

TOORX
FITNESS IN MOTION

INSTRUCTION



MSX300



Cod : GRLDTOORXMSX30

Rev : 00

Ed : 01/23

STEP 1:

1. Insert two Guide Rods (14) into the Rear Stabilizer (2), using two Allen Bolts M10×25mm (104) and two Washers M10 (109).
2. Attach the Base Frame(8) and Arc Brackets(28) to the Rear Stabilizer(2), using two Carriage Bolts M10×100mm (91), two Washers M10 (109) and two Nylon Locknuts M10(113).
3. Attach the Support Frame(3) and U-shaped Brackets(30) to the Base Frame(8), using four Carriage Bolts M10×60mm (94), four Washers M10 (109) and four Nylon Locknuts M10 (113).
4. Attach the Bracket 120×45mm (27) to the Base Frame(8), using two Carriage Bolts M10×60mm (94),

Do not tighten the nuts and bolts except (104) and (91).

STEP 2:

1. Attach the Crossover Support Frame (15) to the Base Frame(8), using one Allen Bolts M10×100mm (96), two Washers M10 (109) and one Nylon Locknut M10(113).
2. Attach the Cable Crossover Support(11) to the Crossover Support Frame (15), using the Bracket 120×45mm (27), two Carriage Bolts M10×65mm (93), two Washers M10 (109) and two Nylon Locknuts M10(113).
3. Attach the Cable Crossover Support(11) and Arc Brackets(28) to the Support Frame(3), using two Carriage Bolts M10×100mm (91), two Washers M10 (109) and two Nylon Locknuts M10 (113).

Do not tighten the nuts and bolts yet.

STEP 3:

1. Slide two weight cover brackets(33) onto Guide Rods (14), then attach them to the Rear Stabilizer (2),using two Allen Bolts M10×25mm (104) and two Washers M10 (109).
2. Slide two Rubber Bumpers Ø65×25mm(64) onto Guide Rods (14).
3. Slide fourteen Weight Plates(41) onto Guide Rods (14), insert the Selector Rod (13) into the hole of the Weight Plate (41).
4. Slide the Top Weight Plates(36) down two Guide Rods (14), then down the Selector Rod (13), insert the Weight Select Pin(59) into hole of desired weight.
5. Attach the Seat Support Frame(5) to the Support Frame (3), using two Carriage Bolts M10×100mm (91), two Washers M10 (109) and two Nylon Locknuts M10(113).
6. Attach the Seat Support Frame(5) and Bracket 120×45mm (27) to the Front Support Frame(1), using two Carriage Bolts M10×70mm (92),two Washers M10 (109) and two Nylon Locknuts M10(113).
7. Attach the Support Frame(1) to the Base Frame (8), using two Washers M10 (109) and two Nylon Locknuts M10(113).

Do not tighten the nuts and bolts except (104).

STEP 4:

1. Slide two weight cover brackets(33) onto Guide Rods (14).
2. Attach the Upper Frame(4) to the Support Frame(3), using one Arc Bracket(28), two Carriage Bolts M10×100mm (91), two Washers M10(109) and two Nylon Locknuts M10 (113).
3. Attach the Upper Frame(4) to the top of Guide Rods (14), using two Allen Bolts M10×25mm (104) and two Washers M10(109).
4. Attach the Front Leg Developer(7) to the Support Frame(1), using one Allen Bolt M10×80mm (97), two Washers M10 (109) and one Nylon Locknut M10 (113).
5. Attach the Foot Plate(17) to the Base Frame(8),using one Foot Plate Tube (26).

Do not tighten the nuts and bolts yet.

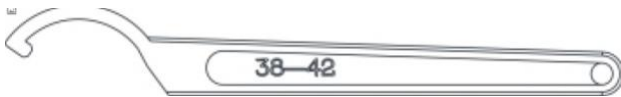
STEP 5:

1. Attach the Front Press Base(12) to the Upper Frame (4), using one $\text{Ø}16\times 172\times \text{M}10$ Axle(31),two Washers $\text{Ø}25\times \text{Ø}10$ (108) and two Nylon Nuts M10 (113).
2. Attach the Front Press Frame (6) to the Front Press Base(12), using one $\text{Ø}16\times 198\times \text{M}10$ Axle(32), two Washers $\text{Ø}25\times \text{Ø}10$ (108), two Bushings $\text{Ø}31\times \text{Ø}25.7\times 8$ (70) and two Nylon Locknuts M10 (113).
3. Insert the Insert Pin (38-41) through the single hole on the Front Press Frame(6) and align to any one of the holes on fan-type plate.

