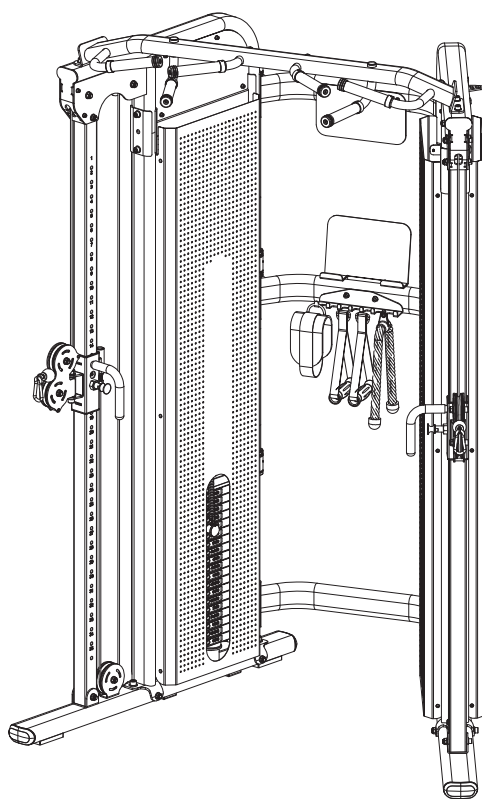


**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



**CSX3500**



Cod : GRLDTOORXCSX3500

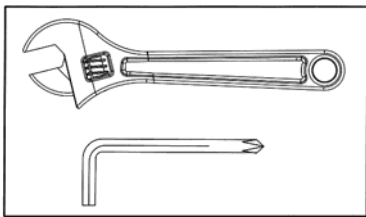
Rev : 00

Edi : 10/24

## IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

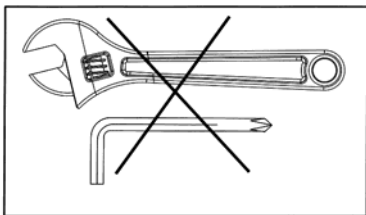
### Fasten Nuts and Bolts



**Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.**

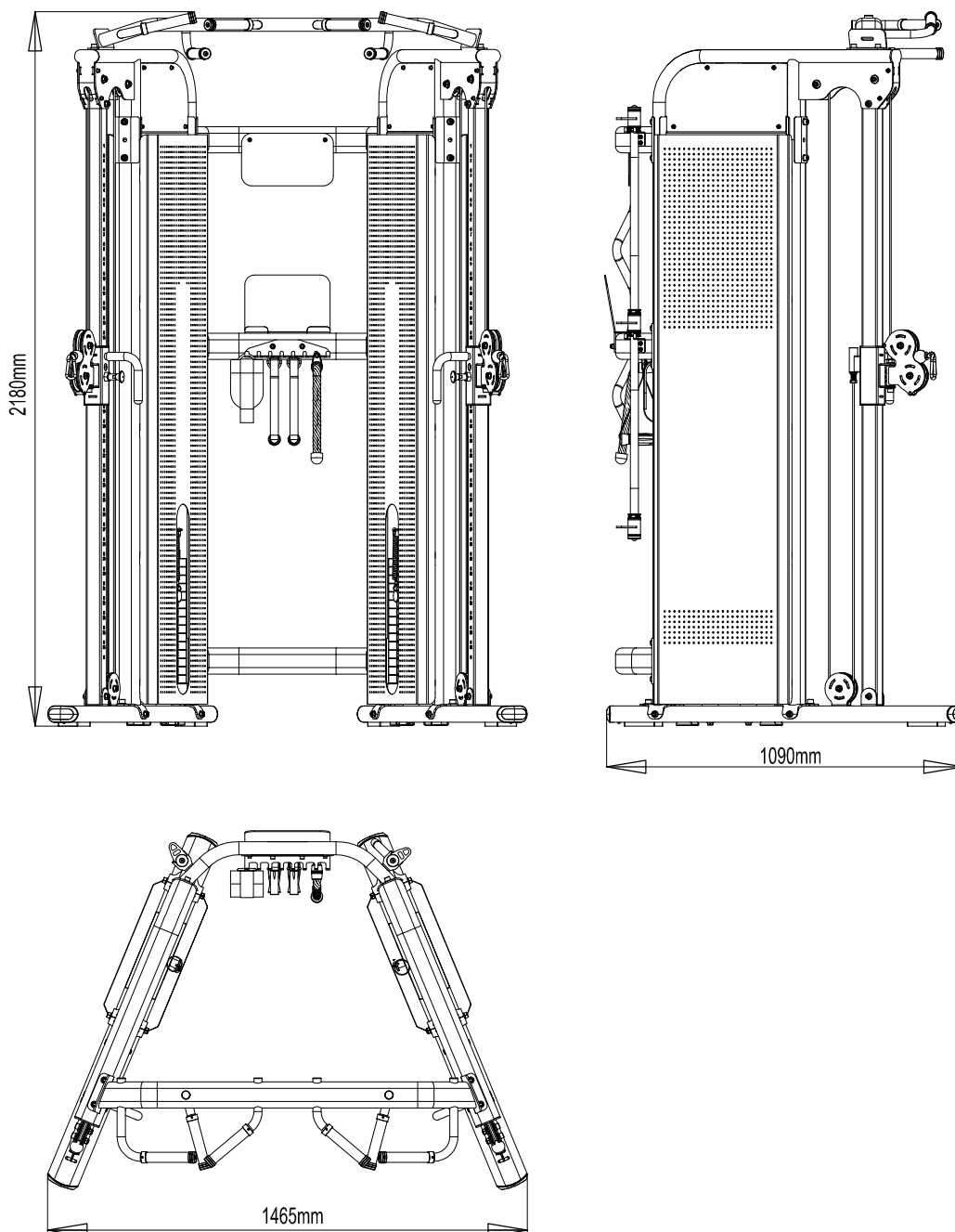
**NOTE: Do not over tighten any component with pivoting function.**

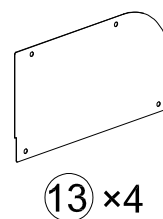
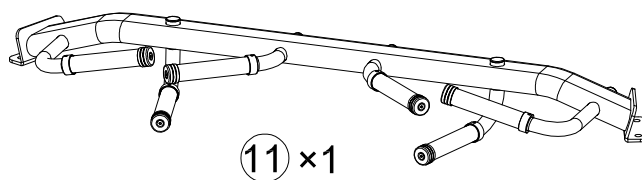
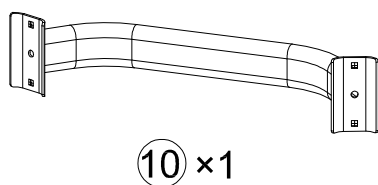
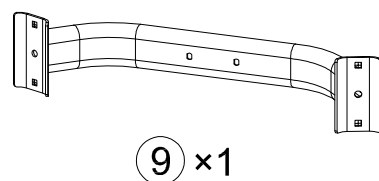
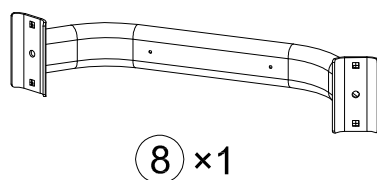
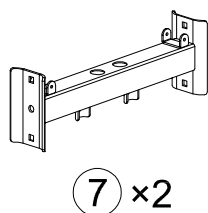
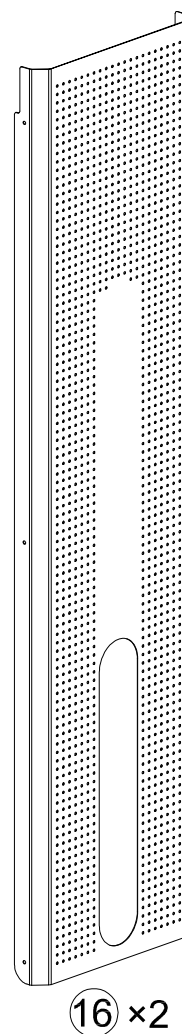
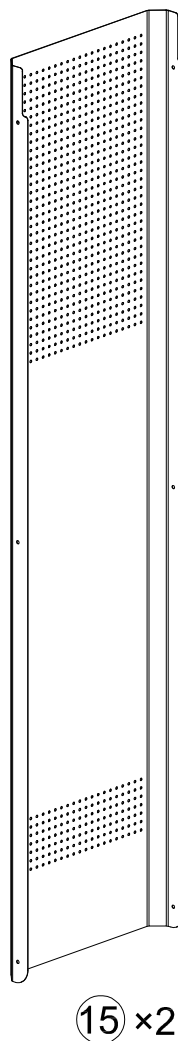
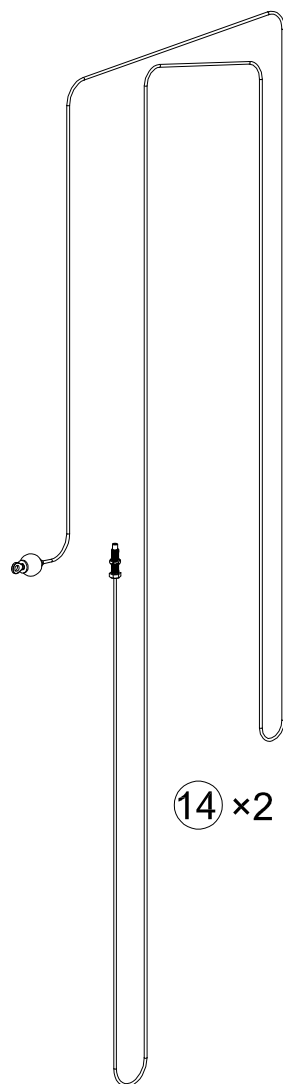
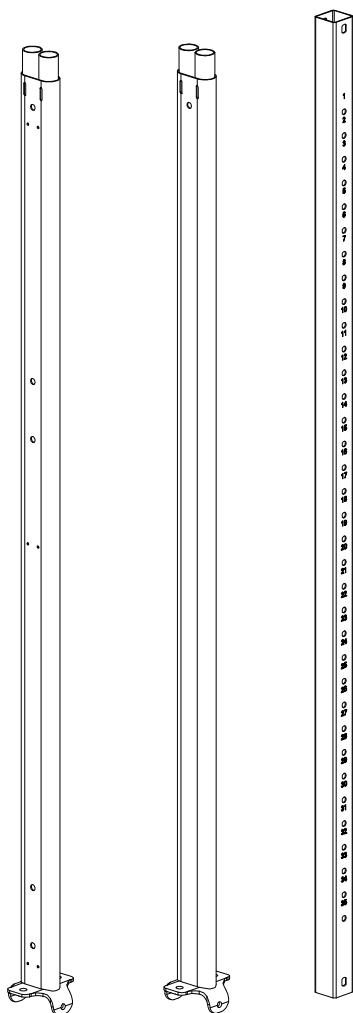
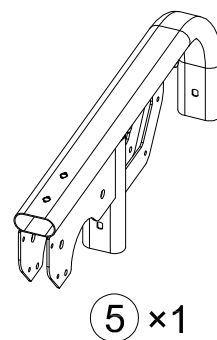
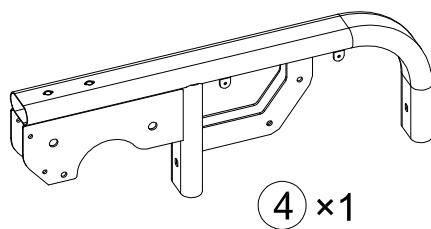
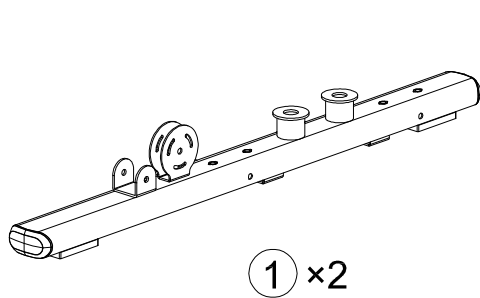
**Make sure all pivoting components are able to move freely.**

