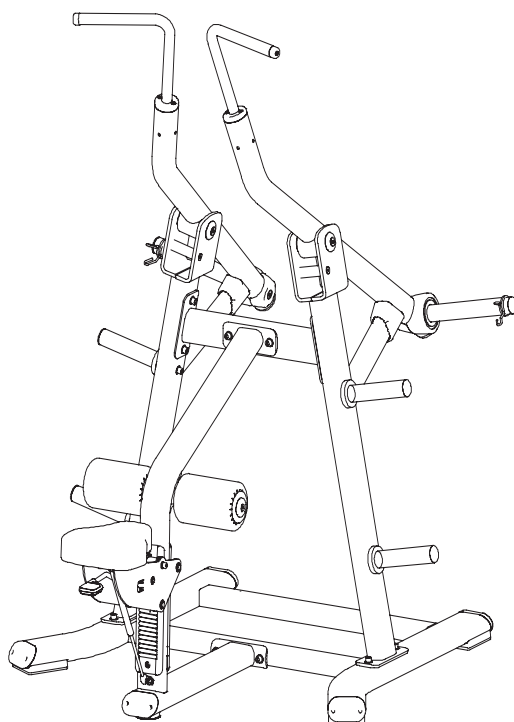


TOORX
PROFESSIONAL LINE

INSTRUCTION



LAT PULLDOWN

FWX 8200



Cod : GRLDTOORXFWX8200

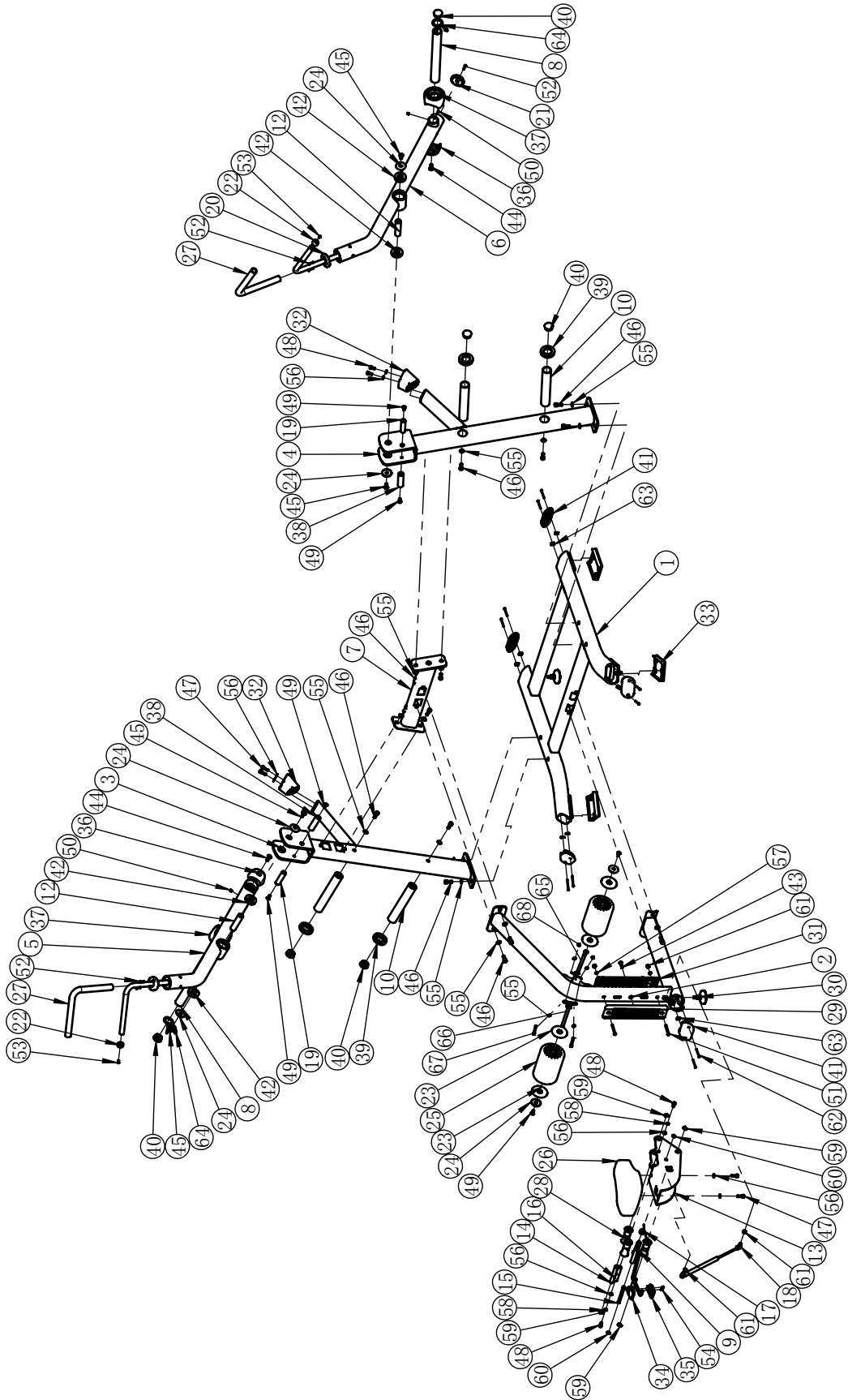
Rev : 00

Ed : 01/24

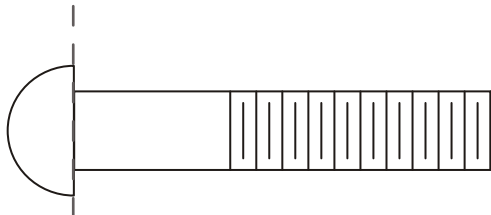
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Left Bottom Frame	1	36	Safety Bush Assembly	2
2	Seat Frame	1	37	Inside Rubber Bumper	2
3	Left Upright Frame	1	38	Stopper Grip	2
4	Right Upright Frame	1	39	Bumper	4
5	Left Arm Frame	1	40	Plug $\phi 48$	6
6	Right Arm Frame	1	41	Plug PT60*120	5
7	Up Cross Frame	1	42	Ball Bearing	4
8	Weight Horns	2	43	Button Head Cap Screw 3/8"-16*38	1
9	Adjustable Handle Assembly	1	44	Flat Head Cap Screw M12*35	2
10	Weight Plate Storage	4	45	Flat Head Cap Screw M12*30	4
12	Pivot Shaft Arm Frame	2	46	Socket Head Cap Screw M12*30	16
13	Seat Pad Support Frame	1	47	Socket Head Cap Screw M10*30	6
14	Pivot Shaft	2	48	Socket Head Cap Screw M10*20	2
15	Handle Pivot Shaft	1	49	Flat Head Cap Screw M12*25	6
16	Middle Pivot Shaft	1	50	Socket Set Screw M8*10	4
17	Torsion Spring	1	51	Button Head Cap Screw M8*70	2
