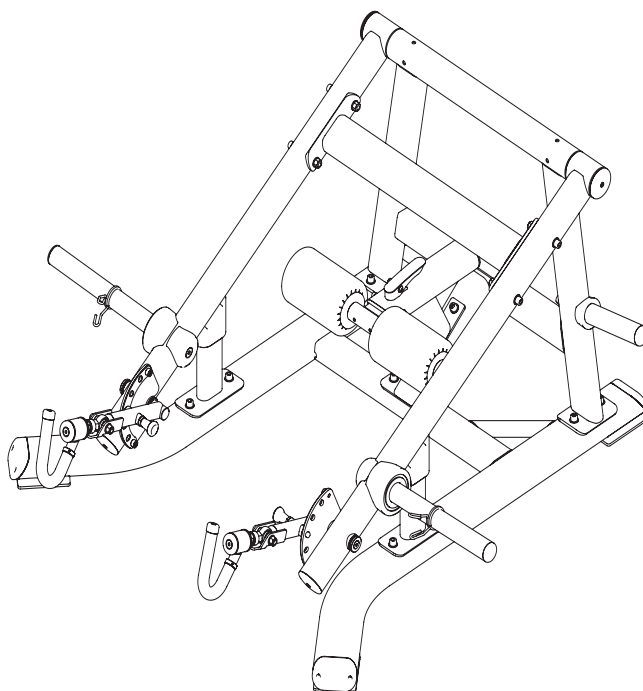


TOORX
PROFESSIONAL LINE

INSTRUCTION



SQUAT LUNGE

FWX 9200



Cod : GRLDTOORXFWX9200

Rev : 00

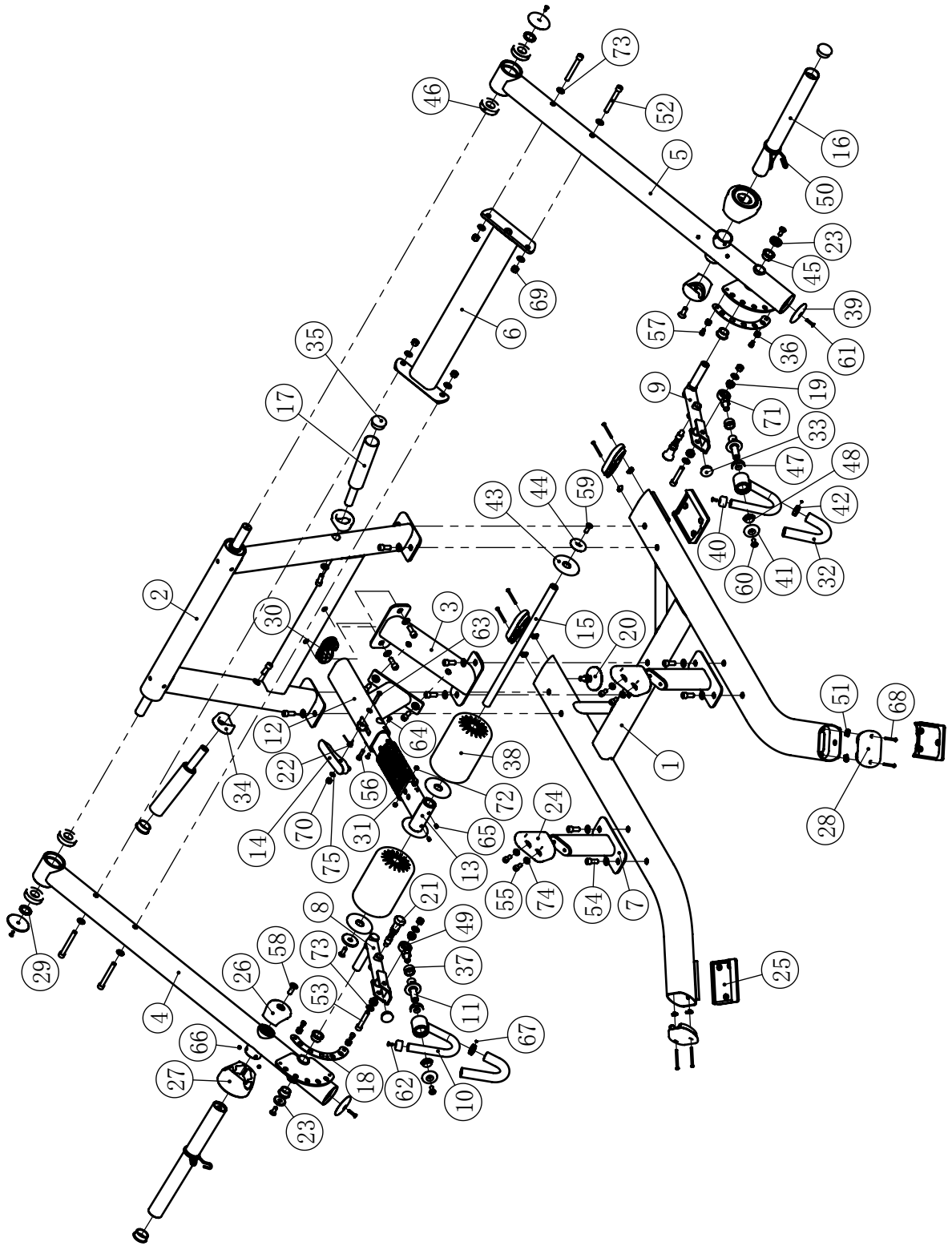
Ed : 01/24

Parts List

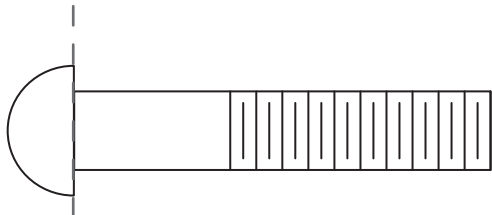
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Mounting Frame	1	39	End Cover ϕ 76*10	4
2	Erection	1	40	Aluminum Head ϕ 25	2
3	Inclined Connecting Frame	1	41	End Cap ϕ 50*8	2
4	Left Arm Force Rack	1	42	Aluminum Ring ϕ 25	2
5	Right Arm Force Rack	1	43	Aluminum Ring ϕ 25	4
6	Connecting Frame	1	44	End Cap ϕ 60* ϕ 12.5*10.6	2
7	Limit Frame	2	45	Bushing ϕ 38* ϕ 25.4*18	4
8	Left Connecting Rod Frame	1	46	Bearing 6206	4
9	Right Connecting Rod Frame	1	47	Bearing 6004	2
10	Pull The Handle	2	48	Tapered roller bearing	2
11	Rotating Frame	2	49	Knuckle Bearing	2
12	Foam Bracket	1	50	Cirelip	2
13	Sliding Frame	1	51	Quick Nut 13.68*21*M5	8
14	Adjustable Support	1	52	Socket Head Cap Screw M12*100	4
15	Swing Tube	1	53	Socket Head Cap Screw M12*65	2
16	Counterweight Frame	2	54	Socket Head Cap Screw M12*30	16
