

TOORX
FITNESS IN MOTION

INSTRUCTION



CSX3000

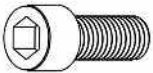
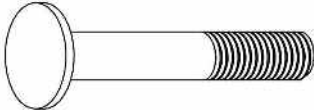
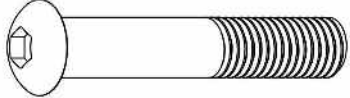
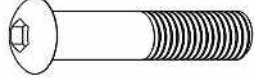
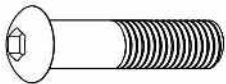
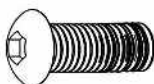
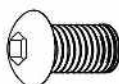
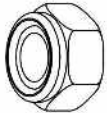


Cod : GRLDTOORXCSX3000

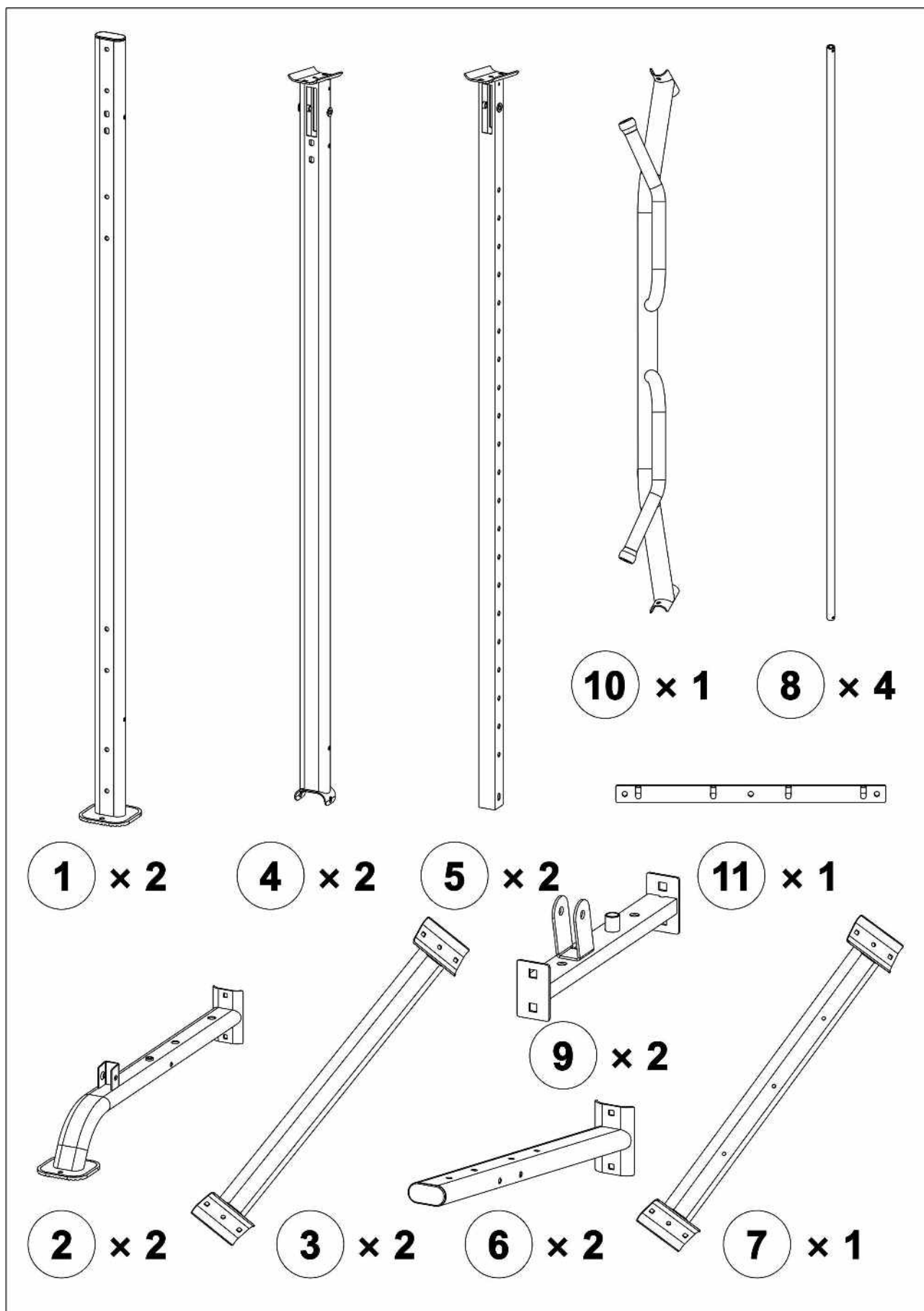
Rev : 00

Ed : 10/18

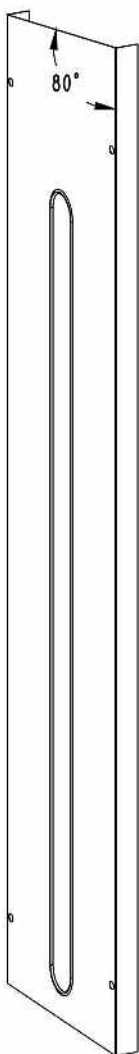
Components - Fixings

36  M10 × 25 Allen Bolt × 4	37  M10 × 60 Carriage Bolt × 32	38  M12 × 90 Allen Bolt × 2
39  M10 × 100 Allen Bolt × 8	40  M10 × 65 Allen Bolt × 2	41  M10 × 50 Allen Bolt × 4
42  M10 × 45 Allen Bolt × 10	43  M10 × 25 Allen Bolt × 12	44  M10 × 16 Allen Bolt × 20
45  M8 × 60 Allen Bolt × 3	46  φ 8 Washer × 6	47  M8 Aircraft Nut × 3
48  φ 10 Washer × 108	49  M10 Aircraft Nut × 56	50  φ 12 Washer × 4
51  M12 Aircraft Nut × 4	54  φ 12 Curved Washer × 2	
 5# Allen Wrench × 1	 6# Allen Wrench × 1	 8# Allen Wrench × 1

Components - Parts (1)



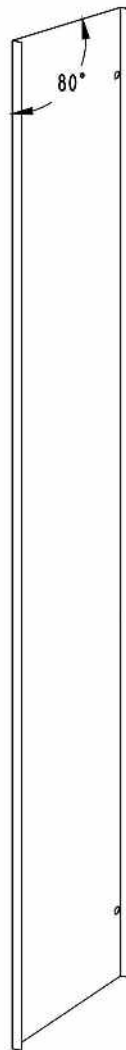
Components - Parts (2)



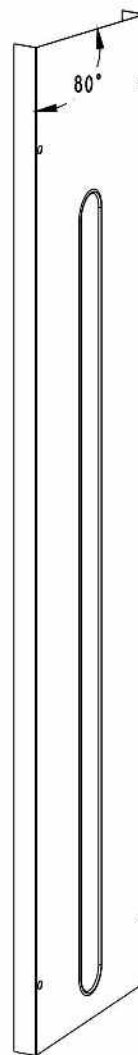
16 × 1



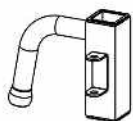
17 × 1



18 × 1



19 × 1



12 × 1



13 × 1



14 × 2



15 × 2



20 × 4



21 × 10

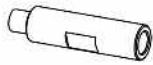


25 × 4



26 × 2

Components - Parts (3)

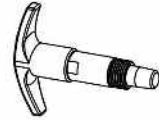
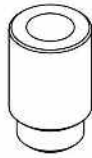


23 × 8

24 × 8

28 × 8

27 × 4



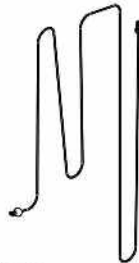
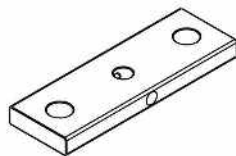
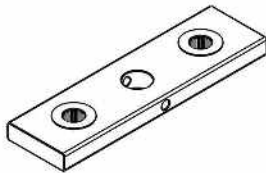
22 × 2

31 × 4

33 × 2

34 × 14

35 × 2



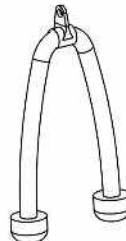
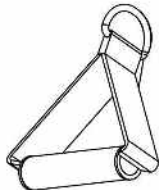
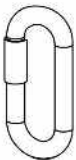
29 × 18

30 × 2

52 × 2

53 × 2

67 × 3



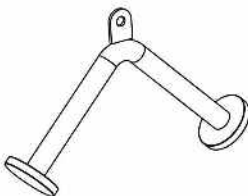
66 × 12

68 × 2

69 × 2

70 × 1

71 × 1



72 × 1

73 × 1

74 × 2

75 × 1

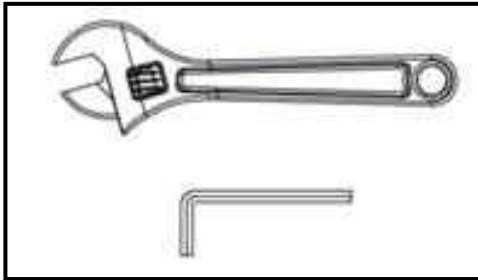
77 × 4

Assembly Instructions

Tools: Adjustable spanner x 2

Attention:

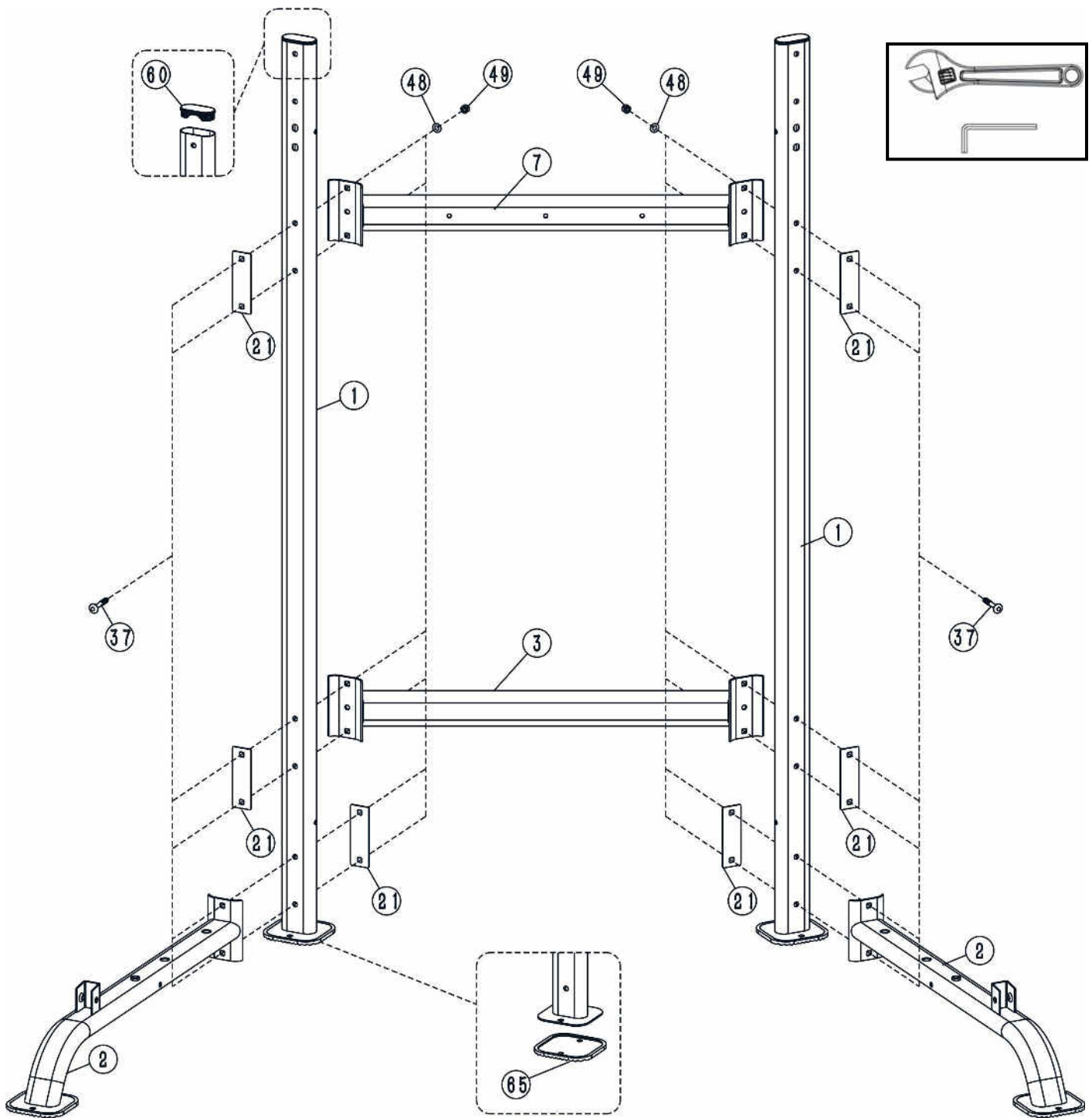
It is strongly recommended to assemble the equipment by two or more people, otherwise it may cause serious injury.



The icon indicates the spanner can be directly used to tighten and secure during assembly.



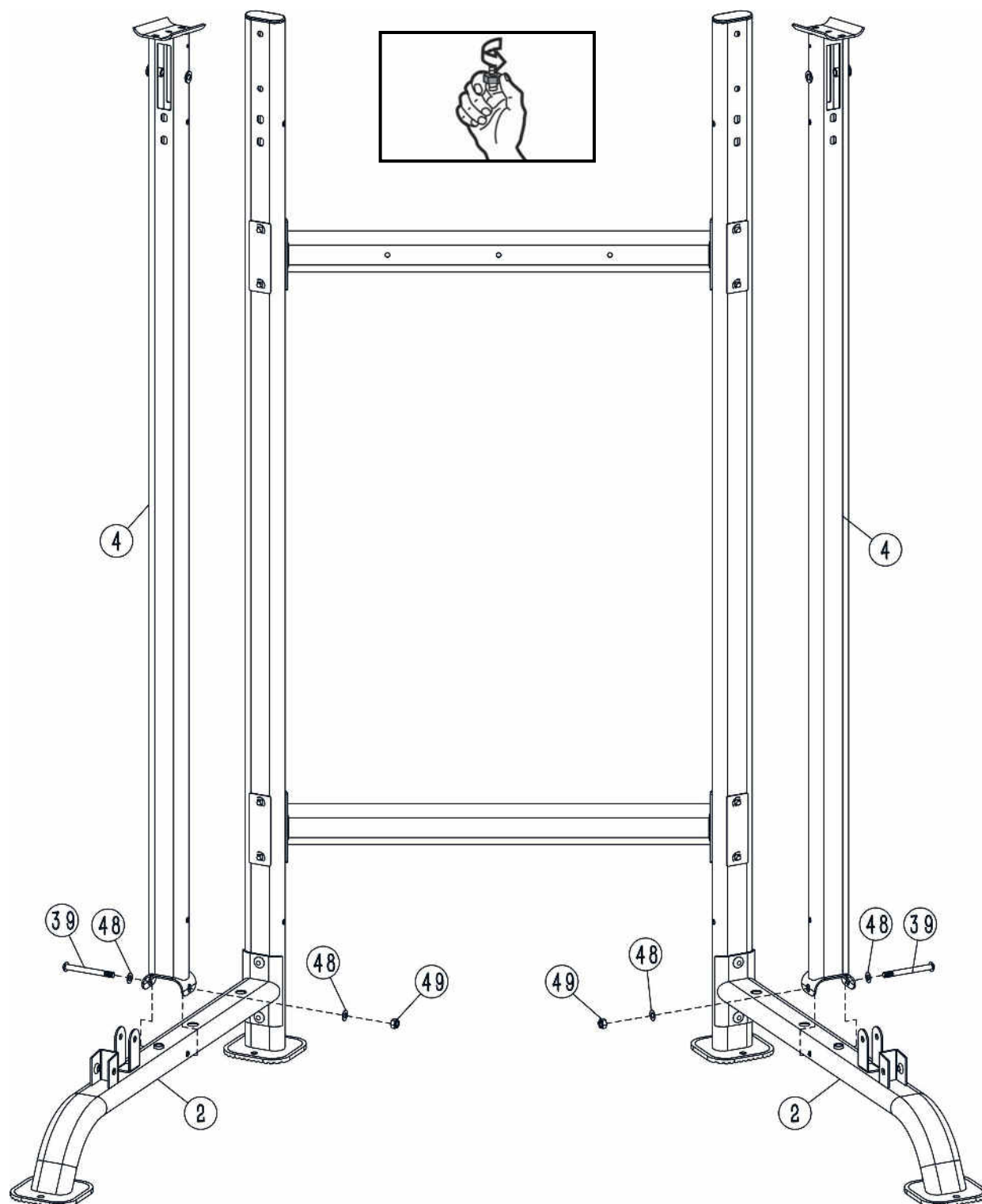
The icon indicates turn the bolt by hand during assembly, but do not tighten them so as not to affect next assembly step.



Step 1

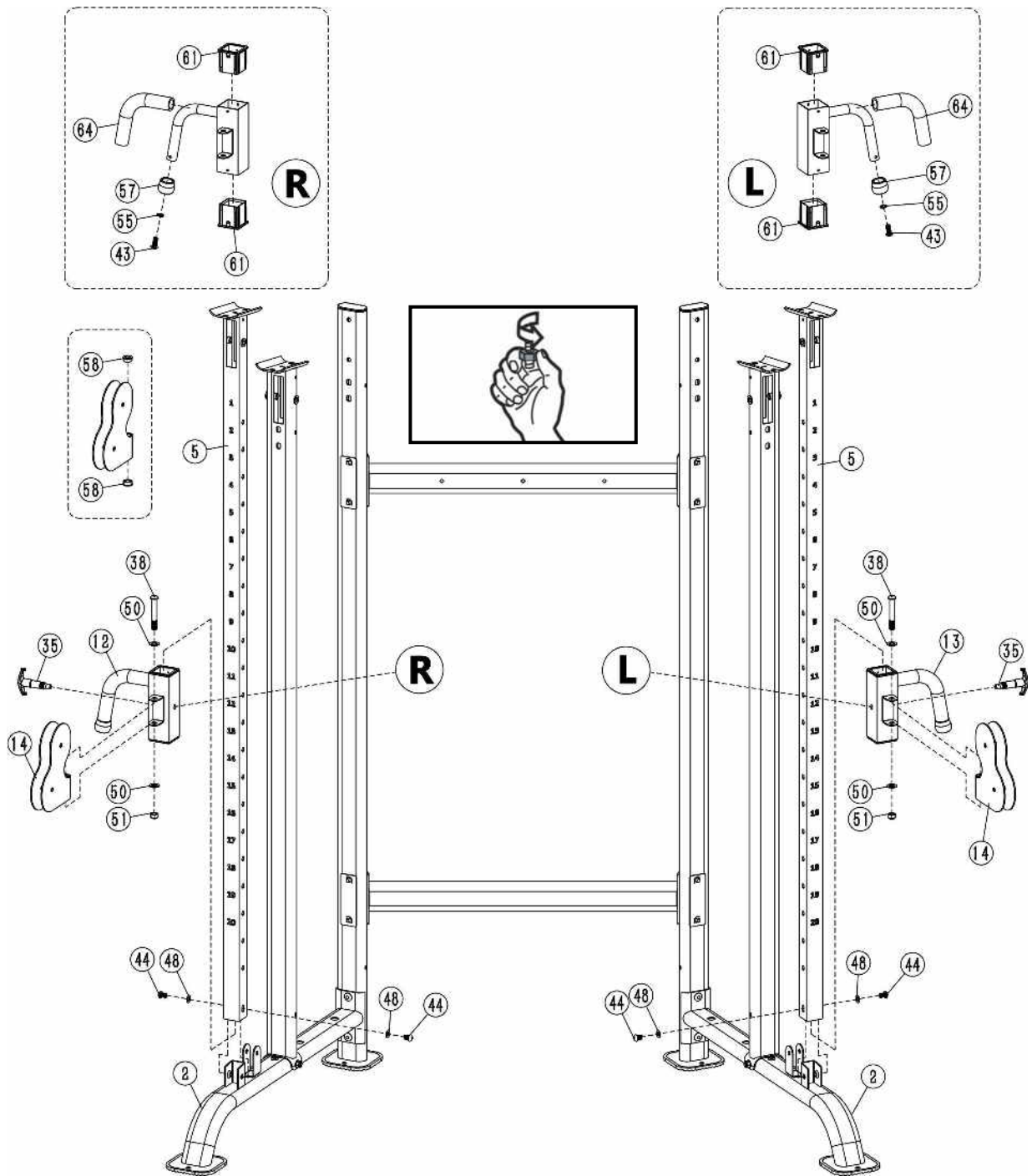
1. Attach 2 x Base Frame (2) and 2 x Flat Bracket (21) to 2 x Rear Vertical Support (1) respectively using 2 x M10×60mm Carriage Bolts (37), 2 x ϕ 10mm Washers (48) and 2 x M10 Aircraft Nuts (49).
2. Attach 1 x Cross Beam (3) and 2 x Flat Bracket (21) to 2 x Rear Vertical Support (1) respectively using 4 x M10×60mm Carriage Bolts (37), 4 x ϕ 10mm Washers (48) and 4 x M10 Aircraft Nuts (49).
3. Attach 1 x Upper Connecting Frame (7) and 2 x Flat Bracket (21) to 2 x Rear Vertical Support (1) respectively using 4 x M10×60mm Carriage Bolts (37), 4 x ϕ 10mm Washers (48) and 4 x M10 Aircraft Nuts (49).

Notes: The part (60) and (65) are pre-assembled.



