

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



# ERX300



Rev : 00

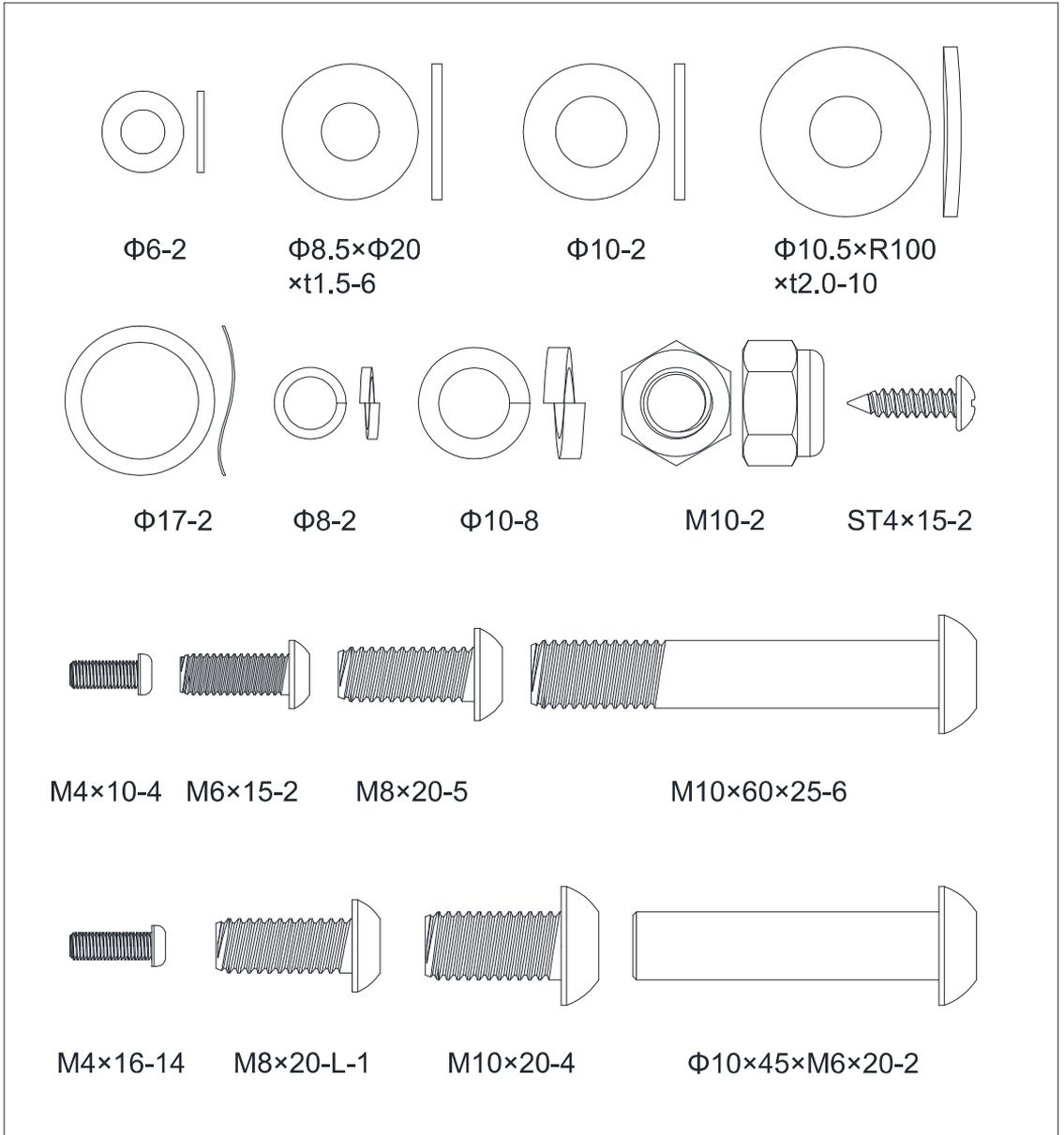
Ed : 02/17



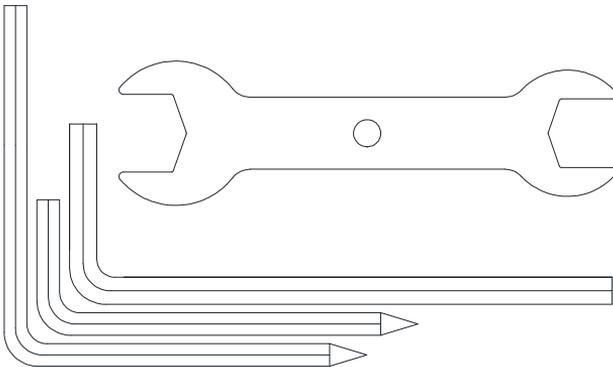
## Pre-assembly Notes

### Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITTY
26	Allen C.K.S. half thread screw	M10×60×25	6
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. half thread screw	M8×20	5
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-taping screw	ST4×16	2
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen full thread screw(L)	M8×20-L	1



NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S(with a cross)	1
L-shaped wrench	5×35×85S(with a cross)	1
L-shaped wrench	6×40×120	1
Open end wrench	15#&17#	1

