

**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



《EXPERIENCE PLUS》



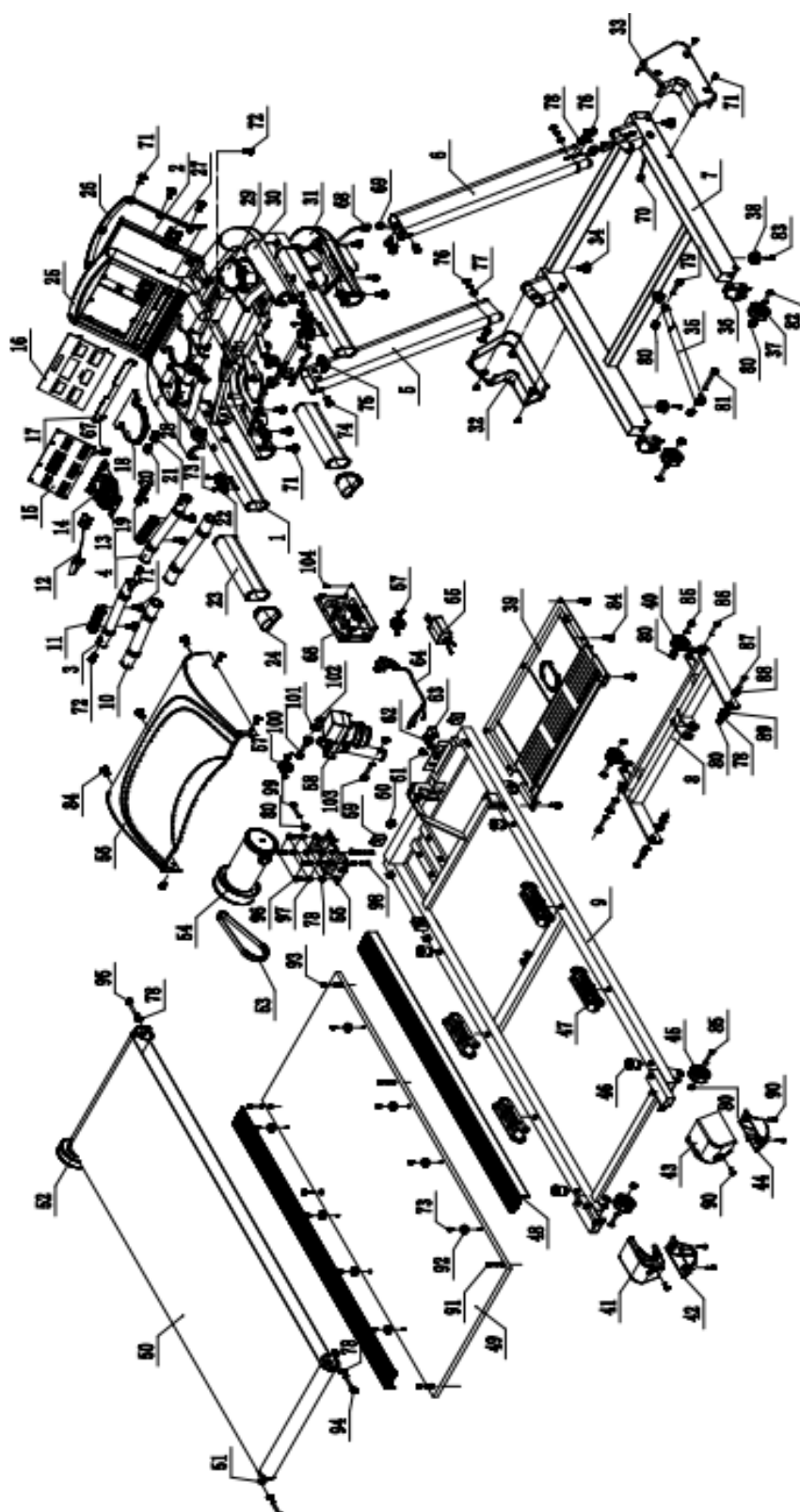
Cod : GRLDTOORXEXPLUS

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## EXPLODED DRAWING



## PARTS LIST

PART NO	PART NAME	Q'TY
1	Handle frame	1
2	Console support 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	Deck frame	1
10	Heart rate tube foam	2
11	Heart rate sensor	2
12	Safety key	2
13	Start/stop press board	1
14	Main press board	1
15	Display board	1
16	Plastic panel	1
17	Newspaper frame	1
18	Cockpit transparency cover	1
19	START/STOP outside plastic frame	1
20	START gel key	1
21	STOP gel key	1
22	Handlebar quick button	2
23	Handle foam	2
24	Handle cap	2
25	Up cover for Console display	1
26	Down cover for Console top	1
27	Speaker	2
28	Left cup	1
29	Right cup	1
30	Up cover for console main body	1
31	down cover console main body	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

