

TCORX
FITNESS IN MOTION

INSTRUCTION



TRX 50 S EVO

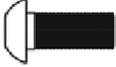
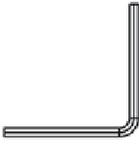
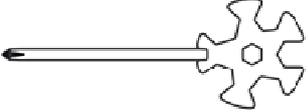


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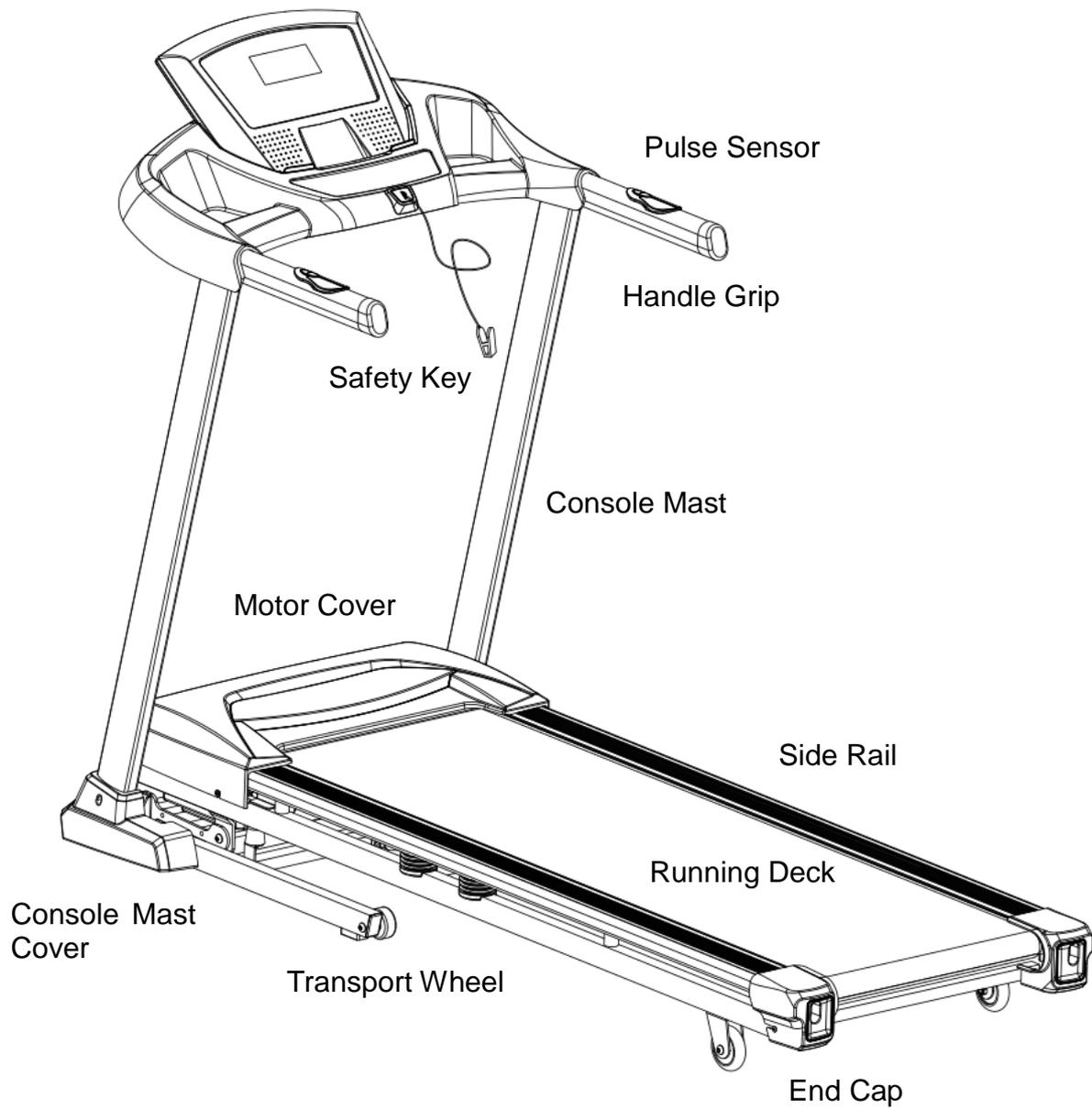
Ed : 03/17



Hardware Pack Contents

<p>68</p>  <p>20mm Allen Bolt x 4</p>	<p>84</p>  <p>8mm Washer x 14</p>	<p>66</p>  <p>80mm Allen Bolt x 2</p>
<p>87</p>  <p>8mm Spring Washer x 14</p>	<p>71</p>  <p>15mm Phillips Screw x 2</p>	<p>54</p>  <p>90mm Allen Bolt x 4</p>
<p>57</p>  <p>15mm Allen Bolt x 4</p>	 <p>5# Allen Wrench x 1</p>	 <p>6# Allen Wrench x 1</p>
 <p>Multi Wrench x 1</p>		

