

TCORX
FITNESS IN MOTION

INSTRUCTION

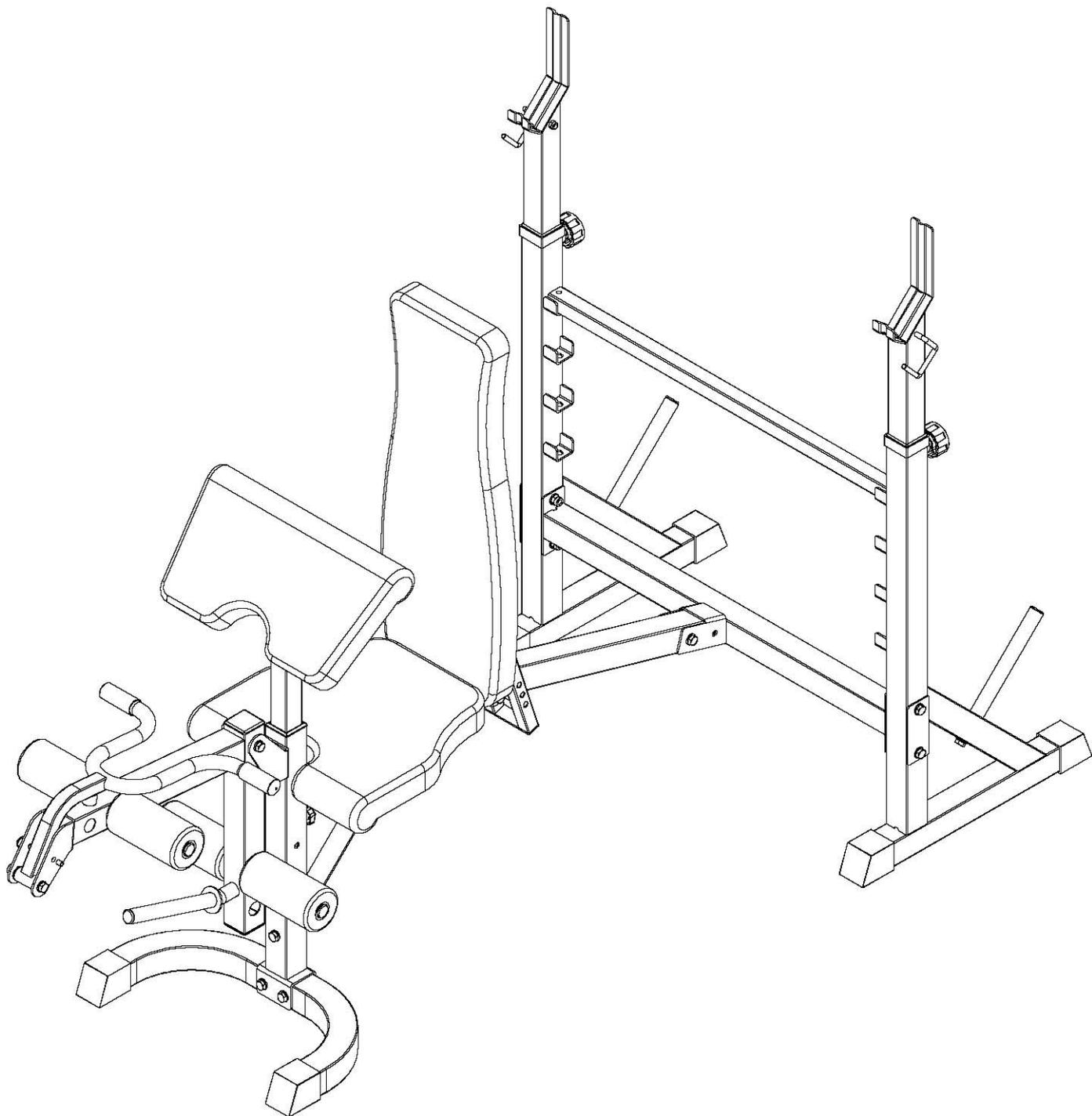


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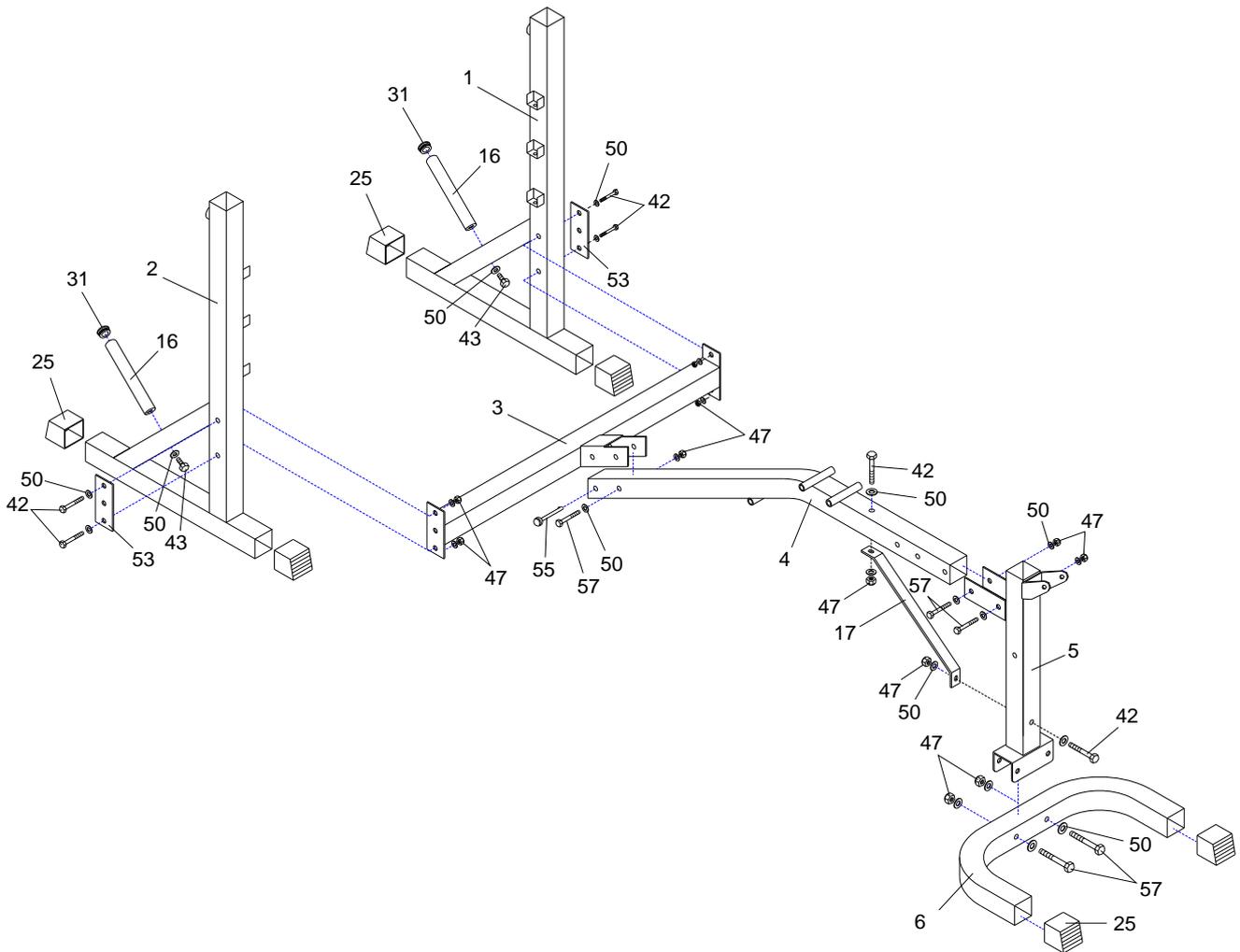
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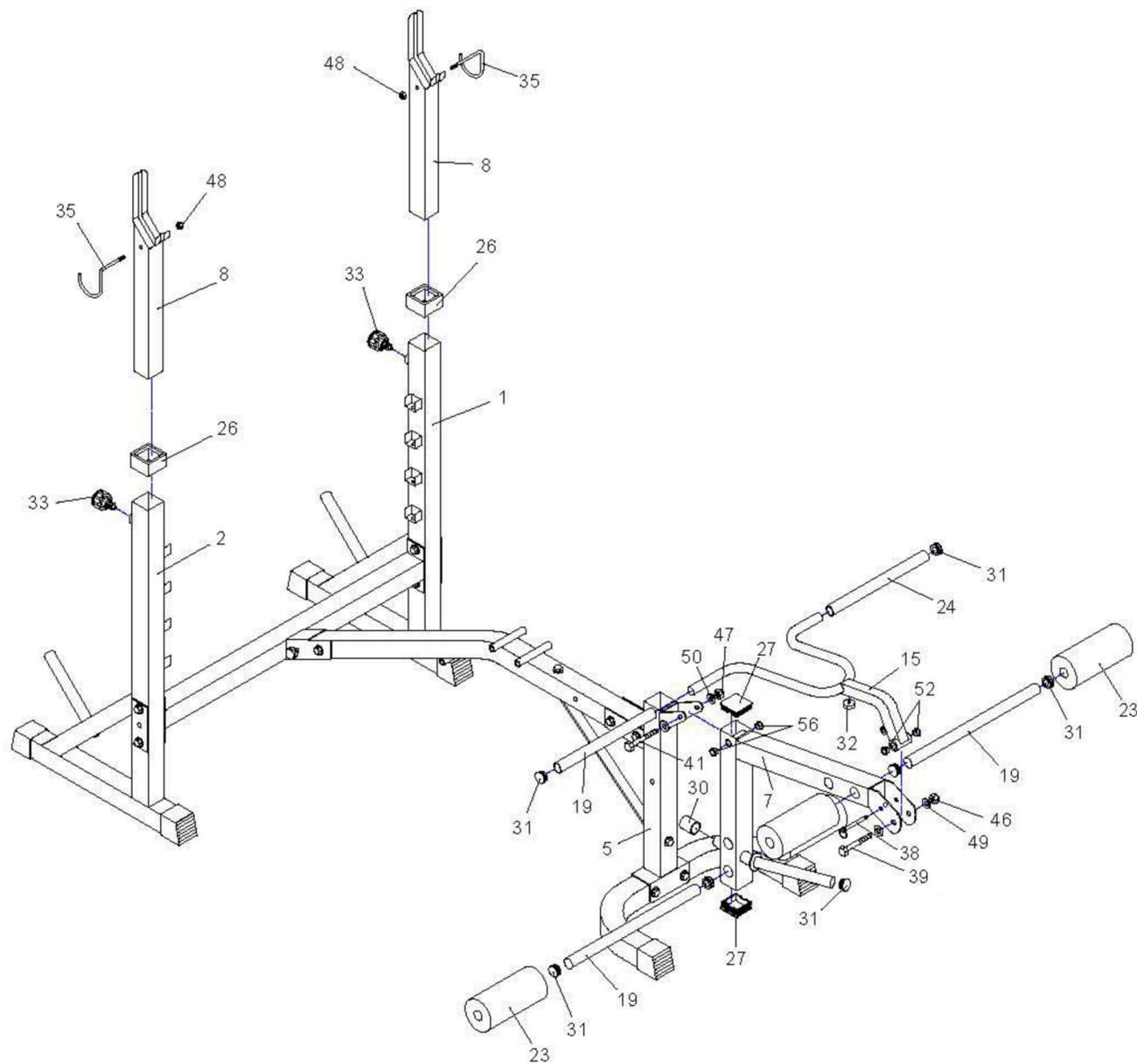
PART LIST

PART NO:	DESCRIPTION	Q'TY
01	LEFT UPRIGHT FRAME	1
02	RIGHT UPRIGHT FRAME	1
03	SUPPORT TUBE	1
04	CENTRAL BRACE	1
05	FRONT LEG	1
06	FRONT STABILIZER	1
