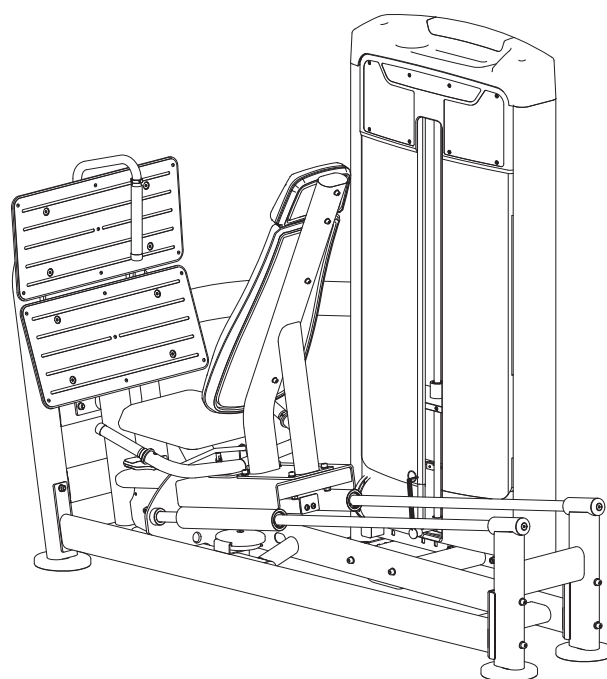


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**HORIZONTAL LEG PRESS**

# PLX 8700



Cod : GRLDTOORXPLX8700

Rev : 00

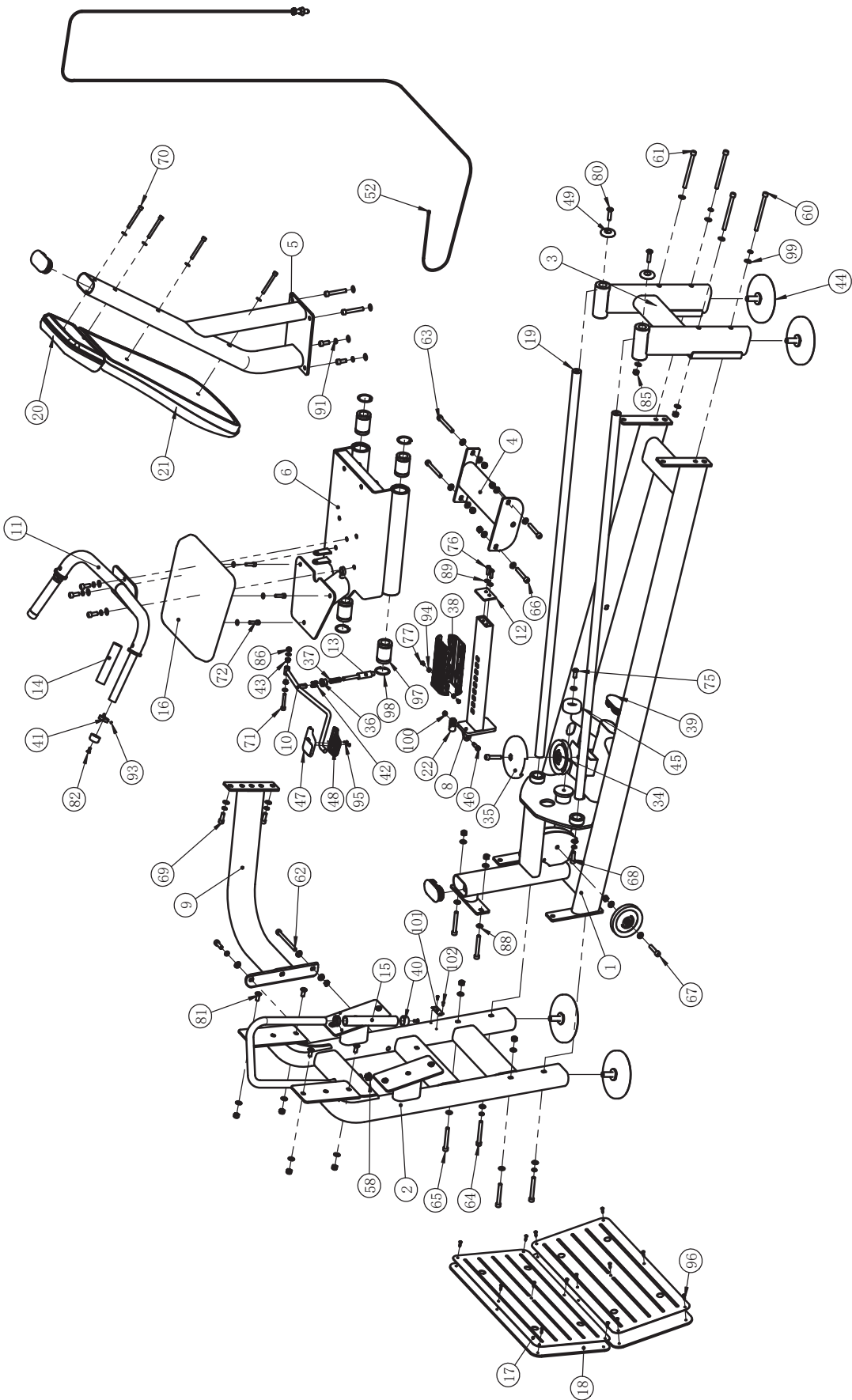
Ed : 11/23

# Parts List

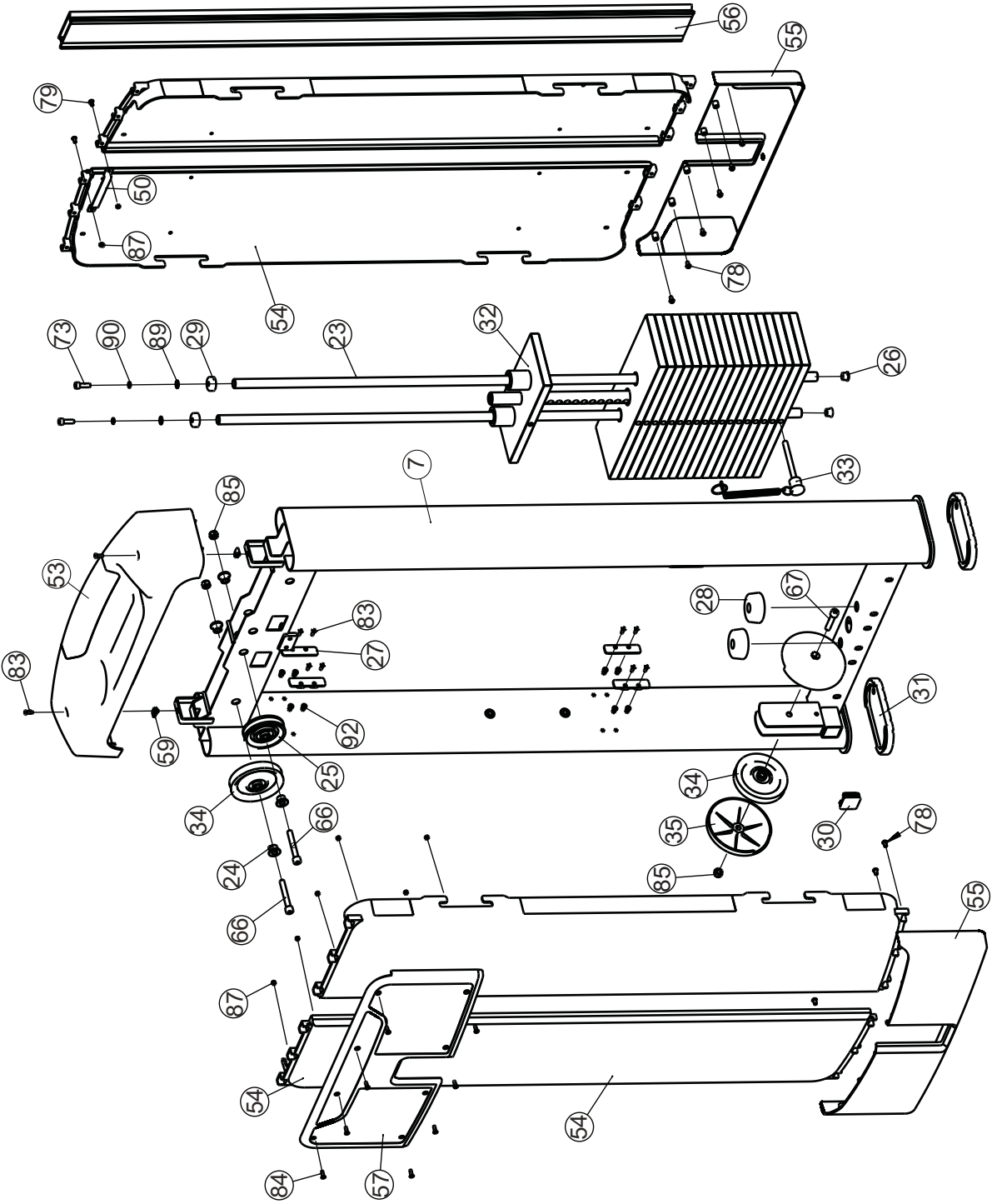
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	52	Cable Bolt	1
2	Foot Frame	1	53	Upper Shroud	1
3	Rear Support Frame	1	54	Side Shroud	4
4	Cross Brace	1	55	Under Shroud	2
5	Backrest Frame	1	56	Back Buckle	1
6	Seat Cushion Sliding Frame	1	57	Front Cover	1
7	Weight Stack Frame	1	58	Plug $\phi 25$	1
8	Adjustable Frame	1	59	Reed Nut M5	2
9	Top Cross Brace	1	60	Socket Head Cap Screw M10 $\times$ 130	2
10	Plug Rack	1	61	Socket Head Cap Screw M10 $\times$ 125	2
11	Handle Frame	1	62	Socket Head Cap Screw M10 $\times$ 120	1
12	Limit Baffle	1	63	Socket Head Cap Screw M10 $\times$ 90	2
13	Pin Shaft	1	64	Socket Head Cap Screw M10 $\times$ 80	2
14	Short Grip	2	65	Socket Head Cap Screw M10 $\times$ 75	4
15	Grip	1	66	Socket Head Cap Screw M10 $\times$ 70	6
