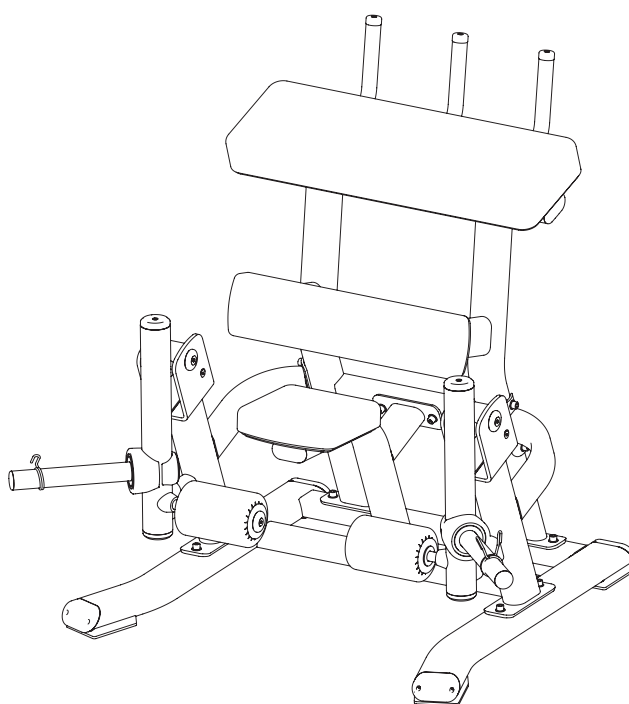


TOORX
PROFESSIONAL LINE

INSTRUCTION



STANDING LEG CURL

FWX 9500



Cod : GRLDTOORXFWX9500

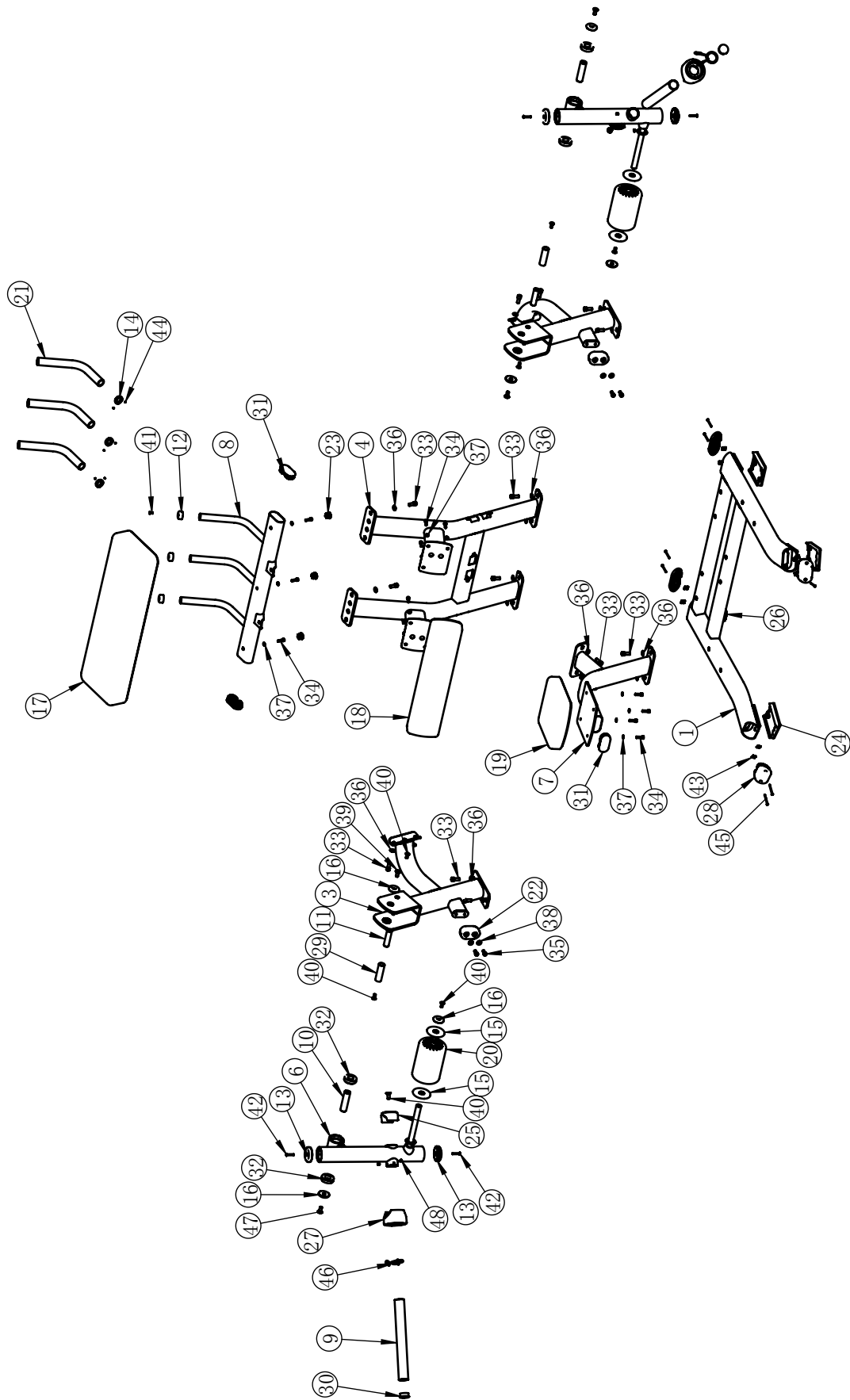
Rev : 00

Ed : 01/24

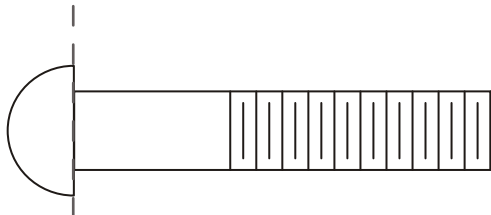
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	25	Outer Safty Cover Assembly	2
2	Right Upright Frame	1	26	Adjustable Foot	1
3	Left Upright Frame	1	27	Bumper	2
4	Main Frame	1	28	Plug PT60×120	4
5	Right Arm Frame	1	29	Grip	2
6	Left Arm Frame	1	30	Aluminum Plug Plate φ48	2
7	Knee Pad Frame	1	31	Plug RT50×100	3
8	Elbow Pad Frame	1	32	Ball Bearing	4
9	Weight Horns	2	33	Socket Head Cap Screw M12×30	20
10	Arm Pivot Axle	2	34	Socket Head Cap Screw M8×30	13
11	Limit Shaft	2	35	Socket Head Cap Screw M10×30	4
12	Aluminum Cap	3	36	Flat Washer	20
13	Aluminum Cap φ76	4	37	Flat Washer	13
14	Aluminum Spacer Ring	3	38	Flat Washer	4
15	Aluminum Ring Φ25	4	39	Flat Head Cap Screw M12×30	4
16	Aluminum Cap	6	40	Flat Head Cap Screw M10×25	6
17	Elbow Pad	1	41	Flat Head Cap Screw M6×16	3
18	Leg Pad	1	42	Flat Head Cap Screw M6×30	4
19	Knee Pad	1	43	Nut 13.68×21×M5	8
20	Foam	2	44	Socket Set Screw M5×3	6
21	Grip	3	45	Phillip Screw M5×60	8
22	Bumper	2	46	Snap Spring	2
23	Plug	3	47	Flat Head Cap Screw M12×30	2
24	Rubber Foot	3	48	Socket Set Screw M8×6	4

