

TOORX
FITNESS IN MOTION

INSTRUCTION



PRX5000

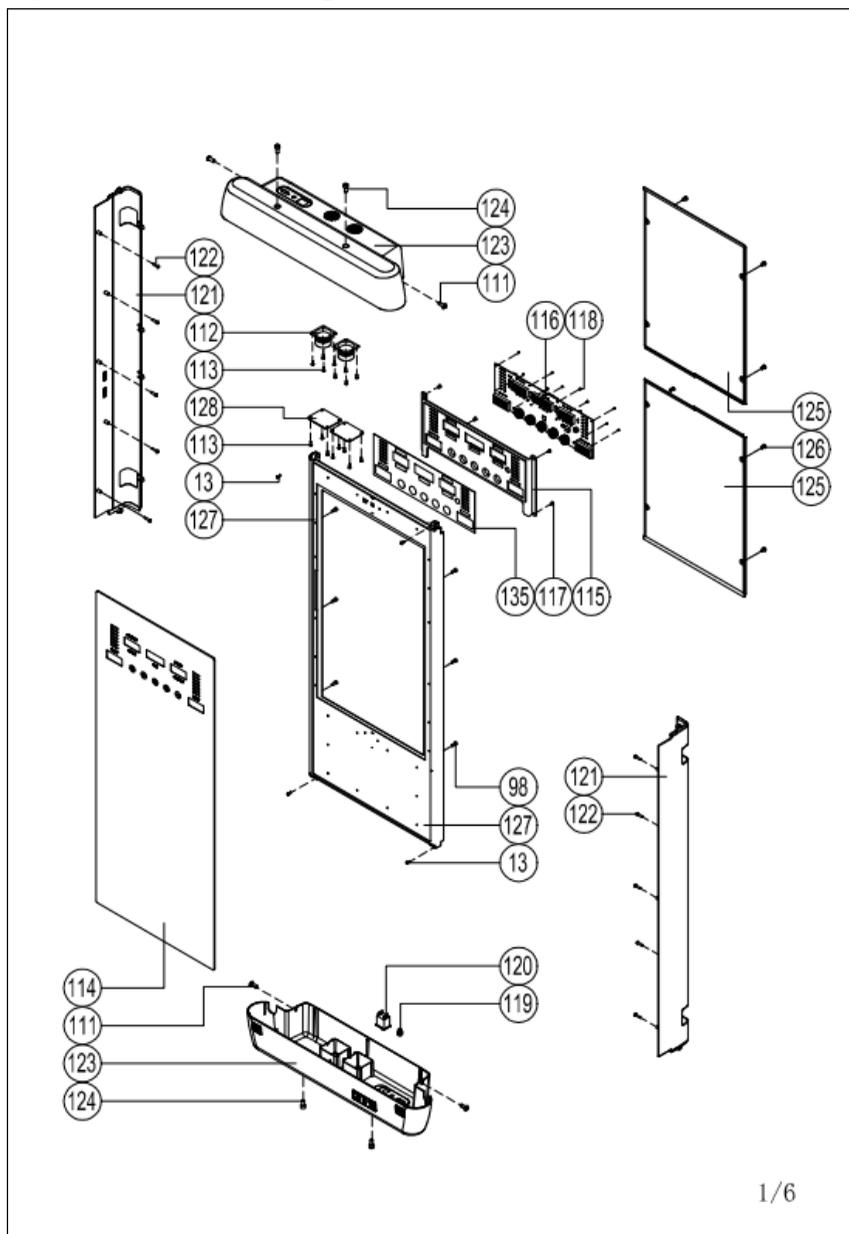


Cod : GRLDTOORXPRX5000

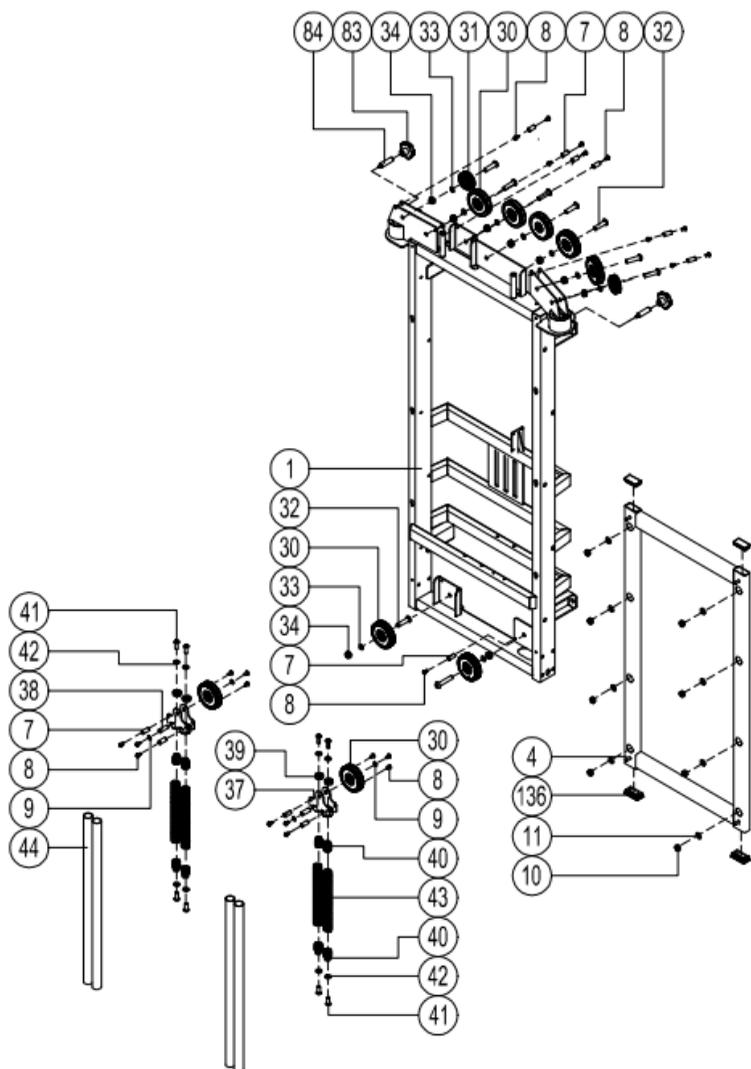
Rev : 00

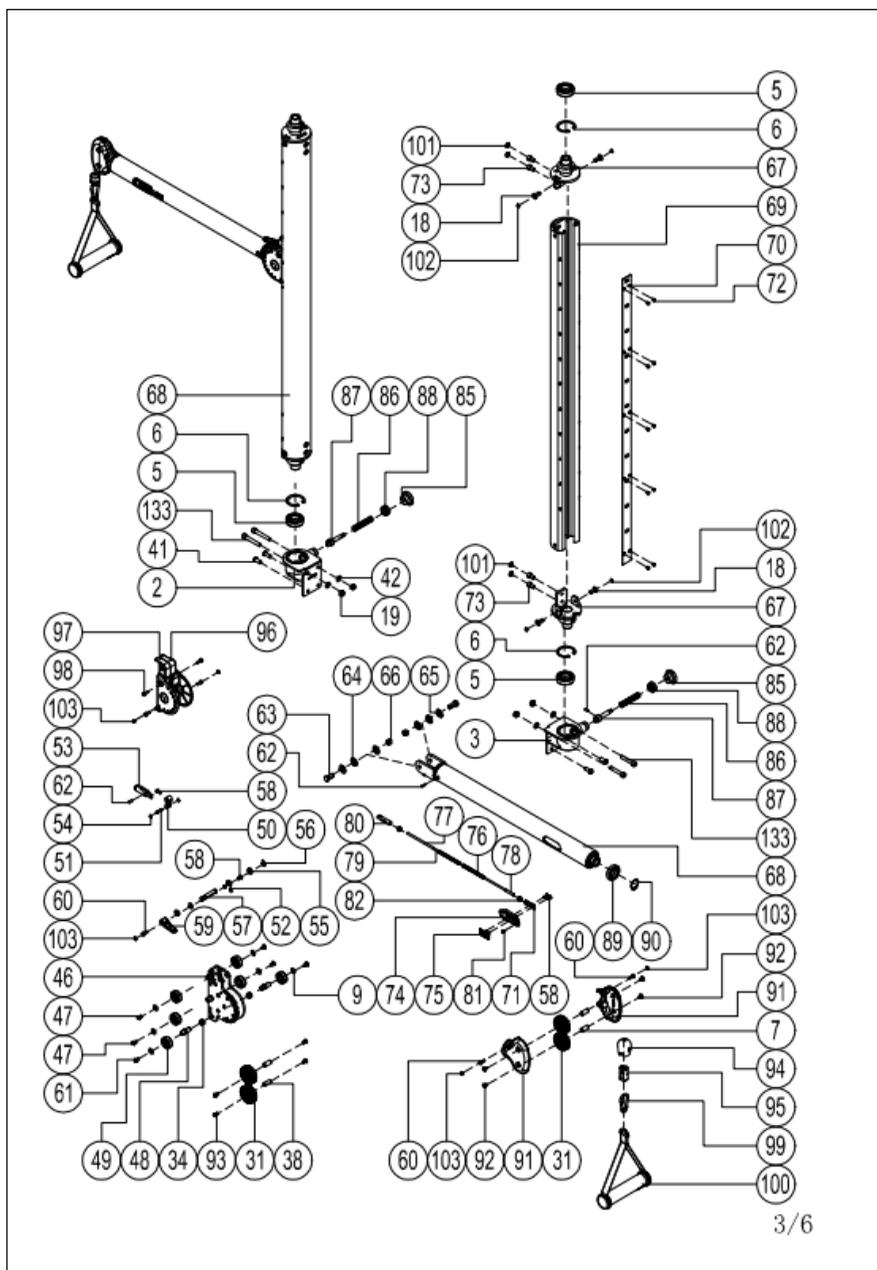
Ed : 08/22

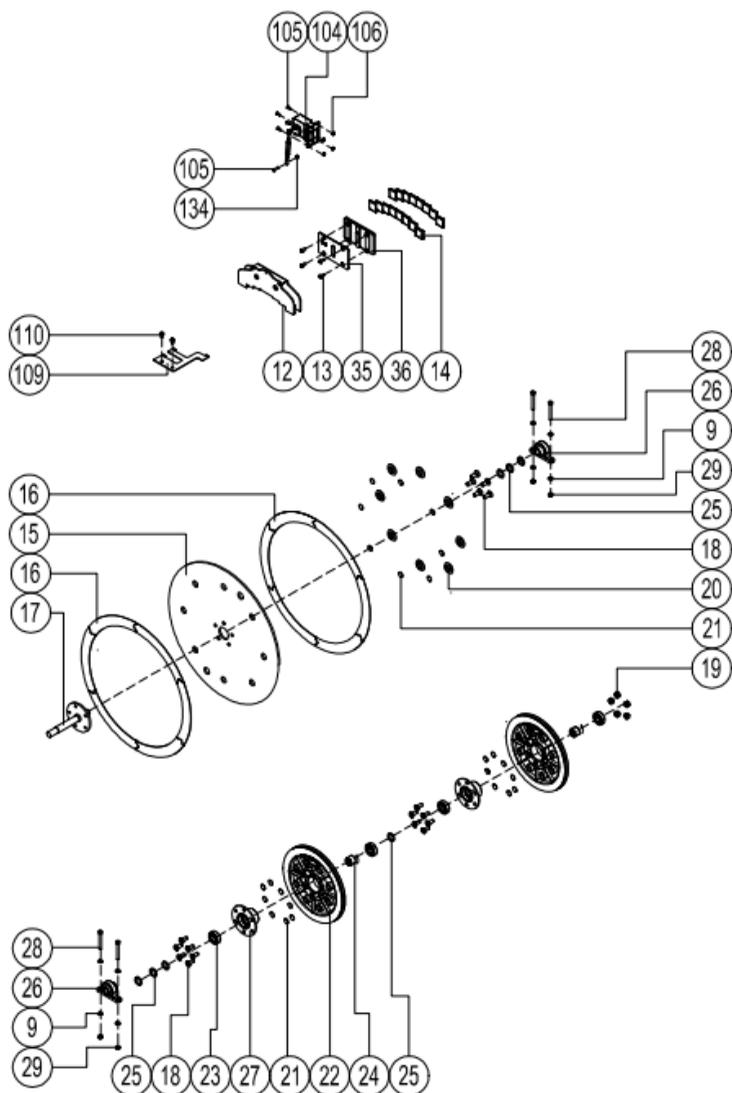
Exploded Drawing

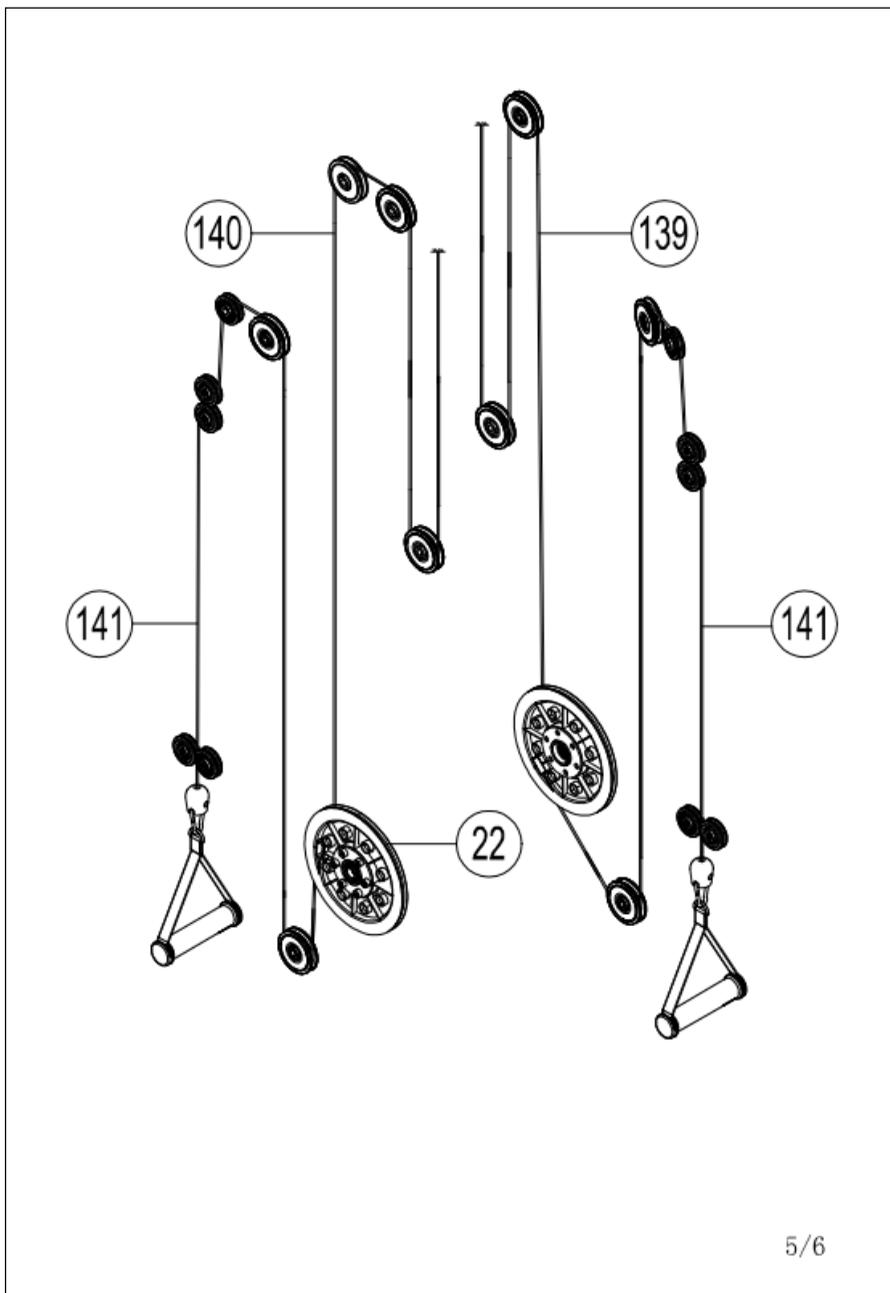


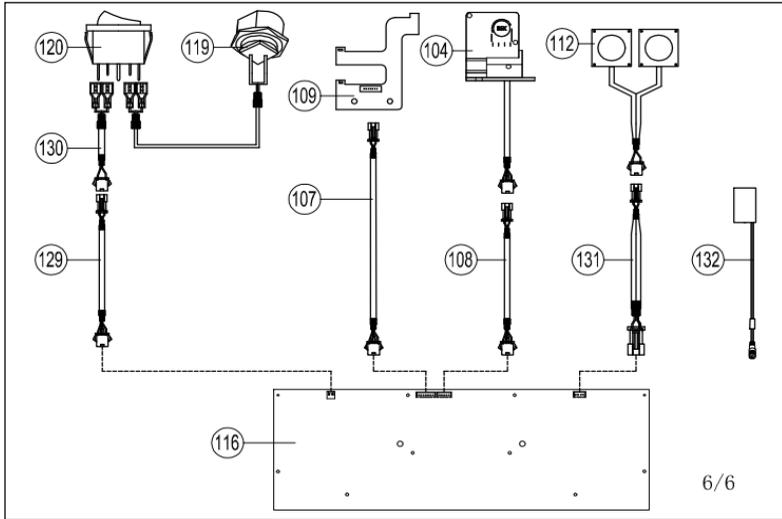
1/6











Exploded Drawing Chart

Item	Description	Specification	QTY	UNIT
1	Trainer rack		1	PCS
2	Left bearing holder		1	PCS
3	Right bearing holder		1	PCS
4	Wall rack		1	PCS
5	Deep groove ball bearing	6005ZZ(TPI)	4	PCS
6	C-type circlip for hole	Φ47	4	PCS
7	Limit sleeve	Φ10×22×M6	15	PCS
8	Inner hex large flat head full tooth bolt	M6×12	27	PCS
9	Flat washer	Φ6	24	PCS
10	Hex lock nut	M10	4	PCS
