TOORX
FITNESS IN MOTION

INSTRUCTION

APP READY 3.0

⟨EXPERIENCE PLUS⟩

CE

EXPLODED DRAWING
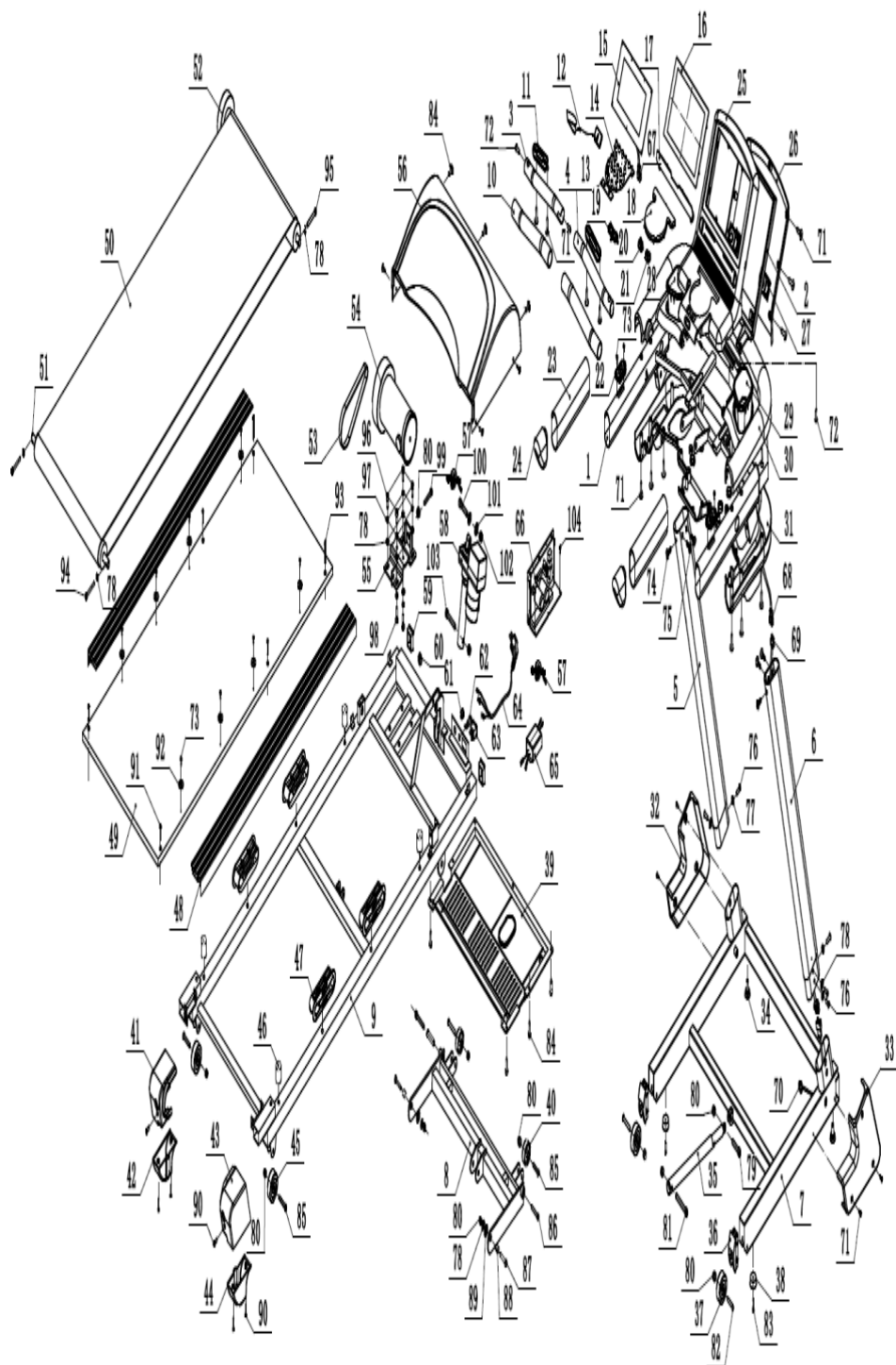
PARTS LIST

PART NO	PART NAME	Q'TY
1	Handle frame	1
2	Console top frame	1
3	Left heart rate tube	1
4	Right heart rate tube	1
5	Left upright	1
6	Right upright	1
7	Base frame	1
8	Incline frame	1
9	Running platform frame	1
10	Heart rate tube sleeve	2
11	Heart rate handle	2
12	Safety key	2
13	Start/stop press board	1
14	Main press board	1
15	Display	1
16	Plastic panel	1
17	Newspaper frame	1
18	Press transparency cover	1
19	Press key frame	1
20	START press key cap	1
21	STOP press key cap	1
22	Outside to pull board	2
23	Handle cover	2
24	Handle tube plug	2
25	Console top up cover	1
26	Console top down cover	1
27	Trumpet	2
28	Left cap frame	1
29	Right cap frame	1
30	Console main cover	1
31	Console down cover	1
32	Protect cover of left upright	1
33	Protect cover of right upright	2
34	Level frame of base frame	1
35	Damper	2

36	Move wheel frame	2
37	Move wheel of base frame	2
38	Rubber cushion of base frame	1
39	Motor belly pan	2
40	Move wheel of incline frame	2
41	Left end cap	1
42	Left wheel cover of running platform	1
43	Right end cap	1
44	Right wheel cover of running platform	2
45	Support wheel of running platform	2
46	Fix cushion of running deck	2
47	Rubber cushion of running deck	4
48	Side rail	1
49	Running deck	1
50	Running belt	1
51	Rear roller	1
52	Front roller	1
53	Motor belt	1
54	Motor	1
55	Motor frame	1
56	Motor cover	1
57	Magnet ring	1
58	Incline motor	1
59	Front tube plug of running platform	2
60	Adjust tube plug of motor	1
61	Power switch cushion	1
62	Fuse	1
63	Power switch	1
64	Power wire	1
65	Filter	1
66	Control board	1
67	Connect wire of console top	1
68	Connect wire of console frame	1
69	Connect wire of upright	1
70	Connect wire of running platform	1
71	ST4.2*15 screw	30
72	M8*15 Allen head bolt	4
73	ST4.2*15 screw	12

| 74	M8*25 Allen head bolt	2
75	M8*20 Allen head bolt	4
76	M8*20 Allen head bolt	6
77	Φ8 Arc Washer	2
78	Φ8 Washer	15
79	M8*35 Allen head bolt	1
80	M8 Lock Nut	9
81	M8*45 Allen head bolt	1
82	M8*50 Allen head bolt	2
83	ST4.2*20 screw	2
84	ST4.8*16 screw	14
85	M8*40 Allen head bolt	4
86	M10*80 Allen head bolt	2
87	M8*30 Allen head bolt	2
88	Connect shaft sleeve of incline frame	2
89	Plastic washer	2
90	ST4.2*15 screw	6
91	M8*65 Allen head bolt	2
92	Side rail cushion	8
93	M8*25 Allen head bolt	2
94	M8*80 Allen head bolt	2
95	M8*55 Allen head bolt	4
96	M8*20 Allen head bolt	4
97	Φ8 spring Washer	6
98	M8*12 bolt	2
99	M8*70 Allen head bolt	1
100	M10*50 Allen head bolt	1
101	Φ13 plastic Washer	2
102	M10 Lock Nut	2
103	M10*60 Allen head bolt	1
104	ST4.2*12 screw	8

HARDWARE COMPARISON CHART

For your convenience, we have identified the hardware used in the assembly of this product. The chart below is provided to help you to identify items that may be unfamiliar to you.

