TOORX
FITNESS IN MOTION

INSTRUCTION

⟨RACER⟩

CE

Technical Parameters

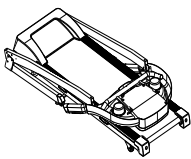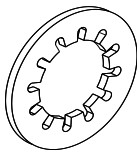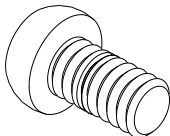|	
Input supply voltage：220V	Working temperature: 0-40 ℃
Speed range: 0.8-16KM/H	Incline range:12 level Motor incline
Max. user weight: 100kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00：00-99：59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 420*1300mm
Product size: 1700*710*1380MM	Folding size: 900*710*1510MM

Product Overview

console
Safety key
Handrail
Upright
Motor cover
Side rail
Side cover
Running belt
Base frame
Main frame
Oval silicone pad
End cap
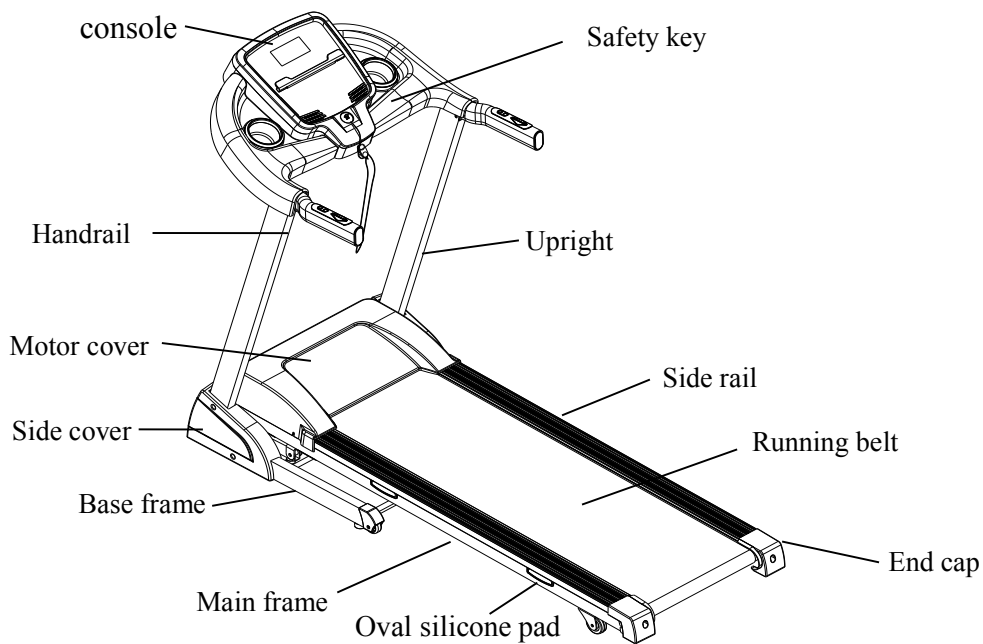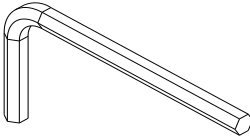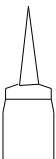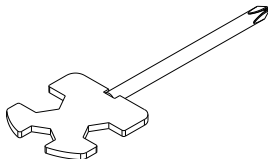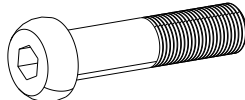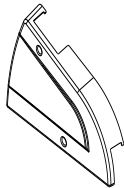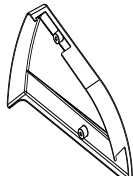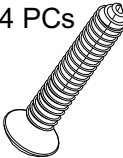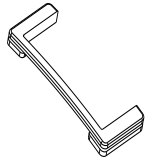
Assembly instruction

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

STEP 1: Take out and prepare the below parts

1 Main frame 1 set	D17 Inner star washer M8 8 PCs	D13 Round hex bolt M8*15 4 PCs	C13 Safety key 1 set
D3 Allen wrench 5MM, 1 PC	B18 Silicon oil 1 PC	D1Screw driver 1PC	D16Round hex bolt M8*45 4 PCs
B11L Left side cover 1 PC	B11R Right side cover 1 PC	D48 Cross self-tapping bolt with washer ST4.2*19 4 PCs	B12 Rubber cover 2 PCs

Note: Don't tighten bolts at once.

