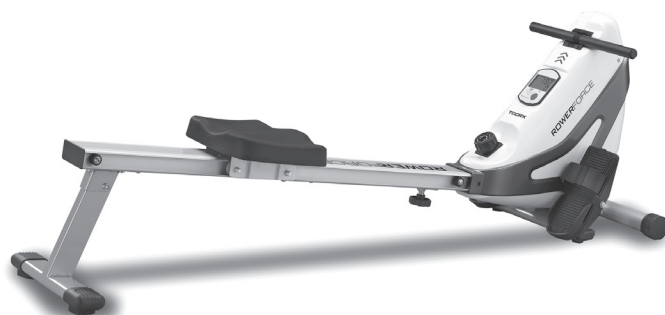


TCORX
FITNESS IN MOTION

INSTRUCTION



ROWERFORCE

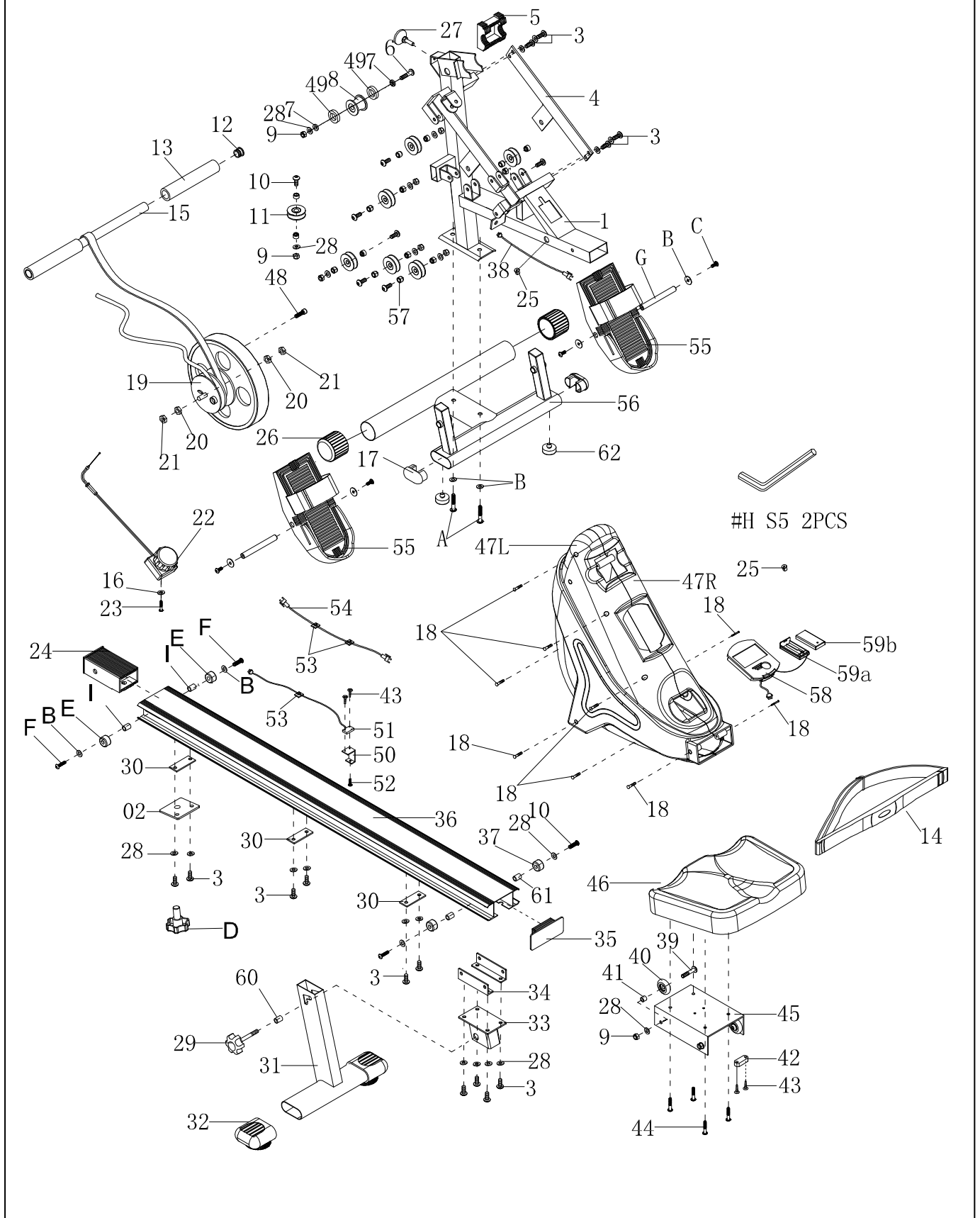


Rev : 00

Ed : 03/17



EXPLODED DIAGRAM

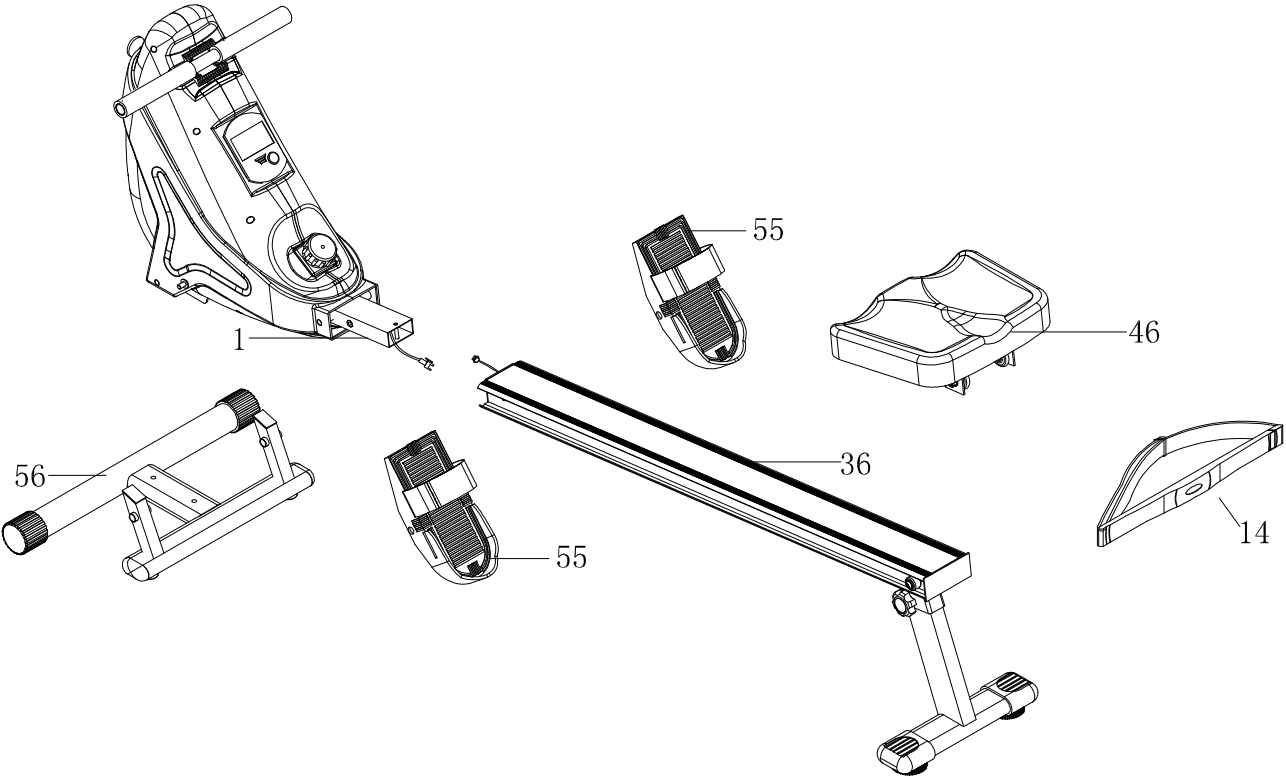


PART LIST:

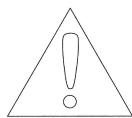
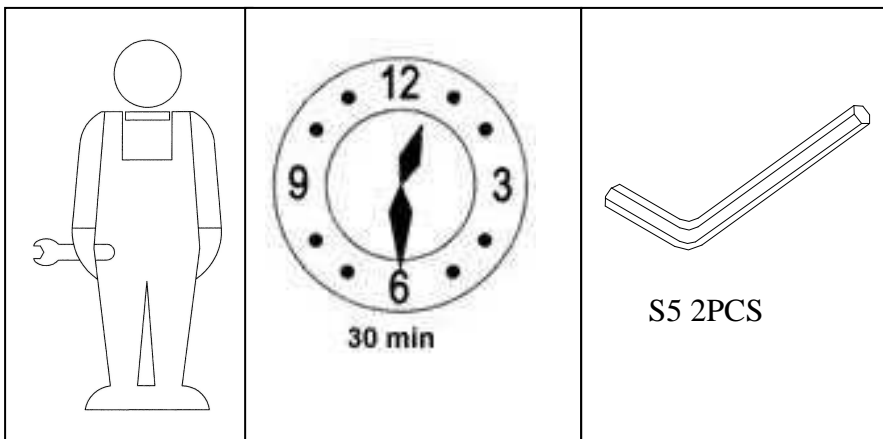
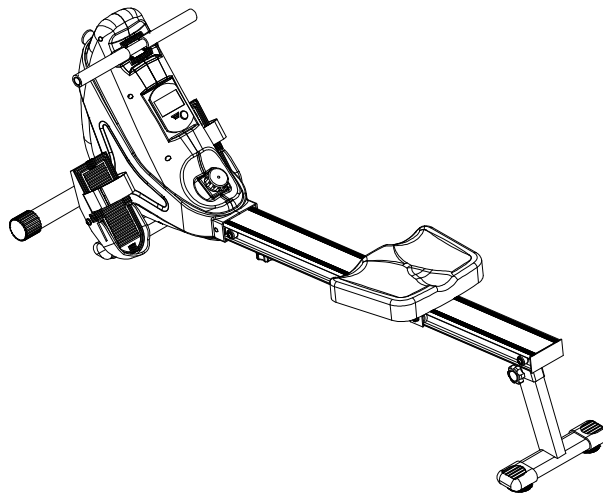
NO.	DESCRIPTION	Q'TY
A	Bolt M8x40	2
B	Washer	8
C	Bolt M8x15	4
D	Knob	1
E	Rubber Cushion	2
F	Bolt M8x40L	2
G	Axle	2
H	Wrench S5	2
I	Casing	2
1	Main Frame	1
2	Plate	1
3	Bolt M8*15	14
4	Enforcement plate	1
5	Plastic pad	1
6	Bolt M8x55	1
7	Sleeve	2
8	Plastic wheel	1
9	Nut M8	12
10	Bolt M8*40	9
11	pully	7
12	End cap	2
13	Grip	2
14	Heart rate transmitter	1
15	Rowing handle bar	1
16	Washer	1
17	End cap	2
18	Bolt M4*20	13
19	Magnetic flywheel	1
20	Nut M10 S17	2
21	Nut M10 S15	2
22	Tension Knob and cable	1
23	Screw M5*15	1
24	Hollow bushing	1
25	STRAIN RELIEF BUSHING	2
26	End cap	2
27	Knob	1

28	Washer M8	28
29	Knob M8 x40	1
30	Enforcement plate	3
31	Rear Stabilizer	1
32	End cap	2
33	Fasten plate	1
