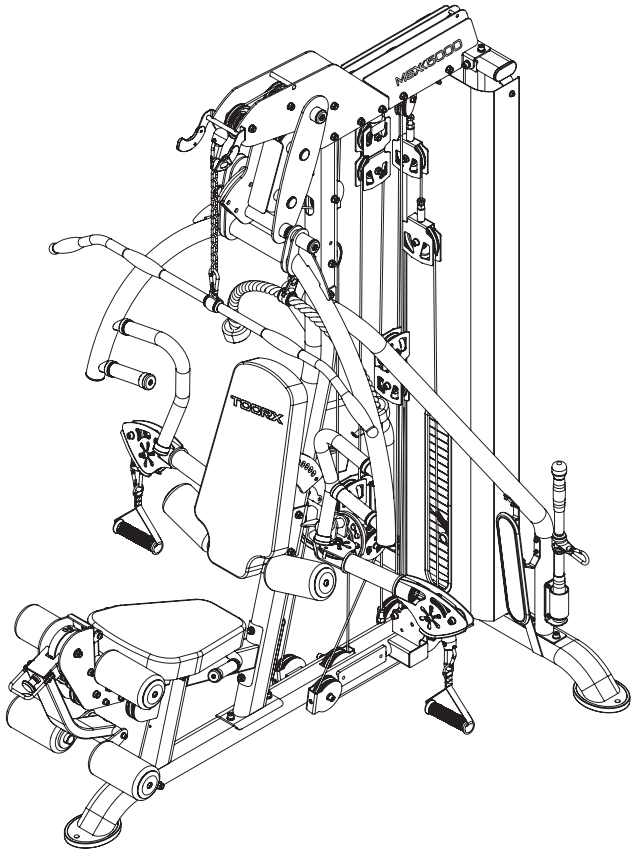
TOORX
PROFESSIONAL LINE

INSTRUCTION



MSX5000

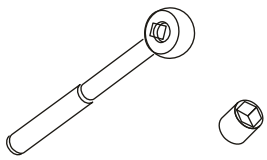
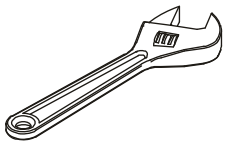
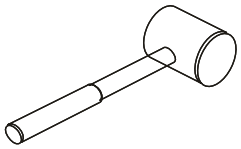
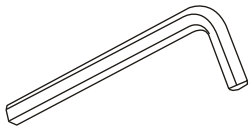
Cod: GRLDTOORXMSX5000
Rev: 01
Ed: 01/26

INSTRUCTIONS

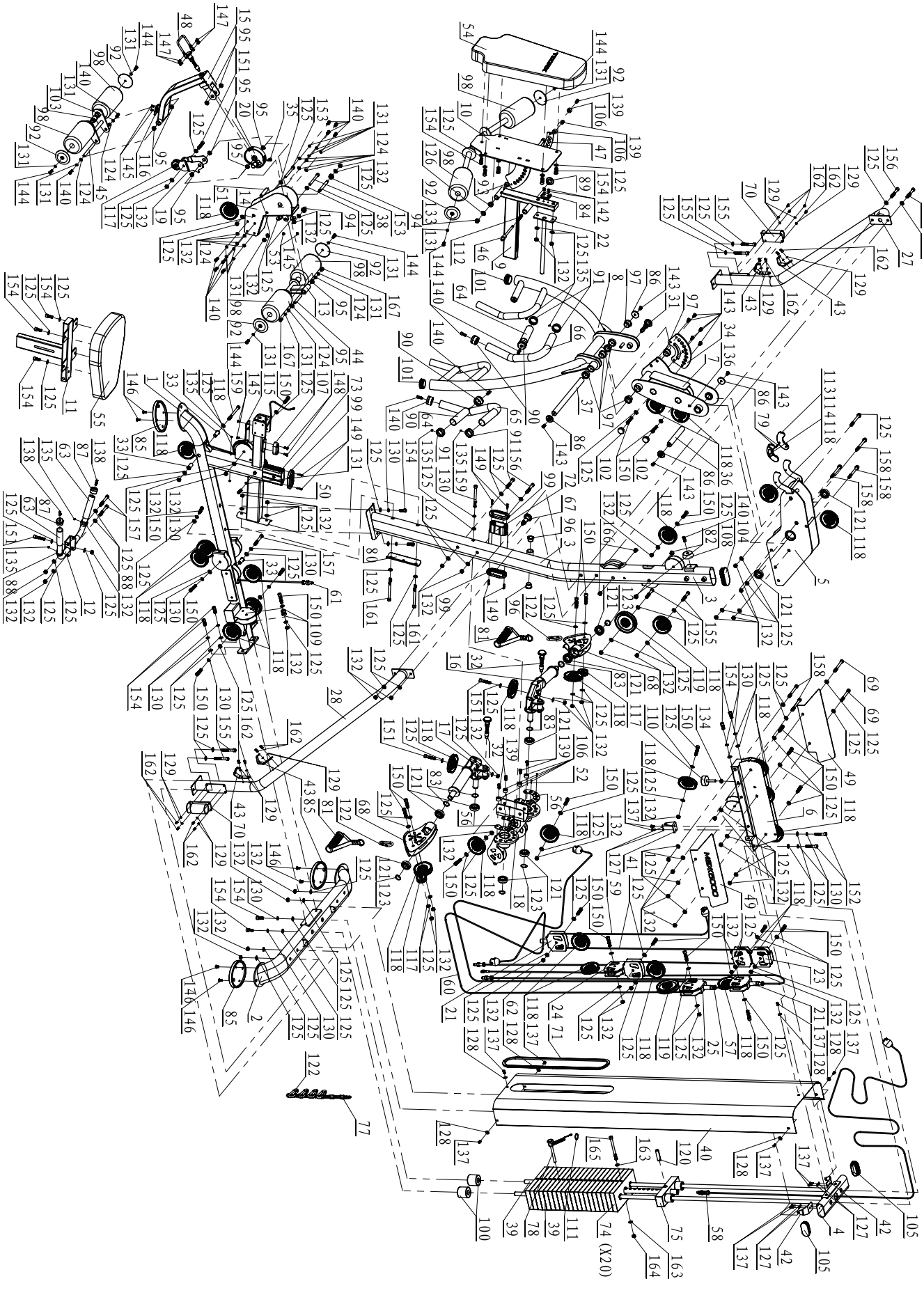
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure 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	Front Base Frame		1
2	Back Base Frame		1
3	Front Upright Frame		1
4	Back Upper Frame		1
5	Front Upper Frame		1
6	Upper Connection Frame		1
7	Swing Arm Upper Rotating Stand		1
8	Swing Arm Stand		1
9	Back Cushion Adjustable Frame		1
10	Back Cushion Rotating Frame		1
11	Seat Cushion Adjustable Frame		1
12	Handle Frame		1
13	FOAM Rotating Frame		1
14	Kick Leg Main Frame		1
15	Kick Rotating Frame		1
16	Right Rotating Frame		1
17	Left Rotating Frame		1
18	Rotating Support Frame		1
19	Kick Pulley Frame		1
20	Kick Roulette Rack		1
21	Φ95 Single Pulley Frame		2
22	Guide Frame		1
23	Φ95 Double Pulley Frame		1
24	Φ95 Turning Pulley Frame		1
25	Φ114 Single Pulley Frame		1
26	Bottom Foam Rotating Frame		1
27	Left Support Frame		1
28	Right Support Frame		1
29	Leg Press FOAM Frame		1
30	Kick Pin		1
31	Short Pin		1
32	Long Pin		2
33	Pulley Upper Sleeve	Φ20*Φ16*Φ11*37	3
34	Index Plate	200*116*8	1
35	Cable Limit Terminal	Φ14*Φ6*15	1

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
36	Swing Arm Rotating Shaft	Φ25*171*M8	1
37	Turning Frame Shaft	Φ25*354*M8	1
38	Kick Frame Shaft	Φ12*108*M10	1
39	Guide-rod	Φ19*1780	2
40	Front Shroud	1720*355*125*1.5	1
41	Shroud L Fixing Plate	40*54*45*3	1
42	Shroud Side Fixing Plate	40*80*50*3	2
43	Hook	20*84.6*55.6*3	4
44	Fixing Shaft	Φ12*76*M8	1
45	FOAM Shaft	Φ12*127*M8	1
46	Long Adjustable Shaft	Φ18*Φ13.5*145*M8	1
47	Back Adjustable Guard Plate	196.7*35*2	1
48	Kick Handle	Φ8*266	1
49	Decorative Sheet	428*147*5	1
50	Hex Socket-head Bolt	M8*25	2
51	Bumper Sleeve	Φ15*Φ10*70	1
52	Rivet	Φ3*12	4
53	limit Sleeve	Φ28*6	2
54	Back Cushion	500*296*60	1
55	Seat Cushion	430*320*60	1
56	Arm Adjustable Guard Plate	130*100*2	2
57	Linkage Cable	Φ5*1780	1
58	Lat Pull down Cable	Φ5*3775	1
59	Back Pull down Cable	Φ5*4110	1
60	Swing Arm Cable	Φ5*6165	1
61	Kick Leg Cable	Φ5*2110	1
62	Fixed Cable	Φ5*1665	1
63	Handle Sleeve	Φ24*3*120(TPV)	2
64	Handle Sleeve	Φ31*3*125(TPV)	2
65	Left Handle Sleeve	Φ31*3*510(TPV)	1
66	Right Handle Sleeve	Φ31*3*510(TPV)	1
67	Pin		2
68	Small Pulley Bracket		2
69	Hex Socket-head Bolt	M10*100	2
70	Bar Holder		2

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
71	Plastic Strip	13*6*25*1256	1
72	Hollow Sleeve	94.4*44.8*180	1
73	Hollow Sleeve	94.4*44.8*200	1
74	5KGS Weight Stack	250*111*25.4	15
75	Top Plate	210*60*40	1
76	20+1 Selector Shaft	Φ25.4*595	1
77	Chain	Φ5*21*370	1
78	Magnetic Pin	Φ10*100	1
79	Plastic nail	Φ6*9.5	2
80	Arc-shaped Connecting Plate	178*R25.5*5	1
81	Handle	Φ44*132*182	2
82	Pulley Sleeve	Φ20*Φ10.2*12	4
83	Bearing Washer	Φ30*Φ25.2*1	4
84	Bumper	45*40*8	1
85	PVC Rubber Foot	169*129*16	3
86	Φ38 End Cap	Φ38*Φ9*6	4
87	Φ25 End Cap	Φ34.5*Φ6.5*25	2
88	Φ25 Handle Ring	Φ34.5*14*M6	2
89	Φ40 Handle	Φ40*30*M8	1
90	Φ32 End Cap	Φ42*Φ8.5*25	4
91	Φ32 Handle Ring	Φ42*16*M6	4
92	FOAM Cover	Φ80*Φ17*Φ9*6	6
93	Powder metallurgy sleeve	Φ25*Φ18*Φ12.5*15	2
94	Φ12 Iron-base sleeve	Φ25*Φ22*Φ12.2*10	2
95	Iron-base Powder sleeve	Φ20*Φ16*Φ12.1*8	10
96	Φ20 Iron-base sleeve	Φ32*Φ25.4*Φ20.1*19	2
97	Φ25 Iron-base sleeve	Φ38*Φ31*Φ25.2*19	6
98	FOAM	Φ100*180	6
99	Hollow Sleeve Cap	50*100	3
100	Bumper	Φ55*Φ20.5*50	2
101	Φ50 Stopper	Φ50*3	2
102	Φ32 Stopper	Φ32*2	2
103	Stopper	Φ25*3	2
104	Stopper	PT50*100*2.5	1
105	Stopper	PT40*80*2.5	2

