

TOORX
FITNESS IN MOTION

INSTRUCTION



MSX50



Cod : GRLDTOORXMSX50

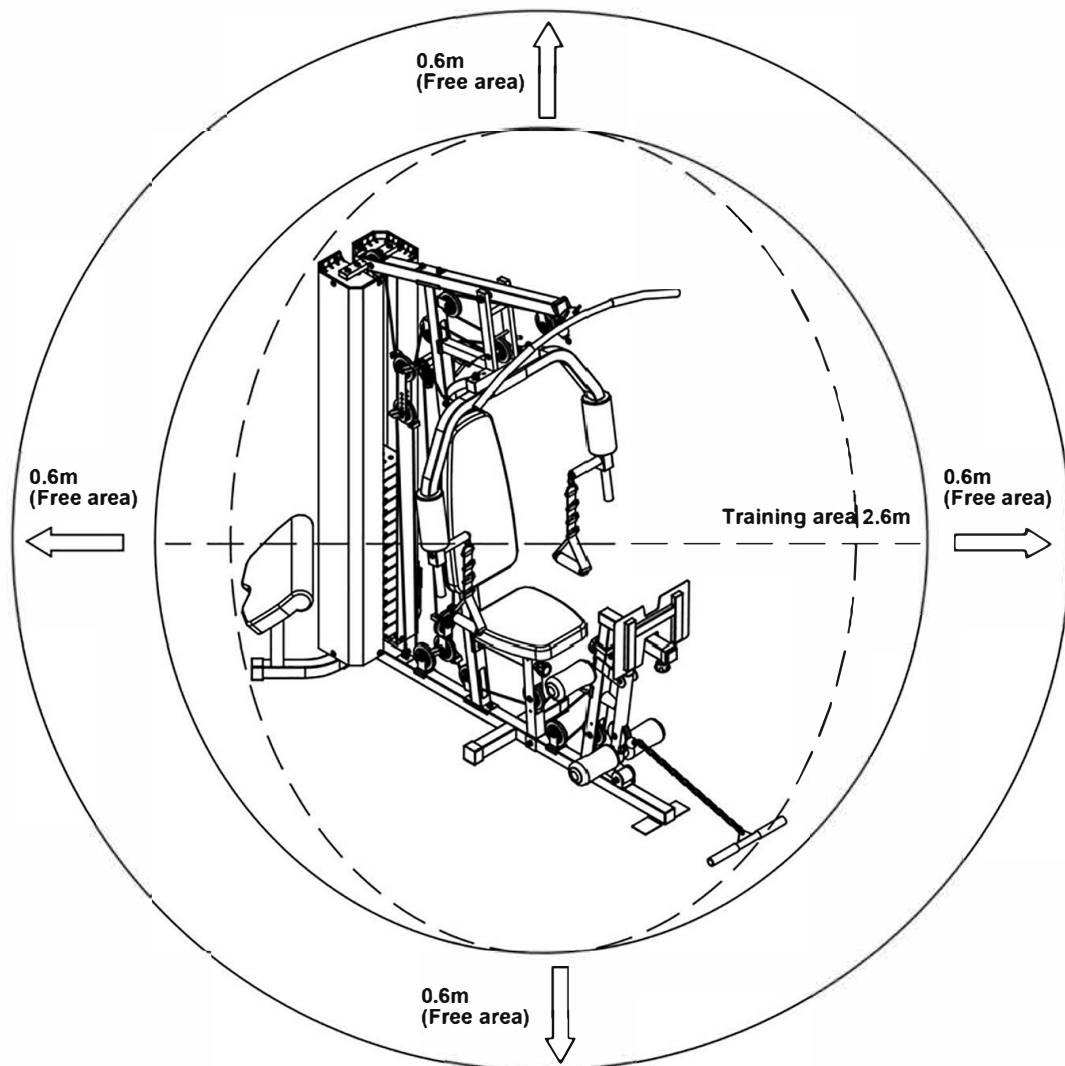
Rev : 00

Ed : 08/18



Safety Information

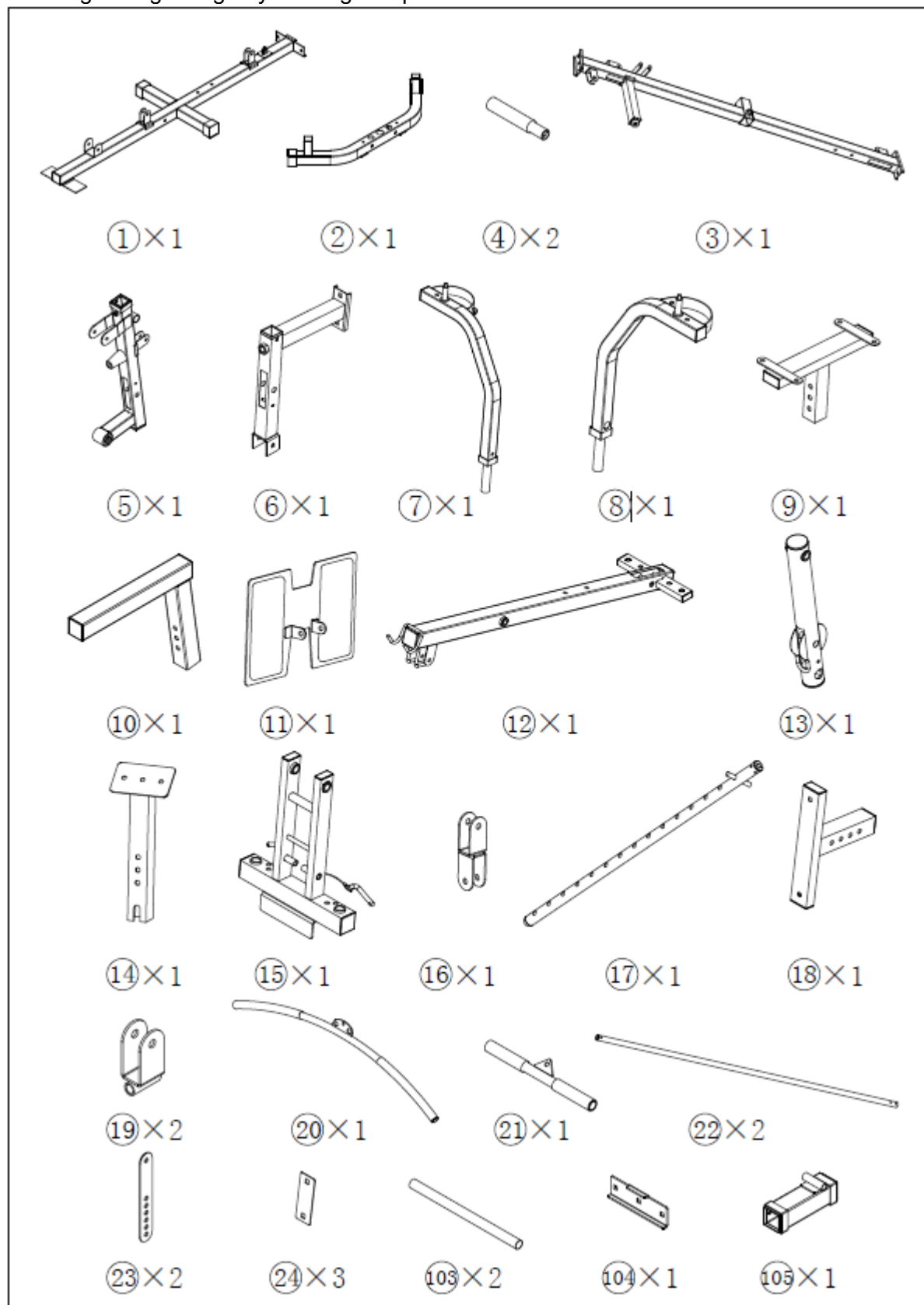
- Free area shall be not less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared. Keep unsupervised children away from the equipment.



