TOORX
PROFESSIONAL LINE

INSTRUCTION



DUAL 45 HYPER EXTENSION

PLX 9050

Code: GRLDTOORXPLX9050

Rev: 00

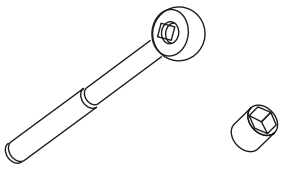
Ed: 11/26

Instructions

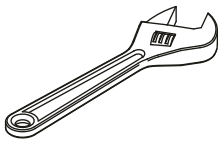
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

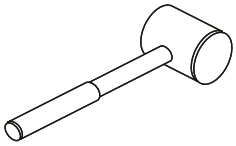
Tools Required



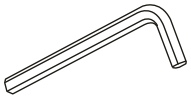
Ratchet Wrench and Socket



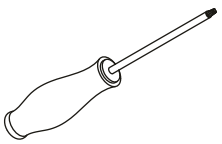
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



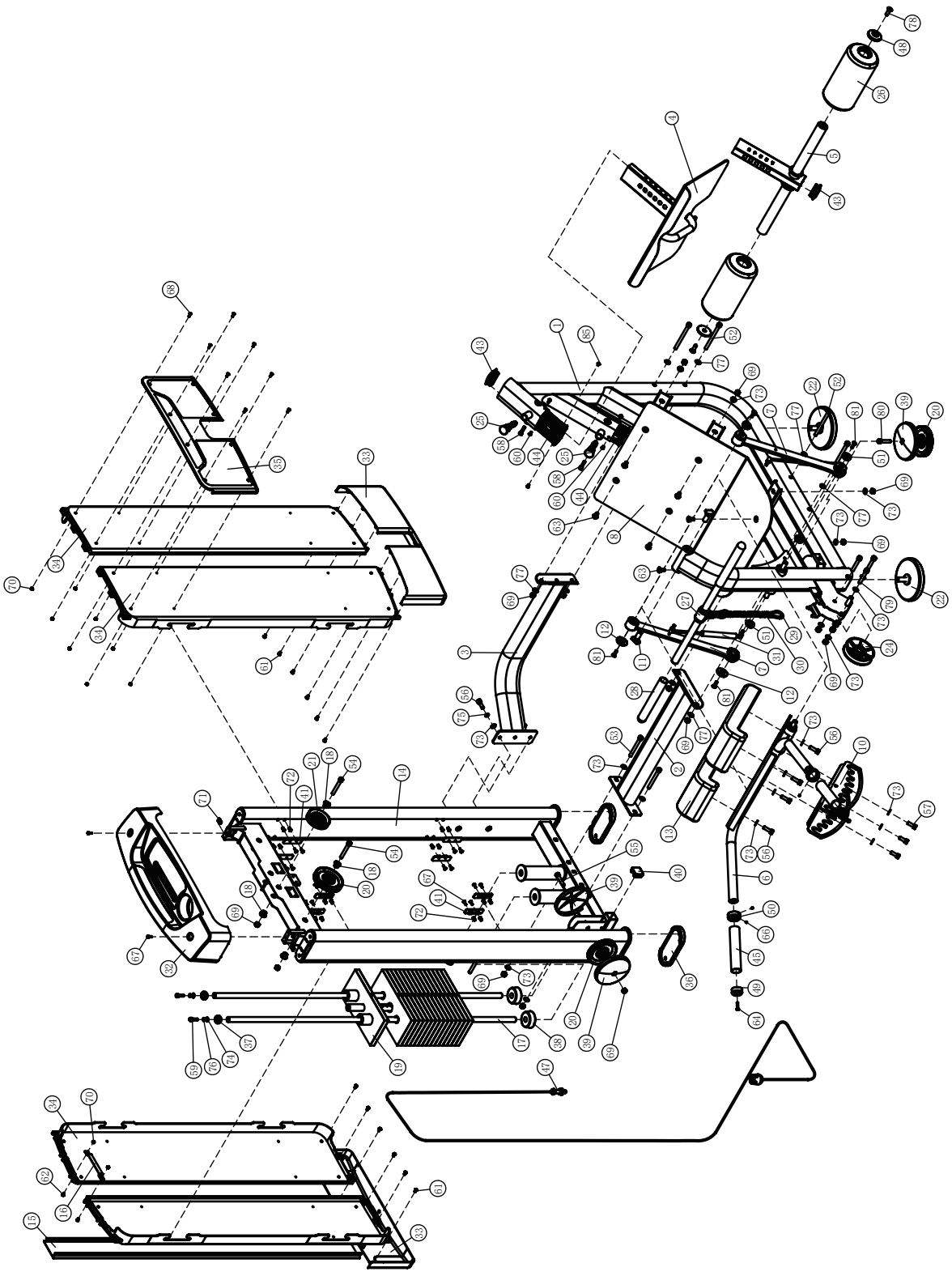
Phillips Screwdriver

Parts List

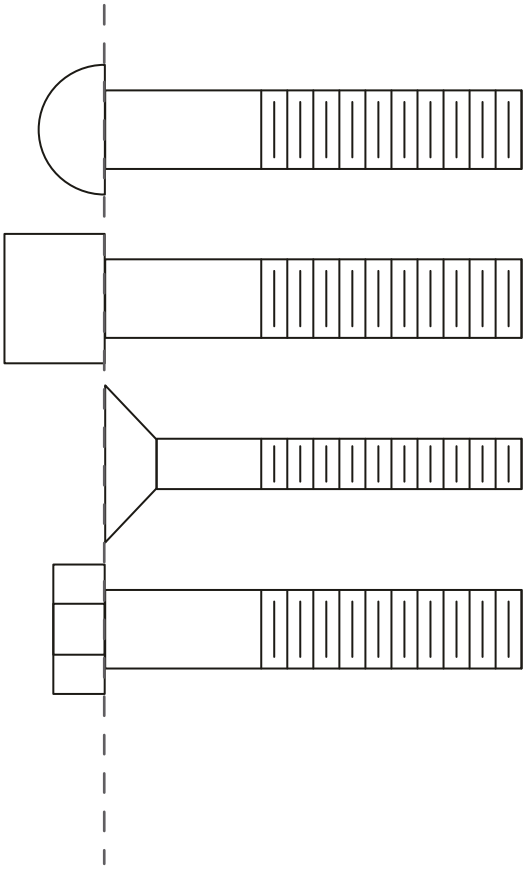
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Frame	1	43	Plug □30×70	2
2	Bottom Cross Brace	1	44	Plastic Tube Guide RT50×100-□30×70	4
3	Rear Cross Brace	1	45	Grip STΦ30×Φ37×180	2
4	Foot Frame	1	46	Spacer Sleeve Φ14×Φ10.2×38	1
5	FOAM Frame	1	47	Cable	1
6	Handle Frame	1	48	Φ54×Φ12.5×10.6	2
7	Connecting rod frame	2	49	Aluminium Cap Φ39.5×Φ32.8×19	2
