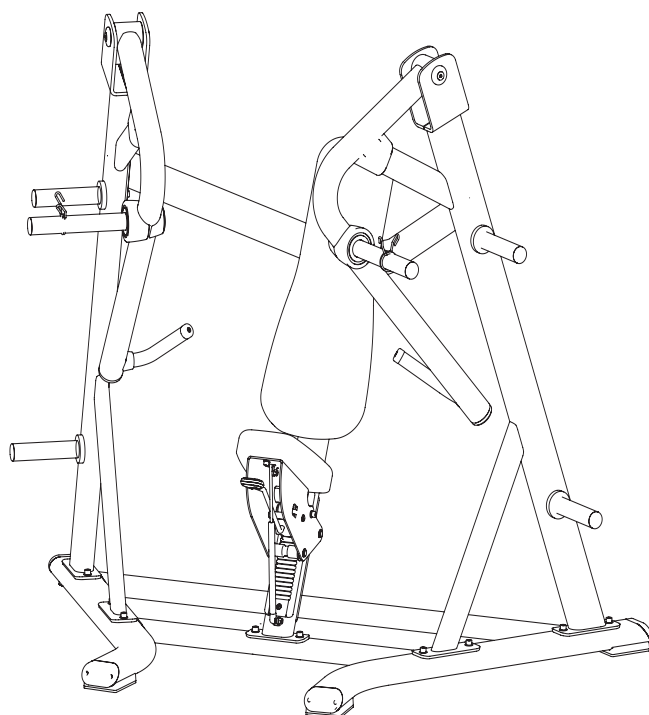


TCORX
PROFESSIONAL LINE

INSTRUCTION



WIDE CHEST PRESS

FWX 8000



Cod : GRLDTOORXFWX8000

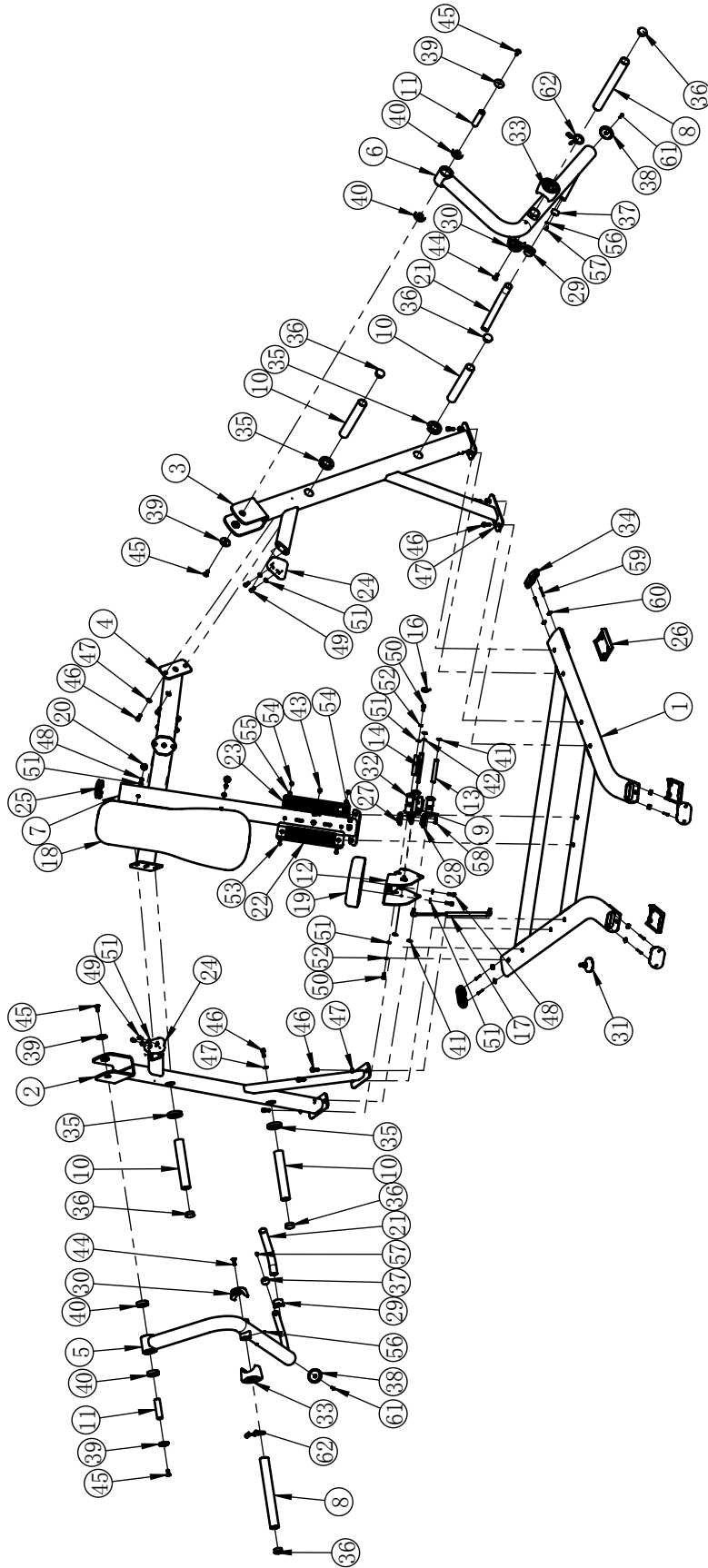
Rev : 00

Ed : 01/24

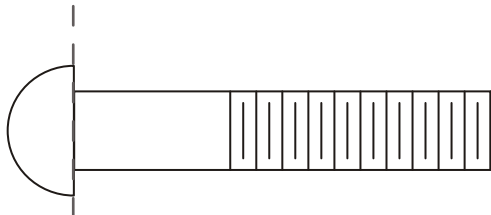
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	32	Adjustable Foot	1
2	Right Upright Frame	1	33	Inside Rubber Bumper	2
3	Left Upright Frame	1	34	Plug PT60*120	4
4	Upper Support Frame	1	35	Bumper	4
5	Right Arm Frame	1	36	Plug ϕ 48	6
6	Left Arm Frame	1	37	Aluminium Cap ϕ 32	2
7	Middle Upright Frame	1	38	Aluminum End Cap ϕ 76*17.6	2
8	Weight Horns	2	39	Aluminum End Cap ϕ 60* ϕ 12.5*10.6	4
9	Adjustable Handle Assembly	1	40	Ball Bearing	4
10	Weight Plate Storage	4	41	External Retaining Ring ϕ 15	4
11	Arm Frame Pivot Shaft	2	42	External Retaining Ring ϕ 12	2
12	Seat Pad Support Frame	1	43	Button Head Cap Screw 3/8"-16*38	1
13	Pivot Shaft	2	44	Flat Head Cap Screw M12*35	2
