TOORX
FITNESS IN MOTION

INSTRUCTION

APP READY

TRX ENDURANCE

CE

CONTENT

Assembly instruction

WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

1 Main frame 1SET	D7 Washer M10 8PCS	D23 Bolt M10X15 4PCS	C15 Safety key 1PC
D36 Allen wrench T6 1PC	B6 Silicon oil 1 PC	B28 Bottle 2PCS	D24 Bolt M10X55 4 PCS
C19 Power line 1PC	D40 Screw ST4.2X20 6PCS	B26 Left front cover 1PC	B27 Right front cover 1PC
D41 Screw driver 1PC	C29 MP3 Line 1PC		
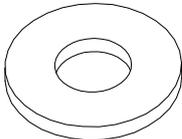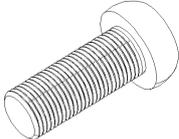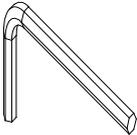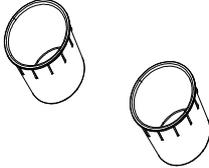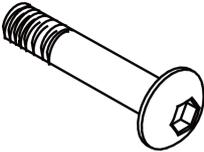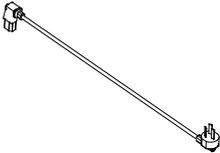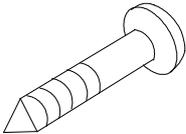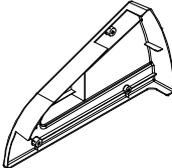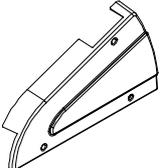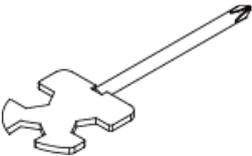
STEP 1 : According to the following steps to lift up the computer bracket. Be careful not press the line when folding
