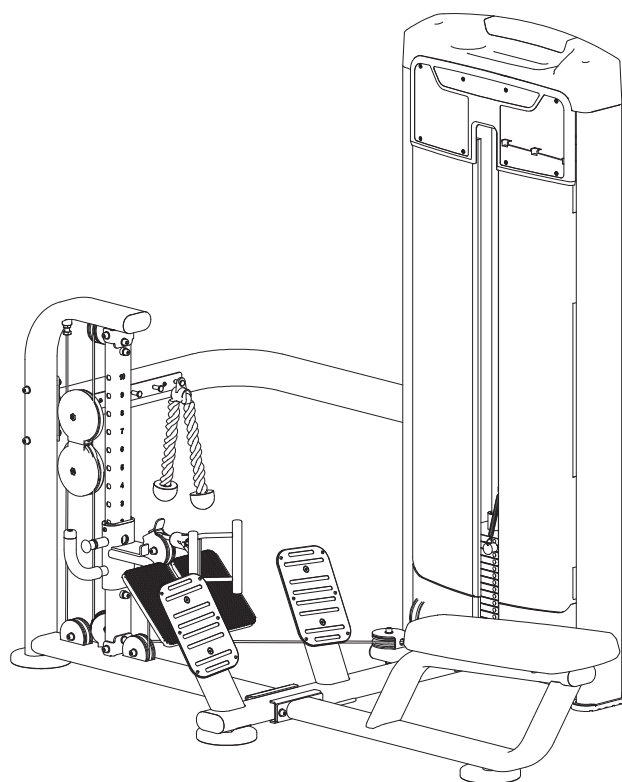


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**PULLEY ROW**

# PLX 8500



Cod : GRLDTOORXPLX8500

Rev : 00

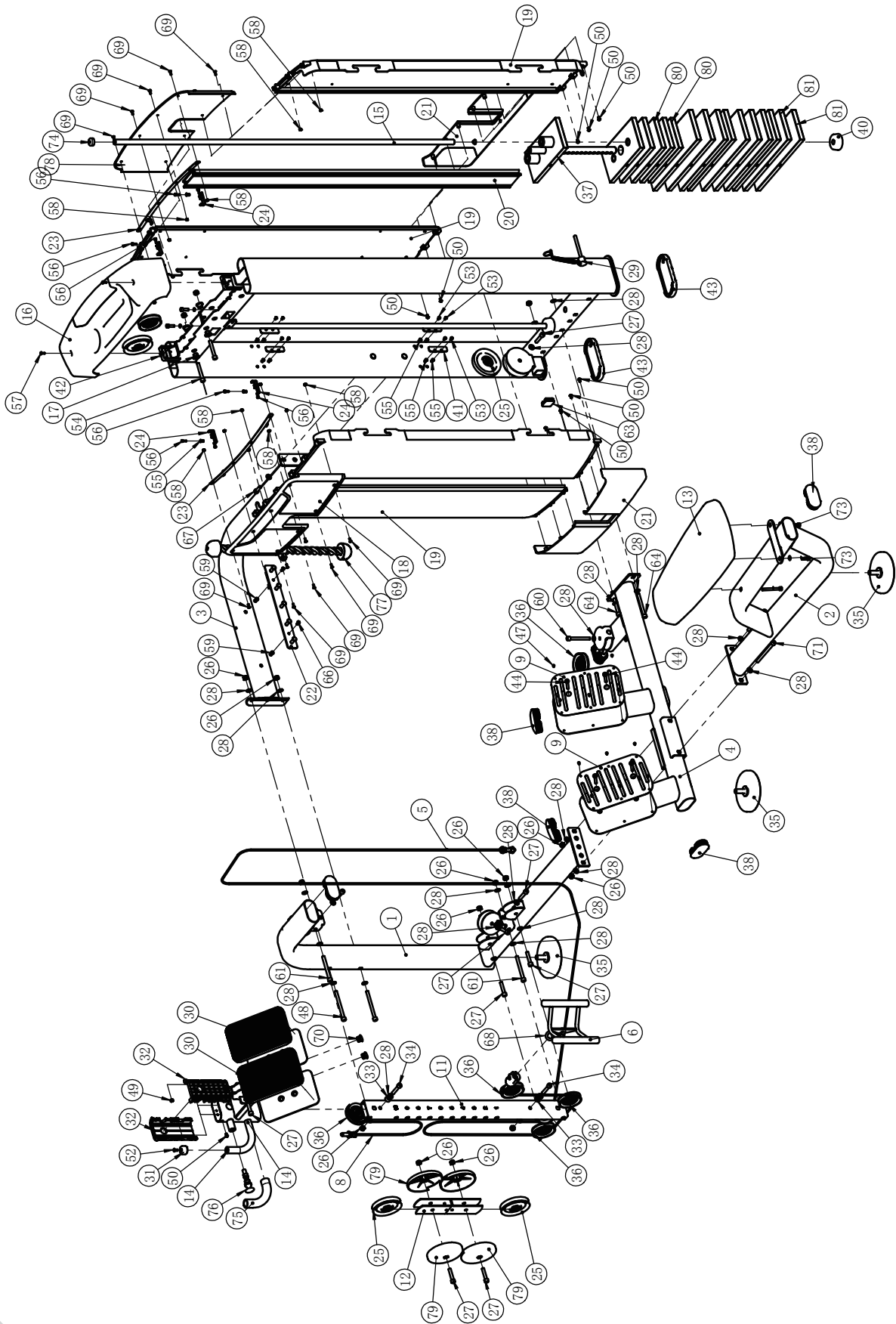
Ed: 11/23

# Parts List

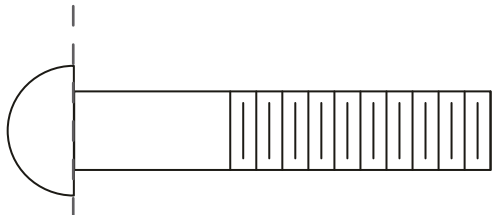
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	QTY	Item No.	Description	QTY
1	Slide Frame	1	42	Stretch Splint	2
2	Seat Frame	1	43	Rubber Foot	2
3	Top Frame	1	44	Flat Head Cap Screw M8×25	4
4	Support Foot Frame	1	45	Nylon Lock Nut M8	4
5	Cable 1	1	46	Flat Washer φ9×φ16×1.6	7
6	Handle	1	47	Rivets With Flat And Round Head	12
7	Foot Pedal	2	48	Socket Head Cap Screw M10×120	2
8	Cable 2	1	49	Hex Nut M6	2
9	Pedal Plate	2	50	Button Head Cap Screw M6×10	14
10	Weight Stack Frame	1	51	Socket Set Screw M6×15	2
11	Guide Bar	1	52	Flat Head Cap Screw M6×15	1
12	Movable Pulley Frame	1	53	Cross head self-tapping screw M5×10	16
13	Seat Pad	1	54	Socket Head Cap Screw M10×70	2
14	Handle Frame	1	55	Flat Hex Nut M5	24
15	Guide Bar	2	56	Socket Head Cap Screw M5×15	8
16	Upper Shroud	1	57	Button Head Cap Screw M5×15	2
17	Bushingφ25×φ17×φ10.5×14.5	4	58	Nylon Lock Nut M5	16
