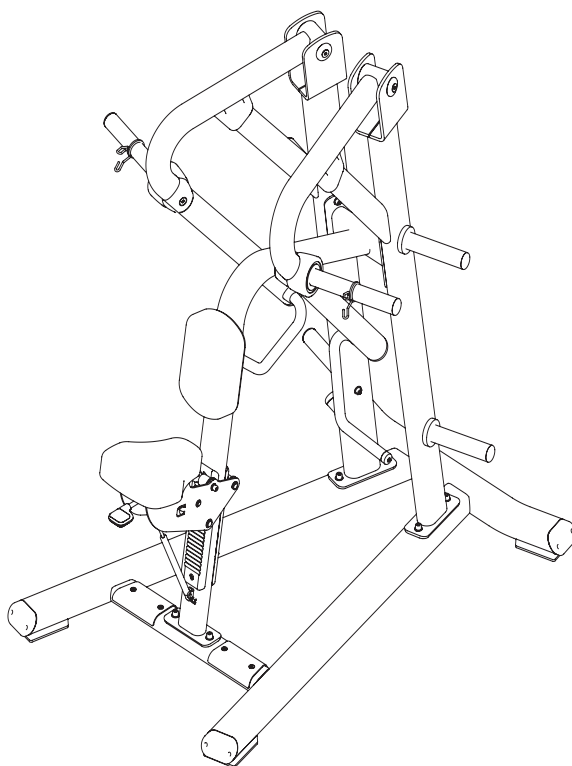


TOORX
PROFESSIONAL LINE

INSTRUCTION



LOW ROW

FWX 8400



Cod : GRLDTOORXFWX8400

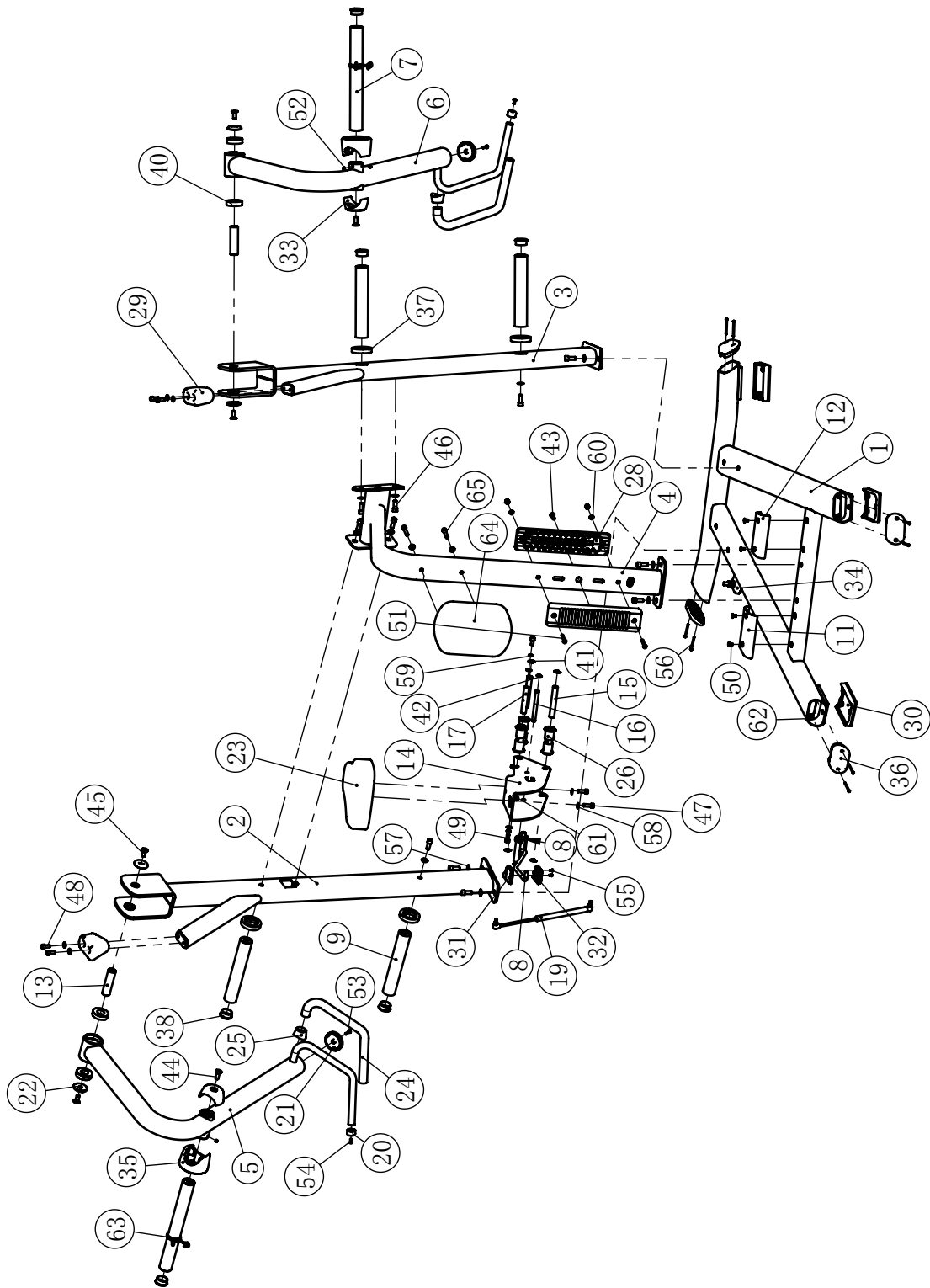
Rev : 00

Ed : 01/24

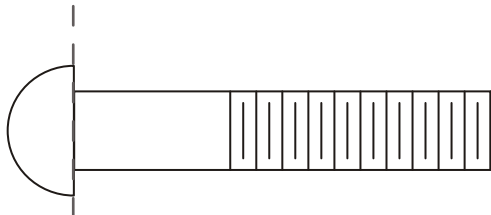
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	34	Adjust Foot	1
2	left Upright Frame	1	35	Inner Bumper	2
3	Right Upright Frame	1	36	Plug PT60*120	4
4	Middle Upright Frame	1	37	Spcaer	4
5	Left Arm Frame	1	38	Plug ϕ 48	6
6	Right Arm Frame	1	40	Ball Bearing	4
7	Weight Horns	2	41	Split Damping Ring ϕ 15	4
8	Adjustable Handle Assembly	1	42	Split Damping Ring ϕ 12	2
9	Weight Storage Horns	4	43	Button Head Cap Screw 3/8"-16*38	1
11	Left Pedal	1	44	Flat Head Cap Screw M12*35	2
12	Right Pedal	1	45	Flat Head Cap Screw M12*30	4
13	Arm Pivot Axle	2	46	Socket Head Cap Screw M12*30	12
14	Seat Support	1	47	Socket Head Cap Screw M10*30	2