07	LEG LIFT	1
08	BARBELL CRUTCH	2
09	ARM CURL SUPPORT FRAME	1
10	BACKREST SUPPORT BAR	1
11	BACKREST FIRM TUBE	2
12	SEAT FIRM TUBE	2
13	BACKREST SUPPORT	1
14	MODULATE	1
15	ARM CURL HANDLE	1
16	STORAGE POST	2
17	LEG LIFT SUPPORT	1
19	FOAM ROLL TUBE	2
20	BACK CUSHION	1
21	SEAT CUSHION	1
22	ARM CURL CUSHION	1
23	FOAM ROLLER	4
24	FOAMPAD	2
25	RUBBER CAP	6
26	50*45MM BUSHING	2
27	50MM SQUARE END CAP	2
28	50*38MM BUSHING	1
29	25MM SQUARE END CAP	4
30	25MM ROUND BUMPER	1
31	25MM ROUND END CAP	7
32	RUBBER BUMPER	1
33	SPRING KNOB	2
34	KNOB BOLT	1
35	BARBELL SAFETY LOCK	2
36	QUICK PIN(LONG)	1
37	10MM PULL PIN	1
38	8MM PULL PIN	1
39	M12*75 BOLT	1
40	M10*175 BOLT	2
41	M10*80 BOLT	1
42	M10*70 BOLT	6
43	M10*25 BOLT	2
44	M8*40 BOLT	8
45	M8*16 BOLT	2
46	M12 NYLON NUT	1
47	M10 NYLON NUT	16
48	M8 NYLON NUT	2
49	M12 WASHER	2
50	M10 WASHER	32
51	M8 WASHER	10
52	M12 BUSHING	2
53	STEEL PLATE	2
