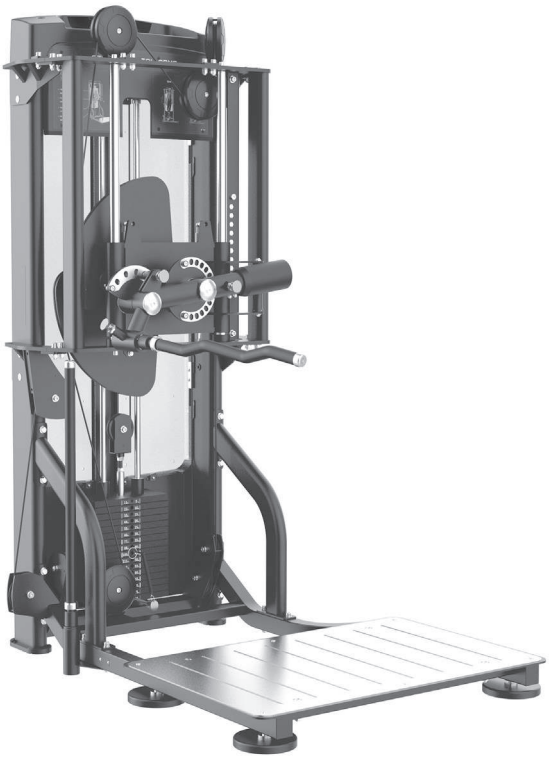
TOORX
PROFESSIONAL LINE

INSTRUCTION



STANDING TOTAL ARMS

PLX 9450

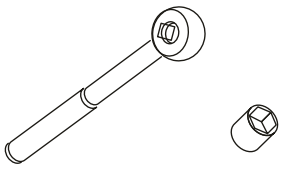
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Rev: 00
Ed: 11/26

Instructions

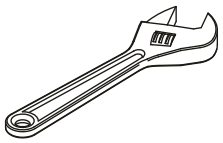
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

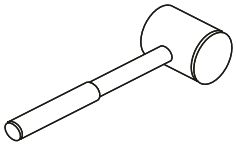
Tools Required



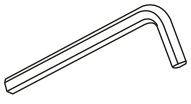
Ratchet Wrench and Socket



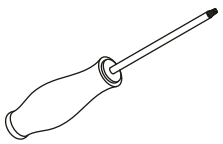
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



