TOORX
FITNESS IN MOTION

INSTRUCTION

TRX ACTIVE COMPACT

CE

INTRODUCTION

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.
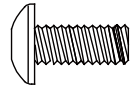
SPECIFICATIONS

- Drive Motor: 1.5 HP
- Speed Range: 1.0 –16kmph
- Incline Level: 0-12 Levels
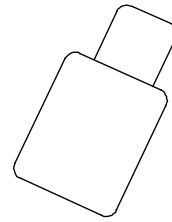- Running Surface: 450 m/m x 1400 m/m
- Folding Design: Yes

Console

Safety Key

Handpulse

Handrail

Running Belt

Main Frame

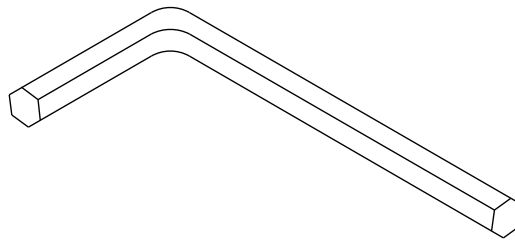> **MAX.USER WEIGHT: 120KGS**

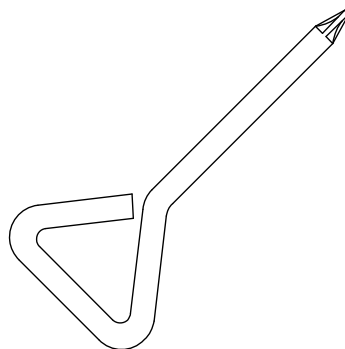## ASSEMBLY PACK CHECK LIST

#99. M5 × P0.8 × 12L
Phillips Head Screw (2 pcs)

#111. Lubricant (1 pc)

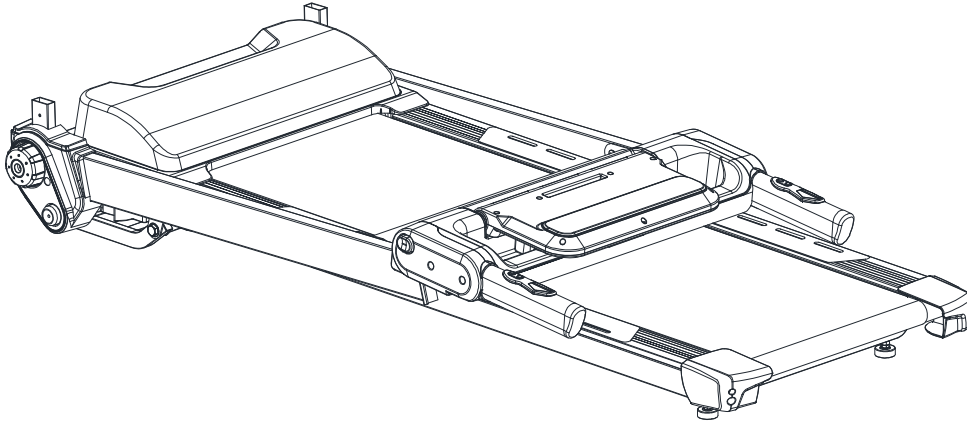**#112.** L Allen Wrench (1pc)

#115. Short Phillips Head Screw Driver (1pc)

ASSEMBLY

Step 1.

Place the treadmill on level ground.

Step2.

Install Front Frame Base Cover (L)(R) (37) and (38) on the treadmill and use Short Phillips Head Screw Driver (115) to tighten 2 pcs of M5 × P0.8 × 12L_Phillips Head Screw.

NOTE: Please Tighten All Screw After All Components Assembly Complete.
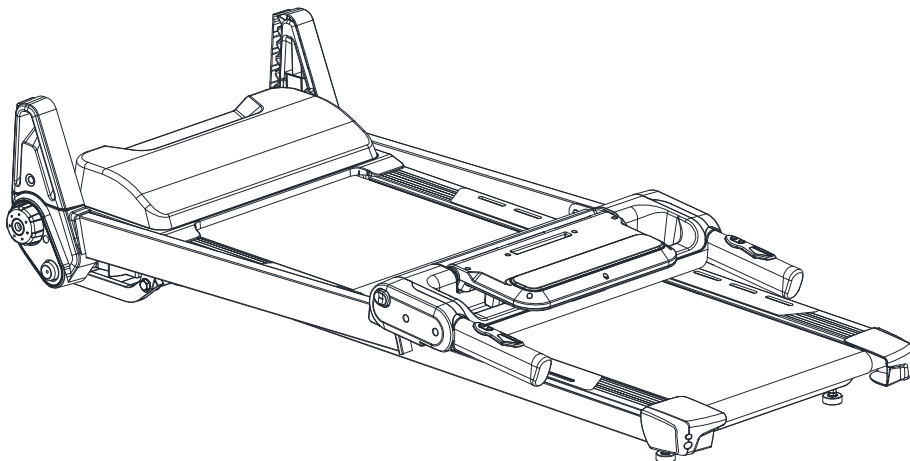
Unfolding Procedure

Step 1.

