TOORX
FITNESS IN MOTION

INSTRUCTION

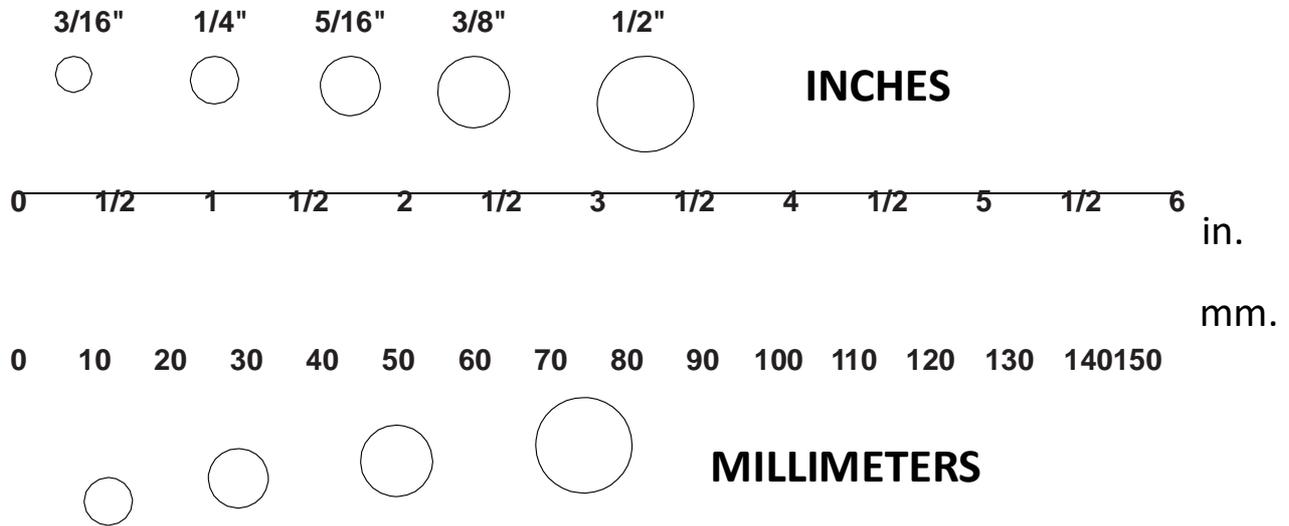# ROWER ACTIVE

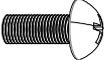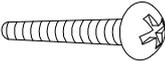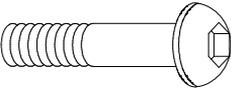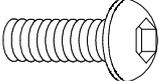# HARDWAREIDENTIFICATIONCHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolt sand screws.

3/16"	1/4"	5/16"	3/8"	1/2"	

INCHES

0	1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6

in.

mm.

0	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150

MILLIMETERS

NOTICE: The length of all bolt sand screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolt sand screws are measured from the top of the head to the end of the bolt or screw.

	Part No.	Description	Qty
	60	Bolt, Button Head (M8x15mm)	6
	61	Lock Washer (M8)	4
	62	Washer(M8)	8
	63	Cross flat head screws (M6 x 15mm)	5
	64	Washer (M6)	5
	83	Large Washer(M8)	2
	81	Tapping screw (ST4.2X45)	1
	84	Bolt, Button Head (M8 x 40mm)	2
	85	Bolt, Button Head (M8x20mm)	2
	59	Allen Wrench(5mm)	1
	69	Allen Wrench w/ Screwdriver	1
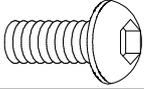
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS

1 Main Frame 1pc	3 Base Frame 1pc	21 Seat 1pc	27 Bottle Holder 1pc
28 Front cover 1pc	30 End cap (60mm) 2pcs	5 Rear Support 1pc	2 Rear Stand 1pc
6 Pedal Shaft 1pc	19 Pedal Cap 2pcs	15 Handlebar 1pc	
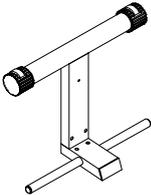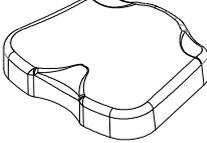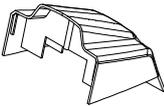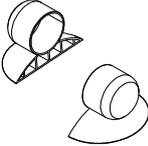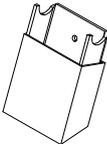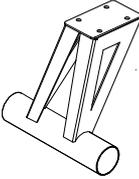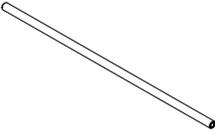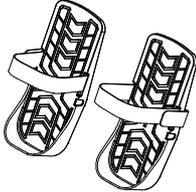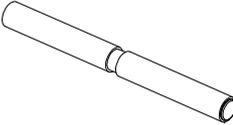
ASSEMBLY INSTRUCTIONS

