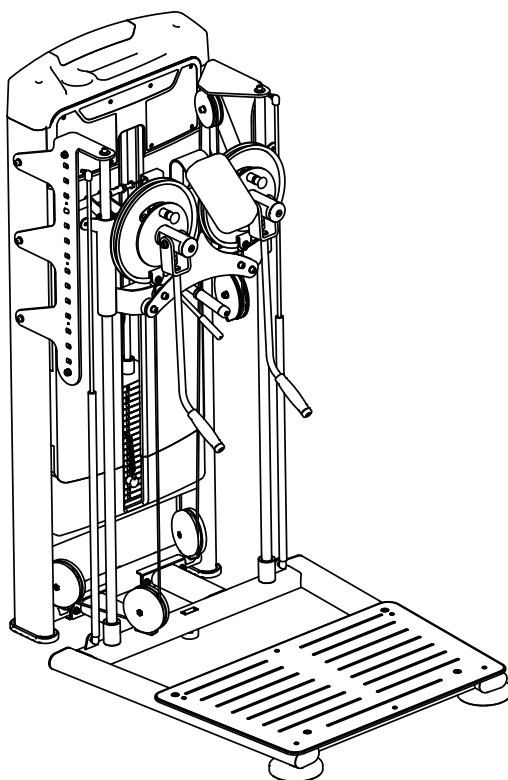


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



STANDING MULTI FLIGHT

# PLX 8200



Cod : GRD TOORX PLX 8200

Rev : 00

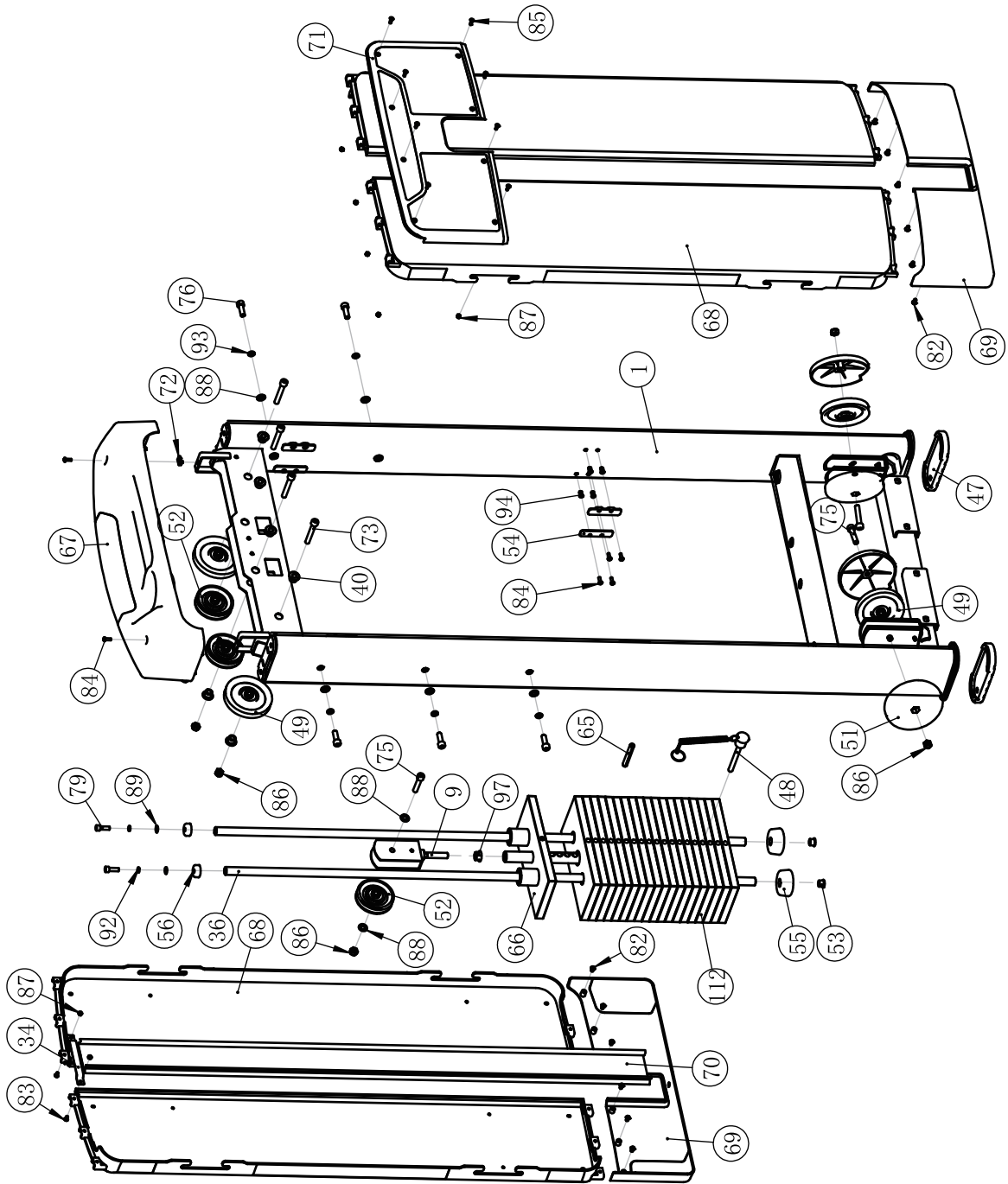
Ed : 11/23

# Parts List

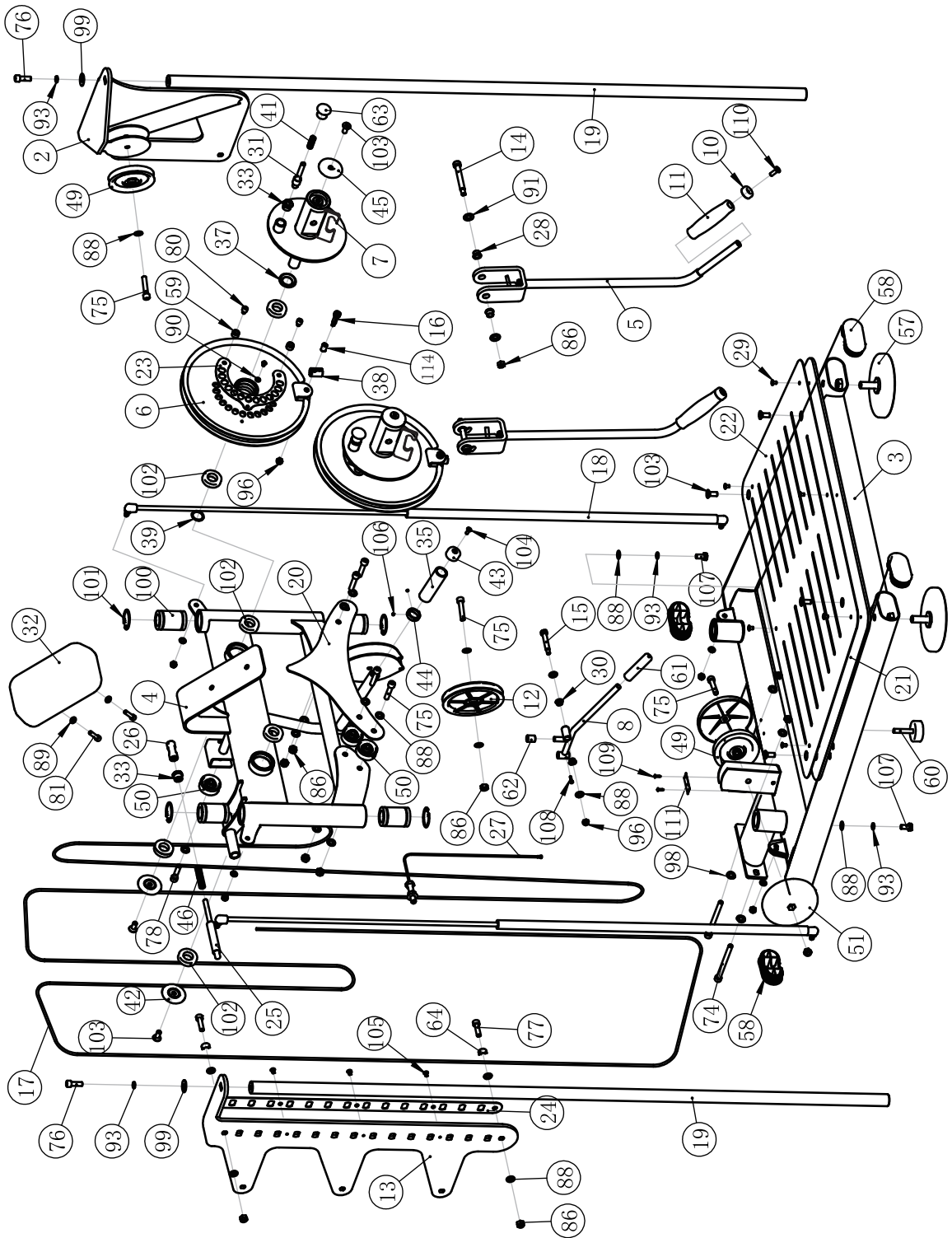
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No	Description	QTY	Item No	Description	QTY
1	Weight Stack Frame	1	58	Tube Plug PT50*100	4
2	Right Connecting Frame	1	59	Limit Sleeve	4
3	Main Frame	1	60	Rubber Foot	1
4	Sliding Frame	1	61	Grip	1
5	Turn The Handle Frame	2	62	Pin Bushing	1
6	Rope Wheel Disk Frame	2	63	Little Handles	2
7	Adjust The Tray Frame	2	64	Limit Sleeve	2
8	Handle Regulating Frame	1	65	Elastic Cylinder Pin	1
9	Pulley Linkage	1	66	Top Plate	1
10	Aluminum End Cap	2	67	Upper Shroud	1
11	Grip	2	68	Side Shroud	4
12	Pulley	1	69	Under Shroud	2
13	Left Connecting Plate	1	70	Back Buckle	1
14	Shoulder Bolts M10	2	71	Front Cover	1
15	Shoulder Bolts M8	1	72	Stretch Splint	2
16	Shoulder Bolts M8	2	73	Socket Head Cap Screw M10*70	4
17	Cable Assembly	1	74	Socket Head Cap Screw M10*125	4
18	Air Spring	2	75	Socket Head Cap Screw M10*50	10
19	Guide Rod	2	76	Socket Head Cap Screw M10*30	7
20	Decorative Panels	1	77	Socket Head Cap Screw M10*35	2
21	Foot pedal	1	78	Socket Head Cap Screw M10*45	1
22	Footboard	1	79	Socket Head Cap Screw M8*25	2
23	Adjusting Lining Plate	2	80	Socket Head Cap Screw M8*10	4
24	Adjusting Lining Plate	1	81	Socket Head Cap Screw M8*30	2
25	Shaft	1	82	Button Head Cap Screw M6*10	14
26	Thread Sleeve	1	83	Button Head Cap Screw M5*10	2
