

TOORX
FITNESS IN MOTION

INSTRUCTION



LPX3000



Cod : GRLDTOORXLPX3000

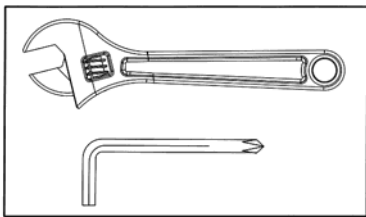
Rev : 00

Ed : 02/23

IMPORTANT ASSEMBLY INFORMATION

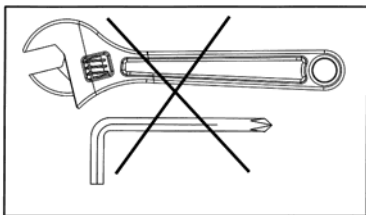
- ❖ Tools Required for Assembling the Equipment: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to 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

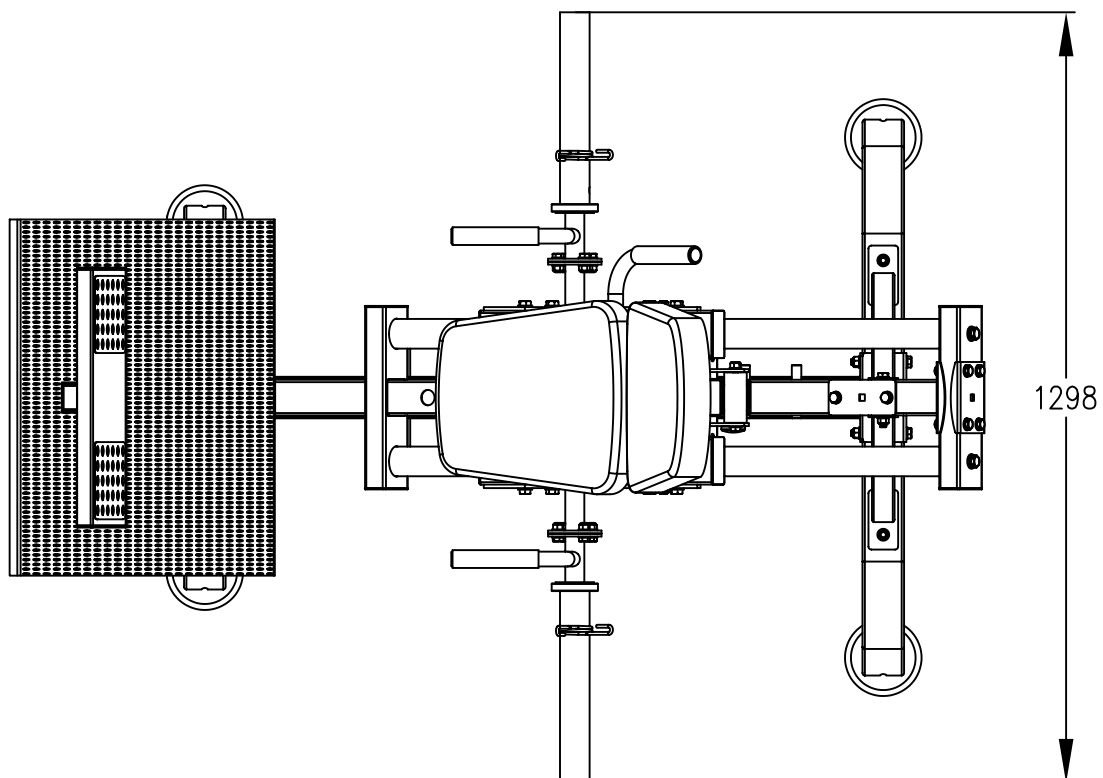
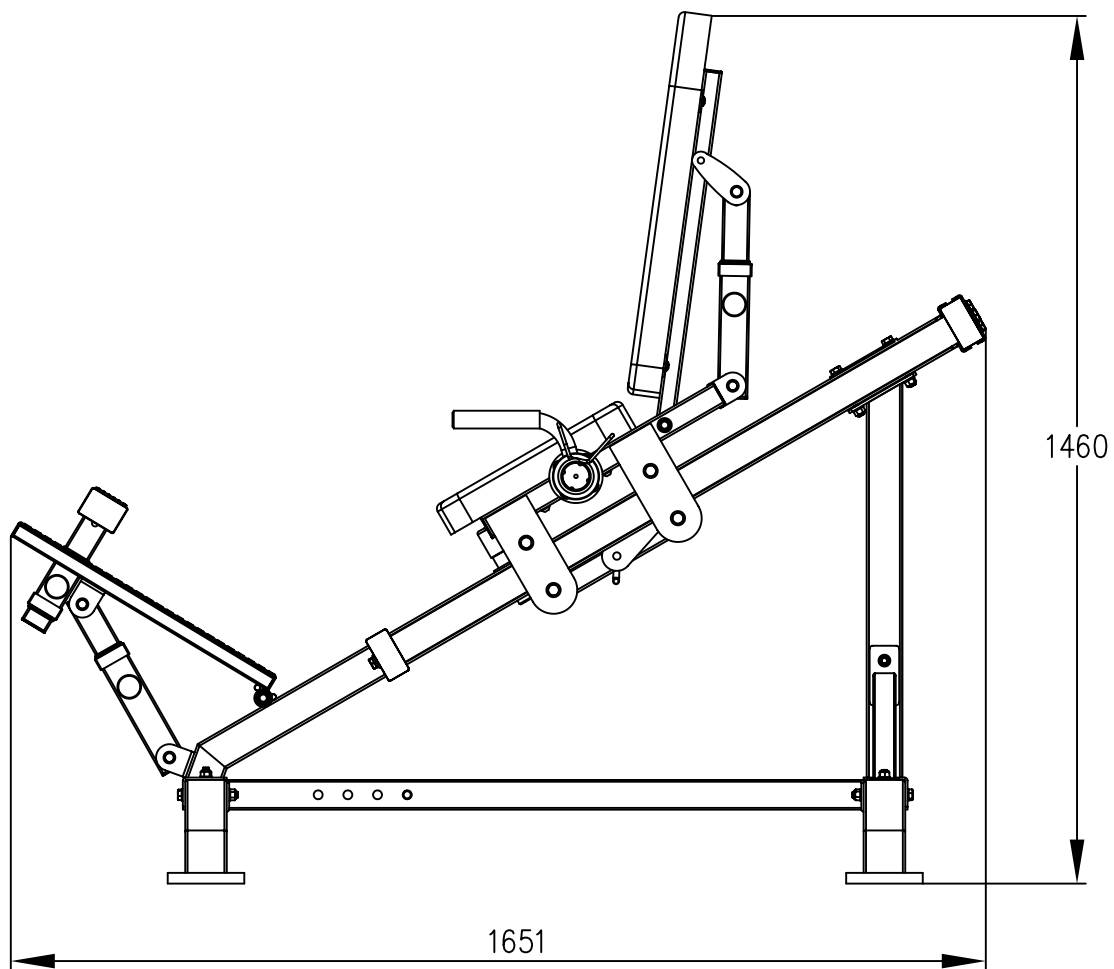


