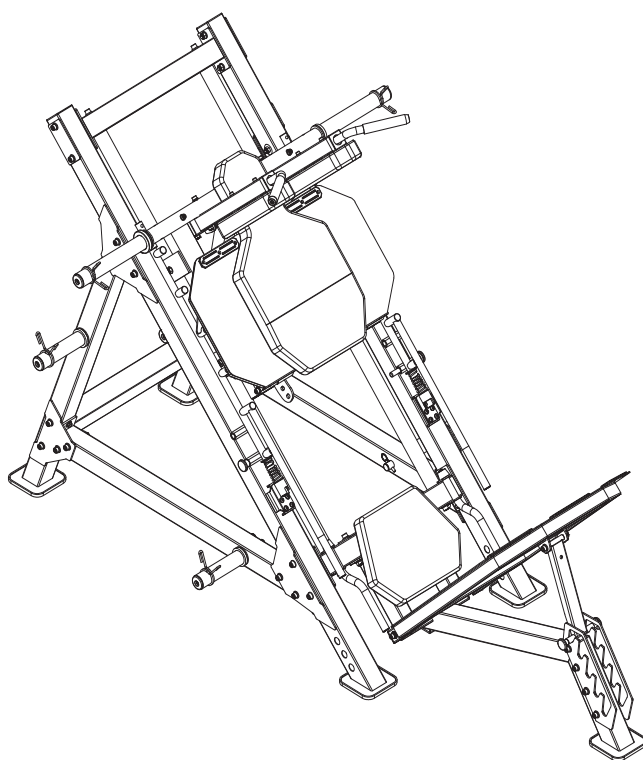


TOORX
PROFESSIONAL LINE

INSTRUCTION



HACK SQUAT / LEG PRESS

FWX7400

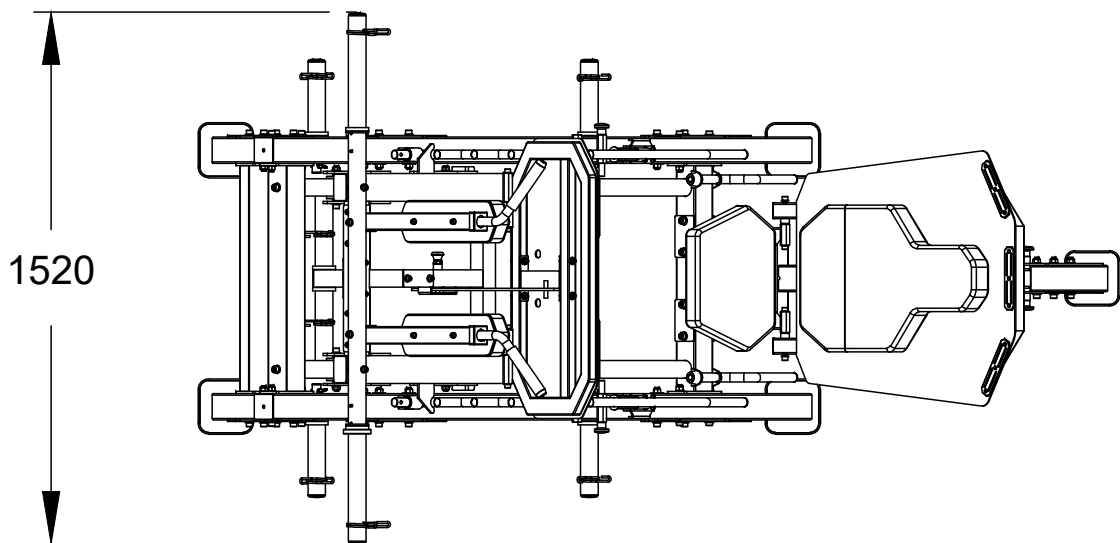
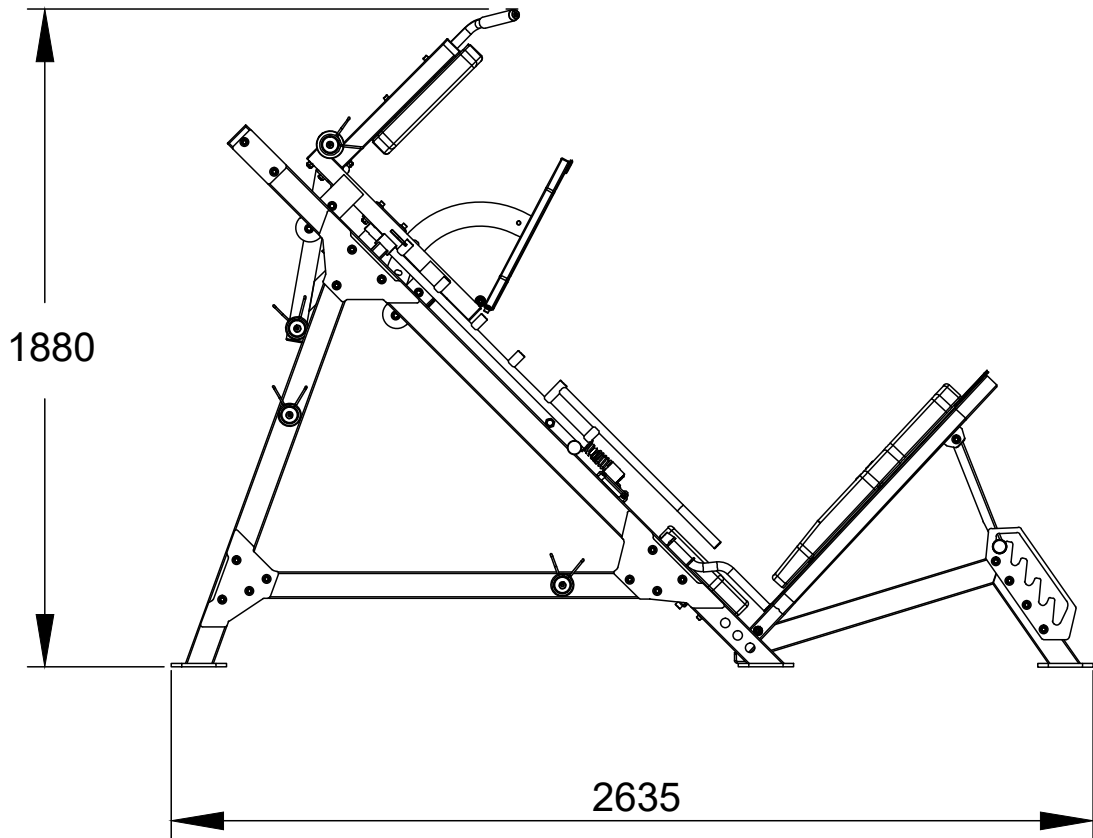


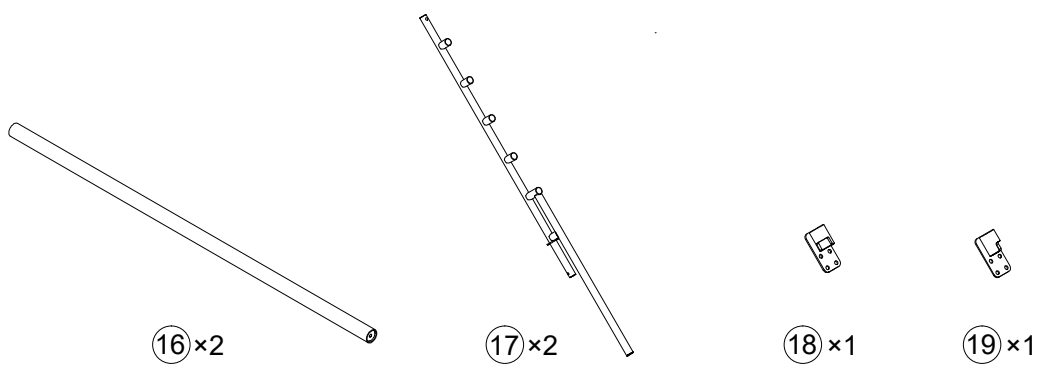
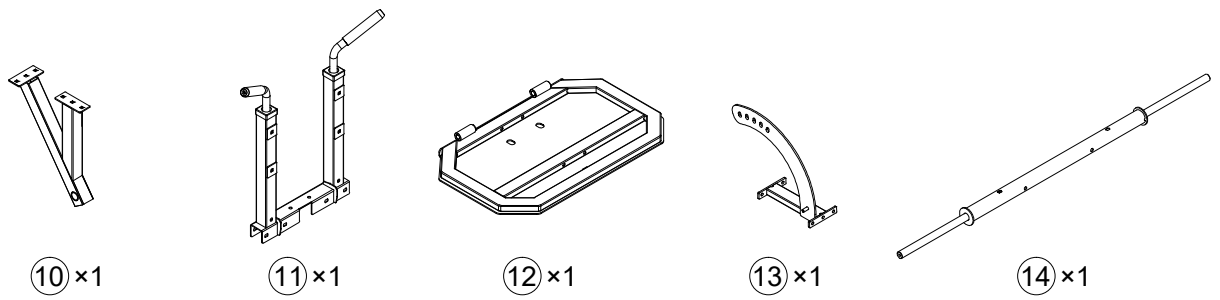
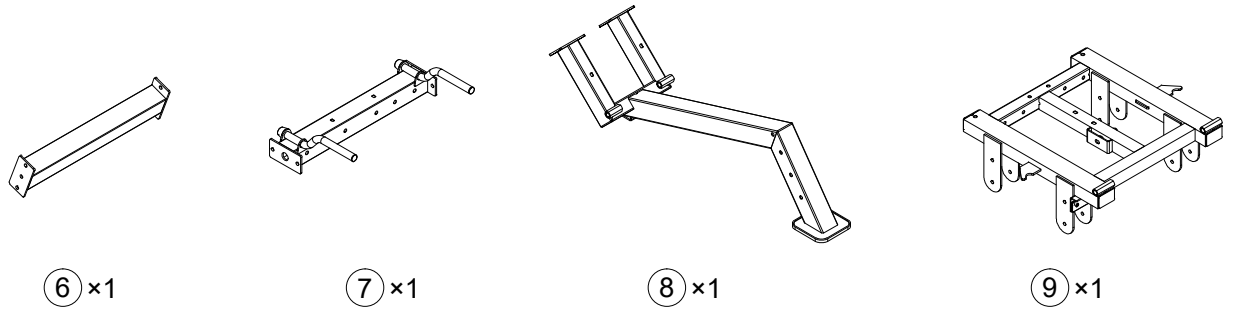
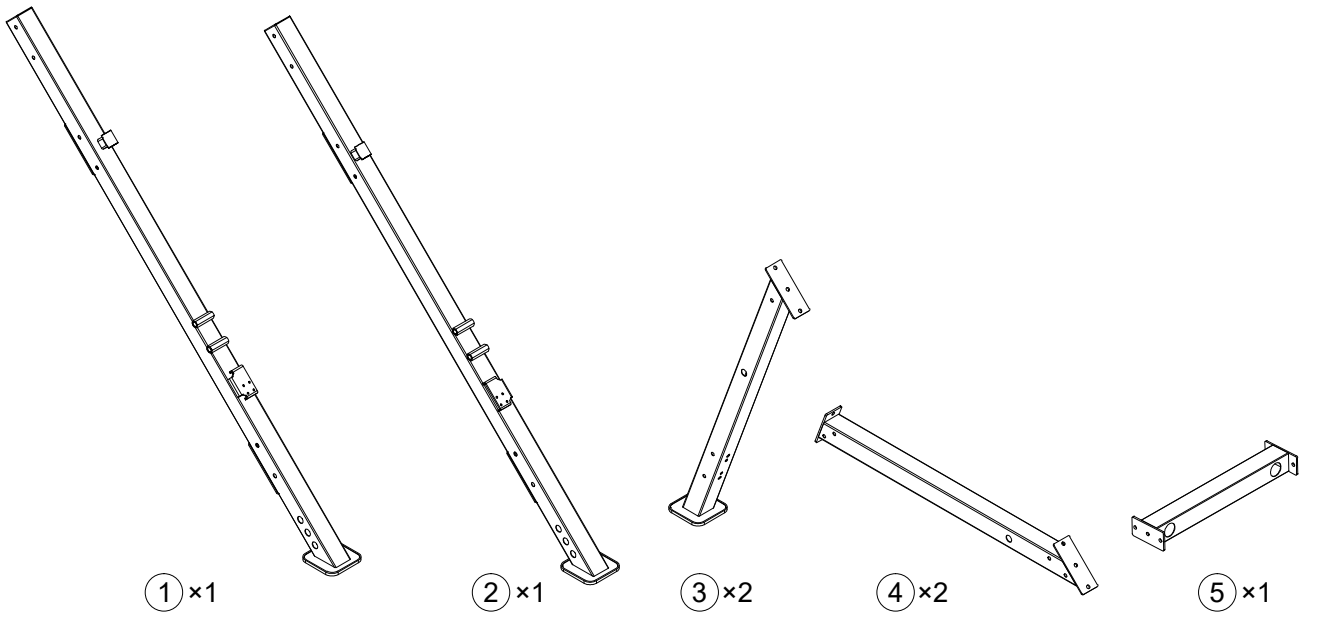
Cod : GRLDTOORXFWX7400

