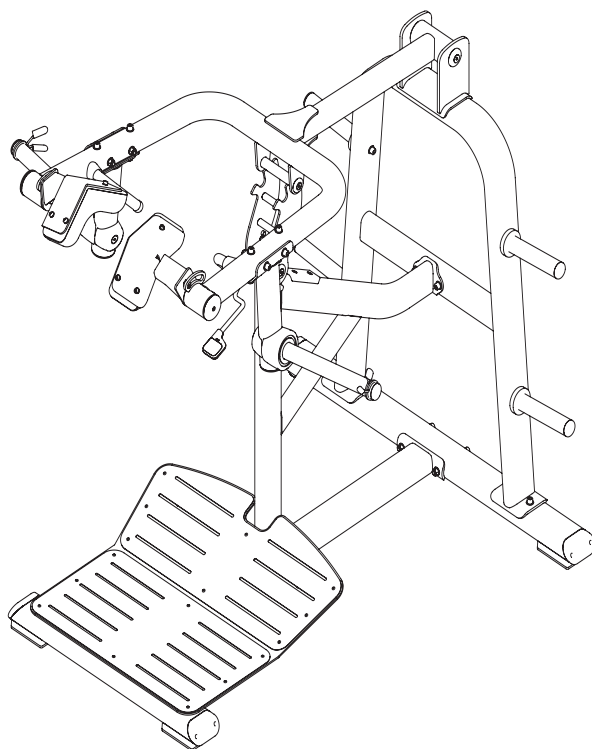


TOORX
PROFESSIONAL LINE

INSTRUCTION



HACK SQUAT

FWX 9100



Cod : GRLDTOORXFWX9100

Rev : 00

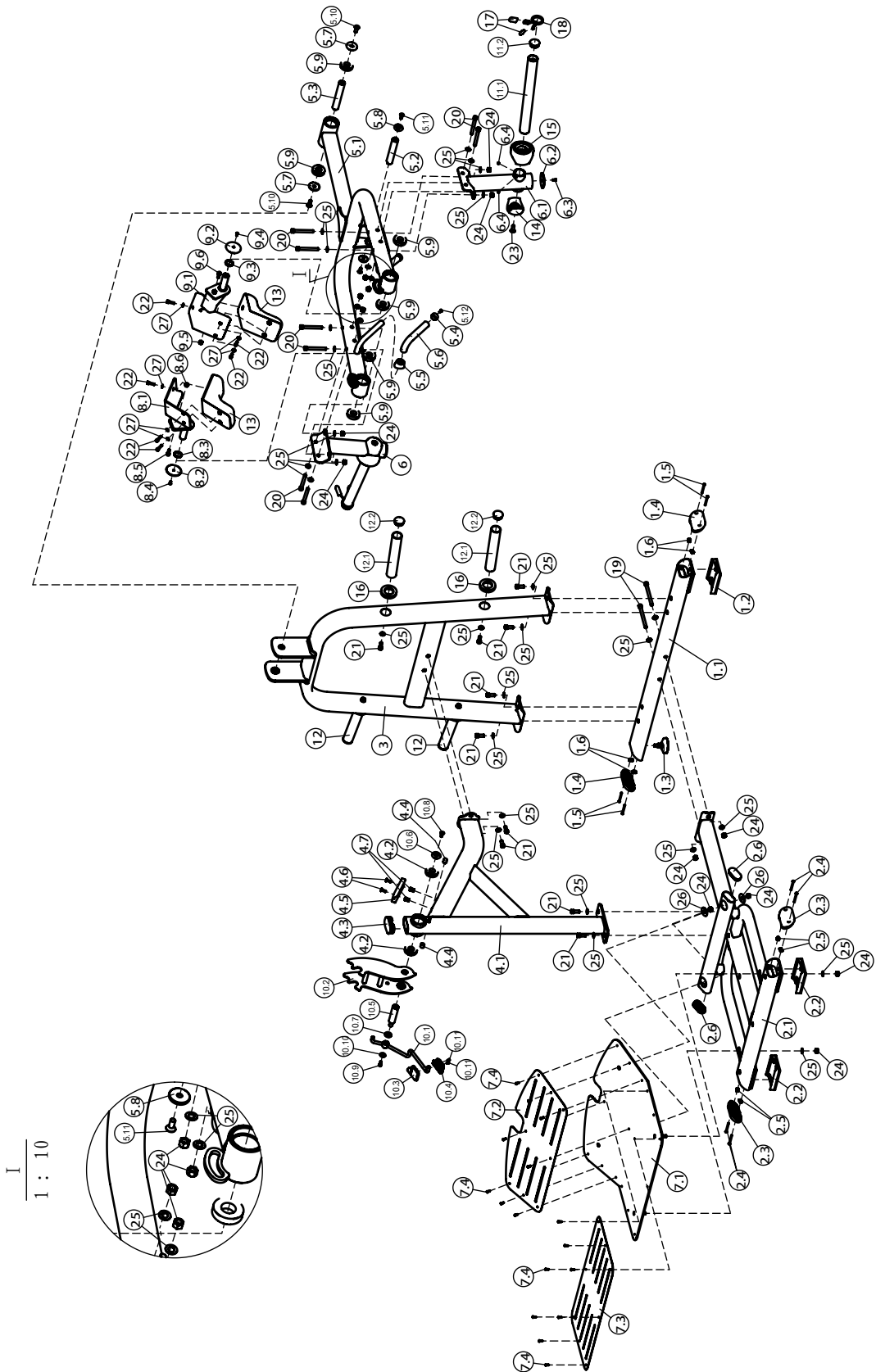
Ed : 01/24

Parts List

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

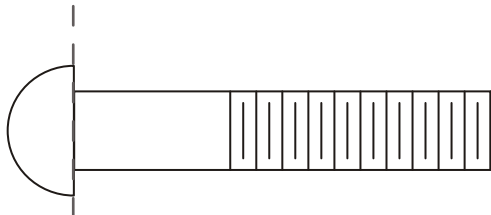
Item No.	Description	Qty	Item No.	Description	Qty
1	Bottom Cross Frame Assembly	1	8.1	Shoulder Pad Frame Left	1
1.1	Bottom Cross frame	1	8.2	End Cap $\phi 76$	1
1.2	Rubber Foot	1	8.3	Spacer	1
1.3	Adjustable Stopper	1	8.4	Flat Head Cap Screw M6 \times 16	1
1.4	End Cap	2	8.5	Socket Head Cap Screw M10 \times 25	1
1.5	Cross Recess Head Screw M5 \times 60	4	8.6	Nylon Lock Nut M10	1
1.6	Reed Nut M5	4	9	Shoulder Pad Frame Assembly Right	1
2	Base Frame Assembly	1	9.1	Shoulder Pad Frame Right	1
2.1	Base Frame	1	9.2	End Cap $\phi 76$	1
2.2	Rubber Foot	2	9.3	Spacer	1
2.3	End Cap	2	9.4	Flat Head Cap Screw M6 \times 16	1
2.4	Cross Recess Head Screw M5 \times 60	4	9.5	Nylon Lock Nut M10	1
2.5	Reed Nut M5	4	9.6	Socket Head Cap Screw M10 \times 25	1
2.6	Plug RT40 \times 80	2	10	Limit Frame Assembly	1
3	Main Frame	1	10.1	Adjusting Handle	1
4	Limit Support Frame Assembly	1	10.2	Limit Frame	1
4.1	Limit Support Frame	1	10.3	Handle Top	1
4.2	Bearing 6206	2	10.4	Handle Bottom	1
4.3	Plug RT50 \times 100	1	10.5	Shaft $\phi 30 \times 133.5$	1
4.4	Plastic Sleeve	2	10.6	End Cap $\phi 43$	1
4.5	Stop Bumper	1	10.7	Flat Washer $\phi 20 \times \phi 34 \times 3$	1
4.6	Flat Head Cap Screw M8 \times 25	2	10.8	Flat Head Cap Screw M10 \times 25	1