Components - Parts

Please check you have all parts listed below

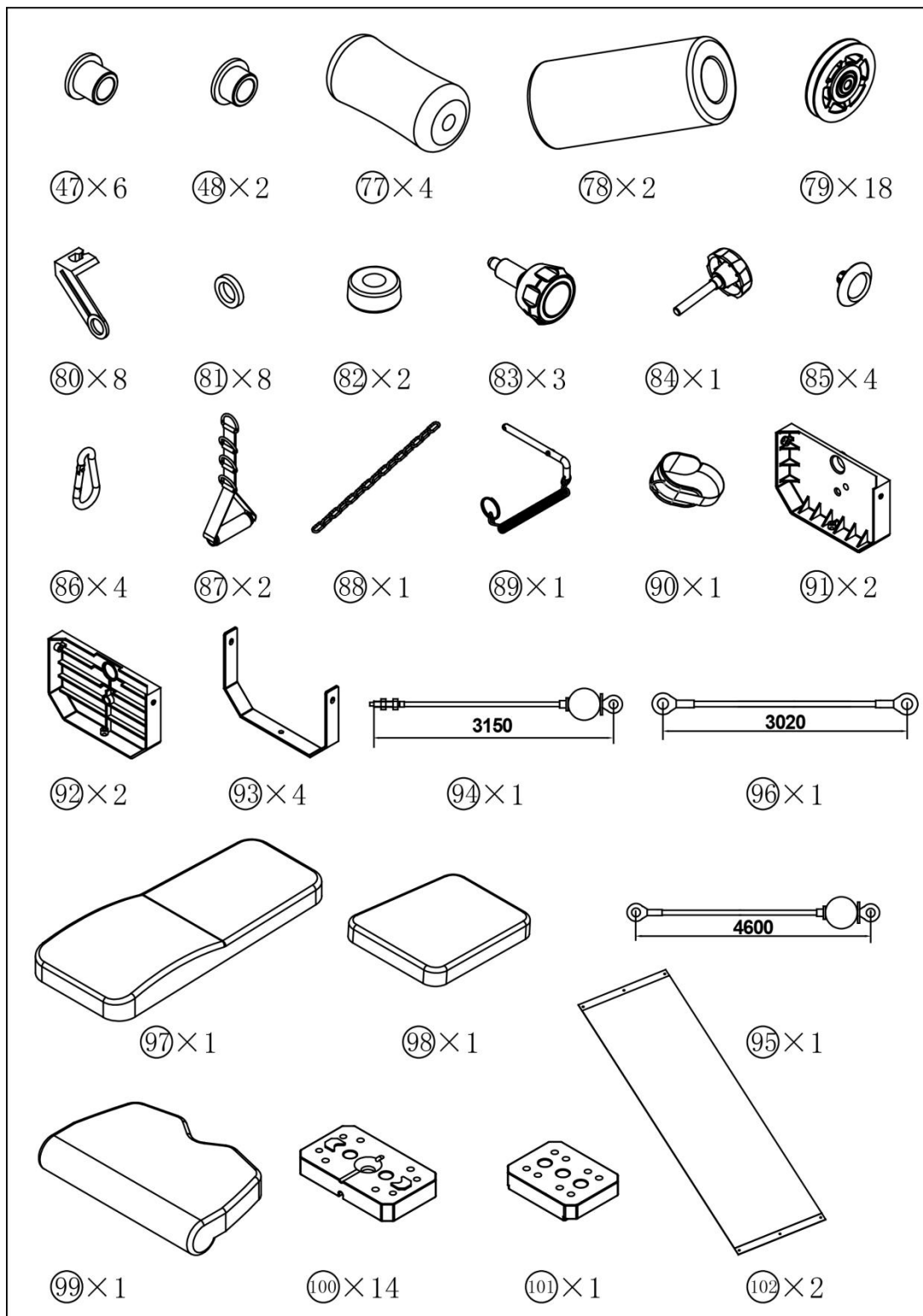
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



Components - Parts

Please check you have all parts listed below

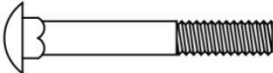
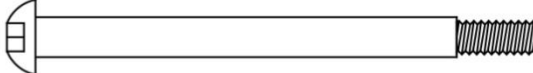
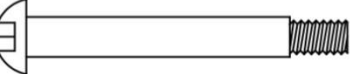
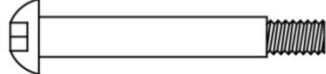
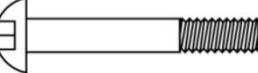
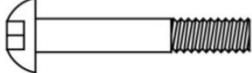
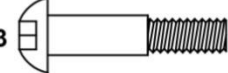
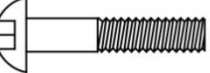
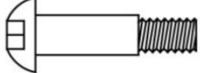
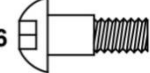
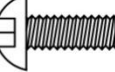
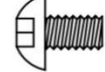
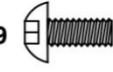
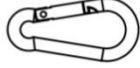
Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



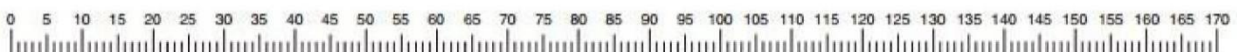
Components - Fixings

Please check you have all fixings listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than is actually required. Some of the smaller components may be pre-fitted to the larger components.

25  Φ 1657xM10 SWIVEL AXLE 1PCS	26  Φ 16158xM10 SWIVEL AXLE 1PCS	
27  M10x70 Carriage bolt 9PCS	28  M10x140 Allen bolt 1PCS	
29  M10x90 Allen bolt 1PCS	30  M10x80 Allen bolt 1PCS	50  ST4.8x15 Philips Screw 4PCS
31  M10x65 Allen bolt 5PCS	32  M10x60 Allen bolt 1PCS	33  M10x50 Allen bolt 4PCS
34  M10x50 Allen bolt 2PCS	35  M10x45 Allen bolt 9PCS	36  M10x28Allen bolt 3PCS
37  M10x25 Allen bolt 8PCS	38  M10x16 Allen bolt 2PCS	39  M8x18Allen bolt 6PCS
40  M8x40 Allen bolt 2PCS	41  ST6x20 philips srew 12PCS	42  Φ6 washer 12PCS
43  Φ8 washer 8PCS	44  Φ10washer 63PCS	45  Big Φ 10.5 washer 4PCS
46  M10 Aircraft nut 36PCS	49  M6x16 Philips bolt 2PCS	86  7# Gourd hook 4PCS
 Allen keys 5, 6, mm	88  15 joint Chain 1PCS	

Ruler - Use this ruler to help correctly identify the hardware



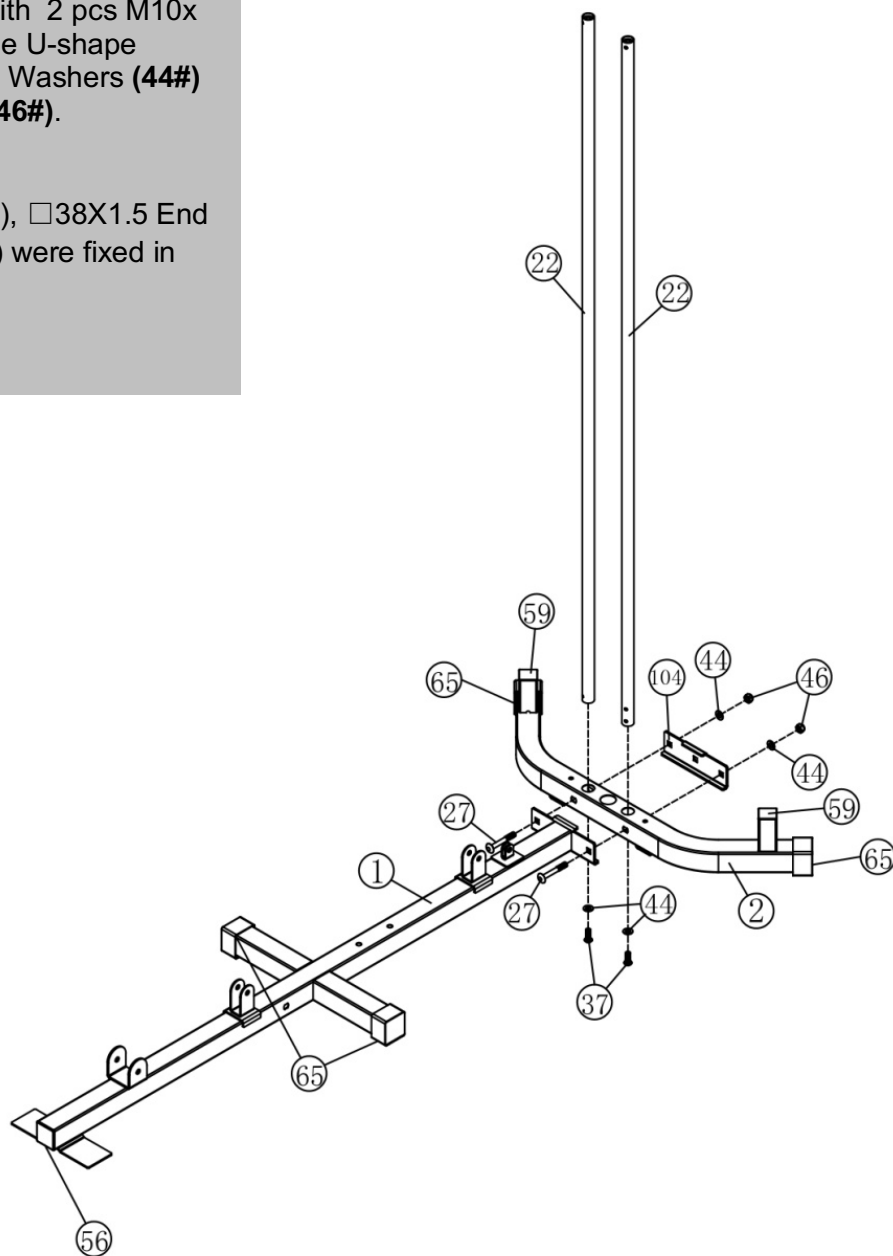
Assembly instructions

Step 1

a. Insert the Guide rods (**22#**) into the holes of the Rear stabilizer (**2#**). Fix them using 2 pcs M10 x 25mm Allen bolts (**37**) and 2 pcs Ø10mm Washers (**44#**).

b. Attach the Base frame (**1#**) to the Rear stabilizer (**2#**). Secure them with 2 pcs M10x 70mm Carriage bolts (**27#**), the U-shape bracket (**104#**), 2 pcs Ø10mm Washers (**44#**) and 2 pcs M10 Aircraft nuts (**46#**).

Note: □50X1.5 End cap(56#), □38X1.5 End cap(59#), □50 End cap(65#) were fixed in the factory already.