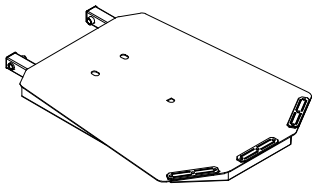
Rev : 00

Ed : 01/24

Assembled Dimension: 2635mm×1520mm×1880mm



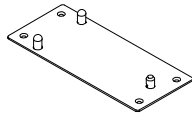




20 x 1



21 x 1



22 x 1



23 x 2



24 x 2



25 x 4



26 x 1



27 x 2



28 x 2



29 x 2



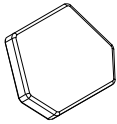
30 x 2



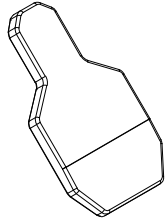
31 x 2



32 x 1



33 x 1



34 x 1



35 x 2



38 x 2



39 x 6



40 x 2



41 x 8



45 x 1



47 x 2



50 x 4



53 x 2



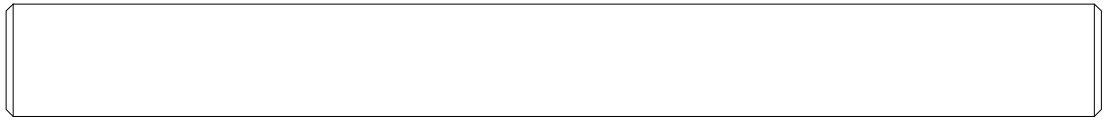
55 x 8



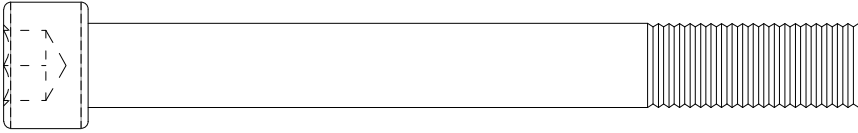
56 x 2



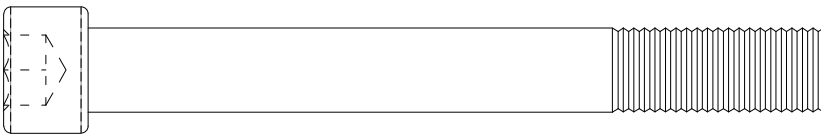
57 x 1



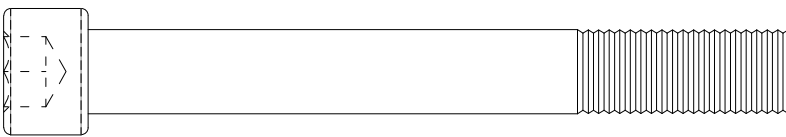
④③ × 2



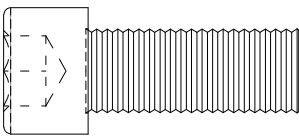
⑤⑧ × 9



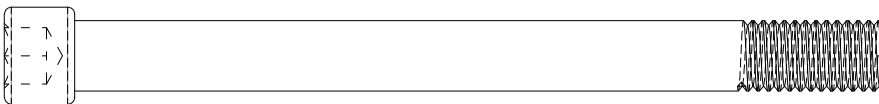
⑤⑨ × 20



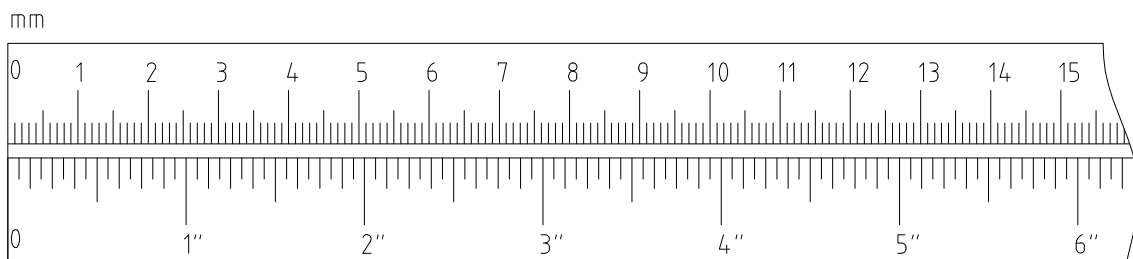
⑥0 × 14



⑥1 × 12

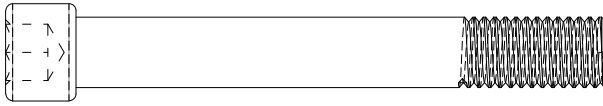


⑥2 × 4

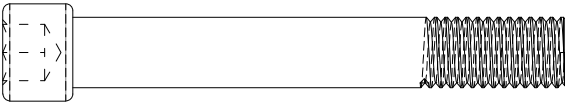




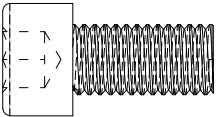
63 × 2



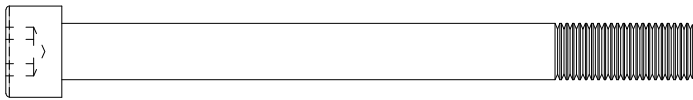
64 × 2



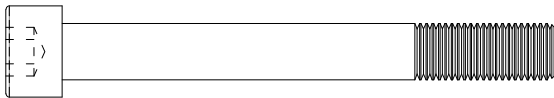
65 × 10



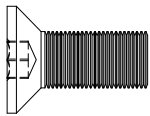
66 × 8



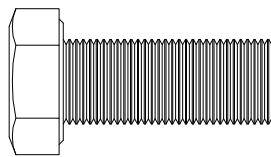
67 × 4



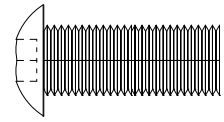
68 × 4



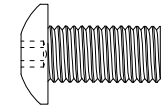
72 × 4



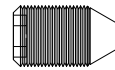
77 × 4



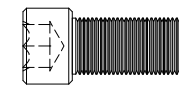
73 × 8



74 × 8

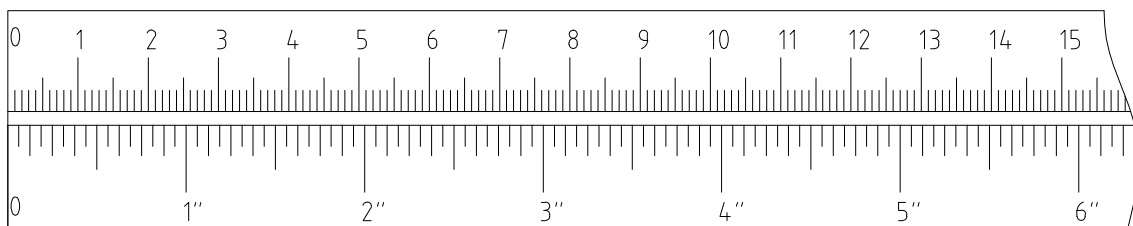


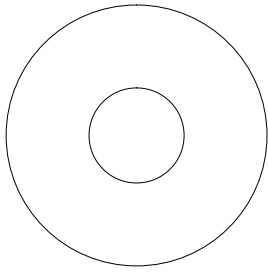
75 × 1



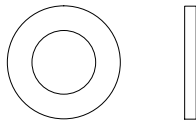
76 × 2

mm

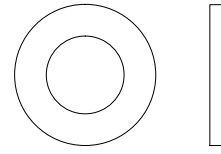




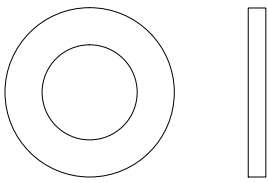
⑦8 × 14



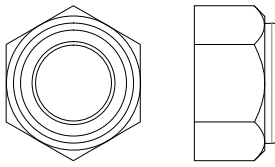
⑦9 × 16



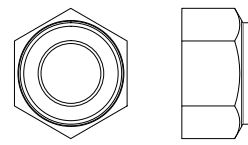
⑧0 × 40



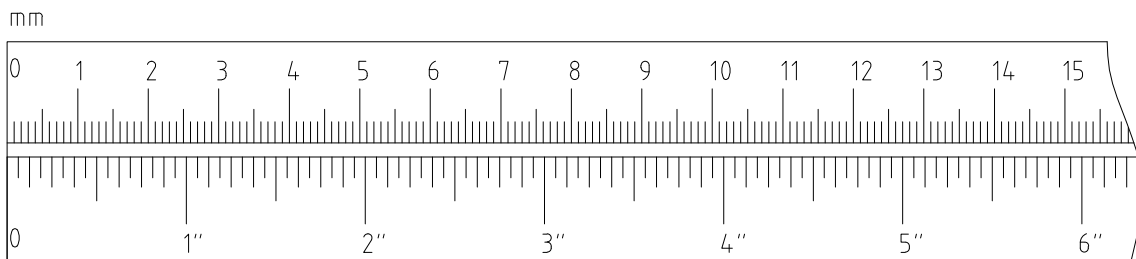
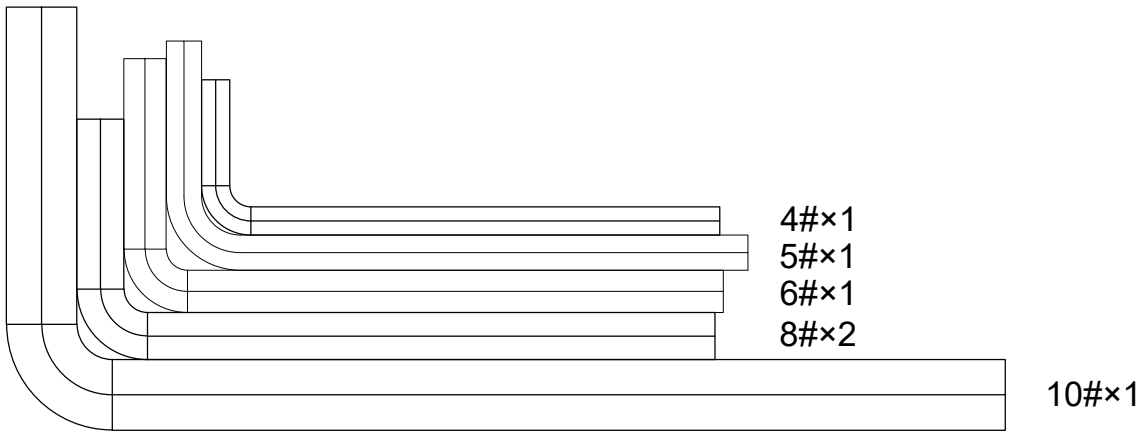
⑧1 × 88

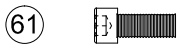


⑧2 × 43



⑧3 × 16





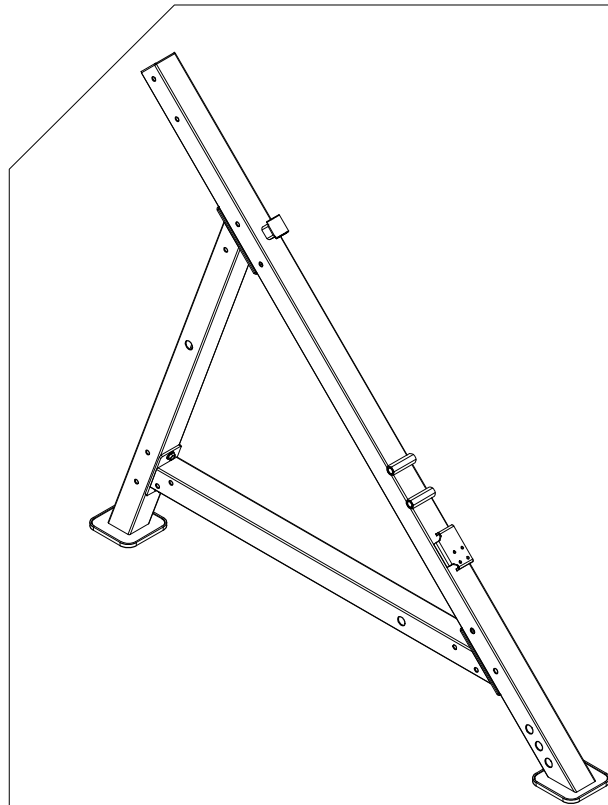
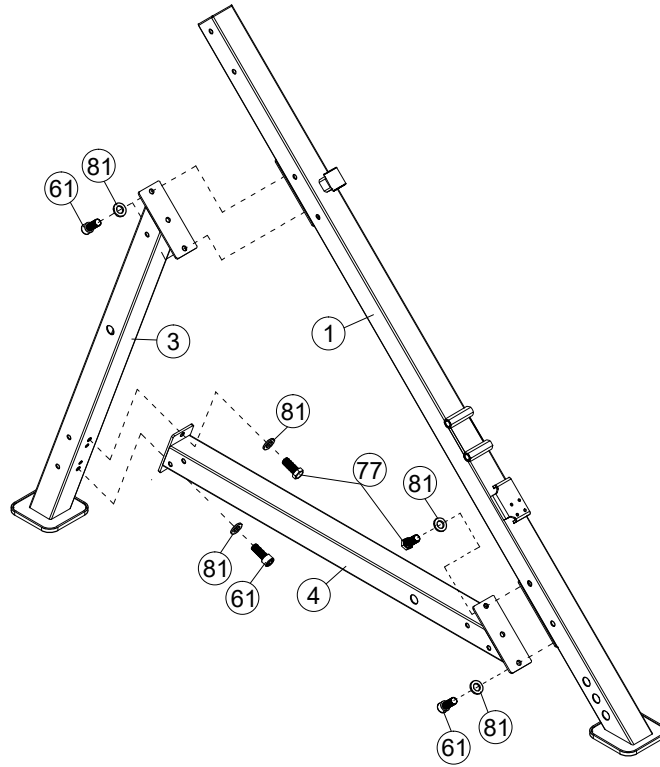
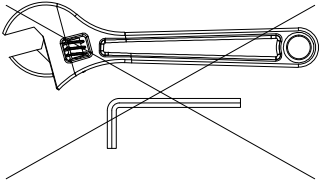
×4 M12×30mm



