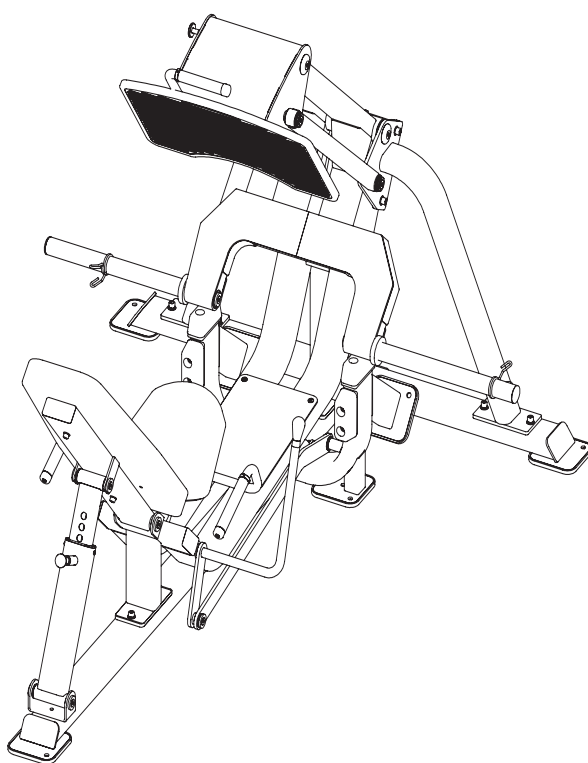


TOORX
PROFESSIONAL LINE

INSTRUCTION



LEG PRESS

FWX 8900



Cod : GRLDTOORXFWX8900

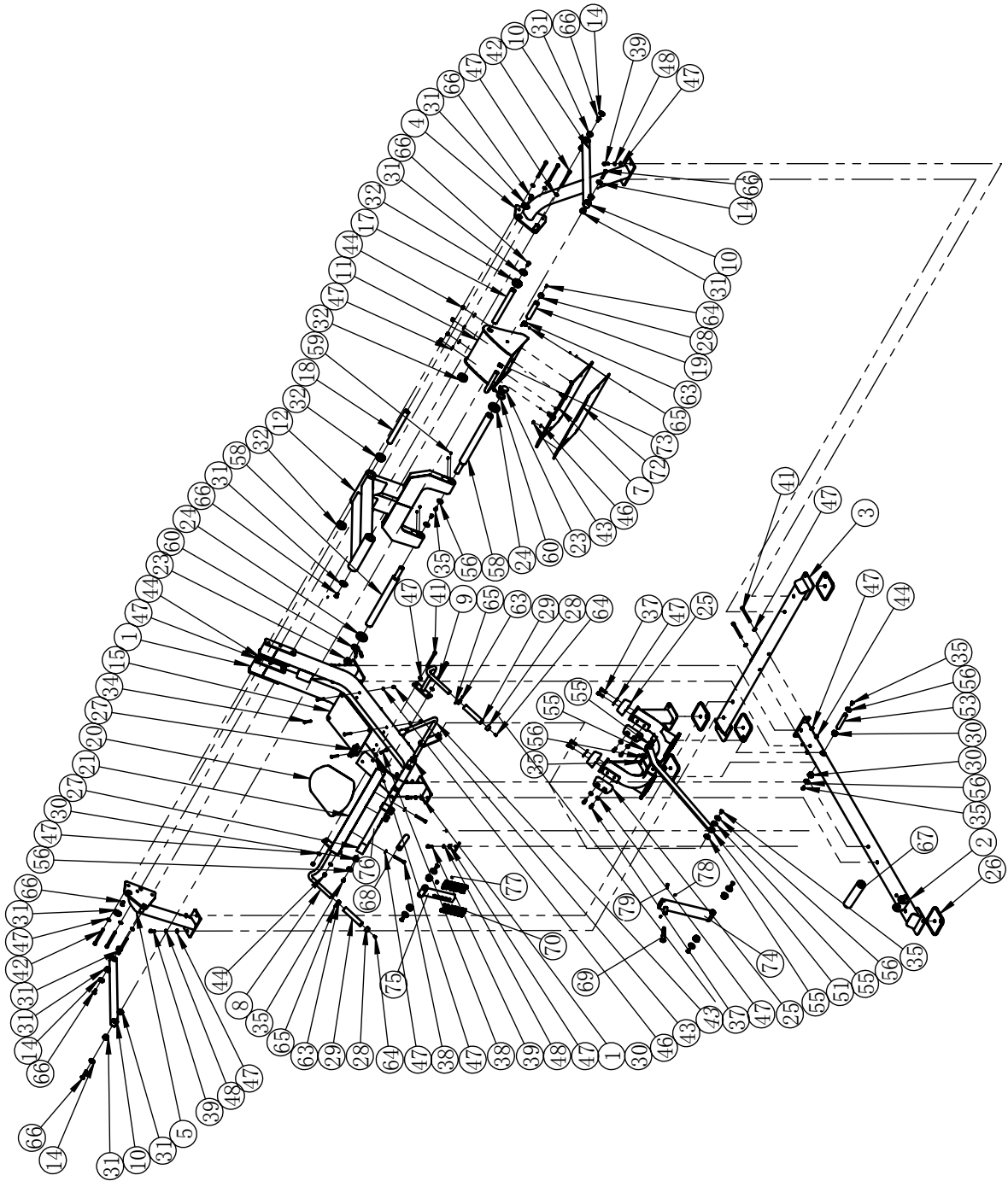
Rev : 00

Ed : 01/24

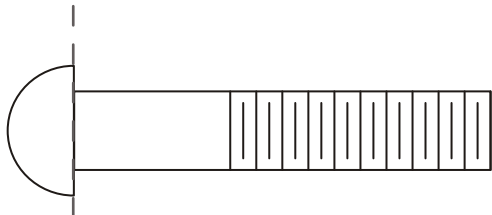
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	41	Socket Head Cap Screw M12×135	4
2	Cross Base Frame	1	42	Socket Head Cap Screw M12×145	6
3	Upright Base Frame	1	43	Nylon lock Nut M8	16
4	Right Union Frame	1	44	Nylon lock Nut M12	16
5	Left Union Frame	1	45	Flat Washer $\phi 8.5 \times \phi 16 \times 1.5$	16
6	Adjust Frame	1	46	Flat Washer $\phi 20 \times \phi 11 \times 2$	5
7	Footplate Frame	1	47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	44
8	Left Arm Frame	1	48	Spring Washer $\phi 12$	10
9	Right Arm Frame	1	50	Adjust Frame	1
10	Cross Frame	2	51	Adjust Plate	1
11	Connecting Frame	1	52	Nylon handball	1
12	Lift Arm	1	53	Adjustable Pivot Shaft	1
14	End Cap $\phi 38 \times 6$	4	55	Bushing $\phi 38$	4
15	Small Aluminum Deck Plate	1	56	End Cap $\phi 38 \times 6$	7
17	Shaft $\phi 35 \times 330$	1	58	Weight Horn	2
