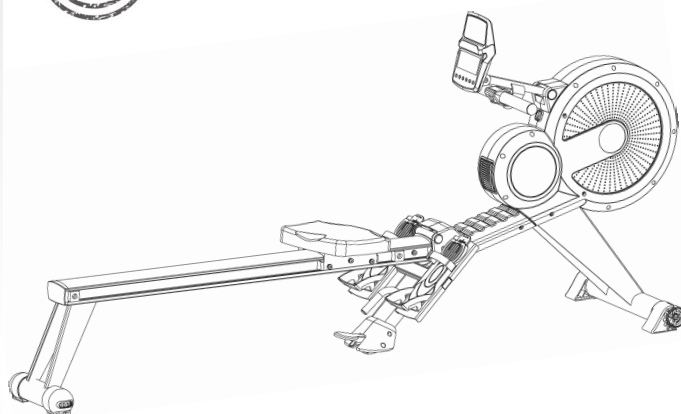


**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



**CHRONO**  **LINE**

# RWX700

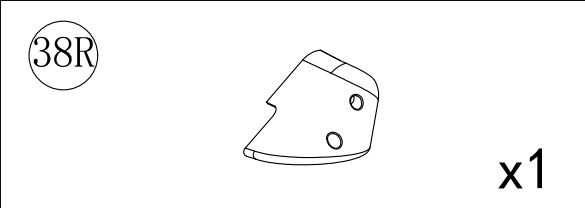
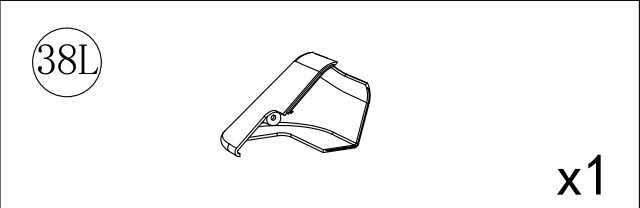