8	Foot Plate 633×512×206×5	1	50	Aluminum Ring Φ47×Φ33.5×19	2
9	Elevated platform	2	51	Bearing 6002-2Z	8
10	Adjusting plate 351×122×119×6	1	52	Socket Head Cap Screw M10×120	4
11	Limit axis Φ35×46	2	53	Socket Head Cap Screw M10×90	2
12	End Cap Φ42×Φ9×7	4	54	Socket Head Cap Screw M10×70	2
13	Back Pad 351×180×100	2	55	Socket Head Cap Screw M10×50	1
14	Weight Stack Frame	1	56	Socket Head Cap Screw M10×30	6
15	Back Plate 91.8×25.6×1407×1	1	57	Socket Head Cap Screw M10×25	3
16	Connecting Plate 150×16×9×2	1	58	Socket Head Cap Screw M8×30	2
17	Guid Rod Φ19×2×1319	2	59	Socket Head Cap Screw M8×25	2
18	Spacer Bush Φ25×Φ17×Φ10.5×14.5	4	60	Button Head Cap Screw M6×12	4
19	Top Plate 80Kg	1	61	Button Head Cap Screw M6×10	12
20	4.5″ Pulley	3	62	Button Head Cap Screw M5×10	2
21	3.5″ Pulley	1	63	Flat Head Cap Screw M10×25	6
22	Bottom Cross Brace	2	64	Flat Head Cap Screw M6×30	2
23	Selector Pin W/Coil	1	66	Socket Set Screw M5×6	4
24	V-shaped pulley Φ114.3×35	1	67	Cross Recessed Pan Head Screw M5×15	18
