

TCORX
PROFESSIONAL LINE

INSTRUCTION



ABDOMINAL CRUNCH

PLX 8650



Code : GRDTCORXPLX8650

Rev: 00

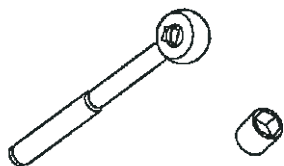
Ed: 03/25

Instructions

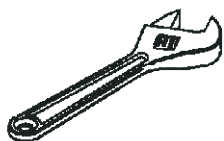
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

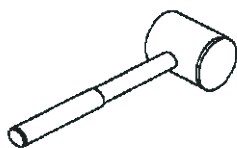
Tools Required



Ratchet Wrench and Socket



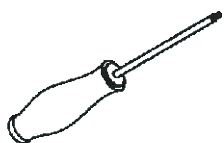
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



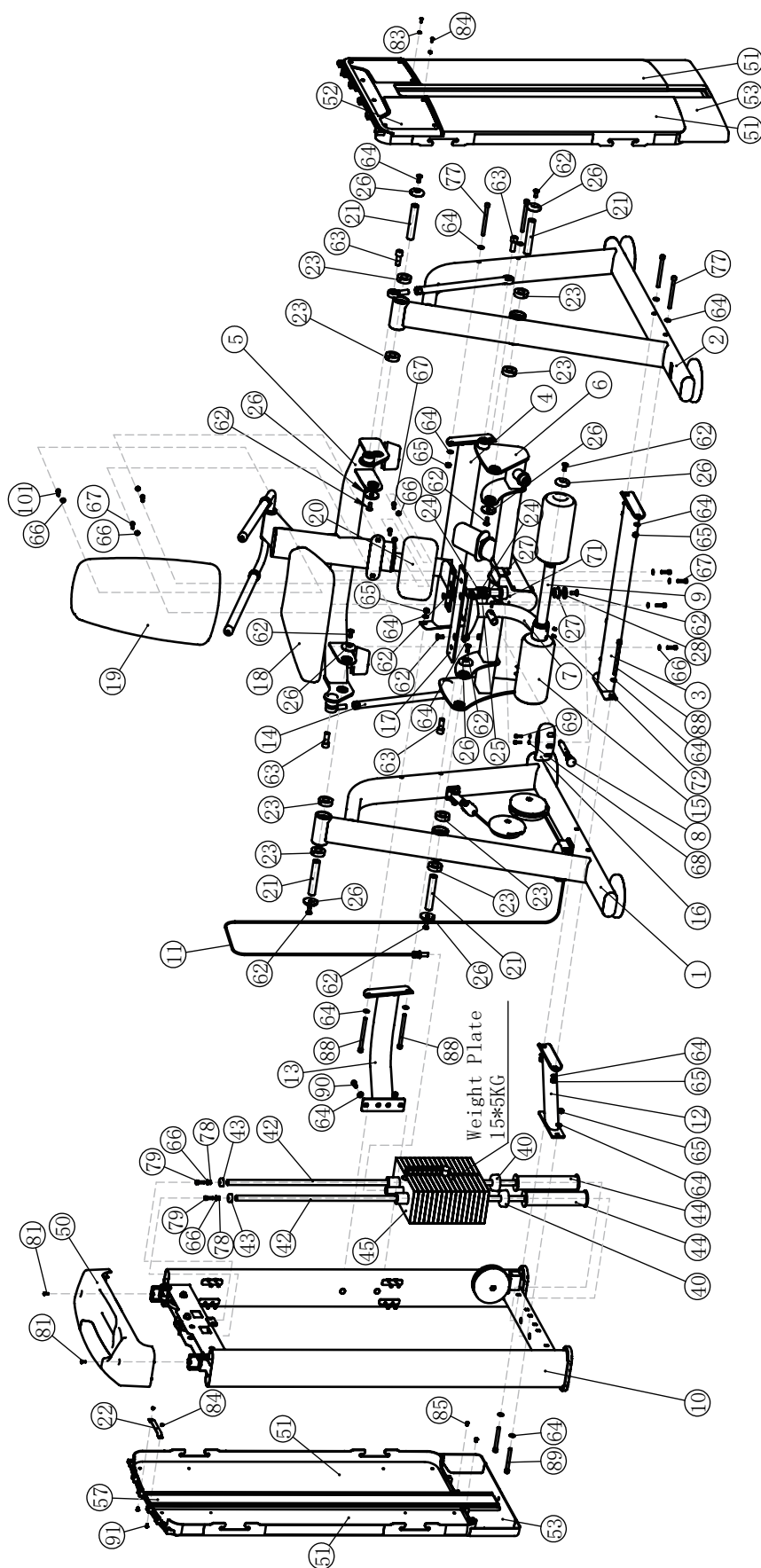
Phillips Screwdriver

Parts List

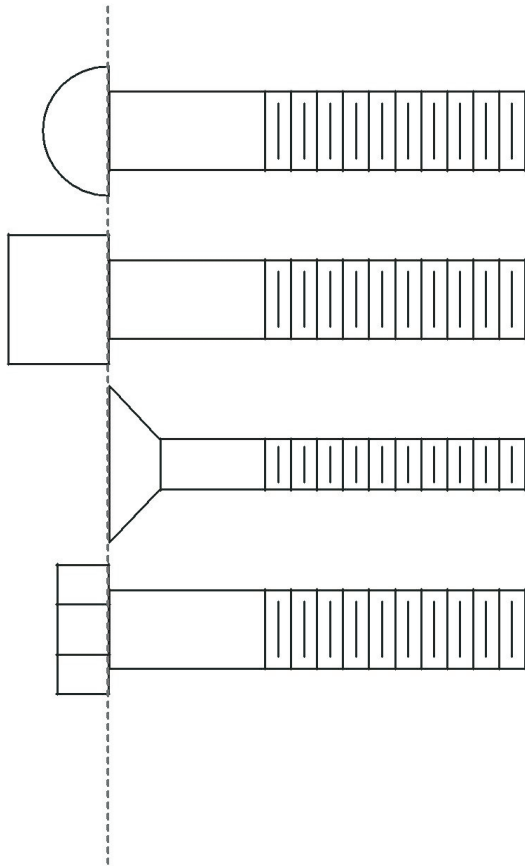
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Upright Frame	1	44	Transfer Elevated	2
2	Right Upright Frame	1	45	Top Plate	1
3	Low Cross Brace	1	50	Top Shroud	1
4	Rear Cross Brace	1	51	Side Shroud	4
5	Back Pad Frame	1	52	Front Shroud	1
6	Rotating Frame	1	53	Low Shroud	2
7	Seat Frame	1	57	Back Plate	1
8	Pop Pin	1	62	Flat Head Cap Screw M10×25	13
9	FOAM Bracket	1	63	Socket Head Cap Screw M16×40	4
10	Weight Stack Frame	1	64	Flat Washer $\phi 11 \times \phi 20 \times 2$	28
11	Cable Assembly	1	65	Nylon Lock Nut M10	18