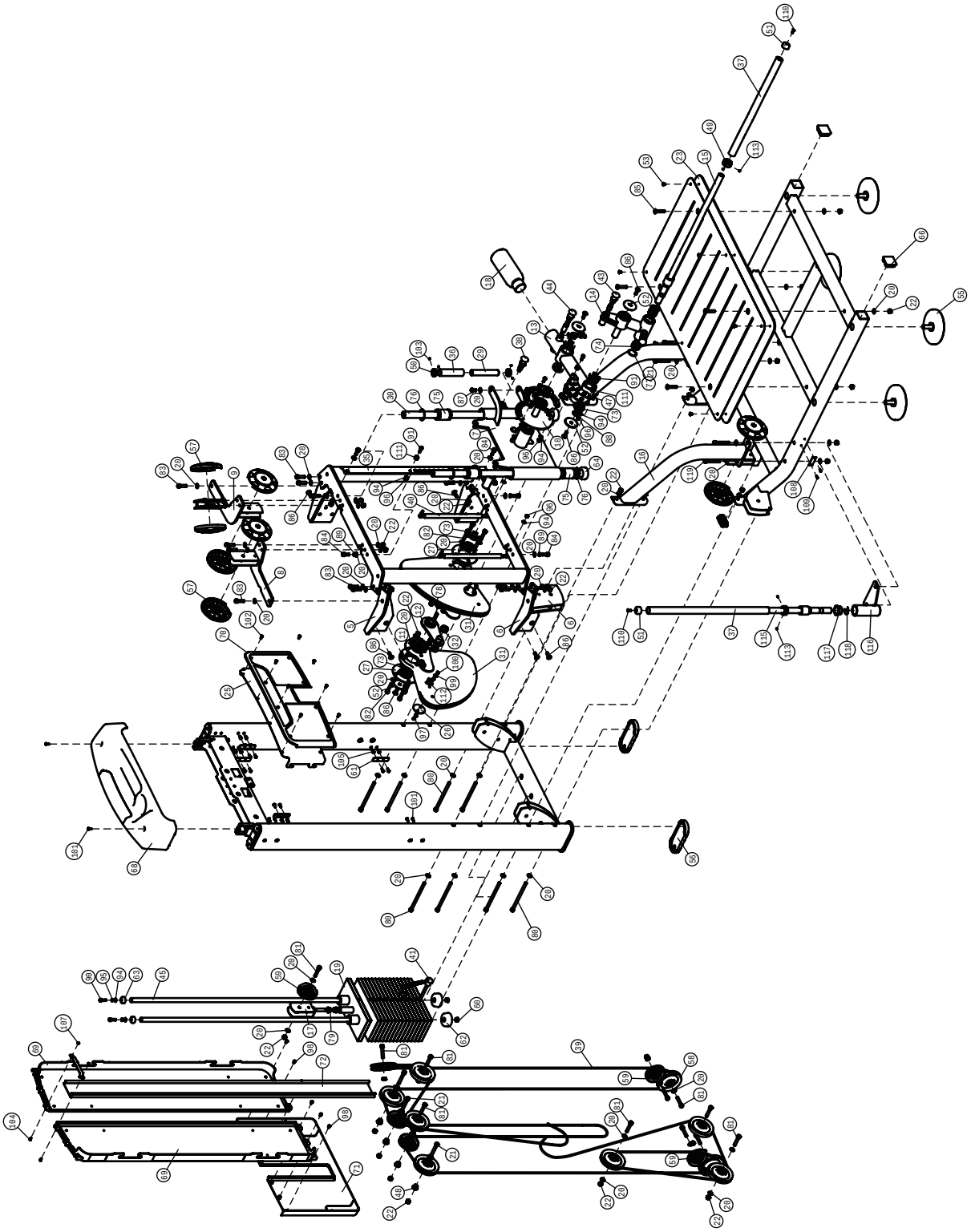
Phillips Screwdriver

Parts List

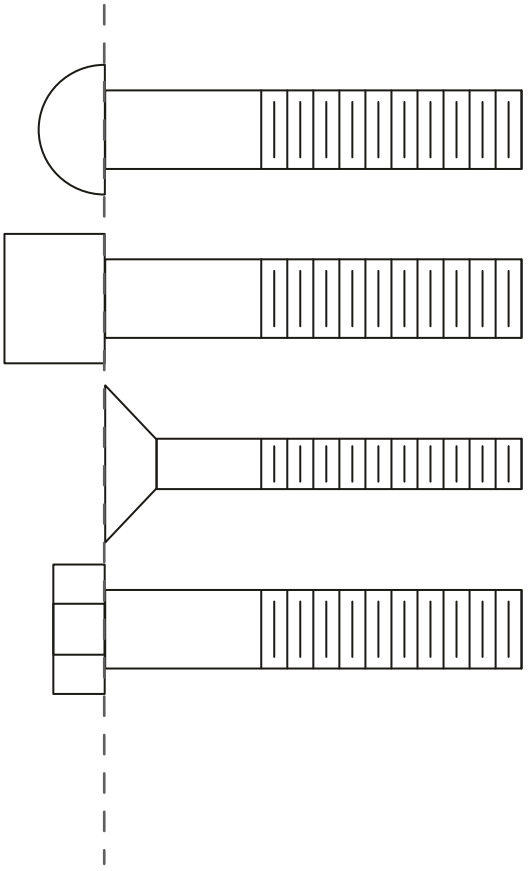
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	QTY	Item No.	Description	QTY
1	Weight Stack Frame	1	60	Rubber Plug	2
2	Bottom Cross Brace	1	61	Shroud Clip 80×20×7	6
3	functional frame	1	62	Weight Rubber Bumper	2
4	Support Frame	2	63	Rubber Sleeve	2
5	Support Frame	1	64	Rubber Bumper	2
6	Support Frame	1	65	Plug □30×60×2	1
7	Sliding frame	1	66	Plug F50.8	2
8	Pulley frame	1	67	Connecting Plate 150×16×9×2	1
9	Pulley frame	1	68	Top Shroud	1
10	Spindle frame	1	69	Side Shroud	2
11	Cam Frame	2	70	Front Cover	1
12	Reversing Frame	1	71	Low Shroud	1
13	Swing Frame	1	72	Back Plate	1
14	Adjustable Frame	1	73	Bearing 6005-2Z	10
15	Handle	1	74	Needle bearing	2
16	Supporting welding components	2	75	Linear Motion Bearing	4
17	Pulley frame	1	76	Hole Elastic Retaining Ring φ47	4
18	Counter Poise Block	1	77	Hole Elastic Retaining Ring φ38	2
19	Top Plate 80Kg	1	78	Flat key 8×35	1
20	Flat Washer φ11×φ20×2	94	79	Hexagonal flange nut M12	2
21	Socket Head Cap Screw M10×70	6	80	Socket Head Cap Screw M10×170	8
22	Nylon Lock Nut M10	53	81	Socket Head Cap Screw M10×50	11
23	Foot Plate 1000×650×5	1	82	Socket Head Cap Screw M10×45	8
24	Stainless steel pedal	1	83	Socket Head Cap Screw M10×35	14
25	Upper protective cover fixing plate	1	84	Socket Head Cap Screw M10×25	6
26	Steel cable baffle	2	85	Flat Head Cap Screw M10×50	4
27	Rope wheel fixing plate	2	86	Flat Head Cap Screw M10×30	12
28	Spacer Sleeve φ60×φ26×13.5	2	87	Flat Head Cap Screw M10×20	2
29	Rope wheel fixing plate	1	88	Flat Washer φ11×φ30×2	3