25	Pop Pin	2	68	Philips Countersunk Head Screw M5×15	8
26	FOAM assembly	2	69	Nylon Lock Nut M10	18
27	Short pull handle	1	70	Nylon Lock Nut M5	10
28	Grip DTΦ30×Φ22×218	2	71	Reed 13.68×21×M5	2
29	Hook Φ8	2	72	Rivet Nut M5×13	16
30	Seven link chain	1	73	Flat Washer Φ11×Φ20×2	25
31	Gas Spring QD-18-304-20KG	2	74	Flat Washer Φ9×Φ16×1.6	2
32	Top Shroud 750×210.1×149.1×3.5	1	75	Spring Washer Φ10	2
33	Low Shroud 650×208×61.6×3.5	2	76	Spring Washer Φ8	2
34	Side Shroud 1334×287.5×79×4	4	77	Arc Washer Φ10	8
35	Front Cover 610.1×264.4×38.3×3.5	1	78	Flat Head Cap Screw M10×30	2
36	Foot Cover 177×80×17	2	79	Socket Head Cap Screw M10×60	3
37	Rubber Sleeve Φ29×Φ8.5×12	2	80	Socket Head Cap Screw M10×45	1
38	Weight Rubber Bumper Φ63.5×Φ	2	81	Flat Head Cap Screw M8×25	4
39	4.5″ Pulley Cover Φ140×26	3	82	Nylon Lock Nut M8	2
40	F38 Plug	1	83	Serial Number Plate 52×20×0.5	1
41	Shroud Clip 80×20×7	8	84	Pop Rivet Φ4×11	2
42	Rubber Plug 80×20×7	2	85	Hex Nut M8	4