16	Seat Pad	1	67	Socket Head Cap Screw M10 $\times$ 50	3
17	Footboard	2	68	Socket Head Cap Screw M10 $\times$ 30	3
18	Foot pedal	2	69	Socket Head Cap Screw M10 $\times$ 25	7
19	Guide Rod $\phi 30 \times 1473.5$	2	70	Socket Head Cap Screw M8 $\times$ 75	4
20	Headrest	1	71	Socket Head Cap Screw M8 $\times$ 50	1
21	Back Cushion	1	72	Socket Head Cap Screw M8 $\times$ 30	3
22	Cable Joint	1	73	Socket Head Cap Screw M8 $\times$ 25	2
23	Cable Joint	2	74	Socket Head Cap Screw M6 $\times$ 15	2
24	Pulley Sleeve	4	75	Button Head Cap Screw M10 $\times$ 25	1
25	3.5" Pulley	1	76	Button Head Cap Screw M8 $\times$ 25	2
26	Rubber Plug	2	77	Button Head Cap Screw M6 $\times$ 12	2
27	Shroud Clip	8	78	Button Head Cap Screw M6 $\times$ 10	12
28	Rubber Bumper	2	79	Button Head Cap Screw M5 $\times$ 10	2
29	Mount Sleeve	2	80	Flat Head Cap Screw M10 $\times$ 40	2
30	Mount Sleeve	1	81	Flat Head Cap Screw M10 $\times$ 25	8
31	Rubber Foot	2	82	Flat Head Cap Screw M6 $\times$ 16	3
32	Weight Plate	1	83	Cross Recess Head Screw M5 $\times$ 15	18
