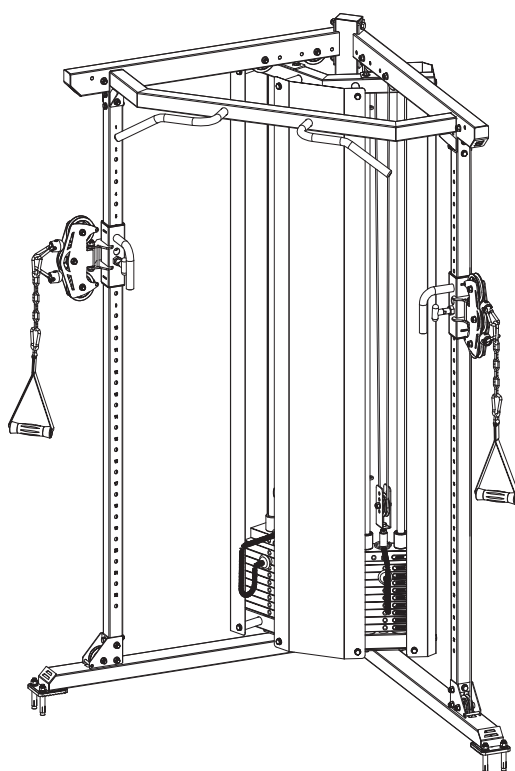


TCORX
FITNESS IN MOTION

INSTRUCTION



CSX2500



Code : GRLDTOORXCSX2500

Rev: 00

Ed : 07/26

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

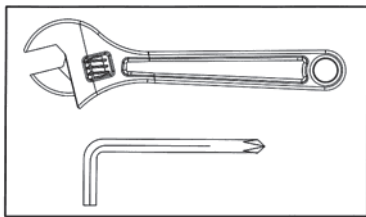
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

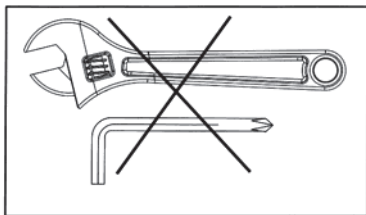
Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

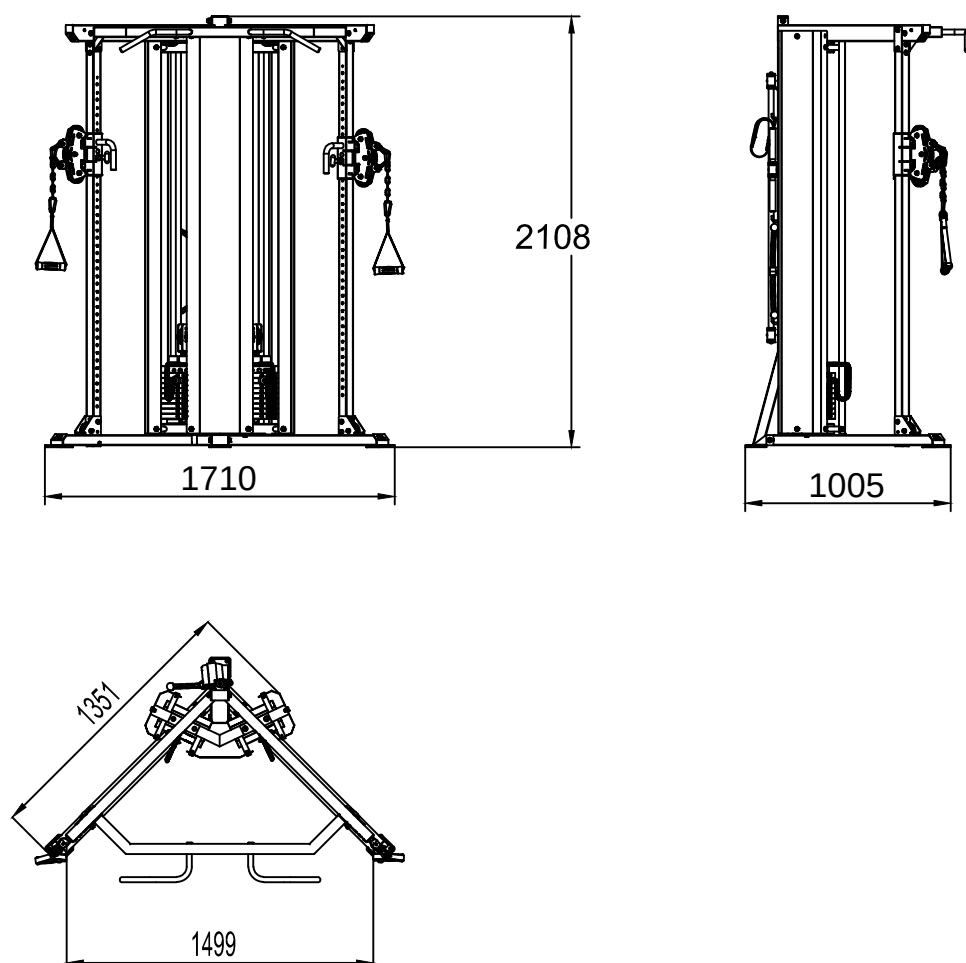
NOTE: Do not over tighten any component with pivoting function.

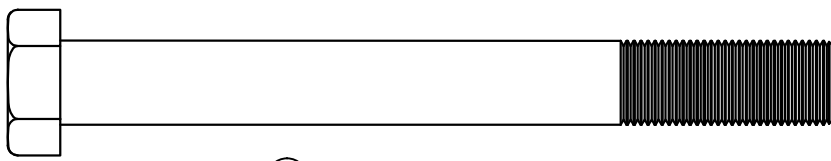
Make sure all pivoting components are able to move freely.



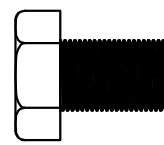
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 1005mm x 1710mm x2108mm