Exploded View



Measurement Guide

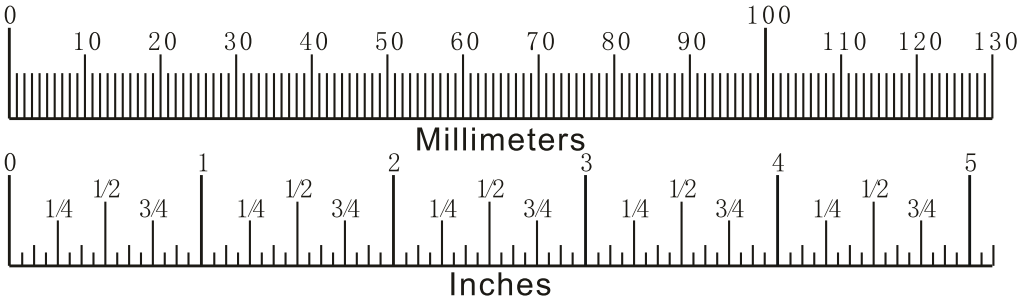


BHCS = Button Head Cap Screw

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

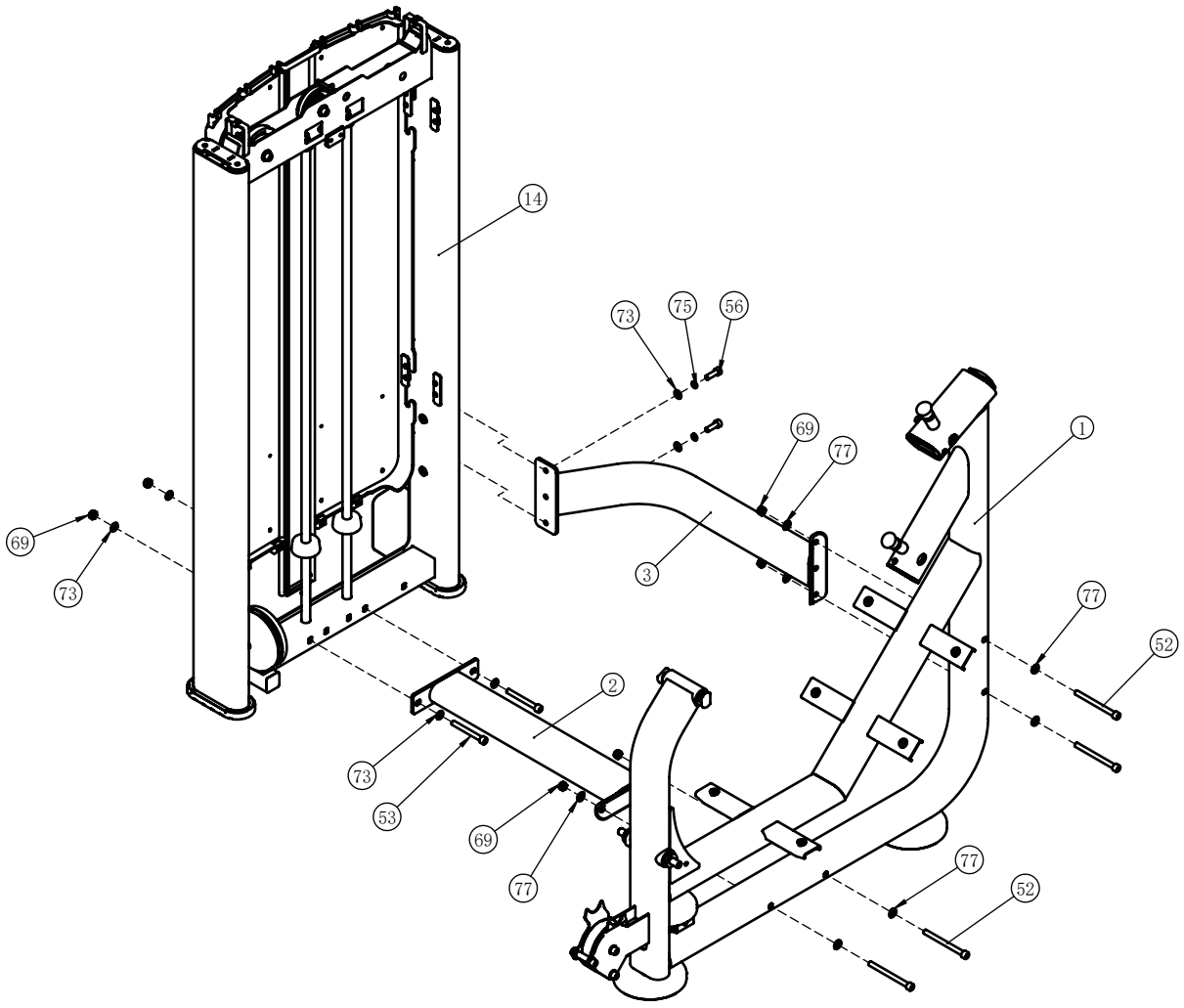
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Frame	1	56	Socket Head Cap Screw M10×30	2
2	Bottom Cross Brace	1	69	Nylon Lock Nut M10	6
3	Rear Cross Brace	1	73	Flat Washer Φ11×Φ20×2	6
14	Weight Stack Frame	1	75	Spring Washer Φ10	2
52	Socket Head Cap Screw M10×120	4	77	Arc Washer Φ10	4
53	Socket Head Cap Screw M10×90	2			

