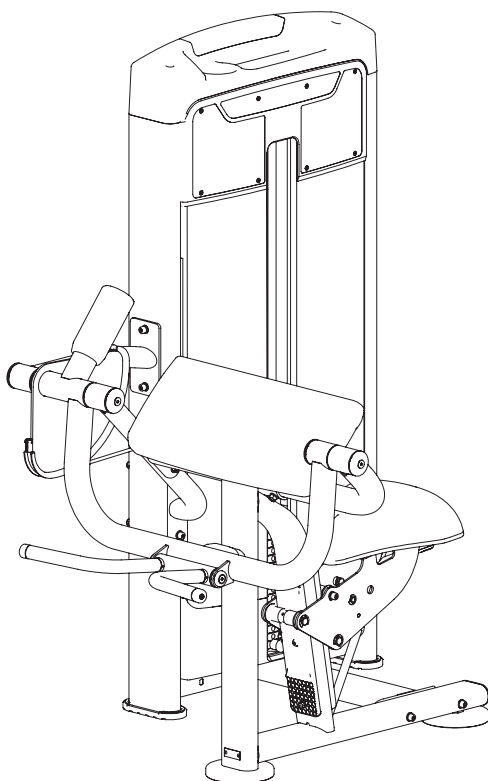


TOORX
PROFESSIONAL LINE

INSTRUCTION



BICEPS CURL

PLX 8600



Cod : GRLDTOORXPLX8600

Rev : 00

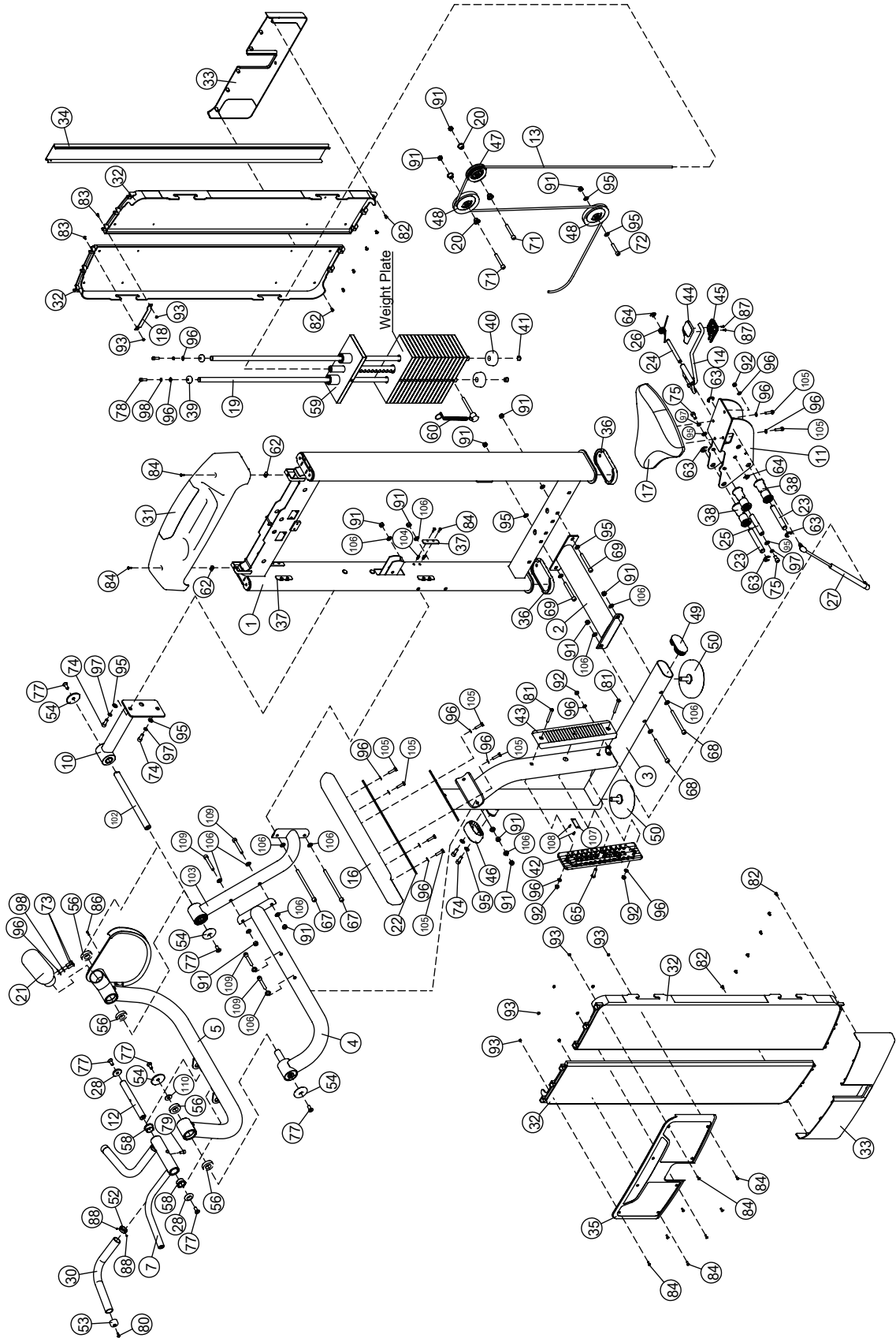
Ed : 11/23

Parts List

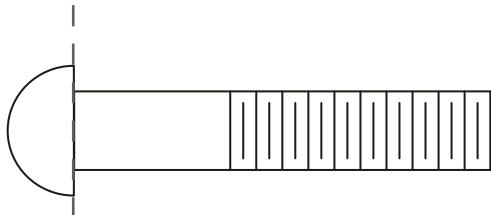
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	54	Aluminum End Cap $\phi 60 \times \phi 10.5 \times 10.9$	4
2	Bottom Cross Brace	1	56	Bearing 6005-2Z	4
3	Main Frame	1	58	Bushing $\phi 38 \times \phi 25.4 \times 18$	2
4	Support Frame	1	59	Top Plate	1
5	Arm Frame	1	60	Selector Pin W/Coil	1
7	Handle Frame	1	62	Reed Nut M5	2
10	Top Cross Brace	1	63	Open Retaining Ring $\phi 15$	4
11	Seat Pad Frame	1	64	Open Retaining Ring $\phi 12$	2
12	Shaft $\phi 25.4 \times 208$	1	65	Button Head Cap Screw $3/8" - 16 \times 38$	1
13	Cable	1	67	Socket Head Cap Screw M10 \times 170	2
14	Adjustable Handle	1	68	Socket Head Cap Screw M10 \times 120	2
16	Arm Pad	1	69	Socket Head Cap Screw M10 \times 90	2
17	Seat Pad	1	71	Socket Head Cap Screw M10 \times 70	4
18	Connecting Plate	1	72	Socket Head Cap Screw M10 \times 50	1
19	Guid Rod	2	73	Button Head Cap Screw M8 \times 25	2
20	Spacer Bush	4	74	Socket Head Cap Screw M10 \times 25	4
21	Counter Poise Block	1	75	Socket Head Cap Screw M10 \times 20	2
22	Pad Support Plate	1	77	Flat Head Cap Screw M10 \times 25	6
23	Shaft $\phi 19.05 \times 128.8$	2	78	Socket Head Cap Screw M8 \times 25	2
24	Shaft $\phi 12.7 \times 128.3$	1	79	Socket Head Cap Screw M8 \times 15	1
25	Shaft $\phi 19.05 \times 107.2$	1	80	Flat Head Cap Screw M6 \times 16	2