18	Shaft $\phi 35 \times 314$	1	59	Socket Set Screw M8×10	4
19	Short Grip	1	60	Snap Spring	2
20	Seat Pad	1	61	Flat Head Cap Screw M12×65	2
21	Back Pad	1	62	Plug PT50×100	1
23	Plug $\phi 48$	2	63	Aluminium Retaining Ring $\phi 25$	3
24	Spacer	2	64	Flat Head Cap Screw M6×16	3
25	Bumper	4	65	Socket Set Screw M5×3	6
26	Rubber Foot	7	66	Flat Head Cap Screw M12×30	6
27	Plug J50×100	3	67	Shaft $\phi 25.4 \times 131$	2
28	Aluminum Cap	3	68	Fixed Shaft $\phi 25.4 \times 111 \times M10$	1
29	Grip	2	69	Elastic Latch Assembly	1
30	Bushing $\phi 38$	4	70	Middle Pipe Sleeve	2
31	Aluminium Cap	4	72	Foot Covering Plate	1
32	Bearing unit $\phi 35$	4	73	Small Aluminum Head	1
33	Flat Head Cap Screw M8×20	12	74	Swing Frame	1
34	Flat Head Cap Screw M8×65	4	75	Expansion Frame	1
35	Flat Head Cap Screw M10×20	7	76	Cushion Stand	1
36	Flat Head Cap Screw M12×30	6	77	Hex Head Bolt M6	2
37	Socket Head Cap Screw M12×35	8	78	Button Head Cap Screw M6×12	2
38	Socket Head Cap Screw M10×75	5	79	Socket Head Cap Screw M8×25	1
39	Socket Head Cap Screw M12×30	10			