14	Handle Pivot Shaft	1	45	Flat Head Cap Screw M12*30	4
15	Middle Pivot Shaft	1	46	Socket Head Cap Screw M12*30	18
16	Torsion Spring	1	47	Flat Washer ϕ 13* ϕ 24*1.5	18
17	Gap Spring Assembly	1	48	Socket Head Cap Screw M10*30	4
18	Back Pad	1	49	Socket Head Cap Screw M10*25	4
19	Seat Pad	1	50	Socket Head Cap Screw M10*20	2
20	Plug ϕ 25	2	51	Flat Washer ϕ 20* ϕ 11*2	6
21	Grip	2	52	Spring Washer ϕ 10	2
22	Idler Wheel	3	53	Button Head Cap Screw M8*70	2
23	Inner Slide Runner	1	54	Nylon lock Nut M8	4
24	Outside Slide Runner	1	55	Flat Washer ϕ 16* ϕ 9*1.6	2
25	Plastic Sleeve	2	56	Socket Set Screw M8*6	4
26	Plug RT50*100	1	57	Flat Head Cap Screw M6*16	2
27	Rubber Foot	3	58	Cross Recess Head Screw M4*10	2
28	Upper Handle Cover Assembly	1	59	Cross Recessed Head Screws With Tapping Screw Thread ST4.2*60	8
29	Bottom Handle Cover	1	60	Tensile Splint 13.68x21xM5	8
30	Safety Cover ϕ 47*35.3	2	61	Flat Head Cap Screw M6*30	2
31	Safety Bush Assembly	2	62	Snap Spring	2

