 3/8" LOCK NUTS (37)



LOOSELY assemble the TOP BOOM (4) between the RIGHT and LEFT SIDES (2 & 3) using:

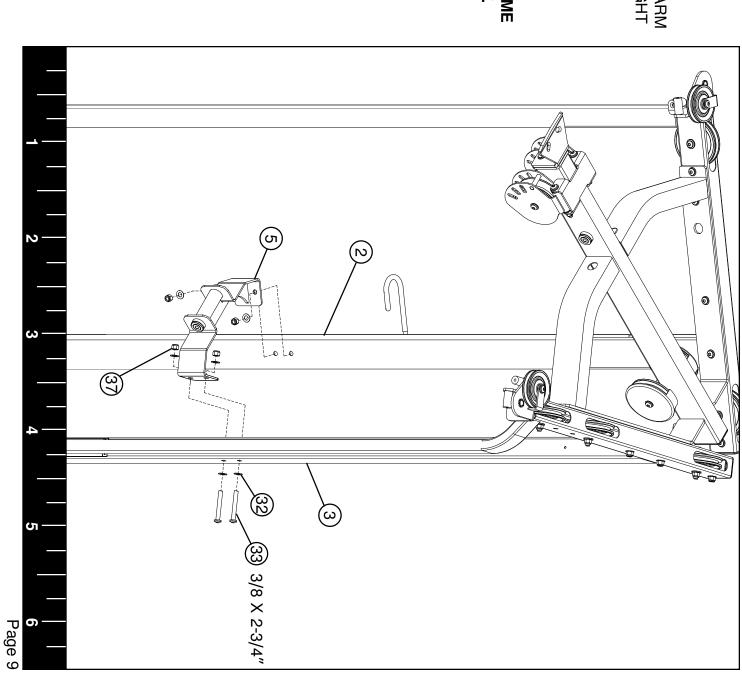
Six 3/8 X 2-3/4" BOLTS (33) Twelve 3/8" WASHERS (32) Six 3/8" LOCK NUTS (37)



LOOSELY assemble the ADJUSTMENT ARM SUPPORT (5) between the LEFT and RIGHT SIDES (3 & 2) using:

Four 3/8 X 2-3/4" BOLTS (33) Eight 3/8" WASHERS (32) Four 3/8" LOCK NUTS (37)

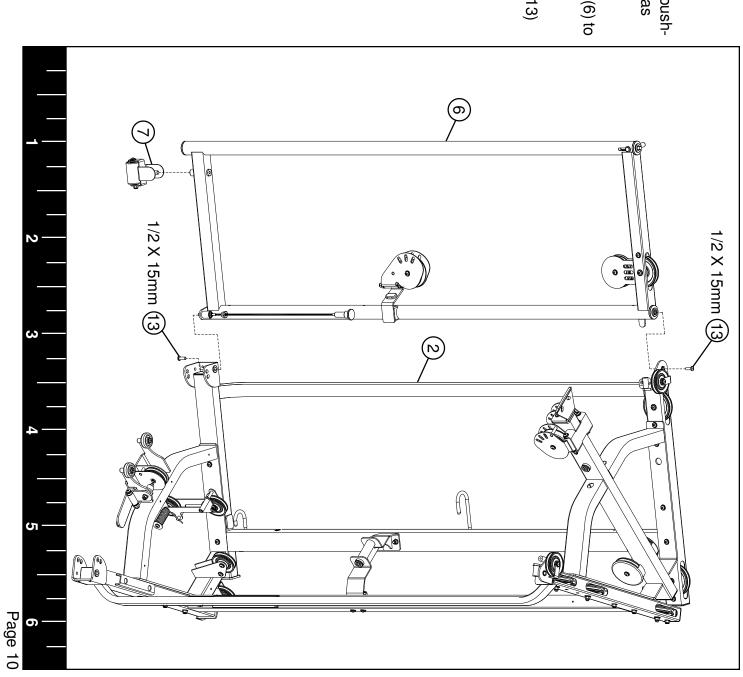
SECURELY TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.



Insert one WHEEL SUPPORT (7) into the bushing on the bottom of the RIGHT DOOR (6) as shown.

SECURELY assemble the RIGHT DOOR (6) to the RIGHT SIDE (2) using:

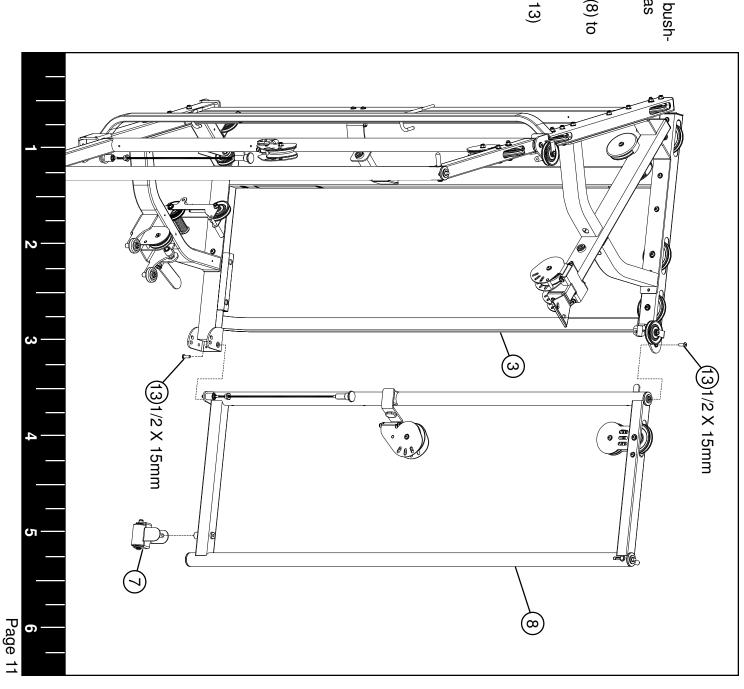
Two 1/2 X 15mm SHOULDER BOLTS (13)



Insert one WHEEL SUPPORT (7) into the bushing on the bottom of the LEFT DOOR (8) as shown.

SECURELY assemble the LEFT DOOR (8) to the LEFT SIDE (3) using:

Two 1/2 X 15mm SHOULDER BOLTS (13)



Thread one 3/8 X 2" BOLT (34) and one 3/8" JAM NUT (40) into the BUSHING on the LEFT DOOR (8) as shown.

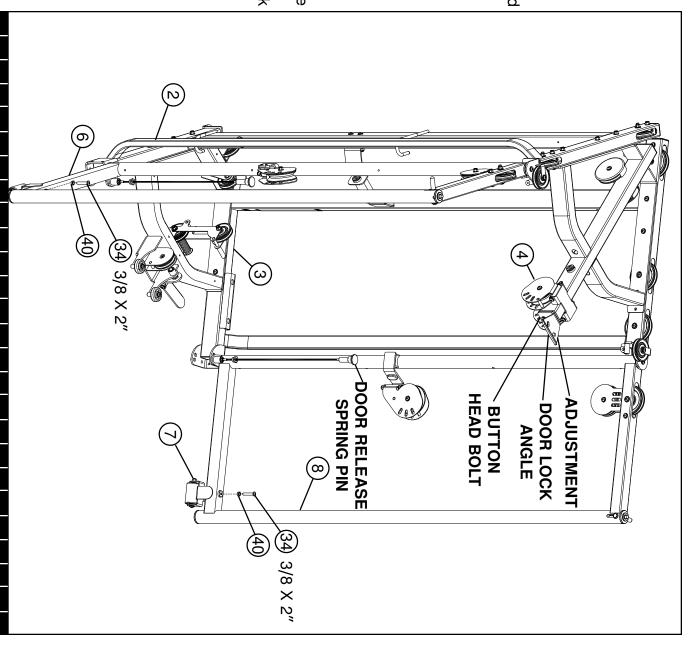
Turn the BOLT clockwise until it makes contact with the top of the WHEEL SUPPORT (7).
Thread the JAM NUT down to the BUSHING and tighten SECURELY.

NOTICE: DO NOT OVER TIGHTEN 3/8 X 2"
BOLT. OVER TIGHTENING BOLT WILL
MAKE THE DOOR DIFFICULT TO ROTATE
IN AND OUT.

Repeat the above steps for the RIGHT DOOR (6).

After the LEFT and RIGHT DOORS (8 & 6) have been assembled, release the SPRING PINS on the DOORS and close. The DOORS should lock smoothly and completely into the DOOR LOCK ANGLE of the TOP BOOM (4). If the DOOR LOCK COCK ANGLE should need adjustment, simply loosen the two front BOLTS and adjust the DOOR LOCK ANGLE up or down until the DOORS lock smoothly and completely. Retighten bolts.

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Place two WEIGHT STACK STILTS (39) over the holes in the bracket on the LEFT SIDE (3).

Insert two GUIDE RODS (9) through the WEIGHT STACK STILTS (39) on the LEFT SIDE (3).

Lubricate GUIDE RODS (9) using the GUIDE ROD LUBE (60) provided.

Slide two WEIGHT STACK CUSHIONS (42) down over the GUIDE RODS (9).

CAREFULLY slide fourteen WEIGHT PLATES (67) down over the GUIDE RODS (9).

Note: Make sure the Flange Spacer faces upward and Label Notch faces inward as shown.

