TOORX
PROFESSIONAL LINE

INSTRUCTION



ISOLATERAL SEATED ROW

PLX 8450

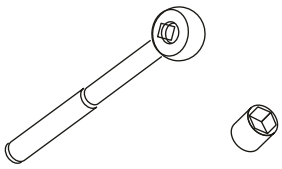
Code : GRLDTOORXPLX8450
Rev: 00
Ed: 11/26

Instructions

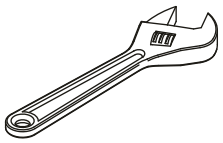
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

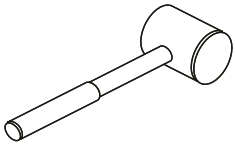
Tools Required



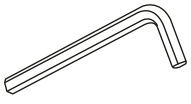
Ratchet Wrench and Socket



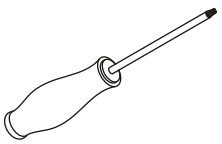
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



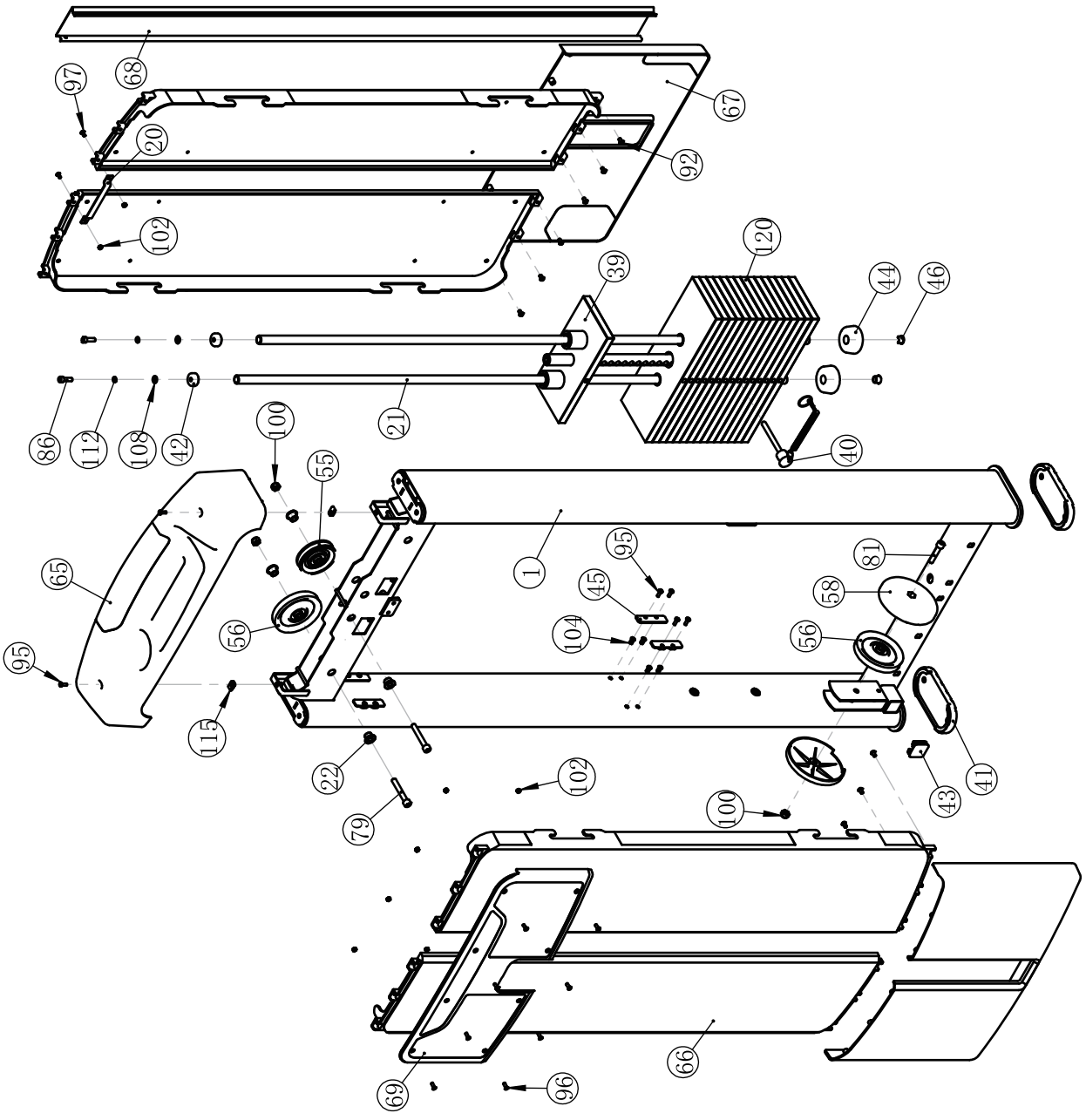
Phillips Screwdriver

Parts List

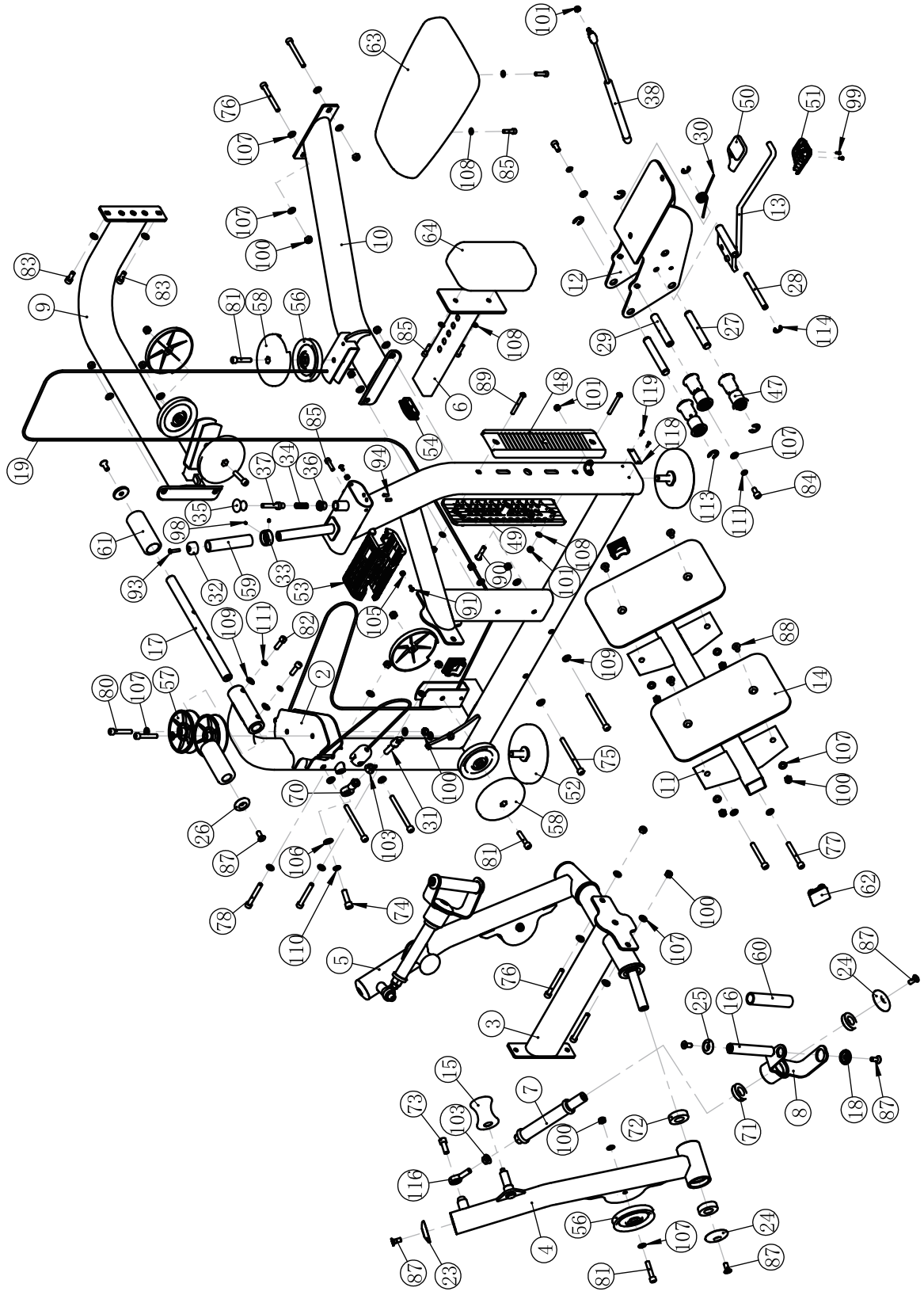
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No	Description	QTY	Item No	Description	QTY
1	Weight Stack Frame	1	61	Nylon Roller Sleeve	2
2	Main Frame	1	62	Tube Plug F50.8	3
3	Rotating Fixed Frame	1	63	Seat Cushion	1
4	Left Swing Frame	1	64	Shoulder Pad	1
5	Right Swing Frame	1	65	Upper Shroud	1
6	Carriage	1	66	Side Shroud	4
7	Handle Connection Bracket	2	67	Under Shroud	2
8	Rotate The Handle Frame	2	68	Back Buckle	1
9	Connection Frame	1	69	Front Cover	1
10	Bottom Connection Bracket	1	70	Spherical Plain Bearing	1
11	Pedal Stand	1	71	Bearing 6005-2Z	4
12	Seat Cushion Frame	1	72	Bearing 6205-2Z	4
13	Pull Rod Component	1	73	Socket Head Cap Screw M12*30	2
14	Patterned Foot Pedal	2	74	Socket Head Cap Screw M12*40	1
15	Roller	2	75	Socket Head Cap Screw M10*120	4
16	The Handle Frame	2	76	Socket Head Cap Screw M10*90	4
17	Limit Rod	1	77	Socket Head Cap Screw M10*80	2
18	Aluminum End Cap	2	78	Socket Head Cap Screw M10*75	2
19	Cable Assembly	1	79	Socket Head Cap Screw M10*70	2
20	Connecting Plate	1	80	Socket Head Cap Screw M10*60	2
21	Guide Rod φ19*2.0*1519	2	81	Socket Head Cap Screw M10*50	6
22	Pulley Sleeve	4	82	Socket Head Cap Screw M10*30	2
23	Aluminum End Cap	2	83	Socket Head Cap Screw M10*25	2
