

TOORX
PROFESSIONAL LINE

INSTRUCTION



FWX6200

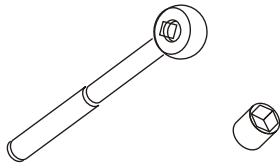


Cod : GRLDTOORXFWX6200

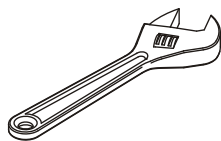
Rev : 00

Ed : 12/19

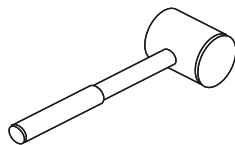
Tools Required



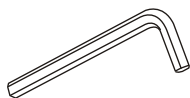
Ratchet Wrench and Socket



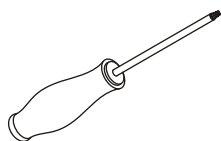
Adjustable Wrench



Rubber Mallet



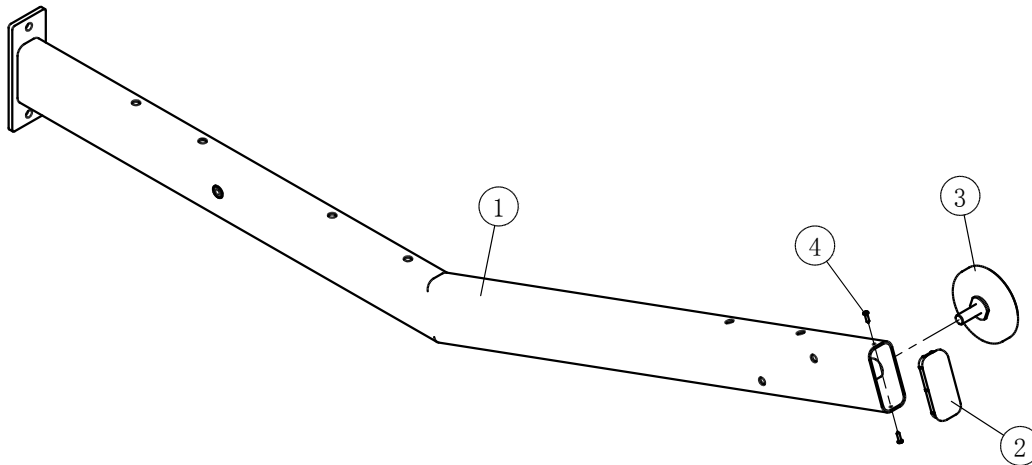
Hex Key Wrench Set



Phillips Screwdriver

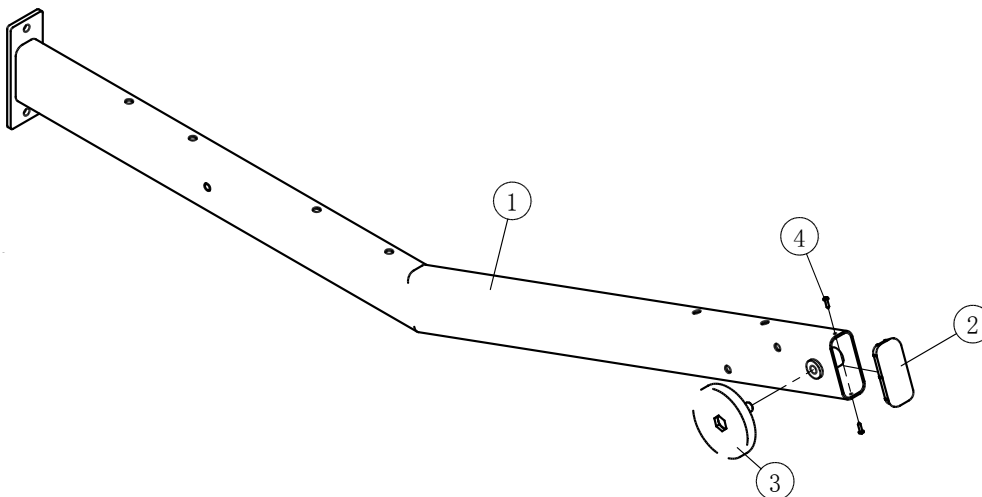
EXPLODED VIEW AND PARTLIST

Right Underbed



Item No.	Description	QTY	Item No.	Description	QTY
1.1	Right Underbed	1	1.3	Rubber Foot	1
1.2	Plug 50*110	1	1.4	Screw ST4.2*13	2

