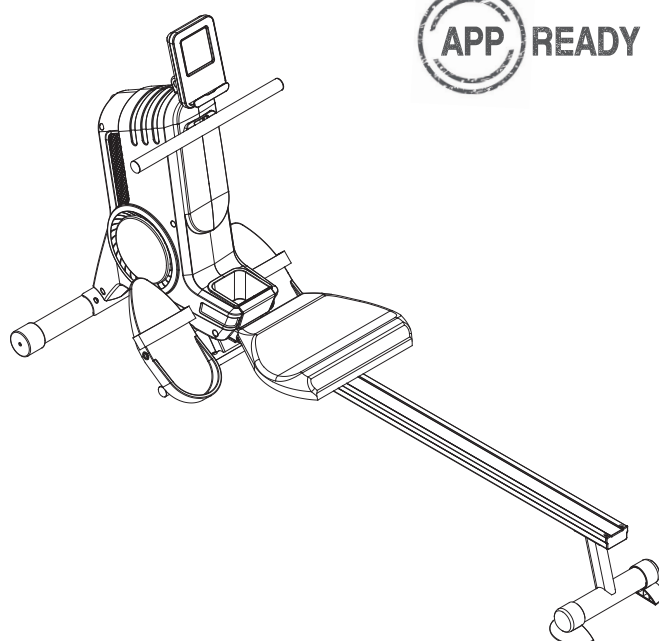


TCORX
FITNESS IN MOTION

INSTRUCTION



**ROWERCUP
PRO**



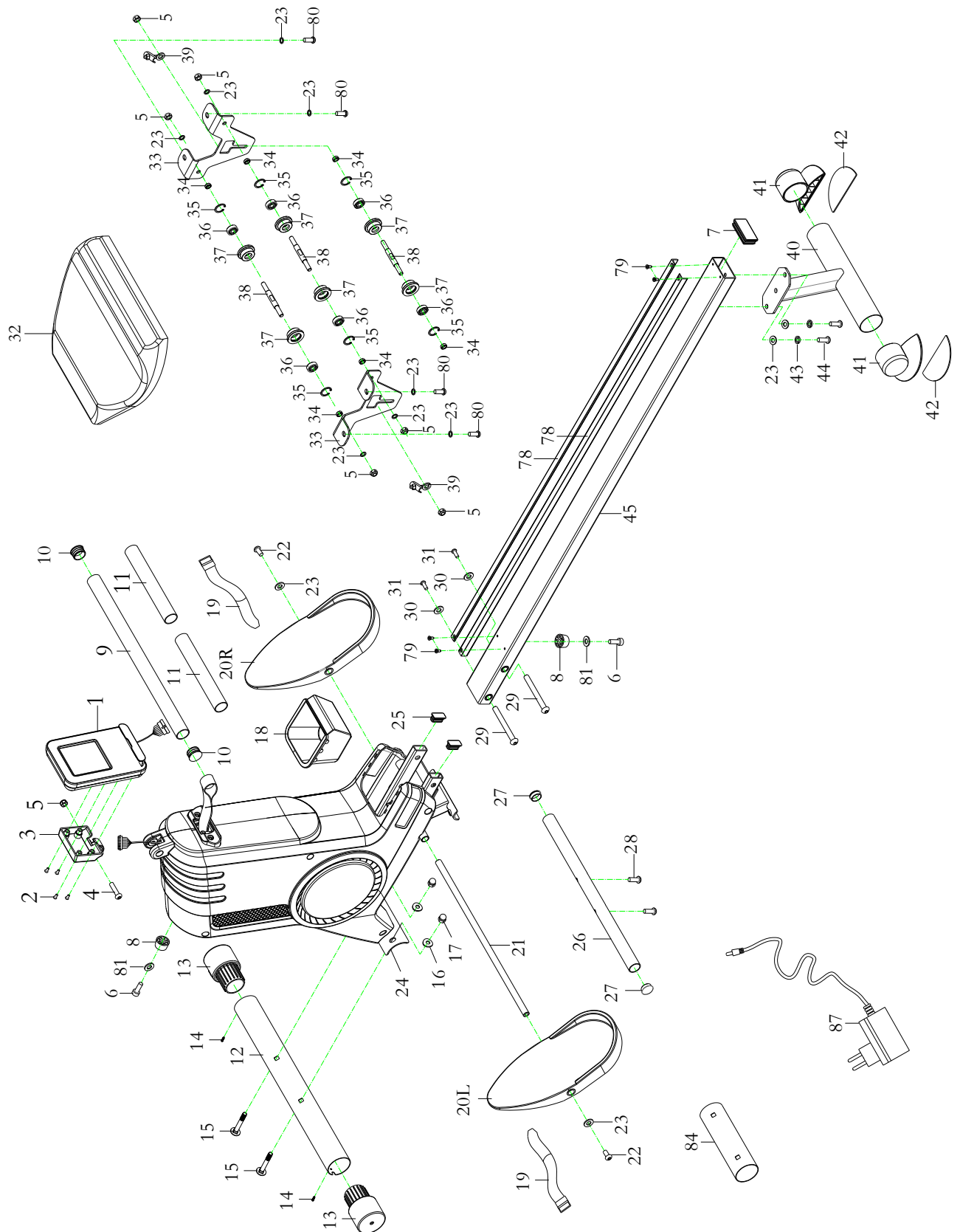
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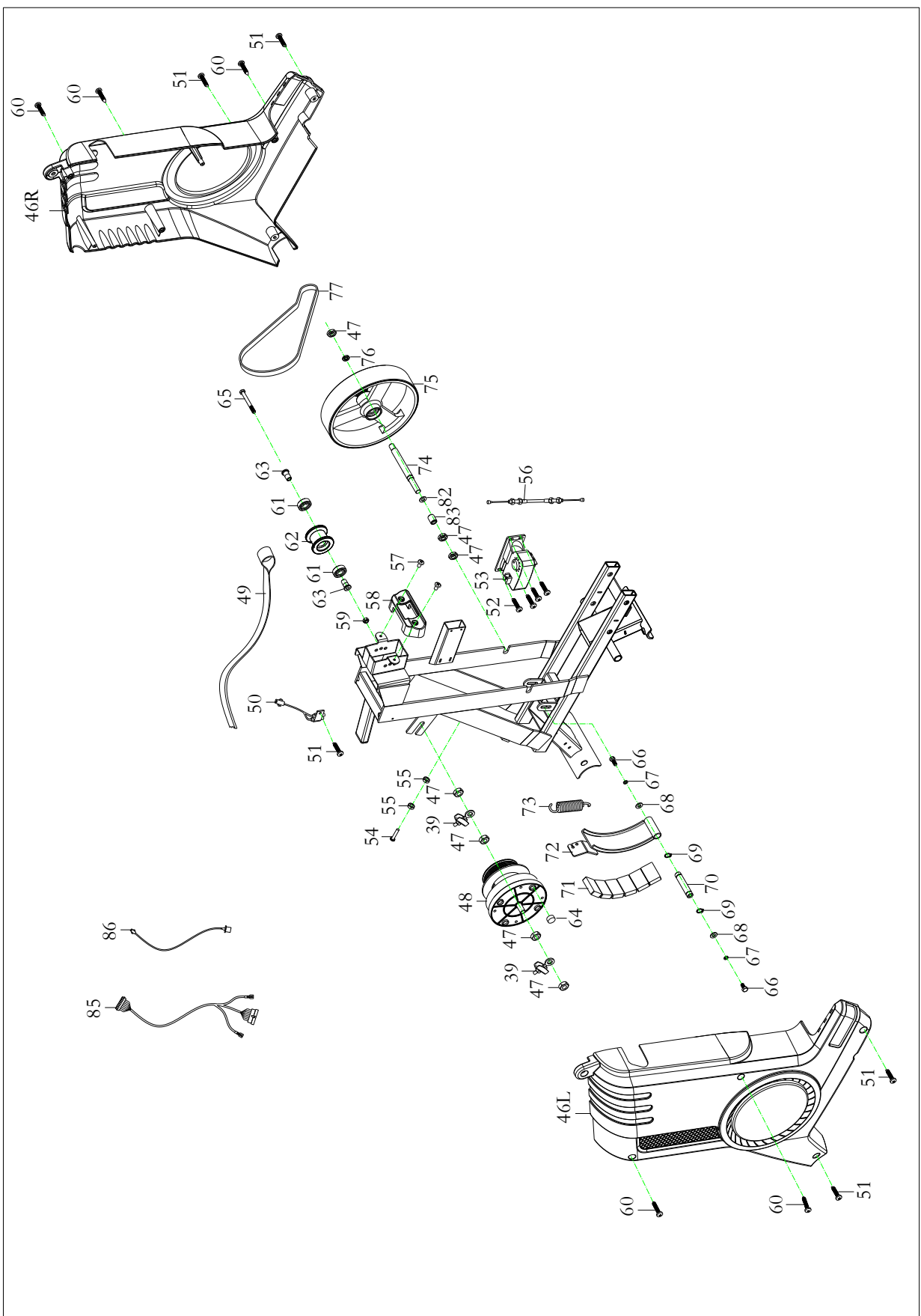
Rev: 00