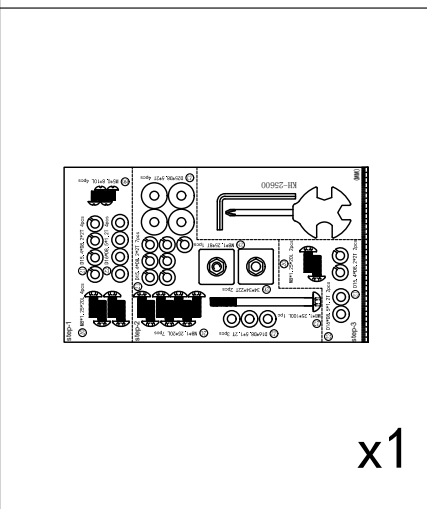
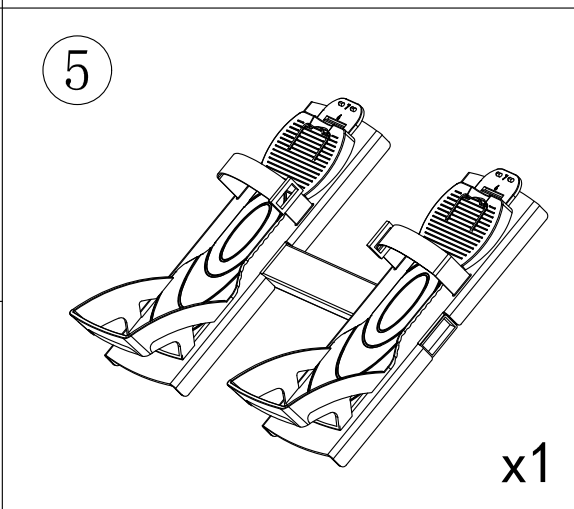
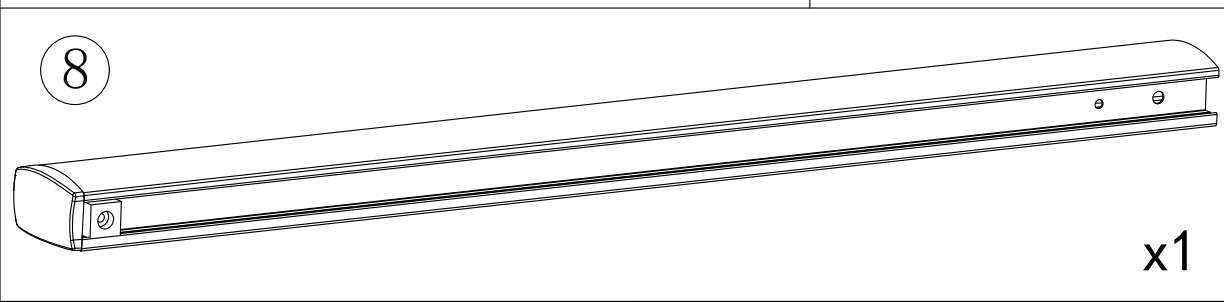
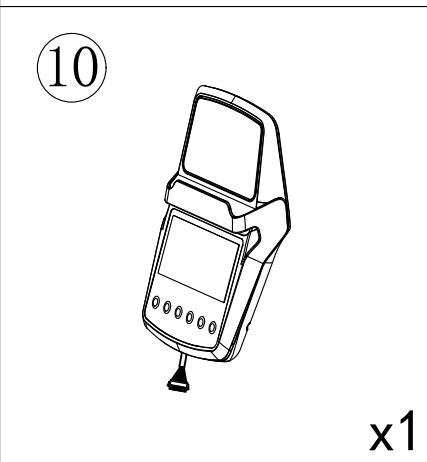
