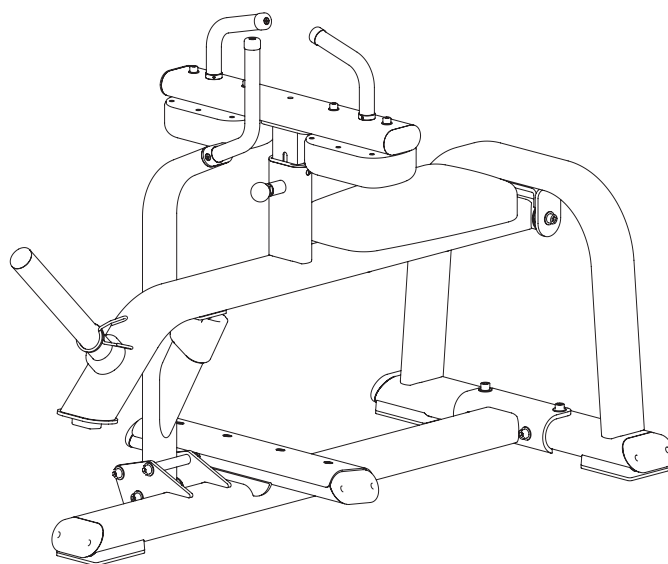


TOORX
PROFESSIONAL LINE

INSTRUCTION



SEATED CALF RAISE

FWX 9700



Cod : GRLDTOORXFWX9700

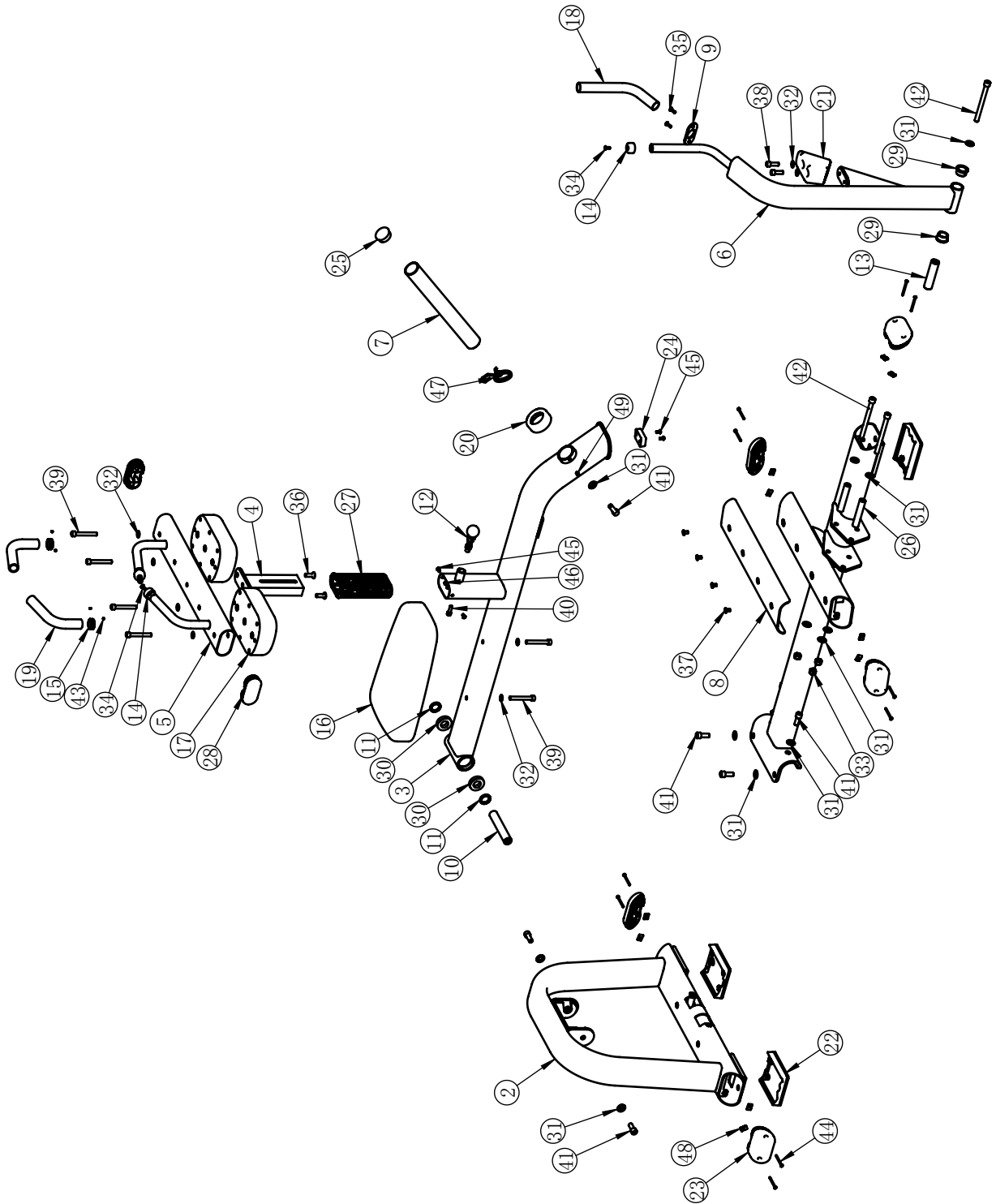
Rev : 00

Ed : 01/24

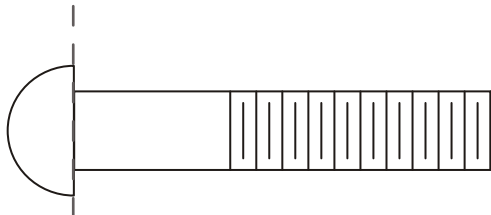
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	26	Spacer Sleeve	2
2	Upright Frame	1	27	Plastic Tube Guide	2
3	Power Frame	1	28	Plug RT50*100	2
4	Telescopic Frame	1	29	Bushing $\phi 38$	2
5	Knee Pad Frame	1	30	Ball Bearing	2
6	Safety Bar	1	31	Flat Washer	13
7	Weight Horns	1	32	Flat Washer	8
8	Footplate	1	33	Nylon Lock Nut M12	3
9	Cap	1	34	Flat Head Cap Screw M6*16	3
10	Rotating Shaft	1	35	Flat Head Cap Screw M6*20	2
11	Narrow Spacer Ring	2	36	Flat Head Cap Screw M10*30	2
12	Pop Pin	1	37	Flat Head Cap Screw M8*15	4
13	Sleeve	1	38	Socket Head Cap Screw M10*30	2
14	Aluminum Cap	3	39	Socket Head Cap Screw M8*25	1
15	Aluminum Spacer Ring	2	40	Socket Head Cap Screw M12*30	7
16	Arm Pad	1	41	Socket Head Cap Screw M12*135	3
17	Knee Pads	2	42	Socket Head Cap Screw M10*75	6
18	The Gloves	1	43	Socket Set Screw M5*3	4
19	The Gloves	2	44	Phillip Screw ST4.2*60	10
20	Barbell bumper	1	45	Button Head Cap Screw M6*12	4
21	Bumper	1	46	Hex Nut M6	2
22	Rubber Foot	3	47	Snap Spring	1
23	Plug PT60*120	5	48	Nut	10
24	Rubber Bumper	1	49	Socket Set Screw M8*10	1
25	Plug $\phi 48$	1			

