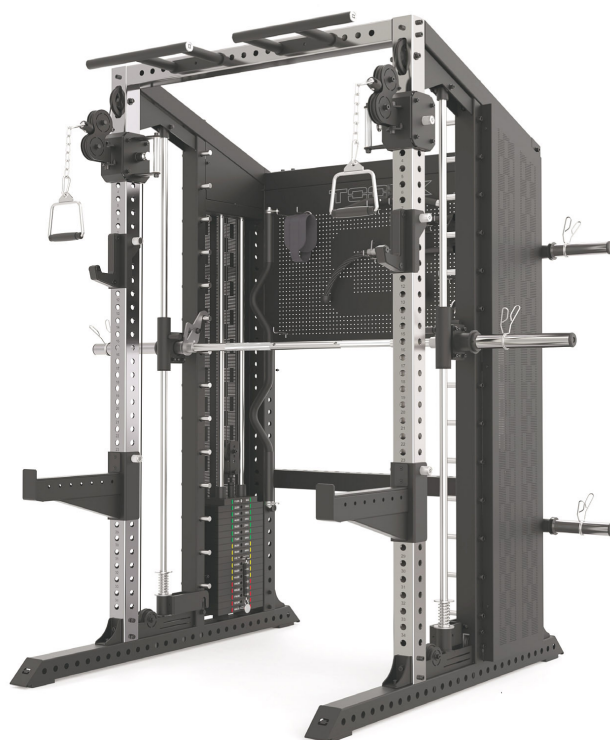


TOORX
PROFESSIONAL LINE

INSTRUCTION



ASX8000

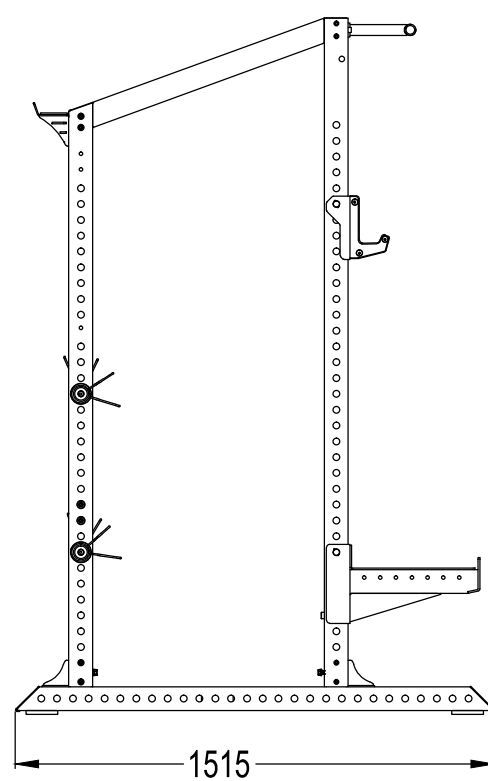
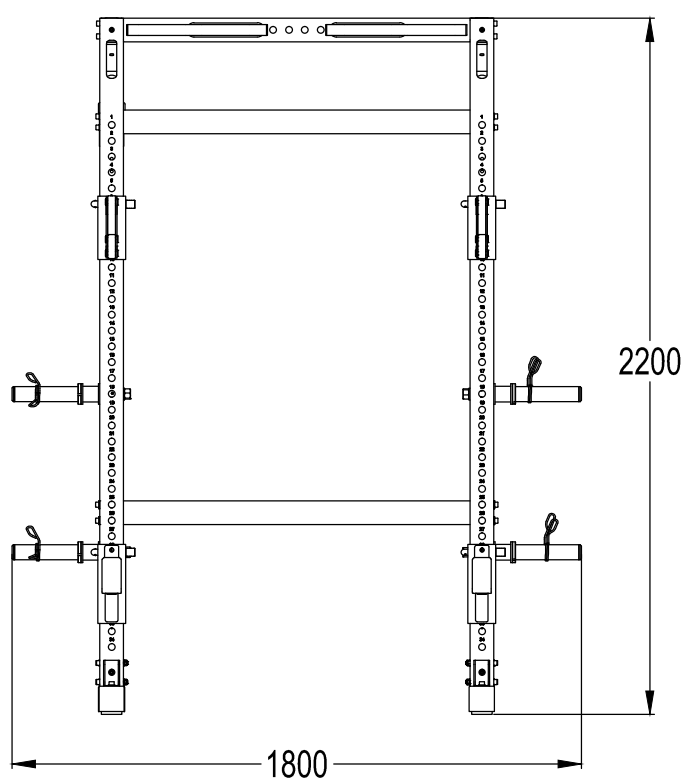


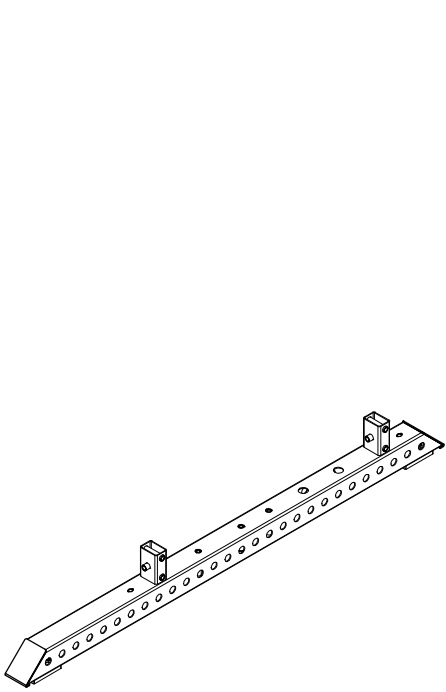
Cod : GRLDTOORXASX8000

Rev : 00

Ed : 04/25

Assembly Dimension:1515×1800×2200

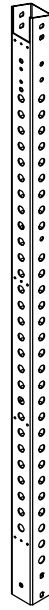




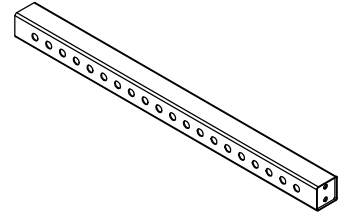
①×2



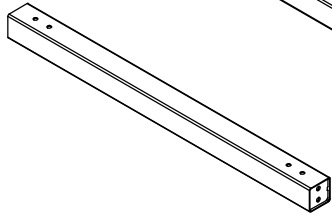
④×2



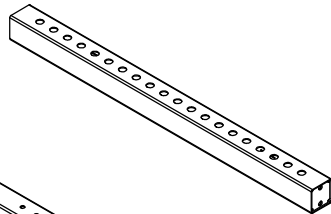
⑤×2



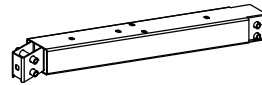
⑦×1



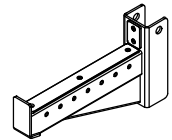
⑧×1



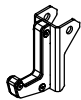
⑨×1



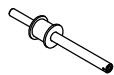
⑩×2



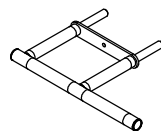
⑬×2



⑭×2



⑳×4



㉑×2



㉒×4



㉔×1



⑶⑦×4



⑶③×10



⑶⑦×4



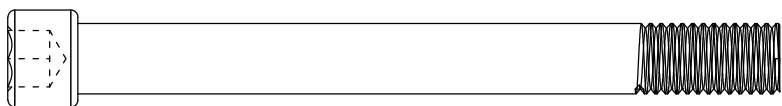
⑶③×4



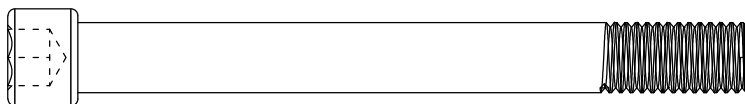
⑶③×10



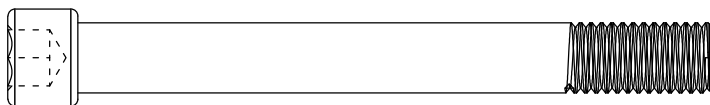
⑶⑧×4



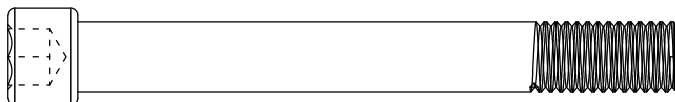
110 ×4



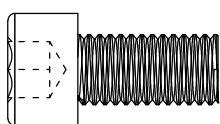
111 ×14



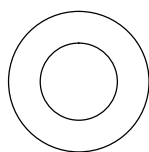
112 ×4



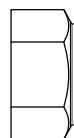
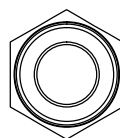
113 ×4



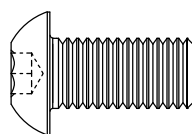
120 ×7



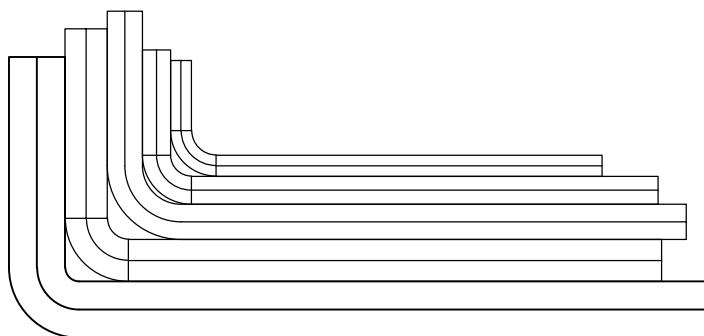
139 ×27



146 ×12

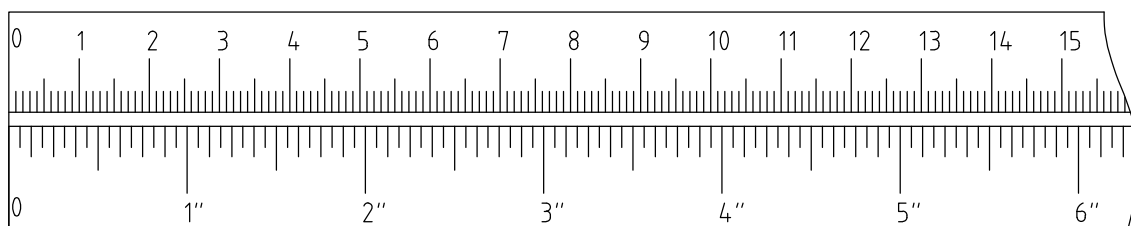


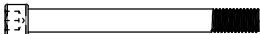
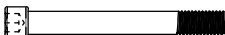
128 ×4



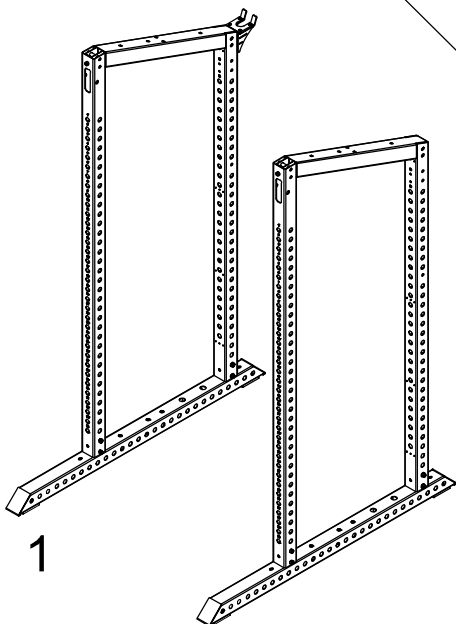
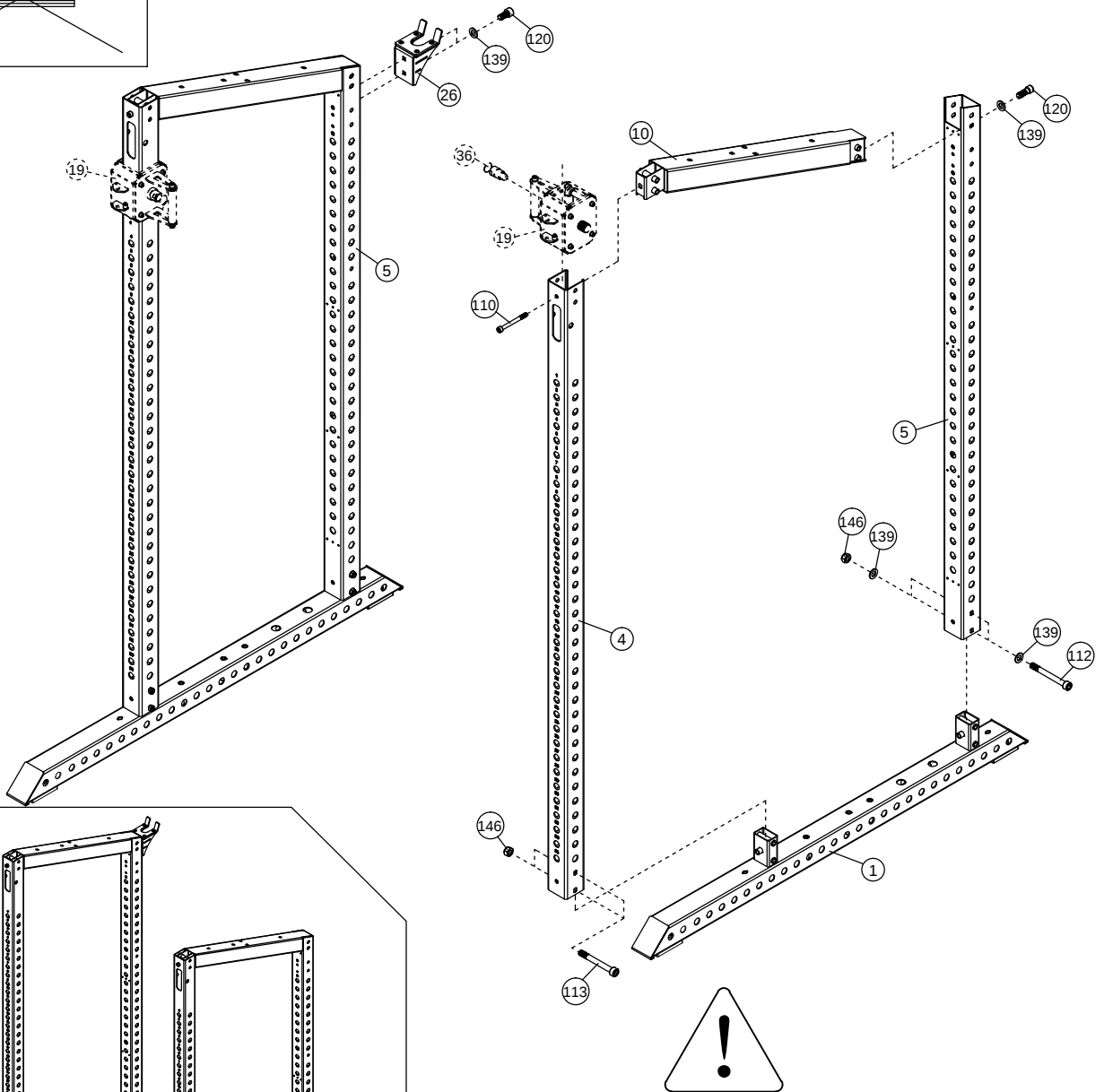
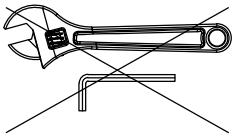
3#×1
4#×1
5#×1
6#×1
8#×1

mm



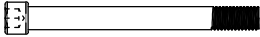
- | | | | |
|-------|---|----|-----------|
| (110) |  | ×2 | M10×100mm |
| (112) |  | ×4 | M10×90mm |
| (113) |  | ×4 | M10×85mm |
| (120) |  | ×3 | M10×20mm |

- | | | | |
|-------|---|-----|-----------|
| (139) |  | ×11 | φ20×φ10.5 |
| (146) |  | ×8 | M10 |

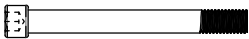


If you purchased M75L-C,
please install #19 and #36 in this step.

