TOORX
FITNESS IN MOTION

INSTRUCTION

TRX 45 S
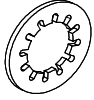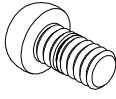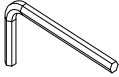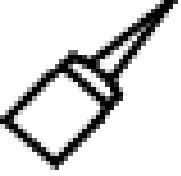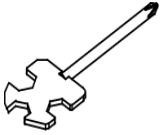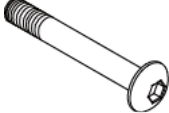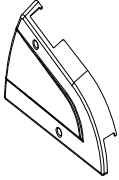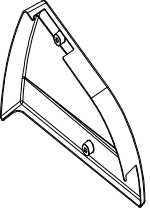
CE

CONTENT

Assembly instruction

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

Treadmill 1set	D17 Washer M8 8PCS	D13 Bolt M8*15 4PCS	C13 Safety key 1pc
D3 Allen wrench 5MM, 1 PCS	B18 silicon oil 1 PC	D1 Screw driver 1 PCS	D16 Bolt M8*45 4PCS
B11L Left front cover 1 PC	B11R Right front cover 1 PC	D49 Screw ST4.2*20 4 PCS	

STEP 1 : According to the following steps to lift up the computer bracket. Be careful not press the line when folding
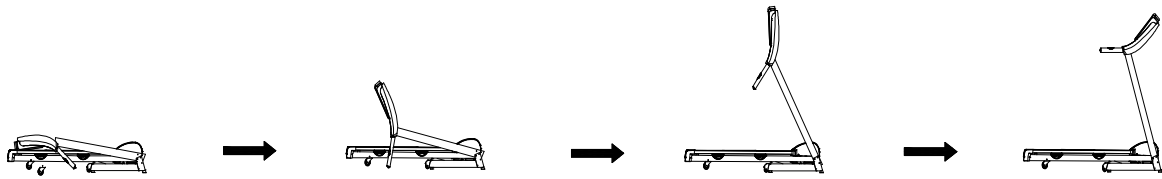
STEP 2 : Lock the lower part of treadmill with Bolt M8*45 (D16), M8*15 (D13) and Washer (D17), then lock the upper part of the treadmill with M8*15 (D13) and Washer (D17).
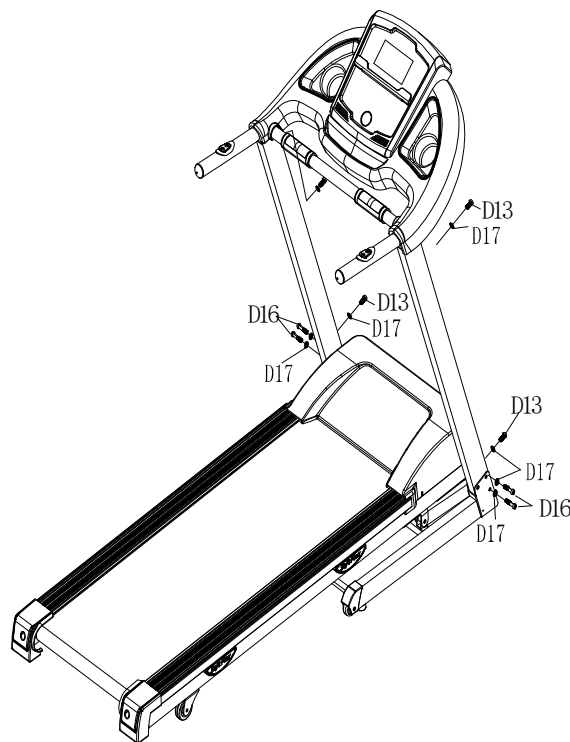
Step 3: Lock the Left front cover(B11L) and Right front cover (B11R) with Screw ST4.2*20 (D49), then put on the Safety key (C13).