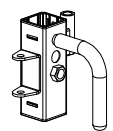


**Do not tighten all Nuts and Bolts in this step.**

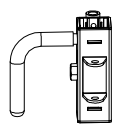
**Assembled Dimension: 1090mm x 1465mm x2180mm**







17 x1



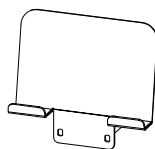
18 x1



19 x4



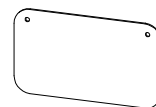
21 x2



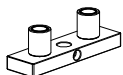
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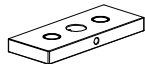
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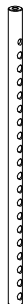
24 x1



26 x2



27 x38



28 x2



29 x2



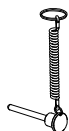
30 x2



31 x2



35 x2



36 x2



37 x12



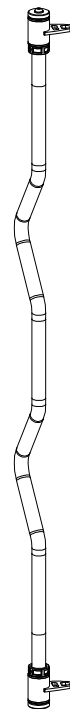
38 x4



39 x2



47 x1



32 x1



33 x1



48 x1



49 x2



54 x4



56 x2



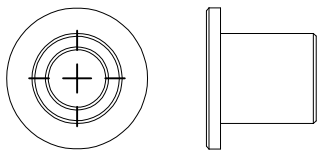
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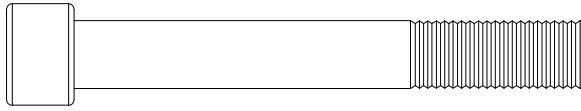
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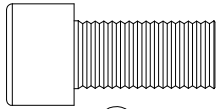
87 x12



20×8



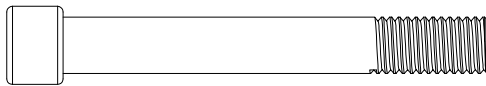
60×2



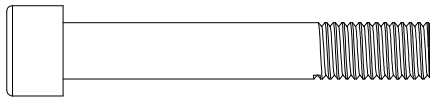
61×8



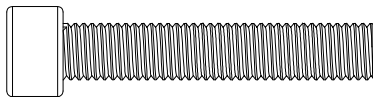
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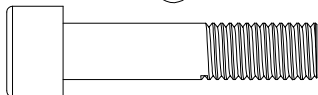
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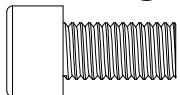
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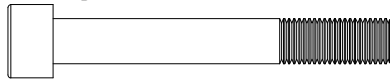
65×2



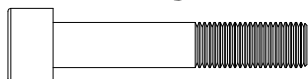
66×8



67×4



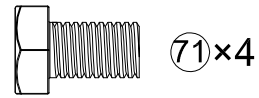
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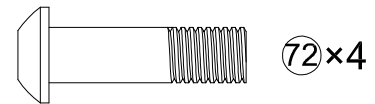
69×4



70×34



71×4



72×4



88×48



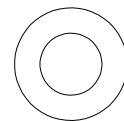
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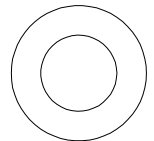
78×34



79×12



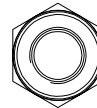
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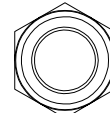
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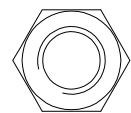
82×6



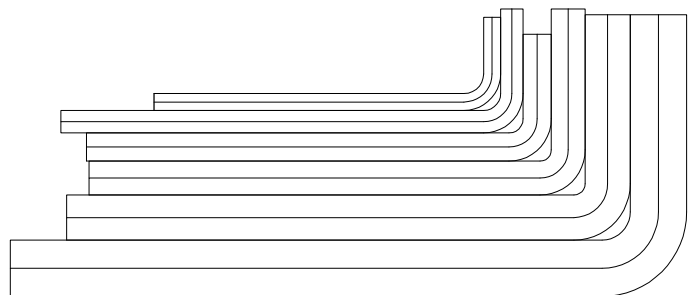
83×36



84×2

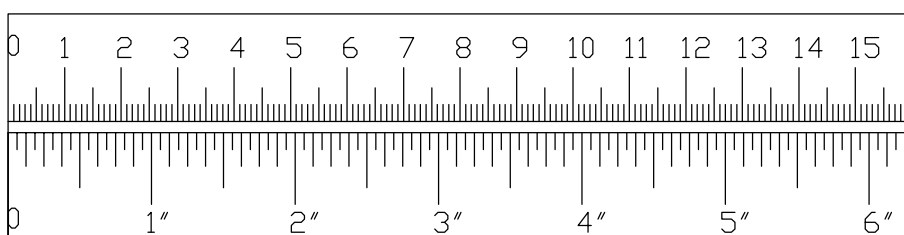


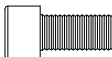
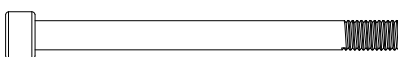
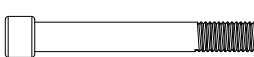
85×2

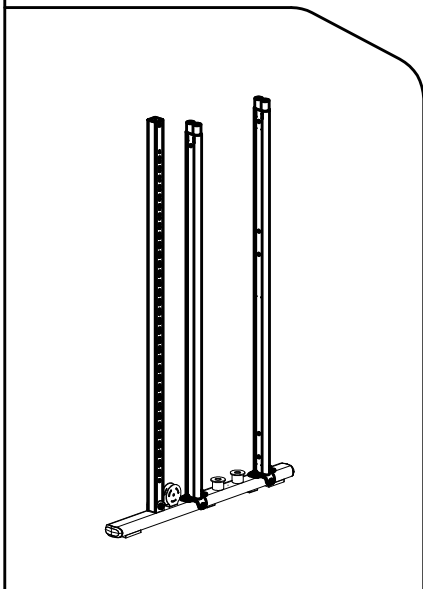
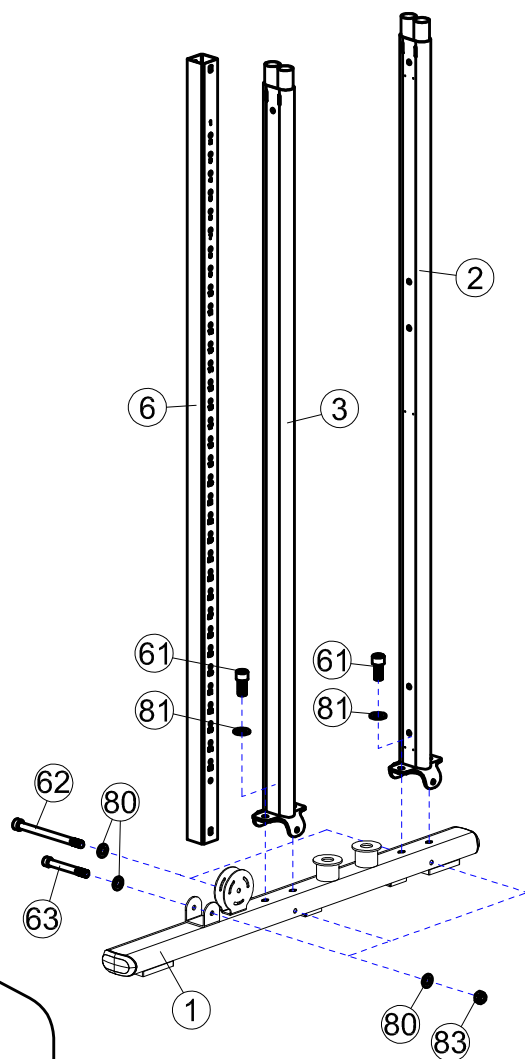
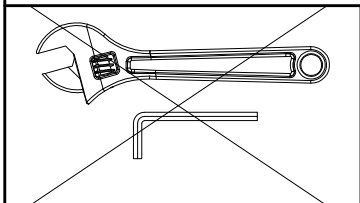