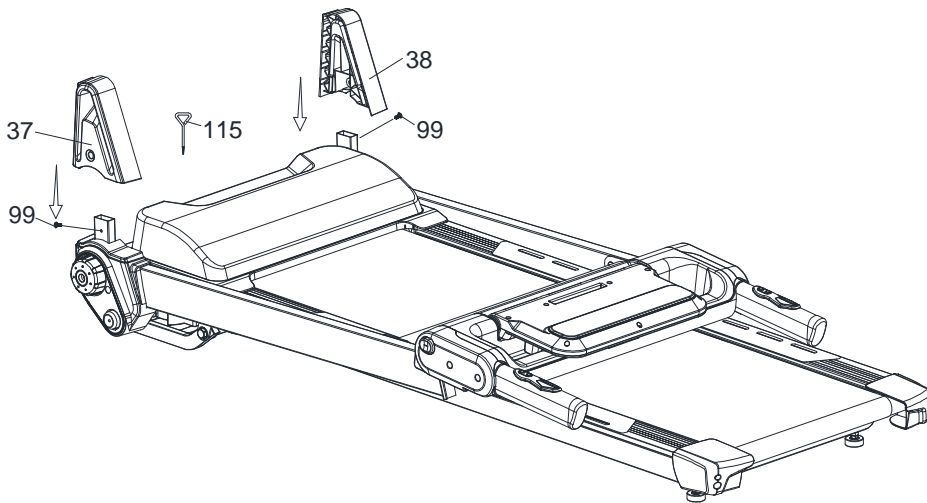Place the treadmill on level ground.
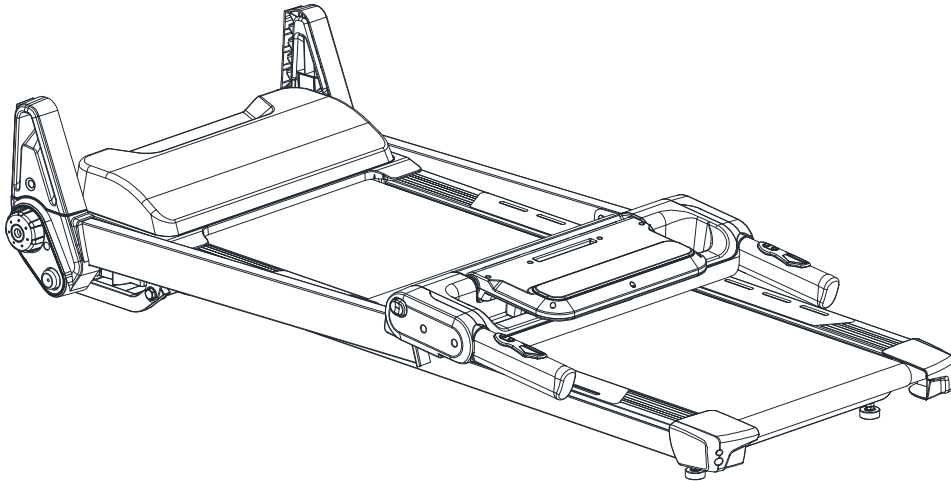
Step 2.

Install Front Frame Base Cover (L)(R) (37) and (38) on the treadmill and use Short Phillips Head Screw Driver (115) to tighten 2 pcs of M5 $\times$ P0.8 $\times$ 12L (99) Phillips Head Screw.
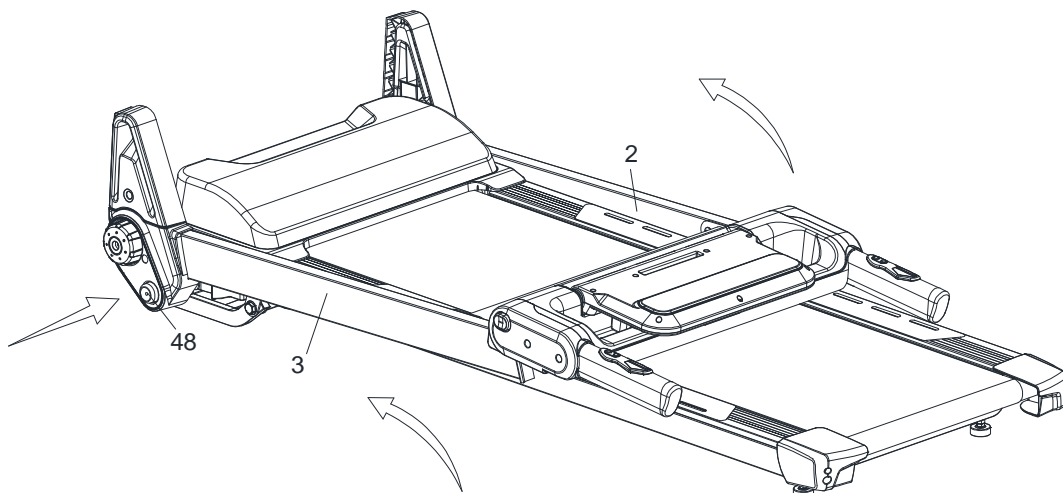
Step 3.