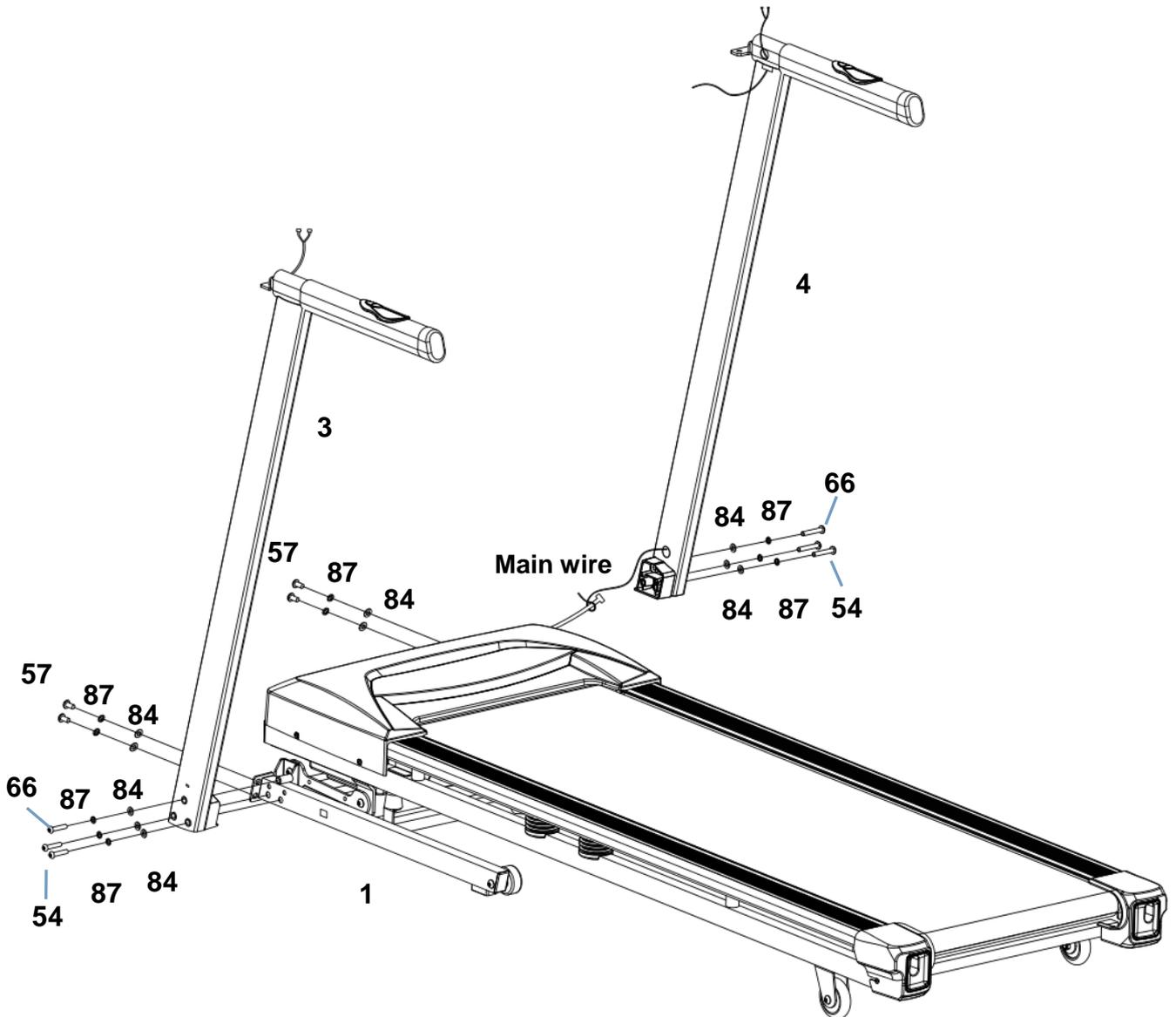
Product Overview



Assembly Instructions

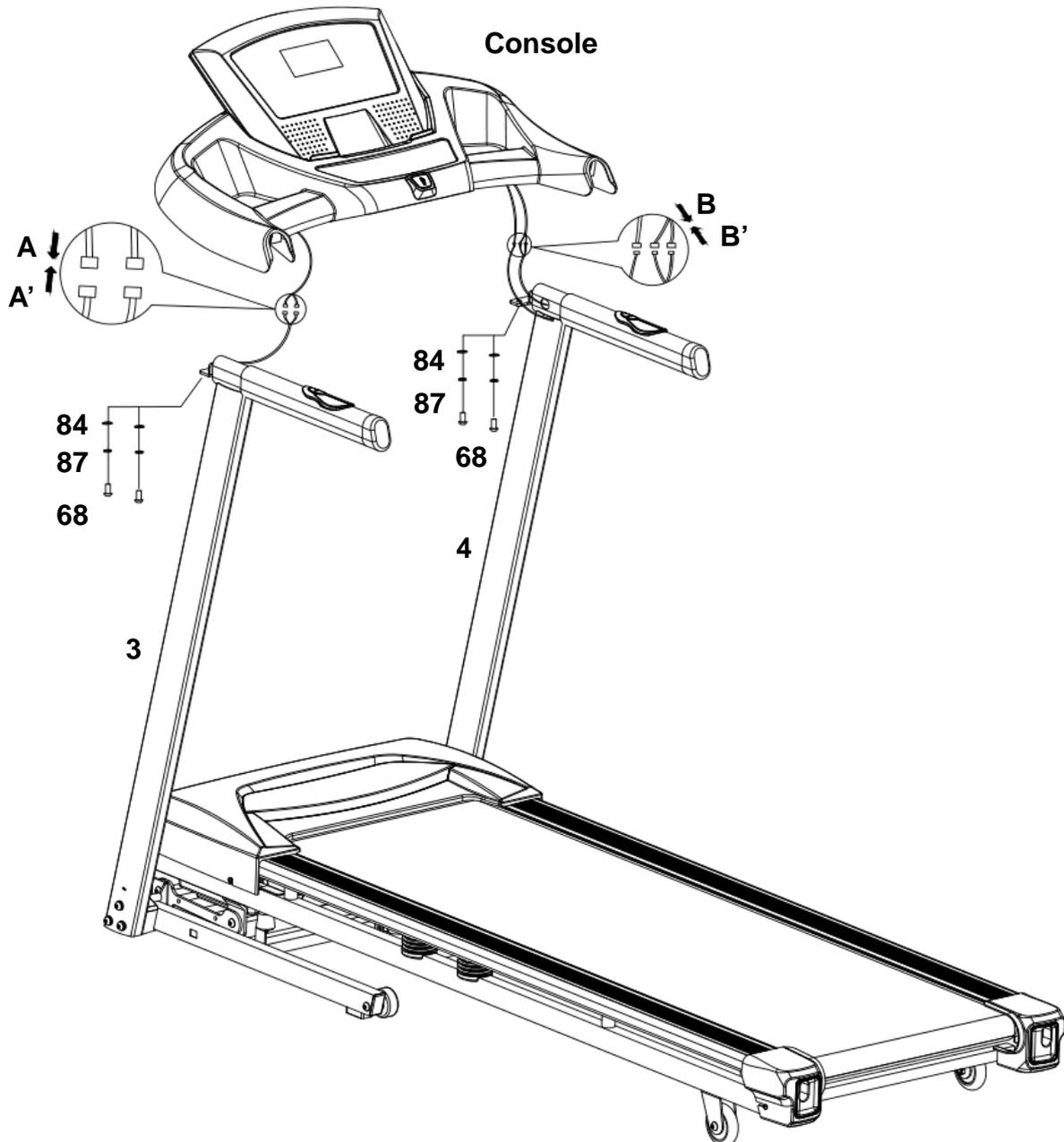
Step 1

- 1.1 Thread the Main Wire from the bottom of the Right Console Mast (4) to the top and through the opening.
- 1.2 Attach Left Console Mast (3) and Right Console Mast (4) to the Base Frame (1) using 4 x M8 x 15mm Allen Bolts (57), 2 x M8 x 80mm Allen Bolts (66), 4 x M8 x 90mm Allen Bolts (54), 10 x 8mm Spring Washers (87) and 10x 8mm Washers (84).



