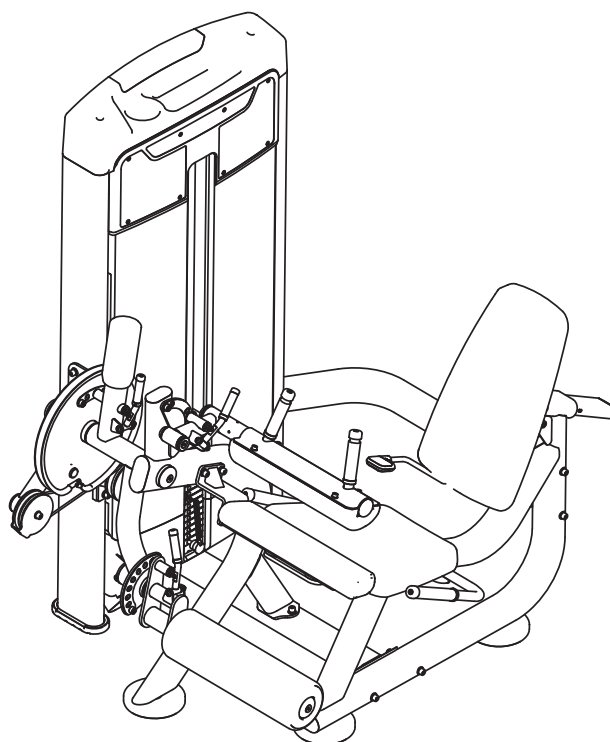


**TOORX**  
PROFESSIONAL LINE

# INSTRUCTION



**SEATED LEG CURL  
LEG EXTENSION**

# PLX 9600



Cod : GRLDTOORXPL9600

Rev : 00

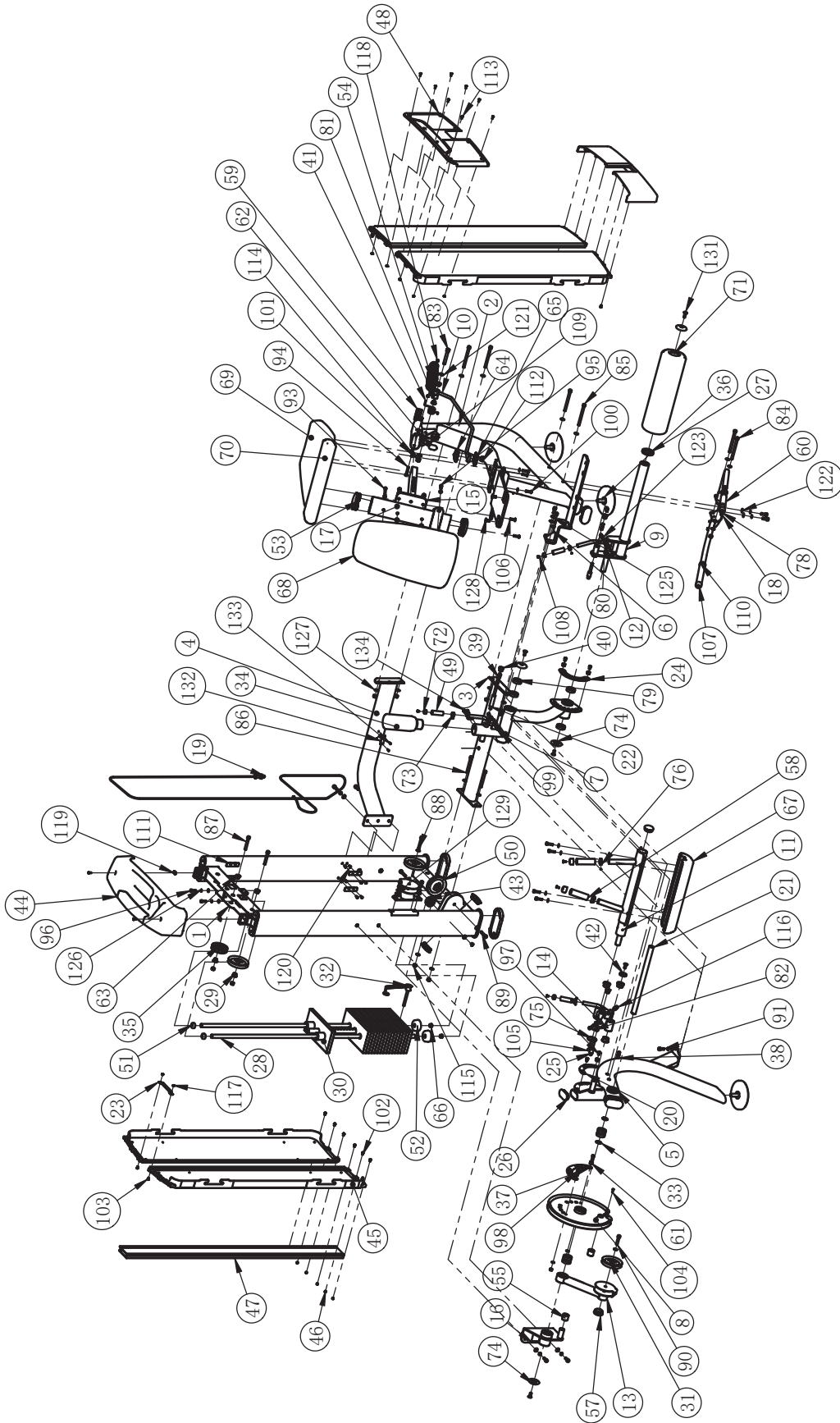
Ed : 11/23

# Parts List

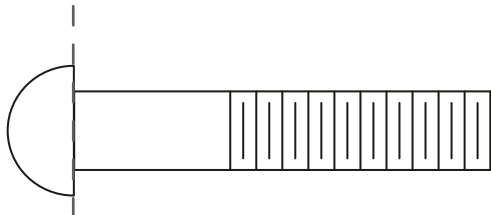
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	67	Leg Pad	1
2	Cushion Frame	1	68	Back Pad	1
3	Ground Connection Frame	1	69	Abdominal Cushion	1
4	Rear Cross Brace	1	70	Front Seat Pad	1
5	Shaft Support Frame	1	71	FOAM Assy	1
6	Support Frame	1	72	Aluminium Cap $\phi 22 \times \phi 17 \times 12$	3
7	Swing Frame	1	73	Aluminium Cap $\phi 22 \times \phi 17 \times 9.5$	3
8	Rope Wheel	1	74	Aluminium Cap $\phi 60 \times \phi 10.5 \times 12.4$	4
9	FOAM Frame	1	75	End Cap $\phi 50 \times 8$	1
10	Handle Frame	1	76	Aluminium Ring $\phi 25$	4
11	Leg Frame	1	78	Aluminium Cap $\phi 32.5 \times \phi 26 \times 19$	4
12	FOAM Handle Frame	3	79	Bearing 6005-2Z	8
13	Reversing Frame	1	80	Bushing $\phi 16 \times \phi 8 \times 8$	6
14	Adjusting Frame	1	81	Bushing $\phi 25 \times \phi 12.2 \times 13$	2
15	Elastic Frame	1	82	Bushing $\phi 38 \times \phi 25.4 \times 18$	4
16	Front Cross Brace	1	83	Socket Head Cap Screw M12x80	1
17	Back Pad Frame	1	84	Socket Head Cap Screw M10x125	2
18	Handle Frame Assy	1	85	Socket Head Cap Screw M10x120	4