Ed: 11/25



EXPLODED DIAGRAM



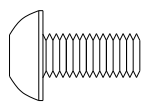


Parts List

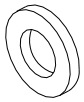
No.	Description	Qty	No.	Description	Qty
1	Computer	1	34	Spacer	6
2	Bolt M5*20	4	35	Washer d22*1.0	6
3	Computer holder	1	36	Bearing 608ZZ	6
4	Bolt M8*35*18*S5	1	37	Roller Φ36*14	6
5	Nylon nut M8*H7.5*S13	7	38	Seat shaft	3
6	Bolt M6*30*S5	2	39	Chain bolt	4
7	End cap J60*30	1	40	Rear stabilizer	1
8	Rubber pad	2	41	End cap	2
9	Handlebar	1	42	Non-slip mat	2
10	End cap	2	43	Spring washer d8	2
11	Foam grip	2	44	Bolt M8*20*S6	2
12	Front stabilizer	1	45	Sliding rail	1
13	End cap with transportation wheel	2	46L/R	Chain cover	2
14	Bolt ST4*10*Φ6	2	47	Nut M10*1*H5*S17	7
15	Bolt M8*60*20*H5	2	48	Mesh belt Wheel	1
16	Arc washer d8*Φ20*2*R30	2	49	Belt t1.5*22*2150	1
17	Nut M8*H16*S13	2	50	Sensor	2
18	Storage box	1	51	Bolt	5
19	Strap	2	52	Bolt ST4.2*16	4
20L/R	Pedal	2	53	Motor	1
21	Pedal tube Φ12.5	1	54	Bolt M6*55*S10	1
22	Bolt M8*16*S6	2	55	Nut M6*H5*S10	2
23	Washer d8*Φ16*1.5	12	56	Tension wire	1
24	Main Frame	1	57	Bolt M5*10*Φ8	2
25	End cap F30*15	2	58	Handlebar holder	1
26	Pedal tube 2	1	59	Nylon nut M6*H6*S10	1
27	End cap Φ25*15	2	60	Bolt ST4.2*19	5
28	Bolt M8*30*S6	2	61	Bearing 6000	2
29	Bolt φ10*95*M6*25	2	62	Pulley	1
30	Washer d10*Φ20*2	2	63	Spacer	2
31	Bolt M6*16*S5	2	64	Round magnet φ12*2	1
32	Seat	1	65	Bolt M6*55*15*S10	1
33	Seat plate	2	66	Bolt M6*16*S10	2