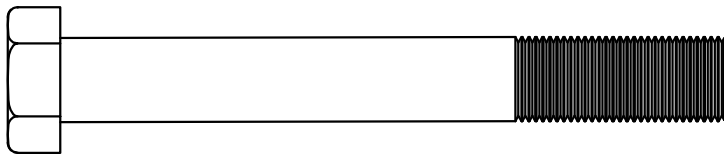




④⑨ ×3



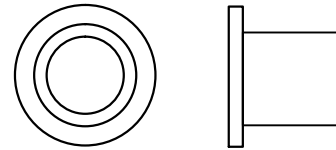
⑤⑦ ×16



⑤⑩ ×2



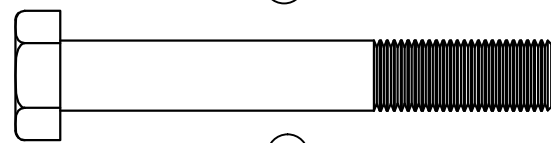
⑤⑪ ×2



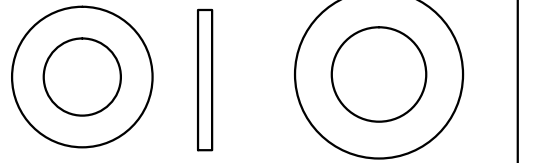
④⑥ ×12



⑤⑫ ×10

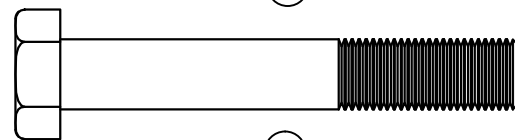


⑤⑬ ×6

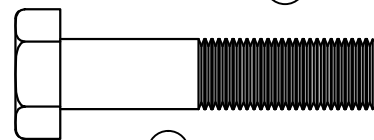


⑥① ×76

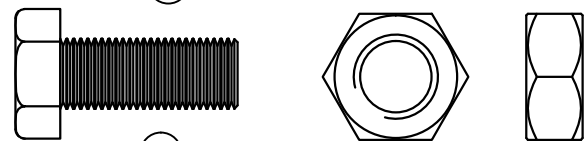
⑥② ×10



⑤⑭ ×10

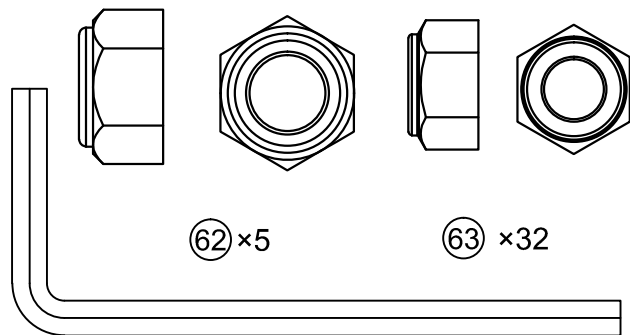


⑤⑤ ×10



⑤⑥ ×6

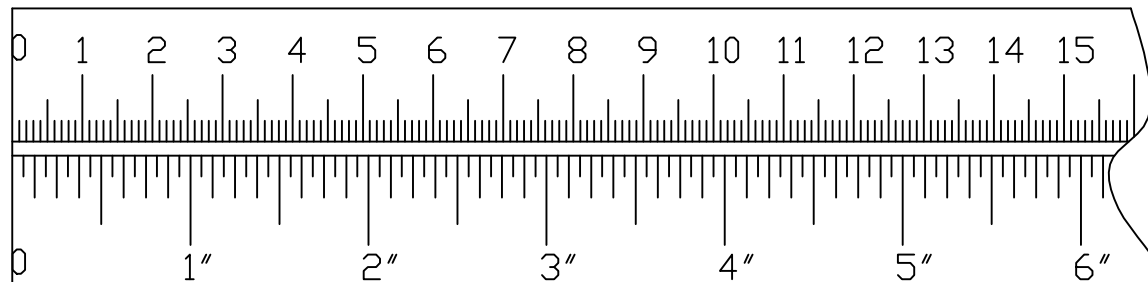
⑥④ ×2



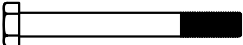
⑥② ×5

⑥③ ×32

mm



5# × 1

④⑨  ×1 M12×110

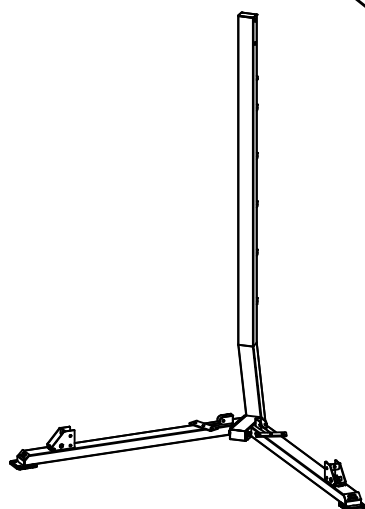
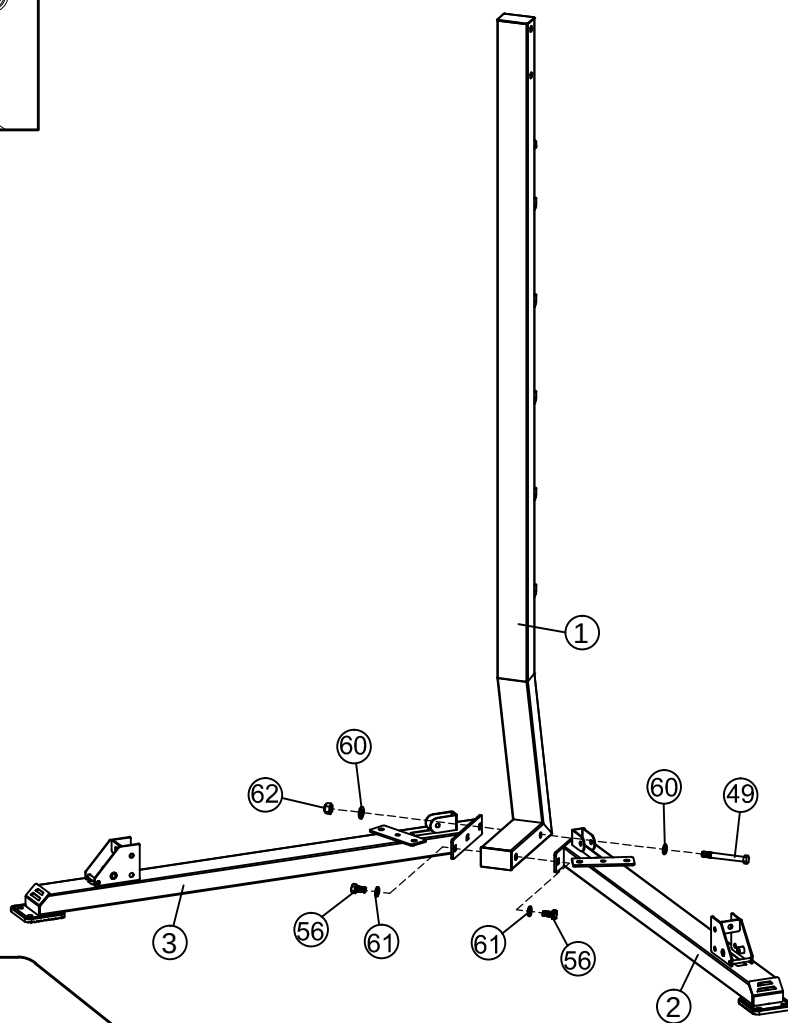
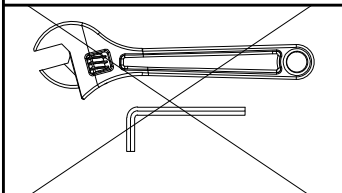
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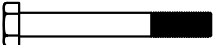
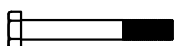
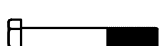
⑥①  ×2 Φ10

