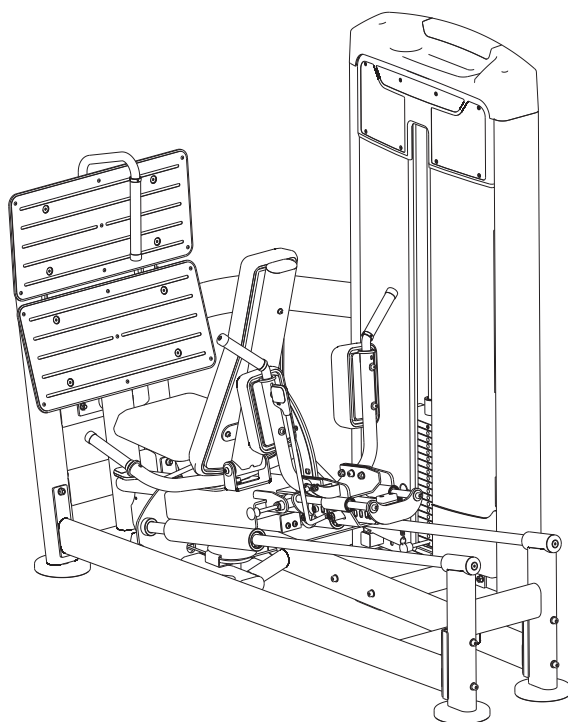


TOORX
PROFESSIONAL LINE

INSTRUCTION



**HORIZONTAL LEG PRESS
HACK SQUAT**

PLX 9500



Cod : GRLDTOORXPL9500

Rev : 00

Ed : 11/23

Parts List

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

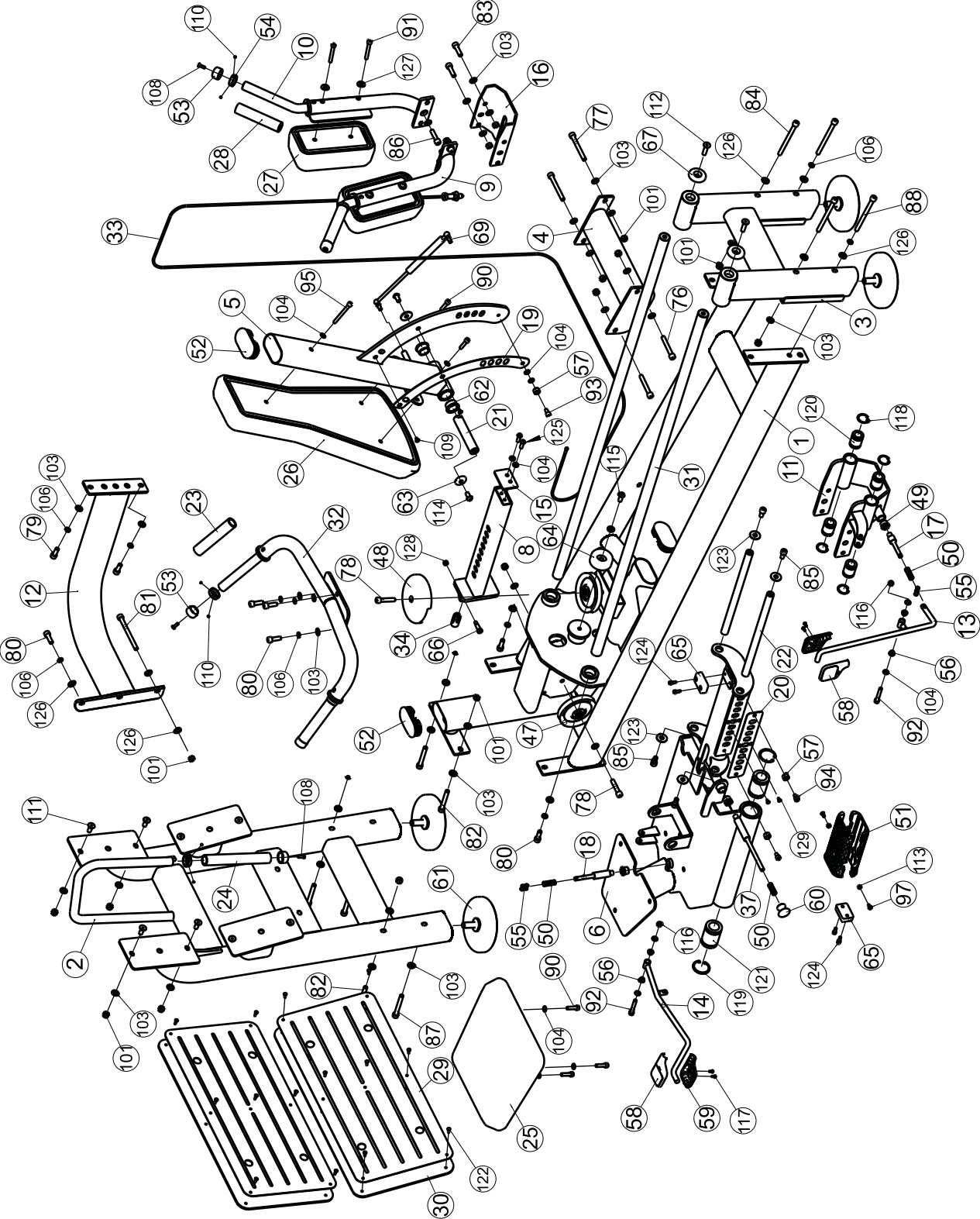
Item No	Description	QTY	Item No	Description	QTY
1	Main Frame	1	38	Pulley	1
2	Pedal Frame	1	39	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
3	Back Support Frame	1	40	Shroud Clip	8
4	Connecting Frame	1	41	Rubber Bumper	2
5	Back Cushion Frame	1	42	Mount Sleeve	2
6	Seat Cushion Sliding Frame	1	43	Tube Plug F38	1
7	Weight Stack Frame	1	44	Rubber Foot	2
8	Sliding Frame	1	45	Weight Plate	1
9	Left Shoulder Cushion Frame	1	46	Selector Pin W/Coil	1
10	Right Shoulder Cushion Frame	1	47	Pulley	4
11	Shoulder Cushion Regulating Frame	1	48	Pulley Cover	3
12	Connecting Frame	1	49	Locking Nut	3
13	Handle Frame	1	50	Spring	3
14	Handle Regulating Frame	1	51	Plastic Tube Guide	2
15	Limit Baffle	1	52	Tube Plug PT50*100	3
16	Stiffening Plate	1	53	Aluminium Grip Cap $\phi 32.5 \times \phi 26 \times 19$	5
17	Shaft $\phi 12.7 \times 90$	1	54	Aluminium Grip Ring $\phi 33 \times \phi 26.8 \times 9.5$	5
18	Shaft $\phi 18.2 \times \phi 12.7 \times 121.5$	1	55	Chain Clasp	2
19	Scratch Board	1	56	Plastic Bushing	4
20	Scratch Board	1	57	Limit Sleeve	3
21	Shaft $\phi 25.4 \times 131$	1	58	Handle Upper Cover Assembly	2
22	Guide Rod $\phi 20 \times 349$	2	59	Handle Lower Cover	2
23	Grip ST $\phi 30 \times \phi 22 \times 150$	2	60	Little Handle	1
24	Grip ST $\phi 30 \times \phi 22 \times 215$	1	61	Floor Stand	4
25	Seat Cushion	1	62	Spacer	2
26	Back Cushion	1	63	Small End Cap	2
27	Shoulder Cushion	2	64	Big Rubber Pad	1
28	Grip ST $\phi 22 \times \phi 30 \times 140$	2	65	Rubber Pad	2
29	Footboard	2	66	Cable Bolt	1
30	Foot pedal	2	67	Shaft End Cap	2
31	Guide Rod $\phi 30 \times 1473.5$	2	68	Connecting Plate	1
32	Handle Frame	1	69	Air Spring	1
33	Cable Assembly	1	70	Upper Shroud	1
34	Cable Joint	1	71	Side Shroud	4
35	Guide Rod $\phi 19 \times 2.0 \times 1319$	2	72	Under Shroud	2
36	Pulley Sleeve	4	73	Back Buckle	1
37	Shaft $\phi 18.2 \times \phi 12.7 \times 213$	1	74	Front Cover	1