67	Spring washer d6	2		79	Bolt ST4.8*13*φ8	4
68	Washer d6*Φ12*1.2	2		80	Bolt M8*20*S5	4
69	Washer d12	2		81	Washer d6*Φ12*1	2
70	Magnet plate axle	1		82	Wave washer d10*Φ13.5*0.3	1
71	Magnet 40*25*10	6		83	Spacer Φ10.2*Φ15*20	1
72	Magnet plate	1		84	Packaging tube	1
73	Spring Φ1.5*Φ15*50*N14	1		85	Trunk wire 1	1
74	Flywheel axle	1		86	Trunk wire 2	1
75	Flywheel 2KG	1		87	Adapter	1
76	Nut M10*1*H5*S17	1		A	Wrench S5	1
77	Belt 5PJ240	1		B	Wrench S6	2
78	Alum plate	2		C	Spanner S13-S14	1

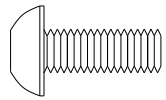
Hardware



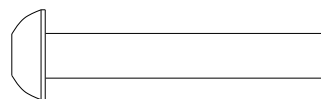
#22 M 8*16*S6 2PCS



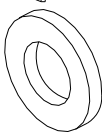
#23 d8* Φ 16*1.5 4PCS



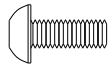
#28 M 8*30*S6 2PCS



#29 φ 10*95*M 6*25 1PC



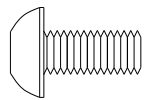
#30 d10* Φ 20*2 1PC



#31 M6*16*S5 1PC



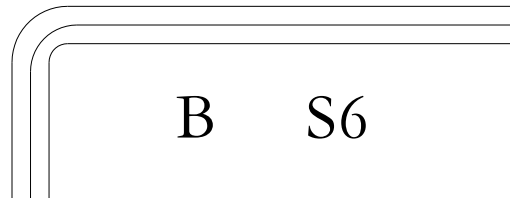
#43 d8 2PCS



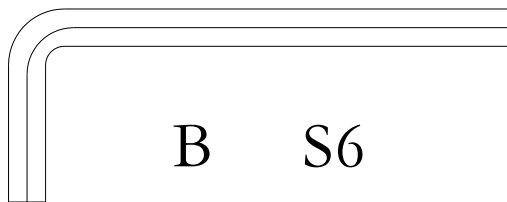
#44 M8*20*S6 2PCS



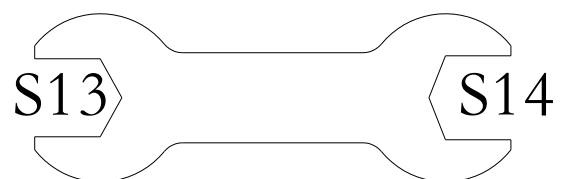
A S5



B S6



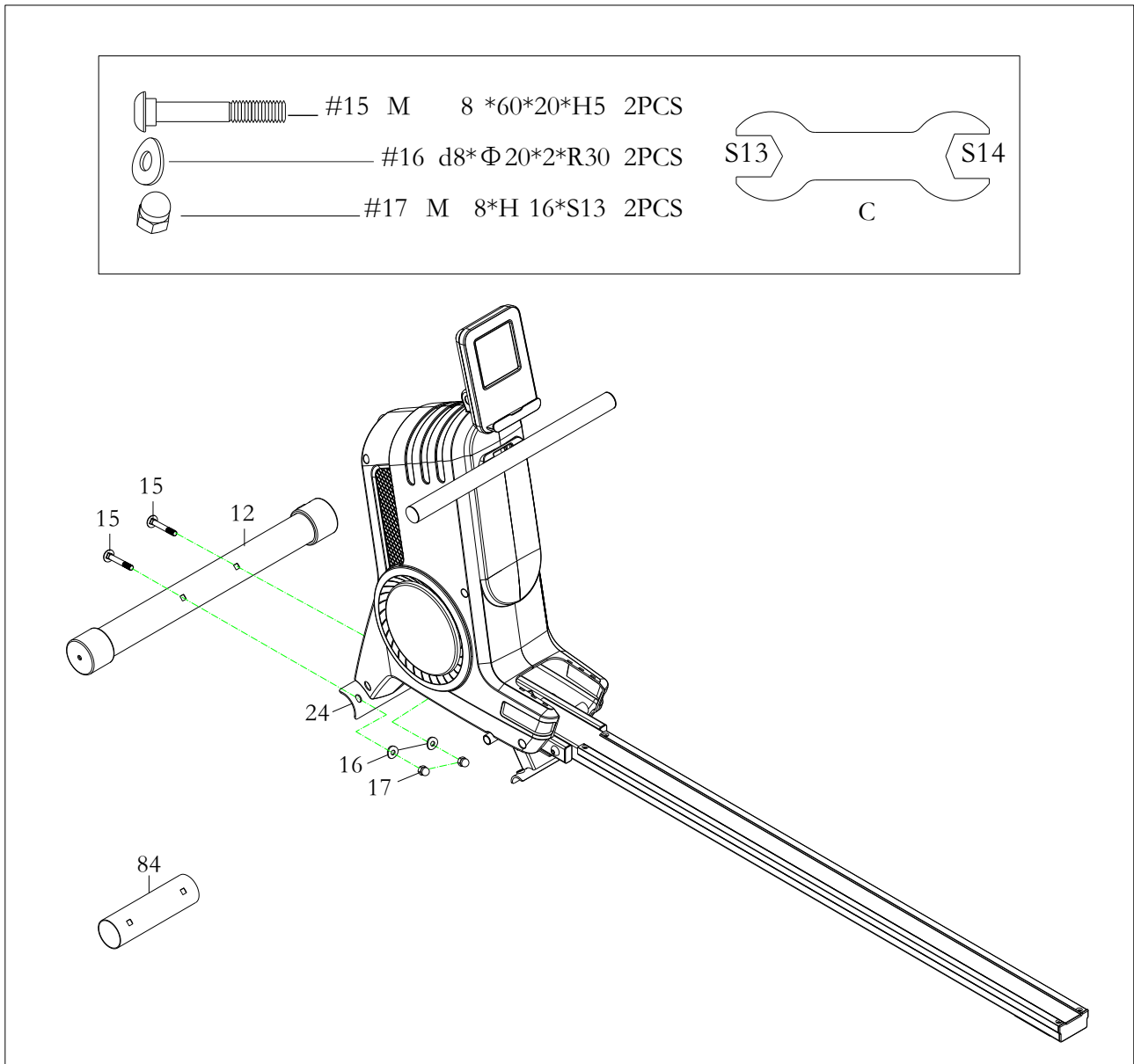
B S6



C

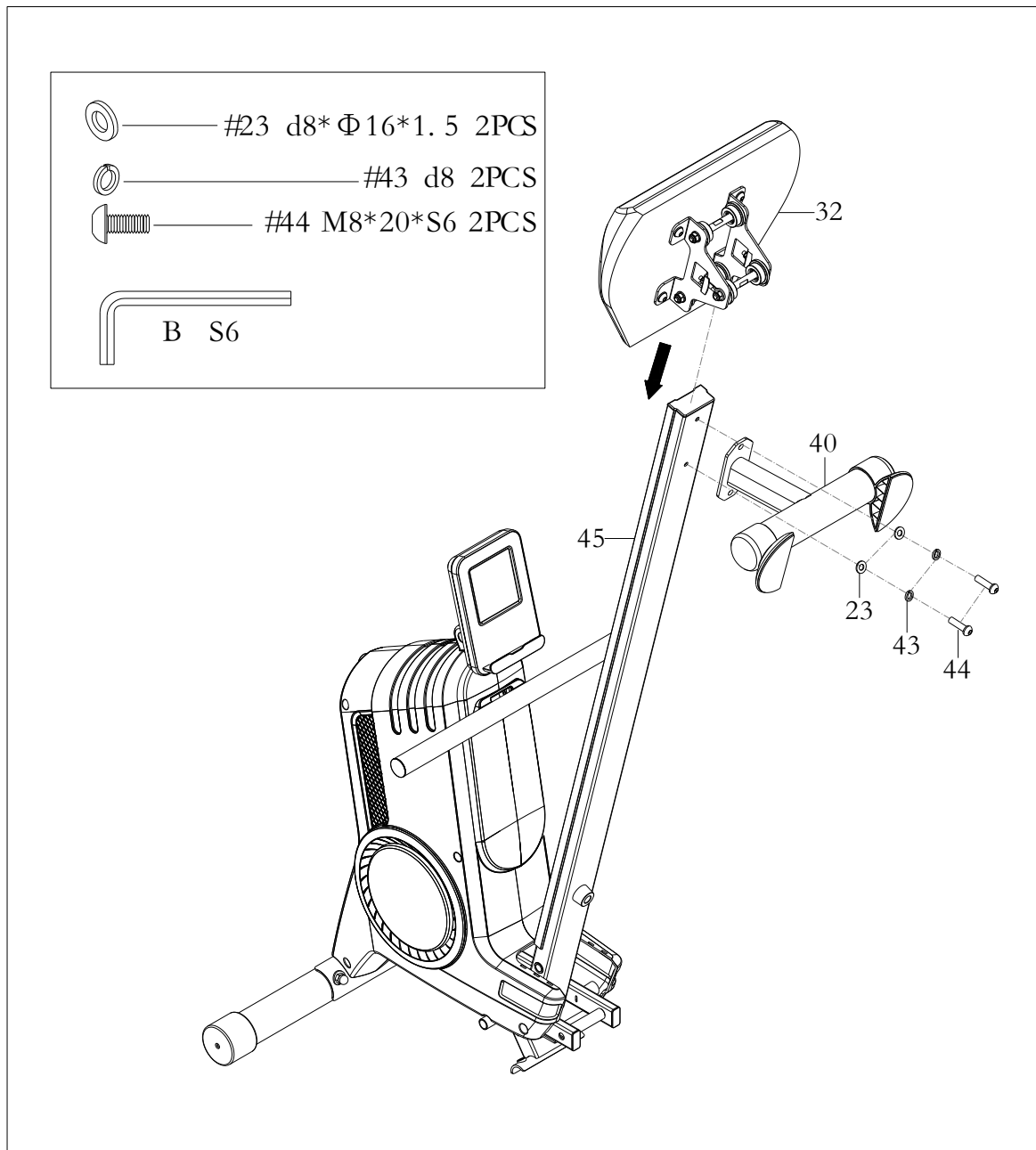
Assembly Step

Step 1:



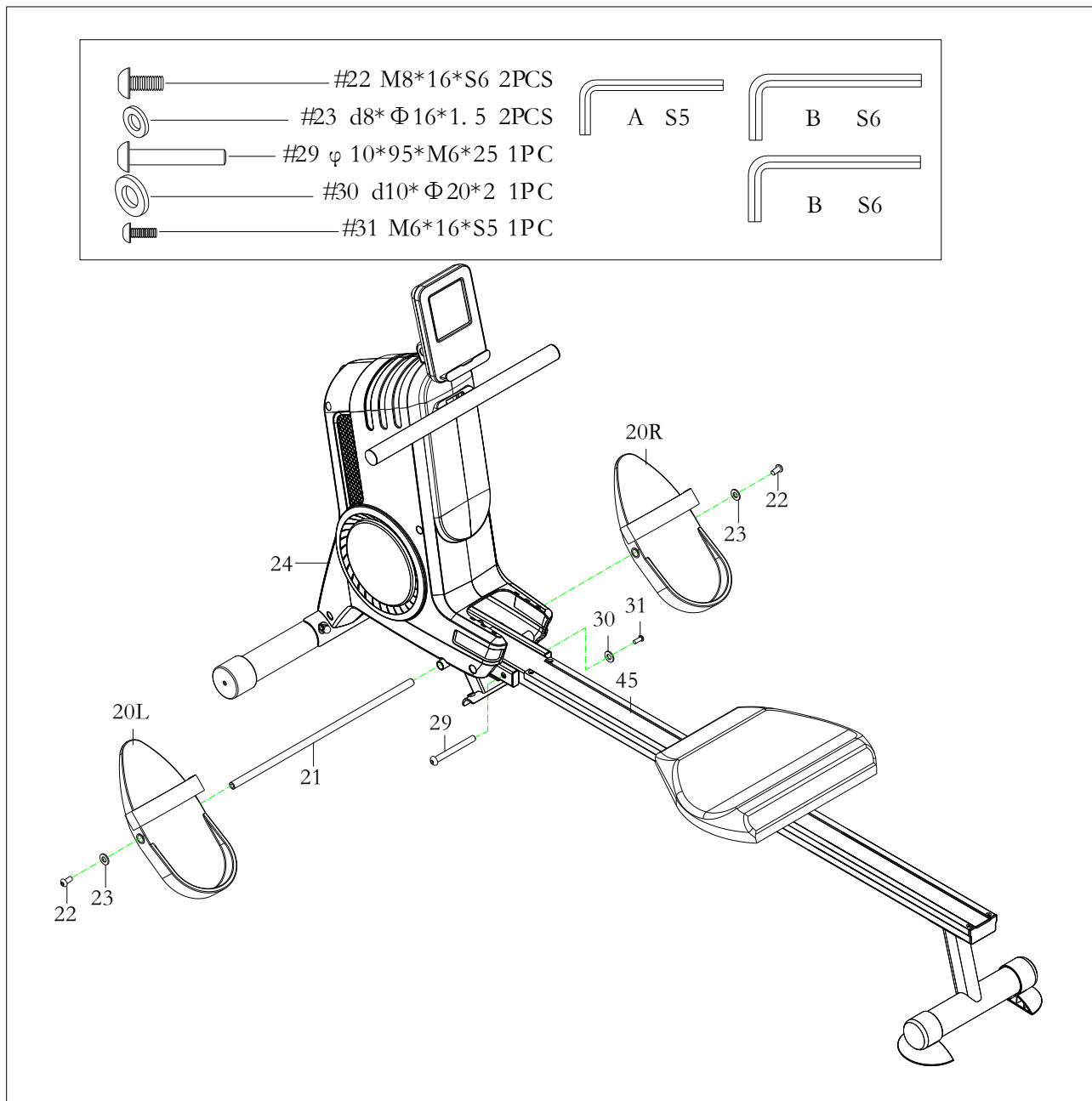
- Remove bolts (15), arc washers (16), nuts(17) and packaging tube(84) from main frame(24) by spanner(C).
- Secure front stabilizer(12) to main frame(24) with bolts (15), arc washers (16) and nuts(17) by spanner(C).

