

TOORX
FITNESS IN MOTION

INSTRUCTION



MSX90 
m u l t i f u n c t i o n a l p o w e r



Cod : GRLDTOORXMSX90

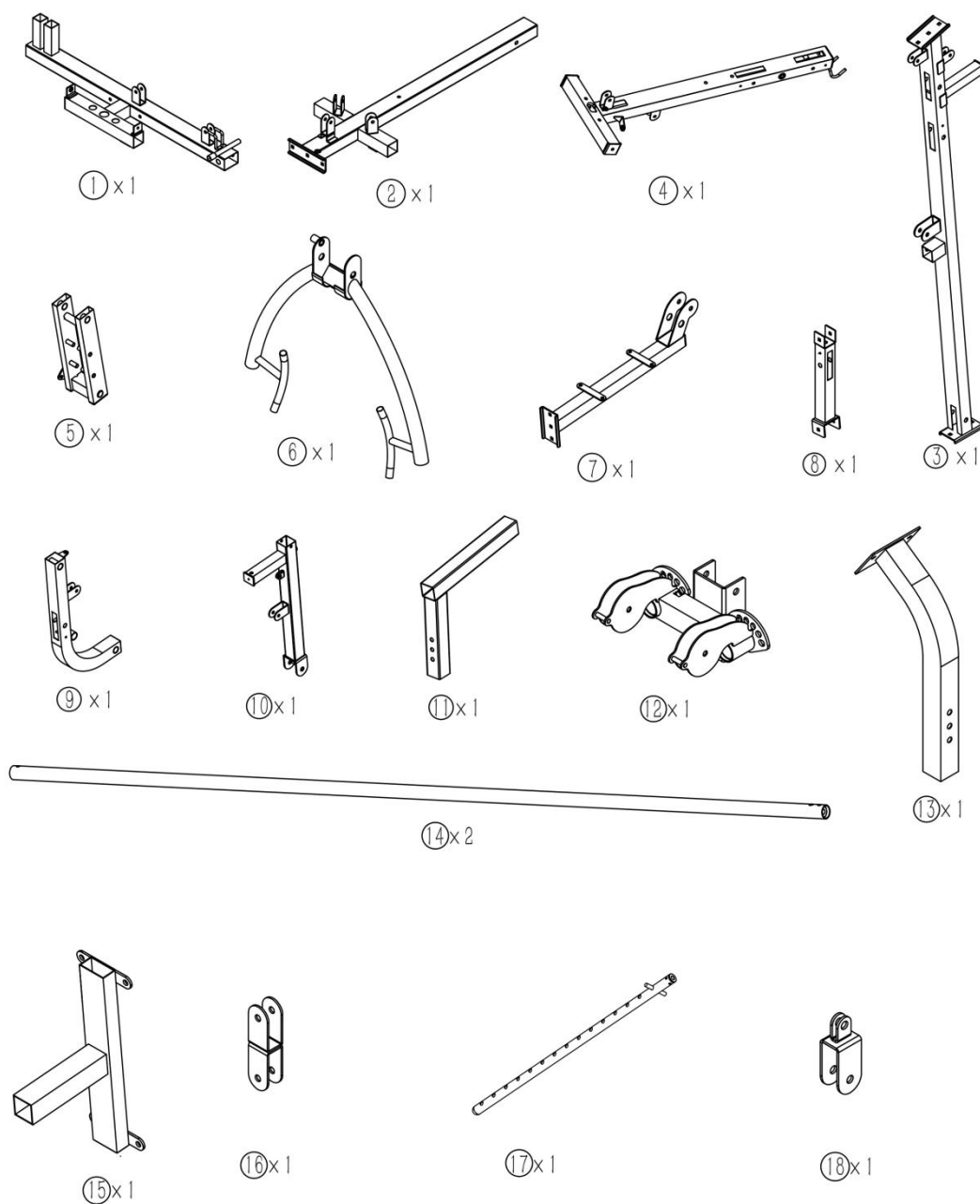
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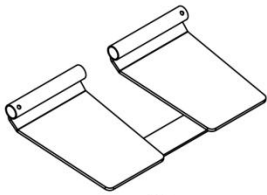
Ed : 09/18

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.





①9×1



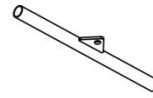
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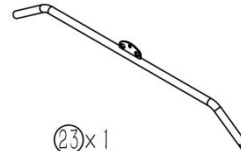
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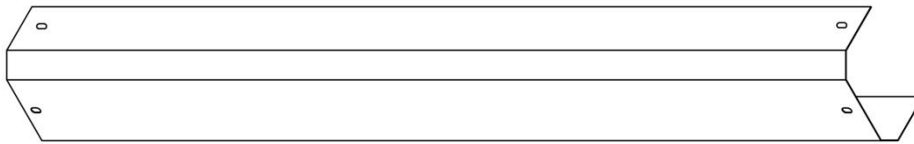
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②4×1



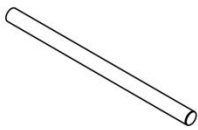
②3×1



②5×2



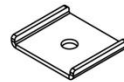
①12×2



②6×2



②7×2



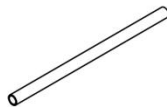
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②9×3



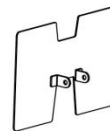
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③1×1



①09×1



①10×1



⑥1×2



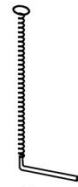
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⑥6×1



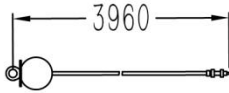
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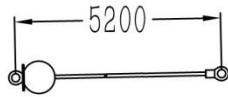
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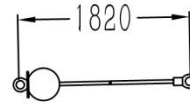
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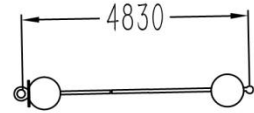
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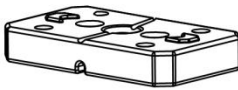
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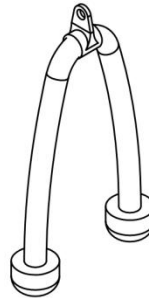
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⑩0×14



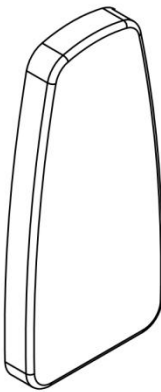
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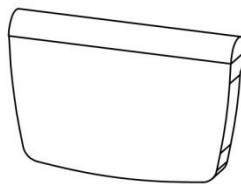
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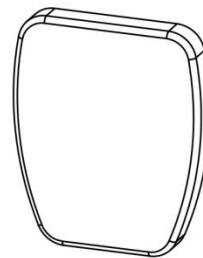
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⑩5×1



⑩6×1



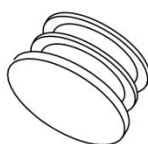
⑩7×1



③⑧×4



③⑨×10



⑤⑤×2



⑤⑥×6



⑤⑦×6



⑤⑧×4



⑤⑨×2



⑥①×2



⑦①×2



⑦②×1



⑦③×10



⑨②×26

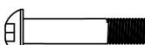
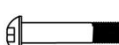
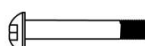
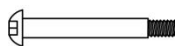


⑨③×4

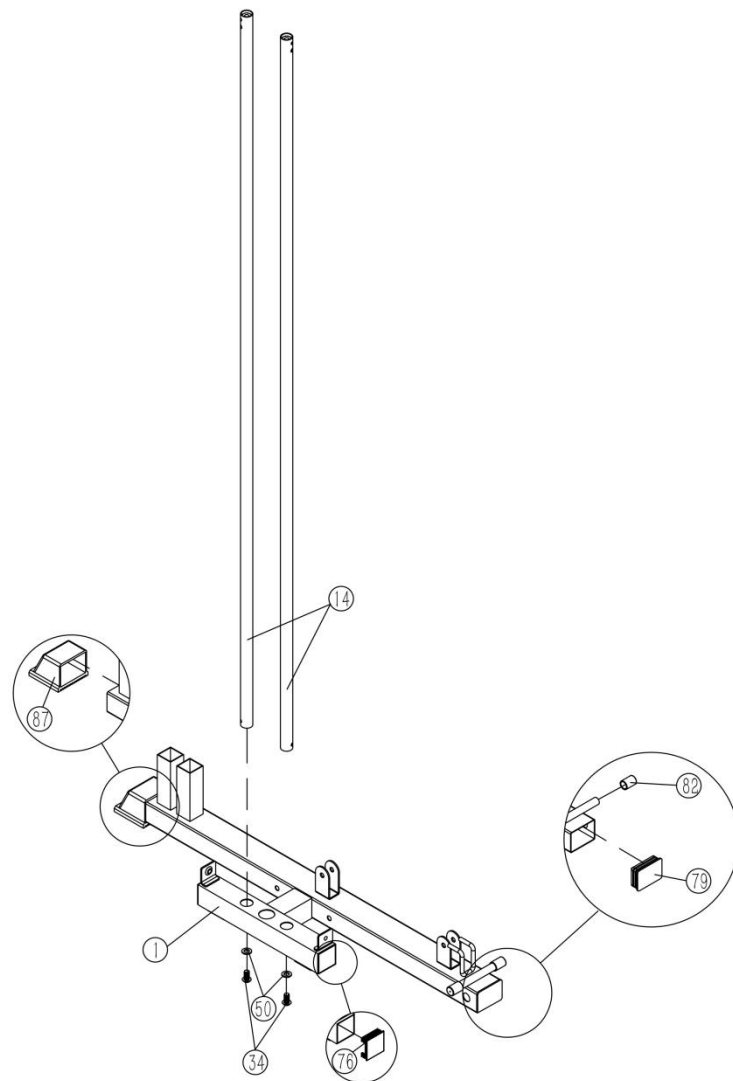
Components - Fixings

Please check you have all parts listed below

Note: The quantities below are the correct amount to complete the assembly. In some cases more hardware may be supplied than are required. Some of the fixings are pre-fitted to the larger components. Please check carefully before contacting us regarding any missing fixings.

