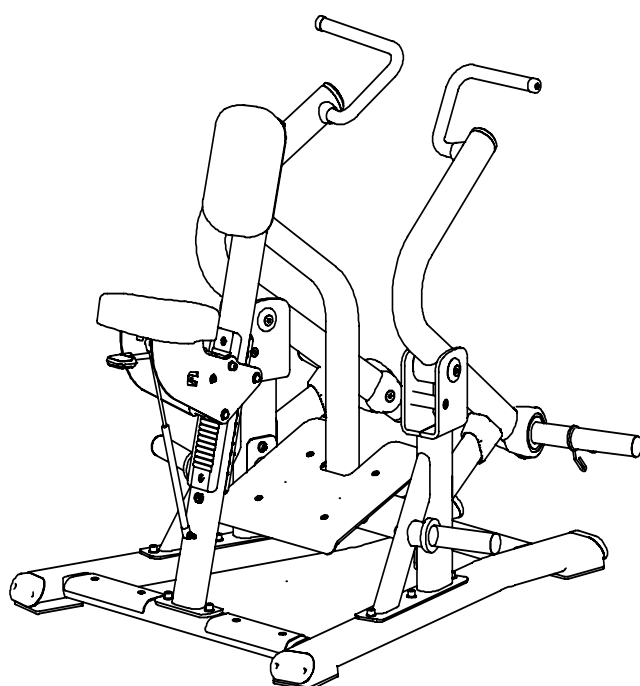


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



MID ROW

# FWX 8500



Cod : GRLDTOORXFWX8500

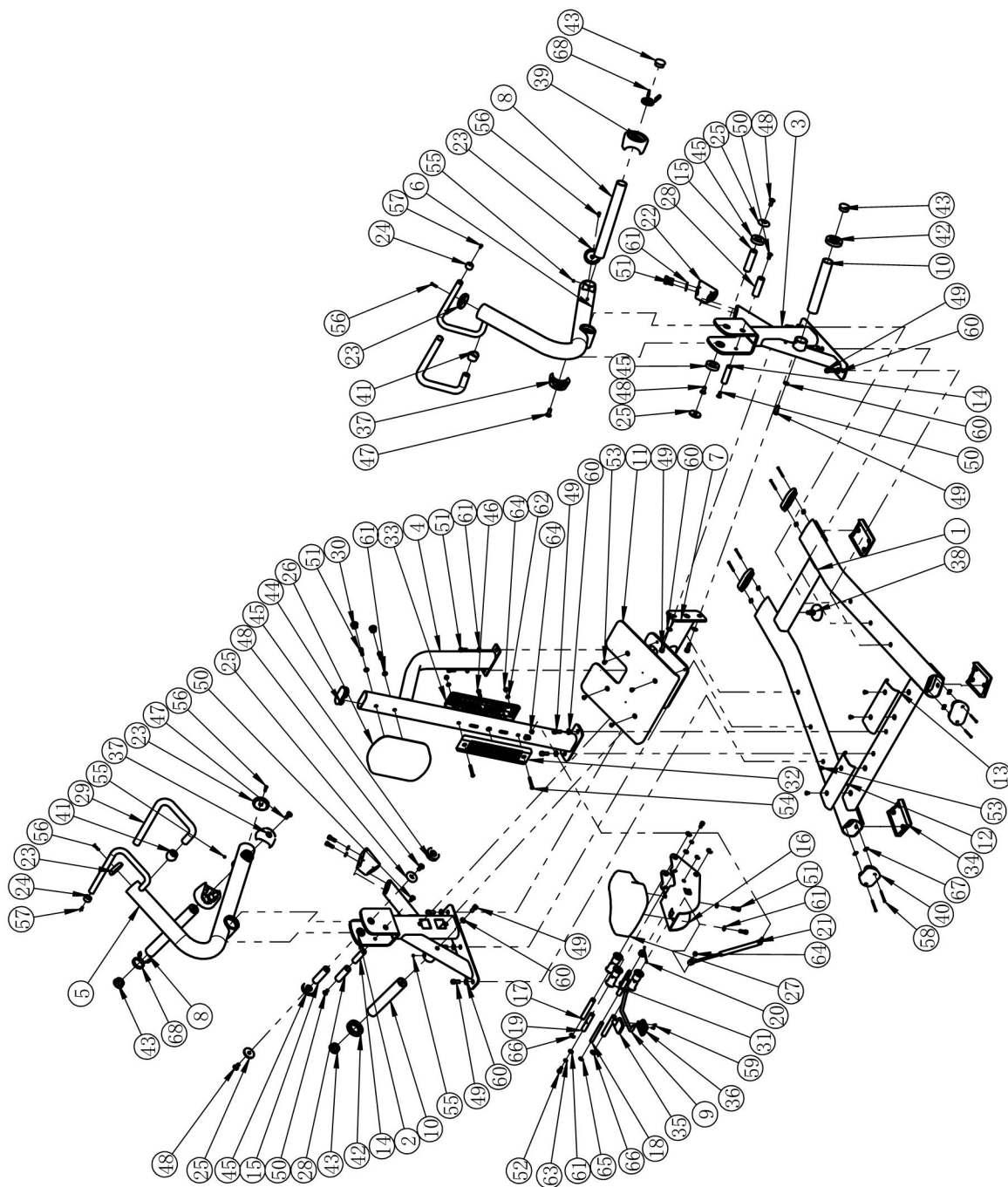
Rev : 00

Ed : 01/24

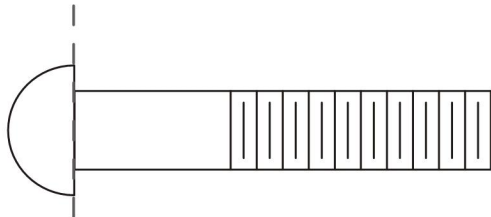
## Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	35	Upper Handle Cover Assembly	1
2	Left Upright Frame	1	36	Bottom Handle Cover	1
3	Right Upright Frame	1	37	Safety Bush Assembly	2
4	Middle Upright Frame	1	38	Adjustable Foot	1
5	Left Arm Frame	1	39	Inside Rubber Bumper	2
6	Right Arm Frame	1	40	Plug PT60*120	4
7	Footplate Frame	1	41	Safety Cover $\phi 25 \times 32.6$	2
8	Weight Horns	2	42	Bumper	2
9	Adjustable Handle Assembly	1	43	Plug $\phi 48$	4
10	Weight Plate Storage	2	44	Plug RT50*100	1
11	Middle Footplate Frame	1	45	Ball Bearing	4
12	Left Footplate Frame	1	46	Button Head Cap Screw 3/8"-16*38	1
13	Right Footplate Frame	1	47	Flat Head Cap Screw M12*35	2
14	Shaft $\phi 25 \times 92.5$	2	48	Flat Head Cap Screw M12*30	4
15	Pivot Shaft Arm Frame	2	49	Socket Head Cap Screw M12*30	14
16	Seat Pad Support Frame	1	50	Socket Head Cap Screw M10*30	4
