

TCORX
PROFESSIONAL LINE

INSTRUCTION



LATERAL RAISE

PLX 6150



Cod:GRLDTCORXPLX6150

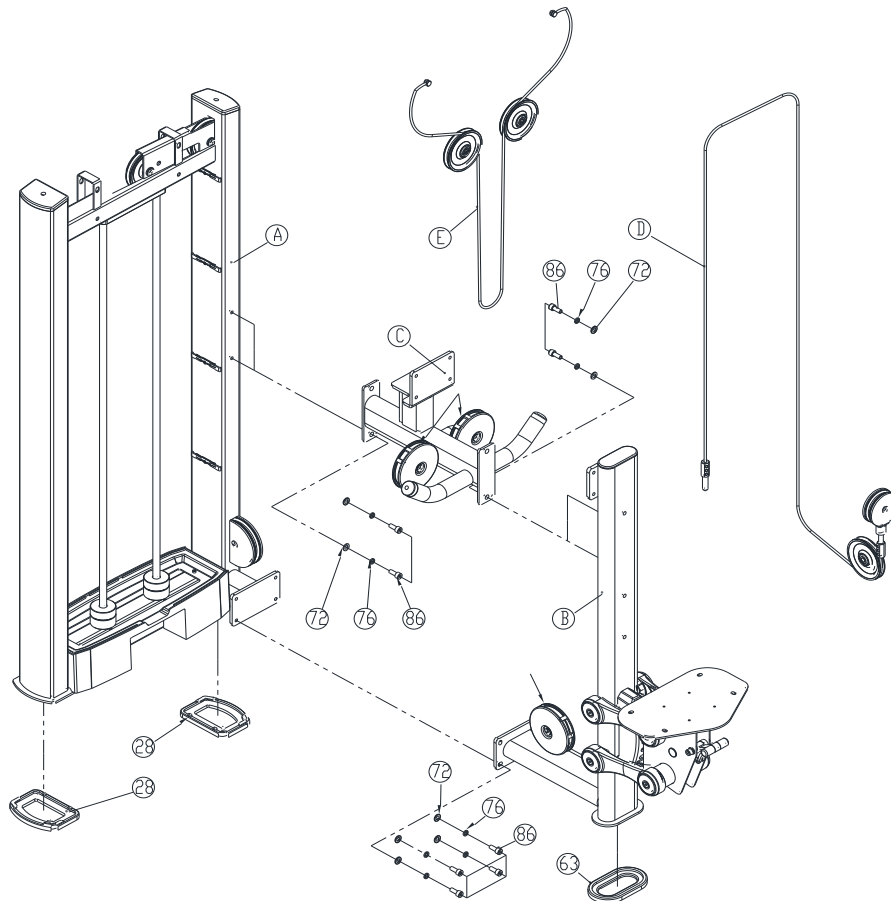
Rev :00

Ed :07/25

Frame Assembling

Assembling Steps:

