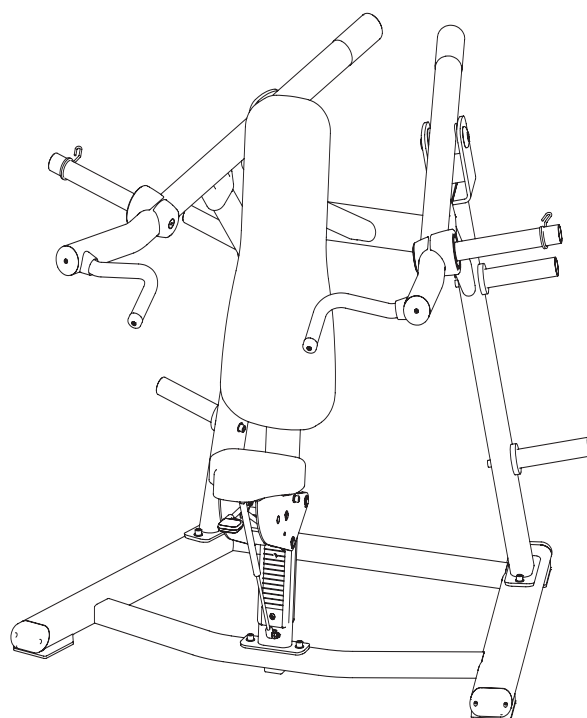


TOORX
PROFESSIONAL LINE

INSTRUCTION



SHOULDER CHEST PRESS

FWX8100



Cod : GRLDTOORXFWX8100

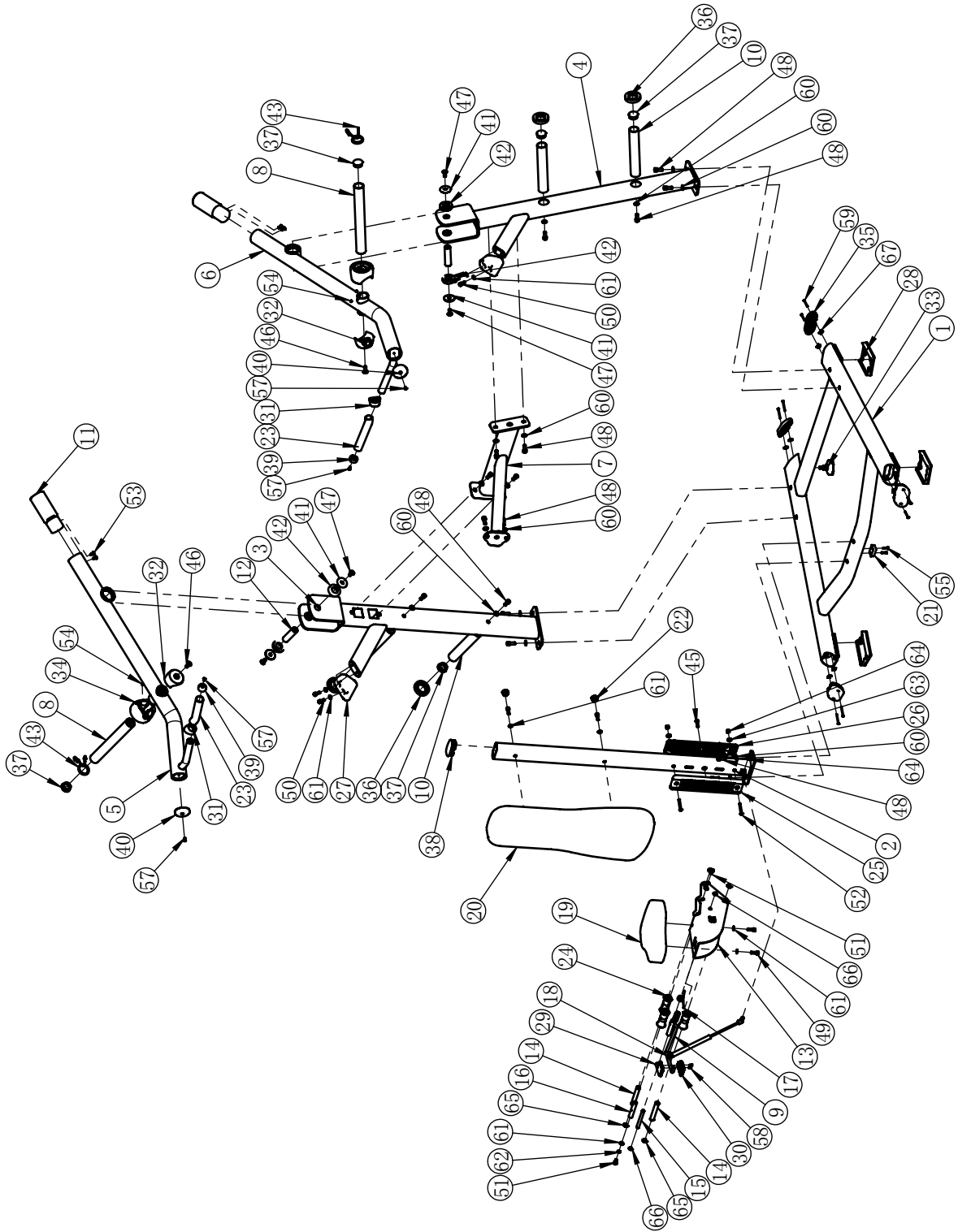
Rev : 01

Ed : 01/24

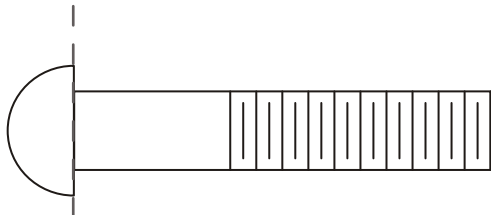
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	35	PlugPT60*120	4
2	Seat Support	1	36	Spacer	4
3	Right Upright Frame	1	37	Plugφ48	6
4	left Upright Frame	1	38	PlugRT50*100	1
5	Right Arm Frame	1	39	Aluminium Cap	2
6	Left Arm Frame	1	40	Aluminium Cap φ76	2
7	Cross Bar	1	41	Aluminium Cap	4
8	Weight Horns	2	42	Ball Bearing	4
9	Adjustable Handle Assembly	1	43	Snap Spring	2
10	Weight Storage Horns	4	44	Nut M6*16.5	2
11	Counterweights	2	45	Button Head Cap Screw 3/8"-16*38	1
12	Arm Pivot Axle	2	46	Flat Head Cap Screw M12*35	2
13	Seat Support	1	47	Flat Head Cap Screw M12*30	4
14	Pivot	2	48	Socket Head Cap Screw M12*30	16
