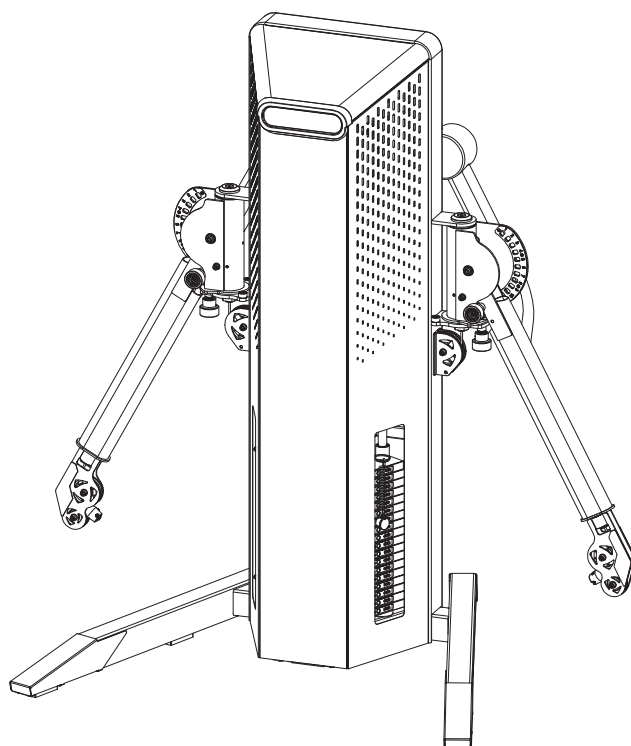


TOORX
PROFESSIONAL LINE

INSTRUCTION



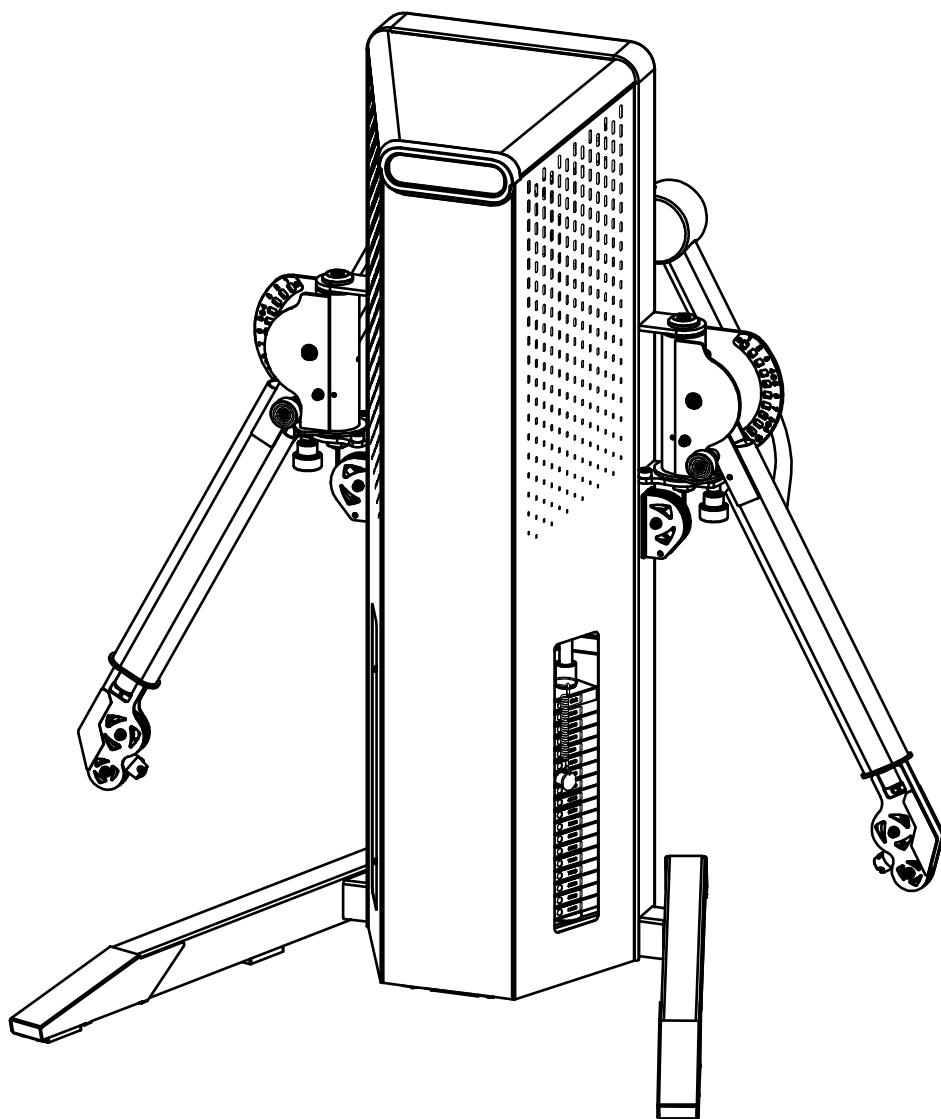
CSX5500



Cod: GRLDTOORXCSX5500

Rev: 00

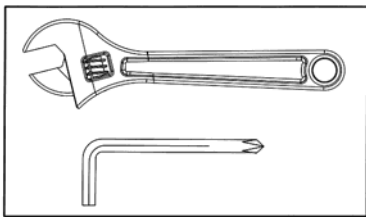
Ed: 09/25



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

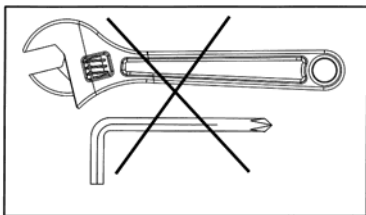
Fasten Nuts and Bolts



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

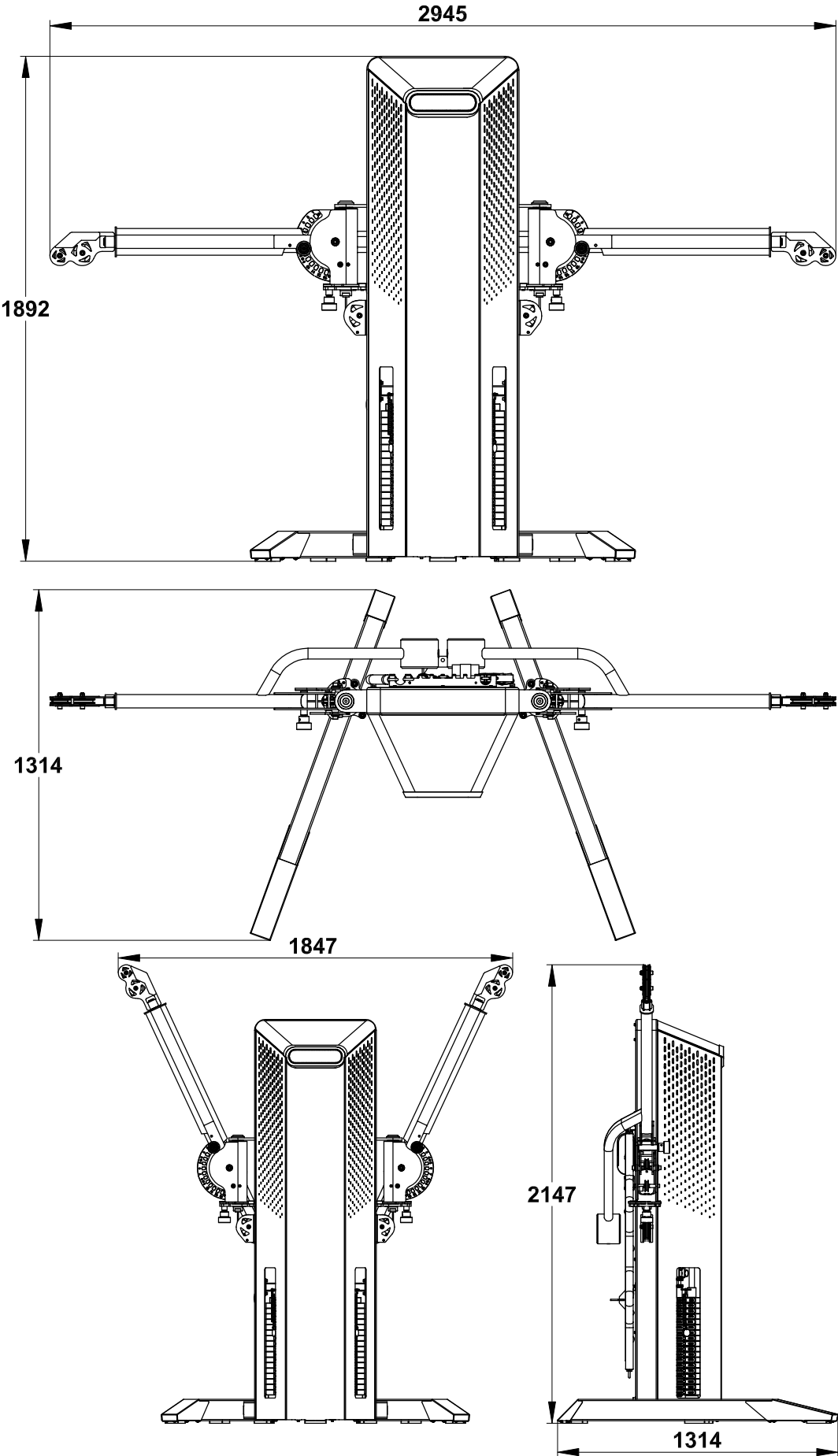
NOTE: Do not over tighten any component with pivoting function.