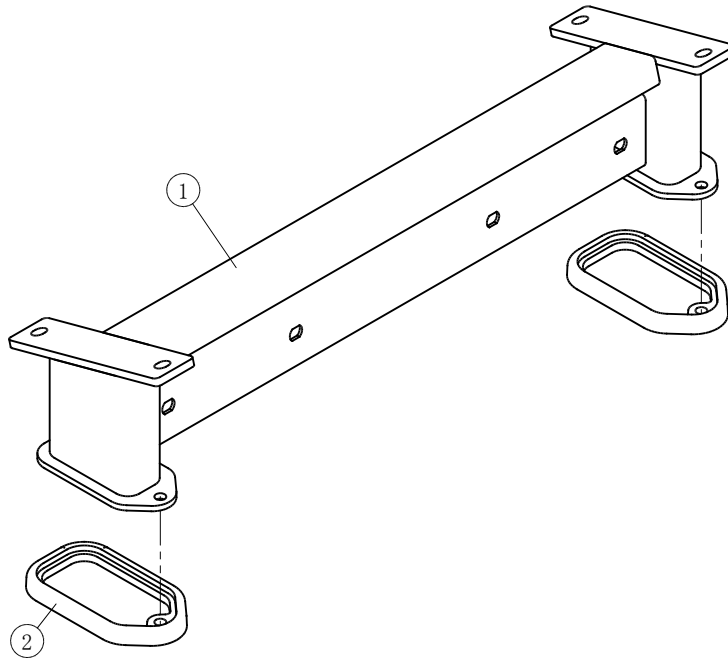
Left Underbed



Item No.	Description	QTY	Item No.	Description	QTY
2.1	Left Underbed	1	2.3	Rubber Foot	1
2.2	Plug 50*110	1	2.4	Screw ST4.2*13	2

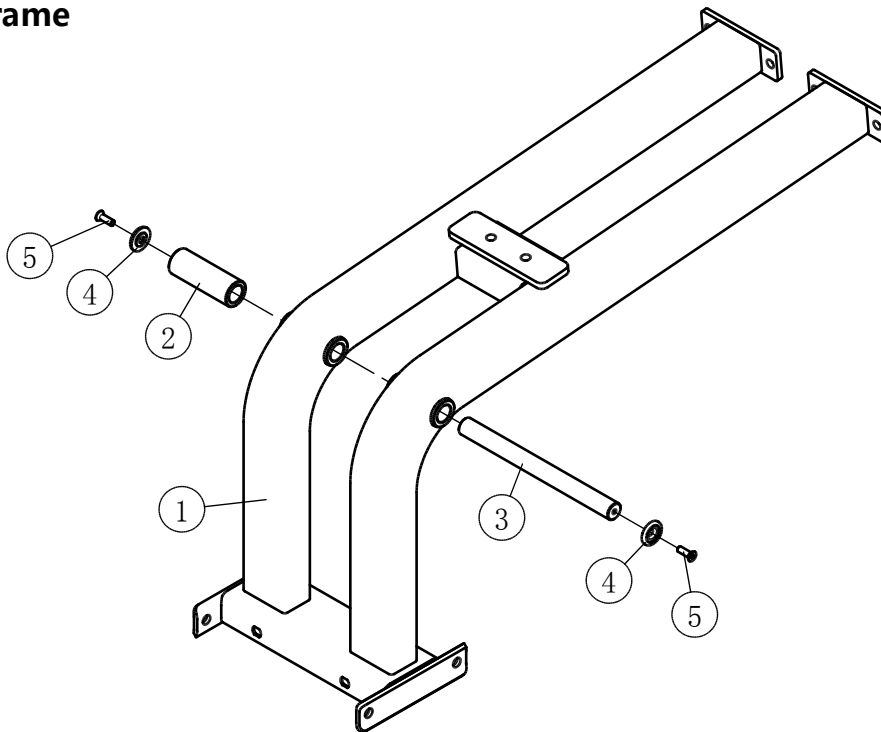
Exoplod View and Partslist

Front Frame



Item No.	Description	QTY	Item No.	Description	QTY
4.1	Front Frame	1	4.2	Rubber Foot	2