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
106	Plastic Sleeve	Φ21*Φ13*13	6
107	Limit Washer	30*70*20	1
108	Bumper	Φ55*Φ6.5*19	1
109	Hook Sleeve	Φ22*Φ10.5*7.5	2
110	Circular Limit Washer	Φ50*M10*70	1
111	Small Ring	Φ1.5*31	1
112	Spring	Φ14*Φ1.5*55	1
113	Left Shim	95*10	1
114	Right Shim	95*10	1
115	Plastic Plate	125*40*5	1
116	Barbell Front Guard Plate	48*40*5	1
117	Φ50 Pulley	Φ50*25.5	3
118	Φ95 Pulley	Φ95*24	30
119	Φ114 Pulley	Φ114*25.4	2
120	Pin	Φ16*60	1
121	Bearing	6005ZZ	10
122	Safety Hook	Φ8*80	2
123	External Circlip	Φ25	4
124	Flat Washer	Φ9*Φ16*1.6	12
125	Flat Washer	Φ11*Φ20*2	129
126	Flat Washer	Φ13.5*Φ24*2.5	2
127	Flat Washer	Φ6.6*Φ12*1.6	6
128	Big Washer	Φ6.6*Φ18*1.6	6
129	Flat Washer	M5(Φ5.5*Φ10*1)	16
130	Spring Washer	Φ10	18
131	Spring Washer	Φ8	20
132	Nut	M10	53
133	Nut	M12	1
134	Flat Nut	M10	1
135	Hex Flat-head Screw	M6*6	8
136	Hex Flat-head Screw	M6*10	2
137	Hex Socket-head Bolt	M6*10	12
138	Hex Socket-head Bolt	M6*20	2
139	Hex Socket-head Bolt	M8*15	6
140	Hex Socket-head Bolt	M8*20	15

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
141	Hex Socket-head Bolt	M8*30	2
142	Hex Counter-sunk Screw	M6*15	2
143	Hex Counter-sunk Screw	M8*20	9
144	Hex Bolt	M8*25	6
145	Hex Counter-sunk Screw	M6*10	6
146	Hex Counter-sunk Screw	M8*15	6
147	Hex Socket-head Bolt	M6*12	4
148	Phillips Screw	M6*15	2
149	Phillips Screw	ST4.2*25	6
150	Hex Socket-head Bolt	M10*45	26
151	Hex Socket-head Bolt	M10*50	3
152	Hex Socket-head Bolt	M10*55	2
153	Hex Socket-head Bolt	M10*95	2
154	Hex Socket-head Bolt	M10*25	17
155	Hex Socket-head Bolt	M10*70	6
156	Hex Socket-head Bolt	M10*75	4
157	Hex Socket-head Bolt	M10*85	3
158	Hex Socket-head Bolt	M10*105	8
159	Hex Socket-head Bolt	M10*120	2
160	Hex Socket-head Bolt	M12*125	1
161	Hex Socket-head Bolt	M10*125	2
162	Hex Socket-head Bolt	M5*10	16
163	Flat Washer	Φ11*Φ20*2	2
164	Nut	M10	1
165	Hex Socket-head Bolt	M10*125	1
166	Pulley Sleeve	Φ18*Φ10.2*13.5	2
167	Hex Bolt	M8*20	2

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

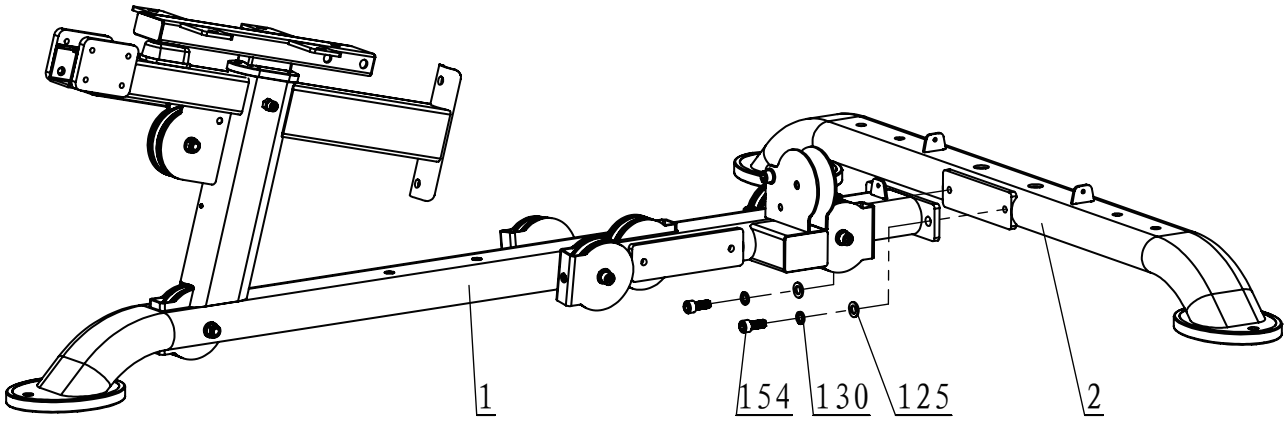
As with any assembled part, proper alignment and adjustmentis critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

ASSEMBLY STEPS

STEP 1.

Attach #1 to #2 using:

- 2 #125
- 2 #130
- 2 #154

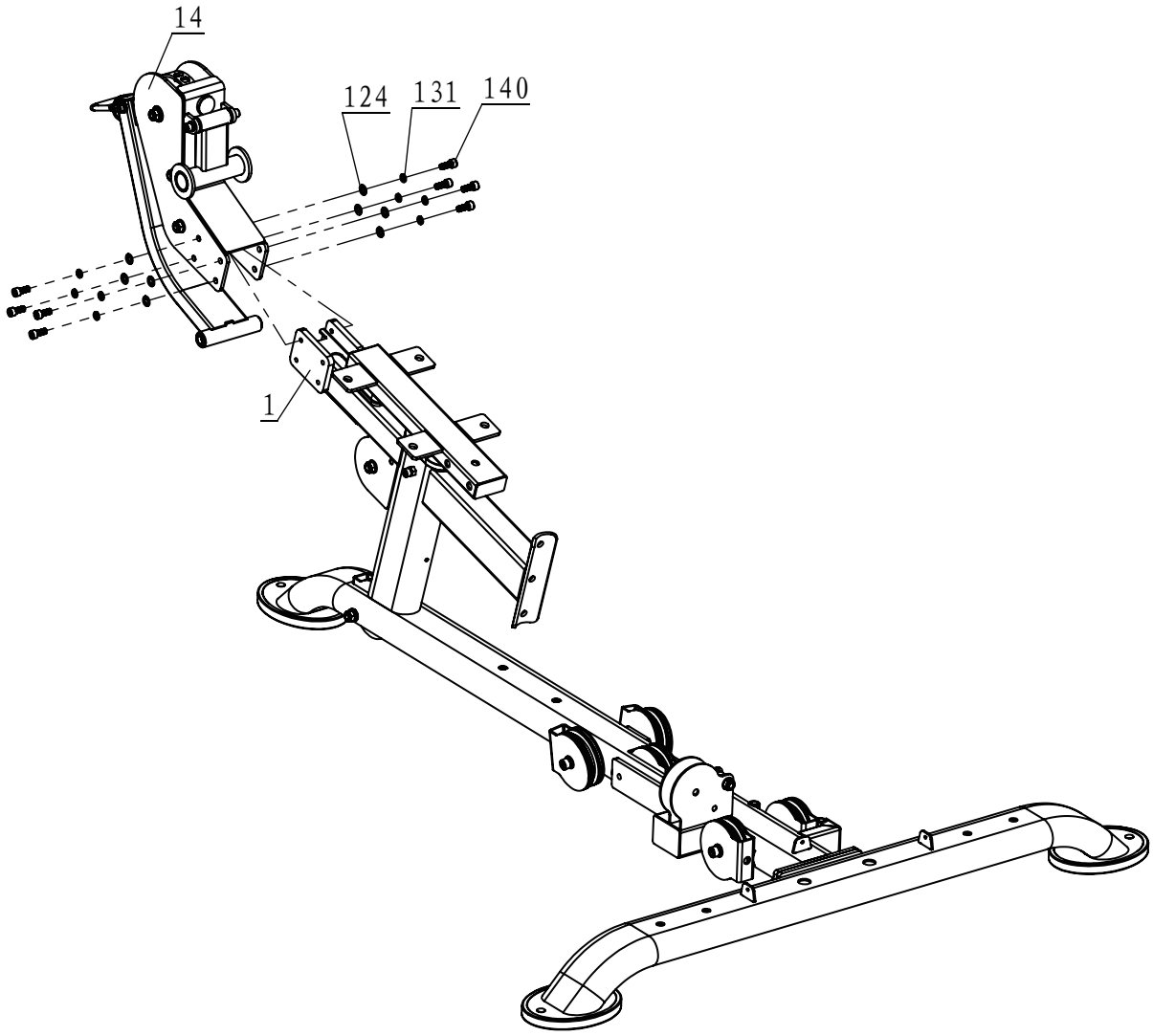


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Front Base Frame		1
2	Back Base Frame		1
125	Flat Washer	Φ11*Φ20*2	2
130	Spring Washer	Φ10	2
154	Hex Socket-head Bolt	M10*25	2

STEP 2.

Install #14 to the designate position of #1 as the diagram shown using:

- 8 #124
- 8 #131
- 8 #140



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Front Base Frame		1
14	Kick Leg Main Frame		1
124	Flat Washer	Φ9*Φ16*1.6	8
131	Spring Washer	Φ8	8
140	Hex Socket-head Bolt	M8*20	8

STEP 3.

