

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION

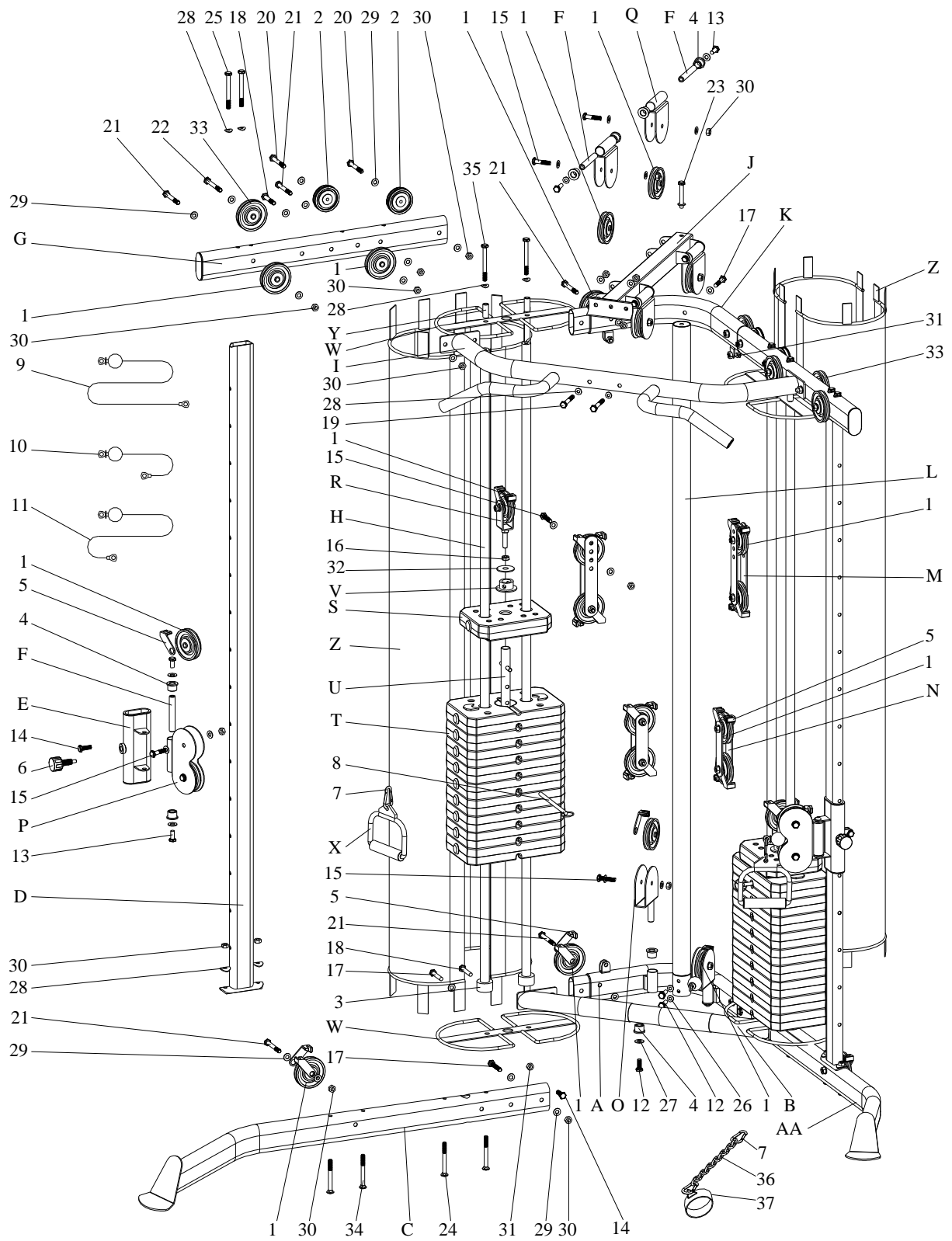


**CSX70**



Rev : 00

Ed : 09/17



## PARTS LIST

| NUMBER | DESCRIPTION                    | QUANTITY |
|--------|--------------------------------|----------|
| A      | JOINT BASE                     | 1        |
| B      | JOINT TUBE                     | 1        |
| C      | RIGHT BASE                     | 1        |
| D      | UPRIGHT FRAME                  | 2        |
| E      | ADJUSTMENT TUBE                | 2        |
| F      | AXES                           | 6        |
| G      | STRAIGHT BEAM                  | 2        |
| H      | GUIDE ROD                      | 4        |
| I      | TOP JOINT TUBE                 | 1        |
| J      | TOP CROSS BEAM                 | 1        |
| K      | JOINT BEAM                     | 1        |
| L      | JOINT ROD                      | 1        |
| M      | ADJUSTABLE PULLEY BLOCK        | 4        |
| N      | PULLEY BLOCK                   | 4        |
| O      | SWIVEL PULLEY BLOCK (I)        | 2        |
| P      | SWIVEL PULLEY BLOCK (II)       | 2        |
| Q      | SWIVEL PULLEY BLOCK (III)      | 4        |
| R      | SWIVEL PULLEY BLOCK (IV)       | 2        |
| S      | TOP PLATE                      | 2        |
| T      | WEIGHT PLATE                   | 18       |
