

TOORX
FITNESS IN MOTION

INSTRUCTION



APP READY 3.0

TRAVELLER










Cod : GRLDTOORXTRAVELL

Rev : 00

Ed : 09/24



3. Assembly instruction

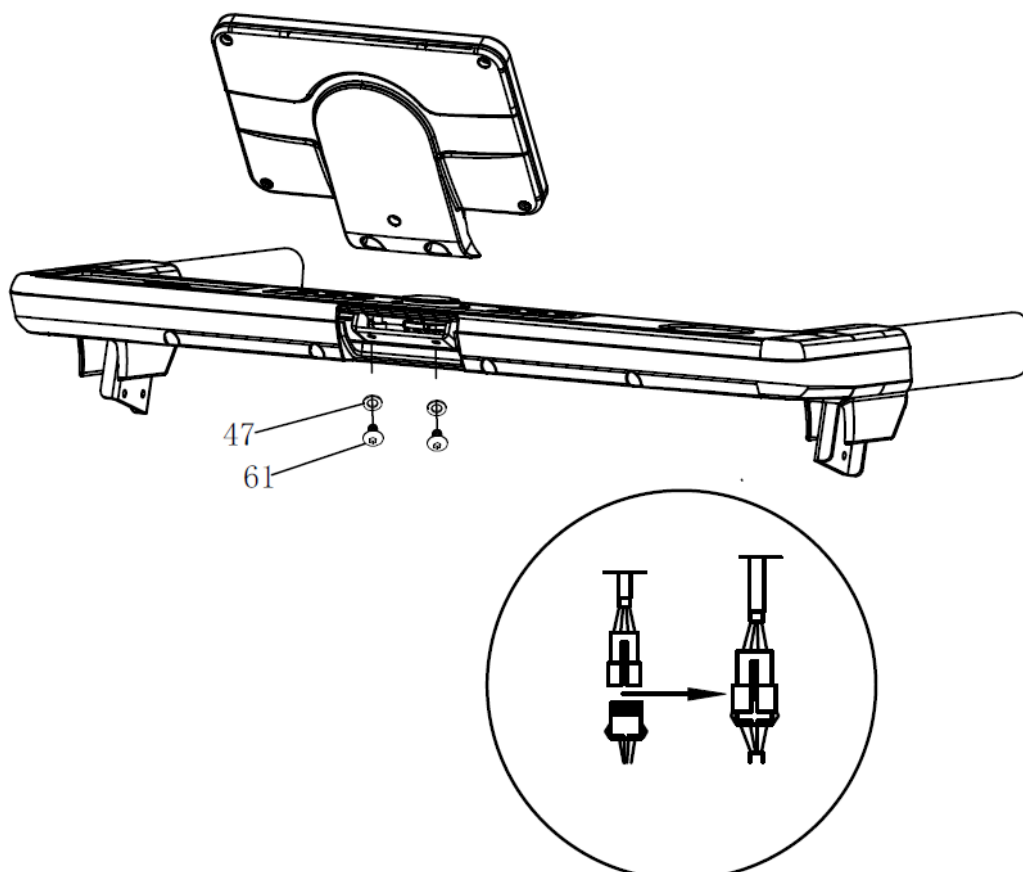
HARDWARE PACKING LIST			
Part # Description	Quantity (PCS)	Part # Description	Quantity (PCS)
M8x16 mm. Bolt 	8	Lubricant Oil 	1
M8x45 mm. Bolt 	2	Safety key 	1
M8 Washer (φ16-φ9*T1.6) 	10	Allen wrench 	1
φ 4.2x16mm Screw 	6		

NOTE:

- Above described parts are all the parts you need to assemble this treadmill. Before you start to assemble, please check the hardware packing to make sure they are included.
- Please find tools in the hardware pack to help you assemble this treadmill easier.

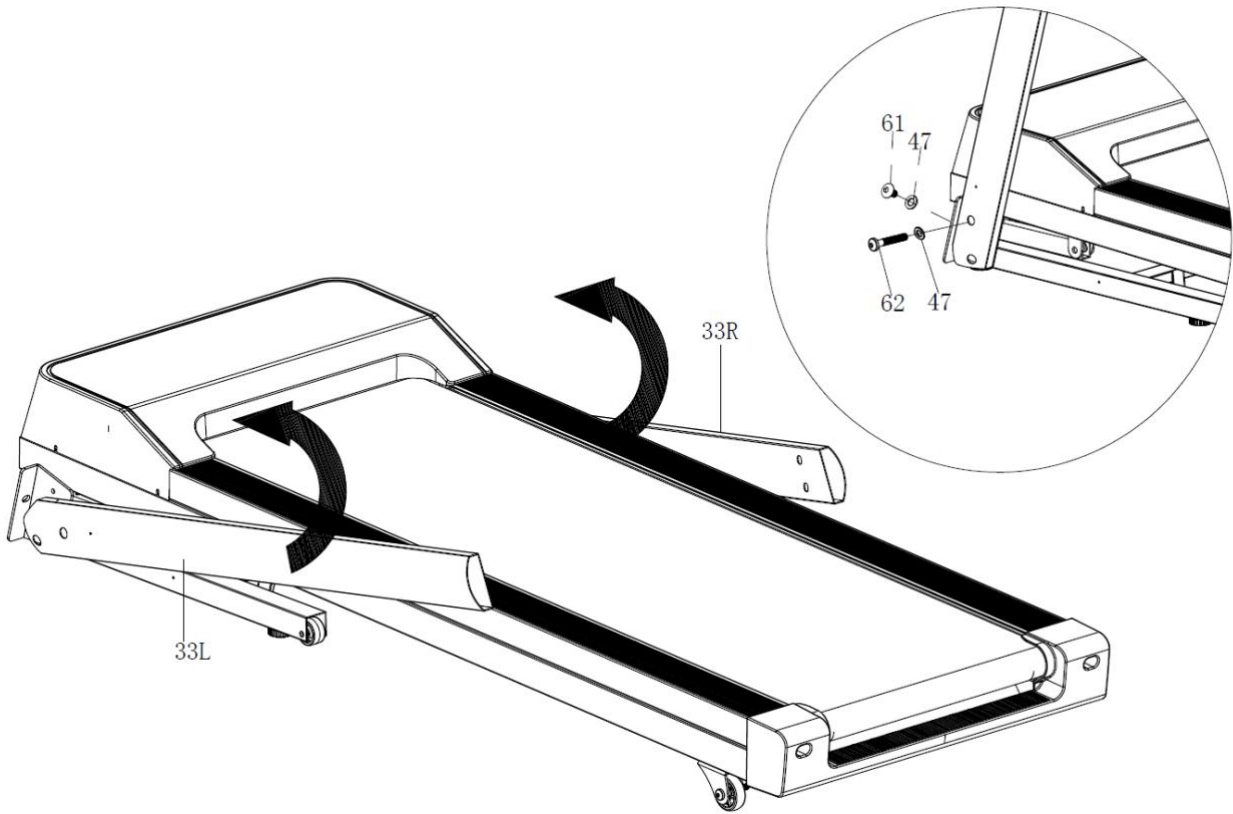
• STEP 1

- Connect the cables between display and console.
- Use the bolts (M8*16) and washer to fix the the display to console.