## **GATHER YOUR TOOLS**

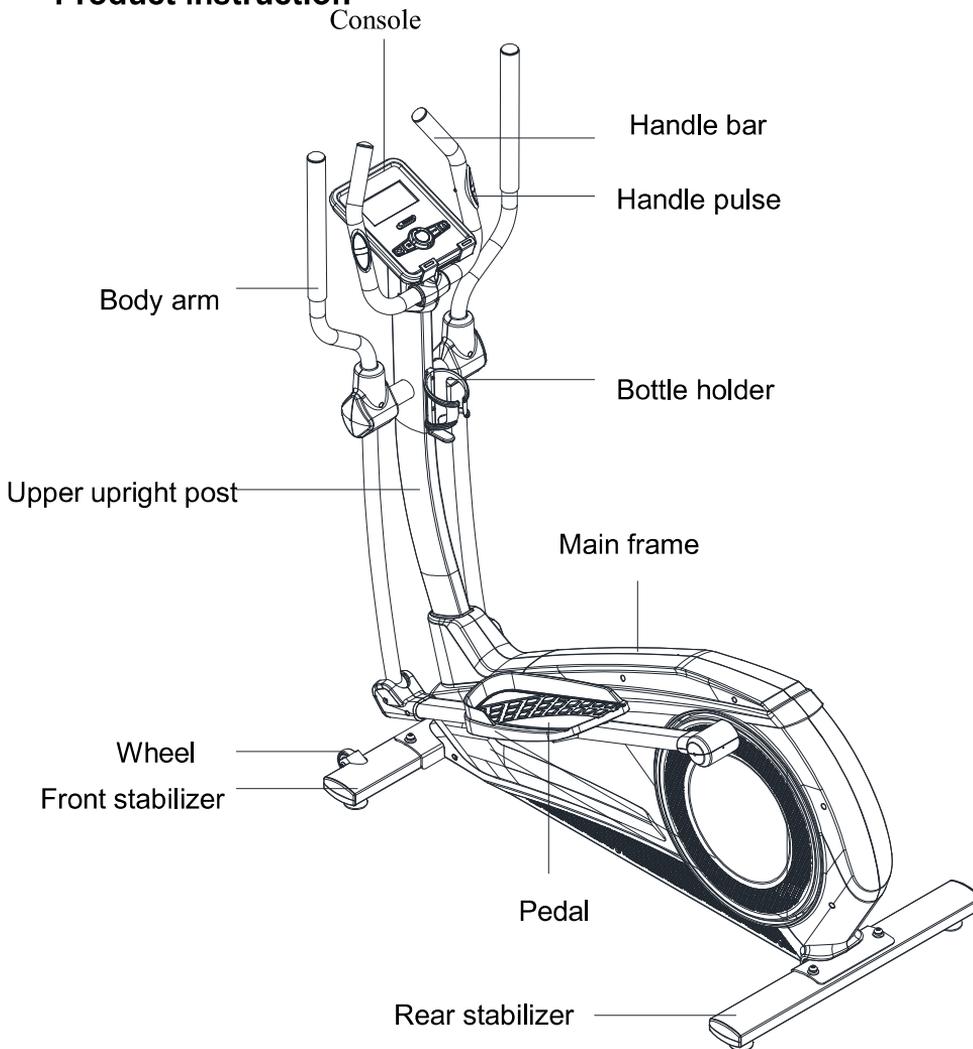
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

## **CLEAR YOUR WORK AREA**

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

## Product instruction



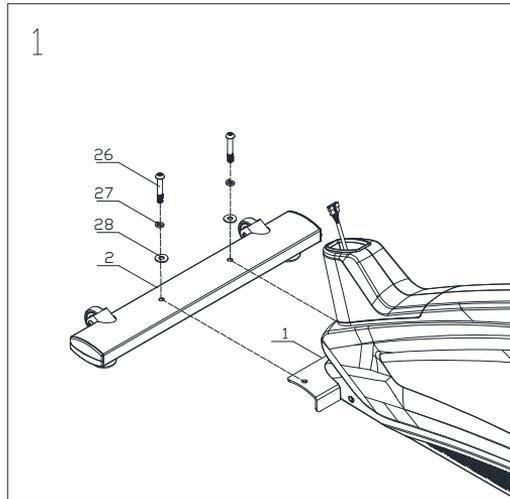
## Technical information

DIMENSION	Unfold: 1660×720×1580mm
SPEED RATIO	9
FLYWHEEL	Double way, Φ280/9kg
RESISTANCE FRAGMENT	1-32
STRIDE LENGTH	420×200mm

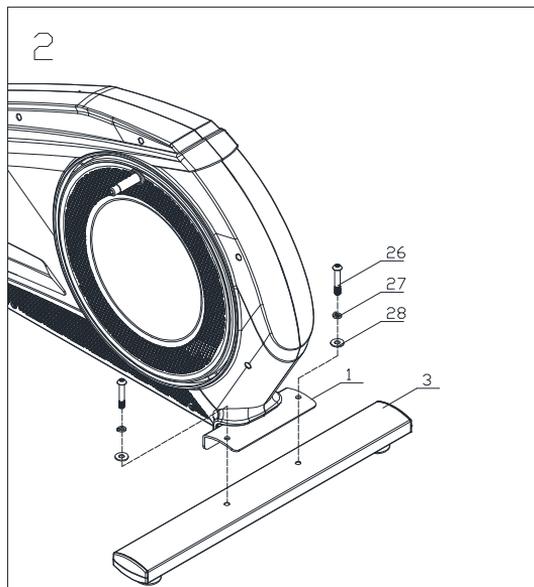
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