30	Guid Rod Sliding guide rod	2	89	Spring Washer φ10	4
31	Cam Frame R311.5×20	2	90	Socket Head Cap Screw M8×25	2
32	Bumper φ32×φ25.4×13	2	91	Socket Head Cap Screw M8×20	5
33	Bumper φ32×φ25.4×70	1	92	Button Head Cap Screw M8×25	2
34	Adjust the lining plate	1	93	Button Head Cap Screw M8×20	1
35	Adjust the L board	1	94	Flat Washer φ9×φ16×1.6	13
36	Grip STφ24×φ31×120	1	95	Spring Washer φ8	4
37	Grip STφ24×φ31×632	2	96	Nylon Lock Nut M8	8
38	Pop Pin	1	97	Button Head Cap Screw M6×30	4
39	Steel cable components	1	98	Button Head Cap Screw M6×10	6
40	Gas Spring	2	99	Flat Washer φ6.5×φ12×1.6	4
41	Selector Pin W/Coil	1	100	Nylon Lock Nut M6	4
42	Pop Pin	1	101	Cross Recessed Pan Head Screw M5×15	14
43	Pop Pin	1	102	Philips Countersunk Head Screw M5×15	8
44	Pop Pin	1	103	Socket Set Screw M5×3	4
45	Guid Rod φ19×2×1519	2	104	Button Head Cap Screw M5×10	2
46	Barrier ring	1	105	Rivet Nut M5×13	12
47	Scaleboard	1	106	Reed Nut M5	2
48	Spacer Sleeve φ25×φ17×φ10.5×14.5	8	107	Nylon Lock Nut M5	6
49	Aluminum Ring φ40×φ26.8×19	2	108	Serial Number Plate	1
50	Aluminum Ring φ33×φ26.8×9.5	2	109	Pop Rivet φ4×11	2
51	Aluminium Cap φ32.5×φ26×19	2	110	Flat Head Cap Screw M6×16	2
52	Aluminum End Cap φ60×φ10.5×10.9	4	111	Bumper φ17×10.5	5
53	Flat head hexagonal bolt	6	112	Steel cable fixing block	2
54	Elastic cylindrical pin	1	113	Socket Set Screw M5×6	4
55	Bottom Cross Brace	4	114	Weight Plate	15
56	Foot Cover 177×80×17	2	115	Straight arm strength handle	1
57	Pulley Cover φ140×26	8	116	Nylon Lining	1
58	Pulley	10	117	Rubber Gasket	1
59	Pulley	5	118	Socket Head Cap Screw M10×75	2