18	Front Cover	1	59	Flat Hex Nut M6	2
19	Side Shroud	4	60	Socket Head Cap Screw M10×90	1
20	Back Buckle	1	61	Socket Head Cap Screw M10×100	2
21	Bottom Shroud	2	62	Plug RT30×60	1
22	Training Guide Plate	1	63	Plug F38	1
23	Support Frame	2	64	Socket Head Cap Screw M10×95	2
24	Support Plate	4	65	Socket Head Cap Screw M8×75	1
25	4.5" Pulley	4	66	Button Head Cap Screw M6×15	2
26	Nylon Lock Nut M10	23	67	Socket Head Cap Screw M10×30	2
27	Socket Head Cap Screw M10×50	10	68	Gear Hook	1
28	Flat Washer φ11×φ20×2	42	69	Flat Head Philips Screw M5×15	16
29	Selector Pin W/Coil	1	70	Plug φ25.4	2
30	Foot Cover	2	71	Socket Head Cap Screw M10×140	2
31	Aluminium Cap	1	72	Spring Washer φ8	2
32	Plastic Tube Guide	2	73	Socket Head Cap Screw M8×25	2
33	Spacer φ20×φ10.5×10	2	74	Mount Sleeve φ29×φ8.5×12	2
34	Socket Head Cap Screw M10×55	2	75	Grip	1
35	Adjustable Foot Plate	3	76	Pop Pin	1
36	3.5" Pulley	7	77	Tricep Rope	1
37	Weight Plate	1	78	Back Cover	1
38	Plug RT50×100	5	79	Pulley Cover	4
39	Rubber Plug	2	80	Weight Plate 5Kg	5
40	Weight Rubber Bumper	2	81	Weight Plate 7.5Kg	10
41	Shroud Clip	8			