17	Pivot Shaft	2	51	Socket Head Cap Screw M10*20	10
18	Handle Pivot Shaft	1	52	Socket Head Cap Screw M10*20	2
19	Middle Pivot Shaft	1	53	Flat Head Cap Screw M8*15	8
20	Torsion Spring	1	54	Button Head Cap Screw M8*70	2
21	Gap Spring Assembly	1	55	Socket Set Screw M8*10	6
22	Plastic Sleeve	2	56	Flat Head Cap Screw M6*30	4
23	Aluminum End Cap $\phi 76 \times 17.6$	4	57	Flat Head Cap Screw M6*16	2
24	Aluminium Cap $\phi 25$	2	58	Cross Recessed Head Screws With Tapping Screw Thread ST4.2*60	8
25	Aluminum End Cap $\phi 60 \times \phi 12.5 \times 10.6$	4	59	Cross Recess Head Screw M4*10	2
26	Chest Pad	1	60	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	14
27	Seat Pad	1	61	Flat Washer $\phi 11 \times \phi 20 \times 2$	12
28	Stopper Grip	2	62	Spring Washer $\phi 10$	2
29	Arm Grip	2	63	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
30	Plug $\phi 25$	2	64	Nylon lock Nut M8	4
31	Idler Wheel	3	65	External Retaining Ring $\phi 12$	2
32	Inner Slide Runner	1	66	External Retaining Ring $\phi 15$	4
33	Outside Slide Runner	1	67	lock Nut 20*13*4.5* $\phi 3.5$	8
34	Rubber Foot	3	68	Snap Spring	2