Parts List

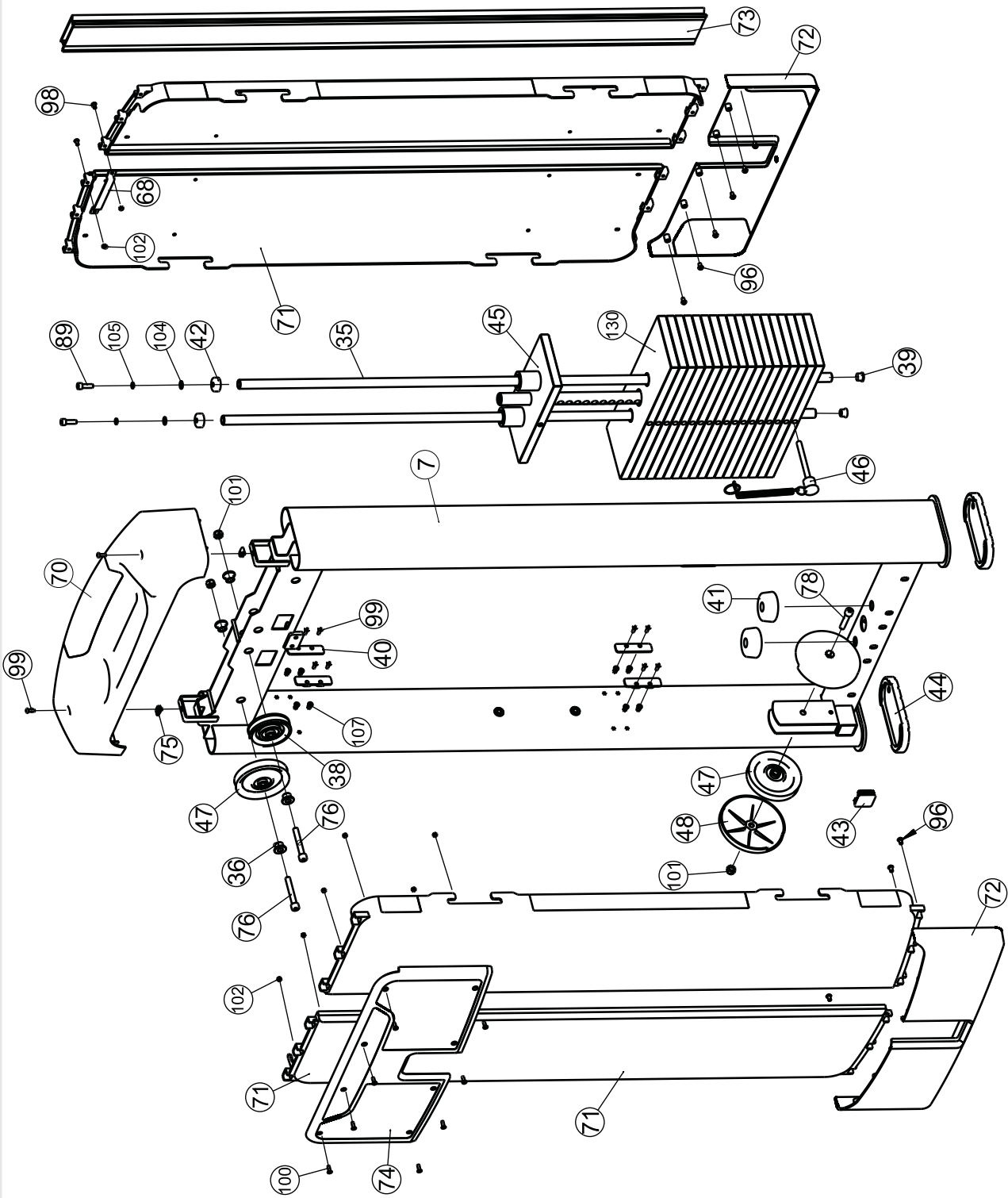
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No	Description	QTY	Item No	Description	QTY
75	Stretch Splint	2	104	Flat Washer $\phi 9 * \phi 16 * 1.6$	16
76	Socket Head Cap Screw M10*70	4	105	Spring Washer $\phi 8$	2
77	Socket Head Cap Screw M10*90	2	106	Spring Washer $\phi 10$	12
78	Socket Head Cap Screw M10*50	3	107	Flat Hex Nut M5	16
79	Socket Head Cap Screw M10*25	2	108	Flat Head Cap Screw M6*20	5
80	Socket Head Cap Screw M10*30	6	109	Flat Head Cap Screw M6*10	2
81	Socket Head Cap Screw M10*120	1	110	Socket Set Screw M5*3	10
82	Socket Head Cap Screw M10*75	4	111	Flat Head Cap Screw M10*25	8
83	Socket Head Cap Screw M10*35	4	112	Flat Head Cap Screw M10*40	2
84	Socket Head Cap Screw M10*125	2	113	Hexagon Nut M6	2
85	Socket Head Cap Screw M10*20	4	114	Button Head Cap Screw M10*20	2
86	Socket Head Cap Screw M10*40	2	115	Button Head Cap Screw M10*25	1
87	Socket Head Cap Screw M10*80	2	116	Nylon Lock Nut M8	2
88	Socket Head Cap Screw M10*130	2	117	Button Head Cap Screw M4*10	4
89	Socket Head Cap Screw M8*25	2	118	Circlip For Hole $\phi 32$	4
90	Socket Head Cap Screw M8*30	5	119	Circlip For Hole $\phi 47$	4
91	Socket Head Cap Screw M8*60	4	120	Linear Bearing $\phi 32 * \phi 20 * 42$	4
92	Socket Head Cap Screw M8*50	2	121	Linear Bearing $\phi 47 * \phi 30 * 68$	4
93	Socket Head Cap Screw M8*15	1	122	Rivet $\phi 5 \times 13$	14
94	Socket Head Cap Screw M8*12	2	123	Flat Washer $\phi 11 * \phi 30 * 2$	4
95	Socket Head Cap Screw M8*75	1	124	Socket Head Cap Screw M6*15	4
96	Button Head Cap Screw M6*10	12	125	Button Head Cap Screw M8*25	2
97	Button Head Cap Screw M6*12	2	126	Arc Washer $\phi 10$	7
98	Button Head Cap Screw M5*10	2	127	Arc Washer $\phi 8$	4
99	Button Head Cap Screw M5*15	18	128	Nut 5/16"-18x8	1
100	Flat Head Philips Screw M5*15	8	129	Flat Head Cap Screw M5*10	2
101	Nylon Lock Nut M10	27	130	Weight Plate	18
102	Nylon Lock Nut M5	10	131	Lube Oil Box	1
103	Flat Washer $\phi 11 * \phi 20 * 2$	48			