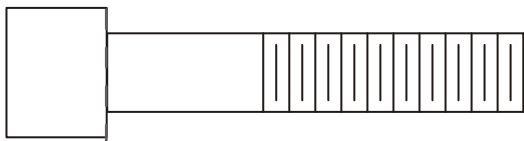
Exploded View and Parts List



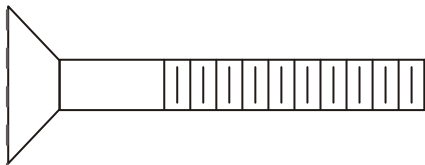
Measurement Guide



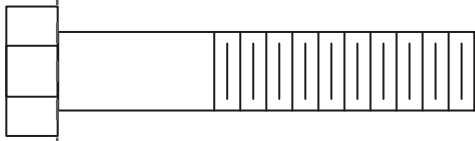
BHCS = Button Head Cap Screw



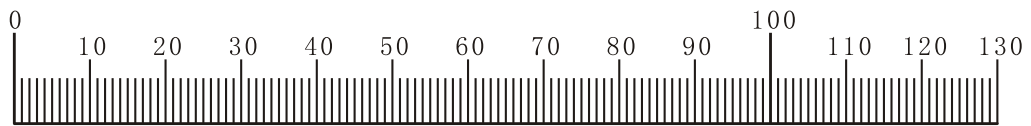
SHCS = Socket Head Cap Screw



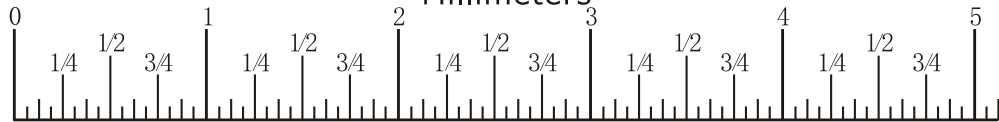
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