Press and hold Release To Push A Button (Top) (23) and turn Console Support (4) as indicated below and unfold console Assembly (26) into place.
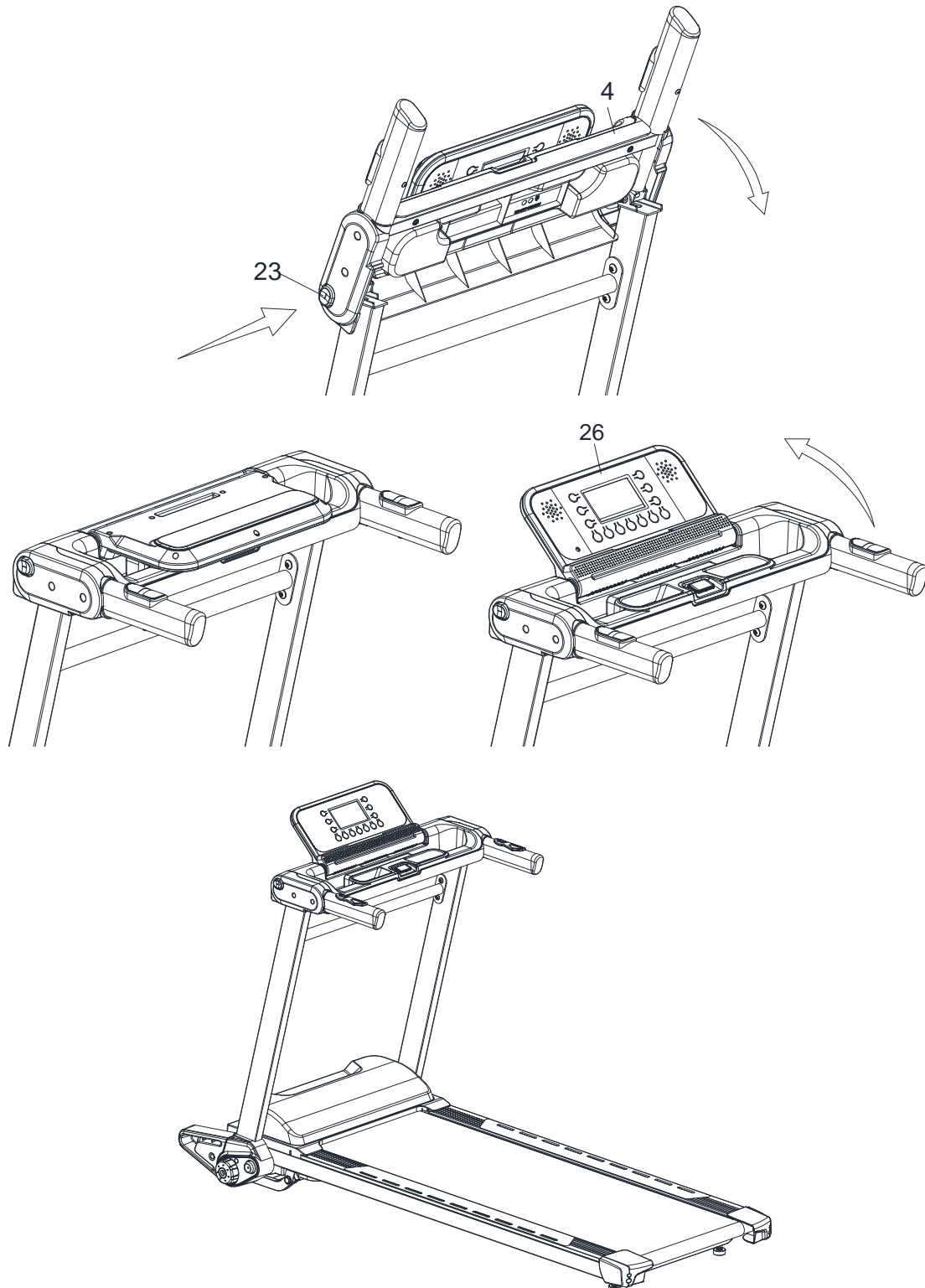
Folding Procedure

Step 1.

Fold Console Assembly (26).
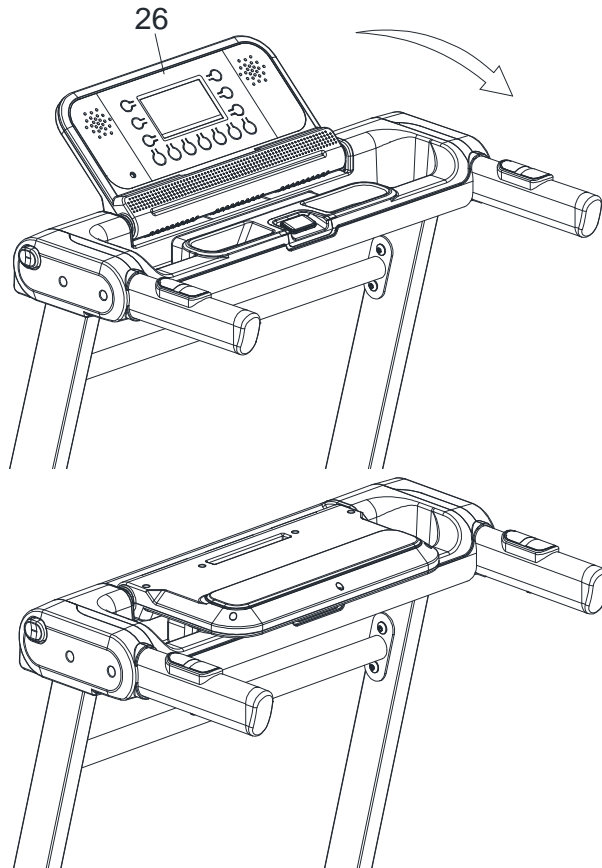
Step 2.

