

TOORX
PROFESSIONAL LINE

INSTRUCTION



ASX 5000

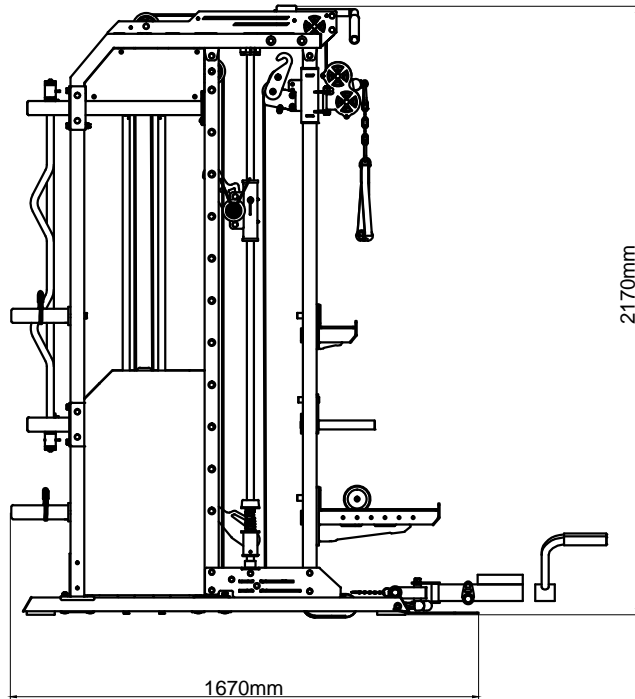
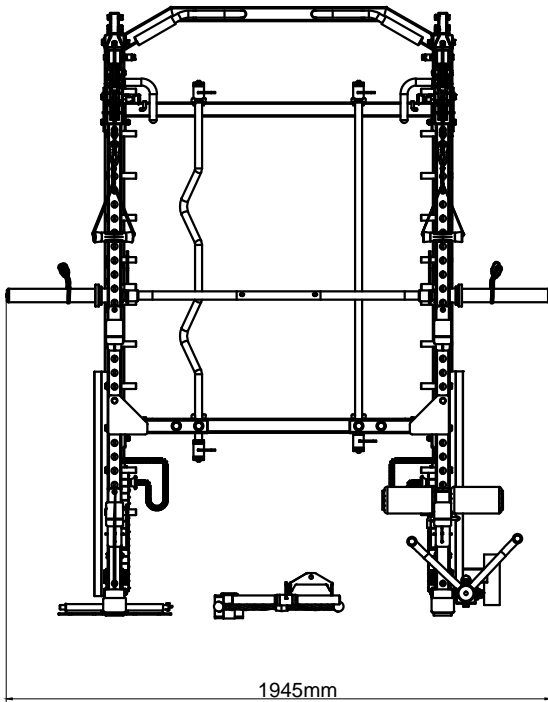


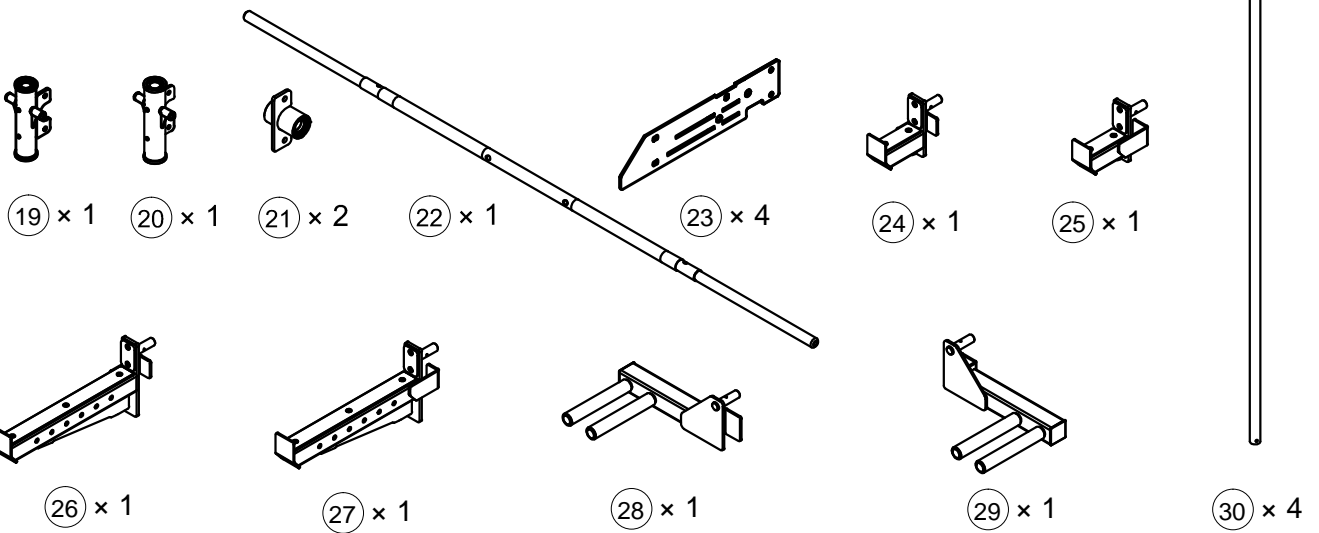
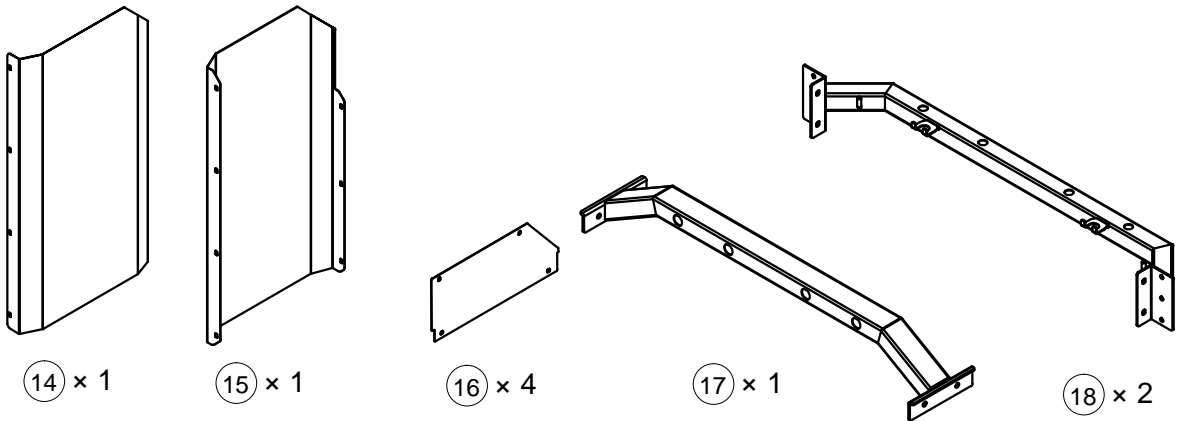
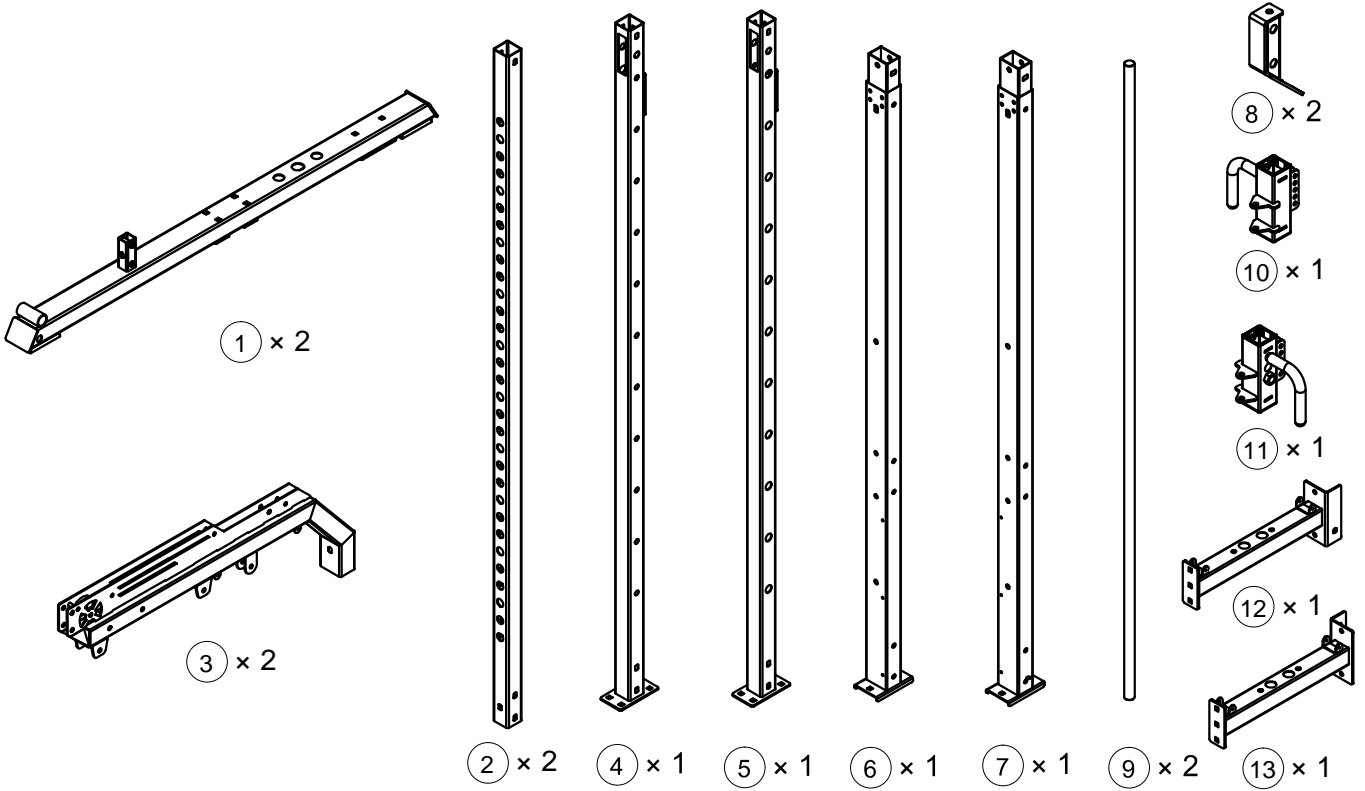
Cod : GRLDTOORXASX5000

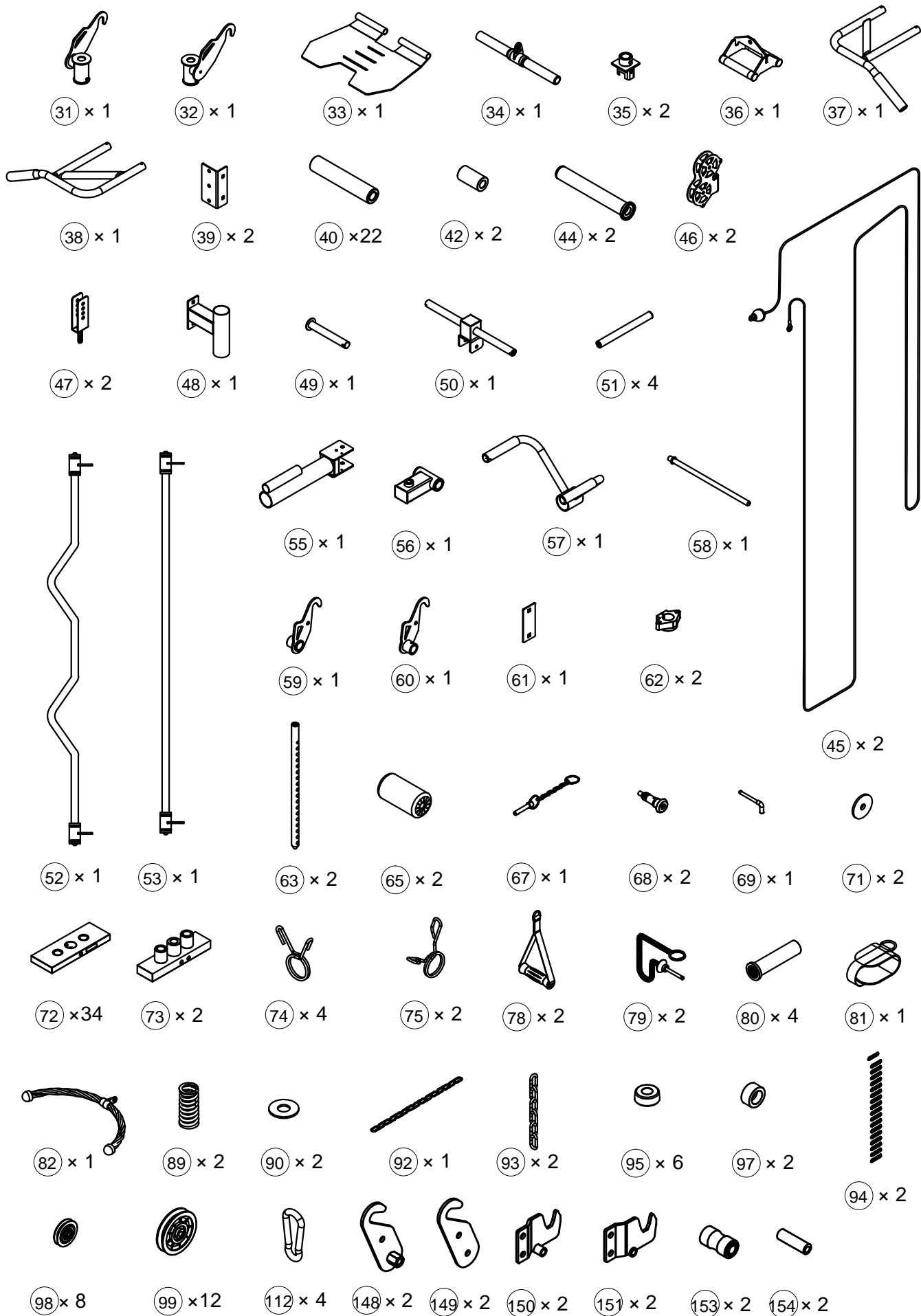
Rev : 00

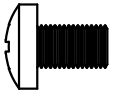
Ed : 12/22

Assembled Dimension: 1945mm x 1670mm x2170mm

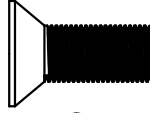




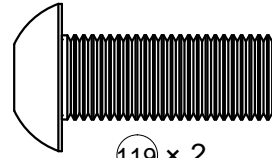




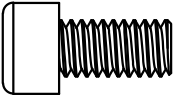
115 x 30



117 x 2



119 x 2



120 x 2



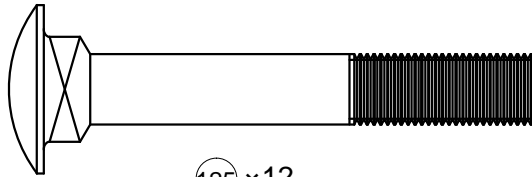
121 x 4



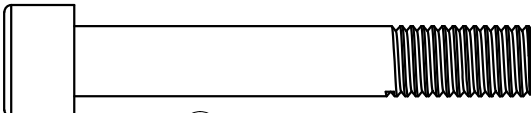
122 x 2



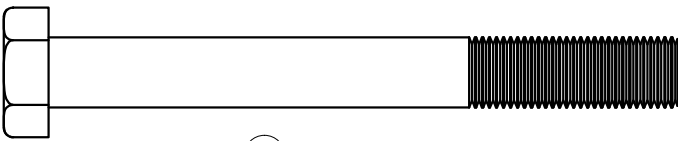
124 x 2



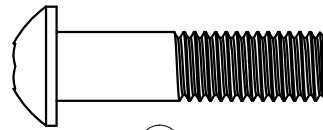
125 x 12



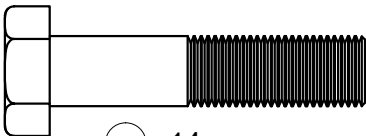
126 x 2



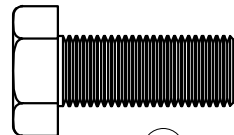
128 x 8



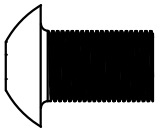
129 x 2



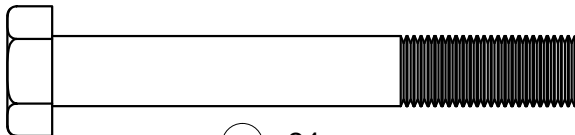
130 x 14



131 x 16

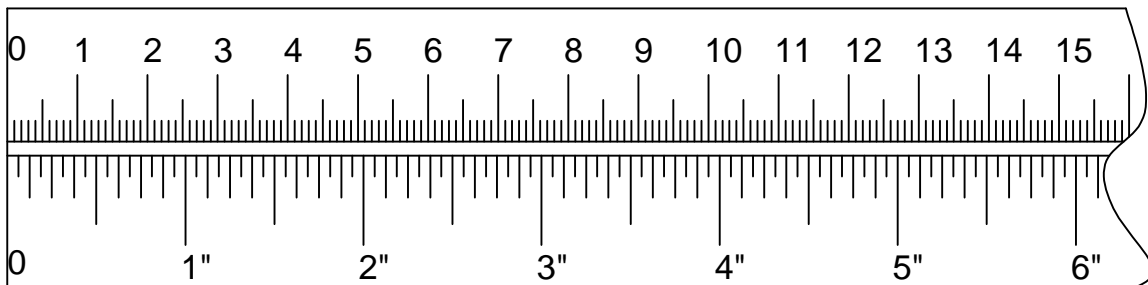


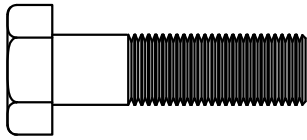
132 x 8



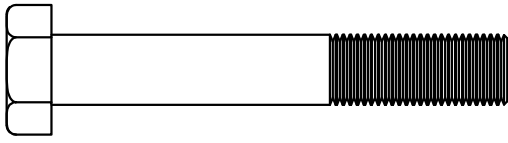
133 x 24

mm

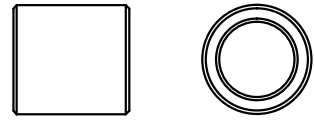




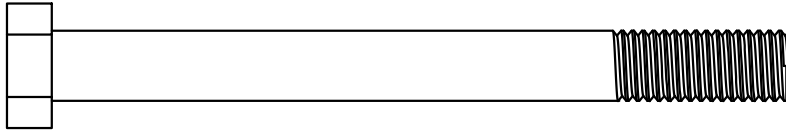
134 x 4



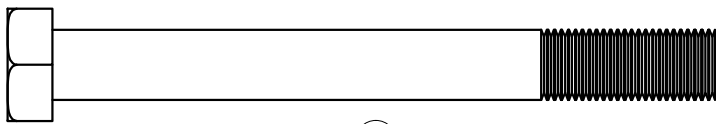
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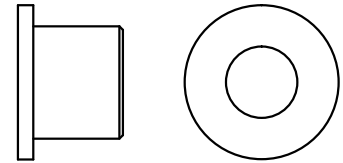
41 x 8



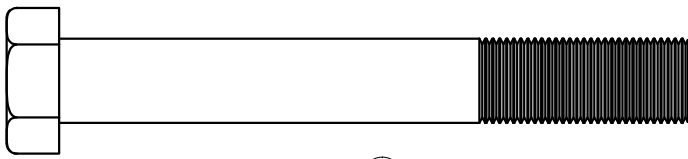
136 x 2



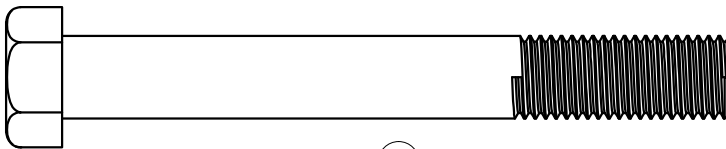
137 x 12



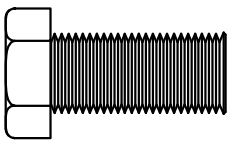
91 x 4



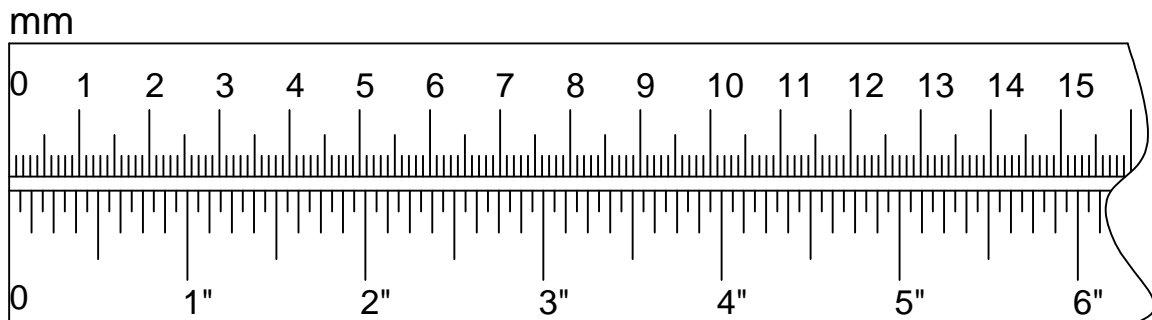
138 x 1

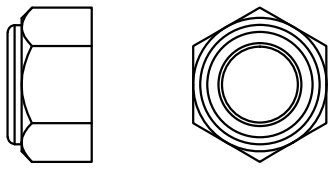


139 x 2

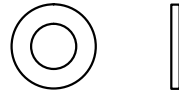


140 x 22

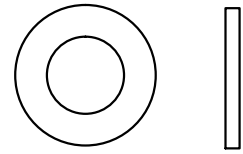




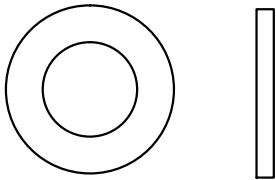
①41 × 3



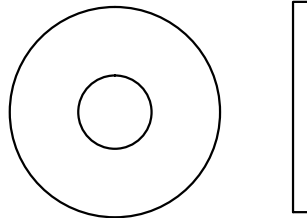
①42 × 34



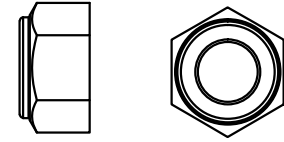
①44 × 168



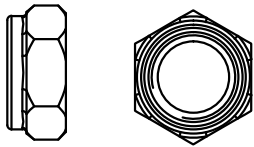
①45 × 28



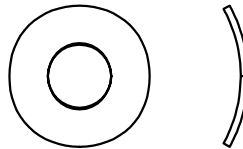
①46 × 4



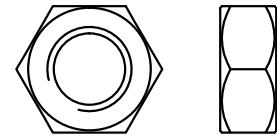
①47 × 86



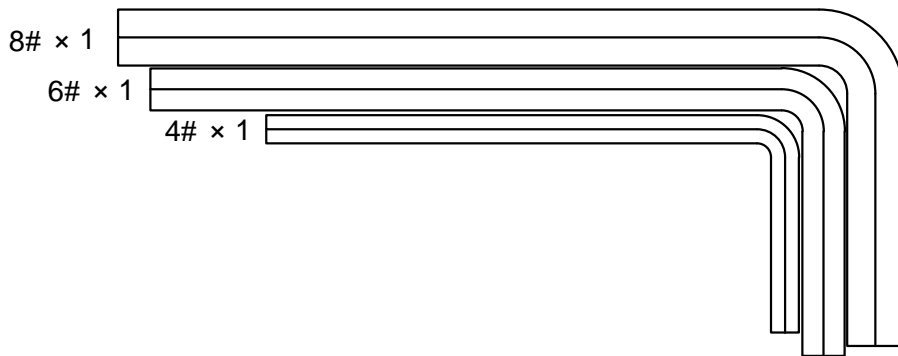
①27 × 2

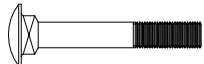

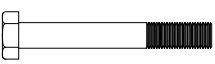

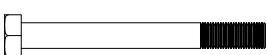


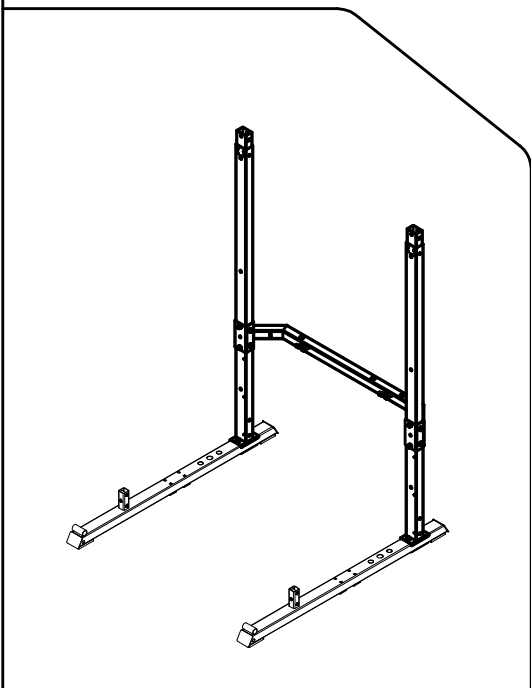
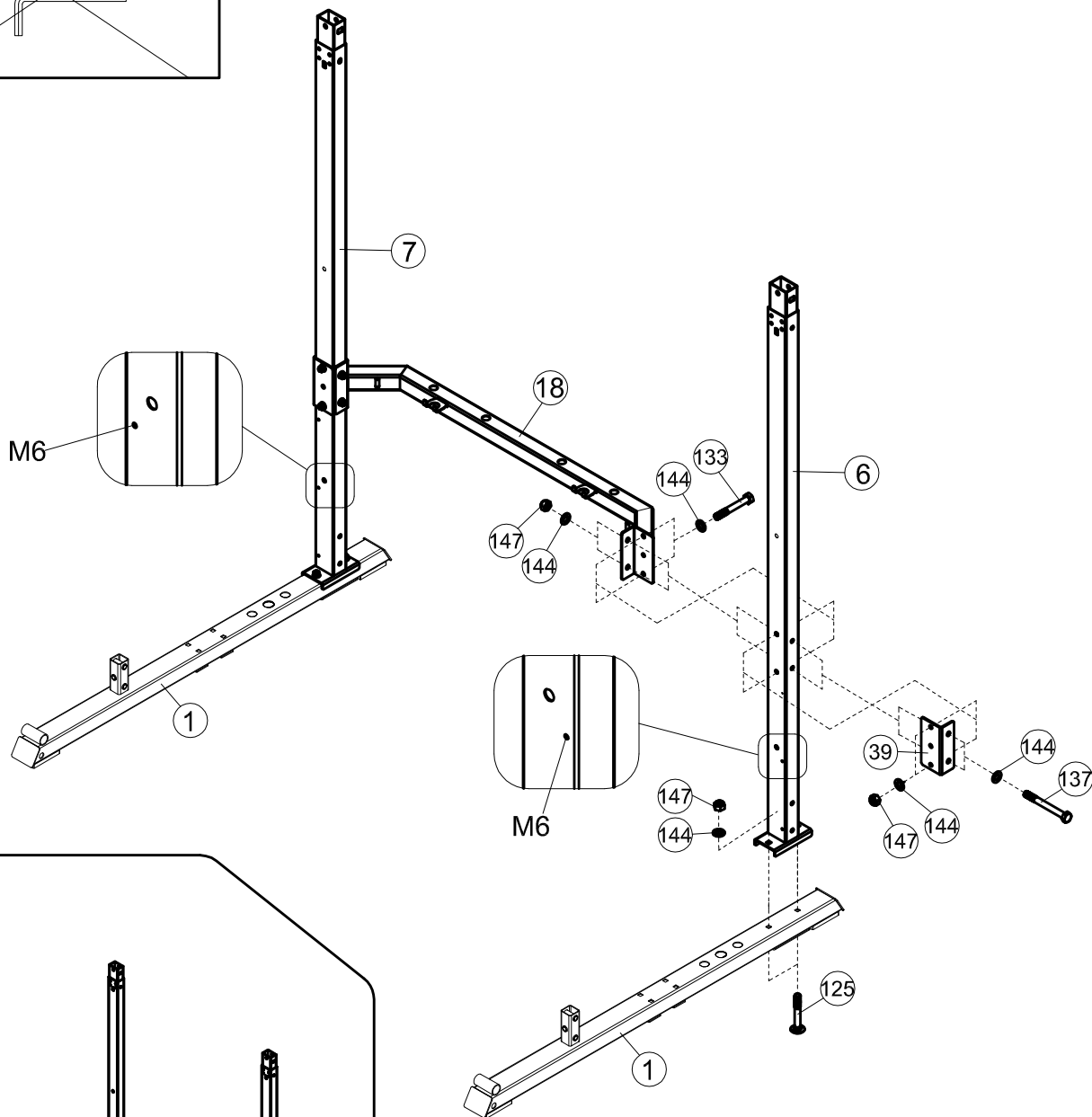
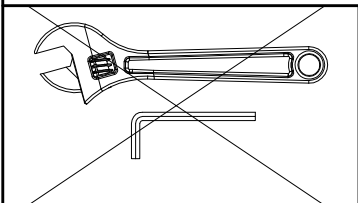
①13 × 2