C13

D49

B11L

D49

B11R
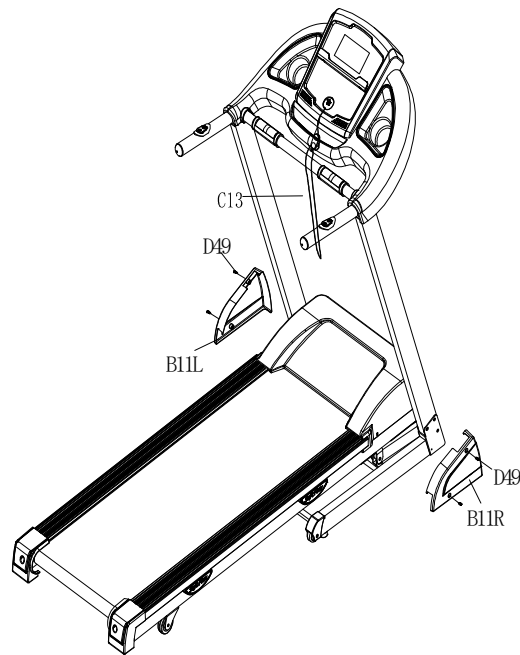
ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do

the following operations after checking everything is OK. Before you use the treadmill,

please read the instructions carefully.

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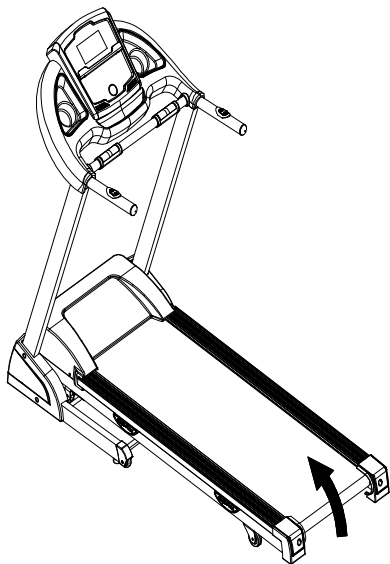
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

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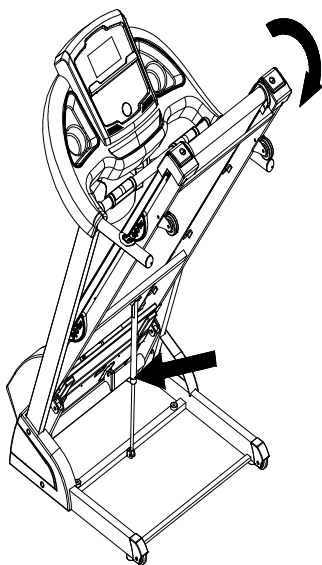
Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

Grounding 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

Normal start after 3 seconds countdown

1.3 PROGRAM

1 manual mode，12 pre-set programs, 3 HRCs, 1 body fat program, 3 countdown function

1.4. SAFETY LOCK FUNCTION

The window shows "OFF"   when take away the safety lock and the treadmill will stop quickly .

1.5.BUTTON FUNCTION

1.5.1. START/STOP

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

"STOP"--When the treadmill is running, press this button to stop.

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-P12,HRC-3 and body fat;

1.5.3 "MODE" BUTTON

When the treadmill is not running, press this button to circle choose countdown

Modes from manual mode,time countdown mode, distance countdown mode, and the calorie countdown mode.

1.5.4 "SPEED +/- "BUTTON

SPEED +/– --Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. User can adjust the

data when treadmill stop,

1.5.5 SPEED QUICK BUTTON

Press the speed quick button 3km/h, 6km/h, 9km/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 3, 6, 9 to adjust the incline directly when the treadmill is running

1.6. DISPLAY FUNCTION

1.6.1 PROGRAM

Display program number, it displays "----" when in manual mode.

1.6.2 TIME

Display the time

1.6.3 SPEED

Display running speed

1.6.4 INCLINE/PULSE

1.6.4.1 Display the pulse data when "Pulse" flash

1.6.4.2 Display the incline when "incline" flash, the display range is 0~12,it will display the pulse first when there's the pulse dictated.