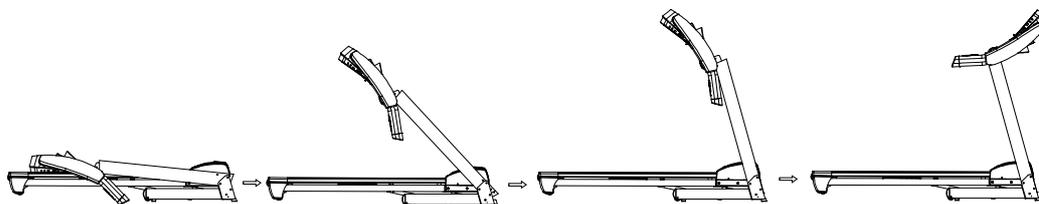
STEP 2 : Lock the treadmill with Bolt M10*15(D23), M10*55(D24) and Washer M10 (D7).
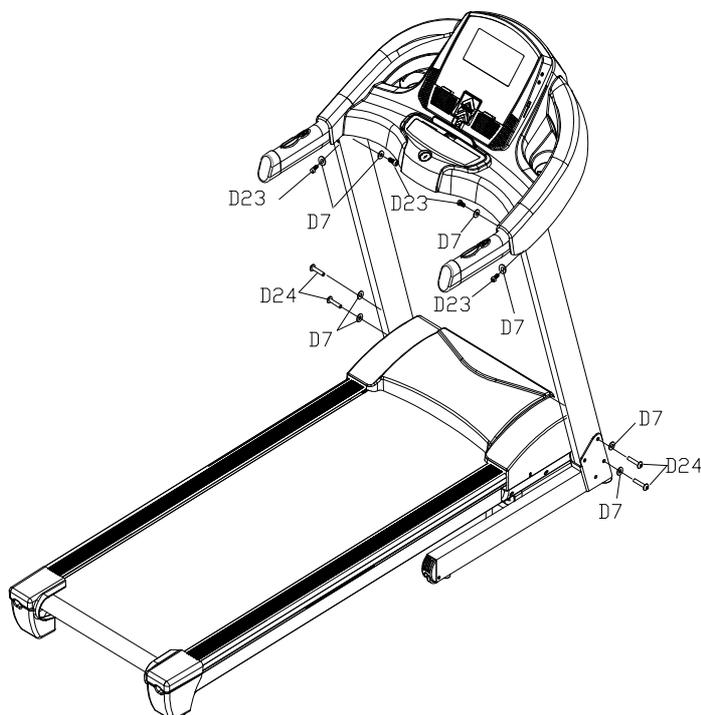
Step 3: Insert the Left front cover (B26) and Right front cover (B27) on the upright tube and base frame, then lock with Screw ST4.2*20 (D40).
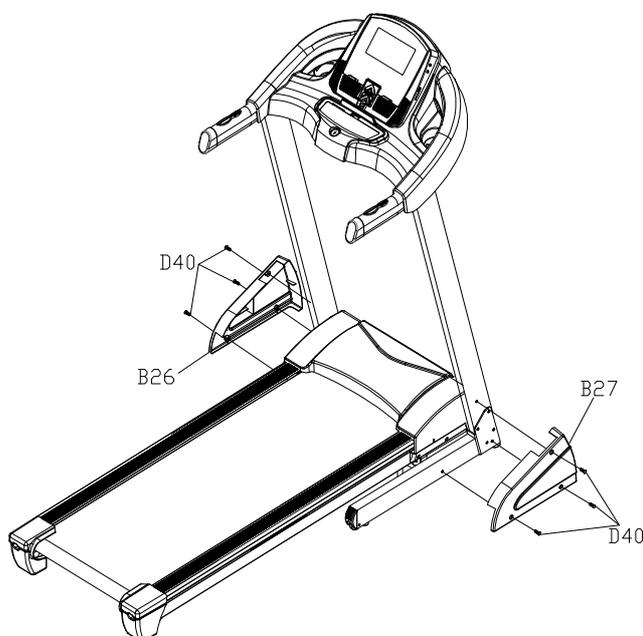
Step 4: Put the Bottle (B28) on the computer cover, then put on the Safety key (C15), Power line
(C19) and MP3 line (C29).
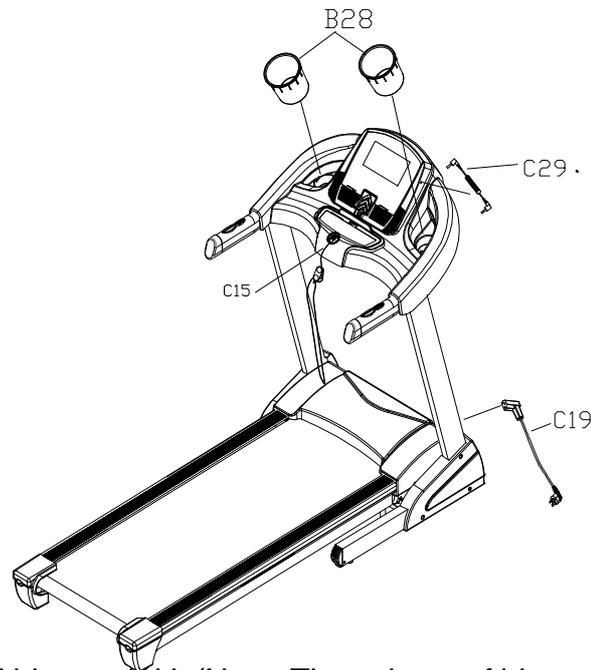
STEP 5: Plug in the dual bluetooth kit (Note: The voltage of bluetooth kit is 3.3V. Do not use it on the computer, or the Bluetooth kit will be damaged.)
1. Remove the bluetooth kit out of package, and push out the USB connector.
(As the picture shown)
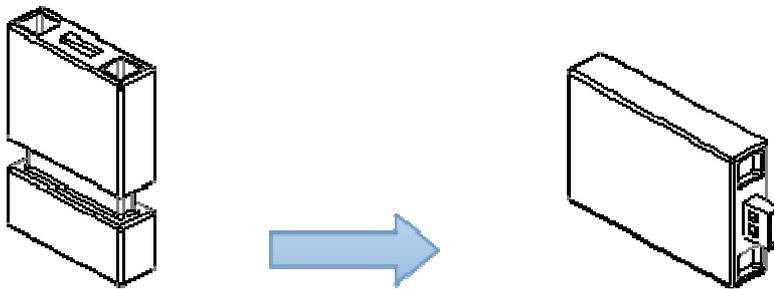
ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