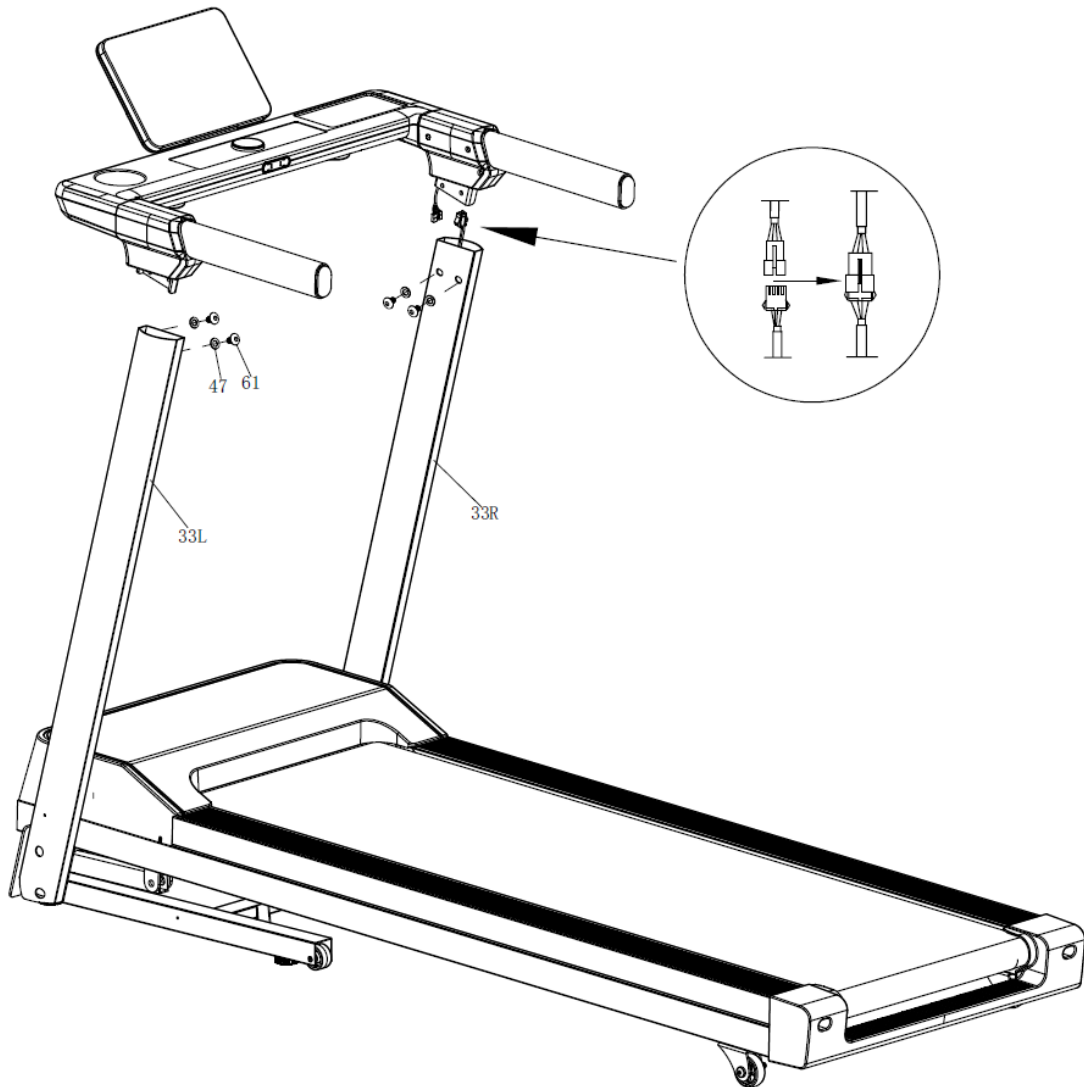
● **STEP 2**

Lift the upright post and use the bolts M8*16(No:61) and M8*45 (No:62) and washers(No:47) to fix both uprights to the base frame.



