TOORX
PROFESSIONAL LINE

INSTRUCTION



STANDING REAR KICK

PLX 9090

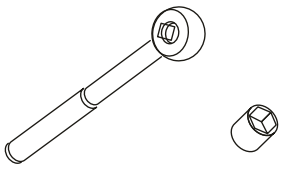
Ed: 11/26
Rev: 00
Code: GRLDTOORXPLX9090

Instructions

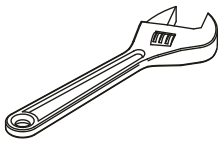
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

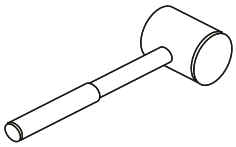
Tools Required



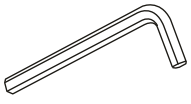
Ratchet Wrench and Socket



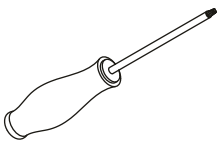
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



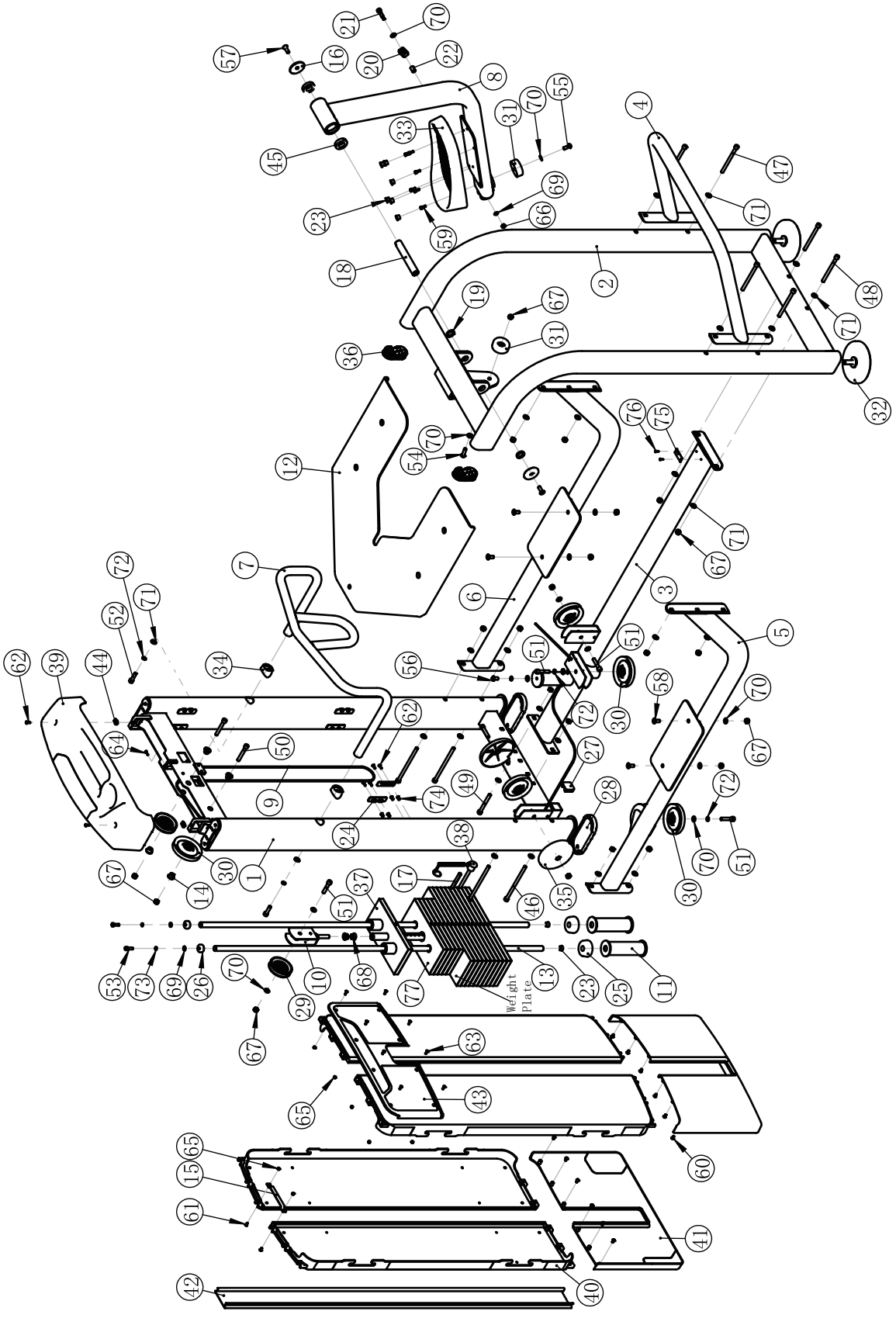
Phillips Screwdriver

Parts List

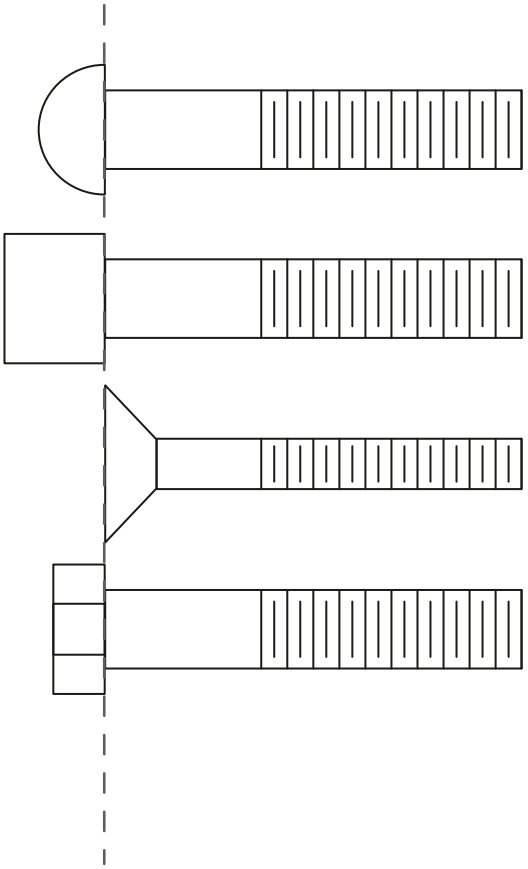
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No	Description	QTY		Item No	Description	QTY
1	Weight Stack Frame	1		40	Side Shroud	4
2	Rear Stand	1		41	Under Shroud	2
3	Bottom Connection Frame	1		42	Back Buckle	1
4	Limit Holder	1		43	Front Cover	1
