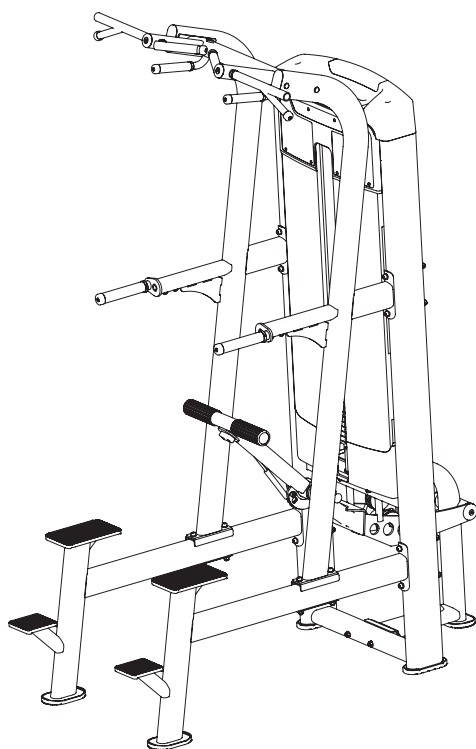


TOORX
PROFESSIONAL LINE

INSTRUCTION



ASSISTED PULL UP/CHIN UP/DIP

PLX 8400



Cod : GRLDTOORXPLX8400

Rev : 00

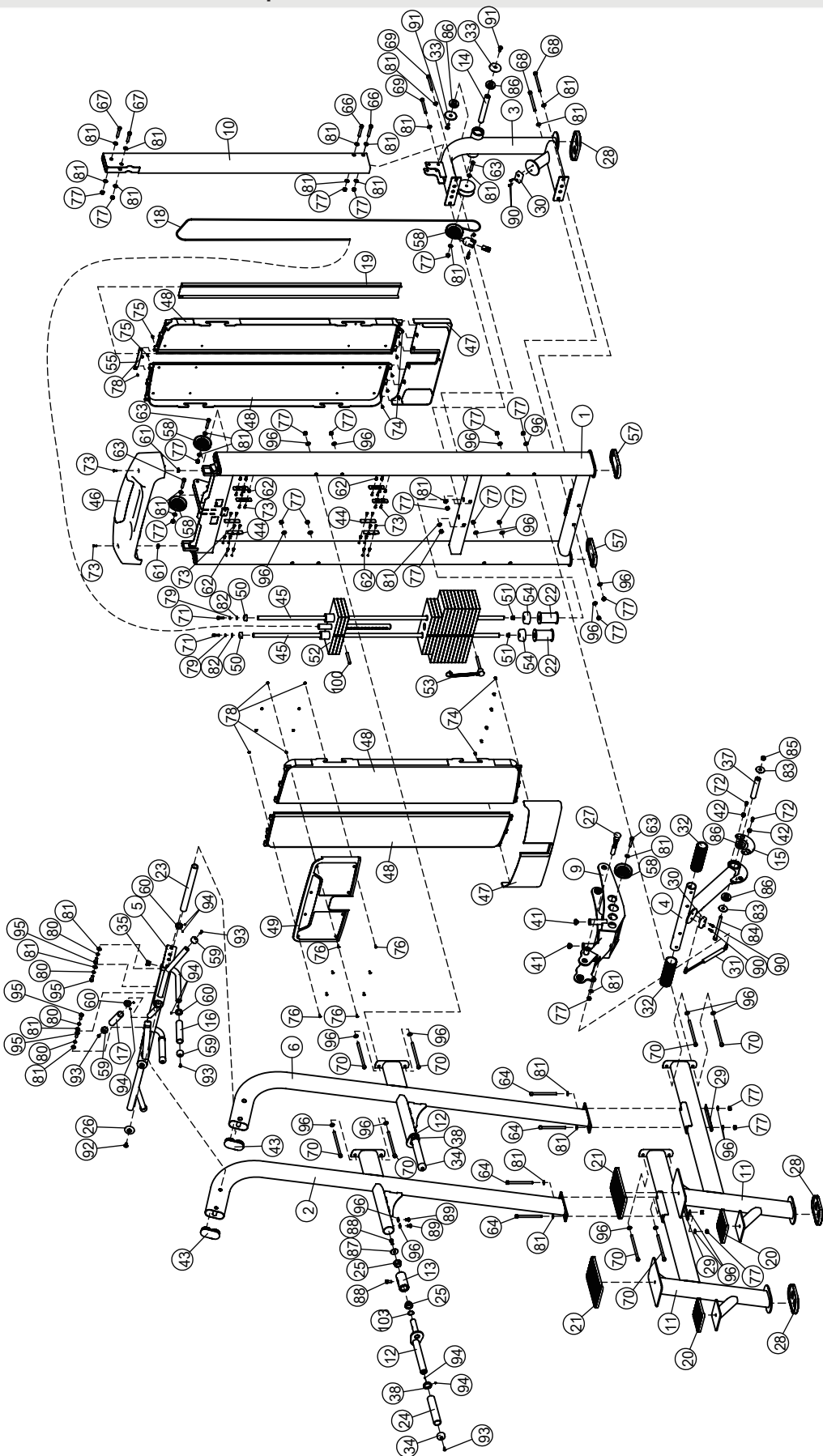
Ed : 11/23

Parts List

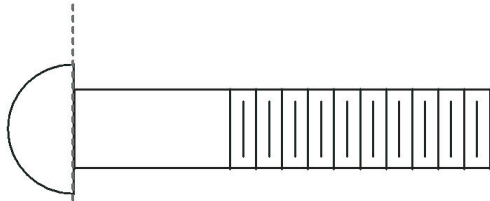
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	53	Selector Pin W/Coil	1
2	Left Stand Frame	1	54	Weight Rubber Bumper	2
3	Rear Floor Frame	1	55	Connecting Plate	1
4	Pedal Frame	1	57	Rubber Foot	2
5	Handle Frame	1	58	3.5" Pulley	4
6	Right Stand Frame	1	59	Aluminium Grip Cap $\phi 32.5 \times \phi 26 \times 19$	6
9	Swing Frame	1	60	Aluminium Grip Ring $\phi 33 \times \phi 26.8 \times 9.5$	6
10	Back Support Frame	1	61	Reed Nut M5	2
11	Pedal Support Frame	2	62	Flat Hex Nut M5	16
12	Turn The Handle Frame	2	63	Socket Head Cap Screw M10 \times 50	4
13	Bearing Sleeve $\phi 49 \times \phi 32 \times 95$	2	64	Socket Head Cap Screw M10 \times 130	4
14	Shaft $\phi 25 \times 183$	1	66	Socket Head Cap Screw M10 \times 65	2
15	Scratch Board	1	67	Socket Head Cap Screw M10 \times 55	2
16	Grip ST $\phi 30 \times \phi 37 \times 180$	2	68	Socket Head Cap Screw M10 \times 125	2
17	Grip ST $\phi 24 \times \phi 31 \times 170$	2	69	Socket Head Cap Screw M10 \times 90	2
18	Cable	1	70	Socket Head Cap Screw M10 \times 170	8
19	Back Buckle	1	71	Socket Head Cap Screw M8 \times 25	2
20	Foot Cover 132 \times 132 \times 15	2	72	Socket Head Cap Screw M8 \times 15	2
21	Foot Cover 262 \times 142 \times 15	2	73	Pan Head Philips Screw M5 \times 15	18
22	Support Frame	2	74	Button Head Cap Screw M6 \times 10	12
23	Grip ST $\phi 24 \times \phi 31 \times 315$	2	75	Button Head Cap Screw M5 \times 10	2
24	Grip ST $\phi 24 \times \phi 31 \times 140$	2	76	Flat Head Philips Screw M5 \times 15	8
