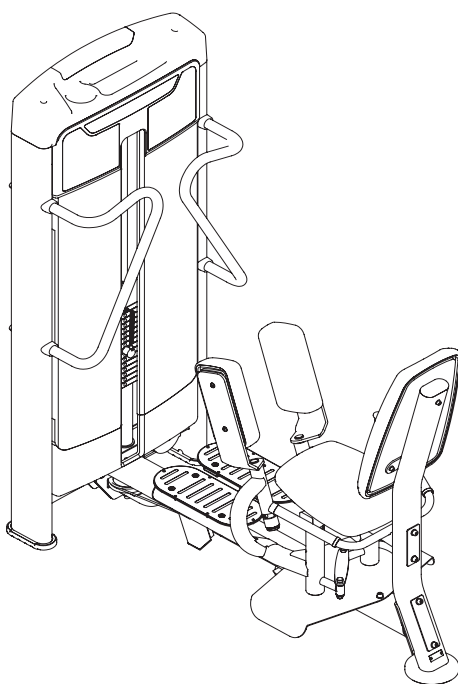


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**ABDUCTOR/ADDUCTOR**

# PLX 9700



Cod : GRLDTOORXPLX9700

Rev : 00

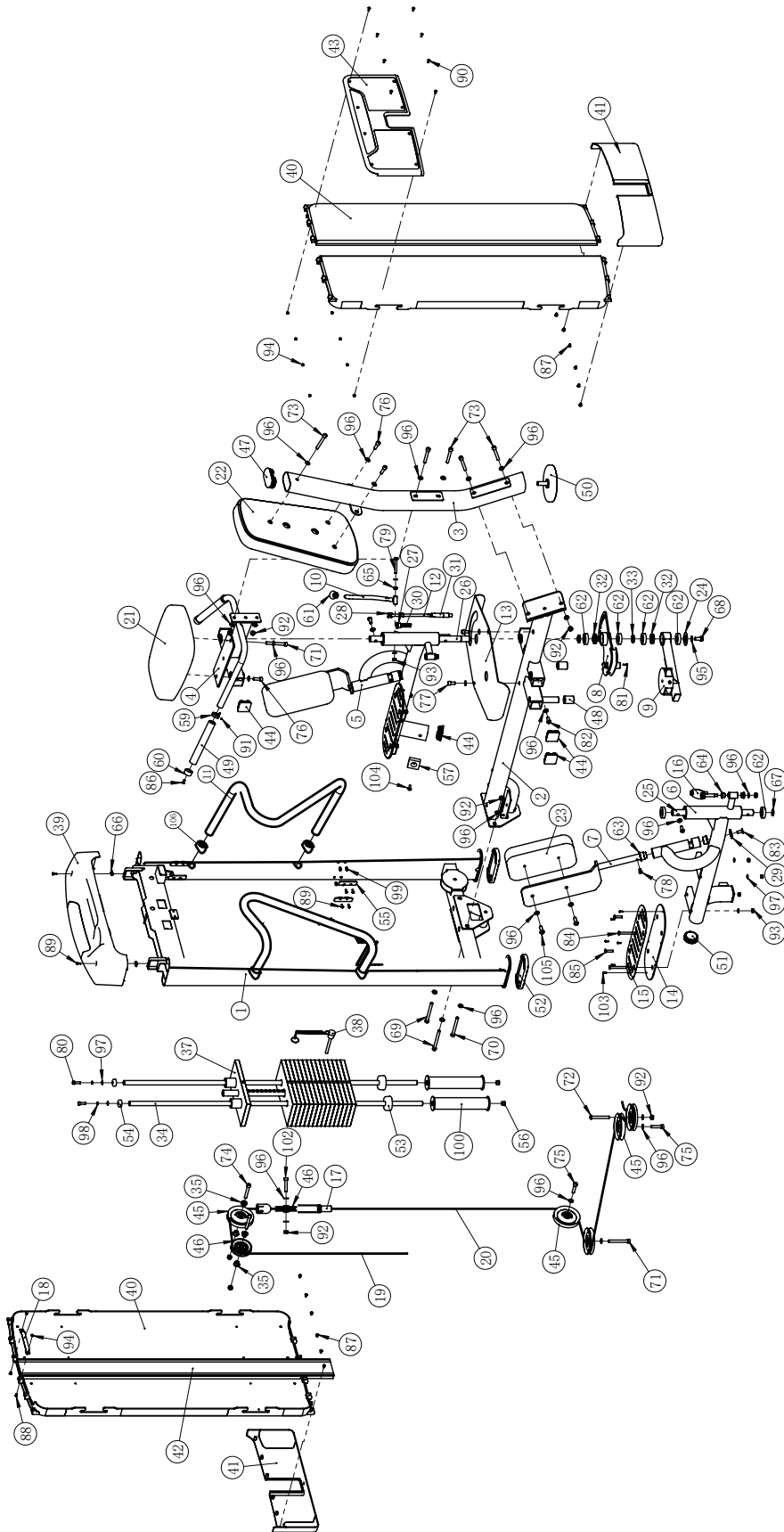
Ed : 11/23

# Parts List

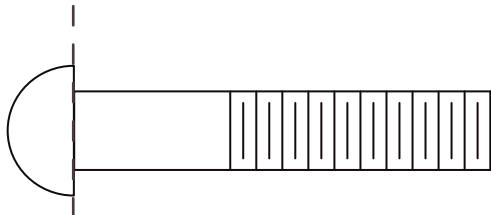
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	53	Weight Rubber Bumper	2
2	Bottom Cross Brace	1	54	Mount Sleeve $\phi 29 \times \phi 8.5 \times 12$	2
3	Back Pad Support	1	55	Shroud Clip	8
4	Seat Pad Frame	1	56	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
5	Right Leg Frame	1	57	Cushion $50 \times 50 \times 16$	2
6	Left Leg Frame	1	59	Aluminum Ring $\phi 25$	2
7	Leg Pad Frame	2	60	Aluminum Cap $\phi 25$	2
8	Cam	1	61	Handle	1
9	Reversing Frame	1	62	Bearing 6005	8
10	Adjustable Handle	1	63	Bushing $\phi 38 \times \phi 25.4 \times 18$	4
11	Handle Frame	2	64	Bushing $\phi 25 \times \phi 12.2 \times 13$	4
12	Latch Rod Frame	1	65	Bushing $\phi 16 \times \phi 8 \times 8$	2
13	Protection Shield	1	66	Stretch Splint	2
14	Foot Pedal	2	67	External Circlips	3
15	Pedal Plate	2	68	Hex Head Bolt M10 $\times$ 25	1
16	Connecting Rack	1	69	Socket Head Cap Screw M10 $\times$ 105	2
17	Pulley Rack	1	70	Socket Head Cap Screw M10 $\times$ 100	1
18	Connecting Plate	1	71	Socket Head Cap Screw M10 $\times$ 85	2
19	Cable 1	1	72	Button Head Cap Screw M10 $\times$ 80	1
20	Cable 2	1	73	Socket Head Cap Screw M10 $\times$ 75	5
21	Seat Pad	1	74	Socket Head Cap Screw M10 $\times$ 70	2
22	Back Pad	1	75	Socket Head Cap Screw M10 $\times$ 45	2
23	Leg Pad	2	76	Socket Head Cap Screw M10 $\times$ 30	5
24	End Cap $\phi 55 \times \phi 12.2 \times 5$	1	77	Socket Head Cap Screw M10 $\times$ 20	2
25	Shaft 1 $\phi 25 \times 364$	1	78	Socket Head Cap Screw M8 $\times$ 15	2
