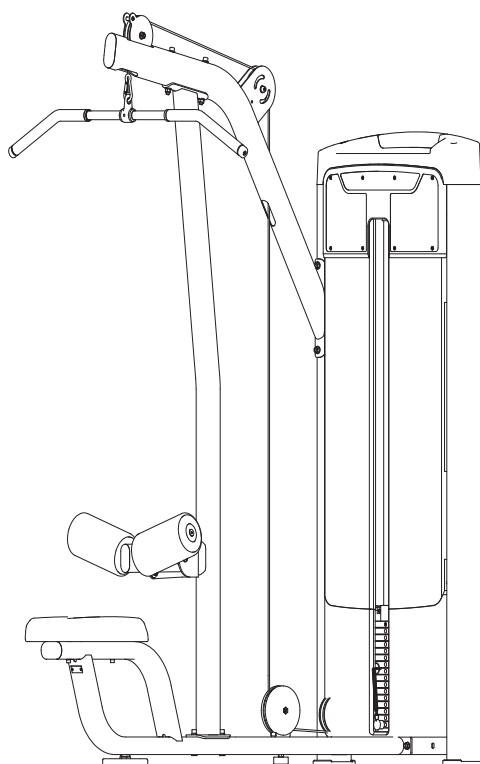


TOORX
PROFESSIONAL LINE

INSTRUCTION



LAT MACHINE

PLX 8300



Cod : GRLDTOORXPLX8300

Rev : 00

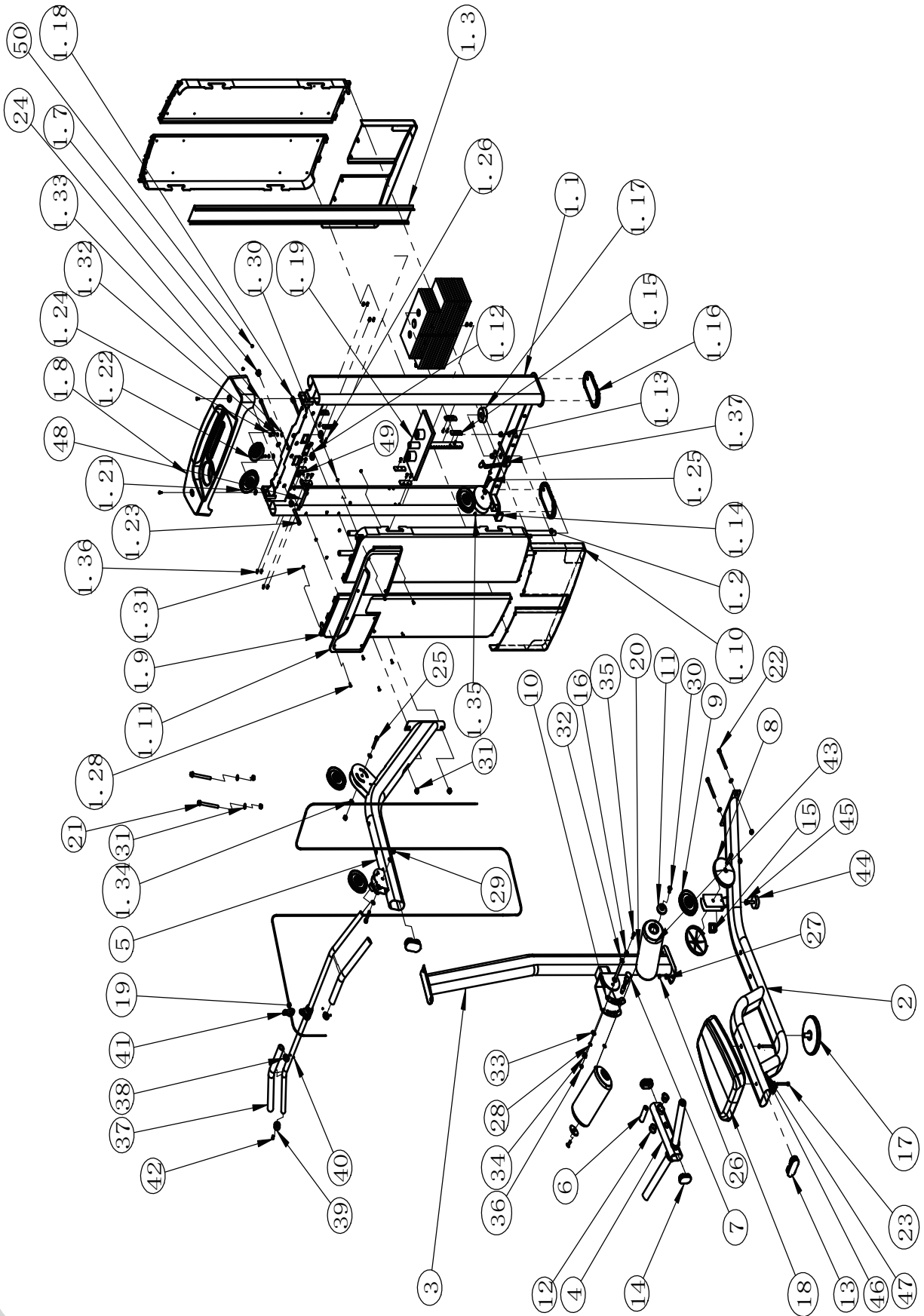
Ed : 11/23

Parts List

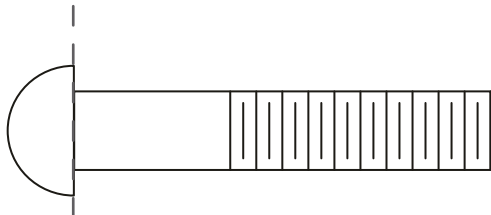
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1.1	Weight Stack Frame	1	11	Aluminum end cover	2
1.2	Guide Rod	2	12	Copper bearing	2
1.3	Rear buckle	1	13	Large elliptical pipe plug	2
1.7	Bushing	4	14	Elliptical tube plug	2
1.8	Top Shroud	1	15	F38 pipe plug	1
1.9	Side Shroud	4	16	Stop collar	2
1.10	Bottom Shroud	2	17	Floor mounted frame	1
1.11	Rear Shroud	1	18	Cushion	1
1.12	Fixing Sleeve	2	19	Steel cable assembly	1
1.13	Rubber Bumper	2	20	Socket Head Cap Screw M10×25	2
1.14	Plug F38	1	21	Socket Head Cap Screw M10×125	2
1.15	Shroud Hanger	8	22	Socket Head Cap Screw M10×95	2
1.16	Foot Cover	2	23	Socket Head Cap Screw M8×75	2
1.17	Weight Rubber Bumper	2	24	Socket Head Cap Screw M10×170	2
1.18	M5 Top Plate	2	25	Socket Head Cap Screw M10×50	3
1.19	Counterweight iron components	1	26	Spring Washer $\phi 10$	2
1.21	Large pulley	2	27	Flat Washer $\phi 11 \times \phi 20 \times 2$	11
1.22	Small pulley	1	28	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4
1.23	Socket Head Cap Screw M10×70	2	29	Nylon Lock Nut M10	9
