

TCORX
FITNESS IN MOTION

INSTRUCTION



MIRAGE S40



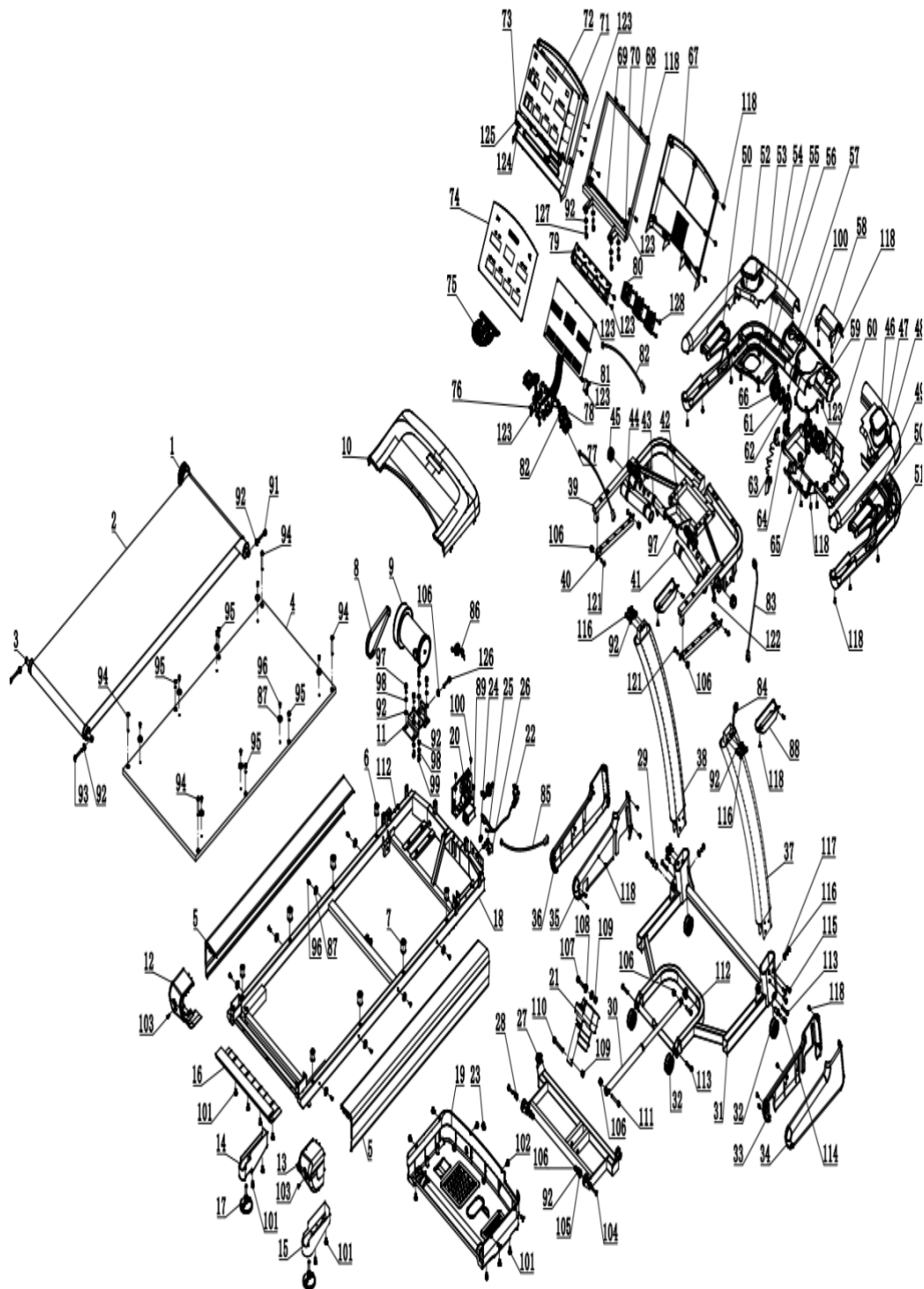
Cod: GRLDTOORXTRXMS4

Rev : 00

Ed : 04/22



EXPLODED DRAWING



PARTS LIST

PART NO	PART NAME	Q'TY
1	Front roller	1
2	Running belt	1
3	Rear roller	1
4	Running deck	1
5	Side rail	2
6	Fix cushion of running deck	4
7	Rubber cushion of running deck	4
8	Motor belt	1
9	Motor	1
10	Motor cover	1
11	Motor frame	1
12	Left end cap	1
13	Right end cap	1
14	Rear left level frame cover	1
15	Rear right level frame cover	1
16	Rear support cover	1
17	Rear adjustable foot	2
18	Running platform	1
19	Motor belly	1
20	Motor control board	1
21	Incline motor	1
22	Power wire	1
23	Motor adjustable plug	1
24	Power wire cushion	1
25	Fuse	1
26	Power switch	1
27	Incline frame	1
28	Incline frame shaft sleeve	2
29	Connect sleeve of Base frame	2
30	Damper	1
31	Base frame	1
32	Move wheel of base frame	4
33	Right inside protect cover	1
34	Right outside protect cover	1
35	Left inside protect cover	1

36	Left outside protect cover	1
37	Right upright	1
38	Left upright	1
39	Console frame	1
40	Handlebar down support	2
41	Foam	2
42	Right heart rate handle fix tube	1
43	Left heart rate handle fix tube	1
44	Heart rate handle	2
45	Aluminum top cap	2
46	Right cap frame	1
47	Right up cover of handle	1
48	Right up cover of main body	1
49	Right down cover of main body	1
50	Fix tube of heart rate handle	2
51	Right down cover of handle	1
52	Left cap frame	1
53	Left up cover of main body	1
54	Left down cover of main body	1
55	Left up cover of handle	1
56	Left down cover of handle	1
57	Press key up cover	1
58	Connect cover of handle	1
59	Press key panel	1
60	Press key down cover	1
61	Incline code switch	1
62	Code switch fix board	2
63	Safety key	1
64	Safety key fix board	1
65	Speed code switch	1
66	Encoder knob	2
67	Console down cover	1
68	Console frame	1
69	Fan adjustable board	1
70	Fan adjustable press board	2
71	Console up cover	1
72	Console LED panel	1
73	Phone frame	1

