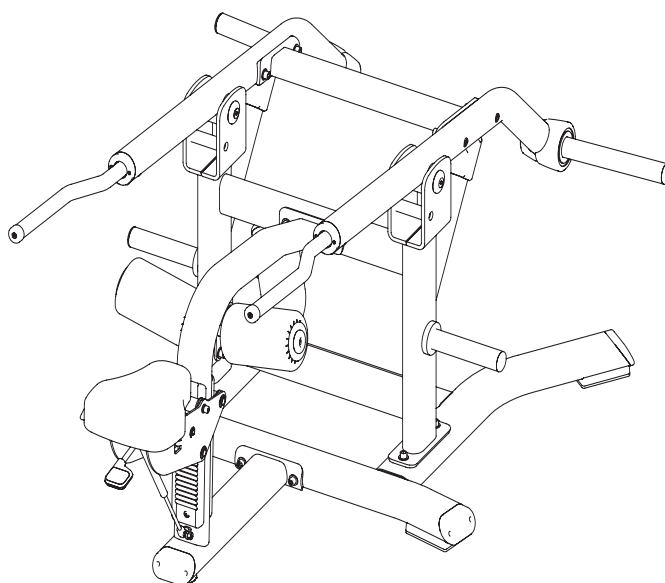


TOORX
PROFESSIONAL LINE

INSTRUCTION



TRICEPS CURL

FWX 8700



Cod : GRLDTOORXFWX8700

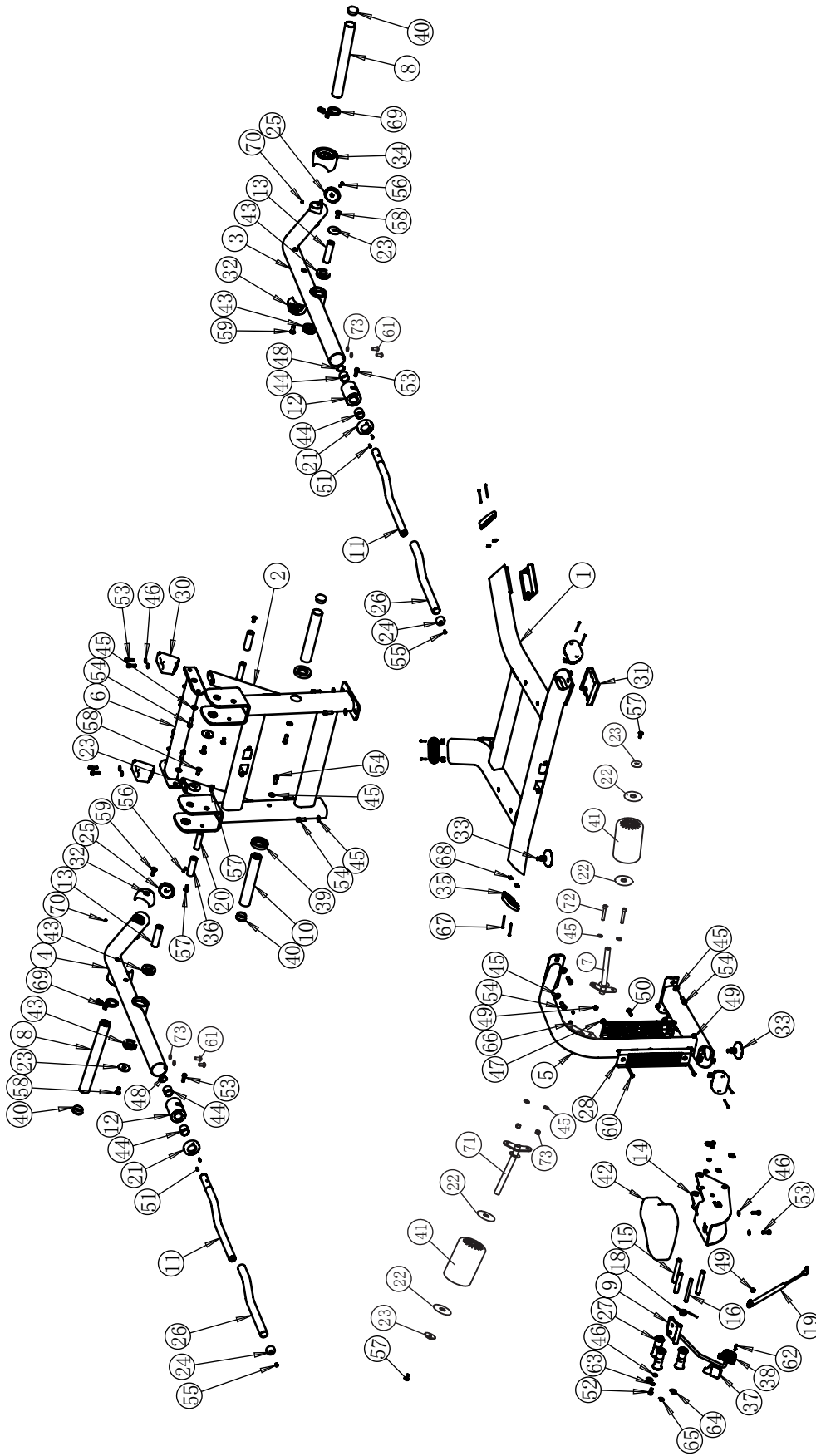
Rev : 00

Ed : 01/24

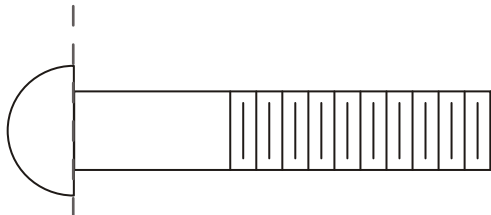
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	38	Bottom Handle Cover	1
2	Upright Frame	1	39	Spacer	2
3	Right Arm Frame	1	40	Plug ϕ 48	4
4	Left Arm Frame	1	41	FOAM	2
5	Seat Support	1	42	Seat Pad	1
6	Arm Connection Frame	1	43	Ball Bearing	4
7	Right Foam Bracket	1	44	Bushing	4
8	Weight Horns	2	45	Flat Washer	18
9	Adjustable Handle Assembly	1	46	Flat Washer	8
10	Weight Storage	2	47	Flat Washer	2
11	Handle Frame	2	48	External Retaining Ring ϕ 30	2
12	Grip	2	49	Nylon Lock Nut M8	4
13	Arm Pivot Axle	2	50	Button Head Cap Screw 3/8"-16*38	1
14	Seat Support	1	51	Socket Head Cap Screw M4*15	4
15	Pivot	2	52	Socket Head Cap Screw M10*20	2
16	Handle Pivot Shaft	1	53	Socket Head Cap Screw M10*30	8
