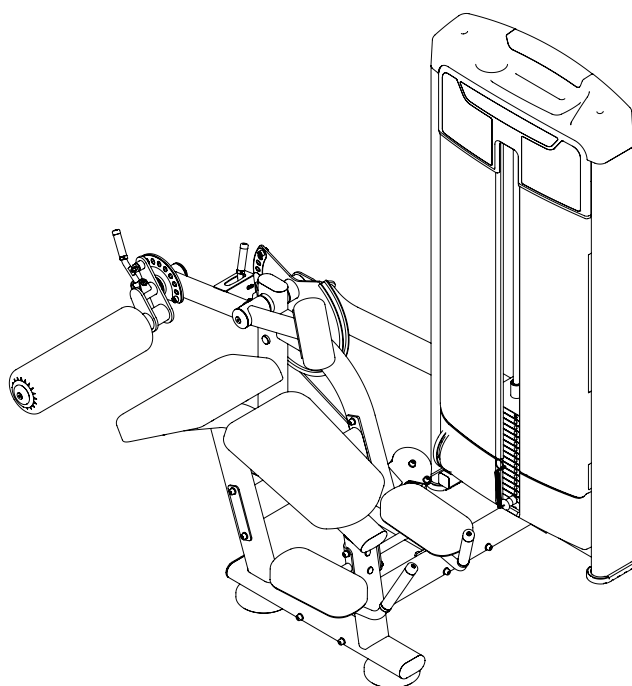


TOORX
PROFESSIONAL LINE

INSTRUCTION



PRONE LEG CURL

PLX 8900



Cod : GRLDTOORXPLX8900

Rev : 00

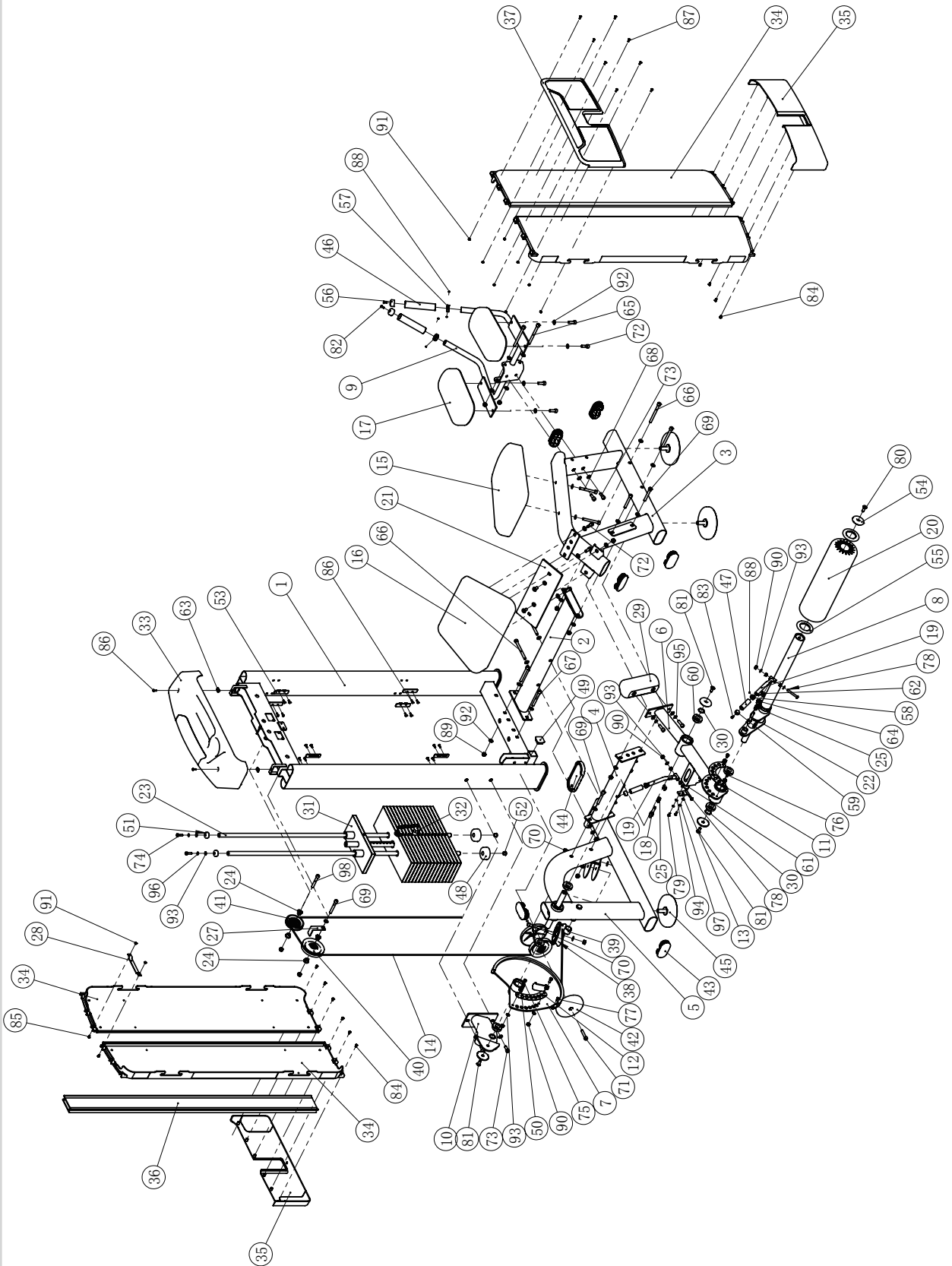
Ed : 11/23

Parts List

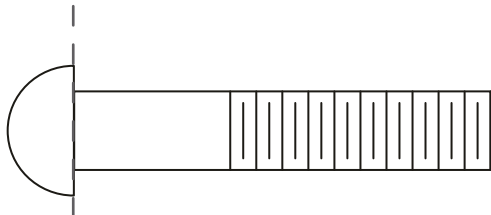
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame	1	51	Mount Sleeve	2
2	Bottom Cross Brace	1	52	Weight Rubber Bumper	2
3	Main Frame	1	53	Shroud Clip	8
4	Mid Frame	1	54	Aluminum Cap $\phi 60 \times \phi 10.5 \times 10.9$	4
5	Rope Support Frame	1	55	Aluminium Grip Ring $\phi 85 \times \phi 52 \times 5$	2
6	Swing Frame	1	56	Aluminium Grip Cap $\phi 32.5 \times \phi 26 \times 19$	2
7	Rope Frame	1	57	Aluminium Grip Ring $\phi 33 \times \phi 26.8 \times 9.5$	2
8	FOAM Frame	1	58	Aluminium Grip Ring $\phi 22 \times \phi 17 \times 9.5$	2
9	Handrail Frame	1	59	Aluminium Grip Cap $\phi 22 \times \phi 17 \times 12$	2
10	Top Frame	1	60	Bearing 6005	8
11	Lining Board	1	61	Small Bushing	4
12	Rope Frame Lining Board	1	62	Chain Clasp	2
13	Spring Baffle	1	63	Stretch Splint	2
14	Cable Assembly	1	64	Locking Nut	1
15	Chest Pad	1	65	Socket Head Cap Screw M10 \times 125	2
16	Leg Pad	1	66	Socket Head Cap Screw M10 \times 120	4
17	Arm Pad	2	67	Socket Head Cap Screw M10 \times 90	2
18	Dowel Shaft $\phi 18.2 \times 68$	1	68	Socket Head Cap Screw M10 \times 80	2
19	FOAM Handle Adjuster Frame	2	69	Socket Head Cap Screw M10 \times 75	5
20	Foreskin Leather FOAM	1	70	Socket Head Cap Screw M10 \times 60	2
21	Cushion Plate	1	71	Socket Head Cap Screw M10 \times 50	1
22	Dowel Shaft $\phi 18.2 \times 73$	1	72	Socket Head Cap Screw M10 \times 30	10
