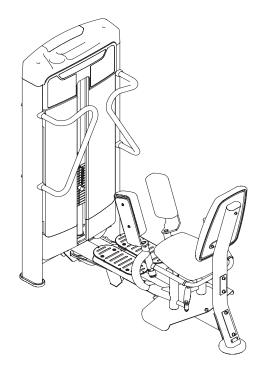
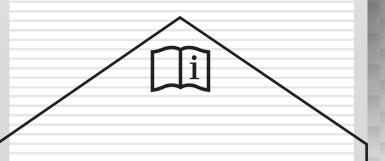


# INSTRUCTION



ABDUCTOR/ADDUCTOR

PLX 9700



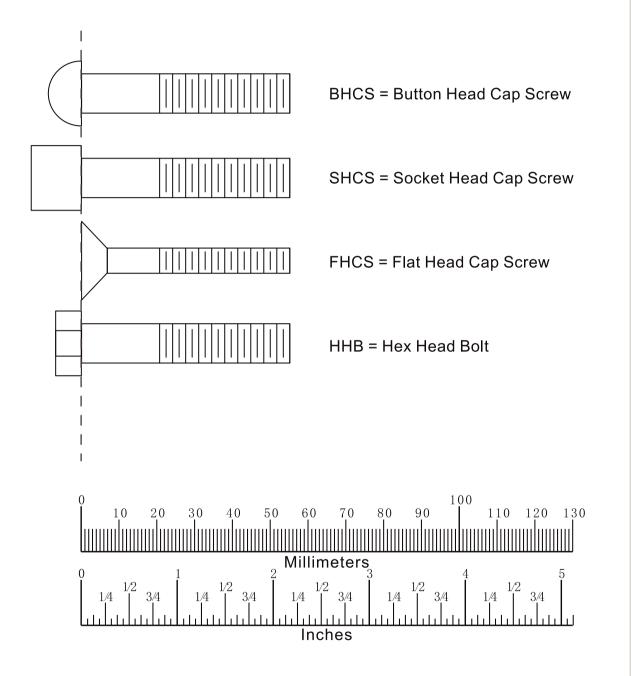
# Parts List

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

2 B 3 B 4 S 5 R 6 Le 7 Le 8 C 9 R 10 A 11 H 12 Le 13 P 14 Fe 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Le	Veight Stack Frame Sottom Cross Brace Sack Pad Support Seat Pad Frame Right Leg Frame Leg Frame Leg Pad Leg	1 1 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1	53 54 55 56 57 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74	Weight Rubber Bumper Mount Sleeve φ29*φ8.5*12 Shroud Clip Rubber Plug φ18.5×φ15×7 Cushion 50×50×16 Aluminum Ring φ25 Aluminum Cap φ25 Handle Bearing 6005 Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	2 8 2 2 2 2 1 8 4 4 4 2 2 3 1 1 2 1 1 2 1 2 1 2 1 2 1 1 2 1 1 2 1 1 1 2 1 1 1 2 1 1 1 1 2 1 1 1 2 1 1 1 1 2 1 1 1 1 1 2 1 1 1 1 2 1 1 1 1 2 1 2 1 1 2 1 1 2 1 2 1 1 2 2 2 2 2 1 2 1 2 2 2 2 2 2 1 2 2 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 2 2 2 2
3 B 4 S 5 R 6 Le 7 Le 8 C 9 R 10 A 11 H 12 Le 13 P 14 Fe 15 P 16 C 17 P 18 C 20 C 21 S 22 B 23 Le	Back Pad Support Beat Pad Frame Right Leg Frame Leg Frame Leg Pad Frame Leg	1 1 1 1 2 1 1 1 2 1 1 1 2 2 1 1 1 1 1 2 1	55 56 57 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74	Shroud Clip Rubber Plug \( \phi 18.5 \times \phi 15 \times 7 \) Cushion \( 50 \times 50 \times 16 \) Aluminum Ring \( \phi 25 \) Aluminum Cap \( \phi 25 \) Handle Bearing \( 6005 \) Bushing \( \phi 38 \times \phi 25.4 \times 18 \) Bushing \( \phi 38 \times \phi 25.4 \times 18 \) Bushing \( \phi 18 \times \phi 8 \times 8 \) Stretch Splint External Circlips Hex Head Bolt \( M10 \times 25 \) Socket Head Cap Screw \( M10 \times 100 \) Socket Head Cap Screw \( M10 \times 85 \) Button Head Cap Screw \( M10 \times 75 \) Socket Head Cap Screw \( M10 \times 75 \) Socket Head Cap Screw \( M10 \times 75 \) Socket Head Cap Screw \( M10 \times 70 \)	8 2 2 2 2 1 8 4 4 2 2 3 1 1 2 1 5
4 S 5 R 6 Le 7 Le 8 C 9 R 10 A 11 H 12 Le 13 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Le	Geat Pad Frame Right Leg Frame Left Leg Frame Leg Pad Frame Leg Pad Frame Reversing Frame Reversing Frame Radjustable Handle Randle Frame Latch Rod Frame Lottection Shield Lottection Shield Lottection Shield Lottection Rack Lonnecting Rack Lonnecting Rack Lonnecting Plate Lottection Shield Lottectio	1 1 1 2 1 1 1 2 1 1 2 2 1 1 1 1 2 1	56 57 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74	Rubber Plug \( \phi 18.5 \times \phi 15 \times 7 \) Cushion 50 \( \times 