33	Weight Plate	1	84	Cross Recessed Countersunk Head Screw M5 $\times$ 15	8
34	4.5" Pulley	4	85	Nylon Lock Nut M10	25
35	Pulley Cover	3	86	Nylon Lock Nut M8	1
36	Locking Nut	1	87	Nylon Lock Nut M5	10
37	Spring	1	88	Flat Washer $\phi 11 \times \phi 20 \times 2$	44
38	Plastic Tube Guide	2	89	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	13
39	Plug RT50 $\times$ 100	3	90	Spring Washer $\phi 8$	2
40	Aluminium Cap $\phi 32.5 \times \phi 26 \times 19$	3	91	Spring Washer $\phi 10$	14
41	Aluminium Ring $\phi 25$	3	92	Flat Headed Hexagonal Rivet Nut	16
42	Chain Clasp	1	93	Socket Set Screw M5 $\times$ 3	6
43	Small Bushing	2	94	Hex Nut M6	2
44	Floor Stand	4	95	Cross Recess Head Screw M4 $\times$ 10	2
45	Spacer	1	96	Rivet $\phi 5 \times 13$	14
46	Shoulder Bolt	1	97	Linear Bearing $\phi 47 \times \phi 30 \times 68$	4
47	Handle Top	1	98	Circlips for Hole $\phi 47$	4
48	Handle Bottom	1	99	Arc Washer $\phi 10$	7
49	Shaft End Cap	2	100	Damping Nut M5	1
50	Shaft End Cap	1	101	Nameplate	1
51	Cushion	1	102	Rivet	2