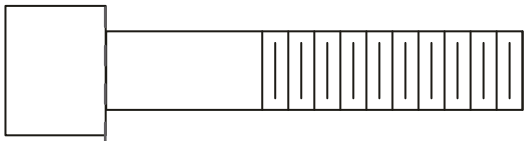
# Exploded View



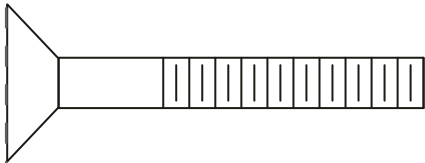
# Measurement Guide



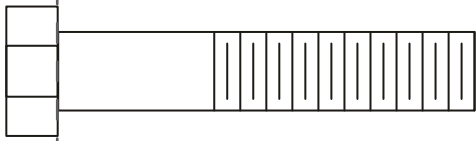
BHCS = Button Head Cap Screw



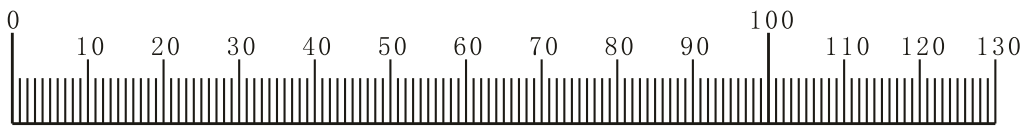
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