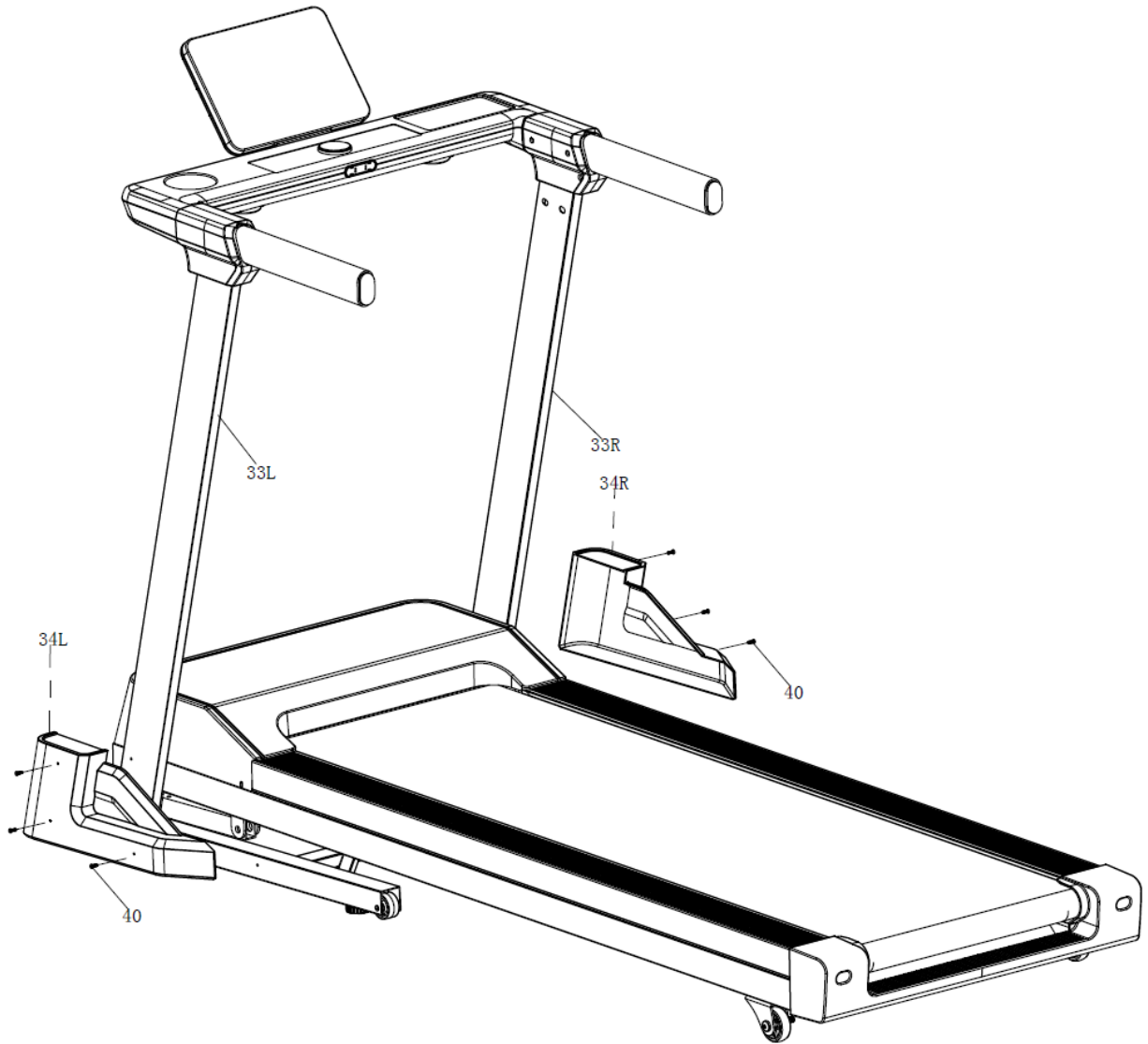
● **STEP 3**

1. Connect the cables between the right side upright post (33R) and the console.
2. Use the supplied bolt M8x16(No:61) and flat washer(No:47) to fix the console on the top of upright post.



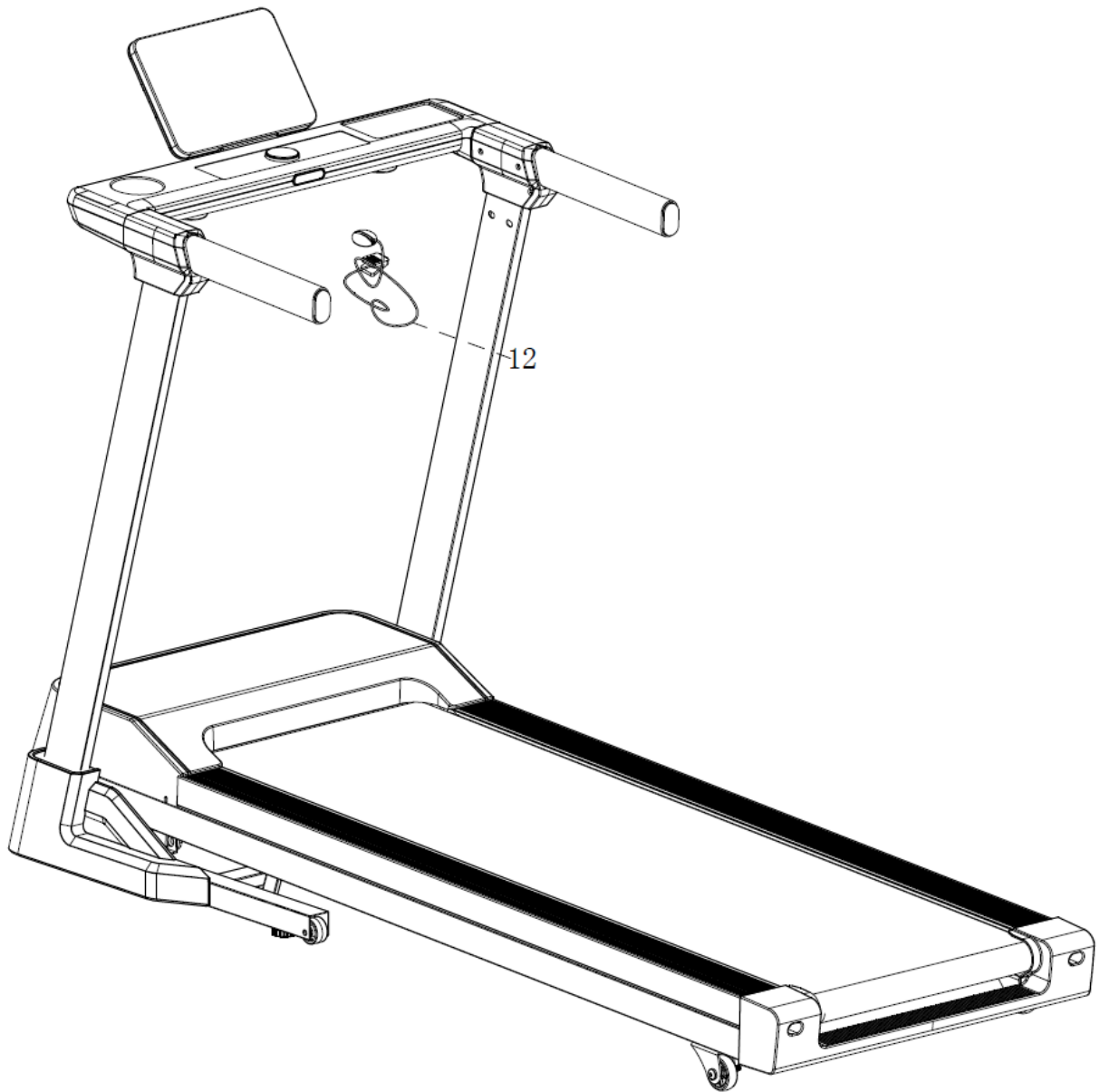
• **STEP 4**

Use the screw (40) Assemble decoration cover(34L/R) at the both side as below photo



• **STEP 4**

Put on the safety key (12) onto the console.



