

TOORX
FITNESS IN MOTION

INSTRUCTION



ASX 3000

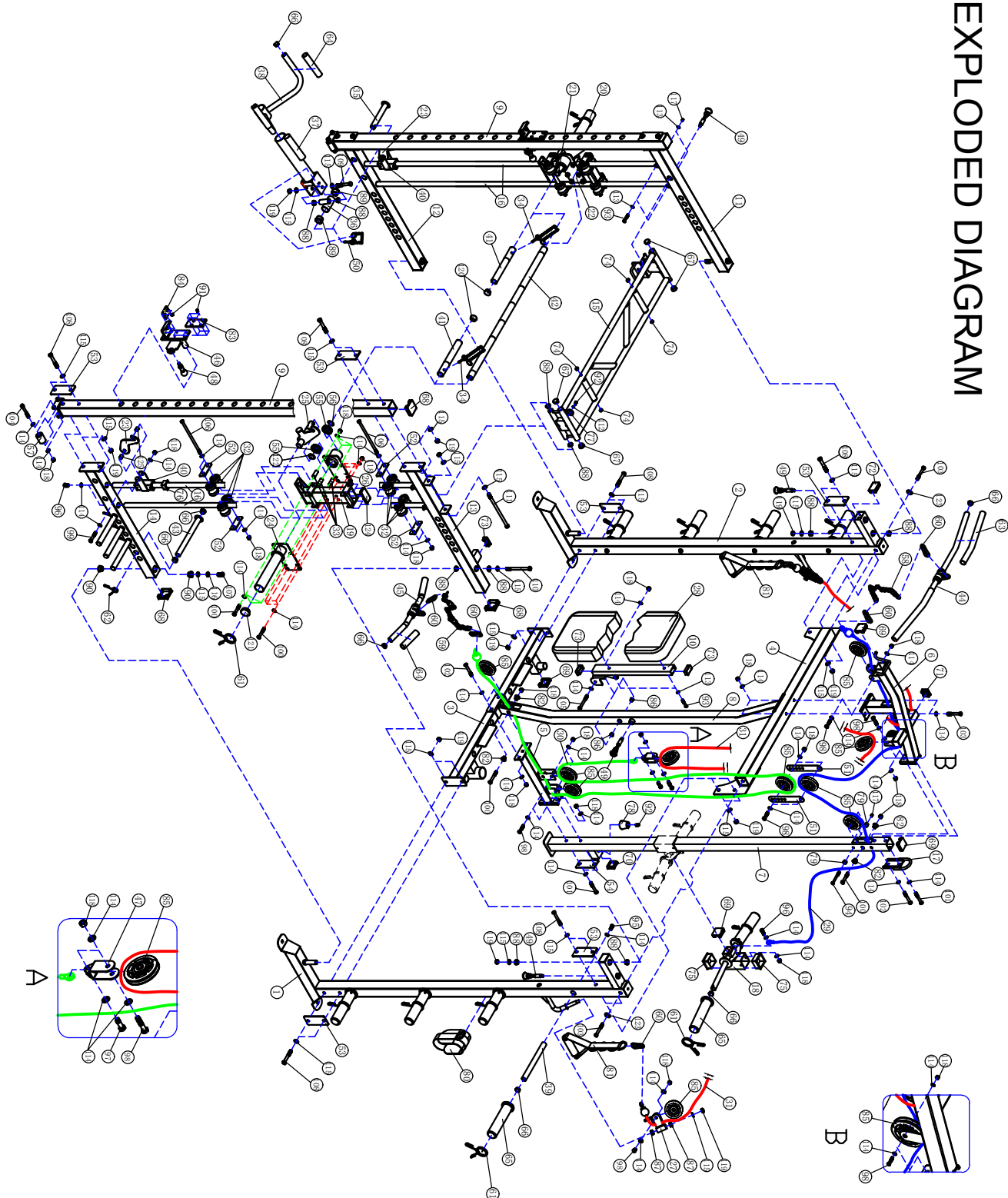


Cod : GRLDTOORXASX3000

Rev : 00

Ed : 12/22

EXPLODED DIAGRAM



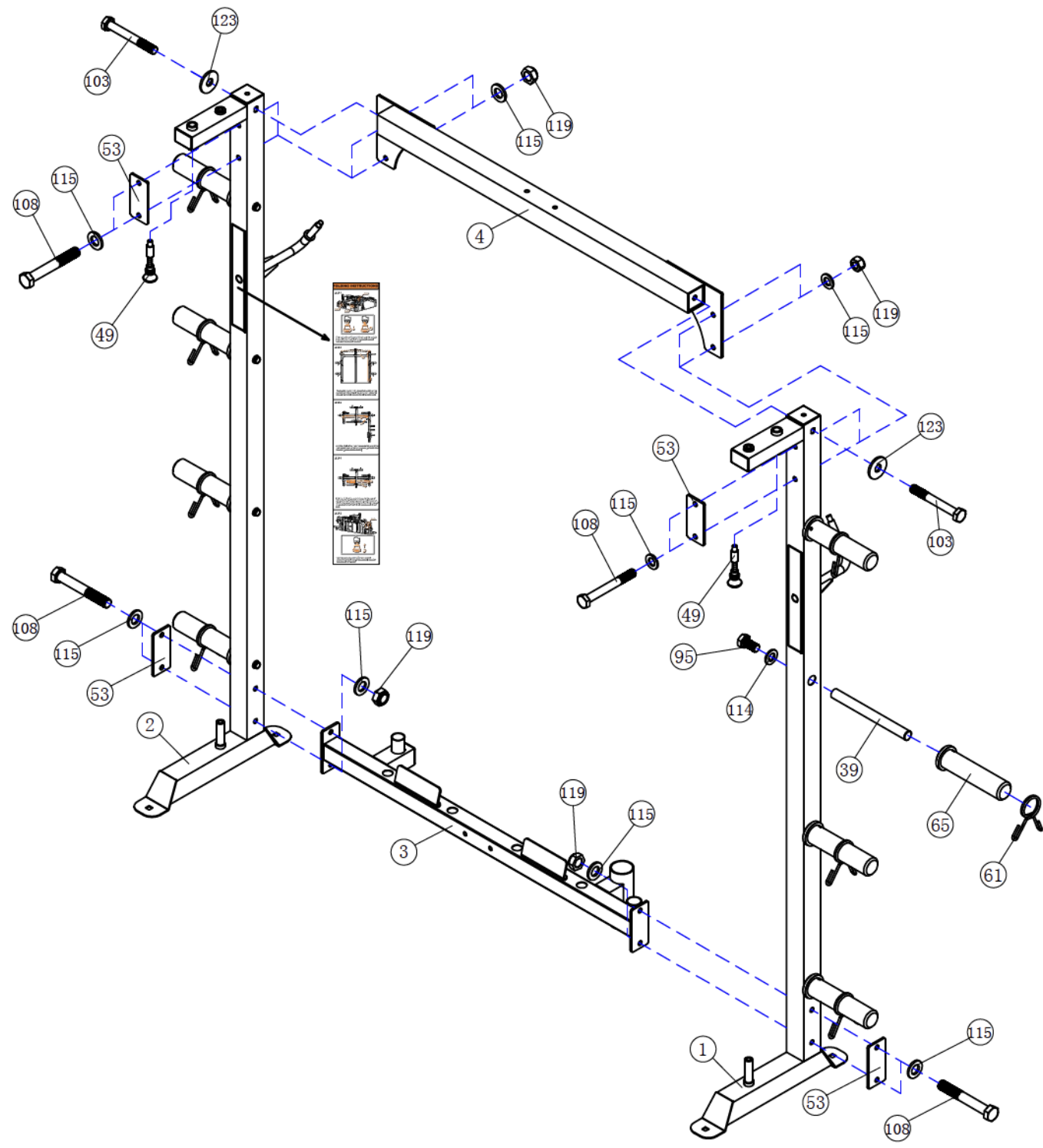
PARTS LIST			
KEY NO.	PART DESCRIPTION F-VS	SPEC	QTY
1	Left Rear Stand		1
2	Right Rear Stand		1
3	Lower Support Bar		1
4	Upper Support Bar		1
5	Connecting bar		1
6	Boom		1
7	Guide shaft		1
8	Middle Frame		1
9	Front Rack Post		2
10	backrest Frame		1
11	Right upper connecting frame		1
12	Rack bar bottom R		1
13	Left Upper connecting frame		1
14	Rack bar bottom L		1
15	Pull up Bar		1
16	Guide Rod		4
17	Top Bracket		1
18	Load-bearing frame		1
19	Roller Frame		2
20	Resistance Band Peg R		1
21	Elevate Handle R		1
22	Elevate Handle Rack R		1
23	Safety Hook		2
24	Resistance Band Peg L		1
25	Elevate Handle L		1
26	Elevate Handle Rack L		1
27	Pendulum Pulley Rack		2
28	Backrest Pad		1
29	Upper Cable	L=2850mm	1
30	Lower Cable	L=3650mm	1
31	Butterfly Cable	L=5155mm	1
32	Rollers		16