Step 2

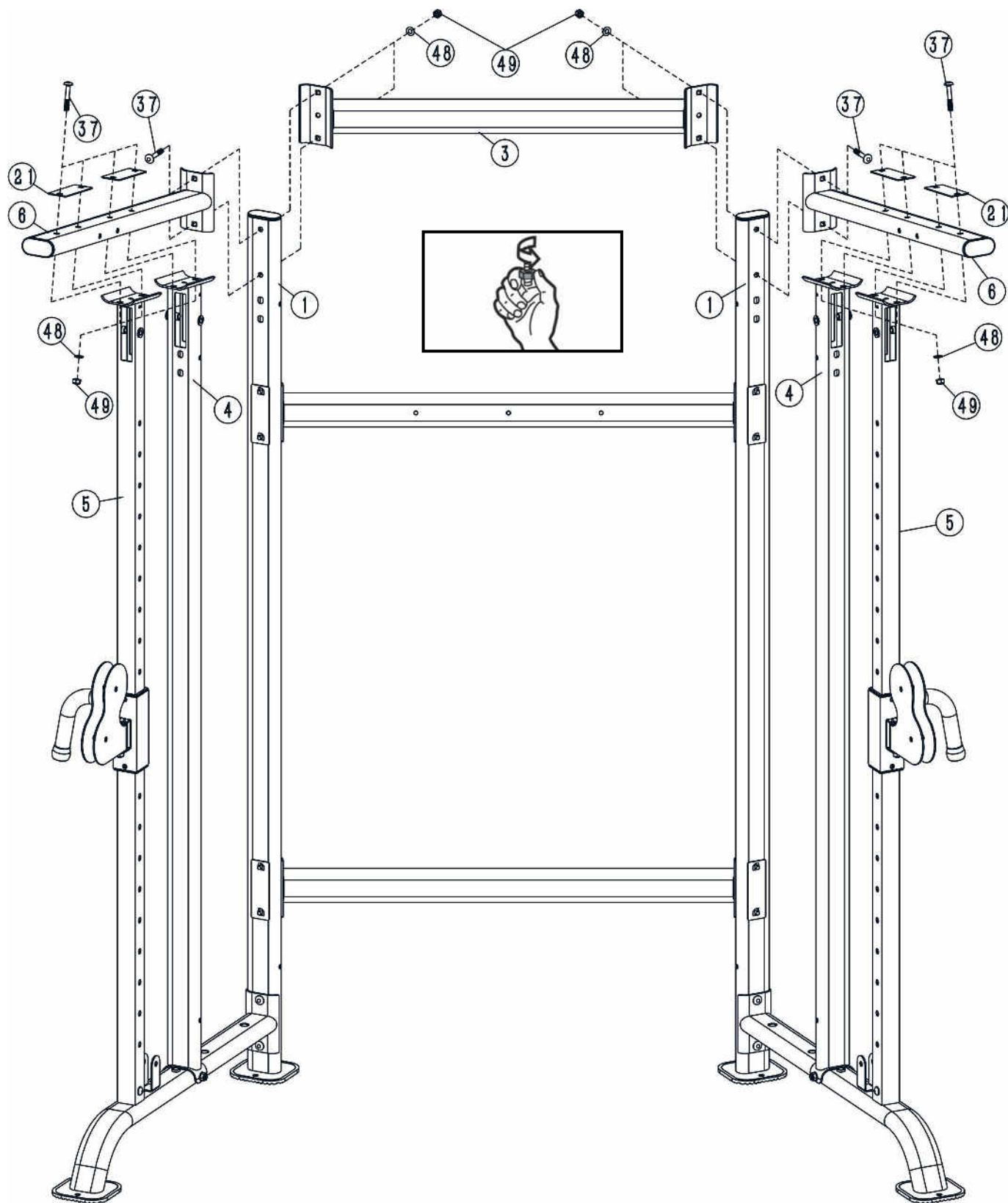
1. Attach 2 x Middle Vertical Support (4) to 2 x Base Frame (2) respectively using 2 x M10×100mm Allen Bolts (39), 2 x ϕ 10mm Washers (48) and 2 x M10 Aircraft Nuts (49).



Step 3

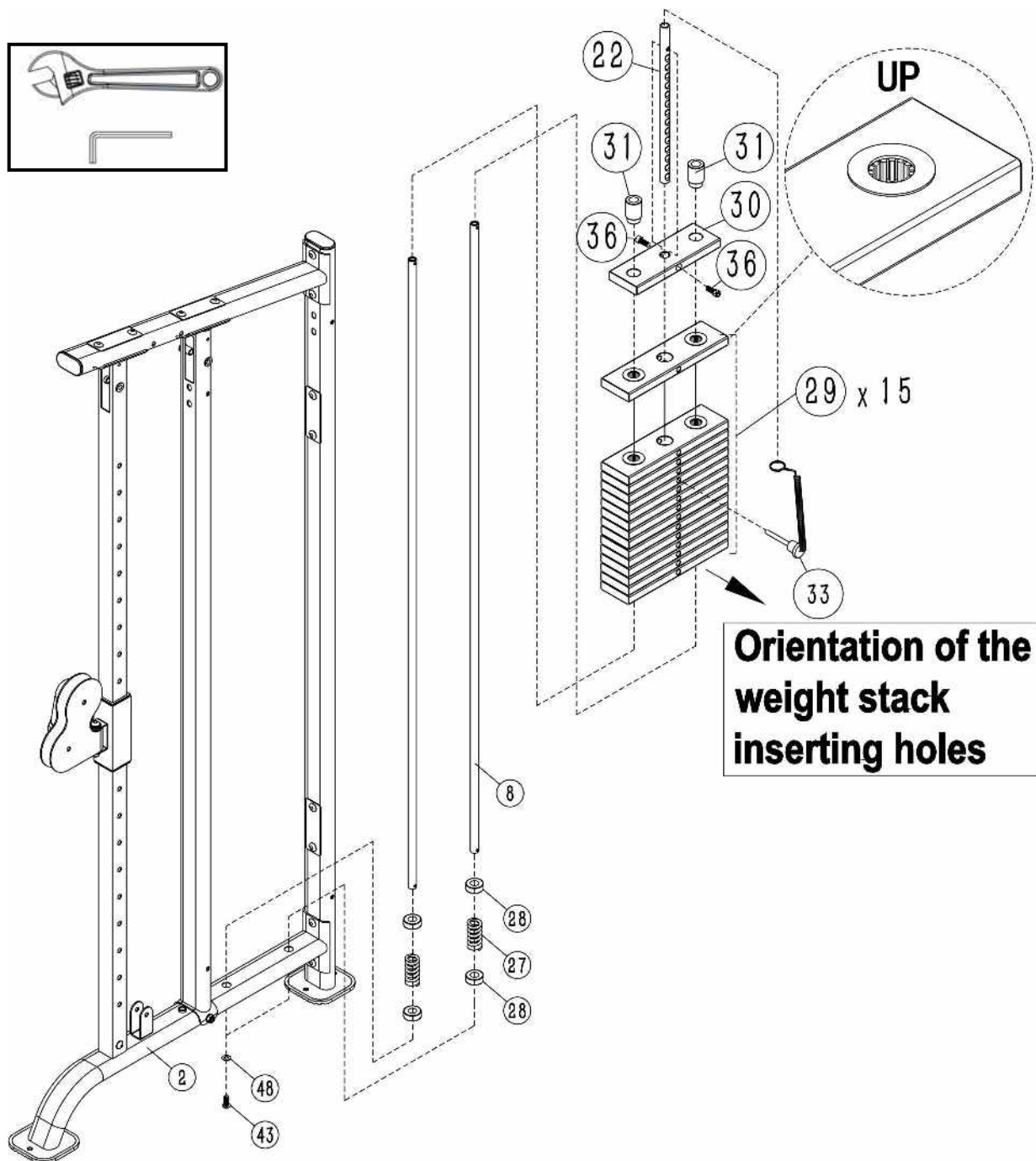
1. Put 2 x Guide Tube (5) through the L&R Sliding Frames (12, 13), and respectively screw 1 x M18×1.5×φ12 T-shaped Pin (35) in the bolts of the L&R Sliding Frame (12, 13), then secure the M18×1.5×φ12 T-shaped Pin (35) to facilitate the L&R Sliding Frame (12) are adjustable on the Guide Tube (5).
2. Put the U-shaped brackets of 2 x Base Frame (2) through 2 x Guide Tube (5) respectively, and then fix 2 x Guide Tube (5) to 2 x Base Frame (2) respectively using 2 x M10×16 Allen Bolts (44) and 2 x φ10mm Washers (48).
3. Fix 2 x Double Floating Pulley Bracket (14) to the L&R Sliding Frame (12, 13) using 1 x M12×90mm Allen Bolts (38), 2 x φ12mm Washers (50) and 1 x M12 Aircraft Nut (51).

Notes: Parts (43, 55, 57, 58, 61, 64) are pre-assembled.