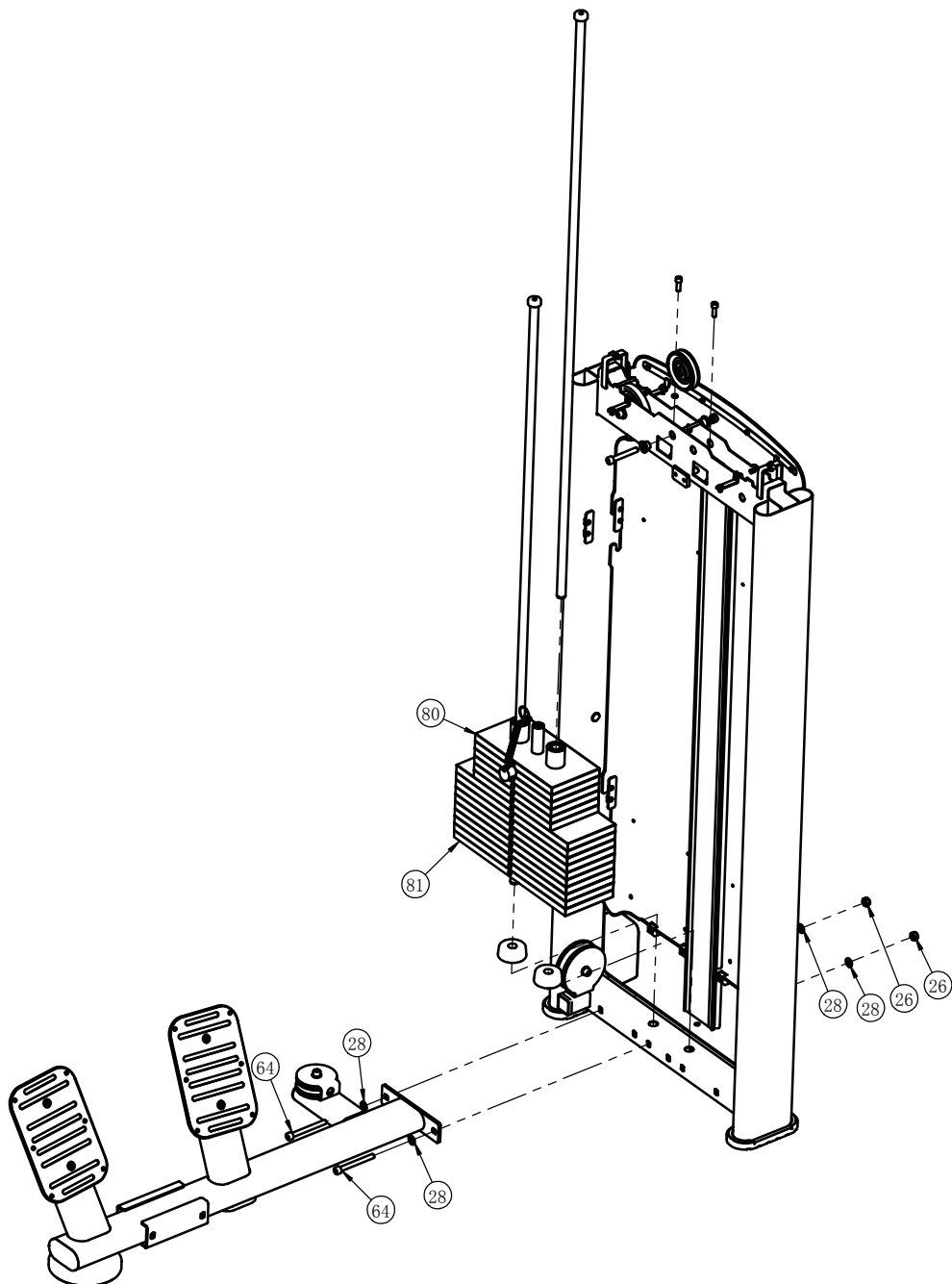


# Assembly

## STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY	Item No.	Description	QTY
26	Nylon Lock Nut M10	2	80	Weight Plate 5Kg	5
28	Flat Washer $\phi 11 \times \phi 20 \times 2$	4	81	Weight Plate 7.5Kg	10
64	Socket Head Cap Screw M10 $\times$ 95	2			

