

TCORX
FITNESS IN MOTION

INSTRUCTION



WLX70



Rev : 00

Ed : 02/17

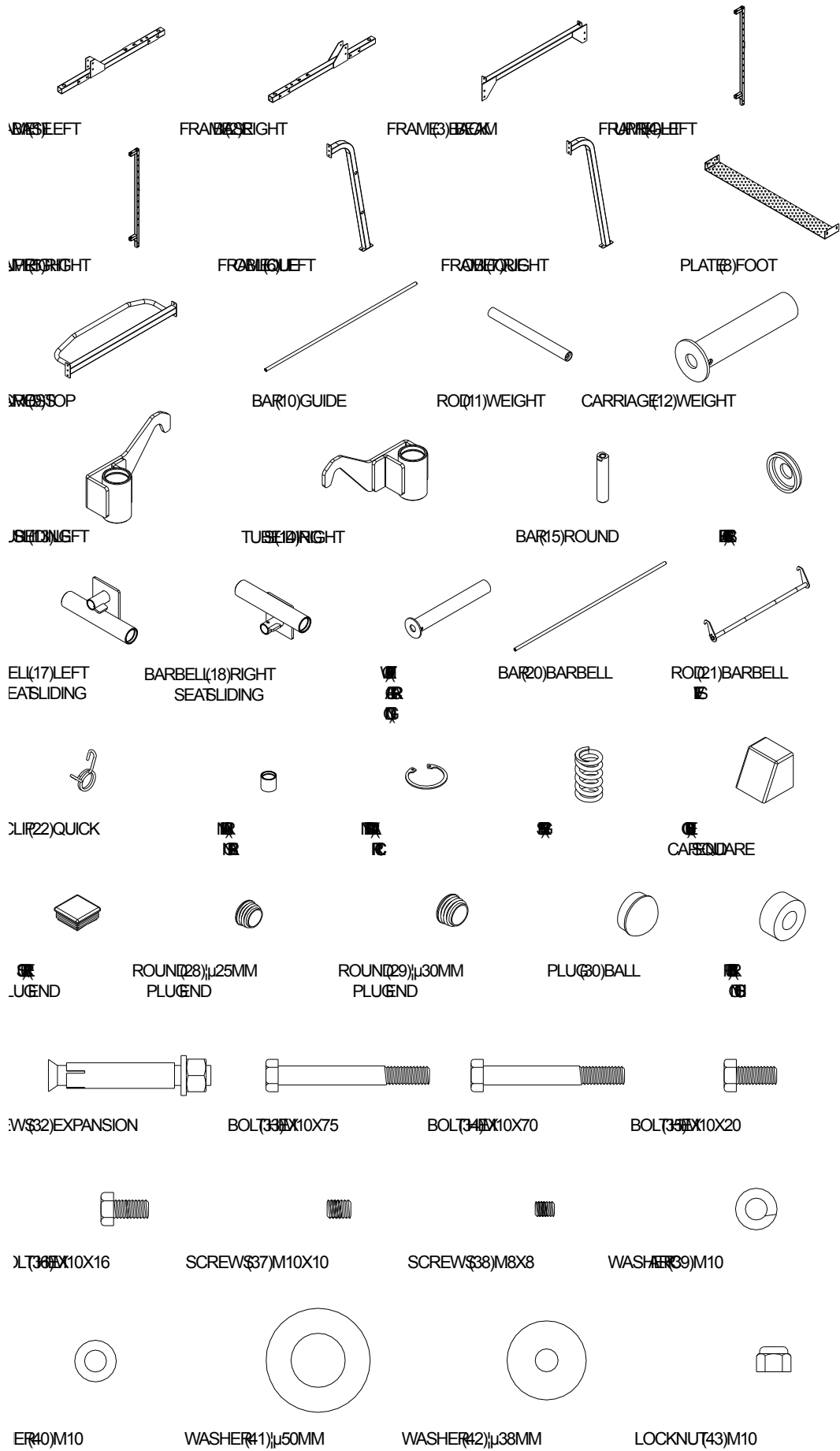


PART LIST

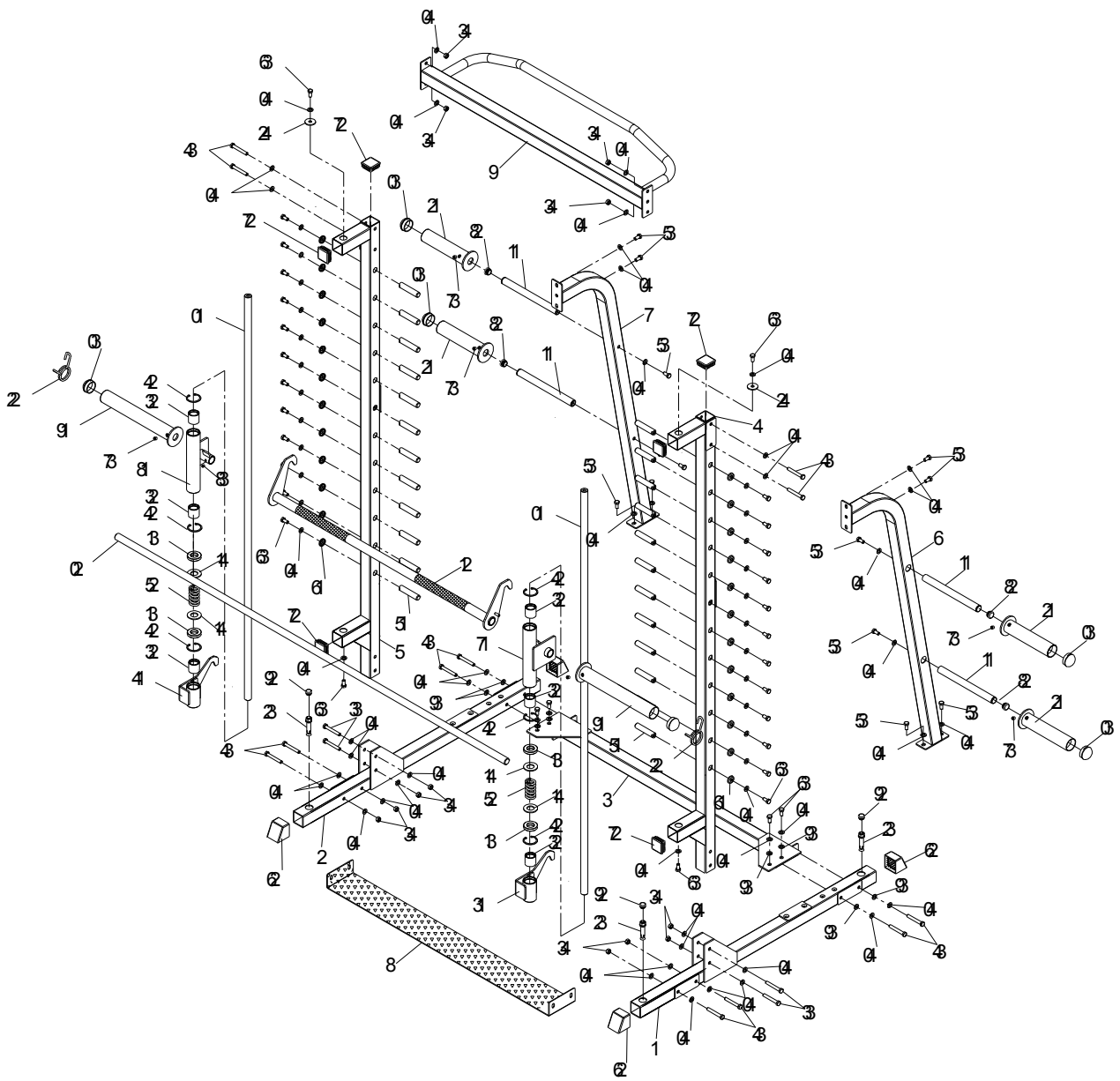
NUMBER	NAME	COUNT
1	LEFT BASE FRAME	1
2	RIGHT BASE FRAME	1
3	BACK BEAM FRAME	1
4	LEFT UPRIGHT FRAME	1
5	RIGHT UPRIGHT FRAME	1
6	LEFT OBLIQUE FRAME	1
7	RIGHT OBLIQUE FRAME	1
8	FOOT PLATE	1
9	TOP CROSS FRAME	1
10	GUIDE BAR	2
11	WEIGHT ROD	4
12	WEIGHT CARRIAGE	4
13	LEFT SLIDING TUBE	1
14	RIGHT SLIDING TUBE	1
15	ROUND BAR	24
16	BRACERS	24
17	LEFT BARBELL SLIDING SEAT	1
18	RIGHT BARBELL SLIDING SEAT	1
19	WEIGHT CARRIAGE(LONG)	2
20	BARBELL BAR	1
21	BARBELL ROD SLEEVE	1
22	QUICK CLIP	2
23	LINEAR BEARING	6
24	INTERNAL CIRCLIP	6
25	SPRING	2
26	OBLIQUE SQUARE END CAP	4
27	SQUARE END PLUG	6
28	φ25 ROUND END PLUG	4
29	φ30 ROUND END PLUG	4
30	BALL PLUG	6
31	RUBBER CUSHION	4
32	EXPANSION SCREWS	4
33	M10X75 HEX BOLT	4
34	M10X70 HEX BOLT	12
35	M10X20 HEX BOLT	12
36	M10X16 HEX BOLT	32

