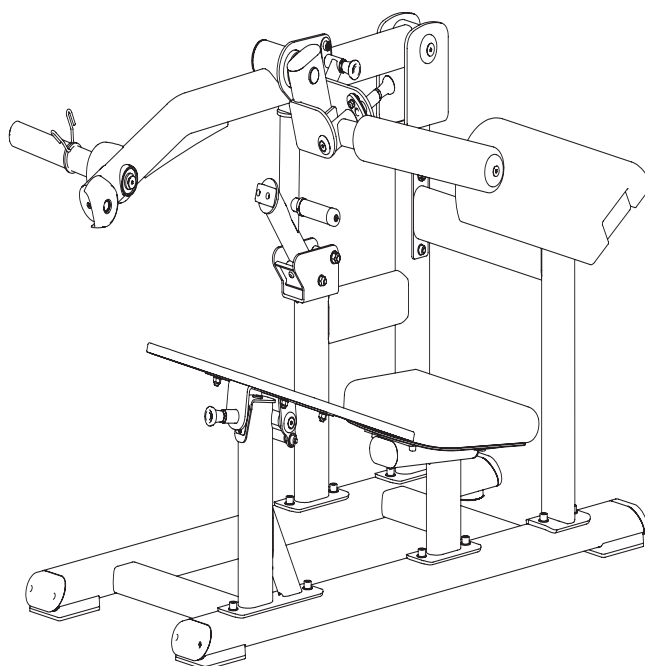


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**HIP THRUST**

# FWX 9300



Cod : GRLDTOORXFWX9300

Rev : 00

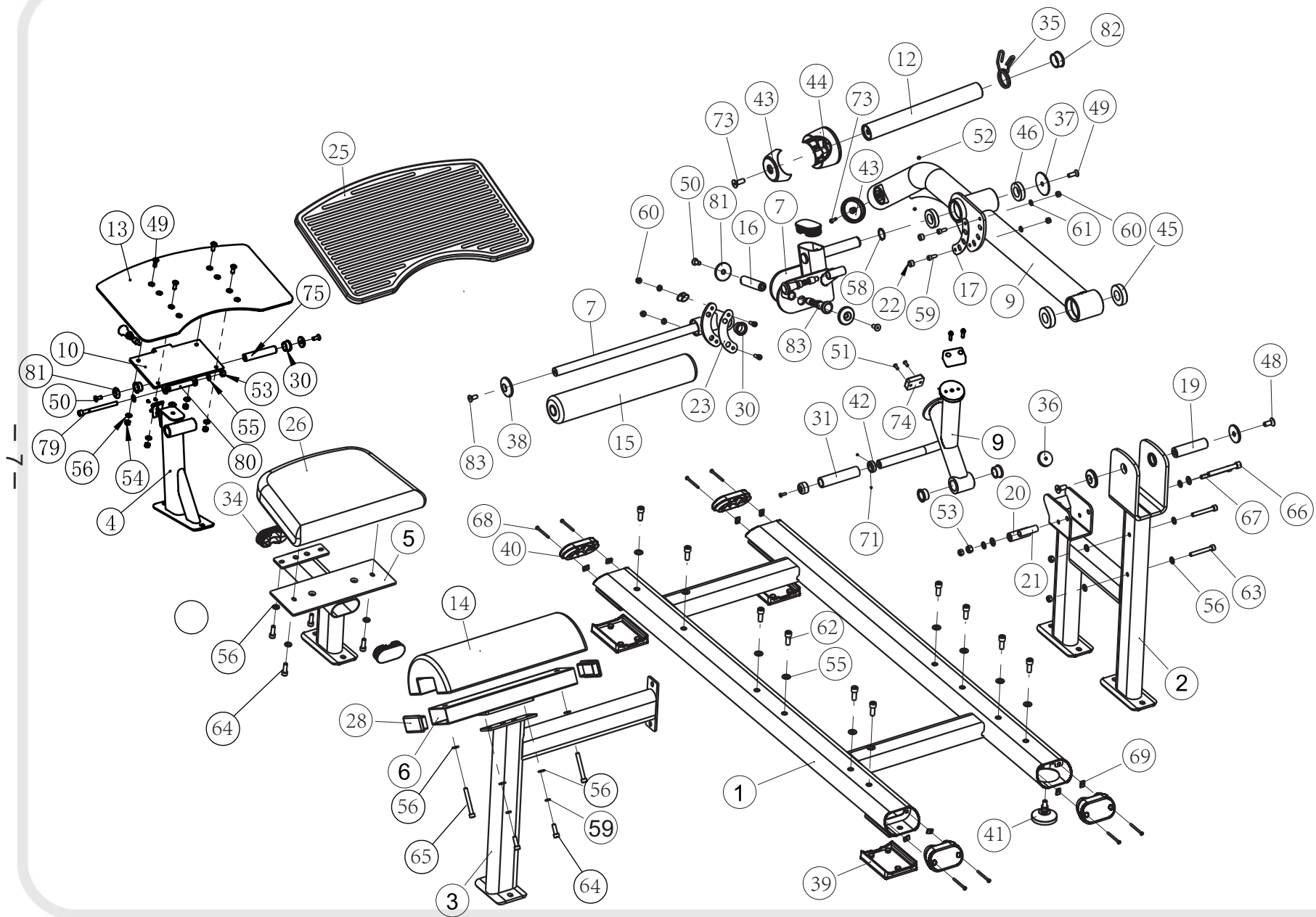
Ed : 01/24

## Exploded View and Parts List

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Bottom Cross Brace	1	22	Limit Sleeve $\phi 17 \times 10.5$	2
2	Main Frame	1	23	Adjusting plate	1
3	Support Frame	1	24	Pin	1
4	Foot Support Frame	1	83	Pin	2
5	Seat Cushion Support Frame	1	25	Rubber Foot Plate Cover	1
6	Shoulder pad Frame	1	26	Seat Cushion	1
7	Adjusting Frame	1	27	End Cover $\phi 76 \times 10$	1
8	Limit Frame	1	28	Tube Plug J50*100	2
9	Swing Frame	1	30	Bushing $\phi 38 \times \phi 25.4 \times 18$	6
10	Foot Adjustment Bracket	1	31	Grip	1
11	FOAM Frame	1	32	Aluminium Cap	1
12	Counterweight Pole Frame	1	33	End Cover	2
13	Pedal	1	34	Tube Plug PT50 $\times$ 100	3
14	Shoulder Pad	1	35	Circlip	1
15	FOAM	1	36	Rubber Bumper	1
16	Shaft $\phi 25.4 \times 105$	1	37	End Cover $\phi 70$	1
17	Adjusting plate	1	38	End Cover $\phi 60$	1
18	Fixing plate	1	39	Foot Cover	3
19	Shaft $\phi 30 \times 112 \times M12$	1	40	Tube Plug PT60 $\times$ 120	4
20	Shaft $\phi 25.4 \times \phi 10.5 \times 69$	1	41	Adjusting pad	1
21	Limit Sleeve	1	42	Aluminum Ring $\phi 33 \times \phi 26.8 \times 9.5$	1