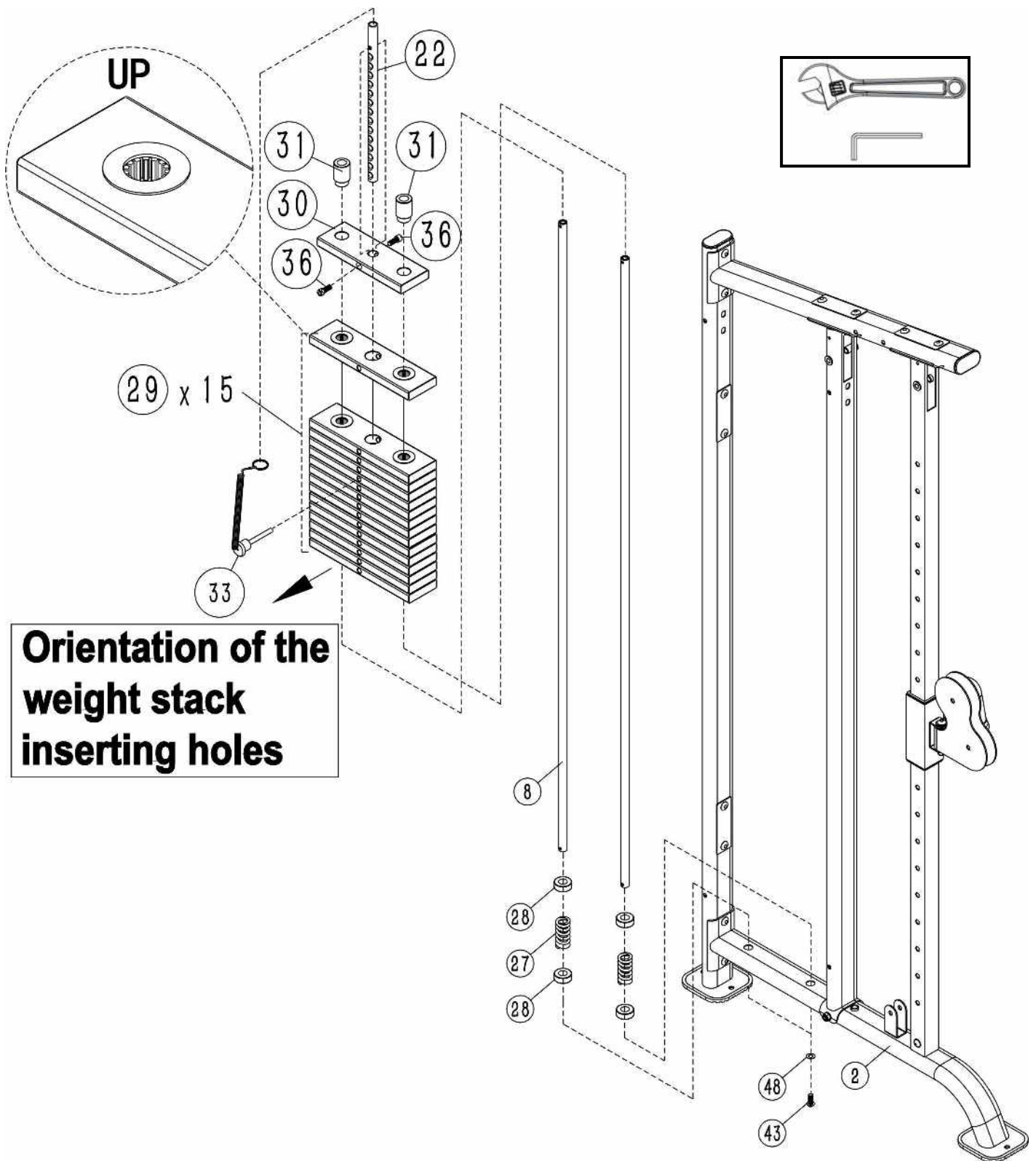
Step 4

1. Attach 2 x Upper Frames (6) and 2 x Flat Brackets (21) to 2 x Middle Vertical Support (4) and Guide Tube (5) respectively using 4 x M10×60mm Carriage Bolts (37), 4 x φ10mm Washers (48) and 4 x M10 Aircraft Nuts (49).
2. Connect 1 x Cross Beam (3) to 2 x Rear Vertical Support (1) and 2 x Upper Frame (6) using 4 x M10×60mm Carriage Bolts (37), 4 x φ10mm Washers (48) and 4 x M10 Aircraft Nuts (49).



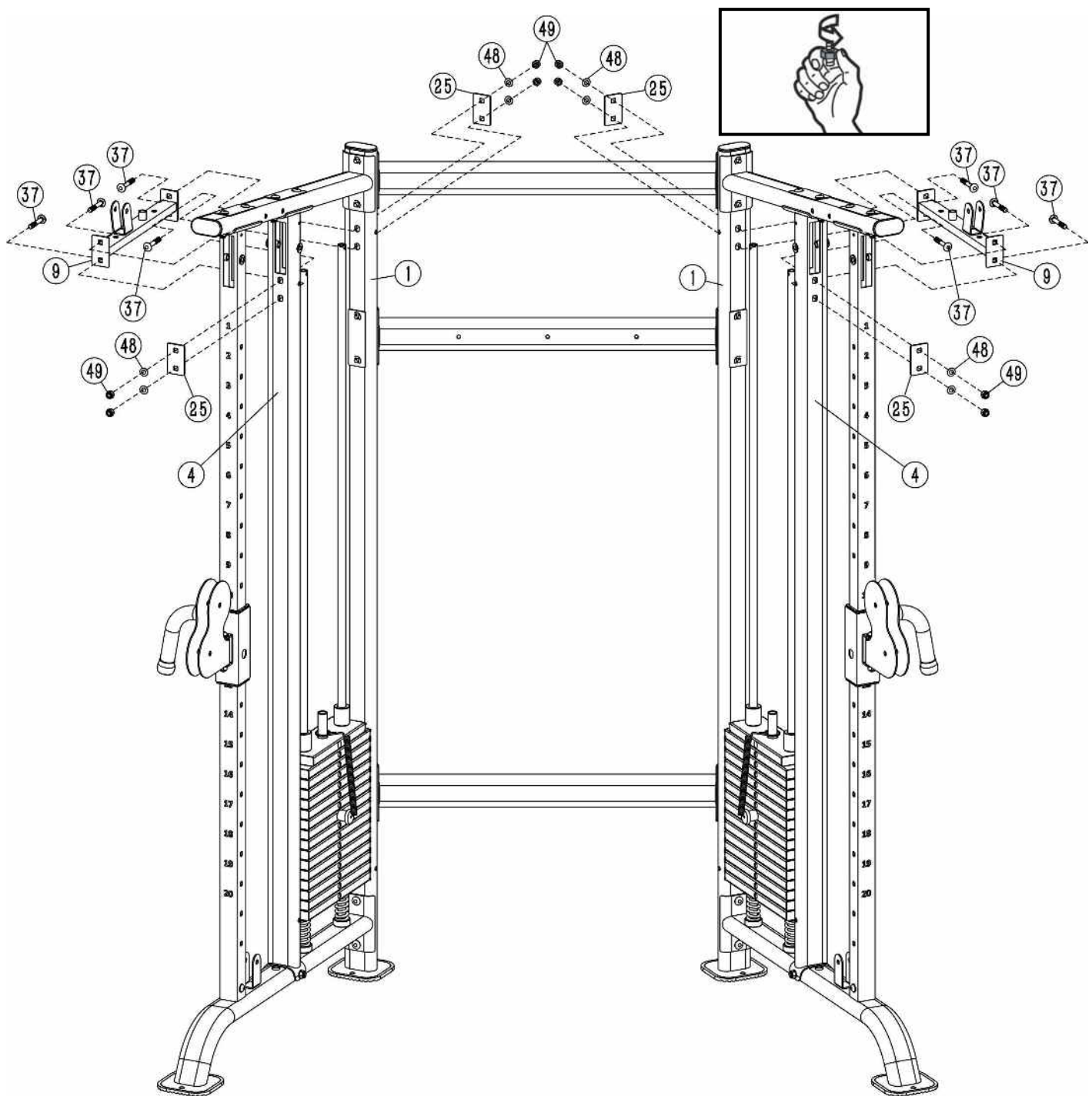
Step 5

1. Fix 2 x Guide Rods (8) to the right Base Frame (2) using 2 x M10×25mm Allen Bolts (43).
2. Put the Guide Rod (8) through 1 x Rubber Bumper (28), 1 x Shock Spring (27) and 1 x Rubber Bumper (28) sequentially.
3. Put the Guide Rod (8) through 15× 5kg Selector Stems (29).
4. Respectively put 2 x Weight Stem Guiding Sleeve (31) into the 4kg Selector Stem (30), insert the Selector Rod (22) into the 4kg Selector Stem (30), screw 2 x M10×25mm Allen Bolts (36) in the 4kg Selector Stem (30) and fix the Selector Rod (22).
5. Put the Guide Rod (8) through 1 x 4kg Selector Stem (30).
6. Stick the weight sticker (32) as shown in the diagram, from top to bottom sticking 5kg, 10kg, 15kg, 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg.



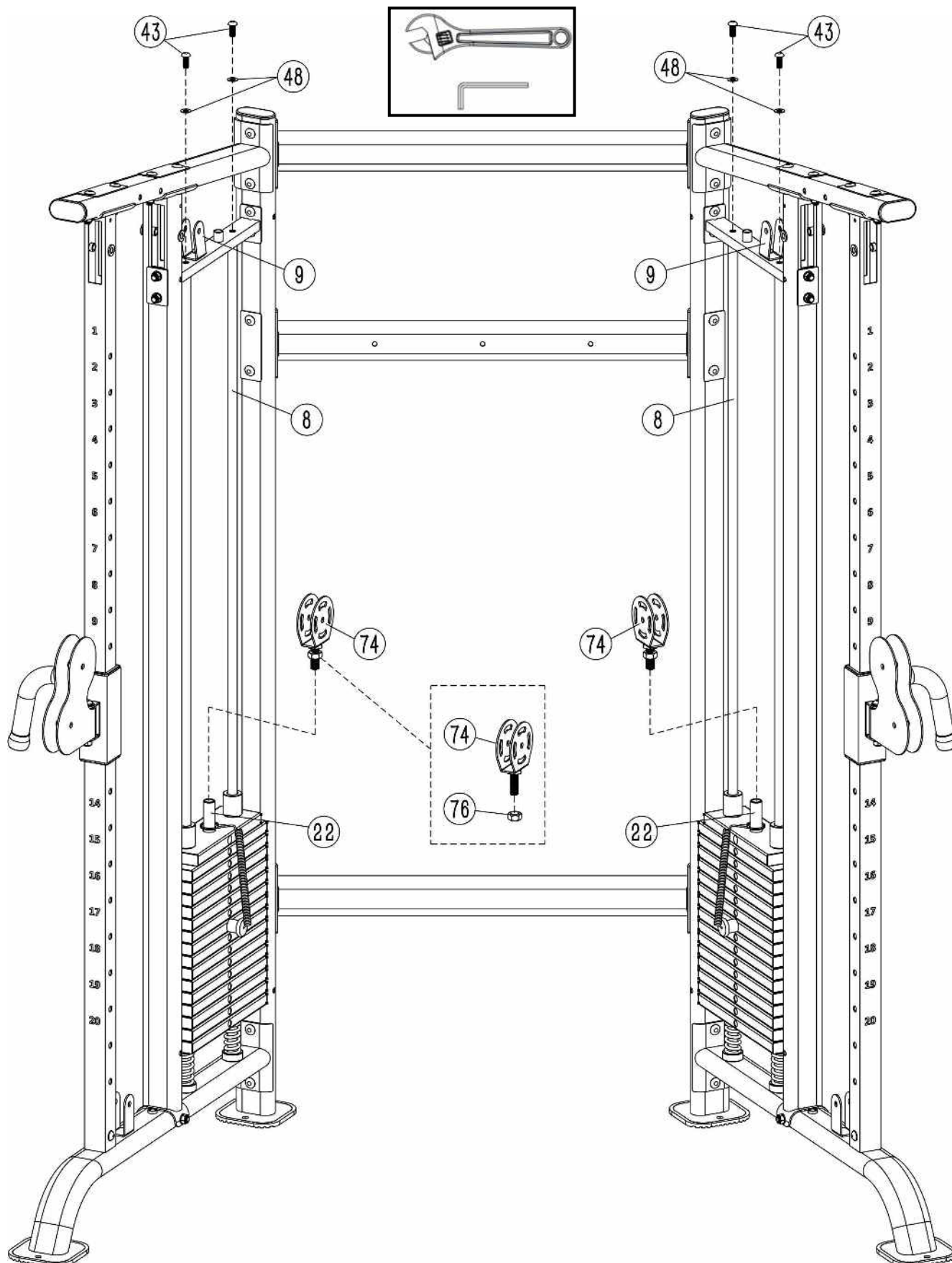
Step 6

Repeat Step 5 to assemble the left weight stack.