15	Pivot	2	48	Socket Head Cap Screw M10*25	4
16	Handle Pivot Shaft	1	49	Socket Head Cap Screw M10*20	2
17	Middle Pivot Shaft	1	50	Flat Head Cap Screw M8*15	4
18	Torsion Spring	1	51	Button Head Cap Screw M8*70	2
19	Gas Spring Assembly	1	52	Socket Set Screw M8*6	4
20	Aluminium Cap ϕ 25	2	53	Flat Head Cap Screw M6*30	2
21	Aluminium End Cap ϕ 76	2	54	Flat Head Cap Screw M6*16	2
22	Aluminium End Cap ϕ 60	4	55	Phillip Screw M4*10	2
23	Seat Pad	1	56	Phillip Screw ST4.2*60	8
24	Grip	2	57	Flat Washer ϕ 13* ϕ 24*1.5	12
25	Safty Cover ϕ 25	2	58	Flat Washer ϕ 11* ϕ 20*2	10
26	Rollers	3	59	Spring Washer ϕ 10	2
27	Inner Slide	1	60	Flat Washer ϕ 9* ϕ 16*1.6	2
28	Outer Slide	1	61	Flat Washer M8	4
29	Bumper	2	62	Nut 20*13*4.5* ϕ 3.5	8
30	Rubber Foot	3	63	Snap Spring ϕ 48	2
31	Handle Upper Cover	1	64	Chest Pad	1
32	Handle Bottom Cover	1	65	Socket Head Cap Screw M10*75	2
33	Outer Safty Cover Assembly	2			