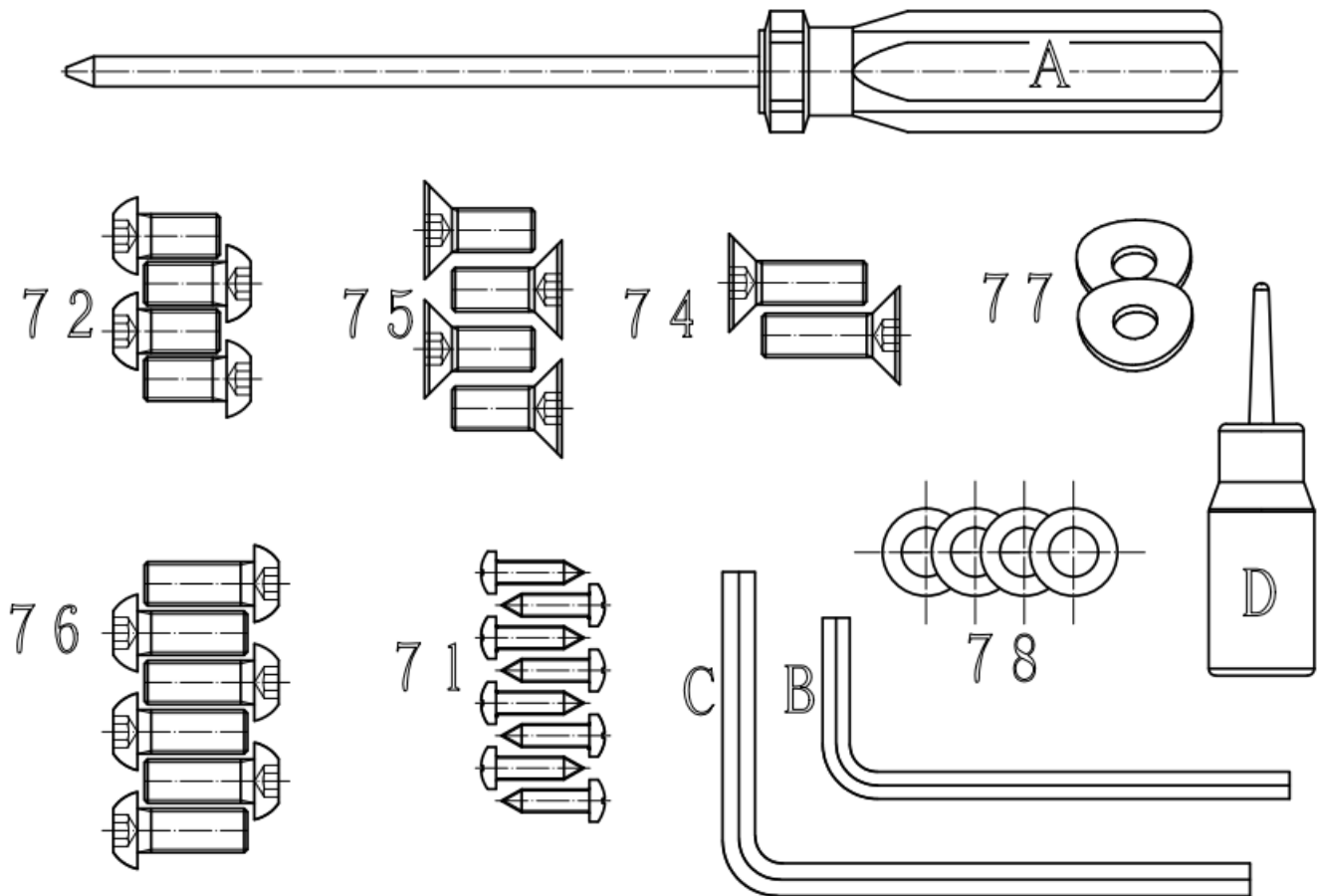
36	Move wheel frame	2
37	Move wheel of base frame	2
38	Rubber cushion of base frame	1
39	Motor belly pan	2
40	Move wheel of incline frame	2
41	Left end cap	1
42	The cover for support wheel (Left)	1
43	Right end cap	1
44	The cover for support wheel (Right)	2
45	Support wheel of deck frame	2
46	Fix cushion of running deck	2
47	Gel cushion	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 cap of deck frame	2
60	The cap for motor adjust	1
61	Power wire 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 base frame	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 Allen head 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