54	M10*65 CARRIAGE BOLT	2
55	QUICK PIN(SHORT)	2
56	M10 BUSHING	2
57	M10*75 BOLT	5



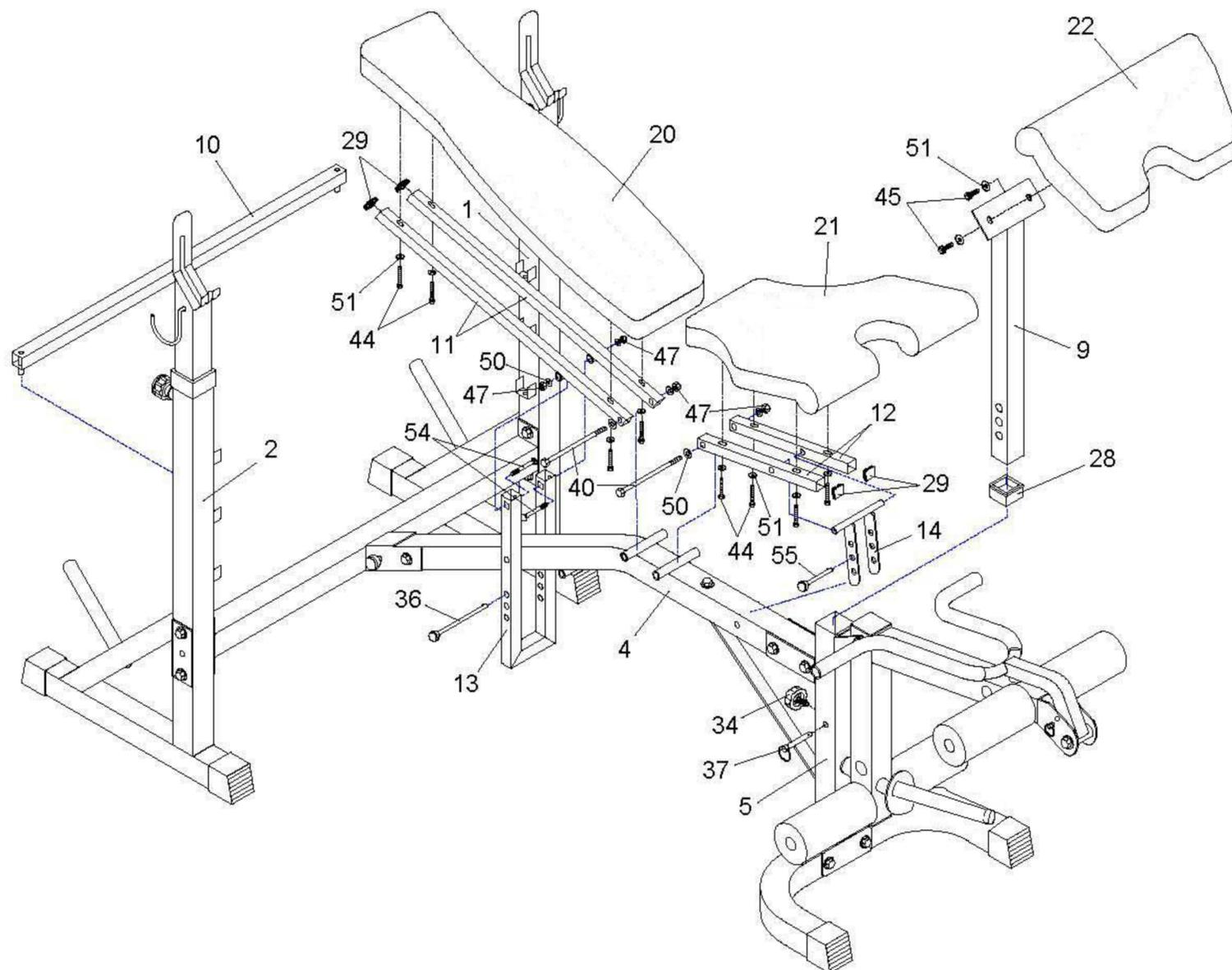
STEP 1

1. PLACE RUBBER CAP (25) ONTO BOTH ENDS OF MAIN UPRIGHT FRAME (1, 2) AND FRONT STABILIZER (6).
2. ATTACH SUPPORT TUBE (03) TO MAIN UPRIGHT FRAME (1, 2) AND STEEL PLATE (53) USING SECURE WITH BOLTS (42) WASHERS (50) AND NUTS (47) AS SHOWN.
3. ATTACH FRONT STABILIZER (6) INTO FRONT LEG (5) USING SECURE WITH BOLTS (57) WASHERS (50) NUTS (47) AS SHOWN.
4. ATTACH ELSE ONE END CENTRAL BRACE (4) TO FRONT LEG (5) USING SECURE WITH BOLTS (57) WASHERS (50) NUTS (47).
5. ATTACH LEG LIFT SUPPORT (17) ONTO CENTRAL BRACE (4) AND FRONT LEG (5) USING SECURE WITH BOLTS (42) WASHERS (50) NUTS (47) AS SHOWN.
6. ATTACH ONE END CENTRAL BRACE (4) TO SUPPORT TUBE (3) USING SECURE WITH BOLTS (57) WASHERS (50) NUTS (47) AND INSERT QUICK PIN (55).
