

TCORX
FITNESS IN MOTION

INSTRUCTION

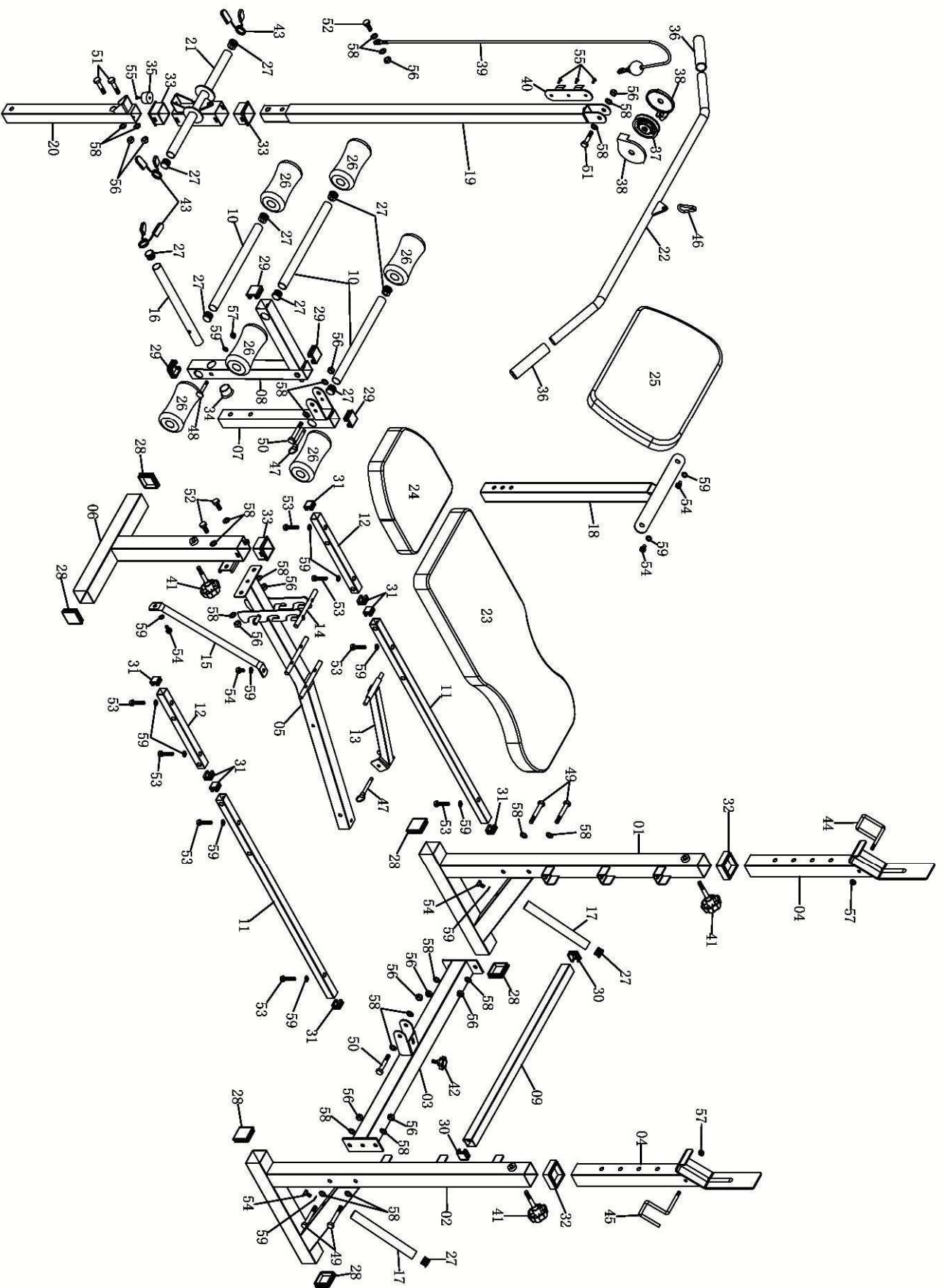


WBX60



PARTS LISTING

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Left upright	1	31	Square End Cap (□25)	8
2	Right upright	1	32	Sleeve (□50V□45)	2
3	Cross Bar	1	33	Sleeve (□50V□38)	3
4	Adjustment Upright	2	34	Bumper (Φ25)	1
5	Main Frame	1	35	Bumper	1
6	Front Upright	1	36	Handle Grip	2
7	Leg Extension Support	1	37	Pulley	1
8	Leg Extension	1	38	Pulley Cover	2
9	Adjustment Tube	1	39	Lat Tower Cable	1
10	Foam Roller Rod	3	40	Lat Tower Bracket	1
11	Backrest Tube	2	41	Knob Bolt (M10*55)	3
12	Seat Tube	2	42	Knob Bolt (M8*20)	1
13	Backrest Adjustment Bar	1	43	Spring Collar (Φ25)	3
14	Seat Adjustment Bar	1	44	Right Safety Hook	1
15	Stabilizer Bracket	1	45	Left Safety Hook	1
16	Leg Extension Weight Rod	1	46	Hook	1
