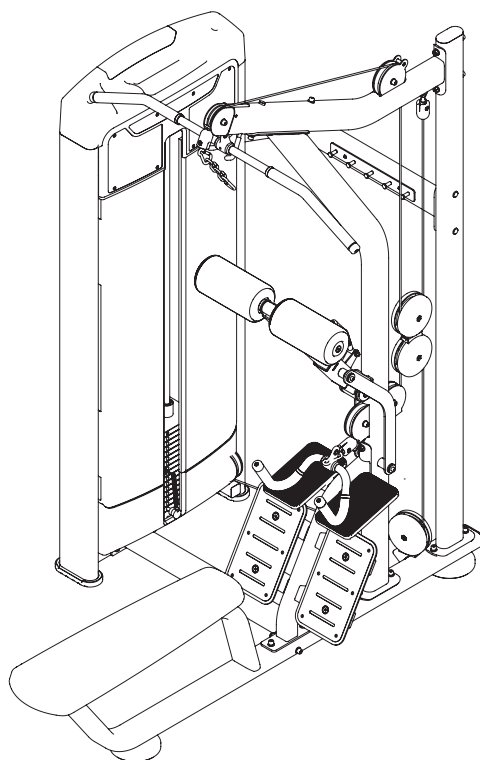


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**LAT MACHINE / PULLEY**

# PLX 9400



Cod : GRLDTOORXPL9400

Rev : 00

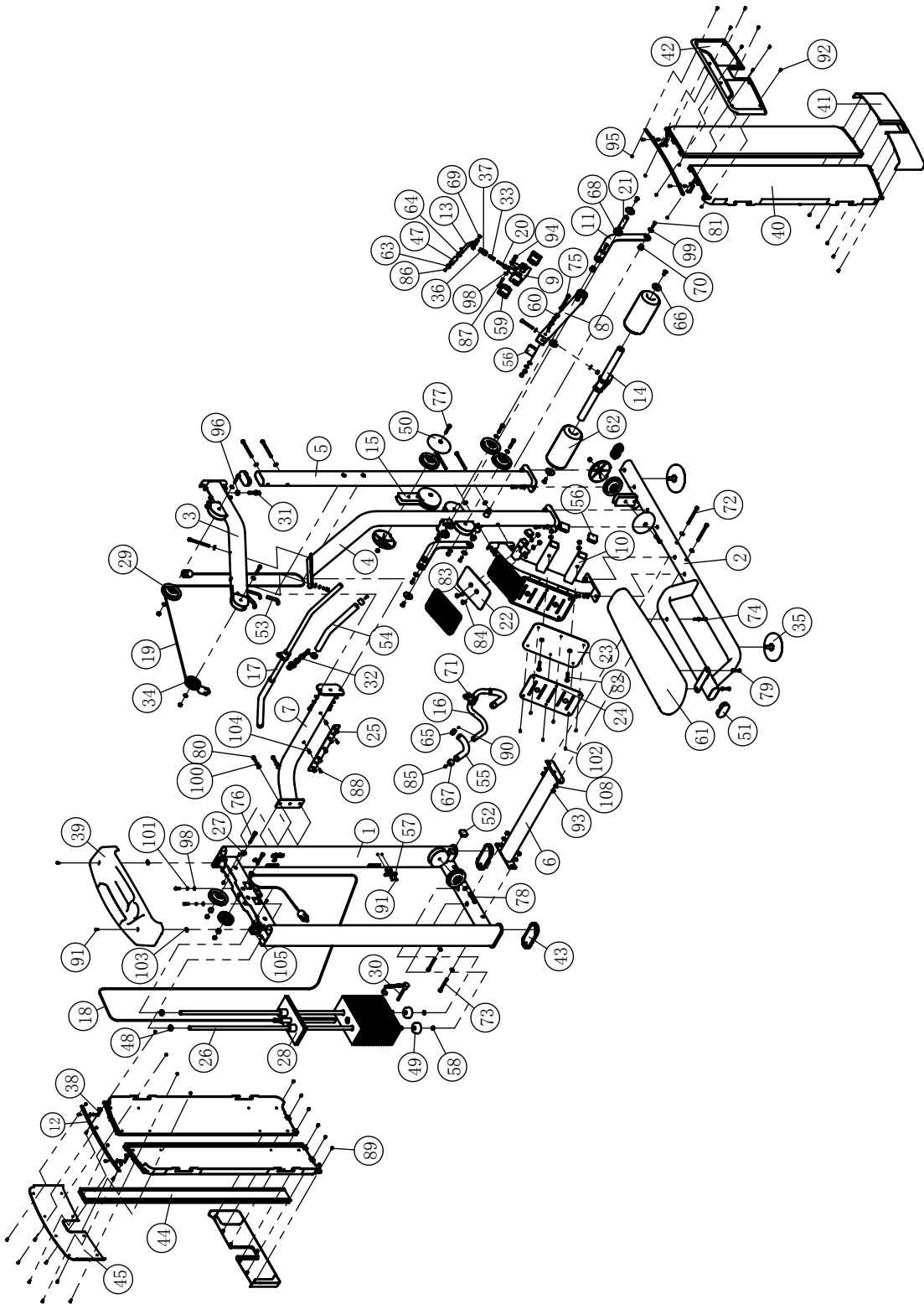
Ed : 11/23

# Parts List

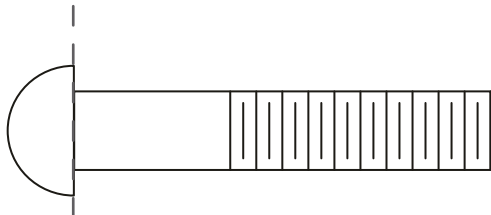
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	55	Grip ST $\phi$ 30 $\times$ $\phi$ 22 $\times$ 240	2
2	Ground Frame	1	56	Plug F50.8	5
3	Upper Beam Frame	1	57	Shield Fixed Seat	8
4	Stand Frame	1	58	Rubber Plug	2
5	Rear Stand Frame	1	59	Hollow Socket	2
6	Ground Connection Frame	1	60	Spacer Sleeve	2
7	Rear Connecting Frame	1	61	Back Cushion	1
8	FOAM Frame	1	62	FOAM ASSY	2
9	Foam Adjusting Frame	1	63	Aluminum Cap $\phi$ 16	1
10	Foot Support Frame	1	64	Aluminum Ring $\phi$ 16	1
11	Support Frame	2	65	Aluminum Ring $\phi$ 25	4
12	Support Components	2	66	End Cap	4
13	FOAM Adjusting Handle Frame	1	67	Aluminum Cap $\phi$ 25	4
14	FOAM Frame	1	68	Bearing 6005	2
15	Swing Pulley Frame	1	69	Bushing	2
16	Low Pull Handle	1	70	Bushing	4
17	High Handle	1	71	Gourd Hook	3
18	Cable ASSY I	1	72	Socket Head Cap Screw M10 $\times$ 120	7
19	Cable ASSY II	1	73	Socket Head Cap Screw M10 $\times$ 90	2
20	Shaft $\phi$ 18.2 $\times$ 68.5	1	74	Socket Head Cap Screw M8 $\times$ 80	1
21	Shaft $\phi$ 25 $\times$ 80	1	75	Socket Head Cap Screw M10 $\times$ 75	3
22	Handle Placement Plate	2	76	Socket Head Cap Screw M10 $\times$ 70	3
23	Foot Pedal	2	77	Socket Head Cap Screw M10 $\times$ 50	7
24	Foot Pad	2	78	Socket Head Cap Screw M10 $\times$ 45	1
25	Hook Frame	1	79	Socket Head Cap Screw M8 $\times$ 30	2