27	Cable Assembly	1	84	Button Head Cap Screw M5*15	18
28	Spacer	4	85	Flat Head Philips Screw M5*15	8
29	Hexagon Bolt with flat head M6×10	6	86	Nylon Lock Nut M10	21
30	Spacer	2	87	Nylon Lock Nut M5	10
31	Shaft $\phi 12.7*90$	2	88	Flat Washer $\phi 11*\phi 20*2$	31
32	Shoulder Cushion	1	89	Flat Washer $\phi 9*\phi 16*1.6$	10
33	Locking Nut	3	90	Flat Washer $\phi 6.5*\phi 12*1.6$	2
34	Connecting Plate	1	91	Flat Washer $\phi 13.5*\phi 24*2.5$	4
35	Grip	1	92	Spring Washer $\phi 8$	2
36	Guide Rod $\phi 19\times 2.0\times 1319$	2	93	Spring Washer $\phi 10$	9
37	Spacer Sets	2	94	Flat Hex Nut M5	16
38	Cable Joint	2			
39	Rings $\phi 31\times \phi 25.5\times 1.5$	2	96	Nylon Lock Nut M8	7
40	Pulley Sleeve	8	97	Hexagon flange nut M12	1
41	Spring	2	98	Arc Washer $\phi 10$	2
42	Aluminum End Cap	2	99	Flat Washer $\phi 11*\phi 30*2$	2
43	Aluminium Grip Cap	1	100	Linear Bearing $\phi 47*\phi 30*68$	4
44	Aluminium Grip Ring	1	101	Circlip For Hole $\phi 47$	4
45	Aluminum End Cap	2	102	Bearing 6005-2Z	8
46	Spring	1	103	Flat Head Cap Screw M10*25	8
47	Rubber Foot	2	104	Flat Head Cap Screw M6*16	1
48	Selector Pin W/Coil	1	105	Flat Head Cap Screw M6*10	3
49	Pulley	6	106	Socket Set Screw M5*3	2
50	Pulley	5	107	Hexagon head Bolt M10*25	2
51	Pulley Cover	6	108	Socket Head Cap Screw M4*15	1
52	Pulley	3	109	Rivets	2
53	Rubber Plug $\phi 18.5*\phi 15*7$	2	110	Flat Head Cap Screw M8*25	2
54	Shroud Clip	8	111	Nameplate	1
55	Rubber Bumper	2	112	Weight Plate	19
56	Mount Sleeve	2	113	Lube Oil Box	1
57	Floor Stand	2	114	Copper Liner	2

