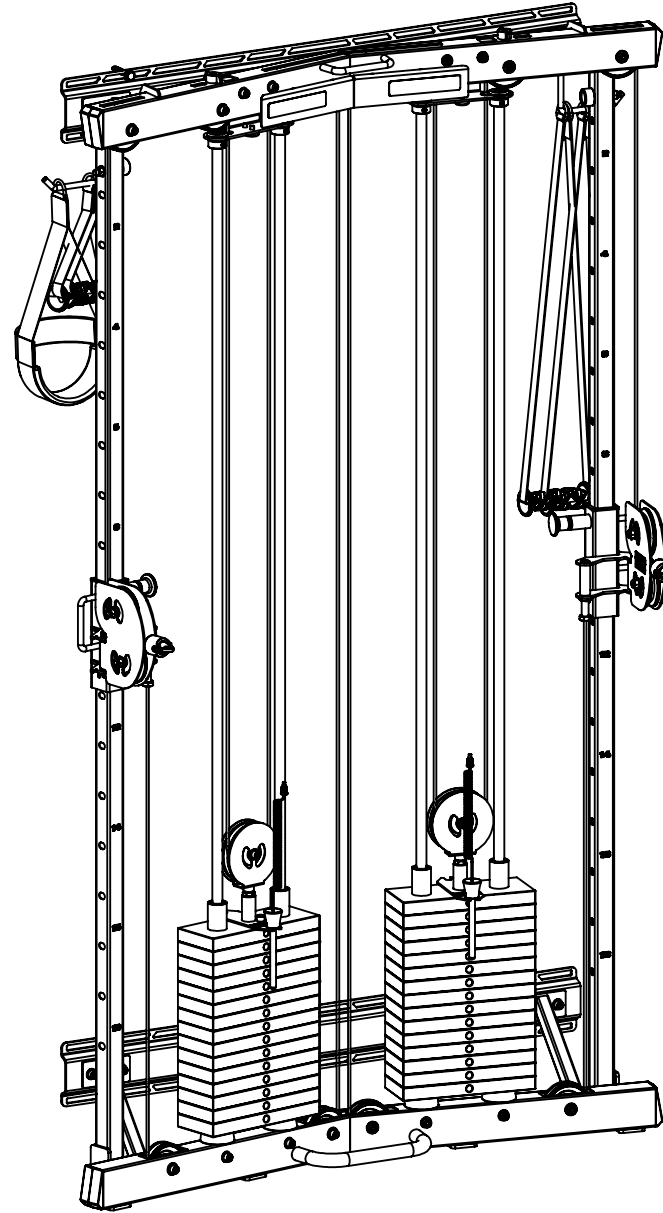


ANKER-7 ASSEMBLY GUIDE

VERSION: ANKER-7-001-150LB/200LB/225LB

PART #: 5843701-A



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.
9. 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 1-877-TORQUE5 (1-866-664-9894). www.service@torquefitness.com

Important Safety Instructions for Assembling Equipment

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

Obtaining Service

Do not attempt to service the product yourself except for maintenance tasks described in this manual.

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

For further information, visit our website at www.torquefitness.com or contact us at www.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): _____

GENERAL NOTES

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

Unpacking the Equipment

This product may be packaged and shipped in multiple boxes. Parts from all of the boxes are required for various steps during the assembly process.

Carefully open each box and arrange all the parts near the area where assembly is to take place.

CAUTION: Use extreme care when cutting plastic tie wraps and package banding. A wire cutter works best for protecting yourself and the parts.

CAUTION: Some of the internal boxes may contain upholstery. Do not use a utility knife to open any boxes or the pads may be damaged.

The hardware is packed in bags. Carefully open each bag and sort them per parts list on the next page.

Before starting assembly, identify each part and hardware item as listed in the parts list on the next page. If any items are missing, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). www.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
- 5/16" and 3/8" Allen wrench
- 4mm Metric allen wrench
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure
- Level
- Power Drill
- 1/4" drill bit (Lag screws)

Optional Equipment

Optional equipment may be available for this product.

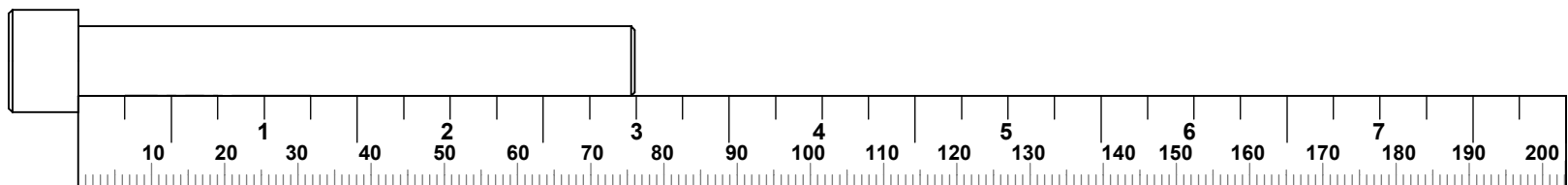
Follow the instructions included with the optional equipment to assemble it to the base product.

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.



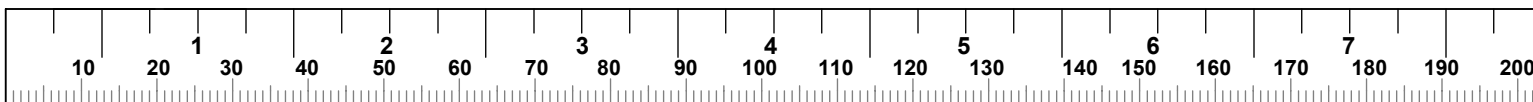
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	58418PA	PTD ASSY, BOTTOM FRAME, MAIN	1
2	58419PA	PTD ASSY, TOP FRAME, MAIN	1
3	5842201	WLDMT, CARRIAGE UPRIGHT	2
4	58429PA	PTD ASSY, CARRIAGE RIGHT	1
5	58430PA	PTD ASSY, CARRIAGE LEFT	1
6	54970PA	PTD ASSY, HEAD PLATE PULLEY	2
7	2008408	BOLT, 3/8-16 X 2-1/4" (57mm) ST HT SOCKET HEAD	4
8	2001101	WASHER, FLAT 3/8 SAE ST ZN	16
9	2001201	NUT, 3/8-16 LK ST ZN	6
10	2008405	BOLT, 3/8-16 X 1-1/2" (38mm) ST HT SOCKET HEAD	2
11	5513601	CUSHION, WEIGHT STACK	4
12	5774301	GUIDE ROD, 19 OD X 1953	4
13	5095301	SHAFT COLLAR, GUIDE ROD	4
14	WSP10-6HC-4HP-101	WEIGHT STACK PLATES, 10 LB X 6" HOLE CENTER X 4 W HEAD PLATE	*
15	WSP15-6HC-5-101	WEIGHT STACK PLATE, 15 LB X 6" HOLE CENTER X 5	*
16	WSP10-6HC-5-101	WEIGHT STACK PLATES, 10 LB X 6" HOLE CENTER X 5	*

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
17	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	4
18	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	2
19	5666401	ASSY, WEIGHT STACK PIN	2
20	2002601	NUT, 1/2 JAM ST ZN	2
21	5843401	WLDMT, HANGING STORAGE	2
22	2008406	BOLT, 3/8-16 X 1-3/4" (45mm) ST HT SOCKET HEAD	2
23	58435PA	CABLE ASSY, ANKER 7	2
24	5508801	HOUSING, CABLE COUPLER	2
25	5508901	GROMMET, RUBBER CABLE	2
26	5509001	CORE, CABLE COUPLER	2
27	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4
28	5774201	ASSY, LONG STRAIGHT STRAP HANDLE	2
29	5324701-A	ASSY, SHORT STRAP HANDLE	2
30	5784201	ASSY, LEG BOOT, SHORT	1
31	5790901	STRAP, BATTLE ROPE LOOP	1
32	2031101	SCREW, 3/8" LAG X 2.5"L CLEAR ZINC	2
33	5893501	BUMPER, BOLT COVER	2
34	5500701	LABEL, WEIGHT STACK 1-20	2

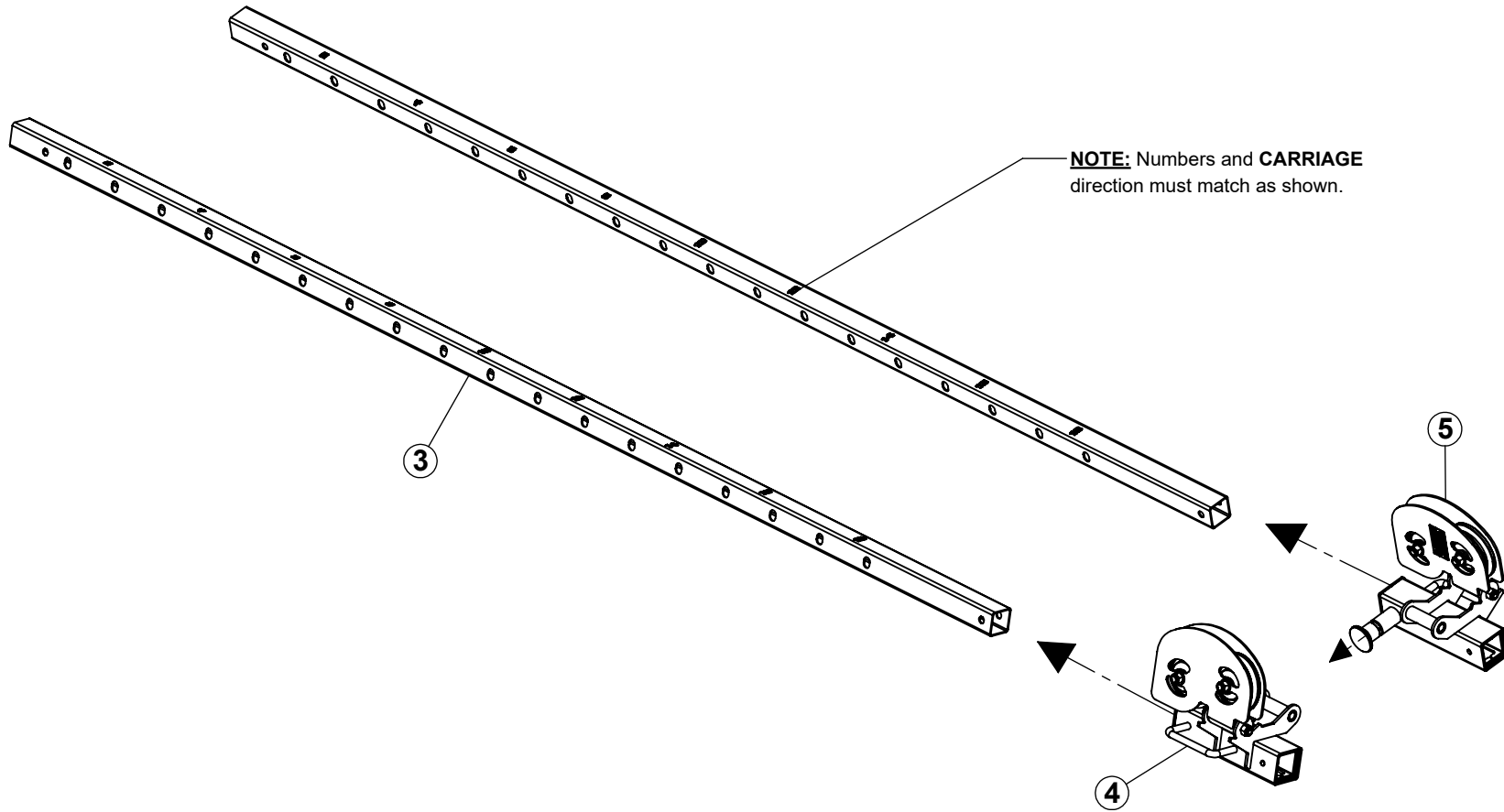
NOTE:

* The ANKER 7 has three weight stack options. 150 LBS, 200 LBS, and 225LBS. Quantites below contain the total of both of the weight stacks on the ANKER 7.