11	Flat washer	Φ10	4	PCS
12	Magnet holder		1	PCS
13	Inner hex cylinder head full thread bolt	M6×15	4	PCS
14	Strong magnet	25×25×T5	16	PCS
15	Aluminum plate	t5.0×Φ410	1	PCS
16	Copper sheet	t0.5×52×204	12	PCS
17	Central axis	Φ84×147	1	PCS
18	Inner hex flat head full	M8×16	25	PCS

	thread bolt			
19	Hex lock nut	M8	9	PCS
20	Small round sleeve	Φ30×6	8	PCS
21	Magnet	Φ15×T5	24	PCS
22	Rope rotating plate	Φ220×t24.5	2	PCS
23	Deep groove ball bearing	6003-ZZ	4	PCS
24	One-way needle roller bearing	17×23×16	2	PCS
25	Ring Washer	t2.5×Φ17.6×Φ24	7	PCS
26	Bearing housing	KP002	2	PCS
27	Bearing sleeve	Φ87×37	2	PCS
28	Inner hex cylinder head full thread bolt	M6×60	4	PCS
29	Hex lock nut	M6	4	PCS
30	Pulley	Φ75×Φ10×22	9	PCS
31	Pulley	Φ50×Φ10×22	10	PCS
32	Inner hex large flat head half tooth bolt	M10×40×20	9	PCS
33	Flat washer	Φ10	9	PCS
34	Hex lock nut	M10	13	PCS
35	sliding front plate	110×61×t3.0	1	PCS
36	sliding back plate	110×61×t13.5	1	PCS
37	Pulley block		2	PCS
38	Pulley shaft	Φ10×28×M6	6	PCS
39	Deep groove ball bearing	608/Φ22×Φ8×7	4	PCS
40	Threaded shaft	Φ19.5×26	8	PCS
41	Inner hex large flat head full tooth bolt	M8×20	12	PCS
42	Flat washer	Φ8	12	PCS
43	Tension spring	Φ2.5×Φ22 outer diameter ×400	4	PCS
44	Nylon hollow sleeve	Φ26×1150	4	PCS
45	Left sliding frame		1	PCS
46	Right sliding frame		1	PCS
47	Inner hex large flat head full tooth bolt	M6×12	8	PCS
48	Eccentric shaft	Φ14×30.5	4	PCS
49	Deep groove ball bearing	6200-ZZ	12	PCS
50	Aluminum connecting rod	13×36×15	2	PCS
51	Small axis	Φ5×19	2	PCS