50 \times 16 \) Aluminum Ring \( \phi 25 \) Aluminum Cap \( \phi 25 \) Handle Bearing \( 6005 \) Bushing \( \phi 38 \times \phi 25.4 \times 18 \) Bushing \( \phi 38 \times \phi 25.4 \times 18 \) Bushing \( \phi 18 \times \phi 8 \times 8 \) Stretch Splint External Circlips Hex Head Bolt \( \text{M10} \times 25 \) Socket Head Cap Screw \( \text{M10} \times 100 \) Socket Head Cap Screw \( \text{M10} \times 85 \) Button Head Cap Screw \( \text{M10} \times 80 \) Socket Head Cap Screw \( \text{M10} \times 75 \) Socket Head Cap Screw \( \text{M10} \times 75 \) Socket Head Cap Screw \( \text{M10} \times 70 \)	2 2 2 1 8 4 4 2 2 3 1 2 1 2 1 5
5 R 6 Le 7 Le 8 C 9 R 10 A 11 H 12 Le 13 P 14 F 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Le	Right Leg Frame Left Leg Frame Leg Pad Frame Leg Pad Frame Reversing Frame Led Individual Individua	1 1 2 1 1 1 2 1 1 2 2 1 1 1 1 2 2 1	57 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74	Cushion 50×50×16 Aluminum Ring φ25 Aluminum Cap φ25 Handle Bearing 6005 Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×85 Button Head Cap Screw M10×75 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	2 2 1 8 4 4 2 2 3 1 2 1 2
6 Le 7 Le 8 C 9 R 10 A 11 H 12 Le 13 P 14 Fe 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Le	eft Leg Frame eg Pad Frame eg Pad Frame Reversing Frame Adjustable Handle Handle Frame Protection Shield Froot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Ceat Pad Cack Pad	1 2 1 1 1 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1	59 60 61 62 63 64 65 66 67 68 69 70 71 72 73	Aluminum Ring φ25 Aluminum Cap φ25 Handle Bearing 6005 Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×85 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	2 2 1 8 4 4 2 2 3 1 2 1 2 1 5
7 Le 8 C 9 R 10 A 11 H 12 Le 13 P 14 F 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Le	eg Pad Frame Cam Reversing Frame Adjustable Handle Handle Frame Protection Shield Frodal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Seat Pad Back Pad	2 1 1 1 2 1 1 2 2 1 1 1 1 1 1 1 1 1 1 1	60 61 62 63 64 65 66 67 68 69 70 71 72 73	Aluminum Cap φ25 Handle Bearing 6005 Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	2 1 8 4 2 2 3 1 2 1 2 1 5
8 C 9 R 10 A 11 H 12 La 13 P 14 Fc 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 La	Reversing Frame Adjustable Handle Handle Frame Acth Rod Frame Protection Shield Froot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Feat Pad Back Pad	1 1 1 2 1 1 2 2 2 1 1 1 1 1 1 1 1 1 1 1	61 62 63 64 65 66 67 68 69 70 71 72 73	Handle Bearing 6005 Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	1 8 4 4 2 2 3 1 2 1 2 1 5