Assembly instructions

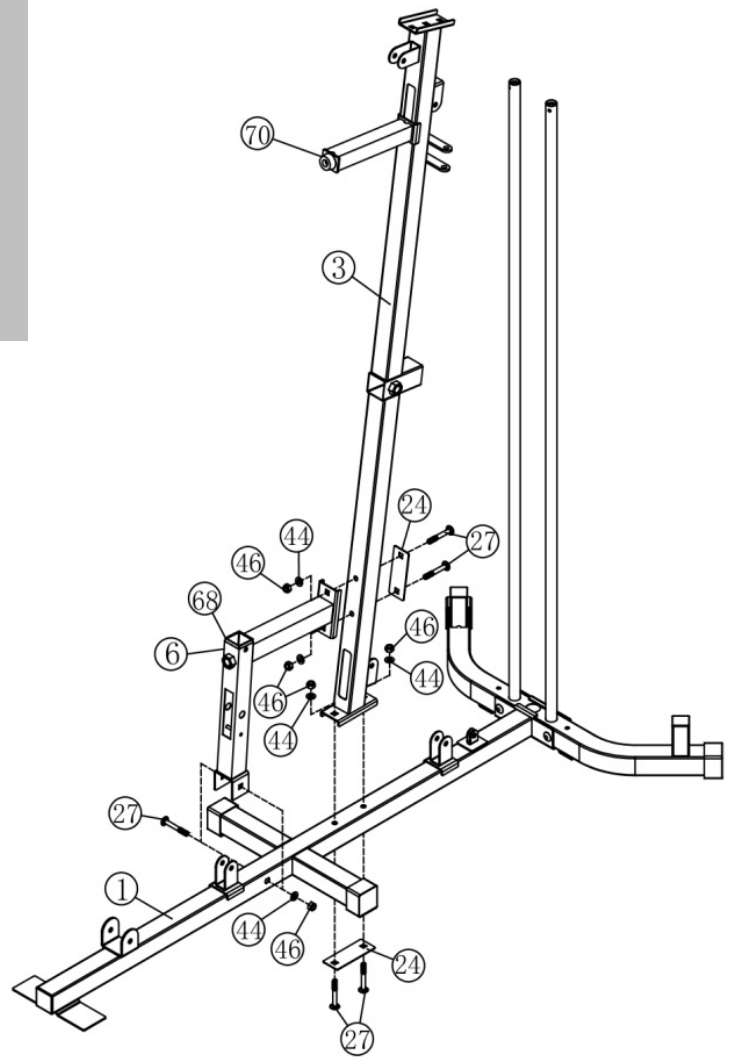
Step 2

Attach the front vertical frame(3#) onto the base frame(1#). Carefully align the holes and secure them with 2 pc M10*70 carriage bolt(27#), 1 pc bracket(24#), 2pcs ϕ 10 washers(44#) and 2pcs M10 Aircraft nuts(46#) .

Attach one end of the seat pad support(6#) to the front vertical frame(3#) and secure them with 2pcs M10*70 Carriage bolt(27#), 1pc bracket(24#), 2pcs ϕ 10 washers(44#), 2pcs M10 Aircraft nuts(46#) .

Attach another end of the seat pad support(6#) to the base frame(1#), Secure them with 1 pc M10*70 Carriage bolt(27#), 1pc ϕ 10 washers(44#), 1pc M10 Aircraft nuts(46#) .

note: □45X□38 Sleeve(68#), Rubber bumper(70#) were fixed in the factory already.



Assembly instructions

Step 3

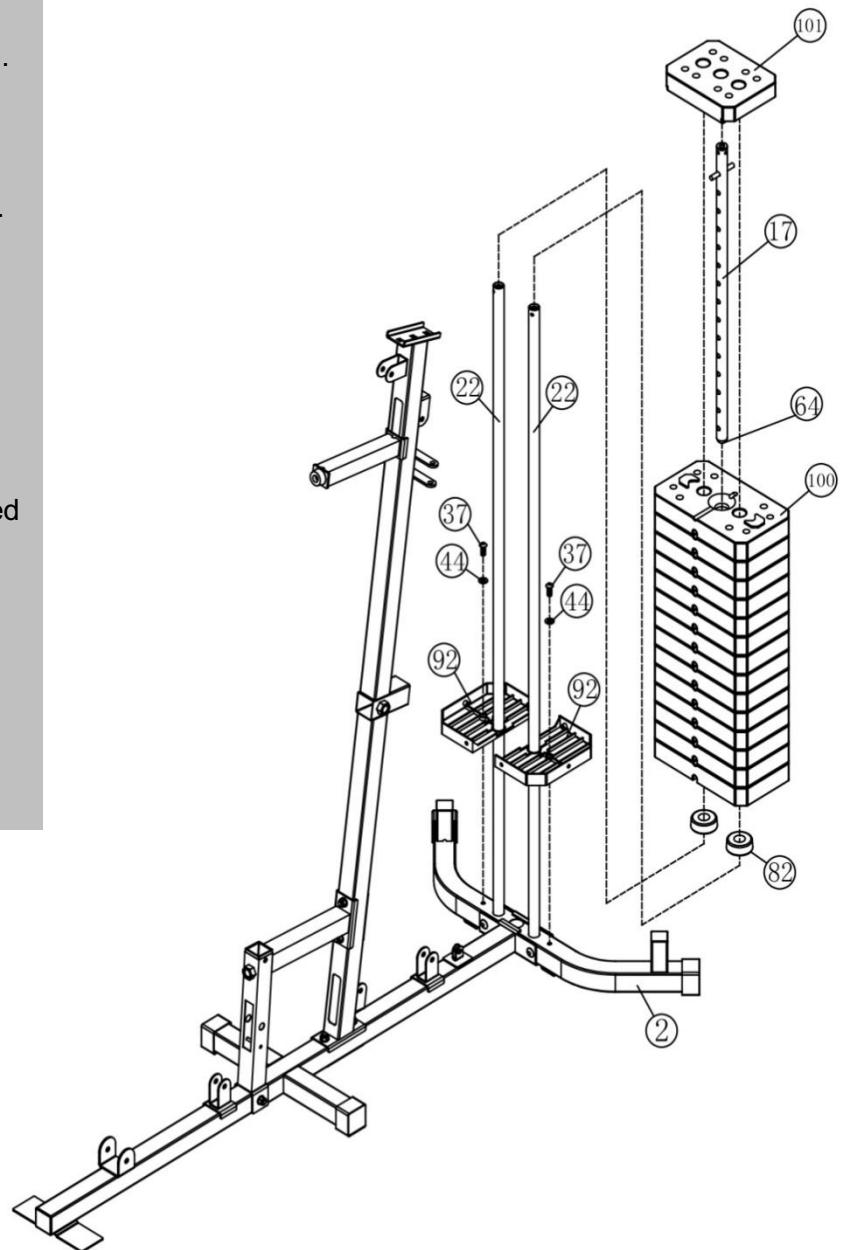
Place 2pcs bottom weight stack cover bracket along the guide rod and secure them with 2pcs M10*25 Allen bolt (37#) and 2pcs $\phi 10$ washers(44#).

Place 2pcs rubber bumper(82#) along the guide rod from the top to the bottom.

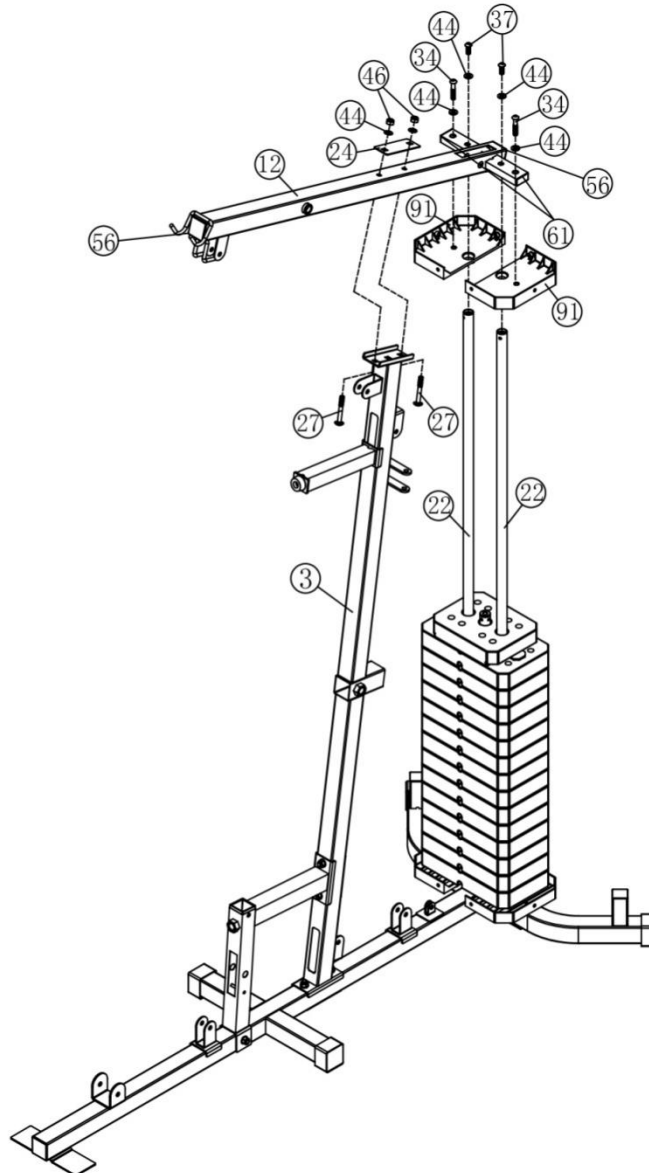
Place 14pcs weight plate(100#) along the guide rods(22#) from the top to the bottom, Insert the Selector Rod(17#) into the center hole of the weight plates. And then place the weight stem(101#) again.

Make sure that all the grooves face backwards and frontly.

note: $\Phi 25 \times 2.0$ End cap (64#) was fixed in the factory already.