M75L-C (dual adjustable pulley with
weight stack)

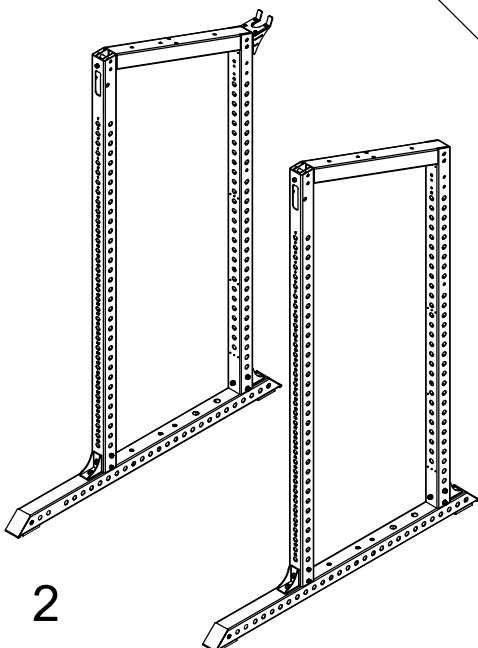
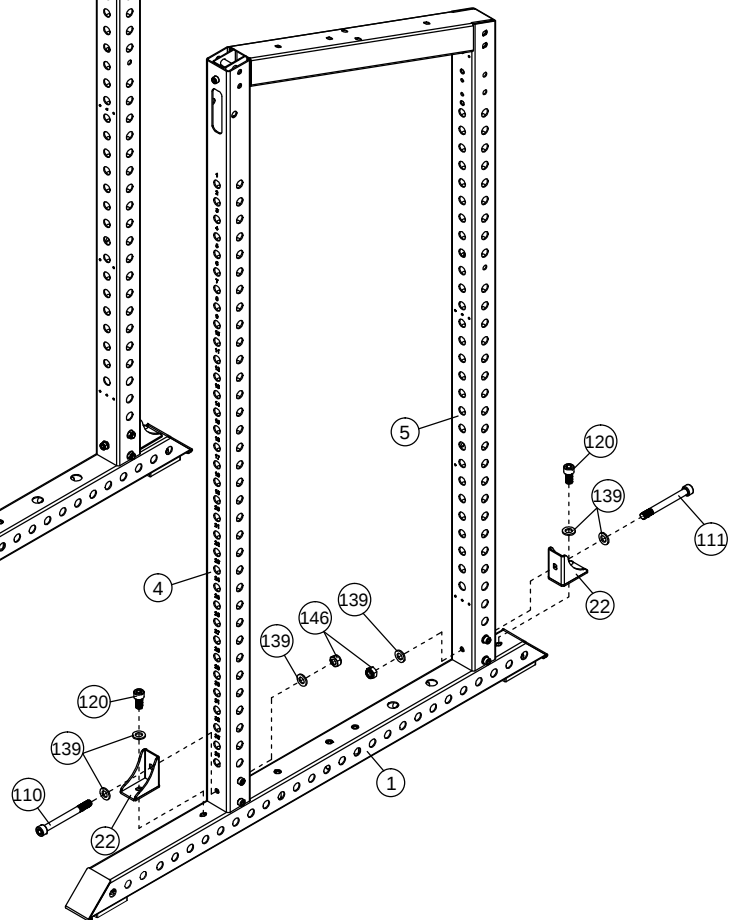
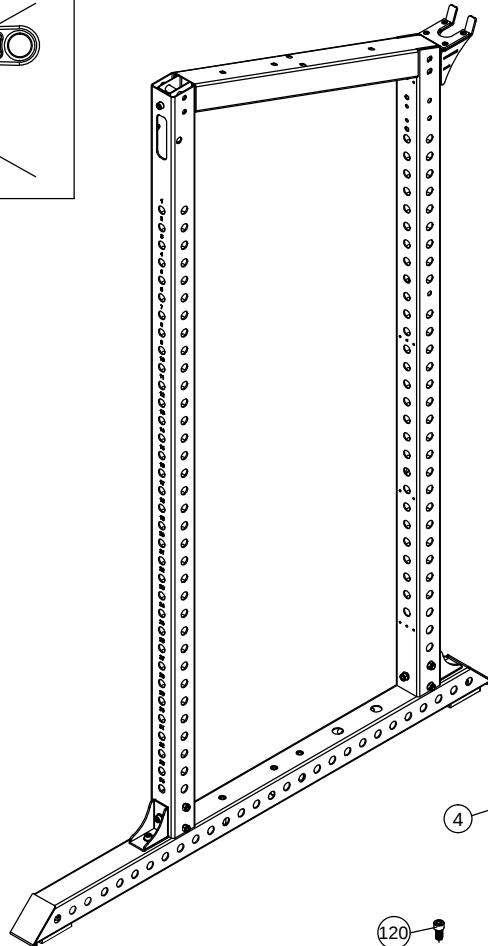
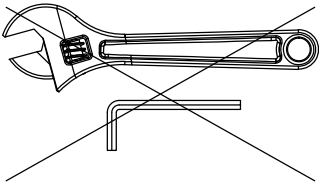
(110)  ×2 M10×100mm

(139)  ×12 $\phi 20 \times \phi 10.5$

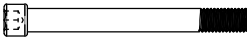
(111)  ×2 M10×95mm

(146)  ×4 M10

(120)  ×4 M10×20mm



111



×12

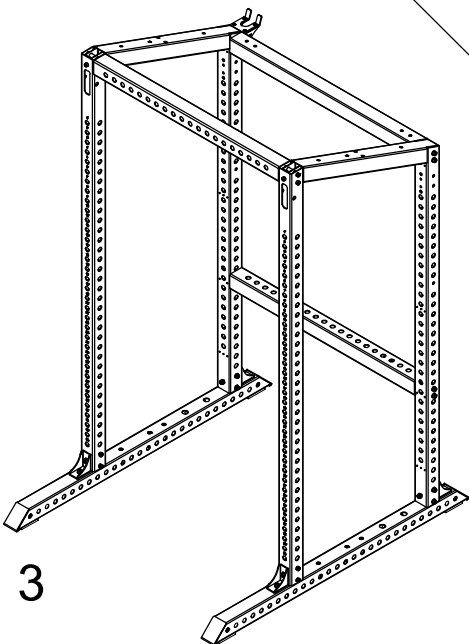
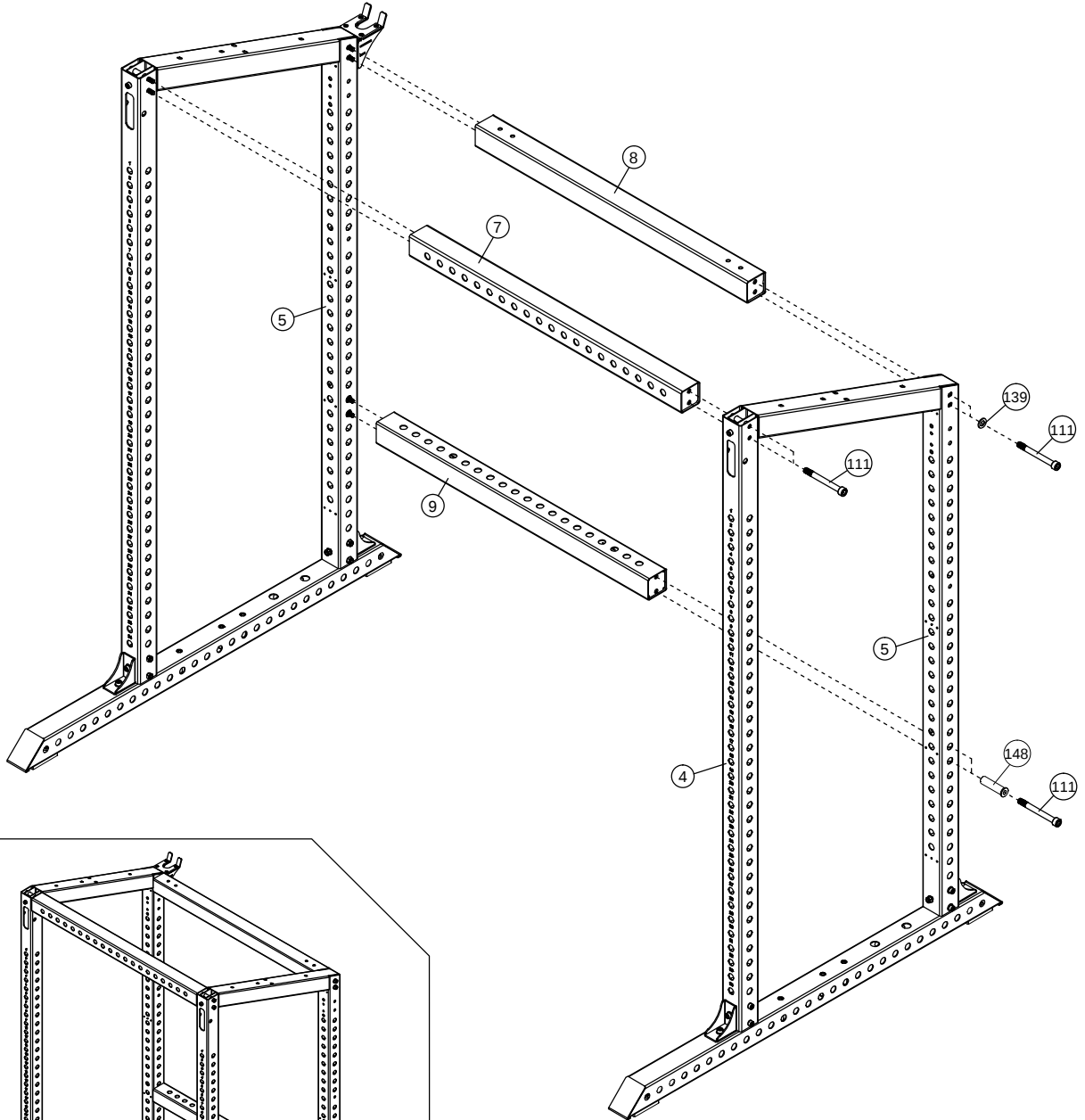
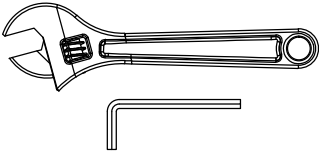
M10×95mm

139



×4

φ20×φ10.5

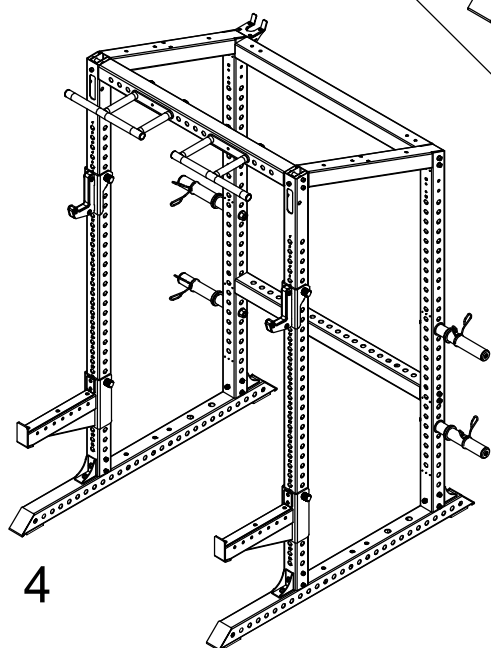
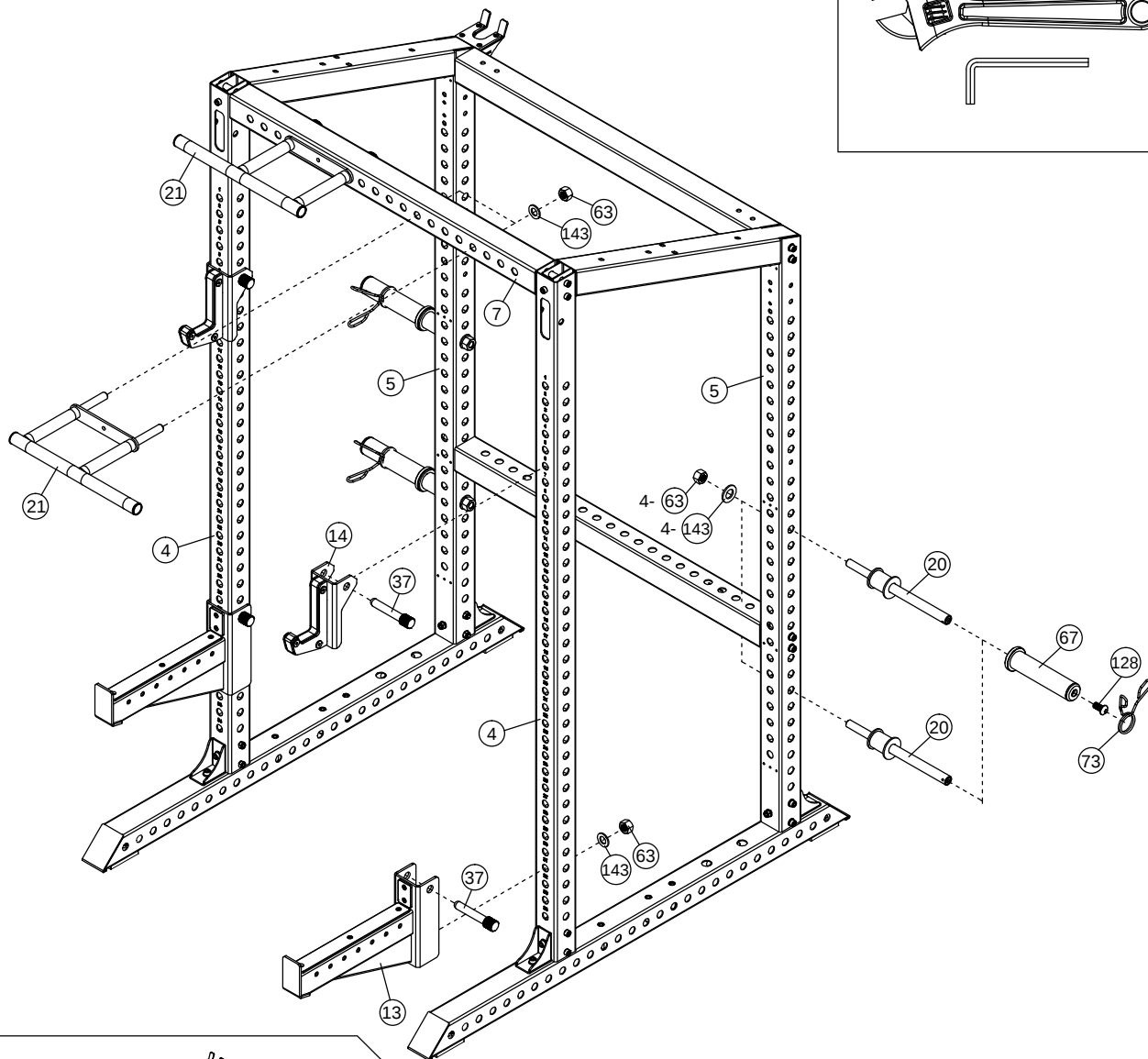


