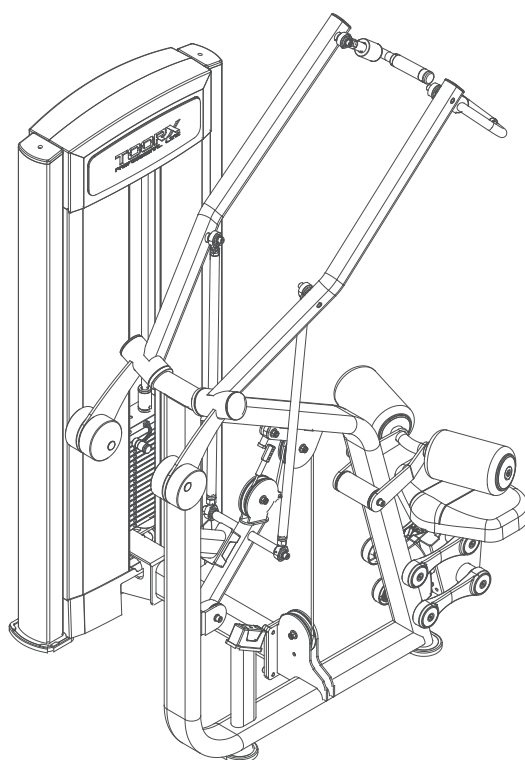


TCORX
PROFESSIONAL LINE

INSTRUCTION



DIVERGING LAT PULL DOWN

PLX 6390

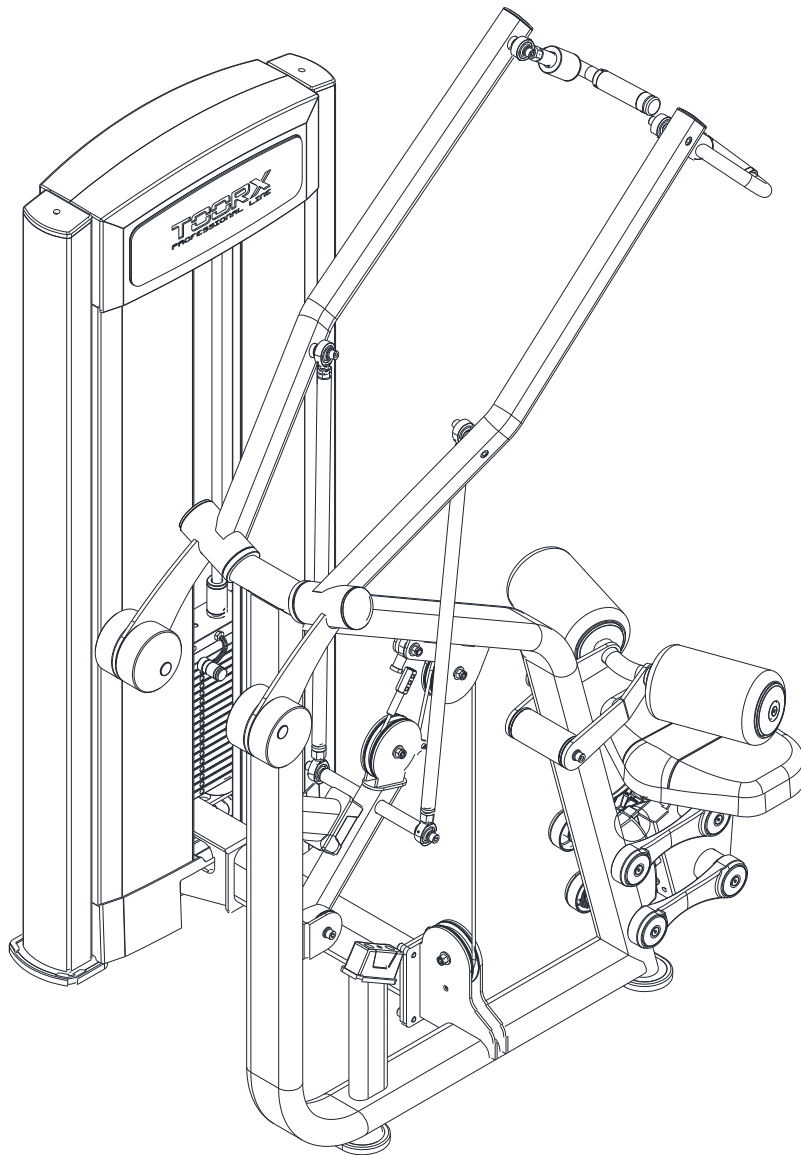


Cod: GRIDTOORXPLX6390

Rev: 00

Ed: 08/25

T00RX
PLX-6390 INSTALLATION MANUAL
Lat Pulldown Diving



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Tool

Rubber Sticks

Level Ruler

Hexagonal wrench

Two people

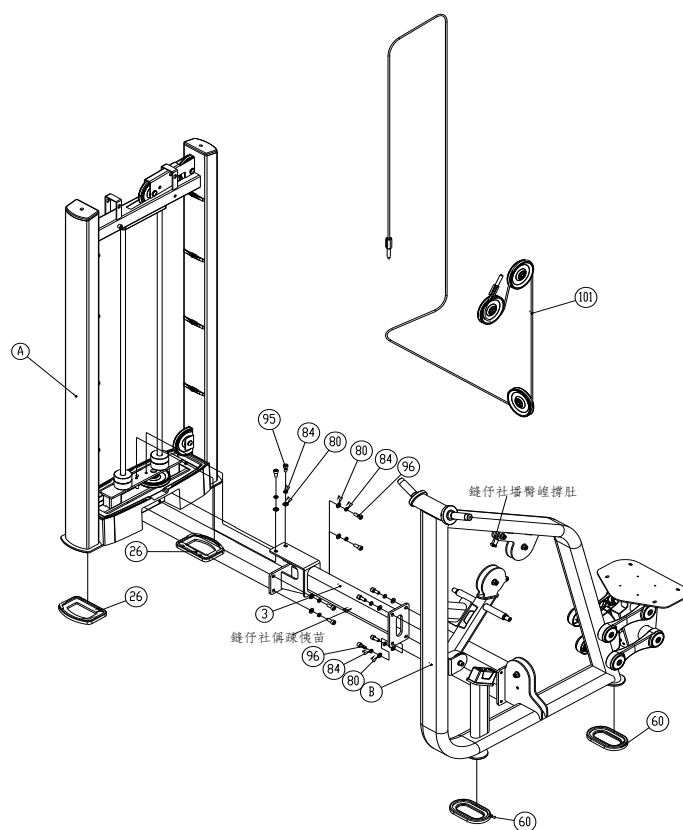
Spring Clamp

Adjustable wrench

Frame Assemble

Assembling steps:

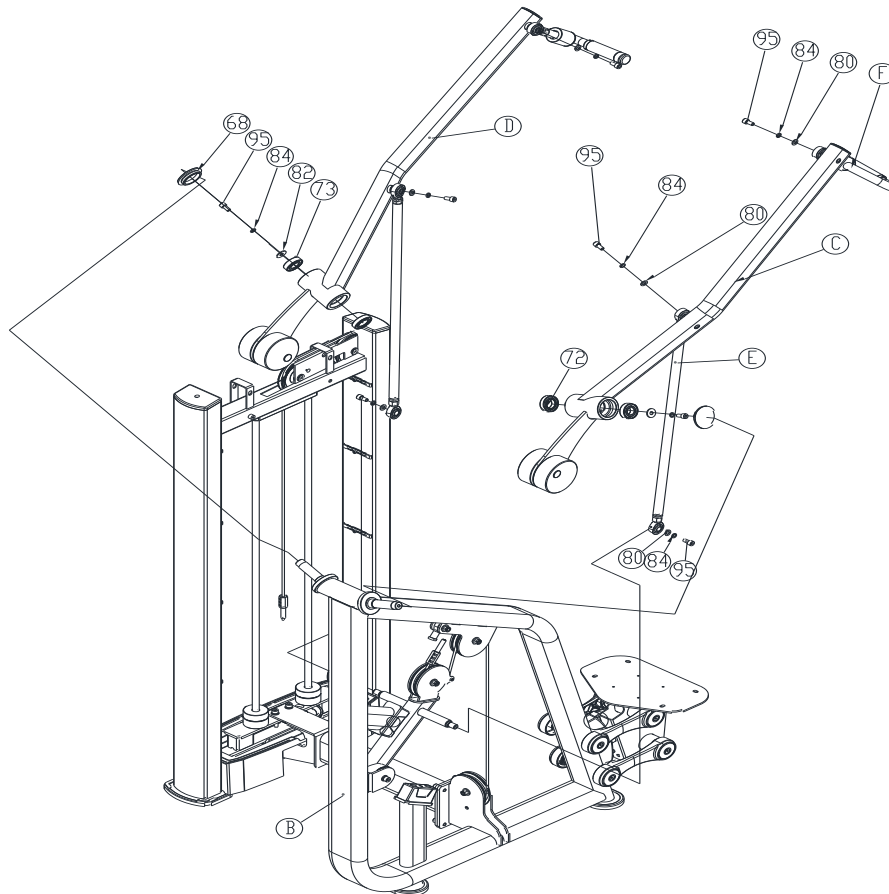
1. Mount a pair of Part # 26 on the bottom of Assembly A.
 2. Mount a pair of Part # 60 on the bottom of Assembly B.
 3. Install assembly # 3 horizontally on assembly # An in the illustrated position with four sets of screws (# 80 + # 84 + # 96),
Install part # 3 vertically on assembly A with two sets of screws (# 80 + # 84 + # 95).
- Insert part # 101 by path and exit from the diagramd position.
4. Install component # B horizontally on component # 3 with four sets of screws (# 80 + # 84 + # 96).