1.6.5 DISTANCE/ CALORIE

Display the running total distance and calories, it will exchange the data every 5 seconds.

1.6.6 ALL WINDOW DISPLAY DATA RANGE

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0 – 999 (C)

SPEED: 0.8-16.0(km/h)

PULSE: 50 – 200 (BPM)

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 12 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 INTERVAL / MODE		SET TIME / 16 = EVERY GRADE TIME														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	4	6	6	6	10	10	6	6	6	4	4	2	6	6	4	4
	INCLINE	0	0	2	2	2	2	2	2	2	2	4	4	4	2	2	0
P2	SPEED	2	2	8	2	2	8	8	12	4	4	12	4	4	12	4	2
	INCLINE	0	2	2	2	6	6	2	2	4	4	2	2	4	2	2	0
P3	SPEED	2	4	8	8	4	4	8	8	10	10	12	4	4	8	4	4
	INCLINE	0	2	2	4	4	6	4	6	4	2	2	2	4	2	2	0
P4	SPEED	4	6	6	6	12	12	12	12	6	6	4	4	4	6	6	2
	INCLINE	0	2	2	4	4	6	8	8	6	6	6	4	4	2	2	0
P5	SPEED	2	4	6	12	12	12	4	4	4	4	12	12	12	6	4	2
	INCLINE	0	2	4	6	4	2	2	0	0	2	2	2	2	2	4	0
P6	SPEED	4	4	6	6	6	6	8	8	6	6	8	8	6	8	6	4
	INCLINE	0	2	4	4	4	4	4	2	2	2	2	2	2	2	2	0
P7	SPEED	4	8	8	8	8	4	4	12	12	4	4	8	8	4	4	2
	INCLINE	0	2	2	2	2	4	4	4	4	4	4	2	2	2	2	0
P8	SPEED	2	2	6	6	6	8	8	10	10	12	8	6	6	6	4	4
	INCLINE	0	2	2	4	2	2	2	4	2	2	2	4	2	2	2	0
P9	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	2	2	4	4	6	6	8	8	10	8	6	4	2	2	0
P10	SPEED	4	6	6	8	8	8	10	10	10	8	8	6	8	6	4	4
	INCLINE	0	2	2	4	6	6	6	4	4	4	2	2	2	2	2	0
P11	SPEED	4	6	6	8	8	8	6	8	6	8	6	10	6	10	8	4

	INCLINE	0	2	2	2	4	4	4	4	4	4	6	6	6	4	4	0
P12	SPEED	4	6	8	10	8	6	4	6	8	12	8	6	8	12	12	6
	INCLINE	0	2	2	4	4	6	6	8	8	6	6	4	4	2	2	0

1.9 Manual model operation

1.9.1 Press start key, time count down 3 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 30：00 minutes，setting range 5：00---99：00 minutes , each step 1：00.

Countdown calorie initial setting 50therm, setting range 10---995 term，each step 10.

Countdown distance initial setting 1.0km，setting range 0.5---99.5 km，each step 0.1

1.11 BODY TESTER（FAT）

When treadmill is not running, press " PROGRAM" continually to enter "FAT" body fat test，window display

"FAT". Press "MODE" to enter (-1-,-2-,-3-,-4-) and defaulted data. Press "SPEED+", "SPEED-" to set.

After setting, press again the "MODE".the computer will display "-5-" and "---" to enter state testing, hold the

L/R handle pulse and it will display your body quality index after around 5 seconds.

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 Heart Rate Control (HRC)

Heart Rate controls the speed and inclines (user need to take the wireless chest belt)

Press Mode and choose HRC, the treadmill will start to run after 3 seconds after switch on, 3 minutes of preheating to enter HRC function. When it run, if the real heart rate is lower than the defaulted heart rate, the incline go up (not exceed the HRC maximum), speed up (not exceed the HRC maximum), until the real heart rate reach the defaulted target heart rate. If the real heart rate is higher than the defaulted target heart rate, the incline go down (till to the minimum 0), the speed won't go up (until the HRC minimum); all the HRC maximum speed is 4km, the incline is 12 section.