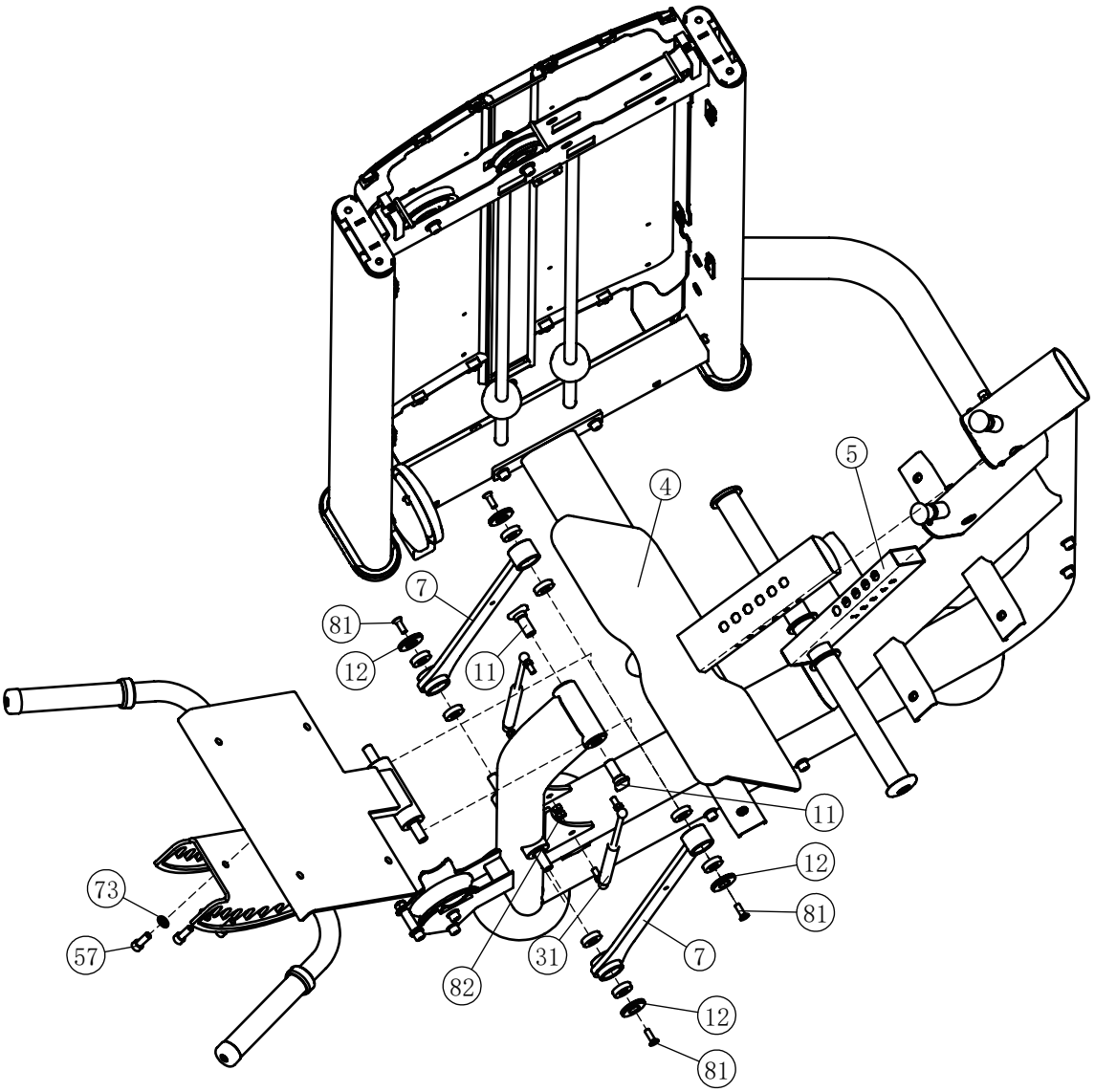


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

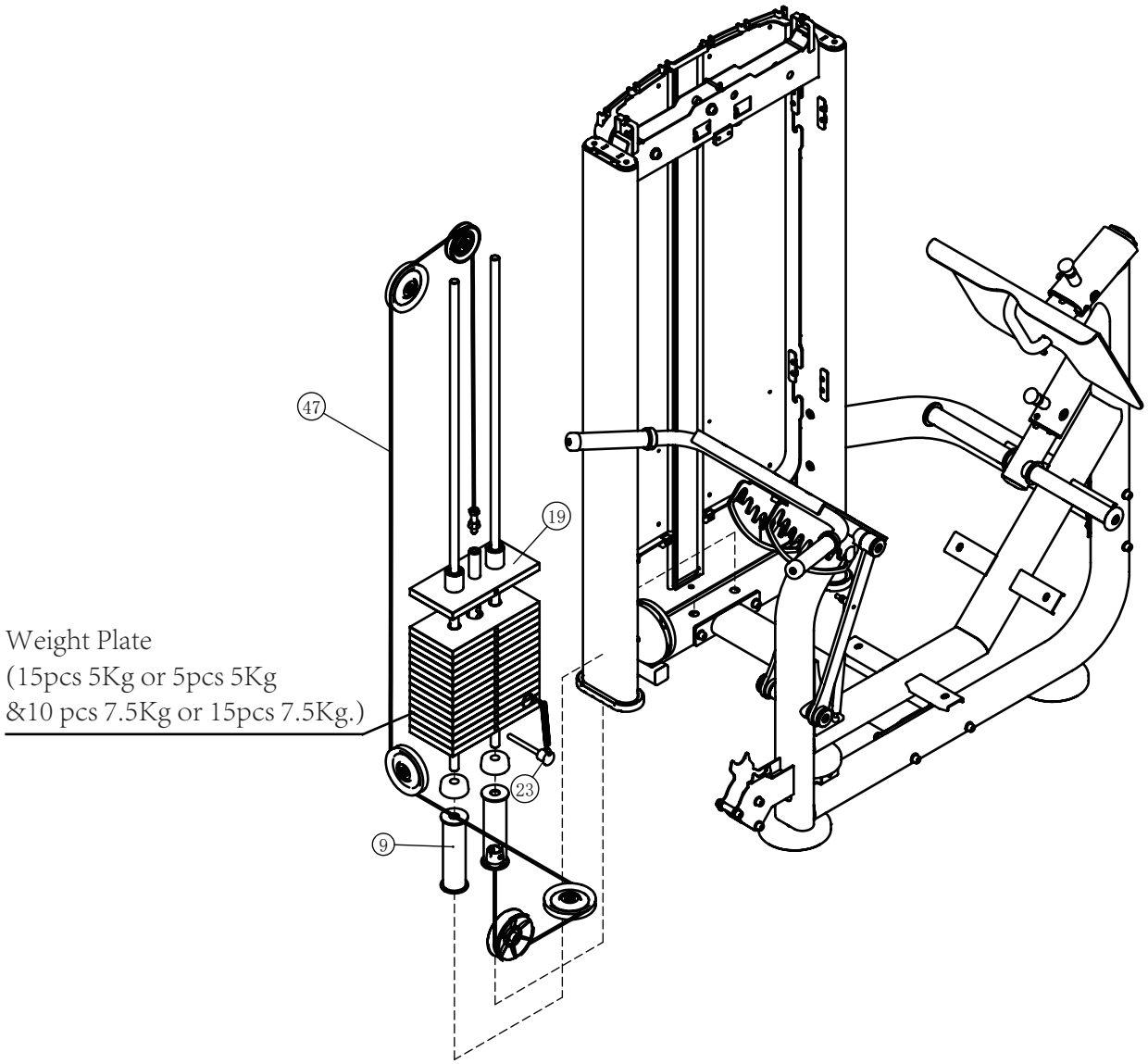
Item No.	Description	Qty	Item No.	Description	Qty
4	Foot Frame	1	31	Gas Spring QD-18-304-20KG	2
5	FOAM Frame	1	57	Socket Head Cap Screw M10×25	3
7	Connecting rod frame	2	73	Flat Washer Φ11×Φ20×2	3
11	Limit axis Φ35×46	2	81	Flat Head Cap Screw M8×25	4
12	End Cap Φ42×Φ9×7	4	82	Nylon Lock Nut M8	2



STEP 3

Note：Hand Tighten Bolts and Nylon Lock Nuts.