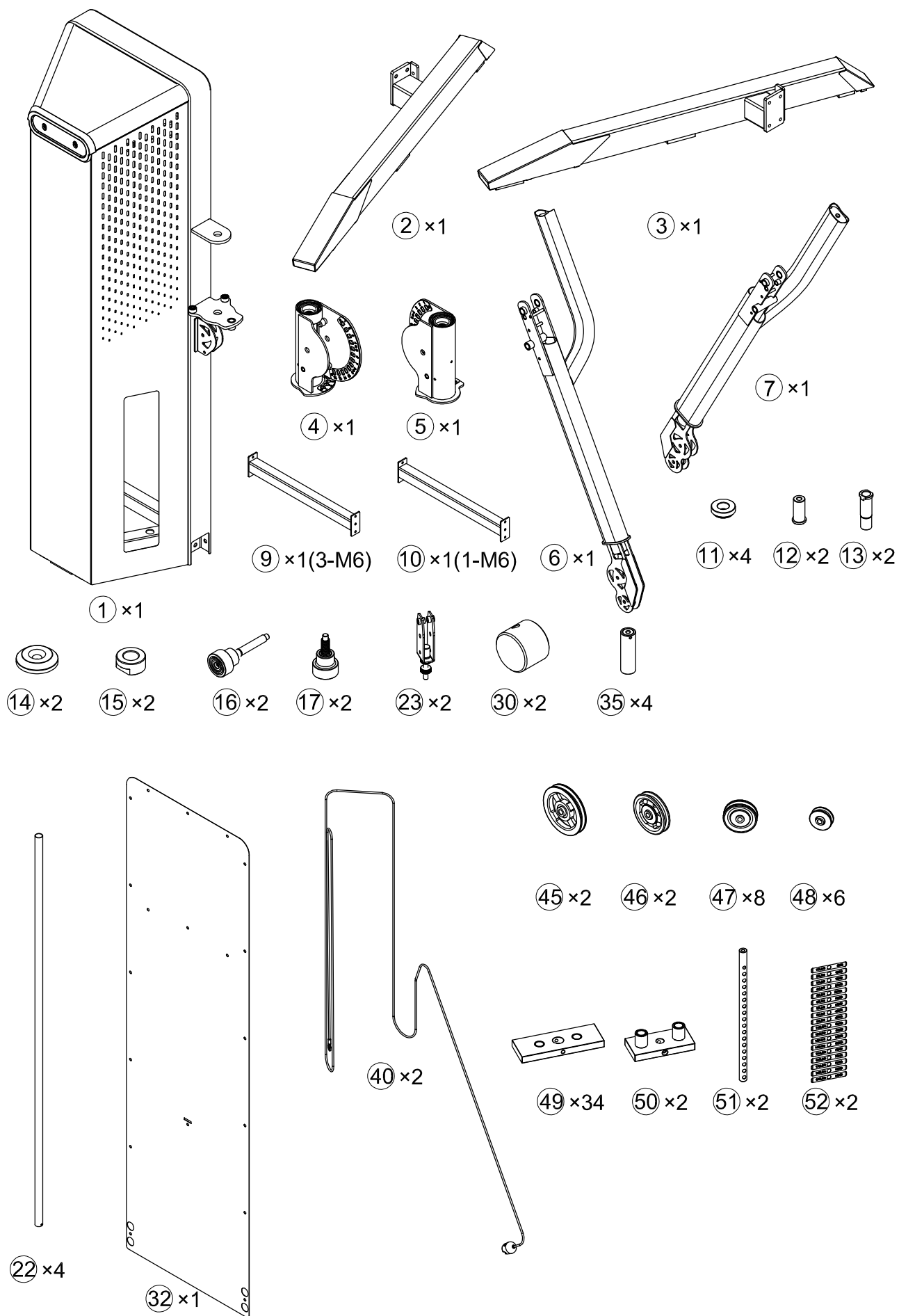
Make sure all pivoting components are able to move freely.

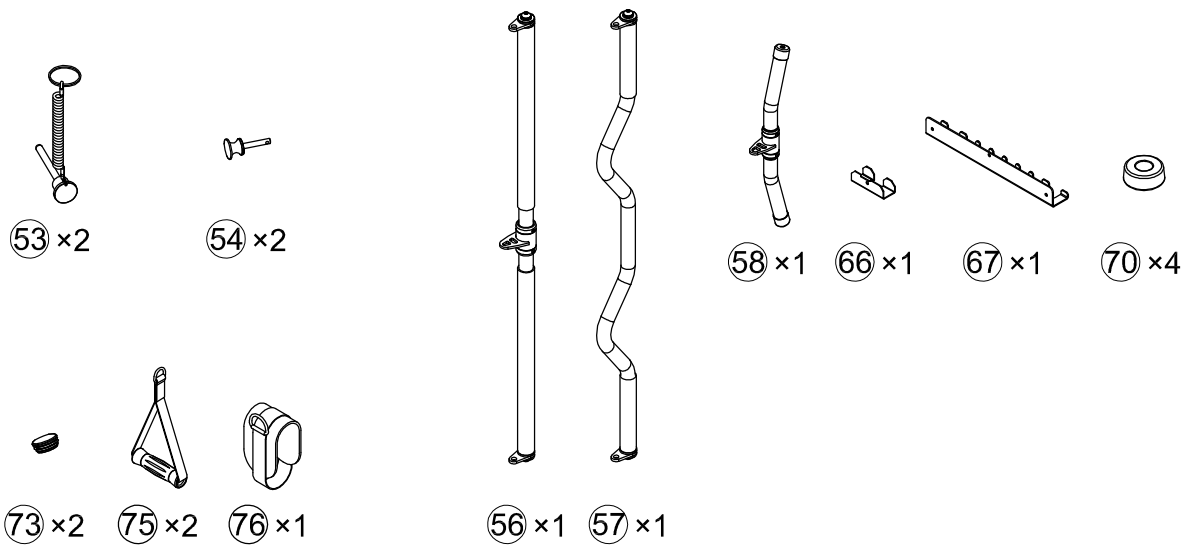


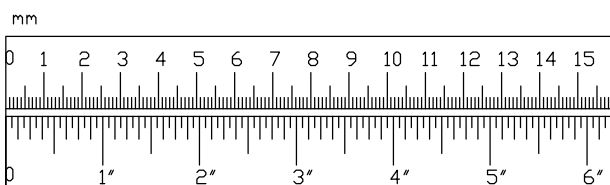
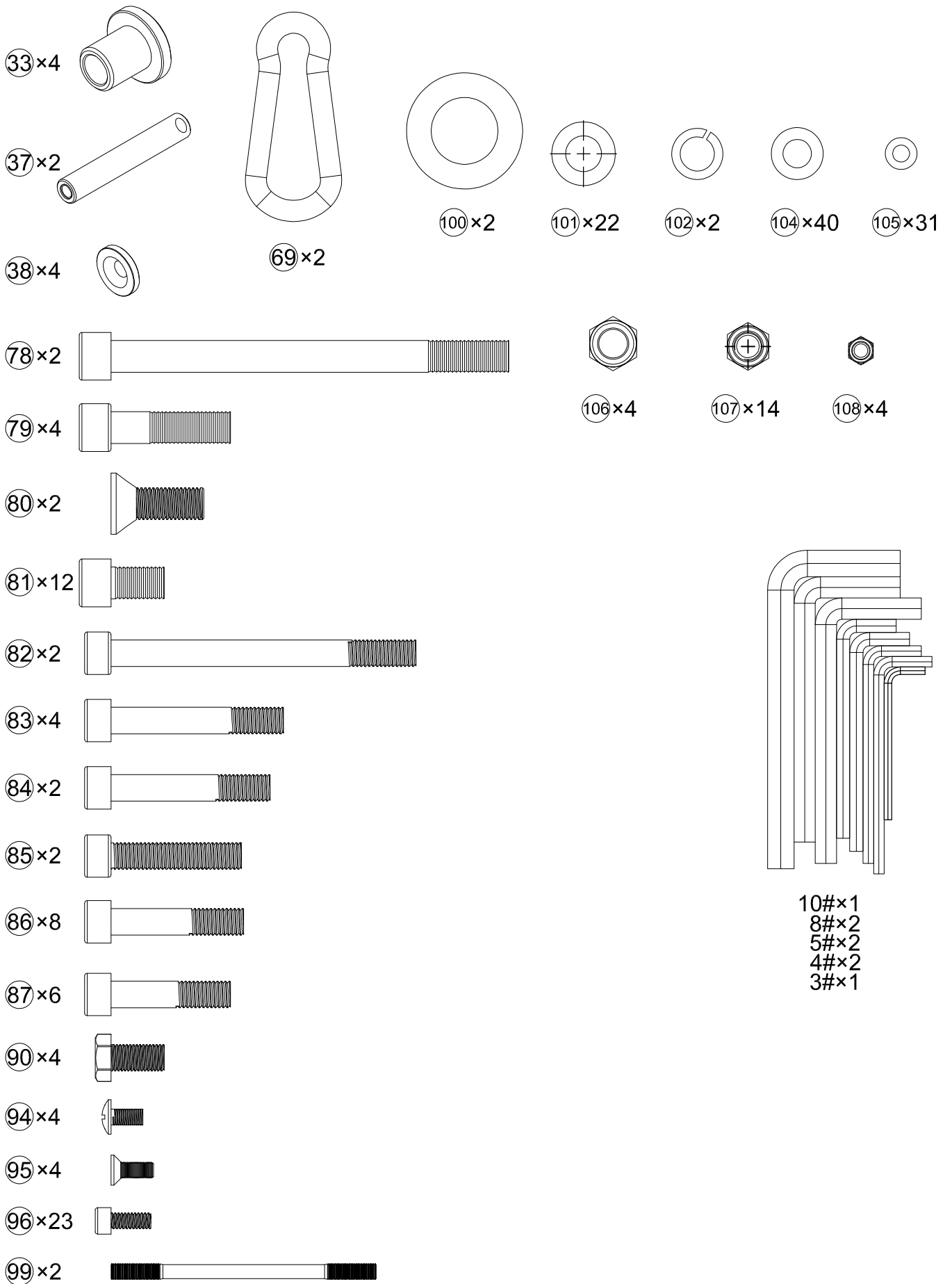
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 1314mm x2945mm x2147mm