26	Guide Rod	2	80	Socket Head Cap Screw M10 $\times$ 25	11
27	Sleeve	4	81	Socket Head Cap Screw M8 $\times$ 25	6
28	Top Plate	1	82	Flat Head Cap Screw M10 $\times$ 70	4
29	4.5" Pulley	8	83	Flat Head Cap Screw M10 $\times$ 55	2
30	Selector Pin W/Coil	1	84	Flat Head Cap Screw M10 $\times$ 25	6
31	Cable Connection Shaft	1	85	Flat Head Cap Screw M6 $\times$ 16	4
32	Four Chain Link	1	86	Flat Head Cap Screw M5 $\times$ 15	1
33	Spring	1	87	Button Head Cap Screw M8 $\times$ 60	1
34	3.5" Pulley	2	88	Button Head Cap Screw M6 $\times$ 20	2
35	Ground Frame	2	89	Button Head Cap Screw M6 $\times$ 10	12
36	Chain	1	90	Socket Set Screw M5 $\times$ 3	10
37	Hex Nut M20	1	91	Button Head Cap Screw M5 $\times$ 15	26
38	Connecting Plate	4	92	Cross Recessed Countersunk Head Screws M5 $\times$ 15	16
39	Top Shroud	1	93	Nylon Lock Nut M10	29
40	Side Shroud	4	94	Nylon Lock Nut M8	1
41	Under Shroud	2	95	Nylon Lock Nut M5	16
42	Front Cocer	1	96	Hexagon Flange Nut M12	1
43	Rubber Foot	2	97	Flat Washer $\phi$ 11 $\times$ $\phi$ 20 $\times$ 2	39
44	Back Buckle	1	98	Flat Washer $\phi$ 9 $\times$ $\phi$ 16 $\times$ 1.6	7
45	Back Cocer	1	99	Flat Washer $\phi$ 9 $\times$ $\phi$ 28 $\times$ 2	4
46	Rubber Foot	2	100	Spring Washer $\phi$ 10	11
47	Grip	1	101	Spring Washer $\phi$ 8	2
48	Mount Sleeve	2	102	Rivet $\phi$ 5 $\times$ 10	12
49	Rubber Mat	2	103	Quick Nut M5	2
50	Pulley Cover	6	104	Rivet Nut M6 $\times$ 16.5	2
51	Elliptical Tube Plug	3	105	Rivet Nut M5 $\times$ 13	24
52	Plug F38	3	106	Lubricating Oil	1
53	Grip $\phi$ 12 $\times$ $\phi$ 8 $\times$ 113	2	108	Arc washer $\phi$ 10	14
54	Grip $\phi$ 30 $\times$ $\phi$ 22 $\times$ 415	2			

