TOORX
PROFESSIONAL LINE

INSTRUCTION



LYING GLUTEUS

PLX 9070

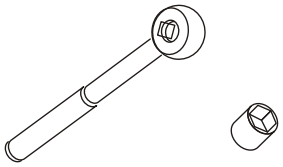
Code: GRLDTOORXPLX9070
Rev: 00
Ed: 11/26

Instructions

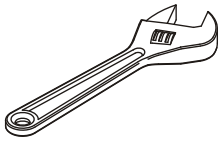
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

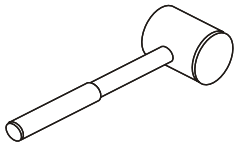
Tools Required



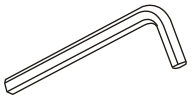
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet

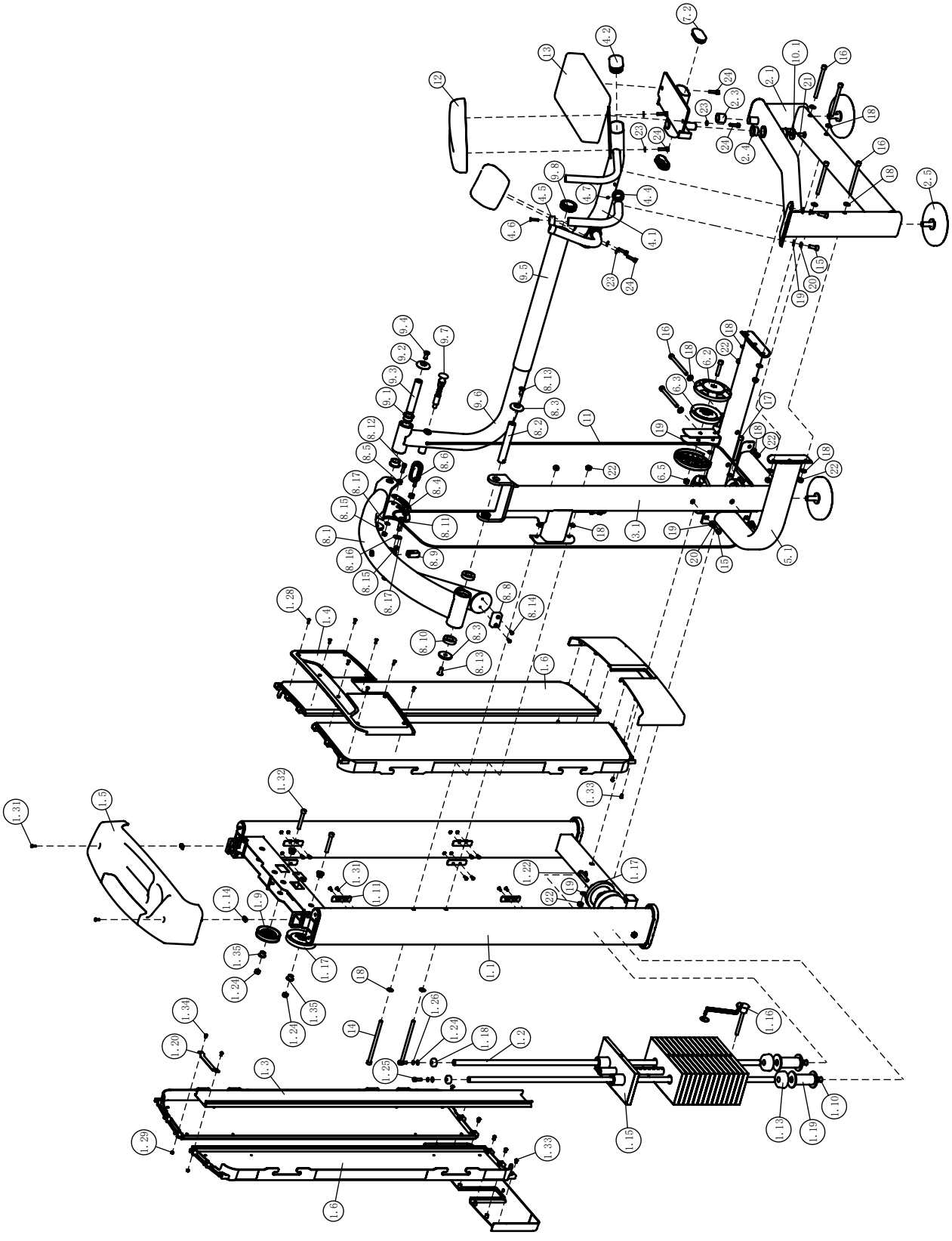


Hex Key Wrench Set

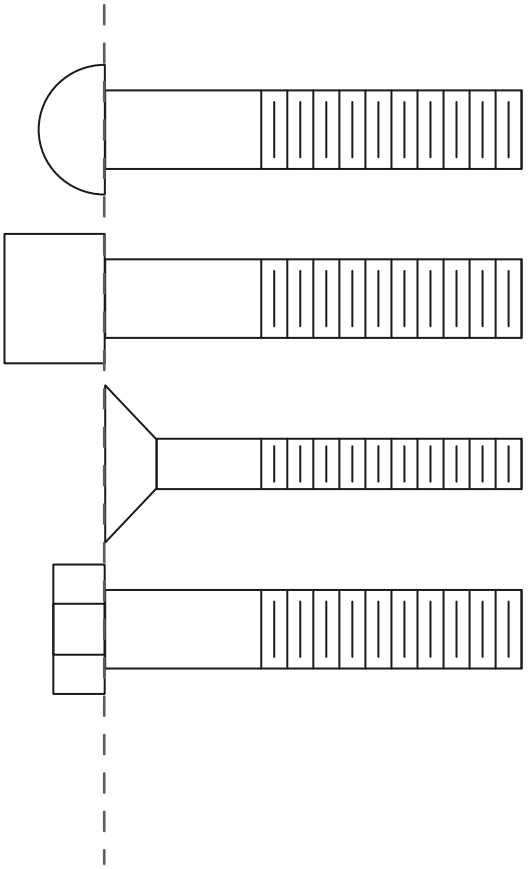
Exploded View and Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Weight Stack Frame ASSY	1	4.7	Socket Set Screw M5×6	4
1.1	Weight Stack Frame	1	5	Front Connecting Frame	1
1.2	Guid Rod	2	6	Elbow Pad Frame ASSY	1
1.3	Back Plate	1	6.1	Bottom Cross Brace	1
1.4	Front Cover	1	6.2	4.5" Pulley Cover	2
1.5	Top Shroud	1	6.3	4.5" Pulley	1
1.6	Side Shroud	4	6.4	Socket Head Cap Screw M10×50	1
1.7	Low Shroud	2	6.5	Nylon Lock Nut M10	1
1.8	Mount Sleeve	2	7	Swing Frame ASSY	1
1.9	3.5" Pulley	1	7.1	Leg Cushion Frame	1
1.10	Rubber Plug φ18.5×φ15×12	2	7.2	Plug PT40×80	2
1.11	Shroud Clip 80×20×7	8	8	Pedal Frame ASSY	1