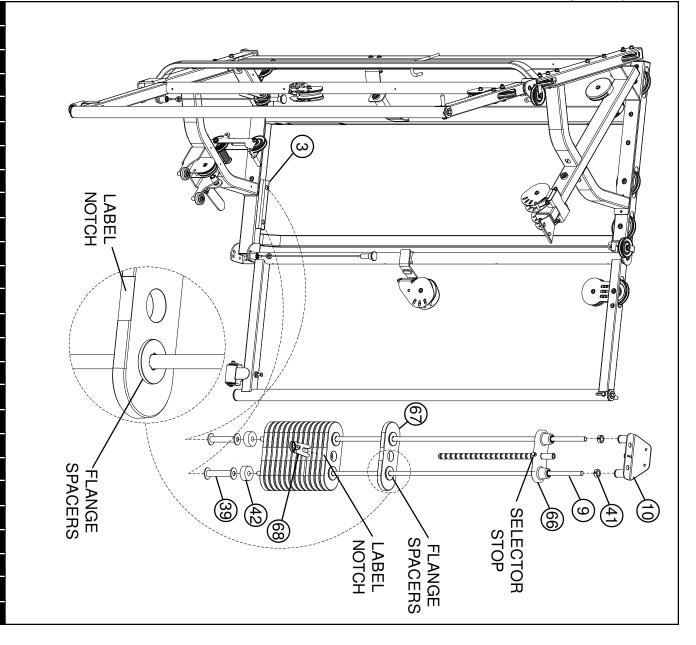
CAREFULLY slide the HEAD PLATE (66) down over the GUIDE RODS (9) onto the top of the WEIGHT PLATES (67).

Note: Make sure Selector Stop faces in as shown.

Slide two SHAFT COLLARS (41) down over the GUIDE RODS (9) onto the top of the HEAD PLATE (66).

Slide the GUIDE ROD SUPPORT (10) over the ends of the GUIDE RODS (9).

Insert the *TORQUE FORK*TM (68) into the WEIGHT PLATE (67) as shown.

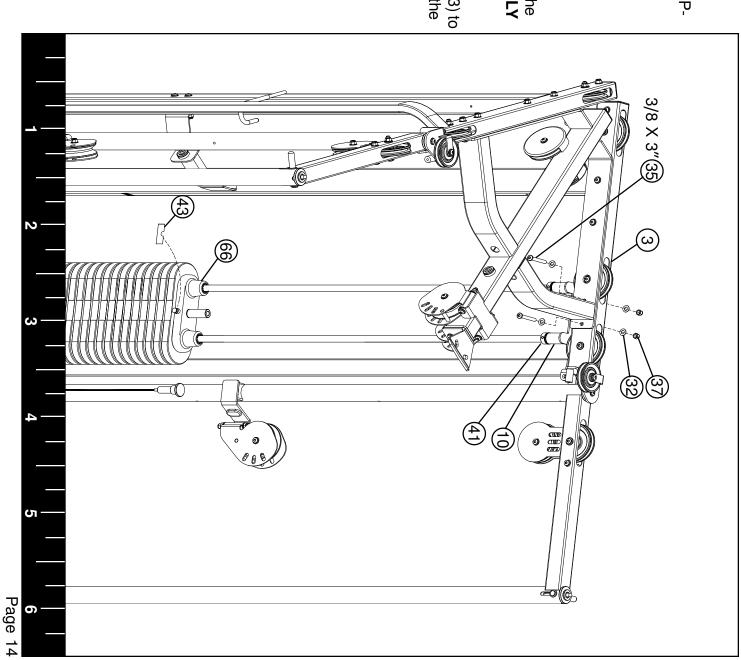


SECURELY assemble the GUIDE ROD SUP-PORT (10) to the top of the LEFT SIDE (3), using:

Two 3/8 X 3" BOLTS (35) Four 3/8" WASHERS (32) Two 3/8" LOCK NUTS (37)

Slide the two SHAFT COLLARS (41) up to the GUIDE ROD SUPPORT (10) and **SECURELY** tighten the set screws.

Assemble the WEIGHT STACK LABELS (43) to the WEIGHT STACK. Start with label #1 on the HEAD PLATE (66)



SECURELY assemble the CENTER UPRIGHT (11) to the TOP BOOM (4) using:

Two 3/8 X 3/4" BOLTS W/NP (38)

Two 3/8" WASHERS (32)

3/8 X 3/4" W/ NP(38) 9 8 9 (3) 5 Page 15

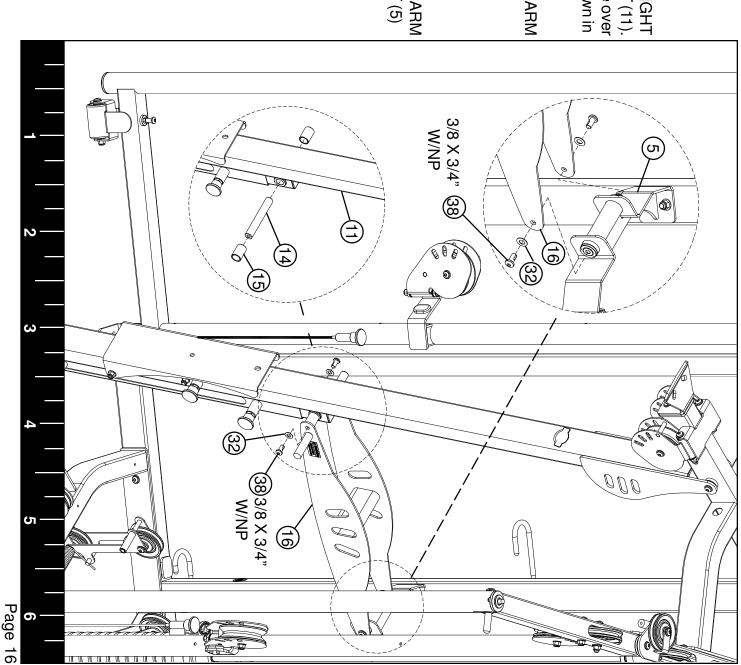
Slide the PIVOT SHAFT (14) through the FLANGE BEARINGS in the CENTER UPRIGHT ADJUSTMENT on the CENTER UPRIGHT (11). Then slide two NYLON SPACERS (15) one over each end of the PIVOT SHAFT (14) as shown in inset.

SECURELY assemble the ADJUSTMENT ARM (16) to the PIVOT SHAFT (14) using:

Two 3/8 X 3/4" BOLTS W/NP (38) Two 3/8" WASHERS (32)

SECURELY assemble the ADJUSTMENT ARM (16) to the ADJUSTMENT ARM SUPPORT (5) using:

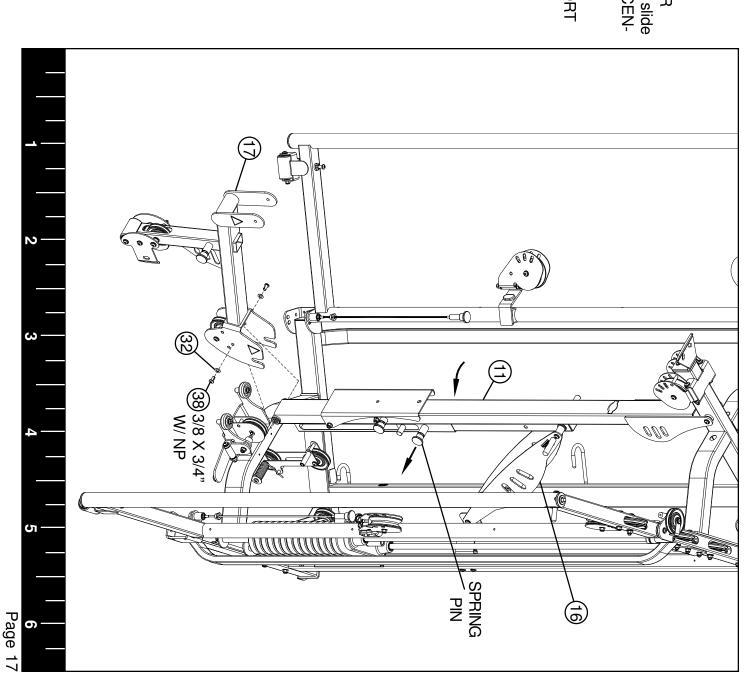
Two 3/8 X 3/4" BOLTS W/NP (38) Two 3/8" WASHERS (32)



Pull back on the SPRING PIN on the REAR TUBE of the CENTER UPRIGHT (11) and slide the ADJUSTMENT ARM (16) up until the CENTER UPRIGHT (11) is vertical.