| U      | SELECTOR ROD                   | 2        |
| V      | SECURE BUSHING                 | 2        |
| W      | CLOTH SUPPORT                  | 4        |
| X      | STIRTPUP CABLE HANDLE (NT0450) | 2        |
| Y      | BUSHING                        | 4        |
| Z      | CLOTH SHELL                    | 4        |
| AA     | LEFT BASE                      | 1        |
|        |                                |          |
| 1      | BIG PULLEY                     | 30       |
| 2      | SMALL PULLEY                   | 4        |
| 3      | RUBBER DONUT                   | 4        |
| 4      | BUSHING                        | 16       |
| 5      | PULLEY PROTECTION              | 32       |
| 6      | FAST PIN                       | 2        |
| 7      | HOOK                           | 4        |
| 8      | PIN                            | 2        |
| 9      | CABLE (I)                      | 2        |
| 10     | CABLE (II)                     | 2        |
| 11     | CABLE (III)                    | 2        |
| 12     | HEX HEAD BOLT M8*16            | 4        |
| 13     | HEX HEAD BOLT M10*16           | 12       |
| 14     | HEX HEAD BOLT M8*30            | 6        |
| 15     | HEX HEAD BOLT M10*50           | 20       |
| 16     | NUT M12                        | 2        |
| 17     | HEX HEAD BOLT M10*55           | 5        |