33	Sleeving		6
34	Lock Pin		2
35	Rotating Shaft		1
36	Spacer 1		1
37	Rotating frame		1
38	Handle		1
39	Standard Plate Rack		8
40	Safety Hook Bracket		2
41	Bar attachment 1		2
42	Bar attachment 2		1
43	Resistance Band Peg		4
44	Bar attachment 3		1
45	Bar attachment 4		1
46	Horizontal Barbell rack		2
47	Pulley fork plate		1
48	Securing pin 1		2
49	Securing pin 2		4
50	Lock Pin with Chain		1
51	Pulley link Plate	218×38×3	2
52	Mounting Plate 1	91×35×4	8
53	Mounting Plate 2	130×60×5	8
54	Mounting Plate 3	120×50×3	1
55	Bearing	60/28-2RS	4
56	Ring-Shield	Φ28	2
57	Roller	Φ35×Φ10.5×59	4
58	Link Chain (short)	Φ5 (10)	1
59	Link Chain (long)	Φ5 (15)	1
60	Steel Hook	Φ8	6
61	Olympic Spring Clip	Φ49	12
62	Standard Spring Clip	Φ24.5	4
63	Rubber Grip 1	Φ23×440	2
64	Rubber Grip 2	Φ23×150	4
65	Olympic Barbell Sleeve	Φ50×210	10
66	Tube end 1	Φ25	24
67	Tube end 2	Φ28	4

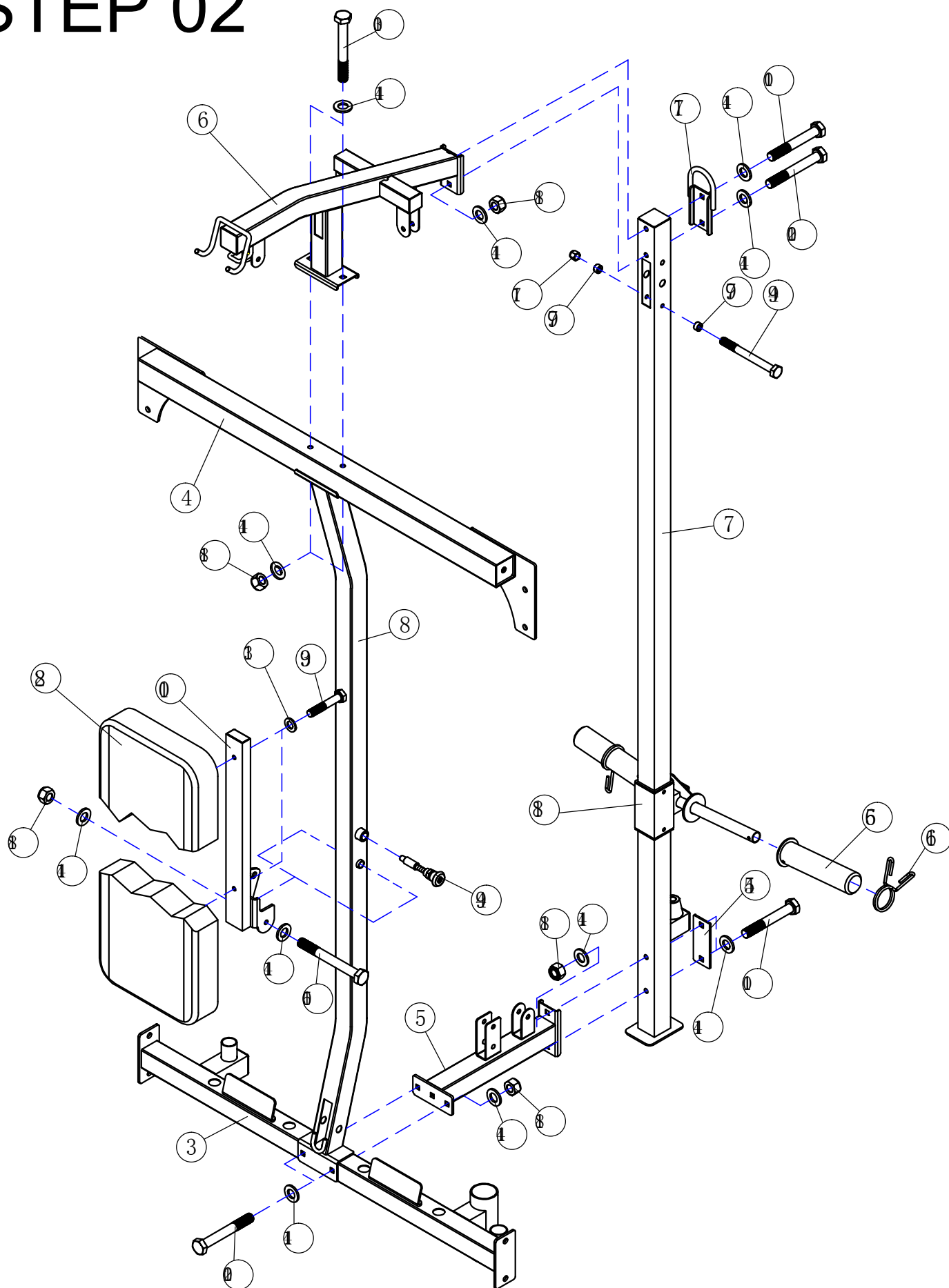
68	Tube end 3	□60	6
69	Tube end 4	□50	4
70	Tube end 5	□45	1
71	Tube end 6	□38	2
72	Tube end 7	□40×60	2
73	Tube end 8	□25×50	3
74	Tube end 9	Φ16×Φ11	4
75	Hollow Tube	□60×□50	2
76	Safety hook Bracket Guides	38x26x30x3	4
77	Washer 1	Φ35×Φ30×10	1
78	Washer 2	Φ45×40	1
79	Pulley Bushing 1	Φ18×Φ9×10	2
80	Ankle Strap		1
81	Adjust Tension Set		2
82	Pulley Bushing 2	Φ22×Φ10.2×15	4
83	Rack Liner 1	110×52×5	2
84	Rack Liner 2	52×45×5	2
85	Pulley	Φ96	13
86	Bushing 1	Φ18×Φ14×Φ10.2×12	2
87	Bushing 2	Φ25×Φ22×Φ16×10	4
88	Bushing 3	Φ25×Φ21.8×Φ12.2×8	12
89	Bushing 4	Φ38×Φ34×Φ25×22	2
90	Bushing 5	Φ30×Φ26×Φ20×16	4
91	Countersunk head screws	M6×12	12
92	Pan-head screws	M6×16	2
93	M8×45 Hex Bolt	M8×45	6
94	M8×80 Hex Bolt	M8×80	1
95	M10×20 Hex Bolt	M10×20	8
96	M10×25 Hex Bolt	M10×25	5
97	M10×30 Hex Bolt	M10×30	1
98	M10×45 Hex Bolt	M10×45	11
99	M10×60 Hex Bolt	M10×60	2
100	M10×65 Hex Bolt	M10×65	16
101	M10×70 Hex Bolt	M10×70	3
102	M10×75 Hex Bolt	M10×75	3