SECURELY assemble the SEAT SUPPORT (17) to the CENTER UPRIGHT (11) using:

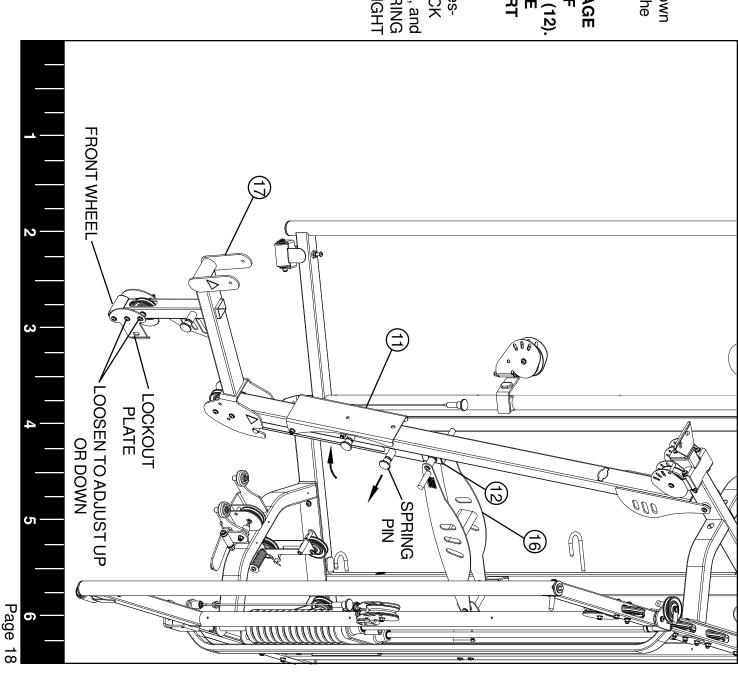
Two 3/8 X 3/4" BOLTS W/NP (38) Two 3/8" WASHERS (32)



Slide the ADJUSTMENT ARM (16) back down until the SPRING PIN engages the hole on the CENTER UPRIGHT ADJUSTMENT (12).

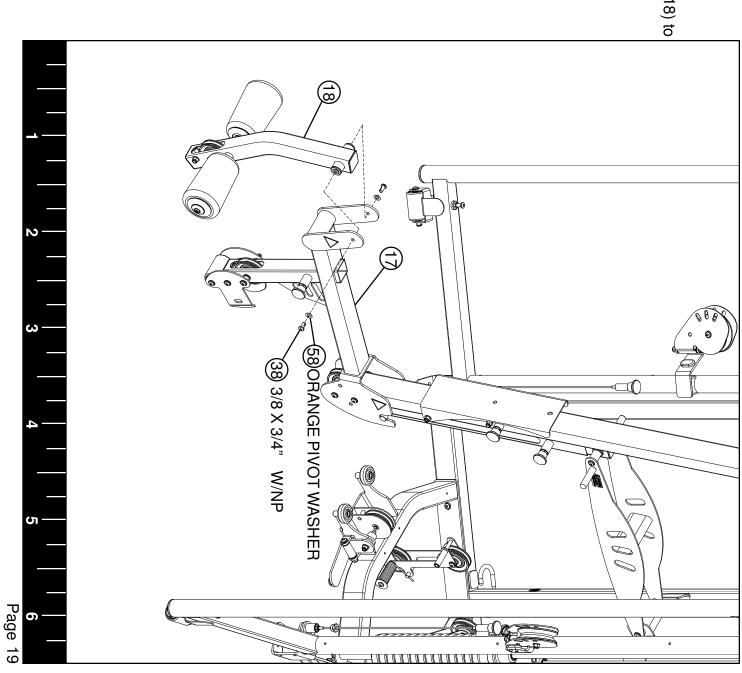
NOTICE: THE SPRING PIN MUST ENGAGE FULLY AND EASILY INTO THE HOLE OF THE CENTER UPRIGHT ADJUSTMENT (12). IF THIS DOES NOT HAPPEN, THEN THE FRONT WHEEL ON THE SEAT SUPPORT (17) MAY NEED TO BE ADJUSTED.

If adjustment of the FRONT WHEEL is necessary, simply loosen the two bolts on the LOCK OUT PLATES of the SEAT SUPPORT (17), and adjust the PLATES up or down until the SPRING PIN engages the hole of the CENTER UPRIGHT ADJUSTMENT (12). Re-tighten bolts.



SECURELY assemble the LC/LE PIVOT (18) to the SEAT SUPPORT (17) using:

Two 3/8 X 3/4" BOLTS W/NP (38)
Two ORANGE PIVOT WASHERS (58)



SECURELY assemble the SEAT PAD (20) to the SEAT ADJUST (19) using:

Two 3/8 X 2" BOLTS (34) Two 3/8" WASHERS (32)

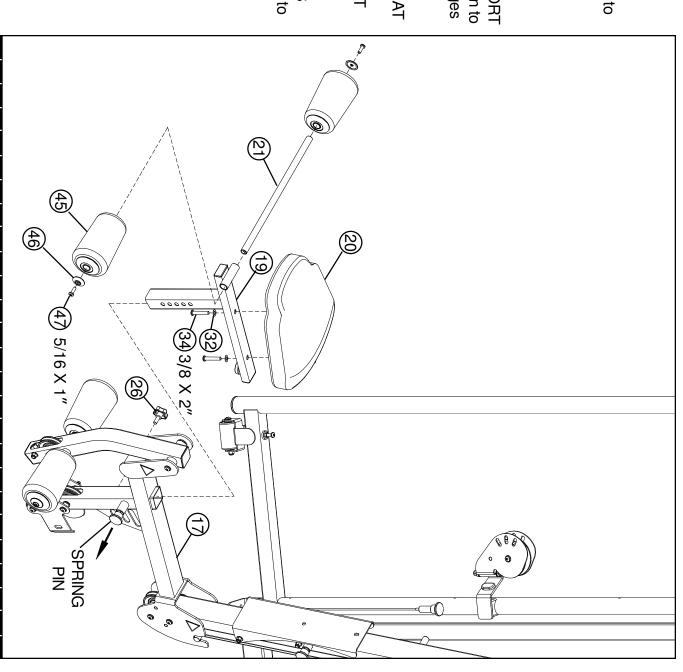
Pull back SPRING PIN on the SEAT SUPPORT (17) and insert the SEAT ADJUST (19) down to the last hole. Make sure SPRING PIN engages the hole on the SEAT ADJUST fully.

To secure the SEAT ADJUST (19) to the SEAT SUPPORT (17) thread in one TIGHTENING KNOB (26) into the vertical tube on the SEAT SUPPORT (17).

SECURELY assemble two ROLLER PADS (45) and the ROLLER PAD SUPPORT (21) to the SEAT ADJUST (19) using:

Two ROLLER PAD CAPS (46)
Two 5/16 X 1" BOLTS (47)

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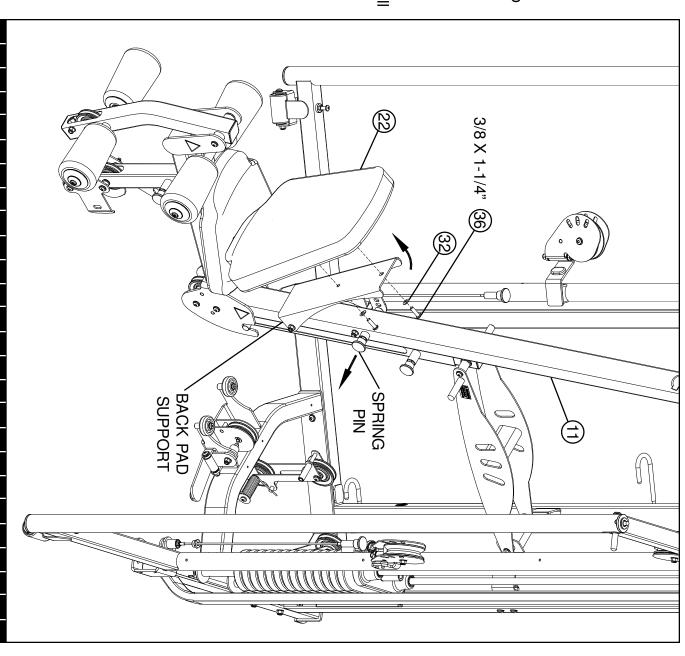


Pull back on the SPRING PIN on the CENTER UPRIGHT (11) and adjust the BACK PAD SUPPORT forward to allow enough room to assemble the BACK PAD (22).

SECURELY assemble the BACK PAD (22) to the BACK PAD SUPPORT on the CENTER UPRIGHT (11) using:

Two 3/8 X 1-1/4" BOLTS (36) Two 3/8" WASHERS (32)

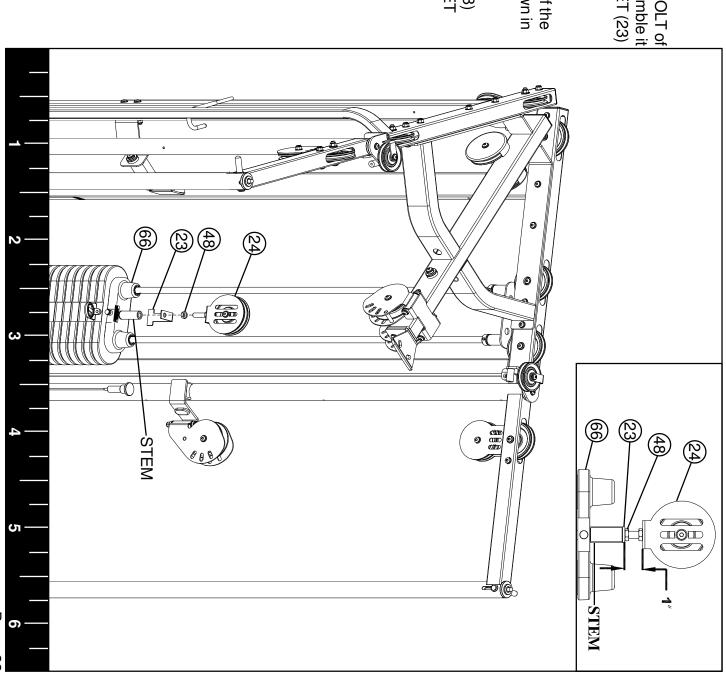
After the BACK PAD has been assembled, pull back on the SPRING PIN on the CENTER UPRIGHT (11) and adjust the BACK PAD (22) back to its original position.