23	Guide Rod	2	73	Socket Head Cap Screw M10 \times 25	4
24	Sleeve	4	74	Socket Head Cap Screw M8 \times 25	2
25	Handle Latch Spring	2	75	Socket Head Cap Screw M8 \times 20	2
27	Pulley Block 74 \times 45 \times 25 \times 3	1	76	Socket Head Cap Screw M8 \times 10	2
28	Connecting Plate	1	77	Socket Head Cap Screw M4 \times 15	1
29	Clump Weight	1	78	Button Head Cap Screw M8 \times 60	2
30	SPACER Ring	4	79	Button Head Cap Screw M6 \times 15	2
31	Weight Plate	1	80	Flat Head Cap Screw M10 \times 35	1
32	Selector Pin W/Coil	1	81	Flat Head Cap Screw M10 \times 25	5
33	Upper Shroud	1	82	Flat Head Cap Screw M6 \times 16	2
34	Side Shroud	4	83	Flat Head Cap Screw M5 \times 10	2
35	Under Shroud	2	84	Button Head Cap Screw M6 \times 10	12
36	Back Buckle	1	85	Button Head Cap Screw M5 \times 10	2
37	Front Cover	1	86	Pan Head Philips Screw M5 \times 15	18
38	V-pulley	1	87	Flat Head Philips Screw M5 \times 15	8
39	Spacer $\phi 32 \times \phi 25.4 \times 28$	1	88	Socket Set Screw M5 \times 3	8
40	4.5" Pulley	2	89	Nylon lock Nut M10	19
41	3.5" Pulley	1	90	Nylon lock Nut M8	4
42	Pulley Cover	2	91	Nylon lock Nut M5	10
43	Plug PT50 \times 100	7	92	Flat Washer $\phi 20 \times \phi 11 \times 2$	47
44	Rubber Foot	2	93	Flat Washer $\phi 16 \times \phi 9 \times 1.6$	8
45	Adjustable Foot	3	94	Flat Washer $\phi 12 \times \phi 6.5 \times 1.6$	2
46	Grip $\phi 32 \times \phi 25 \times 149$	2	95	Spring Washer $\phi 10$	2
47	Grip $\phi 21 \times \phi 14 \times 65$	2	96	Spring Washer $\phi 8$	2
48	Weight Rubber Bumper	2	97	Spring Washer $\phi 6$	2
49	Plug F38	1	98	Socket Head Cap Screw M10 \times 70	1
50	Spacer $\phi 17 \times 10.5$	4	99		