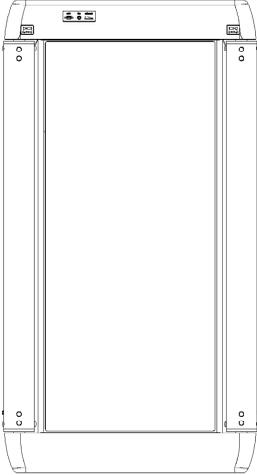
52	Torsion spring	φ15.5×29×33.9	2	PCS
53	Pull-pin shaft	φ16.8×62	2	PCS
54	E-type circlip	φ4	4	PCS
55	IGUS sleeve	φ16×φ10.2×5	4	PCS
56	E-type circlip	φ10	4	PCS
57	Adjustment shaft	φ10×55.5	2	PCS
58	Inner hex large flat head full thread bolt	M5×6	8	PCS
59	7-shaped knob	60×16×21	2	PCS
60	Inner hex cylinder head full thread bolt	M5×12	6	PCS
61	Cross recessed pan head full thread bolt	M6×10	4	PCS
62	Inner hex headless full thread bolt	M5×10	6	PCS
63	Screw	M10×25	4	PCS
64	D-hole washer	t1.5×φ10.4×φ23	8	PCS
65	Disc washer	φ20×φ 10.2×t1.5	4	PCS
66	Hex lock thin nut	M10×8 thick	4	PCS
67	Rotate part		4	PCS
68	Arm		2	PCS
69	Aluminum rail	60×84×1052	2	PCS
70	Stainless steel sheet	t2.0×33×943	2	PCS
71	Adjustment sheet		2	PCS
72	Cross recessed countersunk head full thread bolt	M4×8	20	PCS
73	Inner hex cylinder head full thread bolt	M8×10	8	PCS
74	Adjuster	79×25×15	2	PCS
75	Adjustment keypress	38.3×18.3×14	2	PCS
76	Compression spring	φ0.8×φ8.3×46	4	PCS
77	Threaded rod (long)	φ5×110	2	PCS
78	Threaded rod (short)	φ5×30	2	PCS
79	Rope	φ4×290	2	PCS
80	Pull pin	φ10×45	2	PCS
81	Cross recessed large flat head full thread bolt	M4×10	2	PCS
82	Hex nut	M5	6	PCS

83	Plum knob	Φ48×25/M12	2	PCS
84	Screw	M12×50	2	PCS
85	Aluminum pull-pin	Φ40×20+M10	2	PCS
86	Compression spring	Φ1×Φ13×67	2	PCS
87	Pull pin shaft	Φ17.9×65	2	PCS
88	Pull pin cap	Hex 25×10	2	PCS
89	Deep groove ball bearing	6905/Φ25×Φ42×9	2	PCS
90	C-type circlip for shaft	Φ25	2	PCS
91	Arm pulley housing	110×87×27	4	PCS
92	Inner hex countersunk head full thread bolt	M6×10	8	PCS
93	Inner hex pan head full thread bolt	M6×10	8	PCS
94	Terminal cover	Φ37×44	2	PCS
95	Terminal inner axis	Φ22×40	2	PCS
96	Front turning part	165×101.9×30.3	2	PCS
97	Rear turning part	165×101.9×37.1	2	PCS
98	Inner hex cylinder head full thread bolt	M5×20	14	PCS
99	Gourd buckle	Φ7×70	2	PCS
100	Handle	7014	2	PCS
101	Screw cap	M8	8	PCS
102	Screw cap	M6	8	PCS
103	Screw cap	M5	10	PCS
104	Pull-rod motor	6VDC/ with adjust lever	1	PCS
105	Cross recessed pan head full thread bolt	M4×12	5	PCS
106	Hex nut	M4	4	PCS
107	Sensor line	MX1.25/7core 28AWG/L=1650mm	1	PCS
108	Motor line	L=1400mm	1	PCS
109	Sensor	93×114	1	PCS
110	Inner hex large flat head full tooth bolt	M5×10	2	PCS
111	Cross recessed large flat head full thread bolt	M5×15	4	PCS
112	Square speaker	53×53/8Ω 5W	2	PCS
113	Cross recessed large flat head self-tapping screw	ST3×10	16	PCS
114	Acrylic screen	t3.0×464.9×1061	1	PCS

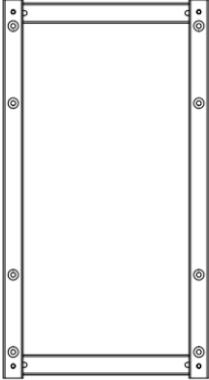
115	LED fixed plate	451×201×18.7	1	PCS
116	LED touch display PCB board	20 resistance level/Calorie/Count/Time/Bluetooth for music/speaker	1	PCS
117	Cross recessed countersunk head tapping screw	ST4×15	4	PCS
118	Cross recessed large flat head cutting tail self-tapping screw	ST2.4×6	10	PCS
119	DC099 female seat 5525	L=100mm	1	PCS
120	Rocker switch	KCD4	1	PCS
121	Side fixing plate	1105×110×56	2	PCS
122	Inner hex large flat head full tooth bolt	M5×25	10	PCS
123	Top cover	690×169×110	2	PCS
124	Inner hex cylinder head full thread bolt	M8×16	4	PCS
125	Rearguard plate	t4.5×546×400	2	PCS
126	Cross recessed large flat head self-tapping screw	ST5×15	8	PCS
127	Front guard plate	1103×505×32.5	1	PCS
128	Speaker cover	t5.0×76×62	2	PCS
129	Main board power cord/1st	L=1600mm	1	PCS
130	Main board power cord/2nd	L=100mm	1	PCS
131	Speaker line	L=600mm	1	PCS
132	Adaptor	IN:AC/100V-240V OUT:DC/9V/3A/L=1200mm/ European two-pin round plug	1	PCS
133	Inner hex large flat head half tooth bolt	M8×50×20	4	PCS
134	Hex lock nut	M4	1	PCS
135	English sticker	134.4×393.6×1mm	1	PCS
136	Square tube plug	25×50×t1.5	4	PCS
137	Expansion screw	M10×80	8	SET
138	17-19 spanner	t5.0×32×150	1	PCS
139	Rope	Φ3×2900	1	PCS
140	Rope	Φ3×3000	1	PCS
141	Rope	Φ3×6600	2	PCS

Packing List

Main Parts



**Dual cable crossover trainer
(1pc)**



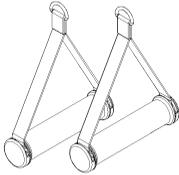
Wall rack (1pc)



Manual (1pc)



Adapter(1pc)



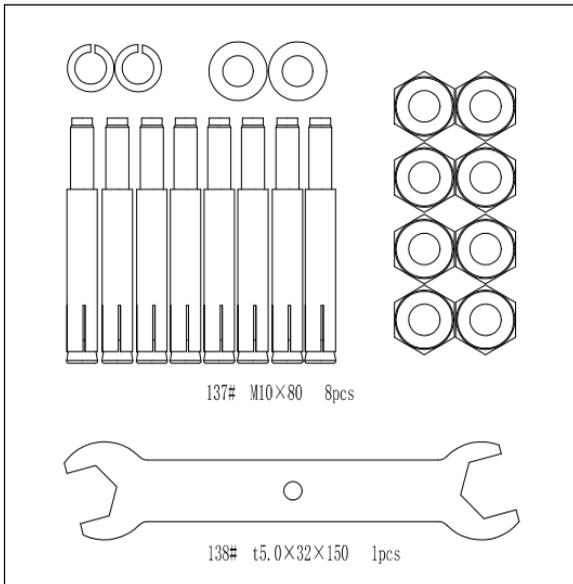
Handles(1pair)



Safety hook(1pair)