Step 7

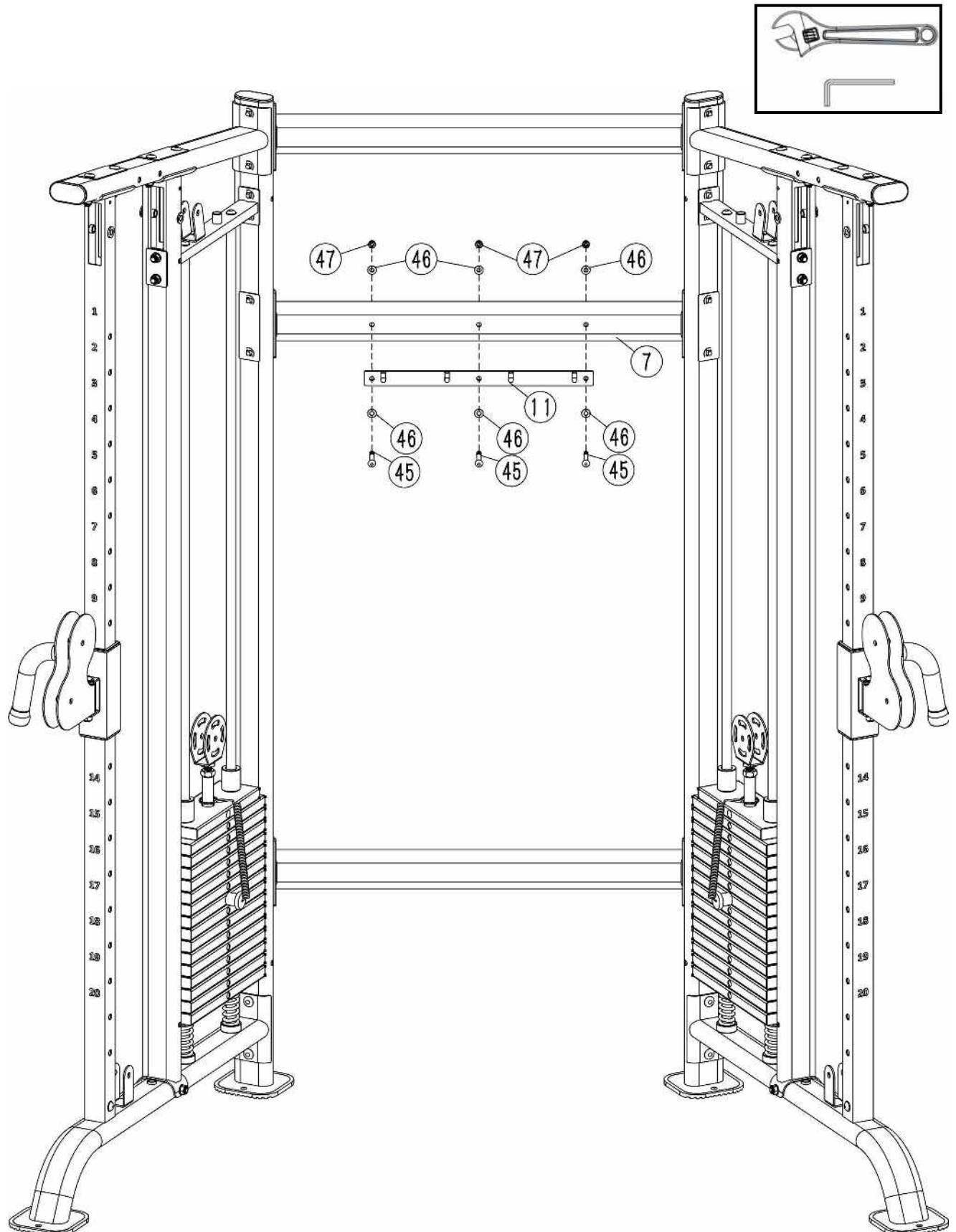
1. Put left and right Guide Rod (8) through 2 x Guide Rod Holder (9).
2. Fix the 2 x Guide Rod Holder (9) to the middle between the L&R Middle Vertical Support (4) and the Rear Vertical Support (1) using 4 x M10×60mm Carriage Bolts (37), 4 x ϕ 10mm Washers (48), 4 x M10 Aircraft Nuts (49) and 2 x Bracket (25).



Step 8

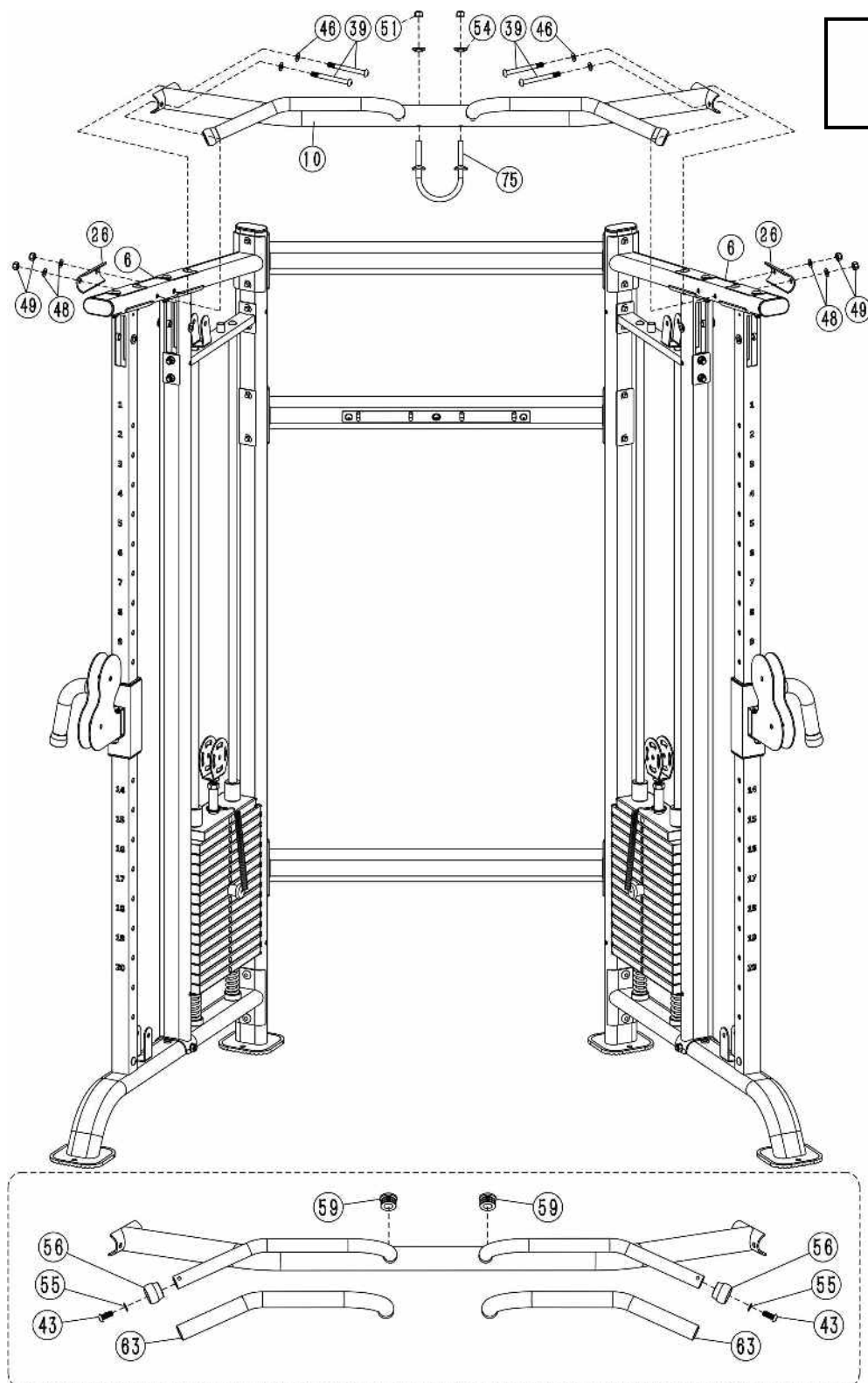
1. Fix the left and right Guide Rod Holder (9) to the Guide Rod (8) respectively using 2 x M10×25mm Allen Bolts (43) and 1 x ϕ 10mm Washer (48).
2. Fix the pulley bracket (74) to Selector Rod (22)

Notes: Parts (76) are pre-assembled.



Step 9

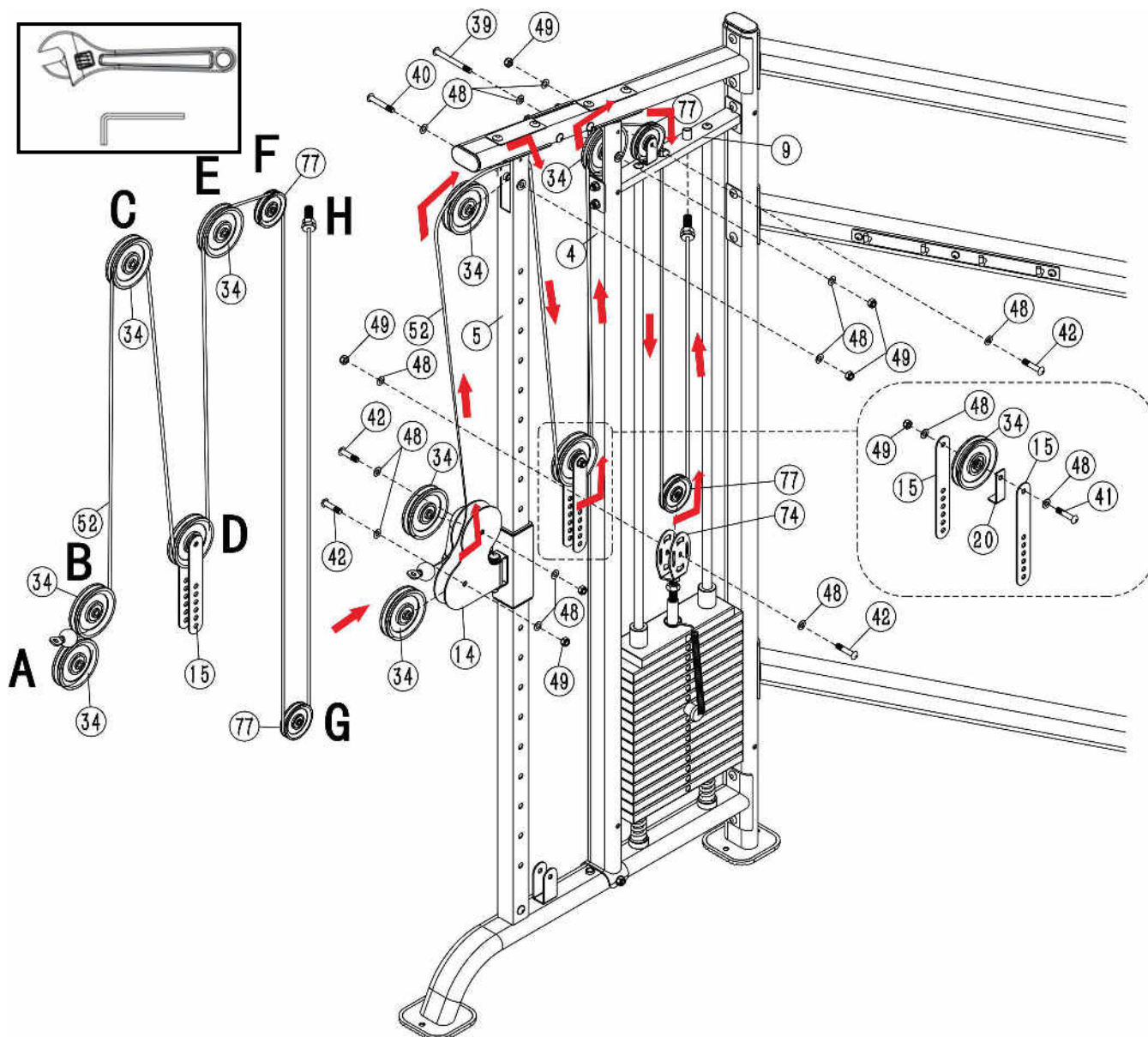
Attach the Hook Frame (11) to the Upper Connecting Frame (7) using 3 x M8×60mm Allen Bolts (45), 6 x Ø8mm Washers (46) and 3 x M8 Aircraft Nuts (47).