STEP 2: According to the following steps to lift up the uprights.
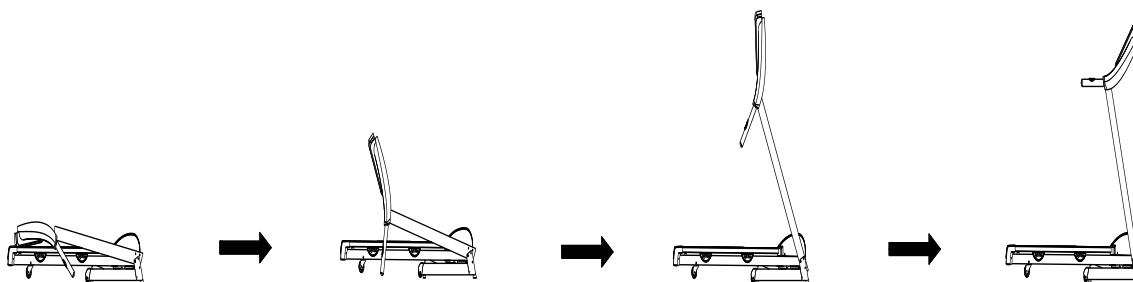
STEP 3: Secure bottom frame with bolt M8*45（D16）, M8*15 (D13) and inner star washer (D17). Then assemble the console bracket with bolt M8*15 (D13) and inner star washer (D17).

D13
D17
D13
D16
D17
D13
D17
D16
D17
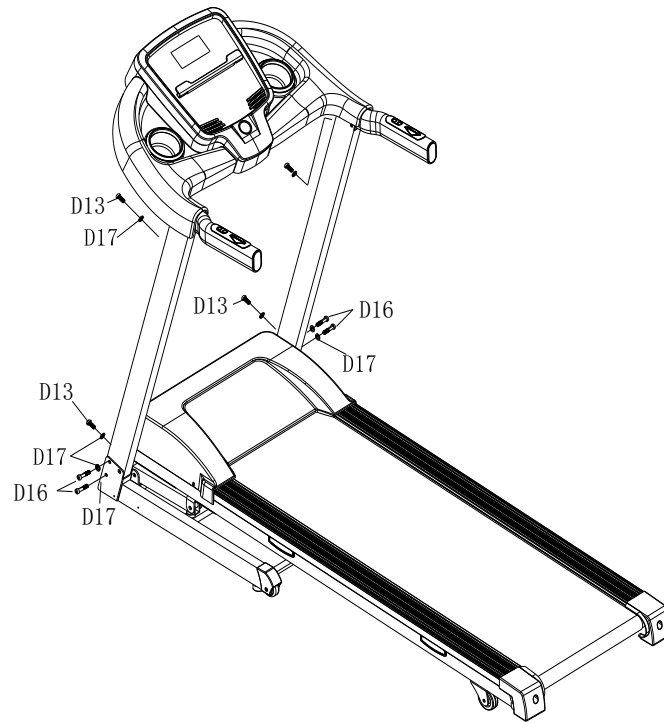
Step 4: Tighten the rubber cover (B12) to the left/right side covers (B11L/R) with cross self-tapping bolt with washer ST4.2*19 (D48).