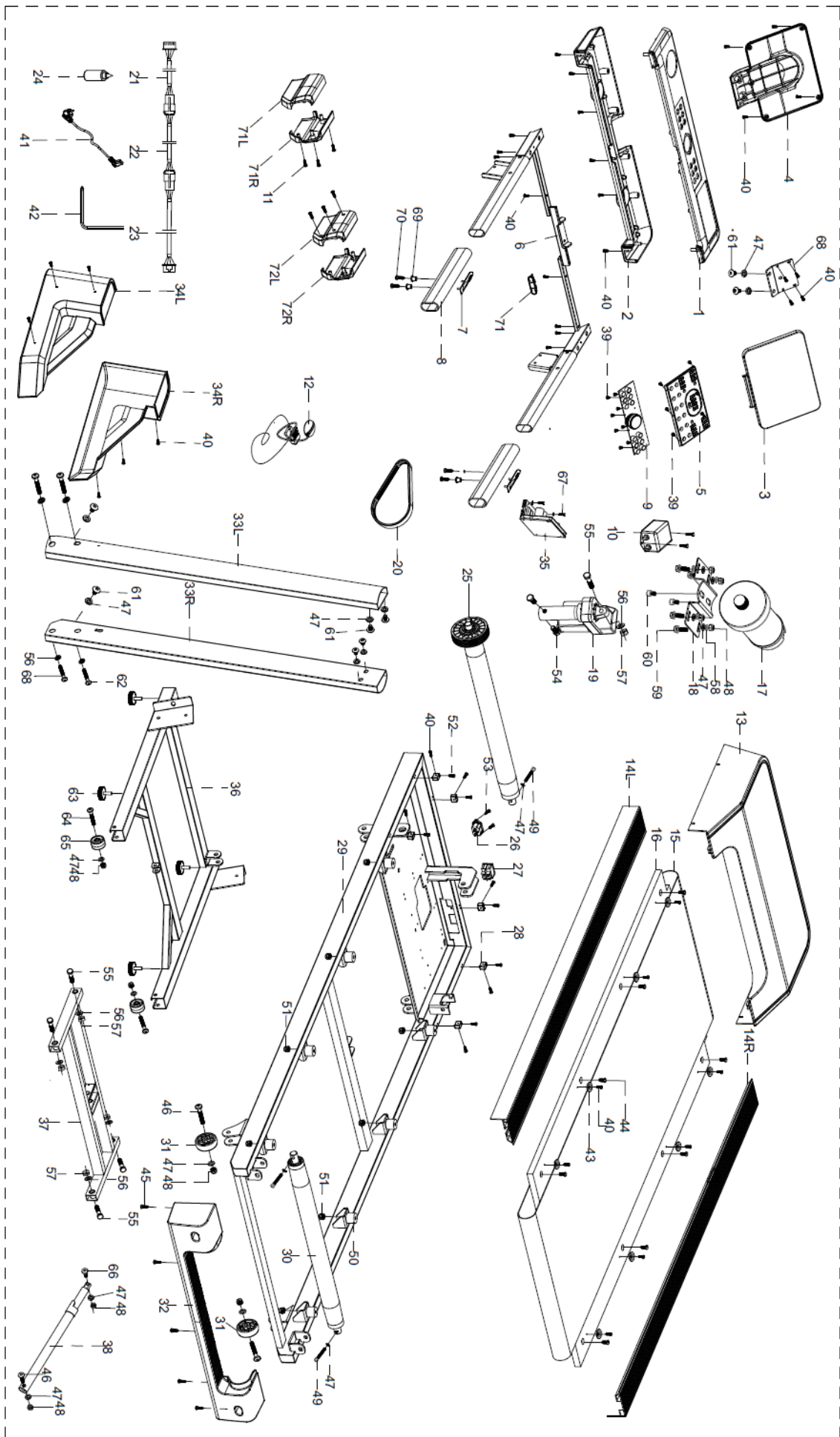
ATTENTION

Must confirm complete assembly as the required above and lock all bolts.

Do the following operation after checking everything is OK.

