TOORX
FITNESS IN MOTION

INSTRUCTION

CHRONO >> LINE
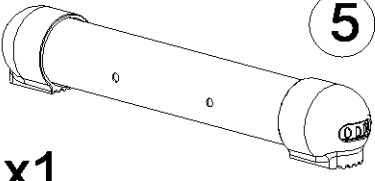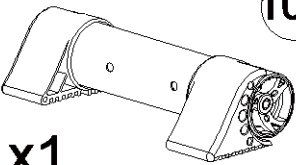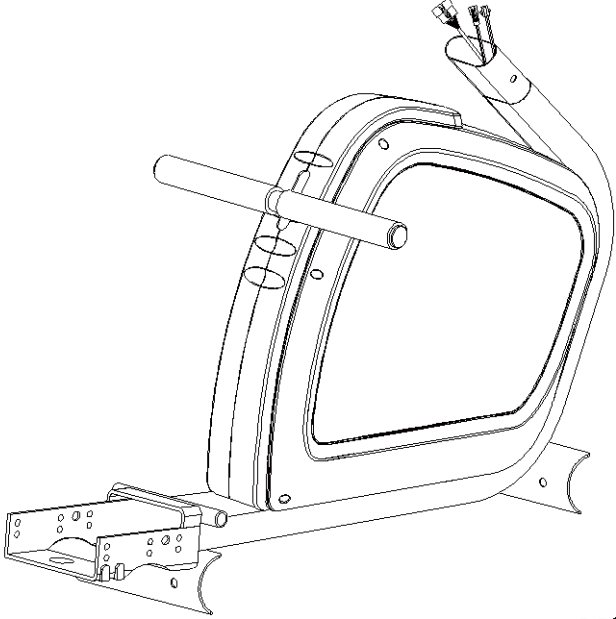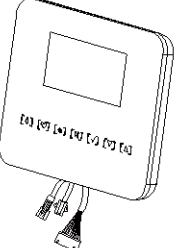
RWX500

CE
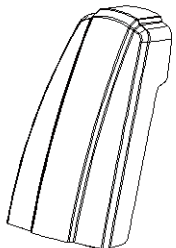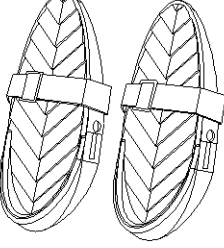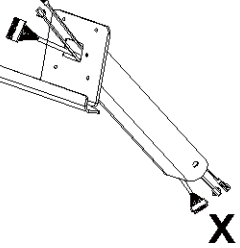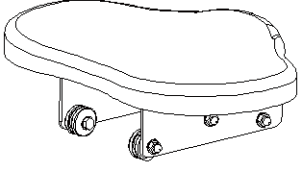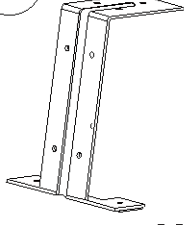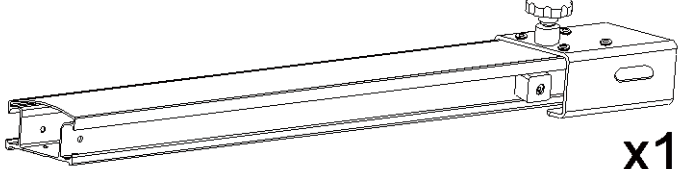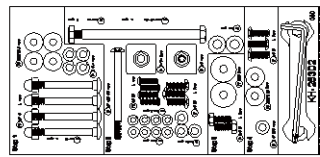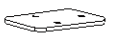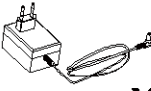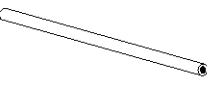
Check list

(5) x1	(100) x1	(22) x1
(1) x1	(12) x1	
(10) x1	(2) x1	
(25) x1	(13) x1	(19) x1
x1	(95) x2	(99) x1
		(16) x1