1.12	Foot Cover 177×80×17	2	8.1	Pedal Frame	1
1.13	Weight Rubber Bumper	2	8.2	Shaft φ25×165	1
1.14	Reed Nut M5	2	8.3	End Cap φ50×8	2
1.15	Top Plate	1	8.4	Scaleboard 123.6×39×1.5	1
1.16	Selector Pin W/Coil	1	8.5	Bumper φ17×10.5	2
1.17	4.5" Pulley	2	8.6	Plug PT40×80	1
1.19	Raising Stand	2	8.7	Bushing φ14×20	1
1.20	Connecting Plate	1	8.8	Foot Cover 55×35×17	1
1.21	Plug F38	1	8.9	Steel Cable Joint φ25.4×37	1
1.22	Socket Head Cap Screw M10×50	1	8.10	Bearing 6005-2Z	2
1.23	Flat Washer φ11×φ20×2	1	8.11	Hexagonal Socket Head Shoulder Screw	1
1.24	Nylon Lock Nut M10	2	8.12	Socket Head Cap Screw M8×25	2
1.25	Socket Head Cap Screw M8×25	2	8.13	Flat Head Cap Screw M10×25	2
1.26	Spring Washer φ8	2	8.14	Button Head Cap Screw M6×15	2
1.27	Flat Washer φ9×φ16×1.6	2	8.15	Nylon Lock Nut M8	3
1.28	Philips Countersunk Head Screw M5×15	8	8.16	Flat Washer φ11×φ20×2	1
1.29	Nylon Lock Nut M5	10	8.17	Flat Washer φ9×φ16×1.6	3
1.30	Rivet Nut M5×13	16	9	Leg Pad Frame ASSY	1
1.31	Cross Recessed Pan Head Screw M5×15	18	9.1	Bushing φ38×φ25.4×18	2
1.32	Socket Head Cap Screw M10×70	2	9.2	End Cap φ50×8	2
