TOORX

FITNESS IN MOTION

INSTRUCTION

APP READY

TOURING

Cod : GRLDTOORXTRXTOUG

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CE

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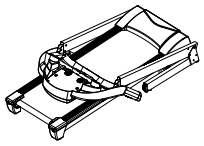
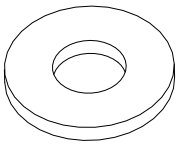
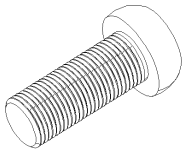
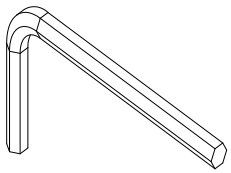
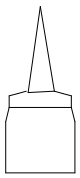
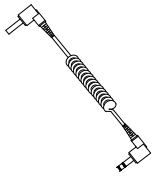
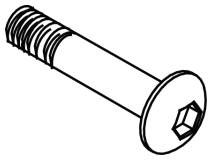
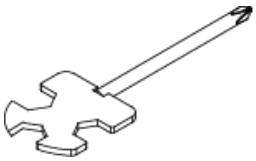
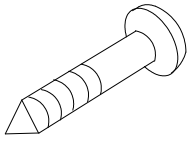
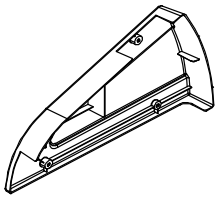
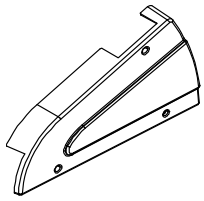
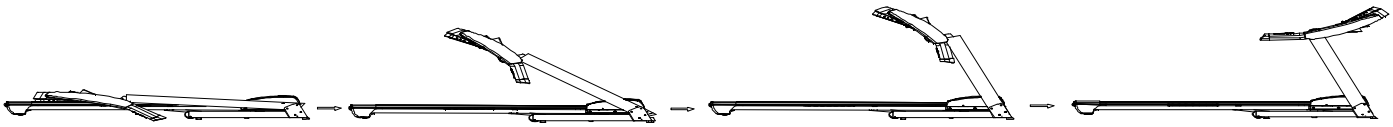
ASSEMBLY INSTRUCTIONS

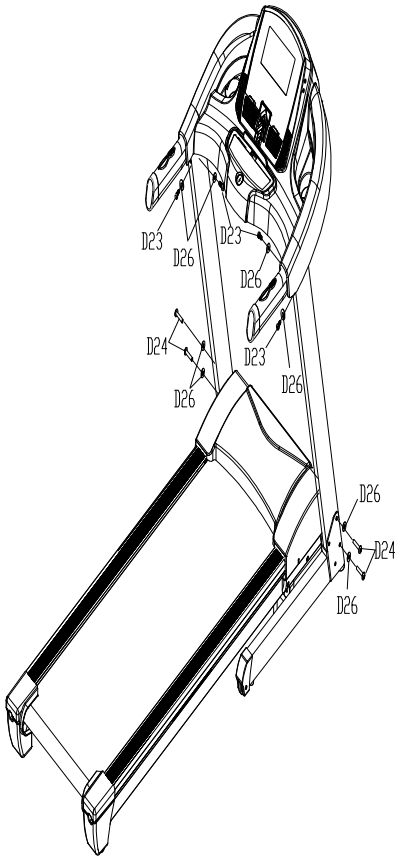
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

1 Main frame 1set 	D26 Inner washer 8 pcs 	D23 Bolt M10*15 4 pcs 	C15 Safety key 1set
D36 Allen wrench T6 1 pc 	B6 Silicon oil 1 pc 	C26 MP3 line 1 pc 	D24 Bolt 10*55 4 pcs 
D41 Screw driver 1pc 	D40 Screw□4.2*25 6 pcs 	B26 Left front cover 1 pc 	B27 Right front cover 1 pc 