STEP1

Position the main assembly of the **Rowing Machine** as shown in illustration A.
Insert the **REAR SUPPORT (5)** into the **BASE FRAME (3)** and secure with **BUTTON HEAD BOLTS (M6x15mm)(63)** and **WASHERS (M6)(64).**
Attach the **BASE FRAME (3)** to the **CONNECTION BRACKET (11)** with **BUTTON HEAD BOLTS (M8x40mm) (84)** and **WASHERS (M8)(62).**

STEP2

Refer to illustration B. Turn the main assembly of the **Rowing Machine** upside down.
Attach the **REAR STAND (2)** to the **RAIL (48)** with **BUTTON HEAD BOLTS (M8x15mm) (60), LOCK WASHERS (M8)(61),** and **WASHERS (M8)(62).**
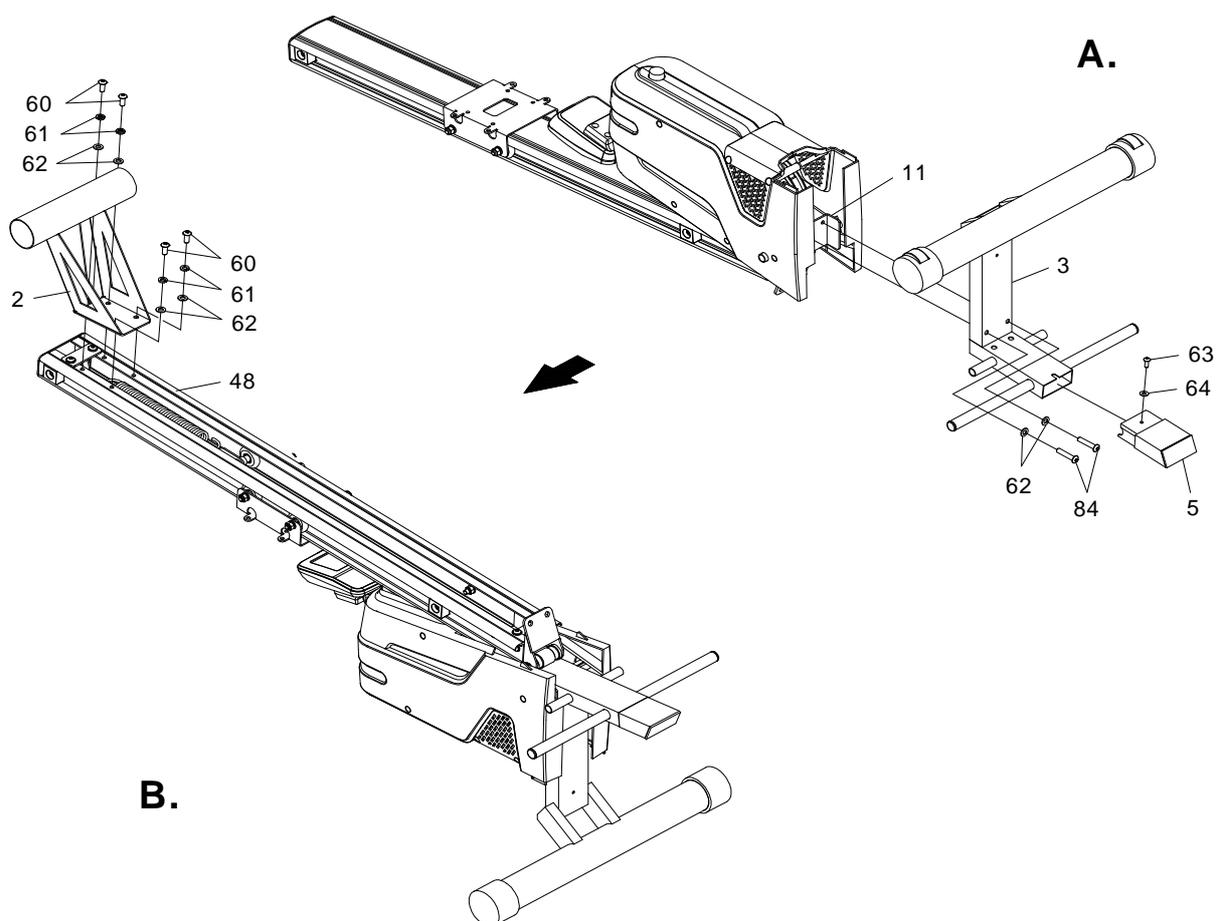
STEP3

Refer to the illustration below.

Unfold the **RAIL (48),** and then attach the **CONNECTION BRACKET** (11) to the **BASE FRAME (3)** with **BUTTON HEAD BOLTS (M8x20mm)(85)** and **WASHERS (M8)(62)**.