Hardware Kit

Item	Description	Specification	QTY	unit
137	Expansion screw	M10×80	8	set
138	17-19 Spanner	t5.0×32×150	1	pcs



Installation instructions ✕

(Note: For installation steps, some parts may have been assembled in advance)

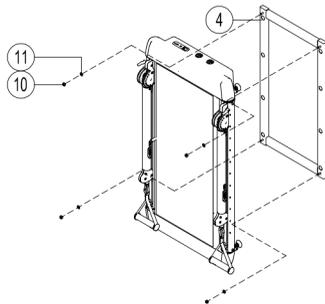
There are two installation methods for trainer, wall mounting and stand frame mounting (optional part required)

1. Wall mounted installation

Special requirements for wall and installation:

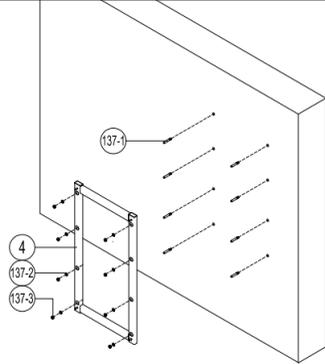
- Wall shall bear 100kg tensile force: Bearing cement wall (column), or solid brick wall, etc.;
- The wall is not temporary wall such as foam wall and gypsum board.
- Ensure that the screw is located in the wall, and there shall be no wires, water pipes, etc. to prevent danger;
- All expansion screws fixed with the wall should be used and locked;

Installation steps:

<p>Step 1</p> <ol style="list-style-type: none">1. Loosen the lock nut (10) with a spanner and take out the flat washer (11);2. Separate the trainer from the wall rack(4).	
---	--

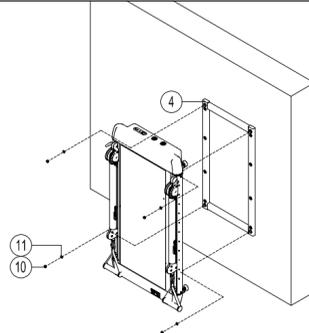
Step 2

1. Align the hole of wall rack (4) and punch the hole on the wall;
2. Place the expansion screw (137-1) ;
3. Put on the wall rack (4);
4. Finally, lock the flat washer (137-2) and the lock nut (137-3) of the expansion screw.



Step 3

1. The wall rack (4) is locked to the wall;
2. Put the trainer onto the wall rack (4);
3. Lock the nut (10) and the flat washer (11), which are loosen in step 1.

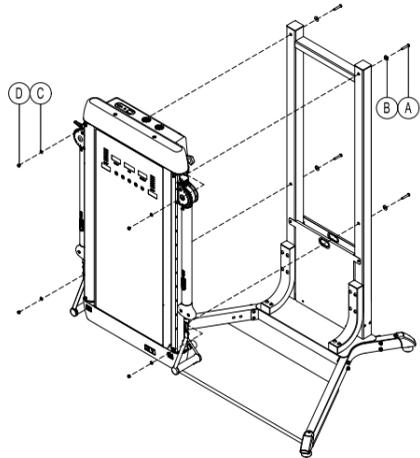


2. Stand frame installation (Optional parts required)

NOTE: Remove the wall rack from trainer, before assemble the trainer on stand frame.

Item	Description	Specification	QTY
A	Inner hex large flat head half tooth bolt	M10×80×20	4
B	Flat washer	t3.0×Φ11×Φ40	4
C	Flat washer	Φ 10	4
D	Hex lock nut	M10	4
E	17-19 Spanner	t5.0×32×150	1
F	L-shaped Spanner	6×66×140	1

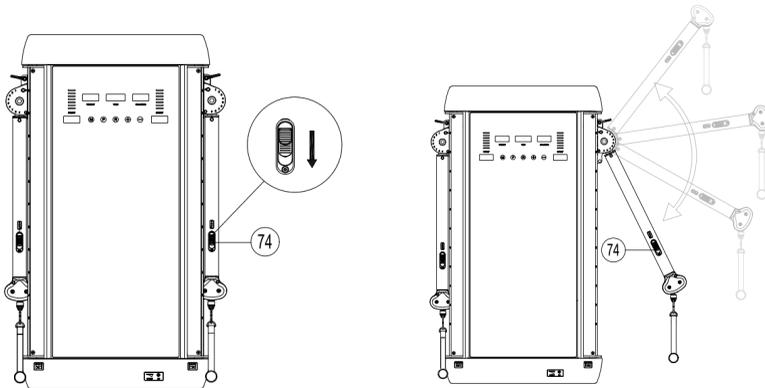
Step: Install the trainer onto the stand rack L803B by using inner hex large flat head half tooth bolt (A), flat washer (B) (C), hex lock nut (D) to lock, with the tools 17-19 spanner (E) and L-shaped spanner (F).



Arm adjustment instructions

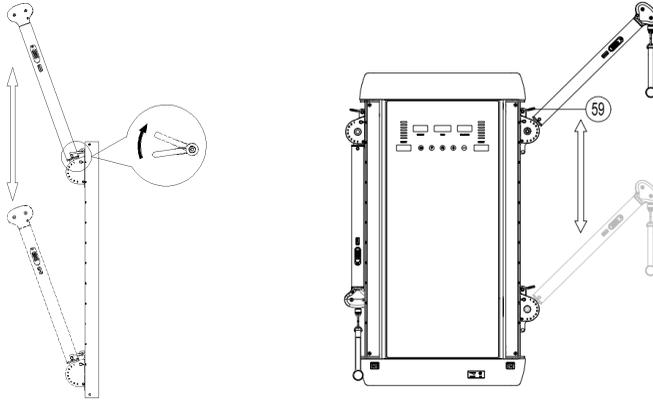
The arm can be adjusted in three directions

1. Vertical rotation adjustment (9 levels: 1-9)



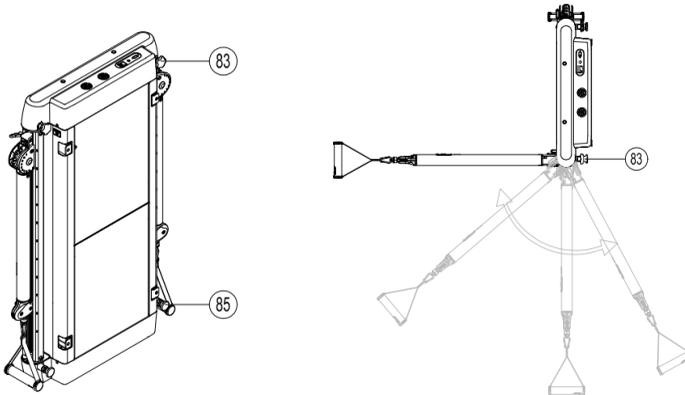
Step: Slide the adjuster (74) to unlock by following the arrow direction, the arm rotates on the vertical plane, and adjust it to the proper position; Then release the adjuster (74) to lock the position; There are 9 levels to choose from (1-9). NOTE: In case you find it difficult to slide the adjustment key, lift the arm a little bit for easy operation.