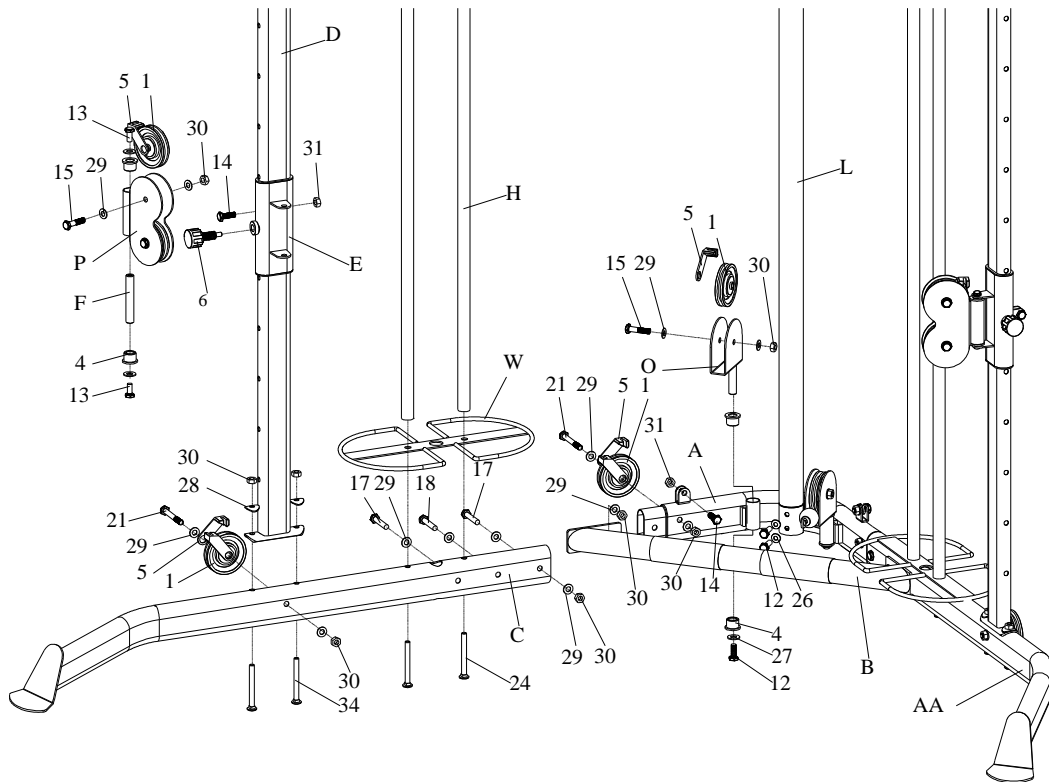
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|    |                         |     |
|----|-------------------------|-----|
| 18 | HEX HEAD BOLT M10*60    | 4   |
| 19 | HEX HEAD BOLT M10*70    | 2   |
| 20 | HEX HEAD BOLT M10*75    | 4   |
| 21 | HEX HEAD BOLT M10*80    | 10  |
| 22 | HEX HEAD BOLT M10*85    | 2   |
| 23 | HEX HEAD BOLT M10*70    | 1   |
| 24 | SQUARE NECK BOLT M10*95 | 4   |
| 25 | HEX HEAD BOLT M10*95    | 4   |
| 26 | R-WASHER 8              | 2   |
| 27 | BIG WASHER 8            | 2   |
| 28 | R-WASHER 10             | 16  |
| 29 | WASHER 10               | 100 |
| 30 | LOCK NUT M10            | 48  |
| 31 | LOCK NUT M8             | 6   |
| 32 | BIG WASHER-12           | 2   |
| 33 | LARGEST PULLEY          | 2   |
| 34 | SQUARE NECK BOLT M10*90 | 4   |
| 35 | HEX HEAD BOLT M10*140   | 4   |
| 36 | CHAIN                   | 1   |
| 37 | FOOT RING               | 1   |