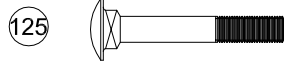


①14 × 2



125		x4	M10x70	144		x20	Φ10
133		x4	M10x75	147		x12	M10
137		x4	M10x95				





×8 M10×70



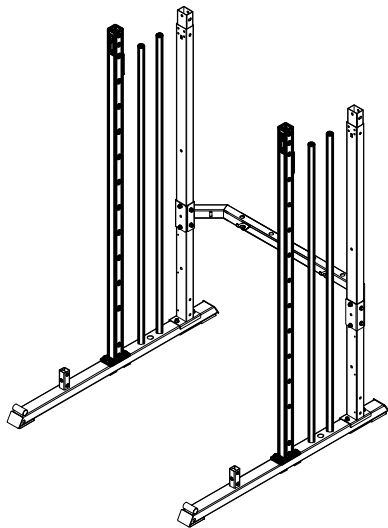
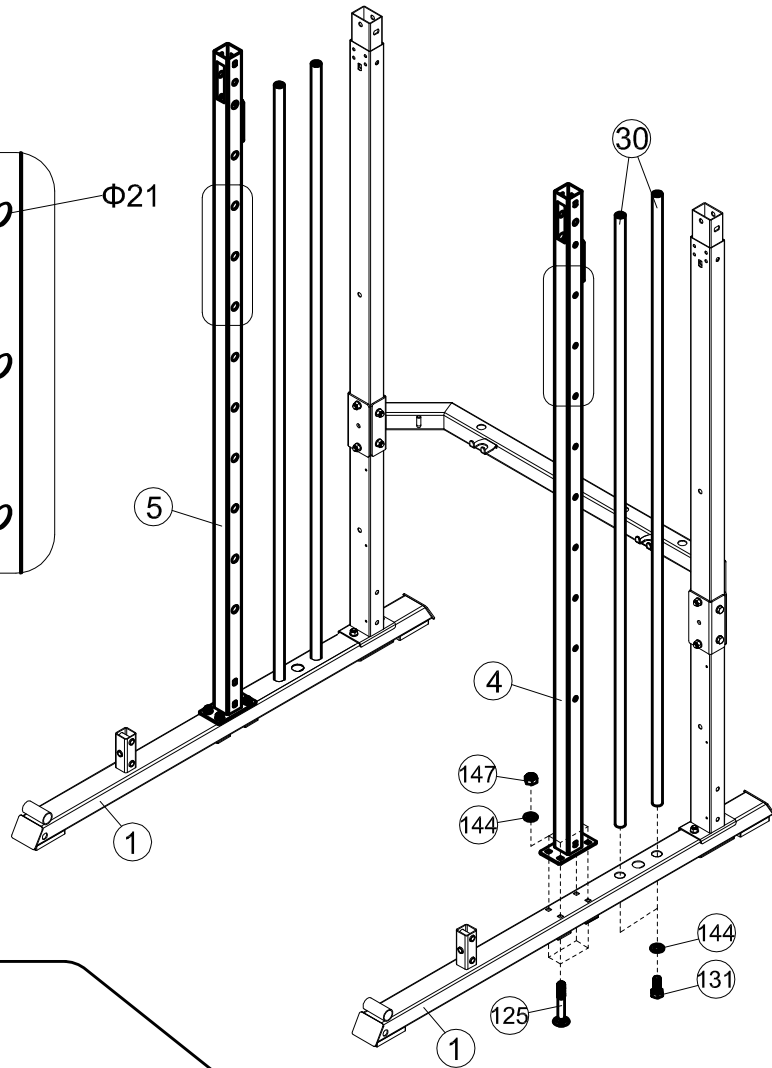
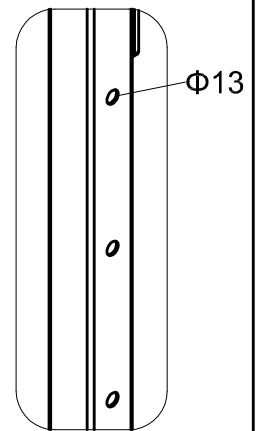
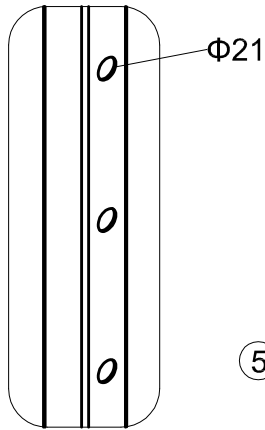
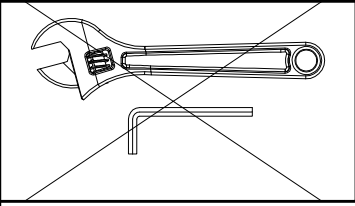
×12 Φ10

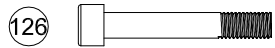


×4 M10×25



×8 M10

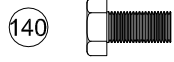




×2 M10×65



×4 Φ10



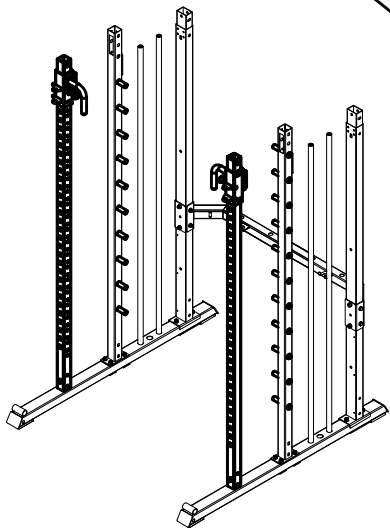
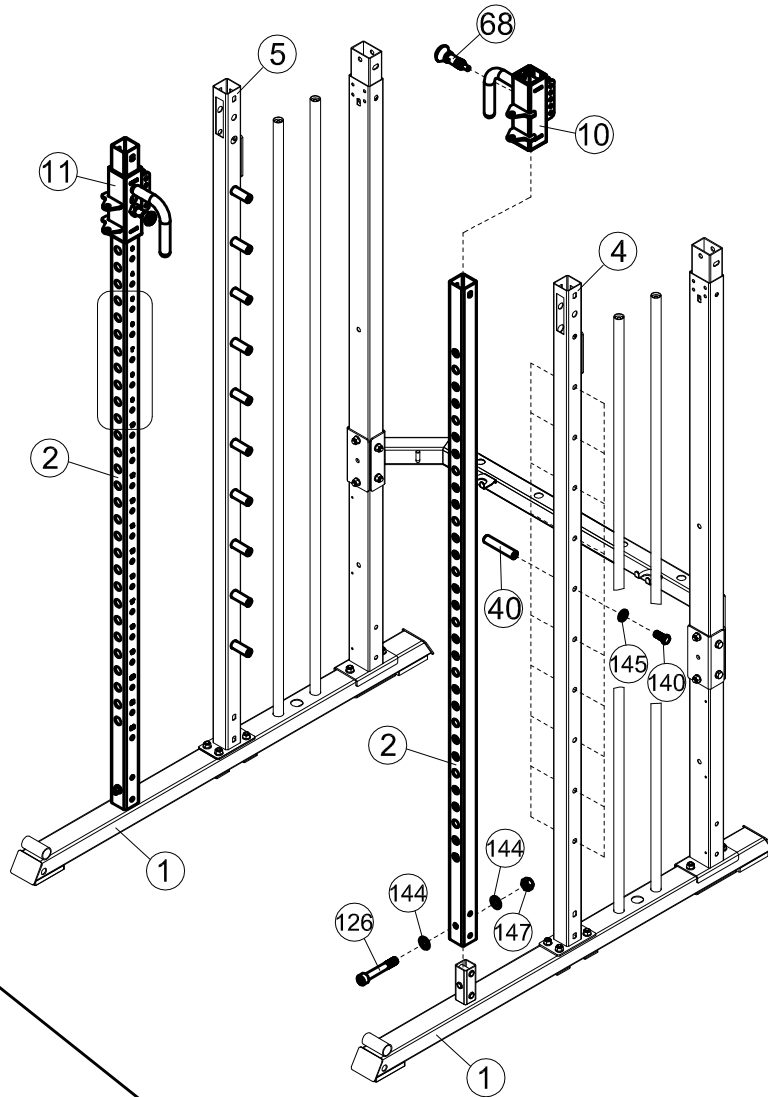
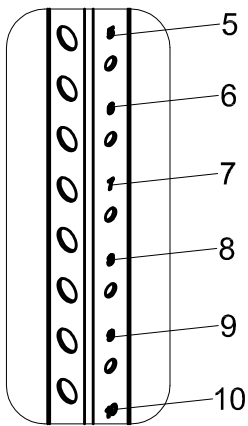
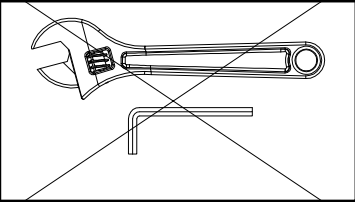
×22 M12×25



×22 Φ12



×2 M10



115

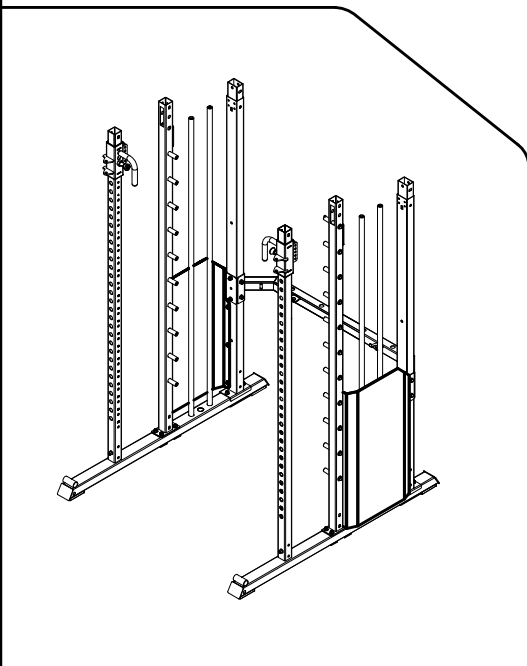
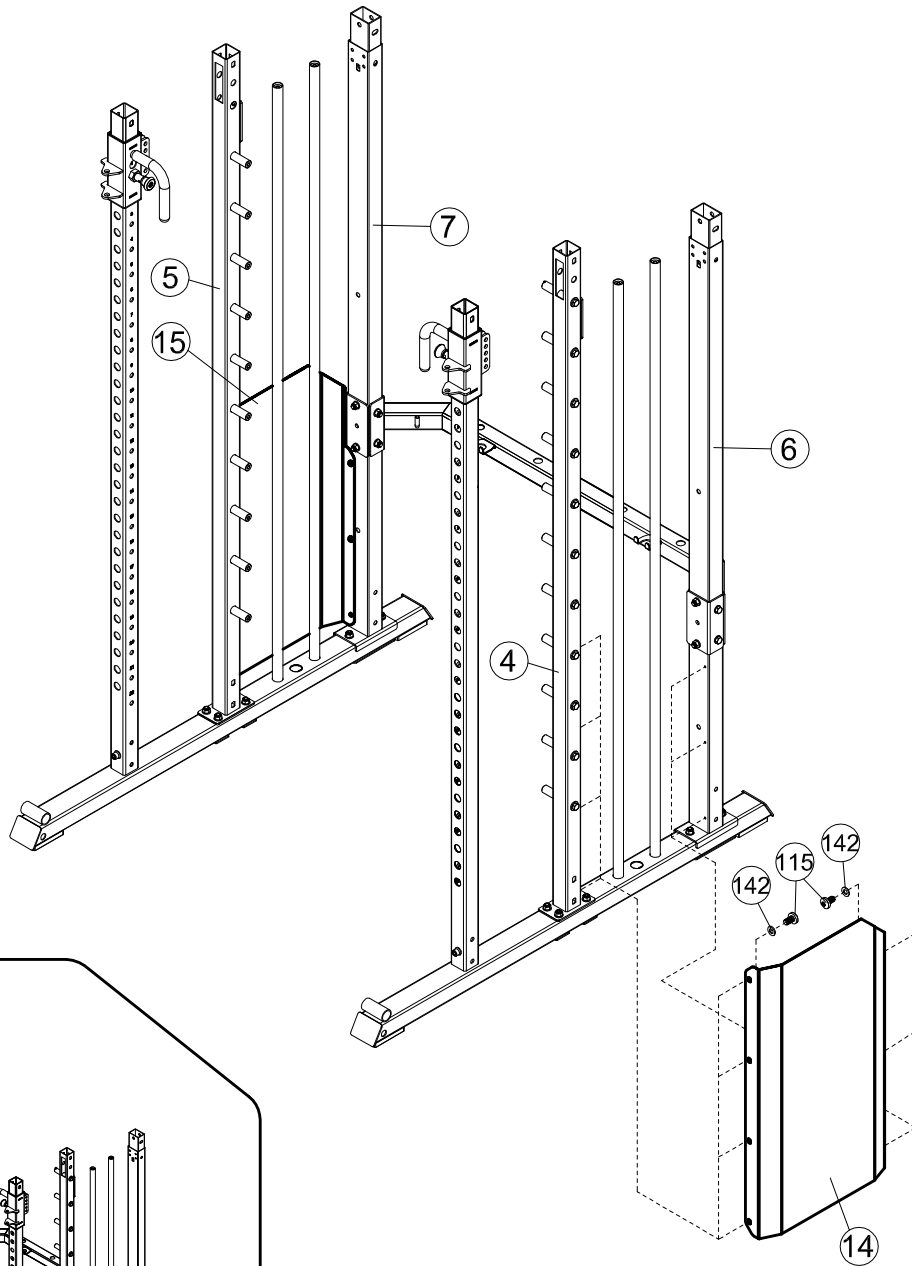
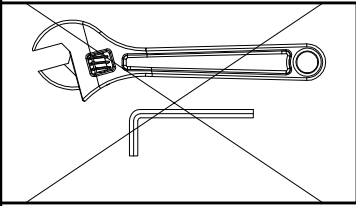


×14 M6×10

142



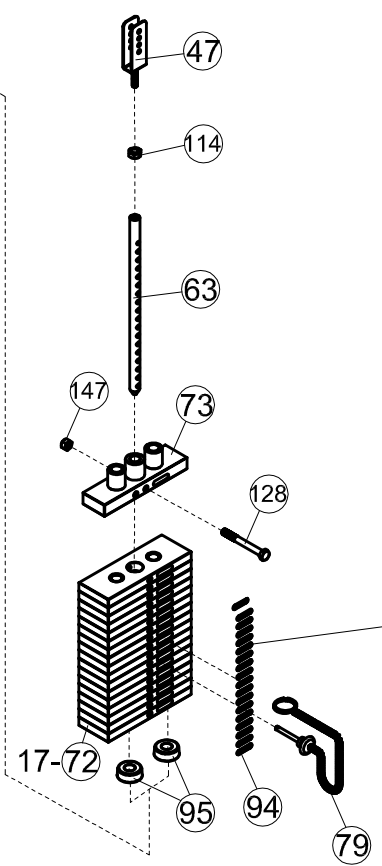
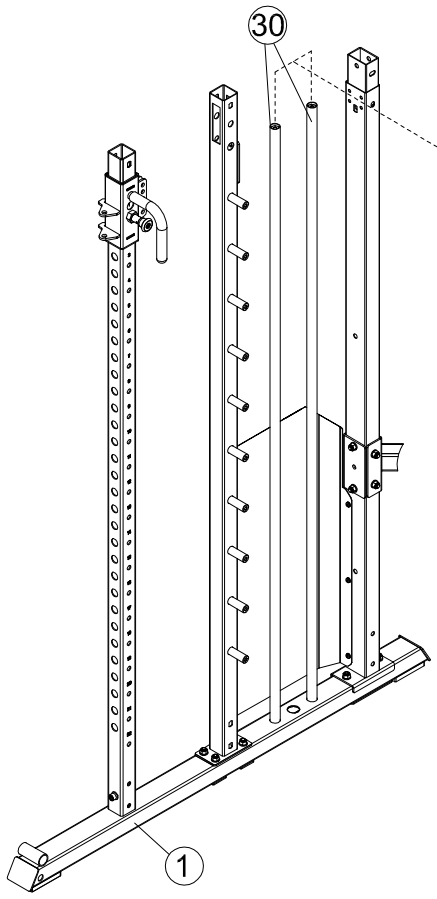
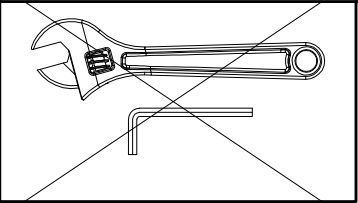
×14 Φ6



128  x2 M10x90

114   x2 M12

147   x2 M10



5KG/11LB

10KG/22LB

15KG/33LB

20KG/44LB

25KG/55LB

30KG/66LB

35KG/77LB

40KG/88LB

45KG/99LB

50KG/110LB

55KG/121LB

60KG/132LB

65KG/143LB

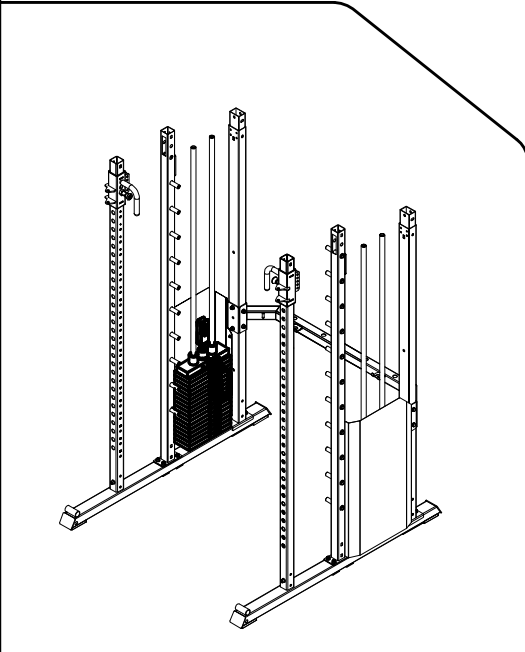
70KG/154LB

75KG/165LB

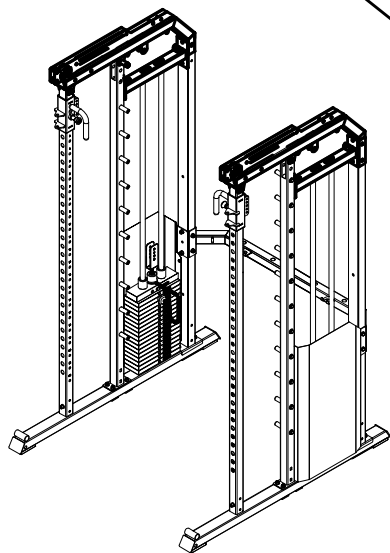
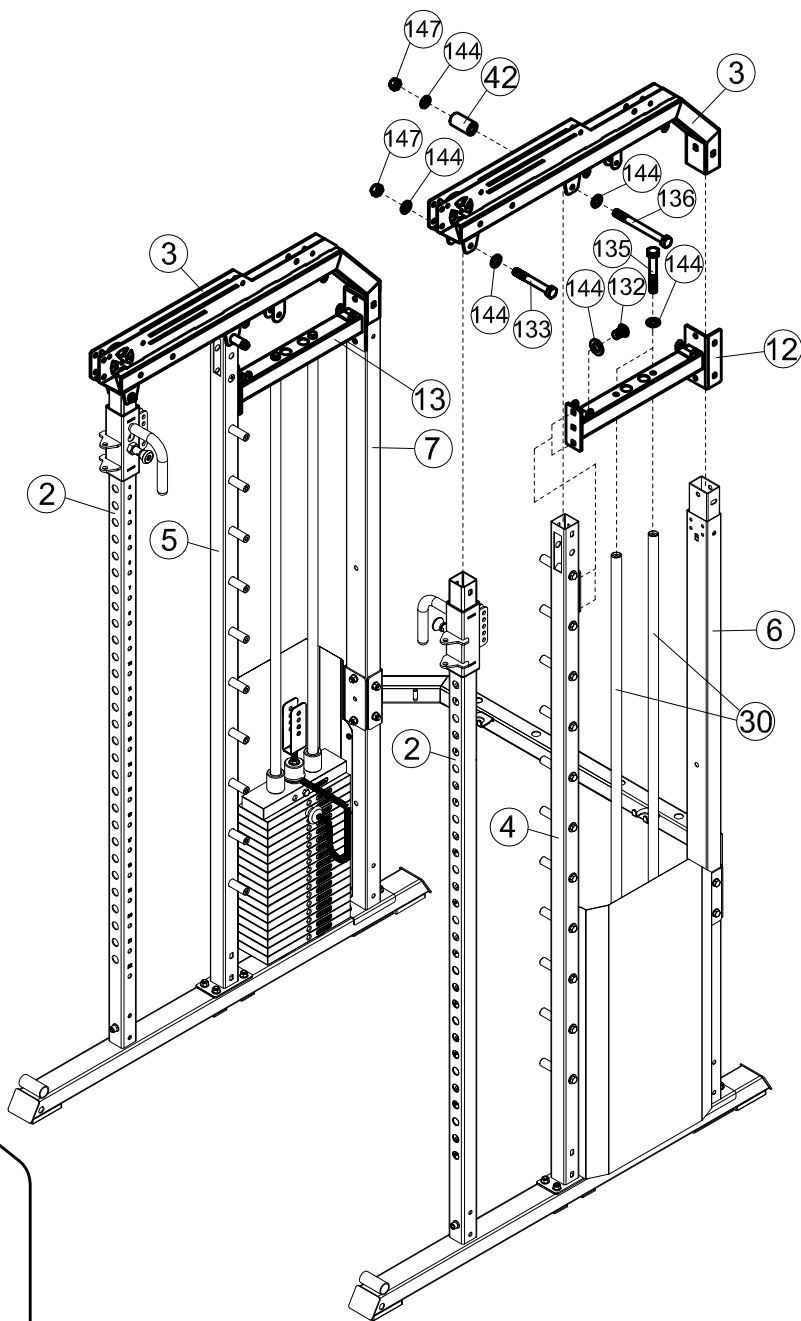
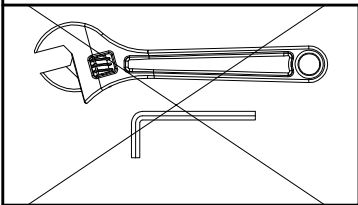
80KG/176LB

