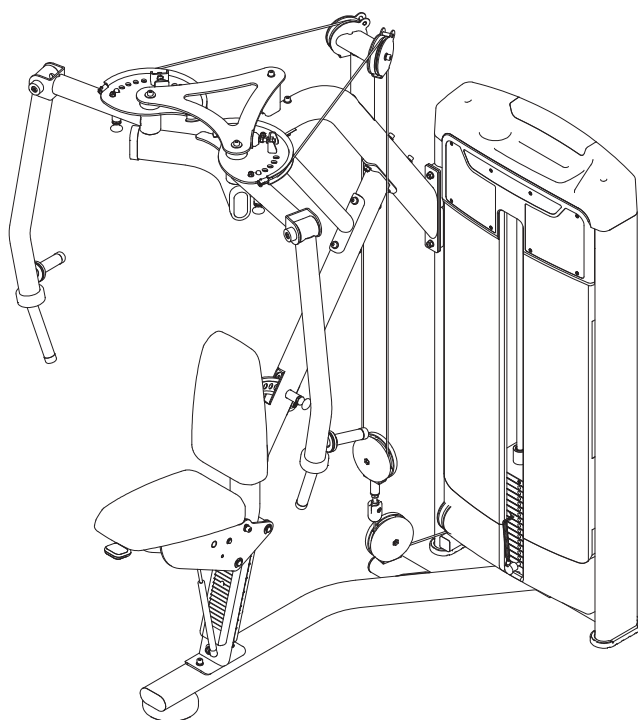


TOORX
PROFESSIONAL LINE

INSTRUCTION



**ISOLATERAL PECTORAL
FLY/REAR DELTOIDS**

PLX 9300



Cod : GRLDTOORXPLX9300

Rev : 00

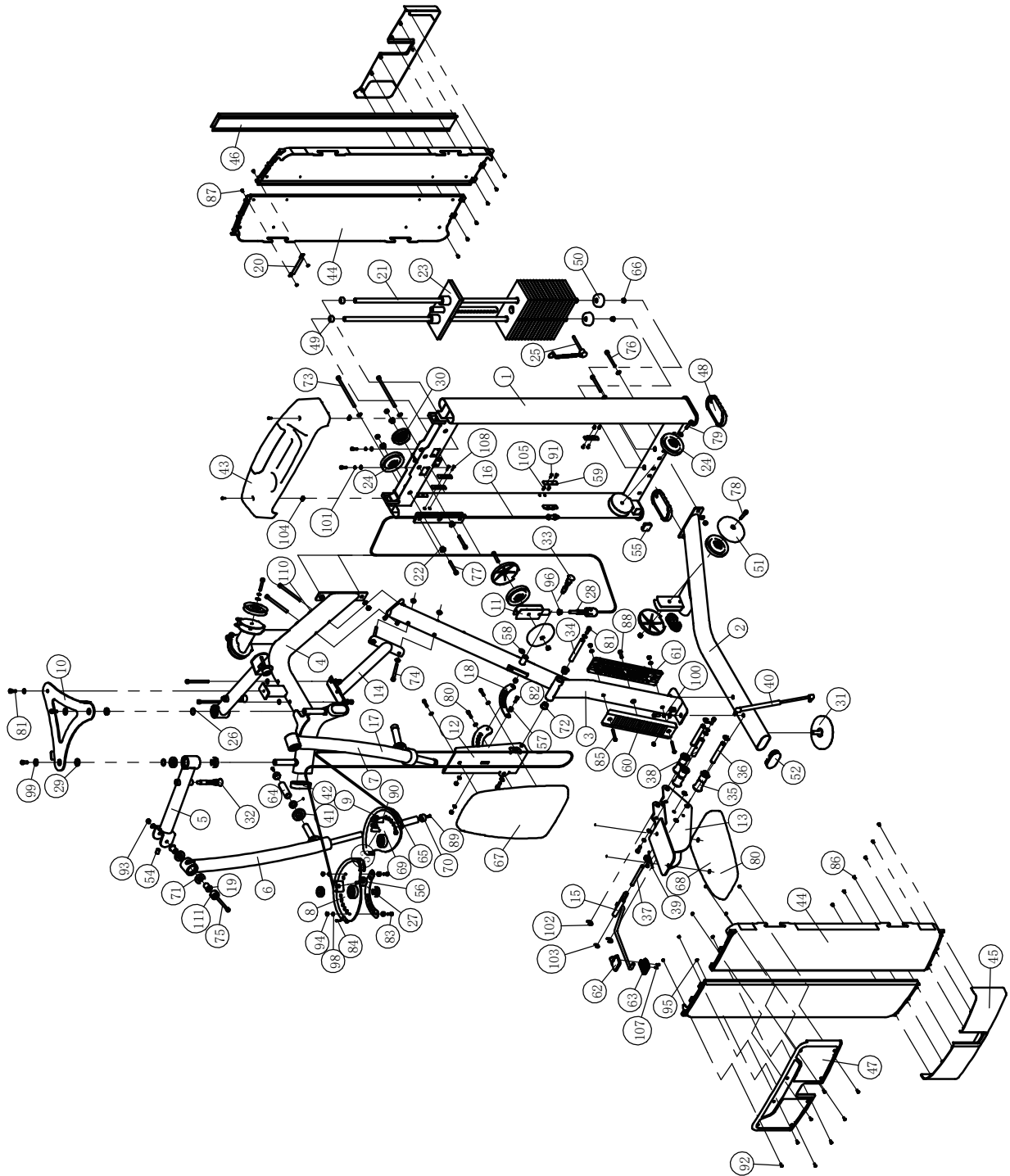
Ed : 11/23

Parts List

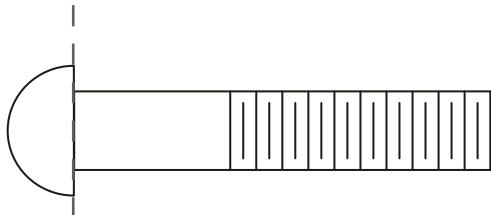
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	56	Spacer	2
2	Ground Frame	1	57	Spacer	6
3	Back Cushion Support Frame	1	58	Sliding Pad	2
4	Upper Beam Frame	1	59	Shield Fixed Seat	9
5	Cross Arm Frame	2	60	Inner Slide	1
6	Right Vertical Arm Frame	1	61	Outer Slide	1
7	Left Vertical Arm Frame	1	62	Upper Handle Cover ASSY	1
8	Right Adjustment Disk	1	63	Bottom Handle Cover	1
9	Left Adjusting Disk	1	64	Grip	2
10	Press Frame	1	65	Grip	2
11	Swing Pulley Frame	1	66	Rubber Plug	2
12	Back Pad Frame	1	67	Seat Pad	1
13	Cushion Frame	1	68	Back Cushion	1
14	Inclined Support Frame	1	69	Aluminum Ring ϕ 25	4
15	Adjustbale Handle ASSY	1	70	Aluminum Cap ϕ 25	4
16	Cable ASSY I	1	71	Bearing 6005	12
17	Cable ASSY II	1	72	Flange Sleeve	2
18	Liner	1	73	Socket Head Cap Screw M10 \times 190	2
19	Bushing	4	74	Socket Head Cap Screw M10 \times 120	6
20	Connecting Plate	1	75	Socket Head Cap Screw M10 \times 100	2
21	Guide Rod	2	76	Socket Head Cap Screw M10 \times 90	2
22	Sleeve	4	77	Socket Head Cap Screw M10 \times 70	2
23	Top Plate	1	78	Socket Head Cap Screw M10 \times 50	4
24	4.5" Pulley	6	79	Socket Head Cap Screw M10 \times 45	1
25	Selector Pin W/Coil	1	80	Socket Head Cap Screw M8 \times 30	5
26	Circle	2	81	Socket Head Cap Screw M10 \times 25	9