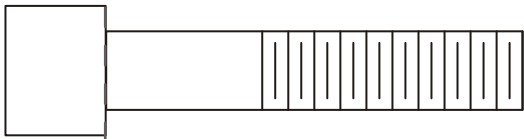
Exploded View and Parts List



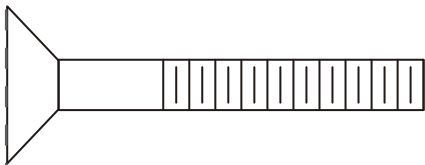
Measurement Guide



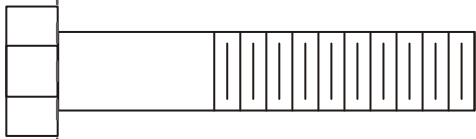
BHCS = Button Head Cap Screw



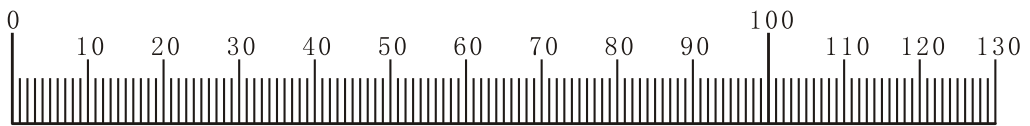
SHCS = Socket Head Cap Screw



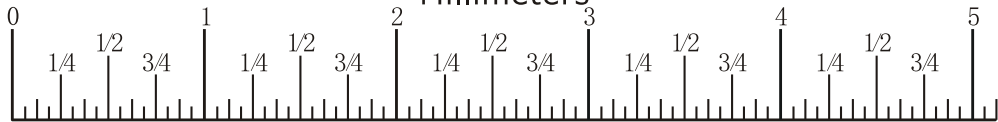
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