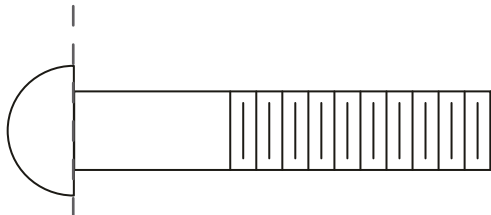
# Exploded View



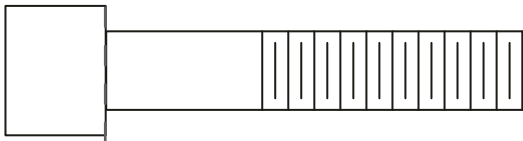
# Exploded View



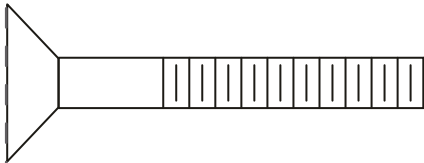
# Measurement Guide



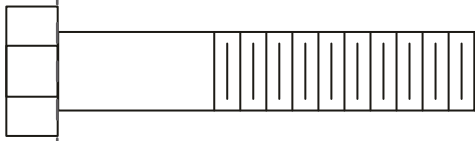
BHCS = Button Head Cap Screw



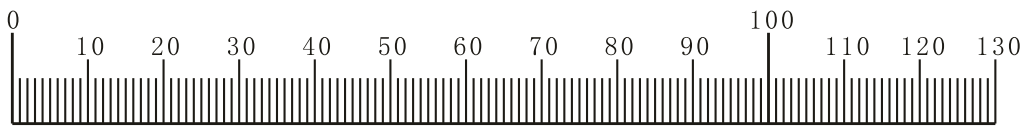
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



