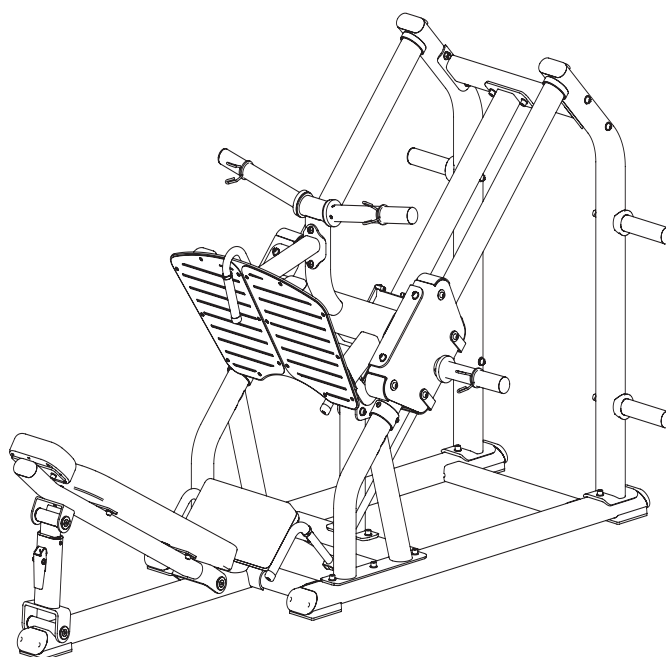


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**HORIZONTAL LEG PRESS**

# FWX 8800



Cod : GRLDTOORXFWX8800

Rev : 00

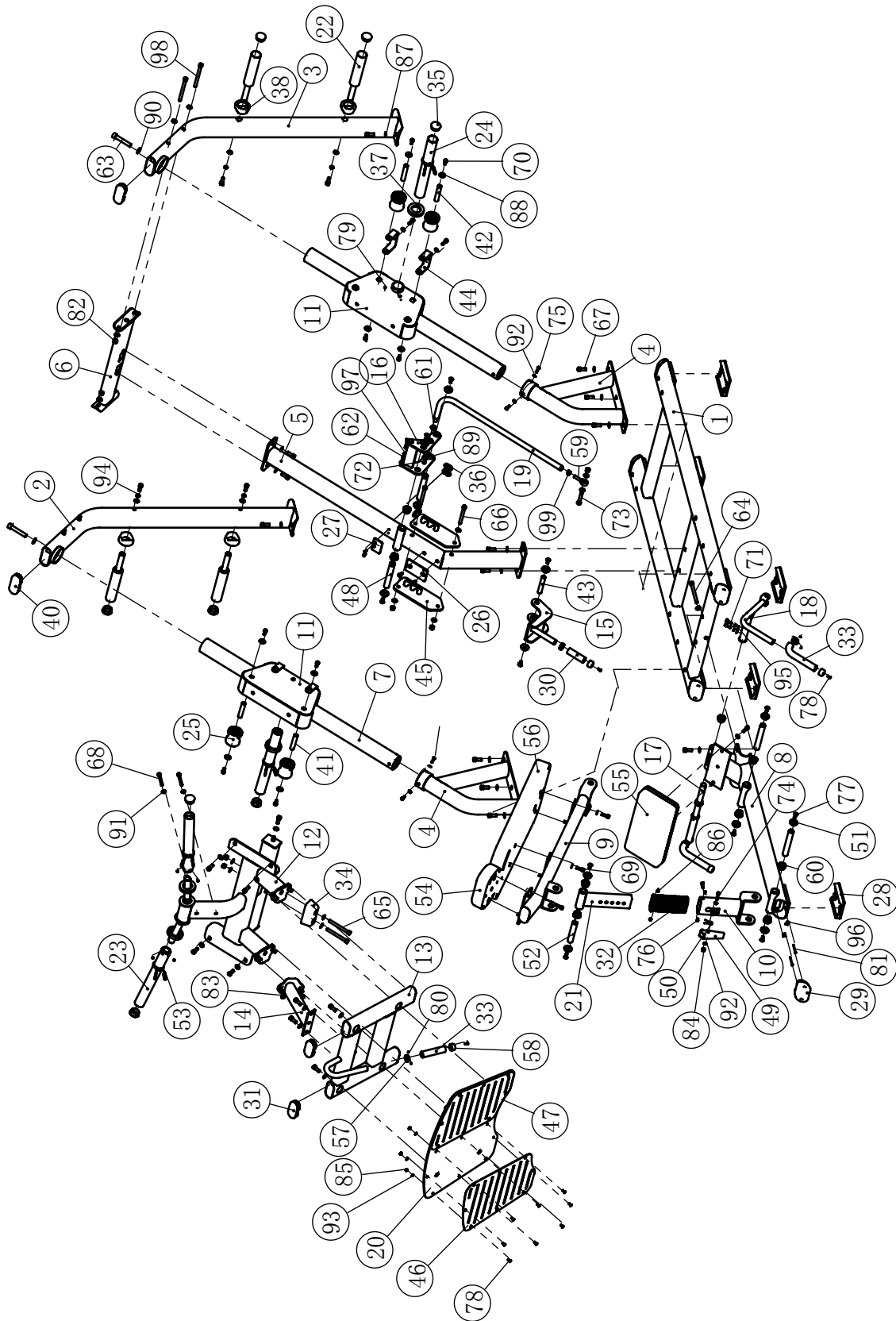
Ed : 01/24

## Parts List

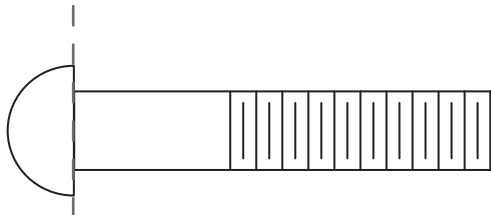
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	52	Shaft $\phi$ 25.4×131	1
2	Left Stand	1	53	Cirelip	4
3	Right Stand	1	54	Arm Force Pad	1
4	Slide Frame	2	55	Auxiliary Pad	1
5	Middle Connection Frame	1	56	Seat Pad	1
6	Upper Connecting Frame	1	57	Aluminum Ring $\phi$ 25	4
7	Guide	2	58	Aluminum head $\phi$ 25	4
8	Front Shelf	1	59	Bearing M12	1
9	Back Cushion Frame	1	60	Bushing $\phi$ 38× $\phi$ 25.4×18	10
10	Swing Frame	1	61	Bushing $\phi$ 28×8.5	2
11	Roller Rack	2	62	Needle Bearing $\phi$ 12× $\phi$ 8×12	2
12	Sliding Frame	1	63	Socket Head Cap Screw M16×90	2
13	Pedal Rack	1	64	Socket Head Cap Screw M12×130	1
14	Short Connecting Frame	1	65	Socket Head Cap Screw M12×115	2
15	Safety Frame	1	66	Socket Head Cap Screw M12×110	2
16	Limit Frame	1	67	Socket Head Cap Screw M12×30	34
17	Left Handle Rack	1	68	Socket Head Cap Screw M10×70	2
18	Right Fandle Rack	1	69	Socket Head Cap Screw M10×30	12
19	Connecting Rod Frame	1	70	Socket Head Cap Screw M10×20	16
20	Pedal Frame	1	71	Socket Head Cap Screw M8×25	3
21	Telescopic Frame	1	72	Socket Head Cap Screw M8×15	1
22	Barbell Rod	4	73	Hex Head Bolt M12×65	1
23	Barbell Lever	2	74	Button Head Cap Screw M8×45	1
