TOORX
FITNESS IN MOTION

INSTRUCTION

CHRONO PRO LINE

TRX 3000

APP READY 2.0

TRX 3000

CE

The main technical parameters

Input supply voltage：240V	Working temperature: 0-40 ℃
Speed range: 0.8-22.0 KH/M	Incline range:15 level Motor incline
Max. user weight: 180kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00：00-99：59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface:560*1540mm
Product size: 2095*810*1450 mm	

## Product Overview

Bottom console

Cross bar

Upper Console

Safety key

Handrail

Motor cover

Upright

Non-slip foot pad

Side cover

Upper side rail

Running belt

End cap

Solid side ral

Adjust foot pad
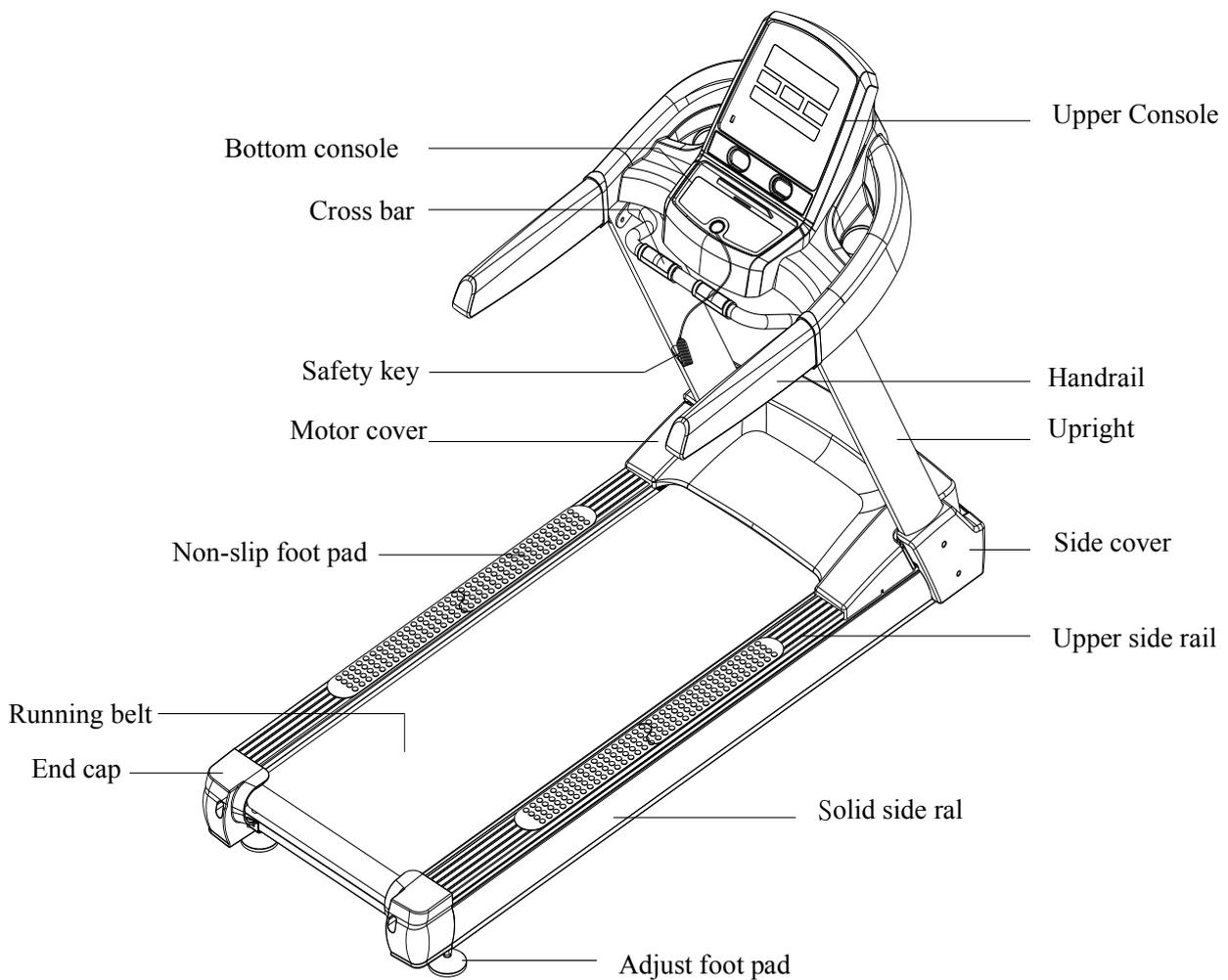
Assembly instruction

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

Step 1:

|			
Main frame 1set	B50L/ R Left/ Right PU handle bar	A3L/R Left / Right Upright	C13 Safety Key 1set
Console set 1 set	C19 MP3 line 1 pc	C15 Cable core 1 pc	D21 Flat Washer M10 14 pcs
D3 Allen wrench T5 1 pc	D2 Allen wrench T6 1 pc	D109 Allen wrench T8 1 pc	B18 Silicon oil 1 pc
D105 Round hex bolt M10*20 6pcs	B22/B23 Left/ Right motor side cover 1 set	D48 Cross self-tapping ST4.2*19 4 pcs	A4A Cross bar 1 pc
D31 Round hex bolt M8*20 6pcs	D11 Round head hex bolt M10*55 8 pcs	B49 Water bottle 2 pcs	
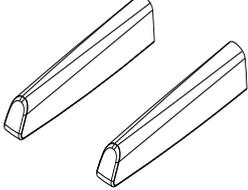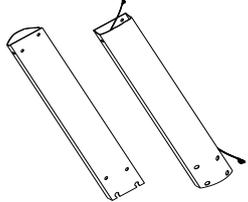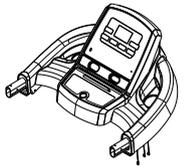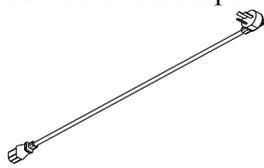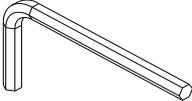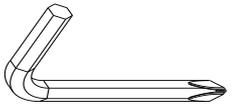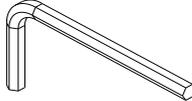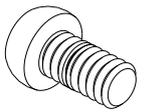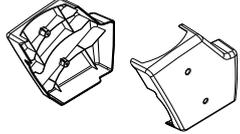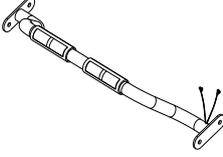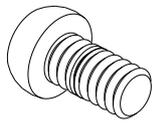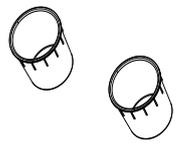