7. ATTACH STORAGE POST (16) INTO MAIN UPRIGHT FRAME (1, 2) USING SECURE WITH BOLTS (43) WASHERS (50).



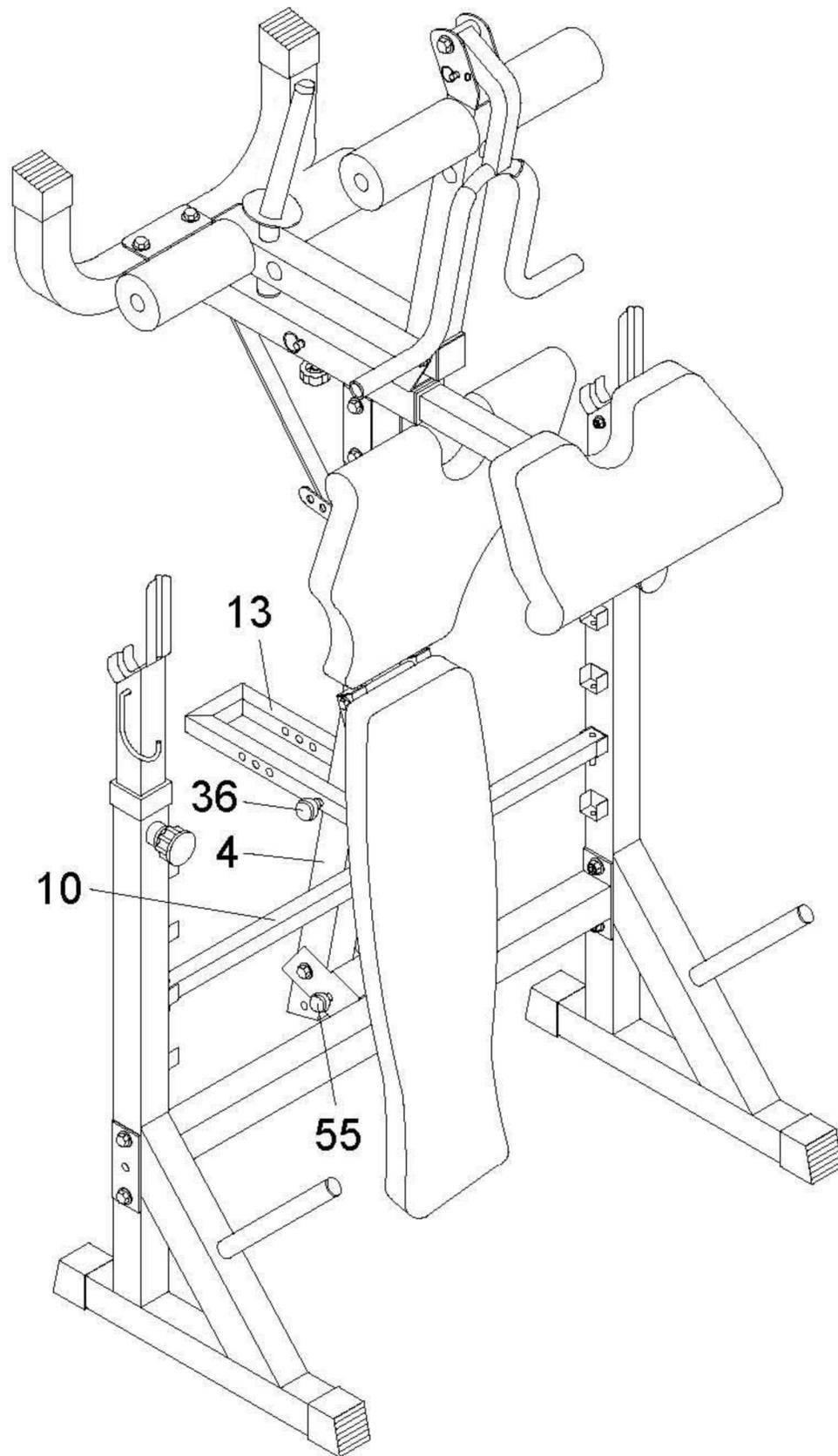
STEP 2