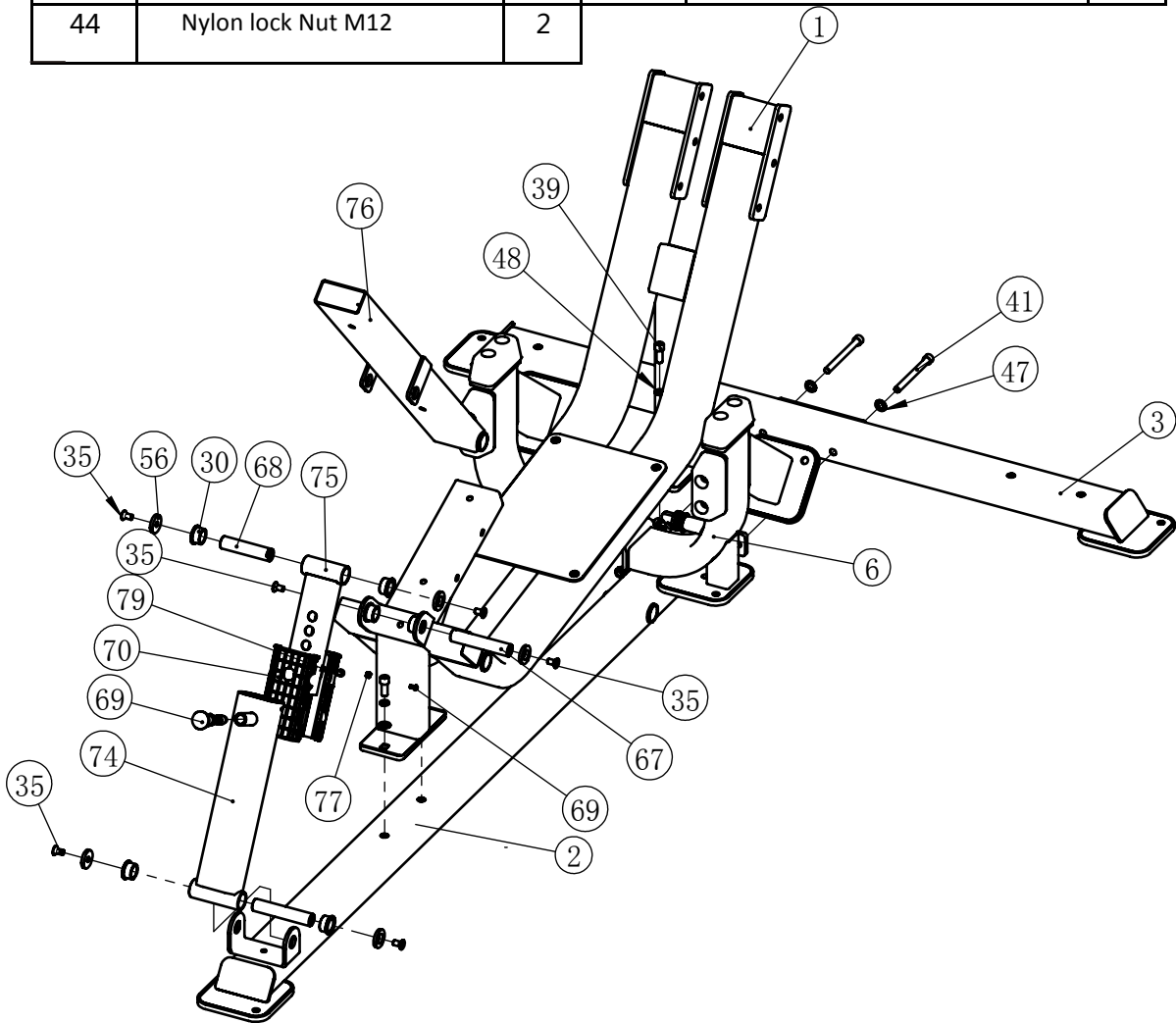


Inches

Assembly

STEP 1

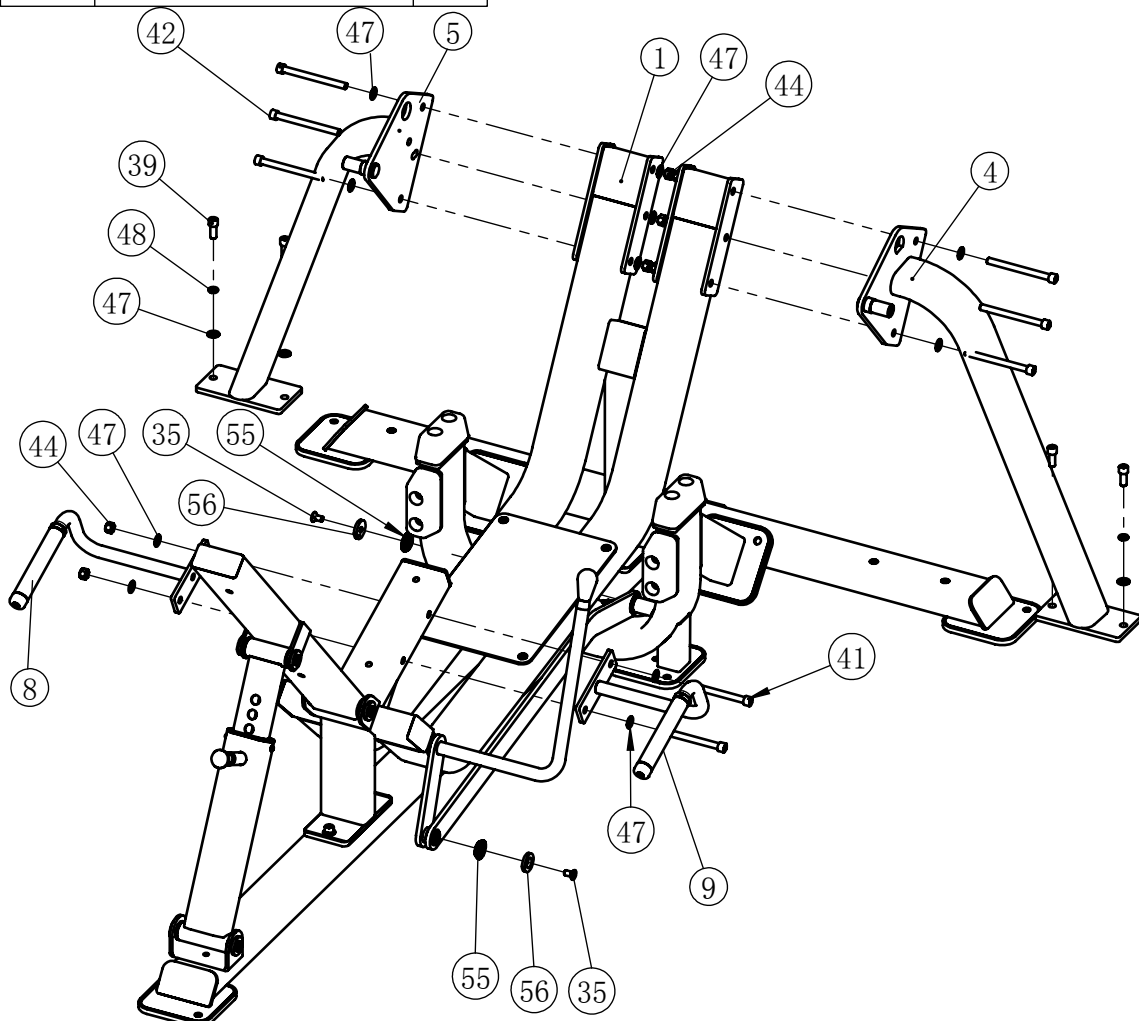
ITEMNO	DESCRIPTION	QTY	ITEMNO	DESCRIPTION	QTY
1	Main Frame	1	45	Flat Washer $\phi 8.5 \times \phi 16 \times 1.5$	4
2	Cross Base Frame	1	47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	8
3	Upright Base Frame	1	48	Spring Washer $\phi 12$	6
6	Adjust Frame	1	53	Adjustable Pivot Shaft	1
15	Small Aluminum Deck Plate	1	56	End Cap $\phi 38 \times 6$	2
34	Flat Head Cap Screw M8x65	4	67	Shaft	2
35	Flat Head Cap Screw M10x20	2	69	Elastic Latch Assembly	1
39	Socket Head Cap Screw M12x30	6	70	Middle Pipe Sleeve	2
41	SocketHead Cap Screw M12x135	2	74	Swing Frame	1
43	Nylon lock Nut M8	4	79	Socket Head Cap Screw M8x25	1
44	Nylon lock Nut M12	2			