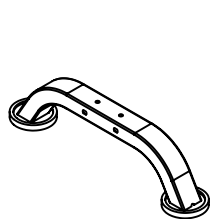
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

**NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.**

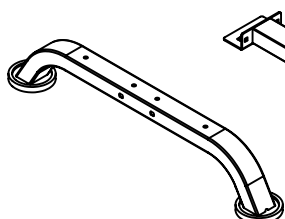


Do not tighten all Nuts and Bolts in this step.

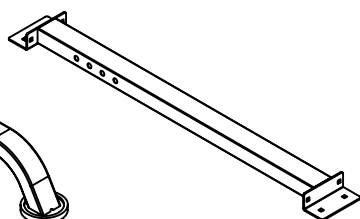




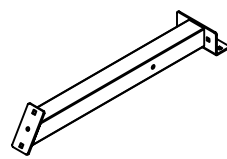
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② × 1



③ × 1



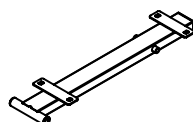
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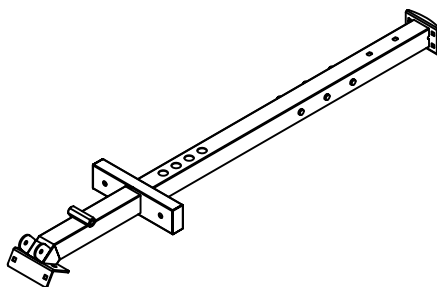
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⑥ × 1



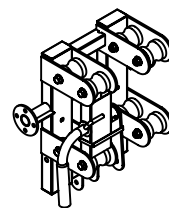
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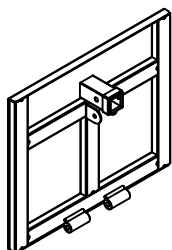
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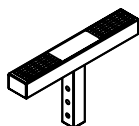
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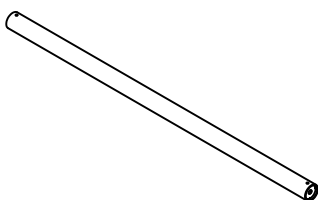
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⑪ × 1



⑫ × 1



⑬ × 2



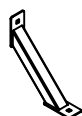
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⑮ × 1



⑯ × 1



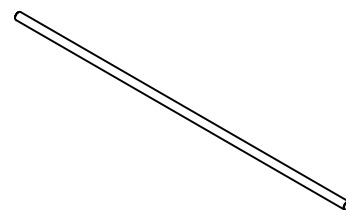
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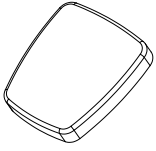
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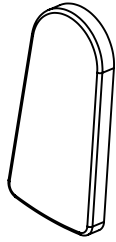
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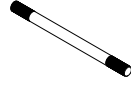
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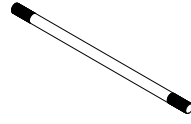
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②⑤ × 3



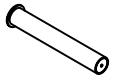
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②⑧ × 1



②⑨ × 1



③① × 2



③② × 2



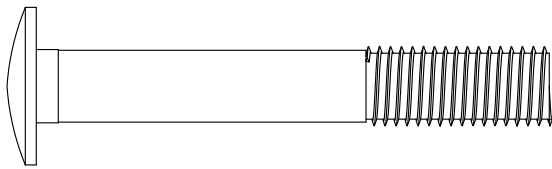
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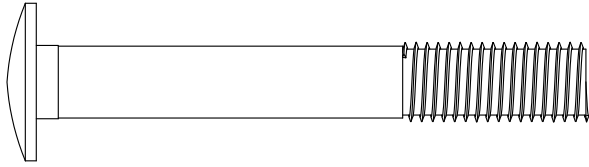
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④⑥ × 2



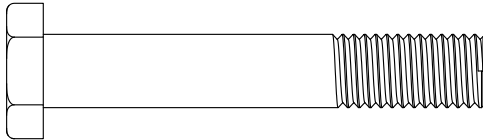
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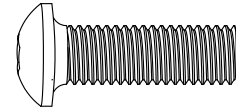
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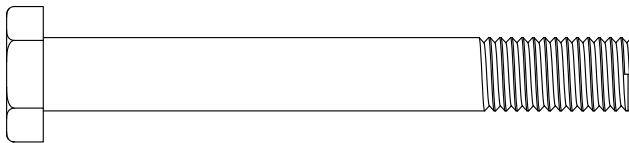
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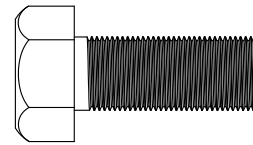
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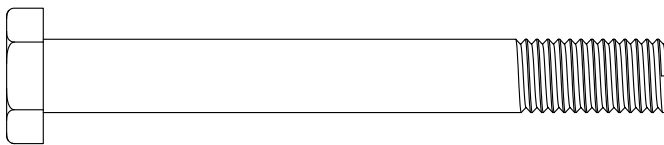
④9 × 4



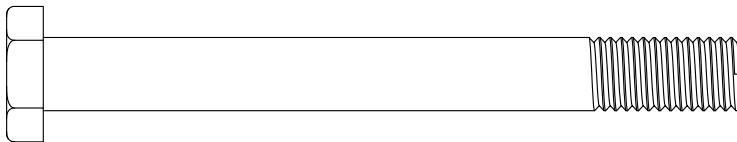
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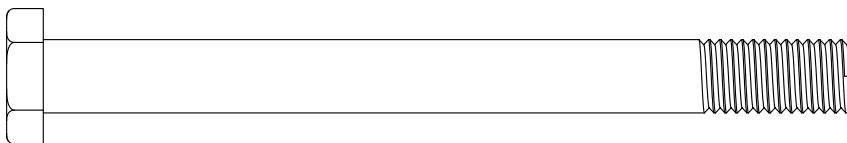
②6 × 8