34	Fasten plate	2
35	End cap	1
36	Main Rail	1
37	Rubber Cushion	2
38	Sensor wire of computer	1
39	Bolt M8*30	4
40	Wheel	4
41	Sleeve	4
42	Magnet	1
43	Screws M3*10	4
44	Bolt M6*12	4
45	Saddle Support frame	1
46	Saddle	1
47R	Right plastics Cover(right)	1
47L	Left plastics Cover(left)	1
48	Bolt M6*30L	1
49	Bearing 6900Z	2
50	Sensor fasten plate	1
51	Sensor	1
52	Screw M5*10	1
53	STRAIN RELIEF BUSHING	3
54	Sensor wire of computer	1
55	Pedal	2
56	Front Stabilizer	1
57	Sleeve	14
58	Computer	1
59	Battery bracket	1
59	Cover of battery bracket	1
60	Casing: OD12.7*ID8.3*5L	1
61	Casing	2
62	Cushion	2
63	Washer	1
64	End cap	2

EXPLODED DIAGRAM



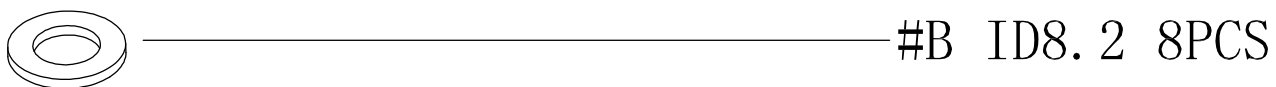
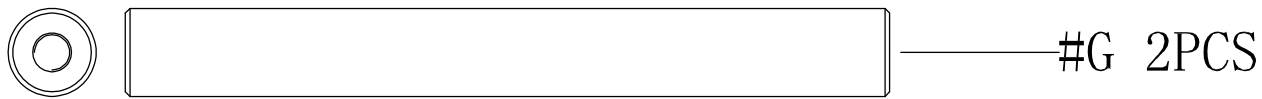
Assembly Information



NOTICE


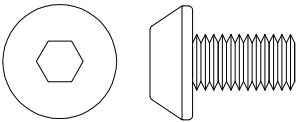
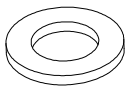
- Read this manual before assembly
- Recognize the spare parts first.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instruction accordingly.
- Never force the joints
- Periodically tighten the joints
- Keep this manual with you.