NO.	DESCRIPTION	Q'TY
71	ST4.2*15 screw	8
72	M8*15 Allen head bolt	4
74	M8*25 Allen head bolt	2
75	M8*20 Allen head bolt	4
76	M8*20 Allen head bolt	6
77	Φ8 Arc Washer	2
78	Φ8 Washer	4
A	SCREWDRIVER	1
B	5mm SOCKET HEAD WRENCH	1
C	6mm SOCKET HEAD WRENCH	1
D	LUBRICANT	1
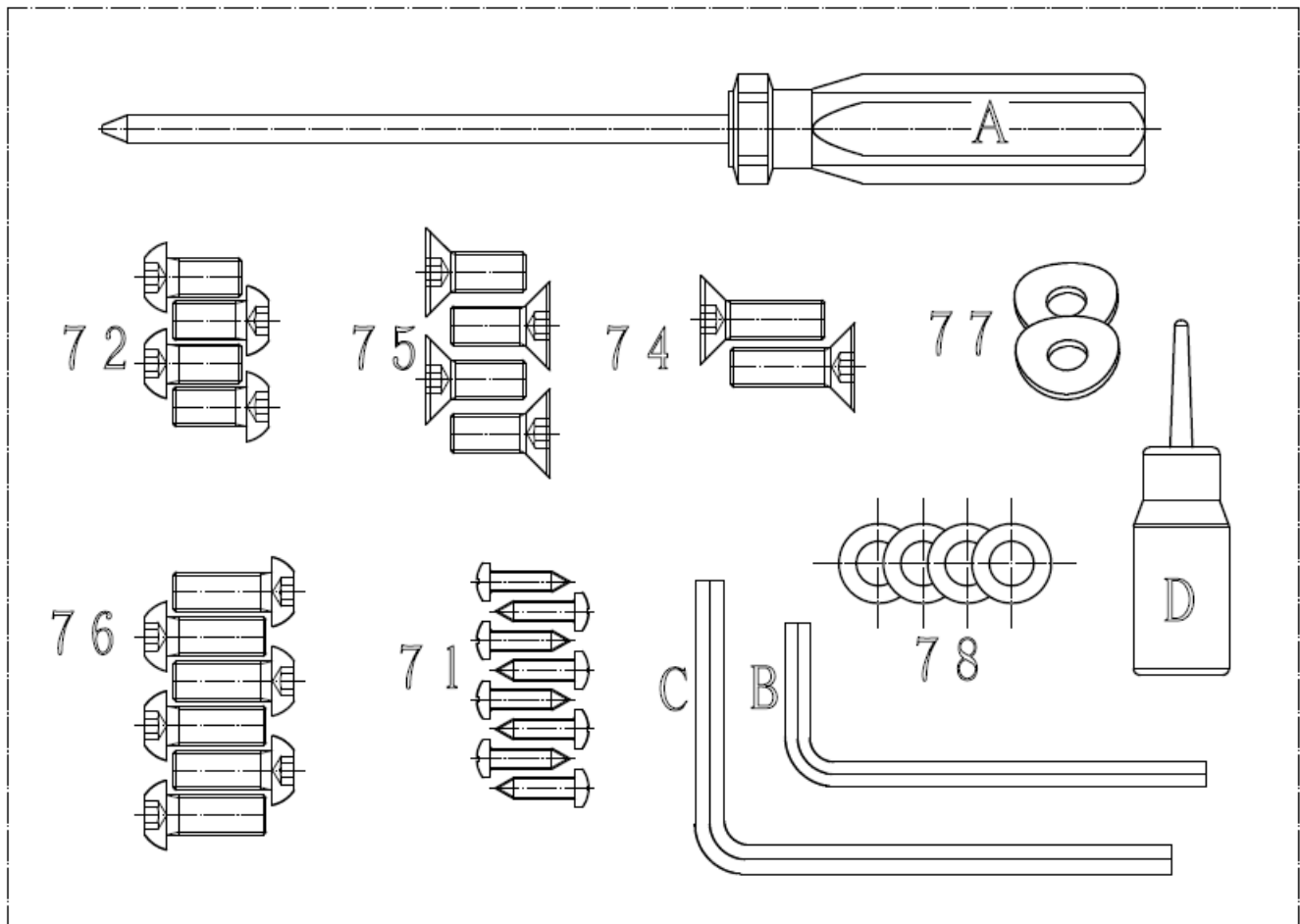
ASSEMBLY INSTRUCTIONS：

WARNING: Please put on all the screws, washers and bolts then tighten them.
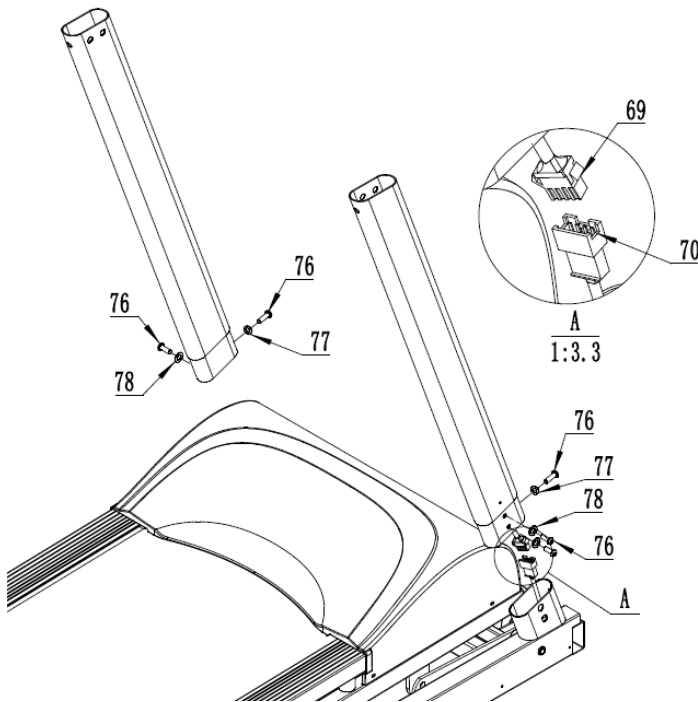
STEP1:

First connect Connect wire of base frame and Connect wire of upright.

Fix upright onto the base frame with M8*20 Allen head bolt76、Φ8 Arc Washer77 and Φ8 Washer78。
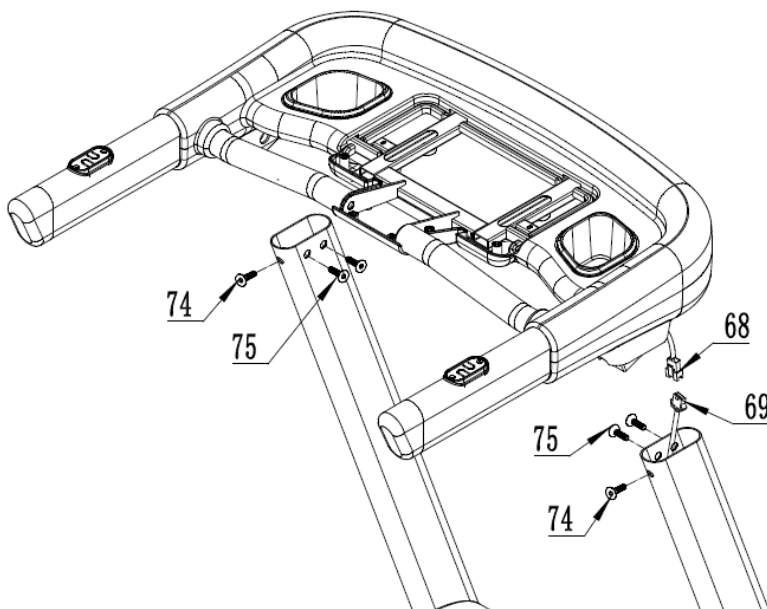
STEP2:

First connect Connect wire of console frame and Connect wire of upright.