3

128

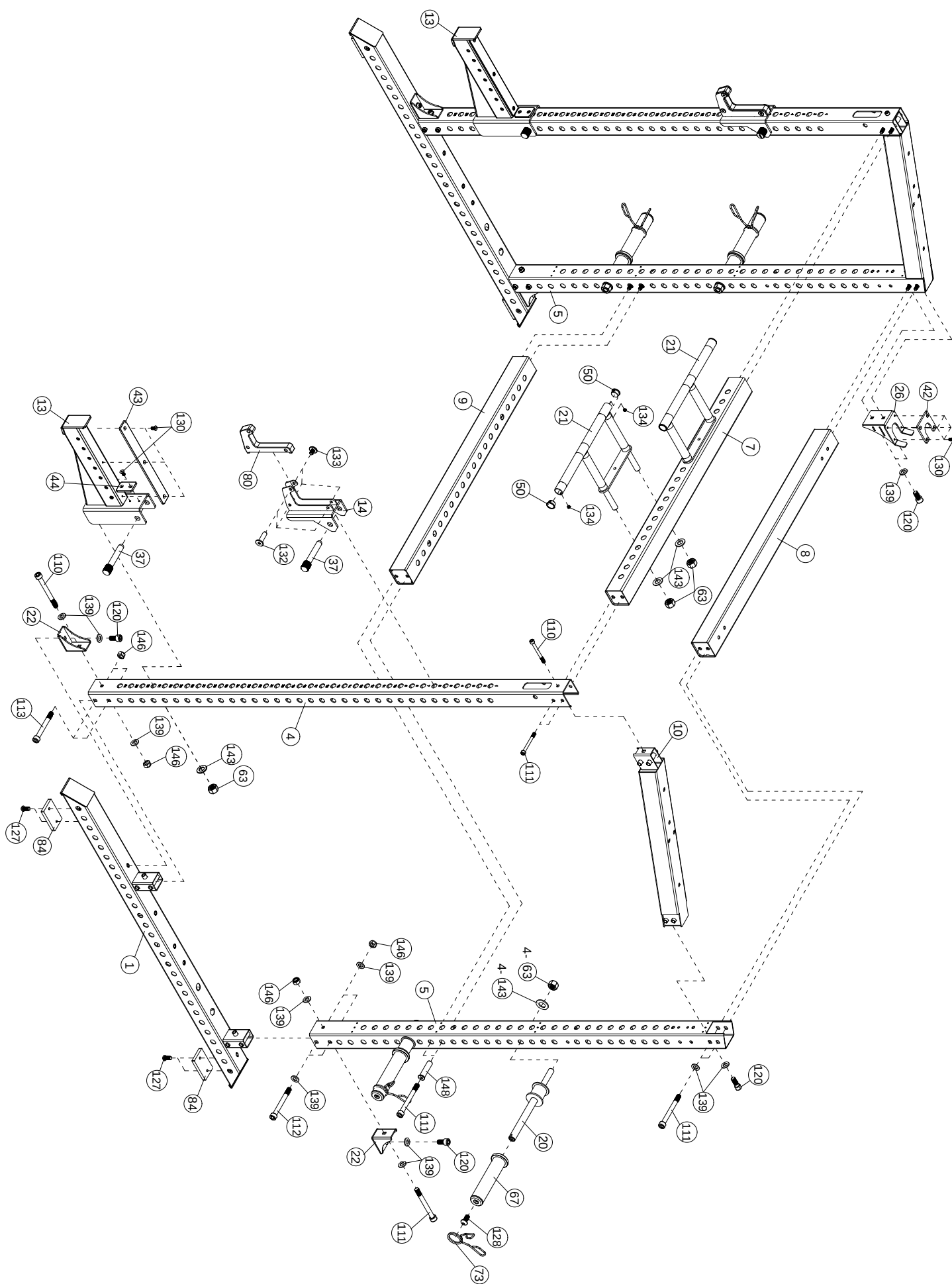


×4 M10×20mm



If you purchased M75-A or M75L-C, please do not tighten the screws in this step.

M75-A (middle support for smith or weight stack shrouds)
M75L-C (dual adjustable pulley with weight stack)



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
4	Front Sliding Frame		2
5	Stand Frame		2
7	Connecting Frame Rear		1
8	Connecting Frame Rear		1
9	Connecting Frame Rear		1
10	Upper Connecting Frame		2
13	Long Safety Rack		2
14	Short Safety		2
20	Weights Stow Rod		4
21	Handle		2
22	Small Reinforcing Frame		4
26	Barbell Bar Hanger		1
37	Aluminum Alloy Bolt		4
42	Rack Liner	85×84×5	1
43	Rack Liner	390×45×5	2
44	Rack Liner	70×45×5	2
50	Aluminum Trim Cover	φ35×φ30×15	4
63	Nut	M20	10
67	Short Olympic Sleeve		4
73	Spring Clip	φ47	4
80	Safety Hook	199×125×25	2
84	Rubber Stopper	65×100×12	4
110	Hexagon socket button head screws	M10×100	4
111	Hexagon socket button head screws	M10×95	14
112	Hexagon socket button head screws	M10×90	4
113	Hexagon socket button head screws	M10×85	4
120	Hexagon socket button head screws	M10×20	7
127	Allen Bolt	M8×16	8
128	Allen Bolt	M10×20	4
130	Hexagon socket countersunk head screws	M6×10	14
132	Allen Bolt	φ20×φ10×M8×32	6
133	Allen Bolt	φ20×M8×12	6
134	Set Screw	M6×6	4
139	Washer	10	27
143	Washer	φ38×φ21×3	10
146	Nut	M10	12
148	Bushing	φ25×φ20×φ10.2×77.5	4

PARTS LIST

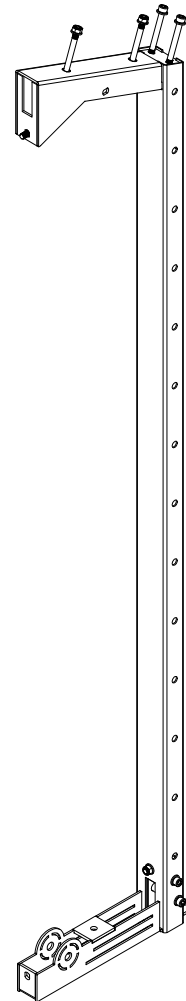
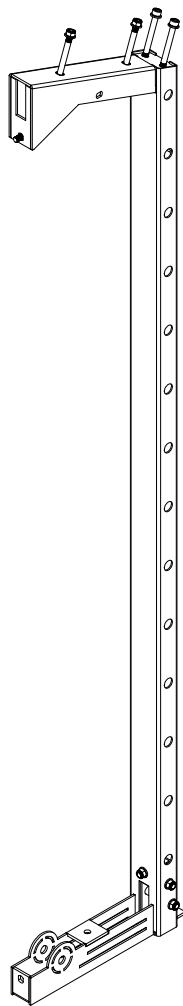
KEY NO.	PART DESCRIPTION	SPEC	QTY
	Allen Wrench	3#	1
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	1
	Allen Wrench	8#	1

PACKAGE LIST

BOX1	
2	Part 1
2	Part 10
4	Part 22
1	Part 26
4	Part 148
1	Assembly Manual
1	PARTS BAG 2-1
1	PARTS BAG 2-2
BOX2	
2	Part 4
BOX3	
2	Part 5
BOX4	
1	Part 7
1	Part 8
1	Part 9
BOX5	
2	Part 13
2	Part 14
4	Part 20
2	Part 21
4	Part 37
10	Part 63
4	Part 67
4	Part 73
10	Part 143

ASSEMBLY MANUAL

M75-A



CAUTION!

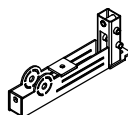
Read all precautions and instructions in this manual before using this equipment.



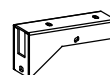
② × 1



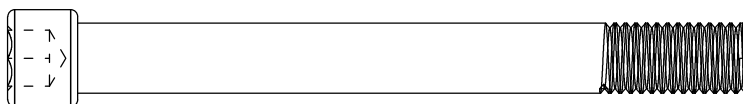
③ × 1



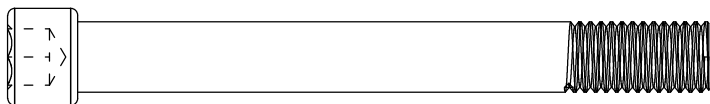
⑫ × 2



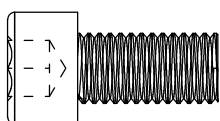
⑳ × 2



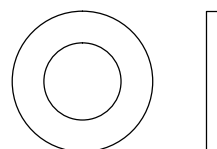
111 ×4



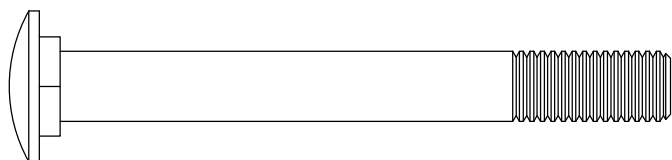
112 ×4



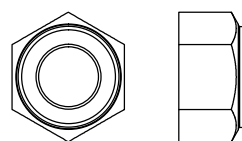
120 ×8



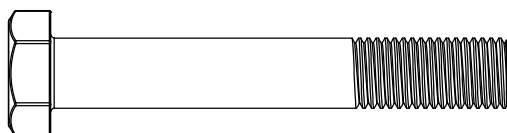
139 ×28



121 ×4



146 ×10

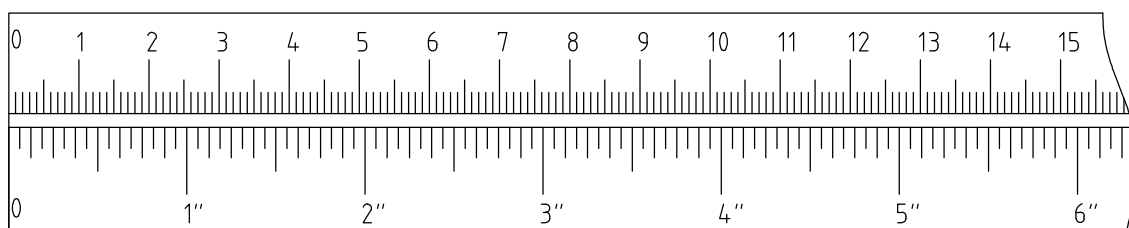


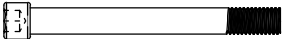
122 ×2



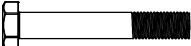
8#×1

mm

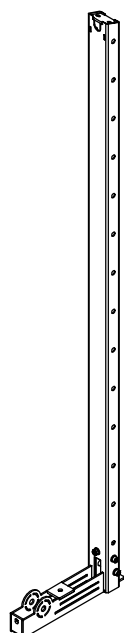
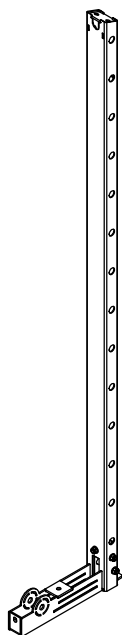
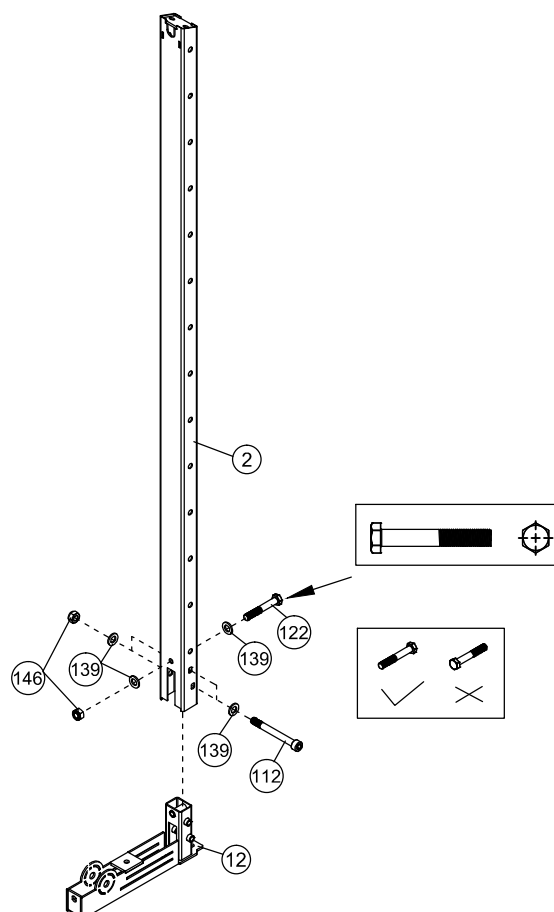
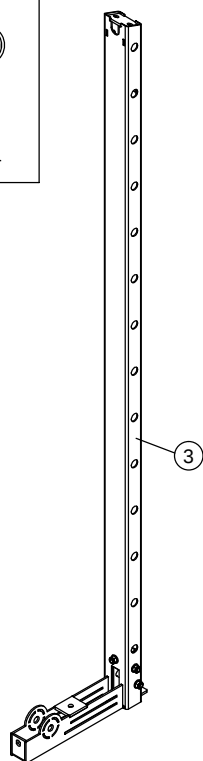
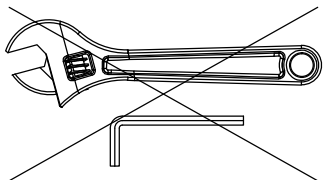


⑪②  ×4 M10×90mm

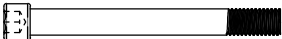
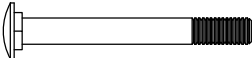
⑬⑨  × 12 φ20×φ10.5

⑫②  ×2 M10×65mm

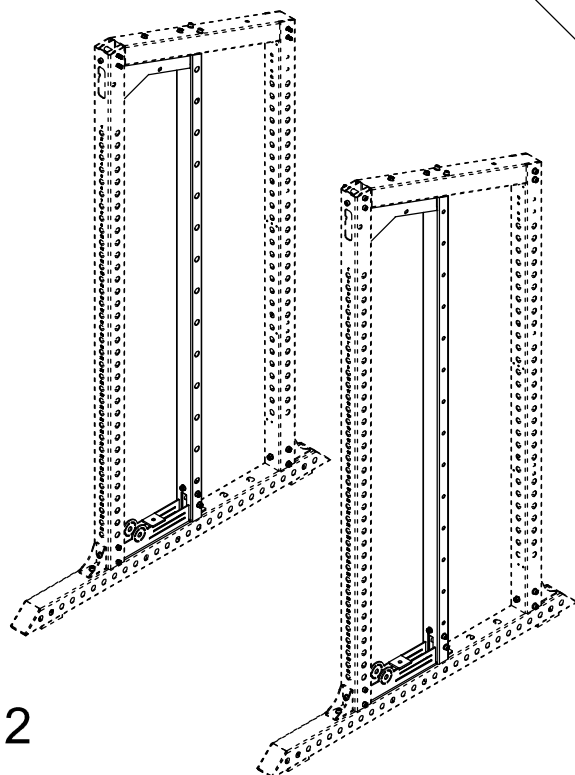
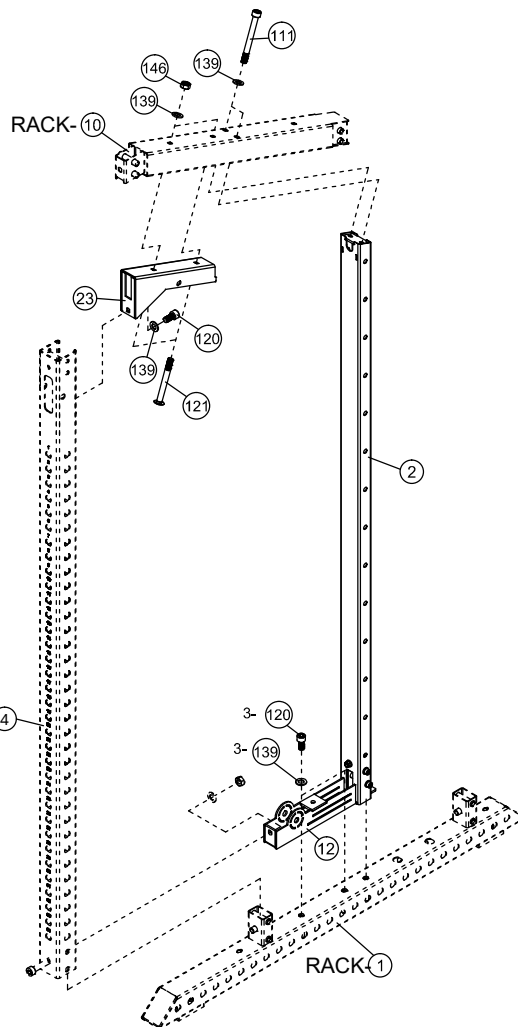
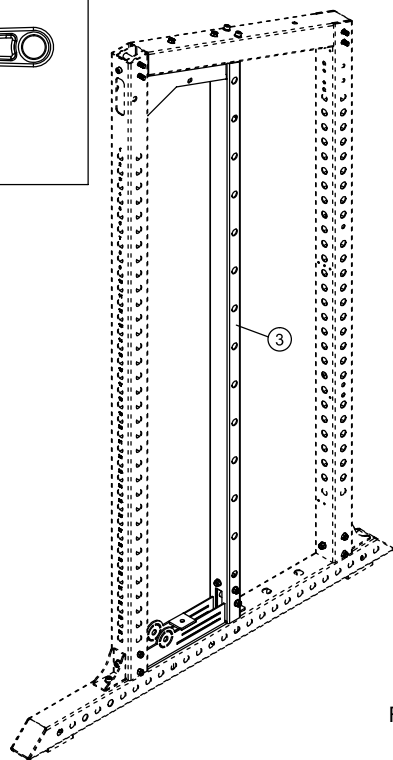
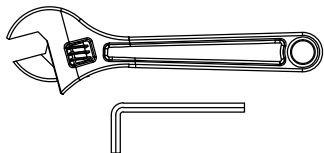
⑭⑥  × 6 M10