32  M8X18 Allen bolt 10PCS	33  M10X16 Allen bolt 10PCS	34  M10X20 Allen bolt 4PCS
35  M10X30 Allen bolt 3PCS	36  M10X45 Allen bolt 15PCS	37  M10X50 Allen bolt 8PCS
40  M10X65 Allen bolt 2PCS	41  M10X85 Allen bolt 5PCS	42  M10X160 Allen bolt 2PCS
43  Φ 16x64xM10 SWIVEL AXLE 2PCS	44  M12X95 Hex bolt 2PCS	45  Φ 16x172xM10 SWIVEL AXLE 1PCS
46  Φ 16x198xM10 SWIVEL AXLE 1PCS	47  M10X90 Carriage bolt 3PCS	48  M10X70 Carriage bolt 7PCS
49  Φ 25x Φ 10.5x1.5 Washer 8PCS	50  Φ 10 Washer 80PCS	51  Φ 8 Washer 10PCS
52  Φ 12 Washer 4PCS	53  M10mm Aircraft Nut 54PCS	54  M12mm Aircraft Nut 2PCS
84  M6X16 Philips Screw 2PCS	108  M10X90 Allen bolt 1PCS	 Allen keys 5,6,mm

Assembly Instructions

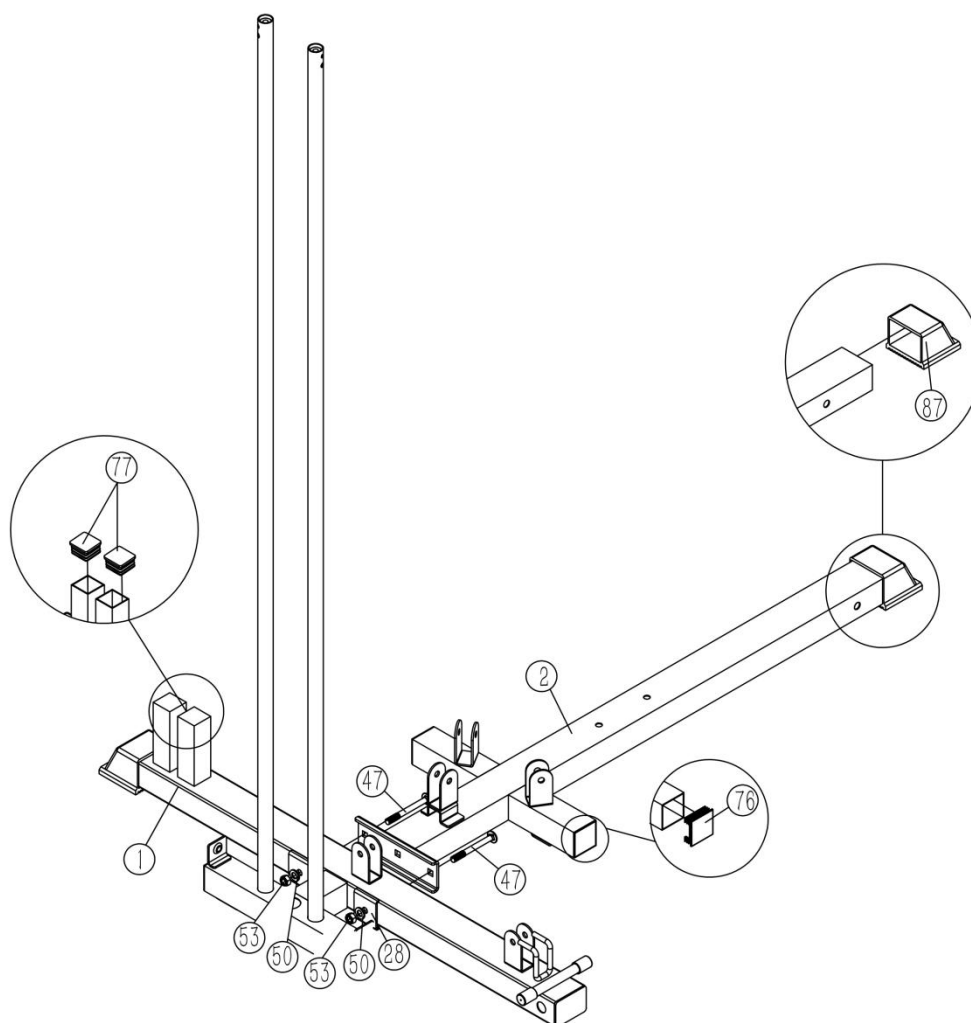


Step 1

Insert 2 pcs guide rods(14#) into the holes of the Rear Stabilizer(1#) separately and tighten them with 2 pcs M10*20 Allen Bolt(34#) and 2pcs ϕ 10 washers(50#).

Note:(76#)&(87#) &(79#) &(82#) were pre-fixed in the factory already.

Assembly Instructions

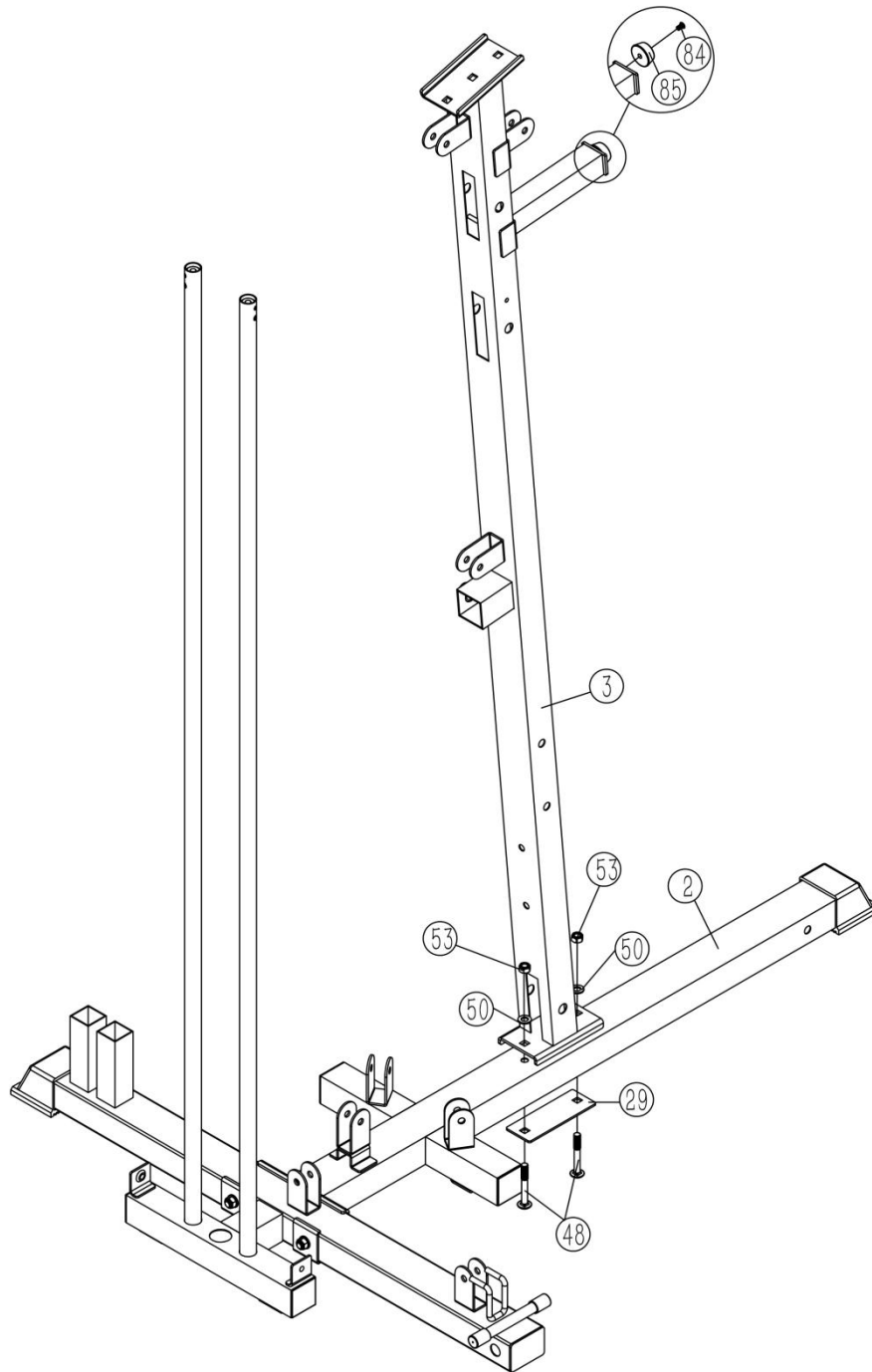


Step 2

Attach the main base frame(2#) to the rear stabilizer (1#) , Carefully align the holes and secure them with 2pcs M10*90 carriage bolt(47#),2pcs bracket (28#),2pcs ϕ 10 washers(50#) and 2pcs M10 Aircraft nuts(53#) .

Note:(76#)&(77#) &(87#) were pre-fixed in the factory already.