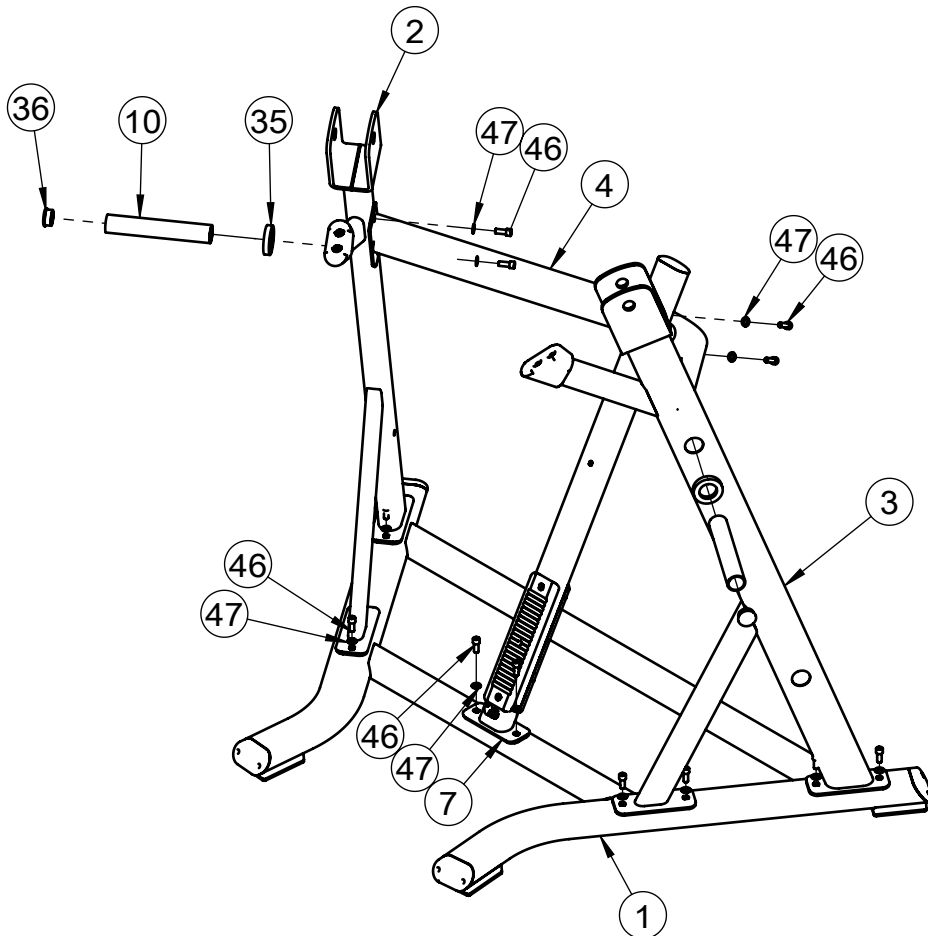


Inches

Assembly

STEP 1

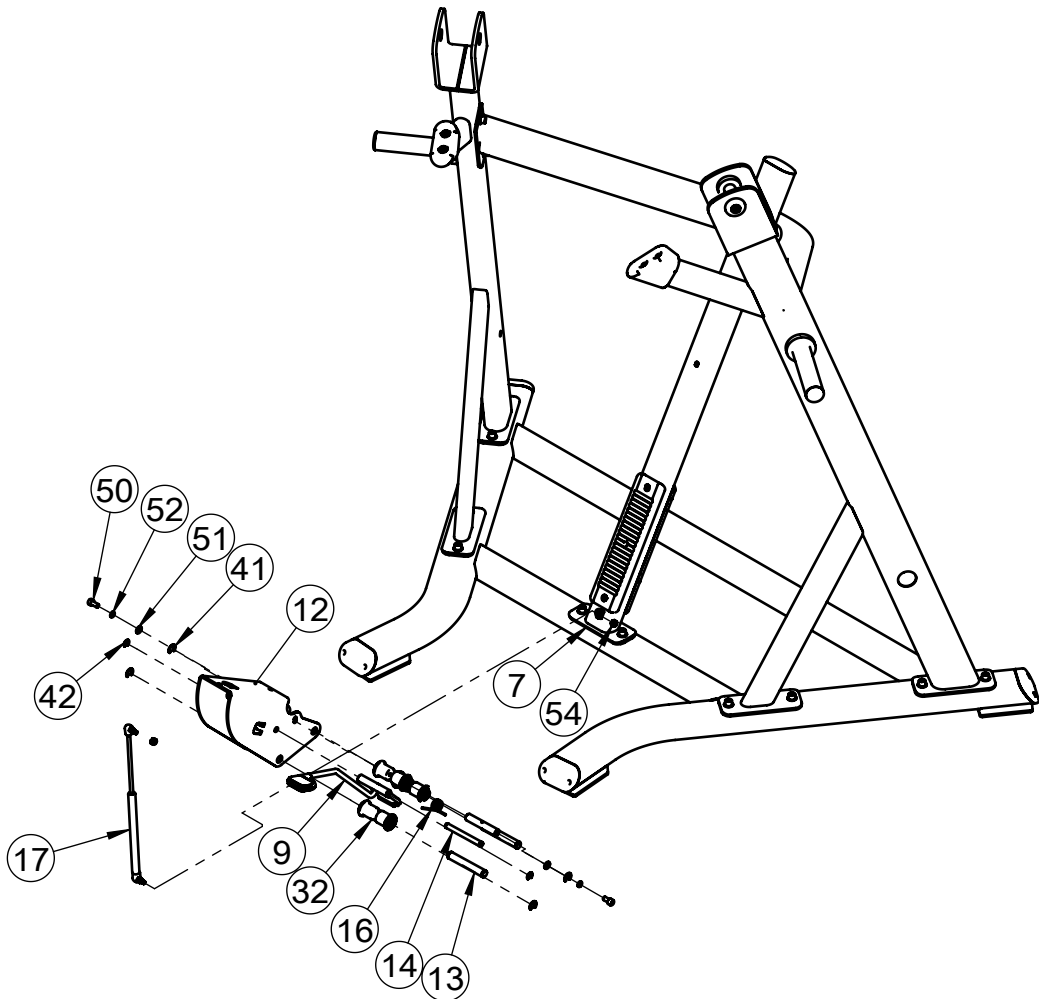
ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1
2	Right Upright Frame	1
3	Left Upright Frame	1
4	Upper Support Frame	1
7	Middle Upright Frame	1
10	Weight Plate Storage	2
35	Bumper	2
36	Plug $\phi 48$	2
46	Socket Head Cap Screw M12 \times 30	16
47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	16