1. Attach #80 to #3 then attach #3 to #1 using:

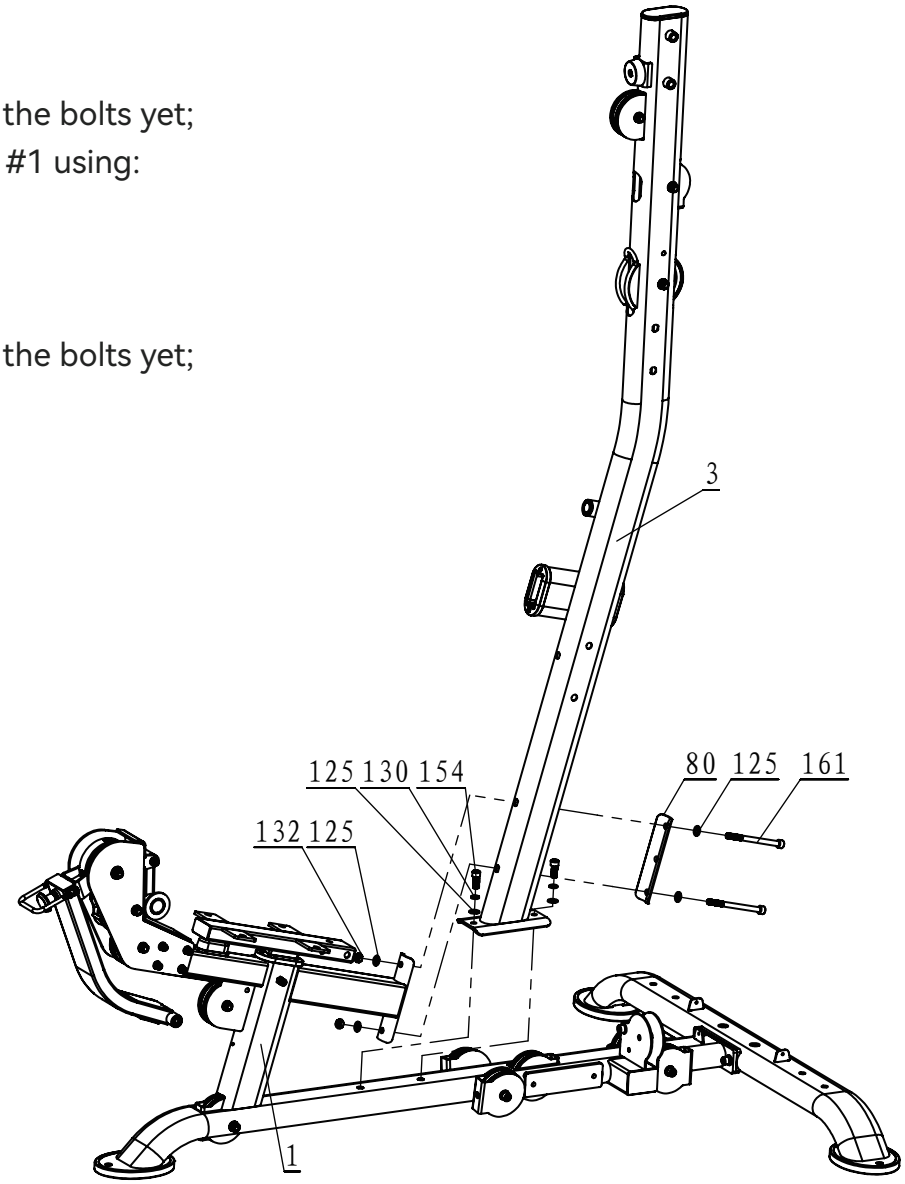
- 2 #161
- 4 #125
- 2 #132

Do not tighten the bolts yet;

2. Attach #3 to #1 using:

- 2 #125
- 2 #130
- 2 #154

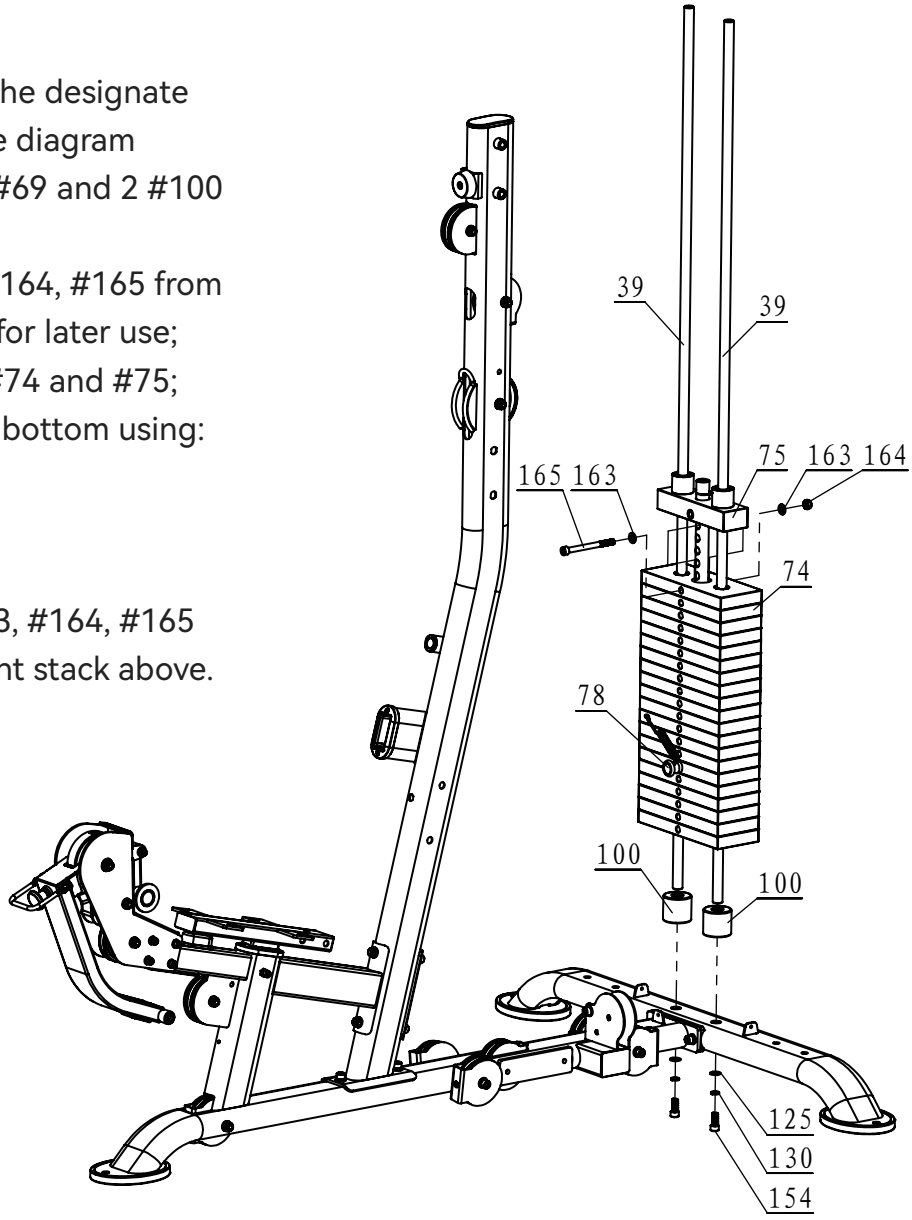
Do not tighten the bolts yet;



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Front Base Frame		1
80	Arc-shaped Connecting Plate	178*R25.5*5	1
125	Flat Washer	Φ11*Φ20*2	6
130	Spring Washer	Φ10	2
132	Nut	M10	2
154	Hex Socket-head Bolt	M10*25	2
161	Hex Socket-head Bolt	M10*125	2
3	Front Upright Frame		1

STEP 4.

1. Install 2 #39 to the designate position hole in the diagram shown, through 2 #69 and 2 #100 in turn;
2. Remove #163, #164, #165 from #75 and set aside for later use;
3. Then put on 15#74 and #75;
4. Then secure the bottom using:
   - 2 #125
   - 2 #130
   - 2 #154
5. Then install #163, #164, #165 onto the first weight stack above.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
39	Guide-rod	Φ19*1780	2
74	5KG Weight Stack	250*111*25.4	20
75	8LBS Top Plate	210*60*40	1
78	Magnetic Pin	Φ10*100	1
100	Bumper	Φ55*Φ20.5*50	2
125	Flat Washer	Φ11*Φ20*2	2
130	Spring Washer	Φ10	2
154	Hex Socket-head Bolt	M10*25	2
163	Flat Washer	Φ11*Φ20*2	2
164	Nut	M10	1
165	Hex Socket-head Bolt	M10*125	1

STEP 5.

1. Install #4 to the guide-god using:

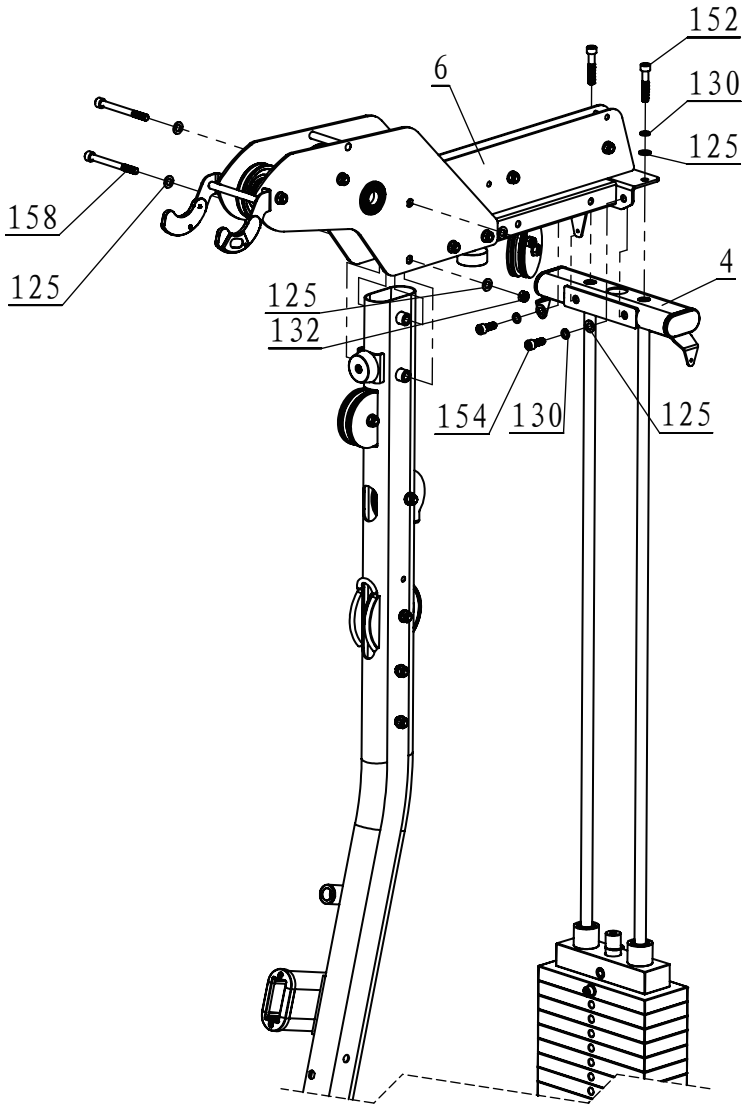
- 2 #125
- 2 #130
- 2 #152

2. Then install #6 to vertical tube as shown in the diagram, align the corresponding hole,using:

- 2 #158
- 4 #125
- 2 #132

Attach #6 to #4 using:

- 2 #154
- 2 #130
- 2 #125



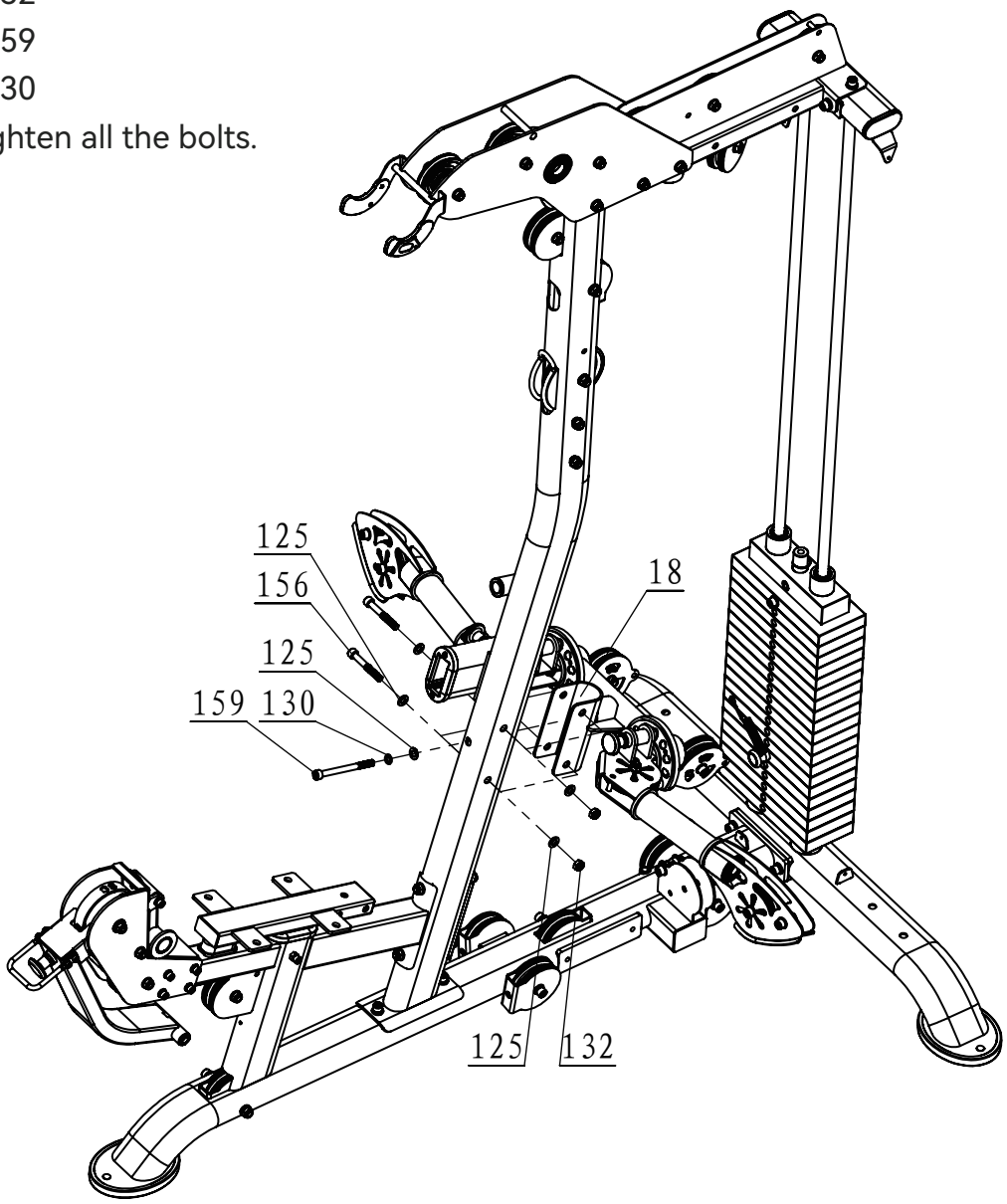
NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
125	Flat Washer	Φ11*Φ20*2	8
130	Spring Washer	Φ10	4
152	Hex Socket-head Bolt	M10*55	2
154	Hex Socket-head Bolt	M10*25	2
158	Hex Socket-head Bolt	M10*105	2
4	Back Upper Frame		1
6	Upper Connection Frame		1
132	Nut	M10	2

STEP 6.

Attach the U-shaped stand of #18 to the vertical tube using:

- 2 #156
- 5 #125
- 2 #132
- 1 #159
- 1 #130

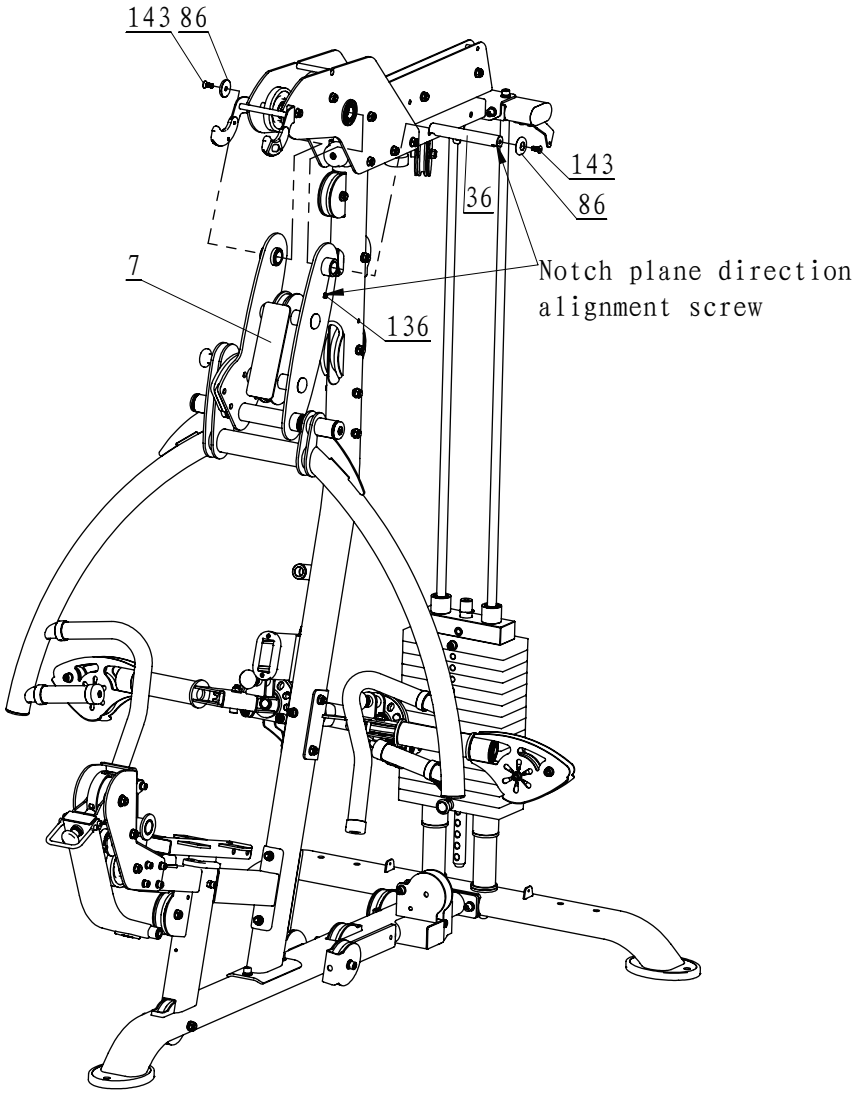
Then tighten all the bolts.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
18	Rotating Support Frame		1
125	Flat Washer	Φ11*Φ20*2	5
130	Spring Washer	Φ10	1
132	Nut	M10	2
156	Hex Socket-head Bolt	M10*75	2
159	Hex Socket-head Bolt	M10*120	1

STEP 7.

1. First unscrew #143 and #86, remove #36 from #7, align #7 with the bearing hole as shown and then put on #36, Note that the end notch plane of #36 should be aligned with the M6 screw hole on #7;
2. Then secure the both ends using #86 and #143;
3. Finally screw on 2 #136.