STEP 6:

1. Attach the Left Cable Crossover Arm(18) to the Cable Crossover Support(11), using one Nylon Nut M24 (112), insert the T Shaped Pin (37) onto the Left Cable Crossover Arm(18) to any one of the holes on fan-type plate.
2. Attach the Right Cable Crossover Arm(19) to the Cable Crossover Support (11), using one Nylon Nut M24 (112), insert the T Shaped Pin (37) onto the Right Cable Crossover Arm(19) to any one of the holes on fan-type plate.
3. Attach Two Cable Crossover Pulley Brackets(16) to the Left and Right Cable Crossover Arm(18&19), using two Nylon Locknuts M24 (112).

Note: Install Nylon Nuts M24 (112), using one Special wrench 38-42#

**STEP 7:**

1. Attach the Backrest Pad (44) to the Backrest Frame (9), using two Allen bolts $\text{M}8\times 40\text{mm}$ (105) and two Washers M8 (110).
2. Insert the Backrest Frame (9) into the Support Frame (3), using one Lock Knob(60).
3. Attach Seat Pad (45) to the Seat Frame (10), using four Allen bolts $\text{M}8\times 18\text{mm}$ (106) and four Washers M8 (110).
4. Insert the Seat Frame (10) into the Seat Support Frame (5), using one Lock Knob(60).
5. Attach the Arm Curl Pad (40) to the Arm Curl Frame (39), using two Allen bolts $\text{M}8\times 18\text{mm}$ (106) and two Washers M8 (110).
6. Insert the Arm Curl Frame (39) into the Front Support Frame(1), using one Lock Knob(60).
7. Insert two Foam Roll Tubes (25) into Front Support Frame(1) and the Front Leg Developer(7).
8. Slide four Foam Rolls (46) onto two Foam Roll Tubes (25), then tap four Foam Roll End Cap (67).

STEP 8:**Assembly of the Upper Cable (51)**

- a) With Upper Cable (51) in groove of Large Pulley(63), thread Upper Cable(51) through Upper Frame(4).
- b) Install Large Pulley NO.1 (63) to Upper Frame (4), using one Allen Bolt $\text{M}10\times 60\text{mm}$ (100), two Pulley Bushing (68), two Washers M10 (109),and one Nylon Locknut M10 (113).
- c) Install Large Pulley NO.2 (63) to Upper Frame (4), using one Allen Bolt $\text{M}10\times 60\text{mm}$ (100), two Pulley Bushing (68), two Washers M10 (109),and one Nylon Locknut M10 (113).
- d) Install Large Pulley NO.3&5 (63) to Front Press Base (12), using two Allen Bolts $\text{M}10\times 155\text{mm}$ (95), four Washers M10 (109), and two Nylon Locknuts M10 (113).
- e) Install Large Pulley NO.4 (63) to Support Frame (3), using one Allen Bolt $\text{M}10\times 50\text{mm}$ (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- f) Install Large Pulley NO.6 (63) to Support Frame (3), using one Allen Bolt $\text{M}10\times 60\text{mm}$ (100), two Pulley Bushing (68), two Washers M10 (109),and one Nylon Locknut M10 (113).

- g)** Install Large Pulley NO.7 (63) to Support Frame (3), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- h)** Install Large Pulley NO.8 (63) to Double Pulley Bracket (24), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- i)** Install Large Pulley NO.9 (63) to Upper Frame (4), using one Allen Bolt M10×60mm (100), two Pulley Bushing (68), two Washers M10 (109), and one Nylon Locknut M10 (113).
- j)** Install Large Pulley NO.10 (63) to two Adjustable Pulley Brackets (29), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- k)** Install Large Pulley NO.11 (63) to Upper Frame (4), using one Allen Bolt M10×60mm (100), two Pulley Bushing (68), two Washers M10 (109), and one Nylon Locknut M10 (113).
- L)** Attach the bolt end of Upper Cable (51) to Selector Rod (13).

