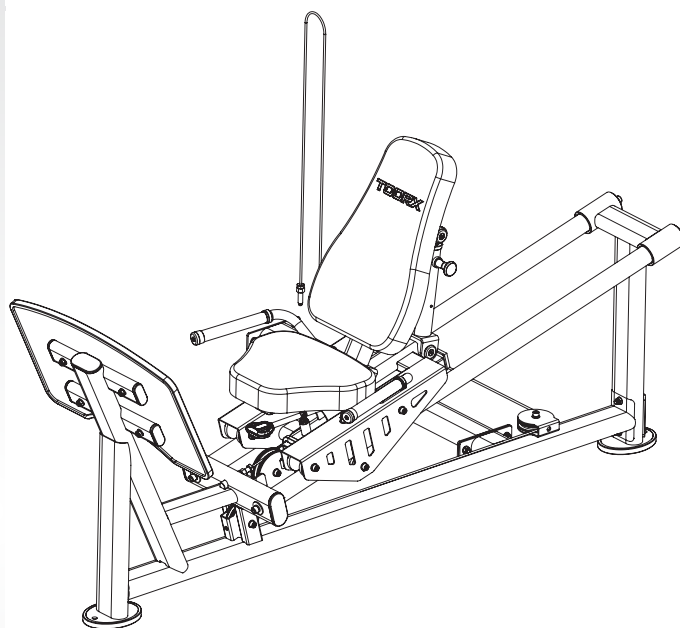


TCORX
FITNESS IN MOTION

INSTRUCTION



LEG PRESS MSX5000



Cod: GRIDTOORXLGPRESS2

Rev: 00

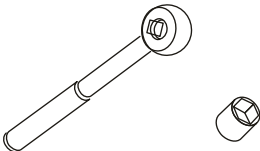
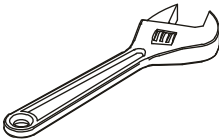
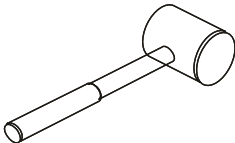
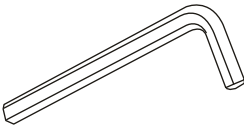
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INSTRUCTIONS

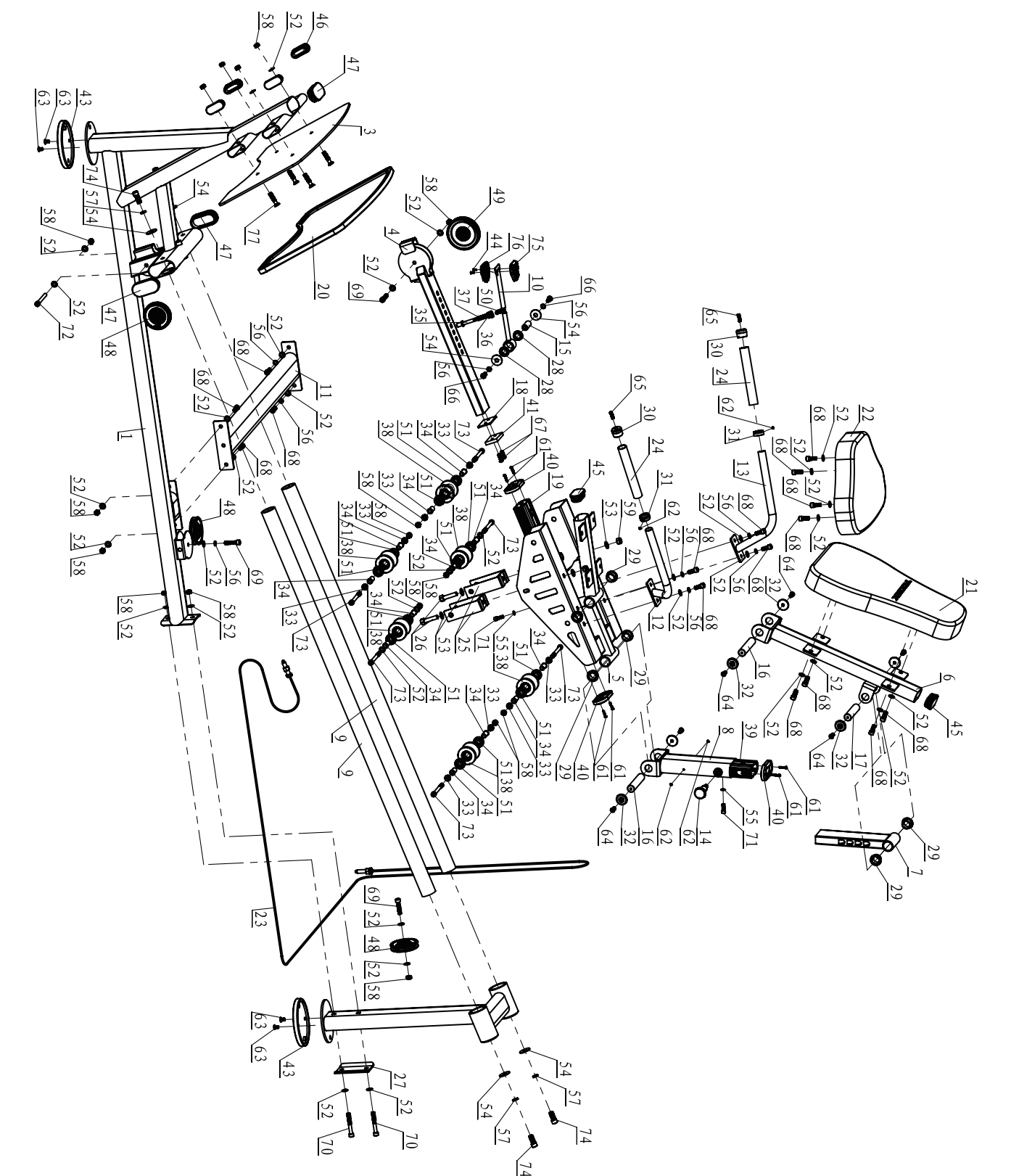
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

