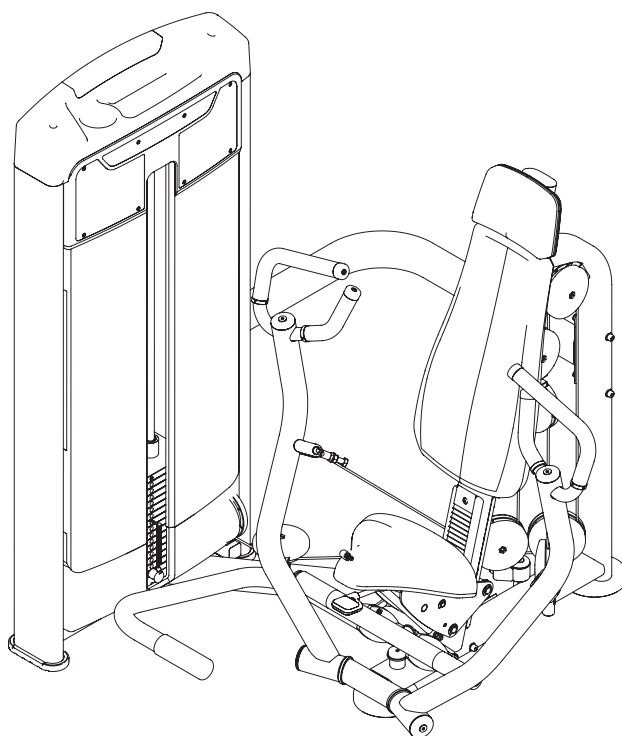


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**CONVERGING CHEST PRESS**

**PLX 8000**



Cod : GRLDTOORXPLX8000

Rev : 00

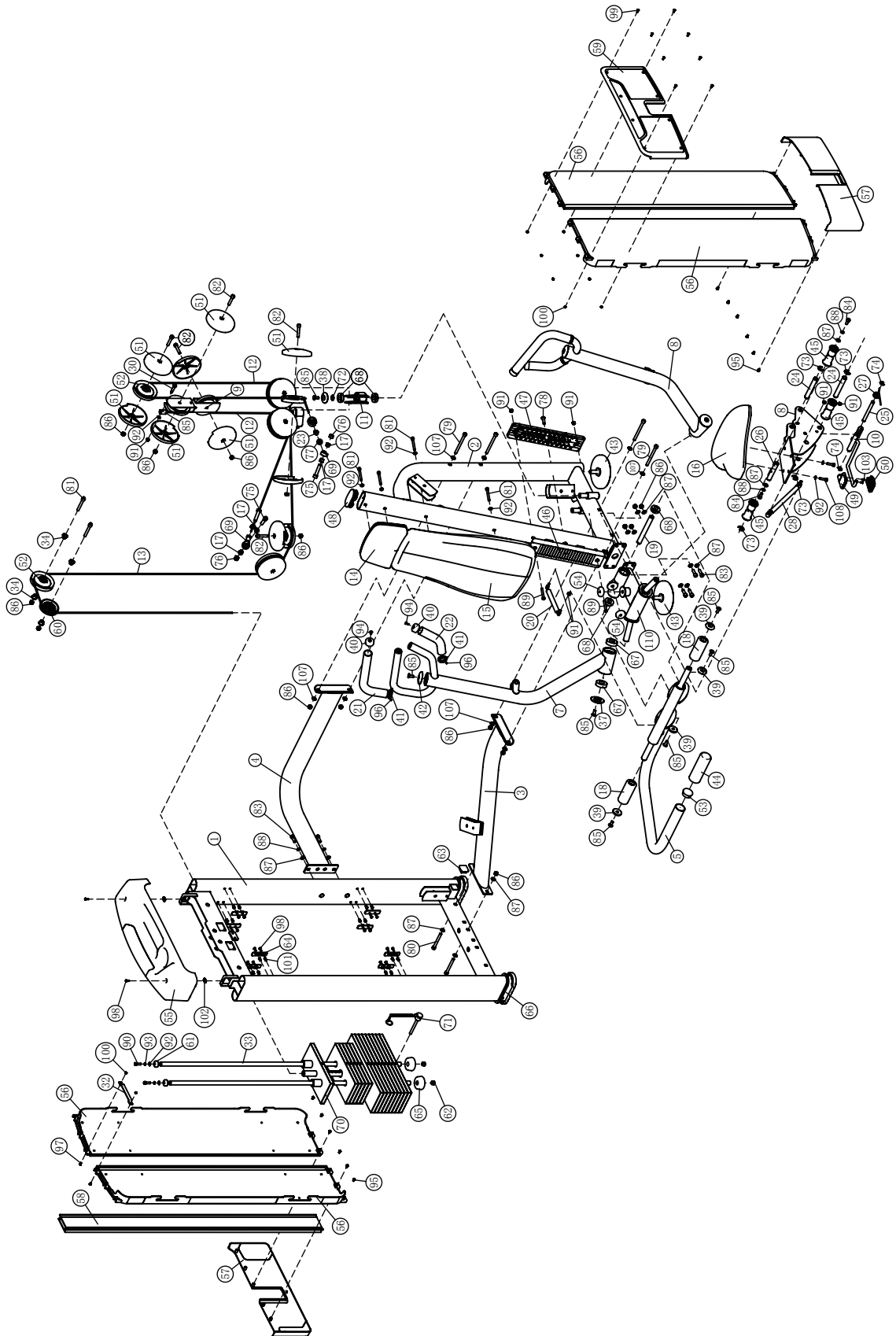
Ed : 11/23

# Parts List

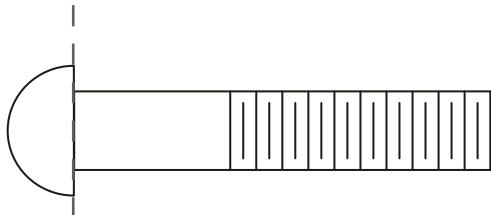
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	57	Under Shroud	2
2	Main Frame	1	58	Back Buckle	1
3	Bottom Cross Brace	1	59	Front cover	1
4	Top Frame	1	60	3.5" Pulley	1
5	Aid Foot Frame	1	61	Mount Sleeve	2
6	Left Arm Frame	1	62	Rubber Plug	2
7	Right Arm Frame	1	63	Plug F38	1
8	Seat Frame	1	64	Shroud Clip	8
9	Double Pulley Frame	1	65	Weight Rubber Bumper	2
10	Lever Assembly	1	66	Rubber Foot	2
11	Swing Pulley	2	67	Bearing 6005-2Z	4
12	Cable 1	1	68	Bearing 6004-2Z	6
13	Cable 2	1	69	Joint Bearing M12	2
14	Head Pad	1	70	Weight Plate	1
15	Back Pad	1	71	Selector Pin W/Coil	1
16	Seat Pad	1	72	Flat Washer $\phi 20.2 \times \phi 25 \times 1$	2
17	Sleeve	4	73	Open Retaining Ring $\phi 15$	4
18	Nylon Roller Sleeve	2	74	Open Retaining Ring $\phi 12$	2
19	Shaft $\phi 20 \times 175$	1	75	Socket Head Cap Screw M12 $\times$ 55	2
20	Spring Assembly	1	76	Nylon lock Nut M12	2
21	Grip $\phi 36 \times \phi 28 \times 330$	2	77	Flange Nut M12	1