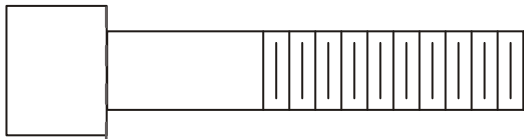
Exploded View and Parts List



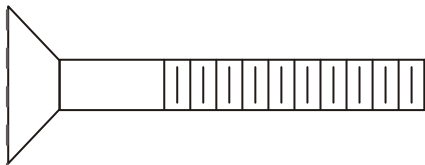
Measurement Guide



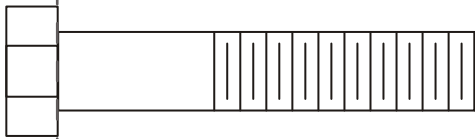
BHCS = Button Head Cap Screw



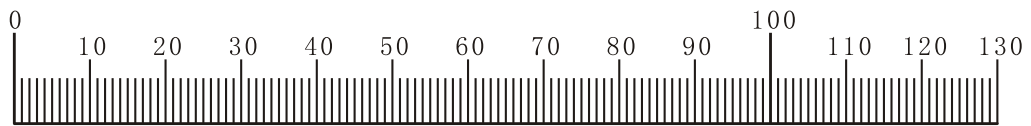
SHCS = Socket Head Cap Screw



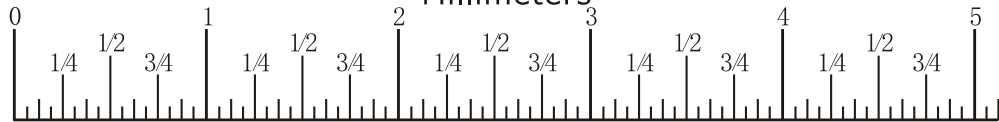
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