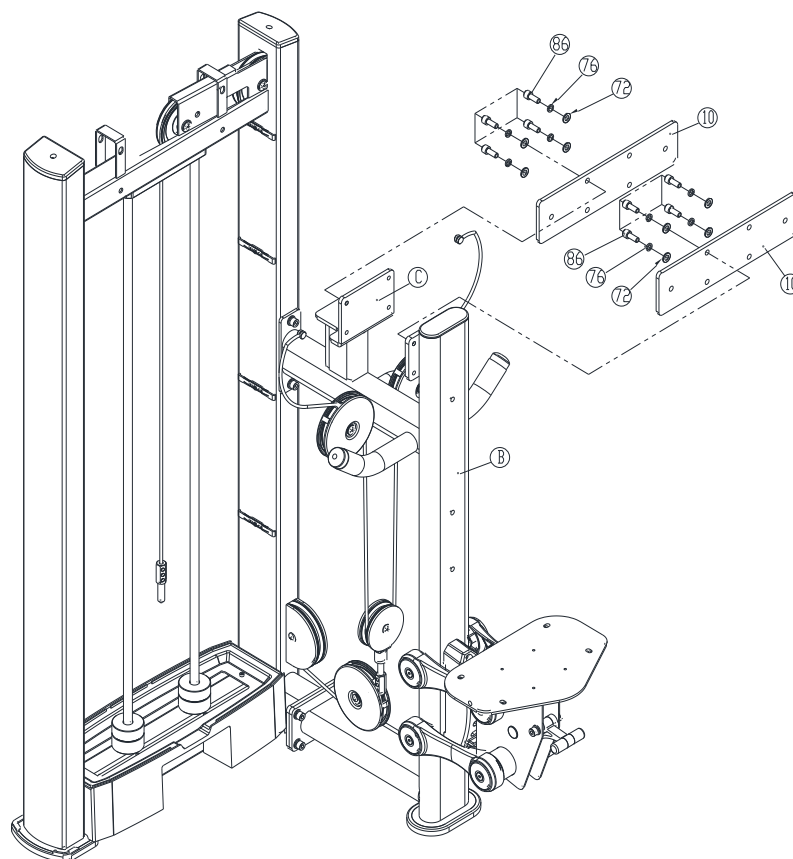
1. Install a pair of parts #28 at the bottom of component #A.
2. Install component #63 at the bottom of assembly #B.
3. Insert the steel rope components #D and #E along the designated path and pull them out from the indicated position.
4. Use two sets of screws (#72+#76+#86) to install component #C onto component #A according to the diagram.
5. Use four sets of screws (#72+#76+#86) and two sets of screws (#72+#76+ #86) to install component #B onto components #A and #C according to the diagram.



Fixed Plate Assembling

Assembling Steps:

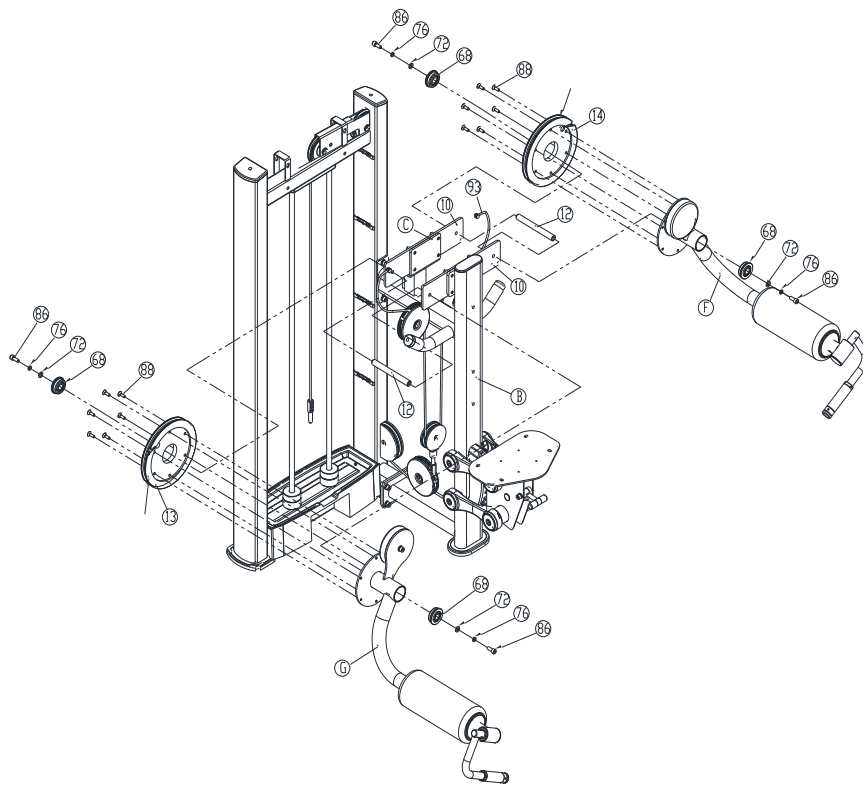
1. Use four sets of screws (#72+#76+#86) to install part #10 at the designated position on component #C, as shown in the diagram.
2. Use four sets of screws (#72+#76+#86) to install another part #10 at the designated position on component #B, as shown in the diagram.