# ASSEMBLY INSTRUCTIONS

**Step 1:** Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



**Step 2:** Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



**Step 3:**

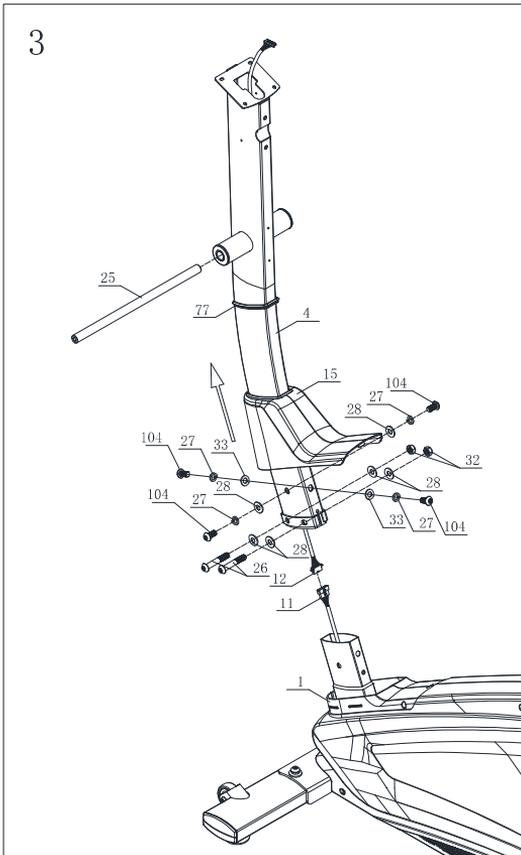
1. Attach upright post decoration strip (77) to the upper upright post (4). Take the upright post cover (15) from the main frame (1). Then attach to the upper upright post (4).

2. Connect motor communication wire(11) and console communication wire.(12)

3. Attach upper upright post(4) to the main frame(1) with flat washer(33), spring washer(27), Allen C.K.S. full thread screw(104) and flat washer(28), spring washer(27), Allen C.K.S. half thread screw(104) and Allen C.K.S. half thread screw(26), curved washer(28), Hex self-locking nut(32).

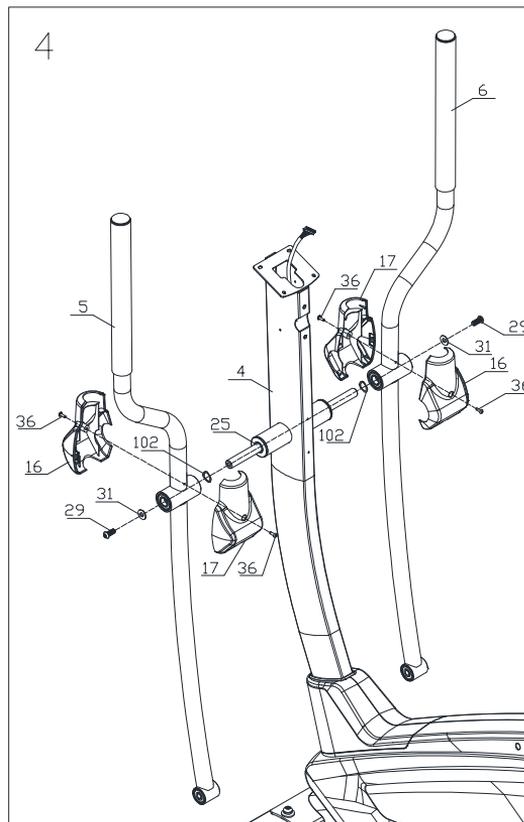
4. Attach upright post cover(15) and upright post decoration strip (77) to the main frame(1) Then install the Axle(25).

Tip: Do not fully tighten the Bolt yet. Make sure that all screws are in the hexagonal hole.



#### Step 4:

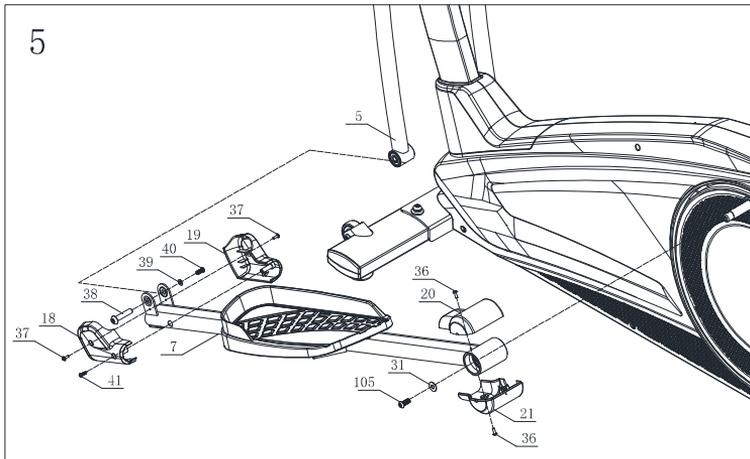
1. Assemble the waved spring washers (102) to the left and right Axle (25). then attach left body arm(5) and right body arm(6) to the left Axle(25) and right Axle(25) with flat washer(31)and Allen C.K.S. full thread screw(29).
- 2.Attach arm cover(16/17) to the left body arm(5) with Philips pan head full thread screw(36).
- 3.Repeat the last step to attach cover(16/17) to the right body arm(6).



