

TOORX
FITNESS IN MOTION

INSTRUCTION



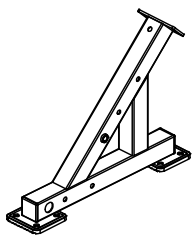
HSX3000



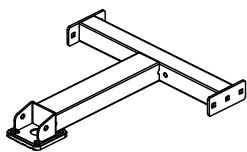
Cod : GRLDTOORXHSX3000

Rev : 00

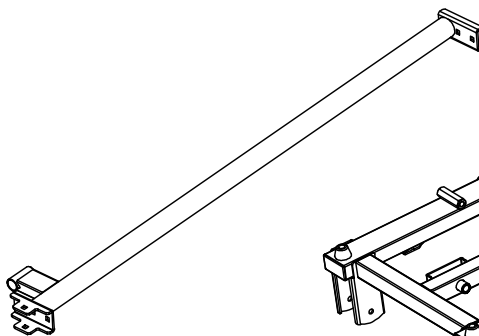
Ed : 12/22



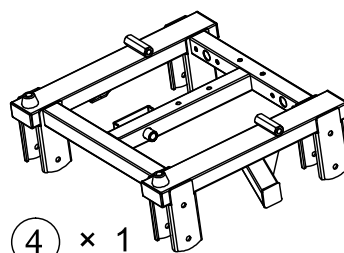
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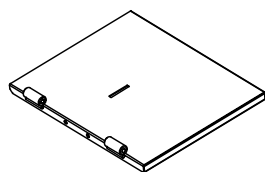
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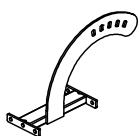
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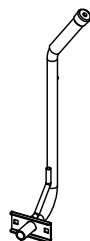
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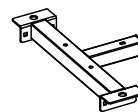
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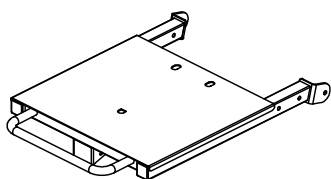
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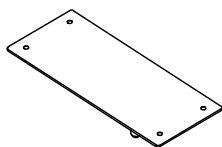
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⑧ × 1



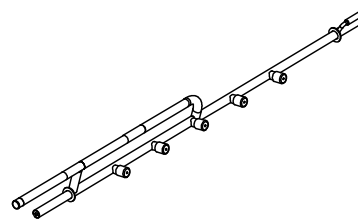
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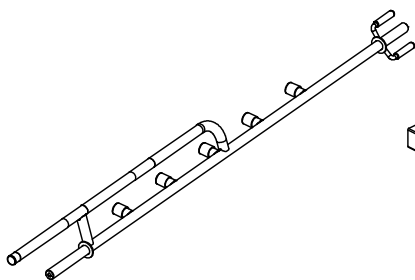
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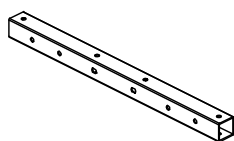
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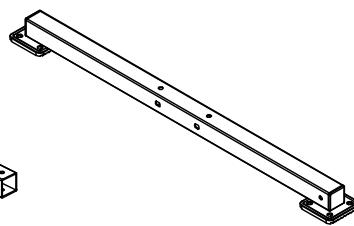
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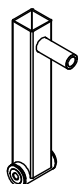
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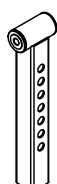
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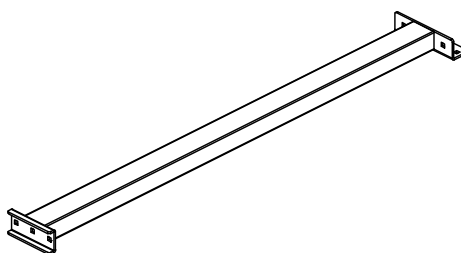
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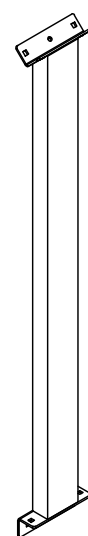
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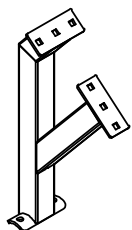
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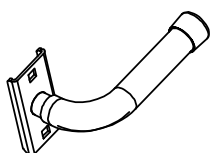
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⑰ × 1



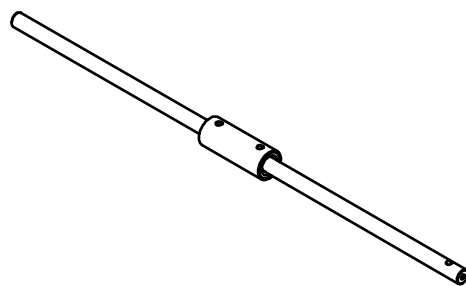
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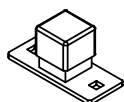
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②③ × 2



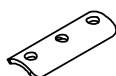
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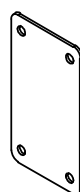
②⑤ × 1



②⑥ × 4



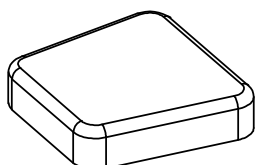
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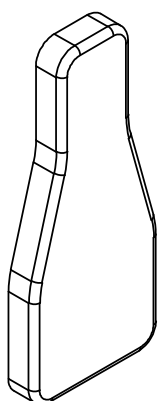
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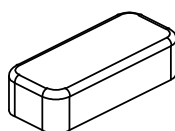
②⑨ × 4



③① × 1



③② × 1



③③ × 2



③④ × 8



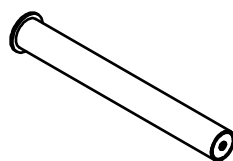
③⑤ × 2



③⑥ × 2



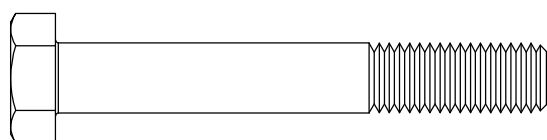
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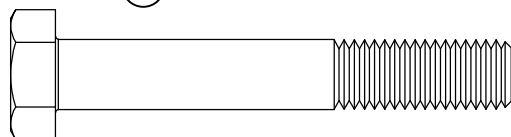
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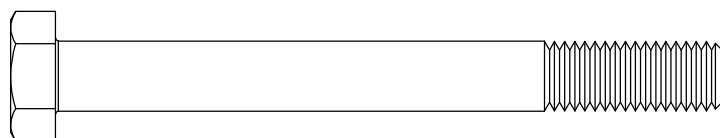
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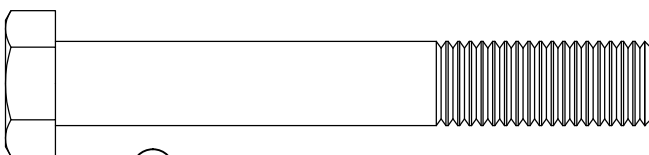
50 x 24



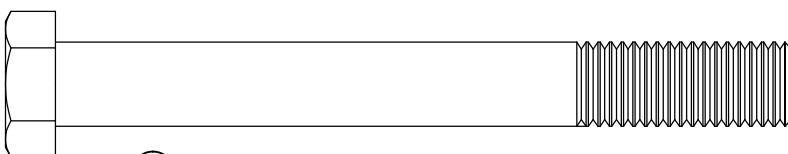
51 x 8



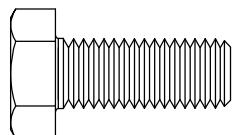
52 x 2



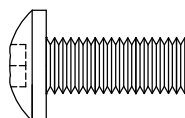
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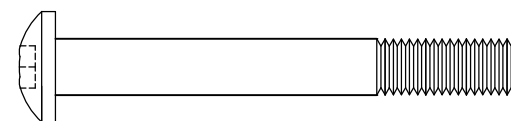
55 x 8