HRC1　speed maximum 80KM
HRC2　speed maximum 90KM
HRC3　speed maximum 100KM

Automatic heart rate control mode as show below, the system will proceed the control judge each 10 seconds.

1.　When the result of real heart rate - target heart rate is higher than 5,
The incline will go down 1 section each time, until to 0,
Then speed reduction 0.5km each time, until to the minimum.

2.　When the result of target heart rate – real heart rate is higher than 10,
The incline will go up 1 section each time, until to 12,
Then speed up 0.5km each time, until to the maximum.

3.　When the real heart rate is equal to the target heart rate,
The incline and speed will keep unchanged.

4.　When the program run to the last two programs, the incline will go down to 0,
Speed reduction 0.5km each time, until to the minimum.

1.13 OTHERS

1.13.1 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.

1.13.2 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

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.
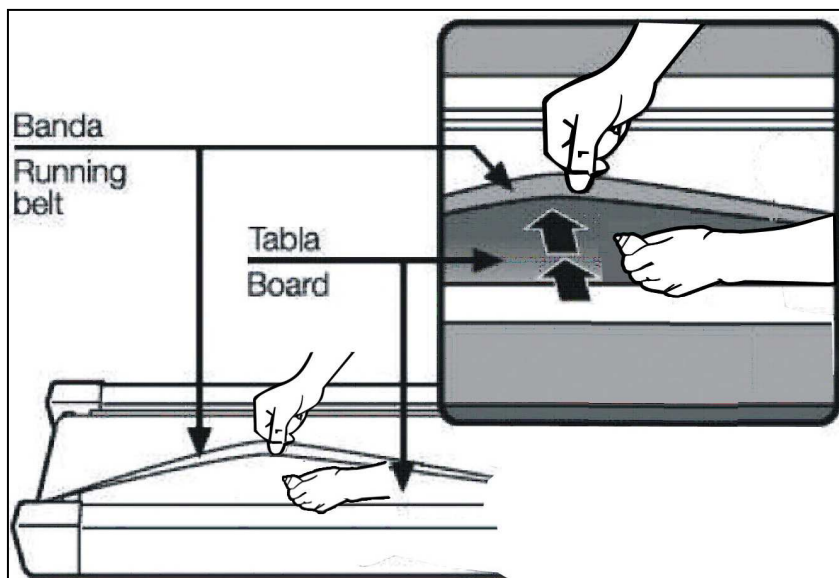
Belt Adjustment

