TOORX
PROFESSIONAL LINE

INSTRUCTION



LAT PULLDOWN

PLX 8350

Code: GRLDTOORXPLX8350

Rev: 00

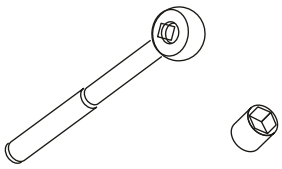
Ed: 11/26

Instructions

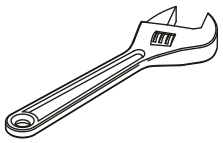
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

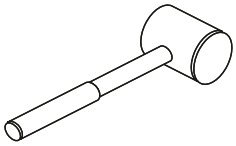
Tools Required



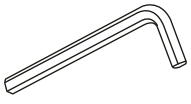
Ratchet Wrench and Socket



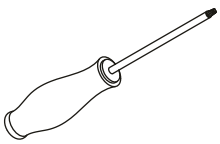
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



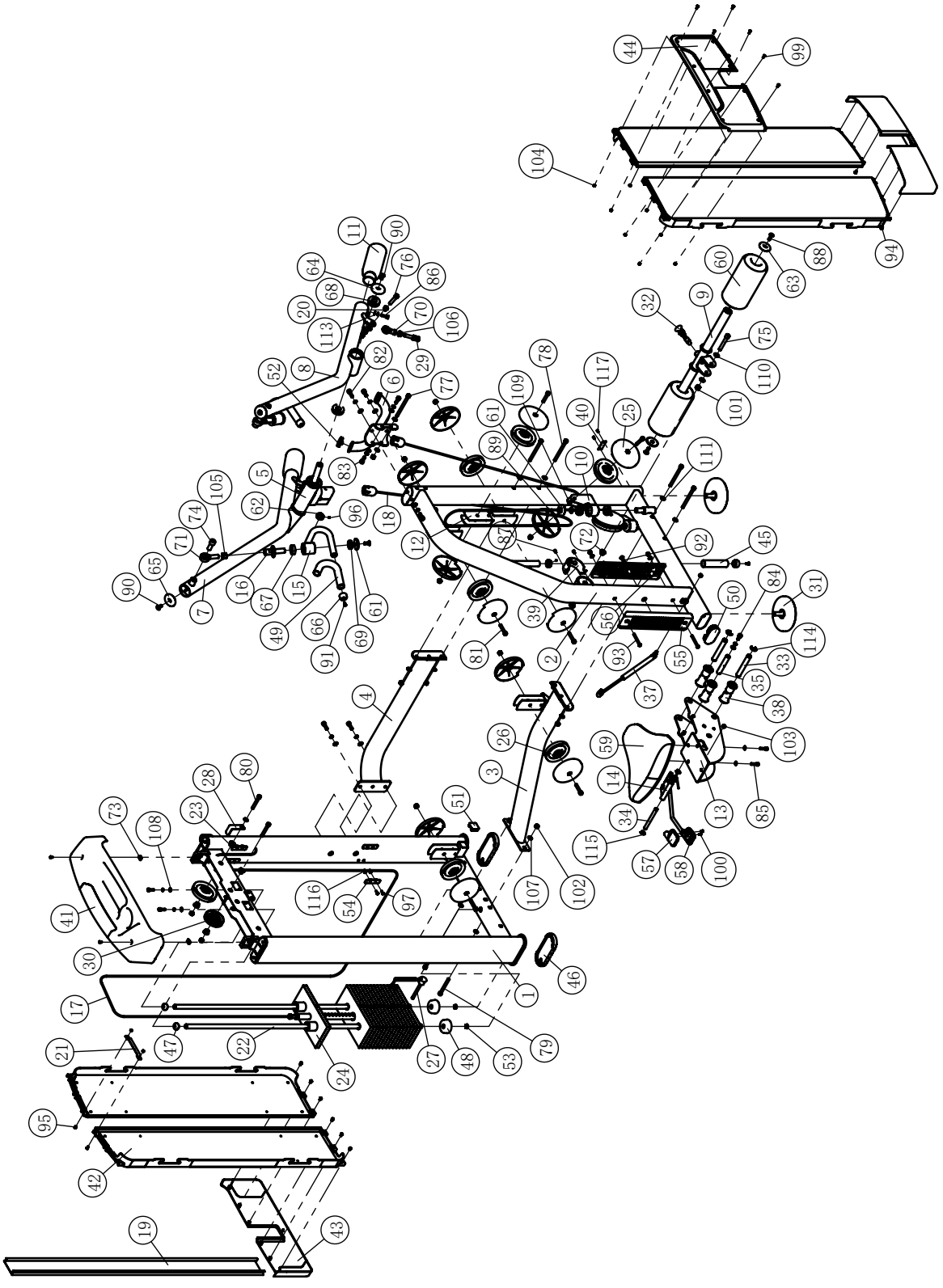
Phillips Screwdriver

Parts List

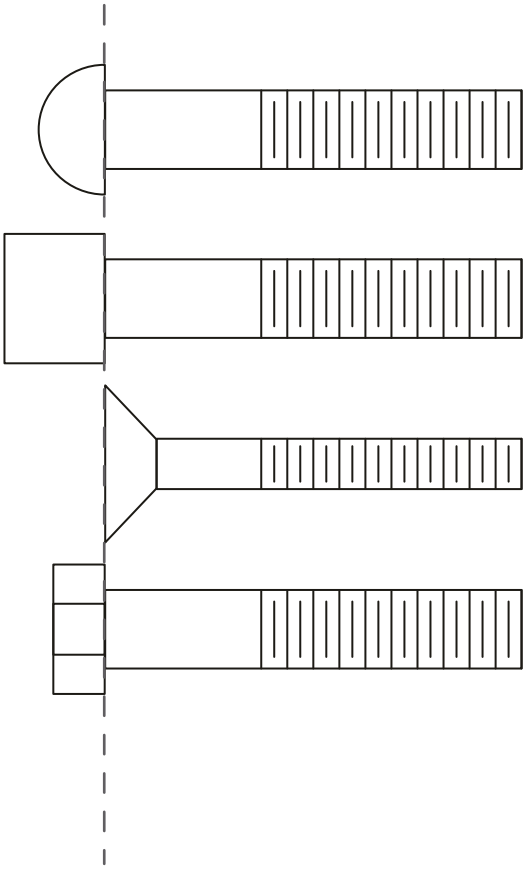
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	60	FOAM ASSY	2
2	Body Frame	1	61	End Cap	4
3	Ground Connection Frame	1	62	Aluminium Ring Φ25	3
4	Rear Connecting Frame	1	63	End Cap Φ54	2
5	Spindle Frame	1	64	End Cap Φ63.5	2
6	Limit Frame	1	65	End Cap Φ60	2
7	Left Arm Frame	1	66	Aluminum Cap Φ25	3
8	Right Arm Frame	1	67	Bearing6004-2Z	6
9	FOAM Frame	1	68	Bearing6205-2Z	4
10	Swing Pulley Frame	2	69	Tapered Roller Bearing	2
11	Counter Balance Weight	2	70	Joint Bearing with Rod End M12	2
12	Movable Pulley Frame	1	71	Joint Bearing with Rod End M16×Φ16	2