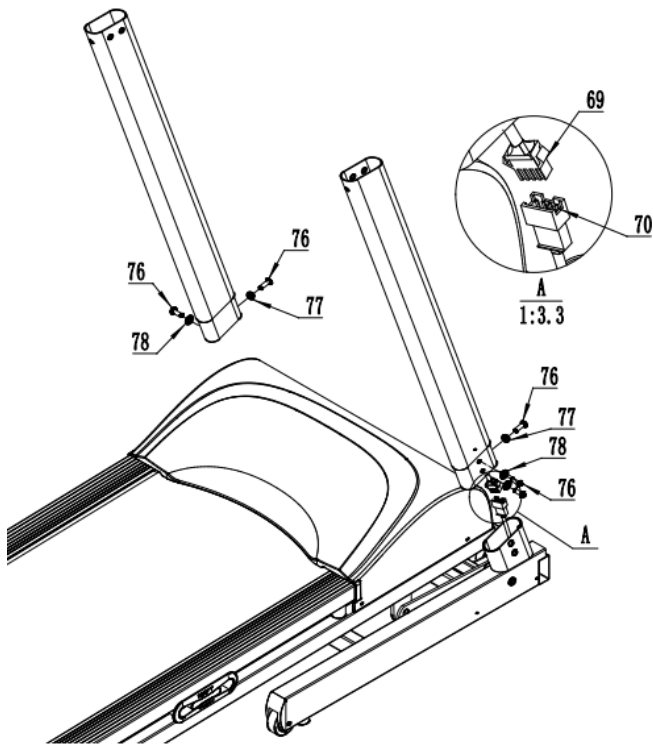
For your convenience, we have identified the hardware used in the assembly of this product. The chart below is provided to help you to identify items that may be unfamiliar to you.

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:

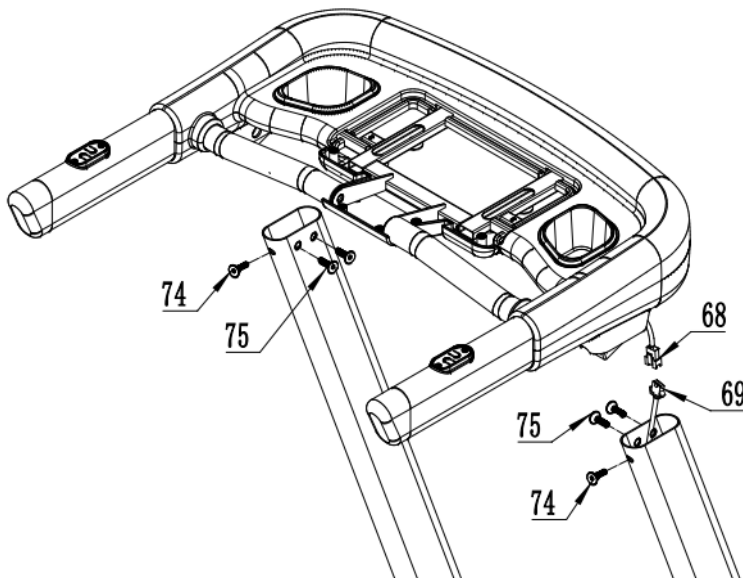
**WARNING:** Please put on all the screws, washers and bolts then tighten them.



### STEP1:

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

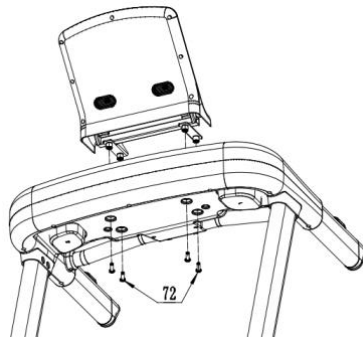
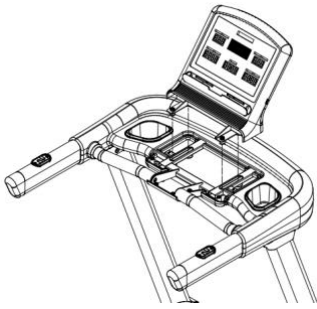
Fix upright onto the base frame with M8\*20 Allen head bolt76、Φ8 Arc Washer77 and Φ8 Washer78。



### STEP2:

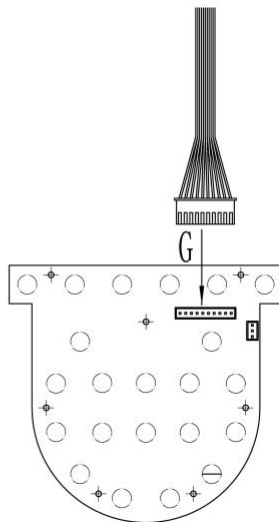
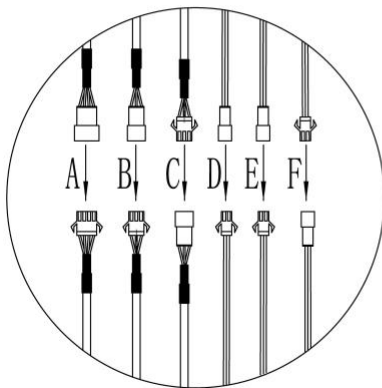
First connect Connect wire of console frame and Connect wire of upright.