2. Sliding up and down adjustment (11 levels: A-K)



Step: Pull up the 7-shaped knob (59) to unlock, slide the arm up and down to required height; Then release the 7-shaped knob (59) to lock the position. There are 11 heights to choose from (A-K)

3. Horizontal rotation adjustment (5 levels: -90° , 0° , 30° , 60° , 90°)

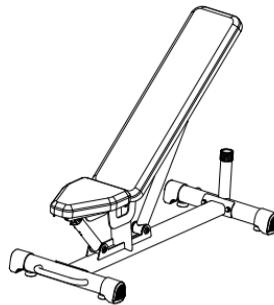
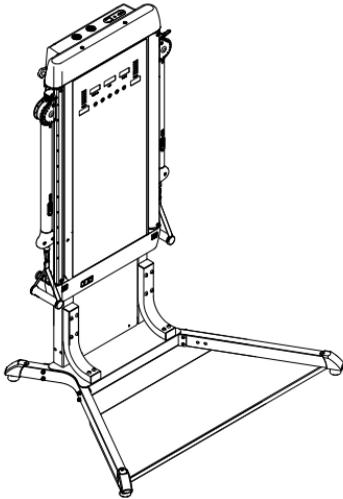


Step: Loose plum knob (83) firstly, keep pulling the aluminum pull-pin (85) to unlock, rotate the arm horizontally to the required position; Then release the pull pin (85) to lock the position, and fasten the plum knob (83). There are 5 angles to choose from (-90° , 0° , 30° , 60° , 90°)

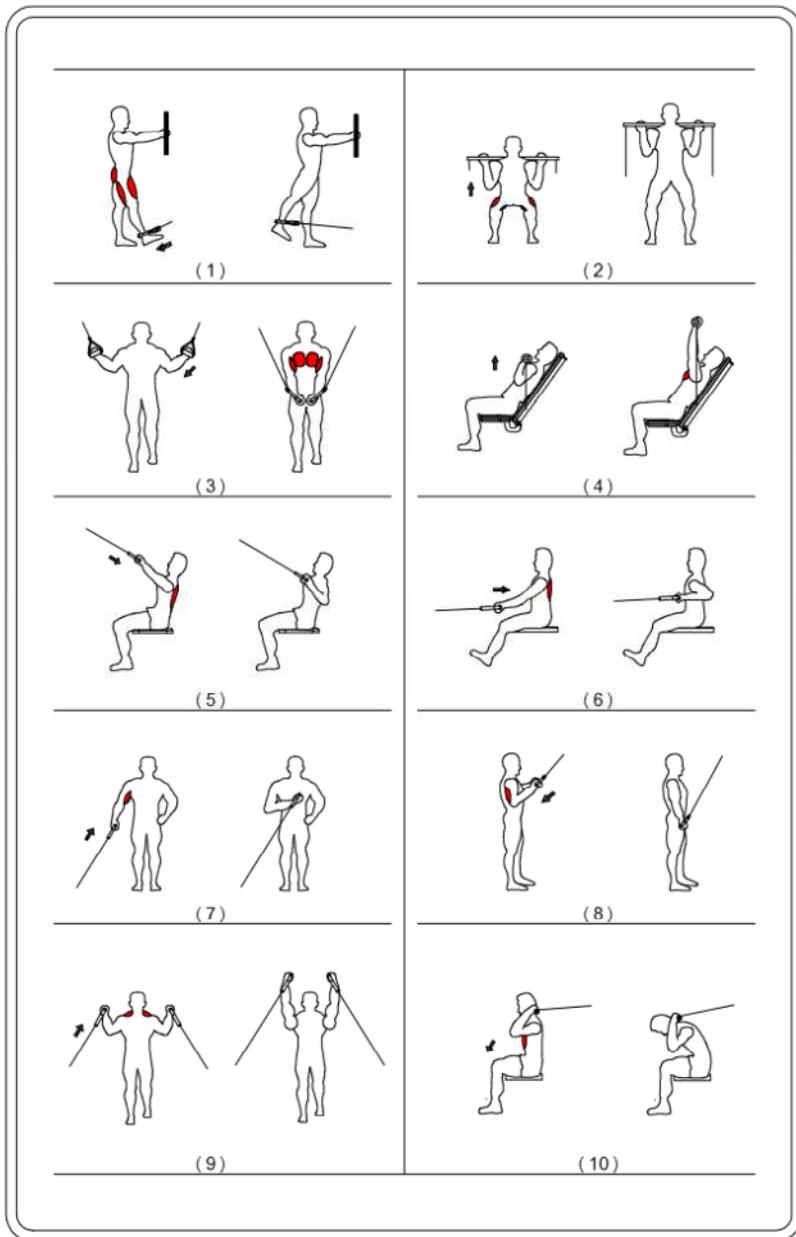
Instruction for use of supporting equipment

The trainer can be used with flat bench

The bench is placed in front of the trainer, adjust the trainer arm to the proper position for variety exercises, e.g., squat presses, seated pull-ups.

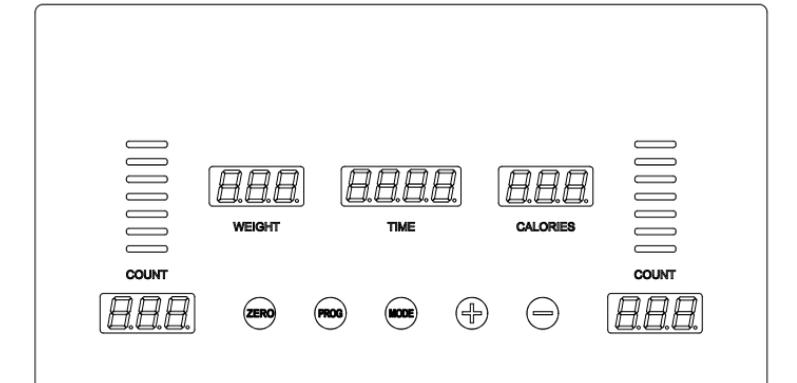


Muscle Targeted Illustration



Console Guide

LED monitor layout



- (1) WEIGHT: resistance setting;
- (2) TIME: time setting;
- (3) CALORIES: calorie setting
- (4) ZERO: clear all current and running data;
- (5) PROG: preset training program selection (P1-8, 0);
- (6) MODE: preset training mode selection (L1,L2,0);
- (7) + : increase the setting value, including resistance, time, calorie;
- (8) - : decrease the setting value, including resistance, time, calorie;
- (9) COUNT: there is left and right count, it shows pull numbers for left and right arm separately.
- (10) The trainer has hibernation mode, when no arm pulling for 3min, the LED monitor will light off. ;