26	Shaft 2 $\phi 25 \times 499$	1	79	Socket Head Cap Screw M8 $\times$ 60	1
27	Lock Nut M20 $\times$ 1.5 $\times$ 18	1	80	Socket Head Cap Screw M8 $\times$ 25	2
28	Chain Buckle	1	81	Socket Head Cap Screw M4 $\times$ 15	1
29	End Cap $\phi 38 \times 6$	2	82	Button Head Cap Screw M10 $\times$ 25	4
30	Spring $\phi 1.5 \times \phi 13 \times 64$	1	83	Flat Head Cap Screw M10 $\times$ 25	2
31	Plug Head	1	84	Flat Head Cap Screw M8 $\times$ 75	4
32	Inner Bearing Sleeve	2	85	Flat Head Cap Screw M8 $\times$ 35	4
33	Flat Washer $\phi 32 \times \phi 26 \times 5$	2	86	Flat Head Cap Screw M6 $\times$ 16	2
34	Guide Rod	2	87	Button Head Cap Screw M6 $\times$ 10	12
35	Sleeve $\phi 25 \times \phi 17 \times \phi 10 \times 5 \times 14.5$	4	88	Button Head Cap Screw M5 $\times$ 10	2
37	Top Plate	1	89	Pan Head Philips Screw M5 $\times$ 15	18
38	Selector Pin W/Coil	1	90	Flat Head Philips Screw M5 $\times$ 15	8
39	Upper Shroud	1	91	Socket Set Screw M5 $\times$ 3	4
40	Side Shroud	4	92	Nylon lock Nut M10	12
41	Under Shroud	2	93	Nylon lock Nut M8	9
42	Back Buckle	1	94	Nylon lock Nut M5	10
43	Front Cover	1	95	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	1
44	Plug $\square 50.8$	7	96	Flat Washer $\phi 20 \times \phi 11 \times 2$	38
45	4.5" Pulley	5	97	Flat Washer $\phi 16 \times \phi 9 \times 1.6$	12
46	3.5" Pulley	2	98	Spring Washer $\phi 8$	2
47	Plug PT50 $\times$ 100	1	99	Flat Hex Nut M5	16
48	Spacer $\phi 32 \times \phi 25.4 \times 40$	2	100	Transfer Elevated	2
49	Grip $\phi 30 \times \phi 22 \times 205$	2	102	Socket Head Cap Screw M10 $\times$ 50	1
50	Adjustable Foot	1	103	Rivets With Flat And Round Head	12
51	Plug $\phi 60$	2	104	Button Head Cap Screw M8 $\times$ 25	2
52	Rubber Foot	2	105	Button Head Cap Screw M10 $\times$ 30	4
			106	Rubber Sleeve	2