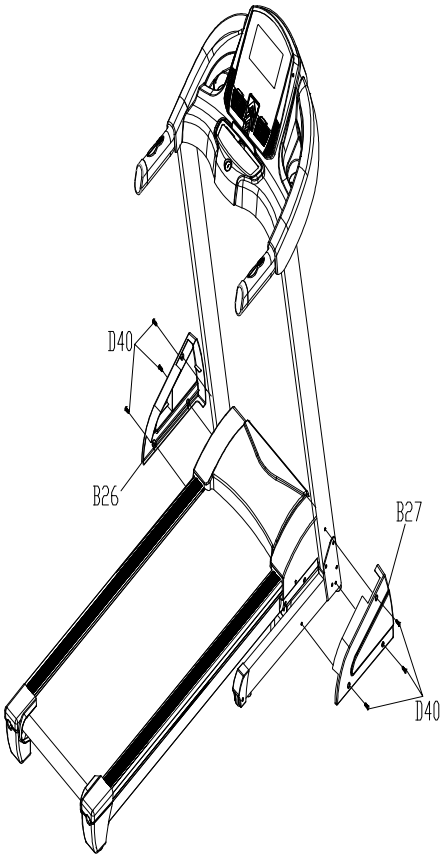
STEP 1: According to the following steps to lift up the computer bracket. Be careful not press the line when folding



STEP 2: Lock the treadmill with bolt M10*55(D24), M10*15(D23) with Washer (D26).

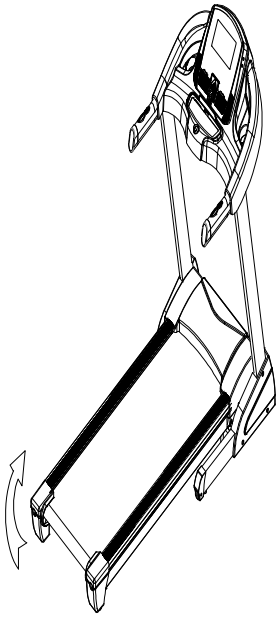


Step 3: Put the Safety key (C15) and MP3 line (C26) on the computer, then lock the Left front cover (B26) and Right front cover (B27) on the upright tube and base frame with Bolt (D40).



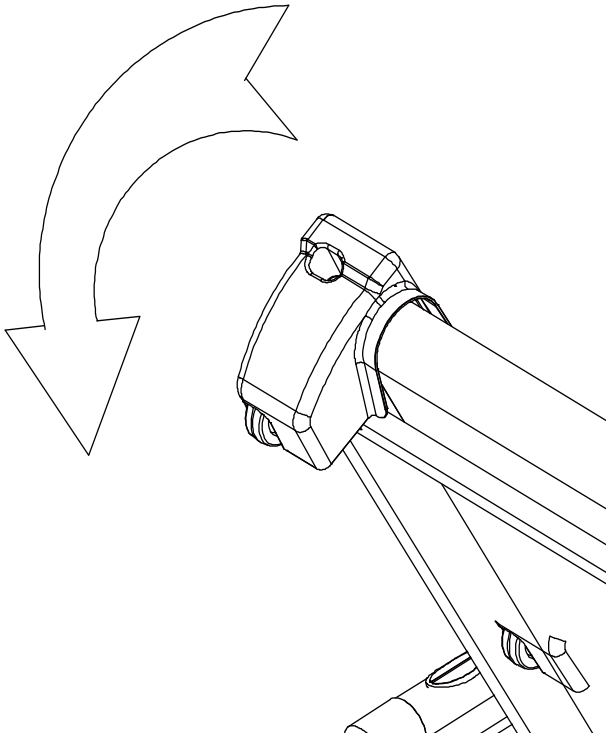
ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

FOLDING INSTRUCTION



Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

UNFOLDING INSTRUCTION



Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

GROUND METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

. This product is for use on a nominal 220V circuit and has a grounding plug . Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

OPERATION GUIDE

1.1. WINDOW DISPLAY

1.2. START

1.1. Normal start after 5 seconds countdown

1.3 PROGRAM

1.2. 1 manual mode, 15 pre-set programs, 3Users,1 body fat program ,3 HRC.