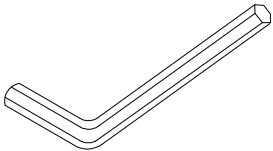
II. Identify your hardware



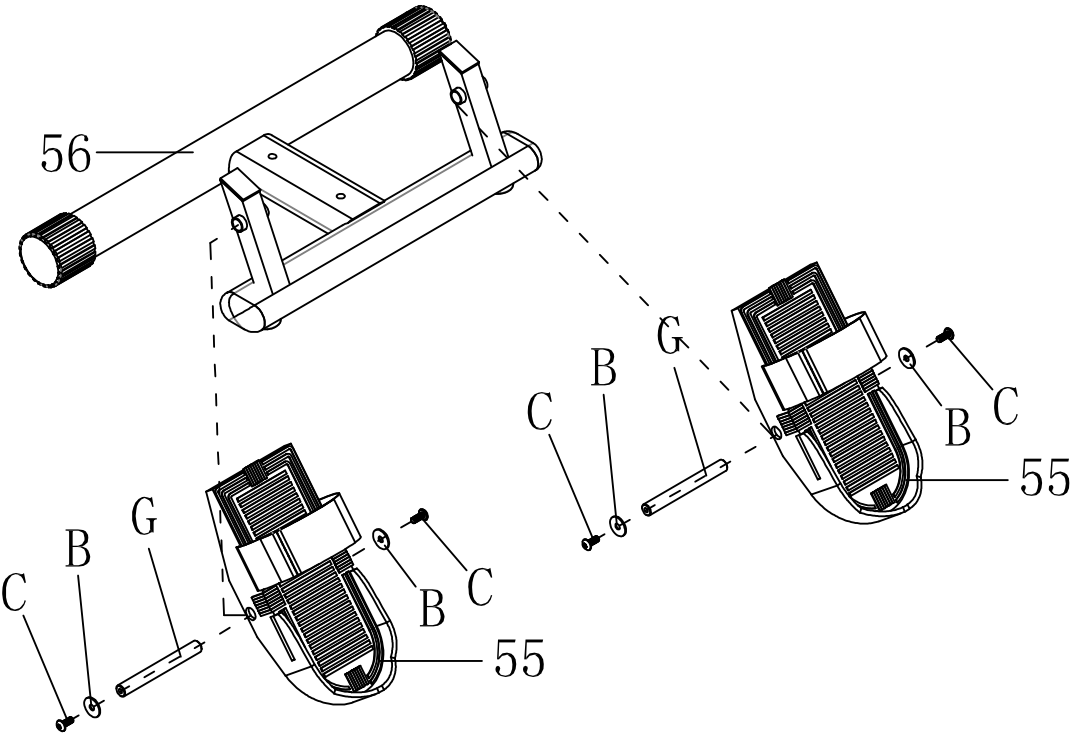
Assembly Steps

STEP 1:

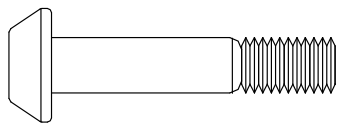
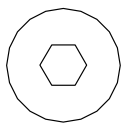
	#G 2PCS
	#C M8*15 4PCS
	#B ID8.2 4PCS



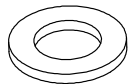
S5 2PCS



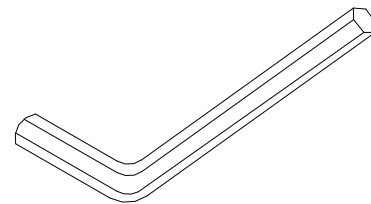
STEP 2:



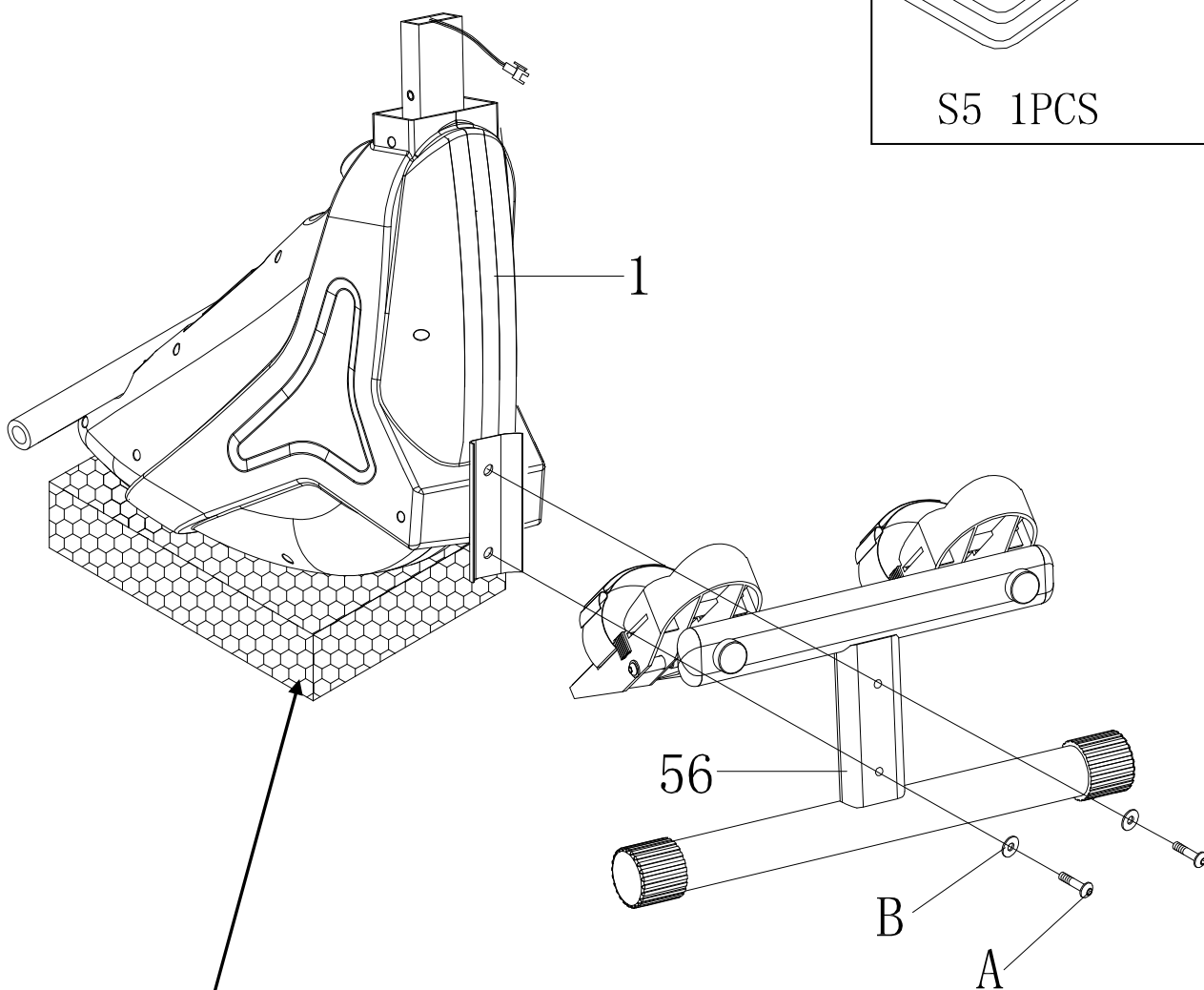
#A M8*40 2PCS



#B ID8. 2 2PCS

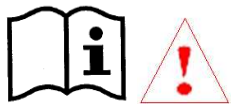
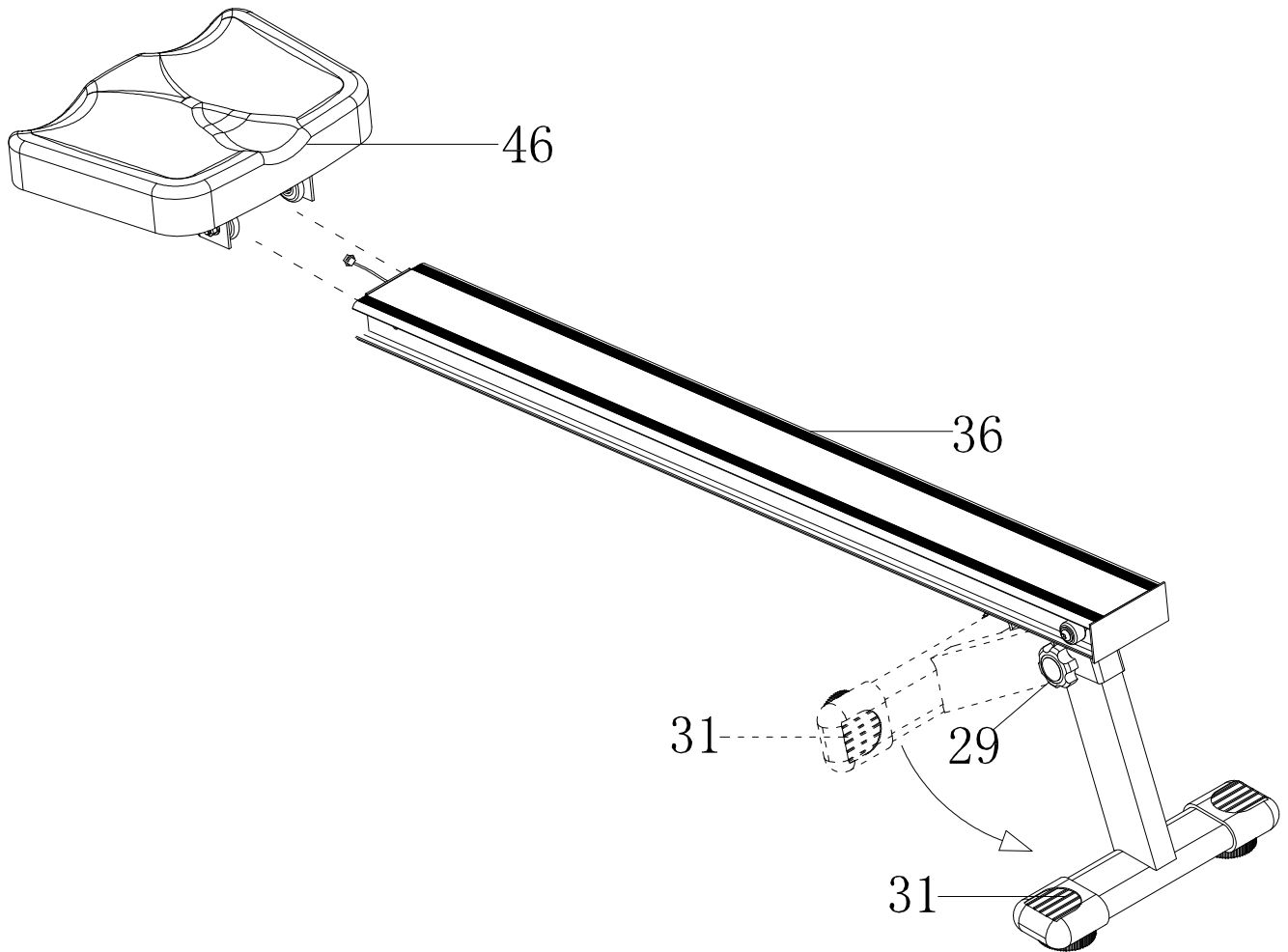


