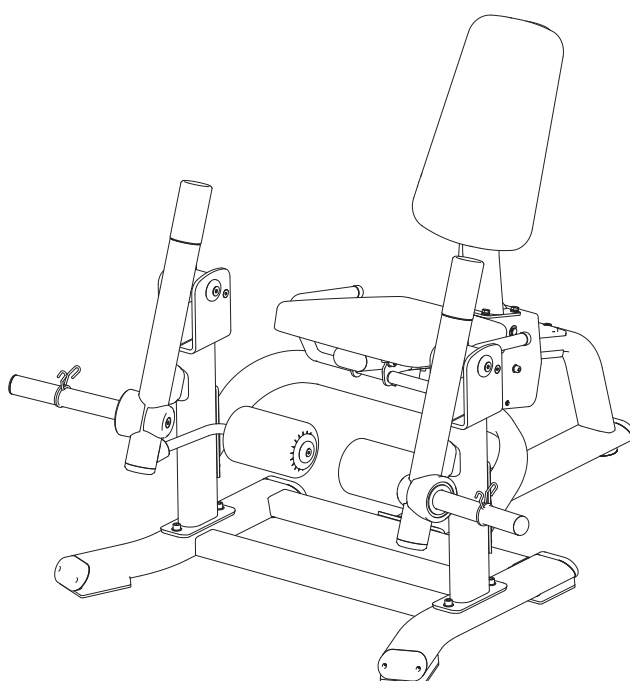


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**LEG EXTENSION**

# FWX 9400



Cod : GRLDTOORXFWX9400

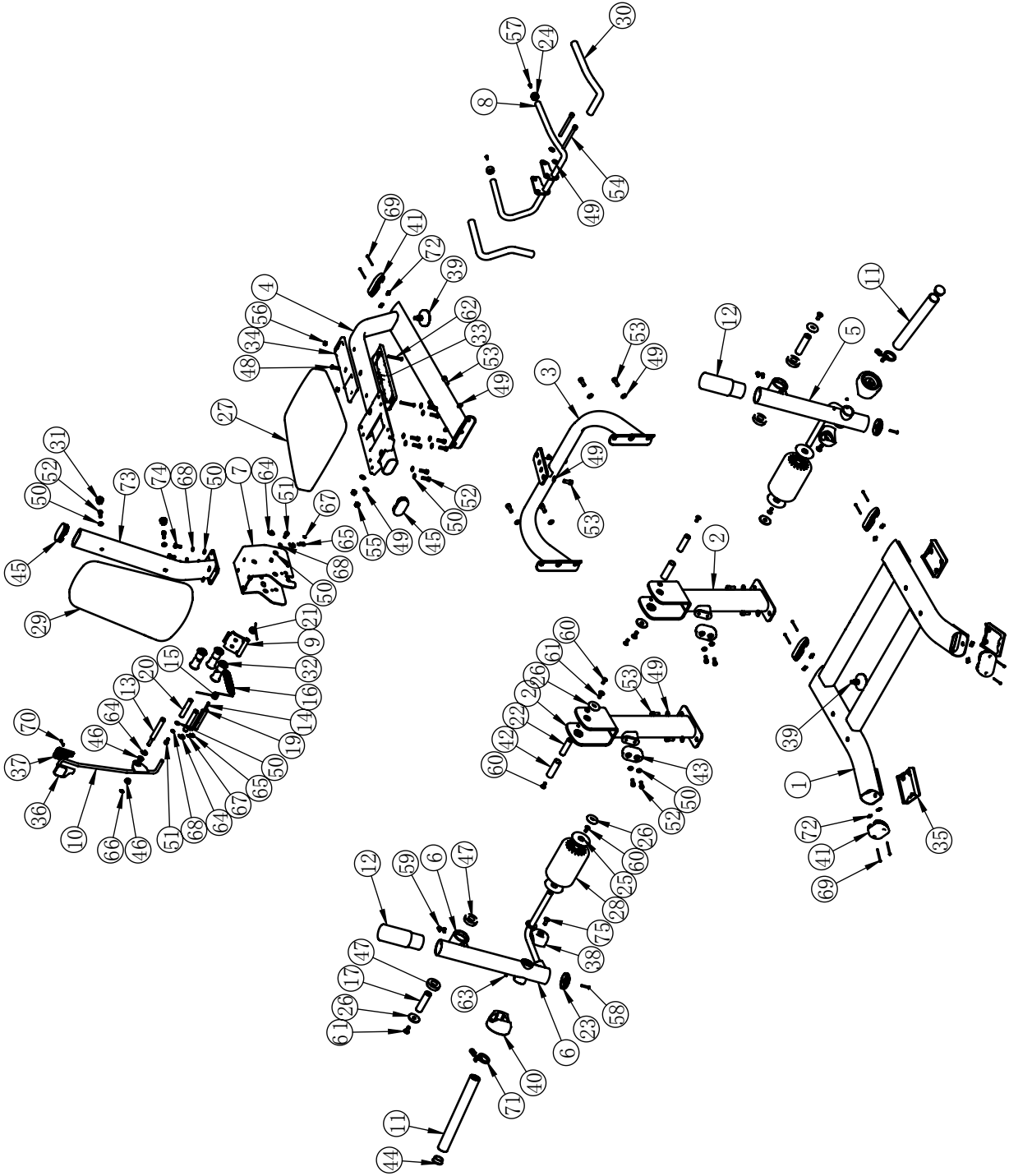
Rev : 00

Ed : 01/24

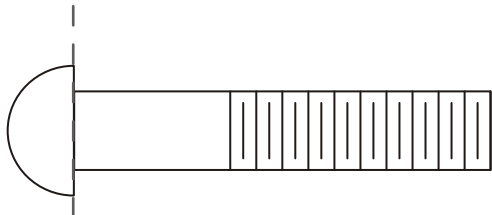
## Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1	39	Adjustable Foot	1
2	Upright Frame	2	40	Bumper	2
3	Connection Frame	1	41	Plug PT60*120	5
4	Seat Support	1	42	Grip	2
5	Left Arm Frame	1	43	Bumper	2
6	Right Arm Frame	1	44	Plug $\phi$ 48	2
7	Back Pad Frame	1	45	Plug RT50*100	2
8	Handle Frame	1	46	Bushing	2
9	Adjustable Handle Assembly1	1	47	Ball Bearing	4
10	Adjustable Handle Assembly2	1	48	Button Head Cap Screw 3/8"-16*38	1
11	Weight Horns	2	49	Flat Washer	16
12	Counterweights	2	50	Flat Washer	18
13	Axle $\phi$ 19.05* $\phi$ 12.2*170.3	1	51	Socket Head Cap Screw M10*20	2
14	Axle $\phi$ 8**126.5	2	52	Socket Head Cap Screw M10*30	10
15	Torsion Spring	1	53	Socket Head Cap Screw M12*30	12
16	Extension Spring	1	54	Socket Head Cap Screw M12*130	2