1.4. SAFETY LOCK FUNCTION

1.3. The window shows"---" when take away the safety lock and the treadmill will stop quickly with "didi"

1.4. alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count

1.5. down to “0”

1.5.BUTTON FUNCTION

1.5.1. START/STOP

“START”--When the treadmill is not running, press this button to start, speed is “0.8”.

“STOP/PAUSE”--

1.Press STOP/PAUSE button to stop the workout session and save the data for 10 minutes

2.Press START button to re-start the workout session. The saved data will appear if the button has been pressed within 10 minutes.

3.Press STOP/PAUSE button for at least 3 seconds to reset the workout session and data

1.5.2 “PROGRAM” BUTTON

When the treadmill is not running, press this button can circle choose from manual mode to pre-set mode P1-P15,U1-U3, Fat, H1-H3.

1.5.3 “MODE” BUTTON

When the treadmill is not running, press this button to choose countdown modes:”H-1”,”H-2”,”H-3”;:H-1” is the time countdown mode, and “H-2” is the distance countdown mode, “H-3” is the calorie countdown mode; press the “SPEED+/-” or “INCLINE+/-“button to adjust the data. After that, press the “START” button to start this treadmill

1.5.4 “SPEED +/- “BUTTON

SPEED +/– --Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

1.6. 1.5.5 SPEED QUICK BUTTON

Press the speed quick button 4km/h,8km/h,12km/h,16km/h to adjust the speed directly when the treadmill is running

1.5.6 “INCLINE+/-” BUTTON

INCLINE +/ – --Adjust incline when treadmill start; the increment is 1 level/time. Press the button more than 2 seconds, and it will be up or down automatically.

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 0,5,10,15 to adjust the incline directly when the treadmill is running

1.5.8 Fan key

Fan can be controlled by the User at any program; when it’s running, the defaulted status is OFF, after press the RESET, then back to defaulted data.

1.6. DISPLAY FUNCTION

1.6.1 SPEED

Display running speed

1.6.2 TIME

Display the running time or countdown time

1.6.3 DISTANCE

Display the running total distance or distance countdown.

1.6.4 CALORIE

Display the calorie or calorie countdown

1.6.5 INCLINE

Display the incline

1.6.6 PULSE

Display pulse data

1.6.7 ALL WINDOW DISPLAY DATA RANGE

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 0.8-20.0(km/h)

PULSE: 50 – 200 (BPM)

INCLINE：0 – 15

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/ minute. It has heart-shaped graphics when testing pulse. This data is only for reference, can not be as medical data.