18	Gap Spring Assembly	1	52	Flat Head Cap Screw M6*30	6
19	Shaft $\phi 25 \times 92.5$	2	53	Flat Head Cap Screw M6*16	2
20	Aluminum hole End Cap $\phi 76 \times 17.6$	2	54	Cross Recess Head Screw M4*10	2
21	Aluminum End Cap $\phi 76 \times 17.6$	2	55	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	20
22	Aluminium Cap $\phi 25$	2	56	Flat Washer $\phi 11 \times \phi 20 \times 2$	8
23	Aluminium Retaining Ring $\phi 25$	4	57	Spring Washer $\phi 10$	2
24	Aluminum End Cap $\phi 60 \times \phi 12.5 \times 10.6$	6	58	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
25	FOAM	2	59	External Retaining Ring $\phi 15$	4
26	Seat Pad	1	60	External Retaining Ring $\phi 12$	2
27	Grip	2	61	Nylon lock Nut M8	4
28	Idler Wheel	3	62	Cross Recessed Head Screws With Tapping Screw Thread ST4.2*60	10
29	Inner Slide Runner	1	63	lock Nut 20*13*4.5* $\phi 3.5$	10
30	Adjustable Stopper	2	64	Snap Spring	2
31	Outside Slide Runner	1	65	Right FOAM Holder	1
32	Plastic Sleeve	3	66	Left FOAM Holder	1
33	Rubber Foot	3	67	Socket Cap Screws M12X70	2
34	Upper Handle Cover Assembly	1	68	He Cap M12	2
35	Bottom Handle Cover	1			