17	Arm Pivot Axle	2	55	Nylon Lock Nut M12	2
18	Pivot	1	56	Nylon Lock Nut M8	2
19	Handle Pivot Shaft	1	57	Flat Head Cap Screw M6*16	2
20	Middle Pivot Shaft	1	58	Flat Head Cap Screw M6*30	2
21	Torsion Spring	1	59	Flat Head Cap Screw M8*20	4
22	Shaft $\phi$ 25*92.5	2	60	Flat Head Cap Screw 10*25	6
23	Aluminum Cap $\phi$ 76	2	61	Flat Head Cap Screw M12*30	4
24	Aluminum Cap	2	62	Button Head Cap Screw M8*70	2
25	Aluminum Ring $\Phi$ 25	4	63	Socket Set Screw M8*6	4
26	Aluminum Cap	6	64	Split damping ring $\phi$ 15	4
27	Seat Pad	1	65	Split damping ring $\phi$ 12	2
28	FOAM	2	66	Split damping ring $\phi$ 9	1
29	Back Pad	1	67	Split damping ring $\phi$ 6	4
30	Grip	2	68	Spring Washer $\phi$ 10	6
31	Plug	2	69	Phillip Screw M5*60	10
32	Rollers	3	70	Phillip Screw M4*10	2
33	Inner Slide	1	71	Snap Spring	2
34	Outer Slide	1	72	Nut 20*13*4.5* $\phi$ 3.5	10
35	Rubber Foot	3	73	Back Pad Frame	1
36	Upper Handle Cover Assembly	1	74	Hex Head Bolt M10*25	4
37	Bottom Handle Cover	1	75	Hexagon socket countersunk head screws	2
38	Outer Safty Cover Assembly	2			