17	Upright Weight Rod	2	47	Locking Pin	2
18	Arm Curl Tube	1	48	Carriage Bolt (M8*50)	1
19	Lat Tower Tube Upper	1	49	Hex Bolt (M10*70)	4
20	Lat Tower Tube Lower	1	50	Hex Bolt (M10*60)	2
21	Glide Carriage	1	51	Hex Bolt (M10*45)	3
22	Lat Tower Handle Bar	1	52	Hex Bolt (M10*20)	3
23	Backrest	1	53	Hex Bolt (M8*40)	8
24	Seat	1	54	Hex Bolt (M8*15)	6
25	Arm Curl	1	55	Screw (M5*10)	4
26	Foam Roller	6	56	Nylon Nut (M10)	12
27	Round End Cap (Φ25)	11	57	Nylon Nut (M8)	3
28	Square End Cap (□50)	6	58	Flat Washer (M10)	22
29	Square End Cap (□38)	4	59	Flat Washer (M8)	15
30	Square End Cap (□30)	2			



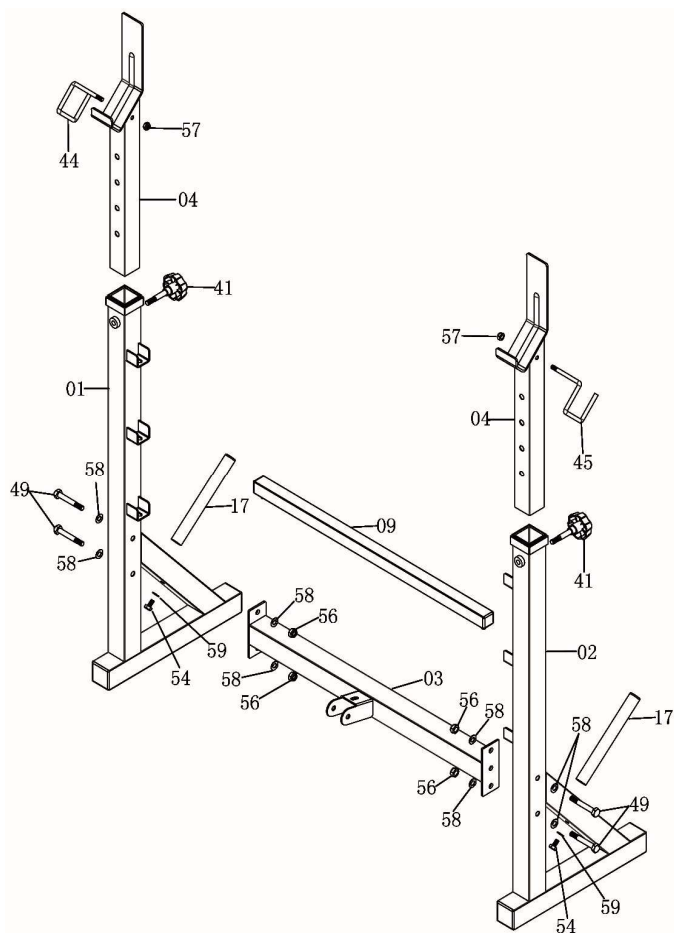
STEP1

Attach both Left/Right Uprights (01 & 02) to the Cross Bar (03) using four Hex Bolts (49), eight Flat Washers (58) and four Nylon Lock Nuts (56).