Thread one 1/2" JAM NUT (48) onto the BOLT of the HEAD PLATE PULLEY (24) and assemble it along with the WEIGHT STEM L BRACKET (23) to the STEM of the HEAD PLATE (66).

Leave a 1" gap between the bottom of the HEAD PLATE PULLEY (24) and the top of the WEIGHT STEM L BRACKET (23) as shown in inset.

SECURELY tighten the 1/2" JAM NUT (48) down onto the WEIGHT STEM L BRACKET (23).



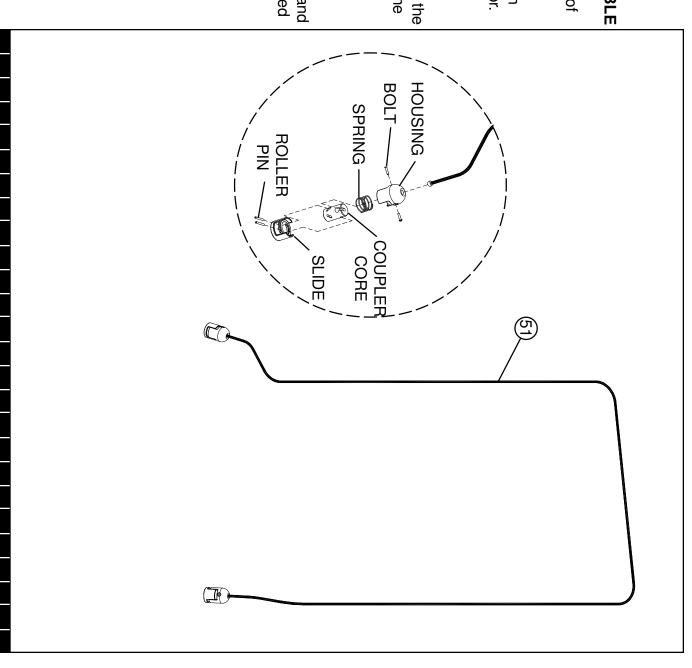
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the CABLE following these steps: COUPLERS must be removed from the end of (51), one of the FAST ATTACH™ CABLE Before assembling the MID PULLEY CABLE

CABLE COUPLER. the SIDE BOLTS running parallel with the floor. Orientate the CABLE COUPLER vertical with Carefully remove the SIDE BOLTS from the

CORE. Pull down on the SPRING and slide the Slide the HOUSING up the CABLE exposing the

CORE. after the CABLE has been routed SIDE BOLTS. These parts will be reassembled CABLE and set aside along with the CORE and Remove the HOUSING from the end of the BALL END of the CABLE out the side of the



Page 23

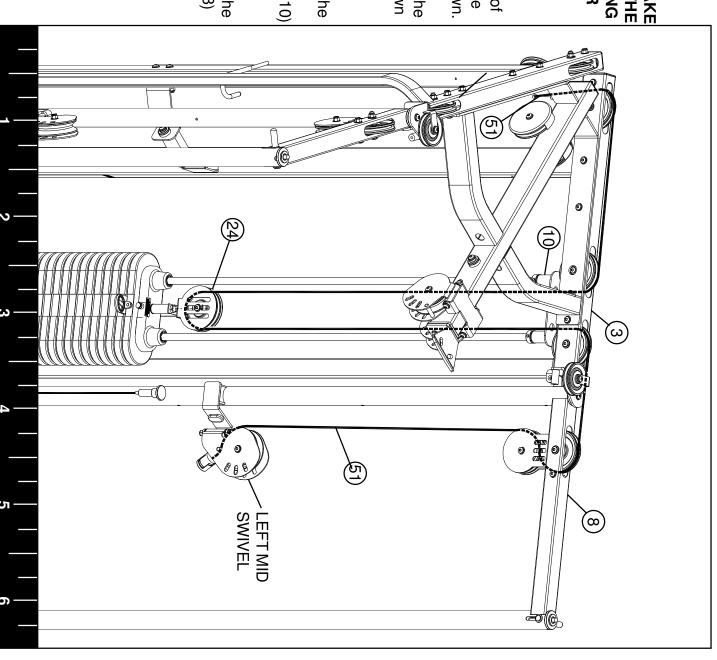
CAUTION! WHEN ROUTING CABLES, MAKE SURE THAT THE CABLE IS SEATED IN THE GROOVE OF THE PULLEYS AND RUNNING UNDER ALL RETAINING BOLTS, PINS OR BRACKETS. FAILURE TO DO SO COULD RESULT IN DAMAGE TO THE CABLE.

Route the BALL END of the MID PULLEY CABLE (51) under the V-GROOVE PULLEY of the LEFT MID SWIVEL then up and around the two PULLEYS in the LEFT DOOR (8) as shown.

Route the MID PULLEY CABLE (51) around the two PULLEYS of the LEFT SIDE (3), then down through the GUIDE ROD SUPPORT (10) as shown.

Route the MID PULLEY CABLE (51) around the PULLEY of the HEAD PLATE PULLEY (24), then up through the GUIDE ROD SUPPORT (10) as shown.

Route the MID PULLEY CABLE (51) around the two remaining PULLEYS of the LEFT SIDE (3) as shown.



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Route the MID PULLEY CABLE (51) down and around the PULLEY of the PULLEY BRACKET (25), then up and over the three PULLEYS of the RIGHT SIDE (2) as shown.

Route the MID PULLEY CABLE (51) around the two PULLEYS of the RIGHT DOOR (6) then down to the RIGHT MID SWIVEL as shown.

Route the MID PULLEY CABLE (51) under the V-GROOVE PULLEY of the RIGHT MID SWIVEI as shown.

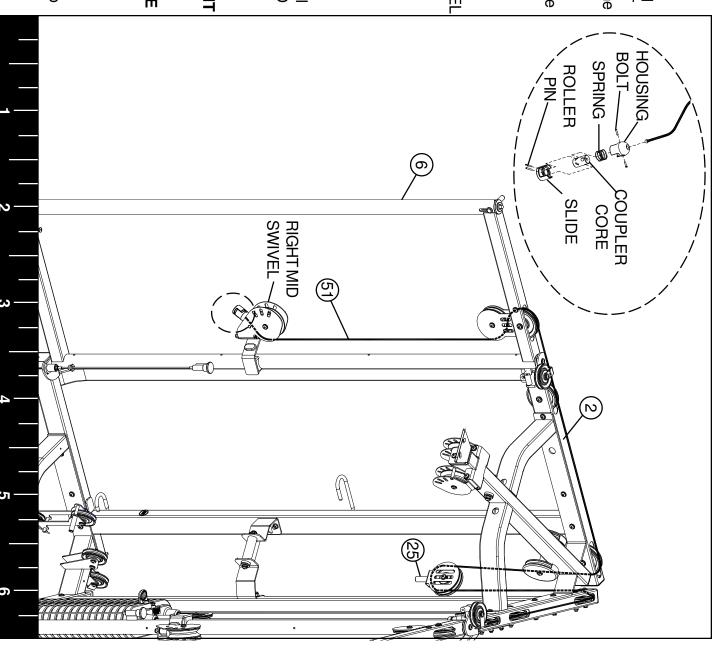
Reassemble the FAST ATTACH™ CABLE COUPLER to the BALL END of the MID PUL-LEY CABLE (51) (see inset) following these steps:

Slide the HOUSING back onto the CABLE. Pull down on the SPRING and insert the BALL END of the CABLE into the side of the CORE.

NOTICE: MAKE SURE TO HOLD THE CABLE COUPLER VERTICAL TO PREVENT THE PINS FROM FALLING OUT DURING REASSEMBLY. IF THE PINS FALL OUT, ALIGN THE ANGLED SLOTS OF THE CORE WITH THE HORIZONTAL SLOT IN THE SLIDE, AND REINSERT PINS THROUGH BOTH SETS OF SLOTS.

Slide the HOUSING down the CABLE and onto the SLIDE. Reassemble the SIDE BOLTS that where previously removed.

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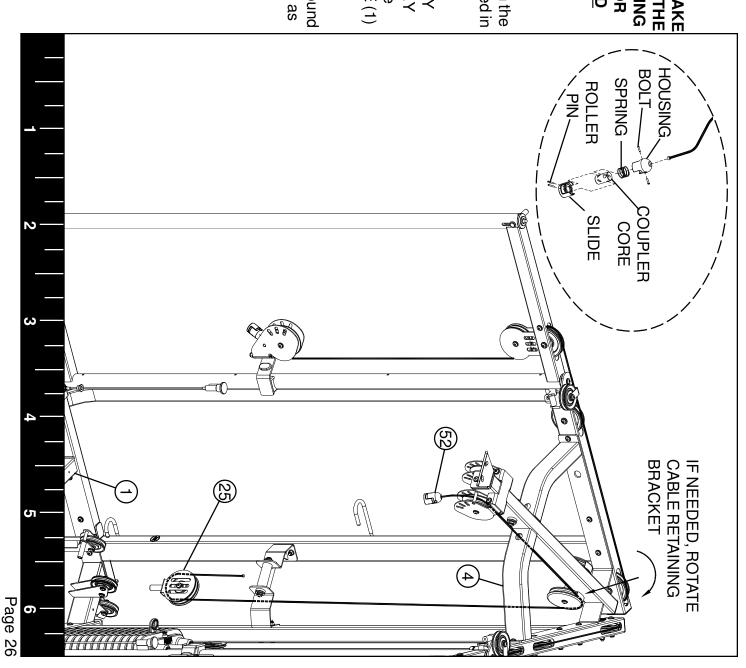


CAUTION! WHEN ROUTING CABLES, MAKE SURE THAT THE CABLE IS SEATED IN THE GROOVE OF THE PULLEYS AND RUNNING UNDER ALL RETAINING BOLTS, PINS OR BRACKETS. FAILURE TO DO SO COULD RESULT IN DAMAGE TO THE CABLE.