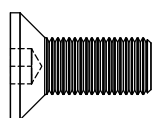
56 x 8



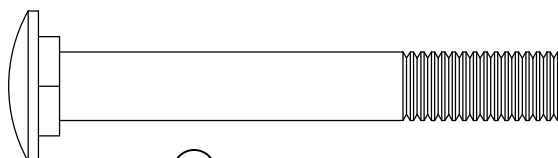
57 x 8



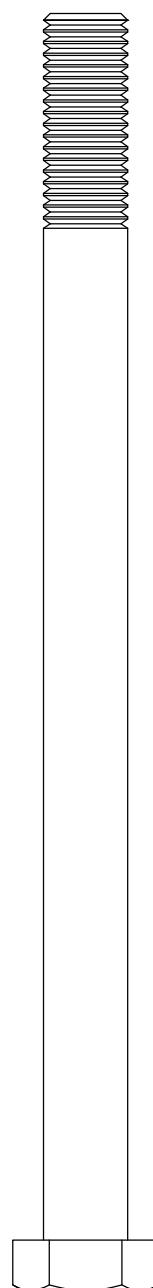
58 x 3



59 x 4



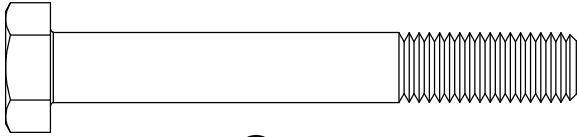
60 x 2



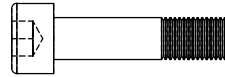
54 x 2

mm

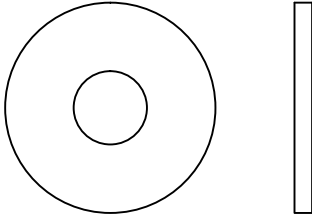




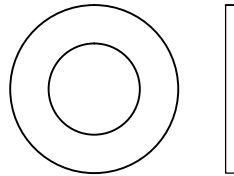
⑥1 ×10



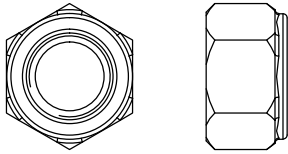
⑥2 ×1



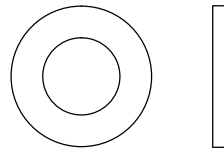
⑥3 ×22



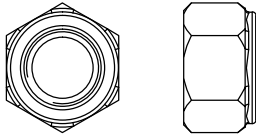
⑥6 ×24



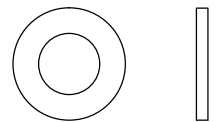
⑥4 ×12



⑥7 ×78



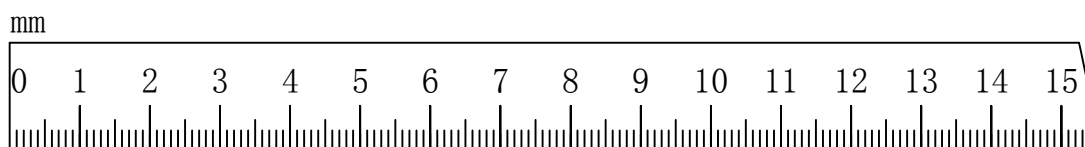
⑥5 ×48

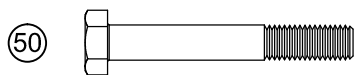


⑥8 ×11



5#×1



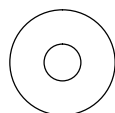


×6 M10× 70mm



×6

Φ20×Φ10.5



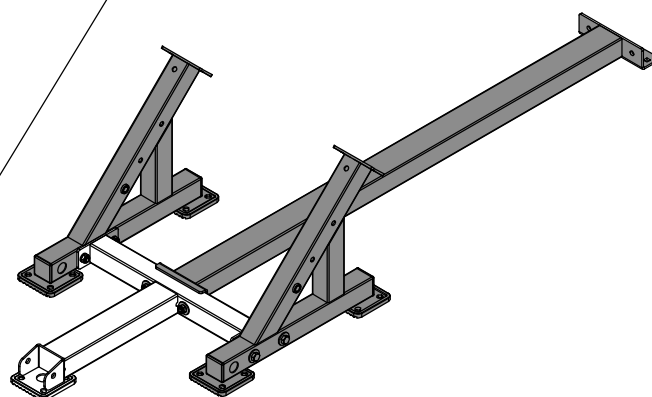
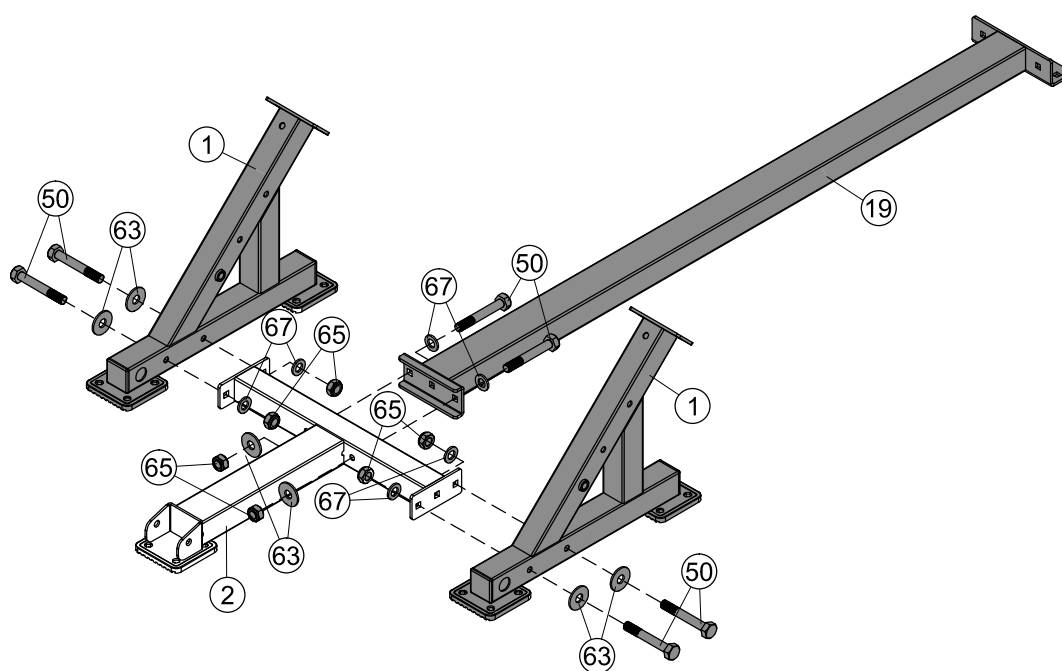
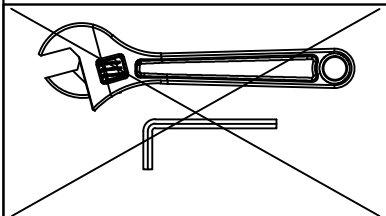
×6

Φ30×Φ10.5

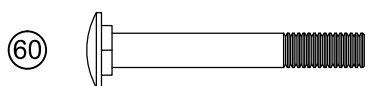


×6

M10



1



⑥0

×2 M10× 75mm

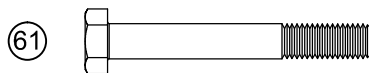


⑥7



×6

Φ20×Φ10.5



⑥1

×2 M10× 75mm

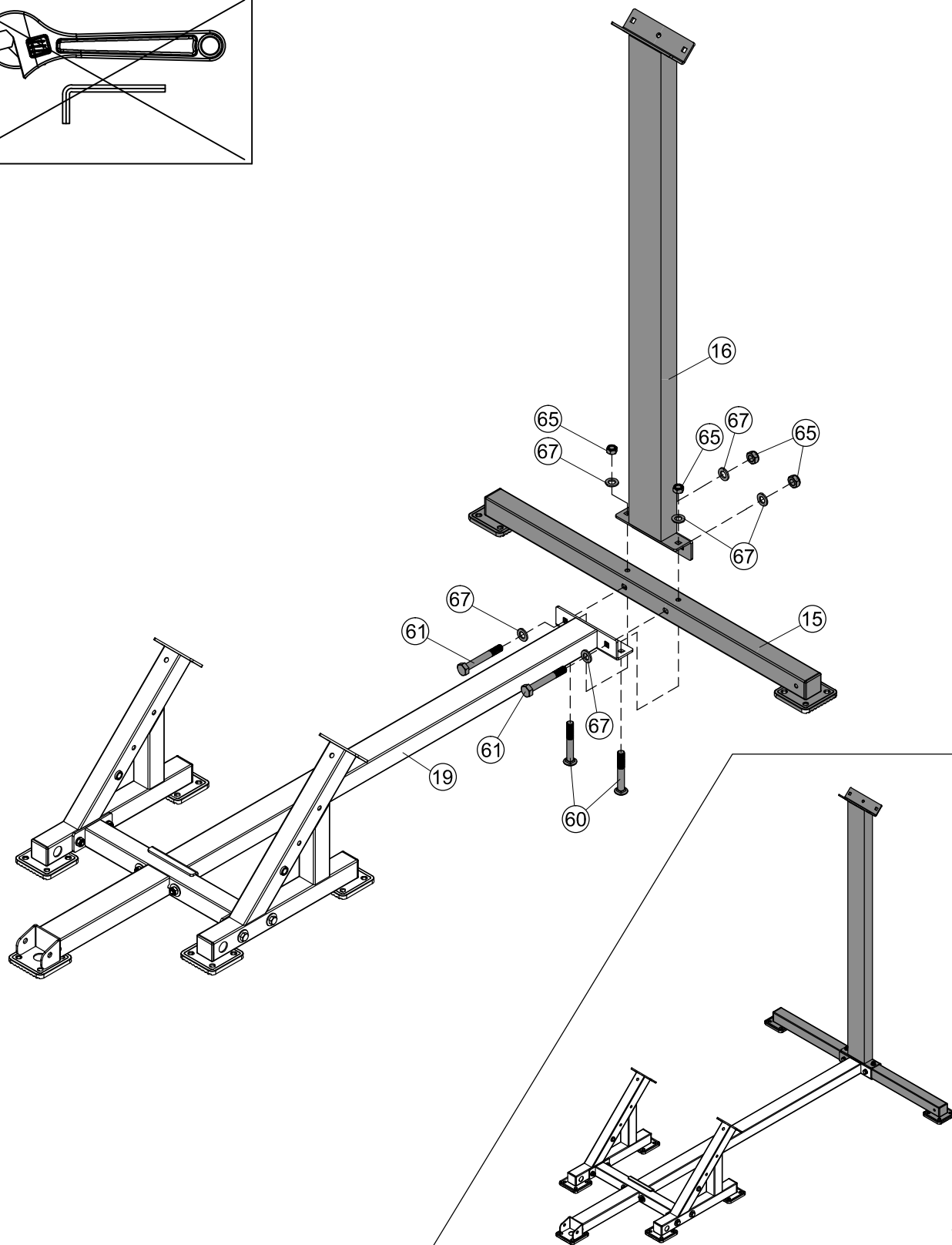
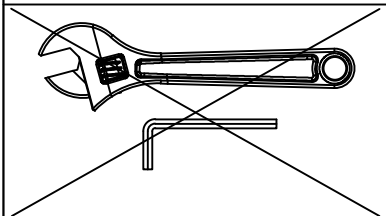


