

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



**APP READY**

**TRX 60 S EVO**



Rev : 00

Ed : 03/17



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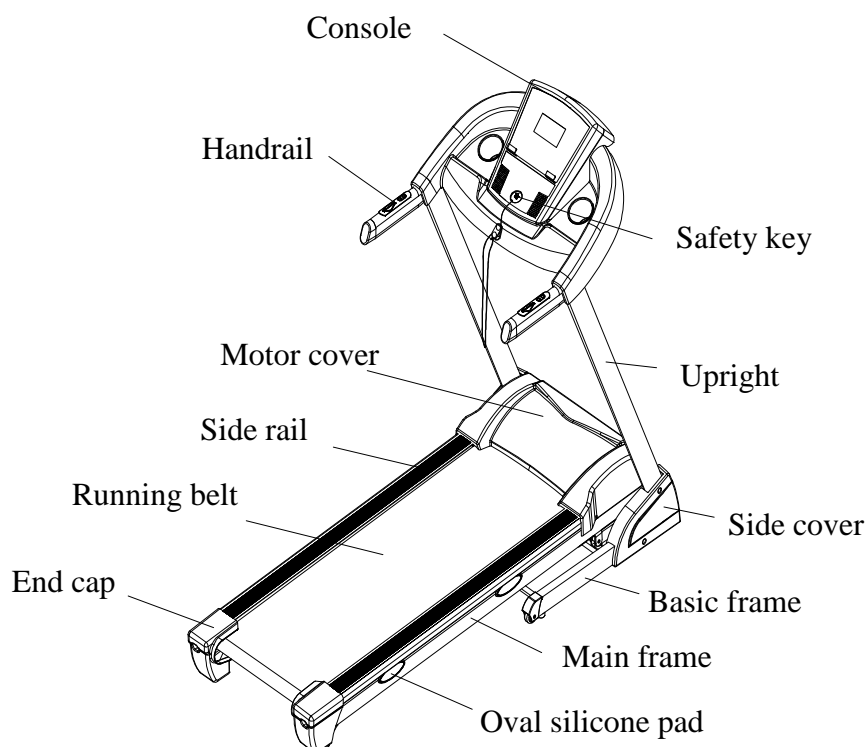
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## Technical Parameters

Input supply voltage : 220V	Working temperature: 0-40 °C
Speed range: 0.8-18KM/H	Incline range:12 level Motor incline
Max. user weight: 120kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00: 00-99: 59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 470*1400mm
Product size: 1810*760*1400mm	Folding size: 1150*760*1585CM


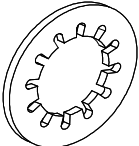

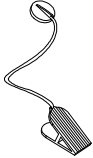

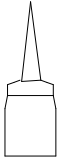
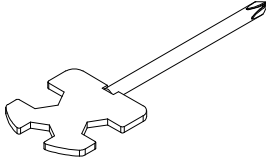
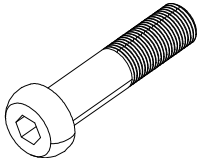


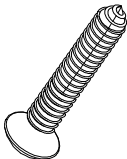


## Product Overview



# Assembly instruction

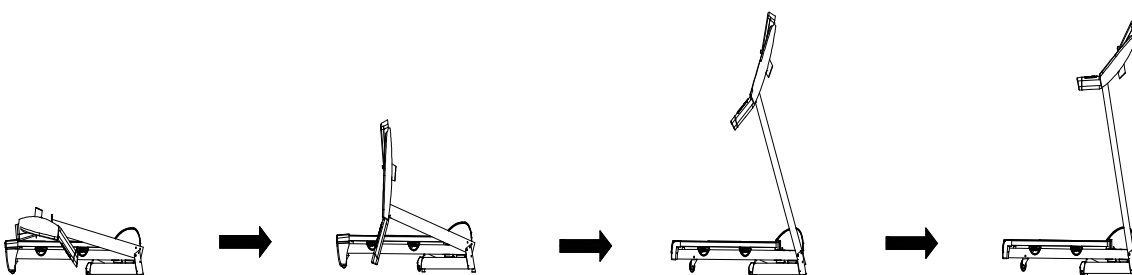
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