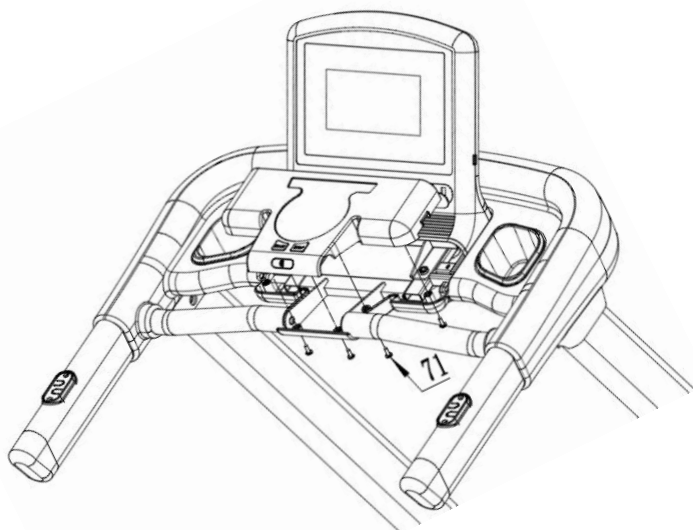Fix the console onto the upright with M8*25 Allen head bolt74 and M8*20 Allen head bolt75.
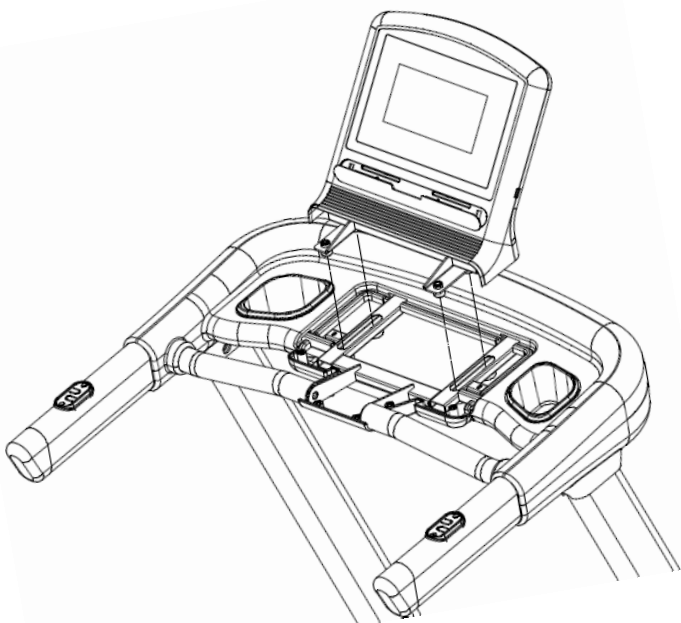
STEP3 A:
First loosen six bolts before install console top.
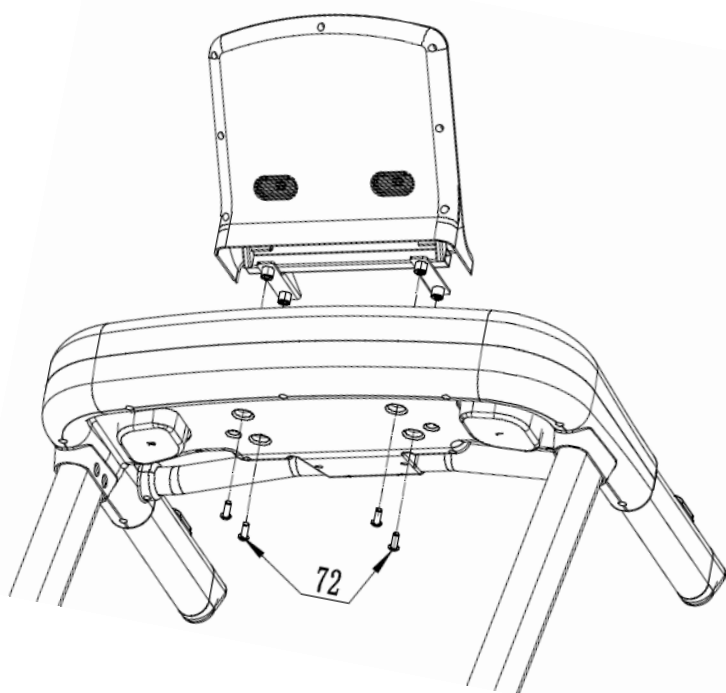
STEP3 B:
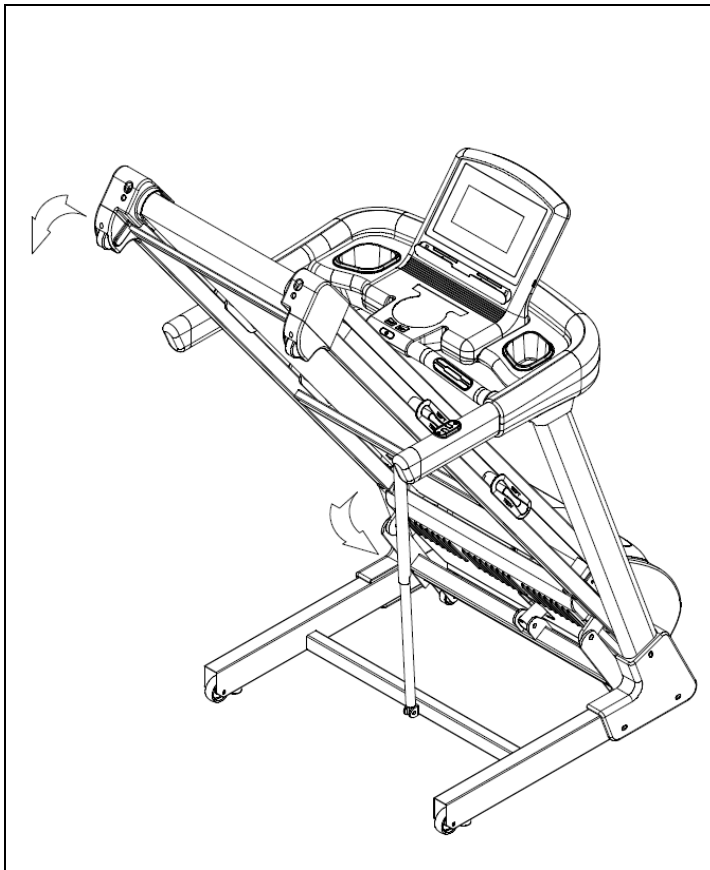Fix console top with console frame with 72 M8*15 Allen head bolt.

STEP3 C:

Fix the Press transparency cover on the console with 71 ST4.2*15 screw.
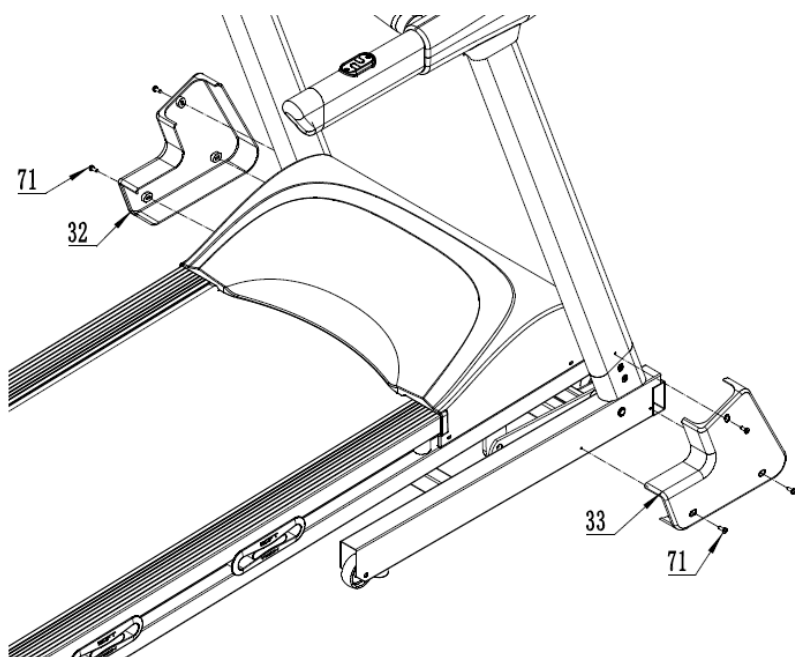
STEP4:

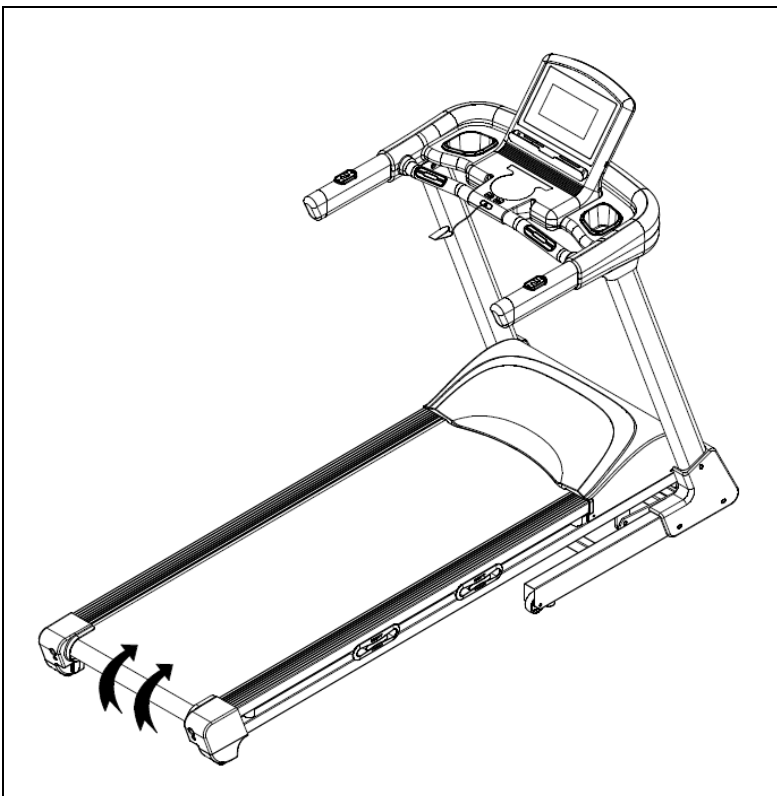Fix the protect cover of upright base frame with ST4.2 * 15 Screw 71.

Folding illustration:

To unfold the treadmill:

Folding illustration:

To drop down treadmill:

1. Strike the damper.

2. Hold on to the top end covers and pull down the treadmill slowly on the ground.
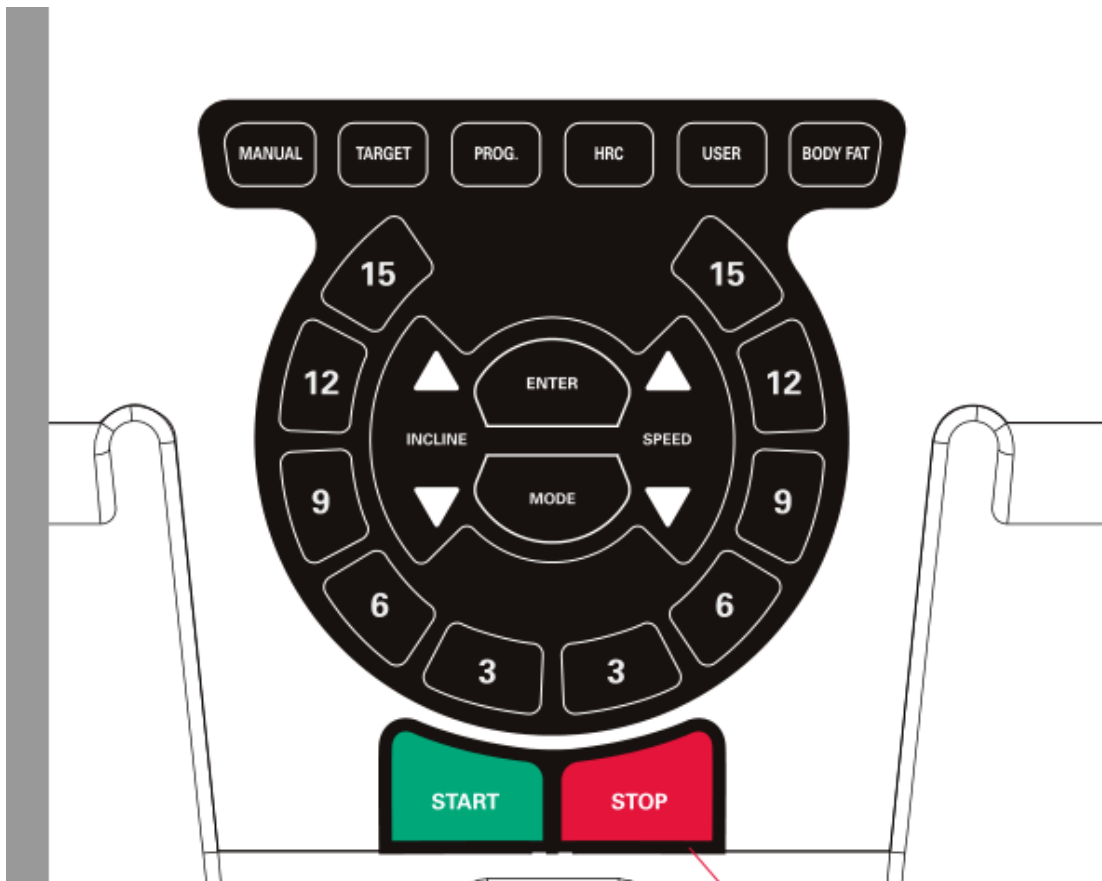

To fold up the treadmill:

Both hands hold on the bottom end covers and lift up the treadmill.

The operation instructions of the treadmill mainly include two parts, namely the operation of the button board and the interface operation of the Android control all-in-one machine.

Key board operation

1.MANUAL pattern

For manual mode, click "start" to start the treadmill.

2.TARGET pattern

Press the target button to set the countdown and set the target time, calories, distance, and the number of steps.

3.PROG pattern

Program selection. After the PROG key enters the program mode, the key can switch to select the desired operation mode.

4.HRC

Enter the HRC functional interface

USER

Enter the user mode.

6.BODY FAT

Measuring fat function

7.ENTER

Confirm key, generally enter mode or program interface, click confirm to confirm mode can enter.

8.MODE

Enter the mode interface.