19	Cable	1	86	Socket Head Cap Screw M10x90	2
20	Scale Plate	1	87	Socket Head Cap Screw M10x70	4
21	Shaft $\phi 25 \times 418.5$	1	88	Socket Head Cap Screw M10x60	1
22	Shaft $\phi 18.2 \times 142$	1	89	Socket Head Cap Screw M10x50	2
23	Connecting Plate	1	90	Socket Head Cap Screw M10x45	1
24	Adjustable Plate	1	91	Socket Head Cap Screw M10x25	12
25	Shaft $\phi 18.2 \times 95$	2	92	Socket Head Cap Screw M10x15	1
26	Plug RT40x80	1	93	Socket Head Cap Screw M8x75	1
27	FOAM Aluminium Ring	1	94	Socket Head Cap Screw M8x45	1
28	Guide Rod	2	95	Socket Head Cap Screw M8x30	8
29	Bushing	4	96	Socket Head Cap Screw M8x25	2
30	Top Plate	1	97	Socket Head Cap Screw M8x10	4
31	4.5" Pulley	4	98	Socket Head Cap Screw M8x20	2
32	Selector Pin W/Coil	1	99	Button Head Cap Screw M8x60	3
33	Aluminium Grip Ring	2	100	Button Head Cap Screw M8x30	2
34	Counter Weight	1	101	Button Head Cap Screw M6x12	2
35	3.5" Pulley	1	102	Button Head Cap Screw M6x10	12
36	Bottom Cross Brace	3	103	Button Head Cap Screw M5x10	2
37	Adjustable Foot Plate	1	104	Socket Head Cap Screw M4x15	1
38	Spring	3	105	Flat Head Cap Screw M10x25	5
39	Chain	3	106	Flat Head Cap Screw M8x30	2
40	Lock Nut	3	107	Flat Head Cap Screw M6x16	4
41	Spring $\phi 30 \times \phi 3 \times 164$	1	108	Flat Cap Screw M5x10	3