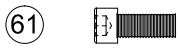
×6 Φ12



×2 M12×30mm



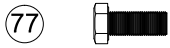
1



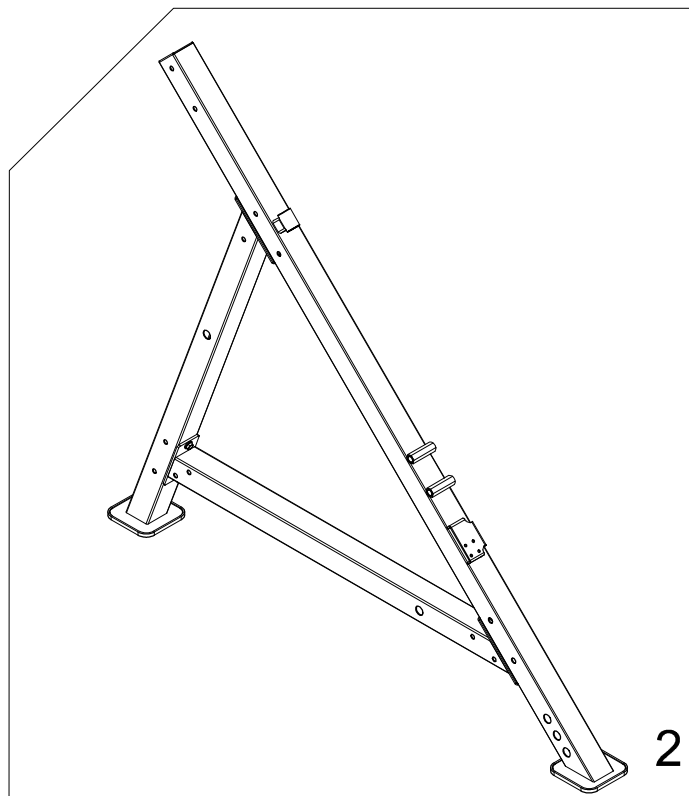
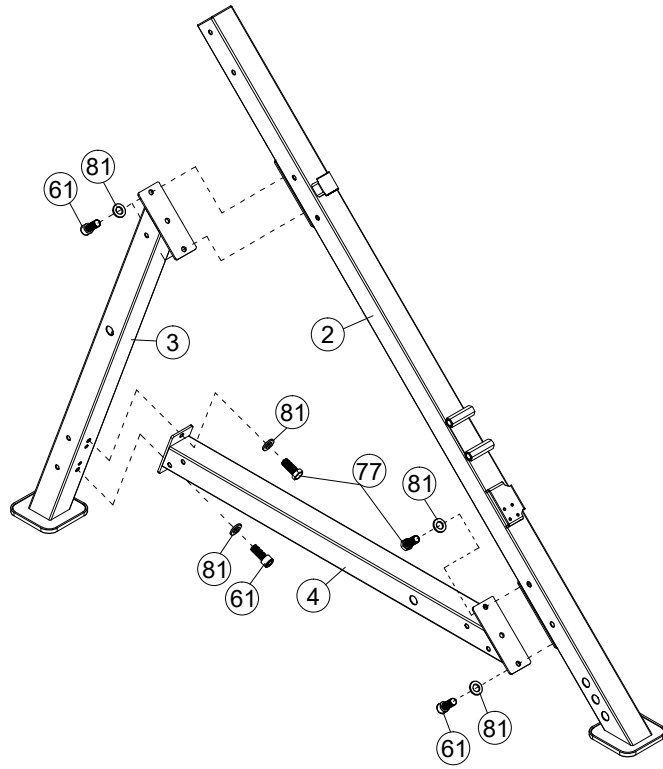
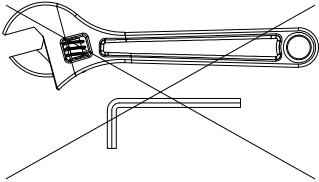
×4 M12×30mm

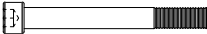

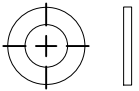


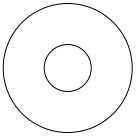
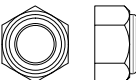
×6 Φ12

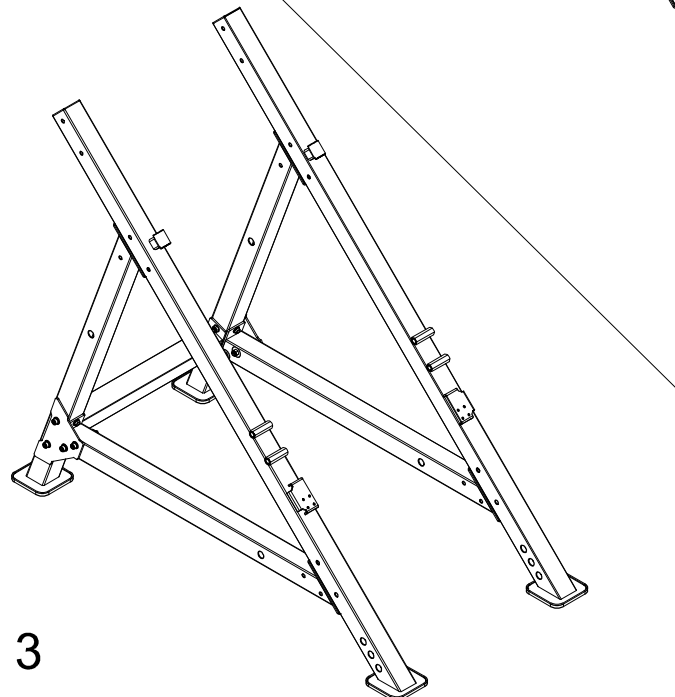
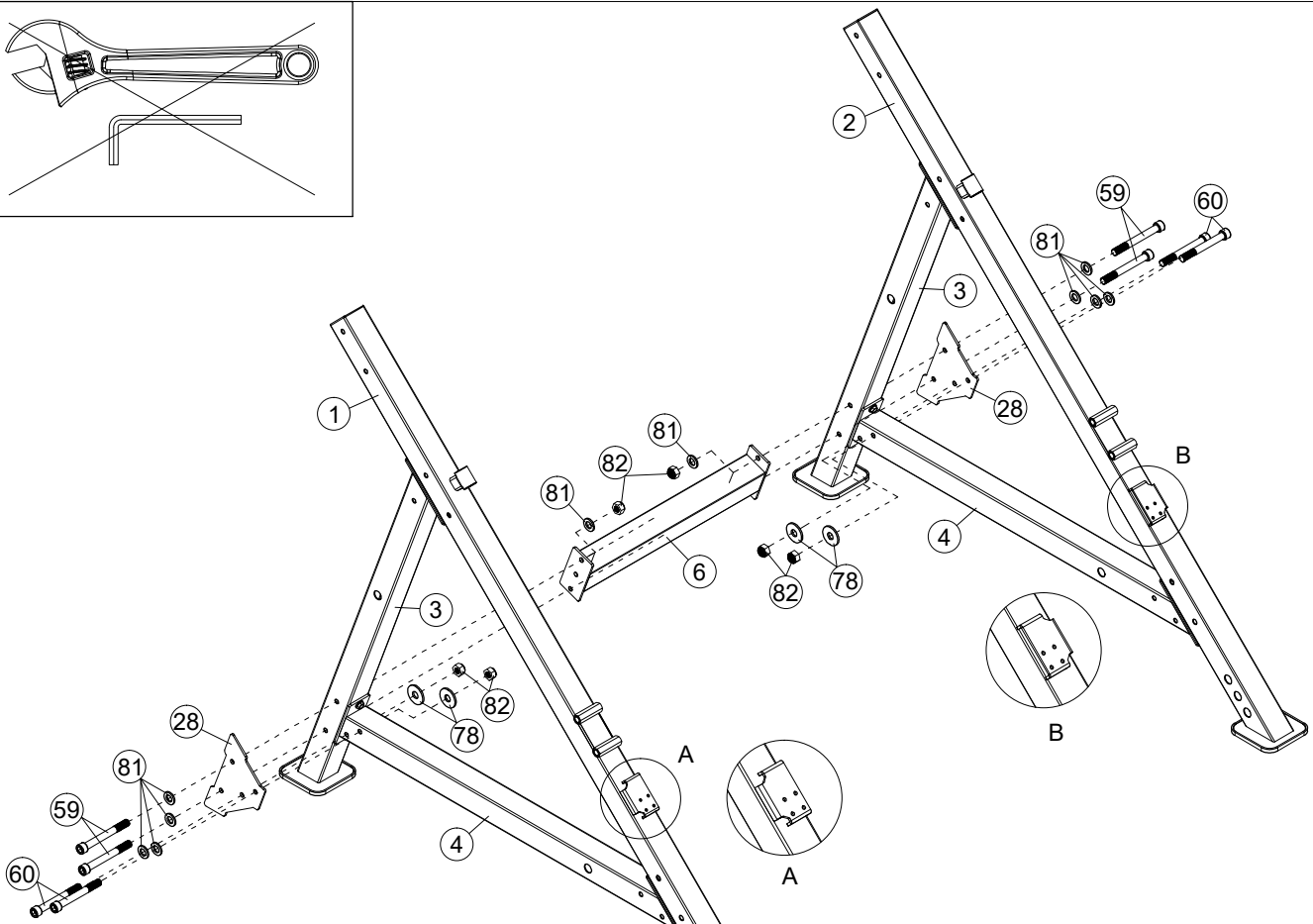
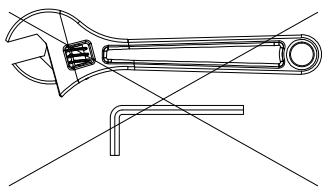


×2 M12×30mm

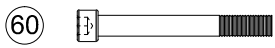


- 59  ×4 M12×105mm
- 60  ×4 M12×100mm
- 81  ×12 Φ12

- 78  ×4 Φ37×Φ13.5
- 82  ×8 M12



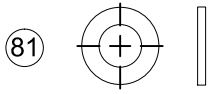
3



×6 M12×100mm



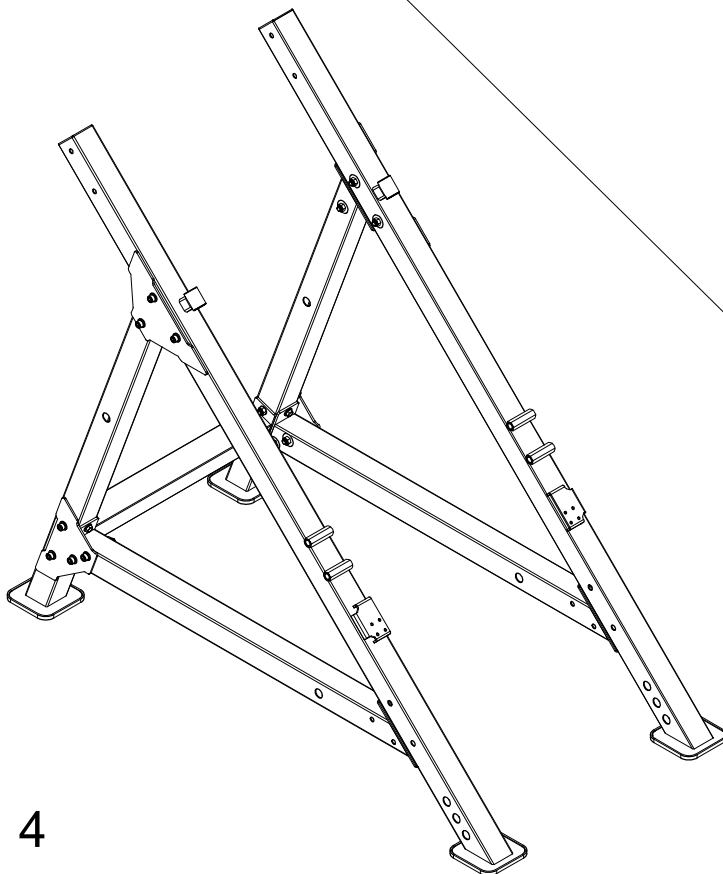
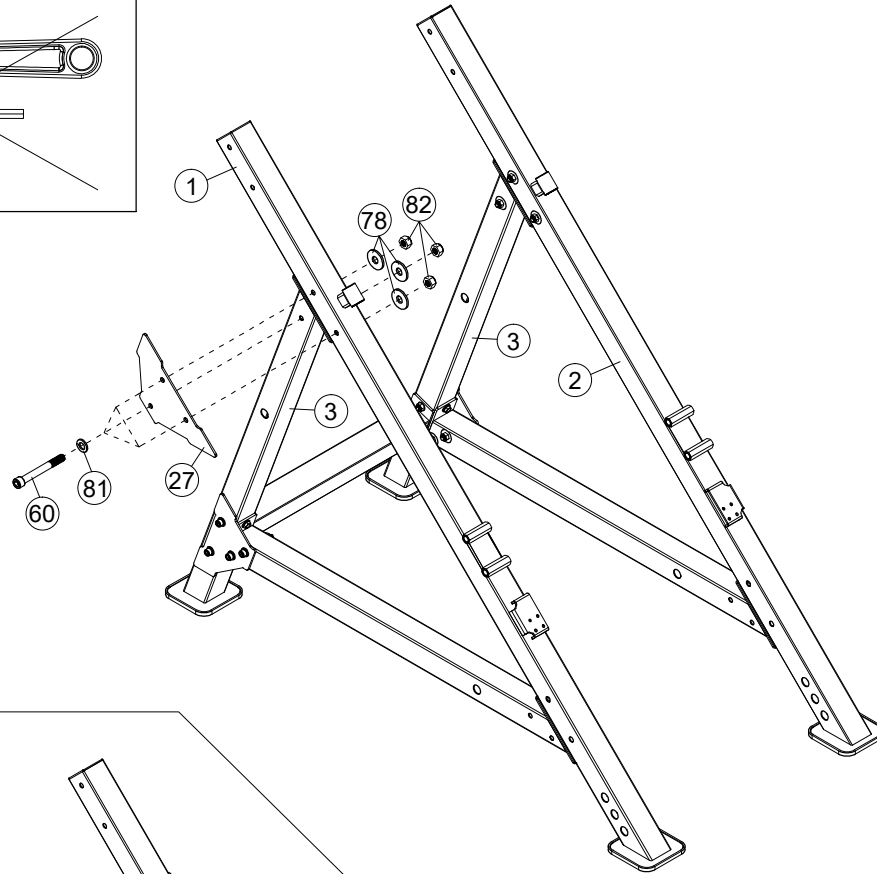
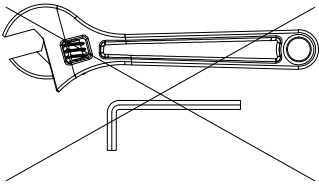
×6 $\Phi 37 \times \Phi 13.5$



