

TOORX
FITNESS IN MOTION

INSTRUCTION



APP READY 3.0



ROWERSEA90



Cod : GRLDTOORXRWXSXA90

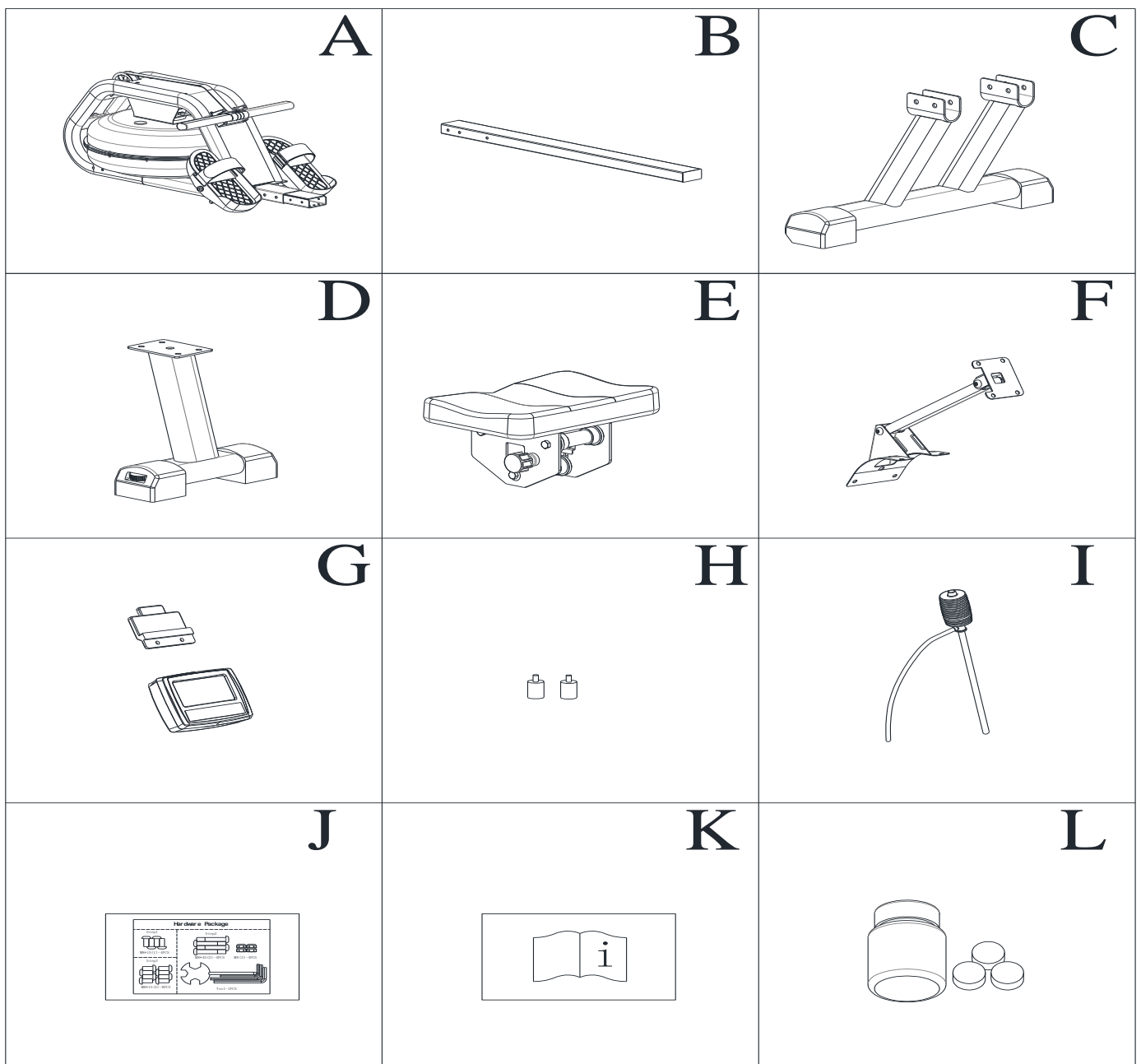
Rev : 01

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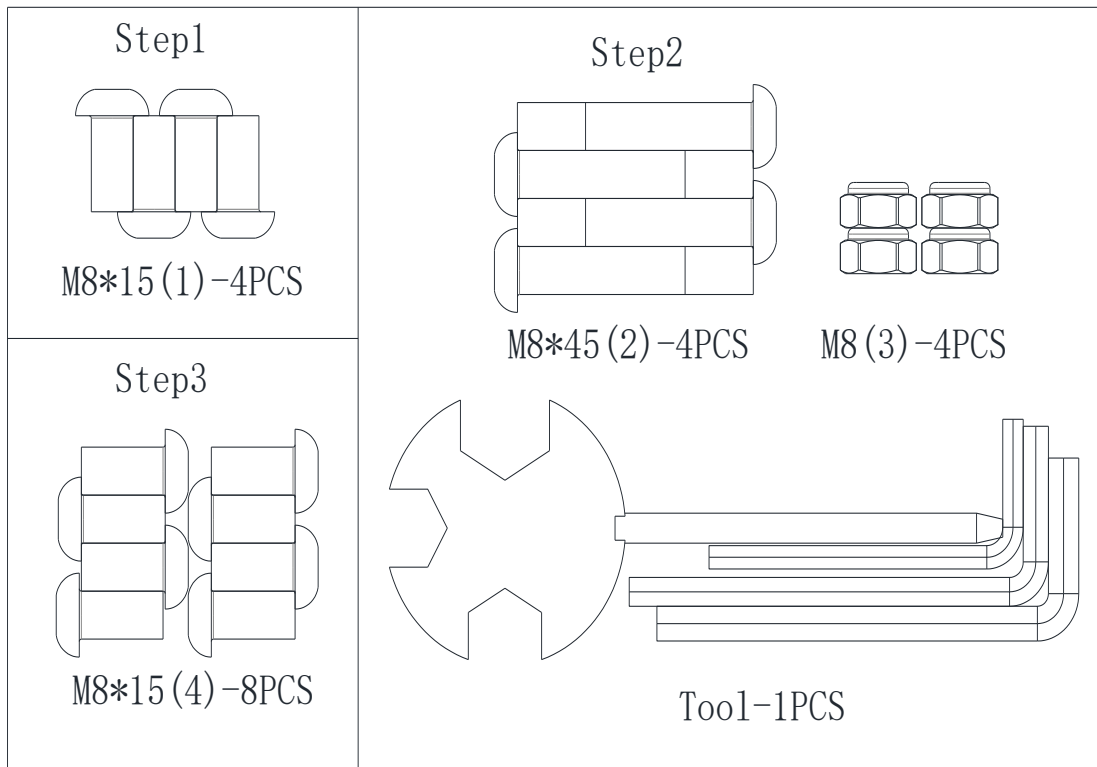


List of installation parts

No.	Description	Quantity	No.	Description	Quantity
A	Main frame	1PC	B	Rail	1PC
C	Front stabilizer	1PC	D	Rear stabilizer	1PC
E	Seat	1PC	F	Computer holder	1PC
G	Computer/Mobile phone bracket	1PC	H	Block for seat cushion	2PCS
I	Water pump	1PC	J	Accessories tools	1PC
K	Manual	1PC	I	Water purification tablet	1PC