#### Step 5:

- 1.Attach the axle sleeve of left rear pedal supporter(7) to the axle of main frame(1) with Flat washer (31) and Allen C.K.S. full thread screw(105).
- 2.Attach the axle sleeve of left front pedal supporter(7) to left body arm(5) with Allen C.K.S. hollow screw(38), flat washer(39) and Allen C.K.S. full thread screw(40).
- 3.Attach the rear cover of pedal supporter(20/21) to left pedal supporter(7) with Philips pan head full thread screw(36). Attach the front cover of pedal supporter(18/19) to left pedal supporter(7) with Philips pan head full thread screw(37) and Philips C.K.S. self-tapping screw(41).

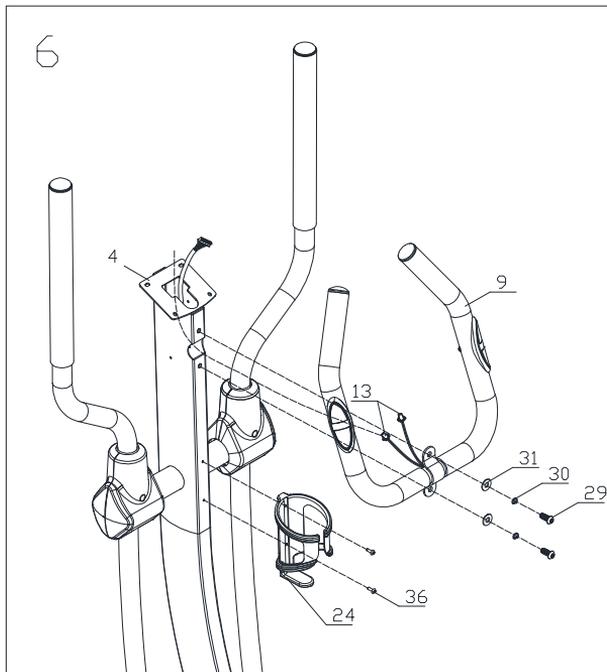
4. Use the same way to fix the Pedal supporter(R) (8). Put the back side of the Pedal supporter(R) (8) on the axle of the main frame (1), use the flat washer (31) and Allen full thread screw (29) to fix it .



**Step 6:**

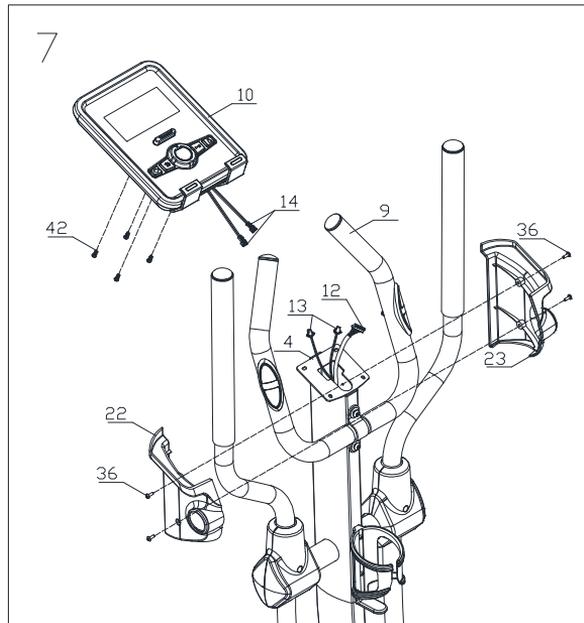
1. Through handle pulse connection wire(13) out of the upper upright post(4). Attach handlebars(9) to upright post(4) with flat washer(31), spring washer(30) and Philips pan head full thread screw(36).

2. Attach bottle holder(24) to upper upright post(4) with Philips pan head full thread screw(36).



**Step 7:**

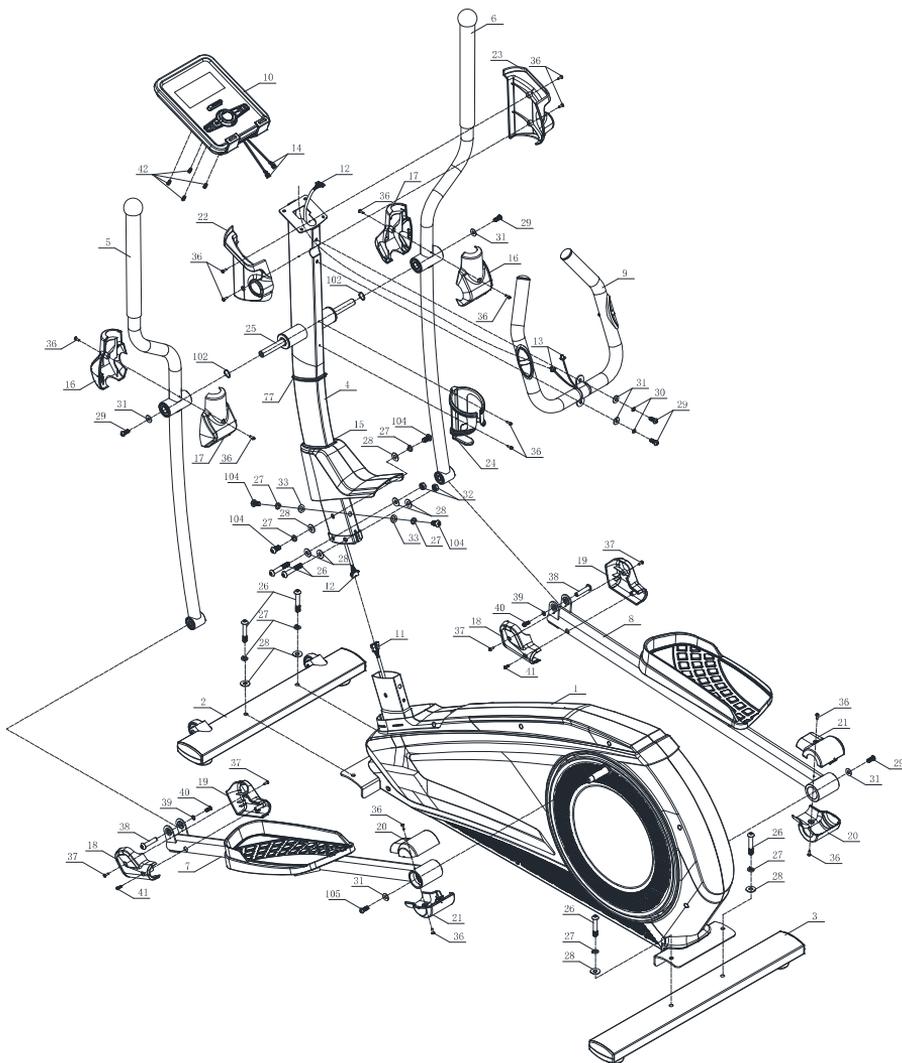
1. Connect console communication wire(12) with the interface of back console. Connect handle pulse communication wire (13) with console outset(14).
2. Attach console(10) to upper upright post(4) with Philips C.K.S. self-tapping screw(41).
3. Through left handlebar cover(22) and right handlebar cover(23) out of the handlebar(9). Attach them to the upper upright post(4) with Philips pan head full thread screw(36).