Folding instruction
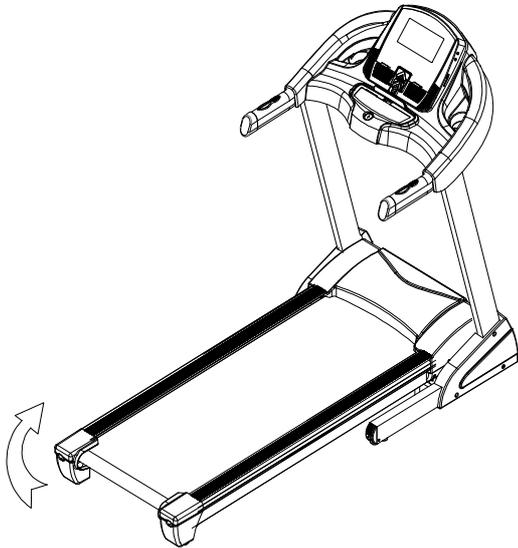
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

Unfolding instruction
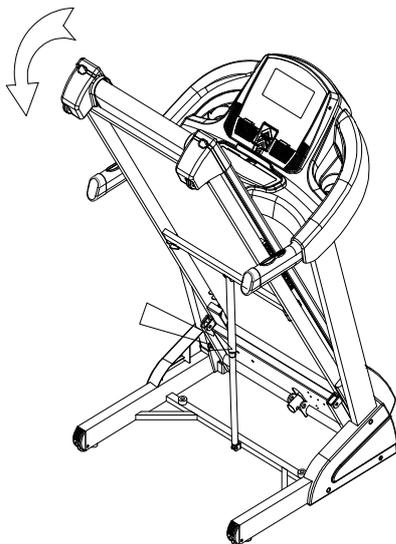
Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

Grounding Methods

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

  DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220V circuit and has a grounding plug . Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Operation Guide

1. WINDOW DISPLAY

1.1. Console
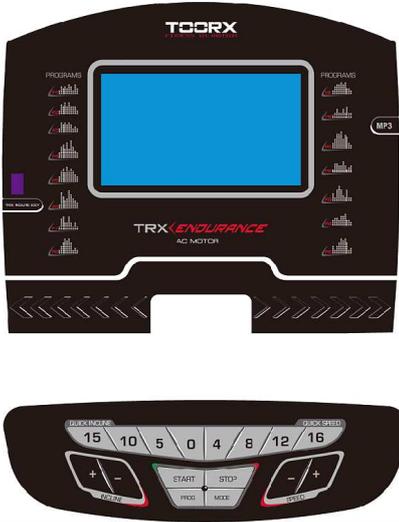
1.2. START

Normal start after 5 seconds countdown

1.3 PROGRAM

1 manual mode，16 pre-set programs, 1 body fat program ,3 countdown function , 3 users and HRC program

1.4. SAFETY LOCK FUNCTION

The window shows"---" when take away the safety lock and the treadmill will stop quickly with "didi"

alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count

down to "0"

1.5.BUTTON FUNCTION

1.5.1. START/STOP

"START"--When the treadmill is not running, press this button to start, speed is "1.0"

"STOP"--When the treadmill is running, press this button to stop, then set program default and then

return to manual mode after stopped.