1.8 PROGRAM EXERCISE CHART

TIME / MODE		SET TIME / 20 = EVERY GRADE TIME																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	SPD	2	2	4	4	3	3	4	4	3	3	5	5	4	4	2	2	5	5	3	3
	INC	1	1	2	2	3	3	3	3	1	1	2	2	2	2	3	3	2	2	2	2
P2	SPD	2	2	5	5	4	4	6	6	4	4	6	6	4	4	2	2	4	4	2	2
	INC	1	1	2	2	3	3	3	3	2	2	2	2	3	3	4	4	2	2	2	2
P3	SPD	2	2	5	5	4	4	5	5	4	4	5	5	4	4	2	2	3	3	2	2
	INC	1	1	2	2	2	2	3	3	1	1	2	2	2	2	2	2	2	2	1	1
P4	SPD	3	3	6	6	7	7	5	5	8	8	5	5	9	9	6	6	4	4	3	3
	INC	2	2	2	2	3	3	3	3	2	2	2	2	4	4	6	6	2	2	2	2
P5	SPD	3	3	6	6	7	7	5	5	8	8	6	6	7	7	6	6	4	4	3	3
	INC	1	1	2	2	4	4	3	3	2	2	2	2	4	4	5	5	2	2	1	1
P6	SPD	2	2	8	8	6	6	4	4	5	5	9	9	7	7	5	5	4	4	3	3
	INC	2	2	2	2	6	6	2	2	3	3	4	4	2	2	2	2	2	2	1	1
P7	SPD	2	2	6	6	7	7	4	4	4	4	7	7	4	4	2	2	4	4	2	2
	INC	4	4	5	5	6	6	6	6	9	9	9	9	10	10	12	12	6	6	3	3
P8	SPD	2	2	4	4	6	6	8	8	7	7	8	8	6	6	2	2	3	3	2	2
	INC	3	3	5	5	4	4	4	4	3	3	4	4	4	4	3	3	3	3	2	2
P9	SPD	2	2	4	4	5	5	5	5	6	6	5	5	6	6	3	3	3	3	2	2
	INC	3	3	5	5	3	3	4	4	2	2	3	3	4	4	2	2	3	3	2	2
P10	SPD	2	2	3	3	5	5	3	3	3	3	5	5	3	3	6	6	3	3	3	3
	INC	4	4	4	4	3	3	6	6	7	7	8	8	8	8	6	6	3	3	3	3
P11	SPD	3	3	5	5	8	8	8	8	9	9	5	5	7	7	6	6	3	3	2	2
	INC	4	4	5	5	6	6	6	6	9	9	9	9	10	10	12	12	6	6	3	3
P12	SPD	2	2	5	5	5	5	4	4	4	4	6	6	4	4	2	2	3	3	4	4
	INC	3	3	5	5	6	6	7	7	12	12	9	9	11	11	11	11	6	6	3	3

P13	SPD	4	4	2	2	6	6	8	8	6	6	3	3	2	2	6	6	2	2	2	2
	INC	3	3	4	4	6	6	2	2	3	3	7	7	9	9	5	5	2	2	2	2
P14	SPD	3	3	4	4	4	4	3	3	5	5	5	5	6	6	3	3	3	3	2	2
	INC	3	3	5	5	4	4	4	4	3	3	4	4	3	3	2	2	2	2	4	4
P15	SPD	4	4	2	2	4	4	6	6	8	8	7	7	8	8	6	6	2	2	3	3
	INC	4	4	3	3	4	4	4	4	3	3	4	4	2	2	3	3	2	2	5	5

1.9 Manual model operation

1.9.1 Press start key, time count down 5 seconds, then treadmill will start to work with initial speed 0.8km/h

1.9.2 Press speed +/-, you can adjust the speed

1.9.3 Press incline+/-, you can adjust the incline

1.9.4 Press stop, you can stop treadmill at working state

1.9.5 Press quick speed key, you can quickly adjust the speed you want

1.9.6 Press quick incline key, you can quickly adjust the incline you want.

1.10 3 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 15：00 minutes，setting range 5：00---99：00 minutes , each step 1：00.

Countdown calorie initial setting 50therm, setting range 10---990 term， each step 1.

Countdown distance initial setting 0.8km，setting range 0.5---99.9 km，each step 0.1

Cycle switch order is: manual, time, distance, calories.

1.11 BODY TESTER（FAT）

At the beginning state, press “ PROGRAM” continually to enter “FAT“ body fat test，window display “FAT”. Press “MODE” to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press “SPEED+”,

“SPEED-” to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale.

The body FAT suits for any male and female to adjust the weight according together with other

body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If

between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for

reference and can not be as medicinal data)

01 Sex 01 Male 02 Female

02 Age 10------99

03 Height 100----200

04 Weight 20-----150

05 FAT≤19 Under weight

FAT = (20---25) Normal weight

FAT = (25---29) Over weight

FAT≥30 Obesity

1.12 User Program

Besides 12 pre-set programs, there have 3 user-defined programs, each user program has 16 segments, and the running time of each user's program is equal. The user can set the desired speed and incline before exercise.