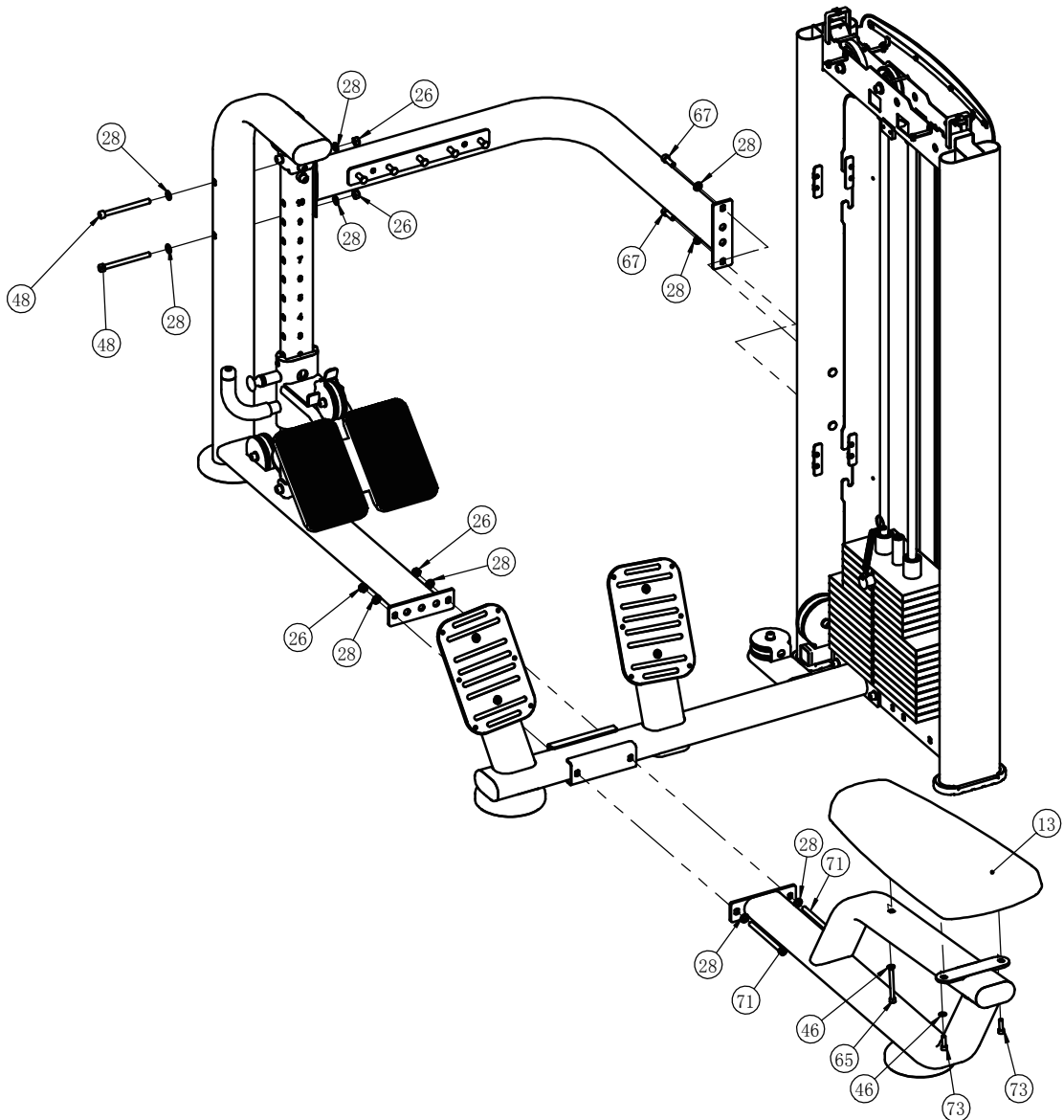


# Assembly

## STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY	Item No.	Description	QTY
13	Seat Pad	1	65	Socket Head Cap Screw M8×75	1
26	Nylon Lock Nut M10	4	67	Socket Head Cap Screw M10×30	2
28	Flat Washer φ11×φ20×2	10	71	Socket Head Cap Screw M10×140	2
46	Flat Washer φ9×φ16×1.6	3	73	Socket Head Cap Screw M8×25	2
48	Socket Head Cap Screw M10×120	2			