42	End Cap $\phi 38 \times 6$	1	109	Flat Head Cap Screw M6x16	2
43	V-Pulley	1	110	Socket Set Screw M5x3	14
44	Top Shroud	1	111	Cross Recess Head Screw M5x15	18
45	Side Shroud	4	112	Cross Recess Head Screw M4x10	2
46	Under Shroud	2	113	Cross Recessed Countersunk Head Screw M5x15	8
47	Back Buckle	1	114	Nylon Lock Nut M12	1
48	Front cover	1	115	Nylon Lock Nut M10	14
49	Grip $\phi 21 \times \phi 14 \times 65$	3	116	Nylon Lock Nut M8	5
50	Rubber Foot	2	117	Reed Nut M5	10
51	Rubber Sleeve	2	118	Hex Nut M6	2
52	Rubber Pad	2	119	Reed Nut M5	2
53	Plug RT50x100	4	120	Flat Headed Hexagonal Rivet Nut M5x13	16
54	Plastic Tube Guide	2	121	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2
55	Limit Set $\phi 32 \times \phi 25.4 \times 50$	2	122	Flat Washer $\phi 11 \times \phi 20 \times 2$	30
57	Plug F38	2	123	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	23
58	Grip $\phi 24 \times \phi 31 \times 102$	2	125	Spring Washer $\phi 10$	12
59	Plug	3	126	Spring Washer $\phi 8$	4
60	Grip $\phi 24 \times \phi 31 \times 195$	2	127	Arc Washer $\phi 10$	8
61	Spacer $\phi 17 \times 10.5$	6	128	Flat Head Cap Screw M10x22	2
62	Double Oval Cushion	1	129	Pulley Frame	1
63	Shroud Clip	8	131	Flat Head Cap Screw M10x30	1
64	Handle Top	1	132	Nameplate	1
65	Handle Bottom	1	133	Rivet	2
66	Rubber Plug	2	134	Button Head Cap Screw M8x25	2