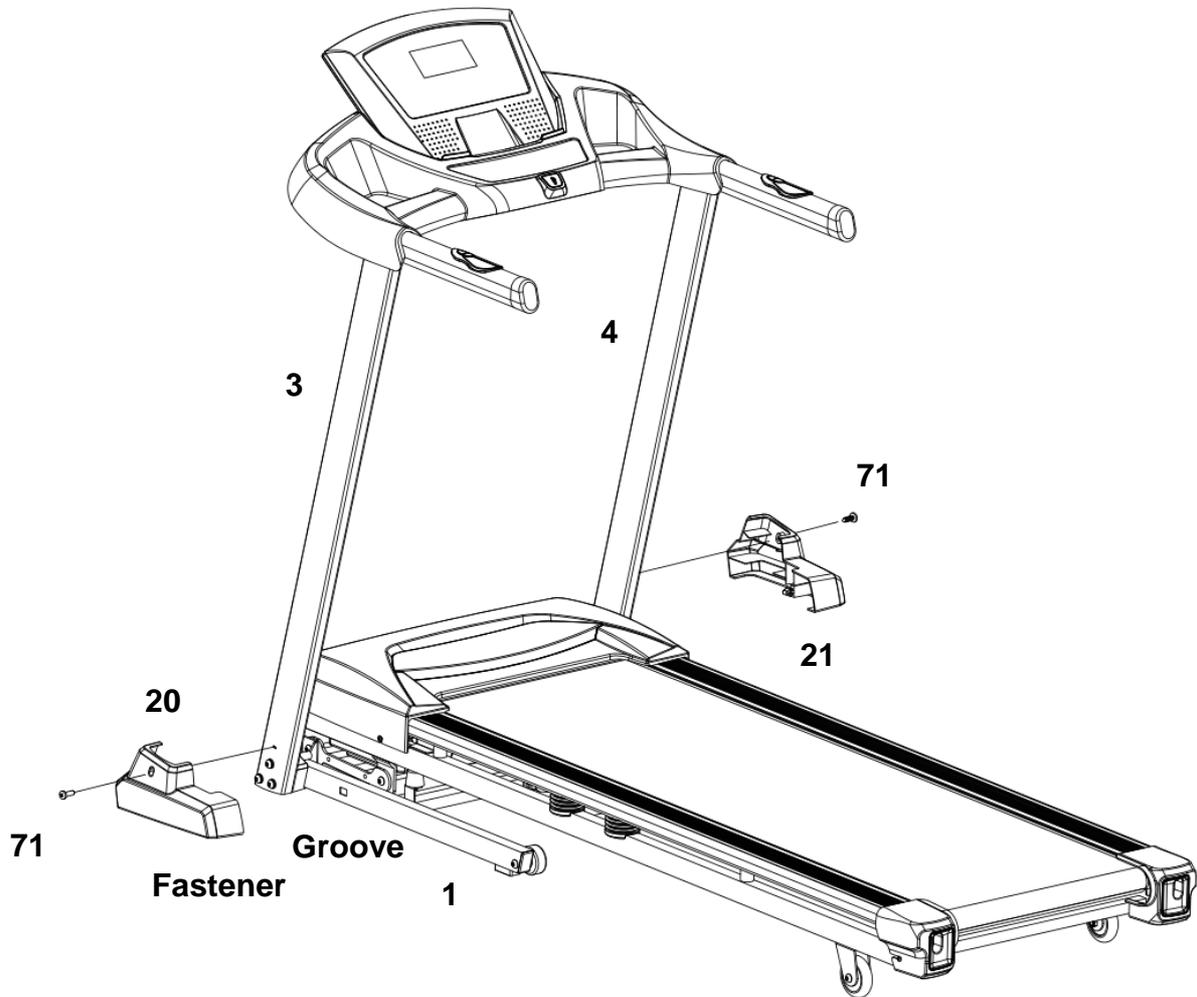
Step 2

- 2.1 Take the console and connect the wires from the Left Console Mast (3) and Right Console Mast (4) to the wires from the console, there will be two wires from the Left Console Mast (3) and three from the Right Console Mast (4).
- 2.2 Insert the connected wires into the handles of the Left Console Mast (3) and Right Console Mast (4) to ensure they don't get pinched between the console and frame of the treadmill.
- 2.3 Attach the console to the Left Console Mast (3) and Right Console Mast (4) using 4 x M8 x 20mm Allen Bolts (68), 4 x 8mm Spring Washers (87) and 4 x 8mm Washers (84).



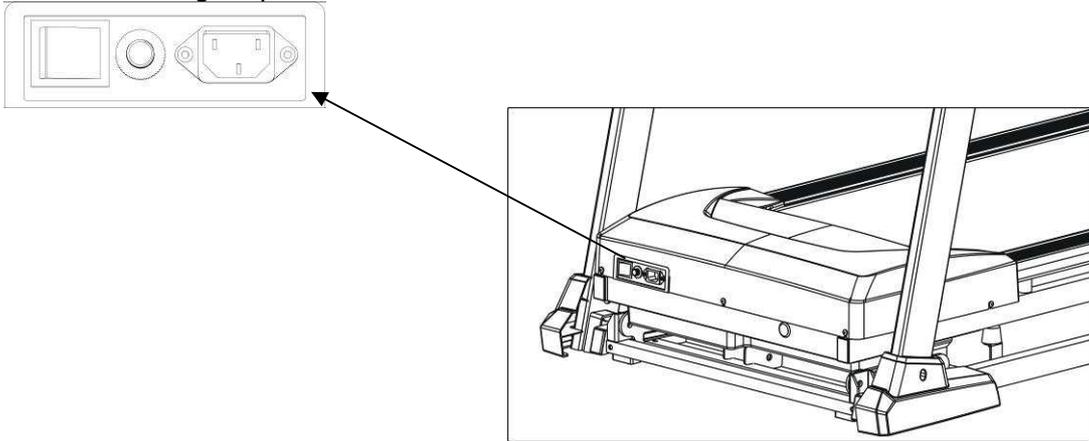
Step 3

- 3.1 Attach the Left Mast Cover (20) and Right Mast Cover (21) by inserting the fastener located on the end of the mast covers into the groove on the Base Frame (1).
- 3.2 Secure the Left Mast Cover (20) and Right Mast Cover (21) in place using 2 x ST4.8 x 15mm Dome Head Philips Screws (71) to attach them to the Left Console Mast (3) and Right Console Mast (4).



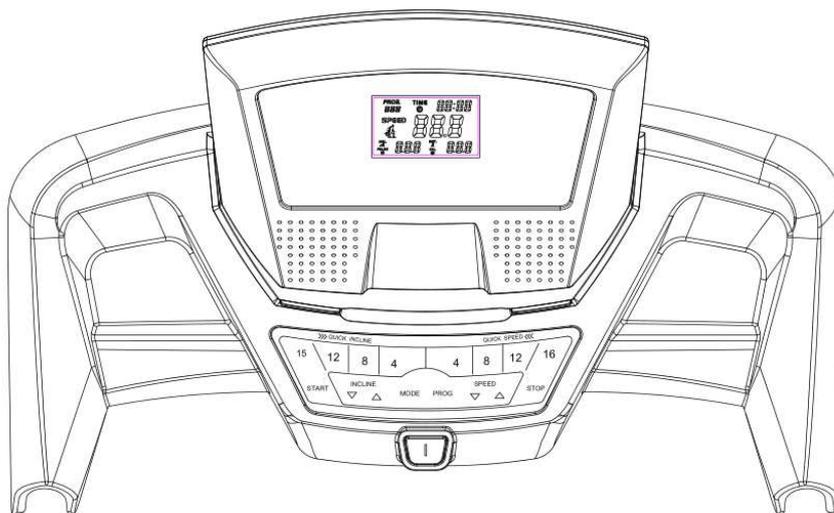
Starting the Treadmill

To start the treadmill simply plug in the power cord and turn on the switch. You will hear a signal tone and the screen of the console will light up.



There is an over-current protector located on the right side of the switch (see above picture); in case of short circuit or over-current, the button of the over current protector will pop up and the treadmill will power off. Please unplug the power source and push down the button and then turn on the switch to restart your workout. If the button pops up again, please contact our National Service Centre on 1800 465 070.