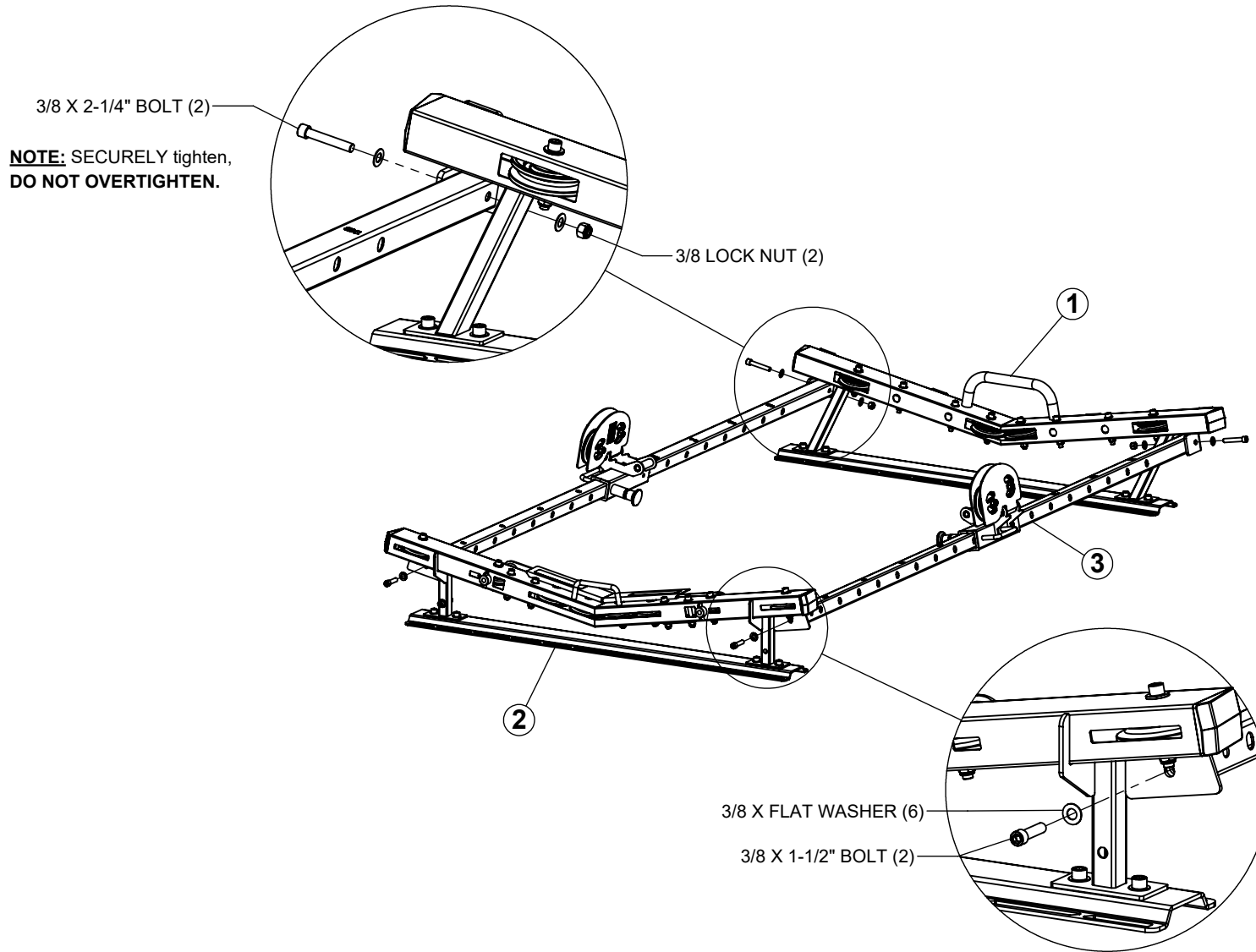
- The 150 LB. stacks have twenty eight 10 LB. plates and two head plates.
- The 200 LB. stacks has twenty 15 LB. plates, eight 10 LB. plates and two head plates.
- The 225 LB. stacks has twenty eight 15 LB. plates and two head plates.



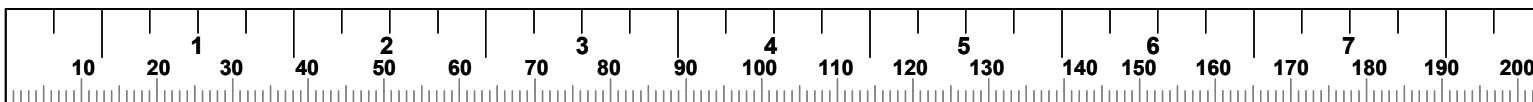
STEP 1



STEP 2



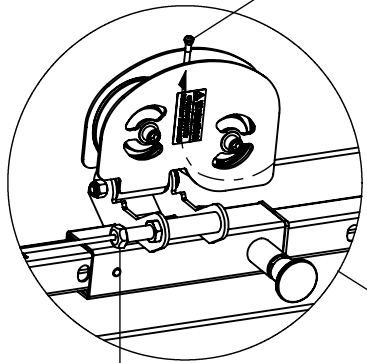
SECURELY TIGHTEN bolt connections in this step.



STEP 3

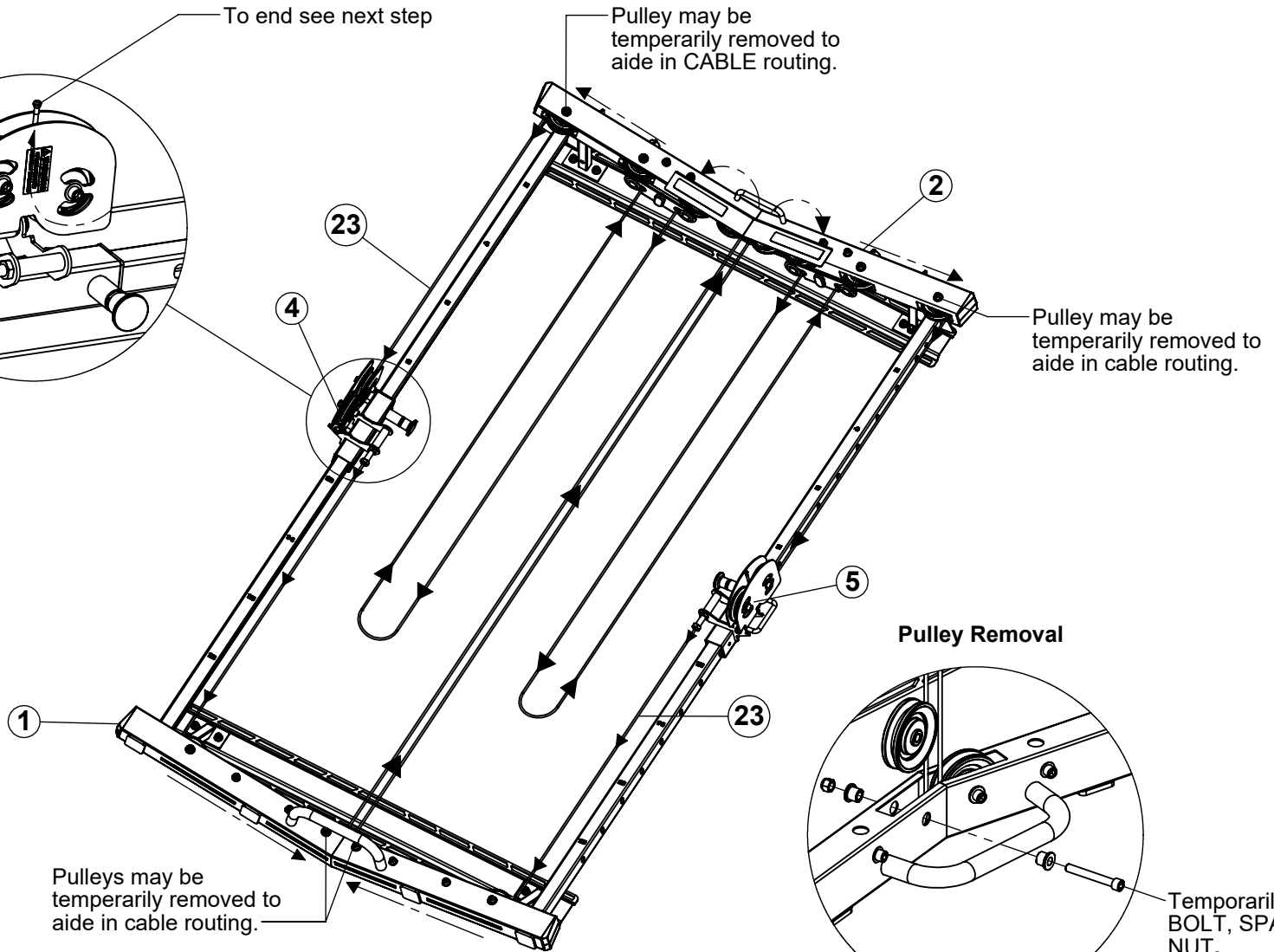
To end see next step

Pulley may be temporarily removed to aid in CABLE routing.

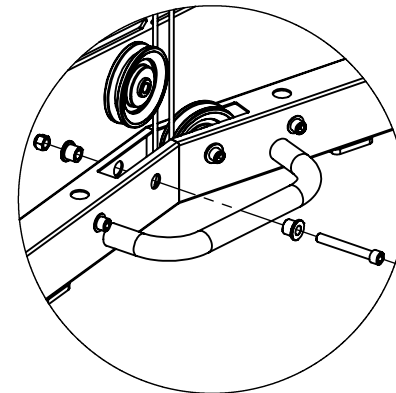


To start thread a JAM NUT on bolt end of CABLE. Thread bolt end of CABLE into CARRIAGE as shown.

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



Pulley Removal



Temporarily Remove BOLT, SPACERS and NUT.

CAUTION:

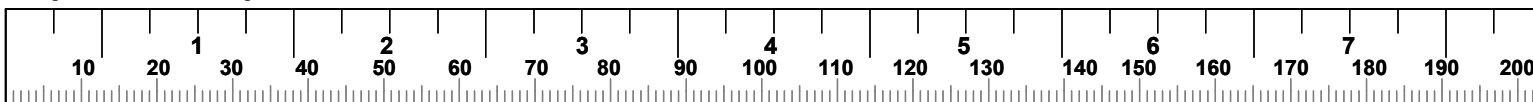
When routing CABLE, make sure CABLE is seated in groove of PULLEYS and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to CABLE.

NOTE: Route CABLE as shown, ensure that the CABLE is seated in the groove of the pulley and reinstall hardware.

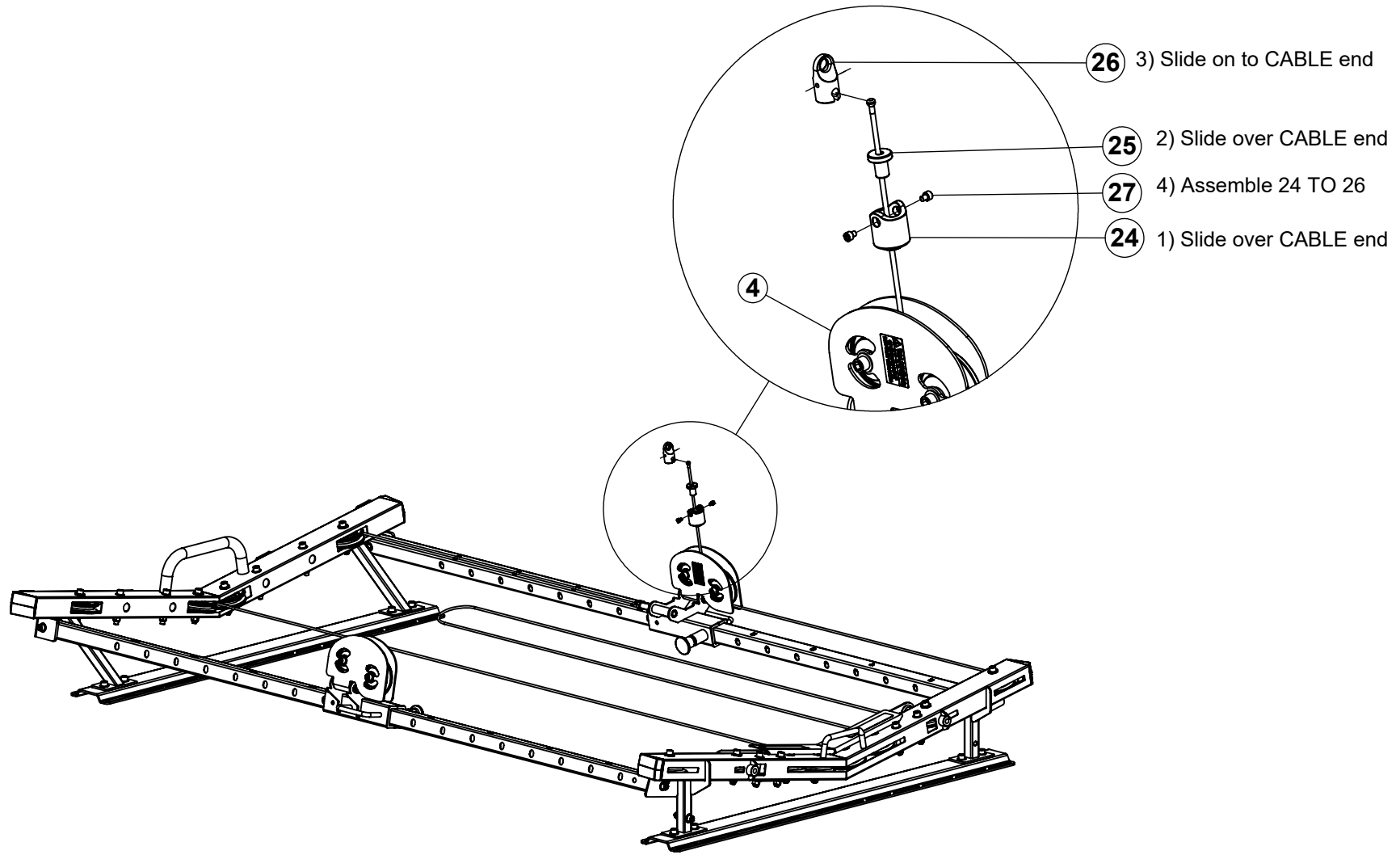
SECURELY TIGHTEN bolt connections in this step.