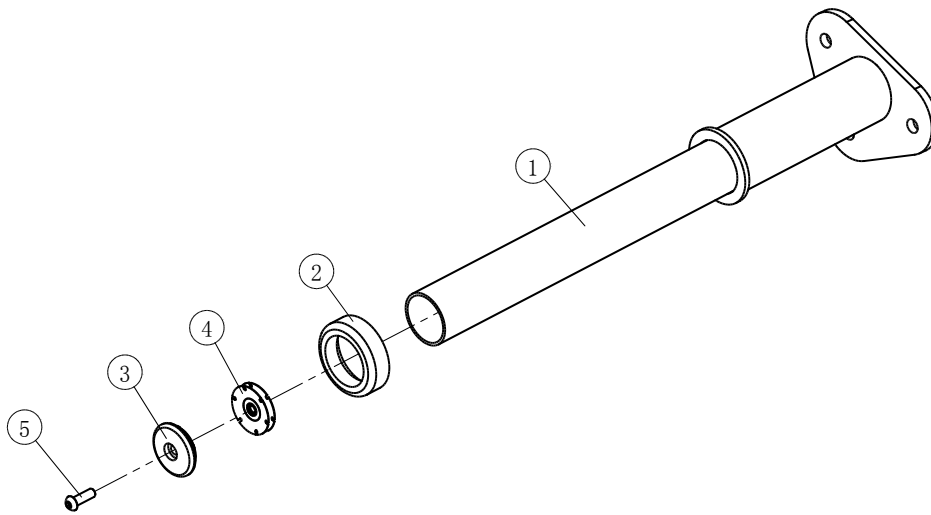
Support Frame



Item No.	Description	QTY	Item No.	Description	QTY
5.1	Support Frame	1	5.4	Φ35 End Cover	2
5.2	Limit Stop Collar	1	5.5	Flat Head Cap Screw M8*25	2
5.3	Axle	1			

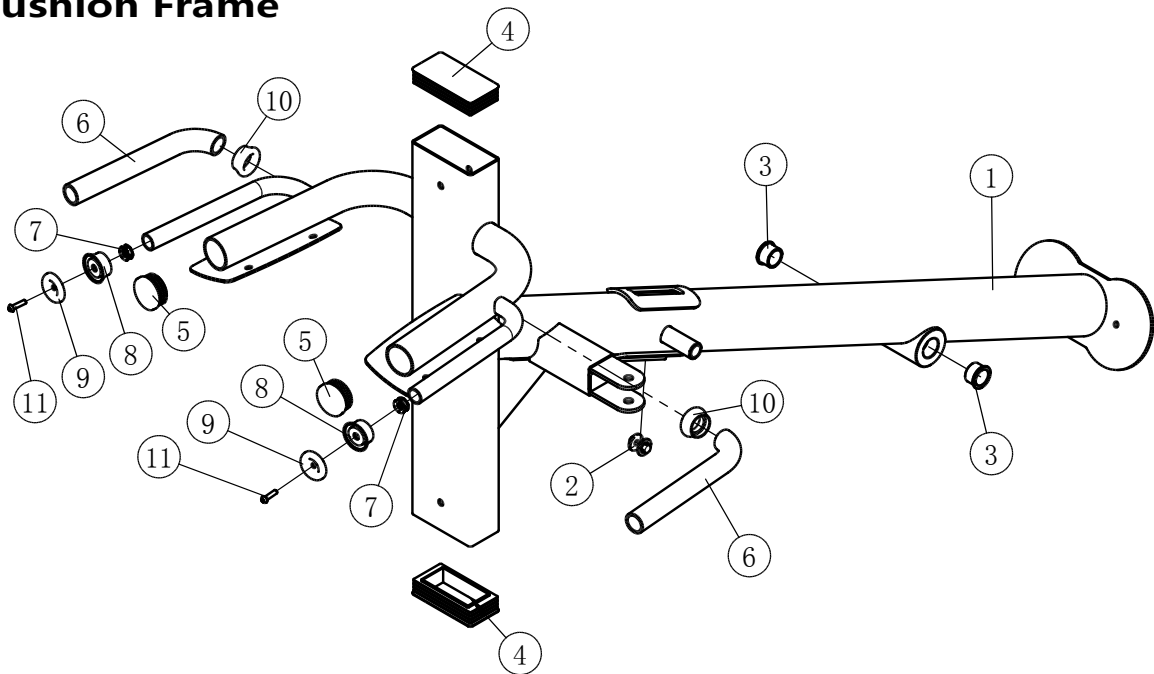
Exploded View and Partslist

Long Barbell Stand



Item No.	Description	QTY	Item No.	Description	QTY
6.1	Long Barbell Stand	1	6.4	Sunflower nut $\Phi 50$	1
6.2	$\Phi 70 \times 50$ Rubber Bumper	1	6.5	Button Head Cap Screw M8*25	1
6.3	Plug $\Phi 50$	1			