9.3.6.9.12.15

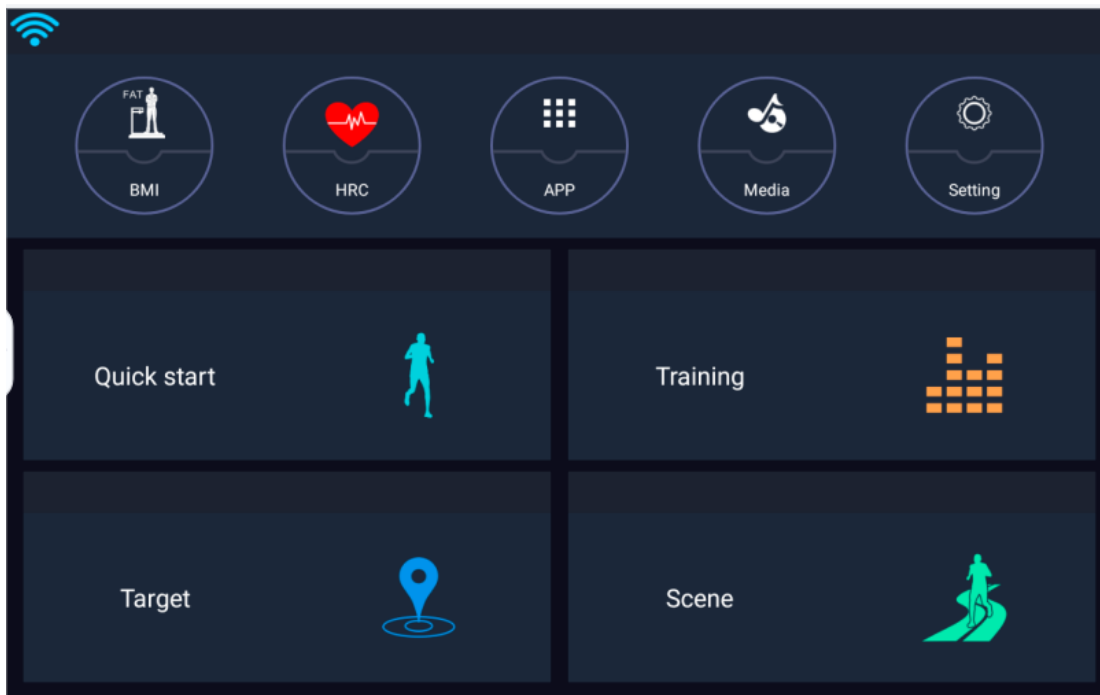Shortcuts for speed and slope.

10.START

Start the treadmill.

11.STOP

Stop the treadmill when the treadmill is started.

Interface operation

1. main interface

The main interface contains 9 modules: lipid measurement, HRC, APP, multimedia, setting, quick start, training program, target training, and real-action movement.

2.measure fat

Liposometry function mainly tests the BMI data based on age, height, weight, and sex.Enter age, height, weight, and select a good gender, and then click "test" to calculate the BMI value.

3.HRC

In this mode, 65%, 75% and 85% are available, click in on demand.

Take 65% here as an example. After entering, you can fill in your age, weight, target heart and exercise time according to your personal data. After filling in, you can "start" the treadmill and enter the sports interface.

4.APP

This feature is mainly some third-party applications installed in the device, at which athletes can choose the APP browsing they need to use.At this interface, the treadmill can also be

controlled, You can start the treadmill， Suspension function， Stop functionality，

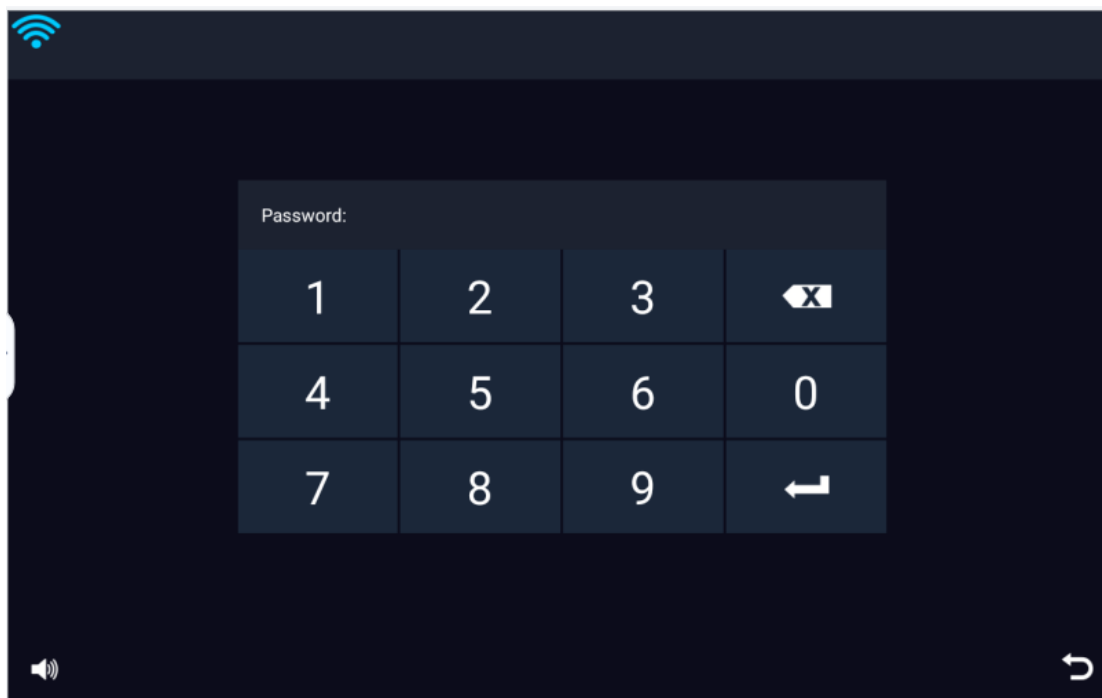 Volume adjustment function, speed increase and decrease, and return interface function。
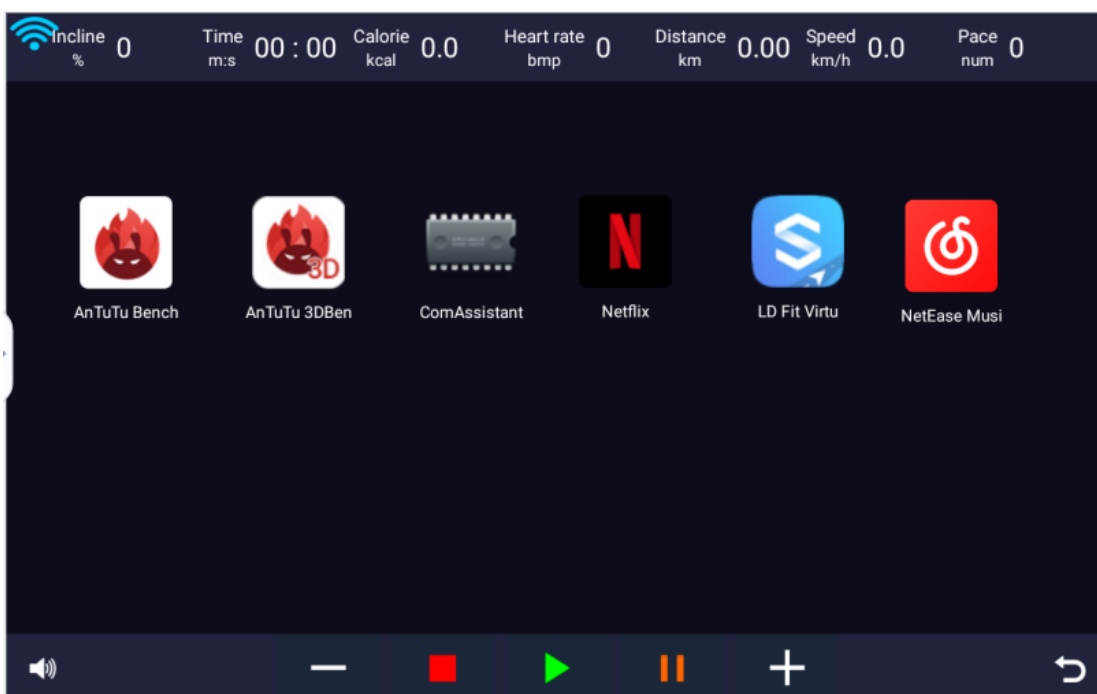
5.multi-media