User circle choose the data "TIME"—"SPEED" segment 1….segment 20,

And user can choose incline from "INCLINE" segment 1……segment 20 at the same,

And display the defaulted data for User's revise; press "SPEED+" and "SPEED-" to adjust

speed. Press" INCLINE+" and "INCLINE-" to adjust incline. Press "MODE" button and your

choice will be set. Press "STOP" key to return to last segment setting any time.

1.13 Heart rate control (HRC) program

There are 3 HRC prgrams. HRC60，HRC70，HRC80. The related T.H.R is（220-AGE）× 60%(70% / 80%).The parameter data setting order is『TIME』→『AGE』→『THR』，You can adjust the data by pressing Speed+/- Key or Incline +/-Key, then press Mode key for confirmation.

If 『HR<THR-15』,then SPEED and INCLINE will adjust itself to make your heart rate close to the default pulse automatically in every 15secs,SPEED automatically increase by 0.8KM every step，INCLINE automatically increase by1 level every step until the data reached the max..

If 『THR-5 > HR≥ THR-15』,then SPEED and I NCLINE will adjust itself to make your pulse close to the default pulse automatically in every 15secs,SPEED automatically increase by 0.4KM and INCLINE automatically increase by1 level until the data reached the max..

If『THR+5 ≥ HR≥ THR-5』,then SPEED and INCLINE will not change

If『THR+15≥HR＞THR+5』, then SPEED and INCLINE adjust itself to make your pulse close to the default pulse automatically in every 15 secs, SPEED automatically decrease by 0.4K and INCLINE automatically decrease by1 level until the data reached the min..

If『HR＞THR+15』, then each 15secs SPEED and INCLINE adjust itself to make your pulse close to the default pulse automatically in every 15 secs, SPEED automatically decreased by 0.8KM and INCLINE automatically decrease by 2 level until the data reached the min. .

1.14 OTHERS

1.14.1 The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlit on the computer. Press any key to resume the system.

1.14.2 MP3 audio function: Insert the MP3 line in the input hole of the right side in the computer.

1.14.3 Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

1.14.4 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test shown is only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

1.14.5 Speed control: acceleration at 0.5km/s; deceleration at 0.5km/s.

MAINTENANCE INSTRUCTION

WARNING: Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING: General cleaning or the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

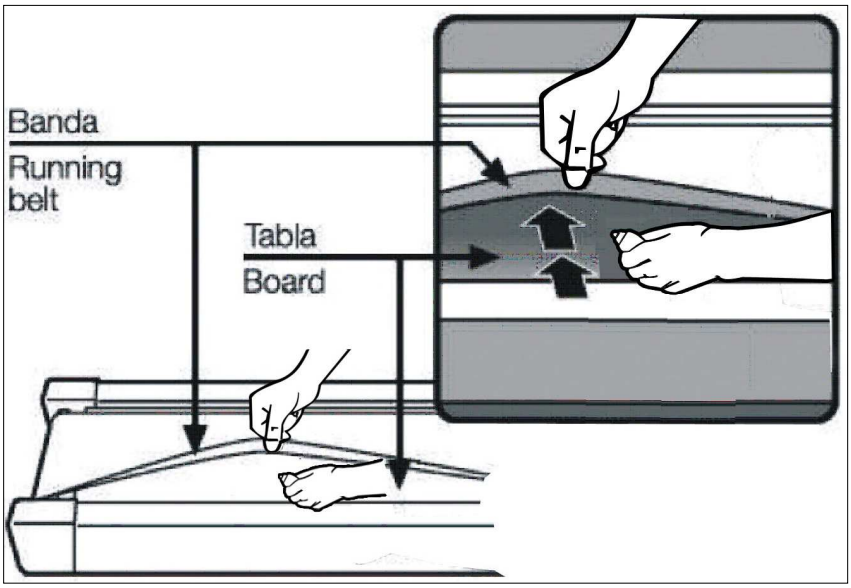
Light user (less than 3 hours/ week) Every 60 days

