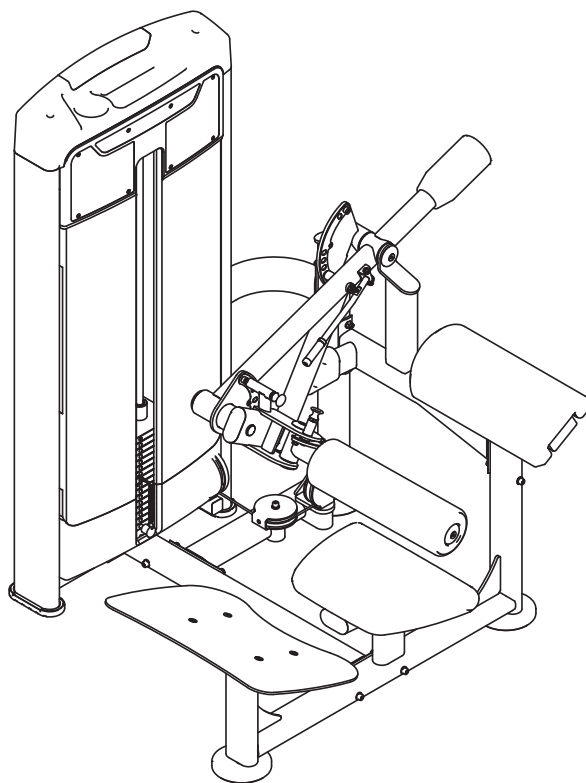


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



HIP THRUST

# PLX 9000



Cod : GRLDTOORXPLX9000

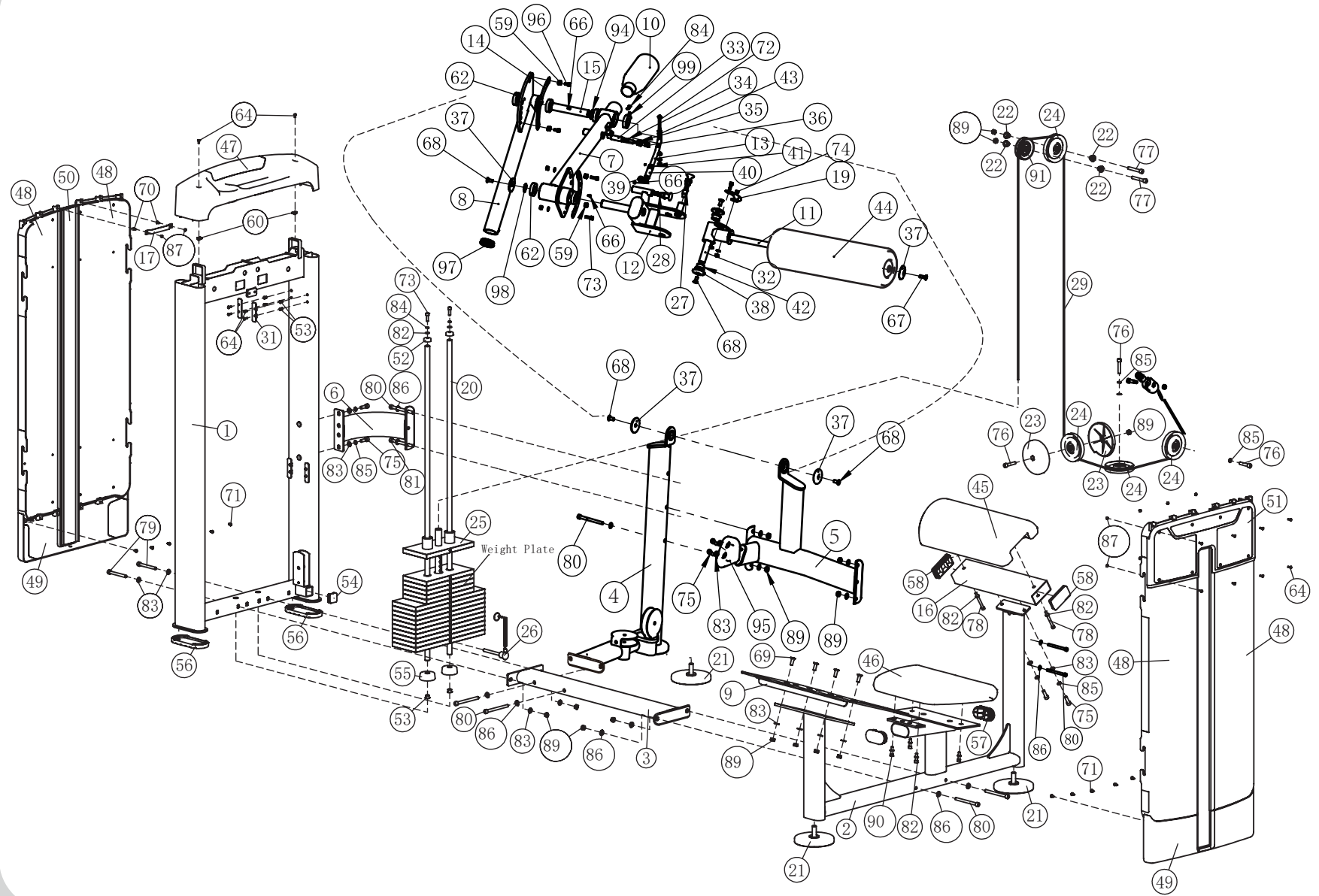
Rev : 00

Ed : 11/23

# Parts List

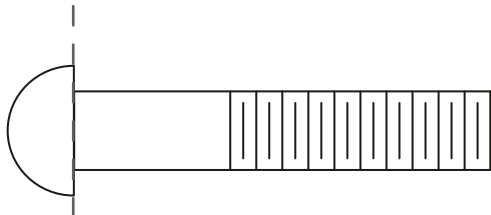
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	50	Rear buckle	1
2	Main Frame	1	51	Front Cover	1
3	Bottom Cross Brace	1	52	Rubber Sleeve	2
4	Rotating shaft Brace	1	53	Rubber Plug	2
5	Side Cross Brace	1	54	Plug F38	1
6	CAGE Brace	1	55	Rubber pad	2
7	Swing Bracel	1	56	Floor mat	2
8	Swing Brace2	1	57	Plug PT50×100	4
9	Foot Frame	1	58	Plug □50×100	2
10	Counter Poise Block	1	59	Stop collar	4
11	FOAM Brace	1	60	Reed Nut M5	2
12	Adjusting Brace	1	61	Cross Pan Head Screw M5×13	16
13	Adjusting Handle	1	62	Bushing 6006-2Z	6
14	Lining plate	1	63	Socket Set Screw M5×3	2
15	Shaft 1	1	64	Cross Recessed Pan Head Screw M5×15	18
16	Shoulder Pad Support	1	65	Philips Countersunk Head Screw M5×15	8
17	Connecting plate	1	66	Flat Head Cap Screw M5×10	3
18	Adjusting platel	1	67	Flat Head Cap Screw M10×30	1
19	Adjusting plate2	1	68	Flat Head Cap Screw M10×25	5
20	Guid Rod	2	69	Flat Head Cap Screw M10×30	4
21	Bottom Brace	3	70	Button Head Cap Screw M5×10	2