1.24	Socket Head Cap Screw M8×25	2	30	Flat Head Cap Screw M10×25	2
1.25	Socket Head Cap Screw M10×45	1	31	$\phi 10$ Curved washer	7
1.26	Cross Recess Pan Head Screw M5×15	18	32	Cross Pan Head Screw M12×100	1
1.28	Flat Head Cap Screw M10×25	8	33	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	2
1.30	Nylon Lock Nut M10	2	34	Nylon Lock Nut M12	1
1.31	Nylon Lock Nut M5	8	35	Socket Head Cap Screw M8×20	2
1.32	Spring Washer $\phi 8$	2	36	Nylon Lock Nut M8	2
1.33	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2	37	High pull handle	1
1.34	Flat Washer $\phi 11 \times \phi 20 \times 2$	1	38	$\phi 25$ aluminum head	2
1.35	Cross Pan Head Screws M6×10	12	39	$\phi 25$ aluminum retaining ring	2
1.36	Flat headed hexagonal rivet nut M5×13	16	40	Socket Screw M5×3	4
1.37	Select Iron Pin Group	1	41	$\phi 8$ Gourd hook	1
2	Cushion frame	1	42	Nyloc Flat Head Cap Screw M6×16	2
3	Vertical connection frame	1	43	FOAM assembly	2
4	FOAM rack	1	44	Floor mat	1
5	High tension bracket	1	45	Hex Nut M10	1
6	FOAM Frame Spindle	1	46	Serial number nameplate	1
7	Elastic bolt assembly	1	47	Mushroom head break mandrel blind rivets $\phi 4 \times 8$	2
8	Large pulley cover	2	48	Connecting plate	1
9	Large pulley	3	49	Cross Pan Head Screw M5×10	2
10	Lining plate	1	50	Nylon Lock Nut M5	2