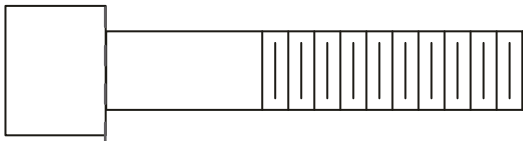
Exploded View



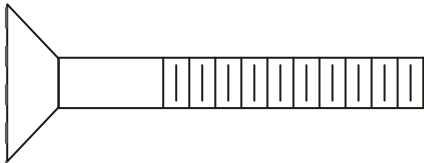
Measurement Guide



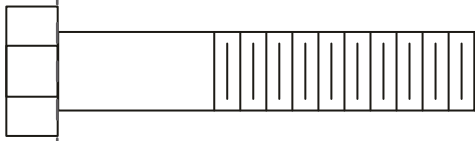
BHCS = Button Head Cap Screw



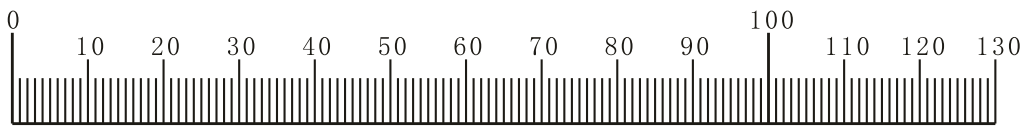
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