3# 4# 5# 6# 8# 10# ×1

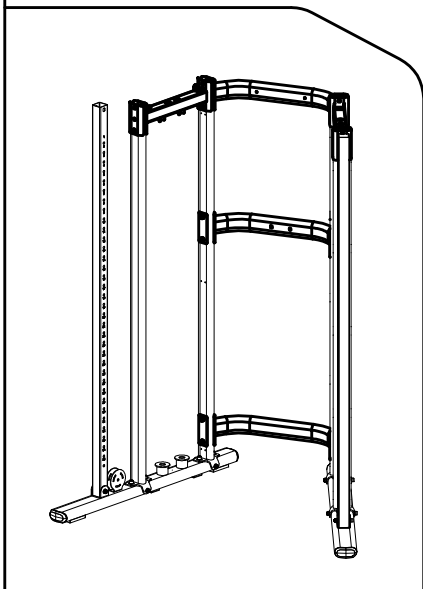
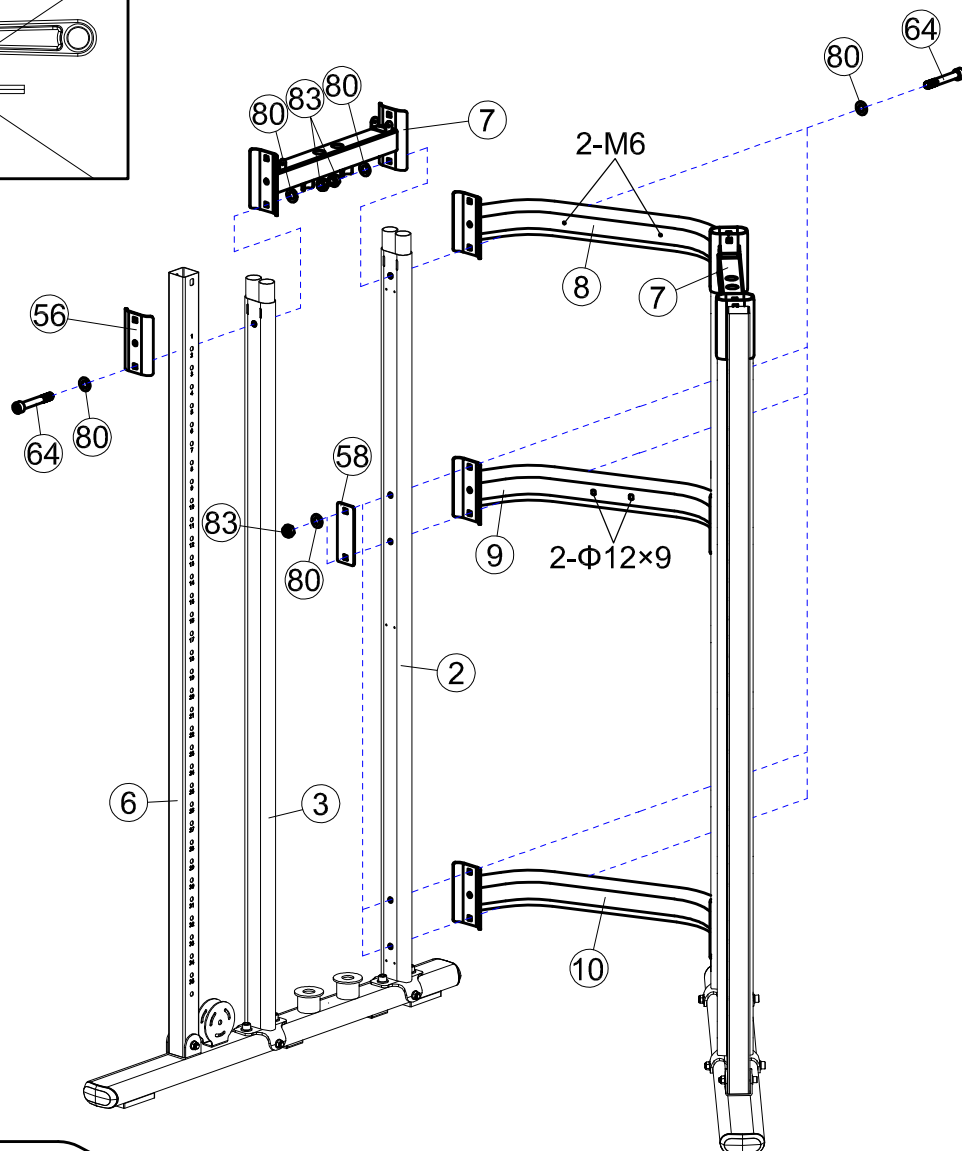
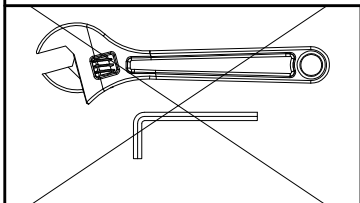
mm



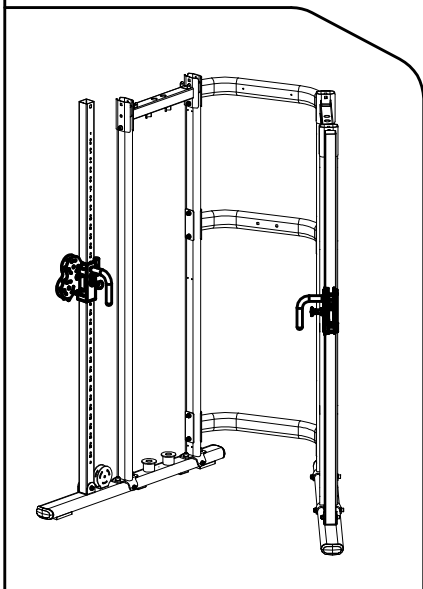
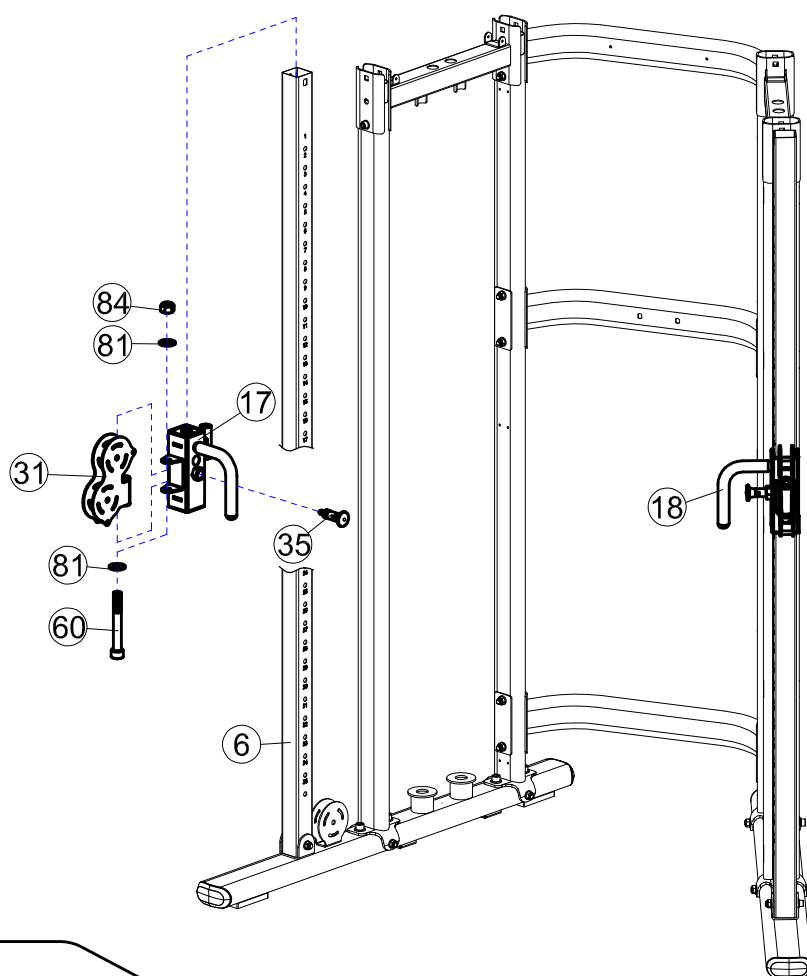
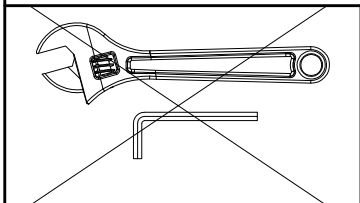
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| ⑥1 |  | x8 | M12x25  | ⑧1 |  | x8  | Φ12 |
| ⑥2 |  | x4 | M10x125 | ⑧0 |  | x12 | Φ10 |
| ⑥3 |  | x2 | M10x75  | ⑧3 |  | x6  | M10 |