Assembly instructions



Step 4

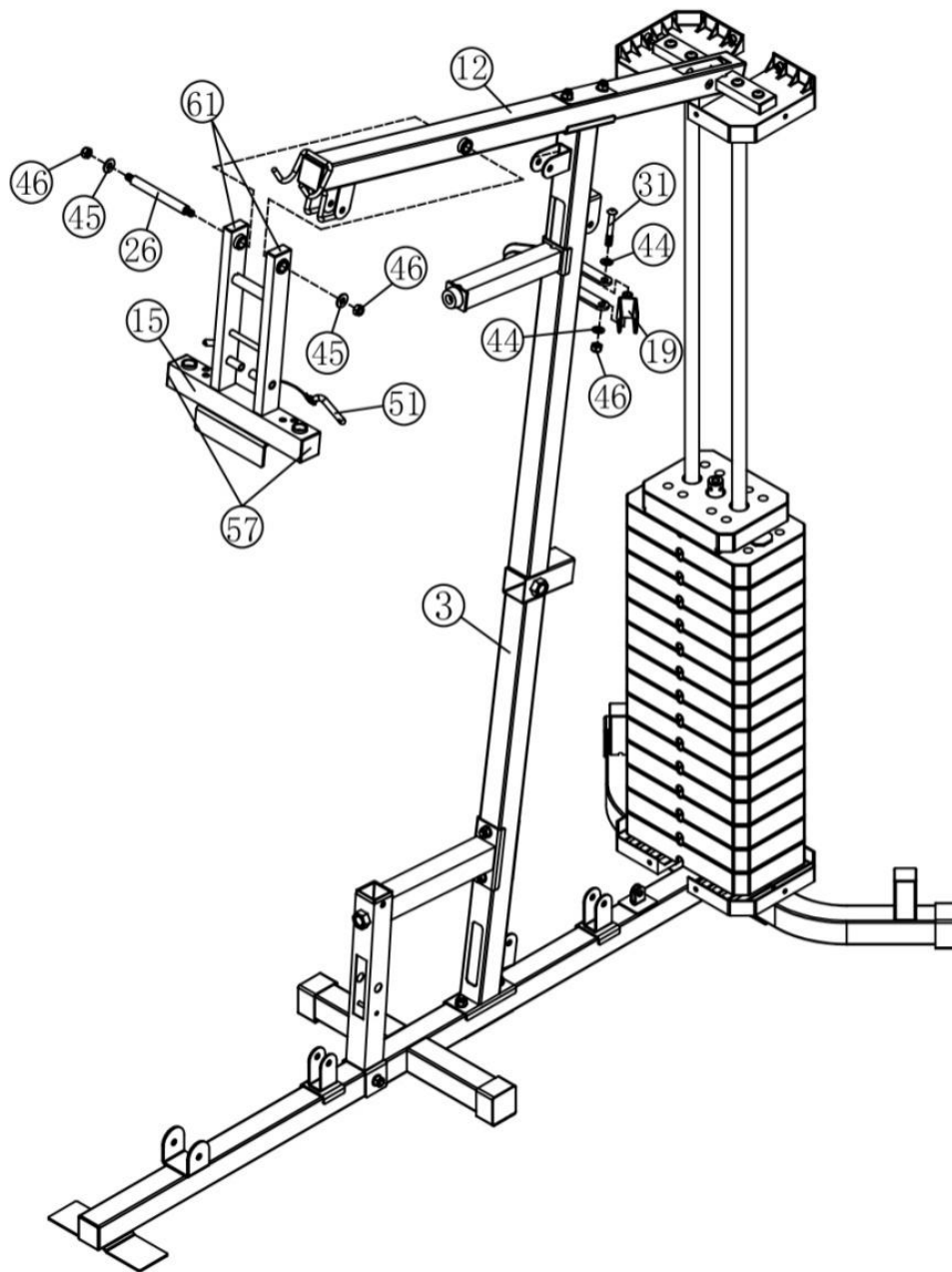
Place 2pcs upper weight stack cover bracket(91#) along the guide rods and then place the upper frame(12#) onto the front vertical frame(3#) and guide rods(22#).

Secure the end of the upper frame with the guide rod and upper weight stack cover bracket together with the 2pcs M10*50 Allen bolt (34#), 2pcs M10*25 Allen bolt (37#) and 4pcs Φ 10 washers(44#). (44#).

Secure the upper frame with the guide rod together with the 2pcs M10*70 Carriage bolt (27#), 1pc bracket(24#), 2pcs Φ 10 washers(44#) and 2pcs M10 aircraft nut(46#).

Note: □50X1.5 End cap (56#) , □40X1.5 End cap (61#) were fixed in the factory already.

Assembly instructions



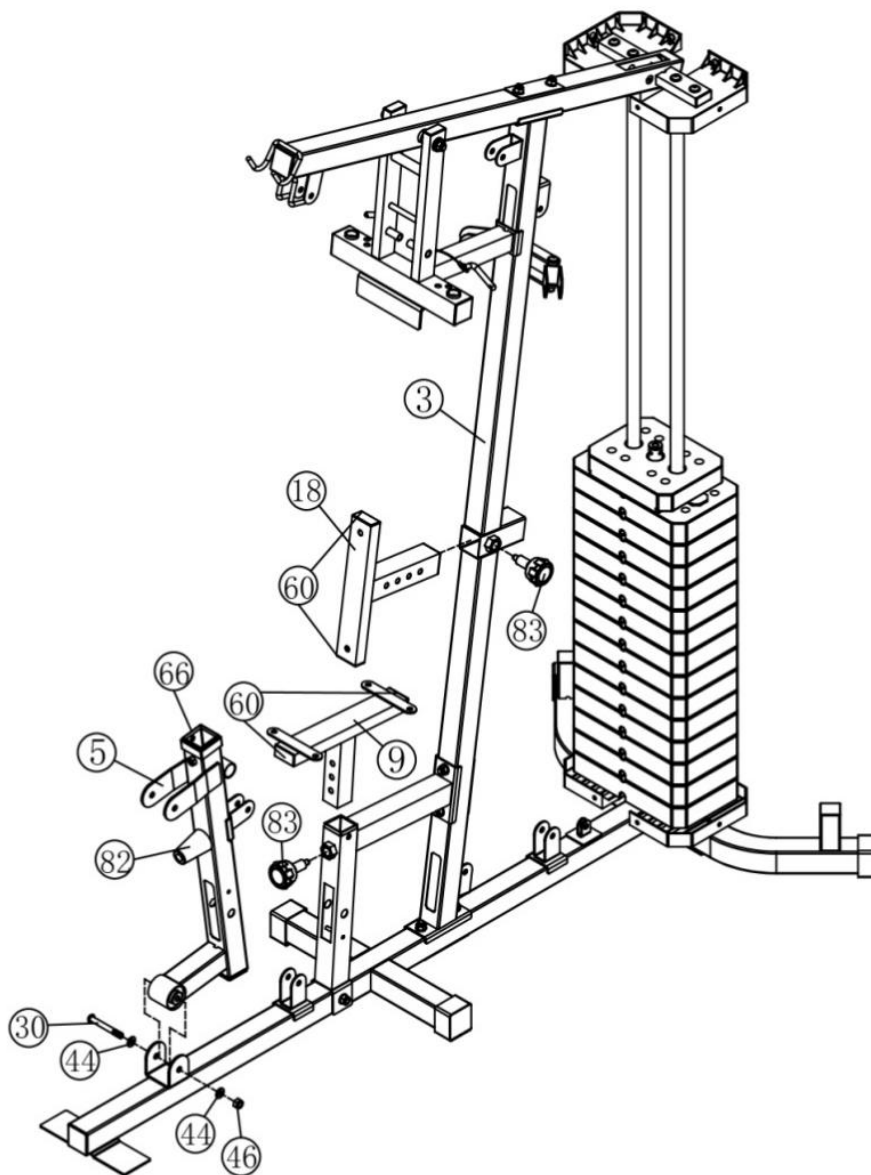
Step 5

Attach the Front Press Frame(15#) to the Upper Frame(12#), Secure them with 1pcs axle(26#),2pcs $\phi 25 \times \phi 10.5 \times 61.5$ washer (45#) and 2pcs M10 Aircraft nut (46#).

Attach the swivel pulley bracket(19#) to the support as the diagram shows, and secure it with 1pc M10X65Allen Bolt (31#), 2X $\phi 10$ washer (44#) and 1pc M10 Aircraft nut (46#). Repeat the same way to install another.

note: 20X40X1.5 End cap (61#) was fixed in the factory already.