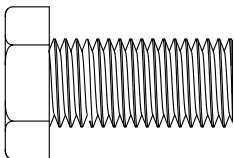
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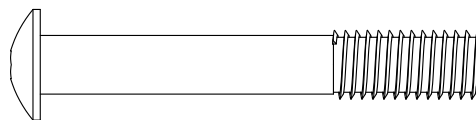
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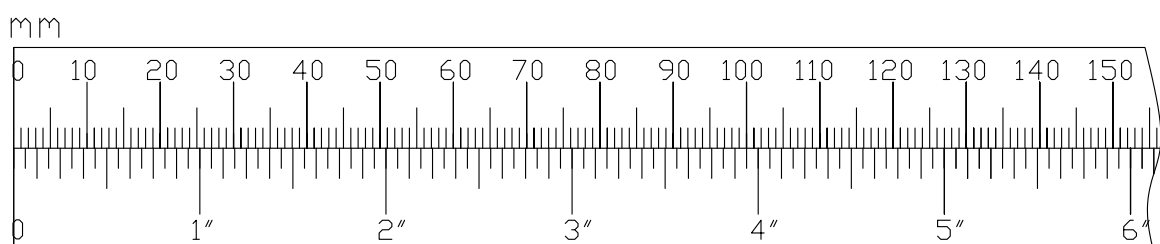
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⑤6 × 4

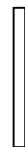
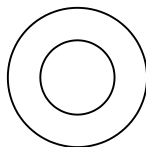


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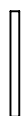
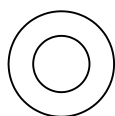




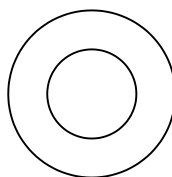
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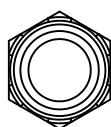
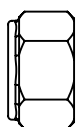
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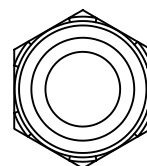
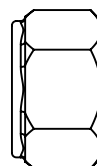
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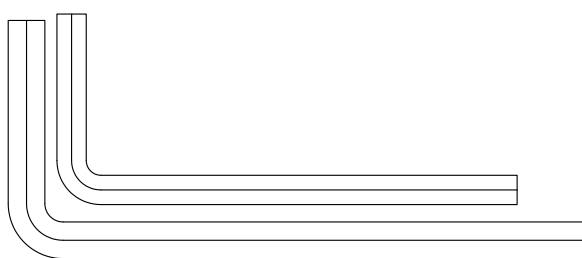
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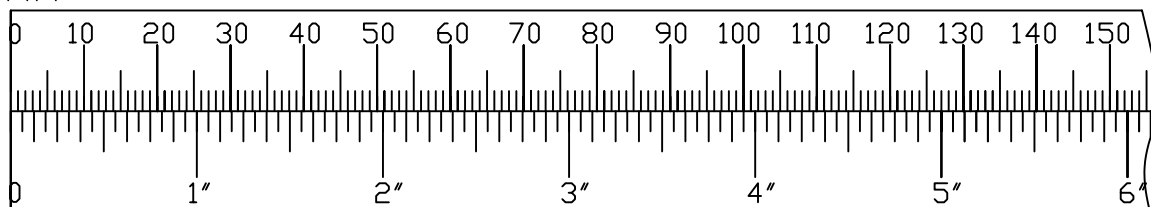
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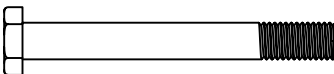


4# × 1

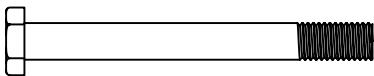
5# × 1

mm

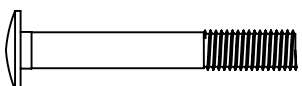


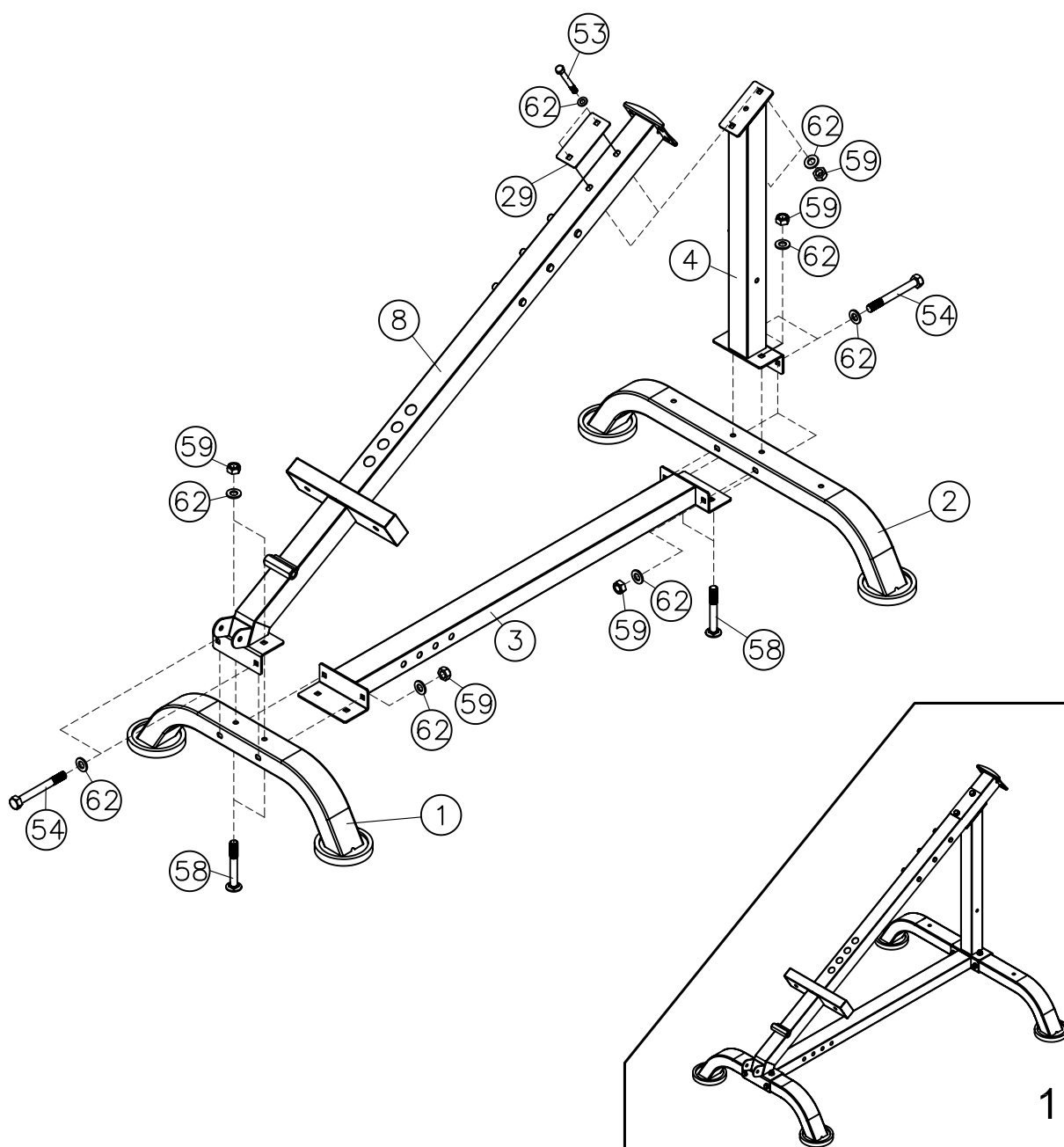
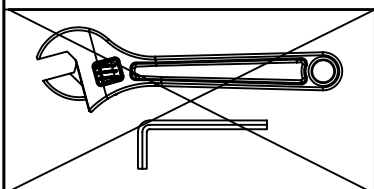
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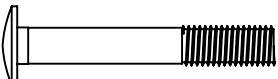
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(54)  ×4 M10×95

