

TCORX
FITNESS IN MOTION

INSTRUCTION



STEPPER FORCE







Rev : 00

Ed : 03/17



Explanation of symbols

 <p>NOTE When reading this user manual, directs your attention to important information and notes.</p>	 <p>ATTENTION Contains important notes to avoid damage to the device.</p>	 <p>WARNING Contains important notes to avoid personal injuries.</p>	 <p>Read and comply with assembly and user instructions prior to use.</p>
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Equipment / Scope of delivery

POWER STEPPER equipment

Multi-function computer concise display indicates time, steps/min, total steps, calorie consumption, pulse and passes (includes name-brand batteries)

Shaped handle bar for optimum body position while exercising

Receiver for pulse rate transmitter, compatible with almost all commercially available models.(transmitter not included)

Stepping platforms large and non-slip

Sturdy, robust steel frame

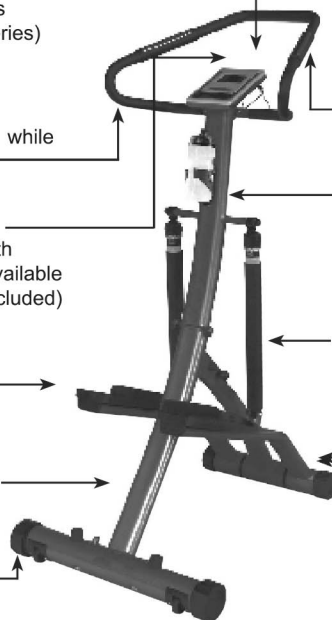
Transportation wheels

Dimensions:

Length approx 80 cm
Width approx 60 cm
Height approx 140 cm

Weight:

Approx. 20 kg
(without packaging)



Pulse is measured via hand contact sensor on the handlebar

Incl. drink bottle with scale and drink bottle holder

Hydraulic cylinder Resistance easily controllable in 12 steps regardless of step movement

Ground leveling

Scope of delivery

- Spare parts according to parts list
- Assembly tools
- Assembly, operating, and exercise instruction

Important!



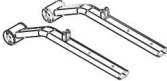



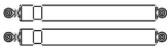
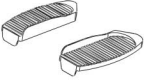



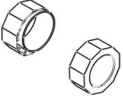



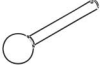


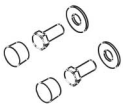


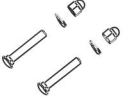

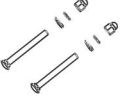

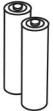
Prior to startup of the device, please read the assembly, operating and exercise instructions. All functionalities can then be securely and reliably used. When passing on the device, please also hand over this assembly and operating manual.

Assembly

1. Reviewing the scope of the delivery

Please read these assembly instructions prior to assembling the device and then proceed step by step as described. Unpack all components and place them next to each other on the floor. Please ensure sufficient range of movement in every direction (min. 1 m) during assembly.

No.	Description	Quantity
1	Main frame lower part	1
51	Main frame upper part	1
22	Pedal pipe	2
24	Support Pipe	1
4	Rear base	1
36/39	Handlebar	1
21	Hydraulic cylinder	2
12	Pedal (R+L)	1 Set
23	DRINK BOTTLE holder	1
37	DRINK BOTTLE	1
40	Computer	1
5	Base unit cap	2
9	Buffer	2
19	End cap	2
16	Cover	2
31	Safety pin	1
54	Cross head screw	2
10/11/50	Screw set for pedal assembly	4
18/33/46	Screw set for hydraulic cylinder assembly top	2
17/18	Screw set for pedal pipe assembly	2
14/15/17/46	Screw set for main frame assembly	3
42/47/49	Screw set for handlebar assembly	2
13/14/15	Screw set for hydraulic cylinder assembly bottom	2
2/3/8/48	Screw set for base unit assembly	2
28/29/30/35	Screw set for support frame assembly	1
55	Battery 1.5 V/R03/AAA	2

 1	 51	 22	 24
 4	 36,39...	 21	 12
 23	 37	 40	 5
 9	 19	 16	 31
 54	 10,11,50	 18,33,46	 17,18
 14,15,17,46	 42,47,49	 13,14,15	 2,3,8,48
 28,29,30,35	 55		

You will need the following tools for assembly:

A: Combination wrench/box spanner SW 14

B: Combination wrench/box spanner SW 17

C: Allen wrench 6 mm

D: Cross head screw driver PH 2

2. Assembling the base unit

- A) Insert the base unit caps (5) on the rear base unit (4)