81

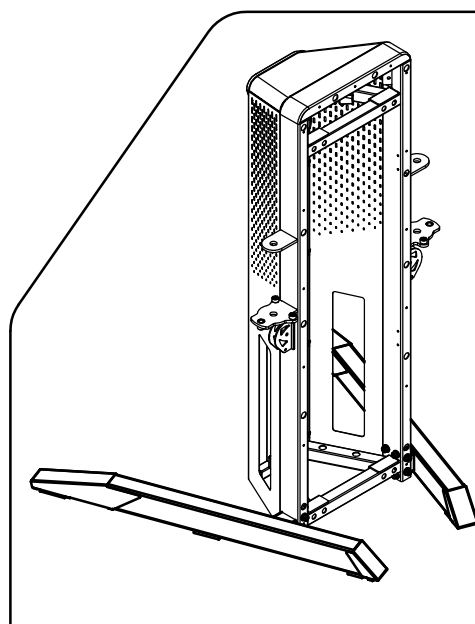
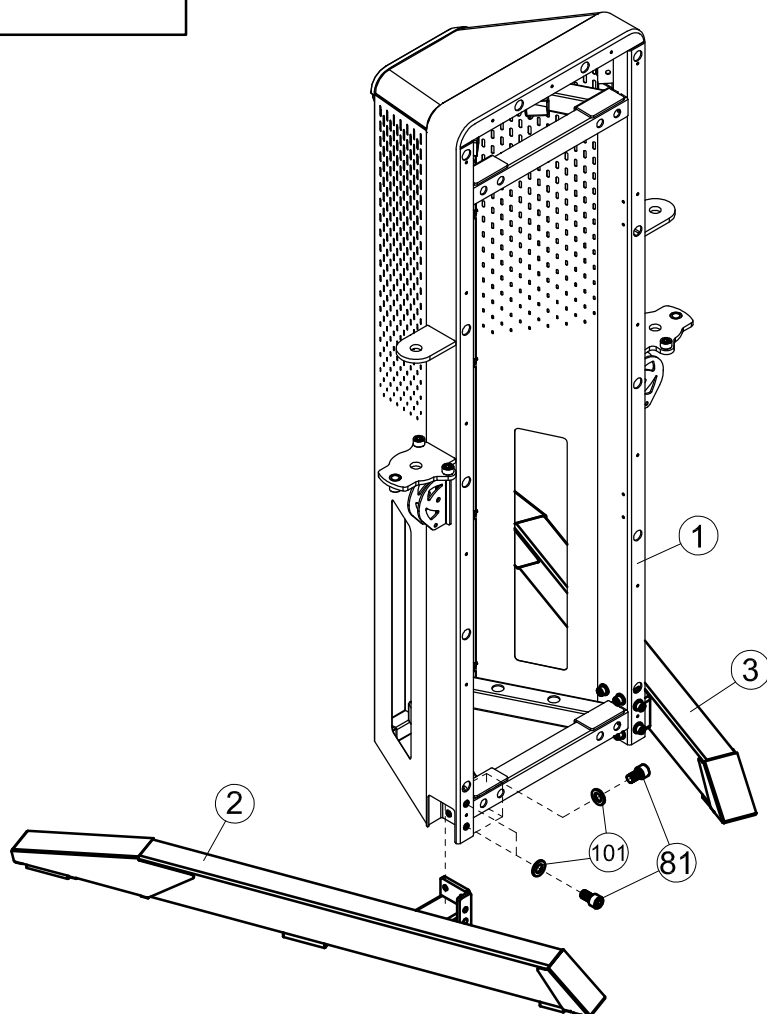
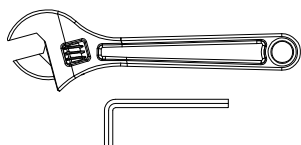


×12 M12×20

101



×12 Φ12



80

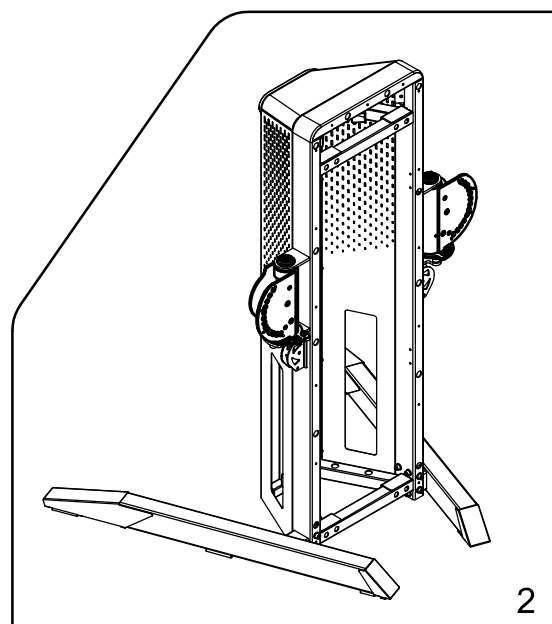
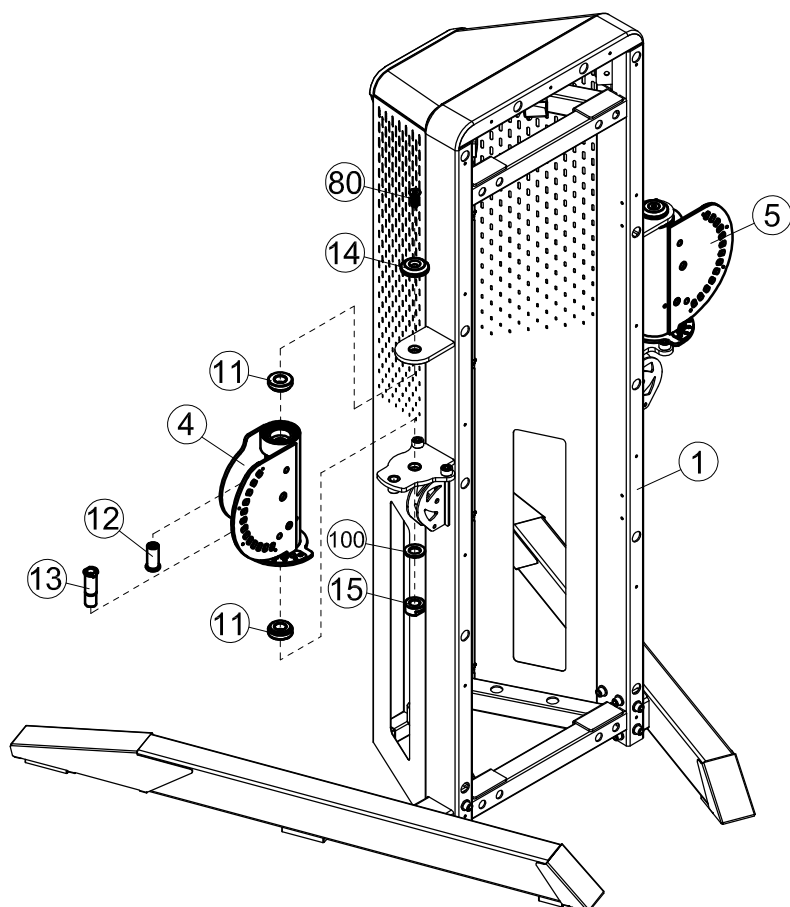
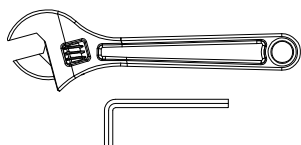