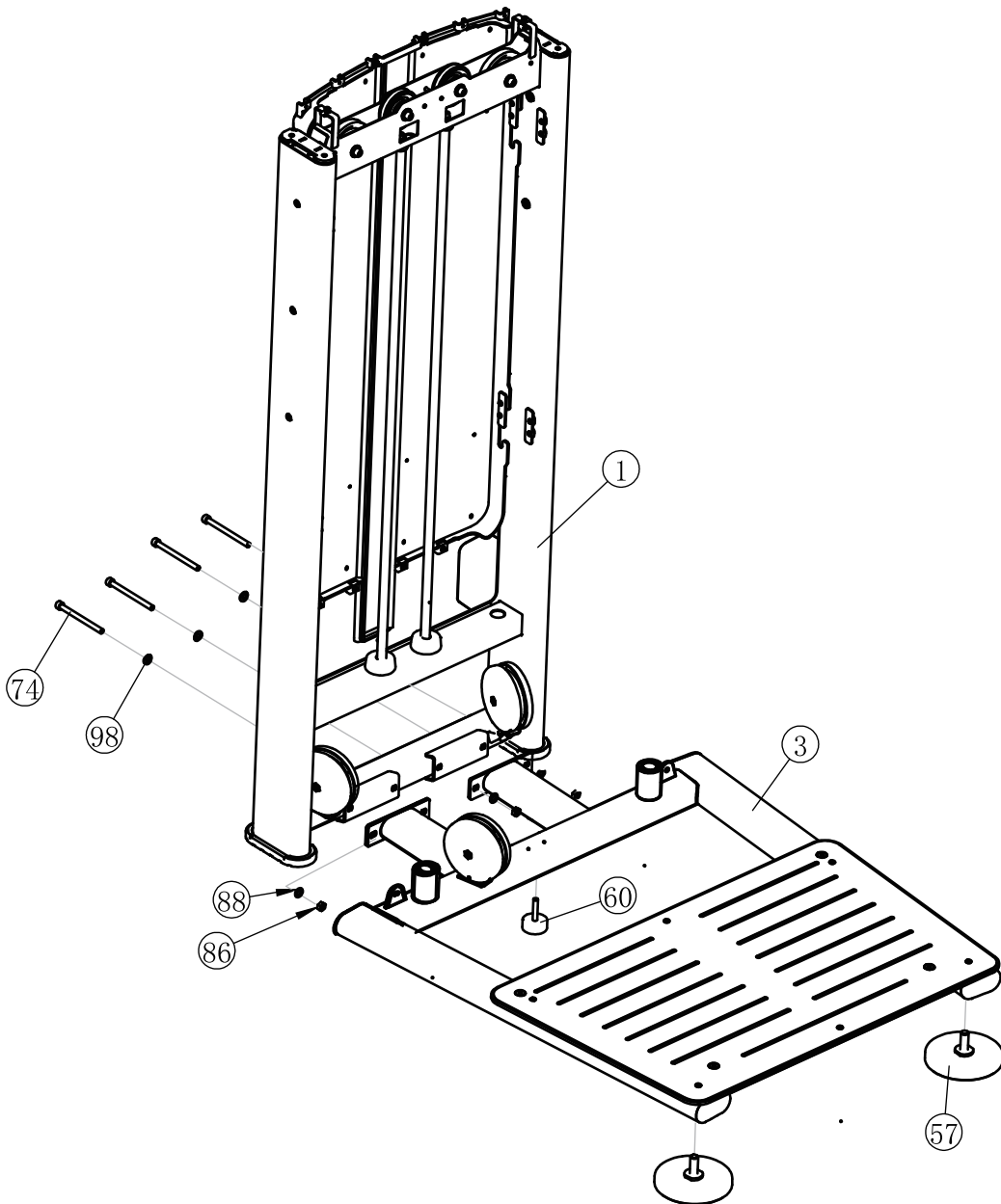
Inches

# Assembly

## STEP 1

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

Item No	Description	QTY	Item No	Description	QTY
1	Weight Stack Frame	1	74	Socket Head Cap Screw M10×125	4
3	Main Frame	1	86	Nylon Lock Nut M10	4
57	Floor Stand	2	88	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
60	Rubber Foot	1	98	Arc Washer $\phi 10$	4