13	Seat Pad Support Frame	1	72	Bushing Φ25×Φ12.2×13	2
14	Adjustbale Handle ASSY	1	73	Reed Nut M5	2
15	Pull the handle	2	74	Socket Head Cap Screw M16×40	2
16	Rotating Frame	2	75	Socket Head Cap Screw M12×80	1
17	Cable ASSY 1	1	76	Socket Head Cap Screw M12×55	2
18	Cable ASSY 2	1	77	Socket Head Cap Screw M10×125	1
19	Back Buckle	1	78	Socket Head Cap Screw M10×120	4
20	Sleeve	4	79	Socket Head Cap Screw M10×90	2
21	Connecting Plate	1	80	Socket Head Cap Screw M10×70	2
22	Guide Rod	2	81	Socket Head Cap Screw M10×50	7
23	Sleeve	4	82	Socket Head Cap Screw M10×30	3
24	Top Plate	1	83	Socket Head Cap Screw M10×25	4
25	Pulley Cover	14	84	Socket Head Cap Screw M10×20	2
26	4.5″ Pulley	8	85	Soket Head Cap Screw M8×30	2
27	Selector Pin W/Coil	1	86	Soket Head Cap Screw M8×25	6
28	Baffle	1	87	Soket Head Cap Screw M5×10	2
29	Cable Connection Shaft	2	88	Flat Head Cap Screw M10×30	2
30	3.5″ Pulley	1	89	Flat Head Cap Screw M10×25	4
31	Ground Frame	2	90	Flat Head Cap Screw M10×25	4
32	Elastic Latch ASSY	1	91	Flat Head Cap Screw M6×16	3
33	Short Shaft Φ19.05×128.8	2	92	Button Head Cap Screw 3/8″-16×38	1
34	Handle Pivot Shaft Φ12.7×128.3	1	93	Button Head Cap Screw M8×70	2