B12
D48
B11R
B12
D48
B11L
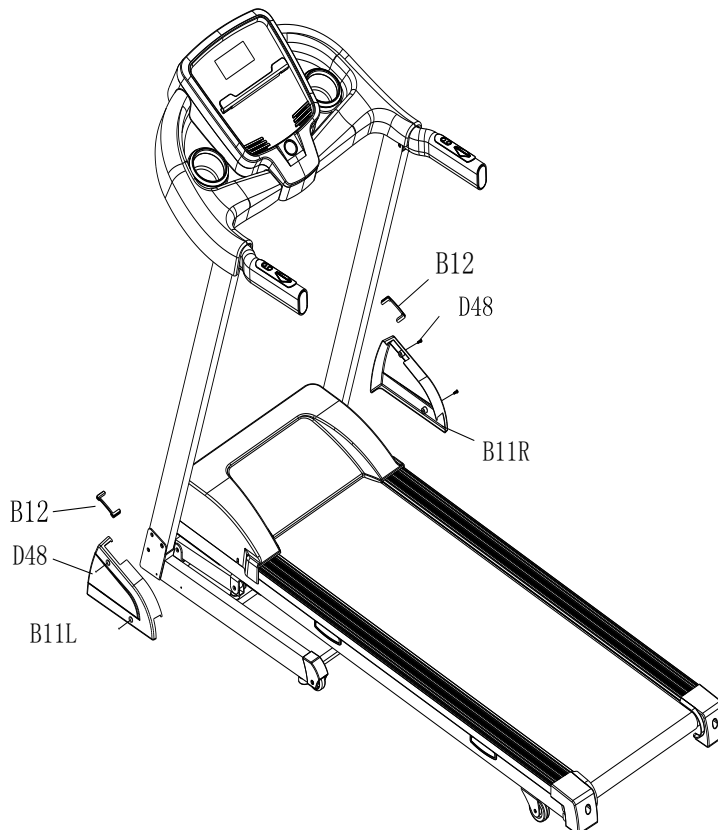
Step 5: Place on the safety key (C13).

C13
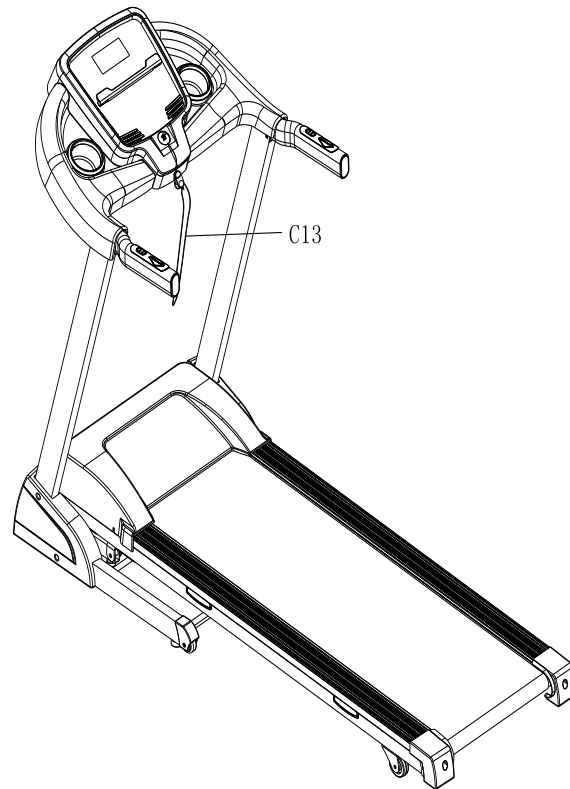
Step 6: To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

Folding Instruction
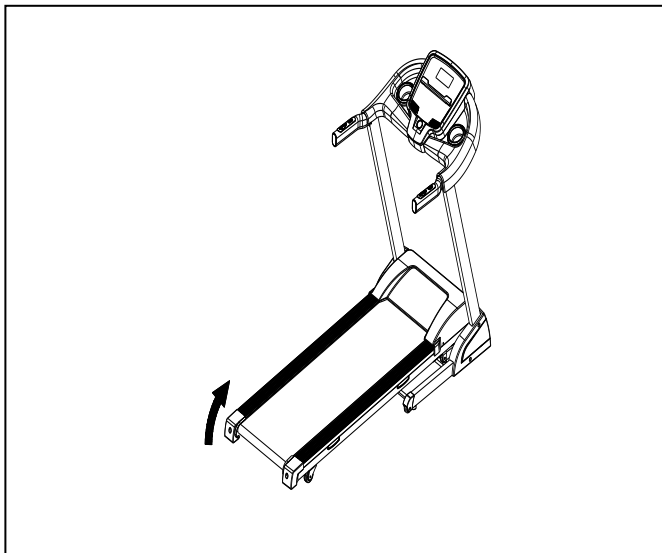
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