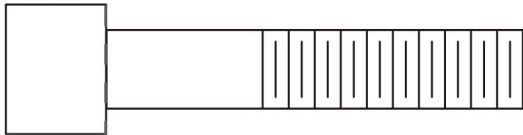
# Exploded View and Parts List



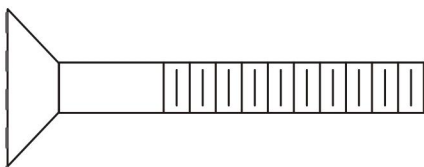
# Measurement Guide



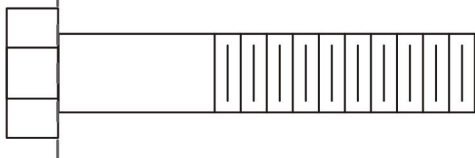
BHCS = Button Head Cap Screw



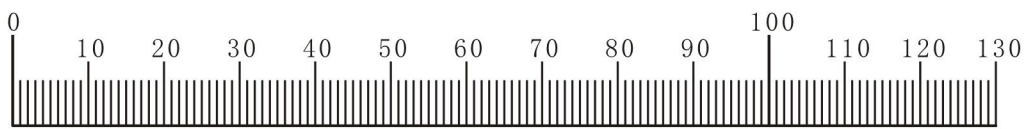
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