Before assembling the UPPER PULLEY CABLE (52), one of the *FAST ATTACH*TM CABLE COUPLERS must be removed from the end of the CABLE following the steps outlined in STEP 17.

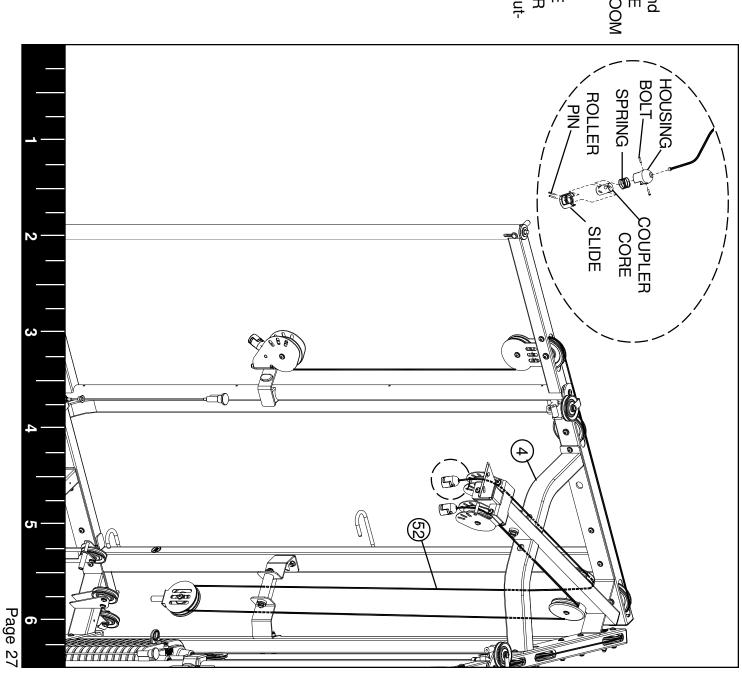
Route the BALL END of the UPPER PULLEY CABLE (52) around the V-GROOVE PULLEY and 4-1/2" PULLEY on the LEFT SIDE of the TOP BOOM (4) then down toward the BASE (1) as shown.

Route the UPPER PULLEY CABLE (52) around the PULLEY of the PULLEY BRACKET (25) as shown.



Route UPPER PULLEY CABLE (52) up and around the 4-1/2" PULLEY and V-GROOVE PULLEY on the RIGHT SIDE of the TOP BOOM (4) as shown.

Reassemble the FAST ATTACH™ CABLE COUPLER to the BALL END of the UPPER PULLEY CABLE (52) following the steps outlined in STEP 19.



CAUTION! WHEN ROUTING CABLES, MAKE SURE THAT THE CABLE IS SEATED IN THE GROOVE OF THE PULLEYS AND RUNNING UNDER ALL RETAINING BOLTS, PINS OR BRACKETS. FAILURE TO DO SO COULD RESULT IN DAMAGE TO THE CABLE.

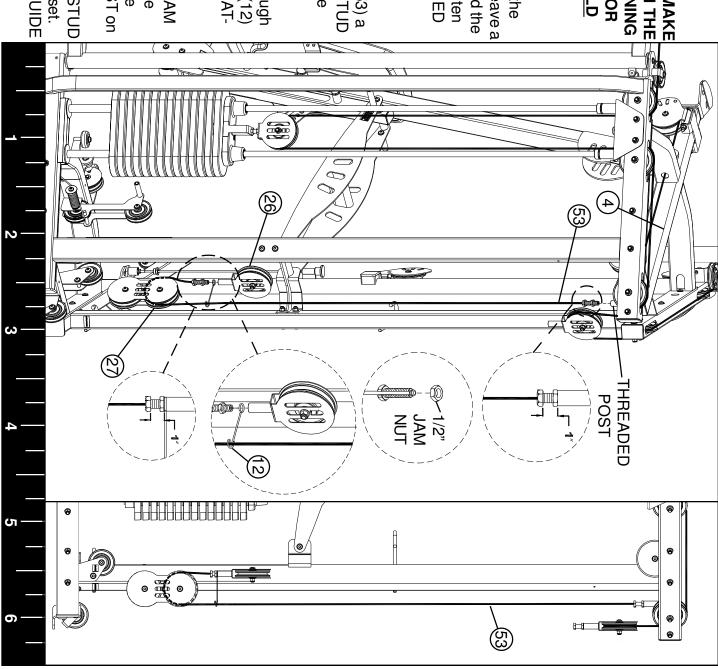
Attach the THREADED STUD of the LINK CABLE (53) to the THREADED POST on the bottom of the TOP BOOM (4) as shown. Leave a 1" gap between the THREADED STUD and the THREADED POST, as shown in inset. Tighten the 1/2" JAM NUT up against the THREADED POST.

Remove the 1/2" JAM NUT from the other THREADED STUD on the LINK CABLE (53) a shown in inset. Remove the THREADED STUD and set aside along with the JAM NUT to be reassembled later.

Route the LINK CABLE (53) down and through the double coiled end of the GUIDE WIRE (12) and around one PULLEY of the DUAL FLOAT-ING PULLEY (27) as shown.

Reassemble the THREADED STUD and JAM NUT to the LINK CABLE (53). Assemble the THREADED STUD and the other end of the GUIDE WIRE (12) to the THREADED POST on the bottom of the PULLEY BRACKET (25). Leave a 1" gap between the THREADED STUD and the THREADED POST, as shown in inset. Tighten the 1/2" JAM NUT up against the GUIDE WIRE (12) and THREADED POST.

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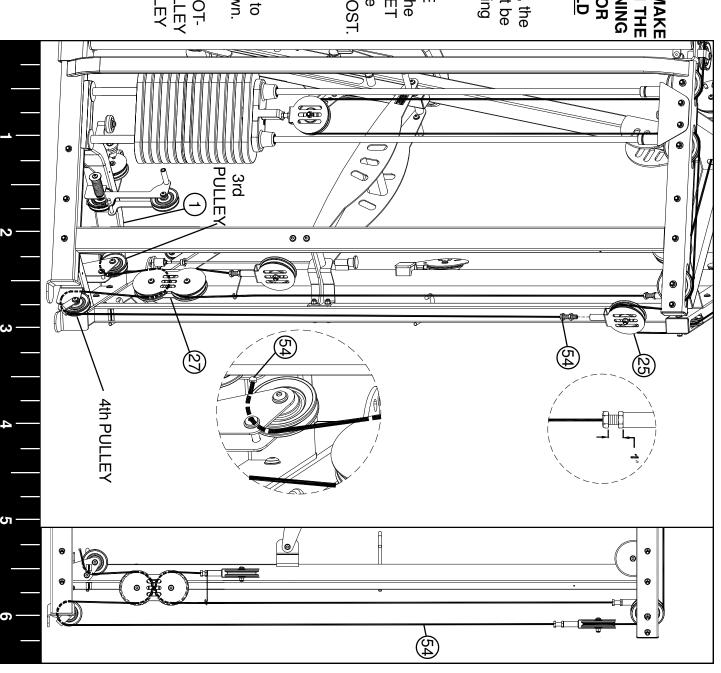
CAUTION! WHEN ROUTING CABLES, MAKE SURE THAT THE CABLE IS SEATED IN THE GROOVE OF THE PULLEYS AND RUNNING UNDER ALL RETAINING BOLTS, PINS OR BRACKETS. FAILURE TO DO SO COULD RESULT IN DAMAGE TO THE CABLE.

Before assembling the LC/LE CABLE (54), the FAST ATTACHTM CABLE COUPLER must be removed from the end of the CABLE following the steps outlined in STEP 17.

Attach the THREADED STUD of the LC/LE CABLE (54) to the THREADED POST on the bottom of the FLOATING PULLEY BRACKET (25) as shown. Leave a 1" gap between the THREADED STUD and the THREADED POST. Tighten the 1/2" JAM NUT up against the THREADED POST as shown in inset.

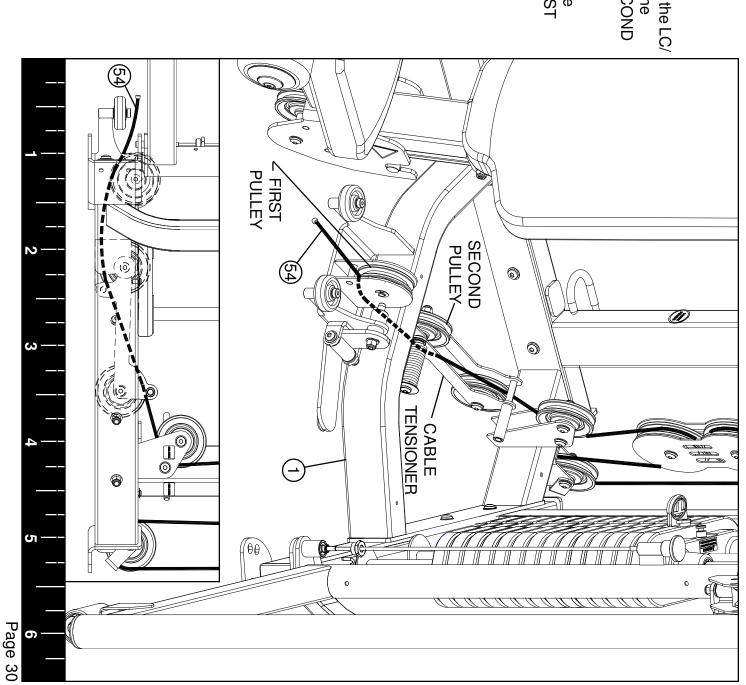
Route the LC/LE CABLE (54) around the FOURTH PULLEY of the BASE (1) then up to the DUAL FLOATING PULLEY (27) as shown

Route the LC/LE CABLE (54) around the BOTTOM PULLEY of the DUAL FLOATING PULLEY (27) then down and around the THIRD PULLEY of the BASE (1) as shown.