12	Bottom Cross Brace	1	66	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	12
13	Corner Connecting Brace	1	67	Socket Head Cap Screw M8×30	8
14	Connector	2	68	Flat Washer $\phi 6.5 \times \phi 12 \times 1.6$	6
15	FOAM	2	69	Socket Head Cap Screw M6×20	2
16	Adjustable Frame	1	70	Nylon Lock Nut M6	2
17	Seat Plate	1	71	Socket Head Cap Screw M5×15	1
18	Abdominal Pad	1	72	Socket Set Screw M8×10	2
19	Back Pad	1	77	Socket Head Cap Screw M10×120	4
20	Shoulder Pad	1	78	Spring Washer $\phi 8$	2
21	Pivot Shaft	4	79	Socket Head Cap Screw M8×25	2
22	Connector	1	81	Cross Recessed Pan Head Screw M5×15	2
23	Bearing 6205-2Z	8	83	Philips Countersunk Head Screw M5×15	8
24	Thrust Bearing Spacer	2	84	Nylon Lock Nut M5	18
25	Thrust Bearing	1	85	Button Head Cap Screw M6×10	12
26	Aluminum End Cap $\phi 54 \times \phi 12.5 \times 10.6$	10	88	Socket Head Cap Screw M10×130	4
27	Bushing $\phi 38 \times \phi 25.4 \times 18$	2	89	Socket Head Cap Screw M10×90	2
28	End Cap $\phi 38 \times 6$	1	90	Socket Head Cap Screw M10×25	2
40	Weight Rubber Bumper	2	91	Button Head Cap Screw M5×10	2
42	Guid Rod	2	101	Socket Head Cap Screw M8×75	1
43	Rubber Sleeve	2			