24	Counterweight Pole Frame	2	75	Button Head Cap Screw M8×25	6
25	Roller Assembly	8	76	Button Head Cap Screw M6×12	2
26	Plastic Plate 120×76×5	1	77	Flat Head Cap Screw M10×25	14
27	Plastic Plate 76×50×5	1	78	Flat Head Cap Screw M6×16	22
28	Rubber Foot	5	79	Socket Set Screw M8×6	8
29	Elliptical Tube Plug	5	80	Socket Set Screw M5×3	8
30	Gloves ST $\phi$ 30× $\phi$ 22×95	1	81	Hex Head Bolt M10×80	10
31	Elliptical Tube Plug	3	82	Nylon Lock Nut M12	9
32	Hollow Socket	2	83	Nylon Lock Nut M10	2
33	Gloves ST $\phi$ 30× $\phi$ 22×214	3	84	Nylon Lock Nut M8	1
34	Cushion pad	1	85	Nylon Lock Nut M6	16
35	Plug $\phi$ 48	8	86	Hex Nut M6	2
36	Cushion pad	2	87	Flat Washer $\phi$ 13× $\phi$ 24×1.5	53
37	Sleeve	4	88	Flat Washer $\phi$ 11× $\phi$ 20×2	16
38	Rubber pad	4	89	Flat Washer $\phi$ 9× $\phi$ 28×2	1
40	Plug 50×120	2	90	Flat Washer $\phi$ 17.5× $\phi$ 30×3	2
41	Shaft $\phi$ 19×92	4	91	Flat Washer $\phi$ 11× $\phi$ 20×2	16
42	Shaft $\phi$ 19×105	4	92	Flat Washer $\phi$ 9× $\phi$ 16×1.6	10
43	Shaft $\phi$ 19×110	1	93	Flat Washer $\phi$ 6.5× $\phi$ 12×1.6	16
44	Adjusting Seat	4	94	Spring Washer $\phi$ 12	4
45	Adjusting Tooth Plate	2	95	Spring Washer $\phi$ 8	2
46	Left Foot Liner	1	96	Quick Nut 20×13×4.5× $\phi$ 3.5	10
47	Right Foot Liner	1	97	Split Washer $\phi$ 5	2
48	Shaft $\phi$ 25.4×165	4	98	Socket Head Cap Screw M12×145	4
49	Bolt Frame	1	99	Hex Nut M12	1
50	Torsion Spring	1	100	Pipe Sleeve $\phi$ 75	2
51	End Cap	12			