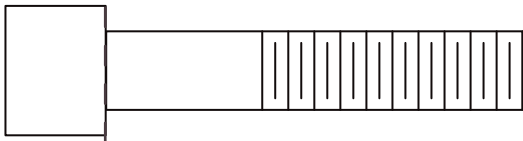
# Exploded View



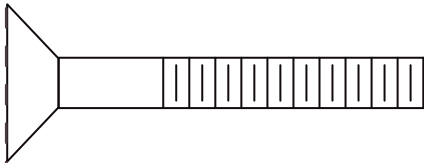
# Measurement Guide



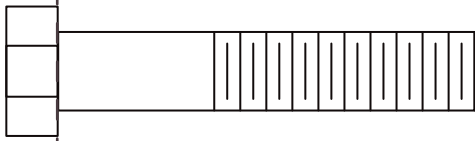
BHCS = Button Head Cap Screw



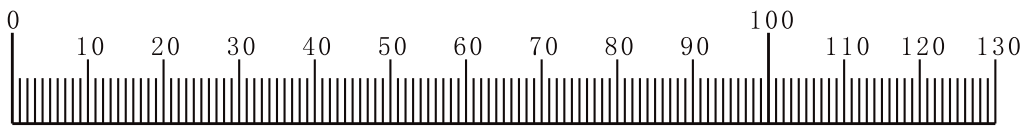
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