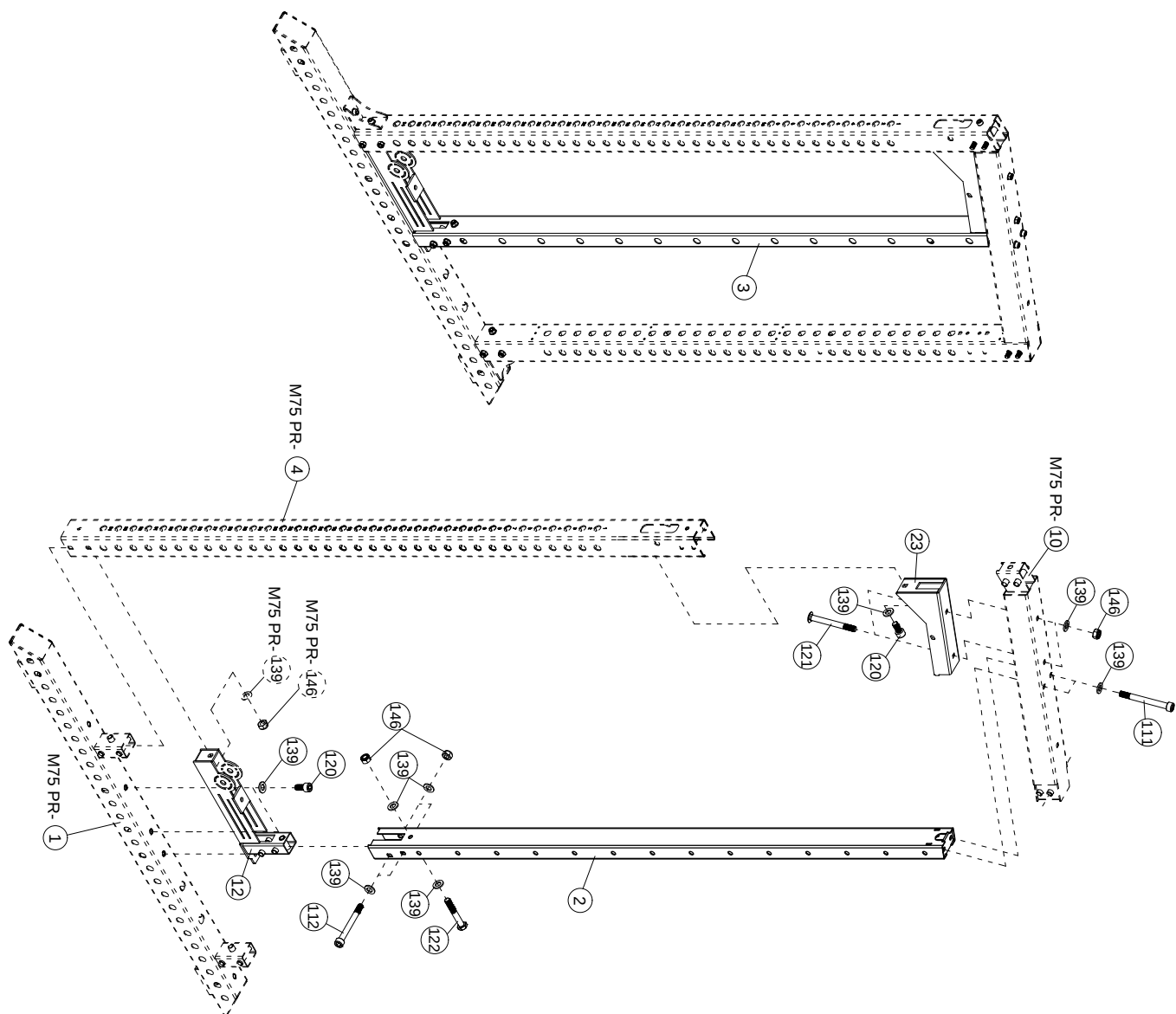
1

- (111)  ×4 M10×95mm
- (120)  ×8 M10×20mm
- (121)  ×4 M10×90mm

- (139)  × 16 φ20×φ10.5
- (146)  × 4 M10



2

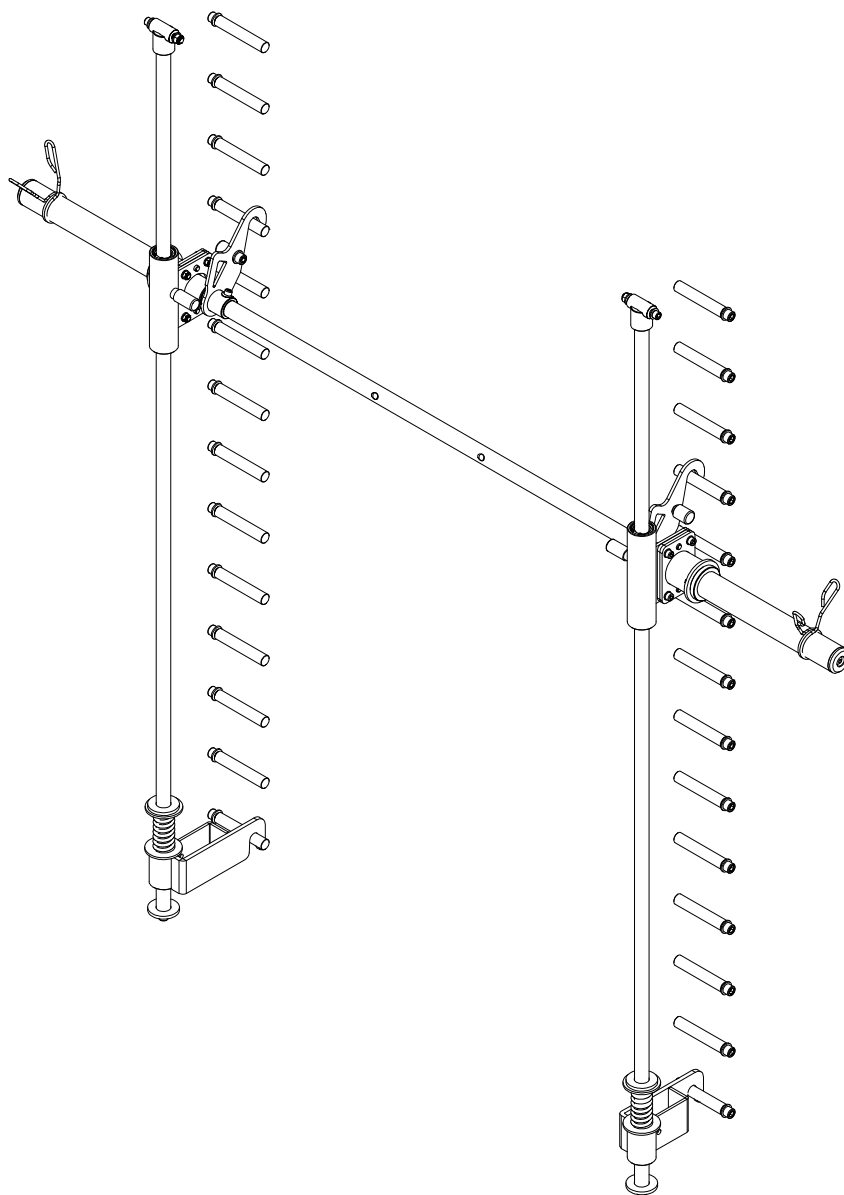


PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
2	Intermediate Stand L		1
3	Intermediate Stand R		1
12	Bottom Pulley Frame		2
23	Reinforcing Frame		2
111	Hexagon socket button head screws	M10×95	4
112	Hexagon socket button head screws	M10×90	4
120	Hexagon socket button head screws	M10×20	8
121	Carriage Bolt	M10×90	4
122	Hex Bolt	M10×65	2
139	Washer	10	28
146	Nut	M10	10
	Allen Wrench	8#	1

ASSEMBLY MANUAL

M75L-B

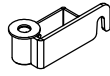


CAUTION!

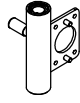
Read all precautions and instructions in this manual before using this equipment.



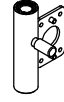
⑮×1



⑮×1



⑮×1



⑮×1



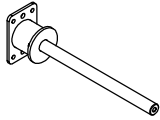
⑮×2



⑮×2



⑮×4



⑮×2



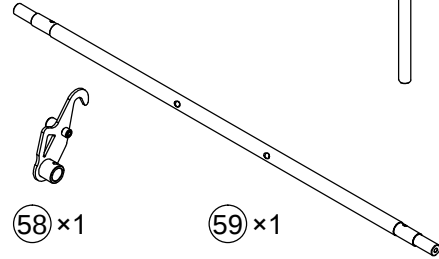
⑮×2



⑮×1



⑮×1



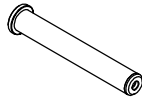
⑮×1



⑮×28



⑮×2



⑮×2



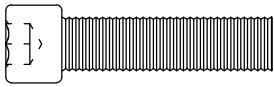
⑮×2



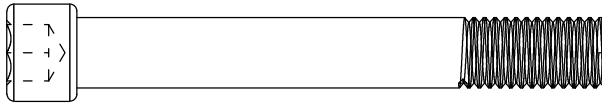
⑮×2



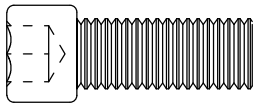
107 × 2



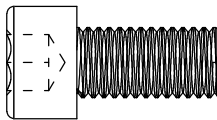
108 × 8



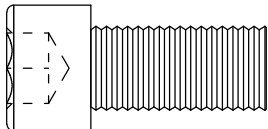
114 × 2



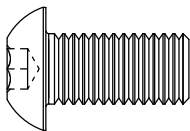
119 × 2



120 × 2



125 × 28

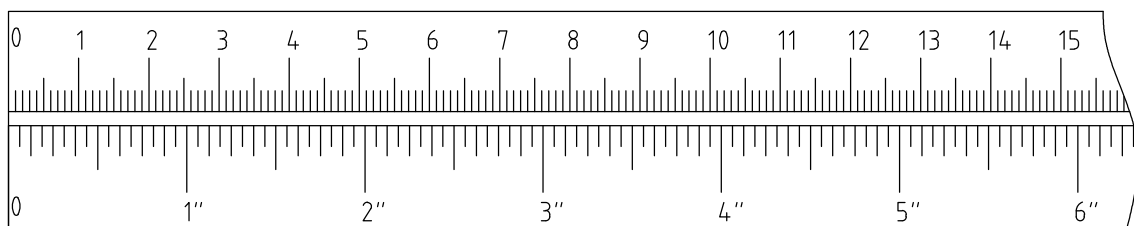


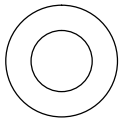
128 × 2



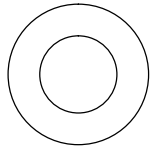
135 × 2

mm

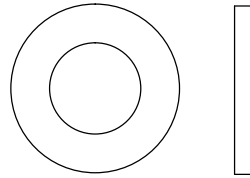




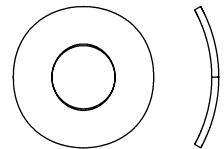
138 × 16



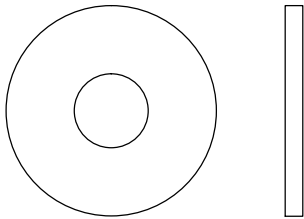
139 × 6



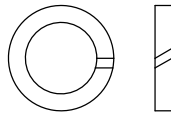
140 × 28



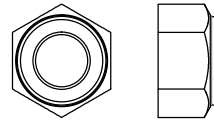
141 × 2



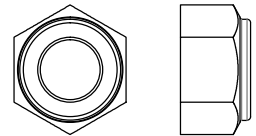
142 × 2



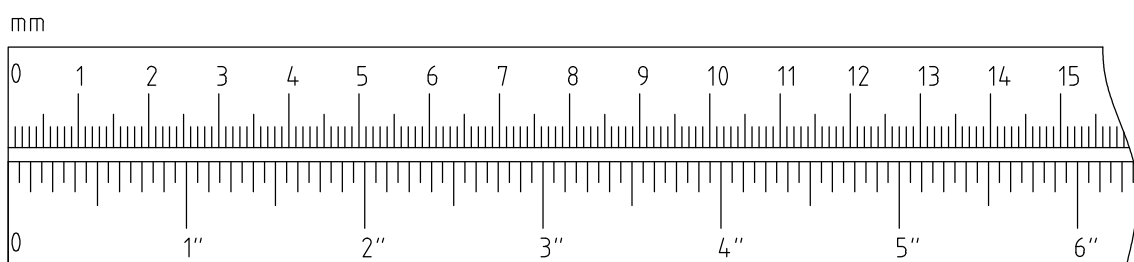
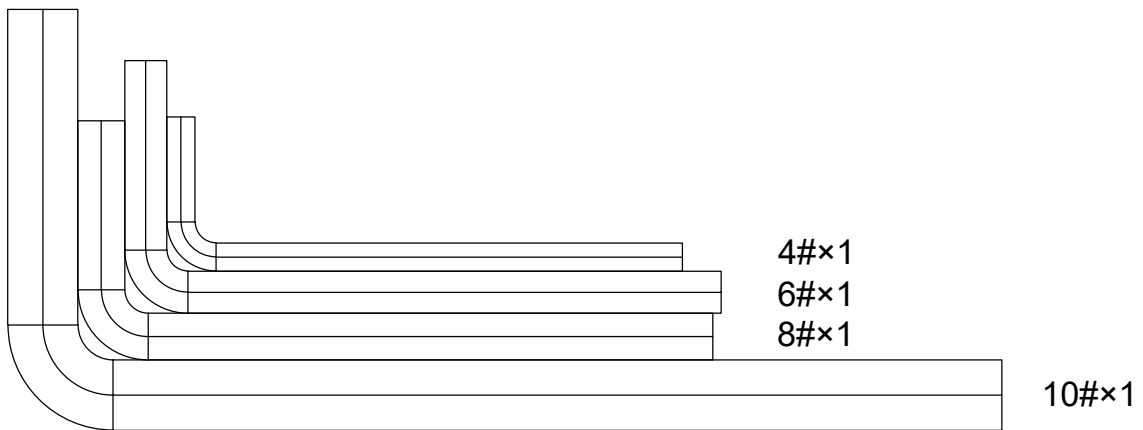
144 × 2