×2 M12×35

100



×2 Φ24



90



×4 M10×20

85

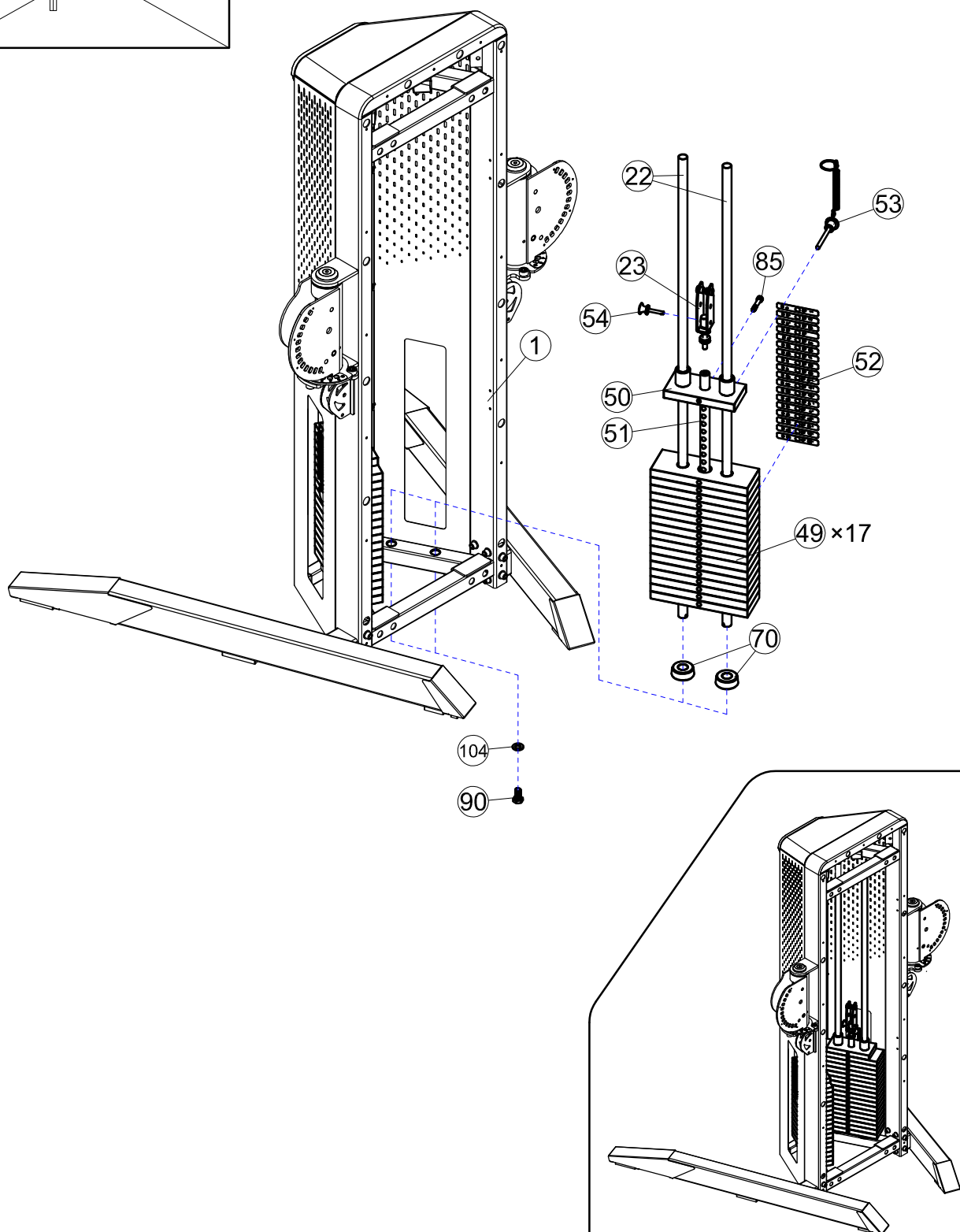
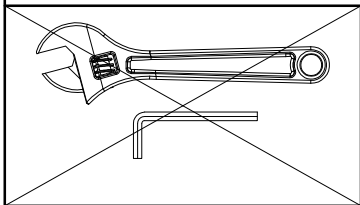


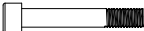
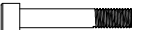
×2 M10×55

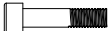
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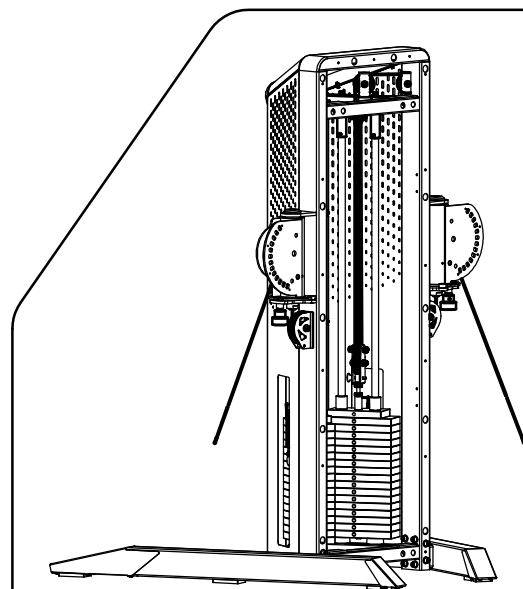
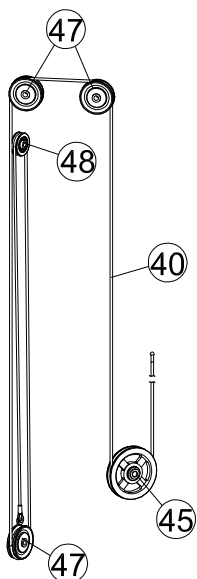
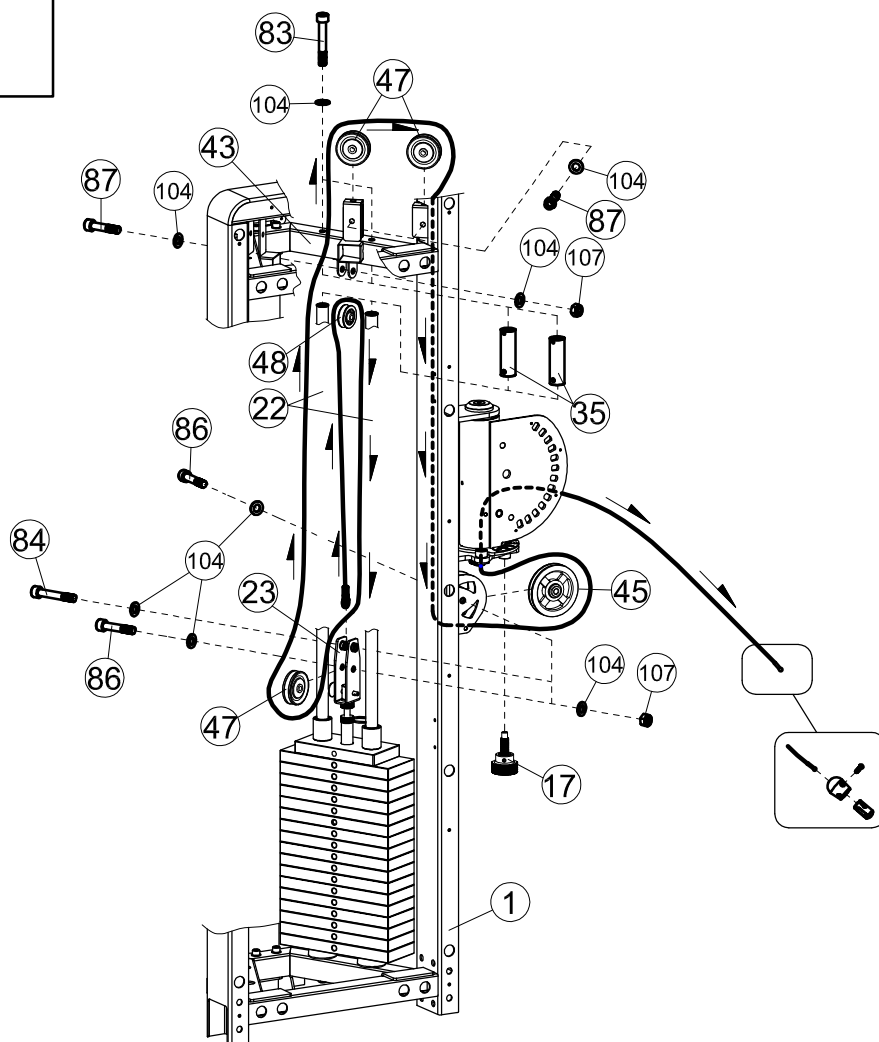
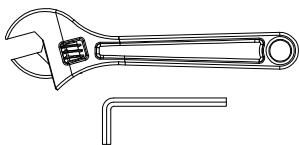


×4 Φ10

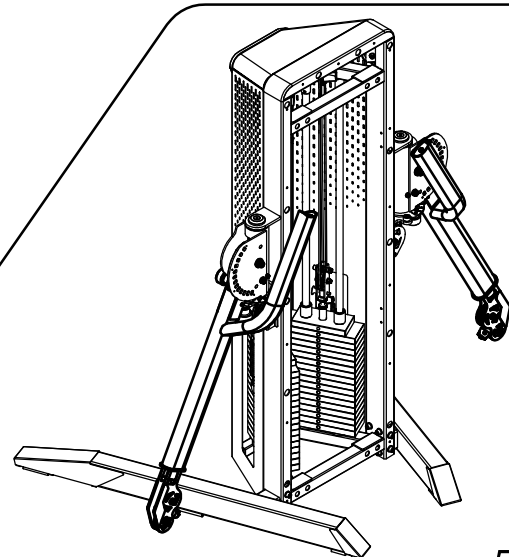
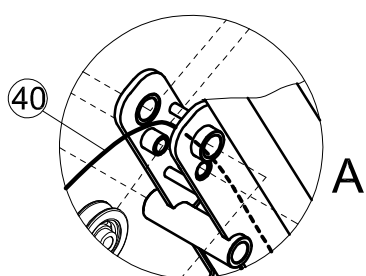