S5 1PCS



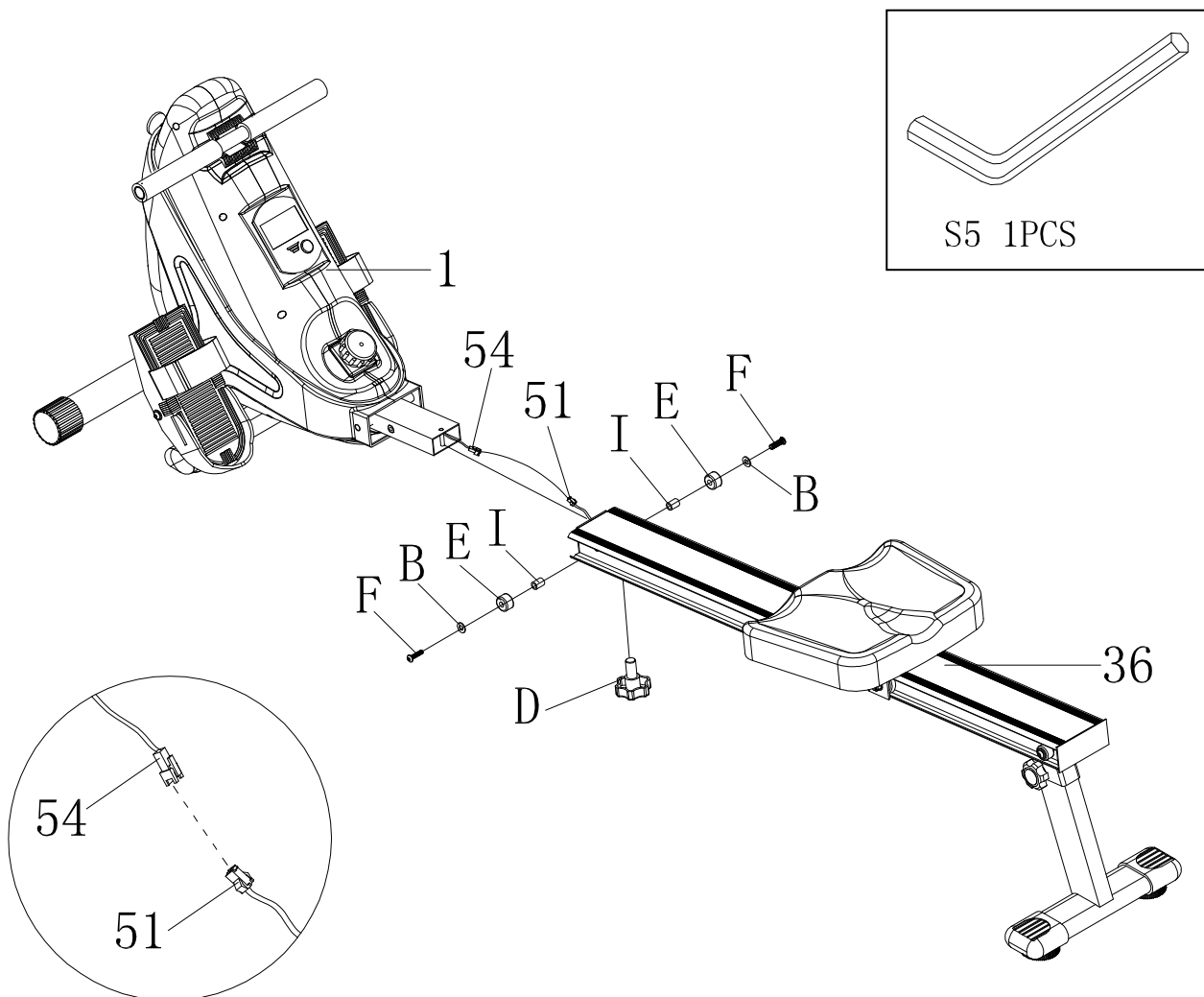
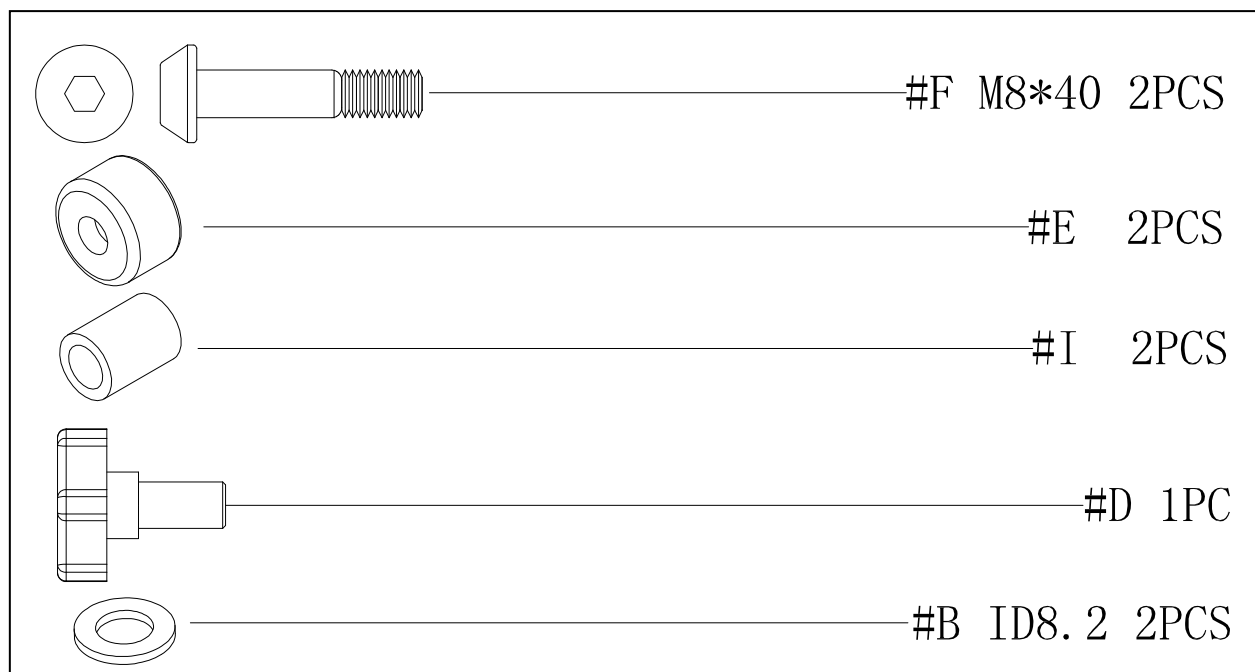
Upright the main frame onto the Style foam to prevent from scratch on the plastic cover while mounting the front stabilizer to the main frame.

STEP 3:

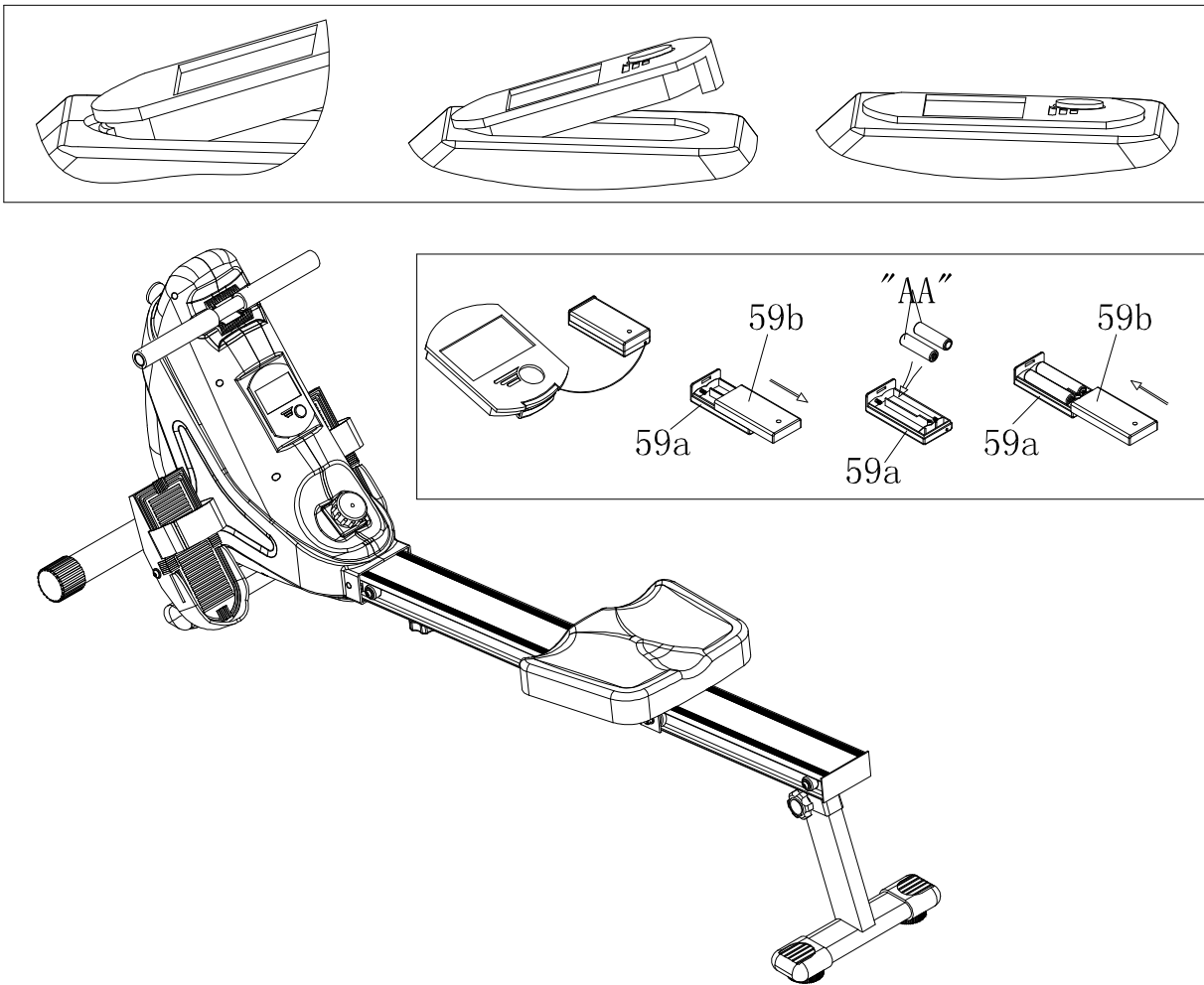


Loosen the knob (#29), and pull out the rear stabilizer (#31) as the direction of the arrow shown in Figure. Then lock the knob(#29) tightly in order to prevent any accident.

STEP 4:



STEP 5:



BATTERY:

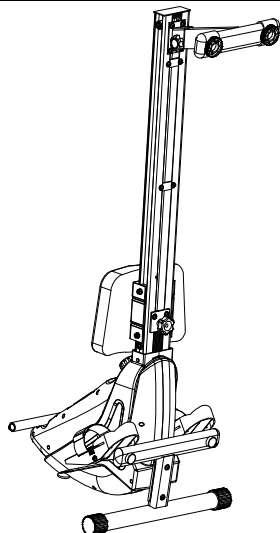
1. The monitor uses on "AA" battery. You can replace the battery through the back of the unit.
2. Battery must be correctly positioned and make sure the battery spring is properly contact with battery.
3. If the display is illegible or only partial segment appeared. Please take out the battery and wait for 15 seconds, then reinstall it.

ADVICE FOR HANDLING BATTERIES

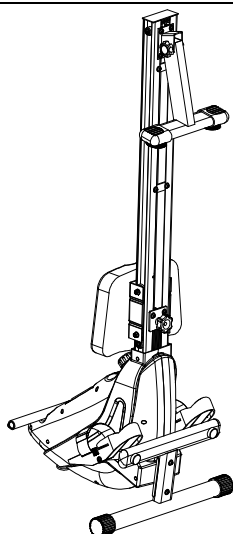
- 1 Remove the batteries when they are exhausted or if you do not use the product for an extended period of time in order to avoid hazards through leaking batteries.
- 2 Do not recharge batteries nor disassemble or throw them into fire. Danger of explosion!
- 3 Pay attention to the polarity (+) and (-). Always replace all the batteries; do not mix old and new batteries, or different battery types.
- 4 Use preferably alkaline batteries, as they have a longer operation time than usual zinc-coal-batteries.
- 5 A change of batteries is necessary when the display becomes weaker or completely faded.

STORAGE WAY

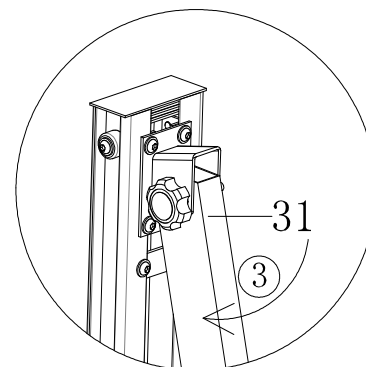
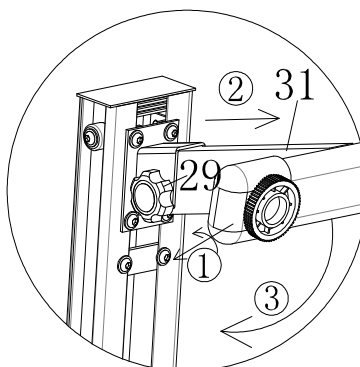
HOW TO FOLDING THE ROWING MACHINE



Store your machine in a dry area away from children and high traffic areas as the illustration shown. be sure it is secure and cannot fall forward onto small animals or children.