	Ratchet Wrench and Socket
	Adjustable Wrench
	Rubber Mallet
	Hex Key Wrench set

EXPLODED VIEW



PARTS LIST

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
1	Kick Main Frame		1
2	Kick Back Upright Frame		1
3	Pedal Plate		1
4	Sliding Adjustable Frame		1
5	Seat Cushion Sliding Tube		1
6	Back Cushion Tube		1
7	Adjustable Inner Tube		1
8	Adjustable Outer Tube		1
9	Sliding Tube		2
10	Adjustable Pin Frame		1
11	Kick Connection Frame		1
12	Left Handle Frame		1
13	Right Handle Frame		1
14	Back Pad Pin		1
15	Shaft	Φ20*M10*45	1
16	Rotating Shaft	Φ25*129*M8	2
17	Fixing Shaft	Φ25*109*M8	1
18	Limit Plate	75*50*4	1
19	Hollow Sleeve 250	94.4*44.8*250	1
20	Rubber Pedal		1
21	Back Cushion	550*320*65	1
22	Seat Cushion	400*260*65	1
23	Kick Leg Cable	Φ5*4170	1
24	Handle Sleeve	Φ24*3*200	2
25	Support Stand		2
26	Tightening Bolt		2
27	Connection Plate	120*93*5	1
28	Iron-base Powder sleeve	Φ33*Φ28.8*Φ20.1*12.2	2
29	Iron-base sleeve	Φ38*Φ31*Φ25.2*19	6
30	Φ25 End Cap	Φ34.5*Φ6.5*25	2
31	Φ25 Handle Ring	Φ34.5*14*M6	2
32	Φ38 End Cap	Φ38*Φ9*6	6
33	Wheel Sleeve	Φ20*Φ14.8*13	8
34	Left Sleeve	Φ18*Φ15*32	12
35	Adjustable Pin	Φ18*Φ12.5*74*Φ5.2	1
36	Pin Nut	S21*Φ10.2*16*M20*1.5	1
37	Pin Spring	Φ14*Φ1.2*32	1