Force Arm Assemble

Assembling Steps:

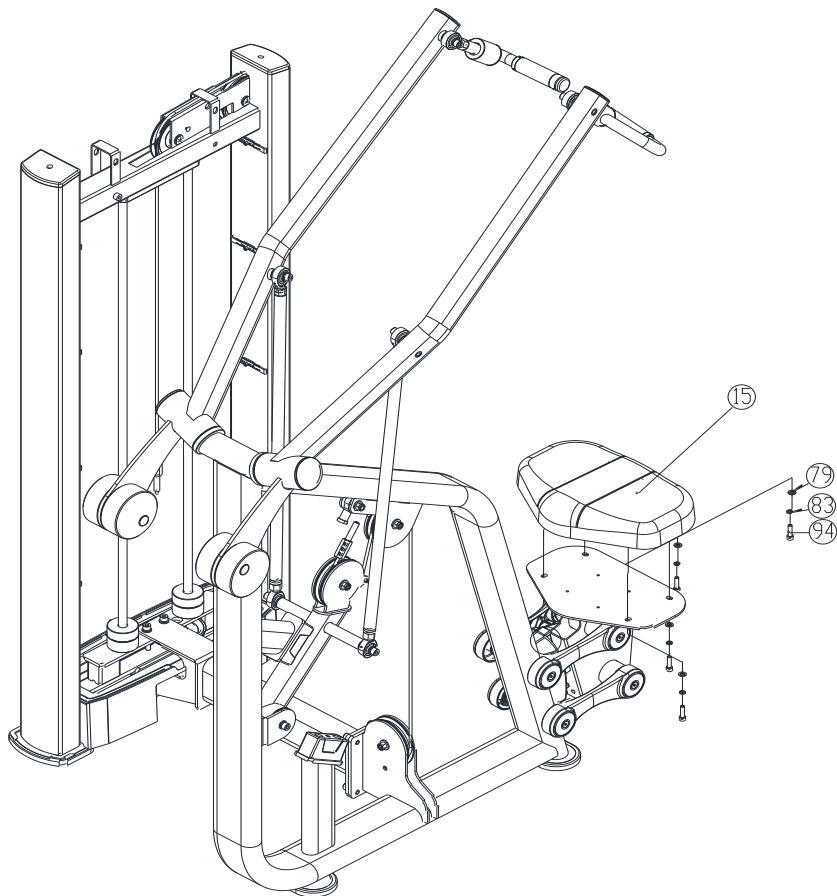
1. Use two sets of screws (#80+#84+#95) to install components #E separately onto components #C and #D. 2. Use two sets of screws (#80 + #84 + #95) to install components #F separately onto components #C and # D. 3. Use two sets of screws (#80 + #84 + #95) to install components #E as shown in the diagram onto the side racks.
4. Use two sets of screws (#82+#84+#95) to install the two sets of components (#73+#72) on the side frames of the assembly as shown in the diagram.
5. Install parts #68 onto components #C and #D, as shown in the diagram.