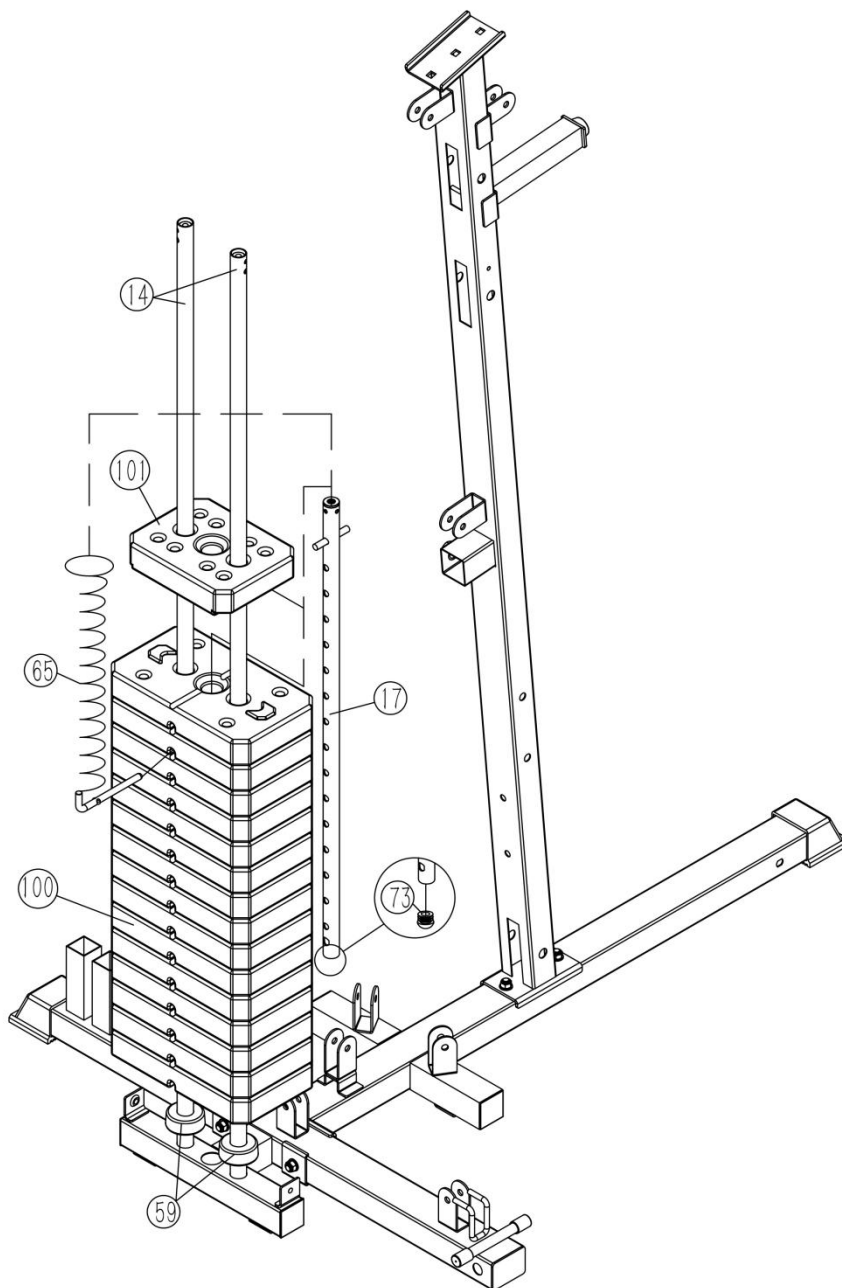
Assembly Instructions



Step 3

Attach the front vertical frame (3#) onto the main base frame (2#), carefully align the holes and tighten them together with 2pcs M10*70 carriage bolt (48#), 1 pc bracket (29#), 2pcs $\phi 10$ washers (50#) and 2pcs M10 Aircraft nuts (53#).

Assembly Instructions

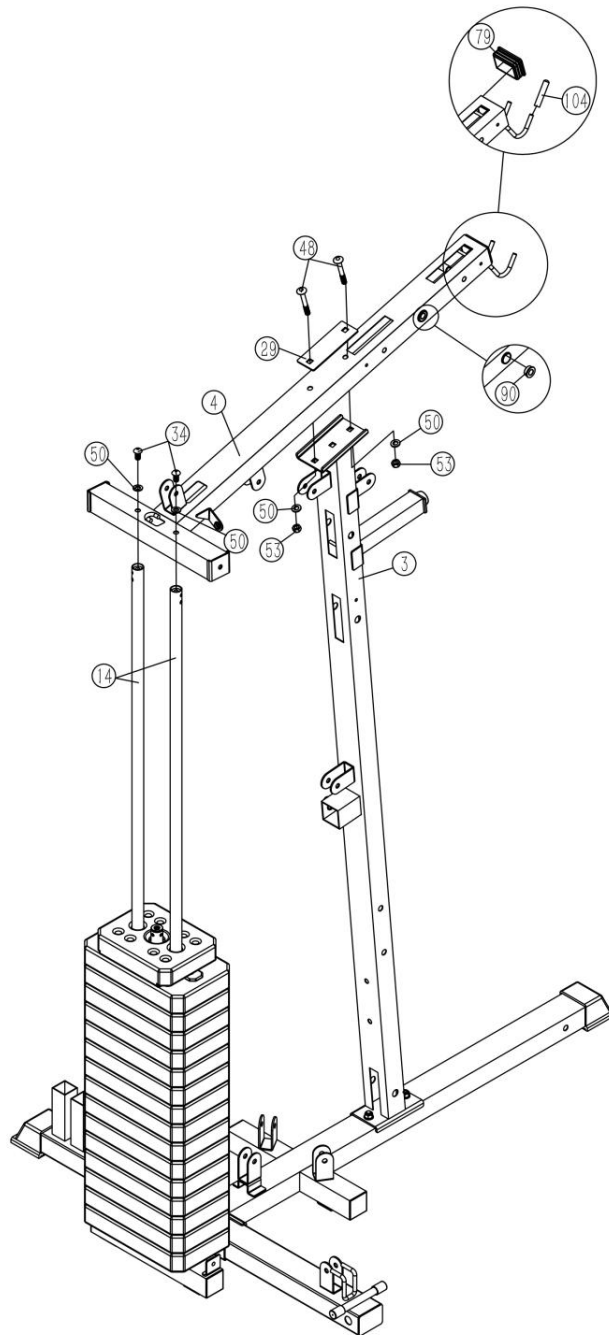


Step 4

Slide the 2pcs rubber bumper (59#) along the guide rods (14#) separately from the top to the bottom. Place 15pcs weight plate(100#) along the guide rods(14#) from the top to the bottom and Insert the Selector Rod(17#) into the center hole of the weight plates(#100).And then put the weight stem (101#) with the same way,Select the desired weight with the lock pin(65#) when exercising.

Note: End cap (73#)was pre-fixed in the factory already.

Assembly Instructions



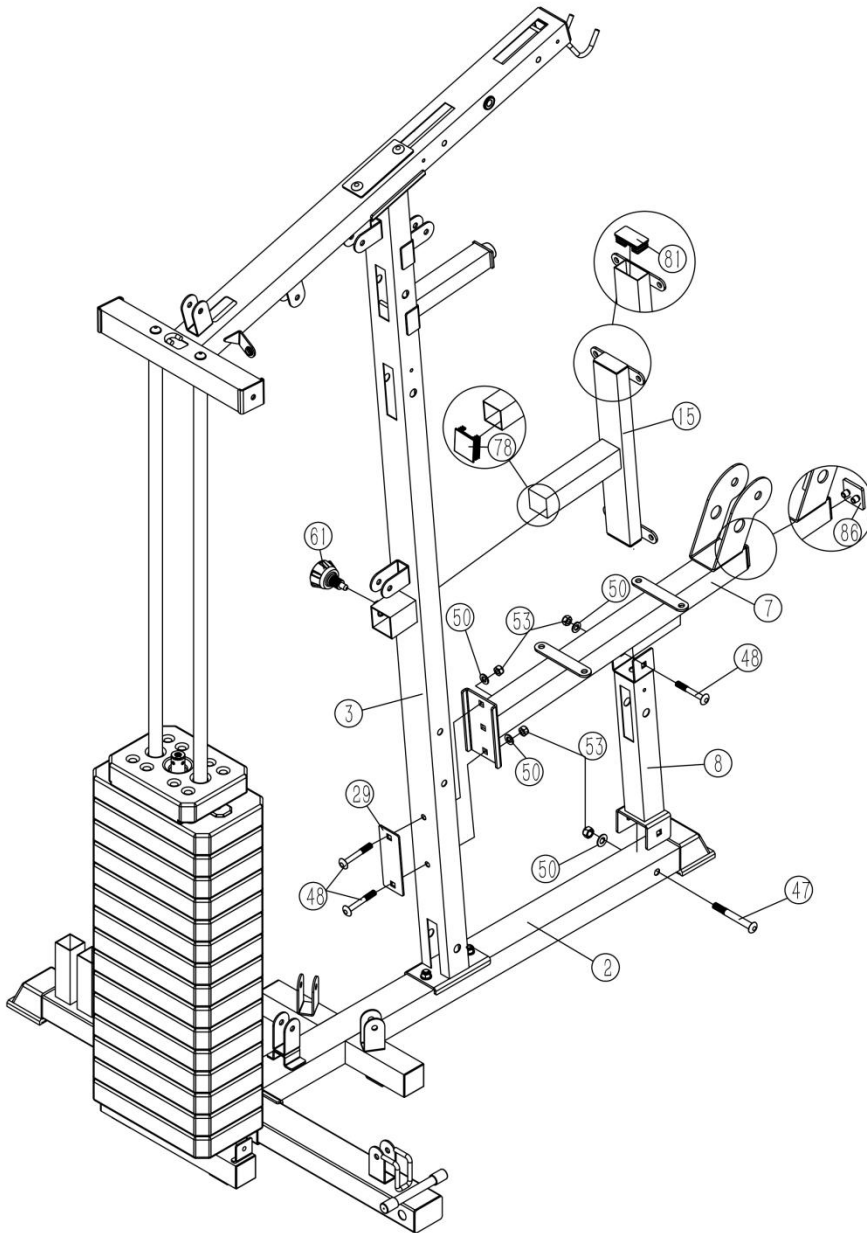
Step 5

A. Attach the end of the Upper Frame(4#) onto the Guide Rod(14#), Align the holes and secure them with 2pcs M10*20 allen bolt(34#),2pcs ϕ 10 washers(50#) .