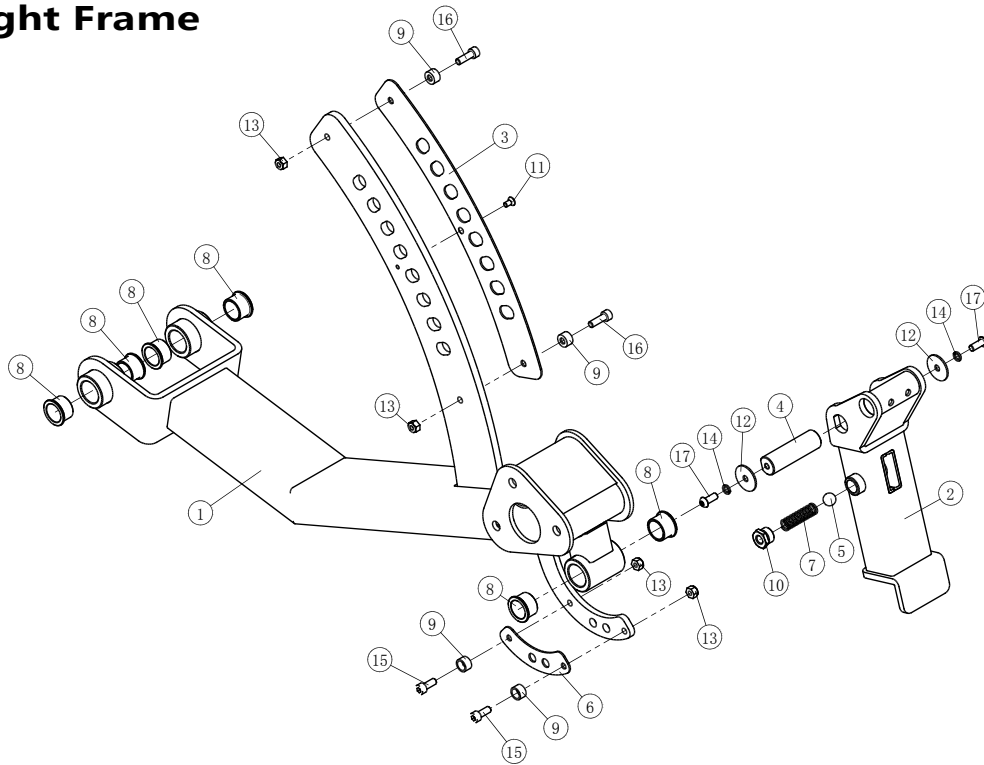
Back Cushion Frame



Item No.	Description	QTY	Item No.	Description	QTY
7.1	Back Cushion Frame	1	7.7	Sunflower Nut $\Phi 25$	2
7.2	Loose Liner	2	7.8	The handle end cover	2
7.3	Copper Bush $\Phi 35$	2	7.9	Outer End Cover	2
7.4	Plug 60×120	2	7.10	Internal End Cap	2
7.5	Plug $\Phi 50$	2	7.11	Button Head Cap Screw M6*25	2
7.6	Grip	2			