27	Liner	2	82	Socket Head Cap Screw M8 \times 25	4
28	Cable Connection Shaft	1	83	Socket Head Cap Screw M8 \times 20	4
29	Flat Washer	2	84	Socket Head Cap Screw M4 \times 20	2
30	3.5" Pulley	1	85	Button Head Cap Screw M8 \times 70	2
31	Ground Frame	1	86	Button Head Cap Screw M6 \times 10	12
32	Elastic Bolt I	2	87	Button Head Cap Screw M5 \times 10	2
33	Elastic Bolt II	1	88	Button Head Cap Screw 3/8"-16 \times 38	1
34	Shaft	1	89	FLat Head Cap Screw M6 \times 16	4
35	Idler Wheel	3	90	Socket Set Screw M5 \times 3	8
36	Shaft	2	91	Button Head Cap Screw M5 \times 15	16
37	Handle Pivot Shaft	1	92	Cross Recessed Countersunk Head Screws M5 \times 15	8
38	Middle Pivot Shaft	1	93	Nylon Lock Nut M10	16
39	Torsion Spring	1	94	Nylon Lock Nut M8	10
40	Gap Spring ASSY	1	95	Nylon Lock Nut M5	10
41	Thin Cushion	2	96	Hexagon Flange Nut M12	1
42	Pipe Sleeve	2	97	Flat Washer ϕ 11 \times ϕ 20 \times 2	18
43	Top Shroud	1	98	Flat Washer ϕ 9 \times ϕ 16 \times 1.6	15
44	Side Shroud	4	99	Flat Washer ϕ 11 \times ϕ 30 \times 2	2
45	Under Shroud	2	100	Spring Washer ϕ 10	6
46	Back Buckle	1	101	Spring Washer ϕ 8	2
47	Front Cocer	1	102	External Retaining Ring ϕ 15	4
48	Rubber Foot	2	103	External Retaining Ring ϕ 12	2
49	Mount Sleeve	2	104	Quick Nut M5	2
50	Rubber Mat	2	105	Rivet Nut M5 \times 13	16
51	Pulley Cover	4	106	Lubricating Oil	1
52	Elliptical Tube Plug	2	107	Button Head Cap Screw M4 \times 10	2
53	Buffer Sleeve	2	108	Button Head Cap Screw M5 \times 20	2
54	Bushing Bushing	2	110	Arc washer ϕ 10	14
55	Plug F38	1	111	Rubber washer ϕ 9.6	2