22	Spacer Bush	4	71	Button Head Cap Screw M6×10	12
23	4.5" Pulley Cover	2	72	Button Head Cap Screw M8×60	1
24	4.5" Pulley	4	73	Socket Head Cap Screw M8×25	4
25	Top Plate	1	74	Socket Head Cap Screw M8×20	2
26	Selector Pin W/Coil	1	75	Socket Head Cap Screw M10×30	6
27	Pop Pin 1	1	76	Socket Head Cap Screw M10×50	3
28	Pop Pin 2	1	77	Socket Head Cap Screw M10×70	2
29	Cable	1	78	Socket Head Cap Screw M8×80	2
31	Shroud Clip	8	79	Socket Head Cap Screw M10×90	2
32	Shaft 2	1	80	Socket Head Cap Screw M10×120	8
33	Pin shaft	1	81	Socket Head Cap Screw M10×130	1
34	Spring	1	82	Flat Washer φ9×φ16×1.6	16
35	Locking nut	1	83	Flat Washer φ11×φ20×2	17
36	Chain buckle	1	84	Spring Washer φ8	4
37	Aluminium Cap φ60×φ10.5×10.9	4	85	Spring Washer φ10	6
38	Aluminium Cap φ54×φ12.5×10.6	2	86	Curved washer φ10	18
39	Aluminium Cap φ22×φ17×12	1	87	Nylon Lock Nut M5	10
40	Grip	1	88	Nylon Lock Nut M8	5
41	Aluminum Ring φ22×φ17×9.5	1	89	Nylon Lock Nut M10	19
42	Bushing φ38×φ25.4×18	2	90	Socket Head Cap Screw M8×30	4
43	Bushing	2	91	3.5" Pulley	1
44	FOAM	1	94	Spacer	1
45	Shoulder pad	1	95	Limit buffer pad	1
46	Seat Pad	1	96	Socket Head Cap Screw M8×15	2
47	Top Shroud	1	97	Plug φ60	1
48	Side Shroud	4	98	External retaining ring φ30	1
49	Lower Shroud	2	99	Button Head Cap Screw M8×25	2