Insert Adjustment Upright (04) to each Uprights (01 & 02) with Knob Bolt (41). Attach the Safety Hook (44 & 45) to the both Adjustment Uprights (04) as illustration. Using two Nylon Nuts (57).

Attach the Upright Weight Rods (17) to both Left & Right Upright (01 & 02) using two Hex Bolts (54) and two Flat Washers (59)

Insert Adjustment Tube (09) to assembled Uprights (01 & 02).

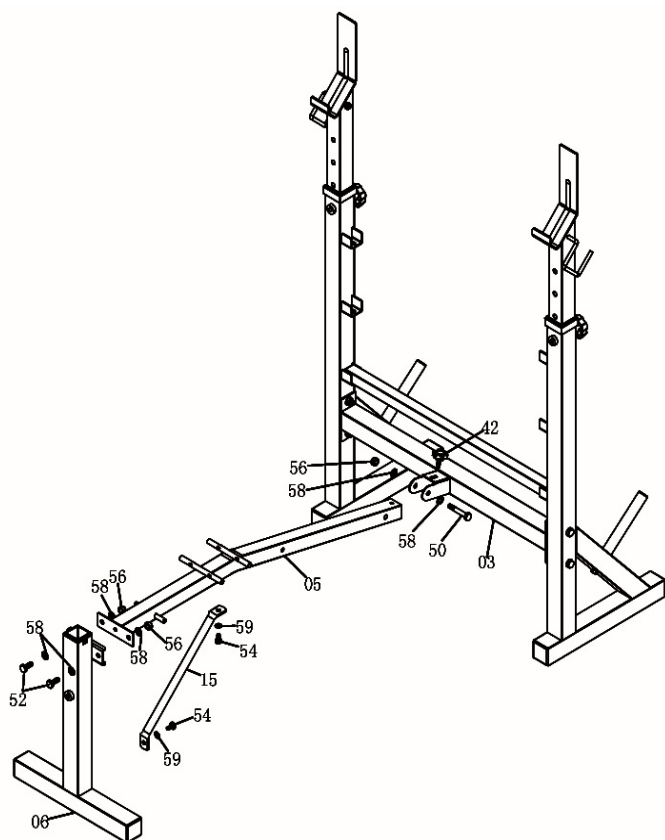


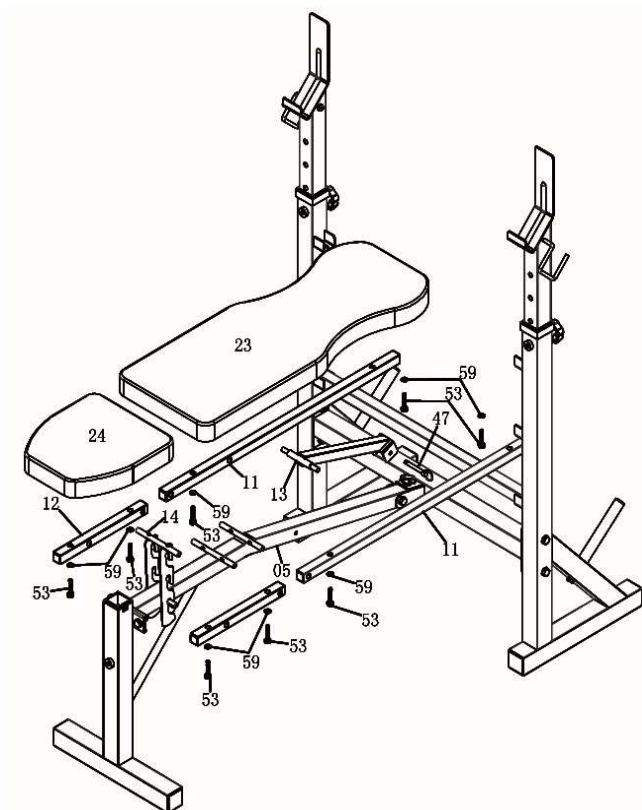
STEP 2

Attach the Front Upright (06) to the Main Frame (05) using two Hex Bolts (52), four Flat Washers (58), and two Nylon Nut (56).