4.7	Rivet Nut M8 \times 16.5	2	10.9	Socket Head Cap Screw M8 \times 20	1
5	Arm Frame Assembly	1	10.10	Flat Washer $\phi 9 \times \phi 28 \times 2$	1
5.1	Arm Frame	1	10.11	Cross Recess Head Screw M4 \times 10	2
5.2	Shaft $\phi 30 \times 162$	1	11	Long Weight Horn Assembly	2
5.3	Shaft $\phi 30 \times 180$	1	11.1	Counterweight Pole Frame	1
5.4	Aluminium Cap $\phi 25$	2	11.2	Plug $\phi 48$	1
5.5	Transition Cover	2	12	Weight Horn Assembly	4
5.6	Grip $\phi 30 \times \phi 22 \times 220$	2	12.1	Weight Horn	1
5.7	End Cap $\phi 54$	2	12.2	Plug $\phi 48$	1
5.8	End Cap $\phi 43$	2	13	Shoulder Pad	2
5.9	Bearing 6206	6	14	Weight Horn End Cover	2
5.10	Flat Head Cap Screw M12 \times 35	2	15	Weight Horn Bumper	2
5.11	Flat Head Cap Screw M10 \times 25	2	16	Bumper	4
5.12	Flat Head Cap Screw M6 \times 16	2	17	Rubber Sleeve	4
6	Weight Horn Support Frame Assembly	2	18	Snap Spring	2
6.1	Weight Horn Support Frame	1	19	Socket Head Cap Screw M12 \times 145	2
6.2	End Cap $\phi 76$	1	20	Socket Head Cap Screw M12 \times 100	8
6.3	Flat Head Cap Screw M6 \times 16	1	21	Socket Head Cap Screw M12 \times 30	12
6.4	Socket Set Screw M8 \times 6	2	22	Socket Head Cap Screw M8 \times 30	6
7	Foot Plate Assembly	1	23	Flat Head Cap Screw M12 \times 35	2
7.1	Foot Plate Frame	1	24	Nylon Lock Nut M12	14
7.2	Upper Foot Plate Cover	1	25	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	34
7.3	Lower Foot Plate Cover	1	26	Flat Washer $\phi 13 \times \phi 44 \times 2$	2
7.4	Rivet $\phi 5 \times 13$	16	27	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6
8	Shoulder Pad Frame Assembly Left	1			