Fix the console onto the upright with M8\*25 Allen head bolt74 and M8\*20 Allen head bolt75.



### **STEP3 A:**

Fix console display with console frame with 72 M8\*15 Allen head bolt.



### **STEP3 B:**

Connect all cable .

A. Main connection cable

B. Incline handlebar button cable

C. Speed handlebar button cable

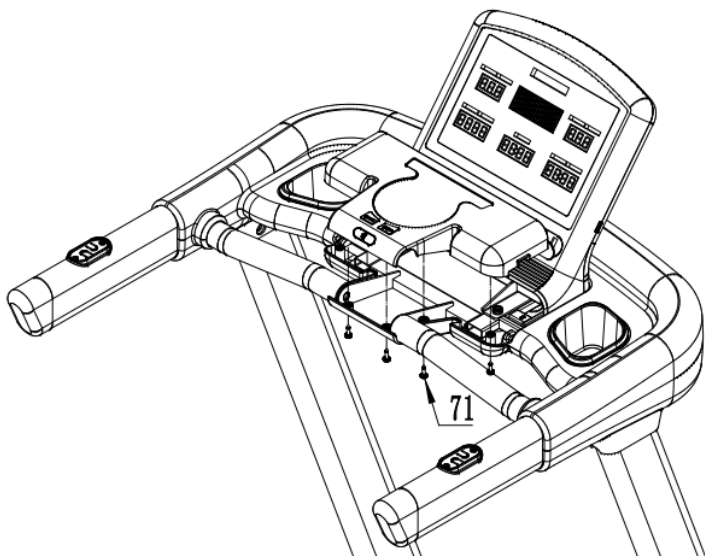
D. Pulse cable

E. Pulse cable

F. Safety key cable

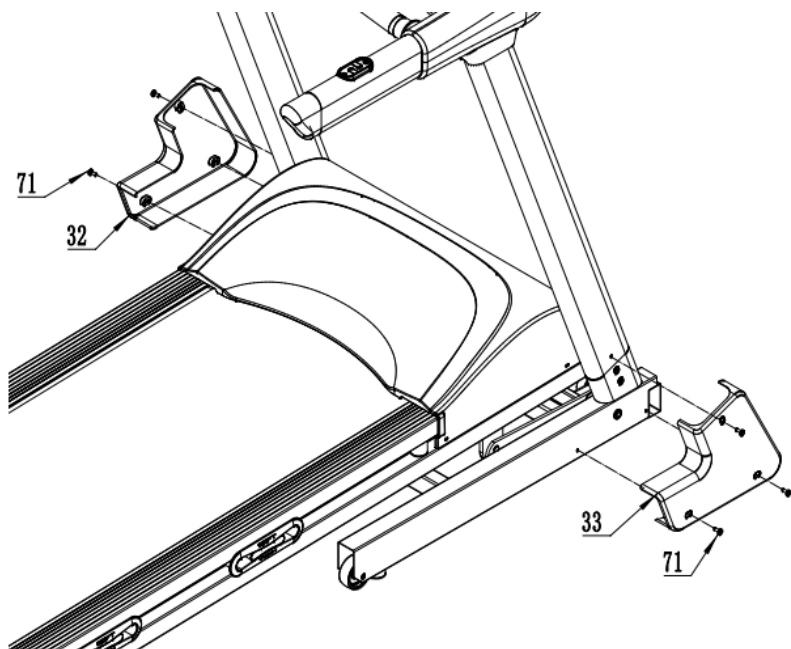
G. Cockpit cable





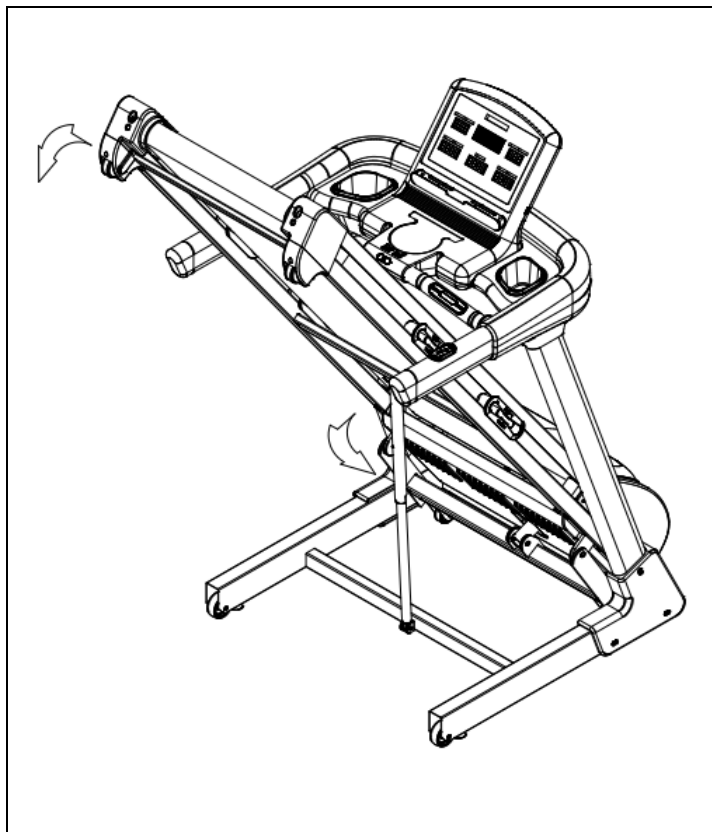
### STEP3 C:

Fastening 71 ST4.2\*15 screw



### STEP4:

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



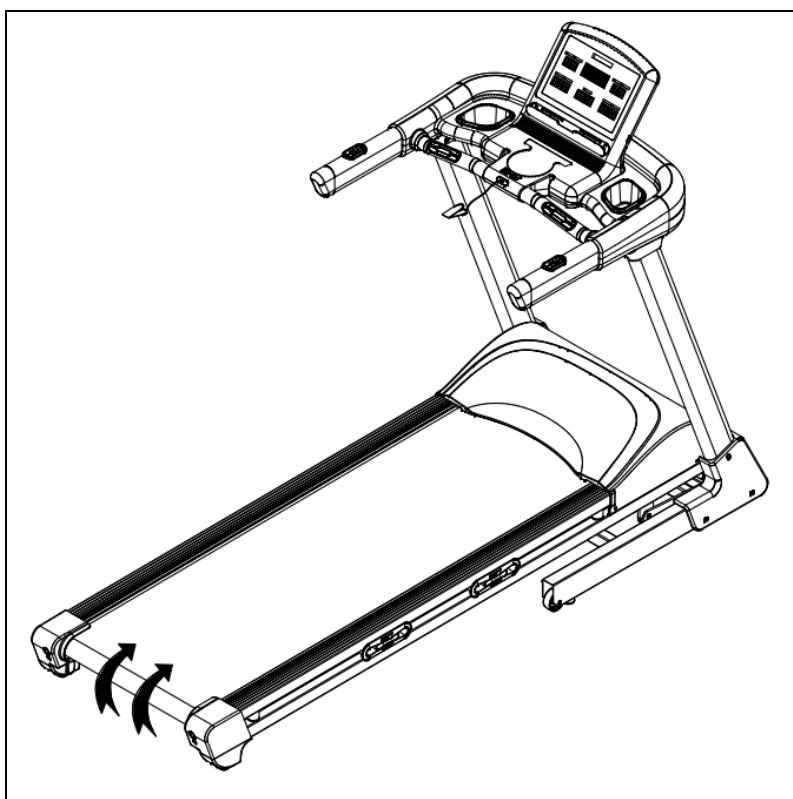
### **Folding illustration:**

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.

# COMPUTER OPERATION

## The Operation

### 1 function

#### a) Manual program

Run directly after pressing start

#### b) Target program

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

#### c) Fixed program (P01~P24)

Press PROGRAM to select the program, use the up/down arrows to scroll through the list 24 programs can be used to select and set the running time (default 99 minutes), from 5 minutes to 99 minutes.

The 24 procedures are as follows:

- ☐ 6 only change speed
- ☐ 12 speeds and lifts all change
- ☐ 6 only up and down changes

#### d) User mode

User mode U1~U4, manual input time, speed and lift

#### e)HRC

There are 4 programs (HRC1, HRC2, HRC3, HRC4) HRC, you can set the time, age, weight, and display the maximum heart rate of the current program

The maximum heart rate is calculated as  $220 - \text{age}$ , and the user can adjust it with the up and down arrows

HRC1: 60% max

HRC2: 70% max

HRC3: 80% max

HRC4: 90% max

In HRC mode, the treadmill will only detect the heart rate through the chest strap.

#### f) Body Fat

Measure fat percentage

## 2 operation

Make sure the security key is inserted well, otherwise, the console will display "--"

a) After inserting the security key, turn on the power, the console displays the version number and TOTAL value. Then standby, default program: manual mode

Start 1.0km/h-0.0 lift, the user can freely change the speed/lift, the default maximum time is 99 minutes

### b) start running

After standby or program setting, press <Start>;, count down with 3-2-1 (3s), and then start running.