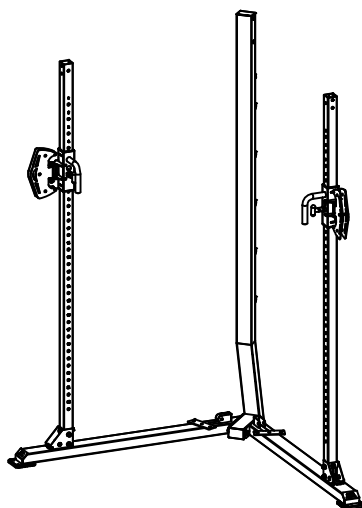
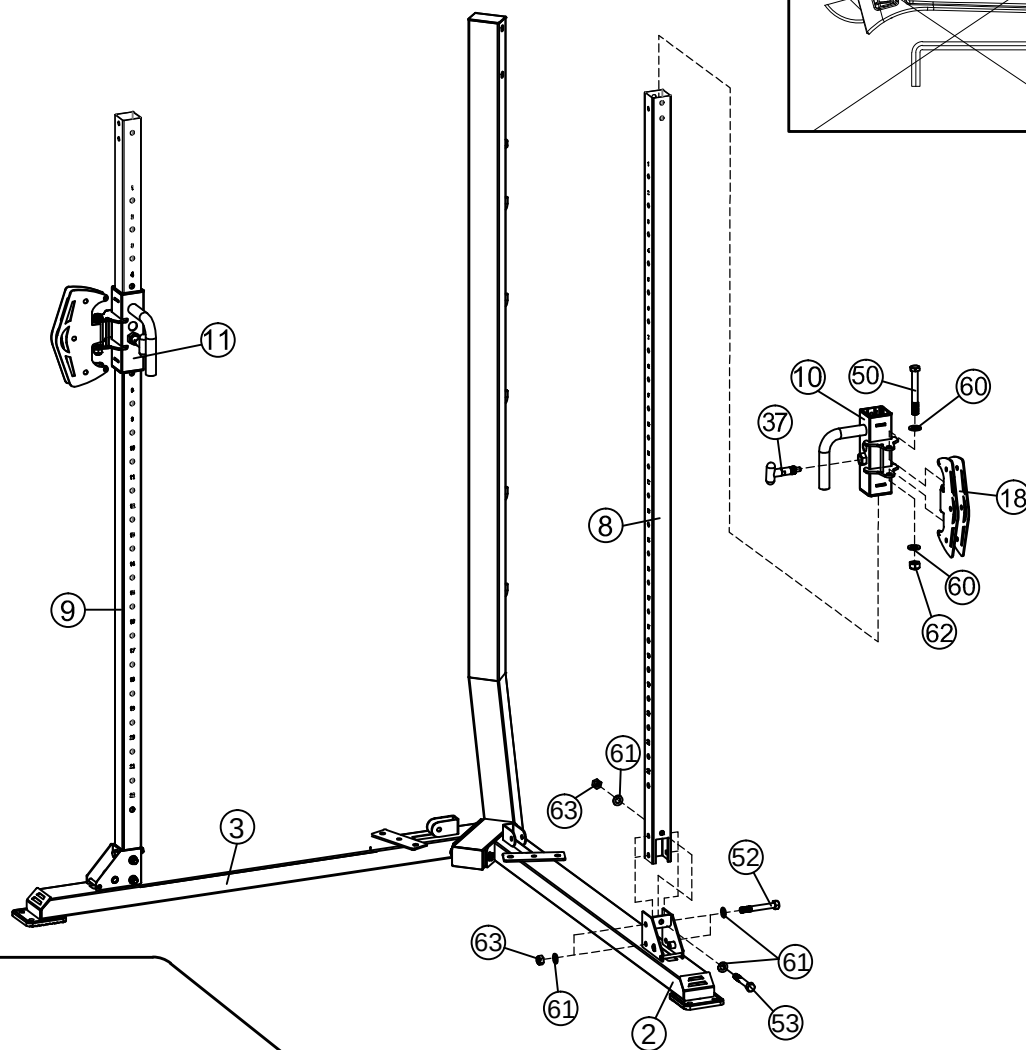
⑥②  ×2 Φ12

⑥①  ×2 Φ10

⑥②  ×1 M12



- | | | | | | | | |
|----|---|----|--------|----|---|-----|-----|
| ⑤① |  | ×2 | M12×95 | ⑥① |  | ×4 | Φ12 |
| ⑤② |  | ×4 | M10×75 | ⑥② |  | ×12 | Φ10 |
| ⑤③ |  | ×2 | M10×70 | ⑥③ |  | ×6 | M10 |
| | | | | ⑥④ |  | ×2 | M12 |

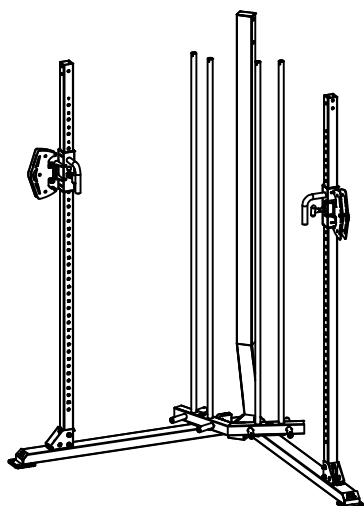
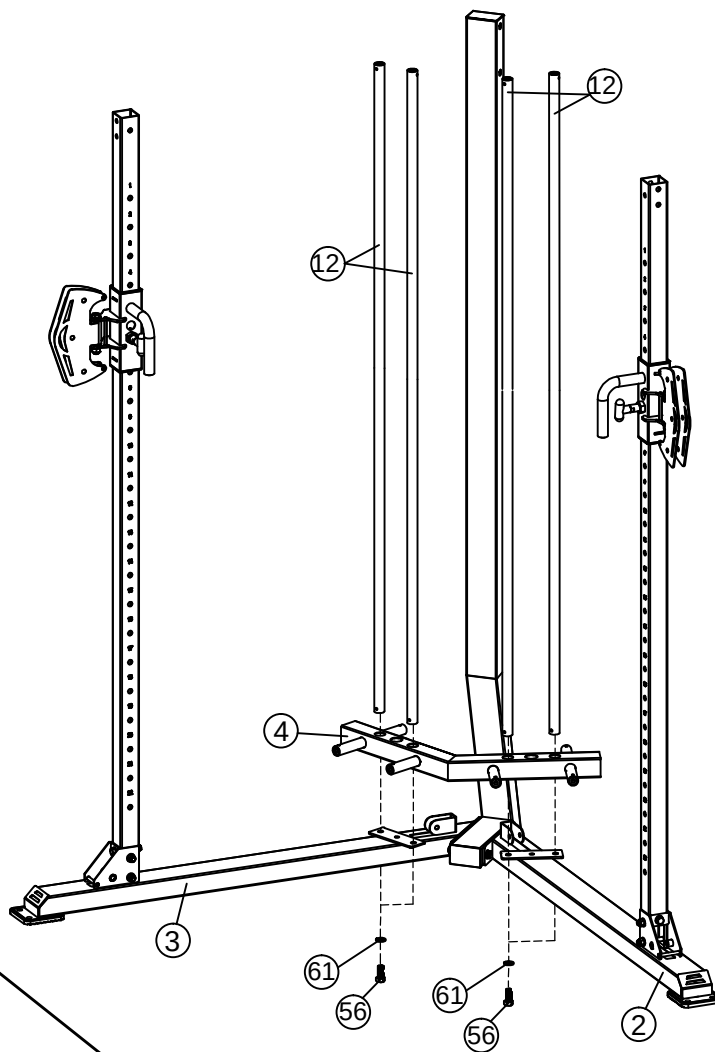
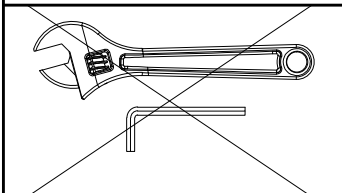