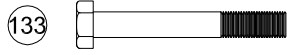
85KG/187LB

90KG/198LB



- | | | | | | | | |
|----|--|----|---------|----|--|-----|--------|
| ⑬③ | | ×2 | M10×75 | ⑬② | | ×4 | M10×16 |
| ⑬⑤ | | ×4 | M10×65 | ⑭④ | | ×16 | Φ10 |
| ⑬⑥ | | ×2 | M10×105 | ⑭⑦ | | ×4 | M10 |

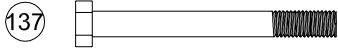




x4 M10x75



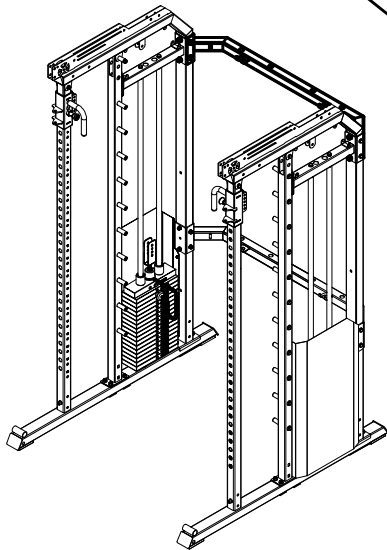
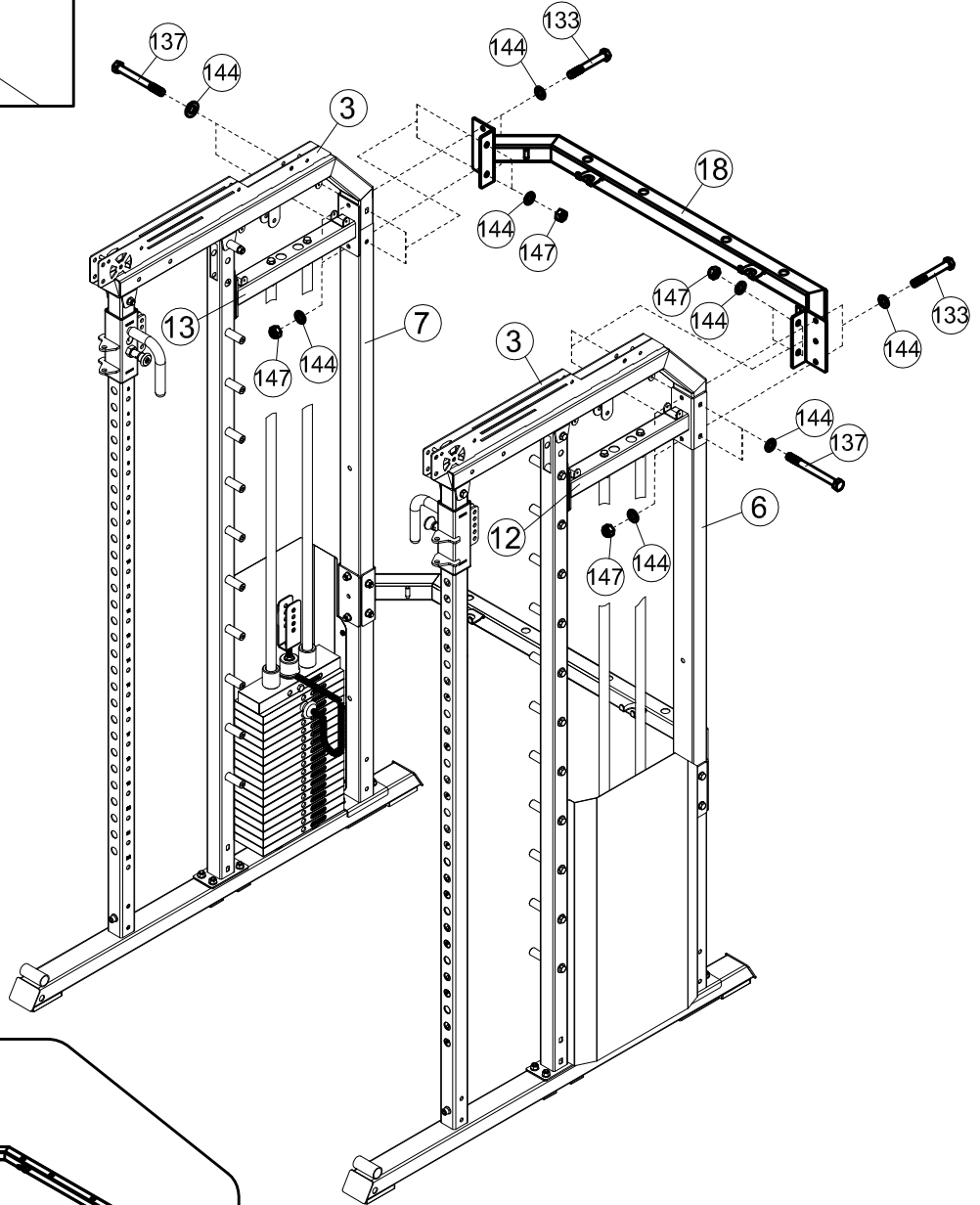
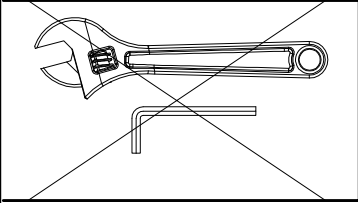
x16 Φ10

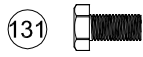


x4 M10x95



x8 M10

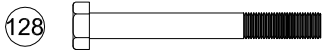




x4 M10x25



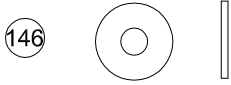
x8 Φ10



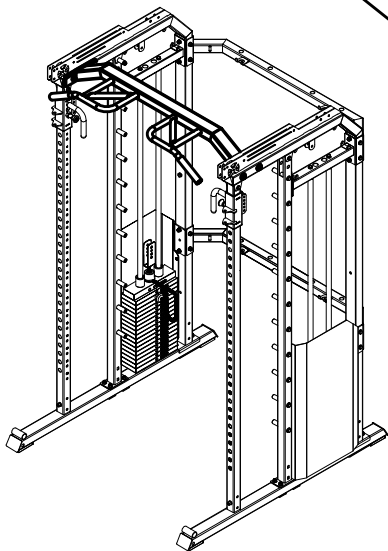
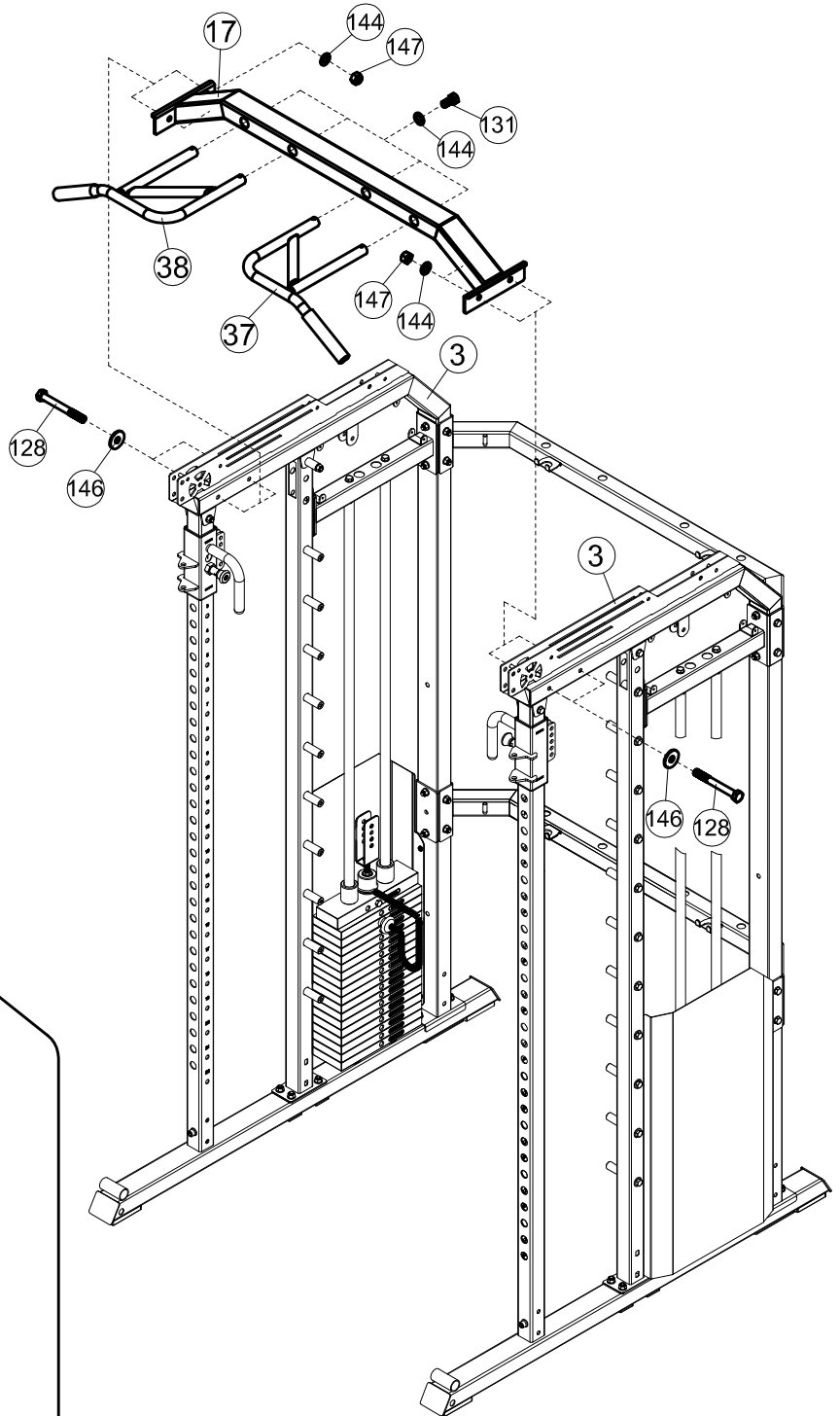
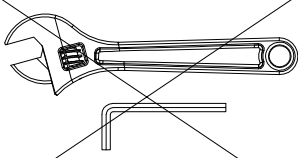
x4 M10x90

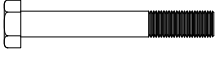

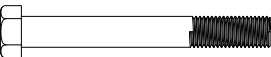





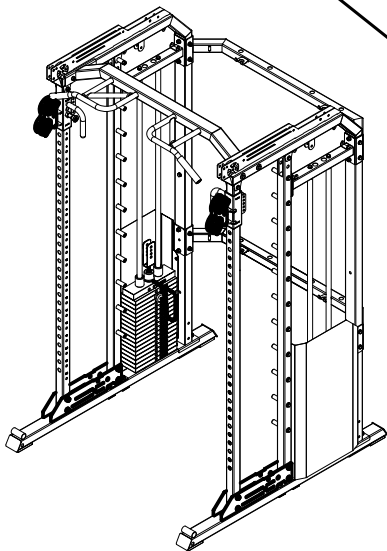
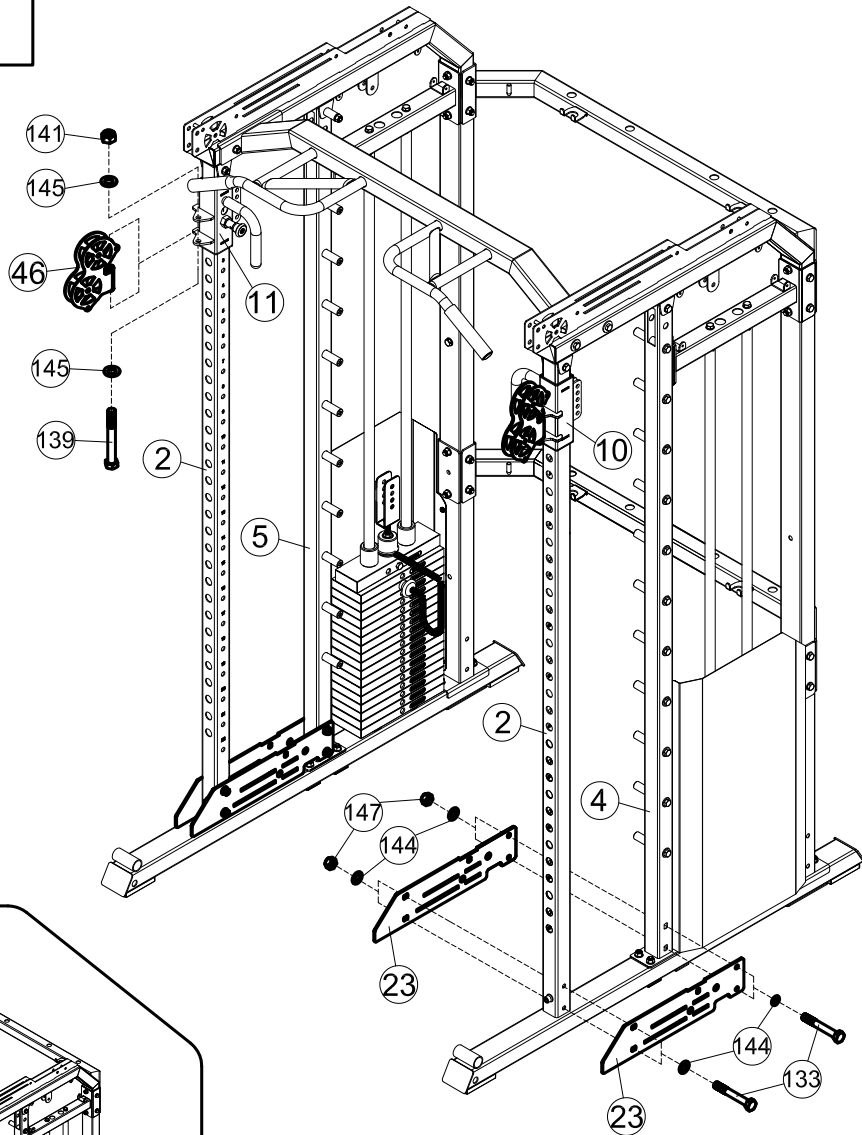
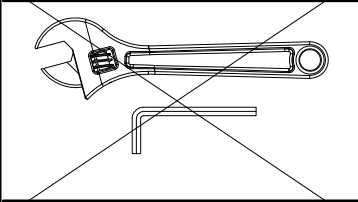
x4 M10



x4 Φ30xΦ10.5



- | | | | | | | | |
|-------|-----------------------------------------------------------------------------------|----|--------|-------|------------------------------------------------------------------------------------|-----|-----|
| (133) |  | x8 | M10x75 | (144) |  | x16 | Φ10 |
| (139) |  | x2 | M12x95 | (145) |  | x4 | Φ12 |
| (147) |  | x8 | M10 | (141) |  | x2 | M12 |





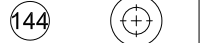
x4 M6x30



x4 Φ6



x2 M5x25



x4 Φ10



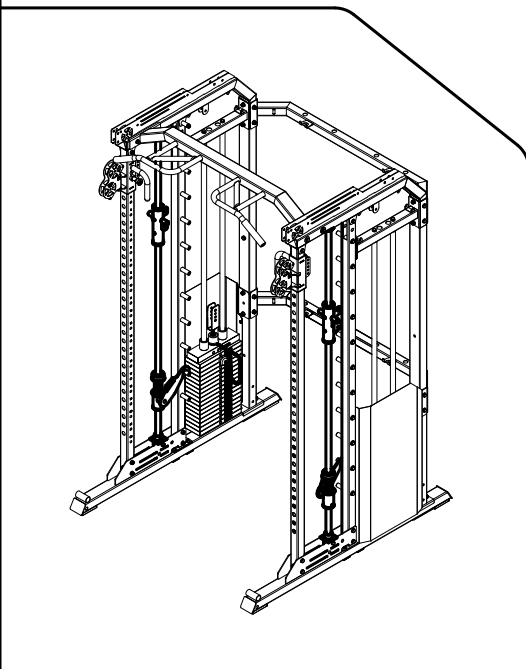
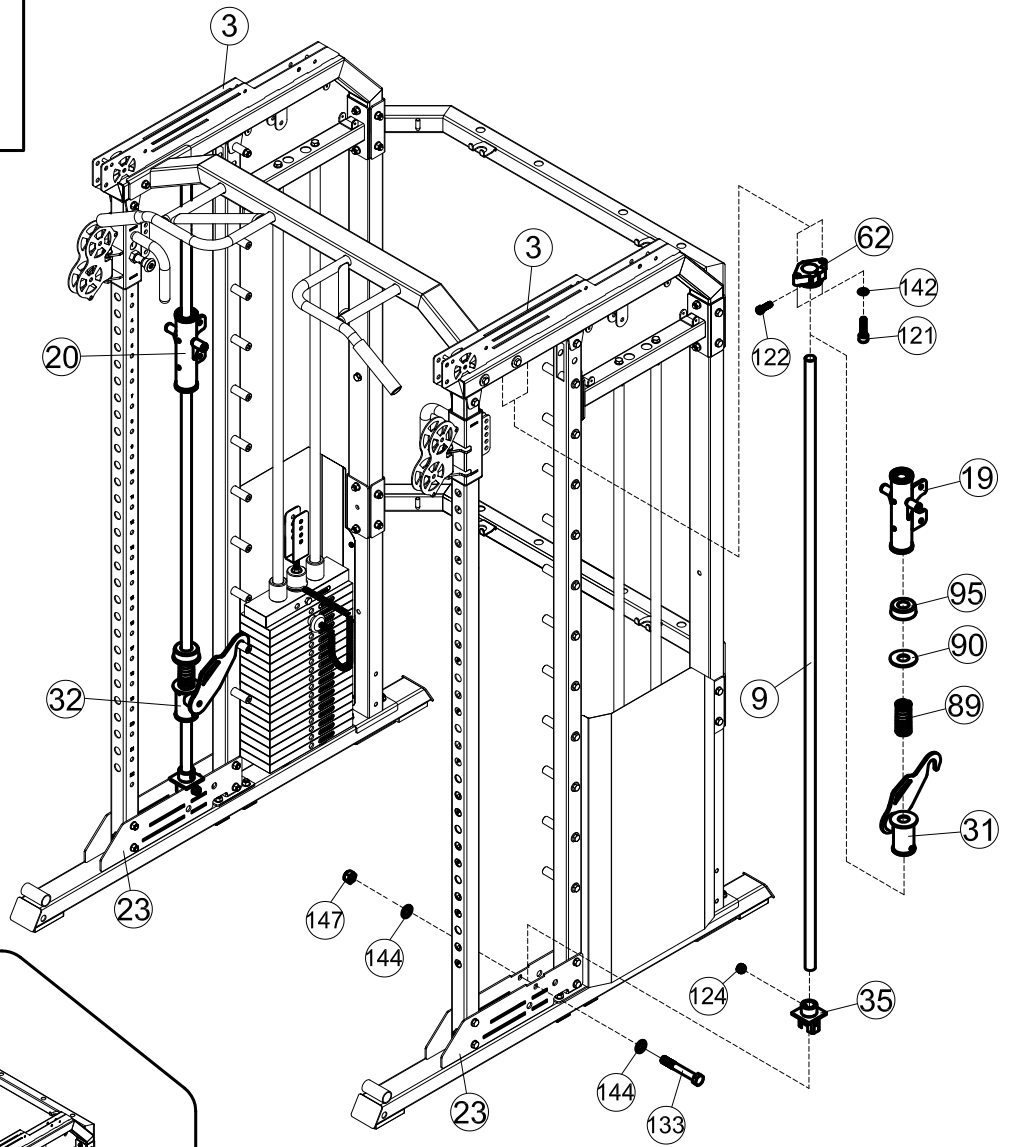
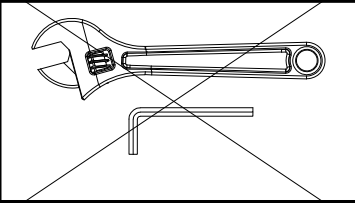
x2 M8x8









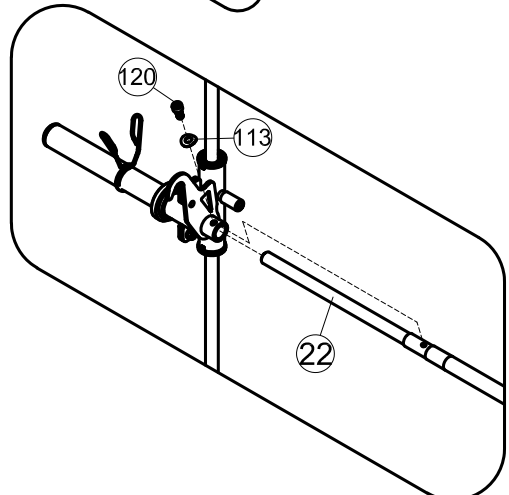
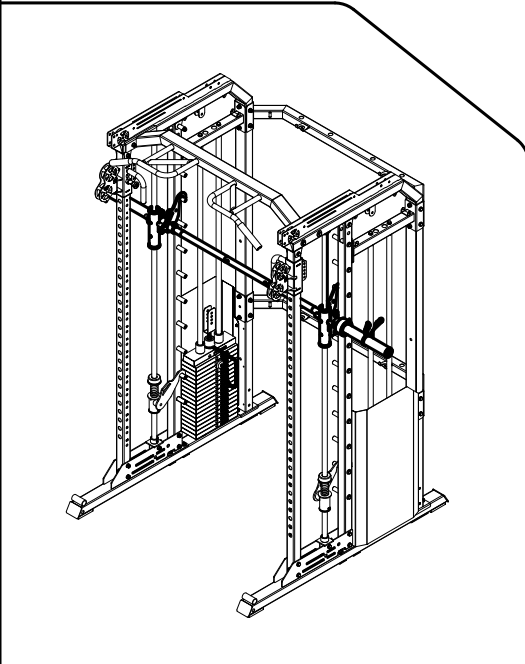
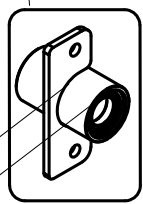
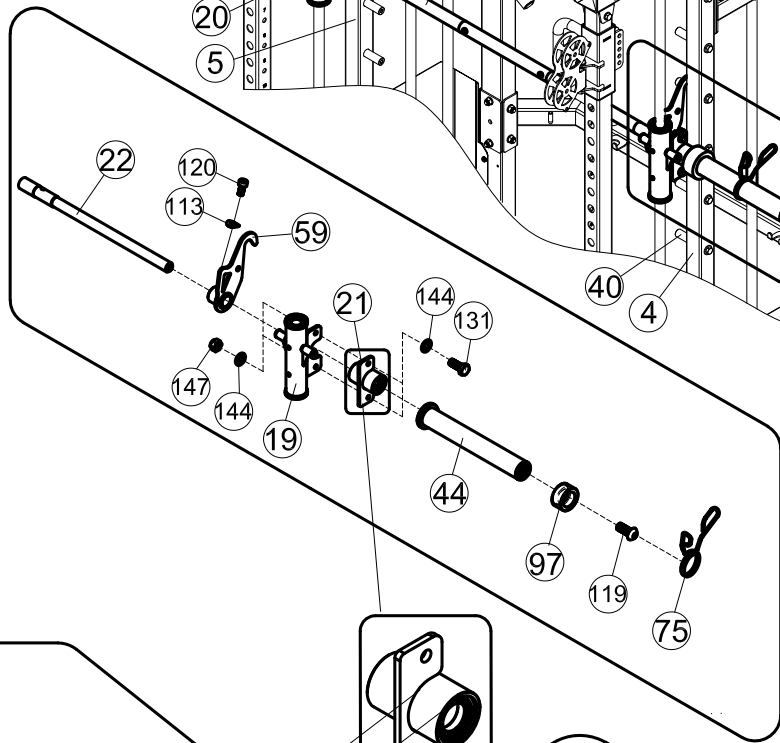
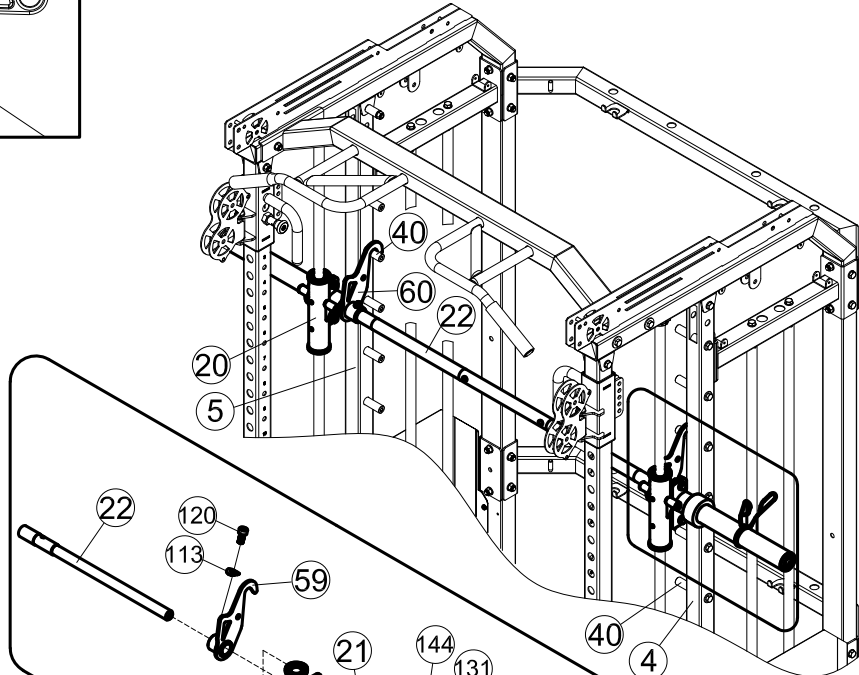
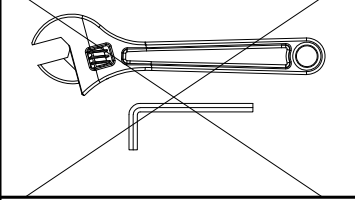
x2 M10