Seat Assemble

Assembling Steps:

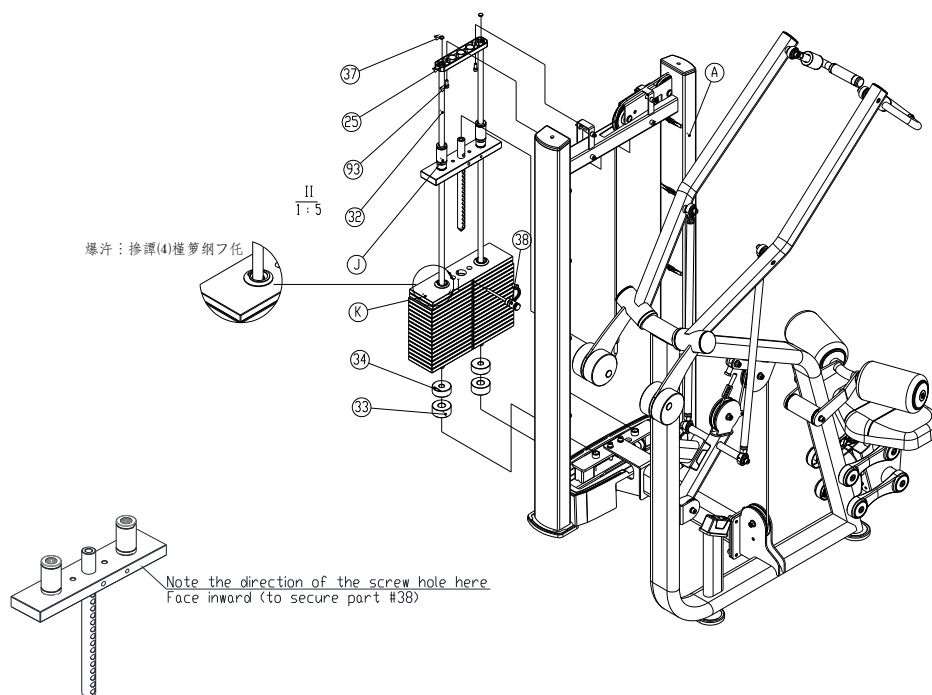
1. Utilize the four sets of screws (#79+#83+#94) to secure Component 15 onto the main framework.



Weight Stack Assemble

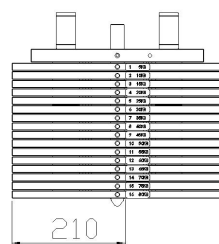
Assembling Steps:

1. Insert one pair of parts #32 into part #25.
2. Install one pair of parts #37 at the very top of part #25.
3. Insert components #J, component #K, part #34, and part #33 into part #32 in the specified order, from bottom to top, with the isolation spacers facing upwards during installation.
4. Secure the bolt at the end of part #38 within the threaded hole of component #K.
5. Use a pair of screws (#93) to fix the counterweight at the top of component



Weight Stack Sticker

Assembling Steps:

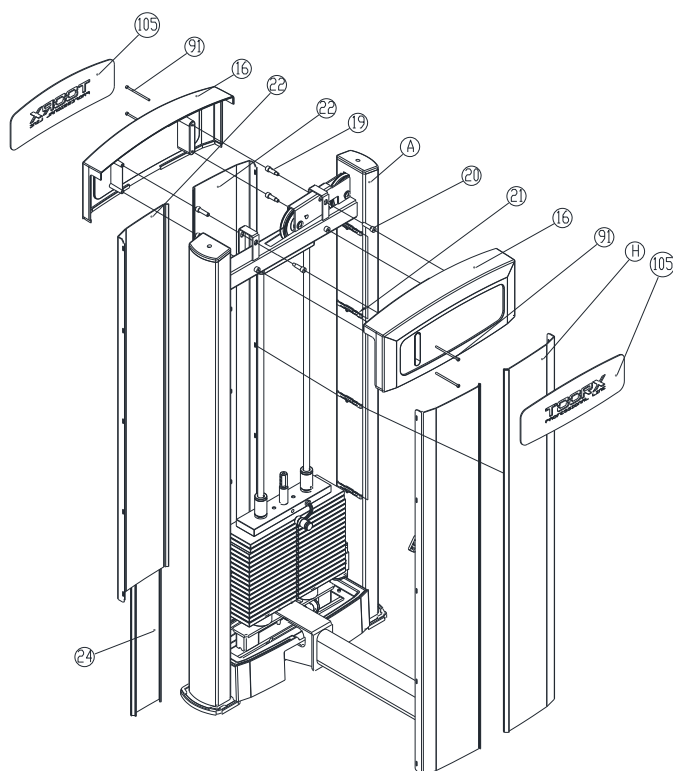


Weight Stack Sticker size drawing

Shroud Assemble

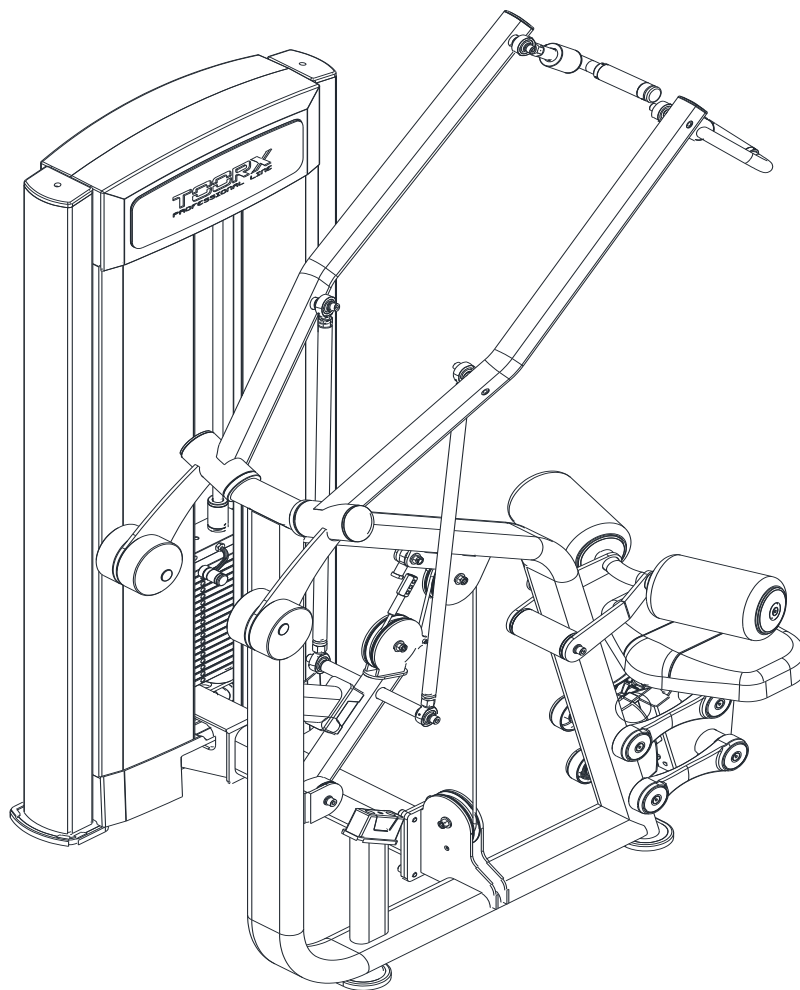
Assembling Steps:

1. Assemble the two ends of part #24 with a pair of part #22, and then install it together with component #H at the specified positions on the front and rear sections of component #A.
2. Use two sets of bolts (#22+#19) and two sets of screws (#91+#91) to secure a pair of parts #16 to component #A according to the diagram.
3. Attach one pair of parts #105 to part #16.