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# ASSEMBLY INSTRUCTIONS

## STEP 1

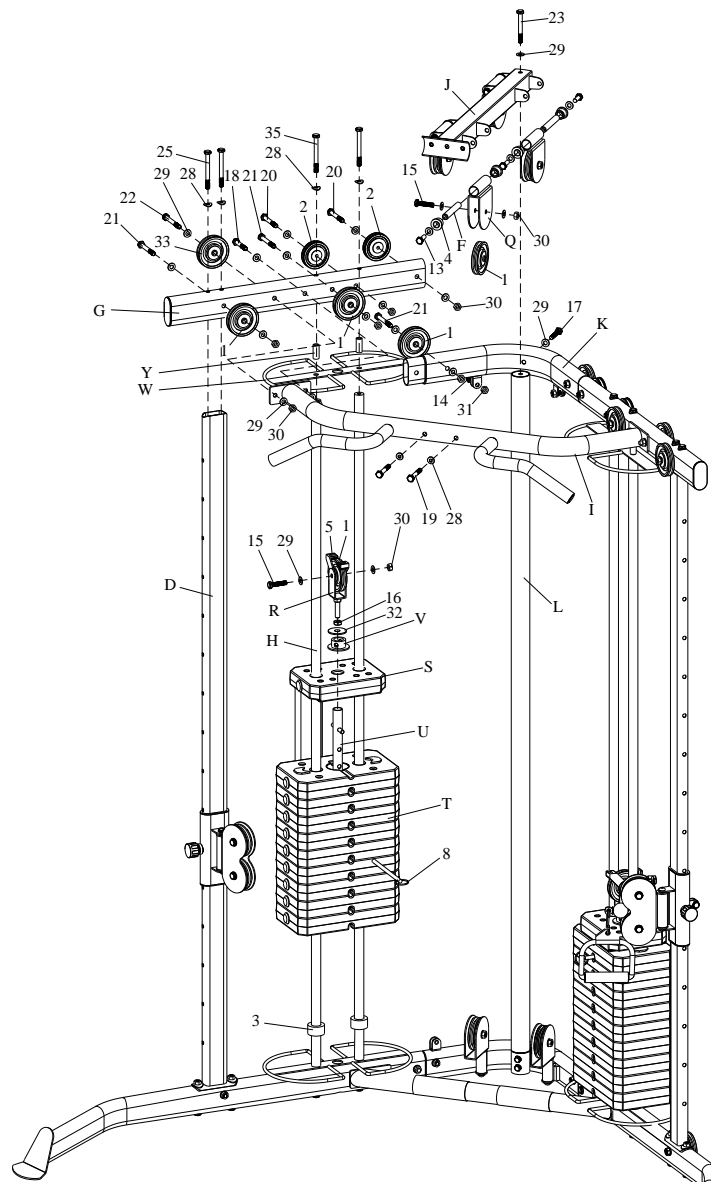


1. Attach right base (C) and left base (AA) to joint base (A) with (17), (29) and (30).
2. Attach joint tube (B) to right base (C) and left base (AA) with (17), (18), (29) and (30).
3. Attach swivel pulley block I (O) to joint base (A) with (4), (12) and (27).
4. Attach upright frame (D) to right base (C) and left base (AA) with (34), (28) and (30), and attach guide rod (H) and cloth support (W) to right base (C) and left base (AA) with (24).
5. Attach swivel pulley block II (P) to adjustment tube (E) with axes (F), (4), (29) and (13), then slide adjustment tube (E) down upright frame (D), secure it with (6).
6. Attach joint rod (L) to joint base (A) with (12) and (26).

NOTE: The pulley with pulley protection don't install temporarily, until the cable to wear.