Exploded View

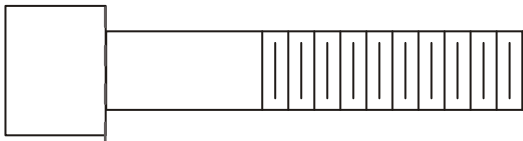


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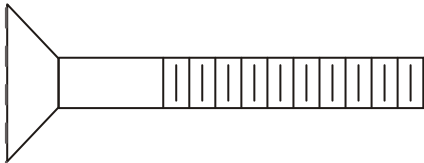
Measurement Guide



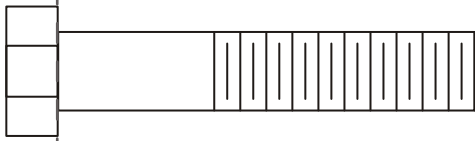
BHCS = Button Head Cap Screw



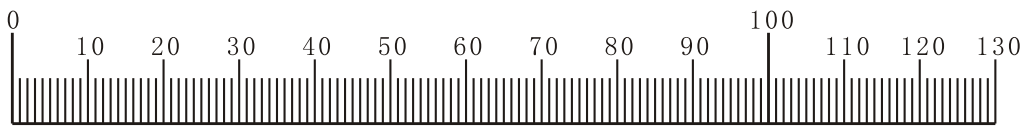
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