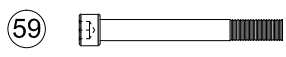
×6 $\Phi 12$



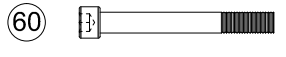
×6 M12



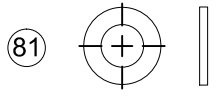
4



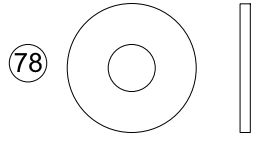
×4 M12×105mm



×4 M12×100mm



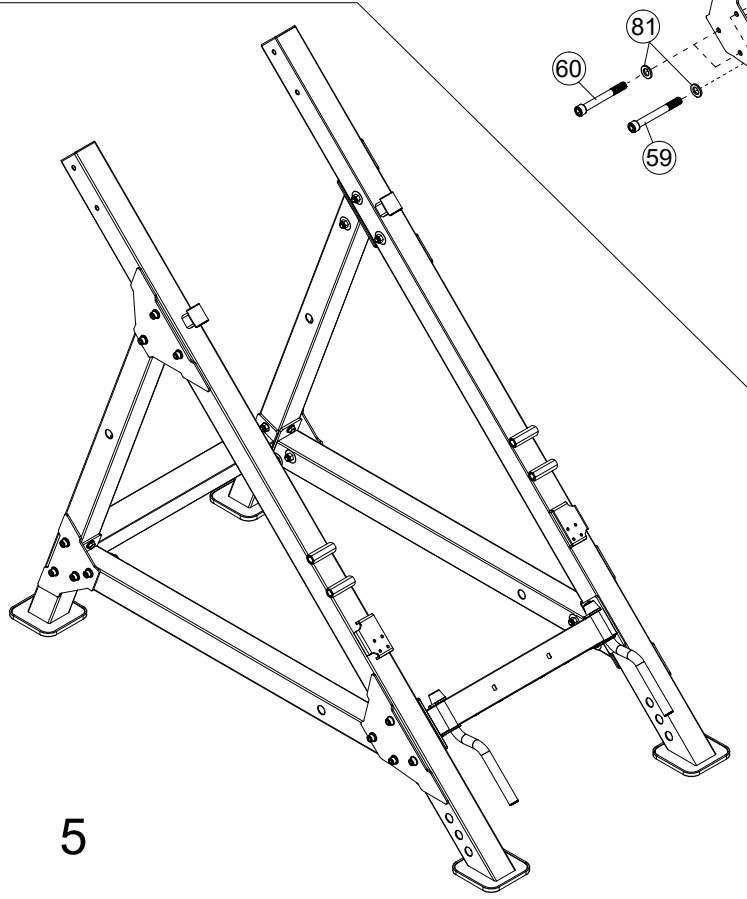
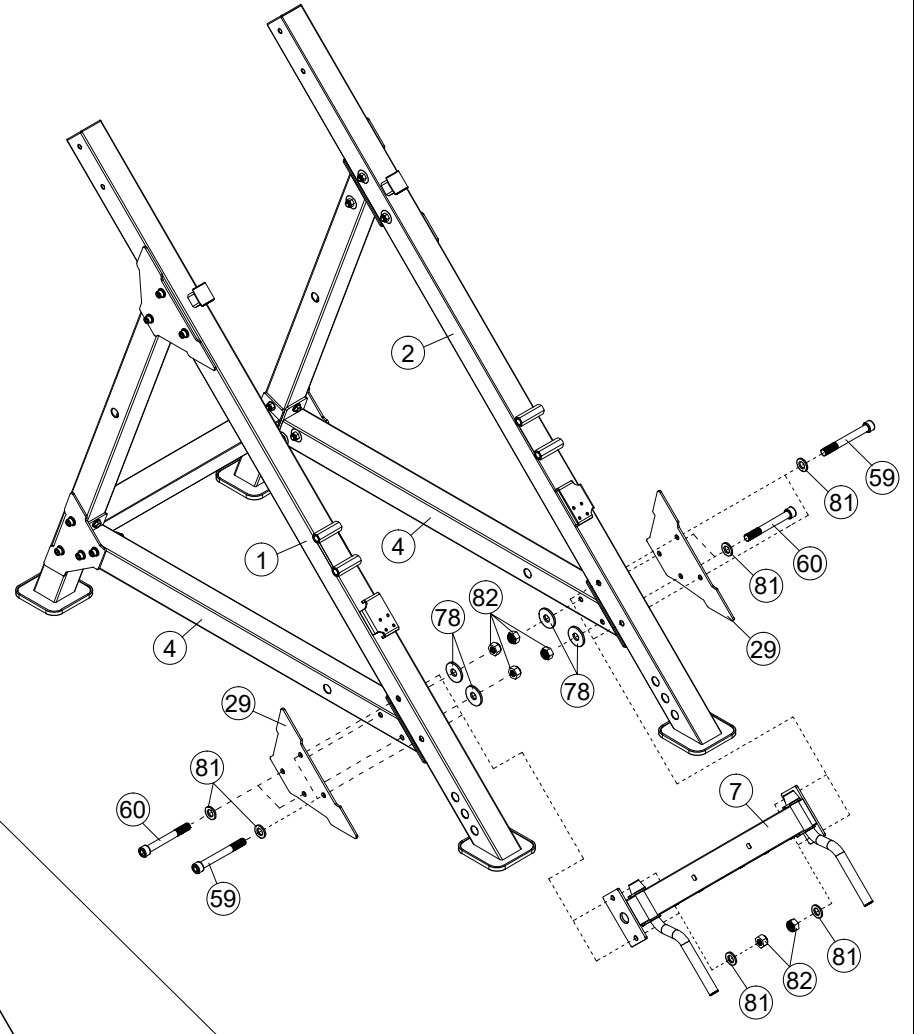
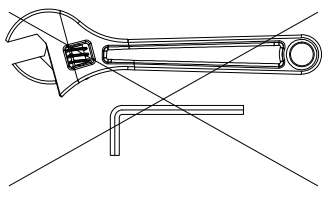
×12 Φ12



×4 Φ37×Φ13.5



×8 M12

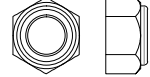


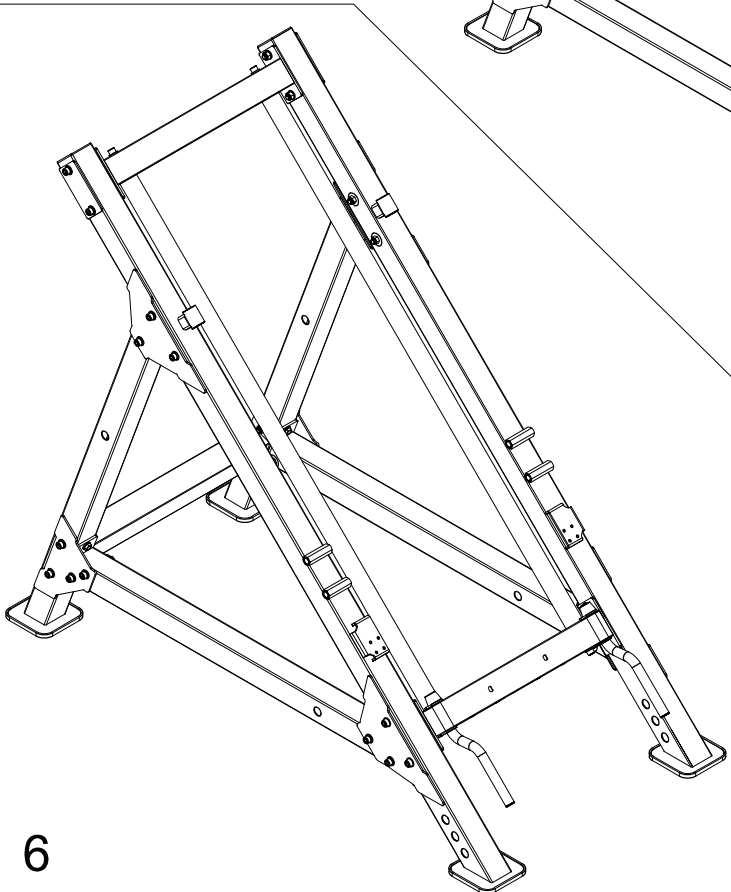
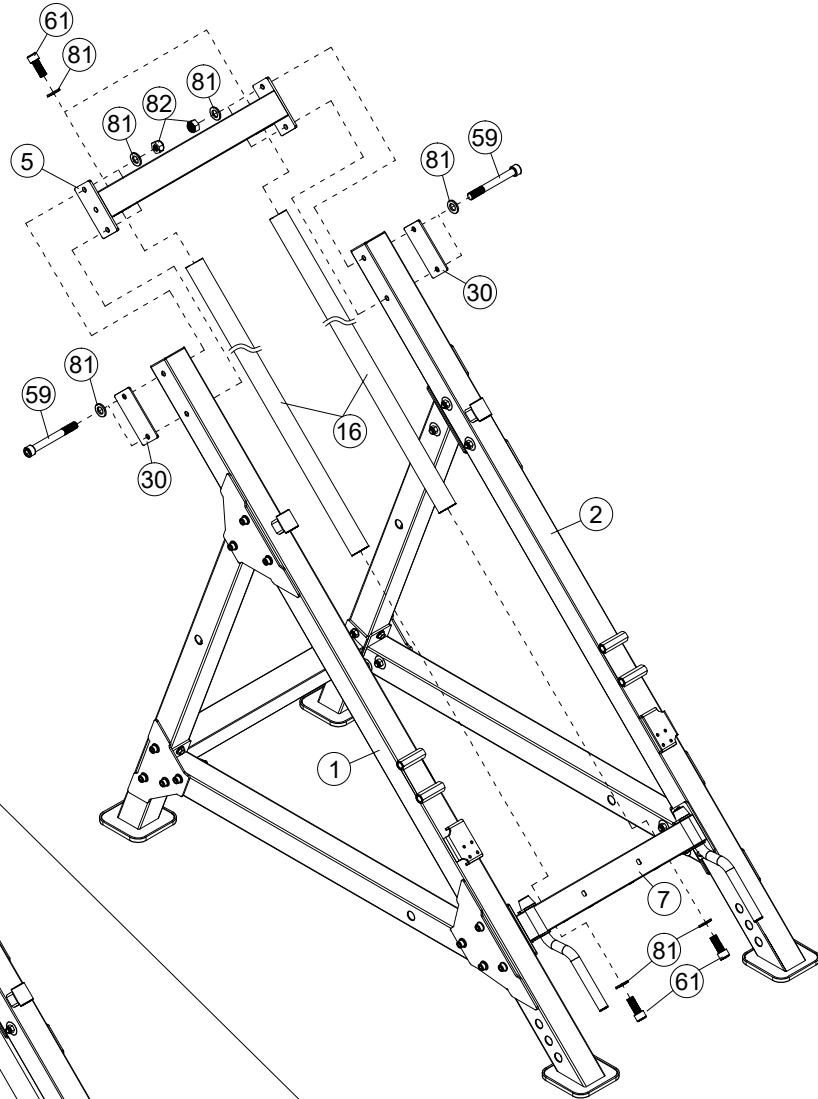
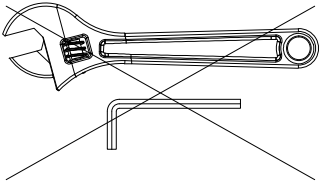
5

