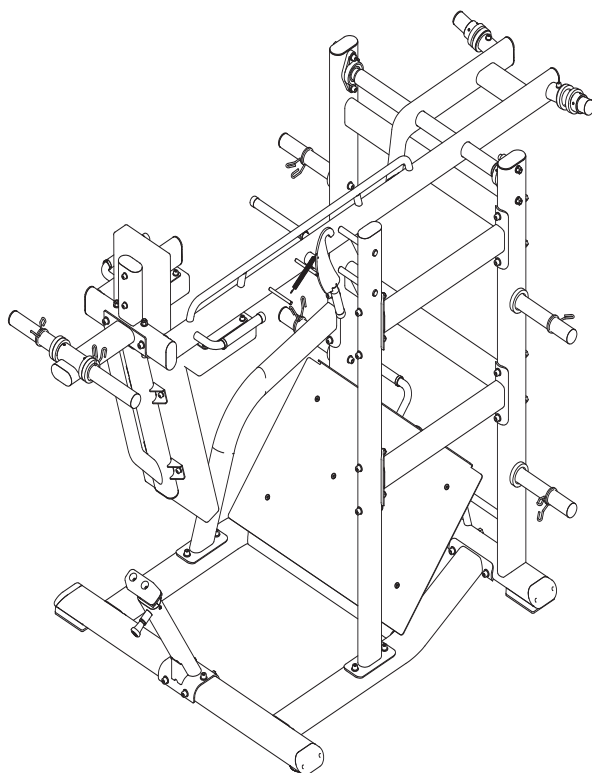


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**PENDULUM SQUAT**

# FWX 9000



Cod : GRLDTOORXFWX9000

Rev : 00

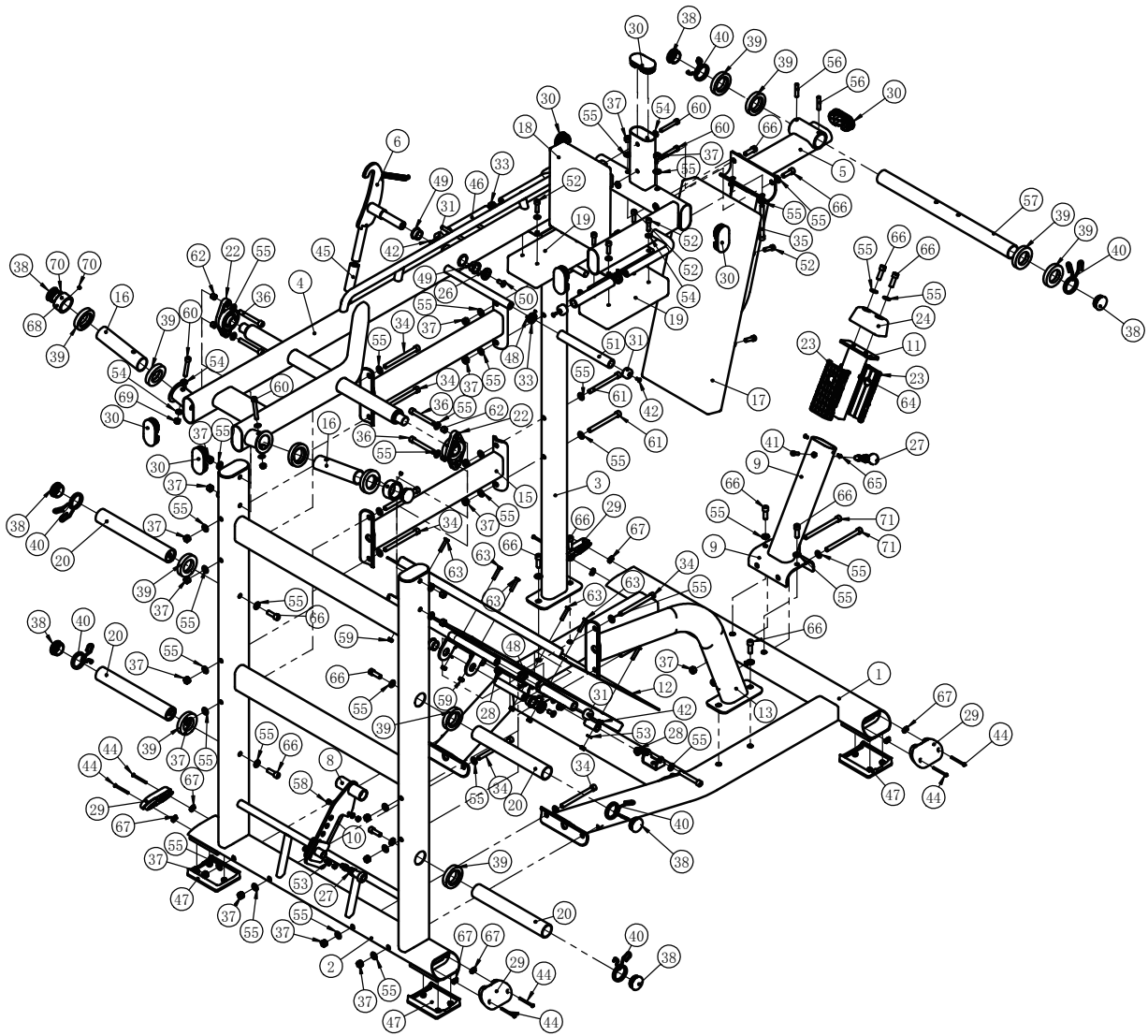
Ed : 01/24

# Parts List

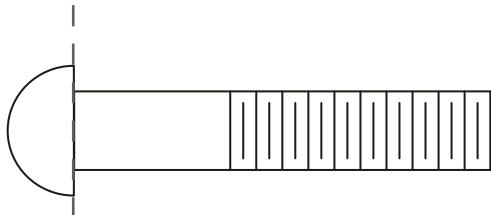
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	QTY	Item No.	Description	QTY
1	Bottom Frame	1	37	Nylon Lock Nut M12	24
2	Main Frame	1	38	Plug $\phi 48$	8
3	Side Frame	1	39	Rubber Washer	12
4	Swing Frame	1	40	Spring	6
5	Back Pad Frame	1	41	Socket Head Cap Screw M8 $\times$ 25	1
6	Limit Hook	1	42	Flat Head Cap Screw M6 $\times$ 15	5
7	Foot Frame	1	43	Socket Head Cap Screw M12 $\times$ 85	2
8	Adjustable Frame	1	44	Cross Recess Pan Head Screw M5 $\times$ 60	8
9	Guide Frame	1	45	Grip $\phi 30 \times \phi 22 \times 95$	1
10	Cross Plate	1	46	Grip $\phi 30 \times \phi 22 \times 180$	2
11	Guide Bar	1	47	Foot Cover	3
12	Pedal Plate	1	48	Socket Set Screw M5 $\times$ 3	8
13	Support Frame	1	49	Bushing $\phi 38 \times \phi 25.4 \times 18$	4
14	Wire Spring	1	50	Flat Head Cap Screw M10 $\times$ 25	3
15	Cross Frame	2	51	Grip $\phi 30 \times \phi 22 \times 240$	1
16	Short Weight Holder	2	52	Socket Head Cap Screw M10 $\times$ 35	12