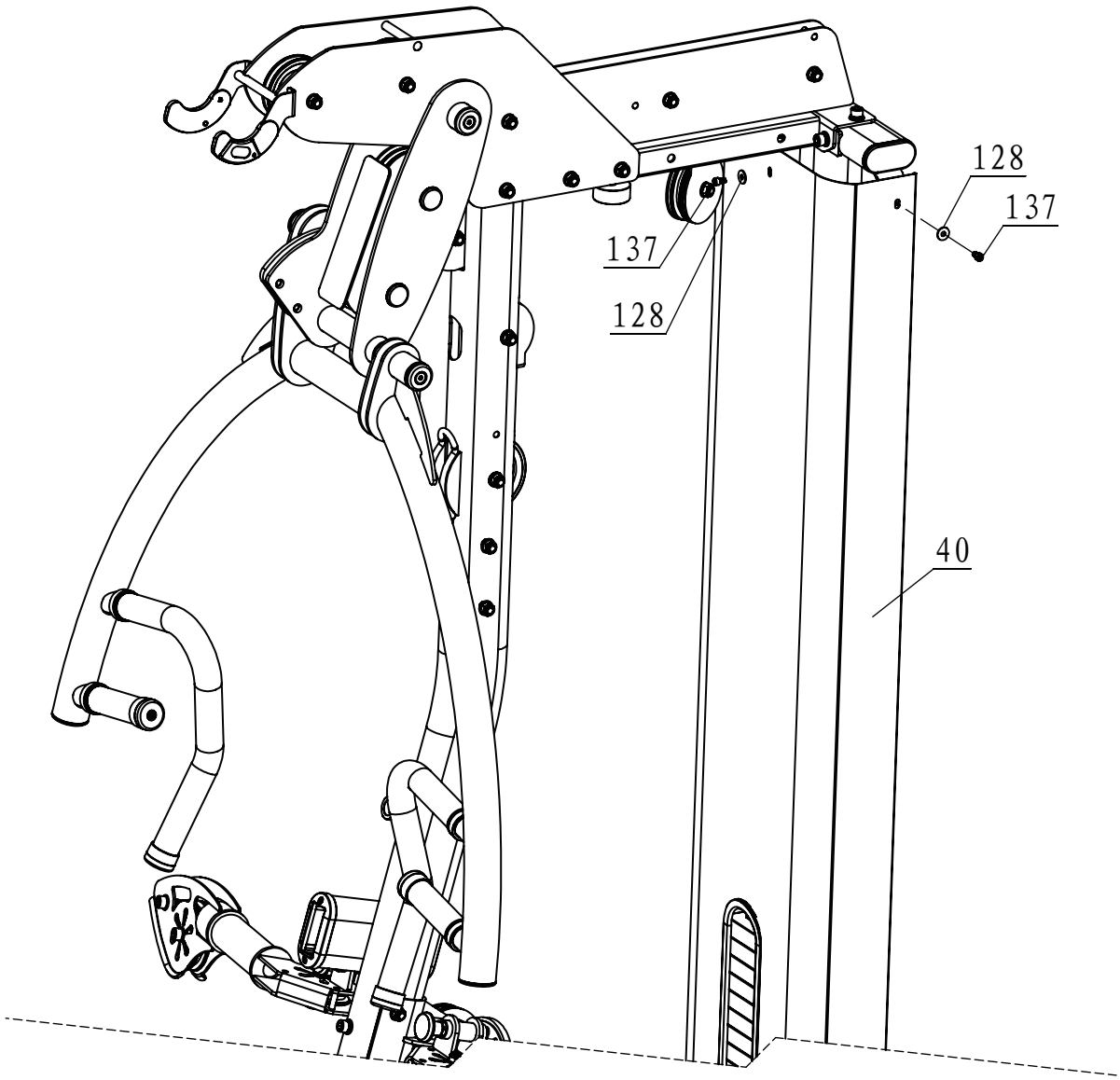


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
7	Swing Arm Upper Rotating Stand		1
36	Swing Arm Rotating Shaft	Φ25*171*M8	1
86	Φ38 End Cap	Φ38*Φ9*6	2
136	Hex Flat-head Screw	M6*10	2
143	Hex Counter-sunk Screw	M8*20	2

STEP 8.

Install #40 to the designate position in the diagram shown using:

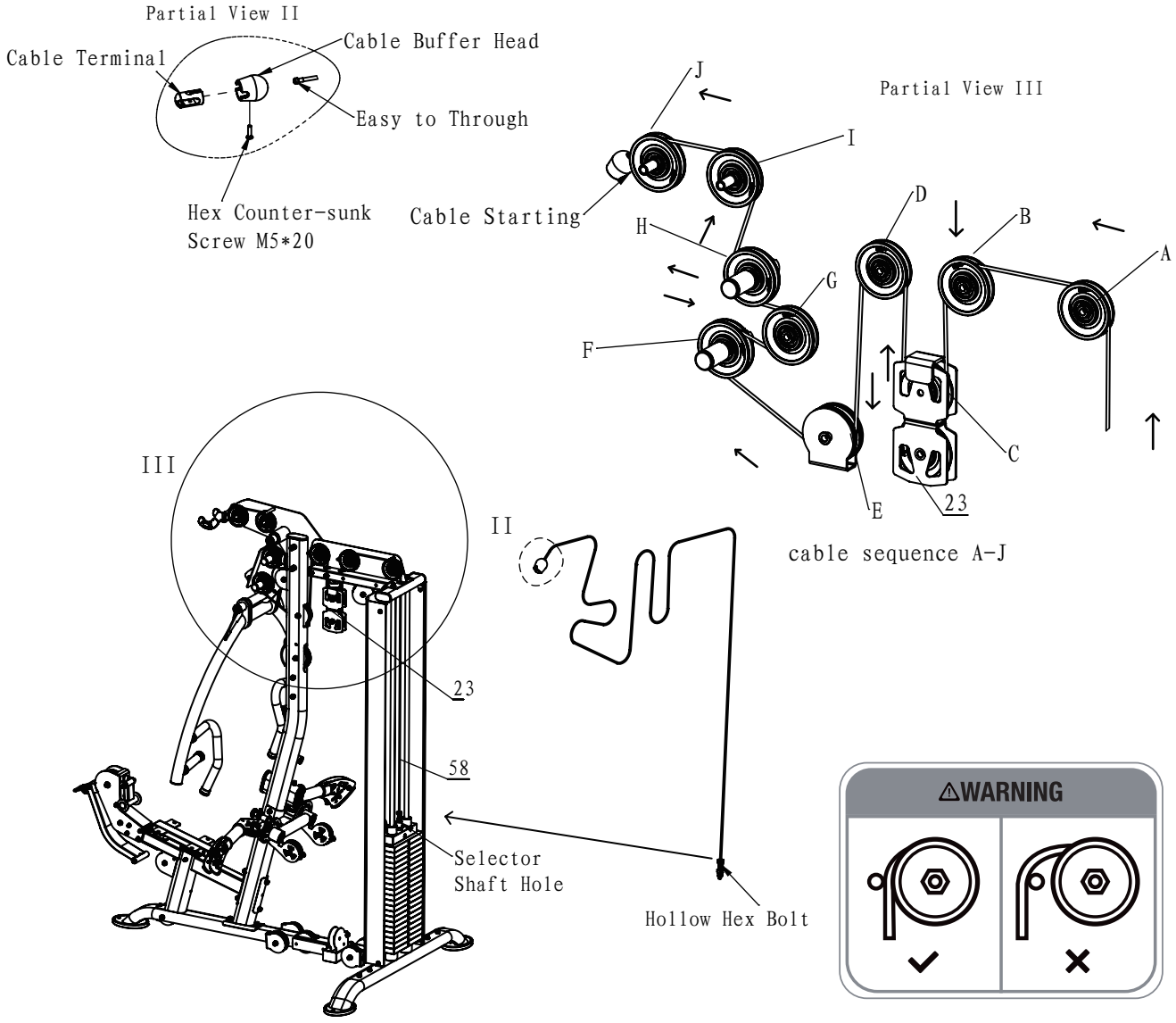
- 6 #128
- 6 #137



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
40	Front Shroud	1720*355*125*1.5	1
128	Big Washer	Φ6.6*Φ18*1.6	6
137	Hex Socket-head Bolt	M6*10	6

STEP 9.

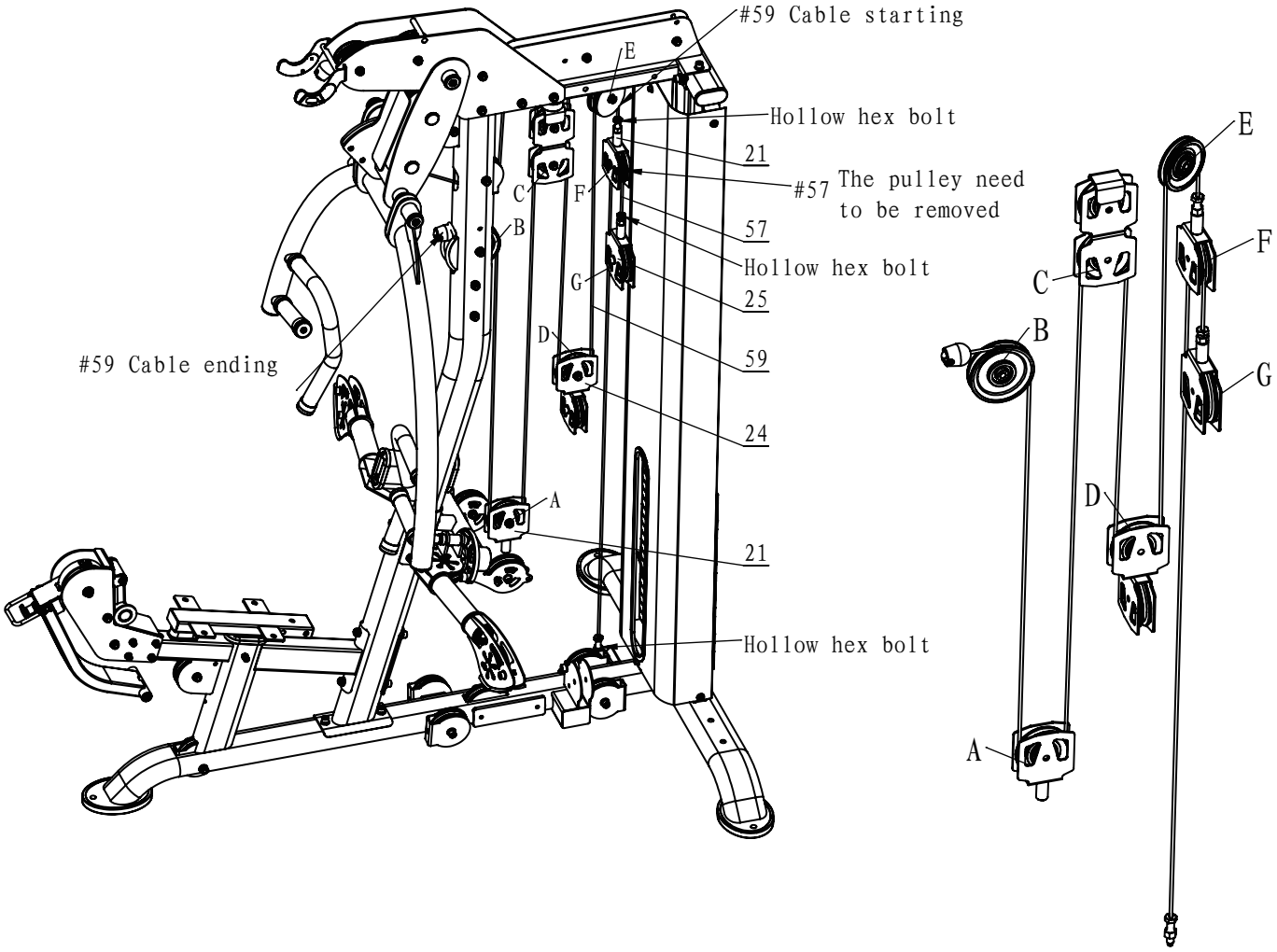
1. Take out #58 as shown, remove the buffer head with 3mm hex wrench to expose the cable terminal, and then screw one end of the hollow hex bolt into the threaded hole of the selected shaft;
2. Pass one end of the cable terminal up through the centre bore of the tube as shown;
3. Follow the arrows shown through each pulley, and remove the corresponding pulley if necessary;
4. Finally the cable comes out of the pulley as shown in the diagram, and then put on the cable buffer head, the cable terminal, and screw on the hex counter-sunk screw M5*20.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
23	Double Pulley Frame		1
58	Lat Pull down Cable	Φ5*3775	1

STEP 10.