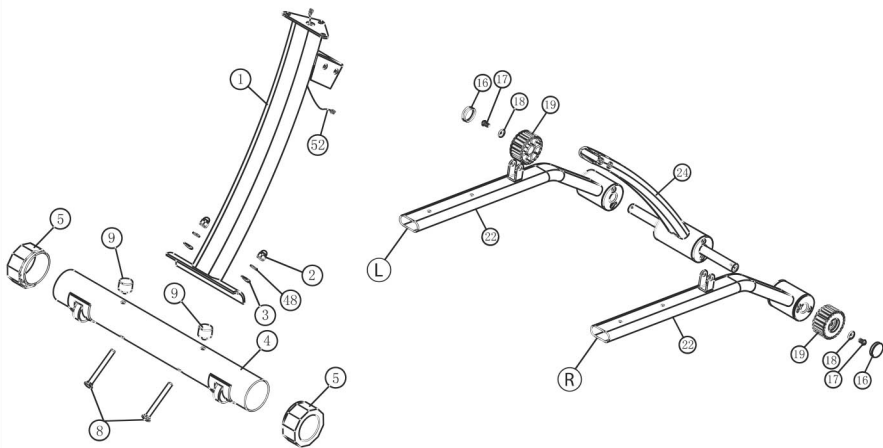
Note: Use the floor leveling mechanism to adjust your unit to minor uneven spots on the ground by twisting the caps.

- B) Place both buffers (9) on the rear base unit (4).

- C) Attach the rear base unit (4) using the two screws (8), two curved washers (3), two snap rings (48), and two nuts (2) on the bottom main frame (1).



1. Please be sure that the transport wheels face down on the base unit.
2. Ensure that the screws are tightened in order to prevent uncomfortable vibration during exercise.



3. Assembling the pedal pipes

Attach both pedal pipes (22) and both end caps (19) using one Allen screw (17) and one washer (18) each on the support frame (24). Push both cover caps (16) on the two end caps (19).



During assembly of the two pedal pipes, please observe the proper marking left (L) and right (R). The step display will not function if they are not assembled correctly.

4. Assembling the support frame to lower main frame

- A) Hold the support frame (24) close to the bottom main frame (1) and connect the bottom sensor cord (27) of the support frame (24) to the center sensor cord (52) of the bottom main frame (1).



Ensure proper connection of the cords or no signal will be transmitted to the computer (40). The cord connections must be located on the inside of the frame and must not protrude in order to prevent damage to the cords.

- B) Connect the support frame (24) to the bottom main frame (1) using a hexagon bolt (30), two washers (29) and a nut (28). Install one washer (29) each under the screw head and under the nut (28).

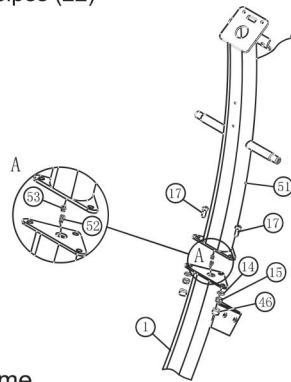
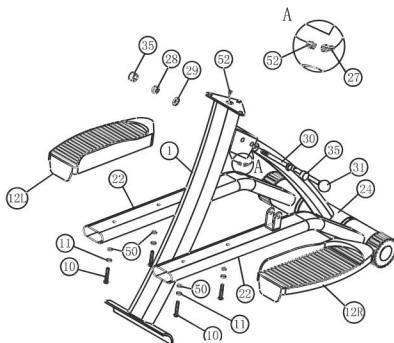
Insert the safety pin (31) into the second hole of the main frame (1).

Place one cover cap (35) on the hexagon nut (30) and the nut (28)



When connecting the support frame (24) to the bottom main frame (1), ensure that the hexagon nut (30) is located in the upper opening and the safety pin (31) is inserted into the bottom opening.

- C) Attach the two pedals (12 R+L) using two cross-head screws (10) each, two spring clips (50) and two washers (11) to the pedal pipes (22)



5. Assembling the upper and lower main frame

- A) Hold the upper main frame (51) to the lower main frame (1) and connect the two sensor cords (52 + 53)



Ensure proper connection of the cords, otherwise no signal will be transmitted to the computer (40). The cord connections must be located on the inside of the frame and must not protrude in order to prevent damage to the cords.