1.5.2 "PROGRAM" BUTTON

When the treadmill is not running, press this button can circle choose from manual mode to pre-set

mode P1-P16,U1-U3 and body fat;

1.5.3 "MODE" BUTTON

When the treadmill is not running, press this button to choose countdown
9

modes:"H-1","H-2","H-3";:H-1" is the time countdown mode, and "H-2" is the distance countdown mode, "H-3" is the calorie countdown mode; press the "SPEED+/-" or "INCLINE+/-"button to adjust the data. After that, press the "START" button to start this treadmill

1.5.4 "SPEED +/- "BUTTON

SPEED +/– --Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

1.5.5 SPEED QUICK BUTTON

Press the speed quick button 4, 8, 12, 16 to adjust the speed directly when the treadmill

is running

1.5.6 "INCLINE+/-" BUTTON

INCLINE +/ – --Adjust incline when treadmill start; the increment is 1 level/time. Press the button

more than 2 seconds, and it will be up or down automatically

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 0, 5, 10, 15 to adjust the incline directly when the treadmill is running

1.6. DISPLAY FUNCTION

1.6.1 SPEED

Display running speed

1.6.2 TIME

Display the running time or countdown time

1.6.3 DISTANCE

Display the running total distance or distance countdown.

1.6.4 CALORIE

Display the calorie or calorie countdown

1.6.5 INCLINE

Display the incline

1.6.6 PULSE

Display pulse data

1.6.7 ALL WINDOW DISPLAY DATA RANGE

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 1.0-20.0(km/h)

PULSE: 50 – 200 (BPM)

INCLINE：0 – 15

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/ minute. It has heart-shaped graphics when testing pulse. This data is only for reference, can not be as medical data.

PROGRAM EXERCISE CHART

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P01	SPD	2	5	5	5	10	10	5	5	5	3	3	2	5	5	3	2
	INC	0	0	1	1	1	1	2	2	2	2	3	3	3	2	2	0
P02	SPD	2	2	7	2	2	7	7	12	4	4	12	4	4	12	4	2
	INC	0	1	2	2	3	3	2	2	3	3	2	2	3	2	2	0
P03	SPD	2	4	9	9	4	4	8	8	10	10	12	4	4	8	4	2
	INC	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	0
P04	SPD	2	6	6	6	12	12	12	12	6	6	3	3	3	5	5	2
	INC	0	1	2	3	4	5	6	7	6	6	5	4	3	2	1	0
P05	SPD	2	4	6	12	12	12	3	3	3	3	12	12	12	6	4	2
	INC	0	2	4	6	4	2	1	0	1	1	2	2	2	2	3	0
P06	SPD	2	4	5	5	6	6	8	8	6	6	8	8	6	9	6	2
	INC	0	1	3	4	4	3	3	1	2	1	2	1	2	1	2	0
P07	SPD	2	7	7	9	9	4	4	12	12	4	4	8	8	4	4	2
	INC	0	1	1	2	2	3	3	4	4	3	3	2	2	1	1	0
P08	SPD	2	2	6	6	6	8	9	10	11	12	9	5	5	5	3	2
	INC	0	1	2	4	2	1	2	4	2	1	2	4	2	1	2	0
P09	SPD	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INC	0	1	2	3	4	5	6	7	8	9	8	6	4	2	1	0
P10	SPD	2	5	6	7	8	9	10	11	10	9	8	6	7	5	4	2
	INC	0	1	2	4	6	6	6	4	4	4	2	2	2	1	1	0
P11	SPD	2	5	6	7	9	9	6	9	6	9	6	10	6	10	7	2
	INC	0	2	2	2	3	3	3	4	4	4	5	5	5	4	4	0
P12	SPD	2	6	8	10	8	6	4	6	8	12	8	6	8	12	12	2
	INC	0	1	1	3	3	5	5	7	7	5	5	3	3	1	1	0
P13	SPD	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INC	0	8	10	13	4	8	10	13	4	8	10	13	4	8	10	0
P14	SPD	2	8	10	12	4	8	10	12	4	8	10	12	4	8	10	2
	INC	0	8	12	13	4	8	12	13	4	8	12	13	4	8	12	0
P15	SPD	2	12	10	8	12	12	10	8	12	12	10	8	12	12	10	2
	INC	0	3	4	5	6	8	7	8	8	7	7	6	5	4	3	0
P16	SPD	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INC	0	4	5	6	2	4	5	6	2	4	5	6	2	4	5	0

1.9 Manual model operation

1.9.1 Press start key, time count down 5 seconds, then treadmill will start to work with initial speed 1km/h

1.9.2 Press speed +/-, you can adjust the speed

1.9.3 Press incline+/-, you can adjust the incline

1.9.4 Press stop, you can stop treadmill at working state

1.9.5 Press quick speed key, you can quickly adjust the speed you want

1.9.6 Press quick incline key, you can quickly adjust the incline you want

1.10 3 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 30：00 minutes，setting range 5：00---99：00 minutes , each step 1：00.

