

TCORX
FITNESS IN MOTION

INSTRUCTION

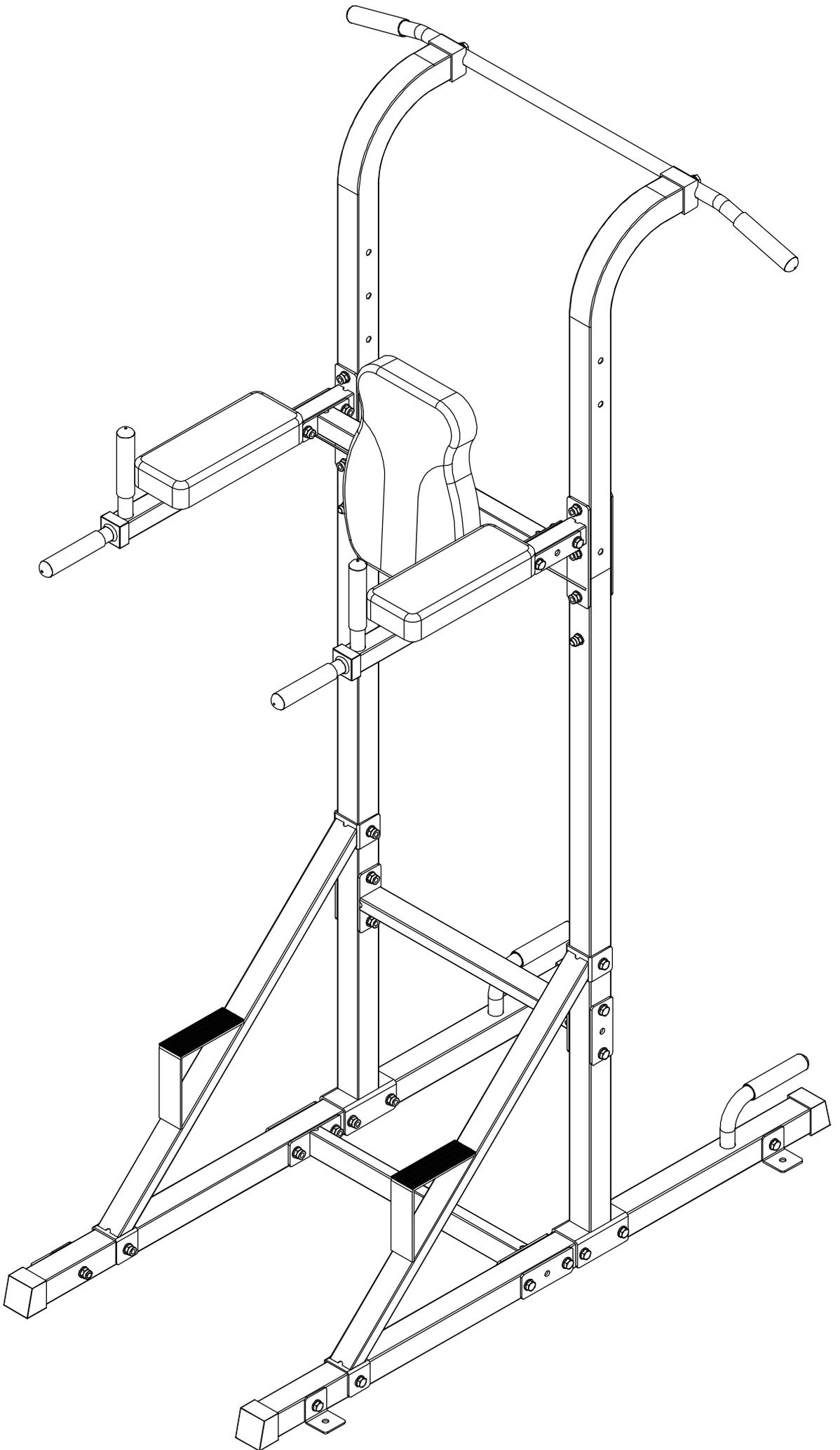


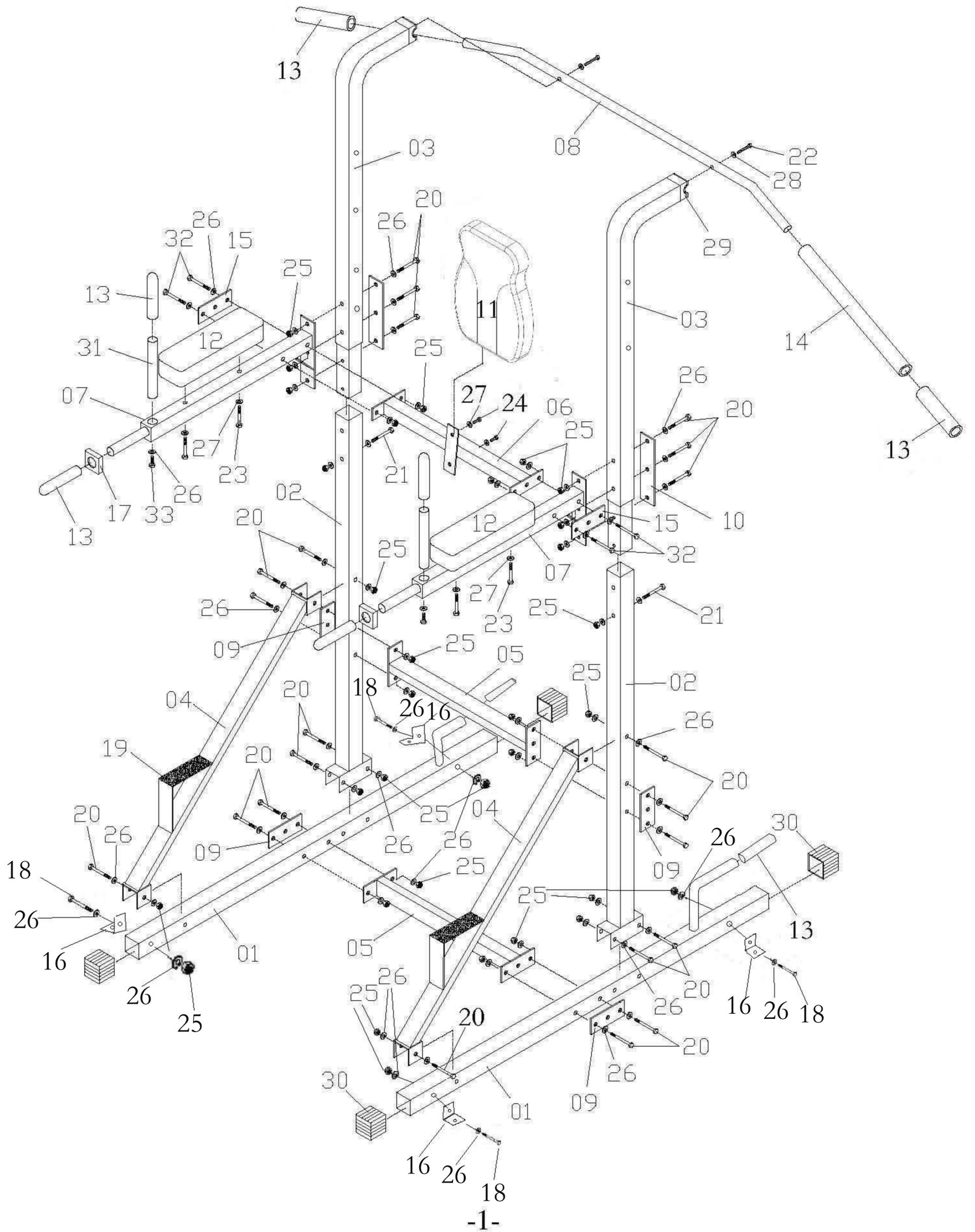
WBX70



Rev : 00

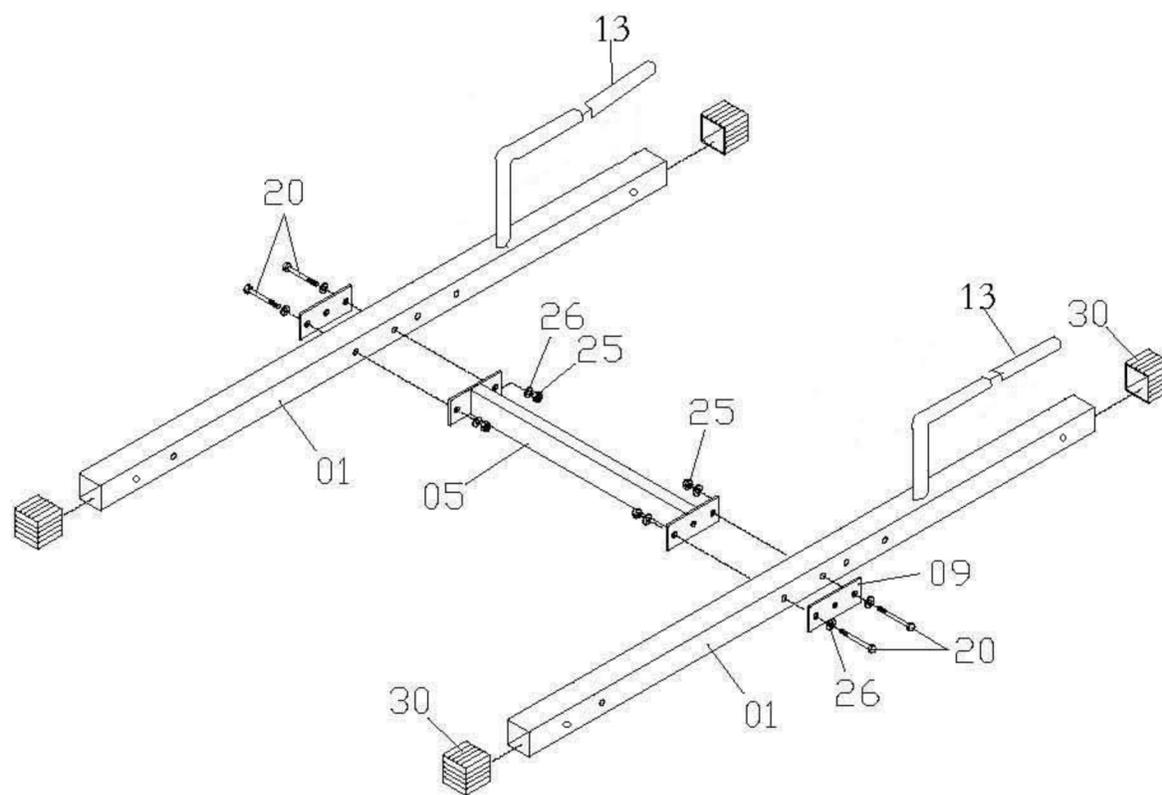
Ed : 03/17





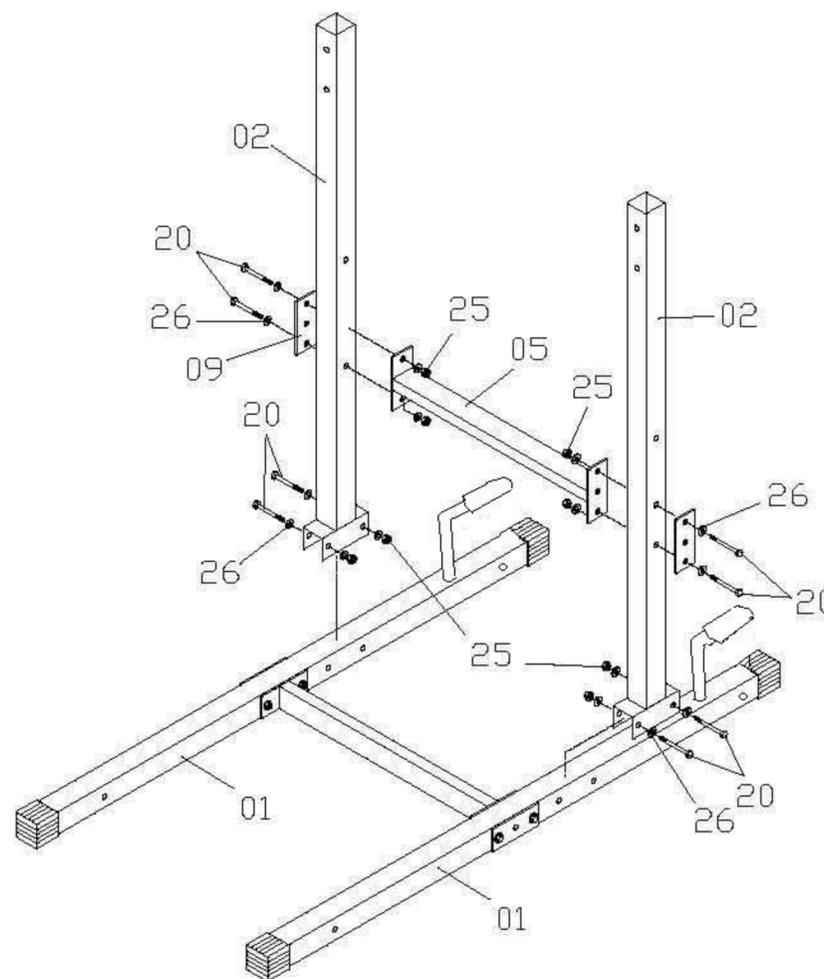
PART LIST

PART	DESCTIPTION	Q'TY
1.	MAIN BASE	2
2.	BOTTOM UPRIGHT FRAME	2
3.	UPPER UPRIGHT FRAME	2
4.	SUPPORT BAR	2
5.	CENTER CROSS SUPPORT	2
6.	BACKREST SUPPORT TUBE	1
7.	DIP HANDLE ARM	2
8.	LAT BAR	1
9.	STEEL PLATE(50MM)	4
10.	STEEL PLATE (LONG)	2
11.	BACKREST	1
12.	ARM REST	2
13.	HAND GRIP	8
14.	LAT BAR FOAM PAD (LONG)	1
15.	STEEL PLATE(38MM)	2
16.	L shaped fixture plate	4
17.	SQUARE CAP \varnothing 26x \square 38 MM	2
18.	M10*70 BOLT	4
19.	SKIDPROOF	2
20.	M10*75 BOLT	22
21.	M10*65 BOLT	2
22.	M10*55 BOLT	2
23.	M8*55 BOLT	4
24.	M8*16 BOLT	2
25.	M10 NYLON NUT	32
26.	M10 WASHER	66
27.	M8 WASHER	6
28.	M10 ARC WASHER	2
29.	BUSHING	2
30.	RUBBER END CAP	4
31.	HANDLE PIPE	2
32.	M10*60 BOLT	4
33.	M10*25 BOLT	2