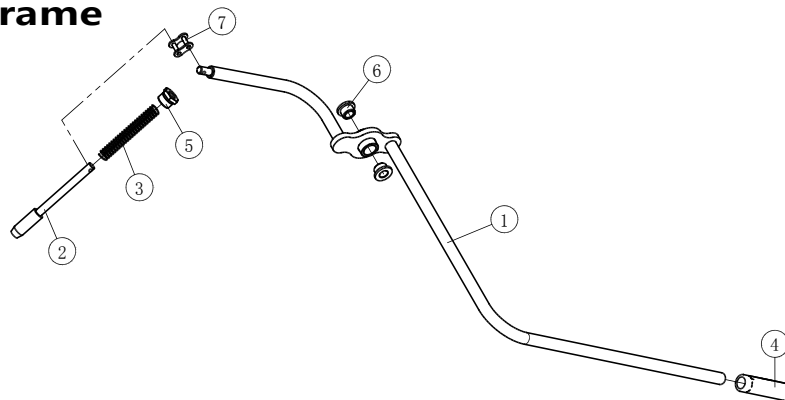
Exploded View and Partslist

Counterweight Frame



Item No.	Description	QTY	Item No.	Description	QTY
8.1	Counterweight Frame	1	8.10	Hexagon nut M20	1
8.2	Limit Frame	1	8.11	Flat Head Cap Screw M6*12	1
8.3	Scoreboard	1	8.12	Flat Washer $\Phi 35 \times \Phi 8.3 \times 2$	2
8.4	Short Shaft	1	8.13	Nylon Lock Nut M8	4
8.5	S $\Phi 16$ Steel Ball	1	8.14	Spring washer $\Phi 8.4$	2
8.6	Limit Scoreboard	1	8.15	Socket Head Cap Screw M8*20	2
8.7	Spring	1	8.16	Socket Head Cap Screw M8*25	2
8.8	Copper Bush $\Phi 35$	6	8.17	Button Head Cap Screw M8*20	2
8.9	Small Limit Stop Collar	4			

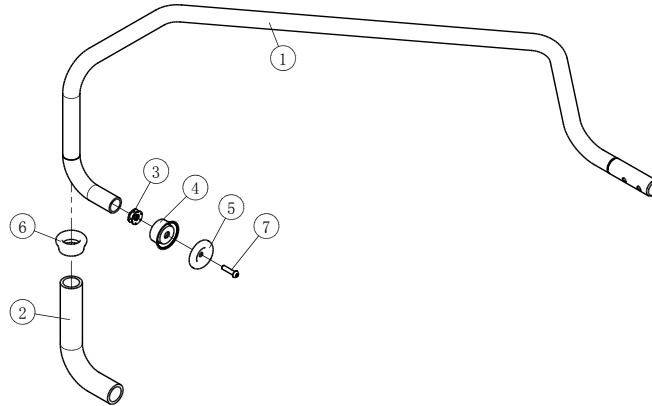
The Left Hand Frame



Item No.	Description	QTY	Item No.	Description	QTY
11.1	The Left Hand Frame	1	11.5	Hexagon nut M20	1
11.2	Pin	1	11.6	Copper Bush $\Phi 25$	2
11.3	Spring $\Phi 1 \times \Phi 15 \times 45$	1	11.7	Chain	1
11.4	Small Grip	1			

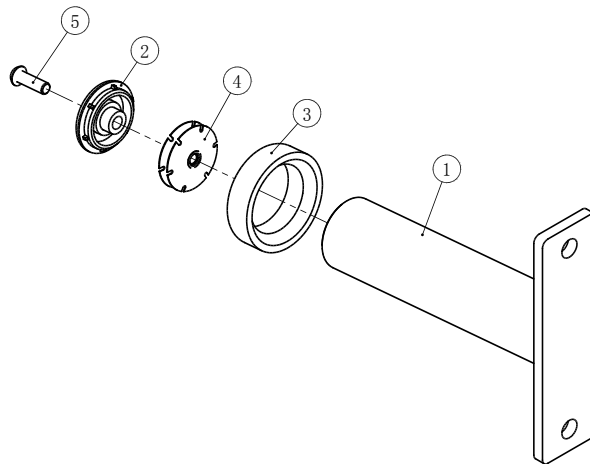
Exploded View and Partslist

The Right Hand Frame



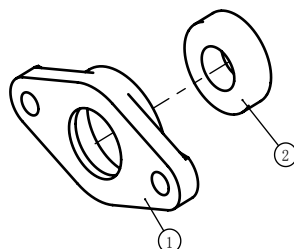
Item No.	Description	QTY	Item No.	Description	QTY
12.1	The Right Hand Frame	1	12.5	Outer End Cover	1
12.2	Long Grip	1	12.6	Internal End Cap	1
12.3	Sunflower Nut $\Phi 25$	1	12.7	Button Head Cap Screw M6*25	1
12.4	The handle end cover	1			

Barbell Stand



Item No.	Description	QTY	Item No.	Description	QTY
17.1	Barbell Stand	1	17.4	Sunflower nut $\Phi 50$	1
17.2	Plug $\Phi 50$	1	17.5	Button Head Cap Screw M8*25	1
17.3	$\Phi 70 \times 50$ Rubber Bumper	1			