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

Pic A

Pic B

Pic C

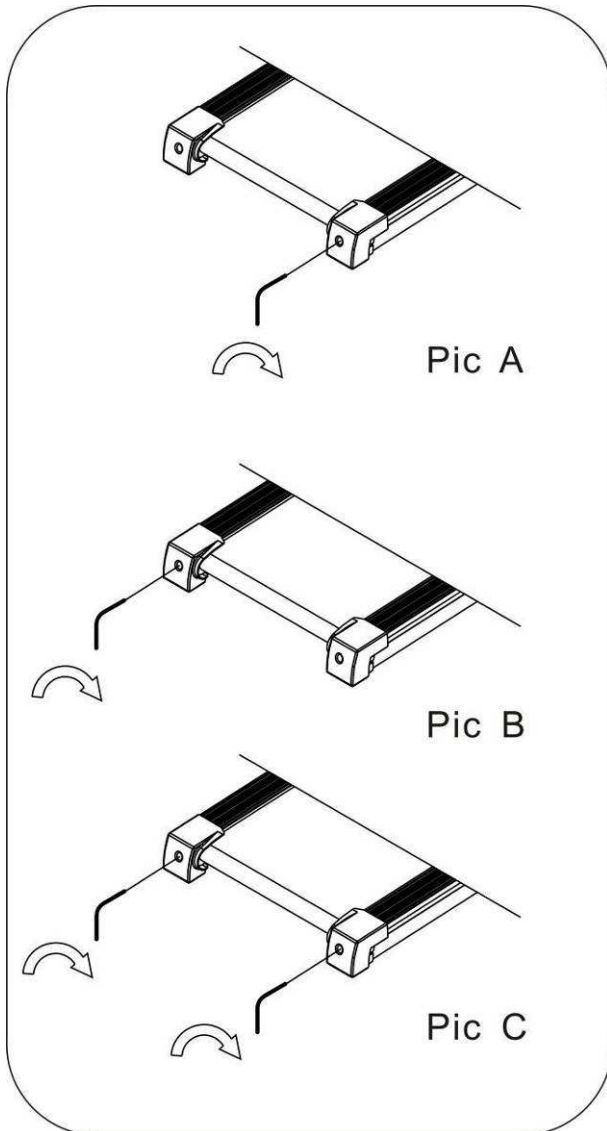If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed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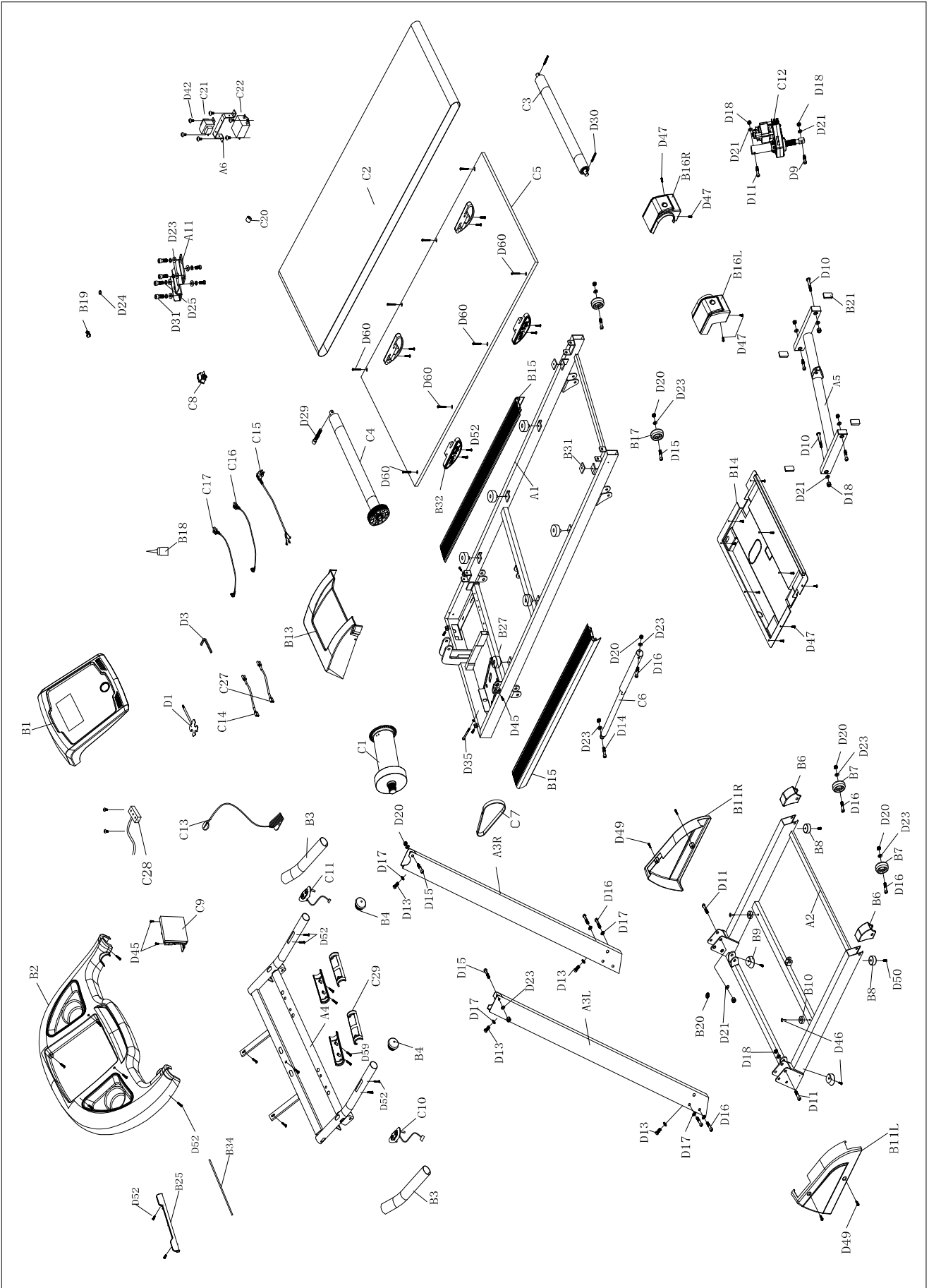
Parts list

