

TOORX
FITNESS IN MOTION

INSTRUCTION



PRX3500

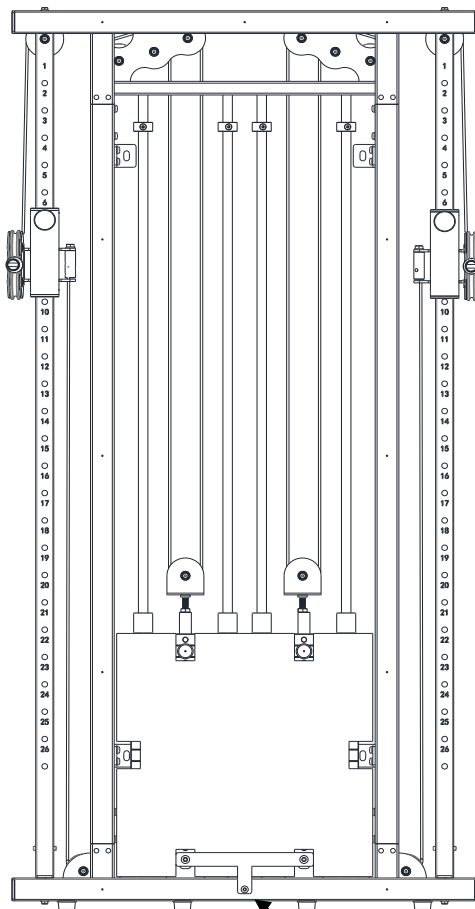


Cod : GRLDTOORXPRX3500

Rev : 00

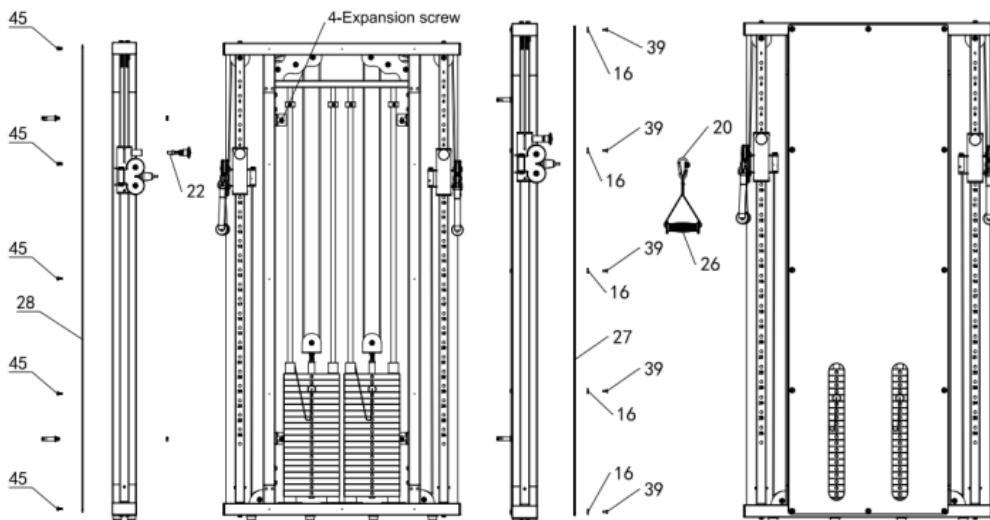
Ed : 09/19

Fixed plate remove instruction



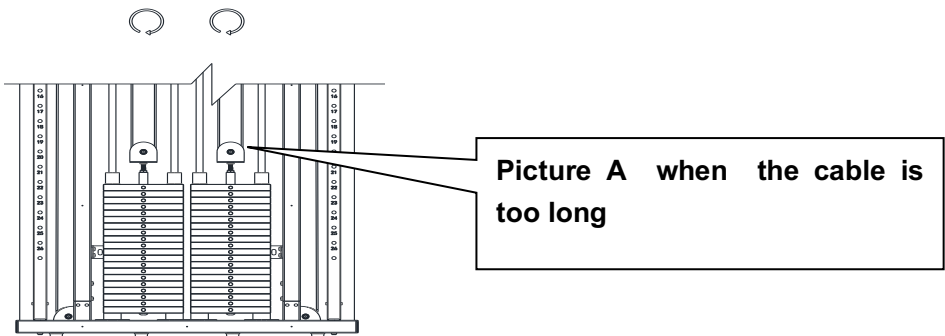
Use 5# wrench to take off the M6*10 screws from the fixed plate.

ASSEMBLY DRAWING



1. Measure the assembling size,fix the 4-expansion screw on the wall.
- 2.Take out 22 four in one pin,fix the four in one pin to the device.
- 3.Take out 28 rear cover,45 screw M6*15,use wrench to fix the rear cover to the device.
- 4.Assemble the device,tighten the nuts.
5. Take out the 27 front cover,16 screw covers and 39 screw M6*15,use wrench to fix the front cover to the device.
- 6.Take out 20 gourd hooks and 26 handles,assemble them to the device,then finish assembling.