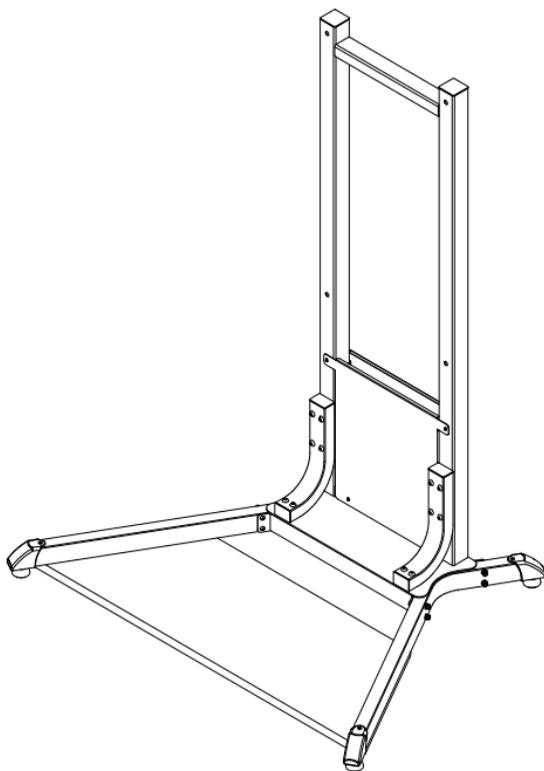
LED monitor keyboard operation

- 1.1 Plug in the adaptor to the socket with ground wire, turn on the power switch, the LED monitor light up with beep sound;
- 1.2 LED monitor will full display for 2 seconds : all data is zero, the trainer is in 0 status (user manual setting), time is counting;
- 1.3 Press **MODE** for preset training mode, default value is L1.
 - L1 :Time countdown. When setting, time is blinking ,default 10min, press “+” “-” to set the targeted time, range from 5-99min; When under L1 mode, press “+” “-” to adjust resistance, range: L0-L20;
 - L2 :Calorie countdown. When setting, calorie is blinking , default 50CAL, press “+” “-” key to set the targeted calories, range from 20 -990CAL; When under L2 mode, press “+” “-” to adjust resistance, range: L0-L20;
 - 0: User manual setting. Press “+” “-” to adjust resistance, range: L0-L20, time and calorie count
- 1.4 Press **PROG** for preset training program:
 - P1 to P8: All program is time countdown. When setting, time is blinking , default 10min, press “+” “-” key to set the targeted time, range from 5-99min. Under each program running, press “+” “-” to adjust resistance, range: L0-L20;
 - 0: User manual setting, press “+” “-” to adjust resistance, range: L0-L20, time and calorie count
- 1.5 After setting, pull the left and right handles directly to start exercise. Left and right **COUNTS** shows pull numbers for each arm separately.
 - A) Under set state running, press “+” “-” key to adjust resistance, range: L0-L20;
 - b) In P1- P8 state, the speed and slope for each program is divided into 18 segments; The time for each segment is also divided equally; There will be 3 beep sound for 3 seconds, before transition from segment to segment; when finish 18 segments, it will auto stop, and have a long beep sound.
- 1.6 Press **ZERO** to clear all current and running data;

P1-P8 Automatic training mode resistance factor: Metric

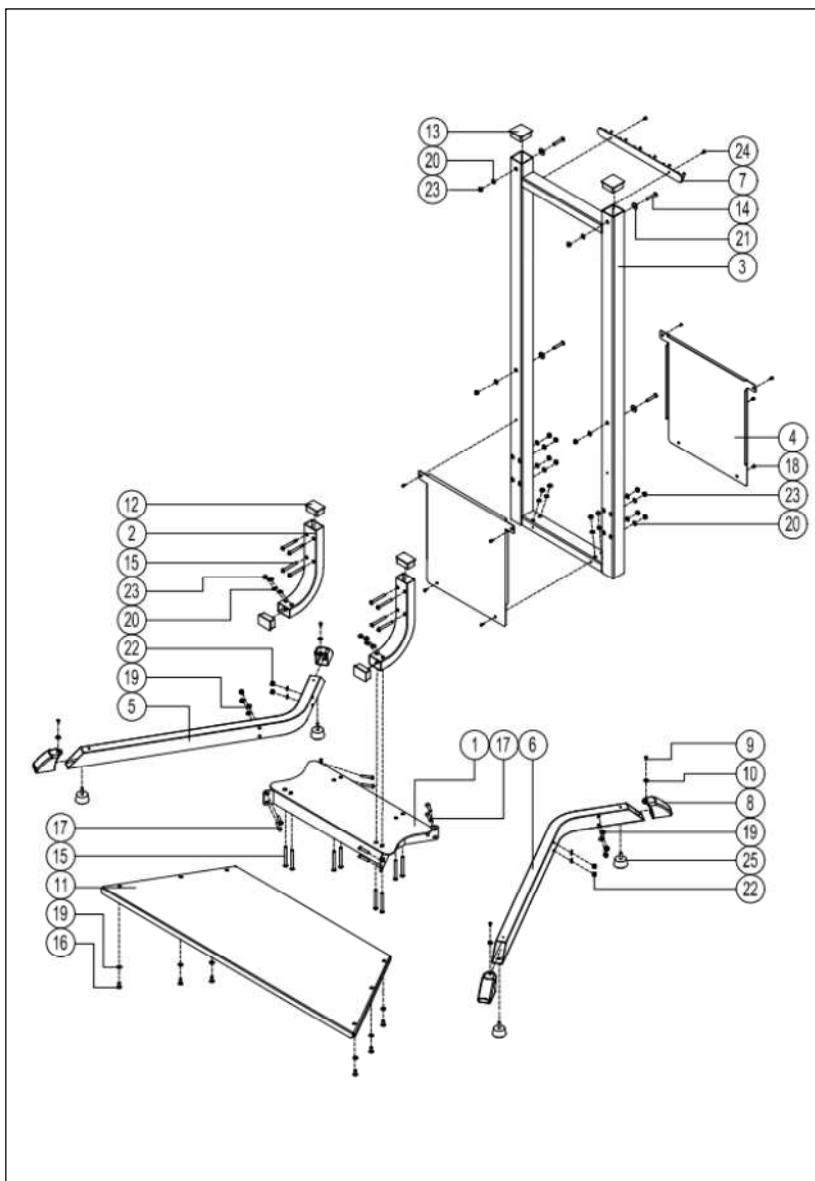
PROG	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
		P1	WEIGHT	1	1	2	3	4	5	6	7	7	8	8	7	7	5	4	2
P2	WEIGHT	1	2	3	4	5	6	7	8	8	9	9	8	8	6	5	3	2	1
P3	WEIGHT	1	2	4	5	6	7	8	9	9	10	10	9	9	7	6	4	2	1
P4	WEIGHT	2	3	5	6	7	8	9	10	10	11	11	10	10	8	7	5	3	2
P5	WEIGHT	2	4	6	7	8	9	10	11	11	12	12	11	11	9	8	6	4	2
P6	WEIGHT	3	5	7	8	9	10	11	12	12	13	13	12	12	10	9	7	5	3
P7	WEIGHT	4	6	8	9	10	11	12	13	13	14	14	13	13	11	10	8	6	4
P8	WEIGHT	5	7	9	10	11	12	13	14	14	15	15	14	14	12	11	9	7	5

