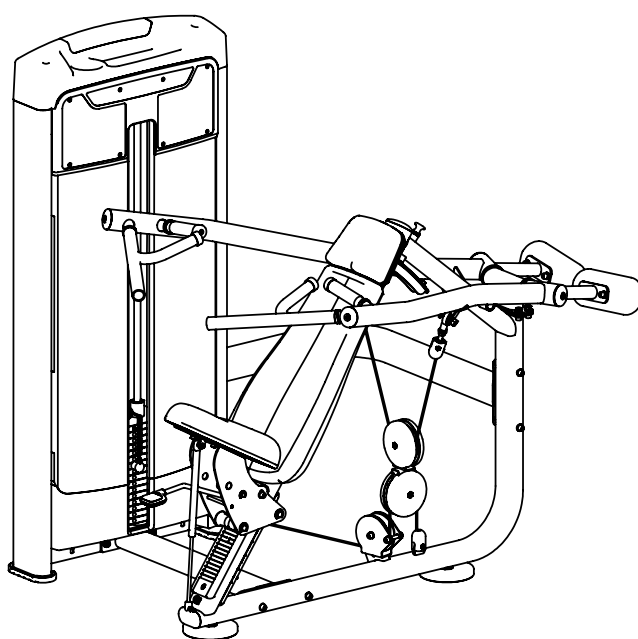


TOORX
PROFESSIONAL LINE

INSTRUCTION



CONVERGING SHOULDER PRESS

PLX 8100



Cod : GRLDTOORXPLX8100

Rev : 00

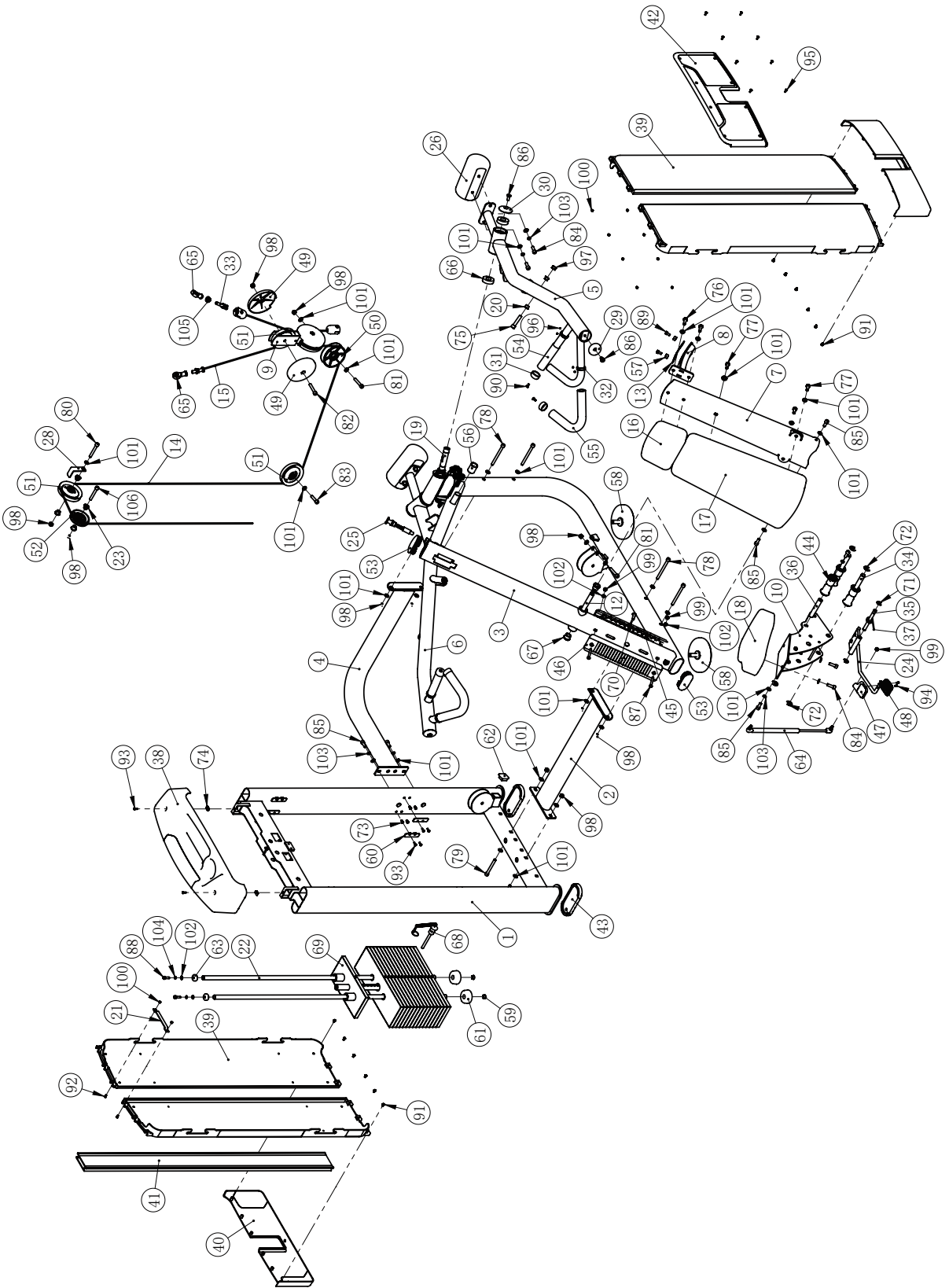
Ed: 11/23

Parts List

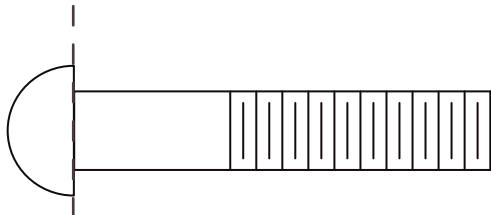
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	55	Grip $\phi 36 \times \phi 28 \times 460$	2
2	Bottom Cross Brace	1	56	Spacer $\phi 32 \times \phi 25.4 \times 40$	2
3	Main Frame	1	57	Spacer $\phi 17 \times 10.5$	2
4	Top Frame	1	58	Adjustable Foot	2
5	Left Arm Frame	1	59	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
6	Right Arm Frame	1	60	Shroud Clip	8
7	Back Pad Fixing Plate	1	61	Weight Rubber Bumper	2
8	Back Pad Adjusting Support	1	62	Plug F38	1
9	Double Pulley Frame	1	63	Mount Sleeve	2
10	Seat Pad Frame	1	64	Gas Spring Assembly	1
12	Shaft $\phi 19 \times 139$	1	65	Joint Bearing M12	2
13	Lining Board	1	66	Bearing 6205	4
14	Cable 1	1	67	Flange Sleeve	2
15	Cable 2	1	68	Selector Pin W/Coil	1
16	Head Pad	1	69	Weight Plate	1
17	Back Pad	1	70	Button Head Cap Screw 3/8"-16x38	1
18	Seat Pad	1	71	Open Retaining Ring $\phi 12$	2
19	Shaft	1	72	Open Retaining Ring $\phi 15$	4
20	Sleeve	4	73	Flat Hex Nut M5	16
21	Connecting Plate	1	74	Stretch Splint	2
22	Guide Rod	2	75	Socket Head Cap Screw M12x55	2
23	Sleeve	4	76	Hex Head Bolt M10x35	2
24	Lever Assembly	1	77	Hex Head Bolt M10x30	3
25	Elastic Latch Assembly	1	78	Socket Head Cap Screw M10x120	4
26	Clump Weight	2	79	Socket Head Cap Screw M10x90	2
28	Pulley Block 74x45x25x3	1	80	Socket Head Cap Screw M10x75	1