Before you use the treadmill, please read the instruction carefully

Explosion diagram

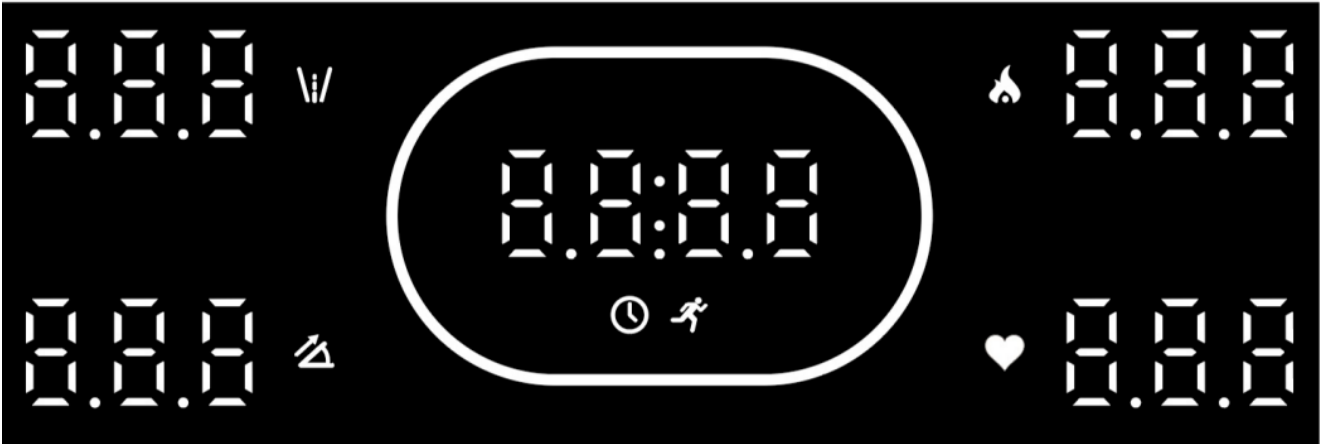


PARTS LIST


part no	parts name	qty	part no	parts name	qty
1	console upper cover	1	38	cylinder	1
2	console back cover	1	39	screwφ3*7	14
3	display upper cover	1	40	screw φ4.2*13	43
4	display back cover	1	41	Power cable	1
5	display PCB	1	42	Allen wrench s5	1
6	console frame	1	43	side rail fixer	8
7	Hand pulse	2	44	bolt M6*25	8
8	Handle foam	2	45	screw ST4.2*13	9
9	button PCB+ speed control knob	1	46	bolt M8*45 牙 20	3
10	Filter	1	47	washer φ9-φ16*1.6	21
11	Screw φ 4*16	6	48	nut M8	10
12	Safety key	1	49	bot M8*55	3
13	Motor cover	1	50	M6 cushion	8
14	Side rails	2	51	Nut M6	8
15	Running belt	1	52	screw M4.2*25	6
16	Running plate	1	53	bolt M4.2*13	2
17	motor	1	54	bolt M10*30	2
18	Motor base	1	55	bolt M10*45	5
19	Incline motor	1	56	washer φ11-φ21*1.5	7
20	Motor belt	1	57	nut M10	5
21	Upper cable	1	58	spring washer	4
22	Middle cable	1	59	bolt M8*20	4
23	Lower cable	1	60	bolt M8*10	2
24	Silicon oil	1	61	bolt M8*16	8
25	front roller	1	62	bolt M8*50	2
26	socket	1	63	adjust feet	4
27	switch	1	64	bolt M8*50	2
28	motor cover fixer	6	65	wheel	2
29	deck frame	1	66	bolt M8*30	1
30	rear roller	1	67	bolt M4*10	2
31	wheels	2	68	Fix plate	1
32	end cap	1	69	Plastic tube	4
33	upright post	2	70	Screw φ 4*35	1
34	decoration cover	2	71	Handle bar cover left	2
35	controller board	1	72	Handle bar cover right	2
36	base frame	1			
37	incline frame	1			

4. Console Functions


1. DISPLAY FUNCTIONS





2. Window function


2.1  "SPEED": Display current speed, speed range: 1.0-18.0 kmh.


When start pre-set programs, it will display "P01-P02-...-P24-U01-U02-U03-HP1-HP3"-FAT.

2.2  "TIME": Display exercise time, and the range is 0:00-99:59.

2.3  "DISTANCE": Display running distance, and the range is 0.00-99.9.

2.4  "CAL ": Display calories you burned and the range is 0-999.

2.5  "PULSE": Display hand pulse at the moment and the range is 50-200.

2.6  "INCLINE": Displays current incline levels and the range is 0-15.

3. Key function

3.1 "START": Start the machine; "STOP": Stop the machine.

3.2 "SPEED+/-": At the using time, press it will increase/decrease 0.1 km/h in one time; press it more than 5 seconds, it will increase/decrease constantly.

3.3 "INCLINE +/-": At the using time, press it will increase/decrease 1 level in one time; press it more than 5 seconds, it will increase/decrease constantly.

3.4 MODE: At the using time, press it to select countdown time/distance/calories circularly.

3.5 QUICK SPEED:3KM/H, 6KM/H,9KM/H

3.6 QUICK INCLINE:3 LEVELS, 6 LEVELS,9 LEVELS

3.7 PROG: Press it to select programs you want.

3.8 Rotary:Turn right to increase speed,turn left to decrease speed.

P01-P24: Pre-set programs.

U01-U03: Custom program.

HP1-HP2-HP3: Heart rate programs.

FAT: Body fat test.

4. Quick Start (manual mode):

4.1 Turn on the power switch, and put on the safety key.

4.2 Press "START" button and the machine will start within 5 seconds.

4.3 Press "SPEED +/-" to adjust the speed; press "INC +/-" to adjust the incline.

5. Pre-set programs.

	P01		P02		P03		P04		P05		P06	
No	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline
1	1	0	2	0	2	0	2	0	3	0	3	0
2	3	2	3	3	3	2	2	3	4	2	4	8
3	3	6	3	9	5	3	3	6	5	4	5	8
4	7	6	6	9	5	4	5	6	6	4	5	8
5	7	8	5	9	7	5	5	6	7	8	6	8
6	5	8	5	2	7	5	5	9	8	8	6	8
7	5	6	8	2	8	7	8	9	9	6	7	7
8	5	6	5	8	5	7	8	9	10	6	7	7
9	7	4	5	8	5	4	8	9	10	6	7	7
10	7	4	6	4	5	4	8	9	10	6	9	7
11	5	4	8	1	3	4	5	9	9	8	9	7
12	5	6	8	1	3	4	5	6	8	7	10	5
13	5	6	8	4	8	6	5	6	7	6	10	5
14	5	2	5	4	8	3	3	6	5	5	11	3
15	3	2	4	4	4	2	2	2	4	1	5	3
16	2	0	3	0	3	0	2	0	3	0	3	0
	P07		P08		P09		P10		P11		P12	
No	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline
1	3	0	3	0	2	0	3	0	4	0	4	0
2	4	1	5	3	4	6	5	7	5	6	6	8
3	9	4	8	8	5	6	6	7	7	6	10	8
4	4	4	3	8	5	3	6	7	9	6	10	6
5	10	4	5	8	6	7	6	5	10	3	7	9
6	4	6	7	3	5	7	9	5	11	3	10	9

7	10	6	9	7	6	3	10	5	9	3	10	5
8	4	6	3	7	3	8	6	8	6	7	10	5
9	9	8	5	3	3	8	6	8	8	7	7	8
10	4	8	7	3	2	3	9	8	9	4	7	8
11	8	8	10	6	6	9	10	8	10	4	10	8
12	4	10	3	6	5	9	6	8	10	4	10	4
13	11	10	5	3	6	3	6	8	11	4	10	4
14	5	10	7	3	3	3	6	4	9	6	10	4
15	3	6	11	5	3	7	11	4	6	6	6	4
16	2	0	5	0	2	0	3	0	5	0	5	0