EXPLOSIVE DRAWING
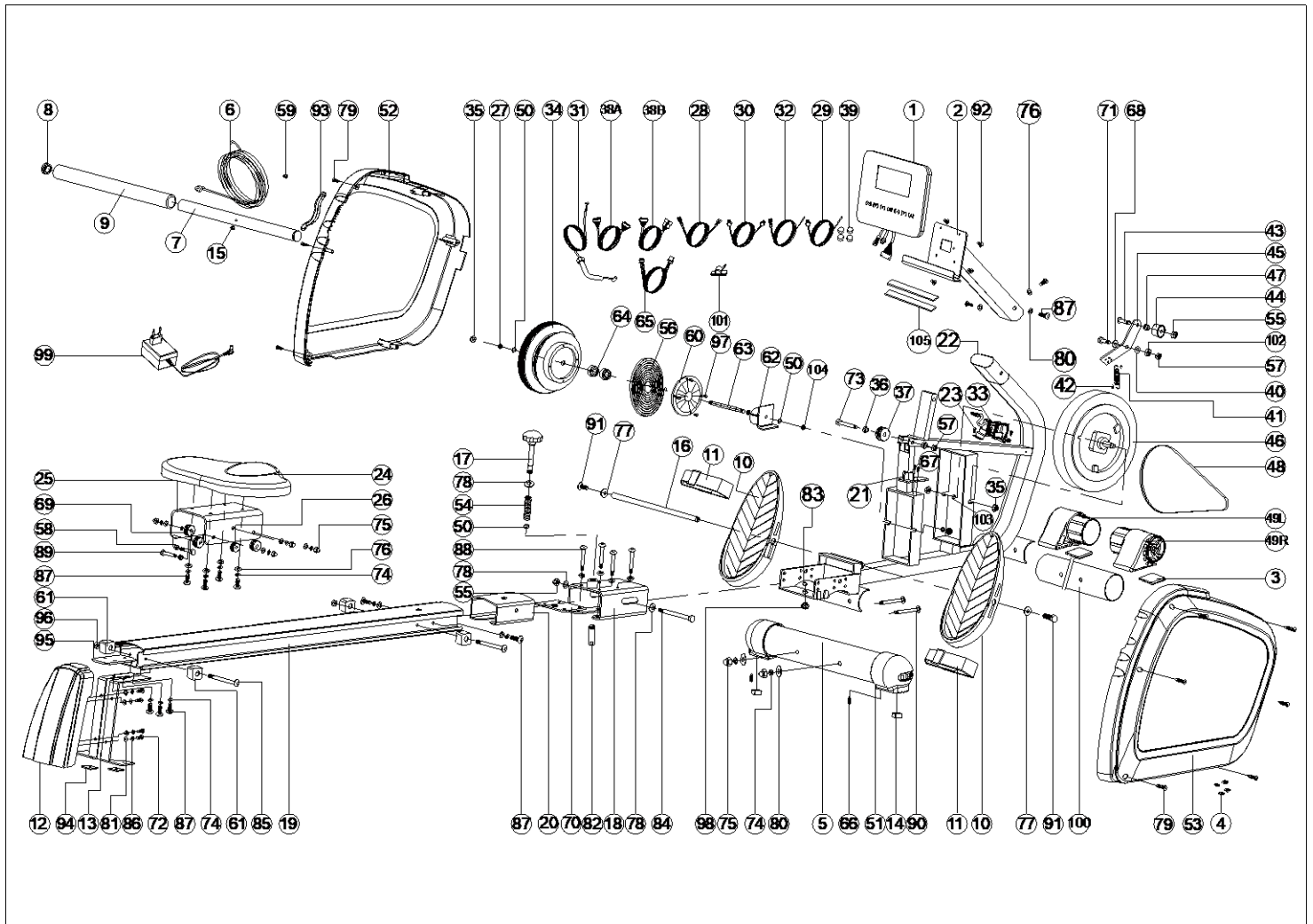
PART LIST

Part no.	Description	Specification	Q'ty	Part no.	Description	Specification	Q'ty
1	Computer	SM-5856-64	1	54	Spring	D13*D1.2*85.5L	1
2	Handlebar post welding set		1	55	Anti-loosen nut M10x1.5x10T	M10x1.5x10T	2
3	Front anti-slip pad	44.6*50*5.3	2	56	Volute spring 20*0.8T	20*0.8T	1
4	Pin	D6*26.5*7.7	2	57	Anti-loosen nut M8*1.25*8T	M8*1.25*8T	2
5	stabilizer	D60x1.5Tx440L	1	58	Bushing of pulley axle	D12*D8.2*12.6L	6
6	Pulling rope	D5*2000L	1	59	Buffer	D11*7L	1
7	Foam roller	D25.4*400*1.4T	1	60	Fixing plate for spring	D121*3T	1
8	Half-ball cap	D25.4*31L	2	61	Square buffer	34*34*22T	4
9	Foam	D23x4Tx400L	1	62	Fixing bracket for volute spring		1
10	Foot pedal	315*137.5*67	2	63	Flywheel axle	D10*120.7	1
11	Strap	440*50	2	64	Bearing #6000ZZ	#6000ZZ	2
12	Rear cover	330*196*69	1	65	Electrical cable	620L	1
13	Rear supporting bracket set		1	66	Cross screw	ST4x1.41x10L	2
14	Rear anti-slip pad	19.4*19.4*11.5	2	67	Cross screw M5*0.8*10L	M5*0.8*10L	2
15	Bushing	D10.5*D7.5*9T	1	68	Flat washer D21*D8.5*1.5T	D21*D8.5*1.5T	1
16	Horizontal axle	D12*436L	1	69	Pulley	D37.4*D8*11	4
17	Ball knob	D50*M10*1.5*115.5L	1	70	Reinforce plate	100*78*3T	1
18	Pulley bracket	JD2300	1	71	Hex bolt	M8*25,15MM	1
19	Sliding beam	115*69.5*1210L	1	72	Cross screw M6*1.0*20L	M6*1.0*20L	4
20	Supporting fixing set	63*59*110*3T	1	73	Ladder screw M8*1.25*55.5L	M8*1.25*55.5L	1
21	Fixing set for sensor	30*28*21	1	74	Spring washer D15.4*D8.2*2T	D15.4*D8.2*2T	16
22	Main frame		1	75	Domed nut	M8x1.25x15L	10
23	Cross bolt ST4.2*15L	ST4.2*1.4*15L	2	76	Flat washer D16xD8.5x1.2T	D16xD8.5x1.2T	17
24	Seat	380*280*35,DD-PU21-5	1	77	Flat washer D25*D8.5x2.0T	D25*D8.5x2.0T	2
25	Supporting bracket for seat		1	78	Flat washer D20*D11*2T	D20*D11*2T	3
26	Pulley	D32*D18*10	2	79	Cross screw ST4.2*1.4*20L	ST4.2x1.4x20L	7
27	Hex nut D9.5x5T	D9.5x5T(3/8"-26UNF)	1	80	Curved washer D22*D8.5*1.5T	D22*D8.5*1.5T	6
28	Lower computer	450L	1	81	Flat washer	D13*D6.5*1.0T	4

	cable (I)						
29	Sensor	1100L	1	82	Connecting axle cover	M20*2.5*62L	1
30	Lower computer cable	450L	1	83	C ring S-16(1T)	S-16(1T)	2
31	Tension cable	D1.5x400	1	84	bolt M10*1.5*150L	M10*1.5*150L	1
32	Sensor (一)	1100L	1	85	Hex bolt M8*1.25*100L	M8*1.25*100L	2
33	Motor		1	86	Spring washer D10.5*D6.1*1.3T	D10.5*D6.1*1.3T	4
34	Wheel for pulling rope	D160*76L	1	87	Allen bolt M8*1.25*20L	M8x1.25x20L	12
35	Anti-loosen nut 3/8"-26UNFx6.5T	3/8"-26UNFx6.5T	4	88	Allen bolt M8*1.25*75L	M8x1.25x75L	4
36	Bushing	D13.5*D10*9	2	89	Hex bolt M8*1.25*35L	M8x1.25x35L	6
37	Pulley	D45*26L	1	90	bolt M8x1.25x75L	M8x1.25x75L	4
38A	Upper computer cable	450L	1	91	Hex screw M8*1.25*20L	M8*1.25*20L	2
38B	Lower computer cable	600L	1	92	cross screw M5*0.8*10L	M5*0.8*10L	4
39	Round magnet	M02	4	93	Guide plate of pull cable		1
40	Plastic flat washer D10*D24*0.4T	D10*D24*0.4T	1	94	Square buffer	35*35	2
41	Spring D2.2*D14*65L	D2.2*D14*65L	1	95	Fixing plate	93*50*4T	1
42	Plastic cover D3*30L	D3*30L	2	96	Hex nut M8*P1.25*6T	M8*P1.25*6T	2
43	Allen bolt M10*35L	M10*35L	1	97	cross screw ST4.2*15L	ST4.2*15L	4
44	Idle wheel	D42*D38*24	1	98	Fixing nut M10*1.5*13	M10*1.5*13	1
45	Fixing plate for Idle wheel	156*62.2*5T	1	99	Adaptor	Output:9V 500mA	1
46	Magnet system	D232*122L	1	100	Front stabilizer	D60x1.5Tx300L	1
47	Bushing D20*D14*11.5	D20*D14*11.5	1	101	Adhesive fixed clamp	16*16*6.8L	1
48	Belt	300 PJ5	1	102	Allen nut	M8*1.25*6T	1
49L	Front foot cap (L)	D60*83 L	1	103	Small spacer	D10*D14*3T	1
49R	Front foot cap (R)	D60*83 L	1	104	nut	D9.5*4T	2
50	C-ring S-10(1T)	S-10(1T)	3	105	Buffer strip	219*15*2T	2
51	Adjustable foot cap	D60*79 L	2	/	spanner	139*5T	2
52	Left chain cover	594*80.3*495	1	/	Allen cross spanner	M6	1
53	Right chain cover	594*76*495	1				