15	Handle Pivot Shaft	1	49	Socket Head Cap Screw M10*30	4
16	Middle Pivot Shaft	1	50	Socket Head Cap Screw M10*25	4
17	Torsion Spring	1	51	Socket Head Cap Screw M10*20	2
18	Gas Spring Assembly	1	52	Button Head Cap Screw M8*70	2
19	Seat Pad	1	53	Flat Head Cap Screw M8*20	4
20	Back Pad	1	54	Socket Set Screw M8*6	4
21	Bumper	1	55	Button Head Cap Screw M6*25	2
22	Plugφ25	2	56	Flat Head Cap Screw M6*30	2
23	Grip	2	57	Flat Head Cap Screw M6*16	2
24	Rollers	3	58	Phillip Screw M4*10	2
25	Inner Slide	1	59	Phillip Screw M5*60	8
26	Outer Slide	1	60	Flat Washer φ13*φ24*1.5	16
27	Bumper	2	61	Flat Washer φ11*φ20*2	10
28	Rubber Foot	3	62	Spring Washer φ10	2
29	Handle Upper Cover	1	63	Flat Washer φ9*φ16*1.6	2
30	Handle Bottom Cover	1	64	Nylon Lock Nut M8	4
31	Safety Cover	2	65	Split damping ring φ15	4
32	Outer Safety Cover Assembly	2	66	Split damping ring φ12	2
33	Adjust Foot	1	67	Nut M5	8
34	Inner Bumper	2			