22	Grip ST $\phi 28 \times \phi 36 \times 215$	2	78	Button Head Cap Screw 3/8"-16 $\times$ 38	1
23	Cable End $\phi 20 \times 77 \times M12$	1	79	Socket Head Cap Screw M10 $\times$ 120	4
24	Shaft $\phi 19.05 \times 128.8$	2	80	Socket Head Cap Screw M10 $\times$ 90	2
25	Lever Shaft $\phi 12.7 \times 128.3$	1	81	Socket Head Cap Screw M8 $\times$ 75	4
26	Shaft $\phi 19.05 \times 107.2$	1	82	Socket Head Cap Screw M10 $\times$ 50	8
27	Spring	1	83	Socket Head Cap Screw M10 $\times$ 30	6
28	Gas Spring Assembly	1	84	Socket Head Cap Screw M10 $\times$ 20	2
29	Cable End	1	85	Flat Head Cap Screw M10 $\times$ 25	10
30	Shoulder Bolt	1	86	Nylon lock Nut M10	20
32	Connecting Plate	1	87	Flat Washer $\phi 20 \times \phi 11 \times 2$	17
33	Guide Rod	2	88	Spring Washer $\phi 10$	4
34	Sleeve	4	89	Button Head Cap Screw M8 $\times$ 70	2
37	End Cap $\phi 63.5 \times \phi 10.5 \times 12.4$	2	90	Socket Head Cap Screw M8 $\times$ 25	2
38	End Cap $\phi 50 \times 8$	2	91	Nylon lock Nut M8	5
39	End Cap $\phi 43 \times \phi 10.5 \times 8$	4	92	Flat Washer $\phi 16 \times \phi 9 \times 1.6$	11
40	Aluminium Grip Cap	4	93	Spring Washer $\phi 8$	2
41	Aluminium Grip Ring $\phi 40 \times \phi 33 \times 9.5$	4	94	Falling Hex Socket Countersunk Head Screw M6 $\times$ 16	4