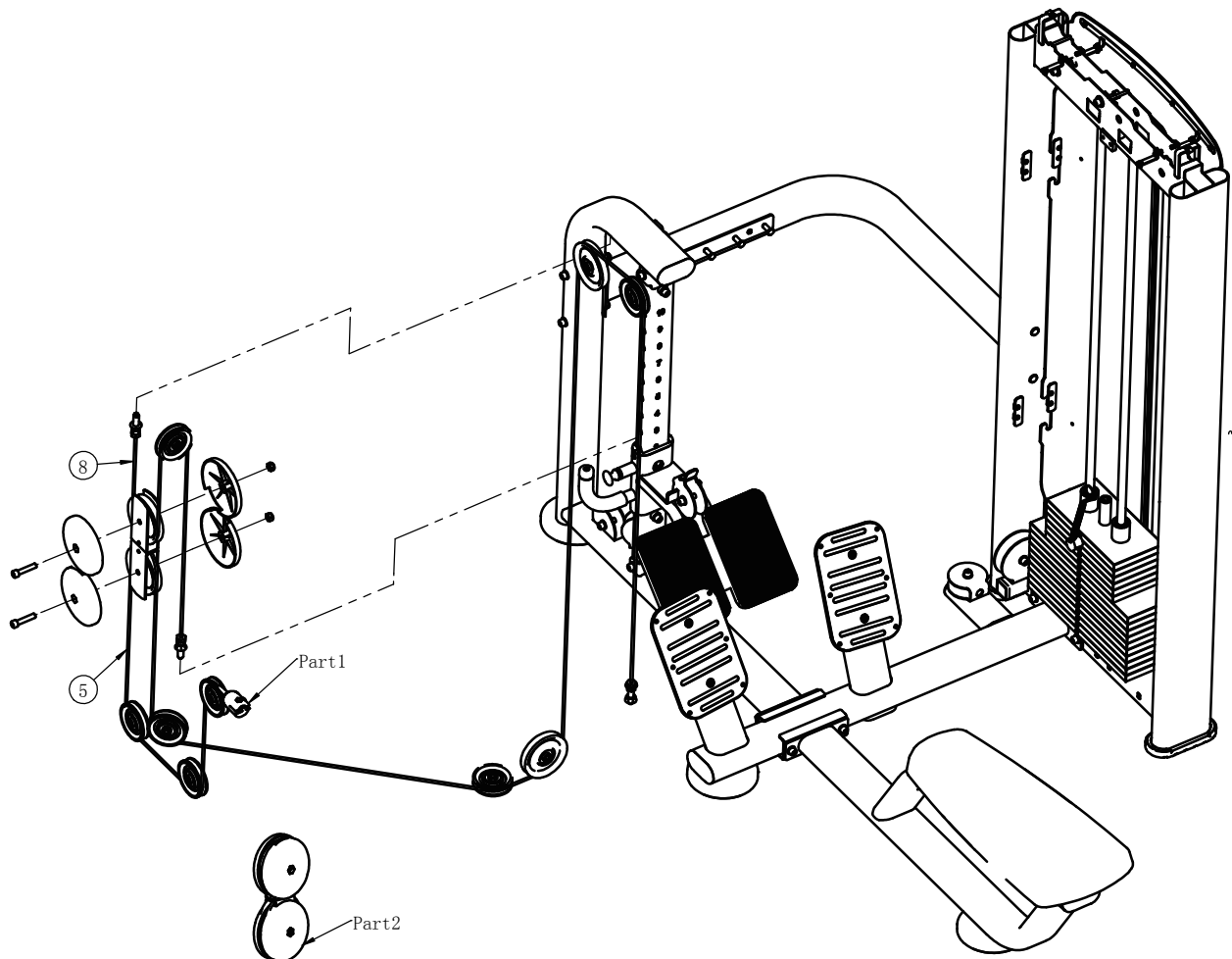
# Assembly

## STEP 3

### Notes:

- 1.If the steel cable is difficult to connect, the pulleys can be removed first.
- 2.Part1 should be removed when the steel cable is connecting .
- 3.Part2 has been fixed , you can disconnect it first.
- 4.Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY	Item No.	Description	QTY
5	Cable 1	1	8	Cable 2	1