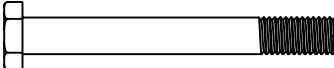
(62)   ×16 10

(58)  ×4 M10×75

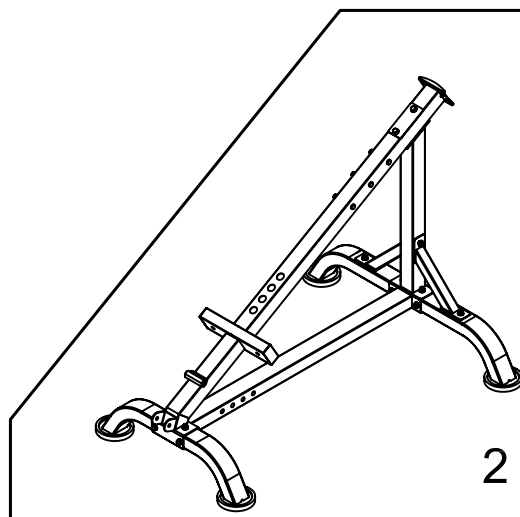
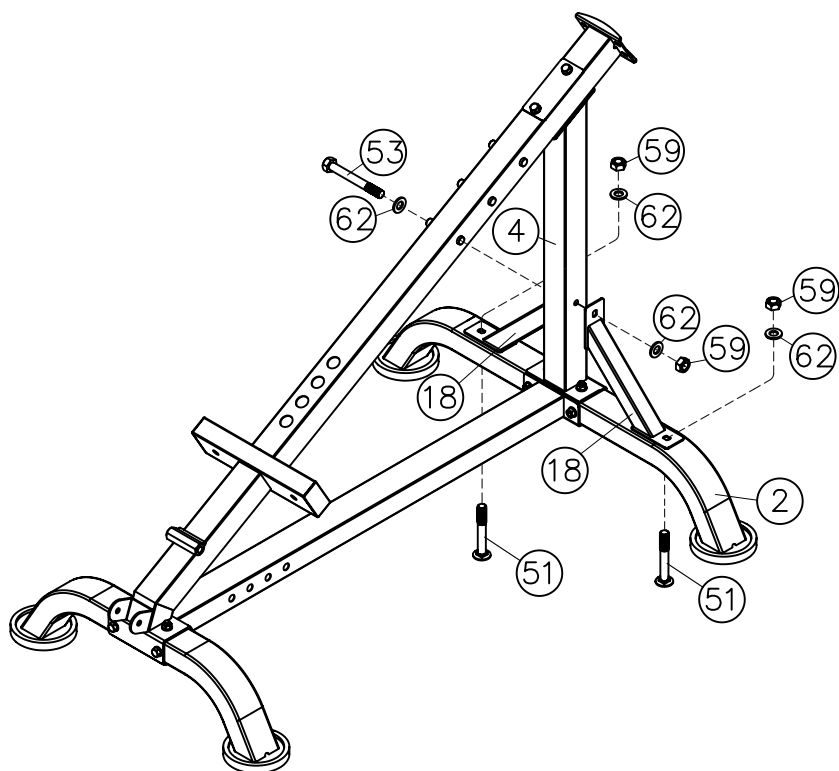
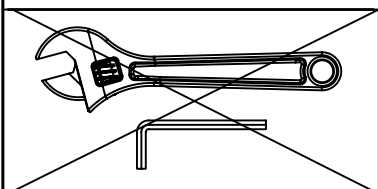


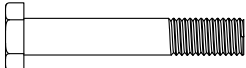
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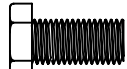
(59)   ×3 M10