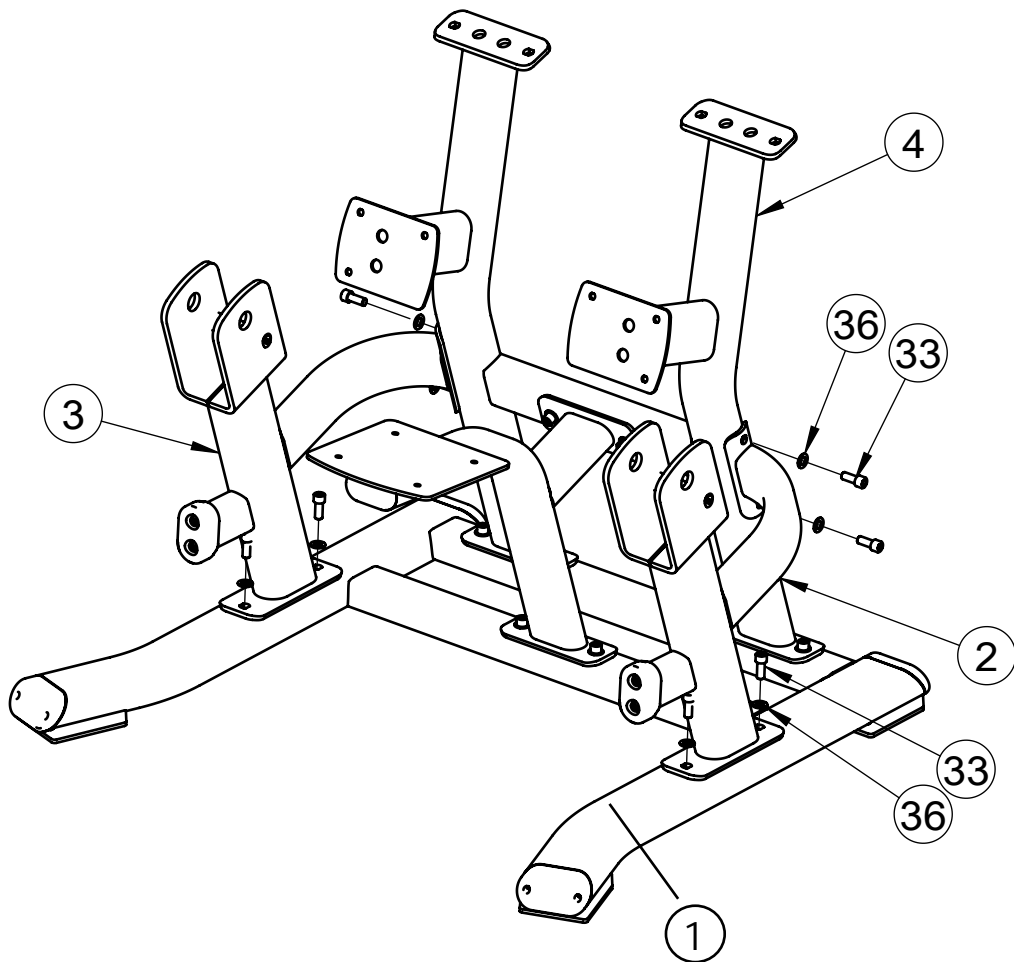


Inches

Assembly

STEP 1

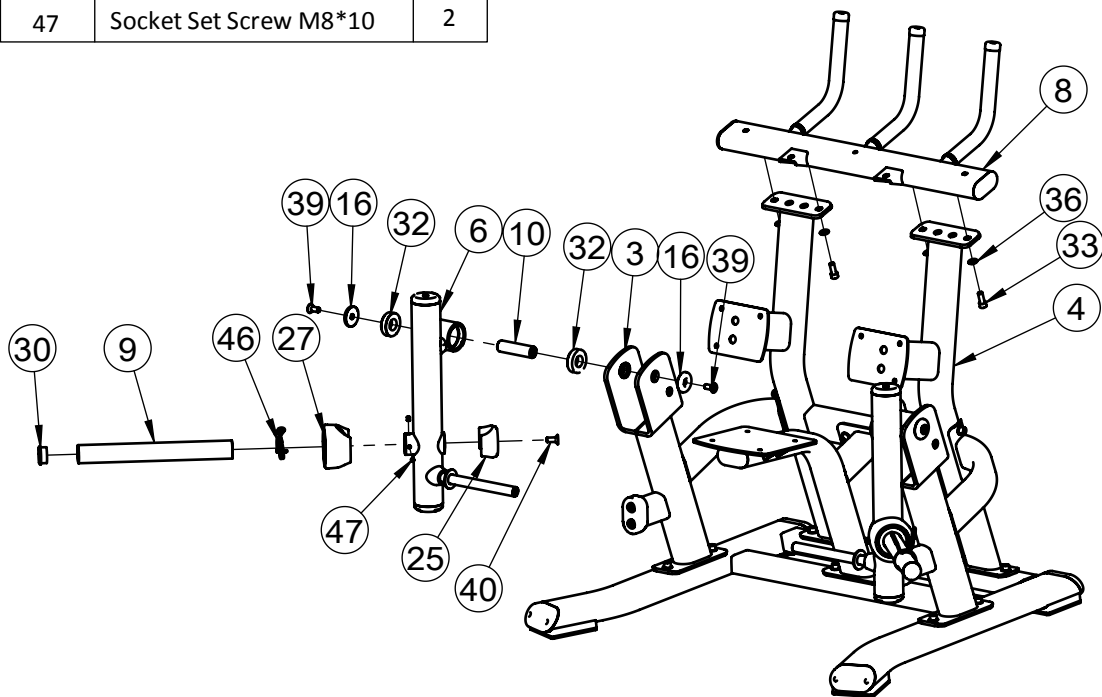
ITEM NO.	DESCRIPTION	QTY
1	base Frame	1
2	Right Upright Frame	1
3	Left Upright Frame	1
4	Main Frame	1
33	Socket Head CapScrew M12*30	8
36	Flat Washer	8