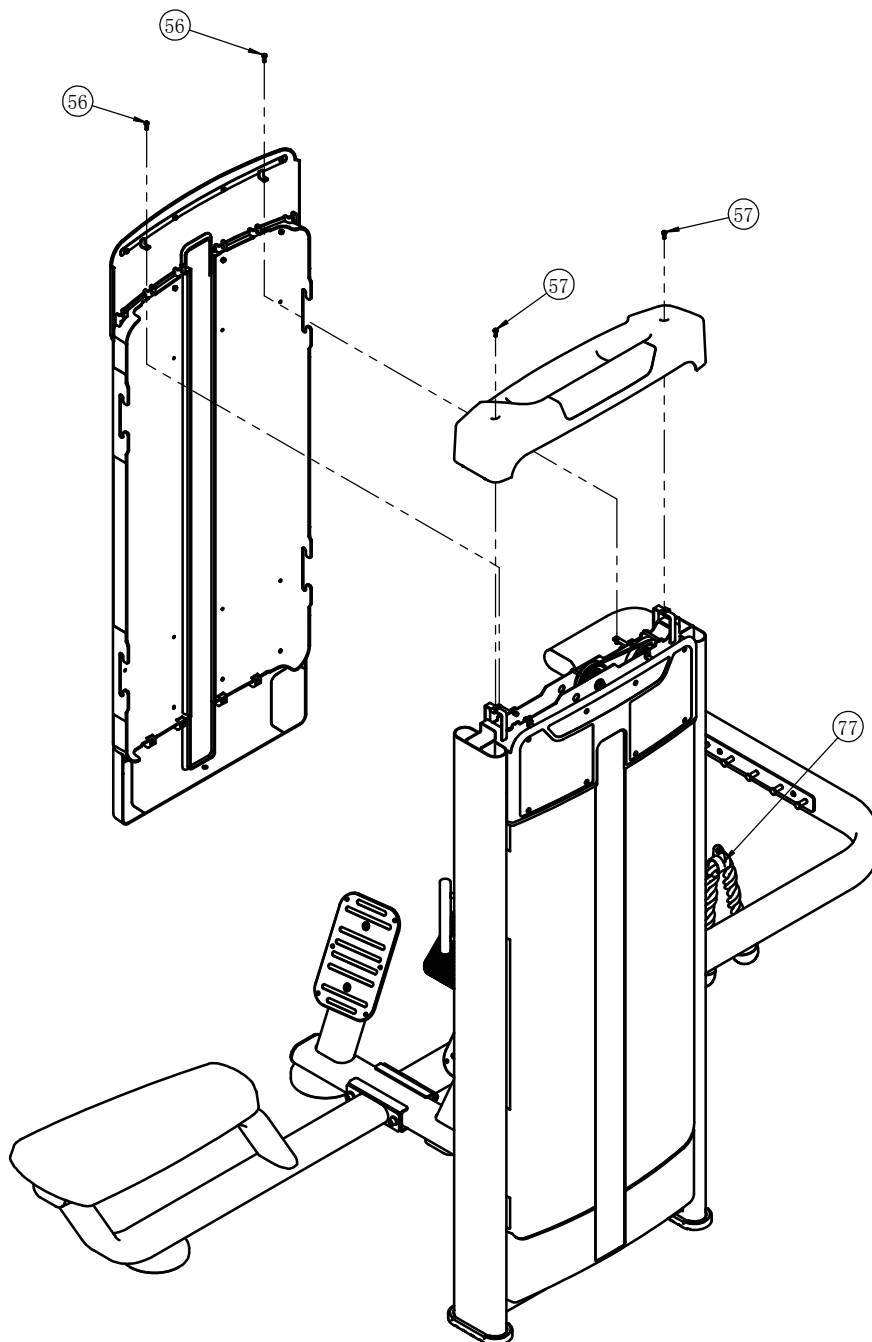


# Assembly

## STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	QTY	Item No.	Description	QTY
56	Socket Head Cap Screw M5×15	2	77	Tricep Rope	1
57	Button Head Cap Screw M5×15	2			



## 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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