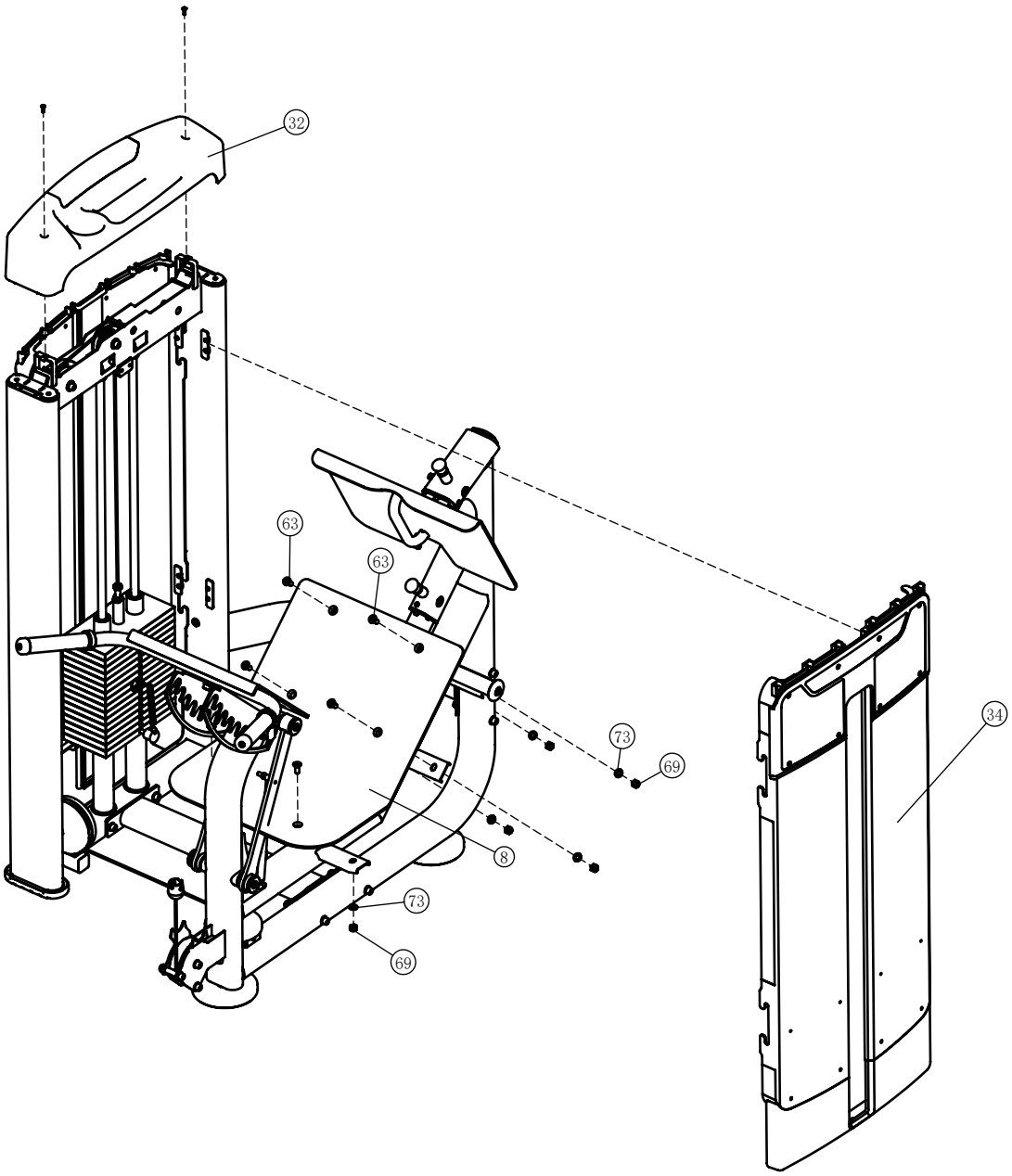
Item No.	Description	Qty	Item No.	Description	Qty
19	Top Plate	1	47	Cable	1
23	Selector Pin W/Coil	1	9	Elevated platform	2



STEP 4

Note: Hand Tighten Bolts and Nylon Lock Nuts.