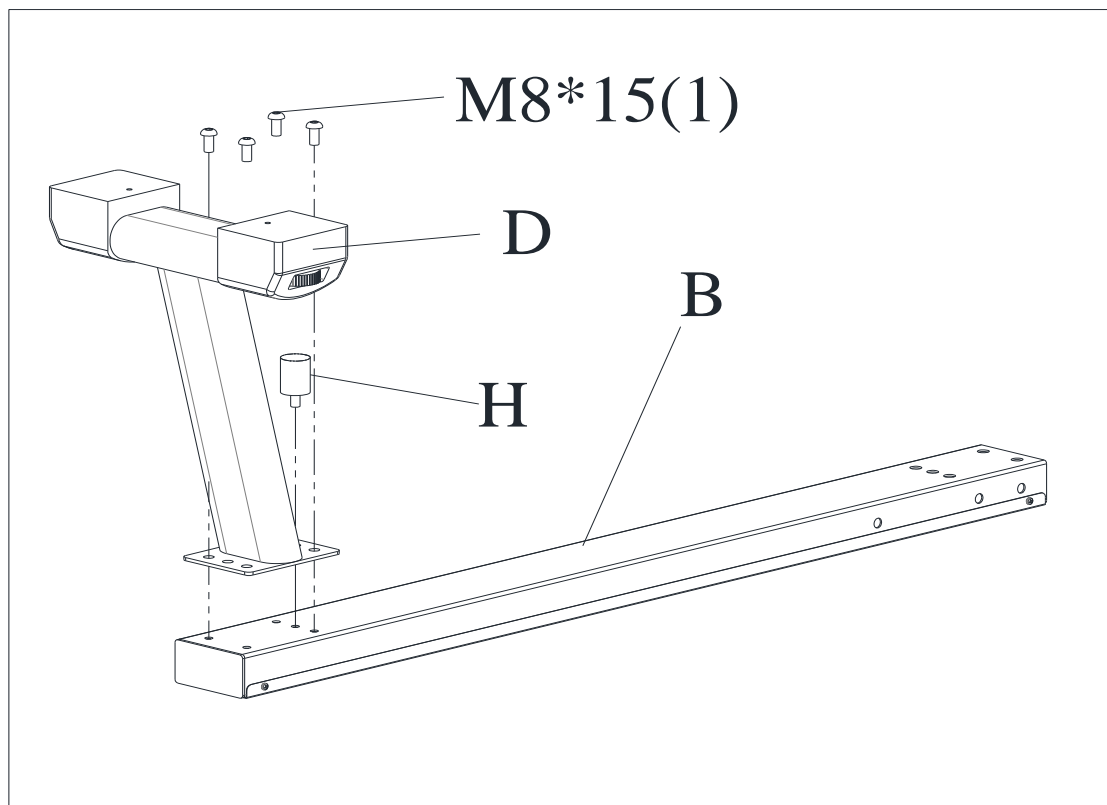
Accessories tools



ASSEMBLY

STEP 1

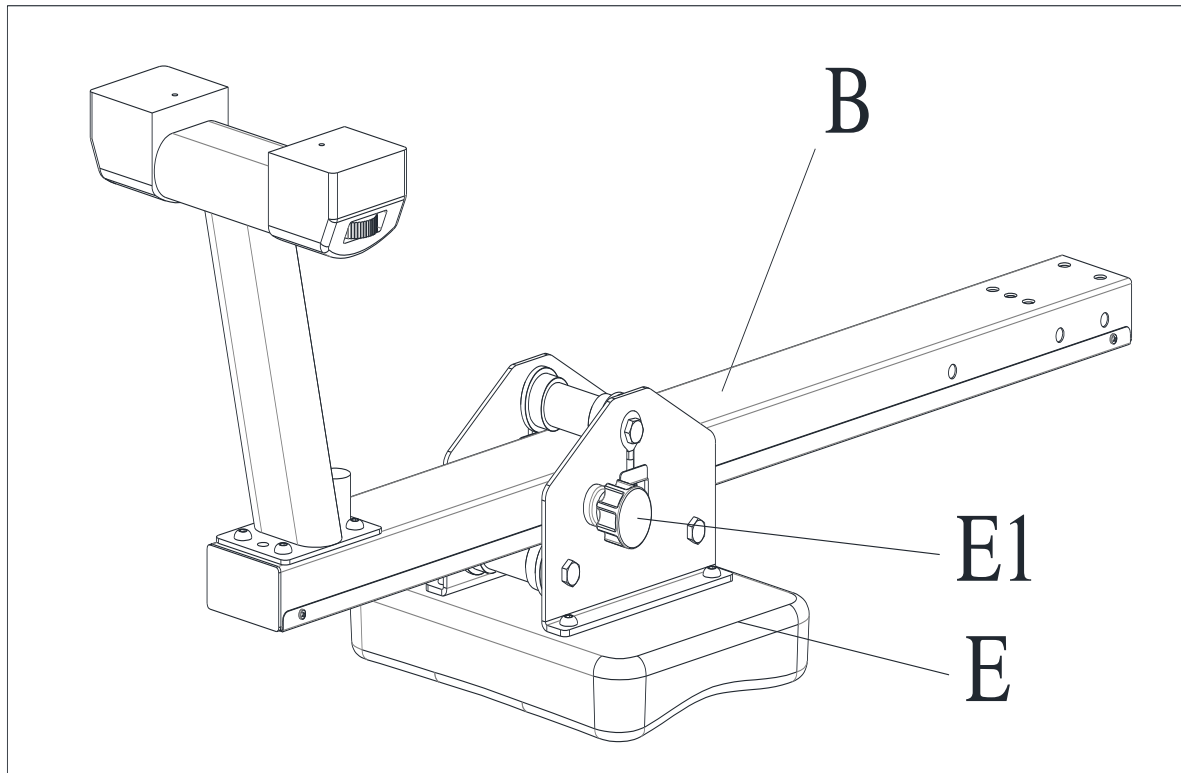
- 1) Lock the rear stabilizer(D) on the rail(B) with Allen screw M8*15(1).
- 2) Screw the cushion block(H) on the rail.