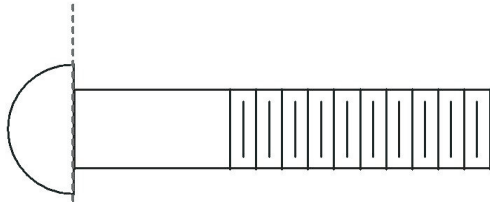
## Exploded View and Parts List

Item NO.	Description	Qty	Item NO.	Description	Qty
43	Outer Sheath Assembly	1	63	Socket Head Cap Screw M10×75	2
44	Rubber Bumper	1	64	Socket Head Cap Screw M10×30	6
45	Bearing 6206-2Z	2	65	Socket Head Cap Screw M10×80	2
46	Bearing 6006-2Z	2	66	Socket Head Cap Screw M12×100	1
48	Flat Head Cap Screw M12×30	2	67	Socket Head Cap Screw M10×100	1
49	Flat Head Cap Screw M10×30	5	68	Cross Recessed Pan Head Screw M5×60	8
83	Flat Head Cap Screw M10×30	1	69	Stretching splint	8
50	Flat Head Cap Screw M10×25	4	70	Flat Head Cap Screw M6×20	1
51	Button Head Cap Screw M6×15	4	71	Socket Set Screw M5×3	2
52	Socket Set Screw	2	72	Flat Head Cap Screw M6×30	1
53	Nylon Lock Nut M12	2	73	Flat Head Cap Screw M12×35	1
54	Nylon Lock Nut M10	7	74	Rubber pad	2
55	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	15	75	Shaft $\phi 25.4 \times 131$	1
56	Flat Washer $\phi 11 \times \phi 20 \times 2$	18	76	Button Head Cap Screw M4×10	3
57	Spring Washer $\phi 10$	2	77	Lining plate	1
58	Circlip $\phi 30$	1	78	Sliding pad	1
59	Socket Head Cap Screw M8×20	4	79	Socket Head Cap Screw M12×150	1
60	Nylon Lock Nut M8	4	80	Limit Sleeve	1
61	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4	81	End Cover $\phi 38 \times 8$	4
62	Socket Head Cap Screw M12×30	10	82	Aluminum blocking plate	1

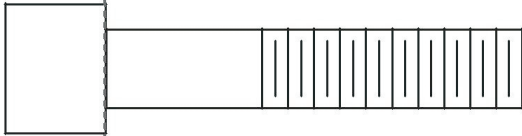


Exploded View

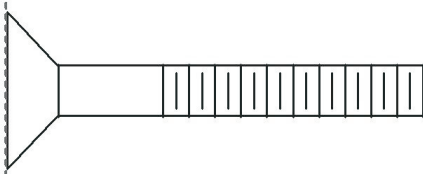
# Measurement Guide



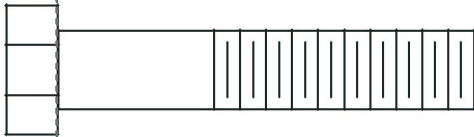
BHCS = Button Head Cap Screw



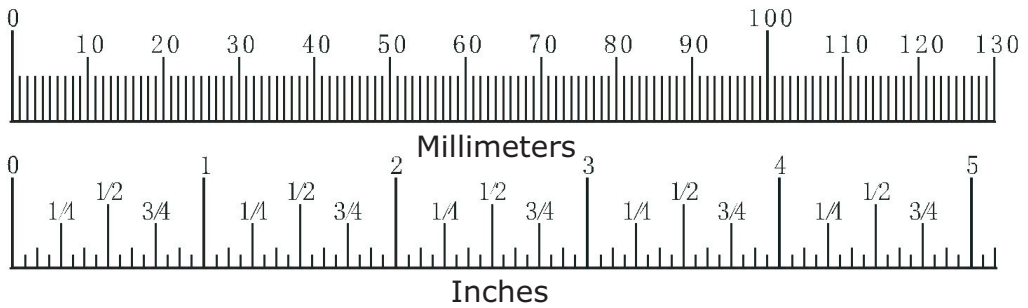
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