Assembly

STEP 2

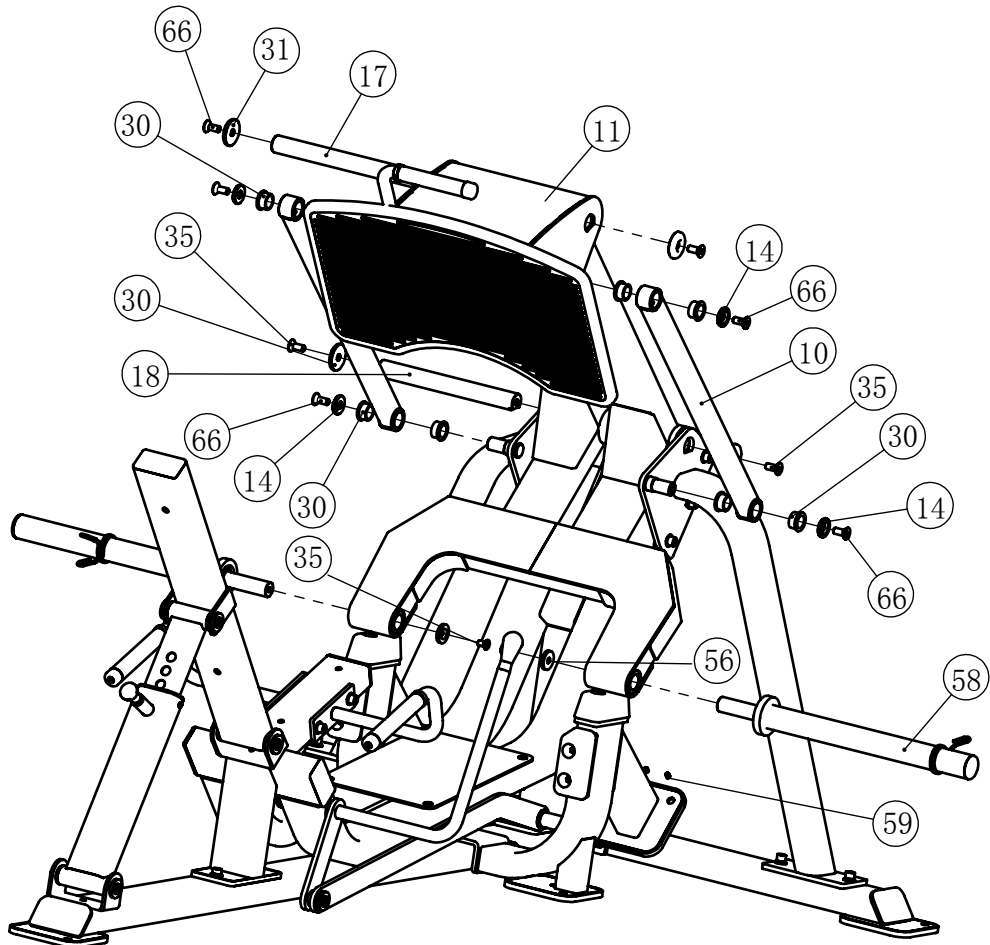
ITEM NO.	DESCRIPTION	QTY
4	Right Union Frame	1
5	Left Union Frame	1
8	Left Arm Frame	1
9	Right Arm Frame	1
30	Bushing $\phi 38$	1
35	Flat Head Cap Screw M10 \times 20	3
39	Socket Head Cap Screw M12 \times 30	4
42	Socket Head Cap Screw M12 \times 145	6
44	Nylon lock Nut M12	8
47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	17
48	Spring Washer $\phi 12$	4
55	Bushing $\phi 38$	2
56	End Cap $\phi 38 \times 6$	2