STEP4

Attach the **SEAT (21)** to the **SEAT CARRIAGE (10)** with **ROUND HEAD BOLTS (M6x15mm) (63)** and **WASHERS (M6)(64).**
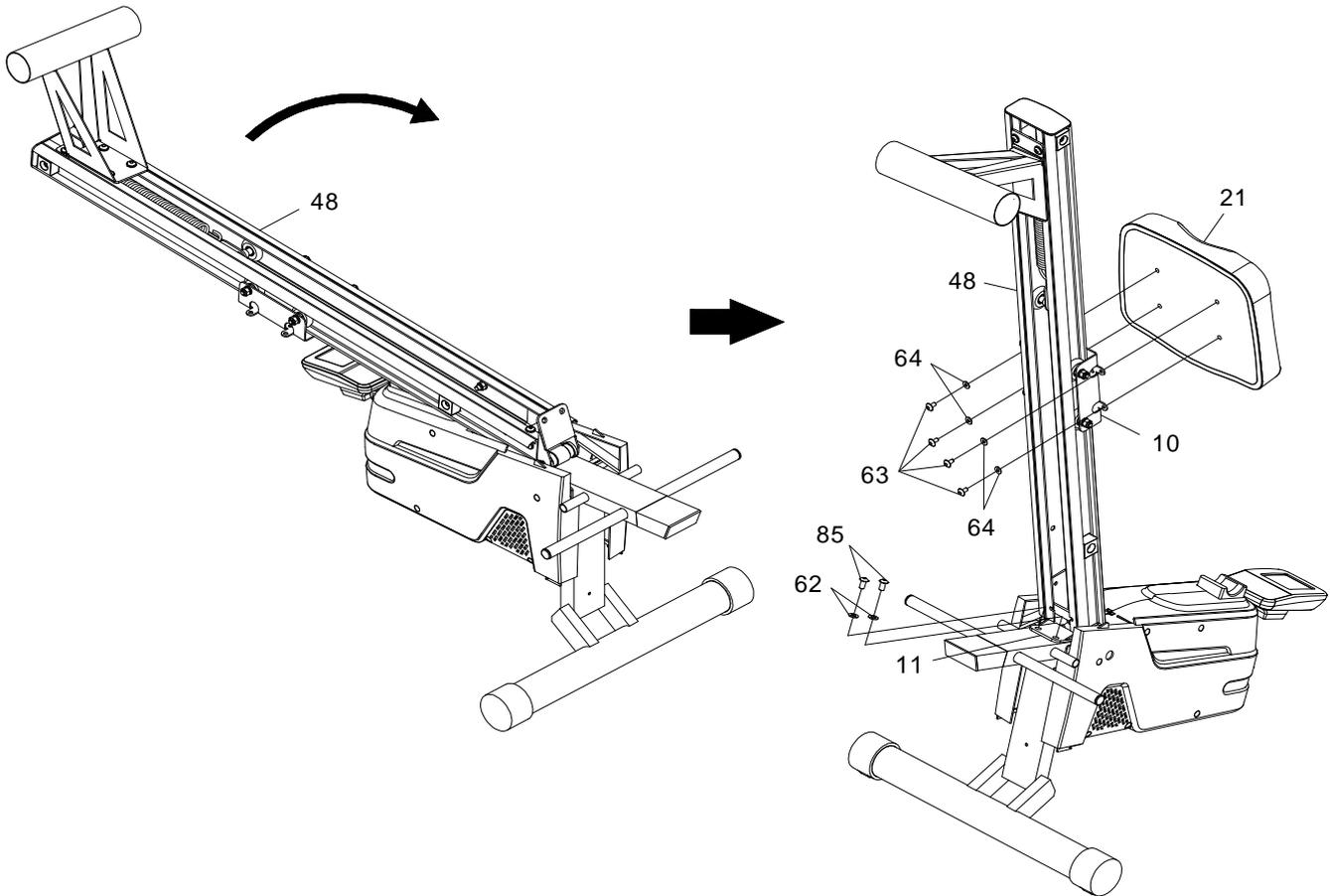
STEP 5

Refer to detail view C. Insert the **HANDLEBAR** (15) through the **HANDLEBAR SLEEVE** (111). Slide the **FOAM GRIP** (22) onto the protruding end of the **HANDLEBAR** (15). Press the **ROUND PLUG** (23) into the end of the **HANDLEBAR** (15).

NOTE: Lubricate the **HANDLEBAR** (15) with a small amount of liquid soap or water for easier installation of the **FOAM GRIP** (22).

STEP6

Put the **End cap (60mm) (30)** into **Rear Stand (2)**.