35	Middle Pivot Shaft Φ19.05×107.2	1	94	Button Head Cap Screw M6×10	12
36	Torsion Spring	1	95	Button Head Cap Screw M5×10	2
37	Gap Spring ASSY	1	96	Socket Set Screw M5×3	6
38	Idler Wheel	3	97	Cross Recess Head Screw M5×15	16
39	Liner	1	98	Cross Recess Head Screw M5×10	2
40	Serial Number Nameplate	1	99	Cross Recessed Countersunk Head Screw M5×15	8
41	Top Shroud	1	100	Cross Recess Head Screw M4×10	2
42	Side Shroud	4	101	Nylon Lock Nut M12	3
43	Under Shroud	2	102	Nylon Lock Nut M10	16
44	Front Cocer	1	103	Nylon Lock Nut M8	4
45	Grip ST Φ24×Φ31×130	1	104	Nylon Lock Nut M5	10
46	Rubber Foot	2	105	Hex Nut M16	2
47	Mount Sleeve	2	106	Hexagon Flange Nut M12	2
48	Rubber Mat	2	107	Flat Washer Φ11×Φ20×2	16
49	Grip ST Φ24×Φ31×255	2	108	Flat Washer Φ9×Φ16×1.6	10
50	Plug RT50×100	1	109	Flat Washer Φ20.2×Φ25×1	2
51	Plug F38	1	110	Flat Washer Φ13×Φ24×1.5	2
52	Bumper Φ45	2	111	Arc washer Φ10	8
53	Rubber Plug	2	112	Spring Washer Φ10	9
54	Shield Fixed Seat	8	113	Spring Washer Φ8	6
55	Inner Slide	1	114	External Retaining Ring Φ15	4
56	Outer Slide	1	115	External Retaining Ring Φ12	2
57	Handle Top	1	116	Rivet Nut M5×13	16
58	Handle Bottom	1	117	Blind Rivet Φ4×8	2
59	Seat Pad	1			