5	Left Foot Stand	1		44	Stretch Splint	2
6	Right Foot Stand	1		45	Bearing 6005-2Z	2
7	The Handle Frame	1		46	Socket Head Cap Screw M10*170	4
8	Pedal Swing Rack	1		47	Socket Head Cap Screw M10*130	4
9	Cable Assembly	1		48	Socket Head Cap Screw M10*125	2
10	Pulley Linkage	1		49	Socket Head Cap Screw M10*90	2
11	Transfer Elevated	2		50	Socket Head Cap Screw M10*70	2
12	Foot Pedal	1		51	Socket Head Cap Screw M10*50	5
13	Guide Rod φ19×2.0×1519	2		52	Socket Head Cap Screw M10*35	2
14	Pulley Sleeve	4		53	Socket Head Cap Screw M8*25	2
15	Connecting Plate	1		54	Button Head Cap Screw M10*35	1
16	Aluminum End Cap	2		55	Button Head Cap Screw M10*25	1
17	Elastic Cylinder Pin	1		56	Button Head Cap Screw M10*20	1
18	Shaft	1		57	Flat Head Cap Screw M10*30	2
19	Block Circle	2		58	Flat Head Cap Screw M10*25	4
20	Cable Joint	1		59	Socket Head Cap Screw M6*15	6