Step 2: Lock the left and right upright (A3L / R) on the main frame (A1) with the hexagonal screw M10X55 (D11) and the plane washer M10 (D21) in the round head. Do not lock the screws first. Lock the electronic meter in the fourth step and then lock the screws. Then connect the lower line (C17) and the middle line (C18).
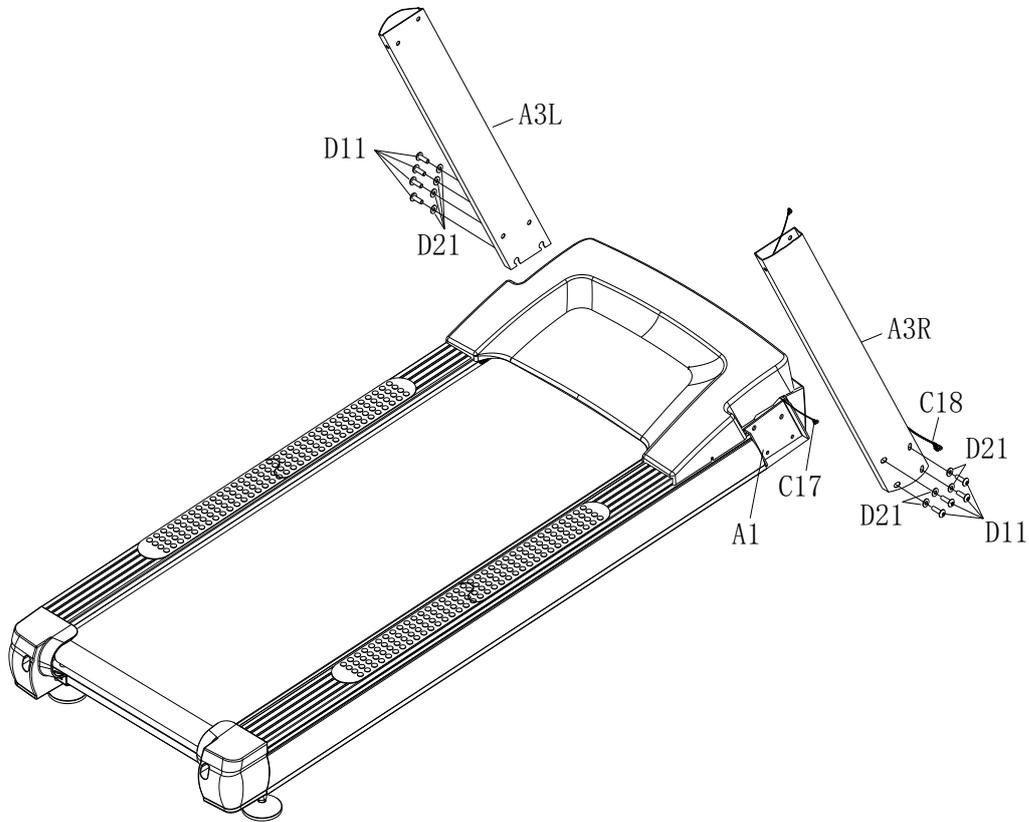
Step 3: Use Round hex bolt M8*20(D31) to secure Left/ Right PU hand rail (B50L/R) tighten on the console with left/ right hand rail silicon sleeves.
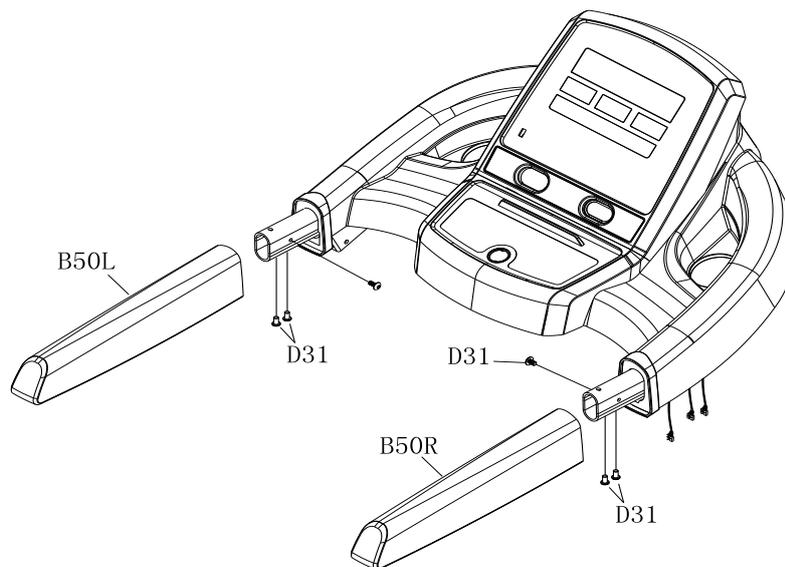
Step 4: Connect the cables (C16) of console and cable (C18) of right upright then tighten console with Left /Right upright (A3L/R), then secure Right/ Left upright (A3L/R) and Cross bar (A4A) with Round hex bolt M10*20 (D105) and Flat Washer M10 (D21). Secure all screws on uprights. Then, connecting the Pulse upper line (C39) and Pulse bottom line (C40).
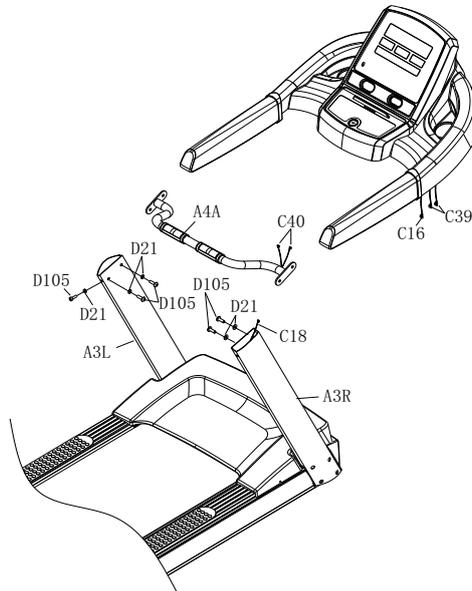
Step 5: Use Cross self-tapping bolt ST4.2*19 (D48) to secure Left/ Right motor side cover (B22/23) to Left/ Right upright (A3L/R).