25	Bushing $\phi 38 \times \phi 25.4 \times 18$	4	77	Nylon Lock Nut M10	24
26	Aluminum Cap $\phi 50 \times 8$	2	78	Nylon Lock Nut M5	10
27	Pop Pin	1	79	Spring Washer $\phi 8$	2
28	Foot Cover	3	80	Spring Washer $\phi 10$	4
29	Fixing Plate 178 \times 28 \times R25 \times 3	2	81	Flat Washer $\phi 20 \times \phi 11 \times 2$	30
30	Rubber Pad	2	82	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
31	Gas Spring	1	83	Flat Washer $\phi 13 \times \phi 44 \times 2$	2
32	Rubber Sleeve	2	84	Socket Head Cap Screw M12 \times 150	1
33	Aluminum Cap $\phi 60 \times \phi 10.5 \times 10.9$	2	85	Nylon Lock Nut M12	1
34	Aluminium Grip Cap $\phi 39.5 \times \phi 32.8 \times 19$	2	86	Bearing 6005-2Z	4
35	Plug $\phi 25.4$	2	87	Flat Washer $\phi 11 \times \phi 38 \times 2$	2
37	Shaft $\phi 25 \times \phi 12.5 \times 129$	1	88	Socket Head Cap Screw M10 \times 20	4
38	Aluminium Grip Ring $\phi 40 \times \phi 33 \times 9.5$	2	89	Button Head Cap Screw M10 \times 15	4
41	Cushion Pad $\phi 25 \times 15.2$	2	90	Socket Head Cap Screw M6 \times 15	4
42	Limit Sleeve $\phi 17 \times 10.5$	2	91	Flat Head Cap Screw M10 \times 25	2
43	Plug PT50 \times 100	2	92	Flat Head Cap Screw M10 \times 20	2
44	Shroud Clip	8	93	Flat Head Cap Screw M6 \times 16	8
45	Guide Rod	2	94	Socket Set Screw M5 \times 3	16
46	Upper Shroud	1	95	Hex Head Bolt M10 \times 25	4
47	Under Shroud	2	96	Arc Washer $\phi 10$	26
48	Side Shroud	4	97	Lube	1
49	Front Cover	1	100	Pin $\phi 11 \times 75$	1
50	Mount Sleeve	2	101	Serial Number Plate	1
51	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2	102	Pop Rivet $\phi 4 \times 8$	2
52	Weight Plate	1	103	Axial Elastic Retaining Ring $\phi 25$	2