Exploded View



Measurement Guide

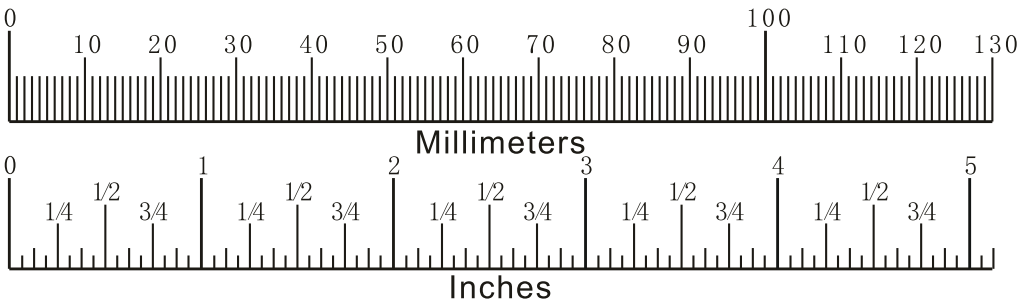


BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

⚠ NOTE

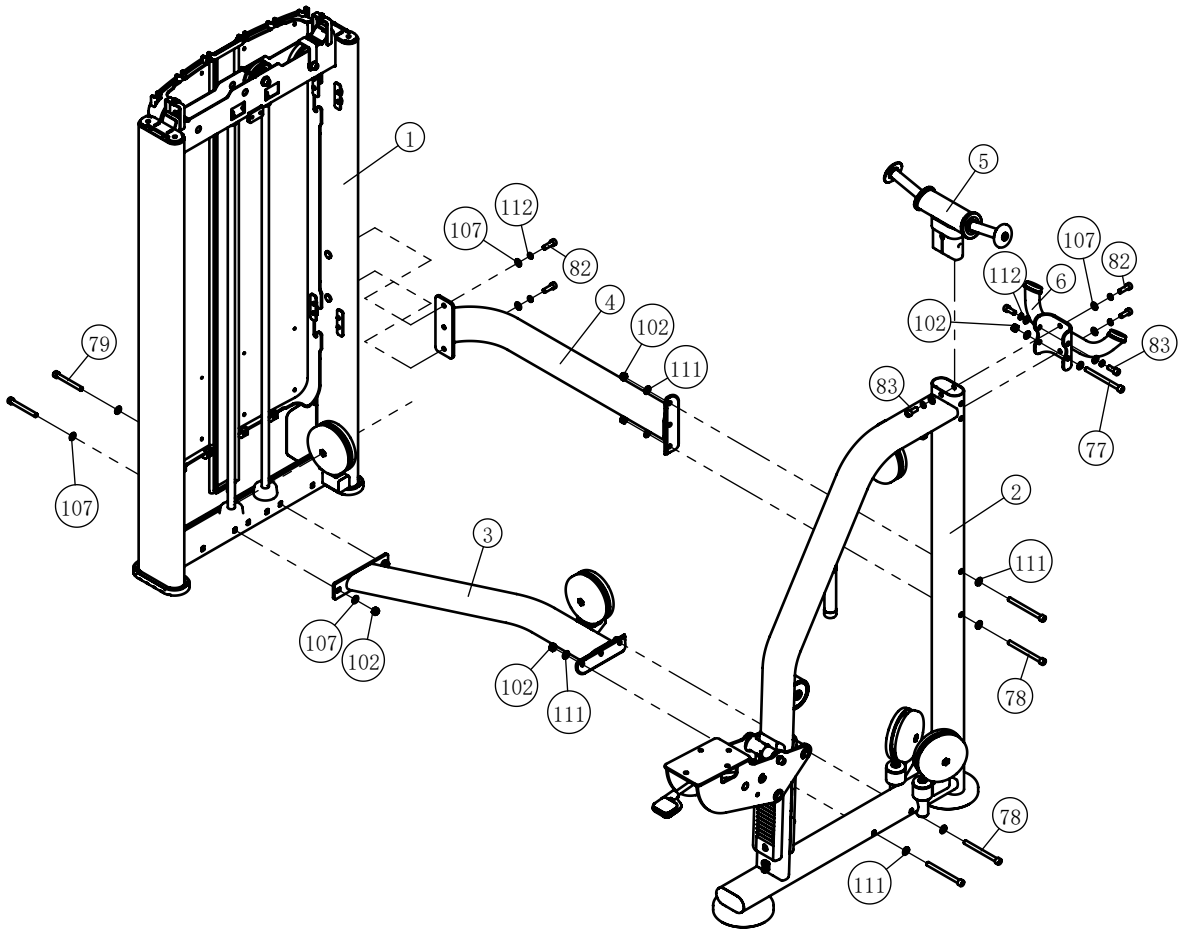
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