Unfolding instruction
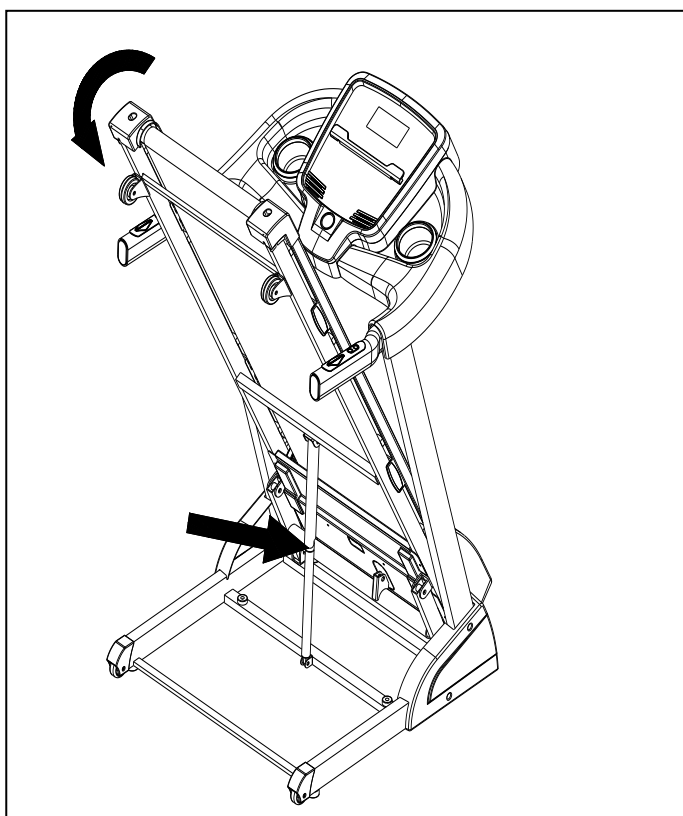
Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

Grounding Methods

This product must be grounded. If it should malfunction or breakdown, grounding provides path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

. This product is for use on a nominal 240V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Operation Guide

1.1. WINDOW DISPLAY

1.1. Console
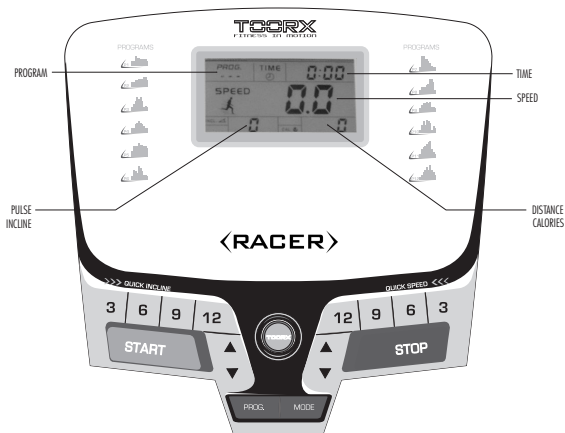
1.2. START

Normal start after 5 seconds countdown

1.3 PROGRAM

3 countdown functions, 12 sets of programs, 1 body fat program

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 then return to manual mode after stopped.

1.5.2 "PROGRAM" BUTTON

When the treadmill is not running, press this button can choose from program circle mode to manual mode (P1-P12). The lowest speed for manual mode is "0.8km/h", and the highest speed is "16km/h"; the lowest incline is "0", and the highest is "12".

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 calories 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 "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

1.5.6 SPEED QUICK BUTTON

Press the speed quick button 3km/h, 6km/h, 9m/h, 12km/h to adjust the speed directly when the treadmill

is running

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 TIME

Display the running time or countdown time

1.6.2 SPEED

Display running speed

1.6.3 INCLINE

Display the incline

1.6.4 PULSE

Display pulse data

1.6.5 DISTANCE

Display the running total distance or distance

countdown. **1.6.6 CALORIES**

Display the calorie or calorie countdown

1.6.7 SPEED DIAGRAM

Display the diagram of the running speed

1.6.8 ALL WINDOW DISPLAY DATA RAGNE

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.00 –

99.9(KM) CALORIES: 0.0 –

999 (C) SPEED:0.8 -16.0

(km/h) INCLUDE: 0-12%

PULSE: 50 – 200 (BPM)

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

There are 10 sections in each program.