24	Aluminum End Cap	4	84	Socket Head Cap Screw M10*20	2
25	Small Aluminum End Cap	2	85	Socket Head Cap Screw M8*30	5
26	End Cap	2	86	Socket Head Cap Screw M8*25	2
27	Rotation Shaft	2	87	Flat Head Cap Screw M10*25	12
28	Joystick Shaft	1	88	Flat Head Cap Screw M10*20	4
29	Central Axis	1	89	Button Head Cap Screw M8*70	2
30	Torsional Spring	1	90	Button Head Cap Screw 3/8"-16*38	1
31	Steel Cable Connecting Shaft	1	91	Button Head Cap Screw M6*12	2
32	Aluminium Grip Cap	1	92	Button Head Cap Screw M6*10	12
33	Aluminium Grip Ring	1	93	Flat Head Cap Screw M6*30	1
34	Spring	1	94	Socket Set Screw M6*16	2
35	Little Handles	1	95	Button Head Cap Screw M5*15	18
36	Locking Nut	1	96	Flat Head Philips Screw M5*15	8
37	Shaft	1	97	Button Head Cap Screw M5*10	2
38	Gas Spring Component	1	98	Socket Set Screw M5*6	2
39	Heavy Iron Assembly	1	99	Button Head Cap Screw M4*10	2
40	Selector Pin W/Coil	1	100	Nylon Lock Nut M10	25
41	Rubber Foot	2	101	Nylon Lock Nut M8	4
42	Mount Sleeve	2	102	Nylon Lock Nut M5	10
43	Tube Plug F38	1	103	Hexagon Flange Nut M12	3
44	Rubber Bumper	2	104	Flat Hex Nut M5	16
45	Shroud Clip	8	105	Hexagon Nut	2
46	Rubber Plug φ18.5*φ15*7	2	106	Flat Washer φ13.5*φ24*2.5	1
47	Long Roller Component	3	107	Flat Washer φ11*φ20*2	30
48	Seat Cushion Inner Slide Rail	1	108	Flat Washer φ9*φ16*1.6	8
49	Seat Cushion Outer Slide Rail	1	109	Arc Washer φ10	12
50	Handle Cover Component	1	110	Spring Washer φ12	1
51	Lower Cover of Handle	1	111	Spring Washer φ10	6
52	Floor Stand	2	112	Spring Washer φ8	2
53	Plastic Tube Guide	2	113	Split Washer φ15	4
54	Tube Plug J30*70	1	114	Split Washer φ12	2
55	Pulley	1	115	Stretch Splint	2
56	Pulley	7	116	Socket Head Cap Screw M10*125	2
57	V-shaped Pulley	2	117	Lube Oil Box	1
58	Pulley Cover	7	118	Nameplate	1
59	Handle Bar Gloves	1	119	Rivets	2
60	Handle Bar Gloves	2	120	Weight Plate	15