103	M10×80 Hex Bolt	M10×80	4
104	M10×85 Hex Socket Screw	M10×85	4
105	M10×90 Hex Bolt	M10×90	1
106	M10×235 Hex Bolt	M10×235	8
107	M12×20 Hex Bolt	M12×20	2
108	M12×85 Hex Bolt	M12×85	16
109	M12×90 Hex Bolt	M12×90	1
110	M12×145 Hex Bolt	M12×145	2
111	M12×235 Hex Bolt	M12×235	1
112	Ø6 Washer	6	1
113	Ø8 Washer	8	10
114	Ø10 Washer	10	111
115	Ø12 Washer	12	44
116	Ø12 Elastic Ring	12	2
117	M8 Aircraft Nut	M8	5
118	M10 Aircraft Nut	M10	51
119	M12 Aircraft Nut	M12	22
120	Tube end 10	Φ32	2
121	Tube end 11	Φ48	2
122	shoulder rings	Φ35×Φ28.5×3	2
123	Spacer	Φ30×Φ10.5×2.5	2
124	Tube end 12	□80×40	2
125	Sleeving	Φ16×Φ11×16	4
	Allen wrench	4#	1
	Allen wrench	8#	1

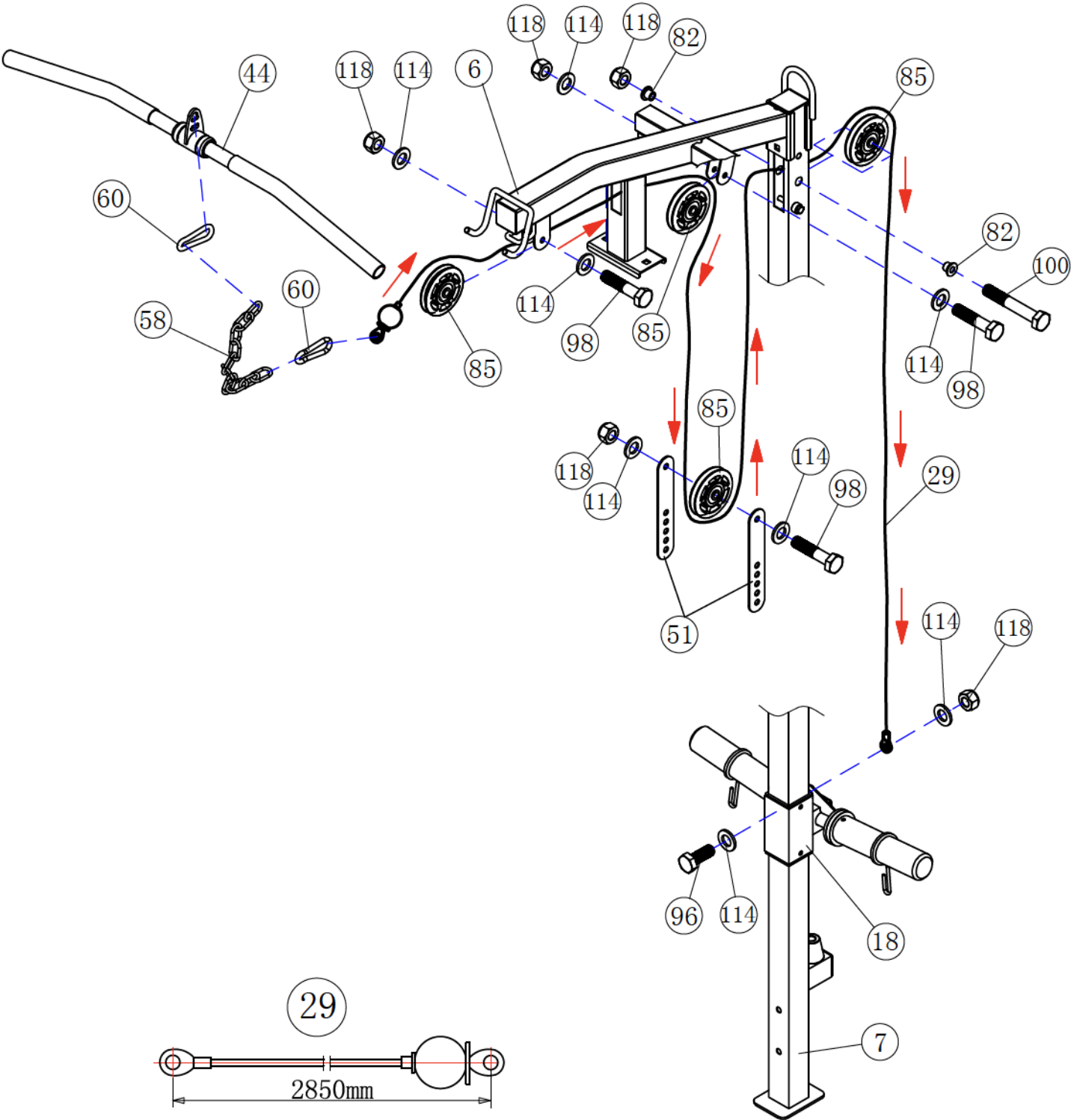
STEP 01



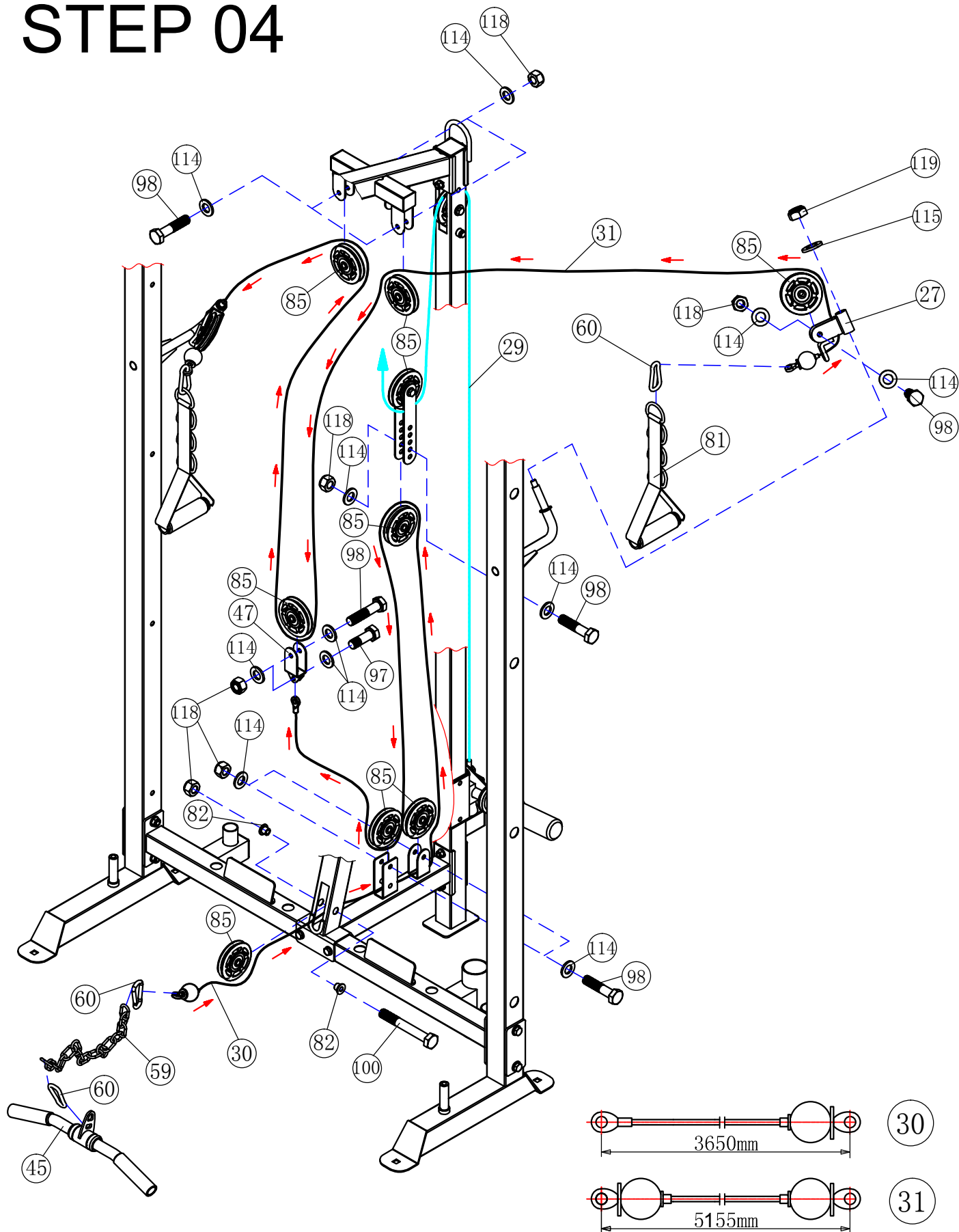
STEP 02



STEP 03



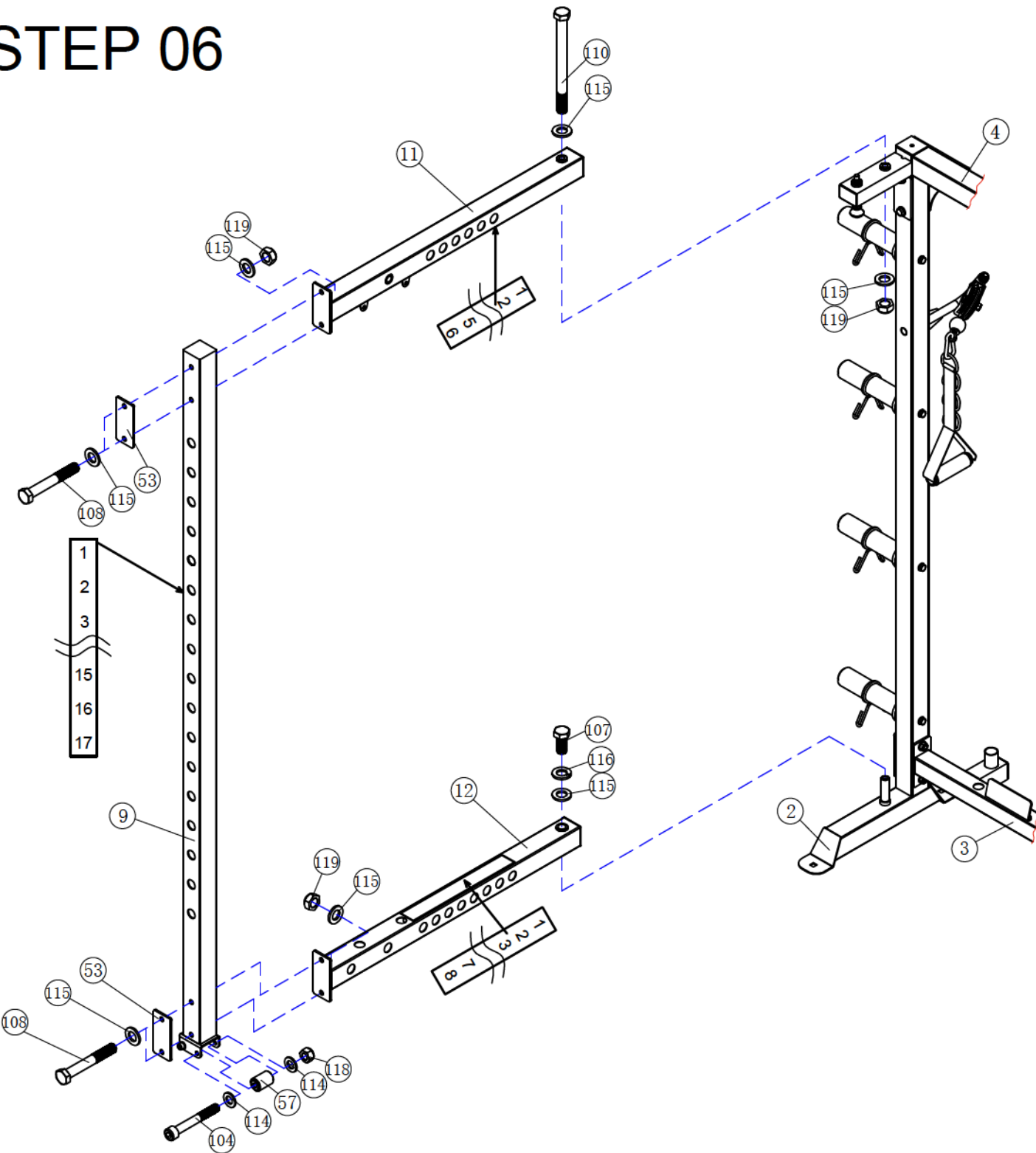
STEP 04



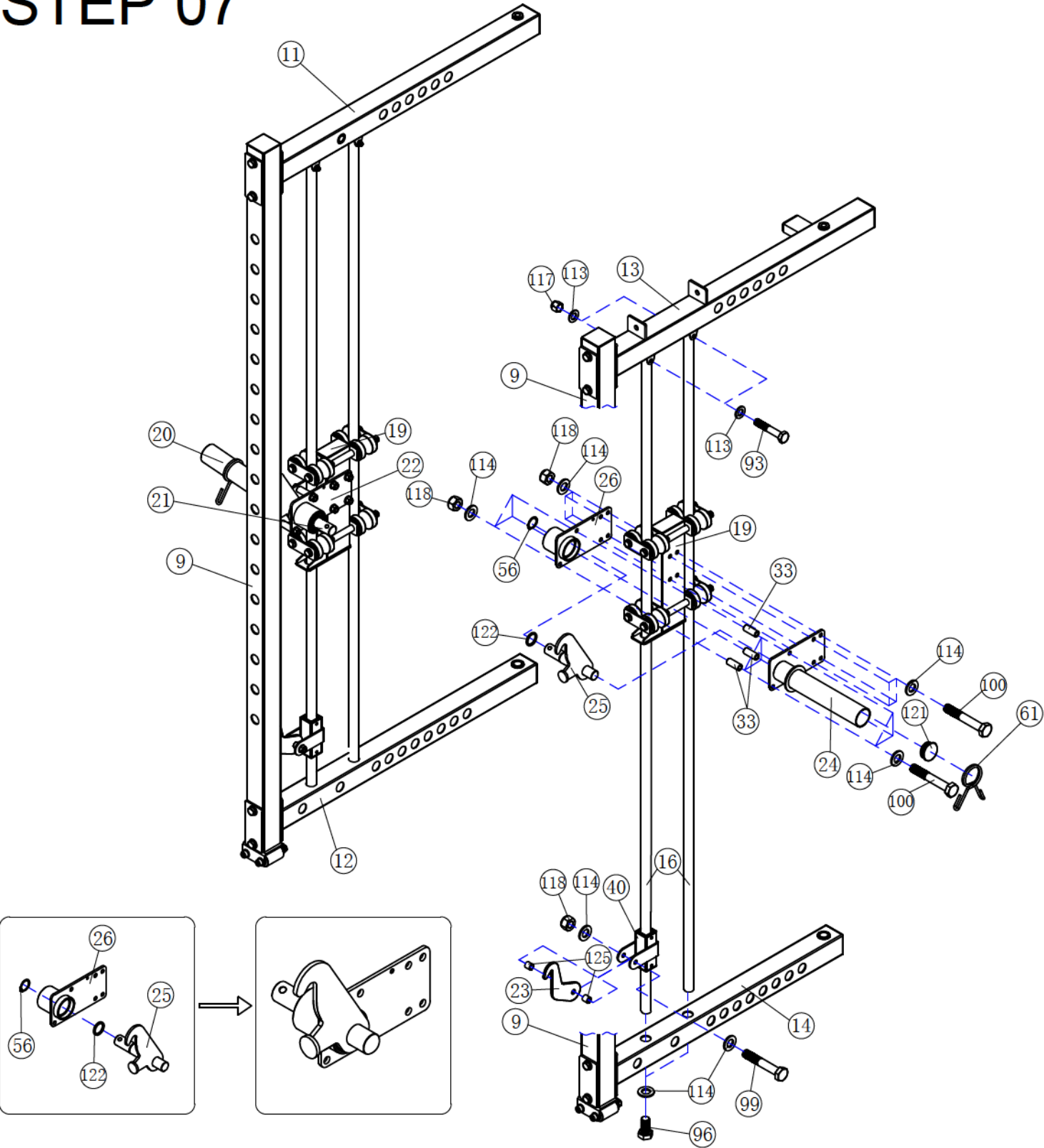
STEP 05

This diagram illustrates the assembly of the microscope's main body onto the base. The main body consists of a vertical column (9) and a horizontal arm (13). The base (1) is shown at the bottom right. The assembly process involves attaching the column to the base using a series of components