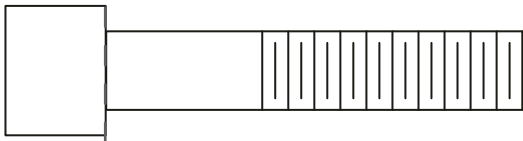
# Exploded View



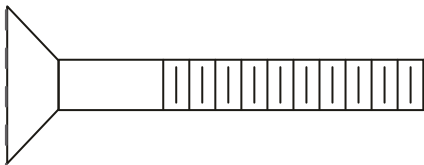
# Measurement Guide



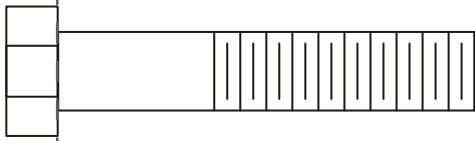
BHCS = Button Head Cap Screw



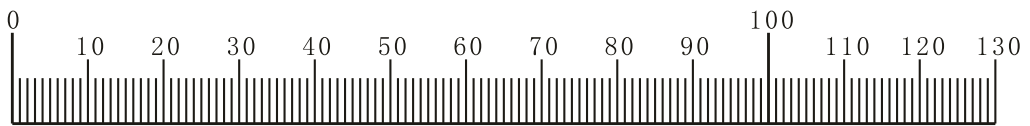
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



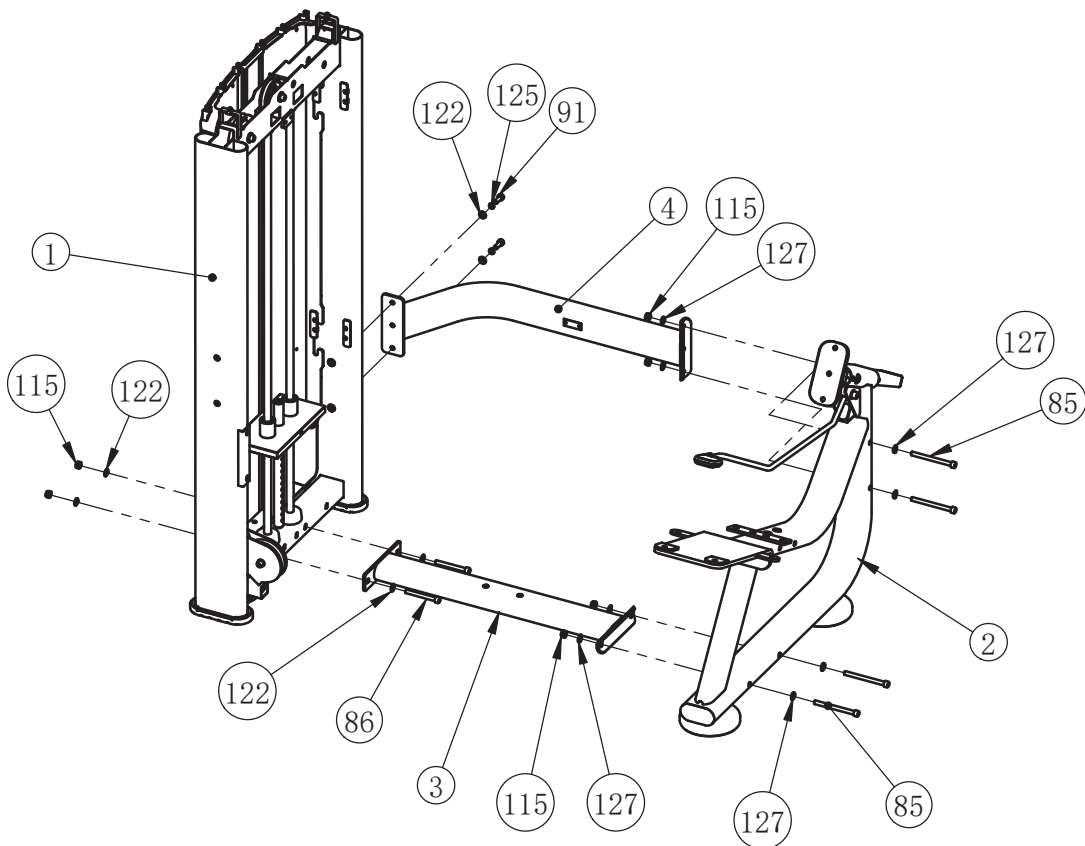
Inches

# Assembly

## STEP 1

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

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	91	Socket Head Cap Screw M10×25	2
2	Cushion Frame	1	115	Nylon Lock Nut M10	6
3	Ground Connection Frame	1	122	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
4	Rear Cross Brace	1	125	Spring Washer $\phi 10$	2
85	Socket Head Cap Screw M10×120	4	127	Arc Washer $\phi 10$	8
86	Socket Head Cap Screw M10×90	2			