29	Aluminium Cap $\phi 60 \times \phi 10.5 \times 10.9$	2	81	Socket Head Cap Screw M10x60	2
30	End Cap $\phi 63.5 \times \phi 10.5 \times 12.4$	2	82	Socket Head Cap Screw M10x55	2
31	Aluminium Grip Cap $\phi 39.5 \times \phi 32.8 \times 19$	4	83	Socket Head Cap Screw M10x45	1
32	Aluminium Grip Ring $\phi 40 \times \phi 33 \times 9.5$	4	84	Socket Head Cap Screw M10x30	6
33	Connecting Shaft	1	85	Socket Head Cap Screw M10x25	10
34	Shaft $\phi 19.05 \times 128.8$	2	86	Flat Head Cap Screw M10x25	4
35	Shaft $\phi 12.7 \times 128.3$	1	87	Button Head Cap Screw M8x70	2
36	Shaft $\phi 19.05 \times 107.2$	1	88	Socket Head Cap Screw M8x25	2
37	Spring	1	89	Socket Head Cap Screw M8x15	2
38	Upper Shroud	1	90	Flat Head Cap Screw M6x16	4
39	Side Shroud	4	91	Button Head Cap Screw M6x10	12
40	Under Shroud	2	92	Button Head Cap Screw M5x10	2
41	Back Buckle	1	93	Pan Head Philips Screw M5x15	18
42	Front Cover	1	94	Pan Head Philips Screw M4x10	2
43	Rubber Foot	2	95	Flat Head Philips Screw M5x15	8
44	Wheel Assembly	3	96	Socket Set Screw M5x3	8
45	Inside Cushion Slide	1	97	Nylon lock Nut M12	2
46	Outside Cushion Slide	1	98	Nylon lock Nut M10	16
47	Handle Upper Cover Assembly	1	99	Nylon lock Nut M8	4
48	Handle Lower Cover	1	100	Nylon lock Nut M5	10
49	Pulley Cover	4	101	Flat Washer $\phi 20 \times \phi 11 \times 2$	42
50	V-pulley	1	102	Flat Washer $\phi 16 \times \phi 9 \times 1.6$	4
51	4.5" Pulley	4	103	Spring Washer $\phi 10$	8
52	3.5" Pulley	1	104	Spring Washer $\phi 8$	2
53	Plug PT50x100	2	105	Hex Flange Nut M12	1
54	Grip $\phi 28 \times \phi 36 \times 130$	2	106	Socket Head Cap Screw M10x70	1