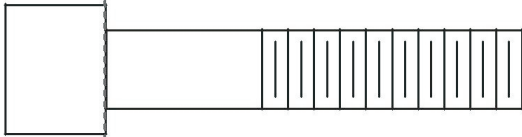
Exploded View



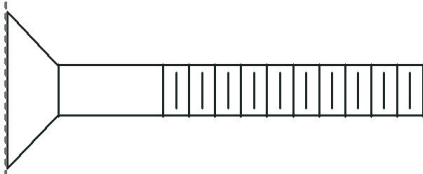
Measurement Guide



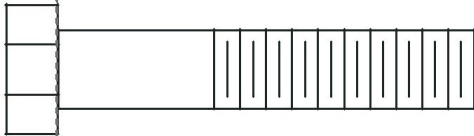
BHCS = Button Head Cap Screw



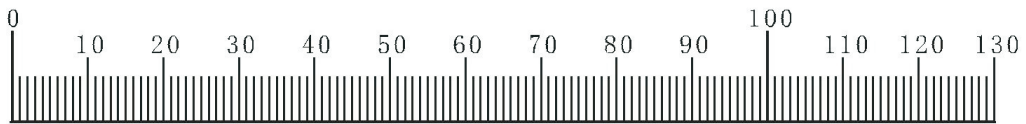
SHCS = Socket Head Cap Screw



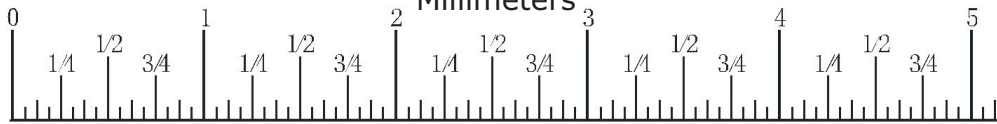
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



