

TCORX
FITNESS IN MOTION

INSTRUCTION



MSX60



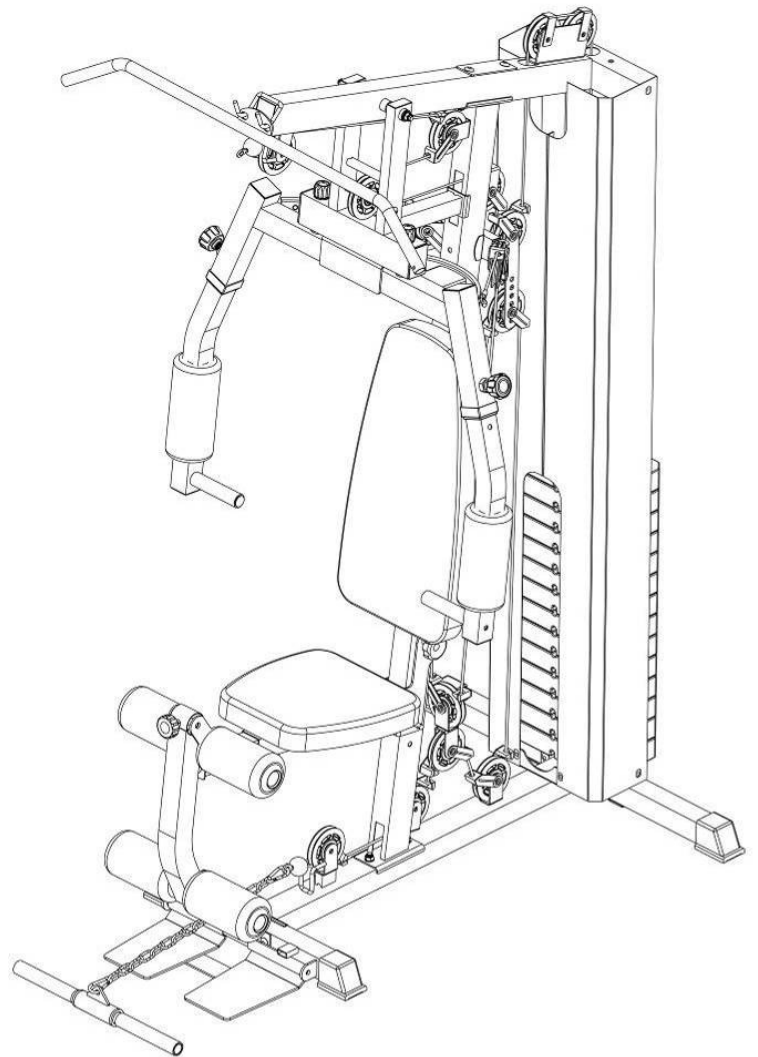
Rev : 00

Ed : 02/17



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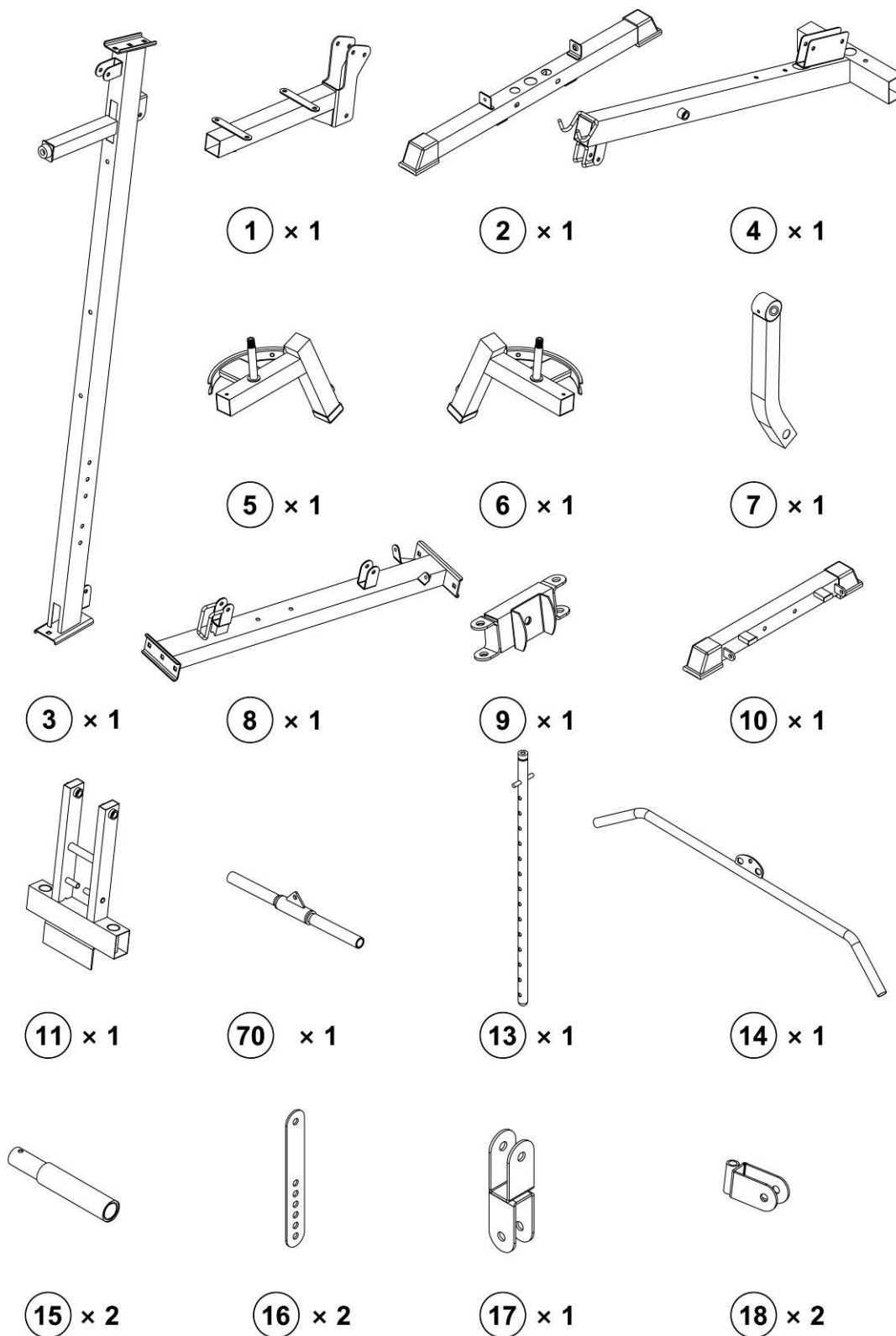
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Components - Parts

Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting Argos regarding any missing components.



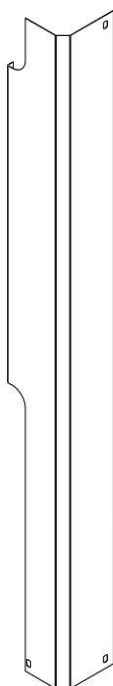
Components - Parts

Please check you have all parts listed below

Note: Some of the smaller components may be pre-fitted to larger components. Please check carefully before contacting us regarding any missing components.



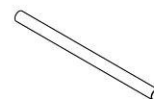
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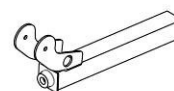
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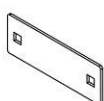
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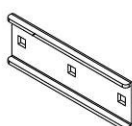
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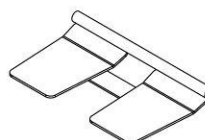
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25 x 3



26 x 1



27 x 1



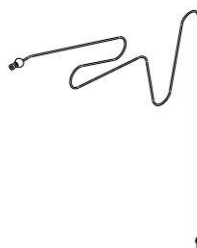
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29 x 2



30 x 2



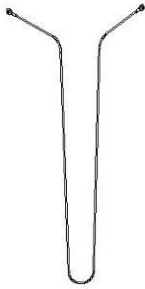
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32 x 1

Components - Parts

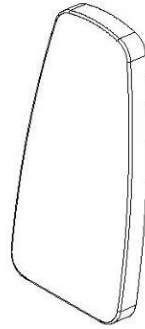
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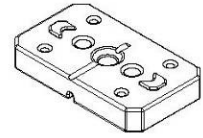
33 x 1



34 x 1



35 x 1



37 x 15



38 x 1



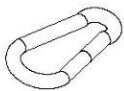
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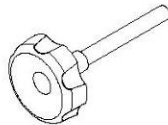
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44 x 1



45 x 4



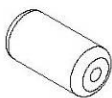
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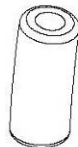
47 x 1



49 x 4



50 x 4



51 x 2



52 x 15



73 x 30



74 x 1



75 x 1



76 x 2



101 x 2



102 x 19



103 x 19

Components - Fixings

Please check you have all fixings listed below

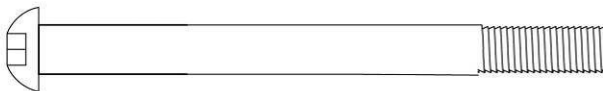
Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting us regarding any missing components. Please prepare an adjustable spanner by yourself when you are intend to assemble this machine.



