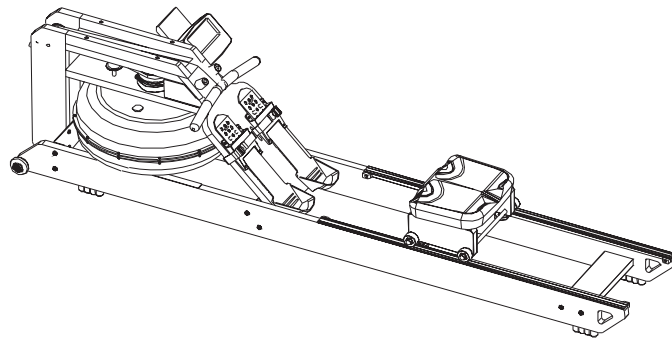


TOORX
FITNESS IN MOTION

INSTRUCTION



ROWERCRAFT

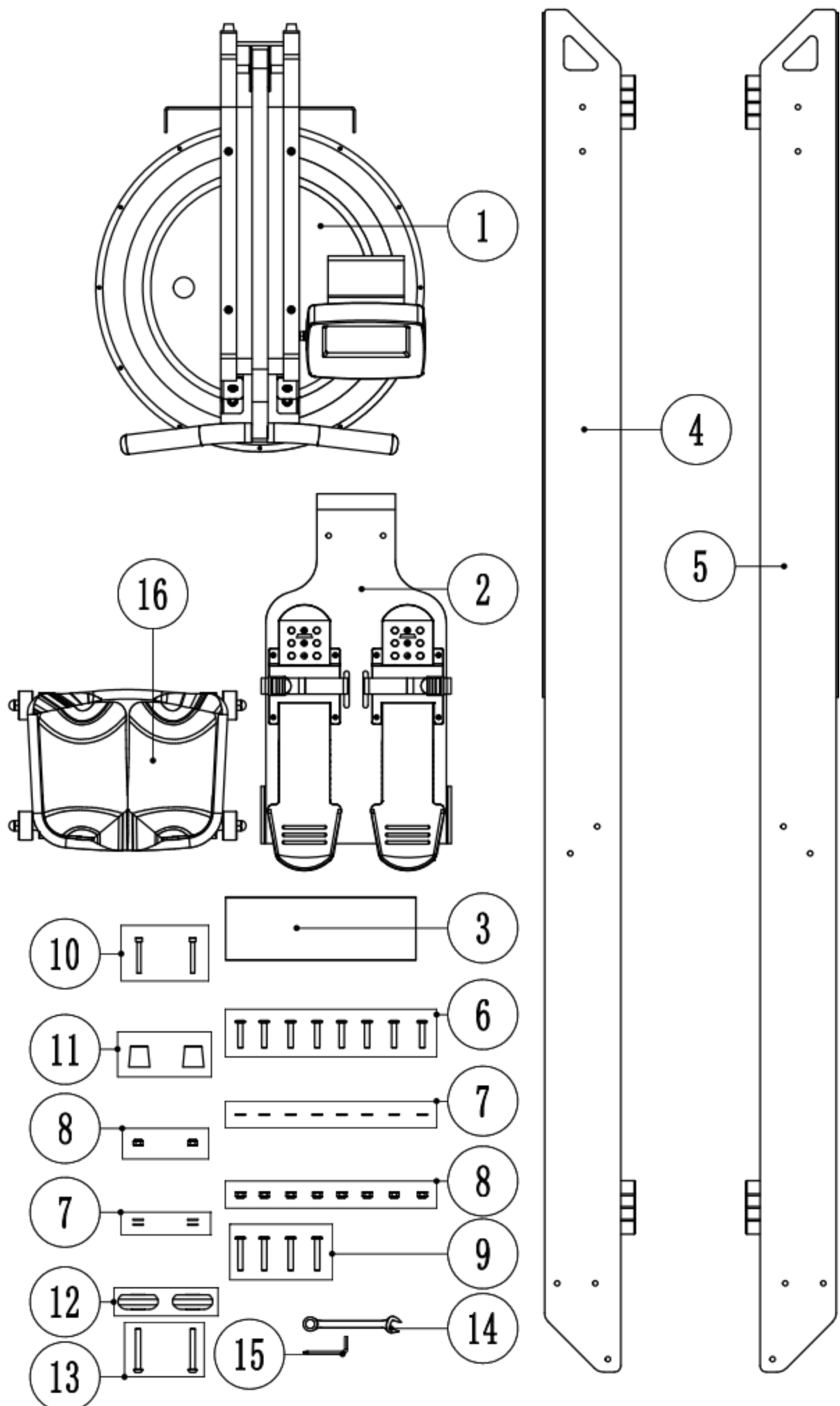


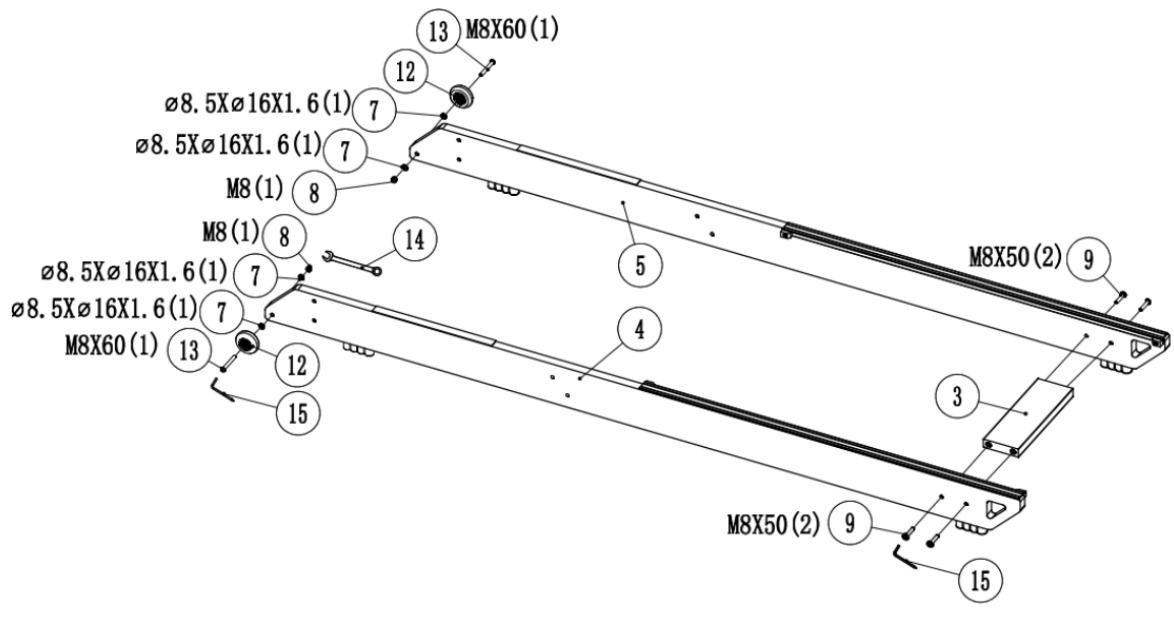
Cod: GRLDTOORXRWXCRAFT

Rev : 00

Ed : 07/24