Exploded View



Measurement Guide

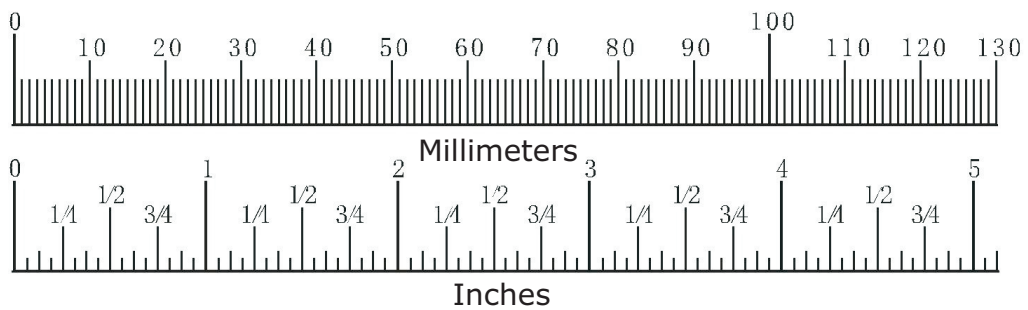


BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt

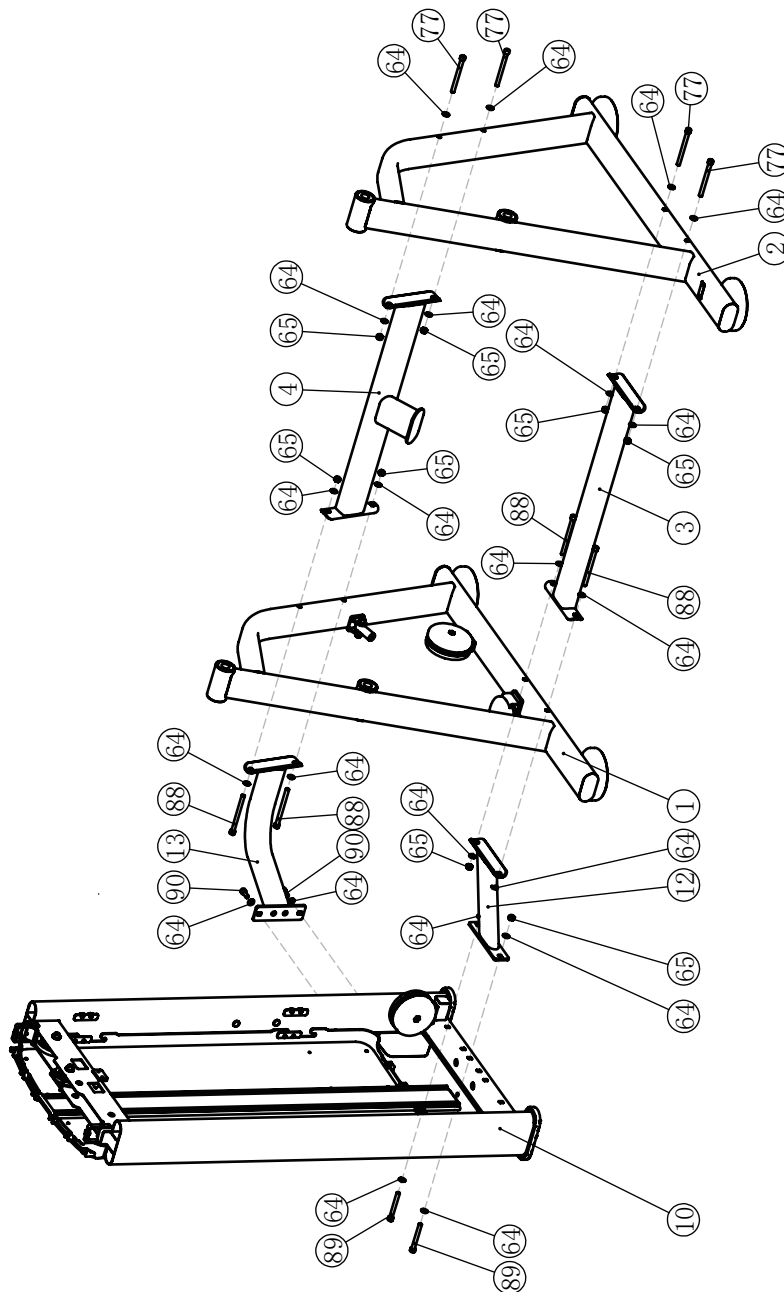


Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Upright Frame	1	64	Flat Washer $\phi 11 \times \phi 20 \times 2$	22
2	Right Upright Frame	1	65	Nylon Lock Nut M10	10
3	Low Cross Brace	1	77	Socket Head Cap Screw M10 $\times$ 120	4
4	Rear Cross Brace	1	88	Socket Head Cap Screw M10 $\times$ 130	4
10	Weight Stack Frame	1	89	Socket Head Cap Screw M10 $\times$ 90	2
12	Bottom Cross Brace	1	90	Socket Head Cap Screw M10 $\times$ 25	2
13	Corner Connecting Brace	1			