Exploded View



Measurement Guide

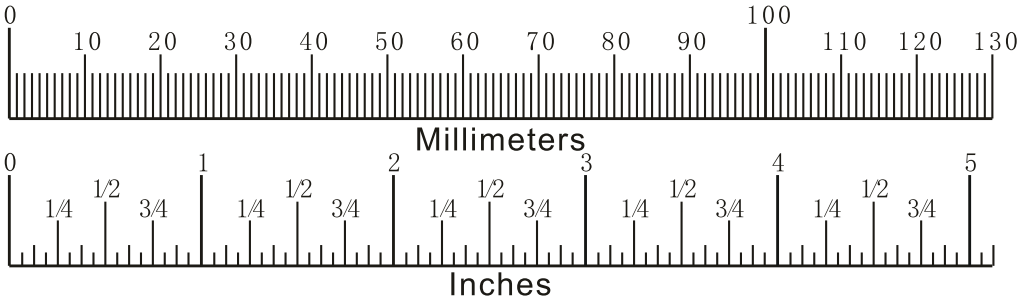


BHCS = Button Head Cap Screw

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

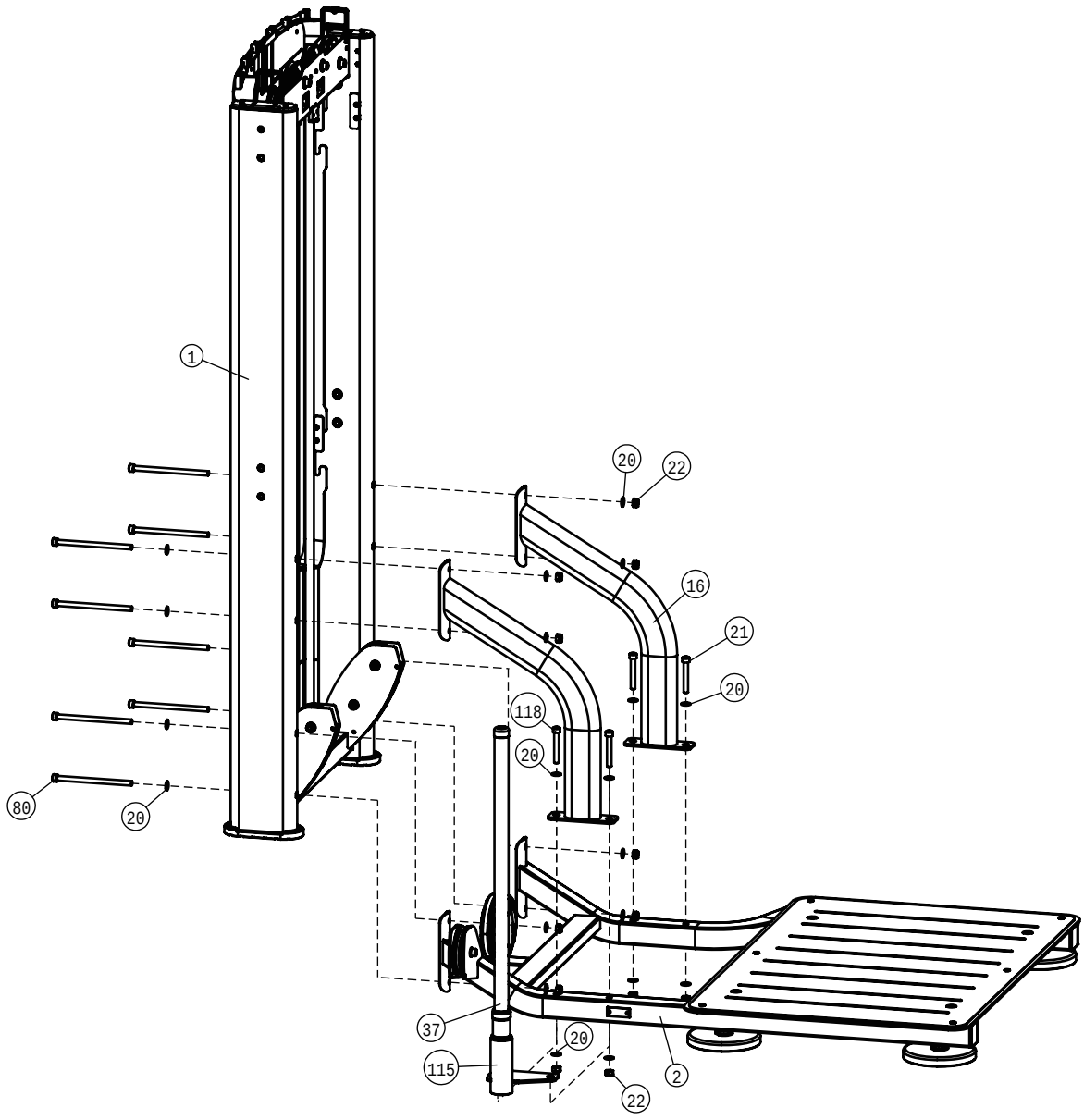
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