MODE	TIME	SET TIME / 16 = TOTAL TIME IN EACH OPERATION									
		1	2	3	4	5	6	7	8	9	10
P1	SPD	3	3	6	5	5	4	4	4	4	3
	INC	0	3	3	3	4	4	4	1	1	0
P2	SPD	3	3	4	4	5	5	5	6	6	4
	INC	2	2	2	3	3	3	3	4	4	2
P3	SPD	2	4	6	8	7	8	6	2	3	2
	INC	3	5	4	4	3	4	4	3	4	2
P4	SPD	3	3	5	6	7	6	5	4	3	3
	INC	0	3	3	2	2	5	5	3	3	2
P5	SPD	3	6	6	6	8	7	7	5	5	4
	INC	3	5	3	4	2	3	4	2	3	2

P6	SPD	2	6	5	4	8	7	5	3	3	2
	INC	3	4	5	6	3	5	5	6	4	3
P7	SPD	2	9	9	7	7	6	5	3	2	2
	INC	0	3	3	3	4	4	4	1	1	0
P8	SPD	2	4	4	4	5	6	8	8	6	2
	INC	1	1	4	4	4	5	5	4	3	2
P9	SPD	2	4	5	5	6	5	6	3	3	2
	INC	3	5	3	4	2	3	4	2	3	2
P10	SPD	2	5	7	5	8	6	5	2	4	3
	INC	1	5	6	8	12	9	10	9	5	3
P11	SPD	2	5	6	7	8	9	10	5	3	2
	INC	3	5	6	8	6	5	8	7	5	2
P12	SPD	2	3	5	6	8	6	9	6	5	3
	INC	5	7	5	8	6	5	9	10	6	2

1.9 3 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 10：00 minutes，setting range 5：00---99：00 minutes , each step 1：00.

Countdown calorie initial setting 50therm, setting range 20---990 therm，each step 10.

Countdown distance initial setting 1.0km，setting range 1.0---99.0 km，each step 0.1

Cycle switch order is: manual, time, distance, calories.

1.10 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----200	
04	Weight 20-----150	
05	FAT≤19	Under weight
	FAT= (20---25)	Normal weight
	FAT= (25---29)	Over weight
	FAT≥30	Obesity

1.11 OTHERS

1.11.1 When the countdown mode is finished and "END" appears on screen, warning sound occurs . Then it will be back to manual mode.

1.11.2 You can set statistics at circled mode. Ex: When time is set at 5:00 – 99:00 and it hits 99:00, press "+" button, it will start from 5:00 again.

1.11.3 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.

1.11.4 Speed control: acceleration at 0.5km/s; deceleration at 0.5km/s.

Heart Rate controls the inclines (user need to take the wireless chest belt)

All the HRC modes the speed minimum is 4km/H, incline is level 12.

HRC1 speed maximum 8.0KM/H

HRC2 speed maximum 9.0KM/H

HRC3 speed maximum 10.0KM/H

Choose HRC, press "MODE" to choose the age or target heart rate, press SPEED +/- (INCLINE +/-) to adjust the age. The treadmill will be started after 3 seconds count down, enter the HRC function after 3 minutes warm up.

HRC heart rate control modes as show below: the system enters to control once every 10 seconds;

1. When the result of real heart rate-target heart rate is higher than 5:
   A. Last real heart rate data-current real heart rate is higher or equal to 4.
      a. If incline is not 0, the incline will go down 1 section each time, until to 0.
      b. If incline is 0, the speed will be reduced with 0.5km/h each time, until to the minimum.
   B. Last real heart rate data-current real heart rate is lower than 4.
      a. If speed higher than the maximum, carry out mode A.
      b. If speed lower than the maximum, the speed will be reduced with 0.5km/h each time, until to the minimum.