42	Aluminum Cap $\phi 60 \times \phi 10.5 \times 10.9$	2	95	Button Head Cap Screw M6 $\times$ 10	12
43	Adjustable Foot Plate	2	96	Socket Set Screw M5 $\times$ 3	8
44	Pedal Cover DT $\phi 55 \times \phi 47 \times 155$	1	97	Button Head Cap Screw M5 $\times$ 10	2
45	Wheel	3	98	Cross Head Self-Tapping Screw M5 $\times$ 15	18
46	Inside Cushion Slide	1	99	Cross Recess Pan Head Screw M5 $\times$ 15	8
47	Outside Cushion Slide	1	100	Nylon lock Nut M5	10
48	Plug PT50 $\times$ 100	1	101	Flat Hex Nut M5	16
49	Handle Upper Cover Assembly	1	102	Stretch Splint	2
50	Handle Lower Cover	1	103	Cross Recess Pan Head Screw M4 $\times$ 10	2
51	Pulley Cover	15	104	Lubricant Box	1
52	4.5" Pulley	9	107	Arc washers $\phi 10.5 \times \phi 21 \times 1.8$	8
53	Plug $\phi 48$	1	108	Socket Head Cap Screw M8 $\times$ 30	2
54	Cushion	2	110	Shaft Frame	1
55	Top Shroud	1	114	Plug $\phi 32$	1
56	Side Shroud	4			

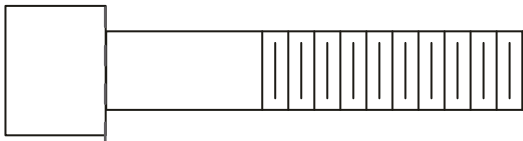
# Exploded View



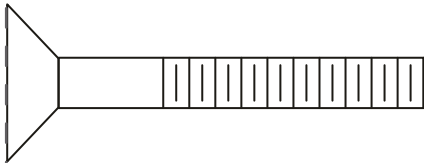
# Measurement Guide



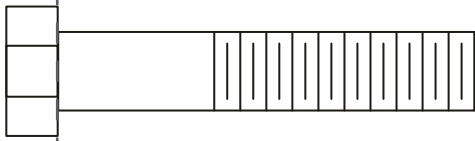
BHCS = Button Head Cap Screw



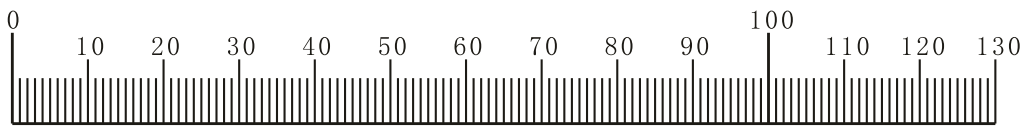
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