STEP 9:

Assembly of the Shoulder Cable (52)

- a)** With Shoulder Cable (52) in groove of Large Pulley(63), thread Shoulder Cable(52) through the Support Frame(3).
- b)** Install Large Pulley NO.12 (63) to Support Frame (3), using one Allen Bolt M10×60mm (100), two Pulley Bushing (68), two Washers M10 (109), and one Nylon Locknut M10(113).
- c)** Install Large Pulley NO.13 (63) to Support Frame (3), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- d)** Install Large Pulley NO.14 (63) to the Double Pulley Bracket (24), using one Allen Bolt M10× 50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- e)** Attach the Single Pulley Bracket (23) to the end of Shoulder Cable (52), using one Allen Bolt M10×25mm (104), two Washers M10 (109), and one Nylon Locknut M10 (113).

STEP 10:

Assembly of the Crossover Cable (53)

- a)** Run the end of Crossover Cable (53) through Left & Right Cable Crossover Arms(18&19), and Cable Crossover Support (11).
- b)** Attach the Cable U (55) to the ball end of Crossover Cable (53).
- c)** Attach one Carabiner (58) to Cable U (55), using one Allen bolt M10×35mm (103), two Washers M10 (109), and one Nylon Locknut M10 (113).
- d)** Install Middle Pulley NO.15 (62) to Cable Crossover Pulley Bracket (16), using one Allen bolt M10×50mm(102), two Washers M10 (109), and one Nylon Locknut M10 (113).
- e)** Install Small Pulley NO.16 (61) to the Left Cable Crossover Arm (18), using one Allen bolt M10×50mm (102), two Washers M10 (109), and one Nylon Locknut M10 (113).
- f)** Install Middle Pulley NO.17 (62) to the Cable Crossover Support (11), using one Allen bolt M10×50mm (102), two Washers M10 (109), and one Nylon Locknut M10 (113).
- g)** Install Large Pulley NO.18 (63) to the Base Frame (8), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- h)** Install Large Pulley NO.19 (63) to the Single Pulley Bracket (23), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).
- i)** Install Large Pulley NO.20 (63) to the Base Frame (8), using one Allen Bolt M10×50mm (102), two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).

j) Install Middle Pulley NO.21 (62) to the Cable Crossover Support (11), using one Allen bolt M10×50mm (102), two Washers M10 (109), and one Nylon Locknut M10 (113).

k) Install Small Pulley NO.22 (61) to the Right Cable Crossover Arm (19), using one Allen bolt M10×50mm (102),two Washers M10 (109), and one Nylon Locknut M10 (113).

l) Install Middle Pulley NO.23 (62) to Cable Crossover Pulley Bracket (16), using one Allen bolt M10×50mm (102), two Washers M10 (109), and one Nylon Locknut M10 (113).

m) Attach two Cable U (55) to the ball end of Crossover Cable (53).

n) Attach two Carabiners (58) to Cable U (55), using two Allen bolts M10×35mm (103), four Washers M10 (109),and two Nylon Locknuts M10 (113).

STEP 11:

Assembly of the Lower Cable (54)

a) Position the Lower Cable (54) in the groove of Large Pulley(63) through Front Leg Developer(7).

b) Install Large Pulley NO.24 (63) to Front Leg Developer (7), using one Allen Bolt M10×65mm (99), two Washers M10 (109), and one Nylon Locknut M10 (113).

c) Install Large Pulley NO.25 (63) to Front Support Frame (1), using one Allen Bolt M10×70mm (98), two Washers M10 (109), and one Nylon Locknut M10 (113).

d) Install Large Pulley NO.26 (63) to Base Frame(8), using one Allen Bolt M10×50mm(102), two Cable Retainers(65), two Cable Retainer Bushings(66), two Washers M10(109), and one Nylon Locknut M10 (113).

e) Install Large Pulley NO.27 (63) to Adjustable Pulley Brackets (29),using one Allen Bolt M10×50mm (102),two Cable Retainers (65), two Cable Retainer Bushings (66), two Washers M10 (109), and one Nylon Locknut M10 (113).

f) Install Large Pulley NO.28 (63) to Base Frame (8), using one Allen Bolt M10×50mm (102), one Cable Retainer (65), one Cable Retainer Bushing (66), two Washers M10 (109), and one Nylon Locknut M10 (113).

g) Attach one Cable U (55) to the ball end of Lower Cable (54), using one Allen bolt M10×35mm (103), two Washers M10 (109), and one Nylon Locknut M10 (113).