1. PLACE 50*45MM BUSHING (26) ONTO MAIN UPRIGHT FRAME (1, 2).
2. INSERT BARBELL CRUTCH (8) INTO THE R. & L. UPRIGHT FRAME (1, 2). SECURE WITH SPRING KNOB (33) AS SHOWN.
3. INSERT BARBELL SAFETY LOCK (35) IN BARBELL CRUTCH (8) SECURE WITH NUTS (48) AS SHOWN.
4. PLACE 50MM SQUARE CAP (27) ONTO LEG LIFT (7).
5. PLACE 25MM ROUND BUMPER (30) AND 25MM ROUND CAP (31) ONTO LEG LIFT (7) AS SHOWN.
6. ATTACH LEG LIFT (7) TO FRONT LEG (5) SECURE WITH BOLT (41), WASHER (50), AND NUT (47) AS SHOWN.
7. PLACE M12 BUSHING (52) AND RUBBER BUMPER (32) ONTO ARM CURL HANDLE (15) ATTACH THE ARM CURL HANDLE (15) TO THE TOP OF THE LEG LIFT (7) USING SECURE WITH BOLTS (39) WASHERS (49) AND NUTS (46) IT WITH A 8MM PULL PIN (38).
8. PUSH TWO HAND GRIP (24) AND 25MM ROUND END CAP (31) ONTO THE ARM CURL HANDLE (15) USING SOAP AND WATER IN THE HAND GRIP (24) ALLOW THEM TO SLIDE ONTO THE RODS WITH EASE.
9. SLIDE FOAM ROLL TUBE (19) THROUGH HOLES ON LEG LIFT (7).
10. PUSH FOAM ROLLS (23) ONTO THE TUBES FROM BOTH SIDES. TAP 25MM ROUND PLUG (31) ONTO THE END OF FOAM ROLL TUBE (19) AS SHOWN.



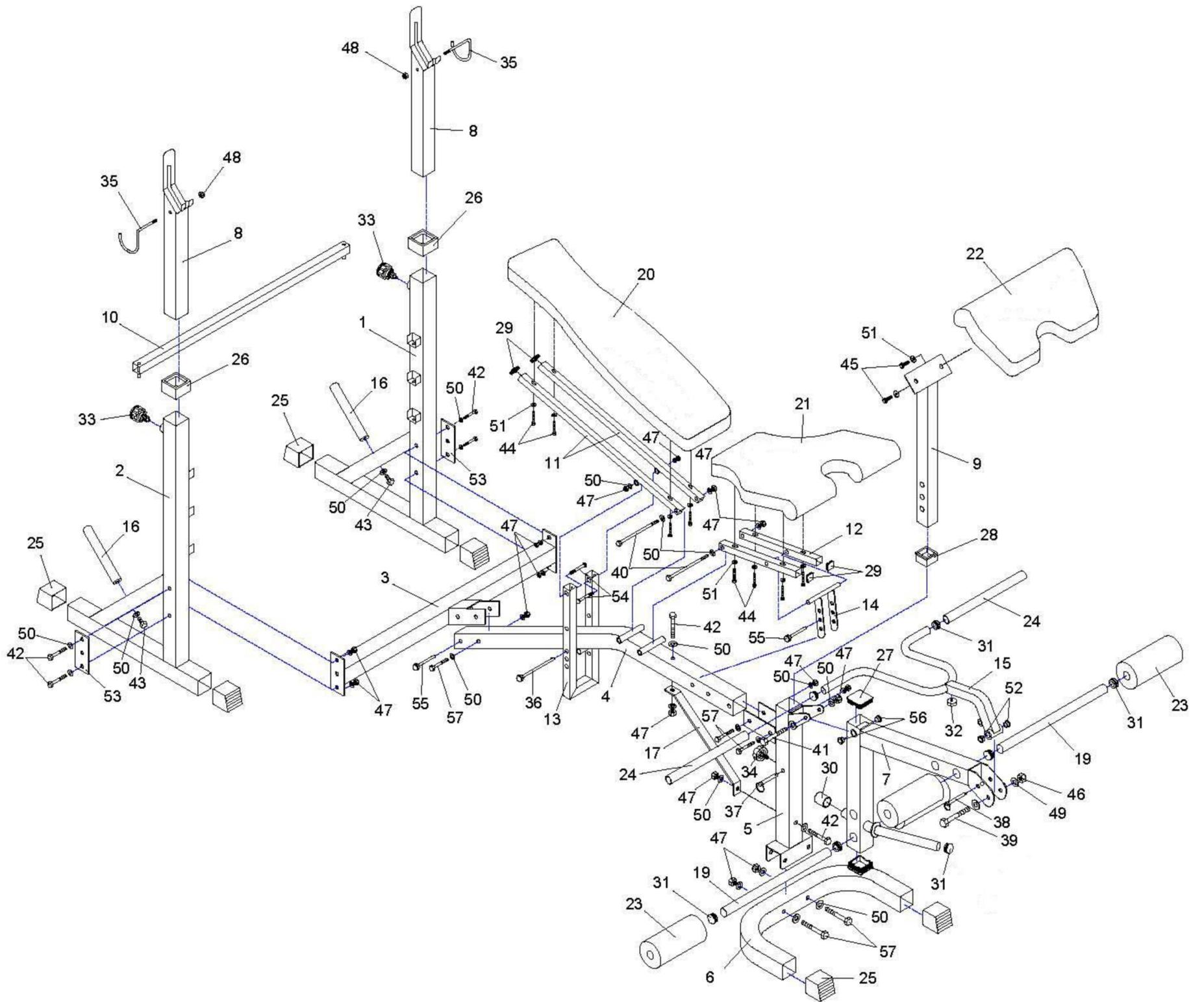
STEP 3

1. SLIDE BACKREST FIRM TUBE (11) OVER WELDED TUBE ON CENTRAL BRACE (4) SECURE WITH BOLT (40), WASHER (50), AND NUT (47) AS SHOWN.