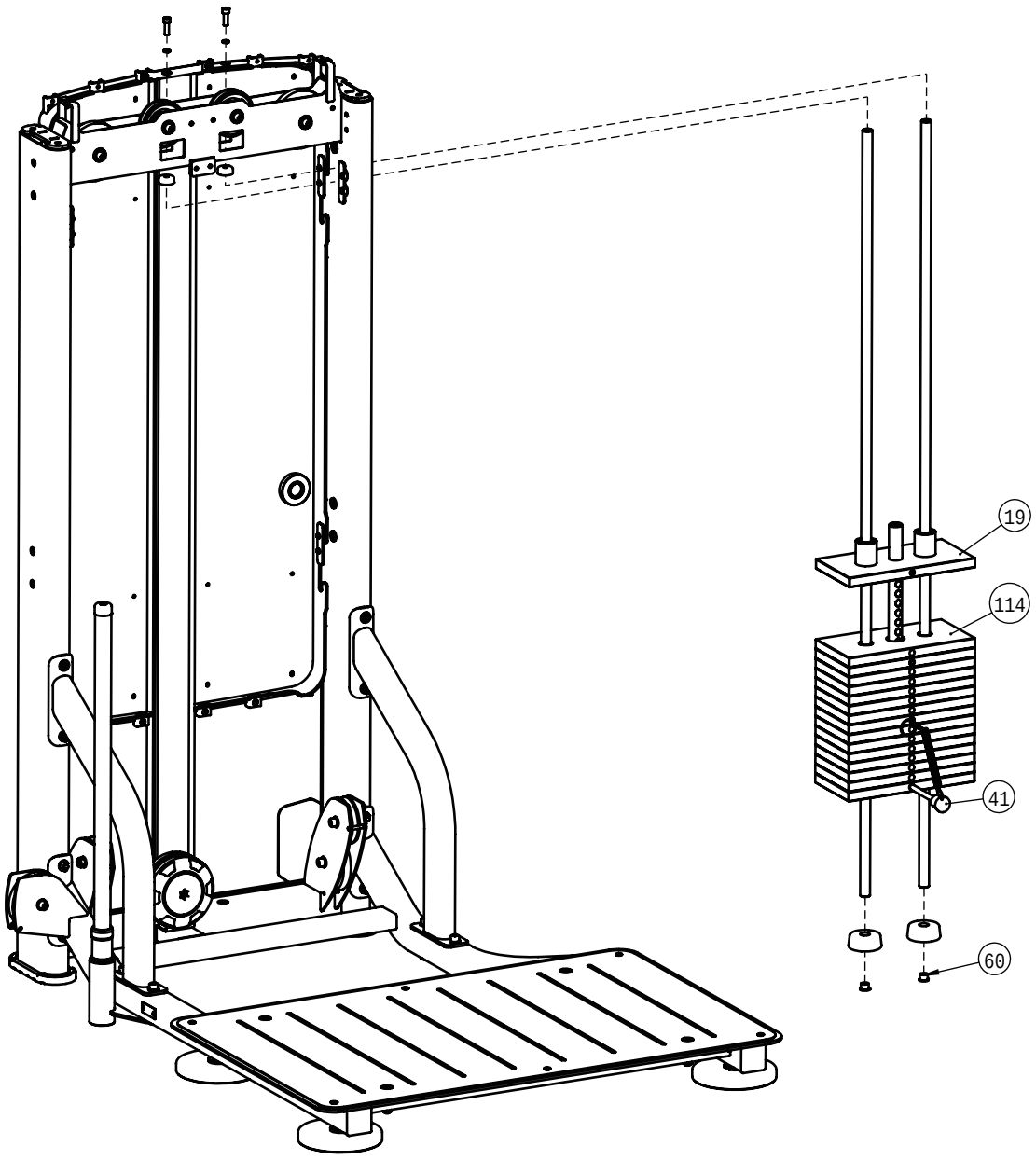
Item No.	Description	QTY	Item No.	Description	QTY
1	Weight Stack Frame	1	22	Nylon Lock Nut M10	8
2	Bottom Cross Brace	1	80	Socket Head Cap Screw M10×170	8
16	Supporting Welding Components	2	115	Straight Arm Strength Handle	1
20	Flat Washer φ11×φ20×2	24	118	Socket Head Cap Screw M10×75	2
21	Socket Head Cap Screw M10×70	4			



STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

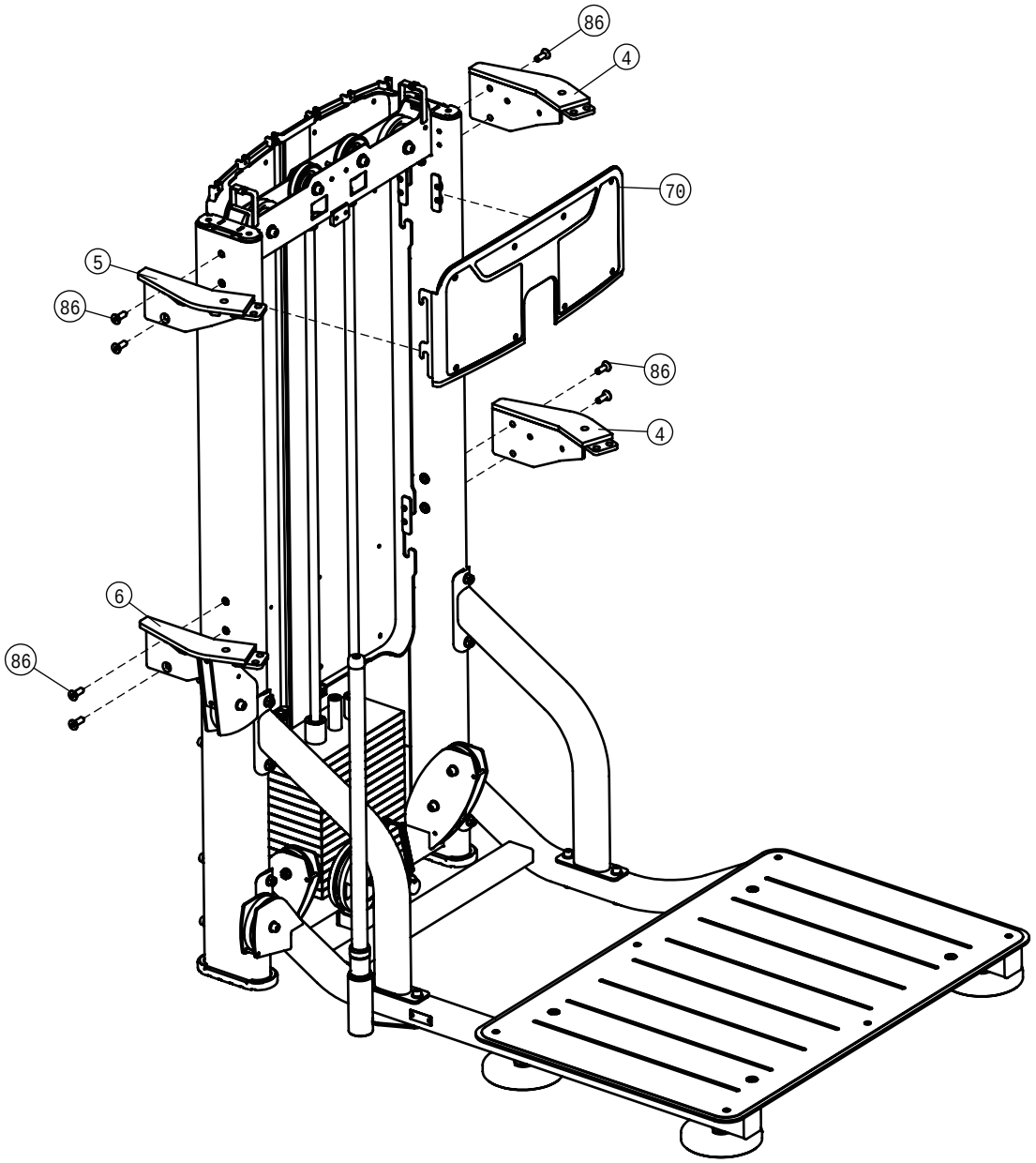
Item No.	Description	QTY
19	Counterweight Iron Component 80Kg	1
41	Selector Pin W/Coil	1
60	Rubber Plug	2
114	Weight Plate	15



STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

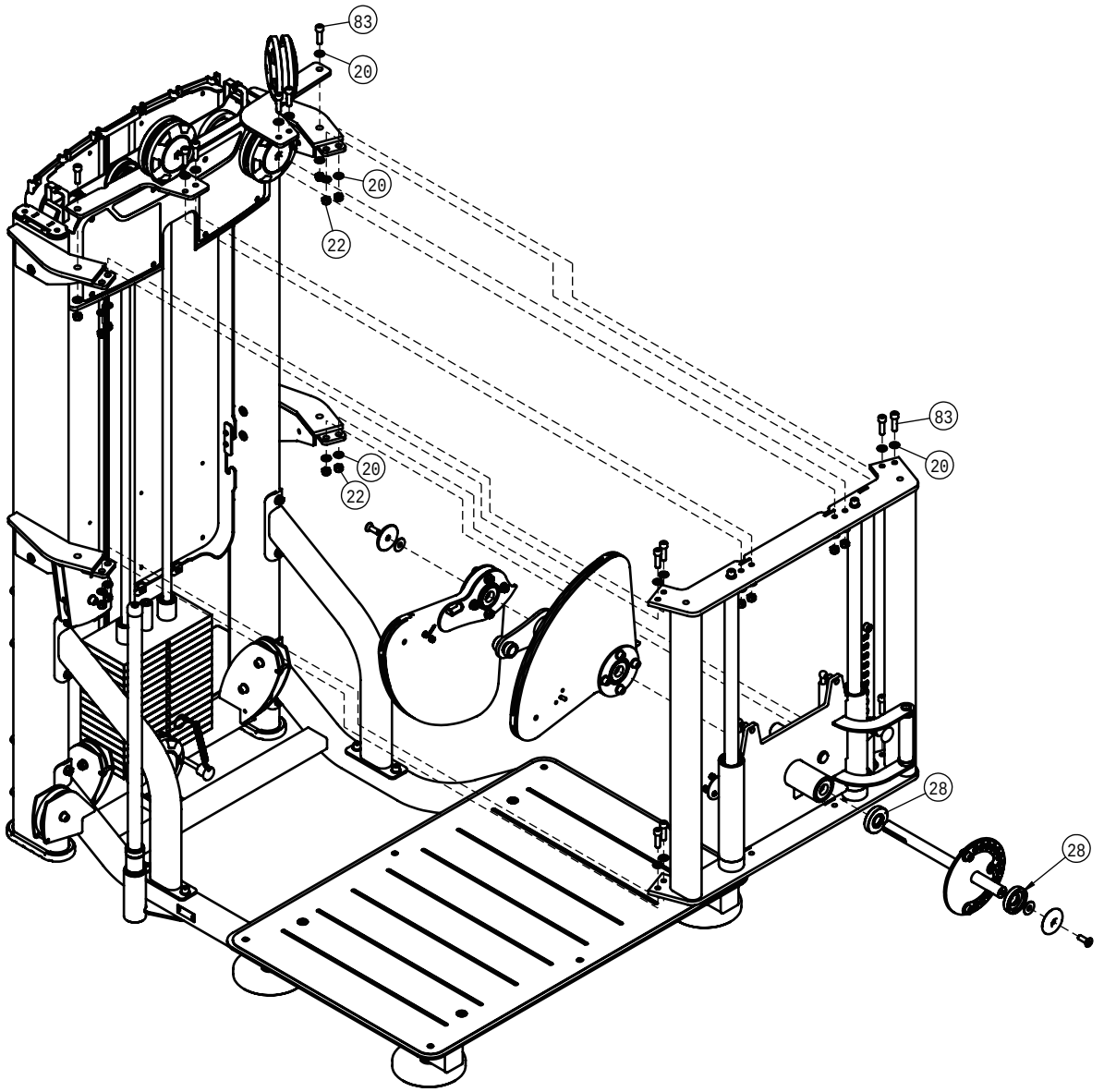
Item No.	Description	QTY
4	Right Support Bracket	2
5	Upper Left Support Bracket	1
6	Left Lower Support Bracket	1
70	Front Cover	1
86	Flat Head Cap Screw M10×30	8