145 × 8



146 × 2



125



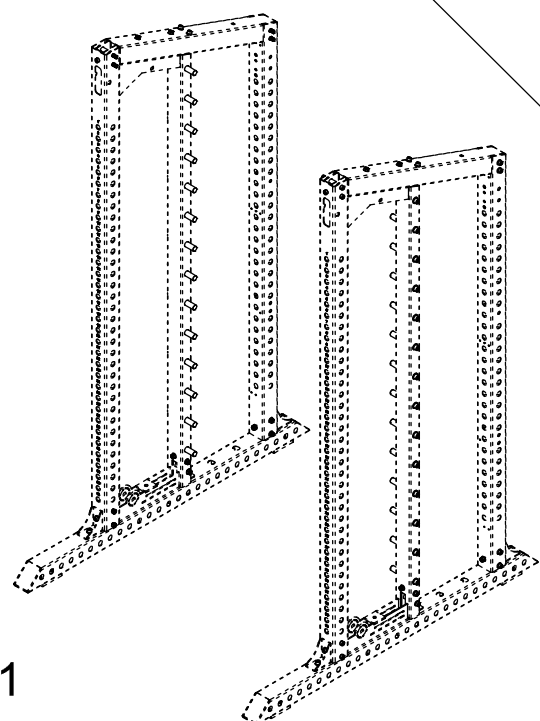
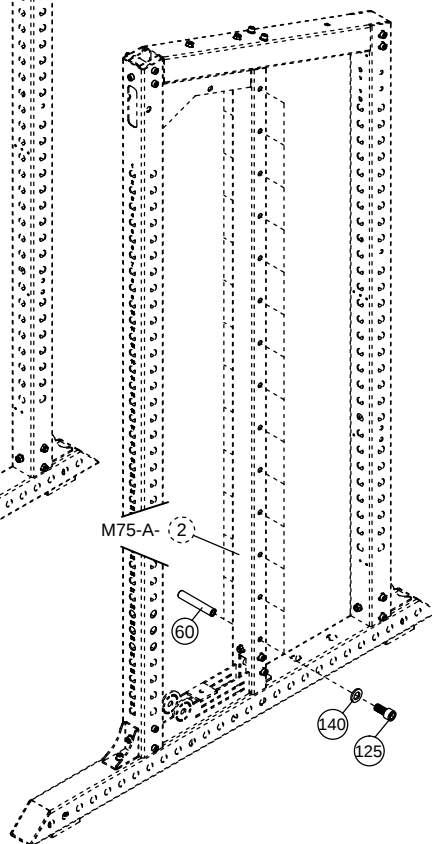
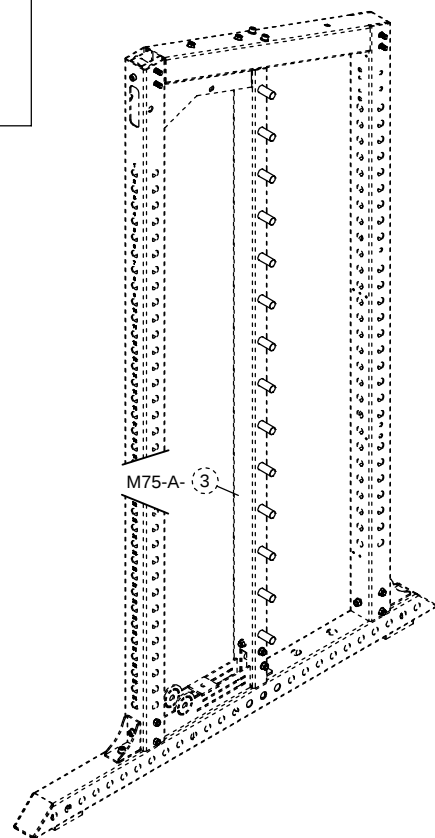
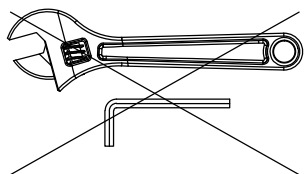
×28 M12×25mm

140



×28

φ24×φ13



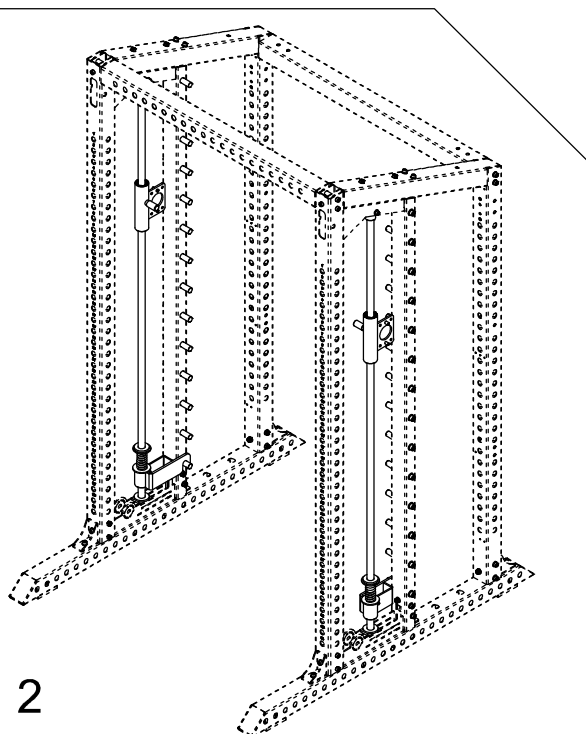
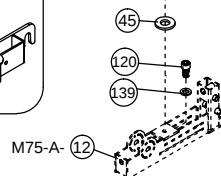
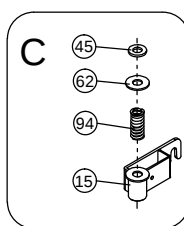
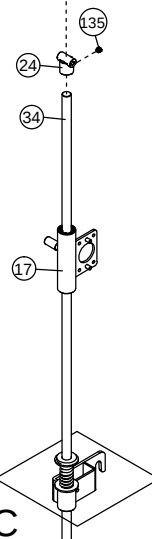
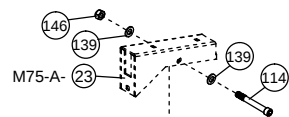
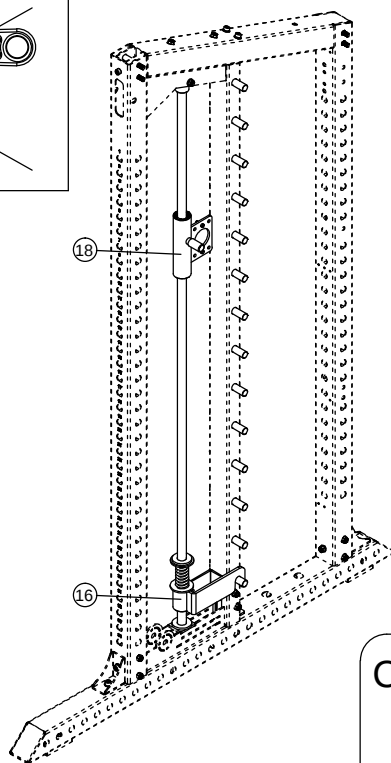
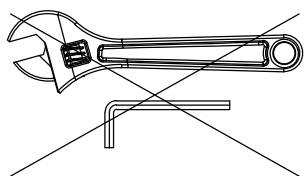
114  ×2 M10×75mm

139  ×6 $\phi 20 \times \phi 10.5$

120  ×2 M10×20mm

146  ×2 M10

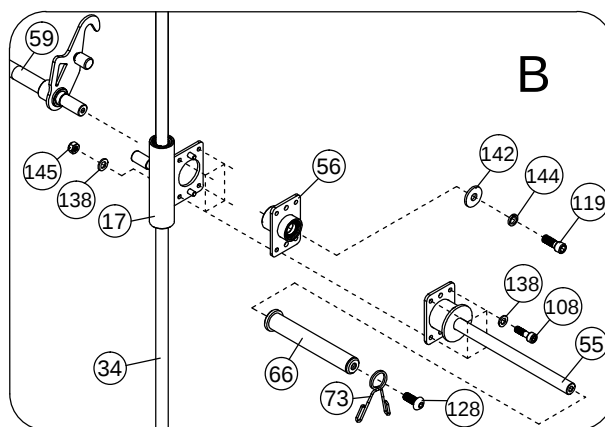
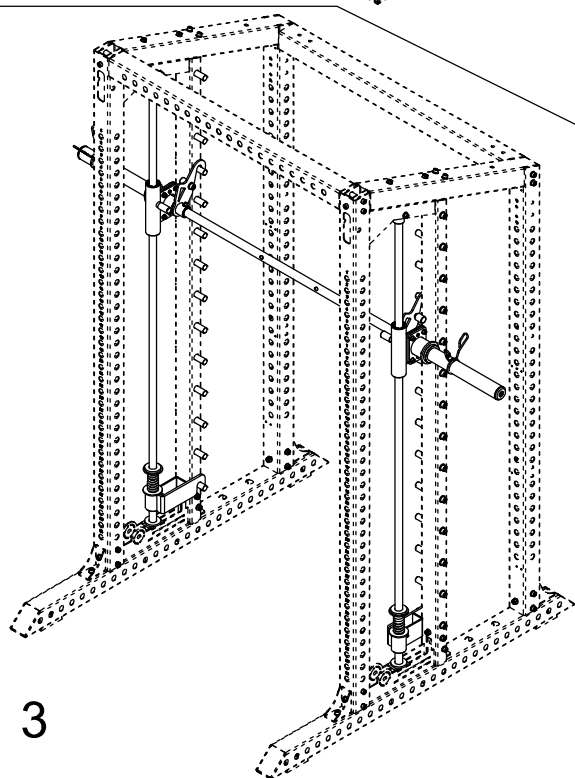
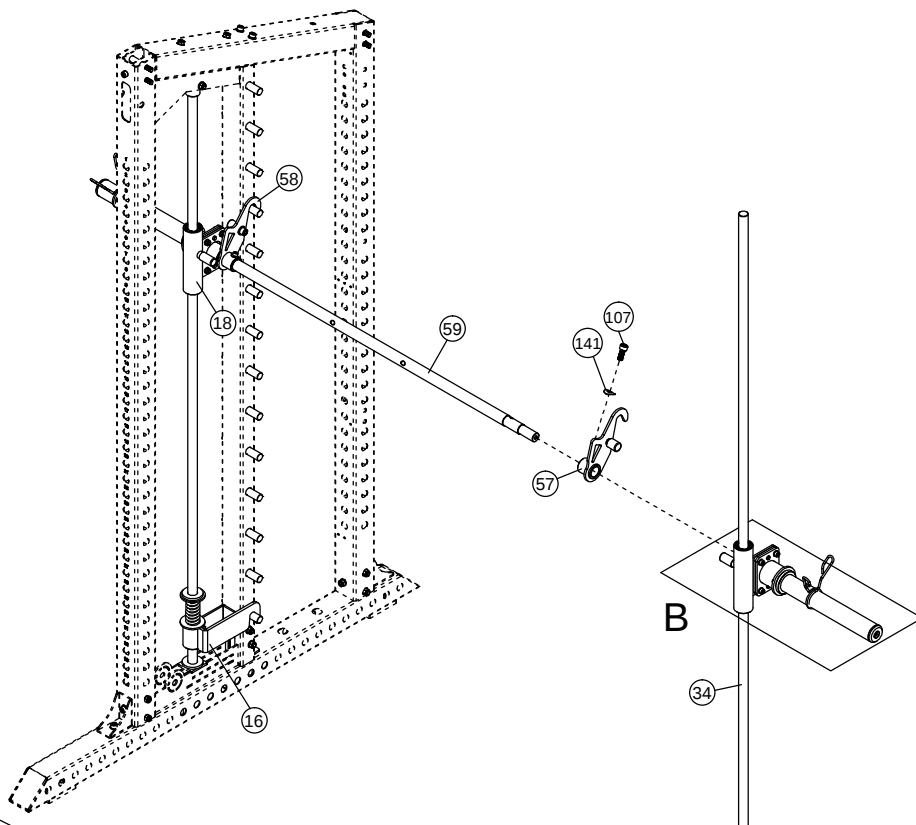
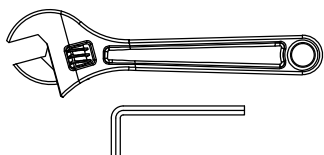
135  ×2 M8×8mm



2

- 107  ×2 M8×20mm
 108  ×8 M8×30mm
 119  ×2 M10×25mm
 128  ×2 M10×20mm

- 138  ×16 $\phi 16 \times \phi 9$
 141  ×2 20×R20× $\phi 9$
 142  ×2 $\phi 30 \times \phi 10.5$
 144  ×2 10
 145  ×8 M8



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
15	Safety Hook Bracket L		1
16	Safety Hook Bracket R		1
17	Mobile Rack L		1
18	Mobile Rack R		1
24	Upper Guide Rod Base		2
34	Guide Rod	φ25×1848×M10	2
45	Plastic Retaining Ring	φ50×φ26×6	4
55	Weights Stow Rod		2
56	Bearing Frame		2
57	Hanging Bar L		1
58	Hanging Bar R		1
59	Weight Rod	Φ30×1215×M10×M8	1
60	Hanging Post	φ20×115	28
61	Support Shaft	φ18×32×M12	2
62	Bracket	φ65×φ27×4	2
66	Long Olympic Sleeve		2
73	Spring Clip	φ47	2
77	Tube End Cap	φ19×42	2
78	Cushion Cover	φ18×φ25×30	2
89	Linear Motion Bearing	LB254058	6
90	Deep Groove Ball Bearing	61905	4
92	Hole Circlip	42	4
93	Hole Circlip	d0=40	6
94	Spring	φ43×φ27×φ8×80	2
107	Hexagon socket button head screws	M8×20	2
108	Hexagon socket button head screws	M8×30	8
114	Hexagon socket button head screws	M10×75	2
119	Hexagon socket button head screws	M10×25	2
120	Hexagon socket button head screws	M10×20	2
125	Hexagon socket button head screws	M12×25	30
128	Allen Bolt	M10×20	2
135	Set Screw	M8×8	2
138	Washer	8	16
139	Washer	10	6
140	Washer	12	30
141	Washer	20×R20×φ9	2
142	Washer	φ30×φ10.5×2.5	2
144	Washer	10	2