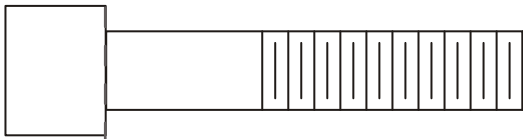
Exploded View and Parts List



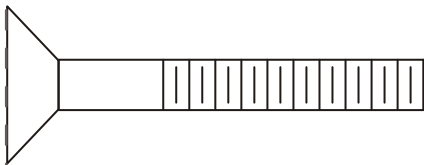
Measurement Guide



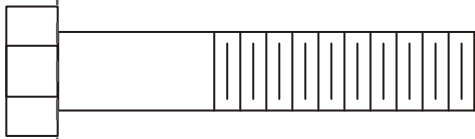
BHCS = Button Head Cap Screw



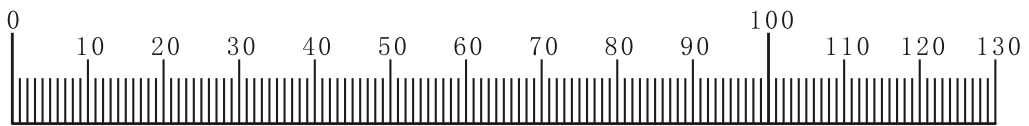
SHCS = Socket Head Cap Screw



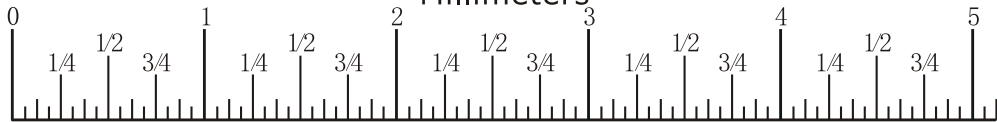
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