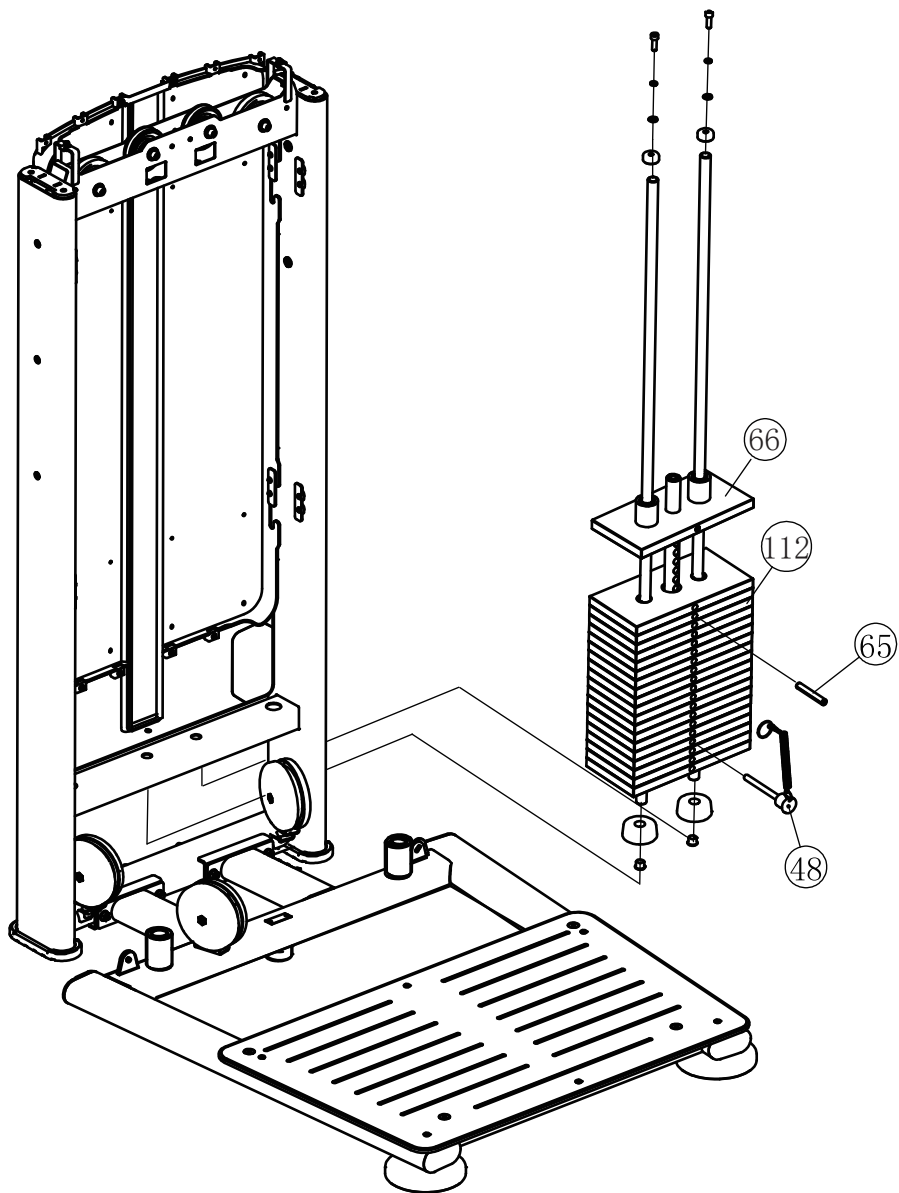


# Assembly

## STEP 2

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

Item No	Description	QTY	Item No	Description	QTY
48	Selector Pin W/Coil	1	66	Top Plate	1
65	Elastic Cylinder Pin	1	112	Weight Plate	19

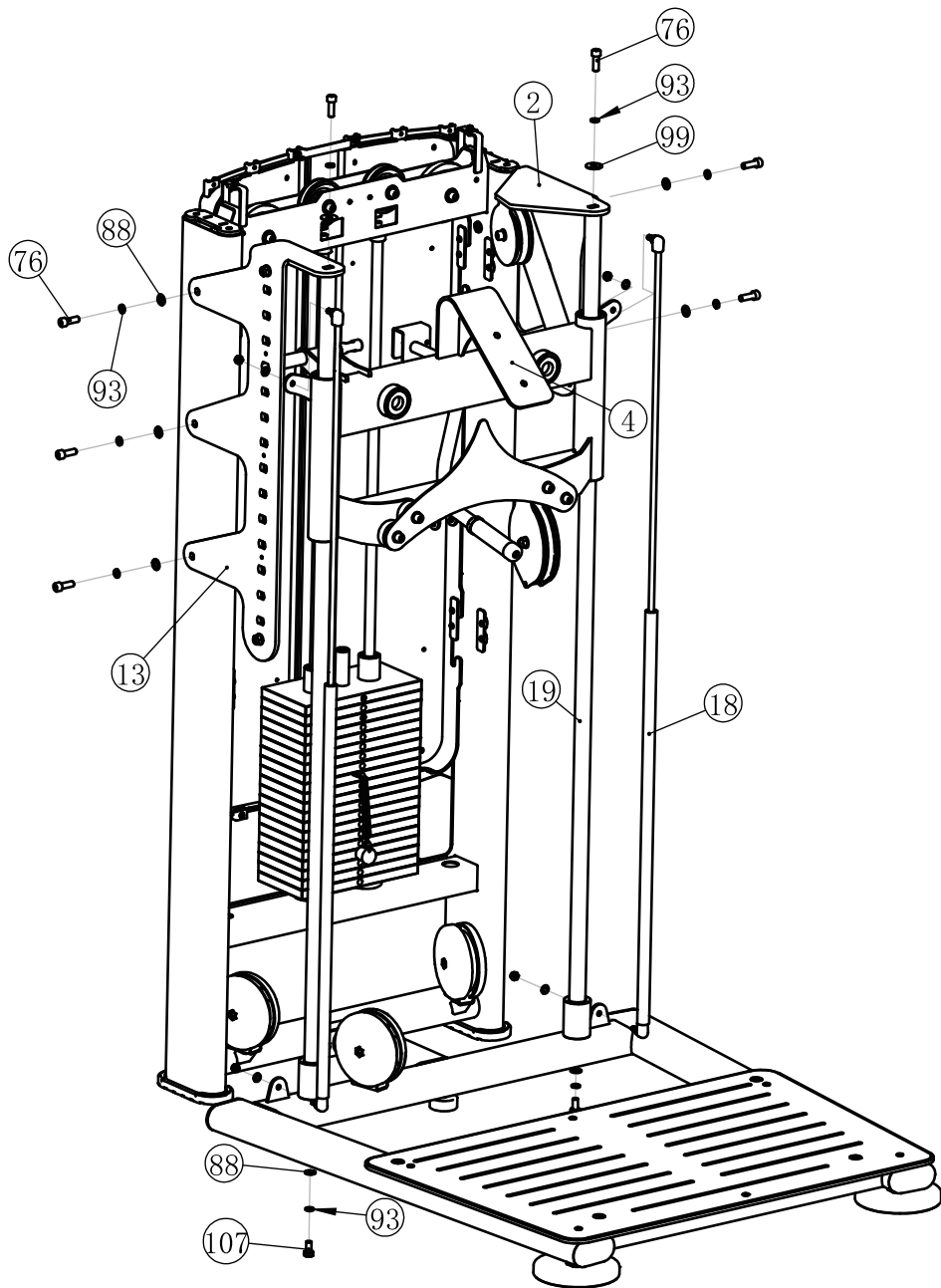


# Assembly

## STEP 3

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

Item No	Description	QTY	Item No	Description	QTY
2	Right Connecting Frame	1	76	Socket Head Cap Screw M10×30	7
4	Sliding Frame	1	88	Flat Washer $\phi 11 \times \phi 20 \times 2$	7
13	Left Connecting Plate	1	93	Spring Washer $\phi 10$	9
18	Air Spring	2	99	Flat Washer $\phi 11 \times \phi 30 \times 2$	2
19	Guide Rod	2	107	Hexagon head Bolt M10×25	2