Multimedia features are usually mainly about reading and browsing videos, music, and pictures in a U disk or memory card.The treadmill can also be tionally controlled under this interface。
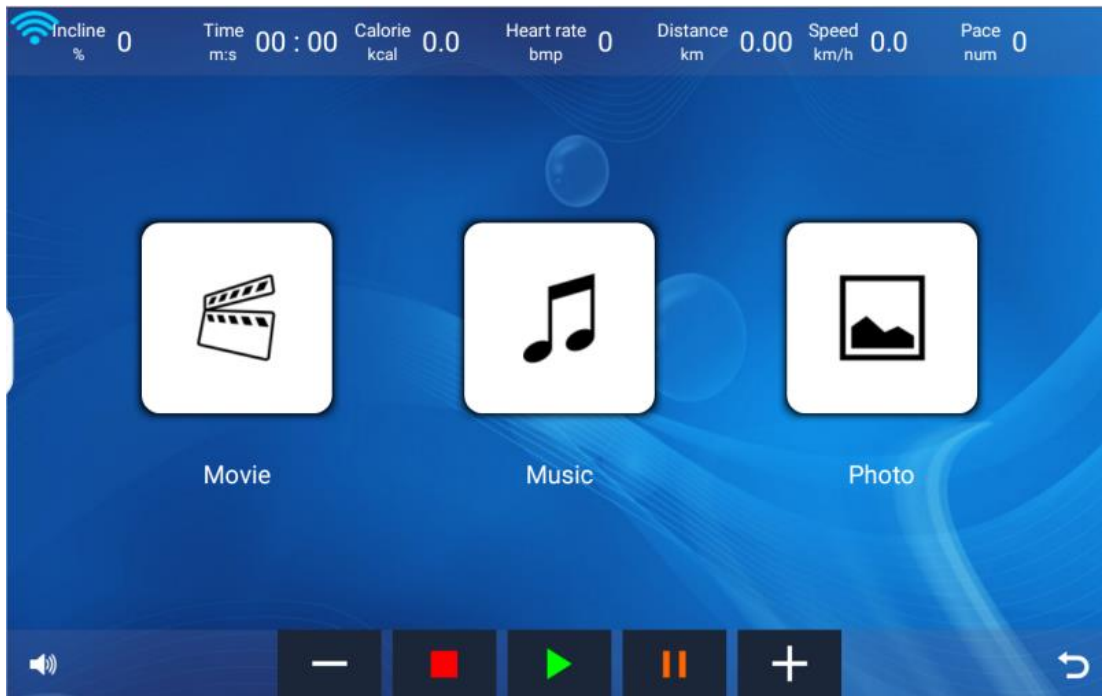
6.Set Up

Settings are usually mainly used to connect to WiFi, Bluetooth, brightness adjustment, and volume.Click on the settings of the main interface to pop up the password interface.

The password is 886127, and you can enter the Settings function

interface.

6.1 System settings

This setting function is mainly connecting to WiFi, Bluetooth, brightness adjustment, or volume adjustment.According to the figure below, "Network and Internet" is the connection WiFi function, click in to select the WiFi you need to connect, and then enter the password to connect."Connected device" is the Bluetooth function, click in and choose the Bluetooth to connect to connect."Display" is the adjustment of screen brightness, and dragging the progress bar to choose the brightness desired.Pull-down of the interface has a "scenario mode" that is the volume adjustment function button.
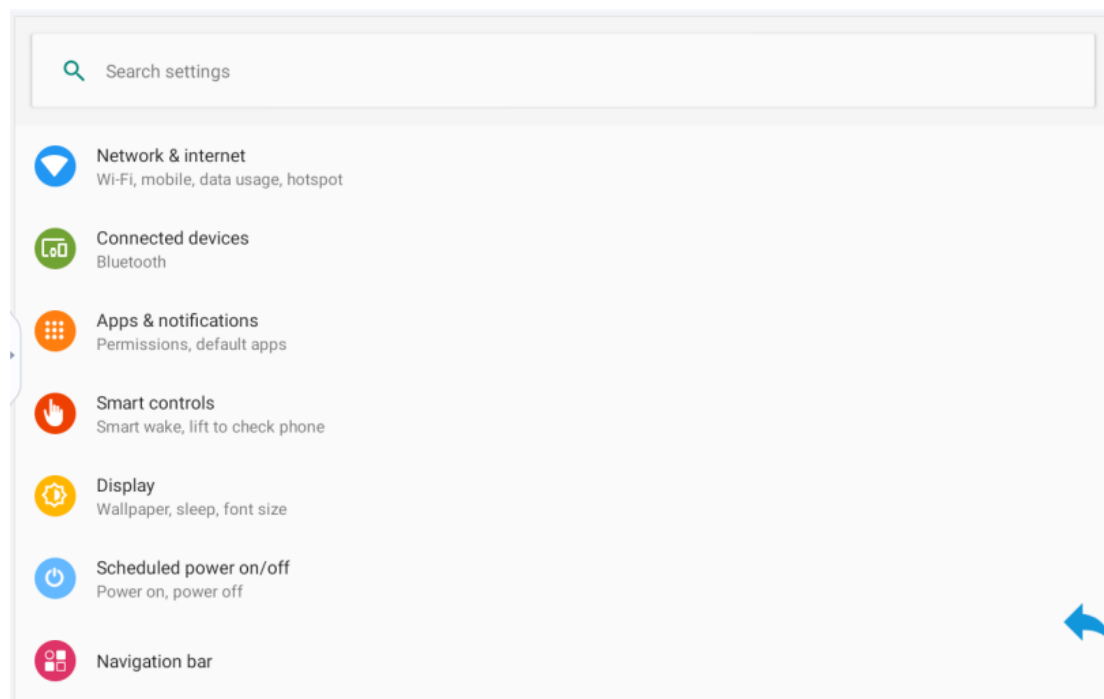

6.2 Plant setup

This feature is usually used by developers to view communications.The basic functions of the treadmill

can be controlled here.


6.3 parameter setting

This function interface is mainly to set the parameters of the treadmill, mainly setting the minimum speed, maximum speed, maximum slope, refueling time and other parameters of the treadmill. After filling in, remember to click the "parameter setting" at the bottom, pop up "Save parameters", and click to save.
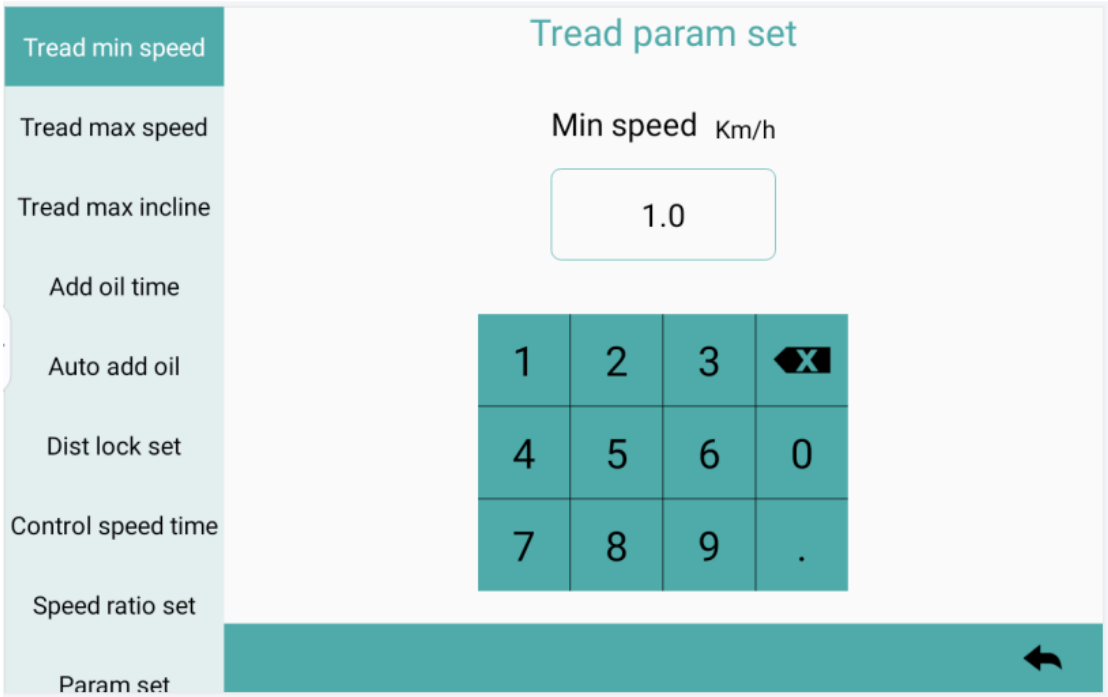