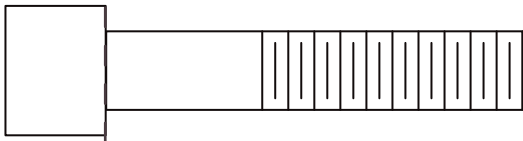
Exploded View



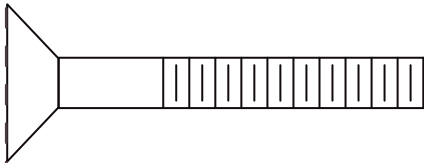
Measurement Guide



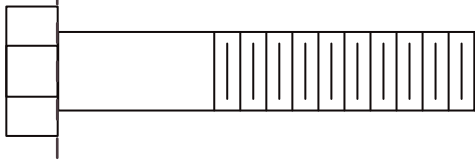
BHCS = Button Head Cap Screw



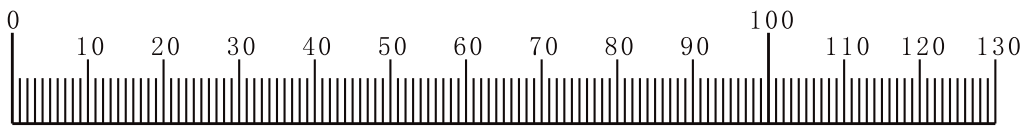
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