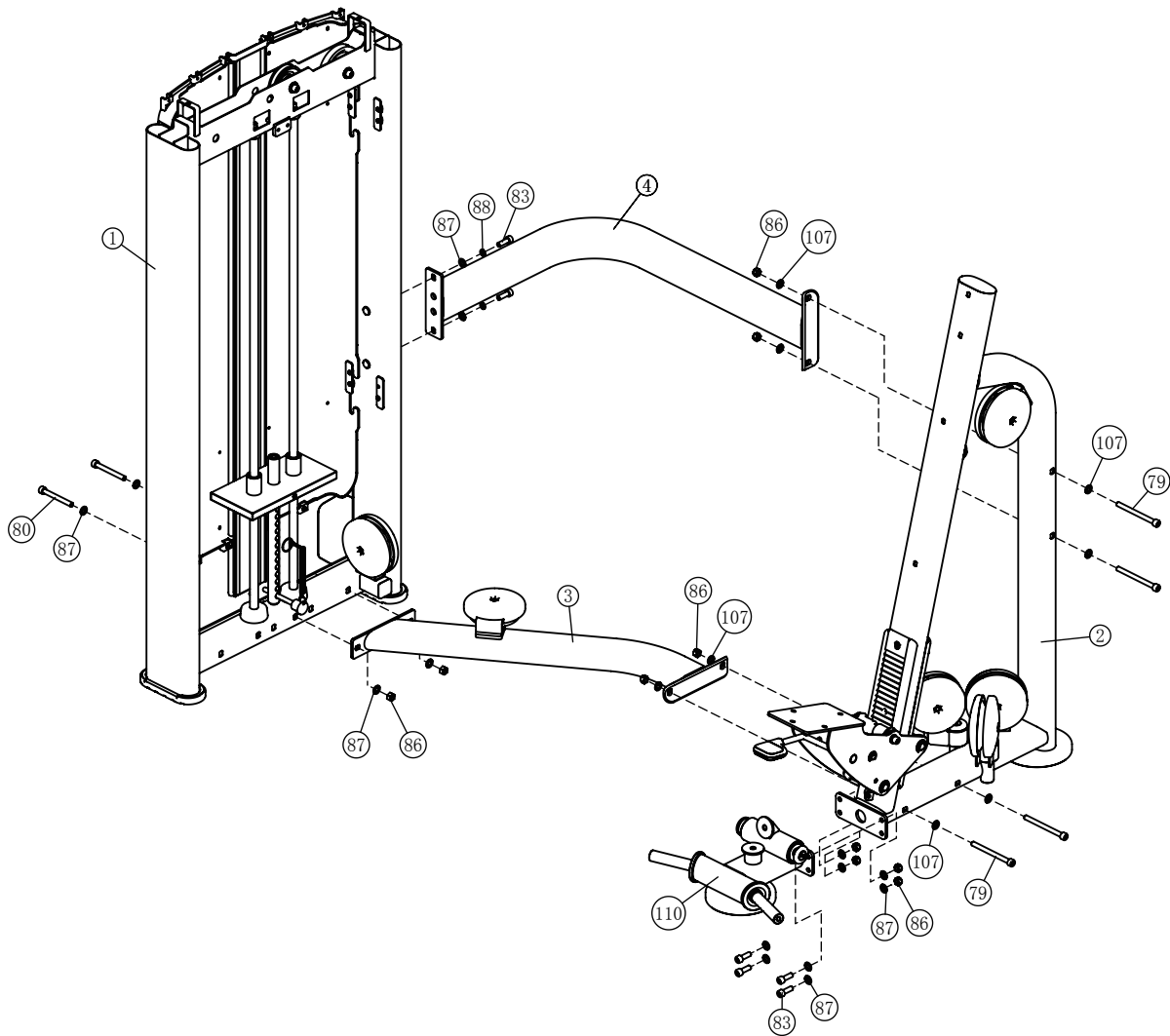


# Assembly

## STEP 1

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	83	Socket Head Cap Screw M10×30	6
2	Main Frame	1	86	Nylon lock Nut M10	10
3	Bottom Cross Brace	1	87	Flat Washer $\phi 20 \times \phi 11 \times 2$	15
4	Top Frame	1	88	Spring Washer $\phi 10$	2
79	Socket Head Cap Screw M10×120	4	107	Arc washers $\phi 10.5 \times \phi 21 \times 1.8$	8