(53)  ×1 M10×85

(62)   ×4 10



(40)  ×4 M10×60

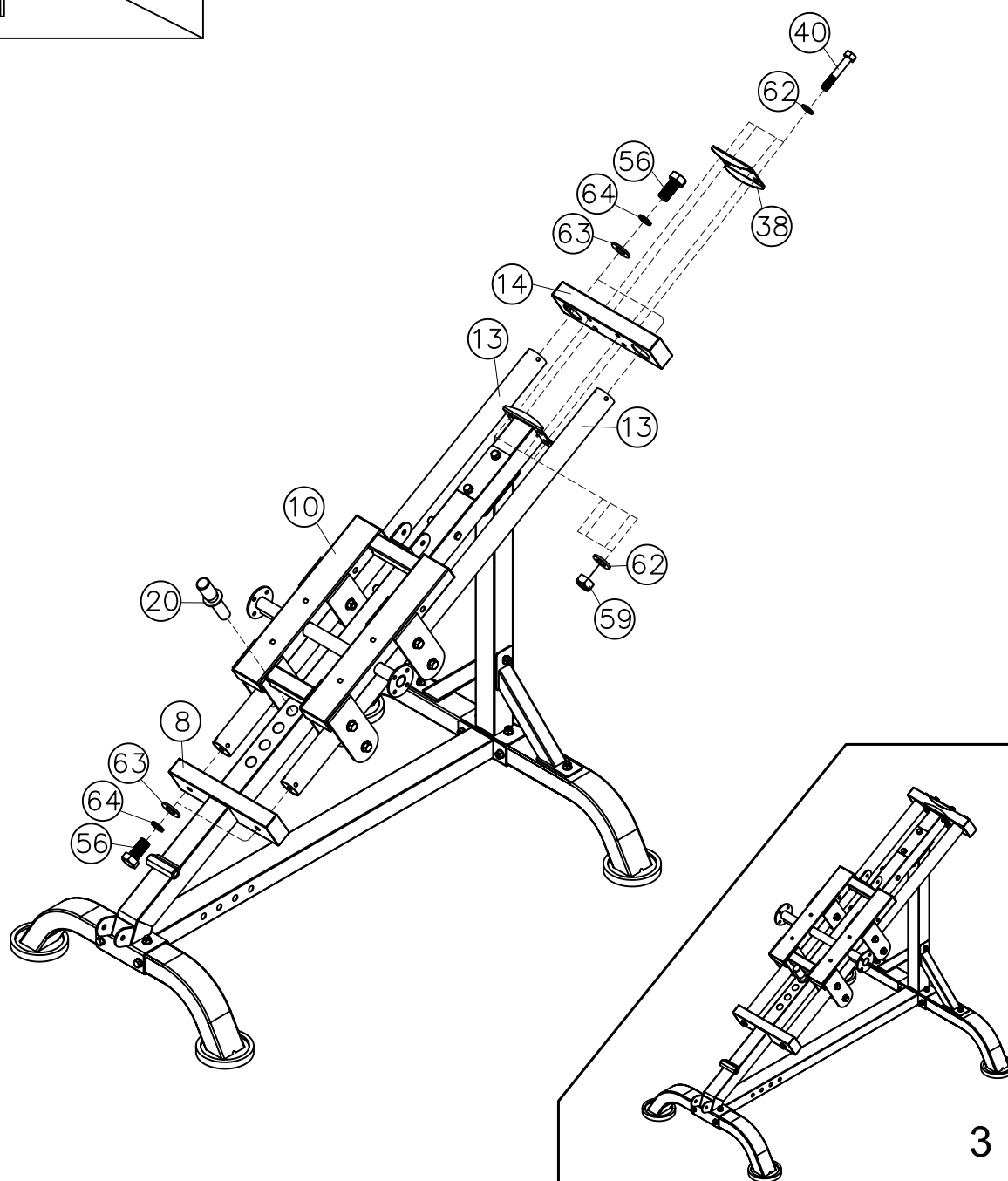
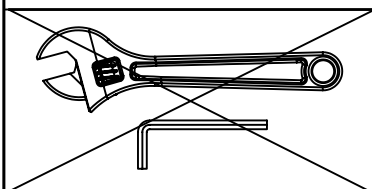
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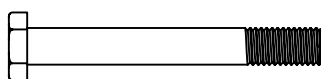
(59)  ×4 M10

(64)   ×4 12

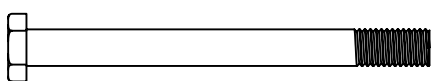
(62)   ×8 10

(63)   ×4 12



(52)  ×1 M10×80

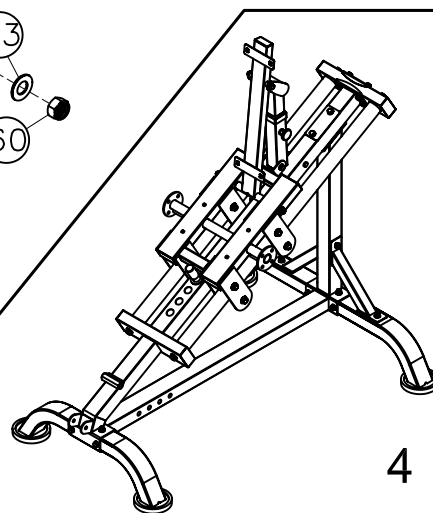
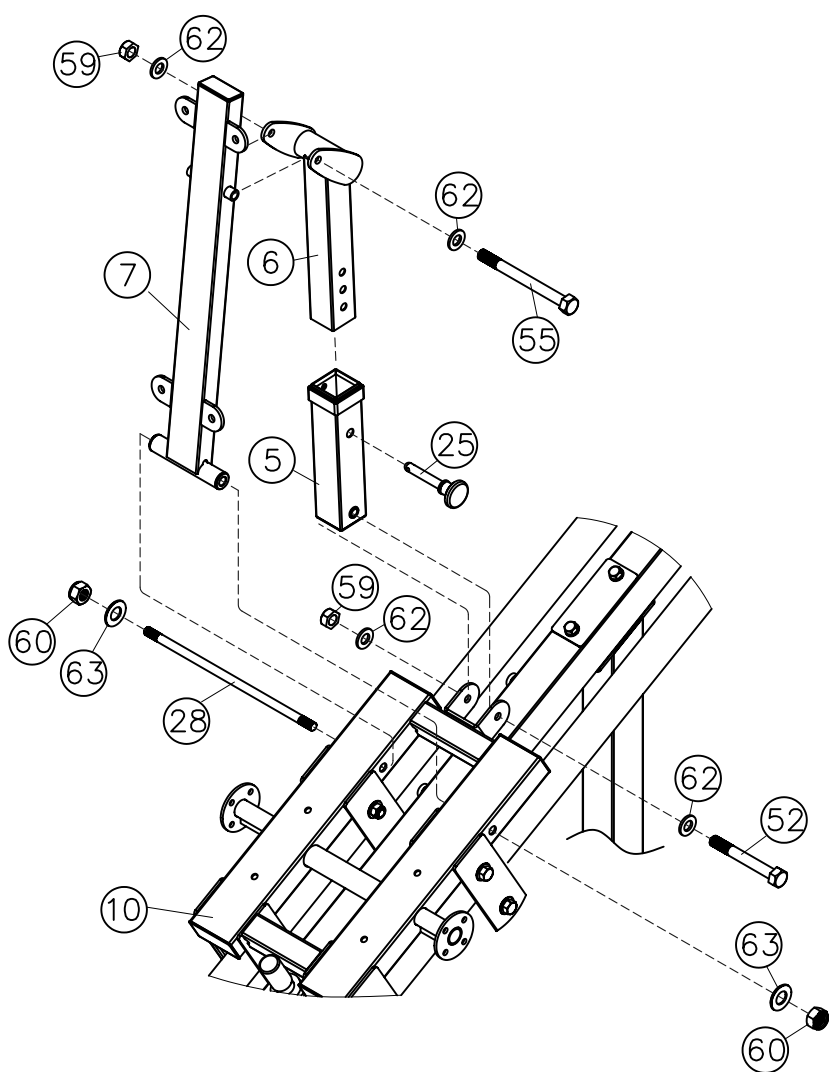
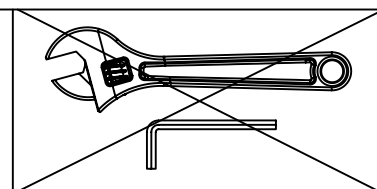
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(55)  ×1 M10×110