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
38	Wheel	Φ63*Φ35*58	6
39	Hollow Sleeve 200	94.4*44.8*200	1
40	Hollow Sleeve Cap	50*100	3
41	Base Rubber	70*45*10	1
42	Limit Washer	30*70*20	1
43	PVC Rubber Foot	169*129*16	2
44	Hex Counter-Sunk Screw	M4*10	2
45	Stopper	PT40*80*2.5	2
46	Stopper	PT30*70*2.5	4
47	Stopper	PT50*100*2.5	3
48	Φ95 Pulley	Φ95*24	3
49	Φ114 Pulley	Φ114*25.4	1
50	Link	08A(pitch is 12.7)	1
51	Bearing	6202ZZ	12
52	Flat Washer	Φ11*Φ20*2	37
53	Flat Washer	Φ13.5*Φ24*2.5	4
54	Big Washer	Φ13*Φ37*3	6
55	Spring Washer	Φ8	2
56	Spring Washer	Φ10	9
57	Spring Washer	Φ12	4
58	Nut	M10	17
59	Nut	M12	2
60	Phillips Screw	M6*15	2
61	Cross-slot Pan Head Self-Tapping Screw	ST4.2*25	6
62	Hex Flat-Head Screw	M6*6	4
63	Hex Counter-Sunk Screw	M8*15	4
64	Hex Counter-Sunk Screw	M8*25	6
65	Hex Socket-Head Bolt	M6*20	2
66	Hex Bolt	M10*25	2
67	Hex Bolt	M8*25	2
68	Hex Socket-Head Bolt	M10*25	16
69	Hex Socket-Head Bolt	M10*45	3
70	Hex Socket-Head Bolt	M10*75	2
71	Hex Socket-Head Bolt	M8*25	2
72	Hex Socket-Head Bolt	M10*95	1
73	Hex Socket-Head Bolt	M10*100	6
74	Hex Socket-Head Bolt	M12*30	4
75	Top Handle Cover	70*65*14	1
76	Bottom Handle Cover	70*65*13.8	1
77	Hex Counter-Sunk Screw	M10*50	4

ASSEMBLY INSTRUCTIONS

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

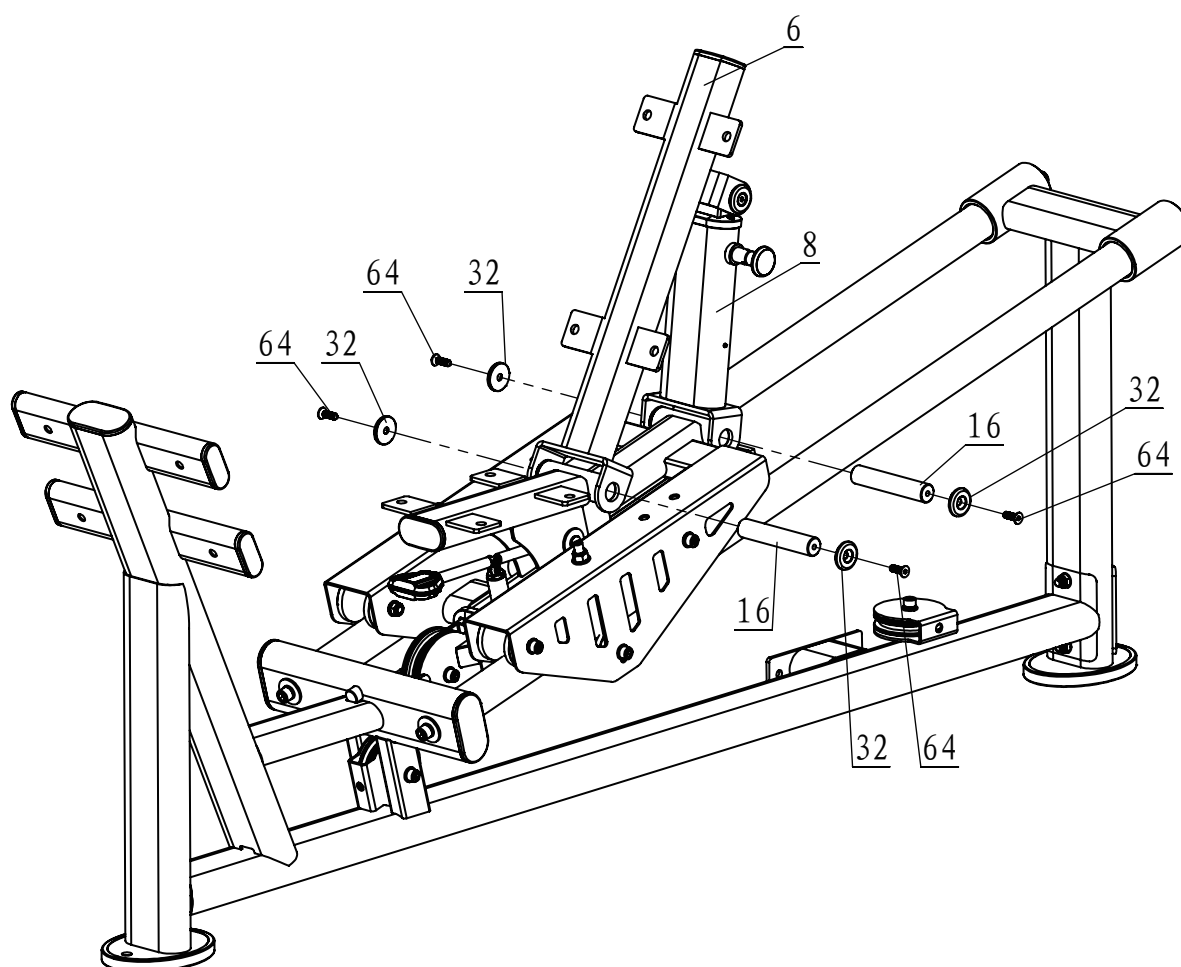
NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

ASSEMBLY STEPS

STEP 1.