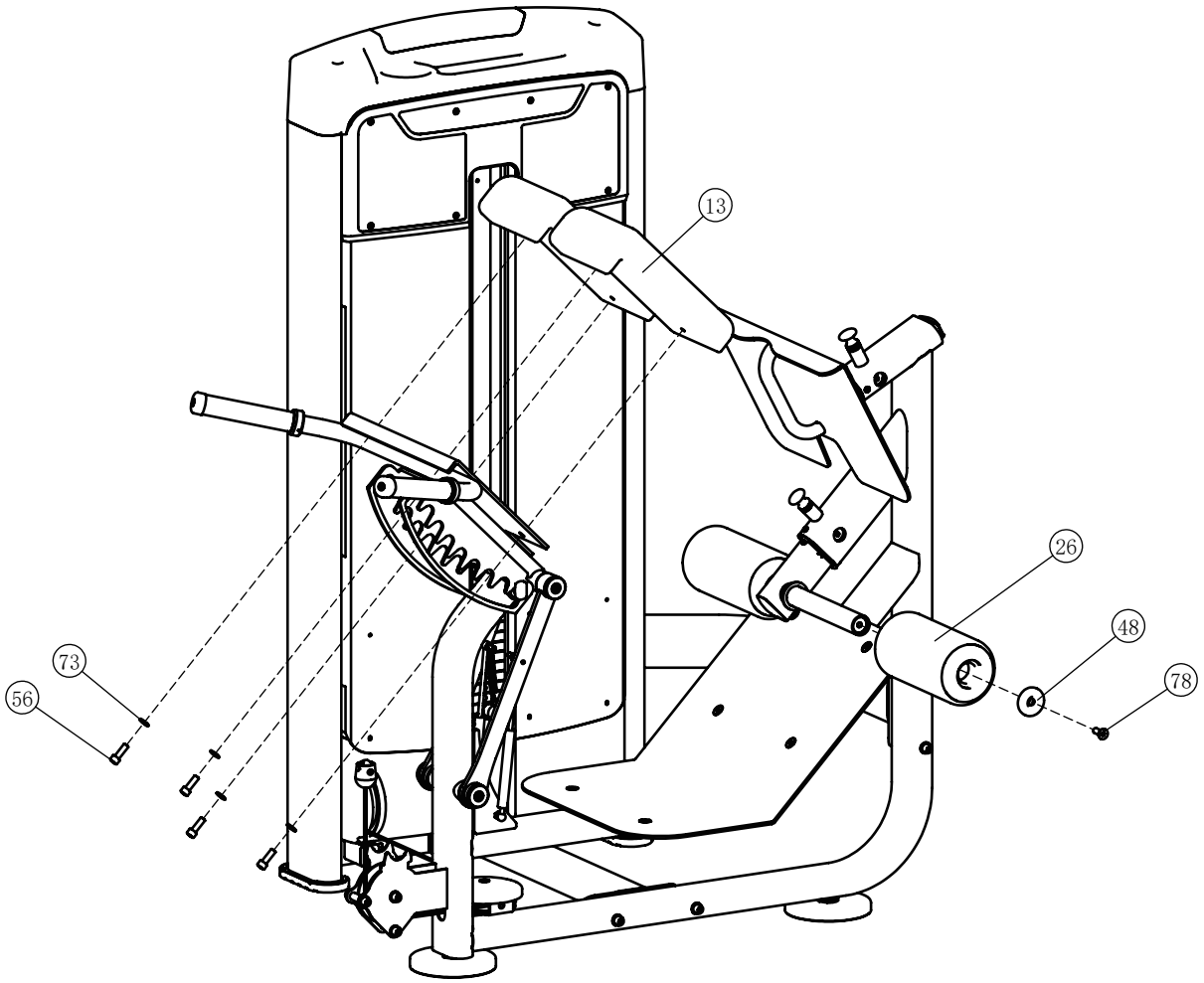
Item No.	Description	Qty	Item No.	Description	Qty
8	Foot Plate 633×512×206×5	1	63	Flat Head Cap Screw M10×25	6
32	Top Shroud 750×210.1×149.1×3.5	1	69	Nylon Lock Nut M10	6
35	Front Cover	1	73	Flat Washer Φ11×Φ20×2	6



STEP 5

Note: Wrench Tighten Screws.

Item No.	Description	Qty	Item No.	Description	Qty
13	Back Pad 351×180×100	2	56	Socket Head Cap Screw M10×30	4
26	FOAM assembly	2	73	Flat Washer Φ11×Φ20×2	4
48	Φ54×Φ12.5×10.6	2	78	Flat Head Cap Screw M10×30	2



Garlando

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