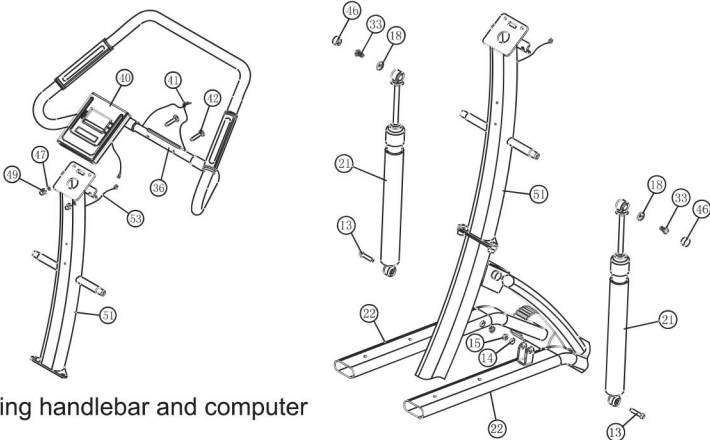
- B) Attach the upper main frame (51) to the bottom main frame (1) using three Allen screws (17), three washers (14) and three nuts. Attach the three plastic caps (46) on the nuts (15).



Ensure that the screws are tightened in order to prevent uncomfortable vibration during exercise.

6. Assembling the hydraulic cylinders

- A) Attach both hydraulic cylinders (21) to the upper main frame (51) using one hexagon bolt (33) and one washer (18) each. Insert the two plastic caps (46) on the two hexagon bolts (33).
- B) Now insert the two hydraulic cylinders (21) into the forks of the two pedal pipes (22) and connect them with one Allen screw (13), one washer (14) and one nut (15) each
- The cylinder has twelve resistance levels; the higher the number, the higher the resistance. Turn the upper part of the cylinder clockwise to increase resistance. The number to which the arrow points is the precise range. Always ensure to set the same resistance level on both cylinders.



7. Assembling handlebar and computer

- A) Use two bolts (42), two curved washers (47) and two nuts (49) to attach the handlebar (36) to the upper main frame (51).



Please be sure that the hand pulse cord (41) is not crushed.

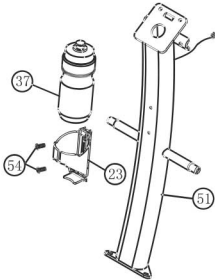
- B) Remove both pre-mounted screws from the back of the computer (40) and use the two screws to attach the computer (40) to the upper main frame (51).
- C) Connect the cord from the back of the computer (40) to the upper sensor cord (53).
- D) Insert the hand pulse cord (41) into the socket (PULSE) on the back of the computer (40).

Inserting batteries

- A: Open the battery compartment on the back of the computer (40). Clean the battery contacts and the contacts of the device prior to inserting batteries if necessary.
- B: insert two batteries 1.5 V type R03/AAA into the battery compartment. When inserting batteries, be sure to check the correct polarity (+/-). The computer will signal with a long beep.
- C: Close the battery compartment and make sure the cover snaps in place.

8. Assembling drink bottle holder

- A) Use two cross-head screws (54) to attach the drink bottle holder (23) to the upper main frame (51).



Final inspection:

Be sure that all screws are properly tightened and that the stepper is located on a level surface.

- Ensure that both hydraulic cylinders are set to the same level of resistance prior to starting the exercise.
- The braking system depends on the speed (i.e. the stepping resistance will be stronger at higher stepping frequency).

Folding closed:

To save space when storing the device, it can be folded closed when not in use. Proceed as follows:

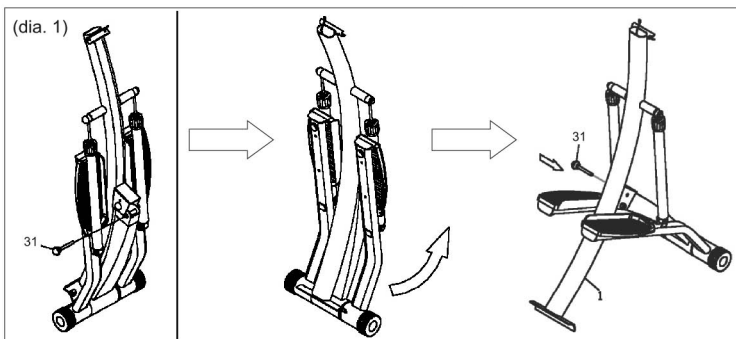
1. Set both hydraulic cylinders to level 1.
2. Pull the safety pin (31) out of the unit.
3. Hold the device on the handle while using your other hand to push the support frame (24) toward the main frame (1) (see dia. 1).
4. For storage, insert the safety pin (31) into the openings on the main frame.