17	Back Pad	1	53	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	10
18	Headrest	1	54	Flat Washer $\phi 11 \times \phi 20 \times 2$	18
19	Shoulder Pad	2	55	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	62
20	Weight Holder	4	56	Socket Set Screw M10 $\times$ 50	2
21	Adjustable Foot Plate	1	57	Long Weight Holder	1
22	Bearing	2	58	Socket Head Cap Screw M8 $\times$ 30	2
23	Plastic Tube Guide	2	59	Nylon Lock Nut M8	8
24	Rubber Buffer	1	60	Socket Head Cap Screw M10 $\times$ 70	4
25	Shaft	1	61	Socket Head Cap Screw M12 $\times$ 130	4
26	End Cap $\phi 38 \times 6$	3	62	Bushing $\phi 16 \times \phi 12.2 \times 12.5$	4
27	Pop Pin	2	63	Flat Head Cap Screw M8 $\times$ 45	6
28	Bushing $\phi 25 \times \phi 12.2 \times 13$	4	64	Hex Nut M6	2
29	Plug PT60 $\times$ 120	4	65	Button Head Cap Screw M6 $\times$ 10	2
30	Plug PT50 $\times$ 100	9	66	Socket Head Cap Bolt M12 $\times$ 35	14
31	Aluminum Cap	5	67	Stretch Splint	8
32	Grip $\phi 30 \times \phi 22 \times 150$	1	68	Bushing $\phi 60 \times \phi 48 \times 30$	2
33	Aluminum Ring	4	69	Nylon Lock Nut M10	2
34	Socket Head Cap Bolt M12 $\times$ 145	10	70	Socket Set Screw M8 $\times$ 6	4
35	Socket Head Cap Bolt M12 $\times$ 125	2	71	Socket Head Cap Bolt M12 $\times$ 150	2
36	Socket Head Cap Bolt M12 $\times$ 95	4			