Put on Safety key (C13), Water bottle (B49), MP3 line (C19) and Cable code (C15).
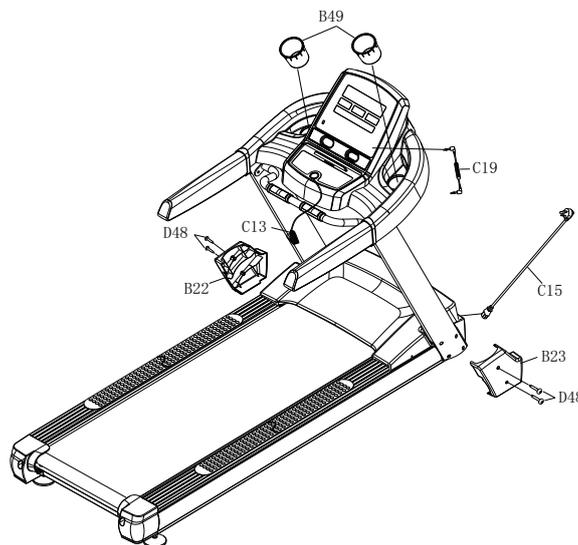
ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

Grounding Methods

1.1 WINDOW DISPLAY

1.2. START

Normal start after 5 seconds countdown

1.3 PROGRAM

3 countdown mode, 16 re-set programs, 3 Users, and 3 HRC programs

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 "0.8"

"STOP"--When the treadmill is running, press this button to stop, then set program default and thenreturn 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, body fat program, 3 countdown function, U1-U3.

1.5.3 "MODE" BUTTON

When the treadmill is not running, press this button to choose countdown 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 3km/h，6km/h，9km/h，12km/h 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 3，6，9，12 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:0.8-22.0(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.