Press and hold the Release To Push A Button (Top) (23) and pull Console Support (4) up to the end.
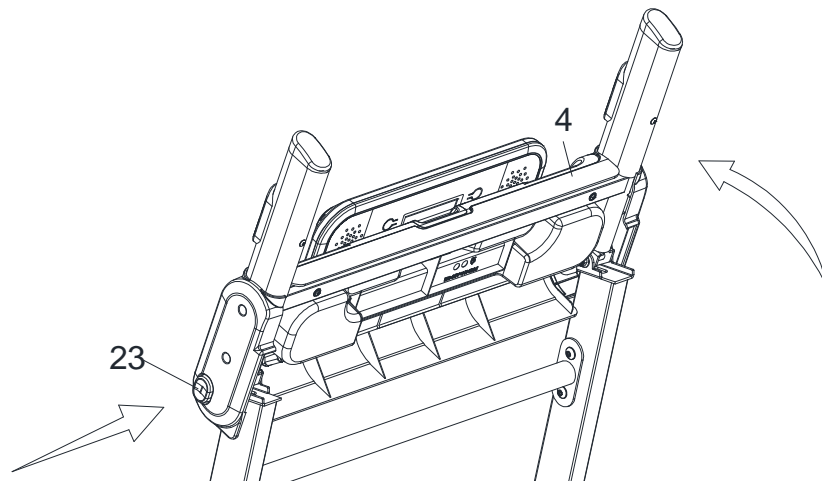
Step 3.

Press and turn Brake Tension Knob (20) clockwise and pull Uprights (L, R) (3,2) as the arrow indicates to the end position.
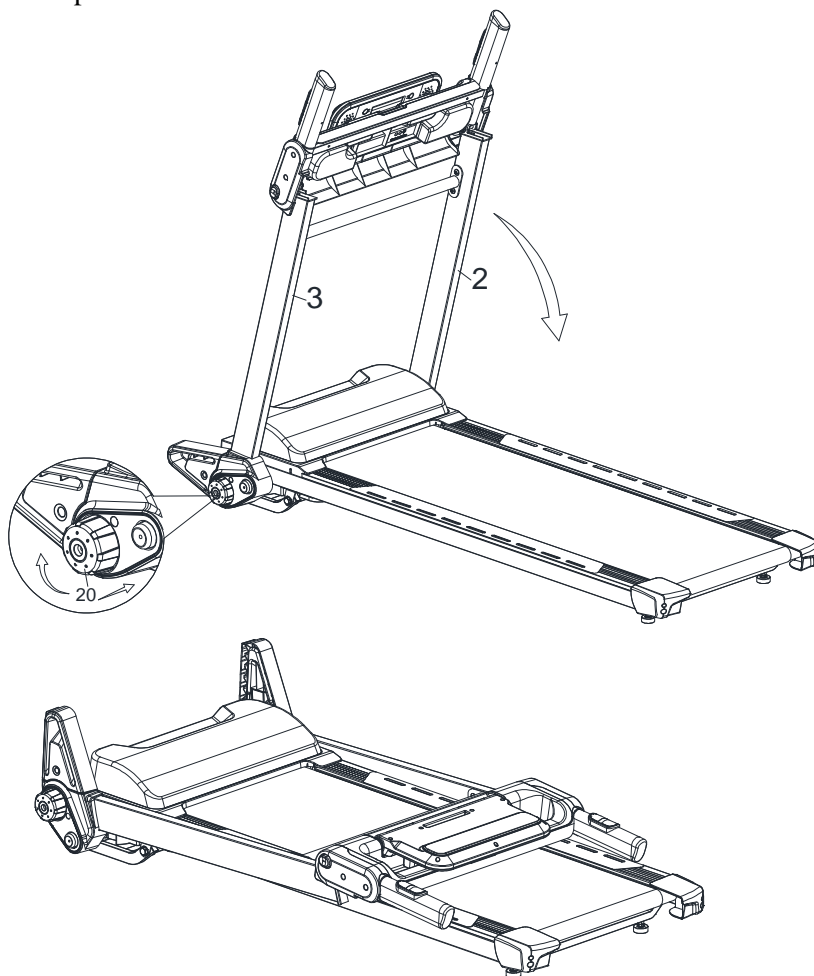
Step 4.

Pull up the Main Frame (1) to fold up the treadmill.

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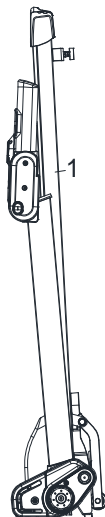
COMPUTER OPERATION INSTRUCTIONS

Button Function

A> "START/ STOP" Button
Press this button to start the operation of the treadmill with the starting speed at 1.0 KPH. Press it again to stop the treadmill with the speed gradually slow down until full stop.

B> "SET" Button
Pressing this button resets TIME, DISTANCE, CALORIE. When in the manual mode, press this button to set parameters TIME, DISTANCE, CALORIE . Although three parameters can be set, only the last parameter set is accepted . In the pause mode, press this button, all values will be cleared to zero back to idle mode.