STEP 1B

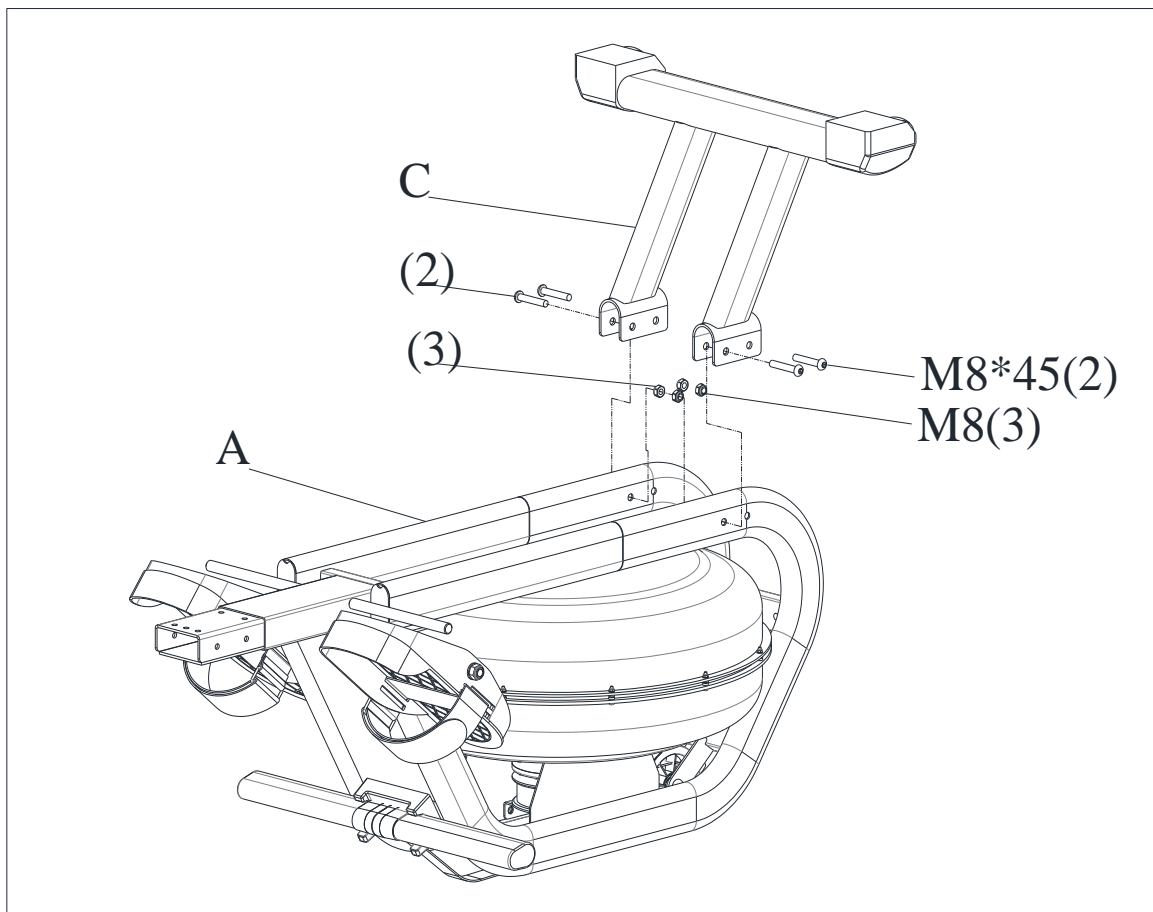
- 1) Assembled the seat(E) to the rear of the rail(B). (Note: pull the elastic pull pin E1 on the seat cushion

outward and rotate it to get stuck.)



STEP 2

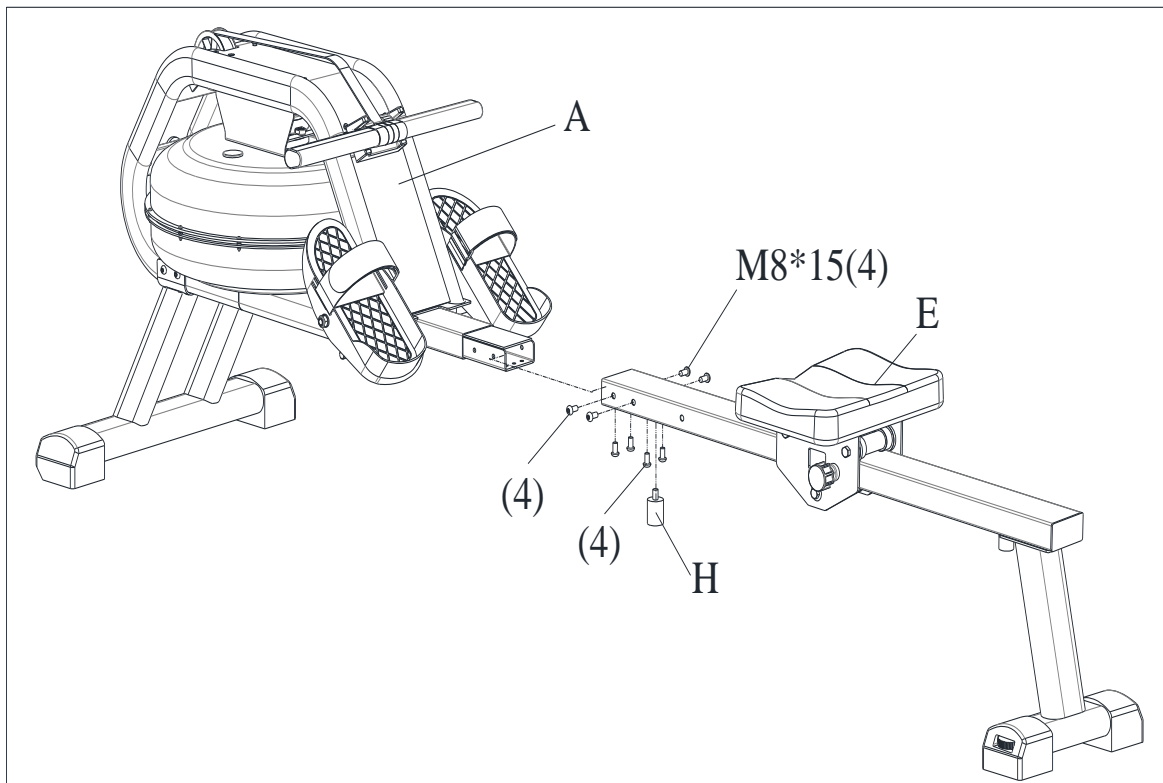
1) Use screws M8*45(2) and screws M8(3) to fix the front stabilizer(C) on the main frame(A).



