

**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



# LEG-PRESS MSX300



Cod : GRLDTOORXLGPRESS2

Rev : 00

Ed : 01/23

### STEP 1:

1. Attach the Backrest Upright Frame (117) and one Bracket 45X120mm(128) to the Leg Press Base Frame (116), using two Carriage Bolts M10×60mm (148), two Washers M10 (159), and two Nylon Locknuts M10(162).
2. Attach the Base Connect Frame (127) to the Leg Press Base Frame (116), using two Carriage Bolts M10×20mm (150), two Washers M10 (159), and two Nylon Locknuts M10(162).
3. Attach the Leg Press Seat Frame (118) to the Leg Press Base Frame (116), using one Allen Bolt M10×100mm (152), two Washers M10 (159), and one Nylon Locknut M10 (162).
4. Attach the Leg Press Seat Frame (118) and one Bracket 45X120mm(128) to the Backrest Upright Frame (117), using two Carriage Bolts M10×70mm(147), two Washers M10 (159), and two Nylon Locknuts M10(162).
5. Attach the Front Leg Press Upright Frame (119) and the Rear Leg Press Upright Frame (120) to the Leg Press Base Frame (116) using four Allen Bolts M10×16mm (156), four Washers Ø25×Ø10mm(158), four Bushings Ø25×Ø19×Ø15×8mm (143), and two Axles Ø15×93×M10 (129).M10×60mm (94),

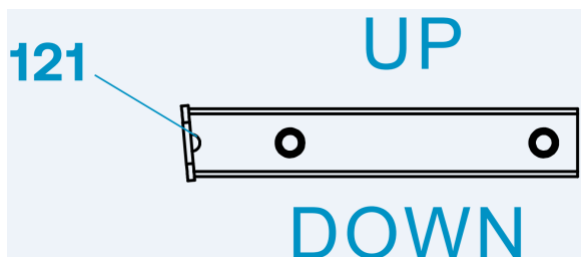
### STEP 2:

1. Attach the Right Hand Bar (124) and the Left Hand Bar (125) to the Leg Press Seat Frame (118), using two Carriage Bolts M10×70mm (147), two Washers M10 (159), and two Nylon Locknuts M10(162).
2. Attach the Leg Press Backrest Pad (131) to the Leg Press Backrest Frame (123), using four Allen Bolts M8×18mm(157) and four Washers M8 (160).
3. Insert the Leg Press Backrest Frame (123) to Backrest Upright Frame (117), using one Lock Knob (135).

### STEP 3:

1. Attach the Leg Press Seat Pad (130) to the Leg Press Seat Frame (118), using four Allen Bolts M8×18mm(157), four Washers M8 (160).
2. Attach the Leg Press Connect Frame (121) to the Front Leg Press Upright Frame (119) and the Rear Leg Press Upright Frame (120), using two Allen Bolts M10×145mm (151), four Washers M10(159) and two Nylon Locknuts M10 (162).
3. Attach the Leg Press Plate (122) to the Leg Press Connect Frame (121), using two Carriage Bolts M10×40mm (149), two Washers M10 (159) and two Nylon Locknuts M10 (162).

**Note: Installation direction of the leg Press Connect Frame(121).**



### STEP 4:

1. Run the end of Leg Press Cable(132) through Leg Press Seat Frame(118) and Front Leg Press Upright Frame (119) .
2. Install Large pulley NO.29 (133) to the Leg Press Base Frame (116), using one Allen Bolt M10×45mm (154), one Washer M10(159) and one Spring Washer M10 (161).
3. Install Large pulley NO.30 (133) to the Leg Press Seat Frame (118),using one Allen Bolt M10×70mm (153), two Washers M10(159) and one Nylon Locknut M10 (162).
4. Install Middle pulley NO.31 (134) to the Front Leg Press Upright Frame (119),using one Allen Bolt M10×45mm (154), two Washers M10(159) and one Nylon Locknut M10 (162).
5. Install Large pulley NO.32 (133) to the Leg Press Base Frame (116),using one Allen Bolt M10×45mm (154), two Washers M10 (159) and one Nylon Locknut M10 (162).
6. Install Large pulley NO.33 (133) to the Front Leg Press Upright Frame (119) ,using one Allen Bolt

M10×45mm (154), two Washers M10 (159) and one Nylon Locknut M10 (162).