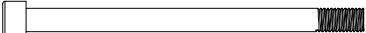
- 83  ×4 M10×65
 84  ×2 M10×60
 86  ×4 M10×50

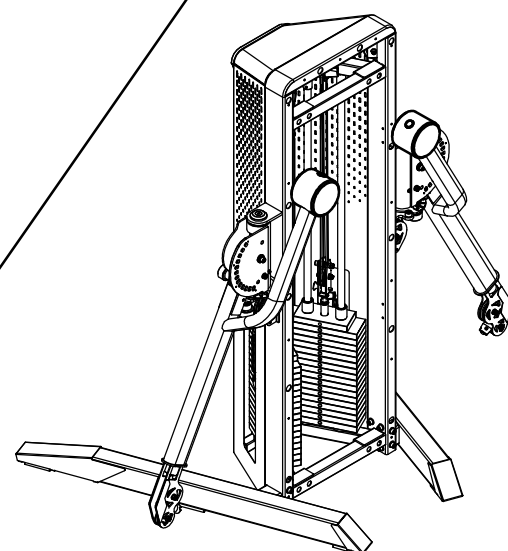
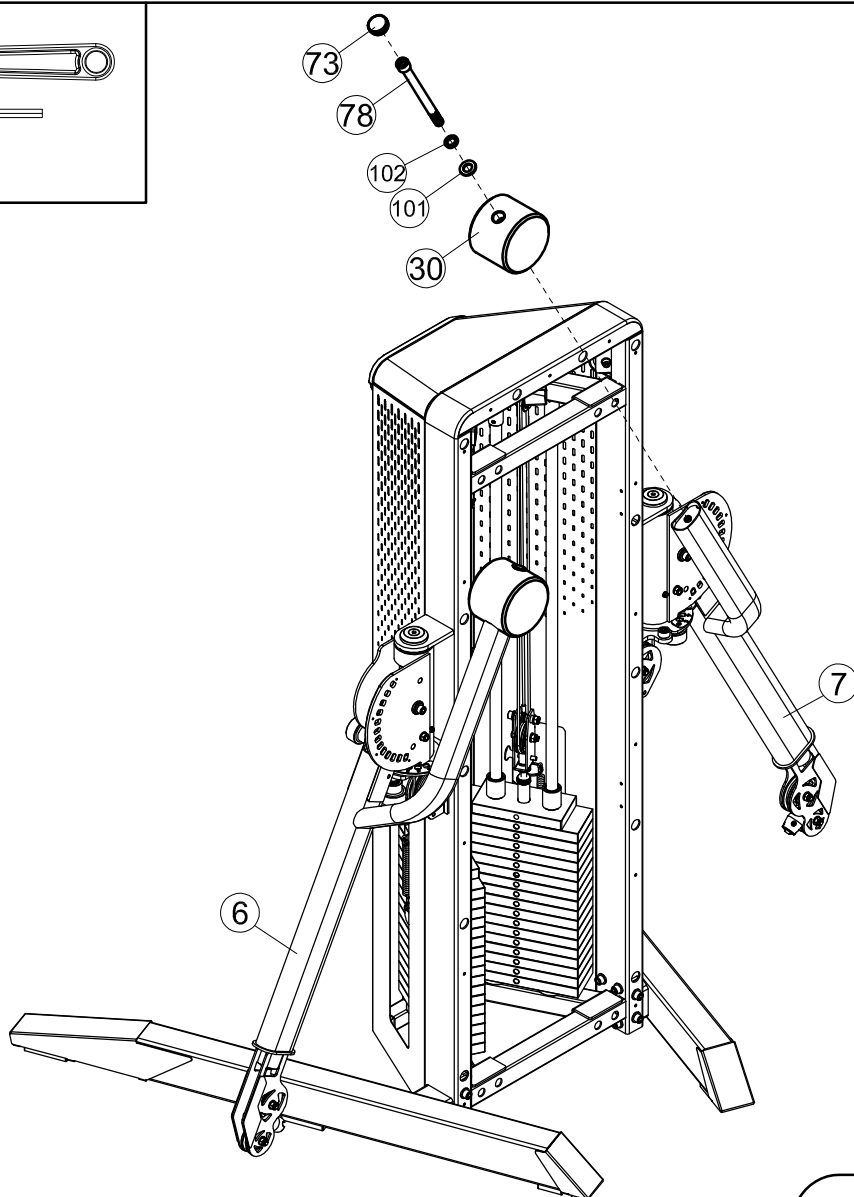
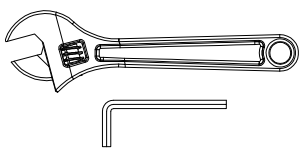
- 87  ×6 M10×45
 104  ×24 Φ10
 107  ×8 M10



-



78			×2	M12×150
101			×2	Φ12
102			×2	Φ12



96

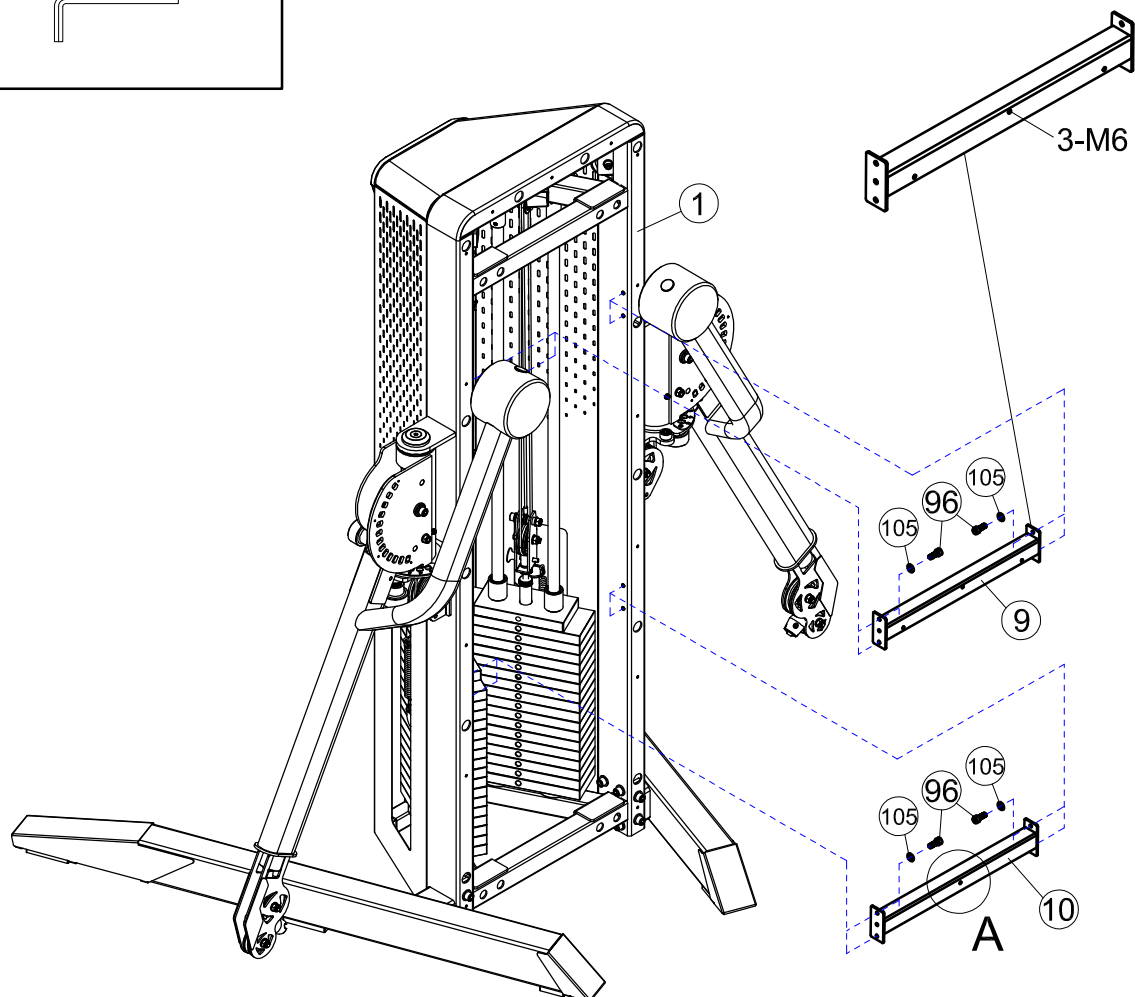
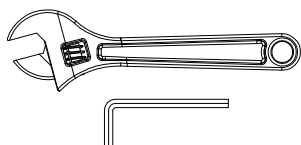