Countdown calorie initial setting 50therm, setting range 10---990 term，each step 10.

Countdown distance initial setting 1.0km，setting range 0.5---99.9 km，each step 0.1

Cycle switch order is: manual, time, distance, calories.

1.11 BODY TESTER（FAT）

At the beginning state, press " PROGRAM" continually to enter "FAT" body fat test，window display

"FAT". Press "MODE" to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press "SPEED+",

"SPEED-" to set. After setting, the computer will display F5 and grasp the hand pulse, the window

will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale.

The body FAT suits for any male and female to adjust the weight according together with other

body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If

between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for

reference and can not be as medicinal data)

01	Sex 01 Male 02 Female
02	Age 10------99
03	Height 100----200
04	Weight 20-----150
05	FAT≤19 Under weight
	FAT= (20---25) Normal weight
	FAT= (25---29) Over weight
	FAT≥30 Obesity

1.12 User Program

Besides 12 pre-set programs, there have 3 user-defined programs:U1,U2 and U3Each user

program has 10 segments. The user can set the desired speed and incline .Press

"PROGRAM" button to choose U1 ,U2 or U3, press "MODE" button to enter setting

condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set

speed. Press" INCLINE+" and "INCLINE-" to set incline. Press "MODE" button and your

choice will be set. The next workout segment will flash, go through the same setup as you

completed with segment one. You must complete all 10 segments and then your user

program is ready to use. Press "STOP" key to return to last segment setting any time.

1.13 Heart rate control (HRC) program

There are 3 HRC prgrams. HRC60，HRC70，HRC80. The related　T.H.R is（220-AGE）× 60%(70% / 80%).The parameter data setting order is『TIME』→『AGE』→『THR』，You can adjust the data by pressing Speed+/- Key or Incline +/-Key, then press Mode key for confirmation.

If 『HR<THR-15』,then SPEED and INCLINE will adjust itself to make your heart rate close to the default pulse automatically in every 15secs,SPEED automatically increase by 0.8KM every step，INCLINE automatically increase by1 level every step until the data reached the max..

If『THR-5 > HR≥ THR-15』,then SPEED and I NCLINE will adjust itself to make your pulse close to the default pulse automatically in every 15secs,SPEED automatically increase by 0.4KM and INCLINE automatically increase by1 level until the data reached the max..

If 『THR+5 ≥ HR≥ THR-5』,then SPEED and INCLINE will not change

If 『THR+15≥HR＞THR+5』, then SPEED and INCLINE adjust itself to make your pulse close to the default pulse automatically in every 15 secs, SPEED automatically decrease by 0.4K and INCLINE automatically decrease by1 level until the data reached the min..

If『HR＞THR+15』, then each 15secs SPEED and INCLINE adjust itself to make your pulse close to the default pulse automatically in every 15 secs, SPEED automatically decreased by 0.8KM and INCLINE automatically decrease by 2 level until the data reached the min.

1.14 Operating Procedures of Pafer's Bluetooth USB app

1.14.1 When the USB-bluetooth App is connected to the console, Bluetooth light will be turned on if working successfully. .

1.14.2 When it is connected, user can choose to use or not to use the app to control the setting of treadmill..

1.14.2-1 If choosing not to use, user can simply follow the standard operation on the treadmill.

1.14.2-2 If choosing to use the app to do control, user has to connect the bluetooth kit with smartphone or tablet. If it's connected successfully, treadmill screen will show up "BTH".

1.14.3 When the connecting is completed, user can use smartphone or tablet through the app to control the treadmill.

1.14**.3.1 If the treadmill is still running when the user tries to connect the Bluetooth app, treadmill will stop and then enter the app controlling stage.**

1.14**.3.2** If the bluetooth connection does not work out well, the system will remain the same.