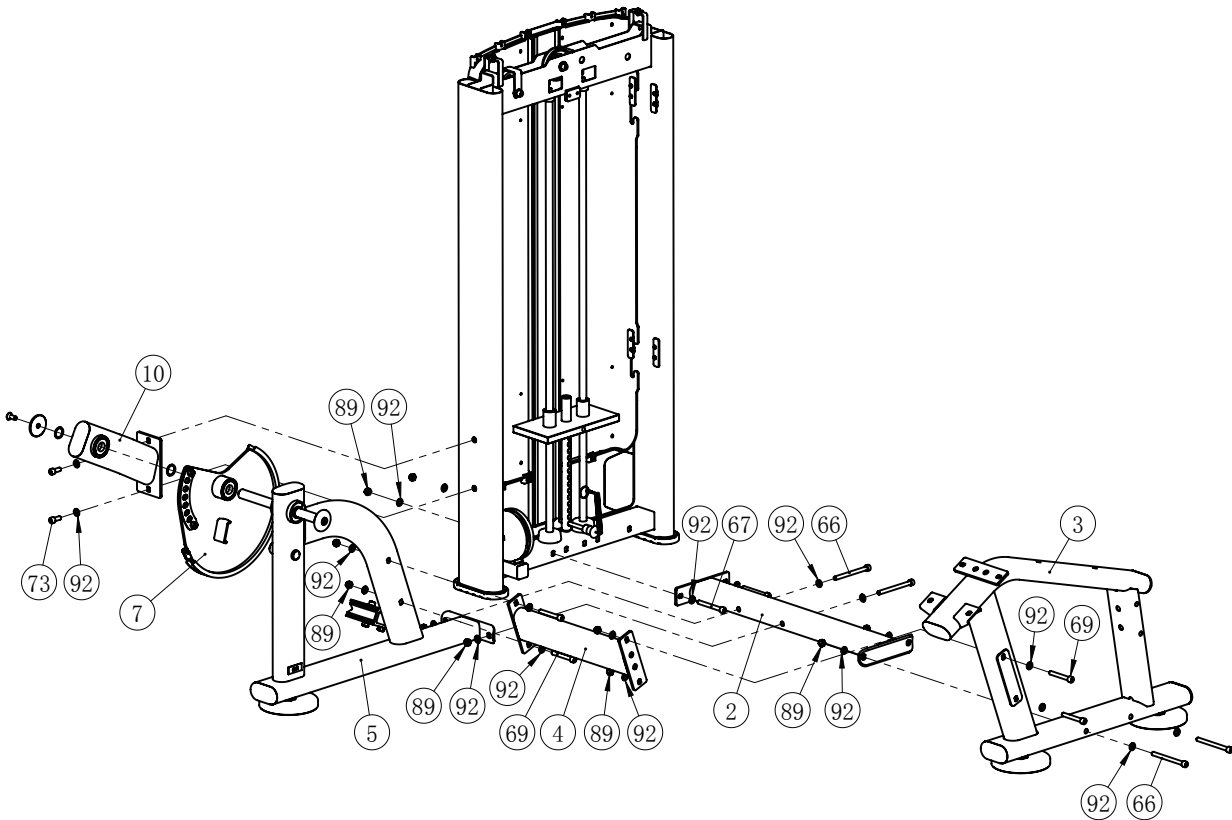
Inches

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
2	Bottom Cross Brace	1	66	Socket Head Cap Screw M10×120	4
3	Main Frame	1	67	Socket Head Cap Screw M10×90	2
4	Mid Frame	1	69	Socket Head Cap Screw M10×75	4
5	Rope Support Frame	1	73	Socket Head Cap Screw M10×25	2
7	Rope Frame	1	89	Nylon lock Nut M10	10
10	Top Frame	1	92	Flat Washer $\phi 20 \times \phi 11 \times 2$	22