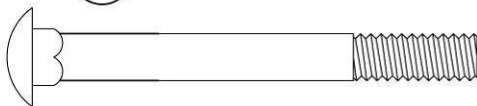
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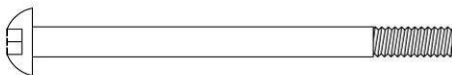
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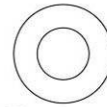
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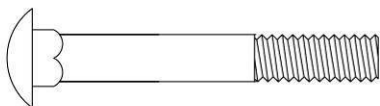
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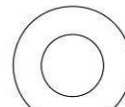
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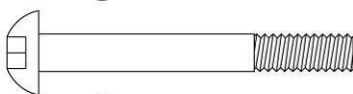
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64 x 6



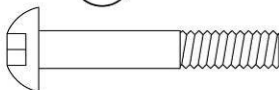
71 x 2



56 x 2



72 x 4



61 x 13



69 x 30



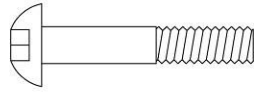
42 x 1

Ruler - Use this ruler to help correctly identify the hardware

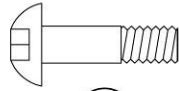


Components - Fixings

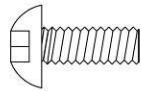
Please check you have all fixings listed below



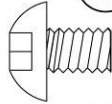
57 × 1



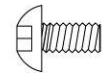
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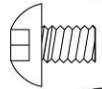
58 × 8



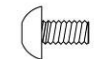
65 × 2



62 × 4



59 × 8

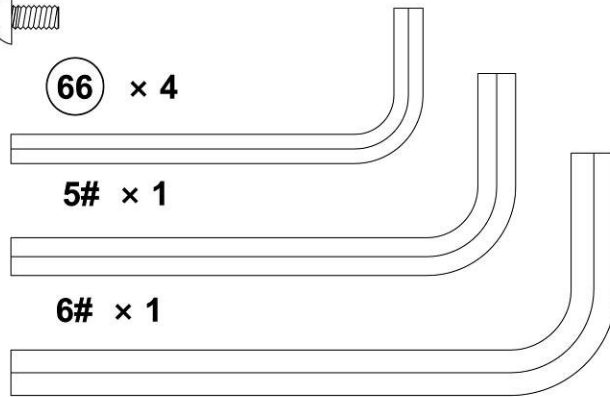


66 × 4

5# × 1

6# × 1

8# × 2



Ruler - Use this ruler to help correctly identify the hardware



Assembly instructions

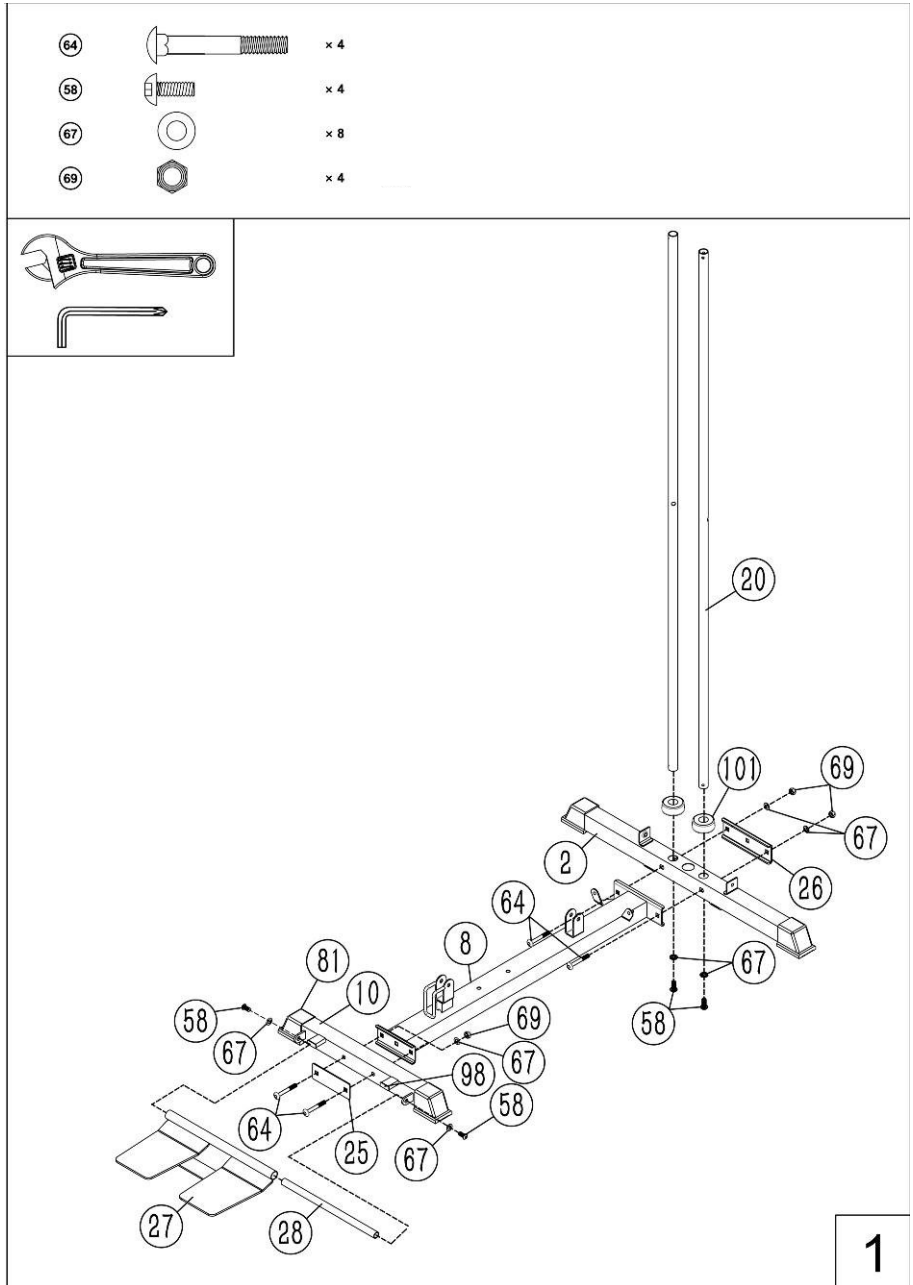
Step 1

(A) Insert the 2pcs guide rods (20) into the holes of the rear stabilizer (2) separately . and Secure them with 2 pcs $\text{\O}10\text{mm}$ Washers (67) and 2 pcs M10 x 25mm Allen Bolts (58) . Slide the 2pcs rubber bumpers (101) along the 2 pcs guide rods from the top to the bottom.




(B) Attach the main base frame (8) to the rear stabilizer(2), Secure them with 2pcs M10x70 carriage bolts(64), one pc bracket(26), 2pcs $\text{\O}10$ washers(67) and 2 pcs M10 Aircraft nuts(69).

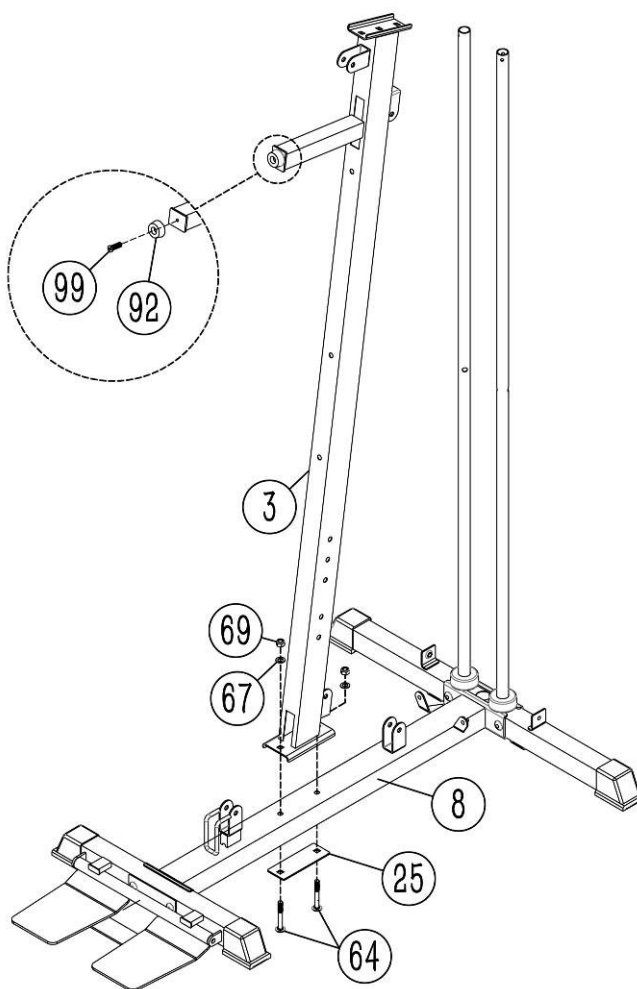
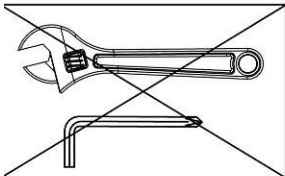
(C) Attach the front stabilizer(10) to the main base frame(8), Secure them with one pc bracket(25), 2pcs M10x70 carriage bolts(64), 2pcs $\text{\O}10$ washers(67) and 2 pcs M10 aircraft nuts(69).

(D) Attach the foot palte (27) to the front stabilizer(10), Fix them with one pc foot plate tube(28), two pcs M10*25 Allen bolt(58), 2pcs $\text{\O}10$ washer(67)



