

TOORX
FITNESS IN MOTION

INSTRUCTION



CHRONO  LINE

RWX700



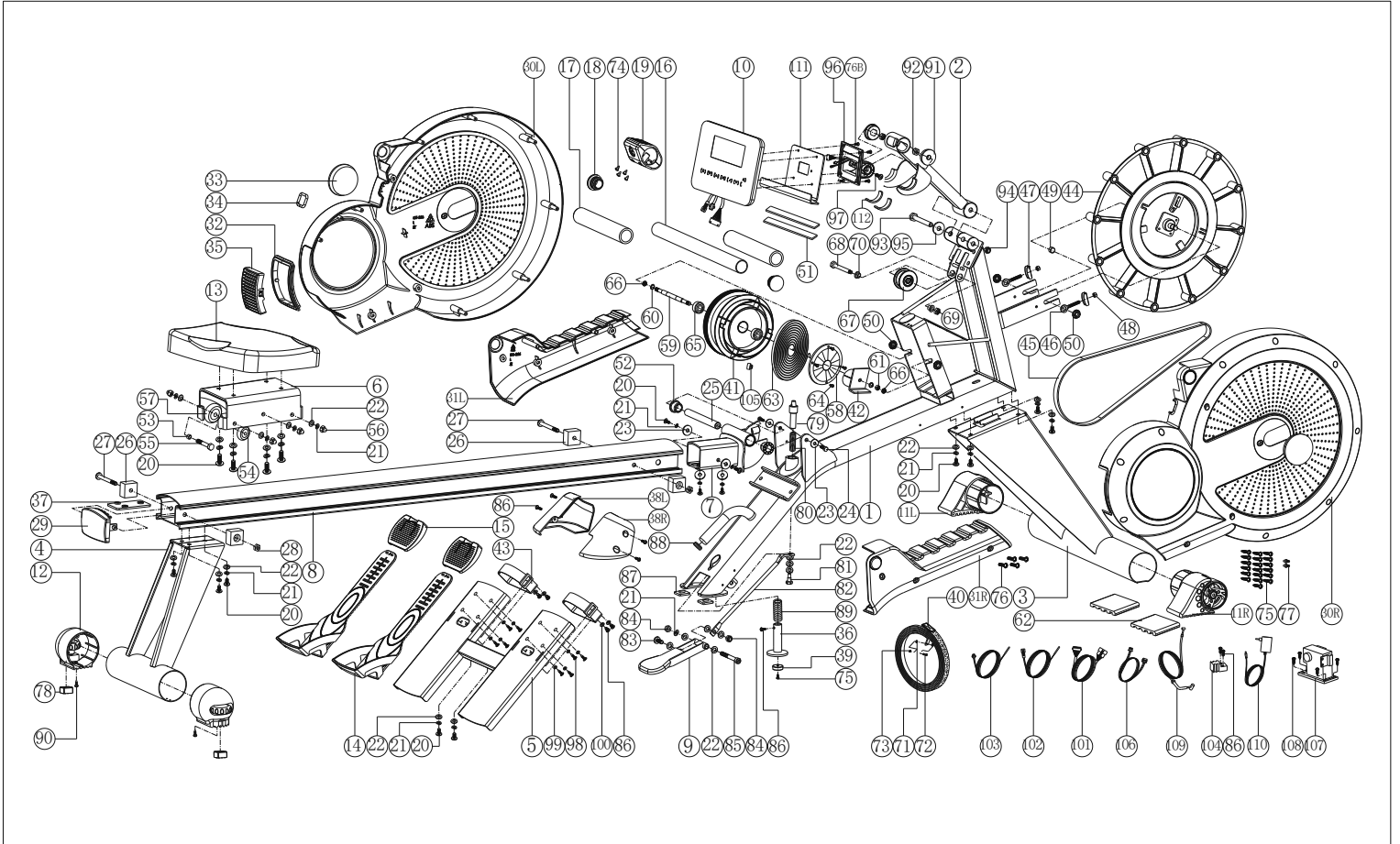
Cod: GRLDTOORXRWX700

Rev : 00

Ed : 09/17



Exploded drawing



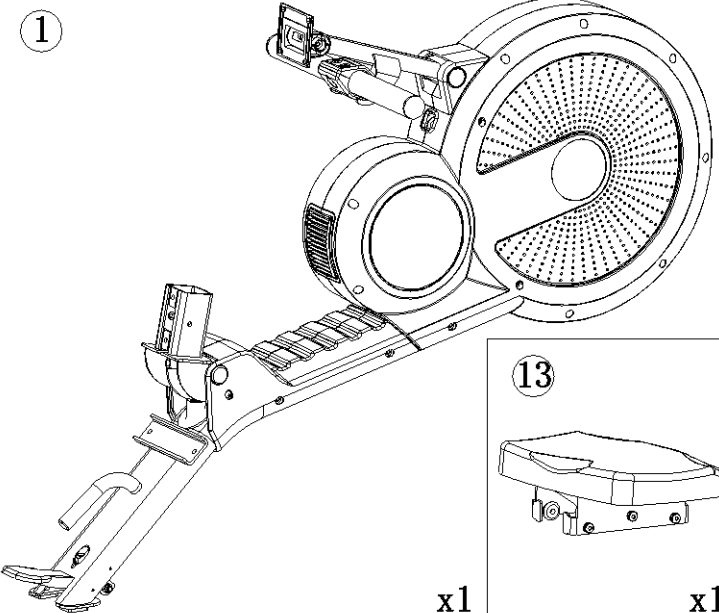
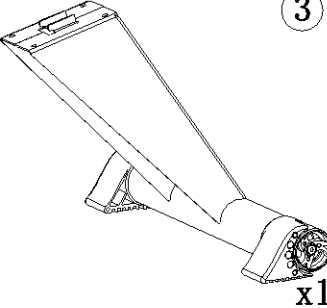


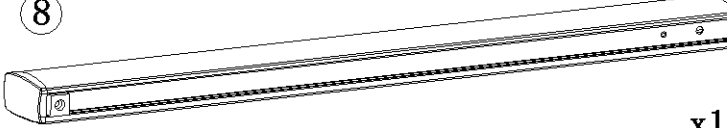
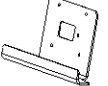
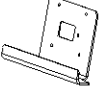

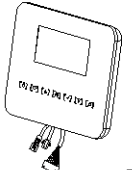
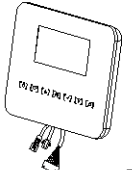
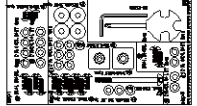
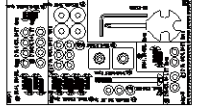
Part List