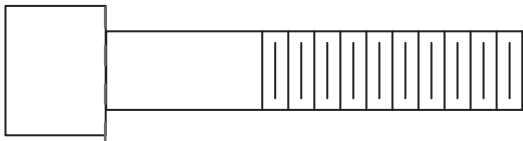
# Exploded View



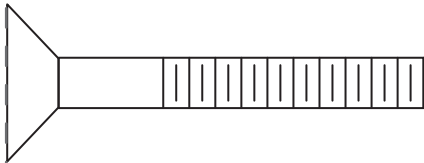
# Measurement Guide



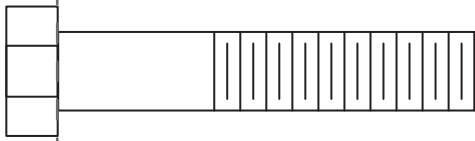
BHCS = Button Head Cap Screw



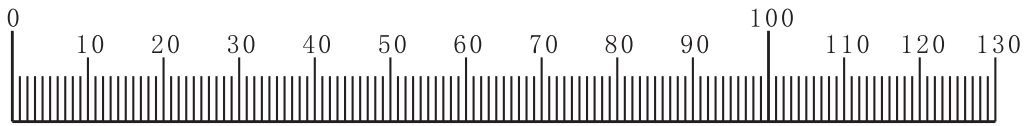
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