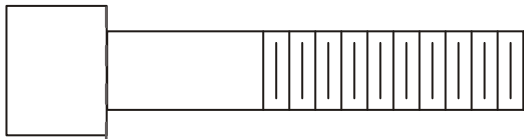
Exploded View and Parts List



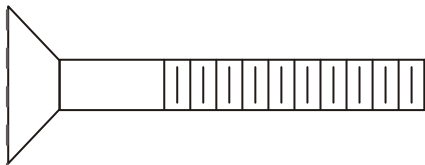
Measurement Guide



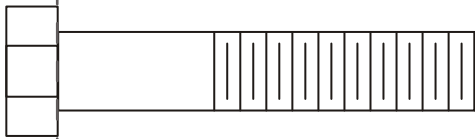
BHCS = Button Head Cap Screw



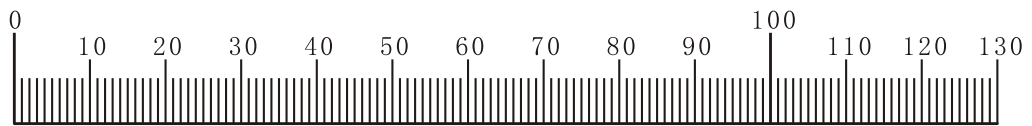
SHCS = Socket Head Cap Screw



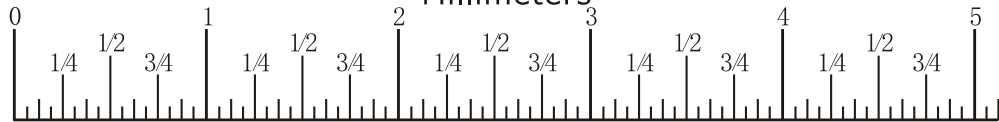
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