## Workout tips:

- 1,User need to put the feet completely inside the pedal,and to adjust the resistance of magnet control according to user.
- 2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3,The machine should be put on flat floor and have enough space for workout

## Half-drawing for assembly

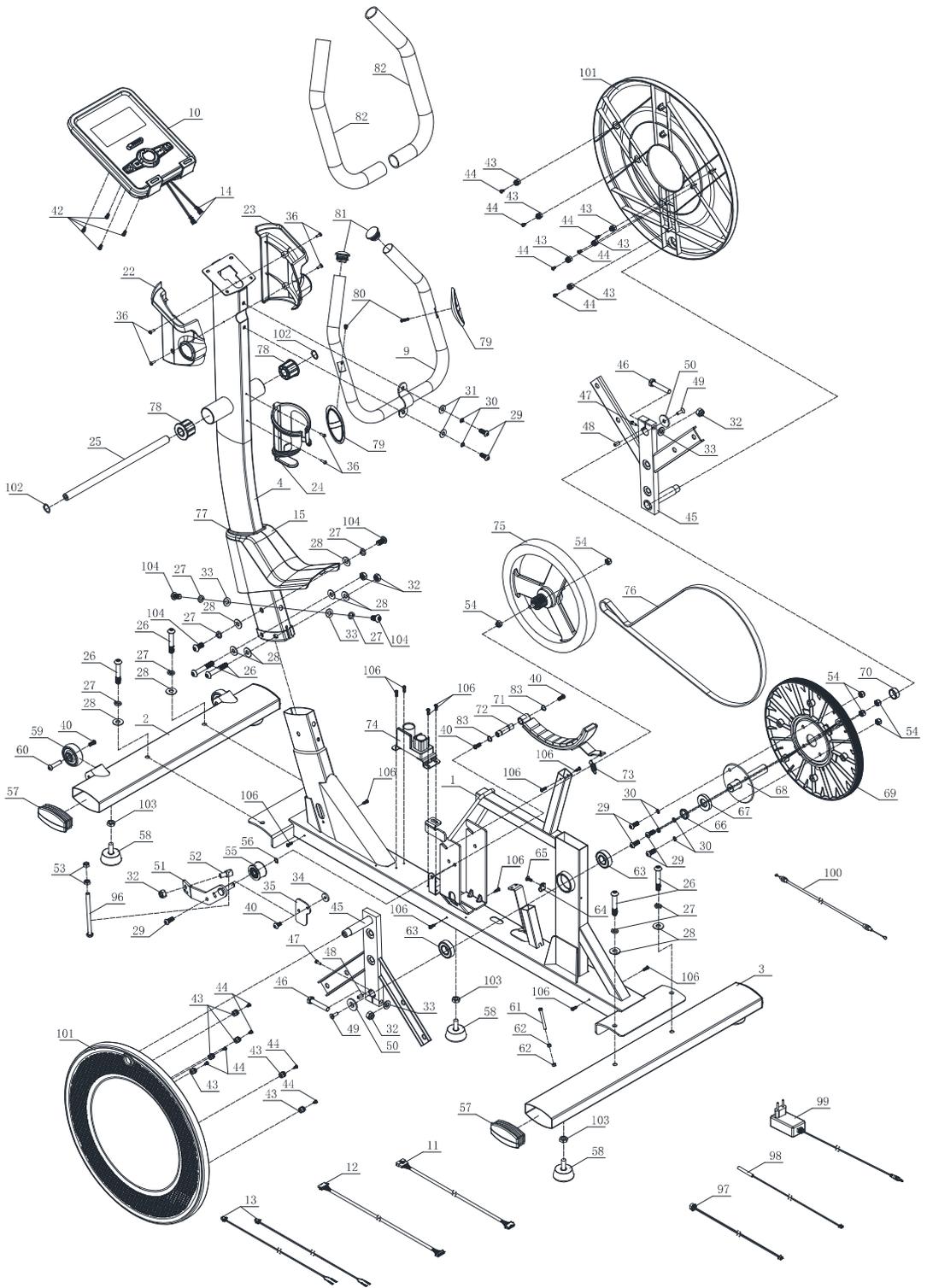


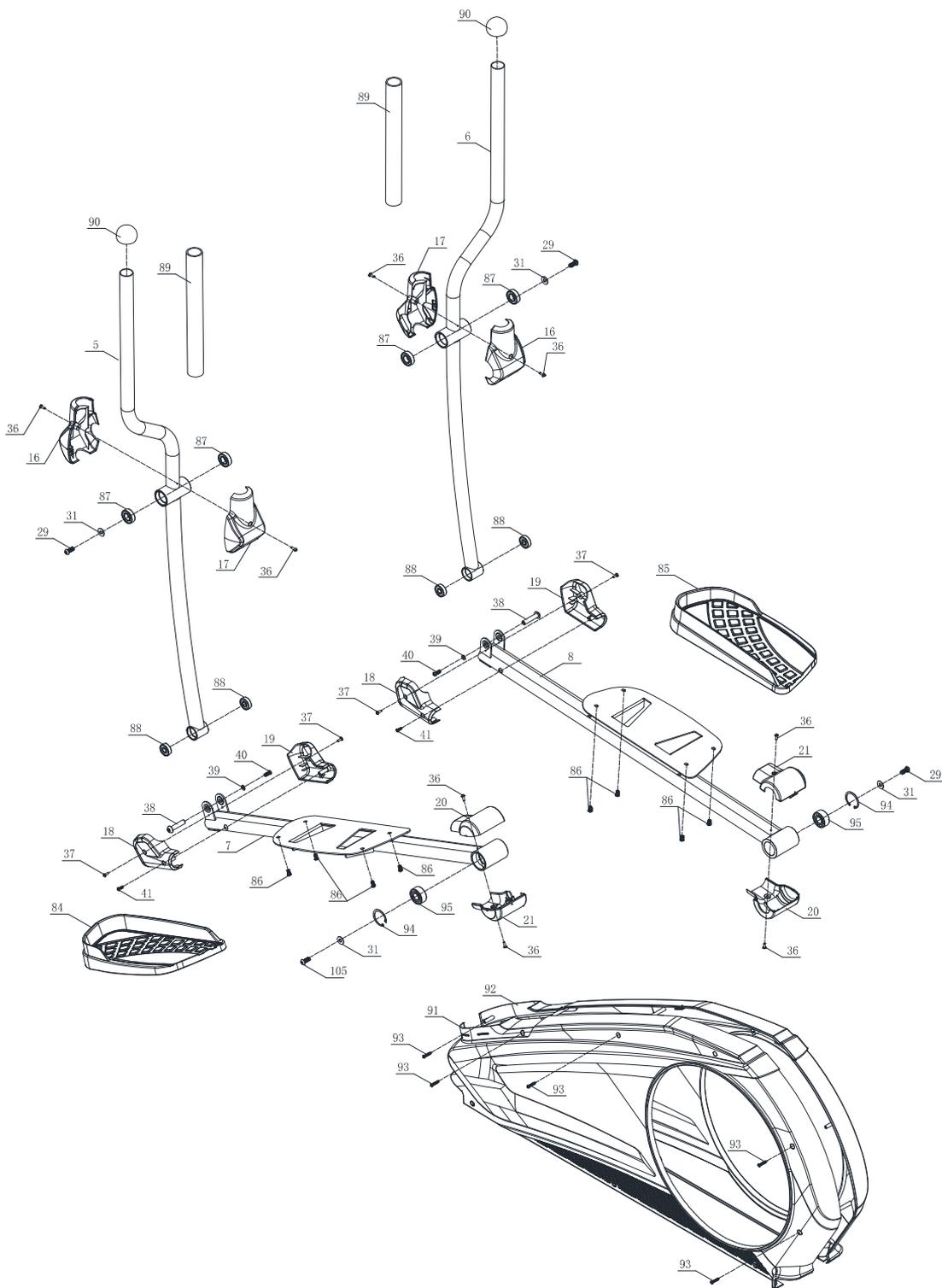
## Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire		1
12	Console communication wire		1
13	Handle pulse connection wire		2
14	Console outset		2
15	Upright post cover		1
16	Body arm cover		2
17	Body arm cover		2
18	Front pedal supporter cover		2
19	Front pedal supporter cover		2
20	Rear pedal supporter cover		2
21	Rear pedal supporter cover		2
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×60×25	6
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. Full thread screw	M8×20	5
30	Spring washer	Φ8	2
31	Flat washer	Φ8.5×Φ20×t1.5	6

32	Hex self-locking nut	M10	2
33	Flat washer	Φ10	2
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	2
41	Philips C.K.S. self-tapping screw	ST4×15	2
42	Philips C.K.S. full head screw	M5×10	4
102	Waved spring washer	Φ17	2
104	Allen full thread screw	M10×20	4
105	Allen full thread screw(L)	M8×20-L	1
77	upright post decoration strip		1