Step 10

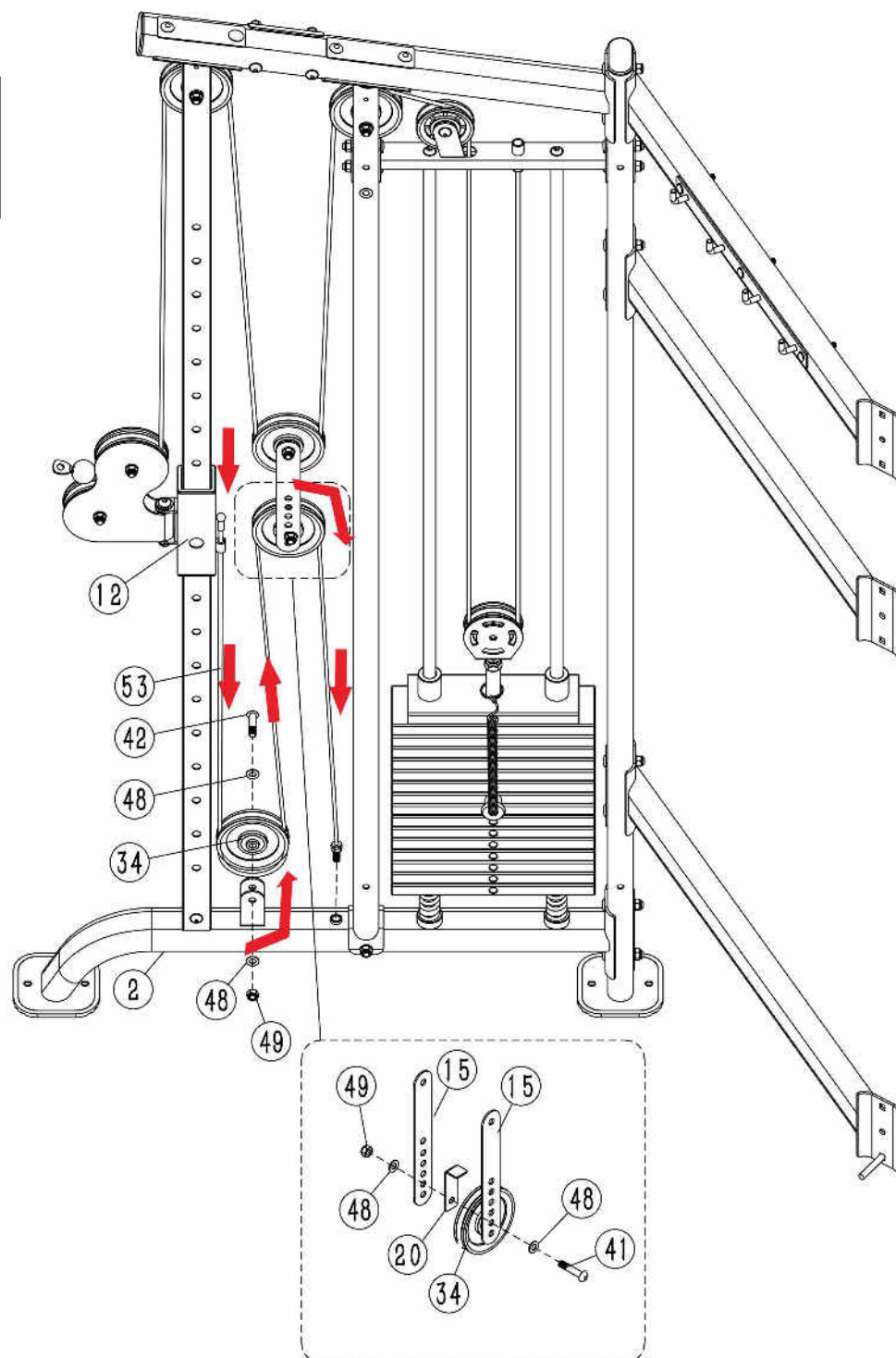
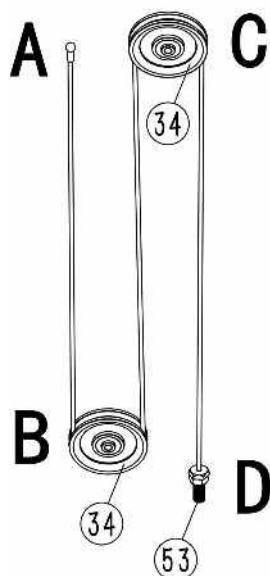
1. Attach the **U-shape hook (75)** to the Chin up bar Frame (10) using 2 x $\phi 12$ Curved Washers (54), 2 x M12 Aircraft Nut (51).
2. Attach the Chin up bar Frame (10) to the middle of the 2 x Upper Frame (6) using 8 x $\phi 10$ mm Washers (48), 4 x M10 Aircraft Nut (49), 4 x M10 $\times$ 100mm Allen Bolts (39) and 2 x Arc Bracket (26).

Notes: Parts (43, 55, 56, 59, 63) are pre-assembled.



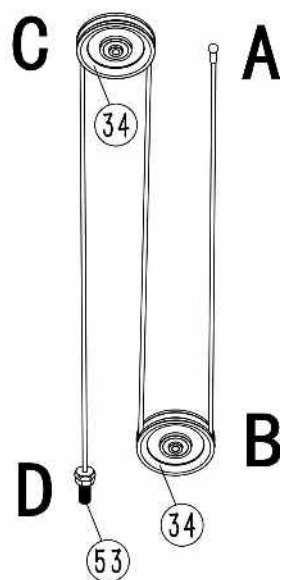
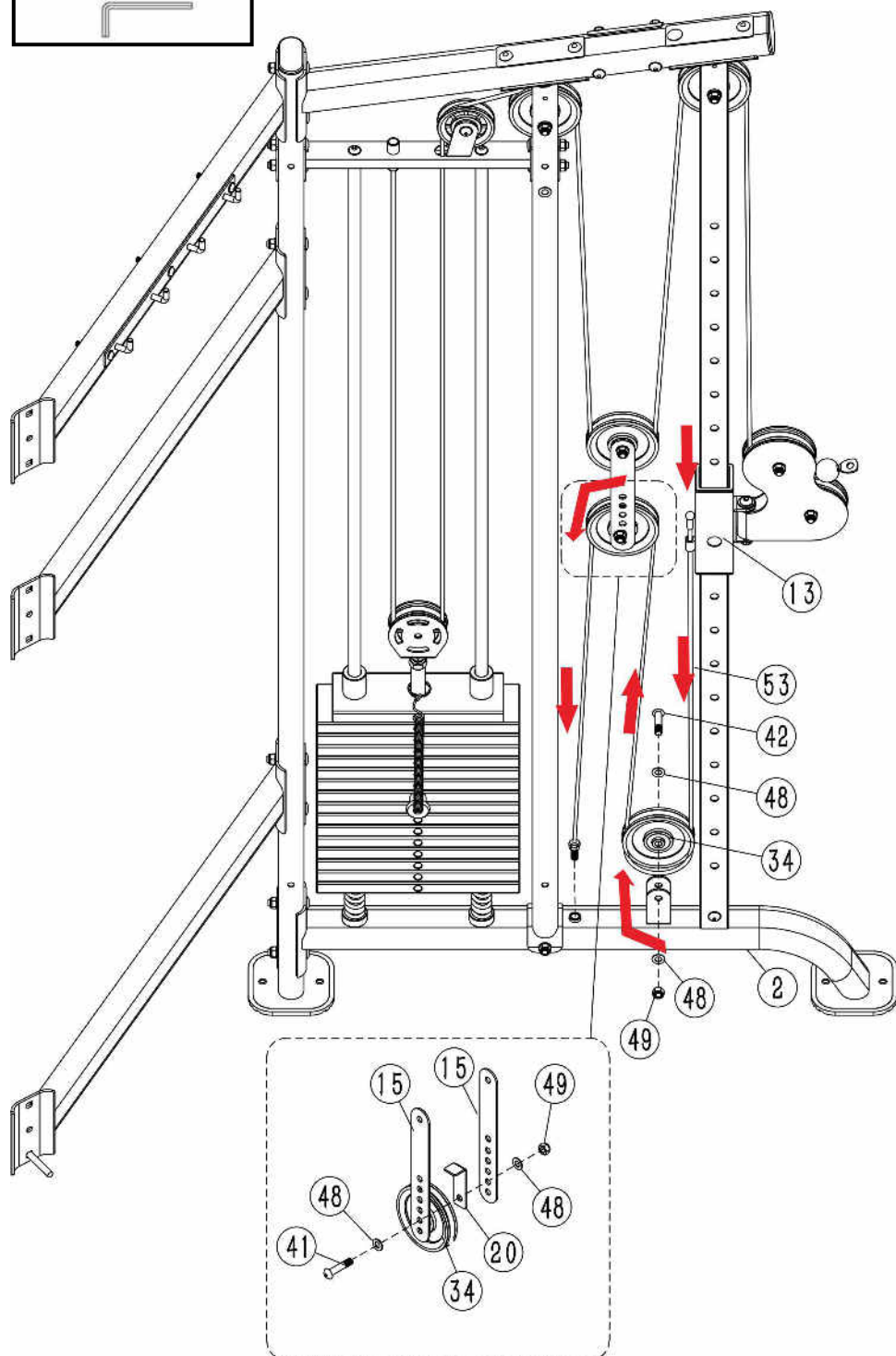
Step 11

1. Find out the end with threaded head of the Upper Cable (52) as shown in the diagram, thread the end in sequence through the long notch on the right side of the Guide Tube (5), Middle Vertical Support (4) and Guide Rod Holder (9), and finally screw H into the Guide Rod Holder (9).
2. Connect the Pulley $\phi 114$ A, B (34) and Upper Frame (52) to the Right Sliding Frame (12) using 1 x M10 $\times$ 45 Allen Bolt (42), 2 x $\phi 10$ mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
3. Connect the Pulley $\phi 114$ C (34) and Upper Frame (52) to the Guide Tube (5) using 1 x M10 $\times$ 65 Allen Bolt (40), 2 x $\phi 10$ mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
4. Connect the Pulley $\phi 114$ D (34) and Upper Frame (52) to the 2 x Double Pulley Bracket (15) and 1 x L- Shaped Cable Protector (20) using 1 x M10 $\times$ 50 Allen Bolt (41), 2 x $\phi 10$ mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
5. Fix the Pulley $\phi 114$ E (34) and Upper Frame (52) to the Guide Tube (5) using 1 x M10 $\times$ 100 Allen Bolt (39), 2 x $\phi 10$ mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
6. Connect the Pulley $\phi 90$ F (77) and the Guide Tube (52) to the Guide Rod Holder (9) using 1 x M10 $\times$ 45mm Allen Bolt (42), 2 x $\phi 10$ mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.
7. Connect the Pulley $\phi 90$ G (77) and the Guide Tube (52) to the pulley bracket (74) using 1 x M10 $\times$ 45mm Allen Bolt (42), 2 x $\phi 10$ mm Washers (48) and 1 x M10 Aircraft Nut (49), and ensure the cable in pulley groove.