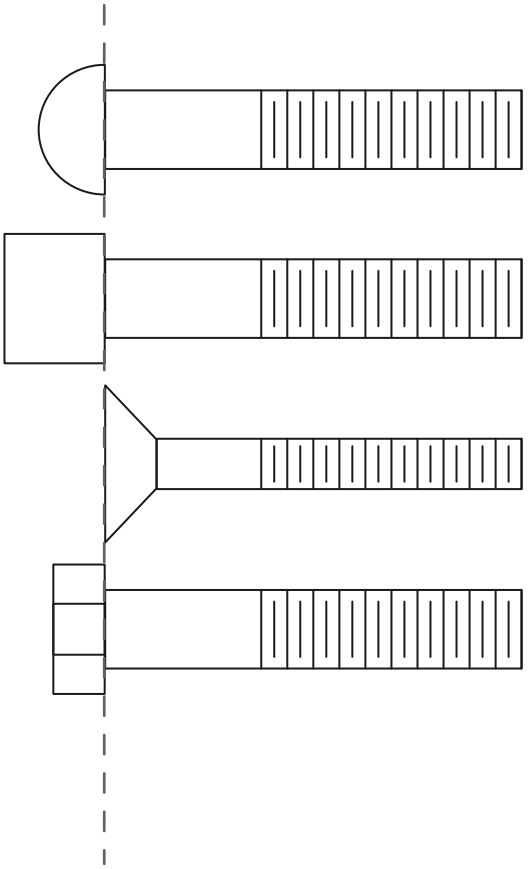
Exploded View



Exploded View



Measurement Guide

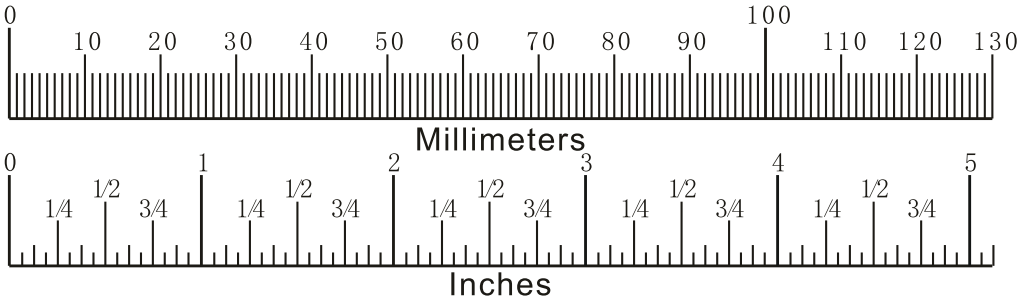


BHCS = Button Head Cap Screw

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

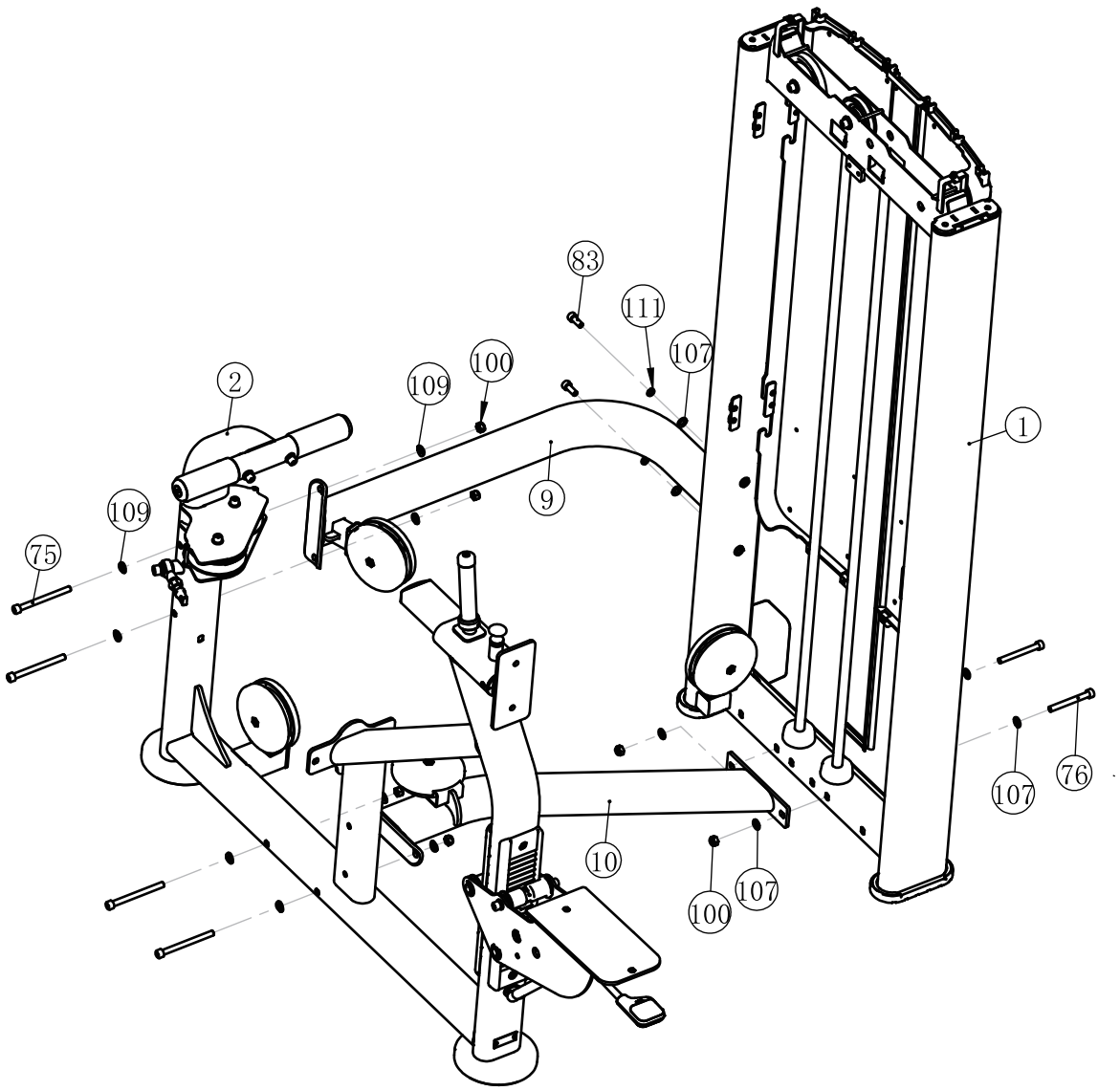
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

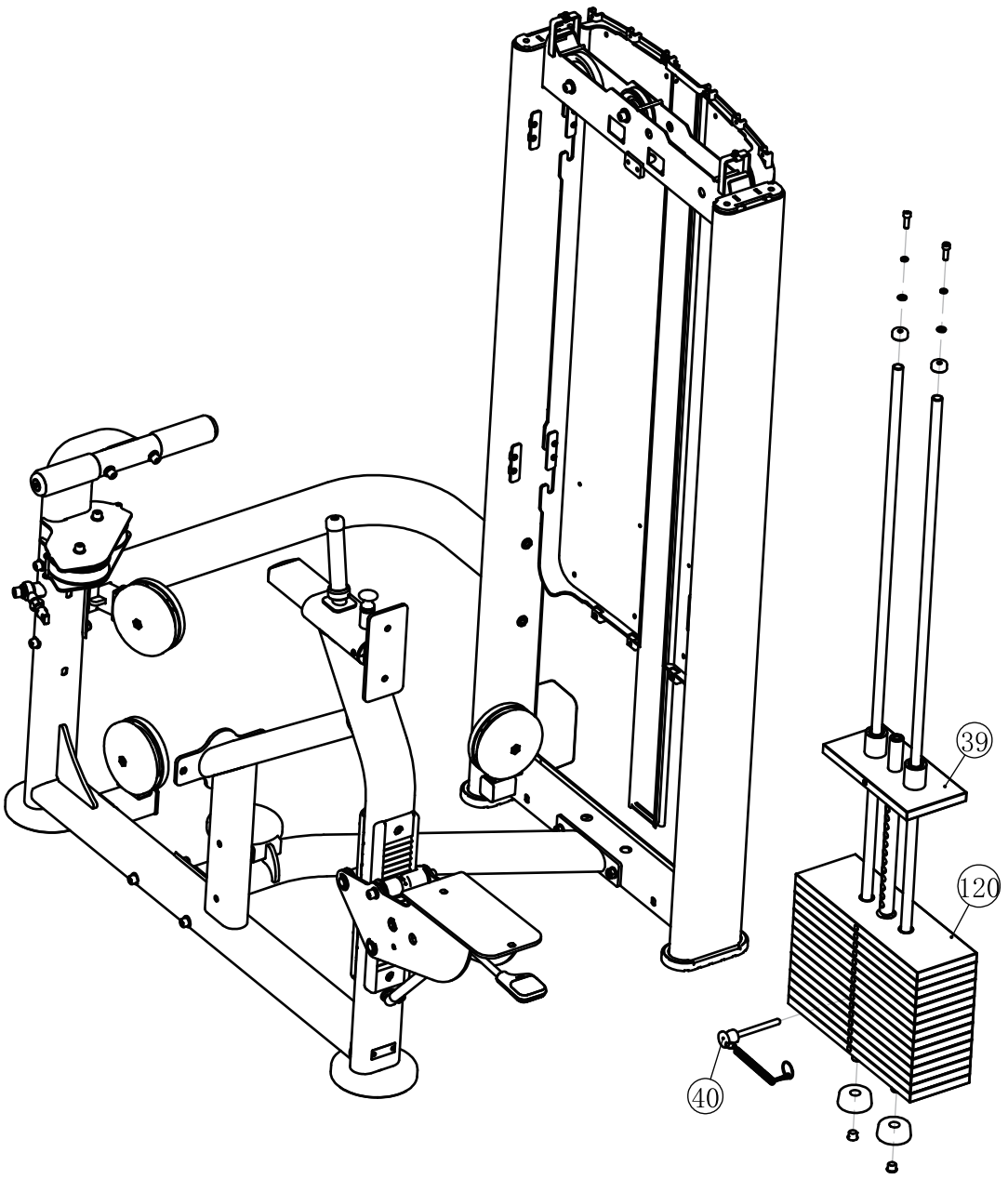
Item No	Description	QTY		Item No	Description	QTY
1	Weight Stack Frame Assembly	1		83	Socket Head Cap Screw M10*25	2
2	Main Frame Assembly	1		100	Nylon Lock Nut M10	6
9	Connection Frame Assembly	1		107	Flat Washer φ11*φ20*2	6
10	Bottom Connection Bracket Assembly	1		109	Arc Washer φ10	8
75	Socket Head Cap Screw M10*120	4		111	Spring Washer φ10	2
76	Socket Head Cap Screw M10*90	2				



STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

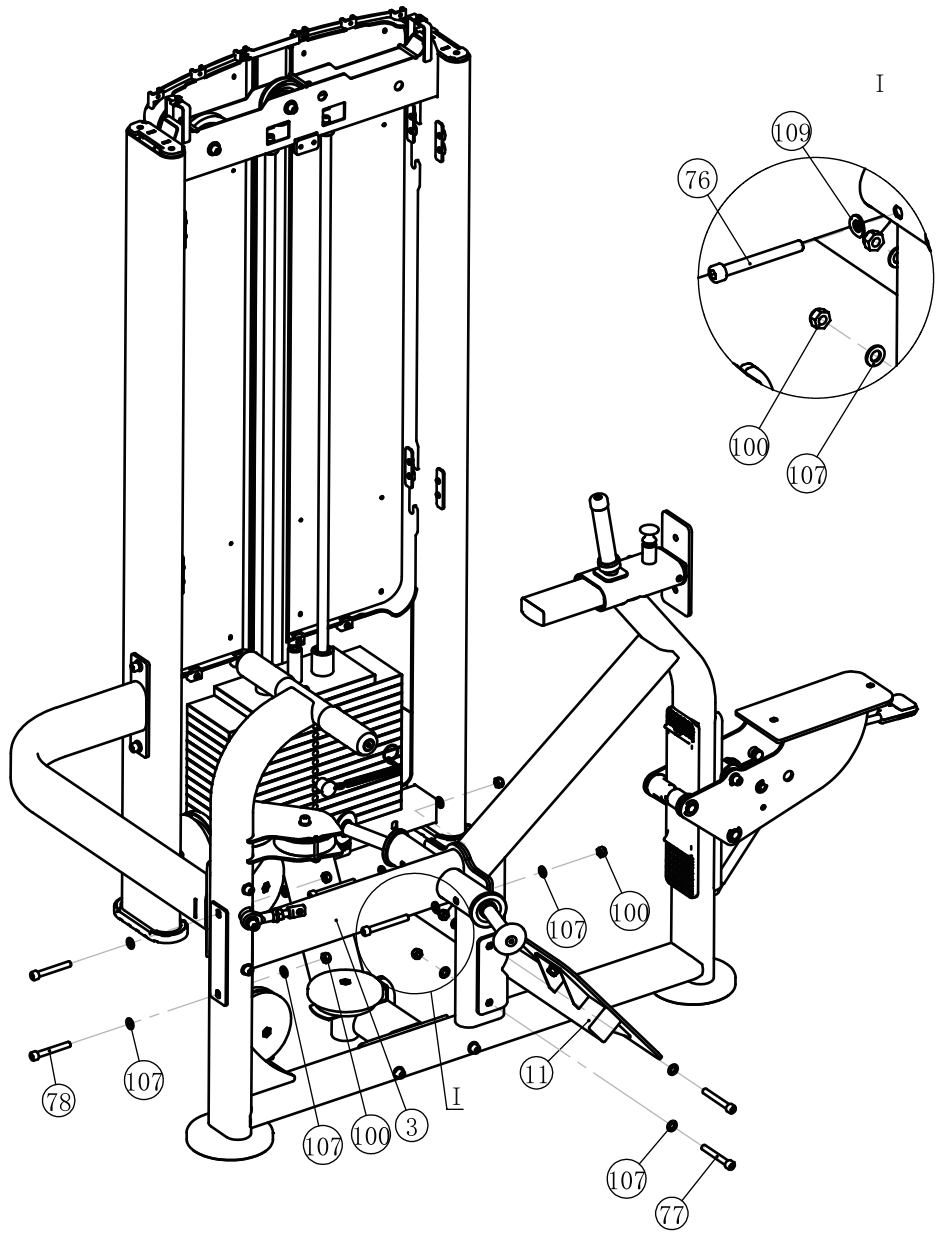
Item No	Description	QTY		Item No	Description	QTY
39	Heavy Iron Assembly	1		120	Weight Plate	15
40	Selector Pin W/Coil	1				



STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

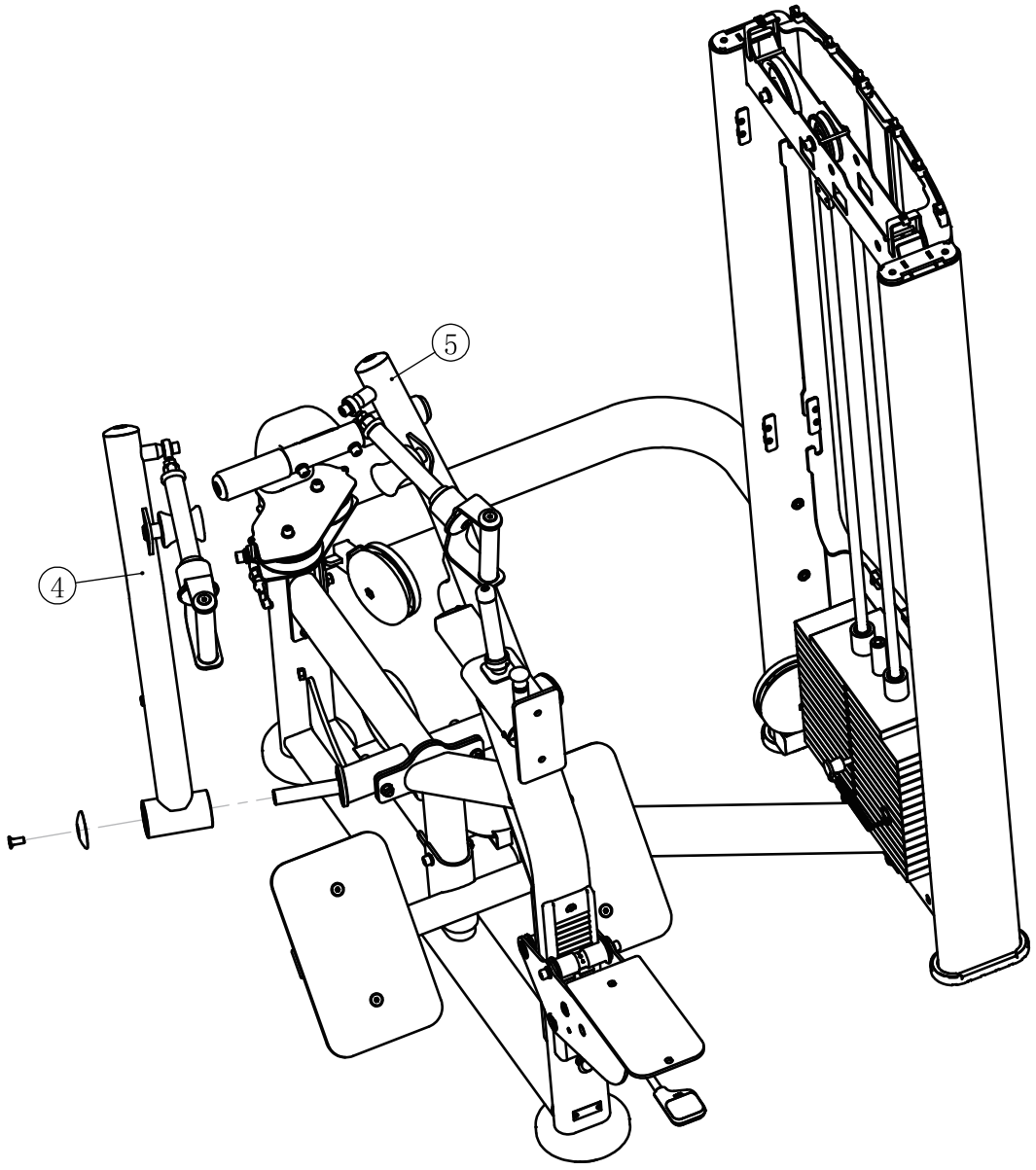
Item No	Description	QTY	Item No	Description	QTY
3	Rotating Fixed Frame Assembly	1	78	Socket Head Cap Screw M10*75	2
11	Pedal Stand Assembly	1	100	Nylon Lock Nut M10	6
76	Socket Head Cap Screw M10*90	2	107	Flat Washer φ11*φ20*2	10
77	Socket Head Cap Screw M10*80	2	109	Arc Washer φ10	2



STEP 4

Note: Hand Tighten Bolts and Nylon Lock Nuts.