Assembly instructions



Step 6

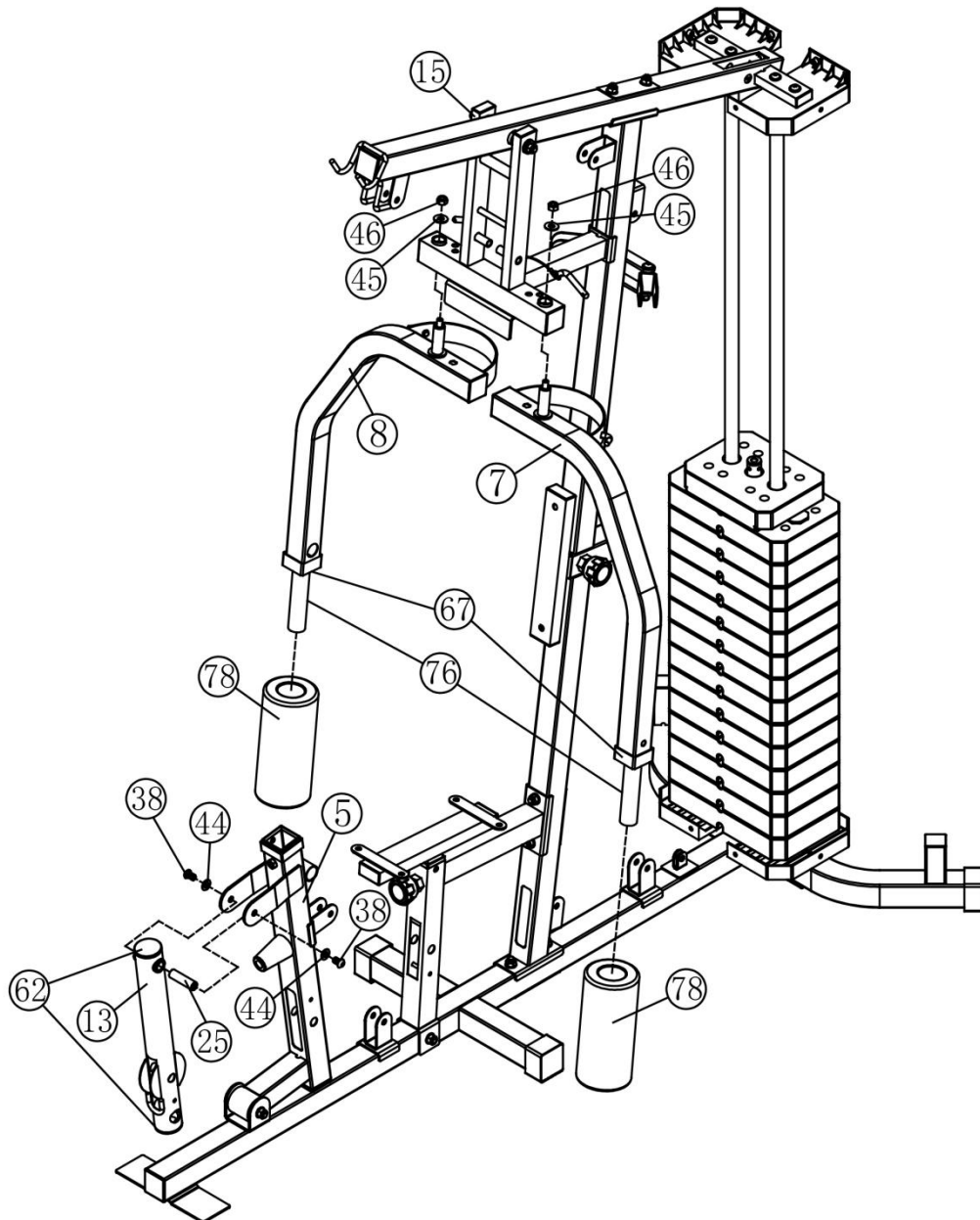
Attach the Front support frame (5#) onto the base frame, Secure them with 1pcs M10*80 Allen bolt(30#), 2pcs $\phi 10$ washers(44#), 1 pc M10 Aircraft nuts(46#).

Insert the seat pad adjustment support(9#) into the hole of the seat pad support, Select the desired height with the lock knob(83#).

Insert the backrest pad support(18#) into the hole and select the desired location with the Lock knob (83#).

Note: 20X50X1.5 End cap (60#), 50X45 Sleeve (66#), Rubber bumper (82#) were fixed in the factory already.

Assembly instructions



Step 7

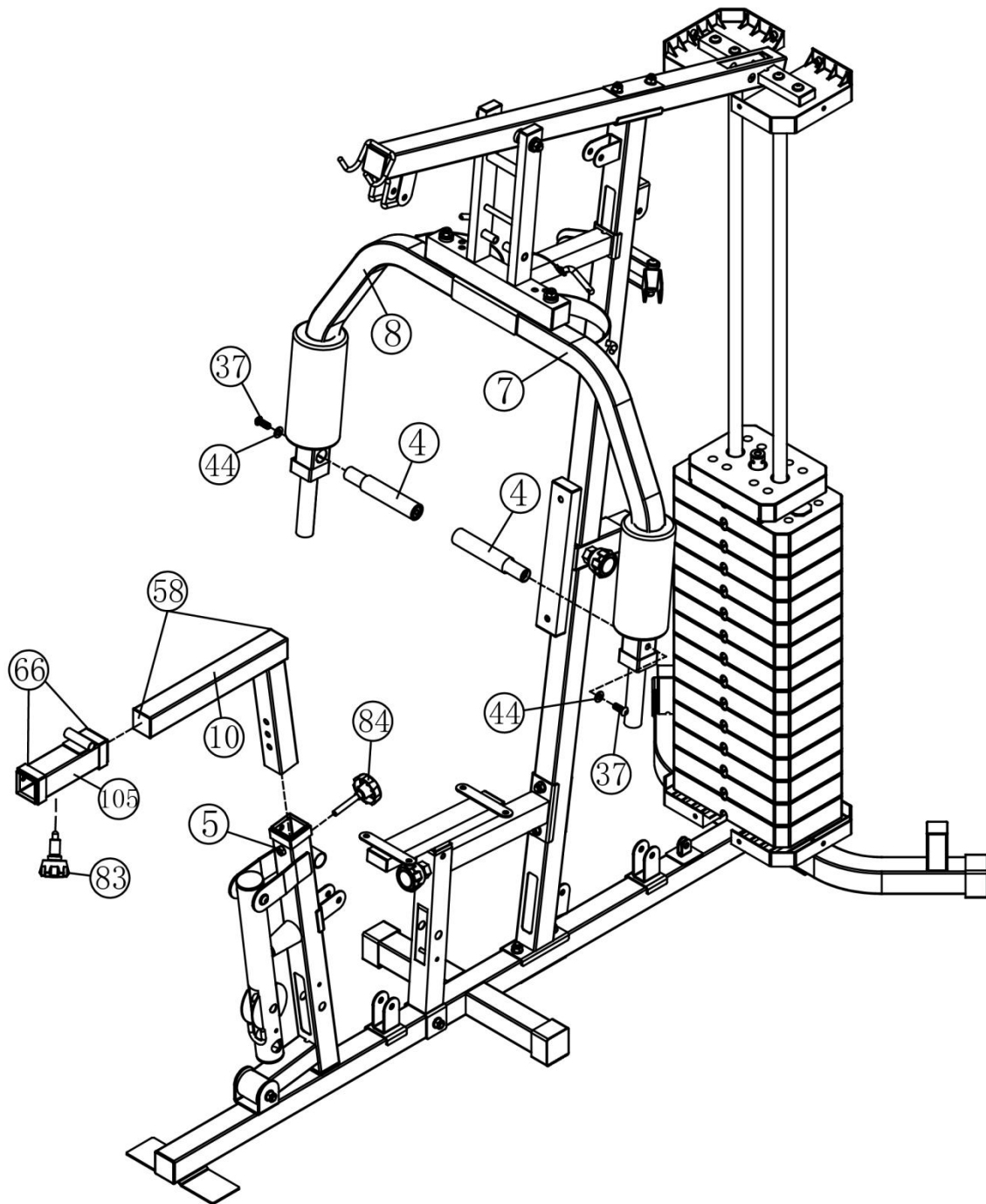
Attach the Right butterfly(8#) to the front press base,Secure them together with big Ø10 Washer (45#),1pc M10 Aircraft nut(46#) .Push 1pc butterfly foam roll(78#) as the diagram shows.

Repeat the same way to install the left butterfly(7#).

Attach the leg developer(13#) as the diagram shows and secure them with swivel axle(25#), 2pcs Ø10 washer (44#) and 2pcs M10*16 Allen bolt (38#).

note: Φ50X1.5 End cap (62#) , □45XΦ26 Sleeve (67#) , Handle grip (76#) were fixed in the factory already.

Assembly instructions



Step 8

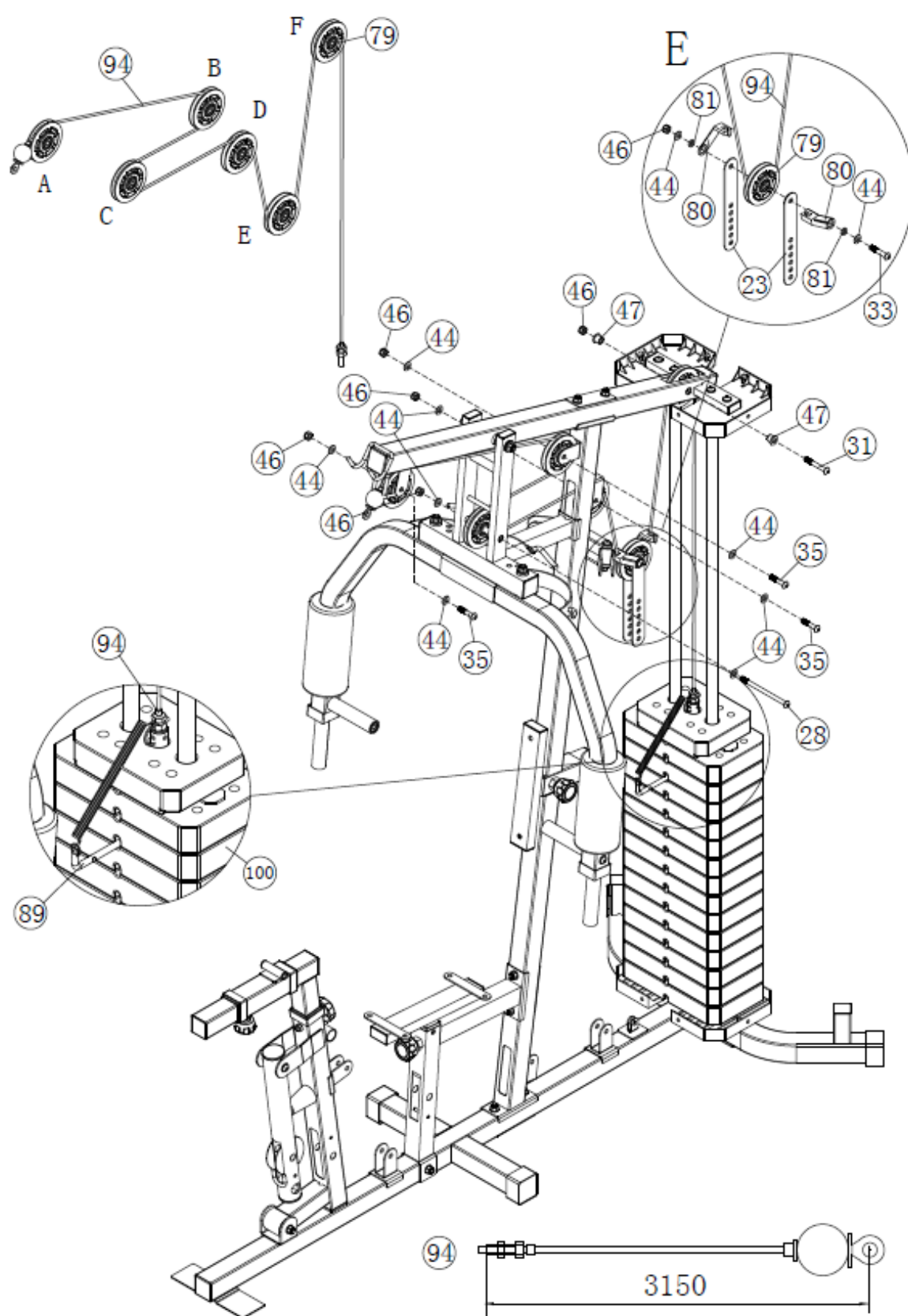
Attach the 2pcs handle(4#) to the right and left butterfly frame as the diagram shows. Secure them with 2pcs M10*25 Allen bolt(37#) and 2pcs Ø10 washer (44#).