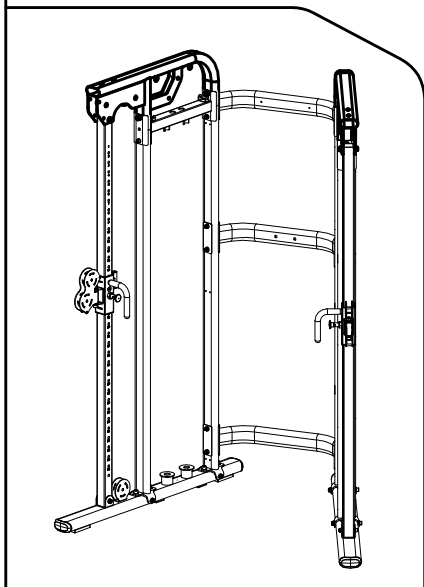
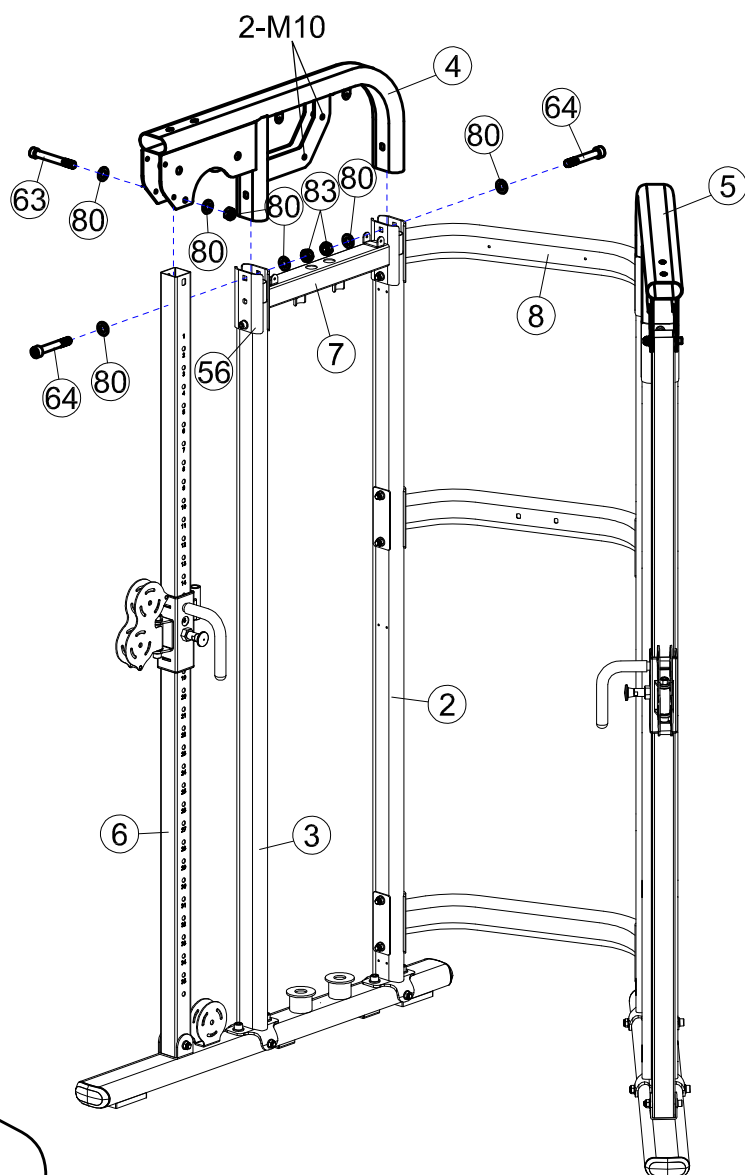
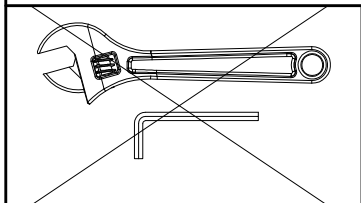
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|----|-----------------------------------------------------------------------------------|------------|
| 64 |  | ×12 M10×65 |
| 80 |  | ×24 Φ10    |
| 83 |  | ×12 M10    |



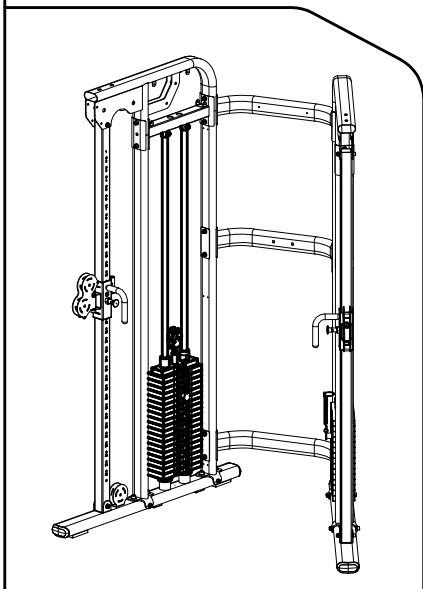
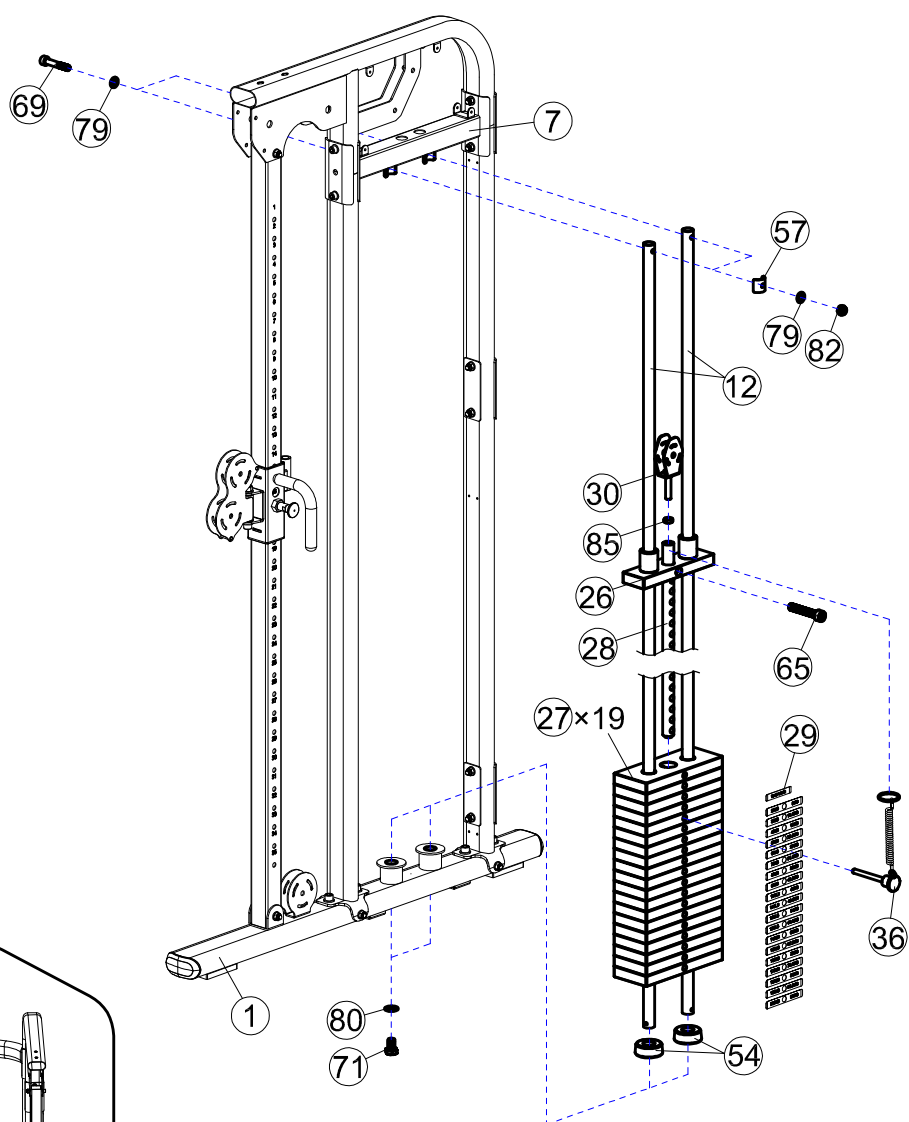
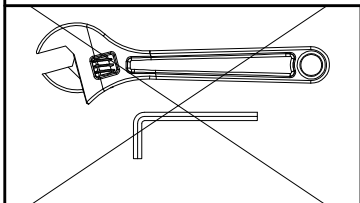
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| 60 |  | ×2 | M12×90 |
| 81 |  | ×4 | Φ12    |
| 84 |  | ×2 | M12    |

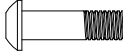
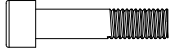