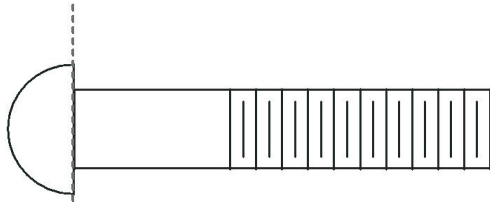
Exploded View



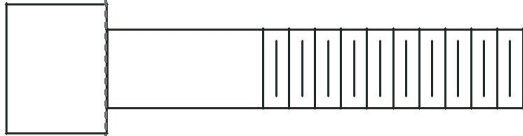
Exploded View



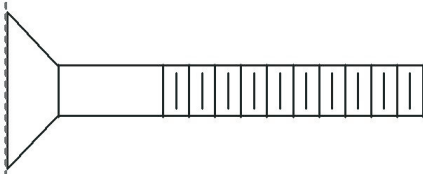
Measurement Guide



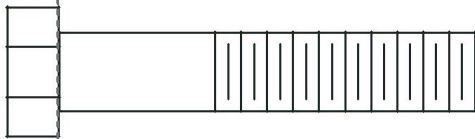
BHCS = Button Head Cap Screw



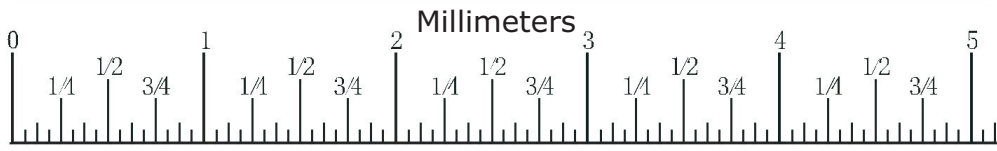
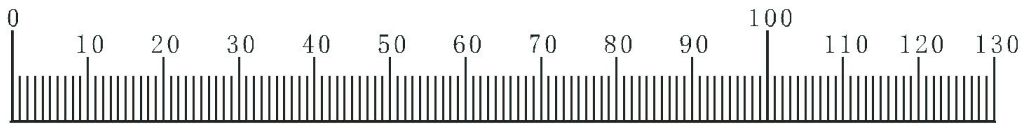
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