MAINTENANCE INSTRUCTION

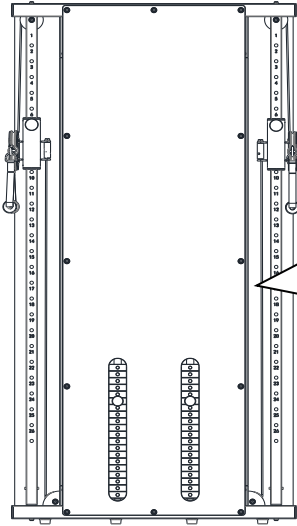


The length adjustment of the cable

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

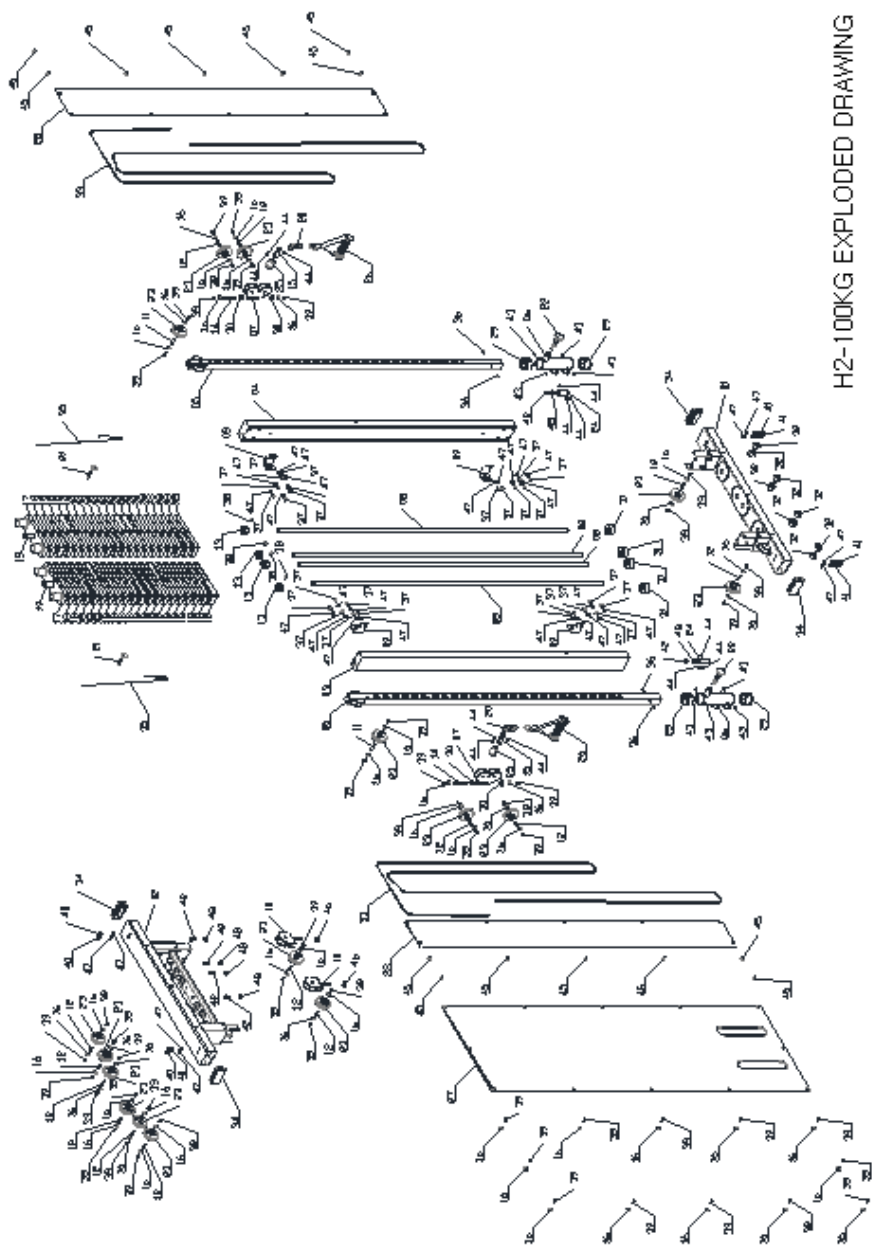
NO	ITEM	DESC	Q'TY	NO	ITEM	DESC	Q'TY
01	Base feet		1	02	Head piece		1
03	Left upright		1	04	Right upright		1
05	Stainless steel upright		2	06	Sliding seat		2
07	Double pulley case		2	08	Stainless steel guide bar		4
09	Connection wall board		4	10	Pulley seat		2
11	Pulley connection long shaft	φ10*36.5	2	12	Pulley connection short shaft	φ10*27.5	14
13	Location sleeve	φ40*φ20.5*20	4	14	Rotation pulley seat shaft	φ10*72	2
15	Cable connection cover	φ22*60	2	16	Screw cover	φ19.5*2.5H	48
17	Upper weight stack	T25.4*65*230	2	18	Lower weight stack	T25.4*65*230	38
19	Weight choice lifting bar	φ25*307.6	2	20	Gourd hook		2
21	Three in one pin		2	22	Four in one pin		2
23	75Pulley		16	24	Cable fixer		2
25	Cable connecting sleeve	φ35*50	2	26	handrail		2
27	Front cover	T6.0*630*193 4	1	28	Rear cover	T4.0*190*1934	2
29	Hollow long sleeve	φ60*35	4	30	Nylon spacer sleeve	φ22*13	4

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NO	ITEM	DESC	Q'TY
31	Cushion	φ50*φ20*25	4
33	Cable	φ 3.3* φ 2.38*19*6892	2
35	Nylon rope	φ2.0*850	2
37	Screw	M8*15	24
39	Screw	M6*15	48
41	Screw	M8*60	4
43	Screw	M6*10	8
45	Screw	M6*15	14
47	Washer	φ8.5*φ16*T1.5	32

NO	ITEM	DESC	Q'TY
32	Flat foot pad	φ37*φ34*16*(M6 *11)	8
34	Square inner tube cover	Match 50*100*T1.8	4
36	Screw	M5*10	4
38	Screw	M6*15	4
40	Screw	M8*15	4
42	Screw	M10*20	6
44	Screw	M8*10	12
46	nut	M12*1.75	2
48	Washer	φ10.5*φ20*T2.0	6



H2-100KG EXPLODED DRAWING



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