Insert the leg press frame(10#) into the hole as the diagram shows and select the desired height with the lock knob(84#).

Insert the leg press adjustment (105#) into the leg press frame(10#) and select the desired length with the lock knob(83#).

note: □50X□45 Sleeve (66#) , □45X1.5 End cap (58#) were fixed in the factory already.

Assembly instructions



Step 9

A Attach one end of the 3150mm Upper cable (94#) through the opening of the upper frame , Make sure that the ball stopper should be in front of the U shape bracket. Place the 1st Pulley (79#) below the cable and secure the 1st pulley using 1PC M10 × 45 Allen bolt (35#) ,2PC ϕ 10 washers(44#)and 1XM10 Aircraft nut (46#).

B Draw the cable backwards and place the 2st pulley below the cable , Secure the pulley with the same way in A.

C Draw the cable around the pulley and front , Place the 3st pulley below the cable and secure them with 1PC M10 × 140 Allen bolt (28#), 2pcs ϕ 10 washers(44#),and 1 pc M10 Aircraft nut(46#).

D Draw the cable around the pulley and backwards,Place the 4st pulley below the cable and secure it with the same way in A.

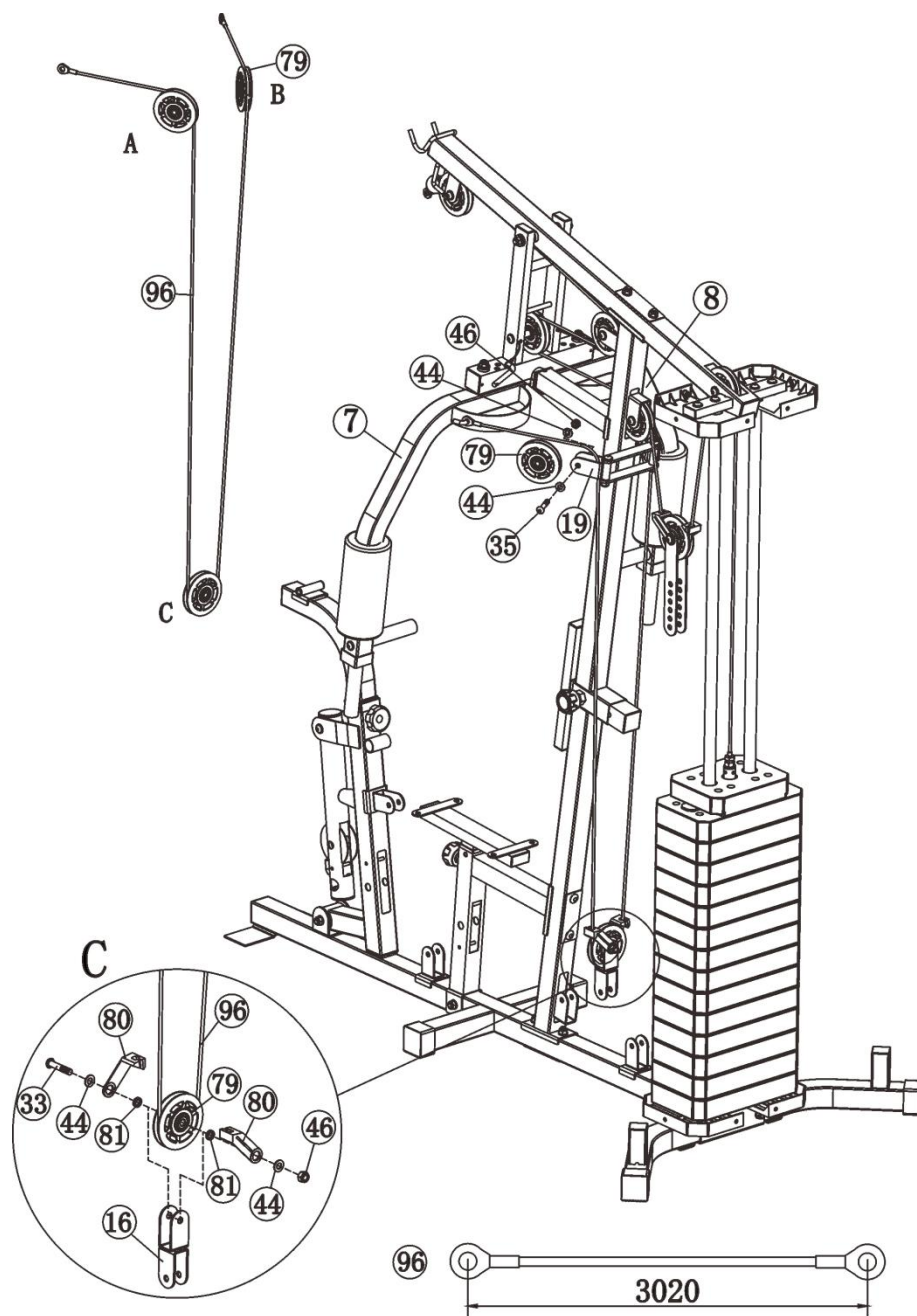
E Draw the cable around the pulley and downwards,Place the 5st pulley onto the cable, Secure the pulley with double floating pulley bracket(23#) together with the 1pc M10*50 Allen Bolt(33#),2pcs ϕ 10 washers(44#),2 pcs bushing(81#), 2 pcs retainer(80#),and 1 pc M10 Aircraft nut(46#).

F Draw the cable around the pulley and upwards ,Place the 6st pulley below the cable and secure them with 1PC M10*65 Allen bolt(31#), 2PC bushing(47#) and 1 pc M10 Aircraft nut(46#).

G Draw the cable around the pulley and downwards,thread the end of the upper cable to the top opening of the selector rod at least 5 laps to keep safe.

Select the desired weight when exercising using the L shape Lock pin.

Assembly instructions

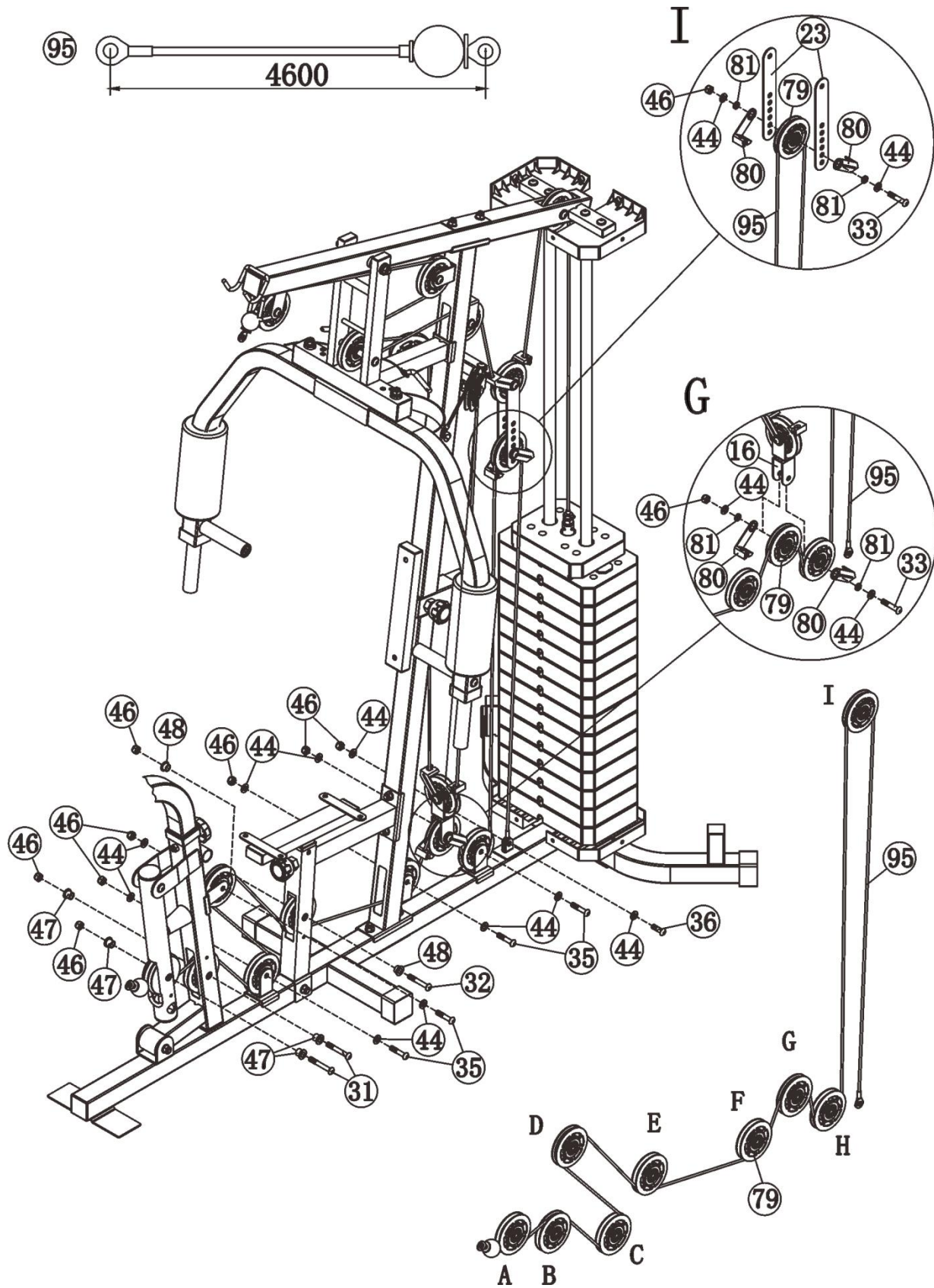


Step 10

A. Attach the end of the 3020 MM butterfly cable(96#) to the hook and place 1X pulley below the cable , Secure the pulley to the swivel pulley bracket(19#) with 1X M10X45 Allen bolt (35#),2X ϕ 10 washer (44#) and 1pcM10 Aircraft nut (46#).