B. Attach upper Frame(4#) onto the front vertical Frame(3#) and secure them with 2pcs M10*70 carriage bolt(48#),1 pc bracket(#29),2pcs ϕ 10 washers(50#) and 2pcs M10 Aircraft nuts(53#) .

Note: (76#)&(79#)&(90#)&(104#) were pre-fixed in the factory already.

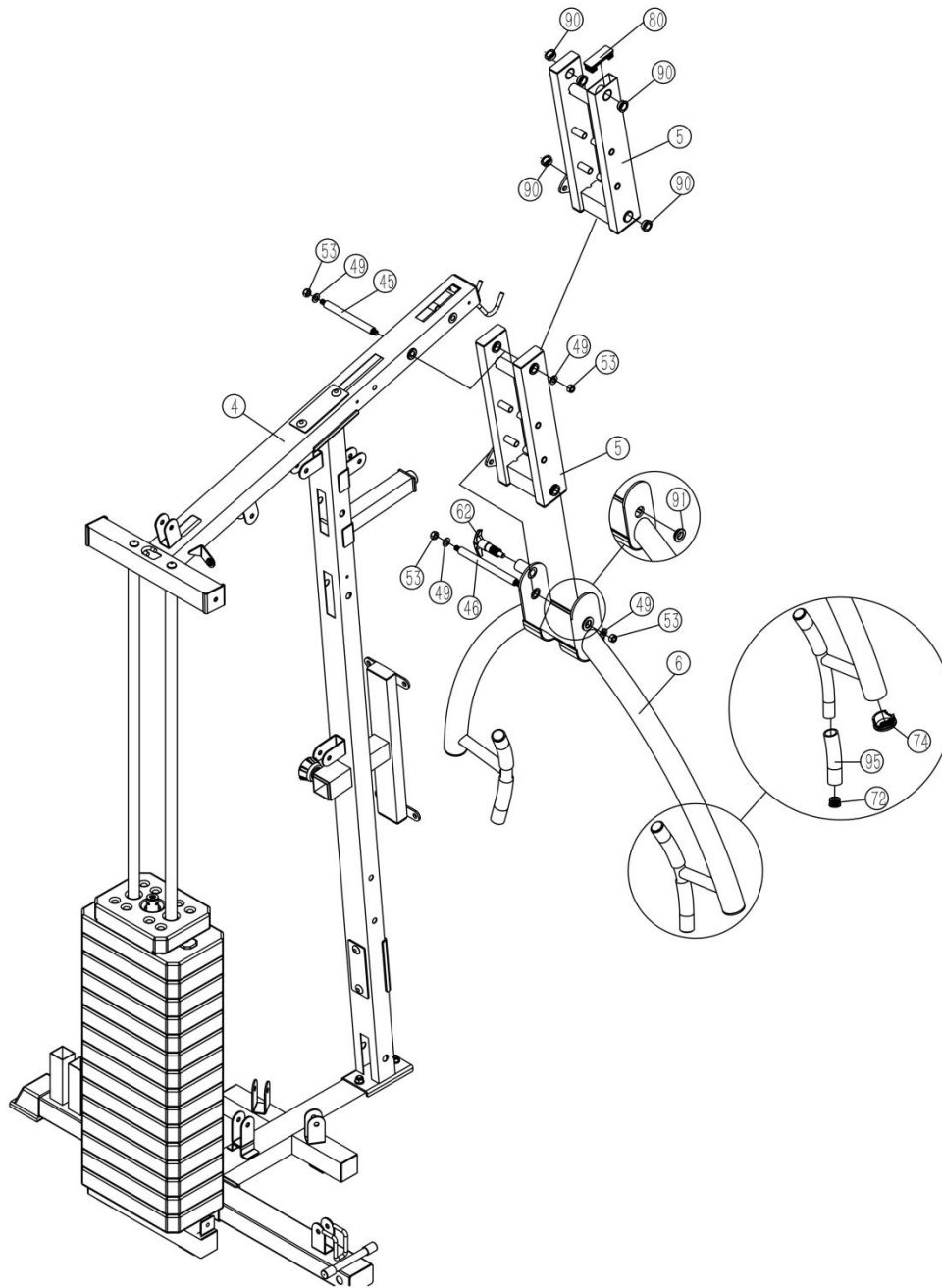
Assembly Instructions



Step 6

- A. Attach the seat pad support frame (7#) to the front vertical frame(3#),Secure them together with 2pcs M10*70 carriage bolt(48#),1pc bracket(29#) ,2pcs ϕ 10 washers(50#) and 2pcs M10 lock nuts(53#) .
- B. Attach the front short support (8#)onto the main base frame(2#),Secure them together with 1pcs M10*90 carriage bolt(47#),1pcs ϕ 10 washers(50#) and 1pcs M10 lock nuts(53#) ,Attach the front short support (8#)with the seat pad support frame(7#) together,Secure them with 1pcs M10*70 carriage bolt(48#),1pcs ϕ 10 washers(50#) and 1pcs M10 lock nuts(53#)
- C. Insert the backrest support frame(#15) to the opening of the front vertical frame(#3) and select the desired position with M18 lock knob (#61) when exercising.

Assembly Instructions

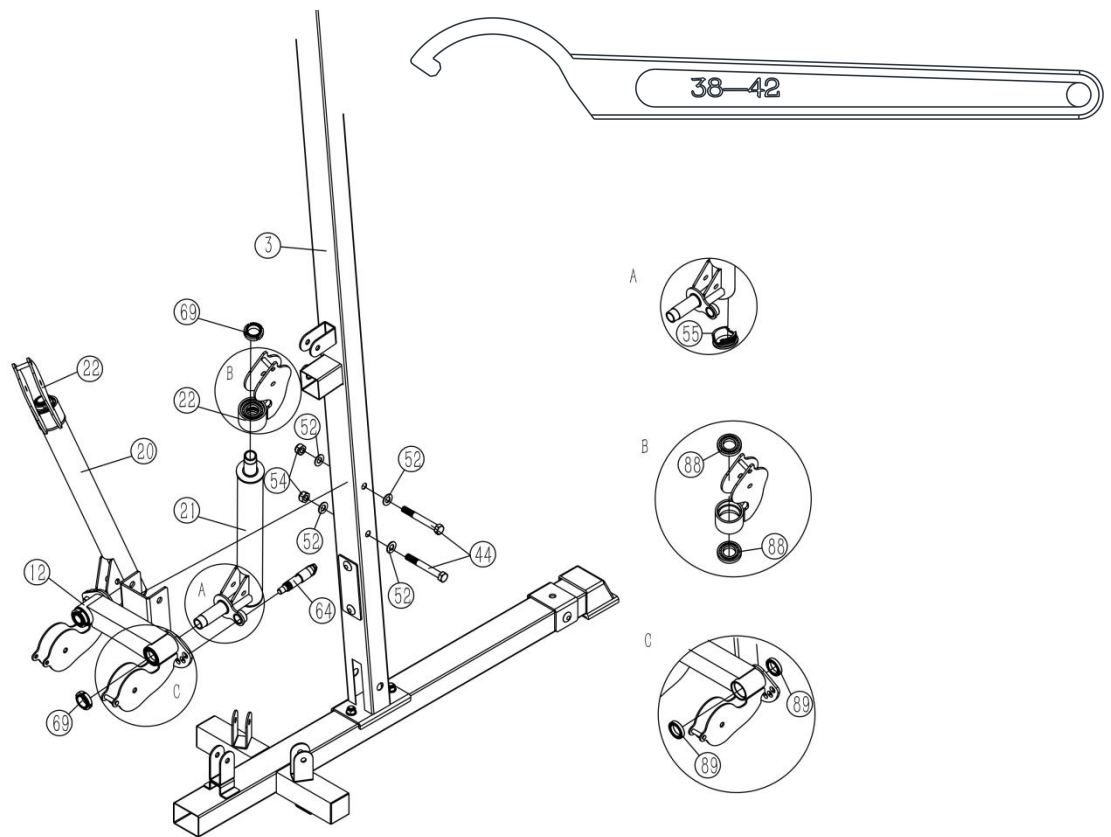


Step 7

- A.** Attach the front press base frame(5#) to the upper frame (4#) and secure them together with 1pcs axle(45#),2pcs ϕ 10 washers (49#) and 2pcs M10 Aircraft nuts(53#) .
- B.** Attach butterfly frame(6#) to the front press base (5#) and secure them together with 1pc Axle (46#),2pcs ϕ 10 washers(49#) and 2pcs M10 Aircraft nuts(53#) .

Note: (#72)(#74)(#80)(#90)(#91)(#95) were pre-fixed in the factory already.

Assembly Instructions



Step 8

A. Attach the bracket frame(12#) to the vertical frame (3#) and secure them together with 2pcs M12*95 mm hex bolt (44#), 4pcs ϕ 12 washer(52#) and 2pcs M12 Aircraft nuts(54#) .

B. Attach the Left frame(20#) & right frame(21#) to the bracket (12#) separately, and fix them with 2pcs M24*1.5 aircraft circle bolt(69#), then tighten with a round nut hook wrench as the above diagram shows. (Factory provide the wrench).

C. Select the designed Left frame(20#) & right frame(21#) position with the 2pcs T shape pin (64#).

Note: (#55)&(#88)&(#89) were pre-fixed in the factory already.