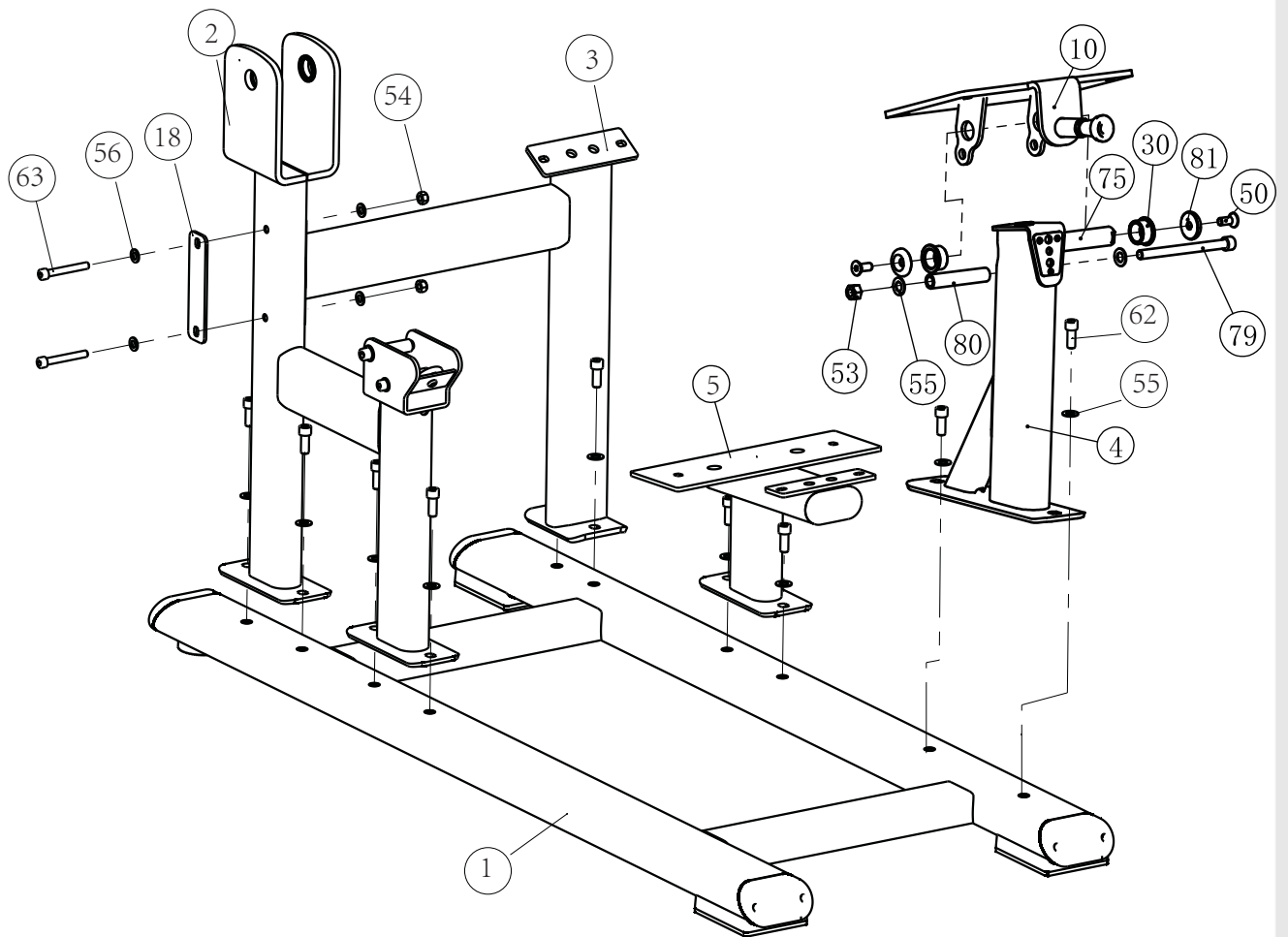
HHB = Hex Head Bolt



# Assembly

## Step 1

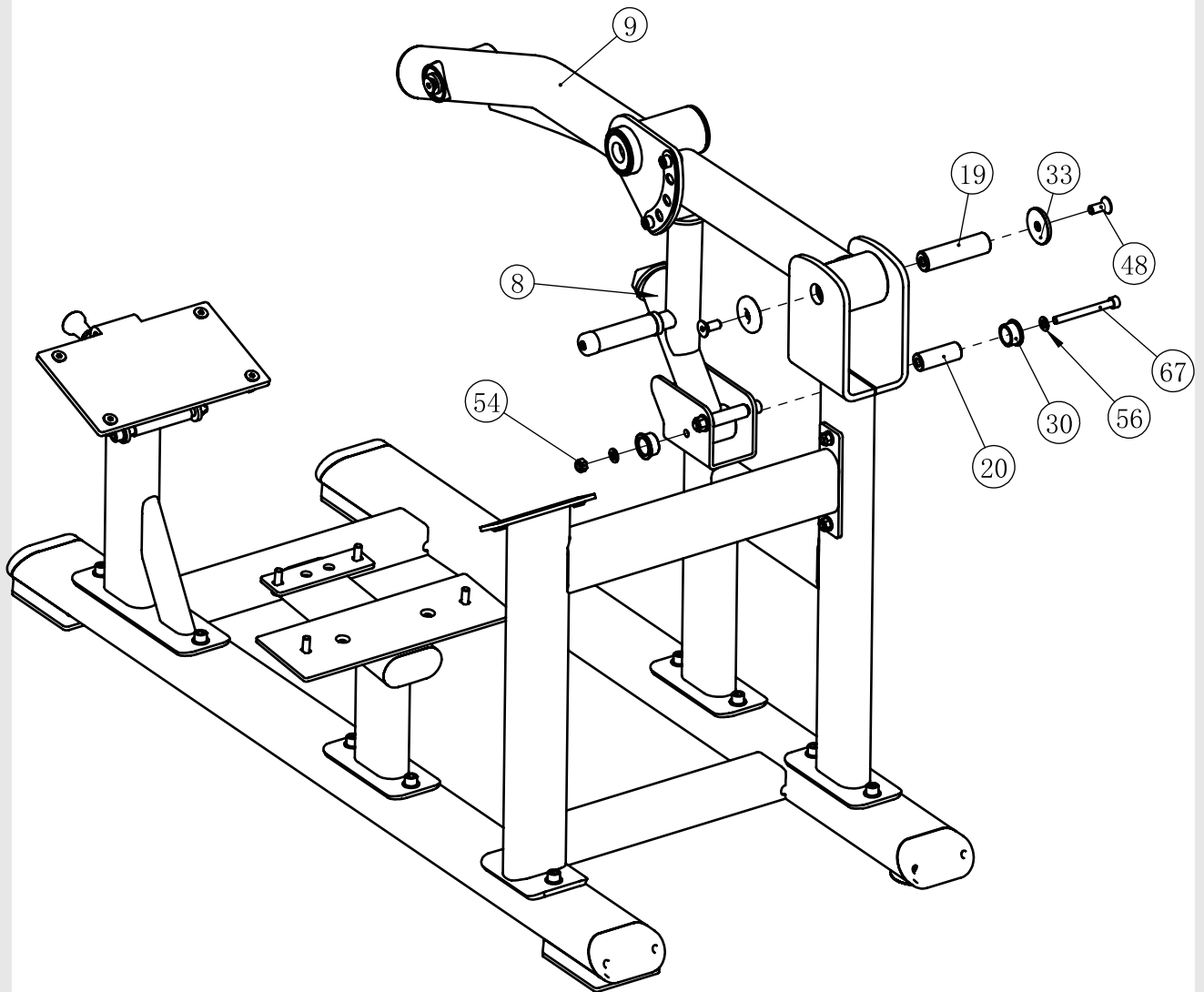
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Bottom Cross Brace	1	54	Nylon Lock Nut M10	2
2	Main Frame	1	55	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	12
3	Support Frame	1	56	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
4	Foot Support Frame	1	57	Spring Washer $\phi 10$	2
5	Seat Cushion Support Frame	1	62	Socket Head Cap Screw M12 $\times$ 30	10
10	Foot Adjustment Bracket	1	63	Socket Head Cap Screw M10 $\times$ 75	2
18	Fixing plate	1	75	Shaft $\phi 25.4 \times 131$	1
30	Bushing $\phi 38 \times \phi 25.4 \times 18$	2	79	Socket Head Cap Screw M12 $\times$ 150	1
50	Flat Head Cap Screw M10 $\times$ 25	2	80	Limit Sleeve	1
53	Nylon Lock Nut M12	1	81	End Cover $\phi 38 \times 8$	2



