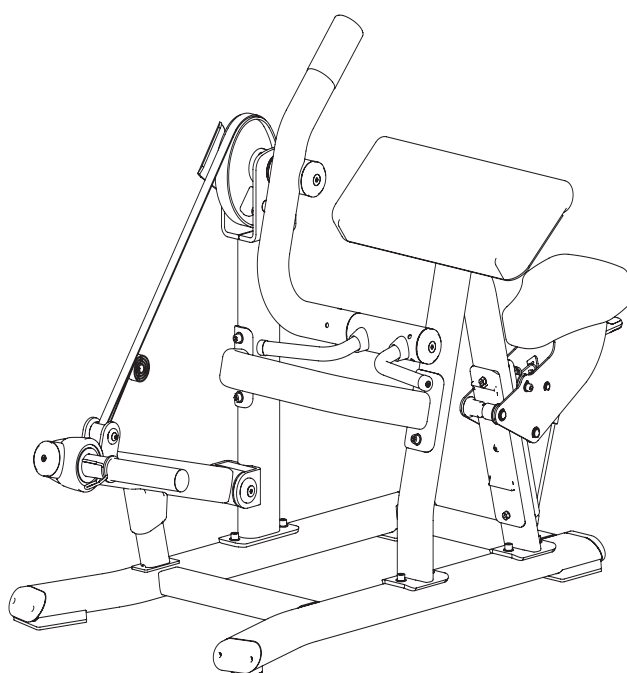


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**BICEPS CURL**

# FWX 8600



Cod : GRLDTOORXFWX8600

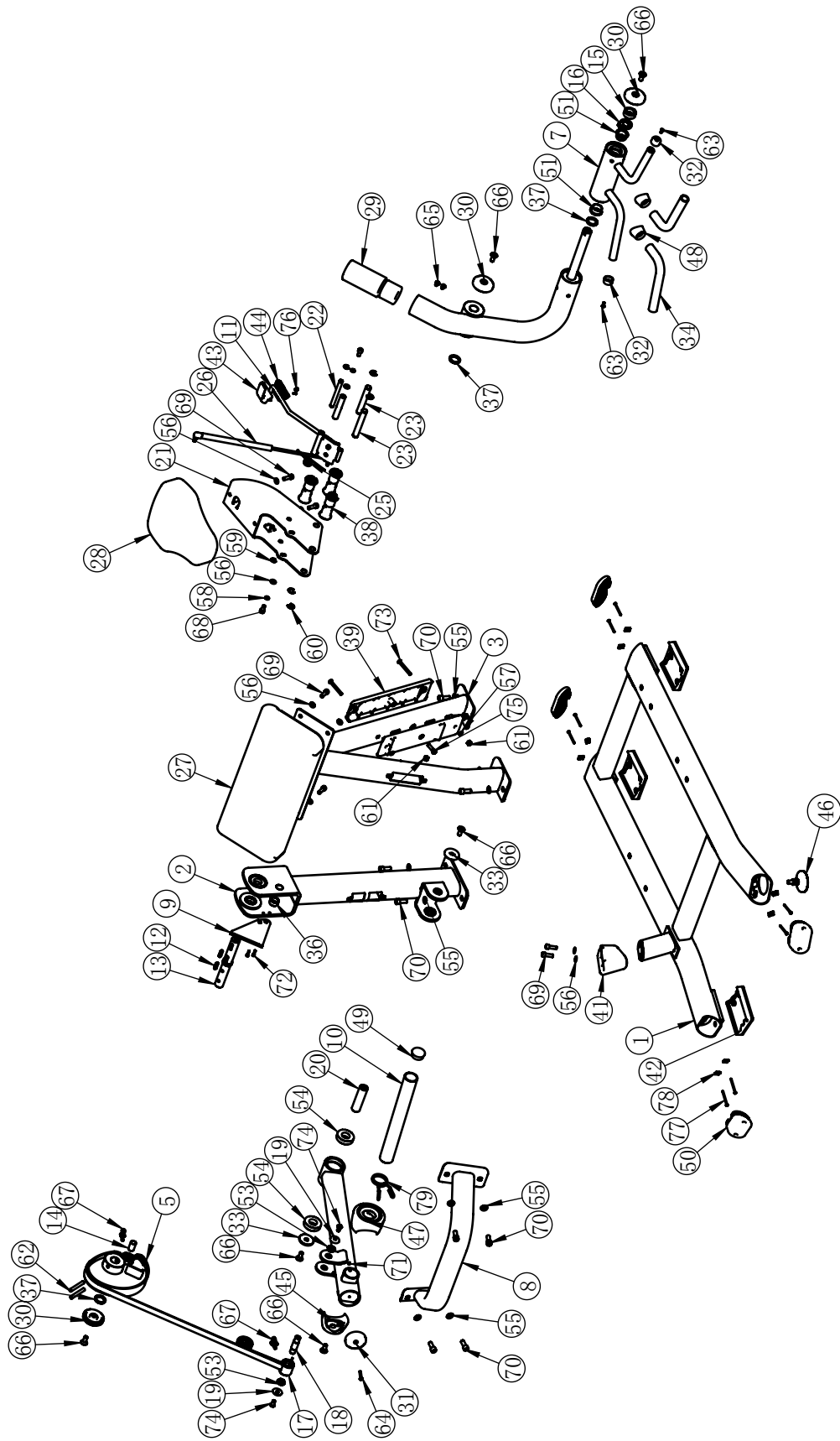
Rev : 00

Ed : 01/24

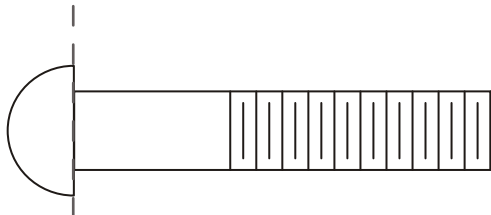
# Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	41	Bumper	1
2	Right Upright Frame	1	42	Rubber Foot	3
3	Left Upright Frame	1	43	Upper Handle Cover Assembly	1
4	Rotating Frame	1	44	Bottom Handle Cover	1
5	Pulley	1	45	Outer Safty Cover Assembly	2
6	Power Frame	1	46	Adjustable Foot	1
7	Handle Frame	1	47	Bumper	1
8	Connection Frame	1	48	Safty Cover	2
9	Cover	1	49	Plug $\phi 48$	1
10	Weight Horn	1	50	Plug PT60*120	4
11	Adjustable Handle Assembly	1	51	Bushing $\phi 36$	2
12	Key	1	52	Bushing $\phi 28$	2
13	Pulley Shaft	1	53	Bearing	2
14	Short Shaft	1	54	Ball Bearing	2
15	Retainer	1	55	Flat Washer	10
16	Limit Spacer Ring	1	56	Flat Washer	10
17	Belt Housing	1	57	Flat Washer	2
18	Short Shaft	1	58	Spring Washer $\phi 10$	2
19	Small Cap	2	59	Split damping ring $\phi 12$	2