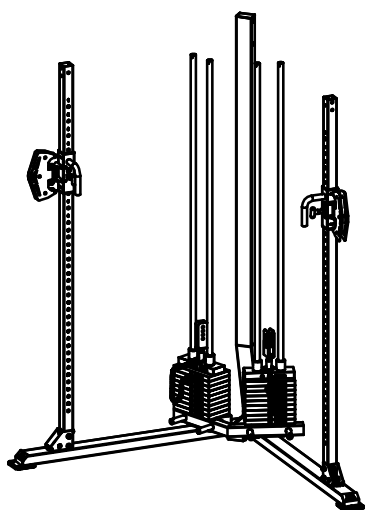
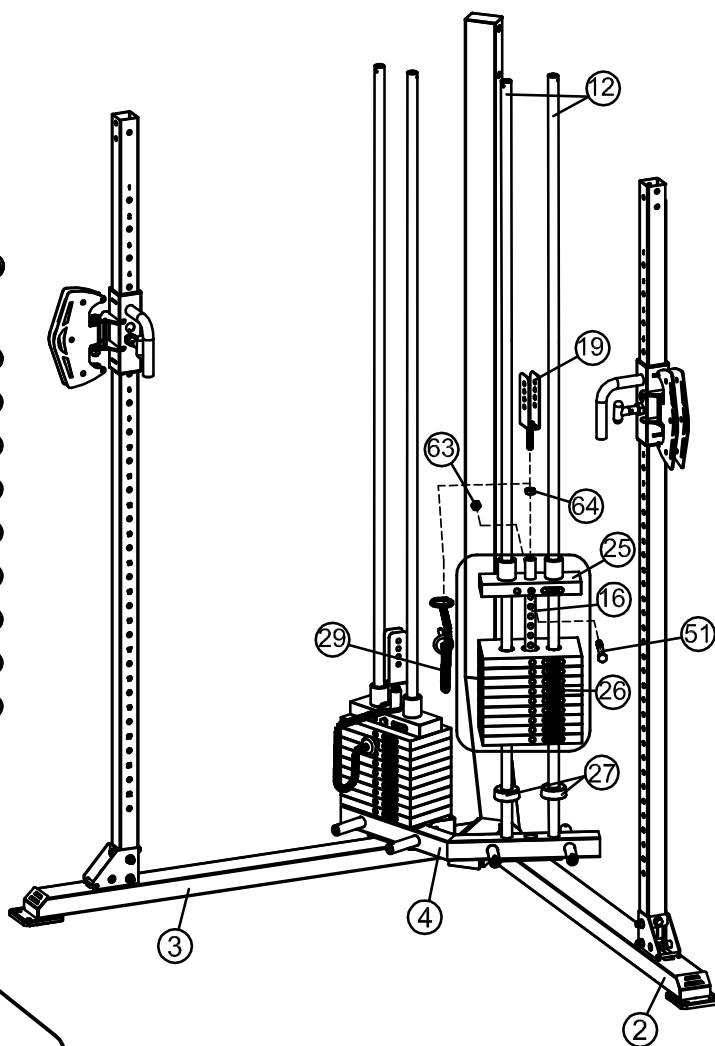
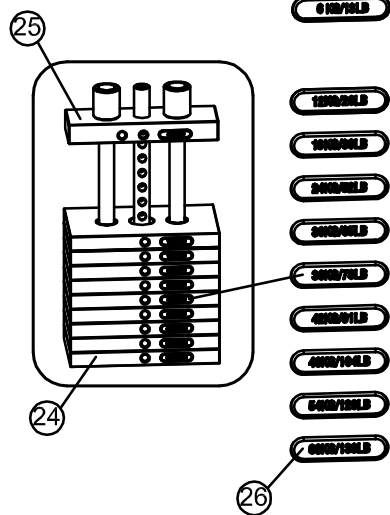


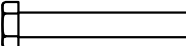
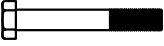
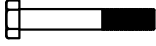
×4 M10×25

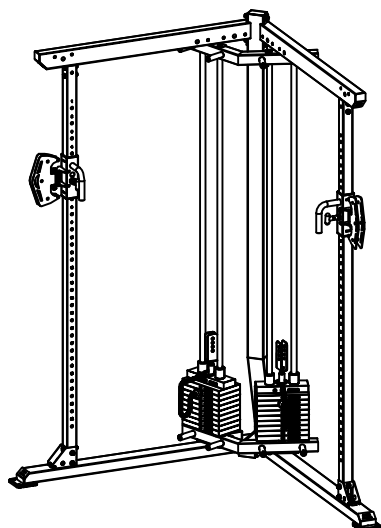
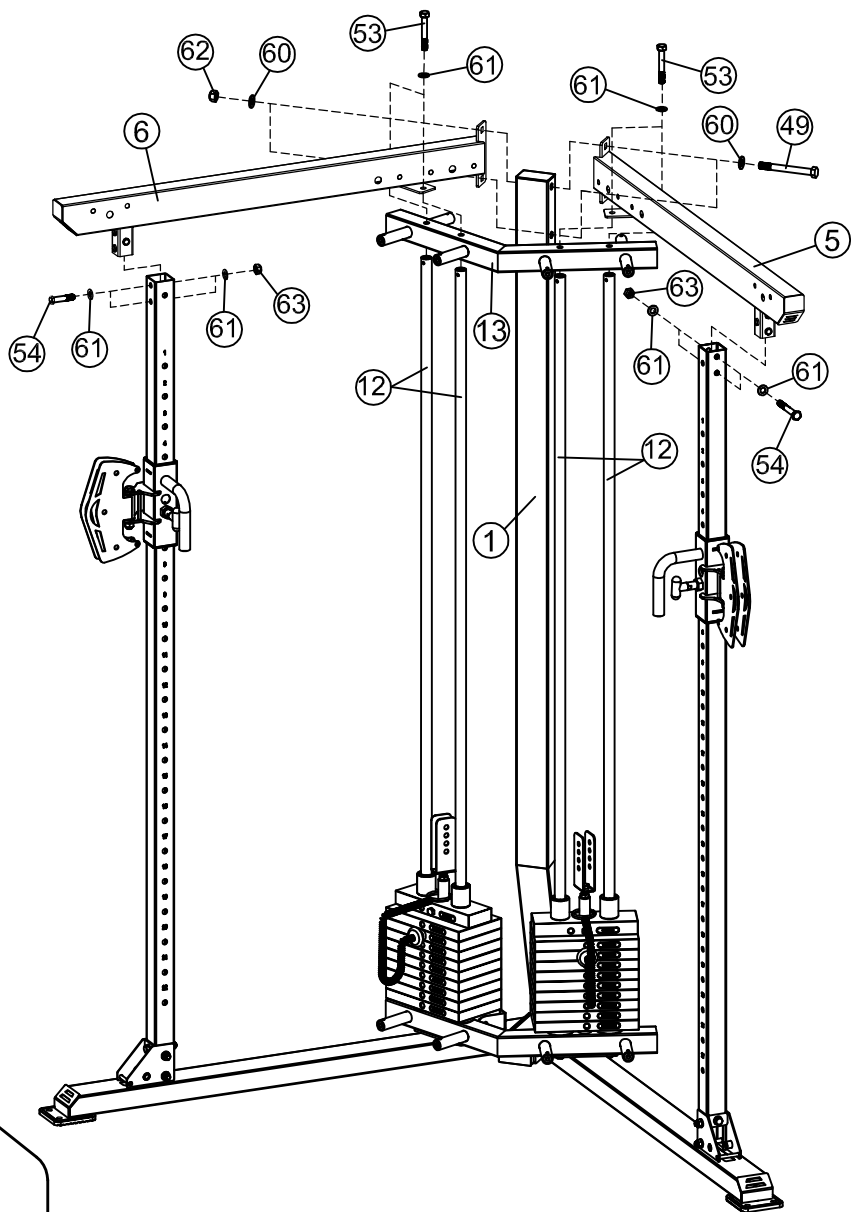
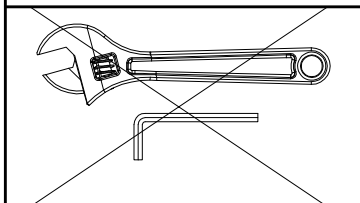