1.8 PROGRAM EXERCISE CHART

TIME	SET TIME / 16= EVERY GRADE TIME

MODE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	5	5	5	10	10	5	5	5	3	3	2	5	5	3	2
	INCLINE	0	0	1	1	1	1	2	2	2	2	3	3	3	2	2	0
P2	SPEED	2	2	7	2	2	7	7	12	4	4	12	4	4	12	4	2
	INCLINE	0	1	2	2	3	3	2	2	3	3	2	2	3	2	2	0
P3	SPEED	2	4	9	9	4	4	8	8	10	10	12	4	4	8	4	2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	0
P4	SPEED	2	6	6	6	12	12	12	12	6	6	3	3	3	5	5	2
	INCLINE	0	1	2	3	4	5	6	7	6	6	5	4	3	2	1	0
P5	SPEED	2	4	6	12	12	12	3	3	3	3	12	12	12	6	4	2
	INCLINE	0	2	4	6	4	2	1	0	1	1	2	2	2	2	3	0
P6	SPEED	2	4	5	5	6	6	8	8	6	6	8	8	6	9	6	2
	INCLINE	0	1	3	4	4	3	3	1	2	1	2	1	2	1	2	0
P7	SPEED	2	7	7	9	9	4	4	12	12	4	4	8	8	4	4	2
	INCLINE	0	1	1	2	2	3	3	4	4	3	3	2	2	1	1	0
P8	SPEED	2	2	6	6	6	8	9	10	11	12	9	5	5	5	3	2
	INCLINE	0	1	2	4	2	1	2	4	2	1	2	4	2	1	2	0
P9	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	1	2	3	4	5	6	7	8	9	8	6	4	2	1	0
P10	SPEED	2	5	6	7	8	9	10	11	10	9	8	6	7	5	4	2
	INCLINE	0	1	2	4	6	6	6	4	4	4	2	2	2	1	1	0
P11	SPEED	2	5	6	7	9	9	6	9	6	9	6	10	6	10	7	2
	INCLINE	0	2	2	2	3	3	3	4	4	4	5	5	5	4	4	0
P12	SPEED	2	6	8	10	8	6	4	6	8	12	8	6	8	12	12	2
	INCLINE	0	1	1	3	3	5	5	7	7	5	5	3	3	1	1	0
P13	SPEED	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INCLINE	0	8	10	13	4	8	10	13	4	8	10	13	4	8	10	0
P14	SPEED	2	8	10	12	4	8	10	12	4	8	10	12	4	8	10	2
	INCLINE	0	8	12	13	4	8	12	13	4	8	12	13	4	8	12	0
P15	SPEED	2	12	10	8	12	12	10	8	12	12	10	8	12	12	10	2
	INCLINE	0	3	4	5	6	8	7	8	8	7	7	6	5	4	3	0
P16	SPEED	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INCLINE	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 speed1km/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----220
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 15 pre-set programs, there have 3 user-defined programs: U1, U2 and U3 Each 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 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is "AGE" -> "THE(HRC) data" -> "TIME".

HRC: Detect user's actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

It's recommended that user uses the wireless chest belt while running HRC function.

1.13.1 After turning on the power, press "PROG" key to choose HRC function. HRC function is turned on when "HRC" characters shown on the screen.

User can use "SPEED +/-" to adjust age (data from 13 to 80) after seeing the "30" shown on the screen.

1.13.2 Press "MODE" key to enter the setting of heart rate. The standard heart rate is fixed at

different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use

"SPEED +/-" to adjust the data. (It's recommended that standard heart rate data doesn't need to be

changed for physical health condition.)

Formula is calculated as below:

HRC1 is T.H.R =(220-age)x60%,

HRC2 is T.H.R =(220-age)x70%,

HRC3 is T.H.R =(220-age)x80%.

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED+/-" to set up time.

1.13.3 Enter "START" key to begin the workout (Remember only can press "START" key after all setting is completed.

It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

1.13.4 During the operating of HRC, speed and incline will adjust as below:

(1) If Target heart rate <THR-15,then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data.

(2) If THR-5>Target heart rate >=THR-15,then the speed and incline will adjust automatically every 15 second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data.

(3) If THR+5>=Target heart rate >=THR-5,then the speed and incline will not change.

(4) If THR+15>=Target heart rate >=THR+5,then the speed will adjust automatically every 15 second, the SPEED will decrease 0.4KM/h and incline less1 section until they reach the min. data

(5) If Target heart rate >=THR+15, then the speed and incline will adjust automatically every 15 second, the SPEED will decrease 0.8KM/h and incline less2 section until they reach the min. data

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.