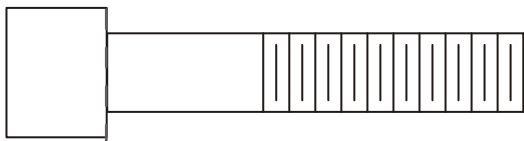
Exploded View and Parts List



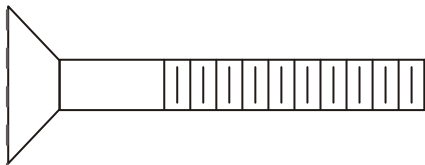
Measurement Guide



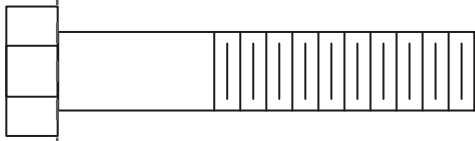
BHCS = Button Head Cap Screw



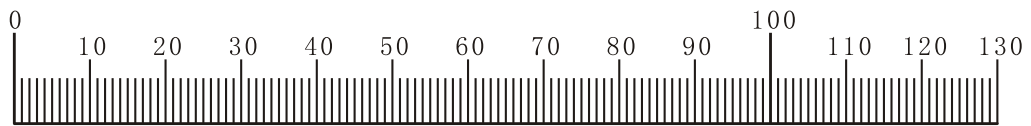
SHCS = Socket Head Cap Screw



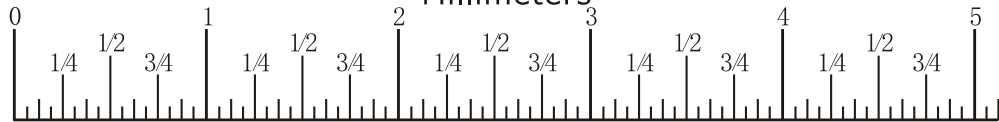
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