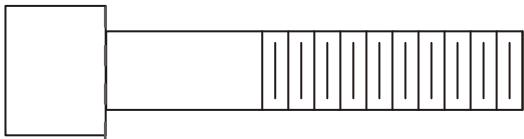
# Exploded View and Parts List



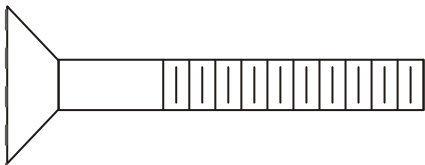
# Measurement Guide



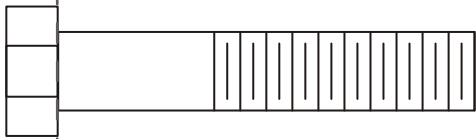
BHCS = Button Head Cap Screw



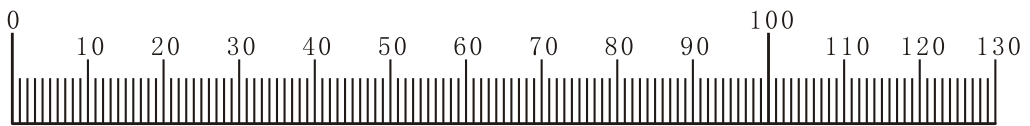
SHCS = Socket Head Cap Screw



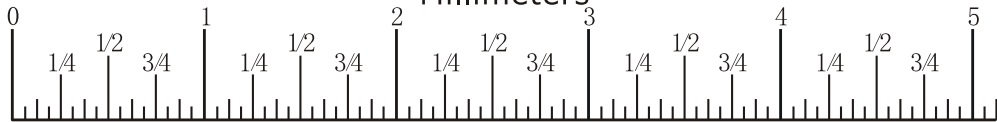
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