26	Torsional Spring	1	81	Button Head Cap Screw M8 \times 70	2
27	Gas Spring	1	82	Button Head Cap Screw M6 \times 10	12
28	Aluminum End Cap $\phi 38 \times 8$	2	83	Button Head Cap Screw M5 \times 10	2
30	Grip	2	84	Cross Recessed Pan Head Screw M5 \times 15	18
31	Top Shroud	1	85	Phillips Countersunk Head Screw M5 \times 15	8
32	Side Shroud	4	86	Socket Head Cap Screw M4 \times 15	1
33	low shroud	2	87	Cross Recessed Pan Head Screw M4 \times 10	2
34	Back Plate	1	88	Socket Set Screw M5 \times 3	4
35	Front Cover	1	91	Nylon Lock Nut M10	13
36	Foot Cover	2	92	Nylon Lock Nut M8	4
37	Shroud Clip	8	93	Nylon Lock Nut M5	10
38	Rolling Wheel	3	95	Flat Washer $\phi 11 \times \phi 20 \times 2$	12
39	Rubber Sleeve	2	96	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	16
40	Weight Rubber Bumper	2	97	Spring Washer $\phi 10$	4
41	Rubber Plug $\phi 18.5 \times \phi 15 \times 12$	2	98	Spring Washer $\phi 8$	4
42	Inner Slide	1	99	Lube	1
43	Outer Slide	1	102	Shaft $\phi 25 \times 323$	1
44	Upper Handle Cover Assembly	1	103	Side Support Frame	1
45	Bottom Handle Cover	1	104	Rivet Nut M5	16
46	Rubber Bumper	1	105	Hex Head Bolt M8 \times 30	8
47	3.5" Pulley	1	106	Arc Washer $\phi 10$	16
48	4.5" Pulley	2	107	Serial Number Plate	1
49	Plug PT50 \times 100	1	108	Pop Rivet $\phi 4 \times 8$	2
50	Adjustable Foot Plate	2	109	Socket Head Cap Screw M10 \times 80	2
52	Aluminum Ring $\phi 33 \times \phi 26.8 \times 9.5$	2	110	Flat Washer $\phi 11 \times \phi 30 \times 2$	1
53	Aluminium Cap $\phi 32.5 \times \phi 26 \times 19$	2			