Force Arm Assembling

Assembling Steps:

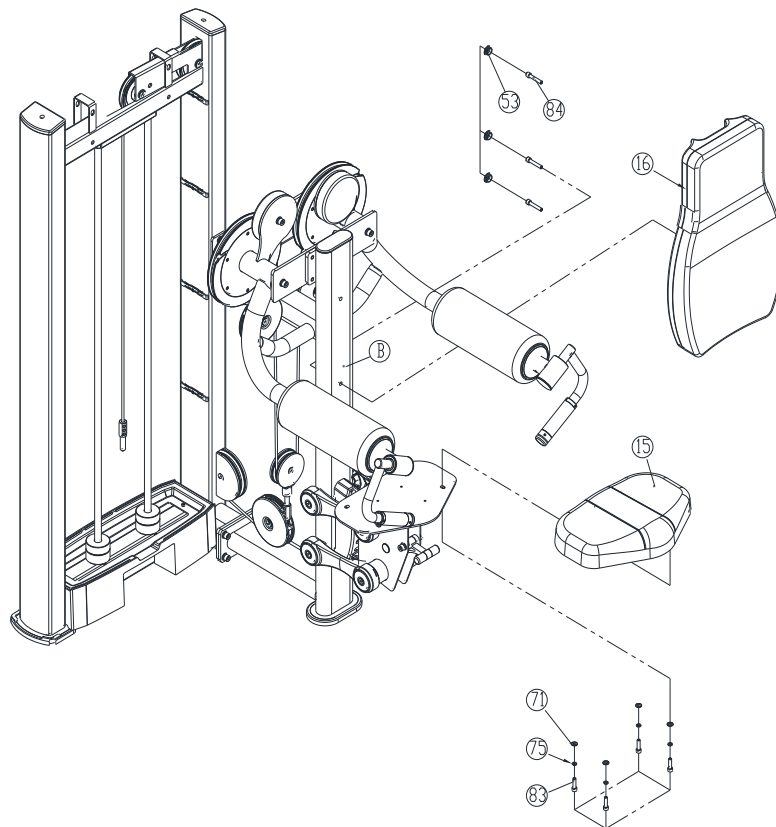
1. Use two sets of screws (#88+#88+#88+ #88+#88+##88) to install parts #13 and #14 at the designated positions on components #G and #F, respectively, as shown in the diagram.
2. Attach the two pairs of parts (#68+#68) to components #G and #F, respectively.
3. Insert components #G and #F into a pair of pre-installed parts #10, and use four sets of screws (#72+#76+#86) to securely fasten the pair of parts #12 at the designated positions, as shown in the diagram. Finally, secure both ends of the steel rope #93 at the specified locations.



Seat Cushion Assembling

Assembling Steps:

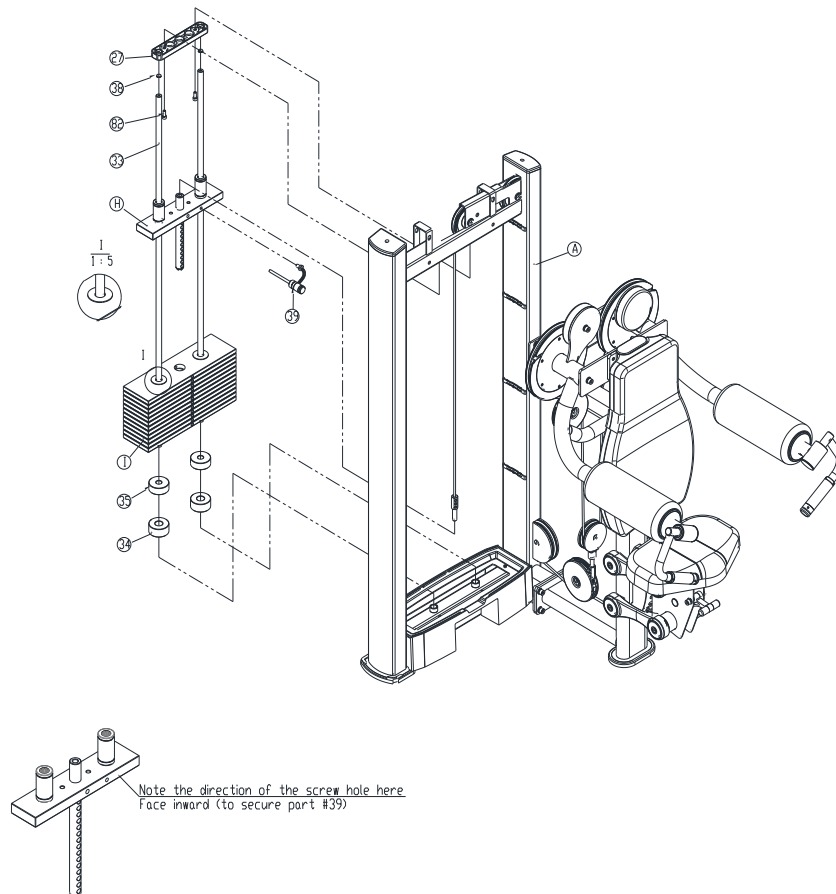
1. Use four sets of screws (#71+#75+#83) to assemble parts #15 and component #B according to the diagram.
2. Use three sets of screws (#84+#53) to assemble parts #16 and component #B according to the diagram.



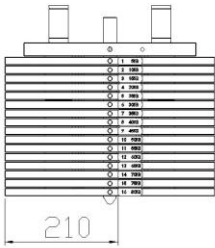
Weight Stack Assembling

Assembling Steps:

1. Insert one pair of parts #33 into part #27.
2. Install one pair of parts #38 at the very top of part #33.
3. Insert components #H, component #I, parts #35, and part #34 sequentially from bottom to top into part #33, with the isolation spacers facing upwards during installation.
4. Secure the bolt at the end of part #39 within the threaded hole of component #H.
5. Use a pair of screws (#82) to fix the counterweight at the top of component #A, working from the bottom up.