PARTS LIST

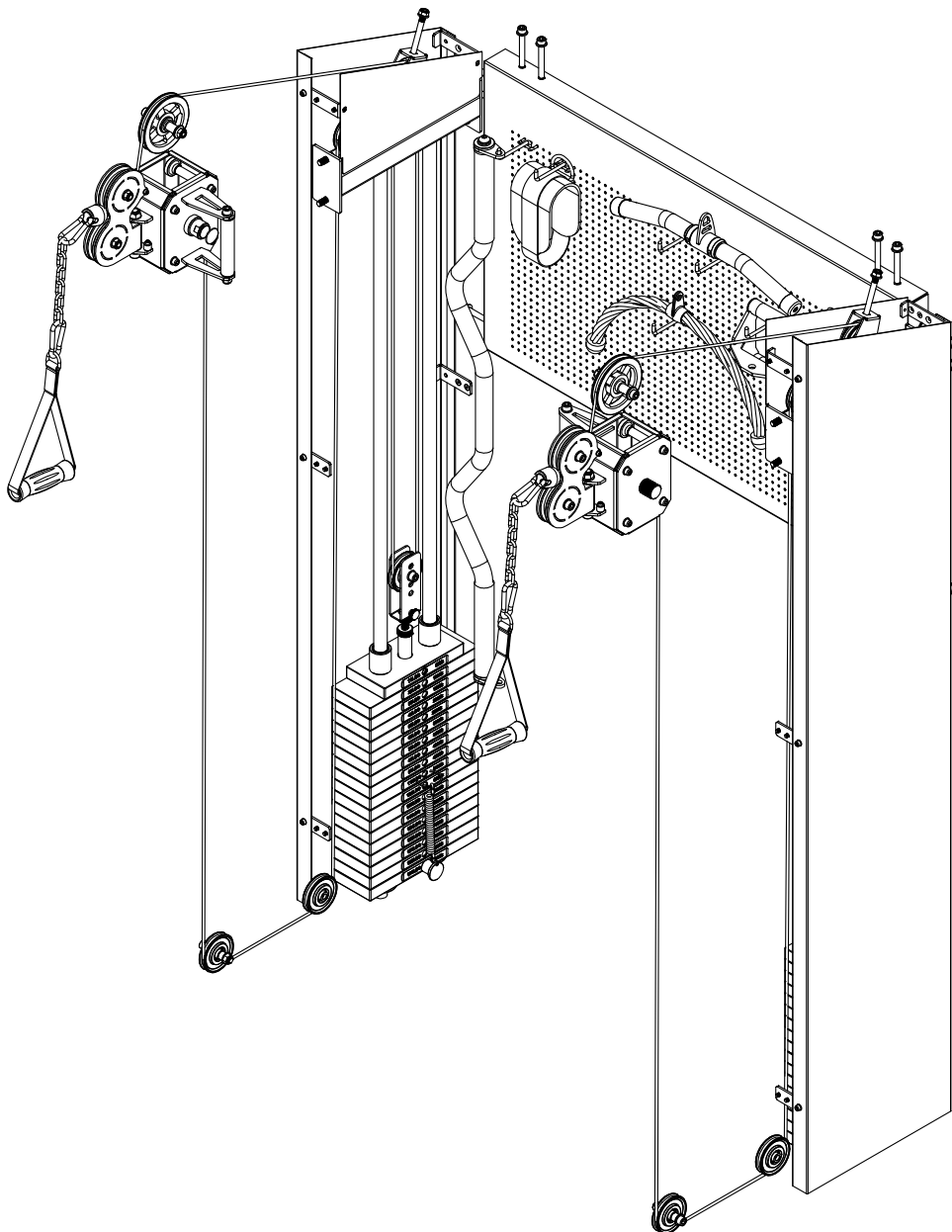
KEY NO.	PART DESCRIPTION	SPEC	QTY
145	Nut	M8	8
146	Nut	M10	2
	Allen Wrench	4#	1
	Allen Wrench	6#	1
	Allen Wrench	8#	1
	Allen Wrench	10#	1

PACKAGE LIST

BOX1		BOX2	
1	Part 15	2	Part 34
1	Part 16	1	Part 59
1	Part 17		
1	Part 18		
2	Part 24		
4	Part 45		
2	Part 55		
2	Part 56		
2	Part 57		
1	Part 58		
28	Part 60		
2	Part 62		
2	Part 66		
2	Part 73		
2	Part 94		
1	Assembly Manual		
1	PARTS BAG 2-1		
1	PARTS BAG 2-2		

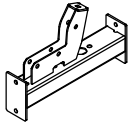
ASSEMBLY MANUAL

M75L-C



CAUTION!

Read all precautions and instructions in this manual before using this equipment.



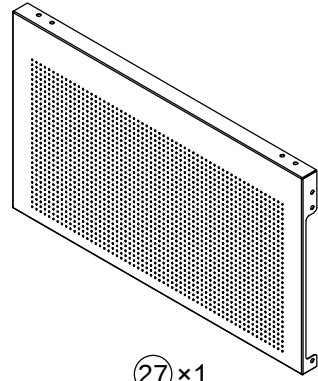
⑪×2



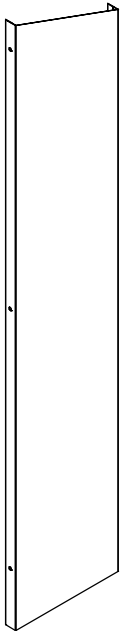
⑲×2



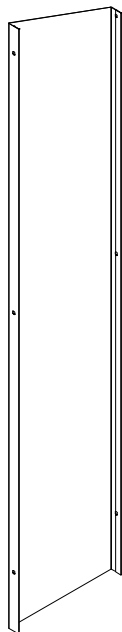
⑫×2



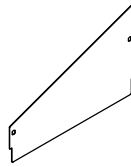
⑳×1



㉑×1



㉒×1



㉓×2



㉔×4



㉕×4



㉖×4



㉗×4



㉘×2



㉙×12



㉚×4



㉛×2



㉜×2



㉝×4



㉞×1



㉟×4



㊱×2



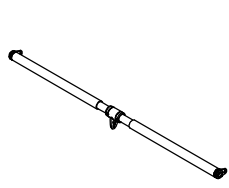
㊲×1



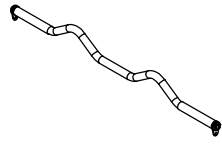
㊳×1



㊴×2



⑥9×1



⑦0×1



⑦1×1



⑧3×1



⑧5×4



⑧6×2



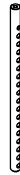
⑧7×4



⑧8×12



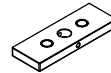
⑨1×2



⑨5×2



⑨6×2



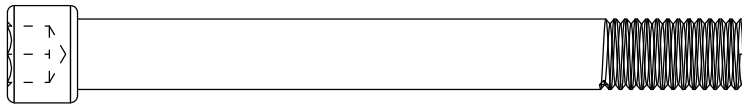
⑨7×34



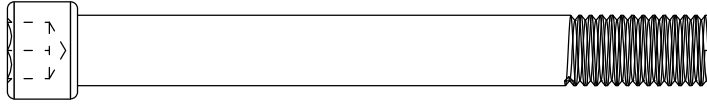
④8×2



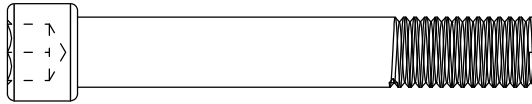
⑨8×2



111 × 10



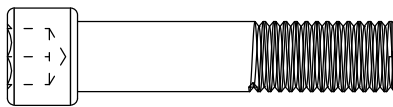
112 × 2



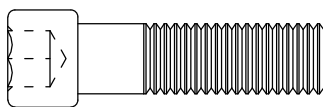
115 × 4



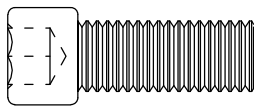
116 × 2



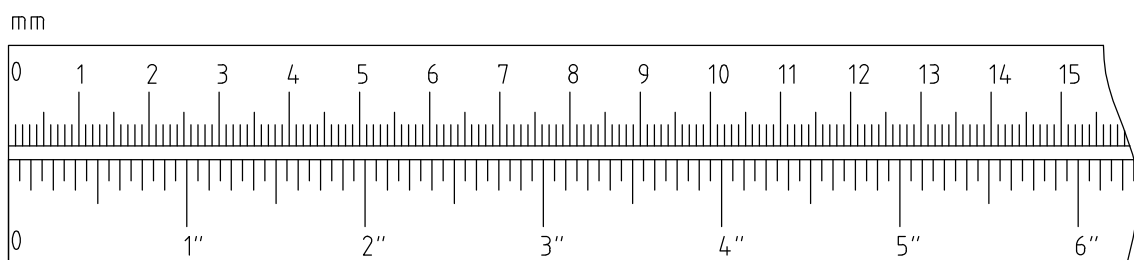
117 × 12

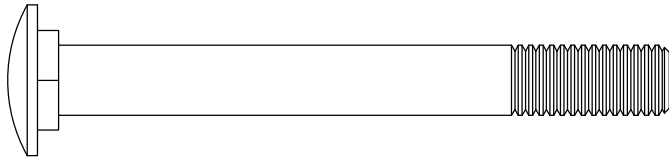


118 × 2

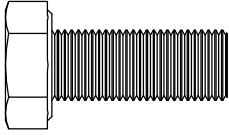


119 × 6

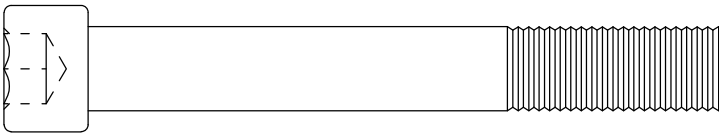




121 × 2



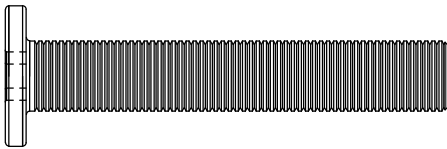
123 × 2



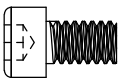
126 × 2



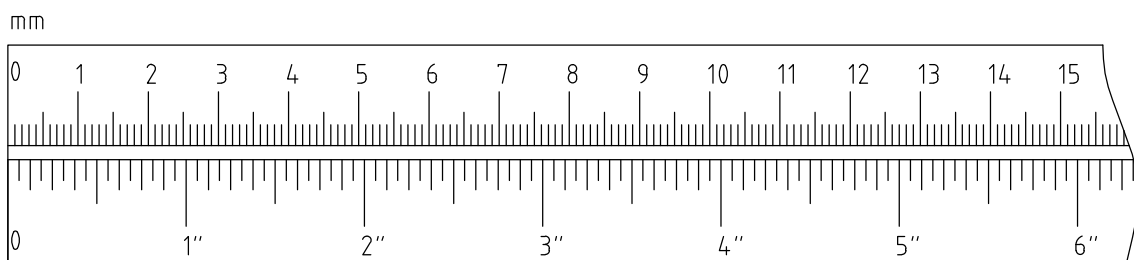
130 × 24

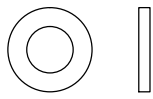


131 × 2

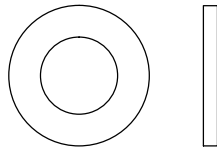


105 × 16

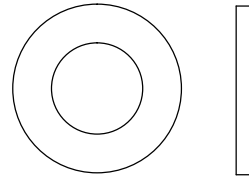




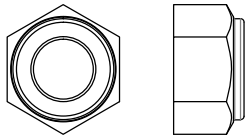
137×16



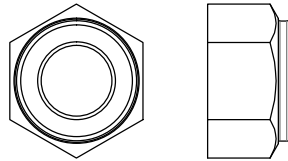
139×60



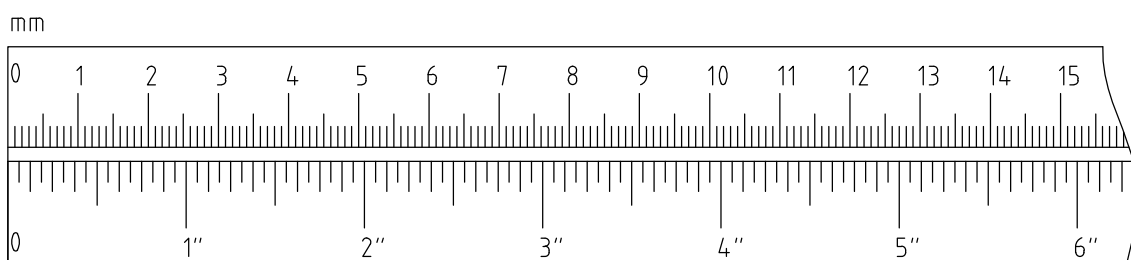
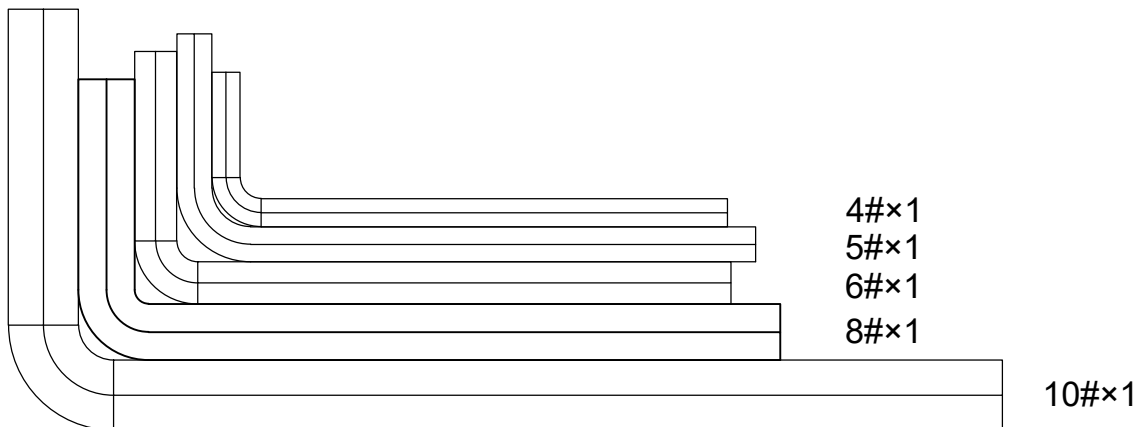
140×4

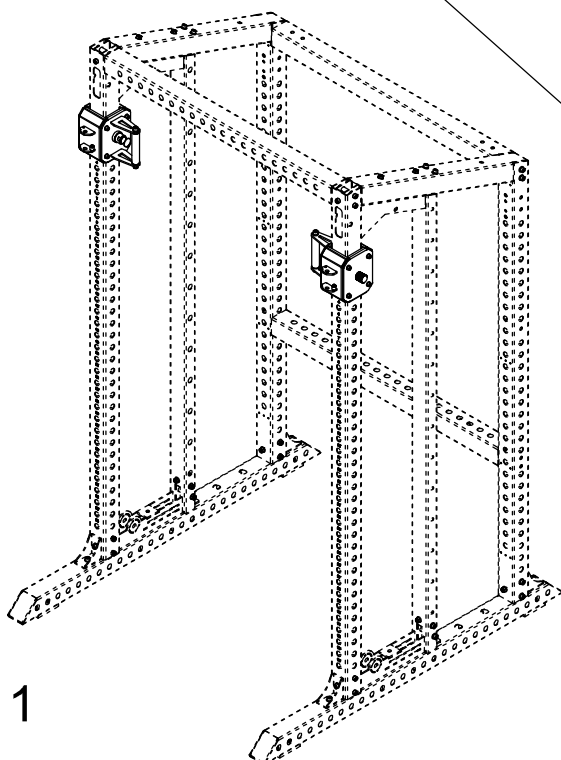
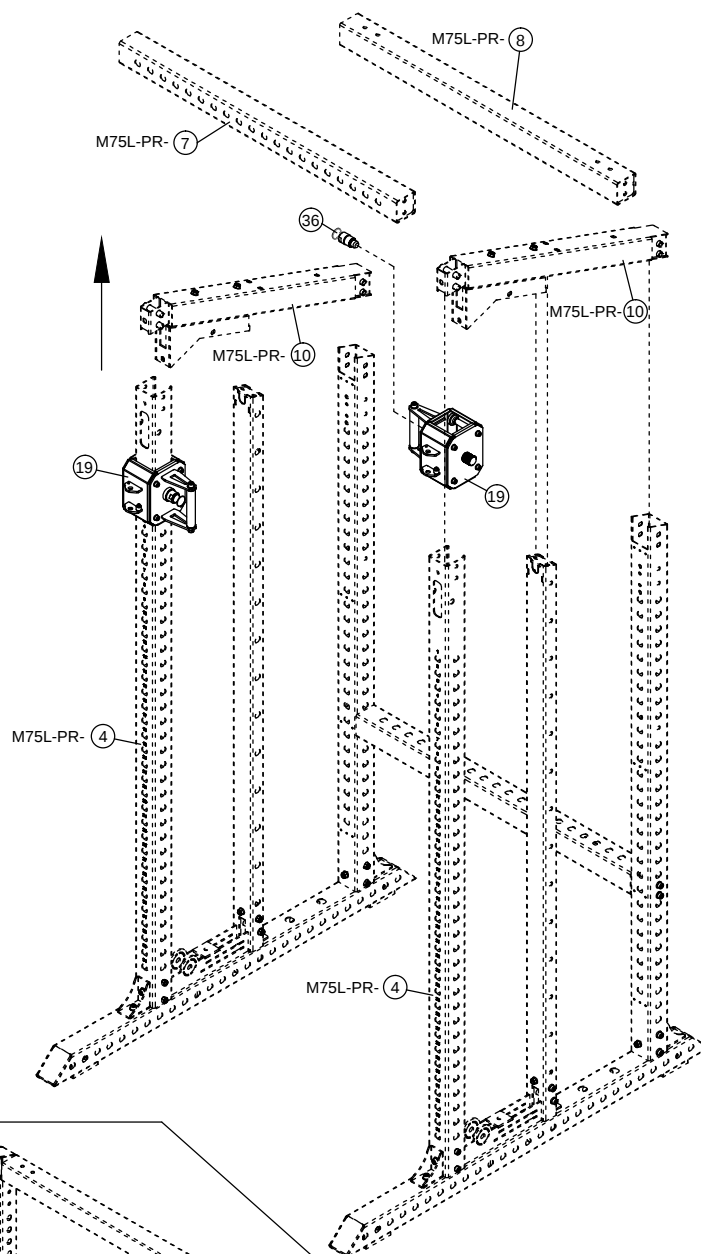
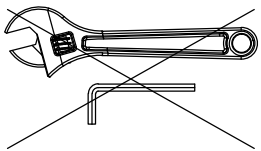