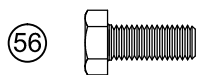
⑥5



×4

M10





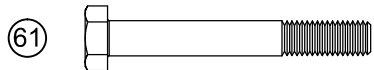
×4 M10× 25mm

67



×12

Φ20×Φ10.5



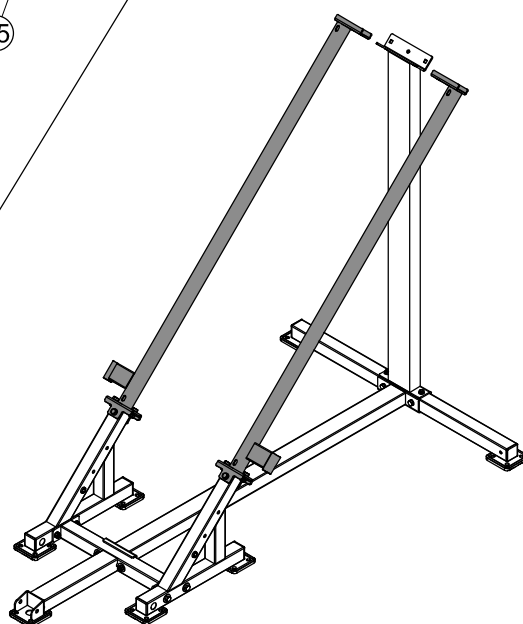
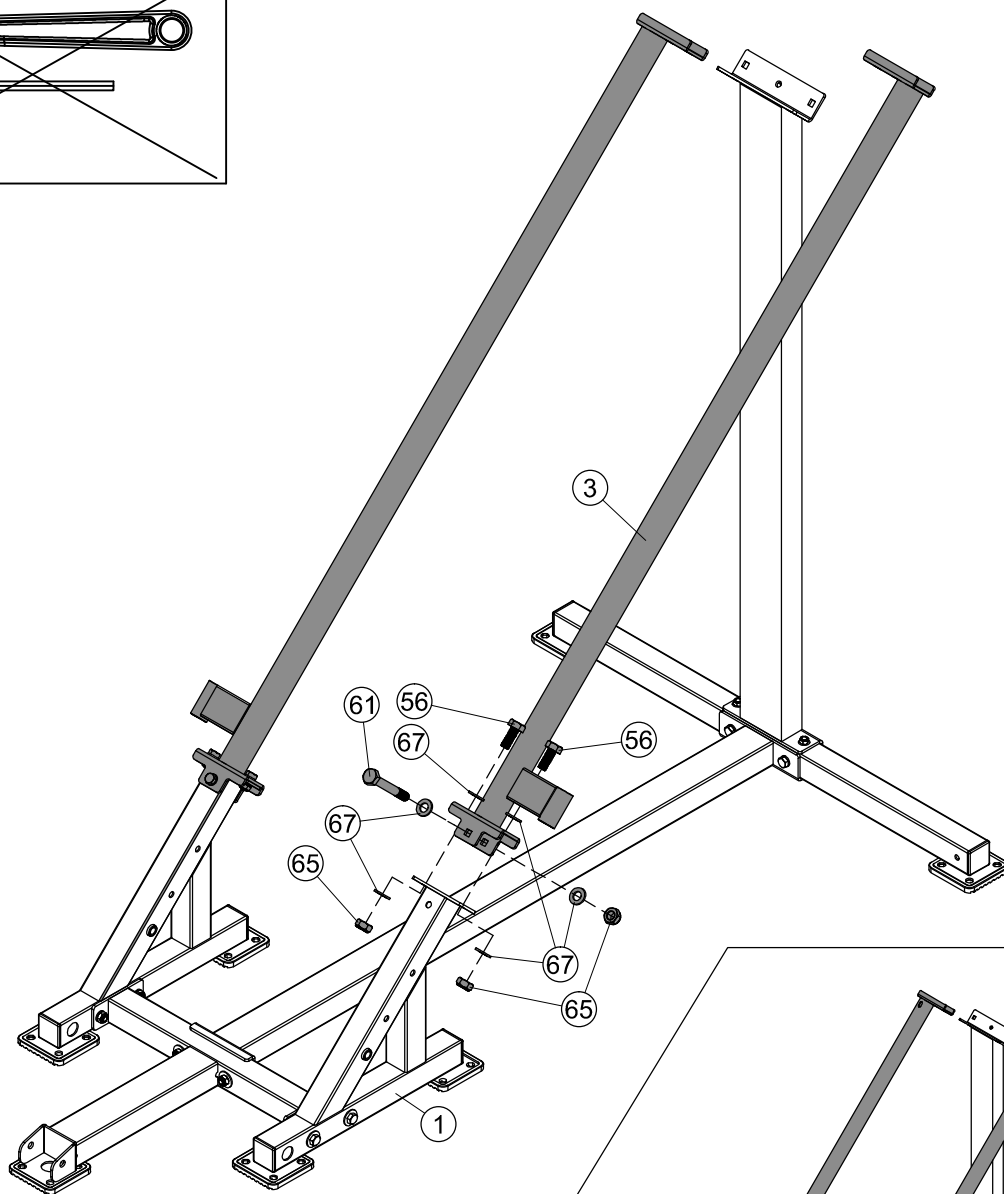
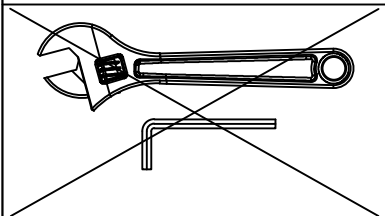
×2 M10× 75mm