20	Arm Pivot Axle	1	60	Split damping ring $\phi 15$	4
21	Seat Support	1	61	Nylon Lock Nut M8	4
22	Pivot Shaft	2	62	Pop Pin	2
23	Handle Pivot Shaft	1	63	Flat Head Cap Screw M6*16	2
24	Middle Pivot Shaft	1	64	Flat Head Cap Screw M6*30	1
25	Torsion Spring	1	65	Flat Head Cap Screw M8*20	2
26	Gas Spring Assembly	1	66	Flat Head Cap Screw M12*30	4
27	Arm Pad	1	67	Socket Head Cap Screw M8*25	4
28	Seat Pad	1	68	Socket Head Cap Screw M10*20	2
29	Counterweights	1	69	Socket Head Cap Screw M10*30	8
30	Aluminum Cap $\phi 76$	3	70	Socket Head Cap Screw M12*30	10
31	Aluminum Cap $\phi 76$	1	71	Socket Set Screw M8*6	2
32	Aluminum Cap	2	72	Socket Head Cap Screw M5*20	2
33	Aluminum Cap	2	73	Button Head Cap Screw M8*70	2
34	Grip	2	74	Button Head Cap Screw M10*20	2
35	Belt	1	75	Button Head Cap Screw 3/8"-16*38	1
36	Plastic Sleeve	1	76	Phillip Screw M4*10	2
37	Inner Spacer	3	77	Phillip Screw ST4.2*60	8
38	Rollers	3	78	Nut 20*13*4.5* $\phi 3.5$	8
39	Inner Slide	1	79	Snap Spring	1
40	Outer Slide	1			

