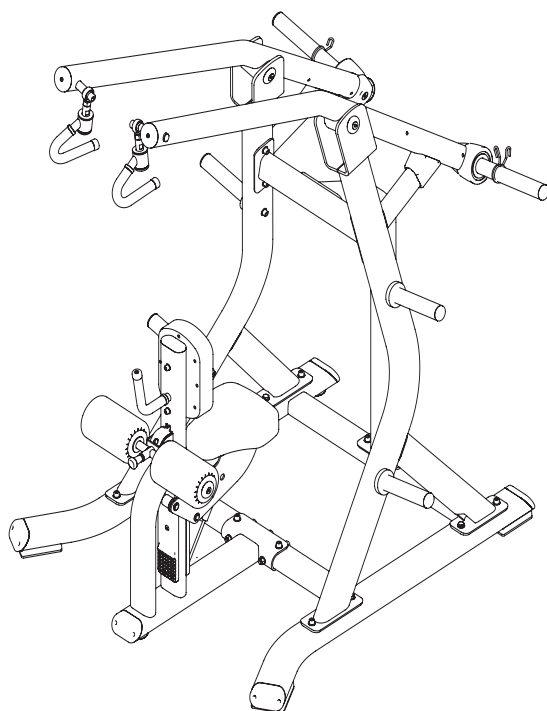


TOORX
PROFESSIONAL LINE

INSTRUCTION



UNIVERSAL HIGH ROW

FWX 8300



Cod : GRLDTOORXFWX8300

Rev : 00

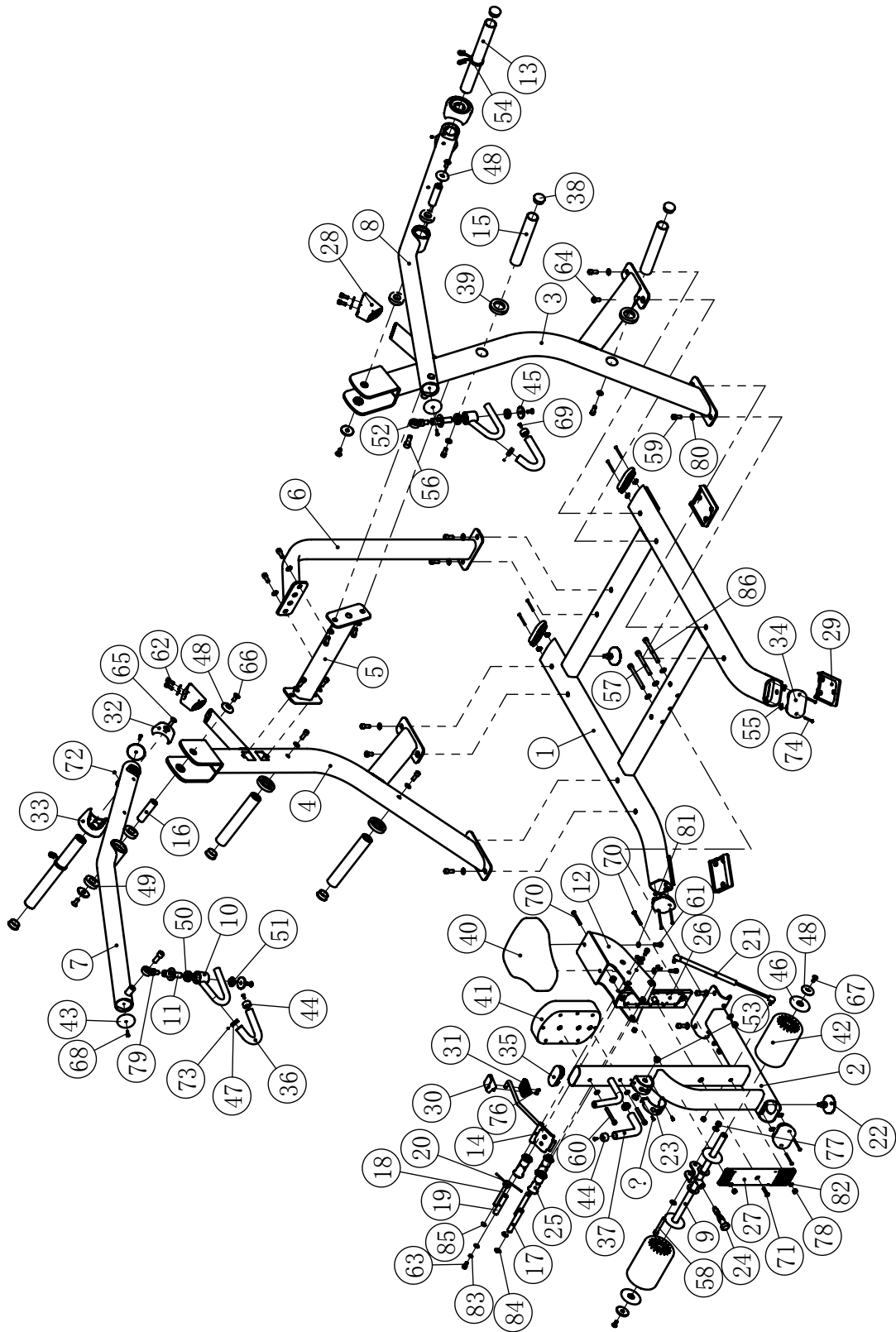
Ed : 01/24

Parts List

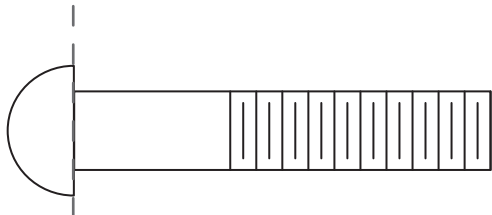
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Mounting Frame	1	44	Aluminum Head ϕ 25	3
2	Cushion Rack	1	45	End Cap ϕ 50*8	2
3	Right Stand	1	46	Aluminum Ring ϕ 25	4
4	Left Stand	1	47	Aluminum Ring ϕ 25	3
5	Connecting Frame	1	48	End Cap ϕ 60* ϕ 10.5*10.9	6
6	Rear Support Frame	1	49	Bearing 6206	4
7	Left Arm Force Rack	1	50	Bearing 6004	2
8	Right Arm Force Rack	1	51	Tapered roller bearing	2
9	Regulating Rack	1	52	Knuckle Bearing	2
10	Pull the handle	2	53	Bushing ϕ 25* ϕ 12.2*13	2
11	Rotating Frame	2	54	Cirelip	2
12	Seat Pad Support Frame	1	55	Quick Nut 13.68*21*M5	10
13	Counterweight Frame	2	56	Socket Head Cap Screw M16*40	2
14	Adjustbale Handle ASSY	1	57	Socket Head Cap Screw M12*120	1
15	Barbell Bar	4	58	Socket Head Cap Screw M12*80	1
16	Shaft ϕ 30*112*M12	2	59	Socket Head Cap Screw M12*30	18
17	Short Shaft ϕ 19.05*128.8	2	60	Socket Head Cap Screw M10*80	2
18	Handle Pivot Shaft ϕ 12.7*128.3	1	61	Socket Head Cap Screw M10*30	2
19	Middle Pivot Shaft ϕ 19.05*107.2	1	62	Socket Head Cap Screw M10*25	4