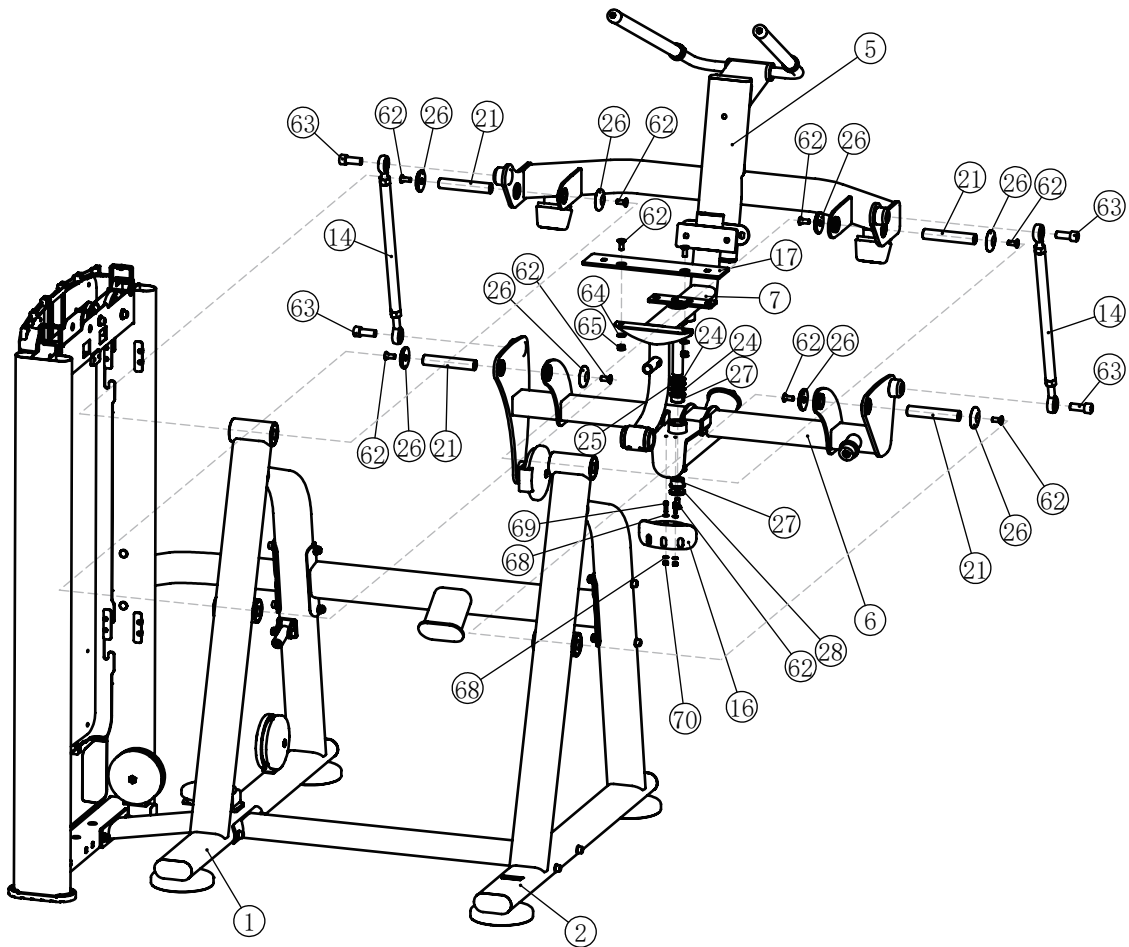


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Upright Frame	1	26	Aluminum End Cap $\phi 54 \times \phi 12.5 \times 10.6$	8
2	Right Upright Frame	1	27	Bushing $\phi 38 \times \phi 25.4 \times 18$	2
5	Back Pad Frame	1	28	End Cap $\phi 38 \times 6$	1
6	Rotating Frame	1	62	Flat Head Cap Screw M10 $\times$ 25	11
7	Seat Frame	1	63	Socket Head Cap Screw M16 $\times$ 40	4
14	Connector	2	64	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
16	Adjustable Frame	1	65	Nylon Lock Nut M10	2