**STEP 1:** Take out and prepare the below parts

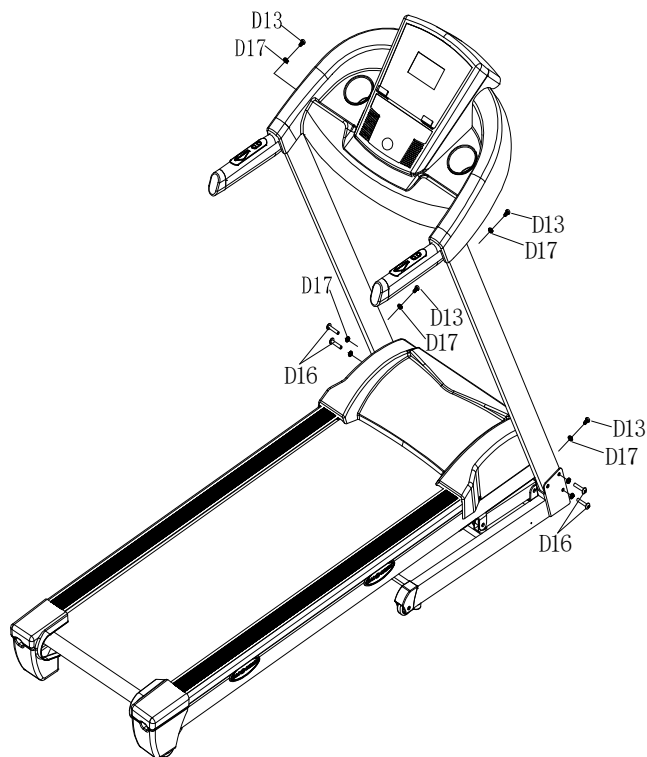
<p>1 Main frame 1 set</p> 	<p>D17 Inner star washer M8 8 PCs</p> 	<p>D13 Round hex bolt M8*15 4 PCs</p> 	<p>C13 Safety key 1 set</p> 
<p>D3 Allen wrench 5MM 1 PC</p> 	<p>B18 Silicon oil 1 PC</p> 	<p>D1 Screw driver 1PC</p> 	<p>D16 Round hex bolt M8*45 4 PCS</p> 
<p>B11L Left side cover 1 PC</p> 	<p>B11R Right side cover 1 PC</p> 	<p>D48 Cross self-tapping bolt ST4.2*19 6 PCs</p> 	<p>B49 Water bottle holder 2PCs</p> 
<p>D2 Allen wrench 6MM 1 PC</p> 			

**Note:** Don't tighten bolts at once.

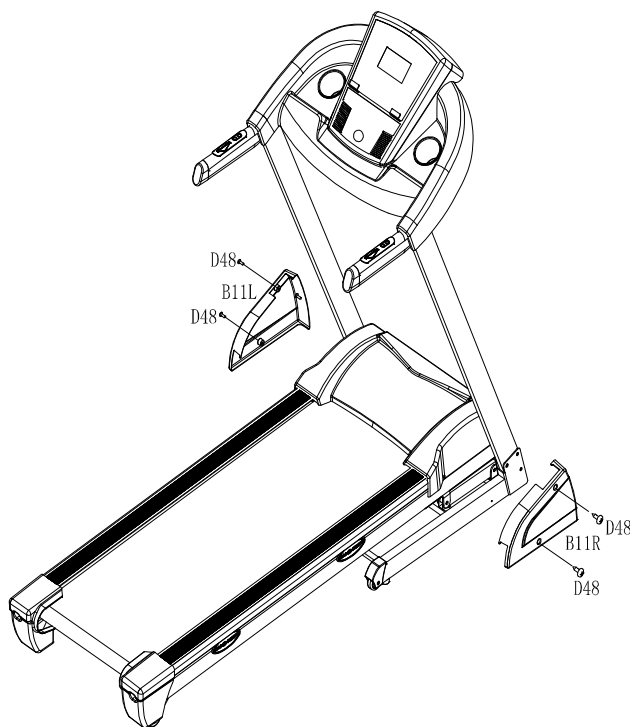
**STEP 2:** According to the following steps to lift up the uprights.