Part No	Description	Qty	Part No	Description	Qty
1	Main frame	1	38R	Right cover for foot	1
2	Handlebar post	1	39	Buffer D25*D4.5*8T	1
3	Front stabilizer	1	40	Pulling strap	1
4	Rear stabilizer	1	41	Wheel for pulling rope	1
5	Bracket for pedal	1	42	Fixing bracket for volute spring	1
6	Supporting bracket for seat	1	43	Pedal strap	2
7	Sliding beam	1	44	Flywheel	1
8	Sliding rail	1	45	Belt	1
9	Footboard	1	46	Adjustable Washer	2
10	Computer SM5856-64	1	47	U-Washer 30*9*8	1
11L	Left foot cap	1	48	Nut M6*1*5T	2
11R	Right foot cap	1	49	Spacer D10*D14*3T	1
			50	Anti-loosen nut	4
12	Adjustable foot cap	2	51	Buffer strip	2
13	Seat	1	52	Bushing D28.6*D22.6*3T	2
14	Pedal	2	53	Bushing D12*D8.2*12.6L	6
15	Fixing plate for pedal	2	54	Pulley D32*D18*10	2
16	Foam roller	1	55	Bolt M8x1.25x35L	6
17	Foam	2	56	Domed nut M8*1.25*15T	6
18	Round cap	2	57	Pulley	4
19	Cover for foam roller	1	58	Fixing plate for spring	1
20	Allen bolt M8x1.25x20L	17	59	Flywheel axle	1
21	Spring washer D15.4xD8.2x2T	24	60	C-clip S-10(1T)	2
22	Flat washer D16*D8.5*1.2T	27	61	Nut D9.5x5T(3/8"-26UNF)	1
			62	Front anti-slip mat	2
23	Flat washer D25xD8.5x2T	6	63	Volute spring	1
24	Bolt M8*1.25*15L	2	64	Screw ST4.2*15L	4
25	Connecting axle	1	65	Bearing #6000ZZ	2
26	Buffer 34*34*22T	4	66	Nut D9.5*4T(3/8"-26UNF)*4T	2
27	Allen bolt M8*1.25*100L	2	67	Pulley	1
28	Nut M8*P1.25*6T	2	68	Ladder bolt M8*1.25*55.5L	1
29	Cover for sliding rail	1	69	Nylon nut M8*1.25*8T	1
30L	Left chain cover	1	70	Bushing D13.5*D10*9	2
30R	Right chain cover	1	71	Flat washer D15*D5.2*1.0T	2
31L	Rear chain cover (left)	1	72	Screw M5*0.8*15L	2
31R	Rear chain cover (right)	1	73	Nylon nut M5*0.8*5T	2
32	Cover for pulling strap	1	74	Screw ST3.5*25L	4
33	Side cover	2	75	Screw ST4.2*15L	20
34	Guidance for pulling strap	2	76	Bolt M5*0.8*15L	8
35	Air blade set	1	77	Pin D6*26.5*7.7	2
			78	Rear anti-slip mat	2
36	Fixing tube for spring	1	79	Locking bolt D18.9*66L	1
37	Fixing plate	1	80	Spring D2.0*D18*75L	1

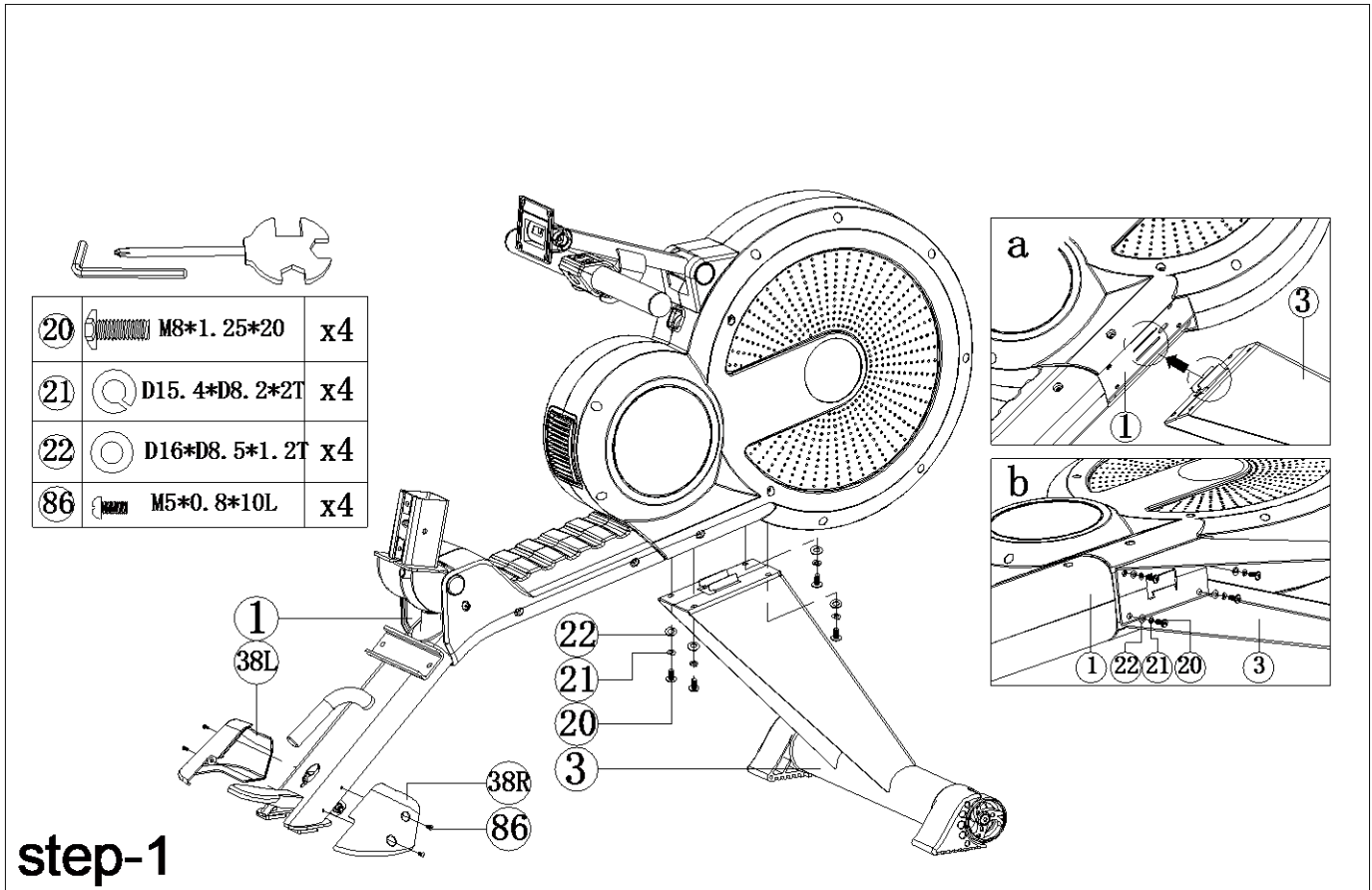
38L	Left cover for foot	1	81	Ladder bolt D8*M6*10	1
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Part No	Description	Qty	Part No	Description	Qty
82	Connecting rod	1	98	Screw ST4.2x1.4x10L	8
83	Allen bolt M8*1.25*25L	1	99	Flat washer D12*D4.3*1.0T	8
84	Nylon nut M8*1.25*8T	2	100	Flat washer D15*D5.2*3.0T	4
85	Allen screw M8*1.25*80L	1	101	Upper computer cable	1
86	Screw M5x0.8x10L	11	102	Sensor	1
87	Buffer 35*35*5T	2	103	Sensor (1)	1
88	Round cap	1	104	Fixing bracket for sensor	1
89	Spring D3.5*D30*60L	1	105	Round magnet	4
90	Screw ST4x1.41x10L	2	106	Power cable	1
91	Bushing D38*D8.1*6T	2	107	Motor	1
92	Nylon nut M8*1.25*8T	2	108	Screw ST4.2*1.4*15L	3
93	Bolt M10*1.5*80L	1	109	Tension cable	1
94	Nylon nut M10*1.5*10T	1	110	Adaptor	1
95	Flat washer D30*D10*3T	3	111	Computer fixed plate	1
			112	buffer	2
96	Fixing bracket for computer	2	\	Spanner	1
97	Allen bolt M8x1.25x20L	2	\	Allen spanner	1