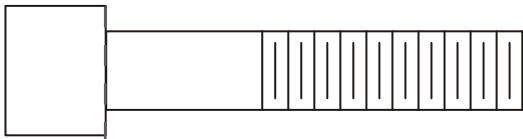
# Exploded View and Parts List



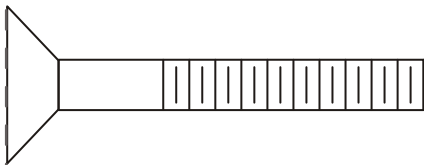
# Measurement Guide



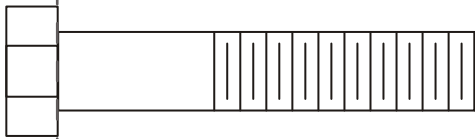
BHCS = Button Head Cap Screw



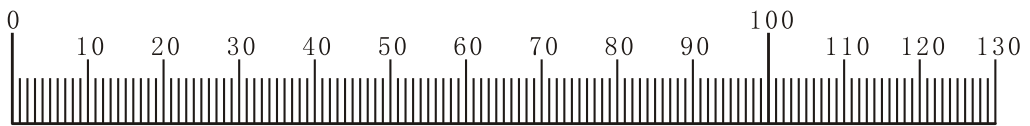
SHCS = Socket Head Cap Screw



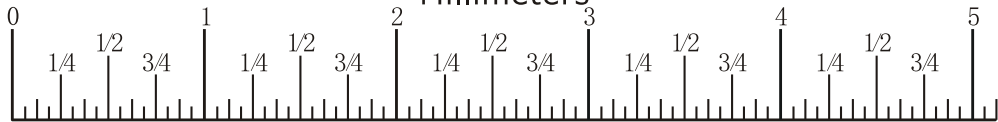
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