labeled 1, 3, 4, 9, 104, 108, 110, 114, 115, 116, 118, 119, 13, 14, 15, 16, 17, 53, and 57. Dashed blue lines indicate the assembly path.

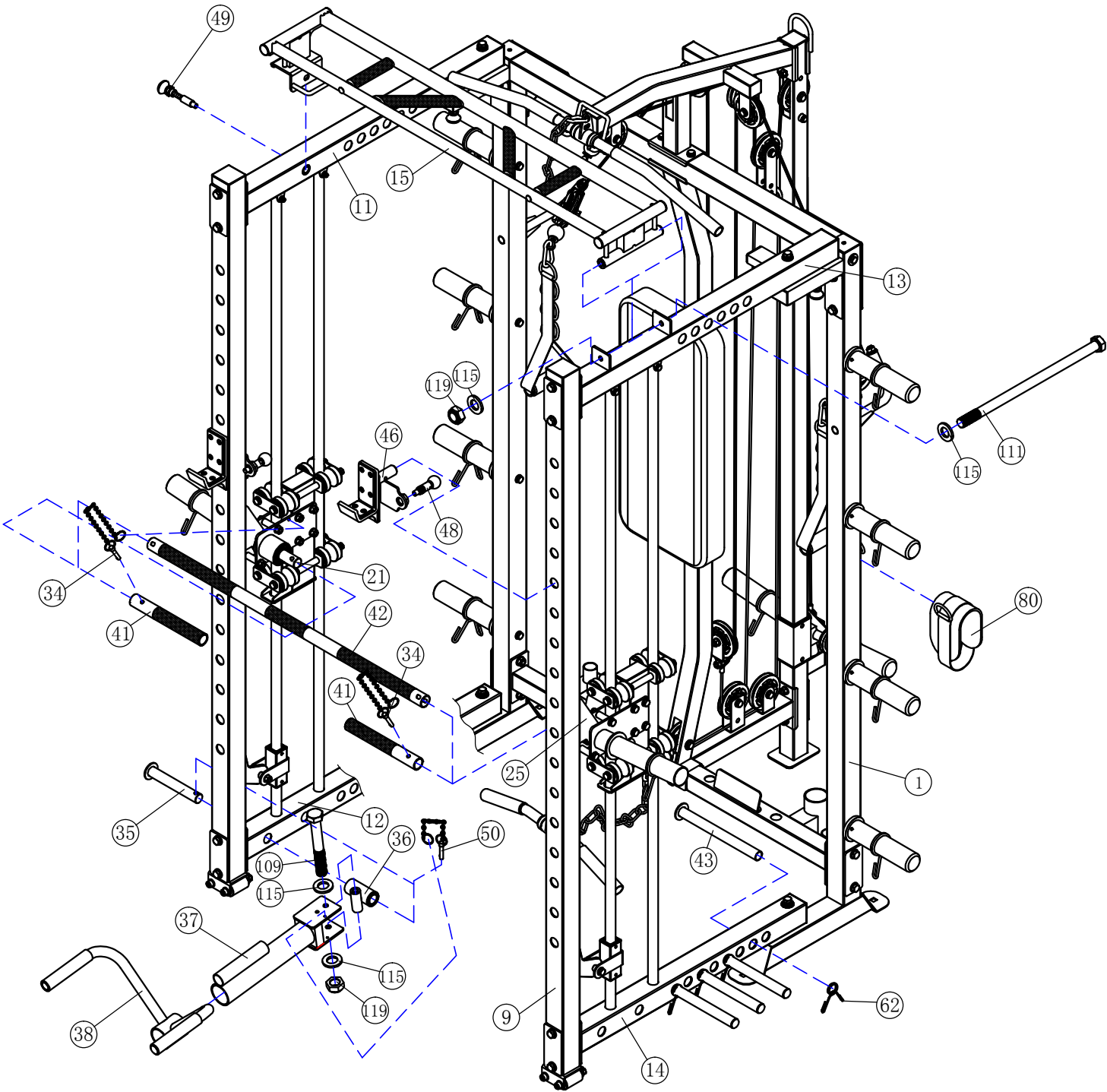
STEP 06

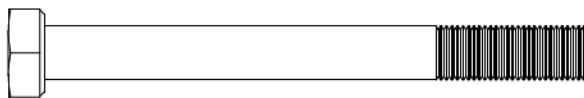


STEP 07

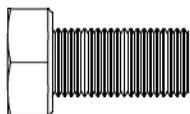
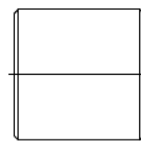
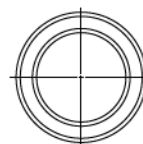


STEP 08



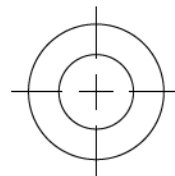


(#94) M8×80 Hex Bolt (Qty 1)



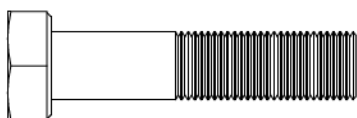
(#125) $\phi 16 \times \phi 11 \times 16$ Sleeving (Qty 4)

(#95) M10×20 Hex Bolt (Qty 8)