1.33	Button Head Cap Screw M6×10	12	9.3	Shaft φ25.4×133	1
1.34	Button Head Cap Screw M5×10	2	9.4	Flat Head Cap Screw M10×25	2
1.35	Spacer Bush φ25×φ17×φ10.5×14.5	4	9.5	φ59×φ67×590	1
2	Main Frame ASSY	1	9.6	Pedal Rack	1
2.1	Main Frame	1	9.7	Pop Pin	1
2.2	Plug PT50×100	1	9.8	Plug φ60	1
2.3	Bumper φ32×φ25.4×28	1	10	End Cap φ38×6	1
2.4	Bushing φ38×φ25.4×18	2	11	Steel Cable Components	1
2.5	Bottom Cross Brace	2	12	Arm Pad 300×148×61	2
3	Shaft Support ASSY	1	13	Head Pad 350×200×65	1
3.1	Shaft Support Bracket	1	14	Socket Head Cap Screw M10×175	2
3.2	4.5" Pulley Cover	1	15	Socket Head Cap Screw M10×25	4
3.3	4.5" Pulley	1	16	Socket Head Cap Screw M10×125	6
3.4	Socket Head Cap Screw M10×50	1	17	Socket Head Cap Screw M10×90	2
3.5	Bottom Cross Brace	1	18	Arc Washer φ10	16
4	Ground Connection Frame ASSY	1	19	Flat Washer φ11×φ20×2	8
4.1	Elbow Rest Stand	1	20	Spring Washer φ10	4
4.2	Plug PT50×100	2	21	Flat Head Cap Screw M10×25	1
4.3	Gloves STφ22×φ30×300	2	22	Nylon Lock Nut M10	10
4.4	Aluminum Ring φ40×φ26.8×19	2	23	Flat Washer φ9×φ16×1.6	6
4.5	Aluminium Cap φ32.5×φ26×19	2	24	Socket Head Cap Screw M8×30	6
4.6	Flat Head Cap Screw M6×30	2	25	Lube	1