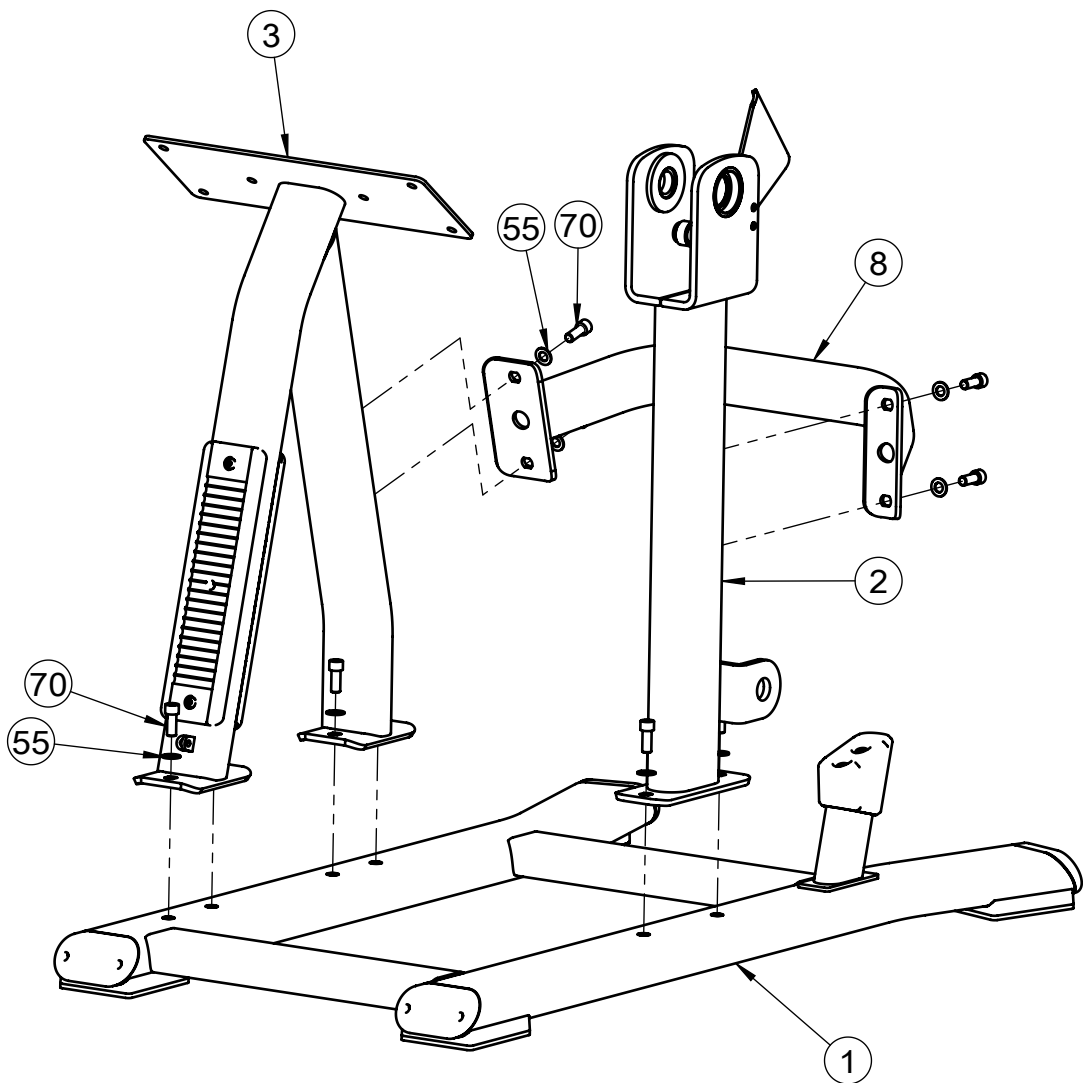


Inches

# Assembly

## STEP 1

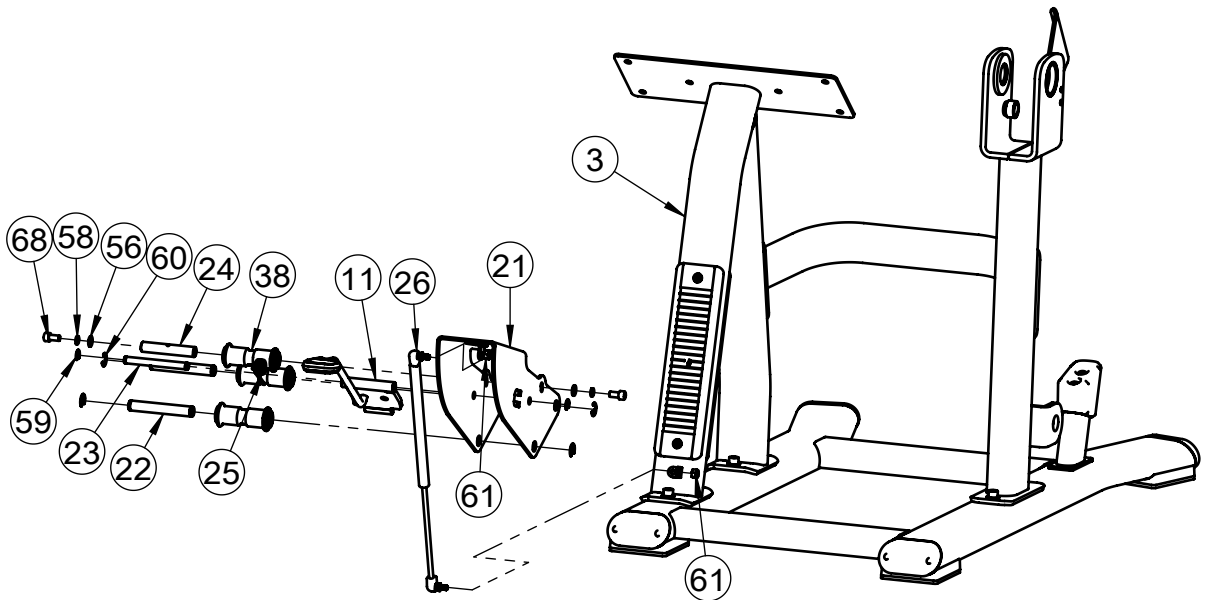
ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1
2	Right Upright Frame	1
3	Left Upright Frame	1
8	Connection Frame	1
55	Flat Washer	10
70	Socket Head Cap Screw M12*30	10