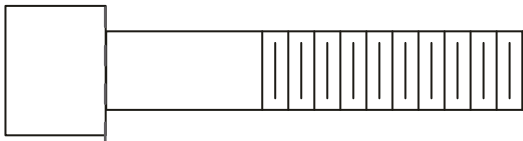
# Exploded View



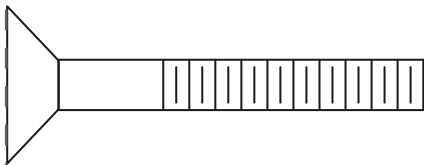
# Measurement Guide



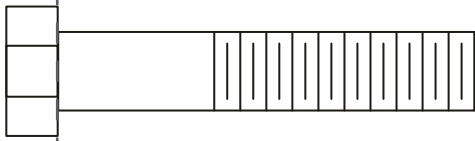
BHCS = Button Head Cap Screw



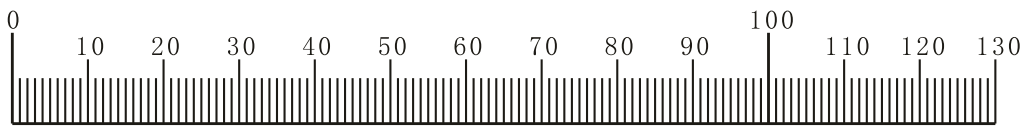
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