Assembly step 1 ：

step-1

A x4

| 90	74	80	75
M8*75	D15.4	D22	M8*1.25
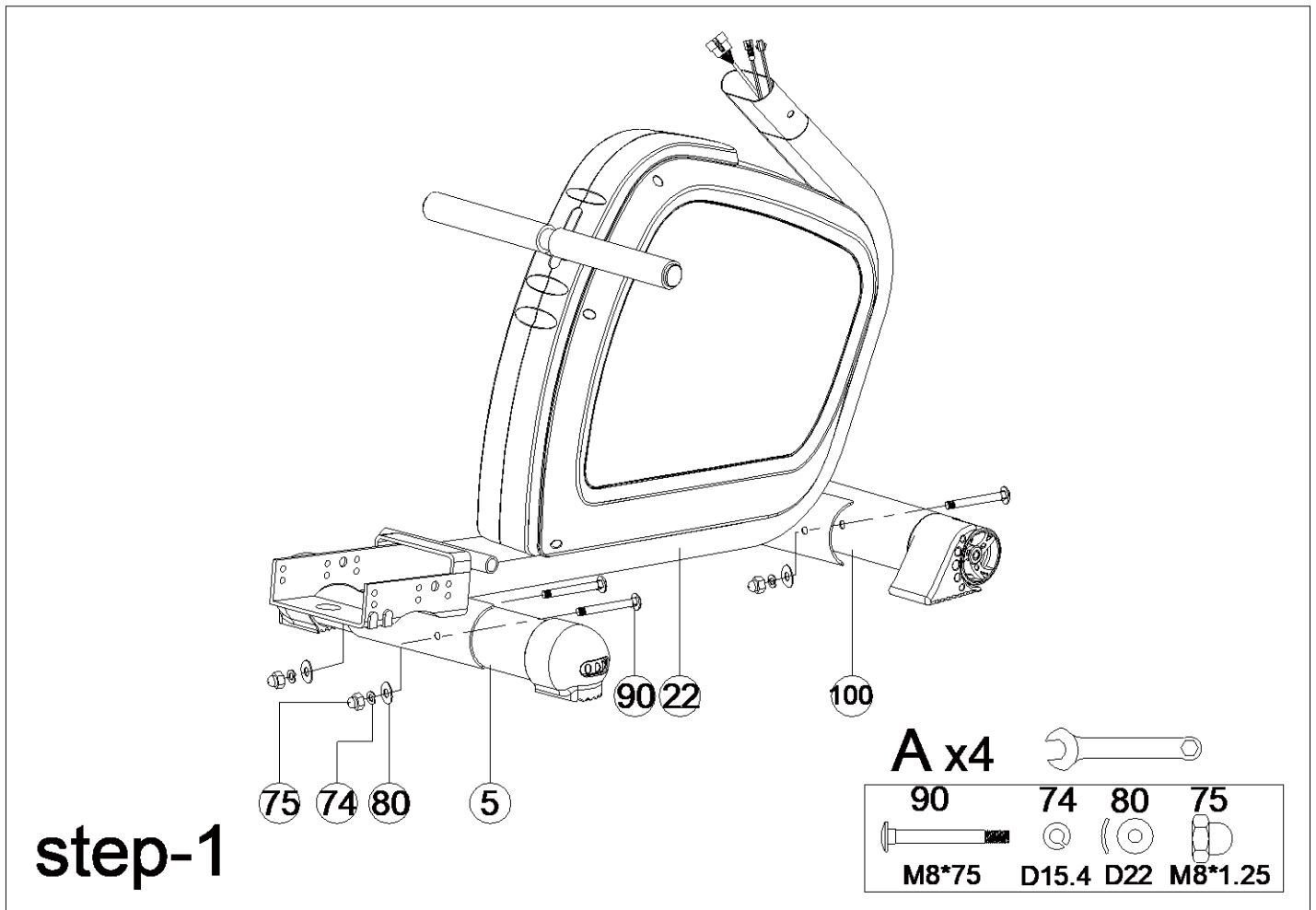
A. Assemble the rear stabilizer (5) to the Main frame (22) by using spring washer (74),domed nut (75), curved washer (80) and square neck bolt (90).

B. Assemble the front stabilizer (100) to the Main frame (22) by using spring washer (74),domed nut (75), curved washer (80) and square neck bolt (90)

Assembly step 2:

step-2

| A x1		B x4			C x1					D x3	
85	61 61&96	72	86	81	84		78	78	55	87	74
M8*1.25*100		M6*20	D10.5	D13	M10*1.5*150		D20	D20	M10	M8*20	D15.4
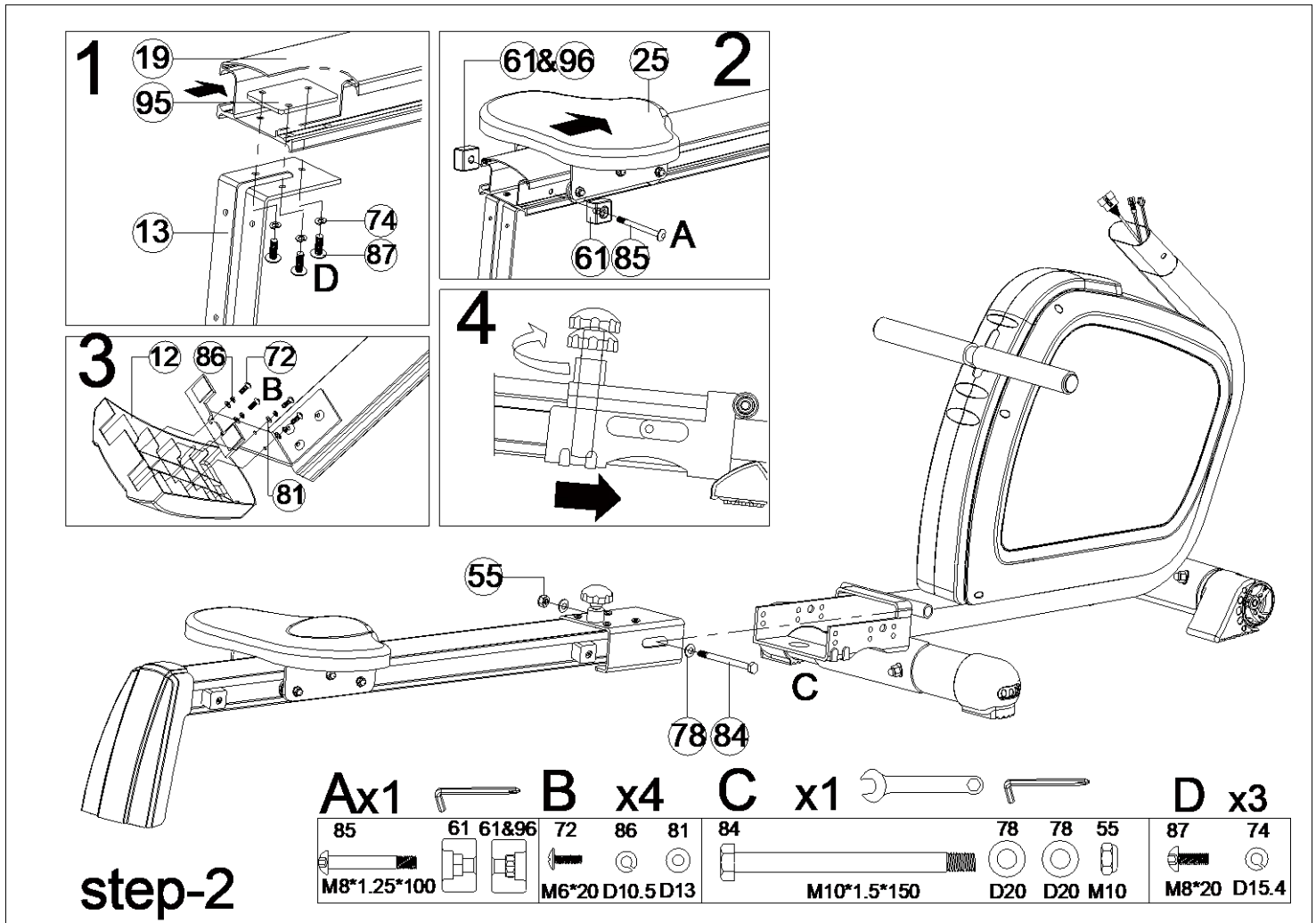
A. Assemble the rear supporting bracket set (13) with sliding beam (19) by fixing plate (95), spring washer (74) and allen bolt(87) as picture shown.

B. Assemble the seat support (25) to the sliding beam (19) by using the square plug (61) and the Nut (96) and the bolt (85) as picture shown..

C. Assemble the rear cover (12) with rear supporting plate (13) by screw (72), flat washer (81) and spring washer (86) as picture shown.

D. Assemble whole sliding beam set with main frame by nylon nut (55), flat washer (78) and bolt (84). You can fold the sliding beam by knob(17).

Assembly step 3:

step-3

A x2

91	77
M8*20	D25
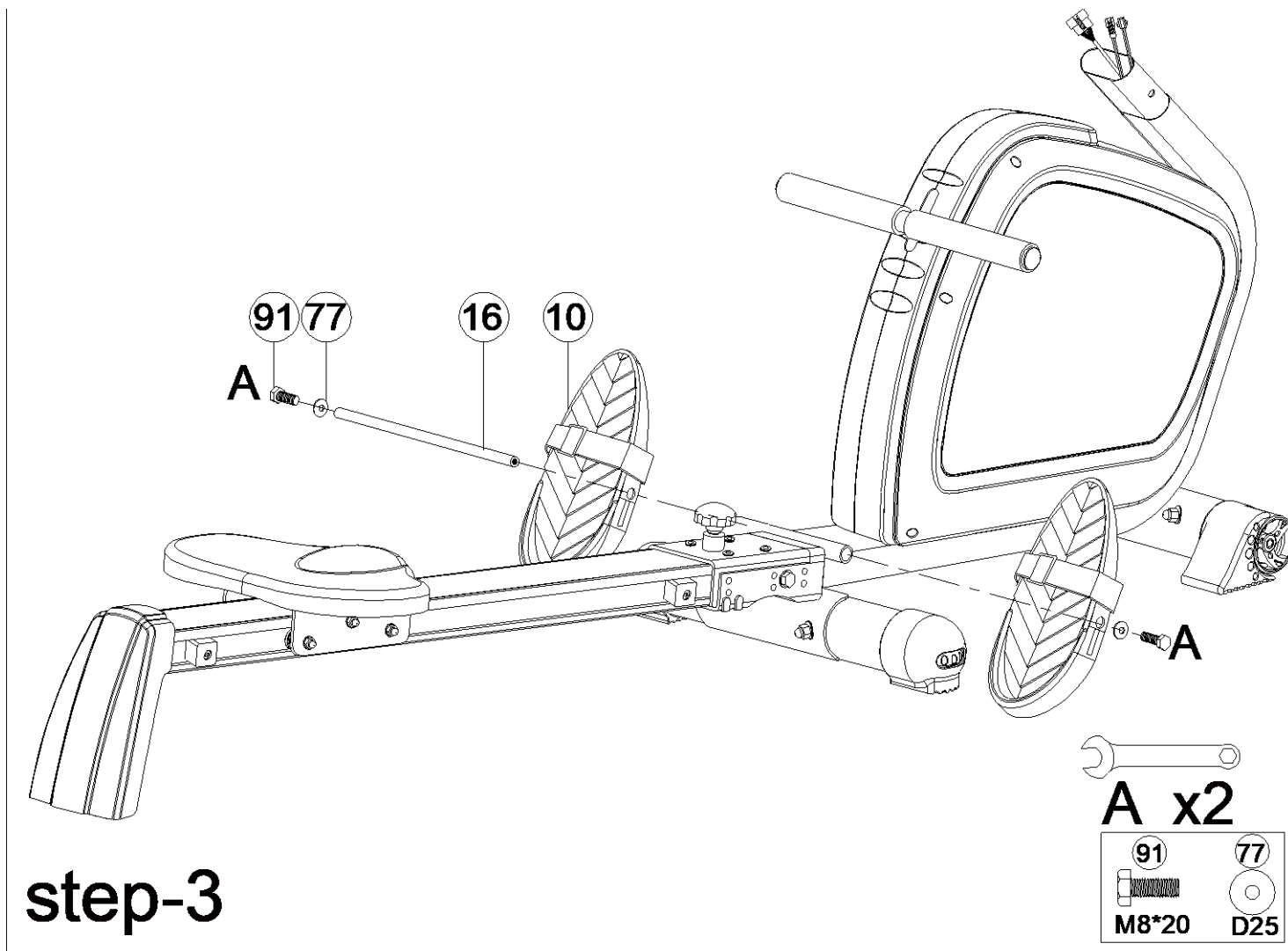
A, Assemble the Foot pedal (10) using the Axle (16), flat washer (77) and bolt (91).