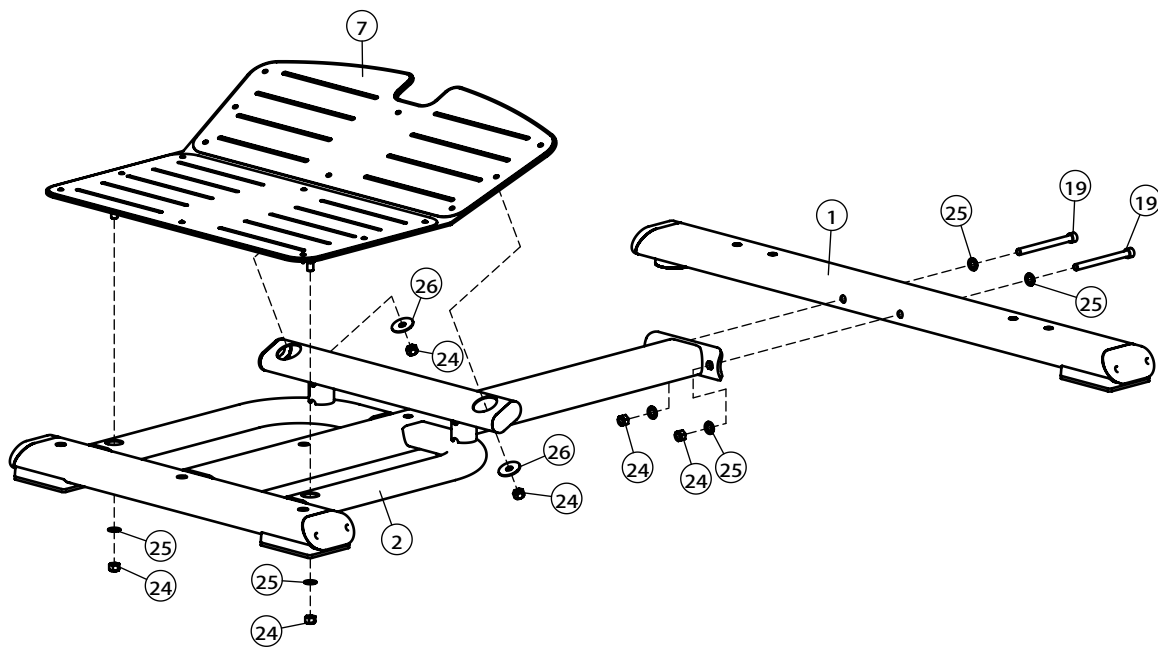
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
1	Bottom Cross Frame Assembly	1	24	Nylon Lock Nut M12	6
2	Base Frame Assembly	1	25	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	6
7	Foot Plate Assembly	1	26	Flat Washer $\phi 13 \times \phi 44 \times 2$	2
19	Socket Head Cap Screw M12 \times 145	2			