Step 2:



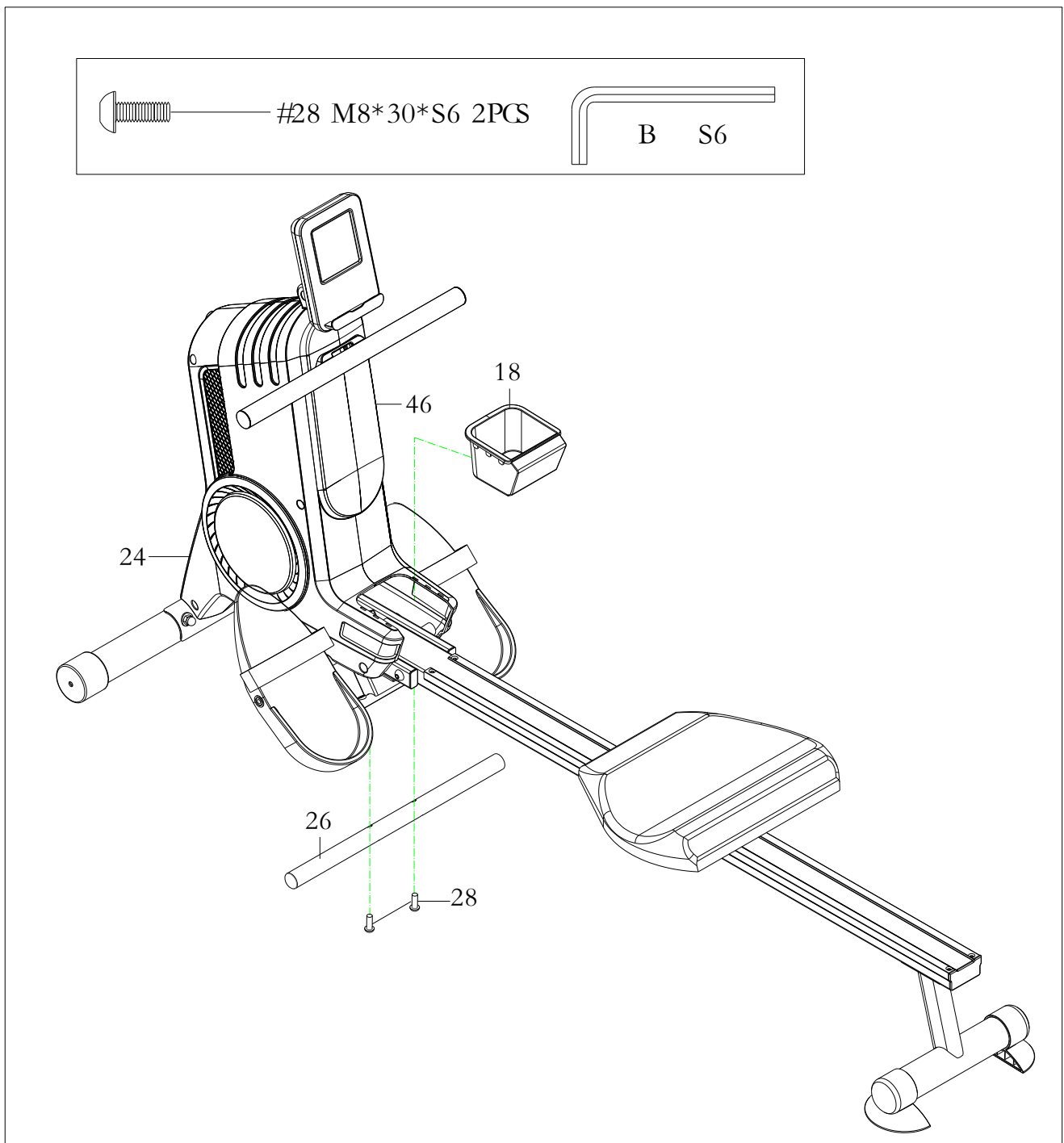
- Insert seat(32) into sliding rail(45).
- Secure rear stabilizer(40) to sliding rail(45) with bolts (44), spring washers (43) and washers(23) by wrench(B).

Step 3:



- Secure pedal(20L/R) to main frame(24) with bolts (22), washers (23) and pedal tube(21) by wrench(B).
- Secure sliding rail(45) to main frame(24) with bolts (29), washers (30) and bolts(31) by wrench(A&B).

Step 4:

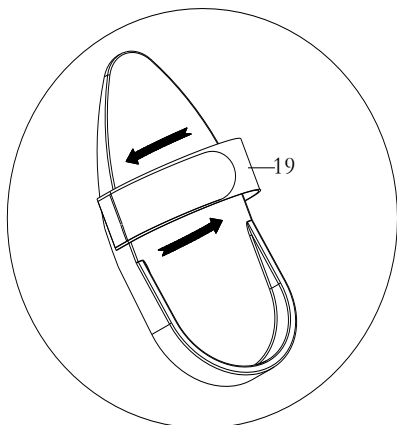


- Secure pedal tube 2(26) to main frame(24) with bolts (28) by wrench(A).
- Insert storage box(18) into chain cover(46).

The assembly is complete!

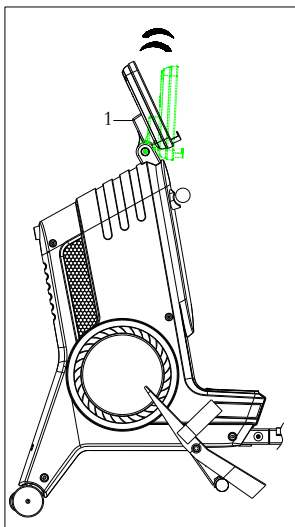
ADJUSTMENTS GUIDE

1.PEDAL ADJUSTMENT :