	P13		P14		P15		P16		P17		P18	
No	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline
1	1	0	2	5	2	3	2	1	2	3	2	5
2	2	8	6	6	6	4	5	5	5	5	3	7
3	3	8	5	5	5	5	7	6	6	6	5	5
4	4	6	4	8	4	6	5	8	7	8	6	8
5	5	9	8	4	8	3	8	12	8	6	8	6
6	6	9	6	5	7	5	6	9	9	5	6	5
7	7	5	5	5	5	5	5	10	10	8	9	9
8	8	5	2	10	3	6	2	9	5	7	6	10
9	9	8	3	6	3	4	4	5	3	5	5	6
10	10	8	3	3	2	3	2	3	4	3	2	2
11	12	8	8	4	8	3	8	12	8	6	8	6
12	10	4	6	5	7	5	6	9	9	5	6	5
13	8	4	5	5	5	5	5	10	10	8	9	9
14	6	4	2	10	3	6	2	9	5	7	6	10
15	4	4	3	6	3	4	4	5	3	5	5	6
16	2	0	3	3	2	3	2	3	4	3	2	2
	P19		P20		P21		P22		P23		P24	
No	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline	speed	incline
1	3	3	3	1	3	0	3	0	4	2	4	3
2	7	5	5	3	7	6	5	7	5	6	6	8
3	6	6	8	8	9	6	6	7	7	6	10	8
4	5	8	3	8	4	3	6	7	9	6	10	6

5	9	5	5	3	7	7	6	5	10	3	7	9
6	7	6	7	0	10	7	10	5	11	3	10	9
7	6	5	9	7	4	3	6	5	9	3	12	5
8	3	12	3	7	7	8	11	8	6	7	10	5
9	5	8	5	3	11	8	3	8	8	7	7	8
10	2	3	7	3	5	3	9	9	9	4	7	8
11	9	5	10	6	7	9	10	8	10	4	10	8
12	7	6	3	6	12	12	6	12	10	7	11	4
13	6	5	5	3	4	3	6	8	11	4	10	10
14	3	12	7	3	7	3	6	4	9	6	10	4
15	5	8	11	5	12	7	11	4	6	6	6	4
16	2	3	5	0	6	0	3	0	5	0	5	0

6. CUSTOM PROGRAM (U01-U02-U03)

6.1. User-defined program settings:

In standby mode, press the "PROGRAM" button continuously until you want to set the user-defined program (U01-U03). Press the "MODE" button to confirm entering the setting. Then you can set the first time period. Use "SPEED+" "SPEED -" key or speed quickly key to set the speed, use "INCLINE+", "INCLINE -" key or incline quickly key to set the incline, press "MODE" key to complete the setting of the first time period and enter the second time period. Set until all 16 (time window displays S01-S16) time periods are completed; after the setting is completed, the data will be permanently saved until you reset it next time. The power cannot be cut off during the setting process, otherwise the data cannot be automatically saved.

6.2. Start the user-defined program:

A. In standby mode, continuously press the "PROGRAM" button until you want to run the user-defined program (U01-U03), set the running time, and then press the start button to start.

B. After the user-defined program and running time settings are completed, press the start button to start it immediately.

HRC programs (This function only for the treadmill with HRC function)

DEFAULT is the default heart rate display parameter value (default display)

HP1 only control incline, HP2 only control speed, HP3 control speed and incline.

HP1 Program				HP2 Program				HP3 Program			
Age	Target zone (L-H)			Age	Target zone (L-H)			Age	Target zone (L-H)		
	Lowest	Default	Highest		Lowest	Default	Highest		Lowest	Default	Highest
15	160	165	170	15	170	175	180	15	170	175	180
16	159	164	169	16	169	174	179	16	170	175	180
17	158	163	168	17	168	173	178	17	170	175	180
18	157	162	167	18	167	172	177	18	169	174	179
19	156	161	166	19	166	171	176	19	169	174	179
20	155	160	165	20	165	170	175	20	168	173	178
21	154	159	164	21	164	169	174	21	168	173	178
22	153	158	163	22	163	168	173	22	168	173	178
23	152	157	162	23	162	167	172	23	167	172	177
24	151	156	161	24	161	166	171	24	167	172	177
25	150	155	160	25	160	165	170	25	166	171	176
26	149	154	159	26	159	164	169	26	166	171	176
27	148	153	158	27	158	163	168	27	166	171	176
28	147	152	157	28	157	162	167	28	165	170	175
29	146	151	156	29	156	161	166	29	165	170	175
30	145	150	155	30	155	160	165	30	165	170	175
31	144	149	154	31	154	159	164	31	164	169	174
32	143	148	153	32	153	158	163	32	164	169	174
33	142	147	152	33	152	157	162	33	163	168	173
34	141	146	151	34	151	156	161	34	163	168	173
35	140	145	150	35	150	155	160	35	163	168	173
36	139	144	149	36	149	154	159	36	162	167	172
37	138	143	148	37	148	153	158	37	162	167	172
38	137	142	147	38	147	152	157	38	161	166	171
39	136	141	146	39	146	151	156	39	160	165	170
40	135	140	145	40	145	150	155	40	160	165	170
41	134	139	144	41	144	149	154	41	159	164	169
42	133	138	143	42	143	148	153	42	159	164	169
43	132	137	142	43	142	147	152	43	158	163	168
44	131	136	141	44	141	146	151	44	158	163	168
45	130	135	140	45	140	145	150	45	158	163	168
46	129	134	139	46	139	144	149	46	157	162	167
47	128	133	138	47	138	143	148	47	156	161	166
48	127	132	137	48	137	142	147	48	155	160	165
49	126	131	136	49	136	141	146	49	154	159	164
50	125	130	135	50	135	140	145	50	153	158	163
51	124	129	134	51	134	139	144	51	152	157	162