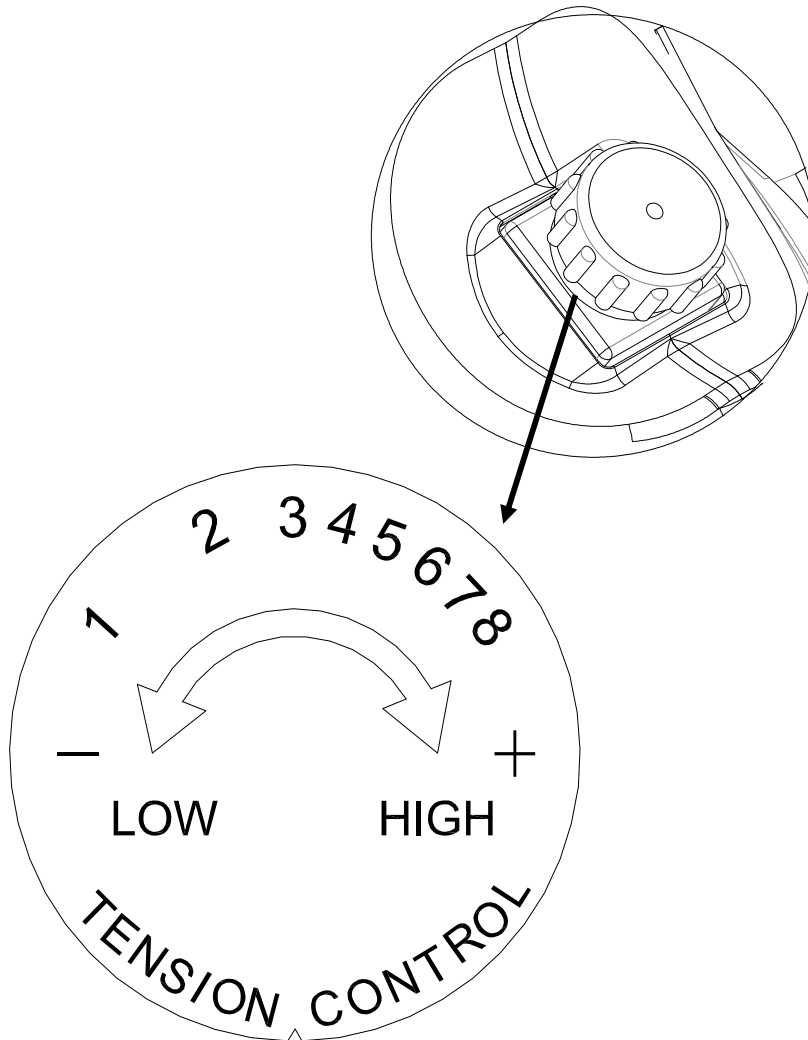


2 Loosen the knob (#29) first, then pull the rear stabilizer (#31) out and fold down as follow illustration.



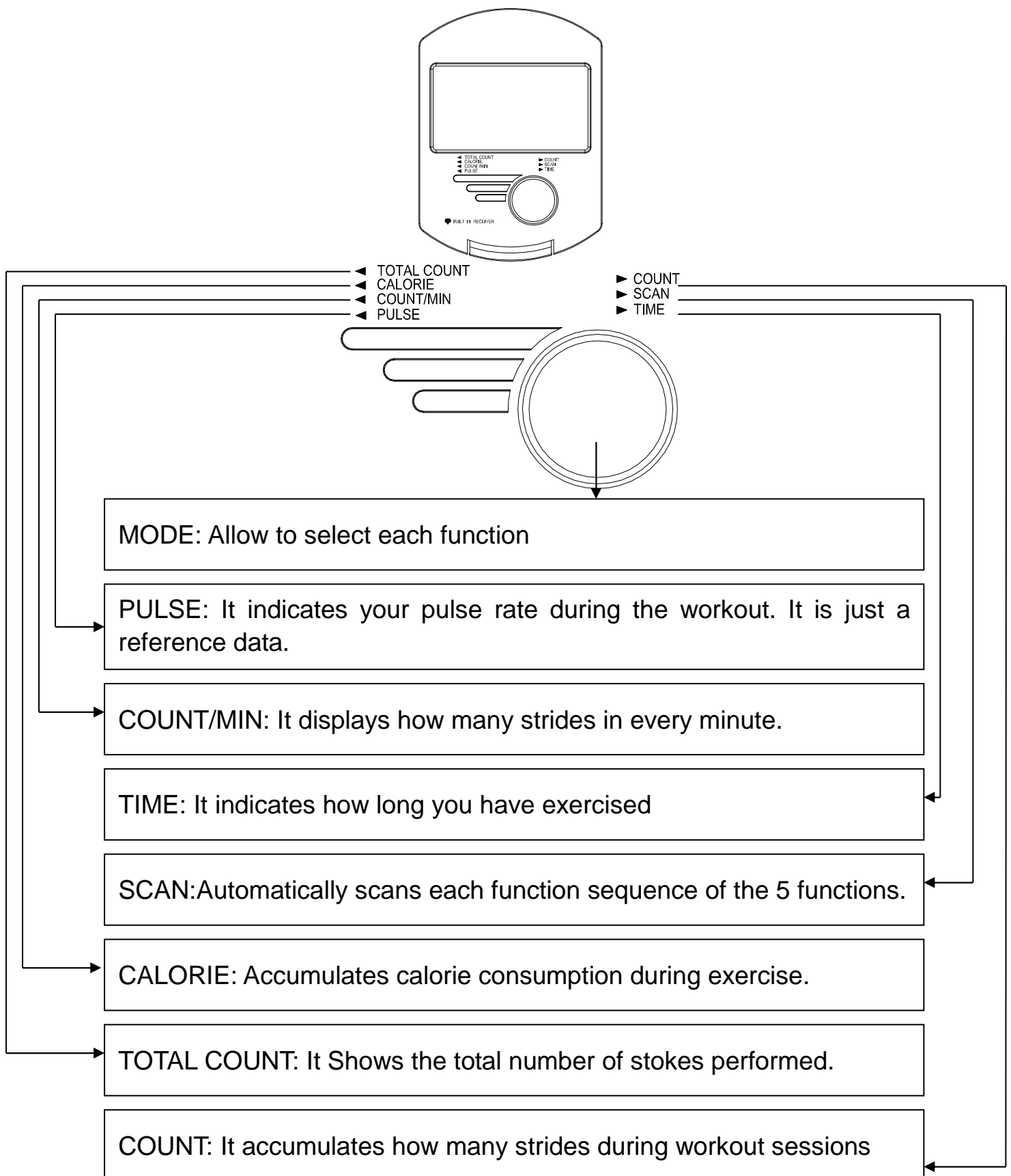
Tension Knob adjustment:

You could adjust the tension for varied resistance as below:



NOTE: You should begin your "Exercise Period" at the resistance level and speed to suit your needs. Remember to start out slow and easy and work your way up to the fitness level you desire.

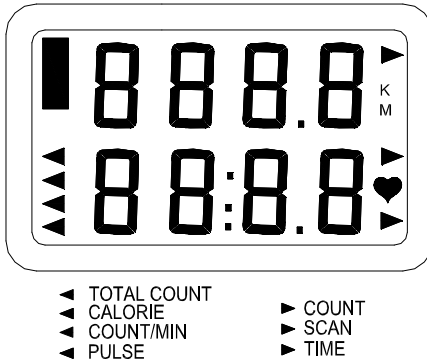
THE OPERATION OF COMPUTER



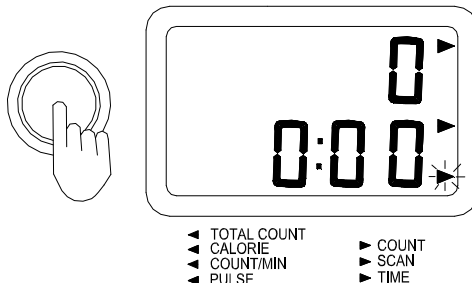
II. “MODE” button:

This button lets you select and lock on to a particular display function you want. The monitor will be reset by changing battery or keep pressing the button for 3~4 seconds.

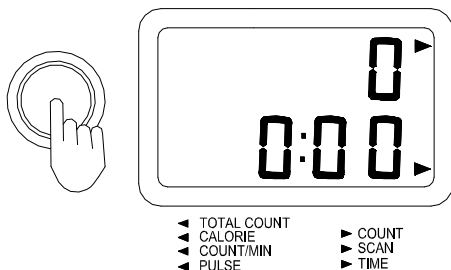
III. During or after the exercise, press the “Mode” function to select the display function like **SCAN**, **TIME**, **TOTAL COUNT**, **CALORIES**, **COUNT/MIN**,



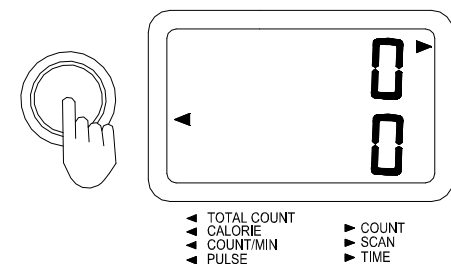
THE COMPUTER WILL DISPLAY THE FUNCTION “COUNT” AT ALL TIMES.