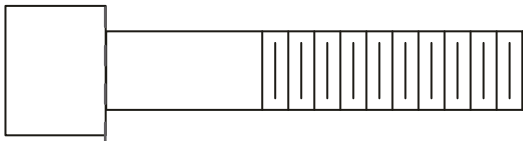
Exploded View



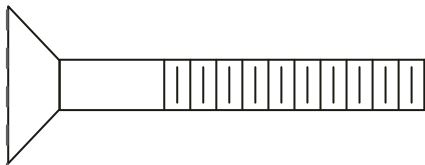
Measurement Guide



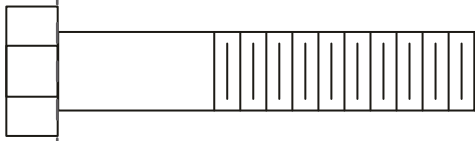
BHCS = Button Head Cap Screw



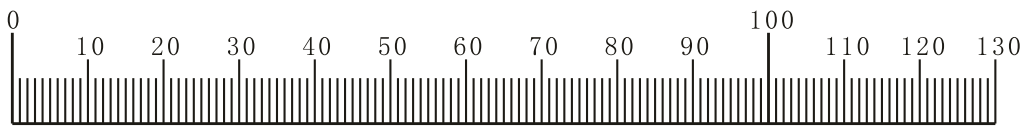
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