×8 M6×15

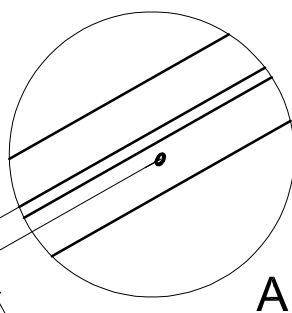
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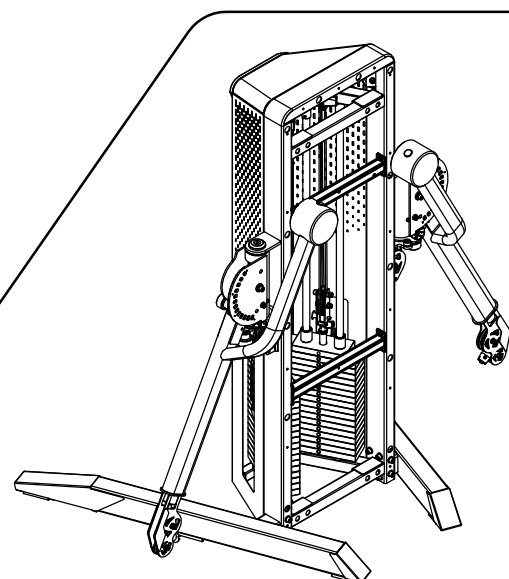
×8 Φ6



15



A



7

96

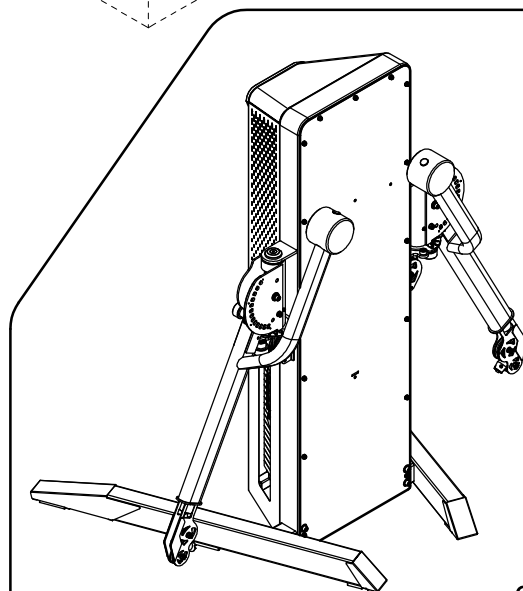
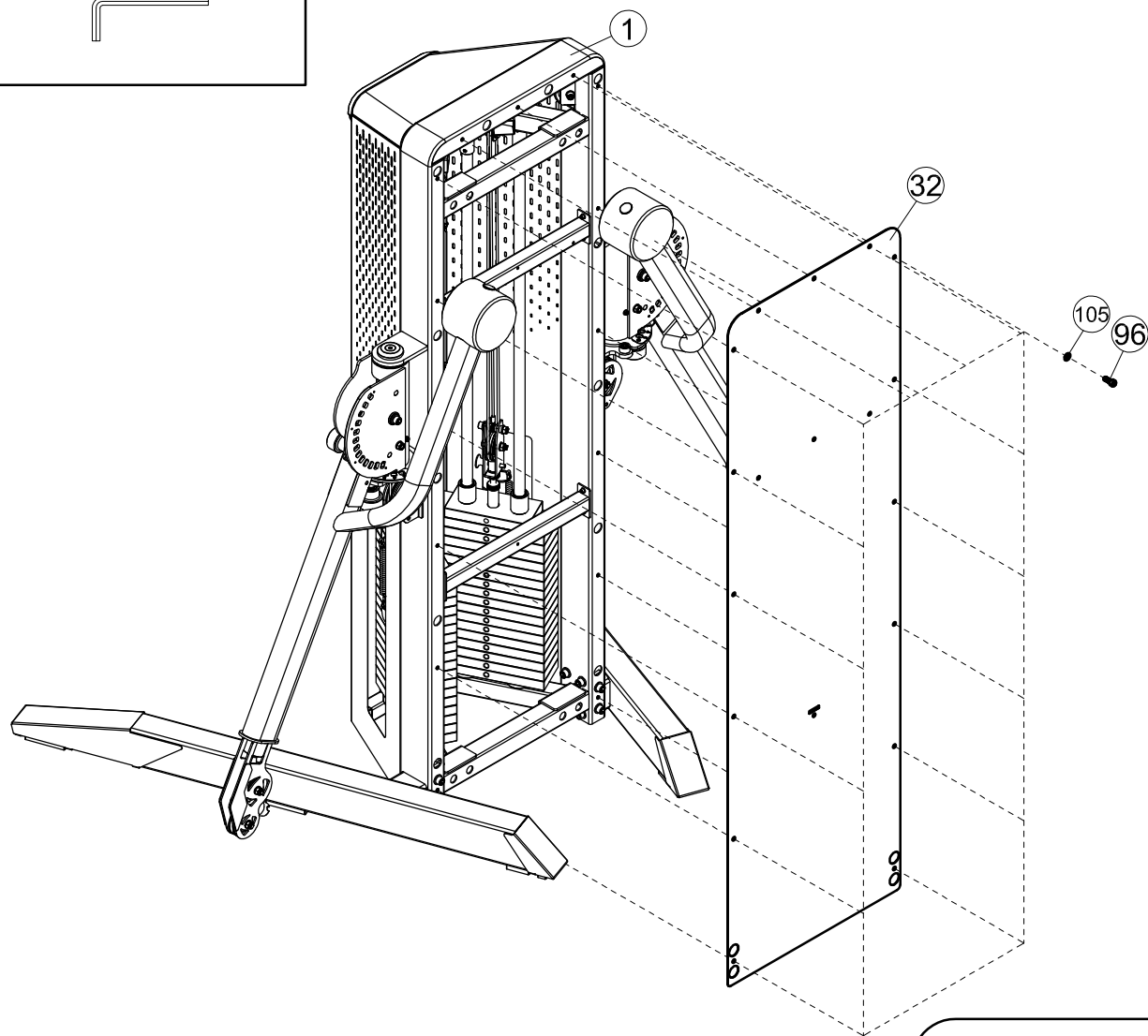
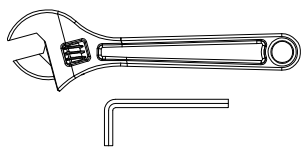


×15 M6×15

105



×15 Φ6



94

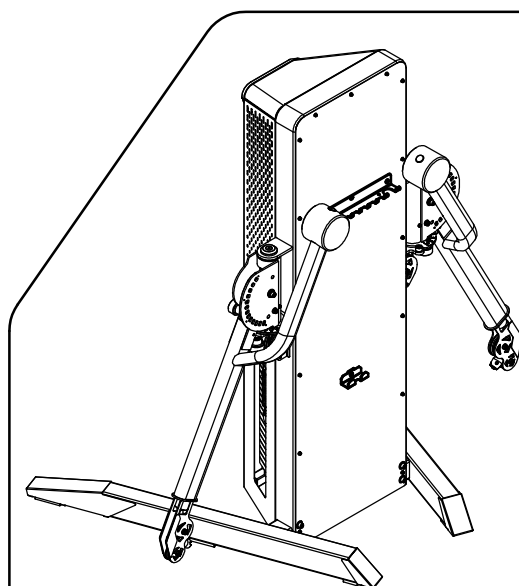
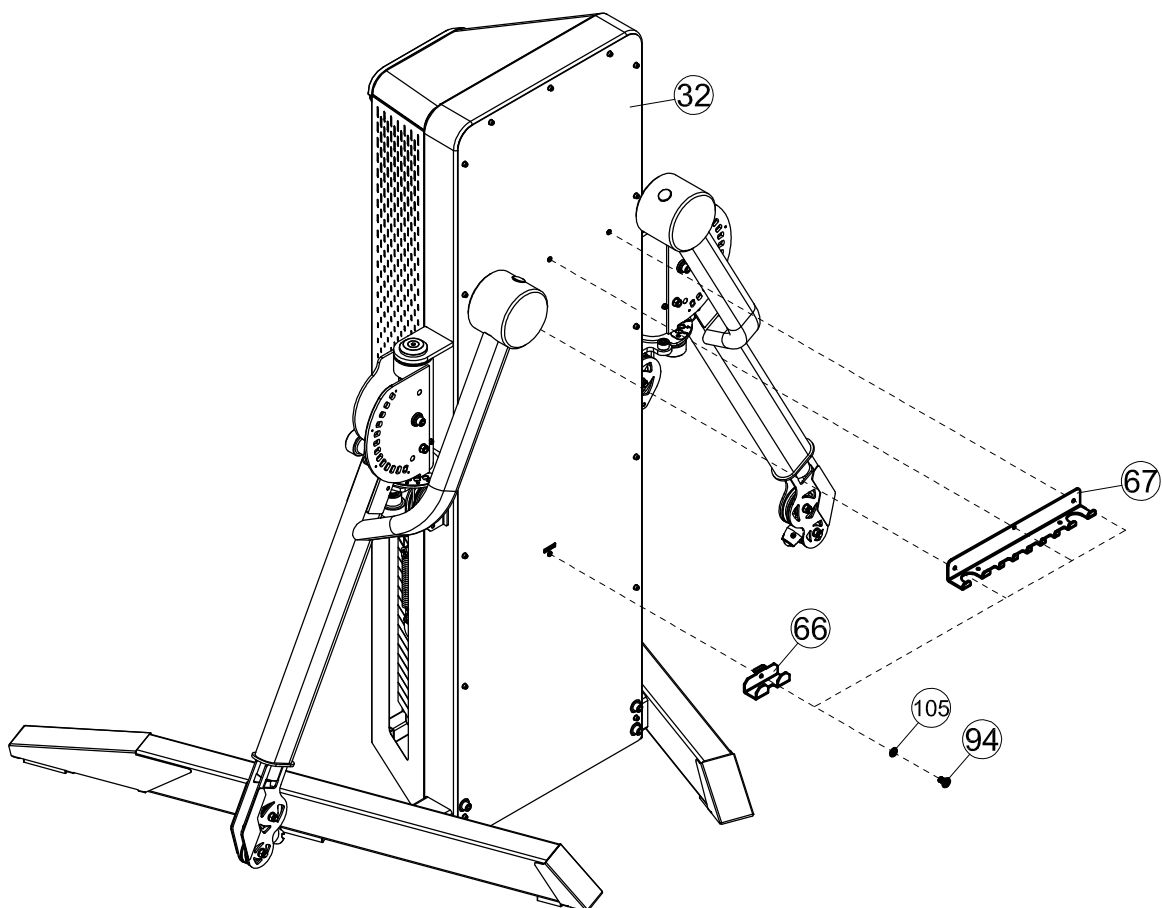
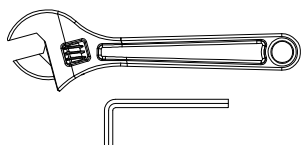