Assembly instructions

- | | | |
|----|---|-----|
| 64 |  | x 2 |
| 67 |  | x 2 |
| 69 |  | x 2 |

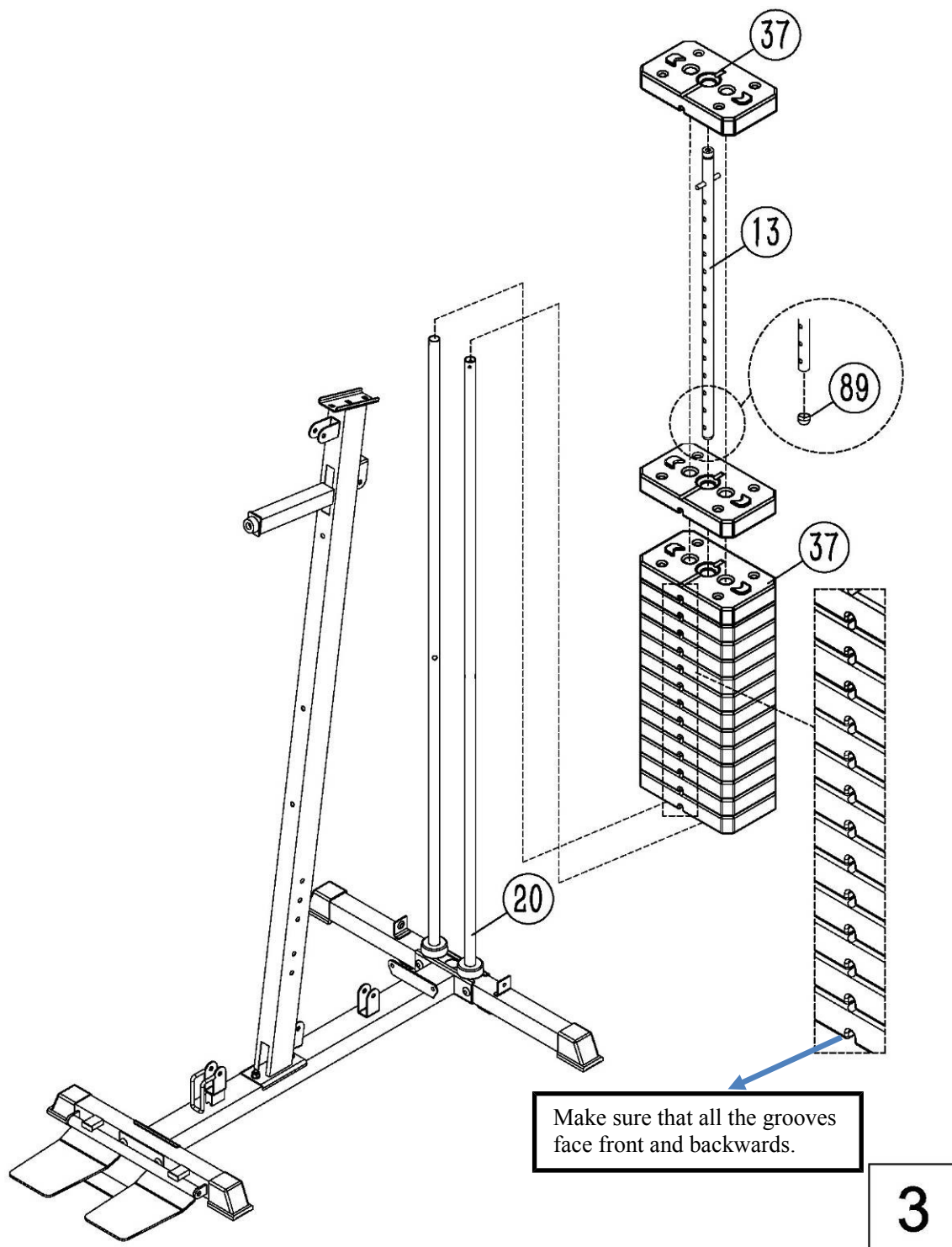


2

Step 2

Attach the front vertical frame (3) onto the main base frame (8), carefully align the holes and secure them with 2 pcs M10×70 carriage bolts (64), one pc bracket (25), 2 pcs Ø10 washers (67) and 2 pcs M10 Aircraft nuts (69).

Assembly instructions



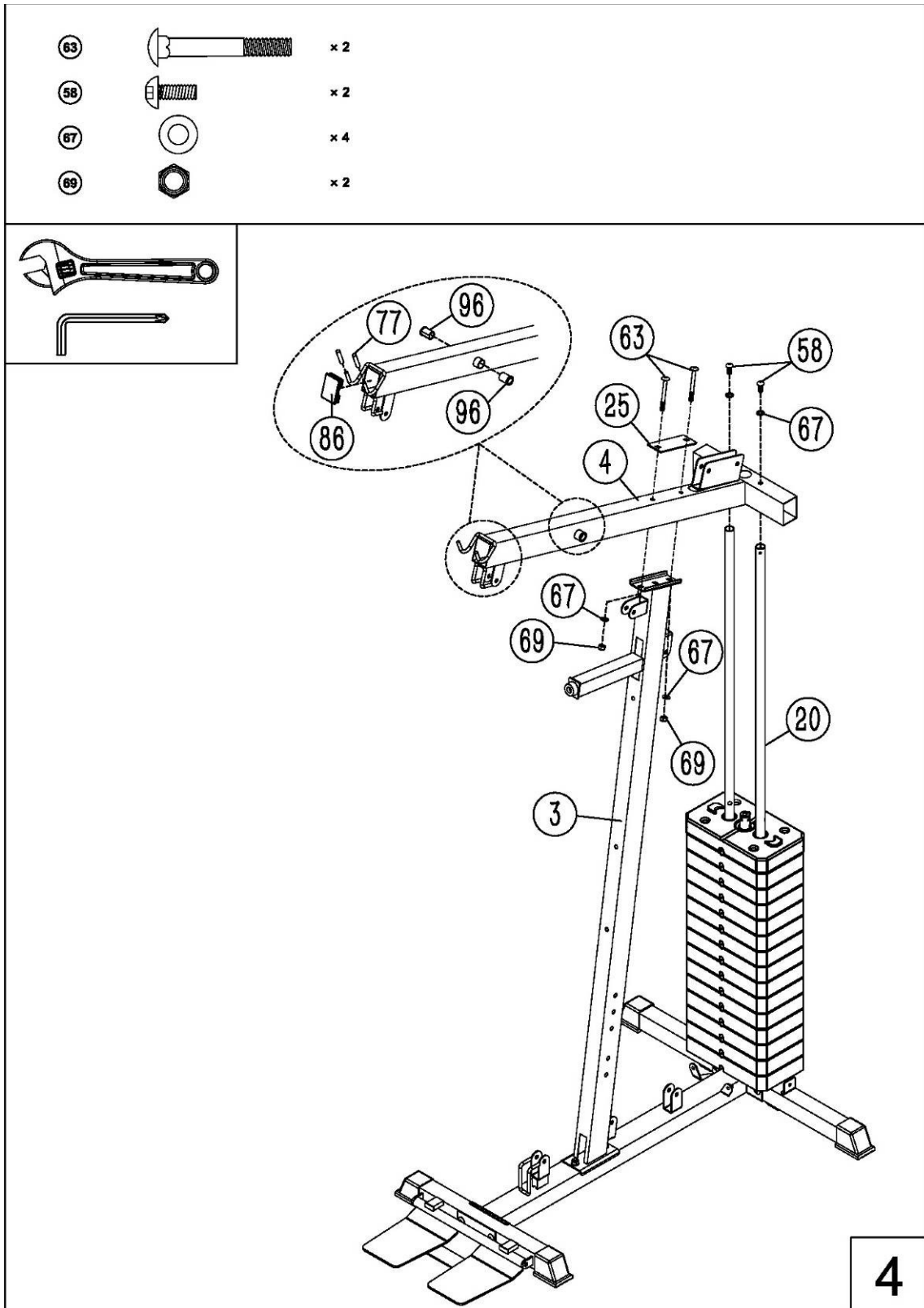
Step 3

(A) Slide the 14pcs weight plate(37) along the guide rods (20) from the top to the bottom.insert the selector rod (13) into the hole of weight plates. and then place the last weight plate onto the selector rod (19)

Make sure that all the grooves face front and backwards.

(B) Insert the selector pin (38) into the hole and select the desired weight when exercising.

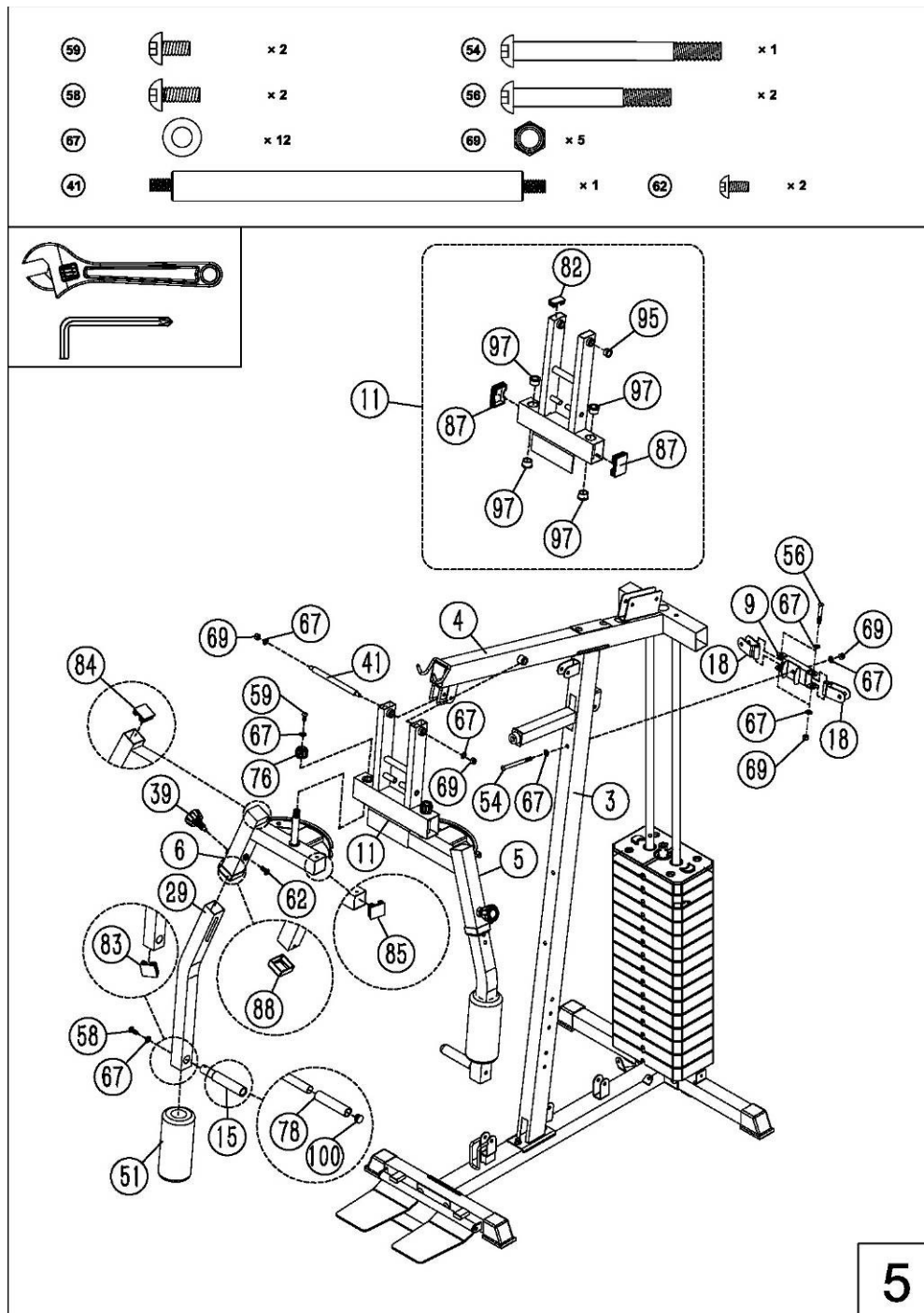
Assembly instructions



Step 4




Place the upper frame (4) onto the front vertical frame (3) and 2 pcs guide rods, Carefully align the holes and secure them with 2pcs M10*25 Allen bolt (58), 2pcs Ø10 washers (67). 2pcs M10*90 Criage bolts(63), one pc bracket(25), 2pcsØ10 washers (67) and 2pcs M10 aircraft nuts(69).