1.15 OTHERS

1.15.1 The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlit on the computer. Press any key to resume the system.

1.15.2 Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

1.15.3 MP3 audio function: Insert the MP3 line in the input hole of the right side in the computer**.**

Maintenance Instruction

WARNING：Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING：General cleaning or the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING：Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)　　　　　　　　Every 60 days

Medium user (3-5 hours/ week)　　　　　　　　Every 45 days

Heavy user (more than 5 hours/ week)　　　　　　　Every 30 days

We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.
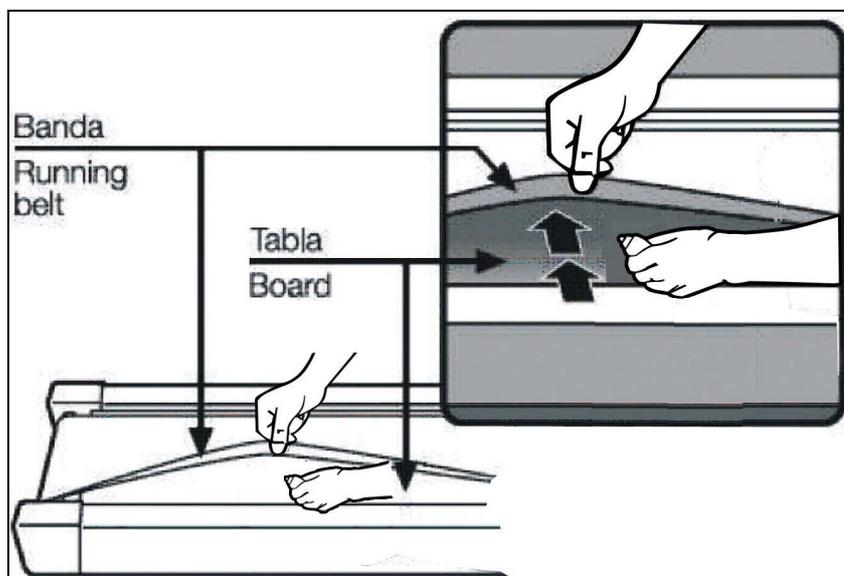
Belt Adjustment

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.
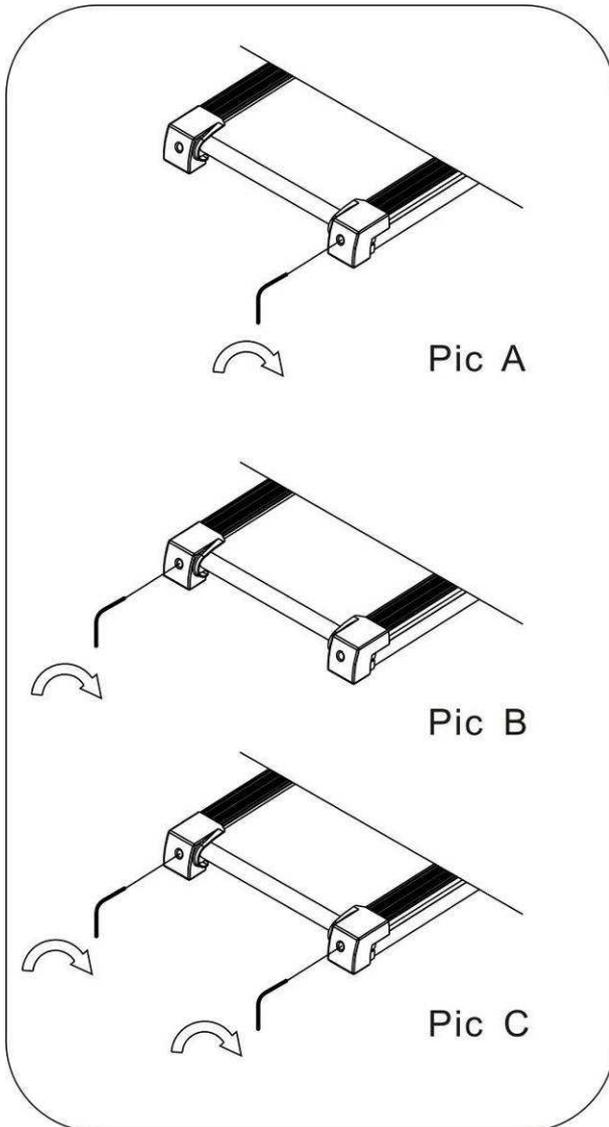