20	Torsion Spring	1	63	Socket Head Cap Screw M10*20	2
21	Gap Spring ASSY	1	64	Hex Head Bolt M12*25	4
22	Adjusting Pad	2	65	Flat Head Cap Screw M12*35	2
23	Liner	1	66	Flat Head Cap Screw M12*30	4
24	Elastic Latch ASSY	1	67	Flat Head Cap Screw M10*25	4
25	Idler Wheel	3	68	Flat Head Cap Screw M6*30	4
26	Inner Slide	1	69	Flat Head Cap Screw M6*16	3
27	Outer Slide	1	70	Button Head Cap Screw M8*70	2
28	Plastic Sleeve	2	71	Button Head Cap Screw 3/8"-16*38	1
29	Rubber Foot	3	72	Socket Set Screw M8*6	4
30	Upper Handle Cover ASSY	1	73	Socket Set Screw M5*3	6
31	Bottom Handle Cover	1	74	Button Head Cap Screw M5*60	10
32	Outer Sheath	2	75	Button Head Cap Screw M5*12	2
33	Inner Cushion	2	76	Button Head Cap Screw M4*10	2
34	Elliptical Tube Plug	5	77	Nylon Lock Nut M12	3
35	Plug PT50*100	1	78	Nylon Lock Nut M8	4
36	Grip ϕ 30* ϕ 22*265	2	79	Hex Thin Nut M16	2
37	Grip ϕ 30* ϕ 22*240	1	80	Flat Washer ϕ 13* ϕ 24*1.5	29
38	Pipe Plug ϕ 48	6	81	Flat Washer ϕ 11* ϕ 20*2	10
39	Spacer	4	82	Flat Washer ϕ 9* ϕ 16*1.6	2
40	Seat Pad	1	83	Spring Washer ϕ 10	2
41	chest Pad	1	84	External Retaining Ring ϕ 15	4
42	Leatherwear Foam	2	85	External Retaining Ring ϕ 12	2
43	End Cover ϕ 76*10	4	86	Socket Head Cap Screw M12*125	2