Assembly

STEP 2

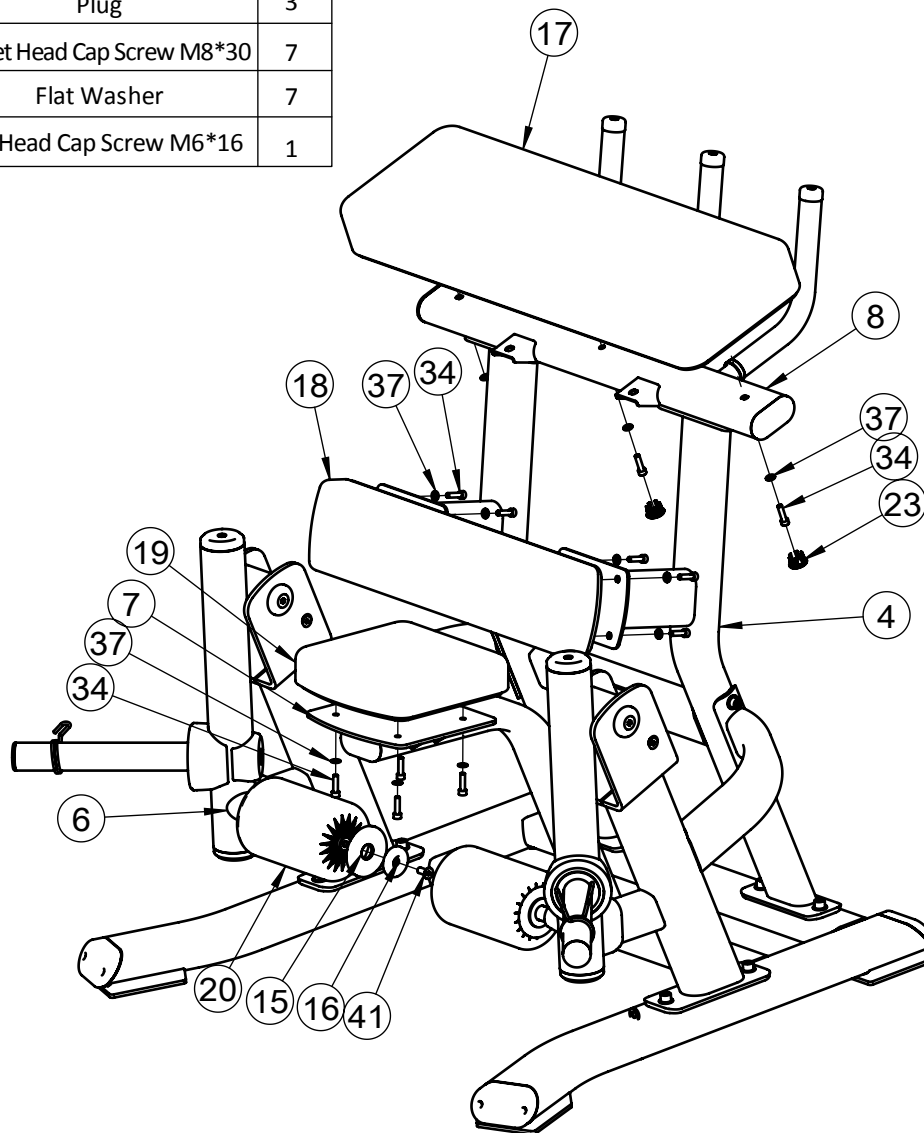
ITEM NO.	DESCRIPTION	QTY
3	Left Upright Frame	1
4	Main Frame	1
6	Left Arm Frame	1
8	Elbow Pad Frame	1
9	Weight Horns	1
10	Arm Pivot Axle	1
16	Aluminum Cap	2
25	Outer Safty Cover Assembly	1
27	Bumper	1
30	Plug $\phi 48$	1
32	Ball Bearing	2
33	Socket Head Cap Screw M12*30	4
36	Flat Washer	4
39	Flat Head Cap Screw M12*30	2
40	Flat Head Cap Screw M10*25	1
46	Snap Spring	2
47	Socket Set Screw M8*10	2



Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY
4	Main Frame	1
6	Left Arm Frame	1
7	Knee Pad Frame	2
8	Elbow Pad Frame	1
15	Aluminum Ring $\Phi 25$	1
16	Aluminum Cap	1
17	Elbow Pad	1
18	Leg Pad	1
19	Knee Pad	1
20	Foam	1
23	Plug	3
34	Socket Head Cap Screw M8*30	7
37	Flat Washer	7
41	Flat Head Cap Screw M6*16	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



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