STEP 3

1) Use screws M8*15(4) to assemble the rail assembled in step 1B on the main frame(A).

2) Screw the cushion block(H) on the rail.

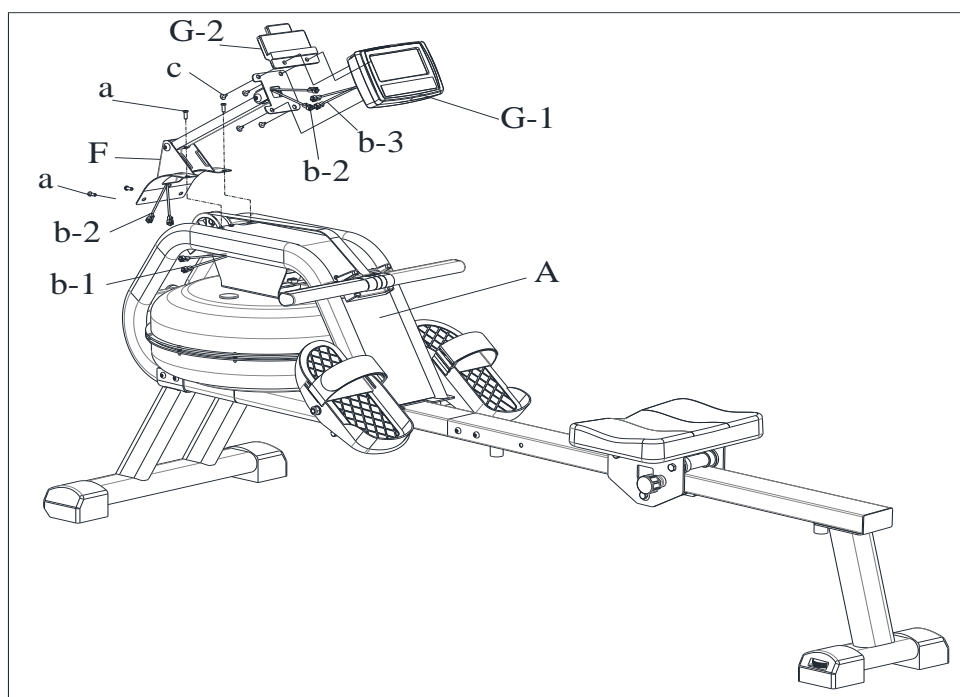


STEP 4

1) Use a cross wrench to remove the screw(c) of computer(G-1), then connect the wiring(b-2) of computer holder(F) to the wiring(b-3) of outlet of computer(G-1), and use screw(c) to cross the computer holder(F), fix the mobile phone bracket(G-2) to the computer(G-1). (Noted: avoid squeezing the wires)

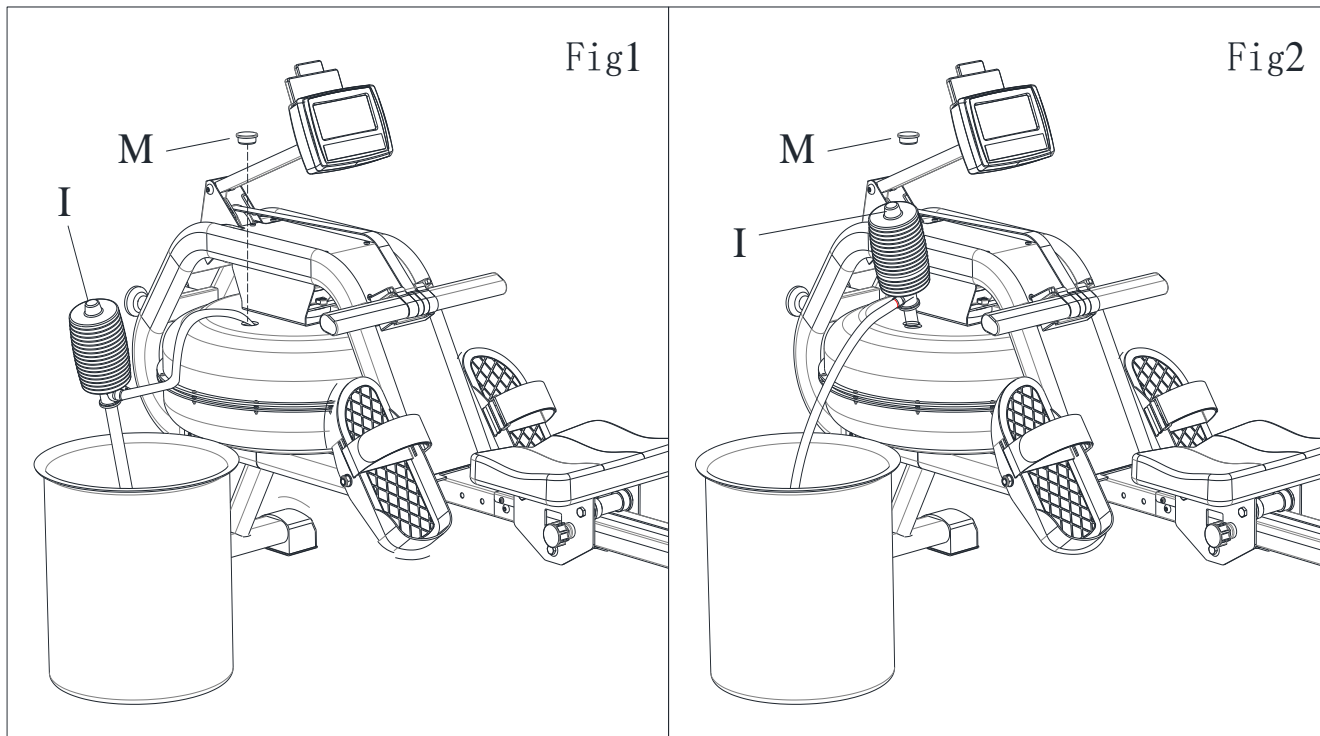
2) Use an Allen wrench to remove the screws(a) from rower(A) and fix the computer holder(F) on the main frame.