59  ×4 M12×105mm

81  ×12 Φ12

61  ×4 M12×30mm

82  ×4 M12



6

74



x8 M8x16mm

79

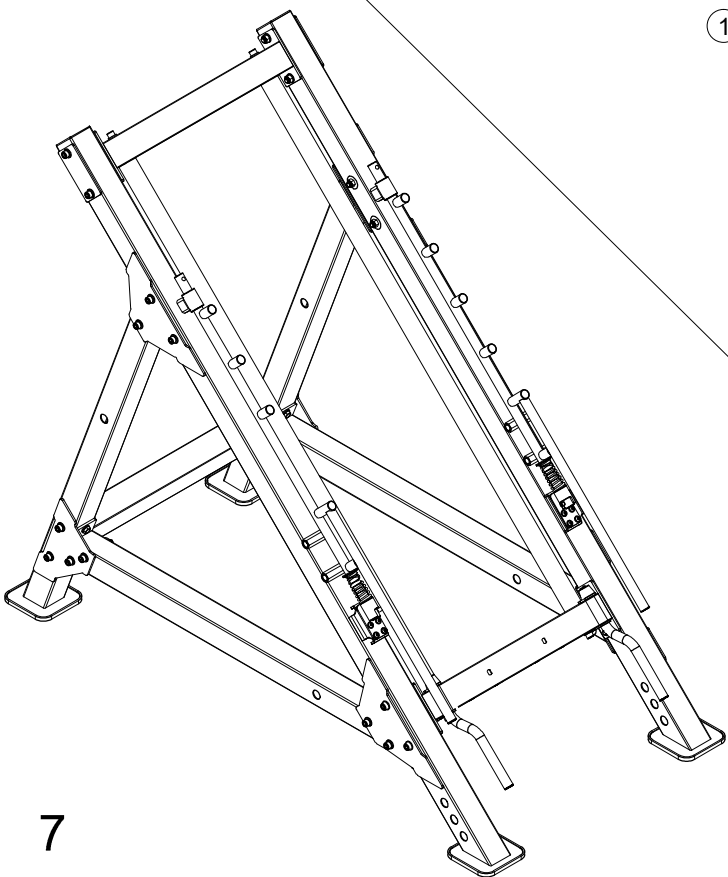
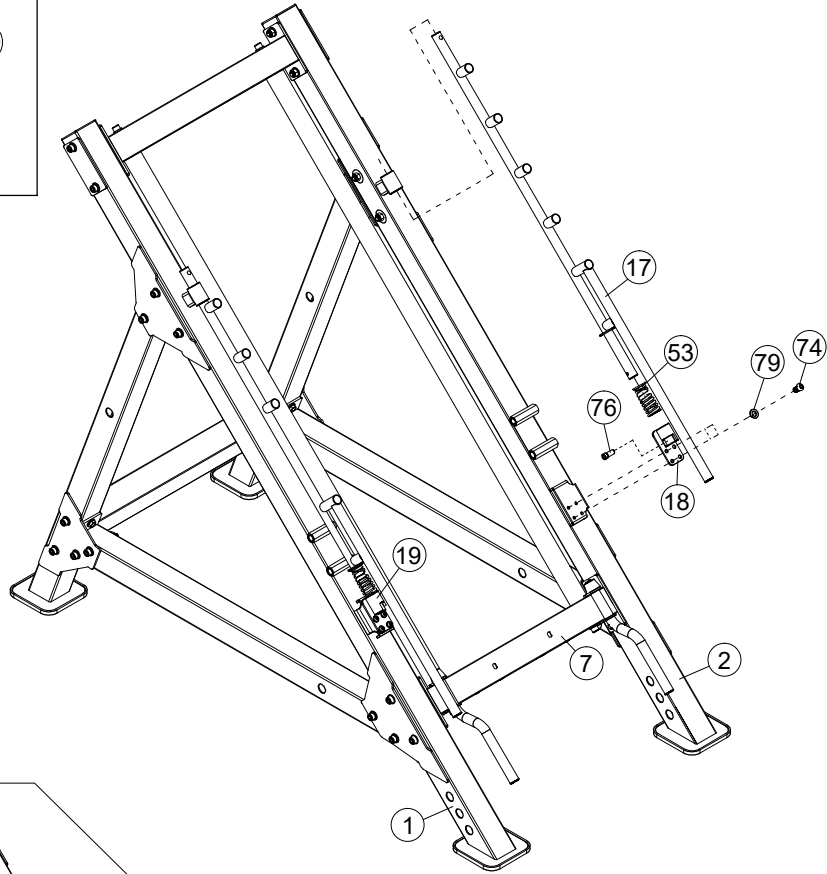
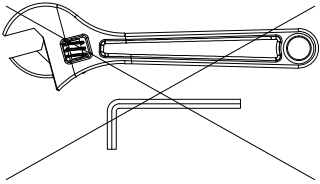


x8 Φ8

76




x2 M8x16mm

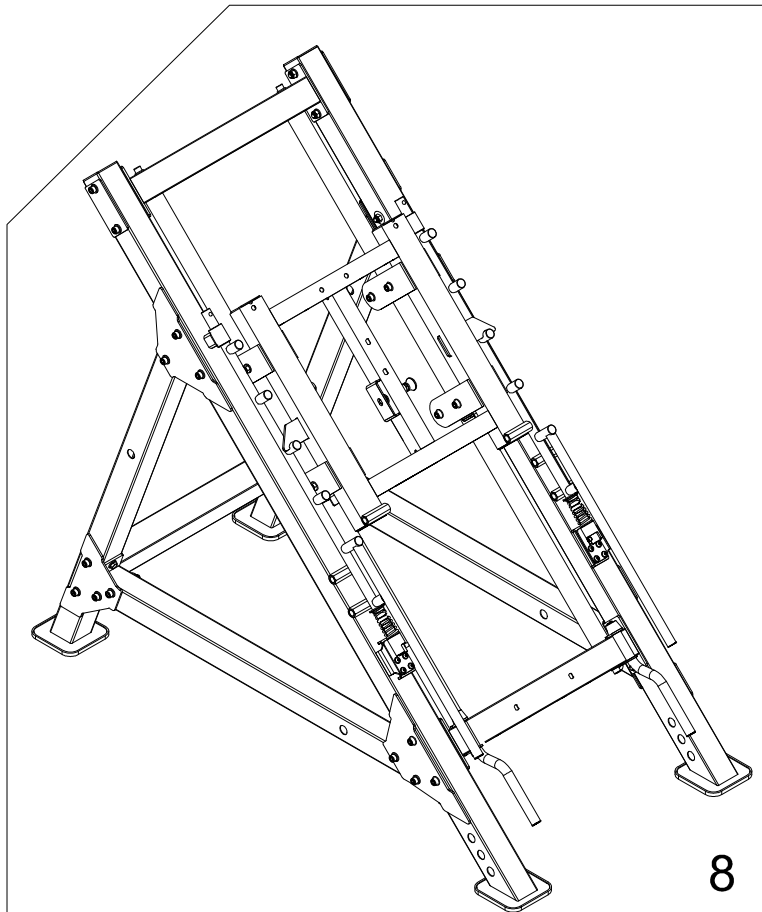
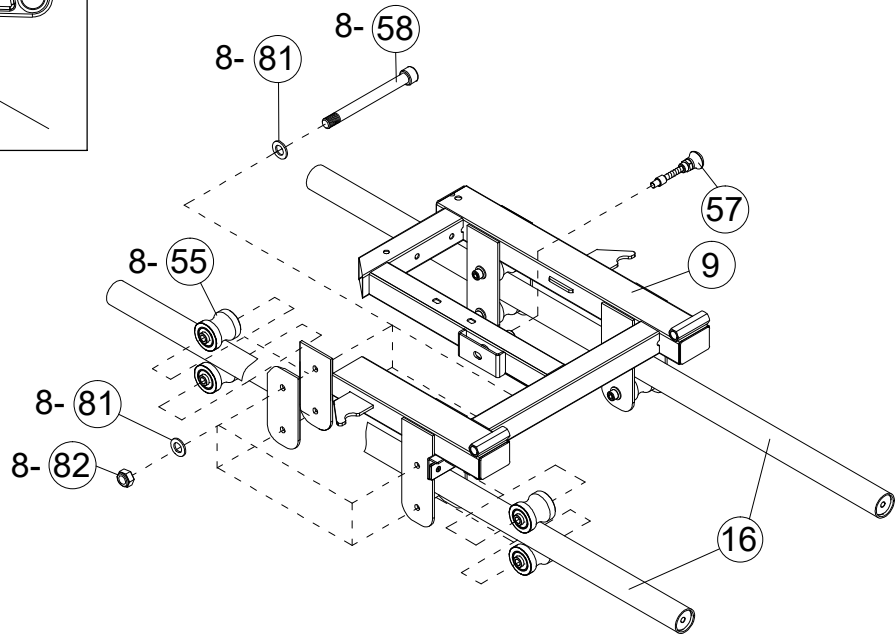
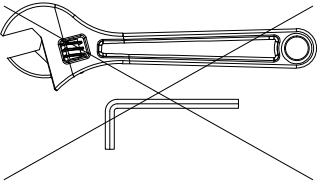


7

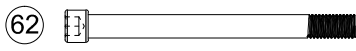
58  ×8 M12×110mm

81  ×16 Φ12

82  ×8 M12



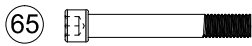
8



×4 M10×115mm



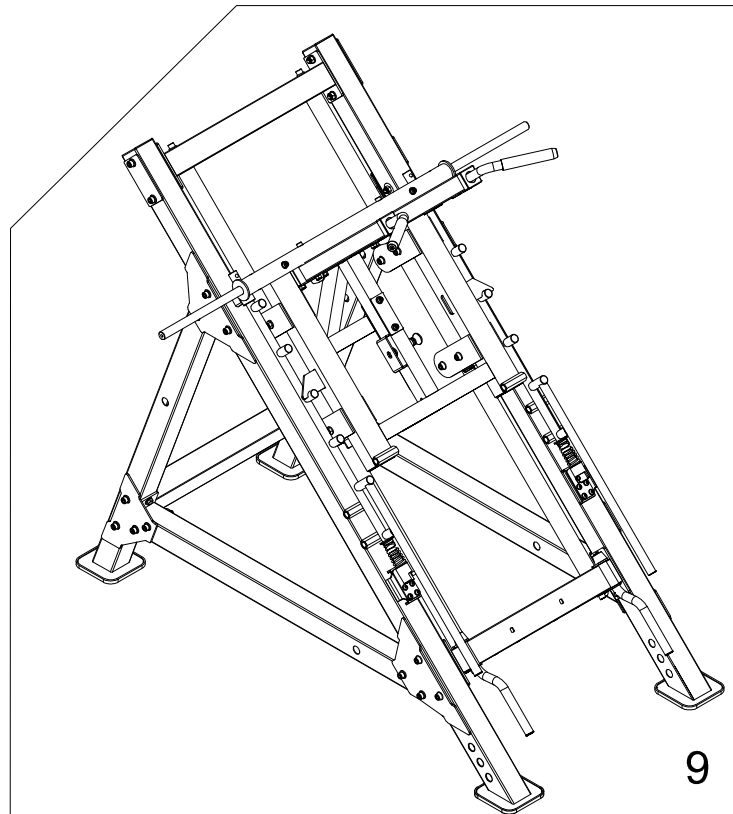
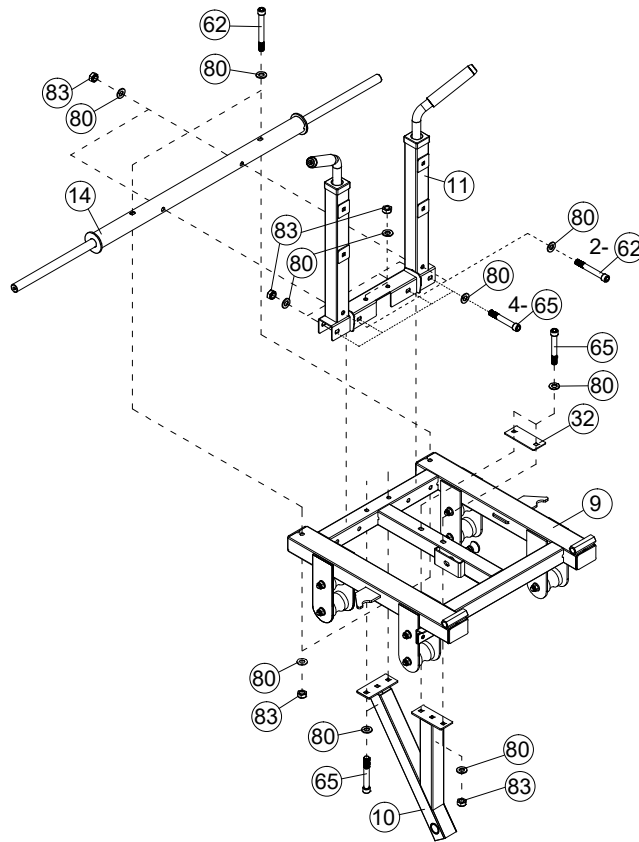
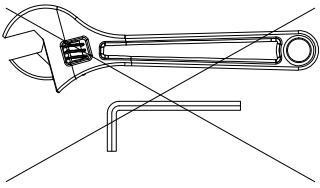
×24 Φ10