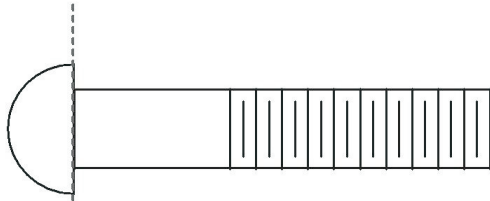
# Exploded View



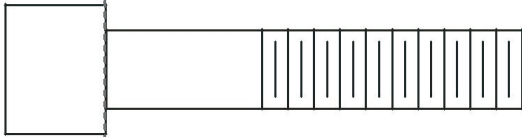
# Exploded View



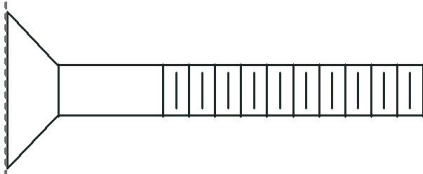
# Measurement Guide



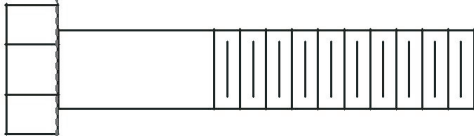
BHCS = Button Head Cap Screw



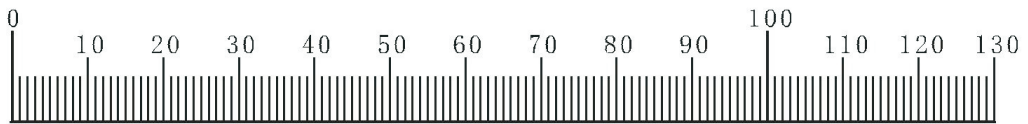
SHCS = Socket Head Cap Screw



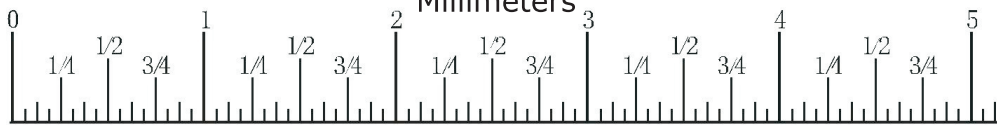
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