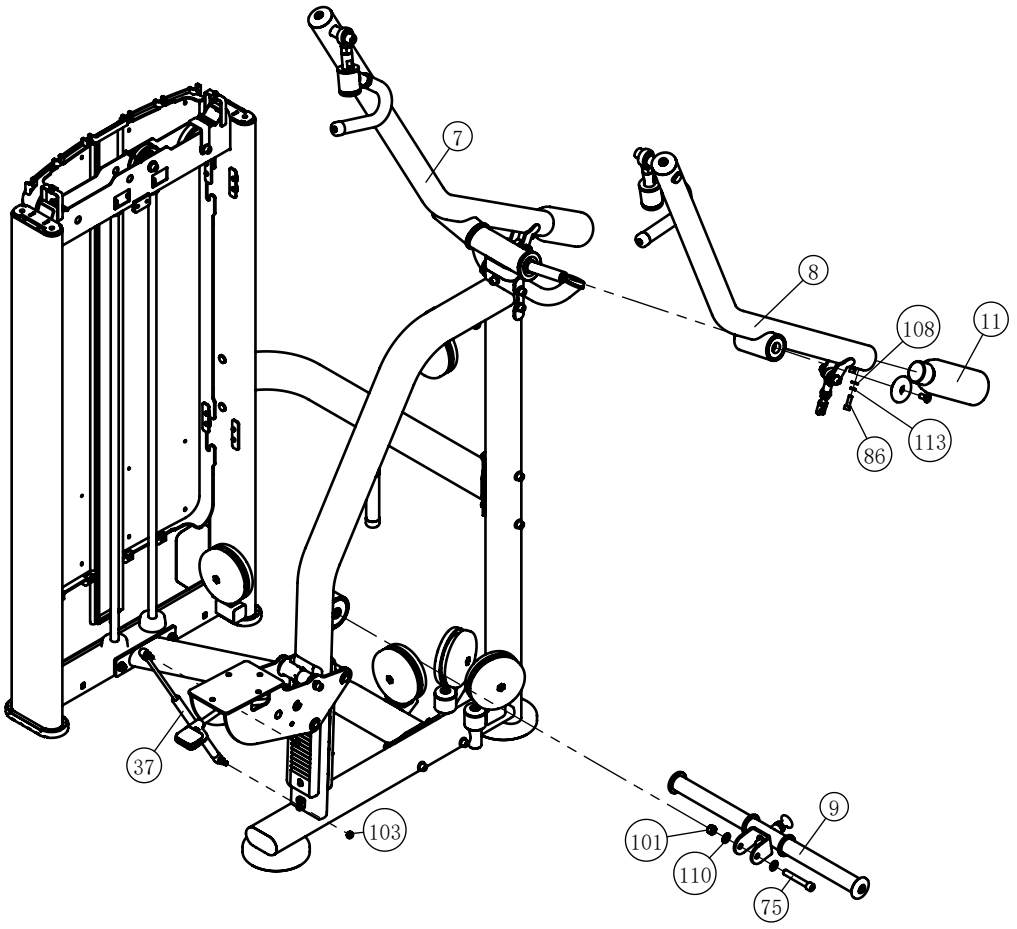
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Weight Stack Frame	1	79	Socket Head Cap Screw M10×90	2
2	Body Frame	1	82	Socket Head Cap Screw M10×30	3
3	Ground Connection Frame	1	83	Socket Head Cap Screw M10×25	4
4	Rear Connecting Frame	1	102	Nylon Lock Nut M10	7
5	Spindle Frame	1	107	Flat Washer Φ11×Φ20×2	13
6	Limit Frame	1	111	Arc washer Φ10	8
77	Socket Head Cap Screw M10×125	1	112	Spring Washer Φ10	7
78	Socket Head Cap Screw M10×120	4			



STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

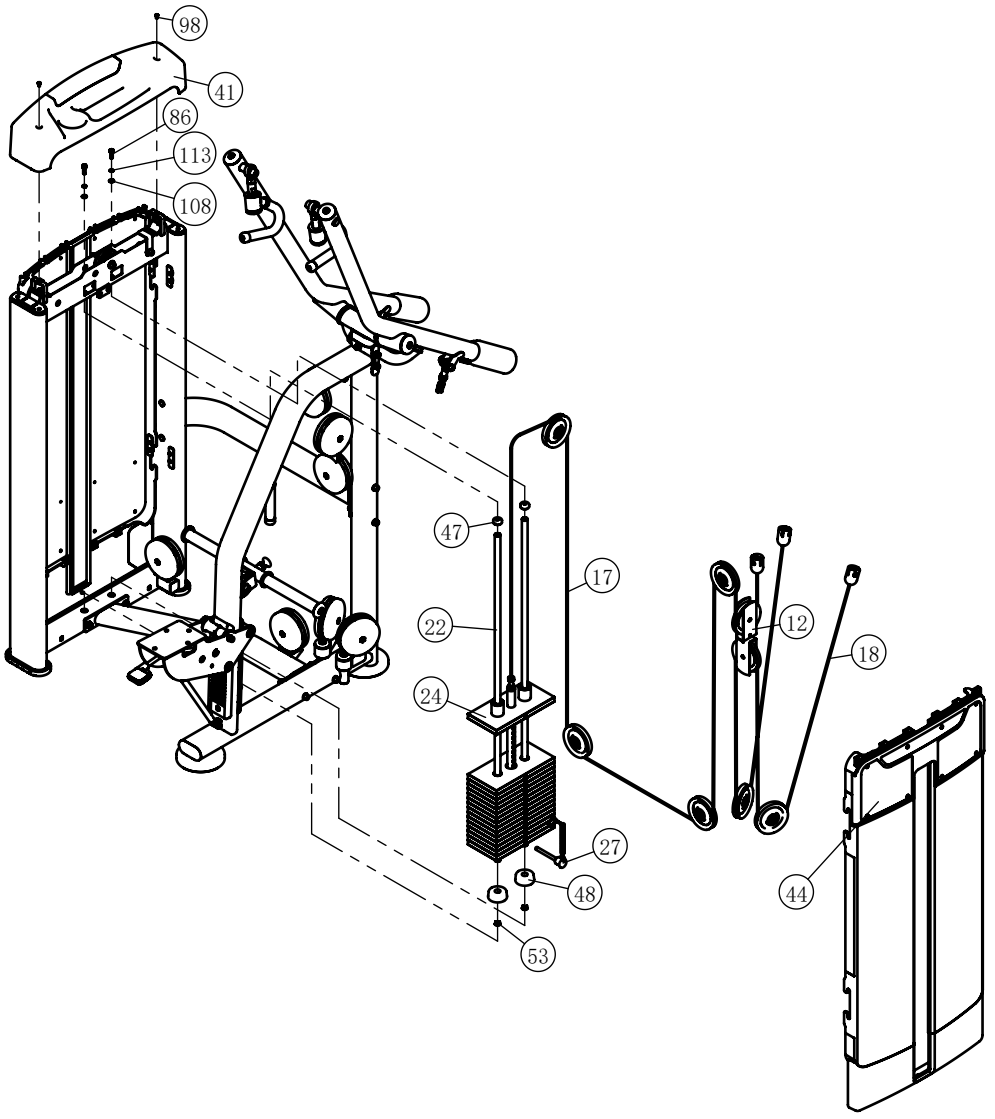
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
7	Left Arm Frame	1	86	Soket Head Cap Screw M8×25	4
8	Right Arm Frame	1	101	Nylon Lock Nut M12	1
9	FOAM Frame	1	103	Nylon Lock Nut M8	2
11	Counter Balance Weight	2	108	Flat Washer Φ9×Φ16×1.6	4
37	Gap Spring ASSY	1	110	Flat Washer Φ13×Φ24×1.5	2
75	Socket Head Cap Screw M12×80	1	113	Spring Washer Φ8	4



STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

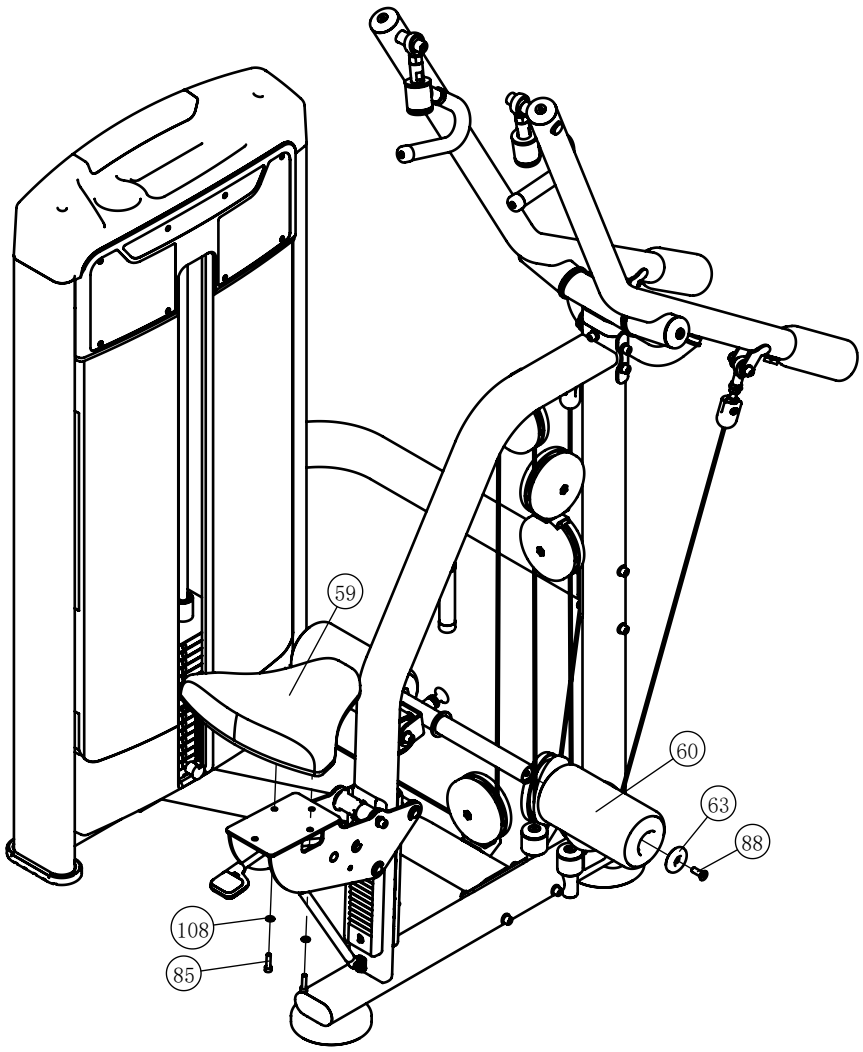
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
12	Movable Pulley Frame	1	47	Mount Sleeve	2
17	Cable ASSY 1	1	48	Rubber Mat	2
18	Cable ASSY 2	1	53	Rubber Plug	2
22	Guide Rod	2	86	Soket Head Cap Screw M8×25	2
24	Top Plate	1	98	Cross Recess Head Screw M5×10	2
27	Selector Pin W/Coil	1	108	Flat Washer Φ9×Φ16×1.6	2
41	Top Shroud	1	113	Spring Washer Φ8	2
44	Front Cocer	1			



STEP 4

Note: Wrench Tighten Screws.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
59	Seat Pad	1	85	Soket Head Cap Screw M8×30	2
60	FOAM ASSY	2	88	Flat Head Cap Screw M10×30	2
63	End Cap Φ54	2	108	Flat Washer Φ9×Φ16×1.6	2



Garlando

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