3) Connect the wiring(b-2) of outlet of computer holder(F) and the wiring(b-1) of outlet of main frame. Make sure that all parts are properly tightened before you use the rower, then open the rear cover of computer(G-1) and install the battery.



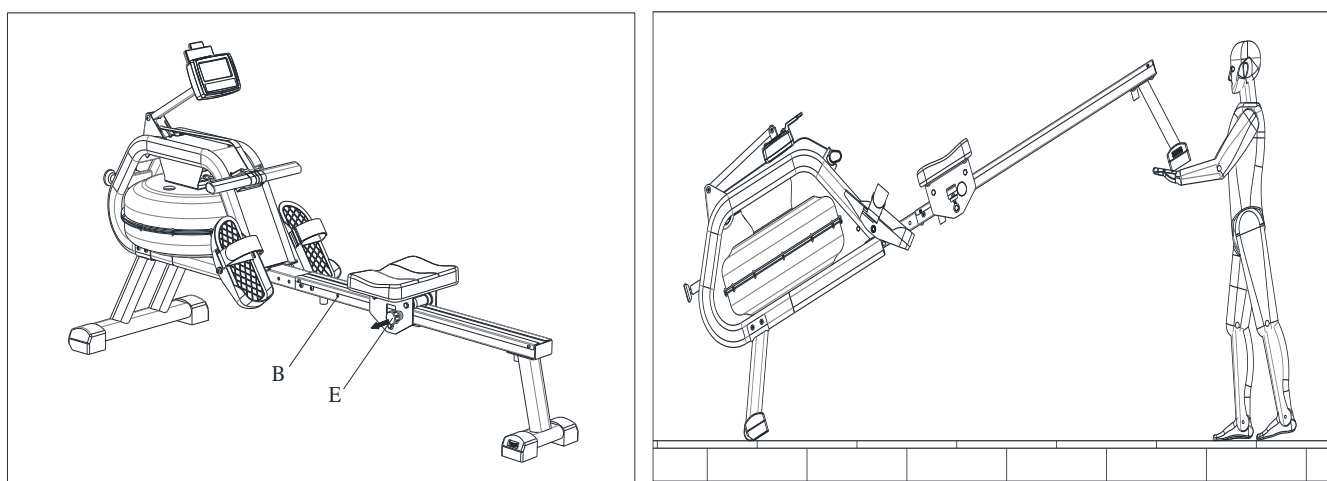
STEP 5

1. Remove the tank plug(M) from the upper tank.
2. Water injection as shown in figure 1. Insert the water pump(I) into the tank, and then fill the water in the tank from bucket by using water pump(I). Refer to the digital mark on the side of the tank to measure the amount of water in the tank.
3. Pump water as shown in figure 2. Place a bucket next to machine, and use water pump(I) pumps water from the tank into the bucket. Then stuff the water tank plug(M) into the upper tank. Wipe dry the water droplets on and around the rower machine with a clean cloth, then pump water finished.



Product movement

- 1) Pull the elastic pull pin(E) out from the seat and slide into the track hole(B) to fix the seat while the rower is moving.
- 2) Lift the end of the guide rail and then move the rower to the desired location.





Power on

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

Button function

RECOVERY: Press this button to entering one minute countdown heart rate with hear rate input condition.

RESET:

- 1) Press it to back the default value during the setting parameter, then press again to back program interface.
- 2) Press it to back the standby mode during stop.
- 3) Hold it 2 seconds, the computer will reset.

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.

START/STOP: START/STOP training.



- : 1) Increase the setting parameters.
2) Select the PROGRAM(QUICK, TARGET GOALS, RACE).



- : 1) Decrease the setting parameters.
2) Select the PROGRAM(QUICK, TARGET GOALS, RACE).

Display function

TIME: Display the training time.

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

SPM: Strokes per minute.

Distance: Display the training distance, range 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.





Program instruction

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

TARGET GOALS: Press   to choose TARGET GOALS, then press ENTER to confirm and enter following four setting of TARGET Time, TARGET Distance, TARGET Calories, TARGET Pulse.