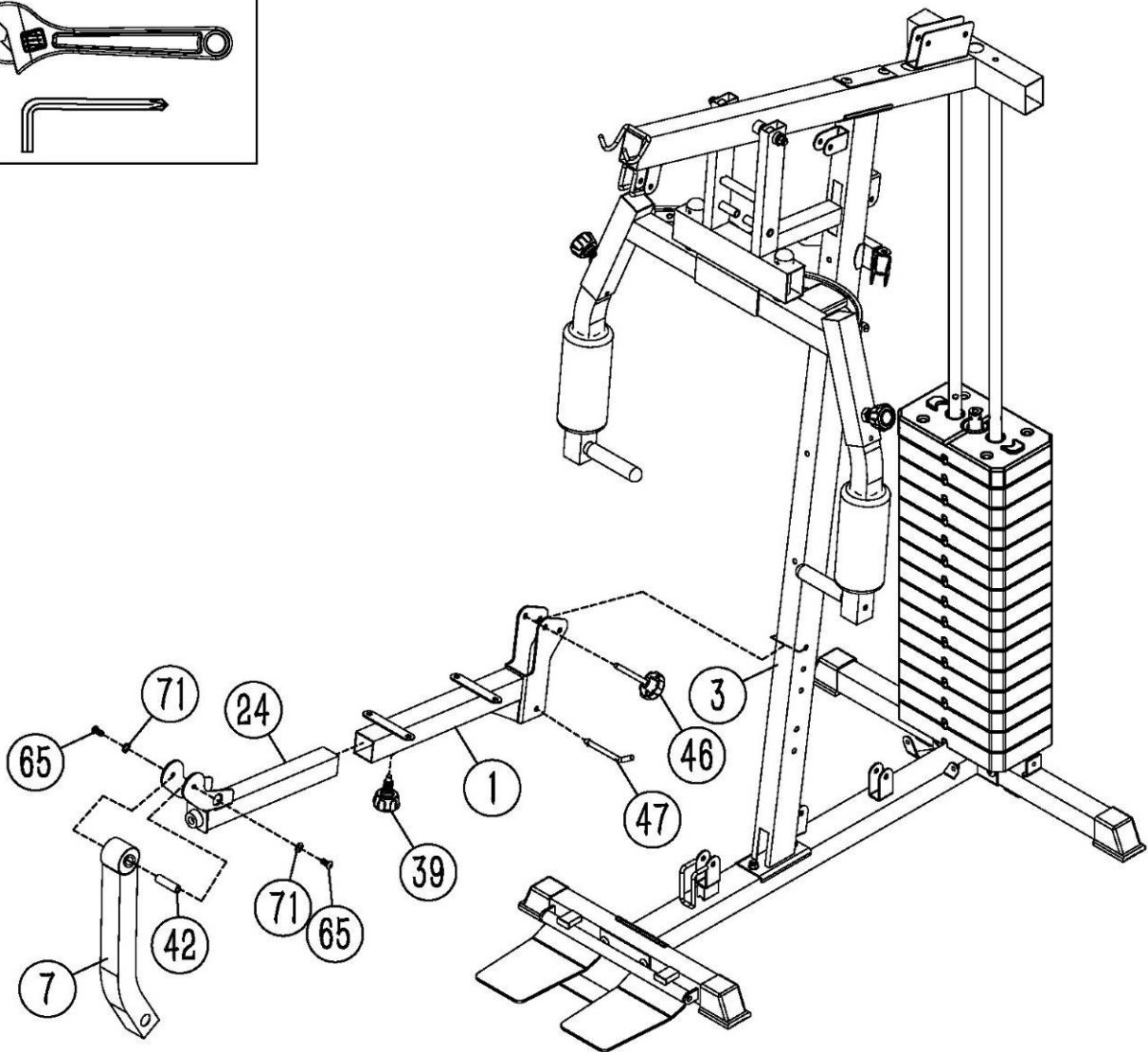
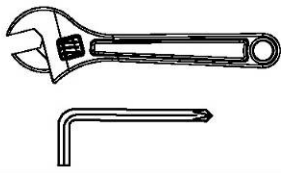
Assembly instructions



Step 5

- (A). Attach the front press base (11) to the upper frame (4), Secure them with one pc $\text{Ø}16^*M10^*206$ axle(41), 2pcs $\text{Ø}10$ washers (67) and 2pcs M10 aircraft nuts (69).
- (B) Attach the upper right butterfly frame(6) through the hole of the front press base(11) as the diagram shows and secure them with M18 Lock ring(76), 1 pc $\text{Ø}10$ washer (67), 1pc M10 X16 Allen bolt (59).Insert the lower right butterfly frame(29) into the opening of upper right butterfly frame(6) and adjust it with one pc Lock knob (39) and one pc M10*18 Allen bolt (62).Push one pc foam roll(51) from the bottom of the lower right butterfly frame and then secure the butterfly handle (15) with 1 pc $\text{Ø}10$ washer (67), 1pc M10 X25 Allen bolt (58). Install the total left butterfly frame with the same way.
- (C) Fix the swivel pulley bracket support (9) with one pc M10*110 Allen bolt (54), 2pcs $\text{Ø}10$ washers(67) and one pc M10 aircraft nut (69).Install the right and left swivel pulley bracket(18) with 2 pcs M10X65 Allen bolt (56), 4pcs $\text{Ø}10$ washers(67) and 2 pcs M10 aircraft nuts (69).

65		x 2
71		x 2
42		x 1

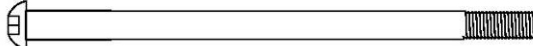

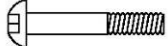

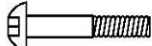
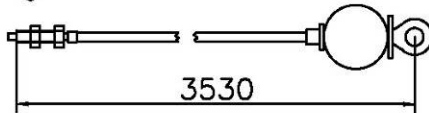


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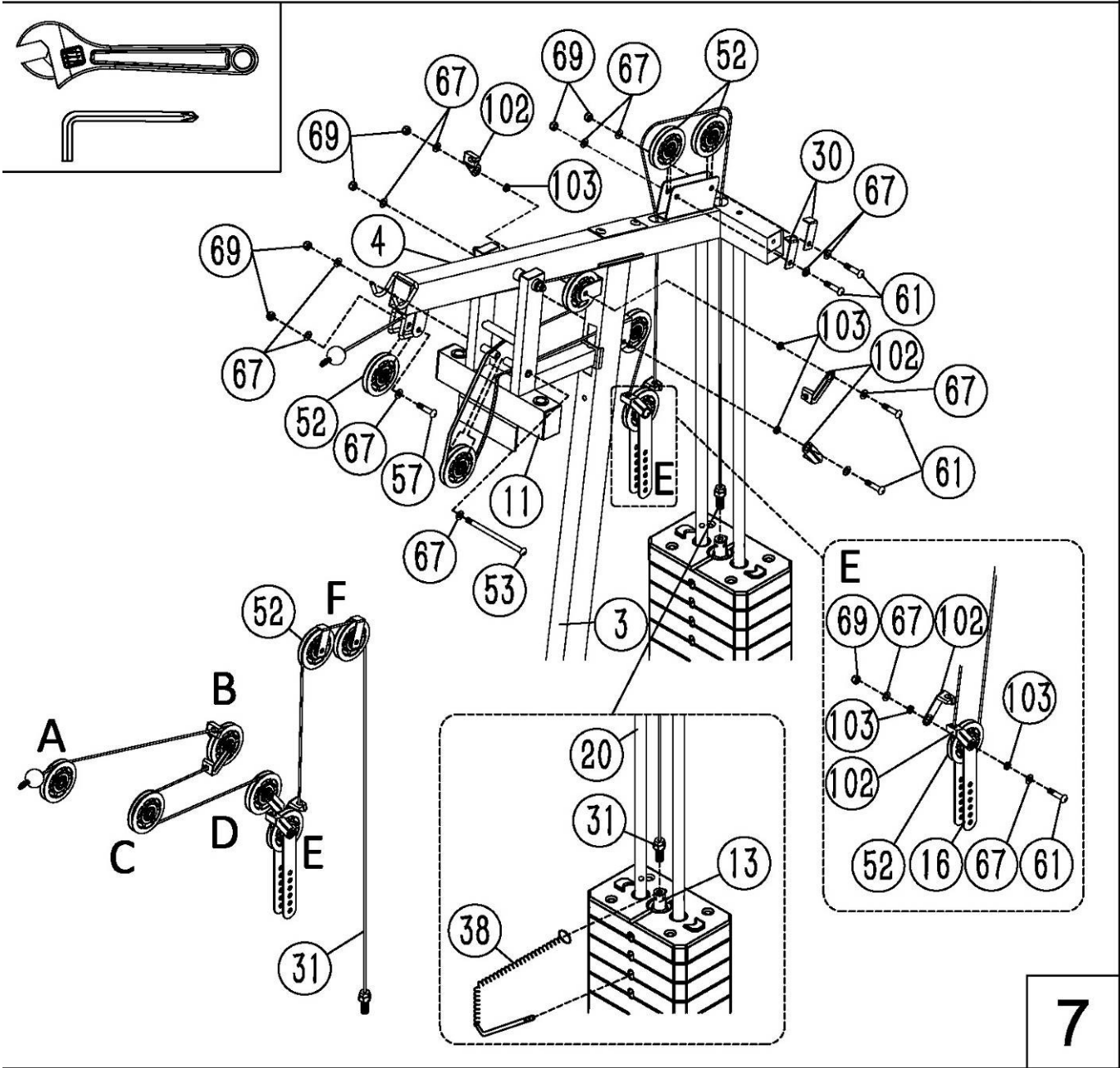
Step 6

- (A) Attach the seat pad support (1) to the front vertical frame(3) with one pc L shape lock pin(47) and one pc M10X85 Lock knob(46).
- (B) Insert the leg developer holder (24) into the front opening of seat pad support (1).You would select the desired position with Lock knob (39).
- (C) Attach the leg developer (7) to the bracket as the diagram shows, Secure them with one pc Ø16*M10*57 axle (42),2 pcs M12*20 Allen bolt(65) and 2pcs Ø12 washers (71) .