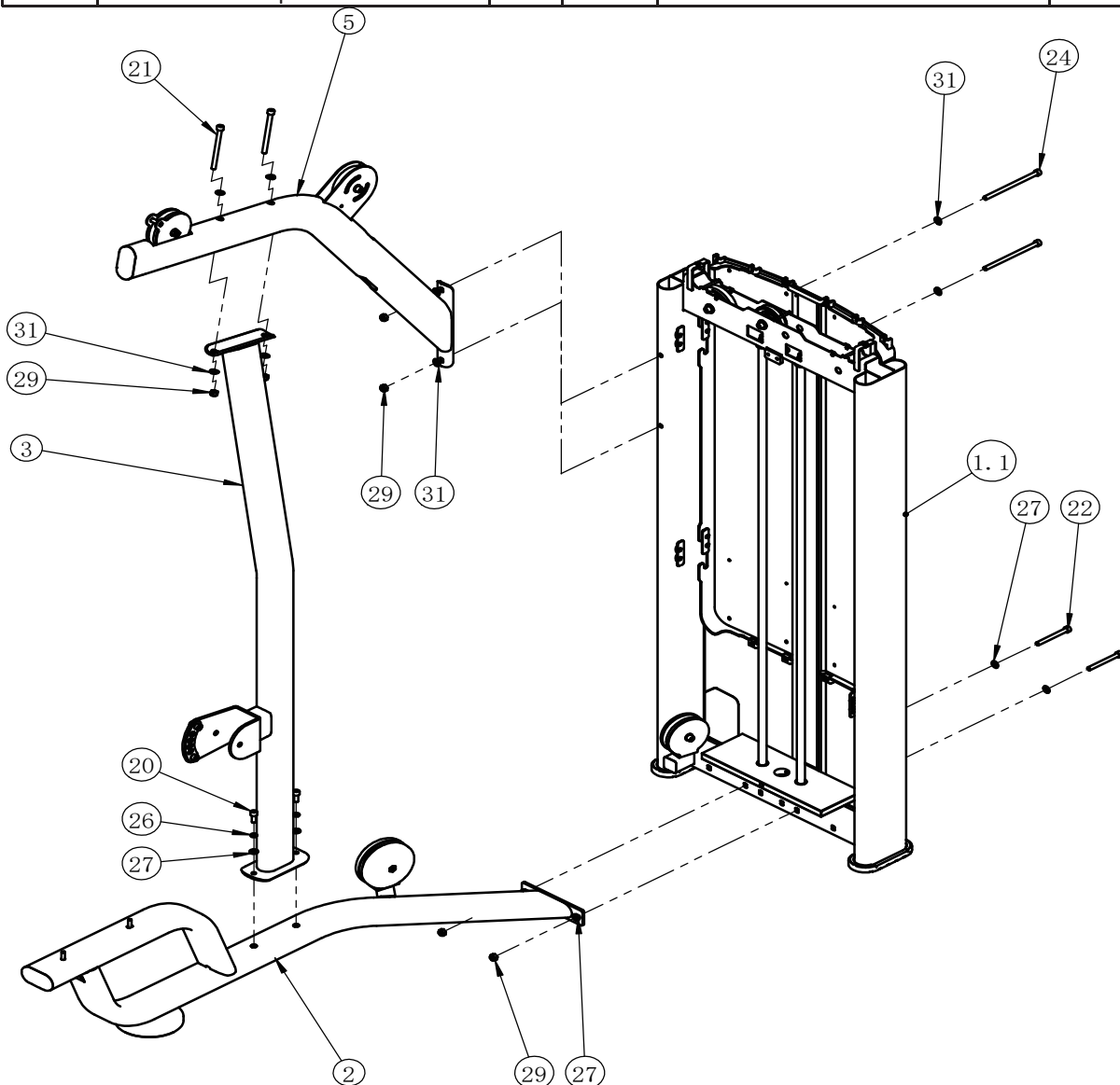
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame ASSY	1	39	Socket Head Cap Screw M10 ×95	2
2	Seat Frame	1	42	Socket Head Cap Screw M10 ×25	2
3	High Pull Frame	1	48	Spring Washer φ10	2
4	Vertical Frame	1	50	Flat Washer φ11 ×φ20 ×2	7
36	Socket Head Cap Screw M10 ×170	2	53	Nylon Lock Nut M10	6
37	Socket Head Cap Screw M10 ×130	1	59	Arc Washer φ10	7
38	Socket Head Cap Screw M10 ×125	1			