D> "MODE" Button
In ready mode, Press "MODE" button to select the training mode. There are 12 built-in programs and an HRC program to select.

E> "FAST" Button
1. Press the "FAST" button to increase the speed until the proper speed. Hold this key for 3 seconds will quickly increase the speed.
2. In setting mode, pressing "FAST" button changes the parameter (increases).

F> " SLOW " Button
1. Press the "SLOW" button to decrease the speed until the proper speed. Hold this key for 3 seconds will quickly decrease the speed.
2. In setting mode, pressing "SLOW" button changes the parameter(decreases).

G> "UP" Button
1. Press the "UP" button to increase the incline until the proper incline. Hold this key for 3 seconds will quickly increase the incline.
2. In setting mode, pressing "UP" button changes the parameter (increases).

H> "DOWN" Button
1. Press the "DOWM" button to decrease the incline until the proper incline. Hold this key for 3 seconds will quickly decrease the incline.
2. In setting mode, pressing "DOWM" button changes the parameter(decreases).

I> "Rapid Speed" Button
   Press quick buttons 3, 6 and 9(KPH) or WALK for low speed, JOG for medium speed and
   RUN for high speed,

J>"Rapid Incline" Button
   Press quick buttons 3, 6 and 9, you can quickly reach the desired height.

Get prepared before using the treadmill
   Be sure that the power complies with product specification prior to turning on the treadmill. The
   red light of the switch comes on and the console shows E0 when the treadmill turns on. Put the
   safety key in place and clip on the other end to the cloth and be ready for the workout.

Quick Start
   1. Place the safety key and the treadmill is in manual mode. Press START/STOP button to begin
      the workout.
   2. The initial speed is 1.0KPH. You can adjust the speed by pressing "FAST", "SLOW" and
      "RAPID SPEED" buttons.
   3. You can adjust the incline by pressing "UP", "DOWM" and "RAPID INCLINE" buttons.
   4. You can press START/STOP button or pull out the safety key, in case of emergency, any time
      when the treadmill is operating. The speed will slow down gradually till fully stop.
   5. While in manual mode, pressing "CLEAR/SET" button sets time, distance and calorie.
      Pressing FAST and SLOW buttons changes the value. When finish setting,
      pressSTART/STOP to begin the workout. (The system accepts only the last item set. When
      the value of the set item is reached, the treadmill stops.)

Handgrip pulse feature

   Any time when the treadmill is operating, grasping handgrip shows treadmill pulse feature and
   the heart beat value is displayed. Grasp firmly while using this feature otherwise the value
   fluctuates.

Calorie Display
   The calorie display shows the value of heat energy consumed during the workout.

Built-in programs
   Pressing MODE and there are 12 build-in programs, P1, P2, P3 … and P12. These programs
   are with both incline and speed variations and hence more difficult and they are not
   recommended for beginners or children.

HRC Program：

1. This program is the heartbeat control program, please consult your physician or professional trainer before use.
2. Press MODE key to enter selection procedure. Then press MODE key again or FAST/SLOW key to choose HRC program, Program window will show H-1
3. Press SET key to change setting values (Weight, Age, Target Heart Rate and Time. Use speed FAST / SLOW or incline UP / DOWN keys to adjust.)
4. Press START key to start training process with set values.
5. When HR value is lower than the set Target Heart Rate value, both speed and incline will increase while HR value is higher, both speed adn incline decrease.
6. The treadmill will enter pause mode when it is without HR value. When HR resumes on the the console display, pressing STSRT button continues the treadmill operation. If the pause mode lasts more than 5 minutes, it enters ready mode.

Calibration Mode

In ready mode, pulling off the safety key, the display shows E0. Pressing and hold MODE key then putting on the safety key, the unit enters engineering mode.

1. Press SET key to change the set value (wheel size 46, minimum speed 1KM, maximum speed 18KM, incline level 12)
2. When finish setting, press SET key to enter calibration mode then press START key to run speed and incline calibration. The unit returns to ready mode automatically when calibration ends.
3. In engineering mode, pressing MODE or pulling off safety key exits the engineering mode.
4. In engineering mode, pressing START key enters calibration mode.
5. Please do not change the engineering mode setting values otherwise the speed or the incline value alters.

➢ BELT TRACKING ADJUSTMEANT

If during use you notice that walking belt either shifts to the right or the left of center, first remove "Safety Key" and unplug equipment from AC power source. Using M5 Allen wrench provided, turn left rear roller adjustment as indicated below clockwise no more the 1/4" of a turn. Remove M5 Allen wrench, insert "Safety Key" and insert AC power cord into AC outlet. Turn on your treadmill and observe after running a few minutes to see if problem has been corrected. This may take several adjustments, so repeat the above procedure.