Attach the Main Frame (05) to the Cross bar (03) using one Hex Bolts (50), two Flat Washers (58) and one Nylon Nut (56) and tighten the Knob Bolt (42)

Attach the Stabilizer Bracket (15) to the Main Frame (05) and Front Upright (04) using two Flat Washers (59) and two Hex Bolt (54).





STEP 3

Attach the Seat Adjustment Bar (14) beams to the Seat Tube (12), at the same time attach the Seat Tube (12) to the Main Frame (05) as illustrated. Attach the Seat to Seat Tube (12) using four Hex Bolts (53) and four Flat Washers (59).

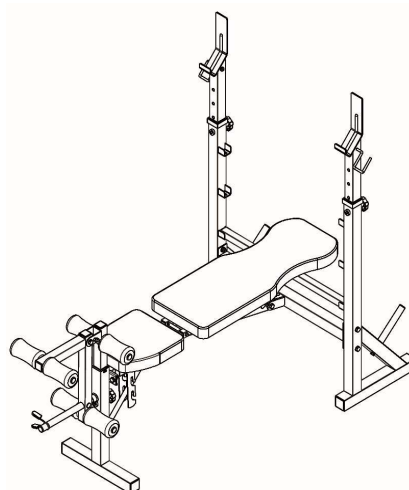
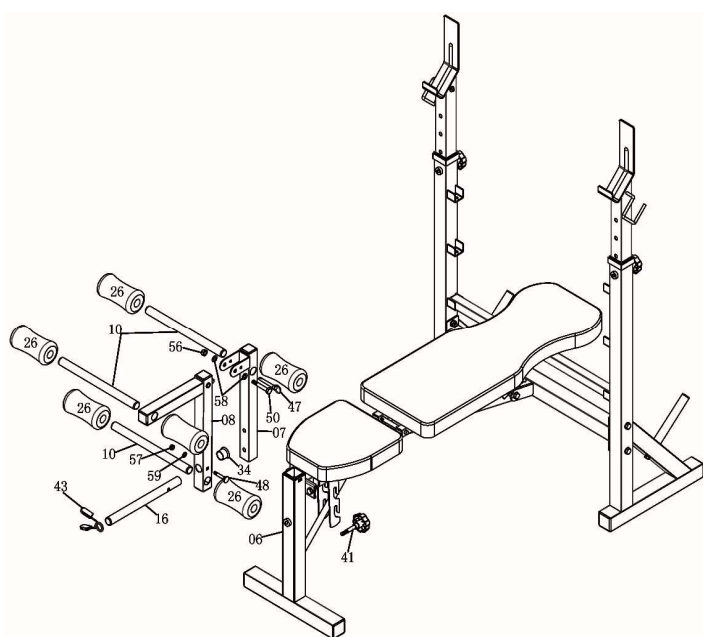
Attach the Backrest Adjustment Bar (13) beams to Backrest Tube (11), at the same time attach the Backrest Tube (11) to the Main Frame (05). Attach the Backrest (23) to Backrest Tube (11) using four Hex Bolts (53) and four Washers (59). Insert Locking Pin (47) to Adjustment Bar (13) in place if you needed.

STEP 4

Attach the Leg Extension (08) to the Leg Extension Support (07) using an Hex Bolt (50), two Flat Washers (58) and an Nylon Lock Nut (56). Insert Locking Pin (47). Attach Leg Extension assembled to Front Upright (06) with Knob Bolt (41).

Slide a Foam Roller (26) onto one end of a Foam Roller Rod (10) and fit into position on the Leg Extension (08). Slide the remaining Foam Roller (26) onto the Foam Roller Rod (10).