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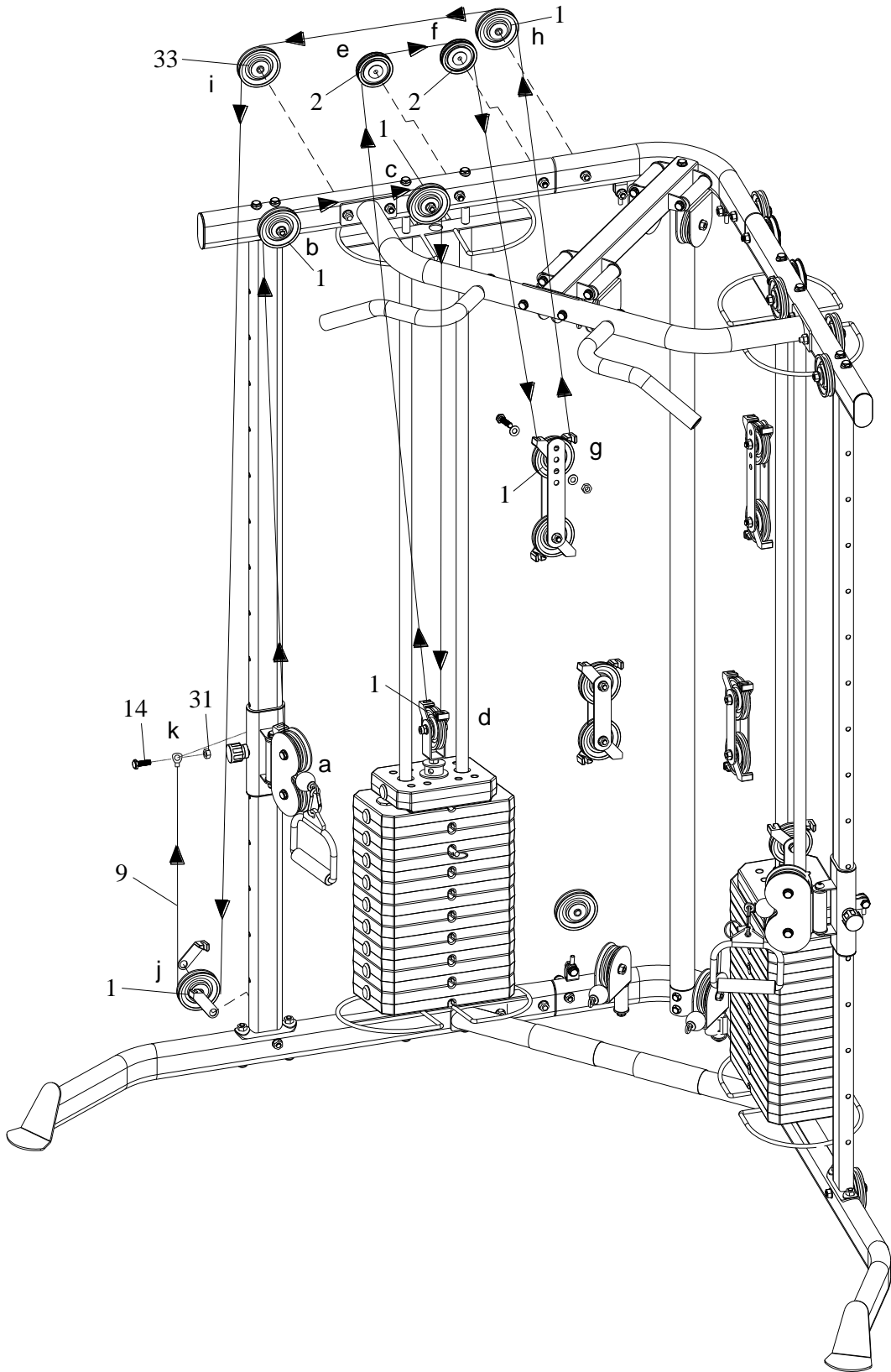
## STEP 2



7. Slide rubber donut (3) onto guide rod (H).
8. Slide weight plate (T) onto guide rod (H), insert selector rod (U) into weight plate (T) with pin (8).
9. Slide top plate (S) onto guide rod (H), attach secure bushing (V) to selector rod (U), and attach swivel pulley block IV (R) with (16) and big washer (32) to selector rod (U) as shown.
10. Attach joint beam (K) to straight beam (G) with big pulley (1) and (21), (29) and (30).
11. Attach straight beam (G) to upright frame (D) and bushing(Y), cloth support (W), guide rod (H) with (25), (35) and (28).
12. Attach top joint tube (I), big pulley (1), largest pulley (33) and small pulley (2) to straight beam (G) with (18), (20), (21), (22), (29) and (30) as shown.
13. Attach swivel pulley block III (Q) to top cross beam (J) with axes (F), bushing (4), (29) and (13).
14. Attach top cross beam (J) to top joint tube (I) and joint beam (K) with (17), (19), (28) and (29) as shown.
15. Attach joint rod (L) to top cross beam (J) with (23) and (29).