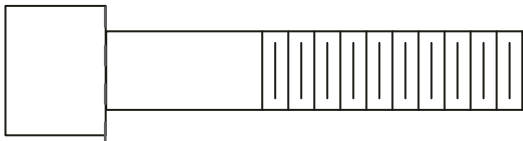


Exploded View

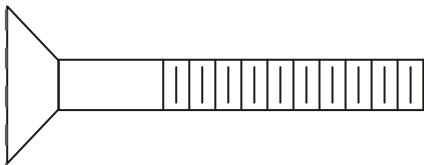
# Measurement Guide



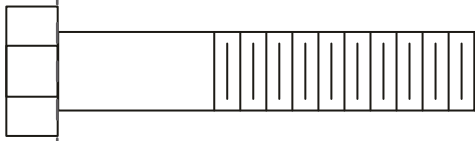
BHCS = Button Head Cap Screw



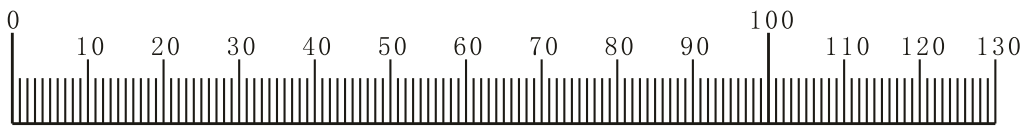
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