52	123	128	133	52	133	138	143	52	151	156	161
53	122	127	132	53	132	137	142	53	150	155	160
54	121	126	131	54	131	136	141	54	149	154	159
55	120	125	130	55	130	135	140	55	148	153	158
56	119	124	129	56	129	134	139	56	147	152	157
57	118	123	128	57	128	133	138	57	146	151	156
58	117	122	127	58	127	132	137	58	145	150	155
59	116	121	126	59	126	131	136	59	144	149	154
60	115	120	125	60	125	130	135	60	143	148	153
61	114	119	124	61	124	129	134	61	142	147	152
62	113	118	123	62	123	128	133	62	141	146	151
63	112	117	122	63	122	127	132	63	140	145	150
64	111	116	121	64	121	126	131	64	139	144	149
65	110	115	120	65	120	125	130	65	138	143	148
66	109	114	119	66	119	124	129	66	137	142	147
67	108	113	118	67	118	123	128	67	136	141	146
68	107	112	117	68	117	122	127	68	135	140	145
69	106	111	116	69	116	121	126	69	134	139	144
70	105	110	115	70	115	120	125	70	133	138	143
71	104	109	114	71	114	119	124	71	132	137	142
72	103	108	113	72	113	118	123	72	131	136	141
73	102	107	112	73	112	117	122	73	130	135	140
74	101	106	111	74	111	116	121	74	129	134	139
75	100	105	110	75	110	115	120	75	128	133	138
76	99	104	109	76	109	114	119	76	127	132	137
77	98	103	108	77	108	113	118	77	126	131	136
78	97	102	107	78	107	112	117	78	125	130	135
79	96	101	106	79	106	111	116	79	124	129	134
80	95	100	105	80	105	110	115	80	123	128	133

a) The exercise time for heart rate control is fixed at 22 minutes

b) In standby mode, press the "Program" button continuously until the distance window displays "HP1/HP2/HP3" (heart rate control program). At this time, the "Calories" window displays the system default age value and flashes. The "pulse" window displays the target heart rate. Press the "Speed+ or speed -" button or the "incline+ or incline -" button to adjust the age, and the "pulse" window will display the heart rate target value according to the age. After adjusting the age, if you feel that the system default target pulse value is not suitable, press the "Mode" button to switch to the target pulse value adjustment. At this time, the "pulse" window will flash, and press the "Speed+ or speed -" button or the "incline+ or incline -" button to adjust the target heart rate. Note: If you directly press the start key in the HP1/HP2/HP3 display interface, the system will automatically recommend a heart rate control parameter for the user to use (the parameters are as follows):

The running speed of the "HP1" program is set by yourself, and the default target heart rate value is 150 beats/minute for age 30;

The maximum automatic running speed of the "HP2" program is 9.0km/h, and the default target heart rate value is 160 beats/minute for age 30;

The maximum automatic running speed of the "HP3" program is 10.0km/h, and the default target heart rate value is 170 beats/minute for age 30;

c) If you press the "Program" button, you will enter the age setting. The calorie window displays the default age of 30. Users can select their own appropriate age by pressing the "incline +", "incline -", "Speed +", and "Speed -" buttons. The age adjustment range is 15-80 years old (refer to the HP1/HP2/HP3 heart rate control program table for details);

d) After the user selects his age, press the "Mode" button, and the system will automatically recommend a suitable target heart rate based on the user's selected age and display it in the window for the user's reference. The user can also select the target heart rate value he wants according to his physical condition by pressing the "incline+ ", "incline-", "Speed+", "Speed-" buttons. The selection range is 95-180 (refer to the HP1/HP2/HP3 heart rate program table for details)

e) After the user has selected his/her age and target heart rate value, press "Mode" to enter the startup standby interface or directly press the "START" button to start;

f) When the HP1/HP2/HP3 program is running, you can press the "incline+", "incline-", "Speed+", "Speed- " button to adjust the speed and up and down, but the system will still automatically adjust the speed and up or down to make your heart rate close to the target heart rate value;

g) The first 3 minutes after the start of exercise is the warm-up state, the initial speed is 3KM/H, the system will not automatically adjust the speed and up or down, and can only be adjusted manually; after 3 minutes, the system will adjust the speed and up or down according to your current heart rate value:

When the athlete's actual heart rate < target heart rate:

1) HP1 automatically change (+1) every 10S until the max incline value is reached; (the speed is controlled by the user at this time)

2) HP2 automatically change (+0.5KM/time) every 10S until the max speed is reached; (the incline is controlled by the user at this time);

3) HP3 automatically accelerates at a frequency of 0.5 kilometers/time. When it reaches the maximum speed specified by the HP3 program, if it is not close to the target heart rate value, the system will automatically accelerate at a frequency of 1 levels incline/time Increase the incline to increase the amount of exercise so that your heart rate is close to the target heart rate.

When the actual heart rate of the athlete is greater than the target heart rate:

1) HP1 automatically decreases (-1) every 10 seconds until it reaches the minimum incline value (the speed is controlled by the user at this time);

2) HP2 automatically decreases (-0.5 km/time) every 10 seconds until it reaches the minimum value of HP2 speed (the incline is controlled by the user at this time);

3) HP3 automatically decelerates at a frequency of 0.5 km/time. When it is reduced to the minimum, if it is not close to the target heart rate, the system will automatically reduce the incline at a frequency of 1 levels of incline/time to reduce the amount of exercise so that your heart rate is close to the target heart rate.

Until the heart rate reaches the target heart rate, the incline and speed will remain in the original state without change.

h) When the exercise time exceeds 20 minutes, the system enters the "COOLDOWN" mode, the incline returns to 0 levels, and the speed decreases by 0.5 km/h every 10 seconds. When the speed drops to 4 km/h or below, the deceleration stops. Until the end of the exercise. During exercise, you can also directly press the "STOP" button or disconnect the safety lock to stop the operation.

Note: The heart rate control program must use a chest strap to detect heartbeats, and the chest strap must be close to the chest and skin.

7. BODY FAT

7.1 Power on, and press "PROG" to choose "FAT";

7.2 Set the parameter, F-1 Sex, F-2 Age, F-3 Height, F-4 Weight, F-5 body fat.

7.3 Press MODE to set F-1, 01 means MAN, 02 means WOMAN, press SPEED to change it.

7.4 Press MODE to set F-2, press SPEED to adjust your age.

7.5 Press MODE to set F-3, press SPEED to adjust your height.

7.6 Press MODE to set F-4, press SPEED to adjust your weight.

7.7 Press MODE to set F-5, put your hands on the heart rate pin of handle bar more than 8 seconds, F5 will show your body fat.

7.8 The body fat standard as below:

F-1	GENDER	1-MAN	2-WOMAN
F-2	AGE	10-99	
F-3	HEIGHT	100-200	
F-4	WEIGHT	20-150	
F-5	FAT	≤19	too thin
		=(20---24)	normal
		=(25---29)	too heavy
		≥30	obesity

8. Safety key function

At any time pull off the safety key, the treadmill will stop immediately.

9. Save energy mode.

No using the machine more than 10 minutes, it will enter save energy mode, you can press any button to restart.