65

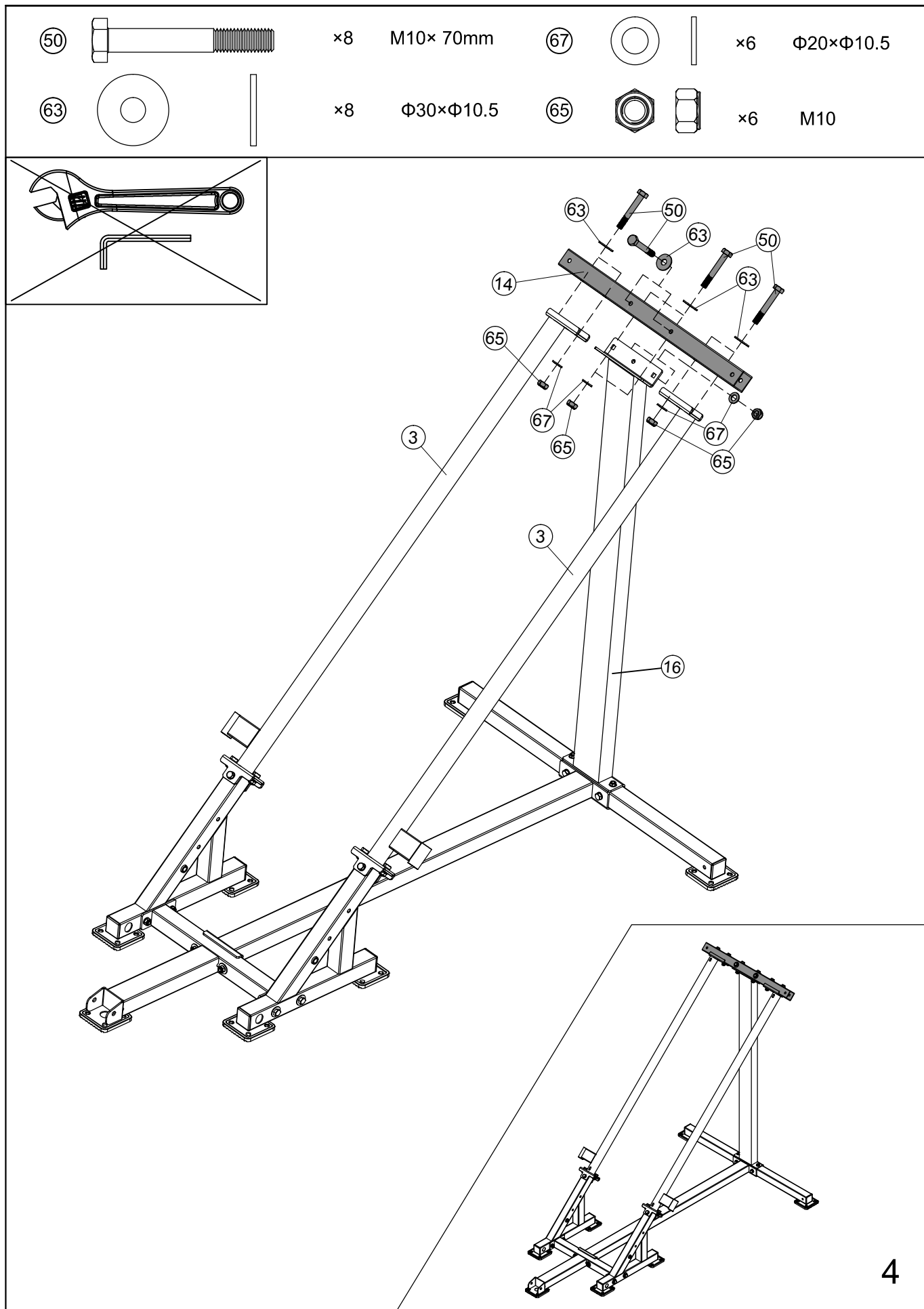


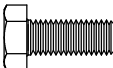
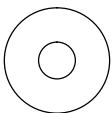
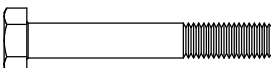
×6

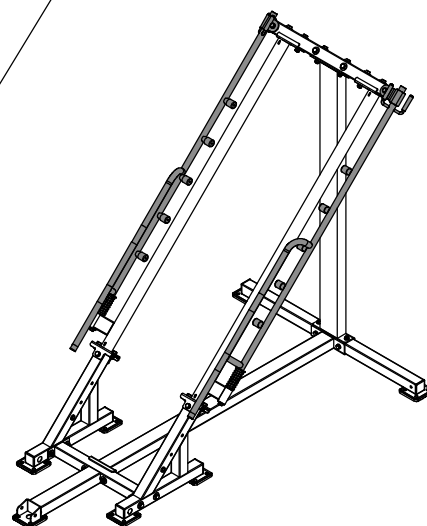
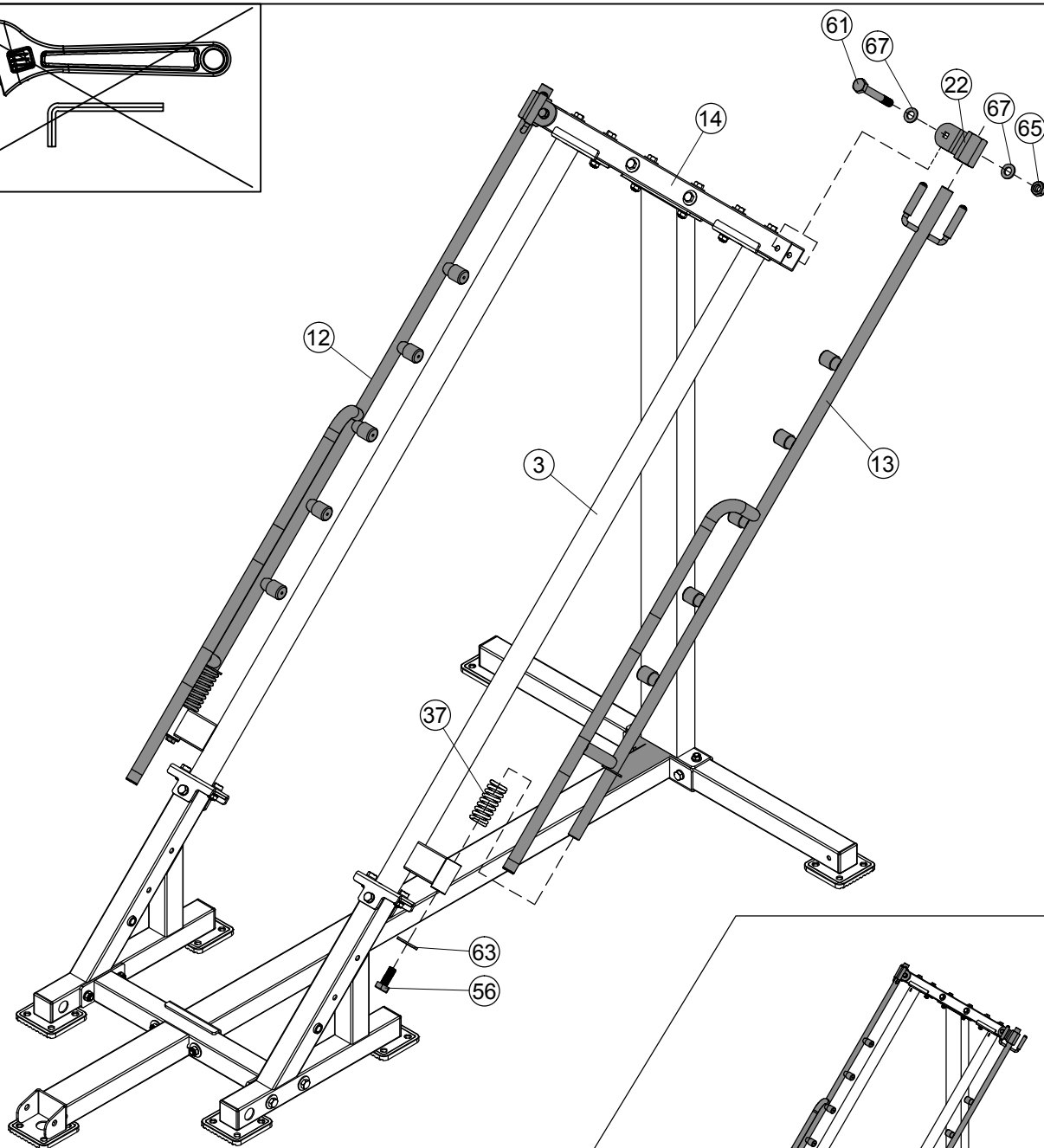
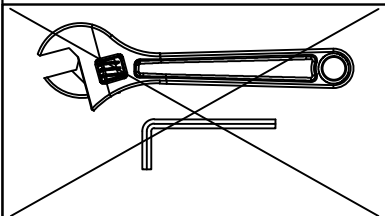
M10