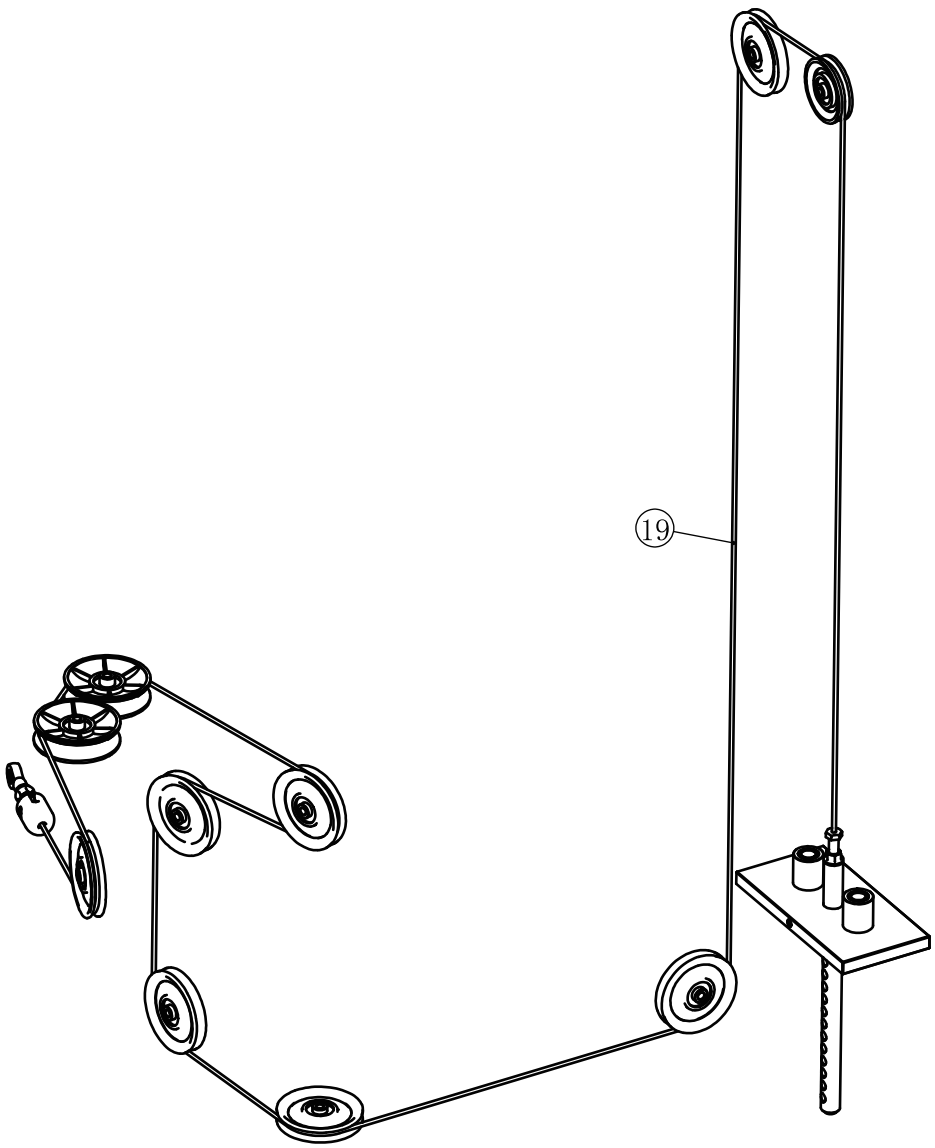
Item No	Description	QTY		Item No	Description	QTY
4	Left Swing Frame Assembly	1		5	Right Swing Frame Assembly	1



STEP 5

Note: Hand Tighten Bolts and Nylon Lock Nuts.

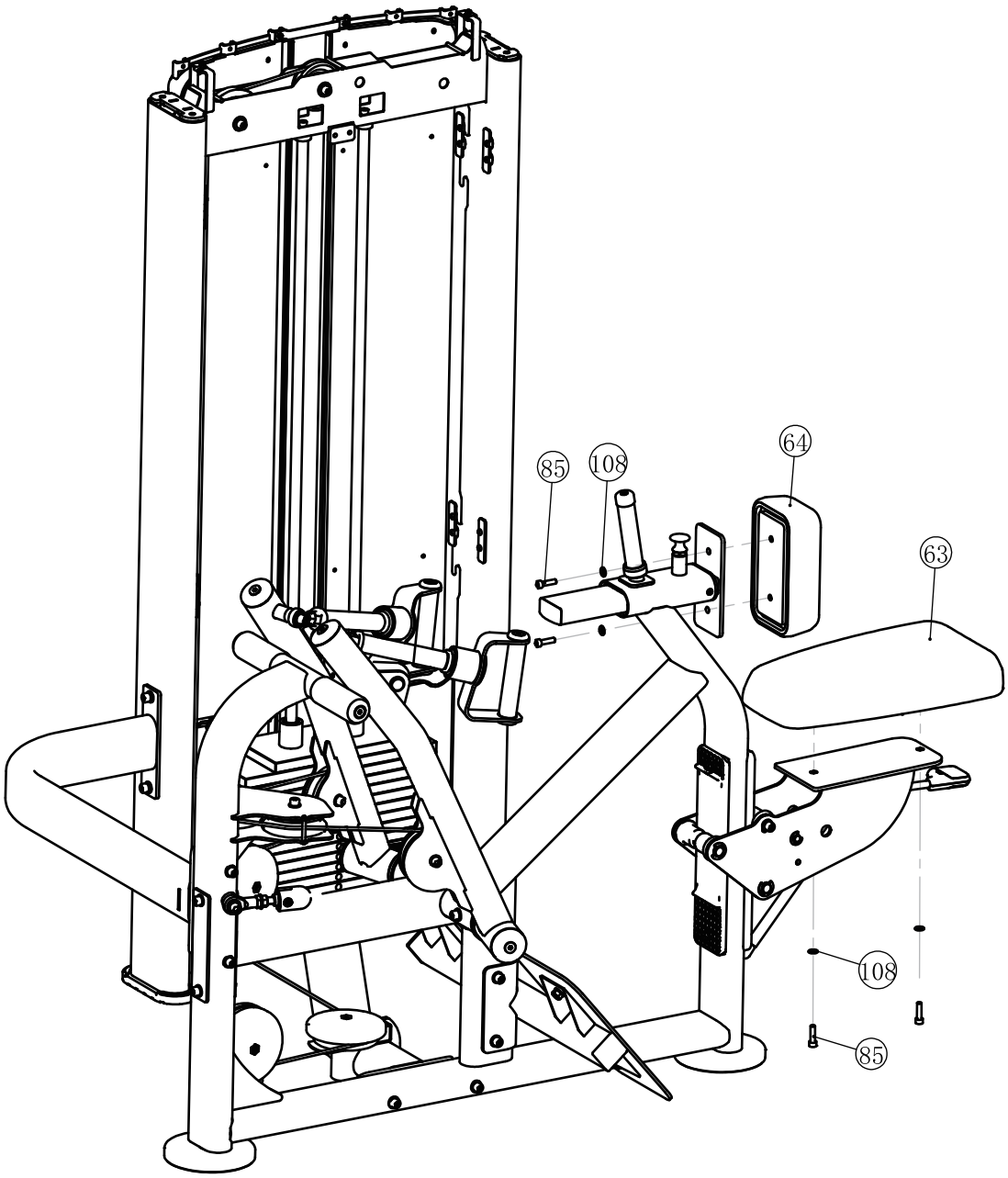
Item No	Description	QTY		Item No	Description	QTY
19	Cable Assembly	1				