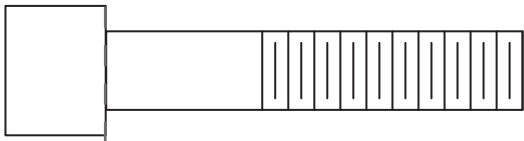
Exploded View



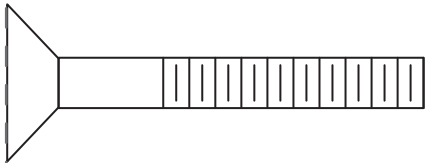
Measurement Guide



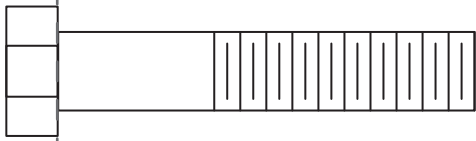
BHCS = Button Head Cap Screw



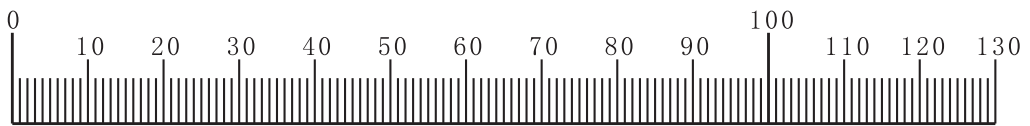
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