CHECKLIST (CONTENTS OF PACKAGE)

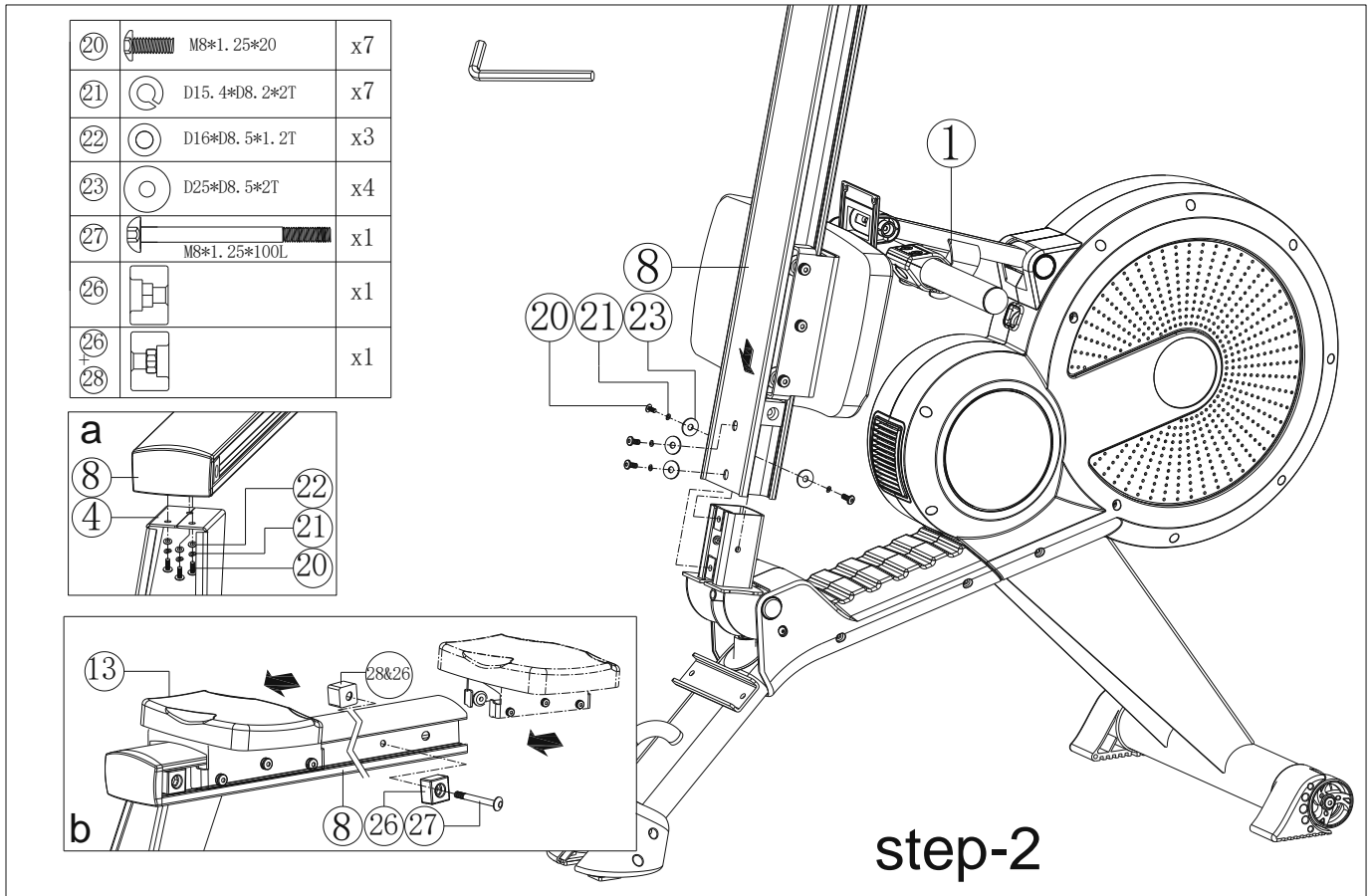
<p>①</p>  <p>x1</p>	<p>③</p>  <p>x1</p>	<p>①10</p>  <p>x1</p>
<p>①3</p>  <p>x1</p>	<p>④</p>  <p>x1</p>	<p>①11</p>  <p>x1</p>
<p>⑧</p>  <p>x1</p>	<p>⑤</p>  <p>x1</p>	<p>⑩</p>  <p>x1</p>
<p>③8L</p>  <p>x1</p>	<p>③8R</p>  <p>x1</p>	 <p>x1</p>