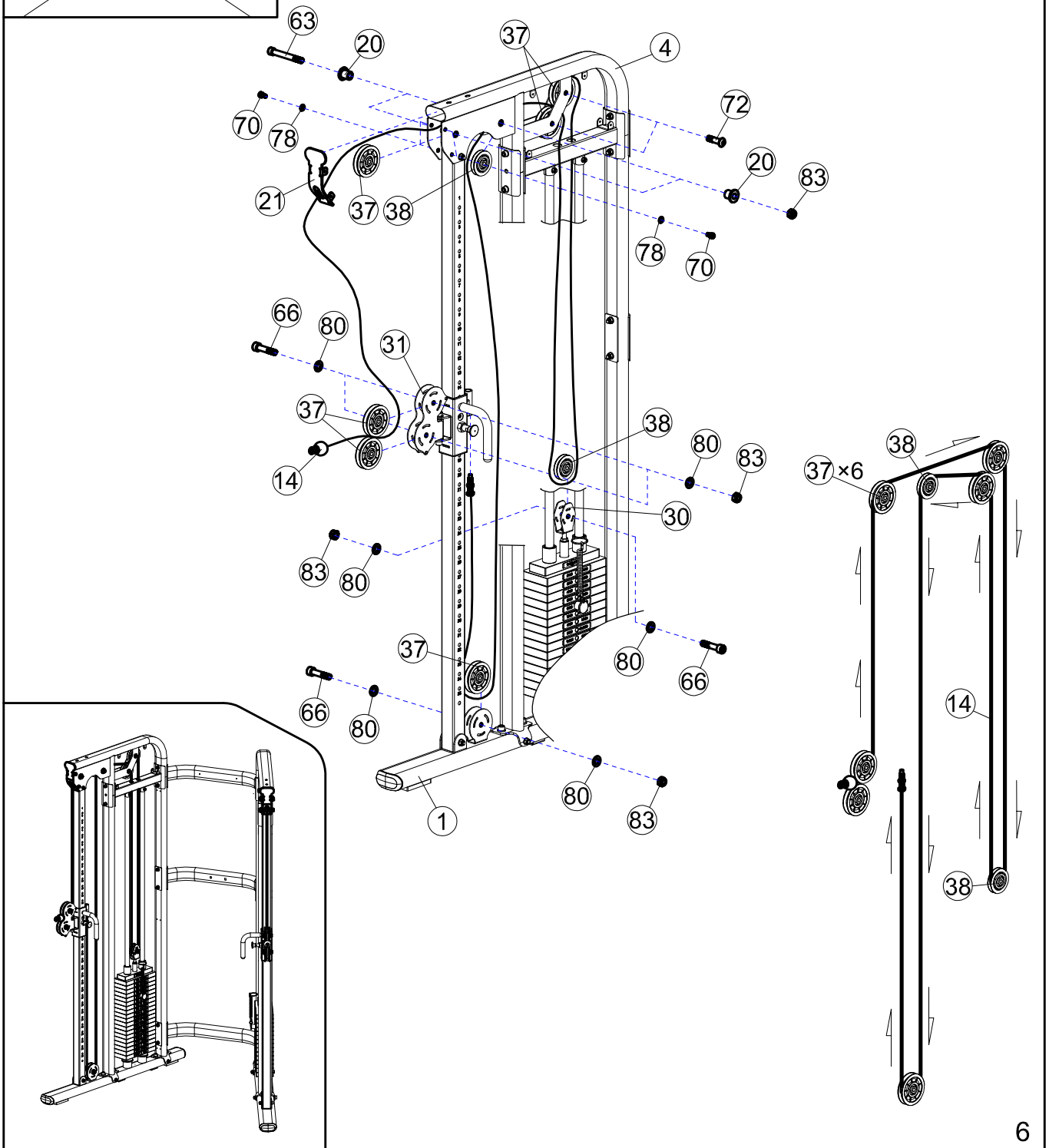
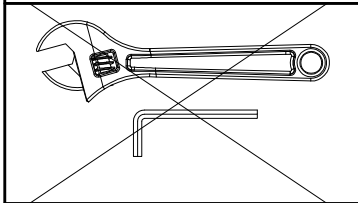
- |    |                                                                                   |     |        |    |                                                                                    |    |        |
|----|-----------------------------------------------------------------------------------|-----|--------|----|------------------------------------------------------------------------------------|----|--------|
| 64 |  | ×4  | M10×65 | 63 |  | ×2 | M10×75 |
| 80 |  | ×12 | Φ10    |    |                                                                                    |    |        |
| 83 |  | ×6  | M10    |    |                                                                                    |    |        |



|    |                                                                                   |    |        |    |                                                                                     |    |     |
|----|-----------------------------------------------------------------------------------|----|--------|----|-------------------------------------------------------------------------------------|----|-----|
| 65 |  | x2 | M10x55 | 79 |  | x8 | Φ8  |
| 69 |  | x4 | M8x45  | 80 |  | x4 | Φ10 |
| 71 |  | x4 | M10x16 | 82 |  | x4 | M8  |
|    |                                                                                   |    |        | 85 |  | x2 | M12 |



|    |                                                                                   |    |        |    |                                                                                     |     |           |
|----|-----------------------------------------------------------------------------------|----|--------|----|-------------------------------------------------------------------------------------|-----|-----------|
| 72 |  | ×4 | M10×35 | 78 |  | ×8  | Φ6        |
| 63 |  | ×4 | M10×75 | 80 |  | ×16 | Φ10       |
| 66 |  | ×8 | M10×45 | 83 |  | ×12 | M10       |
| 70 |  | ×8 | M6×10  | 20 |   | ×8  | Φ25×Φ10.2 |



70

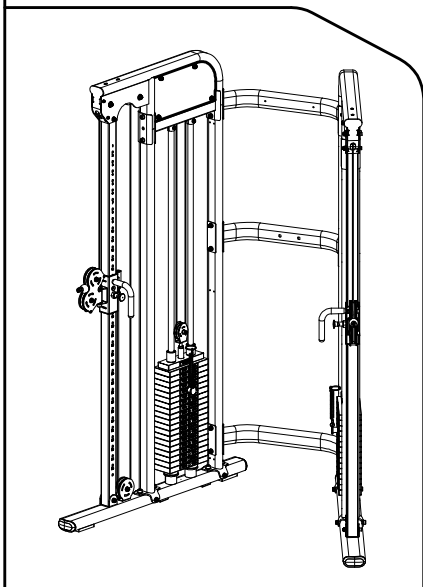
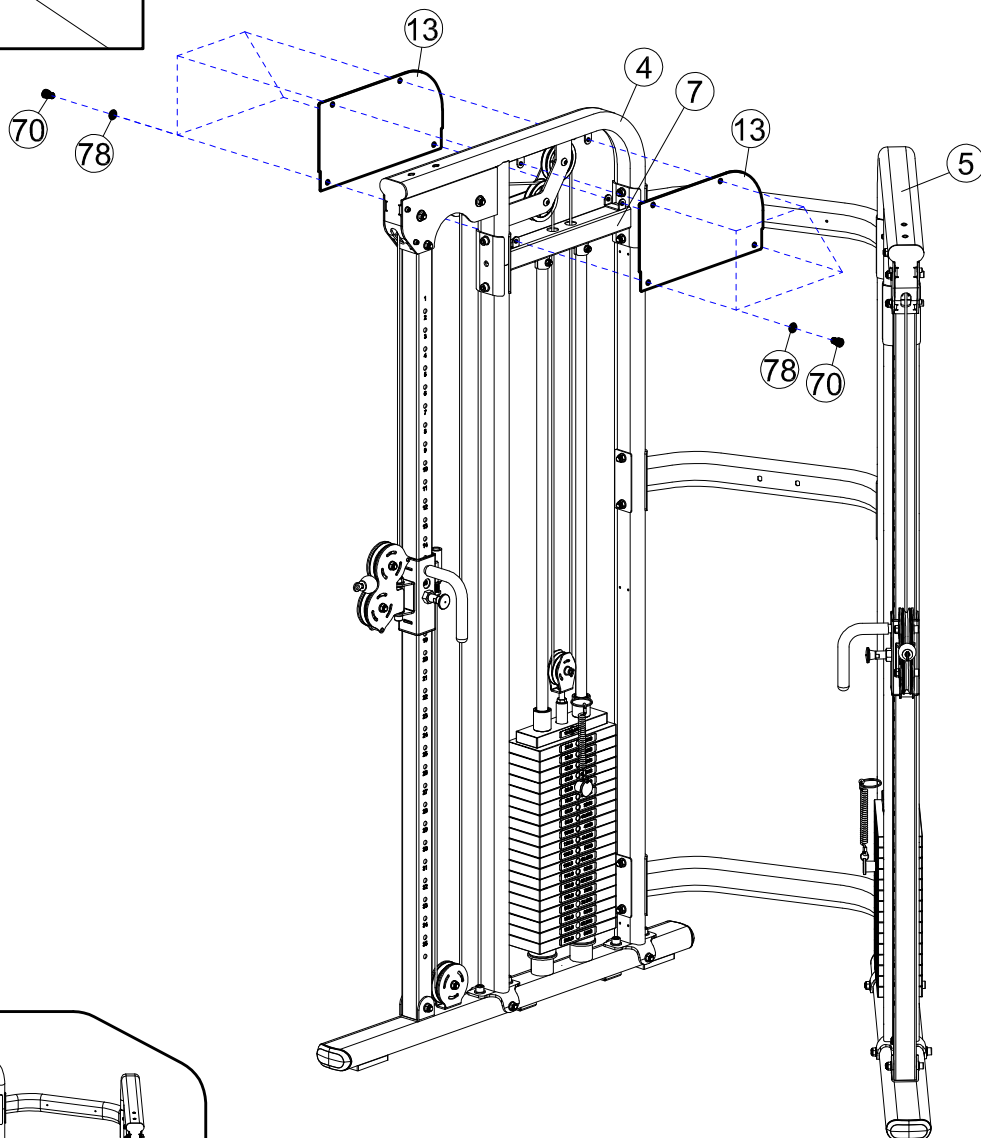
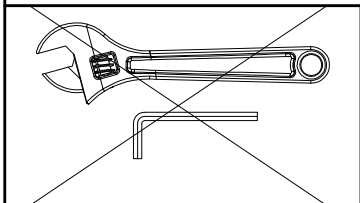


