

TOORX

FITNESS IN MOTION

INSTRUCTION



CHRONO  LINE

RWX300



Istruzioni originali in lingua italiana.
Leggere il manuale con la massima attenzione e
tenerlo sempre a portata di mano vicino al prodotto.

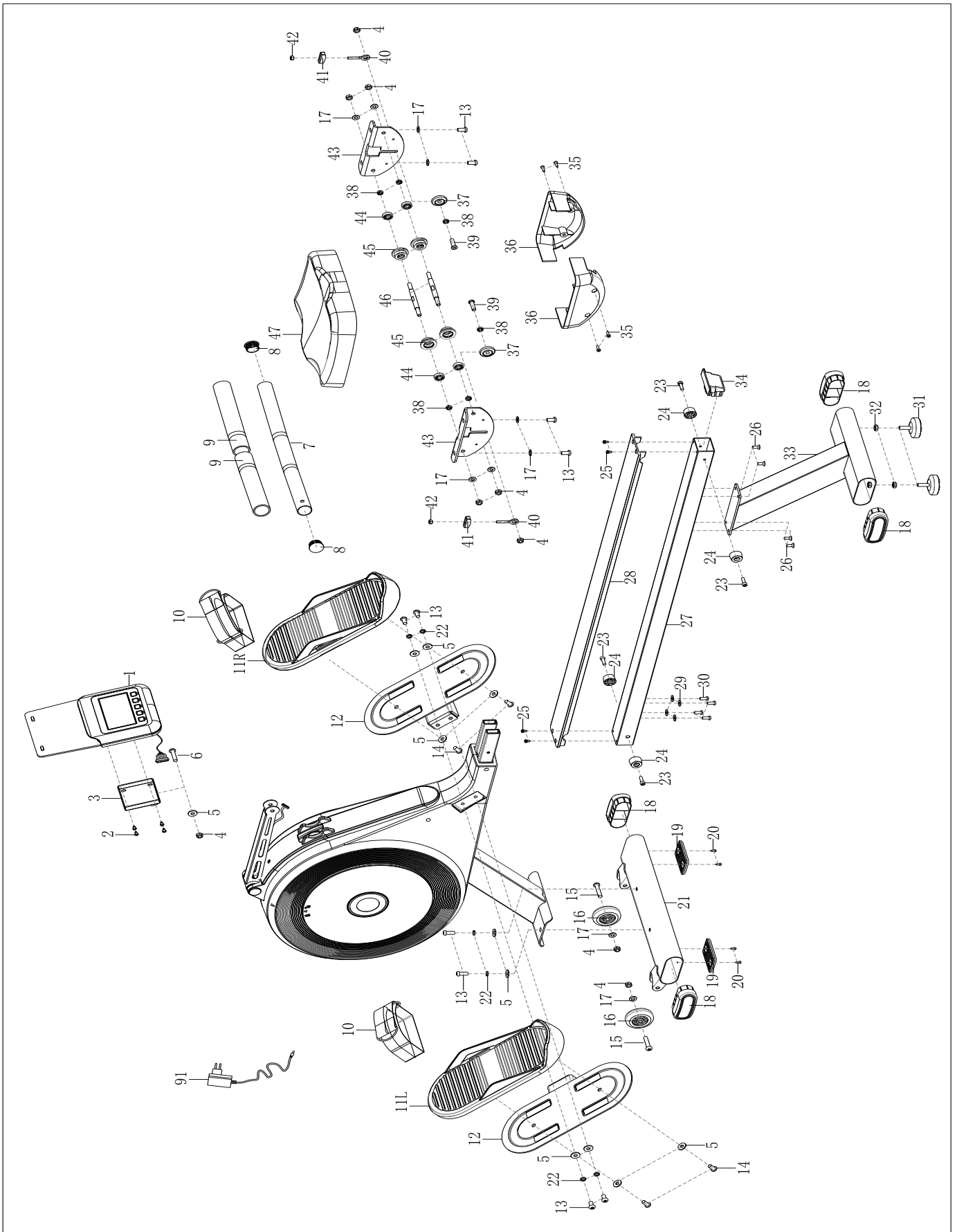
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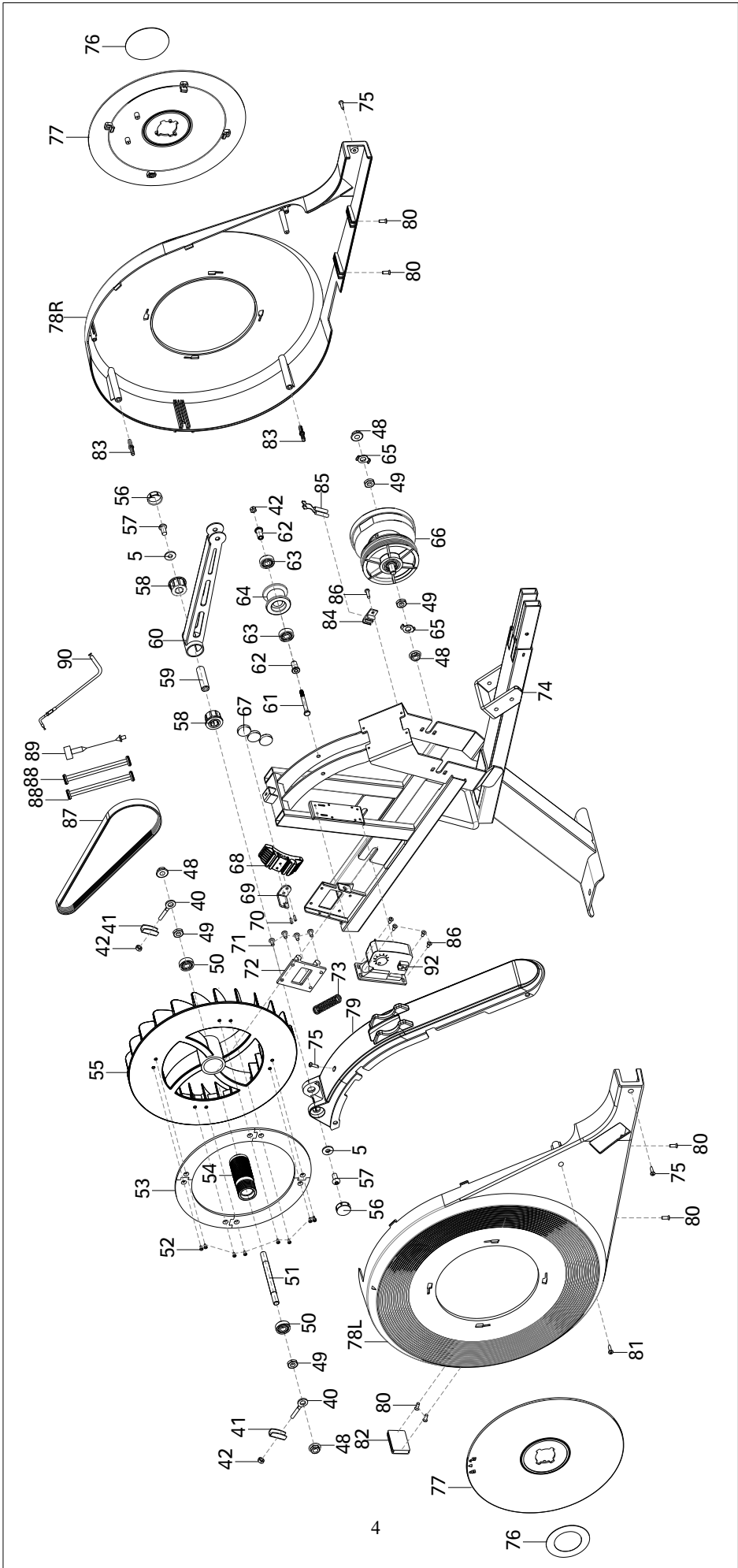
Rev: 00