After unpacking the box, install the assembly parts #6 and #8 in the designated location as diagram. Put on #16 respectively, then fix the two ends using #32, #64;



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
6	Back Cushion Tube		1
8	Adjustable Outer Tube		1
16	Rotating Shaft	Φ25*129*M8	2
32	Φ38 End Cap	Φ38*Φ9*6	4
64	Hex Counter-sunk Screw	M8*25	4

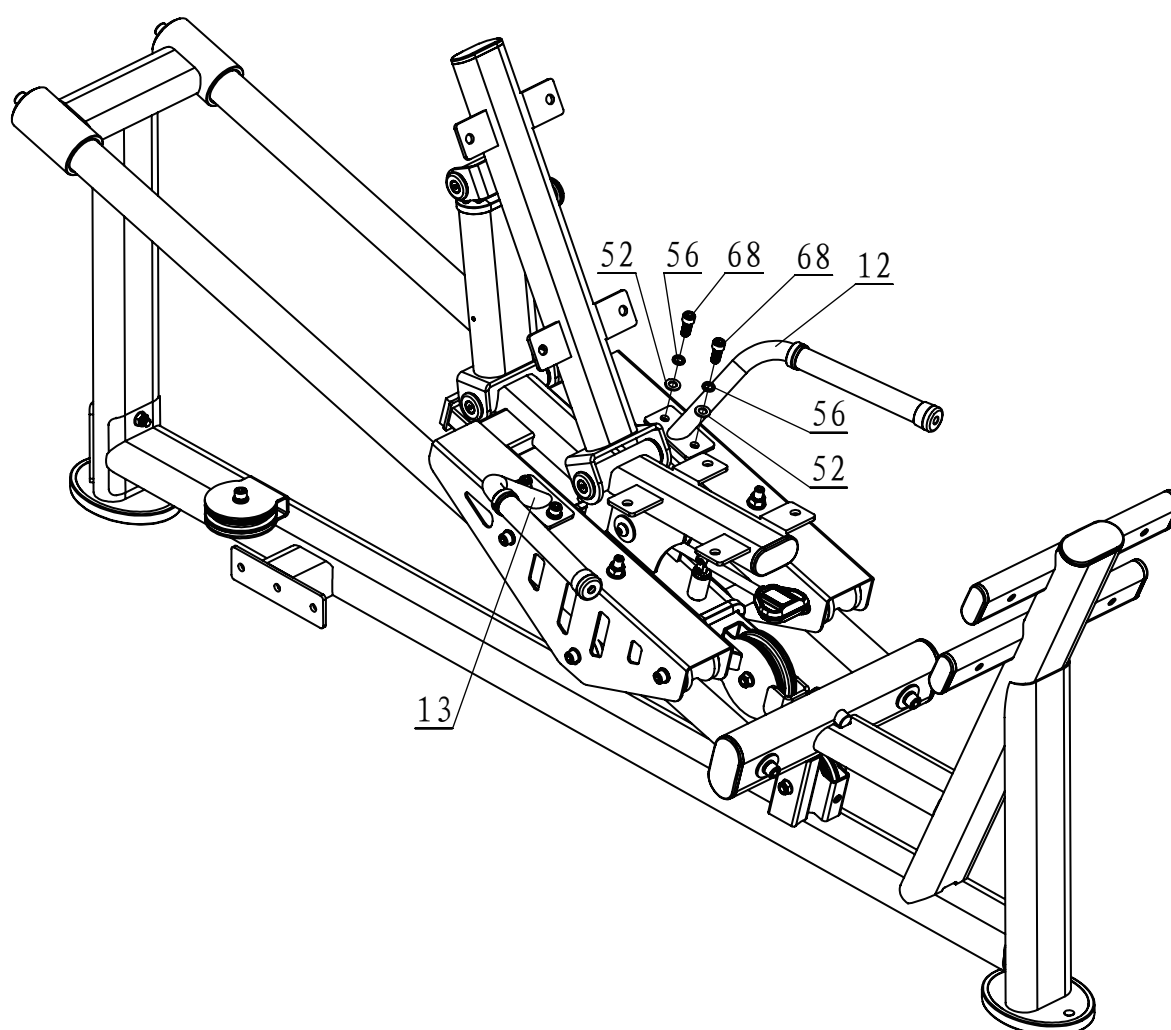
STEP 2.