B Draw the cable around the pulley and downwards ,Place 1X pulley onto the cable , Secure the pulley with cross double floating pulley bracket(16#) together with the 1pc M10*50 Allen Bolt(33#),2pcs ϕ 10 washers(44#),bushing(81#), 2 pcs retainer(80#),and 1 pc M10 Aircraft nut(46#).

C Draw the cable around the pulley and upwards, Install another pulley with the same way in above A and B.



Step 11

A Attach the 4600 mm lower cable(95#) through the opening of the leg developer,place 1st pulley onto the cable and secure the pulley with 1PC M10X65 Allen bolt (31#),2pcs Bushing (47#)and 1pc M10 Aircraft nut (46#).

B Draw the cable backwards and place the 2st pulley below it , Secure the pulley with the same way in A.

C Draw the cable around the pulley and backwards again, place 3st pulley onto it , Secure the pulley with the same way with M10*45 Allen bolt (35#) and 2 PCS ϕ 10 washers (44#) and 1 pc M10 Aircraft nut (46#).

D Draw the cable around the pulley and place the 4st pulley below the cable,Secure the pulley with the way **C**.

E Draw the cable around the pulley and downwards,Place the 5st pulley onto the cable and secure the pulley with 1PC M10X60 Allen bolt (32#),2pcs Bushing (48#)and 1pc M10 Aircraft nut (46#).

F Draw the cable around the pulley,Place the 6st pulley onto the cable and secure the pulley with the same way **C**.

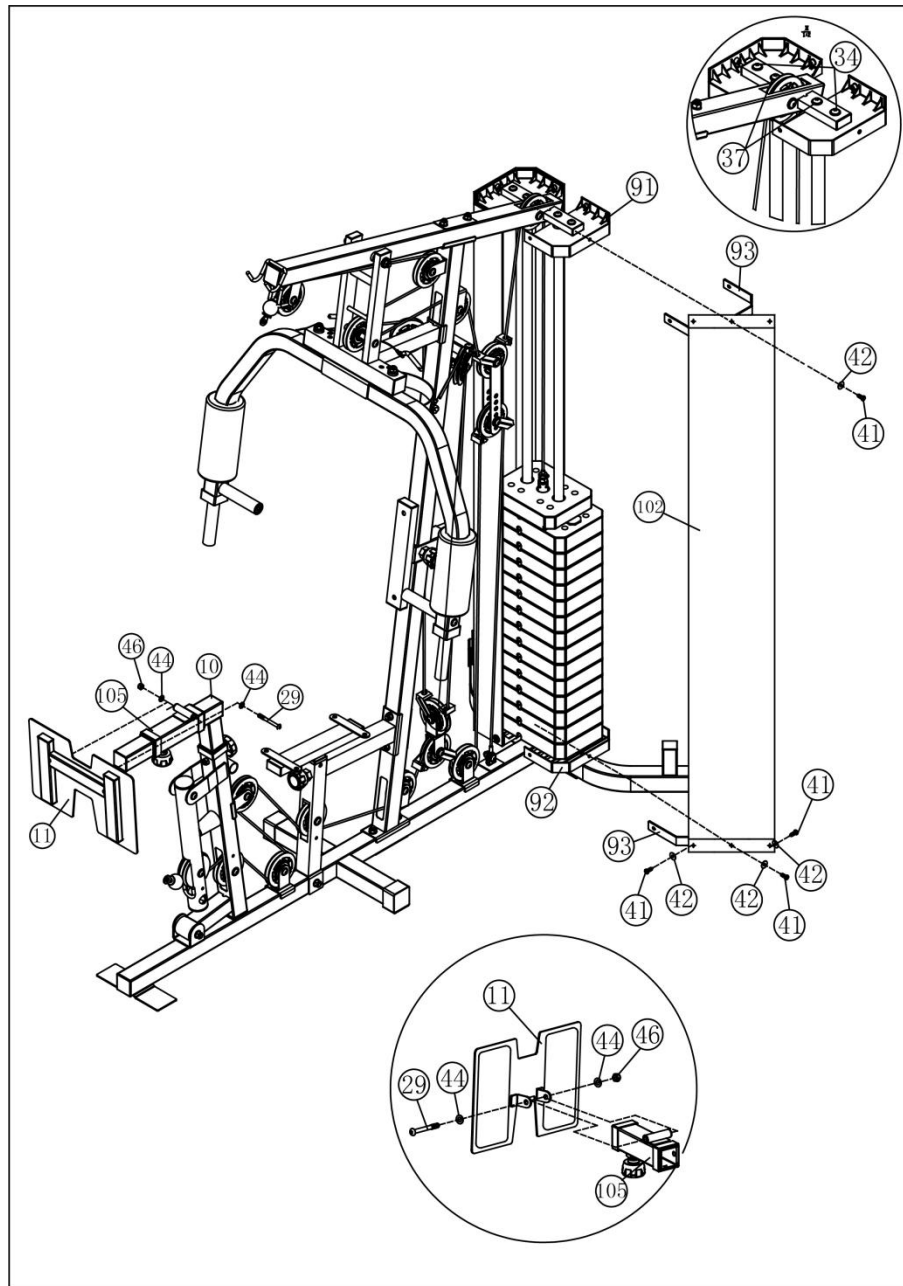
G Draw the cable around the pulley and place the 7th pulley below the cable, ,Secure the it with the same way in Step 10 B procedure.

H Draw the cable around the pulley and repeat the F to secure the pulley .

I Draw the cable around the pulley and upwards,Secure the puley with the double floating pulley bracket together with the same way in STEP 9 E.

J Draw the cable around the pulley and reach the U shape Bracket ,Secure it with 1pcM10*28 Allen bolt(36#),2 PCS ϕ 10 washers (44#) and 1 pc M10 Aircraft nut (46#).

Assembly instructions



Step 12

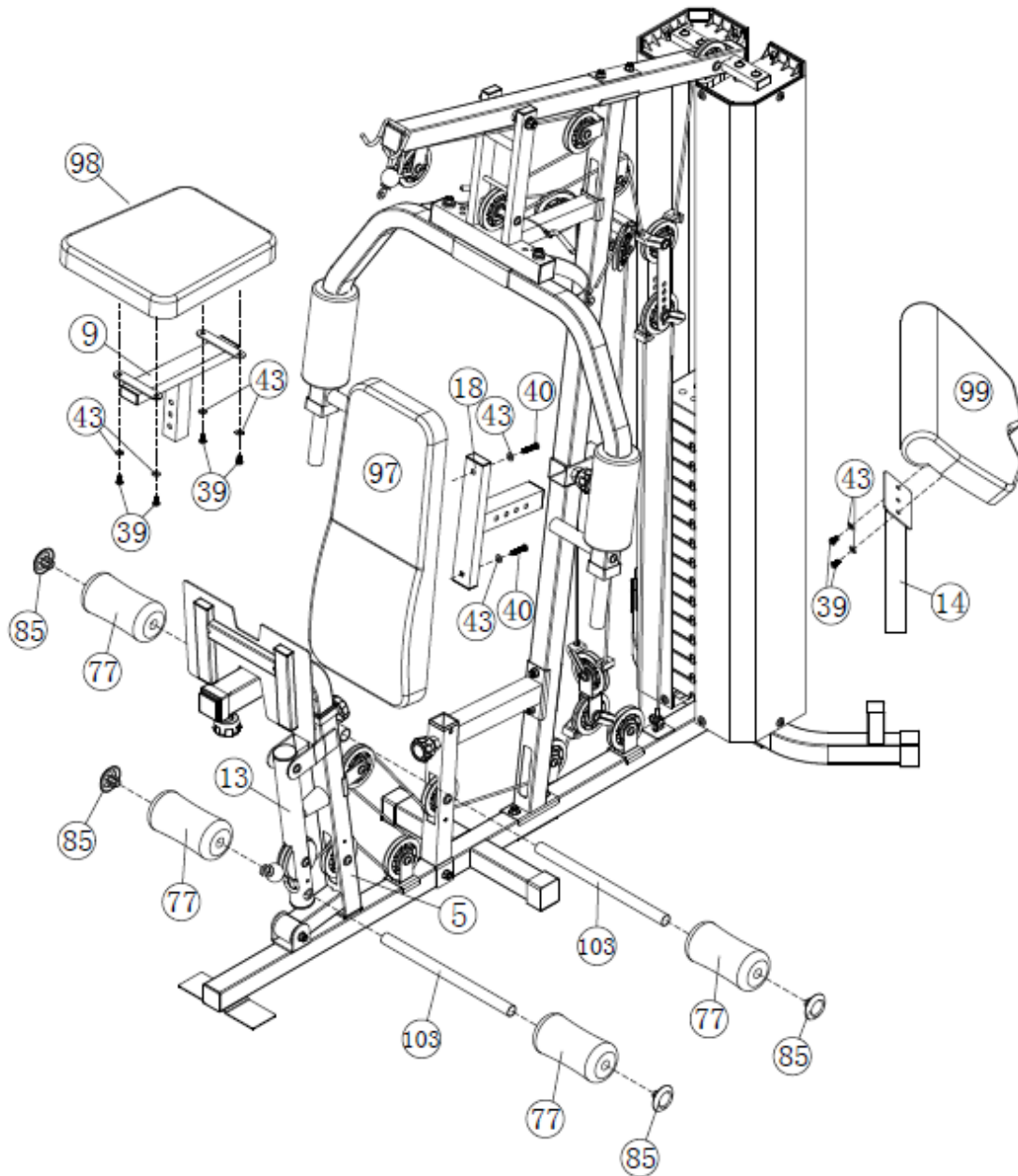
Attach the foot plate(11#) to the leg press adjustment frame (105#) and secure them with 1pc M10*90 Allen bolt (29#), 2pcs ϕ 10 washers(44#)and M10 aircraft nut(46#).