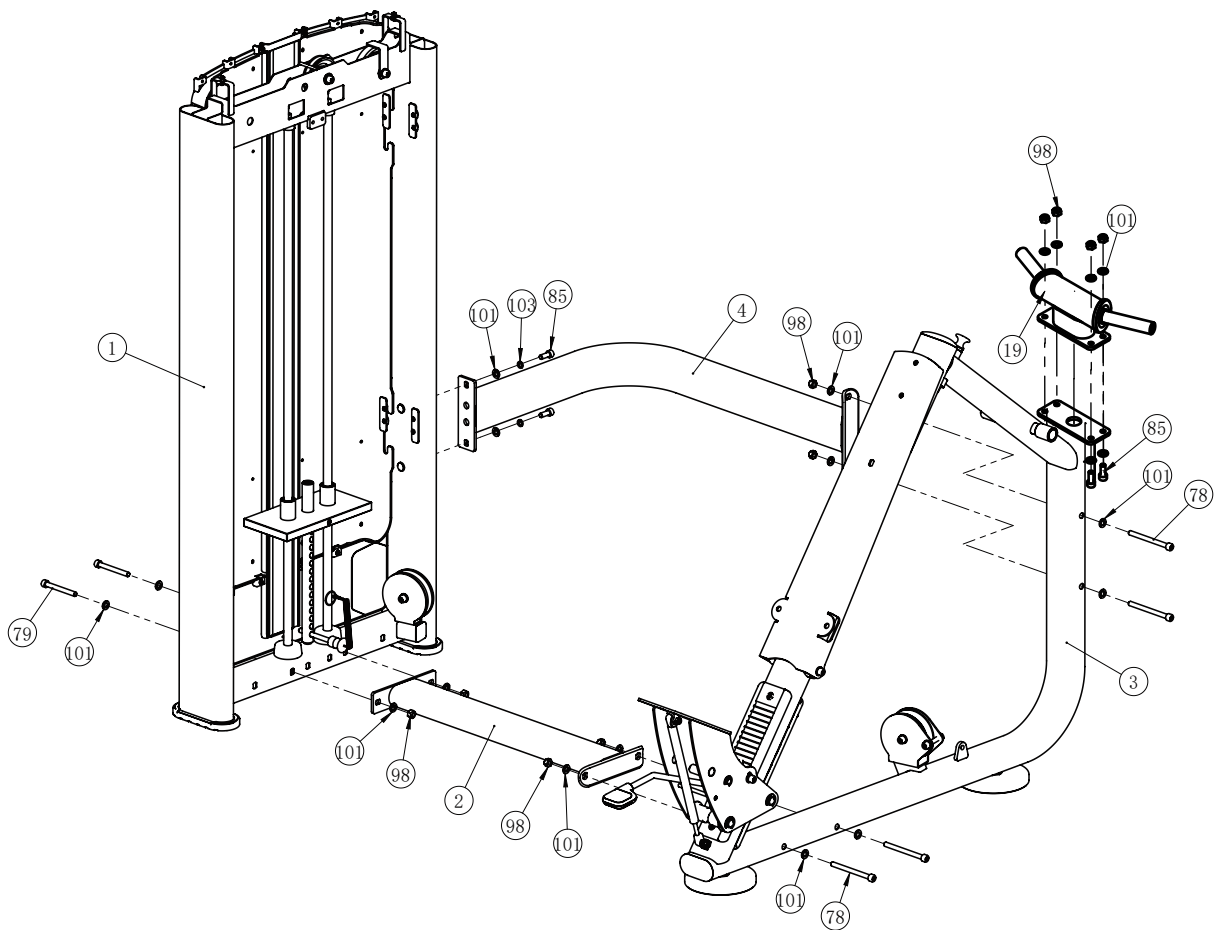
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	79	Socket Head Cap Screw M10×90	2
2	Bottom Cross Brace	1	85	Socket Head Cap Screw M10×25	6
3	Main Frame	1	98	Nylon lock Nut M10	10
4	Top Frame	1	101	Flat Washer φ20×φ11×2	22
78	Socket Head Cap Screw M10×120	4	103	Spring Washer φ10	2
19	Shaft	1			