1. Install #12 in the designated location as diagram:

- 2 #52
- 2 #56
- 2 #68

2. Install #13 in the designated location as diagram:

- 2 #52
- 2 #56
- 2 #68

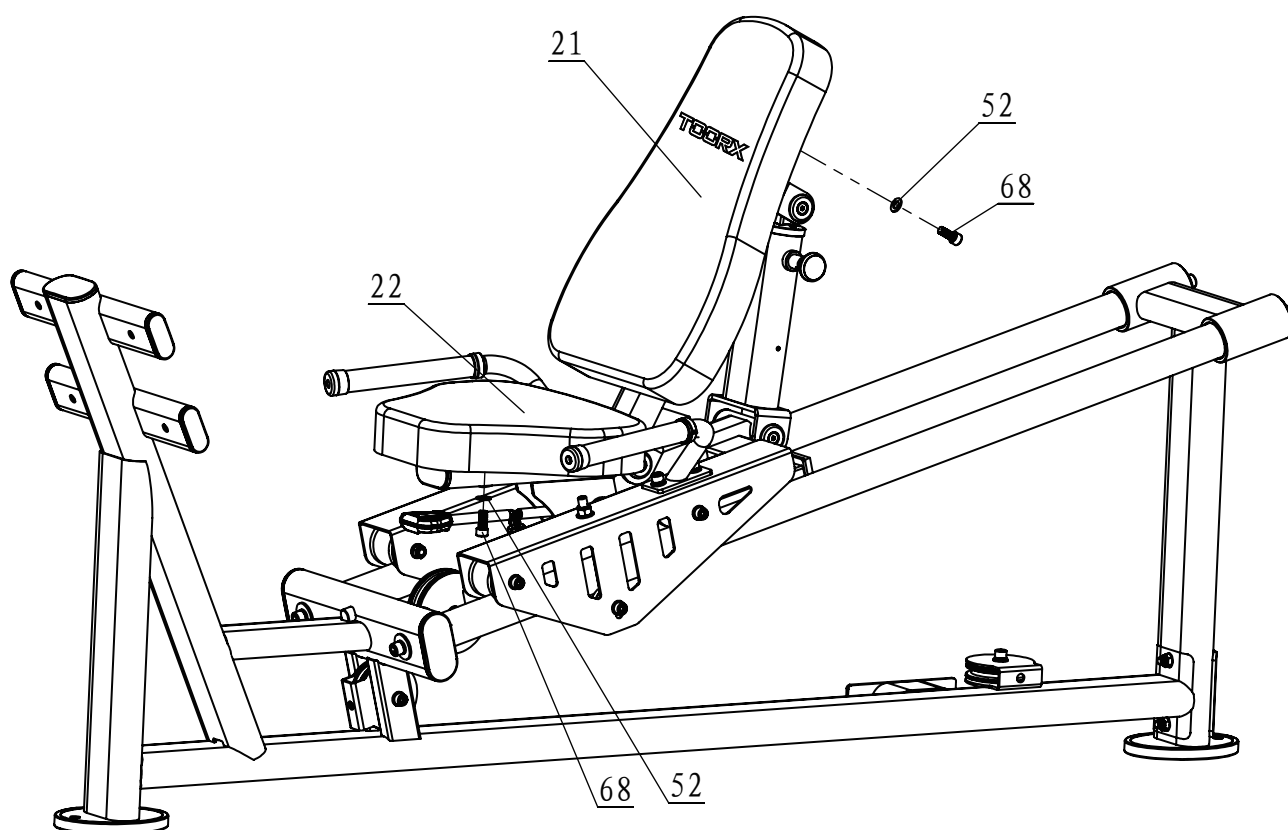


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
12	Left Handle Frame		1
13	Right Handle Frame		1
52	Flat Washer	$\Phi 11 * \Phi 20 * 2$	4
56	Spring Washer	$\Phi 10$	4
68	Hex Socket-head Bolt	M10*25	4

STEP 3.