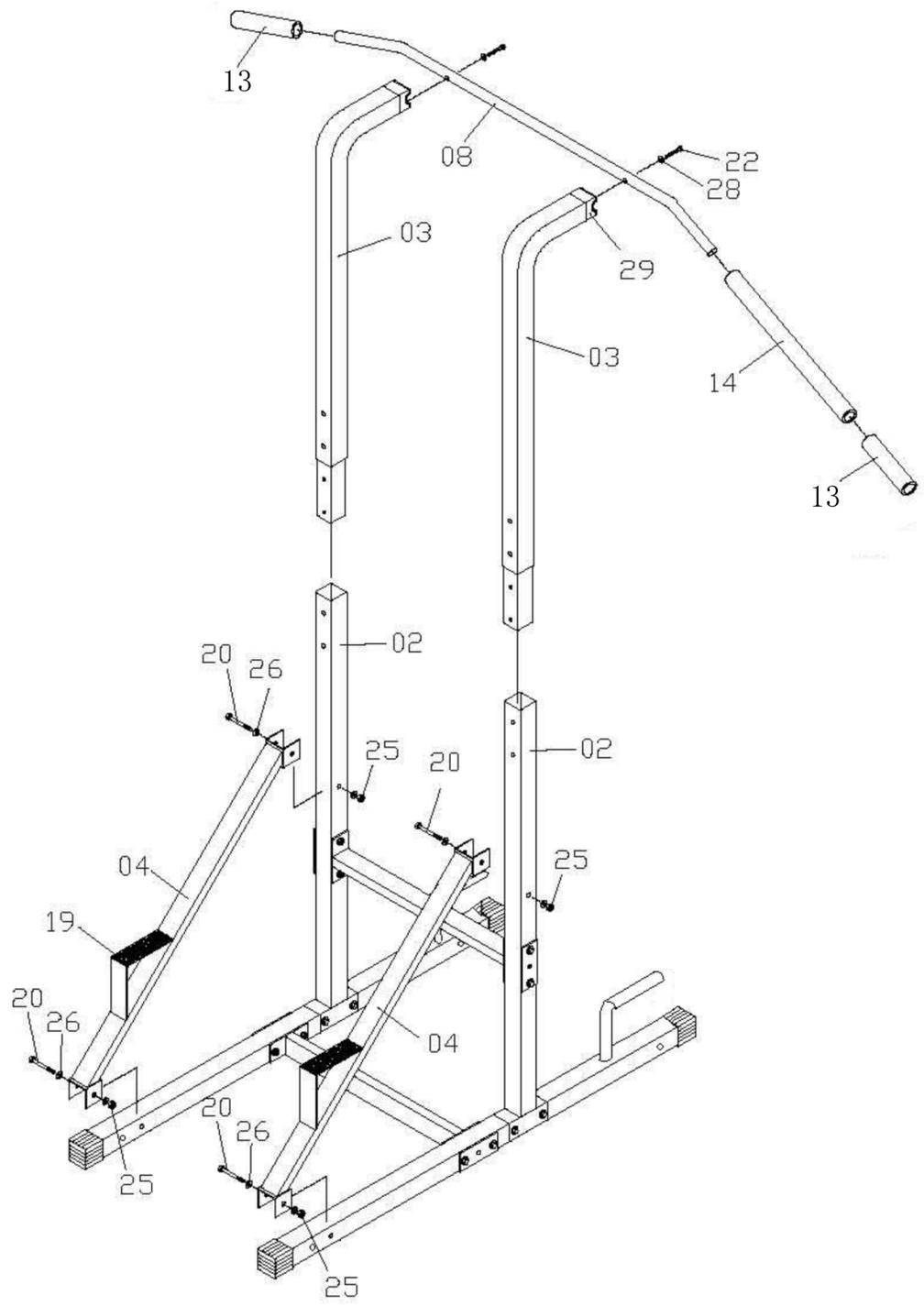
STEP 01

1. PLACE RUBBER END CAP (30) ONTO BOTH ENDS OF MAIN BASE (01).
2. CONNECT CENTER CROSS SUPPORT (05) TO CATCH MAIN BASE (01) BY USING BOLTS (20) STEEL PLATE (09) AND NUTS (25) WASHERS (26).
3. SLIDE HAND GRIP (13) ONTO MAIN BASE (01) AS SHOWN.