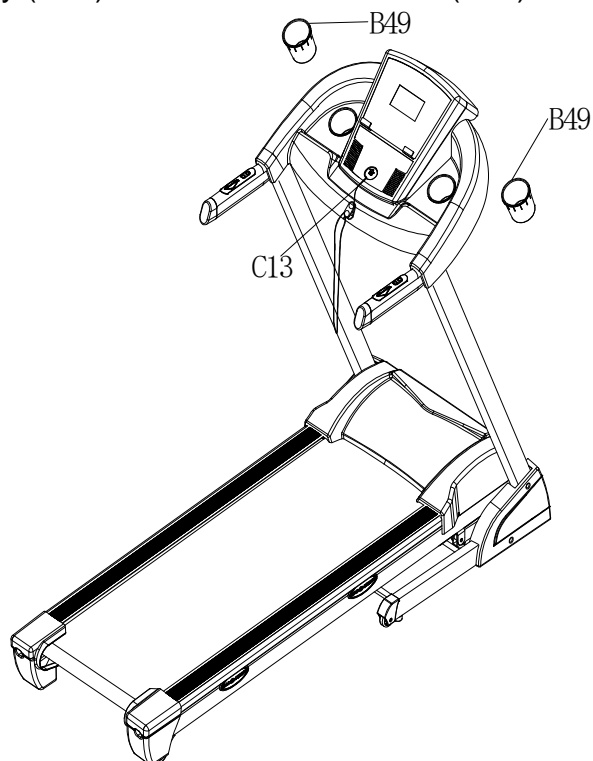
**STEP 3:** Secure bottom frame with bolt M8\*45(D16), M8\*15(D13) and the inner star washer (D17). Then secure console frame with M8\*15 (D13) and inner star washer (D17).



**Step 4:** Tighten left/right side covers (B11L/R) with cross self-tapping bolt with washer ST4.2\*19 (D48).

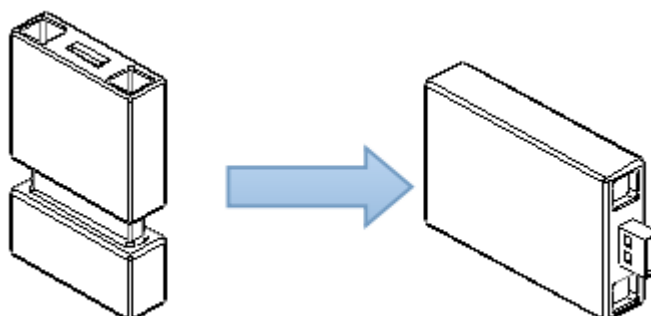


**Step 5:** Place on the safety key (C13) and water bottle holder (B49).

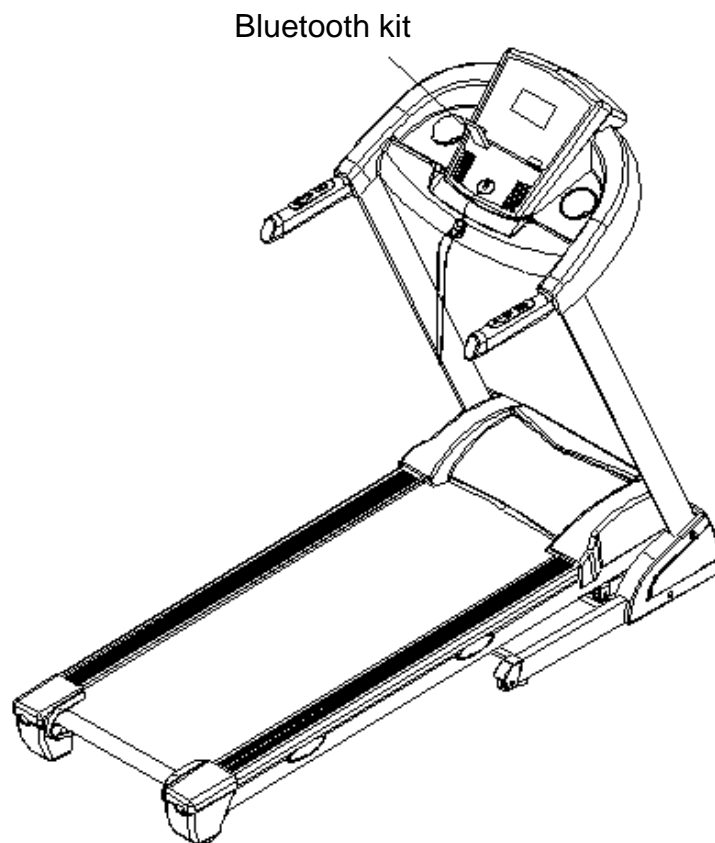


**Step 6:** Plug in the dual bluetooth kit (Note: The voltage of bluetooth kit is 3.3V. Do not use it on the computer, or the Bluetooth kit will be damaged.)