Install #21 and #22 in the designated location as diagram:

- 8 #52
- 8 #68



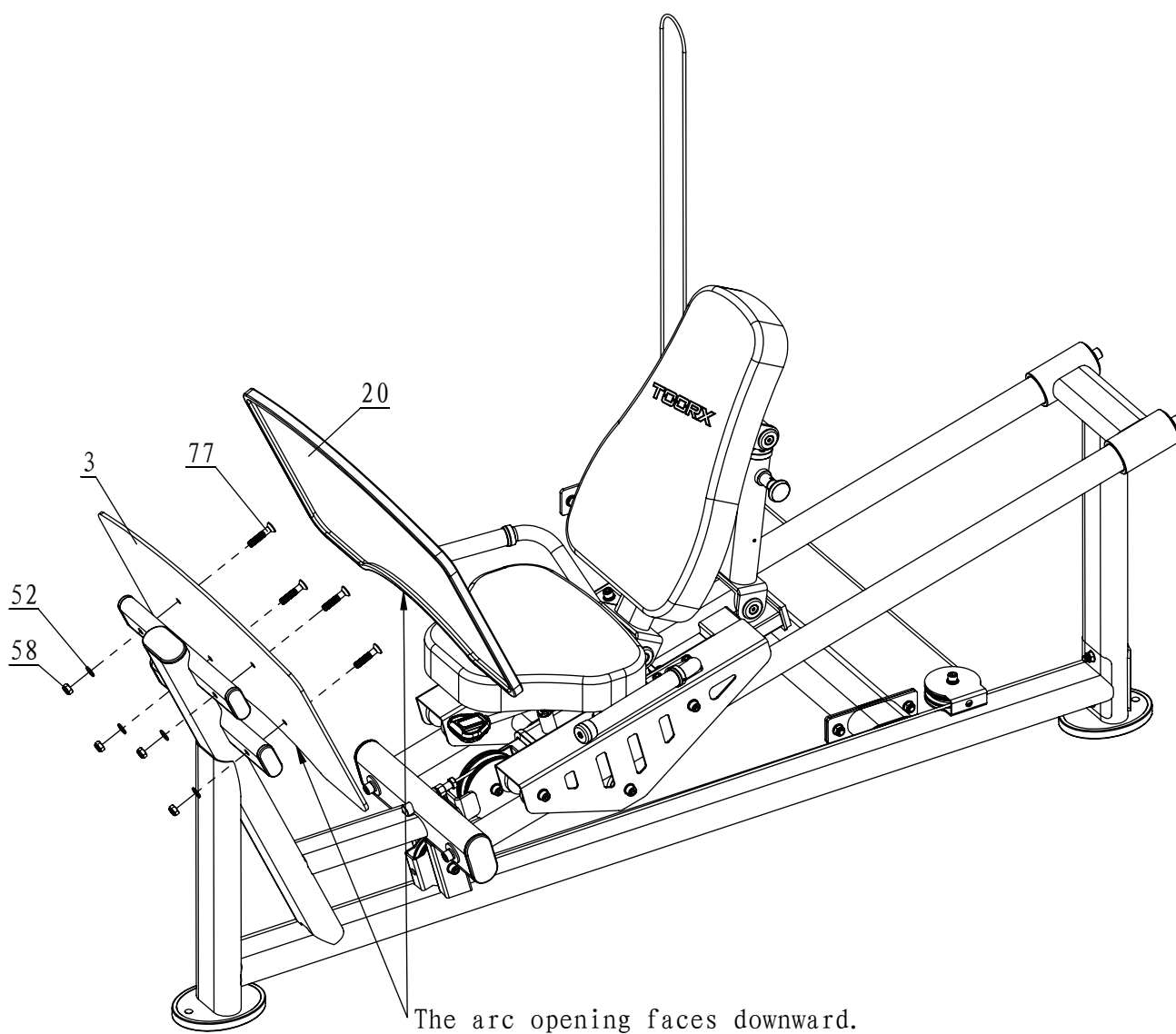
NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
21	Back Cushion	550*320*65	1
22	Seat Cushion	400*260*65	1
52	Flat Washer	Φ11*Φ20*2	8
68	Hex Socket-Head Bolt	M10*25	8

STEP 4.