80	Socket Head Cap Screw M10×90	2	110	Shaft Frame	1

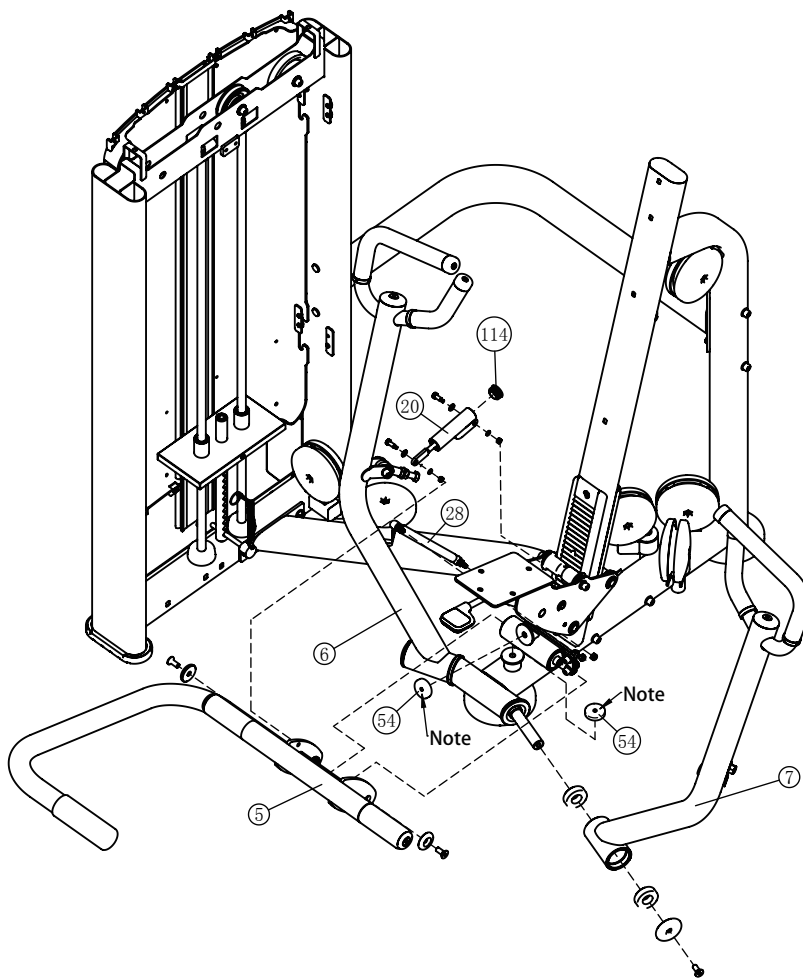


# Assembly

## STEP 2

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No.	Description	Qty	Item No.	Description	Qty
5	Aid Foot Frame	1	28	Gas Spring Assembly	1
6	Left Arm Frame	1	54	Cushion	2
7	Right Arm Frame	1	114	Plug $\phi 32$	1
20	Spring Assembly	1			