Exploded View and Parts List



Measurement Guide

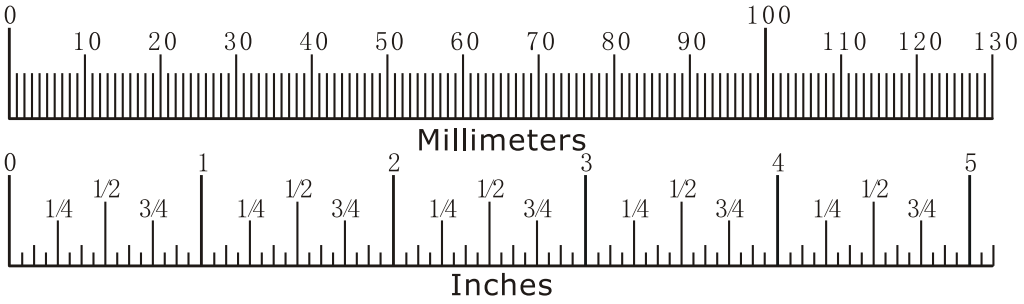


BHCS = Button Head Cap Screw

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

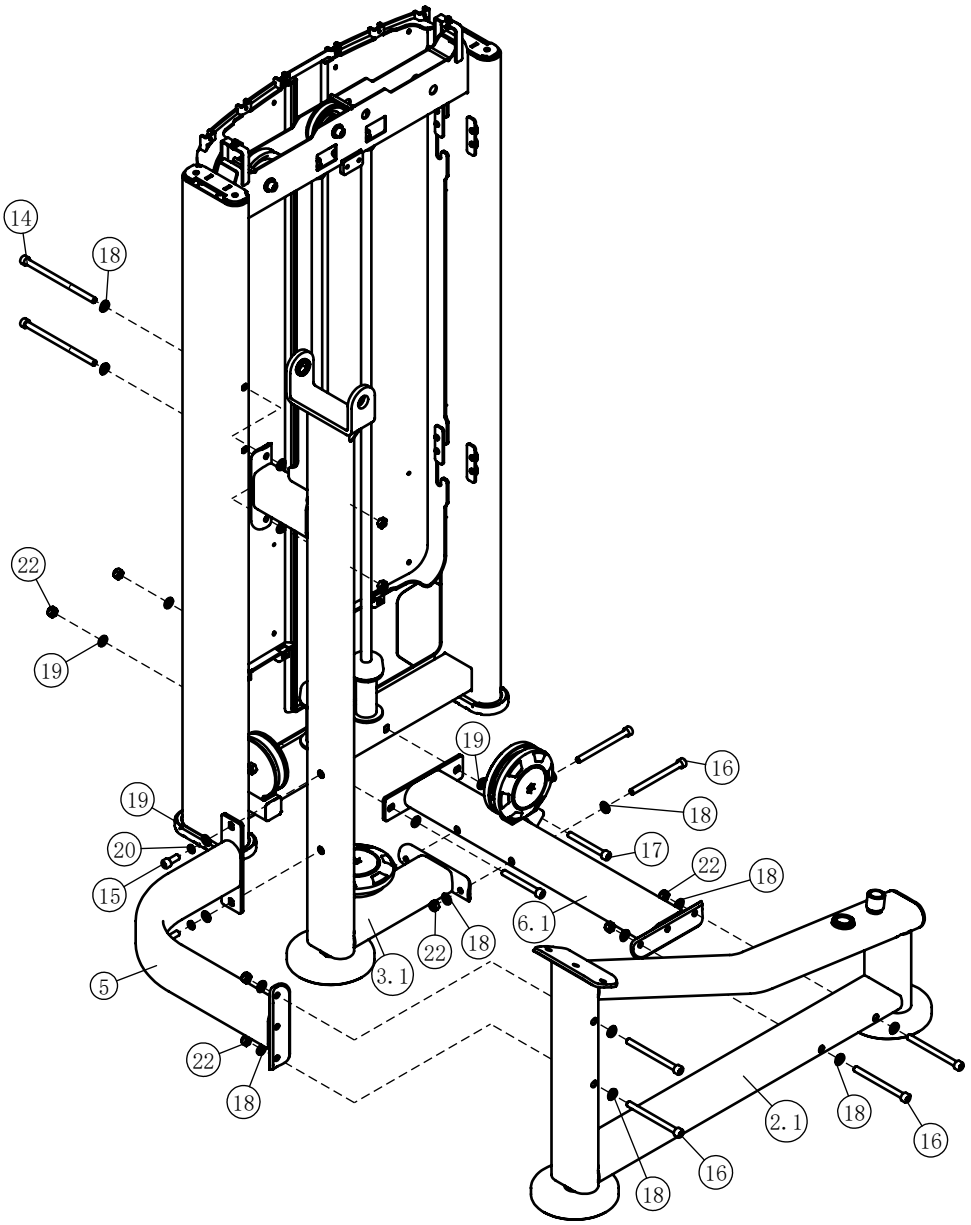
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note：Hand Tighten Bolts and Nylon Lock Nuts.