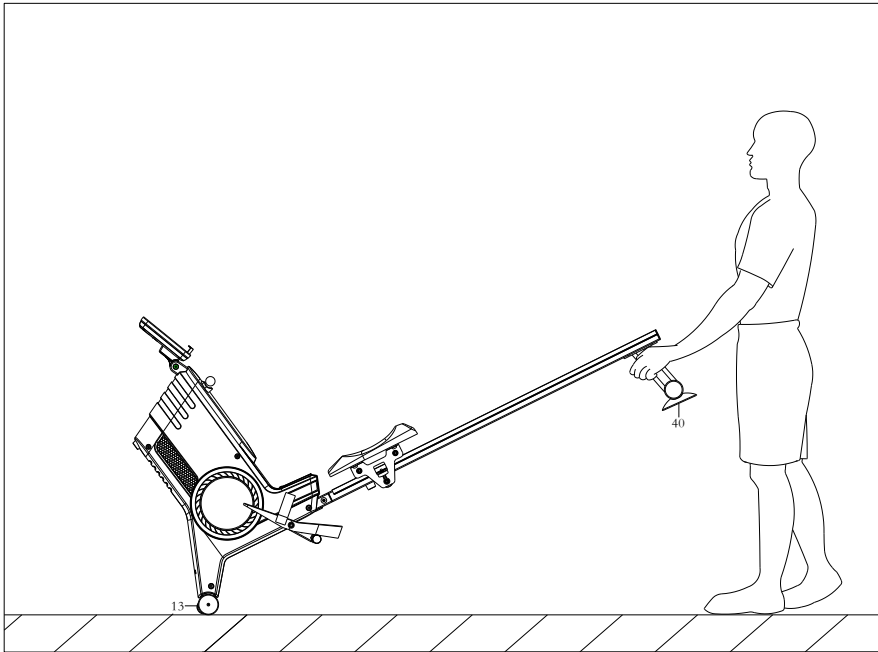
The pedal strap(19) is adjustable and can be personalized to fit the user's foot size.

2.COMPUTER ANGLE ADJUSTMENT



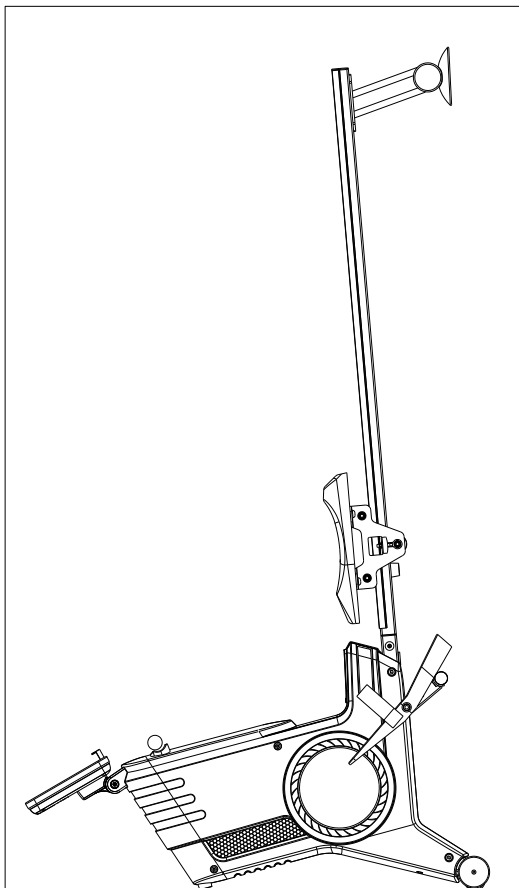
The rotation angle of computer holder(3) can be adjusted to obtain the best view of the LCD screen.

3.MOVING THE MACHINE



To move the machine, lift up the rear stabilizer(40) until the transportation wheels(13) touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.

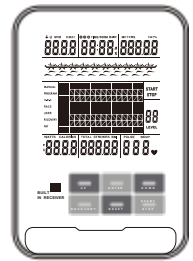
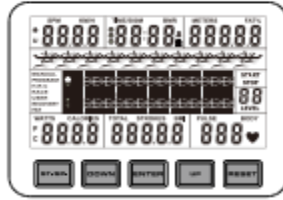
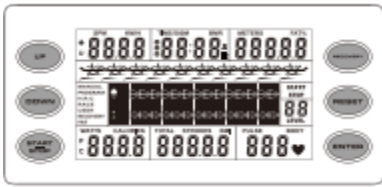
4.MACHINE STORAGE



As shown in the figure, standing the machine up can save space when the machine is not in use.

■ Display and Button

1 . All Display And Button Position



2 . Display Function

Item	Function Description	Range	Setting
SPM	Stroke per minute	0~9999 S/M	N/A
TIME	- Workout time display during rowing - Scan every 6 seconds	0:00~99:59 (M: S)	Increase per minute (TIME or METERS alter) 0:00~99:00
TIME/500M	- Computer will display the time needed to row 500 meters according to current speed - Scan every 6 seconds	0:00~99:59 (M: S)	- TIME / 500 M NOT settable - In race program, increase per 30 seconds, 1:00~8:00
METERS	Rowing distance	0~99999 (Meter)	Increase per 100 meters, (TIME or METERS alter) 0~99900
CALORIES	- Calories burned during rowing - Scan every 6 seconds(when with WATTS)	0~9999 (Calories)	Increase per 10 0~9990
WATTS (when with WATTS)	- Watts consumed during rowing - Scan every 6 seconds	0~9999 (Watts)	Increase per 5 10~350
STROKES	- The number for complete movement of rowing - Scan every 6 seconds	0~99999 (Stoke)	Increase per 10 0~99990
TOTAL STROKES	- The total stokes number since power on - Scan every 6 seconds	0~99999	N/A
PULSE (IF have)	Pulse bpm during rowing	0 , 30~240	Increase per 1 30~240