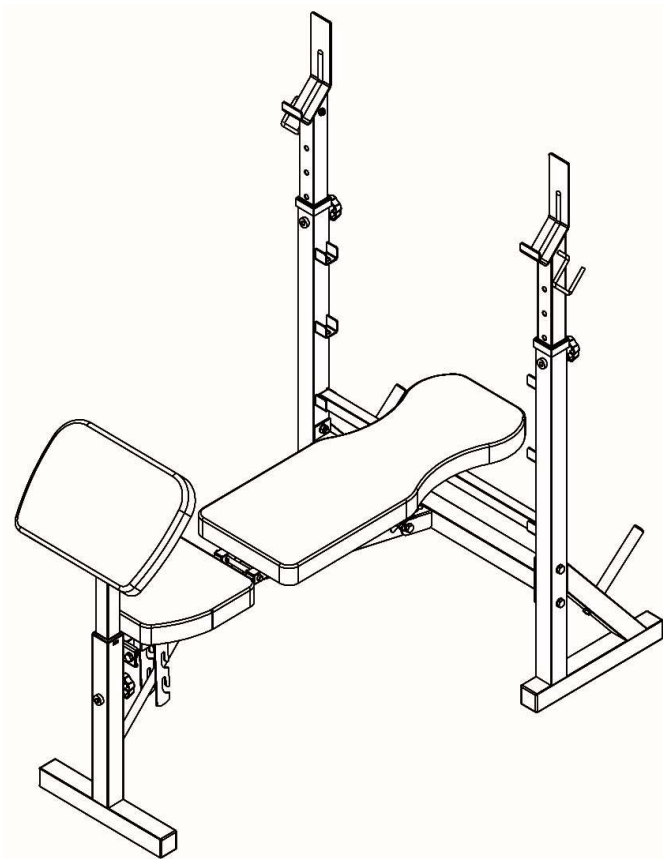
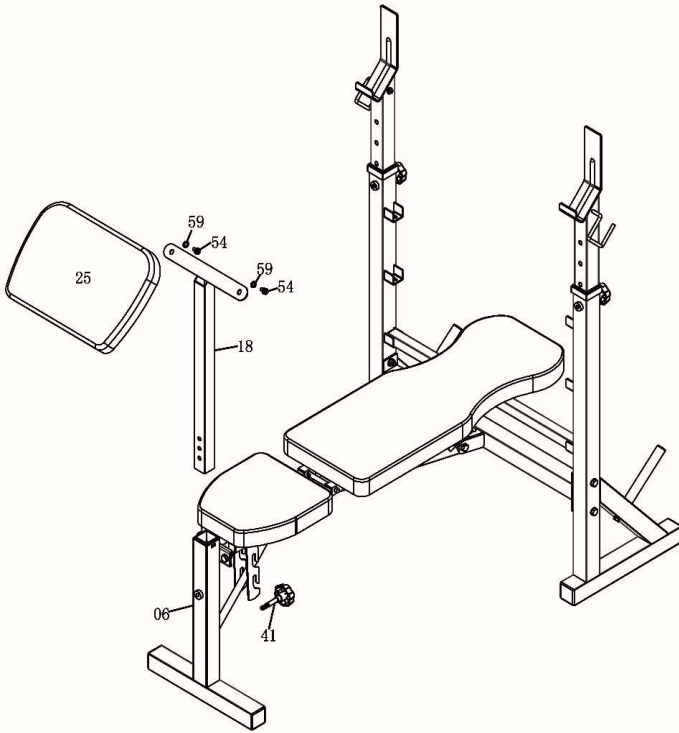
Put the Spring Collar (43) to the Leg Extension (08)



STEP 6

Attach Arm Curl (25) to the Arm Curl Tube (15) using two Flat Washers (59) and two Hex Bolts (54) .

Insert Arm Curl Tube (18) into the Front Upright (06) and tighten the Knob Bolt (41) for you needed



STEP 7

With Lat Tower Cable (39) in groove of Pulley(37).thread the Lat Tower Cable (39) through Lat Tower Tube Upper(19) bracket.