17	Middle Pivot Shaft	1	54	Socket Head Cap Screw M12*30	14
18	Torsion Spring	1	55	Flat Head Cap Screw M6*16	2
19	Gas Spring Assembly	1	56	Flat Head Cap Screw M6*30	2
20	Shaft ϕ 25*92.5	2	57	Flat Head Cap Screw M10*25	6
21	Aluminum Cap Φ 76	2	58	Flat Head Cap Screw M12*30	4
22	Aluminum Ring Φ 25	4	59	Flat Head Cap Screw M12*35	2
23	Aluminum Cap	6	60	Button Head Cap Screw M8*70	2
24	Aluminum Cap	2	61	Button Head Cap Screw M12*20	4
25	Aluminum Cap ϕ 76	2	62	Phillip Screw M4*10	2
26	Grip	2	63	Spring Washer ϕ 10	2
27	Rollers	3	64	Split damping ring ϕ 15	4
28	Inner Slide	1	65	Split damping ring ϕ 12	2
29	Outer Slide	1	66	Flat Set Screw M8*10	2
30	Bumper	2	67	Phillip Screw M5*60	10
31	Rubber Foot	3	68	Nut 20*13*4.5* ϕ 3.5	10
32	Outer Safty Cover Assembly	2	69	Snap Spring	2
33	Adjustable Foot	2	70	Socket Set Screw M8*6	4
34	Bumper	2	71	Left Foam Bracket	1
35	Plug PT60*120	5	72	Socket Set Screw M12*70	2
36	Grip	2	73	Nylon Lock Nut M12	2
37	Upper Handle Cover Assembly	1	74	Flat Washer	4