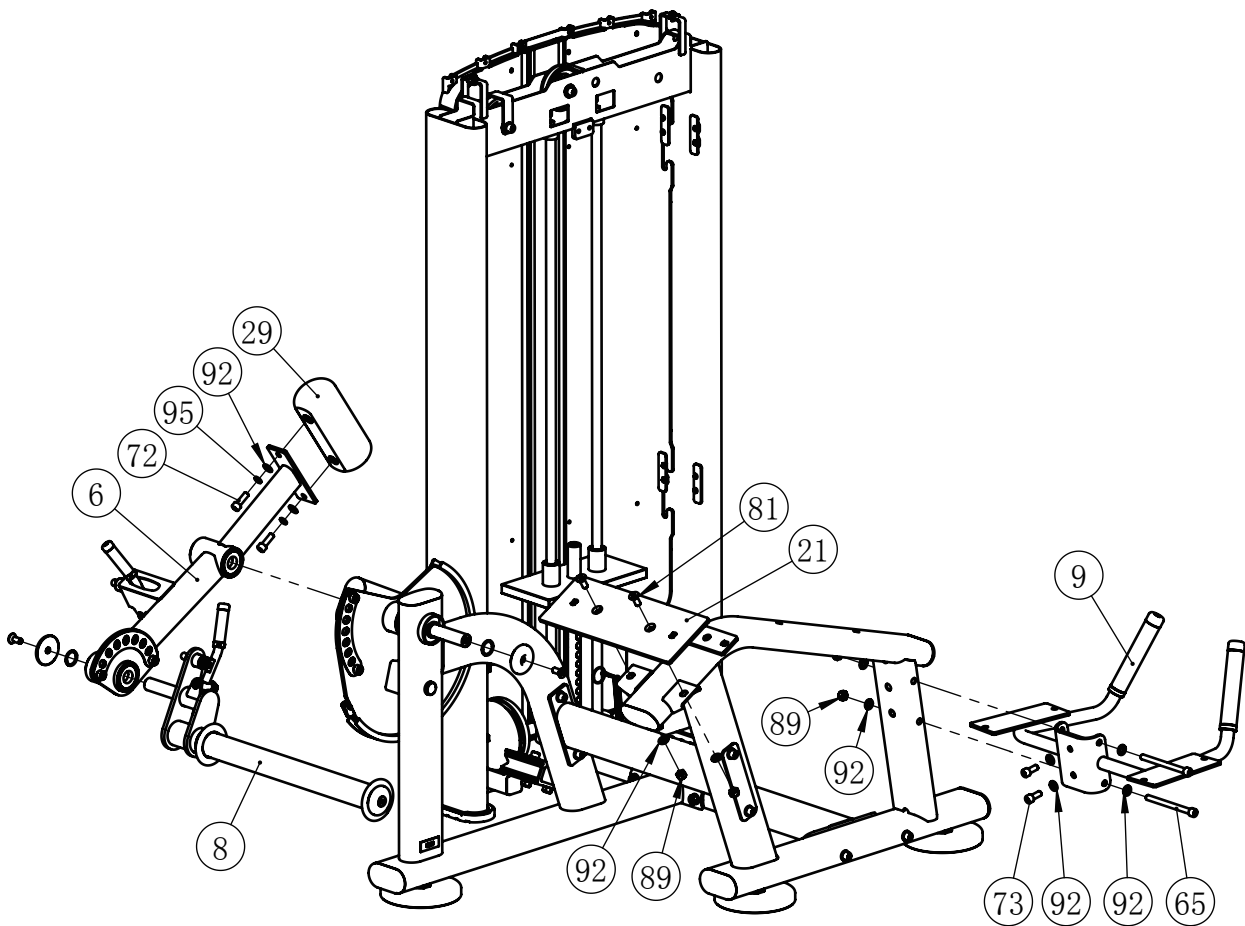


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
6	Swing Frame	1	72	Socket Head Cap Screw M10×30	2
8	FOAM Frame	1	73	Socket Head Cap Screw M10×25	2
9	Handrail Frame	1	81	Flat Head Cap Screw M10×25	2
21	Cushion Plate	1	89	Nylon lock Nut M10	4
29	Clump Weight	1	92	Flat Washer $\phi 20 \times \phi 11 \times 2$	10
65	Socket Head Cap Screw M10×125	2	95	Spring Washer $\phi 10$	2