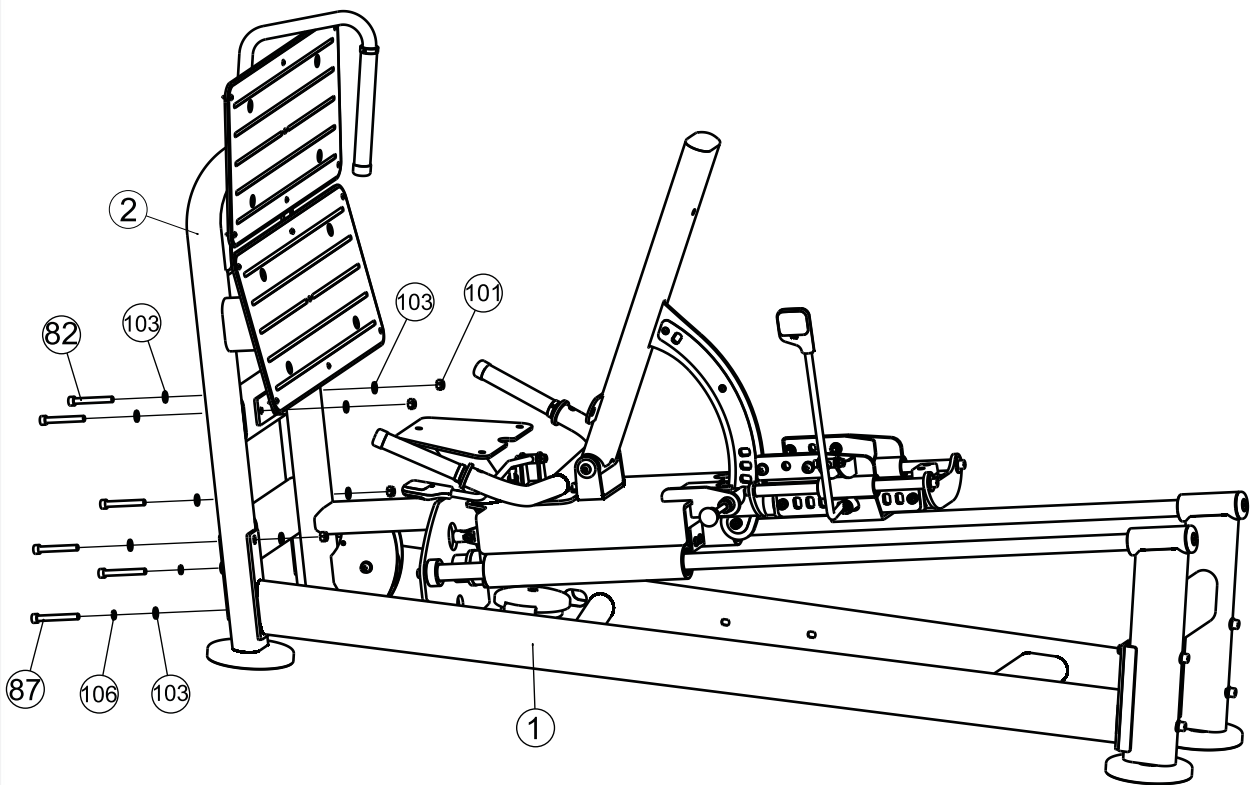
HHB = Hex Head Bolt



Assembly

Step 1

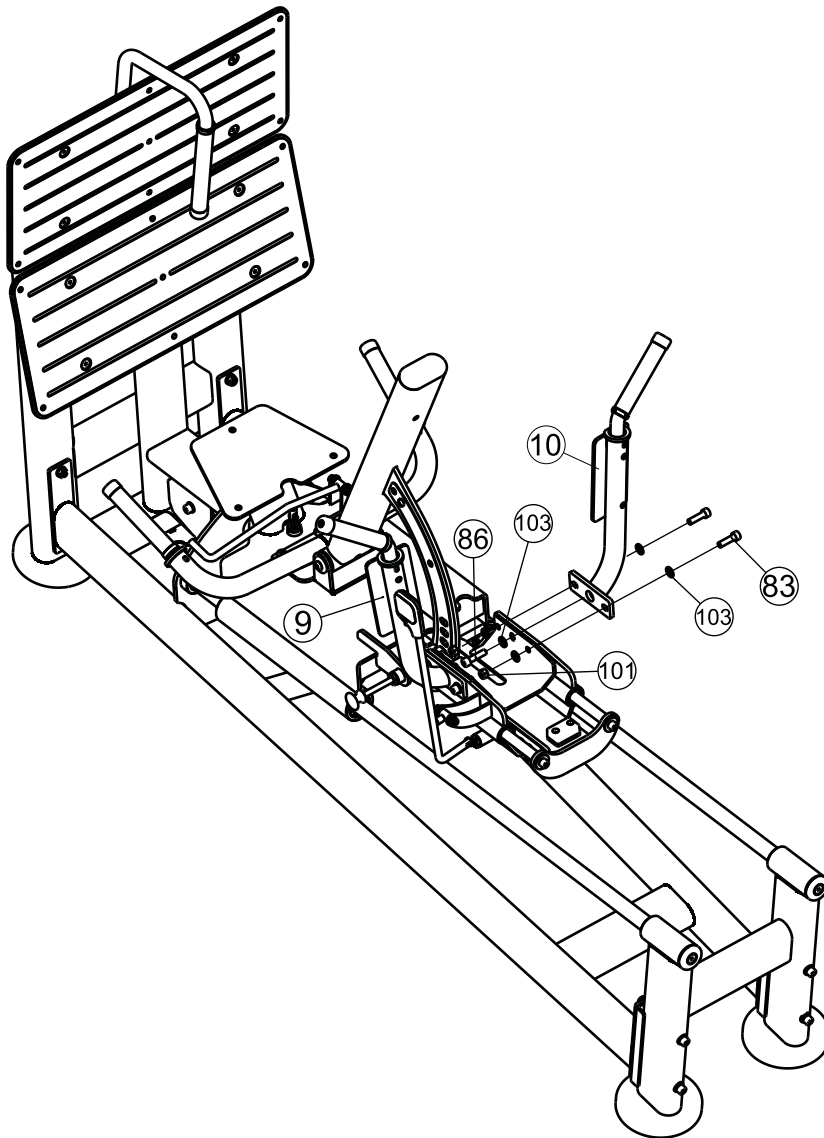
Item No	Description	QTY	Item No	Description	QTY
1	Main Frame	1	101	Nylon Lock Nut M10	4
2	Pedal Frame	1	103	Flat Washer $\phi 11 * \phi 20 * 2$	10
82	Socket Head Cap Screw M10*75	4	106	Spring Washer $\phi 10$	2
87	Socket Head Cap Screw M10*80	2			