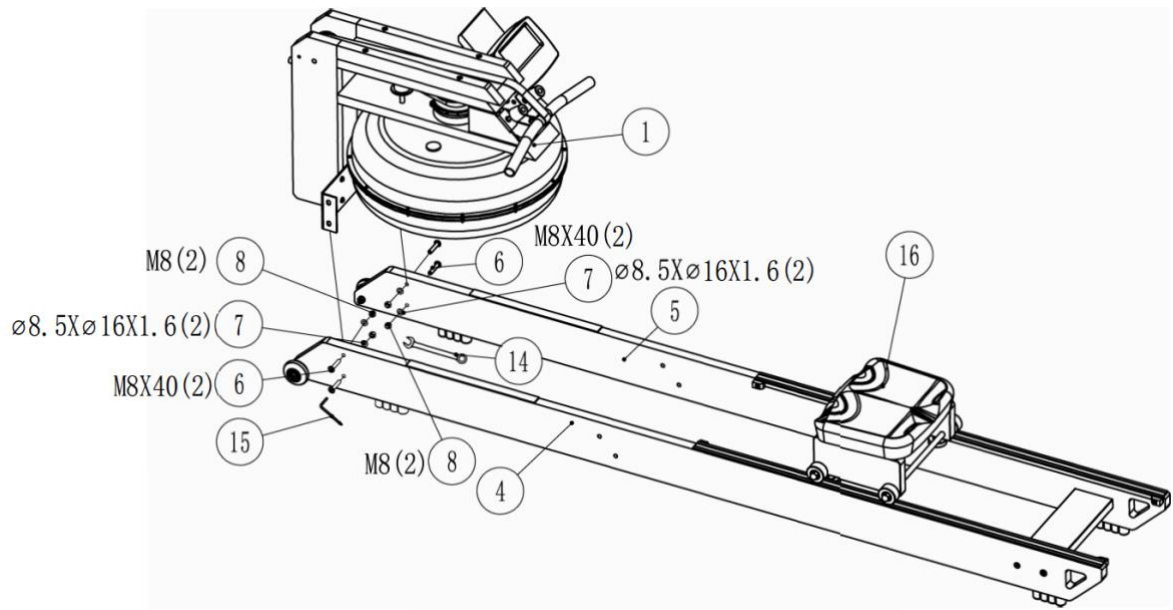






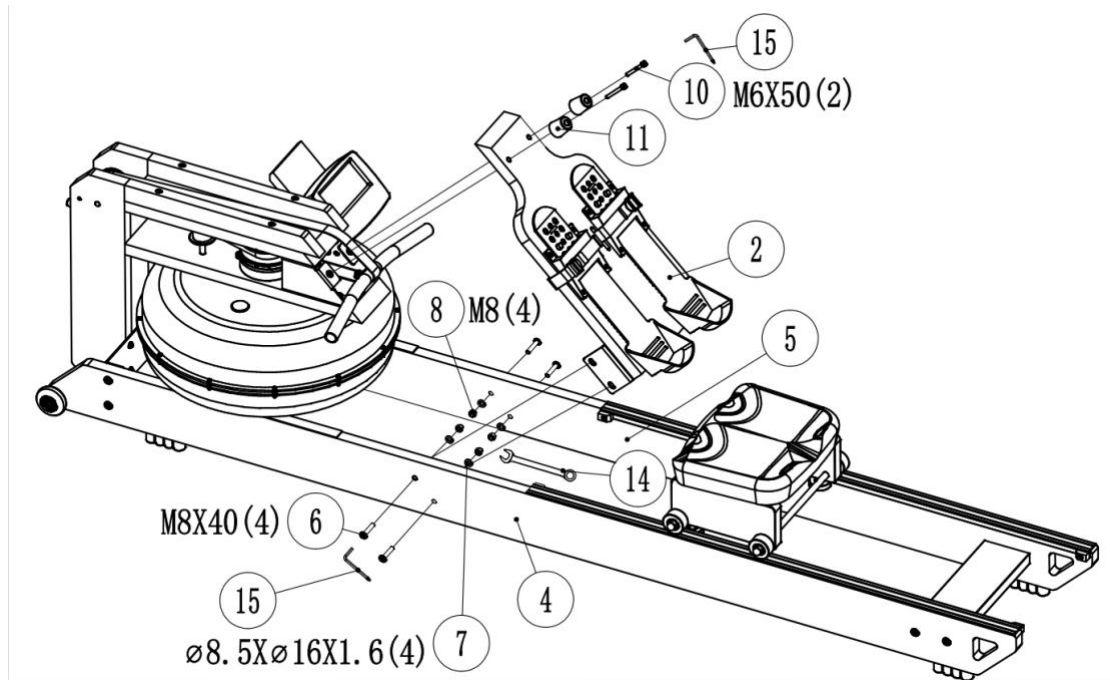
Step 1: Connect Part 4 & Part 5 with Part 3 by four screws Part 9(M8x50).

Connect Part 12 & Part 5 with Part 4 screw part 13(M8x60) and part 7(M8).



Step 2: Place part 16 on Part 4 and Part 5, Place part 1 on Part 4 and Part 5's foam pad, align the mounting holes.

Connect Part 4, Part 1 with Part 5 by Part 7(M8) and Part 6(M8x40), lock them with Part 8(M8), dont overtight the bolts until full parts connected together.