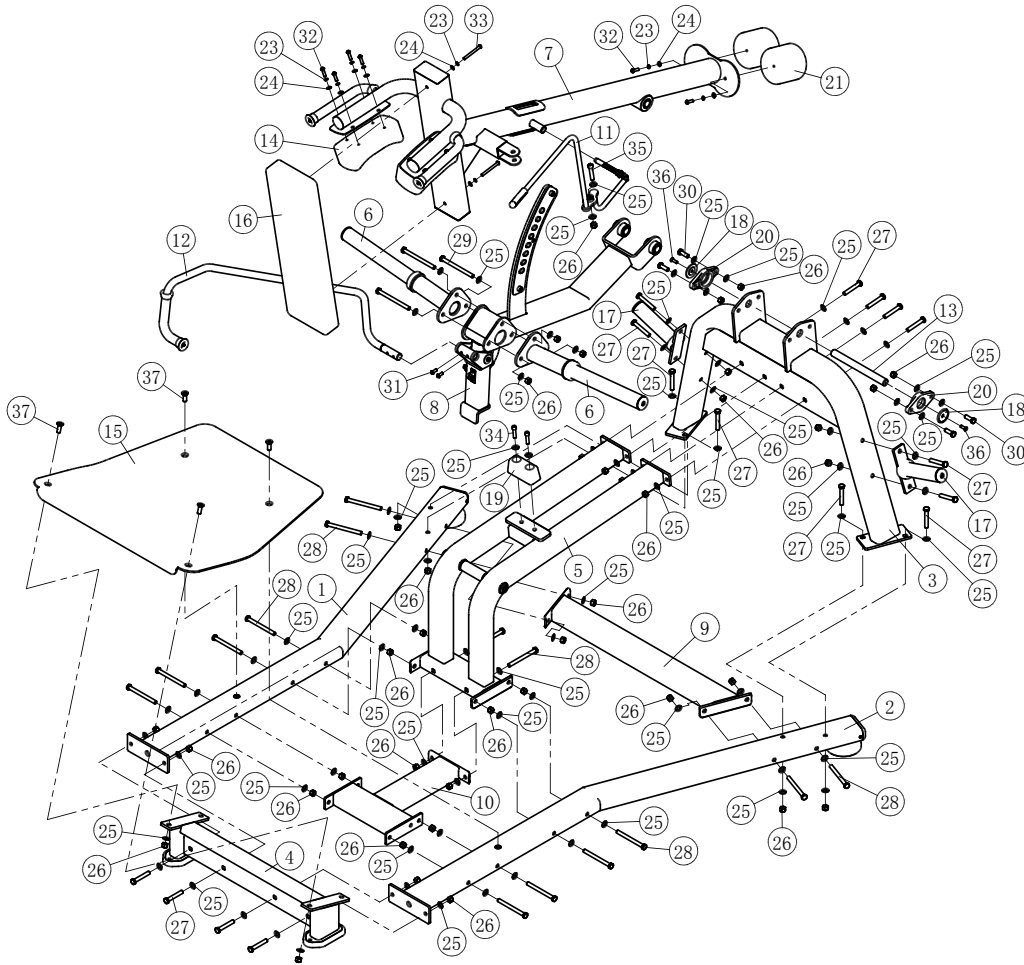
Bearing Block



Item No.	Description	QTY	Item No.	Description	QTY
20.1	Bearing Block	1	20.2	Bearing 6205	1