x2 M10x75




①20		×2	M8×16	①13		×2	20×R20×Φ9
①31		×4	M10×25	①44		×8	Φ10
①19		×2	M12×30	①47		×4	M10

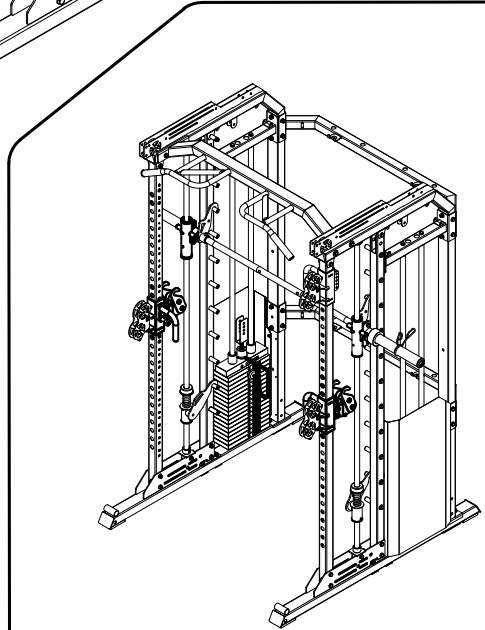
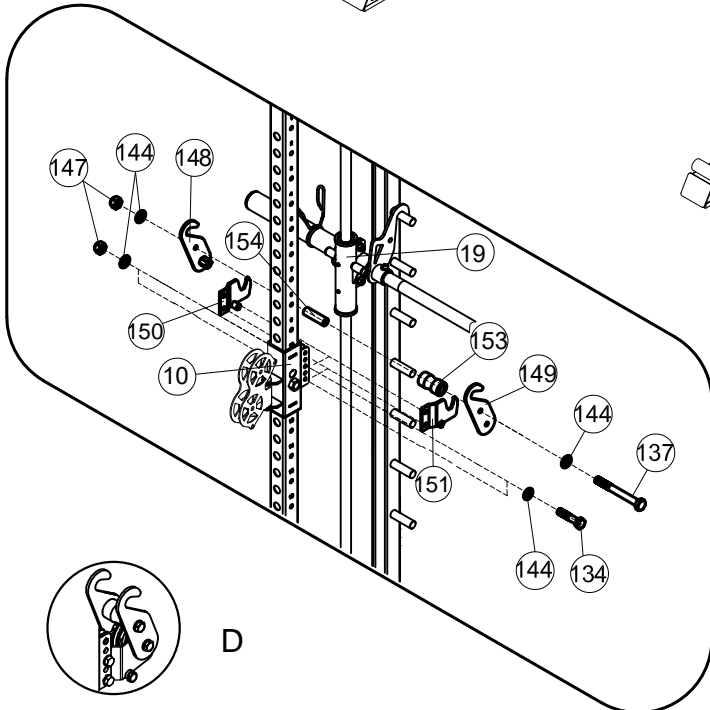
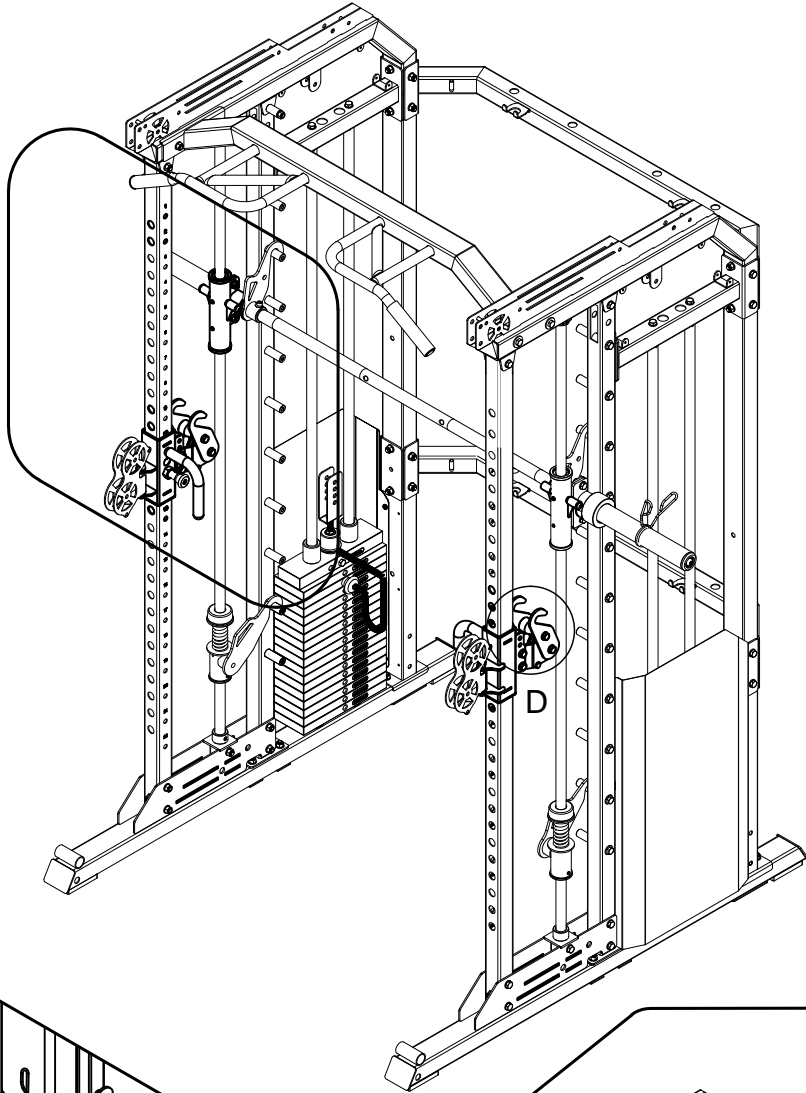
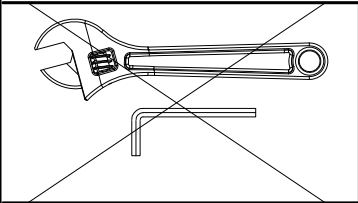



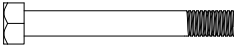

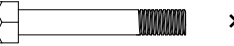
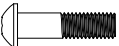





137  ×2 M10×95

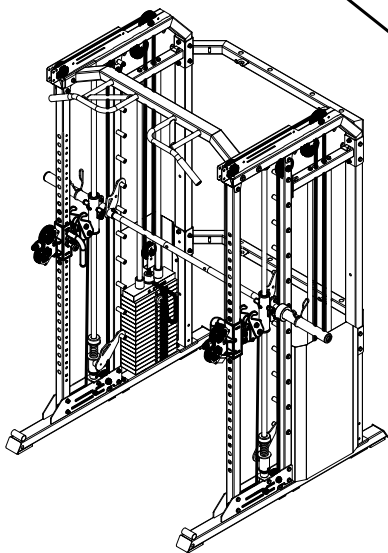
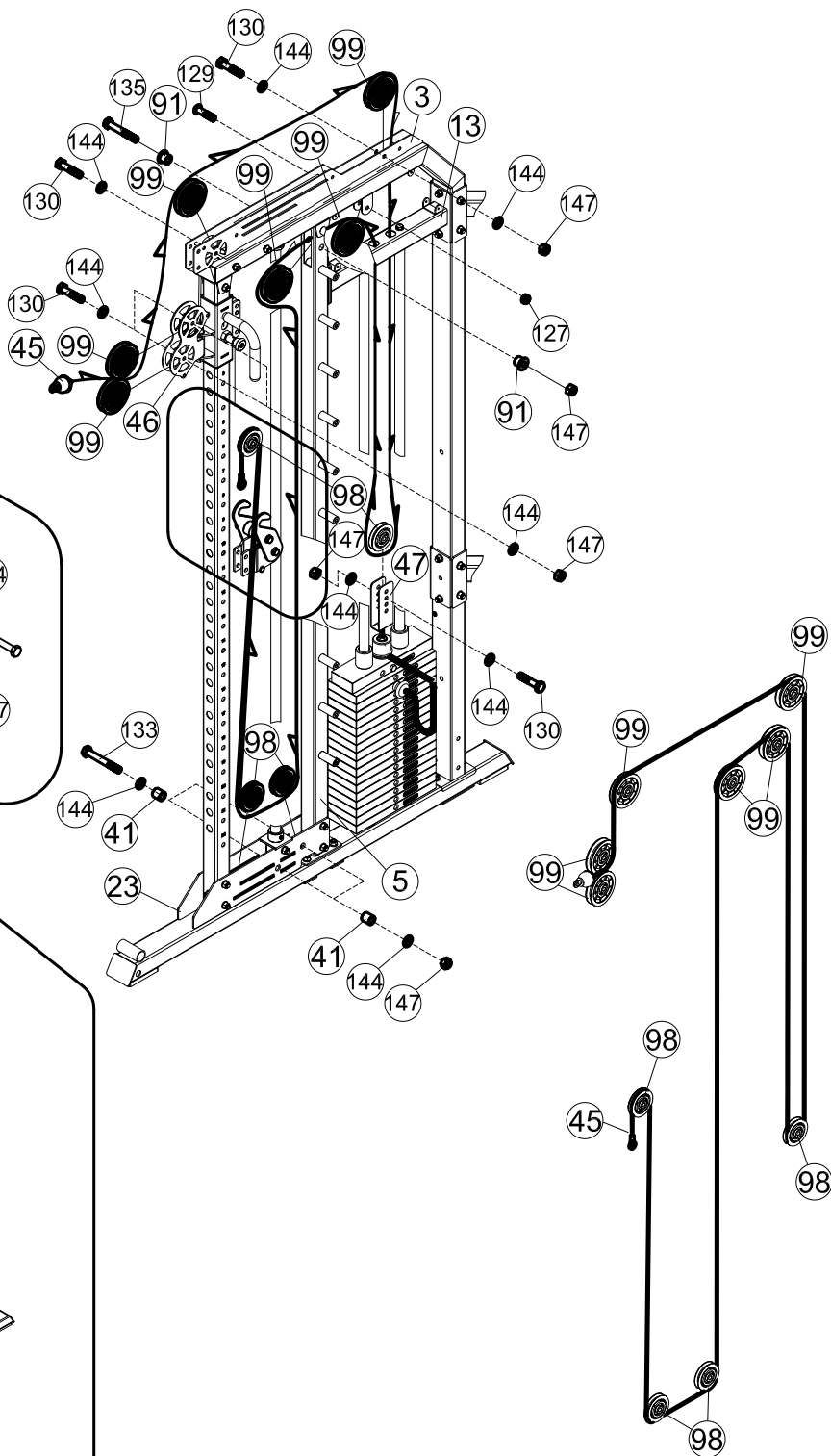
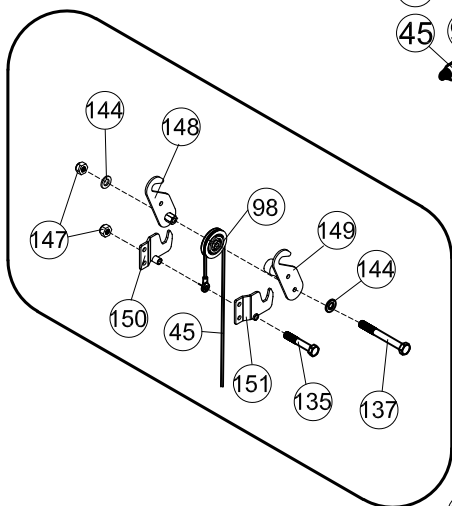
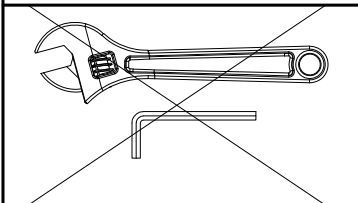
144  | ×12 Φ10



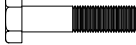


134  ×4 M10×35

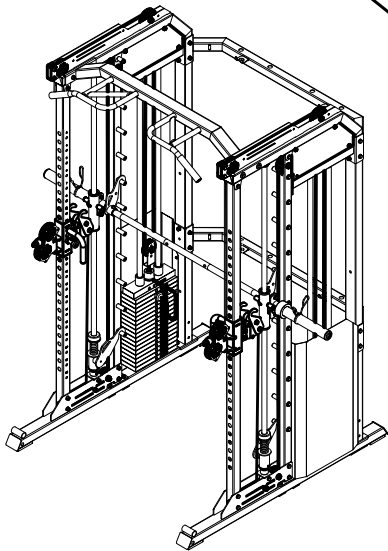
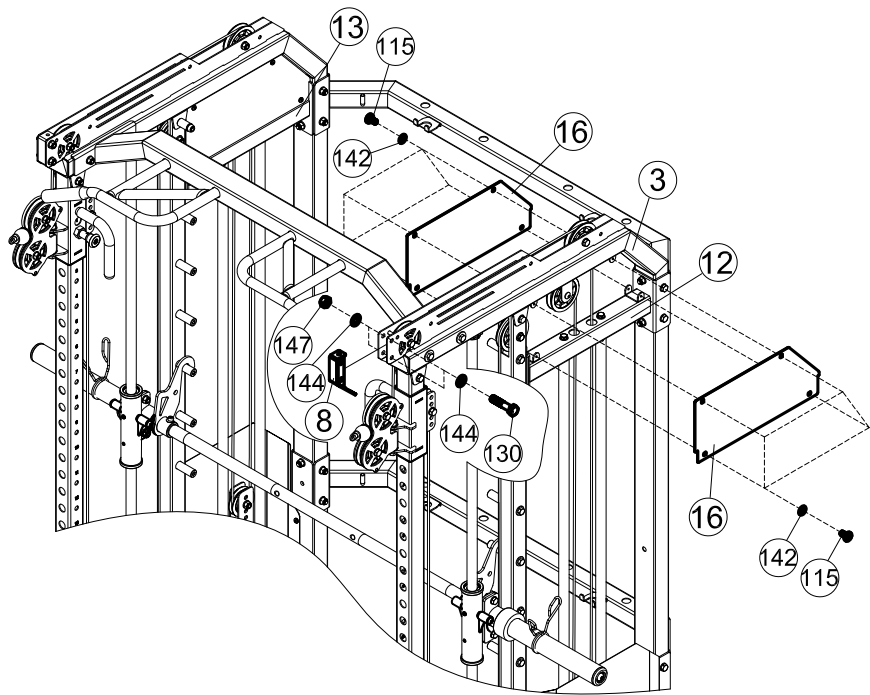
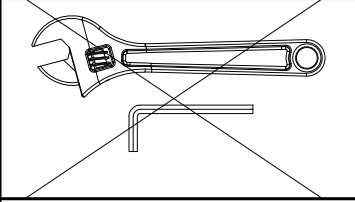
147   ×6 M10



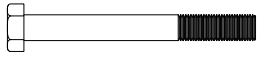
41		×8	Φ16×Φ11×17	137		×2	M10×95
91		×4	Φ22×Φ10.2×15	135		×4	M10×65
129		×2	M10×38	144		×32	Φ10
130		×10	M10×45	147		×20	M10
133		×4	M10×75	127		×2	M10



- | | | | | | | | |
|------|-----------------------------------------------------------------------------------|-----|--------|------|------------------------------------------------------------------------------------|----|-----|
| ①115 |  | ×16 | M6×10 | ①144 |  | ×8 | Φ10 |
| ①130 |  | ×4 | M10×45 | ①147 |  | ×4 | M10 |
| ①142 |  | ×16 | Φ6 | | | | |



128



x2

M10x90

144



x8

Φ10

131



x4

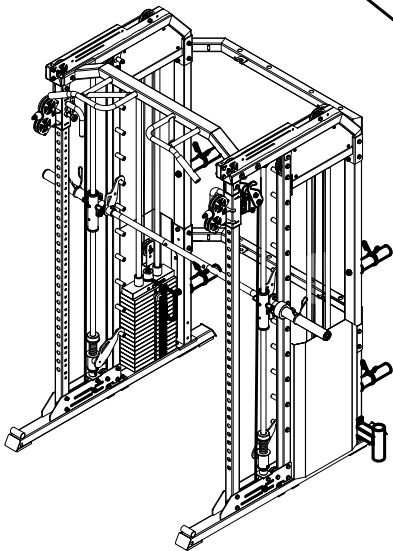
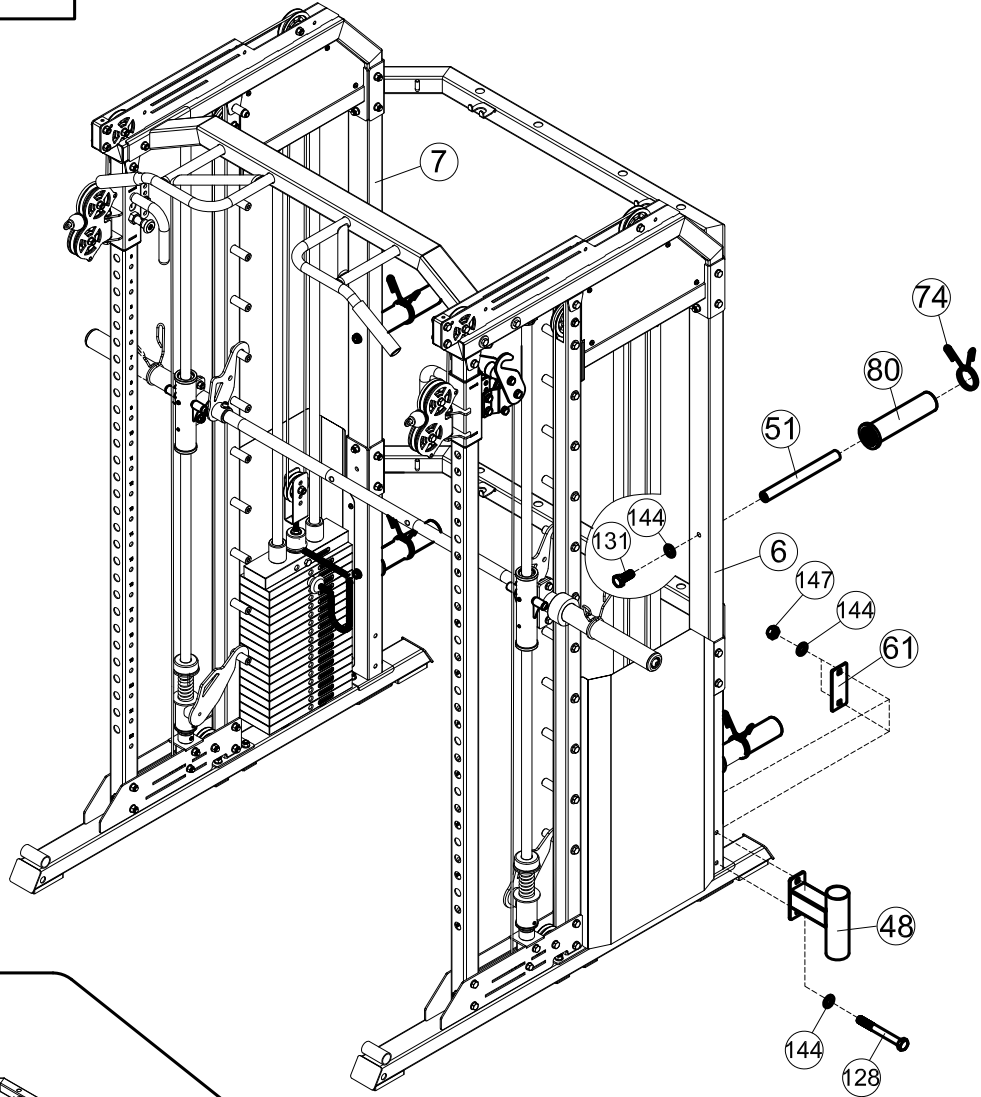
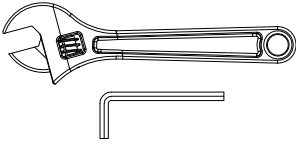
M10x25

147



x2

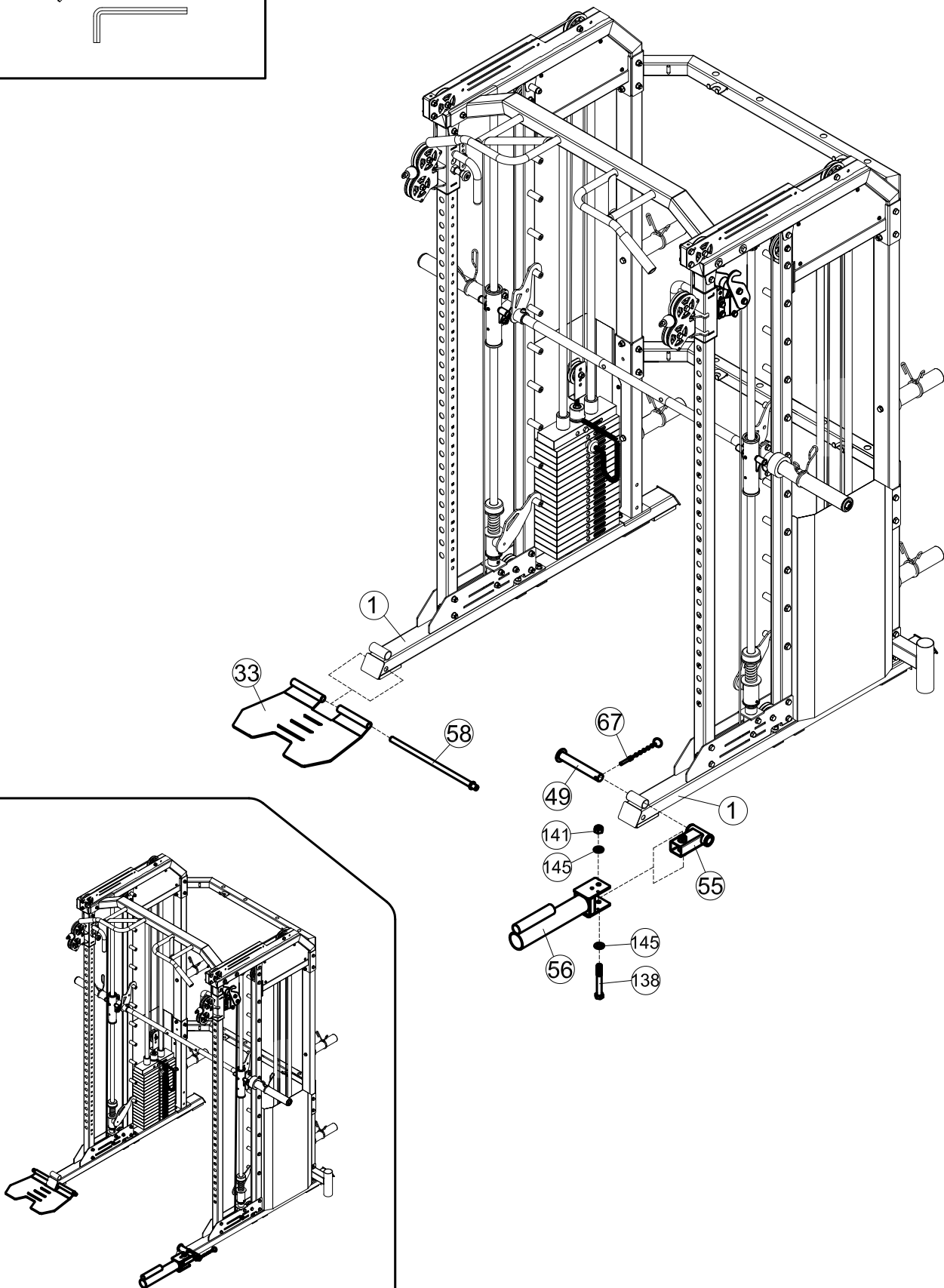
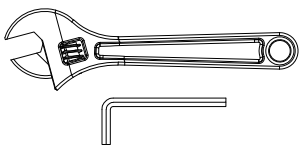
M10



138  ×1 M12×90

145  |  ×2 Φ12

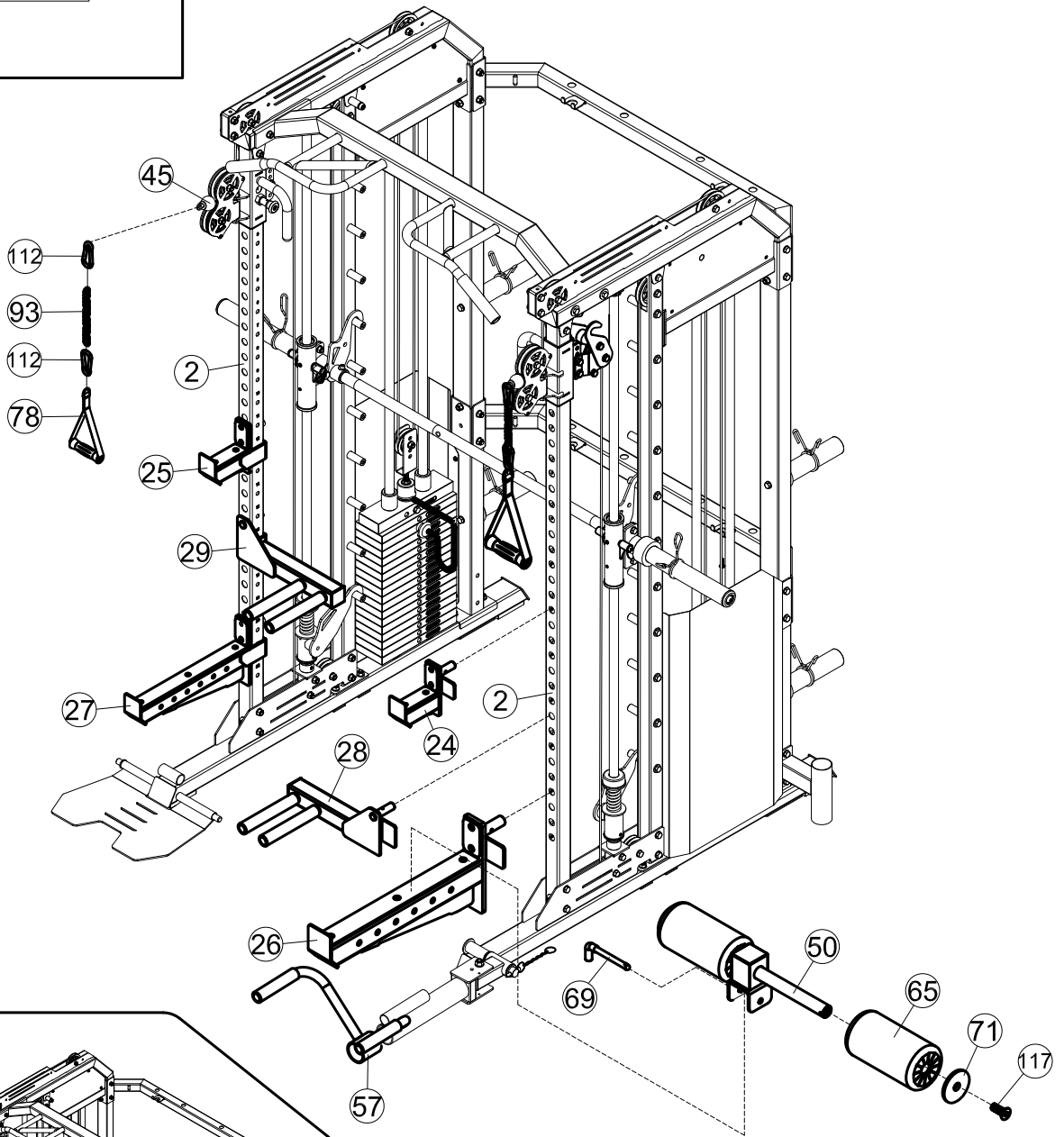
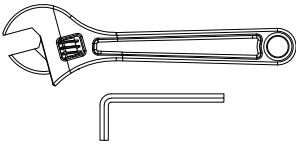
141   ×1 M12