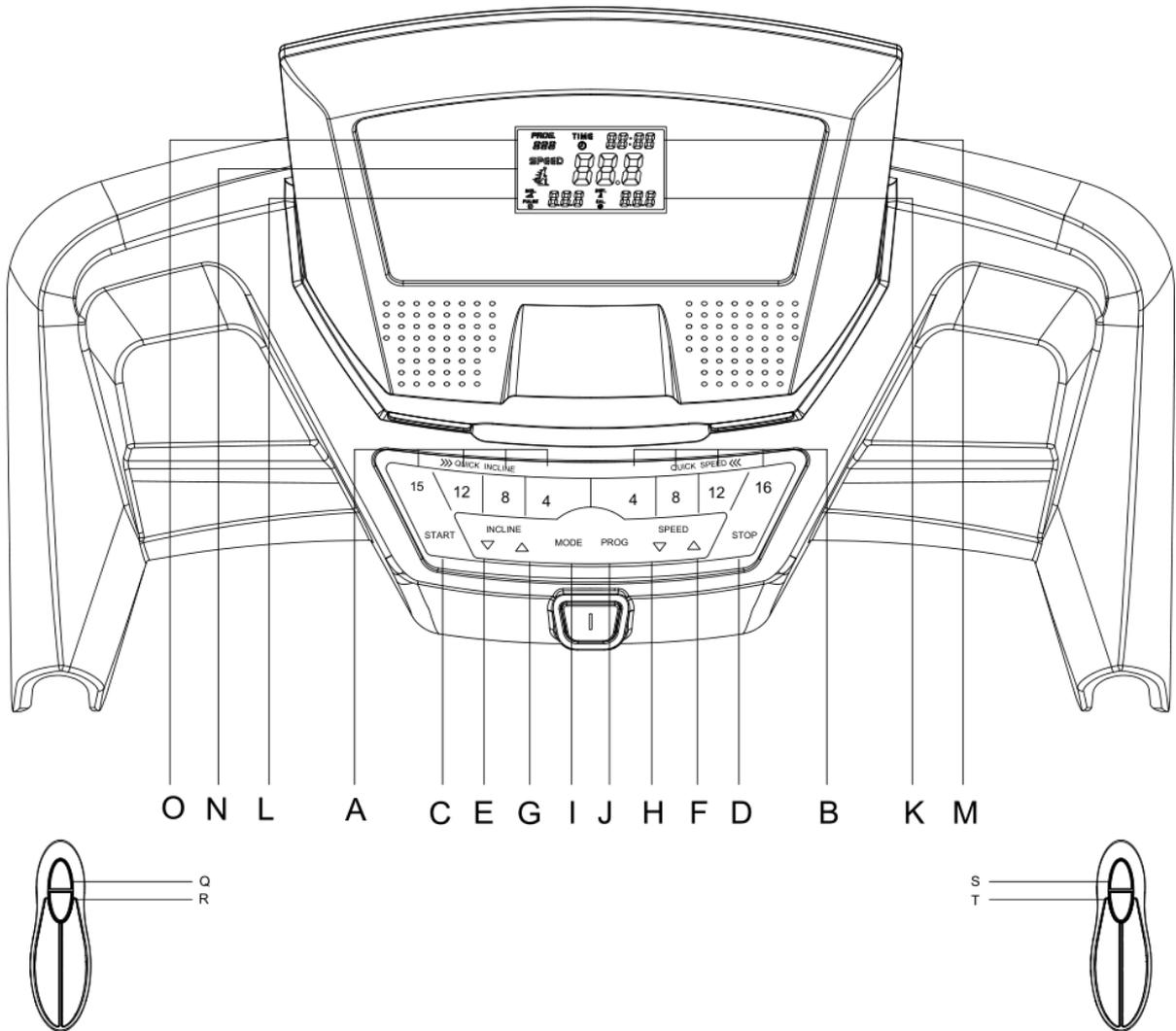
The treadmill will only work if the Safety Key (45) is attached to the groove in the console. Insert the Safety Key (45) and attach the clip onto your clothes. If it is necessary to turn off the motor immediately, just pull the Safety Key (45) out of the console.



45

The treadmill will automatically switch off after approximately 10 minutes of inactivity.

Console Overview



- A** Quick Incline Select
- B** Quick Speed Select
- C** Start
- D** Stop
- E** Incline-
- F** Speed+
- G** Incline+
- H** Speed-
- I** MODE
- J** Prog
- K** Distance or cal
- L** Pulse or incline
- M** Time
- N** Speed
- O** prog
- Q** Incline+
- R** Incline -
- S** Speed +
- T** Speed -

Console Displays

TECHNICAL SPECIFICATION

Time = 0:00-99:59 min

Speed = 1.0-18.0 km/h

Distance = 0.00-99.9 km

Calorie = 0-999 cal

Incline = 0-15%

Pulse = 50-200 beats/min

START

Press to start exercise with initial speed 1.0km/h

STOP

Press during workout and the treadmill will stop by gradually reducing the speed and incline.

QUICK SPEED SELECT

Press to select your desired running speed with 4, 8, 12, 16km/h

QUICK INCLINE SELECT

Press to select your desired running deck incline with 4%, 8%,12%, 15%.

SPEED UP/DOWN

Press to increase/decrease exercise speed by 0.1km/h

Press to select training time under program workout mode

Press to choose the desired training target (Time, Distance, Calorie) under training target control workout mode.

INCLINE UP/DOWN

Press to increase/decrease running deck incline by 1%

Press to select training time under program workout mode.

Press to choose the desired training target (Time, Distance, Calorie) under training target control workout mode.

MODE

Press to select training target workout mode

PROG

Press to select workout program (P01—P10).

General Operation

Turn on the power switch at the front of your Treadmill. This switch is located next to the mains power cord inlet. Place the safety key into the magnetic groove in the middle of the console. The console will give an audible signal and all console window displays will display a value of 0.

Note: If the Safety Key is not placed correctly or is faulty, the "Speed" window will display "E00", which indicates that the treadmill will not operate.

If the Safety Key falls off during exercise, the console will give an audible signal and "Speed" window will display "E00" and the treadmill will stop. To stop the treadmill in an emergency, simply pull the safety key off its mount in the console front. It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

To get a pre-exercise pulse rate, simply hold both hand pulse sensors on both side of the handlebar supports for 5 seconds. The Pulse Range is between 50 and 200 beats per minute.

Note: The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment and the available pulse signal put out by individuals' palms. To get the best accurate readings, keep the hands placed flat and firm on the pulse pads for 10 to 20 seconds, as this will allow the pulse reading to average and then settle.

Computer Operation

FREE RUN MODE

Turn on the treadmill and press "Start" button on the console. Press "Speed +" or "Speed -" on the console or the handle to adjust the speed to the desired setting. Pressing "Speed +" or "Speed -" buttons will increase/decrease the speed by 0.1km/h increments.

Press "Incline +" or "Incline -" button on the console of the handle to adjust the running deck incline to the desired setting. Pressing "Incline +" or "Incline -" buttons will increase/decrease the level of incline by 1% increments.

You can also press the "Quick Speed Select" and the "Quick Incline Select" button to select desired running speed and incline.

TIME WORKOUT MODE

Turn on the treadmill and press the "Mode" button once, the "Time" window will flash and display "15:00", which is the pre-set training time of the treadmill. Press "Speed +" / "Speed -" or press "Incline +"/ "Incline -" buttons to select your desired training time, the range is 5:00 to 99:00 minutes.

Once you have set the desired workout time, press the "Start" button to begin your workout, the time display will reduce gradually during your training and the treadmill will stop automatically when the "Time" window displays "0:00".