Pull back the spring loaded CABLE TENSIONER on the BASE (1) and route the LC/LE CABLE (54) around the PULLEY of the CABLE TENSIONER and under the SECOND PULLEY of the BASE (1) as shown.

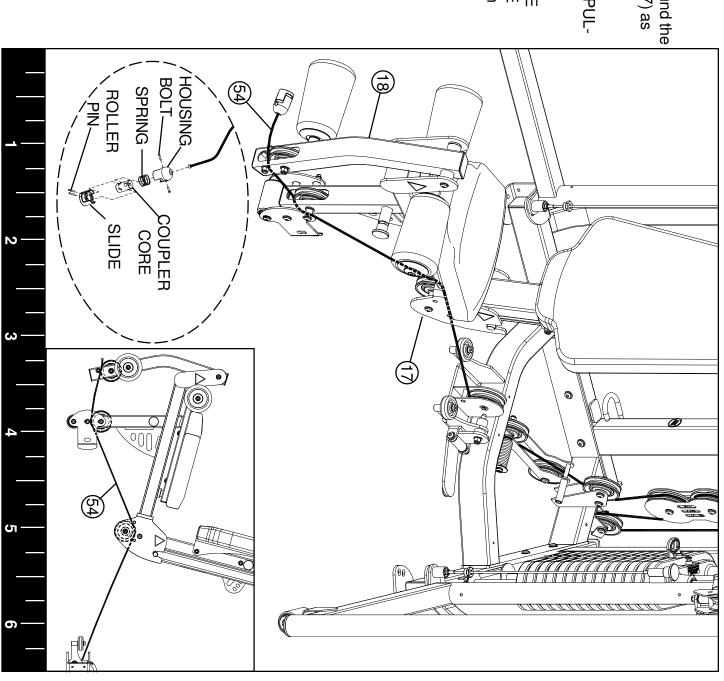
Route the LC/LE CABLE (54) through the FRONT BASE TUBE, and under the FIRST PULLEY of the BASE (1) as shown.



Route the LC/LE CABLE (54) up and around the two PULLEYS in the SEAT SUPPORT (17) as shown.

Route the LC/LE CABLE (54) around the PUL-LEY in the LC/LE PIVOT (18) as shown.

Reassemble the FAST ATTACHTM CABLE COUPLER to the BALL END of the LC/LE CABLE (54) following the steps outlined in STEP 19.



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ADD/REDUCE CABLE TENSION

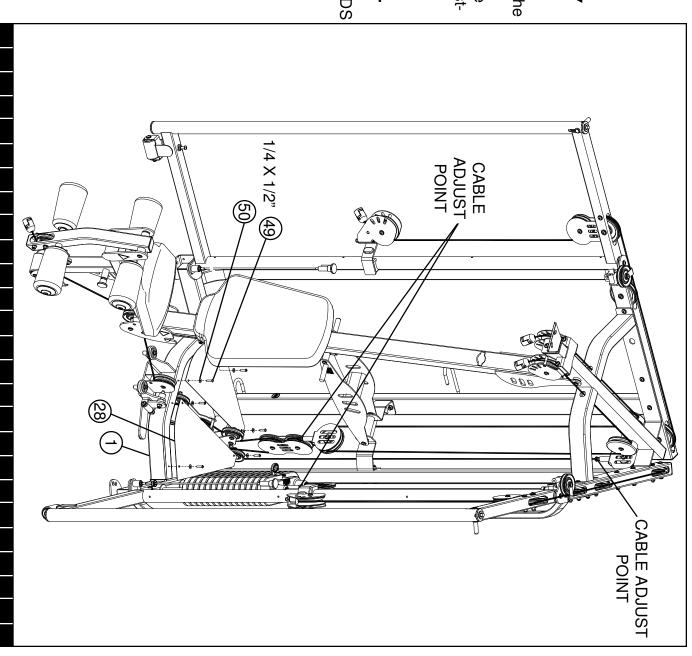
NOTICE: PRIOR TO ADJUSTING CABLE TENSION, ADJUST DOORS ALL THE WAY OUT.

Adjust the tension of the cables by loosening the jam nuts on the threaded ends of the cables. Adjust the threaded ends in or out to make the cable tighter or looser at any or all of the adjustment points as shown.

NOTICE: TIGHTEN ALL JAM NUTS CON-NECTIONS WHEN FINISHED ADJUSTING.

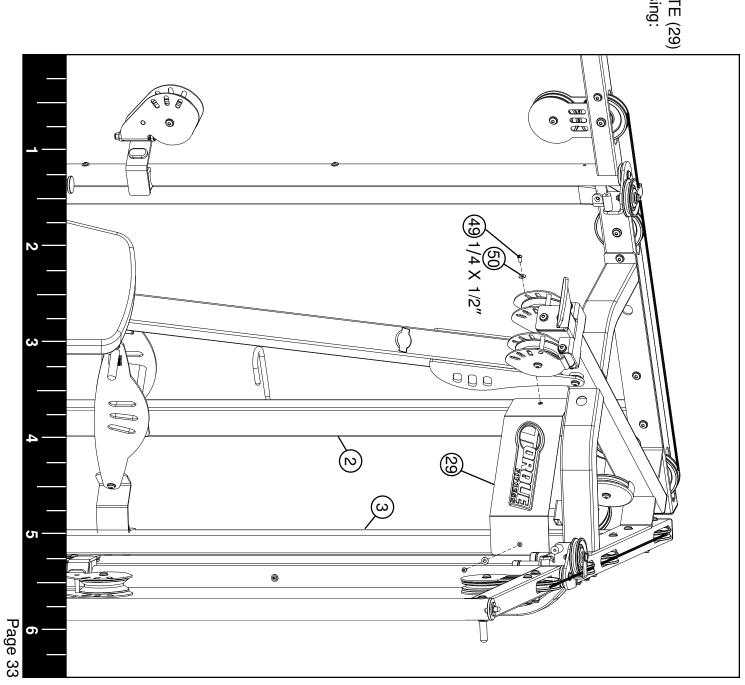
SECURELY assemble the two BASE SHOUDS (28) to the BASE (1) using:

Six 1/4 X 1/2" BOLTS (49) Six 1/4" WASHERS (50)



SECURELY assemble the BADGE PLATE (29) to the LEFT and RIGHT SIDES (3 & 2) using:

Two 1/4 X 1/2" BOLTS (49) Two 1/4" WASHERS (50)



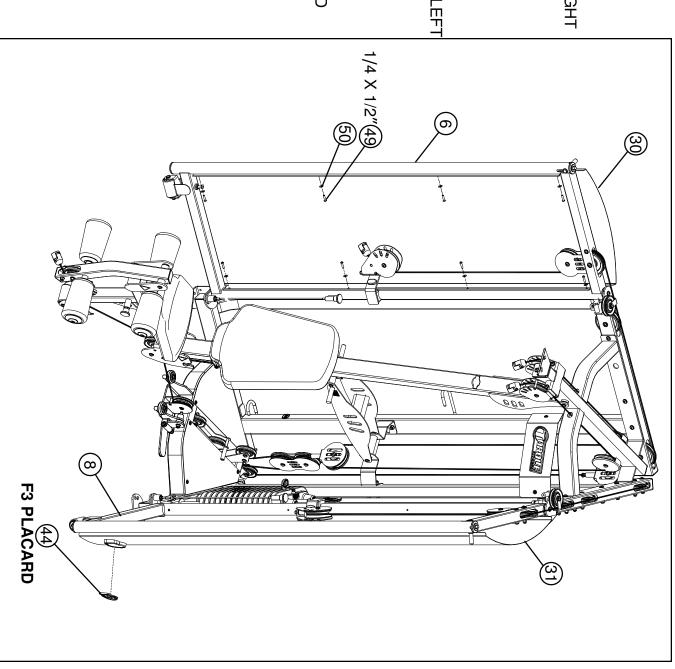
SECURELY assemble the RIGHT DOOR SHROUD **(WITH "T" LOGO)** (30) to the RIGHT DOOR (6) using:

Eight 1/4 X 1/2" BOLTS (49) Eight 1/4" WASHERS (50)

SECURELY assemble the LEFT DOOR SHROUD **(WITH STAND OFF)** (31) to the LEFT DOOR (8) using:

Eight 1/4 X 1/2" BOLTS (49) Eight 1/4" WASHERS (50)

Remove the backing from the F3 PLACARD (44) and attach it to the STAND OFF on the LEFT DOOR (8) as shown.