SECURELY tighten hardware once the CABLE is routed.

Repeat this step on both sides.

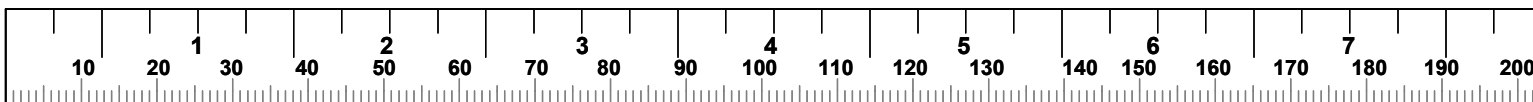


STEP 4

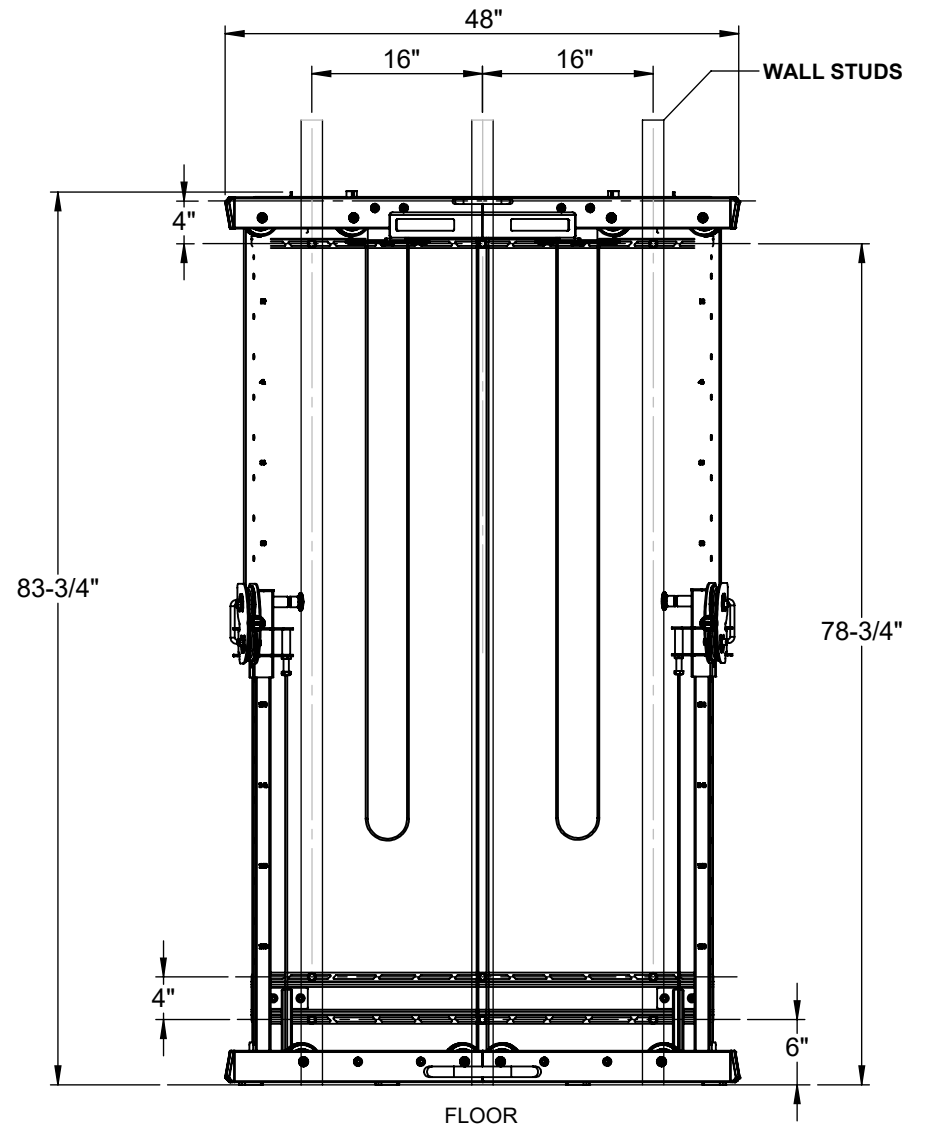
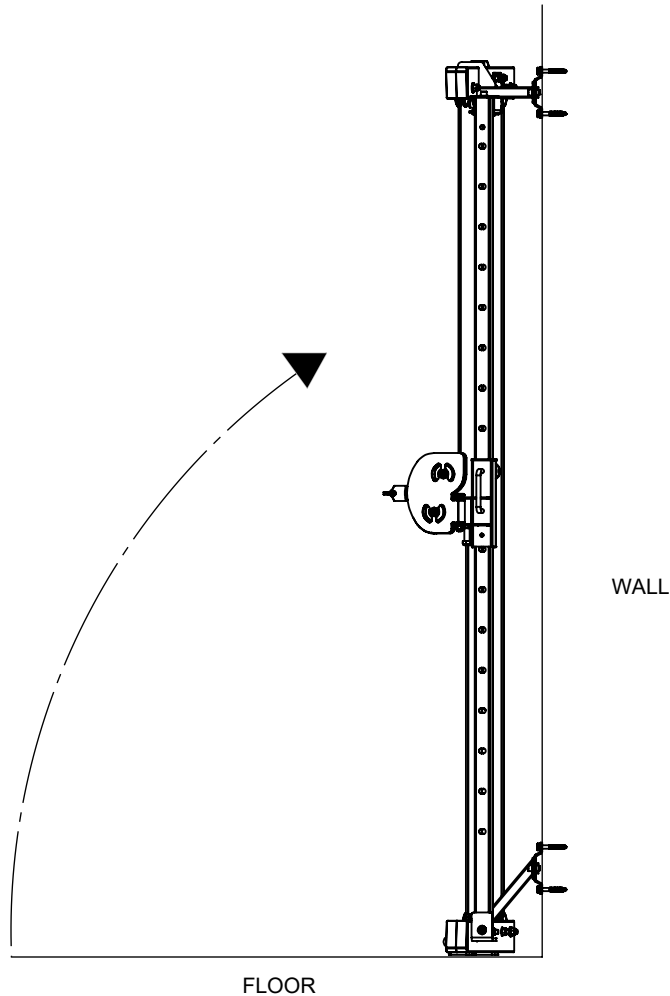


SECURELY TIGHTEN bolt connections in this step.

Repeat this step on both sides.



STEP 5



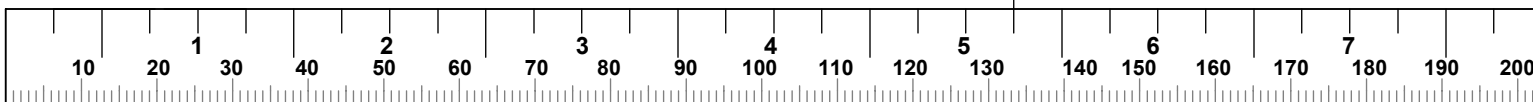
NOTES:

Locate studs and desired location for mounting.

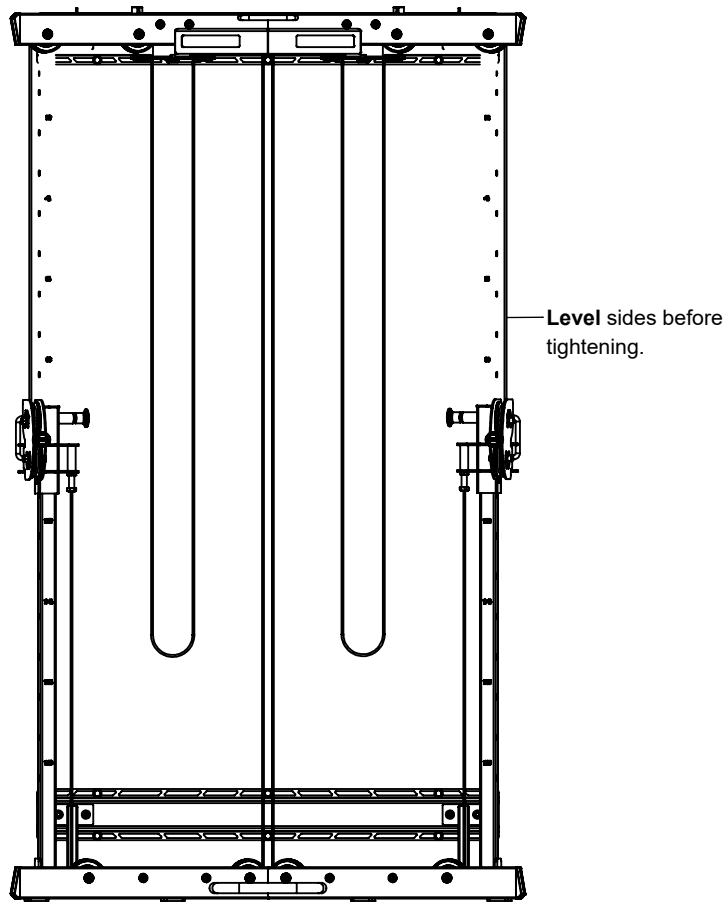
Carefully tip the unit up to the wall in desired location. Align slots with the studs and mark drilling locations. Predrill holes to a depth of 2.5" using a 1/4" drill bit for anchoring using the included hardware.

ANKER-7 is shown being mounted to a typical wall with wood studs 16" on center. For 24" wall studs follow the same steps as shown.

NOTE: Dimensions shown are for reference only.



STEP 5B



NOTES:

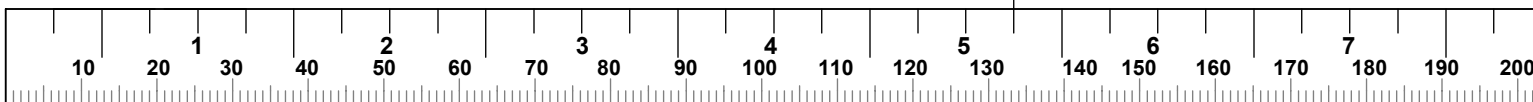
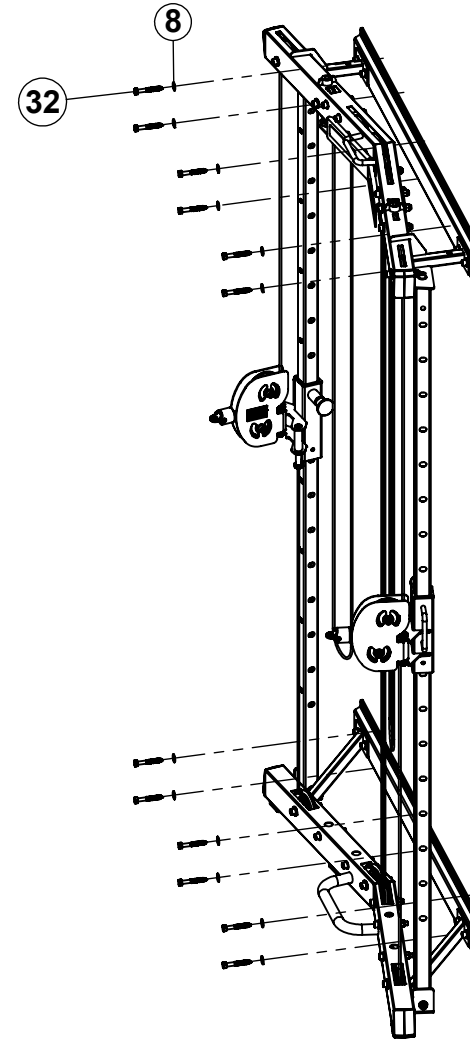
The image above shows how to attach the gym to the wall using wall anchors to a typical wood stud wall. The wall anchors used will depend on the wall construction. The pull-out strength of the anchoring hardware used must be equal to or greater than 200 lbs. (91 kg) each.