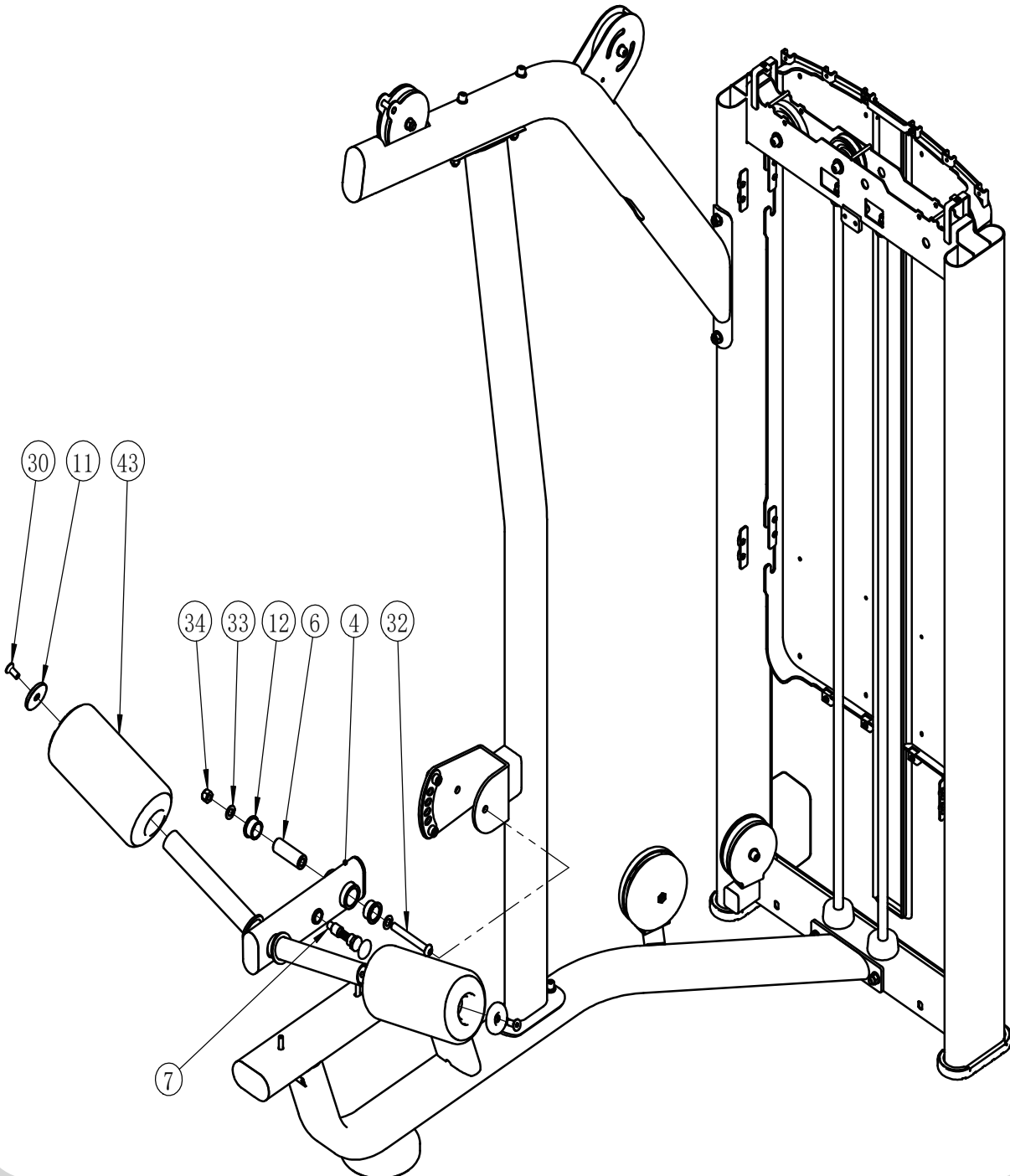


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
5	FOAM Frame	1	51	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2
25	FOAM ASSY	2	52	Nylon Lock Nut M12	1
46	Button Head Cap Screw M12 $\times 100$	1			