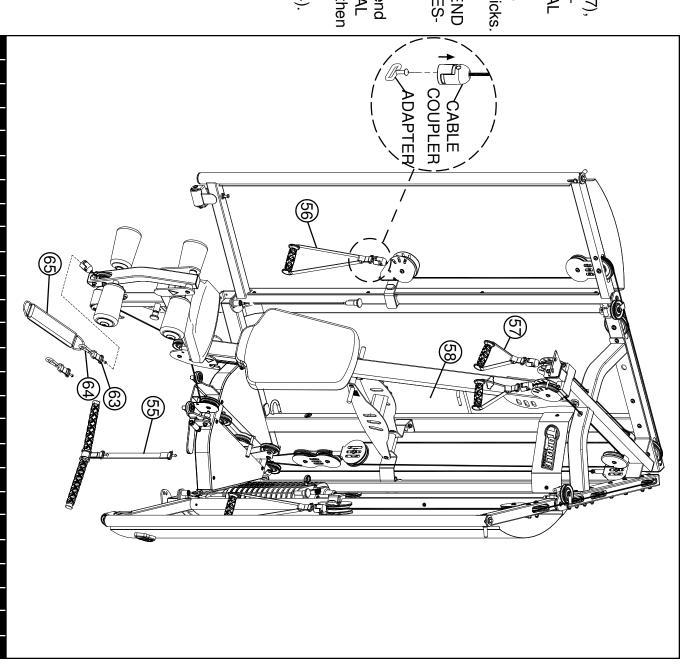


ACCESSORIES

FAST ATTACH CABLE COUPLER until it clicks. ADAPTER (63) simply insert the STRAP ABLE LOW ROW BAR (55) and UNIVERSAL MEDIUM STRAP HANDLES (56), ADJUST-HANDLE END of the ACCESSORY into the To attach the SHORT STRAP HANDLES (57),

of the CABLE COUPLER and pull the ACCES-SORY out. To remove the ACCESSORY, push SLIDE END

of the ANKLE STRAP (65) to the UNIVERSAL CABLE COUPLER until it clicks. attach the other end to the SNAP HOOK (64). wrap ANKLE STRAP (65) around ankle and ADAPTER (63) using a SNAP HOOK (64), then To use the ANKLE STRAP (65) attach one end Insert the STRAP HANDLE END into the



MAINTENANCE

GUIDE RODS: Clean and lubricate with a silicone or Teflon based lubricant

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

CABLES: Check tension, end fittings, and coating. Replace if damage or worn. Check JAM NUTS at CABLE ENDS. (NOTICE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 27 FOR ADJUSTING CABLE TENSION.)

SPRING PINS: Check that SPRING PINS fully engage when released. Tighten SPRING PIN NUTS as needed.

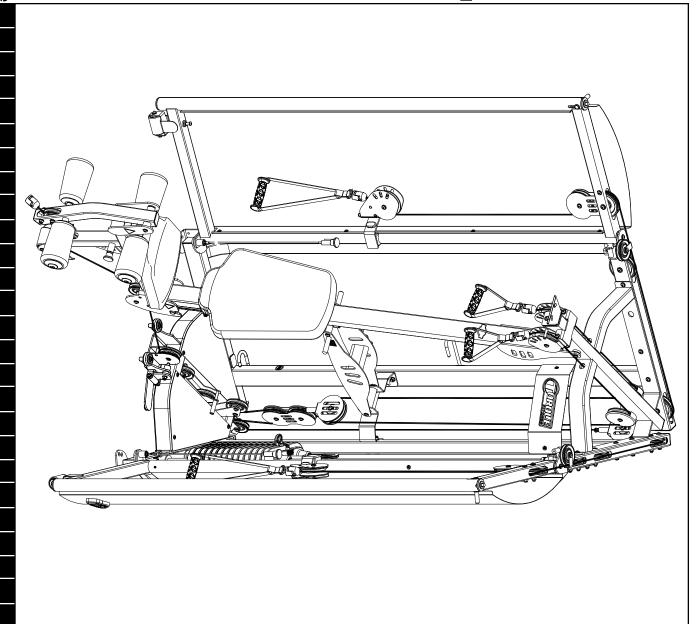
FRAME: Wipe down and dry. Polish and wax.

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

Thank you for purchasing the TORQUE FITNESS F3 FOLD AWAY STRENGTH TRAINER

For customer service, call your local authorized
Torque Fitness Dealer or

1-877-TORQUE5 (1-877-867-7835) or outside the U.S. +1-763-754-7533





) Fold Away Strength Trainer ™

Assembly Checklist

(THIS CHECKLIST MUST BE FILLED OUT IN ITS ENTIRETY AND LEFT WITH THE OWNER)

Product Serial Number	NumberDate Assembled
Authorized Dealer	ılerAssembler(s)
POST AS	POST ASSEMBLY ADJUSTMENTS / CHECKS:
	Ensure ALL connections are tightened according to the instructions.
	Cable Tension Adjustment (see step 26): ensure that the head plate rests on the first weight plate yet there is not a lot of slop in the cable system. If the head plate is not resting on the first plate or if there is too much cable slop in the system you can adjust cable tension in the following places (in
	sequential order): 1. Where the threaded end of the Link Cable (53) attaches to the Top Boom (4) (step 22). 2. Where the threaded end of the Link Cable (53) attaches to the Pulley Bracket (26) (step 22). 3. Where the threaded end of the LC/LE Cable (54) attaches to the Floating Pulley Bracket (25) (step 23). 4. The threaded pulley bracket that is attached to the top of the weight stack selector stem (step 18).
	Ensure all adjustments are smooth and easy and that all pull pins easily engage and disengage in all of the adjustment holes.
	Ensure door wheels are adjusted so they barely contact the floor surface and doors pivot smoothly.
	Ensure the Torque Fork TM weight adjuster easily fits easily fits in-between each of the weight plates.
	Make sure all the exercise movements feel solid and smooth.
	Make sure the Guide Rods (9) are all well lubricated as above and slide easily and smoothly.
	Ensure door latches engage easily and positively into the holes at the top of the door lock angle.

LIMITED WARRANTY OFFER AND LIMITATION OF LIABILITY

the Torque Fitness product ("Product"). The warranty terms apply to IN HOME AND LIGHT COMMERCIAL USE ONLY. By purchasing the Product, You accept all terms and conditions of this Offer. This Limited Warranty Offer ("Offer") states the terms and conditions upon which Torque Fitness, LLC ("We" or "Us") extends a non-assignable LIMITED WARRANTY only to the original owner ("You") of

described therein. FAILURE TO COMPLY WITH SUCH USE REQUIREMENTS WILL VOID THIS LIMITED WARRANTY. Please read the Assembly and Maintenance Guide and all accompanying materials/warning labels carefully prior to use of this Product and only use the Product in compliance with authorized uses

- ļ. ' the Product; LIGHT COMMERCIAL USE: Ten (10) years. IMITED WARRANTY ON FRAME AND WELDS. If the frame of the Product or a weld cracks or breaks, the same will be repaired or replaced by Us. Duration: IN HOME USE: As long as You own
- $i_{\mathcal{O}}$ LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, We will supply replacement parts free of charge: all bolts, nuts, washers, bearings, bushings, pulleys, collars, roller pad shafts, allen head bolts, adjustment parts, weight stack selector, weight stack shaft, set screws and protector caps. Duration: IN HOME USE: As long as You own the
- ω Product.; LIGHT COMMERCIAL USE: Ninety (90) days. (and Our sole and absolute discretion) repair or replace such defective coated cable(s) and/or upholstered item(s). Term - IN HOME USE: Ten (10) years from the date of manufacture of the Product; LIGHT COMMERCIAL USE: One (1) year. IMITED WARRANTY ON CABLES, UPHOLSTERY, GRIPS, AND STRAP HANDLES. If the coated cables or upholstered items are defective in materials or workmanship, We will, at Our sole option
- 4. costs. Such costs may include, but are not limited to: (a) labor charges for service, removal, repair or reinstallation of the Product or any component part thereof; (b) shipping, delivery, handling REPLACEMENT AND REPAIR EXPENSES. We will provide at Our sole cost only replacement parts or repair under this LIMITED WARRANTY as described above. You are responsible for all other
- ĺΩ and administrative charges for returning parts to Us as set forth in paragraph 6; and (c) all necessary or incidental costs related to installation of replacement parts. prepaid by You. We do not and will not assume any responsibility for any loss or damage to the Product incurred in shipping. SHIPPING. If shipping is deemed necessary (in Our sole and absolute discretion), parts must be shipped by You in their original carton or equivalent packaging, fully insured with shipping charges
- က of the problem. Our mailing address is: 13750 Crosstown Drive NW, Suite 204, Andover, MN 55304 USA. number label is located next to the general product warning label and is also called out on the final assembly drawing included with Your Owner's Manual); and (d) a description of the nature instructions regarding returning or replacing parts. Please have available the following information: (a) the dealer's name; (b) the date of purchase; (c) the serial number of the Product (the serial CLAIM PROCEDURES. If service on the Product is required during the LIMITED WARRANTY time period described herein, please contact Our Customer Service Department at 1-877-867-7835 for