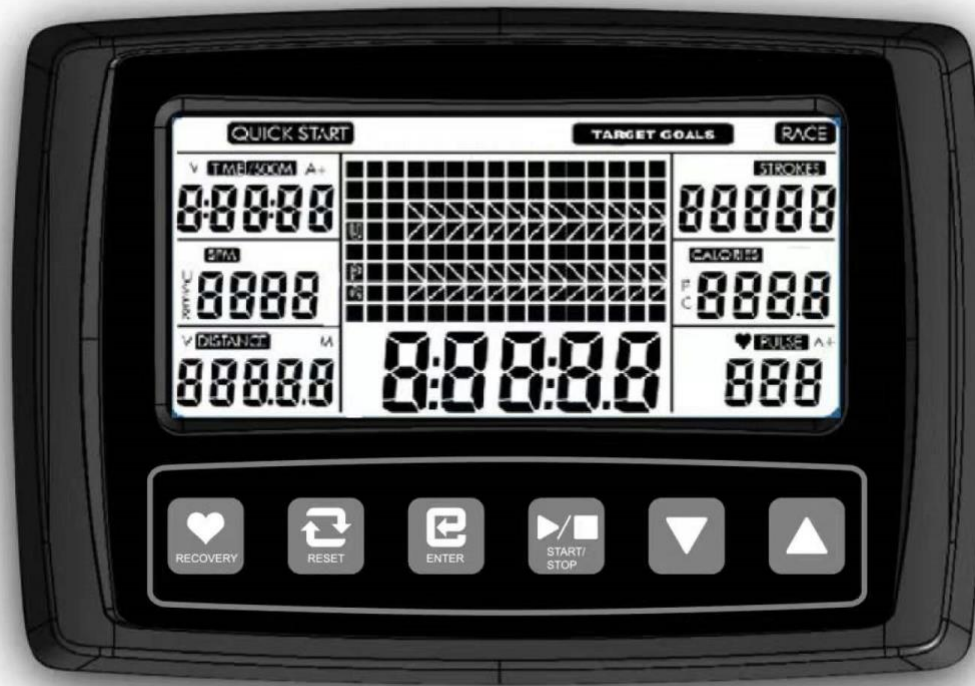


Step 3: Place Part 2 on Part 1, Part 4 and Part 5, align the mounting holes, connect Part 11, Part 2 and Part 1 by Part 10(M6x50), and tighten them.

Connect Part 4, Part 5 with Part 2 by Part 6(M8x40) and Part 7(M8), Lock them by Part 6(M8).

Adjust the gap between the Part 1 and Part 2, tighten all the screws Part 6(M8x40).

Instruction Manual



Power on

The full LCD display will be shown 2 seconds after the installation of batteries. It will enter the standby mode.

Function buttons:

RECOVERY : Press this button to test the pulse recovery for 60 seconds , the computer need to have the pulse signal.

RESET : 1 、 Press it to back the preset value during the parameter setting mode, Press again to back program selection.

2 、 Press it to back the standy mode during stop.

3 、 Hold it 2 seconds, the computer will reset.

START/STOP : START/ STOP training.

ENTER : 1 、 Confirm the selection of program.

2 、 Confirm the setting of parameter and enter the next parameter setting.

3 、 Press it to switch the function value display during the training.



: 1 、 Increase the setting parameter

2 、 Select the PROGRAM(QUICK 、 TARGET GOALS 、 RACE)



: 1 、 Decrease the setting parameter.

2 、 Select the PROGRAM(QUICK 、 TARGET GOALS 、 RACE)

DISPLAY FUNCITONS

TIME : Display the training time

TIME/500M : Display the time of average 500 meter.

SPM : Strokes per minute.

DISTANCE : Display the training distance from 0~99999

STROKES : Display the current strokes.



CALORIES : Display the consumption calories.



PULSE : Display user's heart rate during the training.

A+ : Display the average function value of time , calories and pulse.

Operation :



QUICK START : Press   to choose Quick Start then press START/STOP to start the training. (User could not change any parameter during the QUICK START MODE)

TARGET GOALS : Press   to choose TARGET GOALS then press ENTER to confirm and enter four setting of TARGET Time \ TARGET Distance \ TARGET Calories \ TARGET PULSE.


A TARGET Time: Only can preset the time ,press START/STOP to start the training after setting finished. The setting range is from 00:00~99:00, each increase/decrease is 1:00.



B TARGET Distance: Only can preset the distance ,press START/STOP to start the training after setting finished. The setting range is from 0~99900, each increase/decrease is 100.

C TARGET Calories :Only can preset the calories ,press START/STOP to start the training after setting finished. The setting range is from 0~5000, each increase/decrease is 50.

D TARGET Pulse: Only can preset the Heart Rate form 90 to 200 Bpm, press START/STOP to start the training after setting finished.

It will have beep beep sound then the heart rate is higher than TARGET Pulse.