STEP 1



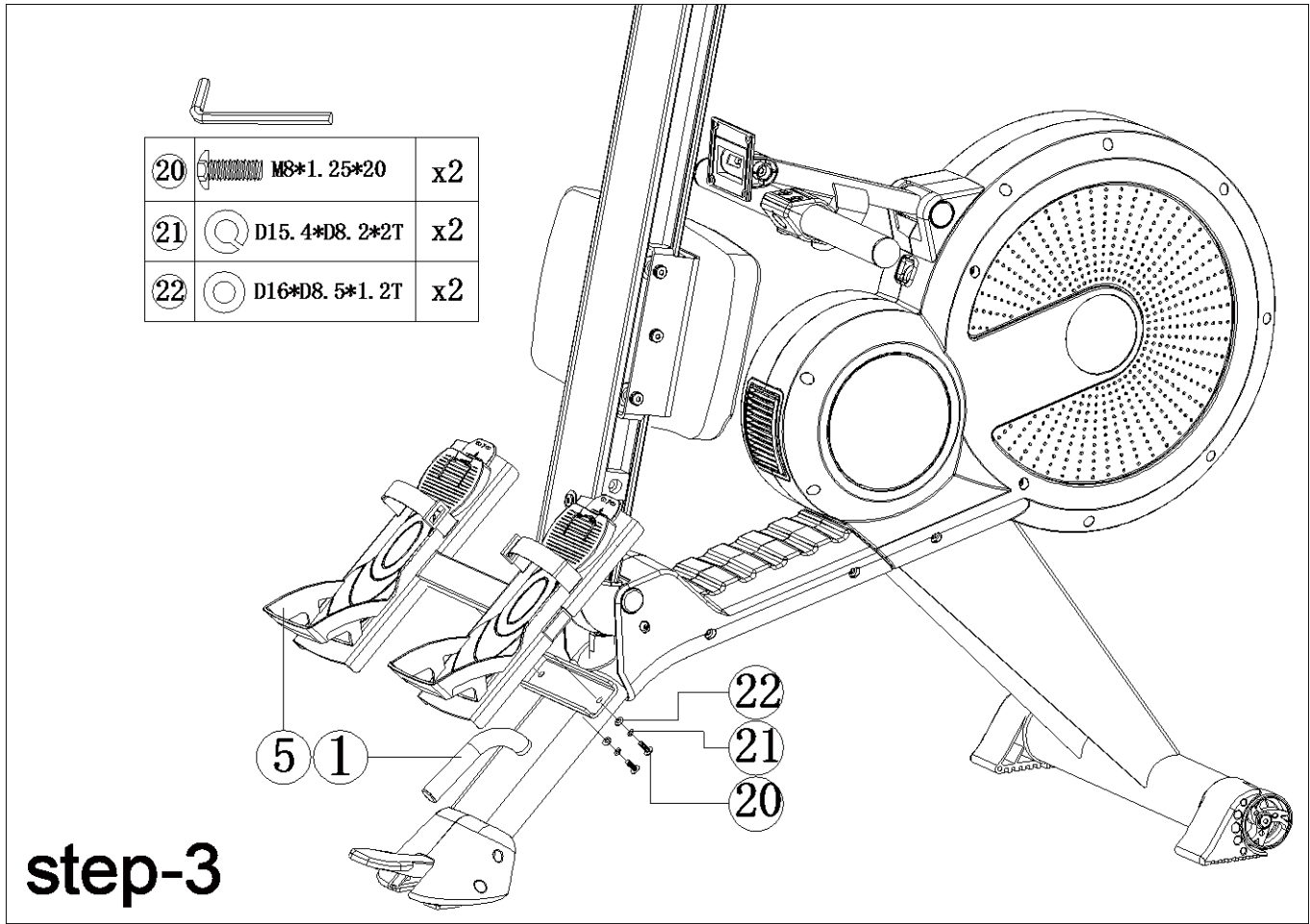
- 1 Assemble the left cover for foot (38L) and right cover for foot (38R) to the main frame (1) by using screws (86) .
- 2 Assemble the front stabilizer (3) to the main frame (1) as shown on fig a.
- 3 Fixing the front stabilizer (3) to the main frame (1) by using Allen bolts (20), spring washers (21), flat washers (22) as shown on fig b.

STEP 2



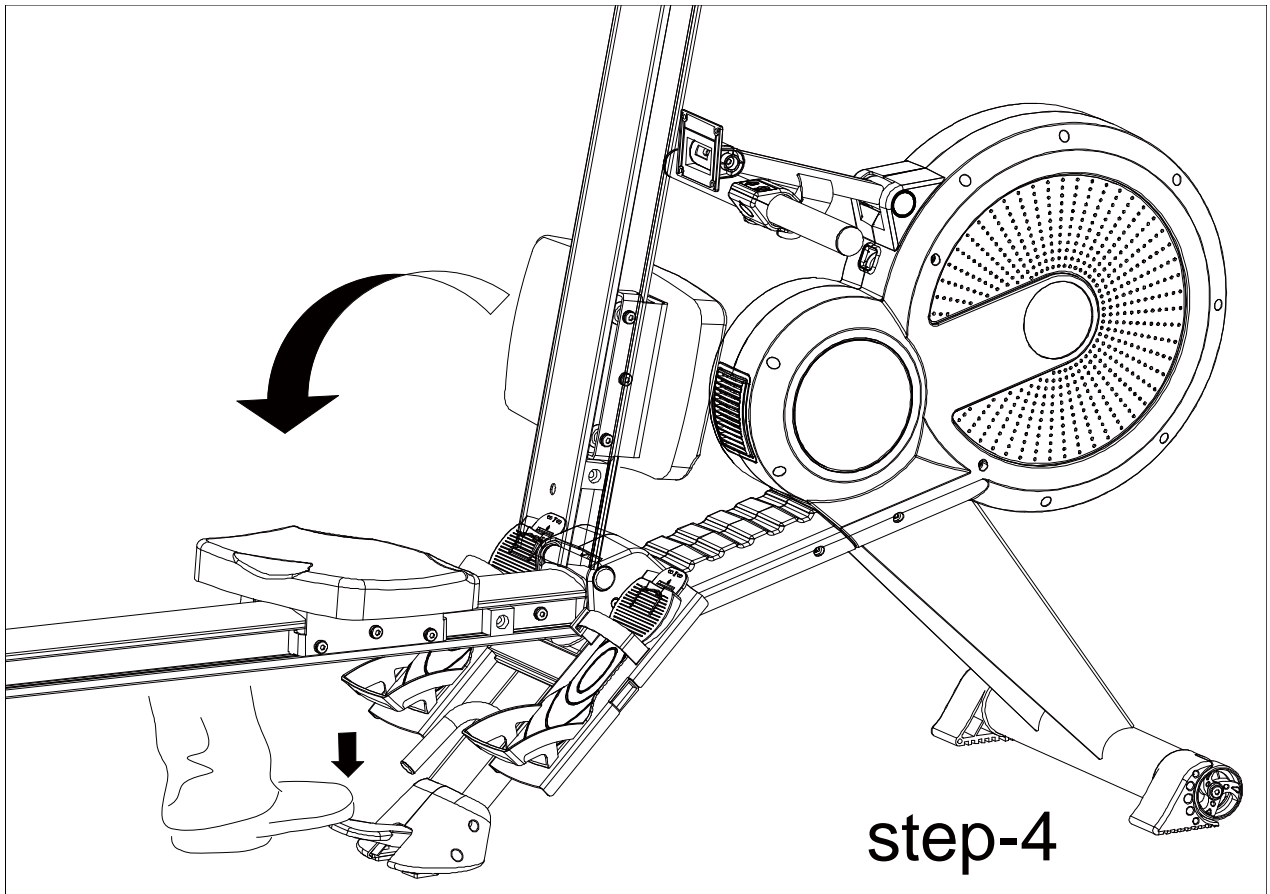
- 1 Assemble the seat (13) on the sliding beam(8) then assemble the pre-assembled buffer (28&26) and buffer (26) to the sliding beam(8) by using Allen bolt (27) as shown on fig b.
- 2 Assemble rear stabilizer (4) to the sliding beam (8) by using Allen bolts (20) and spring washers(21) and flat washers (22) as shown on fig a.
- 3 Assemble the sliding beam (8) to main frame (1) by using Allen bolts (20), spring washers (21) and flat washers (23) .