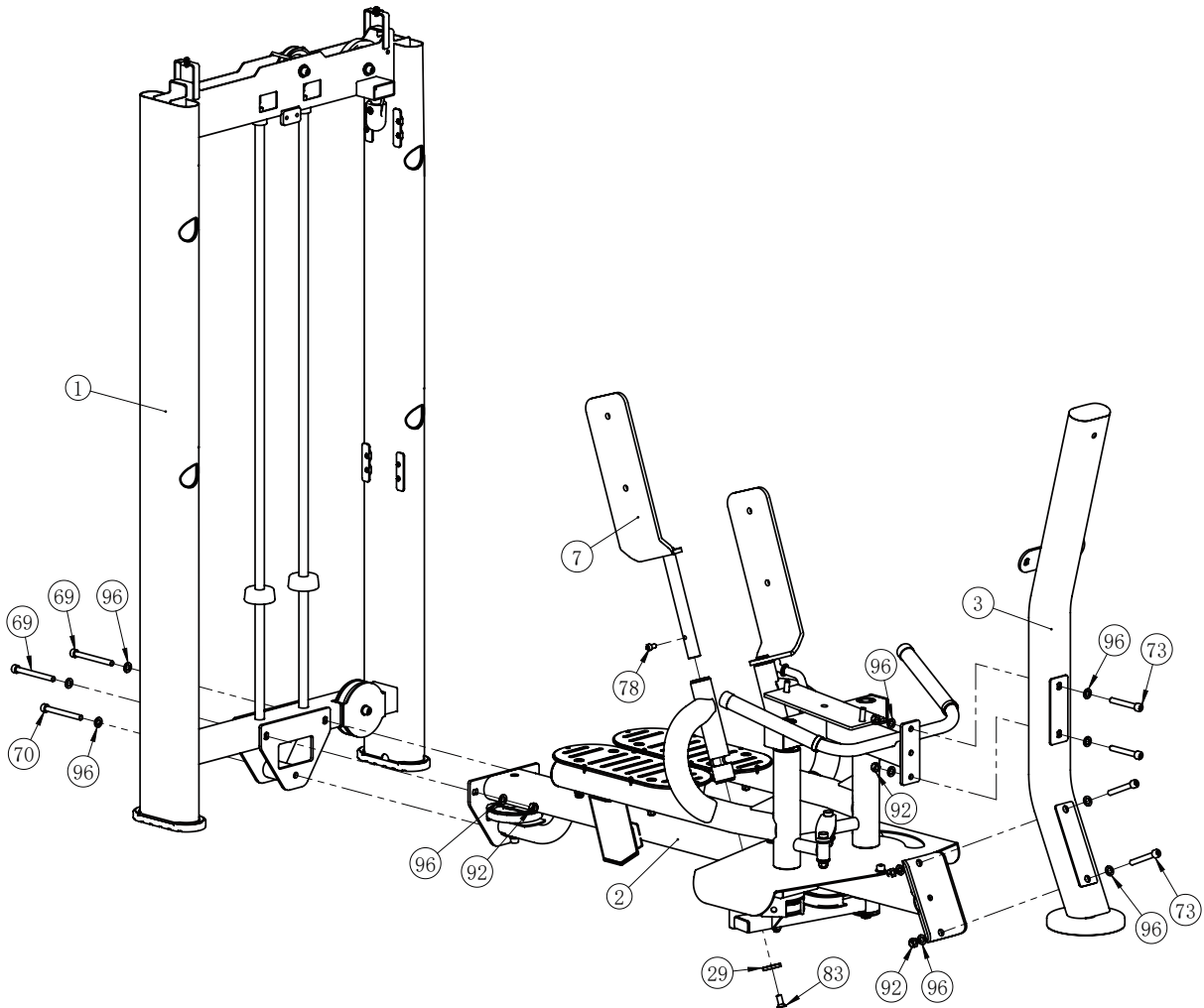
Inches

# Assembly

## STEP 1

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

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	70	Socket Head Cap Screw M10×100	1
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 $\phi 38 \times 6$	2	92	Nylon lock Nut M10	6
69	Socket Head Cap Screw M10×105	2	96	Flat Washer $\phi 20 \times \phi 11 \times 2$	13