9 R 10 A 11 H 12 La 13 P 14 Fe 15 P 16 C 17 P 18 C 20 C 21 S 22 B 23 Le	Reversing Frame Adjustable Handle Handle Frame Atch Rod Frame Protection Shield Froot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Feat Pad Back Pad	1 1 2 1 1 1 2 2 1 1 1 1 1 1 1 1 1 1 1 1	62 63 64 65 66 67 68 69 70 71 72 73	Bearing 6005 Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	8 4 4 2 2 3 1 2 1 2 1 5
10 A 11 H 12 L 13 P 14 F 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 L	Adjustable Handle Idandle Frame Idandle Idan	1 2 1 1 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1	63 64 65 66 67 68 69 70 71 72 73	Bushing φ38×φ25.4×18 Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	4 4 2 2 3 1 2 1 2 1 5
11 H 12 L 13 P 14 F 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 L	dandle Frame Latch Rod Frame Protection Shield Foot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Ceat Pad Back Pad	2 1 1 2 2 1 1 1 1 1 1	64 65 66 67 68 69 70 71 72 73	Bushing φ25*φ12.2*13 Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×85 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	4 2 2 3 1 2 1 2 1 5
12 La 13 P 14 Fa 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 La	atch Rod Frame Protection Shield Foot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Seat Pad Sack Pad	1 1 2 2 1 1 1 1 1 1 1	65 66 67 68 69 70 71 72 73	Bushing φ16×φ8×8 Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	2 2 3 1 2 1 2 1 5
13 P 14 Fc 15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Lc	Protection Shield Foot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Seat Pad Back Pad	1 2 2 1 1 1 1 1 1	66 67 68 69 70 71 72 73 74	Stretch Splint External Circlips Hex Head Bolt M10×25 Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×75	2 3 1 2 1 2 1 5
14 Fe   15 P   16 C   17 P   18 C   19 C   20 C   21 S   22 B   23 Lc	Coot Pedal Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Ceat Pad Cack Pad	2 2 1 1 1 1 1 1 1	67 68 69 70 71 72 73 74	External Circlips  Hex Head Bolt M10×25  Socket Head Cap Screw M10×105  Socket Head Cap Screw M10×85  Button Head Cap Screw M10×80  Socket Head Cap Screw M10×75  Socket Head Cap Screw M10×70	3 1 2 1 2 1 5
15 P 16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 L	Pedal Plate Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Ceat Pad Sack Pad	2 1 1 1 1 1 1	68 69 70 71 72 73 74	Hex Head Bolt M10×25  Socket Head Cap Screw M10×105  Socket Head Cap Screw M10×100  Socket Head Cap Screw M10×85  Button Head Cap Screw M10×80  Socket Head Cap Screw M10×75  Socket Head Cap Screw M10×70	1 2 1 2 1 5