Assembly

Step 2

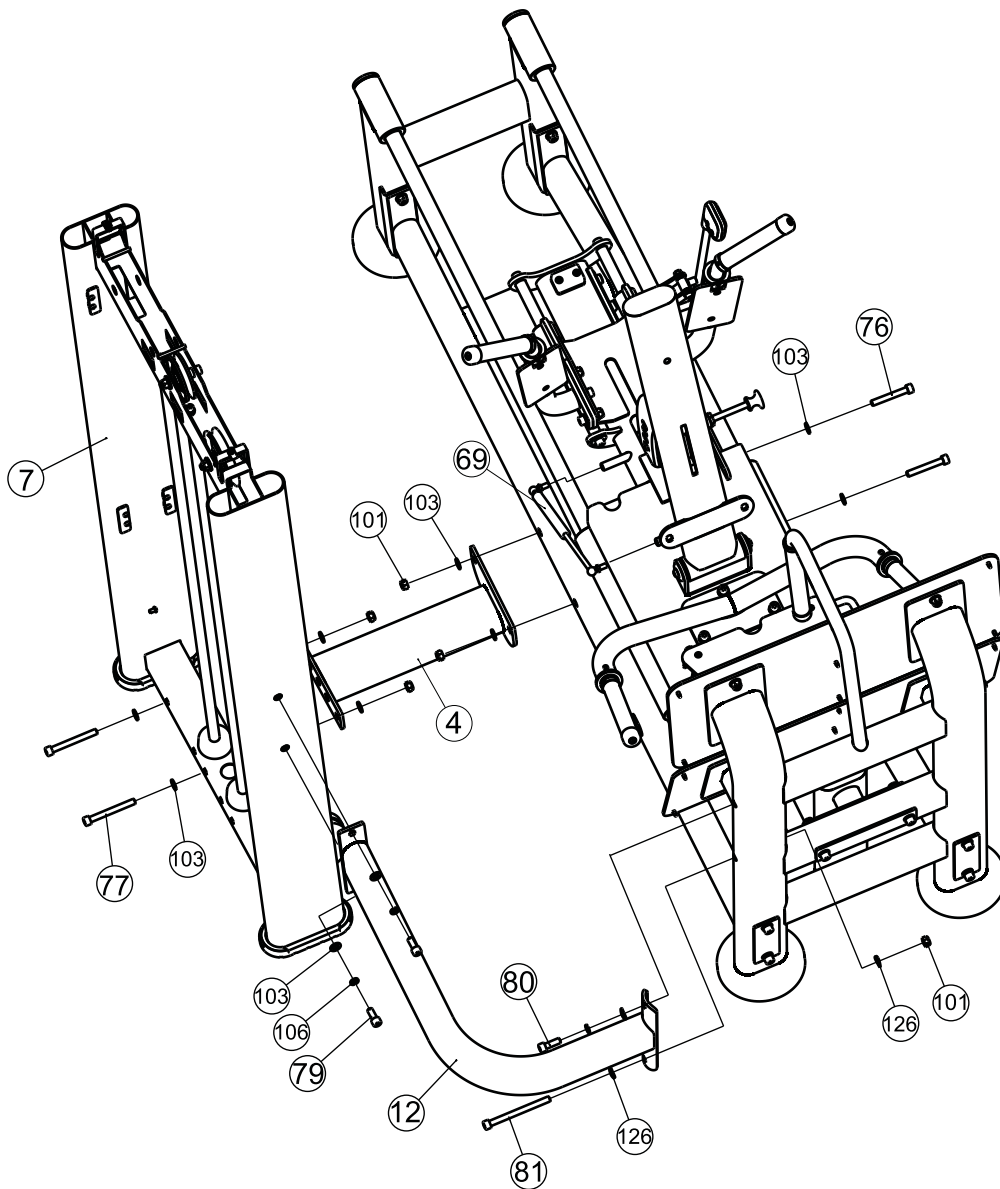
Item No	Description	QTY	Item No	Description	QTY
9	Left Shoulder Cushion Frame	1	86	Socket Head Cap Screw M10*40	2
10	Right Shoulder Cushion Frame	1	101	Nylon Lock Nut M10	4
83	Socket Head Cap Screw M10*35	4	103	Flat Washer $\phi 11 * \phi 20 * 2$	10



Assembly

Step 3

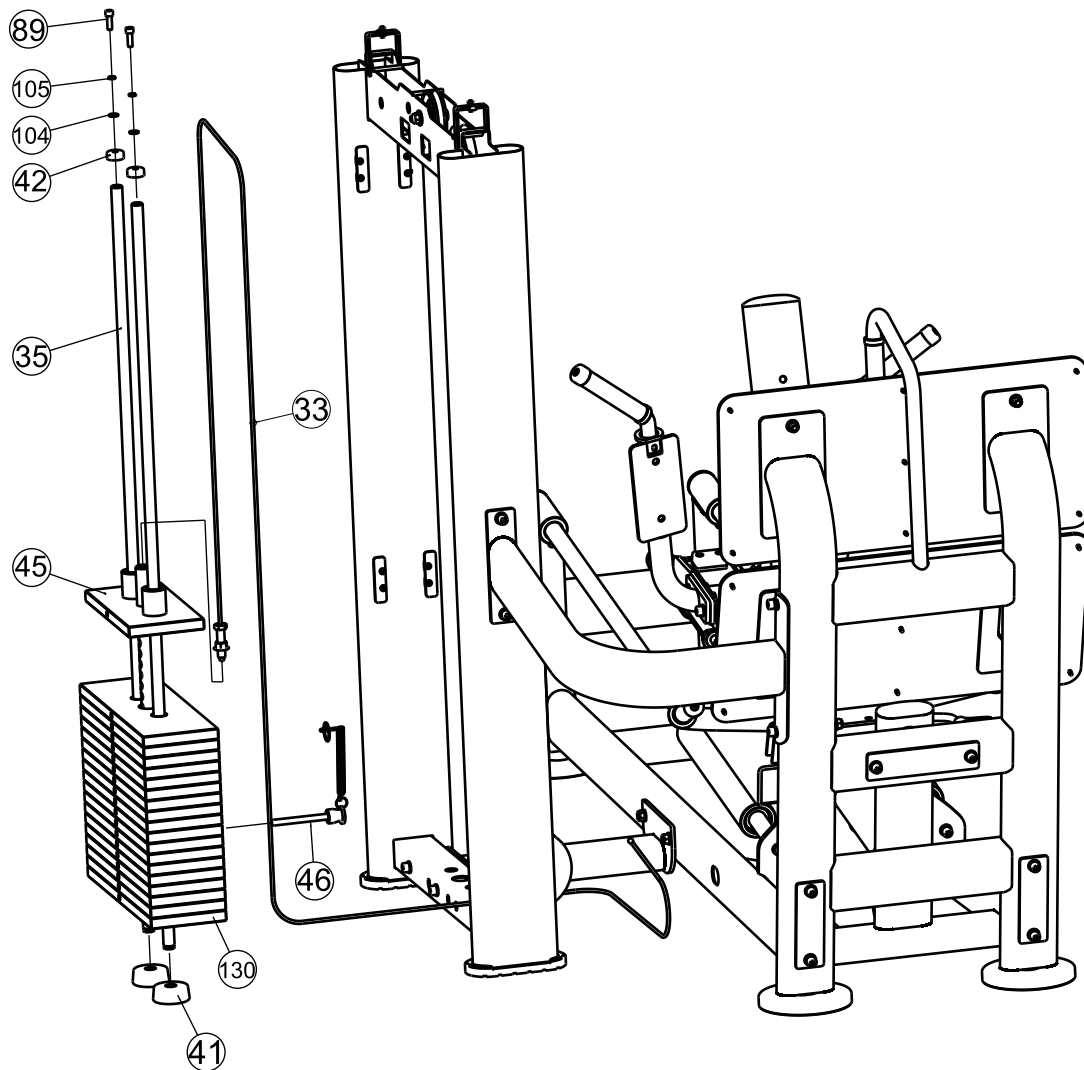
Item No	Description	QTY	Item No	Description	QTY
4	Connecting Frame	1	80	Socket Head Cap Screw M10*30	1
7	Weight Stack Frame	1	81	Socket Head Cap Screw M10*120	1
12	Connecting Frame	1	101	Nylon Lock Nut M10	5
69	Air Spring	1	103	Flat Washer $\phi 11 * \phi 20 * 2$	10
76	Socket Head Cap Screw M10*70	2	106	Spring Washer $\phi 10$	3
77	Socket Head Cap Screw M10*90	2	126	Arc Washer $\phi 10$	3
79	Socket Head Cap Screw M10*25	2			