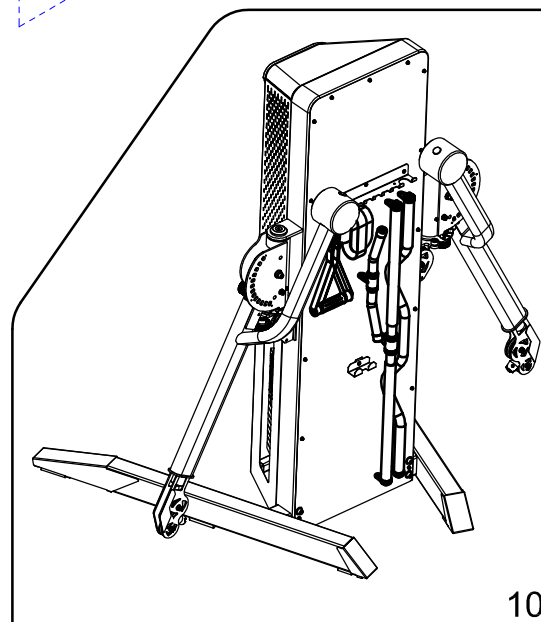
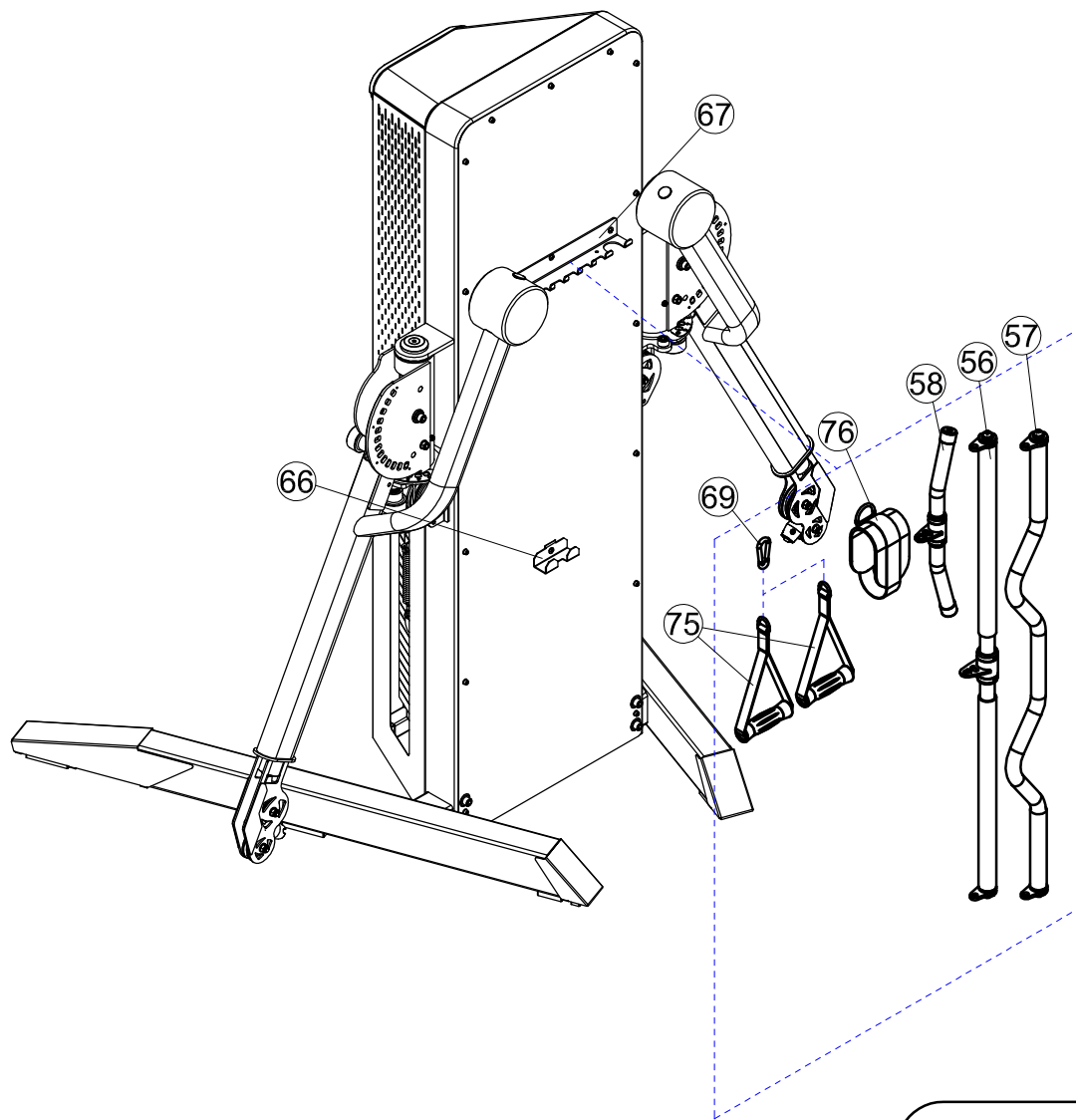
×4 M6×12