# Assembly

## STEP 2

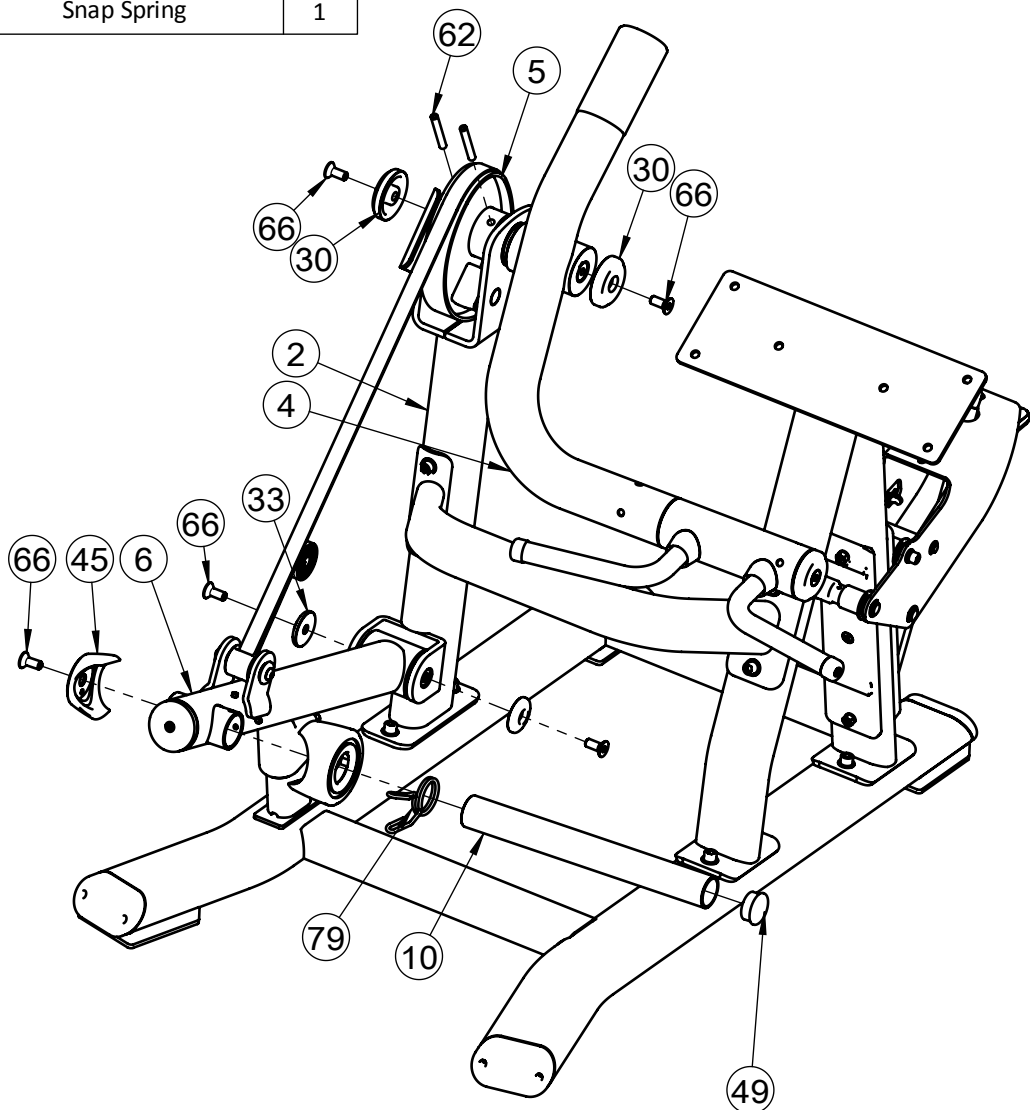
ITEM NO.	DESCRIPTION	QTY
3	Left Upright Frame	1
11	Adjustable Handle Assembly	1
22	Pivot Shaft	1
23	Handle Pivot Shaft	1
24	Middle Pivot Shaft	1
25	Torsion Spring	1
26	Gas Spring Assembly	3
38	Rollers	4
56	Flat Washer	2
58	Spring Washer $\phi 10$	2
59	Split damping ring $\phi 12$	2
60	Split damping ring $\phi 15$	2
61	Nylon Lock Nut M8	2
68	Socket Head Cap Screw M10*20	4