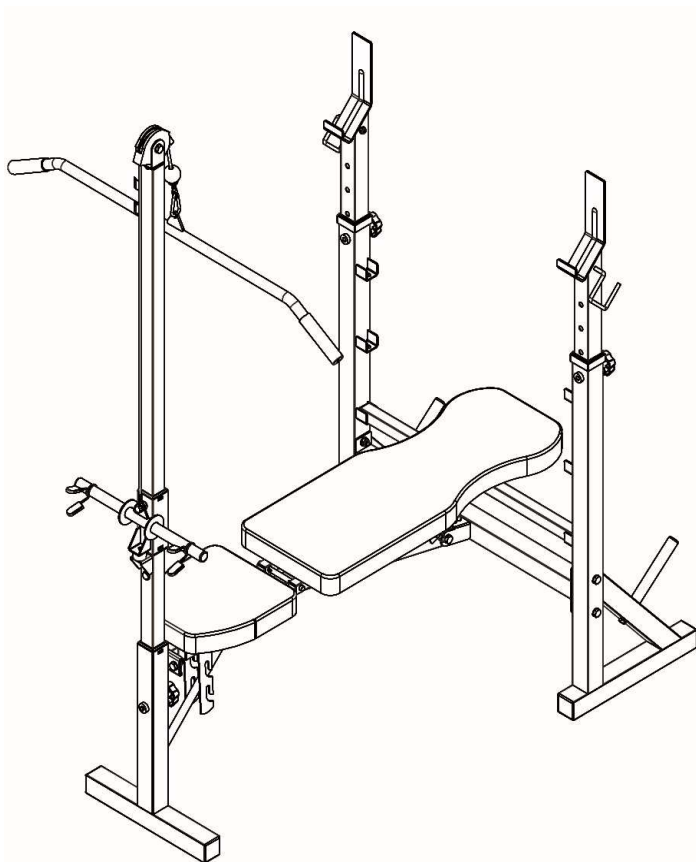
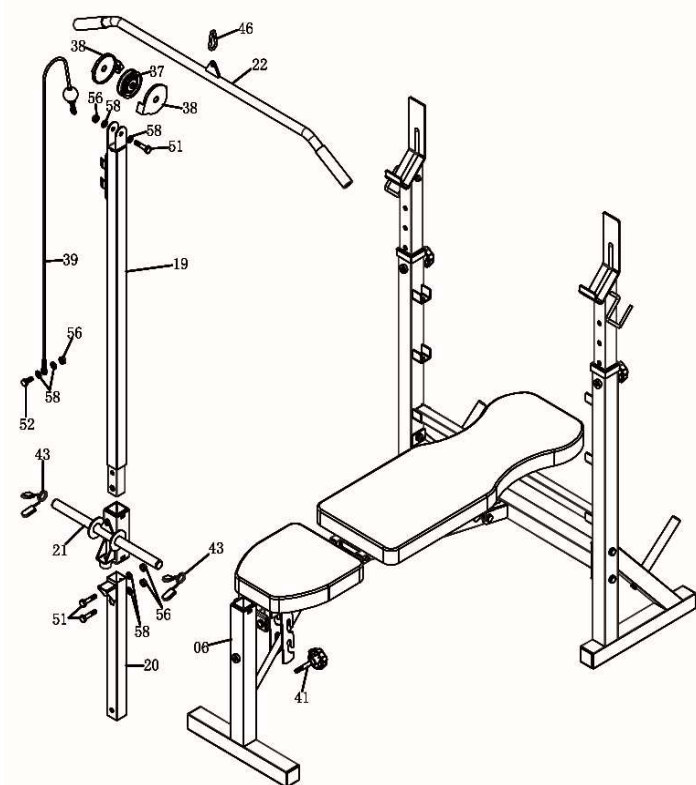
Attach the Pulley (37) and Pulley Covers (38) to Lat Tower Tube Upper (19) bracket using one Hex Bolt (51), two Flat Washers (58) and one Nylon Nut (56).

Slide the Glide Carriage (21) onto the Lat Tower Tube Upper (19) as illustration.

Attach the Lat Tower Tube Upper assembly to the Lat Tower Tube Lower (20) using two Hex Bolts (51) , two Flat Washers (58) and two Nylon Nut (56).

Attach Lat Tower Handle Bar (22) to one end of Lat Tower Cable (39) using a Hook (46). Fix the other end of Lat Tower Cable (39) to Glide Carriage (21) with a Hex Bol (52)t, two Flat Washers (58) and one Nylon Nut (56)

Put the Spring Collar (43) to the Glide Carriage (21)





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