37	M10X10 SCREWS	6
38	M8X8 SCREWS	2
39	M10 ARC WASHER	8
40	M10 WASHER	72
41	Φ50MM WASHER	4
42	Φ38MM WASHER	2
43	M10 LOCKNUT	12

PART DRAW

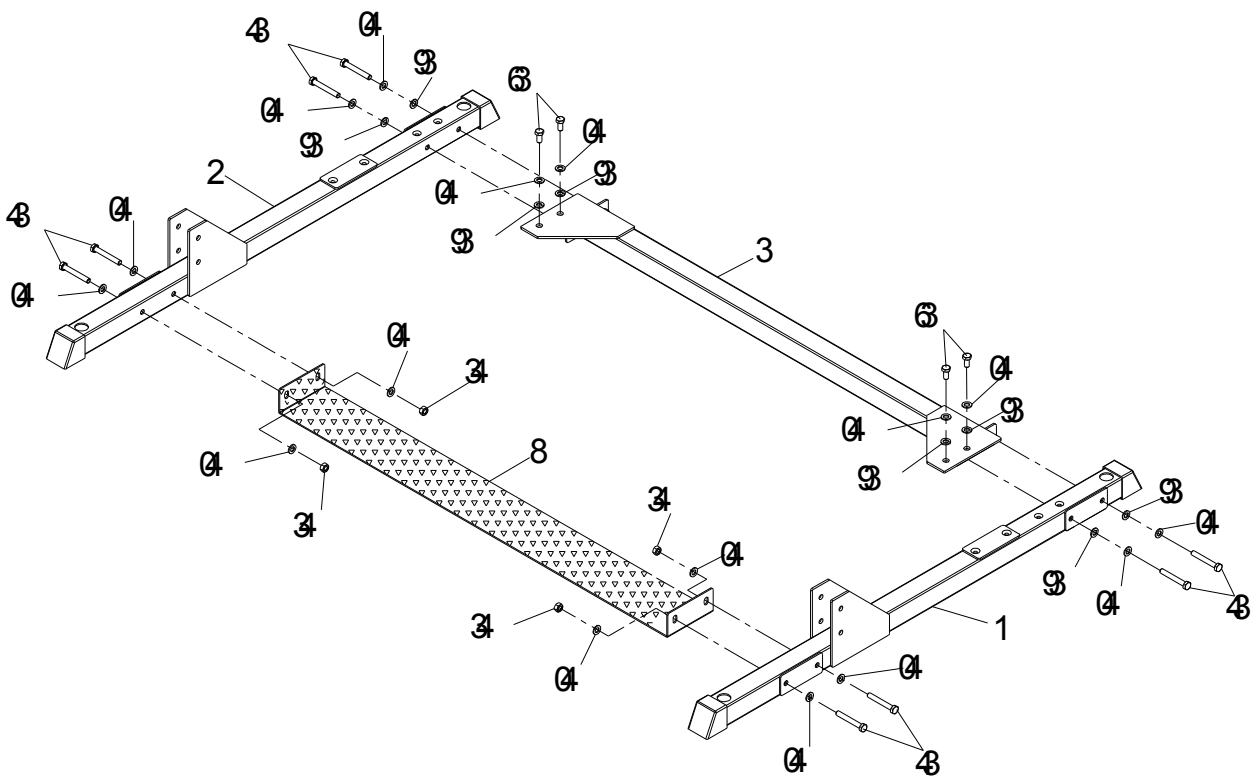


EXPLODED DRAW



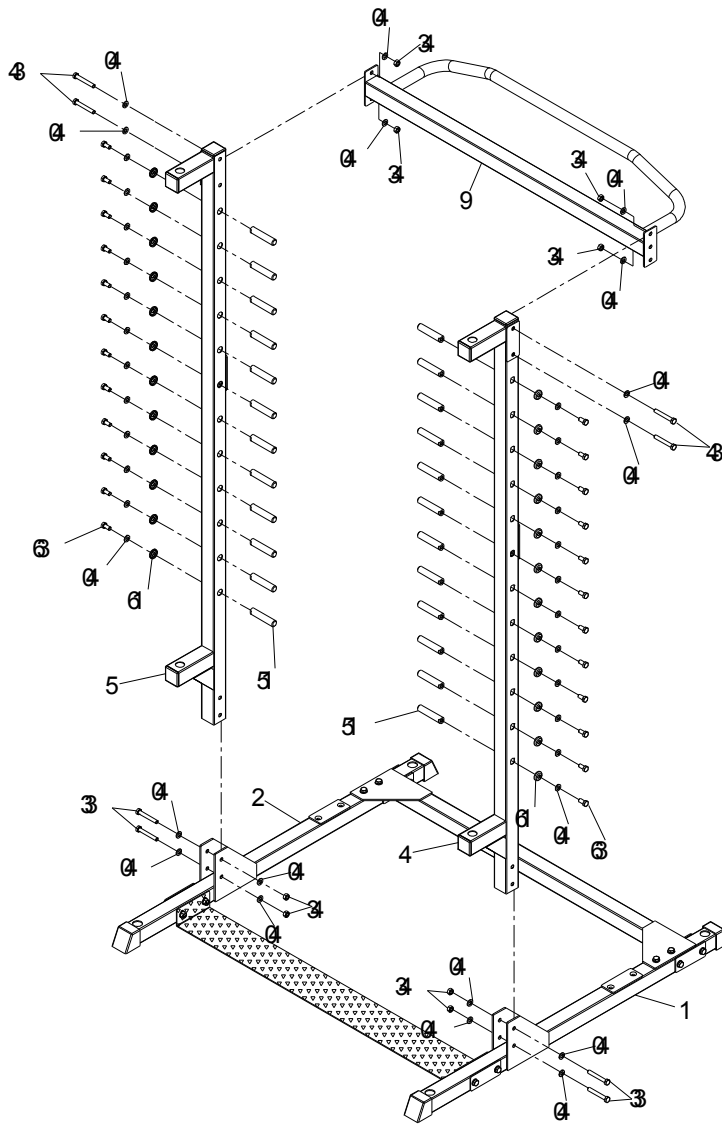
STEP 1

- A. ATTACH LEFT BASE FRAME (1) AND RIGHT BASE FRAME (2) TO BACK BEAM FRAME (3) USING 4PCS M10X70 HEX BOLT (34) , 4PCS M10 ARC WASHER (39) AND 4PCS M10 WASHER (40) . THEN USE 4PCS M10X16 HEX BOLT (36) , 4PCS M10 ARC WASHER (39) AND 4PCS M10 WASHER (40) FROM THE TOP SIDE TO FIX AS SHOW
- B. ATTACH FOOT PLATE (8) TO LEFT BASE FRAME (1) AND RIGHT BASE FRAME (2) USE 4PCS M10X70 HEX BOLT (34) , 8PCS M10 WASHER (40) AND 4PCS M10 LOCKNUT (43) AS SHOW