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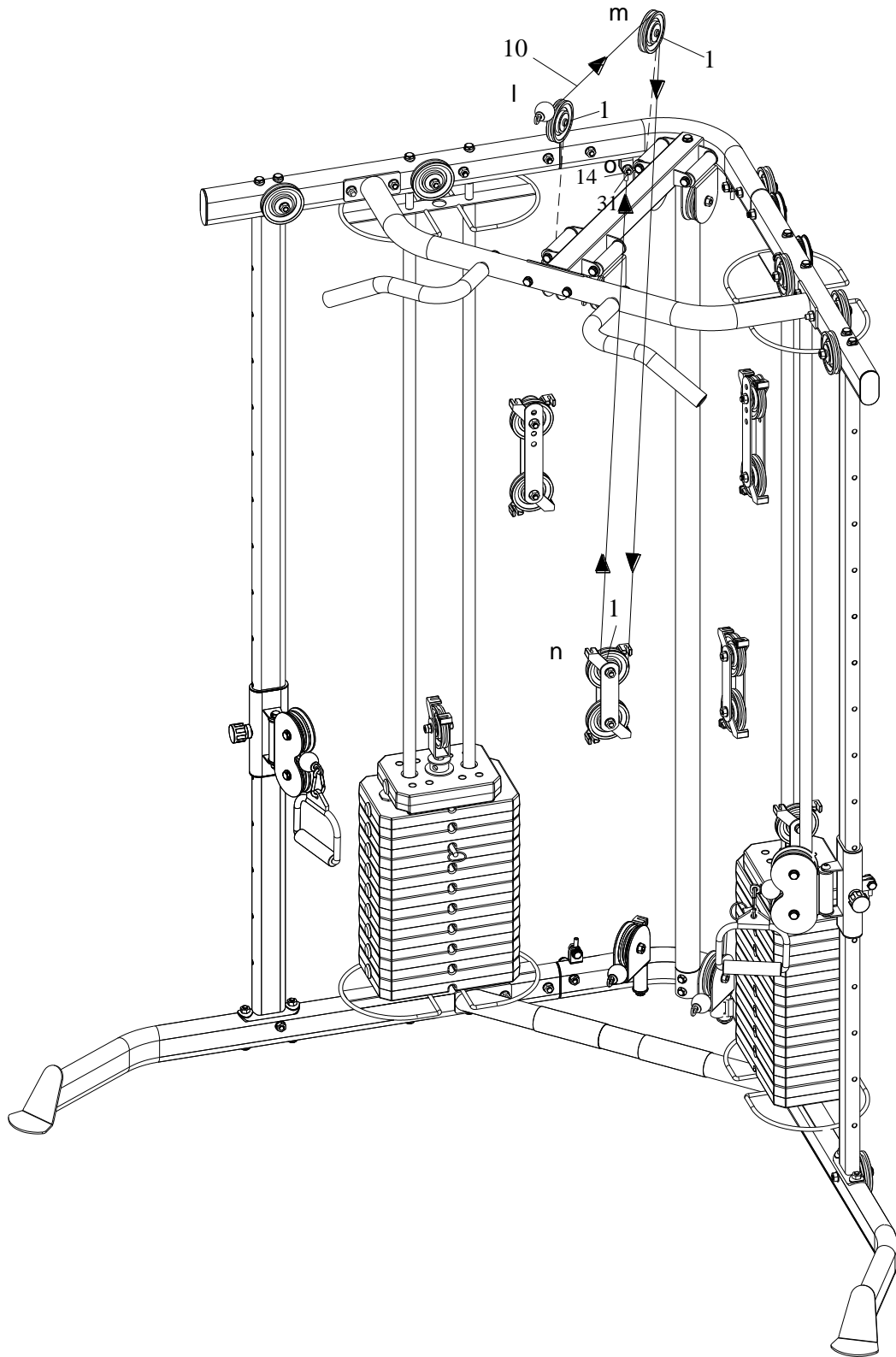
# CABLE 1