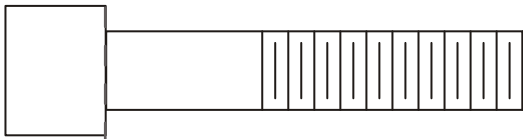
Exploded View and Parts List



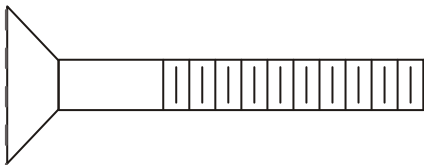
Measurement Guide



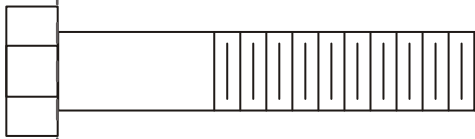
BHCS = Button Head Cap Screw



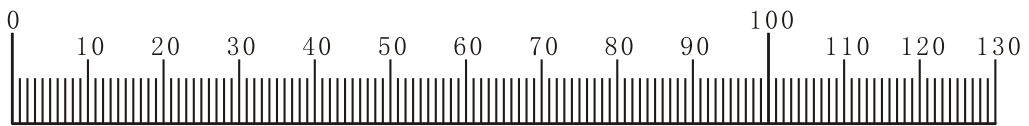
SHCS = Socket Head Cap Screw



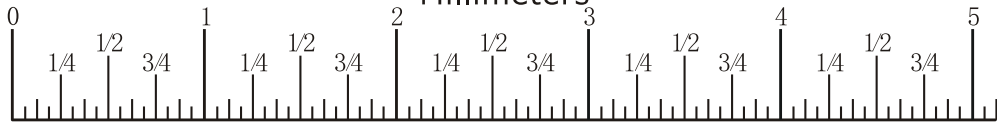
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