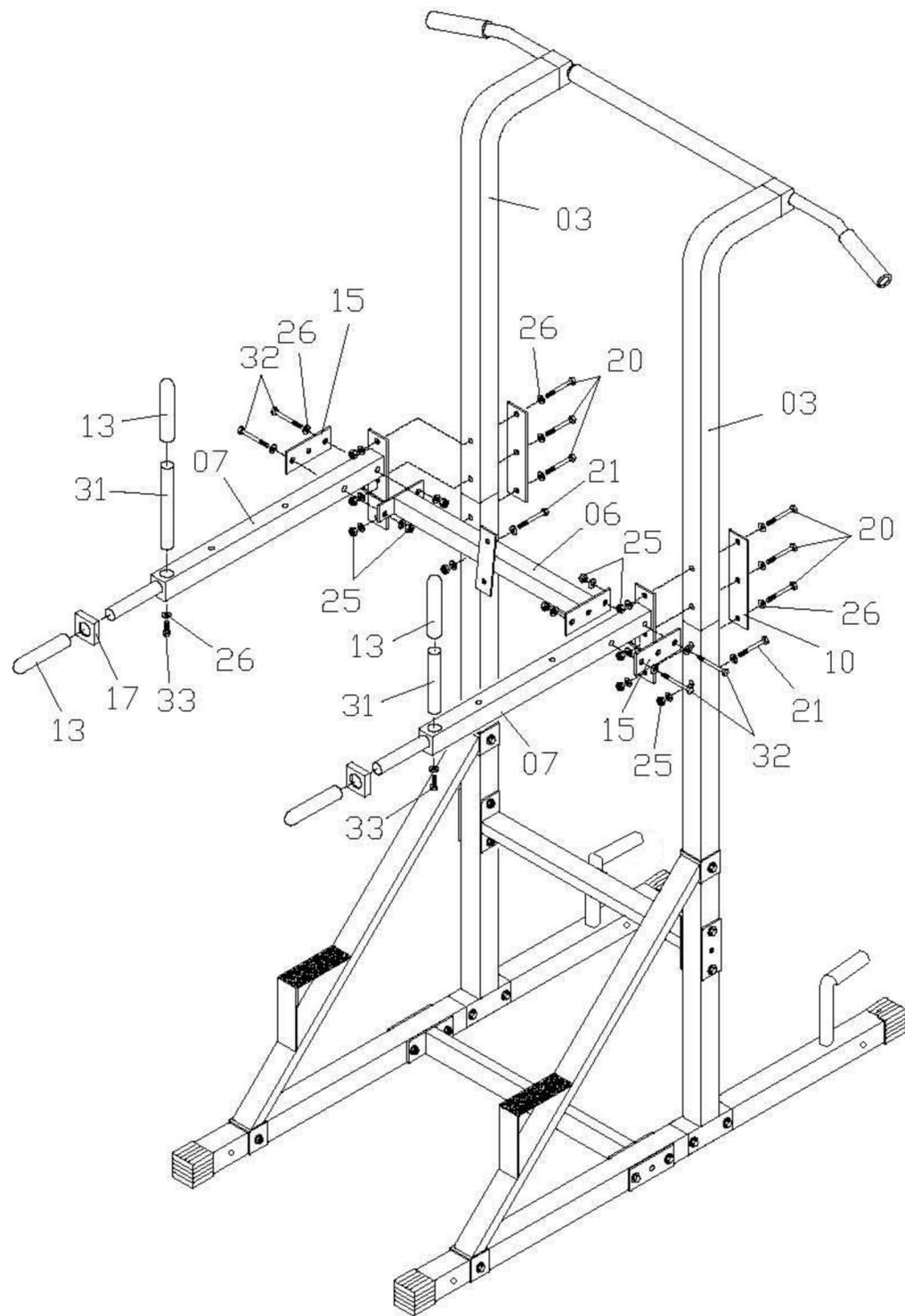
STEP 02

1. CONNECT BOTTOM UPRIGHT FRAME (02) ONTO MAIN BASE (01) BY USING BOLTS (20) WASHERS (26) NUTS (25) AS SHOWN.
2. CONNECT CENTER CROSS SUPPORT (05) TO CATCH BOTTOM UPRIGHT FRAME (02) BY USING BOLTS (20) STEEL PLATE (09) AND WASHERS (26) NUTS (25) AS SHOWN.



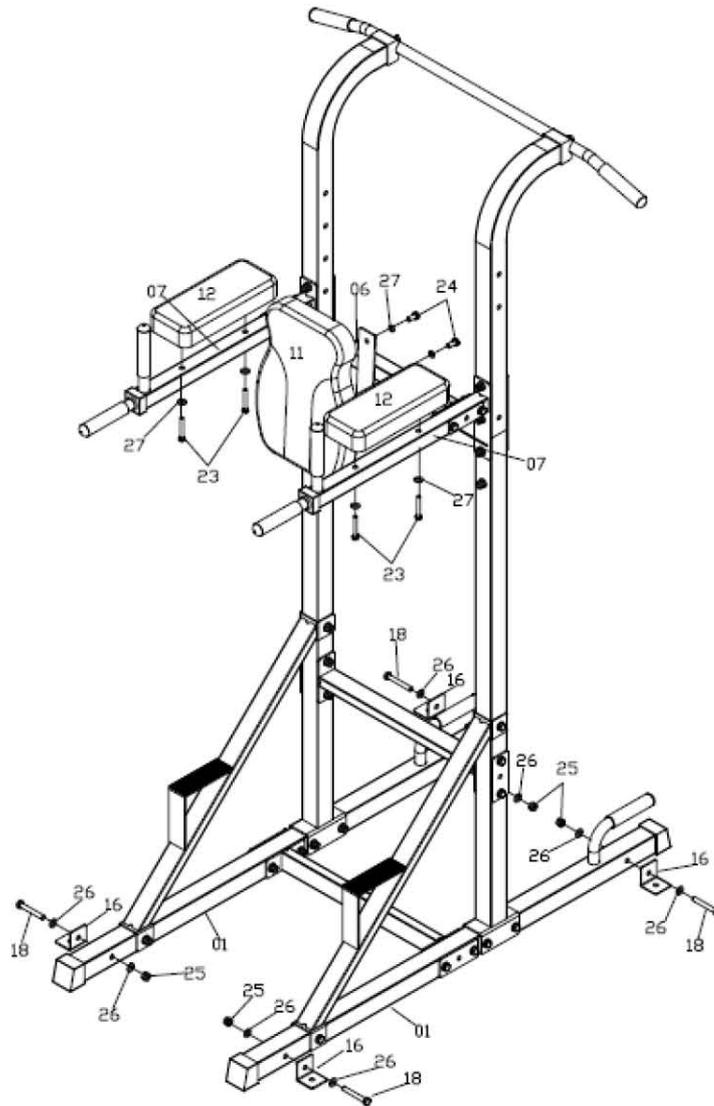
STEP 03

1. CONNECT UPPER UPRIGHT FRAME (03) INTO BOTTOM UPRIGHT FRAME (02)
2. SLIDE FOAM PAD (14,13) ONTO LAT BAR (08) AS SHOWN.
3. CONNECT LAT BAR (08) INTO THE UPPER UPRIGHT FRAME (03) BY USING BOLTS (22) AND ARC WASHERS (28) AS SHOWN.



STEP 04

1. CONNECT DIP HANDLE ARM (07) TO THE UPPER UPRIGHT FRAME (03) BY USING BOLTS (20) STEEL PLATE (10) AND WASHERS (26) NUTS (25).
2. CONNECT BACKREST SUPPORT TUBE (06) ONTO DIP HANDLE ARM (07) BY USING BOLTS (32) STEEL PLATE (15) AND WASHERS (26) NUTS (25).
3. INSERT HANDLE PIPE (31) INTO DIP HANDLE ARM (07) USING BOLTS (33) AND WASHERS (26) AS SHOWN.
4. SLIDE HAND GRIP (13) ONTO DIP HANDLE ARM (07) AND HANDLE PIPE (31).



STEP 05

1. ATTACH BACKREST (11) ONTO BACKREST SUPPORT TUBE (06) BY USING BOLTS (24) WASHERS (27).
2. ATTACH ARM REST (12) ONTO DIP HANDLE ARM (07) BY USING BOLTS (23) WASHERS (27) AS SHOWN.
3. Fix L shaped fixture plate (16) to the bottom tube (01) by the bolts (18), washers (26) and nuts (25).