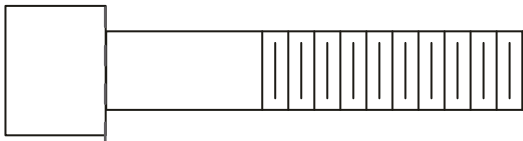
Exploded View



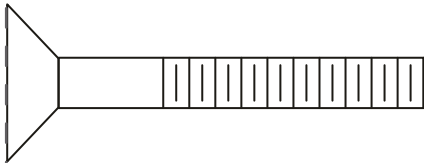
Measurement Guide



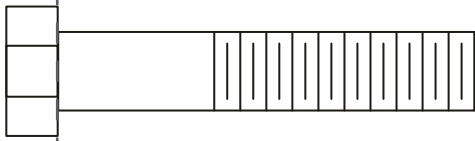
BHCS = Button Head Cap Screw



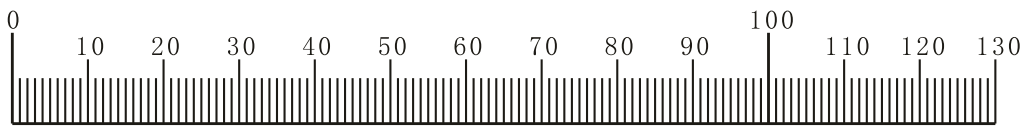
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