STEP7

Slide the **FRONT COVER (28)** onto the **LEFT** and **RIGHT COVERS (17, 18),** then attach to the **BASE FRAME (3)** with **ROUND HEAD SCREW (M4.2x45mm)(81).**

STEP 8

To help install the **BOTTLE HOLDER (27),** loosen the **SCREW (M4.2x16mm)(67)** on the **RIGHT COVER(18).** Push the **BOTTLE HOLDER (27)** into the gap of the **LEFT** and **RIGHT COVERS (17, 18).** Tighten the **SCREW (M4.2x20mm)(16)** on the **RIGHT COVER(18).**

(Loosen to install the BOTTLE HOLDER(27).
Tighten after the installation.)
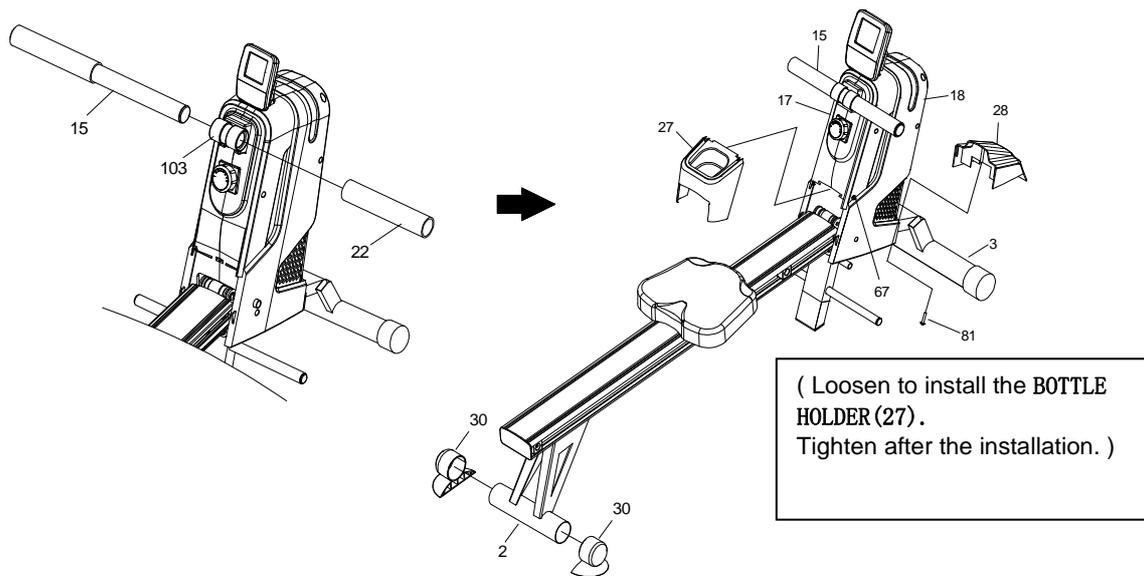
STEP 9

Insert the **PEDAL SHAFT (6)** through the tube located on the **BASE FRAME (3).** Slide a **PEDAL CAP (19)**onto each end of the **PEDAL SHAFT(6).** Then secure the **PEDAL CAPS (19)** with **BUTTON HEADBOLTS (M8x15mm)(60)** and **LARGE WASHERS(M8)(83)** at both ends of the **PEDAL SHAFT (6).**You need to use two Allen Wrenches to tighten the **BUTTON HEAD BOLTS (M8x15mm)(60)** at both ends of the **PEDAL SHAFT (6)** at the same time.
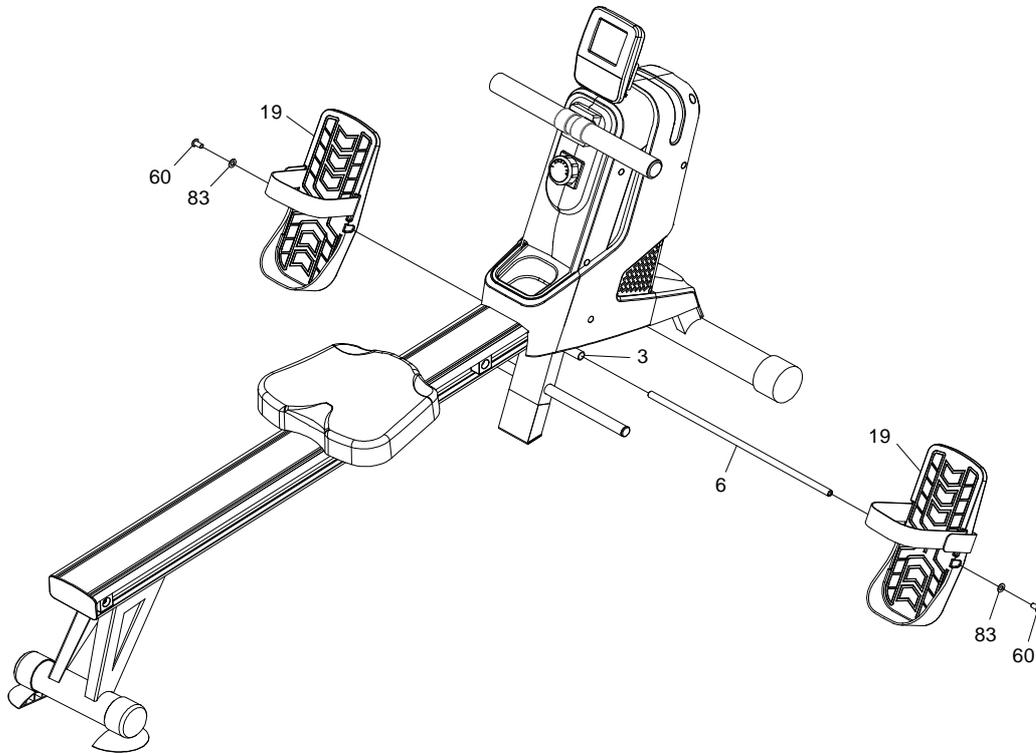
PEDAL STRAP ADJUSTMENT