This diagram illustrates the assembly of a mechanical device, likely a pump or a similar fluid-handling unit. The main assembly is shown in a perspective view, with various components labeled with numbers. The assembly includes a base frame, a vertical column, a horizontal arm, and a complex linkage mechanism. Key components include:

- Base Frame:** Labeled with 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.
- Vertical Column:** Labeled with 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.
- Horizontal Arm:** Labeled with 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.
- Linkage Mechanism:** Labeled with 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

The diagram includes several callouts (A, B, C, D, E, F) indicating specific assembly steps or sub-assemblies:

- Callout A:** Shows the assembly of a small component (85) onto a larger part (83).
- Callout B:** Shows the assembly of a small component (86) onto a larger part (84).
- Callout C:** Shows the assembly of a small component (113) onto a larger part (90).
- Callout D:** Shows the assembly of a small component (113) onto a larger part (90).
- Callout E:** Shows the assembly of a small component (11) onto a larger part (11).
- Callout F:** Shows the assembly of a small component (78) onto a larger part (78).

Step 9

A. Attach the leg developer holder (9#) to the seat pad support frame(7#) and secure them with 1pc axle (43#), 2pcs washer (#49) , 2pcs M10 aircraft nut(53#).

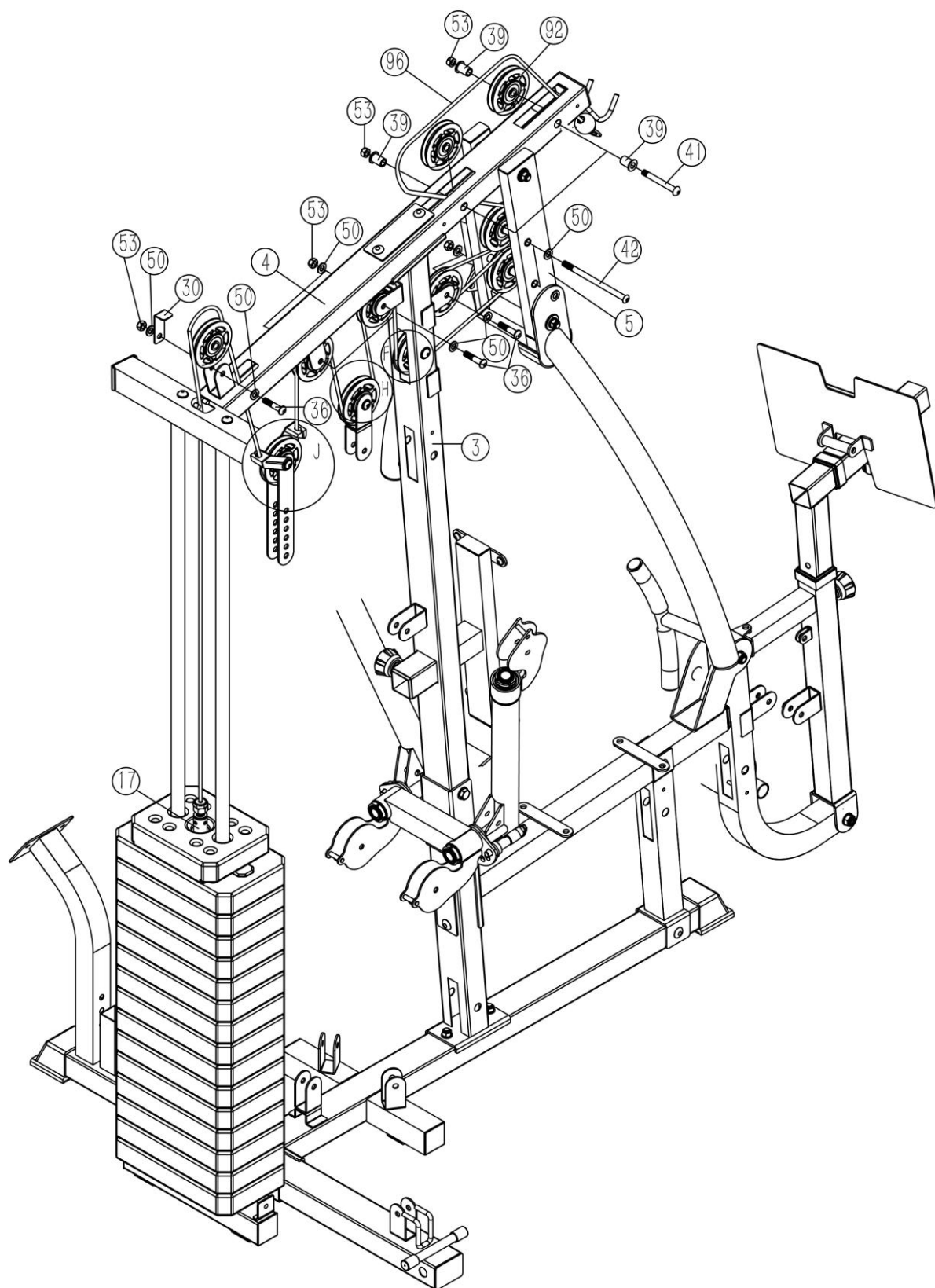
B. Attach leg press support(10#) onto the leg develop holder(9#) and secure them together with 1pc axle (43#), 2pcs washer (#49) , 2pcs M10 aircraft nut(53#). Insert the L shape pin(#63) to keep it safe when not use.

C. Insert the foot plate support (#11) into the opening of the leg press support (#10) and select the desired height with the lock pin (#61)。

D. Insert the arm curl pad support (13#) into rear stabilizer(#1) as the diagram shows.

Note: (#75)&(#76)&(#78)&(#83)&(#84)&(#85)&(#90) were pre-fixed in the factory already.

Assembly Instructions



Step 10

A. Attach the upper cable (96#) through the opening of the upper frame, Make sure the ball stopper should be underneath the upper frame. Place 1pc pulley (92#) under the cable, and secure the pulley with 1pc Allen bolt M10*85 (41#), 2pcs bushing(39#) and M10 Aircraft nut (53#).

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

C. Draw the cable around the pulley and forwards, fix the 3rd pulley with the same way with the 1pc (42#) and 2pcs $\phi 10$ washer(50#) and M10 Aircraft nut (53#).

D. Draw the cable around and backwards, place the 4th pulley and secure it with M10*50 Allen bolt (36#), 2pcs $\phi 10$ washer(50#) and M10 Aircraft nut (53#).

E. Draw the cable around and forwards, Place the 5th pulley and secure it with the same way in C.

F. Draw the cable around and backwards, place the 6th pulley onto the cable and secure the pulley with the same way in A.

G. Draw the cable around the pulley and upwards, Place the 7th pulley below the cable and secure the pulley in D.

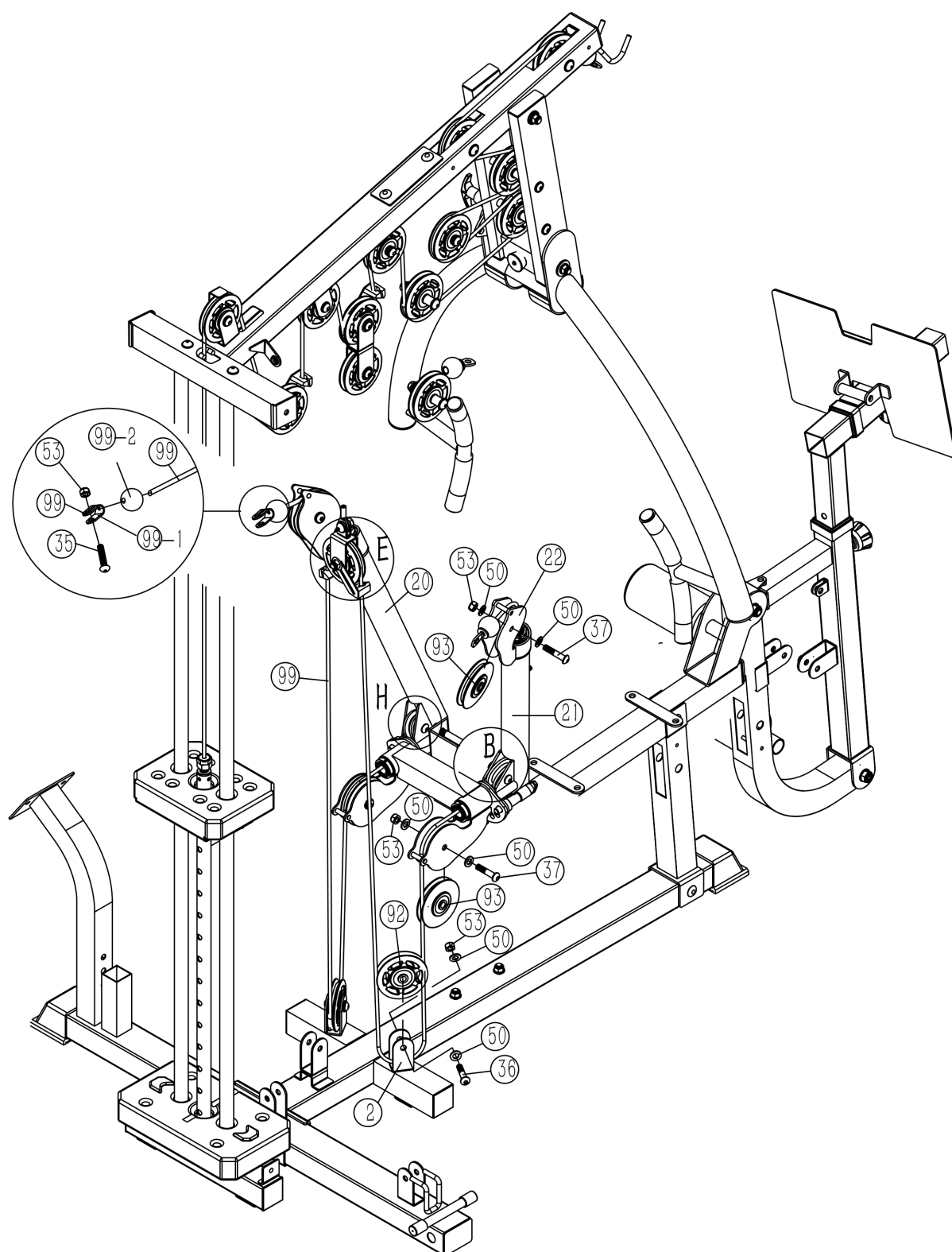
H. Draw the cable around the pulley and around downwards, Place the 8th pulley onto the cable. Secure the pulley with the cross-double floating bracket with the same way in D.