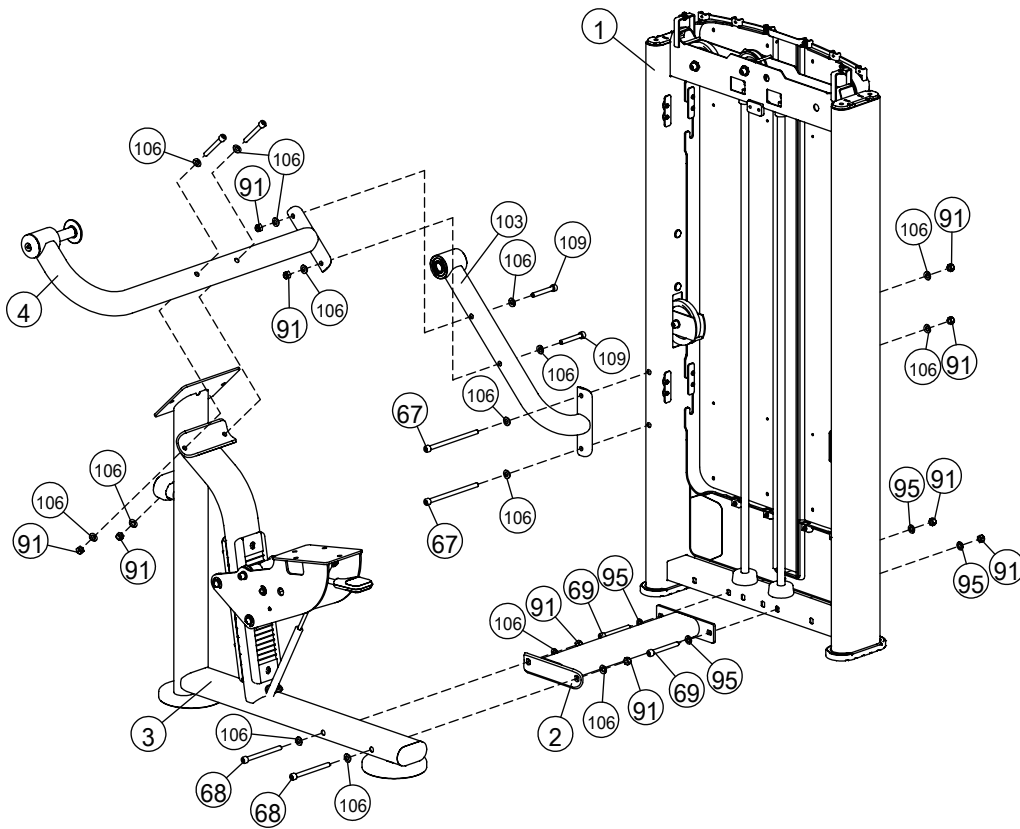
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	69	Socket Head Cap Screw M10×90	2
2	Bottom Cross Brace	1	91	Nylon Lock Nut M10	10
3	Main Frame	1	95	Flat Washer φ11×φ20×2	4
4	Support Frame	1	103	Side Support Frame	1
67	Socket Head Cap Screw M10×170	2	106	Arc Washer φ10	16
68	Socket Head Cap Screw M10×120	2	109	Socket Head Cap Screw M10×80	2

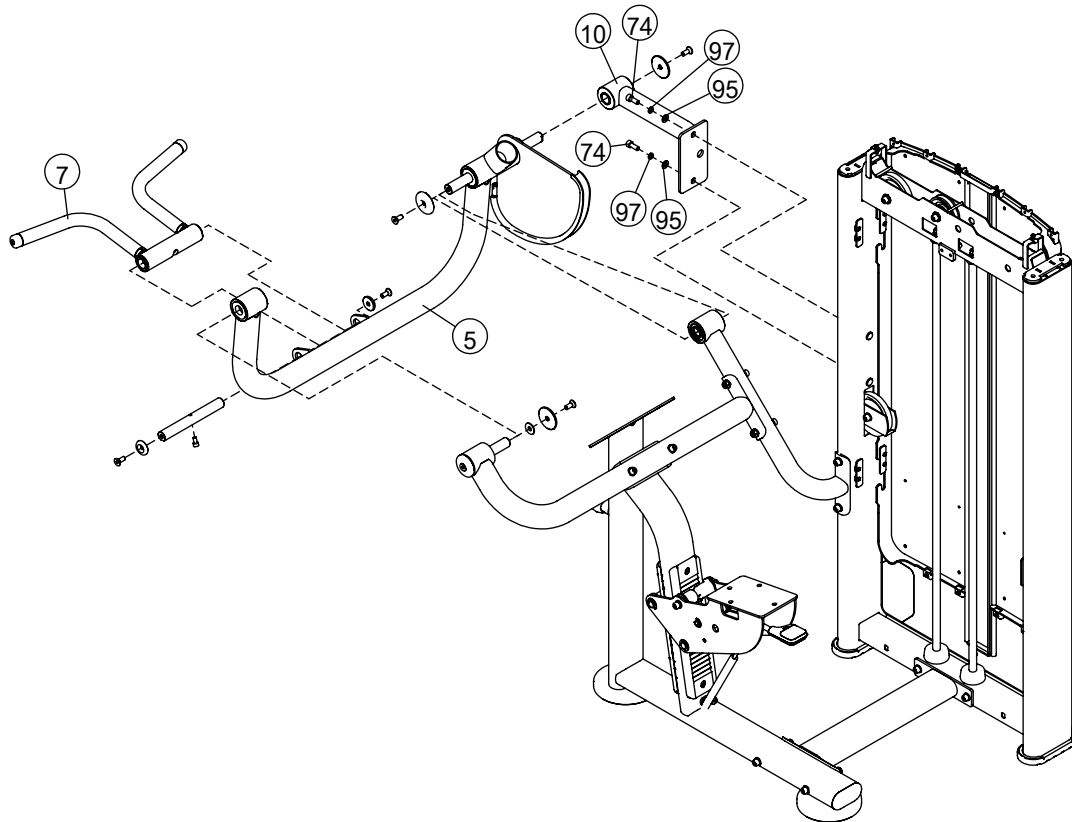


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
5	Arm Frame	1	74	Socket Head Cap Screw M10×25	2
7	Handle Frame	1	95	Flat Washer φ11×φ20×2	2
10	Top Cross Brace	1	97	Spring Washer φ10	2