DISTANCE WORKOUT MODE

Turn on the treadmill and press the "Mode" button twice, the "Dist" window will flash and display "1.00", which is the pre-set training distance of the treadmill. Press "Speed +" / "Speed -" or press "Incline +"/ "Incline -" buttons to select your desired training distance, the range is 0.50 to 99.9km.

Once you have set the desired workout distance, press the "Start" button to begin your workout, the distance data will reduce gradually during your training and the treadmill will stop automatically when the "Dis" window displays "0.00".

CALORIE WORKOUT MODE

Turn on the treadmill and press the “Mode” button three times, the “Cal” window will flash and display “50”, which is the pre-set burning calories of the treadmill. Press “Speed +” / “Speed -” or press “Incline +”/ “Incline -” buttons to select target burning calories, the range is 10 to 999 cal.

Once you have set the desired workout calorie burning, press the “Start” button to begin your workout, the calories data will reduce gradually during your training and the treadmill will stop automatically when the “Cal” window displays “0”.

Note: In any of the above workout modes, press the “Speed +” / “Speed -” or “Incline +” / “Incline -” buttons or press the “Quick Speed Select” / “Quick Incline Select” buttons to choose your desired running speed/level of incline.

PROGRAM WORKOUT MODE

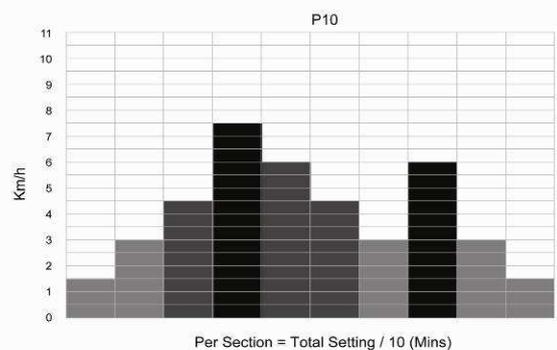
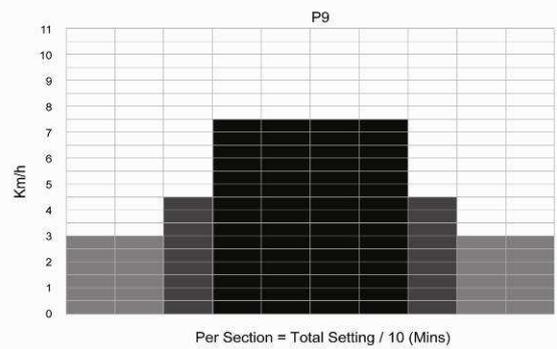
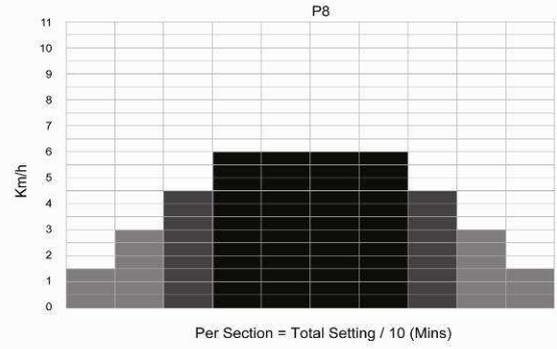
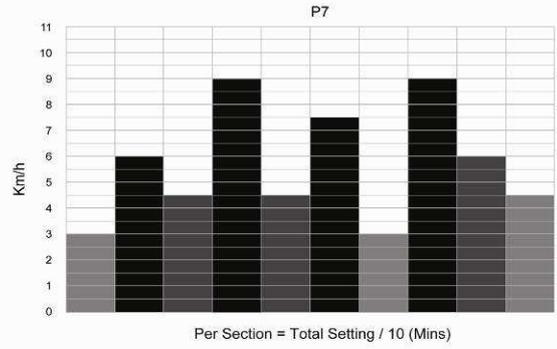
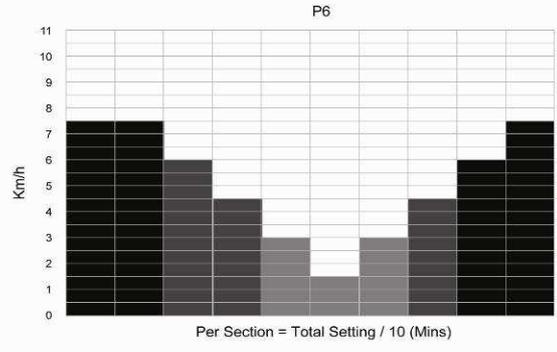
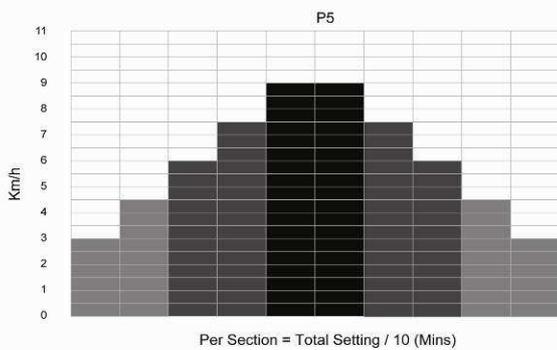
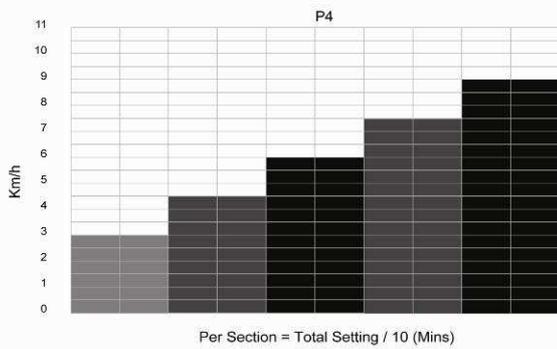
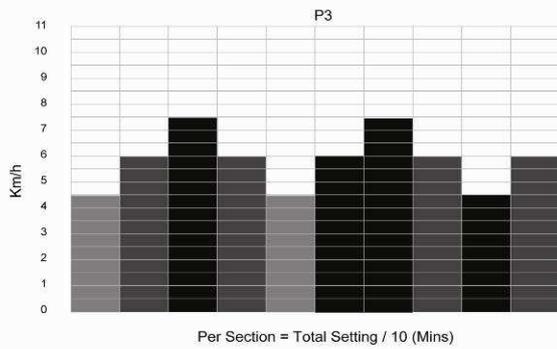
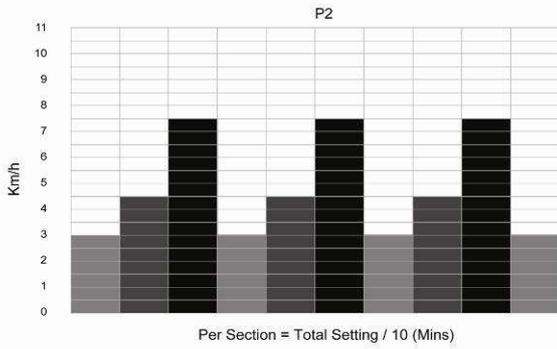
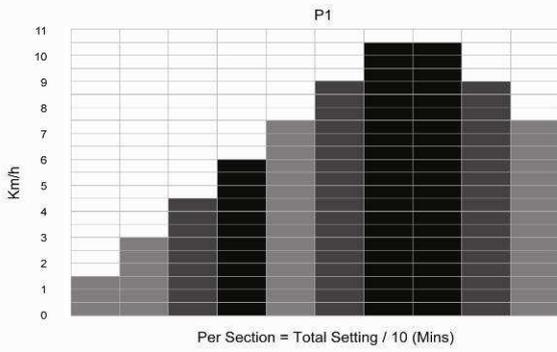
In this mode, you have a choice of 10 pre-set programs.