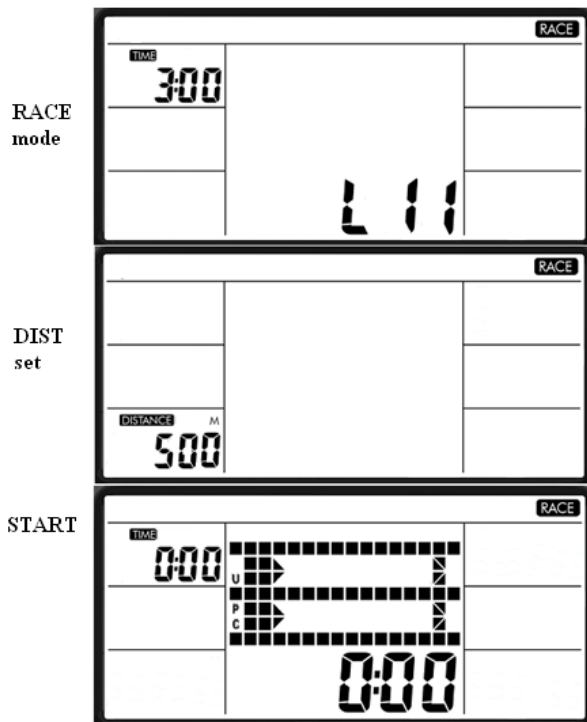
- 1) **TARGET TIME:** Only can preset the time, press START/STOP to start the training after setting finished. The setting range is from 00:00~99:00, each increase/decrease is one minute.
- 2) **TARGET DIST:** Only can preset the distance, press START/STOP to start the training after setting finished. The setting range is from 0~99900, each increase/decrease is 100meters.
- 3) **TARGET CAL:** 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 50cal.
- 4) **TARGET PULSE:** Only can preset the pulse, the setting range is from 90~200Bpm.

Press START/STOP to start the training when you preset the value. It will start flashing with beep beep sound when the heart rate is higher than TARGET Pulse.

RACE: Press   to choose RACE, and press ENTER to confirm. Then, press   to select L1~L15. Press ENTER to confirm and enter DISTANCE setting, DISTANCE will start flashing, you can 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.



Noted: 1. RACE PROGRAM: only can set DISTANCE , TIME/500M is fixed , TIME/500M for L1-L15 as shown 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

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

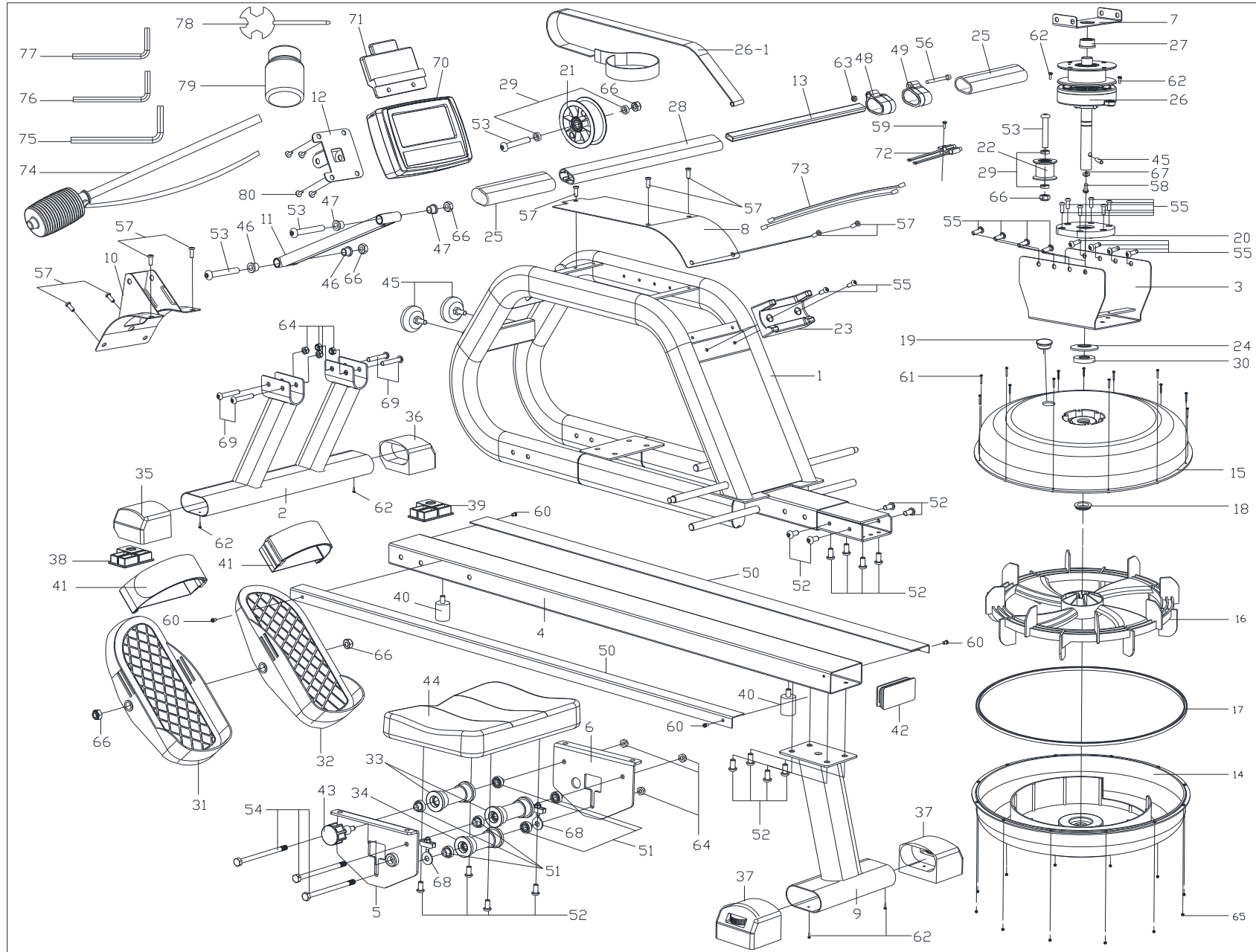
1. It will enter the sleep mode after stop training 4 minutes and all the value will reset to zero automatically except TOTAL STROKES. Start training or press any button to wake up the computer.
2. If the computer displays abnormally, please re-install the battery and try again after 15 seconds.
3. Battery 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.