21	Shoulder Bolts M8	1		60	Button Head Cap Screw M6*10	12
22	Small Bushing	1		61	Button Head Cap Screw M5*10	2
23	Rubber Plug φ18.5*φ15*7	8		62	Button Head Cap Screw M5*15	18
24	Shroud Clip	8		63	Flat Head Philips Screw M5*15	8
25	Rubber Bumper	2		64	Socket Head Cap Screw M4*15	1
26	Mount Sleeve	2		65	Nylon Lock Nut M5	10
27	Tube Plug F38	1		66	Nylon Lock Nut M8	1
28	Rubber Foot	2		67	Nylon Lock Nut M10	22
29	Pulley	2		68	Hexagon flange nut M12	2
30	Pulley	5		69	Flat Washer φ9*φ16*1.6	3
31	Rubber Bumper	2		70	Flat Washer φ11*φ20*2	18
32	Floor Stand	2		71	Arc Washer φ10	22
33	Foot Pedal	1		72	Spring Washer φ10	5
34	Jacket φ32	2		73	Spring Washer φ8	2
35	Pulley Cover	2		74	Flat Hex Nut M5	16
36	Tube Plug PT50*100	2		75	Nameplate	1
37	Heavy Iron Assembly	1		76	Rivets	2
38	Selector Pin W/Coil	1		77	Lube Oil Box	1
39	Upper Shroud	1				