➢ TREADMILL LUBRICATION
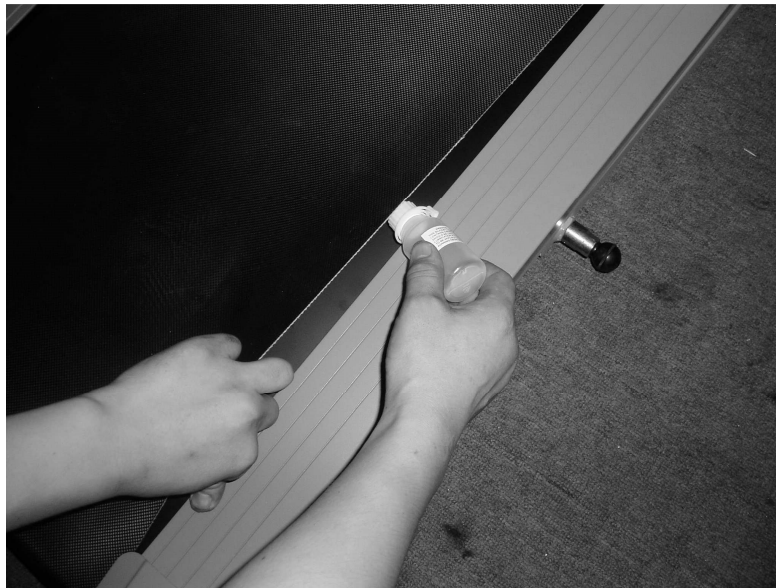
Your treadmill should require little maintenance other then periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

HOW TO CHECK TREADBELT FOR PROPER LUBRICATION?
Lift one side of the treadbelt and feel the top surface of the treadboard.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

HOW TO APPLY LUBRICANT?
1. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

IMPORTANT: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION
LUBRICATION SCHEDULE.
1. If it's necessary, it's better to lubricate half a bottle when user open carton to use at first time.
2. We suggest if user doesn't apply lubricant at first time, after the first 25 hours of use
   (2-3 months) need to apply one half bottle of lubricant.
3. Every 100 hours or 300 km of use apply one half bottle of lubricant per exact situation.

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.

Trapezius
Anterior
Pectoralis Major
Serratus Anterior
Biceps
Abdominal
Sartorius
Quadriceps
Tibialis

