

TCCRX
FITNESS IN MOTION

INSTRUCTION

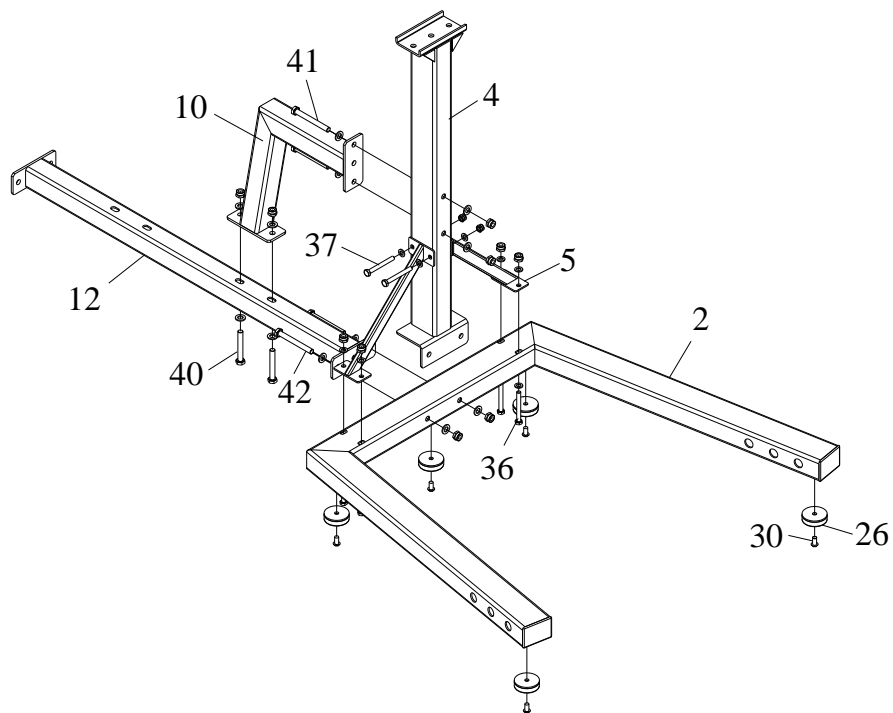


WBX250



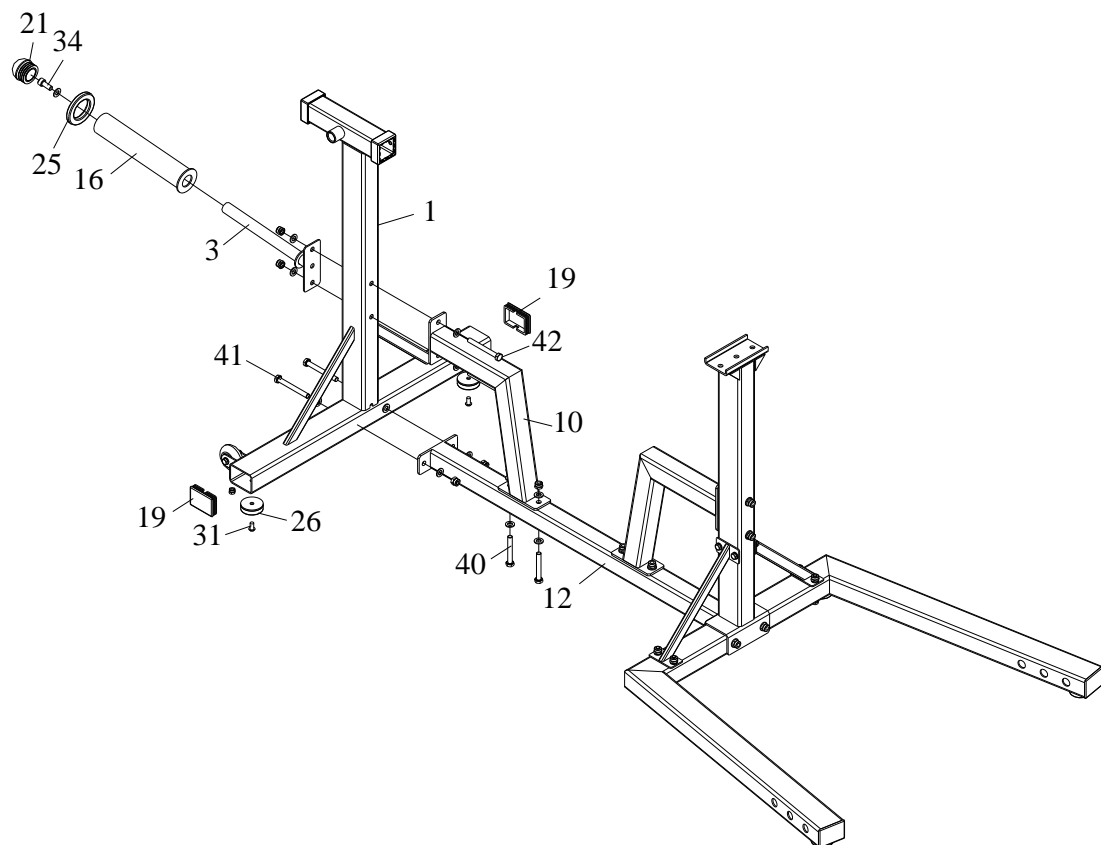
Assembling your machine

STEP 01



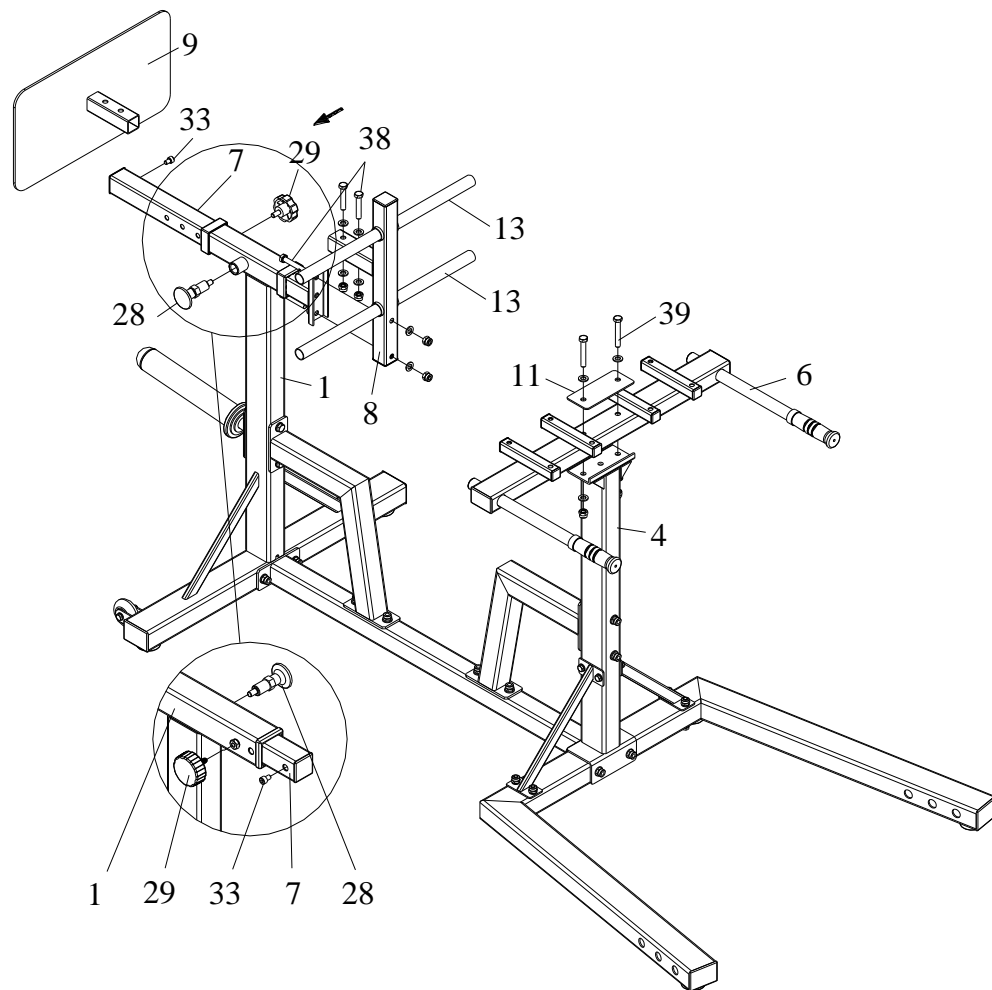
1. Attach five parts 26 to part 2 with five parts 30.
2. Attach part 4 and part 12 to part 2 with two parts 42.
3. Attach part 10 to part 4 and part 12 with two parts 41 and two parts 40.
4. Attach two parts 5 to part 2 with four parts 36.
5. Attach parts 5 to part 4 with two parts 37.