Exploded View



Measurement Guide

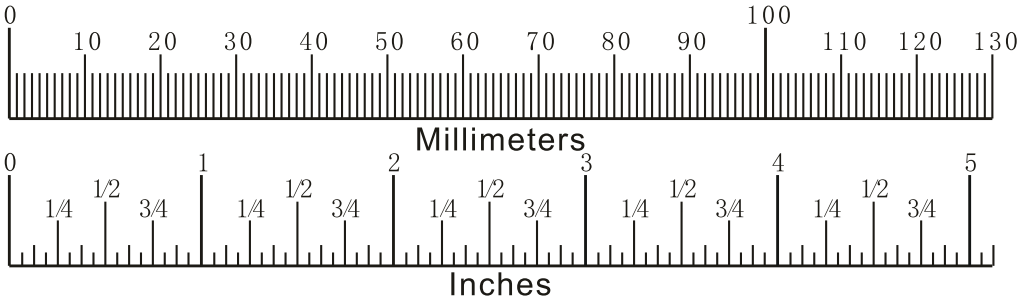


BHCS = Button Head Cap Screw

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

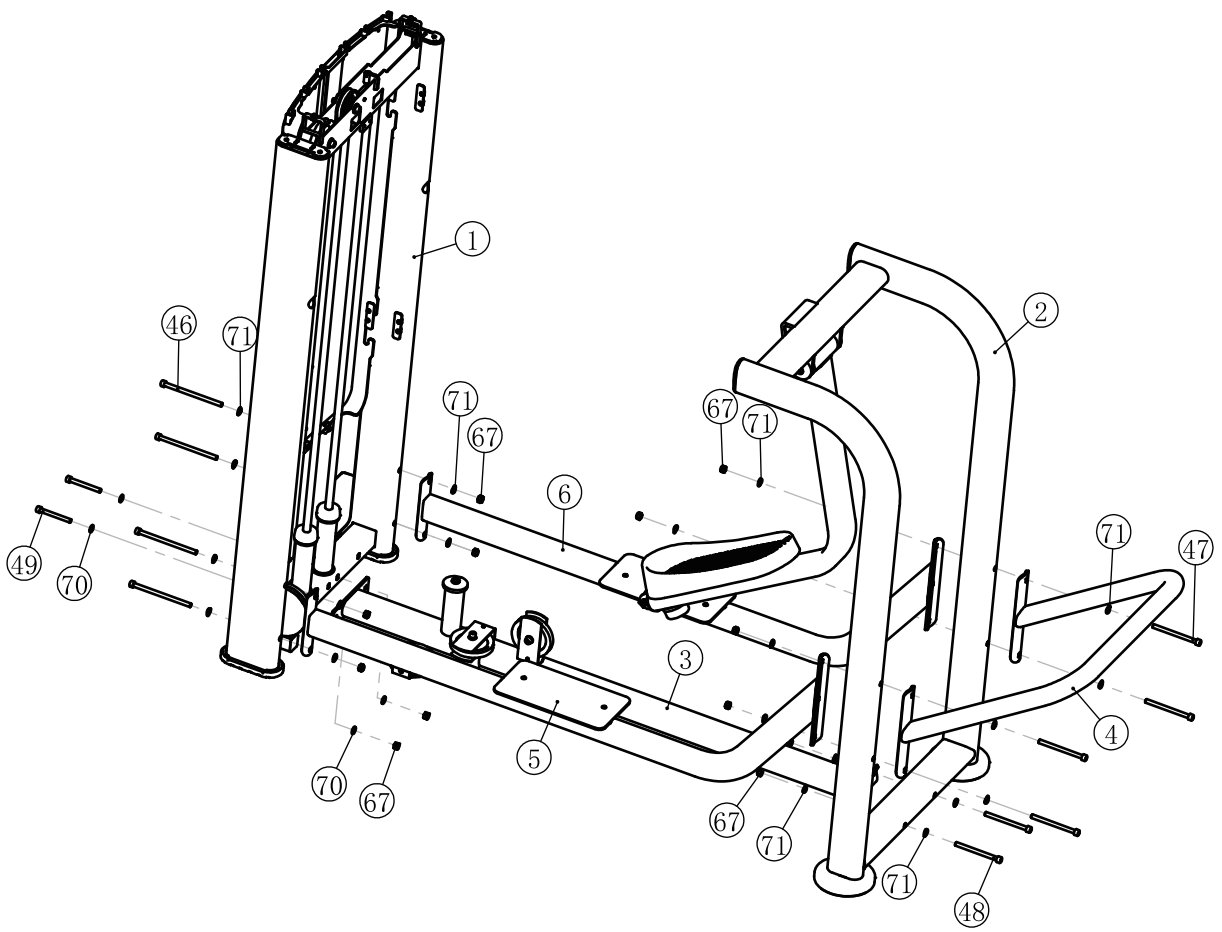
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