Folding open (dia. 1)



When folding the device open, there is a risk of crushing in the area of the joint! Hold the device only outside of this area while folding it open.

- Remove the safety pin (31) from the main frame (1), open the frame and place it on the ground.
- Align the openings of the main frame (1) and the support frame (24). Push safety pin (31) through the openings.



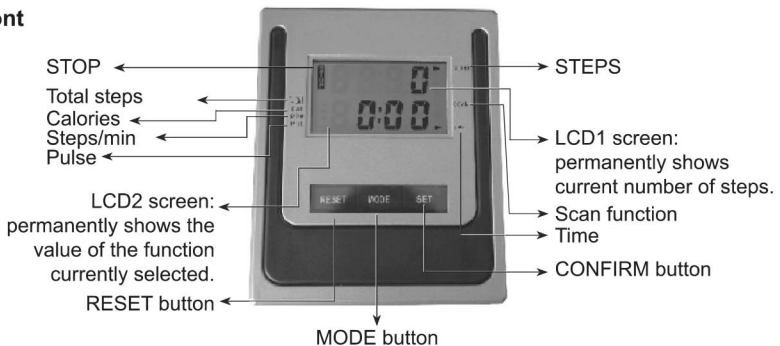
Computer

Operating the computer

Functions:

- **STEPS (COUNT):** The stepping function is displayed permanently on screen LCD1. Therefore, the first selection arrow will always point to the STEP function. THIS FUNCTION IS THE ONLY PERMANENT FUNCTION DISPLAYED ON THE LCD SCREEN.
- **STEPS/MIN (RPM):** Push the MODE button to move the second selection key to the function STEPS/MIN. This function will show the number of steps per minute you are currently taking on LCD2 screen.
- **SCAN (SCAN):** Push the MODE button to move the second selection key to the function SCAN. The scan function will now automatically scan through all computer functions. Each function is displayed on LCD2 screen for approx. 4 seconds before the next function is displayed. The third selection arrow will always point at the function currently being displayed on the computer screen (this selection arrow will appear only with the SCAN function).
- **PULSE (PUL):** Grab the two MEGA hand pulse sensors with both hands or wear a commercially available heart rate transmitter chest strap (not included). Push the MODE button to move the selection key to the function PULSE. Your current heart rate will now appear in the LCD2 screen. It is also possible to set a target heart rate. Push the MODE button to select the PULSE function; push the SET button to set a rate between 40 and 240 bpm. As soon as the target rate has been reached, the device will emit three acoustic signals to notify you. The pulse setting can be deleted using the RESET button.
- **TOTAL STEPS (T. CNT):** Push the MODE button to move the second selection key to the function TOTAL STEPS. The LCD2 screen will now display the total number of steps from all exercise units. Once the batteries are replaced, this function will restart at «0».
- **TIME (TIME):** Shows the time spend since starting the exercise unit. The function TIME cannot be displayed in the LCD2 screen by itself but only in connection with the SCAN function. It is also possible to select a countdown option. Push the MODE button to select the TIME function; push the SET button to set a time from 1 to 99 minutes. As soon as zero has been reached, the device will emit two acoustic signals to notify you. The countdown setting can be deleted using the RESET button.

Front



- CALORIES (CAL): Push the MODE button to move the second selection key to the function CALORIES. The sum of the calories burned since starting the exercise will be displayed on LCD2 screen. It is also possible to select a countdown option. Push the MODE button to select the CALORIE function; push the SET button to set a range from 1 - 999 calories. As soon as zero has been reached, the device will emit four acoustic signals to notify you. The calorie setting can be deleted using the RESET button.



1. To reset the values »TIME«, »TOTAL STEPS«, »CALORIES« to zero, push the button »MODE« for at least 5 seconds.

2. The function PULSE can be used only for informational purposes. Precision is not suitable for medical purposes.
3. If the computer does not display any or only partial information, replace the batteries and wait 15 seconds before restarting.
4. The computer shuts off automatically after 2 minutes if it doesn't receive any signals.
5. The computer is activated automatically upon starting an exercise or pushing a button.
6. Please use two 1.5 V/R03/AAA batteries.



Battery compartment 2 pcs.
1.5 V/R03/AAA batteries



Please remove the batteries from the battery compartment if they are empty or if the device is not used for a long time.