I. Draw the cable around the pulley and forwards, Place the 9th pulley below the cable, and secure the pulley with the D.

J. Draw the cable around the pulley and downwards, Place the 10th pulley onto the cable and secure it with the double floating bracket (#) and 2pcs pulley cover(#).

K. Draw the cable around the pulley and through the opening of the upper frame. Secure the 11th pulley with the 1pc M10*45 Allen bolt (36#), 1pc cable retainer(30#), 2pcs bushing(50#) and 1 pc M10 Aircraft nut (53#).

Assembly Instructions



Step 11

A. Draw the pectoral cable(99#) through the open and place the 1st pulley below the cable, Secure the pulley with M10*50 Allen bolt (37#), 2pcs ϕ 10 washer (50#) and 1 pc M10 Aircraft nut (53#).

B. Draw the pectoral cable through the tube and place the 2nd pulley onto the cable. Secure the pulley with 1pc M10*45 Allen bolt(36#), 2pc ϕ 10 washer (50#) and 1 pc M10 Aircraft nut (53#).

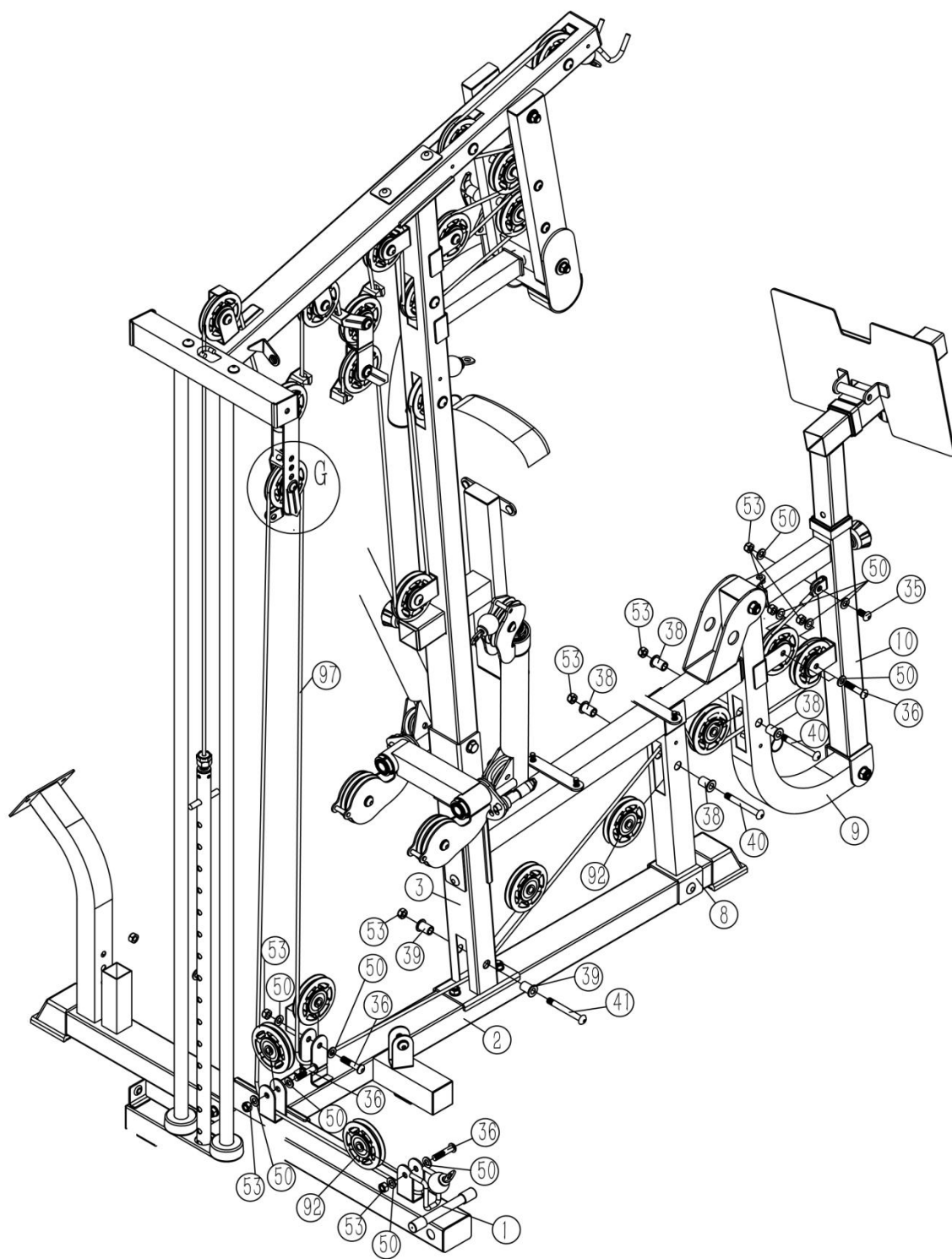
C. Draw the pectoral cable through the open and place the 3rd pulley below the cable , Secure the pulley with the 1pc M10*50 Allen bolt (37#), ϕ 10 washer (50#) and 1 pc M10 Aircraft nut (53#).

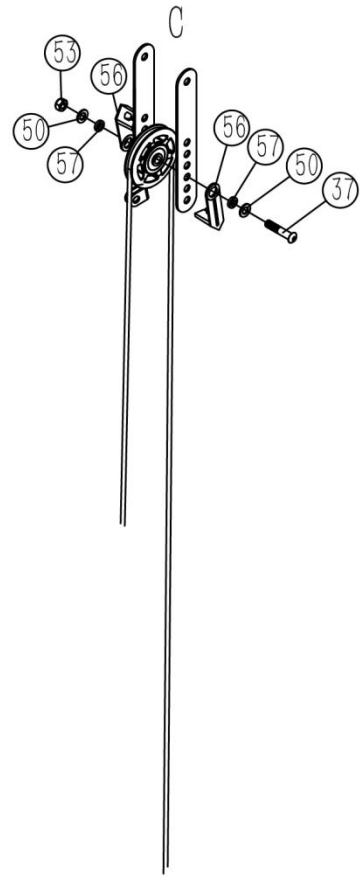
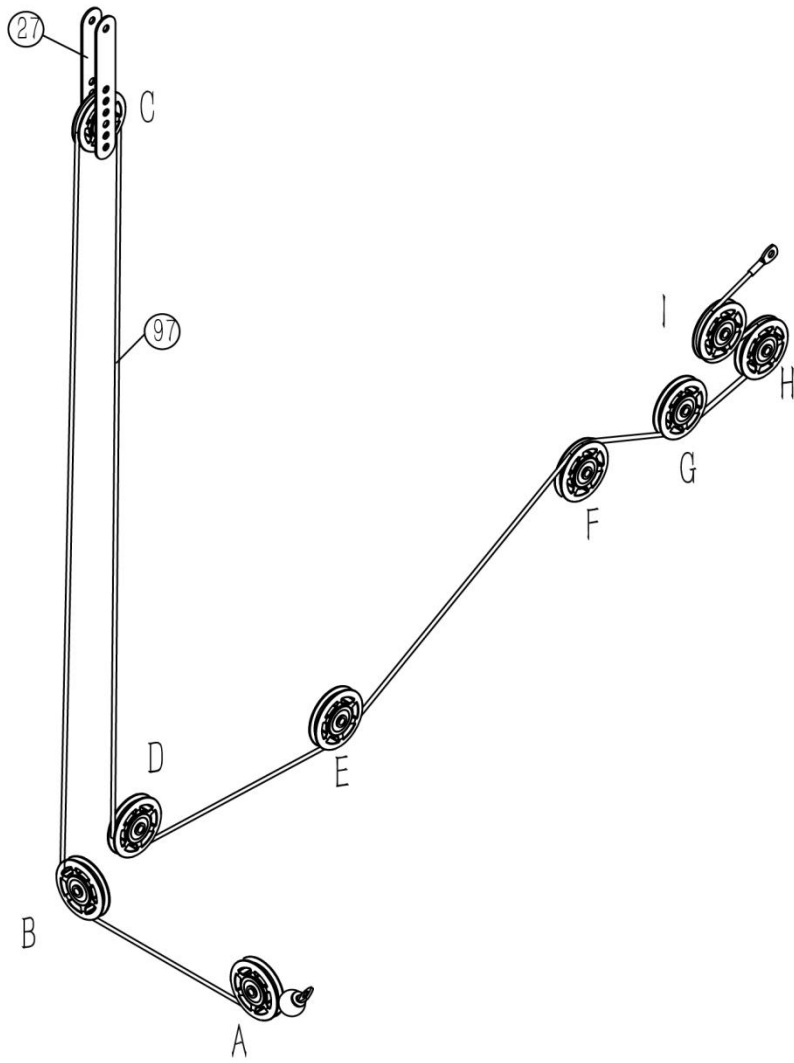
D. Draw the cable around the pulley and downwards, Place the 4th pulley onto the cable and secure it with 1pc M10*45 Allen bolt(36#), ϕ 10 washer (50#) and 1 pc M10 Aircraft nut (53#).