### c) Stop running

During operation, press <stop>;, the motor and lifting motor stop

The first time the user presses stop the treadmill, we pause and hold it for 2 minutes, then it will automatically stop and **reset** to 0.0

If you press **stop** twice, the treadmill will stop, lift 0.0 and reset the data

When the safety switch is unplugged, the speed returns to zero. The slope is maintained.

When the safety switch is put on again, the slope returns to zero.

### d) Speed setting

When running, press speed +/- to increase/decrease speed by 0.1, speed adjustment range 1-maximum speed, speed shortcut keys <3>, <6>, <9>, <12>, <15> directly set the speed

### e) Lift setting

When running, press the lift +/- to increase/decrease lift 1, the lift adjustment range is 0-15, the lift shortcut keys <3>, <6>, <9>, <12>, <15> directly set the lift

### f) Set the target program

In standby mode, after pressing TARGET, the dot matrix window will display TIME by default.

Press the MODE button to cycle through the time, distance, calories and steps and

flash the current window; use the speed +/- button to adjust the flashing window parameters, and press ENTER to confirm after the parameter adjustment is completed After saving the settings, press START and then run the current value confirmed by ENTER.

Target time: default value 30:00; range 5:00-99:00; 1st gear = 1 minute

Target calories: default value 50; range 10-990; level 1=10 calories

Target step: default 4000; range 1000-9900; 1st gear=100 steps

During the setting process, press <START> to start running, the countdown reaches 0.0 and the treadmill stops

#### **g) Set up a fixed program**

In the standby mode, press <PROGRAMS>;, the [PULSE] window is displayed flashing, the program number is displayed, and the program diagram is displayed on the large dot matrix in the middle. At this time, directly press the lift plus subtract to page P1—P24 (you can also press the PROG button Page P1-P24), if you need to adjust the time, press ENTER to enter the time setting window (the default time is 30:00 minutes), the range is 5:00-99:00 minutes, use speed +/- to adjust the value. The slope and speed can still be adjusted during running, and the original program value will be restored in the next segment after the adjustment.

#### **h)HRC setting**

**Press HRC in standby**

If you want to select programs H1-H4, press the Ascend Plus or Subtract to turn pages H1-H4 (you can also press the HRC button to turn pages), and press the ENTER button to enter the setting interface.

##### **• To adjust the value, press ENTER**

- 1) Set the time, the default value is 30 minutes, the range is 5~99 minutes-then press Enter
  - 2) Press ENTER to set the age, the default value is 40, the range is 16-65-and then press Enter
  - 3) Press ENTER>; set the weight, the default value is 68 kg, the range is 40-130 kg-then press Enter
  - 4) The recommended target will be displayed in the heart rate window, and the user
  - 5) can use the speed plus and minus buttons to change the value-then press Enter
- Press <START>, the treadmill starts to run, the default speed is 1 km/h, and the time window displays the default value 30 or the set time.

When the time countdown reaches zero, the treadmill stops

The HRC program is only applicable to the chest strap, and the speed and lift will be adjusted according to the current heart rate compared to the target heart rate

##### **• Speed change relationship**

**A: Change frequency, HRC detects heart rate every 30 seconds (heart rate is always displayed).**

**B: If the user's heart rate is lower than the target heart rate by 30 beats/min, the speed will increase by 2.0 km/h.**

**C: If the user's heart rate is 6-29 beats/min below the target heart rate, the speed will increase by 1.0 km/h.**

**D: If the user's heart rate is higher than the target heart rate by 30 beats/min, the speed will decrease by 2.0 km/h.**

**E: If the user's heart rate is 6-29 beats/min higher than the target heart rate, the speed will decrease by 1.0 km/h.**

**G: The user's heart rate is higher or lower than the target heart rate 0-5 beats per minute, and the speed remains the same.**

4. In the following situations, decelerate to the minimum, run at the lowest speed for
5. 15 seconds and then stop, and beep once every second.

**A: The heart rate is detected every 30 seconds, if the heart rate is not detected twice in a row.**

**B: At a speed of 1 km/h, the exercise heart rate is greater than the target heart rate, resulting in deceleration.**

**C: When the heart rate exceeds (220-years old).**

**6. At speeds above 1 km/h, the deceleration cannot be lower than 1 km/h. For example,**

**7. the minimum speed of the treadmill is 1 km/h, and when running at 1.6 km/h,**

**8. the heart rate will decelerate by 1.0 (2.0) km/h. , Then decelerate to 1 km/h.**

**The slope is not controlled by the heart rate and can be adjusted manually.**

**The starting speed is 1 km/h, and the heart rate is not used for 1 minute before running.**

**Manual adjustment of speed and tilt is also available. The adjustment will be for the current 30 segments. When passed to the next step, the speed/tilt value will follow the HRC rules. Press the mode and the user can stop the HRC and run in the manual program**