Pic A

Pic B

Pic C

If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

See picture C
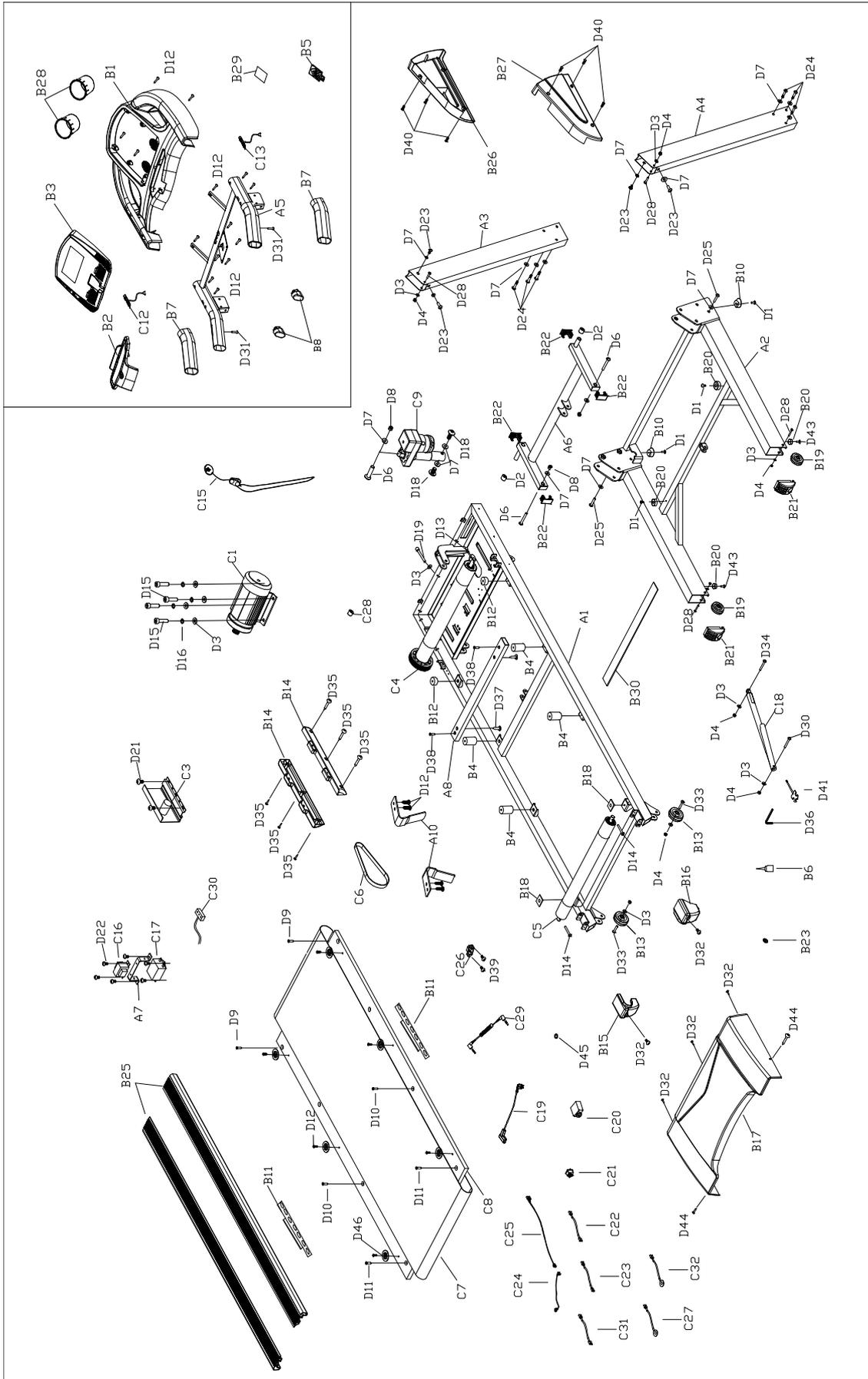
Parts list

A-Welding parts					
No.	Description	Qty	No.	Description	Qty
A1	Main frame	1	A6	Incline bracket	1
A2	Base frame	1	A7	Filter supporter	1
A3	Left upright tube	1	A8	Running board enhanced tube	1
A4	Right upright tube	1	A10	Belt guide	2
A5	Computer bracket	1			
B—Plastic parts					
No.	Description	Qty	No.	Description	Qty
B1	computer cover	1	B15	Left rear cover	1
B2	Lower computer chip	1	B16	Right rear cover	1
B2-1	Lower overlay	1	B17	Motor cover	1
B2-2	Membrane key	1	B18	Rubber pad	2
B2-3	Lower computer panel	1	B19	Transport wheel	2
B3	Upper computer chip	1	B20	Foot pad	4
B3-1	Upper overlay	1	B21	Transport wheel plug	2
B3-3	Upper computer panel	1	B22	Square inner plug	4
B4	Cushion	4	B23	Line protect plug	1
B5	Cell phone pad	1	B25	Side rails	2
B6	Silicon oil	1	B26	Left front cover	1
B7	Foam	2	B27	Right front cover	1
B8	Oval pipe plug	2	B28	Bottle	2
B10	Foot pad	2	B29	EVA double faced adhesive tape	1
B11	PVC cushion	2	B30	EVA pad	1
B12	Cushion	2			
B13	Adjust wheel	2			
B14	Left/right motor side cover	2			
C—Electronic parts					
No.	Description	Qty	No.	Description	Qty
C1	AC motor	1	C19	Power line	1
C3	Controller	1	C20	Over current protector	1
C4	Front roller	1	C21	Power switch	1