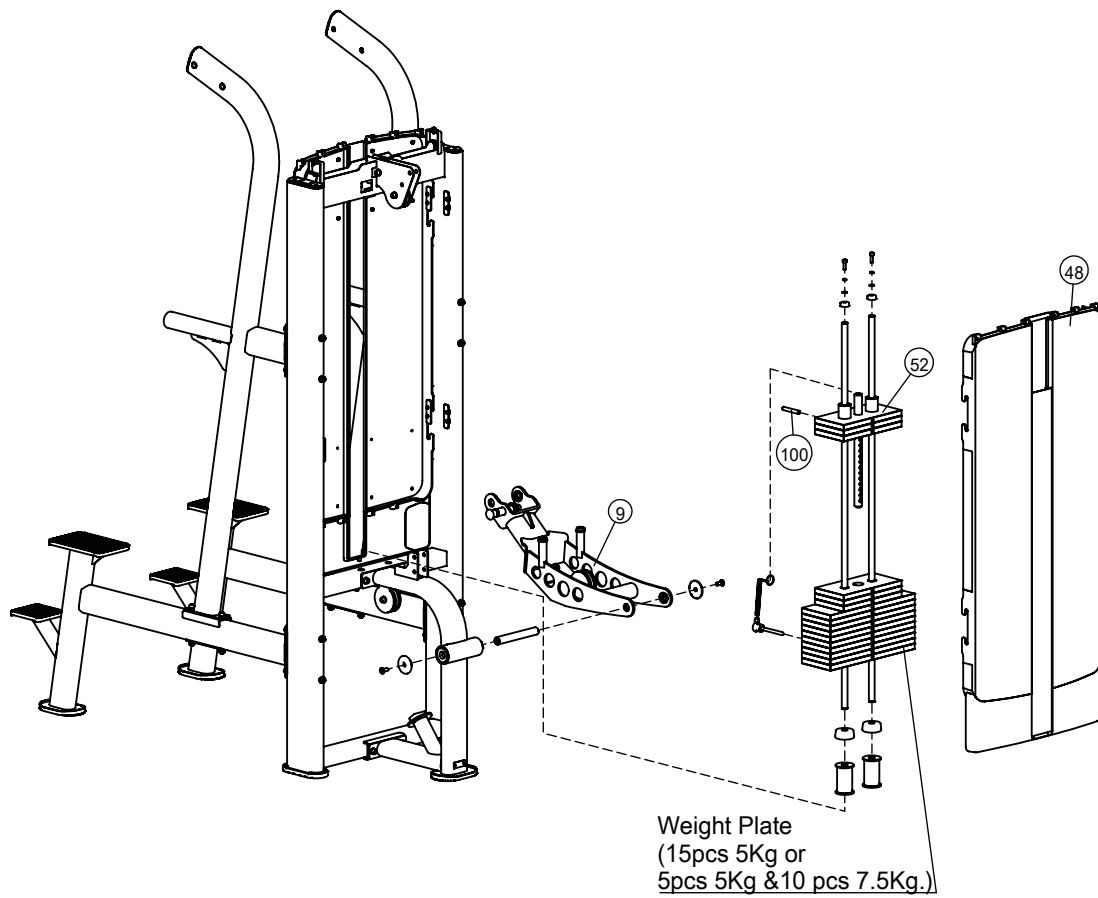
Inches

Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
9	Swing Frame	1	52	Weight Plate	1
48	Side Shroud	1	100	Pin $\phi 11 \times 75$	1