NOTE: Twelve or more anchoring locations must be used.

SECURELY tighten all bolt connections in this step.

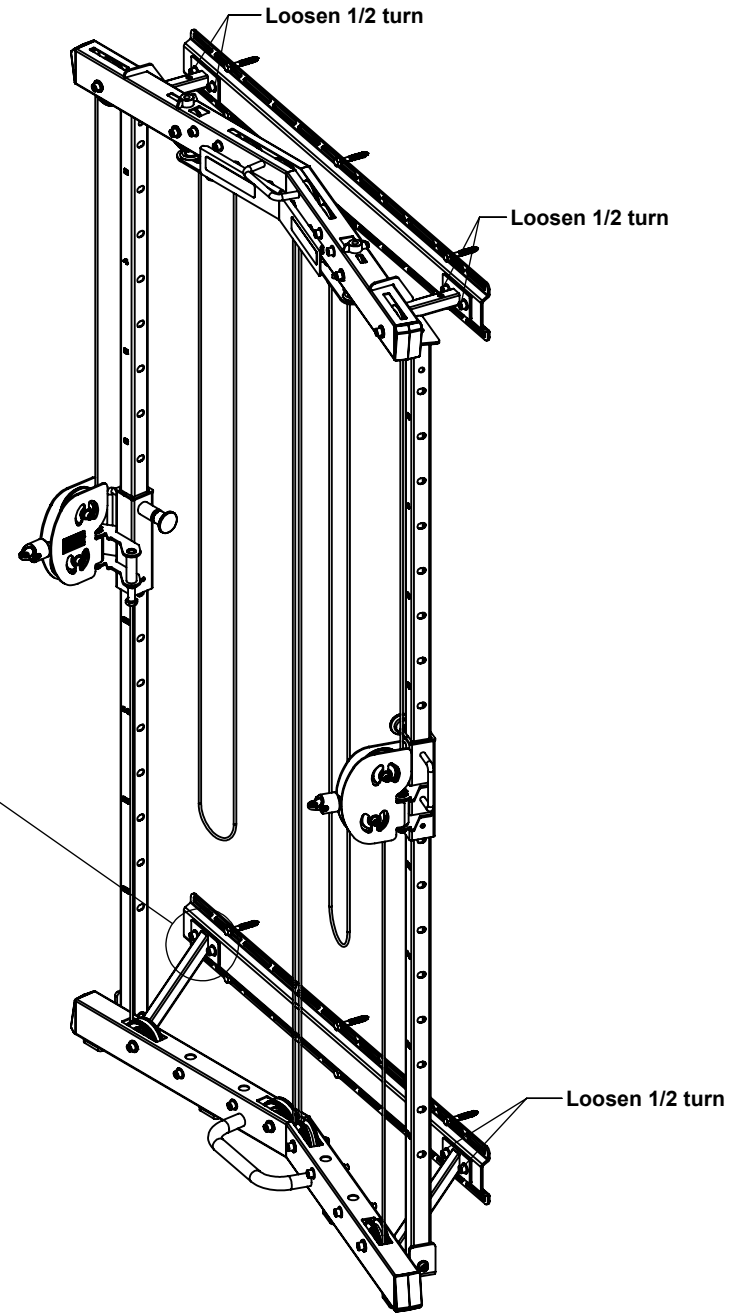
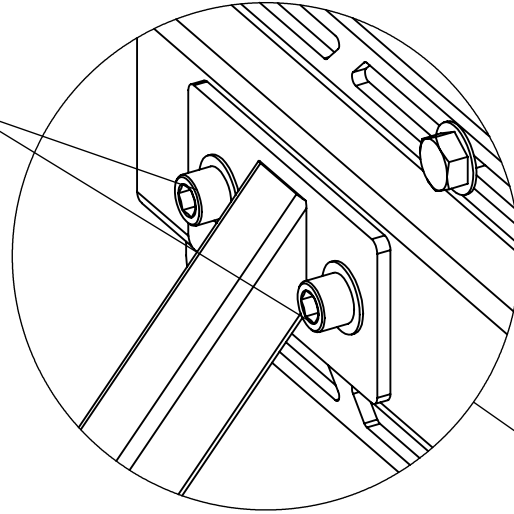
WARNING:

THE ANKER-7 **MUST** BE ANCHORED TO THE WALL USING 12 OR MORE WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.



STEP 6

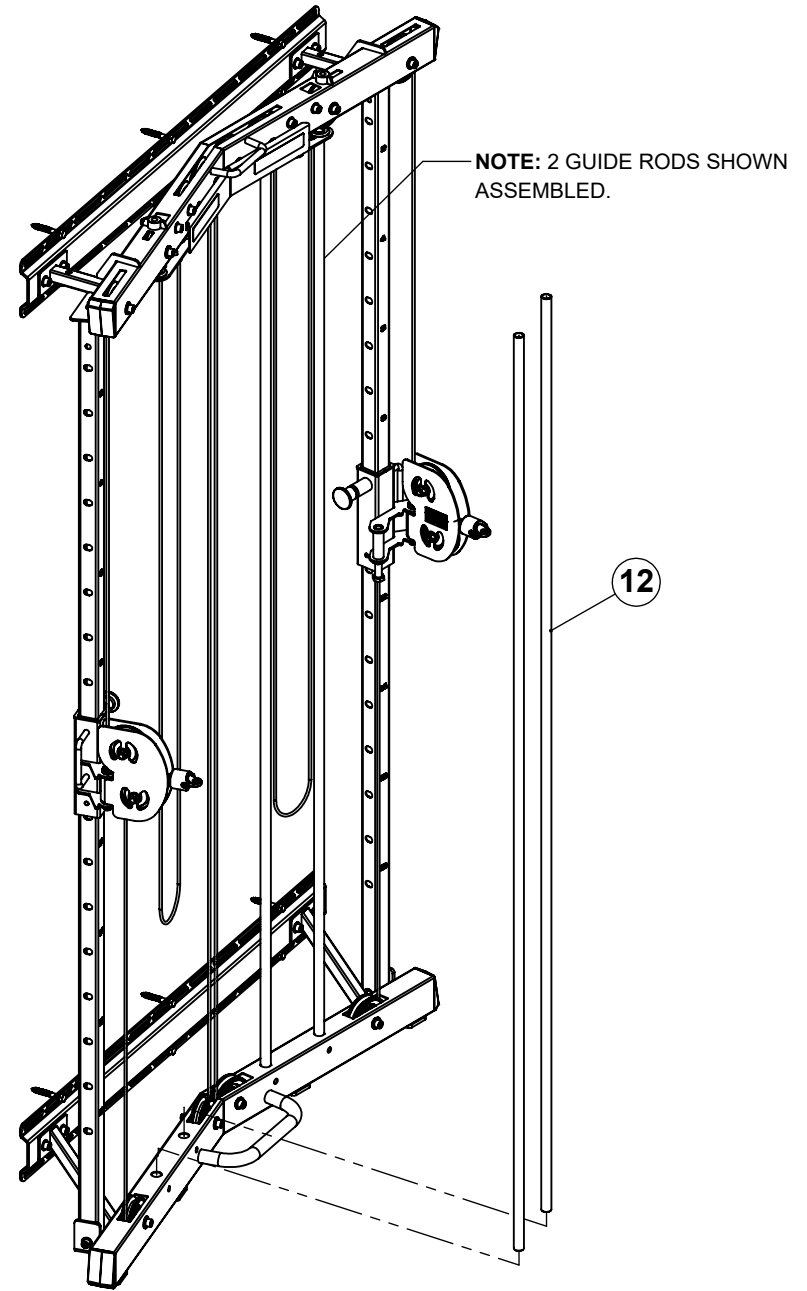
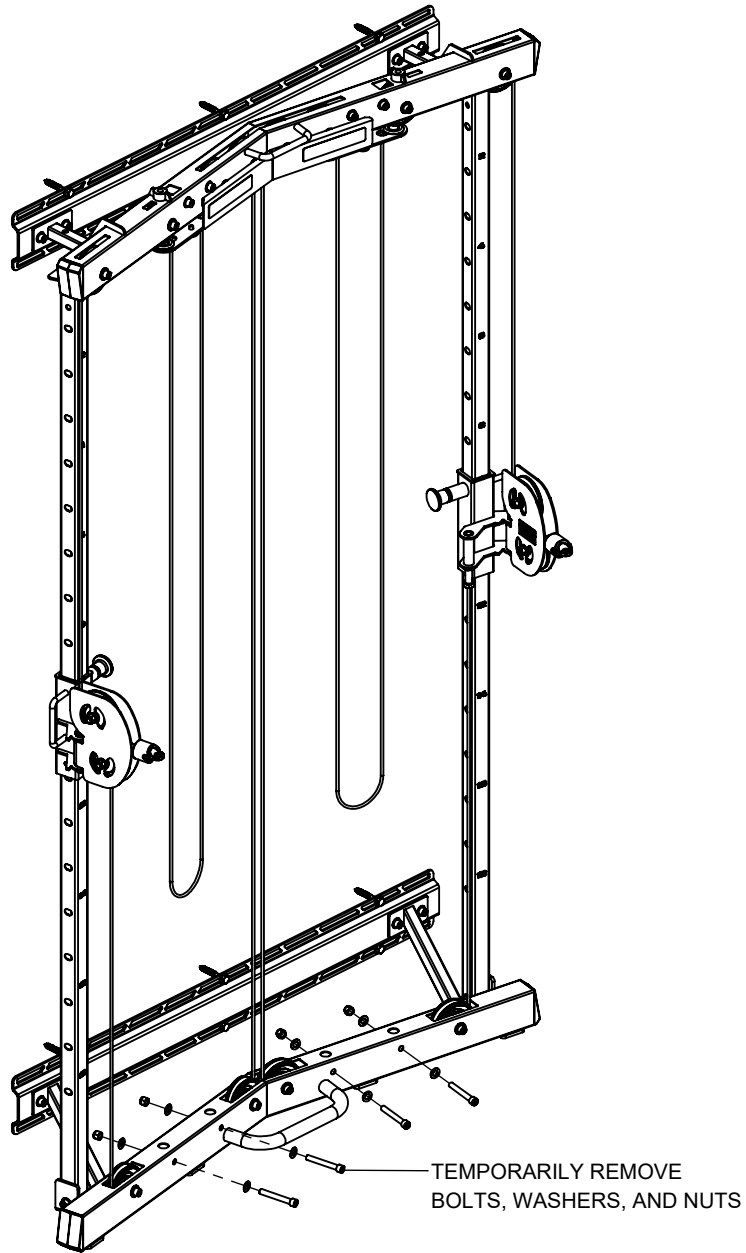
NOTE:
LOOSEN BOLTS 1/2 TURN.
Do not remove bolts (8).



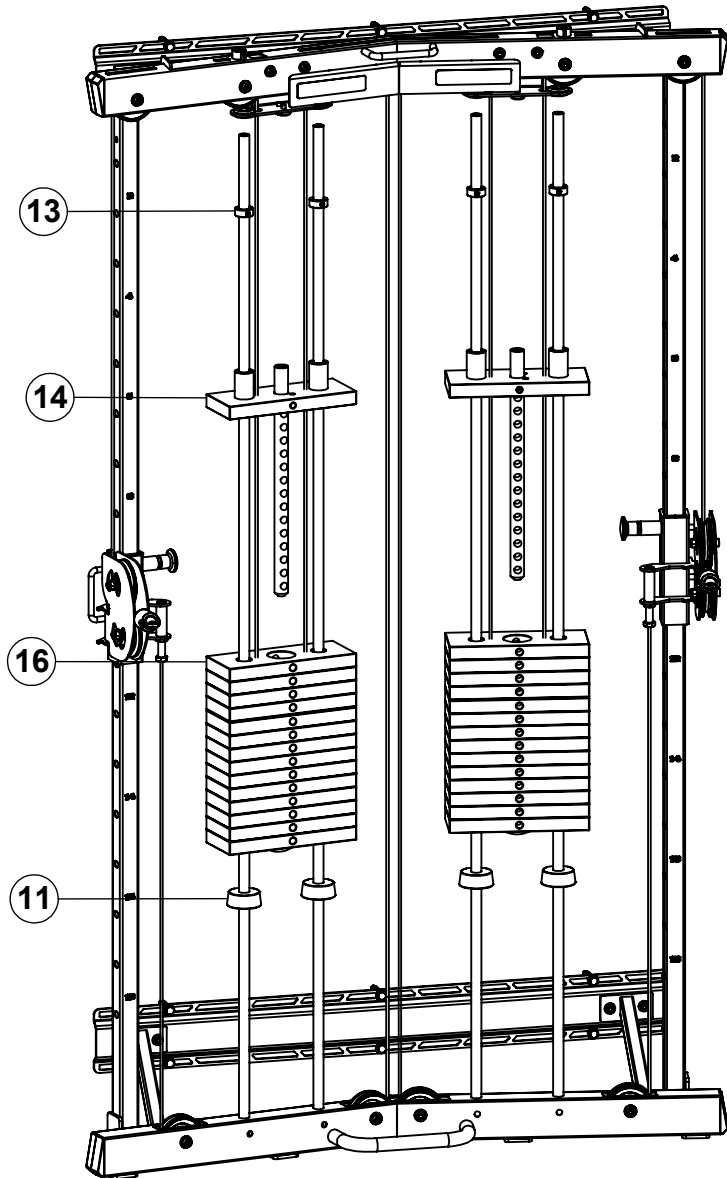
NOTES:

Loosen bolts to prevent damage to the frame or wall when loading plates. Carpet and other soft surfaced flooring may cause movement of the frame when loading weight plates.