**Drawing for assembly**





## Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upper Upright post		1
5	Body arm(L)		1
6	Body arm(R)		1
7	Pedal supporter(L)		1
8	Pedal supporter(R)		1
9	Handlebars		1
10	Console		1
11	Motor communication wire		1
12	Console communication wire		1
13	Handle pulse connection wire		2
14	Console outset		2
15	Upright post cover		1
16	Body Arm cover 2		2
17	Body Arm cover 1		2
18	Front pedal supporter cover 1		2
19	Front pedal supporter cover 2		2
20	Rear pedal supporter cover 1		2
21	Rear pedal supporter cover 2		2
22	Handlebar cover(L)		1
23	Handlebar cover(R)		1
24	Bottle holder	Φ93×150	1
25	Axle	Φ17×339.5	1
26	Allen C.K.S. half thread screw	M10×60×25	6
27	Spring washer	Φ10	8
28	Curved washer	Φ10.5×R100×t2.0	10
29	Allen C.K.S. full thread screw	M8×20	10
30	Spring washer	Φ8	6
31	Flat washer	Φ8.5×Φ20×t1.5	6

32	Hex self-locking nut	M10	5
33	Flat washer	Φ10	4
34	Limited space plate 1		1
35	Limited space plate 2		1
36	Philips pan head full thread screw	M4×16	14
37	Philips pan head full thread screw	M4×10	4
38	Allen C.K.S. hollow screw	Φ10×45×M6×20	2
39	Flat washer	Φ6	2
40	Allen C.K.S. full thread screw	M6×15	7
41	Philips C.K.S. self-tapping screw	ST4×15	2
42	Philips C.K.S. full head screw	M5×10	4
43	Disc plastic buckle	Φ12.4×13	12
44	Philips C.K.S. end-cutting self-tapping screw	ST4×10	12
45	Crank iron		2
46	Hex half thread screw	M10×55×20	2
47	Hex half thread screw	M4×12	2
48	Flat key	5×5×15	2
49	Allen full thread screw	M6×15	2
50	Flat washer	Φ8×Φ30×t3.0	2
51	Fixed idler		1
52	Idler connecting shaft	Φ15×30	1
53	Hex nut	M8	2
54	Hex locking nut	M8	6
55	Tension pulley	Φ38×22	1
56	Circlip shaft	Φ10	1
57	End cap	45×90×t1.5	4
58	Feet pad		5
59	Wheels		2
60	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
61	Hex full thread screw	M5×60	1
62	Hex nut	M5	2
63	Deep groove ball bearing	6004-2RS	2
64	Fixed magnetic induction		1

65	Philips washer head end-cutting self-tapping screw	ST4×12	1
66	Crank axle sleeve 1		1
67	Crank axle sleeve 3		1
68	Crank axle	Φ20×115	1
69	Belt pulley	Φ308×22	1
70	Crank axle sleeve 2		1
71	Fixed magnet set		1
72	Magnetic control fixed axle	Φ12×50	1
73	Brake tension spring		1
74	Magnet motor		1
75	Double flywheel	Φ280/9KG	1
76	Motor belt	540PJ6	1
77	Upright post decoration strip		1
78	Plastic cover	Φ42.5×30	2
79	Handle pulse		2
80	Philips C.K.S. self-tapping screw	ST4×20	2
81	Pipe plug	Φ28×t1.5	2
82	Foam grip	Φ32×t3.0×480	2
83	Circlip for shaft	Φ12	2
84	Pedal(L)	406×187×74	1
85	Pedal(R)	406×187×74	1
86	Allen C.K.S. full thread screw	M6×12	8
87	Deep groove ball bearing	6003-2RS	4
88	Deep groove ball bearing	6200-2RS	4
89	Foam grip	Φ36×t3.0×720	2
90	Pipe plug	Φ32×t1.5	2
91	Motor cover(L)		1
92	Motor cover(R)		1
93	Philips C.K.S. Self-tapping screw	ST4×25	5
94	Circlip for holes	Φ40	2
95	Self-aligning ball bearing	2203-2RS	2
96	Hex full thread screw	M8×120	1

97	Power communication wire		1
98	Magnetic sensor		1
99	Power adapter		1
100	Brake line		1
101	Disc		2
102	Waved spring washer	Φ17	2
103	Hex nut	M10	5
104	Allen full thread screw	M10×20	4
105	Allen full thread screw(L)	M8×20-L	1
106	Philips C.K.S. full head screw	ST4×16	12

**DISPLAY FUNCTIONS :**

ITEM	DESCRIPTION
TIME	.Display Range 0:00 ~ 99:59; Setting range 0:00~99:00
SPEED	.Range 0.0 ~ 99.9KM/H
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
RPM	.Range 0 ~ 999
WATT	.Display Range:0~999; Setting Range 10 ~ 350

**KEYS :**

ITEM	DESCRIPTION
<b>Up (+)</b>	• Select function or increase resistance level
<b>Down (-)</b>	• Select function or decrease resistance level
<b>Enter</b>	• In STOP mode, press it to confirm setting or selection.
<b>Reset</b>	• Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or in stop mode.
<b>Start/ Stop</b>	• Start or Stop workout.
<b>Recovery</b>	• Test heart rate recovery status.
<b>Body fat</b>	• Test body fat% and BMI.

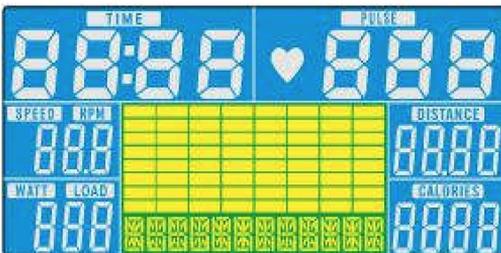
## OPERATION:

### POWER ON

Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(Drawing 1). Enter into user selection (Drawing 2) and personal data setting mode (Age, Gender, Height, Weight).