If you feel it is more comfortable for your workout, you can attach the **PEDAL STRAP (20)** to the lower position in the **PEDAL CAP(19)** as shown in illustration 1 below.
Run the **PEDAL STRAP(20)** through the opening from the bottom of the **PEDAL CAP(19).** Pull the **PEDAL STRAP(20)** to make the Knot against the bottom of the **PEDAL CAP(19)**.
Run the **PEDAL STRAP(20)** through the opening in the **PEDAL CAP(19)** on the other side from the top as shown in the illustration 1, then make the end of the **PEDAL STRAP(20)** go up to attach onto the upper part of the **PEDAL STRAP(20)** with the **Hook & LoopPad**.
Attach the end of the **PEDAL STRAP(20)** to different position with the Hook & Loop Pad to adjust the length.Refer to illustration 2.
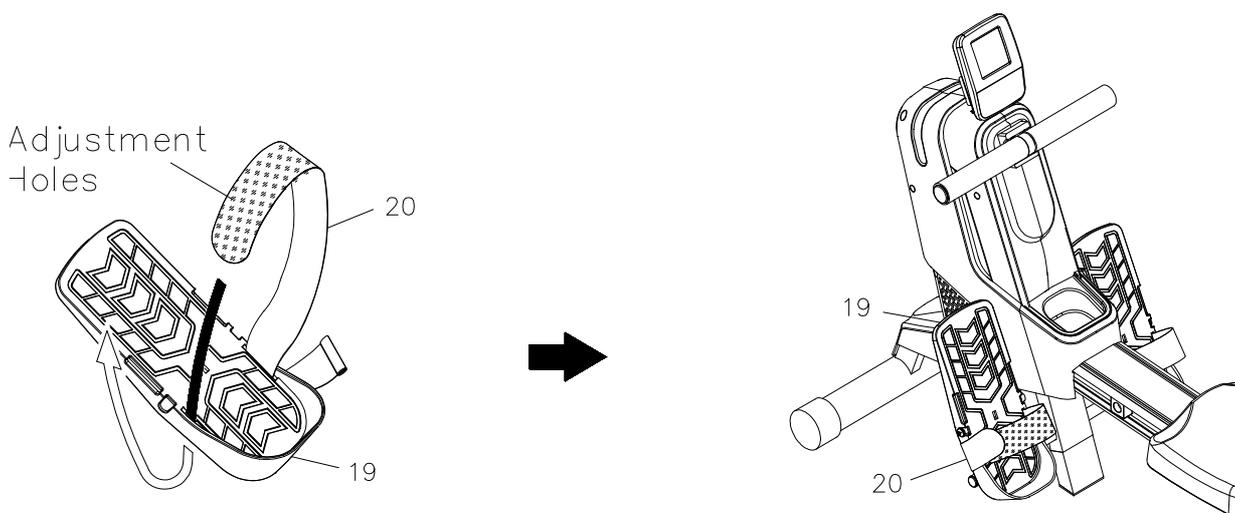
STORAGE

1. To store the Rowing Machine, simply keep it in a clean dry place.
2. Move the Rowing Machine with the moving wheels on the Front Stabilizer of the BASE FRAME (3). Lift the REAR STAND (2) to move the Rowing Machine. Do not use the SEAT (21) to move the Rowing Machine. The SEAT (21) will move and the SEAT CARRIAGE (10) may pinch your hand or fingers.
3. Refer to the illustration below. You can stand the Rowing Machine on end for storage.
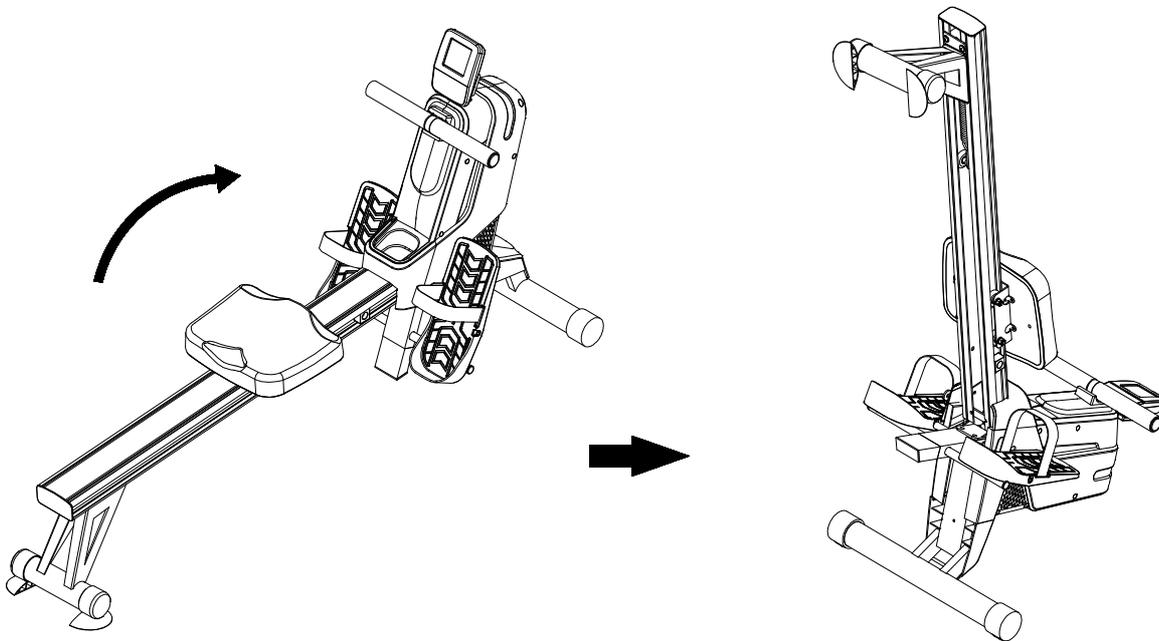
MOVING INSTRUSTIONS