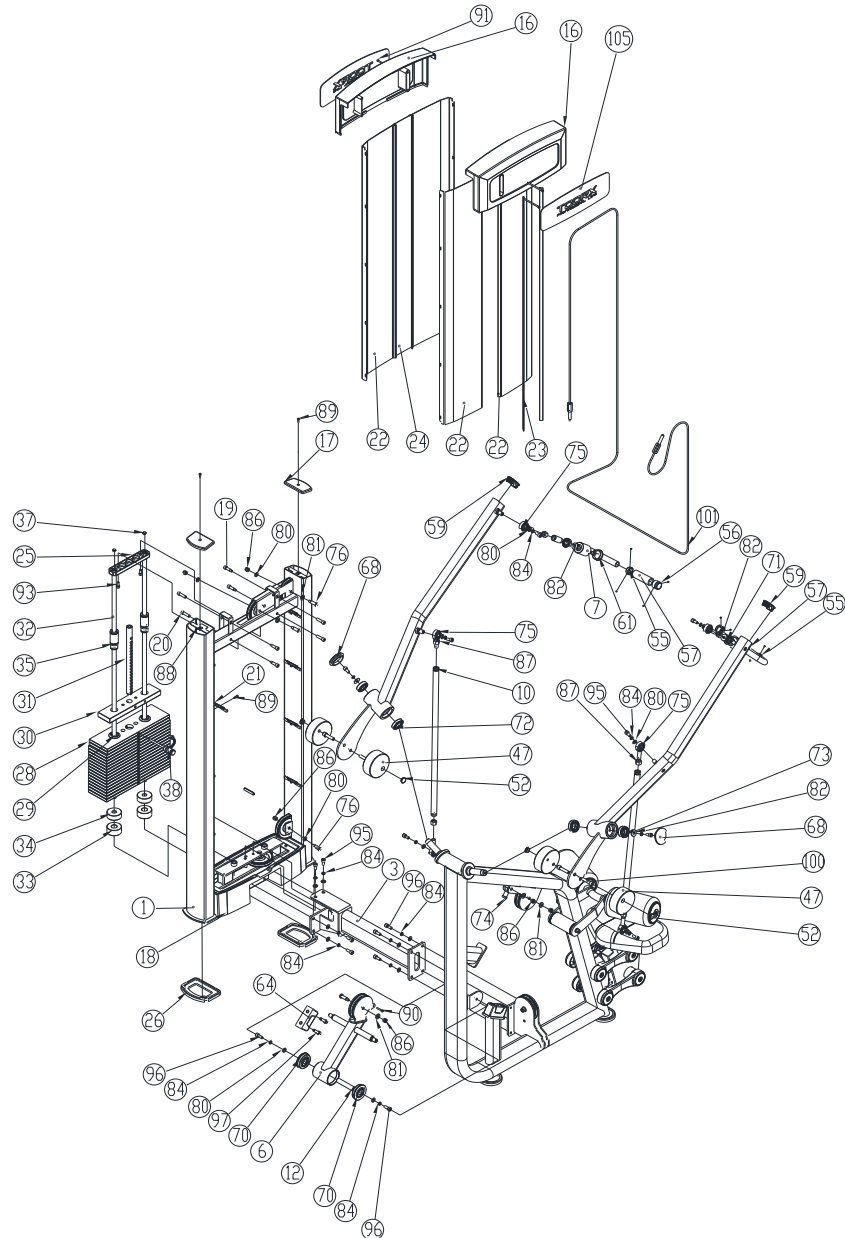


Important Tips

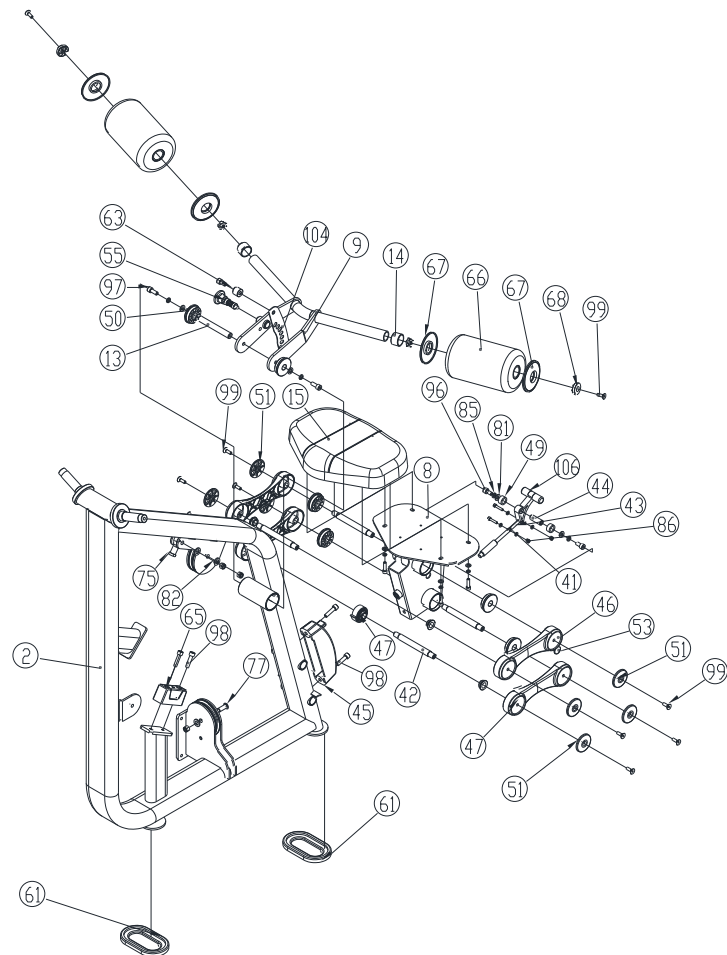
Now that the PLX-6390 has been assembled, you will need to spend some time ensuring that your device is both horizontally and vertically aligned. Use a level to check that the guide rods are perpendicular in both directions. If they are not perpendicular, you will need to loosen some of the frame hardware and reassemble and re-tighten the bolts.



Full Explosive Drawing



Full Explosive Drawing



Accessories List

| No. | Names and specifications | Quantity |
|-----|---|----------|
| 1 | Universal Weight stack Frame1 | 1 |
| 2 | Lat Pull Down Frame | 1 |
| 3 | Universal Connecting Frame | 1 |
| 4 | Left Force Arm | 1 |
| 5 | Right Force Arm | 1 |
| 6 | lat pull down associative accessories | 1 |
| 7 | Universal Sleeve | 2 |
| 8 | 105° anti-clockwise seat | 1 |
| 9 | lat pull down leg pressing shelf | 1 |
| 10 | lat pull down rod | 2 |
| 11 | lat pull down handle shaft | 2 |
| 12 | seat chest press associative shaft | 1 |