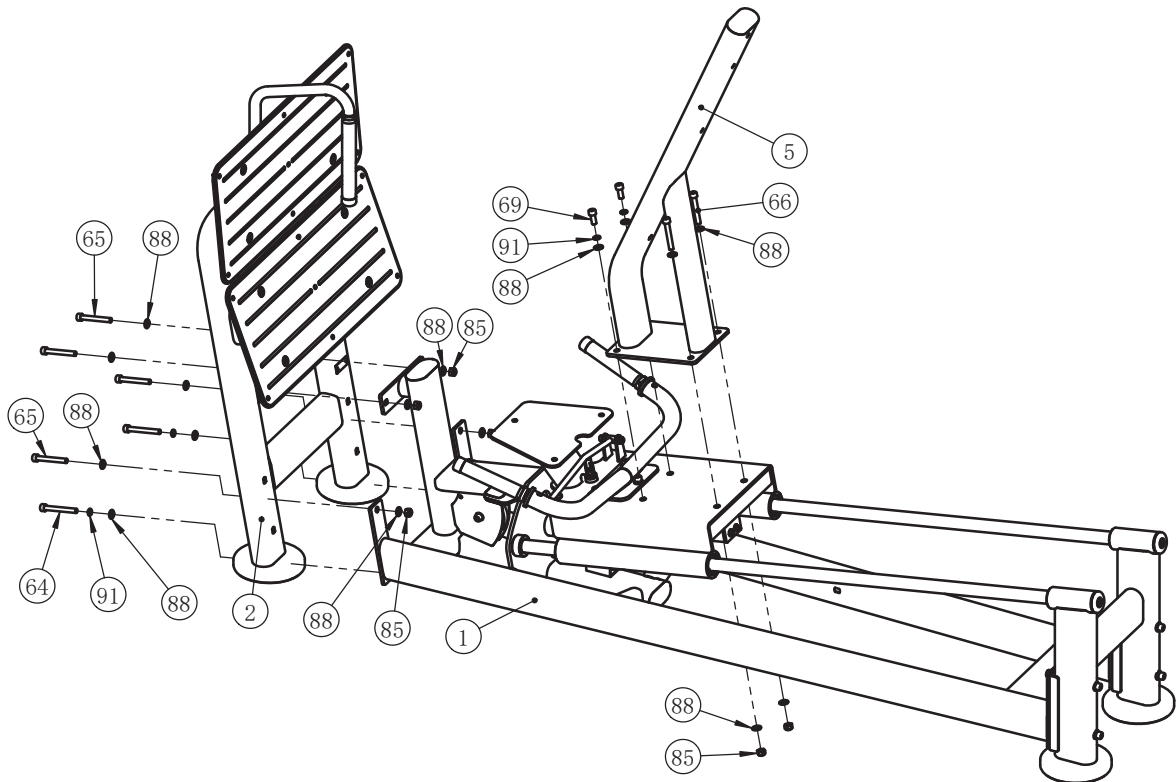


Inches

# Assembly

## Step 1

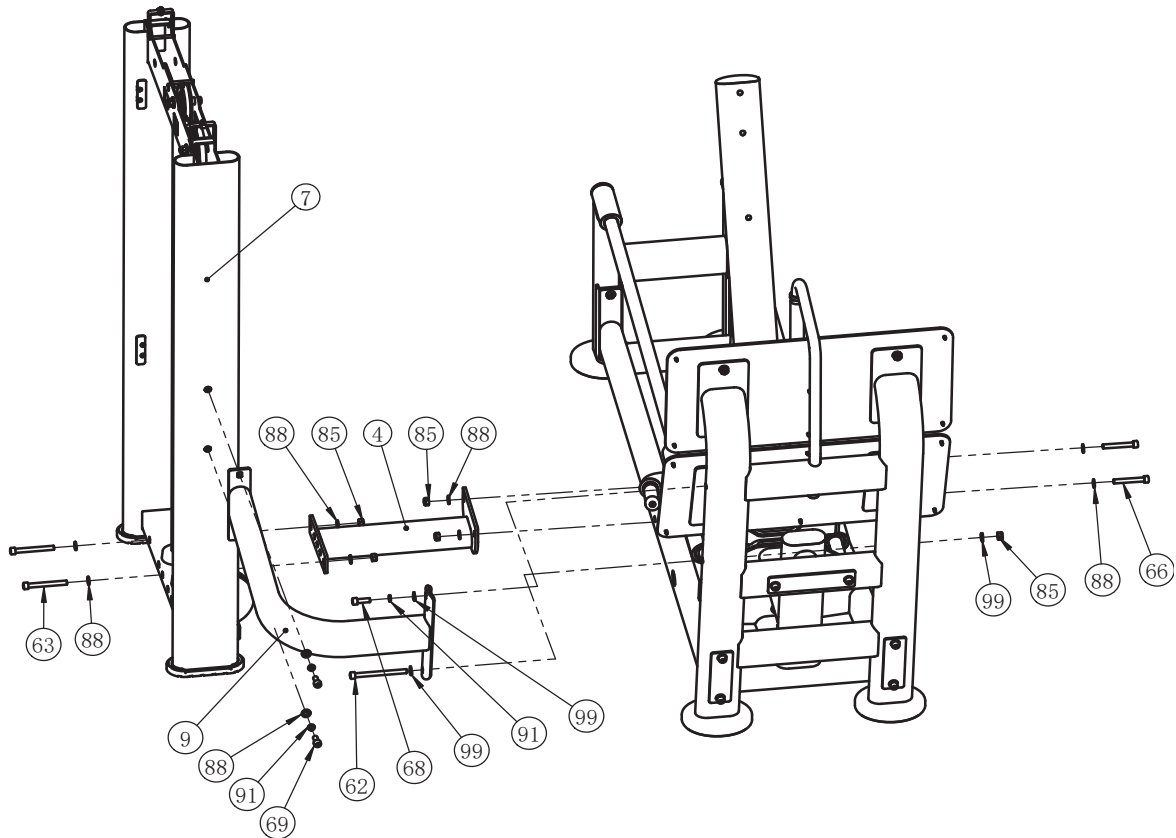
Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	66	Socket Head Cap Screw M10×70	2
2	Foot Frame	1	69	Socket Head Cap Screw M10×25	2
5	Backrest Frame	1	85	Nylon Lock Nut M10	4
64	Socket Head Cap Screw M10×80	2	88	Flat Washer φ11×φ20×2	16
65	Socket Head Cap Screw M10×75	4	91	Spring Washer φ10	4