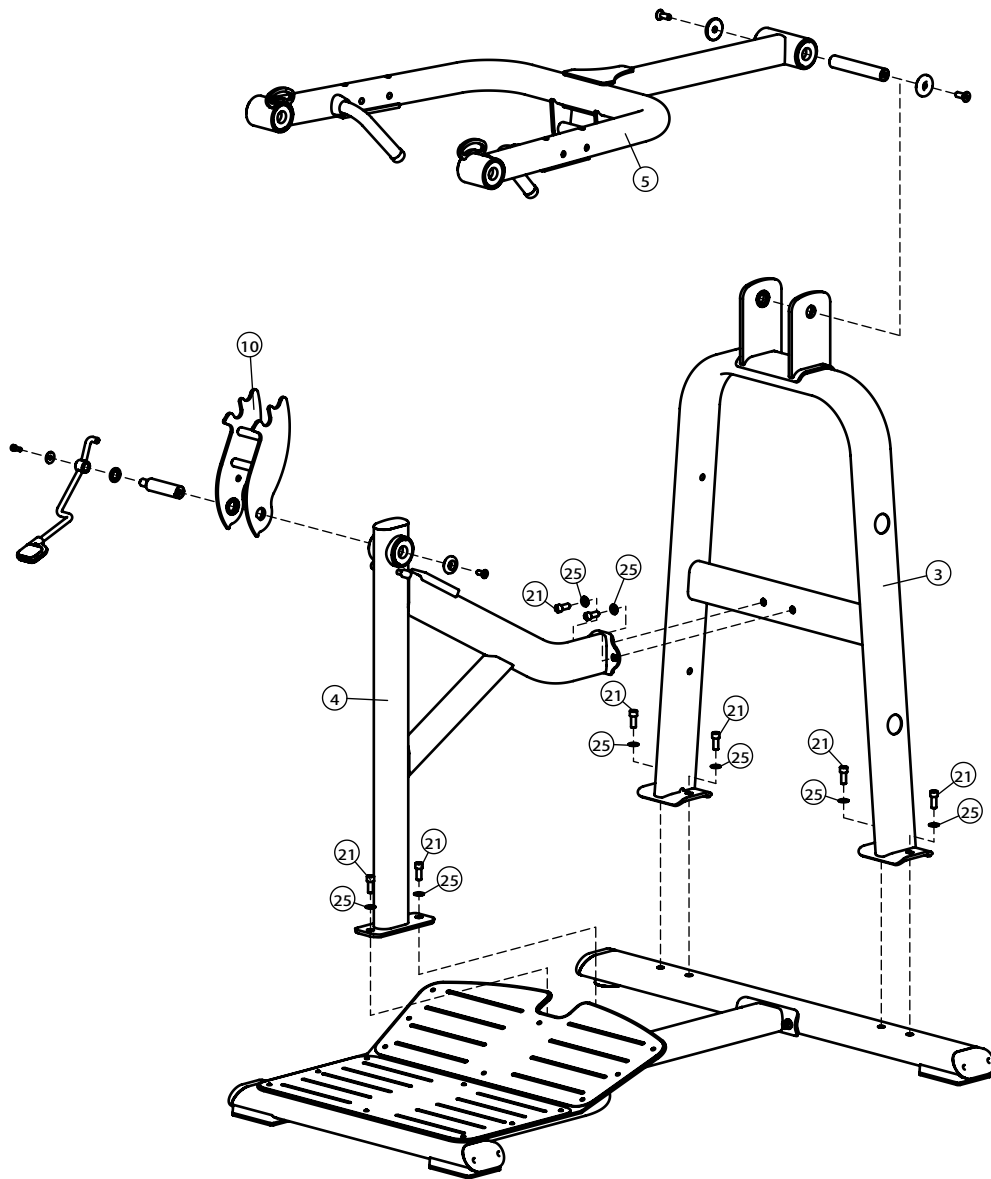


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
3	Main Frame	1	10	Limit Frame Assembly	1
4	Limit Support Frame Assembly	1	21	Socket Head Cap Screw M12×30	8
5	Arm Frame Assembly	1	25	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	8