Assembly instructions

53		x 1	67		x 14
61		x 5	69		x 7
57		x 1	31		x 1

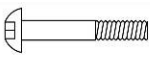


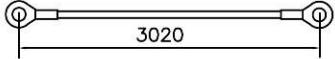
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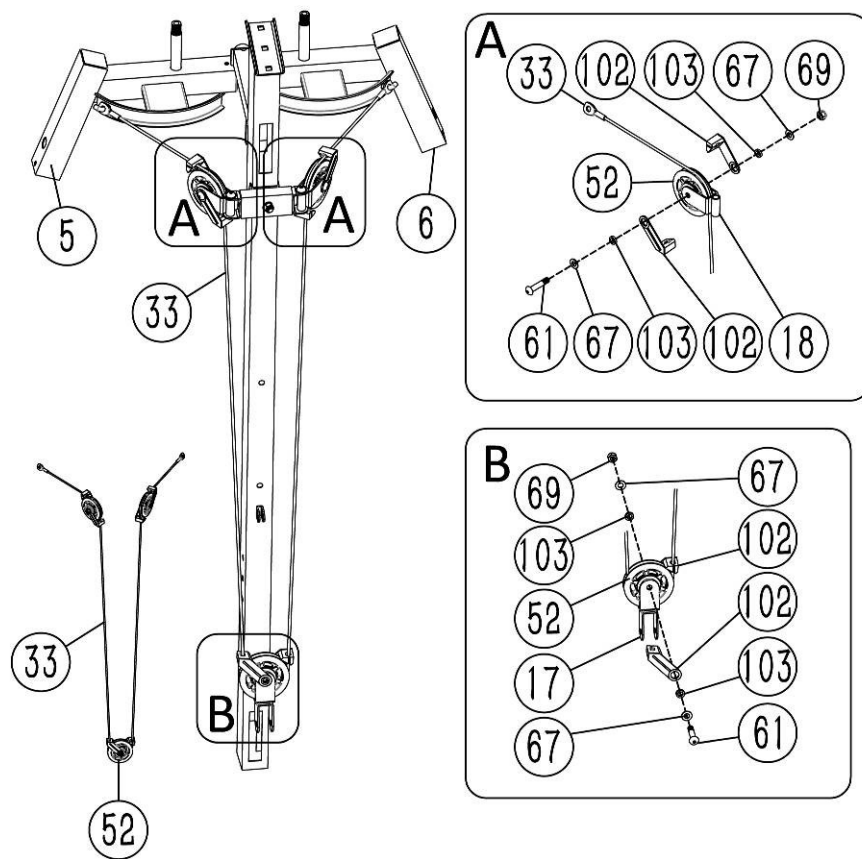
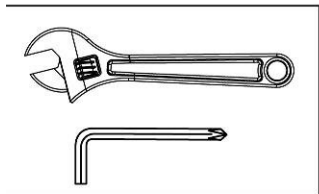


Step 7

- (A) Attach the upper cable (31) through the first bracket and make sure that the ball stopper should be underneath the upper frame(4). Place one pc pulley (52) below the cable and secure the pulley with one pc M10*45 allen bolt (57) , 2 pcs Ø 10 washers (67) and one pc M10 aircraft nut (69).
- (B) Draw the cable backwards and place one pc pulley as the diagram shows, secure the pulley with 2 pcs cable retainers(102) , 2pcs cable retainer bushings(103)with one pc M10*50 allen bolt (61) , 2 pcs Ø 10 washers (67) and one pc M10 aircraft nut (69).
- (C) Draw the cable and place one pc pulley as the diagram shows ,Seucre them with one pc M10*180 allen bolt(53),2 pcs Ø10 washers (67), and one pc M10 aircraft nut (69).
- (D) Draw the cable around the pulley and backwards and go through the opening of front vertical frame, secure the pulley,2 pcs cable retainer(102) , 2pcs cable retainer bushing(103) with one pc M10*50 allen bolt (61) , 2 pcs Ø 10 washers (67) and one pc M10 aircraft nut (69).
- (E) Draw the cable downwards and place one pc pulley onto the cable, secure the pulley with 2pcs double floating pulley brackets (16),2 pcs cable retainers(102), 2pcs cable retainer bushings (103) with one pc M10*50 allen bolt (61) , 2 pcs Ø 10 washers (67) and one pc M10 aircraft nut (69).
- (F) Draw the cable around the pulley and upwards and go through the last opening of the upper frame, Fix two pcs pulley as the diagram shows with 2pcs M10X50 Allen bolt(61), 2 pcs cable retainers(30), 4 pcs Ø 10 washers (67) and 2 pcs M10 aircraft nuts (69).Draw the cable onto the 2pcs pulleys and then go downwards through the central hole .
- (G) Insert the selector pin (38) into the hole to select the desired weight when exercising .Place the ring of the lock pin through the top of the select rod.
- (H) Draw the cable downwards ,Attach the end bolt to the top of selector rod, Thread at least 5 laps to ensure the safety.

Assembly instructions

61		× 3
67		× 6
69		× 3
33		× 1

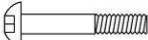



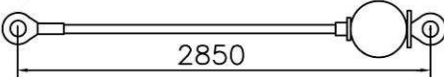


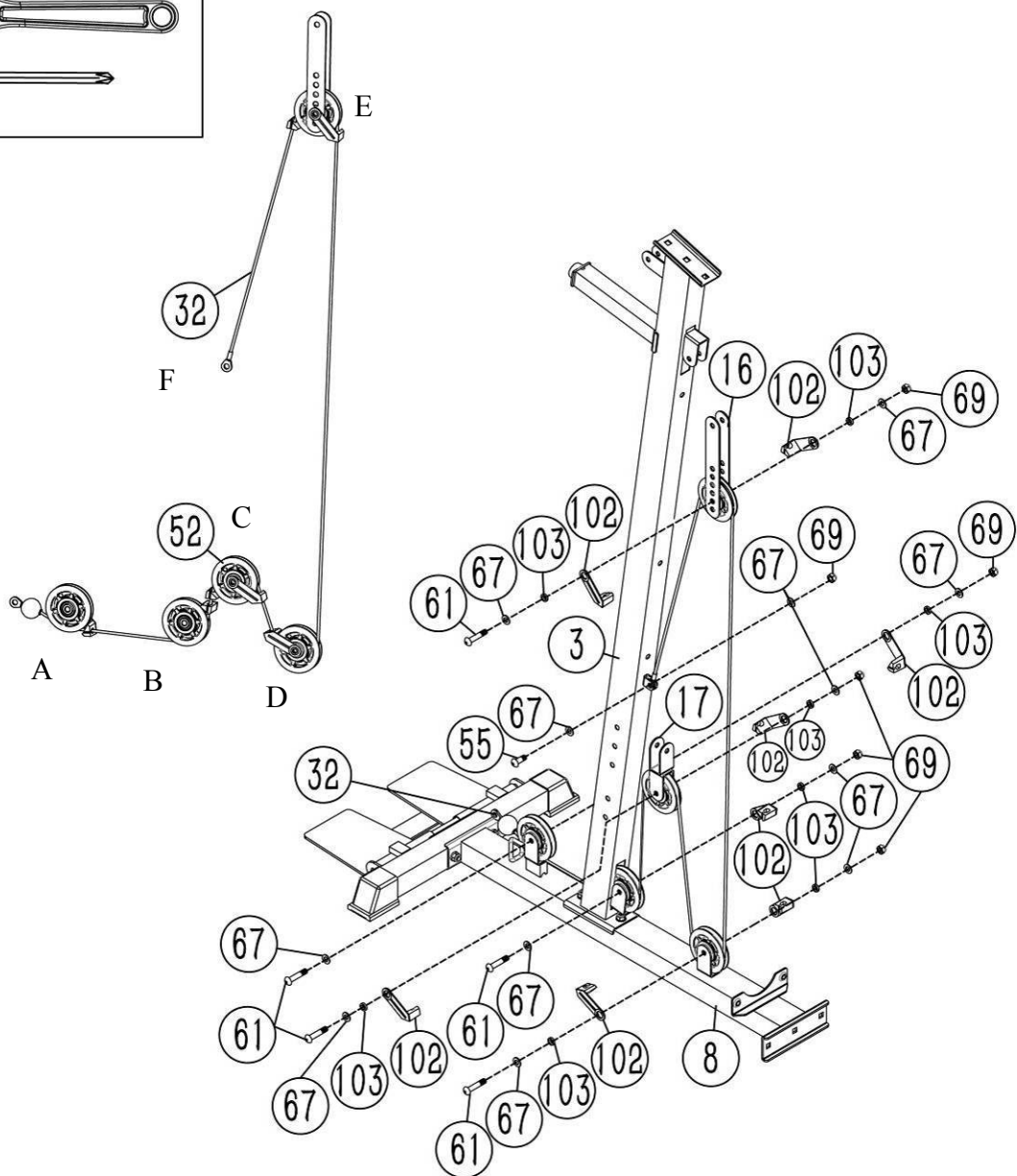
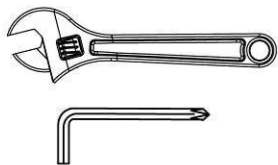
Assembly instructions

Step 8

- (A). Attach one end of the butterfly cable (33) to the post of the upper right butterfly frame (6), Draw the cable backwards and place one pc pulley below the cable. secure the pulley,2 pcs cable retainer(102) , 2pcs cable retainer bushing(103) with the swivel pulley bracket (18) together with one pc M10*50 allen bolt (61) , 2 pcs Ø 10 washers (67) and one pc M10 aircraft nut (69).
- (B) Draw the cable downwards and place one pc pulley onto the cable. Secure the pulley,2 pcs cable retainer(102) and angled floating pulley bracket(17) together with the same way in A.
- (C) Draw the cable upwards and repeat the procedure B and A to fix another end of cable to the post of upper left butterfly frame (5).