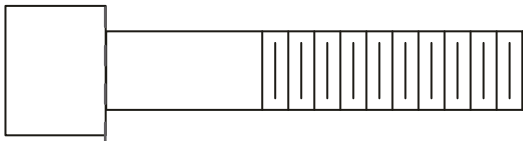
# Exploded View



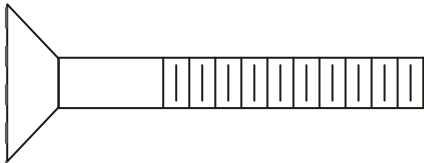
# Measurement Guide



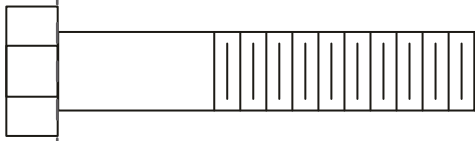
BHCS = Button Head Cap Screw



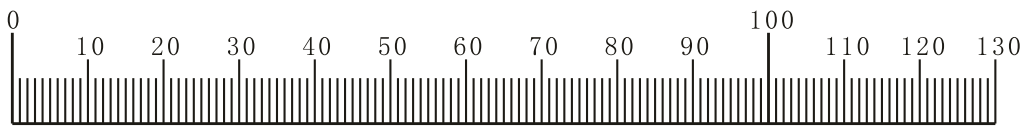
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