#9 cable: from a→b→c→d→e→f→g→h→i→j→k

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## CABLE 2

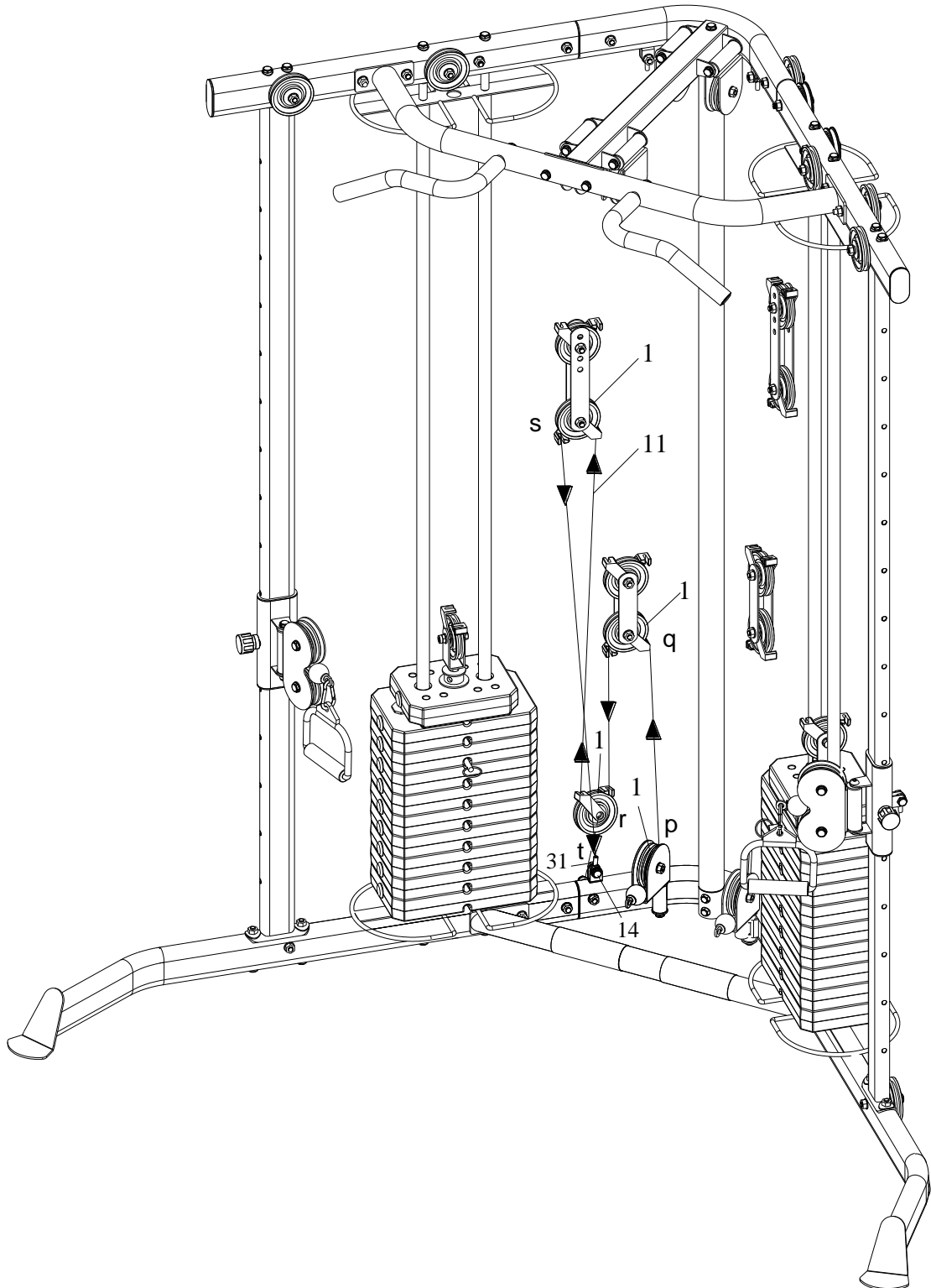


#10 cable: from l→m→n→o



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## CABLE 3



#11 cable: from p→q→r→s→t



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