2. When the result of target heart rate-real heart rate is higher or equal to 10:
   C. Current real heart rate-last real heart rate is higher than 4.
      a. If incline is lower than 12, the incline will raise up 1 section each time, until to 12.
      b. If incline is higher than 12, it speed up with 0.5km/h each time, until to maximum.

   D. Current real heart rate-last real heart rate is lower than 4.
      a. If speed is higher than the maximum, carry out mode C.
      b. If speed is lower than the maximum, it speeds up with 0.5km/h each time, until to the maximum.

3. When the real heart rate is equal to target heart rate difference:
   The incline and speed keep unchanged.

4. When program run to section 14th program: the incline down to 0, speed will be reduced by 0.5km/h, until to the minimum.

Maintenance Instruction

WARNING：Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING：General cleaning or the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING：Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)   Every 60 days

Medium user (3-5 hours/ week)   Every 45 days

Heavy user (more than 5 hours/ week)   Every 30 days

We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.
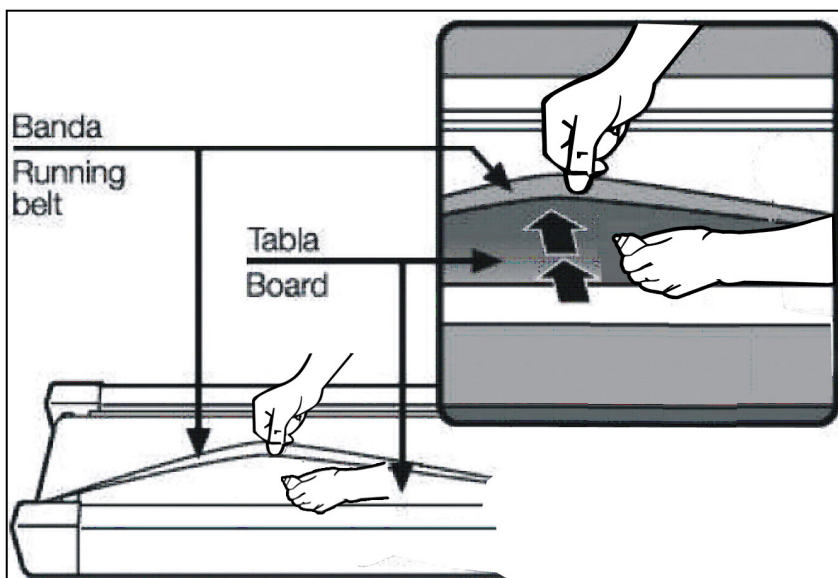
Belt Adjustment

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.