Assembly

STEP 2

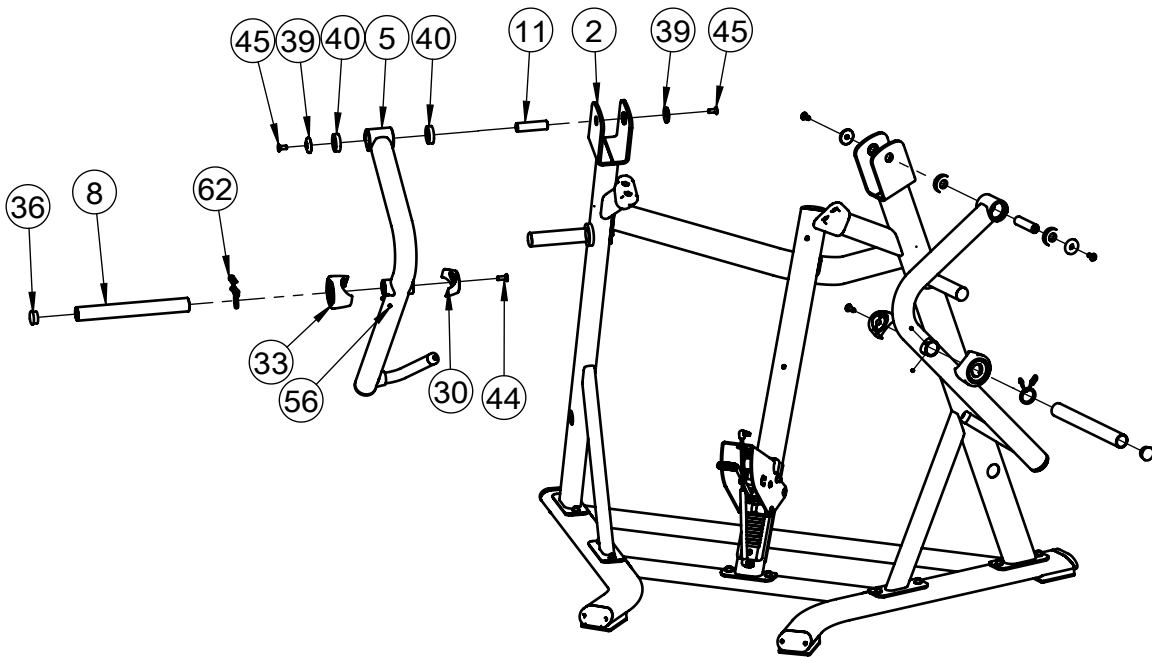
ITEM NO.	DESCRIPTION	QTY
7	Middle Upright Frame	1
9	Adjustable Handle Assembly	1
12	Seat Pad Support Frame	1
13	Pivot Shaft	3
14	Handle Pivot Shaft	1
17	Gap Spring Assembly	1
32	Adjustable Foot	3
41	External Retaining Ring $\phi 15$	4
42	External Retaining Ring $\phi 12$	2
50	Socket Head Cap Screw M10 \times 20	2
51	Flat Washer $\phi 20 \times \phi 11 \times 2$	2
52	Spring Washer $\phi 10$	2
54	Nylon lock Nut M8	2