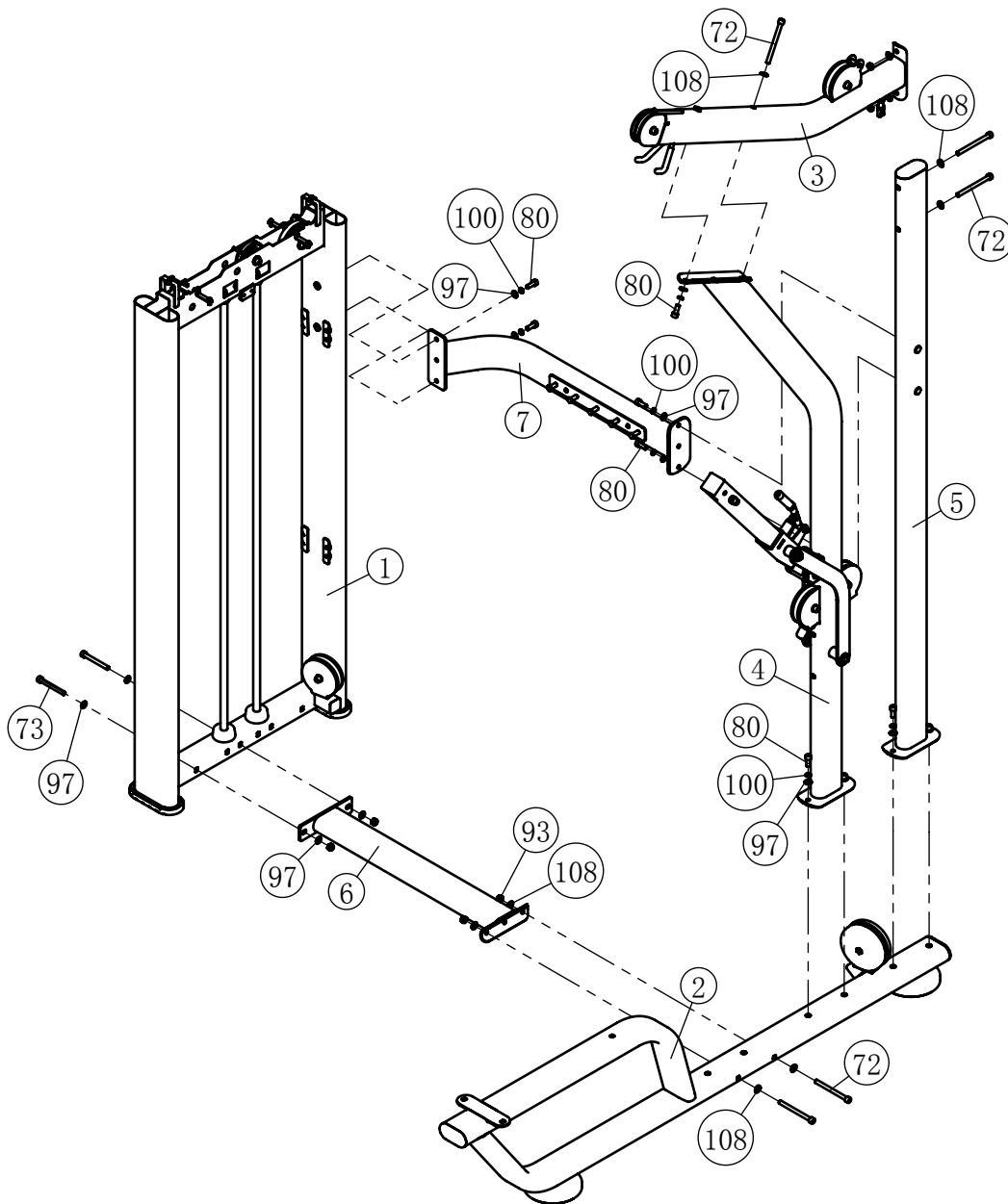
Inches

# Assembly

## STEP 1

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

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	72	Socket Head Cap Screw M10×120	5
2	Ground Frame	1	73	Socket Head Cap Screw M10×90	2
3	Upper Beam Frame	1	80	Socket Head Cap Screw M10×25	9
4	Stand Frame	1	93	Nylon Lock Nut M10	6
5	Rear Stand Frame	1	97	Flat Washer $\phi 11 \times \phi 20 \times 2$	12
6	Ground Connection Frame	1	100	Spring Washer $\phi 10$	9
7	Rear Connecting Frame	1	108	Arc washer $\phi 10$	10

