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› Toorx ASX-90 All-In-One Rack User Manual

Toorx ASX-90

Toorx ASX-90 All-In-One Rack User Manual

Model: ASX-90

1. INTRODUCTION

The Toorx ASX-90 is a versatile all-in-one fitness station designed for comprehensive full-body workouts in home gyms and personal training studios. It integrates a dual pulley system, a guided Smith machine, and a power rack into a single heavy-duty frame. This manual provides essential information for the safe assembly, operation, and maintenance of your Toorx ASX-90.



Image 1.1: Full view of the Toorx ASX-90 All-In-One Rack, showcasing its robust frame and integrated components.

2. SAFETY INFORMATION

Before using the Toorx ASX-90, read and understand all safety warnings and instructions provided in this manual and any supplementary safety documents. Failure to do so may result in serious injury or equipment damage.

- Always consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum user weight of 120 kg or the maximum load capacity of 135 kg.
- Keep children and pets away from the equipment during operation.

- Use the safety spotter arms and J-cups correctly to prevent injury during heavy lifts.
- Perform regular inspections for wear and tear on cables, pulleys, and structural components.

For detailed safety guidelines, please refer to the official safety information document: [Safety Information \(PDF\)](#).



Image 2.1: Close-up view of the J-Cups and Safety Spotter Arms, highlighting their robust construction and UHMW protection for user safety.

3. PRODUCT COMPONENTS

The Toorx ASX-90 All-In-One Rack includes the following main components and accessories:

- Heavy-duty steel frame (50x50 mm and 60x60 mm tubular steel, 2.5 mm thick)
- Guided Smith machine bar (1743 mm) with 2 safety hooks
- Dual pulley system with 22 adjustable levels
- Multi-grip pull-up bar
- J-Cups and Safety Spotter Arms with UHMW protection
- 8 weight plate holders (Ø50/Ø25 mm)
- 12 spring collars (Ø49/Ø25)

- Barbell storage
- Ankle strap
- Triceps rope
- Chain
- Landmine attachment
- 2 pull handles
- Lat bar
- Short straight bar
- 4 elastic band hooks



Image 3.1: Detail of the integrated weight plate storage for both Ø50mm and Ø25mm plates, along with the barbell storage tube.

4. SETUP AND ASSEMBLY

The Toorx ASX-90 requires assembly. Due to its size and weight (127 kg), it is recommended that assembly be performed by at least two adults or professional installers. Refer to the separate assembly manual for detailed step-by-step instructions, diagrams, and a complete list of hardware.

Key Assembly Considerations:

- **Unpacking:** Carefully unpack all components and verify against the parts list.
- **Location:** Choose a flat, stable surface with adequate clearance around the rack (dimensions: 200 cm L x 163 cm W x 222 cm H).

- **Tools:** Ensure you have the necessary tools as specified in the assembly manual.
- **Tightening:** Ensure all bolts are tightened securely but do not overtighten until instructed. Final tightening should be done once the frame is fully assembled and level.



Image 4.1: A comprehensive view of the assembled Toorx ASX-90, illustrating the various attachments and functionalities.

5. OPERATING INSTRUCTIONS

The Toorx ASX-90 offers multiple training options. Familiarize yourself with each function before use.

5.1. Smith Machine

The guided Smith machine bar operates on ball bearings for smooth movement. It features 16 adjustable positions (455–1805 mm, 90 mm step) and two safety hooks. To use:

1. Load desired weight plates onto the bar.
2. Unrack the bar by rotating it to disengage the safety hooks.
3. Perform your exercise, maintaining control of the bar.
4. To re-rack, rotate the bar to engage the safety hooks at the desired height.



Image 5.1: Detail of the Smith machine bar, showing the knurled grip and the safety catch mechanism.

5.2. Dual Pulley System

The dual pulley system allows for a wide range of cable exercises. The pulleys are adjustable to 22 different height levels (75 mm spacing) to target various muscle groups. The cable ratio is 1:1, meaning the resistance felt is equal to the weight loaded.