# Assembly

## Step 2

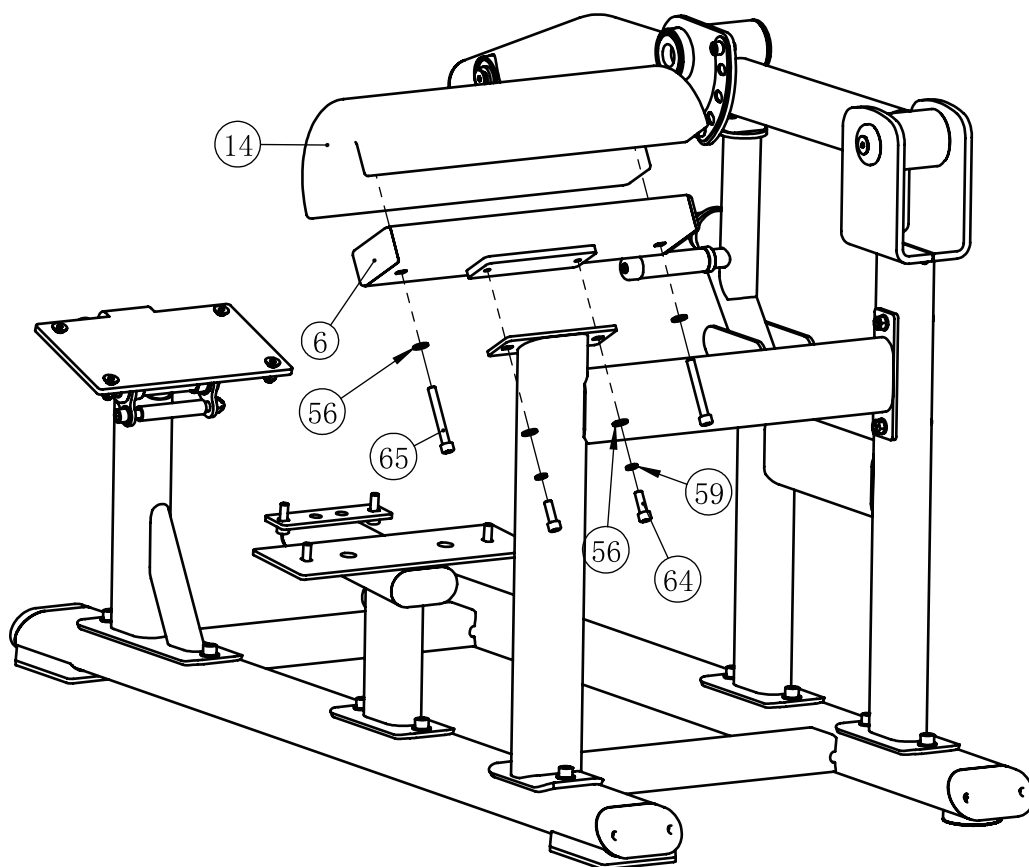
Item NO.	Description	Qty	Item NO.	Description	Qty
8	Limit Frame	1	33	End Cover	2
9	Swing Frame	1	48	Flat Head Cap Screw M12×30	2
19	Shaft $\phi 30 \times 112 \times M12$	1	54	Nylon Lock Nut M10	1
20	Shaft $\phi 25.4 \times \phi 10.5 \times 69$	1	56	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
30	Bushing $\phi 38 \times \phi 25.4 \times 18$	2	67	Socket Head Cap Screw M10×100	1



## Assembly

### Step 3

Item NO.	Description	Qty	Item NO.	Description	Qty
6	Shoulder pad Frame	1	57	Spring Washer $\phi 10$	2
14	Shoulder Pad	1	64	Socket Head Cap Screw M10 $\times$ 30	2
56	Flat Washer $\phi 11 \times \phi 20 \times 2$	4	65	Socket Head Cap Screw M10 $\times$ 80	2