Medium user (3-5 hours/ week) Every 45 days

Heavy user (more than 5 hours/ week) Every 30 days

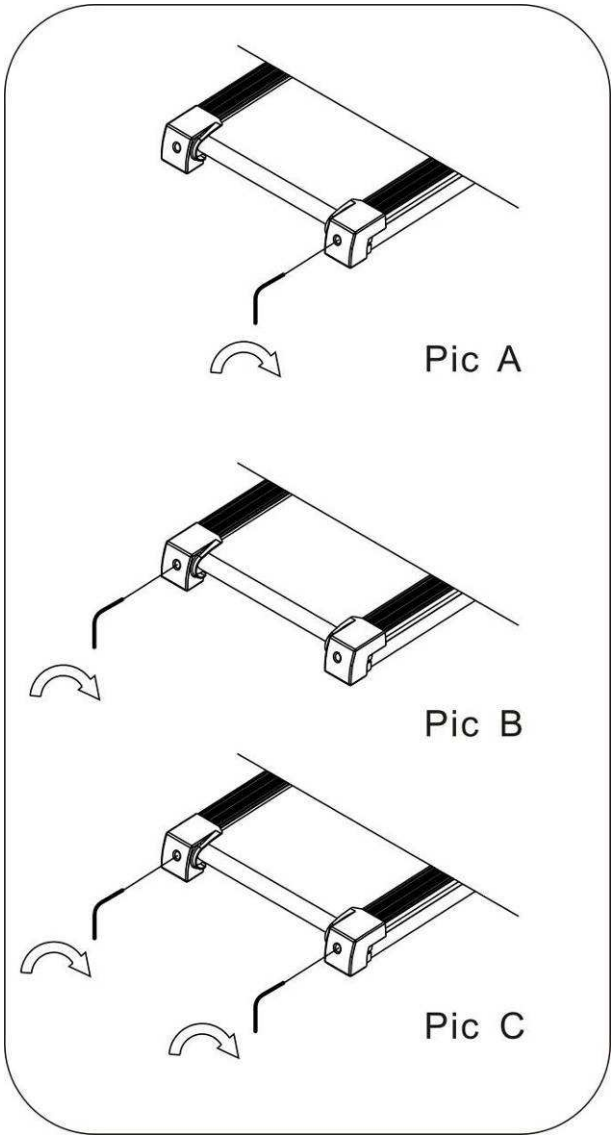
We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.



Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.

BELT ADJUSTMENT



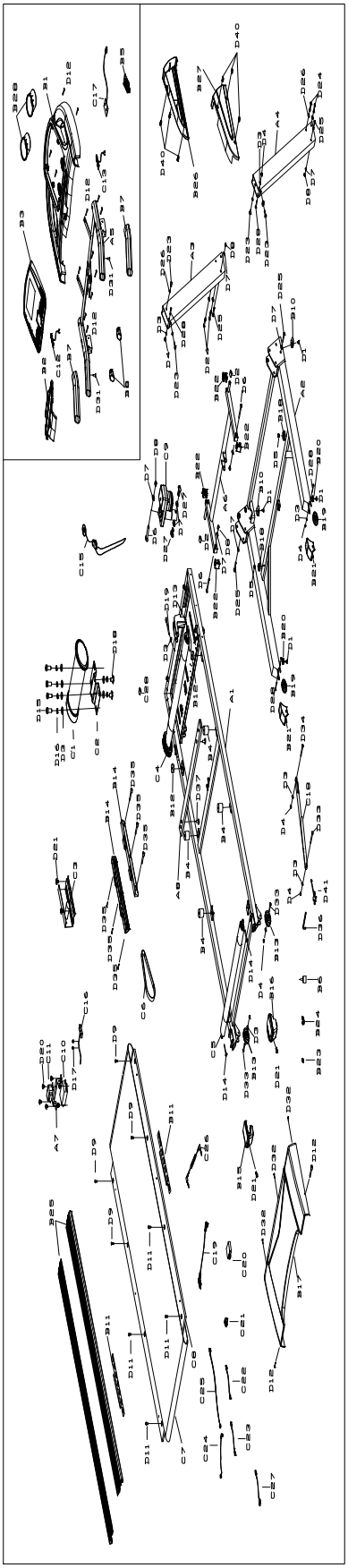
If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