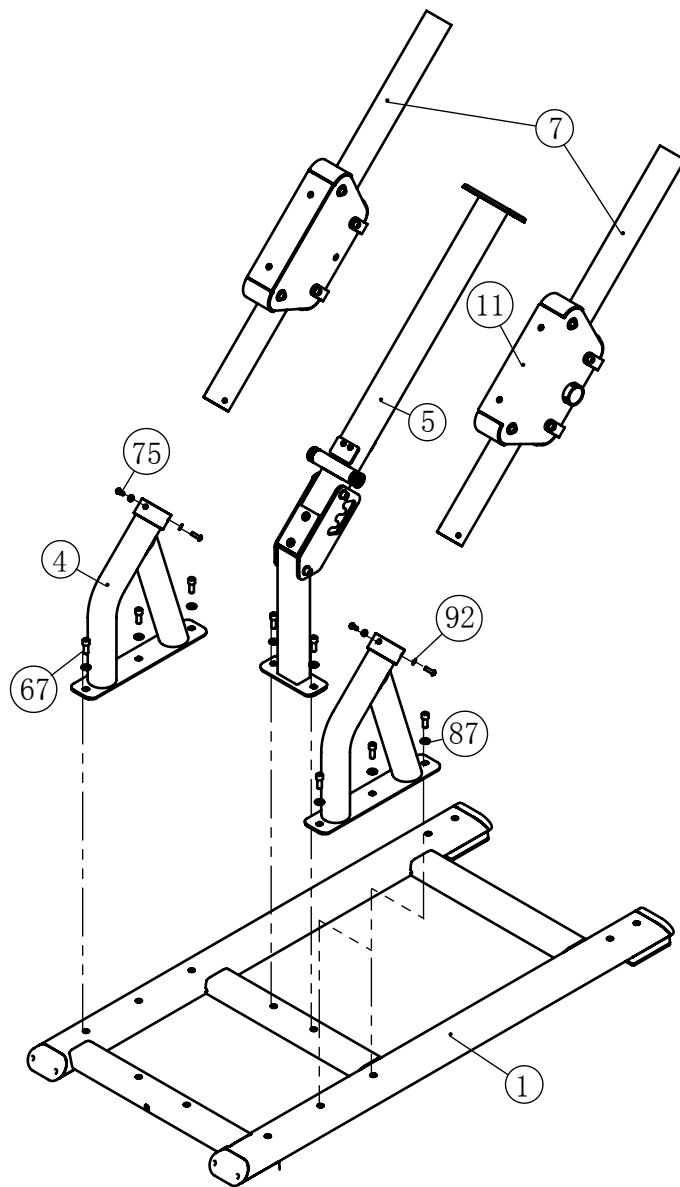


Inches

# Assembly

## STEP 1

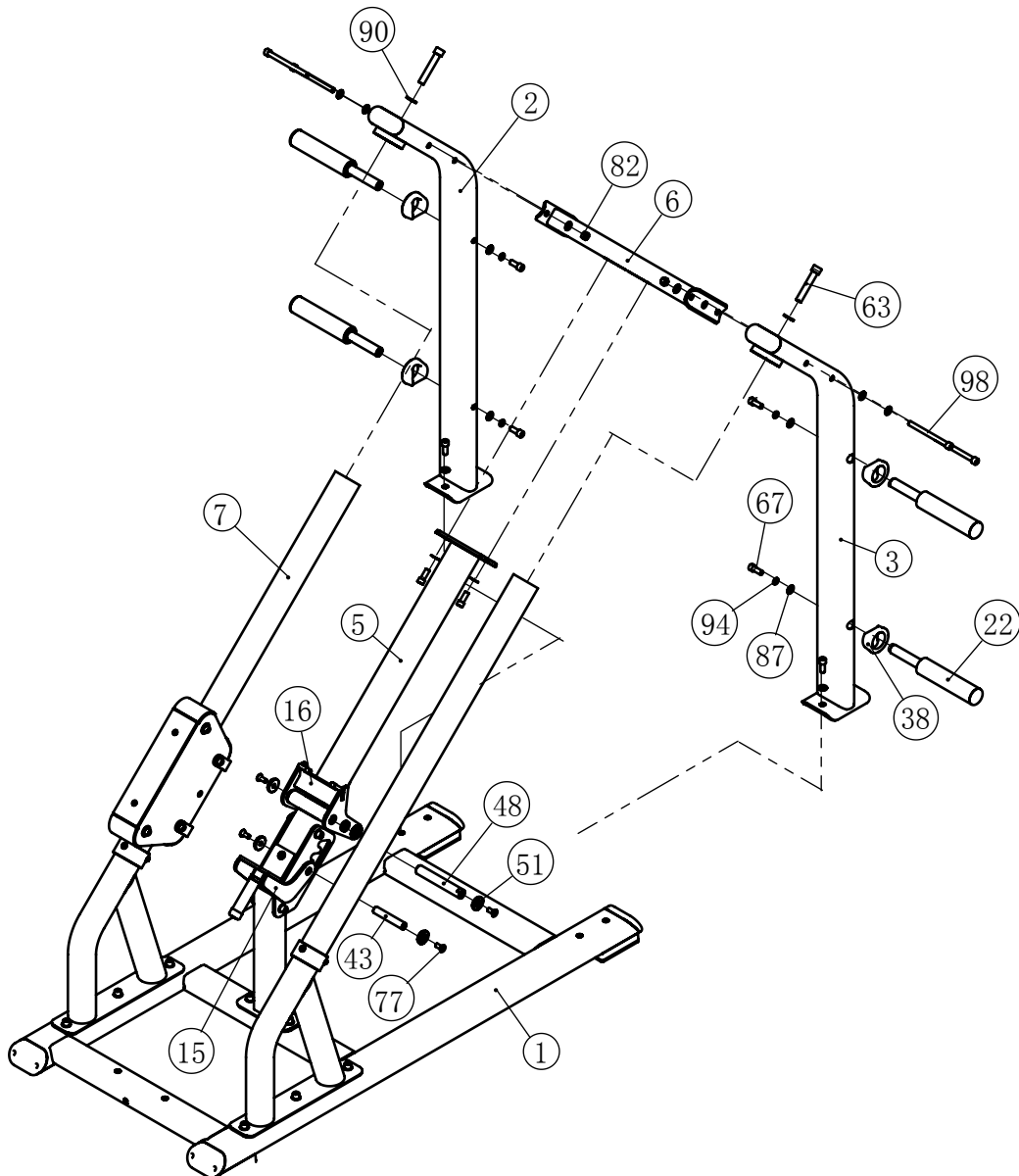
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	67	Socket Head Cap Screw M12×30	8
4	Slide Frame	2	75	Button Head Cap Screw M8×25	6
5	Middle Connection Frame	1	87	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	8
7	Guide	2	92	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6
11	Roller Rack	2			