2. ATTACH BACKREST SUPPORT (13) PASS THROUGH CENTRAL BRACE (4) ONTO BACKREST FIRM TUBE (11) SECURE WITH CARRIAGE BOLT (54), WASHER (50), AND NUT (47) AS SHOWN.
3. SECURE BACK CUSHION (20) TO BACKREST FIRM TUBE (11) WITH BOLTS (44), AND WASHERS (51) AS SHOWN.
4. LIFT THE BACK CUSHION (20) AND INSERT THE BACKREST SUPPORT BAR (10) ONTO THE R. & L. UPRIGHT FRAME (1, 2) TO YOUR DESIRED HEIGHT.
5. SLIDE SEAT FIRM TUBE (12) OVER WELDED TUBE ON CENTRAL BRACE (4) AND MODULATE (14). SECURE WITH BOLT (40), WASHER (50), AND NUT (47).
6. SECURE SEAT CUSHION (21) TO SEAT FIRM TUBE (12) WITH BOLTS (44), AND WASHERS (51) AS SHOWN.
7. PLACE PLASTIC SQUARE BUSHING (28) INTO FRONT LEG SUPPORT FRAME.
8. ATTACH ARM CURL CUSHION (22) ONTO ARM CURL SUPPORT FRAME (9) USING WASHERS (51) BOLT (45) AS SHOWN.
9. PLACE ARM CURL SUPPORT FRAME (9) INSERT THE UPPER PART OF FRONT LEG (5).
10. BY SIMPLY REMOVING THE QUICK PIN (37) AND ADJUST KNOB BOLT (34), YOU HAVE THE OPTION OF EXERCISING WITH THE ARM CURL OR LAT TOWER.



FOLDING INSTRUCTIONS

1. PULL THE QUICK PIN (SHORT) (55) OFF THE CENTRAL BRACE (4), THEN PUSH THE CENTRAL BRACE (4) BACKWARD TO BACKREST SUPPORT BAR (10) SECURE WITH QUICK PIN(LONG) (36) INTO BACKREST SUPPORT (13) AS SHOWN FOR FOLDING.





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