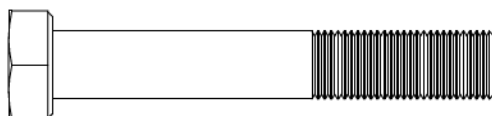
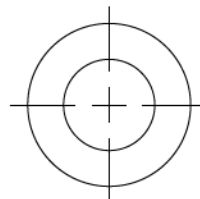


(#96) M10×25 Hex Bolt (Qty 5)

(#114) $\phi 10$ Washer (Qty 95)

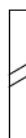
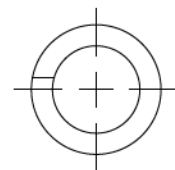
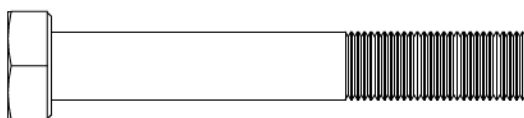


(#98) M10×45 Hex Bolt (Qty 11)



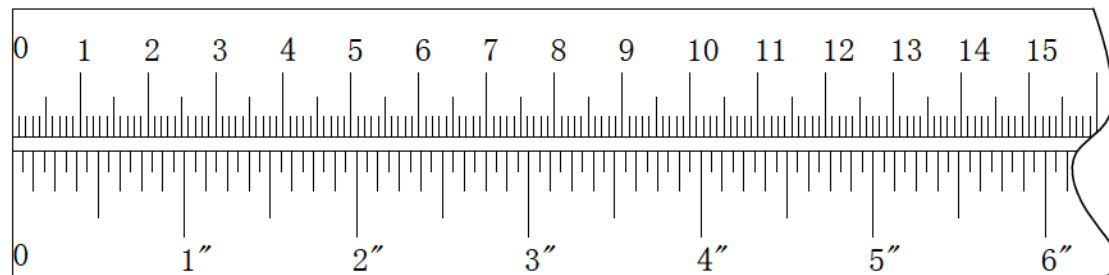
(#100) M10×65 Hex Bolt (Qty 16)

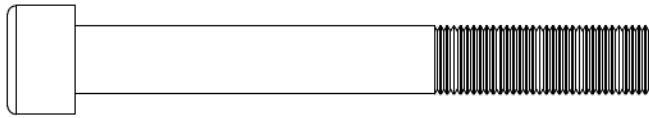
(#115) $\phi 12$ Washer (Qty 44)



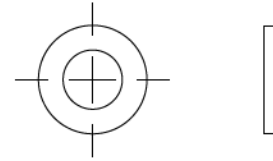
(#101) M10×70 Hex Bolt (Qty 3) (#116) $\phi 12$ Elastic Ring (Qty 2)

mm





(#104) M10×85 Hex Socket Screw (Qty 4)



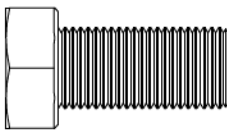
(#113) $\phi 8$ Washer (Qty 10)



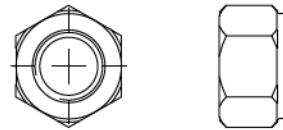
(#103) M10×80 Hex Bolt (Qty 4)



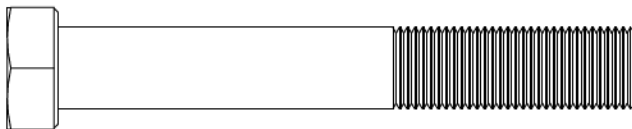
(#117) M8 Aircraft Nut (Qty 5)



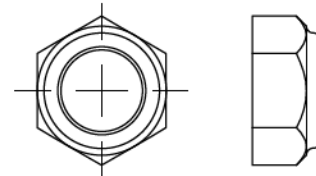
(#107) M12×20 Hex Bolt (Qty 2)



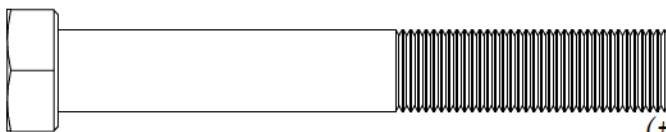
(#118) M10 Aircraft Nut (Qty 43)



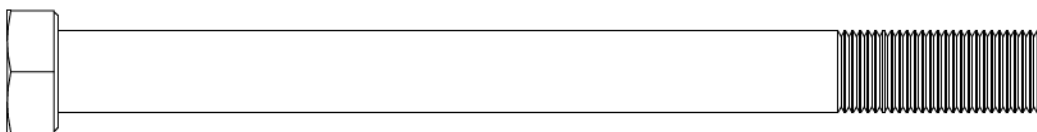
(#108) M12×85 Hex Bolt (Qty 16)



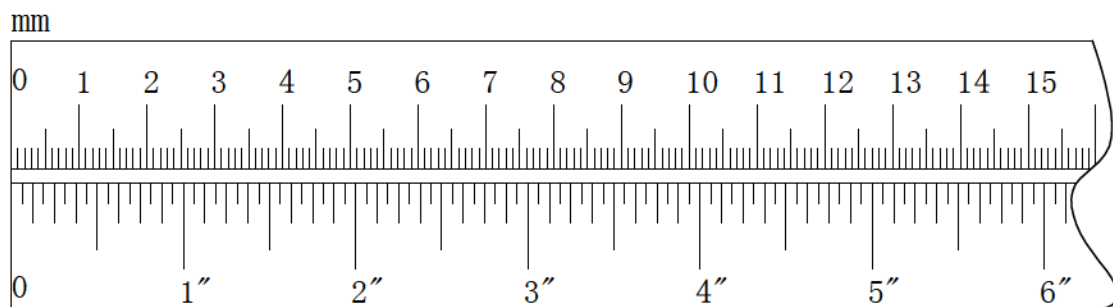
(#119) M12 Aircraft Nut (Qty 22)

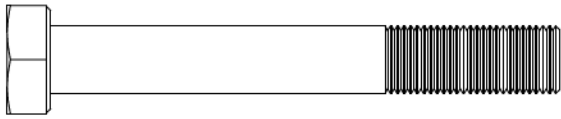


(#109) M12×90 Hex Bolt (Qty 1)

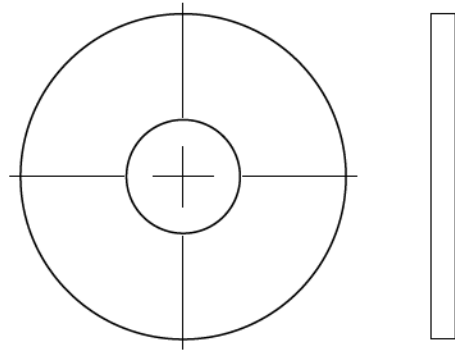


(#110) M12×145 Hex Bolt (Qty 2)

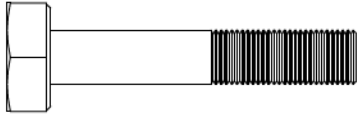




(#102) M10×75 Hex Bolt (Qty 3)



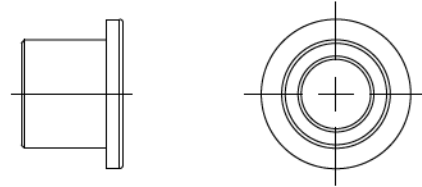
(#123) $\phi 30 \times \phi 10.5 \times 2.5$ Spacer (Qty 2)



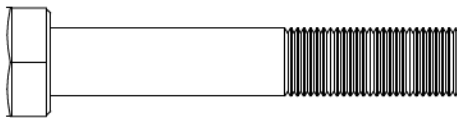
(#93) M8×45 Hex Bolt (Qty 6)