Assembly step 4:

(b)

(a)

A x2 B x1 C x4

| 87	80	87	76	92
M8*20	D22	M8*20	D16	M5*10

step-4
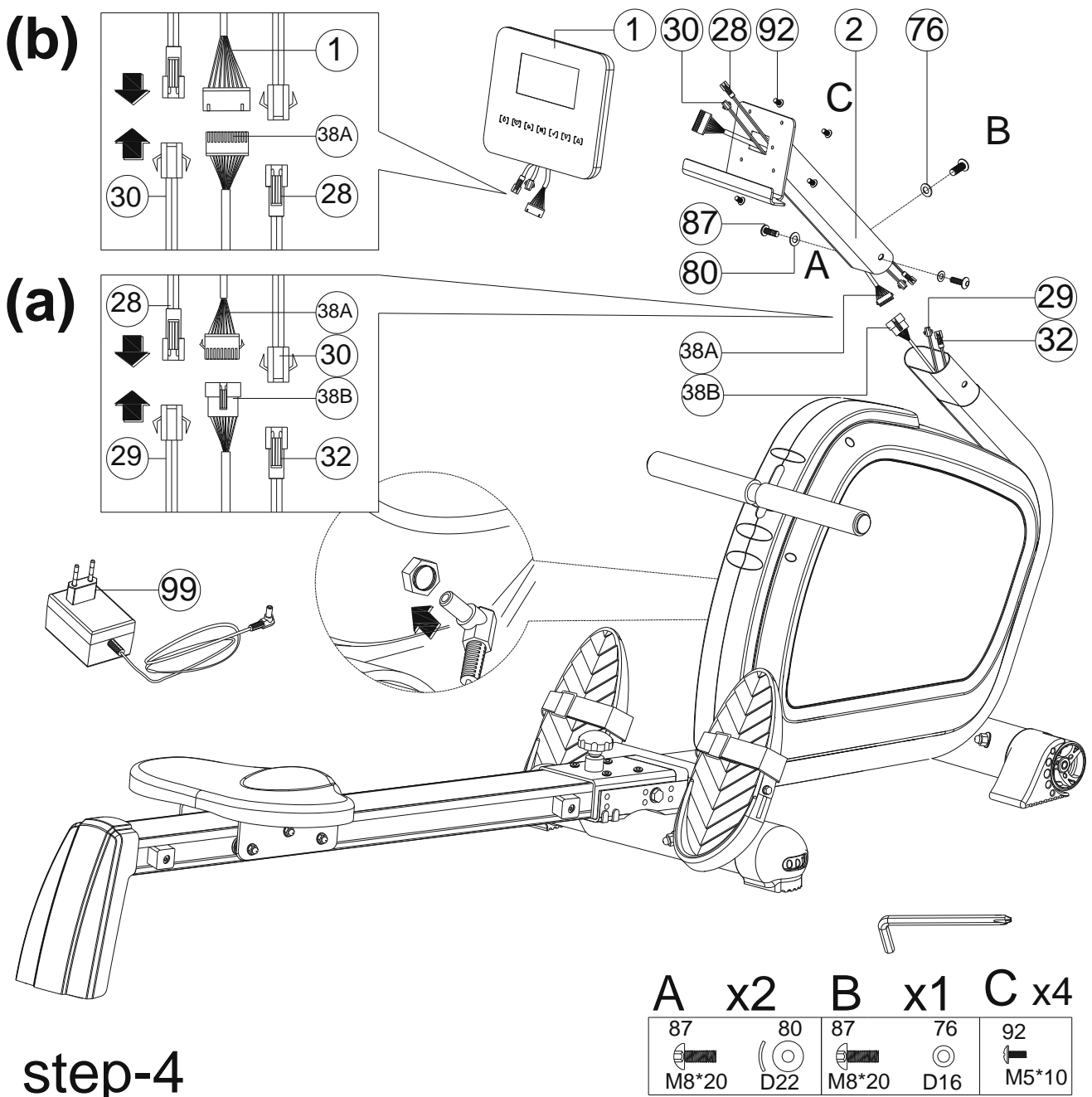
1) Connect the upper computer cable(38A) & lower computer cable(38B), lower computer cable(一) (28)& sensor (29), lower computer cable (30)&sensor(一)(32)and then assemble the handlebar post (2) onto the main frame by flat washer (76), curved washer (80) and allen bolt (87) as the picture shown.

2) Connecting the lower computer cable(一)(28), Lower computer cable (30) and upper computer cable (38A) with the cables attached to computer (1) as the picture shown. Assemble the computer (1) to the handlebar bar post (2) by bolt (92) as the picture shown.

3) Assemble the adaptor and turn on the computer.

11

Foldable machine:

A

B

C
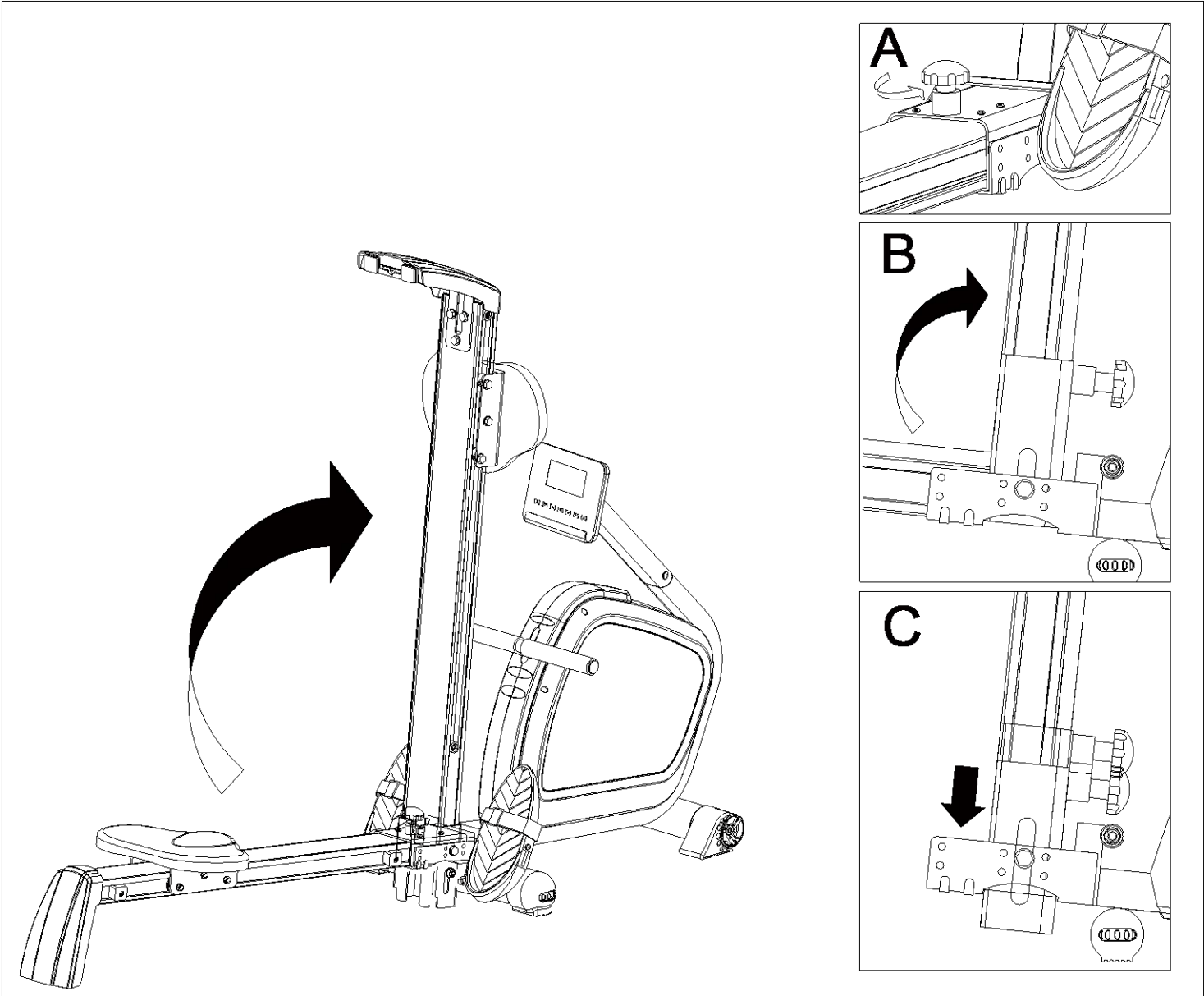
COMPUTER INSTRUCTIONAL MANUAL

LCD full Display**:**
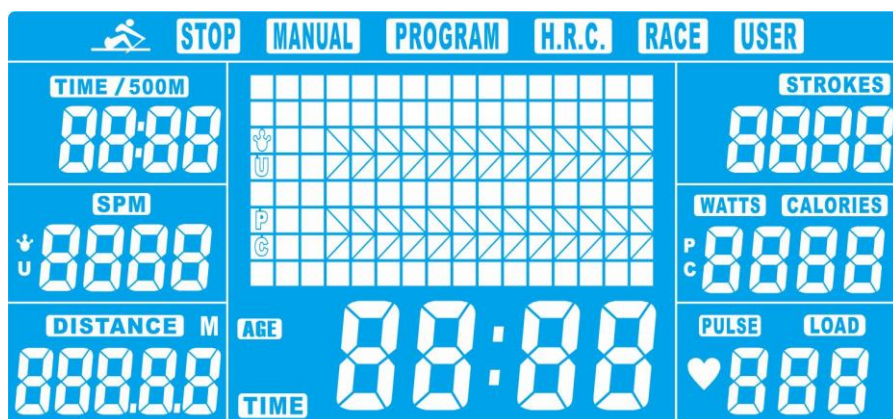
DISPLAY FUNCTIONS

| ITEM	DESCRIPTION
WATTS	· Display range 0~999
CALORIES	· Burned calories during rowing. · Display range 0~9999;Setting range 0~9990 Cal
DISTANCE	· Displaying user rowing distance · Display range0~99999; Each increment/decrement is ±100.
PULSE	· Pulse BPM during rowing. · Display range 0-30~230
TIME/500M	· Workout time display during rowing. · Display range 0:00~99:00 · Scan every 6 seconds, Computer will display the time needed to finish 500 meters according to current speed.
SPM	· Stokes per minute · Display range 0~99; Each increment/decrement is ±5.
LOAD	· Resistance level when rowing · Setting range 1~16
STROKES	· Complete movements of rowing. · Display range: 0~9999 · Scan every 6 seconds with Total Strokes. · Total strokes will be cleared after power off (adaptor plug out)
TIME	· Total workout time display when rowing.
MANUAL	· Manual mode workout.
PROGRAM	· 12 Programs preset to select.
H.R.C.	· Target Heart Rate rowing mode.
RACE	· User and PC rowing competition.
USER	· User creates resistance level profile to rowing.

KEY FUNCTION

ITEM	DESCRIPTION
Up	· Increase function value or setting selection.
Down	· Decrease function value or setting selection.
ENTER	· Confirm setting or selection.
Reset	· Hold on pressing for 2 seconds, computer will reboot. · Clear setting value. · Reverse to main menu after finishing a workout.
Start/ Stop	· Start or Stop rowing exercising.
Recovery	· Track user heart rate recovery status.

OPERATION PROCEDURE

1. POWER ON

Plug in power supply (or press RESET button for 2s), computer will power on with one beep sound and display all segments on LCD for 2 seconds (Picture 1). Then come to USER selecting, press UP or DOWN to select U1~U4 and confirm by ENTER button. Then enter into workout setting mode. No matter where the motor stops, it will return to LEVEL=1 position.
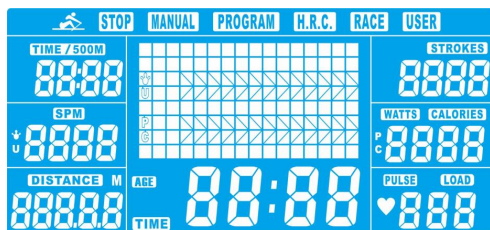
Picture 1

2. SLEEPING MODE

No any signal (Key input, sensor or pulse) input to console for 4 minutes, LCD will be off. Motor come back to 0 scale. System stop to work, all calculated value will be saved, next training will continue the data.