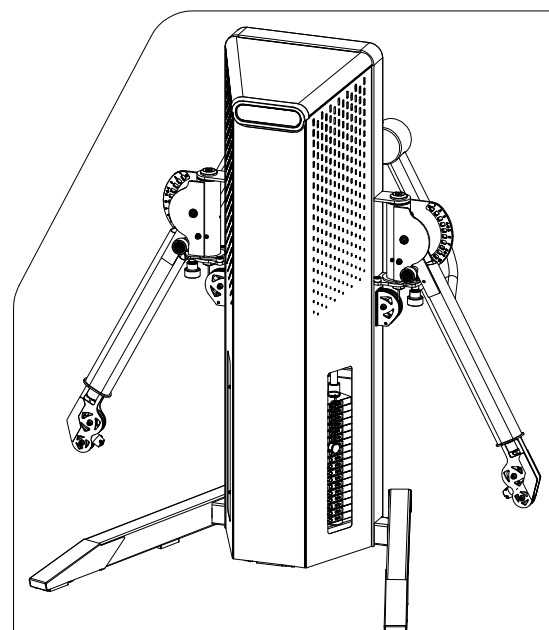
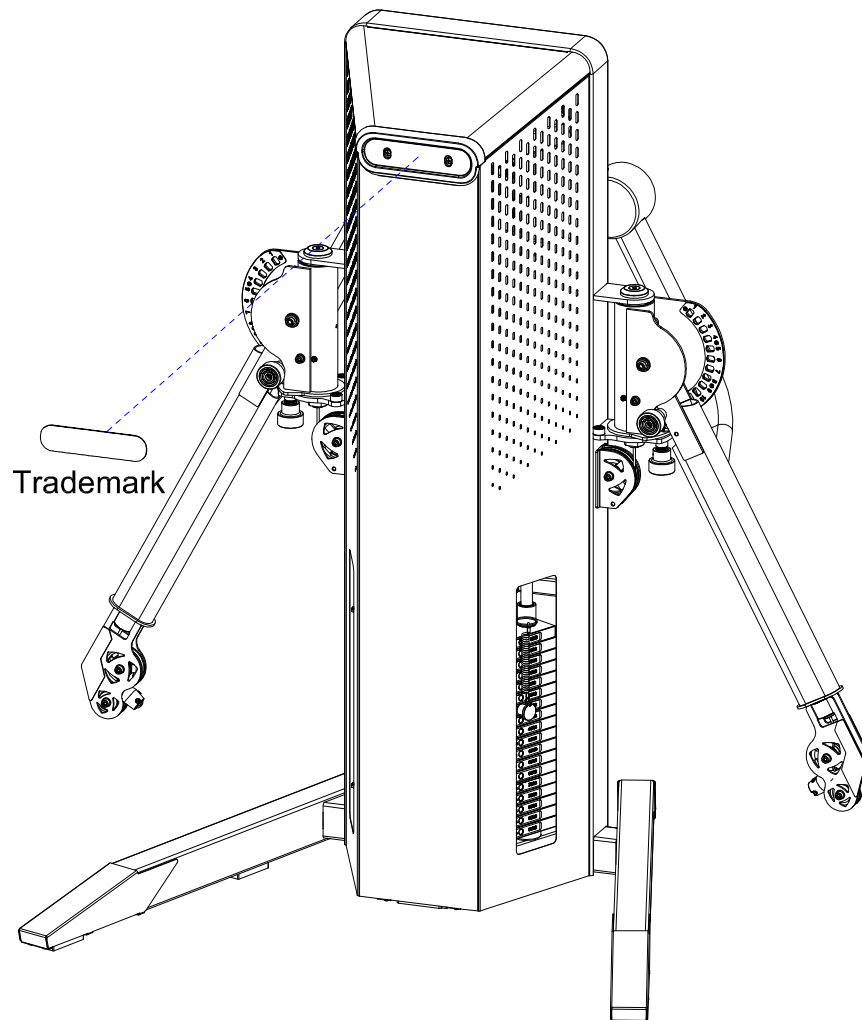
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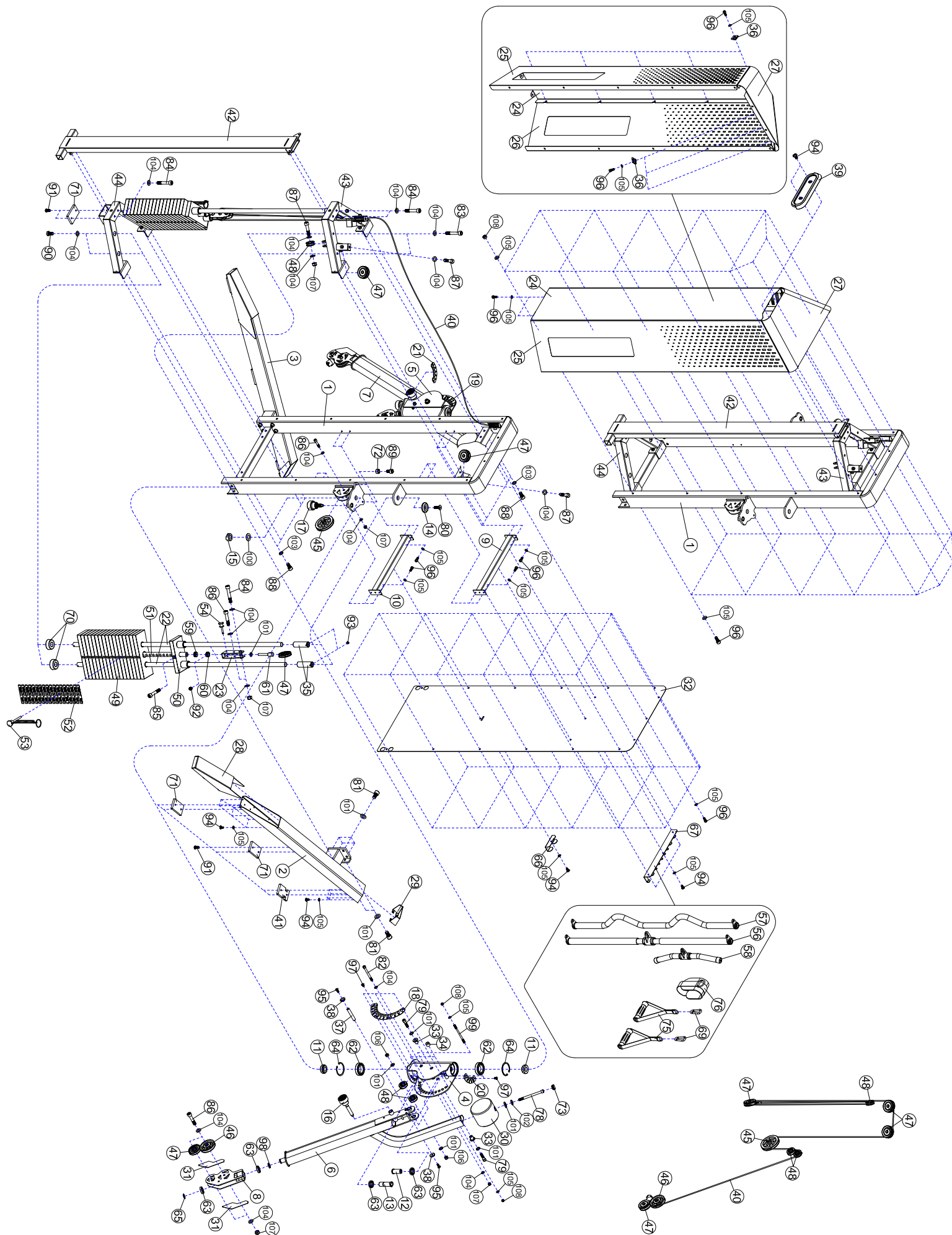


×4 Φ6









PARTS LIST			
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rear Post		1
2	Base Frame R		1
3	Base Frame L		1
4	Frame Slider R		1
5	Frame Slider L		1
6	Swing bracket R		1
7	Swing bracket L		1
8	Pulley Case		2
9	Connecting Frame Rear		1
10	Connecting Frame Rear		1
11	Bushing	φ52×φ45×φ25×17	4
12	Core shaft	φ30×φ25×58×M12	2
13	Threaded tube	φ30×φ25×φ18×87×M24×2	2
14	Decorative cover	φ60×13	2
15	Screw	φ42×20×M24×2	2
16	Aluminum alloy plug		2
17	Aluminum alloy plug		2
18	Angle decorative board	266×137×2×R149	1
19	Angle decorative board	266×137×2×R149	1
20	Angle decorative board	102×85×2×R85	1
21	Angle decorative board	102×85×2×R85	1
22	Guide rod	φ25×1530	4
23	Plum fixed bracket		2
24	Protecting mask	1700×275×1	1
25	Protecting mask	1823×330×1	1
26	Protecting mask	1823×330×1	1
27	Protecting mask	575×283×1	1
28	Decorative plates	444×76×2	2
29	Decorative plates	162.5×76×2	2
30	Weight Plate	φ137×114	2
31	Decorative plates	167×57×30×2	4
32	Protecting mask	1869×558×1	1
33	Bushing	Φ30×Φ18×Φ12.2×29	4
34	Bushing	φ19×18	4
35	Guide rod fixed rod		4
36	U-shaped fixed clip	24×20×M6	16
37	Core shaft	φ10×62×M6	2
38	Washer	φ20×3	4
39	Protecting mask	298×107×20	1
40	Double pull cable	(φ5)	2
41	Rubber Stopper	65×100×12	2
42	Standing frame		1
43	Connecting rack		1
44	Connecting rack		1
45	Pulley with Bearings	φ114Xφ10	2
46	Pulley with Bearings	φ95×φ10×18	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
47	Pulley with Bearings	φ72×φ10	8
48	Pulley with Bearings	φ50×φ10	6
49	Weight Plate	280×100×25.4 (5KG)	34
50	Top Weight Plate	205×100×72	2
51	Selector Rod	φ25×513	2
52	Weight Plate Sticker (90kg)	119×17.5	2
53	Weight Selector Pin		2
54	Aluminum alloy plug		2
56	Straight Bar (attachment)		1
57	Cambered Bar (attachment)		1
58	Small grip frame		1
59	Screw	φ28×12×M12	2
60	Bushing	φ28×φ12.5×12	2
61	Bolt	φ22×105×M12	2
62	Deep groove ball bearing	6009(75×45×16)	4
63	Deep groove ball bearing	61905	8
64	Hole circlip	75	4
65	Elastic block-A type of shaft	25	2
66	Hangre	37×34×27×10×2	1
67	Long hangre	400×50×50×3	1
69	Hook	φ8	2
70	Rubber Stopper	φ62×φ24.5×25	4
71	Rubber Stopper	65×100×12	5
72	Rubber sleeve	φ25×φ11×14	4
73	Rectangular End Cap	φ30	2
75	Nylon Strap Iso-Handle	φ35×170	2
76	Ankle Strap		1
78	Hexagon socket button head screws	M12×150	2
79	Hexagon socket button head screws	M12×45	4
80	Hex socket counter sunk head screw	M12×35	2
81	Hexagon socket button head screws	M12×20	12
82	Hexagon socket button head screws	M10×115	2
83	Hexagon socket button head screws	M10×65	4
84	Hexagon socket button head screws	M10×60	6
85	Hexagon socket button head screws	M10×55	2
86	Hexagon socket button head screws	M10×50	8
87	Hexagon socket button head screws	M10×45	6
88	Hexagon socket button head screws	M10×20	8
89	Hexagon socket button head screws	M10×16	4
90	Hex Bolts	M10×20	4
91	Allen Bolt	M8×16	14
92	Set screw	M8×8	2
93	Set screw	M8×6	4
94	Cross recessed pan head screws	M6×12	26
95	Hex socket counter sunk head screw	M6×16	4
96	Hexagon socket button head screws	M6×15	53

PARTS LIST			
KEY NO.	PART DESCRIPTION	SPEC	QTY
97	Cross Sink Calf Screw	M4×8	12
98	Retaining ring	φ30×φ25.5×3	2
99	Equal-length double head studs	M6×100	2
100	Washer	24	2
101	Washer	12	24
102	Washer	12	2
103	Washer	10	8
104	Washer	10	44
105	Washer	6	93
106	Hex nuts	M12	4
107	Hex nuts	M10	14
108	Hex nuts	M6	16
	Allen wrench	10#	1
	Allen wrench	8#	2
	Allen wrench	5#	2
	Allen wrench	4#	2
	Allen wrench	3#	1



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