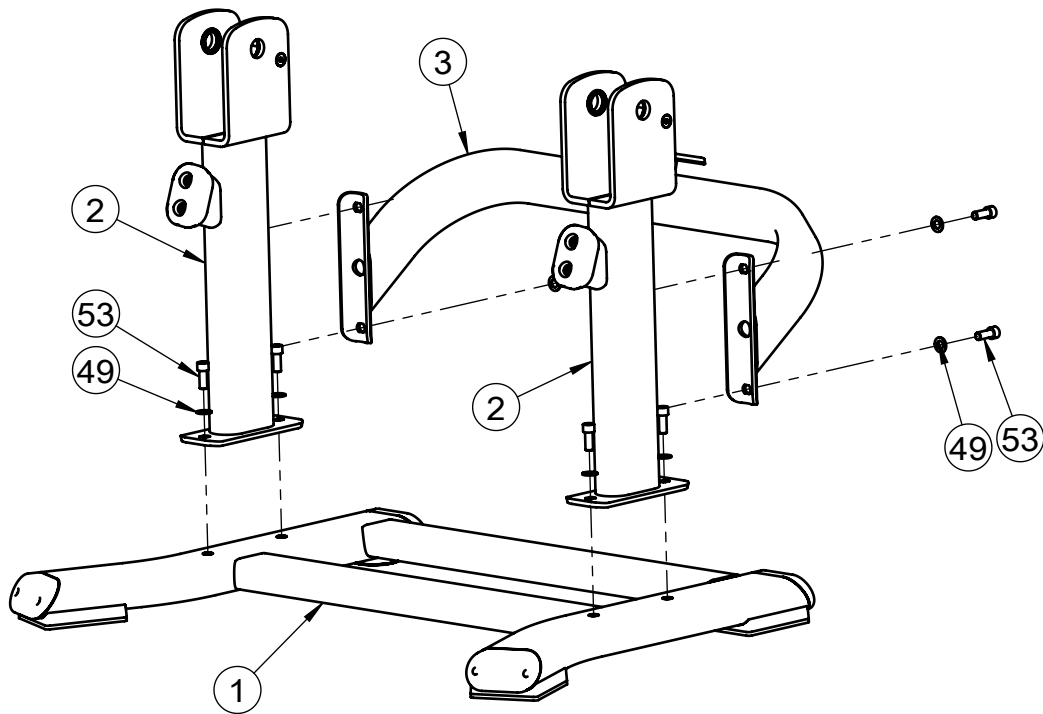


Inches

# Assembly

## STEP 1

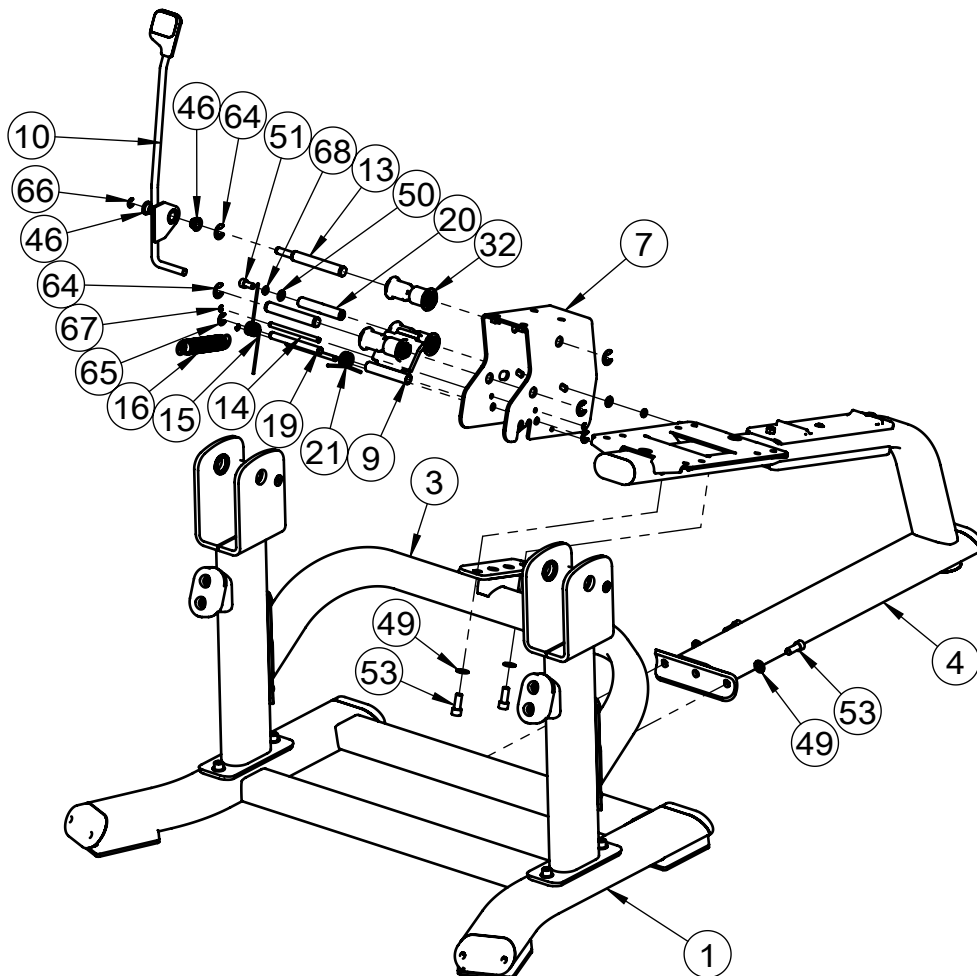
ITEM NO.	DESCRIPTION	QTY
1	Base Frame	1
2	Upright Frame	2
3	Connection Frame	1
49	Flat Washer	8
53	Socket Head Cap Screw M12*30	8