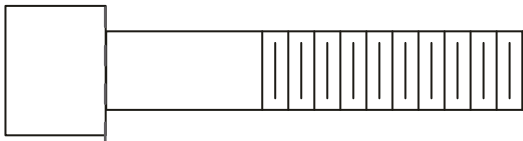
Exploded View



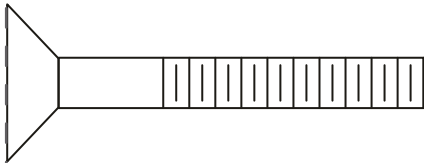
Measurement Guide



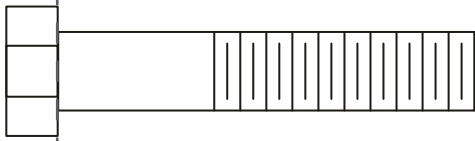
BHCS = Button Head Cap Screw



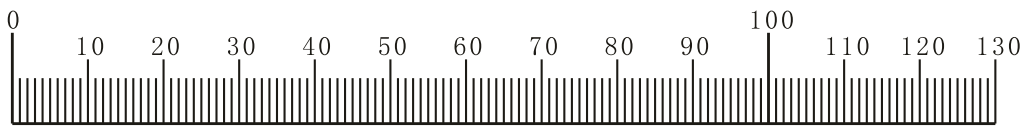
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