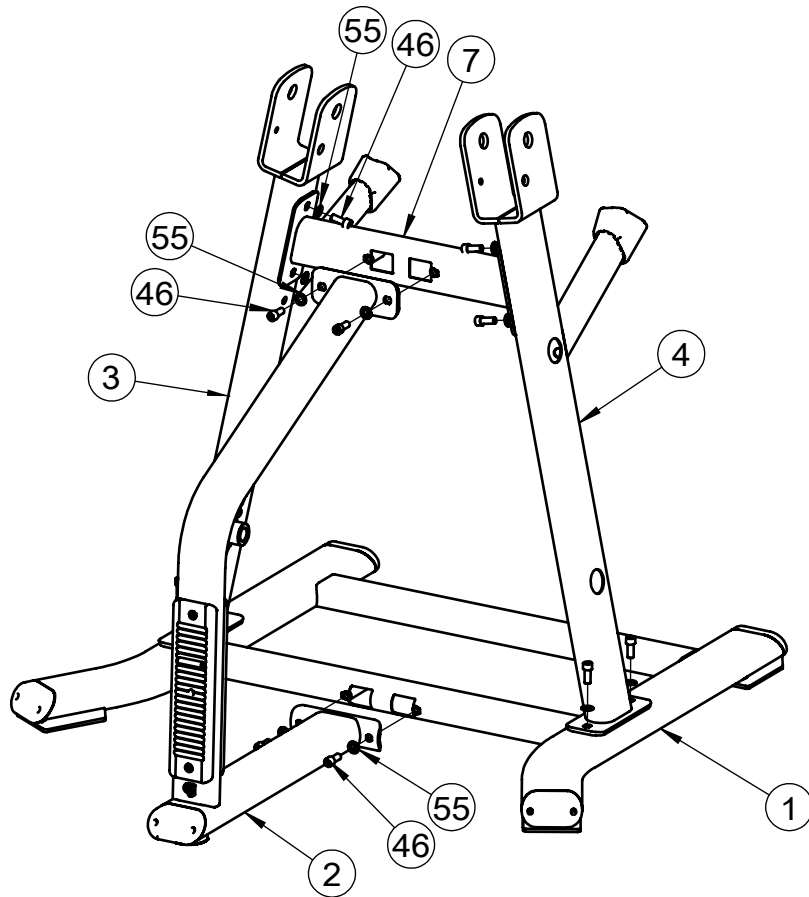


Inches

Assembly

STEP 1

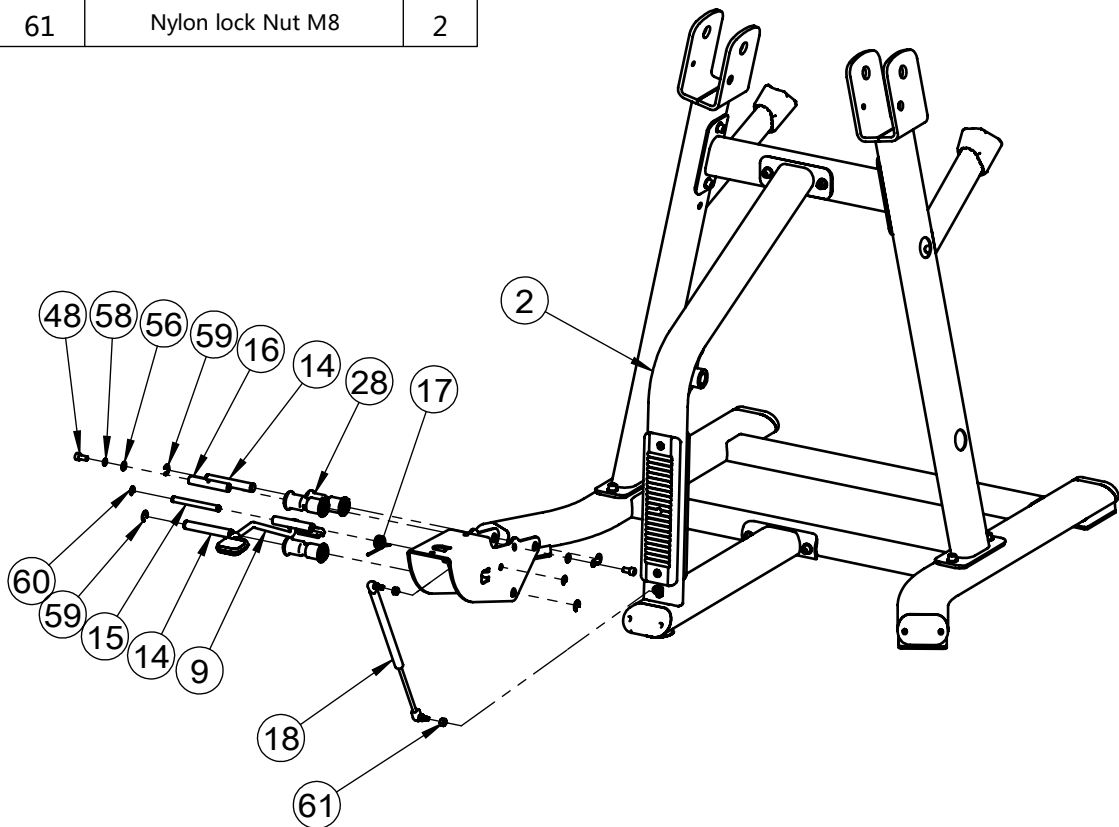
ITEM NO.	DESCRIPTION	QTY
1	Left Bottom Frame	1
2	Seat Frame	1
3	Left Upright Frame	1
4	Right Upright Frame	1
46	Socket Head Cap Screw M12*30	12
55	Flat Washer $\phi 13*\phi 24*1.5$	12