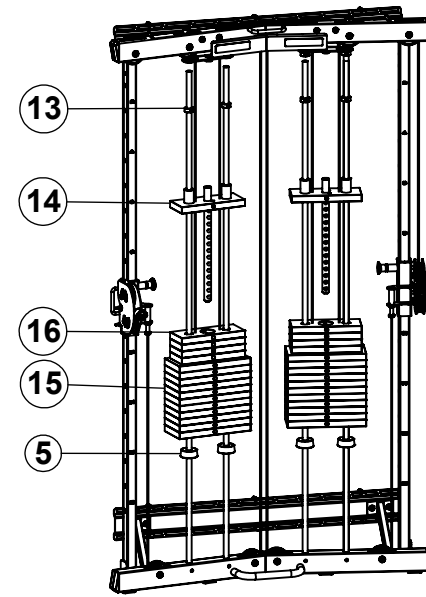
STEP 7A & 7B



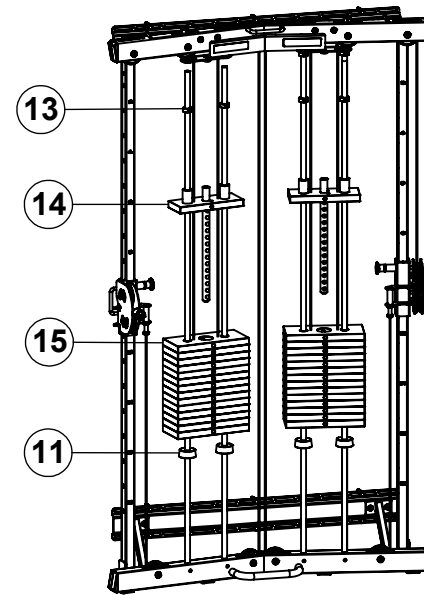
STEP 8



150 LB OPTION

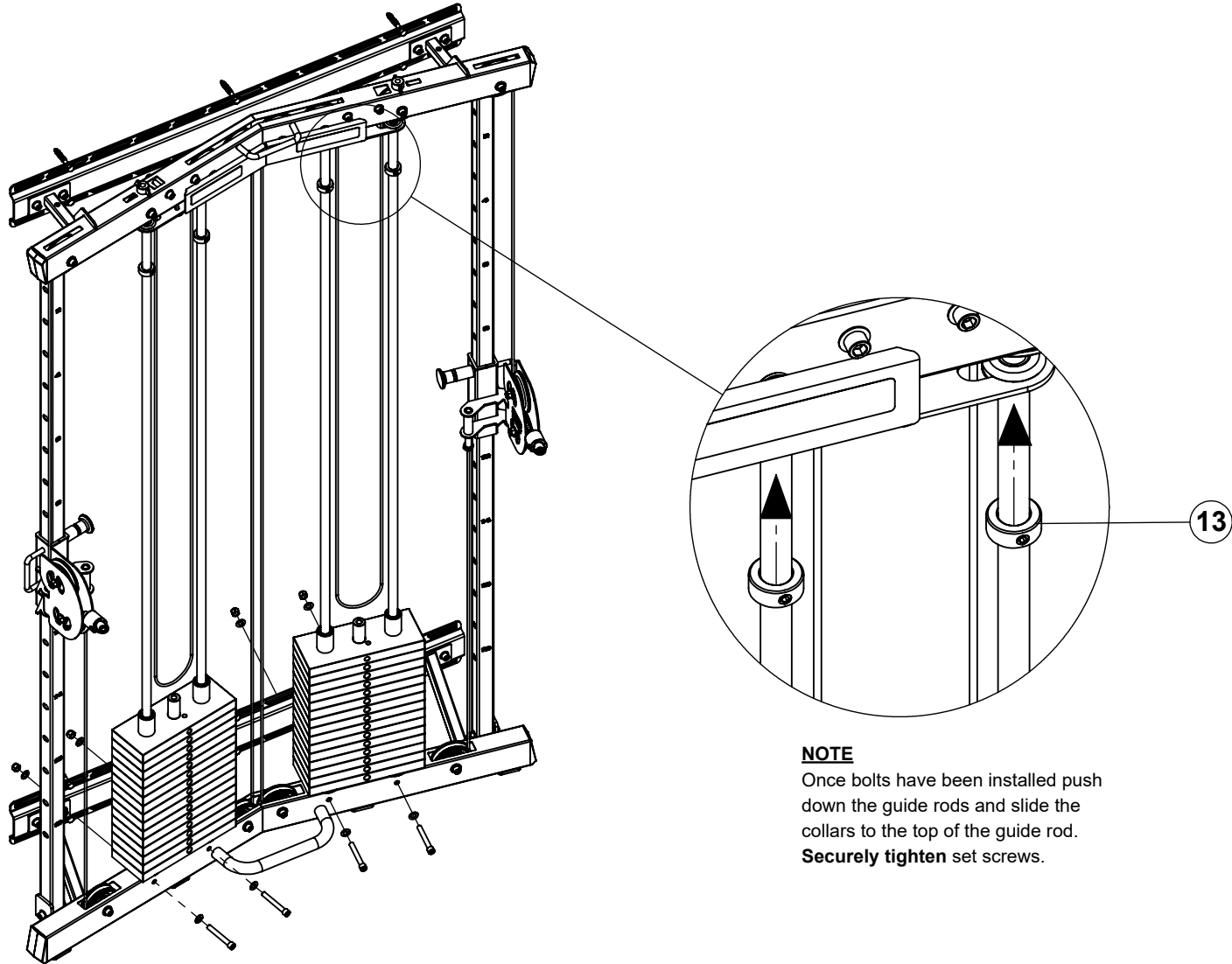


200 LB OPTION



225 LB OPTION

STEP 9



NOTE

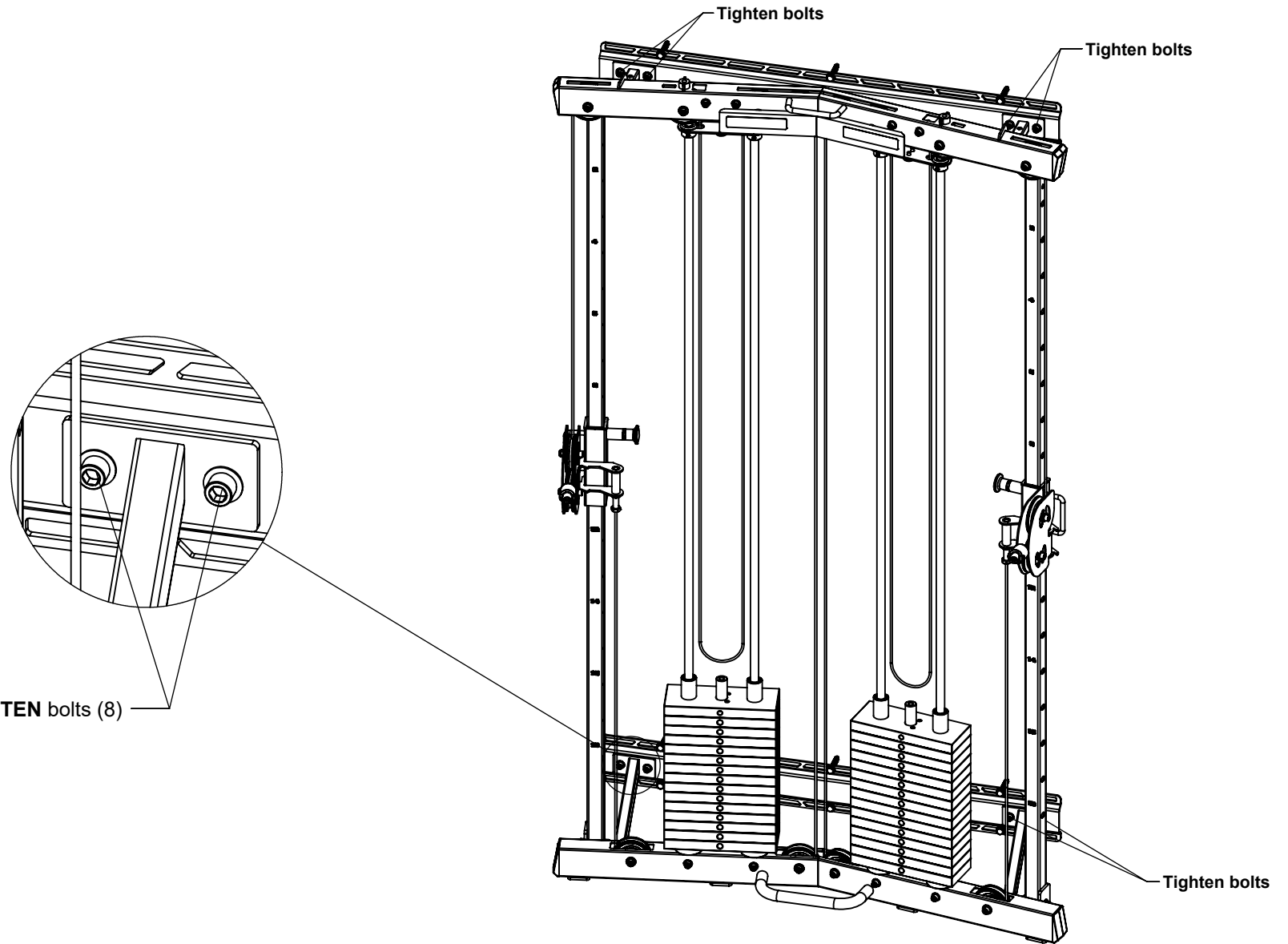
Install hardware removed in Step 7A.
Lift up on guide rods and insert bolts.
Tighten until hardware doesn't move.
DO NOT OVERTIGHTEN.

NOTE

Once bolts have been installed push down the guide rods and slide the collars to the top of the guide rod.
Securely tighten set screws.

SECURELY tighten all bolt connections in this step.

STEP 10



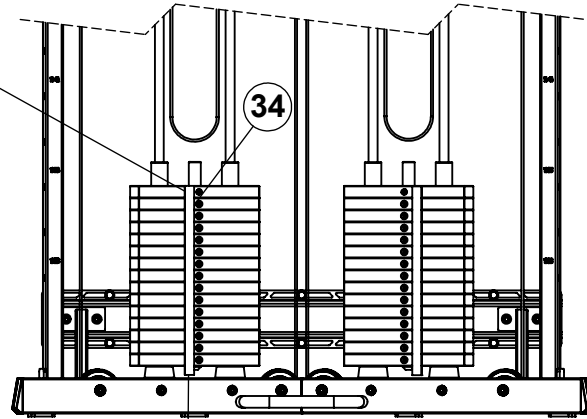
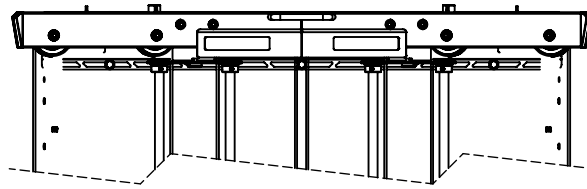
NOTE:
SECURELY TIGHTEN bolts (8)

SECURELY tighten all bolt connections in this step and in previous steps.

STEP 11

NOTE:

Apply the weight stack labels to the right of the holes on weight plates by following the installation instructions printed on the label.