See picture C

Exploded Drawing



PART LIST

A. Welding parts						
No.	**Description**	**QTY**		**No.**	**Description**	**QTY**
A1	Main frame	1		A5	Computer bracket	1
A2	Base frame	1		A6	Incline bracket	1
A3	Left upright tube	1		A7	Filter bracket	1
A4	Right upright tube	1		A8	Reinforce frame	1
B. Plastic parts						
No.	**Description**	**QTY**		**No.**	**Description**	**QTY**
B1	Computer cover	1		B15	Left rear cover	1
B2	Safety key panel	1		B16	Right rear cover	1
B3	Computer panel	1		B17	Motor cover	1
B4	Cushion	4		B18	Limited cushion	2
B5	Cell phone pad	1		B19	Transport wheel	2
B6	Silicon oil	1		B20	Foot pad	2
B7	Foam	2		B21	Transport wheel plug	2
B8	Inner plug	2		B22	Inner plug	4
B9	Overlay	1		B23	Round protect ring	2
B10	Foot pad	2		B24	Power buckle	1
B11	Shock absorber	2		B25	Side rail	1
B12	Cushion	2		B26	Left front cover	1
B13	Adjust wheel	2		B27	Right front cover	1
C Electrical and Drive parts						
No.	**Description**	**QTY**		**No.**	**Description**	**QTY**
C1	DC motor	1		C14	Console	1
C2	Motor bracket	1		C15	Safety key	1
C3	Controller	1		C16	Magnetic inductor	1
C4	Front roller	1		C17	Safety key inductor	1
C5	Rear roller	1		C18	Cylinder	1
C6	Motor belt	1		C19	Power line	1
C7	Running belt	1		C20	Overload protector	1
C8	Running board	1		C21	Power switch	1
C9	Incline motor	1		C22	Single line	3
C10	Filter	1		C23	Single line	1
C11	Inductor	1		C26	MP3 line	1
C12	Left short keys	1		C27	Single line	1
C13	Right short keys	1		C28	Magnetic ring	1
D. Hardware parts						
No.	**Description**	**QTY**		**No.**	**Description**	**QTY**
D1	Bolt M5*20 mm	4		D21	Bolt M5*10 mm	5
D2	Sleeve	2		D23	Bolt M10*15 mm	4
D3	Washer M8	15		D24	Bolt M10*55 mm	4
D4	Nut M8	9		D25	Bolt M10*60 mm	4
D5	Bolt M6*10 mm	2		D26	Washer M10	10
D6	Bolt M10*45 mm	3		D27	Bolt M10*20 mm	2
D7	Washer M10	8		D28	Bolt M8*50 mm	2
D8	Nut M10	6		D29	Screw ST4.2*40	4

D9	Bolt M6*40	2		D30	Screw ST4.2*50	4
D10	Bolt M6*65	2		D31	Screw ST4.2*50	2
D11	Bolt M6*25	2		D32	Bolt M5*15 mm	3
D12	Screw ST4.2*16	24		D33	Bolt M8*40 mm	3
D13	Bolt M8*55 mm	1		D34	BoltM8*30 mm	1
D14	Bolt M8*60 mm	2		D35	Screw ST4.2*19	8
D15	Bolt M8*20 mm	4		D36	Allen wrench	1
D16	Spring washer M8	6		D37	Screw ST4.2*30	2
D17	Screw ST2.9*16	6		D38	Bolt M6*45	2
D18	Bolt M8*10 mm	2		D39	Screw ST3*10	2
D19	Bolt M8*80 mm	1		D40	Screw ST4.2*25	6
D20	Bolt M8*80 mm	6		D41	Screw driver	1

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