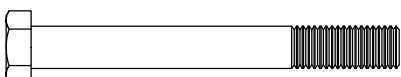
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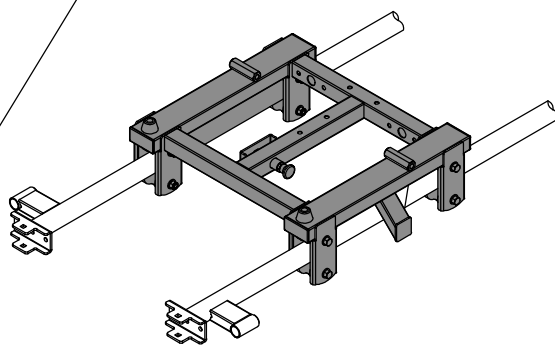
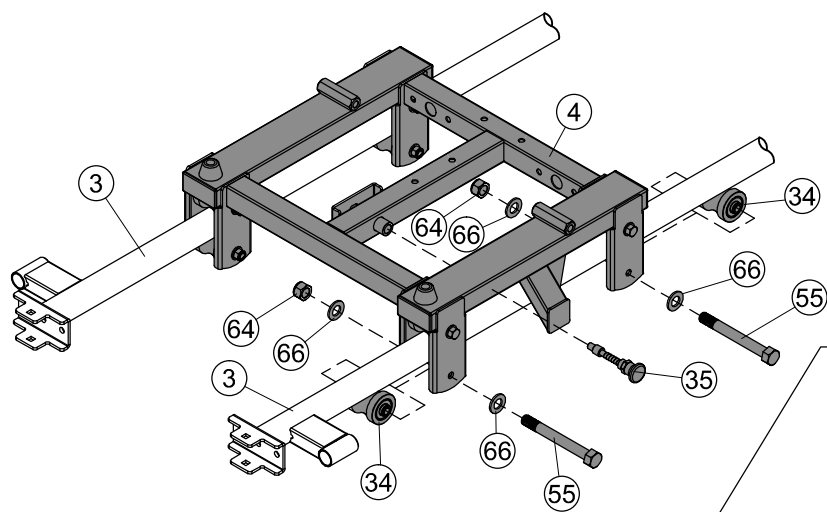
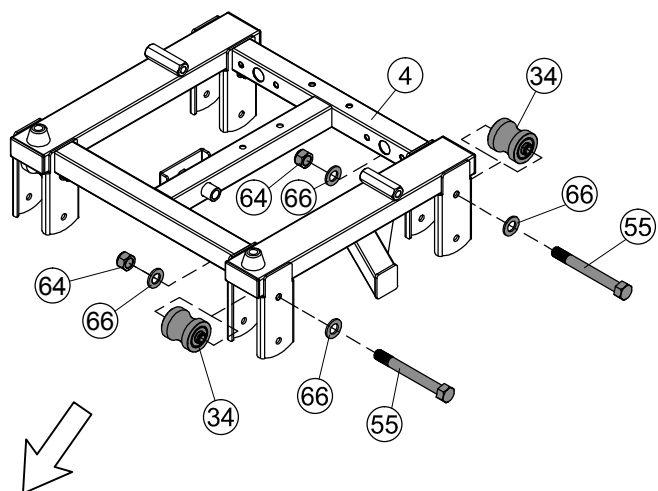
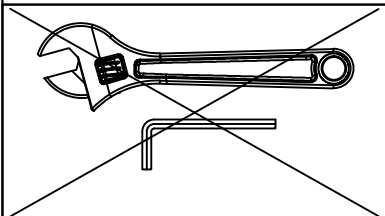


- (56)  ×2 M10× 25mm (63)  ×2 Φ30×Φ10.5 (65)   ×2 M10
 (61)  ×2 M10× 75mm (67)  ×4 Φ20×Φ10.5



5

- (55)  ×8 M12× 105mm (66)  ×16 $\Phi 24 \times \Phi 13$
 (64)   ×8 M12



6

⑤① ⑤② ⑤③ ⑤④ ⑤⑤ ⑤⑥ ⑤⑦ ⑤⑧ ⑤⑨ ⑤⑩ ⑤⑪ ⑤⑫ ⑤⑬ ⑤⑭ ⑤⑮ ⑤⑯ ⑤⑰ ⑤⑱ ⑤⑲ ⑤⑳ ⑤㉑ ⑤㉒ ⑤㉓ ⑤㉔ ⑤㉕ ⑤㉖ ⑤㉗ ⑤㉘ ⑤㉙ ⑤㉚ ⑤㉛ ⑤㉜ ⑤㉝ ⑤㉞ ⑤㉟ ⑤㊱ ⑤㊲ ⑤㊳ ⑤㊴ ⑤㊵ ⑤㊶ ⑤㊷ ⑤㊸ ⑤㊹ ⑤㊺ ⑤㊻ ⑤㊼ ⑤㊽ ⑤㊾ ⑤㊿

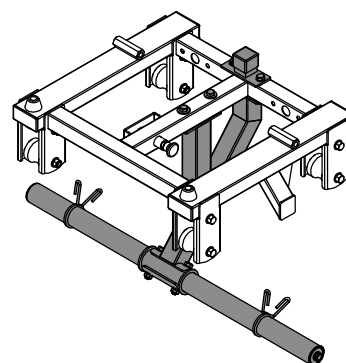
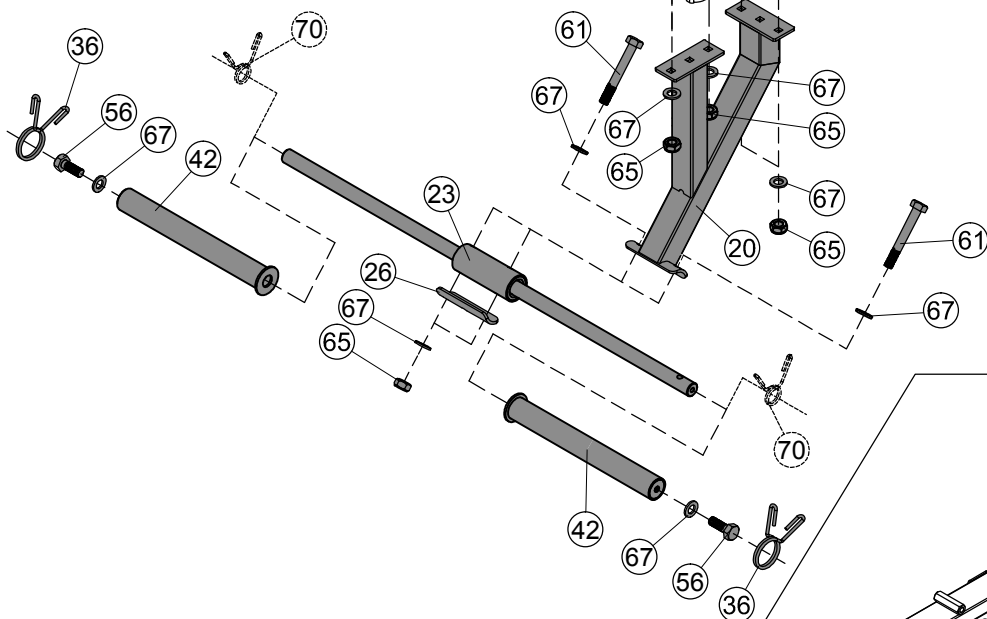
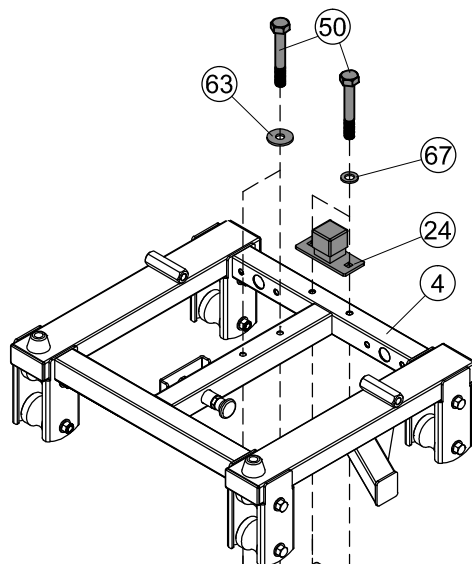
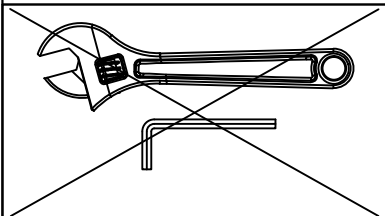
⑤① ⑤② ⑤③ ⑤④ ⑤⑤ ⑤⑥ ⑤⑦ ⑤⑧ ⑤⑨ ⑤⑩ ⑤⑪ ⑤⑫ ⑤⑬ ⑤⑭ ⑤⑮ ⑤⑯ ⑤⑰ ⑤⑱ ⑤⑲ ⑤⑳ ⑤㉑ ⑤㉒ ⑤㉓ ⑤㉔ ⑤㉕ ⑤㉖ ⑤㉗ ⑤㉘ ⑤㉙ ⑤㉚ ⑤㉛ ⑤㉜ ⑤㉝ ⑤㉞ ⑤㉟ ⑤㊱ ⑤㊲ ⑤㊳ ⑤㊴ ⑤㊵ ⑤㊶ ⑤㊷ ⑤㊸ ⑤㊹ ⑤㊺ ⑤㊻ ⑤㊼ ⑤㊽ ⑤㊾ ⑤㊿

⑤① ⑤② ⑤③ ⑤④ ⑤⑤ ⑤⑥ ⑤⑦ ⑤⑧ ⑤⑨ ⑤⑩ ⑤⑪ ⑤⑫ ⑤⑬ ⑤⑭ ⑤⑮ ⑤⑯ ⑤⑰ ⑤⑱ ⑤⑲ ⑤⑳ ⑤㉑ ⑤㉒ ⑤㉓ ⑤㉔ ⑤㉕ ⑤㉖ ⑤㉗ ⑤㉘ ⑤㉙ ⑤㉚ ⑤㉛ ⑤㉜ ⑤㉝ ⑤㉞ ⑤㉟ ⑤㊱ ⑤㊲ ⑤㊳ ⑤㊴ ⑤㊵ ⑤㊶ ⑤㊷ ⑤㊸ ⑤㊹ ⑤㊺ ⑤㊻ ⑤㊼ ⑤㊽ ⑤㊾ ⑤㊿