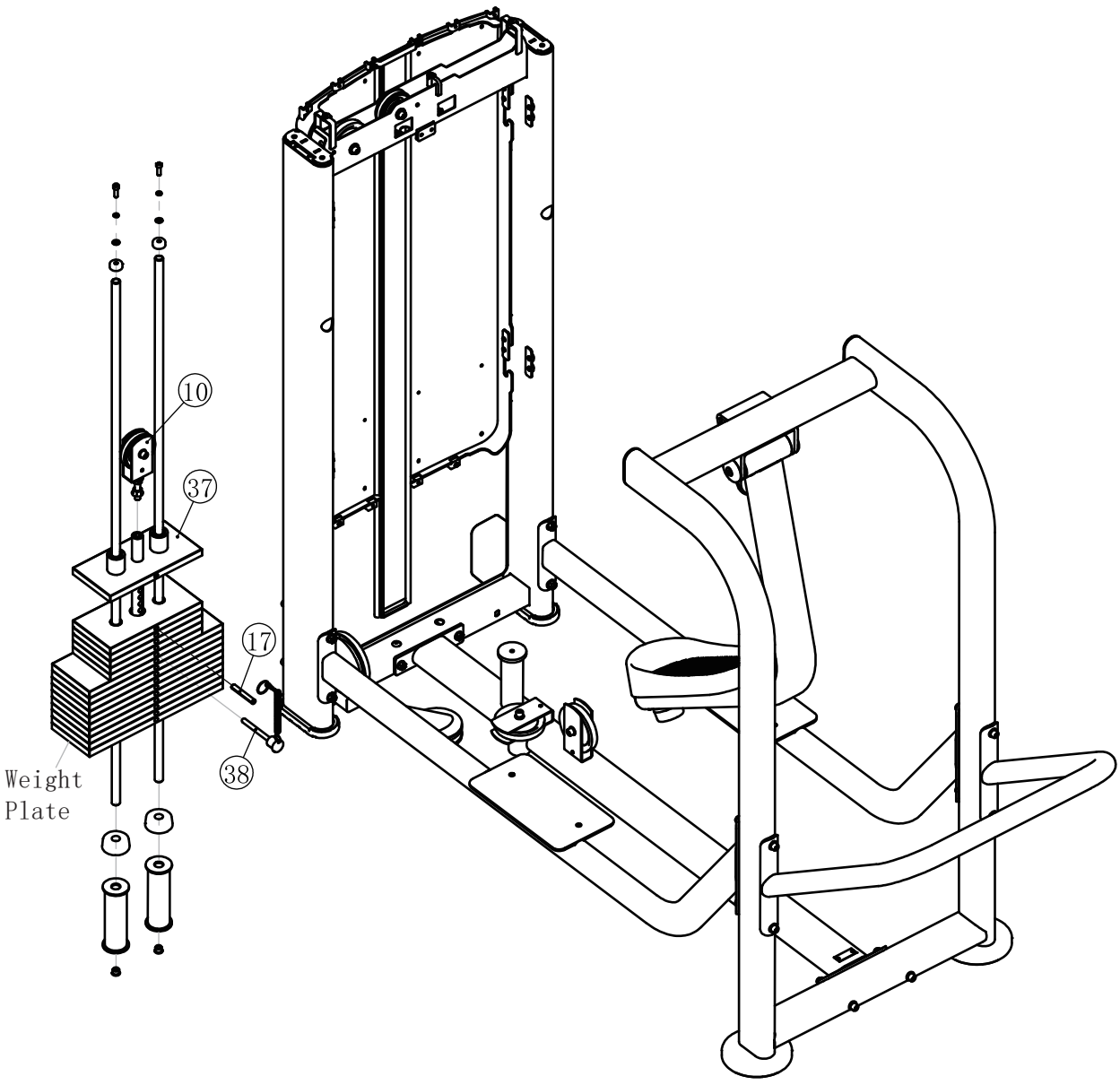
Item No	Description	QTY		Item No	Description	QTY
1	Weight Stack Frame	1		47	Socket Head Cap Screw M10*130	4
2	Rear Stand	1		48	Socket Head Cap Screw M10*125	2
3	Bottom Connection Frame	1		49	Socket Head Cap Screw M10*90	2
4	Limit Holder	1		67	Nylon Lock Nut M10	12
5	Left Foot Stand	1		70	Flat Washer φ11*φ20*2	4
6	Right Foot Stand	1		71	Arc Washer φ10	20
46	Socket Head Cap Screw M10*170	4				



STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

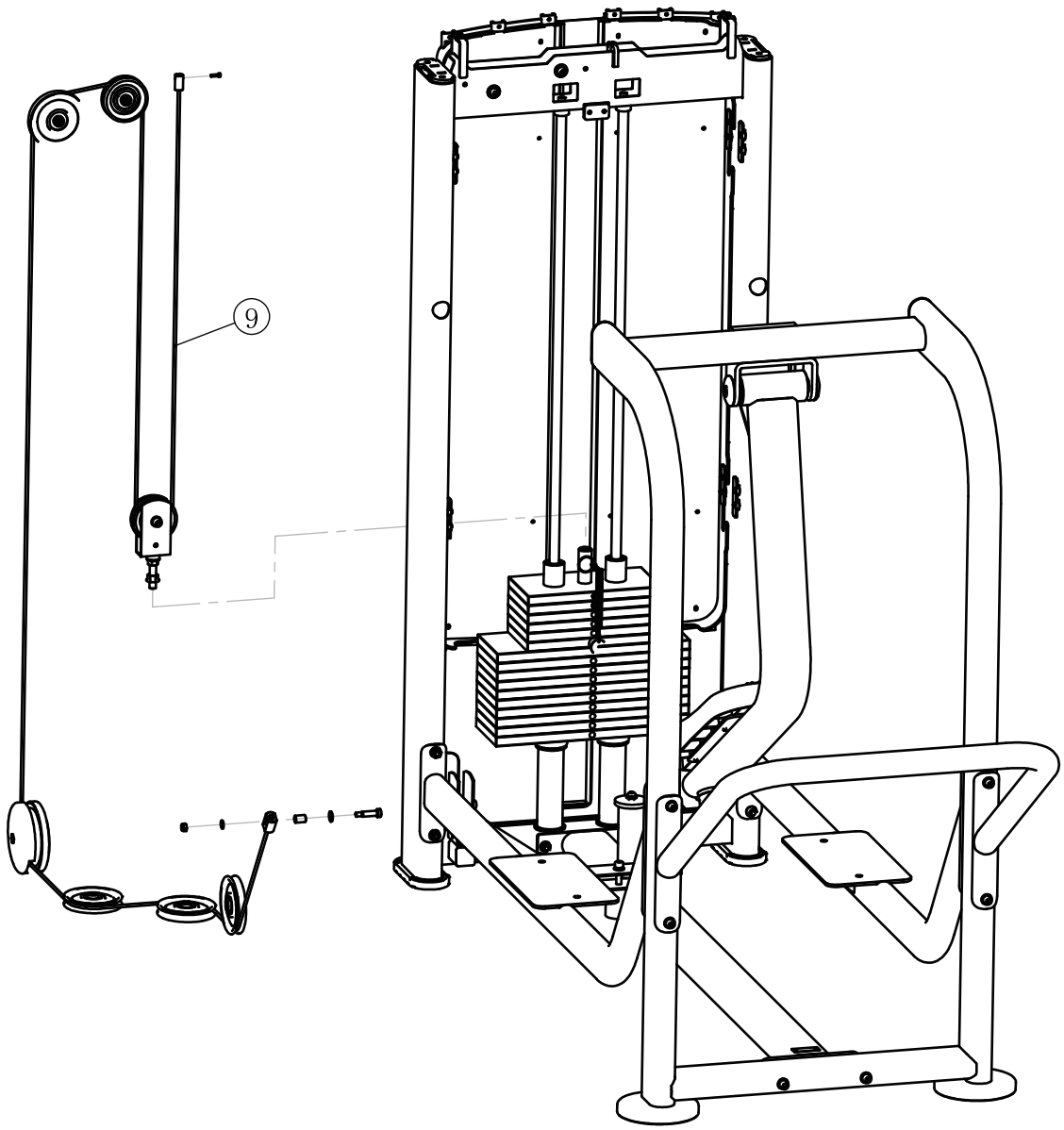
Item No	Description	QTY		Item No	Description	QTY
10	Pulley Linkage	1		37	Heavy Iron Assembly	1
17	Elastic Cylinder Pin	1		38	Selector Pin W/Coil	1



STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

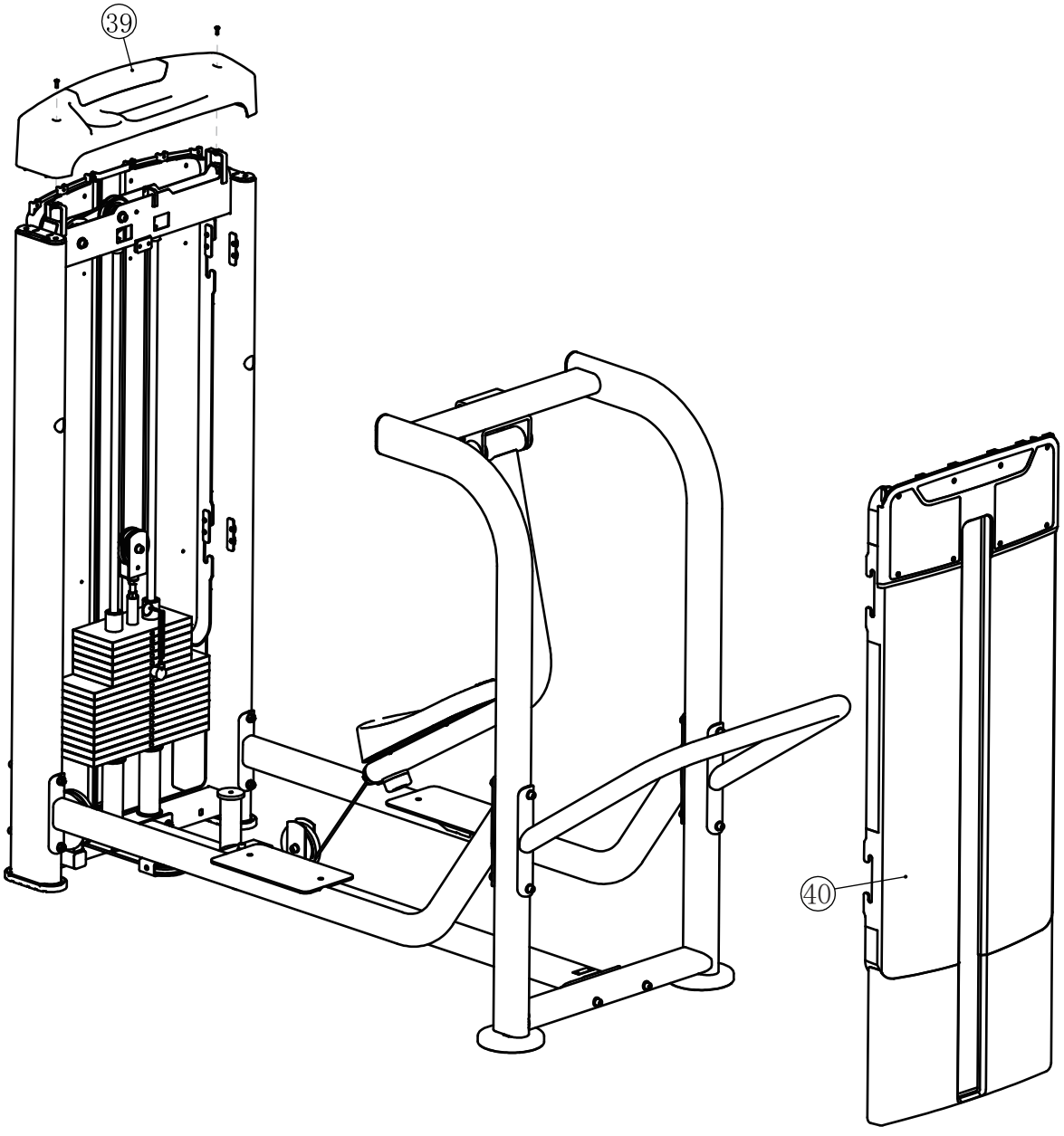
Item No	Description	QTY		Item No	Description	QTY
9	Cable Assembly	1				



STEP 4

Note: Wrench Tighten Screws.