Assembly

STEP 3

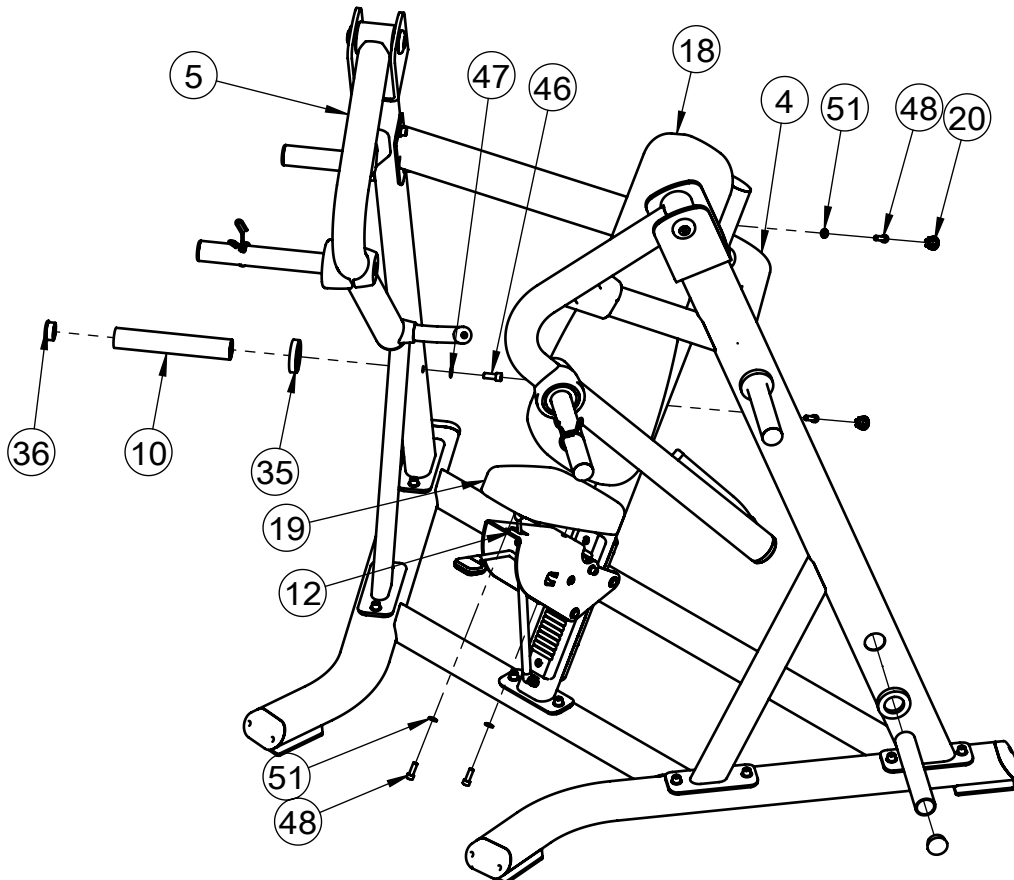
ITEM NO.	DESCRIPTION	QTY
2	Right Upright Frame	1
5	Right Arm Frame	1
8	Weight Horns	1
11	Arm Frame Pivot Shaft	1
30	Safety Cover $\phi 47 \times 35.3$	1
33	Inside Rubber Bumper	3
36	Plug $\phi 48$	4
39	Aluminum End Cap $\phi 60 \times \phi 125 \times 106$	8
40	Ball Bearing	8
44	Flat Head Cap Screw M12 \times 35	17
45	Flat Head Cap Screw M12 \times 30	4
56	Socket Set Screw M8 \times 6	2
62	Snap Spring	2



Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY
4	Upper Support Frame	1
5	Right Arm Frame	1
10	Weight Plate Storage	2
12	Seat Pad Support Frame	1
18	Back Pad	1
19	Seat Pad	1
20	Plug $\phi 25$	2
35	Bumper	2
36	Plug $\phi 48$	2
46	Socket Head Cap Screw M12 \times 30	2
47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2
48	Socket Head Cap Screw M10 \times 30	4
51	Flat Washer $\phi 20 \times \phi 11 \times 2$	4



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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