

TCORX
FITNESS IN MOTION

INSTRUCTION



WBX30



Rev : 00

Ed : 03/17

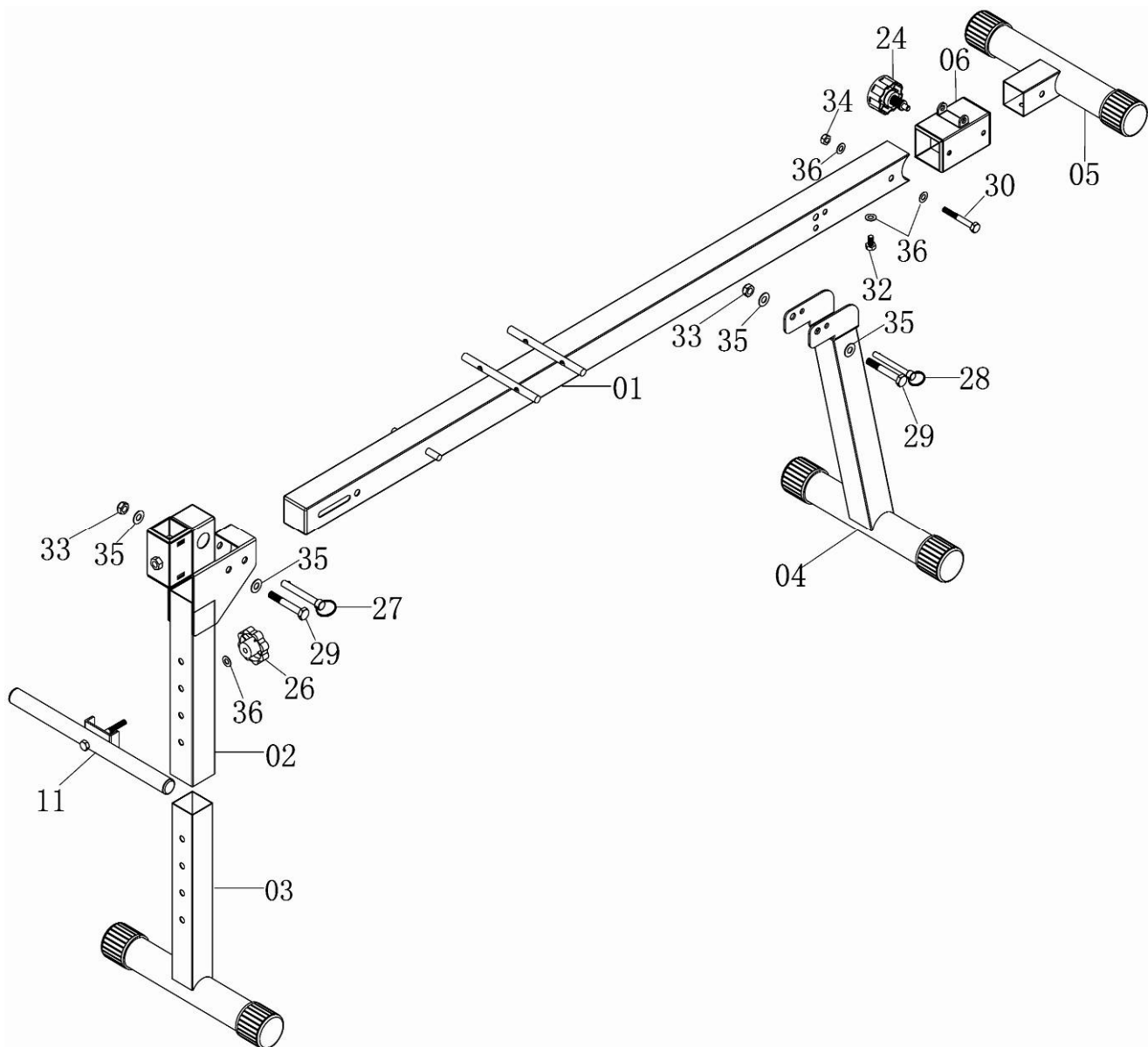
STEP 1:

Attach the Adjustment Knot (24) on the Sliding Block (06) and slide the Sliding Block (06) onto the center of the Main Frame (01).

Attach the Rear Stabilizer (05) to the end of the Main Frame (01) and using one Hex Bolt (30) two Washers (36) one Nylon Nut (34). Insert one Hex Bolt (32) and one Washer (36) up through the bottom holes.

Attach Front Stabilizer (03) to Front Upright (02), then slide Adjustment Foam Tube (11) to Front Upright (02) and secure it in place with the Knob (26). Attach Front Upright (02) to the front end of Main Frame (01) using one Hex Bolt (29), two Washers (35) and one Nylon Nut (33), then insert a Lock Pin (27).