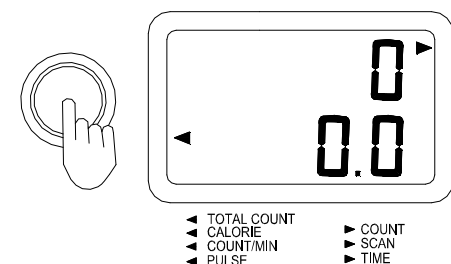
Keep pressing the button “MODE” to select the function "**SCAN**": It automatically shows each function sequence of the time ,total count , calorie, count/min, pulse



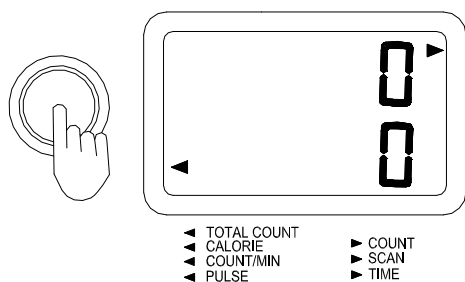
Keep pressing the button “MODE”, until the pointer locks on to the function "**TIME**" : It means the duration of the exercise



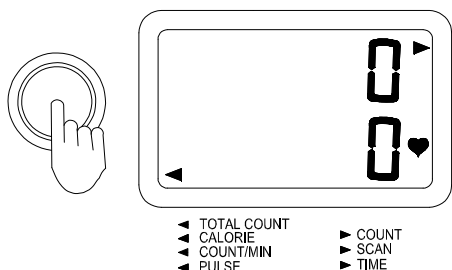
Keep pressing the button “MODE”, until the pointer locks on to the function "**TOTAL COUNT**" : It Shows the total number of stokes of the user has performed.



Keep pressing the button “MODE”, until the pointer locks on to the function "**CALORIES**": The window tells the consumption of calorie during the workout



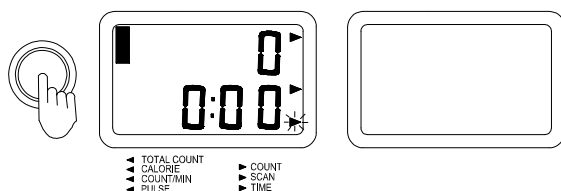
Keep pressing the button "MODE", until the pointer locks on to the function "**COUNT/MIN**". It tells how many steps you exercise per minute.



Keep pressing the button "MODE", until the pointer locks on to the function "**PULSE**".

WARNING!

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately



When the exercise is finished and the apparatus is left alone for some minutes, the meter will shut off automatically

HEART RATE TRANSMITTER OPTIONAL

ACCESSORIES & ATTACHMENT



Heart Rate Transmitter



Elastic strap



CR2032 3V Lithium Battery



Battery Rubber Pad



Battery Cover

PUT ON HEART RATE TRANSMITTER

Install a CR2032 battery as back side illustrated. Position the heart rate transmitter and adjust the elastic strap to fit your chest snugly as shown.



TRANSMISSION LED INDICATOR

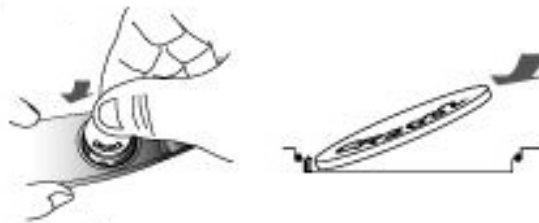
For checking operation of transmitter, the red LED indicator will flash indicating the transmitter is in operation. Adjust the Transmitter position to keep the LED indicator flashing consistently for accurate readings.



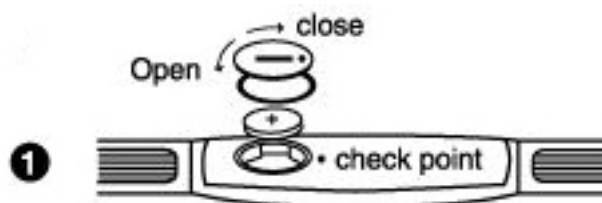
TRANSMITTER BATTERY INSTALLMENT

Slide the CR2032 battery at an angle and make sure during battery installation that the battery is first pressed against the side contact (positive electrode) and then pressed into the battery compartment.

Place the battery rubber pad(O-ring) and battery cover properly into the case then close the cover tightening it with a coin or similar object.

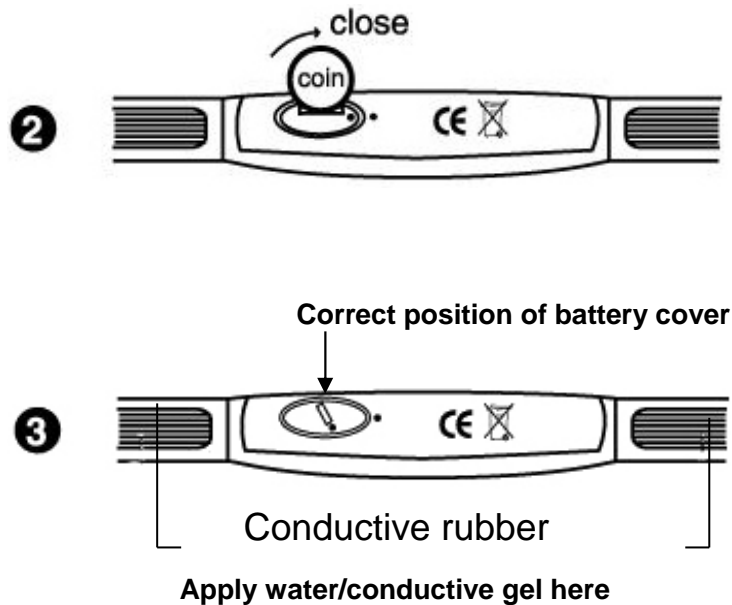


The rubber pad (O-ring) ensures water proof protection of the battery compartment.



IMPORTANT

Make sure to close the battery cover very tightly as below illustrated to prevent sweat and moisture from spoiling the battery composition.



NOTICE

Use water, ECG gel to other conductive liquids to moisten the conductive rubber skin contact.

But do not use Vaseline or oils which may insulate the Transmitter making it unable to detect the heart rate signals.

User Information related to the WEEE:

Decree n° 2005-829 of July 20, 2005 relating to the composition of electric and electronic equipments and to the waste disposal resulted from these equipments

TITLE III

PROVISIONS RELATING TO THE COLLECTION OF HOUSEHOLD WASTE ELECTRIC AND ELECTRONIC EQUIPMENTS

Article 12

Municipalities or their groupings, producers, distributors and coordinating organizations implement the actions that they deem appropriate to inform users of household electric and electronic equipments:

- of the obligation not to dispose the waste of electric and electronic equipment with unsorted municipal waste; of the collection systems available to them;

Of the effects on the environment and human health from the presence of dangerous substances in the electric and electronic equipments.



GARLANDO SPA

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