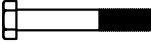
×4 Φ10

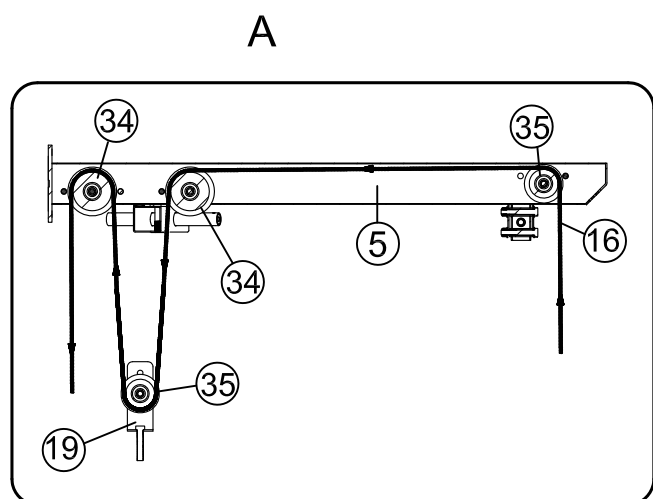
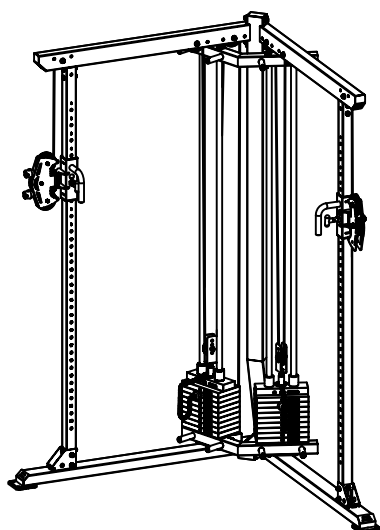
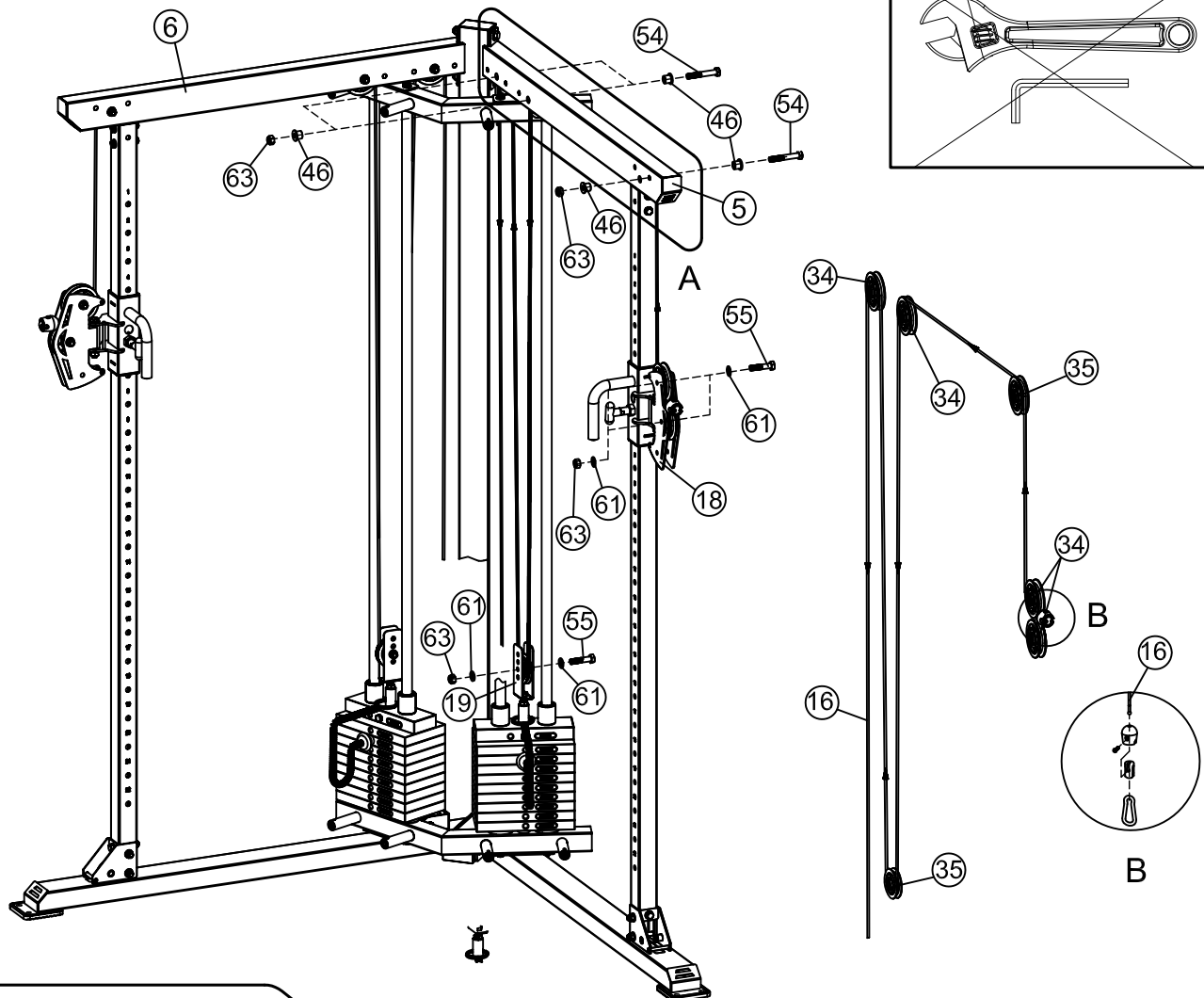


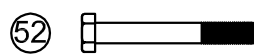


- ④⑨  ×2 M12×110 ⑥②  ×4 Φ12
 ⑤③  ×4 M10×70 ⑥①  ×12 Φ10
 ⑤④  ×4 M10×65 ⑥③  ×4 M10



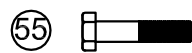
- | | | | | | | | |
|----|---|-----|--------------|----|--|-----|-----|
| ⑤④ |  | ×6 | M10×65 | ⑥① |  | ×12 | Φ10 |
| ⑤⑤ |  | ×6 | M10×45 | ⑥③ |  | ×12 | M10 |
| ④⑥ |  | ×12 | φ22×φ10.2×15 | | | | |