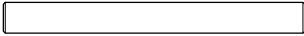





×8 M10×70mm

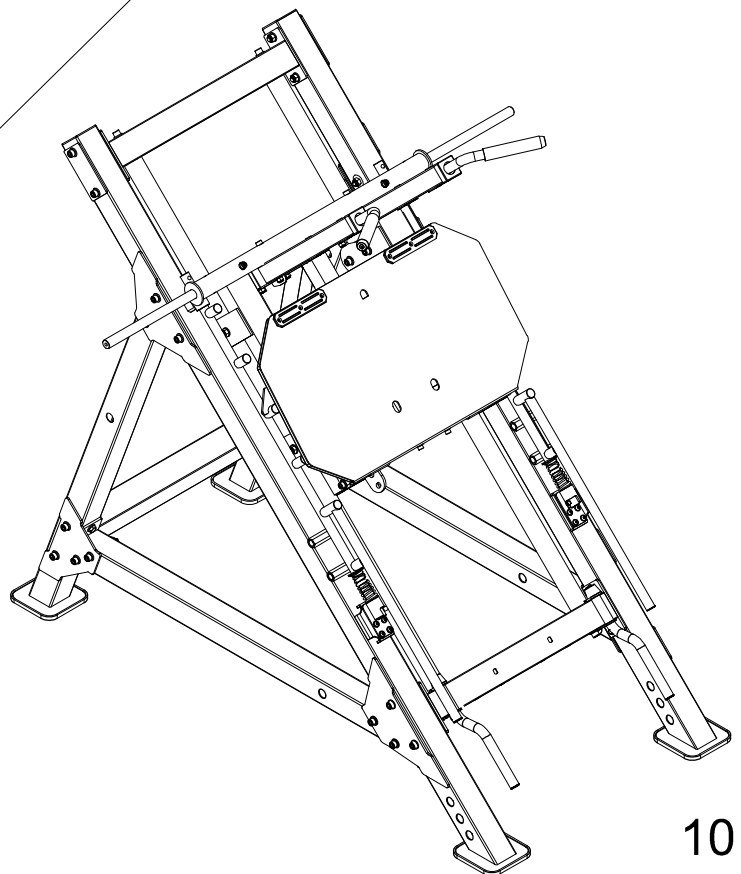
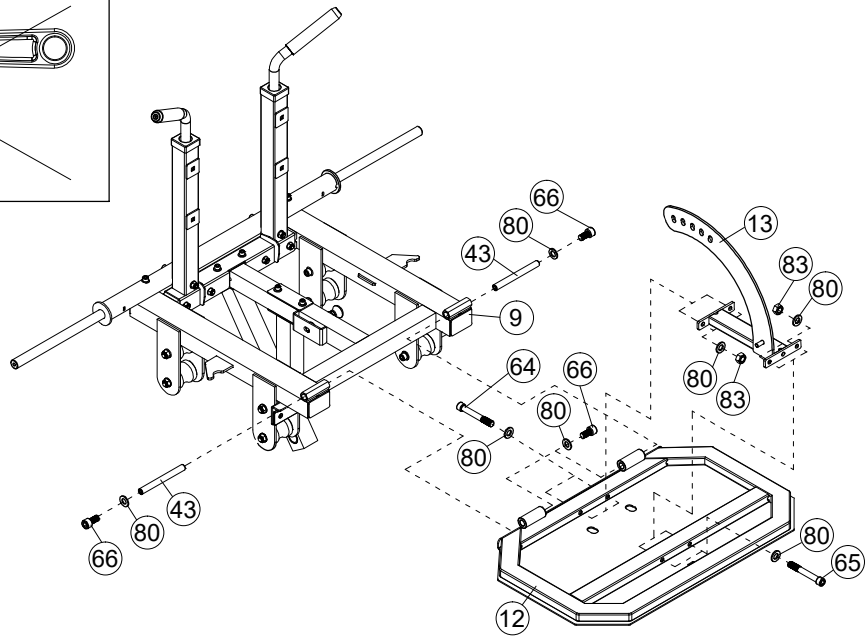
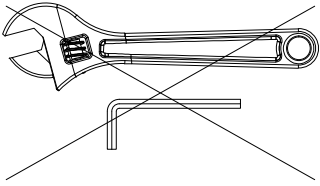


×12 M10

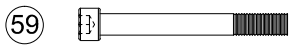


9

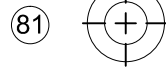
- | | | | | | | | |
|----|---|----|---------------|----|---|-----|----------|
| ④3 |  | ×2 | φ16×M10×156mm | ⑥6 |  | ×4 | M10×20mm |
| ⑥4 |  | ×2 | M10×75mm | ⑧0 |  | ×12 | Φ10 |
| ⑥5 |  | ×2 | M10×70mm | ⑧3 |  | ×4 | M10 |



10



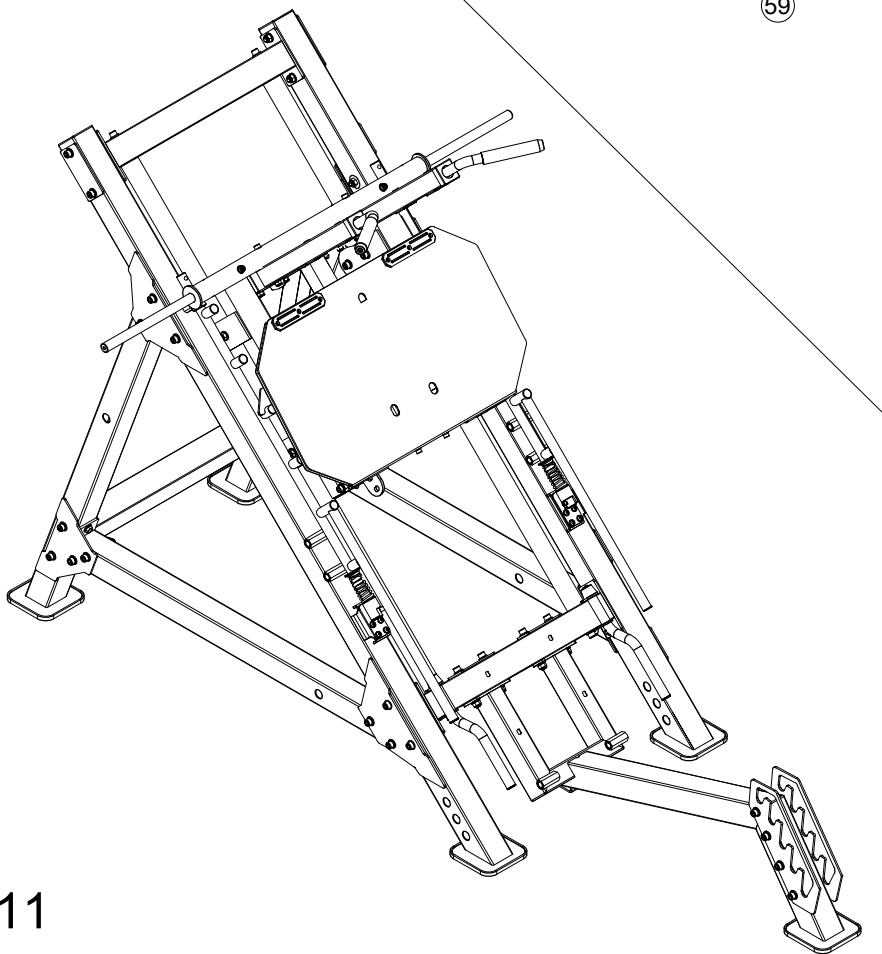
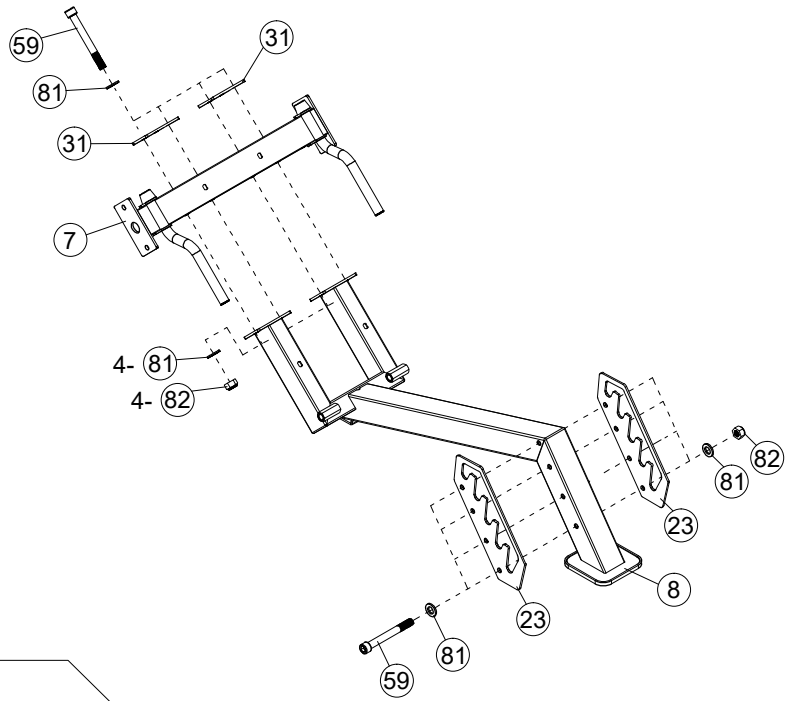
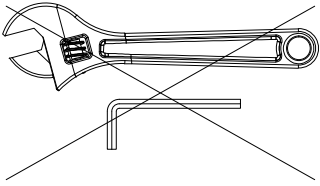
×8 M12×105mm



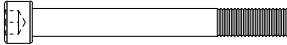




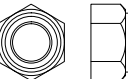
×16 Φ12

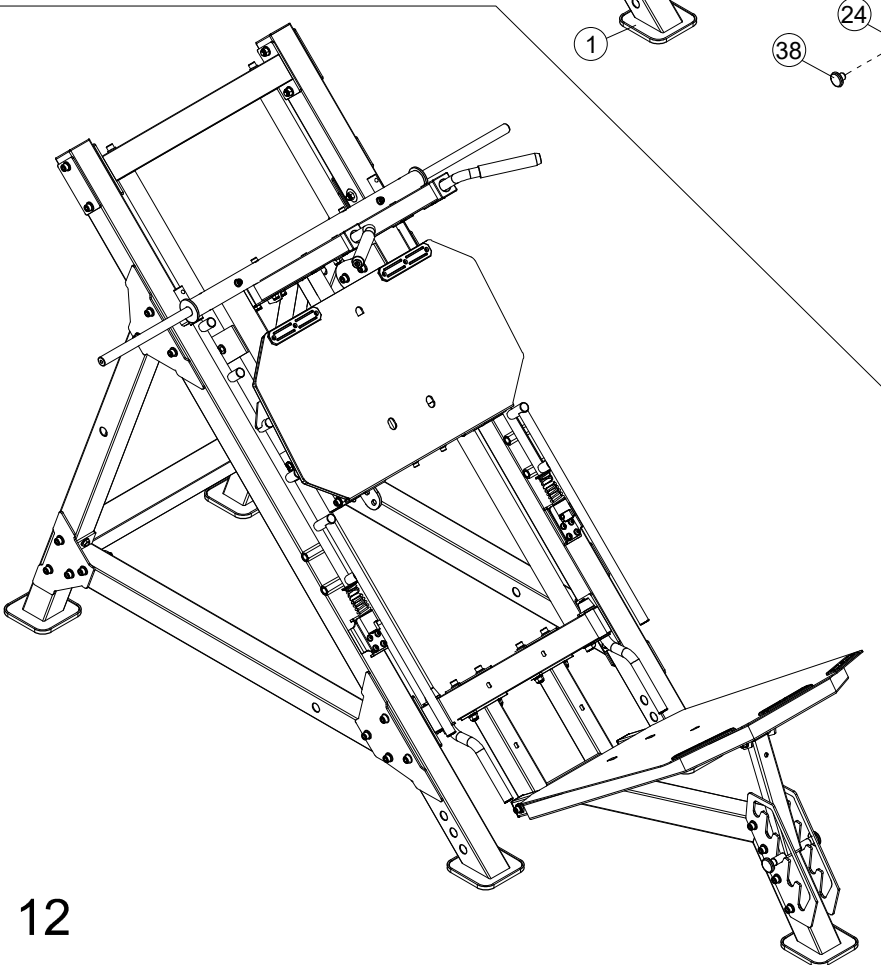
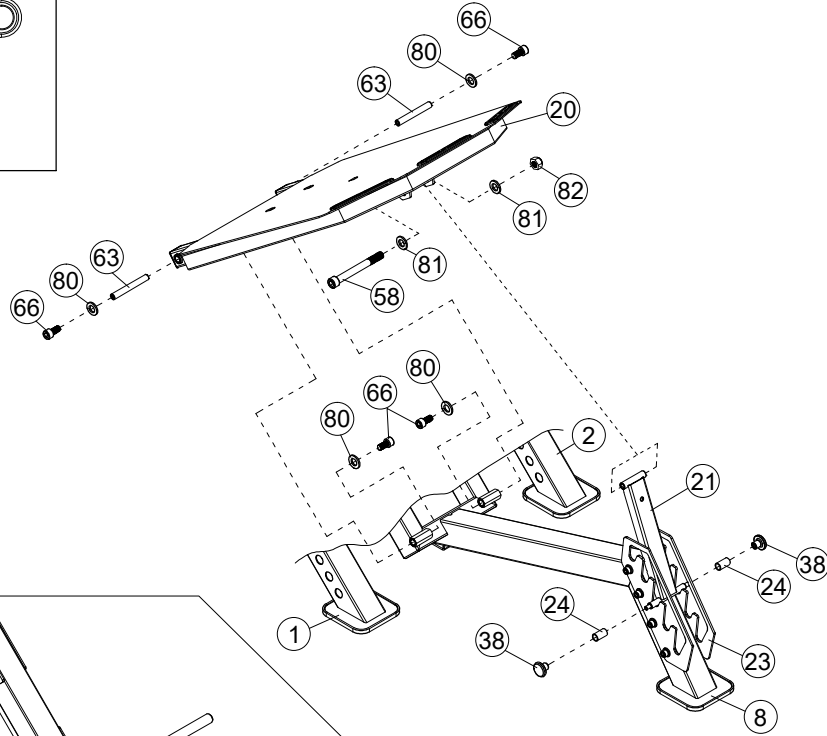
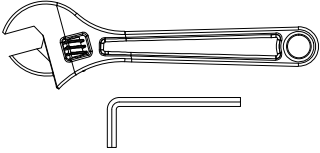