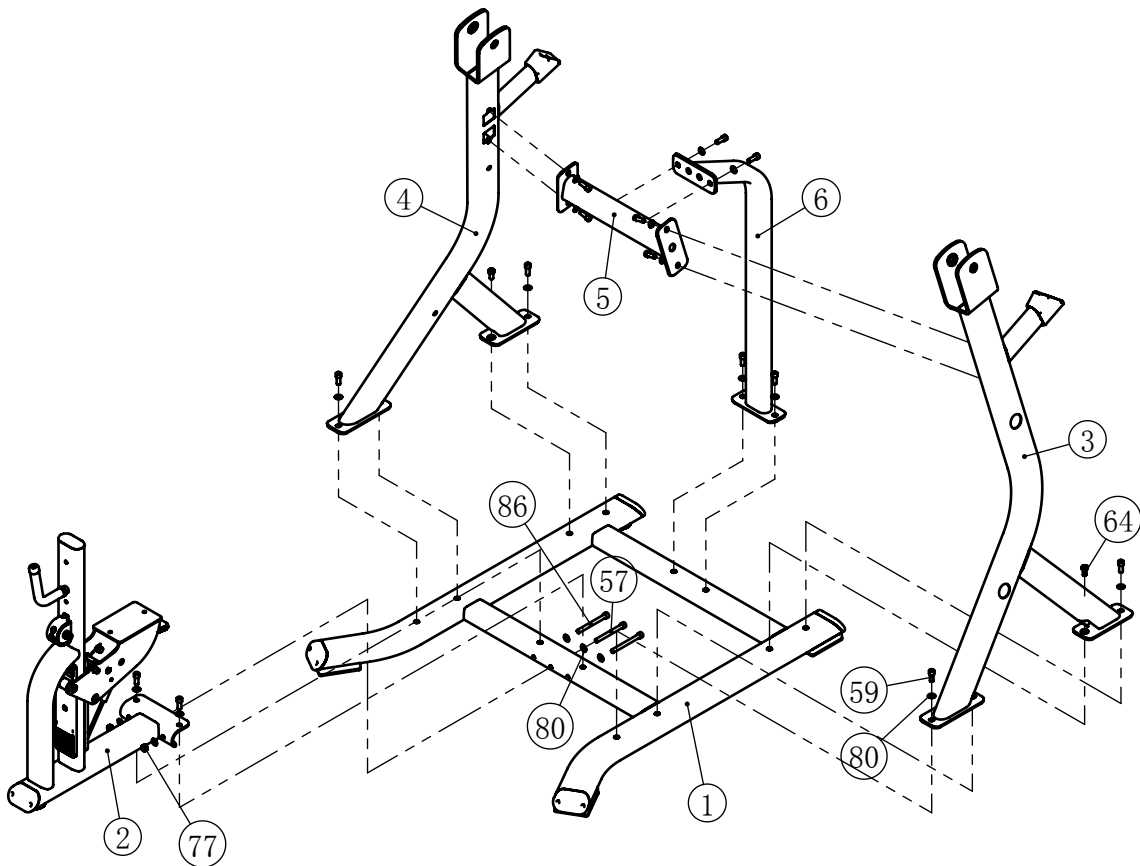


Inches

Assembly

STEP 1

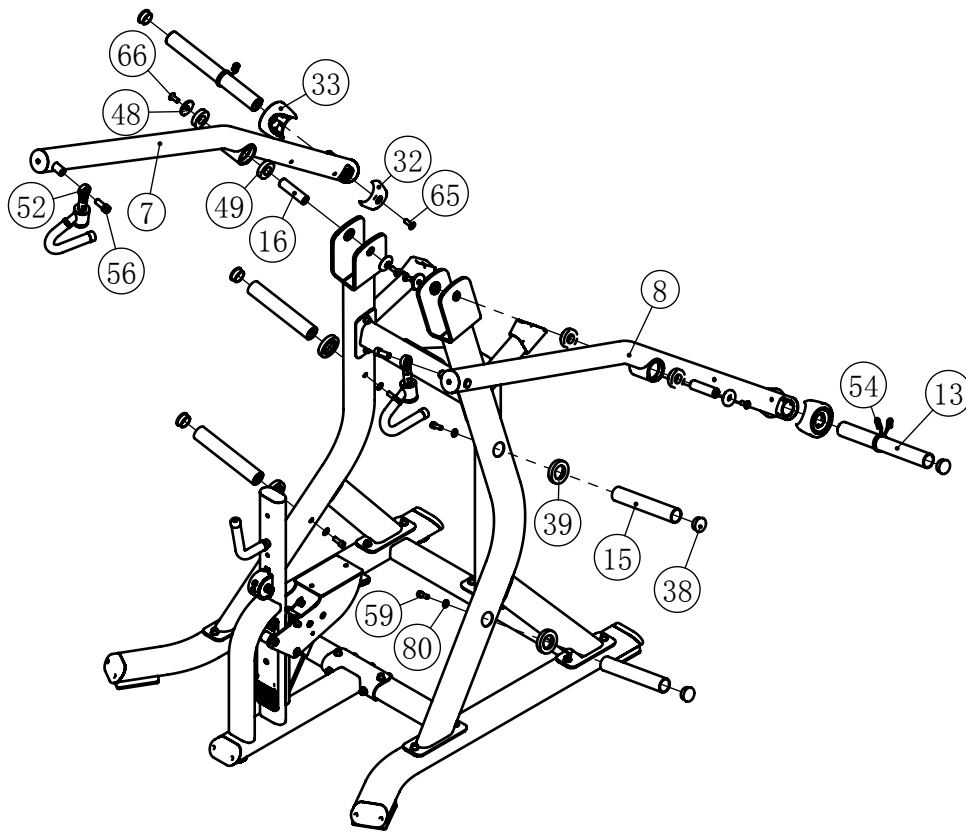
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Mounting Frame	1	57	Socket Head Cap Screw M12*120	1
2	Cushion Rack	1	59	Socket Head Cap Screw M12*30	14
3	Right Stand	1	64	Hex Head Bolt M12*25	4
4	Left Stand	1	77	Nylon Lock Nut M12	2
5	Connecting Frame	1	80	Flat Washer $\phi 13*\phi 24*1.5$	23
6	Rear Support Frame	1	86	Socket Head Cap Screw M12*125	2