3. Function selection

In workout setting mode, MANUAL is flashing in dot matrix in 1Hz. Press UP or DOWN button to select: Manual-->Program-->H.R.C.-->Race-->User , and confirm by pressing ENTER.

4. Manual Mode

4.1 Press START/STOP key in main menu may start rowing directly in Manual mode.

4.2 Press UP or DOWN to select Manual mode and press ENTER to confirm.

4.3 Press UP or DOWN to set target value of TIME/DISTANCE,CALORIES,PULSE, press ENTER to confirm. (Picture2) (TIME and DISTANCE can't be preset at the same time.)

4.4 Press START/STOP key to start rowing (Picture 3). The set value starts counting down from target value. Press UP or DOWN to adjust resistance level from 1~16.
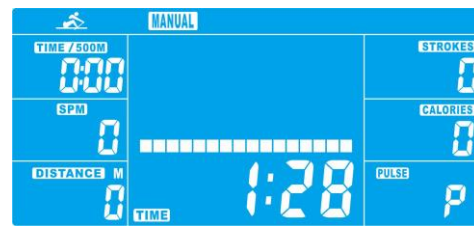
4.5 When any preset workout value count down to 0, console will STOP. The function is flashing in 1Hz and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value. (Press any key to stop alarm.) TIME will recover previous set value.

4.6 Press RESET to reverse to main menu.

Picture2

Picture3

5. **Program Mode**
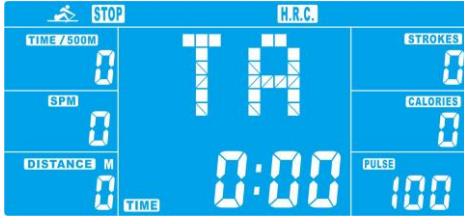5.1 Press UP or DOWN to select Program mode and press ENTER to confirm.
5.2 Press UP or DOWN to select profile (P1~P12, Picture 4) and press ENTER to confirm.
5.3 Press UP or DOWN to preset TIME (Picture 5) and press ENTER to confirm.
5.4 Press START/STOP key to start rowing. Press UP or DOWN to adjust resistance level from 1~16.
5.5 When TIME counts down to 0, console will stop and alarm bi-bi-bi-bi per second for 8 seconds. Then
    display average value. (Press any key to stop alarm.) TIME will recover previous set value.
5.6 Press RESET to reverse to main menu.
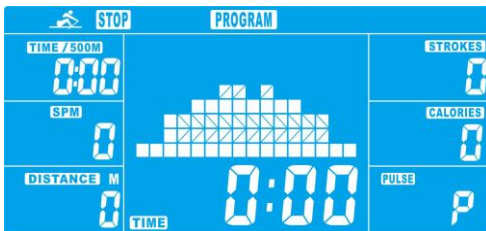
Picture4
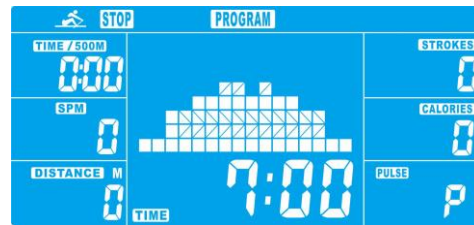
Picture5

6. **H.R.C. Mode**
6.1 Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
6.2 Press UP or DOWN to set AGE (preset = 25,Picture 6)), press ENTER to confirm.
6.3 Press UP or DOWN to select 55%, 75%, 90% and Target (Picture 7).
    When select Target H.R., the preset value 55% (default:107bpm), 75% (default:146bpm), 90%
    (default:175bpm), TAG (default:100bpm) will display in PULSE window.
    When select TAG, preset PULSE 100 is flashing (Picture 8), press UP or DOWN to set PULSE from 0-30~230
6.4 Press UP or DOWN to preset TIME (Picture 9).
6.5 Press START/STOP key to start workout. If there is no pulse input after exercising starting, LCD will
    reminder with displaying ♥ icon; With pulse input, TIME starts counting down. When TIME counts down
    to 0:00system will STOP and alarm bi-bi-bi-bi per second for 8 seconds. Then display average value.
    (Press any key to stop alarm.) TIME will recover previous set value.
6.6 When user actual PULSE not reach preset value, system will increase 1 level per 30s till LEVEL=16;
    When user actual PULSE exceed preset value, system will decrease 1 level per 15s till LEVEL=1 and
    alarm 2 beeps every second. Providing user PULSE is still higher than preset value when LEVEL=1 for
    30s,console will stop automatically for user safety. If no pulse input to console, system will decrease 1 level
    immediately and then reduce one level each 15s with beeps till LEVEL=1. No pulse input for 30s, console will
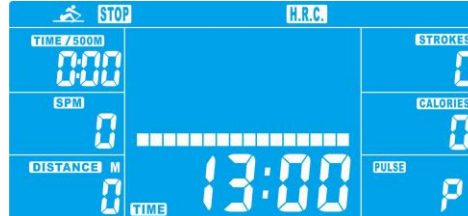   stop.
6.7 Press RESET to reverse to main menu

Picture6
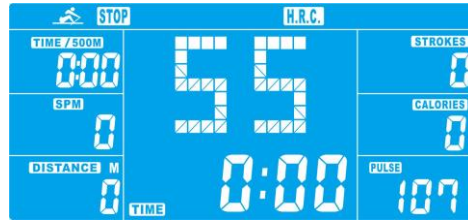
Picture7

Picture8

Picture9

7. __Race Mode__

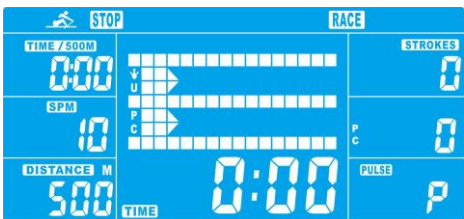7.1 Press UP or DOWN to select Race mode (Picture 10) and press ENTER to confirm.

7.2 Press UP or DOWN to set SPM (preset=10) and DISTANCE (preset=500) (Picture 11). Press ENTER to confirm.
(Total level =15, L1=1:00 TIME/500M, L15=8:00 TIME/500M, Increments default: 0:30 TIME/500M).

7.3 Press START/STOP key to start workout. LCD will display USER & PC workout status (Picture 12). PC
workout distance display in PC column while use workout distance display in USER column(Picture 13).

7.4 When any function reaches target value, system STOP. PC or USER will display finished data (Picture14).
System will alarm bi-bi-bi-bi . Press any key to stop alarm.