Batteries can be deadly if swallowed. Please immediately contact your physician if this happens.

Training notes

Exercise

General information:

In general, every healthy person can start an exercise program. Please remember that long periods of little activity cannot be rectified in a short time. Physical fitness, endurance and wellness can easily be achieved with a corresponding exercise program. Your condition will improve after a relatively short period of time and with regular exercise and will also improve your heart, blood circulation and musculoskeletal system. Other positive changes take place in your metabolic system. It's important to adjust the exercise to your body and to not exert your body. Please remember: athletic activity should be fun!

ATTENTION! WE RECOMMEND CONTACTING YOUR PHYSICIAN PRIOR TO STARTING AN EXERCISE PROGRAM.

IMPORTANT!

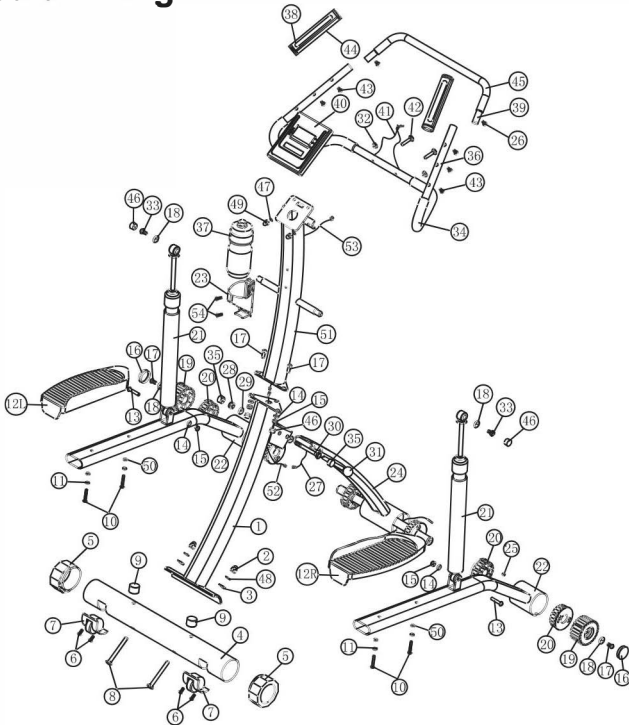
- Regular, long-term exercise.
- Wear comfortable, air-permeable clothing (e. g. track suit).
- Wear shoes with non-slip rubber soles. Never exercise with bare feet (risk of injury)!
- Do not eat one hour prior to and one hour after exercise. Drink sufficient liquids!
- Do not exercise if you are tired or exhausted.

GROUND LEVELING

- In case of an uneven ground, the stepper can be adjusted with the ground leveling mechanism so that the stepper stands solidly on the ground.
- Turn the plastic caps on the rear base unit until ground contact occurs on both sides.

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Exploded drawing



Parts list

Parts list			Parts list		
No.	Description	Number	No.	Description	Number
1	Main frame lower part	1	29	Washer	2
2	Nut (M10)	2	30	Hexagon bolt	1
3	Curved washer	2	31	Safety pin	1
4	Rear base unit	1	32	Cord protection	5
5	Base unit cap	2	33	Hexagon bolt	2
6	Cross head screw	4	34	Handle cover, bottom part	2
7	Transportation wheels	2	35	Cover caps	2
8	Carrier screw	2	36	Handle, bottom part	1
9	Buffer	2	37	Drink bottle	1
10	Cross head screw	4	38	Hand pulse sensor (top)	2
11	Washer	4	39	Handle, upper part	1
12	Pedal (R+L)	2	40	Computer	1
13	Allen screw	2	41	Hand pulse cord	1
14	Washer	5	42	Bolt	2
15	Nylon nut	5	43	Cross head screw	6
16	Cover	2	44	Hand pulse sensor (bottom)	2
17	Allen screw	5	45	Handle cover, upper part	2
18	Washer	4	46	Plastic cover	5
19	End cap	2	47	Washer	2
20	Sleeve	6	48	Spring clip	2
21	Hydraulic cylinder	2	49	Nut	2
22	Pedal pipe	2	50	Spring clip	4
23	Drink bottle holder	1	51	Main frame upper part	1
24	Support frame	1	52	Sensor cord, center	1
25	Magnet	1	53	Sensor cord, top	1
26	Cross head screw (M5*10)	2	54	Cross head screw	2
27	Sensor cord bottom, with sensor	1	55	Battery 1.5 V/R03/AAA	2
28	Nylon nut	1			



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