7. Attach the other end of Leg Press Cable (132) to the Leg Press Base Frame (116) , using one Allen Bolt M10×28mm(155),two Washers M10 (159) and one Nylon Locknut M10 (162).

#### STEP 5:

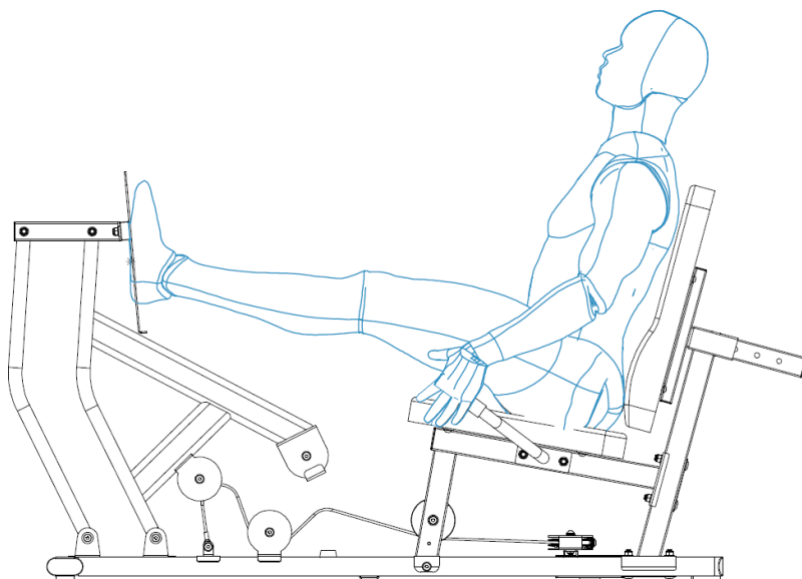
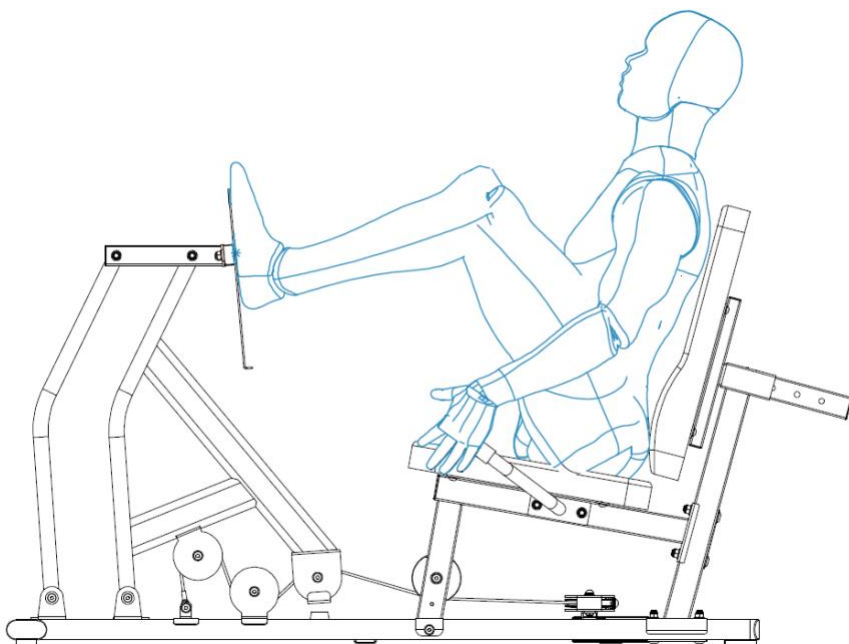
1. Attach the Base Connect Frame (127) to the Base Frame of HOME GYM, using two Carriage Bolts M10×20mm(150), two M10 Washers (159) and two Nylon Locknuts M10 (162).

2. Attach the other end of Leg Press Cable (132) to the Cable adjusting Brackets (126) ,using one Allen Bolt M10×28mm(155), two M10 Washers (159) and one Nylon Locknut M10 (162).

3. Attach the Cable U of HOME GYM to the Cable adjusting Brackets (126) , using one Allen Bolt M10×35mm (103), two M10 Washers (109) and one Nylon Locknut M10 (113).

(103)/(109)/(113) are the existing bolts on the Home Gym

**Note: all nuts and bolts should now be tightened before using this machine.**





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