Assembly

STEP 2

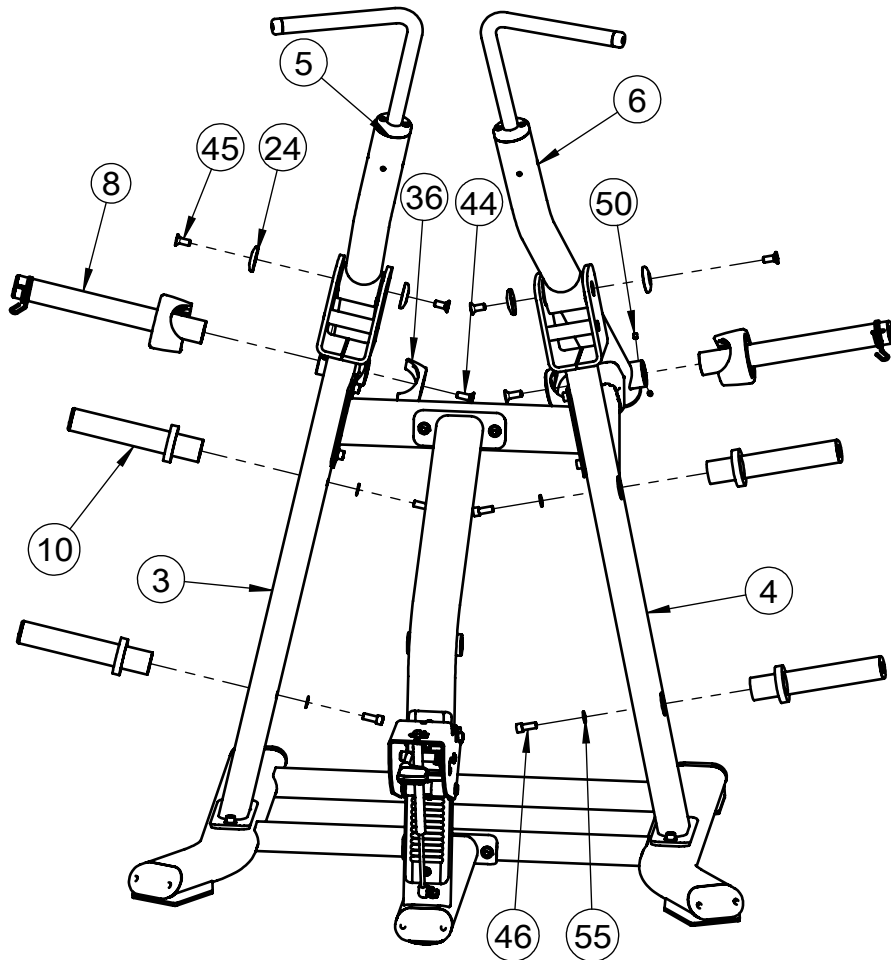
ITEM NO.	DESCRIPTION	QTY
2	Seat Frame	1
9	Adjustable Handle Assembly	1
14	Pivot Shaft	2
15	Handle Pivot Shaft	1
16	Middle Pivot Shaft	1
17	Torsion Spring	1
18	Gap Spring Assembly	1
28	Idler Wheel	3
48	Socket Head Cap Screw M10*20	2
56	Flat Washer $\phi 11 * \phi 20 * 2$	2
58	Flat Washer $\phi 9 * \phi 16 * 1.6$	2
59	External Retaining Ring $\phi 15$	4
60	External Retaining Ring $\phi 12$	2
61	Nylon lock Nut M8	2