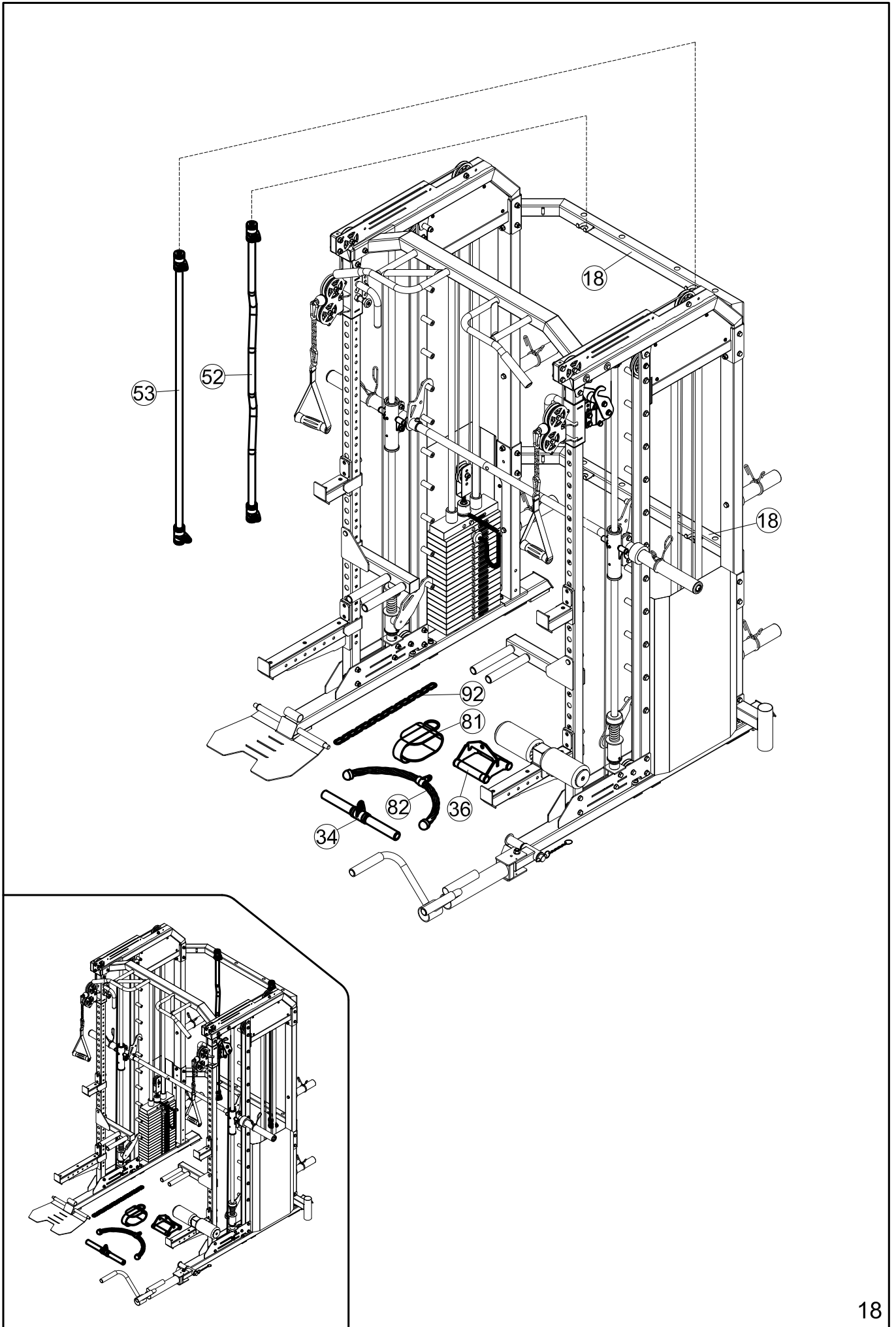


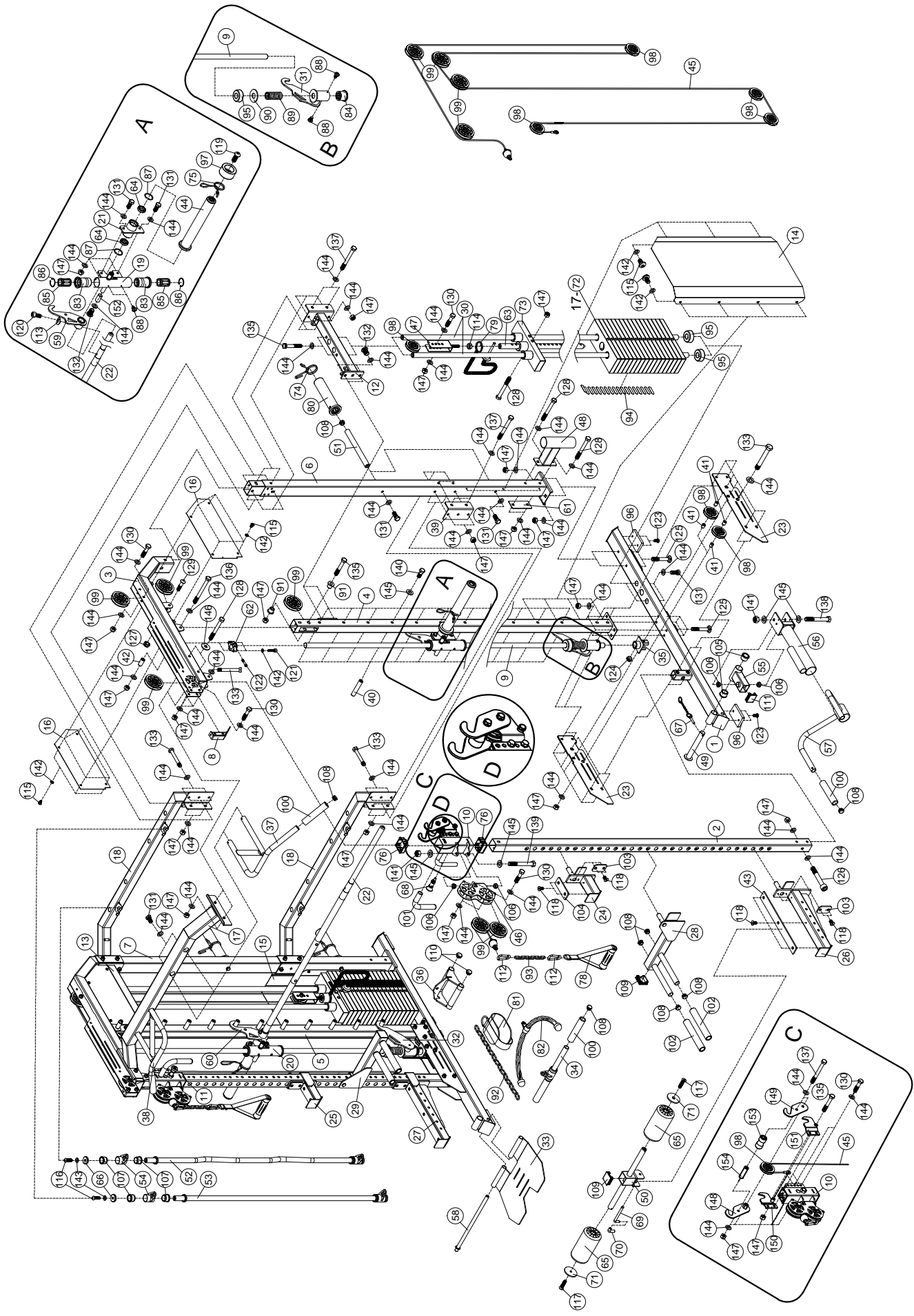
117



×2 M8×20







PARTS LIST

KEY NO.		SPEC	QTY
1	Base Frame		2
2	Guide Shaft	□50×1954	2
3	Top Frame		2
4	Intermediate Stand L		1
5	Intermediate Stand R		1
6	Rear Post L		1
7	Rear Post R		1
8	Decorative cover		2
9	Guide rod	Φ25×1846	2
10	Sliding frame L		1
11	Sliding frame R		1
12	Upper connecting frame L		1
13	Upper connecting frame R		1
14	Weight Stack Cover L	800×428×70×60×1	1
15	Weight Stack Cover R	800×428×70×60×1	1
16	Top Cover	426×188×1	4
17	Horizontal bar		1
18	Connecting Frame Rear		2
19	Mobile rack R		1
20	Mobile rack L		1
21	Shaft frame		2
22	Weight Rod	φ30×φ28×φ25×1914	1
23	Bottom Plate	484×105×4	4
24	Short Safety Rack L		1
25	Short Safety Rack R		1
26	Long Safety Rack L		1
27	Long Safety Rack R		1
28	Dip Bar L		1
29	Dip Bar R		1
30	Guide Rod Rear		4
31	Safety hook Bracket L		1
32	Safety hook Bracket R		1
33	Foot Pedal Set		1
34	Small grip frame		1
35	Fixing frame		2
36	V-type handle		1
37	Left Chin-up Bar		1
38	Right Chin-up Bar		1
39	Bracket	155×75×50×4	2

KEY NO.		SPEC	QTY
40	Hanging post	$\phi 20 \times 115$	22
41	Tube	$\phi 16 \times \phi 11 \times 17$	8
42	Tube	$\phi 20 \times \phi 10.2 \times 32$	2
43	Rack Liner	$415 \times 45 \times 5$	2
44	Long Spacer		2
45	Double pull cable	$\phi 5 \times 7880$	2
46	Pulley Case		2
47	Pulley Case		2
48	Barbell Socket		1
49	Fixed pedestal		1
50	FOAM Frame		1
51	Weights Stow Rod		4
52	Cambered Bar (attachment)		1
53	Straight Bar (attachment)		1
54	Hub		4
55	Spacer		1
56	Rotating Frame		1
57	Handle		1
58	Rotating Shaft		1
59	Hanging Bar L		1
60	Hanging Bar R		1
61	Bracket	$120 \times 50 \times 3$	1
62	Fixing frame	$70 \times 42 \times 24 \times M5$	2
63	Selector Rod	$\phi 25 \times 525$	2
64	Bearing		4
65	FOAM	$\phi 95 \times \phi 22 \times 180$	2
66	Bar End	$\phi 38 \times \phi 9 \times 8$	4
67	Pop pin		1
68	Moving Lock Pin		2
69	L spring pins	$\phi 10 \times 115$	1
70	Rubber sleeve	$\phi 13 \times \phi 9.5 \times 58$	1
71	plate	$\phi 68 \times 5$	2
72	Weight Plate	$285 \times 102 \times 25(5kg)$	34
73	Top Weight Plate	$285 \times 75 \times 34$	2
74	Spring Clip	$\phi 49$	4
75	Long Spring Clip	$\Phi 47$	2
76	Slide Guide	$\square 60 \times 2 \times \square 50 \times 23.5$	4
78	Nylon Strap Iso-Handle		2
79	Weight Selector Pin		2
80	Short Spacer	$\phi 50 \times 210$	4

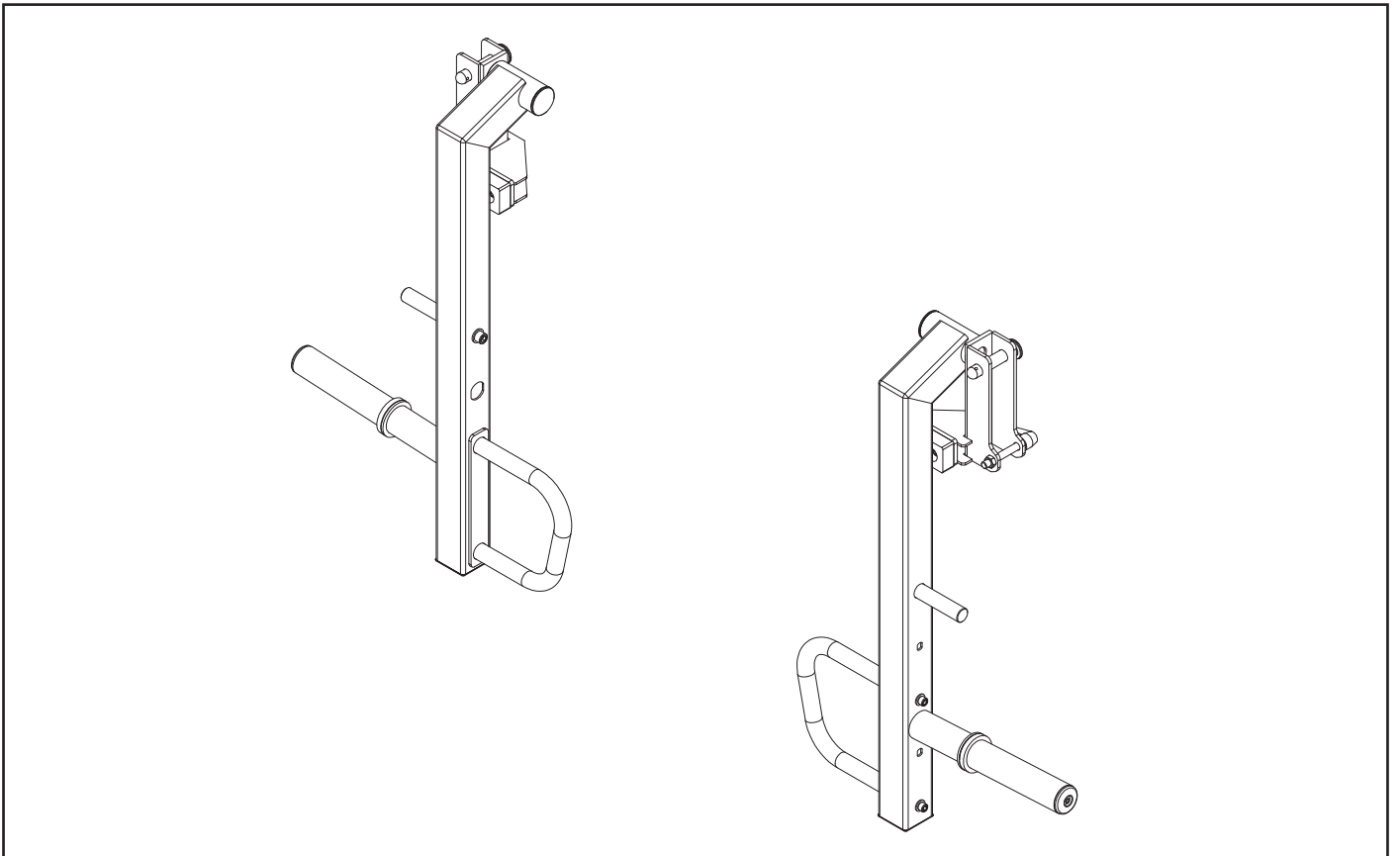
KEY NO.		SPEC	QTY
81	Ankle Strap		1
82	Rope		1
83	Sliding Rod Guide	$\phi 55 \times \phi 46 \times \phi 40 \times 73$	4
84	Safety hook Bracket Guides	$\phi 55 \times \phi 46 \times \phi 27 \times 41$	2
85	Linear Motion Bearing	LB254058	4
86	Hole circlip	d0=40	4
87	Hole circlip	42	4
88	Screw	ST4.0×9	8
89	Spring	$\phi 43 \times \phi 27 \times \phi 8 \times 80$	2
90	Washer	$\phi 65 \times \phi 27 \times 4$	2
91	Bushing	$\phi 22 \times \phi 10.2 \times 15$	4
92	15-Joint Chain	$\phi 5$	1
93	6-Joint Chain	$\phi 5$	2
94	Weight Plate Sticker (90kg)	52×13	2
95	Rubber Stopper	$\phi 62 \times \phi 24.5 \times 25$	6
96	Rubber Stopper	65×100×12	4
97	Rubber Stopper	$\Phi 78 \times \Phi 50 \times 39$	2
98	Small Pulley with Bearing	$\phi 75$	8
99	Pulley with Bearings	$\phi 96$	12
100	Dips Handle	$\Phi 23 \times 150$	6
101	Dips Handle	$\phi 24 \times \phi 18 \times 227$	2
102	Dips Handle	$\phi 23 \times 200$	4
103	Rack Liner	75×45×5	4
104	Rack Liner	120×45×5	2
105	Bushing	$\phi 38 \times \phi 34 \times \phi 25 \times 22$	2
106	Bushing	$\phi 25 \times \phi 21.8 \times \phi 12.2 \times 8$	6
107	Bushing	$\phi 38 \times \phi 34 \times \phi 27 \times 26$	8
108	End Cap	$\phi 25$	18
109	End Cap	□50	3
110	End Cap	$\phi 28$	4
111	End Cap	□40×50	1
112	Hook	$\phi 8$	4
113	Bent Washer	20×R20× $\phi 9$	2
114	Hex nuts	M12	2
115	Allen Bolt	M6×10	30
116	Allen Bolt	M8×25	4
117	Hexagon socket countersunk head	M8×35	2
118	Hexagon socket countersunk head	M6×12	18
119	Allen Bolt	M12×30	2
120	Hexagon socket button head screws	M8×16	2

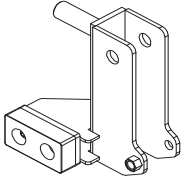
KEY NO.		SPEC	QTY
121	Hexagon socket button head screws	M6×30	4
122	Hexagon socket button head screws	M5×25	2
123	Allen Bolt	M8×16	8
124	Set screw	M8×8	2
125	Carriage Bolt	M10×70	12
126	Hexagon socket button head screws	M10×65	2
127	Nut	M10	2
128	HEX Bolt	M10×90	8
129	Allen Bolt	M10×38	2
130	HEX Bolt	M10×45	14
131	HEX Bolt	M10×25	16
132	Allen Bolt	M10×16	8
133	HEX Bolt	M10×75	24
134	HEX Bolt	M10×35	4
135	HEX Bolt	M10×65	8
136	HEX Bolt	M10×105	2
137	HEX Bolt	M10×95	12
138	HEX Bolt	M12×90	1
139	HEX Bolt	M12×95	2
140	HEX Bolt	M12×25	22
141	Nut	M12	3
142	Washer	6	34
143	Washer	8	4
144	Washer	10	168
145	Washer	12	28
146	Washer	φ30×φ10.5×2.5	4
147	Nut	M10	86
148	Left Hook		2
149	Right Hook		2
150	Left Bracket		2
151	Right Bracket		2
152	Tube	φ20×1.5×32	4
153	Roller Wheel		2
154	Tube	φ16×φ10.5×69	2
	Allen wrench	4#	1
	Allen wrench	6#	1
	Allen wrench	8#	1

OPTIONAL ACCESSORIES

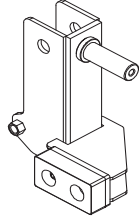


J-ARMSASX5000

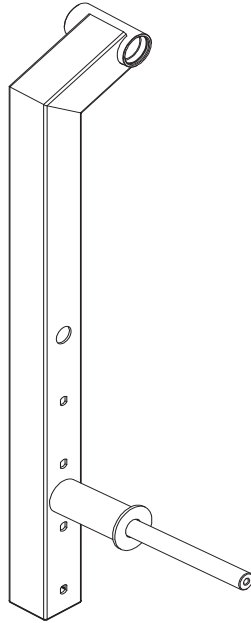




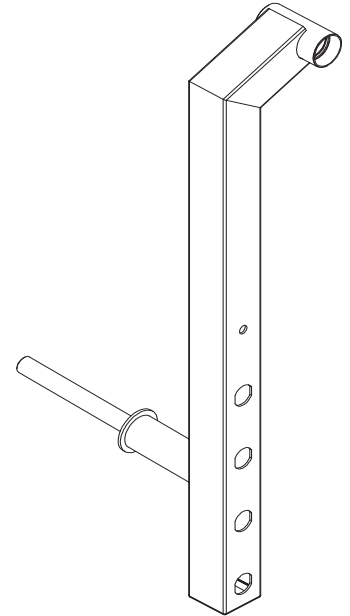
① ×1



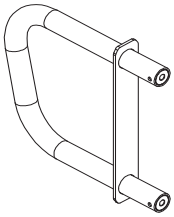
② ×1



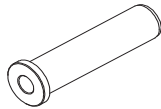
③ ×1



④ ×1



⑤ ×2



⑥ ×2



⑧ ×2



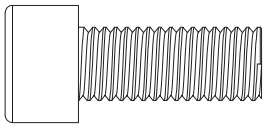
⑨ ×2



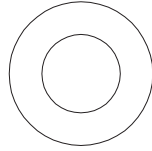
⑩ ×2



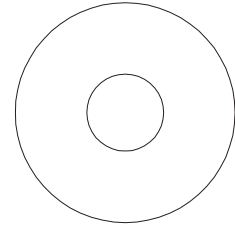
⑱ ×2



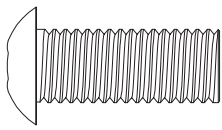
⑭ ×6



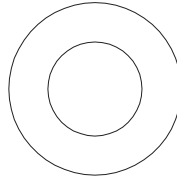
⑯ ×4



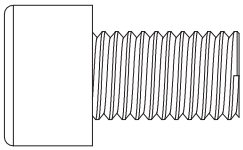
⑰ ×2



⑮ ×2



⑳ ×2

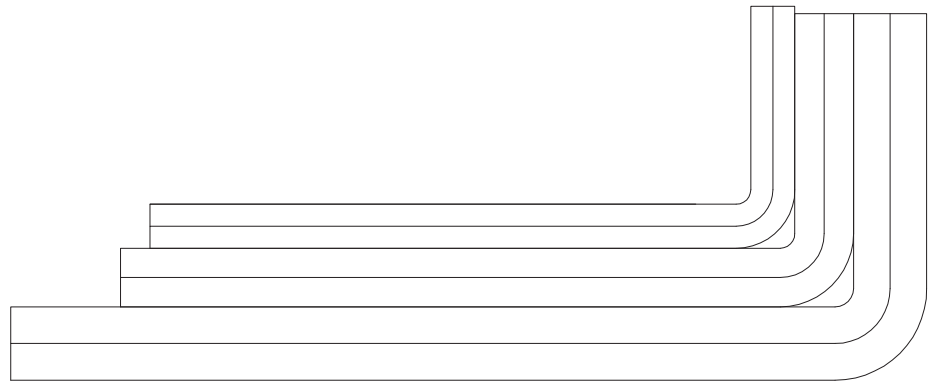


⑲ ×2

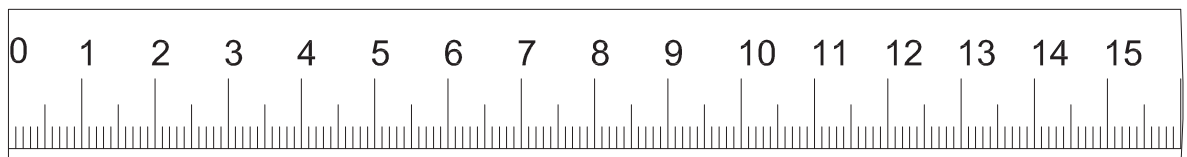
6# ×1


8# ×1


10# ×1




mm

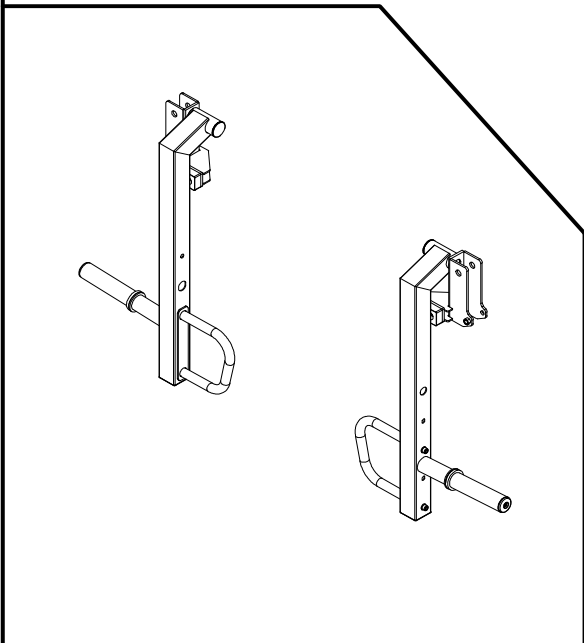
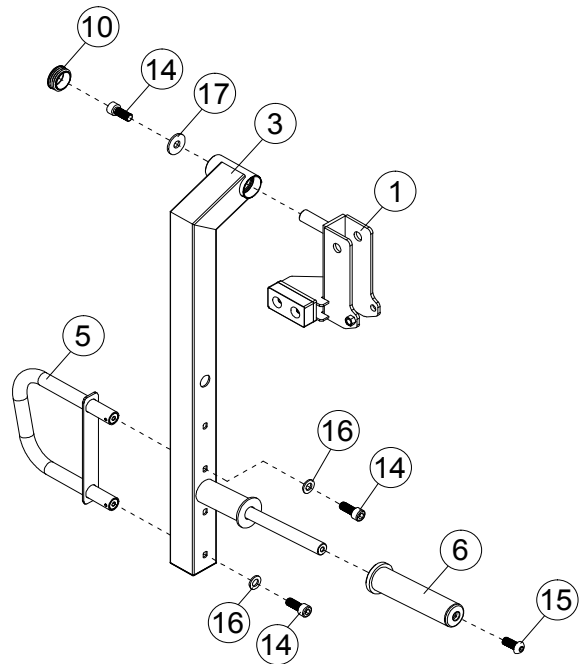
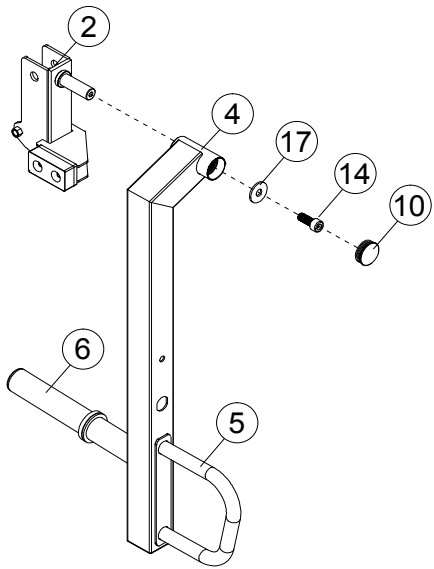
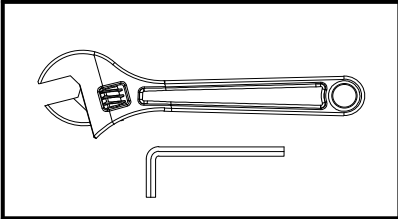