1. Install #3 in the designated location as diagram.

- 4 #77
- 4 #52
- 4 #58

2. Install #20 in the designated location as diagram.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
3	Pedal Plate		1
20	Rubber Pedal	660*412*18	1
52	Flat Washer	Φ11*Φ20*2	4
58	Nut	Φ10	4
77	Hex Counter-Sunk Screw	M10*25	4

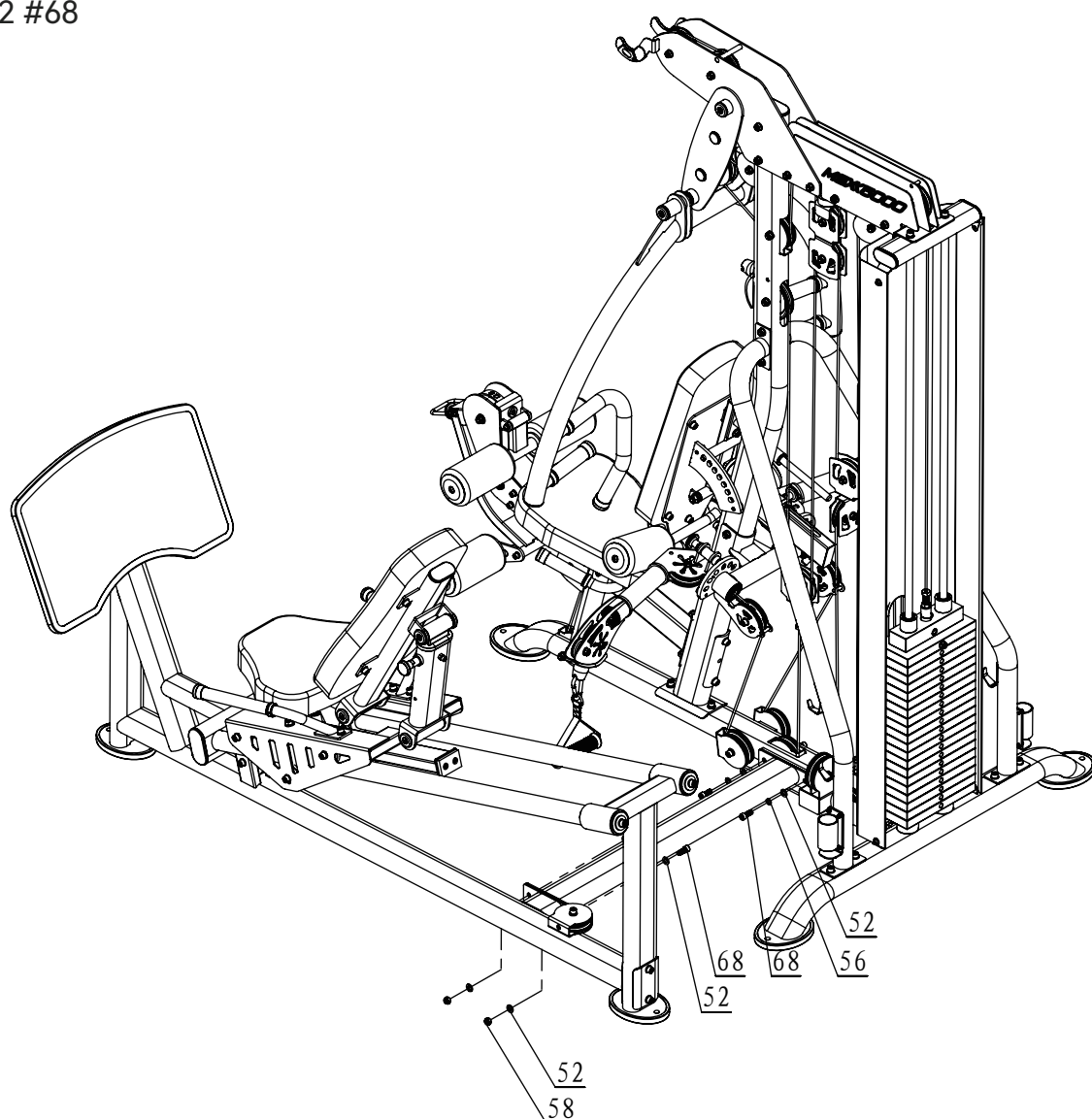
STEP 5.