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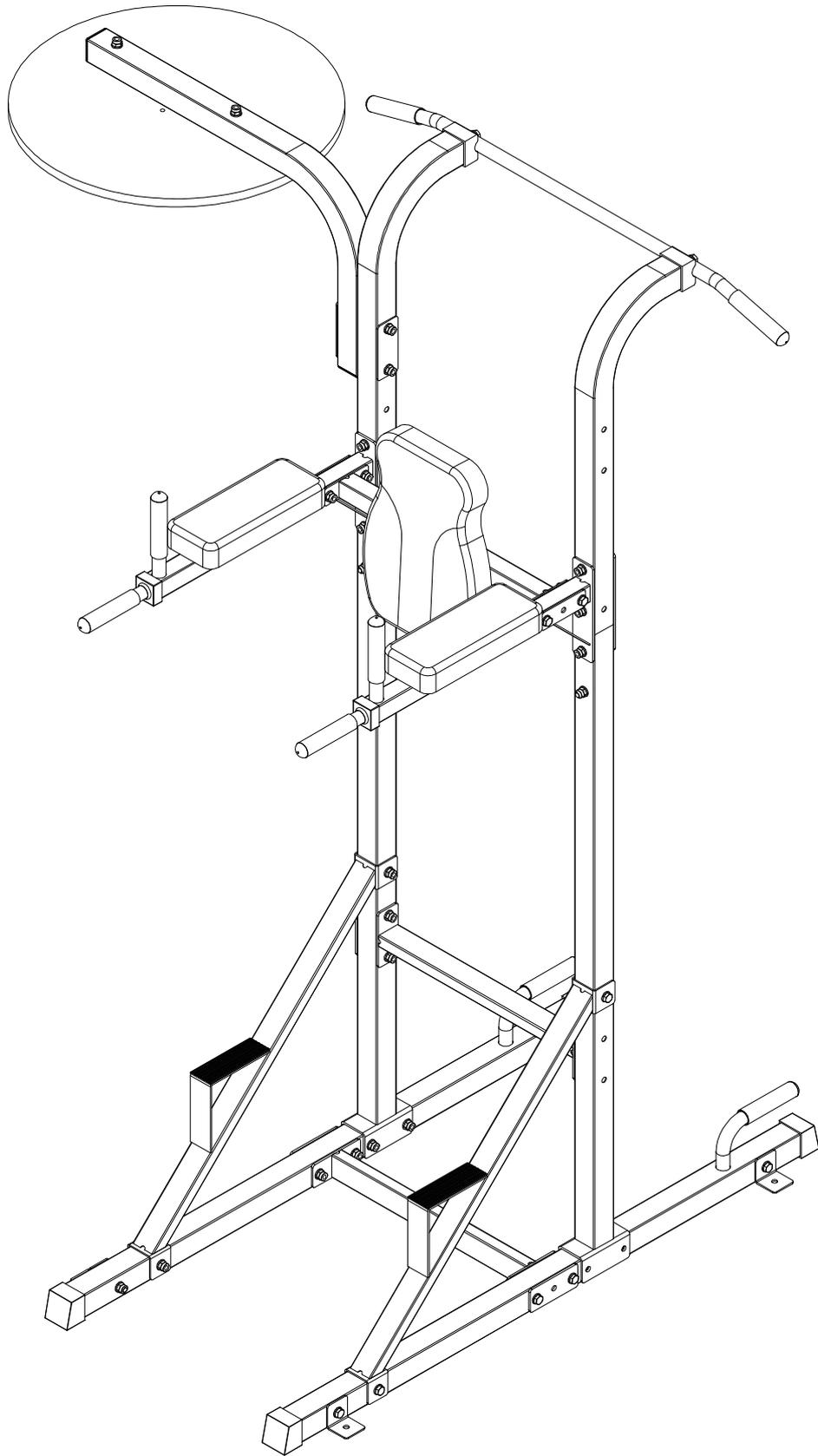
KIT-PALLAWBX-70

boxing speed ball kit

OPTIONAL



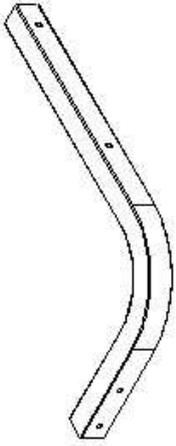
Instruction manual for Speed ball equipment



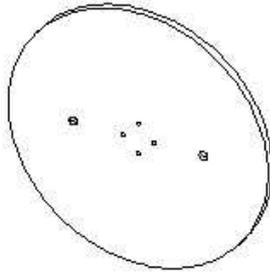
Part list

No.	Description	Q'ty
1	Speed ball fixation tube	1
2	Round wooden board	1
3	Speed ball rotator	1
4	Square inner cap	2
5	M10X120 hex bolt	2
6	M10X75 bolt	2
7	M5X16 bolt	4
8	M10 washer	6
9	M10 nut	4
10	Connecting plate	2

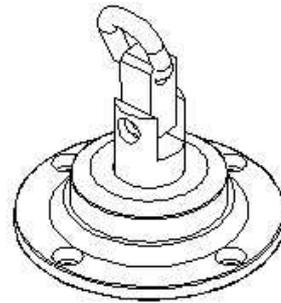
Part drawing:



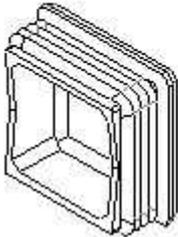
Speed ball fixture tube



Wooden board



Speed ball rotator

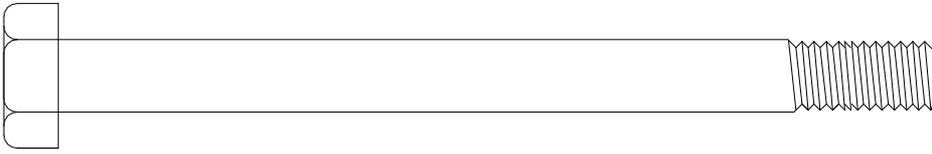


Square inner cap

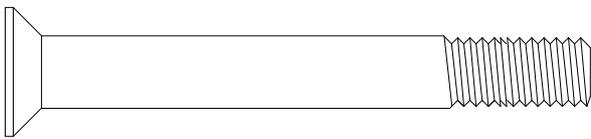


Connecting plate

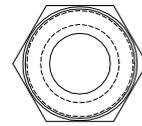
Hardware components:



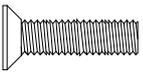
NO. 5 Hex Bolt M10x120mm



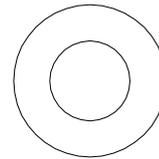
NO. 6 十字沉头螺丝 M10x75mm



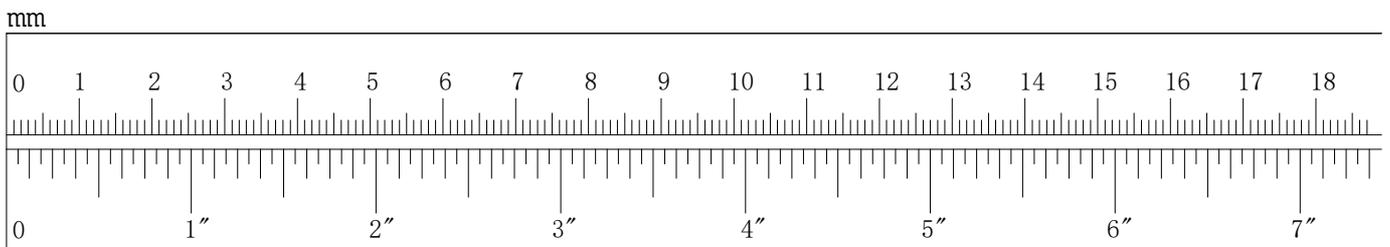
NO. 9 Nylon Nut M10



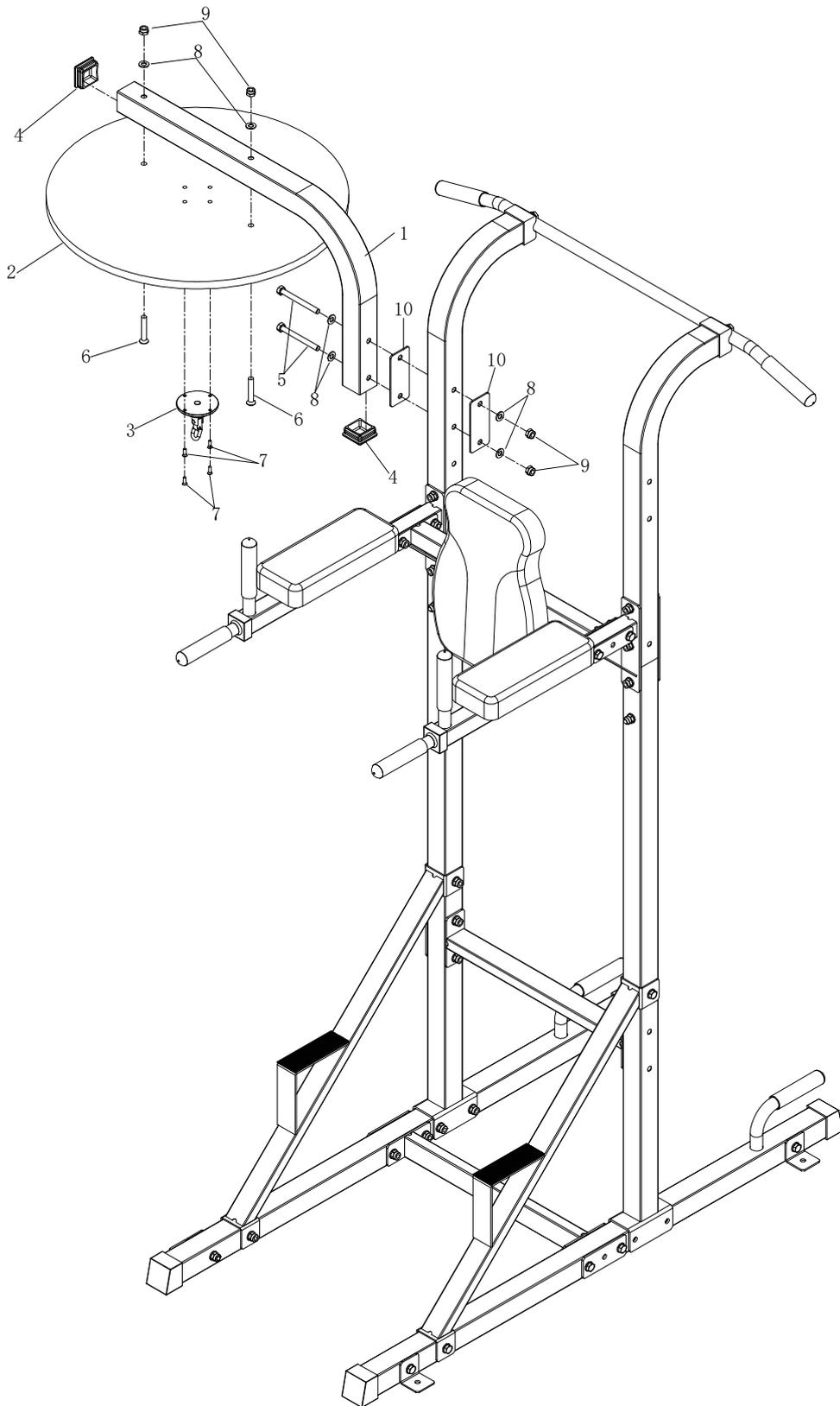
NO. 7 十字沉头螺丝 M5x16mm



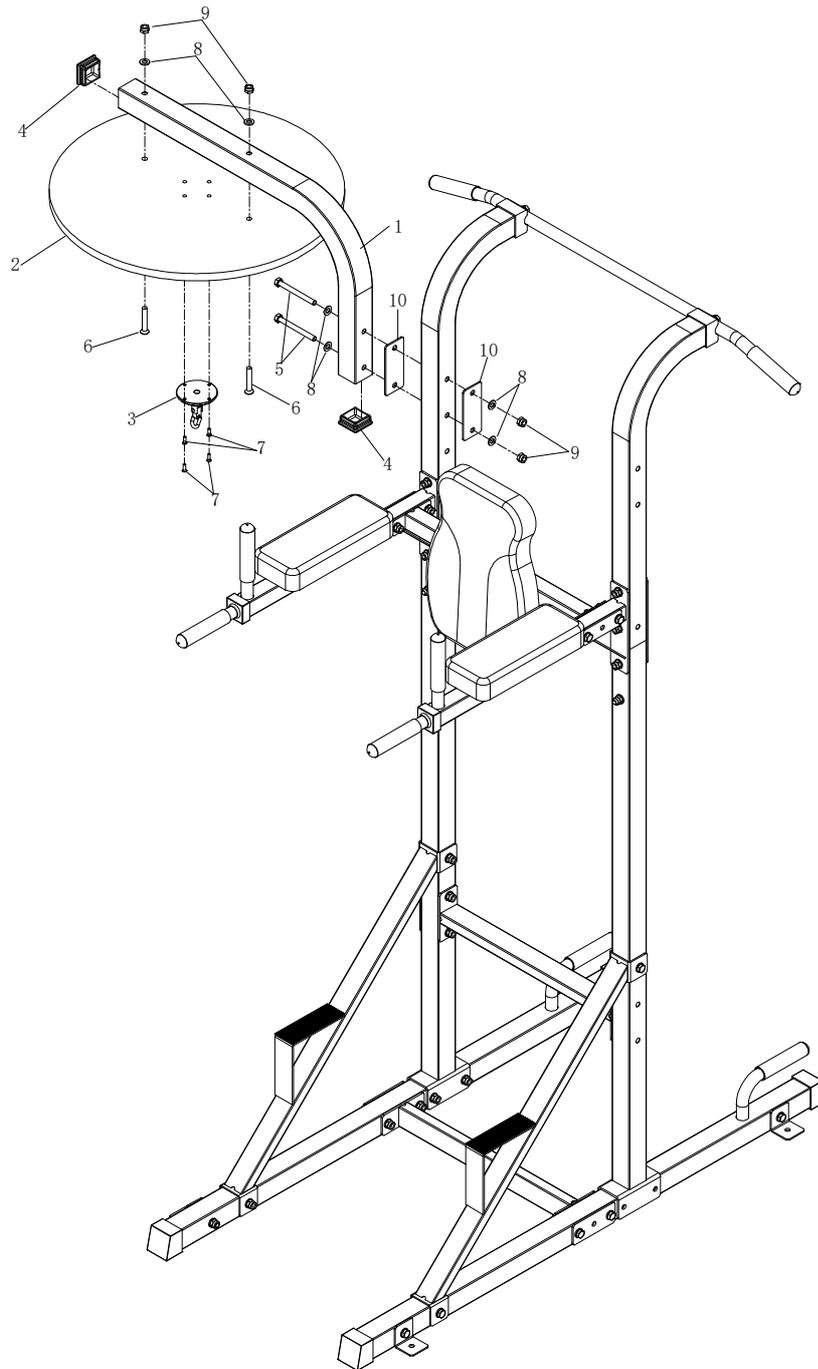
NO. 8 Washer M10



Exploding drawing:



Assembly instruction:



- a) Assemble the speed ball rotator (3) to the round wooden board (2) by the bolt (7).
- b) Then fix the round wooden board (2) to the speed ball fixture tube (1) by bolt (6); Finally, connect the speed ball fixture tube (1) with connecting plate (10) by hex bolt (5) and washer (8) and nut (9) to the left upright post.

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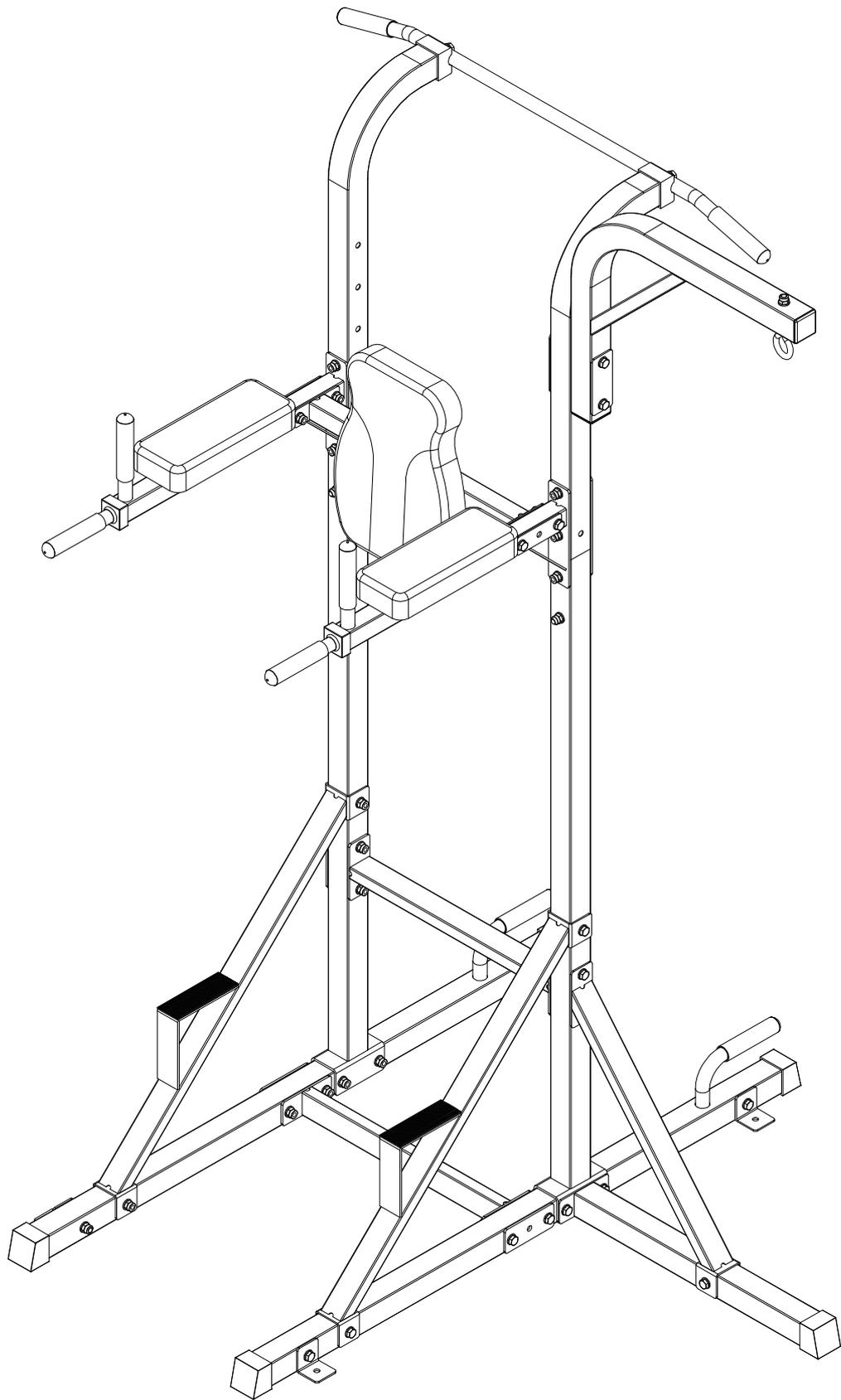


KIT-SACCOWBX-70

boxing bag kit

OPTIONAL

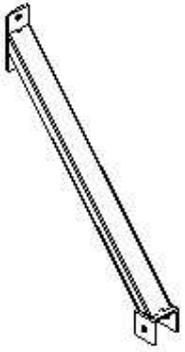




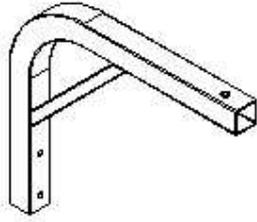
Part list:

No.	Description	Q't y
1	Diagonal support tube	1
2	Boxing bag rack	1
3	Bottom tube	1
4	Connecting plate	2
5	Boxing bag hook	1
6	Outer cap	1
7	Square inner cap	2
8	M10X120 hex bolt	2
9	M10X80 hex bolt	2
10	M10X75 hex bolt	3
11	M10 washer	15
12	M10 nut	8

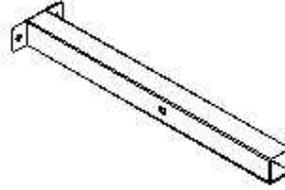
Part drawing:



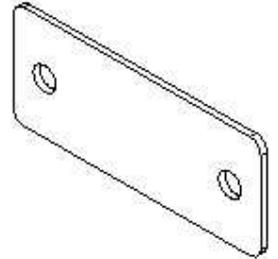
Diagonal support tube



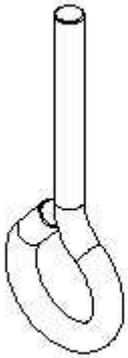
Boxing bag rack



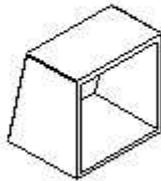
Bottom tube



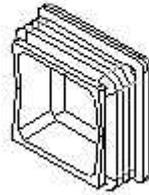
Connecting plate



Boxing bag hook

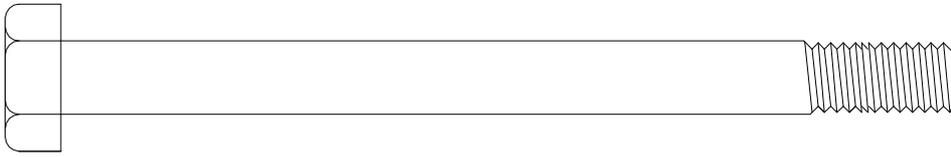


Boxing bag hook

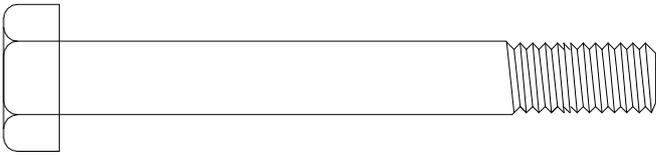


Inner cap

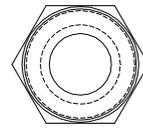
Hardware components:



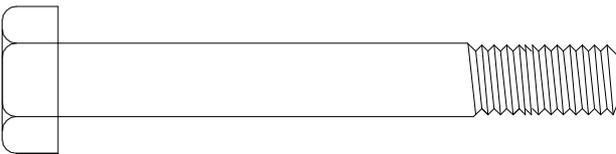
NO. 8 Hex Bolt M10x120mm



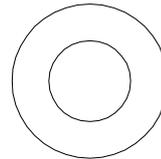
NO. 9 Hex Bolt M10x80mm



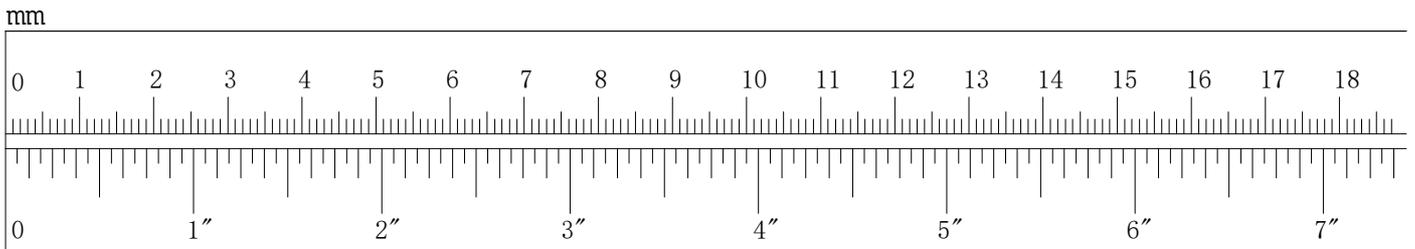
NO.12 Nylon Nut M10



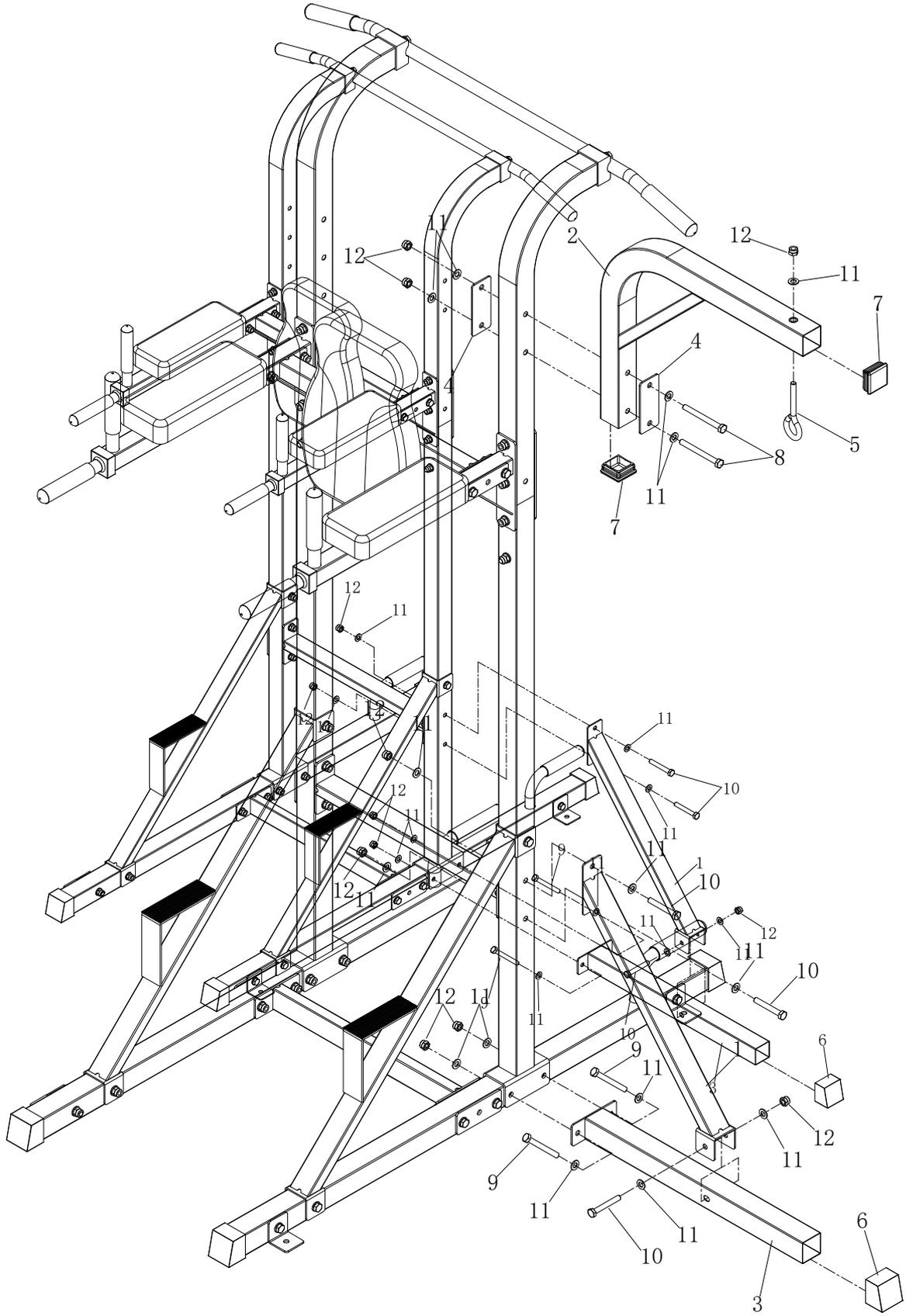
NO. 10 Hex Bolt M10x75mm



NO. 11 Washer M10



Exploding drawing:



Assembly instructions:

Step 2:

- a) Insert the boxing bag hook (5) to the boxing bag rack (2) and fixed by washer (11) and nut (12).
- b) Connect the boxing bag rack (2) to the connecting plate (4) by hex bolt (8), washer (11) and nut (12) and screwed to the right upright post tightly.



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