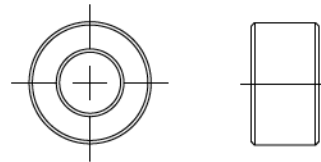
(#97) M10×30 Hex Bolt (Qty 1)



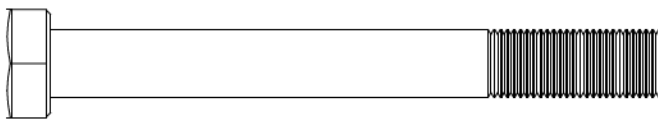
(#82) Pulley Bushing (Qty 4)



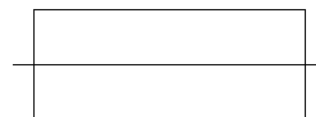
(#99) M10×60 Hex Bolt (Qty 2)



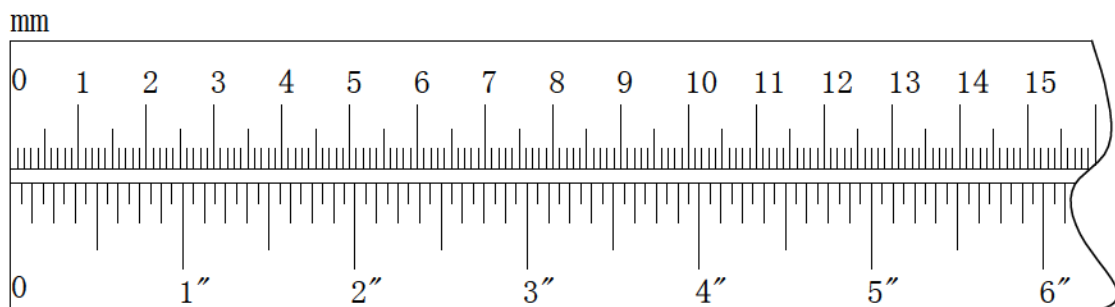
(#79) Bushing (Qty 2)

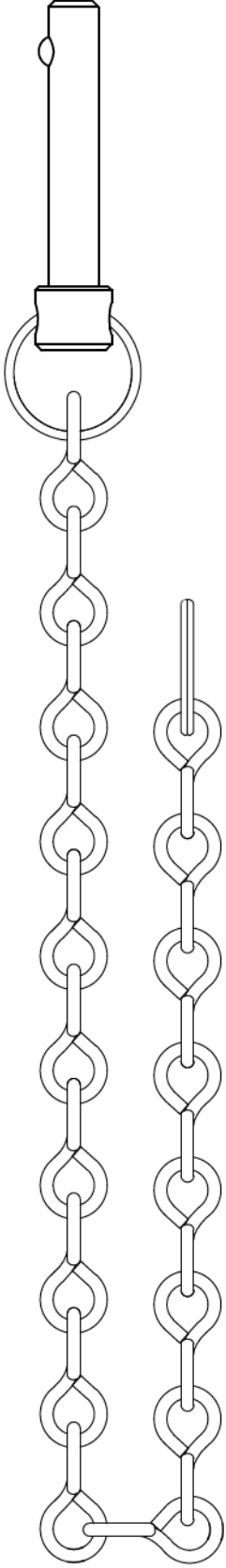


(#105) M10×90 Hex Bolt (Qty 1)

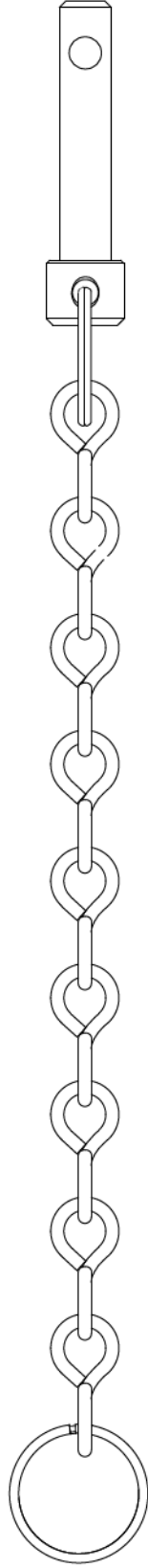


(#33) Metal sleeve (Qty 6)

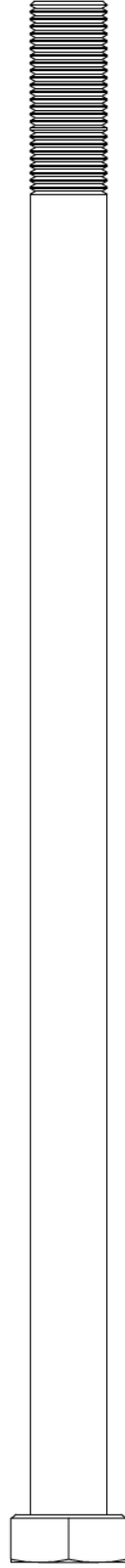




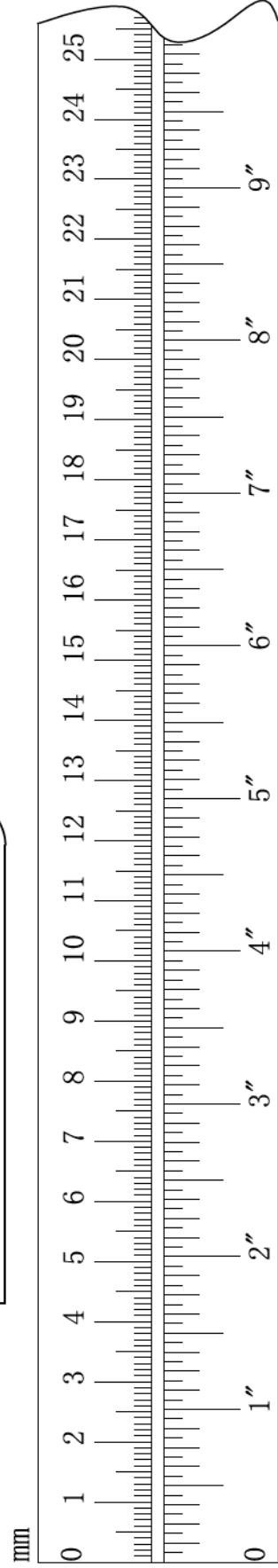
(#34) Lock Pin With Chain (Qty 2)