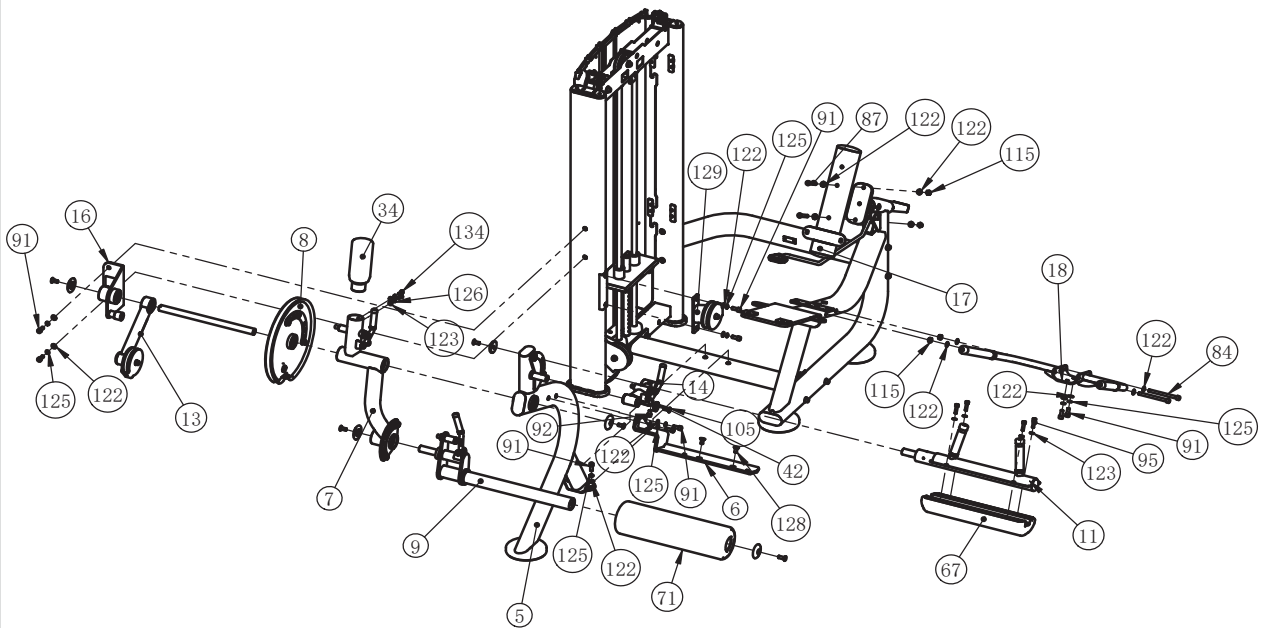


# Assembly

## STEP 2

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

Item No.	Description	Qty	Item No.	Description	Qty
5	Shaft Support Frame	1	84	Socket Head Cap Screw M10×125	2
6	Support Frame	1	87	Socket Head Cap Screw M10×70	2
7	Swing Frame	1	91	Socket Head Cap Screw M10×25	8
8	Rope Wheel	1	95	Socket Head Cap Screw M8×30	4
9	FOAM Frame	1	105	Flat Head Cap Screw M10×25	1
13	Reversing Frame	1	115	Nylon Lock Nut M10	4
14	Adjusting Frame	1	122	Flat Washer $\phi 11 \times \phi 20 \times 2$	18
16	Front Cross Brace	1	123	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6
17	Back Pad Frame	1	125	Spring Washer $\phi 10$	10
18	Handle Frame Assy	1	126	Spring Washer $\phi 8$	2
34	Counter Weight	1	128	Flat Head Cap Screw M10×22	2
42	End Cap $\phi 38 \times 6$	1	129	Pulley Frame	1
67	Leg Pad	1	134	Button Head Cap Screw M8×25	2
71	FOAM Assy	1			