Exploded View and Partslist

overall

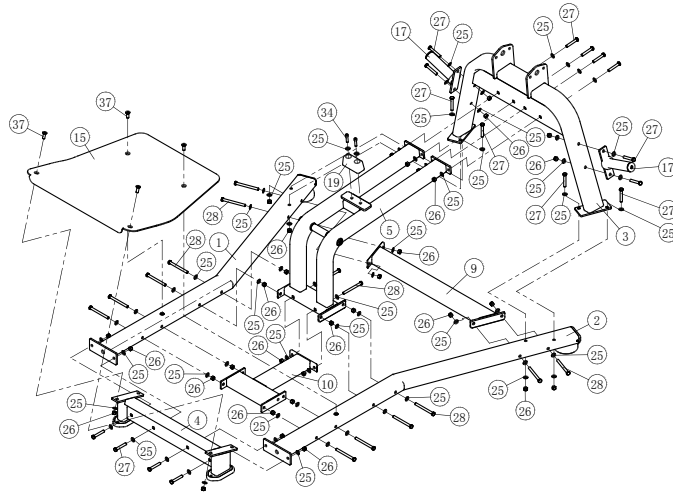


overall

Item No.	Description	QTY	Item No.	Description	QTY
1	Right Underbed ASSY	1	20	Bearing Block ASSY	2
2	Left Underbed ASSY	1	21	Clump Weight	2
3	After Floorstand	1	23	Spring washer $\Phi 8.4$	12
4	Front Frame ASSY	1	24	Flat Washer $\Phi 8.3 * \Phi 16.4 * 0.8$	12
5	Support Frame ASSY	1	25	Flat Washer $\Phi 24 * \Phi 12.3 * 1$	80
6	Long Barbell Stand ASSY	2	26	Nylon Lock Nut M12	40
7	Back Cushion Frame ASSY	1	27	Hex Head Bolt M12*75	16
8	Counterweight Frame ASSY	1	28	Hex Head Bolt M12*130	14
9	After the connection frame	1	29	Hex Head Bolt M12*150	3
10	Fron the connection frame	1	30	Hex Head Bolt M12*35	4
11	The Left Hand Frame ASSY	1	31	Button Head Cap Screw M8*20	2
12	The Right Hand Frame ASSY	1	32	Button Head Cap Screw M8*30	10
13	Long Shaft	1	33	Button Head Cap Screw M8*80	2
14	Shoulder Padding	2	34	Socket Head Cap Screw M10*40	2
15	Pedal	1	35	Socket Head Cap Screw M12*60	1
16	Cushion	1	36	Flat Head Cap Screw M8*25	2
17	Barbell Stand ASSY	2	37	Flat Head Cap Screw M12*35	4
18	$\Phi 53$ End Cover	2			
19	Limit Mat	1			

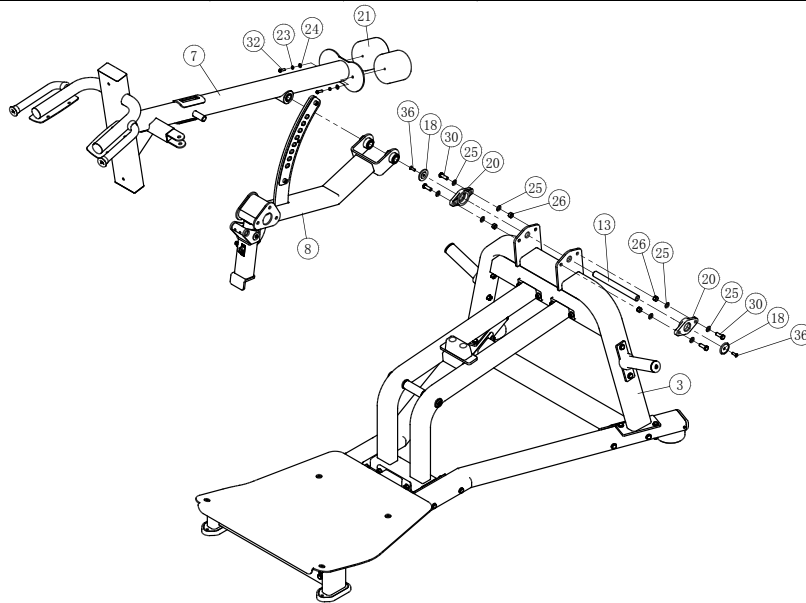
Assembly

Step 1



Item No.	Description	QTY	Item No.	Description	QTY
1	Right Underbed ASSY	1	17	Barbell Stand ASSY	2
2	Left Underbed ASSY	1	19	Limit Mat	1
3	After Floorstand	1	25	Flat Washer $\Phi 24 \times \Phi 12.3 \times 1$	64
4	Front Frame ASSY	1	26	Nylon Lock Nut M12	32
5	Support Frame ASSY	1	27	Hex Head Bolt M12*75	16
9	After the connection frame	1	28	Hex Head Bolt M12*130	14
10	Fron the connection frame	1	34	Socket Head Cap Screw M10*40	2
15	Pedal	1	37	Flat Head Cap Screw M12*35	4