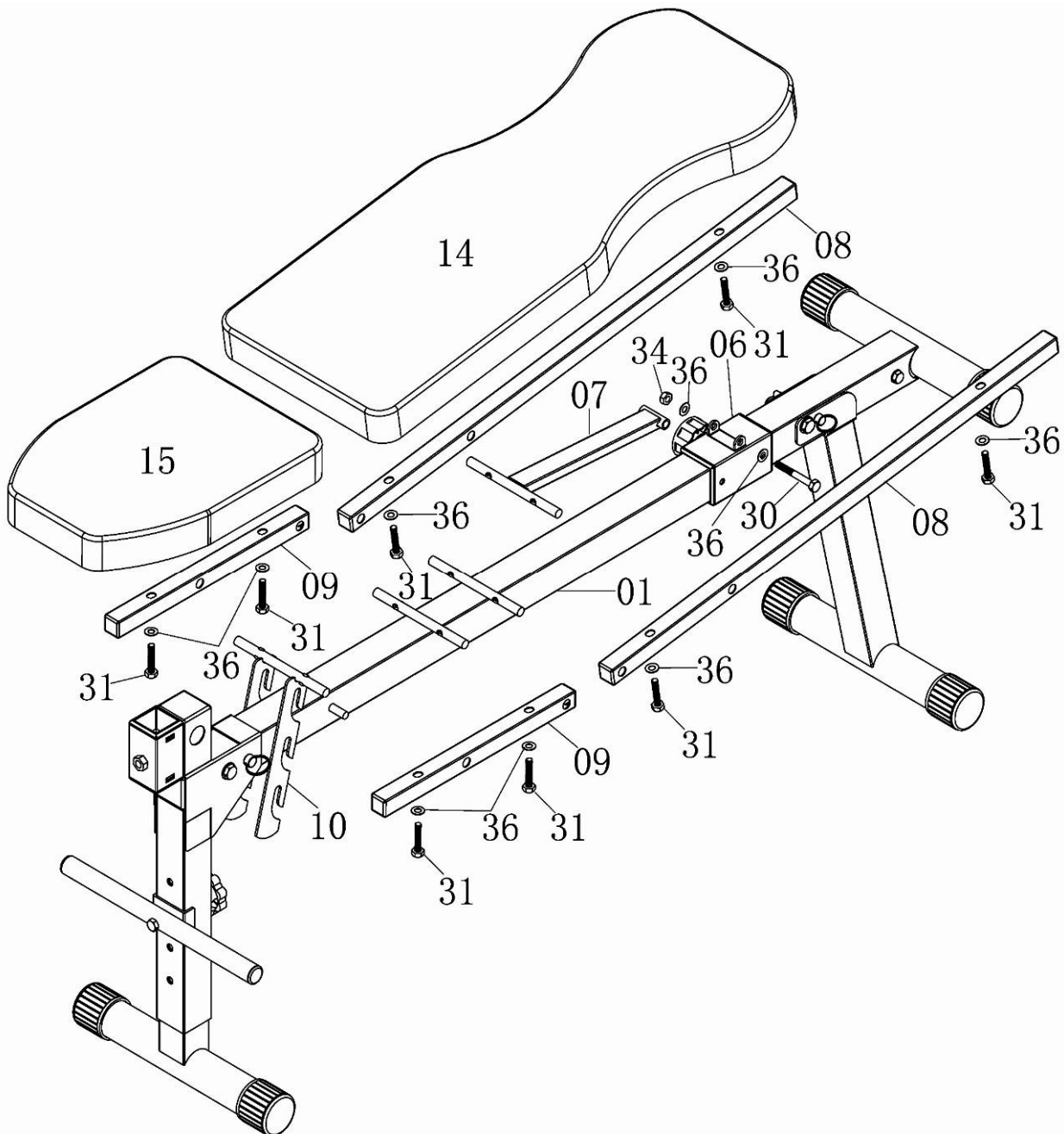
Attach the Rear Upright (04) to Main Frame as illustrated using one Hex Bolt (29), two Washers (35) and one Nylon Nut (33), then insert one Lock Pin (28)



STEP 2:

Attach the Seat Adjustment Bar (10) beams to the Seat Tube (09), at the same time attach the Seat Tube (09) to the Main Frame (01) as illustrated. Attach the Seat to Seat Tube (09) using four Hex Bolts (31) and four Washers (36).

Attach the Adjustment Bar (05) to the Sliding Block (06) by one Hex Bolt (30), two Washers (36) and one Nylon Nut (34). Attach Backrest Tube (08) to Sliding Block (06) and Main Frame (01). Attach the Backrest (14) to Backrest Tube (08) using four Hex Bolts (31) and four Washers (36).