Assembly

Step 4

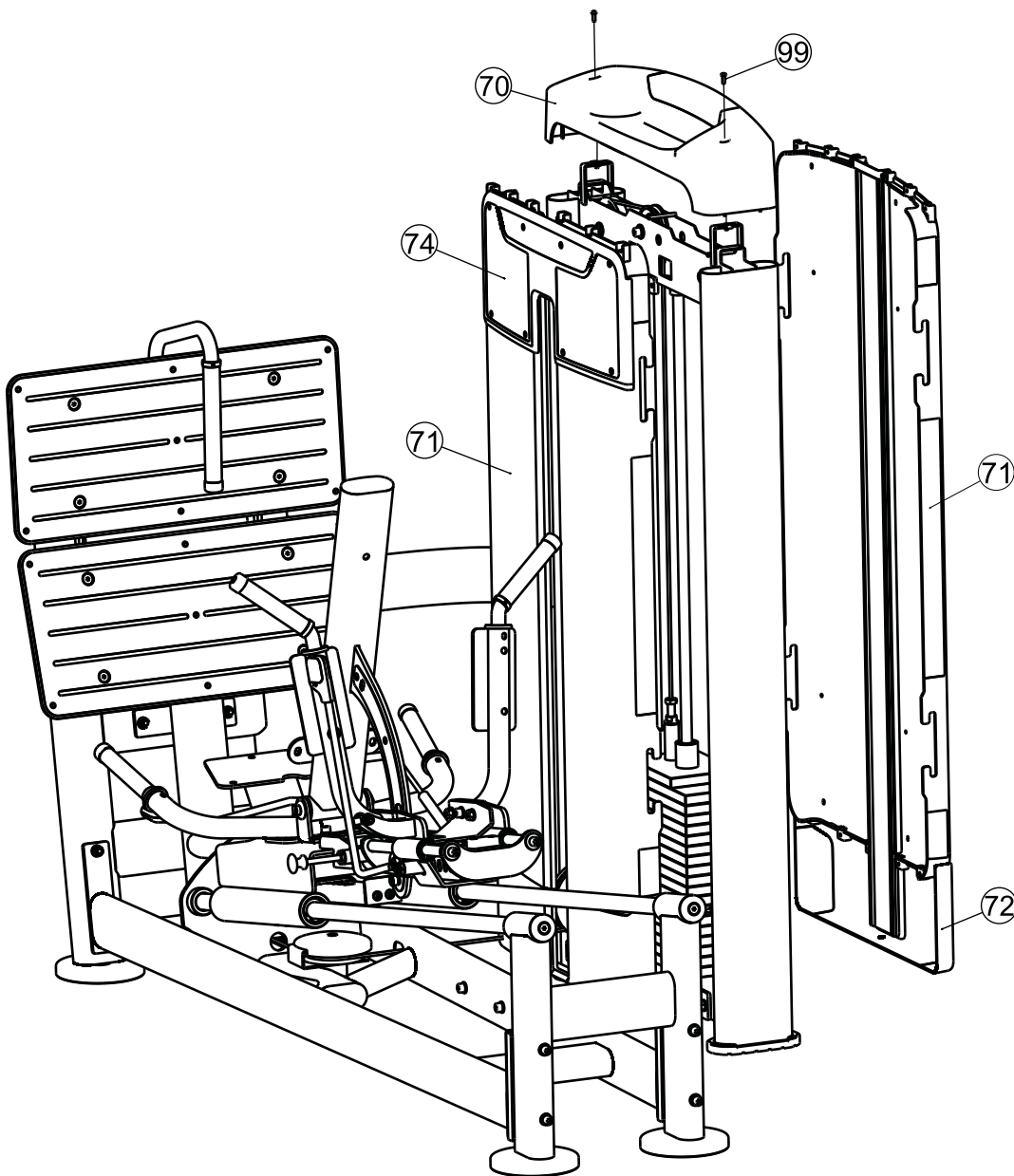
Item No	Description	QTY	Item No	Description	QTY
33	Cable Assembly	1	46	Selector Pin W/Coil	1
35	Guide Rod $\phi 19*2.0*1319$	2	89	Socket Head Cap Screw M8*25	2
41	Rubber Bumper	2	104	Flat Washer $\phi 9*\phi 16*1.6$	2
42	Mount Sleeve	2	105	Spring Washer $\phi 8$	2
45	Weight Plate	1	130	Weight Plate	18