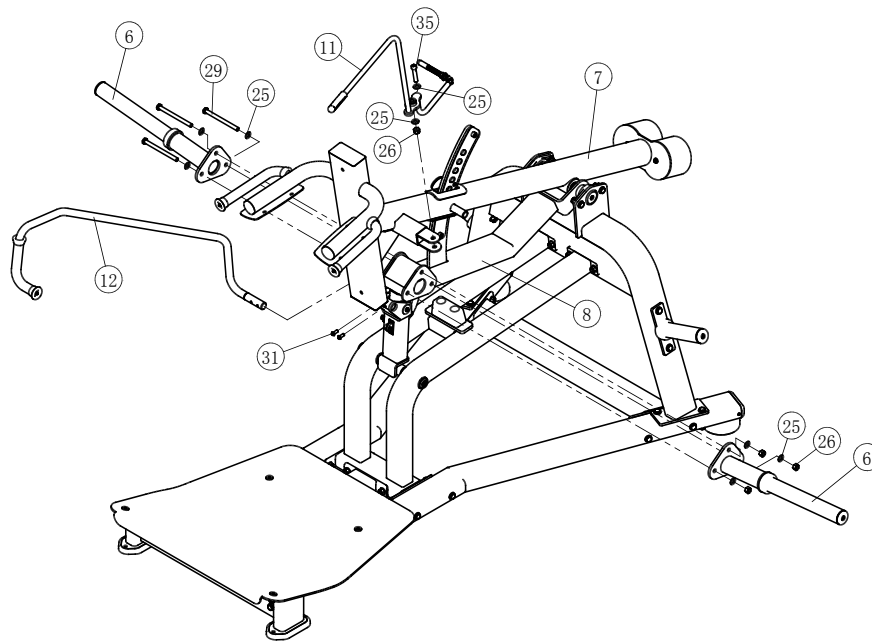
Step 2



Item No.	Description	QTY	Item No.	Description	QTY
3	After Floorstand	1	24	Flat Washer $\Phi 8.3 \times \Phi 16.4 \times 0.8$	2
7	Back Cushion Frame ASSY	1	25	Flat Washer $\Phi 24 \times \Phi 12.3 \times 1$	8
8	Counterweight Frame ASSY	1	26	Nylon Lock Nut M12	4
13	Long Shaft	1	30	Hex Head Bolt M12*35	4
18	$\Phi 53$ End Cover	2	32	Button Head Cap Screw M8*30	2
20	Bearing Block ASSY	2	36	Flat Head Cap Screw M8*25	2
21	Clump Weight	2			
23	Spring washer $\Phi 8.4$	2			

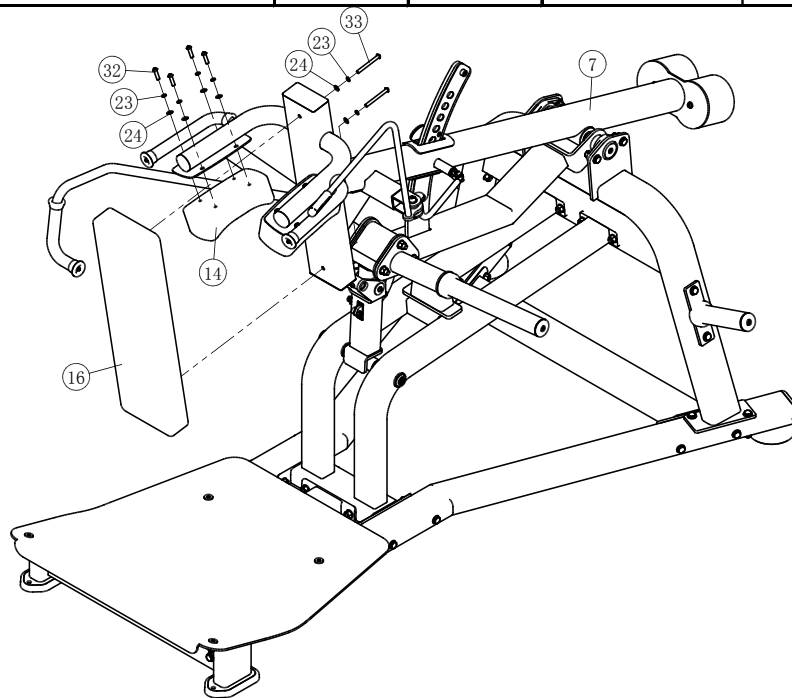
Assembly

Step 3



Item No.	Description	QTY	Item No.	Description	QTY
6	Long Barbell Stand ASSY	2	25	Flat Washer $\Phi 24 * \Phi 12.3 * 1$	8
7	Back Cushion Frame ASSY	1	26	Nylon Lock Nut M12	4
8	Counterweight Frame ASSY	1	29	Hex Head Bolt M12*150	3
11	The Left Hand Frame ASSY	1	31	Button Head Cap Screw M8*20	2
12	The Right Hand Frame ASSY	1	35	Socket Head Cap Screw M12*60	1

Step 4



Item No.	Description	QTY	Item No.	Description	QTY
7	Back Cushion Frame ASSY	1	24	Flat Washer $\Phi 8.3 * \Phi 16.4 * 0.8$	10
14	Shoulder Padding	2	32	Button Head Cap Screw M8*30	8
16	Cushion	1	33	Button Head Cap Screw M8*80	2
23	Spring washer $\Phi 8.4$	10			



GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
www.toorx.it - info@toorx.it