6.4 Application upgrade

The application upgrade function is mainly used by apk software in the subsequent optimization. As long as you connect to WiFi and click on the application upgrade to automatically make the software upgrade, which is very easy to use. Remember not to cut off power or do any other operation, and the

installation can be updated after the installation.
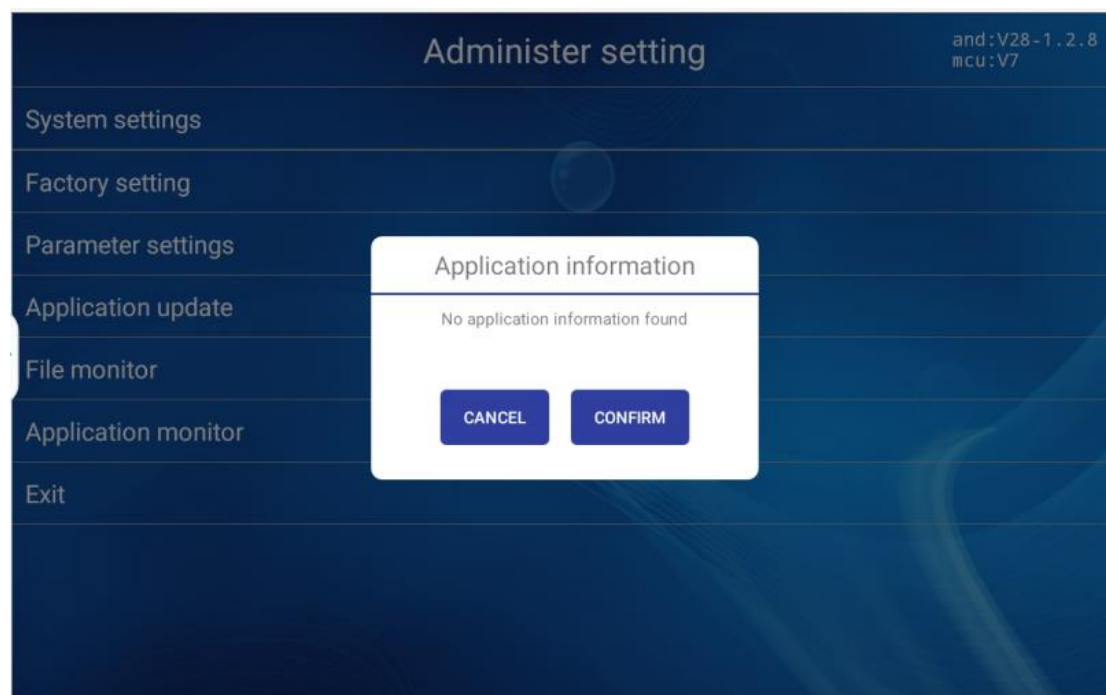
6.5 file management

File management functions are generally used for operations such as copying video and installing applications.
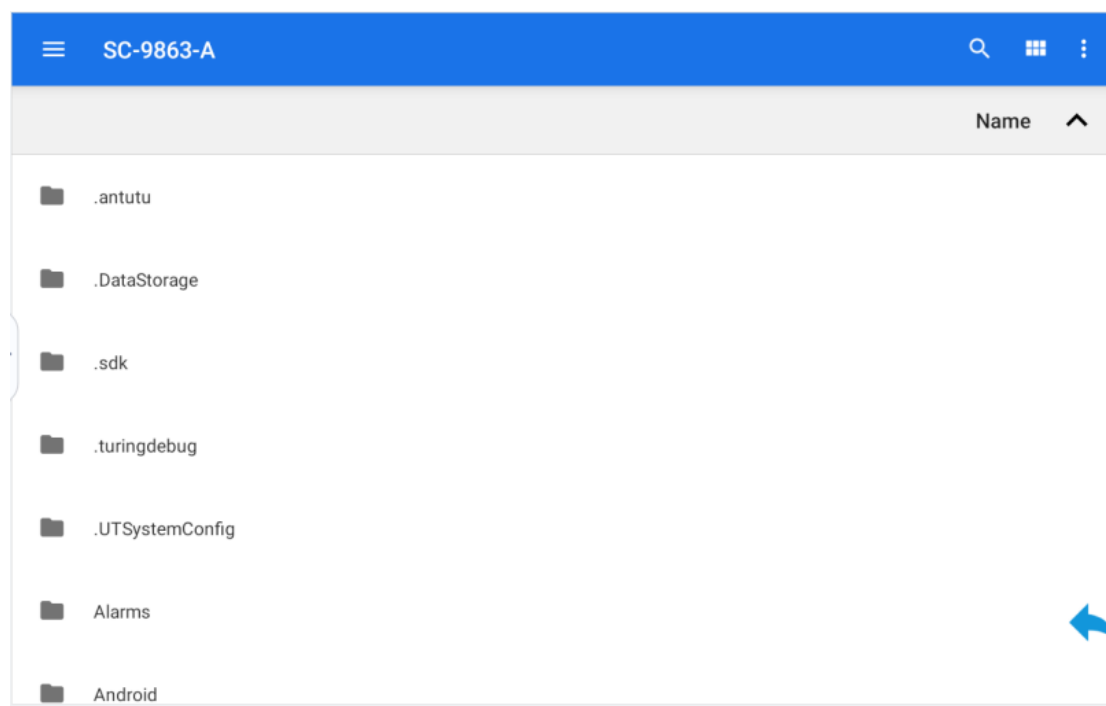
6.6Application management

Application management is generally used to install apk files or uninstall undesired apk.

7.quick start

Click the "quick start" of the main interface to enter the sports interface. Seven sports data, including slope, time, heat, heart rate, distance, speed and steps, where shortcuts can pop up after speed and slope, 3.6.9.12 respectively. The slope and speed progress bars of the middle section can drag select

the parameters of the desired motion, while the distance and physical exertion are automatically displayed.On the right ■ is the stop motion function，❚❚ To pause the motion function。


When the stop button is clicked, the end motion data result interface is entered.Movement data mainly included total time, average velocity, average slope, total heat, and total distance.The motion data result interface also includes the app interface and volume adjustment function.

8. training program

Click on the "Training Program" at the main interface to enter the program selection interface.The interface includes a total of 12 programs, the motion process is consistent with the figure, where the red line is slope and the white lattice is speed.The + and-keys in the bottom left corner can set the