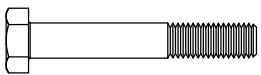
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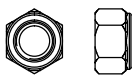
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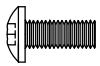
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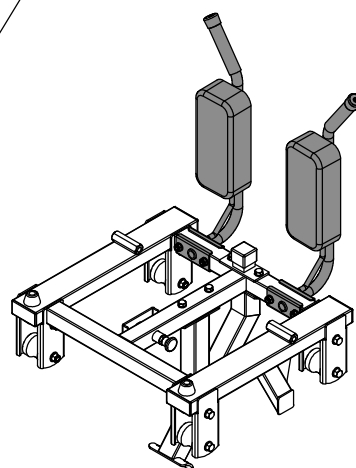
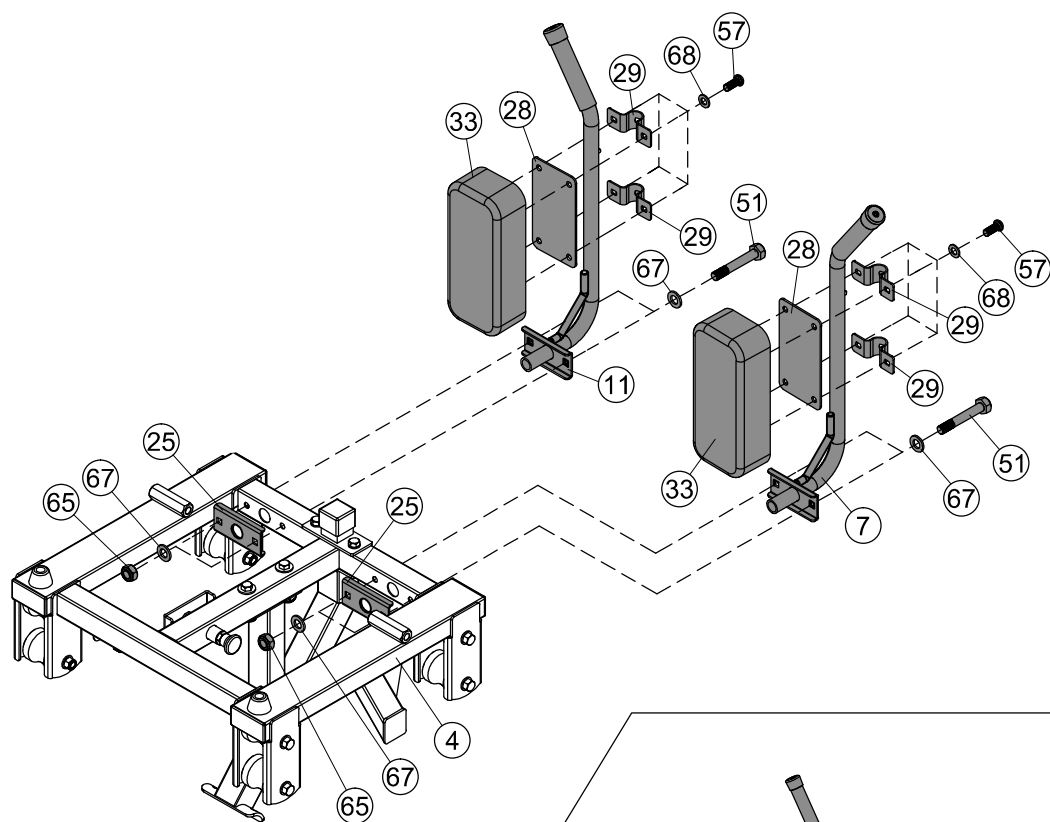
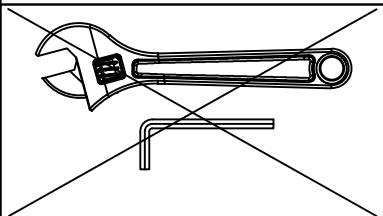
⑤①  ×4 M10× 65mm

⑥⑤  ×4 M10

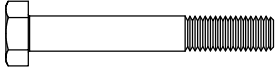
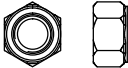
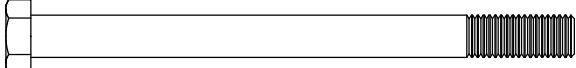
⑤⑦  ×8 M8× 20mm

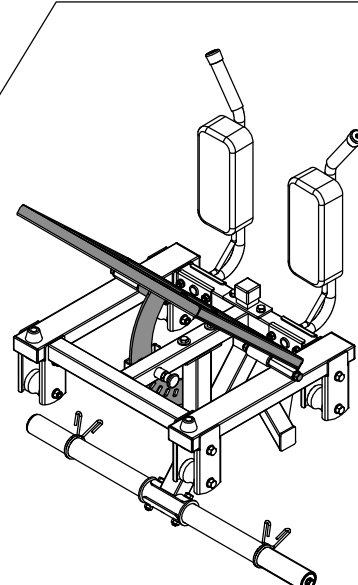
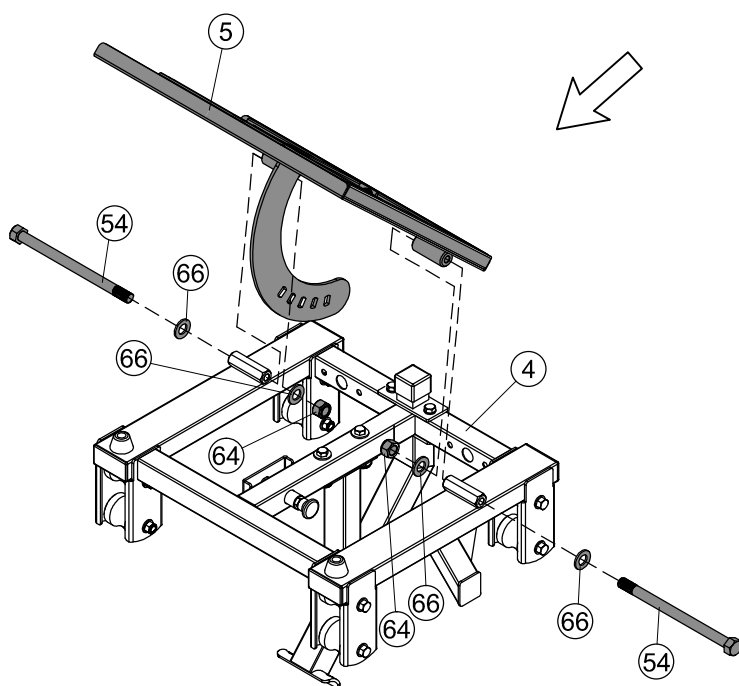
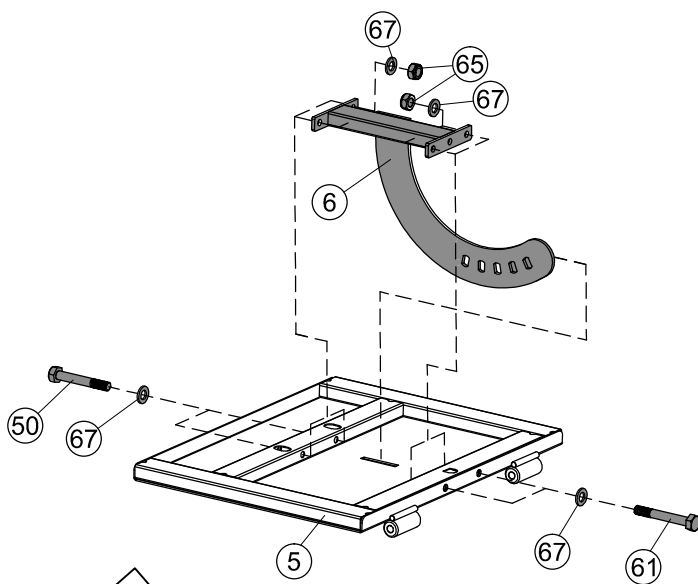
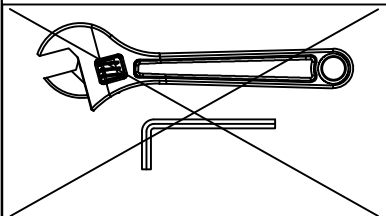
⑥⑦  ×8 Φ20×Φ10.5

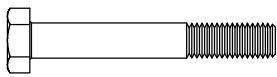
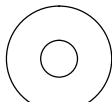
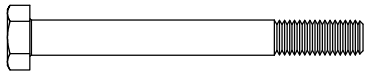
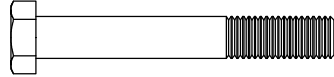
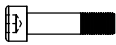
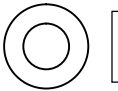
⑥⑧  ×8 Φ16×Φ8.4