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- AUSTRALIA SALE OF GOODS ACT; ANY SALE OF GOODS ACT OR CONSUMER PROTECTION STATUTE WITHIN ANY PROVINCE OF CANADA; THE FRENCH CIVIL CODE OF 1804 OF THE COUNCIL OF 25 MAY 1999 ON CERTAIN ASPECTS OF THE SALE OF CONSUMER GOODS AND ASSOCIATED GUARANTEES; THE AUSTRIAN COMMERCIAL CODE; THECONSUMER GOODS AND ASSOCIATED GUARANTEES; THE AUSTRIAN COMMERCIAL CODE; THEORY FOR A PARTICULAR PURPOSE, SATISFACTORY QUALITY, CORRESPONDENCE WITH DESCRIPTION, VALUE OR FITNESS FOR ANY INTENDED USE AND/OR NON-INFRINGEMENT, ALL TO DISCLAIM ANY AND ALL WARRANTIES WITH RESPECT TO THE PRODUCT, INCLUDING, WITHOUT LIMITATION, ANY EXPRESS OR IMPLIED WARRANTY OF MERCHANTABILITY, FITNESS OTHERWISE SPECIFICALLY PROVIDED ABOVE, WE MAKE NO REPRESENTATIONS OR WARRANTIES REGARDING THE PRODUCT AND WE HEREBY SPECIFICALLY EXCLUDE AND WARRANTY DISCLAIMER. OUR SOLE AND EXCLUSIVE WARRANTY TO YOU WITH RESPECT TO YOUR PURCHASED PRODUCT IS THE LIMITED WARRANTY SET FORTH ABOVE. UNLESS ACT; AND THE UNITED KINGDOM SALE AND SUPPLY OF GOODS ACT 1994, AND AS ANY OF THE SAME MAY BE AMENDED AT ANY TIME AND FROM TIME TO TIME, ALL OF WHICH AREGE. FEDERATION; THE RUSSIAN FEDERATION STATUTE ON PROTECTION OF RIGHTS OF CONSUMERS; THE SWISS FEDERAL CODE OF OBLIGATIONS; THE NEW ZEALAND SALE OF GOODS DEFECTIVE PRODUCTS LIABILITY LAW, 5740-1980; THE MEXICO COMMERCIAL CODE AND/OR SECTION 1980 OF THE MEXICAN CIVIL CODE; THE CIVIL CODE OF THE RUSSIAN THE IRELAND SALE OF GOODS AND SUPPLY OF SERVICES ACT 1980; THE ISRAEL STANDARD CONTRACT LAW; THE ISRAEL CONSUMER PROTECTION LAW 5741-1981; THE ISRAEL (INCLUDING BUT NOT LIMITED TO ARTICLES 1625-1649 AND 1693 THEREOF); THE GERMAN COMMERCIAL CODE; THE JAPAN CIVIL CODE; THE INDIAN SALE OF GOODS ACT 1930. RESIDE IN A COUNTRY OTHER THAN THE UNITED STATES, THE FOLLOWING RELATIVE TO YOUR COUNTRY OF RESIDENCE: DIRECTIVE 1999/44/EC OF THE EUROPEAN PARLIAMENT AND THE FULLEST EXTENT PERMITTED BY APPLICABLE LAW, INCLUDING, BUT NOT LIMITED TO, THE UNIFORM COMMERCIAL CODE IN THE STATE IN WHICH YOU RESIDE, OR, IF YOU HEREBY EXPRESSLY DISCLAIMED BY US
- CONTRIBUTED TO BY ANY CAUSE EXTERNAL TO THE PRODUCT. NORMAL OR REMEDIAL MAINTENANCE REPAIRS, FAILURES DUE TO ACCIDENT OR IMPROPER USE OF THE PRODUCT, OR DAMAGES OR DEFECTS IN THE PRODUCT CAUSED OR INDIRECT, INCIDENTAL OR CONSEQUENTIAL DAMAGES OF ANY KIND, WHETHER BASED ON CONTRACT, TORT OR ANY OTHER LEGAL THEORY. THIS WARRANTY DOES NOT COVERN <u>LIMITATION OF LIABILITY</u>. OUR LIABILITY (AND YOUR EXCLUSIVE REMEDY) SHALL BE LIMITED TO THE REPAIR OF OR THE REPLACEMENT OF PRODUCT OR THE PRODUCT COMPONENTS OR PARTS AS SET FORTH ABOVE, AT OUR SOLE AND ABSOLUTE DISCRETION. IN NO EVENT SHALL WE BE LIABLE TO YOU OR ANY THIRD PARTY FOR ANY SPECIAL,

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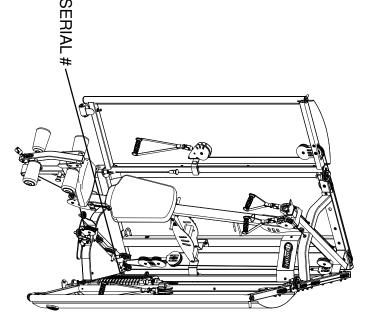
METHODS REASONABLY REQUIRED BY US, WHICH DELIVERY SHALL BE AT YOUR COST (TO THE FULLEST EXTENT PERMITTED BY APPLICABLE LAW). IN SUCH EVENT NOTWITHSTANDING ANYTHING HEREIN TO THE CONTRARY, WITH RESPECT TO PRODUCTS SOLD TO CUSTOMERS LOCATED OUTSIDE OF THE UNITED STATES OF PURCHASE OF THE PRODUCT PURSUANT TO APPLICABLE LAW, YOU SHALL IMMEDIATELY RETURN THE PURCHASED PRODUCT TO US PURSUANT TO DELIVERY AMERICA, IN THE EVENT A COURT OF COMPETENT JURISDICTION SITUATED WITHIN YOUR COUNTRY OF RESIDENCE GRANTS YOU THE RIGHT TO RESCIND THE PRODUCT THAT IS THE SUBJECT OF A CLAIM OF BREACH OF THIS WARRANTY (TO THE FULLEST EXTENT PERMITTED BY APPLICABLE LAW). YOUR REMEDY SHALL IN ALL EVENTS BE LIMITED TO THE AMOUNT ACTUALLY PAID BY YOU, AND ACTUALLY RECEIVED BY US (OR OUR REPRESENTATIVE), FOR THEE

other than in home use, or alteration, any attempt to repair by a person other than an authorized Torque Fitness Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond Our control will void this LIMITED WARRANTY. Since conditions of use over which We have no control may have a significant effect on the Product, We disclaim any warranty that OR DAMAGES OR DEFECTS IN THE PRODUCT CAUSED OR CONTRIBUTED TO BY ANY CAUSE EXTERNAL TO THE PRODUCT. Any Product misuse, abuse, placement in any application EXCEPTIONS. THE LIMITED WARRANTY DOES NOT COVER NORMAL OR REMEDIAL MAINTENANCE REPAIRS, FAILURES DUE TO ACCIDENT OR IMPROPER USE OF THE PRODUCT, the Product will conform to any standards and requirements set forth in the United States Occupational Safety and Health Act of 1970 (OSHA), as amended, or the rules and regulations promulgated

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- 10. authorized officer. No agent, employee or representative of Us has any authority to bind Us to any affirmation, representation or warranty concerning the Product, except Our authorized officer who NO AMENDMENT. You have purchased the Product subject to the foregoing warranty disclaimer and limitation of remedies, which may be varied only by agreement in writing signed by Our duly agrees to the same in writing.
- = construed as a warranty that the actual Product purchased by You conforms to such sample or model PRODUCT SAMPLES. If any sample or model was shown or provided to You, such sample or model was used merely to illustrate the general type and quality of the Product and such use is not to be
- 12 with respect to the LIMITED WARRANTY may not be assigned or transferred to any third party and any attempted such assignment or transfer shall be null and void NON-ASSIGNABILITY. In no event is any affirmation, representation or warranty relating to the Product applicable to anyone other than You, and no other person is entitled to rely thereon. Your rights
- 13. shortages, non-conformance or any other observable defects with respect to the Product. Any shortages, non-conformance or any other observable defects with respect to the Product not reported by You in writing within such thirty (30) calendar day period shall be forever waived by You and delivery of the Product shall be deemed accepted by You (subject to the Warranty contained within this Offer) INSPECTION. Unless otherwise agreed to in writing by Us, You will inspect the Product immediately after arrival and must notify Us in writing within thirty (30) calendar days after receipt of any
- CONVENTION SHALL NOT APPLY TO THIS OFFER (INCLUDING BUT NOT LIMITED TO ARTICLE 35 OF THE CONVENTION OR ANY SUCCESSOR PROVISION THERETO), THE PRODUCT State of Minnesota, including, without limitation, the Minnesota Uniform Commercial Code for the Sale of Goods, to the fullest extent permitted by applicable law. PURSUANT TO ARTICLE 6 OF THE 1980 UNITED NATIONS CONVENTION ON CONTRACTS FOR THE INTERNATIONAL SALE OF GOODS ("UN CONVENTION"), THE PARTIES HEREBY EXPRESSLY AGREE THAT THE UN CHOICE OF LAW. Except as otherwise provided within Section 7, this Offer and all rights and/or obligations associated herewith shall be governed by and construed in accordance with the laws of thee SOLD TO YOU OR THE RELATIONSHIP BETWEEN THE PARTIES CONTEMPLATED HEREBY

14.



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To allow us to serve you better, please take a few moments to complete and return your warranty registration.

YOU MAY ALSO REGISTER ONLINE AT

www.torquefitness.com

For further information, contact an authorized Torque Fitness dealer or call Torque Fitness Customer Support at 1-877-TORQUE5 (1-877-867-7835) or outside the U.S. +1-763-754-7533.

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