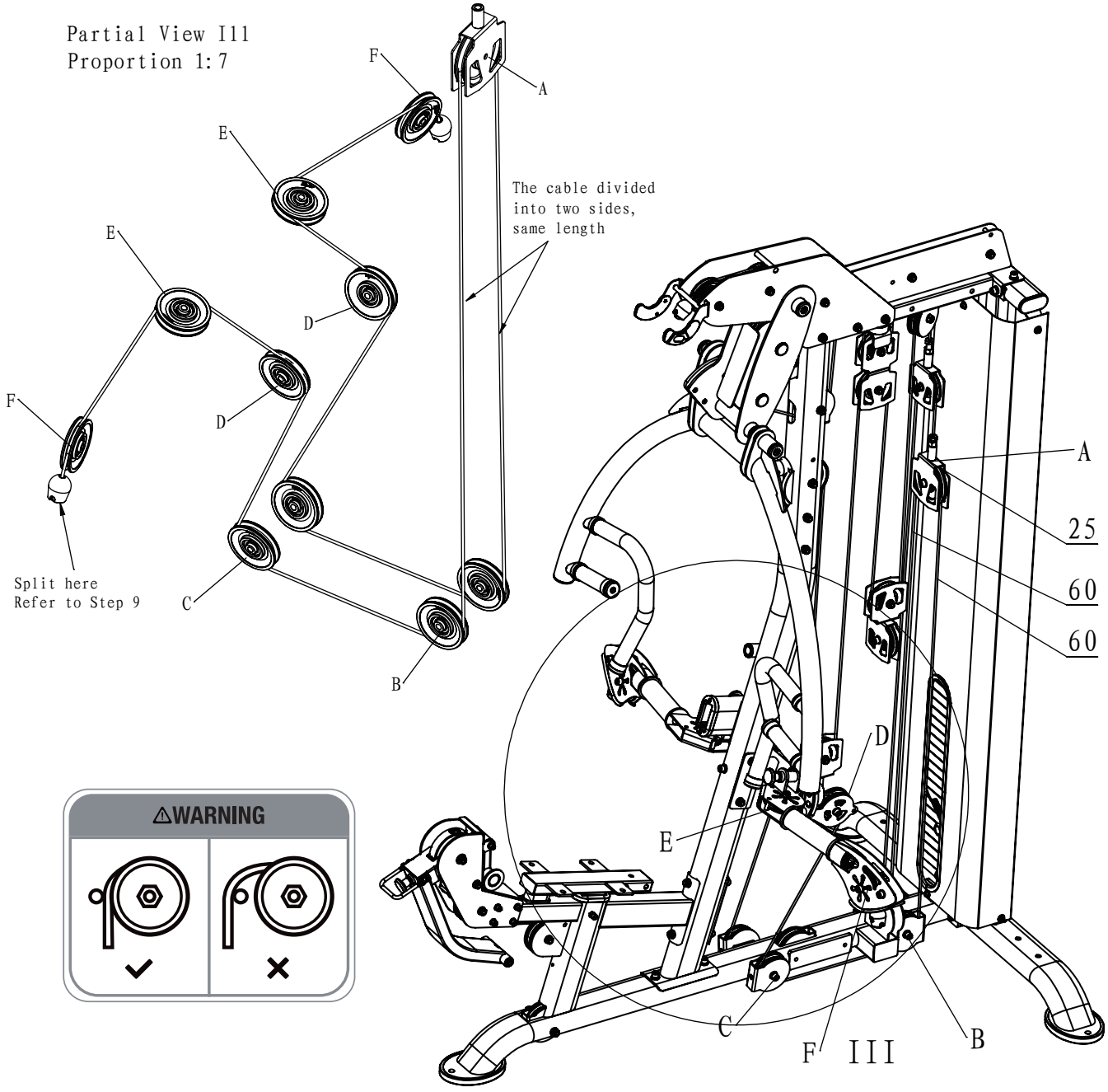
1. Take out #59 according to the diagram, and refer to step 9, remove the cable buffer head, screw the other end of the hollow hex bolt to #21;
2. Insert the pulley according to the position shown in the diagram, and thread the cable according to the diagram, then put on the cable buffer head, the cable terminal, and screw on the hex counter-sunk screw M5*20;
3. Remove the pulley of #57, put it into the cable, and then restore the pulley;
4. Screw the hollow hex bolt of #57 both ends to the positions shown in the diagram.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
21	Φ95 Single Pulley Frame		2
24	Φ95 Turning Pulley Frame		1
25	Φ114 Single Pulley Frame		1
57	Linkage Cable	Φ5*1780	1
59	Back Pull down Cable	Φ5*4110	1

STEP 11.

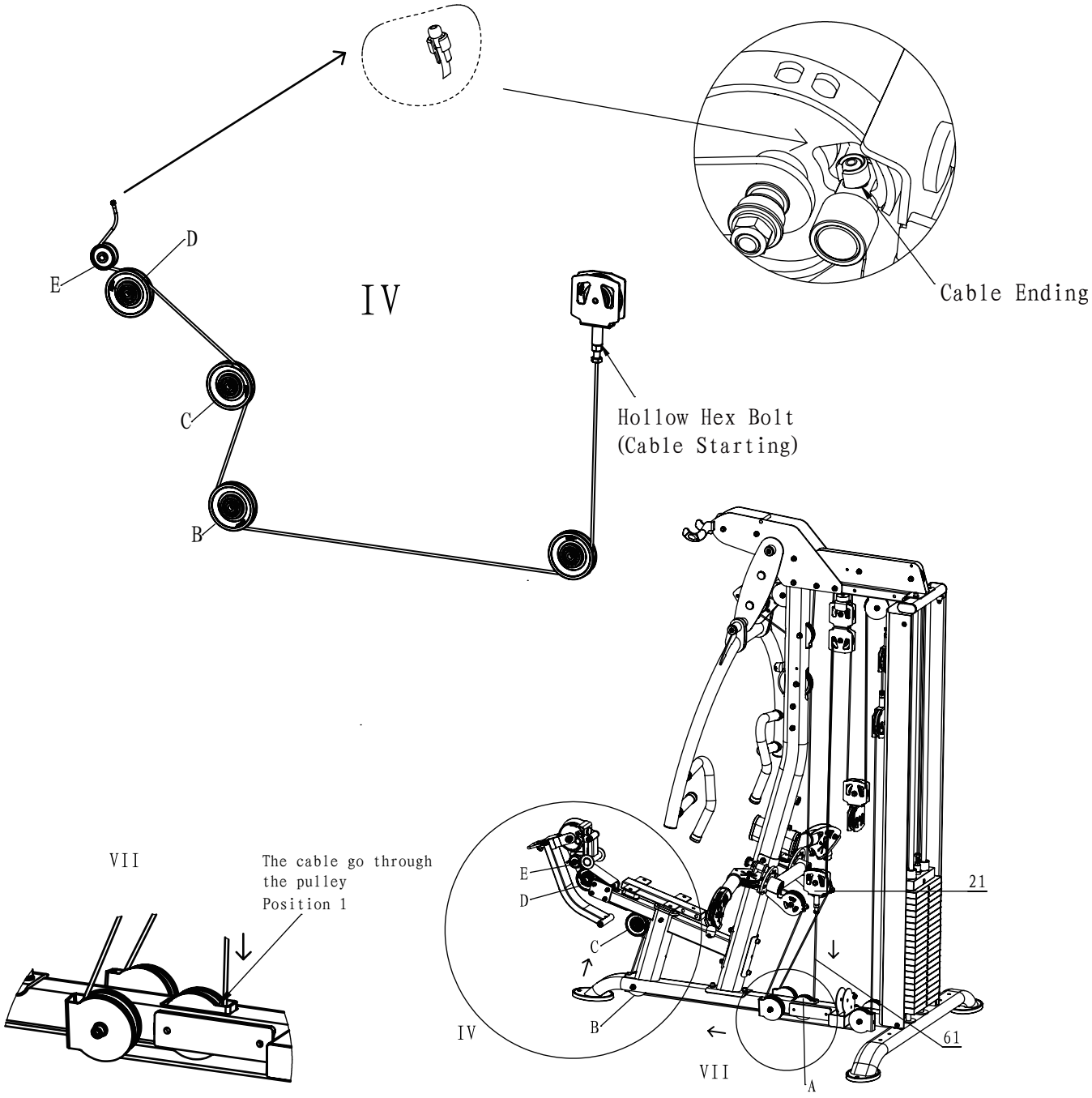
1. Refer to Step 9, remove the plastic cable buffer head at both ends of #60, then pass the cable through #25, the length of the cable is divided into two sections, and pass down through the pulley as shown in the diagram;
2. Thread the cable as shown in the diagram.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
25	Φ114 Single Pulley Frame		1
60	Swing Arm Cable	Φ5*6165	1

STEP 12.

1. Screw the hollow hex bolt of #61 to the threaded hole as shown in diagram1 of #21, thread the other end into the pulley as shown in the diagram, and thread the cable in the direction shown;
2.Cable sequence A-E.



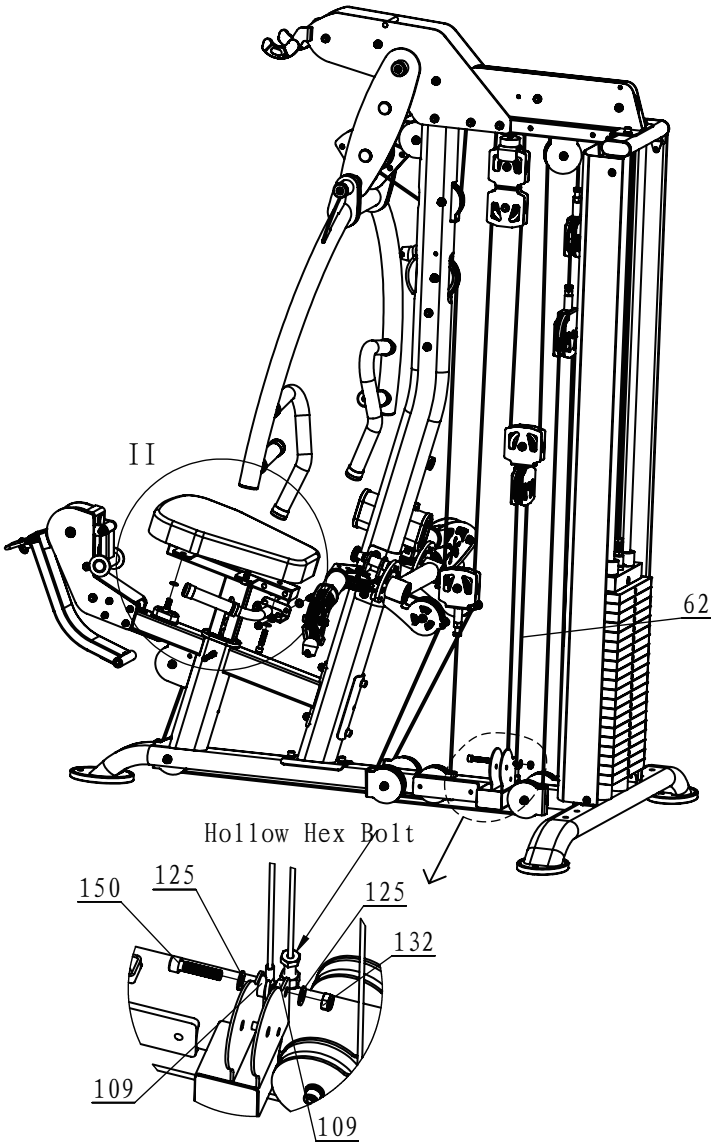
NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
21	Φ95 Single Pulley Frame		1
61	Kick Leg Cable	Φ5*2110	1
35	Cable Limit Terminal	Φ14*Φ6*15	1
117	Φ50 Pulley	Φ50*24	3