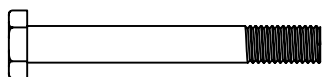
(62)   ×4 10

(59)   ×2 M10

(63)   ×2 12



4

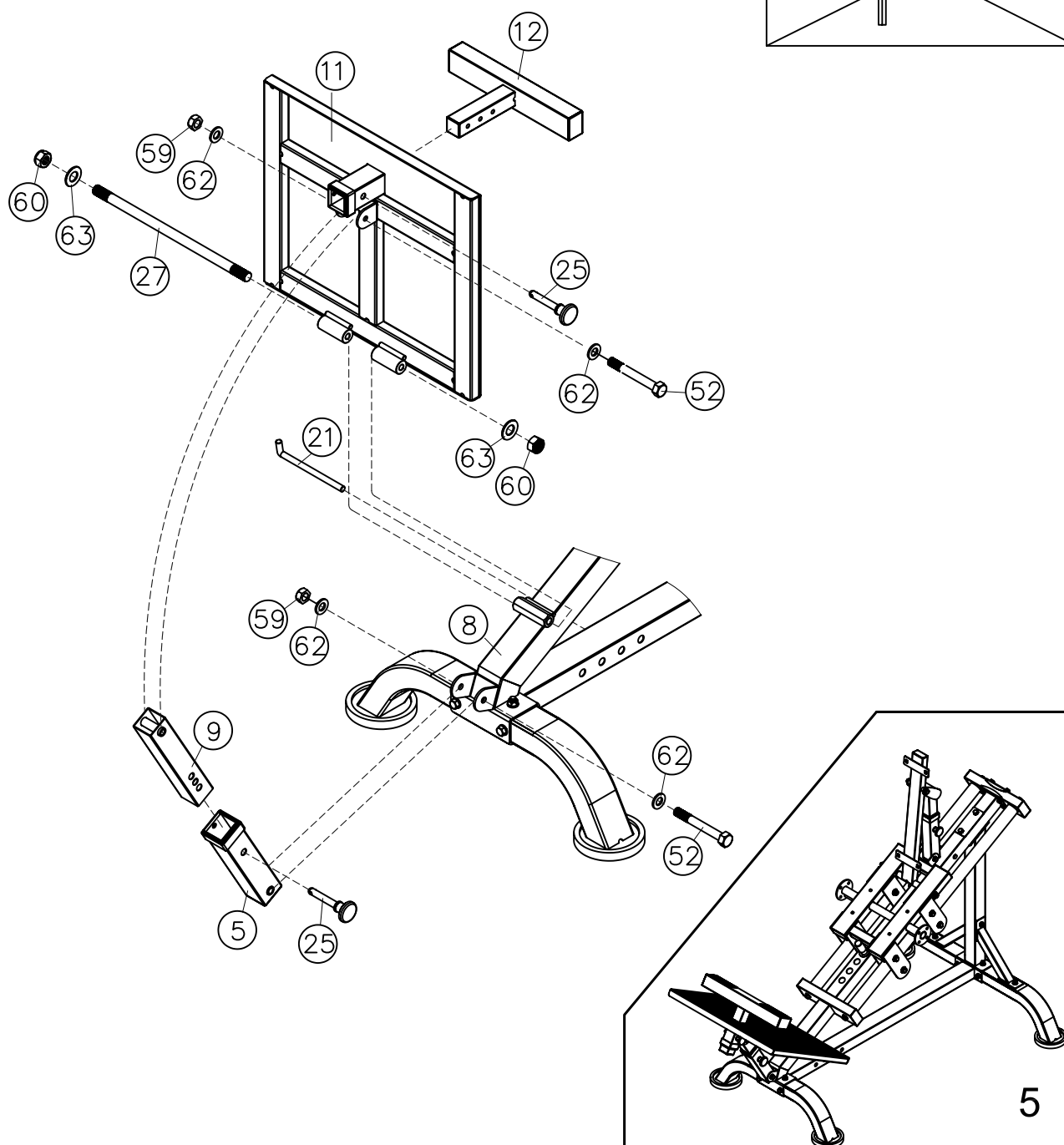
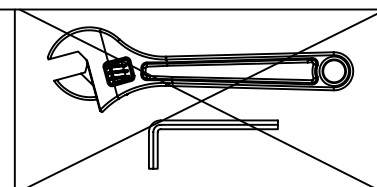
(52)  ×2 M10 ×80