Assembly instructions

61		× 5
55		× 1
67		× 12
69		× 6
32	 2850	× 1






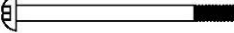


9

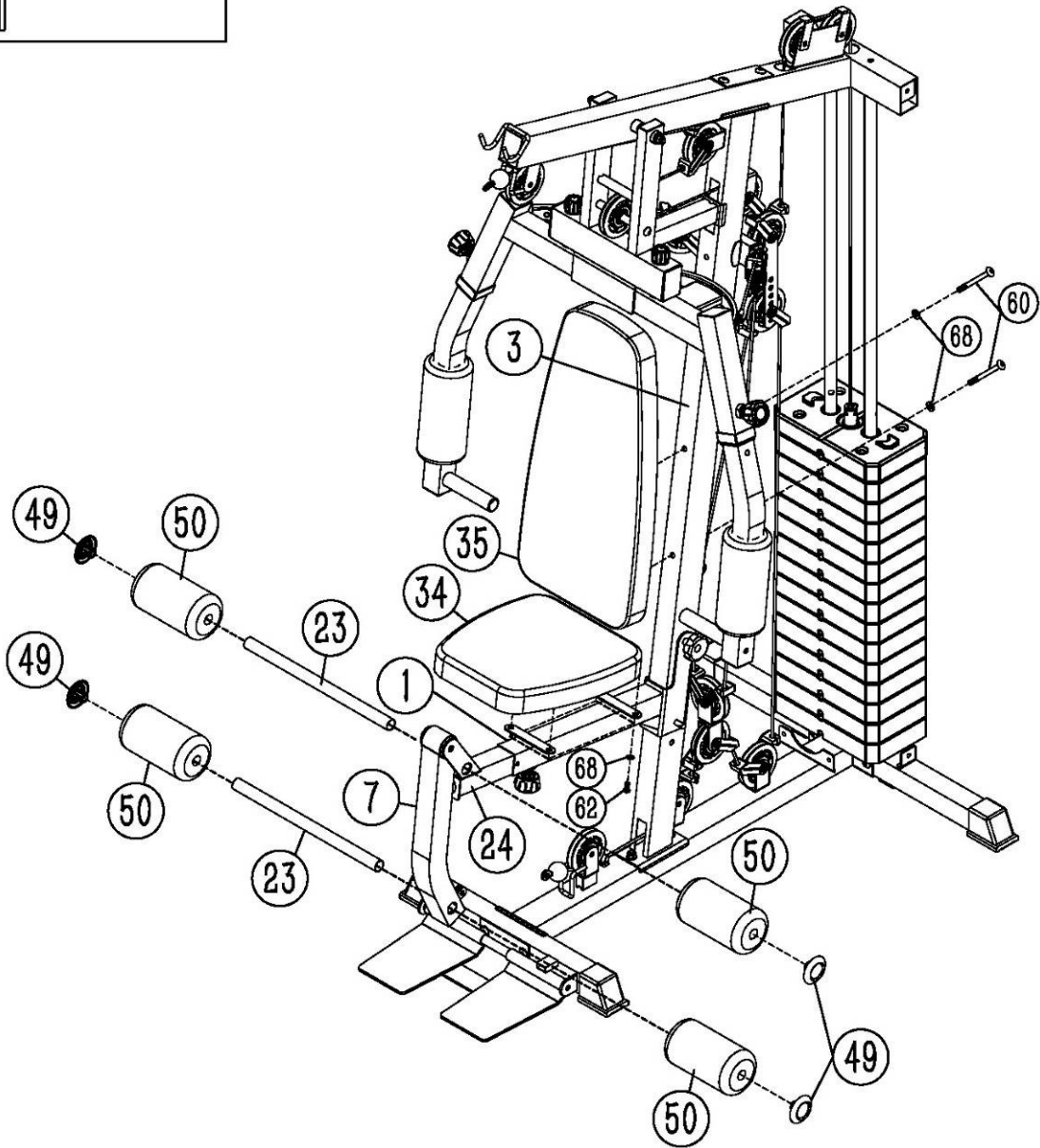
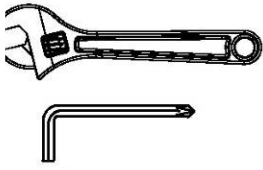
Step 9

- (A) Draw the lower cable (32) through the first bracket, make sure that the ball stopper should be in front of the bracket. Place one pc pulley onto the lower cable, Secure the pulley , one pc cable retainer(102) , one pc cable retainer bushing(103) with one pc M10*50 allen bolt(61), 2 pcs Ø10 washers (67) and one pc M10 aircraft nut(69) .
- (B) Draw the cable backwards and go through the opening of the front vertical frame, Place one pc pulley onto the cable and secure the pulley with the same method in A.
- (C) Draw the cable around the pulley and upwards and place one pc pulley below the cable. Secure the cable , 2 pcs cable retainer(102) , 2 pcs cable retainer bushing(103) with the same way in A.
- (D) Draw the cable downwards and place one pc pulley onto the cable, Secure the pulley with the same way in C.
- (E) Draw the cable upwards and place one pc pulley below the cable. Secure the pulley with the double floating pulley bracket with the same way in C.
- (F) Draw the cable downwards and fix the end of the cable as the diagram shows with one pc M10*28 Allen bolt (55), 2 pcs Ø10 washers (67) and M10 aircraft nut(69).

Assembly instructions

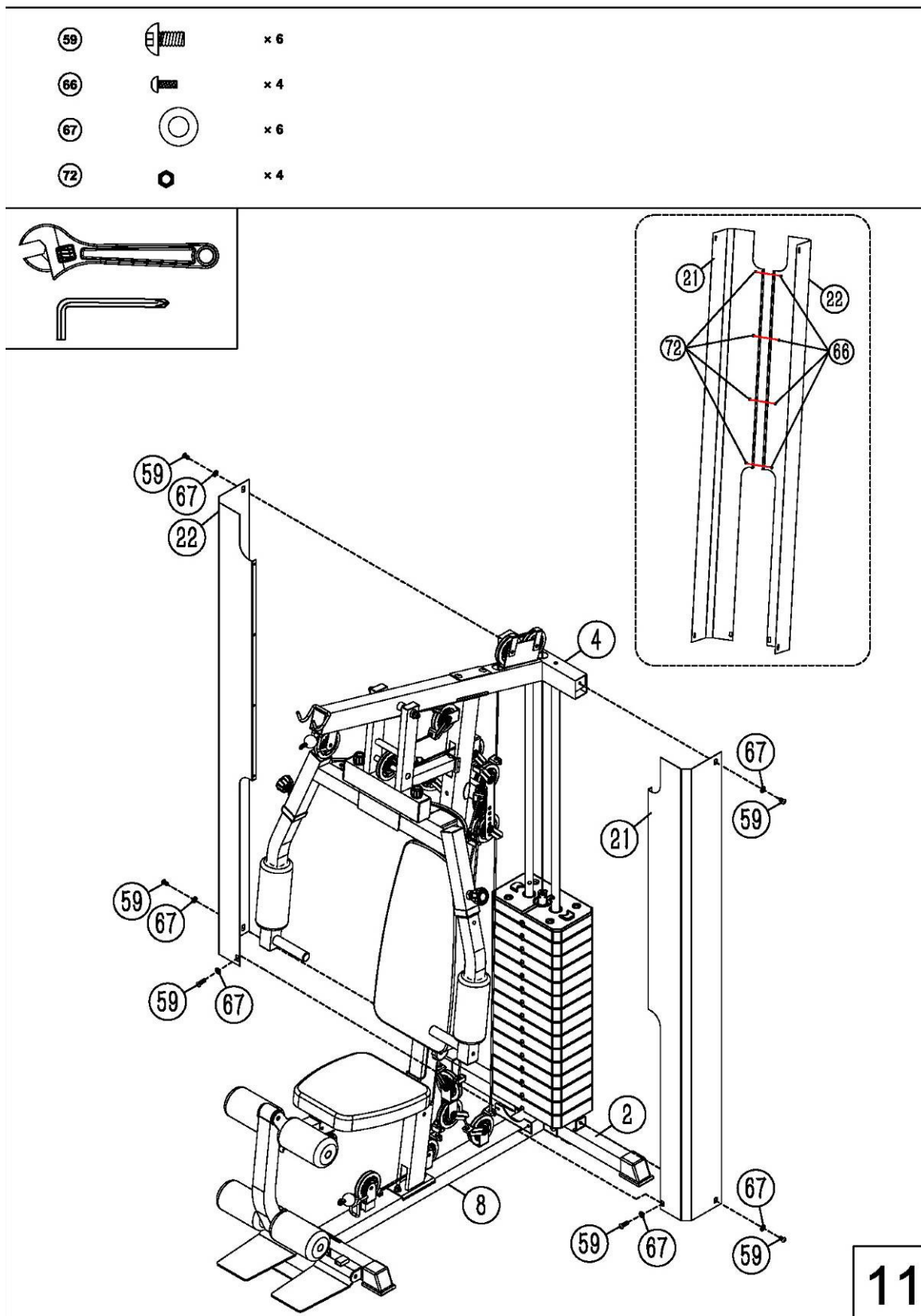
19

-   x 4
-   x 2
-   x 6



Step 10

- (A) Attach the backrest pad (35) to front vertical frame (3) , Carefully align the holes and secure them with 2 pcs M8*85 allen bolt(60) and 2 pcs Ø8 washers (68) .
- (B) Place the seat pad (34) onto the seat pad support (1), Secure them with 4pcs Ø8 washers(68) and 4pcs M8*18 allen bolt (62).
- (C) Insert the 2 pcs foam roll tubes (23) into the holes halfway as the diagram shows, and then push the 4pcs foam rolls(50) from both ends separately, and then push the foam roll end cap (49).