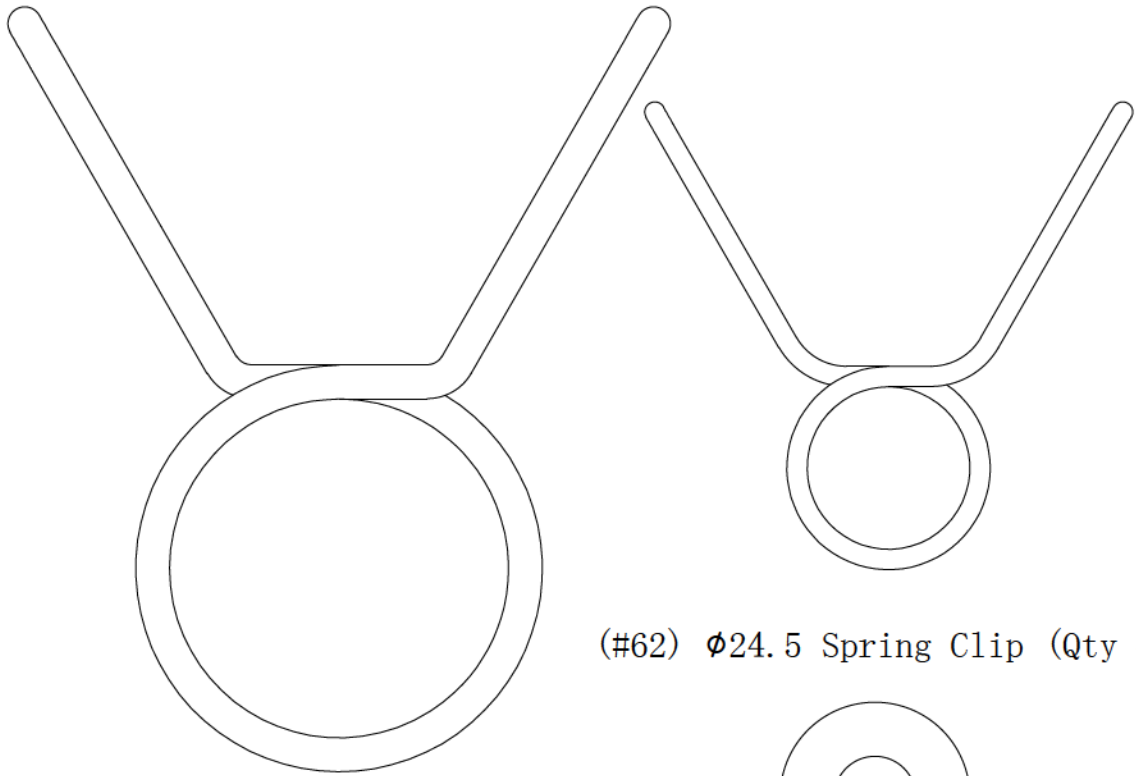


(#50) Lock Pin With Chain (Qty 1)



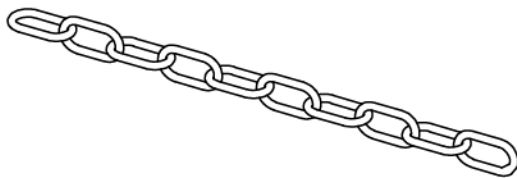
(#111) M12×235 Hex Bolt (Qty 1)



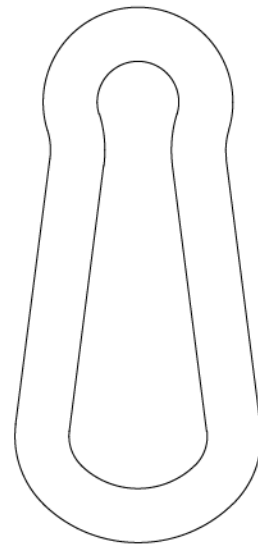


(#62) $\phi 24.5$ Spring Clip (Qty 4)

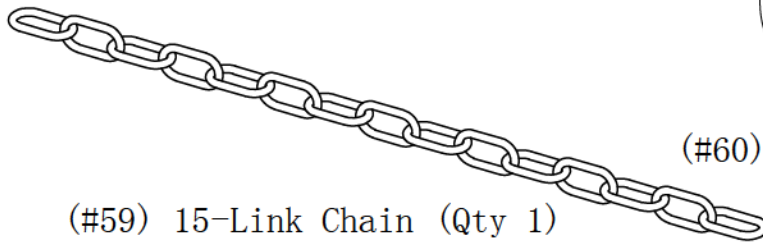
(#61) $\phi 49$ Spring Clip (Qty 12)



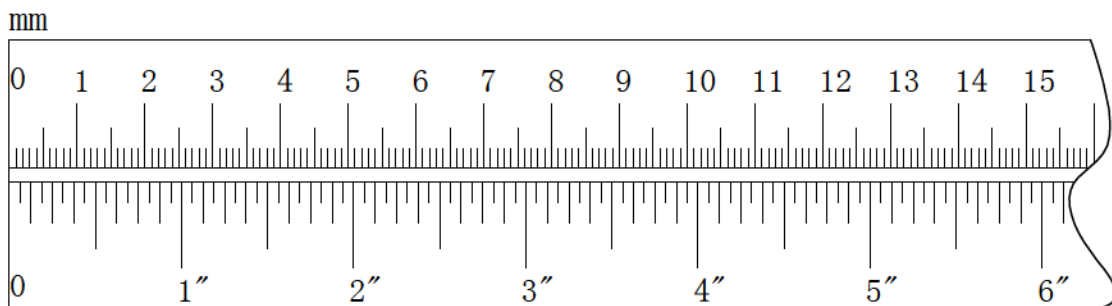
(#58) 10-Link Chain (Qty 1)



(#60) $\phi 8$ Hook (Qty 6)

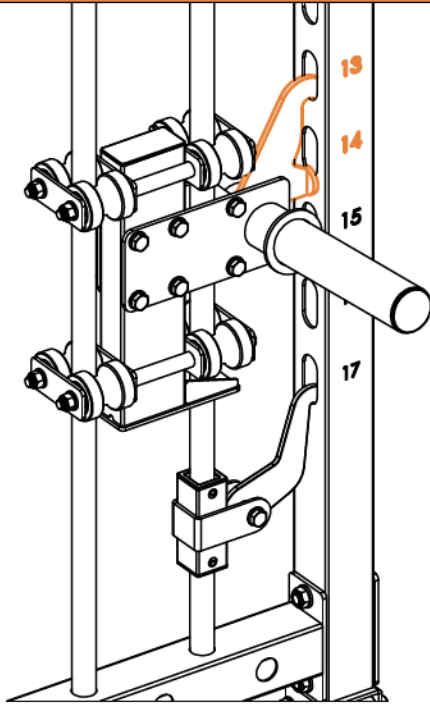


(#59) 15-Link Chain (Qty 1)



HOW TO FOLD THE RACK

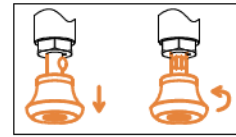
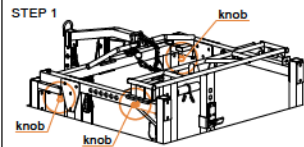
BEFORE FOLDING



Please make sure the top hooks both right side and left side must be put in hole 13 or hole 14 at the same time

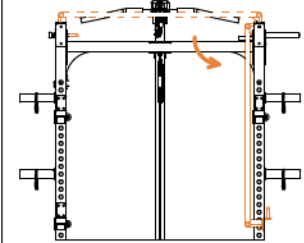
FOLDING INSTRUCTIONS

STEP 1



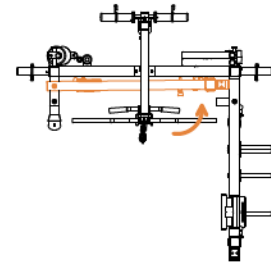
Pop and rotate all three (3) knobs on the rack to allow the knob to stay in an unlocked position while you unfold/fold the rack

STEP 2



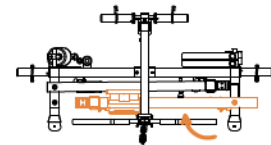
Facing the rack from the front, lift the chin up bar up and push the LHS of the rack out to allow the chin up bar to fold down to the RHS of the rack

STEP 3



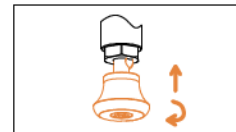
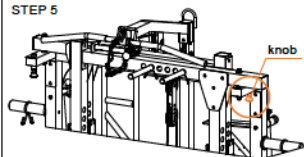
Fold the LHS of the rack in towards the rear of the rack, making sure all band pegs are put aside into the storage area before folding

STEP 4



Fold the RHS of the rack in towards the rear of the rack slowly. Please be sure the Lat Pulldown bar & chain link is stored securely and the chain is not hanging in the way of the folding RHS of the rack

STEP 5



Twist and lock all three (3) knobs, double checking they are secure and making sure the rack cannot be opened



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