# Assembly

## STEP 2

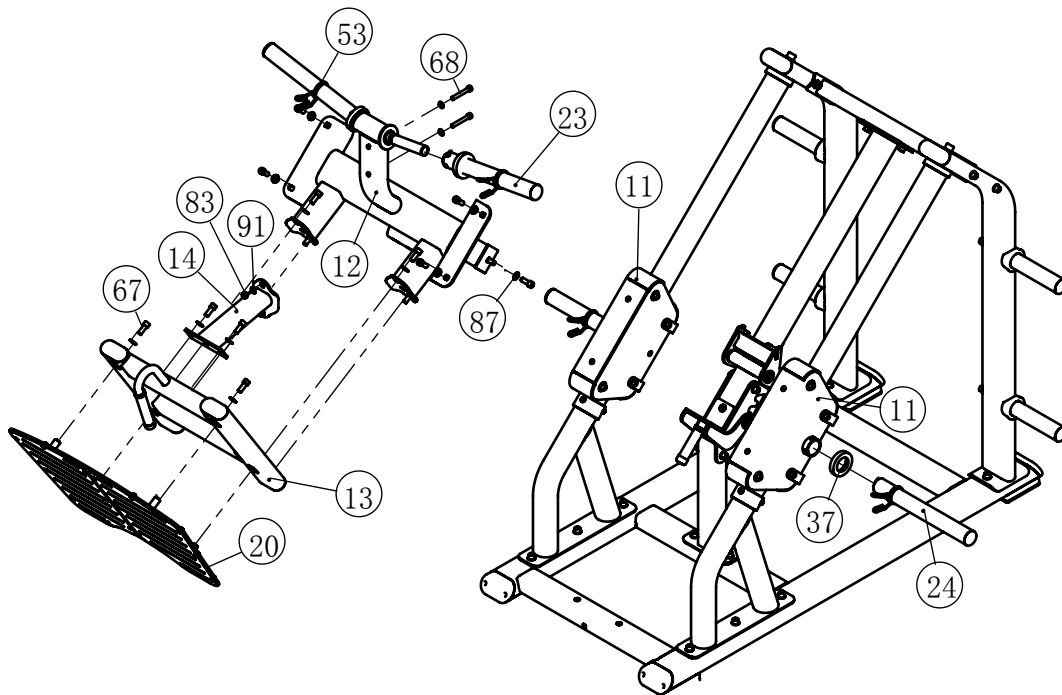
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	38	Rubber pad	4
2	Left Stand	1	63	Socket Head Cap Screw M16×90	2
3	Right Stand	1	67	Socket Head Cap Screw M12×30	10
5	Middle Connection Frame	1	82	Nylon Lock Nut M12	4
6	Upper Connecting Frame	1	87	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	18
7	Guide	2	90	Flat Washer $\phi 17.5 \times \phi 30 \times 3$	2
15	Safety Frame	1	94	Spring Washer $\phi 12$	4
16	Limit Frame	1	98	Socket Head Cap Screw M12×145	4
22	Barbell Rod	4			