16 C 17 P 18 C 19 C 20 C 21 S 22 B 23 Lc	Connecting Rack Pulley Rack Connecting Plate Cable 1 Cable 2 Seat Pad Sack Pad	1 1 1 1 1 1	69 70 71 72 73 74	Socket Head Cap Screw M10×105 Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	2 1 2 1 5
17 P 18 C 19 C 20 C 21 S 22 B 23 L	Pulley Rack Connecting Plate Cable 1 Cable 2 Seat Pad Back Pad	1 1 1 1 1	70 71 72 73 74	Socket Head Cap Screw M10×100 Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	1 2 1 5
18 C 19 C 20 C 21 S 22 B 23 L	Connecting Plate Cable 1 Cable 2 Geat Pad Back Pad	1 1 1 1	71 72 73 74	Socket Head Cap Screw M10×85 Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	2 1 5
19 C 20 C 21 S 22 B 23 Le	Cable 1 Cable 2 Seat Pad Back Pad	1 1 1	72 73 74	Button Head Cap Screw M10×80 Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	1 5
20 C 21 S 22 B 23 Le	Cable 2 Seat Pad Back Pad	1 1 1	73 74	Socket Head Cap Screw M10×75 Socket Head Cap Screw M10×70	5
21 S 22 B 23 Le	Seat Pad Back Pad	1	74	Socket Head Cap Screw M10×70	
22 B	Back Pad	1		<u>'</u>	2
23 Le		-	75	0	
	eg Pad	2		Socket Head Cap Screw M10×45	2
24 =		2	76	Socket Head Cap Screw M10×30	5
∠ <del>+</del>  ⊏	End Cap φ55×φ12.2×5	1	77	Socket Head Cap Screw M10×20	2
25 S	Shaft 1 φ25×364	1	78	Socket Head Cap Screw M8×15	2
26 S	Shaft 2 φ25×499	1	79	Socket Head Cap Screw M8×60	1
27 L	ock Nut M20×1.5×18	1	80	Socket Head Cap Screw M8×25	2
28 C	Chain Buckle	1	81	Socket Head Cap Screw M4×15	1
29 E	End Cap φ38×6	2	82	Button Head Cap Screw M10×25	4
30 S	Spring φ1.5×φ13×64	1	83	Flat Head Cap Screw M10×25	2
31 P	Plug Head	1	84	Flat Head Cap Screw M8×75	4
32 In	nner Bearing Sleeve	2	85	Flat Head Cap Screw M8×35	4
33 F	lat Washer φ32×φ26×5	2	86	Flat Head Cap Screw M6×16	2
34 G	Guide Rod	2	87	Button Head Cap Screw M6×10	12
35 S	Sleeve φ25×φ17×φ10×5×14.5	4	88	Button Head Cap Screw M5×10	2
37 T	op Plate	1	89	Pan Head Philips Screw M5×15	18
38 S	Selector Pin W/Coil	1	90	Flat Head Philips Screw M5×15	8
39 U	Jpper Shroud	1	91	Socket Set Screw M5×3	4
40 S	Side Shroud	4	92	Nylon lock Nut M10	12
41 U	Inder Shroud	2	93	Nylon lock Nut M8	9
42 B	Back Buckle	1	94	Nylon lock Nut M5	10
43 F	ront Cover	1	95	Flat Washer φ24×φ13×1.5	1
44 P	Plug	7	96	Flat Washer φ20×φ11×2	38
45 4.	.5" Pulley	5	97	Flat Washer φ16×φ9×1.6	12
46 3.	5.5" Pulley	2	98	Spring Washer φ8	2
47 P	Plug PT50×100	1	99	Flat Hex Nut M5	16
	Spacer φ32×φ25.4×40	2	100	Transfer Elevated	2
	Grip φ30×φ22×205	2	102	Socket Head Cap Screw M10×50	1
	Adjustable Foot	1	103	Rivets With Flat And Round Head	12
	Plug φ60	2	104	Button Head Cap Screw M8×25	2
	Rubber Foot	2	105	Button Head Cap Screw M10×30	4