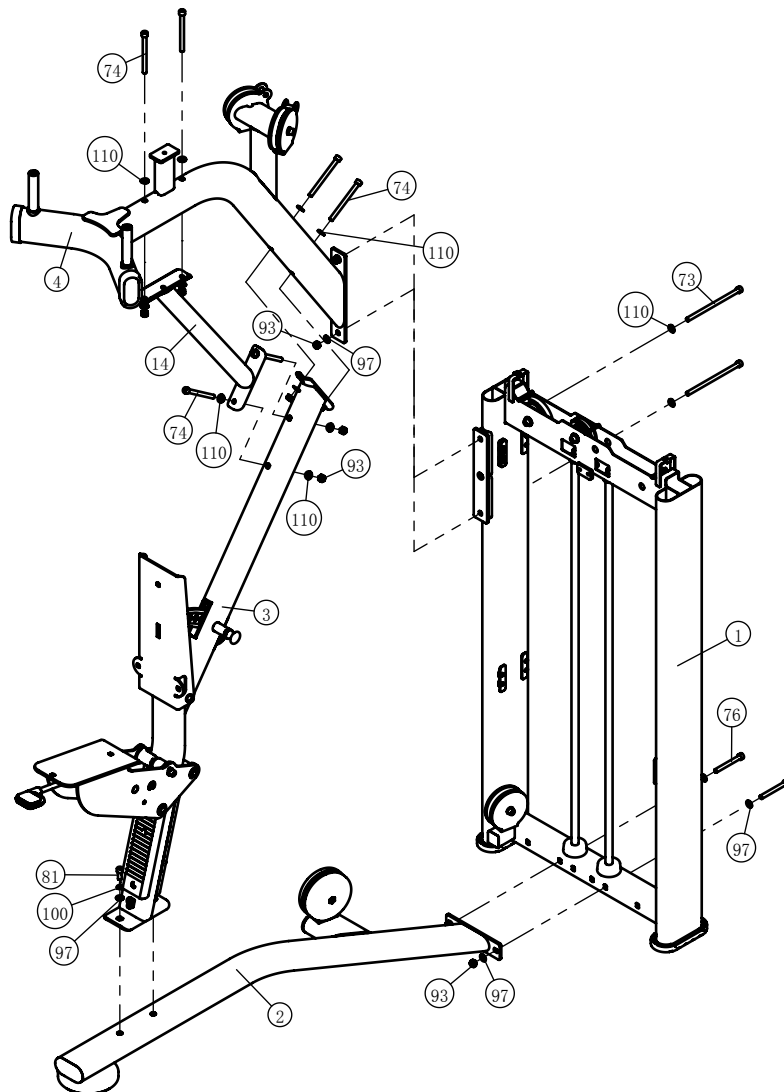
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	76	Socket Head Cap Screw M10×90	2
2	Ground Frame	1	81	Socket Head Cap Screw M10×25	2
3	Back Cushion Support Frame	1	93	Nylon Lock Nut M10	10
4	Upper Beam Frame	1	97	Flat Washer $\phi 11 \times \phi 20 \times 2$	8
14	Inclined Support Frame	1	100	Spring Washer $\phi 10$	2
73	Socket Head Cap Screw M10×190	2	110	Arc washer $\phi 10$	14
74	Socket Head Cap Screw M10×120	6			