5. Care and maintenance

5.1 Care

For cleaning the running belt use a vacuum cleaner. If the belt is really dirty, please use a wet cloth. Do not use any cleanser. When cleaning, use only a moist cloth and avoid harsh cleaning agents. Ensure that no moisture comes into the computer. Components that come into contact with perspiration, need cleaning only with a damp cloth.

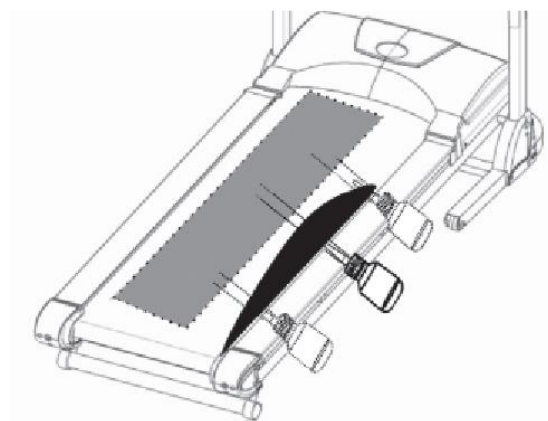
5.2 Lubrication

The treadmills have already been spread with "Silicone Oil" in advance before leaving the manufacturing plant. Silicone oil is without volatility and has gradually permeated through the running belt. There will be no need to re-spread the oil in normal circumstances.

To maintain the running belt, we have included a small bottle of "Silicone Oil". "Silicone Oil" may be re-spread once the resistance has been increased and the running belt starts rubbing against the running deck. To hold open the running belt from two sides, apply the silicone oil with an even motion on the center of the running deck. Allow the silicone oil to 'set' for one minute before using the treadmill.

Attention: Only use "Silicone Oil" lubricants for this equipment.

In addition, do not add any other oil ingredient; otherwise the treadmill will be damaged. Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel.



5.3 Centering the running belt

During the exercise, one foot is pushing the running belt stronger than the other. According to that, the belt will be moved out of the centre. Normally the belt will be centered

automatically, but during longer exercise, it can be, that the belt is off the centre. In this case, please follow up the following instruction. At the rear end of the running deck, there are 2pcs of Allen screws, which will be used for centering the belt. Don't use any loose clothes during centering.

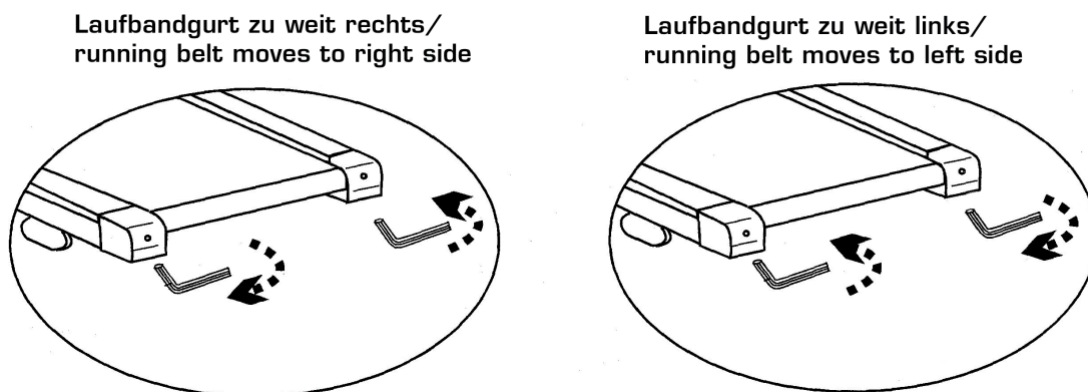
- Please turn the Allen screw not more than $\frac{1}{4}$ turn for each step.
- Stretch one side and release the other side.
- the speed of the belt has to be 6km/h, but make sure, that nobody is running on the belt.

If you finish the centering, walk on the treadmill for about 5 minutes, with the speed of 6km/h. If the running belt is still not in centre, please centre the belt again. Pay attention, that you don't force the belt too much, a shorter life will be caused. If the gap on the left side is too big, please

- turn the left screw a $\frac{1}{4}$ turn clockwise (tighten it)
- turn the right screw a $\frac{1}{4}$ turn anticlockwise (loose it)

If the gap on the right side is too big, please

- turn the left screw a $\frac{1}{4}$ turn anticlockwise (loose it)
- turn the right screw a $\frac{1}{4}$ turn clockwise (tighten it)



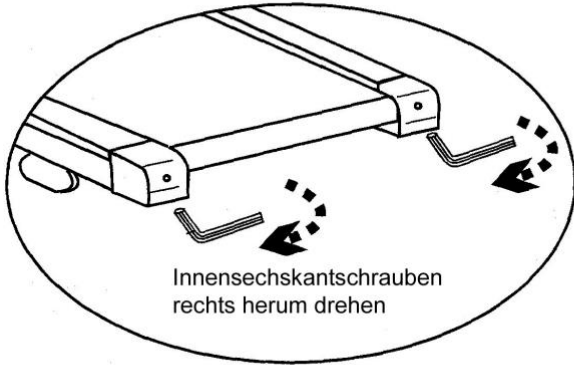
5.4 Tighten the belt

After longer exercise, the tension of the belt will decrease. It can be checked if you put one foot on the belt and belt will stop. To solve this problem, please turn both screws clockwise for $\frac{1}{4}$

turns. Please do not turn them more. If the belt is running out of the centre, please adjust it

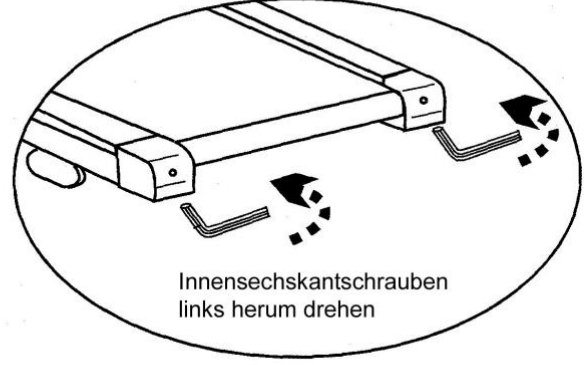
like described under above center the belt.

Spannung erhöhen/ tighten the belt



Turn screw clockwise

Spannung lösen/ untighten the belt



Turn screw anticlockwise



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