1. Remove the bluetooth kit out of package, and push out the USB connector. (As the picture shown)

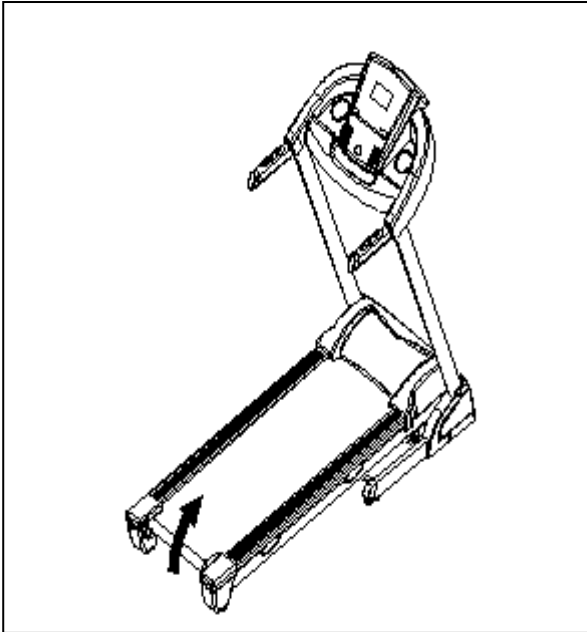


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2. Plug in the bluetooth kit into the USB slot on console.



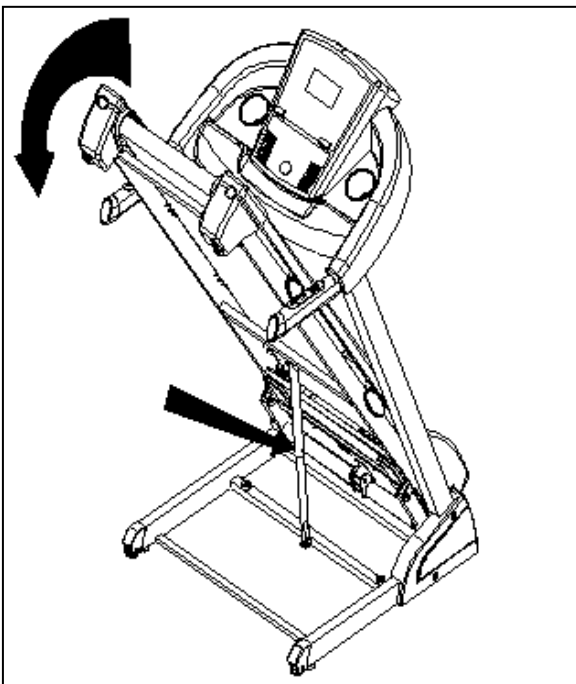
**Step7:** To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

## 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.



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## Grounding Methods

This product must be grounded. In the event of a 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 240V 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

### 1.1. Console



### 1.2. START

Normal start after 5 seconds countdown

### 1.3 PROGRAM

3 countdown functions, 12 sets of programs, 3 mode, 3 user functions, 3 HRC programs, dual Bluetooth kit, and Polar wireless receiver.

### 1.4. SAFETY LOCK FUNCTION

The window shows "---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count 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 "0.8km/h"

"STOP"--When the treadmill is running, press this button to stop, then set program default and then return to manual mode after stopped.

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## **1.5.2 “PROGRAM” BUTTON**

When the treadmill is not running, press this button can choose from program circle mode to manual mode (P1-P12, HRC1-HRC3, to U1-U3). The lowest speed for manual mode is “0.8km/h”, and the highest speed is “18km/h”; the lowest incline is “0”, and the highest is “12”.

## **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 calories 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.

## **1.5.5 SPEED QUICK BUTTON**

Press the speed quick button 3km/h, 6km/h, 9m/h, 12km/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, 4, 8, 12 to adjust the incline directly when the treadmill is running

## **1.6. DISPLAY FUNCTION**

### **1.6.1 TIME**

Display the running time or countdown time

### **1.6.2 SPEED**

Display running speed

### **1.6.3 INCLINE**

Display the incline

### 1.6.4 PULSE

Display pulse data or display “p”

### 1.6.5 DISTANCE

Display the running total distance or distance countdown.