(62)  | ×4 10

(59)   ×2 M10

(63)  | ×2 12

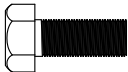
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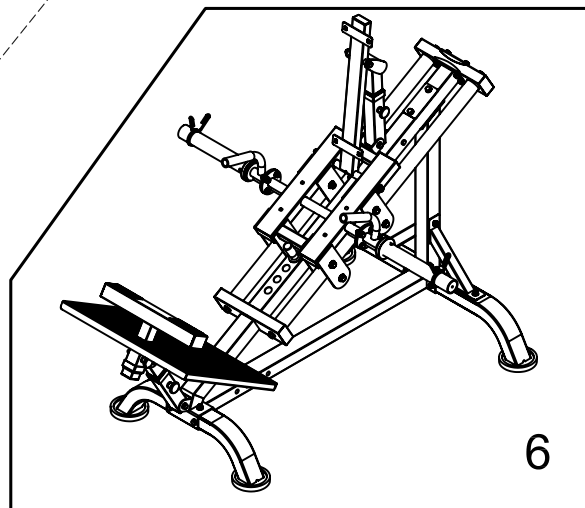
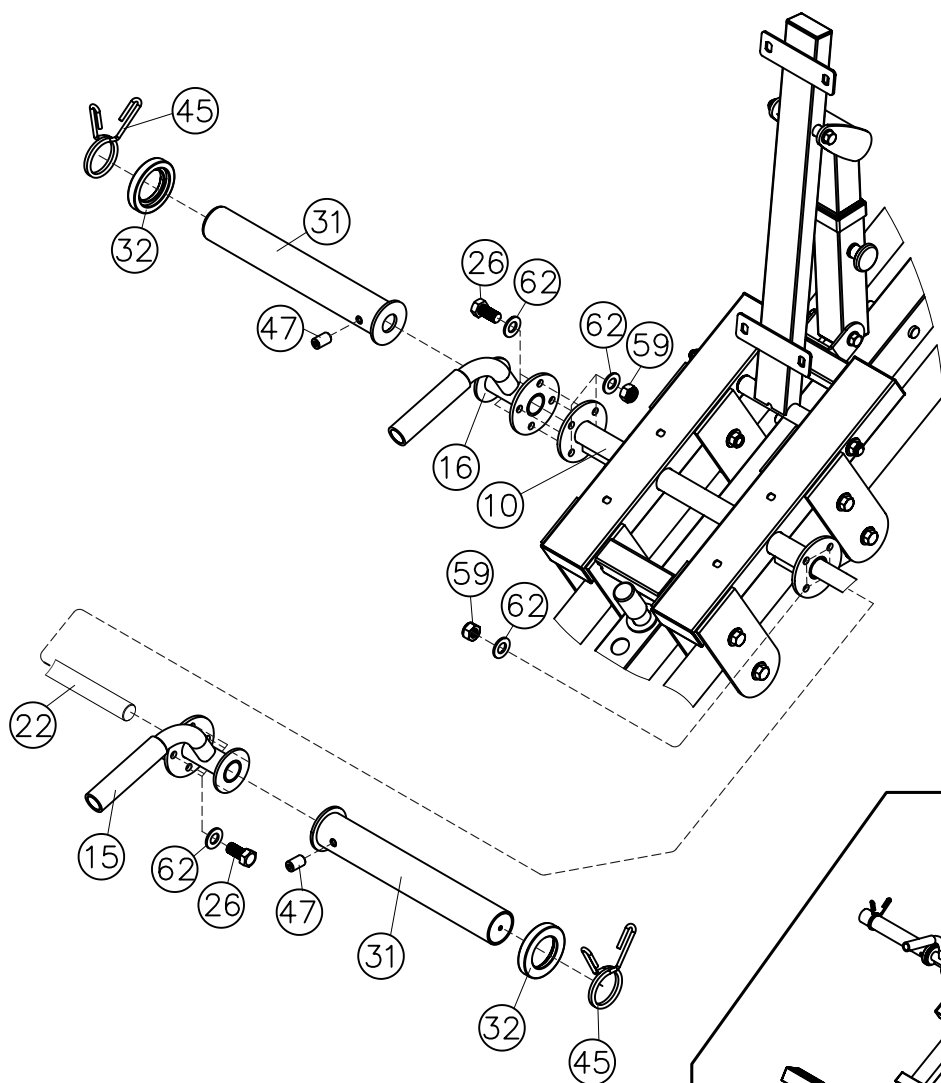
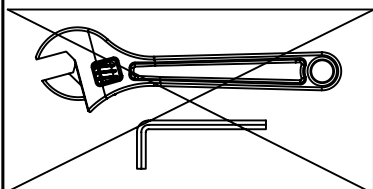


(47)  ×2 M8×12

(62)   ×16 10

(59)   ×8 M10

(26)  ×8 M10×25

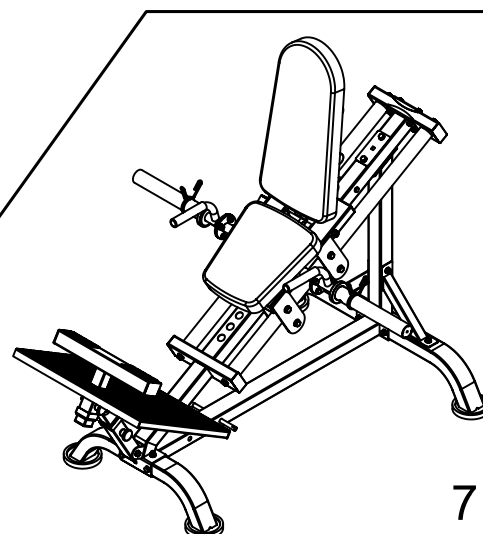
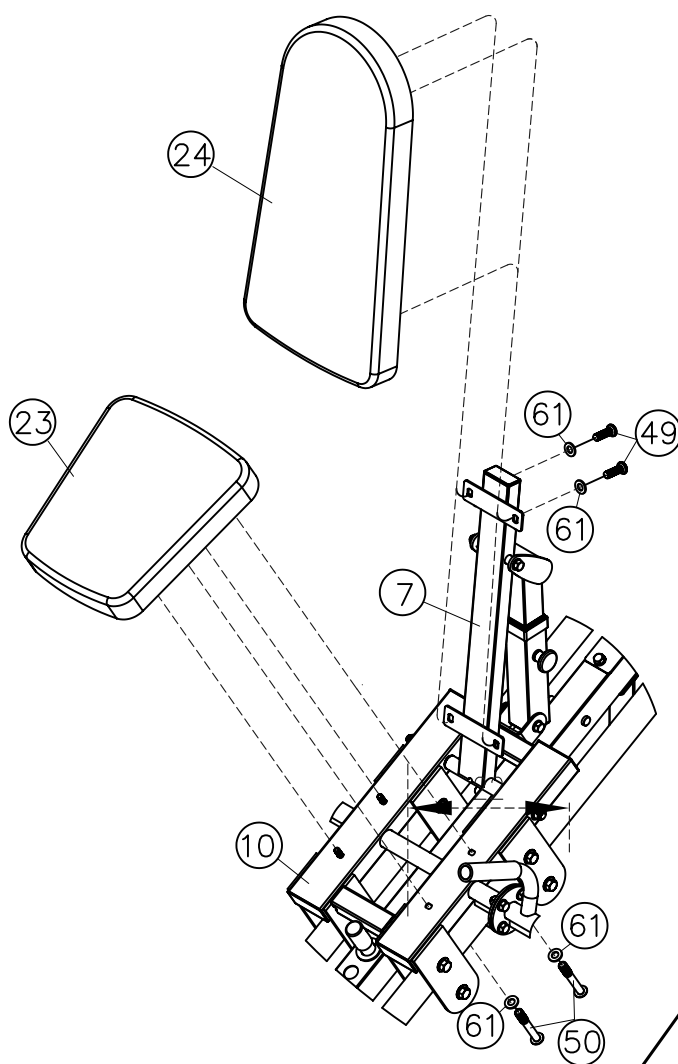
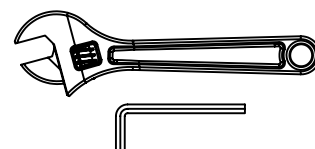