# Assembly

## Step 2

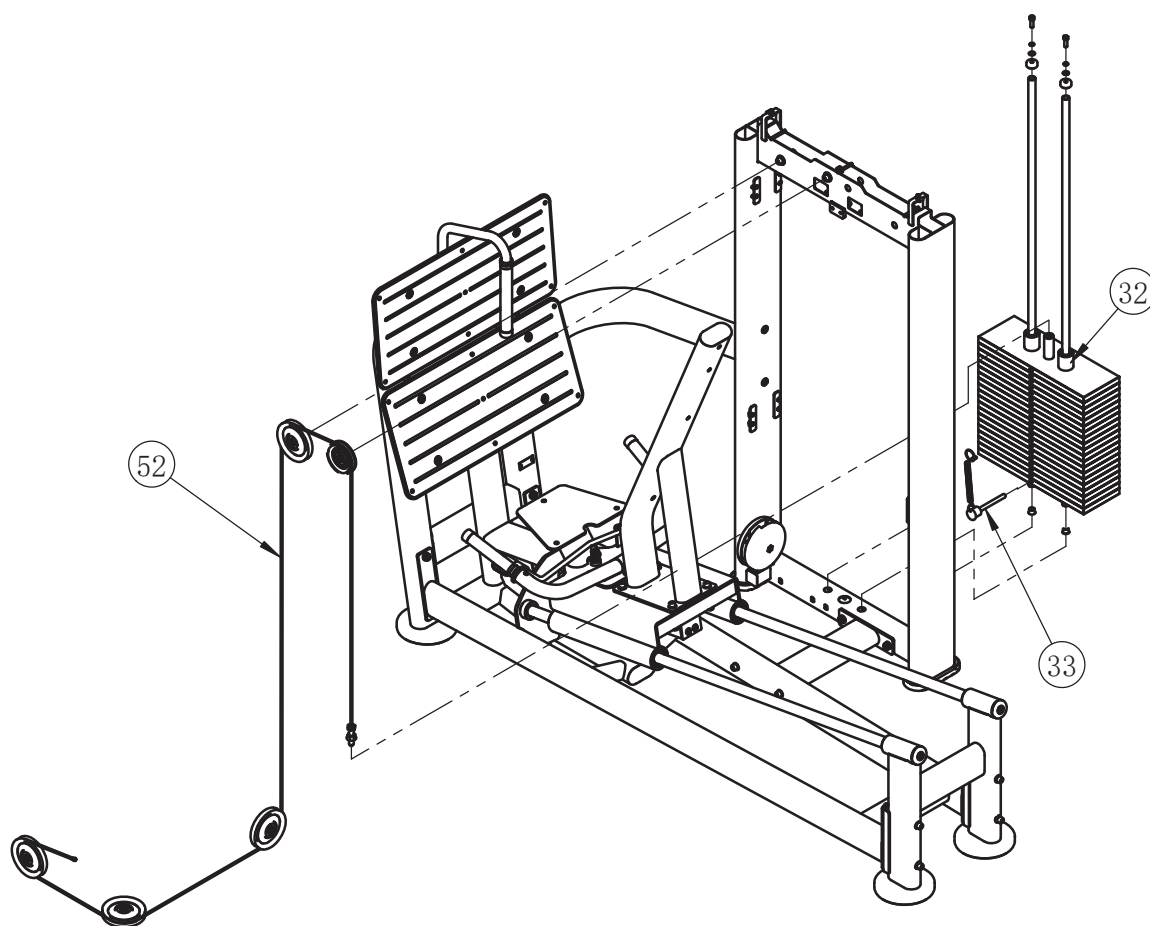
Item No.	Description	Qty	Item No.	Description	Qty
4	Cross Brace	1	68	Socket Head Cap Screw M10×30	1
7	Weight Stack Frame	1	69	Socket Head Cap Screw M10×25	2
9	Top Cross Brace	1	85	Nylon Lock Nut M10	5
62	Socket Head Cap Screw M10×120	1	88	Flat Washer φ11×φ20×2	10
63	Socket Head Cap Screw M10×90	2	91	Spring Washer φ10	3
66	Socket Head Cap Screw M10×70	2	99	Arc Washer φ 10	3