#### **i) 【USER setting**

**In the standby state, press the USER button to select U1—U4, and press ENTER to set the time.**

**The following is the setting method of 30-segment data of USER program**

**1) Press ENTER to enter the time window (the window should flash), adjust the time with**

**2) speed +-, press the ENTER button to enter the dot matrix window 30-segment**

**3) programming (speed default 1.0, slope default 0), adjust the speed value with**

**4) speed plus and minus ; Use slope +- to adjust the slope value, after each section**

**5) of the dot matrix window is set, press ENTER to enter the next section of setting,**

**2) The second step will flash-repeat all 30 steps**

**3) After setting all the 30-segment programs, press ENTER to return to the flashing state of the USER name, indicating that all the data has been recorded. At this time, you can press ENTER to set the running time. You can also directly press START to directly start running. Countdown at 0:00, the treadmill stops**

#### **j) 【Body Fat】 Test mode**

**Press BODY FAT in standby mode to enter the fat measurement mode**

**Time window display: gender, default value: S-1, setting range: 1-2 1 = male 2 = female**

**Energy window display: age, default value: 25 years old, setting range: 10-99 years old**

**Slope window display: height, default value: 170cm, setting range 100-220cm**

**Step number window display: weight, default value: 70kg, setting range 20-150kg**

**1) Press ENTER to enter the setting, use the speed +- button to adjust gender, age,**

**2) height and weight**

**2) After setting the parameters, press ENTER and the matrix window displays 0.0**

**3) At this time, put your hands on the heart rate grip, the matrix window will display the measured body fat value after 8 seconds..**

k) fixed program diagrams,

TIME MODE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P-01	SPD	1	3	3	4	5	5	4	4	3	3	2	3	3	4	5	5	4	4	3	3	3	3	4	5	5	4	4	3	3	1
P-02	SPD	2	4	6	6	6	5	4	4	4	3	3	4	6	6	6	5	4	4	4	3	4	6	6	6	5	4	4	4	3	2
P-03	SPD	2	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	4	3	2
P-04	SPD	2	4	6	8	6	6	5	5	4	4	3	4	6	8	6	6	5	5	4	4	3	4	6	8	6	6	5	5	3	2
P-05	SPD	3	4	6	8	10	8	6	6	5	5	4	4	6	8	10	8	6	6	5	5	4	4	6	8	10	8	6	5	3	2
P-06	SPD	3	4	6	8	10	12	10	8	6	5	4	6	8	10	12	10	8	6	5	4	6	8	10	12	10	8	6	5	3	2
P-07	spd	1	3	3	4	5	5	4	4	3	3	2	3	3	4	5	5	4	4	3	3	3	3	4	5	5	4	4	3	3	1
	inc	0	3	3	4	4	6	6	4	4	3	0	3	3	4	4	6	6	4	4	0	3	3	4	4	6	6	4	4	3	0
P-08	spd	2	4	6	6	6	5	4	4	4	3	3	4	6	6	6	5	4	4	4	3	4	6	6	6	5	4	4	4	3	2
	inc	0	3	3	5	5	6	6	5	5	3	1	3	3	4	4	6	6	4	4	0	3	3	4	4	6	6	4	4	3	0
P-09	spd	2	4	6	6	6	5	4	4	4	3	3	4	6	6	6	5	4	4	4	3	4	6	6	6	5	4	4	4	3	2
	inc	3	5	3	5	9	4	2	4	6	8	10	10	5	5	5	4	4	6	7	8	7	4	4	4	5	7	7	6	4	0
P-10	spd	2	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	4	3	2
	inc	5	4	4	3	3	4	4	3	3	10	8	6	6	4	3	4	5	6	10	8	6	3	3	5	5	3	3	5	4	0
P-11	spd	2	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	4	3	2
	inc	7	5	4	3	4	5	5	4	4	8	7	9	9	5	5	4	6	6	8	7	6	6	3	3	4	6	6	4	4	0
P-12	spd	2	4	6	8	6	6	5	5	4	4	3	4	6	8	6	6	5	5	4	4	3	4	6	8	6	6	5	5	3	2
	inc	6	4	4	3	4	4	5	6	7	7	10	8	6	5	6	7	9	7	8	10	10	8	6	5	7	7	10	8	5	0
P-13	spd	2	4	6	8	6	6	5	5	4	4	3	4	6	8	6	6	5	5	4	4	3	4	6	8	6	6	5	5	3	2
	inc	5	7	7	5	7	4	6	6	7	8	10	10	3	3	5	5	7	7	8	8	10	8	6	4	6	6	8	8	10	0
P-14	spd	3	4	6	8	10	8	6	6	5	5	4	4	6	8	10	8	6	6	5	5	4	4	6	8	10	8	6	5	3	2
	inc	5	4	4	3	3	4	5	5	8	10	8	8	6	4	3	4	6	6	8	8	10	10	8	4	3	4	8	8	10	0
P-15	spd	3	4	6	8	10	8	6	6	5	5	4	4	6	8	10	8	6	6	5	5	4	4	6	8	10	8	6	5	3	2
	inc	6	5	6	5	4	6	8	8	9	9	10	10	6	5	4	5	6	6	8	8	10	10	6	5	4	6	8	8	10	0
P-16	spd	3	4	6	7	8	10	8	6	5	3	4	6	7	7	6	6	5	5	3	4	6	7	7	6	6	5	5	4	3	2
	inc	8	8	6	5	6	5	6	8	8	10	10	8	6	4	6	6	8	8	10	8	6	5	5	8	6	8	10	10	12	0
P-17	spd	3	4	6	8	10	12	10	8	6	5	4	6	8	10	12	10	8	6	5	4	6	8	10	12	10	8	6	5	3	2
	inc	8	8	6	5	4	3	4	5	6	6	10	6	6	4	3	4	6	8	10	12	10	8	4	3	4	6	8	10	12	0
P-18	spd	3	4	6	8	10	12	10	8	6	5	4	6	8	10	12	10	8	6	5	4	6	8	10	12	10	8	6	5	3	2
	inc	10	9	8	7	6	5	6	7	8	10	12	8	7	6	5	6	7	8	10	12	10	8	6	5	6	7	8	10	12	0
P-19	INC	0	3	3	4	4	6	6	4	4	3	0	3	3	4	4	6	6	4	4	0	3	3	4	4	6	6	4	4	3	0
P-20	INC	3	5	3	5	9	4	2	4	6	8	10	10	5	5	5	4	4	6	7	8	7	4	4	4	5	7	7	6	4	0
P-21	INC	5	4	4	3	3	4	4	3	3	10	8	6	6	4	3	4	5	6	10	8	6	3	3	5	5	3	3	5	4	0
P-22	INC	6	5	6	5	4	6	8	8	9	9	10	10	6	5	4	5	6	6	8	8	10	10	6	5	4	6	8	8	10	0
P-23	INC	8	8	6	5	4	6	6	8	6	10	10	8	6	4	6	6	8	8	10	8	6	5	5	8	6	8	10	10	12	0
P-24	INC	10	9	8	7	6	5	6	7	8	10	12	8	7	6	5	6	7	8	10	12	10	8	6	5	6	7	8	10	12	0