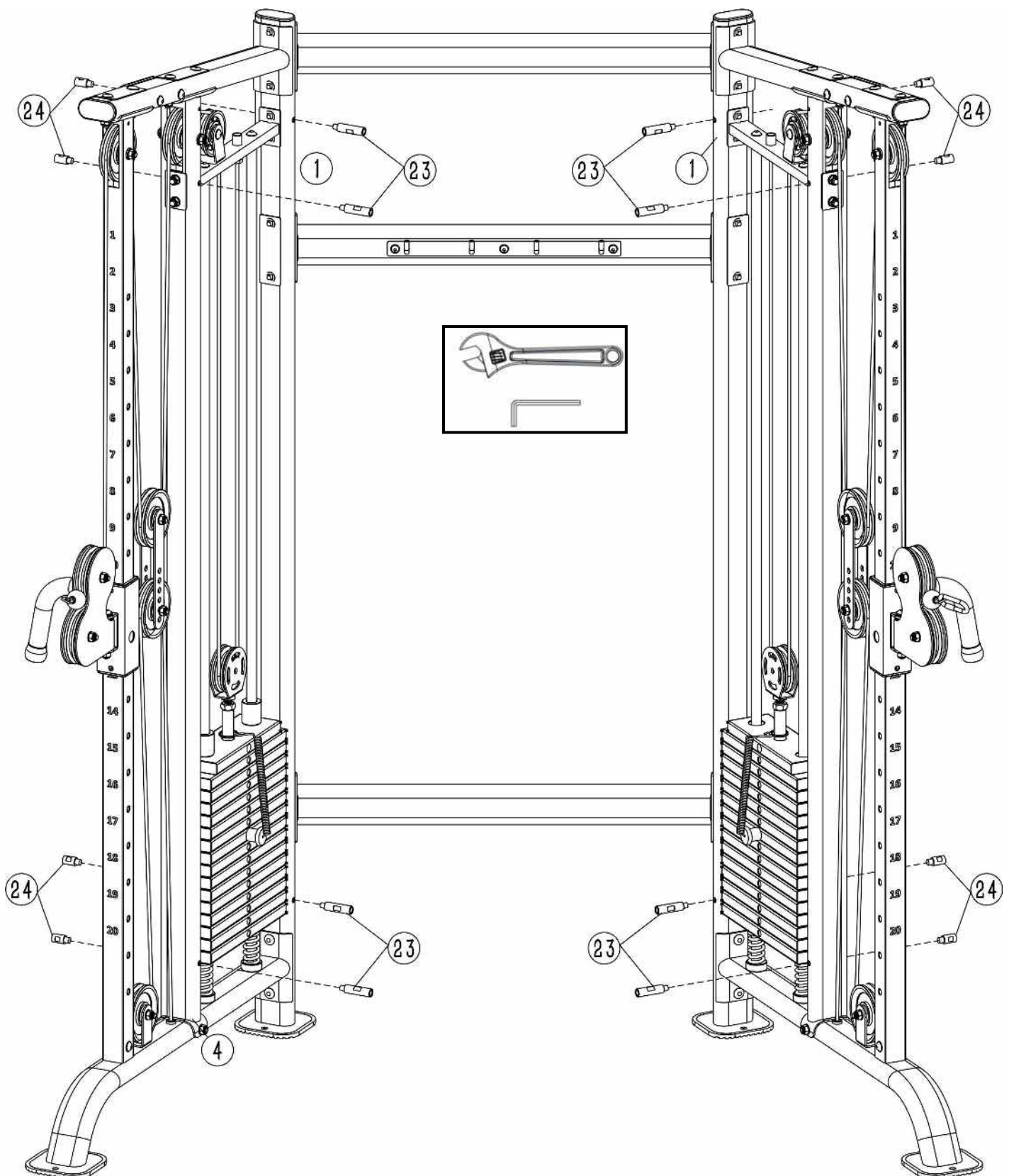
Step 13

1. Put the End **A** of the Adjustment Cable (**53**) through the sleeve on the right side of the Right Sliding Frame (**12**) as shown in the diagram, then screw the End **D** in the nut on the Base Frame (**2**).
2. Connect the Pulley $\phi 114$ **B** (**34**) and Adjustment Cable (**53**) to the Base Frame (**2**) using 1 x M10 $\times$ 45mm Allen Bolt (**42**), 2 x $\phi 10$ mm Washers (**48**) and 1 x M10 Aircraft Nut (**49**), and ensure the cable in the pulley groove.
3. Connect the Pulley $\phi 114$ **C** (**34**) and Adjustment Cable (**53**) to 1 x L- Shaped Cable Protector (**20**) and 2 x Double Pulley Bracket (**15**) using 1 x M10 $\times$ 50mm Allen Bolt (**41**), 2 x $\phi 10$ mm Washers (**48**) and 1 x M10 Aircraft Nut (**49**).
4. Cable tension can be adjusted by the End **D** of the Adjustment Cable (**53**).



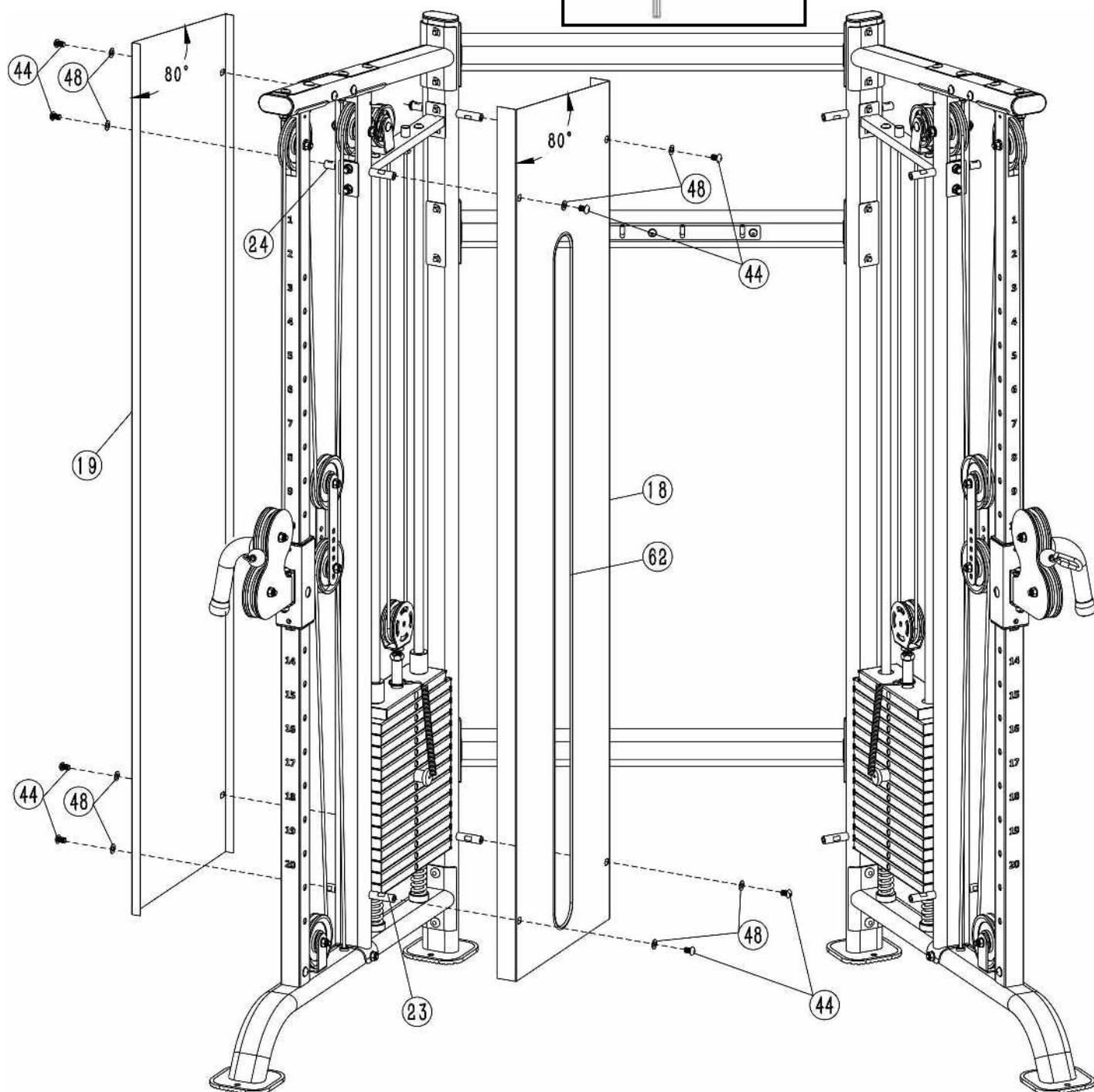
Step 14

Repeat step 13 to assemble the left Adjustment Cable (53).