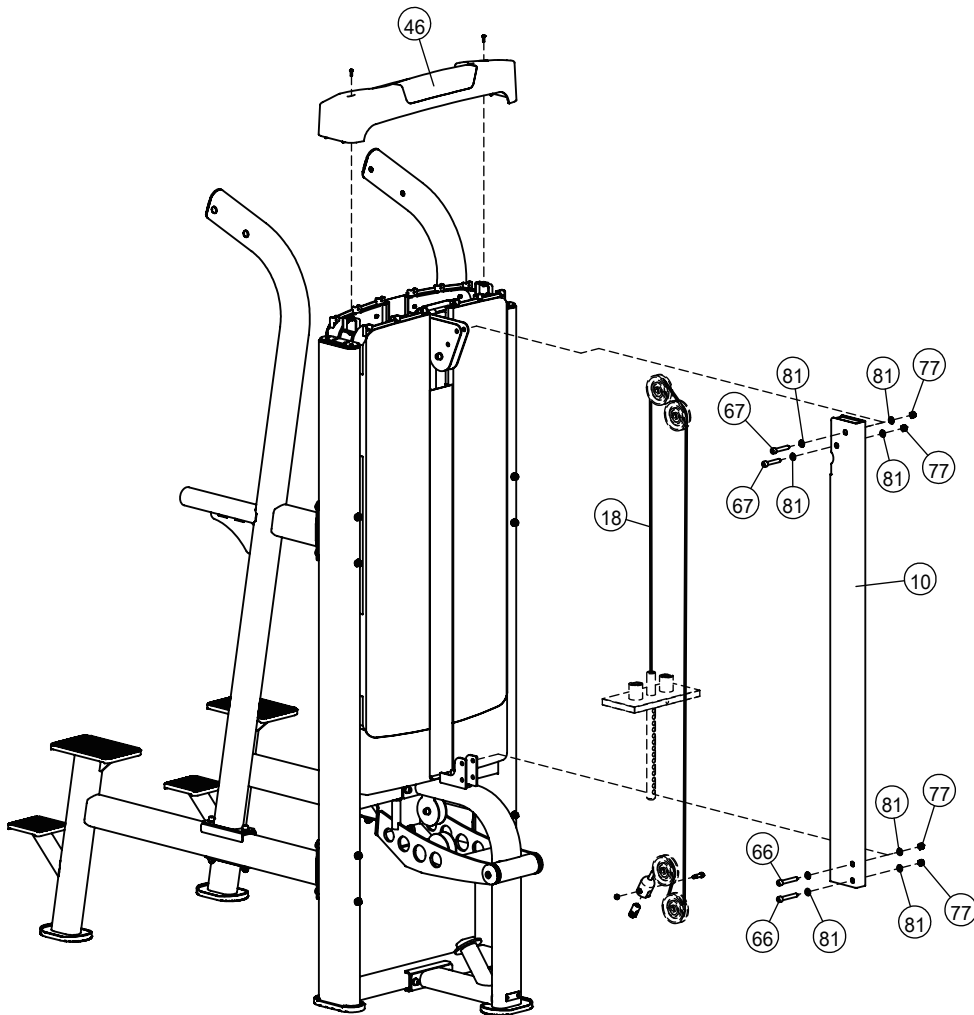


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
10	Back Support Frame	1	67	Socket Head Cap Screw M10×55	2
18	Cable	1	77	Nylon Lock Nut M10	4
46	Upper Shroud	1	81	Flat Washer φ20×φ11×2	8
66	Socket Head Cap Screw M10×65	2			