# Assembly

## STEP 2

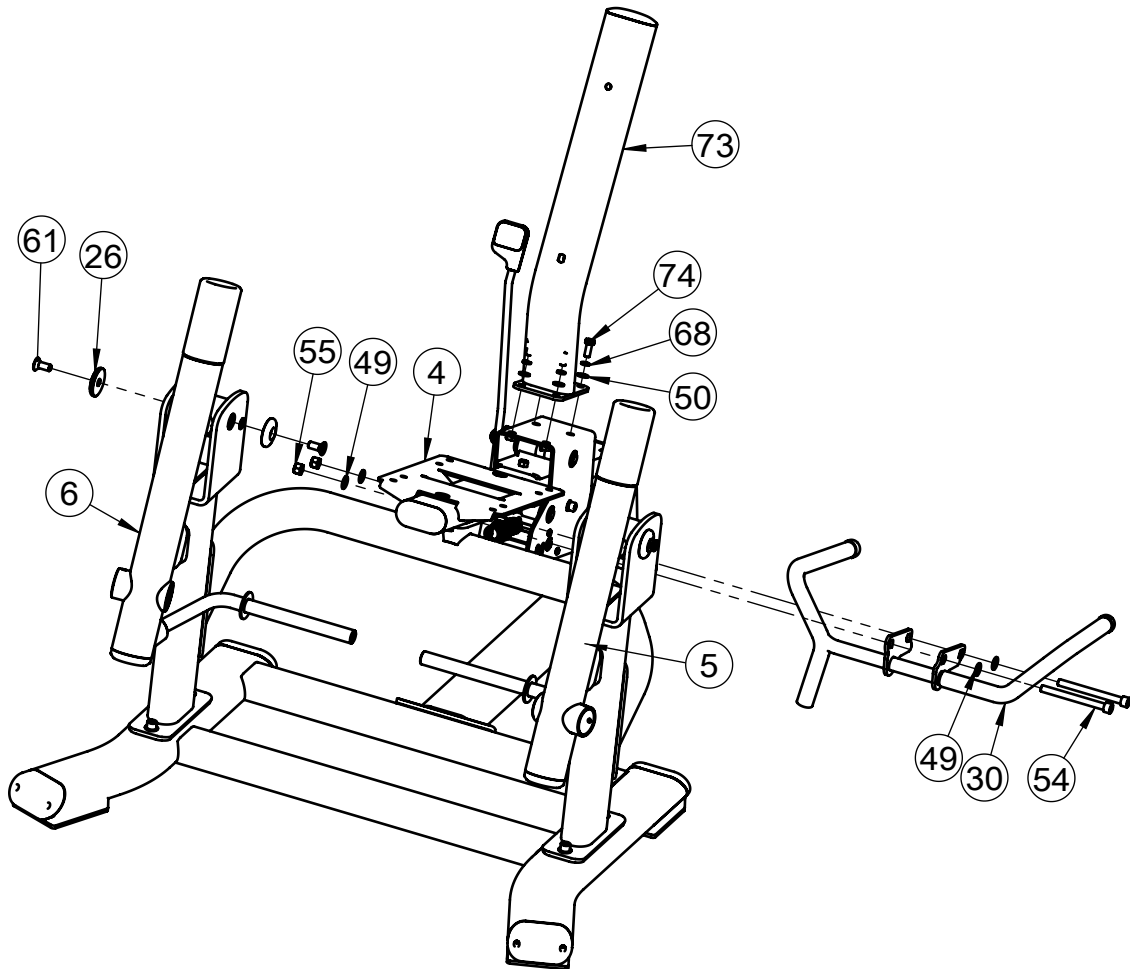
ITEM NO.	DESCRIPTION	QTY			
1	Base Frame	1	50	Flat Washer	2
3	Connection Frame	1	51	Socket Head Cap Screw M10*20	2
4	Seat Support	1	53	Socket Head Cap Screw M12*30	4
7	Back Pad Frame	1	64	Split damping ring $\phi 15$	4
10	Adjustable Handle Assembly	2	65	Split damping ring $\phi 12$	2
13	Axle $\phi 19.05 * \phi 12.2 * 170.3$	1	66	Split damping ring $\phi 9$	1
14	Axle $\phi 8 * 126.5$	2	67	Split damping ring $\phi 6$	4
19	Handle Pivot Shaft	1	68	Spring Washer $\phi 10$	2
20	Torsion Spring	1			
32	Rollers	3			
46	Bushing	2			
49	Flat Washer	4			