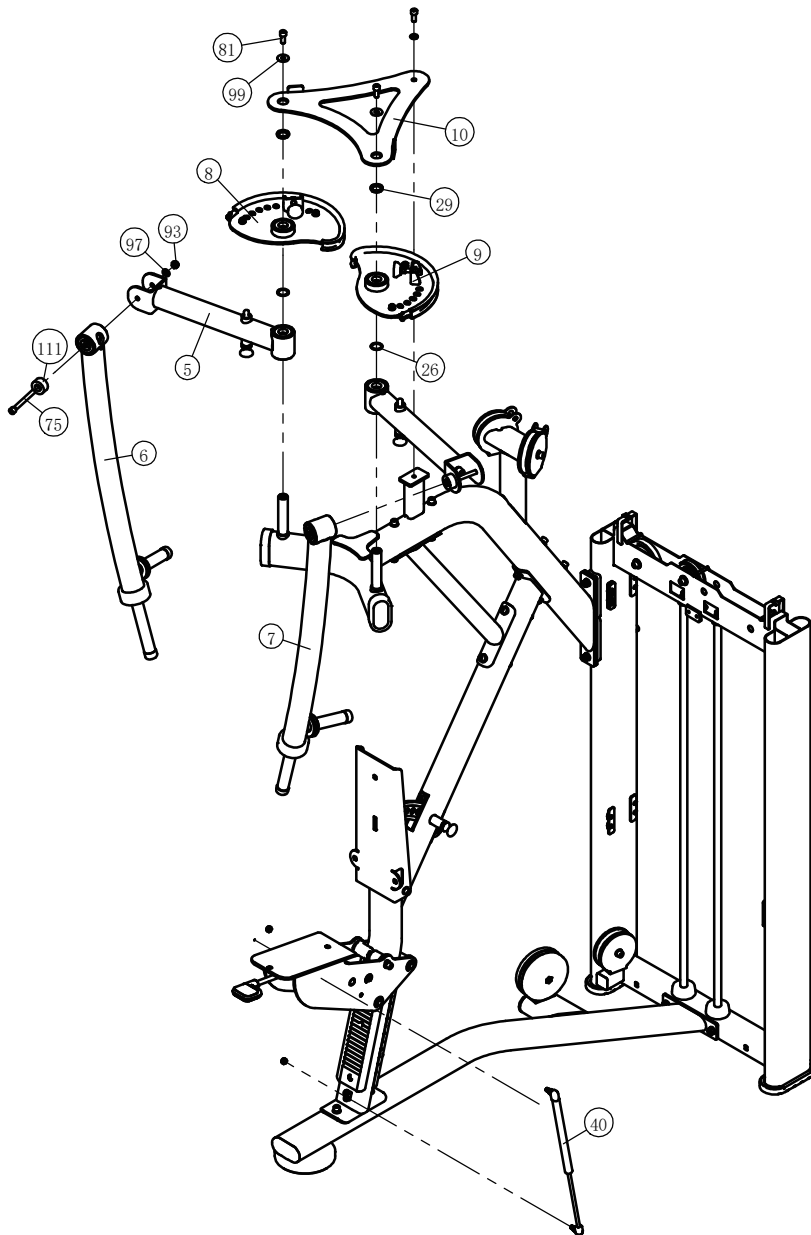


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
5	Cross Arm Frame	2	29	Flat Washer	2
6	Right Vertical Arm Frame	1	40	Gap Spring ASSY	1
7	Left Vertical Arm Frame	1	75	Socket Head Cap Screw M10 ×100	2
8	Right Adjustment Disk	1	81	Socket Head Cap Screw M10×25	3
9	Left Adjusting Disk	1	93	Nylon Lock Nut M10	2
10	Press Frame	1	97	Flat Washer $\phi 11 \times \phi 20 \times 2$	3
26	Circle	2	99	Flat Washer $\phi 11 \times \phi 30 \times 2$	2
			111	Rubber Washer $\phi 9.6$	2