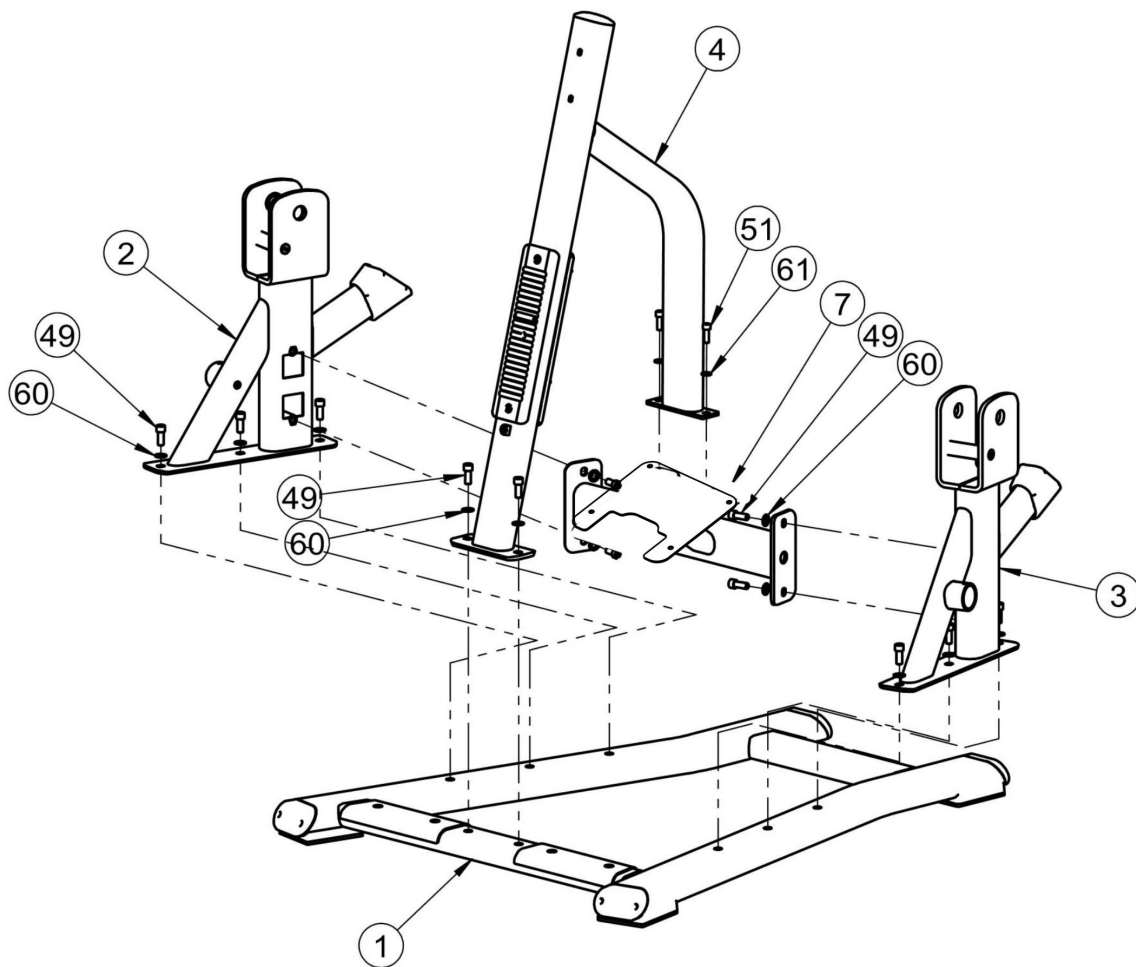


Inches

# Assembly

## STEP 1

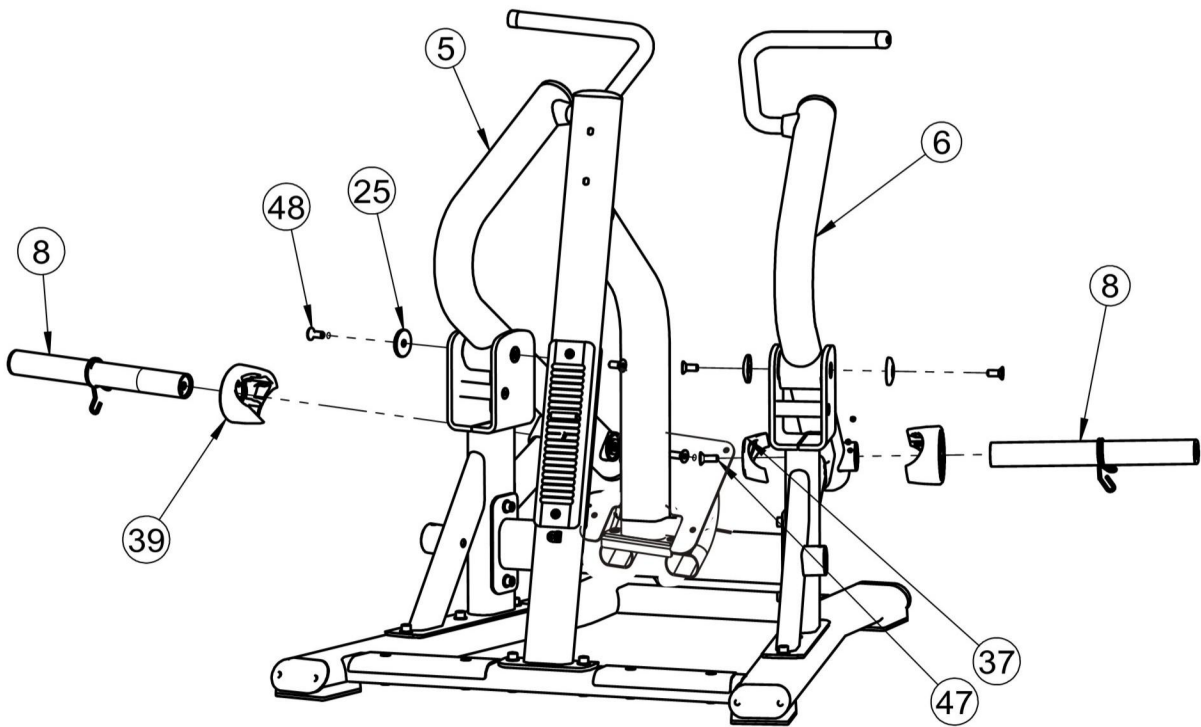
ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1
2	Left Upright Frame	1
3	Right Upright Frame	1
4	Middle Upright Frame	1
7	Footplate Frame	1
49	Socket Head Cap Screw M12*30	12
51	Socket Head Cap Screw M10*20	2
60	Flat Washer $\phi 13*\phi 24*1.5$	12
61	Flat Washer $\phi 11*\phi 20*2$	2