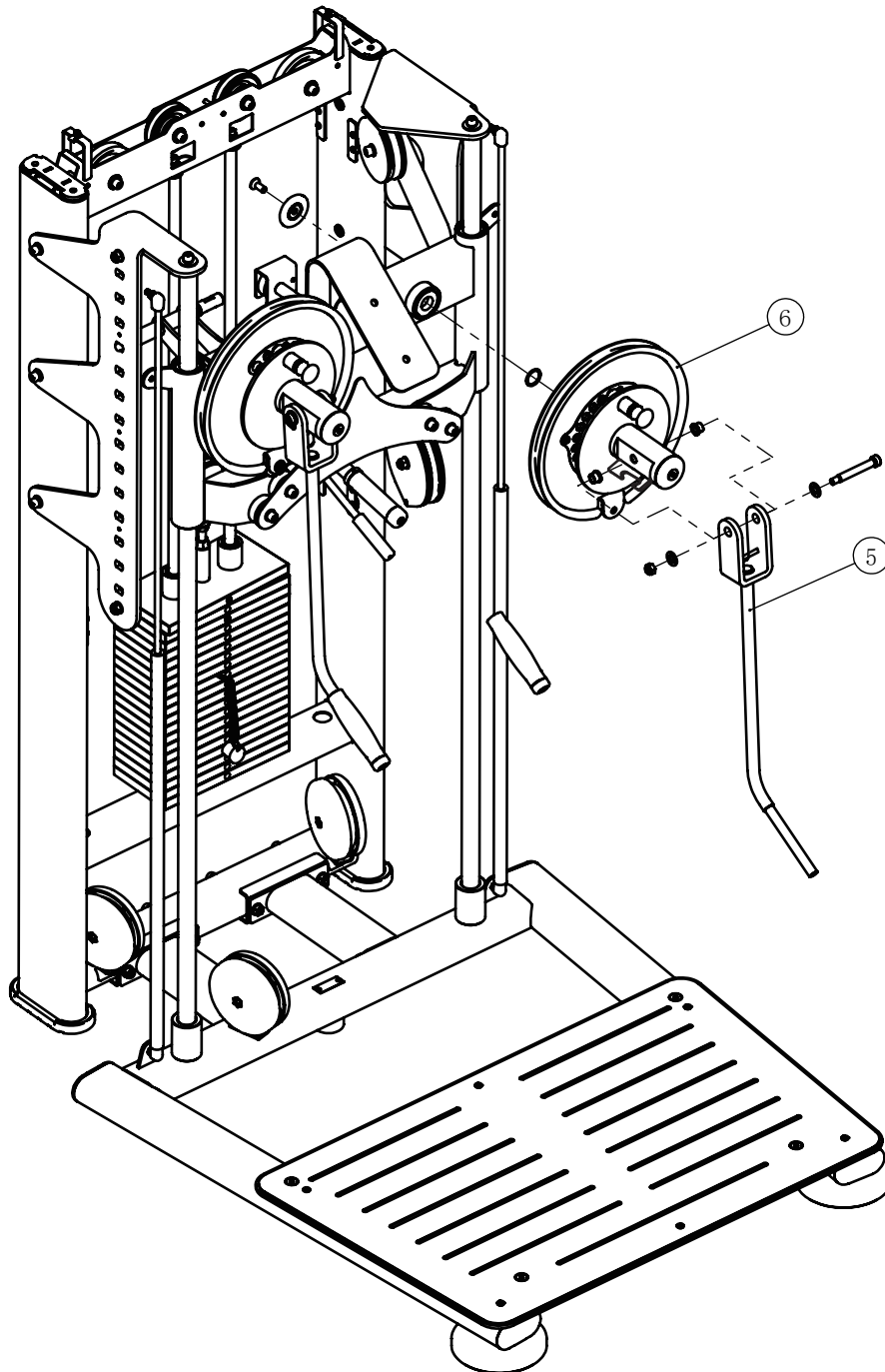


# Assembly

## STEP 4

**Note: Wrench Tighten Screws.**

Item No	Description	QTY	Item No	Description	QTY
5	Turn The Handle Frame	2	6	Rope Wheel Disk Frame (Assembly)	2