STEP 4

Note: **Hand Tighten Bolts and Nylon Lock Nuts.**

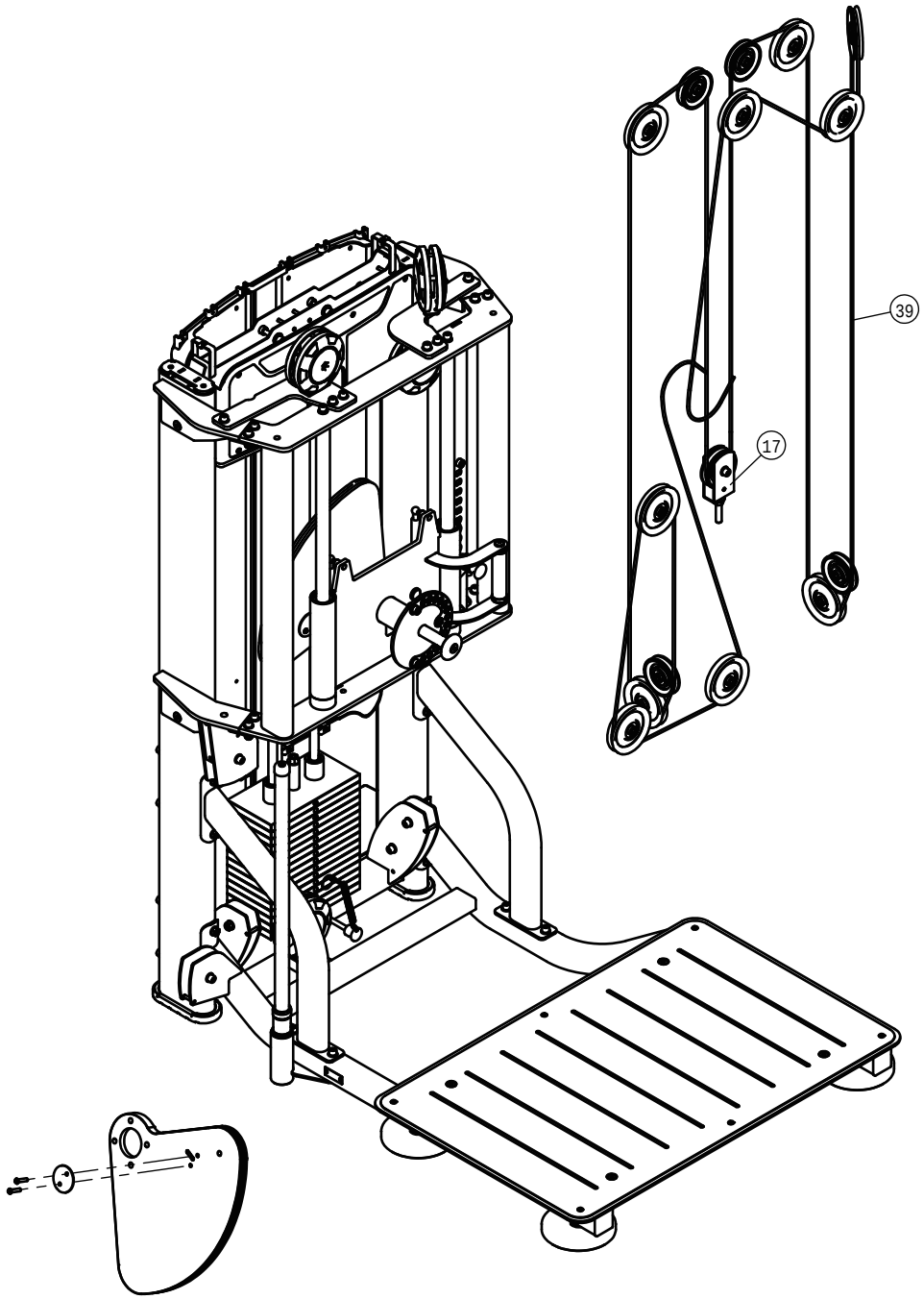
Item No.	Description	QTY
20	Flat Washer φ11×φ20×2	24
22	Nylon Lock Nut M10	14
28	Spacer Sleeve φ60×φ26×13.5	2
83	Socket Head Cap Screw M10×35	14