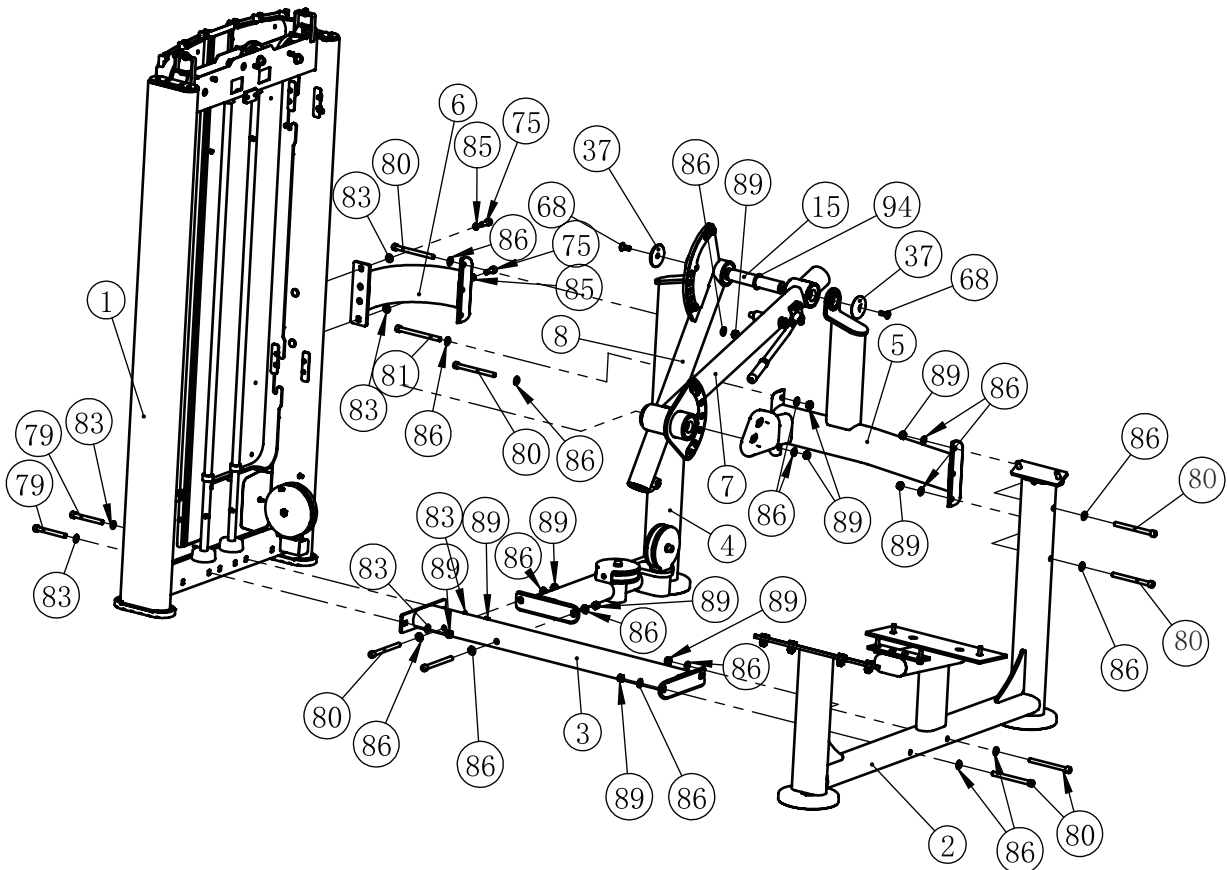
Inches

# Assembly

## STEP 1

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	68	Flat Head Cap Screw M10×25	2
2	Main Frame	1	75	Socket Head Cap Screw M10×30	2
3	Bottom Cross Brace	1	79	Socket Head Cap Screw M10×90	2
4	Rotating shaft Brace	1	80	Socket Head Cap Screw M10×120	8
5	Side Cross Brace	1	81	Socket Head Cap Screw M10×130	1
6	CAGE Brace	1	85	Spring Washer $\phi 10$	2
7	Swing Brace1	1	86	Curved washer $\phi 10$	18
8	Swing Brace2	1	89	Nylon Lock Nut M10	11
15	Shaft 1	1	94	Spacer	1
37	Aluminium Cap $\phi 60 \times \phi 10.5 \times 10.9$	2			