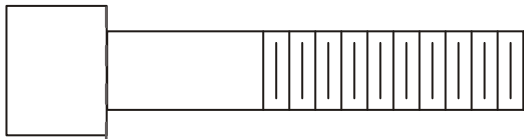
Exploded View and Parts List



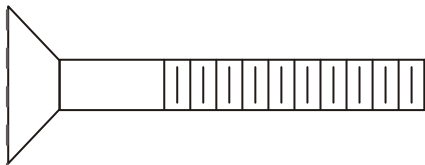
Measurement Guide



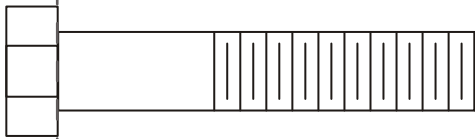
BHCS = Button Head Cap Screw



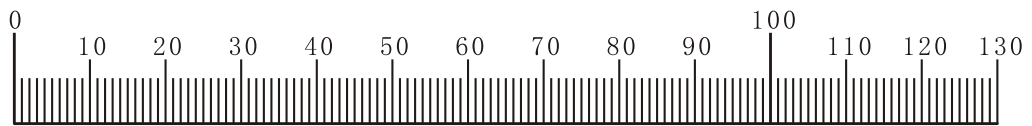
SHCS = Socket Head Cap Screw



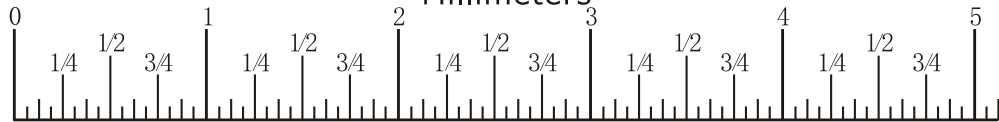
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

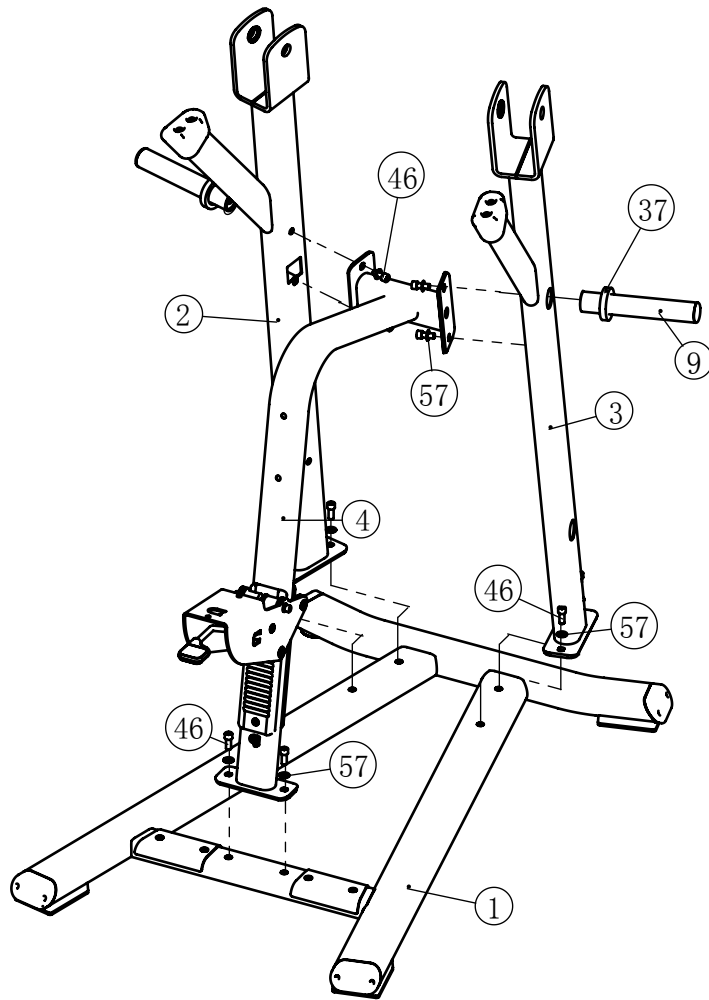


Inches

Assembly

STEP 1

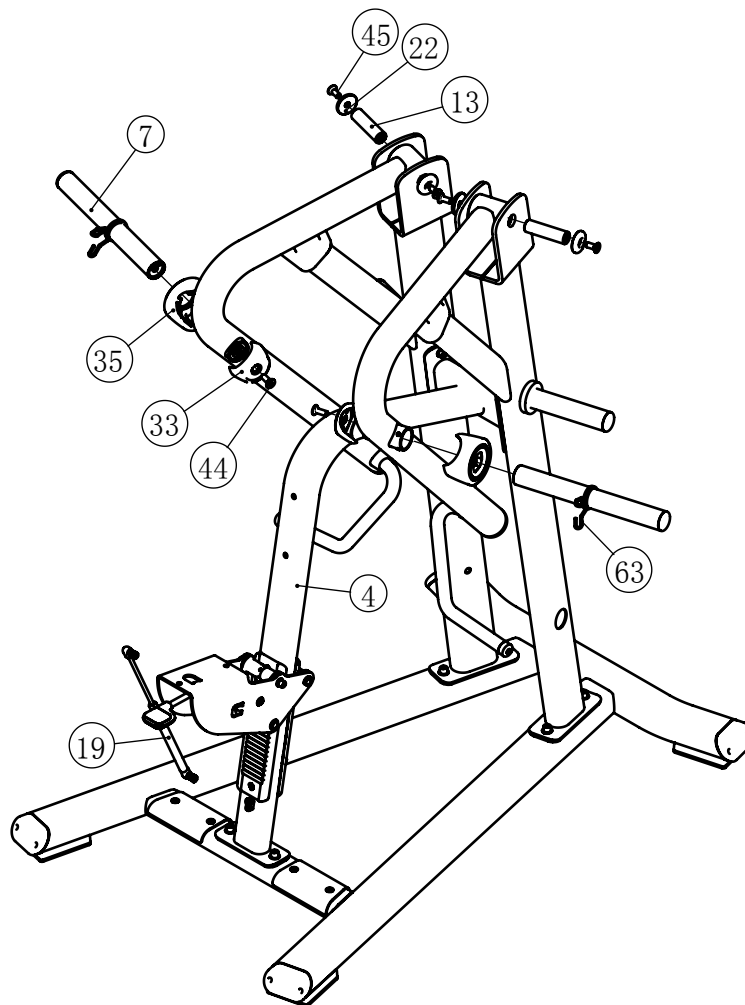
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	9	Weight Storage Horns	2
2	left Upright Frame	1	37	Spcaer	2
3	Right Upright Frame	1	46	Socket Head Cap Screw M12*30	10
4	Middle Upright Frame	1	57	Flat Washer $\phi 13*\phi 24*1.5$	10