STEP 5

Note：Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY
17	Pulley Frame	1
39	Steel Cable Components	1

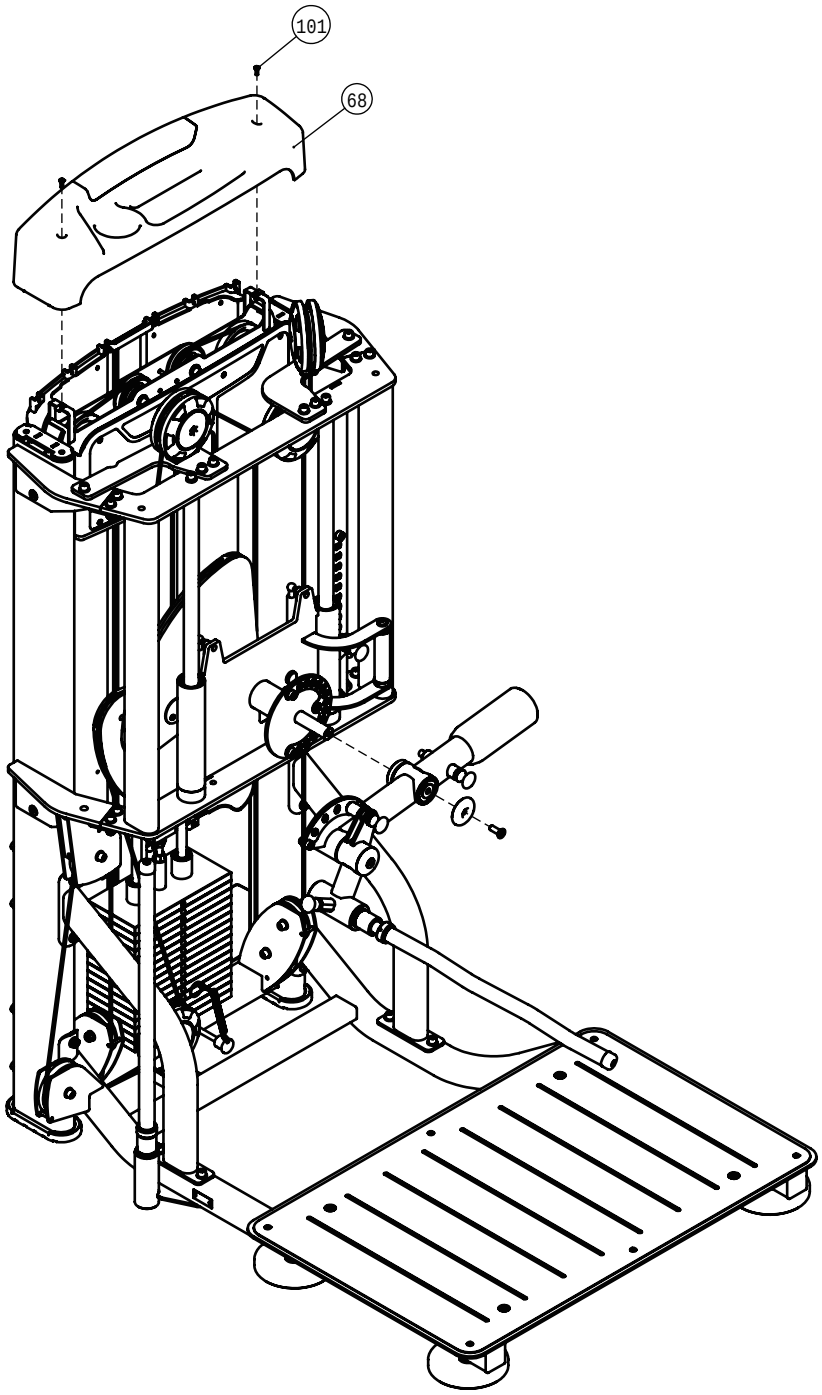


When installing the steel cable, it is necessary to remove the fixing block on the cam frame。

STEP 6

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	QTY
68	Top Shroud	1
101	Cross Recessed Pan Head Screw M5×15	2



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