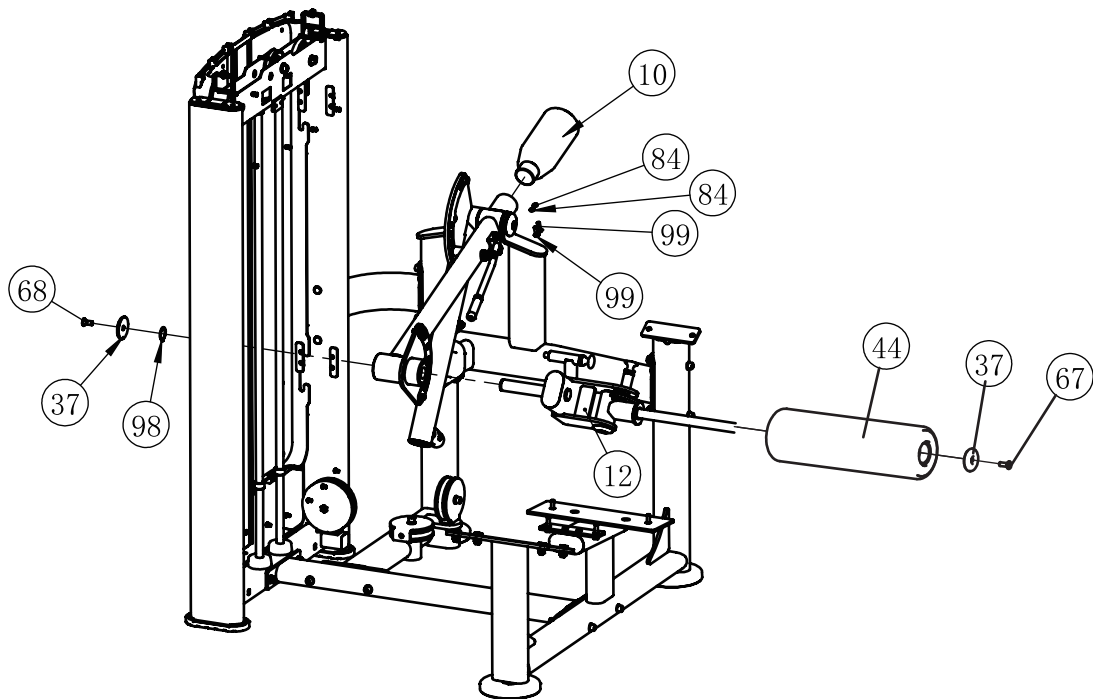


# Assembly

## STEP 2

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item NO.	Description	Qty	Item NO.	Description	Qty
10	Counter Poise Block	1	68	Flat Head Cap Screw M10×25	1
12	Adjusting Brace	1	44	FOAM	1
37	Aluminium Cap $\phi 60 \times \phi 10.5 \times 10.9$	2	84	Spring Washer $\phi 8$	2
67	Flat Head Cap Screw M10×30	1	99	Button Head Cap Screw M8×25	2

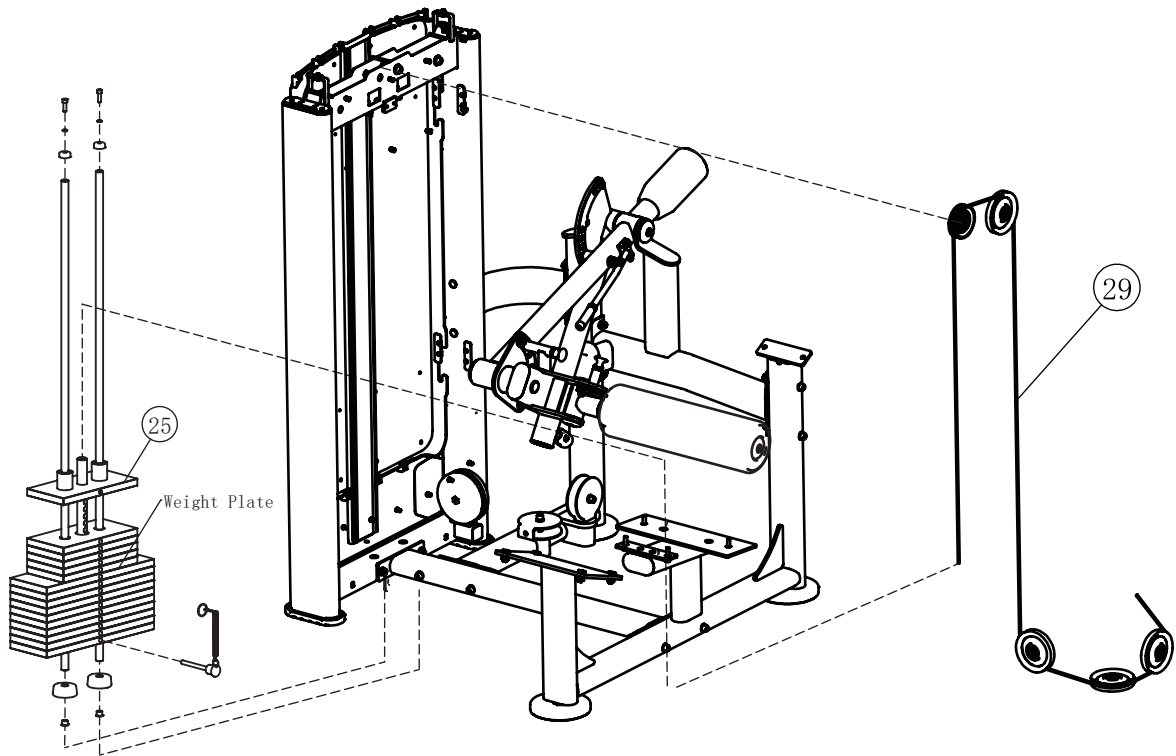


# Assembly

## STEP 3

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No.	Description	Qty
25	Top Plate Assembly	1
29	Cable Assembly	1