STEP 6

Note: Wrench Tighten Screws.

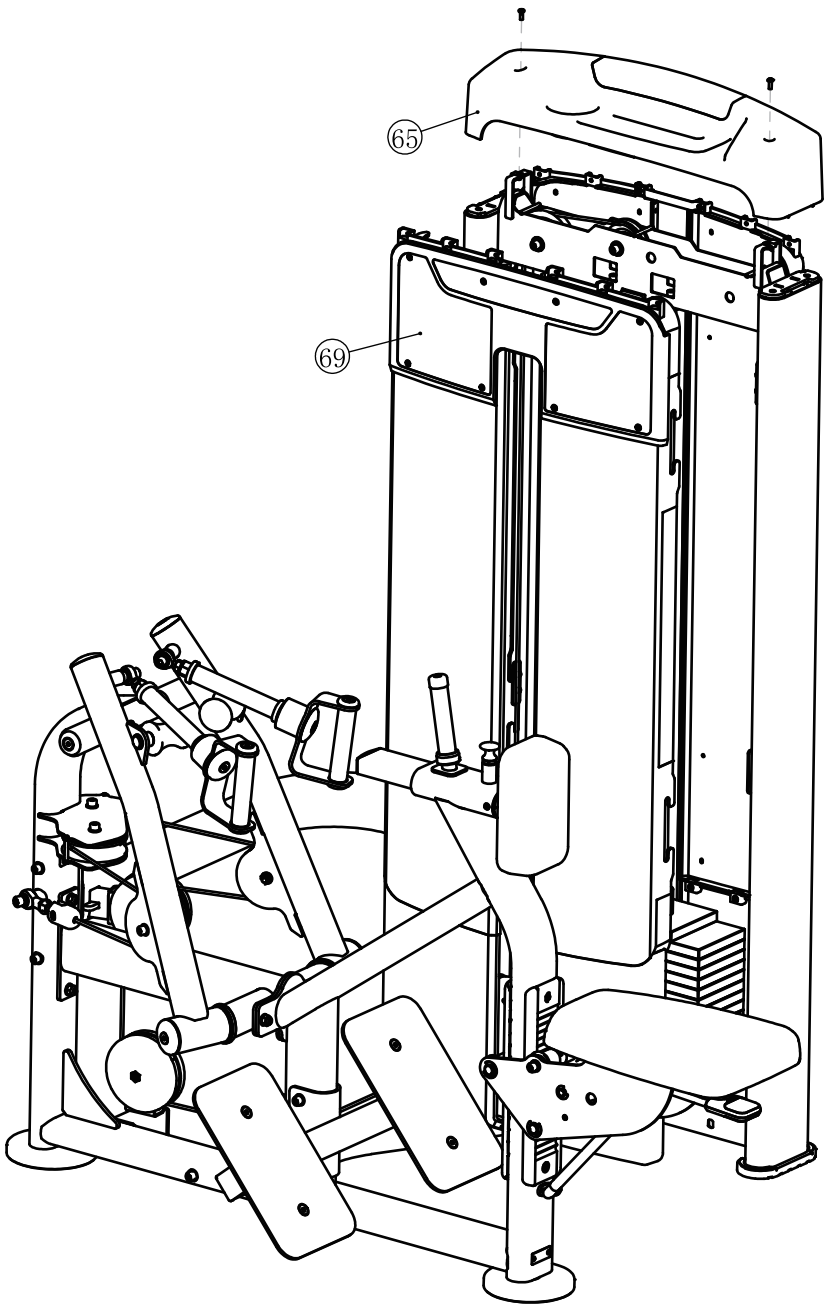
Item No	Description	QTY		Item No	Description	QTY
63	Seat Cushion	1		85	Socket Head Cap Screw M8*30	4
64	Shoulder Pad	1		108	Flat Washer φ9*φ16*1.6	4



STEP 7

Note: Wrench Tighten Screws.

Item No	Description	QTY		Item No	Description	QTY
65	Upper Shroud	1		69	Front Cover Assembly	1



Garlando

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