### 1.6.6 CALORIES

Display the calorie or calorie countdown

### 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 -22 (km/h)

PULSE: 50 – 200 (BPM)

INCLINE: 0 – 15 section

## 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

There are 10 sections in each program.

TIME MODE		SET TIME / 10 = TOTAL TIME IN EACH OPERATION									
		1	2	3	4	5	6	7	8	9	10
P1	SPD	3	3	6	5	5	4	4	4	4	3
	INC	0	3	3	3	4	4	4	1	1	0
P2	SPD	3	3	4	4	5	5	5	6	6	4
	INC	2	2	2	3	3	3	3	4	4	2
P3	SPD	2	4	6	8	7	8	6	2	3	2
	INC	3	5	4	4	3	4	4	3	4	2
P4	SPD	3	3	5	6	7	6	5	4	3	3
	INC	0	3	3	2	2	5	5	3	3	2
P5	SPD	3	6	6	6	8	7	7	5	5	4

	INC	3	5	3	4	2	3	4	2	3	2
P6	SPD	2	6	5	4	8	7	5	3	3	2
	INC	3	4	5	6	3	5	5	6	4	3
P7	SPD	2	9	9	7	7	6	5	3	2	2
	INC	0	3	3	3	4	4	4	1	1	0
P8	SPD	2	4	4	4	5	6	8	8	6	2
	INC	1	1	4	4	4	5	5	4	3	2
P9	SPD	2	4	5	5	6	5	6	3	3	2
	INC	3	5	3	4	2	3	4	2	3	2
P10	SPD	2	5	7	5	8	6	5	2	4	3
	INC	1	5	6	8	12	9	10	9	5	3
P11	SPD	2	5	6	7	8	9	10	5	3	2
	INC	3	5	6	8	6	5	8	7	5	2
P12	SPD	2	3	5	6	8	6	9	6	5	3
	INC	5	7	5	8	6	5	9	10	6	2

### 1.9 3 User Program

Besides 12 pre-set programs, there are 3 user-defined programs: U1,U2 and U3. Each user program has 10 segments. The user can set the desired speed and incline .Press "PROGRAM" button to choose U1, U2 or U3, press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set speed. Press "INCLINE+"and "INCLINE-" to set incline. Press "MODE" button and your choice will be set. The next workout segment will flash, go through the same setup as you complete segment one. You must complete all 10 segments and then your user program is ready to use. Press —STOP key to return to last segment setting any time.

### 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---990 term, each step 10.

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

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“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

### 1.1.1.12 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is “AGE” -> “THR(HRC) data” -> “TIME”.

HRC: Detect user’s actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

It’s recommended that user uses the wireless chest belt while running HRC function.

1.12.1 After turning on the power, press “PROG” key to choose HRC function. HRC function is turned on when “HRC” characters shown on the screen.

User can use “SPEED +/-” to adjust age (data from 13 to 80) after seeing the “30” shown on the screen.

1.12.2 Press “MODE” key to enter the setting of heart rate. The standard heart rate is fixed at different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use “SPEED +/-” to adjust the data. (It’s recommended that standard heart rate data doesn’t need to be changed for physical health condition.)

Formula is calculated as below:

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HRC1 is T.H.R  $= (220 - \text{age}) \times 60\%$ ,

HRC2 is T.H.R  $= (220 - \text{age}) \times 70\%$ ,

HRC3 is T.H.R  $= (220 - \text{age}) \times 80\%$ .

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED+/-" to set up time.