Press the “PROG ” button and the “Program” window will display “P01” and the “Time” window will display “30:00”, which is the preset time of the treadmill for each program. Press the “Speed +” / “Speed -” or “Incline +”/ “Incline -” buttons to select your desired workout time, the range is 5:00 to 99:00 min. Press the “Start” button and the treadmill will count down from three and begin the selected program. The start speed depends on the program you have chosen.

All of the training programs have 10 segments and each segment’s time is 1/10 of total setting time. During any of the training segments you can press the “Speed +” / “Speed -” or “Incline +”/ “Incline -” buttons to adjust training speed and deck incline.

For all preset values, please refer to following table and diagrams.

Starting Incline and Speed for Each Program		
Program	Start Incline	Start Speed
P01	1%	1.5 Km/h
P02	1%	3.0 Km/h
P03	2%	4.5 Km/h
P04	2%	3.0 Km/h
P05	3%	3.0 Km/h
P06	3%	7.5 Km/h
P07	4%	3.0 Km/h
P08	4%	1.5 Km/h
P09	5%	3.0 Km/h
P10	4%	1.5 Km/h



PULSE WORKOUT MODE

Turn on the treadmill and press the "PROG" button until the "Prog." window displays "HP1". The "Time" window will display "30:00", which is the pre-set workout time for the pulse workout mode. Press the "Speed +" / "Speed -" or "Incline +" / "Incline -" buttons to select your desired training time.

Press the "MODE" button, the "Dis." window will display "30", which is the treadmill pre-set user's age. Press "Speed +" / "Speed -" or "Incline +" / "Incline -" buttons to select your correct age. Press the "MODE" key again and the "Dis." window will display your target heart rate date according to your age (it will show the "default" value from the table on the following page). You can press the "Speed +" / "Speed -" or "Incline +" / "Incline -" buttons to select your desired target heart rate. After setting above data, press the "MODE" button to exit, press the "Start" button to start the treadmill, the treadmill will run with speed at 1.0km/h.

During workout, when your heart rate is lower than the preset value and the difference value is within 10, then the treadmill will increase the speed by 0.4Km/h every ten seconds; while the difference value is larger than 10, the treadmill will increase the speed by 0.8Km/h every ten seconds until your target heart rate is achieved, the speed can increase maximum to to 10Km/h.

When your heart rate exceeds your selected value and the difference value is within 10, then the treadmill will decrease speed by 0.4Km/h every ten seconds; while the difference value is larger than 10, the treadmill will decrease the speed by 0.8Km/h every ten seconds until the target heart rate is achieved, the speed can decrease minimum to to 1.0Km/h

If the treadmill detects no heart rate input, the speed will keep unchanged. "HP1" Pulse Workout Mode has a maximum speed of 8km/h, "HP2" and "HP3" have a maximum speed of 9km/h and 10km/h respectively. Note: We recommend that you to read the target heart rate zone table on the following page carefully before you start using the Pulse Workout Mode.

User's Target Heart Rate Table

AGE	Heart Beat (Times/Mins)			AGE	Heart Beat (Times/Mins)			AGE	Heart Beat (Times/Mins)		
	H	Default	L		H	Default	L		H	Default	L
15	195	123	123	37	174	110	110	59	153	97	97
16	194	122	122	38	173	109	109	60	152	96	96
17	193	122	122	39	172	109	109	61	151	95	95
18	192	121	121	40	171	108	108	62	150	95	95
19	191	121	121	41	170	107	107	63	149	94	94
20	190	120	120	42	169	107	107	64	148	94	94
21	189	119	119	43	168	106	106	65	147	93	93
22	188	119	119	44	167	106	106	66	146	92	92
23	187	118	118	45	166	105	105	67	145	92	92
24	186	118	118	46	165	104	104	68	144	91	91
25	185	117	117	47	164	103	103	69	143	91	91
26	184	116	116	48	163	103	103	70	143	90	90
27	183	116	116	49	162	103	103	71	142	90	89
28	182	115	115	50	162	102	102	72	141	90	89
29	181	115	115	51	161	101	101	73	140	90	88
30	181	114	114	52	160	101	101	74	139	90	88
31	180	113	113	53	159	100	100	75	138	90	87
32	179	113	113	54	158	100	100	76	137	90	86
33	178	112	112	55	157	99	99	77	136	90	86
34	177	112	112	56	156	98	98	78	135	90	85
35	176	111	111	57	155	98	98	79	134	90	85
36	175	110	110	58	154	97	97	80	133	90	84

BODY FAT ANALYSIS

Turn on the treadmill and press the “PROG” button until the “Prog.” window displays “FAT”. Press the “MODE” button and the “Incline” window will display “F-1” and the “Dis.” window will display “01”. Press the “Speed +” / “Speed -” or “Incline +” / “Incline -” buttons to select your sexual distinction, “01” being male and “02” being female.

Press the “MODE” button again and the “Incline” window will display “F-2” and the “Dis.” window will display “30”, which is the pre-set user’s age. Press “Speed +” / “Speed -” or “Incline +” / “Incline -” buttons to select your correct age, the range is 15 to 80.

Press the “MODE” button again and the “Incline” window will display “F-3” and the “Dis.” window will display “170”, which is the pre-set user’s body height (in cm). Press the “Speed +” / “Speed -” or “Incline +” / “Incline -” buttons to select your correct body height, the range is 50 to 250cm.

Press the “MODE” button again and the “Incline” window will display “F-4” and the “Dis.” window will display “70”, which is the pre-set user’s body weight (in kg). Press the “Speed +” / “Speed -” or “Incline +” / “Incline -” buttons to select your correct body weight, the range is 20 to 200kg.

Press the “MODE” button again and the “Incline” window will display “P” and the “Speed” window will display “---”. Grasp the two handle pulse sensors with both hands and hold for approximately three seconds, the “Pulse” window will then display your body fat value. Refer to the below table for the body fat rating.

Body Fat Scale Parameter Table

Body Fat	≤ 18.5	Under Weight
Body Fat	$= (20—25)$	Ideal Weight
Body Fat	$= (25—29)$	Over Weight
Body Fat	≥ 30	Obesity

Maintenance

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product and exceed the LIMITED WARRANTY coverage.

- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

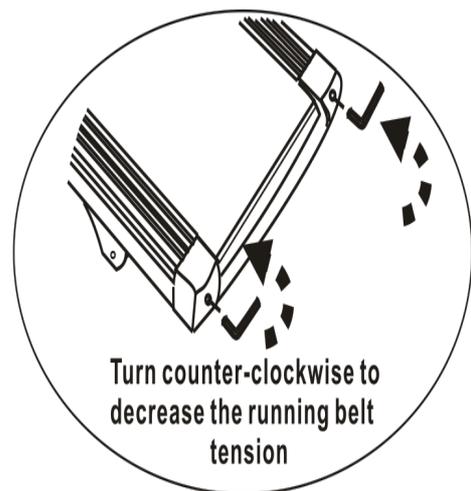
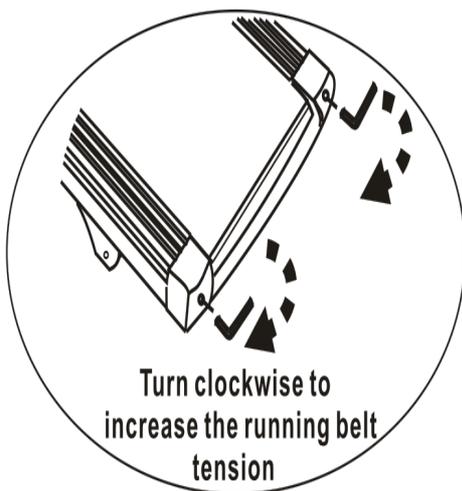
BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory, however it may stretch off the centre after use. Stretching is normal during the break-in period. Also when you run, you may push off harder with one foot than with the other which can cause the belt to move off-centre. This is normal and the running belt will centre when nobody is on the running belt. If the running belt remains consistently off-centre then you will need to centre the running belt manually.

If the running belt feels as though it is slipping or hesitating when you plant your foot during a workout, the tension on the running belt may have to be increased.

To centre the running belt or adjust the tension of the running belt, simply follow the instructions below.

Start the treadmill without anybody on the running belt, press the “Speed +” button until the speed reaches 6km/h. Observe whether the running belt is leaning toward the right or left side of the deck. If it is towards the left side of the deck, use 6 Allen Key (104) to turn the left adjustment bolt clockwise $\frac{1}{4}$ of a turn and let the running belt adjust to its new position. If it is still moving towards the left side of the deck continue to turn the adjustment bolt in $\frac{1}{4}$ turn increments until the running belt is centred. If it is towards the right side of the deck, use 6 Allen Key (104) to turn the right adjustment bolt clockwise $\frac{1}{4}$ of a turn and let the running belt adjust to its new position. If it is still moving towards the right side of the deck continue to turn the adjustment bolt in $\frac{1}{4}$ turn increments until the running belt is centred. Once the belt has been centred, increase the speed to 12km/h to verify that it is running smoothly. If the above procedure is unsuccessful in resolving the issue then you may need to increase the belt tension.



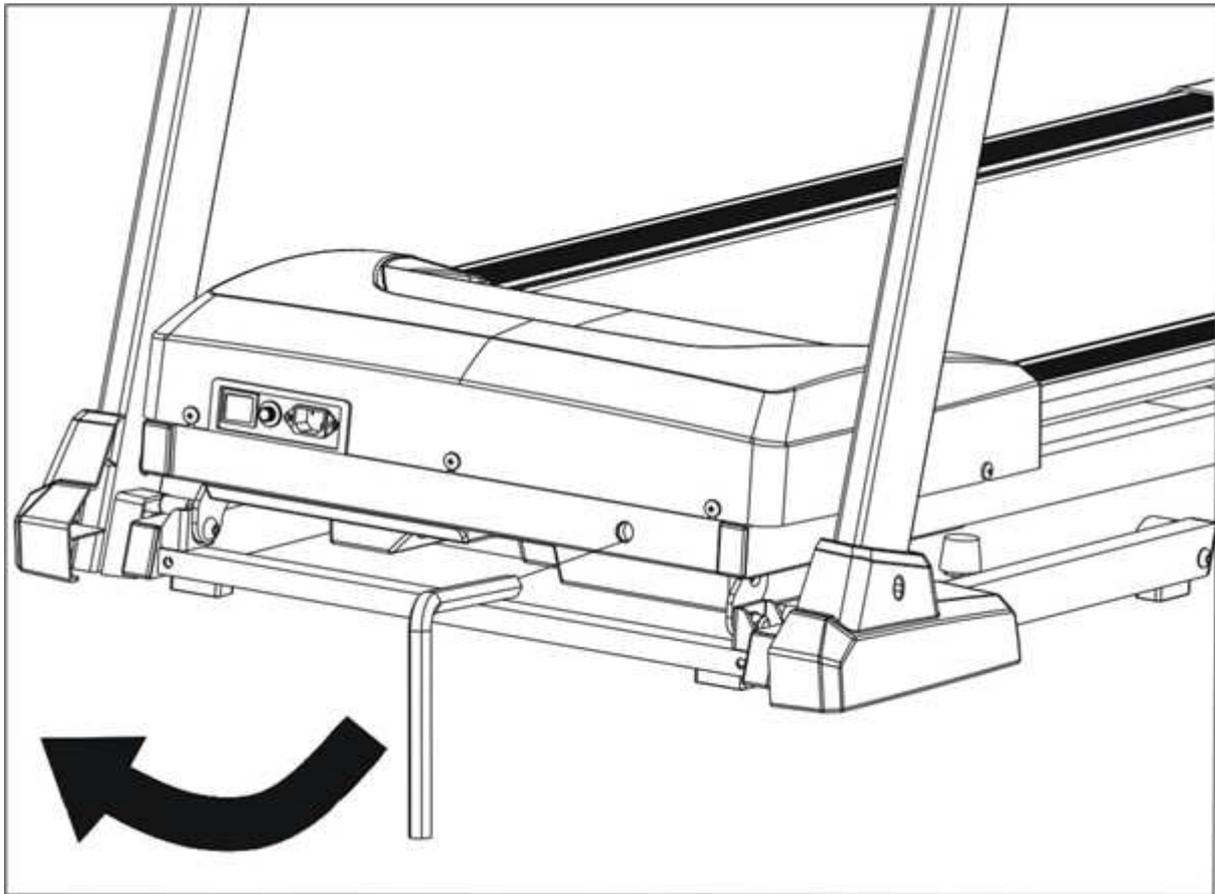
Note: Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

ADJUSTING THE MOTOR BELT

During your workout, if you find the running belt is not running smoothly then it means that the motor belt is loosened. To solve the issue please follow the below steps to adjust the tension.

Turn the motor belt adjustment bolt clockwise $\frac{1}{4}$ turn using the 6 Allen Key (104). Re-start the treadmill and run on the treadmill. If the running belt is still not working properly then repeat the above step until the running belt functions properly.

Note: be careful not to tighten the motor belt too much as this will cause the treadmill to overload and will reduce the life of the motor.