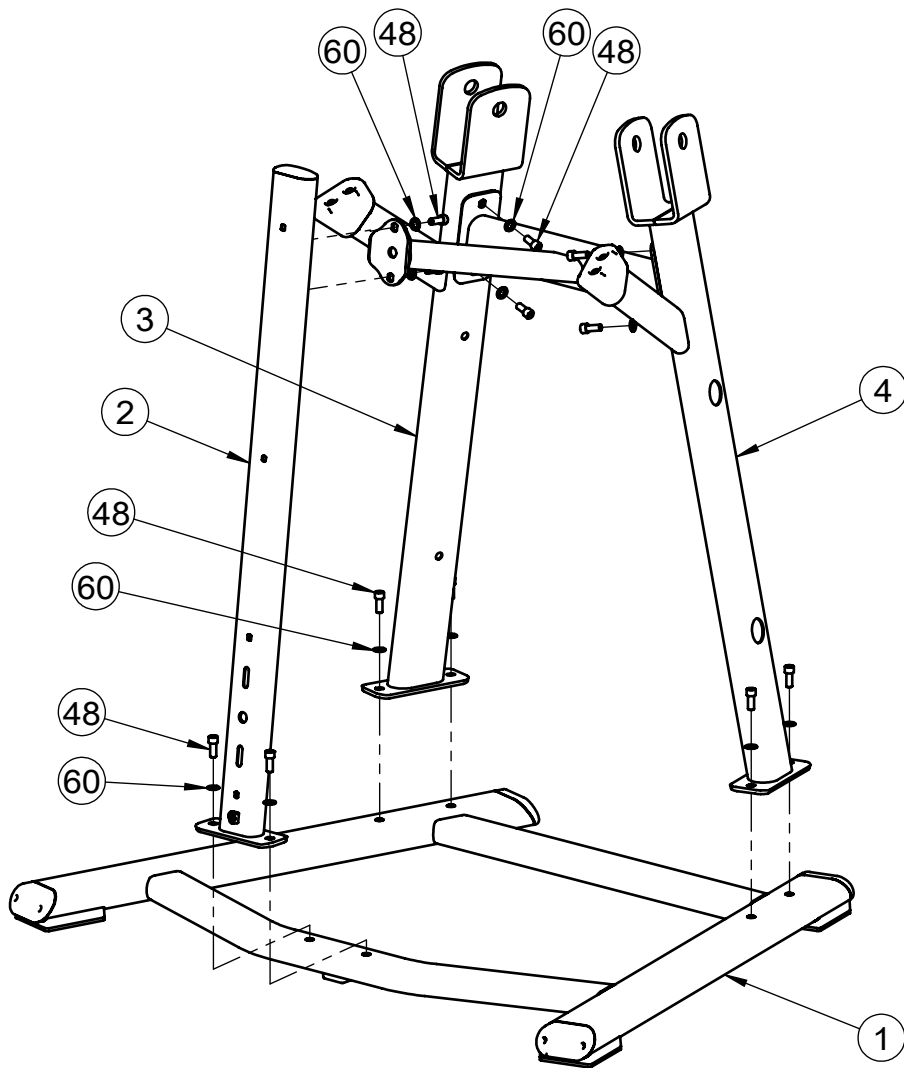


Inches

Assembly

STEP 1

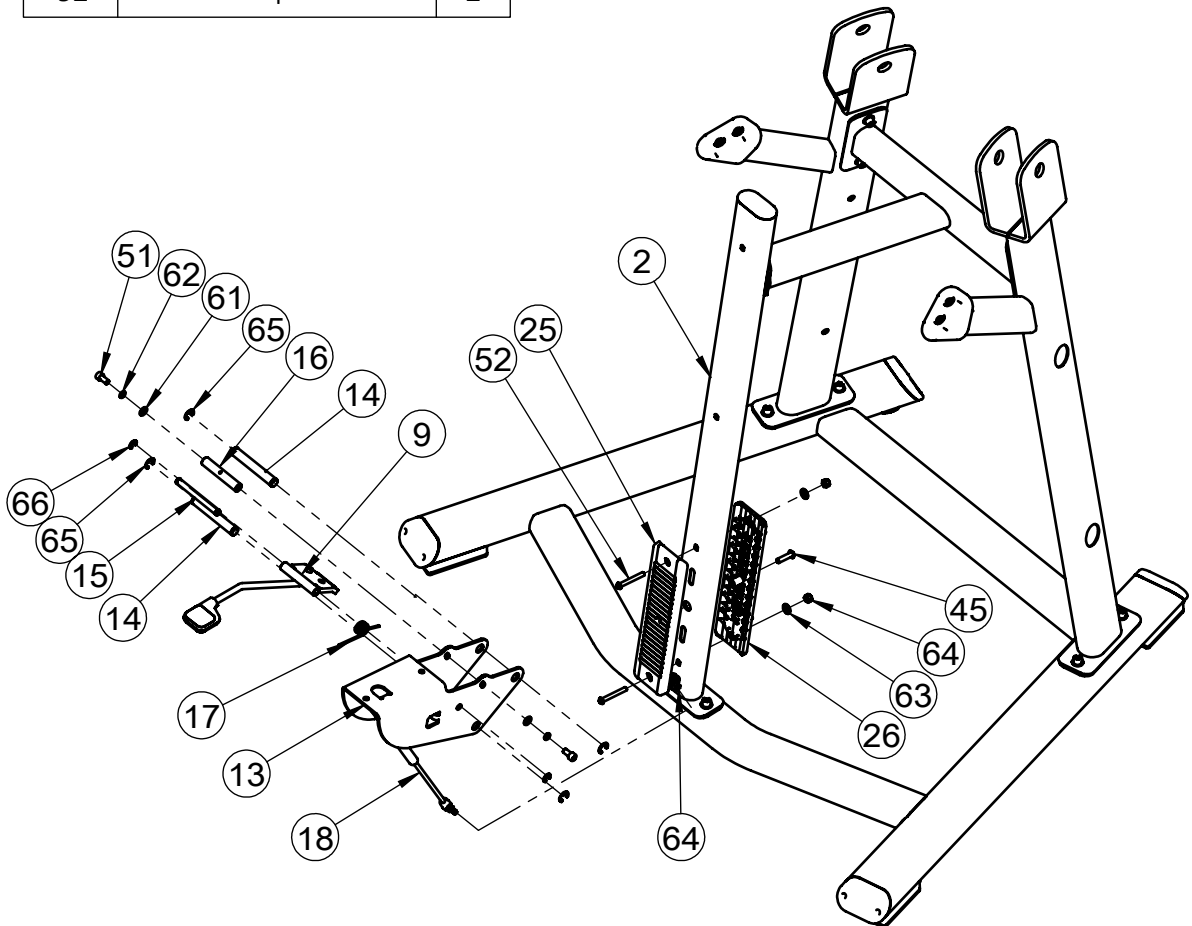
ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1
2	Seat Support	1
3	Right Upright Frame	1
4	left Upright Frame	1
48	Socket Head Cap Screw M12*30	12
60	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	12