# Assembly

## STEP 3

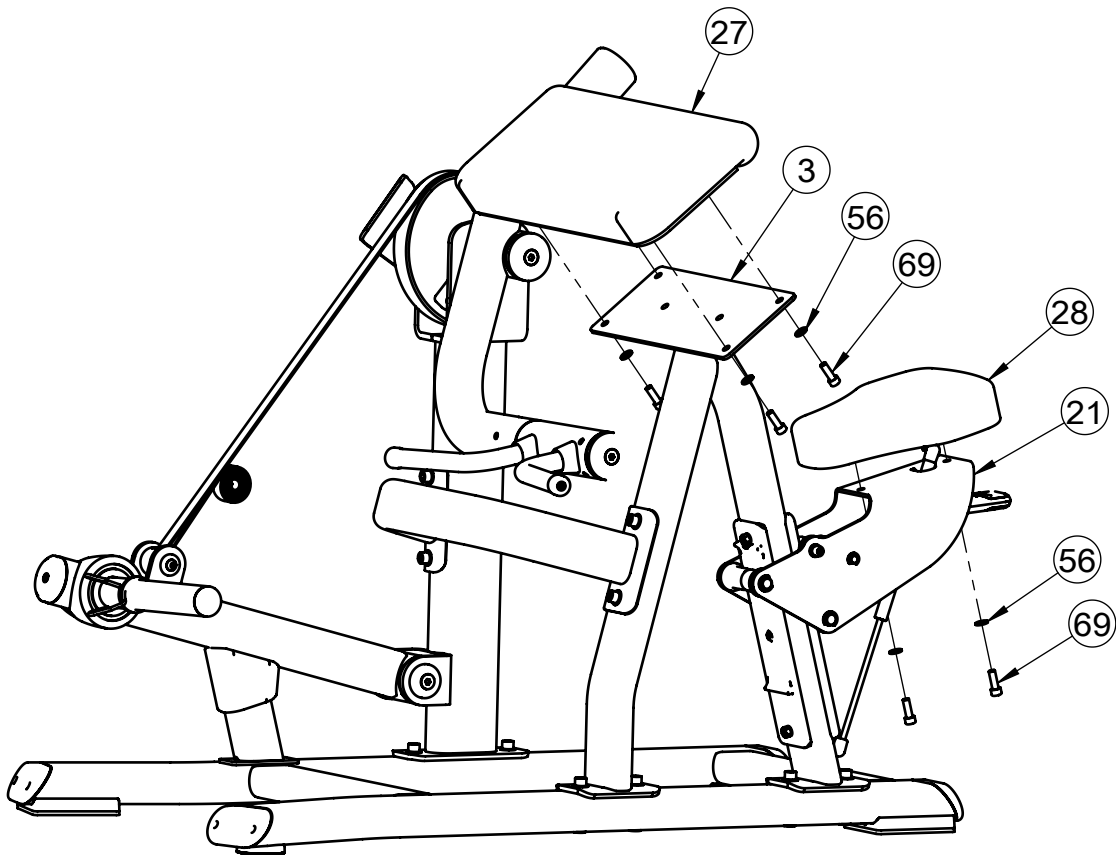
ITEM NO.	DESCRIPTION	QTY
2	Right Upright Frame	1
4	Left Upright Frame	1
5	Pulley	1
6	Power Frame	1
10	Weight Horn	1
30	Aluminum Cap $\phi 76$	2
33	Aluminum Cap	2
45	Outer Safty Cover Assembly	1
49	Plug $\phi 48$	1
62	Pop Pin	2
66	Flat Head Cap Screw M12*30	5
79	Snap Spring	1



# Assembly

## STEP 4

ITEM NO.	DESCRIPTION	QTY
3	Left Upright Frame	1
21	Seat Support	1
27	Arm Pad	1
28	Seat Pad	1
56	Flat Washer	6
69	Socket Head Cap Screw M10*30	6





## 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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