1. Install the Kick Connection Frame one end to the main frame of MULTIGYM using:

- 2 #52
- 2 #56
- 2 #68

2. Install the Kick Connection Frame other end to the main frame of LEG PRESS PRESS using:

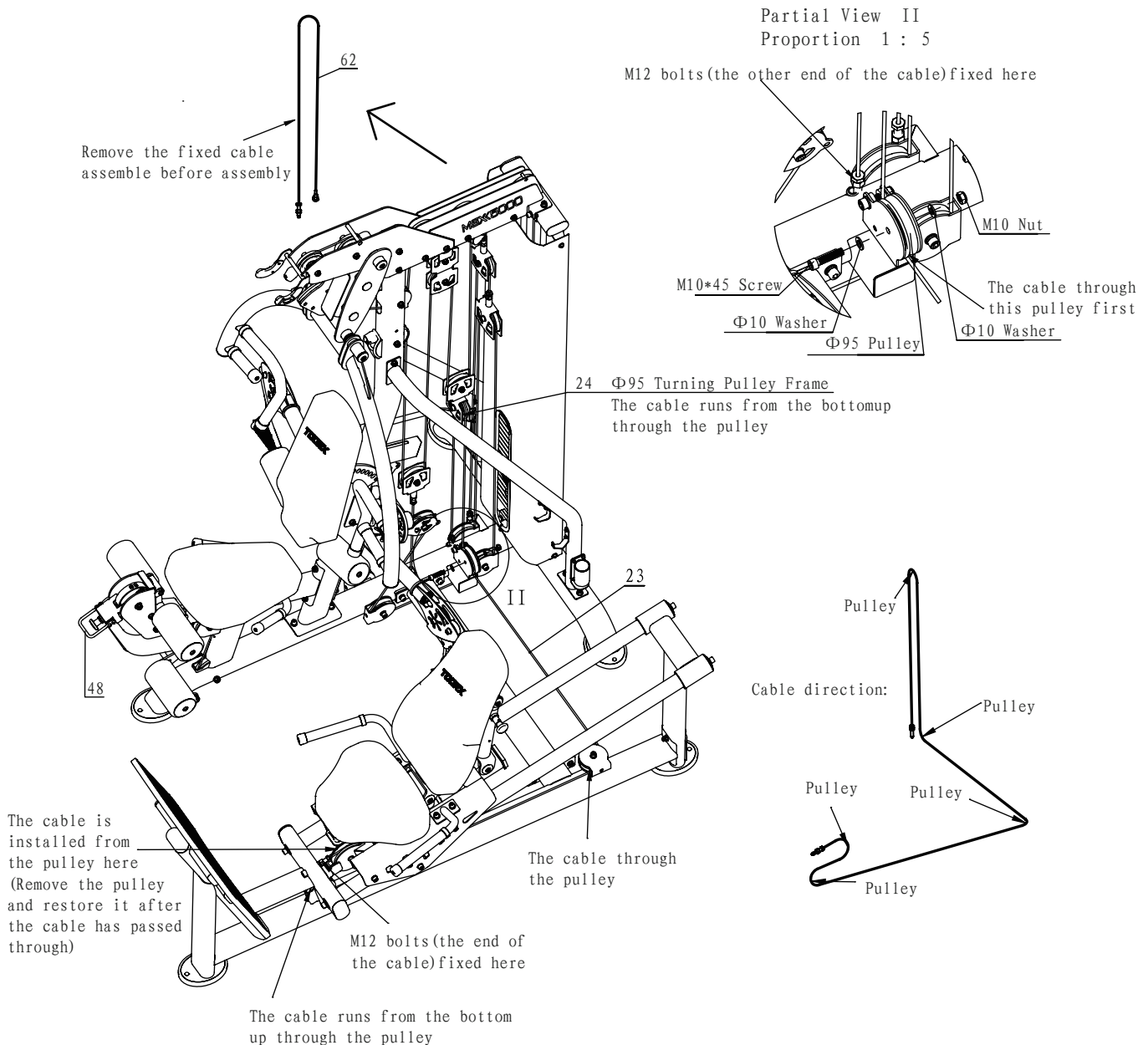
- 4 #52
- 2 #58
- 2 #68



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
52	Flat Washer	Φ11*Φ20*2	6
56	Spring Washer	Φ10	2
58	Nut	M10	2
68	Hex Socket-head Bolt	M10*25	4

STEP 6.

1. First remove #62 from MULTIGYM;
2. Install the cable starting from the front end of the leg pree machine, as shown in the diagram. Fix #48 with the $\Phi 10$ Washer, the M10 Nut, and the M10*45 Screw according to the direction of the cable indicated in view "II". Pass the cable upward through the pulley at the indicated position of the MULTIGYM#24 and finally secure the other end of the cable with an M12 bolt at the indicated location.
3. If necessary, disassemble any pulleys that are passed through by the cable first, then reset and lock them after threading through.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
23	Kick Leg Cable	$\Phi 5 \times 4170$	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 properly.

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 bolt 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.



GARLANDO SPA

Via Regione Piemonte, 32 - Zona Industriale D1

I 5068 - Pozzolo Formigaro (AL) - Italy

www.toorx.it - info@toorx.it