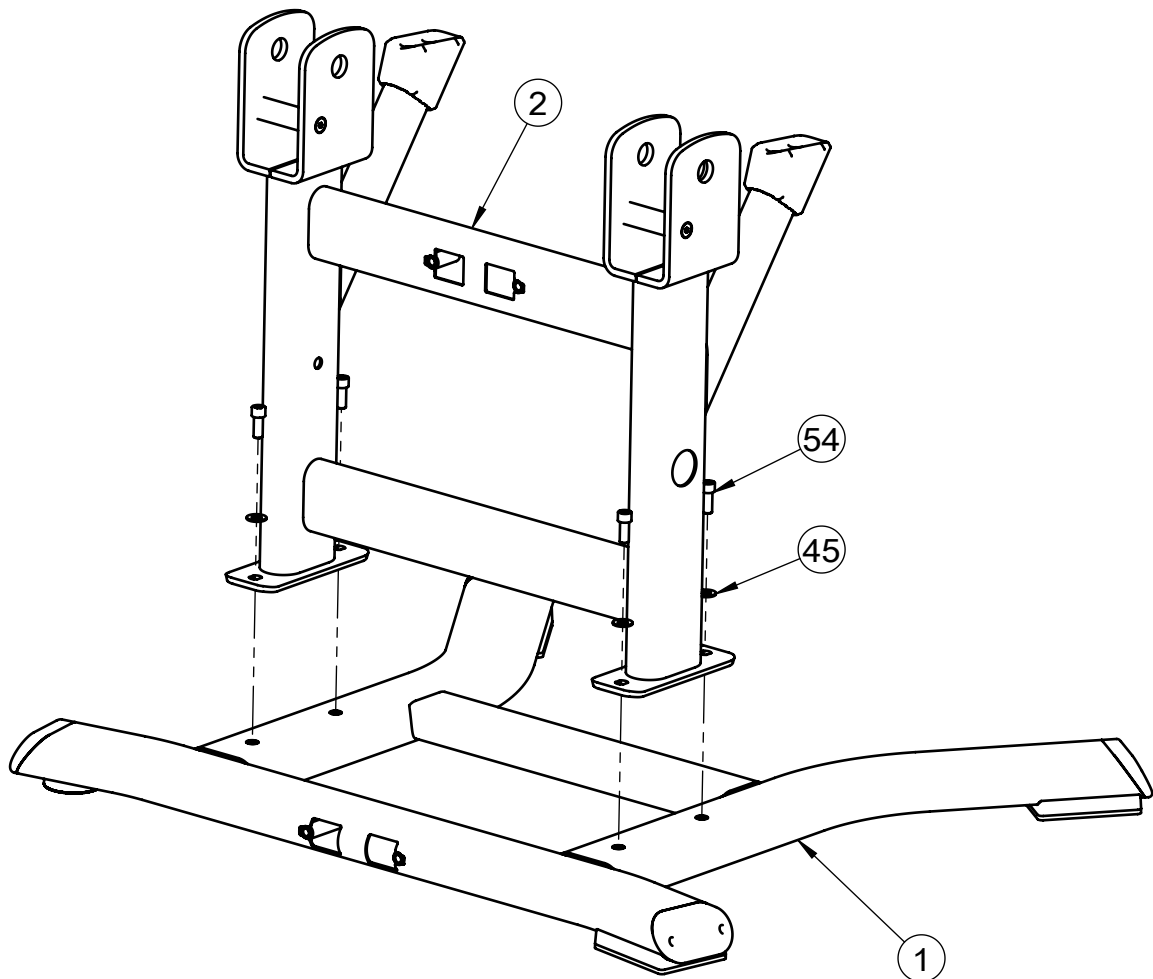


Inches

Assembly

STEP 1

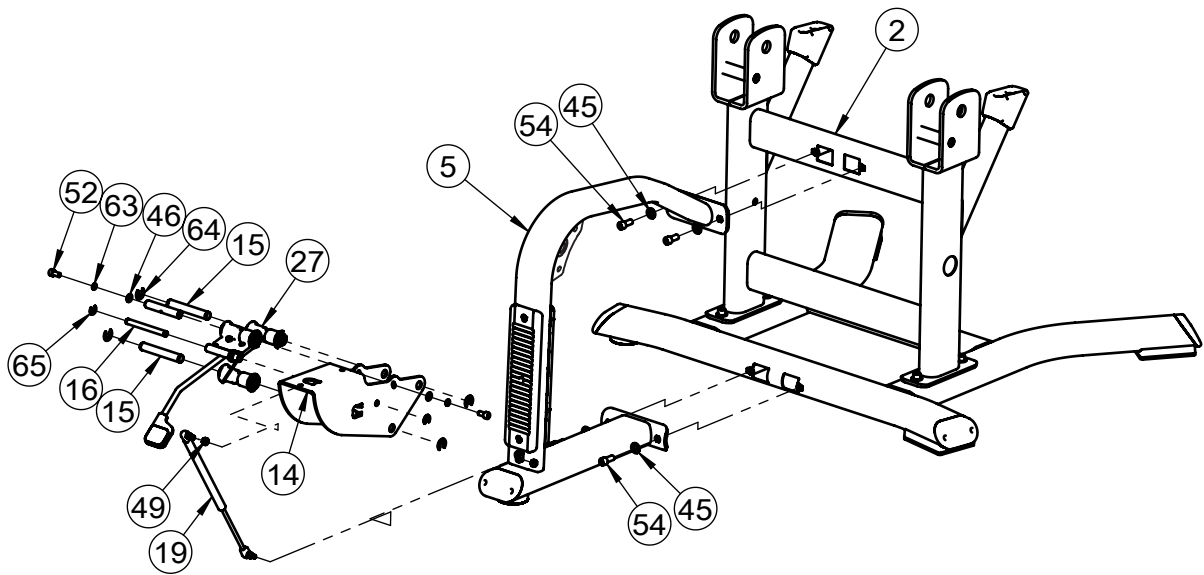
ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1
2	Upright Frame	1
45	Flat Washer	4
54	Socket Head Cap Screw M12*30	4