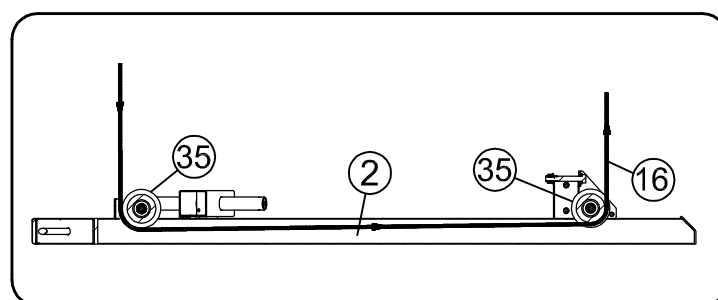
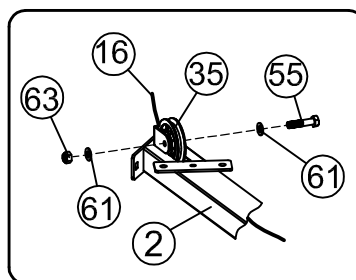
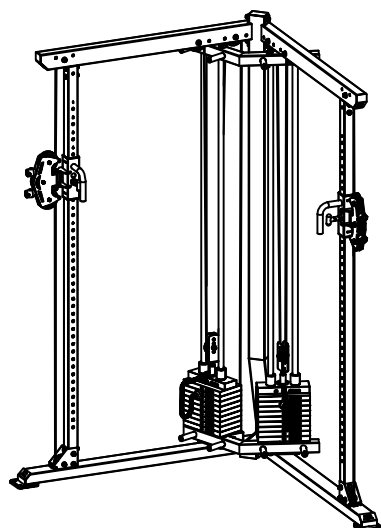
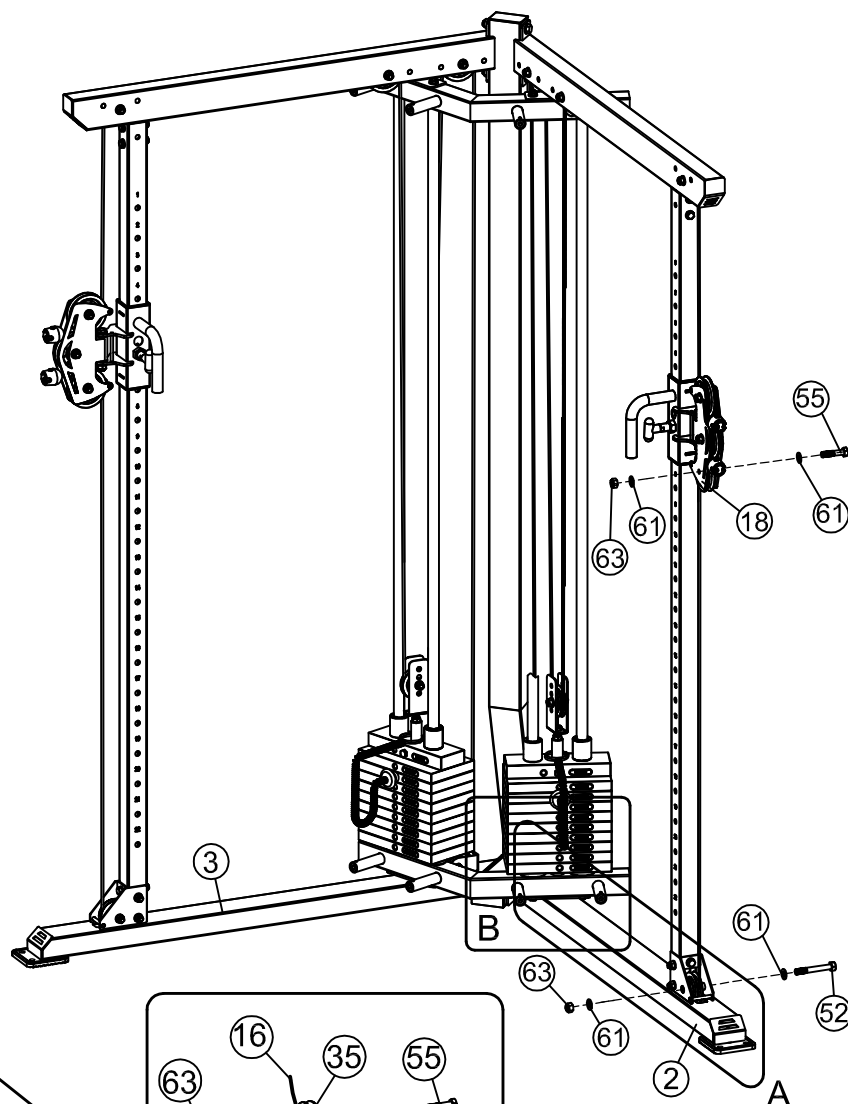
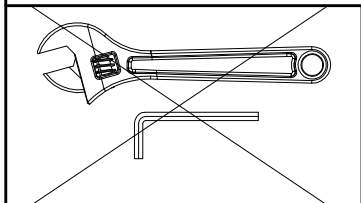
×2 M10×75

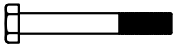
61 ×12 Φ10

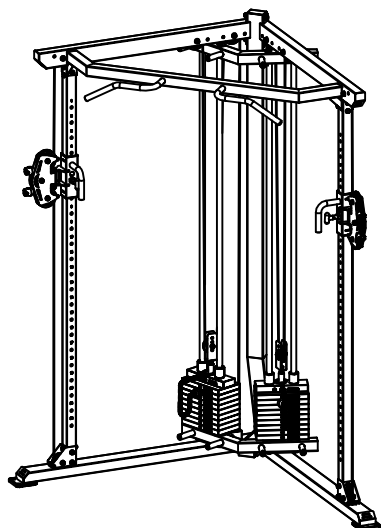
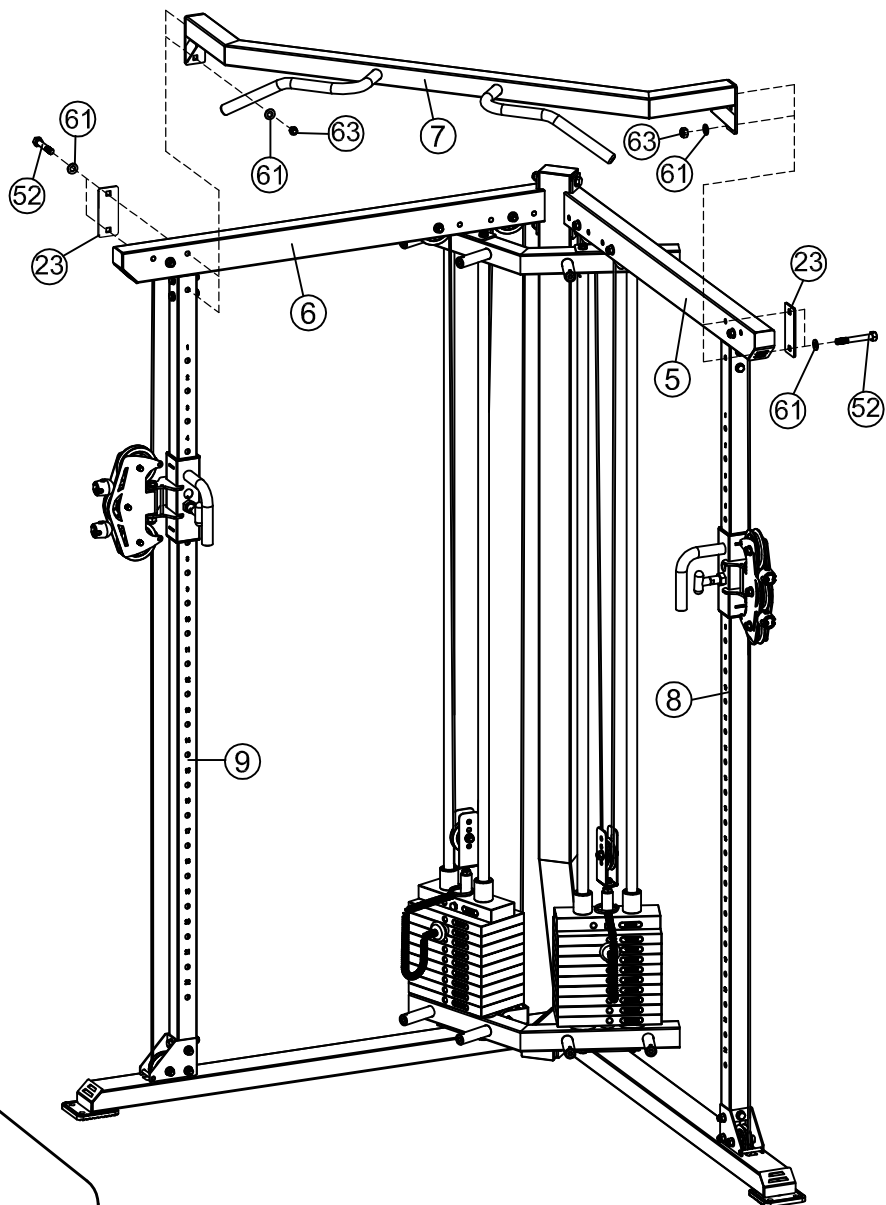
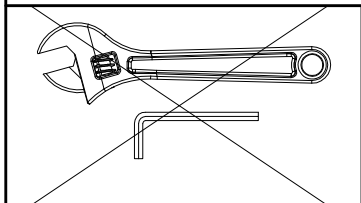