C5	Rear roller	1	C22	Single line	2
C6	Motor belt	1	C23	Single line	1
C7	Running belt	1	C24	Upper line	1
C8	Running board	1	C25	Lower line	1
C9	Incline motor	1	C26	Switch	1
C12	Left short keys	1	C27	Single line	1

No.	Description	Qty		No.	Description	Qty
C13	Right short keys	1		C28	Magnetic ring	1
C15	Safety key	1		C29	MP3 line	1
C16	Inductor	1		C30	Speed sensor	1
C17	Filter	1		C31	Single line	1
C18	cylinder	1		C32	Single line	1
D—Hardware parts						
No.	Description	Qty		No.	Description	Qty
D1	Bolt M5X20	4		D24	Bolt M10X55	6
D2	Incline bushing	2		D25	Bolt M10X65	2
D3	Washer M8	13		D28	Bolt M8X50	4
D4	Nylon nut M8	8		D30	Bolt M8X45	1
D6	Bolt M10X45	3		D31	Screw ST4.2X65	2
D7	Washer M10	17		D32	Bolt M5X15	5
D8	Nylon nut M10	3		D33	Bolt M8X40	2
D9	Bolt M6X40	2		D34	Bolt M8X30	1
D10	Bolt M6X60	2		D35	Screw ST4.2X19	10
D11	Bolt M6X25	2		D36	Allen wrench T6	1
D12	Screw ST4.2X16	26		D37	Screw ST4.2X30	2
D13	Bolt M8X55	1		D38	Bolt M6X45	2
D14	Bolt M8X60	2		D39	Screw ST3.5X16	2
D15	Bolt M8X20	4		D40	Screw ST4.2X20	6
D16	Spring washer M8	4		D41	Screw driver 13-15-17	1
D18	Bolt M10X20	2		D43	Screw ST4.2X25	2
D19	Bolt M8X45	1		D44	Screw ST4.2X25	2
D21	Bolt M5X8	4		D45	Spring washer M5	1
D22	Bolt M4X10	6		D46	washer	6
D23	Bolt M10X15	4				
Remark：if customer need the PCB board, they should buy separately.						

Garlando