| 13 | lat pull down major shaft | 1 |
| 14 | Lat pull down leg pressing separation sleeve | 2 |
| 15 | 62seat cushion | 1 |
| 16 | 6lupper weight stackshroud | 2 |
| 17 | 6lweight stack upright tube cap | 2 |
| 18 | 6lweight stack bottom base | 1 |
| 19 | 6luper shroud bolt sleeve-2 | 4 |
| 20 | 6lupper shroud bolt sleeve-1 | 4 |
| 21 | 6lweight stack shroud clip | 8 |
| 22 | 6l weight stack plate | 4 |
| 23 | weight stack decorative strip | 2 |
| 24 | weight stack decorative plate | 1 |
| 25 | guide rod plateA | 1 |
| 26 | 6lweight stack foot pad | 2 |
| 27 | universal sweight stack | 16 |
| 28 | universal linking weight stack | 2 |
| 29 | weight stack separation plate | 34 |
| 30 | universal guide block | 1 |
| 31 | weight stack rodIV | 1 |
| 32 | weight stack sorce duiferod | 2 |
| 33 | universal weight stack rubber pad | 2 |
| 34 | 62 weight stack rubber pad | 2 |
| 35 | universal guide rod sleeve | 2 |
| 36 | 879. 2-2000elastic cylinder pin with deep groove1 | 1 |
| 37 | upper guide rod silicon washer | 2 |