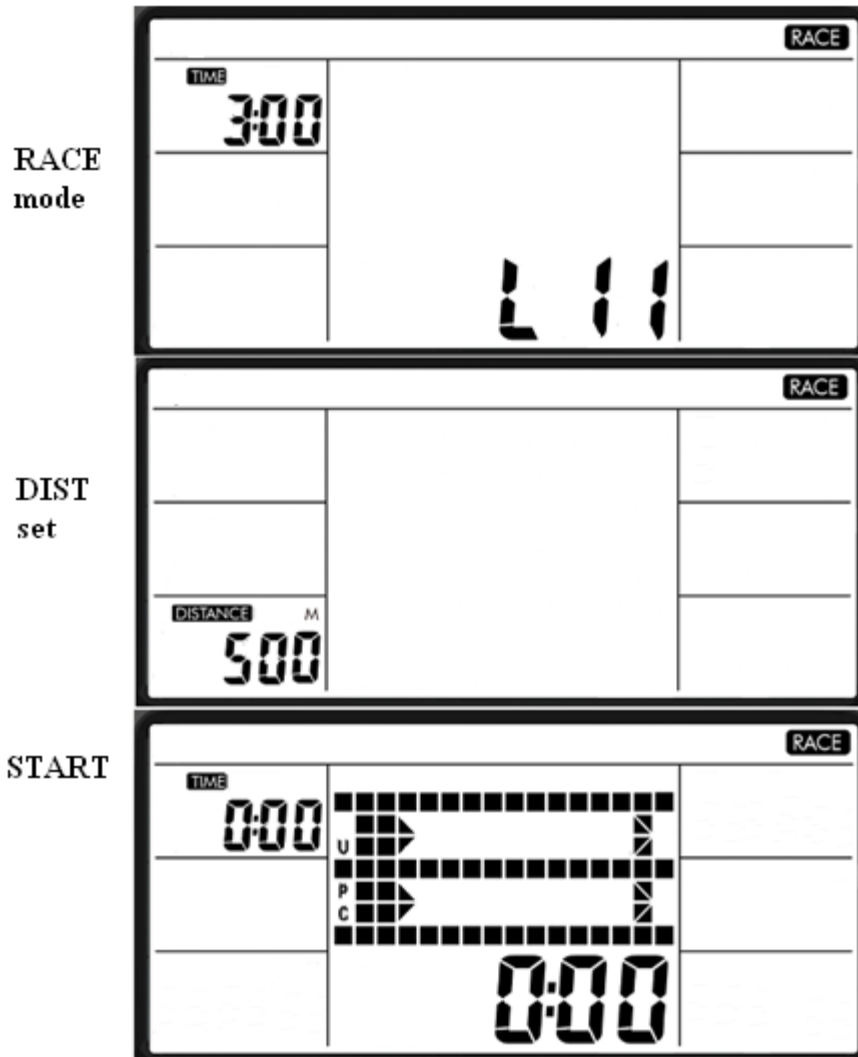
RACE : Press   to choose RACE then press ENTER to confirm then

press   to select L1~L15. Press ENTER to confirm and enter DISTANCE setting, DISTANCE will blink then press UP or DOWN to adjust. Press ENTER to STOP mode then press START to train.

The dot-matrix will show U and PC graphic to race.

Once PC or User reach the end of training, the computer will stop.

TIME window can press ENTER to switch display TIME and TIME/500M A+ 、
 SPM window display SPM A+ 、 DISTANCE display training distance and
 PULSE window display PULSE A+ 、 The dot-matrix will show PC WIN or USER
 WIN



Remark : 1 、 RACE PROGRAM: only can set DISTANCE , TIME/500M is

fixed , TIME/500M for L1-L15 is as below

L1	8:00	L6	5:30	L11	3:00
L2	7:30	L7	5:00	L12	2:30
L3	7:00	L8	4:30	L13	2:00
L4	6:30	L9	4:00	L14	1:30

L5	6:00		L10	3:30		L15	1:00
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It will enter the sleep mode after stop training and no operation in 256 seconds all the value will reset to zero automatically . Start training or press any button to wake up the computer.

Note:

1. It will enter the sleep mode after stop training 4 minutes and all the value will reset to zero automatically except TOTAL STROKES. Start training or press any button to wake up the computer.
2. If the computer displays abnormally, please re-install the battery and try again after 15 seconds.
3. Battery Spec: 1.5V UM-3 or AA (2PCS). The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. Please replace the new batteries when the computer got a crash or reset , i.e, the batteries power were not enough.
5. Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.
6. Contact your local government for information regarding the collection systems available.
7. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.
8. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.





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