STEP 12:

a) Attach Lat Bar (20) to the other end of Upper Cable (51), using two Carabiners (58) and one Chain 7-Link (57).

b) Attach Lower Bar (21) or Ankle Strap (48) to the other end of Lower Cable (54), using two Carabiners(58) and one Chain 15-Link (56).

c) Attach AB Strap (50) to the other end of Shoulder Cable (52), using one Carabiner(58) .

d) Attach two Strap Handles (49) to both ends of Crossover Cable (53), using two Carabiners(58) .

STEP 13:

a) Attach the two weight cover brackets (33) to the Upper Frame(4) , using two Allen Bolts M10×45mm (101), four Washers M10 (109) and two Nylon Locknuts M10 (113).

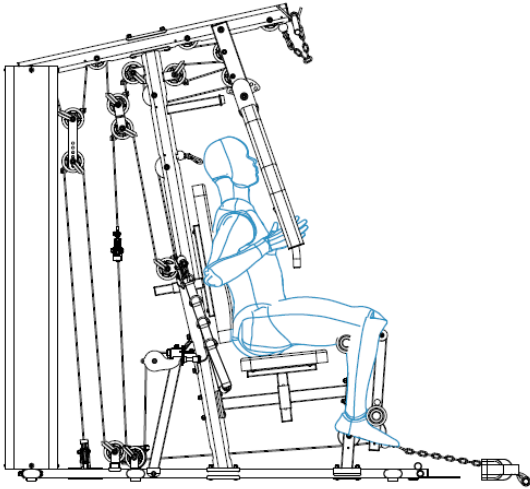
b) Attach the Weight Covers (47) to the weight cover brackets (33),using twelve Allen Bolts M10×16mm(107) and twelve Washers M10 (109).

STEP 14:

a) Attach the Left Frame (34) and the Right Frame (35) to the Support Frame (3) , using two Carriage Bolts M10×60mm (94), two Washers M10 (109) and two Nylon Locknuts M10 (113).

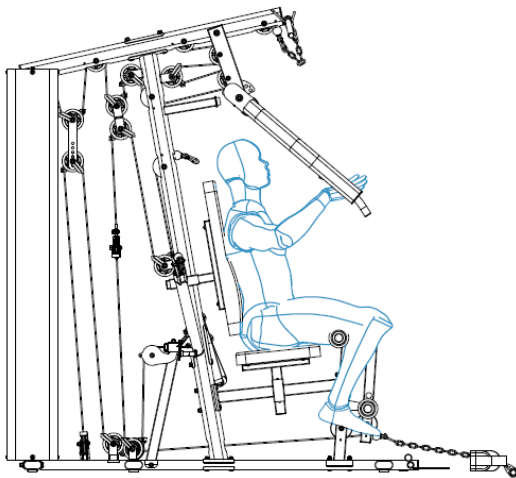
b) Attach the Left Frame (34) and the Right Frame (35) to the Rear Stabilizer (2) , using two Allen Bolts M10×100mm (96), four Washers M10 (109) and two Nylon Locknuts M10 (113).

FLAT BENCH PRESS



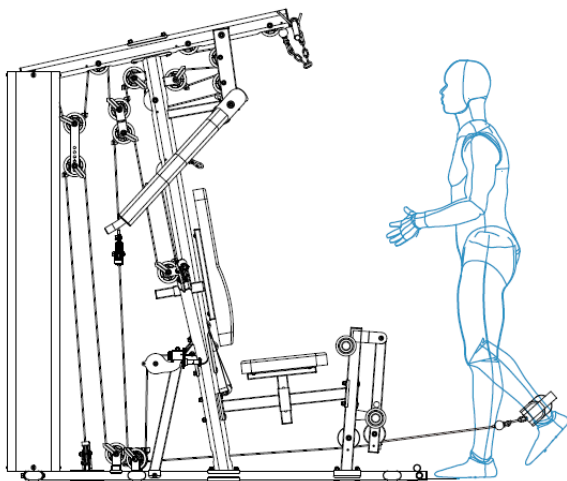
1. Select a weight that you are comfortable with.
2. Adjust the back pad to the upright position as shown in the photo.
3. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
4. Position the press bars horizontal handles at mid chest level by lowering or raising the seat pad.
5. Keeping your back firmly against the back pad, push the press bar away from your body to a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