movement time according to the requirements, and choose the movement program according to the needs. After determining the movement time, click "Start" to enter the movement interface of the program.
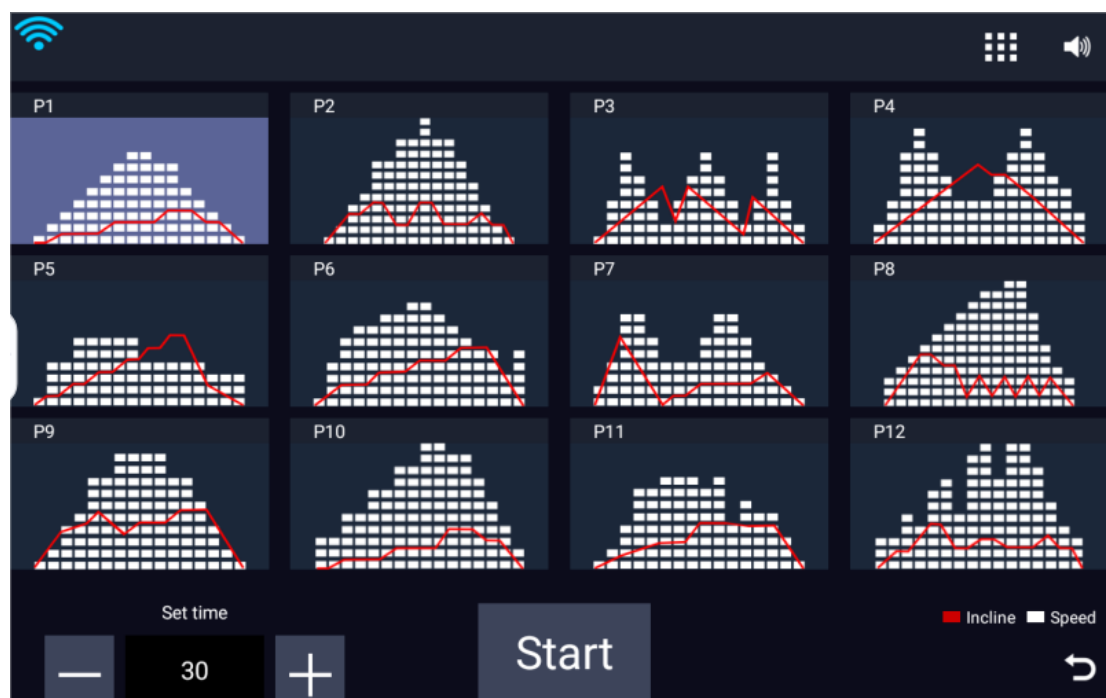

The selected program shows on the right, with "Program mode P1" as an example. After entering the program motion mode, the device will automatically change the speed and slope according to the setting ratio of time and program mode. During this period, the slope and speed can also be automatically adjusted, but the program will mainly change according to the already set value。

9.Target training

Target training mainly includes time, distance, and calories.Here, take the target time as an example. Click the target time to set, adjust the time can use + and-number, or you can drag the progress bar in

the middle, and click "Start" to enter the running interface。
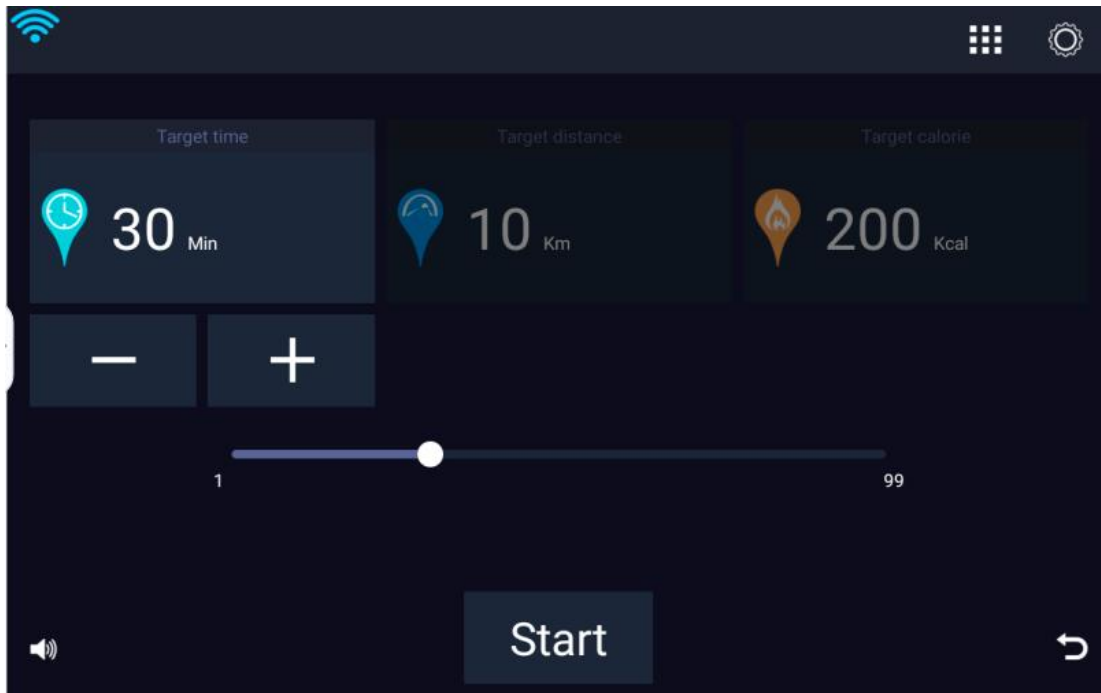
After selecting the target parameters as necessary, click "Start" to enter the motion interface. The target data in the motion interface is the previously set target value.Getting to the target value automatically stops the movement and enters the motion end data result interface.

10.real scene movement

The real scene movement mainly includes four real scenes: green mountains, grassland, roundisland and farm.This interface can also perform the basic operation of the treadmill, start, pause, stop, etc.

Select a scene to enter the motion interface, the motion interface is playing video, the motion data above the interface in real time, the basic operation below the above.

1. Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
2. Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

1. **Warning:** To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

2. **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

3. **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration

4. **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum the underneath treadmill once a week.

BELT ADJUSTMENT:

Belt adjustment and tension performs two functions: adjustment for tension and centering. The running belt has been adjusted properly at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it proper position please follows the directions below:

1. **Walking belt has shifted to the left:**
   First unplug the power cord from the surge protector. Using the hex key provided, turn the left rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

2. **Walking belt has shifted to the right:**
   First unplug the power cord from the surge protector. Using the hex key provided, turn the right rear roller adjustment bolt 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking belt slipping" instructions.

3. **Walking belt is slipping:**
   First unplug the power cord from the surge protector. Using the hex key provided, turn both the

left and right rear roller adjustment bolts the same distance, usually a 1/4 turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!
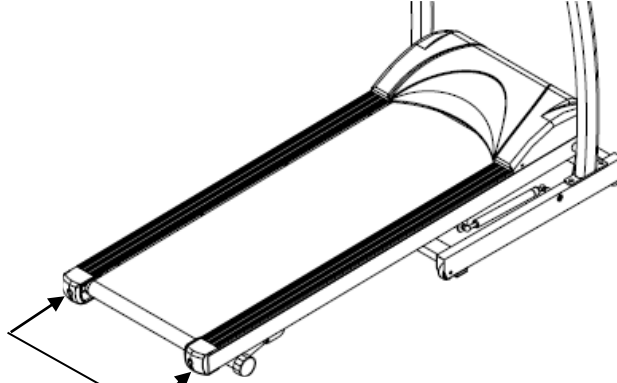
Right and left Allen bolts are located at the rear of the treadmill.
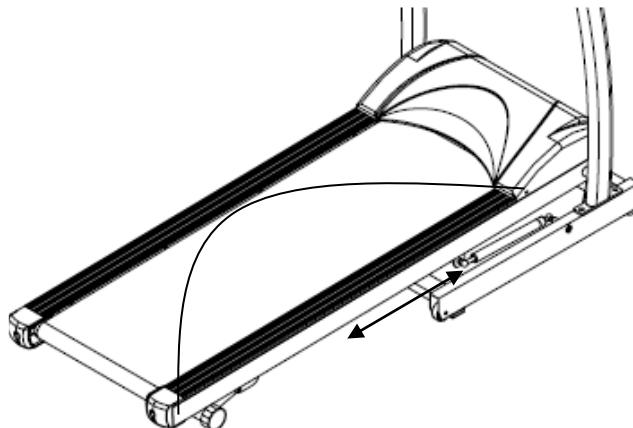
DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

Every 3 months of operation lift the sides of the walking belt and feel the top surface of the walking board as far as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

Please use Lube 'N Walk, or a non petroleum based silicone such as "Napa 8300" (available at most stores).

TO APPLY LUBRICANT TO THE WALKING BELT

1   Position the walking belt so that the seam is located on top and in center of the walking board.
2   Insert the spray nozzle into the spray head of the lubricant can.
3   While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approxinateluy6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4   Allow the silicone to "set" for 1 minute before using the treadmill.

Garlando