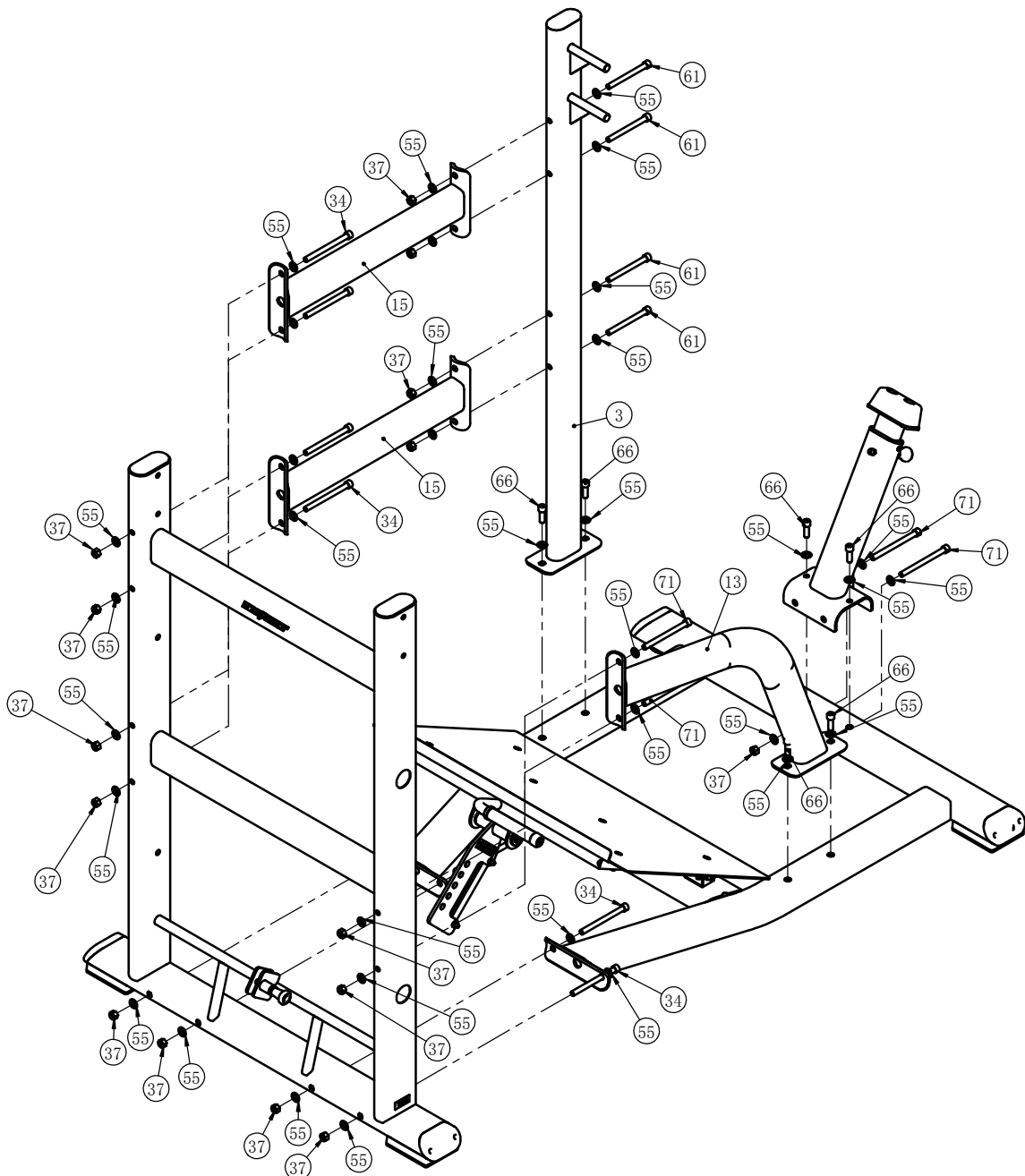


# Assembly

## STEP 1

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No.	Description	QTY	Item No.	Description	QTY
3	Side Frame	1	55	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	38
13	Support Frame	1	61	Socket Head Cap Screw M12 $\times$ 130	4
15	Cross Frame	2	66	Socket Head Cap Bolt M12 $\times$ 35	6
34	Socket Head Cap Bolt M12 $\times$ 145	10	71	Socket Head Cap Bolt M12 $\times$ 150	2
37	Nylon Lock Nut M12	16			

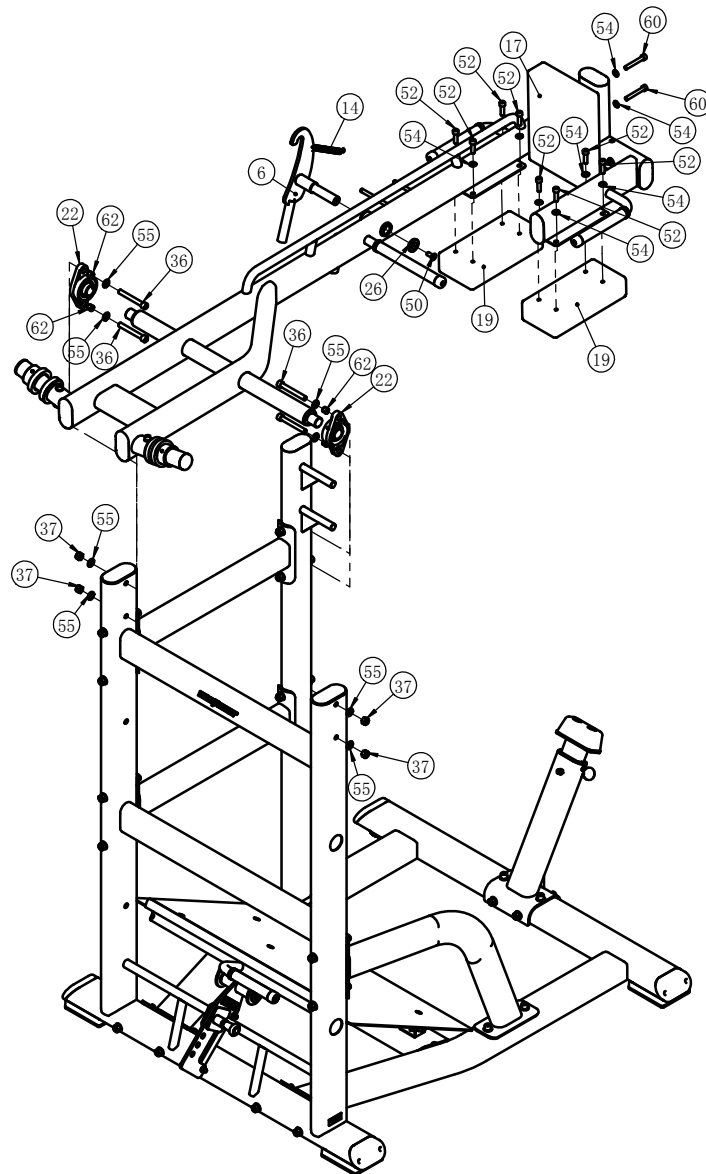


# Assembly

## STEP 2

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No.	Description	QTY	Item No.	Description	QTY
6	Limit Hook	1	37	Nylon Lock Nut M12	4
14	Wire Spring	1	50	Flat Head Cap Screw M10×25	1
17	Back Pad	1	52	Socket Head Cap Screw M10×35	8
19	Shoulder Pad	2	54	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
22	Bearing	2	55	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	8
26	End Cap $\phi 38 \times 6$	1	60	Socket Head Cap Screw M10×70	2
36	Socket Head Cap Bolt M12×95	4	62	Bushing $\phi 16 \times \phi 12.2 \times 12.5$	4