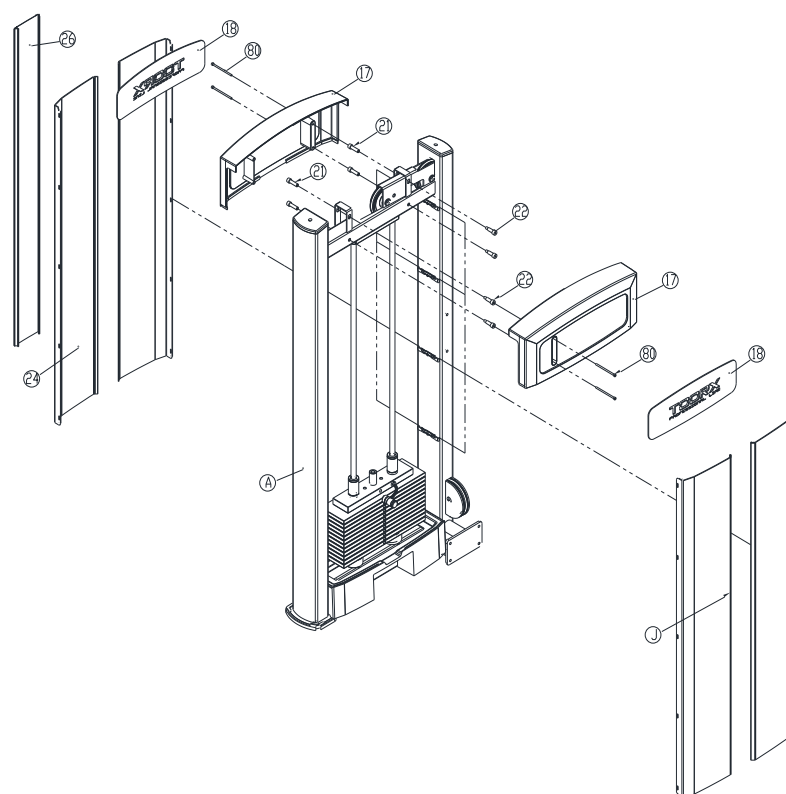
Weight Stack Sticker Assmebling



Weight Stack Shroud Assembling

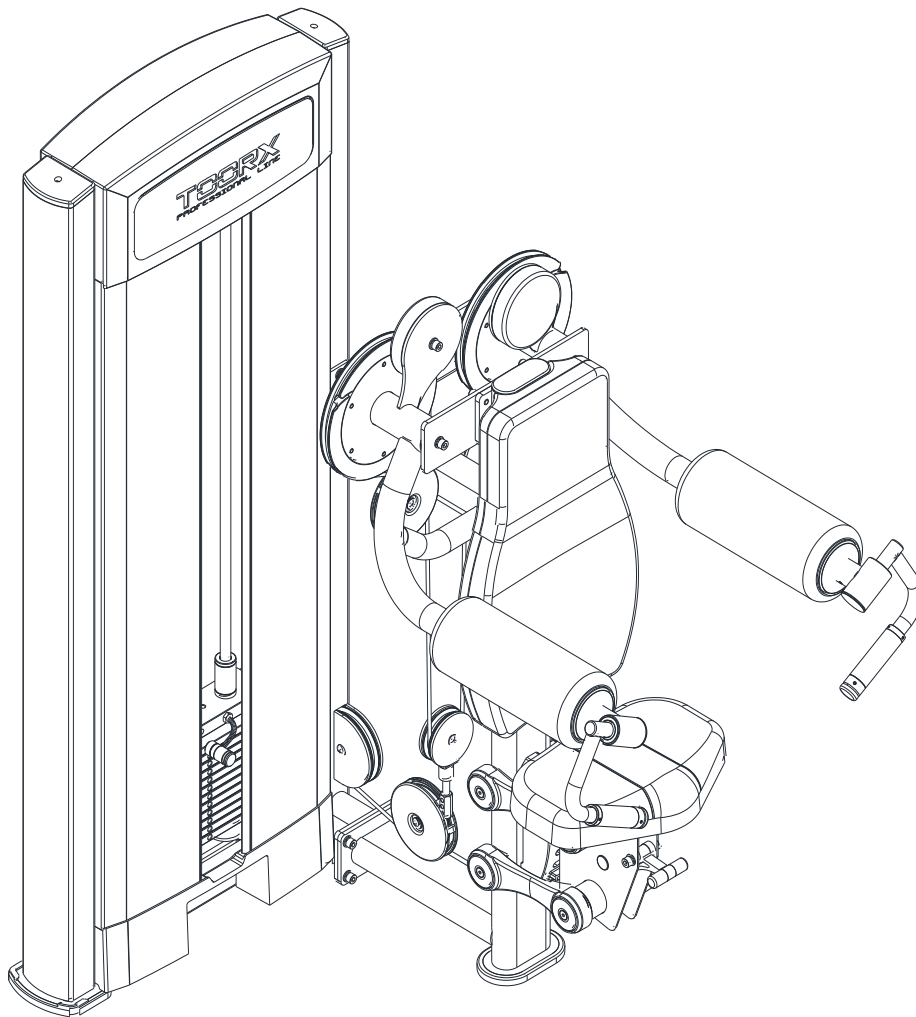
Assembling Steps:

1. Assemble the two ends of part #26 with a pair of part #24, and then install it together with component #J at the designated positions on the front and rear sections of component #A.
2. Use two sets of bolts (#21+#22) and two sets of screws (#80+#80) to secure a pair of parts #17 to component #A according to the diagram.
3. Install one pair of parts #18 onto part #17.上