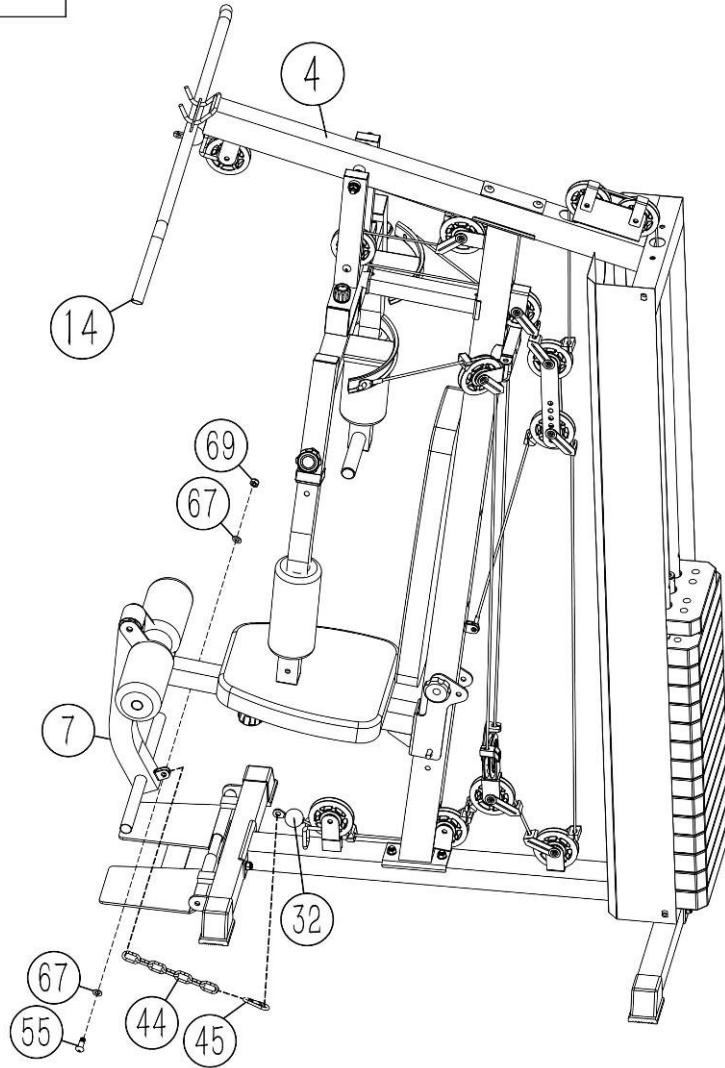
Step 11

- (A) Attach the 2pcs left &right weight stack covers (21,22) onto the rear stabilizer separately and secure them with 6pcs M10X16 Allen bolt (59) , 6 pcs Ø10 washer(67) .
- (B) Connect the left and right weight stack cover together with 4pcs M5*10 Allen bolts(66)and 4 pcs M5 aircraft nuts(72) as the diagram shows.

Assembly instructions

21

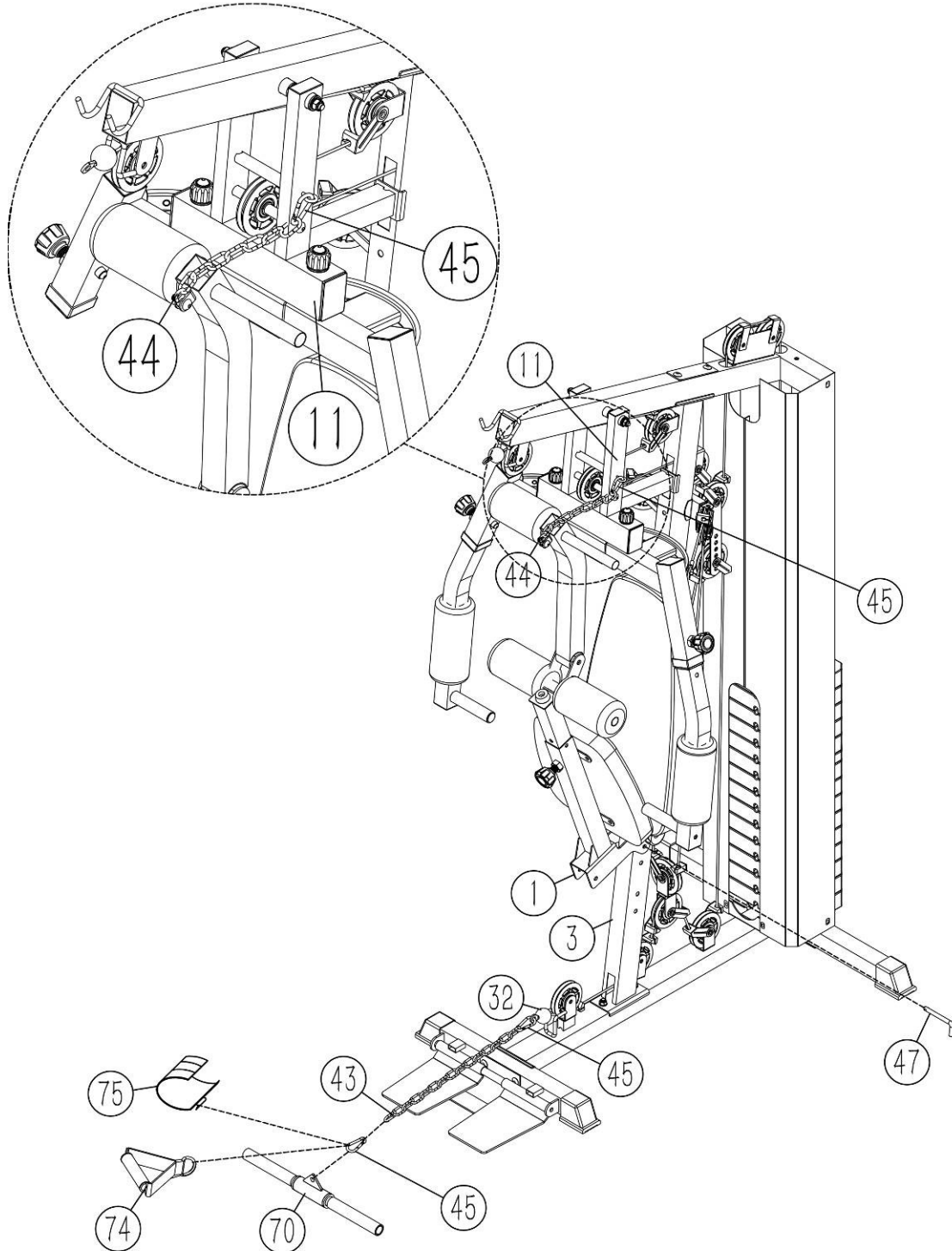
- | | | |
|----|---|-----|
| 55 |  | × 1 |
| 67 |  | × 2 |
| 69 |  | × 1 |



Step 12

Connect the leg developer (7#) to the end of the lower cable with 1pc gourd hooks(45) ,one pc 8-joint chain(44),one pc M10*28 Allen bolt, 2pcs Ø10 washers(67) and one pc M10 Aircraft nut(69)

Assembly instructions



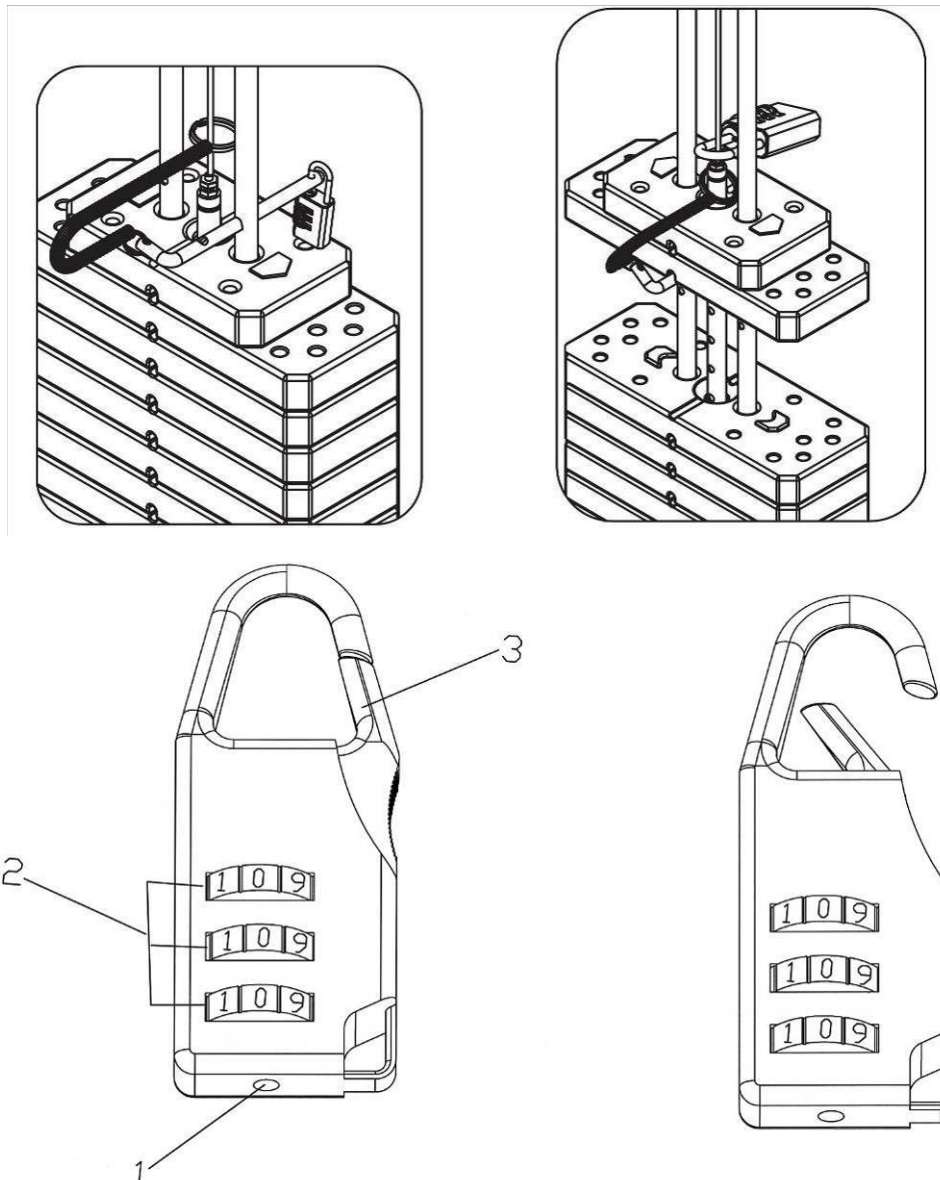
13

Step 13

Fold the seat pad support as the diagram shows, you must fix the leg developer them as the diagram shows with 2pcs gourd hook(45) and one pc 8-joint chain(44) for safety ,Connect the shiver bar (23) or single strap(43) or angle strap(42) to the lower cable to do the desired exercise

23 Assembly instructions

Step 14



The Lock is set at the manufacturer to the open at 0-0-0 (all zeros are positioned in the middle). It is recommended to change the combination to ensure safety.