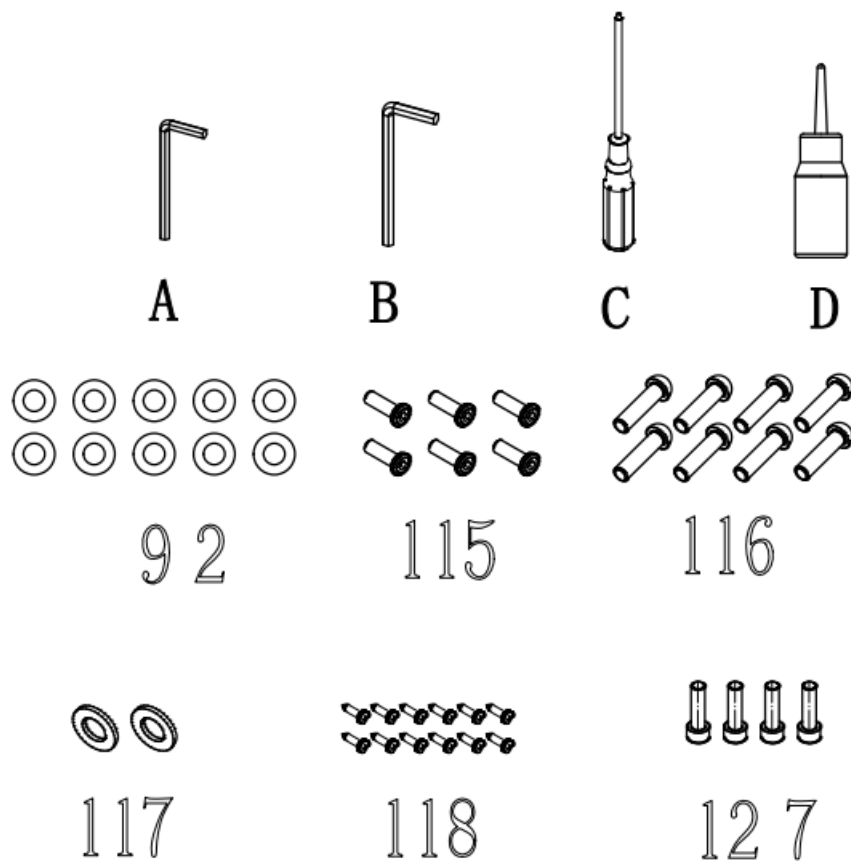
74	Display overlay	1
75	Press key overlay	1
76	Control board of console	1
77	2 inches of the horn	2
78	1.5 inches of the horn	2
79	Wind scooper	1
80	Fan	3
81	USB board	1
82	Control wire1	1
83	Control wire2	1
84	Control wire 3	1
85	Control wire 4	1
86	Magnet ring	2
87	Side rail cushion	16
88	Handle protect cover	2
89	Filter	1
90		
91	M8*50 Allen head bolt	1
92	Φ8 Washer	21
93	M8*85 Allen head bolt	2
94	M8*65 Allen head bolt	4
95	M8*25 Allen head bolt	4
96	ST4.2*15 Screw	16
97	M8*20 Allen head bolt	6
98	Φ8 spring Washer	6
99	M8*12 bolts	2
100	ST4.2*10 Screw	6
101	ST4.2*15 Screw	17
102	ST4.8*16 Screw	18
103	ST4.8*16 Screw	2
104	M8*30 bolts	2
105	Φ16 plastic Washer	2
106	M8 Lock Nut	9
107	M10*50 Allen head bolt	1
108	Φ13 plastic Washer	2
109	M10 Lock Nut	2
110	M10*90 Allen head bolt	1
111	M8*45 Allen head bolt	1

112	M8*30 Allen head bolt	2
113	M8*40 Allen head bolt	4
114	M10*40 Allen head bolt	2
115	M8*25 Allen head bolt	6
116	M8*25 Allen head bolt	8
117	Φ8 Arc Washer	2
118	ST4.2*15 Screw	65
119	M10*30 Allen head bolt	4
120	Φ10 Washer	4
121	M8*35 Allen head bolt	4
122	M8*15 Allen head bolt	2
123	ST2.9*8 Screw	62
124	M4*16 bolts	2
125	M4 Lock Nut	2
126	M8*60 Allen head bolt	1
127	M8*35 Allen head bolt	4
128	ST4.2*30 Screw	12

HARDWARE COMPARISON CHART

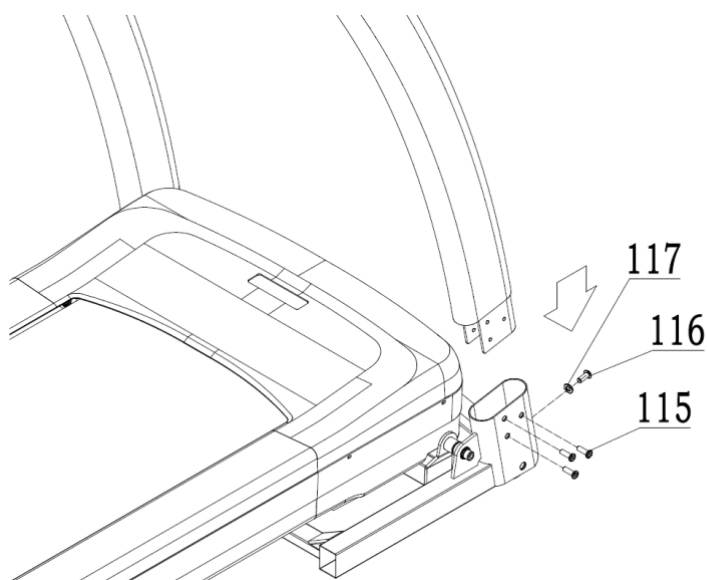
For your convenience, we have identified the hardware used in the assembly of this product. The chart below is provided to help you to identify items that may be unfamiliar to you.