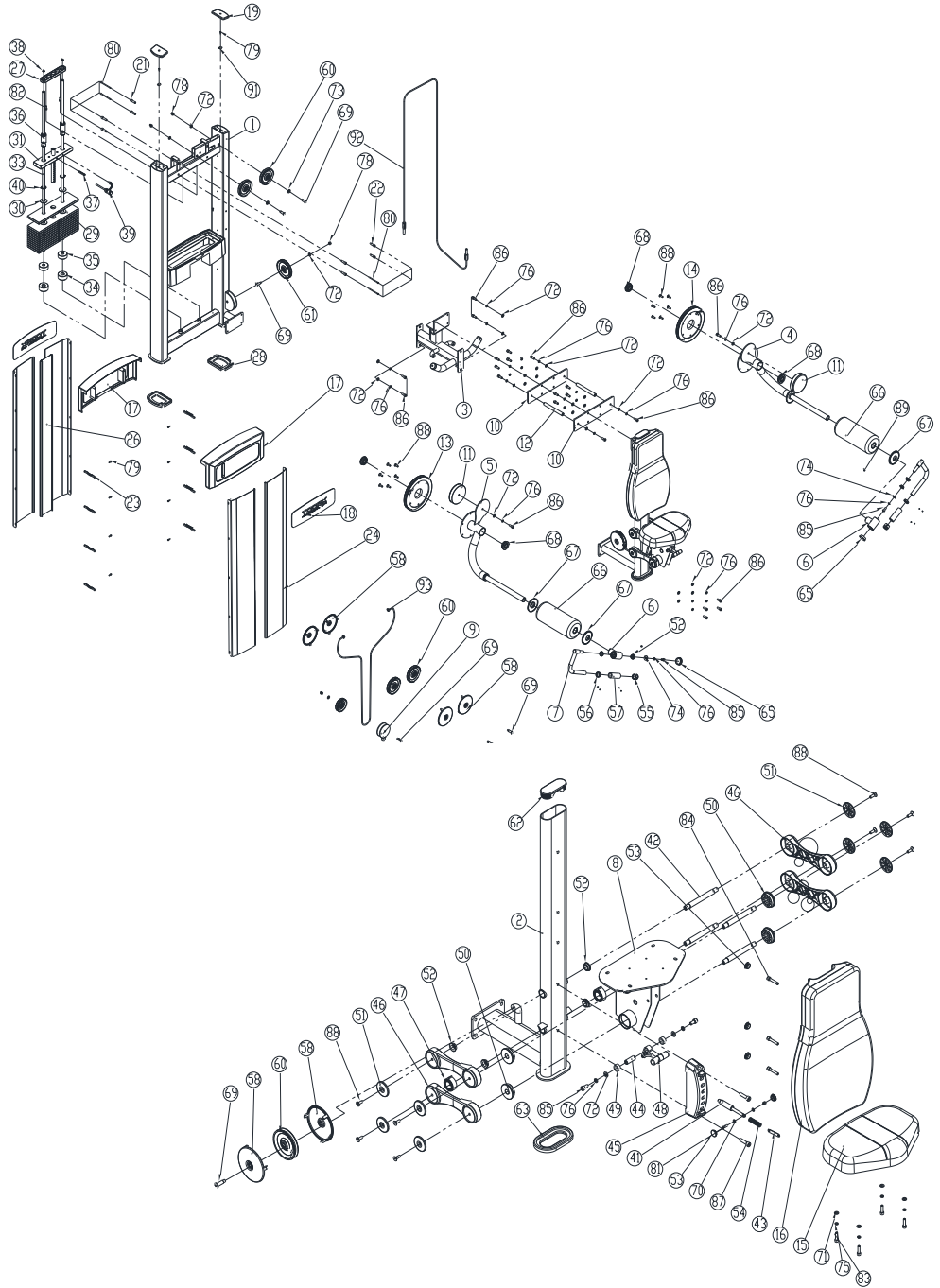


Important Tips

At present, the PLX-6150 has been fully assembled; please verify whether the installed equipment is level and vertical: use a level to check if the guiding rods are vertical in both directions; if they are not, please release the framework hardware and reassemble and tighten the bolts again.