Pic A

Pic B
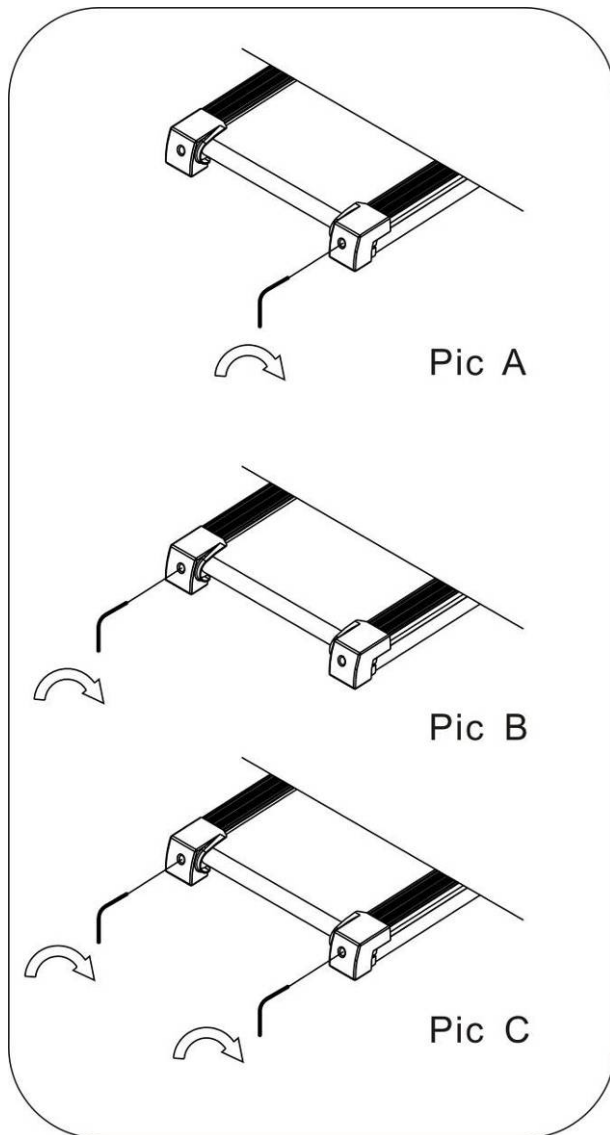
Pic C

If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness. **See picture C**
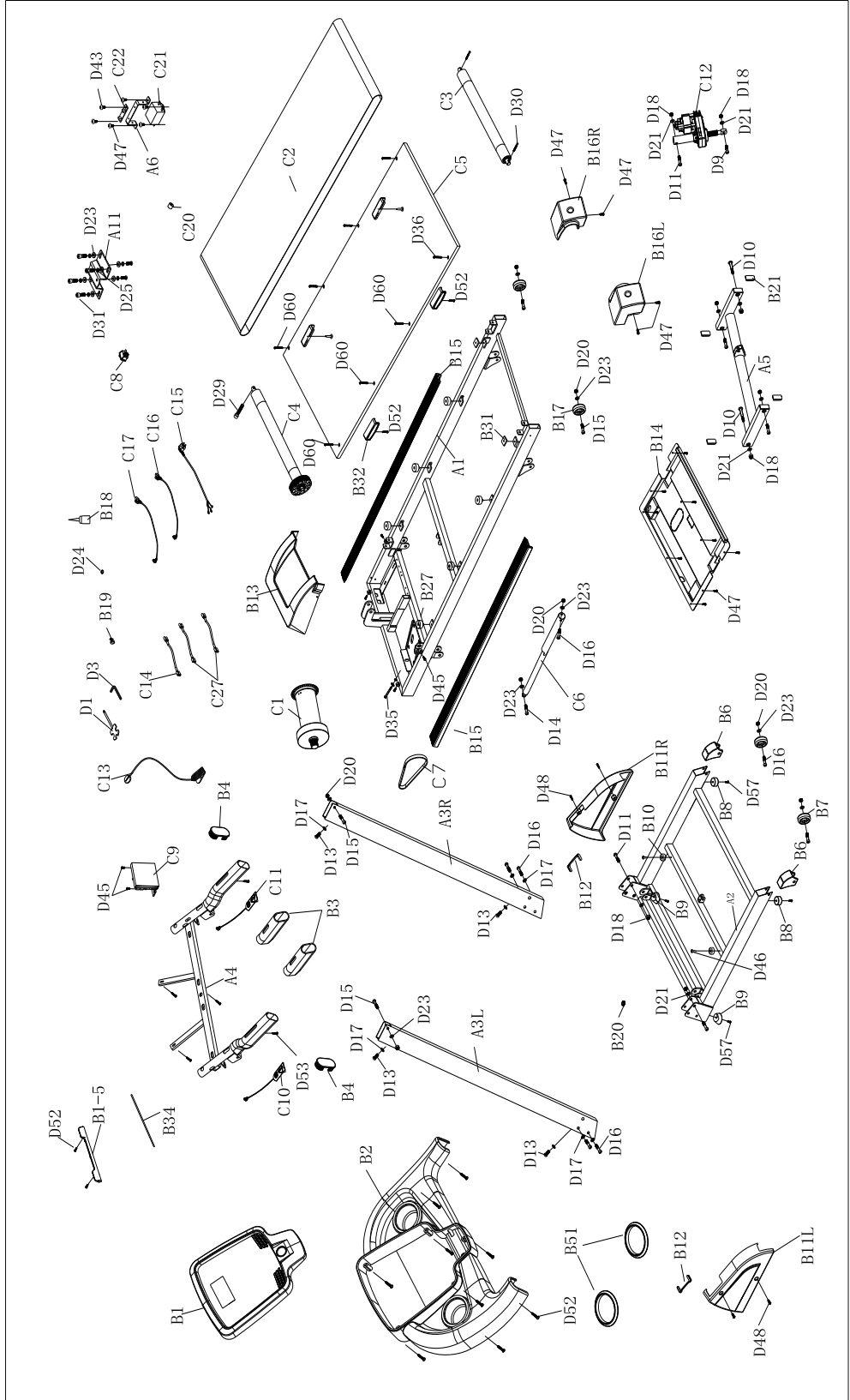
Parts List