Accessories List

| No. | Names and specifications | Quantity |
|-----|--|----------|
| 38 | weight stack pin | 1 |
| 39 | GB894. 1-86shaft used elastic gasketA type32×1. 2 | 2 |
| 40 | seat pin18x140 | 1 |
| 41 | seat shaft 18x171 | 4 |
| 42 | seat connecting plate -50 | 1 |
| 43 | seat handle bearing 16x44 | 1 |
| 44 | seat adjustable block | 1 |
| 45 | seat pantagraph | 4 |
| 46 | rolling spring | 2 |
| 47 | balance weight-Φ120x46 | 4 |
| 48 | seat handle position set sleeve | 2 |
| 49 | adjustable seat sleeve-60x18 | 6 |
| 50 | seat pantagraph cap | 8 |
| 51 | adjustable seat set | 4 |
| 52 | Φ20plug | 6 |
| 53 | universal pin spring | 1 |
| 54 | seat pin | 1 |
| 55 | sleeve position set ring-35 | 2 |
| 56 | handle cap-35 | 2 |
| 57 | universal handle sleeve-Φ25x5x100 | 2 |
| 58 | 120 line wheel | 7 |
| 59 | cap-40x80 | 2 |
| 60 | universal foot pad-50x120 | 2 |
| 61 | 50 plastic pad | 2 |
| 62 | universal set position sleeve | 2 |
| 63 | cable anti-sliding sleeve | 1 |
| 64 | square position setting pad | 2 |
| 65 | rolling pad-φ135x220 | 2 |
| 66 | rolling pad cap | 4 |
| 67 | rolling pad cap position set washer | 2 |
| 68 | 76-rolling pad cap | 2 |
| 69 | 893. 1-86elastic hindering gasket with holesA type | 2 |
| 70 | deep groove ball shaftYR6206-2RS | 2 |
| 71 | GB / T276-94deep groove ball shaft6004-2RZ | 2 |
| 72 | GB / T276-94deep groove ball shaft6006-2RZ | 2 |
| 73 | GB / T276-94deep groove ball shaft6205-2RZ | 2 |
| 74 | / T 9161-2001[rod end joint shaftSI...C typeSIJK12 | 1 |

Accessories List

| No. | Names and specifications | Quantity |
|-----|--|----------|
| 75 | T 9161-2001[M type out thread rod end joint shaft | 6 |
| 76 | line wheel rod-32 | 7 |
| 77 | line wheel rod-22 | 1 |
| 78 | GB / T95-2002flat gasket C level 6×1. 6 | 4 |
| 79 | GB / T95-2002flat gasket C level8×1. 6 | 4 |
| 80 | GB / T95-2002flat gasket C level 10×2 | 28 |
| 81 | GB / T95-2002flat gasket C level 12×2. 5 | 8 |
| 82 | GB / T96. 2-2002 big pad C level 10×2. 5 | 4 |
| 83 | GB / T93-1987standard elastic gasket 8×2. 1 | 4 |
| 84 | GB / T93-1987standard elastic gasket10×2. 6 | 28 |
| 85 | GB / T889. 1-2000Inon-metal Hexagonal Cone End | 2 |
| 86 | . 1-2000Inon-metal Hexagonal Cone End Tightening | 7 |
| 87 | GB / T41-2000I hexagonal nut C level M16 | 6 |
| 88 | fast thread clip | 2 |
| 89 | GB / T70. 1-2000Hexagon socket head cap screwM5×16 | 12 |
| 90 | GB / T70. 1-2000Hexagon socket head cap screwM5×32 | 1 |
| 91 | GB / T70. 1-2000Hexagon socket head cap screwM5×90 | 4 |
| 92 | GB / T70. 1-2000Hexagon socket head cap | 2 |
| 93 | GB / T70. 1-2000Hexagon socket head cap screwM8×20 | 2 |
| 94 | GB / T70. 1-2000Hexagon socket head cap screwM8×30 | 4 |
| 95 | B / T70. 1-2000Hexagon socket head cap screwM10×2 | 16 |
| 96 | B / T70. 1-2000Hexagon socket head cap screwM10×2 | 12 |
| 97 | B / T70. 1-2000Hexagon socket head cap screwM10×4 | 6 |
| 98 | T70. 3-2000hexagon socket countersunk head screwM8 | 10 |
| 99 | / T78-2000hexagon socket countersunk head screwM5 | 8 |
| 100 | B / T70. 1-2000Hexagon socket head cap screwM12×5 | 4 |
| 101 | 6111 cable set | 1 |
| 102 | 32 inner tube nut | 2 |
| 103 | J7115A anti-sliding plate | 1 |
| 104 | T00RX seat handle | 1 |
| 105 | T00RX shroud logo sticker | 2 |



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