×16 M6×10

78



×16 Φ6



67

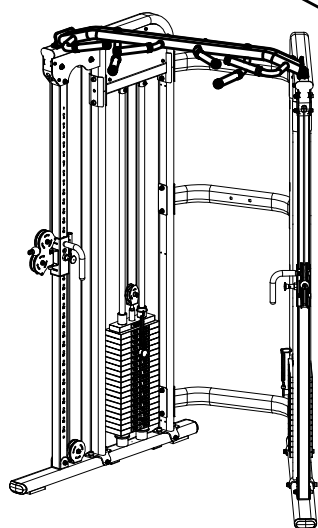
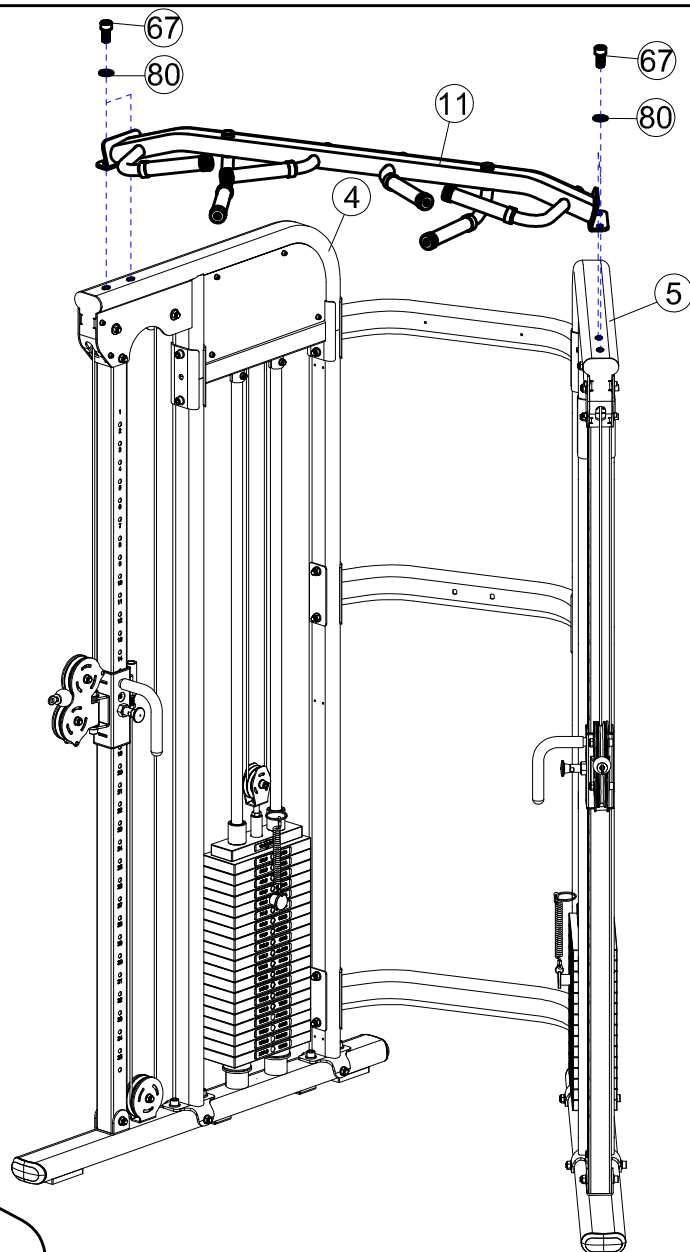
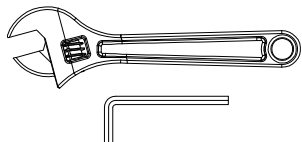


×4 M10×20

80



×4 Φ10



88



×48

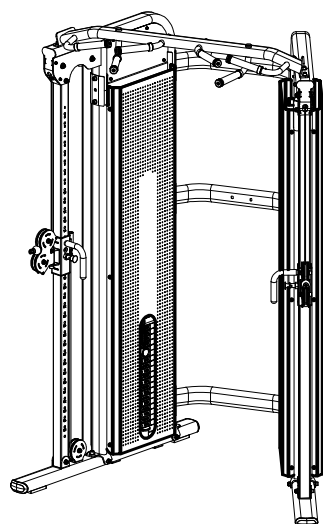
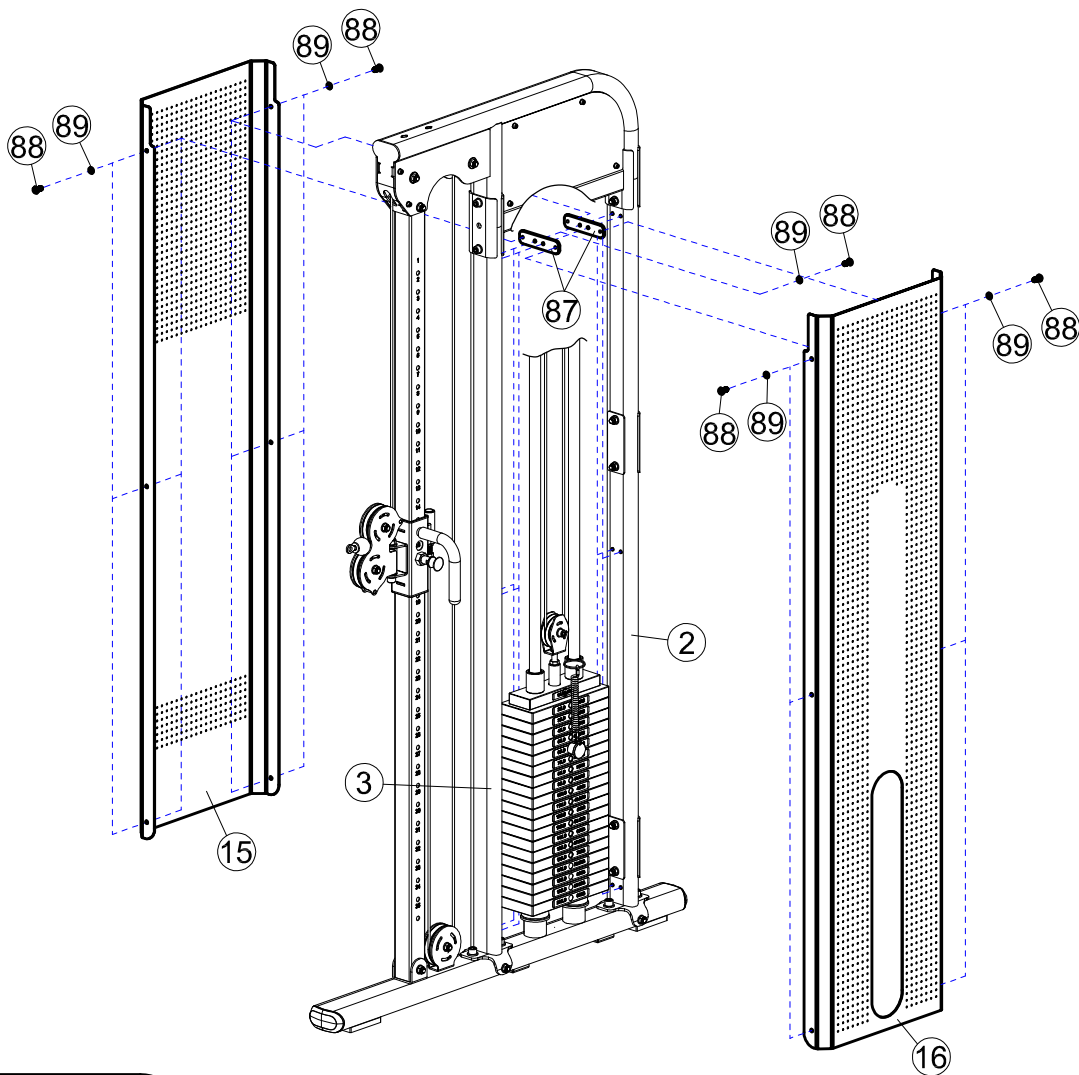
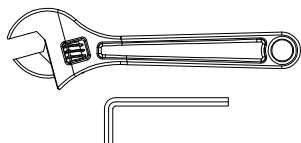
M5×12