Assembly

STEP 2

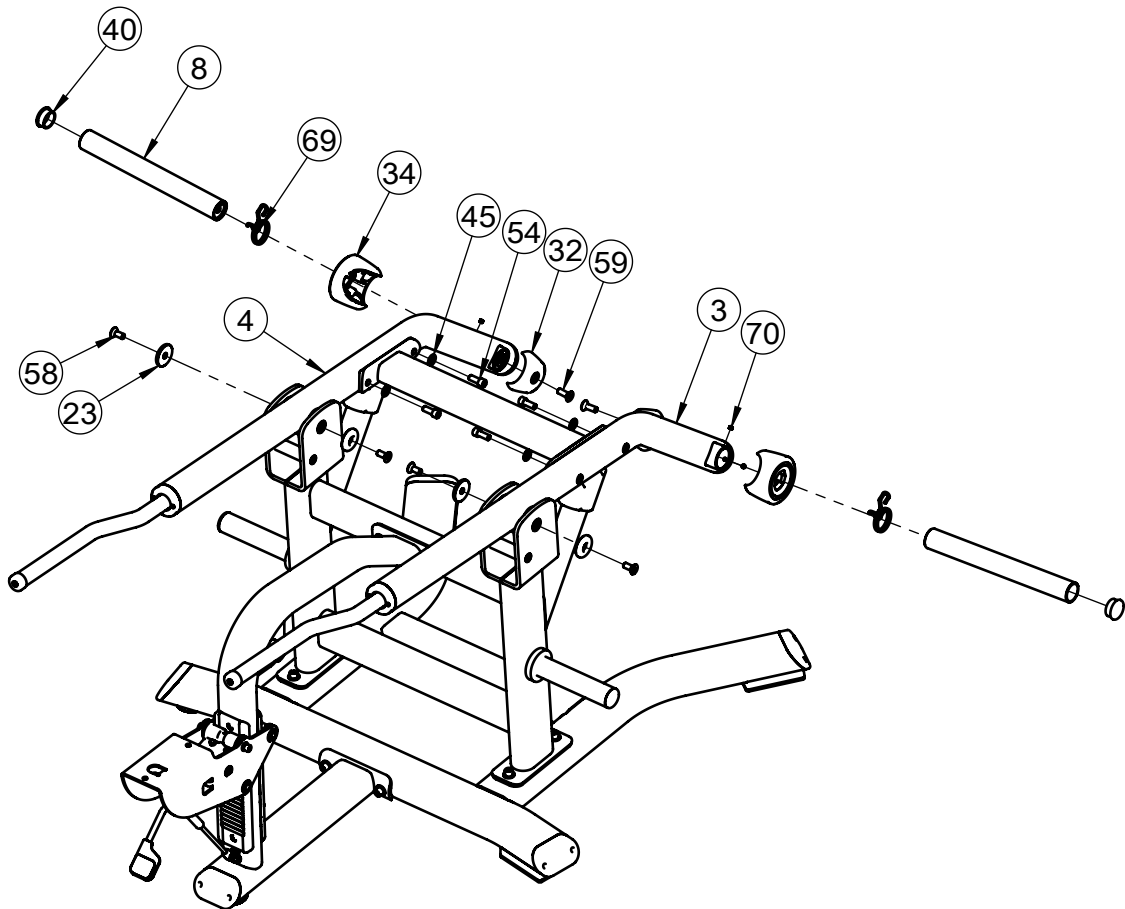
ITEM NO.	DESCRIPTION	QTY
2	Bottom Frame	1
5	Seat Support	1
14	Seat Support	1
15	Pivot	3
16	Handle Pivot Shaft	1
19	Gas Spring Assembly	1
27	Rollers	3
45	Flat Washer	4
46	Flat Washer	2
49	Nylon Lock Nut M8	2
52	Socket Head Cap Screw M10*20	2
54	Socket Head Cap Screw M12*30	2
63	Spring Washer $\phi 10$	2
64	Split damping ring $\phi 15$	4
65	Split damping ring $\phi 12$	2