## Assembly

### Step 3

Item No.	Description	Qty
32	Weight Plate	1
33	Weight Plate	1
52	Cable Bolt	1

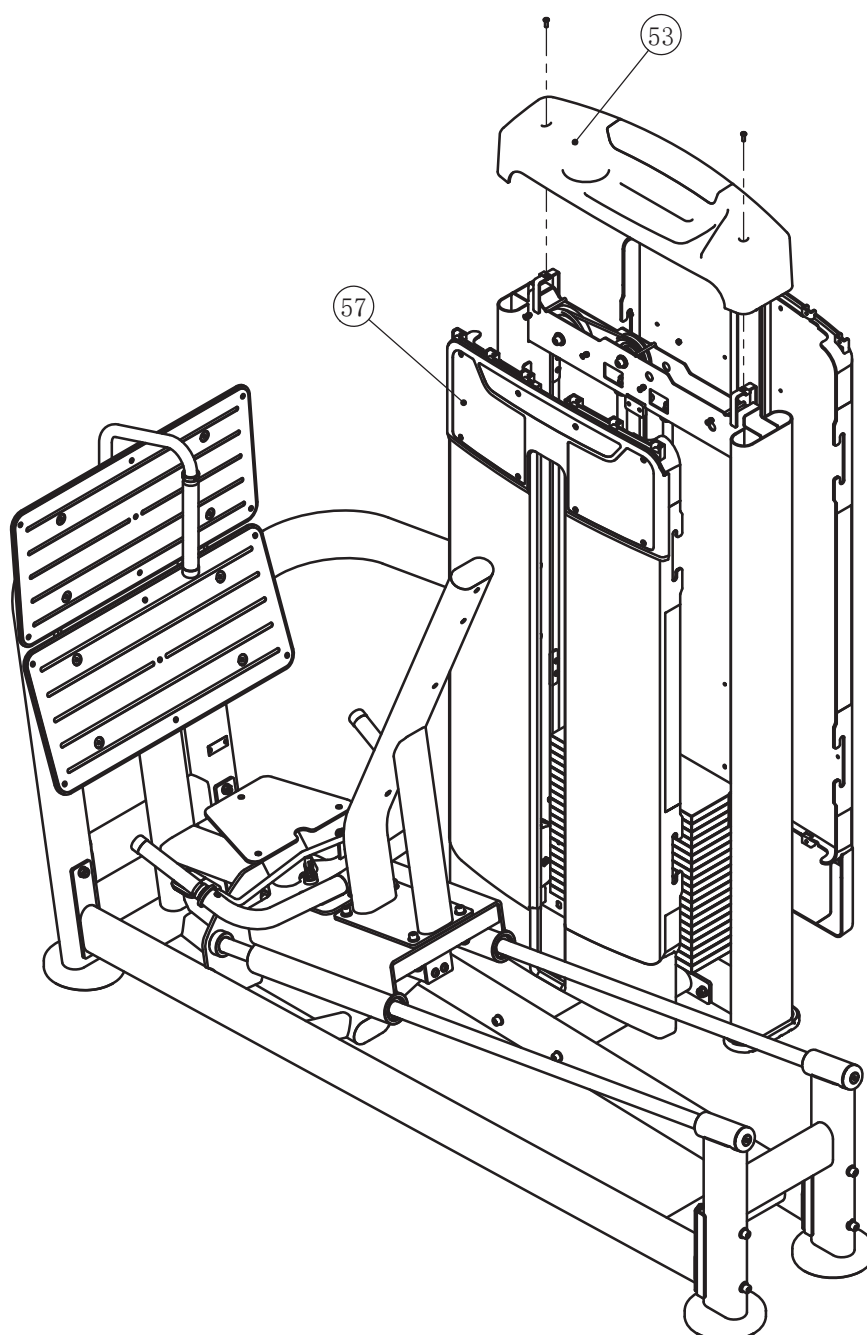




## Assembly

### Step 4

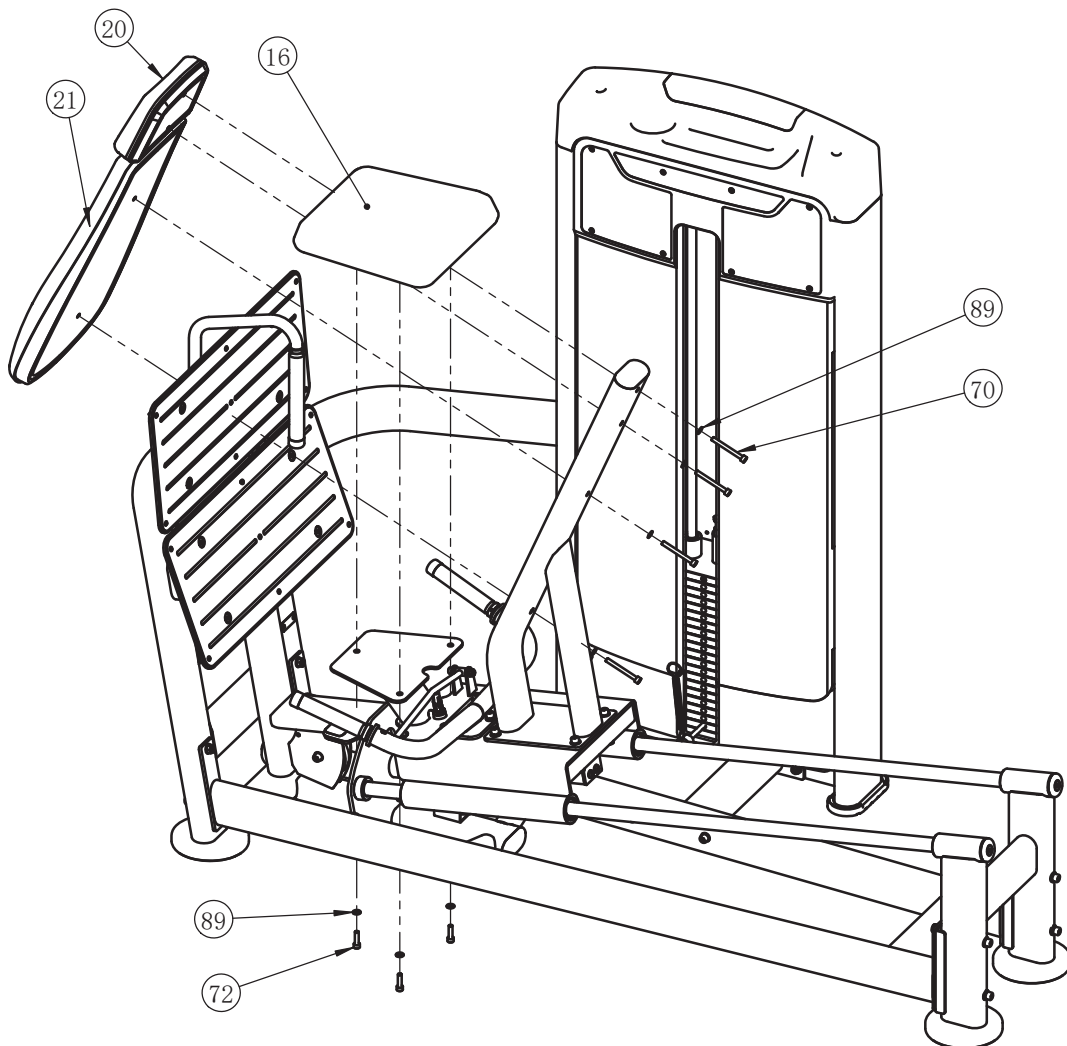
Item No.	Description	Qty
53	Upper Shroud	1
57	Front Cover	1



# Assembly

## Step 5

Item No.	Description	Qty	Item No.	Description	Qty
16	Seat Pad	1	70	Soket Head Cap Screw M8×75	4
20	Headrest	1	72	Soket Head Cap Screw M8×30	3
21	Back Cushion	1	89	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7



## 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**



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