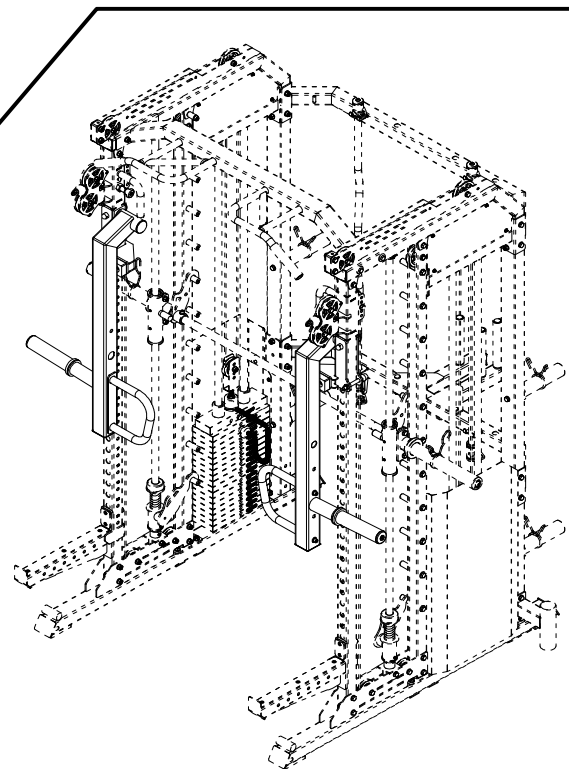
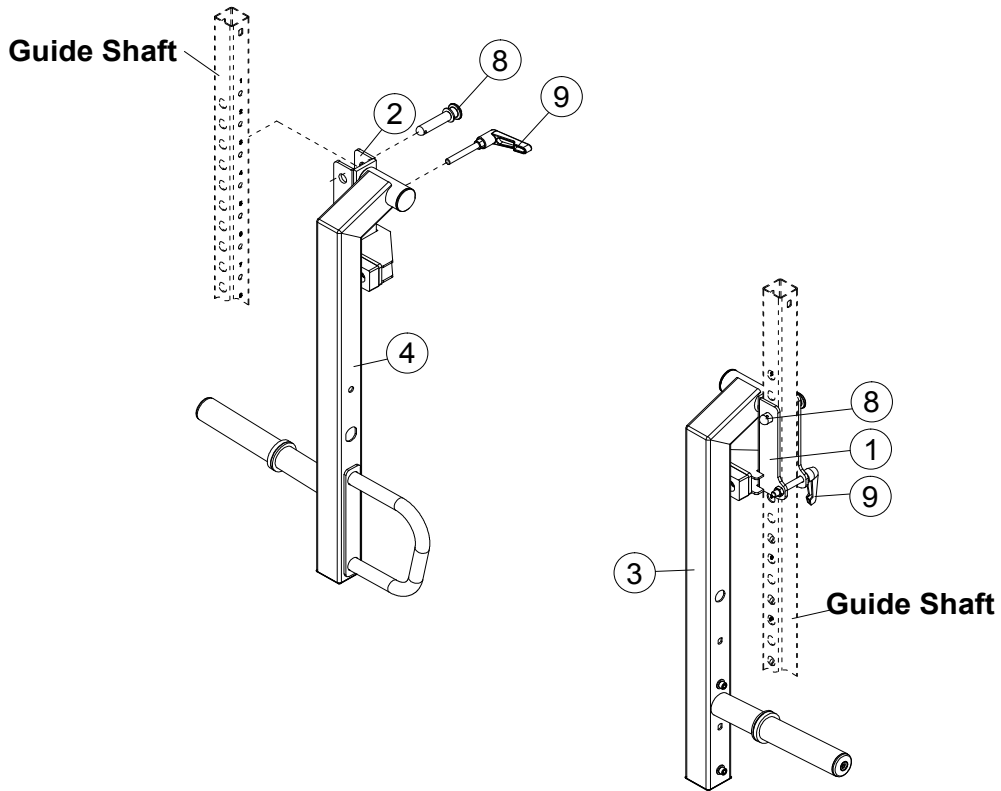
⑭  ×6 M10×25mm

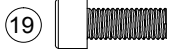
⑯  ×4 φ10

⑮  ×2 M10×25mm

⑰  ×2 φ30







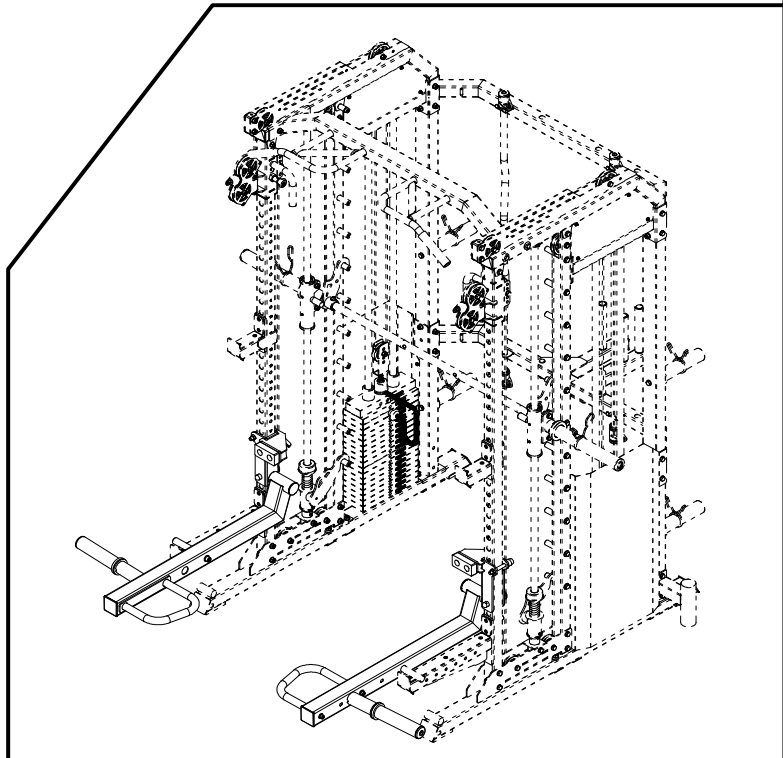
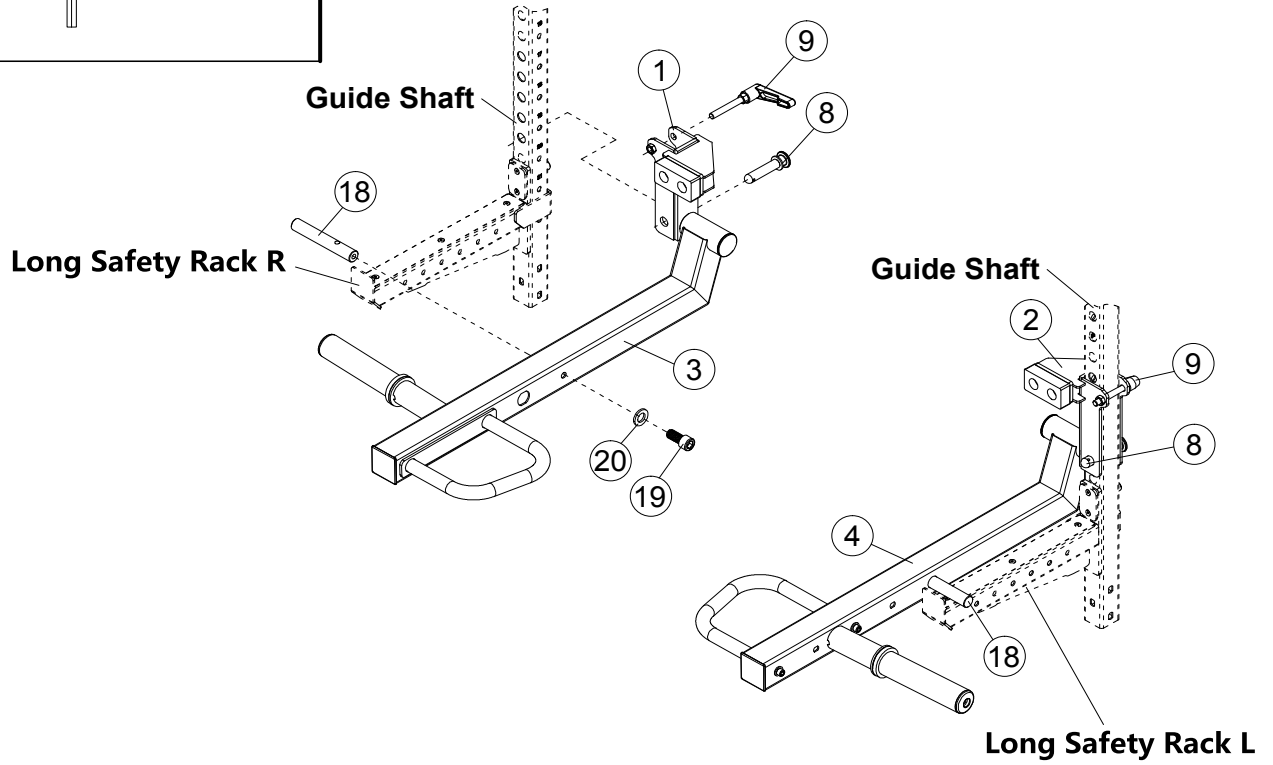
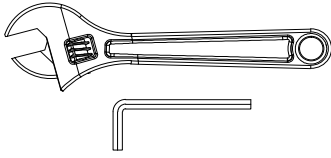
×2

M12×20mm



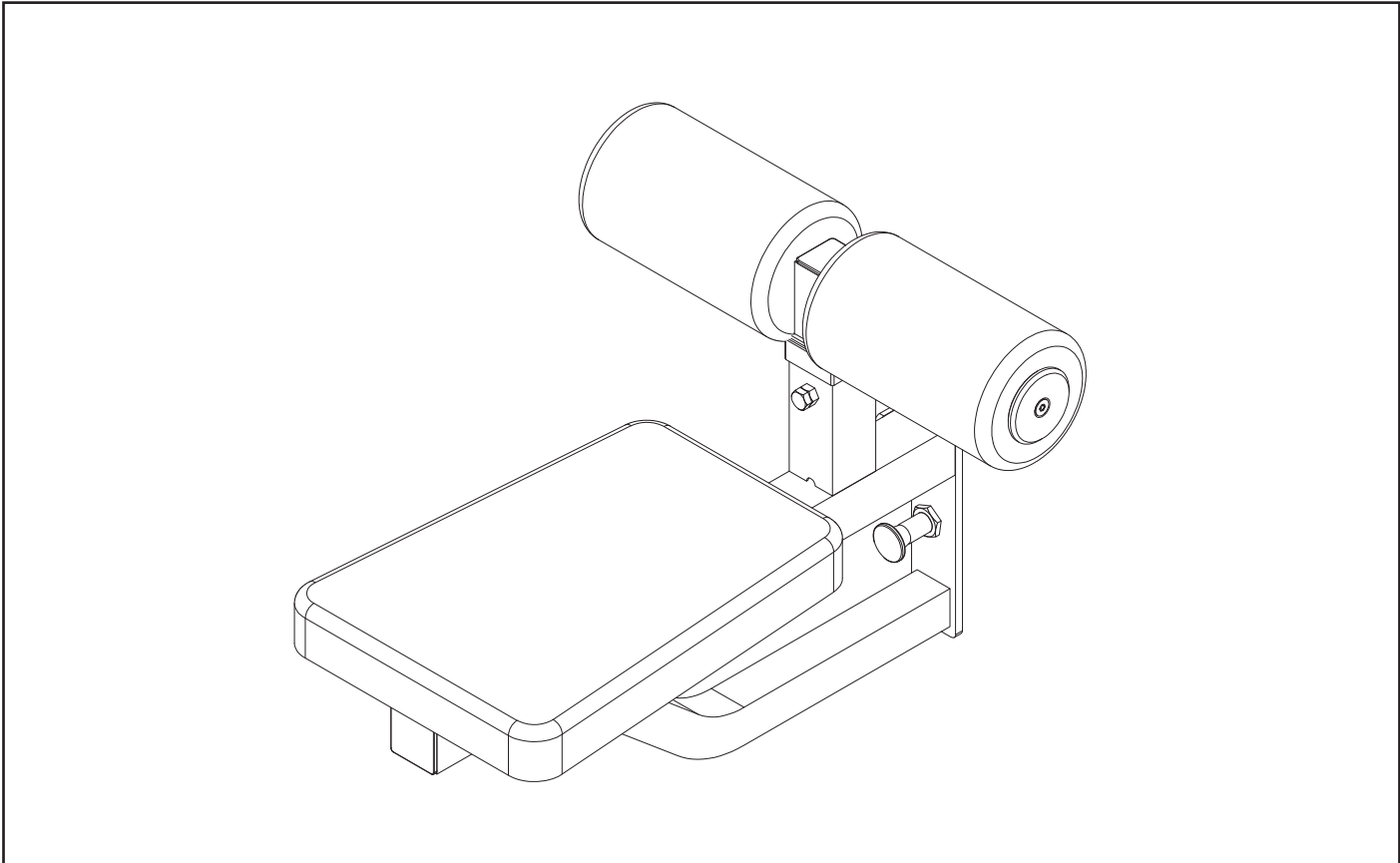
×2

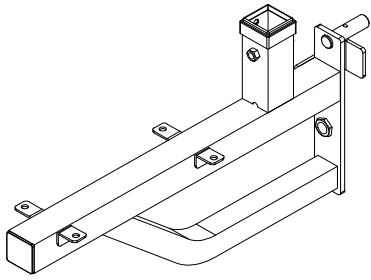
φ12





LAT-SEATASX5000

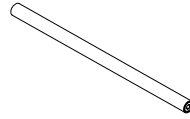




① ×1



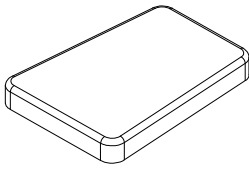
② ×1



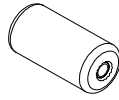
③ ×1



④ ×2



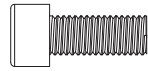
⑤ ×1



⑨ ×2



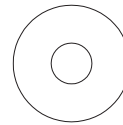
⑩ ×2



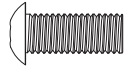
⑭ ×6



⑯ ×4



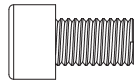
⑰ ×2



⑮ ×2



⑳ ×2

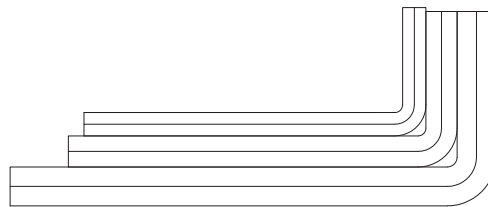


⑲ ×2

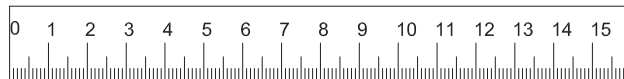
6# ×1

8# ×1

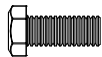
10# ×1



mm



12



× 4

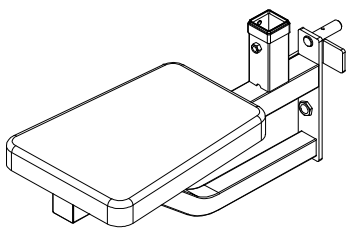
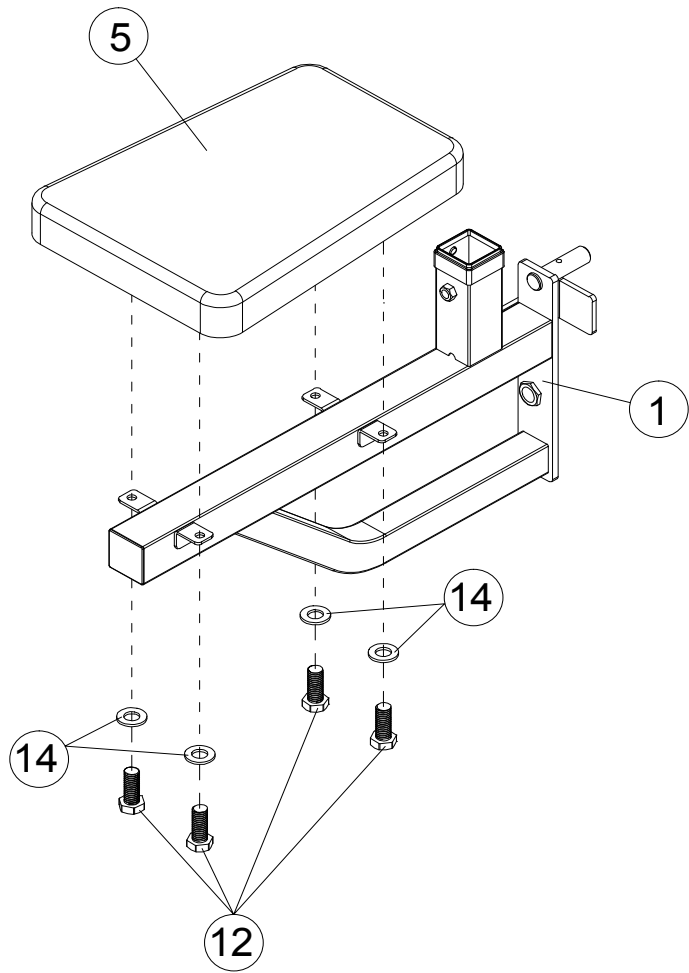
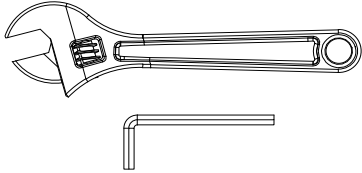
M8×20mm

14



× 4

Φ16×Φ8.4

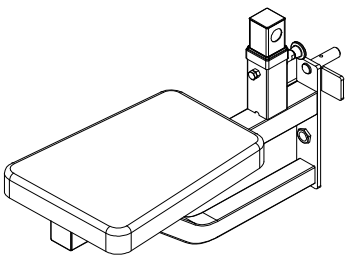
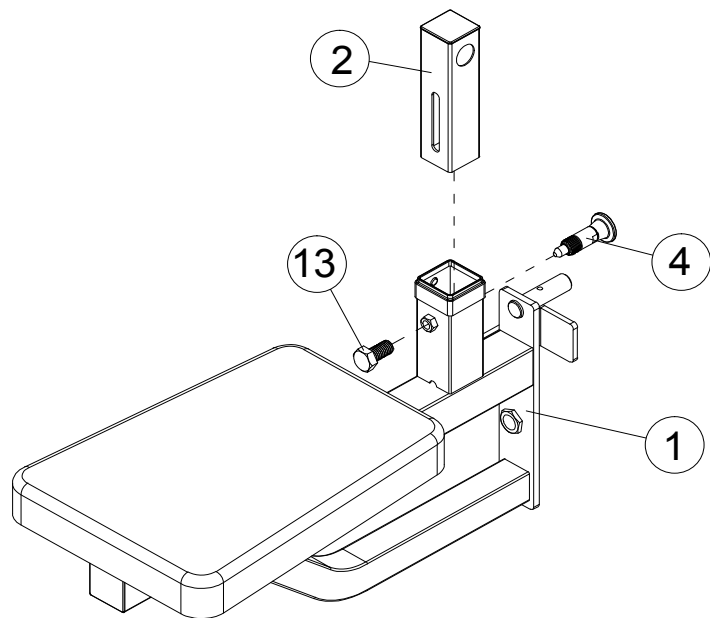
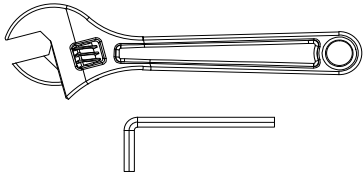


13



× 1

M10×20mm

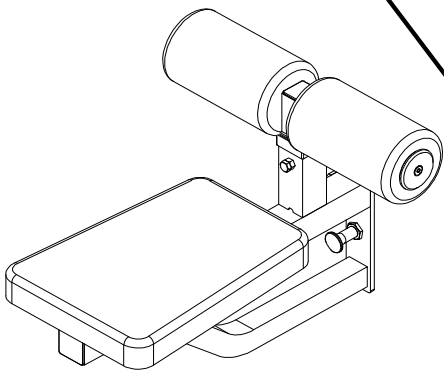
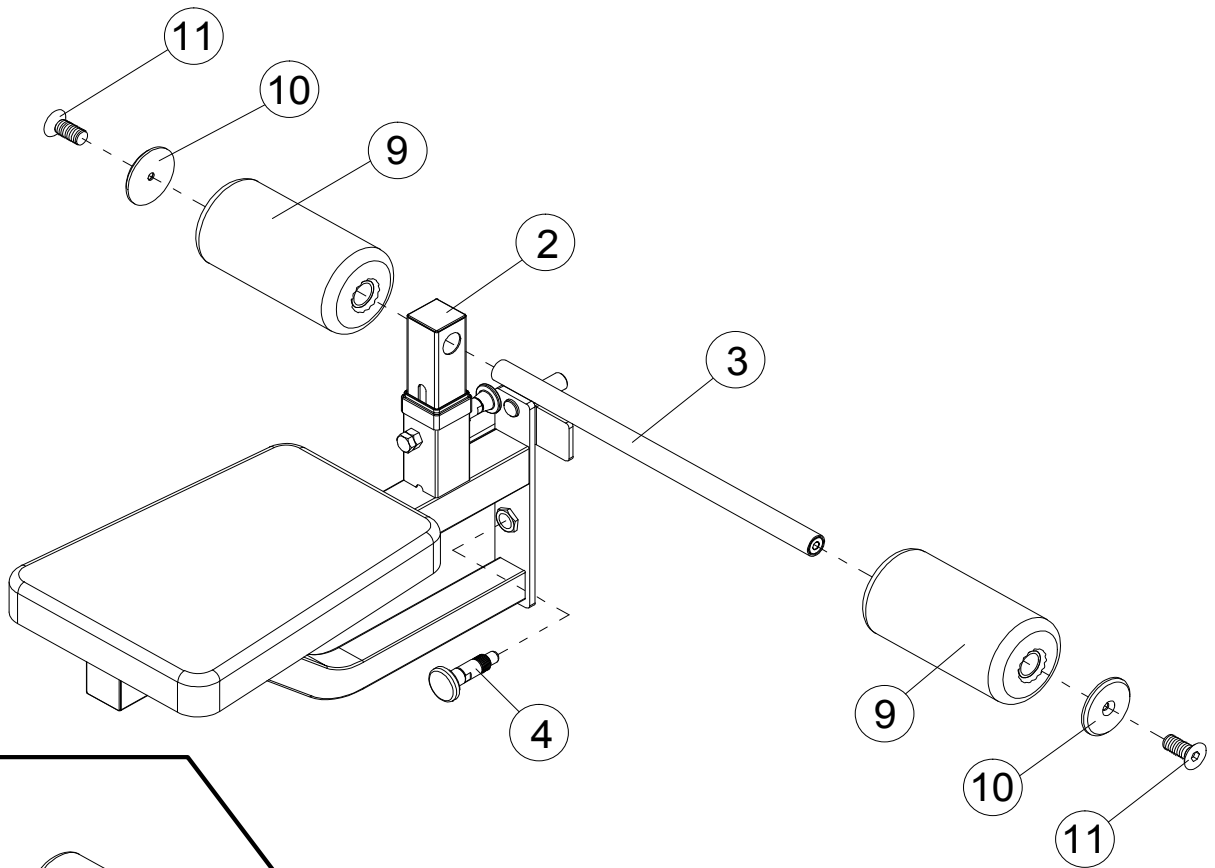
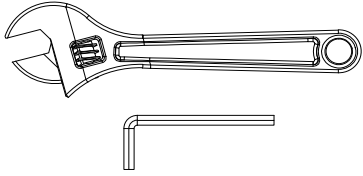