1.15.4 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test shown is only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.
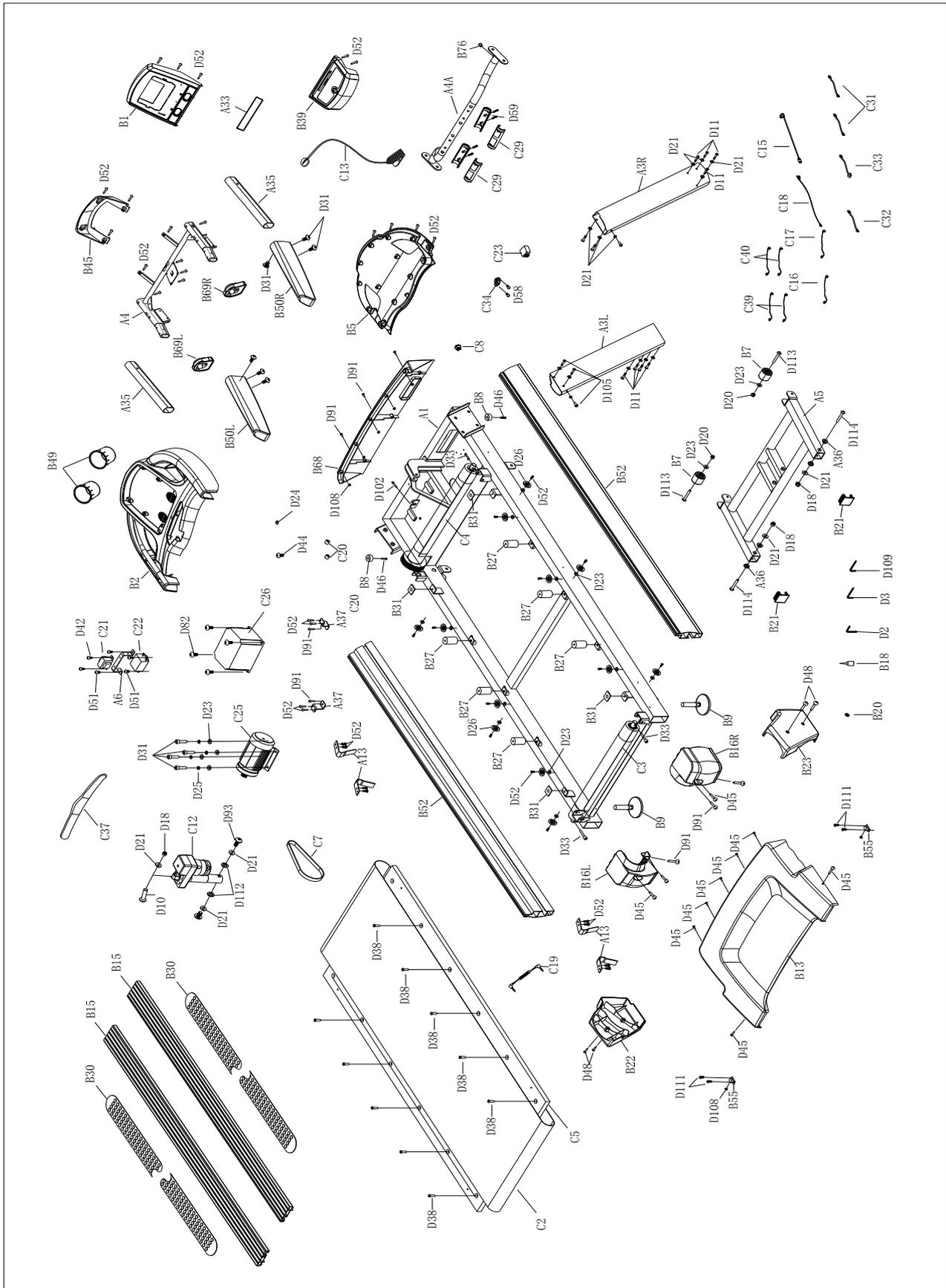
Parts list