m) Bluetooth music

Turn on the phone's Bluetooth to pair with the searched Bluetooth device of the machine.

After the connectio successful, use the phone to play music.

## **MAINTENANCE**

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill and exceed the LIMITED WARRANTY coverage.

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.

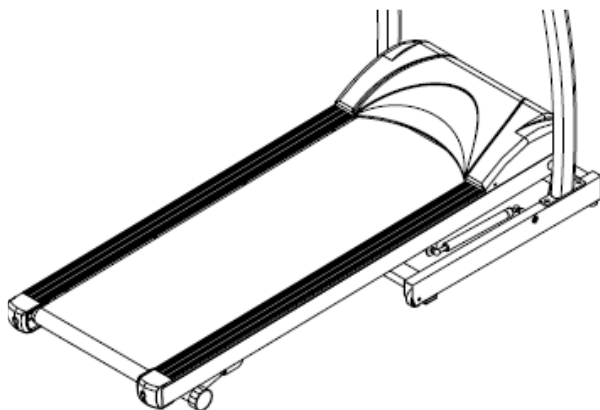
2. **Walking belt has shifted to the right:**

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:**

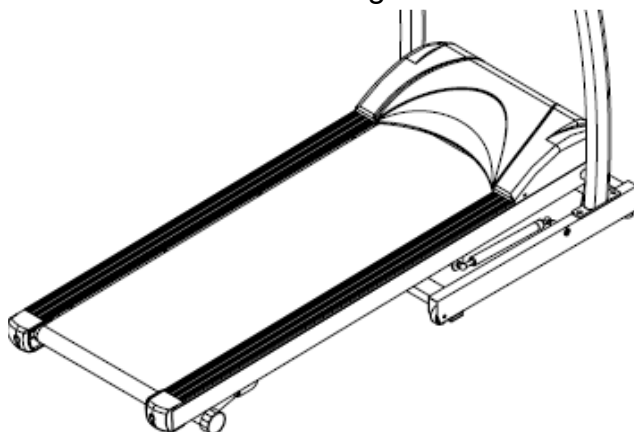
The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

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 approximately 6" 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.





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