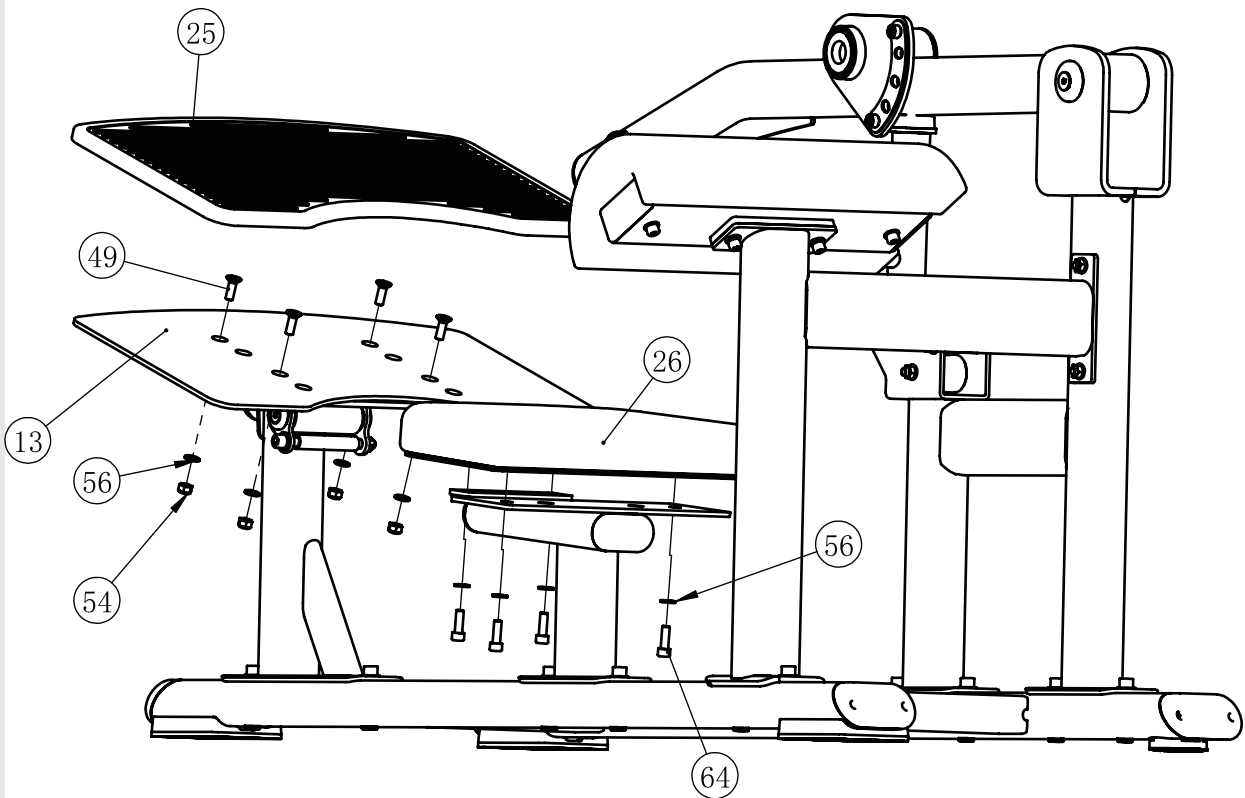




## Assembly

### Step 4

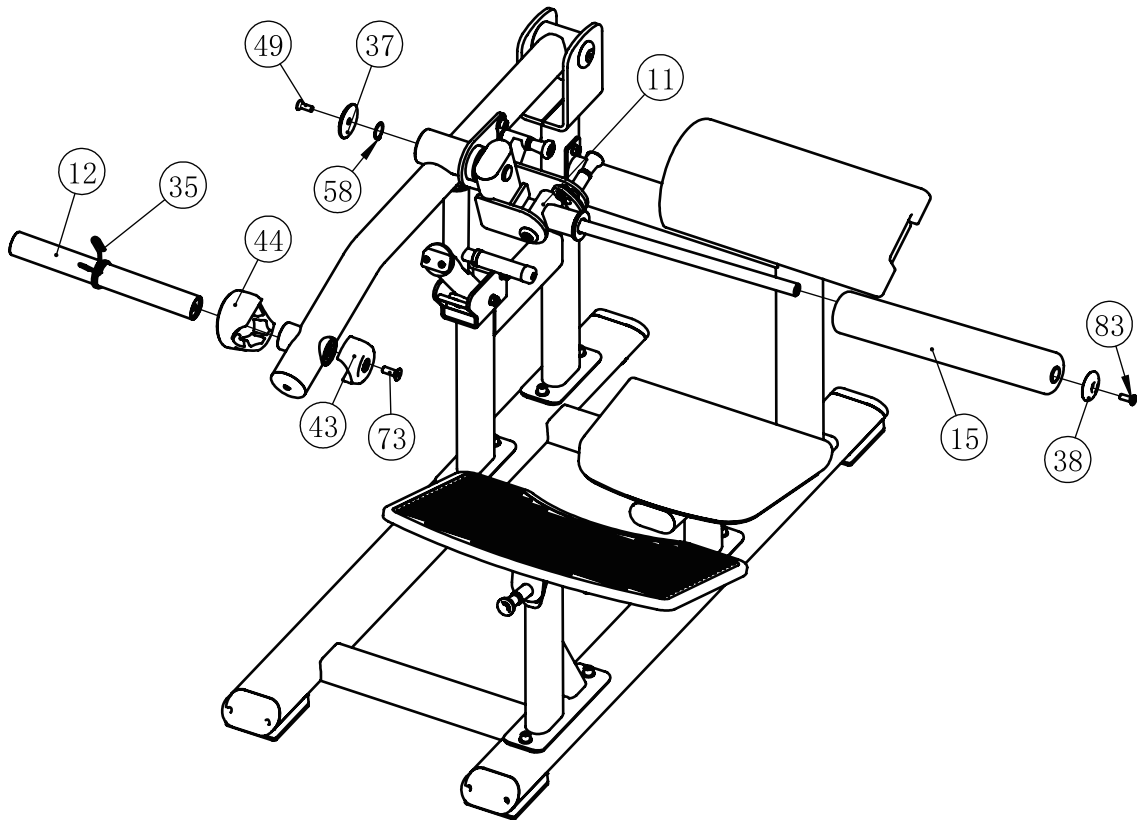
Item NO.	Description	Qty	Item NO.	Description	Qty
13	Pedal	1	49	Flat Head Cap Screw M10×30	4
25	Rubber Foot Plate Cover	1	54	Nylon Lock Nut M10	4
26	Seat Cushion	1	56	Flat Washer $\phi 11 \times \phi 20 \times 2$	8
64	Socket Head Cap Screw M10×30	4			



# Assembly

## Step 5

Item NO.	Description	Qty	Item NO.	Description	Qty
11	FOAM Frame	1	43	Outer Sheath Assembly	1
12	Counterweight Pole Frame	1	44	Rubber Bumper	1
15	FOAM	1	49	Flat Head Cap Screw M10×30	1
35	Circlip	1	58	Circlip $\phi 30$	1
37	End Cover $\phi 70$	1	73	Flat Head Cap Screw M12×35	1
38	End Cover $\phi 60$	1	83	Flat Head Cap Screw M10×30	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 properly.

### **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 bolt 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**



GARLANDO SPA  
Via Regione Piemonte, 32 - Zona Industriale D1  
15068 - Pozzolo Formigaro (AL) - Italy  
[contact@toorxprofessional.it](mailto:contact@toorxprofessional.it)  
[www.toorxprofessional.it](http://www.toorxprofessional.it)