Rise up the rear stabilizer and push the rower machine when you want to move it.
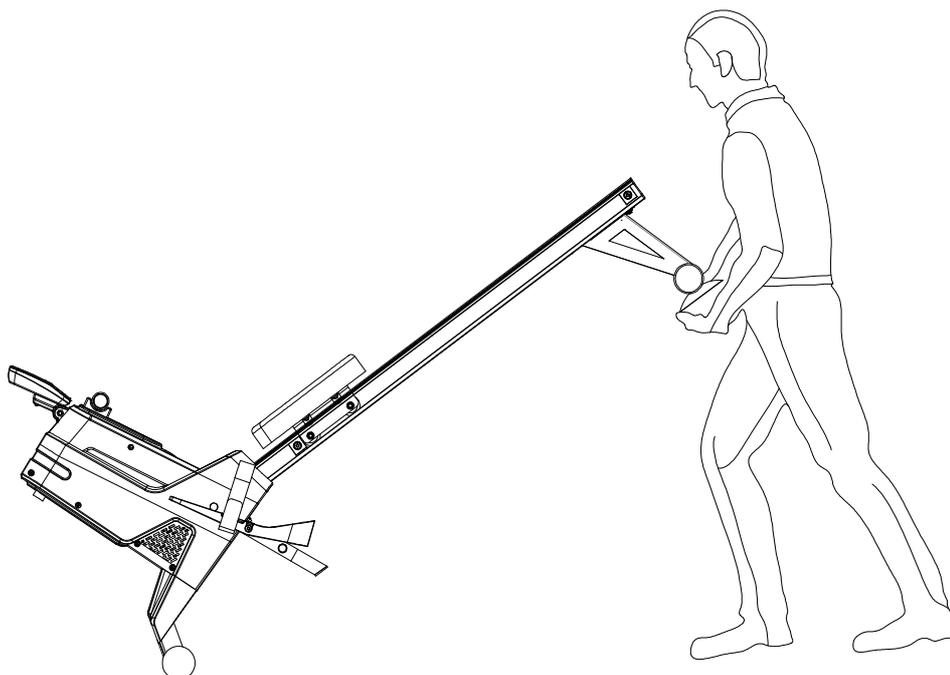
COMPUTER INSTRUCTIONS

BATTERY REPLACEMENT:

Quick release the lock on bottom of monitor, slide cover out carefully. Install two SIZE-AA or UM-3 batteries in the battery case inside the monitor.
Ensure that the batteries are correctly fitted. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.
IF the displays appear blank or display only partial segments, remove the batteries and wait 15 seconds then restore them.
Whenever you remove the batteries, all the functional values will be reset to zero.

BUTTONS GUIDE:
MODE:
Select function to be preset from TIME, COUNT, DISTANCE, CALORIES, and PULSE.

PULSE RECOVERY:
** It is functional only whenever user wear of wireless chest belt (not include) **
The LCD has a Recovery Mode. This lets you monitor how quickly you recover from exercising. After your exercise session press the Recovery button, the LCD console will then count down from 60 seconds to zero. After this , a fitness score F1 to F6 will be displayed on console.
F1.0 = Excellent   F2.0 = Good   F3.0 = Fair   F4.0 = below average
F5.0 = No Good   F6.0 = Poor

DELETE:
Press this button to reset all of the value to Zero.

UP:
Increase the setting value of the following functions.
TIME, COUNT, DISTANCE, CALORIES, and PULSE.

DOWN:
Decrease the setting value of the following functions.
TIME, COUNT, DISTANCE, CALORIES, and PULSE.