17	Seat Plate	1	68	Flat Washer $\phi 6.5 \times \phi 12 \times 1.6$	4
21	Pivot Shaft	4	69	Socket Head Cap Screw M6 $\times$ 20	2
24	Thrust Bearing Spacer	2	70	Nylon Lock Nut M6	2
25	Thrust Bearing	1			

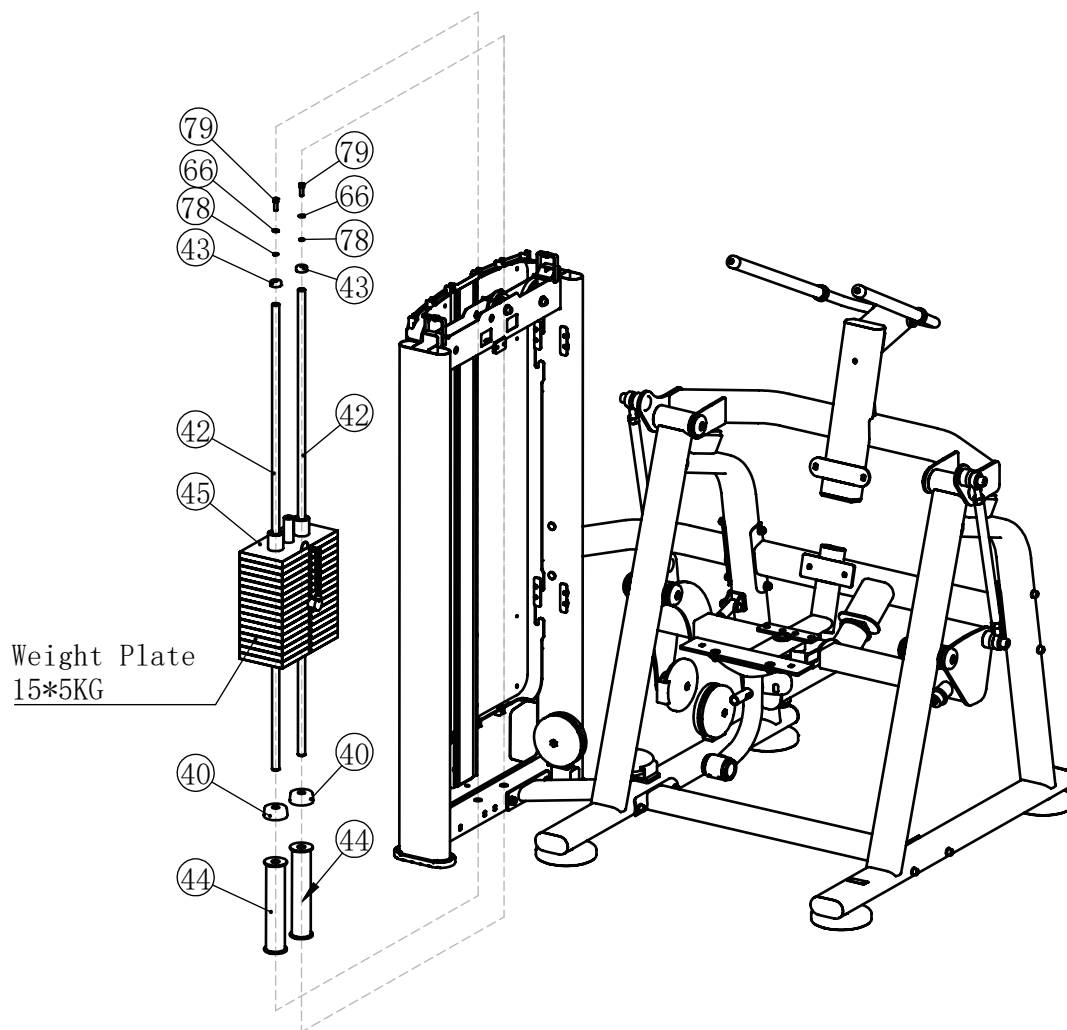


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
40	Weight Rubber Bumper	2	45	Top Plate	1
42	Guid Rod	2	66	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
43	Rubber Sleeve	2	78	Spring Washer $\phi 8$	2
44	Transfer Elevated	2	79	Socket Head Cap Screw M8 $\times$ 25	2