Assembly

STEP 2

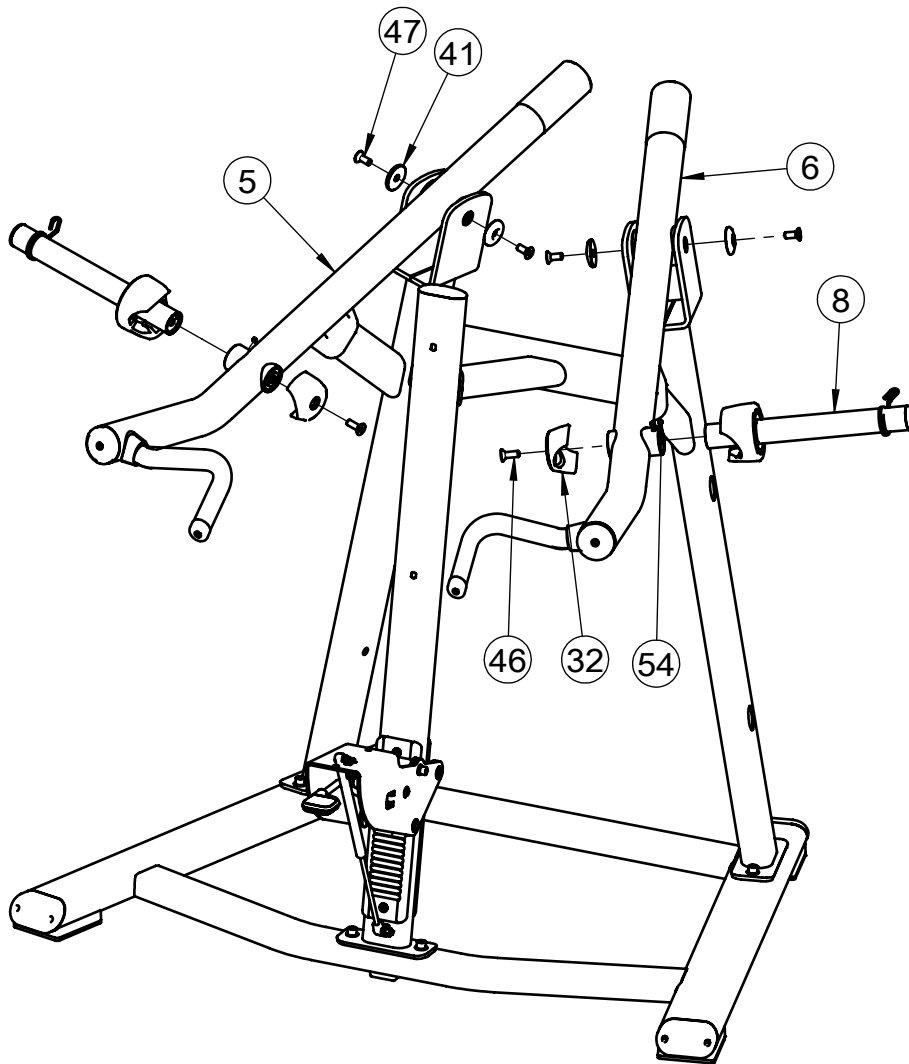
ITEM NO.	DESCRIPTION	QTY			
2	Seat Support	1	61	Flat Washer $\phi 11 * \phi 20 * 2$	2
9	Adjustable Handle Assembly	1	62	Spring Washer $\phi 10$	2
13	Seat Support	1	63	Flat Washer $\phi 9 * \phi 16 * 1.6$	2
14	Pivot	2	64	Nylon Lock Nut M8	4
15	Handle Pivot Shaft	1	65	Split damping ring $\phi 15$	4
16	Middle Pivot Shaft	1	66	Split damping ring $\phi 12$	2
17	Torsion Spring	1			
18	Gas Spring Assembly	1			
25	Inner Slide	1			
26	Outer Slide	1			
45	Button Head Cap Screw $3/8" - 16 * 38$	1			
51	Socket Head Cap Screw M10*20	2			
52	Button Head Cap Screw M8*70	2			