A. Welding parts

No.	Description	Qty	No.	Description	Qty
A1	Base frame	1	A6	Filter bracket	1
A3L	Left upright	1	A13	Belt guide	4
A3R	Right upright	1	A33	Speaker network	1
A4	Handrail bracket	1	A35	Handrail tube	2
A4A	Cross bar	1	A36	Shaft	4
A5	Incline frame	1	A37	Side rail bracket	2

B. Plastic parts

No.	Description	Qty	No.	Description	Qty
B1	Console set	1	B27	New cushion	6
B1-1	Overlay	1	B30	Non-slip sticker	4
B1-3	Console panel	1	B31	Rubber pad	4
B2	Console cover	1	B39	Bottom console set	1
B5	Console bottom cover	1	B39-1	Bottom overlay	1
B7	Transport wheel	2	B39-2	Bottom membrane key	1
B8	Foot pad	2	B39-3	Bottom console panel	1
B9	U-shaped foot pad	2	B45	Console bottom cover	1
B13	Motor upper cover	1	B49	Water bottle	2
B15	Side rail	2	B50L	Left PU handrail	1
B16L	Left end cap	1	B50R	Right PU handrail	1
B16R	Right end cap	1	B52	Solid side rail	2
B18	Silicon oil	1	B55	Motor plastic bracket	2
B20	Round plug	1	B68	Motor front cover	1
B21	Inner plug	2	B69L	Left handrail silicon ring	1
B22	Motor left cover	1	B69R	Right handrail silicon ring	1
B23	Motor right cover	1	B76	Plug	1

C. Electric and drive parts

No.	Description	Qty	No.	Description	Qty
C2	Running belt	1	C21	Inductor	1
C3	Rear roller	1	C22	Filter	1
C4	Front roller	1	C23	Current overload protection	1
C5	Running board	1	C25	AC motor	1

No.	Description	Qty	No.	Description	Qty
C7	Motor belt	1	C26	Inverter	1
C8	Power switch	1	C29	Pulse	2
C12	Incline motor	1	C31	Single line (brown) 150	2
C13	Safety key	1	C32	Single branch (blue) 150	1
C15	Power cable	1	C33	Single ground wire	1
C16	Console upper wire	1	C34	Outlet	1
C17	Console lower wire	1	C37	Chest Belt	1
C18	Middle cable	1	C39	Pulse upper line	2
C19	MP3 line	1	C40	Pulse bottom line	2
C20	Magnetic ring	2			

D. Hardware parts

No.	Description	Qty	No.	Description	Qty
D2	Allen wrench T6	1	D46	Cross head bolt M5*20, washer	2
D3	Allen wrench T5	1	D48	Cross self-tapping bolt ST4.2*19	4
D10	Round hex bolt M10*45	1	D51	Cross head bolt M5*8	4
D11	Round head hex bolt M10*50	8	D52	Cross self-tapping bolt ST4.2*16	59
D18	Nylon nut M10	3	D58	Cross self-tapping bolt ST3.5*16	2
D20	Nylon nut M8	2	D59	Cross self-tapping bolt ST2.9*19	4
D21	Flat washer M10	19	D82	Cross bolt M4*12	4
D23	Flat washer M8	18	D91	Cross head bolt ST4.2*20	9
D24	Spring washer M5	1	D93	Hex round head bolt M10*45	2
D25	Spring washer M8	4	D102	Hex anti-skid bolt M8*65	1
D26	Bowl washer	12	D105	Round hex bolt M10*20	6
D31	Hex round head bolt M8*20	10	D108	Hex nut M5	7
D33	Hex round head bolt M10*60	3	D109	Allen wrench T8	1
D38	Cross head bolt M6*30	10	D111	Cross self-tapping bolt ST4.2*25	4
D42	Cross head bolt M4*10, washer	2	D112	Inner washer M10	2
D44	Cross head bolt M5*12, washer	1	D113	Round head hex bolt M8*65	2
D45	Cross head bolt M5*15, washer	9	D114	Round head hex bolt M10*70	2

Garlando