Ed: 10/22



EXPLODED DIAGRAM











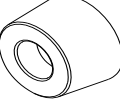







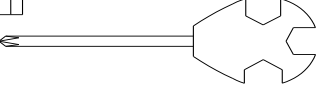


Parts List

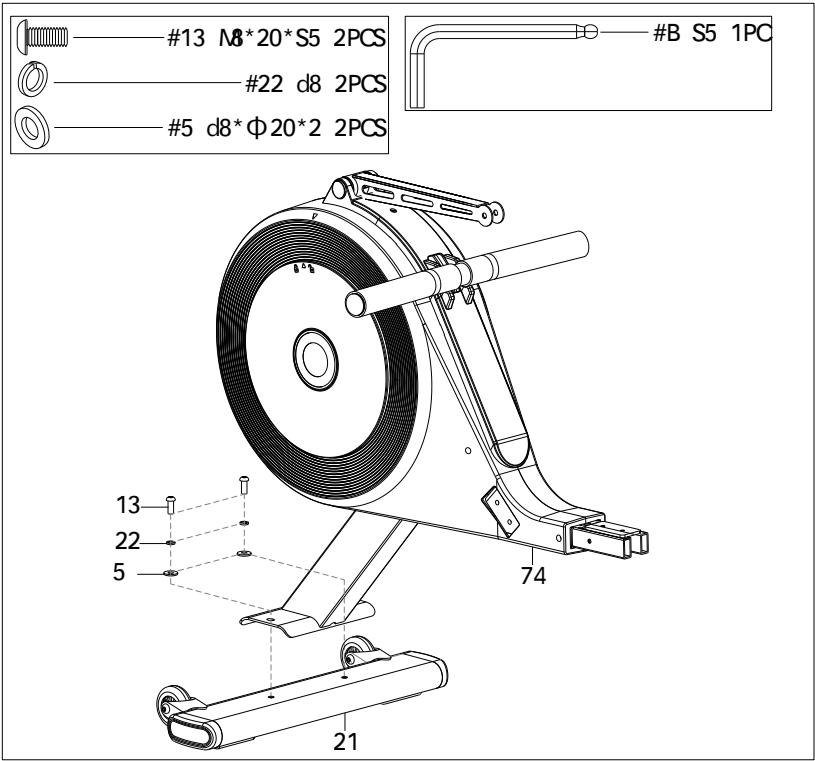
No.	Description	Qty	No.	Description	Qty
1	Computer	1	41	Adjustable U seat	4
2	Bolt M4*25	4	42	Nylon nut M6*H6*S10	5
3	Computer holder	1	43	Seat plate	2
4	Nylon nut M8*H7.5*S13	9	44	Bearing 608ZZ	4
5	Washer d8*Φ20*2	13	45	Roller Φ36*14	4
6	Bolt M8*35*S5	1	46	Seat shaft Φ10*118	2
7	Handlebar	1	47	Seat	1
8	Round end cap Φ28*15	2	48	Nut M10*1*H8*S15	4
9	Foam grip	2	49	Nut M10*1*H5*S17	4
10	Pedal strap	2	50	Bearing 6000-2RS	2
11 L/R	Pedal	1	51	Flywheel shaft φ10*130	1
12	Pedal plate	2	52	Screw ST4.2*13*Φ7	8
13	Bolt M8*20*S5	10	53	Alum plate T4.0*165*30	4
14	Bolt M8*12*S5	4	54	Fan bushing	1
15	Bolt M8*42*15*S5	2	55	Fan wheel	1
16	Transportation wheel	2	56	Cover	2
17	Washer d8*Φ16*1.5	10	57	Bolt M8*16*S5	2
18	End cap	4	58	Bushing	2
19	Non-slip mat	2	59	Shaft	1
20	Screw ST4.0*19*Φ11	4	60	Computer post	1
21	Front stabilizer	1	61	Bolt M6*55*15*S10	1
22	Spring washer d8	6	62	Spacer	2
23	Bolt M6*20*S5	4	63	Bearing 6000	2
24	Rubber pad	4	64	Mesh belt Wheel	1
25	Bolt M5*10*Φ9	4	65	Fixed plate	2
26	Bolt M6*15*S4	4	66	Mesh belt plate	1
27	Sliding rail	1	67	Round magnet Φ24*5	3
28	Alum plate	1	68	Magnet plate	1
29	Washer d6*Φ16*1.5	4	69	Steel plate	1
30	Bolt M6*15*S5	4	70	Screw ST4.2*16*Φ10	2
31	Adjustable pad	2	71	Bolt M5*10	4
32	Nut M8*H5.5*S14	2	72	Magnet plate	1
33	Rear stabilizer	1	73	Spring	1
34	Rail cover	1	74	Main frame	1
35	Bolt M5*12*Φ10	4	75	Screw ST4.2x16xΦ8	3
36	Seat cover	2	76	Sticker	2
37	Roller Φ35*Φ8*11	2	77	Turntable	2
38	Spacer Φ12.5*Φ8.2*4.5	6	78 L/R	Chain cover	1
39	Bolt M8*28*10*S5	2	79	Upper cover	1
40	Adjustable bolt M6*40	4	80	Screw ST4.8*19*Φ8	6