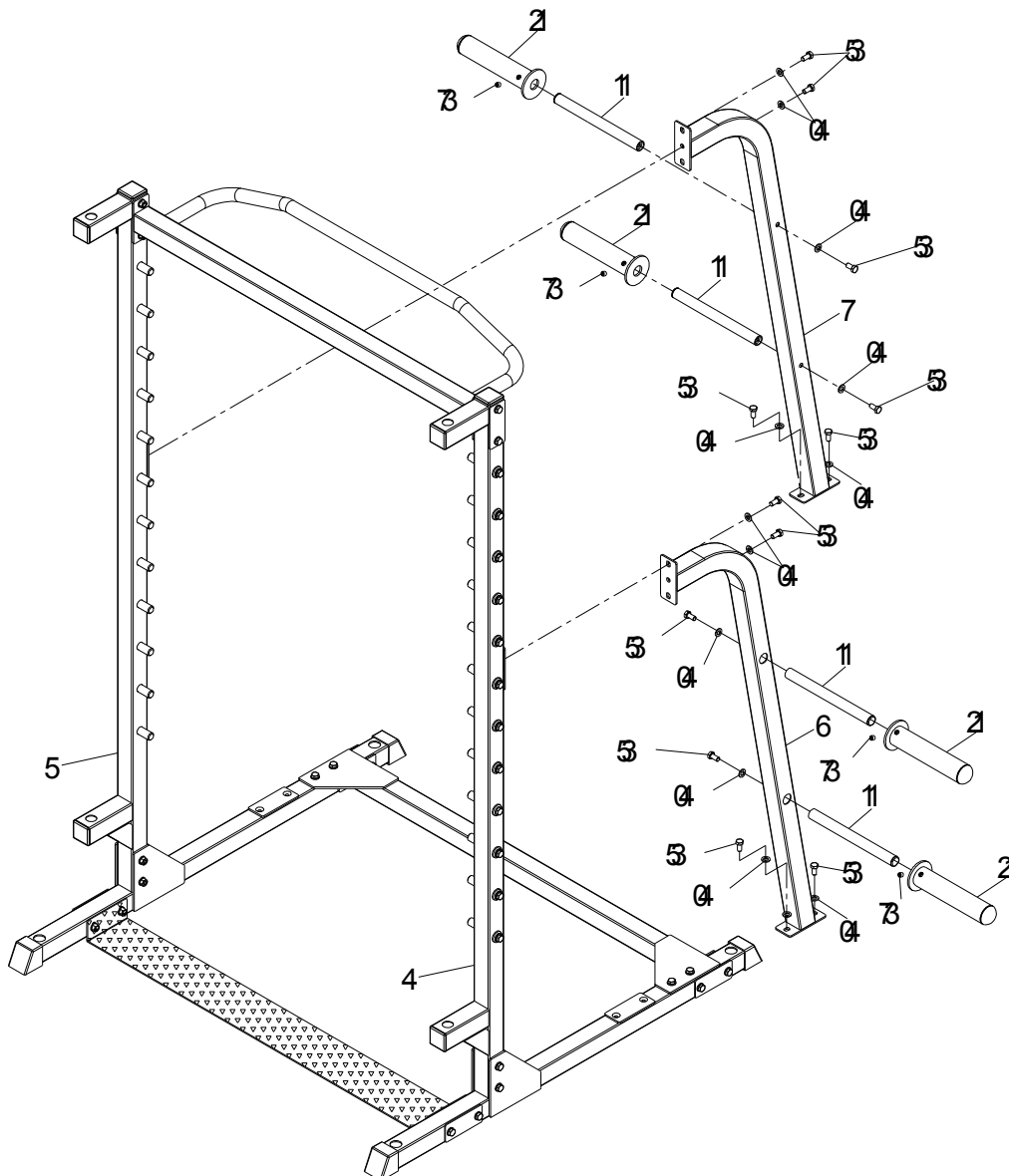


STEP 2

- A. ASSEMBLE LEFT UPRIGHT FRAME (4) AND RIGHT UPRIGHT FRAME (5) TO THE BRACKET OF LEFT BASE FRAME (1) AND RIGHT BASE FRAME (2) USE 4PCS M10X75 HEX BOLT (33) , 8PCS M10 WASHER (40) AND 4PCS M10 LOCKNUT (43)
- B. ATTACH TOP CROSS FRAME (9) TO LEFT UPRIGHT FRAME (4) AND RIGHT UPRIGHT FRAME (5) USING 4PCS M10X70 HEX BOLT (34) , 8PCS M10 WASHER (40) AND 4PCS M10 LOCKNUT (43)
- C. ASSEMBLE ROUND BAR (15) INTO LEFT UPRIGHT FRAME (4) AND RIGHT UPRIGHT FRAME (5) USING 12PCS BRACER (16) , 12PCS M10 WASHER (40) AND 12PCS M10X16 HEX BOLT (36) AS SHOW