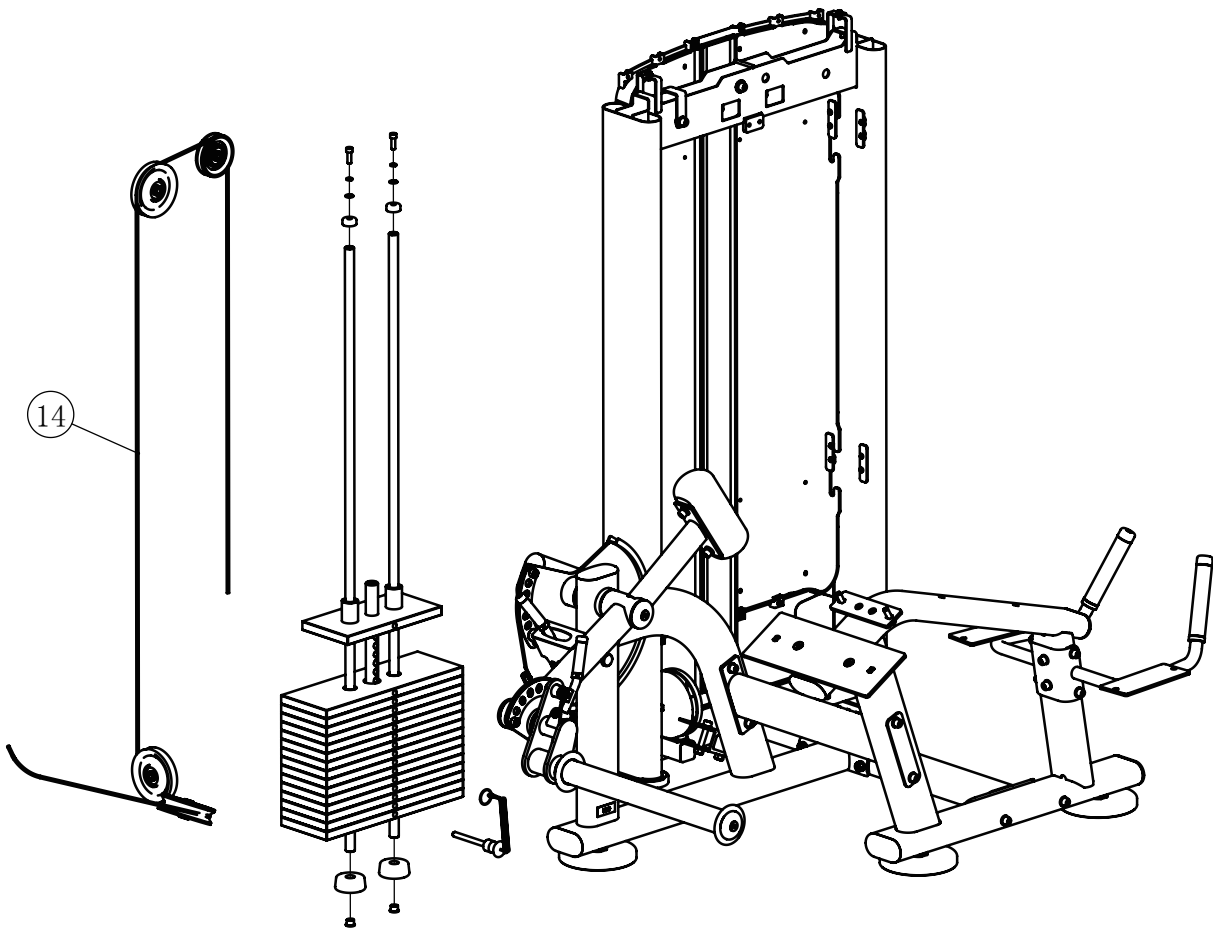


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty
14	Cable Assembly	1

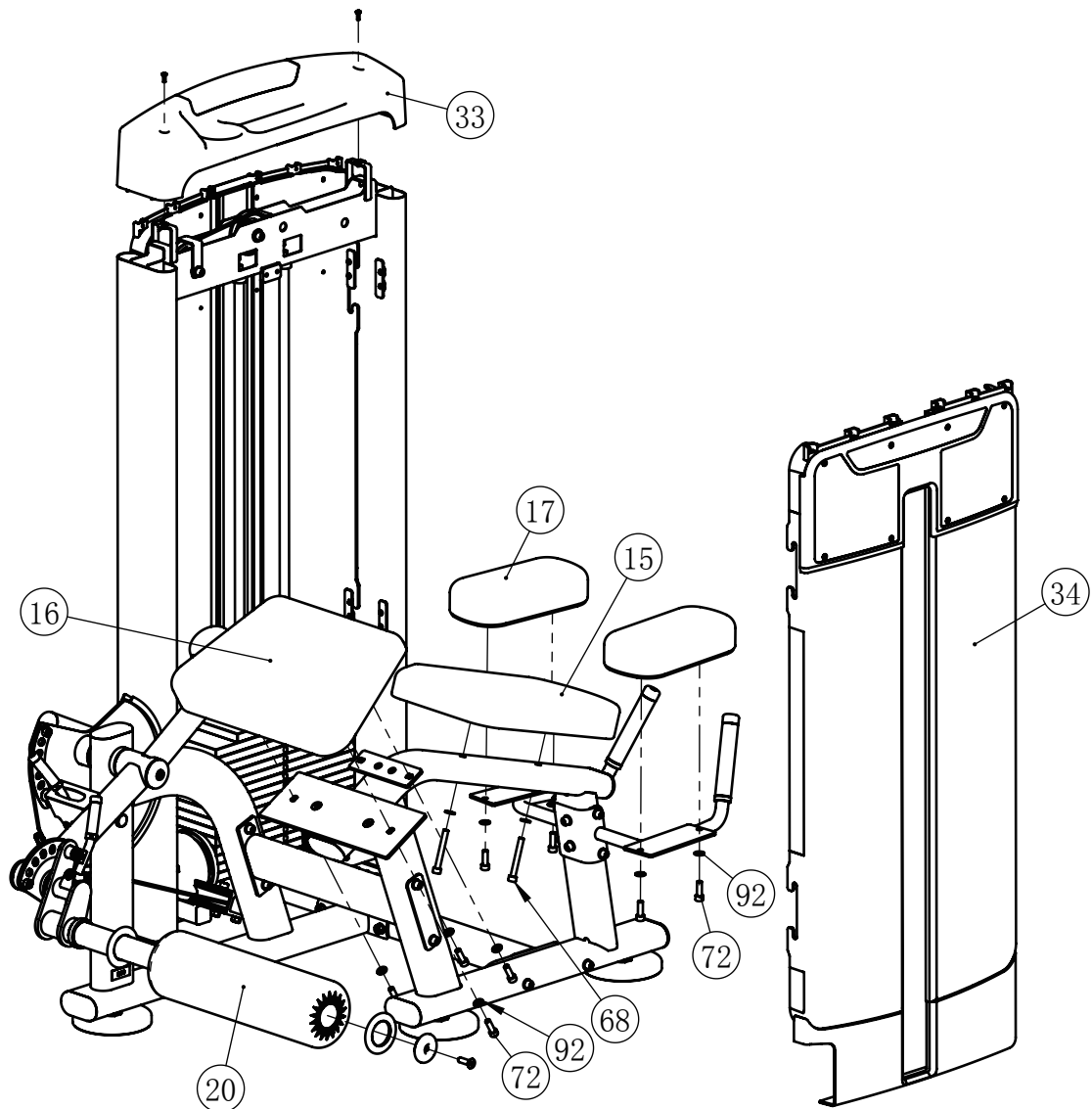


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item NO.	Description	Qty	Item NO.	Description	Qty
15	Chest Pad	1	34	Side Shroud	1
16	Leg Pad	1	68	Socket Head Cap Screw M10×80	2
17	Arm Pad	2	72	Socket Head Cap Screw M10×30	8
20	Foreskin Leather FOAM	1	92	Flat Washer $\phi 20 \times \phi 11 \times 2$	10
33	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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