1. Select the desired attachment (e.g., ankle strap, triceps rope, handles).
2. Adjust the pulley height by pulling the pin and sliding the carriage to the desired numbered position. Ensure the pin fully engages.
3. Load weight plates onto the weight horns for the pulley system.
4. Perform your exercise with controlled movements.

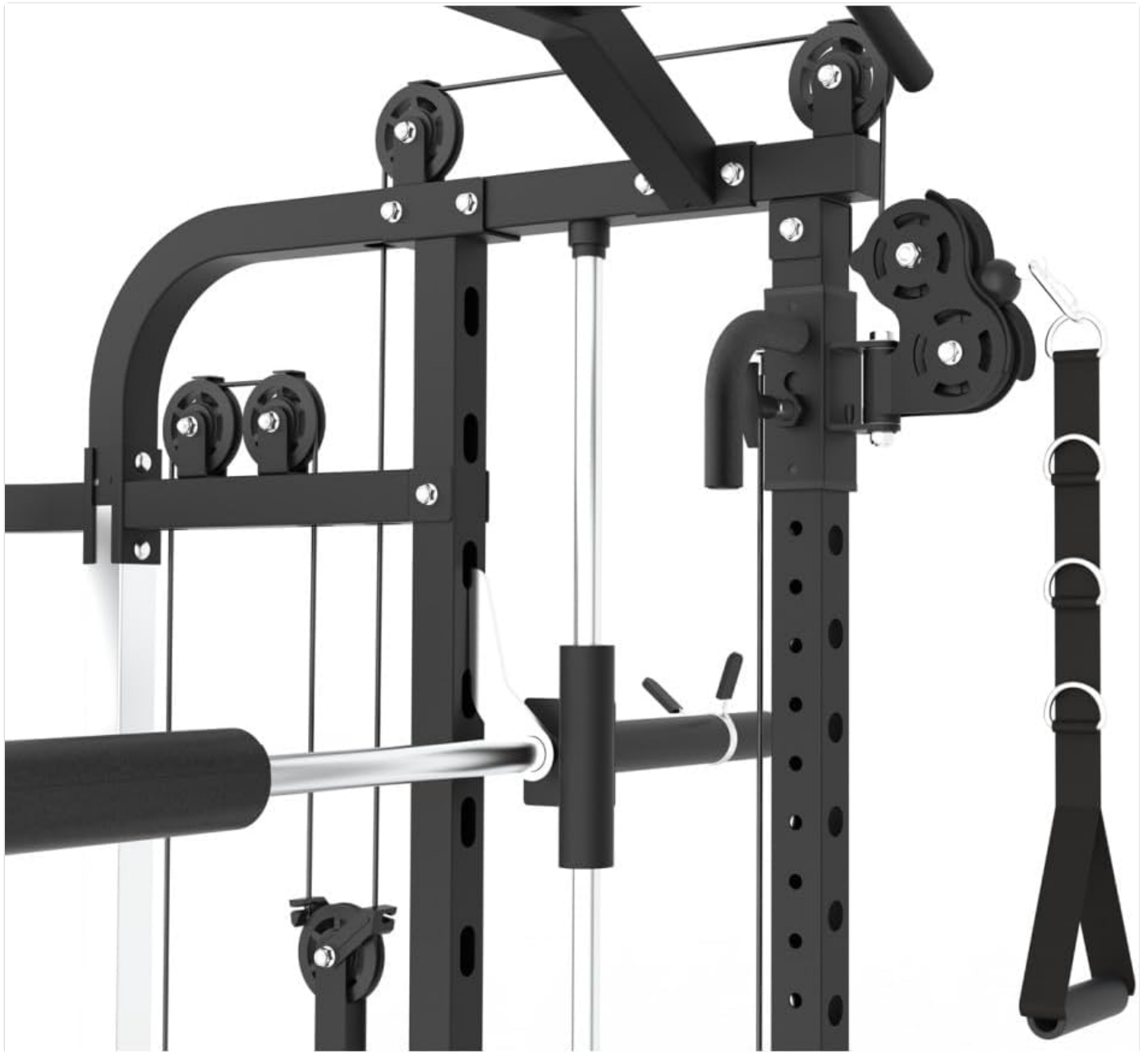


Image 5.2: View of the adjustable pulley system with an attached handle and triceps rope, demonstrating the versatility of the cable exercises.