17	Barbell Bar	2	55	Socket Head Cap Screw M10*25	4
18	Adjustable Plate	2	56	Socket Head Cap Screw M8*30	1
19	Spacer Sleeve	4	57	Socket Head Cap Screw M8*12	4
20	Adjusting Pad	1	58	Flat Head Cap Screw M12*35	2
21	Elastic Latch ASSY	2	59	Flat Head Cap Screw M10*30	2
22	Torsion Spring	1	60	Flat Head Cap Screw M10*25	4
23	End Cap ϕ 38*6	2	61	Flat Head Cap Screw M6*30	2
24	Plastic Sleeve	2	62	Flat Head Cap Screw M6*16	4
25	Rubber Foot	3	63	Button Head Cap Screw M8*45	1
26	Outer Sheath	2	64	Button Head Cap Screw M6*12	2
27	Inner Cushion	2	65	Socket Set Screw M8*10	2
28	Elliptical Tube Plug	4	66	Socket Set Screw M8*6	4
29	Spacer Sleeve	2	67	Socket Set Screw M5*3	4
30	Plug PT50*100	1	68	Button Head Cap Screw M5*60	8
31	Plastic Tube Guide	2	69	Nylon Lock Nut M12	6
32	Grip ϕ 30* ϕ 22*265	2	70	Nylon Lock Nut M8	1
33	Pipe Plug ϕ 38	2	71	Hex Thin Nut M16	2
34	Rubber Pad	2	72	Hex Thin Nut M6	2
35	Pipe Plug ϕ 48	4	73	Flat Washer ϕ 13* ϕ 24*1.5	28
36	Spacer ϕ 17*10.5	4	74	Flat Washer ϕ 11* ϕ 20*2	4
37	Spacer ϕ 32* ϕ 25.4*16	2	75	Flat Washer ϕ 9* ϕ 16*1.6	2
38	Leatherwear Foam	2			