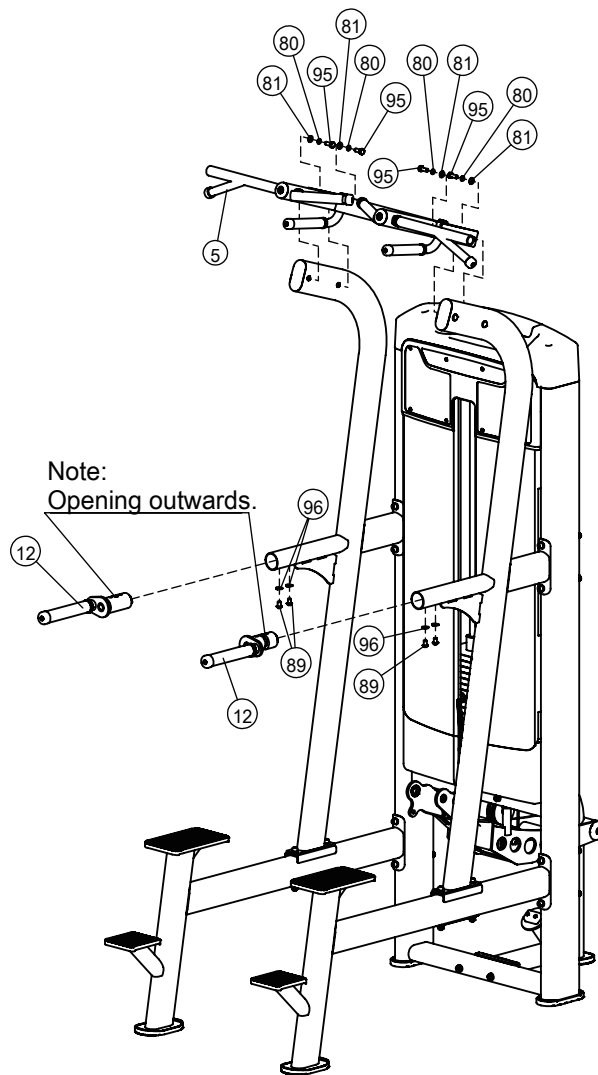


Assembly

STEP 4

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
5	Handle Frame	1	89	Button Head Cap Screw M10×15	4
12	Turn The Handle Frame	2	95	Hex Head Bolt M10×25	4
80	Spring Washer φ10	4	96	Arc Washer φ10	4
81	Flat Washer φ20×φ11×2	4			

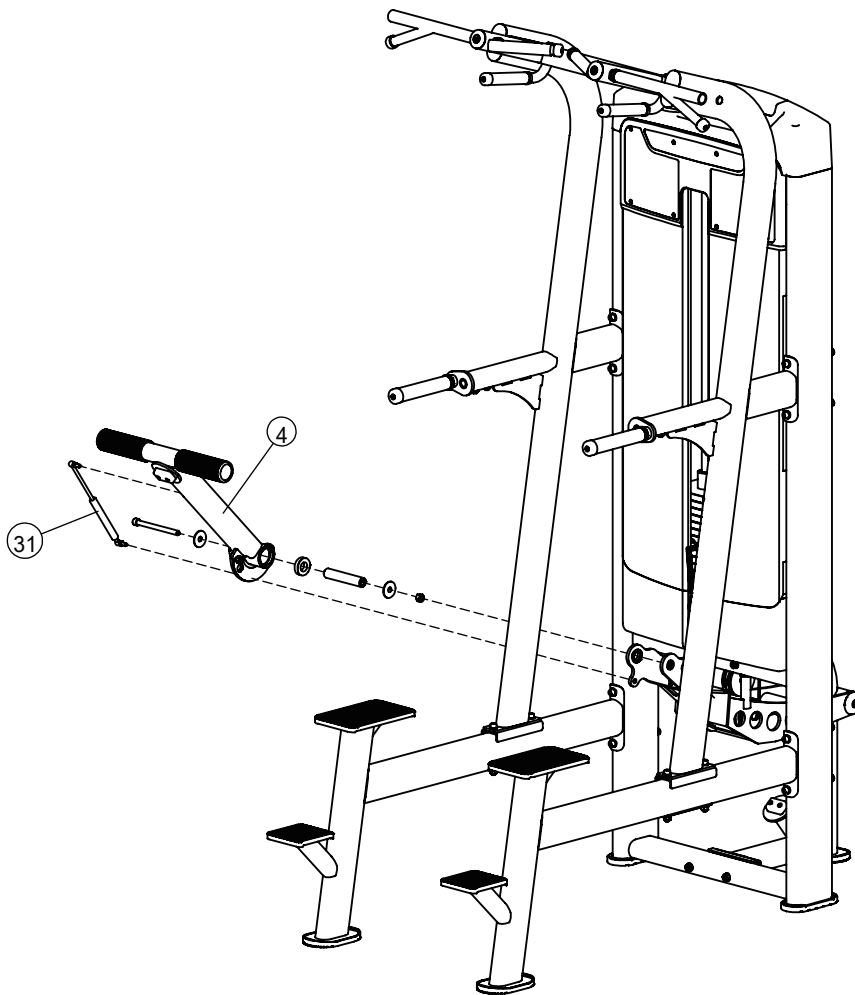


Assembly

STEP 5

Note: Wrench Tighten Screws.

Item No.	Description	Qty	Item No.	Description	Qty
4	Pedal Frame	1	31	Gas Spring	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 properly.

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 bolt 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