NO.	DESCRIPTION	Q'TY
92	Φ8 Washer	10
115	M8*25 Allen head bolt	6
116	M8*25 Allen head bolt	8
117	Φ8 Arc Washer	2
118	ST4.2*15 Screw	6
127	M8*35 Allen head bolt	4
A	5mm SOCKET HEAD WRENCH	1
B	6mm SOCKET HEAD WRENCH	1
C	SCREWDRIVER	1
D	LUBRICANT	1



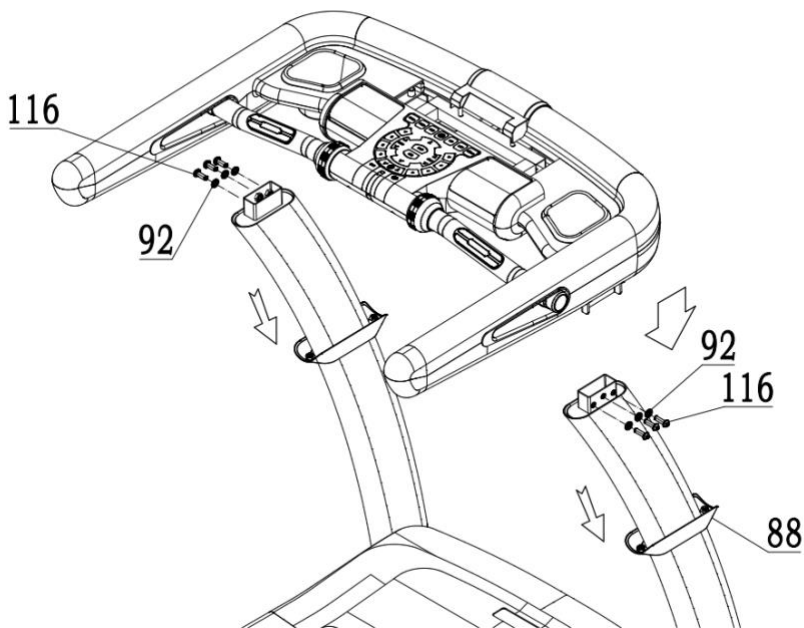
ASSEMBLY INSTRUCTIONS:

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



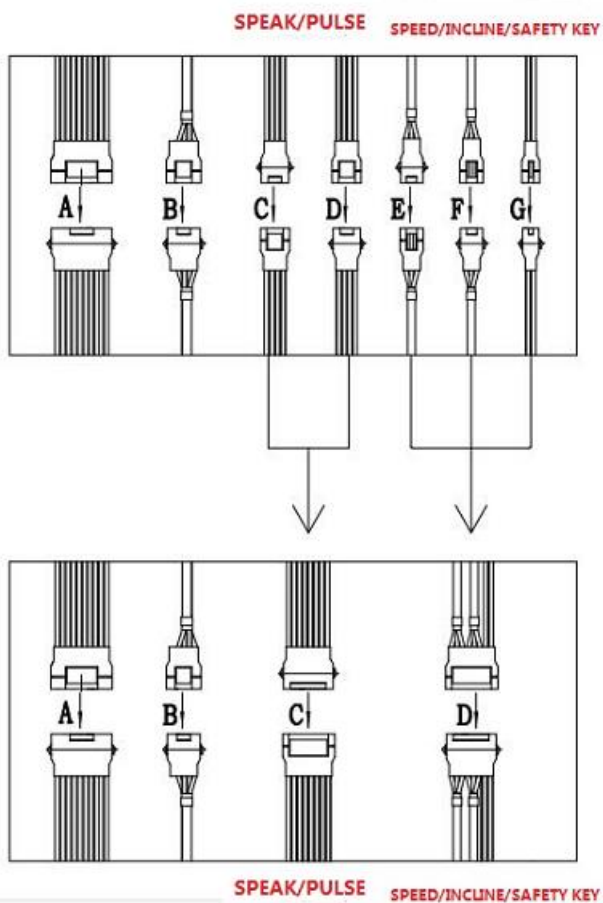
STEP1:

Fix upright onto the base frame with M8*25 Allen head bolt 115, M8*25 Allen head bolt 116 and $\Phi 8$ Arc Washer 117.



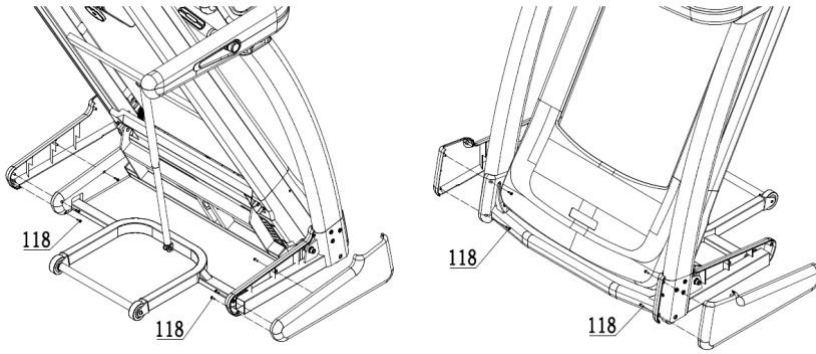
STEP2:

Fix the console onto the upright with M8*25Allen head bolt116 and $\Phi 8$ Washer92.



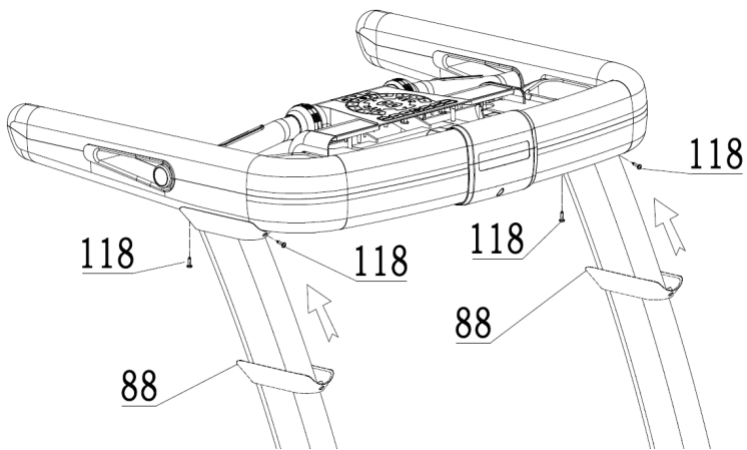
Connect all cable .

- 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



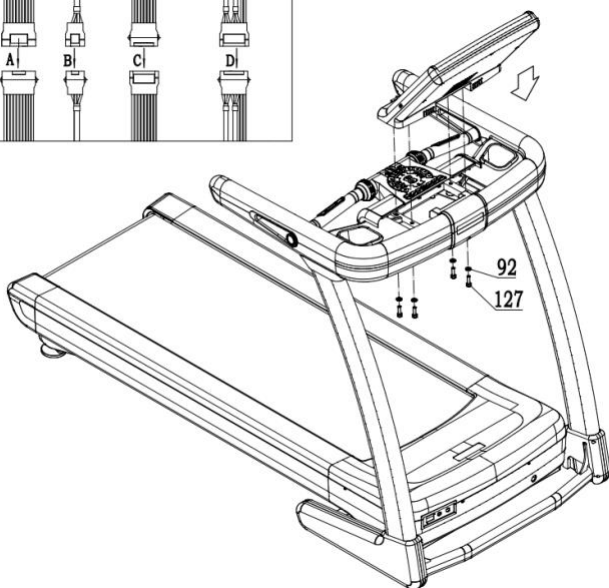
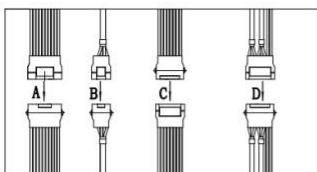
STEP3:

Fix the protect cover of upright onto the base frame with ST4.2*15 Screw118.



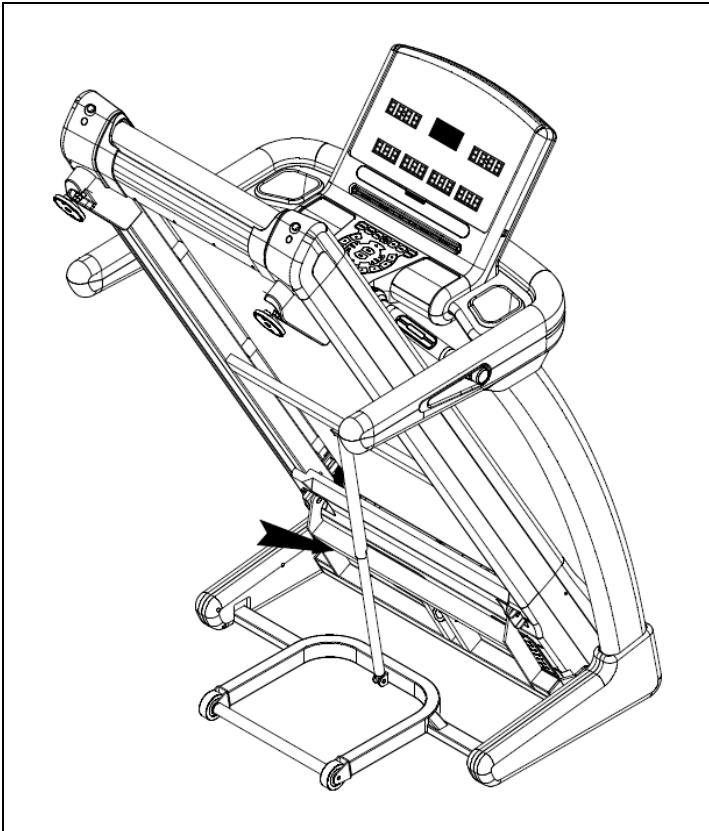
STEP4:

Fix the handle protective cover on the upright with ST4.2 * 15 Screw 50.



STEP5:

Fix console on the console frame with $\Phi 8$ Washer92 and 127.



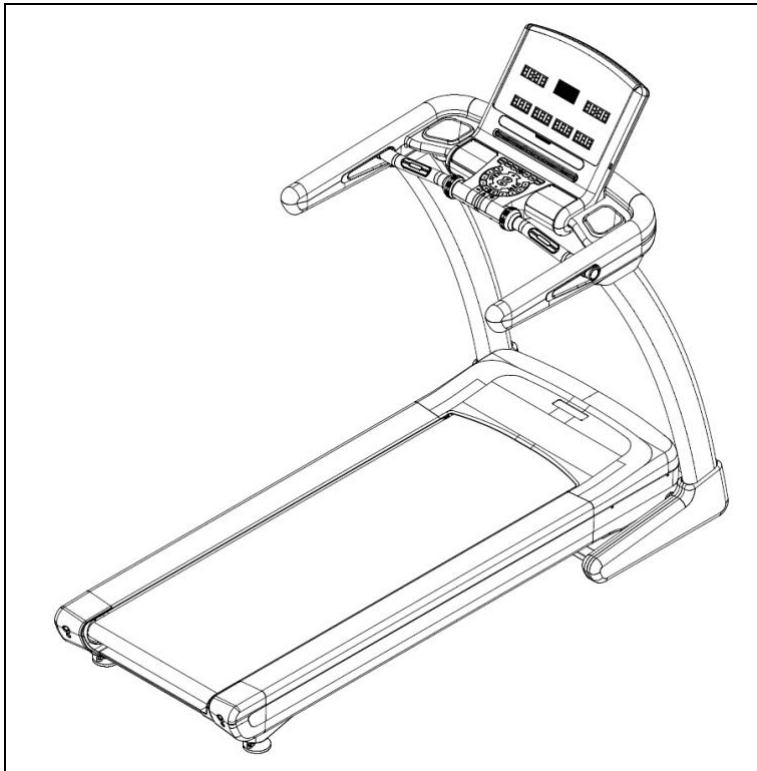
Folding illustration:

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

OPERATION INSTRUCTION

Features

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) Boot

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/pause>;, the motor and lifting motor stop

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

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

When the safety switch is removed, 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 or use smart ring to adjust 0.5/gear, speed adjustment range 1-maximum speed, speed shortcut keys <3>, <6>, <9>, <12> Set speed directly

e) Lift setting

When running, press up/down +/- to increase/decrease up/down 1, or use smart ring to adjust 1/gear, up/down adjustment range 0-15, up/down shortcut keys <3>, <6>, <9>, <12 >Directly set the lift

f) Set the target program

In the standby mode, press TARGET to switch to the setting target time, distance, calories, steps usage mode

The currently set target will flash as a notification, press the up and down arrows to adjust the target value,

Long press for continuous adjustment, then press Enter to confirm

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 state, press <PROGRAMS>; the [PULSE] window will flash, the program number will be displayed, and the user will scroll up and down (P01-P24) to select the program. Press Enter to confirm

Press MODE to set the time, and then use the up/down arrows to set the time (the default time is 30:00 minutes), the range is 5:00-99:00 minutes

h)HRC setting

Press HRC in standby

To select programs H1-H4, please use the up/down arrows and press Enter to confirm

- To adjust the value, press MODE

1) Set the time, the default value is 30 minutes, the range is 5~99 minutes-then press Enter

2) Press MODE to set the age, the default value is 40, the range is 16-65-and then press Enter

3) Press MODE>; set the weight, the default value is 68 kg, the range is 40-130 kg-then press Enter

4) The suggested target will be displayed in the heart rate window, and the user can use the up/down arrows 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 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).

5. At speeds above 1 km/h, the deceleration cannot be lower than 1 km/h. For example, the minimum speed of the treadmill is 1 km/h, and when running at 1.6 km/h, 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 mode, press USER

Press ENTER to set the time. Press ENTER again to confirm or START to directly start USER program operation.

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

1) Press the MODE button to enter the data setting step. The data in the first column flashes to enter the editing state, press the speed +/- or use the speed shuttle switch to set the speed value. Press the slope +/- or the slope shuttle switch to set the slope value. The speed defaults to 1.0. The slope defaults to 0. Press ENTER to confirm to enter the next block.

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

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

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

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

Speed window display: weight, default value: 70kg, setting range 20-150kg

1) Press MODE to enter the settings, use the up/down arrows to adjust gender, age, height and weight

2) After the parameter setting is completed, press the MODE matrix window to display 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

l) Fan switch

1. Press the FAN switch to turn the fan on or off.
2. Use the button + below to increase from level 1 to level 2, and press it again to increase to level 3.
3. Use the button below-to decrease from level 3 to level 2, and then press it again to decrease to level 1.

m) Bluetooth music

Turn on the phone's Bluetooth to pair with the searched Bluetooth device of the machine. After the connection is successful, use the mobile phone to play music.



GARLANDO SPA

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