A. Welding parts

No.	Description	Qty		No.	Description	Qty
A1	Main frame	1		A5	Incline bracket	1
A2	Base frame	1		A6	Filter supporter	1
A3L	Left upright tube	1		A11	Motor bracket	1
A3R	Right upright tube	1				
A4	Handrail bracket	1				

B. Plastic parts

No.	Description	Qty		No.	Description	Qty
B1	Computer chip	1		B16R	Right rear cover	1
B1-1	Overlay	1		B17	Adjust wheel	2
B1-2	Membrane key	1		B18	Silicon oil	1
B1-3	Computer panel	1		B19	Power line buckle	1
B2	Computer cover	1		B20	Line protect plug	1
B3	foam	2		B21	Inner plug	4
B4	Pipe plug	2		B25	Bookshelf	1
B6	Transport wheel plug	2		B27	Cushion	6
B7	Transport wheel	2		B31	Rubber cushion	2
B8	Foot pad	2		B32	Oval cushion	4
B9	Foot pad	2		B34	Rubber cushion	1
B10	Limited cushion	2				
B11L	Left front cover	1				
B11R	Right front cover	1				
B13	Motor cover	1				
B14	Motor bottom cover	1				
B15	Side rails	2				
B16L	Left rear cover	1				

C. Drive parts

No.	Description	Qty		No.	Description	Qty
C1	DC motor	1		C14	Single line	1
C2	Running belt	1		C15	Power line	1
C3	Rear roller	1		C16	Upper line	1

No.	Description	Qty		No.	Description	Qty
C4	Front roller	1		C17	Lower line	1
C5	Running board	1		C20	Magnetic ring	1
C6	cylinder	1		C21	Inductor	1
C7	Motor belt	1		C22	Filter	1
C8	Power switch	1		C27	Single line	1
C9	Controller	1		C28	Speed sensor	1
C10	Left short keys	1		C29	pulse	2
C11	Right short keys	1				
C12	Incline motor	1				
C13	Safety key	1				

D. Hardware parts						
No.	Description	Qty		No.	Description	Qty
D1	Screw driver 13-15-17	1		D30	Bolt M6X60	2
D3	Allen wrench T5	1		D31	Bolt M8X20	4
D9	Bolt M10X30	1		D35	Bolt M8X80	1
D10	Bolt M10*45	4		D42	Bolt M4X10	6
D11	Bolt M10*50	3		D45	Bolt M5X15	7
D13	Bolt M8X15	4		D46	Bolt M5X20	4
D14	Bolt M8X30	1		D47	Screw ST4.2X16	13
D15	Bolt M8X40	4		D49	Screw ST4.2X20	4
D16	Bolt M8X45	7		D50	Screw ST4.2X25	2
D17	Washer M 8	8		D52	Screw ST4.2X16	23
D18	Nylon nut M10	8		D59	Screw ST2.9X19	4
D20	Nylon nut M8	8		D60	Bolt M6X20	8
D21	washer M 10	8				
D23	washer M 8	17				
D24	Spring washer M5	1				
D25	Spring washer M8	4				
D29	Bolt M6X45	1				

Garlando