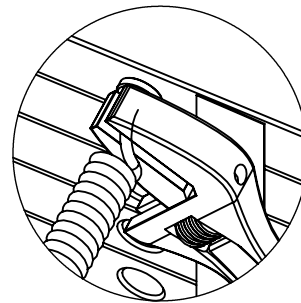
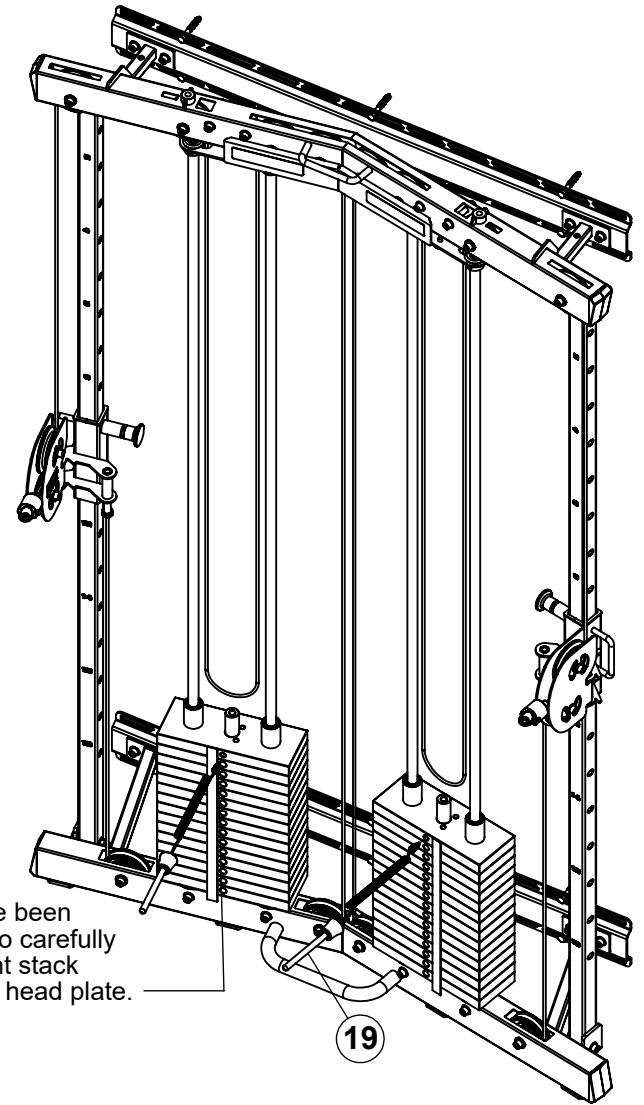


NOTE:

Discard labels 16-20

NOTE:

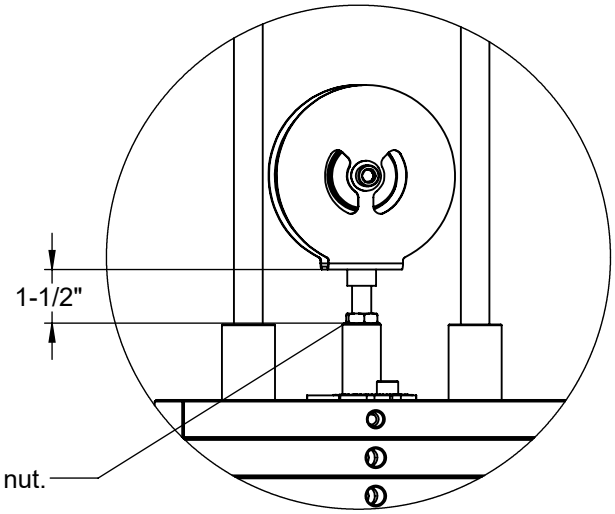
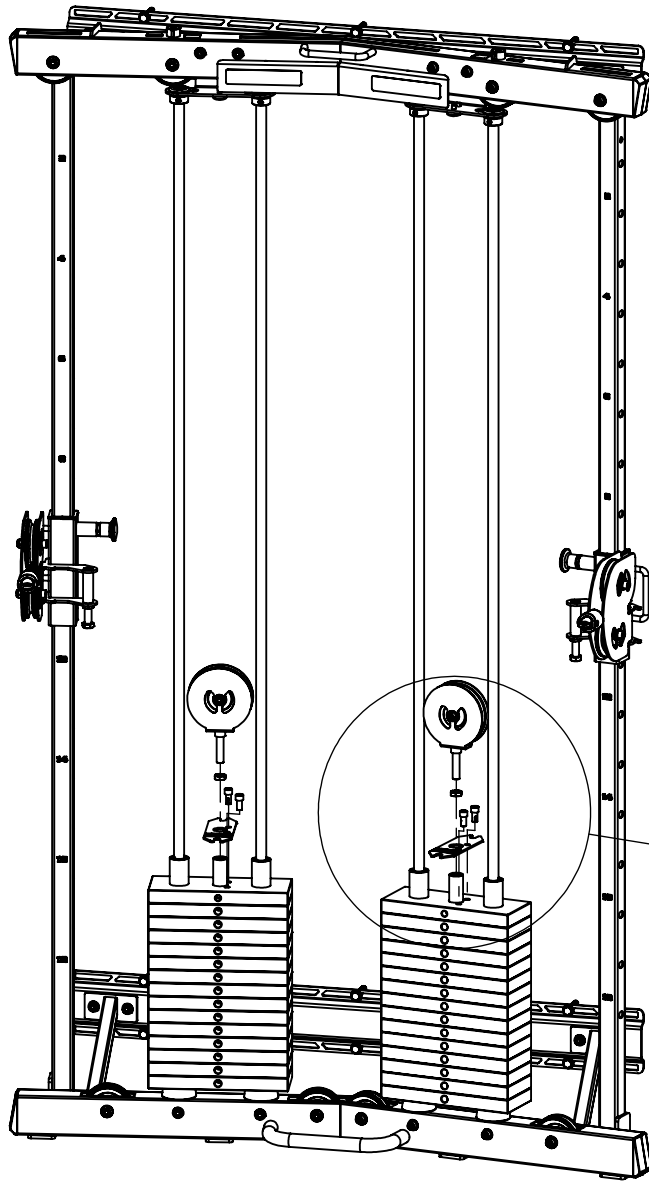
After weight stack labels have been applied, use a rubber mallet to carefully install insert plug of the weight stack pin into the center hole of the head plate.



NOTE:

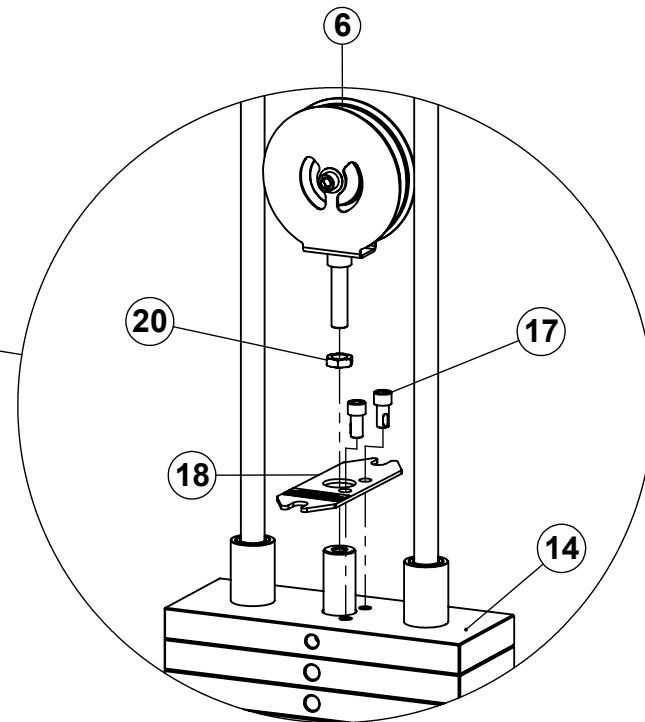
An adjustable wrench may be used to aid in inserting the plug. Tighten the jaws around the cable and carefully install the plug with a rubber mallet.

STEP 12

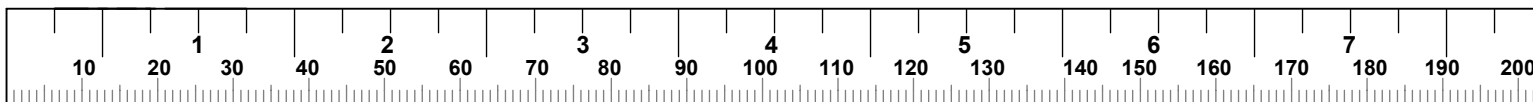


NOTE:
SECURELY tighten jam nut.

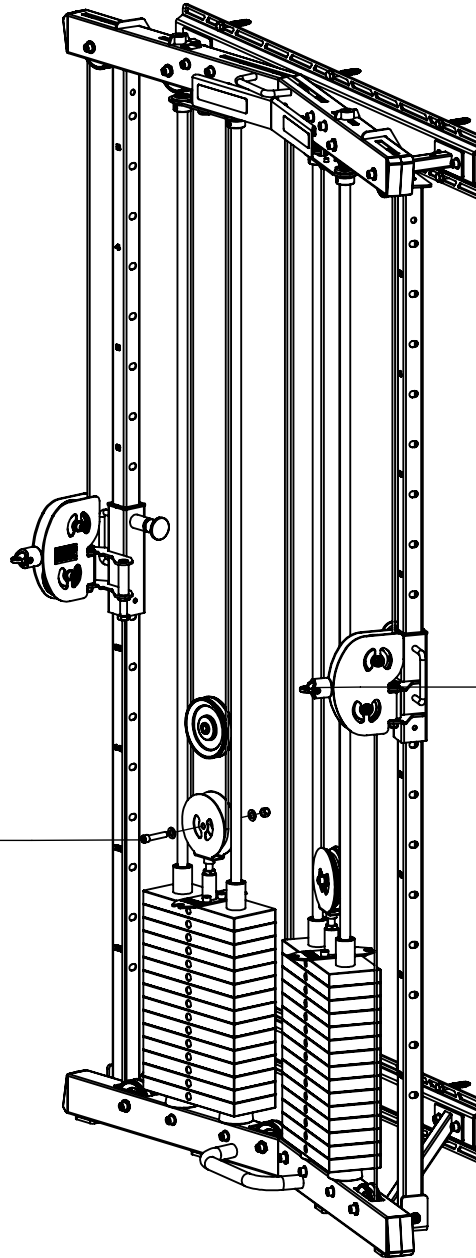
ASSEMBLED VIEW



SECURELY tighten all bolt connections in this step.



STEP 13



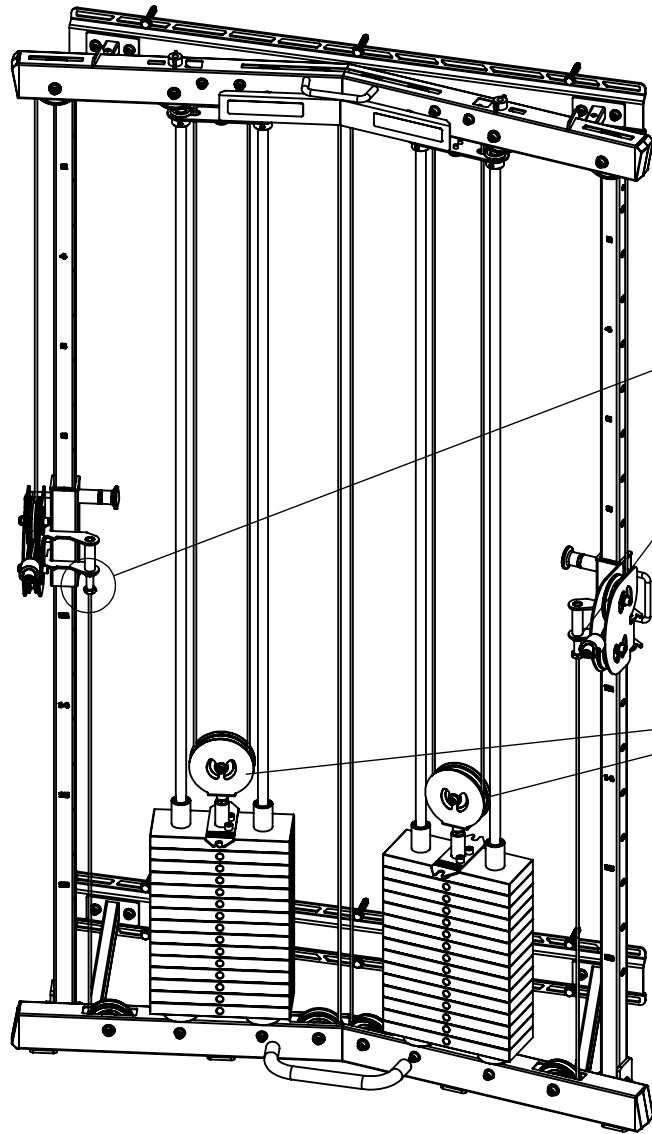
Temporarily remove bolts washers and nuts. Remove and replace pulley seating the cable into the groove. Reinstall bolts, and loosely assemble for the next step.