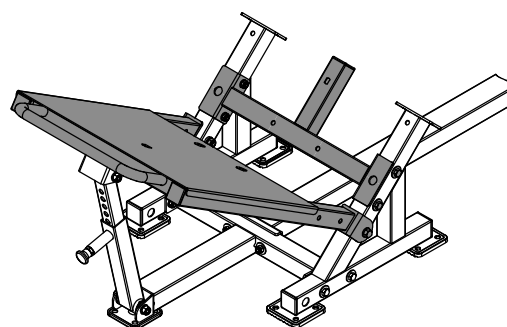
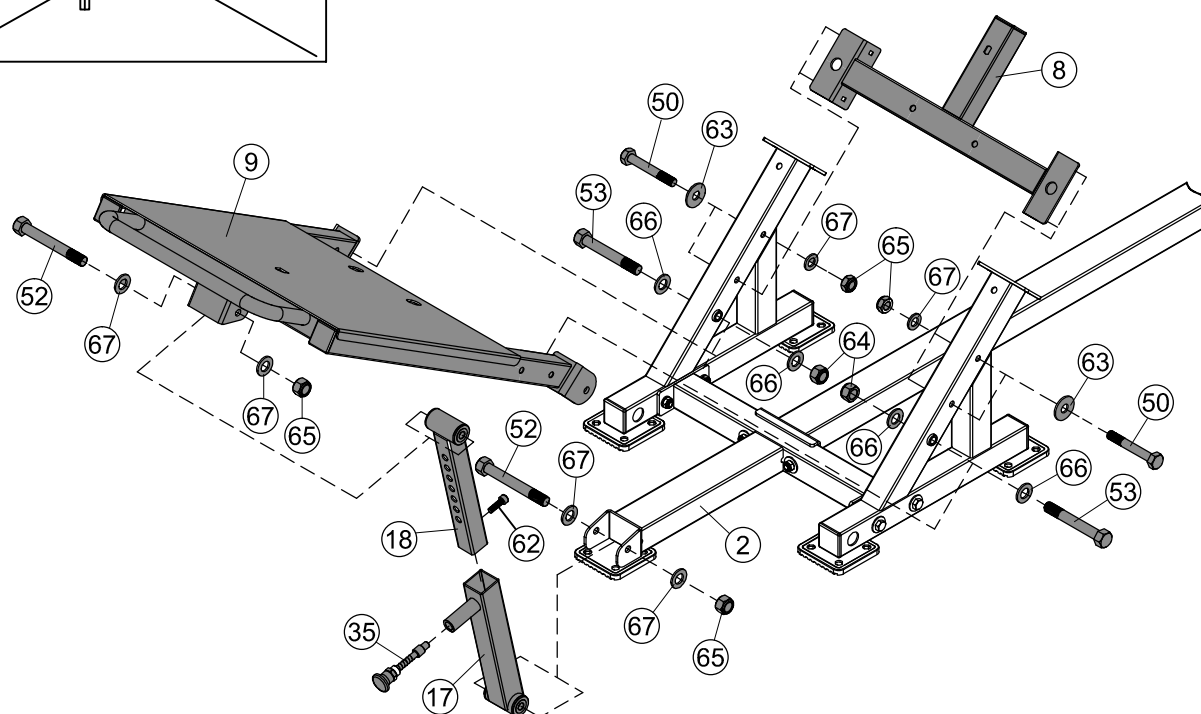
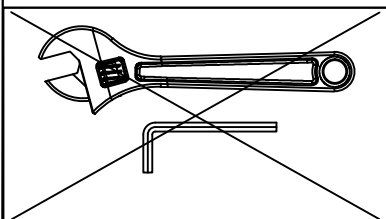


8

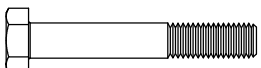
- (50)  ×2 M10× 70mm (64)  ×2 M12 (65)  ×4 M10
 (54)  ×2 M12× 175mm (66)  ×4 Φ24×Φ13
 (61)  ×2 M10× 75mm (67)  ×8 Φ20×Φ10.5



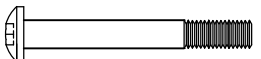
- | | | | | | | |
|----|---|--------------|----|---|----|-----------|
| ⑤① |  | ×4 M10× 70mm | ⑥③ |  | ×4 | Φ30×Φ10.5 |
| ⑤② |  | ×2 M10× 95mm | ⑥④ |  | ×2 | M12 |
| ⑤③ |  | ×2 M12× 85mm | ⑥⑤ |  | ×6 | M10 |
| ⑥② |  | ×1 M6× 25mm | ⑥⑥ |  | ×4 | Φ24×Φ13 |
| | | | ⑥⑦ |  | ×8 | Φ20×Φ10.5 |



10

⑤①  ×4 M10× 65mm

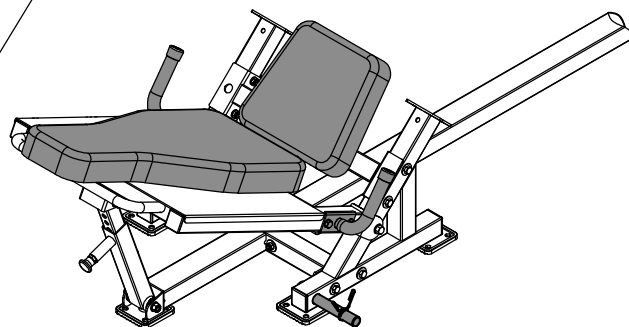
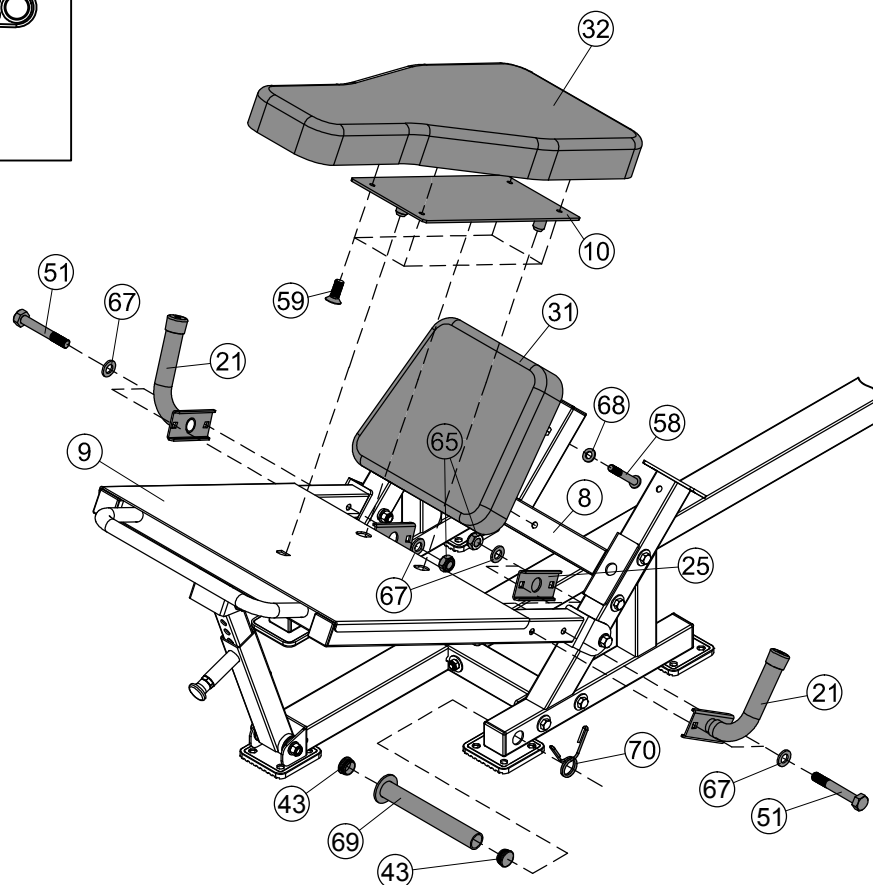
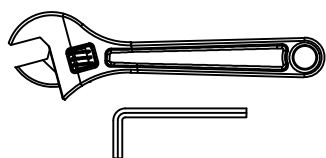
⑥⑤   ×4 M10