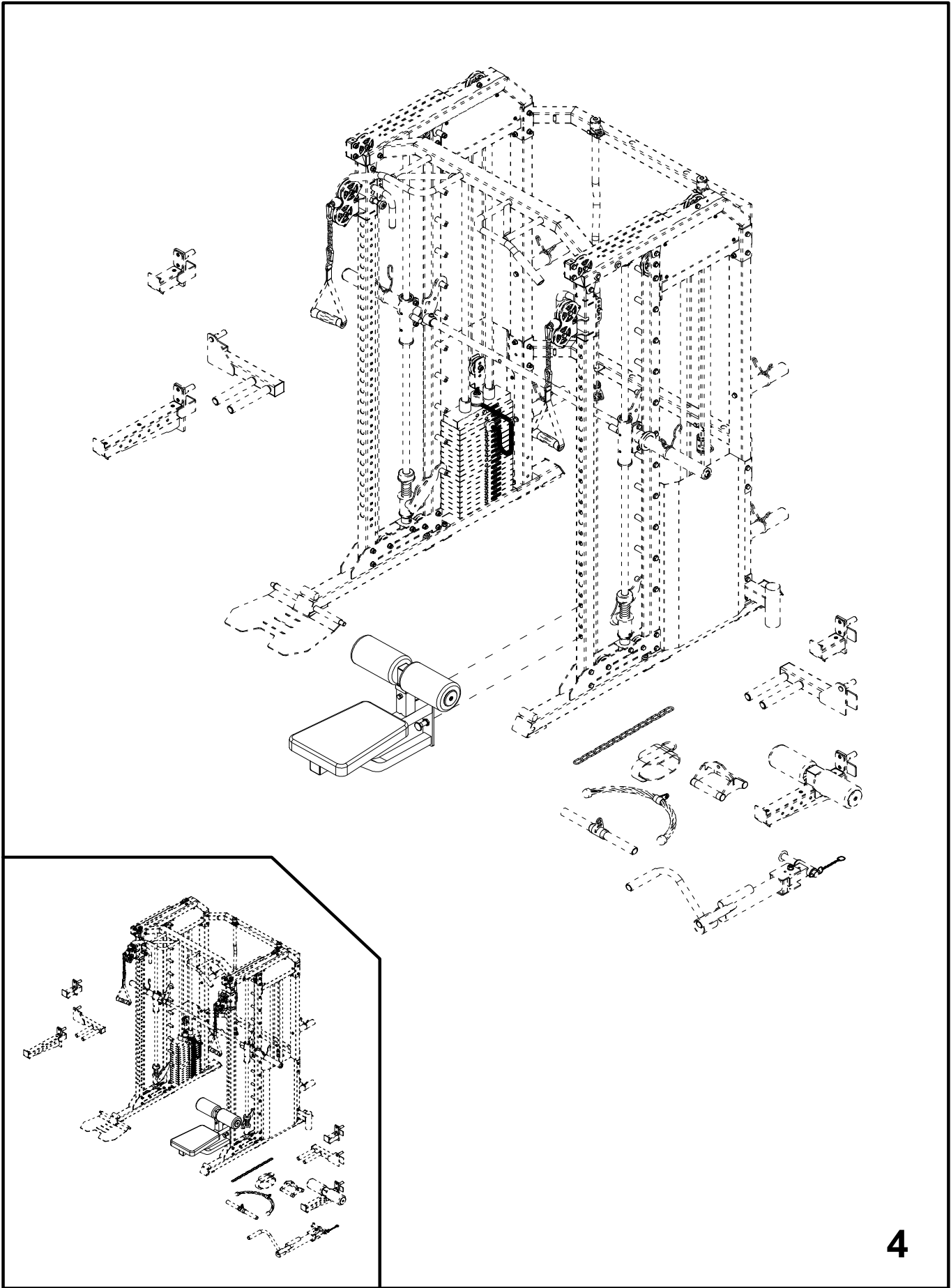
11

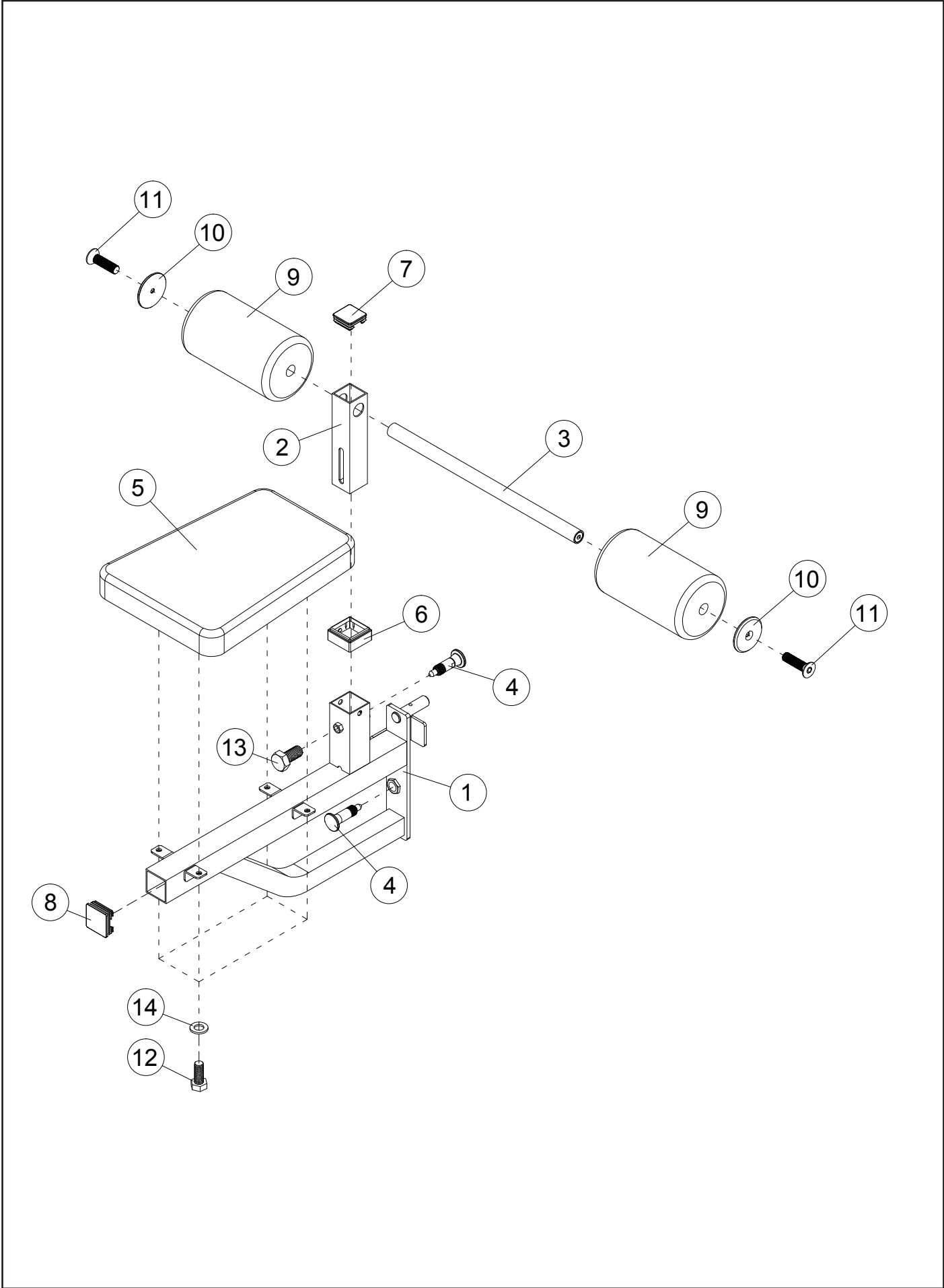


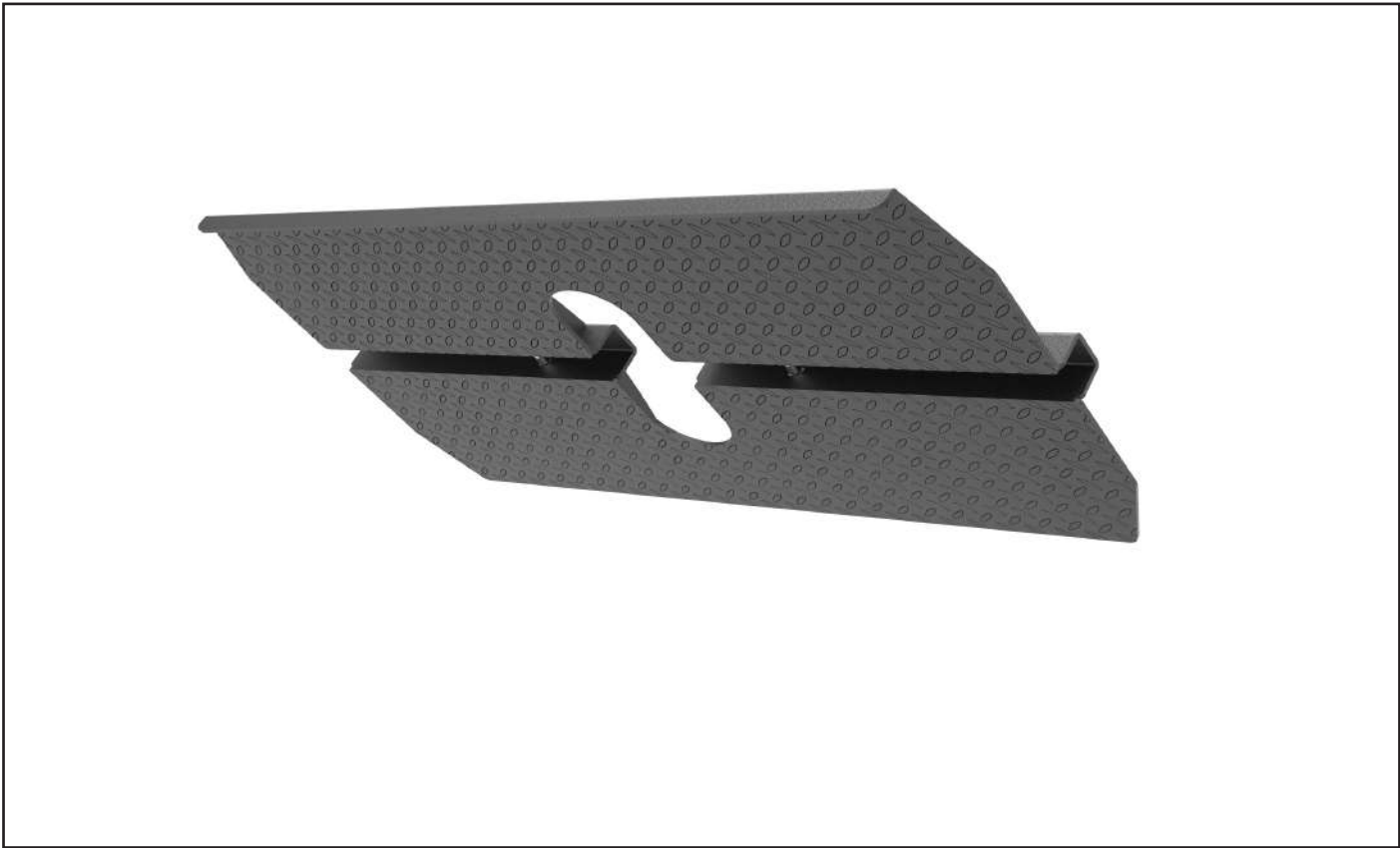
× 2

M8×30mm

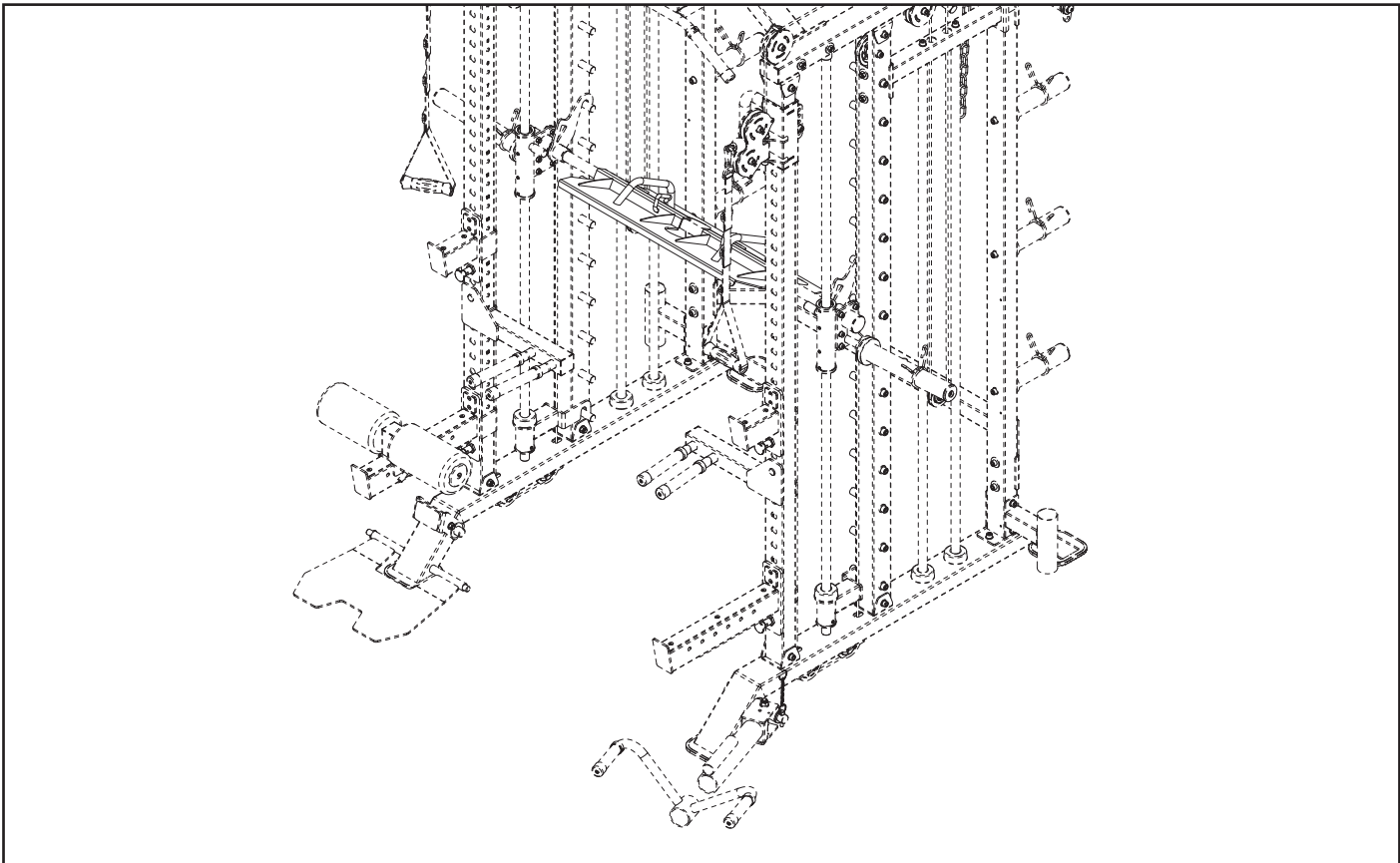


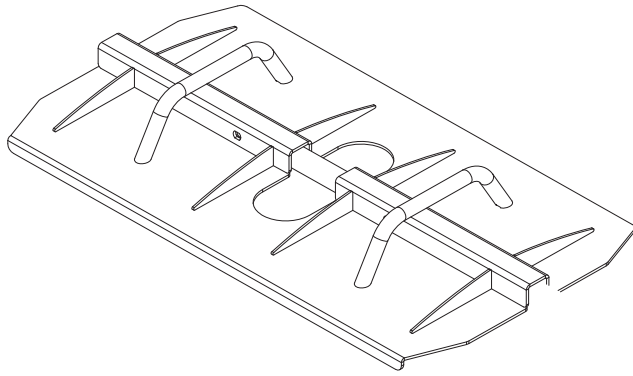




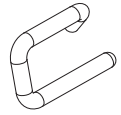


LEG-PRESS4-5

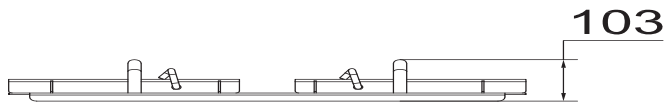




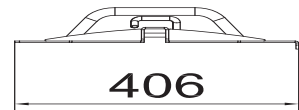
① × 1



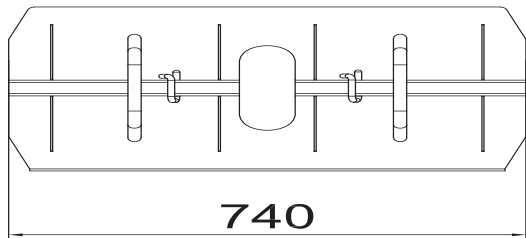
② × 2



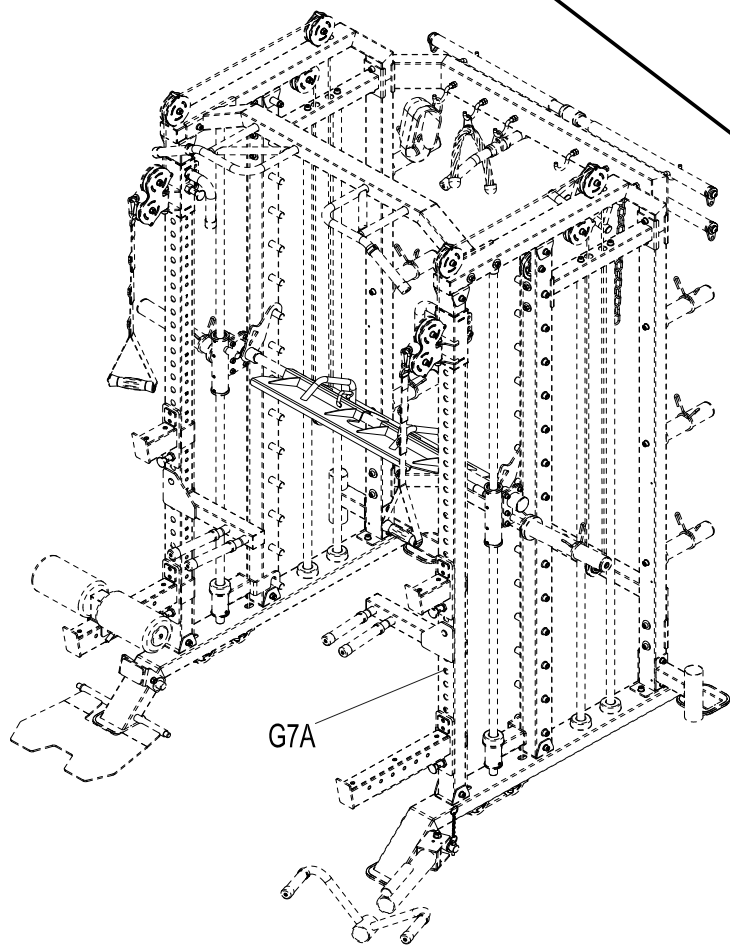
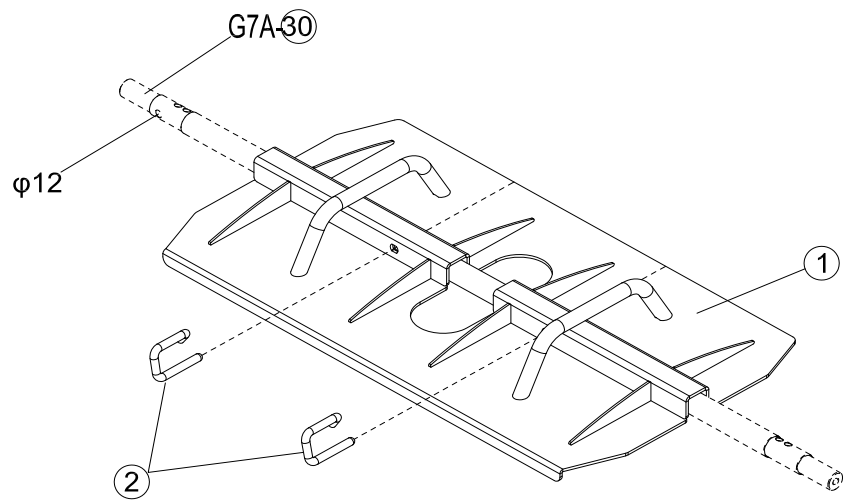
103

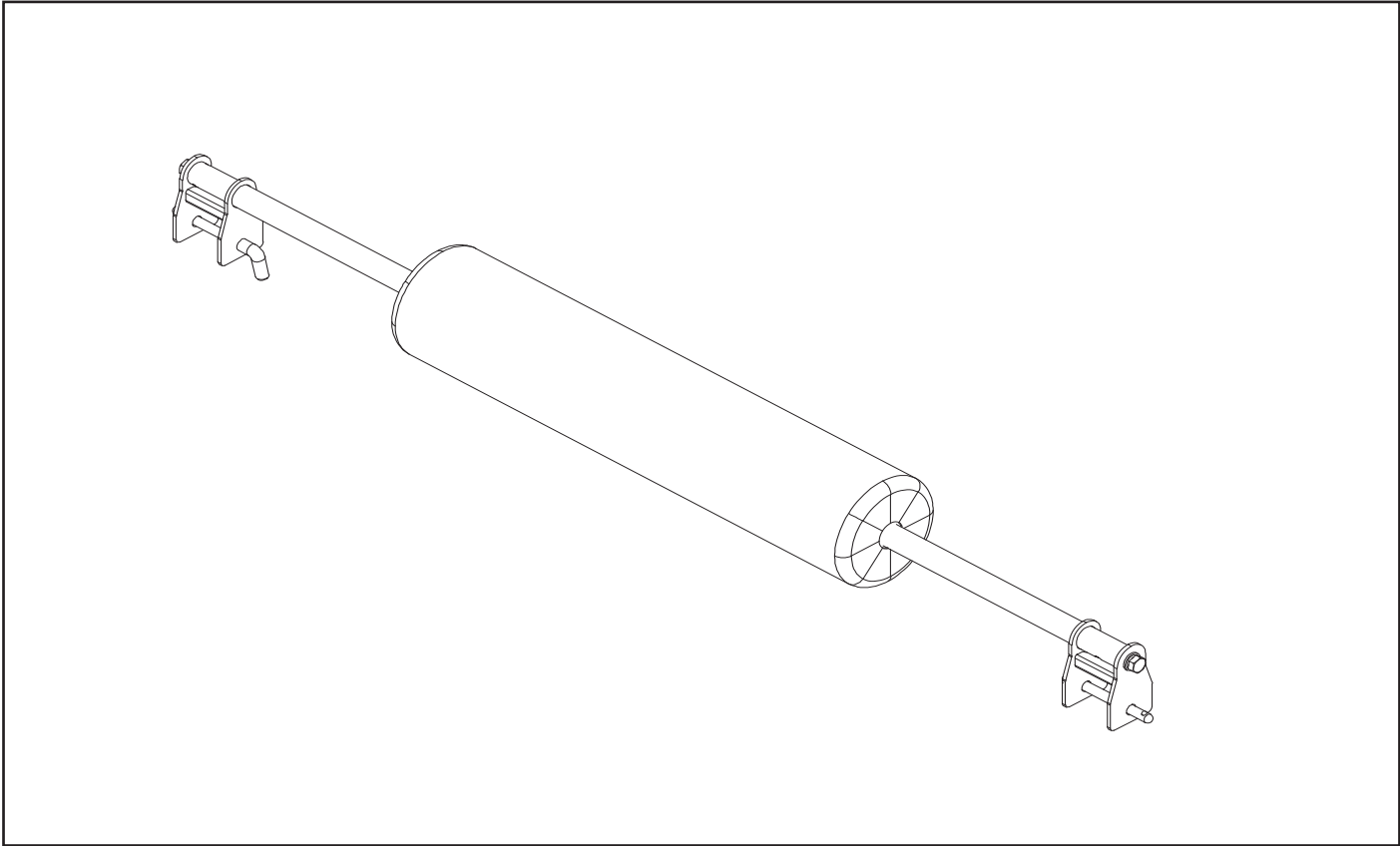


406

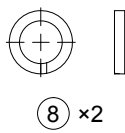
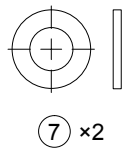
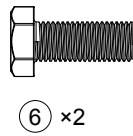
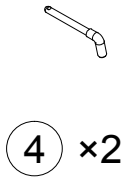
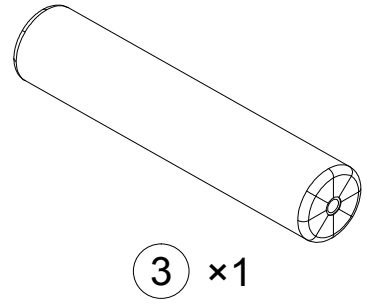
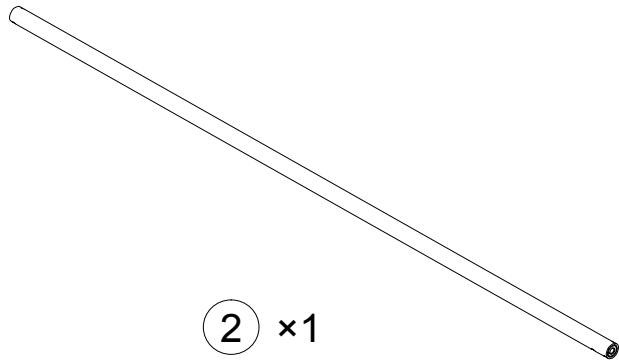
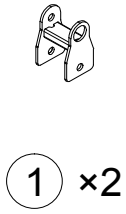