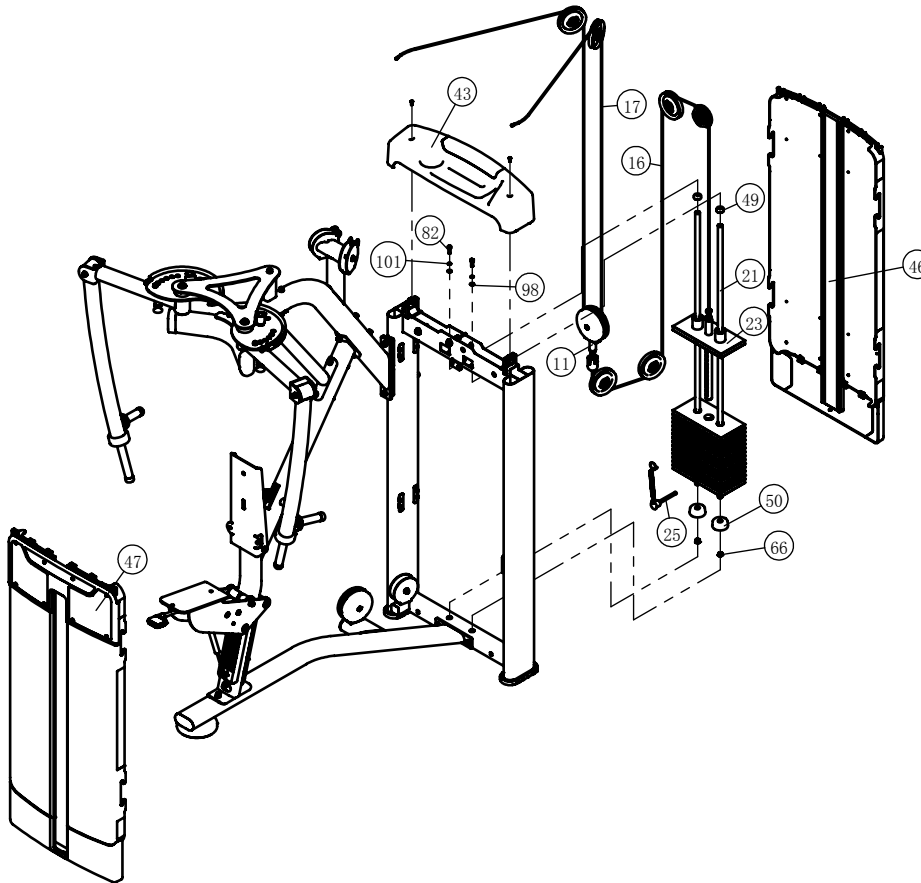


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
11	Swing Pulley Frame	1	47	Front Cocer	1
16	Cable ASSY I	1	49	Mount Sleeve	2
17	Cable ASSY II	1	50	Rubber Mat	2
21	Guide Rod	2	66	Rubber Plug	2
23	Top Plate	1	82	Socket Head Cap Screw M8×25	2
25	Selector Pin W/Coil	1	98	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
43	Top Shroud	1	101	Spring Washer $\phi 8$	2
46	Back Buckle	1			

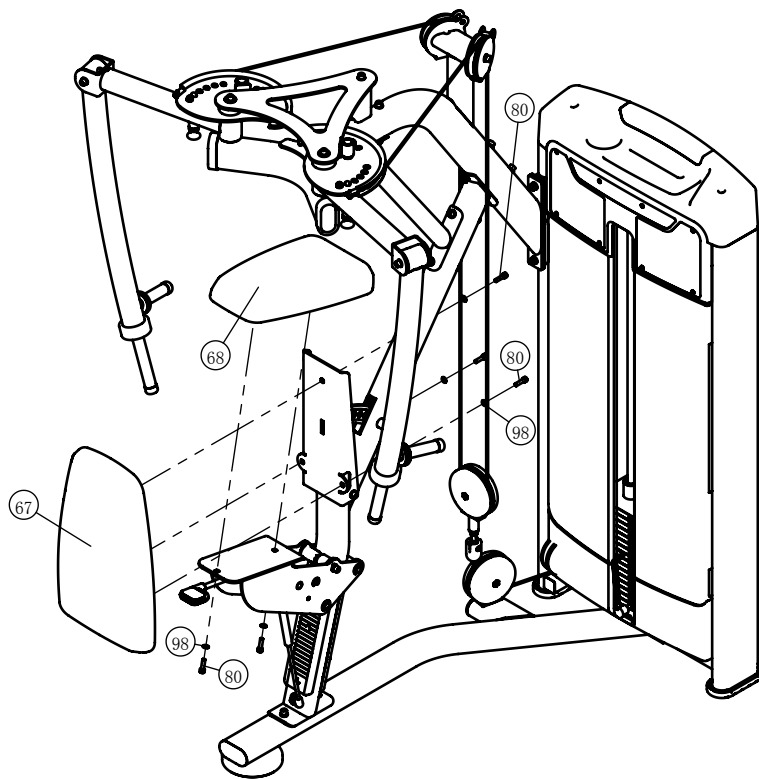


Assembly

STEP 4

Note: Wrench Tighten Screws.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
67	Seat Pad	1	80	Socket Head Cap Screw M8×30	5
68	Back Cushion	1	98	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	5



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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