Assembly

STEP 3

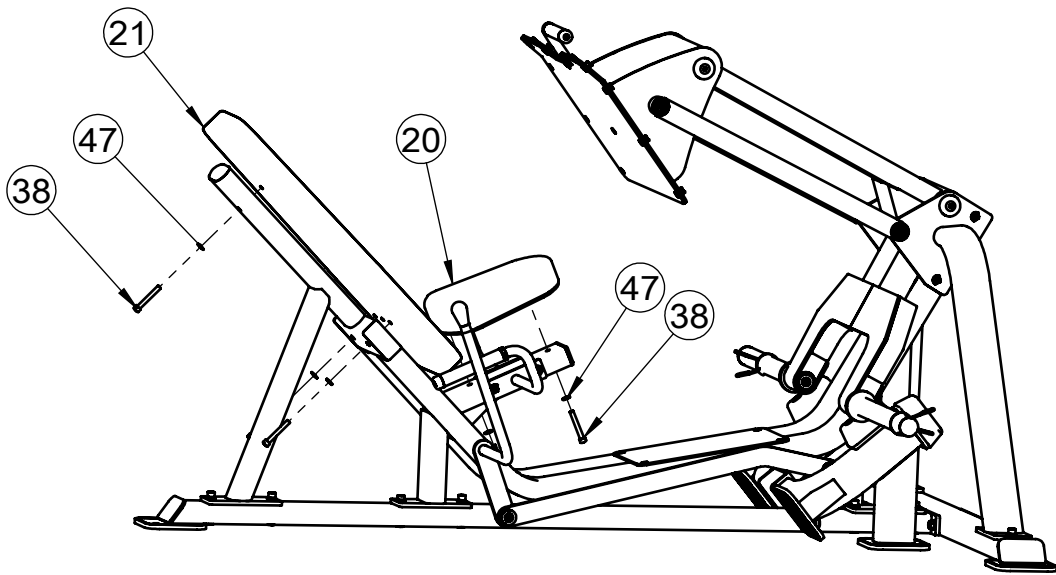
ITEM NO.	DESCRIPTION	QTY
10	Cross Frame	2
11	Connecting Frame	1
14	End Cap $\phi 38 \times 6$	4
17	Shaft $\phi 35 \times 330$	1
18	Shaft $\phi 35 \times 314$	1
30	Bushing $\phi 38$	8
31	Aluminium Cap	4
35	Flat Head Cap Screw M10 \times 20	2
56	End Cap $\phi 38 \times 6$	2
58	Weight Horn	2
59	Socket Set Screw M8 \times 10	4
66	Flat Head Cap Screw M12 \times 30	6



Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY
20	Seat Pad	1
21	Back Pad	1
38	Socket Head Cap Screw M10*75	5
47	Flat Washer $\phi 13*\phi 24*1.5$	5



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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