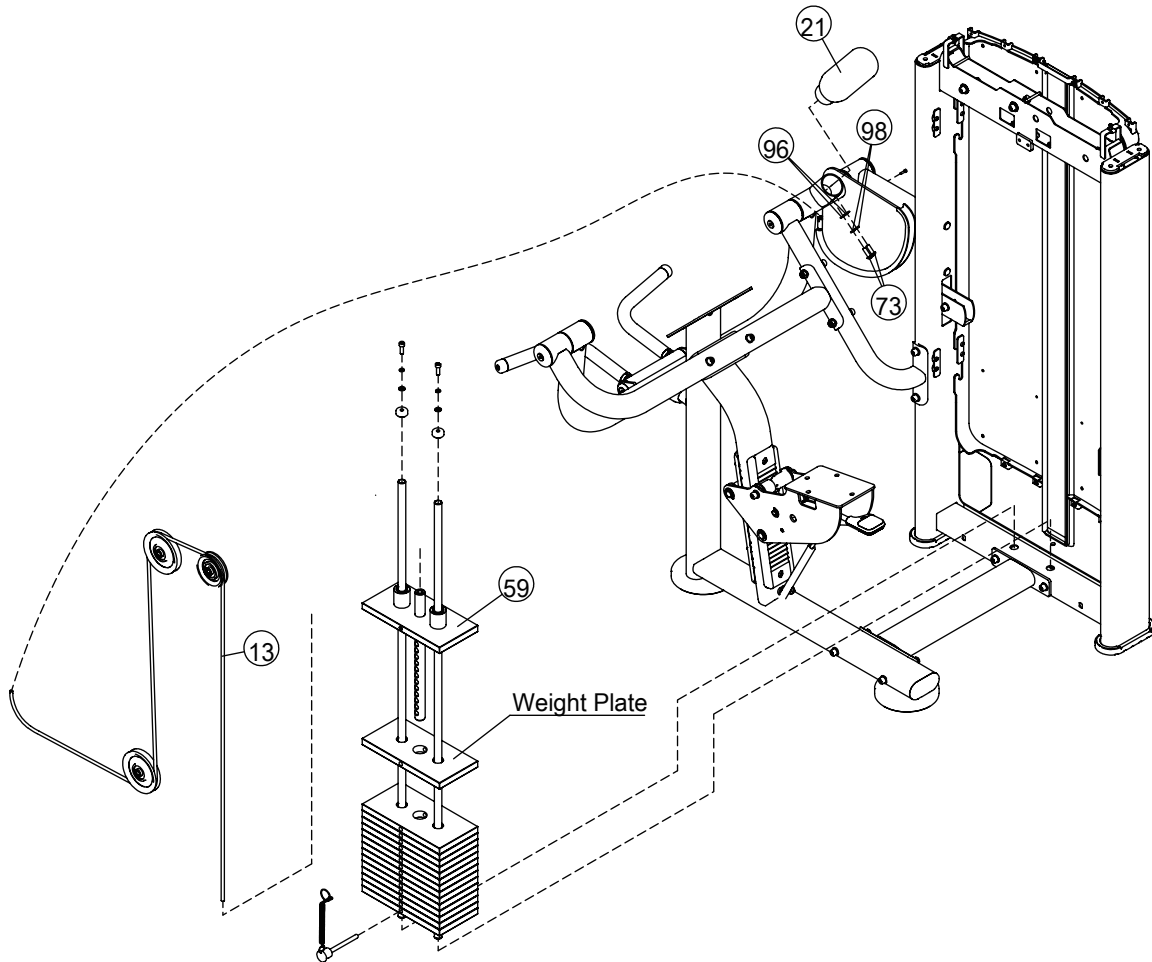


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
13	Cable	1	73	Button Head Cap Screw M8×25	2
21	Counter Poise Block	1	96	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
59	Top Plate	1	98	Spring Washer $\phi 8$	2