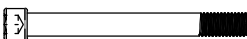
146×30

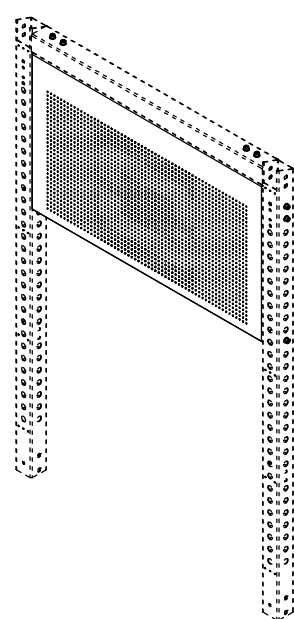
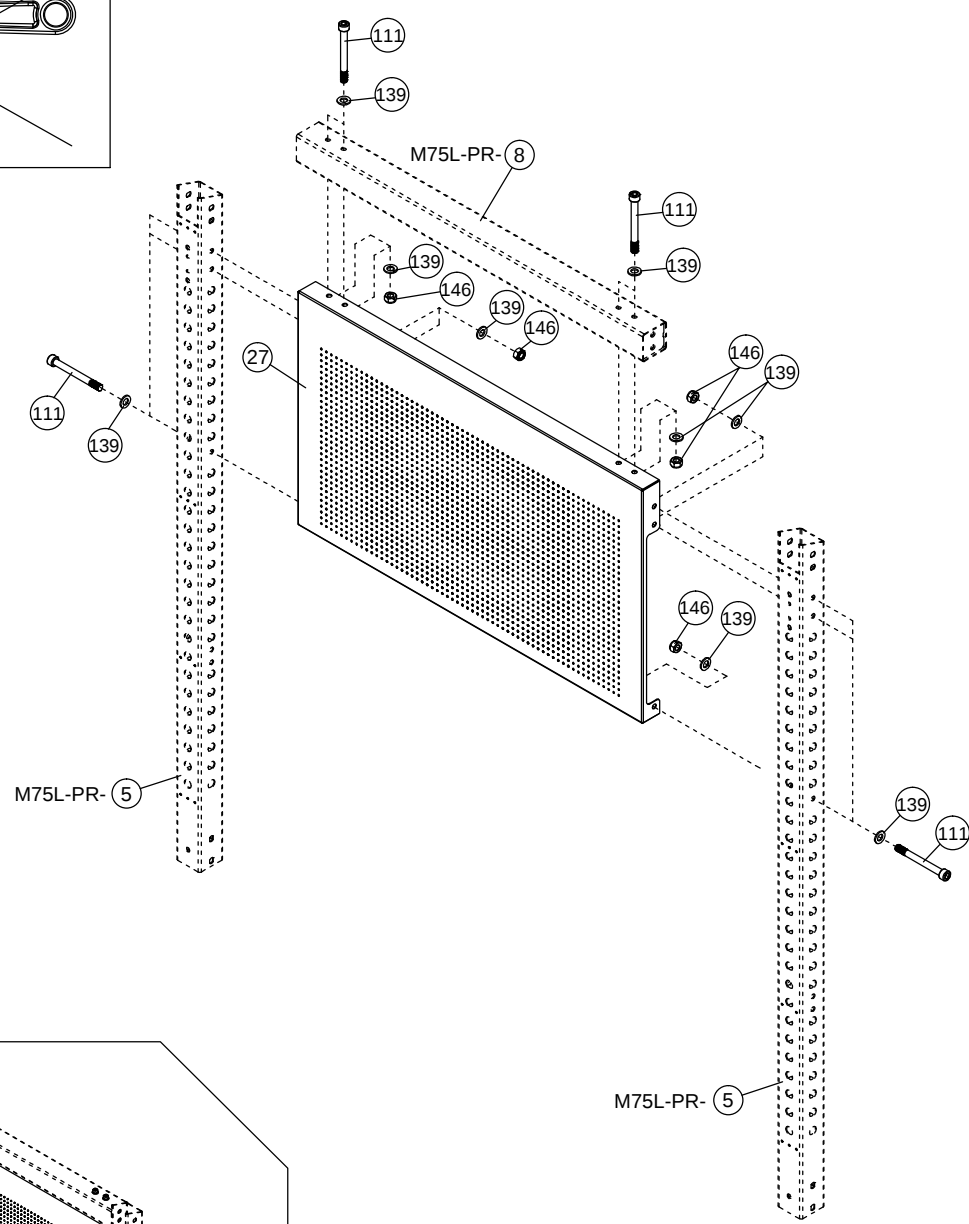
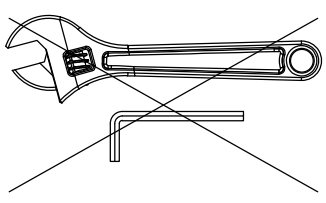


147×2





- | | | | | | | | |
|-------|---|-----|----------|-------|---|-----|-----------|
| (111) |  | ×10 | M10×95mm | (139) |  | ×20 | φ20×φ10.5 |
| | | | | (146) |  | ×10 | M10 |

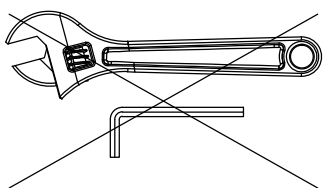


2

130



× 24 M6×10mm



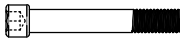
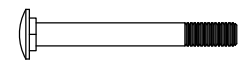
M75-A- ③

M75L-PR- ⑤

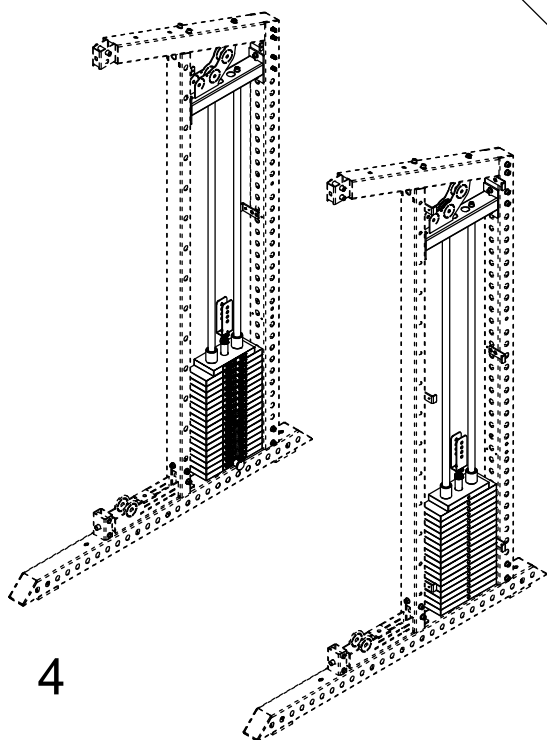
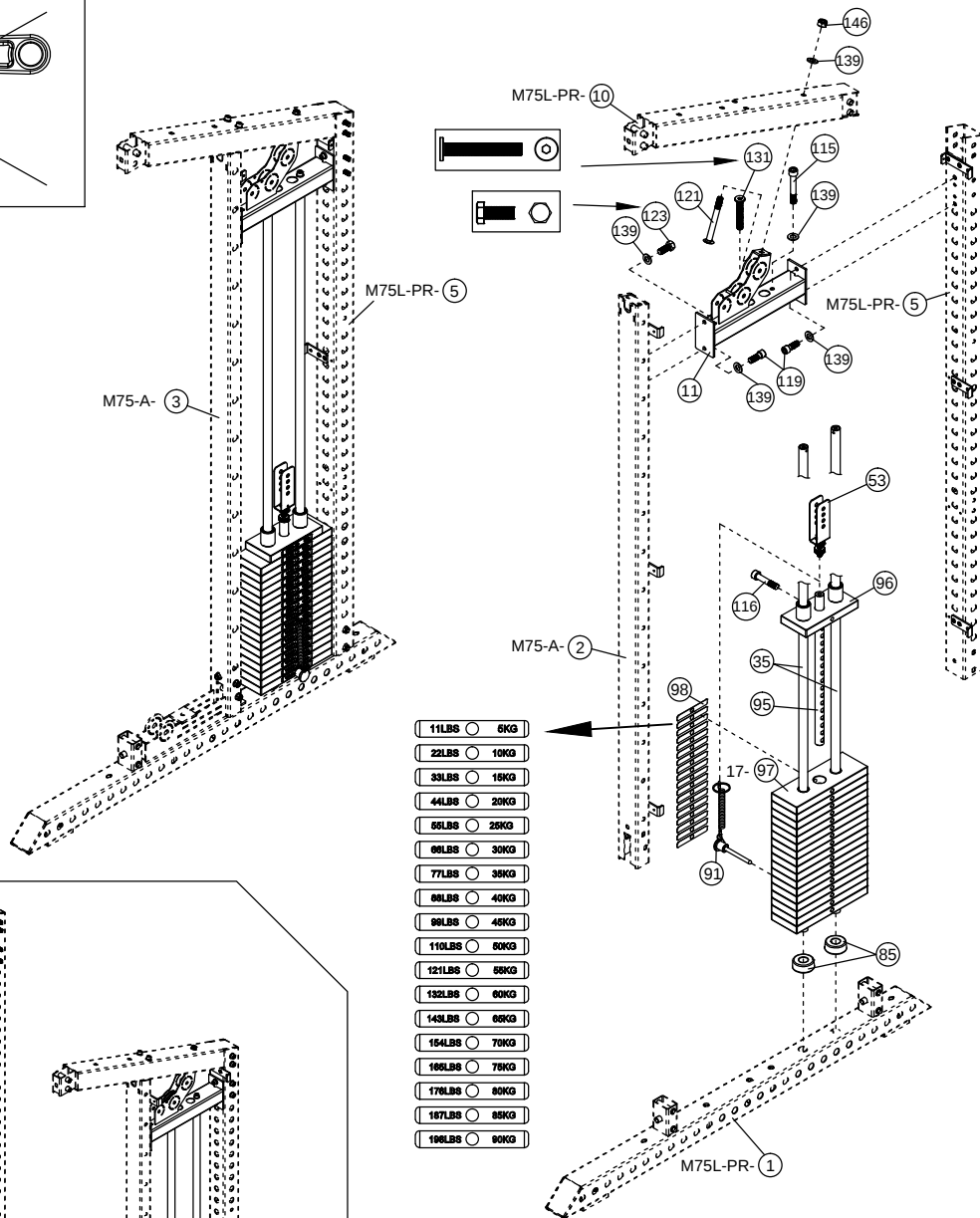
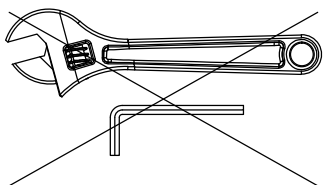
M75-A- ②

M75L-PR- ⑤

3

- | | | | |
|-----|---|----|----------|
| 115 |  | ×2 | M10×65mm |
| 116 |  | ×2 | M10×55mm |
| 119 |  | ×6 | M10×25mm |
| 121 |  | ×2 | M10×90mm |

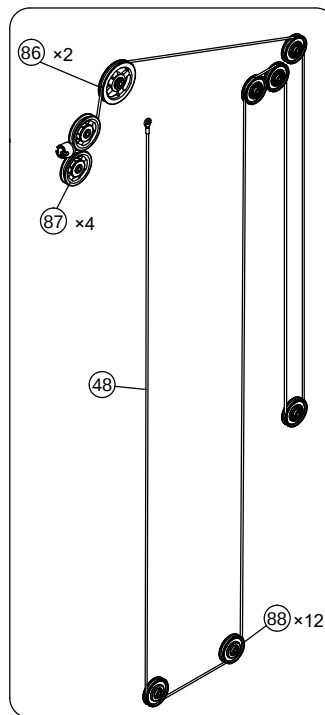
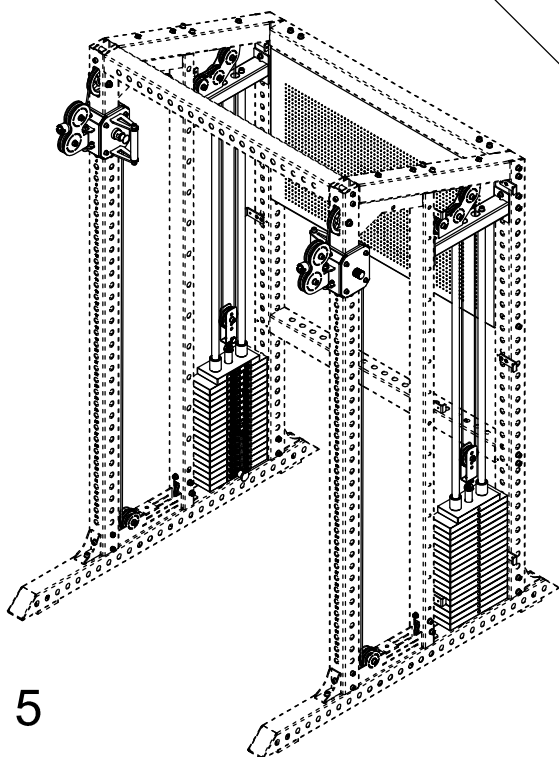
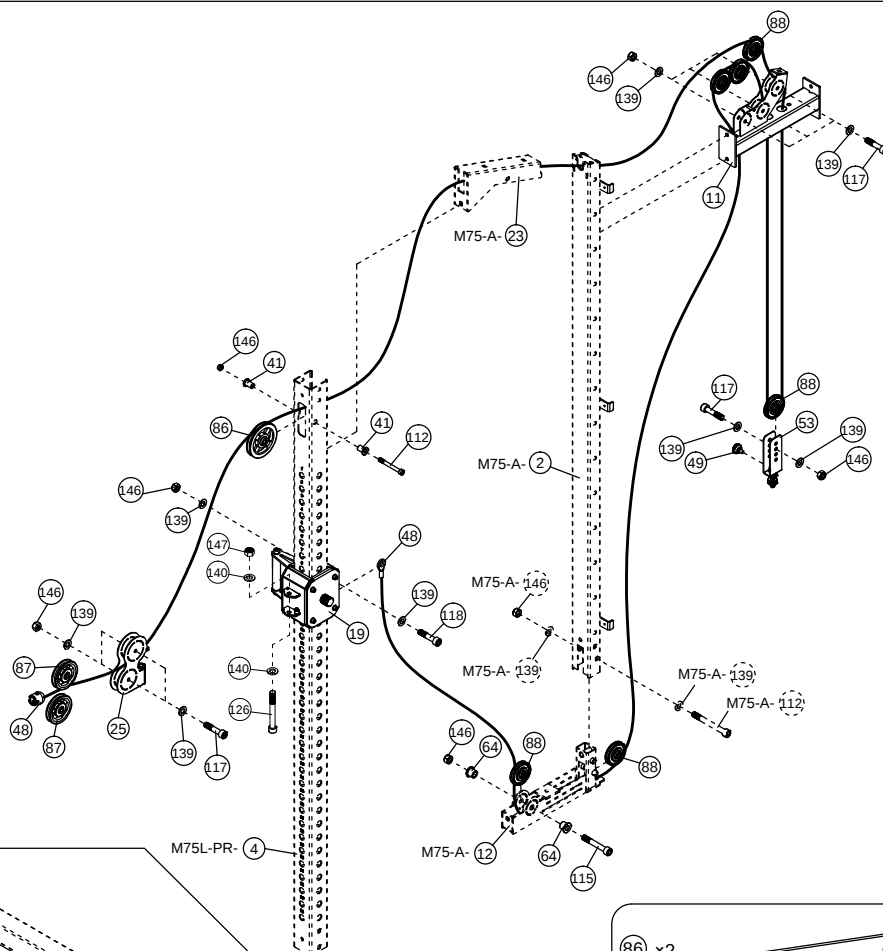
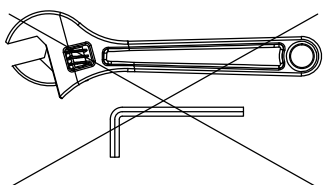
- | | | | |
|-----|---|-----|-----------|
| 139 |  | ×12 | φ20×φ10.5 |
| 146 |  | ×2 | M10 |
| 131 |  | ×2 | M10×60mm |
| 123 |  | ×2 | M10×25mm |