# Assembly

## STEP 3

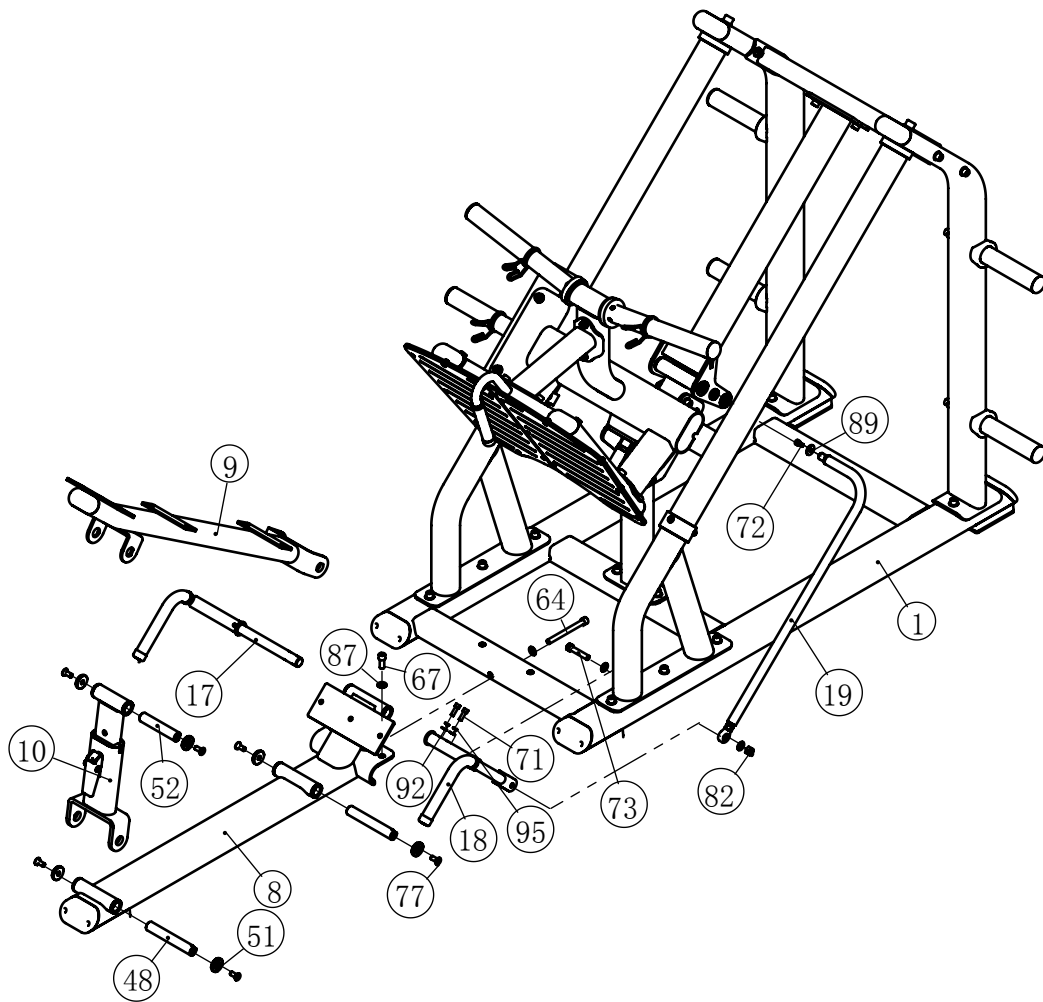
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
11	Roller Rack	2	37	Sleeve	4
12	Sliding Frame	1	53	Cirelip	4
13	Pedal Rack	1	67	Socket Head Cap Screw M12×30	14
14	Short Connecting Frame	1	68	Socket Head Cap Screw M10×70	2
20	Pedal Frame	1	83	Nylon Lock Nut M10	2
23	Barbell Lever	2	87	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	14
24	Counterweight Pole Frame	2	91	Flat Washer $\phi 11 \times \phi 20 \times 2$	4