# Assembly

## STEP 2

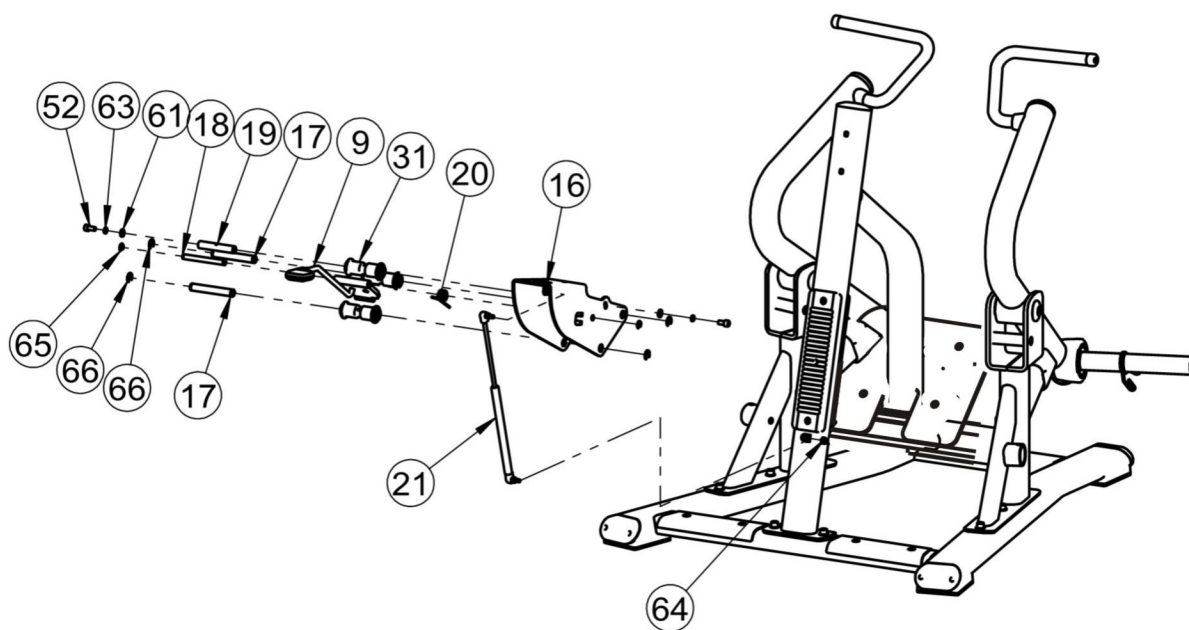
ITEM NO.	DESCRIPTION	QTY
5	Left Arm Frame	1
6	Right Arm Frame	1
8	Weight Horns	2
25	Aluminum End Cap $\phi 60 * \phi 12.5 * 10.6$	4
37	Safety Bush Assembly	2
39	Inside Rubber Bumper	2
47	Flat Head Cap Screw M12*35	2
48	Flat Head Cap Screw M12*30	4