Please follow the below steps to change the combination:

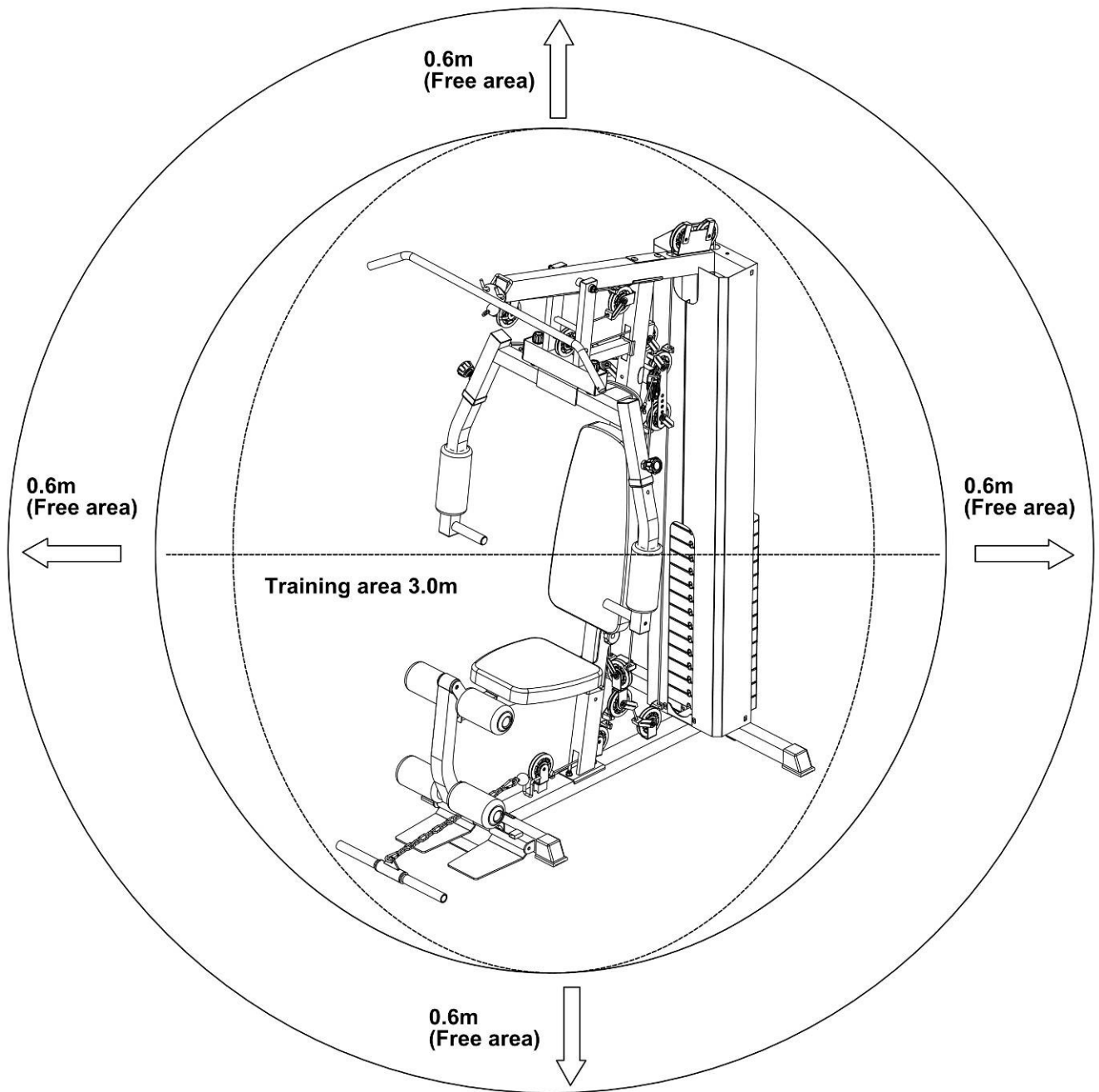
1. Push and hold the combination adjustment button (#1) as indicated below, while holding down the adjustment button, turn the numerical dial (#2) to set the desired combination in the middle. Release the button (#1). Set the two other numerical dials the same way. This only needs to be done once.
2. To lock, turn the dials so the Lock shows random numbers.
3. To unlock, turn the dials to the combination setup in step one, press the shackle (#3) to open.

MSX-60 WEIGHT RESISTANCE CHART				
Weight Plate	Front Press	Butterfly	Lat Pull	Low Pulley
1	31	15	30	30
2	44	20	40	40
3	57	25	50	50
4	70	30	60	60
5	83	35	70	70
6	96	40	80	80
7	109	45	90	90
8	122	50	100	100
9	135	55	110	110
10	148	60	120	120
11	161	65	130	130
12	174	70	140	140
13	187	75	150	150
14	200	80	160	160

**Note: Each plate weights : 4.54kgs / 10 lbs.
 Numbers are approximate. Actual weights may vary.
 Values for Butterfly are for each arm.**

Free area and training area

The free area should be no less than 0.6m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment is positioned adjacent to each other the value of the free area may be shared.



34 Exploded Parts List

Part	Description	Qty.	Part	Description	Qty.
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1	Seat pad support	1	22	Right weight cover	1
2	Rear stabilizer	1	23	Foam roll tube	1
3	Front vertical frame	1	24	Leg developer holder	2
4	Upper frame	1	25	140X50 bracket	3
5	Upper left butterfly frame	1	26	bracket	1
6	upper right butterfly frame	1	27	Foot plate	1
7	Leg developer	1	28	Foot plate tube	1
8	Main base frame	1	29	Right & left lower butterfly frame	2
9	Swivel Pulley bracket support	1	30	Cable retainer	1
10	Front stabilizer	1	31	Upper cable	1
11	Front press frame	1	32	Lower cable	1
12	Pull bar tube	2	33	Butterfly cable	1
13	Selector rod	1	34	Seat pad	1
14	Lat bar	1	35	Backrest pad	1
15	Butterfly handle	2	36		0
16	Pulley bracket support	1	37	10 LBS Weight plate	14
17	angled floating pulley bracket	1	38	Selector pin	1
18	Swivel pulley bracket	2	39	Lock knob	1
19	Handle bracket	1	40	Combination lock	1
20	Guide rod	2	41	Ø16X206*M10 axle	1
21	Left weight cover	1	42	Ø16X57*M12 axle	1

Exploded Parts List

43	15 Joint chain	1	66	M5*10 Philips screw	4
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44	8 Joint chain	1	67	Ø10 washer	64
45	7# gourd hook	4	68	Ø8 washer	6
46	M10*85 lock knob	1	69	M10 Aircraft nut	30
47	L shape pin	1	70	Pull bar	1
48	□ 50 rubber bumper	1	71	Ø12 washer	2
49	Foam roll end cap	4	72	M5 Aircraft nut	4
50	Foam roll	4	73	M10 Aircraft nut cover	30
51	Butterfly foam roll	2	74	Single strap	1
52	pulley	15	75	Angle strap	1
53	M10*180 Allen bolt	1	76	M8*15 Lock ring	2
54	M10*110 Allen bolt	1	77	Handle grip	2
55	M10*28 Allen bolt	2	78	Ø25*130 handle grip	2
56	M10*65 Allen bolt	2	79	Ø25*170 handle grip	2
57	M10*45 Allen bolt	1	80	Ø25*500 handle grip	2
58	M10*25 Allen bolt	8	81	□ 50 foot	4
59	M10*16 Allen bolt	8	82	50*20*1.5 End cap	2
60	M10*85 Allen bolt	2	83	□ 45*1.5 End cap	4
61	M10*50 Allen bolt	13	84	□ 50*1.5 End cap	3
62	M10*18 Allen bolt	6	85	□ 50*2 End cap	2
63	M10*110 Carriage bolt	2	86	50*70*1.5 End cap	1
64	M10*70 Carriage bolt	6	87	50*70*2 End cap	2
65	M12*20 Allen bolt	2	88	□ 50*□ 45 sleeve	3

Exploded Parts List

89	Ø25 end cap	1
90	Ø38* Ø27*26 bushing	2

91	Ø50* Ø16*25 Plastic bushing	2
92	Rubber bumper	2
93	Ø29*20*81 bushing	2
94	50*170 anti slip	1
95	Ø25* Ø22* Ø16*10 bushing	4
96	Ø25* Ø22* Ø16*10 bushing	2
97	Ø32* Ø20 *25 bushing	4
98	13*26*1.5 End cap	2
99	M6X16 philips screw	2
100	Ø25*1.5 end cap	6
101	Rubber bumper	2
102	Cable retainer	19
103	Cable retainer bushing	19



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