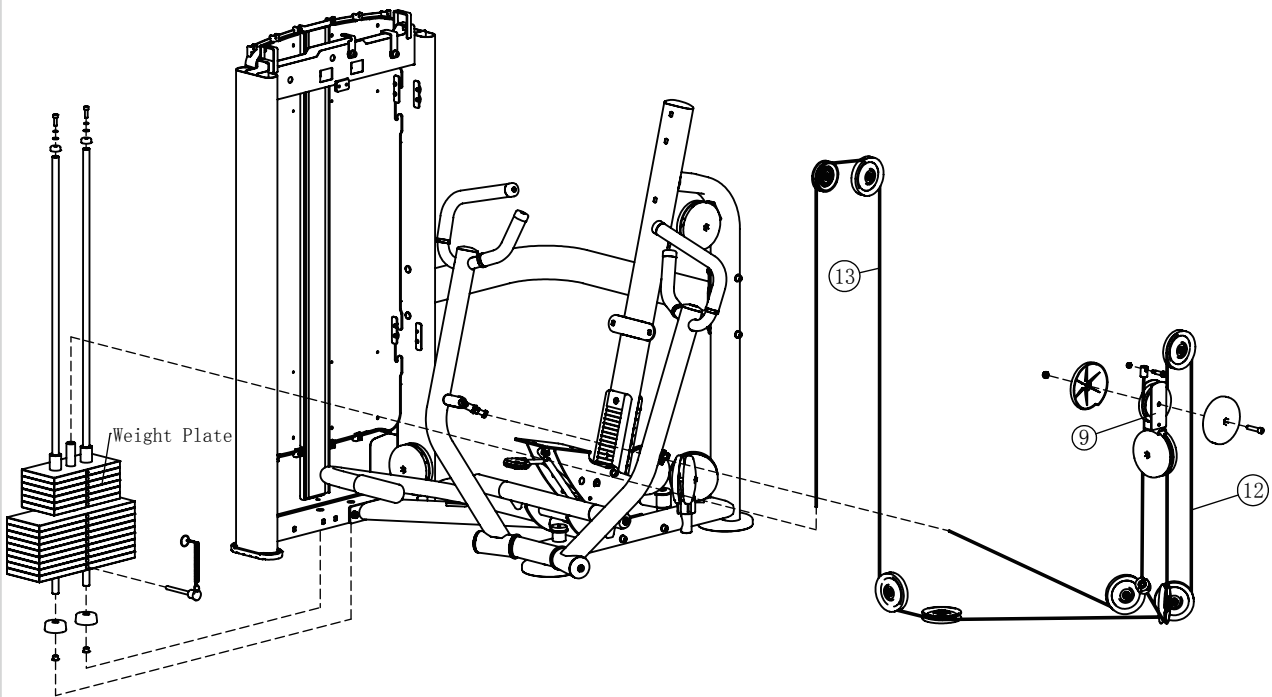
Note-1: Please attach No. 20 to No. 2 & No. 5 first, wrench tighten the nuts, then attach No. 54 to No. 10, attach No.114 to No.20.