Assembly

STEP 2

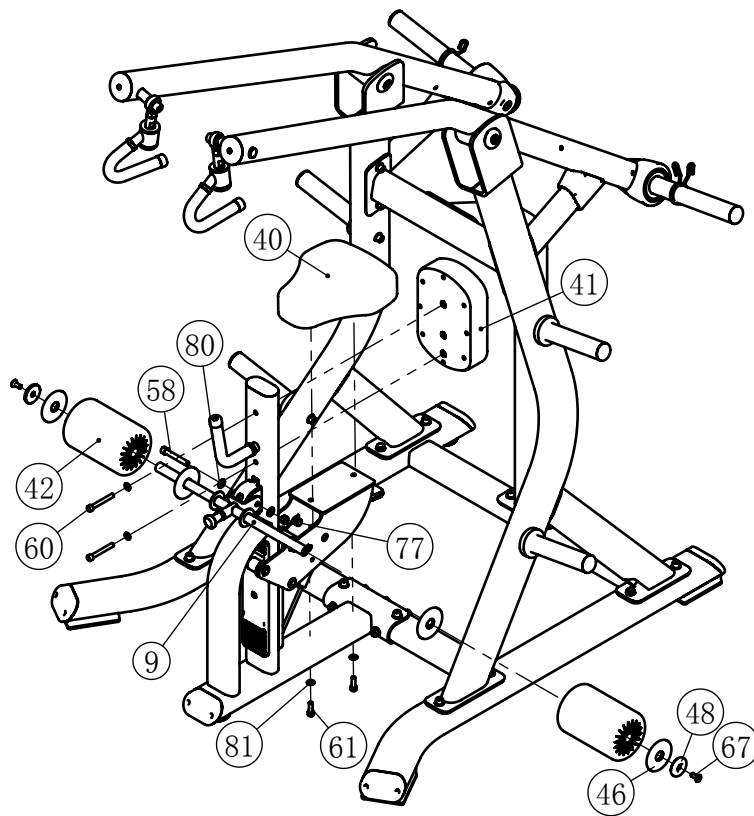
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
7	Left Arm Force Rack	1	48	End Cap ϕ 60* ϕ 10.5*10.9	4
8	Right Arm Force Rack	1	49	Bearing 6206	4
13	Counterweight Frame	2	52	Knuckle Bearing	2
15	Barbell Bar	4	54	Cirelip	2
16	Shaft ϕ 30*112*M12	2	56	Socket Head Cap Screw M16*40	2
32	Outer Sheath	2	59	Socket Head Cap Screw M12*30	4
33	Inner Cushion	2	65	Flat Head Cap Screw M12*35	2
38	Pipe Plug ϕ 48	6	66	Flat Head Cap Screw M12*30	4
39	Spacer	4	80	Flat Washer ϕ 13* ϕ 24*1.5	4



Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
9	Regulating Rack	1	60	Socket Head Cap Screw M10*80	2
40	Seat Pad	1	61	Socket Head Cap Screw M10*30	2
41	chest Pad	1	67	Flat Head Cap Screw M10*25	2
42	Leatherwear Foam	2	77	Nylon Lock Nut M12	1
46	Aluminum Ring ϕ 25	4	80	Flat Washer ϕ 13* ϕ 24*1.5	2
48	End Cap ϕ 60* ϕ 10.5*10.9	2	81	Flat Washer ϕ 11* ϕ 20*2	4
58	Socket Head Cap Screw M12*80	1			



General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS



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