Spare parts list

No.	Description	Specification	QTY	No.	Description	Specification	QTY
1	Main frame	Assembly part	1	41	Bandage	50*500	2
2	Front stabilizer	Assembly part	1	42	Plug	40*80	1
3	Fixing base of tank	Assembly part	1	43	Elastic pull pin	φ38*67*M16*1.5	1
4	Rail	Assembly part	1	44	Seat	320*260*52	1
5	Support plate of seat (left)	Assembly part	1	45	Foot pad	40*80	1
6	Support plate of seat (right)	Assembly part	1	46	Shaft sleeve	φ18*10	2
7	Upper fixing base	Assembly part	1	47	Plastic shaft sleeve	φ18*φ10.2*13	2
8	Decorative cover	Assembly part	1	48	Fixing base of left webbing	54*39*35	1
9	Rear stabilizer	Assembly part	1	49	Fixing base of right webbing	54*39*35	1
10	Base of computer bracket	Assembly part	1	50	Aluminum edging	1046*38.7*δ2	2
11	Computer bracket adjustment	Assembly part	1	51	Bearing	608ZZ	6
12	Computer holder	Assembly part	1	52	Screw	M8×15×S5	16
13	Reinforcement tube inside of handle tube	Assembly part	1	53	Screw	M10×65×15×S6	4
14	Lower cover of tank	φ518*100	1	54	Screw	M8×125×20×S14	3
15	Upper cover of tank	φ518*100	1	55	Screw	M6×15×S5	16
16	Blades	φ462*124	1	56	Screw	M6*60	1
17	Seal ring of tank	φ501*7	1	57	Screw	M6×15×S5	11
18	Rubber washer	φ40*7	1	58	Screw	M8×20×S5	1
19	Tank plug	φ31.3*14.4	1	59	Screw	M4x6xΦ7	1
20	Plastic bearing block	110*98*12	1	60	Screw	M4x4xΦ7	4
21	Plastic pulley	φ95*φ82*32	1	61	Screw	M3x20xΦ6	12
22	Webbing pulley	φ51*φ38*32	1	62	Screw	ST4.2x16xΦ7	6
23	Fixing base of handle bar	96*54*40	1	63	Nut	M6xH6xS10	1
24	Plastic washer	φ52*φ20.5*3	1	64	Nut	M8xH7.5xS13	7
25	PVC Handle grip	46*31*170	2	65	Nut	M3xH3.8xS6	12
26	Retractor	φ110*200	1	66	Nut	M10x1.25xH12xS17	6
27	Upper bushing	φ20.5*3	1	67	Flat washer	d8×Φ16×1.5	1
28	Handle tube	40*25*390	1	68	Chain adjusting component	M6*25	2
29	PVC bushing	φ16*φ10.2*4.5	4	69	Screw	M8×45×15×S6	4
30	TC skeleton oil seal	φ20*φ40*8	1	70	Computer		1
31	Pedal (left)	305*125*85	1	71	Mobile phone bracket		1
32	Pedal (right)	305*125*85	1	72	Line of induction		2
33	Roll wheel of seat	φ42*φ33*91.4	2	73	Middle line of computer		2
34	Roll wheel of seat	φ42*φ33*91.4	1	74	Water pump		1
35	Front adjustable foot sleeve (left)	40*80	1	75	Allen wrench S6		1
36	Front adjustable foot sleeve (right)	40*80	1	76	Allen wrench S4		1
37	Rear adjustable foot sleeve	40*80	2	77	Allen wrench S4		1
38	Left foot pad	74*68.5*18	1	78	Cross wrench		1
39	Right foot pad	74*68.5*18	1	79	Water purification tablet		1
40	Cushion	φ25*32*M8	2	80	Screw	M5*8	4

Exploded view





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