E. Draw the cable around the pulley and upwards, Place the 5th pulley below the cable. Secure it with the pulley bracket(18#) , 2pcs bushing (57#), 2pcs pulley cover (56#), 2pcs ϕ 10 washer (50#), 1pc M10*50 Allen bolt(37#) and 1 pc M10 Aircraft nut (53#).

F. Draw the cable around the pulley and downwards. And repeat the E,D,C ,B,A, Fix the end of the pectoral cable with the ball stopper , 1pc buckle, and 1pc M10*30 Allen bolt (35#) and M10 Aircraft nut (53#).

Assembly Instructions





A. Attach the low cable (97#) through the bracket and place the 1st pulley onto the cable, Secure the pulley with the 1pc M10*45 Allen bolt (36#), 2pcs ϕ 10 washer (50#) and 1 pc M10 Aircraft nut (53#).

B. Draw the cable backwards and place the 2nd pulley onto the cable. Secure it with the same way in A.

C. Draw the cable around the pulley and upwards. Place the 3rd pulley below the cable and secure it with the double floating pulley bracket, 2pcs pulley cover (56#), 2pcs bushing (57#), 2pcs ϕ 10 washer (50#), 1pc M10*50 Allen bolt (37#) and 1 pc M10 Aircraft nut (53#).

D. Draw the cable around the pulley and downwards. Place the 4th pulley onto the cable, secure it with the same way in A.

E. Draw the cable backwards and place the 5th pulley onto the cable, Secure the pulley with the 1pc Allen bolt M10*85 (41#), 2pc bushing (39#) and 1pc M10 Aircraft nut (53#).

F. Draw the cable backwards and place the 6th pulley below the cable. Secure the pulley with 1pc M10x65 Allen bolt (40#), 2pcs bushing (38#) and 1pc M10 Aircraft nut (53#).

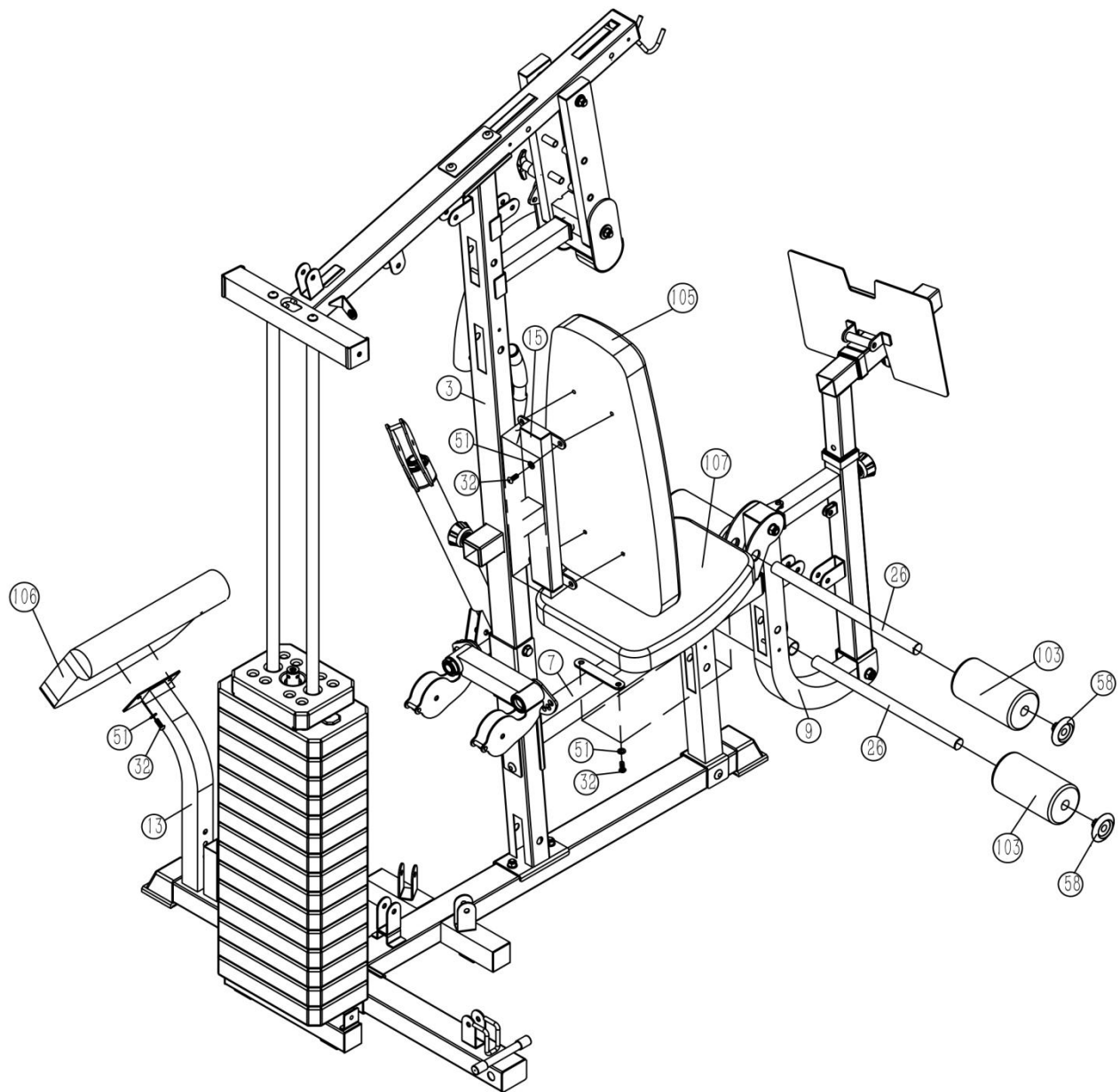
G. Draw the cable backwards and place the 7th pulley onto the cable, Secure the pulley with the same way in F.

H. Draw the cable backwards and place the 8th pulley onto the cable, Secure the pulley with the same way in A.

I. Draw the cable around the pulley and forwards, Place the 9th pulley onto the cable, Secure the pulley with the same way in A.

J. Draw the cable around the pulley and backwards and secure the end of the low cable to the bracket as the diagram shows with the 1pc M10*30 allen bolt (35#), 2pcs ϕ 10 washer (50#), 1pc M10 Aircraft nut (53#).

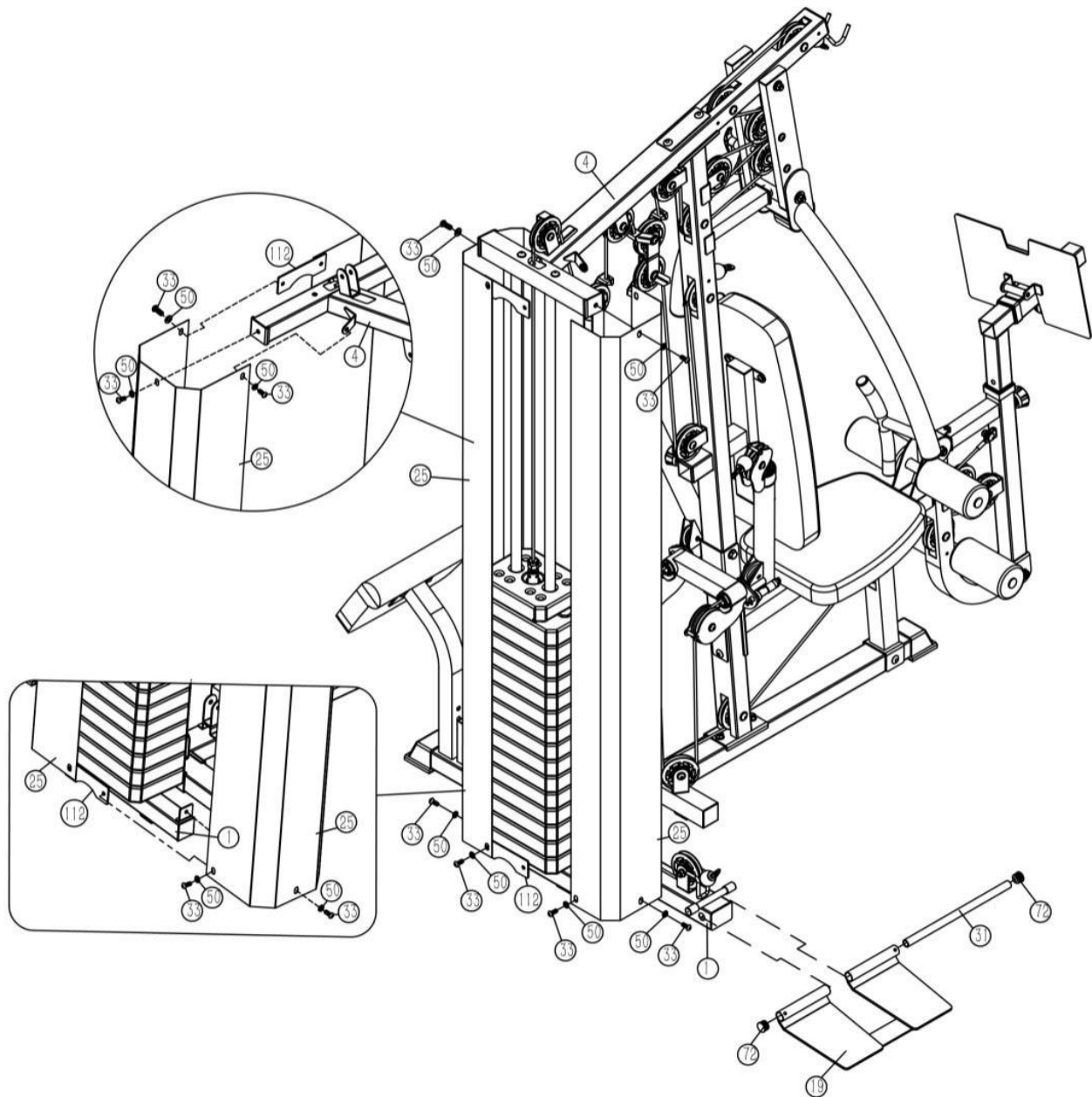
Assembly Instructions



Step 14

- A. Attach the arm curl pad (#106) onto arm curl pad support (#13) and secure it with 2PC M8×18mm Allen bolt (32#), 2PCφ8 washer(#51) .
- B. Attach the backrest pad (#105) onto backrest pad support (#15) with 4PC M8×18mm Allen bolt (32#), 4PCφ8 washer(#51) .
- C. Attach the seat pad (#107) onto seat pad support(#7) with 2PC M8×18mm Allen bolt (32#), 2PCφ8 washer(#51) .
- D. Insert 2pcs foam roller tube(#26) into leg develop holder(#9),attach 4pcs foam roller(#103) from the two ends.attach 4pcs end cap(#58) from two sides again.