Assembly

STEP 3

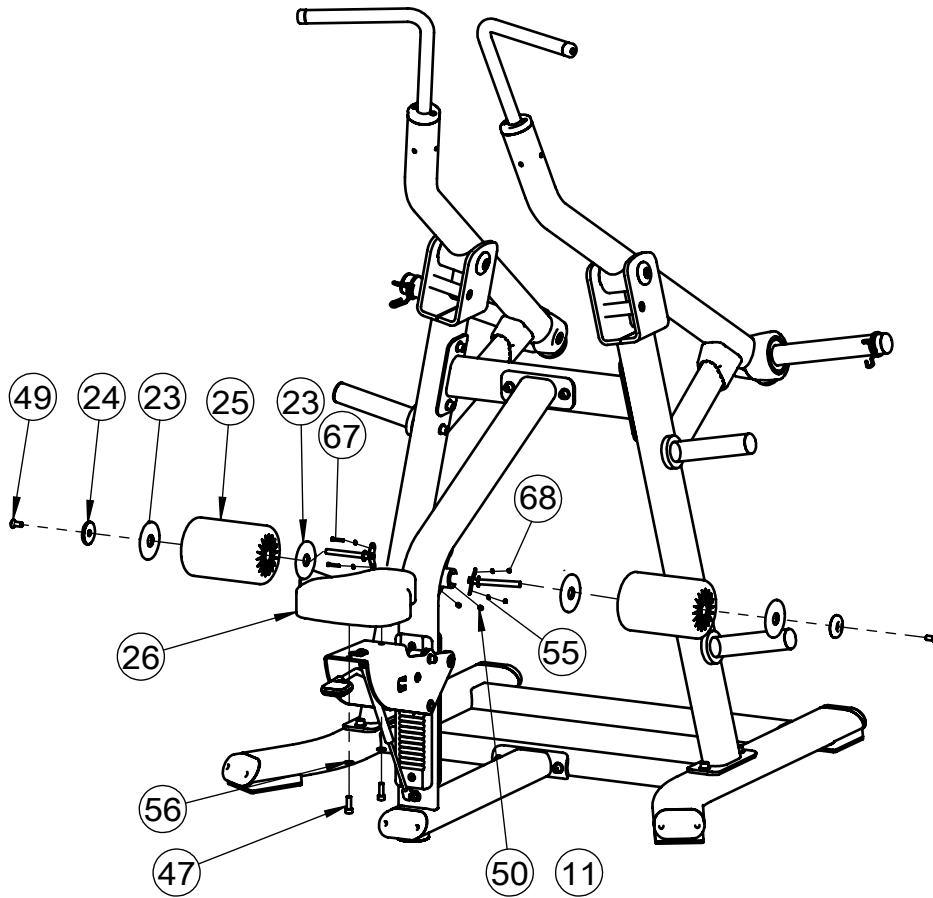
ITEM NO.	DESCRIPTION	QTY
5	Left Arm Frame	1
6	Right Arm Frame	1
8	Weight Horns	2
10	Weight Plate Storage	4
24	Aluminum End Cap $\phi 60 * \phi 12.5 * 10.6$	4
36	Safety Bush Assembly	2
44	Flat Head Cap Screw M12*35	2
45	Flat Head Cap Screw M12*30	4
46	Socket Head Cap Screw M12*30	4
50	Socket Set Screw M8*10	4
55	Flat Washer $\phi 13 * \phi 24 * 1.5$	4



Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY
11	Foam Bracket	1
23	Aluminium Retaining Ring $\phi 25$	4
24	Aluminum End Cap $\phi 60 * \phi 12.5 * 10.6$	2
25	FOAM	2
26	Seat Pad	1
47	Socket Head Cap Screw M10*30	2
49	Flat Head Cap Screw M12*25	2
50	Socket Set Screw M8*10	2
56	Flat Washer $\phi 11 * \phi 20 * 2$	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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