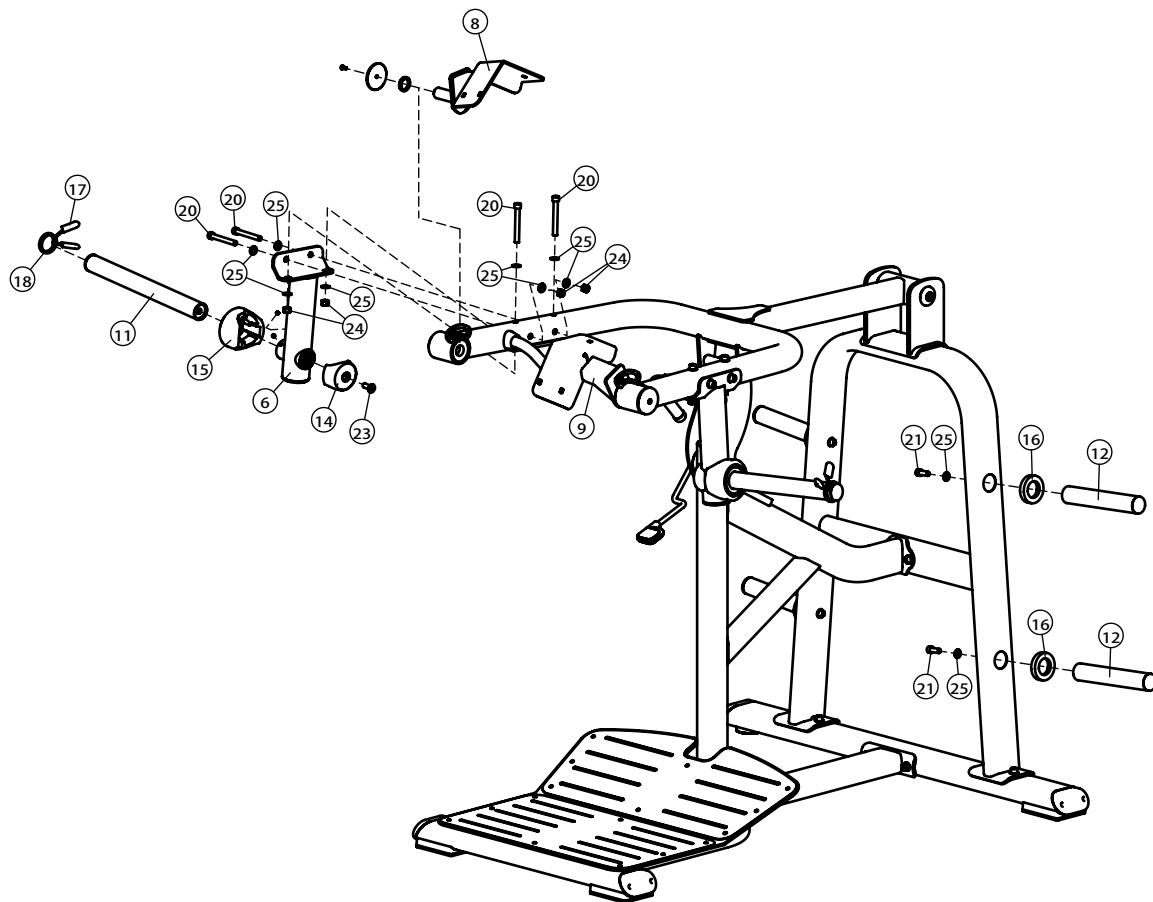


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
6	Weight Horn Support Frame Assembly	2	17	Rubber Sleeve	4
8	Shoulder Pad Frame Assembly Left	1	18	Snap Spring	2
9	Shoulder Pad Frame Assembly Right	1	20	Socket Head Cap Screw M12×100	8
11	Long Weight Horn Assembly	2	21	Socket Head Cap Screw M12×30	4
12	Weight Horn Assembly	4	23	Flat Head Cap Screw M12×35	2
14	Weight Horn End Cover	2	24	Nylon Lock Nut M12	8
15	Weight Horn Bumper	2	25	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	20
16	Bumper	4			

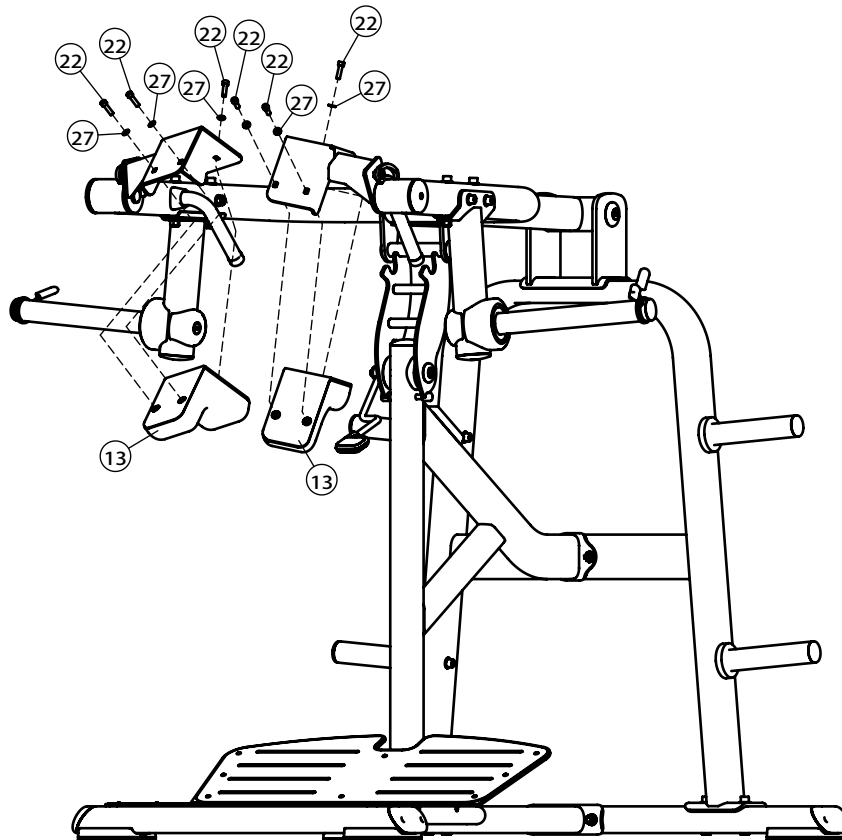


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	Qty	Item No.	Description	Qty
13	Shoulder Pad	2	27	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6
22	Soket Head Cap Screw M8×30	6			



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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