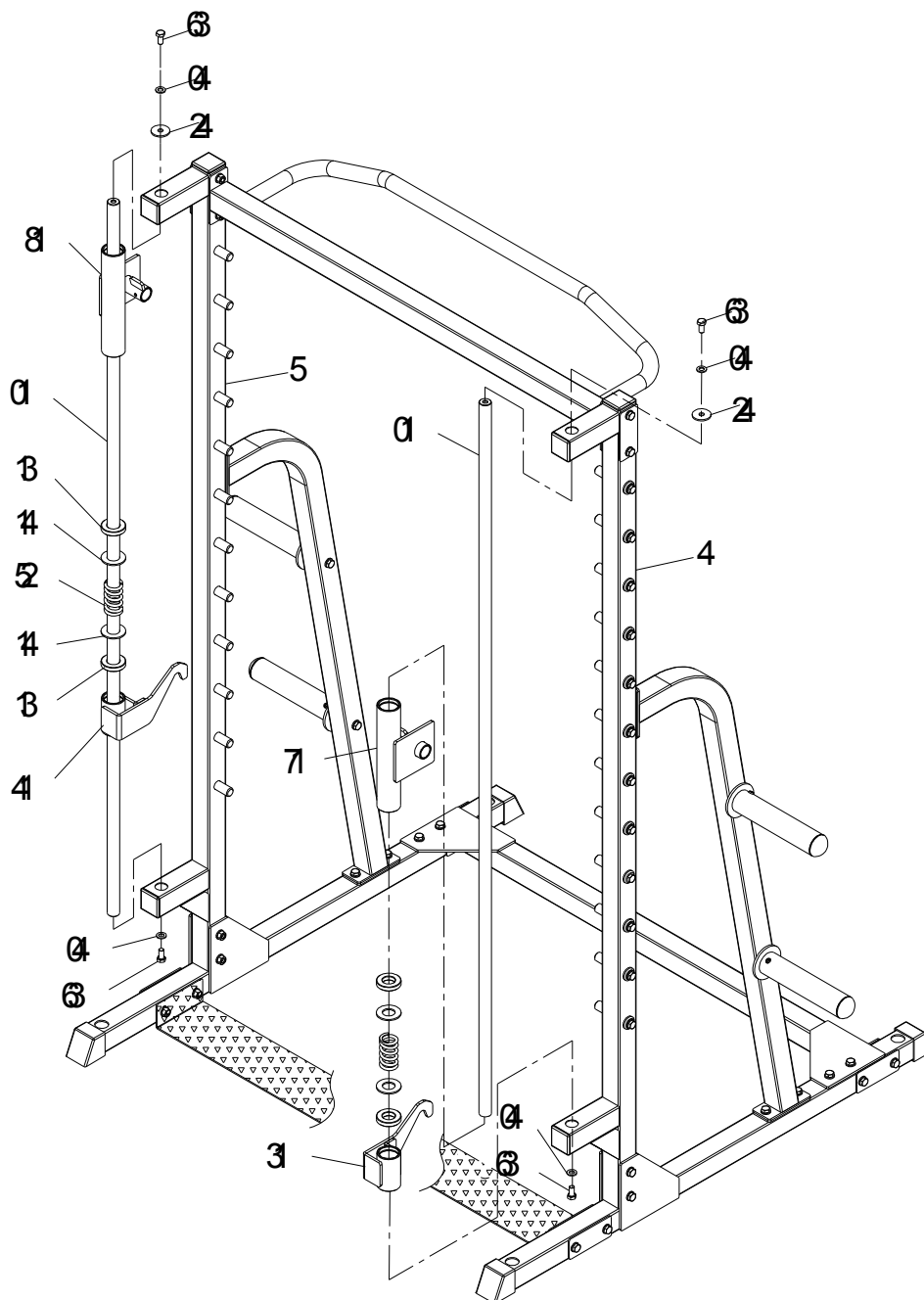


- A. ATTACH LEFT OBLIQUE FRAME (6) TO LEFT UPRIGHT FRAME (4) AND LEFT BASE FRAME (1) USING 4PCS M10X20 HEX BOLT (35) , 4PCS M10 WASHER (40) . ASSEMBLE RIGHT OBLIQUE FRAME (7) AT THE SAME WAY
- B. ASSEMBLE 2PCS WEIGHT ROD (11) TO LEFT OBLIQUE FRAME (6) USING 2PCS M10X20 HEX BOLT (35) , 2PCS M10 WASHER (40) . ATTACH WEIGHT CARRIAGE (12) TO WEIGHT ROD (11) USING 2PCS M10X10 SCREW TO FIX AS SHOW
ASSEMBLE RIGHT SIDE SAME AS LEFT SIDE