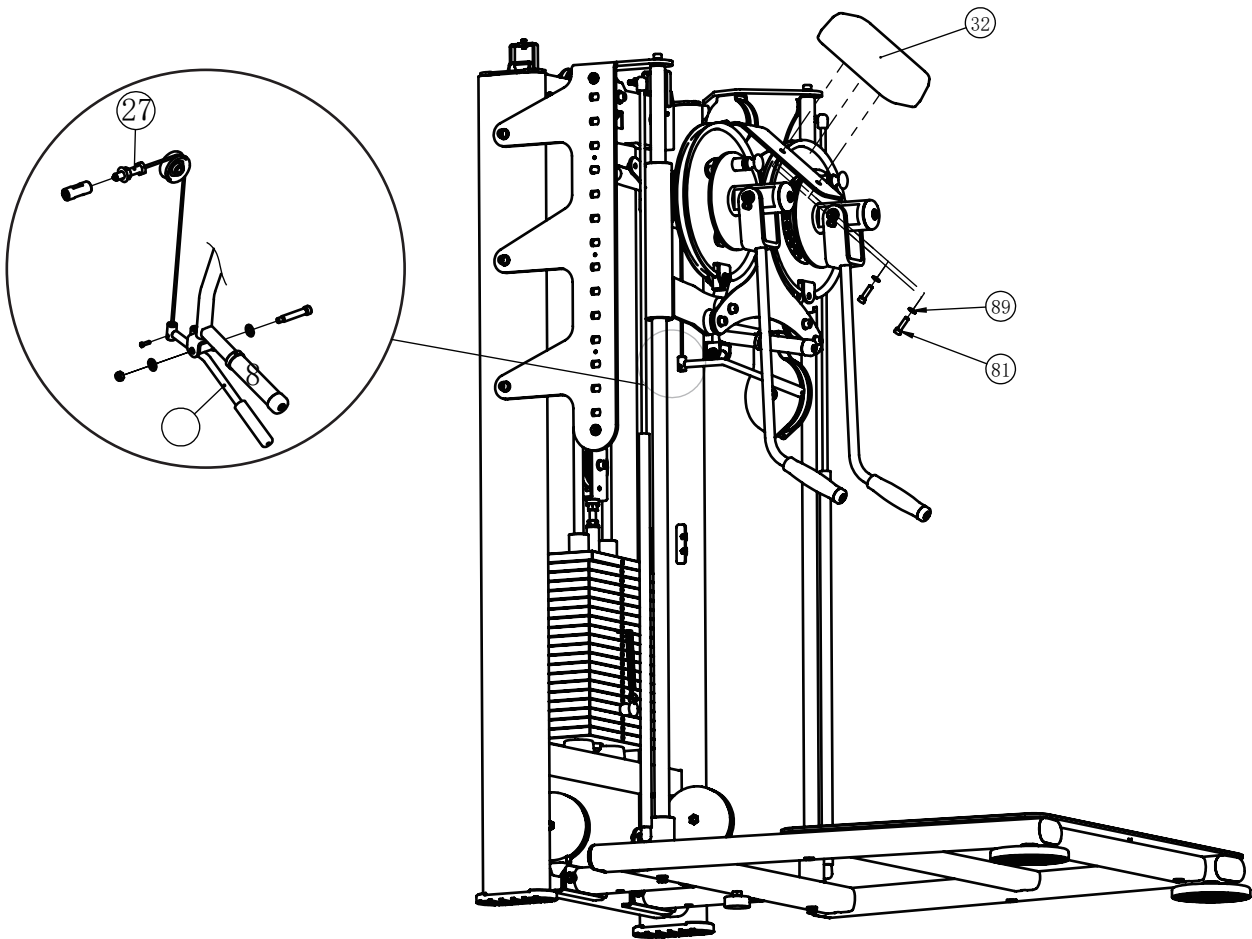


# Assembly

## STEP 5

**Note: Wrench Tighten Screws.**

Item No	Description	QTY	Item No	Description	QTY
8	Handle Regulating Frame	1	81	Socket Head Cap Screw M8×30	2
27	Cable Assembly	1	89	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
32	Shoulder Cushion	1			