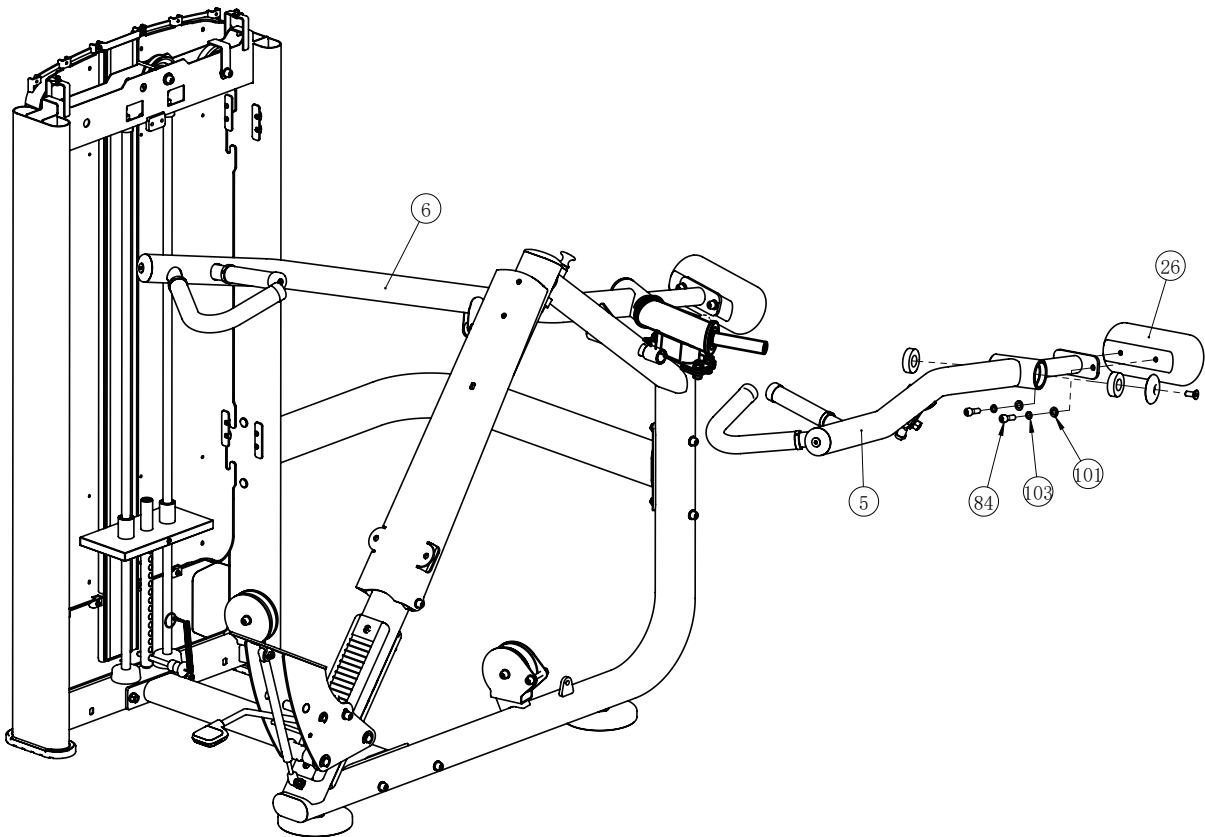


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty
5	Left Arm Frame	1
6	Right Arm Frame	1
26	Clump Weight	2
84	Socket Head Cap Screw M10×30	4
101	Flat Washer $\phi 20 \times \phi 11 \times 2$	4
103	Spring Washer $\phi 10$	4

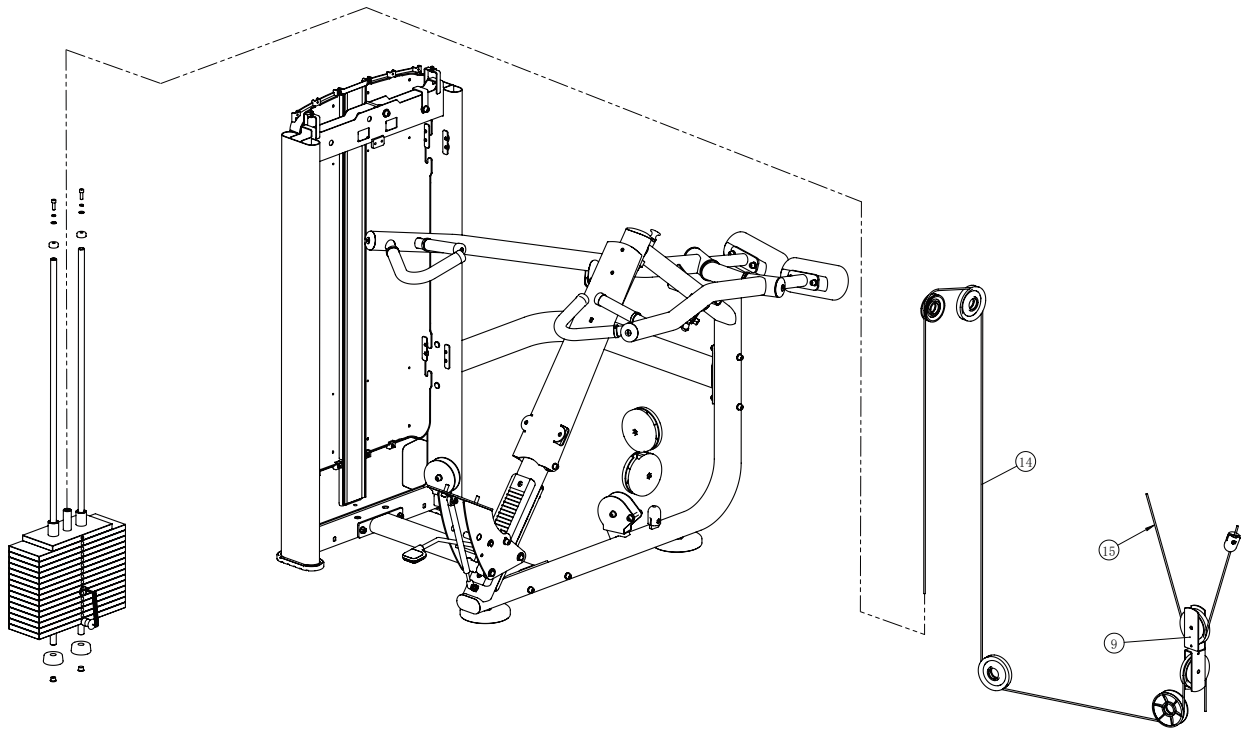


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty
9	Double Pulley Frame	1
14	Cable 1	1
15	Cable 2	1