Image 5.3: Detailed view of the pulley mechanism and cable routing, showing the smooth operation and robust construction.

5.3. Power Rack

The power rack section features numbered holes for precise placement of J-Cups and Safety Spotter Arms. These are adjustable across 17 levels (429–1869 mm, 50 mm spacing).

1. Insert the J-Cups at the desired height for unracking a barbell.
2. Insert the Safety Spotter Arms a few inches below your lowest point of movement for exercises like squats or bench presses.
3. Ensure both J-Cups and Safety Spotter Arms are fully inserted and level.

5.4. Multi-Grip Pull-Up Bar

The integrated multi-grip pull-up bar allows for various grip positions (wide, narrow, neutral) to target different back and arm muscles.



Image 5.4: Detail of the multi-grip pull-up bar, offering various hand positions for diverse back and arm exercises.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Toorx ASX-90.

6.1. Daily Maintenance

- Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- Check for any loose bolts or connections and tighten if necessary.

6.2. Weekly Maintenance

- Inspect all cables and pulleys for signs of wear, fraying, or damage. Replace immediately if any damage is found.
- Lubricate moving parts, such as the Smith machine guide rods and pulley axles, with a silicone-based lubricant as needed.
- Ensure all safety pins and adjustment mechanisms are functioning correctly.

6.3. Annual Maintenance

- Thoroughly inspect the entire frame for any cracks, bends, or structural fatigue.
- Check all bolts and nuts for proper torque.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your Toorx ASX-90.

- **Issue: Smith machine bar feels stiff or rough.**
Solution: Clean the guide rods thoroughly and apply a silicone-based lubricant. Check for any obstructions in the guide rails.
- **Issue: Pulleys are noisy or not moving smoothly.**

Solution: Inspect cables for fraying or misalignment. Ensure pulleys are clean and lubricated. Check that weight plates are loaded evenly and not rubbing against the frame.

• **Issue: Equipment feels unstable or wobbly.**

Solution: Re-check all assembly bolts and ensure they are securely tightened. Verify the equipment is on a flat and level surface.

• **Issue: Safety pins or adjustment mechanisms are difficult to engage/disengage.**

Solution: Ensure the holes are clear of debris. Apply a small amount of lubricant to the pin mechanism if needed. Do not force pins.

8. SPECIFICATIONS

Feature	Specification
Model Number	ASX-90
Brand	Toorx
Material	Heavy-duty Steel (tubular 50x50 mm and 60x60 mm, 2.5 mm thickness), UHMW protection
Color	Black
Product Dimensions (L x W x H)	200 cm x 163 cm x 222 cm (1.63D x 2W x 2.22H meters)
Item Weight	127 Kilograms
Max User Weight	120 kg
Max Load Capacity	135 kg
Smith Machine Bar Length	1743 mm
Smith Machine Positions	16 positions (455–1805 mm, 90 mm step)
Pulley Adjustment Levels	22 levels (75 mm spacing)
Pulley Ratio	1:1 (fly handle/lat/row)
J-Cup/Spotter Arm Adjustment	17 levels (429–1869 mm, 50 mm spacing)
Weight Plate Compatibility	Ø50 mm and Ø25 mm
Certifications	CE – EN ISO 20957-1/957-4
Country of Origin	China

9. WARRANTY

The Toorx ASX-90 All-In-One Rack comes with a**2-year product warranty**. Please retain your proof of purchase for any warranty claims. The warranty covers manufacturing defects under normal use conditions. It does not cover damage resulting from misuse, neglect, improper assembly, or unauthorized modifications.

10. SUPPORT

For technical assistance, spare parts, or warranty inquiries, please contact your authorized Toorx dealer or the Toorx customer service department. Refer to the contact information provided with your purchase documentation or visit the official Toorx website for support details.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question