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

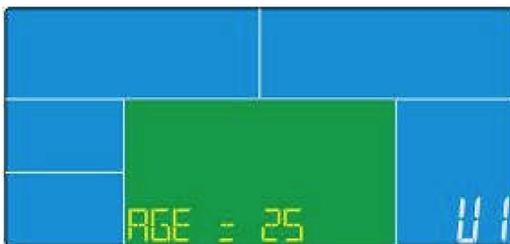


Drawing 1

### Personal data setting

After selecting user from U1~U4, press ENTER to confirm. Press UP(+) or DOWN (-) to set SEX, AGE (Drawing 3), HEIGHT, WEIGHT and confirm by pressing ENTER. All data will be saved as user profile.

After setting, console go to main menu and display as Drawing 4. In this page, user can start workout directly by pressing START/STOP button.



Drawing 3



Drawing 4

### Workout selection

In main page, the first program MANUAL is flashing (Drawing 5). User can press UP(+) or DOWN(-) to select: MANUAL-->PROGRAM-->USER PROGRAM-->H.R.C.-->WATT, press ENTER to confirm.

## **Manual Mode**

1. Press UP(+) or DOWN(-) to select workout program, choose Manual (Drawing 4) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset value of TIME/DISTANCE/CALORIES/PULSE and press ENTER to confirm.
3. Press START/STOP keys to start workout. During workout, user can press UP and DOWN to adjust load level from 1~16.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

## **Program Mode**

1. Press UP(+) or DOWN(-) to select workout program, choose Program (Drawing 5) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select program from P01~P12, the program profile will display by turn.
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP keys to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.
5. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Drawing 5

### H.R.C. mode

1. Press UP(+) or DOWN(-) to select workout program, choose H.R.C. (Drawing 7) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select: H.R.C 55 (Drawing 8), H.R.C75, H.R.C 90 or TAG (TARGET H.R.) (default: 100, Drawing 9) and confirm by pressing ENTER.
3. When select H.R.C 55, H.R.C75, H.R.C 90, console will display preset target value according to user age. Press UP(+) or DOWN(-) and ENTER to preset workout TIME.
4. When select TAG H.R., the preset value 100 is flashing as Drawing 9. Press UP(+) or DOWN(-) to adjust value from 30~230 and confirm by ENTER. Preset workout TIME by pressing UP(+) and DOWN(-).
5. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.



Drawing 7



Drawing 8

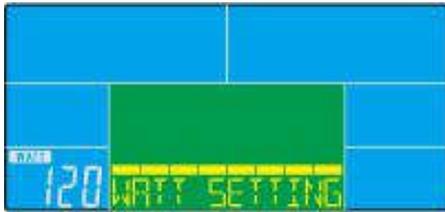


Drawing 9

### WATT Mode

1. Press UP(+) or DOWN(-) to select workout program, choose WATT (Drawing 10) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset WATT target. (default: 120)
3. Press UP(+) or DOWN(-) to preset workout TIME.

4. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust WATT level from 10~350.
5. Press START/STOP button to pause workout. Press RESET to reverse to main menu.



Drawing 10

### **Body Fat Mode**

1. During workout, press START/STOP to stop workout, press BODY FAT key to start measure.

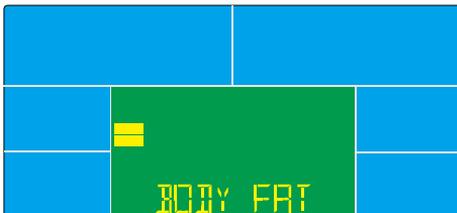
(Drawing 11)

2. Hold on hand grips, after 8 seconds, computer will show BMI, FAT% and fat symbol.
3. Press BODY FAT key again reverse to main menu.

4. Error code:

\*Console display E-1 (Drawing 12): user is not holding hand grips correctly.

\*Console display E-4 (Drawing 13): FAT% exceed setting range (5.0% ~50.0%)



Drawing 11



Drawing 12



Drawing 13

<REFERENCE>

B.M.I. (Body mass index) integrated

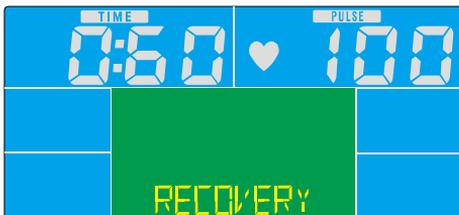
B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

**Recovery**

1. When pulse value display on the computer (hold hand grips), press RECOVERY button.
2. All function display will stop except TIME” starts counting down from 00:60 to 00:00 (Drawing14). When TIME counts down to 0, screen will display your heart rate recovery status with the FX (X=1~6, Drawing 15). F1 is the best, F6 is the worst. (See below chart)  
(Press the RECOVERY button again to return the main display.)
3. During RECOVERY, user may press RECOVERY button to back to main menu.
4. Without pulse inputted, it is invalid to press RECOVERY button.



Drawing14



Drawing15

1.0	OUTSTANDING
1.0 ≤ F ≤ 2.0	EXCELLENT
2.0 ≤ F ≤ 2.9	GOOD
3.0 ≤ F ≤ 3.9	FAIR
4.0 ≤ F ≤ 5.9	BELOW AVERAGE
6.0	POOR

**NOTE:**

1. This computer require 9V, 1300mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power saving mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.



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