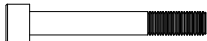
89

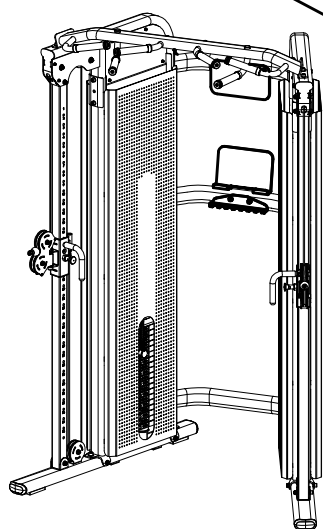
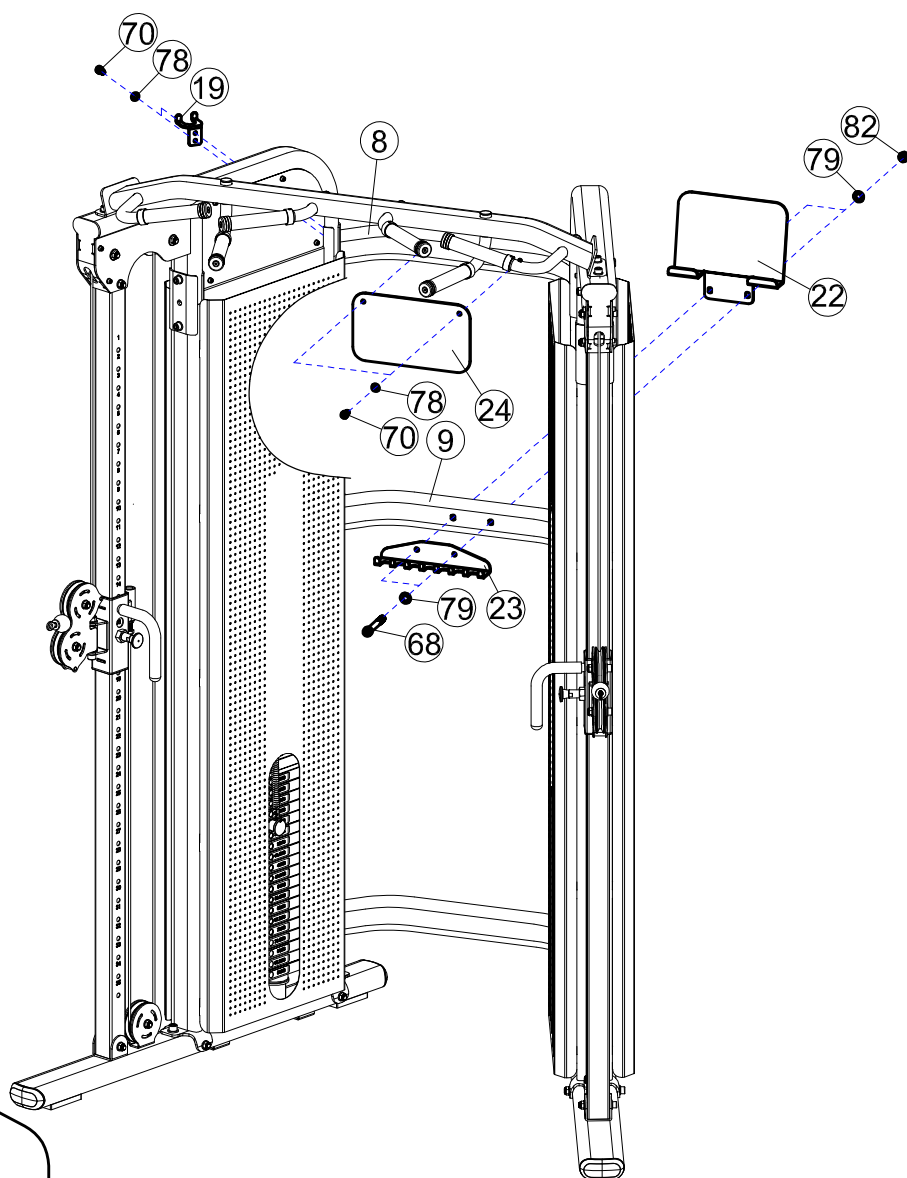
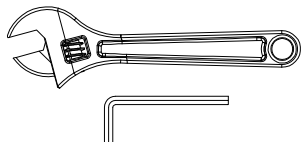


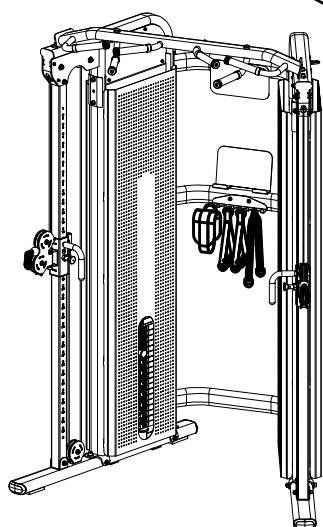
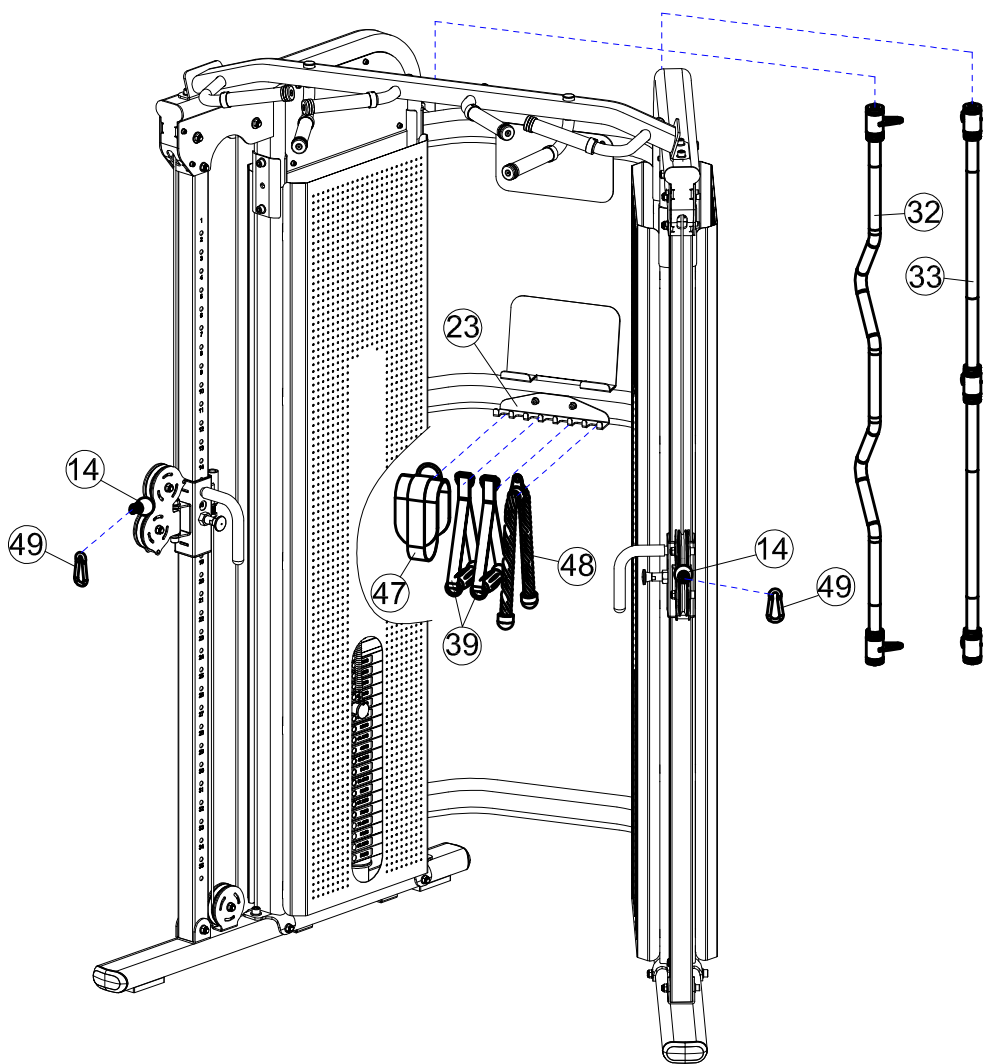
×48