Assembly

STEP 2

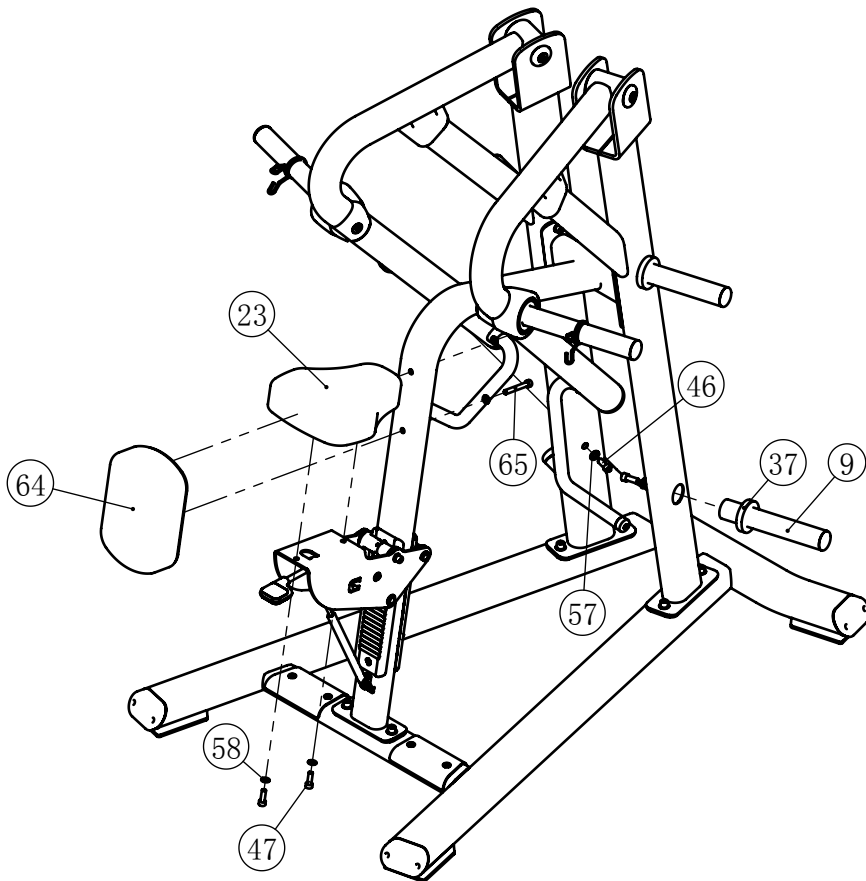
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
4	Middle Upright Frame	1	33	Outer Safty Cover Assembly	2
7	Weight Horns	2	35	Inner Bumper	2
13	Arm Pivot Axle	2	44	Flat Head Cap Screw M12*35	2
19	Gas Spring Assembly	1	45	Flat Head Cap Screw M12*30	4
22	Aluminium End Cap ϕ 60	4	63	Snap Spring ϕ 48	2



Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
9	Weight Storage Horns	2	57	Flat Washer $\phi 13 * \phi 24 * 1.5$	2
23	Seat Pad	1	58	Flat Washer $\phi 11 * \phi 20 * 2$	4
37	Spcaer	2	64	Chest Pad	1
46	Socket Head Cap Screw M12*30	2	65	Socket Head Cap Screw M10*75	2
47	Socket Head Cap Screw M10*30	2			



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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