Assembly Instructions



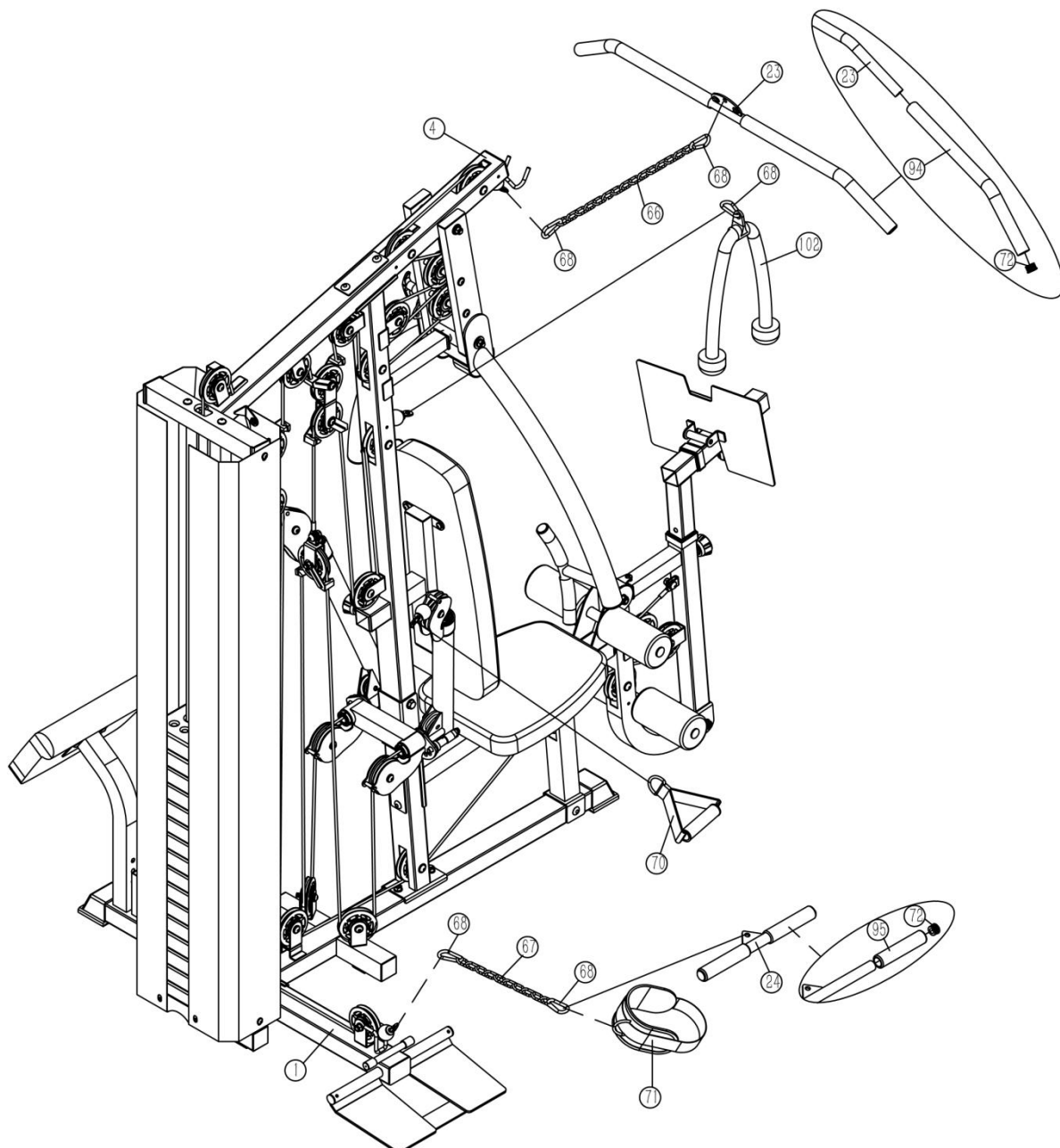
Step 15

Attach the 2pcs weight stack cover(25#) onto the rear stabilizer, secure the weight stack cover with 4pcs M10*16 allen bolt (33#), 4pcs $\phi 10$ washer (50#). (Two or many persons needed to finish this step assembly).

Use 2 pcs bracket (112#) to connect the two weight stack cover with the 4pcs M10*16 Allen bolt (33#) and 4pcs $\phi 10$ washer(50#).

Attach the foot plate tube(31#) into the hole to keep the plate foot with the rear stabilizer together. And then add the 2pcs end cap (#72).

Assembly Instructions



Step 16

Important: Study and follow the diagram carefully.

A Attach the pull bar(24#) to the the pull bar cable (97#) with 1pcs 10-Joint Chain(67#) and 2pcs gourd hook(68#).

B.Attach the lat bar(23#) to the upper cable(96#) with 1pcs 15-Joint Chain(66#) and 2pc gourd hook(#68).

C.Attach the abdominal rope(102#) to cable(#) with the
Note:

1) #24 was pre-fixed in the factory already.

Parts List

Part #	Description	QTY	Part #	Description	QTY
1	Rear stabilizer	1	46	φ16*198*M10 Axle	1
2	Main base frame	1	47	M10*90 Carriage bolt	3
3	Front vertical frame	1	48	M10*70 Carriage bolt	7
4	Upper frame	1	49	φ25*10.5*1.5 washer	8
5	front press base frame	1	50	φ10 washer	80
6	Butterfly frame	1	51	φ8 washer	10
7	Seat pad support frame	1	52	φ12 washer	4
8	Front support	1	53	M10 Flat washer	54
9	Leg developer holder	1	54	M12 aircraft nut	2
10	leg press support	1	55	φ50*2.0 end cap	2
11	foot plate support	1	56	Pulley coverf	6
12	bracket	1	57	bushing	6
13	arm curl pad support	1	58	φ25*1.2 foam roller cap	4
14	Guide rod	2	59	Rubber bumper	2
15	backrest support frame	1	60	φ58 Pulley	2
16	Cross double floating pulley bracket	1	61	M18 lock knob	2
17	Select rod	1	62	Quick release lock pin	1
18	Pulley bracket	1	63	L-shape pin	1
19	Foot plate	1	64	T-shape pin	2
20	Left frame	1	65	Weight plate select pin	1
21	Right frame	1	66	15-joint Chain	1
22	Swivel bracket	2	67	10-joint Chain	1
23	Lat bar	1	68	Gourd hook	7
24	Pull bar	1	69	M24*1.5 aircraft circle bolt	4
25	Weight stack cover	2	70	Single strap	2
26	Foam roller tube	2	71	Ankle strape	1
27	Double floating pulley bracket	2	72	φ25*1.5 end cap	10
28	bracket	2	73	φ25*2.0 end cap	1
29	Long bracket	3	74	φ50*1.5 end cap	2
30	L -shape cable retainer	1	75	φ45*2.0 end cap	2
31	Foot plate tube	1	76	□ 50×1.5 End cap	6
32	M8*18 Allen bolt	10	77	□ 38×1.5 End cap	2
33	M10*16 Allen bolt	10	78	□ 45×1.5 End cap	2
34	M10*20 Allen bolt	4	79	50*70*1.5 End cap	2
35	M10*30 Allen bolt	3	80	25*70*1.5 End cap	4
36	M10*45 Allen bolt	15	81	30*60*1.5 End cap	2
37	M10*50 Allen bolt	8	82	sleeve	2
38	Pulley bushing L=15	4	83	□ 50×□ 45 sleeve	3
39	Pulley bushing L=25.5	10	84	M6*16 philips screw	2
40	M10*65 Allen bolt	2	85	Rubber bumper	2
41	M10*85 Allen bolt	5	86	Rubber bumper	1
42	M10*160 Allen bolt	2	87	50*70 foot	2
43	φ16*64*M10*2 axle	2	88	Bearing	4
44	M12*95 hex bolt	2	89	bushing	4
45	φ16*172*M10 Axle	1	90	Bushing	12

Part #	Description	QTY	Part #	Description	QTY
91	φ31*25.7*8 bushing	2			
92	φ97 Pulley	26			
93	φ90*10*26 Pulley	4			
94	φ24.5*31*500 handle grip	2			
95	φ24*31*120 handle grip	6			
96	Upper cable 3960mm	1			
97	Lower cable 5200mm	1			
98	Shoulder pull cable1880mm	1			
99	Pectoral cable 4830mm	1			
100	weight plate/15lbs	14			
101	10lbs weight stem	1			
102	Abdominal strap	1			
103	Foam roller group	4			
104	φ8*70 handle grip	2			
105	Backrest pad	1			
106	Arm curl pad	1			
107	Seat pad	1			
108	M10*90 Allen bolt	1			
109	Leg press adjustment frame	1			
110	Pedal plate	1			
111	20*40*1.5 End cap	4			
112	Weight stack cover bracket	2			
113	□ 50*2.0 end cap	2			



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