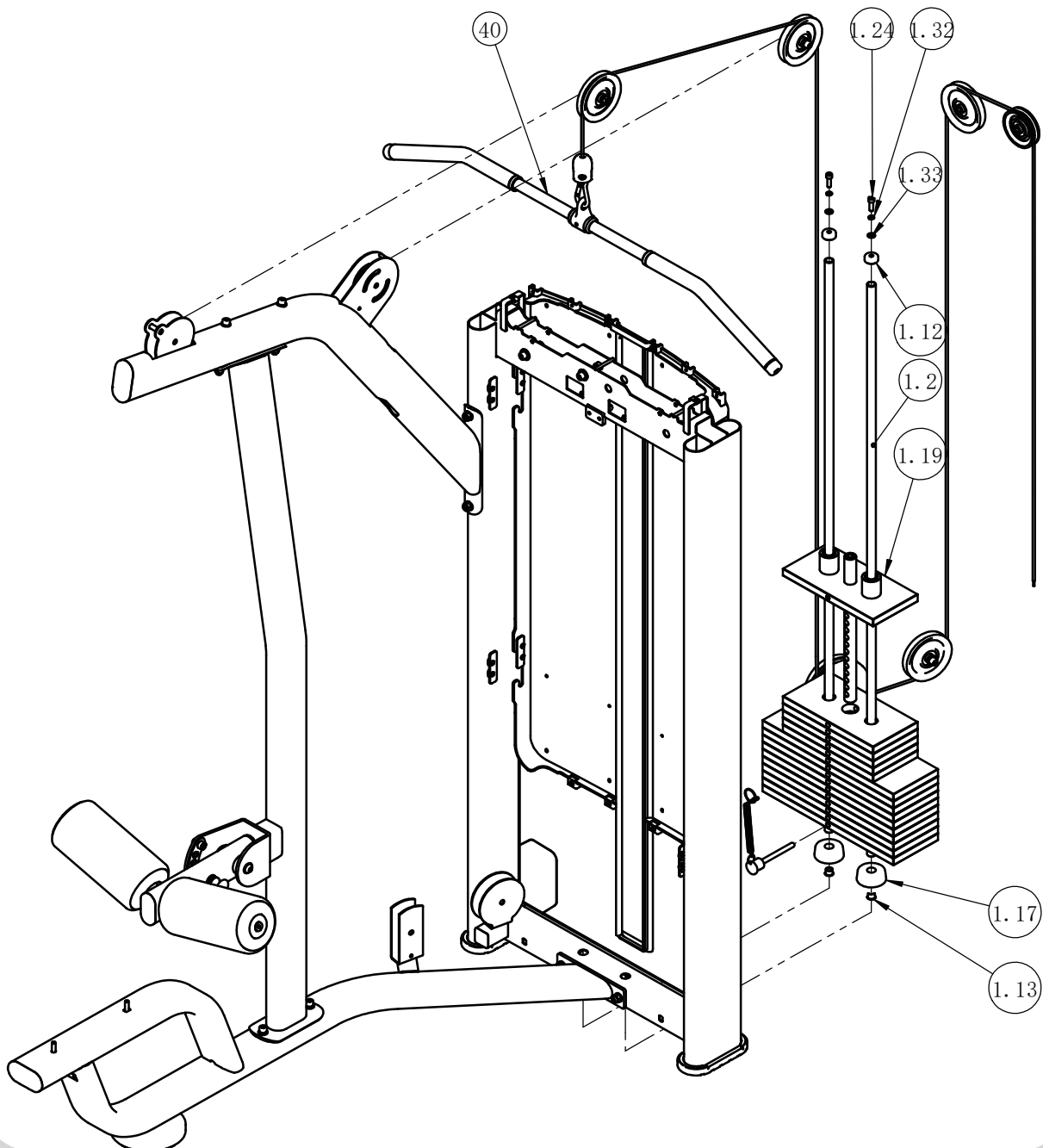


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
1.19	Top Plate	1	23	Cable 1	1
1.37	Selector Pin W/Coil	1	24	Cable 2	1
7	Movable Pulley Frame	1	26	Handle Frame	1
21	Conversion Frame	1	35	Gourd Hook	3