No.	Description	Qty	No.	Description	Qty
81	Screw ST4.2*19*Φ8	1	89	Power trunk wire	1
82	Support pad	1	90	Tension wire	1
83	Connector	2	91	Adapter	1
84	Sensor holder	1	92	Motor	1
85	Sensor	1	A	Allen Wrench S4	1
86	Screw ST4.2*8*Φ8	5	B	Allen Wrench S5	1
87	Belt	1	C	Spanner S13-14-15	1
88	Trunk wire	2			

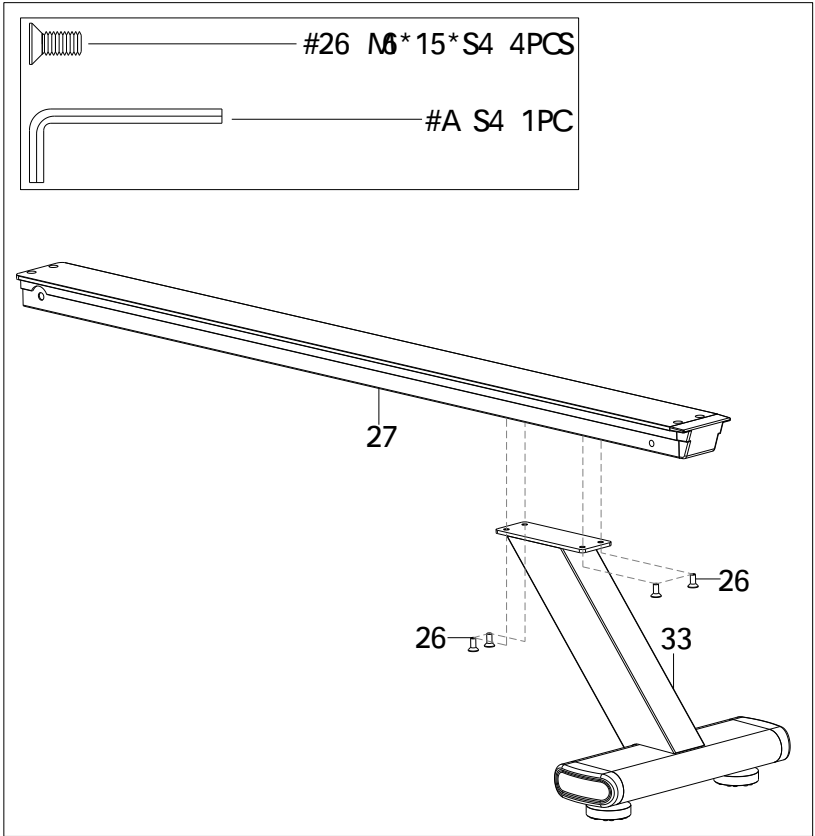
Hardware

		—————	#2 M4*25 4PCS
	—————	#4 M8*H7.5*S13 1PC	
	—————	#5 d8*Φ20*2 7PCS	
	—————	#6 M8*35*S5 1PC	
	—————	#13 M8*20*S5 6PCS	
	—————	#22 d8 6PCS	
	—————	#23 M6*20*S5 4PCS	
	—	#24 Φ27*Φ23*16*Φ6 4PCS	
		—————	#25 M5*10*Φ9 2PCS
	—————	#26 M6*15*S4 4PCS	
	—————	#29 d6*Φ16*1.5 4PCS	
	—————	#30 M6*15*S5 4PCS	
	—————	#A S4 1PC	
	—————	#B S5 1PC	
	—	#C S13-14-15 1PC	