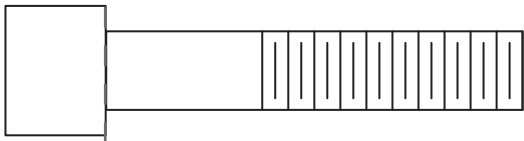
Exploded View



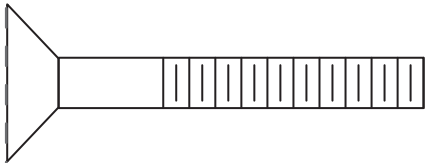
Measurement Guide



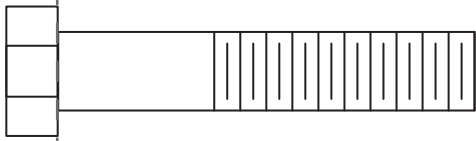
BHCS = Button Head Cap Screw



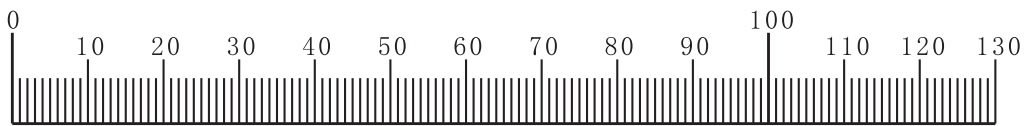
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

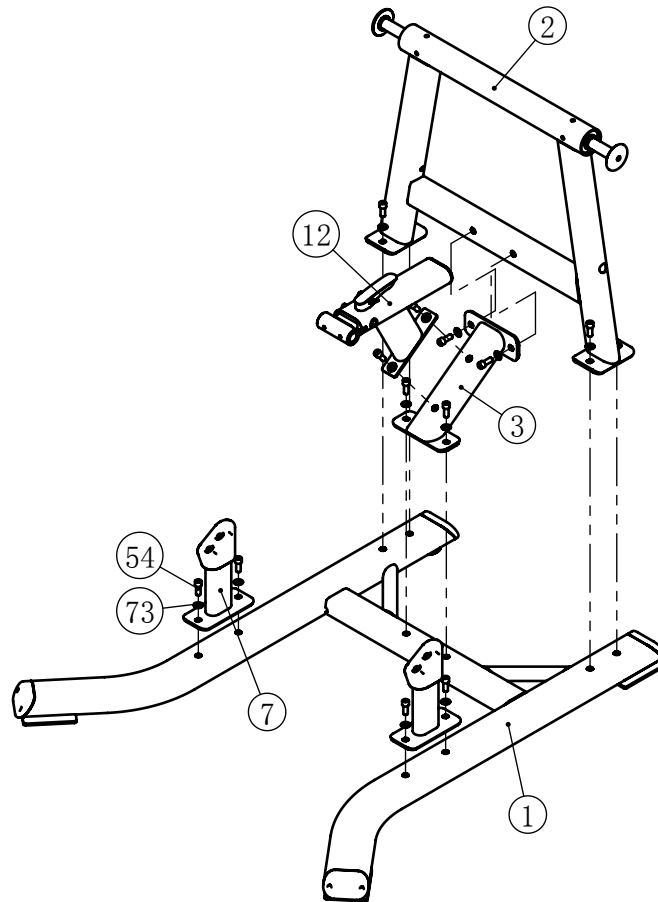


Inches

Assembly

STEP 1

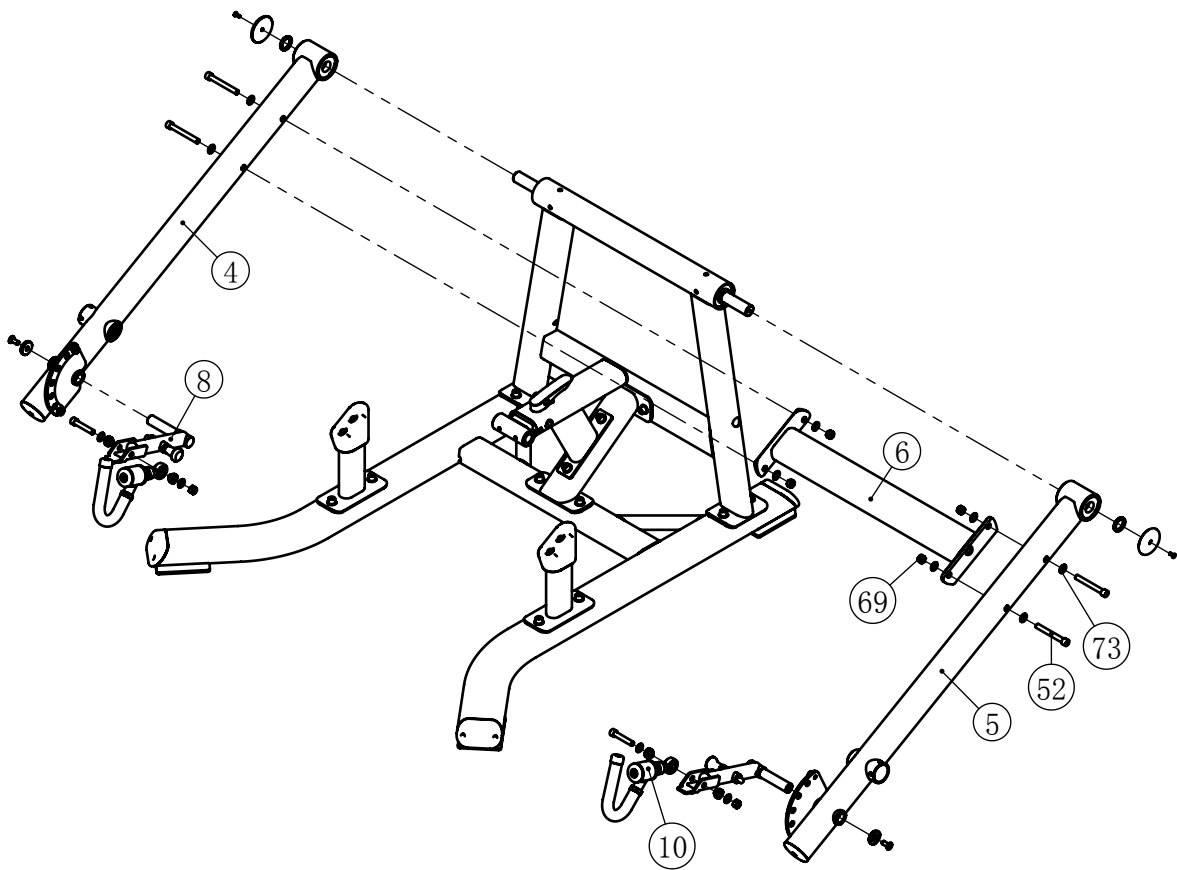
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Mounting Frame	1	12	Foam Bracket	1
2	Erection	1	54	Socket Head Cap Screw M12*30	14
3	Inclined Connecting Frame	1	73	Flat Washer $\phi 13*\phi 24*1.5$	14
7	Limit Frame	2			