1.12.3 Enter "START" key to begin the workout (Remember only can press "START" key after all setting is completed.)

1.12.4 1.12.4 It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

1.12.5 During the operating of HRC, speed and incline will adjust as below:

(1). If Target heart rate  $< \text{THR} - 15$ , then the speed and incline will adjust automatically every 15 second, the

SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data

(2). If  $\text{THR} - 5 > \text{Target heart rate} \geq \text{THR} - 15$ , then the speed and incline will adjust automatically every 15

second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data

(3). If  $\text{THR} + 5 \geq \text{Target heart rate} \geq \text{THR} - 5$ , then the speed and incline will not change

(4). If  $\text{THR} + 15 \geq \text{Target heart rate} \geq \text{THR} + 5$ , then the speed will adjust automatically every 15

second, the SPEED will decrease 0.4KM/h and incline less 1 section until they reach the min. data

(5). If Target heart rate  $\geq \text{THR} + 15$ , then the speed and incline will adjust automatically every 15

second, the SPEED will decrease 0.8KM/h and incline less 2 section until they reach the min. data

### **1.13 USB-Bluetooth App (PAFERS) Operating Procedures**

**1.13.1** When the USB-bluetooth App is connected to the console, Bluetooth light will be turned on if working successfully. .

**1.13.2** When it is connected, user can choose to use or not to use the app to control the setting of treadmill..

**1.13.2-1** If choosing not to use, user can simply follow the standard operation on the treadmill.

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**1.13.2-2** If choosing to use the app to do control, user has to connect the bluetooth kit with smartphone or tablet. If it's connected successfully, treadmill screen will show up "BTH".

**1.13.3** When the connecting is completed, user can use smartphone or tablet through the app to control the treadmill.

**1.13.3.1** If the treadmill is still running when the user tries to connect the Bluetooth app, treadmill will stop and then enter the app controlling stage.

**1.13.3.2** If the bluetooth connection does not work out well, the system will remain the same.

## **1.14 OTHERS**

**1.14.1** When the countdown mode is finished and "END" appears on screen, warning sound occurs. Then it will be back to manual mode.

**1.14.2** You can set statistics at circled mode. Ex: When time is set at 5:00 – 99:00 and it hits 99:00, press "+" button, it will start from 5:00 again.

**1.14.3** Countdown time, countdown calories 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** 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 of 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.

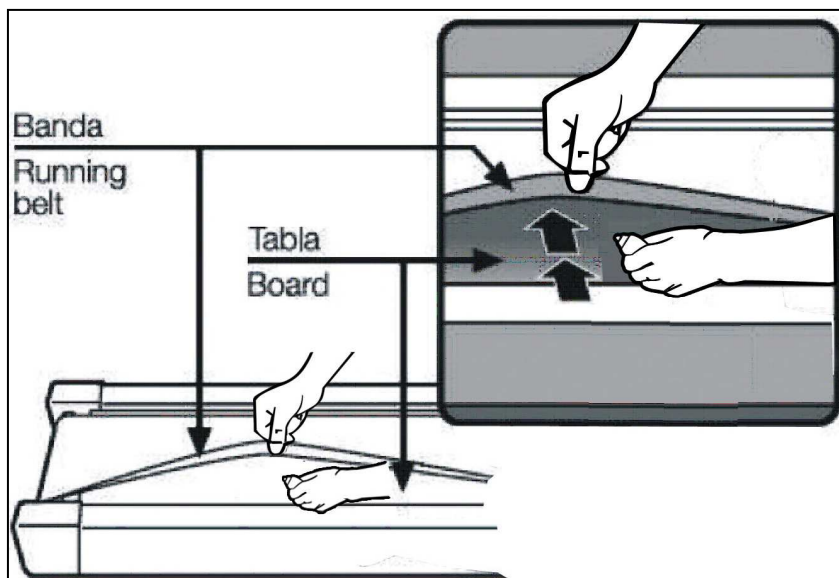
This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