740





M-BARASX5000





×2

M10×25mm



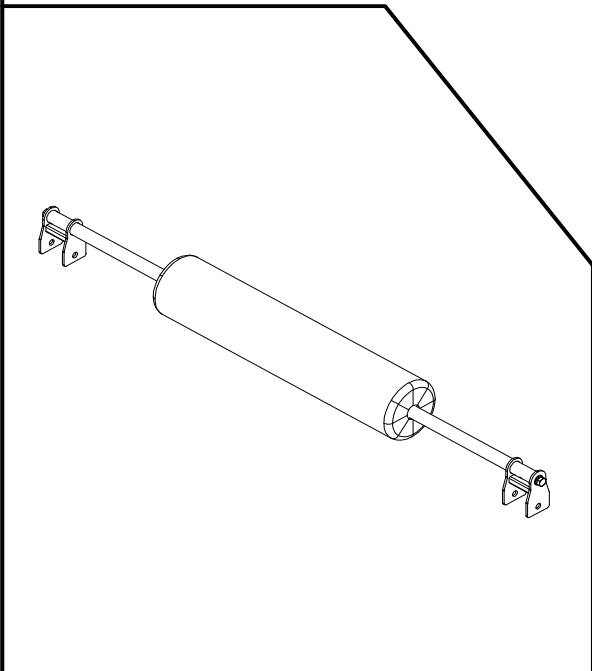
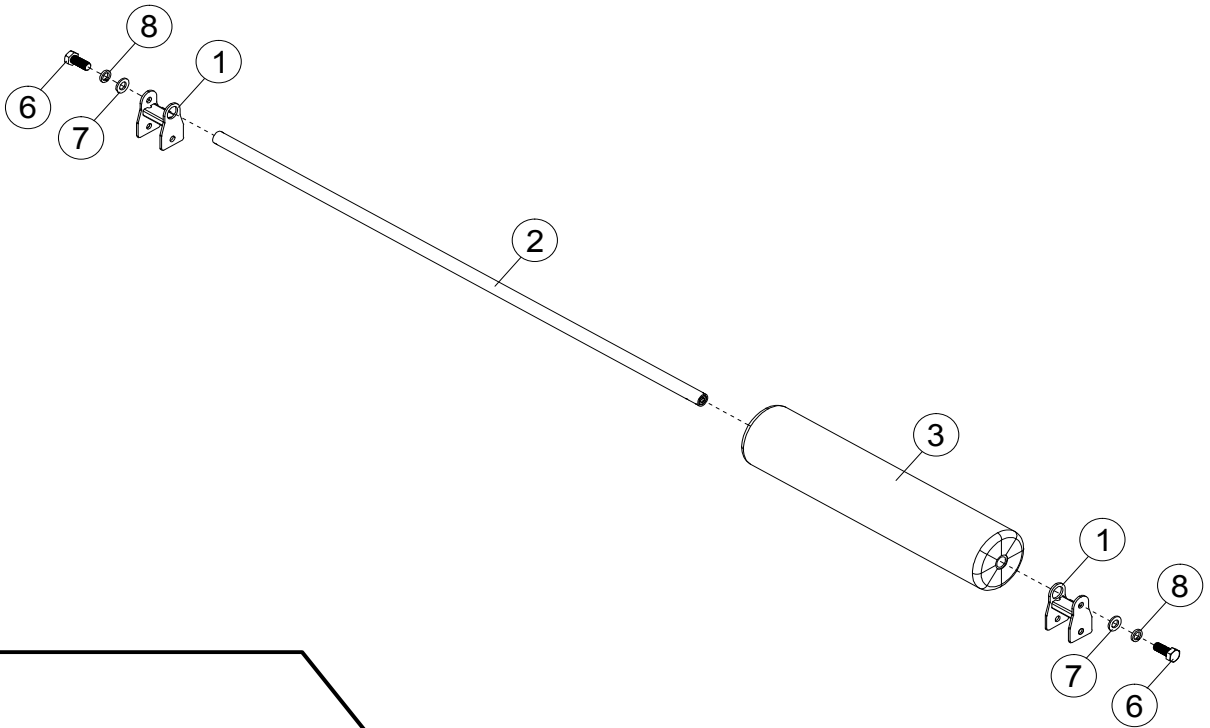
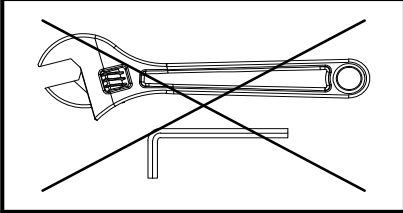
×2

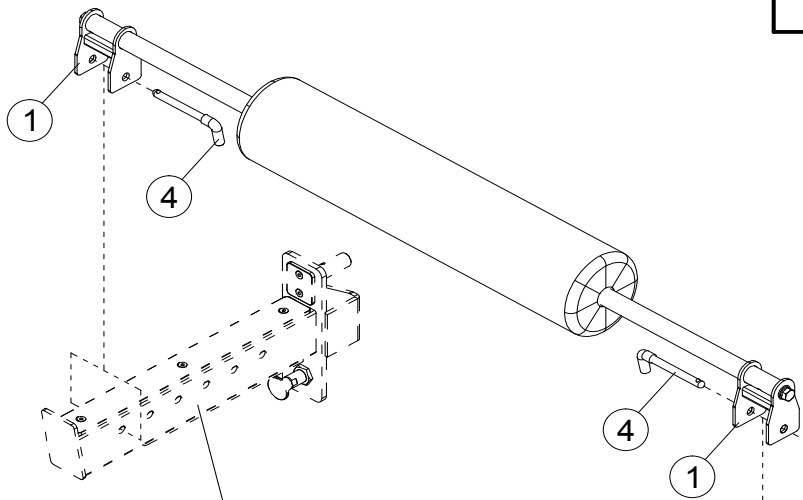
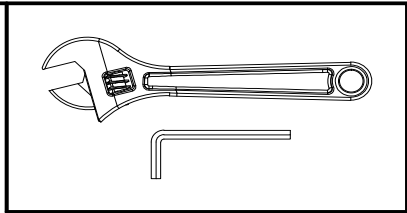
φ10



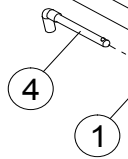
×2

φ10

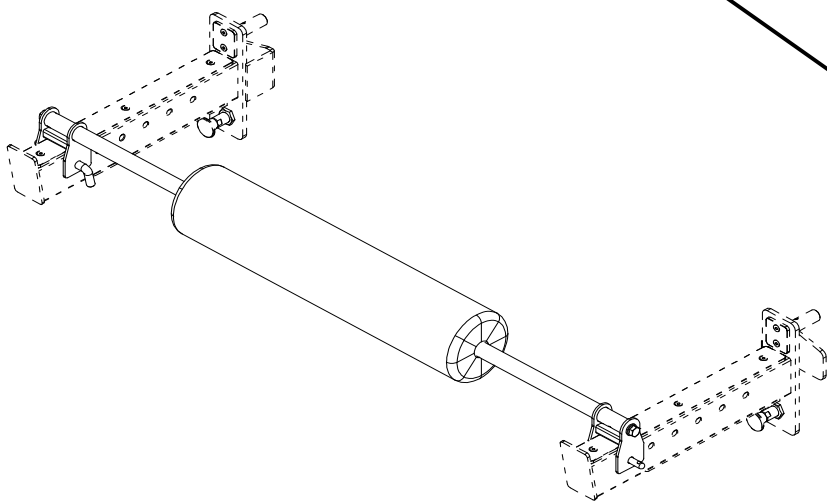


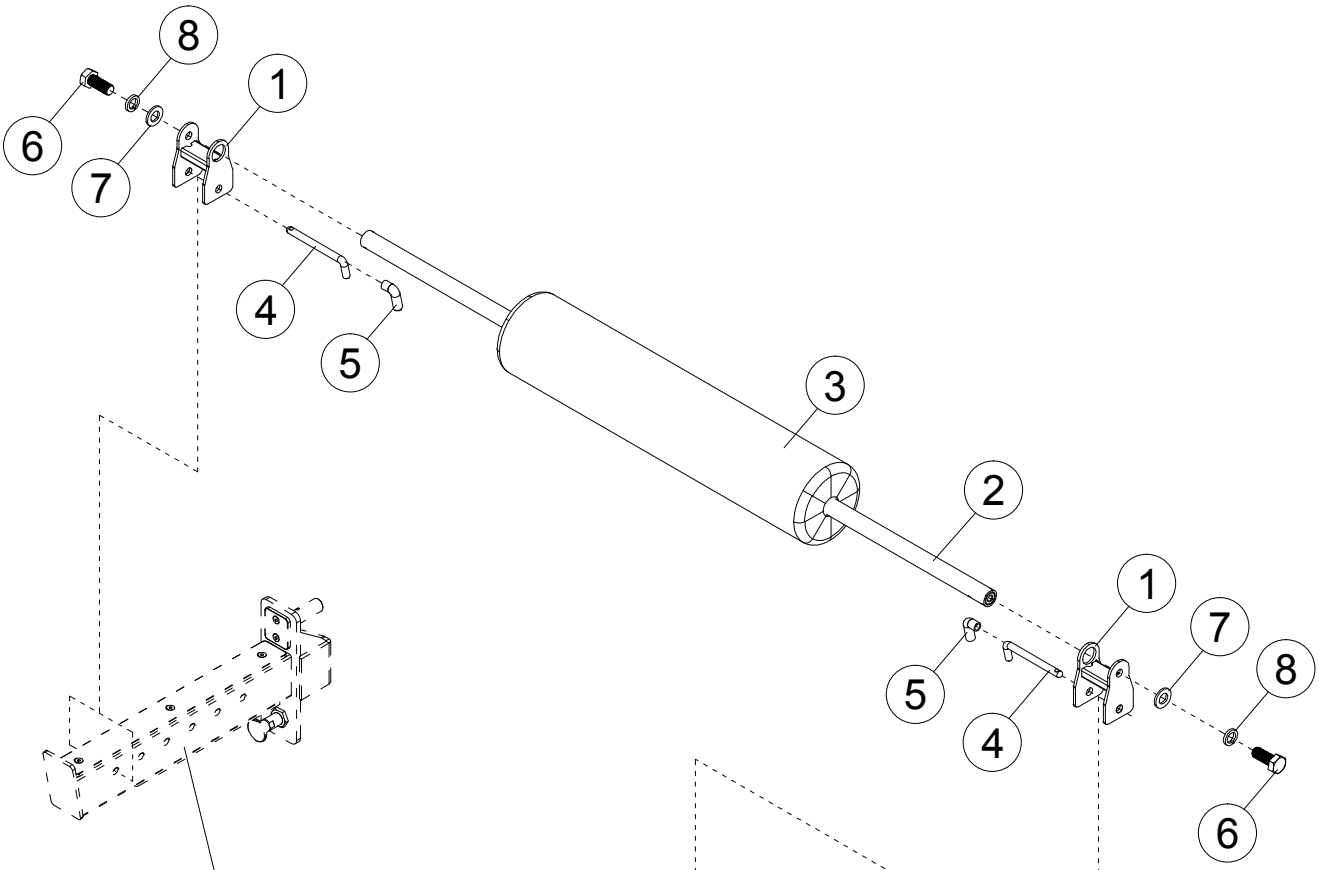


Long Safety Rack



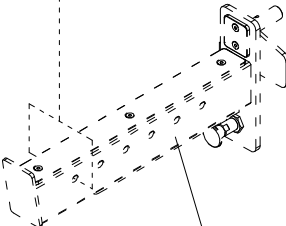
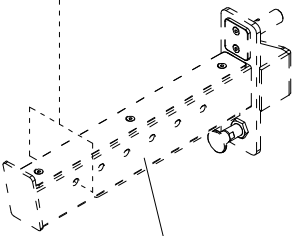
Long Safety Rack

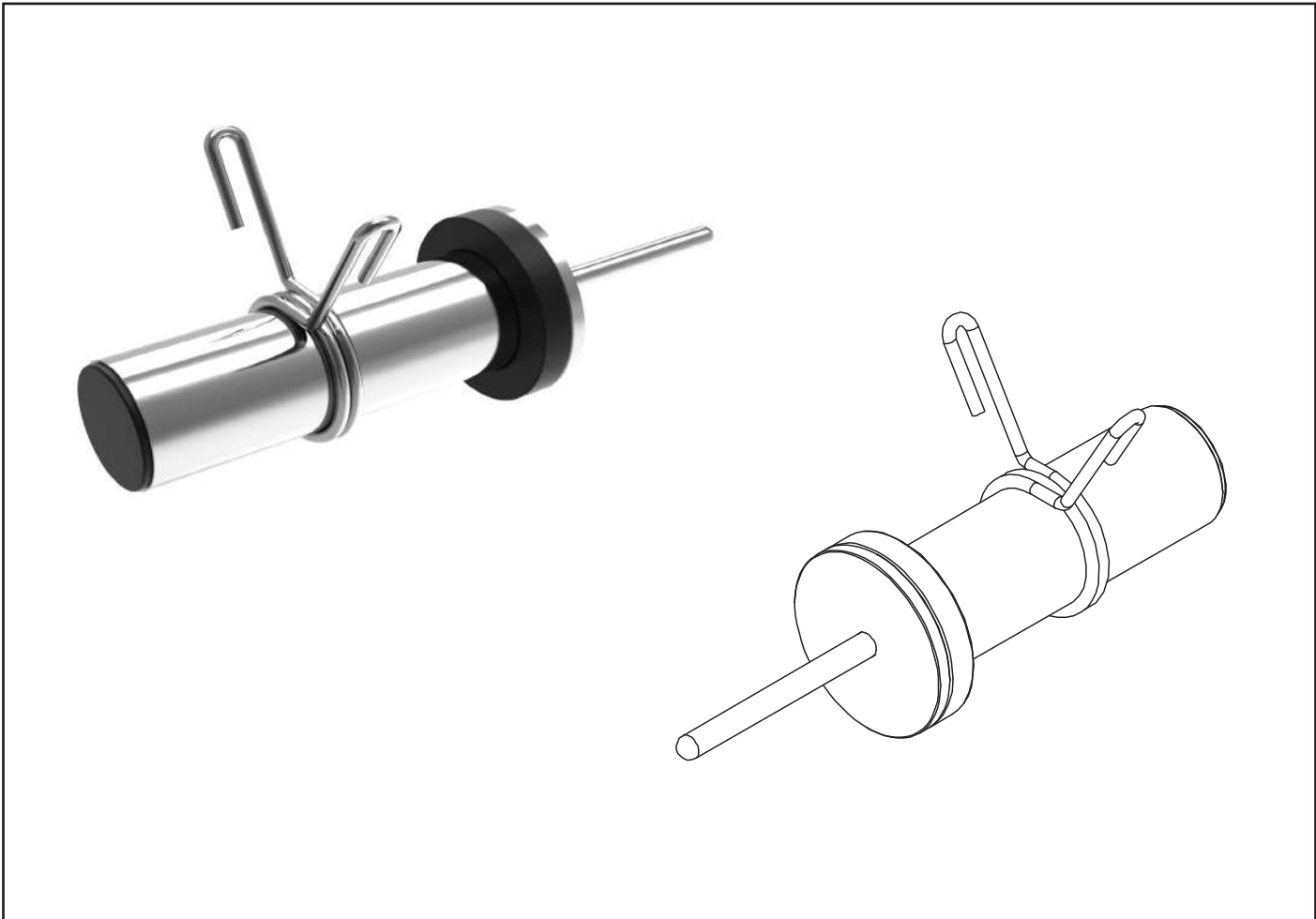




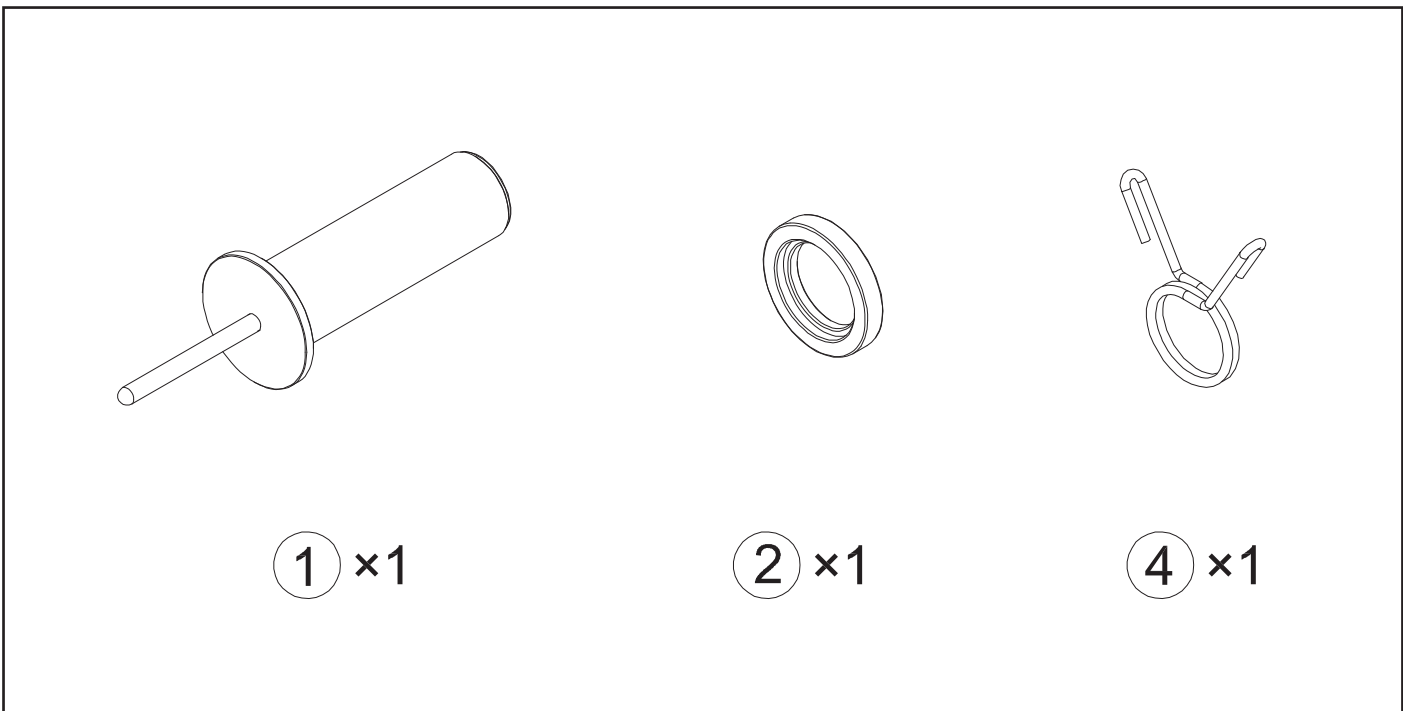
Long Safety Rack

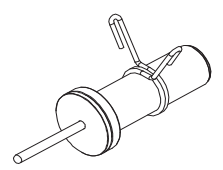
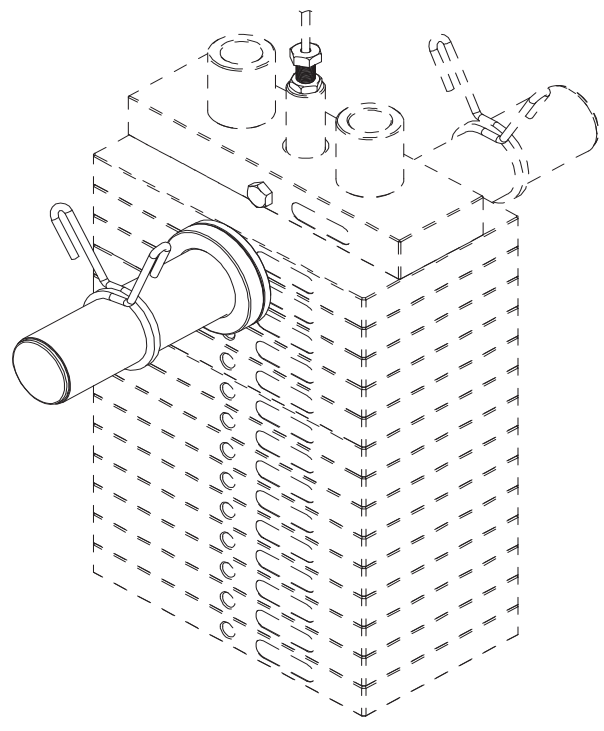
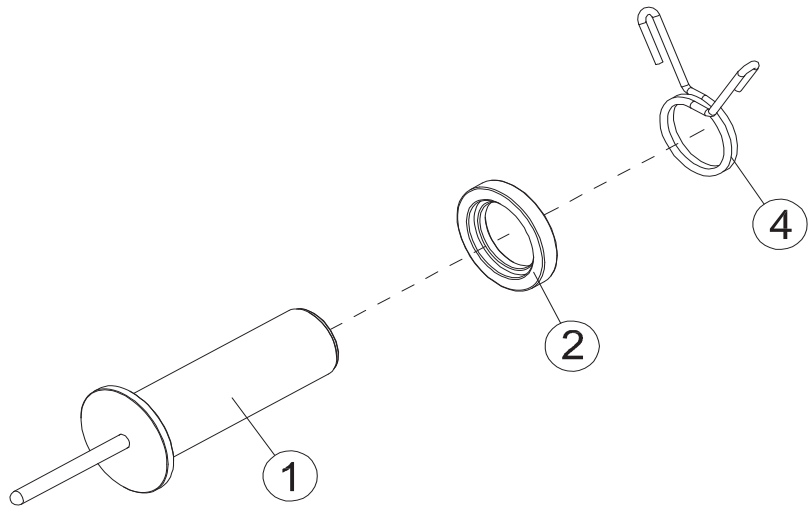
Long Safety Rack

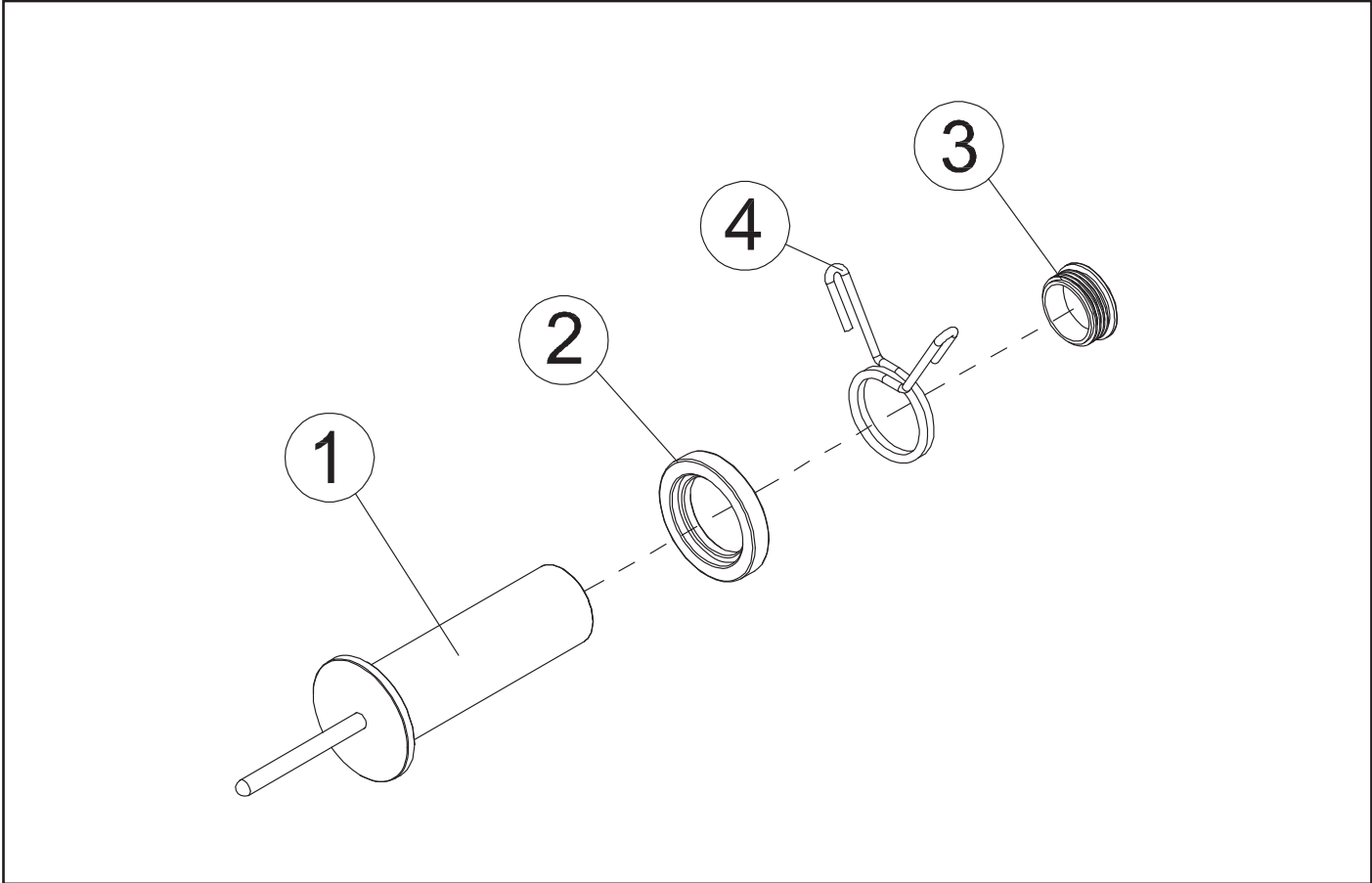




W-HOLDERASX5000









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