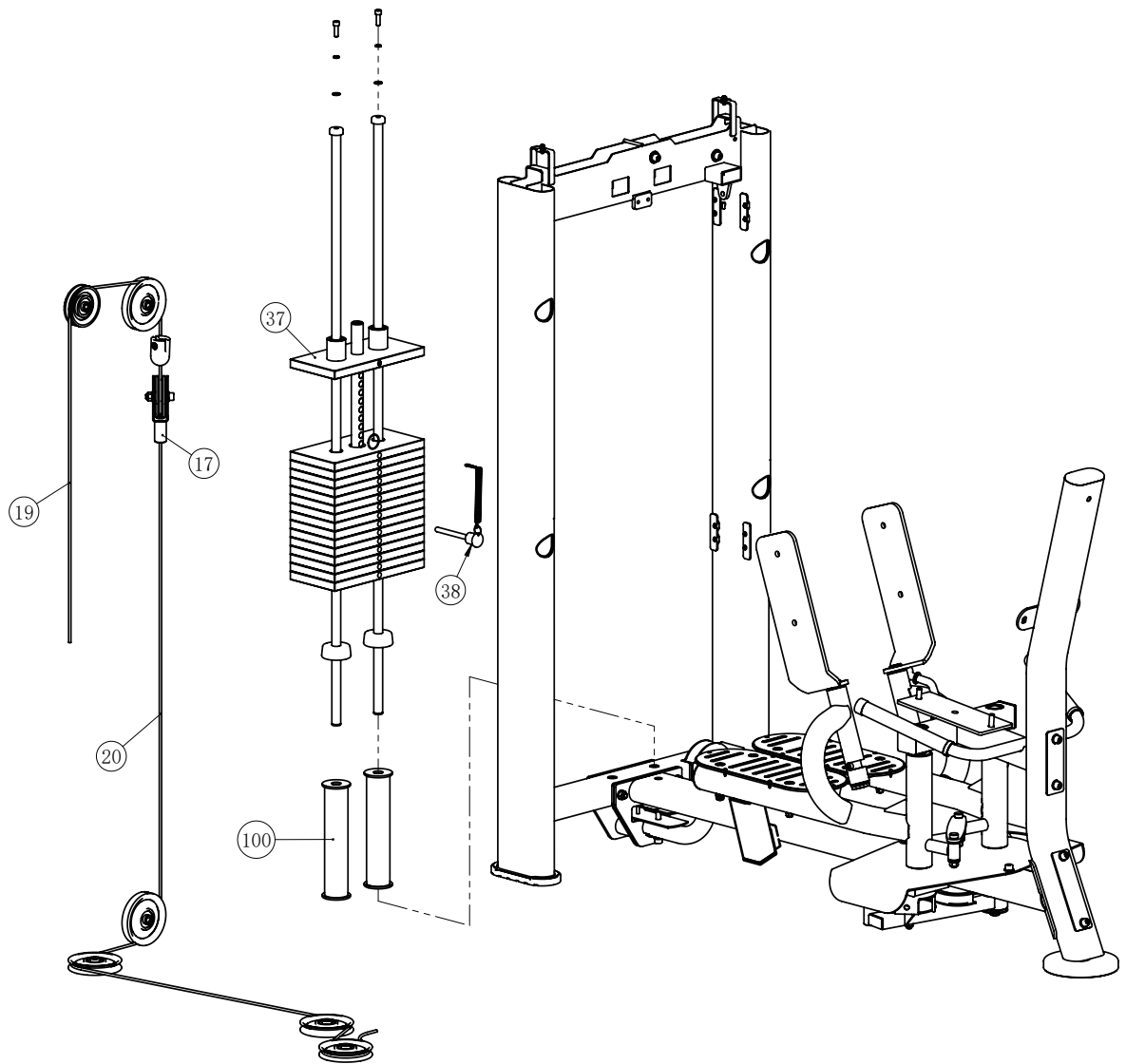


# Assembly

## 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

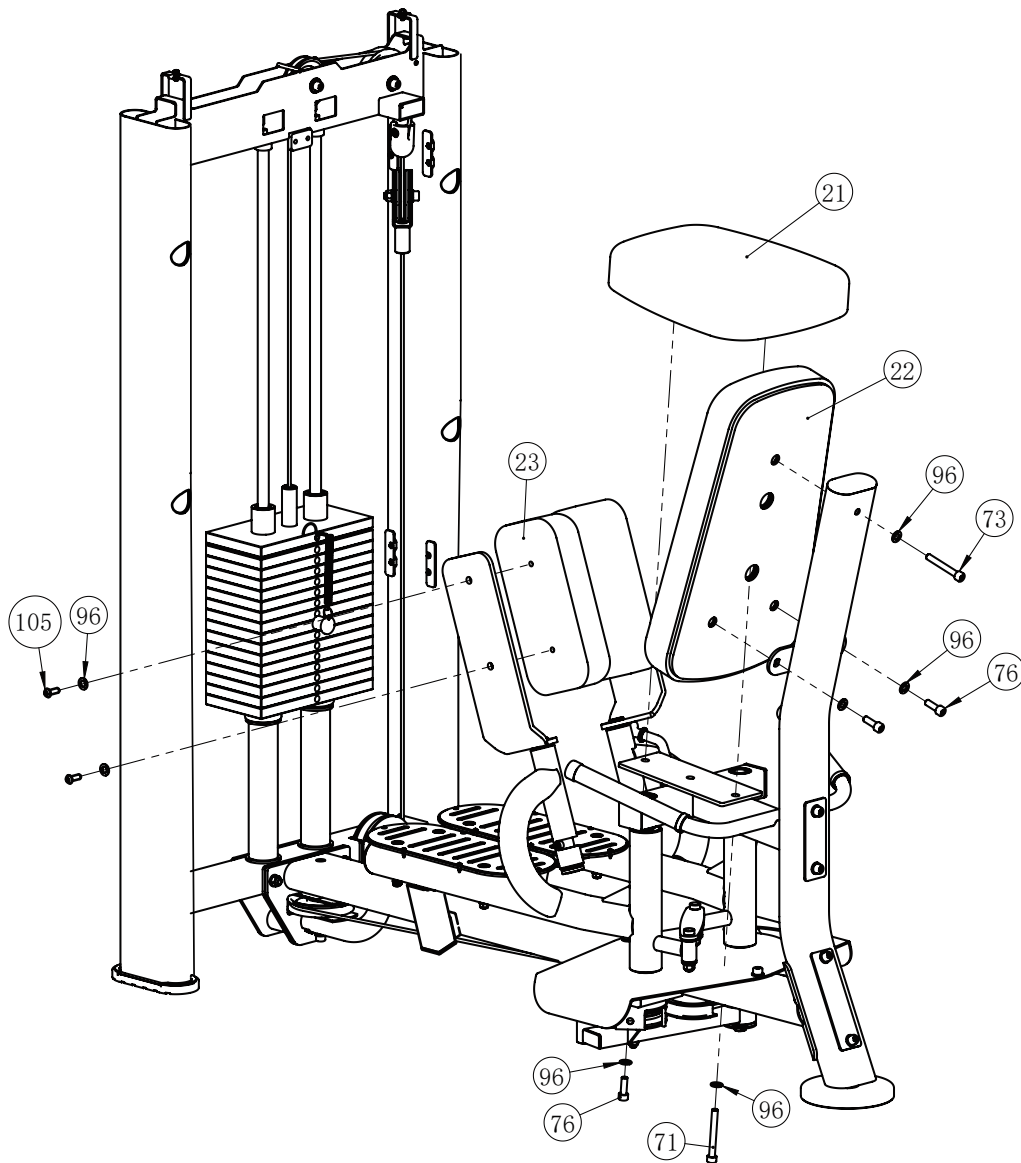


# Assembly

## 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	Flat Washer φ20×φ11×2	9
71	Socket Head Cap Screw M10×85	1	105	Button Head Cap Screw M10×30	4