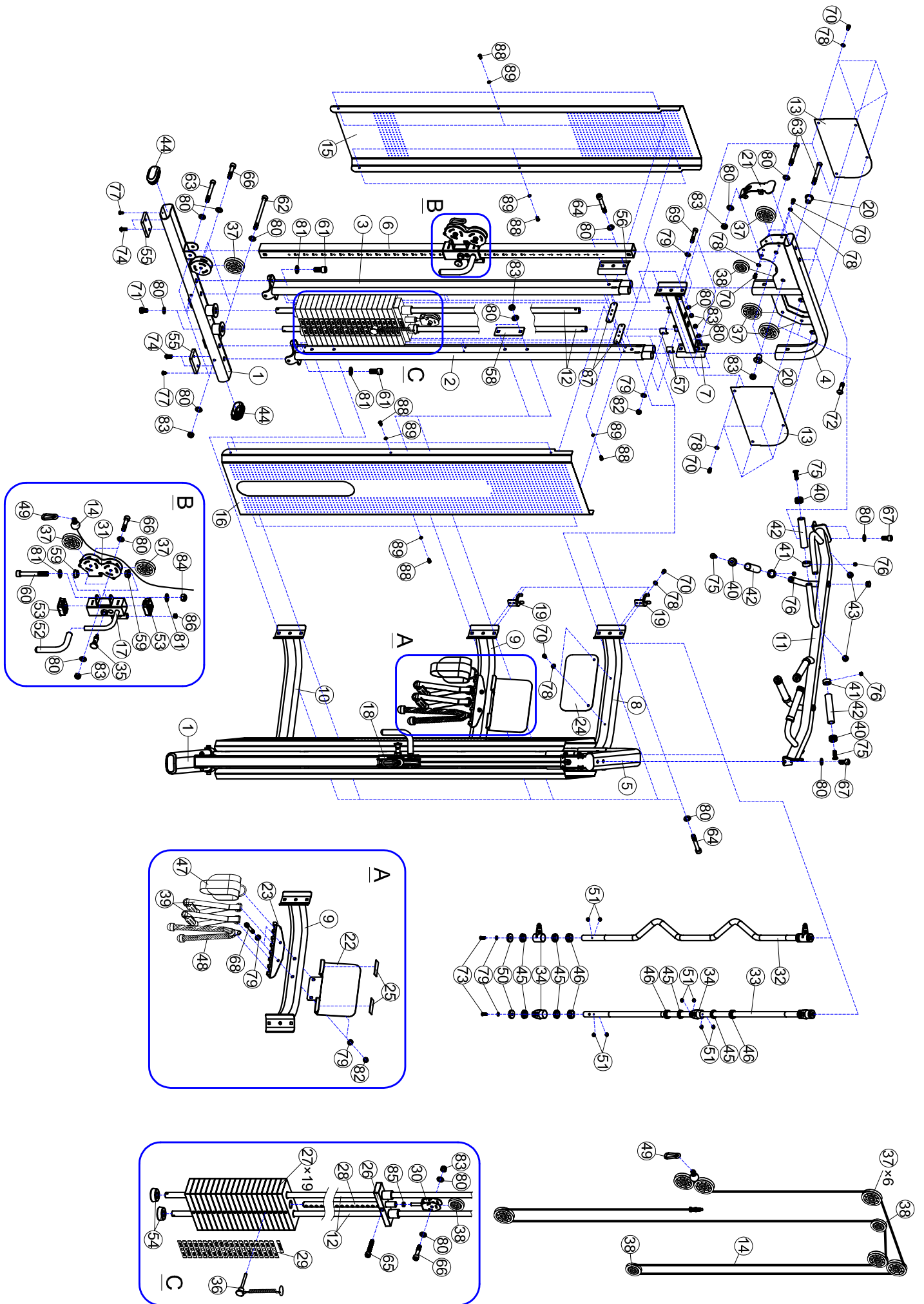
Φ5



|    |                                                                                   |     |       |    |                                                                                     |     |    |
|----|-----------------------------------------------------------------------------------|-----|-------|----|-------------------------------------------------------------------------------------|-----|----|
| 70 |  | ×10 | M6×10 | 78 |  | ×10 | Φ6 |
| 68 |  | ×2  | M8×60 | 79 |  | ×4  | Φ8 |
|    |                                                                                   |     |       | 82 |  | ×2  | M8 |







## PARTS LIST

| KEY NO. | PART DESCRIPTION          | SPEC                | QTY |
|---------|---------------------------|---------------------|-----|
| 1       | Base Frame                |                     | 2   |
| 2       | Rear Post                 |                     | 2   |
| 3       | Front Post                |                     | 2   |
| 4       | Top Frame L               |                     | 1   |
| 5       | Top Frame R               |                     | 1   |
| 6       | Front Guide Shaft         | □50×2×1850          | 2   |
| 7       | Connecting Frame          |                     | 2   |
| 8       | Connecting Frame Top      |                     | 1   |
| 9       | Connecting Frame Middle   |                     | 1   |
| 10      | Connecting Frame Down     |                     | 1   |
| 11      | Horizontal bar            |                     | 1   |
| 12      | Guide Rod Rear            | φ25×1750            | 4   |
| 13      | Protective cover          | 403×209×1           | 4   |
| 14      | Double pull cable         | (φ5)                | 2   |
| 15      | Protective cover          | 1737×407×1          | 2   |
| 16      | Protective cover          | 1737×407×1          | 2   |
| 17      | Frame Slider L            |                     | 1   |
| 18      | Frame Slider R            |                     | 1   |
| 19      | Bracket                   | 50×43×3 (2-φ7)      | 4   |
| 20      | Bushing                   | φ25×φ10.2×19.5      | 8   |
| 21      | Protective cover          | 121×76×4×M6         | 2   |
| 22      | Ipad Bracket              | 260×180×3           | 1   |
| 23      | Long hanger               | 260×53×3            | 1   |
| 24      | Logo Board                | 280×160×3           | 1   |
| 25      | EVA Stopper               | 70×32×2             | 2   |
| 26      | Top Weight Plate          | 230×65×72           | 2   |
| 27      | Weight Plate              | 250×100×25.4 (10LB) | 38  |
| 28      | Selector Rod              | φ25×564 (19+1)      | 2   |
| 29      | Weight Plate Sticker      | 10-200LB            | 2   |
| 30      | Guide Pulley Frame        |                     | 2   |
| 31      | Pulley Case               |                     | 2   |
| 32      | Cambered Bar (attachment) |                     | 1   |
| 33      | Straight Bar (attachment) |                     | 1   |
| 34      | Hub                       |                     | 5   |
| 35      | Moving Lock Pin           |                     | 2   |
| 36      | Weight Selector Pin       |                     | 2   |
| 37      | Pulley with Bearings      | φ96                 | 12  |
| 38      | Small Pulley with Bearing | φ75                 | 4   |
| 39      | Nylon Strap Iso-Handle    |                     | 2   |
| 40      | Decorative cover          | φ34.5×φ6.5×19       | 6   |
| 41      | Retaining ring            | φ35×φ26.2×14.5×M6   | 6   |
| 42      | Dips Handle               | Φ24.5×3×140         | 6   |
| 43      | Rectangular End Cap       | φ25                 | 6   |
| 44      | End Cap                   | PT50×100×R95        | 4   |
| 45      | Bushing                   | φ38×φ27×11          | 10  |
| 46      | Bushing                   | φ37×φ27×15          | 6   |
| 47      | Ankle Strap               |                     | 1   |
| 48      | Rope                      | φ29×695             | 1   |
| 49      | Hook                      | φ8                  | 2   |

# PARTS LIST

| KEY NO. | PART DESCRIPTION                  | SPEC             | QTY |
|---------|-----------------------------------|------------------|-----|
| 50      | Bar End                           | φ38×φ9×8         | 4   |
| 51      | Self-plugging rivet               | φ4×10            | 12  |
| 52      | Dips Handle                       | φ24×φ18×227      | 2   |
| 53      | Slide Guide                       | □60×2×□50×23.5   | 4   |
| 54      | Rubber Stopper                    | φ62×φ24.5×25     | 4   |
| 55      | Rubber Stopper                    | 65×100×12        | 4   |
| 56      | Bracket                           | PT40×80×140×4    | 2   |
| 57      | Guide Rod Fixed Base              | 30×15×R13        | 4   |
| 58      | Bracket                           | 140×50×3         | 4   |
| 59      | Bushing                           | φ25×φ20×φ12.2×10 | 4   |
| 60      | Hexagon socket button head screws | M12×90           | 2   |
| 61      | Hexagon socket button head screws | M12×25           | 8   |
| 62      | Hexagon socket button head screws | M10×125          | 4   |
| 63      | Hexagon socket button head screws | M10×75           | 8   |
| 64      | Hexagon socket button head screws | M10×65           | 16  |
| 65      | Hexagon socket button head screws | M10×55           | 2   |
| 66      | Hexagon socket button head screws | M10×45           | 8   |
| 67      | Hexagon socket button head screws | M10×20           | 4   |
| 68      | Hexagon socket button head screws | M8×60            | 2   |
| 69      | Hexagon socket button head screws | M8×45            | 4   |
| 70      | Hexagon socket button head screws | M6×10            | 34  |
| 71      | Hex Bolts                         | M10×16           | 4   |
| 72      | Allen Bolt                        | M10×35           | 4   |
| 73      | Allen Bolt                        | M8×25            | 4   |
| 74      | Allen Bolt                        | M8×16            | 8   |
| 75      | Allen Allen Bolt Bolt             | M6×20            | 6   |
| 76      | Set screw                         | M6×6             | 6   |
| 77      | Screw                             | ST4.0X9          | 4   |
| 78      | Washer                            | 6                | 34  |
| 79      | Washer                            | 8                | 16  |
| 80      | Washer                            | 10               | 72  |
| 81      | Washer                            | 12               | 12  |
| 82      | Nut                               | M8               | 6   |
| 83      | Nut                               | M10              | 36  |
| 84      | Nut                               | M12              | 2   |
| 85      | Hex nuts                          | M12              | 2   |
| 86      | Rectangular End Cap               | φ19              | 2   |
| 87      | Bracket                           | 120×30×4×M5      | 12  |
| 88      | Allen Bolt                        | M5×12            | 48  |
| 89      | Washer                            | 5                | 48  |
|         | Allen wrench                      | 3#               | 1   |
|         | Allen wrench                      | 4#               | 1   |
|         | Allen wrench                      | 5#               | 1   |
|         | Allen wrench                      | 6#               | 1   |
|         | Allen wrench                      | 8#               | 1   |
|         | Allen wrench                      | 10#              | 1   |
|         |                                   |                  |     |
|         |                                   |                  |     |
|         |                                   |                  |     |



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