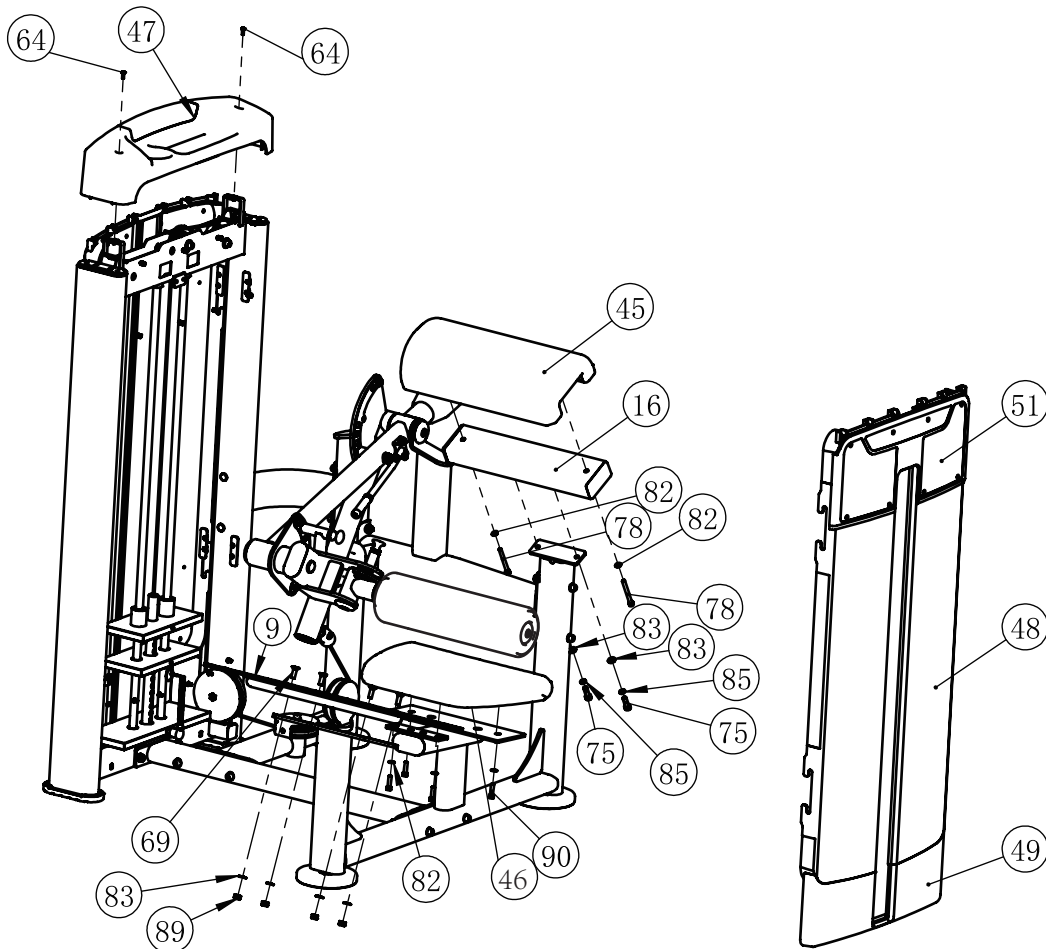


# Assembly

## STEP 4

**Note: Wrench Tighten Screws.**

Item NO.	Description	Qty	Item NO.	Description	Qty
9	Foot Frame	1	69	Flat Head Cap Screw M10×30	4
16	Shoulder Pad Support	1	75	Socket Head Cap Screw M10×30	2
45	Shoulder pad	1	78	Socket Head Cap Screw M8×80	2
46	Seat Pad	1	82	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6
47	Top Shroud	1	83	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
48	Side Shroud	4	85	Spring Washer $\phi 10$	2
49	Lower Shroud	2	89	Nylon Lock Nut M10	4
51	Front Cover	1	90	Socket Head Cap Screw M8×30	4
64	Cross Recessed Pan Head 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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