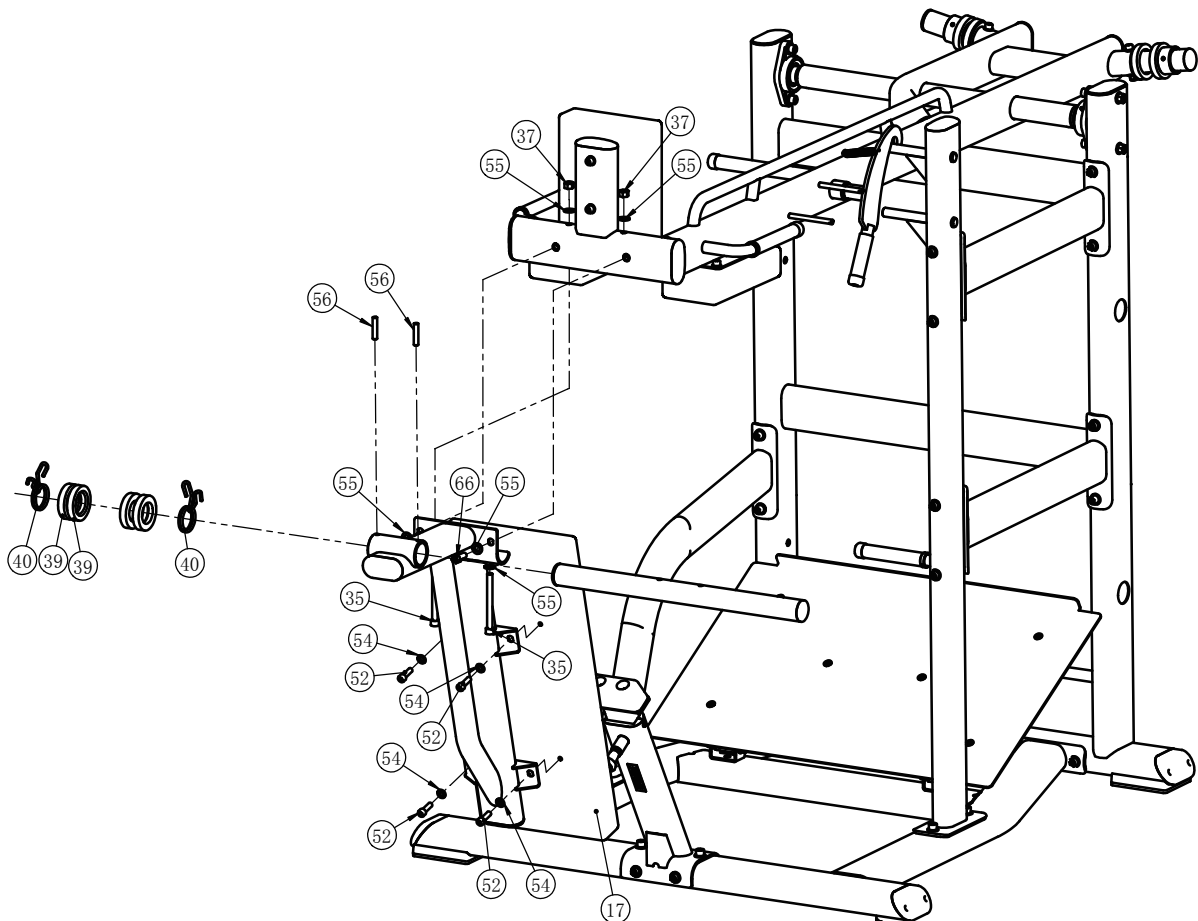


# Assembly

## STEP 3

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No.	Description	QTY	Item No.	Description	QTY
17	Back Pad	1	52	Socket Head Cap Screw M10×35	4
35	Socket Head Cap Bolt M12×125	2	54	Flat Washer φ11×φ20×2	4
37	Nylon Lock Nut M12	2	55	Flat Washer φ13.5×φ24×2.5	6
39	Rubber Washer	4	56	Socket Set Screw M10×50	2
40	Spring	2	66	Socket Head Cap Bolt M12×35	2