Whole Assembling



Accessory List

No.	Name and specification	Quantity
1	Weight Stack Frame	1
2	Side Frame	1
3	Left Force Arm	1
4	Right Force Arm	1
5	80° Seat	1
6	Flange Plate	1
7	Force Arm Rod 1	2
8	Cable Palte	1
9	Pins	1
10	Pressure board2	1
11	Force Arm Pressure board	1
12	J7107Stainless anti-sliding board	1
13	62seat cushion	1
14	61head cushion	1
15	61back cushion	1
16	left elbow pad	1
17	right elbow pad	1
18	61weight stacck upper cover	2
19	TOORX shroud logo plate	2
20	61 weight stack upright tube cap	2
21	61 weight stack bottom base	1
22	61upper shroud bolt sleeve-1	4
23	61upper shroud bolt sleeve-2	4
24	61 weight stack shroud buckle	8
25	61weight stack plate	4
26	weight stack decrative strips	2
27	weight stack decrative plate	1
28	guide rod fixing plate A	1
29	61 weight stack feet pad	2
30	universal weight stack	16
31	weight stack isolation plate	32
32	universal guide block	1
33	weight stack central rod III	1
34	weight stack rod	2
35	universal weight stack rubber block	2
36	62weight stack rubber pad	2
37	universal guiding sleeve	2

Accessory List

No.	Name and specification	QTY
38	GB/T879.2-2000 Elastic Cylindrical Pin Straight Groove Lightweight 10 × 60	1
39	guide rod upper silicon rubber pad	2
40	Weight Stack Pin	1
41	GB894. 1-86rod used elastic hindering gasket A	2
42	seat pin 18x140	1
43	Seat rod18x171	4
44	seat connecting plate-50	1
45	seat handle rod16x44	1
46	seat adjustable block	1
47	seat pantagraph	4
48	rolling sping	2
49	seat handle	2
50	TOORX seat handle	1
51	adjustable seat sleeve-60x18	4
52	seat pantagraph cap	8
53	adjustable sleeve	4
54	φ20plug	7
55	universal pin spring	2
56	handle cap-35	2
57	handle sleeve position fixed ring-35	2
58	pin sleeve bolt	1
59	universal handle	1
60	universal handle sleeve-Φ25x5x100	2
61	120 line wheel shield	2
62	120 line wheel	3
63	136 line wheel	1
64	back tube cap-50×120	1
65	universal foot pad-50x120	1
66	half round position set ball	3
67	universal position set sleeve	2
68	deep groove bearingYR6004-2RS	6
69	GB893. 1-86 elastic hindering gasket with holes A type 22	1
70	line wheel rod-32	4
71	GB / T95-2002plat washer C level6×1. 6	4
72	GB / T95-2002 plat washer C level 8×1. 6	15
73	GB / T95-2002 plat washer C level 10×2	24

Accessory List

No.	Name and specification	QTY
74	GB / T95-2002 plat washer C level 12×2 . 5	2
75	GB / T93-1987 standard elastic washer 8×2 . 1	15
76	GB / T93-1987 standard elastic washer 10×2 . 6	20
77	GB / T889 . 1-20001 non-metal Hexagonal Cone End	2
78	GB / T889 . 1-20001 non-metal Hexagonal Cone End	3
79	fast screwing bukile	2
80	GB / T70 . 1-2000 Hexagon socket head cap screw	12
81	GB / T70 . 1-2000 Hexagon socket head cap screw	4
82	GB / T70 . 1-2000 Hexagon socket head cap screw	1
83	GB / T70 . 1-2000 Hexagon socket head cap screw	2
84	GB / T70 . 1-2000 Hexagon socket head cap screw	10
85	GB / T70 . 1-2000 Hexagon socket head cap screw	5
86	GB / T70 . 1-2000 Hexagon socket head cap screw	4
87	GB / T70 . 1-2000 Hexagon socket head cap screw	6
88	GB / T70 . 1-2000 Hexagon socket head cap screw	4
89	GB / T70 . 1-2000 Hexagon socket head cap screw	2
90	GB / T70 . 2-2000 Hexagon socket head cap screw	8
91	GB / T70 . 3-2000 hexagon socket countersunk head screw M8×16	5
92	GB / T70 . 3-2000 hexagon socket countersunk head screw M8×25	8
93	GB / T78-2000 hexagon socket countersunk head	8
94	6107cable set1	1
95	6107cable set2	2
96	GB / T70 . 1-2000 Hexagon socket head cap screw	1



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