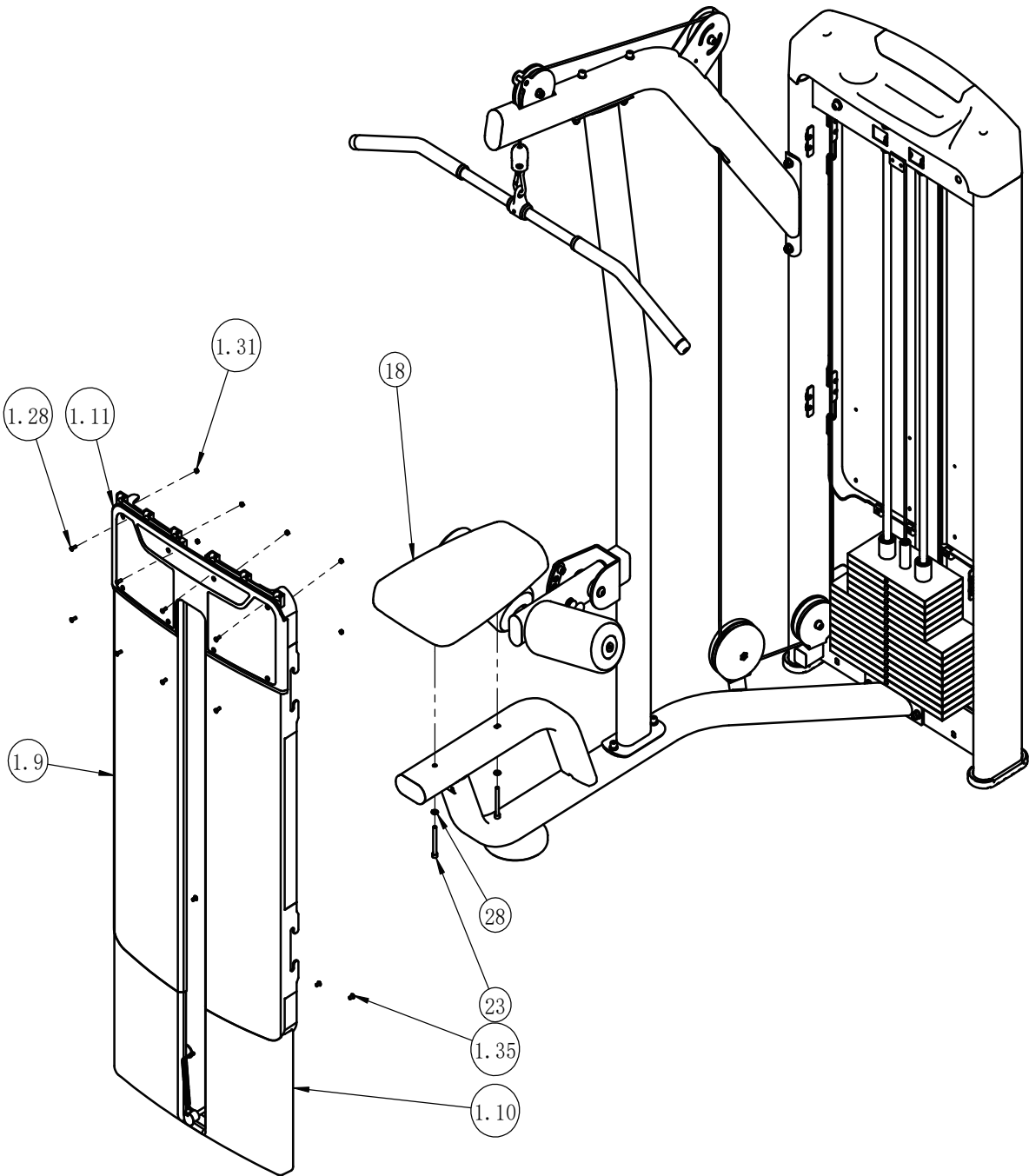


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	Qty	Item No.	Description	Qty
1.8	Top Shroud	1	40	Socket Head Cap Screw M8 x75	2
1.9	Side Shroud	1	49	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
22	Seat Pad	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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