# Assembly

## STEP 4

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	64	Socket Head Cap Screw M12×130	1
8	Front Shelf	1	67	Socket Head Cap Screw M12×30	2
9	Back Cushion Frame	1	71	Socket Head Cap Screw M8×25	2
10	Swing Frame	1	87	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	3
17	Left Handle Rack	1	92	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
18	Right Handle Rack	1	95	Spring Washer $\phi 8$	2
19	Connecting Rod Frame	1			

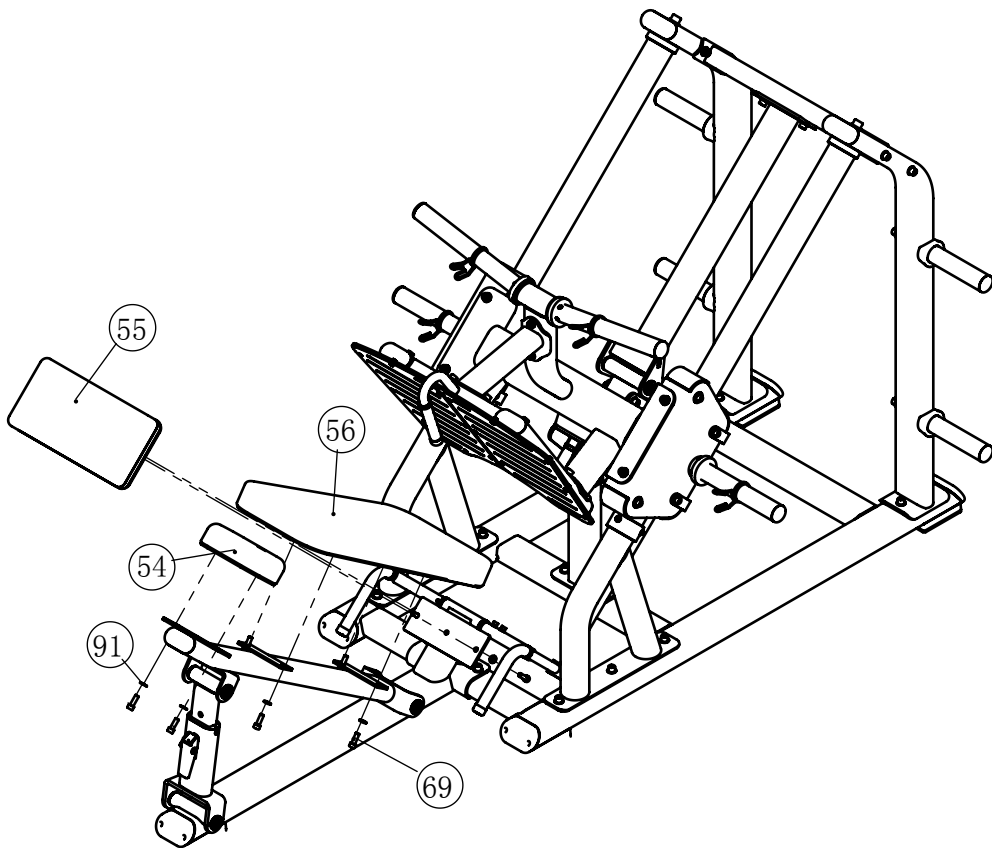




# Assembly

## STEP 5

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
54	Arm Force Pad	1	69	Socket Head Cap Screw M10×30	8
55	Auxiliary Pad	1	81	Hex Head Bolt M10×80	8
56	Seat Pad	1			



## 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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