

**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



# PRX3000

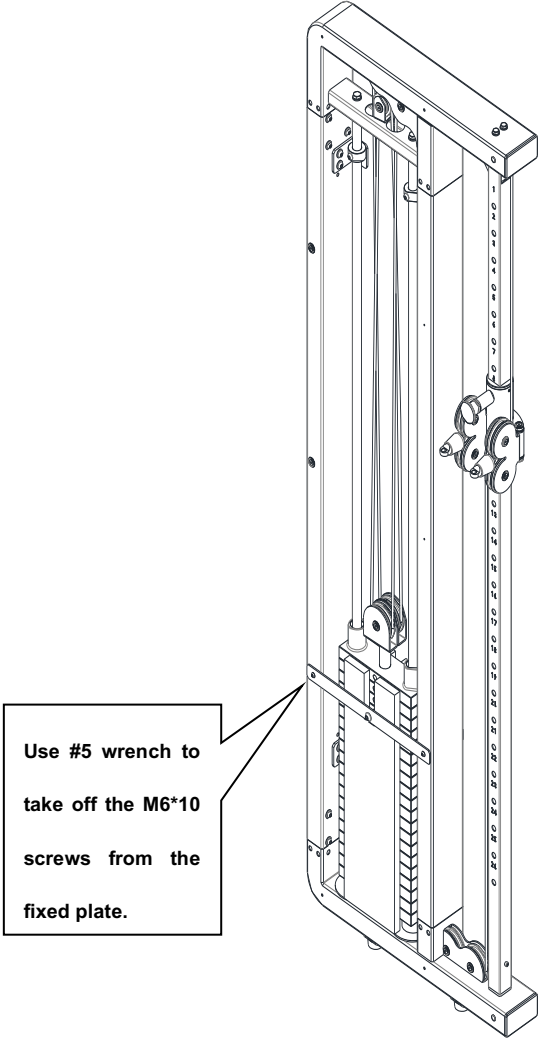


Cod : GRLDTOORXPRX3000

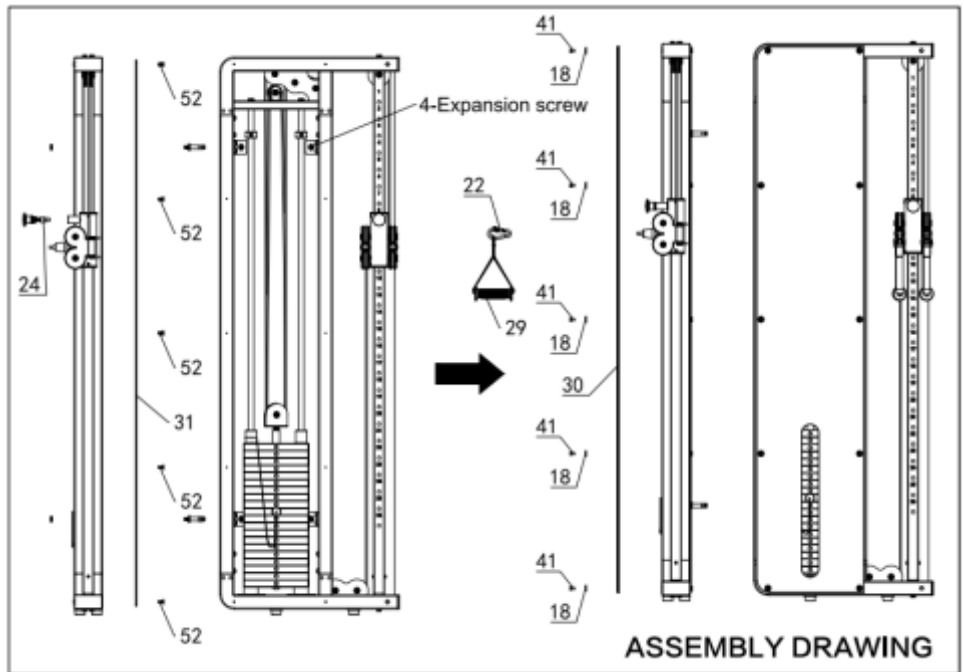
Rev : 00

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# FIXED PLATE REMOVE INSTRUCTION