×8 M12

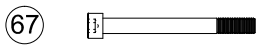


11

- | | | | | | | | |
|----|---|----|---------------|----|---|----|-----|
| 58 |  | x1 | M12x110mm | 80 |  | x4 | Φ10 |
| 63 |  | x2 | φ16xM10x127mm | 81 |  | x2 | Φ12 |
| 66 |  | x4 | M10x20mm | 82 |  | x1 | M12 |



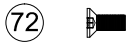
12



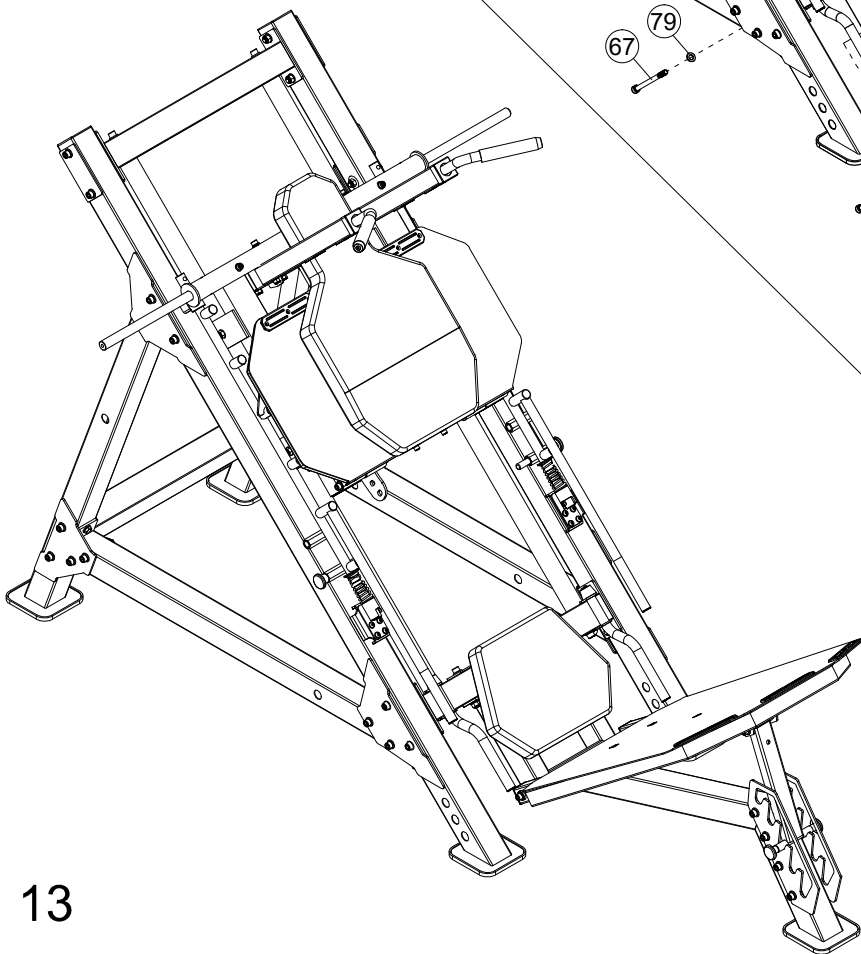
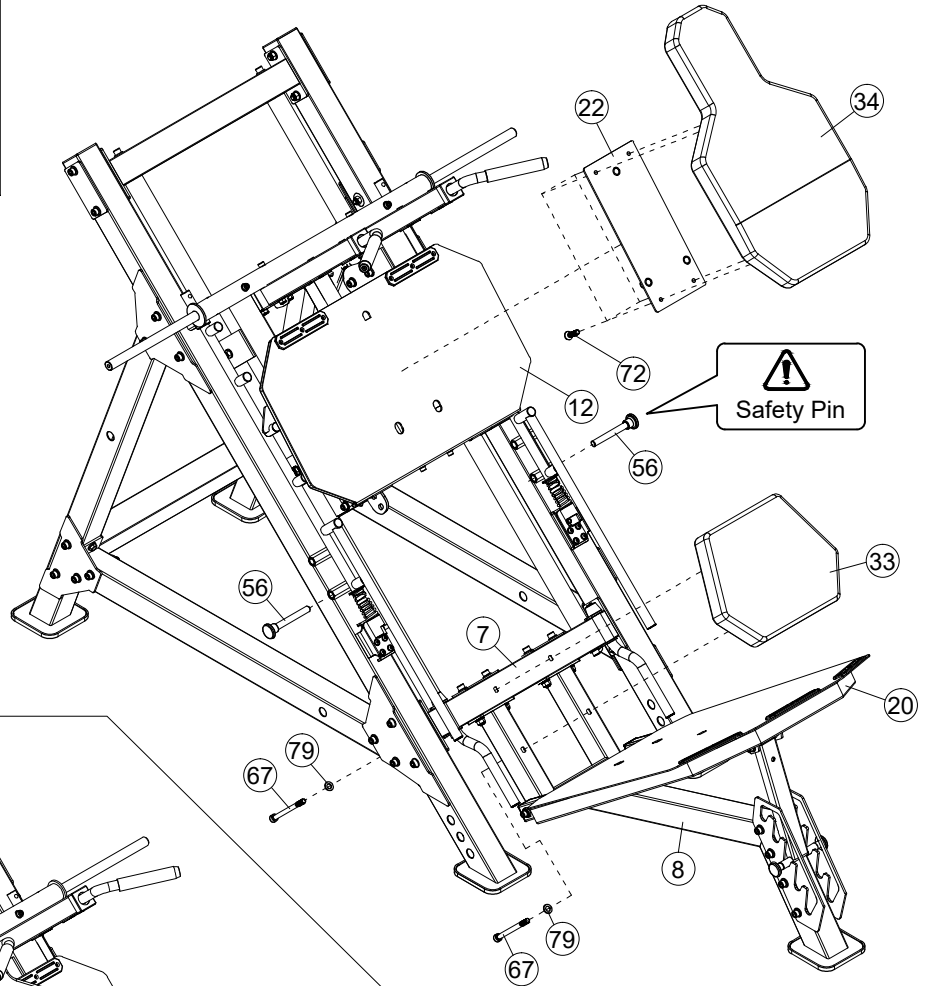
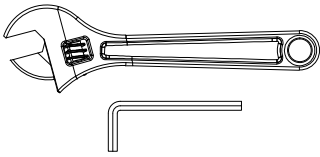
×4 M8×90mm



×4 Φ8

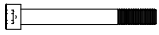


×4 M8×20mm



13

68

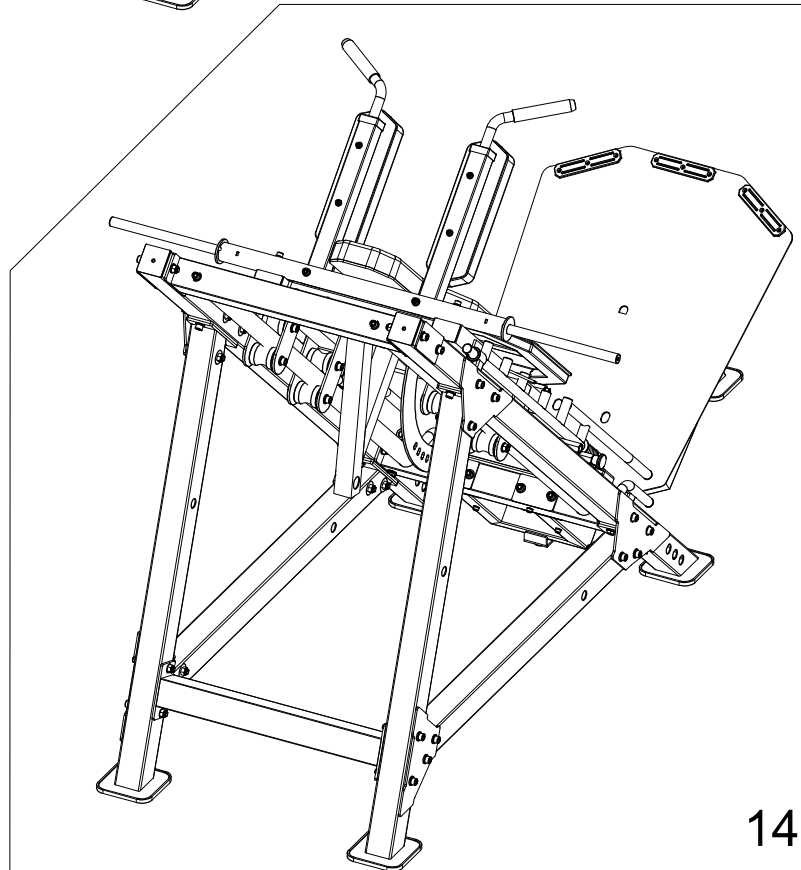
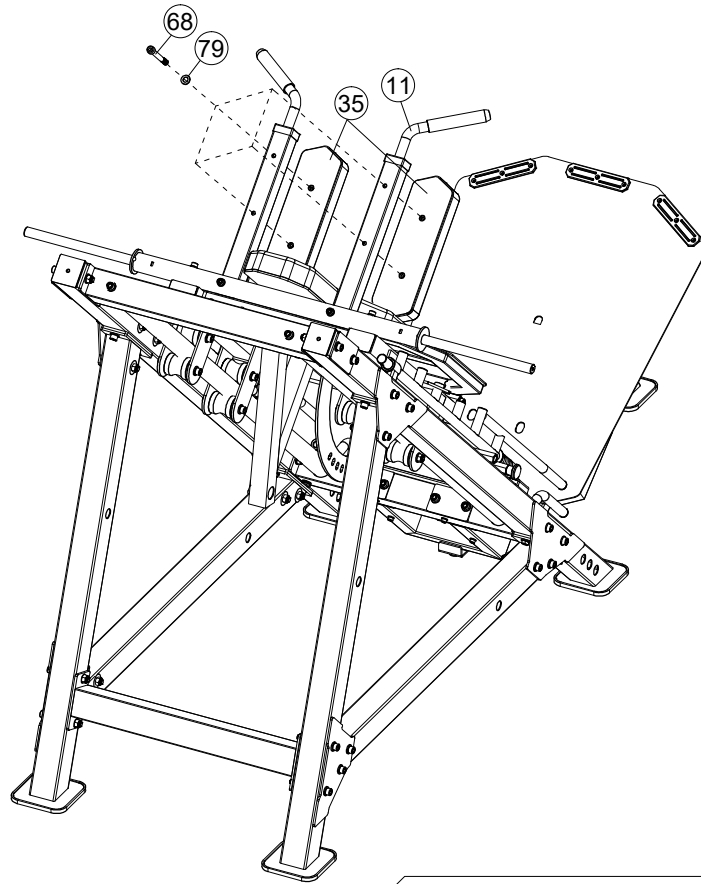
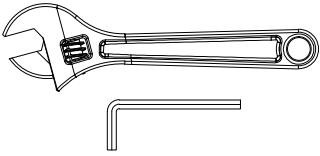