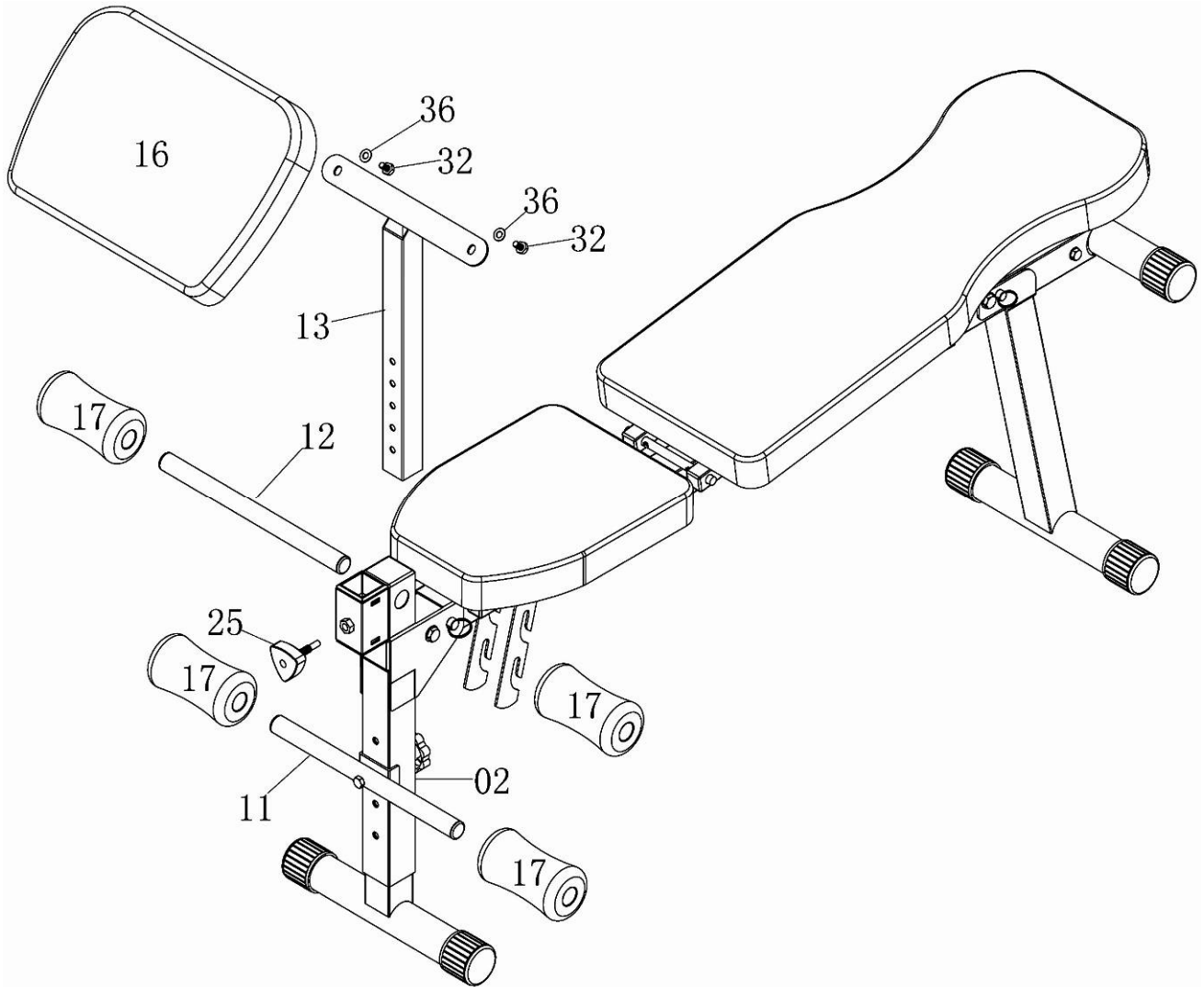


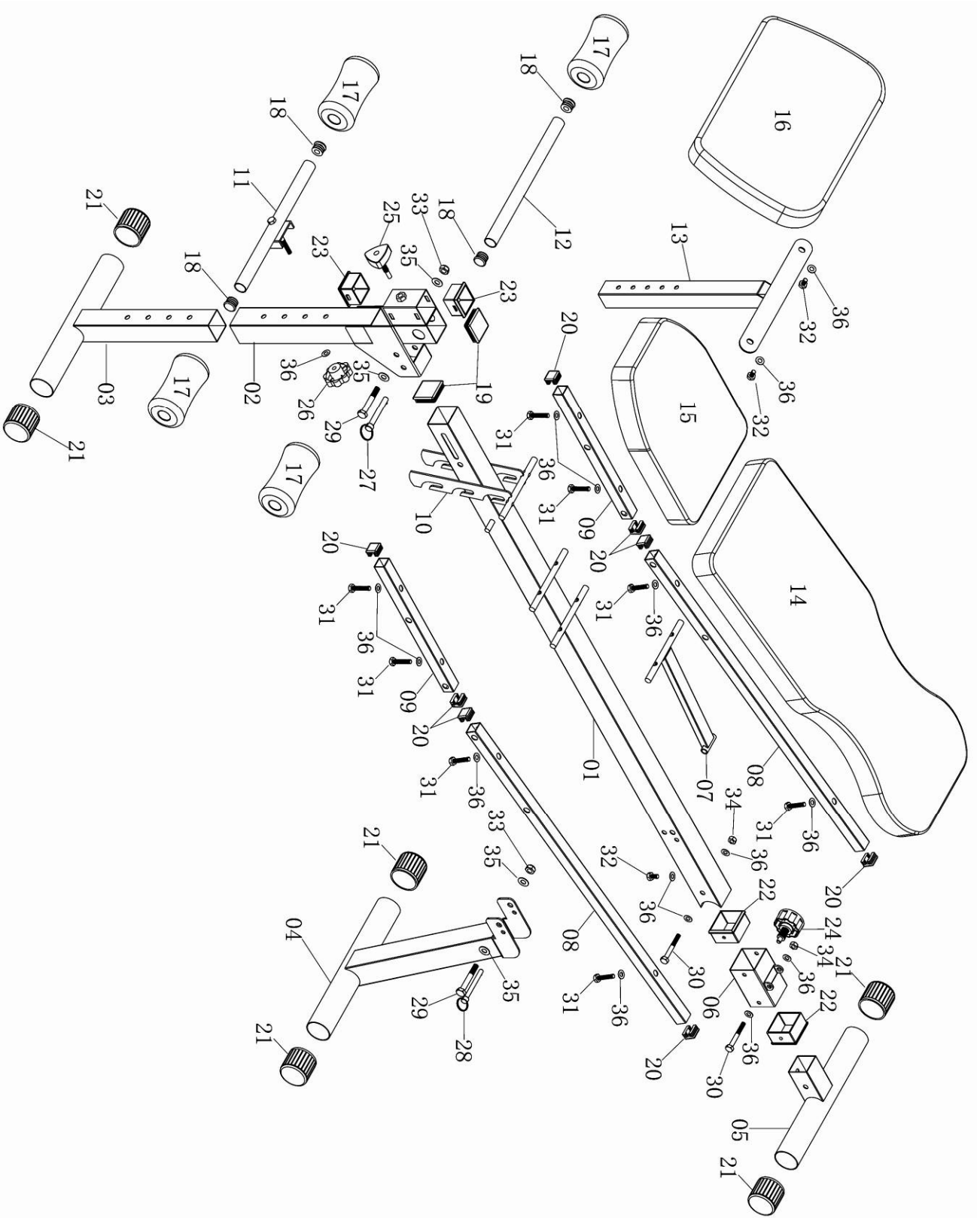
STEP 3:

Attach the Arm Curl (16) to Arm Curl Tube (13) using two Hex Bolts (32) and two Washers (36). Insert the Arm

Curl Tube (13) into the Front Upright (02) and secure it in place with the Knob Bolt (25).

Slide Foam Tube (12) to Front Upright (02), slide four Foam (17) to each end of Adjustment Foam Tube (11) and Foam Tube (12).





Parts listing

No	Desc	Qty	No	Desc	Qty
01	Main Frame	1	19	Square End Cap (□50)	2
02	Front Upright	1	20	Square End Cap (□25)	8
03	Front Stabilizer	1	21	End Cap (Φ50)	6
04	Rear Upright	1	22	Spacer (□60x□50)	2
05	Rear Stabilizer	1	23	Spacer (□50x□38)	2
06	Sliding Block	1	24	Adjustment Knob M16	1
07	Adjustment Bar	1	25	Knob Bolt M10*55	1
08	Backrest Tube	2	26	Knob M8	1
09	Seat Tube	2	27	Lock Pin Φ10*65	1
10	Seat Adjustment Bracket	1	28	Lock Pin Φ8*65	1
11	Adjustment Foame Tube	1	29	Hex Bolt M10*70	2
12	Foam Tube	1	30	Hex Bolt M8*65	2
13	Arm Curl Tube	1	31	Hex Bolt M8*40	8
14	Backrest	1	32	Hex Bolt M8*15	3
15	Seat	1	33	Nylon Nut M10	2
16	Arm Curl	1	34	Nylon Nut M8	2
17	Foam	4	35	Washer M10	4
18	Round End Cap (Φ25)	4	36	Washer M8	14



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