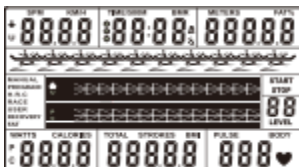
3 . Button Function

Item	Description	Item	Description
UP	- Setting selection - Increase resistance level	DOWN	- Setting selection - Decrease resistance level
ENTER	Confirm setting or selection	RESET	- Hold on pressing for 2 seconds, the computer will reboot - Clear setting data - Reverse to main menu after finish a workout
START/STOP	Start or Stop rowing training	RECOVERY	Test heart rate recovery status(IF have)

■ Operation

1 . Power On

Plug in the power supply, with the 1s “BEEP” sound , and display all segments on the LCD as image below:



2. Program Select and Data Setting

● Manual Mode

- A. In main menu, press START button to start workout in the MANUAL mode to directly to start rowing.
- B. Press UP or Down to select MANUAL mode, then press ENTER to confirm
- C. Press UP or DOWN to preset the data of: resistance LEVEL, TIME (or Meters), Stokes, Calories, Watts (if with) and Pulse, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously).
- D. Press START/STOP to start exercise, press UP or DOWN to adjust resistance level
- E. When preset value counts down to 0, the computer will remind with Bi-Bi and stop
- F. Press START/STOP to pause exercise, press RESET to reverse to main menu.

NOTE: When the computer with WATT, if the WATTdata is preset, the rowing machine will work in the constant WATTvalue, when rowingfast, the resistance level will decrease; whereas, the resistance level will increase.

● Program Mode

- A. In the Main Menu, press Up or Down to select the PROGRAM mode, press ENTER to confirm
- B. Press Up or Down to choose the preset program P2~P13, press ENTER to confirm
- C. Press UP or DOWN to preset the data of: resistance LEVEL, TIME(or Meters), Stokes, Calories and Pulse, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously).
- D. Press START/STOP to start exercising, press UP or DOWN to adjust resistance level
- E. When preset value counts down to 0, the computer will remind with Bi-Bi and stop.
- G. Press START/STOP to pause exercise, press RESET to reverse to main menu.

● Heart Rate Mode(If have pulse)

- A. In the main menu, press UP or DOWN to select heart rate mode H.R.C, press ENTER to confirm.
- B. Press Up/Down to preset the AGE, and press ENTER to confirm.
- C. Press UP/Down to select: 55%、75%、90% and the random one of the target Heart Rate (default with 100bpm) controlling program.
- D. Press UP or DOWN to preset the data of: TIME(or Meters), Stokes, Calories, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously).
- E. Press START/STOP to start exercising.
- F. When preset value counts down to 0, the computer will remind with Bi-Bi and stop
- G. Press START/STOP to pause exercising, press RESET to reverse to main menu.

NOTE: when Rowing, the heart rate value depends on both of the sports loads and speeds. Heart rate controlling program is to keep the heart rate at the setting value. When the heart rate value measured during rowing is bigger than the set one, the loads resistance will decrease automatically, or the user slow down to lower the heart rate, whereas, the loads resistance will increase automatically or the user speed up to increase the heart rate.

● Race Mode :

- A. In the main menu, press UP or DOWN to select race mode RACE, press ENTER to confirm
- B. Press Up/Down to preset the RACE challenge level, press ENTER to confirm (total level=15, L1=1:00 TIME/500M, L15=8:00 TIME/500M. Time increasing default 0:30 TIME/500M, Meters default:500M)
- C. Press START/STOP to start exercising, press UP or DOWN to adjust resistance level.
- D. Either PC or User  finish rowing distance, the computer will stop and show PC Win or User  win.
- E. Press START/STOP to pause exercising, press RESET to reverse to main menu.

NOTE: The computer with WATTfunction, it can display the User's  curve graph of SPM and Average of Watt automatically when the race finish and winner occurs.

● User Mode

- A. In the main menu, press UP or DOWN to select USER mode, press ENTER to confirm.
- B. Press UP/Down to preset each column's the resistance level, press ENTER to next one. (total column=16)
- C. Hope and long press ENTER to finish or quit setting.
- D. Press UP or DOWN to preset the data of: TIME (or Meters), Stokes, Calories and Pulse, then press ENTER to confirm. (Time and Meters couldn't be preset simultaneously).
- E. Press START/STOP to start exercising, press UP or DOWN to adjust resistance level.
- F. When preset value counts down to 0, the computer will remind with Bi-Bi and stop.
- G. Press START/STOP to pause exercising, press RESET to reverse to main menu.

3. Recovery Mode(If have):

- A. User must be wearing the same frequency chest belt, when the heart rate data display on the computer, press RECOVERY button to start.
- B. TIME shows "0:60"(60seconds), starting count down.

When counts down to 0, computer will show the recovery status with grade F1~F6. F1 means Excellent、F2 means Good、F3 means Normal, F4 means Below the average; F5 means Not Good、F6 means Worse

■ Alarm Display

E--- 1 means the motor NOT connected well or broken

■ Power supply: power adapter

Input: 220VAC(The voltage depends on different country)

Output: 8VDC 500mA AC-DC adapter or 8VDC, 600mA switching adapter



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