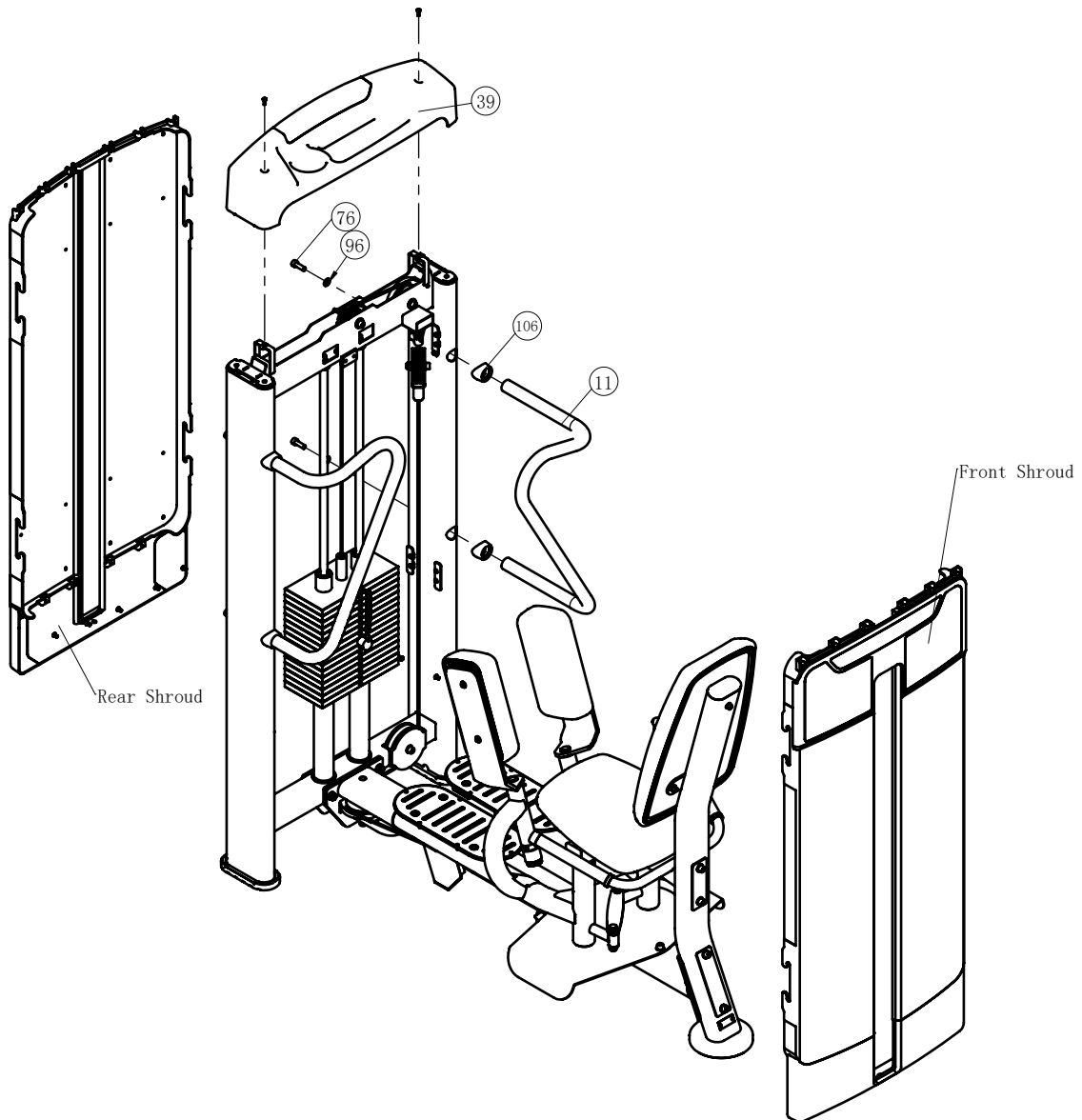


# Assembly

## STEP 4

Note: Wrench Tighten Screws.

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