Once assembled pull on the cable to ensure the cables are routed properly. If the cable does not feel smooth or if it is binding. Visually check the cables and pulleys to ensure the cables are properly seated. **See step 3 for cable routing and pulley removal.**

Loosely tighten all bolt connections in this step.

CAUTION: When routing cables, make sure that the cables are seated in the groove of the pulleys and underneath all retaining bolts, pins or brackets. **Failure to do so, may result in damage to cable.**

STEP 14



NOTE:

If there is a gap between the head plate and first plate, loosen jam nut and turn threaded end counter clockwise until the head plate touches the first plate.

SECURELY tighten jam nut.

To add tension to the cable, turn the threaded end clockwise.

SECURELY tighten jam nut.

Repeat steps for both cables if necessary.

NOTE:

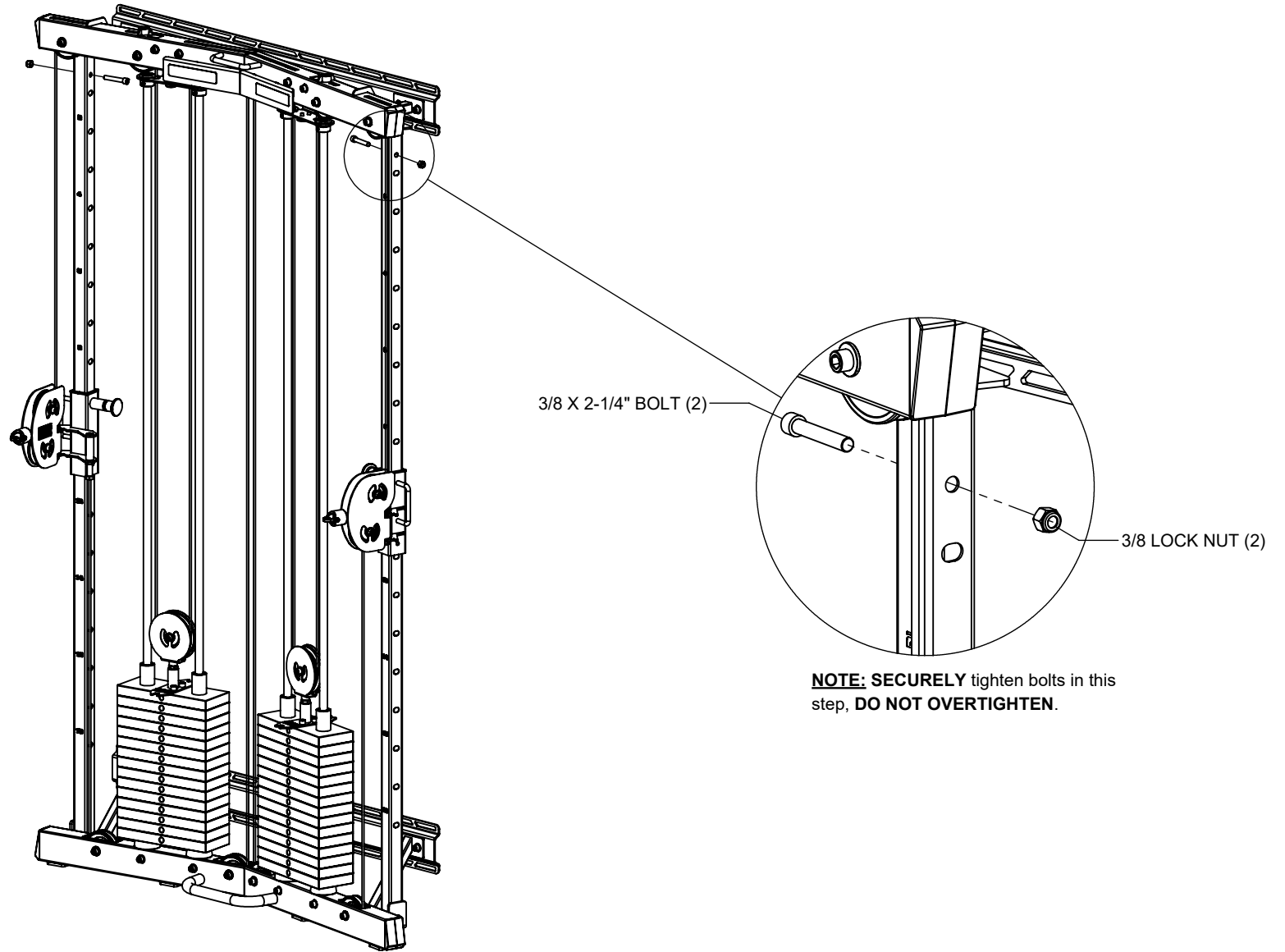
For further cable adjustment, remove the pulley as shown in previous step.

Loosen the jam nut and rotate the head plate pulley assembly counter clockwise to loosen the cable. To add tension to the cable, rotate the head plate pulley assembly clockwise.

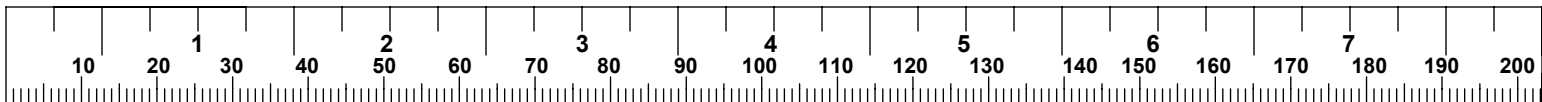
Reinstall Pulley and **SECURELY** tighten bolts. **SECURELY** tighten jam nut.

SECURELY tighten all bolt connections in this step and previous steps.

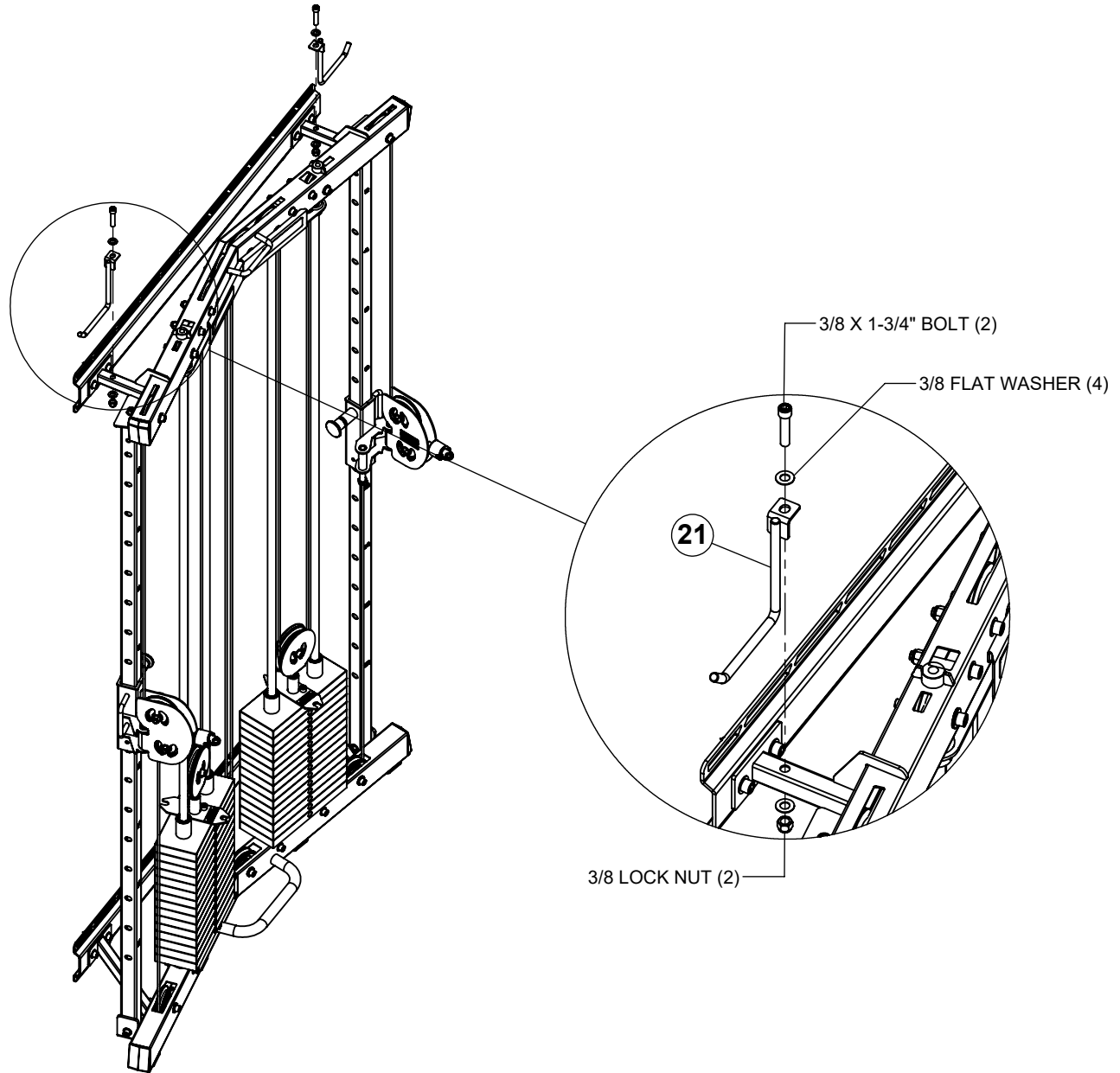
STEP 15



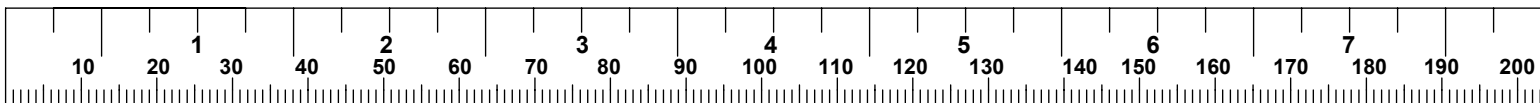
SECURELY tighten all bolt connections in this step.



STEP 16



SECURELY tighten all bolt connections in this step.



STEP 17

MAINTENANCE:

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

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

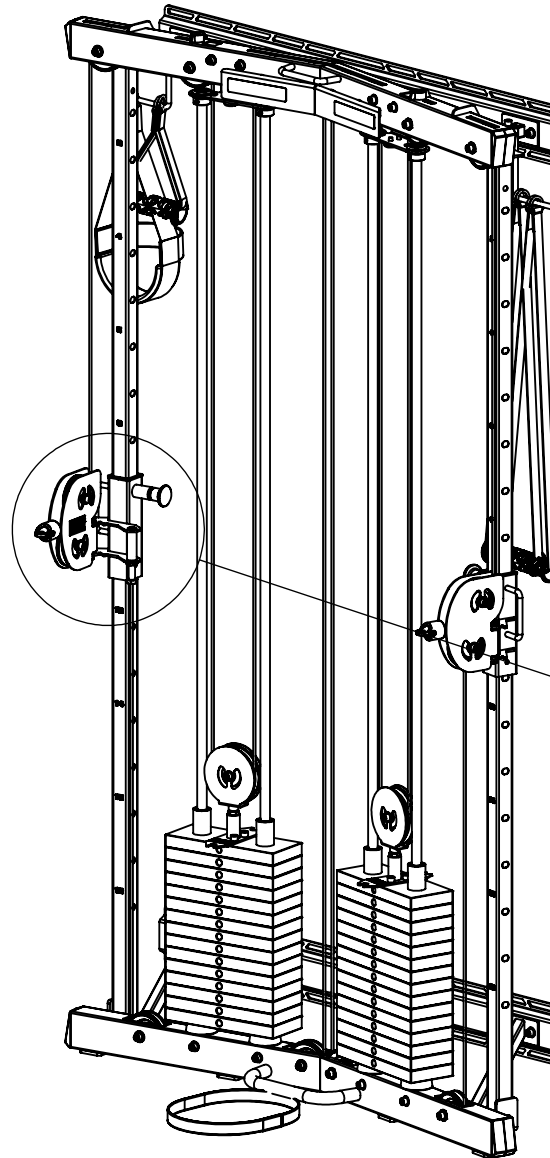
CABLES: Check tension, end fittings, and coating. Replace if damaged or worn. Check jam nuts on cable ends. **(NOTICE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 14 FOR ADJUSTING CABLE TENSION)**

SPRING PINS: Check that spring pins fully engage the hole when released. Tighten spring pin nuts as needed.