STEP 3



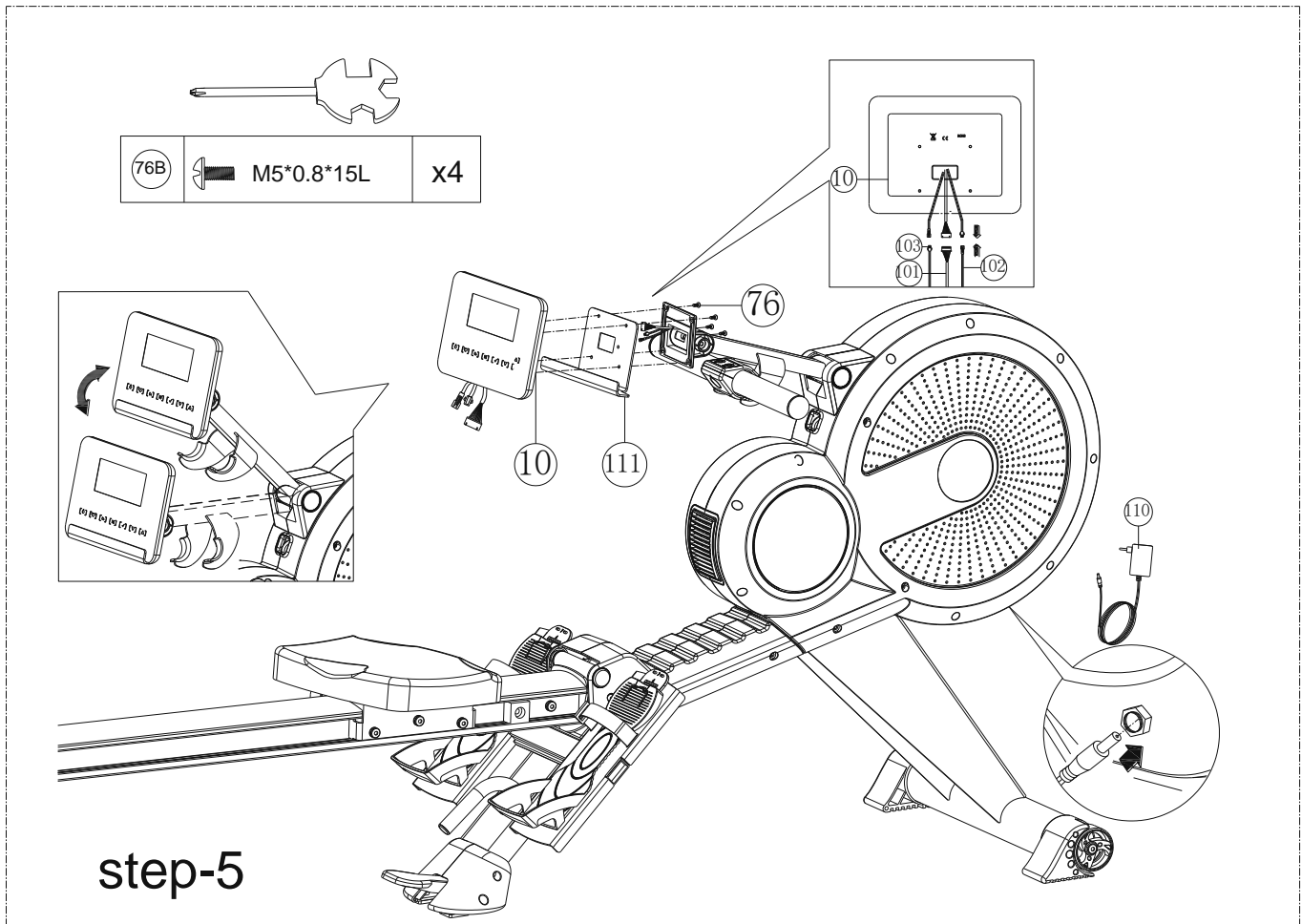
1. Assemble the bracket for pedal (5) to main frame (1) by using Allen bolts (20), spring washers (21) and flat washers (22).

STEP 4



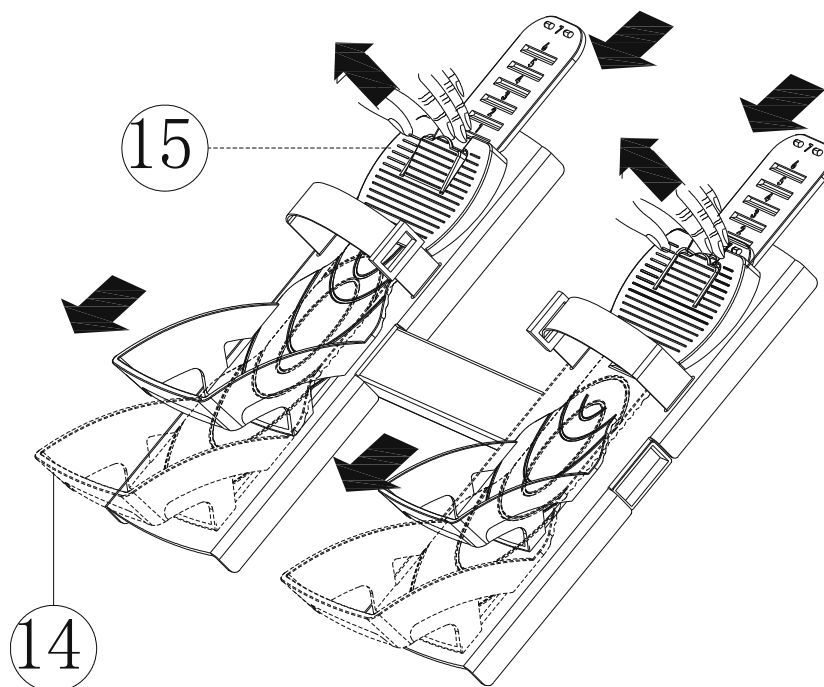
Tread onto footboard (9) to fold the sliding beam (8) or unfold sliding beam as shown on figure.