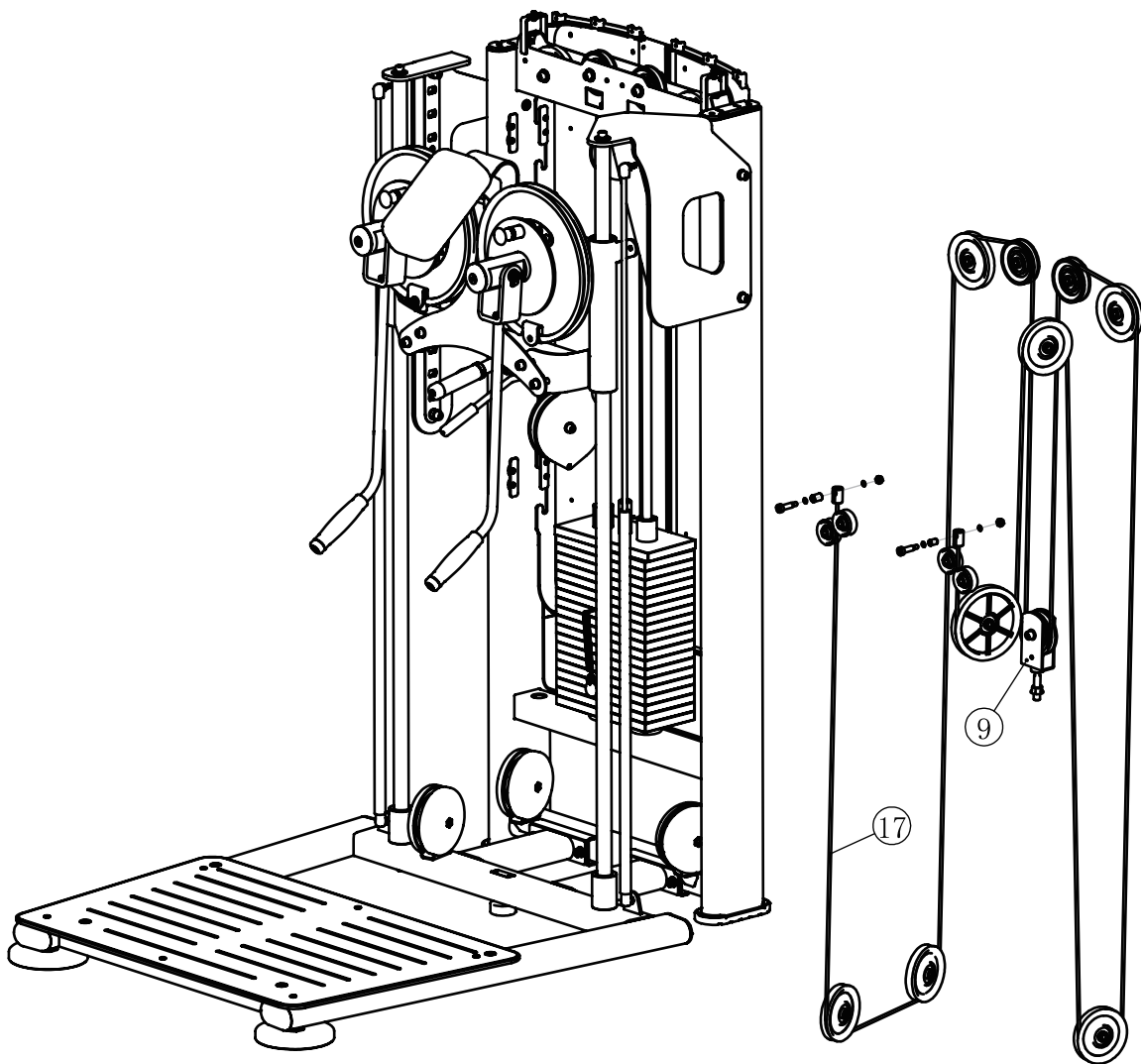


# Assembly

## STEP 6

**Note: Wrench Tighten Screws.**

Item No	Description	QTY	Item No	Description	QTY
9	Pulley Linkage	1	17	Cable Assembly	1

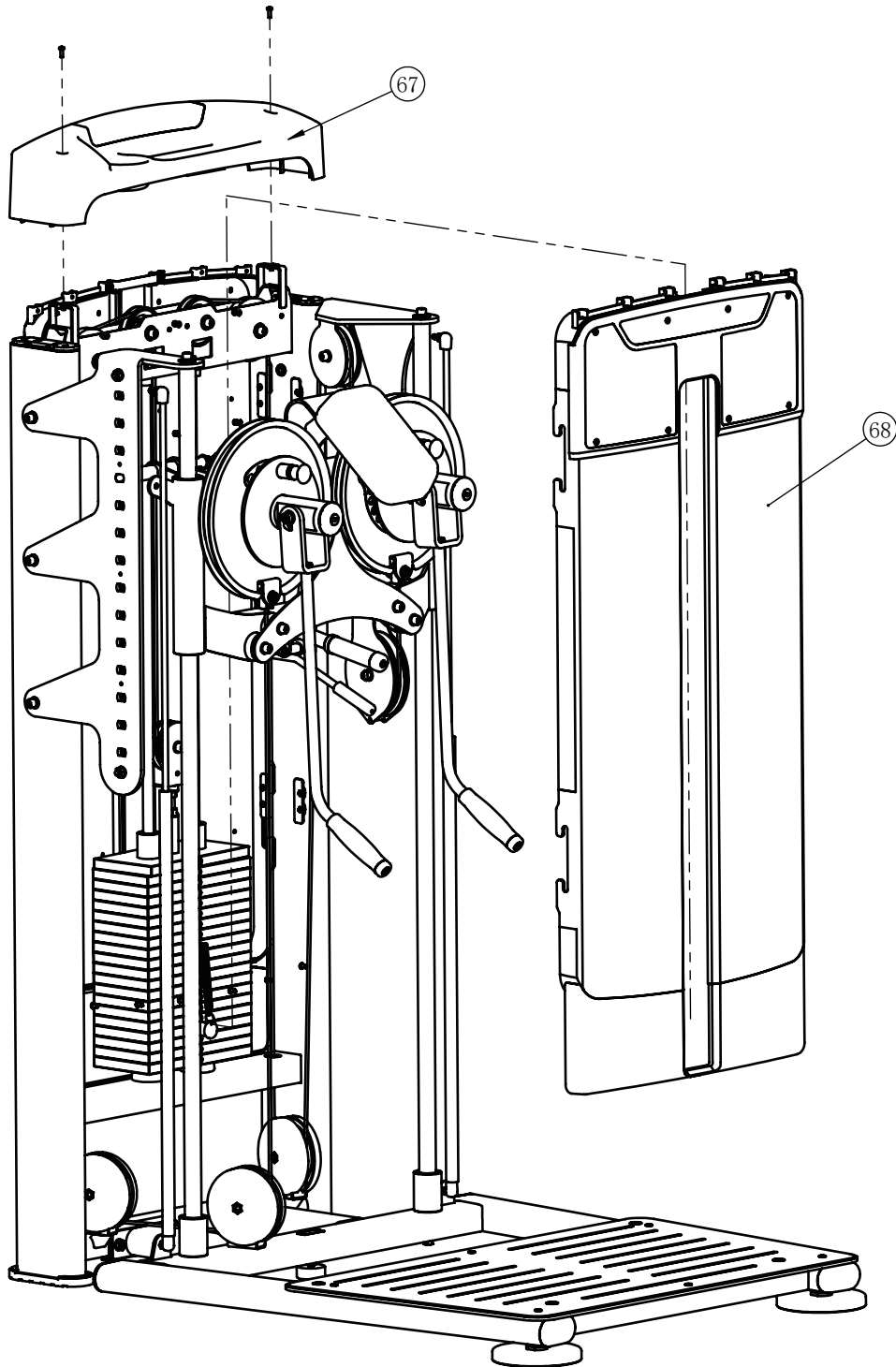


# Assembly

## STEP 7

**Note: Wrench Tighten Screws.**

Item No	Description	QTY	Item No	Description	QTY
67	Upper Shroud	1	68	Side Shroud (Assembly)	1



# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

## 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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