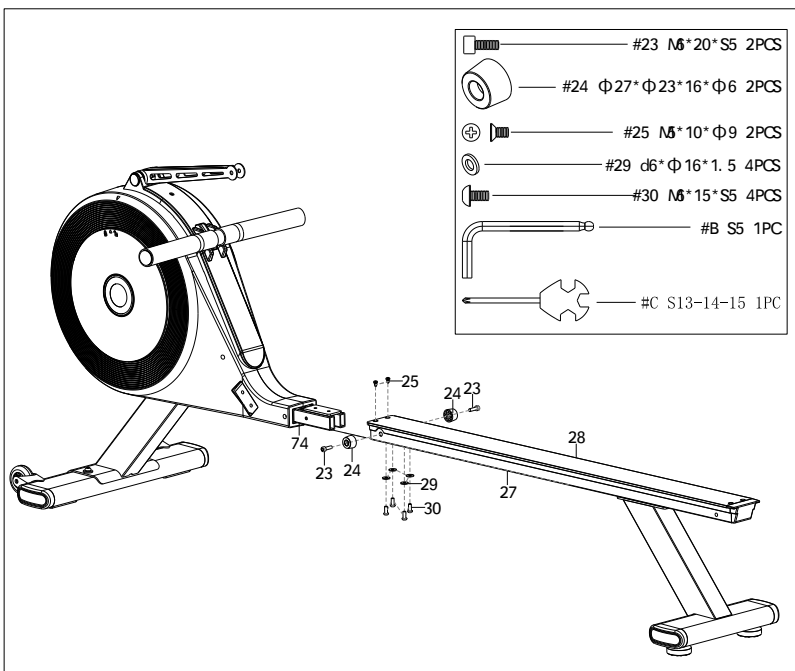
Assembly Step



Step 1:
 Attach front stabilizer(21) to main frame(74) using bolts(13), spring washers(22), and washers(5). Tighten and secure with allen wrench(B).

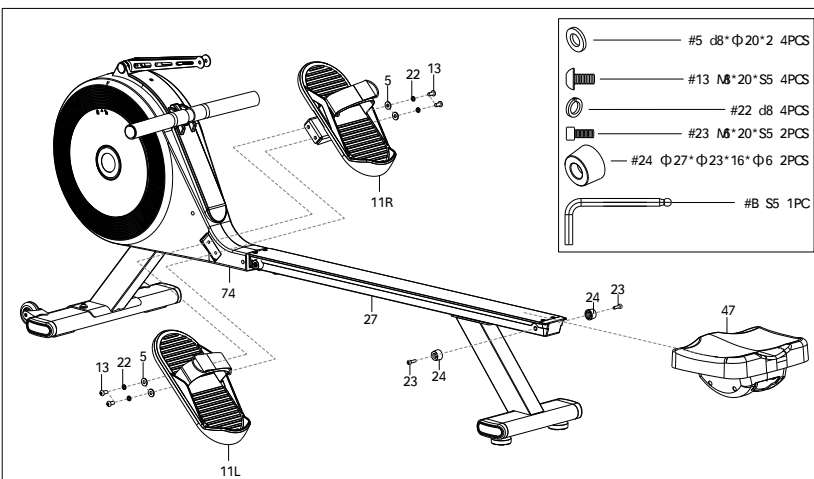


Step 2:
 Attach rear stabilizer(33) to sliding rail(27) using bolts (26). Tighten and secure with allen wrench (A).



Step 3:

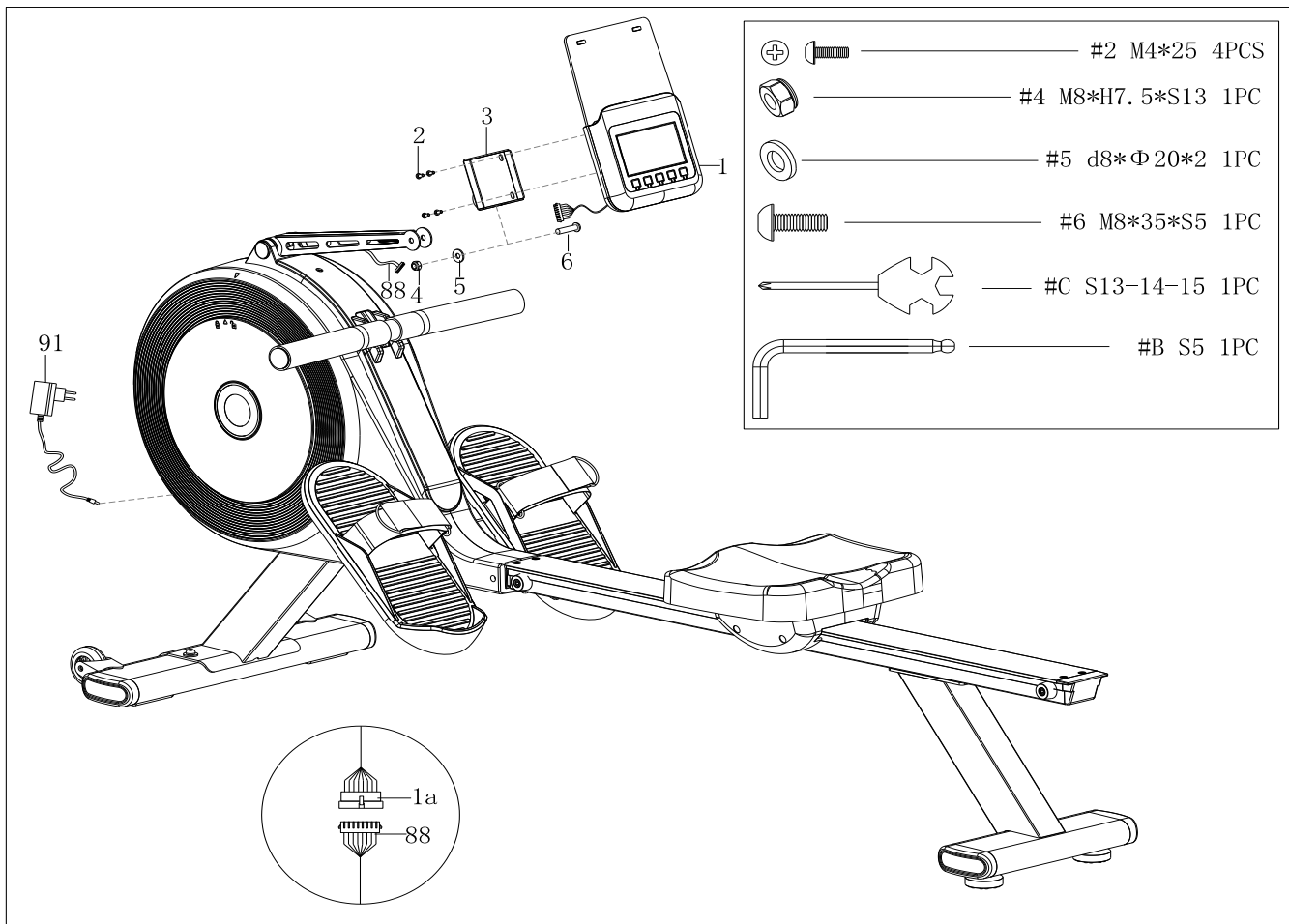
- A. Attach sliding rail(27) to main frame(74) using bolts (30) and washers(29). Tighten and secure with allen wrench (B).
- B. Secure alum plate(28) into sliding rail(27) using screws(25) with wrench(C).
- C. Secure rubber pad(24) in sliding rail(27) using bolts(23) with allen wrench (B).



Step 4:

- A. Insert seat(47) into sliding rail(27).
- B. Secure rubber pad(24) in sliding rail(27) using bolts(23) with allen wrench (B).
- C. Attach pedal(11L/R) into main frame(74) using bolts(13), spring washers(22) and washers(5). Tighten and secure with allen wrench (B).

Attention: Make sure to turn bolts(13) clockwise with allen wrench(B) as tightly as you can with your hand, to secure pedal(11L/R) with main frame(74) well.



Step 5:

A. Secure computer holder(3) with computer post(60) with bolt(6), nylon nut(4) and washer(5) by allen wrench (B) and wrench(C).

B. Connect computer wire(1a) with trunk wire(88) well, then put wire back into the computer holder(3).

C. Secure computer(1) in computer holder(3) with bolts(2) by wrench(C).

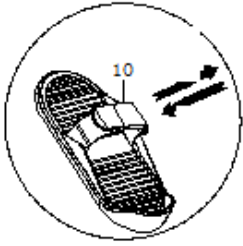
D. Insert adapter wire(91) to power hole on the main frame(74), then plug the adapter into an outlet.

Attention: Cut off the power source when don't use it long time.

The assembly is complete!

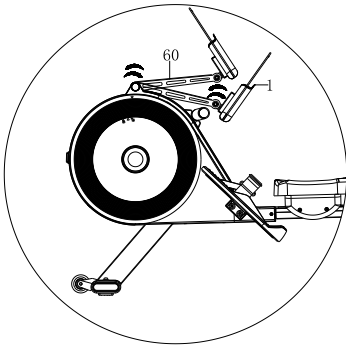
ADJUSTMENTS GUIDE

1. PEDAL ADJUSTMENT :



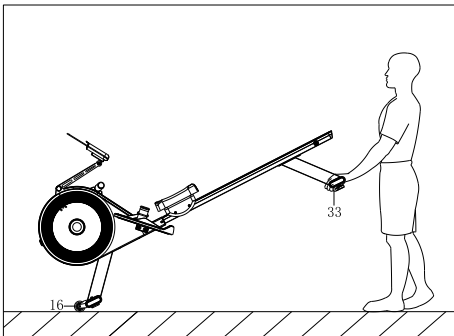
The pedal strap(10) is adjustable and can be personalized to fit the user's foot size.