STEP 02



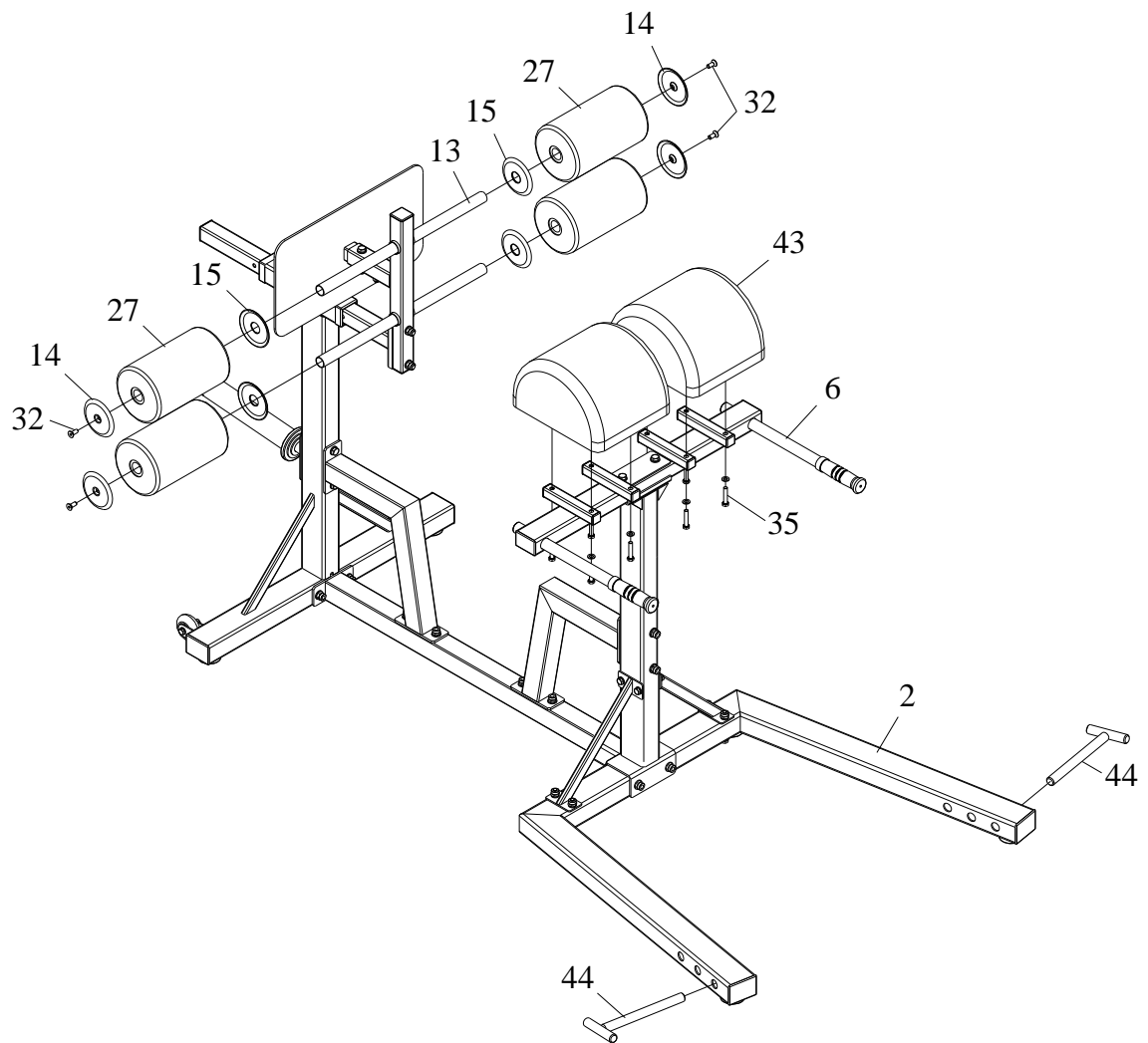
1. Attach two parts 26 to part 1 with two parts 31. Attach part 19 to part 1.
2. Attach part 1 to part 12 with two parts 41.
3. Attach part 10 to part 12 with two parts 40.
4. Attach part 3 to part 1 and part 10 with two parts 42.
5. Attach part 16 to part 3 with part 34.
6. Attach part 21 and part 25 to part 16.