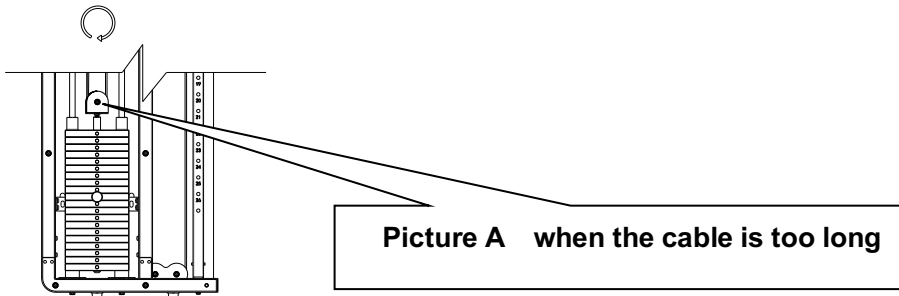


# ASSEMBLY DRAWING



1. Measure the assembling size, fix the 4-expansion screw on the wall.
2. Take out 24 four in one pin, fix the four in one pin to the device.
3. Take out 31 rear cover, 52 screw M6\*15, use wrench to fix the rear cover to the device.
4. Assemble the device, tighten the nuts.
5. Take out the 30 front cover, 18 screw covers and 41 screw M6\*15, use wrench to fix the front cover to the device.
6. Take out 22 gourd hook and 29 hand bar, assemble them to the device, then finish assembling.

## MAINTENANCE INSTRUCTION

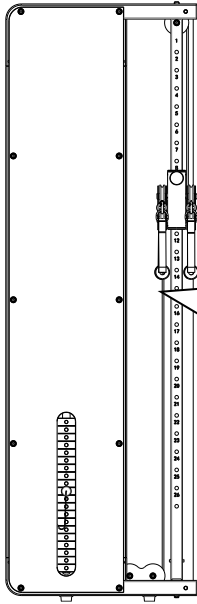


### The length adjustment of the cable

For the better use of this trainer, after long time use, the cable will be prolonged, there is need to adjust the cable to the best condition.

### The adjustment of the cable

1. Take off the front cover of the trainer.
2. If the cable is too long, use a three in one bolt fixed multiple block selector, use the wrench 19\*22 to loosen the M12 nut, then take off the pulley (note not to change the cable direction), then turn the double pulley seat clockwise by 1-2 rounds, adjust the cable to appropriate length, at last assemble the pulley, fasten the nut. As picture A.



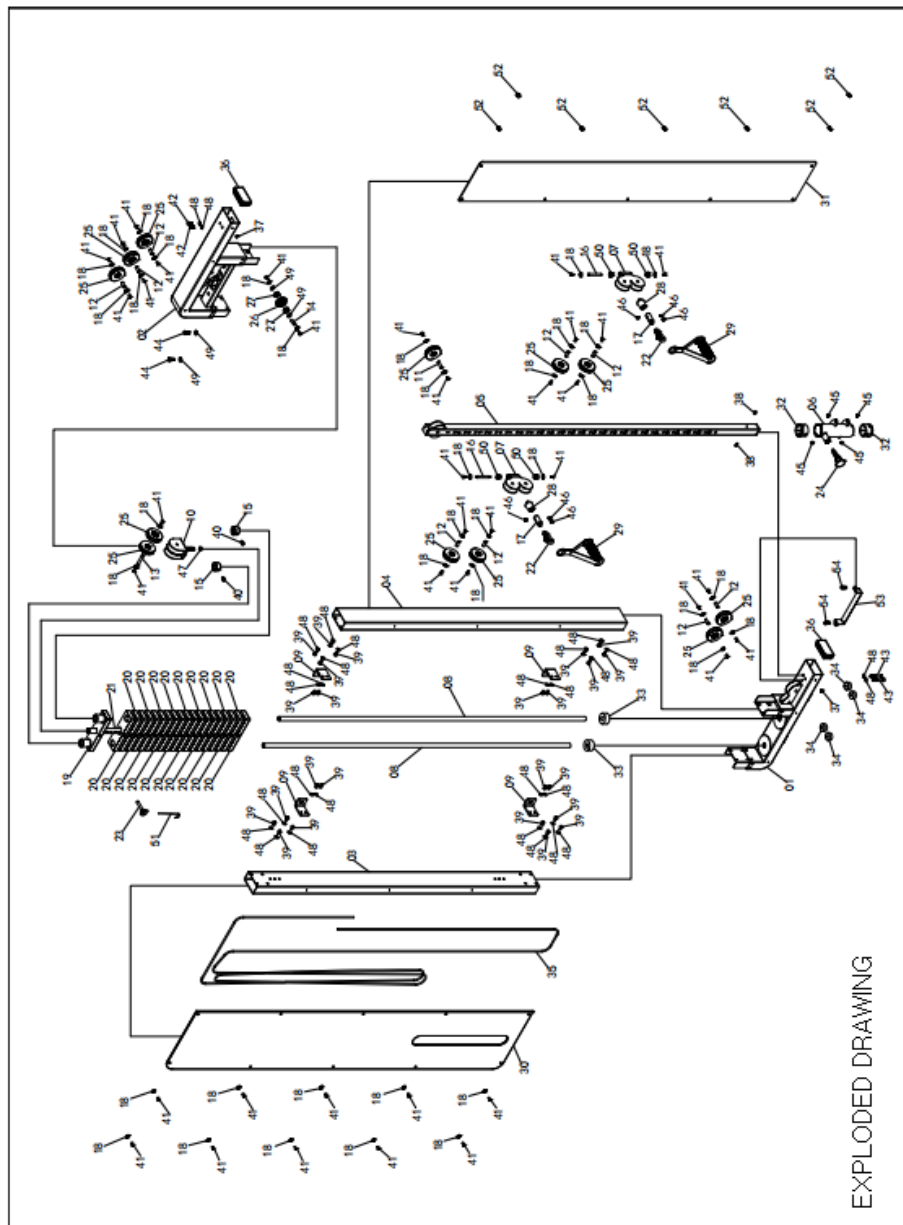
After long time use,the cable might be worn and prolonged.When the cable is too long,can adjust double pulley seat;when the cable is seriously worn,need to change cable.