FRAME: Wipe down and damp cloth.

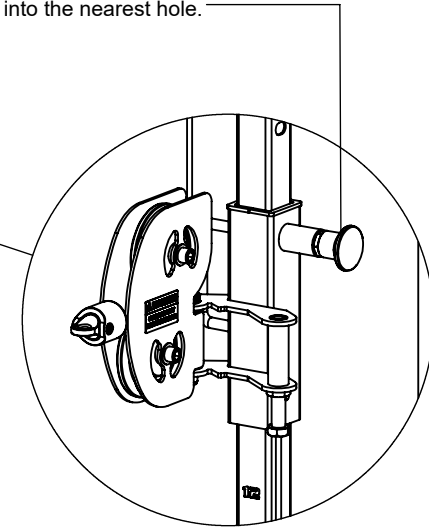
GRIPS: Inspect and replace if they appear worn or damaged.

For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). or Email: service@torquefitness.com

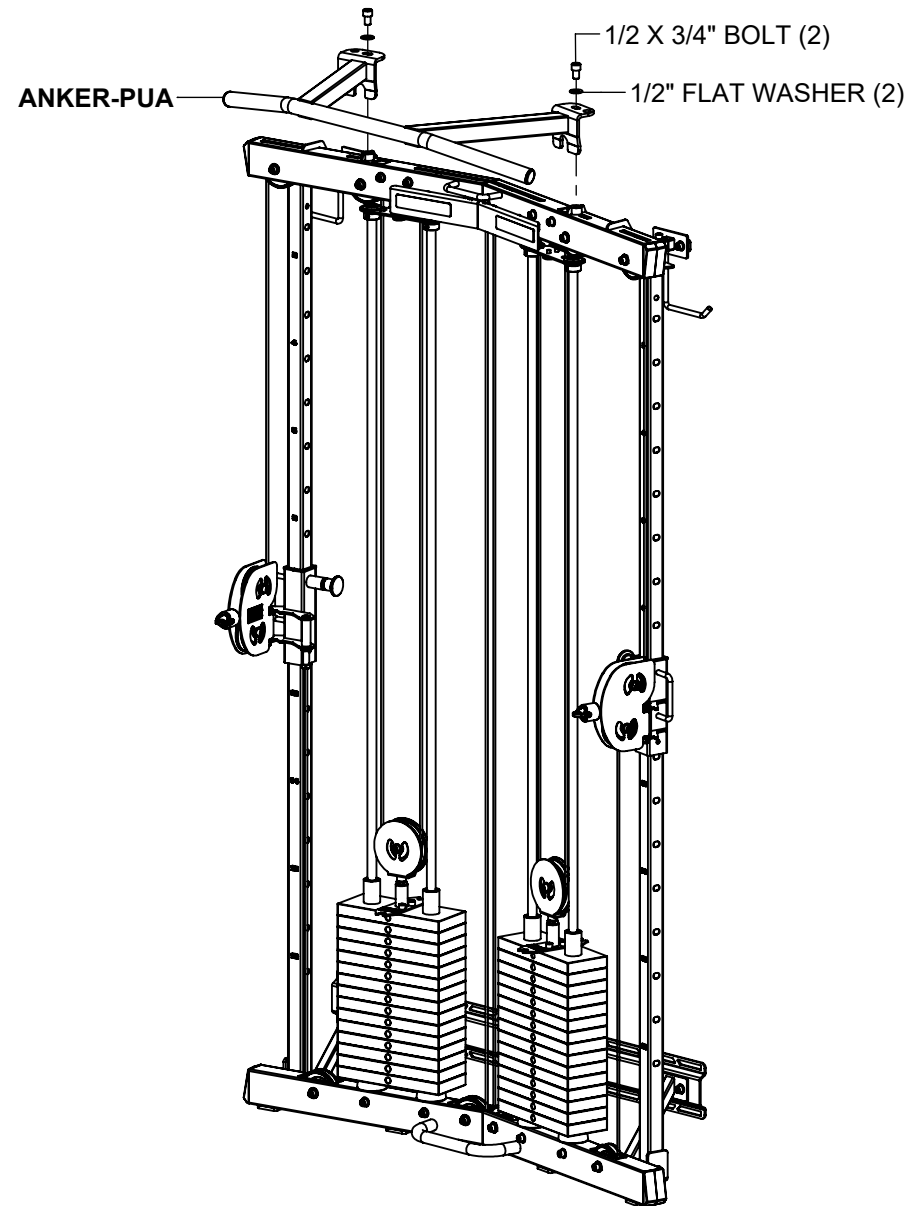


NOTE:

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.



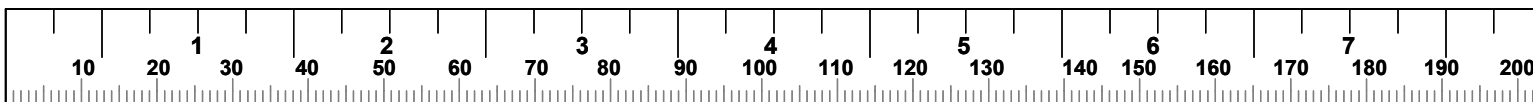
STEP 18 (OPTIONAL PULL UP ATTACHMENT)



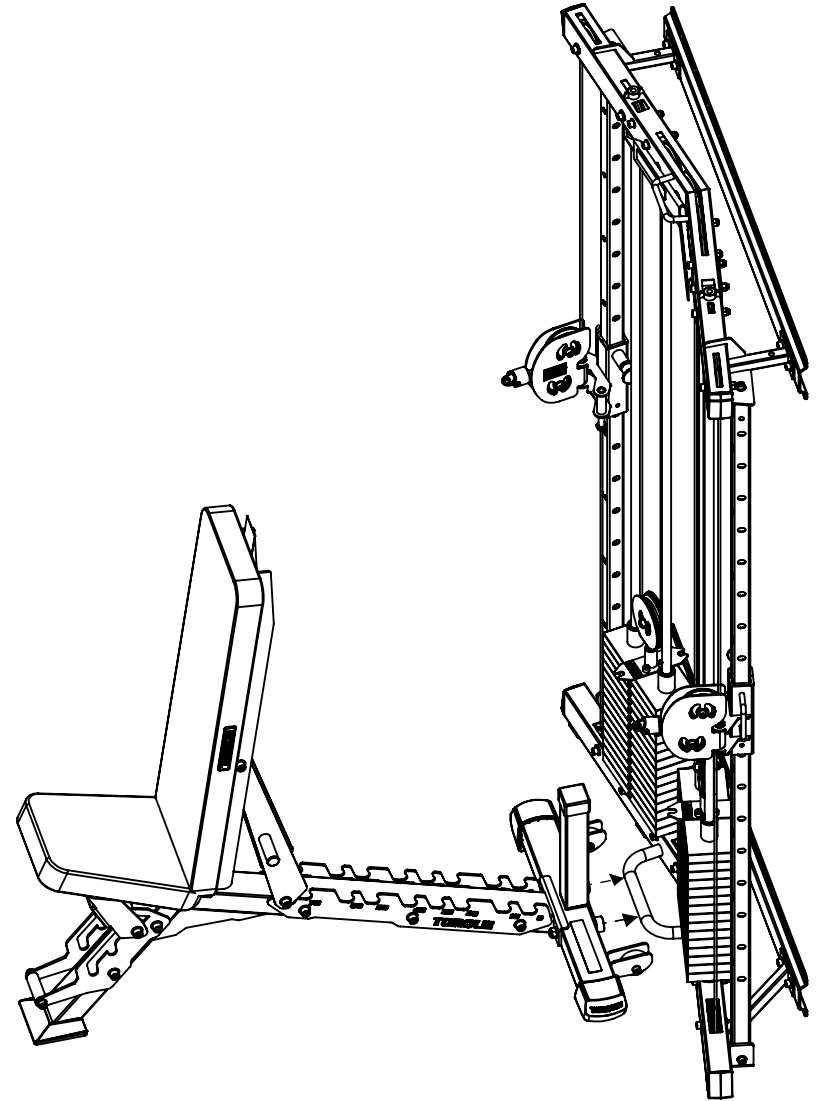
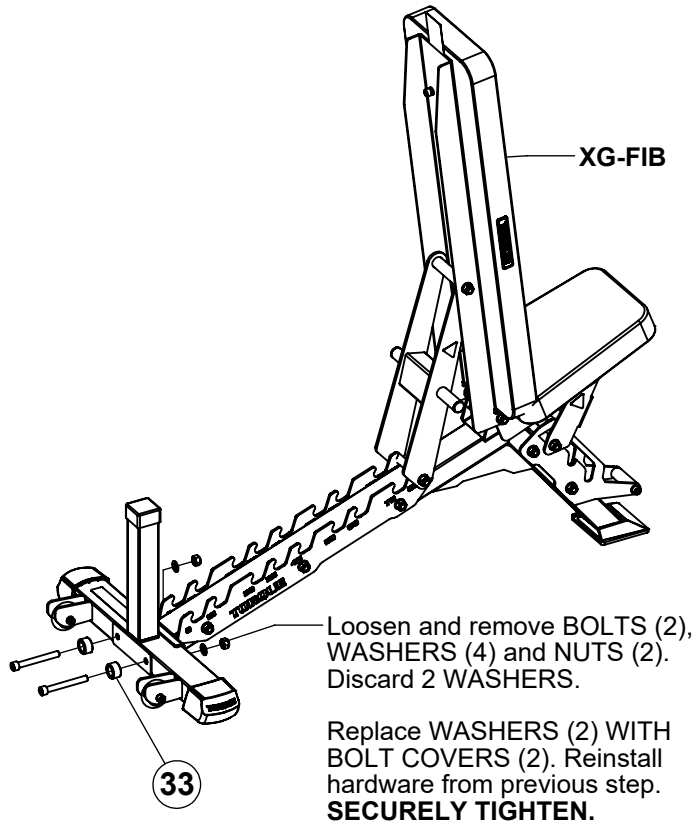
NOTES:

Wall brackets hidden for assembly clarity.

SECURELY tighten all bolt connections in this step and previous steps.



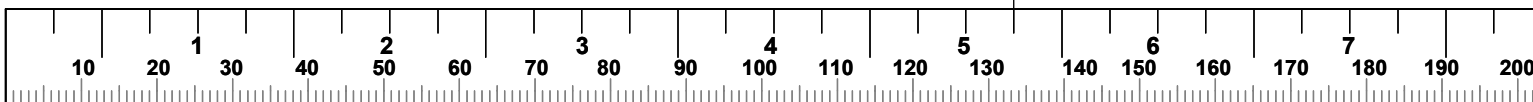
STEP 18 (OPTIONAL BENCH BUMPER FOR XG-FIB)



NOTE:

The XG-FIB is shown.

SECURELY tighten all bolt connections in this step.



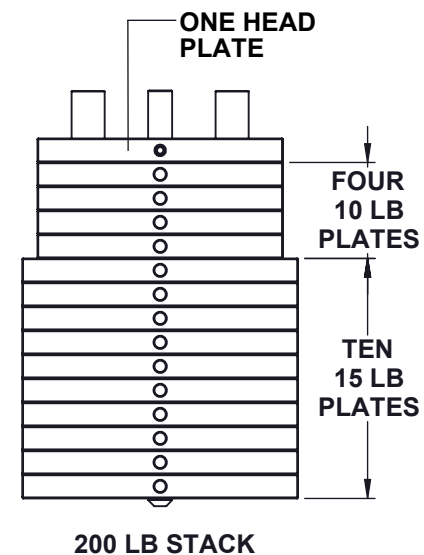
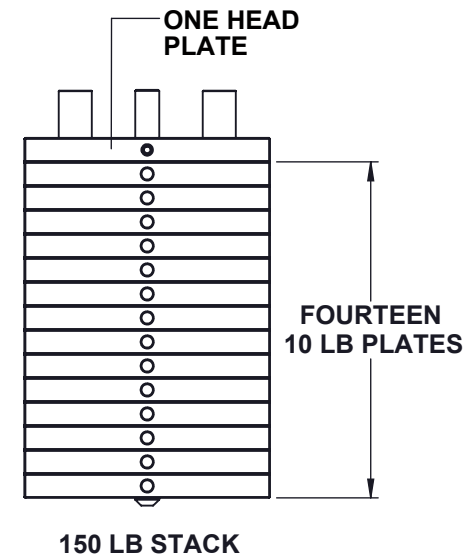
ANKER 7 STRENGTH TRAINER - RESISTANCE RATIO CHART

ANKER-7-001-150LB

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

ANKER-7-001-200LB

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



ANKER 7 STRENGTH TRAINER - RESISTANCE RATIO CHART

ANKER-7-001-225LB

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