STEP 03



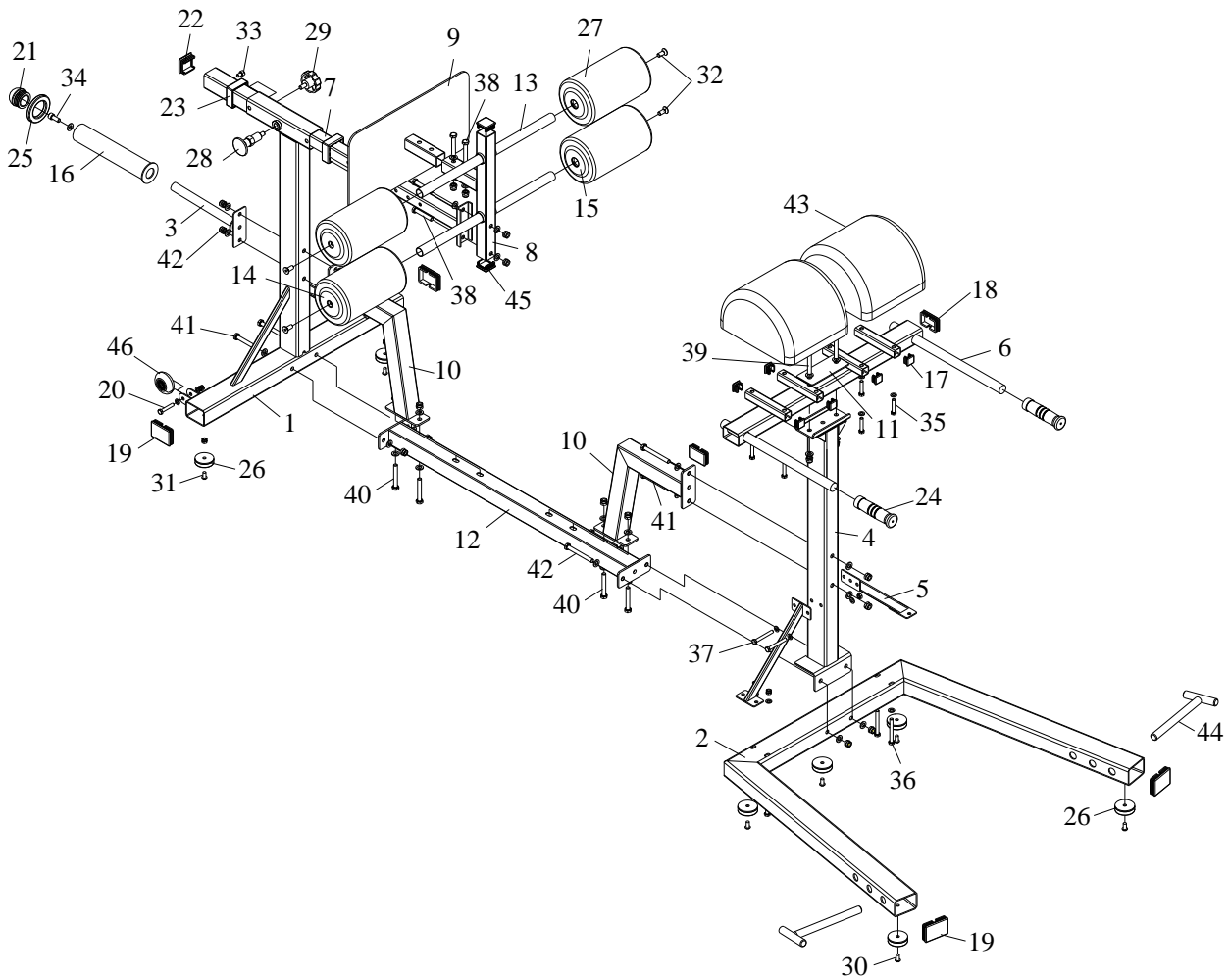
1. Attach part 11 and part 6 to part 4 with two parts 39.
2. Attach part 7 to part 1 with part 28 and part 29.
3. Attach part 8 to part 7 with two parts 38.
4. Attach part 9 to part 8 with two parts 38.
5. Attach part 33 to part 7.
6. Insert part 13 into tube on part 8.