Assembly

Step 5

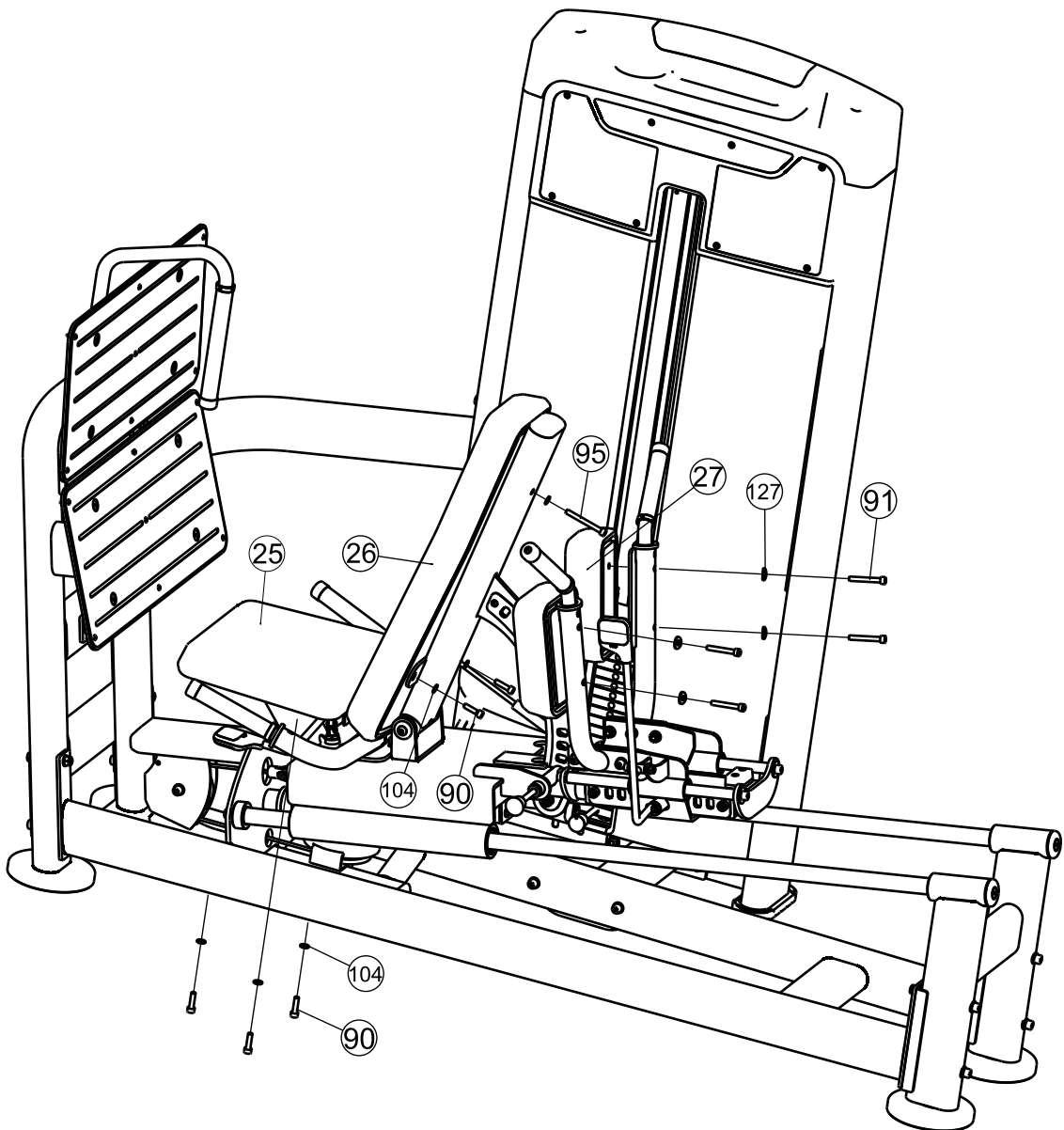
Item No	Description	QTY	Item No	Description	QTY
70	Upper Shroud	1	74	Front Cover	1
71	Side Shroud Assembly	4	99	Button Head Cap Screw M5*15	2
72	Under Shroud	2			



Assembly

Step 6

Item No	Description	QTY	Item No	Description	QTY
25	Seat Cushion	1	91	Socket Head Cap Screw M8*60	4
26	Back Cushion	1	95	Socket Head Cap Screw M8*75	1
27	Shoulder Cushion	2	104	Flat Washer $\phi 9*\phi 16*1.6$	6
90	Socket Head Cap Screw M8*30	5	127	Arc Washer $\phi 8$	4



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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