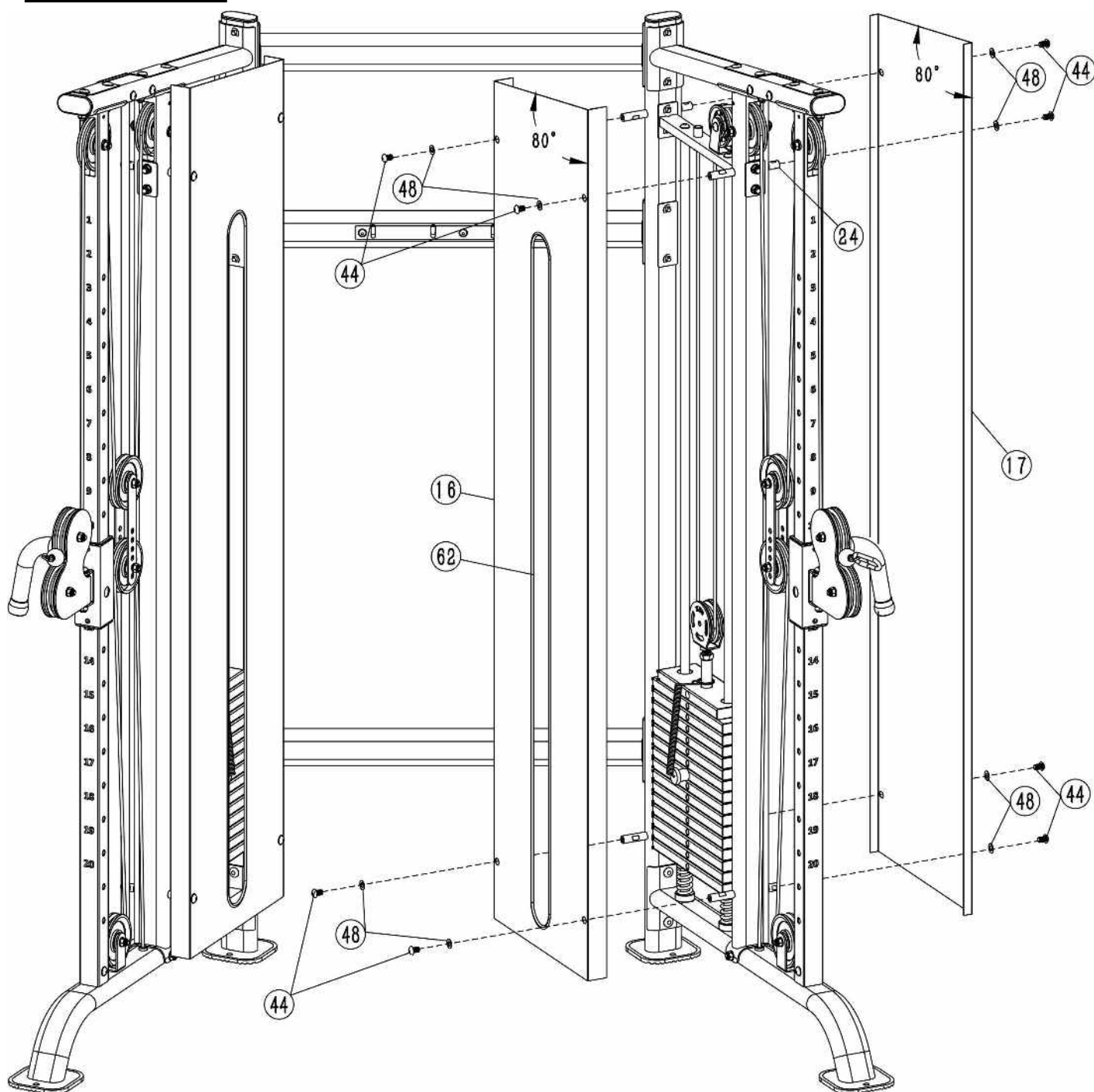
Step 15

1. Respectively attach 8 x $\phi 16 \times M10 \times 65$ Axle (23) to the inside of the 2 x Rear Vertical Support (1) and 2 x Middle Vertical Support (4).
2. Respectively attach 8 x $\phi 16 \times M10 \times 35$ Axle (24) to the outside of the 2 x Rear Vertical Support (1) and 2 x Middle Vertical Support (4).



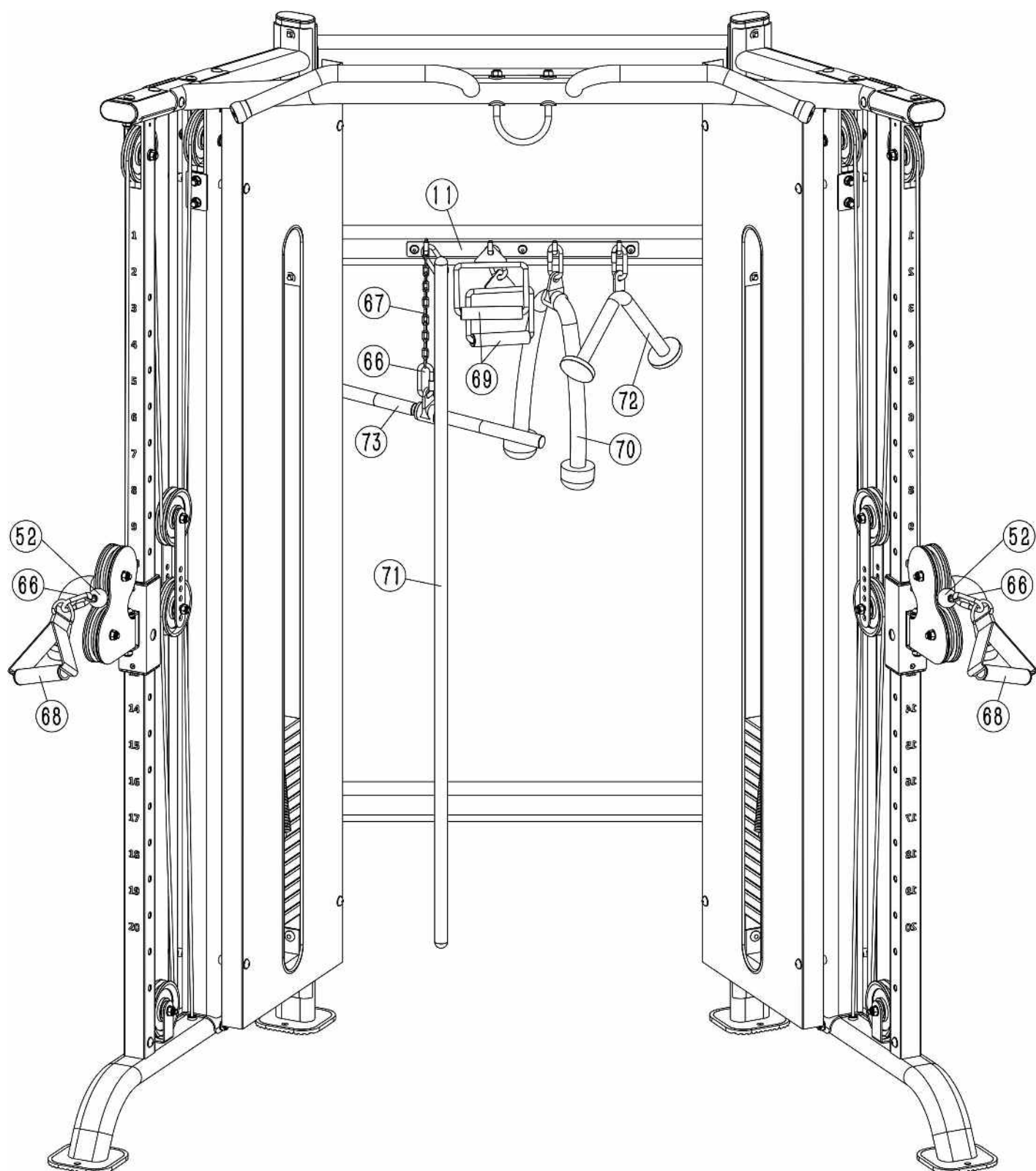
Step 16

1. Fix the Right Inside Weight Stack Cover (18) to 4 x $\phi 16 \times M10 \times 65$ Axle (23) using 4 x M10x16mm Allen Bolts (44) and 4 x $\phi 10$ mm Washers (48).
2. Fix the Right Outside Weight Stack Cover (16) to 4 x $\phi 16 \times M10 \times 35$ Axle (243) using 4 x M10x16mm Allen Bolts (44) and 4 x $\phi 10$ mm Washers (48).



Step 17

1. Fix the Left Inside Weight Stack Cover (16) to 4 x $\phi 16 \times M10 \times 65$ Axle (23) using 4 x M10 $\times$ 16mm Allen Bolts (44) and 4 x $\phi 10$ mm Washers (48).
2. Fix the Left Outside Weight Stack Cover (17) to 4 x $\phi 16 \times M10 \times 35$ Axle (24) using 4 x M10 $\times$ 16mm Allen Bolts (44) and 4 x $\phi 10$ mm Washers (48).
3. Secure all the bolts and nuts.



Step 18

C-Shaped Lock Ring $\phi 7 \times 66$ (66) or 15 Joints Chain (67) connect Upper Cable (52) can be closed as Optional Accessory, other spare parts can be hung with Hook Frame (11)

Parts List

Part #	Description	Qty	Part #	Description	Qty
1	Rear Post	2	42	M10×45mm Allen Bolt	10
2	Base Frame	2	43	M10×25mm Allen Bolt	12
3	Cross Beam	2	44	M10×16mm Allen Bolt	20
4	Middle Vertical Support	2	45	M8×55mm Allen Bolt	3
5	Guide Tube	2	46	φ8mm Washer	6
6	Upper Frame	2	47	M8 Aircraft Nut	3
7	Upper Connecting Frame	1	48	φ10mm Washer	108
8	Guide Rod	4	49	M10 Aircraft Nut	56
9	Guide Rod Holder	2	50	φ12mm Washer	4
10	Chin up bar frame	1	51	M12 Aircraft Nut	4
11	Hook Frame	1	52	Upper Cable	2
12	Right Sliding Frame	1	53	Adjustment Cable	2
13	Left Sliding Frame	1	54	φ12 Curved Washer	2
14	Cross Double Floating Pulley Bracket	2	55	M10 Serrated Washer	4
15	Double Pulley Bracket	4	56	φ28 End Cap	2
16	Left Inside Weight Stack Cover	1	57	φ25End Cap	2
17	Left Outside Weight Stack Cover	1	58	Bushing φ25×φ22×φ12×10	4
18	Right Inside Weight Stack Cover	1	59	End Cap φ28×2.5	2
19	Right Outside Weight Stack Cover	1	60	End Cap 40×80×2.0	4
20	L- Shaped Cable Protector	4	61	Induction Sleeve □60×2.0×□45×60	4
21	Flat Bracket	10	62	Weight stack cover decorations	6
22	Selector Rod	2	63	Handle Grip φ27×φ33×540	2
23	Axle φ16×M10×65	8	64	Handle Grip φ24×φ34×240	2
24	Axle φ16×M10×35	8	65	Base Rubber Cushion	4
25	Bracket	4	66	C-Shaped Lock Ring φ7×66	12
26	Arc Bracket	2	67	15 Joints Chain	3
27	Shock Spring φ33×φ21×φ6×70	4	68	Single Strap	2
28	Rubber Bumper 40×φ20×15	8	69	D-Shaped Single Strap	2
29	5kg Selector Stem 90×320	18	70	Triceps Rope/ double knobs	1
30	4kg Selector Stem 90×270	2	71	Push-pull Bar	1
31	Weight Stem Guide Sleeve	4	72	V-shaped Handle	1
32	Weight Sticker	2	73	Upright Handle	1
33	φ10×80 Magnet Pin	2	74	Pulley Bracket	2
34	Pulley φ114	14	75	U-shape hook	1
35	M18×1.5×φ12 T- Shaped Pin	2	76	M16×2.0 Nut	2
36	M10×25mm Allen Bolt	4	77	Pulley φ90	4
37	M10×60mm Carriage Bolt	32			
38	M12×90mm Allen Bolt	2		5# Allen Wrench	1
39	M10×100mm Allen Bolt	8		6# Allen Wrench	1

40	M10×65mm Allen Bolt	2		8# Allen Wrench	1
41	M10×50mm Allen Bolt	4			



GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
www.toorx.it - info@toorx.it