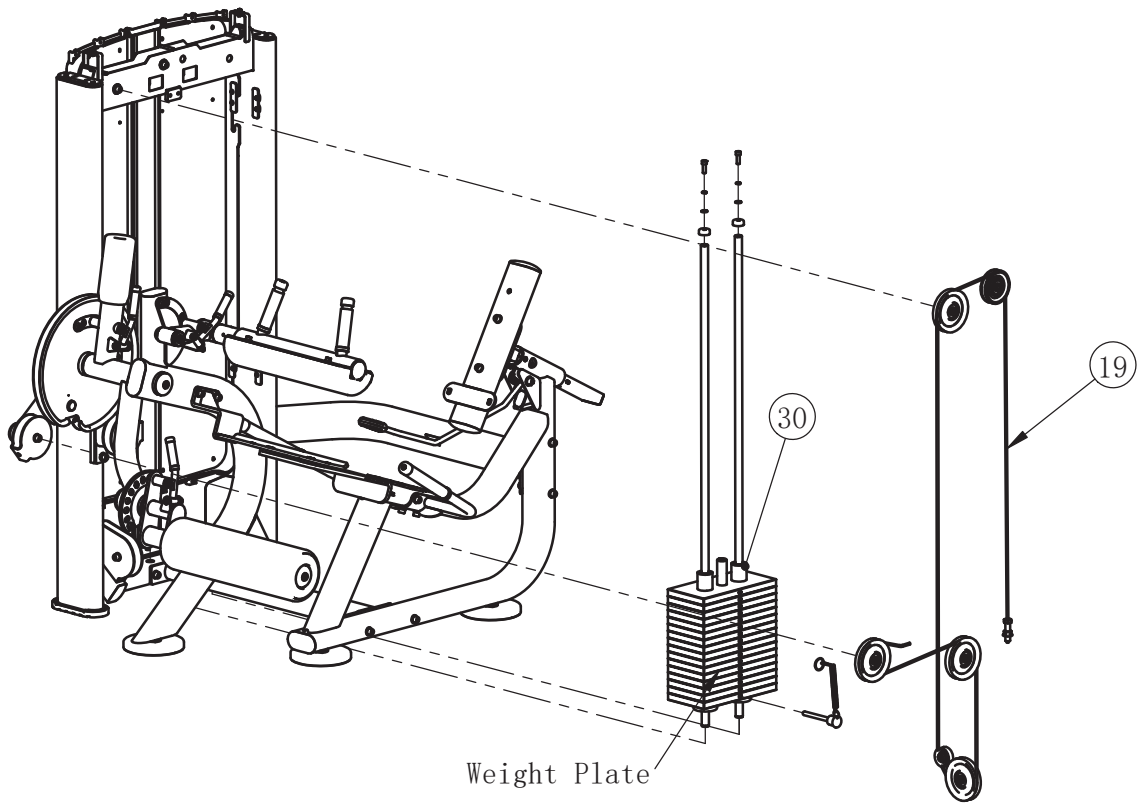


# Assembly

## STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty
19	Cable	1
30	Top Plate	1

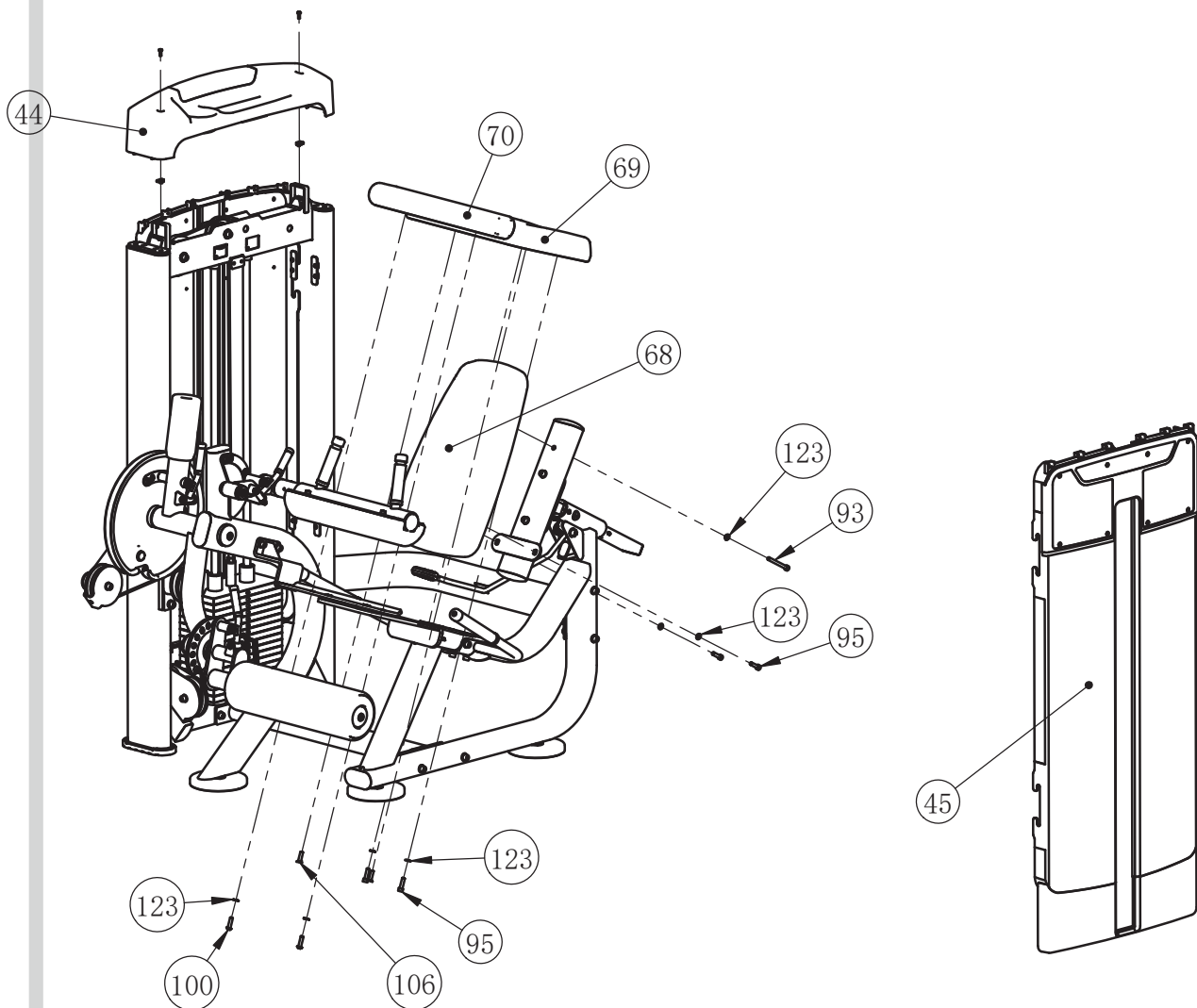


# Assembly

## STEP 4

**Note: Wrench Tighten Screws.**

Item No.	Description	Qty	Item No.	Description	Qty
44	Top Shroud	1	93	Soket Head Cap Screw M8×75	1
45	Side Shroud	1	95	Soket Head Cap Screw M8×30	4
68	Back Pad	1	100	Button Head Cap Screw M8×30	2
69	Abdominal Cushion	1	106	Flat Head Cap Screw M8×30	2
70	Front Seat Pad	1	123	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7





## 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**



GARLANDO SPA  
Via Regione Piemonte, 32 - Zona Industriale D1  
15068 - Pozzolo Formigaro (AL) - Italy  
[contact@toorxprofessional.it](mailto:contact@toorxprofessional.it)  
[www.toorxprofessional.it](http://www.toorxprofessional.it)