×4 M10×45

63 ×6 M10



- | | | | |
|----|---|----|--------|
| ⑤② |  | ×4 | M10×75 |
| ⑥① |  | ×6 | Φ10 |
| ⑥③ |  | ×2 | M10 |

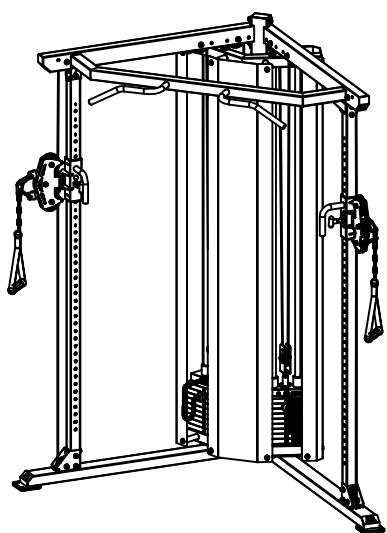
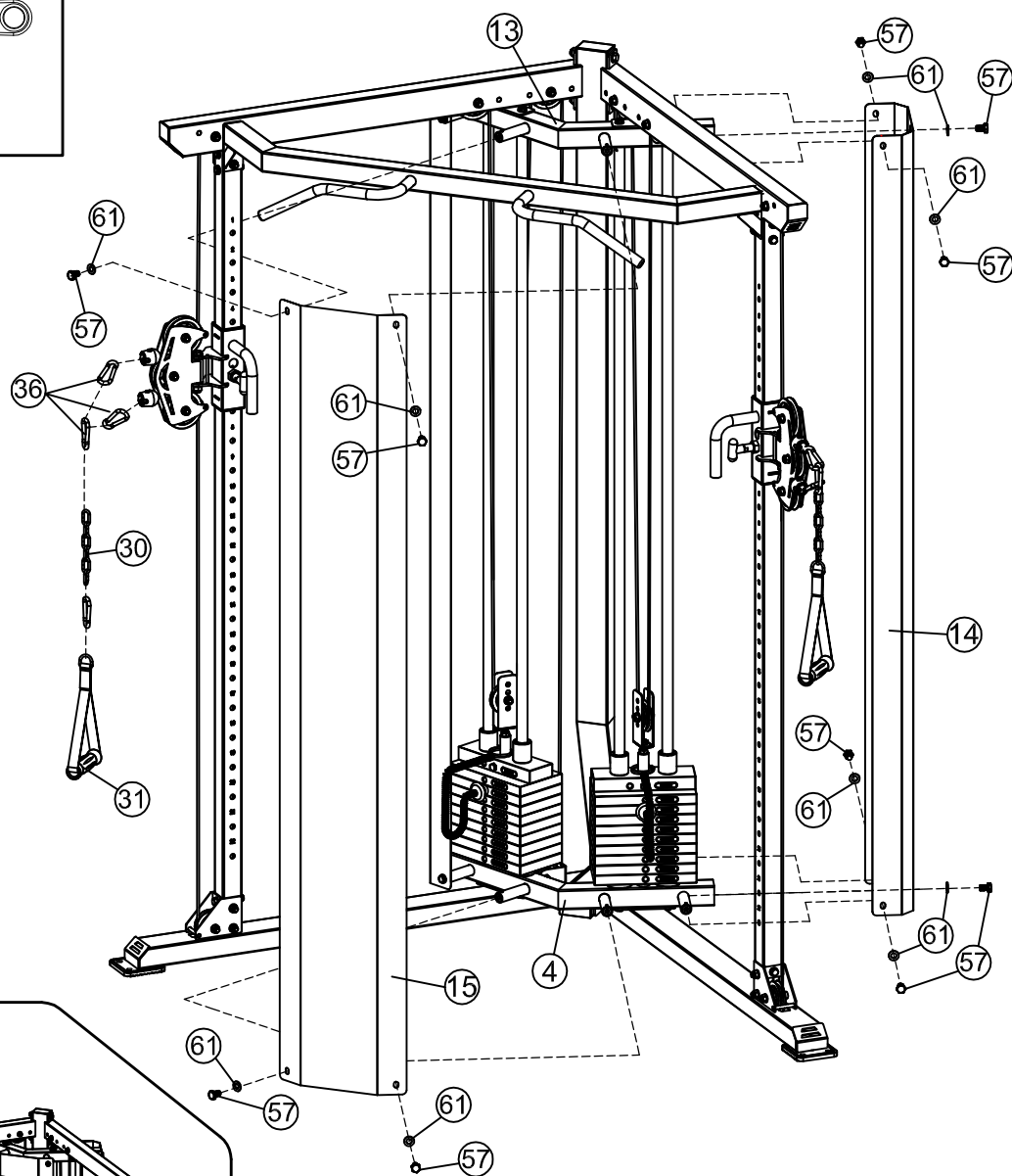
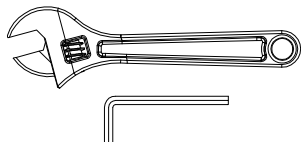