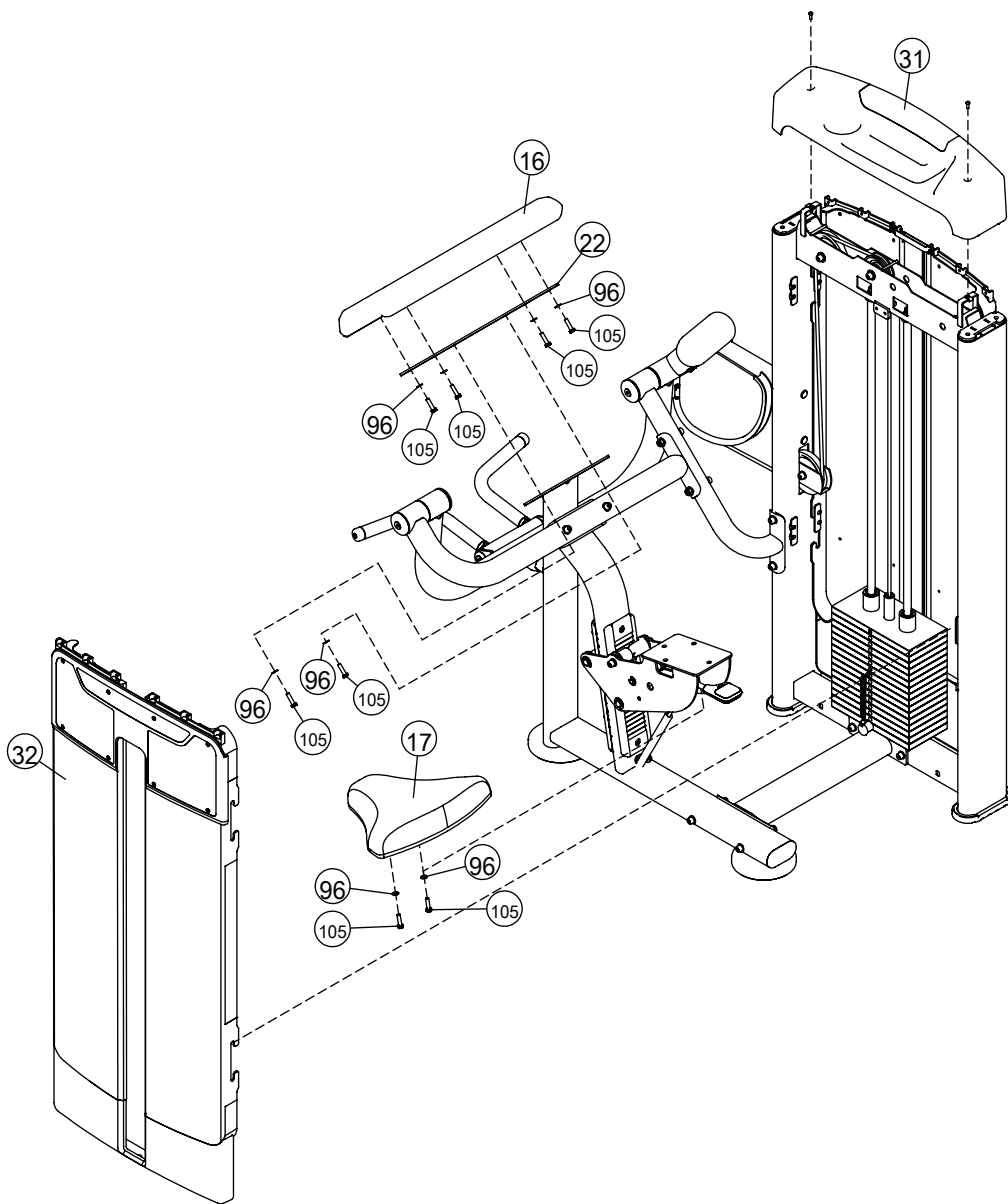


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	Qty	Item No.	Description	Qty
16	Arm Pad	1	32	Side Shroud Assy	4
17	Seat Pad	1	96	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	8
22	Pad Support Plate	1	105	Hex Head Bolt M8 \times 30	8
31	Top 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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