×4 M8×70mm

79



×4 Φ8



14

73



× 8

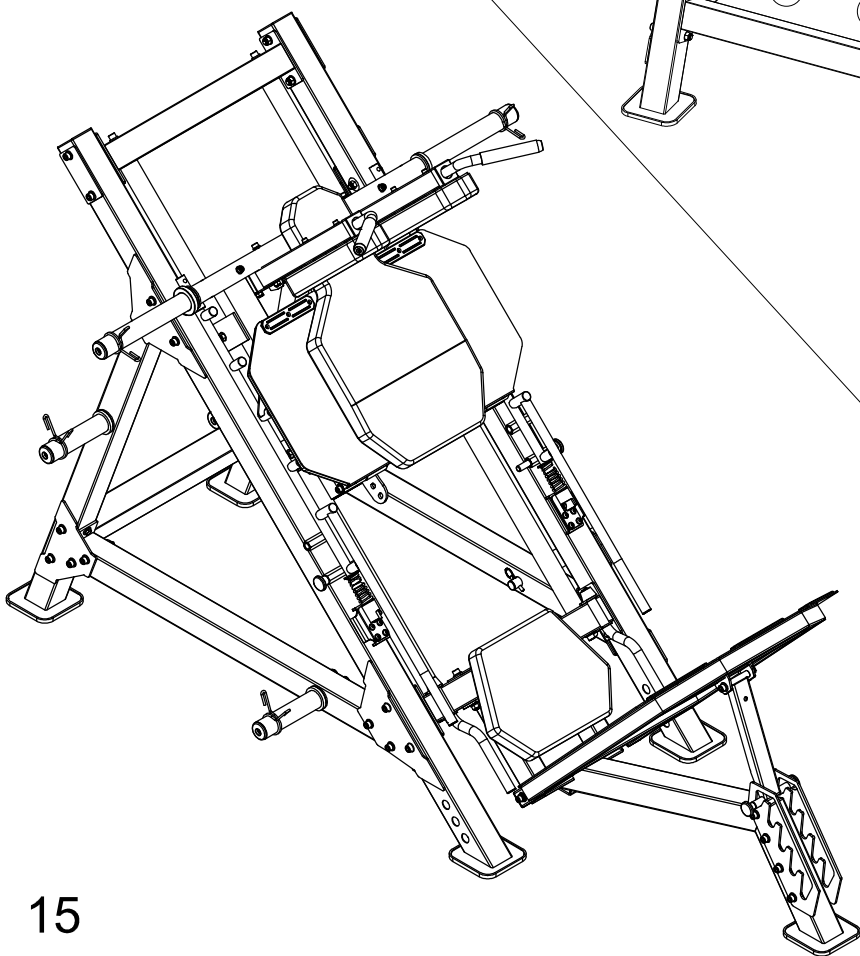
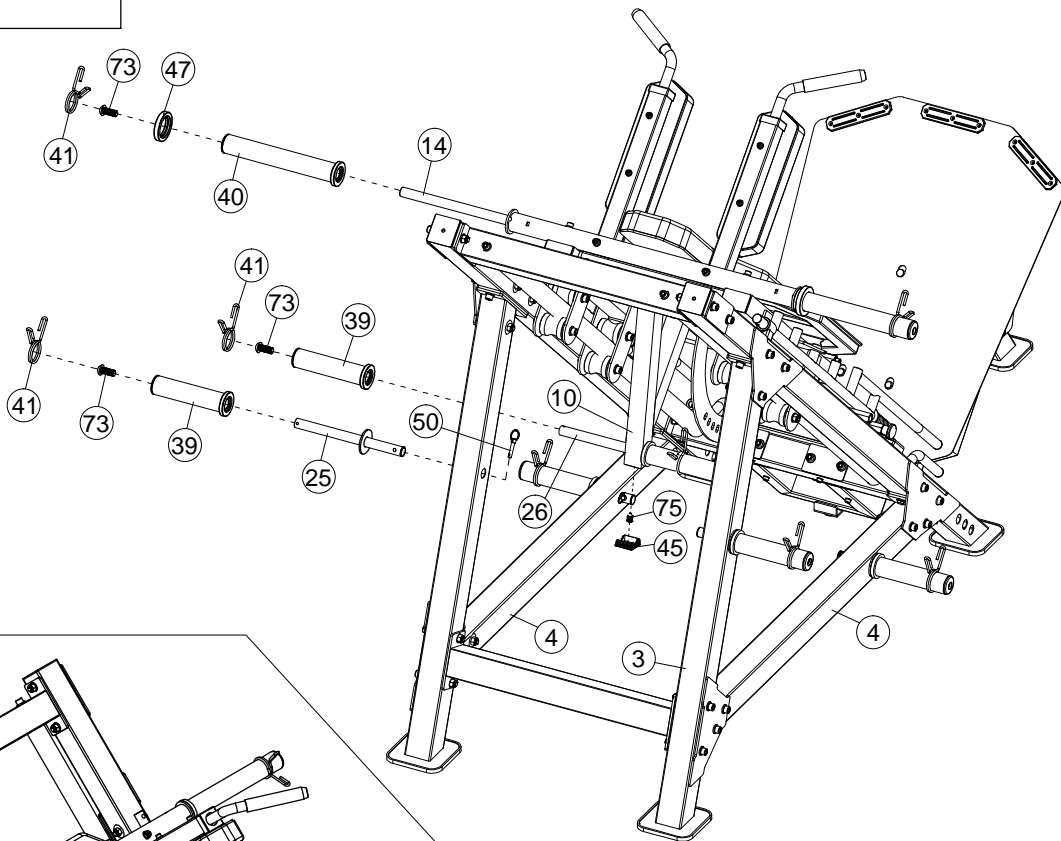
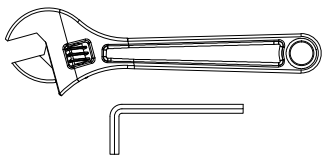
M10×25mm

75

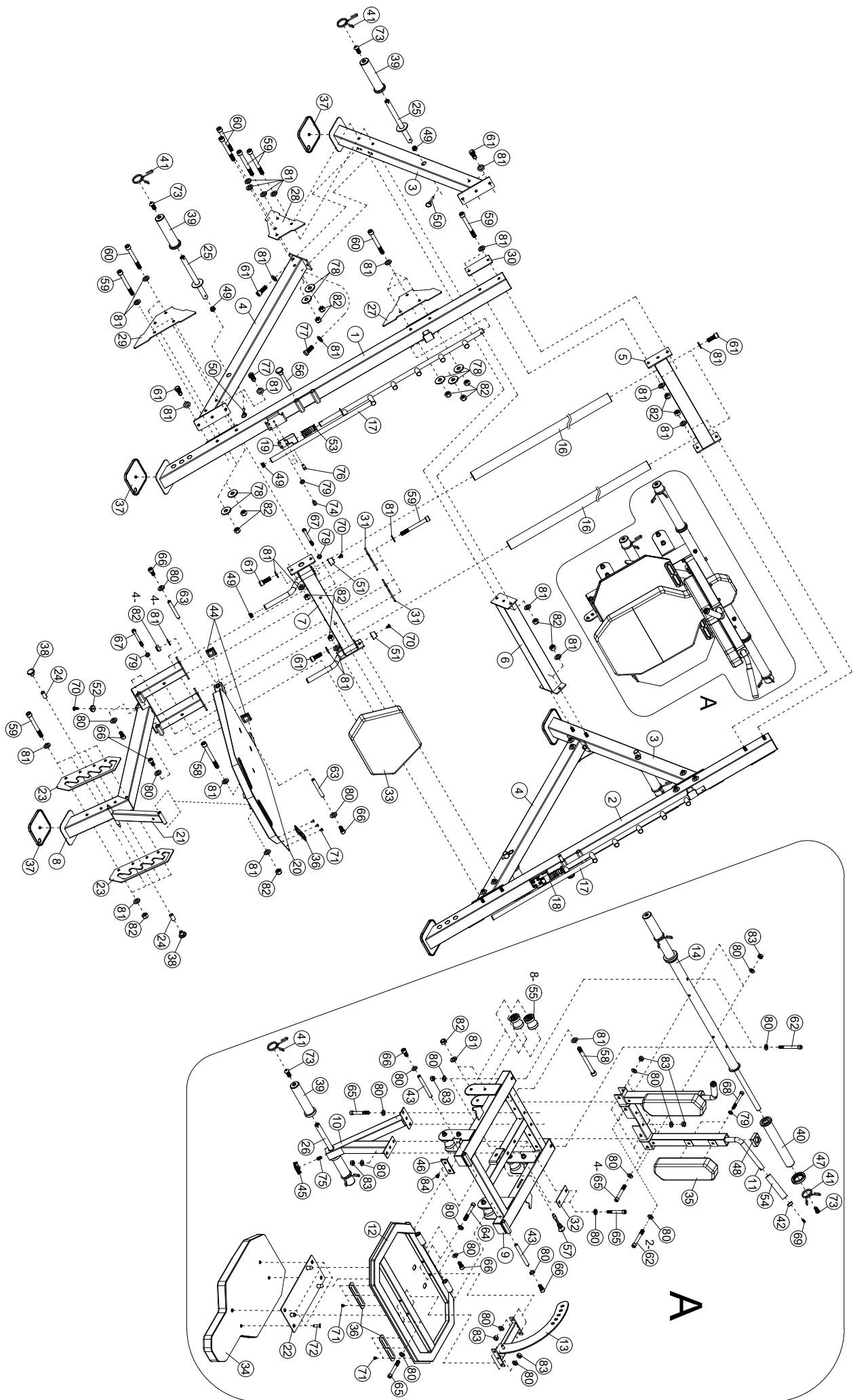


× 1

M10×16mm



15



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Left Oblique Beams		1
2	Right Oblique Beams		1
3	Front Frame		2
4	Cross Connection Frame		2
5	Front Upper Connecting Frame		1
6	Front Lower Connecting Frame		1
7	Lower Connecting Frame		1
8	Rear Support Frame		1
9	Sliding Frame		1
10	Lower Weight Carriage		1
11	Shoulder Pad Mount		1
12	Upper Foot Support		1
13	Upper Adjuster		1
14	Upper Weight Carriage		1
16	Guide Rod		2
17	Lock Out		2
18	Lock Out Left		1
19	Lock Out Right		1
20	Lower Foot Support		1
21	Lower Adjuster		1
22	Backrest Pad Mount		1
23	Rear Adjusting Plate	385×132×5	2
24	Stainless Steel Sleeve	φ20×1.5×35	2
25	Barbell Rod		4
26	Long Barbell Bar		1
27	Upper Front Fixing Plate	368×160×5	2
28	Lower Front Fixing Plate	294×160×5	2
29	Lower Fixing Plate	387×160×5	2
30	Bracket	150×75×4	2
31	Bracket	120×75×4	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
32	Bracket	120×50×3	1
33	Seat Pad	320×420×50	1
34	Backrest Pad	750×420×60	1
35	Shoulder Pad	395×120×60	2
36	Handle Liner	180×40×5	5
37	Floor End Cap	158×158×10.5	5
38	Pin Drawing Head	φ40×φ18×M10×30	2
39	Olympic Sleeve	φ50	6
40	Weight Bar Olympic Sleeve	φ50	2
41	Spring Clip	φ49	8
42	Cover Cap	φ30×φ26×12	2
43	Axle	φ16×M10×156	2
44	End Cap	□45	2
45	End Cap	□50	1
46	Rack Liner	105×40×5	2
47	Rubber Bumper	φ78×φ47.5×13	2
48	Sleeve	□50×φ34	2
49	End Cap	φ25	8
50	Ring Bolt		4
51	Bumper	φ40×φ30×25	2
52	Bumper	φ35×φ30×10	1
53	Spring	φ43×φ27×φ8×80	2
54	Grip	Φ23×150	2
55	Rollers		8
56	Magnetic Safety Pin	φ16	2
57	Moving Lock Pin		1
58	Socket Head Allen Bolt	M12×110	9
59	Socket Head Allen Bolt	M12×105	20
60	Socket Head Allen Bolt	M12×100	14
61	Socket Head Allen Bolt	M12×30	12

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
62	Socket Head Allen Bolt	M10×115	4
63	Axle	φ16×M10×127	2
64	Socket Head Allen Bolt	M10×75	2
65	Socket Head Allen Bolt	M10×70	10
66	Socket Head Allen Bolt	M10×20	8
67	Socket Head Allen Bolt	M8×90	4
68	Socket Head Allen Bolt	M8×70	4
69	Socket countersunk head screw	M6×20	2
70	Cross Recess Head Screw	M6×10	3
71	Cross Recessed Countersunk Head Screw	M5×8	15
72	Socket countersunk head screw	M8×20	4
73	Allen Bolt	M10×25	8
74	Allen Bolt	M8×16	8
75	Allen Screw	M10×16	1
76	Socket Head Allen Bolt	M8×16	2
77	Hex Bolt	M12×30	4
78	Washer	φ37×φ13.5×3	14
79	Washer	8	16
80	Washer	10	40
81	Washer	12	88
82	Aircraft Nut	M12	43
83	Aircraft Nut	M10	16
84	Socket countersunk head screw	M6×10	4
	Allen Wrench	10#	1
	Allen Wrench	8#	2
	Allen Wrench	6#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

PACKAGE LIST

BOX 1:			
Part1 ×1	Part2 ×1	Part4 ×2	Part25 ×4
BOX 2:			
Part14 ×1	Part16 ×2	Part17 ×2	Part26 ×1
Parts Bag 6-1	Parts Bag 6-2	Parts Bag 6-3	Parts Bag 6-4
Parts Bag 6-5	Parts Bag 6-6		
BOX 3:			
Part3 ×2	Part5 ×1	Part6 ×1	Part8 ×1
Part18 ×1	Part19 ×1	Part21 ×1	Part22 ×1
Part23 ×2	Part24 ×2	Part38 ×2	Part41 ×8
Part45 ×1	Part47 ×2	Part50 ×4	Part53 ×2
Part55 ×8	Part56 ×1	Part57 ×1	
BOX4:			
Part7 ×1	Part9 ×1	Part10 ×1	Part12 ×1
Part13 ×1	Part39 ×6	Part40 ×2	
BOX5:			
Part11 ×1	Part20 ×1	Part27 ×2	Part28 ×2
Part29 ×2	Part30 ×2	Part31 ×2	Part32 ×1
Part33 ×1	Part34 ×1	Part35 ×2	Manual



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