A. Welding parts

No.	Description	QTY	No.	Description	QTY
A1	Main frame	1	A4	Console bracket	1
A2	Base frame	1	A5	Incline bracket	1
A3L	Left upright	1	A6	Filter bracket	1
A3R	Right upright	1	A11	Motor bracket	1

B.Plastic parts

No.	Description	QTY	No.	Description	QTY
B1	Console set	1	B13	Motor upper cover	1
B1-1	Overlay	1	B14	Motor lower cover	1
B1-2	Membrane keys	1	B15	Side rail	2
B1-3	Console	1	B16L	Left end cap	1
B1-5	Tablet holder	1	B16R	Right end cap	1
B2	Console cover	1	B17	Adjust wheel	2
B3	Protecting foam	2	B18	Silicon oil	1
B4	Handrail plug	2	B19	Cable organizer	1
B6	Transporting wheel plug	2	B20	Round plug	1
B7	Transporting wheel	2	B21	Squared shape plug	4
B8	Flat foot pad	2	B27	New cushion	6
B9	U shaped foot pad	2	B31	Rubber pad	2
B10	Limited cushion	2	B32	Oval silicone pad	4
B11L	Left side cover	1	B34	Rubber pad (for tablet holder)	1
B11R	Right side cover	1	B51	Water bottle cup holder	2
B12	Rubber cover	2			

C. Electric and drive parts

No.	Description	QTY	No.	Description	QTY
C1	DC motor	1	C12	Incline motor	1
C2	Running belt	1	C13	Safety key	1
C3	Rear roller	1	C14	Single cord	1
C4	Front roller	1	C15	Power cable	1
C5	Running deck	1	C16	Upper cable	1
C6	Cylinder	1	C17	Lower cable	1
C7	Motor drive belt	1	C20	Magnetic ring	1
C8	Power switch	1	C21	Inductor	1
C9	Controller	1	C22	Filter	1
C10	Left handrail button	1	C27	Single cord	2
C11	Right handrail button	1			

D. Hardware parts

No.	Description	QTY	No.	Description	QTY
D1	Screw driver 13-15-17	1	D25	Spring washer M8	4
D3	Allen wrench T5	1	D29	Hex round head bolt M6X45	1
D9	Round hex bolt M10X30	1	D30	Hex round head bolt M6x60	2

D10	Round hex bolt M10X45	4		D31	Hex round head bolt M8X20	4
D11	Round hex bolt M10*50	3		D35	Hex round head bolt M8X80	1
D13	Round hex bolt M8X15	4		D36	Cross head bolt M6X25	2
D14	Round hex bolt M8X30	1		D43	Cross head bolt M4X20, washer	2
D15	Round hex bolt M8X40	4		D45	Cross head bolt M5X15, washer	7
D16	Round hex bolt M8X45	7		D46	Cross head bolt M5x20, washer	2
D17	Inner star washer M8	8		D47	Cross self-tapping bolt ST4.2X16, washer	17
D18	Nylon nut M10	8		D48	Cross self-tapping bolt ST4.2X19, washer	4
D20	Nylon nut M8	8		D52	Cross self-tapping bolt ST4.2X16	17
D21	Flat washer M10	8		D53	Cross self-tapping bolt ST4.2x45	2
D23	Flat washer M8	13		D57	Cross self-tapping bolt ST4.2X25	4
D24	Spring washer M5	1		D60	Cross head bolt M6X20	6

Garlando