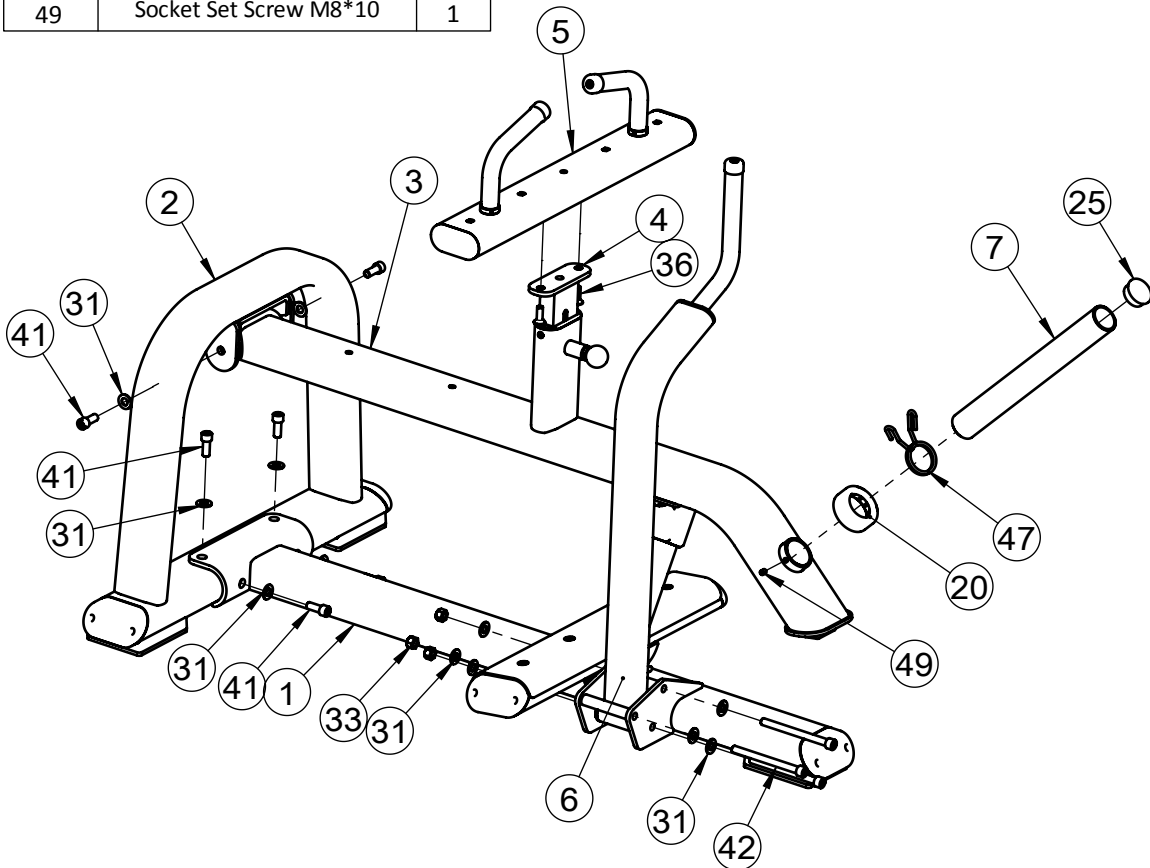


Inches

Assembly

STEP 1

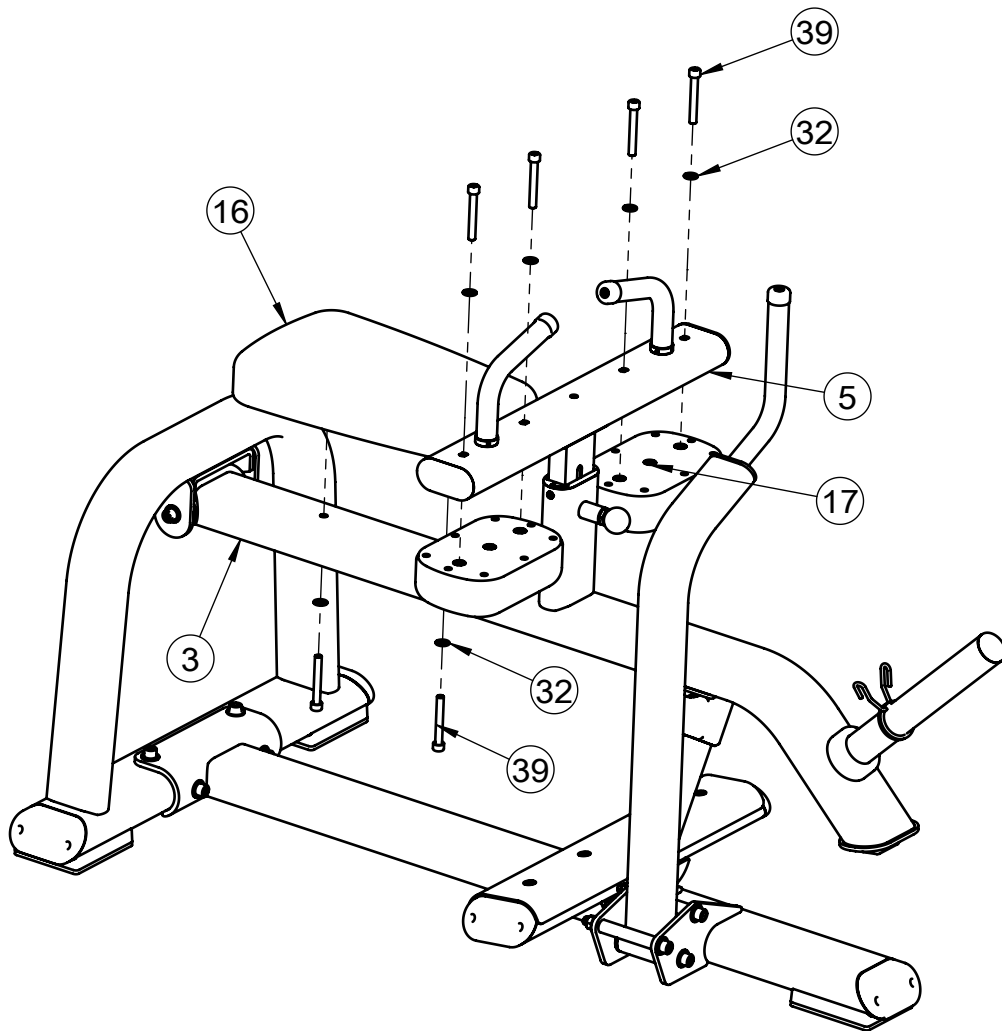
ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1
2	Upright Frame	1
3	Power Frame	1
4	Telescopic Frame	1
5	Knee Pad Frame	1
6	Safety Bar	1
7	Weight Horns	1
20	Barbell bumper	1
25	Plug $\phi 48$	1
31	Flat Washer	12
33	Nylon Lock Nut M12	3
36	Flat Head Cap Screw M10*30	2
41	Socket Head Cap Screw M12*135	6
42	Socket Head Cap Screw M10*75	3
47	Snap Spring	1
49	Socket Set Screw M8*10	1



Assembly

STEP 2

ITEM NO.	DESCRIPTION	QTY
3	Power Frame	1
5	Knee Pad Frame	1
16	Arm Pad	1
17	Knee Pads	2
32	Flat Washer	6
39	Socket Head Cap Screw M8*25	6



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