⑤⑧  ×3 M8× 65mm

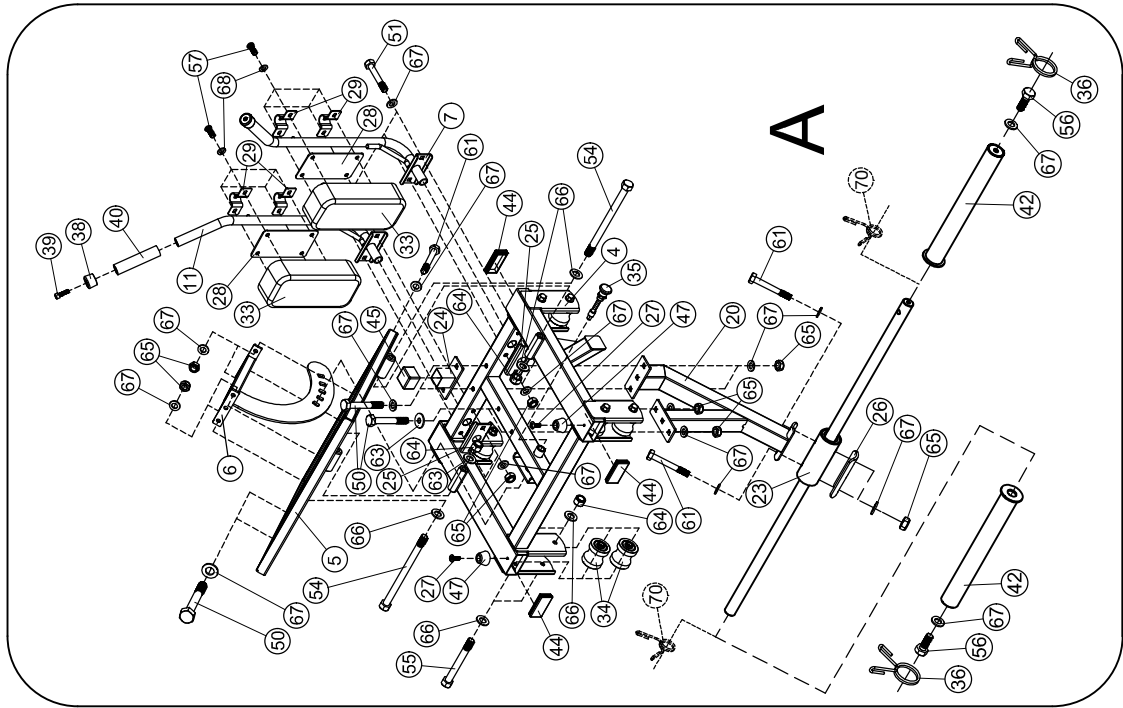
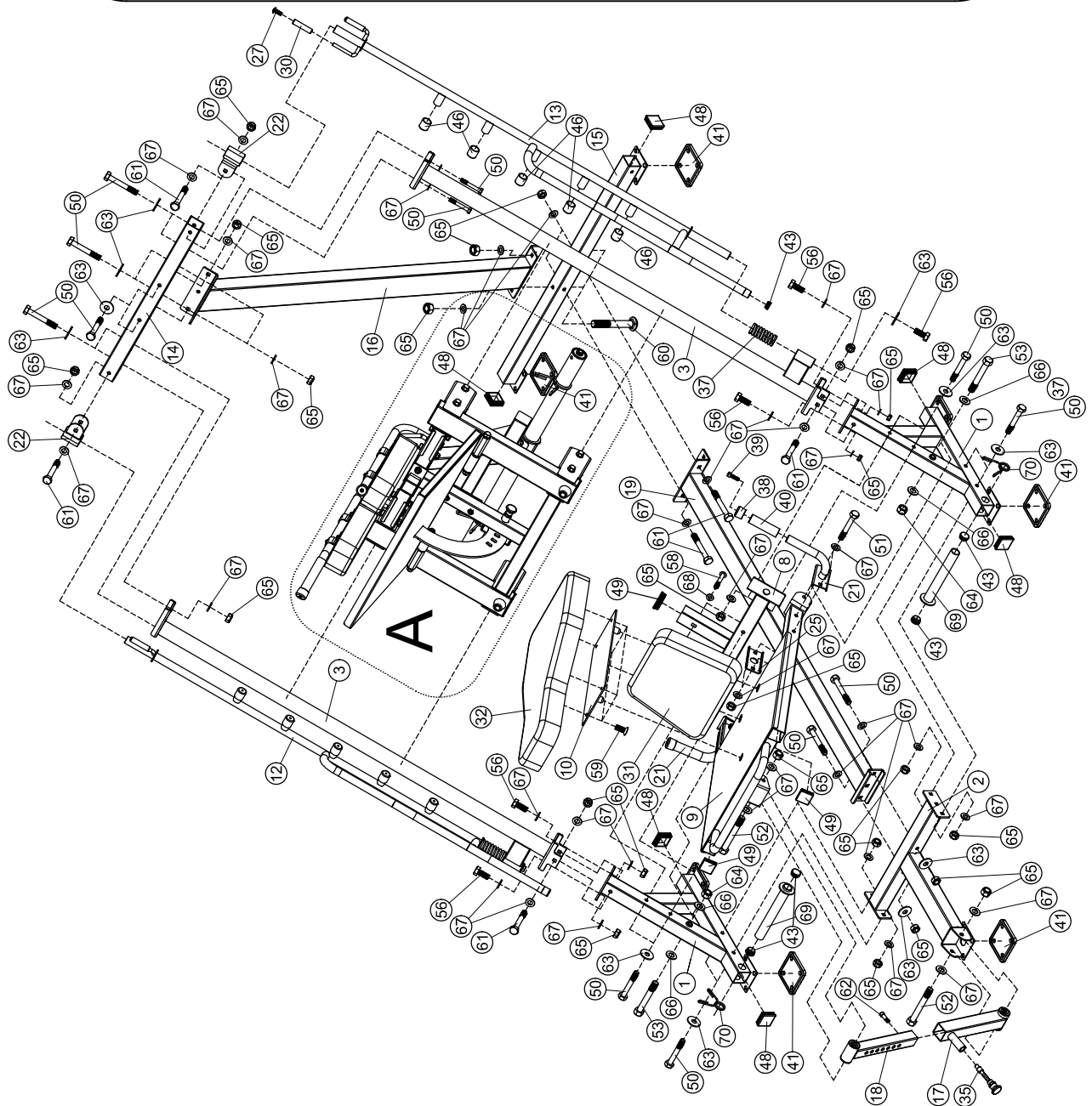
⑥⑦   ×8 Φ20×Φ10.5

⑤⑨  ×4 M8× 20mm

⑥⑧   ×3 Φ16×Φ8.4



EXPLODED DRAWING



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Lower Support Frame		2
2	Rear Connecting Frame		1
3	Upper Support Frame		2
4	Sliding Frame		1
5	Upper Foot Frame		1
6	Upper Adjuster		1
7	Left Shoulder Pad Mount		1
8	Seat Frame		1
9	Lower Adjuster		1
10	Backrest Pad Mount		1
11	Right Shoulder Pad Mount		1
12	Left Lock Out		1
13	Right Lock Out		1
14	Upper Crossmember		1
15	Front Connecting Frame		1
16	Support Frame		1
17	Adjuster-Outside		1
18	Adjuster-Inside		1
19	Stabilizer		1
20	Lower Weight Carriage		1
21	Handle Frame		2
22	Fixed Structure		2
23	Barbell Rod		1
24	Limit Structure		1
25	Bracket	110×46×13×φ26×3	4
26	Bracket	120×R25×5	1
27	Philips Screw	M6×16	6
28	Bracket	185×100×3	2
29	Bracket	100×35×29×2.5	4
30	Buffer	φ16×φ10×67	4
31	Seat Pad		1
32	Backrest Pad		1
33	Shoulder Pad		2
34	Rollers		8
35	Moving Lock Pin		2

KEY NO.	PART DESCRIPTION	SPEC	QTY
36	Spring Clip	φ49	2
37	Spring		2
38	End Cap	φ33.5×25	4
39	Socket Head Allen Bolt	M6×15	4
40	Grip		4
41	Base Frame Cap		7
42	Olympic Sleeve frame		2
43	End Cap	φ25	6
44	End Cap	□80×40	4
45	End Cap	□38	1
46	Bumper	φ30×φ25×30	10
47	Bumper	φ40×φ30×25	2
48	End Cap	□50	6
49	End Cap	□45	3
50	Hex Bolt	M10×70	24
51	Hex Bolt	M10×65	8
52	Hex Bolt	M10×95	2
53	Hex Bolt	M12×85	2
54	Hex Bolt	M12×175	2
55	Hex Bolt	M12×105	8
56	Hex Bolt	M10×25	8
57	Allen Bolt	M8×20	8
58	Allen Bolt	M8×65	3
59	Socket countersunk head screw	M8×20	4
60	Carriage Bolt	M10×75	2
61	Hex Bolt	M10×75	10
62	Socket Head Allen Bolt	M6×25	1
63	Washer	φ30×φ10.5	22
64	Aircraft Nut	M12	12
65	Aircraft Nut	M10	48
66	Washer	12	24
67	Washer	10	78
68	Washer	8	11
69	Weight Storage frame		2



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