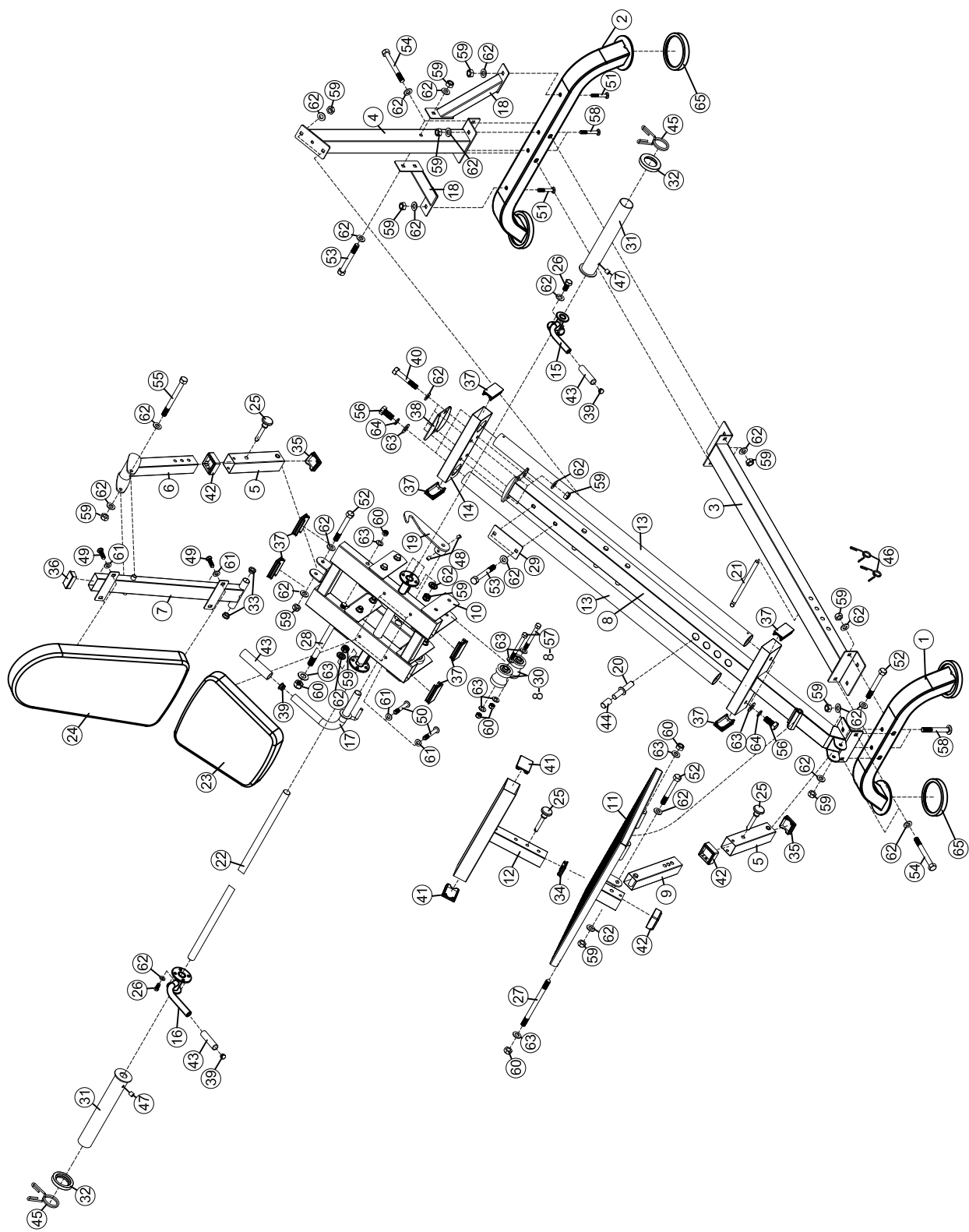
6

(49)  ×4 M8×20

(61)   ×8 8

(50)  ×4 M8×60





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Front Stabilizer		1
2	Rear Stabilizer		1
3	Connecting Frame		1
4	Rear Connecting Frame		1
5	Adjuster		2
6	Backrest Pad Adjuster		1
7	Backrest Pad Mount		1
8	Skew Frame		1
9	Adjuster		1
10	Sliding Frame		1
11	Foot Stand		1
12	Pedal Stand		1
13	Guide Rod		2
14	Connector Tube		1
15	Left hand stand		1
16	Right hand stand		1
17	Rotating hand stand		1
18	Inclined support frame		2
19	Hook		1
20	Pin axle		1
21	Elastic rope rack		1
22	Bearing Rod	φ25×1270	1
23	Seat Pad	360×320×55	1
24	Backrest Pad	650×320×55	1
25	Magnetic Pin		3
26	Hex Bolt	M10×25	8
27	Stud Bolt	M12×260	1
28	Stud Bolt	M12×325	1
29	Bracket	130×60×3	2
30	Rollers		8
31	Long barbell bushing frame		2
32	Barbell buffer	Φ78xΦ47.5x13	2
33	Bushing	φ25×φ21.8×φ12.2×8	2
34	Square End Cap	□45	1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
35	Square End Cap	□50	2
36	Square End Cap	□60×30	1
37	Square End Cap	□80×40	8
38	Bracket		1
39	Square End Cap	φ25	3
40	Hex Bolt	M10×60	4
41	Square End Cap	□70×50	2
42	Sleeve	□50×□45	3
43	Grip	φ30×φ23×250	3
44	Limit set	φ30×φ25×50	1
45	Spring Clip	φ49	2
46	Spring Clip	φ24.5	2
47	Allen Bolt	M8×12	2
48	Allen Bolt	M10×16	2
49	Allen Bolt	M8×20	4
50	Allen Bolt	M8×60	4
51	Carriage Bolts	M10×70	2
52	Hex Bolt	M10×80	3
53	Hex Bolt	M10×85	3
54	Hex Bolt	M10×95	4
55	Hex Bolt	M10×110	1
56	Hex Bolt	M12×25	4
57	Hex Bolt	M12×105	8
58	Carriage Bolts	M10×75	4
59	Aircraft Nut	M10	29
60	Aircraft Nut	M12	12
61	Washer	8	8
62	Washer	10	52
63	Washer	12	24
64	Spring washer	12	4
65	Rubber Feet	φ129×18	4
	Allen Wrench	4#	1
	Allen Wrench	5#	1



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