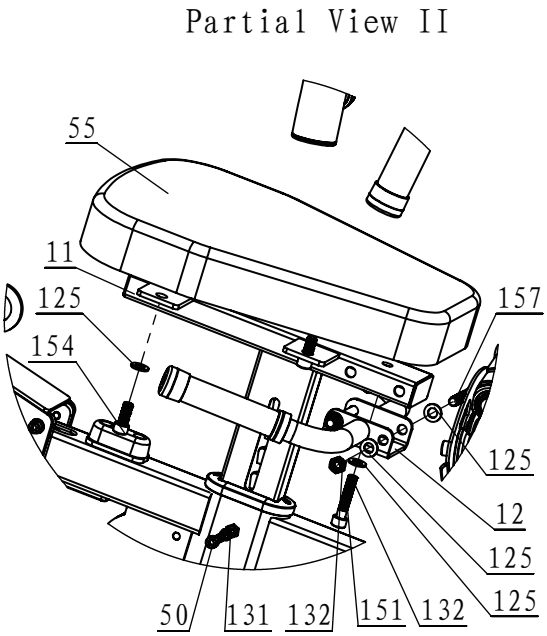
STEP 13.

1. Screw #62 one end hollow hex bolt to the designate position in the diagram shown, and the other end terminal through the pulley as shown in the diagram;
2. Loosen #150, #125, #132 as shown in partial view, put one end of the cable terminal in #62 with 2#109 into the indicated position, then put back #150, #125, #132;
3. Install #12 to the designate position in the diagram shown using:
- 2 #157
- 1 #151
- 6 #125
- 2 #132

4. Install #55 to #11 using:
- 4 #125
- 4 #154

5. Unscrew #131 and #50, Install the above parts together into the hollow sleeve, and then screw back #131 and #50.

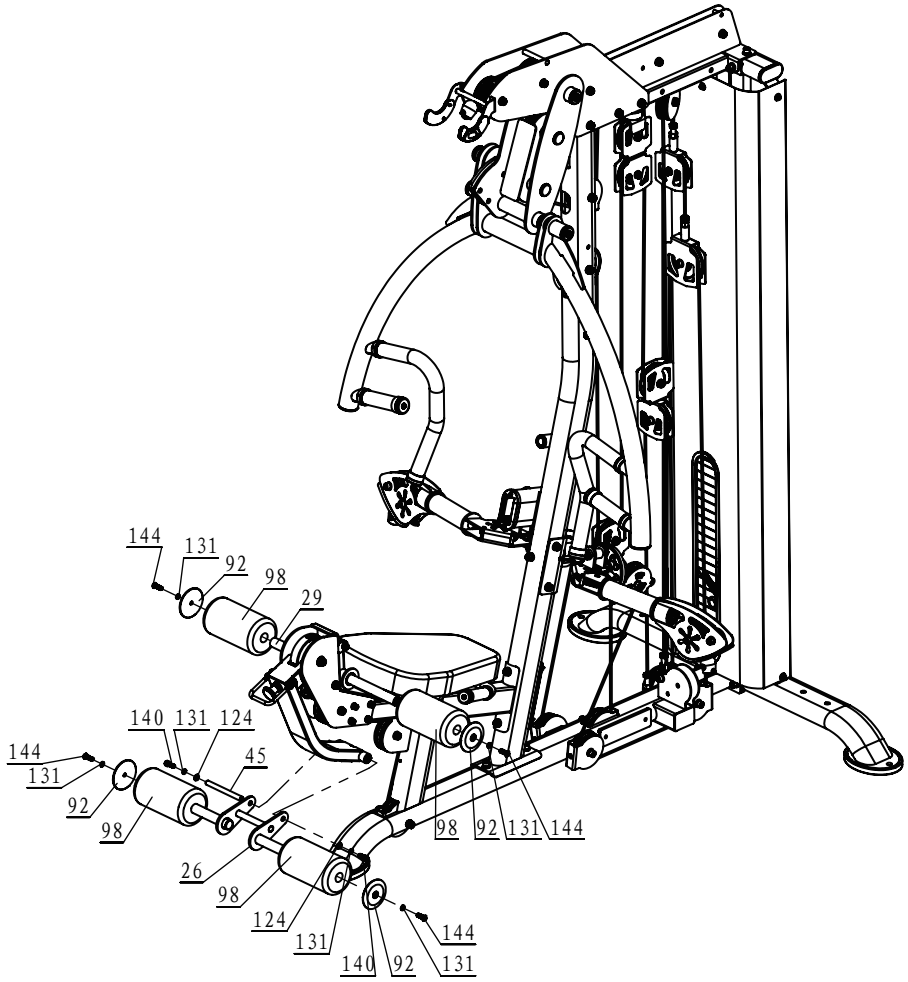




NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
11	Seat Cushion Adjustable Frame		1
12	Handle Frame		1
55	Seat Cushion	430*320*60	1
62	Fixed Cable	Φ5*1665	1
109	Hook Sleeve	Φ22*Φ10.5*7.5	2
125	Flat Washer	Φ11*Φ20*2	12
131	Spring Washer	Φ8	1
132	Nut	M10	4
50	Hex Socket-head Bolt	M8*30	1
150	Hex Socket-head Bolt	M10*45	1
151	Hex Socket-head Bolt	M10*50	1
154	Hex Socket-head Bolt	M10*25	4
157	Hex Socket-head Bolt	M10*85	2

STEP 14.

1. Insert #29 into the designate position in the diagram shown, install #98 at both ends, then secure with #144, #131 and #92 respectively;
2. Install #26 to the designate position in the diagram shown and thread into #45, The both ends are respectively fixed with #140, #131, #124 to ensure smooth rotation;
3. Install #98 to the both ends of #26, then fixed with #144, #131, #92;



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
26	Bottom Foam Rotating Frame		1
29	Leg Press FOAM Frame		1
45	FOAM Shaft	Φ12*127*M8	1
92	FOAM Cover	Φ80*Φ17*Φ9*6	4
98	FOAM	Φ100*180	4
124	Flat Washer	Φ9*Φ16*1.6	2
131	Spring Washer	Φ8	6
140	Hex Socket-head Bolt	M8*20	2
144	Hex Bolt	M8*25	4

STEP 15.

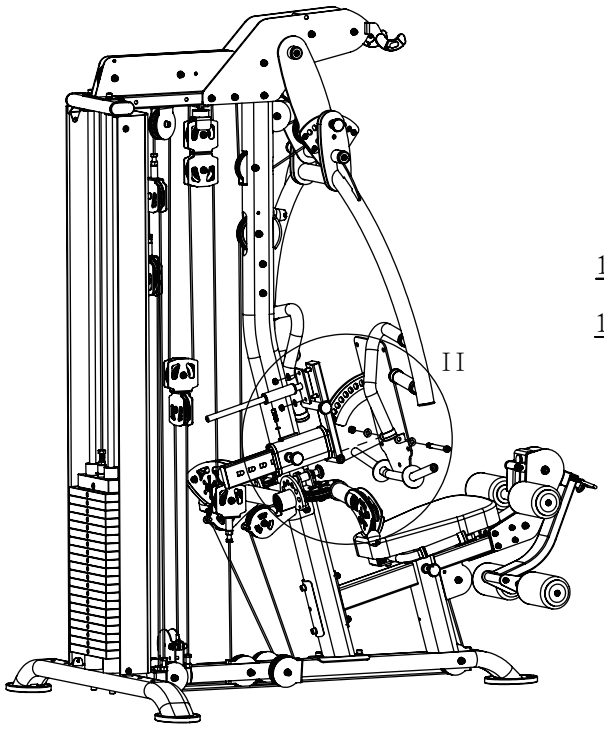
1. Loosen #131 and #141, Install #9 to the designate position in the diagram shown, then screw back #131 and #141;
2. Install #10 to #9 designate position in the diagram shown using:

- #126
- #133
- #160

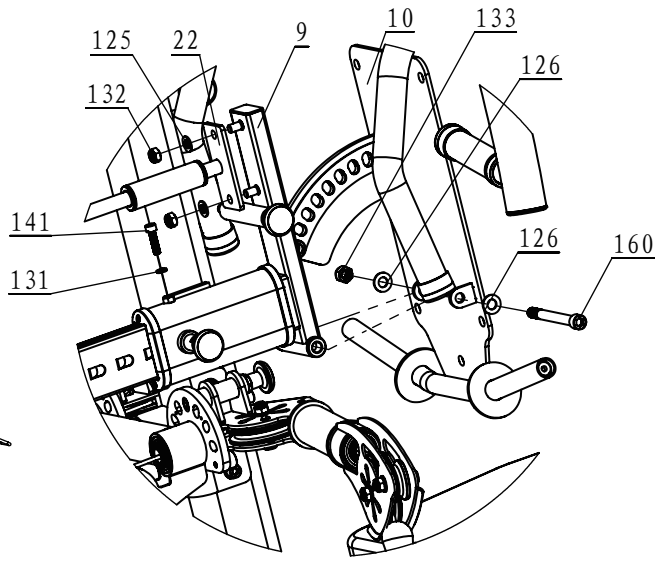
Make sure #10 rotates smoothly.