# Exploded View (g) (Z) (E)

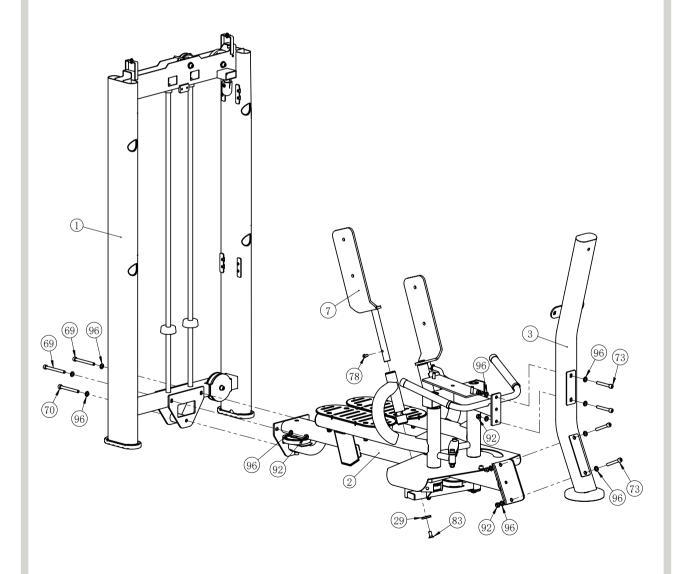
# **Measurement Guide**



# STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

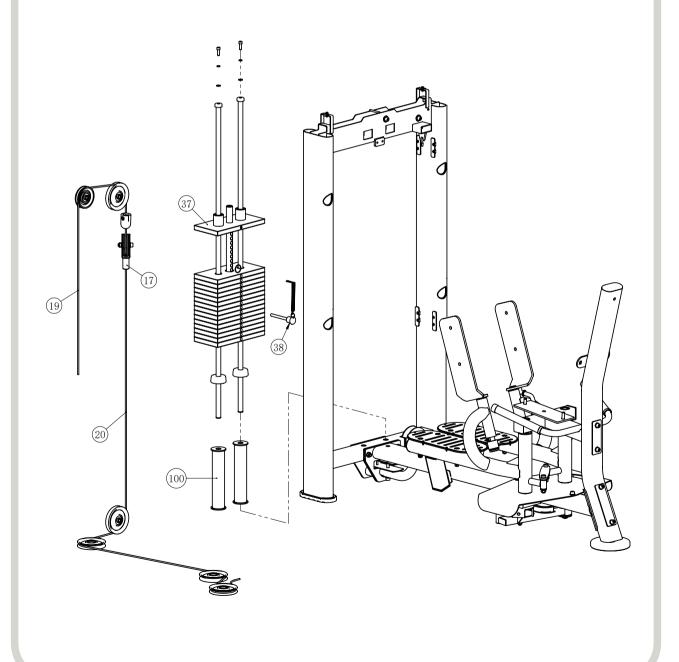
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	70	0 Socket Head Cap Screw M10×100	
2	Bottom Cross Brace	1	73	Socket Head Cap Screw M10×75	4
3	Back Pad Support	1	78	Socket Head Cap Screw M8×15	2
7	Leg Pad Frame	2	83	Flat Head Cap Screw M10×25	2
29	End Cap φ38×6	2	92	Nylon lock Nut M10	6
69	Socket Head Cap Screw M10×105	2	96	Flat Washer φ20×φ11×2	13



# STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

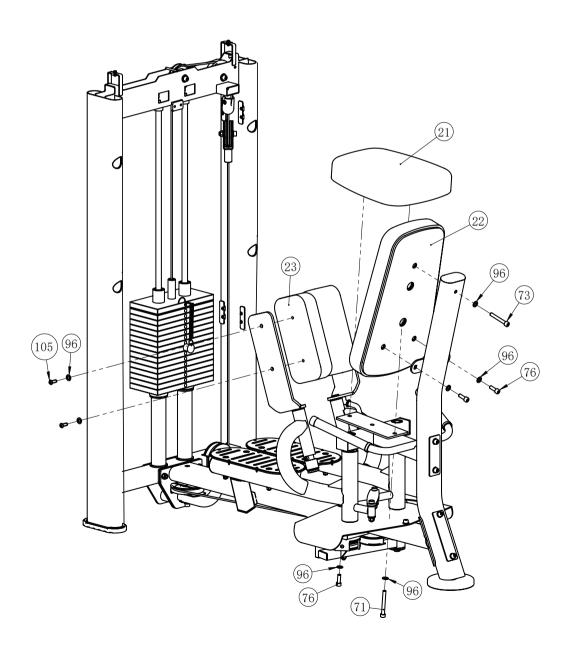
Item NO.	Description	Qty	Item NO.	Description	Qty
17	Pulley Rack	1	37	Top Plate	1
19	Cable 1	1	38	Selector Pin W/Coil	1
20	Cable 2	1	100	Transfer Elevated	2



### STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

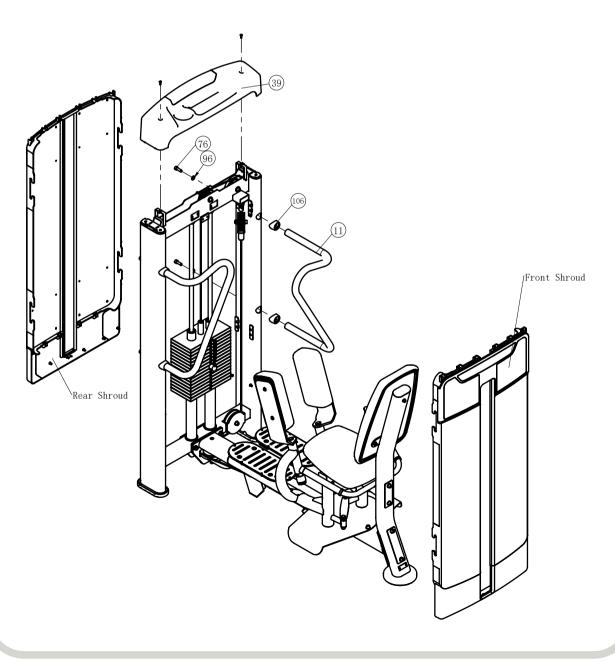
Item NO.	Description	Qty	Item NO.	Description	Qty
21	Seat Pad	1	73	Socket Head Cap Screw M10×75	1
22	Back Pad	1	76	Socket Head Cap Screw M10×30	3
23	Leg Pad	2	96	96 Flat Washer φ20×φ11×2	
71	Socket Head Cap Screw M10×85	1	105	Button Head Cap Screw M10×30	4



# STEP 4

Note: Wrench Tighten Screws.

Item NO.	Description	Qty
11	Handle Frame	
39	Upper Shroud	1
76	Socket Head Cap Screw M10×30	2
96	Flat Washer φ20×φ11×2	2
106	Ruubber Sleeve	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 warn 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 uses 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.

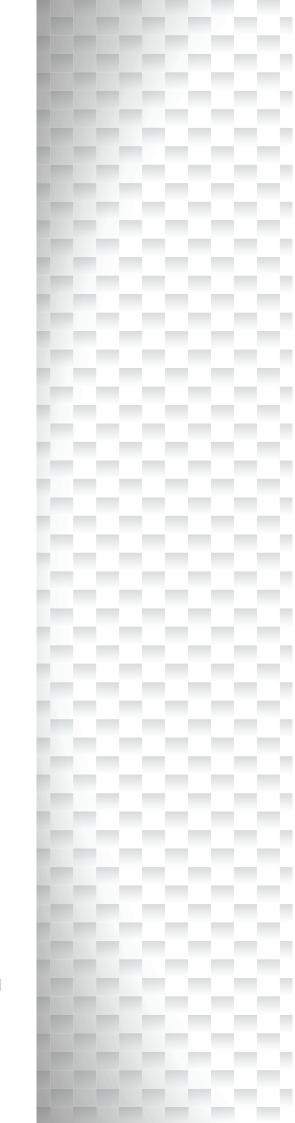
#### Seat Sleeves, Guide Rods:

- \* 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



# Garlando

GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
contact@toorxprofessional.it
www.toorxprofessional.it