Attach the plastic bracket(93#) into the upper and bottom hole of the weight stack cover(102#) as the diagram show . attach weight stack cover(102#) to the upper weight stack cover bracket(91#) and bottom weight stack cover bracket (92#) with 6pcs ST6 $\times$ 20 philips screw(41#) and 6pcs ϕ 6 washers (42#).

Repeat the same way to another weight stack weight cover.

Tighten the 2pcs M10*50 Allen bolt (34#) to adjust the weight stack cover if you feel it loose.

Assembly instructions



Step 13

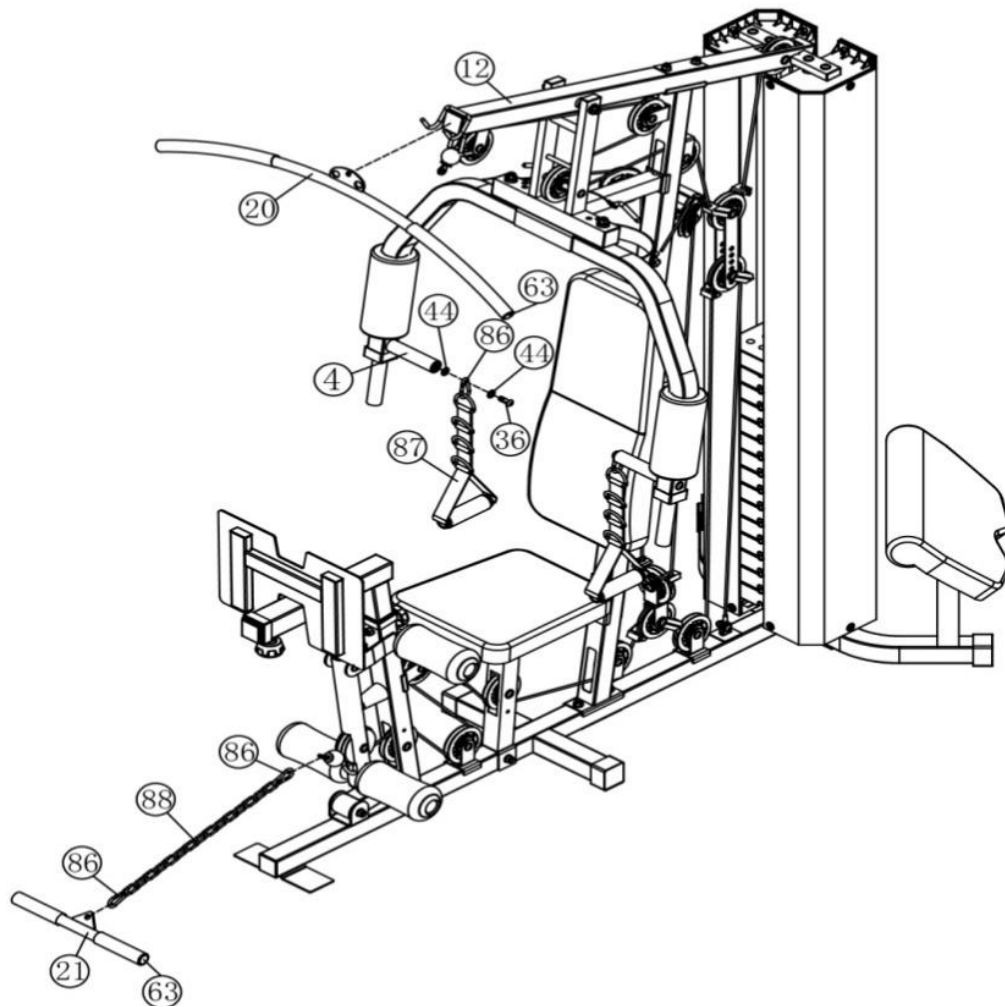
Attach the seat pad (98#) onto the adjustment support (9#) and secure them with 4pcs M8*18 Allen bolt (39#) and 4pcs ϕ 8 washer(43#).

Attach the backrest pad (97#) to the backrest pad support(18#) and secure them with 2pcs M8*40 Allen bolt(40#) and 2pcs ϕ 8 washer(43#).

Attach the arm curl pad(99#) to the arm curl pad support (14#) and secure them with 2pcs M8*18 Allen bolt(39#) and 2pcs ϕ 8 washer(43#).

Insert the 2pcs foam roll tube(103#) as the diagrams show. And then push 4pcs Foam roll(77#) and 4pcs End Caps(85#) from both ends.

Assembly instructions



Assembly instructions

Step 14

Attach the short bar(21#) to the end of the lower cable with the 1pc Chain (88#) and 2pcs Gourd hook (86#).

Attach the Gourd hook (86#) to the end of the handle as the diagram shows and secure it with M10X28 Allen bolt (36#) and 2pcs $\phi 10$ washer(44#).

Attach the lat bar as the diagram shows.

Note: $\Phi 25 \times 1.5$ End cap (63#) was fixed in the factory already.

Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
1#	Main Base frame	1	22#	Guide rod	2
2#	Rear stabilizer	1	23#	Pulley bracket	2
3#	Front Vertical Frame	1	24#	Bracket	3
4#	Handle	2	25#	Φ16X57XM10 SWIVEL AXLE	1
5#	Front support frame	1	26#	Φ16X158 XM10 SWIVEL AXLE	1
6#	Seat pad support	1	27#	M10X70 Carriage bolt	9
7#	Left butterfly frame	1	28#	M10X140 Allen bolt	1
8#	Right butterfly frame	1	29#	M10X90 Allen bolt	1
9#	Seat pad adjustment support	1	30#	M10X80 Allen bolt	1
10#	Leg press frame	1	31#	M10X65 Allen bolt	5
11#	Foot plate	1	32#	M10X60 Allen bolt	1
12#	Upper frame	1	33#	M10X50 Allen bolt	4
13#	Leg developer	1	34#	M10X50 Allen bolt	2
14#	Arm curl pad support	1	35#	M10X45 Allen bolt	9
15#	Front press base	1	36#	M10X28Allen bolt	3
16#	Cross double floating pulley bracket	1	37#	M10X25 Allen bolt	8
17#	Selector rod	1	38#	M10X16 Allen bolt	2
18#	Backrest pad support	1	39#	M8X18Allen bolt	6
19#	Swivel pulley bracket	2	40#	M8X40 Allen bolt	2
20#	Lat bar	1	41#	ST6*20 philips srew	12
21#	Short bar	1	42#	Φ6 washer	12

Exploded Parts List

43#	Φ8 washer	8	66#	□50X□45 Sleeve	3
44#	Φ10 washer	63	67#	□45XΦ26 Sleeve	2
45#	Big Φ10.5 washer	4	68#	□45X□38Sleeve	1
46#	M10 Aircraft nut	36	69#	Rubber bumper	1
47#	L-15 Bushing	6	70#	Rubber bumper	1
48#	L=13 Bushing	2	71#	Rubber bumper	1
49#	M6X16 Philips bolt	2	72#	Anti slip	1
50#	ST4.8X15 Philips Screw	4	73#	sticker	2
51#	L shape Pin	2	74#	Long rubber bumper	1
52#	bushing	4	75#	Φ24.5XΦ31X460 Handle grip	2
53#	bushing	2	76#	Φ24XΦ31X130 Handle grip	6
54#	bushing	2	77#	Φ22XΦ90X175 Form Roll	4
55#	bushing	2	78#	Butterfly Form Roll	2
56#	□50X1.5 End cap	3	79#	Φ97 pulley	18
57#	□45X2.0 End cap	2	80#	Cable retainer	8
58#	□45X1.5 End cap	5	81#	Cable retainer	8
59#	□38X1.5 End cap	3	82#	Rubber bumper	2
60#	20X50X1.5 End cap	4	83#	Φ53XM18XΦ10 Lock Knob	3
61#	20X40X1.5 End cap	8	84#	M10X65 Lock knob	1
62#	Φ50X1.5 End cap	2	85#	End cap	4
63#	Φ25X1.5 End cap	6	86#	7# Gourd hook	4
64#	Φ25X2.0 End cap	1	87#	Single strap	2
65#	□50 End cap	4	88#	15 joint Chain	1

89#	Weight plate select pin	1
90#	Ankle strap	1
91#	upper weight stack cover bracket	2
92#	bottom weight stack cover bracket	2
93#	Plastic bracket	4
94#	Upper cable	1
95#	Lower cable	1
96#	Butterfly cable	1
97#	Backrest pad	1
98#	Seat pad	1
99#	Arm curl pad	1
100#	Weight plate	14
101#	Weight stem	1
102#	Weight stack cover	2
103#	Foam roll tube	2
104#	U shape bracket	1
105#	Leg press adjustment	1



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