STEP 5

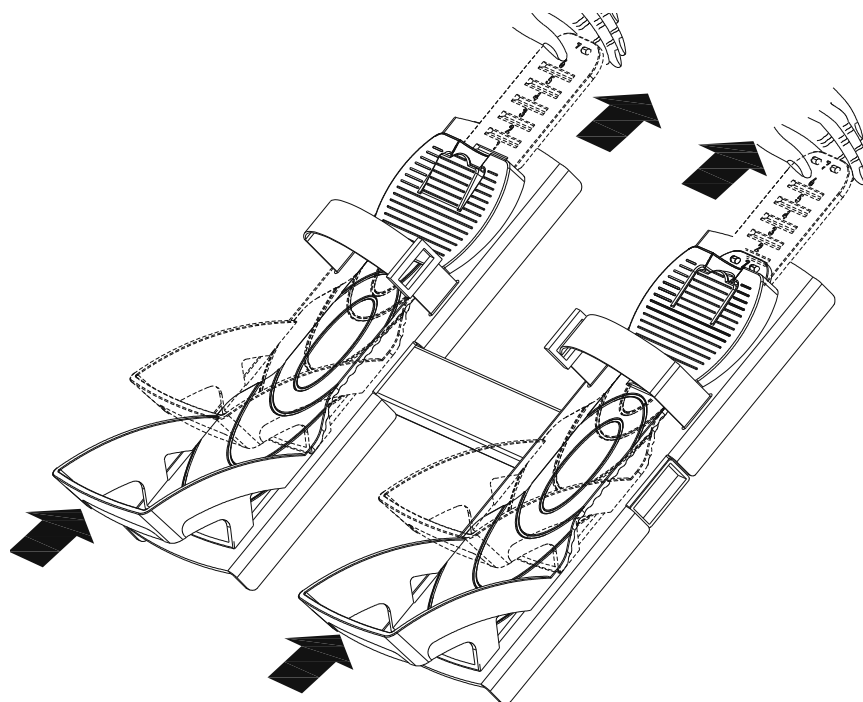


1. Connect upper computer cable(101),sensor(102),sensor 1(103) to the computer(10)
2. Assemble the computer (10) to fixing bracket for computer by using bolts (76) as shown on enlarged view.
3. Adjust the handlebar post (2) to the suitable position as show on the enlarged view.
4. Assemble the adaptor and turn on the computer.

Adjust pedal position downward: pull out the clips on the fixing plates for pedal(15),at the same time, pull the pedals down as shown on above picture.

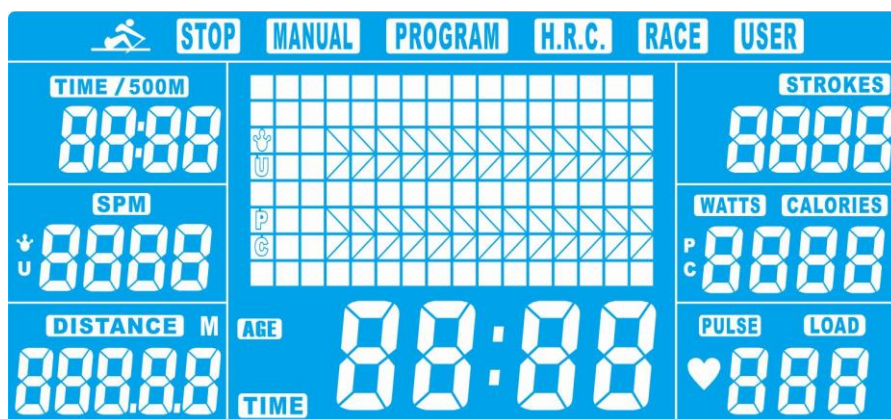


Adjust pedal position upward: No need to pull out the clips, directly pull the pedals up as shown on above picture, the sizes become smaller.



COMPUTER INSTRUCTIONAL MANUAL

LCD full Display:



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
WATTS	· Display range 0~999
CALORIES	· Burned calories during rowing. · Display range 0~9999; Setting range 0~9990 Cal
DISTANCE	· Displaying user rowing distance · Display range 0~99999; Each increment/decrement is ± 100 .
PULSE	· Pulse BPM during rowing. · Display range 0-30~230
TIME/500M	· Workout time display during rowing. · Display range 0:00~99:00 · Scan every 6 seconds, Computer will display the time needed to finish 500 meters according to current speed.
SPM	· Stokes per minute · Display range 0~99; Each increment/decrement is ± 5 .
LOAD	· Resistance level when rowing · Setting range 1~16
STROKES	· Complete movements of rowing. · Display range: 0~9999 · Scan every 6 seconds with Total Strokes. · Total strokes will be cleared after power off (adaptor plug out)
TIME	· Total workout time display when rowing.
MANUAL	· Manual mode workout.
PROGRAM	· 12 Programs preset to select.
H.R.C.	· Target Heart Rate rowing mode.
RACE	· User and PC rowing competition.
USER	· User creates resistance level profile to rowing.

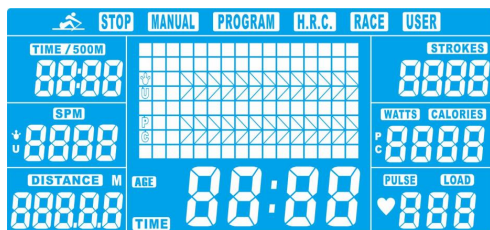
KEY FUNCTION

ITEM	DESCRIPTION
Up	· Increase function value or setting selection.
Down	· Decrease function value or setting selection.
ENTER	· Confirm setting or selection.
Reset	· Hold on pressing for 2 seconds, computer will reboot. · Clear setting value. · Reverse to main menu after finishing a workout.
Start/ Stop	· Start or Stop rowing exercising.
Recovery	· Track user heart rate recovery status.