Assembly

STEP 3

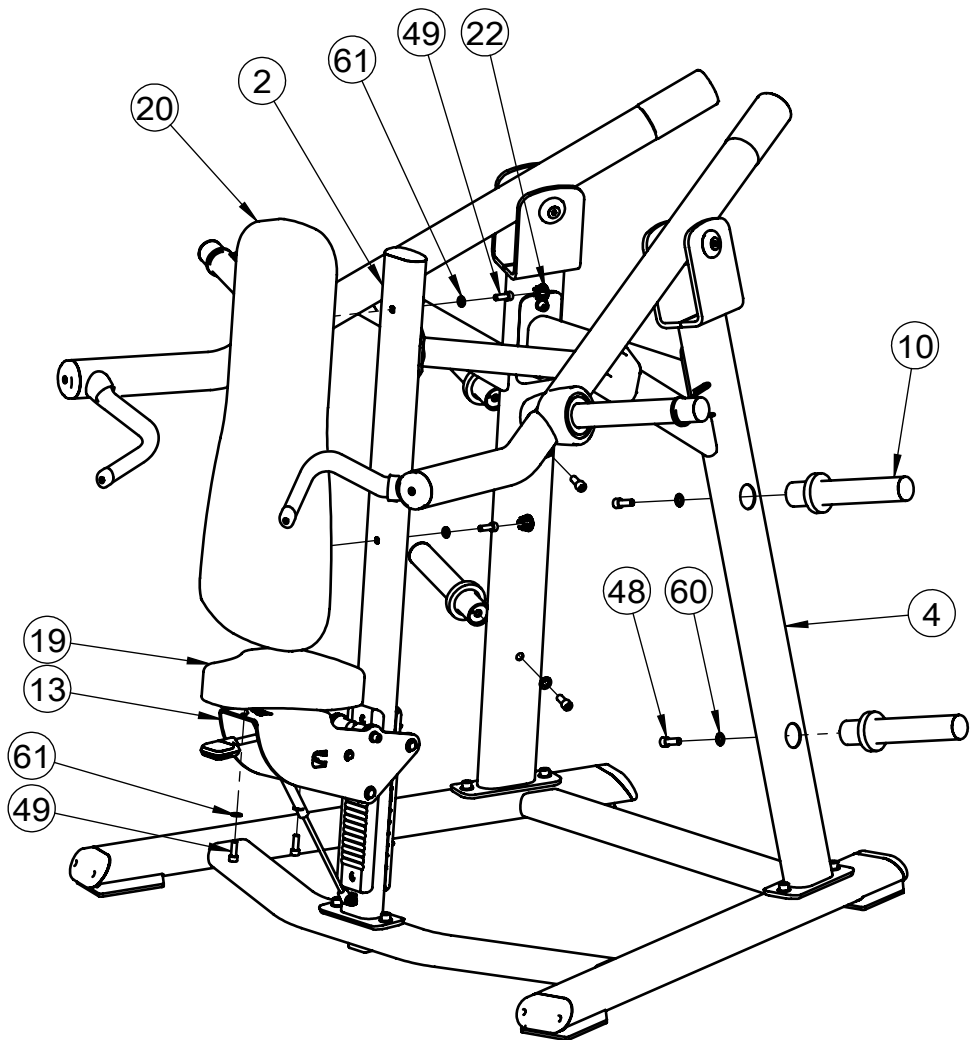
ITEM NO.	DESCRIPTION	QTY
5	Right Arm Frame	1
6	Left Arm Frame	1
8	Weight Horns	2
32	Outer Safty Cover Assembly	2
41	Aluminium Cap	4
46	Flat Head Cap Screw M12*35	2
47	Flat Head Cap Screw M12*30	4
54	Socket Set Screw M8*6	4



Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY
2	Seat Support	1
4	left Upright Frame	1
10	Weight Storage Horns	4
19	Seat Pad	1
20	Back Pad	1
22	Plug $\phi 25$	2
48	Socket Head Cap Screw M12*30	4
49	Socket Head Cap Screw M10*30	4
60	Flat Washer $\phi 13*\phi 24*1.5$	4
61	Flat Washer $\phi 11*\phi 20*2$	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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