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

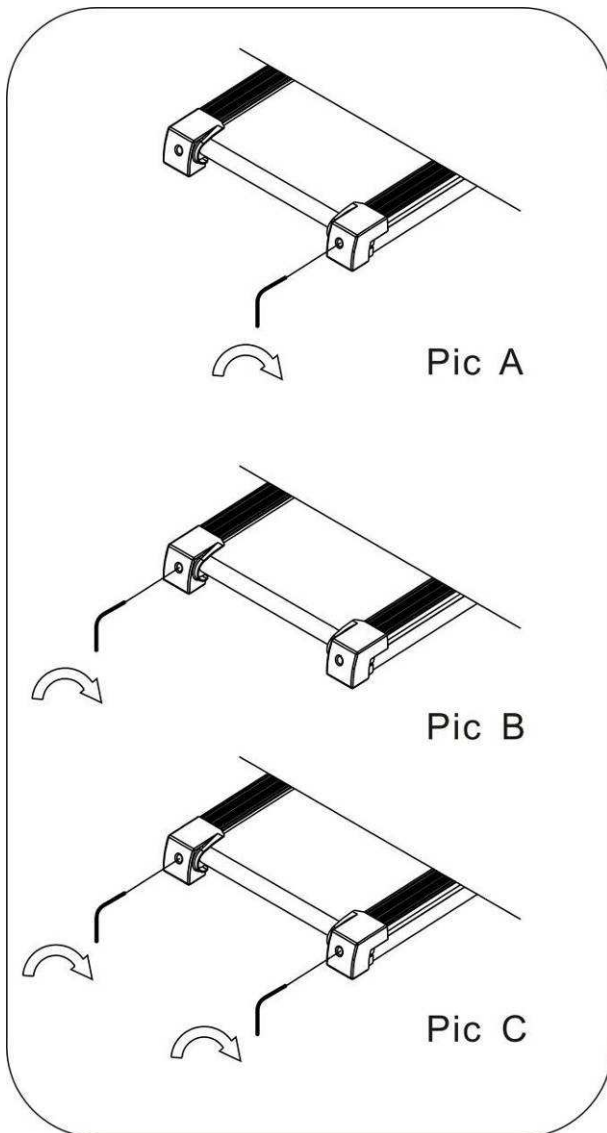
We suggest you buy lubricating oil from local distributors or contact our company directly.

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



## Belt Adjustment

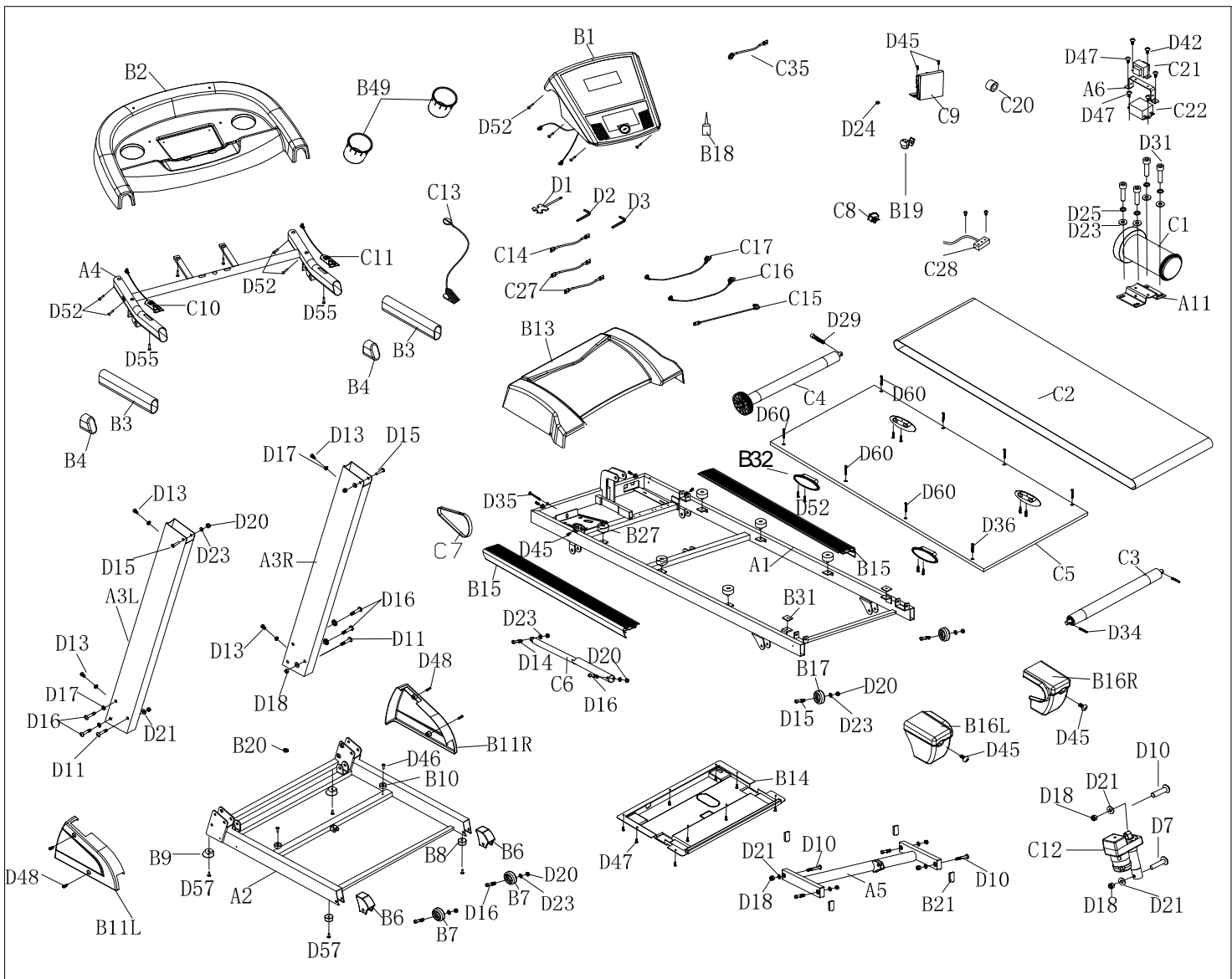
Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.