FUNCTIONS:
TIME:
Accumulates total working time from 00:00 up to 99:59. Yon may also preset the target time before training by pressing "UP" and "DOWN" buttons. Each setting is 1:00 minute.
As soon as the target time is achieved, time starts to count up immediately and the monitor starts to alarm for 8 seconds.

DISTANCE:

Accumulates training distance from 0.0 up to 99.9KM. Yon may also preset the target distance before training by pressing "UP" and "DOWN" buttons. Each setting is 100 meter.
As soon as the target distance is achieved, value starts to count up immediately and the monitor starts to alarm for 8 seconds.

COUNT:
Accumulates total working count from 0 up to 9999. Yon may also preset the target count   before training by pressing "UP" and "DOWN" buttons. Each setting is 10 count.
As soon as the target count is achieved, value starts to count up immediately and the monitor starts to alarm for 8 seconds.

CALORIE:
Accumulates calories consumption during training from 0 up to 9999 kcal with each increment 0.1kcal. Yon may also preset the target calorie before training by pressing "UP" and "DOWN" buttons. Each setting is 1 kcal increment.
As soon as the target calorie is achieved, value starts to count up immediately and the monitor starts to alarm for 8 seconds. (This data is a rough guide for comparison of different exercise session which cannot be used as medical treatment)

PULSE:
Your current pulse rate will be displayed on the LCD console whenever you wear of wireless chest belt (optional item , not include) from 40 to 220.
If there no heart rate signals been detected for 16 seconds, the monitor will shows " P "
You can also set a target heart rate before training by pressing "UP" and "DOWN" buttons within the rate zone 90 to 220. Each setting is 10 heart beats.
If you go above this setup heart rate, the LCD Pulse value will FLASH and Alarm to ask you reduce the intensity of your exercise.

The picture indicates the travel distance on the roller machine during exercise.

NOTE: Without any signal been transmitted into console for 4 minutes, the LCD display will shut off automatically and all function data will reset to Zero. You many press any button or start training to have the console power on again.