DECK LUBRICATION

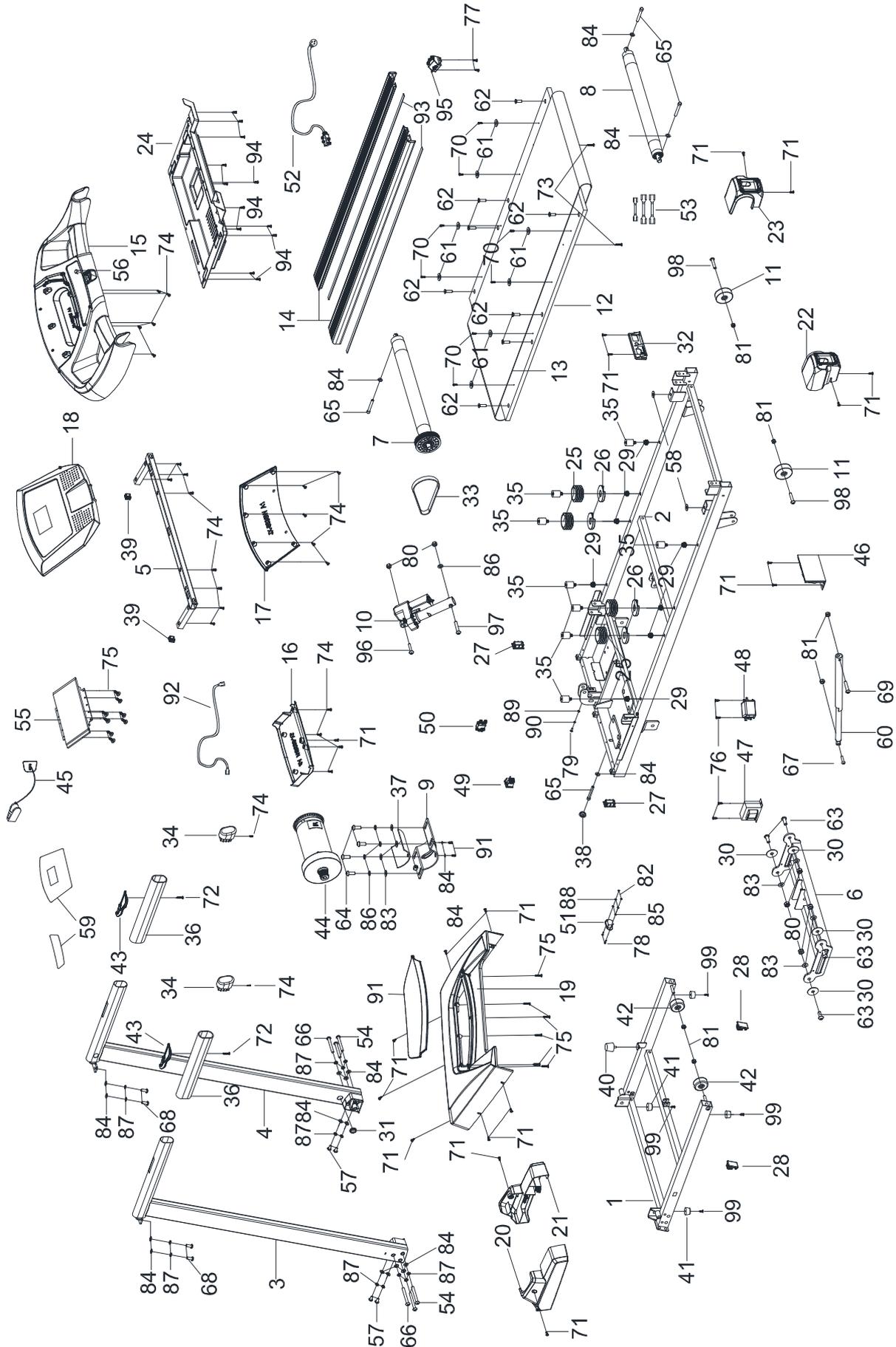
The treadmill is pre-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. After every 2 months of operation, lift the side of the running belt and feel the underside surface of the belt, as far as possible. If traces of silicon lubricant are found, further lubrication is not necessary. In case of a dry surface, refer to the instructions below.

Only use 100% silicon oil to lubricate your treadmill deck.

To apply lubricant on the belt, position the running belt so that the seam is located in the middle of the running deck. Lift one side of the belt and apply approximately $\frac{1}{3}$ of the bottle of the supplied Lubricating Oil (105) under the centre of the running belt and on the top surface of the running deck. Turn on the unit and walk on the treadmill for 3-5 minutes at a low speed to evenly distribute the lubricant. Wipe off any excess lubricant that is visible on the running deck outside the edge of the running belt.

Note: do not over lubricate the running deck.

Exploded Diagram



Parts List

Note: Some of the below parts are pre-assembled to the master component and may not be supplied separately.

Key No.	Description	QTY	Key No.	Description	QTY
1	Base frame	1	28	End Cap	2
2	Running stage	1	29	M8 Aircraft nut	8
3	Left console mast	1	30	φ40×φ10×2mm Washer	4
4	Right console mast	1	31	Flinger	1
5	Console frame	1	32	Switch box	1
6	Incline frame	1	33	Motor belt PJ483/190J	1
7	Front roller	1	34	End cap	2
8	Rear roller	1	35	Cushion	8
9	Motor support	1	36	Handle grip	2
10	Incline motor	1	37	Rubber Cushion	1
11	Wheel	2	38	End cap	1
12	Running deck	1	39	End cap	2
13	Running belt	1	40	Cushion	1
14	Side rail	2	41	Shock pad	4
15	Console housing	1	42	Wheel	2
16	Back cover	1	43	Pulse sensor	2
17	Bottom cover	1	44	Motor	1
18	Screen cover	1	45	Safety key	1
19	Motor cover	1	46	Controller	1
20	Left mast cover	1	47	Inductor	1
21	Right mast cover	1	48	Filter	1
22	Left end cap	1	49	Switch	1
23	Right end cap	1	50	Over current Protector	1
24	Motor bottom cover	1	51	Power Socket	1
25	Shock pad	4	52	Power cord	1
26	Shock pad bracket	4	53	Short cords	1

27	End Cap	2	54	M8x90mm Allen bolt	4
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Key No.	Description	QTY	Key No.	Description	QTY
55	PC Board	1	79	M4x10mm Philips Screw	1
56	Steel bracket	1	80	M10 Aircraft Nut	6
57	M8x15mm Allen bolt	4	81	M8 Aircraft Nut	6
58	Φ23×Φ9×3.0 rubber bumper	2	82	M3 Hex Nut	2
59	Sticker	1	83	Φ10mm Washer	9
60	Air spring	1	84	Φ8mm Washer	20
61	φ25×φ15×5mm Washer	8	85	Φ3mm Washer	2
62	M8x24mm Philips Screw	8	86	Φ10mm Spring Washer	4
63	M10x25mm Philips Screw	4	87	Φ8mm Spring Washer	14
64	M10x20mm Philips Screw	4	88	Φ3mm Spring Washer	2
65	M8x60mm Allen Bolt	4	89	Φ4mm Washer	1
66	M8x80mm Allen Bolt	2	90	Φ4mm Spring Washer	1
67	M8x30mm Allen Bolt	1	91	Motor cover decoration	1
68	M8x20mm Allen Bolt	4	92	Main wire	1
69	M8x45mm Allen Bolt	1	93	EVA	4
70	ST4.8x15mm Dome Head Philips Screw	8	94	ST4.8x12mm Dome Head Philips Screw	12
71	ST4.8x15mm Dome Head Philips Screw	18	95	Safety key plug	1
72	ST4.2x50mm Dome Head Philips Screw	2	96	M10x45mm Allen Bolt	1
73	ST4.2x25mm Dome Head Philips Screw	2	97	M10x65mm Allen Bolt	1
74	ST4.2x15mm Dome Head Philips Screw	25	98	M8x40mm Allen Bolt	2
75	ST2.9x8mm Dome Head Philips Screw	10	99	ST4.8x20mm Dome Head Philips Screw	4
76	ST4.2x12mm Dome Head Philips Screw	4			
77	ST2.9x10mm Dome Head Philips Screw	2			
78	M3x12mm Philips Screw	2			



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