# PART LIST

NO	ITEM	DESC	Q'TY
01	Base feet		1
03	Left upright		1
05	Stainless steel upright		1
07	Double pulley case		2
09	Connection wall board		4
11	Pulley connection long shaft	φ10*36.5	1
13	Double pulley connection shaft	φ10*56.5	1
15	Location sleeve	φ40*φ20.5*20	2
17	Cable connection cover	φ22*60	2
19	Upper weight stack	T25.4*65*230	1
21	Weight choice lifting bar	φ25*562.5	1
23	Three in one pin		1

NO	ITEM	DESC	Q'TY
02	Head piece		1
04	Right upright		1
06	Sliding seat		1
08	Stainless steel guide bar		2
10	Double pulley seat		1
12	Pulley connection short shaft	φ10*27.5	9
14	Small pulley shaft	φ10*29.5	1
16	Rotation pulley seat shaft	φ10*72	2
18	Screw cover	φ19.5*2.5H	38
20	Lower weight stack	T25.4*65*230	19
22	Gourd hook		2
24	Four in one pin		1

NO	ITEM	DESC	Q'TY	NO	ITEM	DESC	Q'TY
25	75Pulley		12	26	50Pulley		1
27	Shaft	φ26*φ10*8	2	28	Cable connecting sleeve	φ35*50	2
29	handrail		2	30	Front cover	T6.0*380*1934	1
31	Rear cover	T4.0*260*1934	1	32	Hollow short sleeve	φ60*35	2
33	Cushion	φ50*φ20*25	2	34	Flat cushion	φ37*φ34*16*(M6*11)	4
35	Cable	φ3.3*φ2.38*19*9560	1	36	Square inner tube sleeve	50*100*T1.8	2
37	Stopples A	φ12*φ5*9.8	2	38	Screw	M5*10	2
39	Screw	M8*15	24	40	Screw	M6*15	2
41	Screw	M6*15	38	42	Screw	M8*15	2
43	Screw	M8*60	2	44	Screw	M10*20	2
45	Screw	M6*10	4	46	Screw	M8*10	6
47	Nut	M12*1.75	1	48	Washer	φ8.5*φ16*T1.5	28
49	Washer	φ10.5*φ20*T2.0	4	50	Nylon sleeve	φ22*13	4
51	Nylon rope	φ2.0*850	1	52	Screw	M6*15	12
53	U shape pulley protecting plate		1	54	Screw	M5*10	2



EXPLODED DRAWING





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