OPERATION PROCEDURE

1. POWER ON

Plug in power supply (or press RESET button for 2s), computer will power on with one beep sound and display all segments on LCD for 2 seconds (Picture 1). Then come to USER selecting, press UP or DOWN to select U1~U4 and confirm by ENTER button. Then enter into workout setting mode. No matter where the motor stops, it will return to LEVEL=1 position.



Picture 1

2. SLEEPING MODE

No any signal (Key input, sensor or pulse) input to console for 4 minutes, LCD will be off. Motor come back to 0 scale. System stop to work, all calculated value will be saved, next training will continue the data.

3. Function selection

In workout setting mode, MANUAL is flashing in dot matrix in 1Hz. Press UP or DOWN button to select: Manual-->Program-->H.R.C.-->Race-->User , and confirm by pressing ENTER.

4. Manual Mode

4.1 Press START/STOP key in main menu may start rowing directly in Manual mode.

4.2 Press UP or DOWN to select Manual mode and press ENTER to confirm.

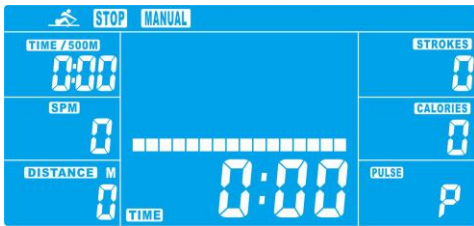
4.3 Press UP or DOWN to set target value of TIME/DISTANCE,CALORIES,PULSE, press ENTER to confirm. (Picture2) (TIME and DISTANCE can't be preset at the same time.)

4.4 Press START/STOP key to start rowing (Picture 3). The set value starts counting down from target value. Press UP or DOWN to adjust resistance level from 1~16.

4.5 When any preset workout value count down to 0, console will STOP. The function is flashing in 1Hz and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.)

TIME will recover previous set value.

4.6 Press RESET to reverse to main menu.



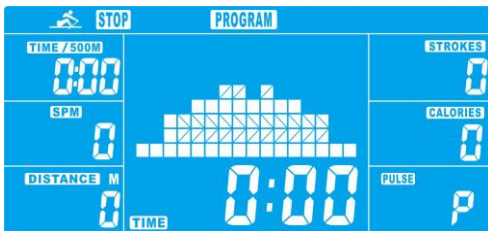
Picture2



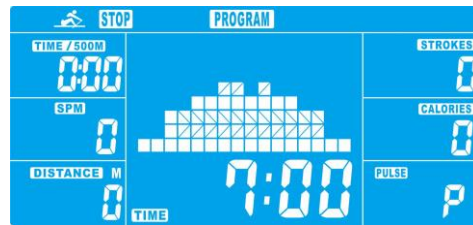
Picture3

5. Program Mode

- 5.1 Press UP or DOWN to select Program mode and press ENTER to confirm.
- 5.2 Press UP or DOWN to select profile (P1~P12, Picture 4) and press ENTER to confirm.
- 5.3 Press UP or DOWN to preset TIME (Picture 5) and press ENTER to confirm.
- 5.4 Press START/STOP key to start rowing. Press UP or DOWN to adjust resistance level from 1~16.
- 5.5 When TIME counts down to 0, console will stop and alarm bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.) TIME will recover previous set value.
- 5.6 Press RESET to reverse to main menu.



Picture4



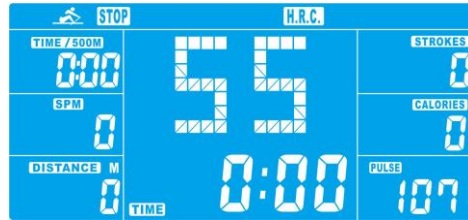
Picture5

6. H.R.C. Mode

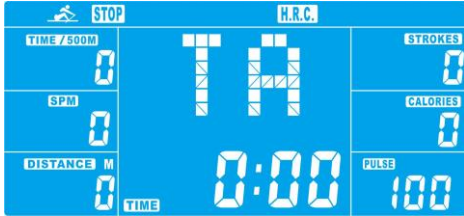
- 6.1 Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
- 6.2 Press UP or DOWN to set AGE (preset = 25,Picture 6)), press ENTER to confirm.
- 6.3 Press UP or DOWN to select 55%, 75%, 90% and Target (Picture 7).
When select Target H.R., the preset value 55% (default:107bpm), 75% (default:146bpm), 90% (default:175bpm), TAG (default:100bpm) will display in PULSE window.
When select TAG, preset PULSE 100 is flashing (Picture 8), press UP or DOWN to set PULSE from 0-30~230
- 6.4 Press UP or DOWN to preset TIME (Picture 9).
- 6.5 Press START/STOP key to start workout. If there is no pulse input after exercising starting, LCD will reminder with displaying ♥ icon; With pulse input, TIME starts counting down. When TIME counts down to 0:00system will STOP and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.) TIME will recover previous set value.
- 6.6 When user actual PULSE not reach preset value, system will increase 1 level per 30s till LEVEL=16; When user actual PULSE exceed preset value, system will decrease 1 level per 15s till LEVEL=1 and alarm 2 beeps every second. Providing user PULSE is still higher than preset value when LEVEL=1 for 30s,console will stop automatically for user safety. If no pulse input to console, system will decrease 1 level immediately and then reduce one level each 15s with beeps till LEVEL=1. No pulse input for 30s, console will stop.
- 6.7 Press RESET to reverse to main menu



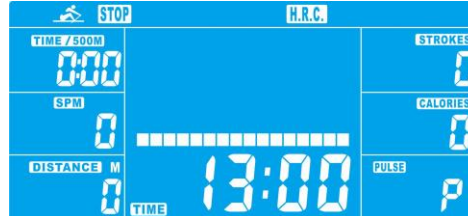
Picture6



Picture7



Picture8



Picture9

7. Race Mode

7.1 Press UP or DOWN to select Race mode (Picture 10) and press ENTER to confirm.

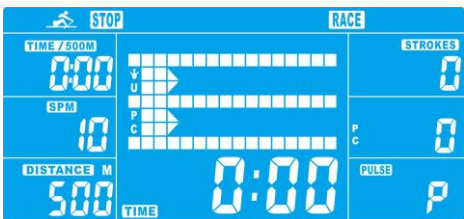
7.2 Press UP or DOWN to set SPM (preset=10) and DISTANCE (preset=500) (Picture 11). Press ENTER to confirm.
 (Total level =15, L1=1:00 TIME/500M, L15=8:00 TIME/500M, Increments default: 0:30 TIME/500M).

7.3 Press START/STOP key to start workout. LCD will display USER & PC workout status (Picture 12). PC workout distance display in PC column while use workout distance display in USER column(Picture 13).