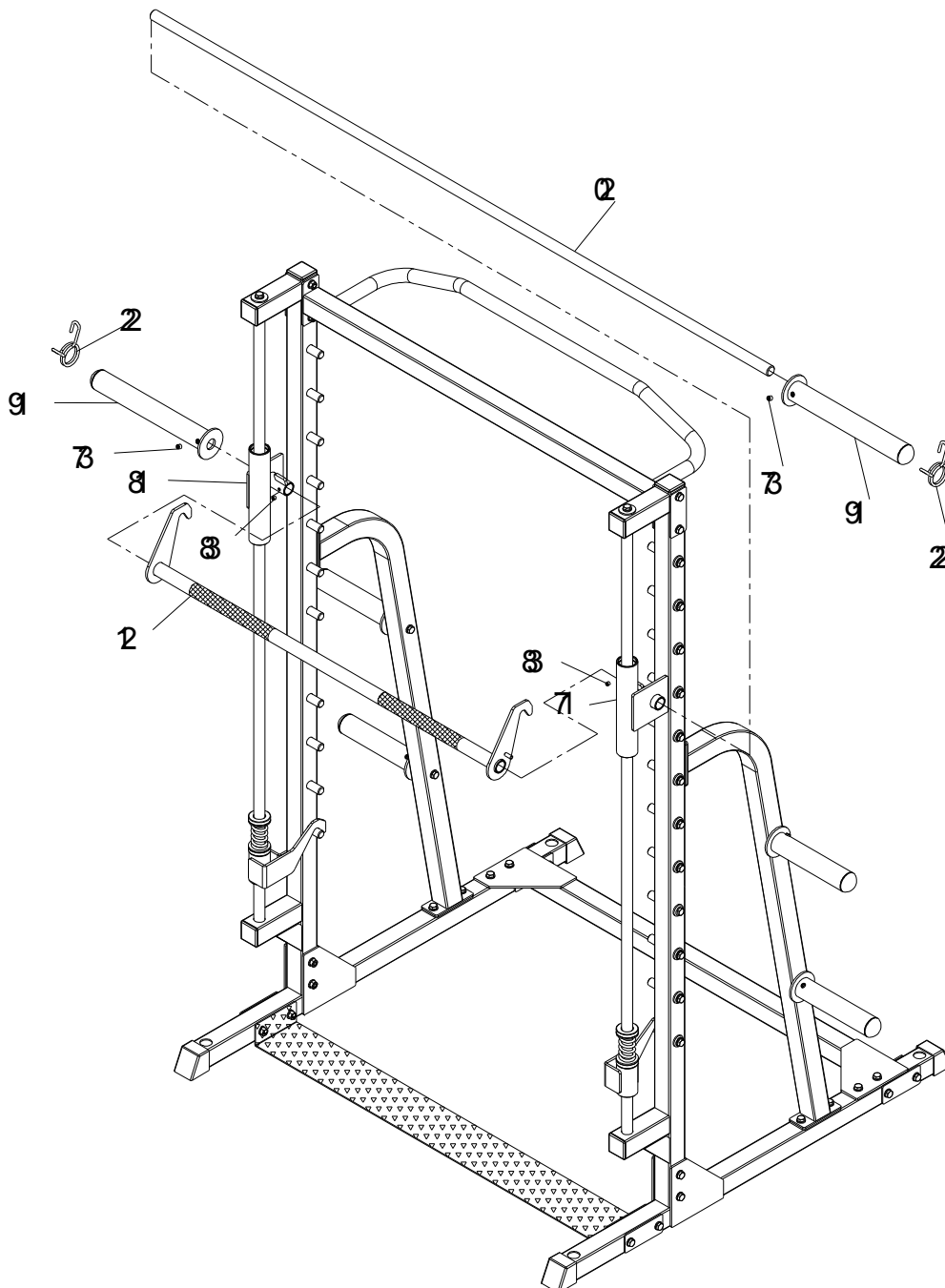
STEP4

- A. ASSEMBLE GUIDE BAR (10) THROUGH THE HOLE FROM THE TOP SIDE OF RIGHT UPRIGHT FRAME (5), THEN SLIDE RIGHT BARBELL SLIDING SEAT (18) ONTO GUIDE BAR (10), NEXT RUBBER CUSHION (31) , Φ 50MM WASHER (41) , SPRING (25) , AGAIN Φ 50MM WASHER (41) , RUBBER CUSHION (31), FINALLY RIGHT SLIDING TUBE (14) , AFTER HAVE ALL THESE PARTS ON AS SHOW , INSERT THE END OF GUIDE BAR (10) INTO THE HOLE AT THE BOTTOM OF RIGHT UPRIGHT FRAME (5) . USING 1PCS M10X16 HEX BOLT (36) AND 1PCS M10 WASHER (40) TO TIGHT THE GUIDE BAR (10) FROM THE BOTTOM , AND THEN USING 1PCS M10X16 HEX BOLT (36) , 1PCS M10 WASHER (40) AND 1PCS Φ 38MM WASHER (42)TO TIGHT THE GUIDE BAR (10) FROM THE TOP SIDE AS SHOW
- B. ASSEMBLE GUIDE BAR (10) AT THE LEFT SIDE AS THE SAME WAY