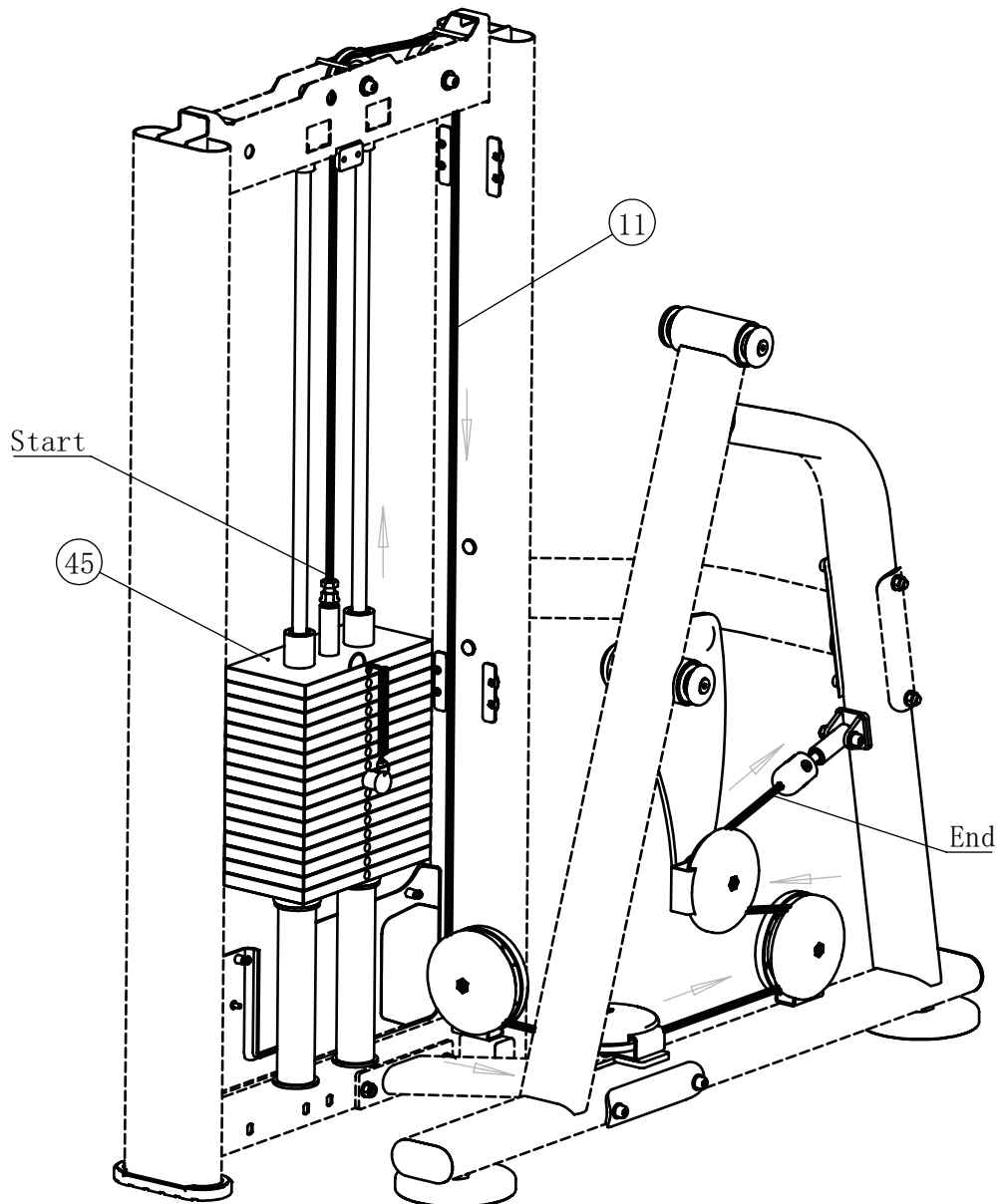


Assembly

STEP 4

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item NO.	Description	Qty	Item NO.	Description	Qty
11	Cable Assembly	1	45	Top Plate	1