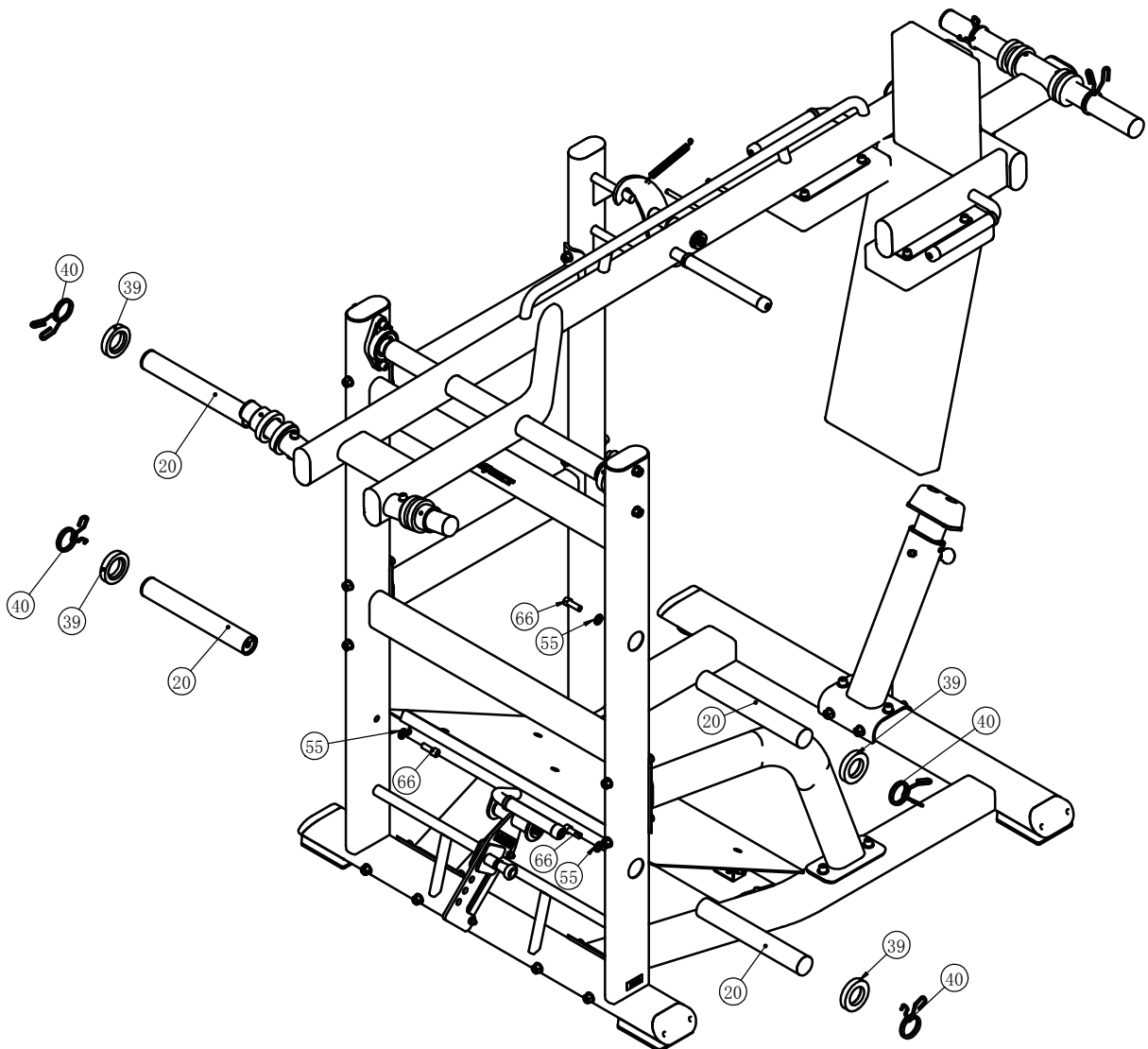


# Assembly

## STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	QTY	Item No.	Description	QTY
20	Weight Holder	4	55	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	4
39	Rubber Washer	4	66	Socket Head Cap Bolt M12 $\times$ 35	4
40	Spring	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 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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