OPTIONAL



STAND FRAME

Drawing for assembly

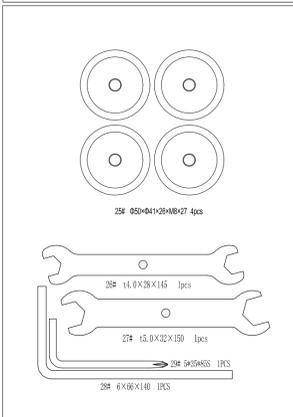
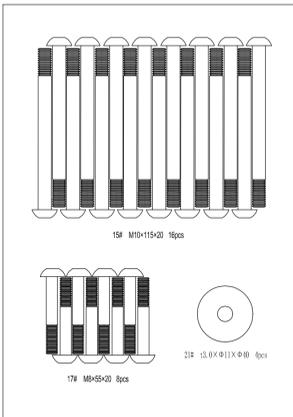
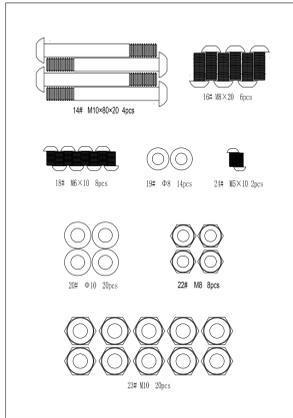


Part list

No	NAME	DESCRIPTION	QTY
1	chassis		1
2	elbow	J40×60×t3.0×404/6000	2
3	big frame		1
4	guard plate	t1.2×482×494/1000×2000	2
5	bottom elbow		1
6	bottom elbow		1
7	hook	433×43	1
8	Slanted foot tube plug	J40×60	4
9	Hexagon socket head large flat head full tooth bolts	M6×10	4
10	Flat Washers	Φ6	4
11	Bottom pedal assembly		1
12	Square tube plug	J40×60×t2.0	4
13	Square tube plug	F60×60×t2.0	2
14	Hexagon socket head large flat head half tooth bolt	M10×80×20	4
15	Hexagon socket head large flat head half tooth bolt	M10×115×20	16
16	Hexagon socket head large flat head full tooth bolts	M8×20	6
17	Hexagon socket head large flat head half tooth bolt	M8×55×20	8
18	Hexagon socket head large flat head full tooth bolts	M6×10	8
19	Flat Washers	Φ8	14
20	Flat Washers	Φ10	20
21	Flat Washers	t3.0×Φ11×Φ40	4
22	Hexagon lock nut	M8	8
23	Hexagon lock nut	M10	20
24	Cross recessed large flat head full thread bolts	M5×10	2
25	tapered feet	Φ50×Φ41×26×M8×27	4

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly. If any of the parts are missing, contact with the dealer.

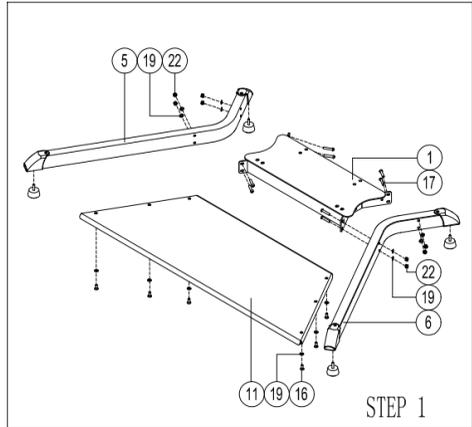


No	NAME	DESCRIPTION	QTY
14	Hexagon socket head large flat head half tooth bolt	M10×80×20	4
15	Hexagon socket head large flat head half tooth bolt	M10×115×20	16
16	Hexagon socket head large flat head full tooth bolts	M8×20	6
17	Hexagon socket head large flat head half tooth bolt	M8×55×20	8
18	Hexagon socket head large flat head full tooth bolts	M6×10	8
19	Flat Washers	Φ8	14
20	Flat Washers	Φ10	20
21	Flat Washers	t3.0×Φ11×Φ40	4
22	Hexagon lock nut	M8	8
23	Hexagon lock nut	M10	20
24	Cross recessed large flat head full thread bolts	M5×10	2
25	tapered feet	Φ50×Φ41×26×M8×27	4
26	13-14 wrench	t4.0×28×145	1
27	17-19 wrench	t5.0×32×150	1
28	L-shaped wrench	6×66×140	1
29	L-shaped wrench	5×35×85S	1

ASSEMBLY INSTRUCTIONS

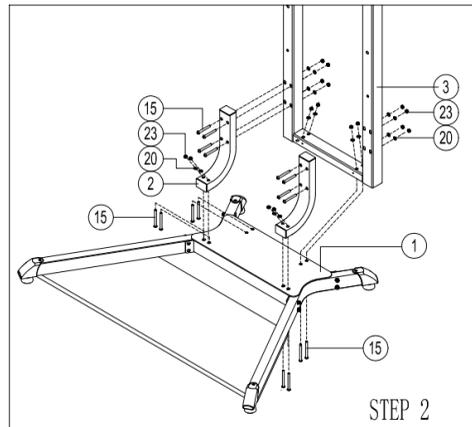
STEP 1:

- Install the bottom elbow (5) and the bottom elbow (6) on both sides of the base frame (1) respectively, and use the hexagon socket head flat head half-thread bolt (17), flat washer (19) and hexagon lock nut (22)) to lock.
- Install the bottom pedal (11) under the bottom elbows (5) and (6), and fasten with the hexagon socket head flat head full-thread bolts (16) and flat washers (19).



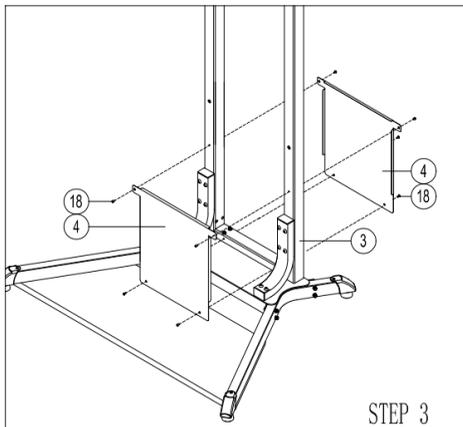
STEP 2:

- Install the large frame (3) on the bottom frame (1), and use the hexagon socket head flat head half-thread bolt (15), flat washer (20) and hexagonal lock nut (23) to slightly lock and fix it.
- Then install the two elbows (2) on the bottom frame (1) and the big frame (3) respectively as shown in the figure, and use hexagon socket head flat head half-thread bolts (15), flat washers (20) and hexagonal locks. Tighten the tightening nut (23).
- Finally, tighten all the screws of the bottom frame (1) and the large frame (3).



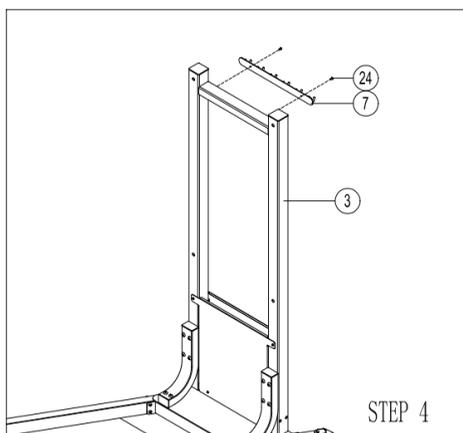
STEP 3:

- Install the two guard plates (4) on the frame (3) as shown in the figure, and fasten them with the hexagon socket head flat head full-thread bolts (18).



STEP 4:

- Install the hook (7) on the frame (3), and fasten it with the cross recessed large flat head full-thread bolt (24).





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