3. Install #22 to #9 designate position in the diagram shown using:

- 2 #125
- 2 #132



Partial View II

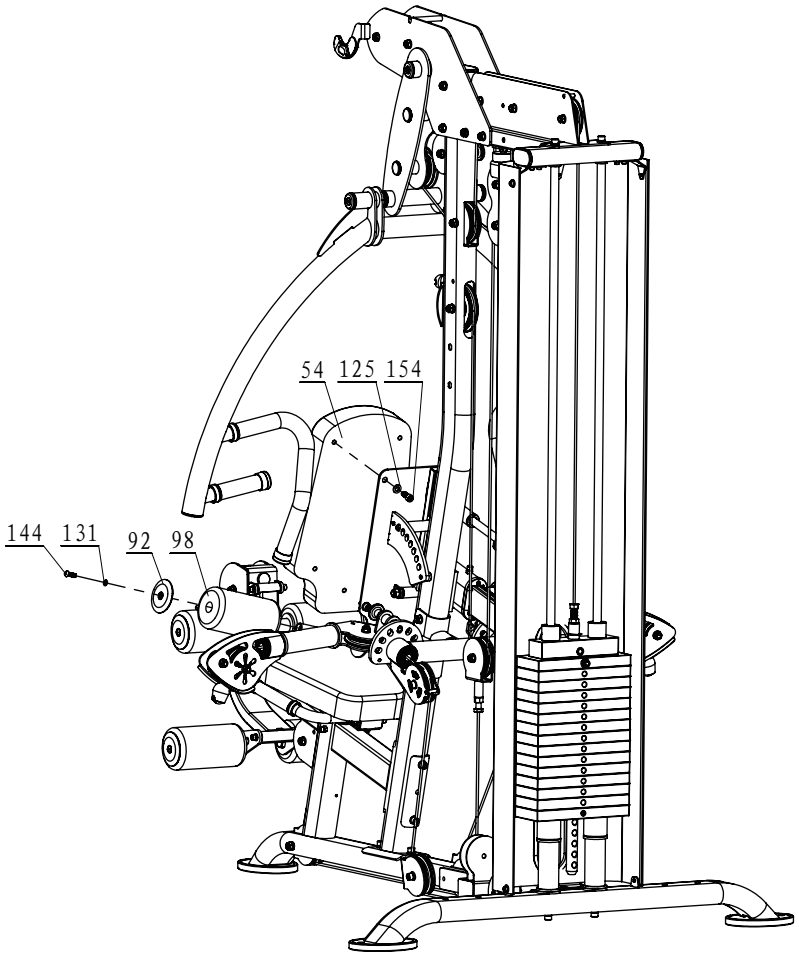


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
126	Flat Washer	Φ13.5*Φ24*2.5	2
131	Spring Washer	Φ8	20
133	Nut	M12	1
141	Hex Socket-head Bolt	M8*30	2
160	Hex Socket-head Bolt	M12*125	1
9	Back Cushion Adjustable Frame		1
10	Back Cushion Rotating Frame		1
22	Guide Frame		1
125	Flat Washer	Φ10	2
132	Nut	M10	2

STEP 16.

1. Install #54 to the designate position in the diagram shown using:
- 5 #125
- 5 #154

2. Install 2 #98 to the designate position in the diagram shown using:
- #144
- #131
- #92



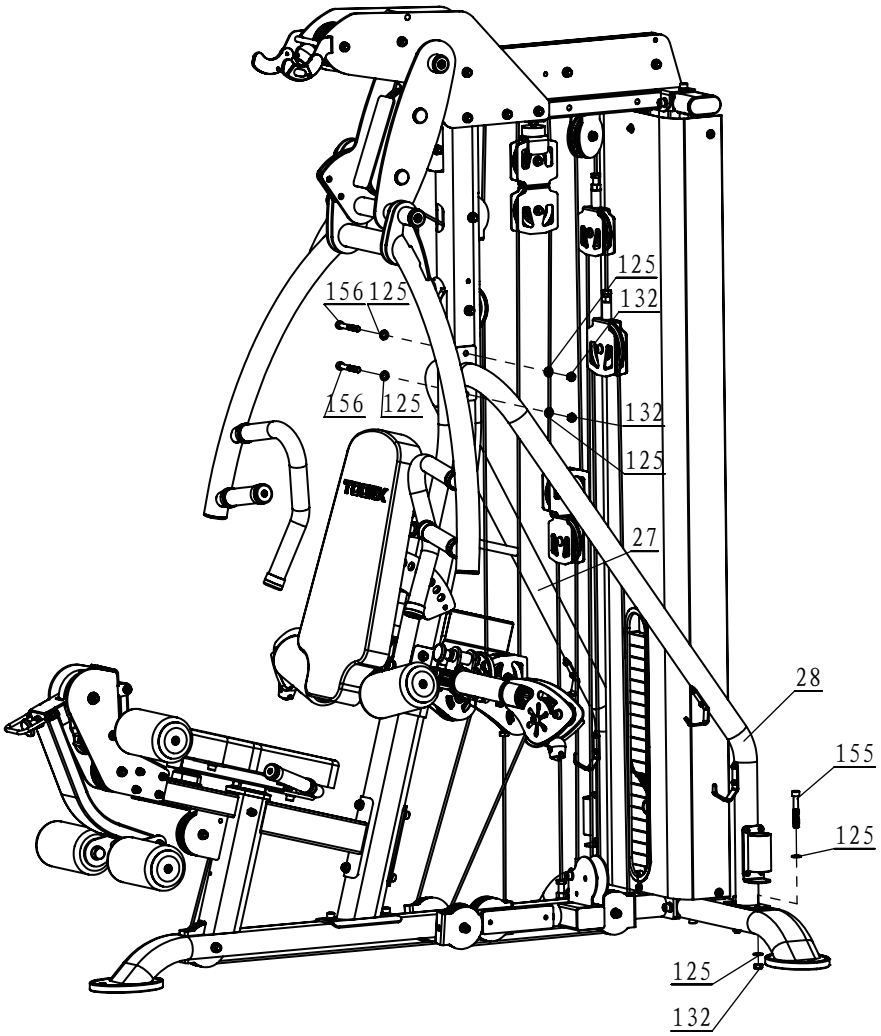
NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
54	Back Cushion	500*296*60	1
92	FOAM Cover	Φ80*Φ17*Φ9*6	2
131	Spring Washer	Φ8	2
144	Hex Bolt	M8*25	2
154	Hex Socket-head Bolt	M10*25	5
125	Flat Washer	Φ11*Φ20*2	5
98	FOAM	Φ100*180	2

STEP 17.

Install #27 and #28 to the designate position in the diagram shown respectively using:

- 2 #156
- 4 #155
- 12 #125
- 6 #132

And check other parts of the bolts, then tighten all the bolts.

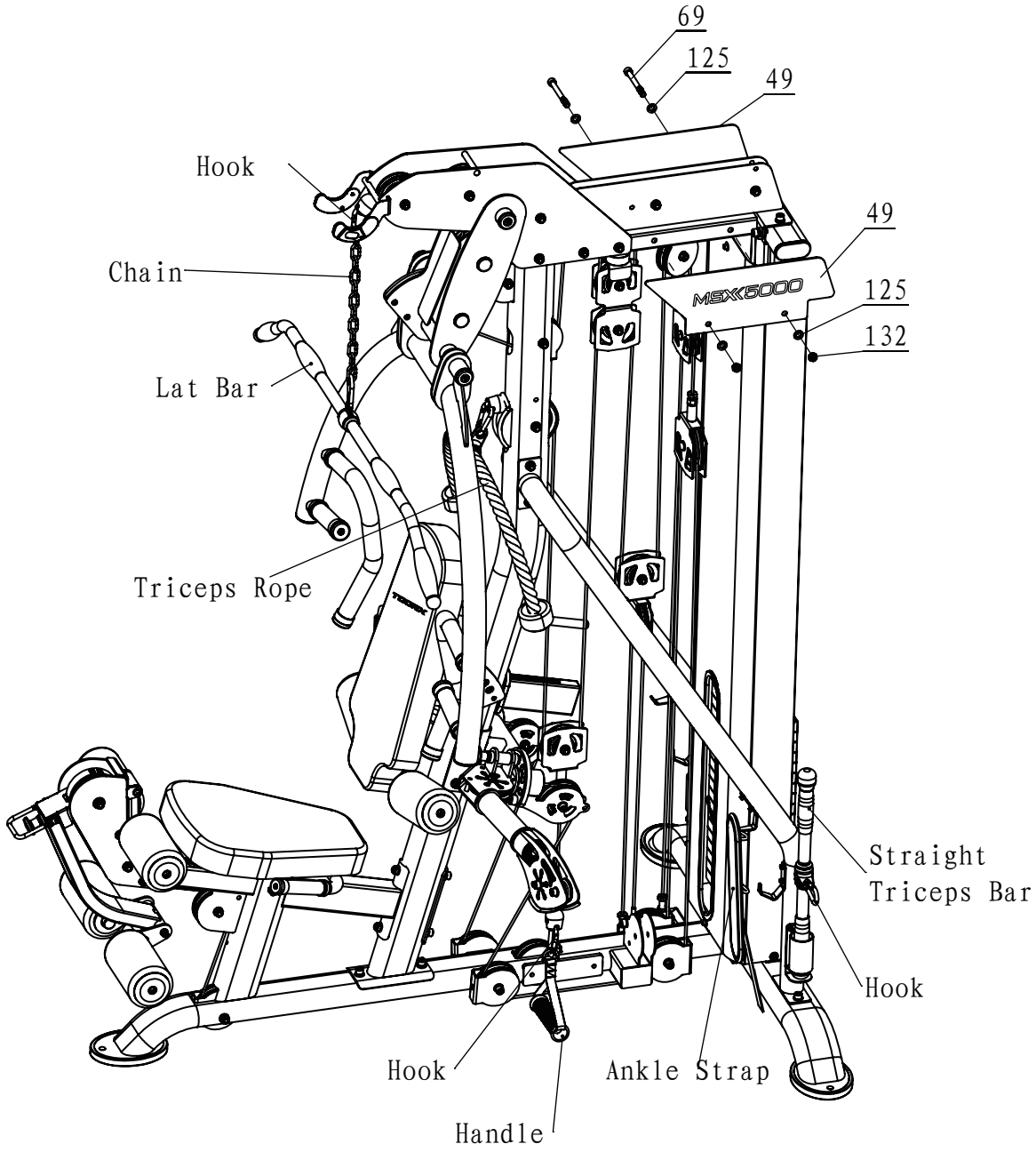


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
27	Left Support Frame		1
28	Right Support Frame		1
125	Flat Washer	Φ11*Φ20*2	12
132	Nut	M10	6
155	Hex Socket-head Bolt	M10*70	4
156	Hex Socket-head Bolt	M10*75	2

STEP 18.

Install #49 to the designate position in the diagram shown respectively using:

- 2 #69
- 4 #125
- 2 #132



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
49	Right Decorative Sheet	428*147*5	2
69	Hex Socket-head Bolt	M10*100	2
125	Flat Washer	Φ11*Φ20*2	4
132	Nut	M10	2

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 itimmediately.

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 foluse on vinyl.
- Replace ripped or warn 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 anyloosening 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 bereplaced if they appear worn or become slippery.

BELTS AND CABLES:

- We uses 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 al bolts attachments to be sure they are properly attached.
- Check slack in cables and re-adiust 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 placea finger fu ll of light grease (lithium, super lube, etc,) into the inside of the bearing. Using yourfinger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearingtracks are full of grease. Insertthe shaft backinto the bearing and wipe off excess grease.

Garlando

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