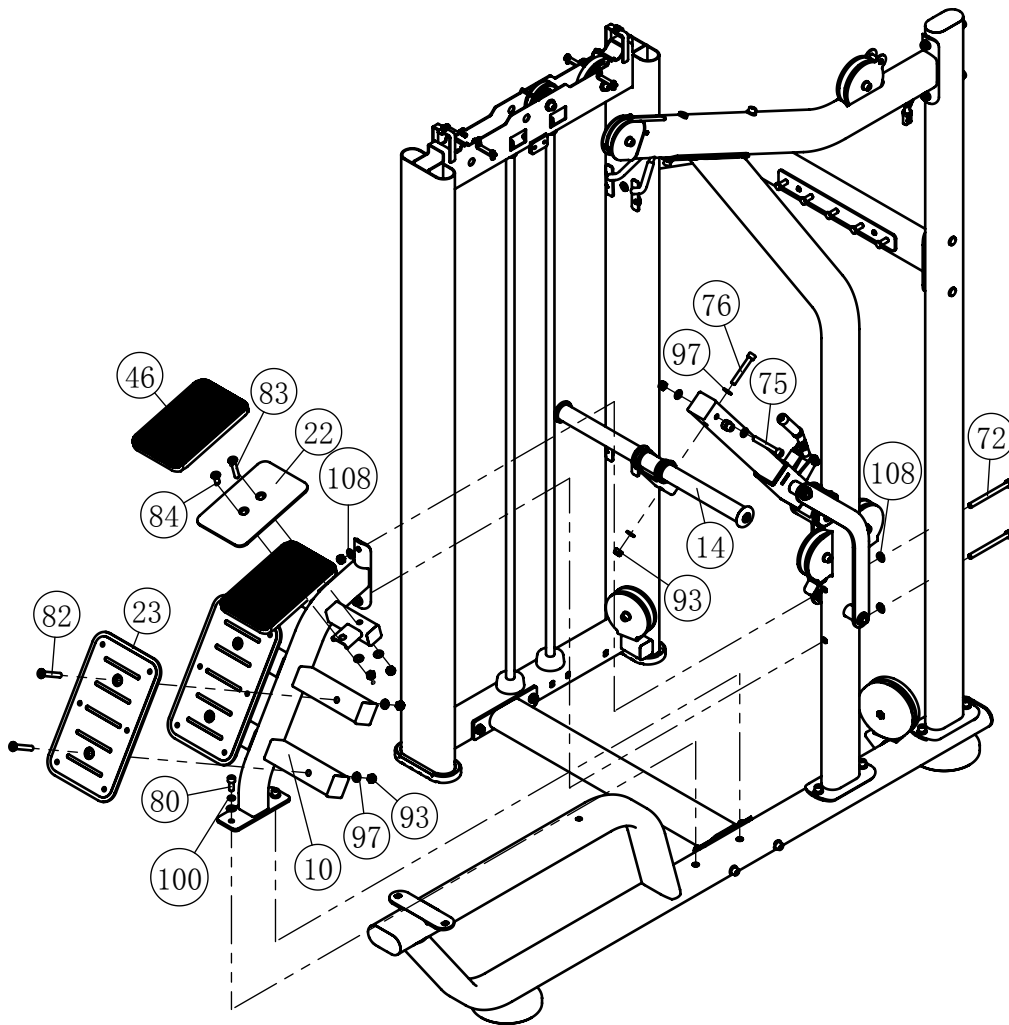


# Assembly

## STEP 2

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

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
10	Foot Support Frame	1	80	Socket Head Cap Screw M10×25	2
14	FOAM Frame	1	82	Flat Head Cap Screw M10×70	4
22	Handle Placement Plate	2	83	Flat Head Cap Screw M10×55	2
23	Foot Pedal	2	84	Flat Head Cap Screw M10×25	2
46	Rubber Foot	2	93	Nylon Lock Nut M10	12
72	Socket Head Cap Screw M10×120	2	97	Flat Washer $\phi 11 \times \phi 20 \times 2$	14
75	Socket Head Cap Screw M10×75	1	100	Spring Washer $\phi 10$	2
76	Socket Head Cap Screw M10×70	1	108	Arc washer $\phi 10$	4