INCLINE BENCH PRESS



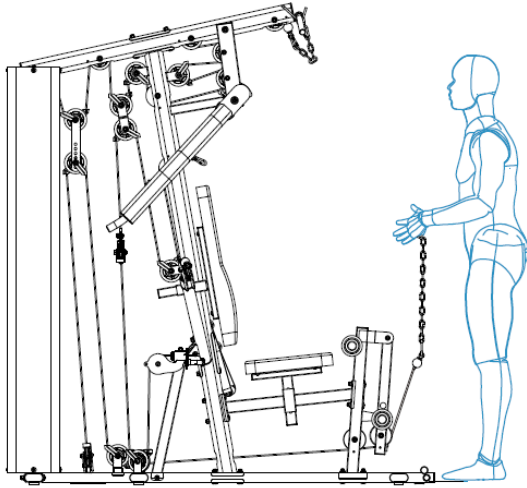
1. Select a weight that you are comfortable with.
2. Adjust the back pad to the upright position as shown in the photo.
3. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
4. Position the press bars horizontal handles at upper chest level by lowering or raising the seat pad.
5. Keeping your back firmly against the back pad, push the press bar away from your body to a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

STANDING LEG CURL



1. Select a weight that you are comfortable with.
2. Bring the seat back pad forward 1-2 settings and use it to support your upper body.
3. Stand in front of the seat pad, facing into the machine.
4. Adjust the seat bottom pad so it is positioned slightly above your kneecaps.
5. Position the back of your ankles so they rest against the foam roller pads.
6. Slowly raise one leg by rotating from the knee joint and curling you leg upward as far as possible.
7. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.
Repeat exercise with other leg.

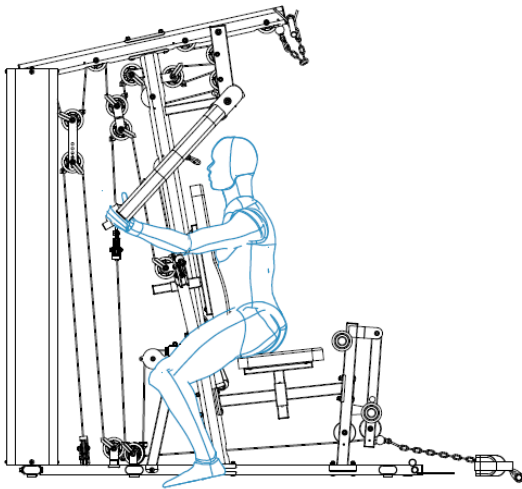
STANDING BICEPS CURL



1. Select a weight that you are comfortable with.
2. Attach shiver bar to the low pulley using a spring clip.
3. Stand facing away from the machine.
4. Grasp the shiver bar with your palms facing down and bring the cable between your legs.
5. With your arms slightly bent, raise the bar up to chest height level.
6. Return to the starting position in a slow and controlled manner and repeat exercise.

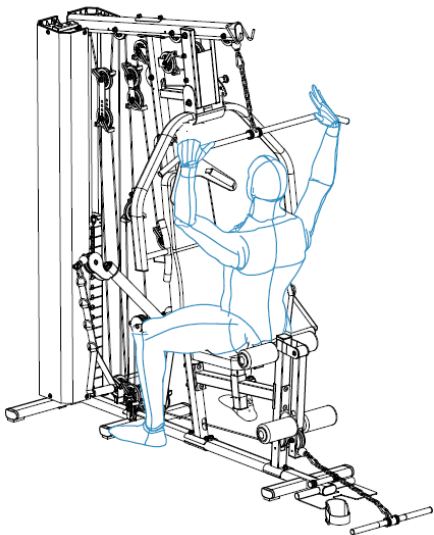
Note: If the weights hit the top during this exercise, add the supplied chain between shiver bar and the low pulley to raise the starting position of the exercise.