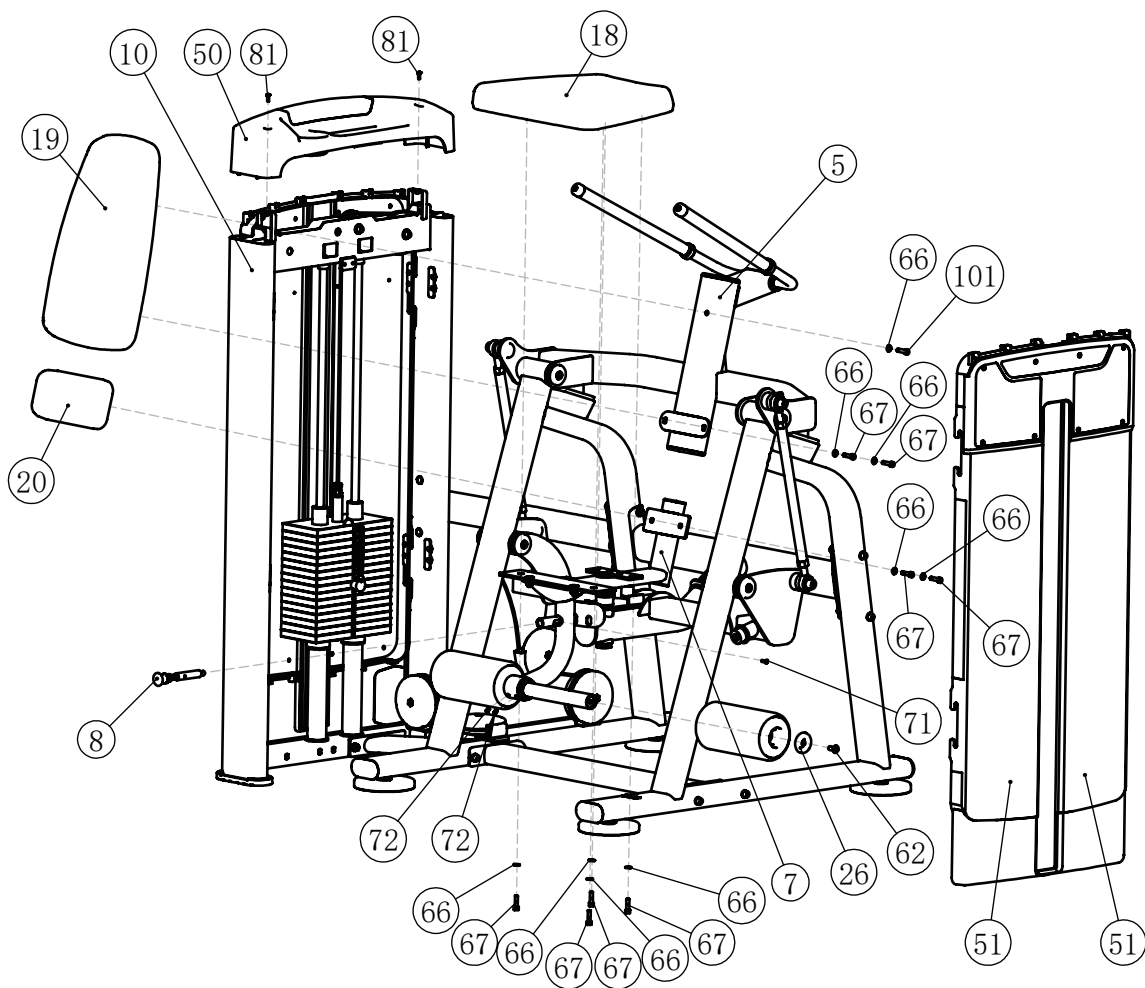


Assembly

STEP 5

Note: Wrench Tighten Screws.

Item NO.	Description	Qty	Item NO.	Description	Qty
5	Back Pad Frame	1	51	Side Shroud	4
7	Seat Frame	1	62	Flat Head Cap Screw M10×25	2
8	Pop Pin	1	66	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	9
10	Weight Stack Frame	1	67	Socket Head Cap Screw M8×30	8
18	Abdominal Pad	1	71	Socket Head Cap Screw M5×15	1
19	Back Pad	1	72	Socket Set Screw M8×10	2
20	Shoulder Pad	1	81	Cross Recessed Pan Head Screw M5×15	2
26	Aluminum End Cap $\phi 54 \times \phi 12.5 \times 10.6$	2	101	Socket Head Cap Screw M8×75	1
50	Top Shroud	1			



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS



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