

**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



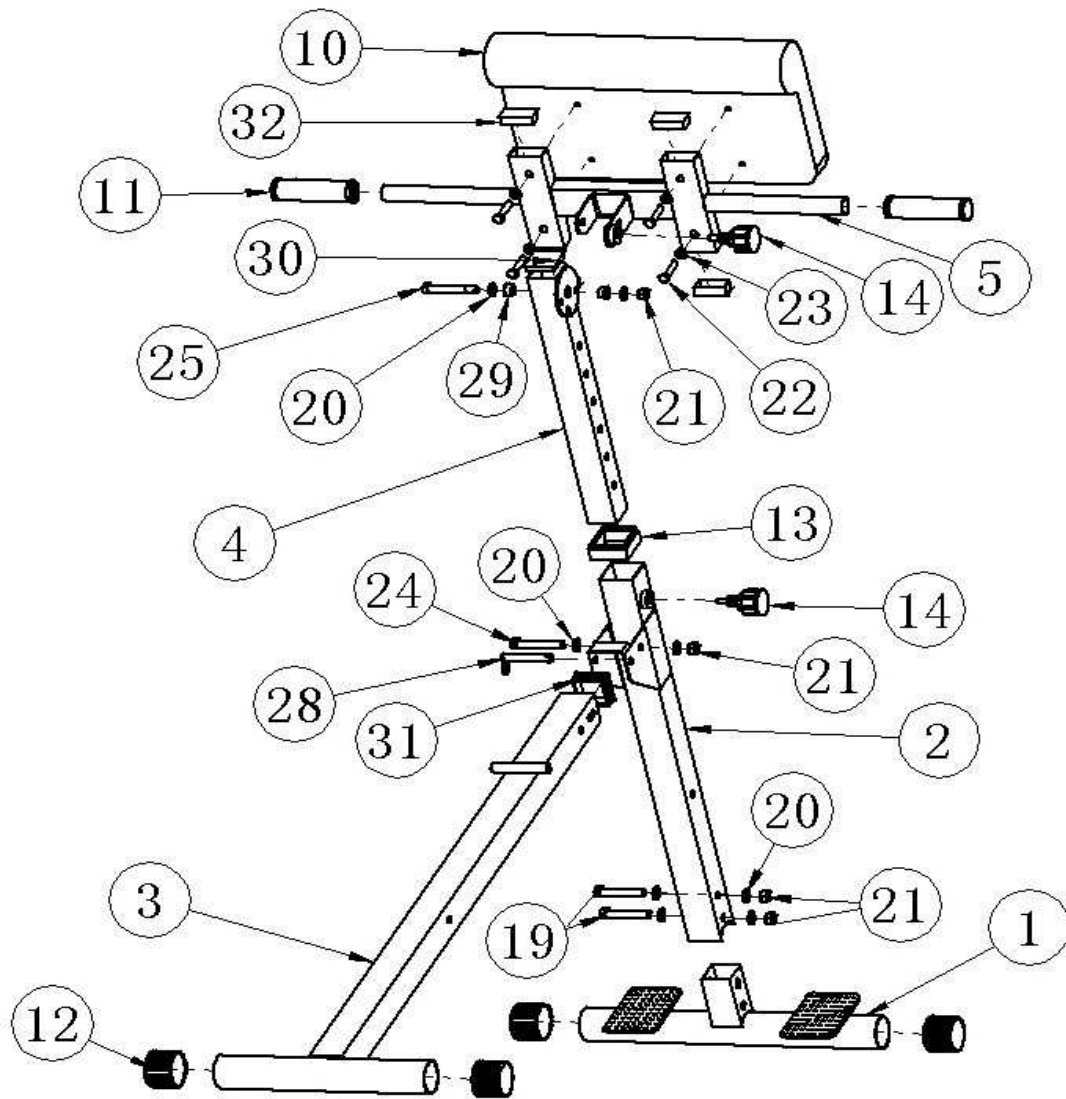
**WBX40**  
**MULTI FIT**



## PART LIST

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PART NO:	DESCRIPTION	Q'TY
1.	Bottom tube	1
2.	Upright post	1
3.	Support tube	1
4.	Adjustable extension tube	1
5.	Arm curl tube	1
6.	Foam tube	1
7.	U shape tube	1
8.	Backrest tube	2
9.	Backrest	1
10.	Arm curl	1
11.	PVC cap	2
12.	End cap $\phi$ 50	4
13.	Outer bushing sleeve 50*45	1
14.	Release knob	2
15.	Foam	2
16.	End cap $\phi$ 25	2
17.	Pin $\phi$ 10*120	1
18.	End cap 25*25	6
19.	Hexangular Bolt M10*65	2
20.	Spacer $\phi$ 10	14
21.	Nut M10	7
22.	Hexangular Bolt M8*40	8
23.	Spacer $\phi$ 8	8
24.	Hexangular Bolt M10*70	1
25.	Hexangular Bolt M10*75	1
26.	Hexangular Bolt M10*115	1
27.	Hexangular Bolt M10*150	2
28.	Pin $\phi$ 10*85	1
29.	Axle sleeve	2
30.	End cap 45*45	1
31.	End cap 50*50	1
32.	End cap 25*50	4



## STEP 1

1. Insert the end caps (12) into the front & rear tubes (1), then assemble (2) to (1) and screw it by (19, 20, 21) ; Insert (31) into (3) and assemble the caps (12) to (3) and attach (3) to (2) fixed by (24, 20, 21), finally insert 28, see picture;
2. Attach (13) to (2), then insert (4) to (2), and then screw (14) to adjust the height and fix, then attach (29) to (4), and attach (32) to (5), assemble two caps (11) to two sides of (5); Connect and fix (5) & (4) by (25, 20, 21), then screw (14); Finally, attach the pad (10) to (5) by bolts (22, 23), see above picture.





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