SEATED PRESS BAR ROW



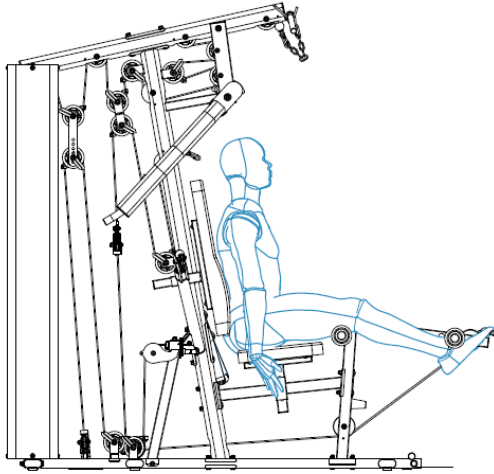
1. Select a weight that you are comfortable with.
2. Adjust the press bar handle by using the press arm adjustment pin and cam hole setting at the top of the press bar.
3. Position the press bar at arms distance from your body.
4. Sit, facing into the machine. Reach forward, arms fully extended and grasp the lower press bar handles.
5. Pull the press bar to your chest.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

LAT PULL-DOWN



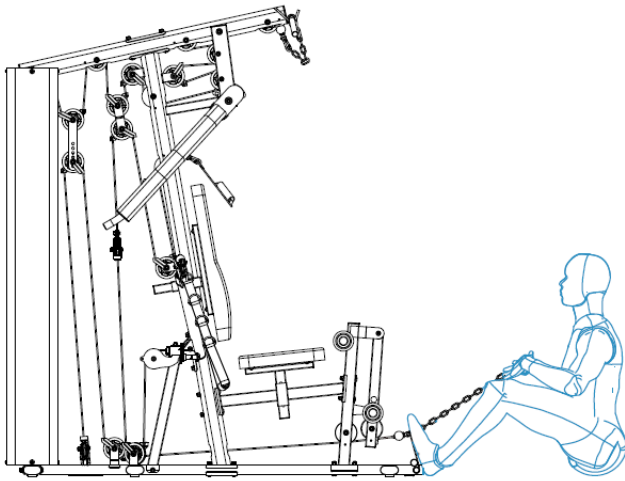
1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Adjust the seat pad to the lowest position.
4. Attach the tricep/lat bar to the overhead pulley using a spring clip.
5. Sit, facing into the machine.
6. Grip the lat bar at the extreme ends.
7. Pull the bar down to your upper chest.
8. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

SEATED LEG EXTENSION



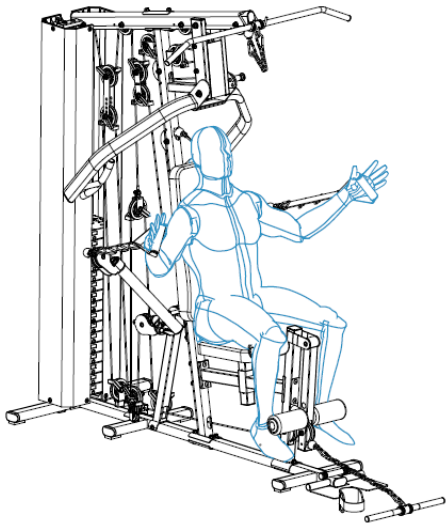
1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Adjust the seat pad height so the roller ankle pads are positioned where your feet meet your lower legs.
4. Position the back of your knees over the top of the rounded edge of the seat pad.
5. Extend your legs forward, pivoting from the knees, to a full extension.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

SEATED PULLEY ROW



1. Select a weight that you are comfortable with.
2. Attach the shiver bar to the low pulley using a spring clip.
3. Sit facing the low pulley, supporting your feet against the flip-up row plate.
4. Grasp the shiver bar with your palms facing up or down.
5. Pull the bar up to your abdominal mid section.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.

CHEST CABLE CROSS



1. Select a weight that you are comfortable with.
2. Position the press bar furthest away from your body so it will not interfere with the exercise movement.
3. Adjust the seat pad so the pec fly handles are at chest level.
4. Reach out from your body and grasp the handles of the pec fly arms.
5. Rotate the pec fly arms forward, contracting from the chest, until the handles meet 16" in front of your chest. It is important to keep your elbows slightly bent throughout this entire exercise.
6. Return to the starting position in a slow and controlled manner and finish by completing one full set of repetitions.



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