Trapezius
Posterior
Tricep
Latissimus Dorsi
Gluteals
Hamstrings
Gastrocnemius
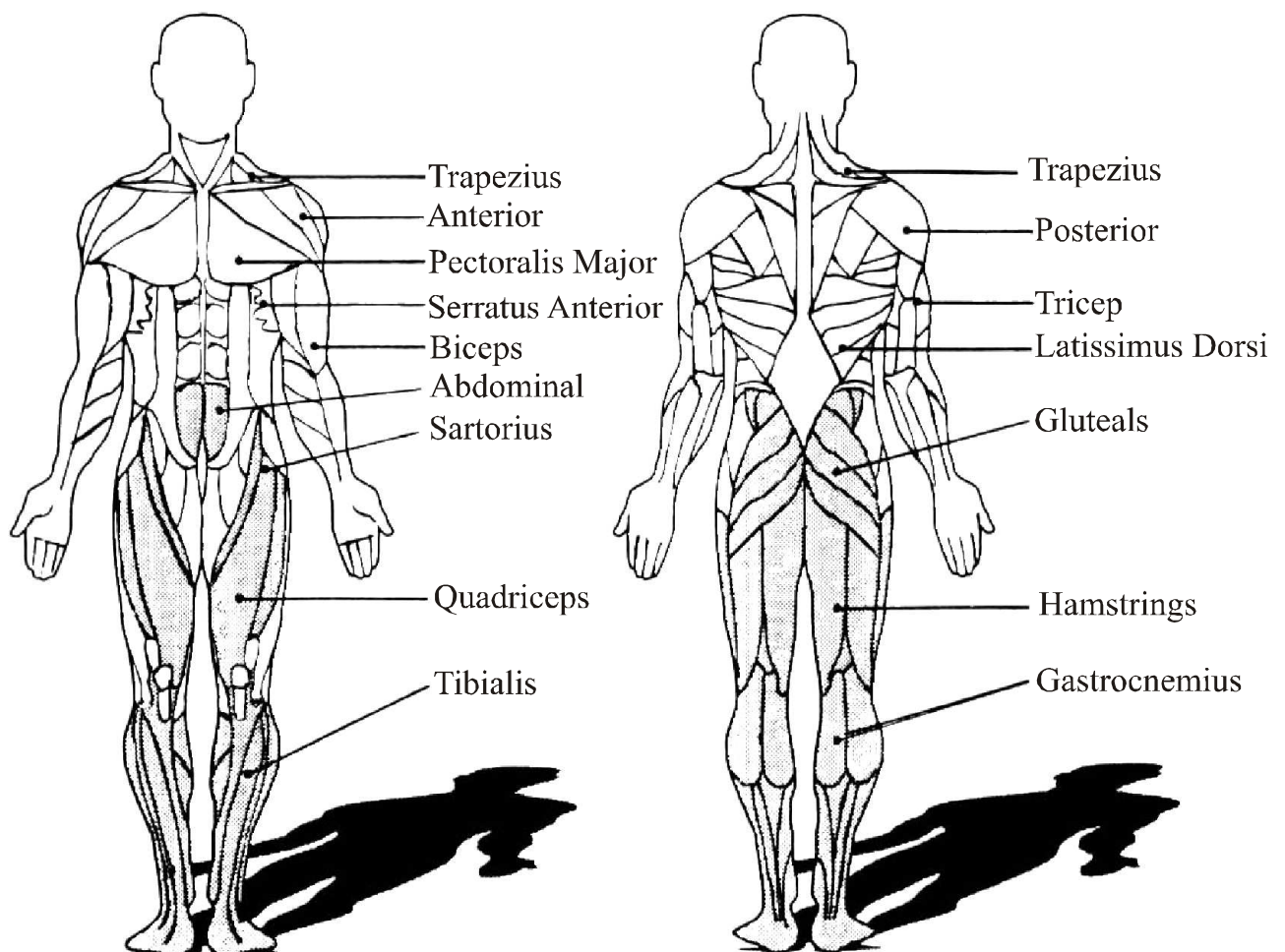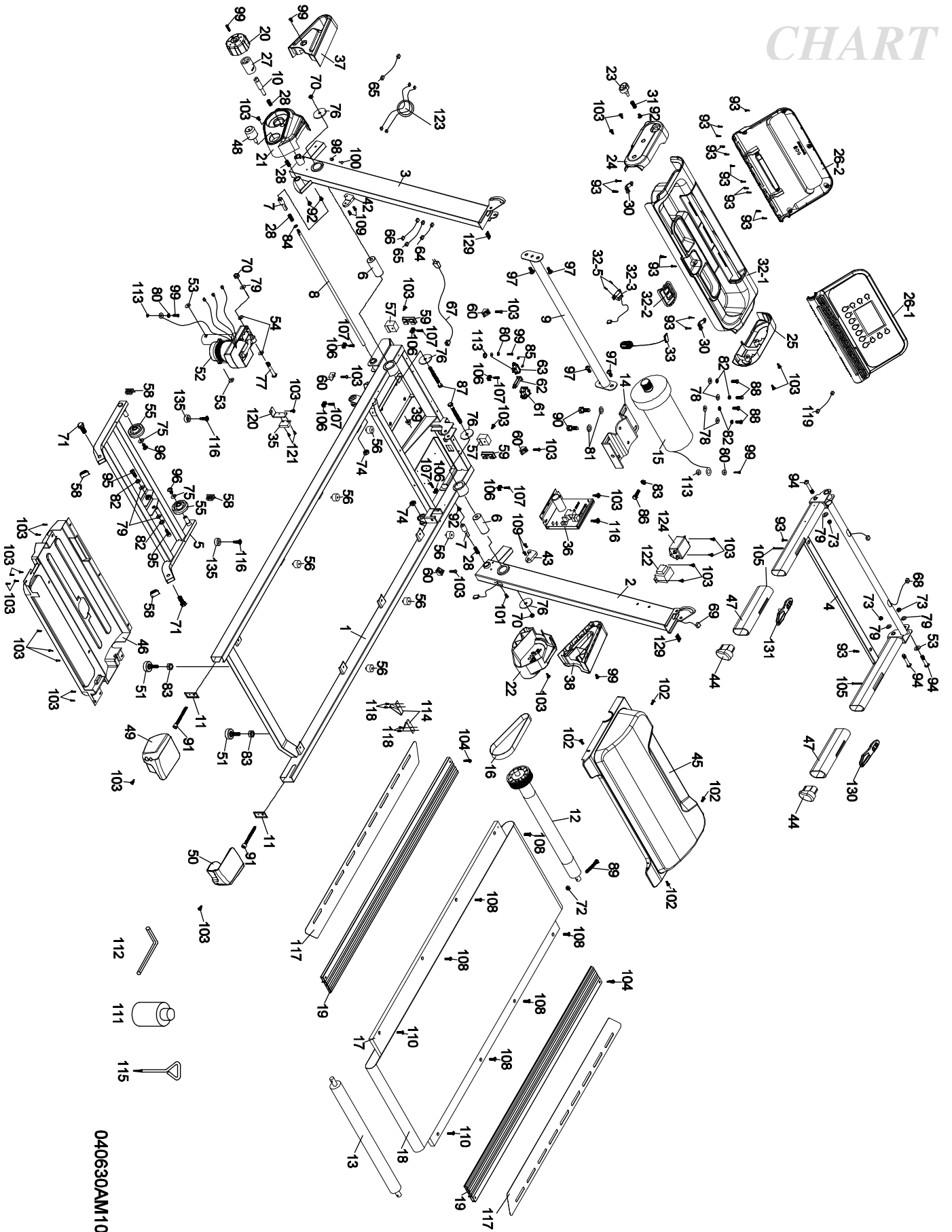
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NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Right Upright	1
3	Left Upright	1
4	Console Support	1
5	Incline Bracket	1
6	Upright Support Axle	2
7	Sprung Latch	2
8	Releasing Bracket Axle	1
9	Handrail Support	1
10	Brake Tension Knob Axle	1
11	Rear Roller Cover	2
12	Front Roller W/Pulley	1
13	Rear Roller	1
14	Motor Bracket	1
15	Drive Motor	1
16	Drive Belt	1
17	Running Deck	1
18	Running Belt	1
19	Foot Rail	2
20	Brake Tension Knob	1
21	Rear Frame Base Cover (L)	1
22	Rear Frame Base Cover (R)	1
23	Release To Push A Button (Top)	1
24	Handgrip Side Cap(L)	1
25	Handgrip Side Cap(R)	1
26	Console Assembly	1
26~1	Console Top Cover	1
26~2	Console Bottom Cover	1
27	Knob Bushing	1
28	Constrict Spring	4
30	Beverage Holder Anchor	2
31	Spring	1
32~1	Beverage Holder	1
32~2	Safety Key Cover	1
32~3	Safety Switch Module W/ Cable	1
32~5	Ø3 × 10L_Sheet Metal Screw	2
33	Square Safety Key	1
35	Sensor W/Cable	1
36	Motor Controller	1
37	Front Frame Base Cover (L)	1
38	Front Frame Base Cover (R)	1
39	Bushing	1
42	Deck stopper (L)	1
43	Deck stopper (L)	1
44	Handgrip End Cap	2
45	Motor Top Cover	1
46	Frame Cover	1
47	Handgrip Foam	2