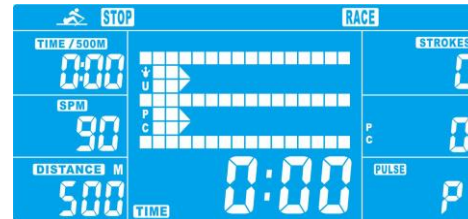
7.4 When any function reaches target value, system STOP. PC or USER will display finished data (Picture14).

System will alarm bi-bi-bi-bi . Press any key to stop alarm.

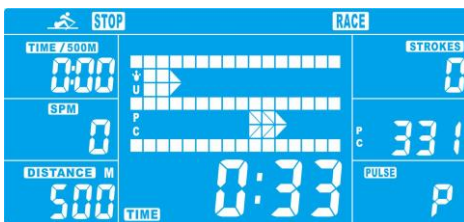
7.5 Press RESET to reverse to main menu



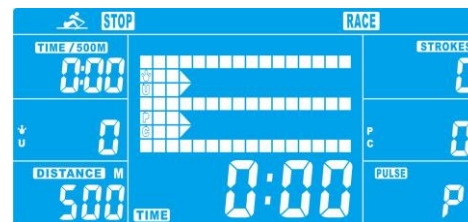
Picture10



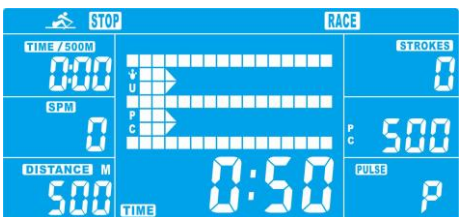
Picture11



Picture12



Picture13



Picture14

8. USER Mode

- 8.1 Press UP or DOWN to select USER mode and press ENTER to confirm.
- 8.2 Press UP or DOWN to set resistance level of each column (Picture 15). Press ENTER to next one. Hold on pressing MODE for 2s to finish or quit setting.
- 8.3 Press UP or DOWN to preset TIME (Picture 16), and press ENTER to confirm.
- 8.4 Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
- 8.5 When preset workout value count down to 0, console will stop and alarm bi-bi-bi-bi for 8 seconds. Press any key to stop alarm.
- 8.6 Press START/STOP key to pause workout.
- 8.7 Press RESET to reverse to main menu.



Picture15



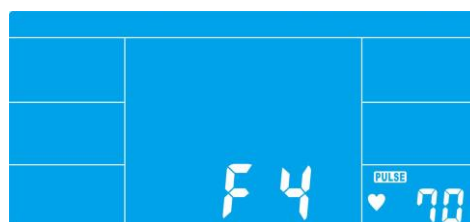
Picture16

9. Recovery Mode

- 9.1 In Recovery mode, user must be wearing a chest strap. When the pulse value is displayed on the computer, press the RECOVERY key start measurement.
- 9.2 Then all functions are stopped except TIME and PULSE window (Picture 17). TIME shows "0:60" (seconds) and starts counting down to 0:00.
- 9.3 Computer will show heart rate recovery status after TIME counting down to 0:00 with FX (X=1~6) (Picture 18), as showing in below chart.
- 9.4 Press RECOVERY again to reverse to main menu.



Picture17



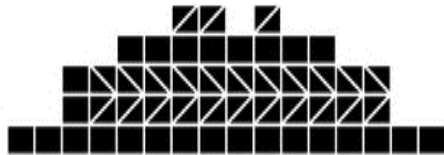
Picture18

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

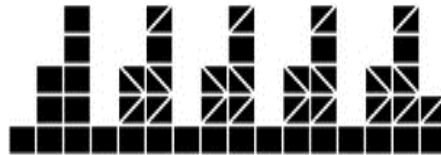
Remark:

1. If console display E-2, pls check if cables were well connected or damaged.
2. After 4 minutes without rowing or pulse input, console will enter into SLEEPING mode.

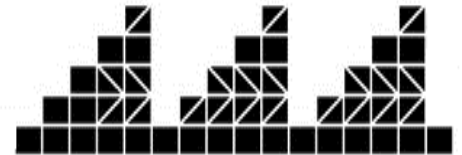
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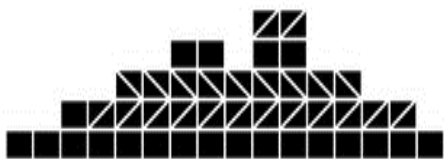
PROGRAM 1



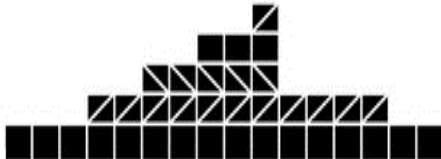
PROGRAM 2



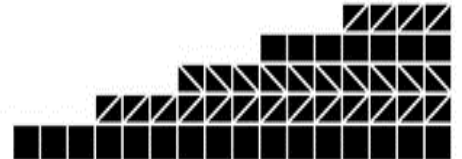
PROGRAM 3



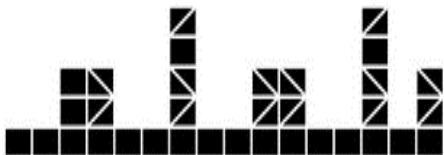
PROGRAM 4



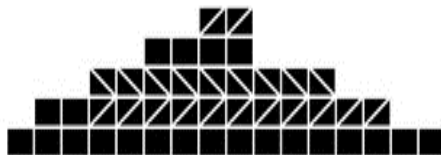
PROGRAM 5



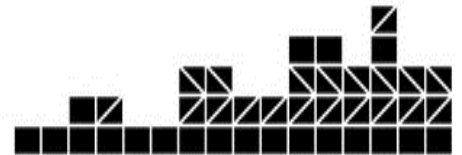
PROGRAM 6



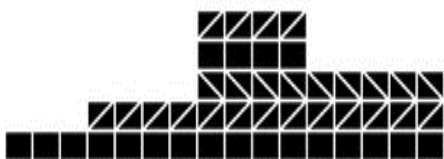
PROGRAM 7



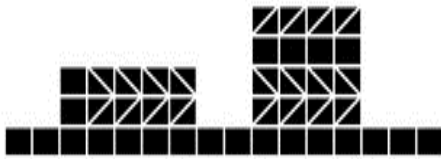
PROGRAM 8



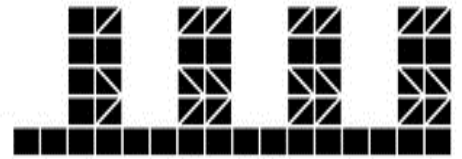
PROGRAM 9



PROGRAM 10



PROGRAM 11



PROGRAM 12



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