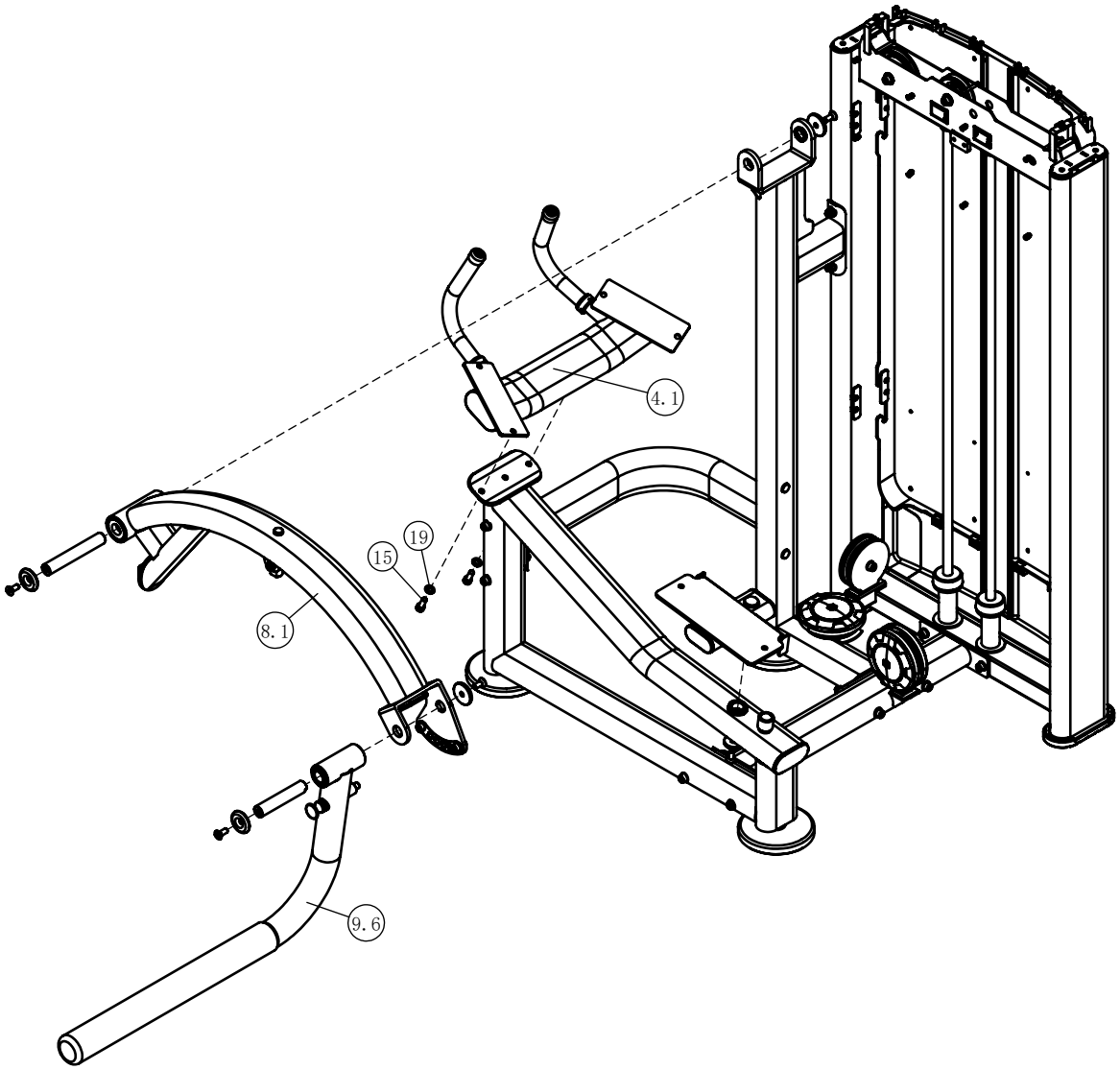
Item No.	Description	QTY	Item No.	Description	QTY
2.1	Main Frame	1	16	Socket Head Cap Screw M10×125	6
3.1	Shaft Support Bracket	1	17	Socket Head Cap Screw M10×90	2
5	Front Connecting Frame	1	18	Arc Washer φ10	14
6.1	Bottom Cross Brace	1	19	Flat Washer φ11×φ20×2	6
14	Socket Head Cap Screw M10×175	2	22	Nylon Lock Nut M10	10
15	Socket Head Cap Screw M10×25	4			



STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

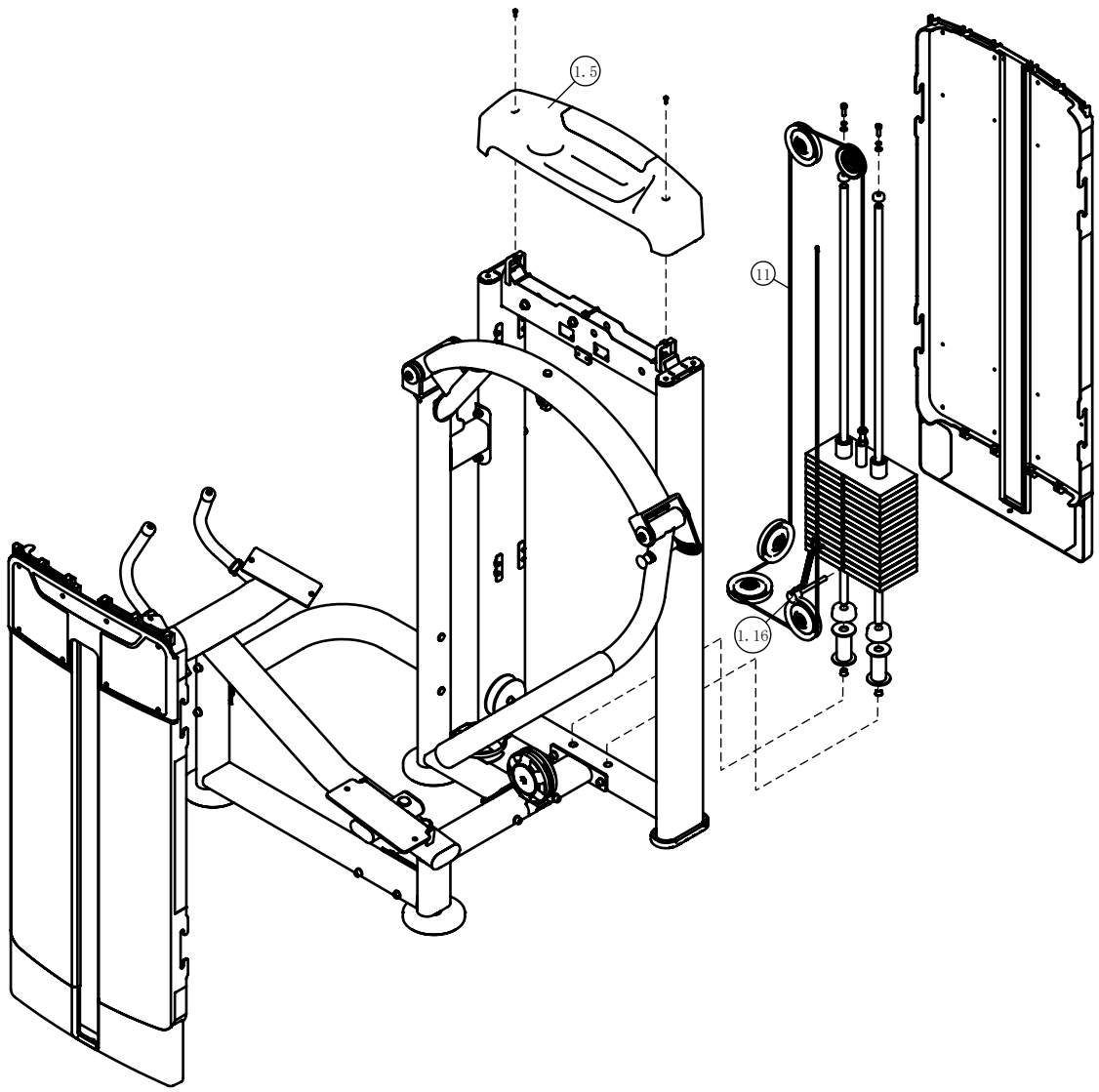
Item No.	Description	QTY
4.1	Elbow Rest Stand	1
8.1	Pedal Frame	1
9.6	Pedal Rack	1
15	Socket Head Cap Screw M10×25	2
19	Flat Washer φ11×φ20×2	2



STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

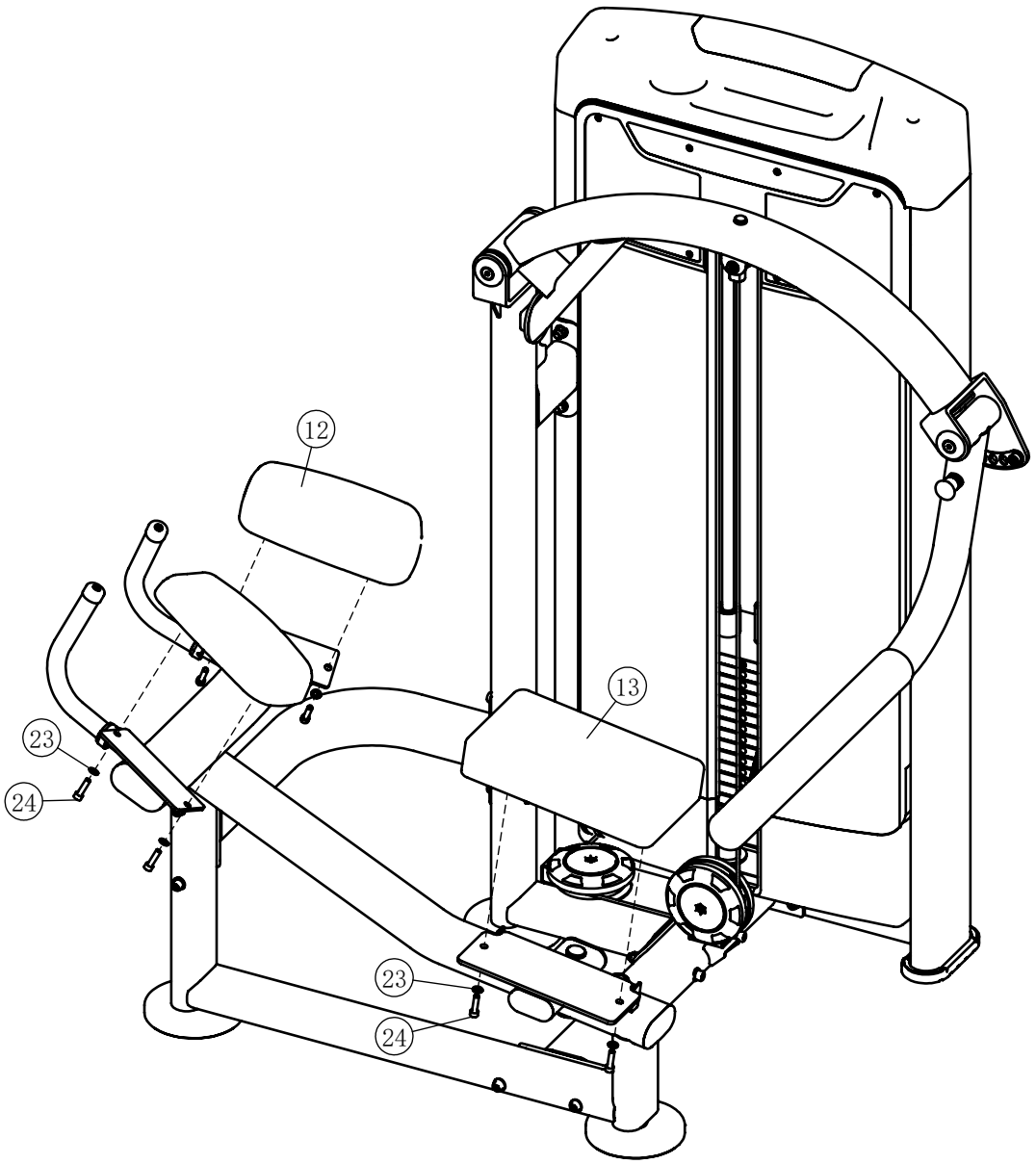
Item No.	Description	QTY
1.5	Top Shroud	1
1.16	Selector Pin W/Coil	1
11	Steel Cable Components	1



STEP 4

Note：Wrench Tighten Screws.

Item No.	Description	QTY
12	Arm Pad 300×148×61	2
13	Head Pad 350×200×65	1
23	Flat Washer φ9×φ16×1.6	6
24	Socket Head Cap Screw M8×30	6



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