7.5 Press RESET to reverse to main menu

Picture10
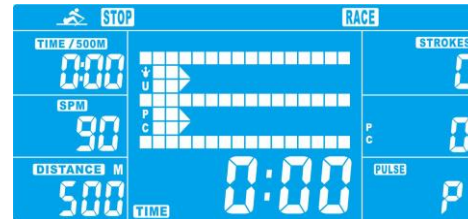
Picture11
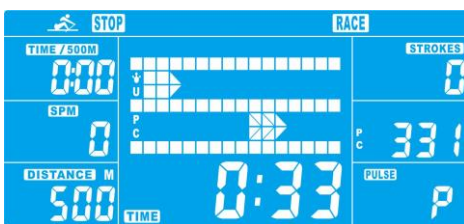
Picture12
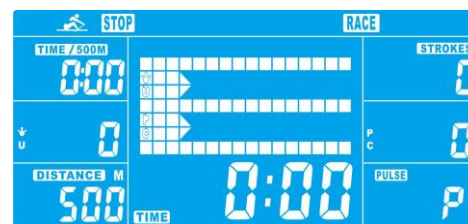
Picture13
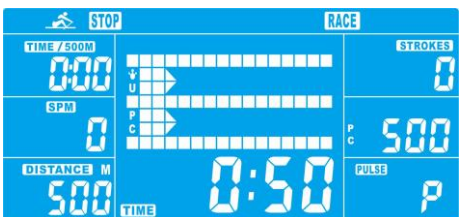
Picture14

8.USER Mode

8.1 Press UP or DOWN to select USER mode and press ENTER to confirm.

8.2 Press UP or DOWN to set resistance level of each column (Picture 15). Press ENTER to next one. Hold on pressing MODE for 2s to finish or quit setting.

8.3 Press UP or DOWN to preset TIME (Picture 16), and press ENTER to confirm.

8.4 Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.

8.5 When preset workout value count down to 0, console will stop and alarm bi-bi-bi-bi for 8 seconds. Press any key to stop alarm.

8.6 Press START/STOP key to pause workout.

8.7 Press RESET to reverse to main menu.
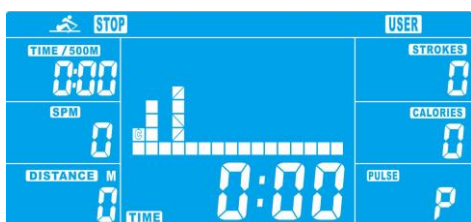
Picture15

Picture16

9. Recovery Mode

9.1 In Recovery mode, user must be wearing a chest strap. When the pulse value is displayed on the computer, press the RECOVERY key start measurement.

9.2 Then all functions are stopped except TIME and PULSE window (Picture 17). TIME shows "0:60" (seconds) and starts counting down to 0:00.

9.3 Computer will show heart rate recovery status after TIME counting down to 0:00 with FX (X=1~6) (Picture 18), as showing in below chart.

9.4 Press RECOVERY again to reverse to main menu.

Picture17
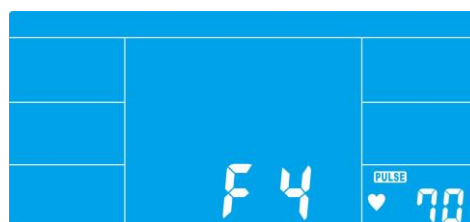
Picture18

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

Remark:

1. If console display E-2, pls check if cables were well connected or damaged.
2. After 4 minutes without rowing or pulse input, console will enter into SLEEPING mode.
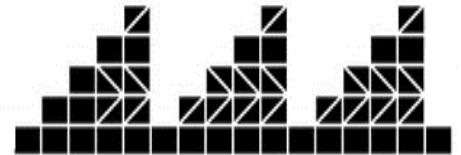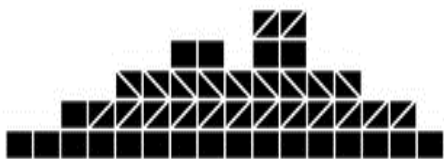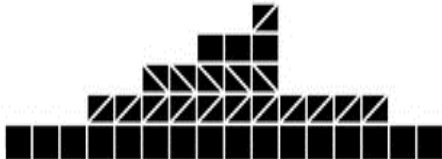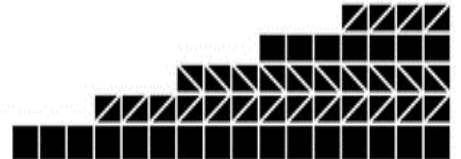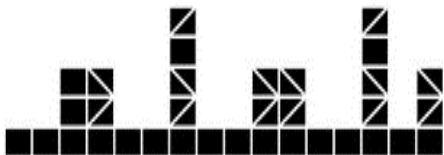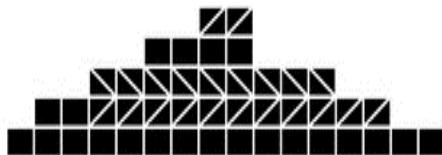
Program profile: P01~P12
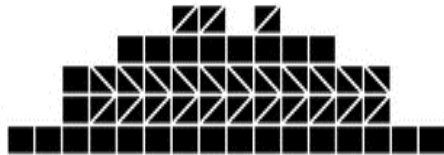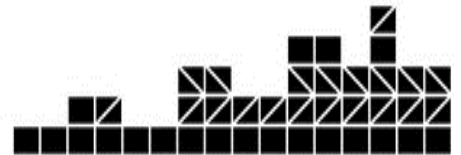

PROGRAM 1
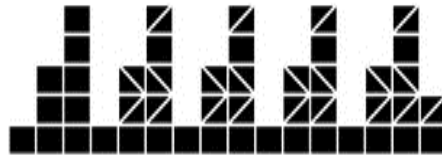
PROGRAM 2

PROGRAM 3

PROGRAM 4

PROGRAM 5

PROGRAM 6
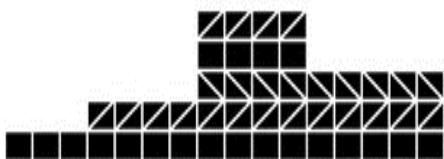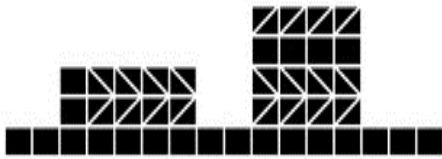
PROGRAM 7

PROGRAM 8
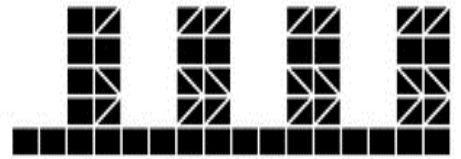
PROGRAM 9

PROGRAM 10

PROGRAM 11

PROGRAM 12

Garlando