STEP 04



1. Attach two parts 43 to part 6 with eight parts 35.
2. Attach parts 15, parts 27 and parts 14 to part 13 and secure with parts 32.

EXPLODED DRAWING



PART LIST

NUMBER	DESCRIPTION	QUANTITY
1	REAR SUPPORT	1
2	BASE FRAME	1
3	PLATE BAR	1
4	UPRIGHT SUPPORT	1
5	OBLIQUE SUPPORT	2
6	BACK CUSHION SUPPORT	1
7	ADJUSTABLE TUBE	1
8	FOAM TUBE SUPPORT	1
9	FOOT PLATE	1
10	CONNECTION	2
11	CONNECTION PLATE	1
12	CONNECTION TUBE	1
13	FOAM TUBE	2

14	COVER (OUTSIDE)	4
15	COVER (INSIDE)	4
16	OLYMPIC SLEEVE ADAPTER	1
17	SQUARE PLUG (SMALL)	8
18	RECTANGLE PLUG	2
19	RECTANGLE PLUG (BIG)	4
20	BOLT M8×45 + TWO WASHERS + LOCK NUT	2
21	ROUND PLUG - 50	1
22	SQUARE PLUG - 44	1
23	SQUARE BUSHING	2
24	HANDLE	2
25	RUBBER BUFFER	1
26	BUFFER	7
27	FOAM (WITH COVER)	4
28	FAST PIN	1
29	LOCKING KNOB (MALE)	1
30	ALLEN HEAD BOLT M8×16	5
31	ALLEN HEAD BOLT M8×16 + LOCK NUT	2
32	HEX SOCKET HEAD SCREWS M8×30	4
33	HEXAGON SOCKET CAP BOLT M10*16	1
34	HEXAGON SOCKET CAP BOLT M10*25 + WASHER 10	1
35	BOLT M8×50 + WASHER	8
36	BOLT M8×65 + TWO WASHERS + LOCK NUT	4
37	BOLT M8×70 + TWO WASHERS + LOCK NUT	2
38	BOLT M10×55 + TWO WASHERS + LOCK NUT	4
39	BOLT M10×60 + TWO WASHERS + LOCK NUT	2
40	BOLT M10×70 + TWO WASHERS + LOCK NUT	4
41	BOLT M10×90 + TWO WASHERS + LOCK NUT	4
42	BOLT M10×95 + TWO WASHERS + LOCK NUT	4
43	BACK CUSHION	2
44	BAND HOOK	2
45	SQUARE PLUG -38	2
46	WHEEL	2



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