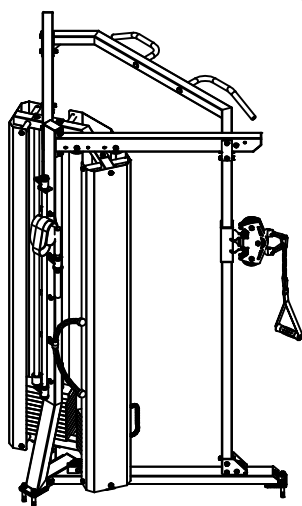
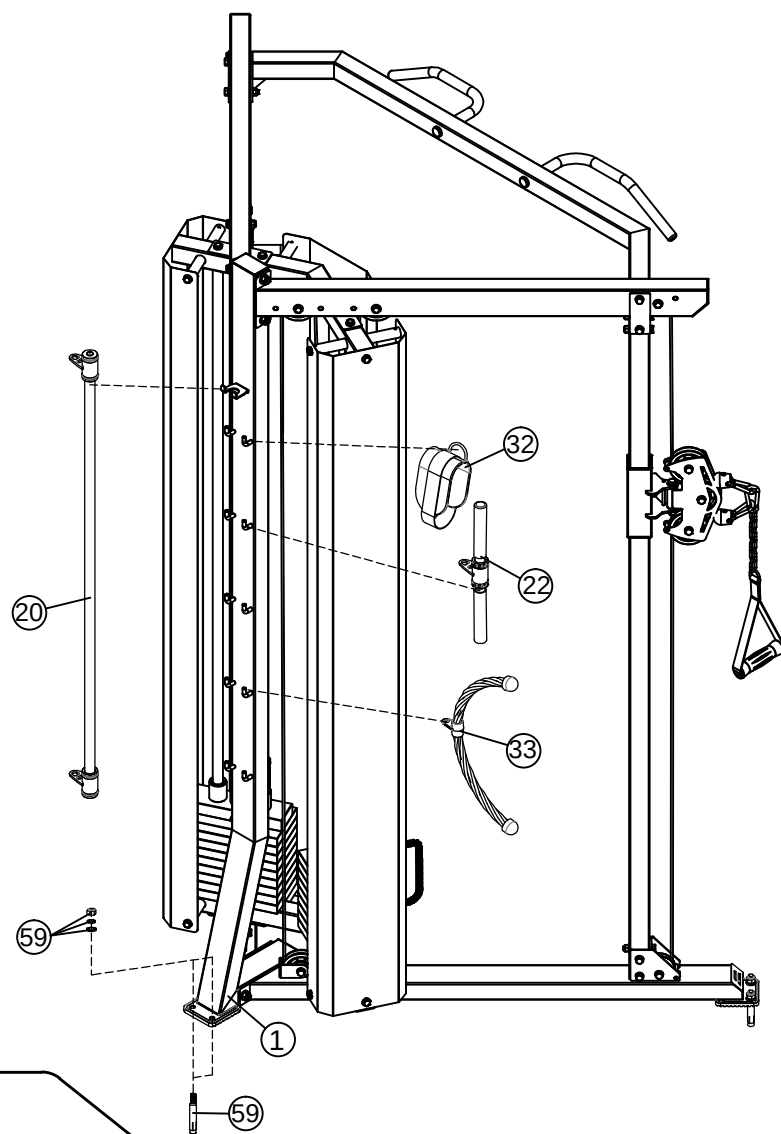
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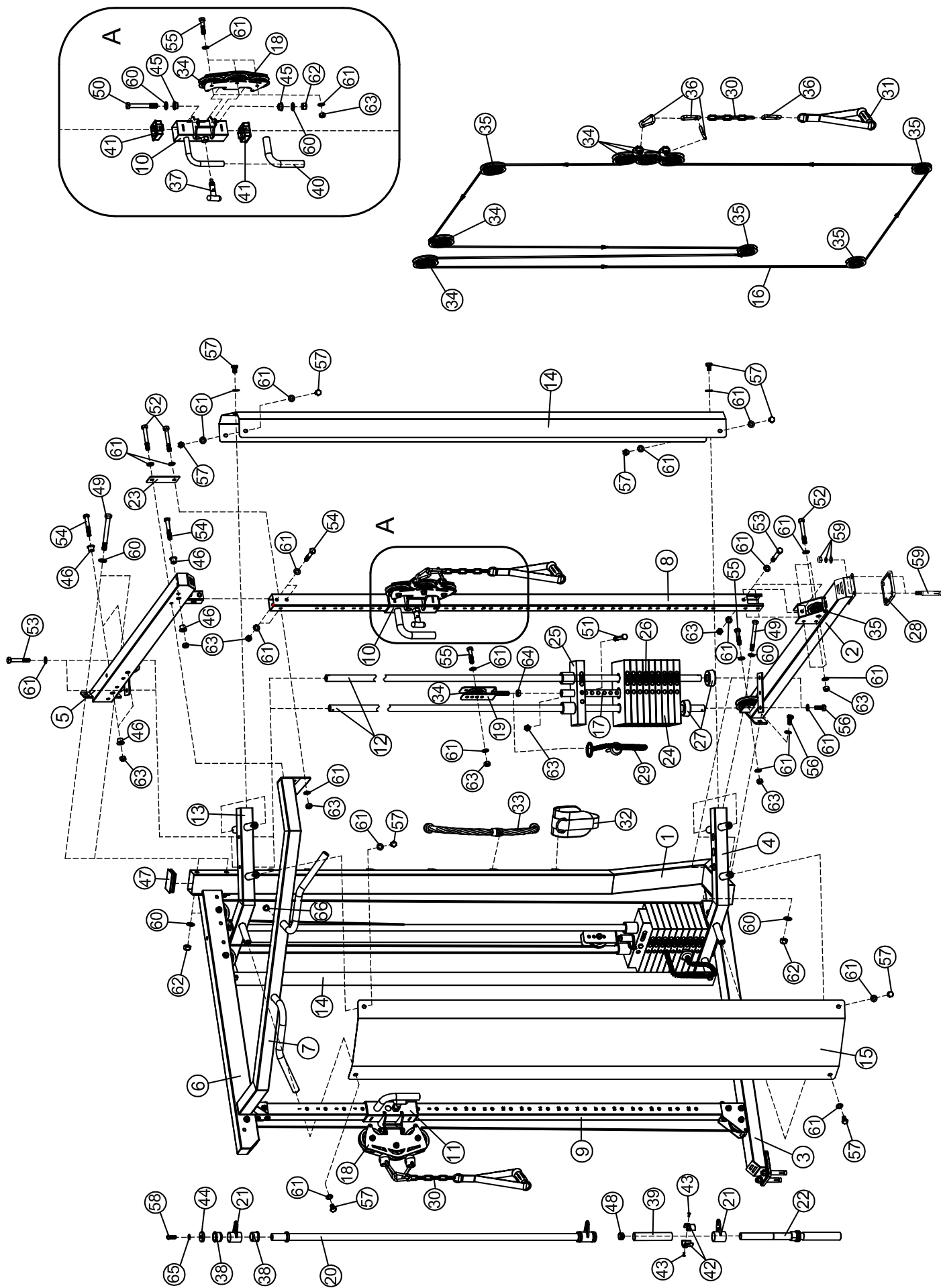
×16 M10×16

61 

×16 Φ10







PARTS LIST

KEY NO.		SPEC	QTY
1	Stand Vertical Frame Rear		1
2	Base Frame L		1
3	Base Frame R		1
4	Connecting Frame		1
5	Top Frame L		1
6	Top Frame R		1
7	Horizontal bar		1
8	Guide Shaft L		1
9	Guide Shaft R		1
10	Mobile rack L		1
11	Mobile rack R		1
12	Guide Rod Rear		4
13	Top Connecting Frame		1
14	Weight Stack Cover		2
15	Weight Stack Cover Front		1
16	Rack Cable	L=8660	2
17	Selector Rod	φ25×325	2
18	Pulley Case		2
19	Pulley Case		2
20	Straight Bar (attachment)		1
21	Hub		3
22	Small Straight Bar		1
23	Bracket	120×50×3	2
24	Weight Plate		18
25	Top Weight Plate		2
26	Weight Plate Sticker	51×13	2
27	Rubber Stopper	φ62×φ24.5×25	4
28	Floor End Cap	□105×105×10	3
29	Weight Selector Pin		2
30	6-Joint Chain	φ5 (6)	2
31	Nylon Strap Iso-Handle	L=245mm	2
32	Ankle Strap		1
33	Rope		1
34	Pulley with Bearings	φ96	10
35	Small Pulley with Bearing	φ75	8
36	Hook	φ8	8
37	Moving Lock Pin		2

KEY NO.		SPEC	QTY
38	Bushing	φ38×φ34×φ27×26	4
39	Dips Handle	Φ23×150	2
40	Dips Handle	φ24×φ18×227	2
41	Slide Guide	□60×2×□50×23.5	4
42	Plastic Ring	R20×R12.76×φ33×20×35	4
43	Rivet	φ4×10	4
44	Bar End	φ38×φ9×8	2
45	Bushing	φ25×φ20×φ12.2×10	4
46	Bushing	φ22×φ10.2×15	12
47	End Cap	□80×50	2
48	End Cap	φ25	2
49	HEX Bolt	M12×110	3
50	HEX Bolt	M12×95	2
51	HEX Bolt	M10×90	2
52	HEX Bolt	M10×75	10
53	HEX Bolt	M10×70	6
54	HEX Bolt	M10×65	10
55	HEX Bolt	M10×45	10
56	HEX Bolt	M10×25	6
57	HEX Bolt	M10×16	16
58	Allen Bolt	M8×25	2
59	Anchors	M12×100	6
60	Washer	12	10
61	Washer	10	76
62	Nut	M12	5
63	Nut	M10	32
64	Hex nuts	M12	2
65	Washer	8	2
66	End Cap	φ30×2	2
	Allen wrench	5#	1



GARLANDO SPA

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