## Assembly

### STEP 3

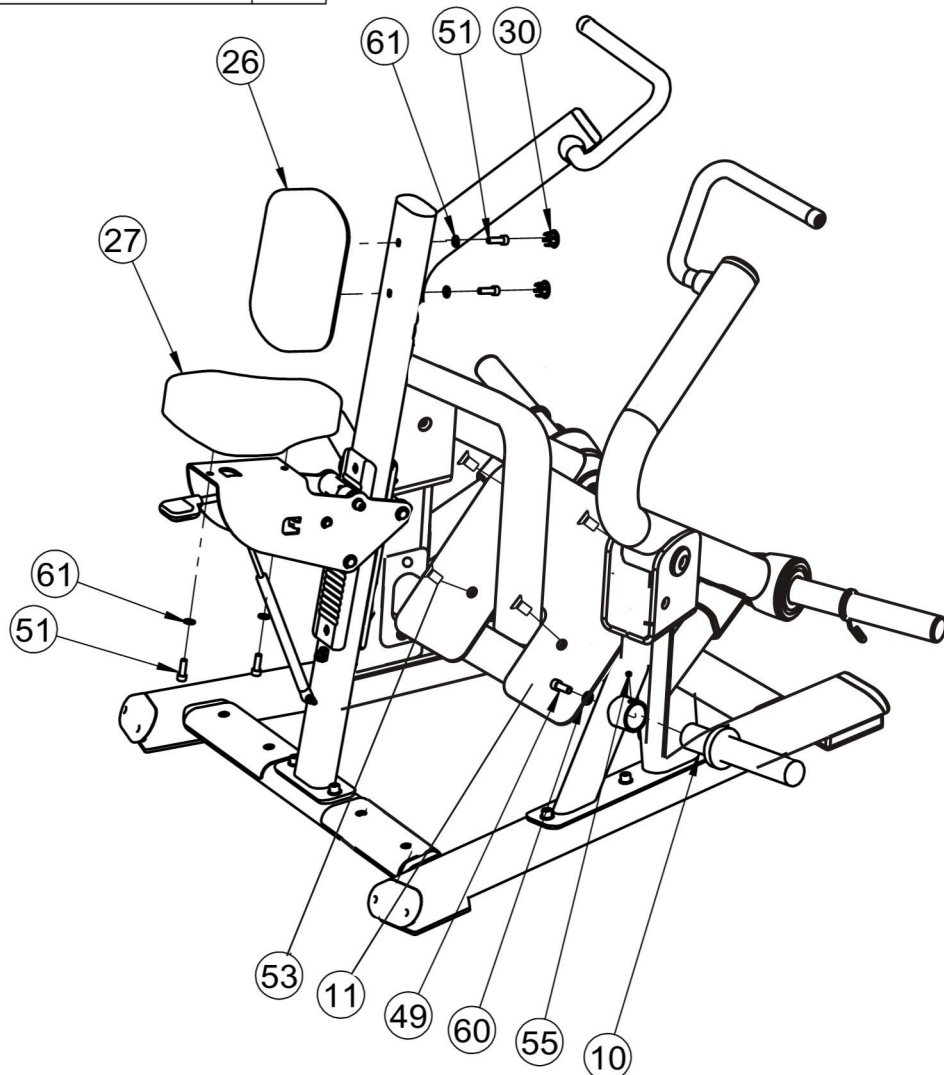
ITEM NO.	DESCRIPTION	QTY
9	Adjustable Handle Assembly	1
16	Seat Pad Support Frame	1
17	Pivot Shaft	2
18	Handle Pivot Shaft	1
19	Middle Pivot Shaft	1
20	Torsion Spring	1
31	Idler Wheel	3
52	Socket Head Cap Screw M10*20	2
61	Flat Washer $\phi 11 * \phi 20 * 2$	2
63	Flat Washer $\phi 9 * \phi 16 * 1.6$	2
64	Nylon lock Nut M8	2
65	External Retaining Ring $\phi 12$	2
66	External Retaining Ring $\phi 15$	2



## Assembly

### STEP 4

ITEM NO.	DESCRIPTION	QTY
10	Weight Plate Storage	2
11	Middle Footplate Frame	1
26	Chest Pad	1
27	Seat Pad	1
30	Plug $\phi 25$	2
49	Socket Head Cap Screw M12*30	2
51	Socket Head Cap Screw M10*20	4
53	Flat Head Cap Screw M8*15	4
55	Socket Set Screw M8*10	2
60	Flat Washer $\phi 13*\phi 24*1.5$	2
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 bolt 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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