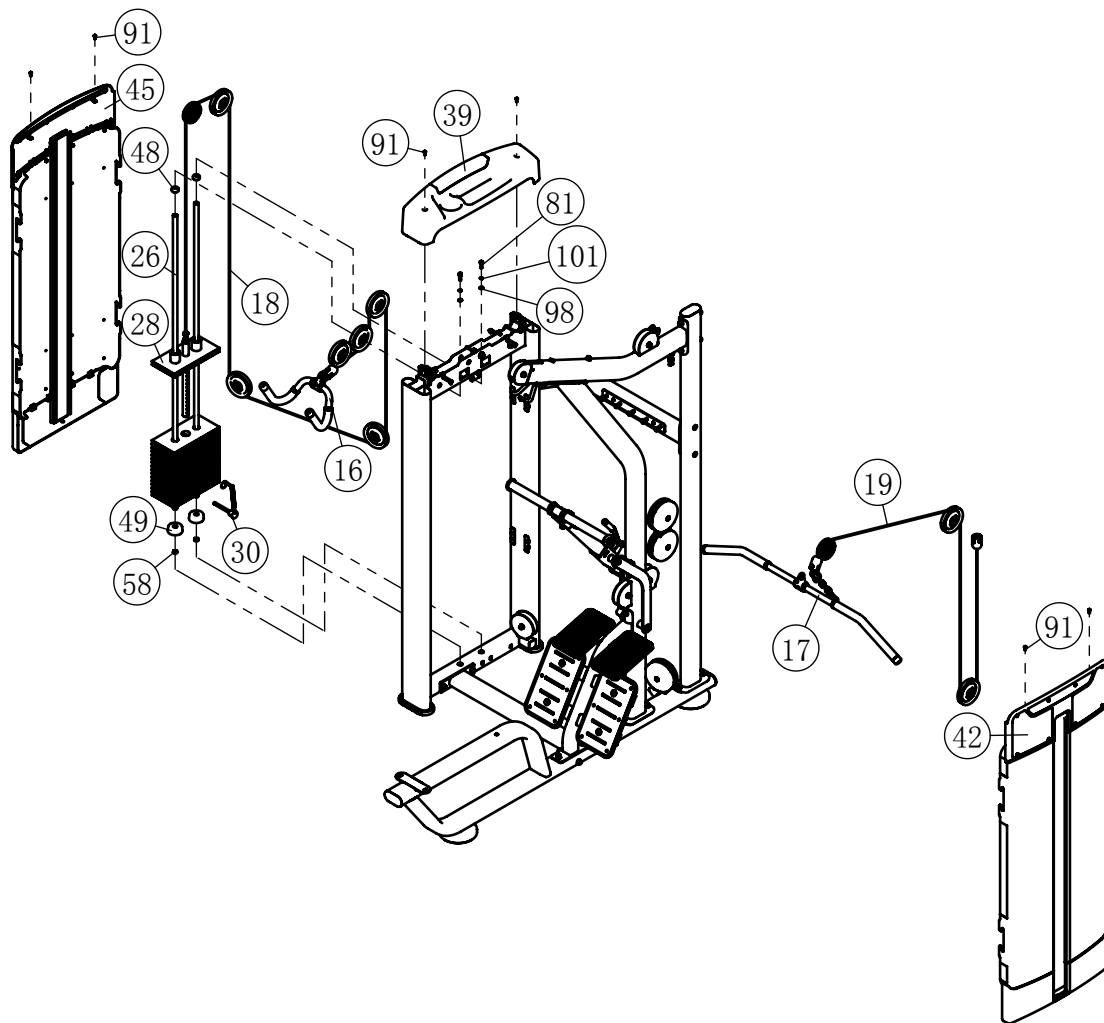


# Assembly

## STEP 3

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

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
16	Low Pull Handle	1	45	Back Cocer	1
17	High Handle	1	48	Mount Sleeve	2
18	Cable ASSY I	1	49	Rubber Mat	2
19	Cable ASSY II	1	58	Rubber Plug	2
26	Guide Rod	2	81	Socket Head Cap Screw M8×25	2
28	Top Plate	1	91	Button Head Cap Screw M5×15	4
30	Selector Pin W/Coil	1	98	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
39	Top Shroud	1	101	Spring Washer $\phi 8$	2
42	Front Cocer	1			