# Assembly

## STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty
9	Double Pulley Frame	1
12	Cable 1	1
13	Cable 2	1

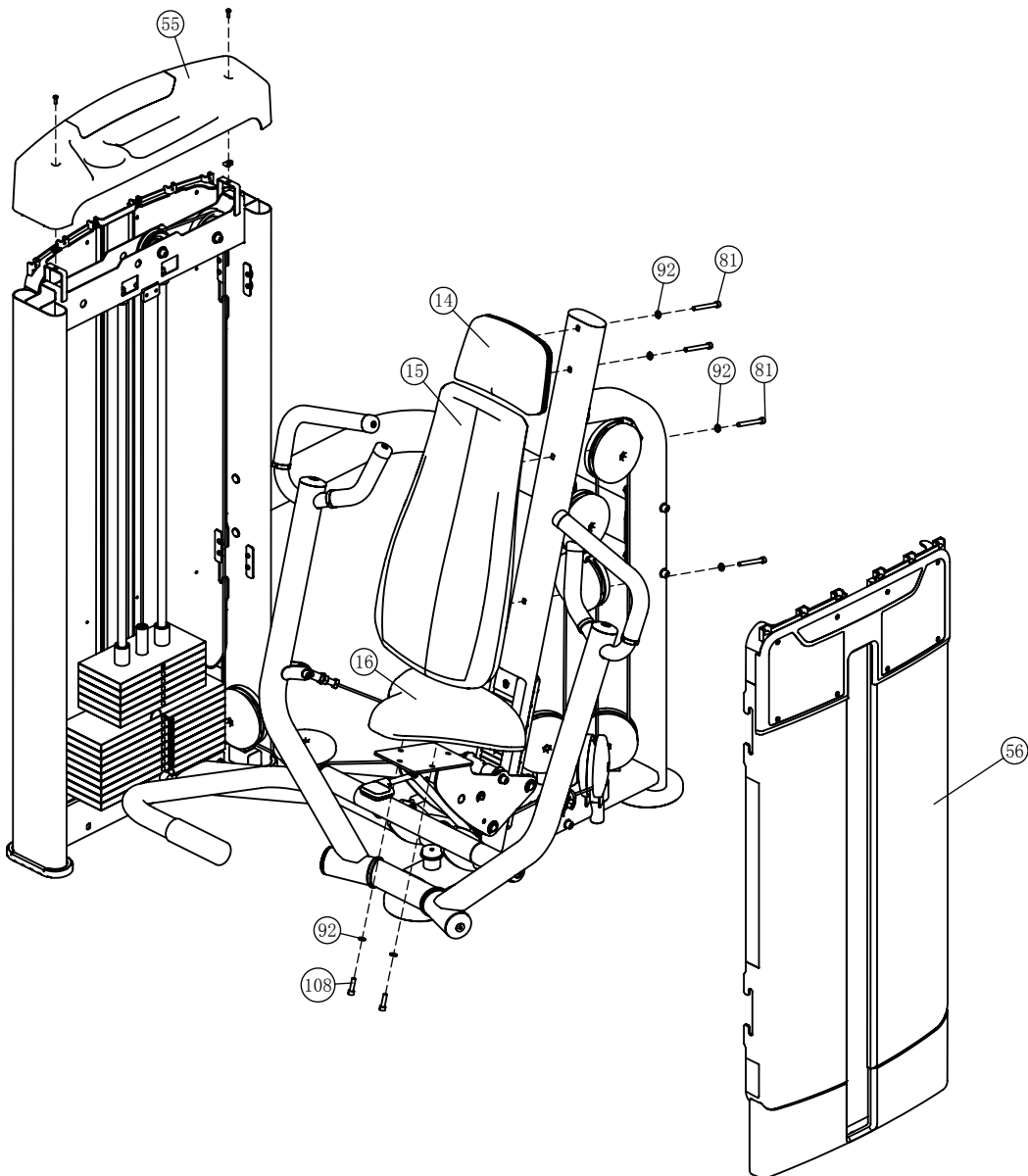


# Assembly

## STEP 4

**Note: Wrench Tighten Screws.**

Item No.	Description	Qty	Item No.	Description	Qty
14	Head Pad	1	56	Side Shroud	1
15	Back Pad	1	81	Socket Head Cap Screw M8×75	4
16	Seat Pad	1	108	Socket Head Cap Screw M8×30	2
55	Top Shroud	1	92	Flat Washer φ16×φ9×1.6	6



## 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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