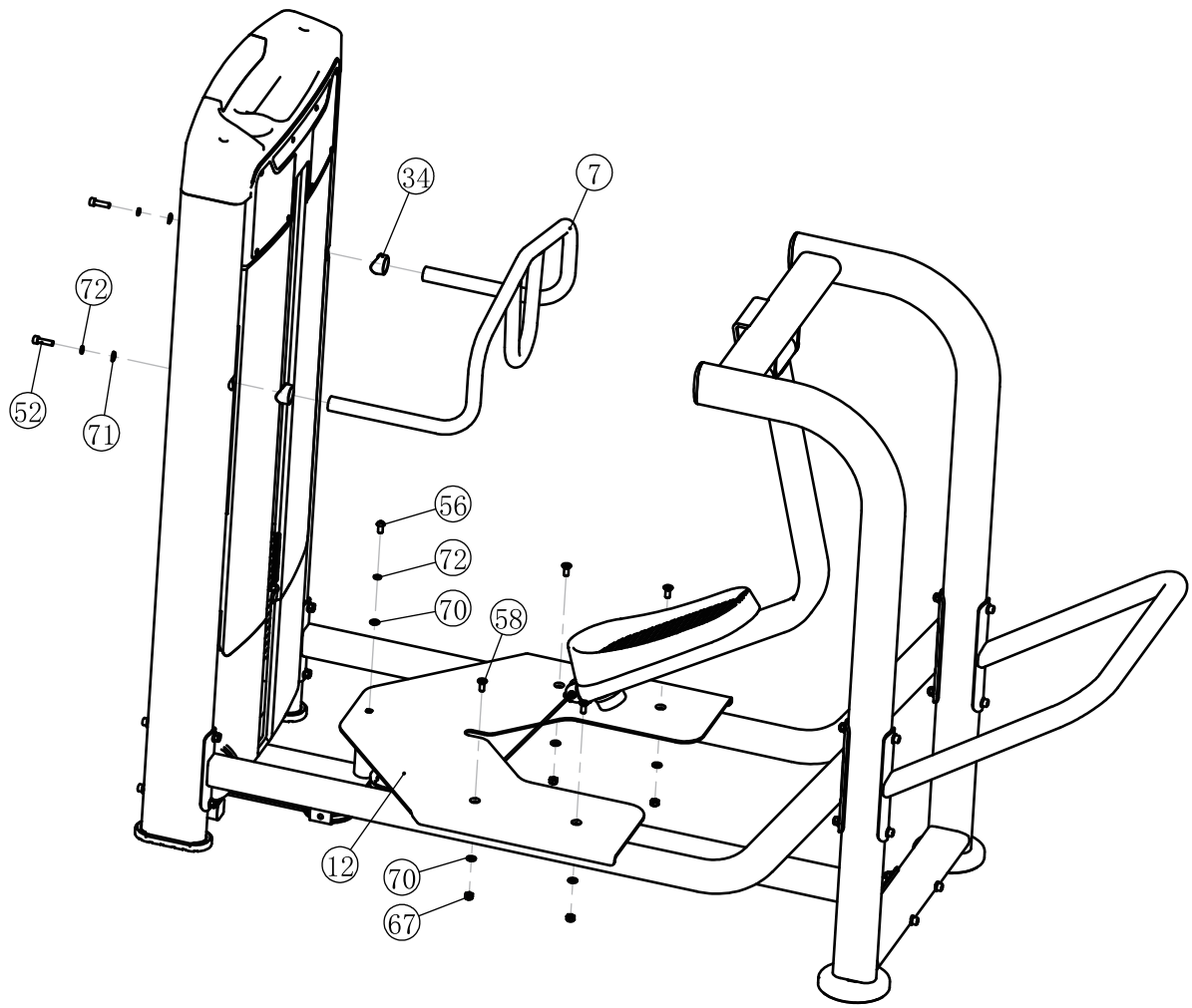
Item No	Description	QTY		Item No	Description	QTY
39	Upper Shroud	1		40	Side Shroud	1



STEP 5

Note: Wrench Tighten Screws.

Item No	Description	QTY		Item No	Description	QTY
7	The Handle Frame	1		58	Flat Head Cap Screw M10*25	4
12	Foot Pedal	1		67	Nylon Lock Nut M10	4
34	Jacket φ32	2		70	Flat Washer φ11*φ20*2	5
52	Socket Head Cap Screw M10*35	2		71	Arc Washer φ10	2
56	Button Head Cap Screw M10*20	1		72	Spring Washer φ10	3



Garlando

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