STEP5

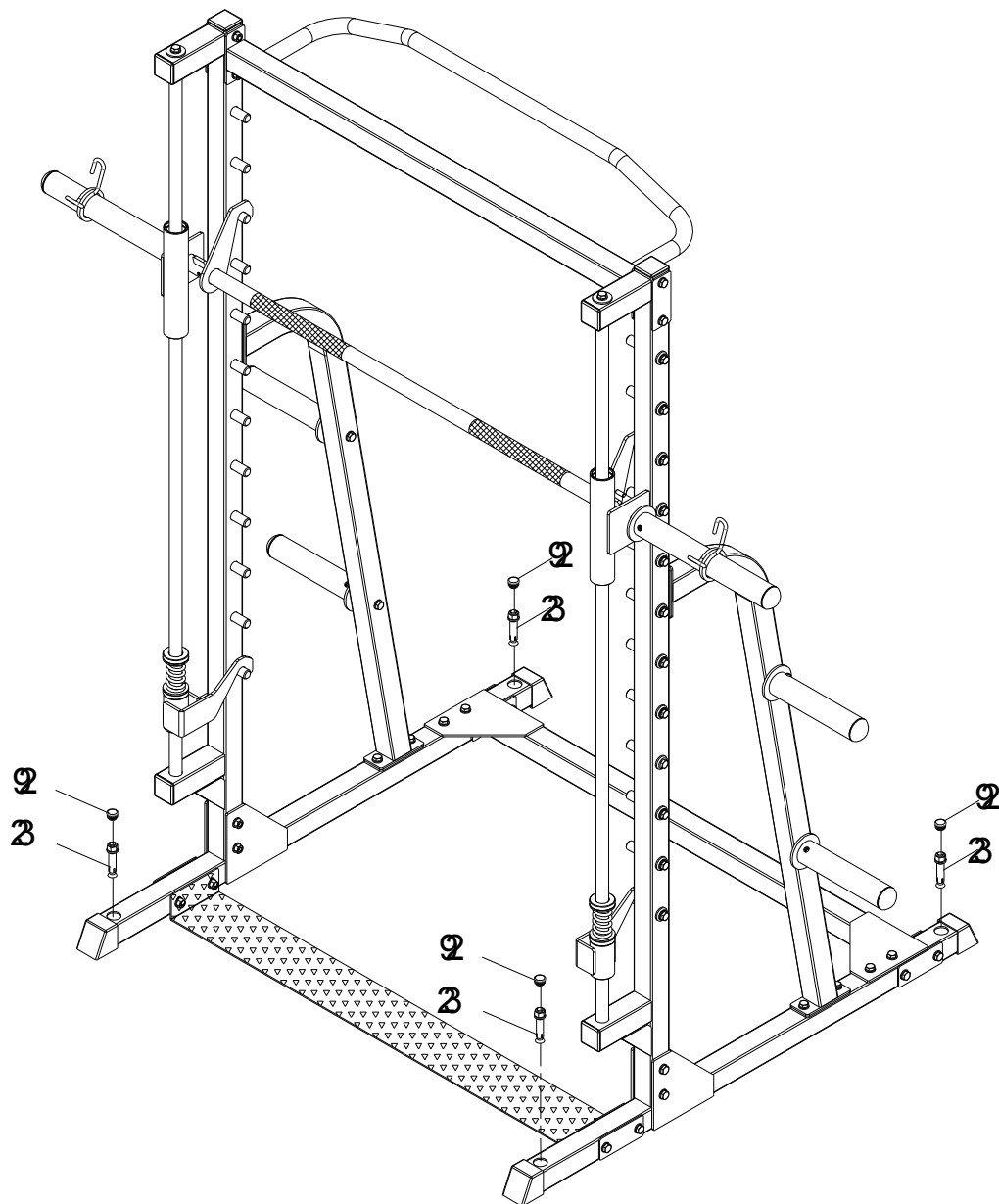
- A. HAVE PARTS OF SLIDE LEFT BARBELL SLIDING SEAT (17), SLIDE RIGHT BARBELL SLIDING SEAT (18) AND BARBELL ROD SLEEVE (21) IN LINE , AND THEN SLIDE BARBELL BAR (20) THROUGH ALL THESE 3 PARTS , USING 2PCS M8X8 SCREW(38) TO FIX THEM AS SHOW
- B. SLIDE WEIGHT CARRIAGE (LONG)(19) ONTO BARBELL BAR (20) USING 2PCS M10X10 SCREW (37) TO FIX , THEN ATTACH QUICK CLIP (22) ON AS SHOW



STEP 6

OPTION :

PUNCH EXPANSION SCREW (32) TO THE HOLE ON THE BASE FRAME (1 & 2) , TO FIX THE MACHINE ON THE FLOOR , THEN PUT $\Phi 30$ ROUND END PLUG (29) on





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