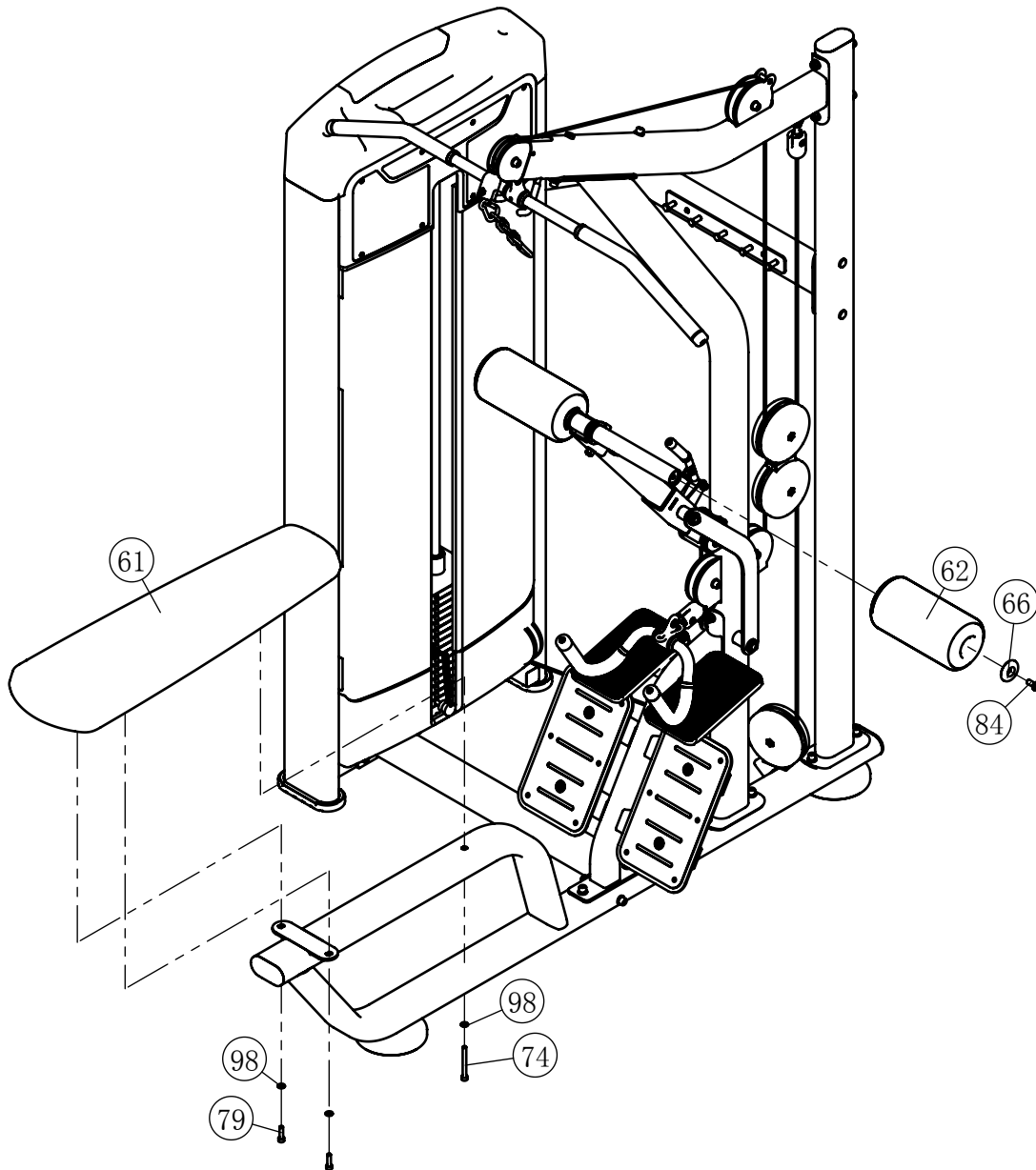


# Assembly

## STEP 4

**Note: Wrench Tighten Screws.**

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
61	Back Cushion	1	79	Socket Head Cap Screw M8×30	2
62	FOAM ASSY	2	84	Flat Head Cap Screw M10×25	2
66	End Cap	2	98	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	3
74	Socket Head Cap Screw M8×80	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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