# Assembly

## STEP 3

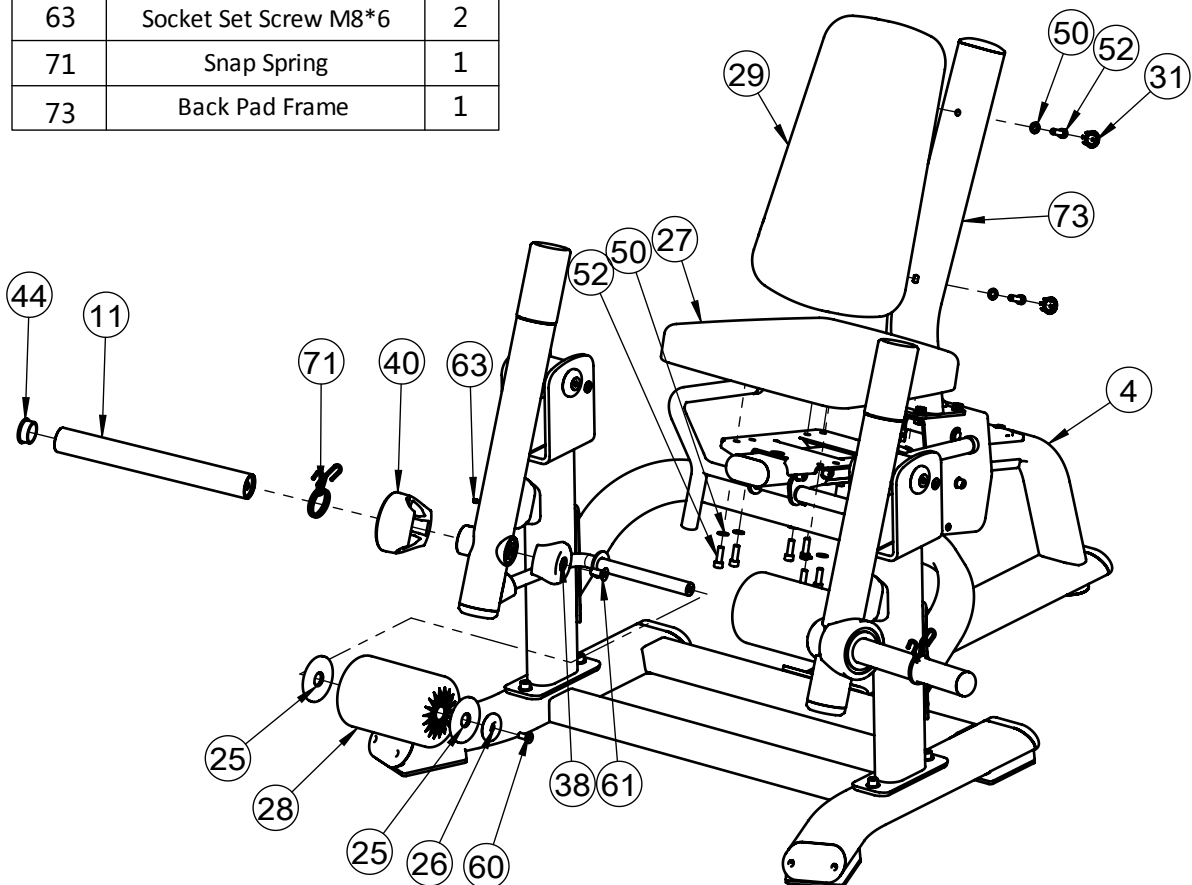
ITEM NO.	DESCRIPTION	QTY
4	Seat Support	1
5	Left Arm Frame	1
6	Right Arm Frame	1
26	Aluminum Cap	1
30	Grip	1
49	Flat Washer	1
50	Flat Washer	2
54	Socket Head Cap Screw M12*130	1
55	Nylon Lock Nut M12	1
61	Flat Head Cap Screw M12*30	1
68	Spring Washer $\phi 10$	2
73	Back Pad Frame	4
74	Hex Head Bolt M10*25	4



# Assembly

## STEP 4

ITEM NO.	DESCRIPTION	QTY
4	Seat Support	1
11	Weight Horns	1
25	Aluminum Ring $\Phi 25$	2
26	Aluminum Cap	1
27	Seat Pad	1
29	Back Pad	1
31	Plug	2
38	Outer Safty Cover Assembly	1
40	Bumper	1
44	Plug $\phi 48$	1
50	Flat Washer	10
52	Socket Head Cap Screw M10*30	10
60	Flat Head Cap Screw 10*25	1
61	Flat Head Cap Screw M12*30	1
63	Socket Set Screw M8*6	2
71	Snap Spring	1
73	Back Pad Frame	1





## 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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