NO.	DESCRIPTION	Q'TY
48	Release To Push A Button (Bottom)	1
49	Rear Adjustment Base (L)	1
50	Rear Adjustment Base (R)	1
51	Adjustment Foot Pad	2
52	Incline Motor	1
53	Ø24 × Ø10 × 3T_Nylon Washer (A)	3
54	Nylon Washer (C)	2
55	Transportation Wheel	2
56	Rubber Foot	6
57	Foot Pad	2
58	15 × 30m/m_Square End Cap	4
59	25 × 50m/m_Square End Cap	2
60	Motor Cover Anchor	4
61	On/Off Switch	1
62	Breaker	1
63	Power Socket	1
64	100m/m_Connecting Wire (Black)	1
65	150m/m_Connecting Wire (White)	2
66	150m/m_Connecting Wire (Black)	1
67	Power Cord	1
68	700m/m_Computer Cable (Upper)	1
69	1200m/m_Computer Cable (Lower)	1
70	3/8" × UNC16 × 7.0T_Nyloc Nut	3
71	1/2" × UNC12 × 1-1/4"_Hex Head Bolt	2
72	M8 × P1.25 × 7.0T_Nyloc Nut	1
73	M10 × P1.5 × 8T_ Nyloc Nut	3
74	1/2" × UNC12 × 8T_Nyloc Nut	2
75	Ø8 × Ø16 × 1.5T_Flat Washer	2
76	Ø10 × Ø35 × 2.0T_Flat Washer	4
77	3/8" × UNC16 × 1-3/4"_Hex Head Bolt	1
78	Ø10 × Ø25 × 2.0T_Flat Washer	4
79	Ø19 × Ø10 × 1.5T_Flat Washer	6
80	Ø5 × 1.5T_Split Washer	3
81	Ø8 × 1.5T_Split Washer	2
82	Ø10 × 2T_Split Washer	6
83	3/8" × UNC16 × 7T_Nut	3
84	Ø6 × Ø13 × 1.0T_Flat Washer	1
85	Ø3 × 10L_Sheet Metal Screw	2
86	3/8" × UNC16 × 1-1/4"_Hex Head Bolt	1
87	3/8" × UNC16 × 3-1/2"_Hex Head Bolt	2
88	3/8" × UNC16 × 3/4"_Hex Head Bolt	4
89	M8 × P1.25 × 60L_Hex Head Bolt	1
90	M8 × P1.25 × 12L_Hex Head Bolt	2
91	1/4" × UNC20 × 60L_Socket Head Cap Bolt	2
92	M5 × P0.8 × 10L_Flat Phillips Head Screw	4
93	Ø3.5 × 12L_Sheet Metal Screw	19
94	M10 × P1.5 × 50L_Button Head Socket Bolt	3
95	3/8" × UNC16 × 22L_Socket Head Cap Bolt	2

NO.	DESCRIPTION	Q'TY
96	5/16" × UNC18 × 1/2"_Button Head Socket Bolt	2
97	5/16" × UNC18 × 3/4"_Button Head Socket Bolt	4
98	Fastening Bushing	1
99	M5 × P0.8 × 12L_Phillips Head Screw	6
100	M4 × P0.7 × 12L_Phillips Head Screw	1
101	M6 × P1.0 × 15L_Phillips Head Screw	1
102	Ø5 × 16L_Tapping Screw	4
103	Ø5 × 16L_Tapping Screw	31
104	Ø5 × 25L_Tapping Screw	2
105	Ø3 × 55L_Sheet Metal Screw	2
106	Wire Tie Mount	6
107	Ø3.5 × 16L_Tapping Screw	6
108	M6 × P1.0 × 20L_Flat Head Socket Screw	6
109	M5 × P0.8 × 15L_Flat Head Socket Screw	4
110	M6 × P1.0 × 25L_Flat Head Socket Screw	2
111	Lubricant	1
112	M5_L Allen Wrench	1
113	M5_Star Washer	3
114	Belt Guide	2
115	Short Phillips Head Screw Driver	1
116	Ø5 × 19L_Tapping Screw	3
117	Non-Slip Rubber	2
118	Ø4 × 12L_Sheet Metal Screw	4
119	1200m/m_Safety Switch Wire	1
120	Sensor Rack	1
121	Ø3 × 10L_Sheet Metal Screw	2
122	Choke	1
123	400m/m_Connecting Cable Of Motor	1
124	Filter	1
129	Rubber Pad	2
130	800m/m_Speed/Hand Pulse Complex	1
131	800m/m_Incline/Hand Pulse Complex	1
135	Rubber Foot Pad	2

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