Assembly

STEP 2

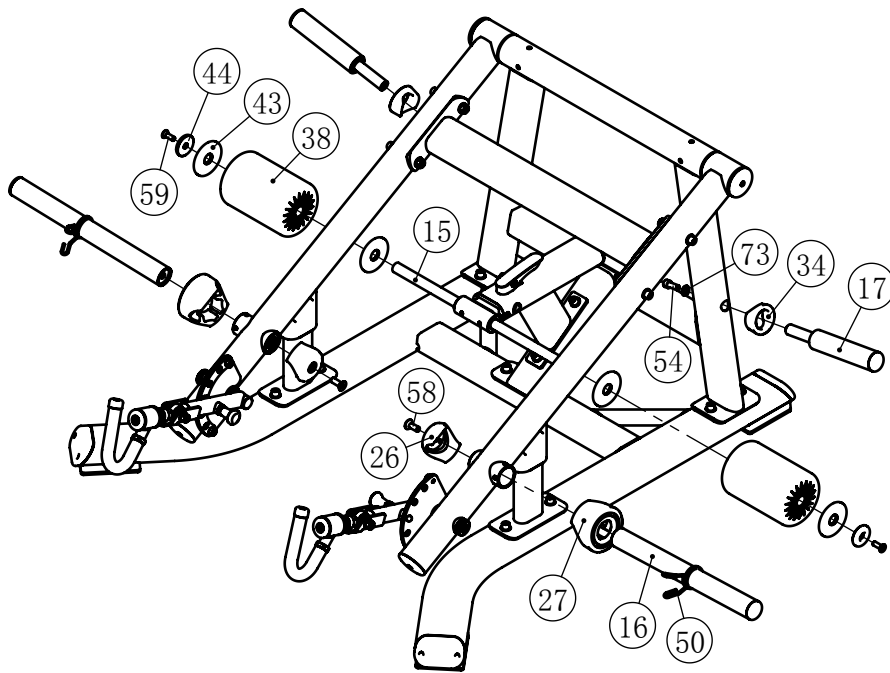
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
4	Left Arm Force Rack	1	10	Pull The Handle	2
5	Right Arm Force Rack	1	52	Socket Head Cap Screw M12*100	4
6	Connecting Frame	1	69	Nylon Lock Nut M12	4
8	Left Connecting Rod Frame	1	73	Flat Washer $\phi 13*\phi 24*1.5$	8



Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
15	Swing Tube	1	43	Aluminum Ring ϕ 25	4
16	Counterweight Frame	2	44	End Cap ϕ 60* ϕ 12.5*10.6	2
17	Barbell Bar	2	50	Cirelip	2
26	Outer Sheath	2	54	Socket Head Cap Screw M12*30	2
27	Inner Cushion	2	58	Flat Head Cap Screw M12*35	2
34	Rubber Pad	2	59	Flat Head Cap Screw M10*30	2
38	Leatherwear Foam	2	73	Flat Washer ϕ 13* ϕ 24*1.5	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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