4

- | | | | |
|-------|--|-----|----------|
| (112) | | ×2 | M10×90mm |
| (115) | | ×2 | M10×65mm |
| (117) | | ×12 | M10×45mm |
| (118) | | ×2 | M10×35mm |
| (126) | | ×2 | M12×90mm |

- | | | | |
|-------|--|-----|-----------|
| (139) | | ×28 | φ20×φ10.5 |
| (140) | | ×4 | φ24×φ13 |
| (146) | | ×18 | M10 |
| (147) | | ×2 | M12 |



105

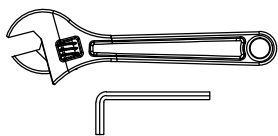


× 16 M6×10mm

137



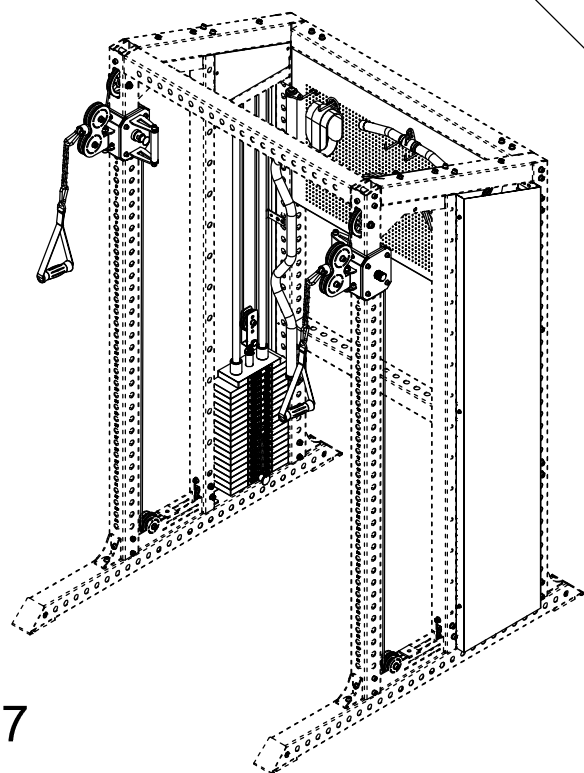
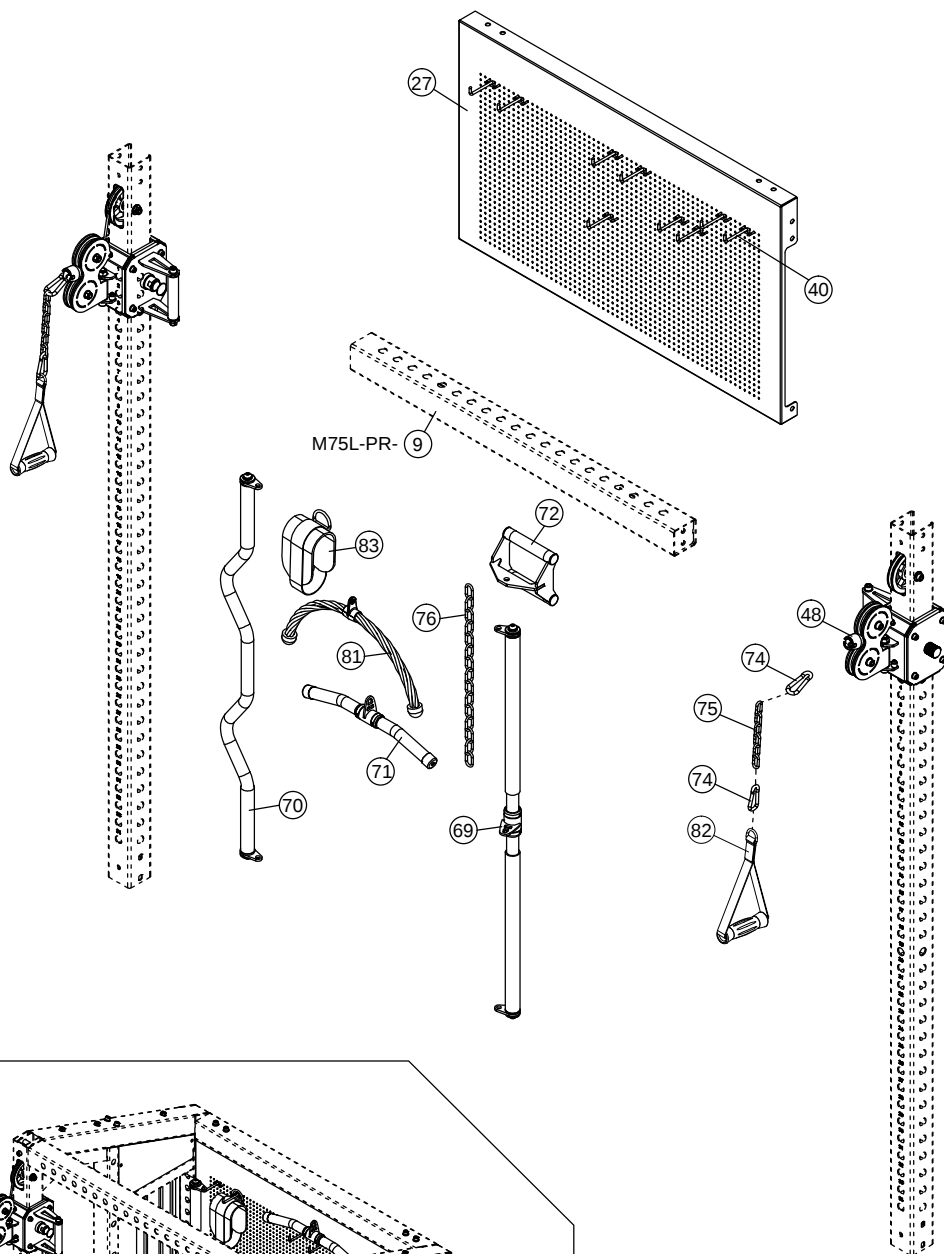
× 16 φ12×φ6.6



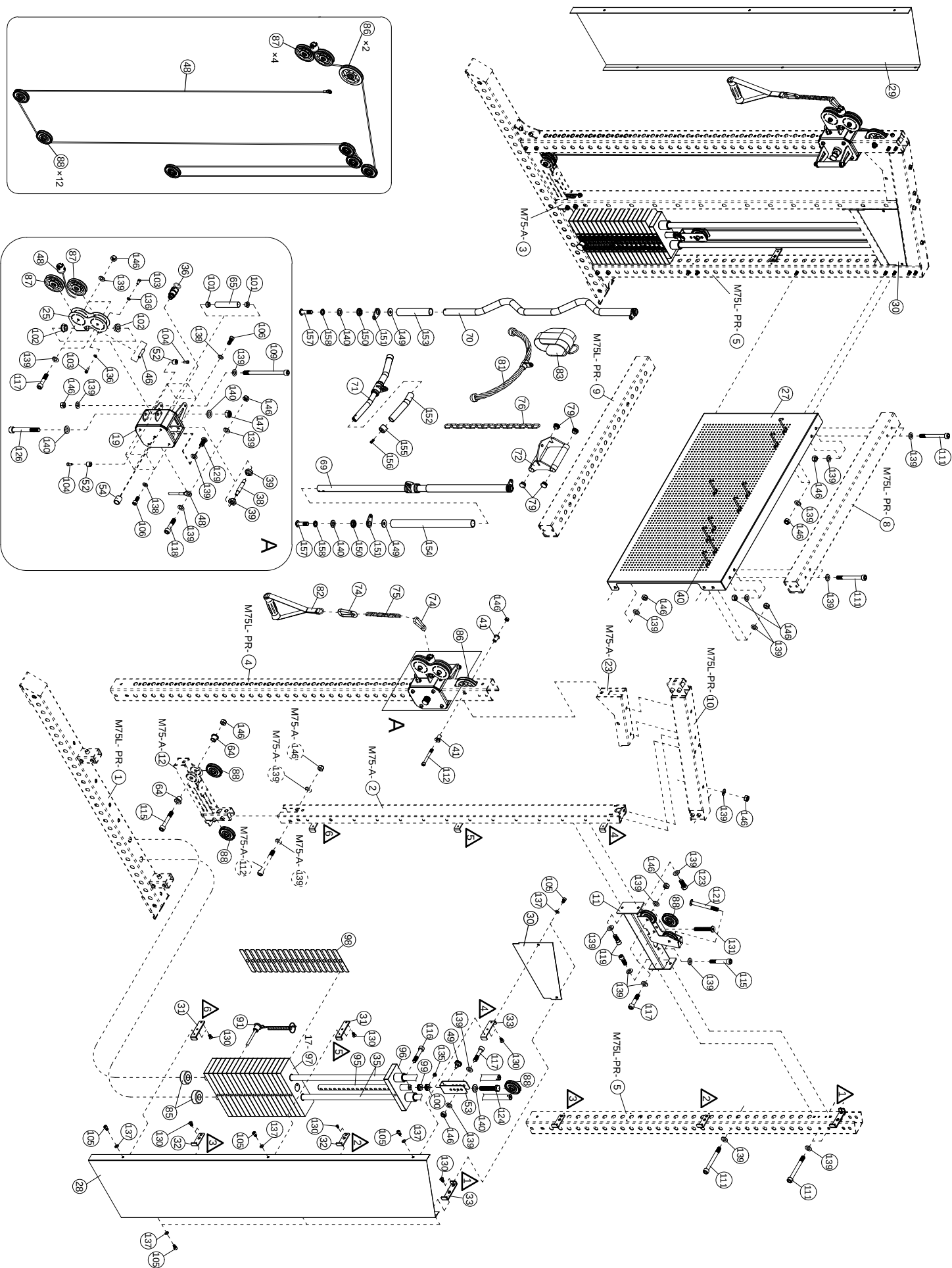
M75-A- ②

M75L-PR- ⑤

6



7



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
11	Connecting Frame On Guide Rod		2
19	Roller Sliding Frame		2
25	Pulley Case		2
27	Rear Panel	1095×643×55×2	1
28	Left Outer Shield	1900×368.6×1	1
29	Right Outer Shield	1900×368.6×1	1
30	Small Shield	366×228×95×1.5	2
31	Shield Fixing Long L Plate	103×20×30×4	4
32	Shield Fixing L Plate	81×20×30×4	4
33	Shield Fixing Plate	107×20×20×30×4	4
35	Guide Rod Rear		4
36	Lock Pin		2
38	Roller Shaft	φ16×φ12×95×M8	8
39	Contact Roller	φ35×φ12.1×19.7	16
40	Hook		12
41	Bushing	φ25×φ16×φ10.2×27	4
46	Retaining Column	φ8×25×M5	2
48	Double pull cable	L=7150	2
49	Knurled Thumb Screws	M6×10	2
52	Bushing	φ14×φ6×12	4
53	Pulley Case	135×50×3×M6	2
54	Aluminum alloy Bolt Head	φ28×φ25×30×M10	2
64	Bushing	φ22×φ10.2×15	4
65	Handle tube	φ25×2×125	2
69	Straight Bar		1
70	Cambered Bar		1
71	Small Grip Frame		1
72	V-type handle		1
74	Hook	φ8	4
75	6-Joint Chain		2
76	15-Joint Chain		1
79	End Cap	φ28	4
81	Rope		1
82	Nylon Strap Iso-Handle	L=245mm	2
83	Ankle Strap		1
85	Rubber Stopper	φ62×φ24.5×25	4
86	Pulley with Bearings	φ114	2
87	Pulley with Bearings	φ95	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
88	Pulley with Bearings	φ75	12
91	Weight Selector Pin		2
95	Selector Rod	φ25×513 (17+1)	2
96	Top Weight Plate	205×100×72	2
97	Weight Plate	280×100×25.4 (5KG)	34
98	Weight Plate Sticker (90kg)	119×17.5	2
99	Knurled Nut	φ28×12×M12	2
100	Adjusting Sleeve	φ28×φ12.5×12	2
101	Bushing	φ25×φ21.8×φ10.5×12	4
102	Bushing	φ25×φ20×φ12.2×10	4
103	Hexagon socket button head screws	M5×10	4
104	Hexagon socket button head screws	M5×16	4
105	Hexagon socket button head screws	M6×10	16
106	Hexagon socket button head screws	M8×16	16
109	Hexagon socket button head screws	M10×155	2
111	Hexagon socket button head screws	M10×95	10
112	Hexagon socket button head screws	M10×90	2
115	Hexagon socket button head screws	M10×65	4
116	Hexagon socket button head screws	M10×55	2
117	Hexagon socket button head screws	M10×45	12
118	Hexagon socket button head screws	M10×35	2
119	Hexagon socket button head screws	M10×25	6
121	Carriage Bolt	M10×90	2
123	Hex Bolt	M10×25	2
124	Hex Bolt	M12×60	2
126	Hexagon socket button head screws	M12×90	2
129	Allen Bolt	M10×25	2
130	Hexagon socket countersunk head screws	M6×10	24
131	Allen Bolt	M10×60	2
135	Set Screw	M8×8	2
136	Washer	5	4
137	Washer	6	16
138	Washer	8	16
139	Washer	10	66
140	Washer	12	10
146	Nut	M10	32
147	Nut	M12	2
149	Washer	φ38×φ13×4	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
150	Bushing	φ38×φ13×12	4
151	Rotating Plate	φ26×φ12×68×6	4
152	Dips Handle	φ23×180	2
153	Dips Handle	φ30×3×200	2
154	Dips Handle	φ30×3×500	2
155	Decorative cover	φ33.5×φ6.6×25	2
156	Hexagon socket button head screws	M6×15	2
157	Allen Bolt	M12×40	4
158	Washer	12	4
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	1
	Allen Wrench	8#	1
	Allen Wrench	10#	1

PACKAGE LIST

BOX1		BOX3	
2	Part 25	1	Part 28
1	Part 27	1	Part 29
1	Part 98	1	Part 30
1	Assembly Manual	4	Part 35
1	PARTS BAG 3-1	1	Part 69
1	PARTS BAG 3-2	1	Part 70
1	PARTS BAG 3-3	1	Part 71
BOX2		BOX4	
2	Part 11	6	Part 97
2	Part 19	BOX5	
1	Part 31	6	Part 97
4	Part 32	BOX6	
4	Part 33	6	Part 97
2	Part 36	BOX7	
12	Part 40	6	Part 97
4	Part 41	BOX8	
2	Part 48	5	Part 97
2	Part 49	BOX9	
2	Part 53	5	Part 97
4	Part 64		
1	Part 72		
4	Part 74		
2	Part 75		
1	Part 76		
1	Part 81		
2	Part 82		
1	Part 83		
4	Part 85		
2	Part 86		
4	Part 87		
12	Part 88		
2	Part 91		
2	Part 95		
2	Part 96		



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