FRONT

BACK
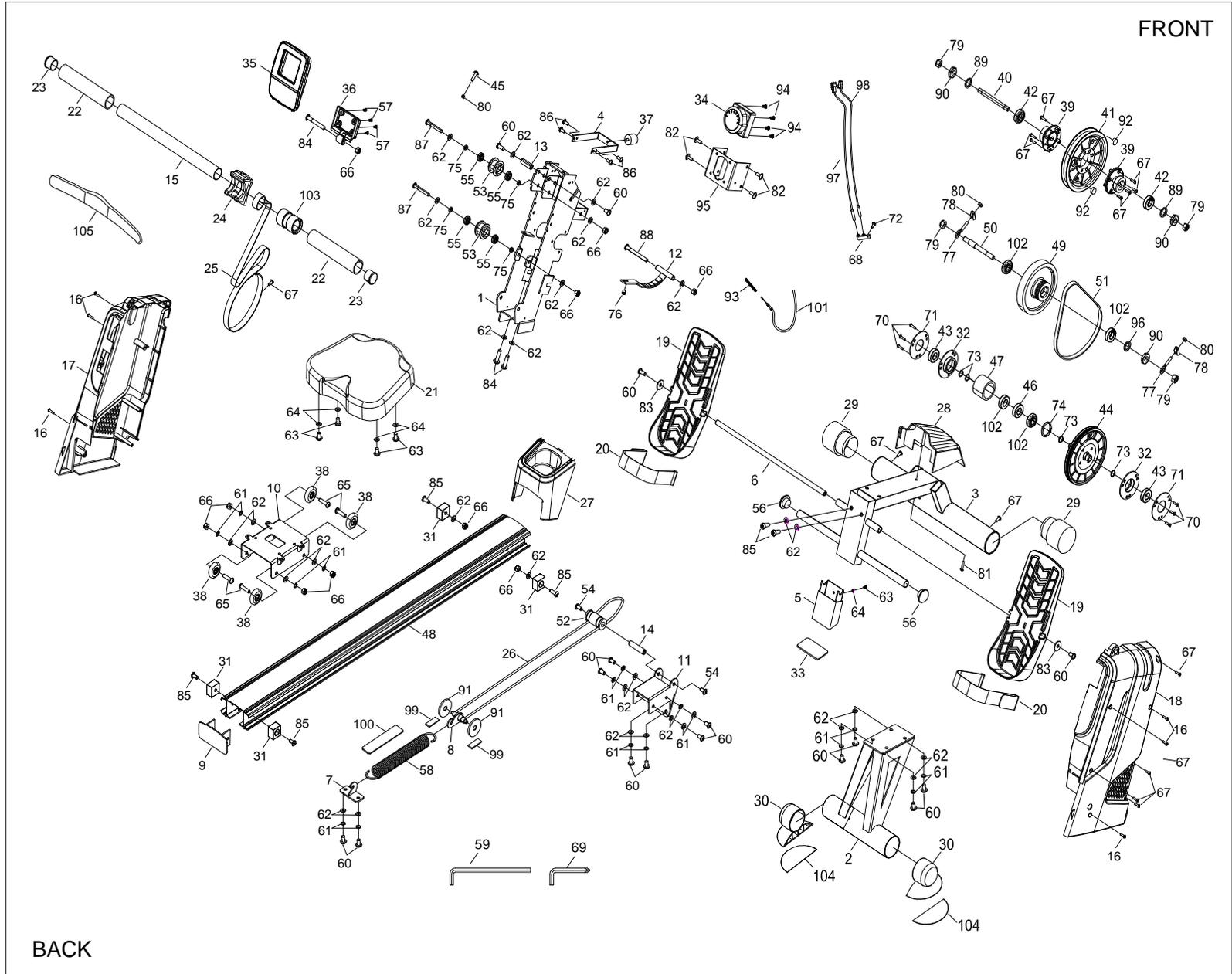
PARTS LIST

No.	Part name	Qty
1	Main Frame	1
2	Rear Stand	1
3	Base Frame	1
4	Foot Bracket	1
5	Rear Support	1
6	Pedal Shaft	1
7	Rear Spring Hook	1
8	Spring Hook	1
9	Rail Cap	1
10	Seat Carriage	1
11	Connection Bracket	1
12	Magnetic Bracket	1
13	Spacer (ø12.8 x 38.5mm)	1
14	Shaft Rod (ø12.8 x 58.5mm)	1
15	Handlebar	1
16	Screw, Round Head Self-Drill (M4.2 x 20mm)	6
17	Left Cover	1
18	Right Cover	1
19	Pedal Cap	2
20	Pedal Strap	2
21	Seat	1
22	Foam Grip	2
23	Round Plug (ø32mm)	2
24	Handlebar Holder	1
25	Strap (13x1.5x1950mm)	1
26	Return Strap (9x2x1700 mm)	1
27	Bottle Holder	1
28	Front Cover	1
29	Wheel Cap	2
30	End cap	2
31	Seat Stopper	4
32	Bearing Housing	2
33	Foot Pad	1
34	8 section tension	1
35	Computer	1
36	Meter Plate	1
37	Foot Stand	1
38	PU Roller	4
39	Return Bearing Housing	2
40	Strap Pulley Shaft	1
41	Strap Pulley	1
42	Bearing (6000RS)	2
43	Bearing (6003zz)	2
44	Pulley	1
45	Bolt, Round Head (M6 x 25mm)	1
46	One-way Bearing (16003)	1
47	Collar	1
48	Rail	1
49	Magnetic Flywheel	1
50	Flywheel Shaft	1

51	V-Ribbed Belt (220 PJ3)	1
52	Idler Roller	1
53	Idler Wheel	2
54	Bolt, Button Head (M8 x 20mm)	2
55	Bearing (608zz)	4
56	Round Plug (ø19mm)	2
57	Screw, Round Head (M5 x 20mm)	4
58	Return Spring	1
59	Allen Wrench (5mm)	1
60	Bolt, Button Head (M8 x 15mm)	16
61	Lock Washer (M8)	16
62	Washer (M8)	29
63	Bolt, Round Head (M6 x 15mm)	5
64	Washer (M6)	5
65	Bolt, Flat Button Head (M8 x 32mm)	4
66	Nylock Nut (M8)	9
67	Screw, Round Head (ST4.2 x 16mm)	14
68	Sensor Clip	1
69	Allen Wrench (5mm) w/ Screwdriver	1
70	Bolt, Round Head (M6 x12mm)	6
71	Bearing Housing Cover	2
72	Screw, Round washer Head (M4 x 0.7 x 10mm)	1
73	C Ring (M17)	4
74	Inner C Ring (M35)	1
75	Spacer (ø8 x ø10 x 7mm)	4
76	Retaining Plug	1
77	Eye Bolt (M6)	2
78	Tension Bracket	2
79	Nut (M10)	4
80	Nut (M6)	3
81	Screw, Round Head (ST4.2 x 45mm)	1
82	Screw, Round Head (M5 x 8mm)	4
83	Large Washer (M8)	2
84	Bolt, Button Head (M8 x 40mm)	3
85	Bolt, Button Head (M8 x 20mm)	6
86	Screw, Round Head (M6 x 12mm)	4
87	Bolt, Button Head (M8 x 60mm)	2
88	Bolt, Button Head (M8 x 80mm)	1
89	Spacer (S10)	2
90	Thin Nut (M10 x 1.5, 5mm thick)	3
91	Guide Wheel	2
92	Magnet	2
93	Spring	1
94	Screw, Round Head (M3 x 12mm)	4
95	Tension Bracket	1
96	Washer S17	1
97	Female Sensor Wire	1
98	Male Sensor Wire	1
99	EVA Pad (180 x 30 x 1mm thick)	2
100	EVA Pad (65 x 15 x 1mm thick)	1
101	Tension Cable	1

102	Bearing (6003RS)	4
103	Handlebar Sleeve	1
104	Rubber Pad	2

Garlando