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	A4	Handrail bracket	1
A2	Base frame	1	A5	Incline bracket	1
A3L	Left upright	1	A6	Filter bracket	1
A3R	Right upright	1	A11	Motor bracket	1

## B. Plastic parts

No.	Description	QTY	No.	Description	QTY
B1	Console set	1	B13	Motor upper cover	1
B1-1	Overlay	1	B14	Motor lower cover	1
B1-2	Membrane key	1	B15	Side rail	2
B1-3	Console	1	B16L	Left end cap	1
B2	Console cover	1	B16R	Right end cap	1
B3	Protecting foam	2	B17	Adjusting wheel	2
B4	Handrail plug	2	B18	Silicon oil	1
B6	Transporting wheel cover	2	B19	Cable organizer	1
B7	Transporting wheel	2	B20	Round plug	1
B8	Flat foot pad	2	B21	Squared shape plug	4
B9	U shaped foot pad	2	B27	New cushion	6
B10	Limited cushion	2	B31	Rubber pad	2
B11L	Left side cover	1	B32	Oval silicone pad	4
B11R	Right side cover	1	B49	Water bottle cup holder	2

## C. Electric and drive parts

No.	Description	QTY	No.	Description	QTY
C1	DC motor	1	C13	Safety key	1
C2	Running belt	1	C14	Single cord	1
C3	Rear roller	1	C15	Power cable	1
C4	Front roller	1	C16	Upper cable	1
C5	Running deck	1	C17	Lower cable	1
C6	Cylinder	1	C20	Magnetic ring	1
C7	Motor drive belt	1	C21	Speed sensor	1
C8	Power switch	1	C22	Filter	1
C9	Controller	1	C27	Single cord	2
C10	Left handrail button	1	C28	Optical sensor	1
C11	Right handrail button	1	C35	Single ground wire (CE set)	1
C12	Incline motor	1			

## D. Hardware parts

No.	Description	QTY	No.	Description	QTY
D1	Screw driver 13-15-17	1	D29	Hex round head bolt M6X45	1
D2	Allen wrench T6	1	D31	Hex round head bolt M8x20	4
D3	Allen wrench T5	1	D34	Hex round head bolt M8x60	2
D7	Round hex bolt M10X60	2	D35	Hex round head bolt M8X80	1
D10	Round hex bolt M10X45	5	D36	Cross head bolt M6X25	2

D11	Round hex bolt M10X50	2		D42	Cross head bolt M4X10, washer	2
D13	Round hex bolt M8X15	4		D45	Cross head bolt M5X15, washer	9
D14	Round hex bolt M8X30	1		D46	Cross head bolt M5X20, washer	2
D15	Round hex bolt M8X40	4		D47	Cross self-tapping bolt ST4.2X16, washer	13
D16	Round hex bolt M8X45	7		D48	Cross self-tapping bolt ST4.2X19, washer	4
D17	Inner star washer M 8	8		D52	Cross self-tapping bolt ST4.2X16	21
D18	Nylon nut M10	8		D55	Cross self-tapping bolt ST4.2X45	2
D20	Nylon nut M8	8		D57	Cross self-tapping bolt ST4.2X25	4
D21	Flat washer M10	8		D60	Cross head bolt M6X20	6
D23	Flat washer M8	13				
D24	Spring washer M5	1				
D25	Spring washer M8	4				



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