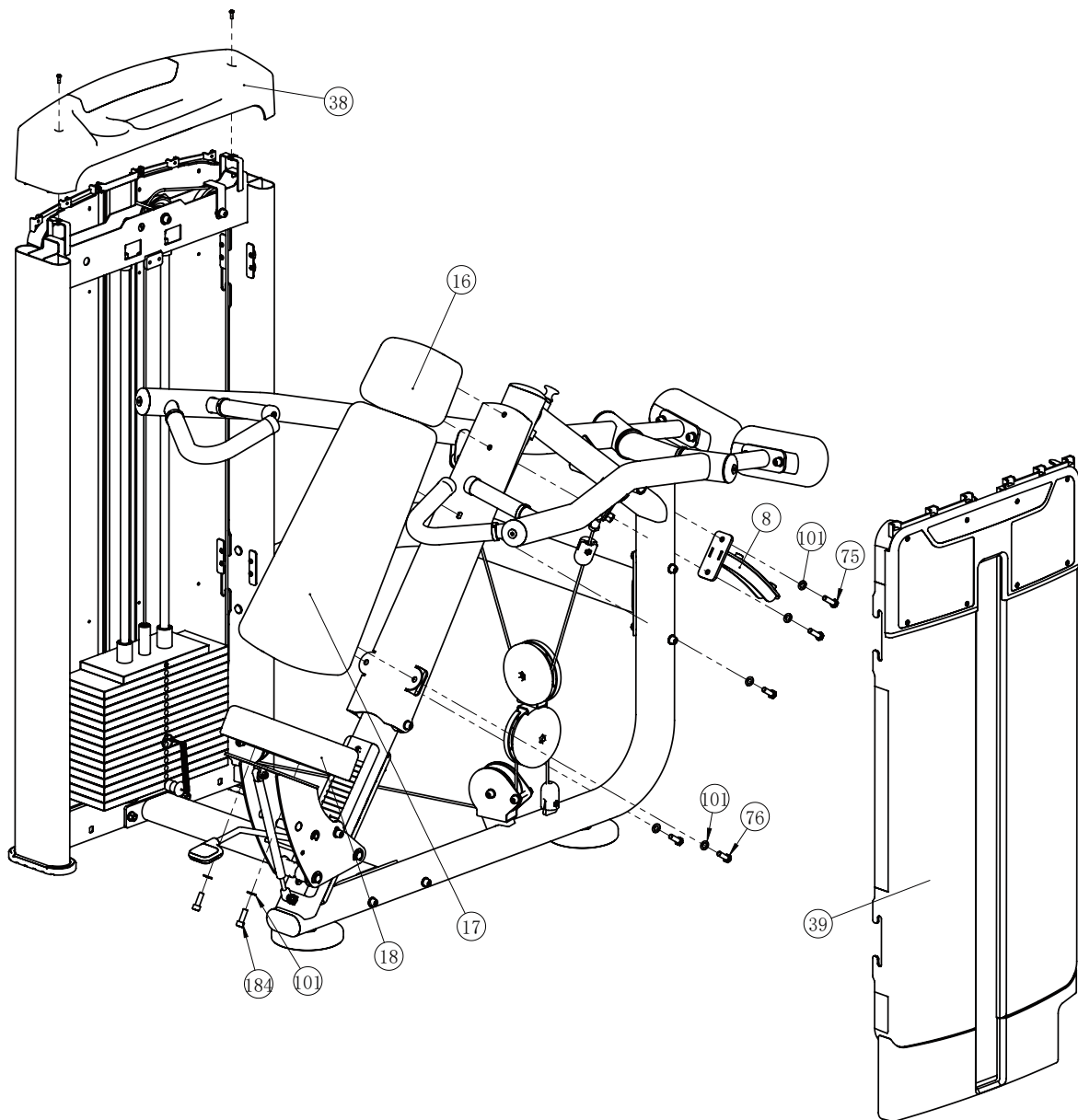


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item NO.	Description	Qty	Item NO.	Description	Qty
8	Back Pad Adjusting Support	1	39	Side Shroud	1
16	Head Pad	1	76	Hex Head Bolt M10×35	2
17	Back Pad	1	77	Hex Head Bolt M10×30	3
18	Seat Pad	1	101	Flat Washer $\phi 20 \times \phi 11 \times 2$	7
38	Upper Shroud	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



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