2.COMPUTER ANGLE ADJUSTMENT



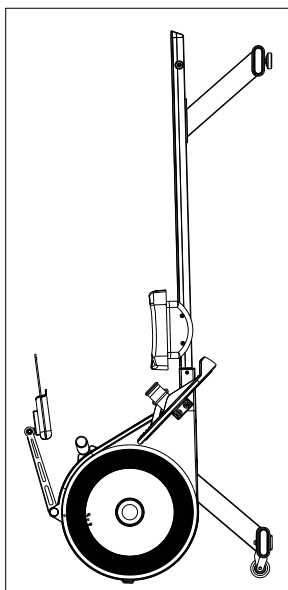
The rotation angle of iPad holder(1) and computer post(60) can be adjusted to obtain the best view of the computer LCD screen.

3.MOVING THE MACHINE



To move the machine, lift up the rear stabilizer(33) until the transportation wheels(16) touch the ground. With the wheels on the ground, you can transport the machine to the desired location with ease.

5.Storage

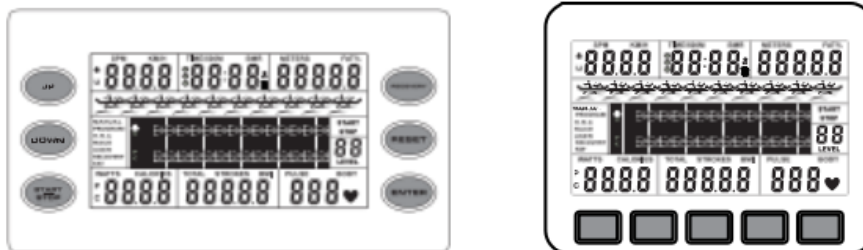


When not in use, you can stand up the machine to save the space .

CONSOLE INSTRUCTION MANUAL

■ 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

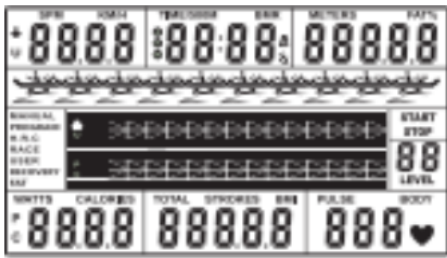
3 . Button Function

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 1 s “BEEP” sound , and display all segment s on the LCD as image below.



2. Program Select and Data Setting

- Manual Mode

- 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
- 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).
- Press START/STOP to start exercise, press UP or DOWN to adjust resistance level
- When preset value counts down to 0, the computer will remind with Bi-Bi and stop
- Press START/STOP to pause exercise, press RESET to reverse to main menu.

NOTE: When the computer with WATT, if the WATT data 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

- In the Main Menu, press Up or Down to select the PROGRAM mode, press ENTER to confirm
- press Up or Down to choose the preset program P1~P12, press ENTER to confirm
- 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).
- Press START/STOP to start exercising, press UP or DOWN to adjust resistance level
- When preset value counts down to 0, the computer will remind with Bi-Bi and stop.
- Press START/STOP to pause exercise, press RESET to reverse to main menu.

- Heart Rate Mode(IF have pulse)

- In the main menu, press UP or DOWN to select heart rate mode H.R.C, press ENTER to confirm.
- Press Up/Down to preset the AGE, and press ENTER to confirm.
- Press Up/Down to select: 55% 、 75% 、 90% and the random one of the target Heart Rate (default with 100bpm) controlling program.
- 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).
- Press START/STOP to start exercising.
- When preset value counts down to 0, the computer will remind with Bi-Bi and stop
- 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 controllingprogram 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 :

- 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 \updownarrow finish rowing distance, the computer will stop and show PC Win or User \updownarrow win. E. Press START/STOP to pause exercising, press RESET to reverse to main menu.

NOTE: The computer with WATT function, it can display the User's \updownarrow 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: 220 VAC(The voltage depends on different country)

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



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