Assembly

STEP 3

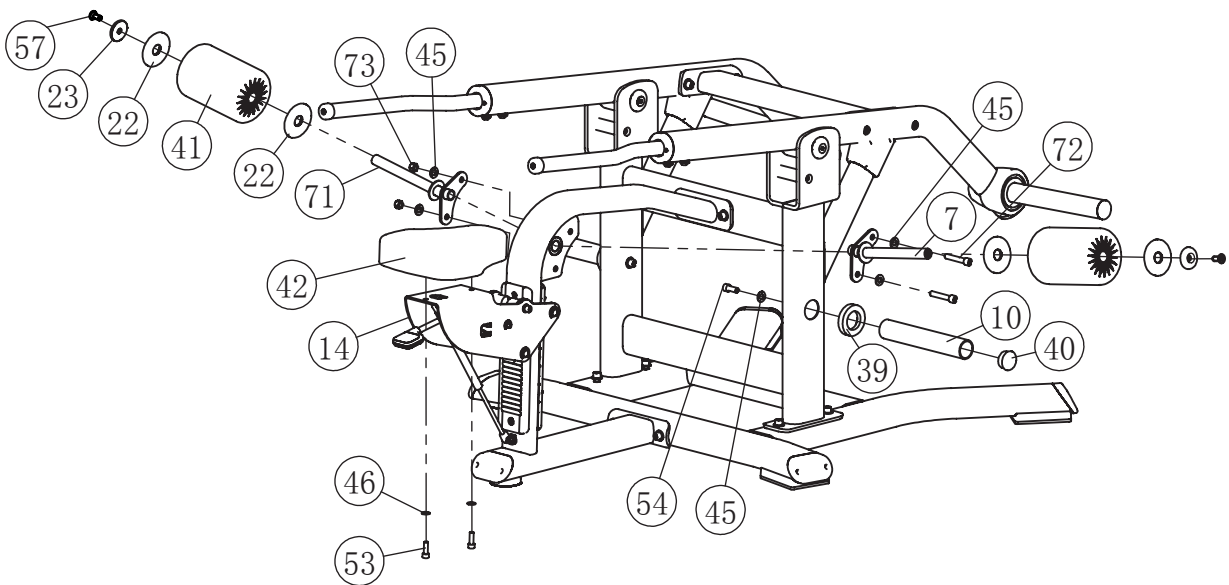
ITEM NO.	DESCRIPTION	QTY
3	Right Arm Frame	1
4	Left Arm Frame	1
8	Weight Horns	1
23	Aluminum Cap	1
32	Outer Safty Cover Assembly	1
34	Bumper	1
40	Plug $\phi 48$	2
45	Flat Washer	1
54	Socket Head Cap Screw M12*30	1
58	Flat Head Cap Screw M12*30	1
59	Flat Head Cap Screw M12*35	2
69	Snap Spring	4
70	Socket Set Screw M8*6	4



Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY
7	Foam Bracket	1
10	Weight Storage	1
14	Seat Support	1
22	Aluminum Ring $\Phi 25$	4
23	Aluminum Cap	2
39	Spacer	1
40	Plug $\phi 48$	1
41	FOAM	2
42	Seat Pad	1
45	Flat Washer	5
46	Flat Washer	2
53	Socket Head Cap Screw M10*30	2
54	Socket Head Cap Screw M12*30	1
57	Flat Head Cap Screw M10*25	2
71	Left Foam Bracket	1
72	Socket Set Screw M12*70	2
73	Nylon Lock Nut M12	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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