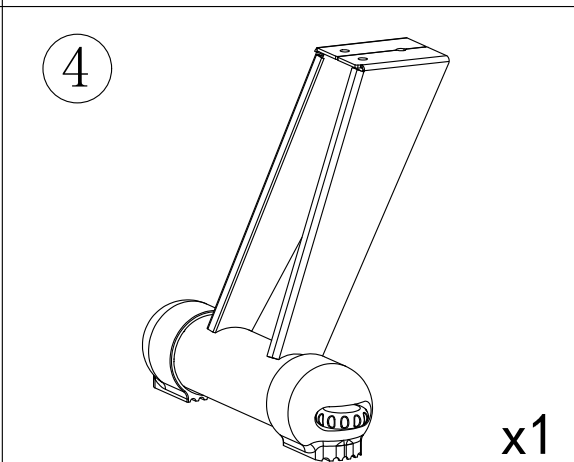
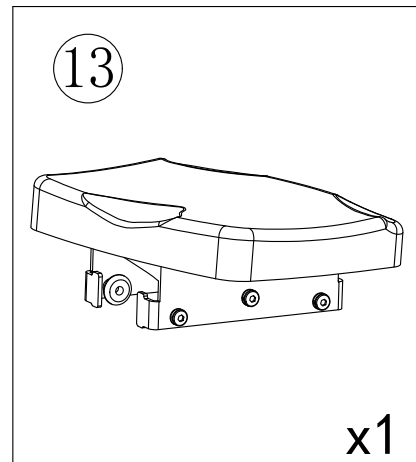
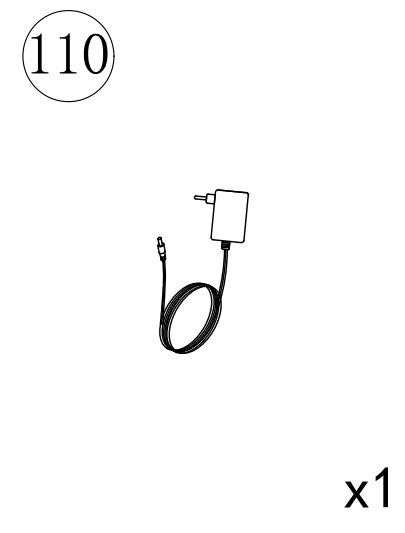
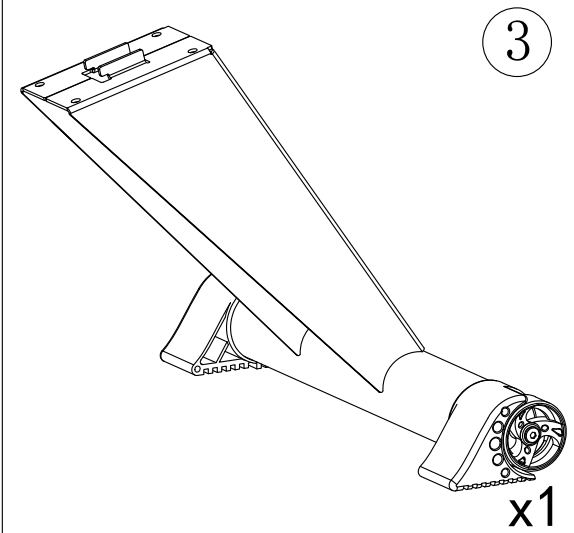
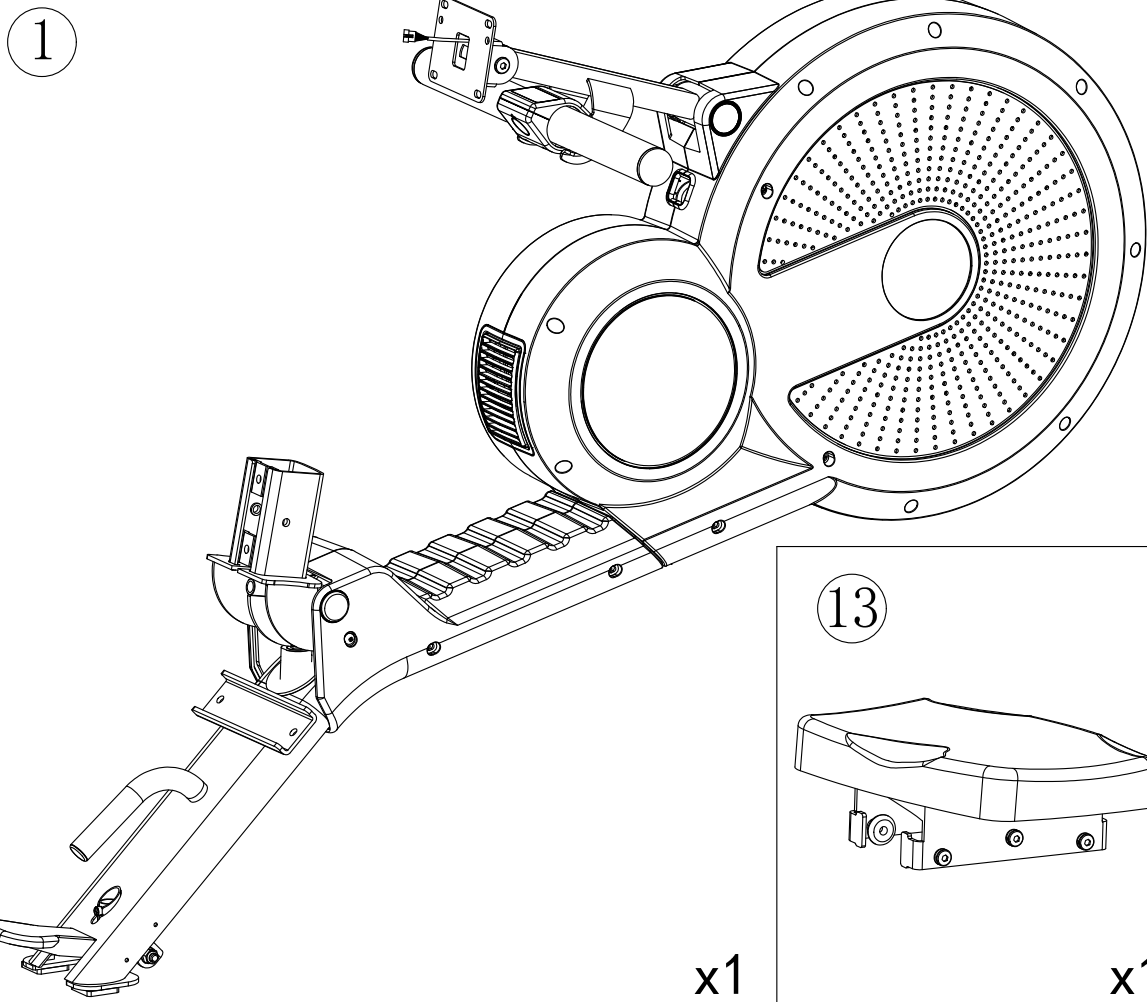


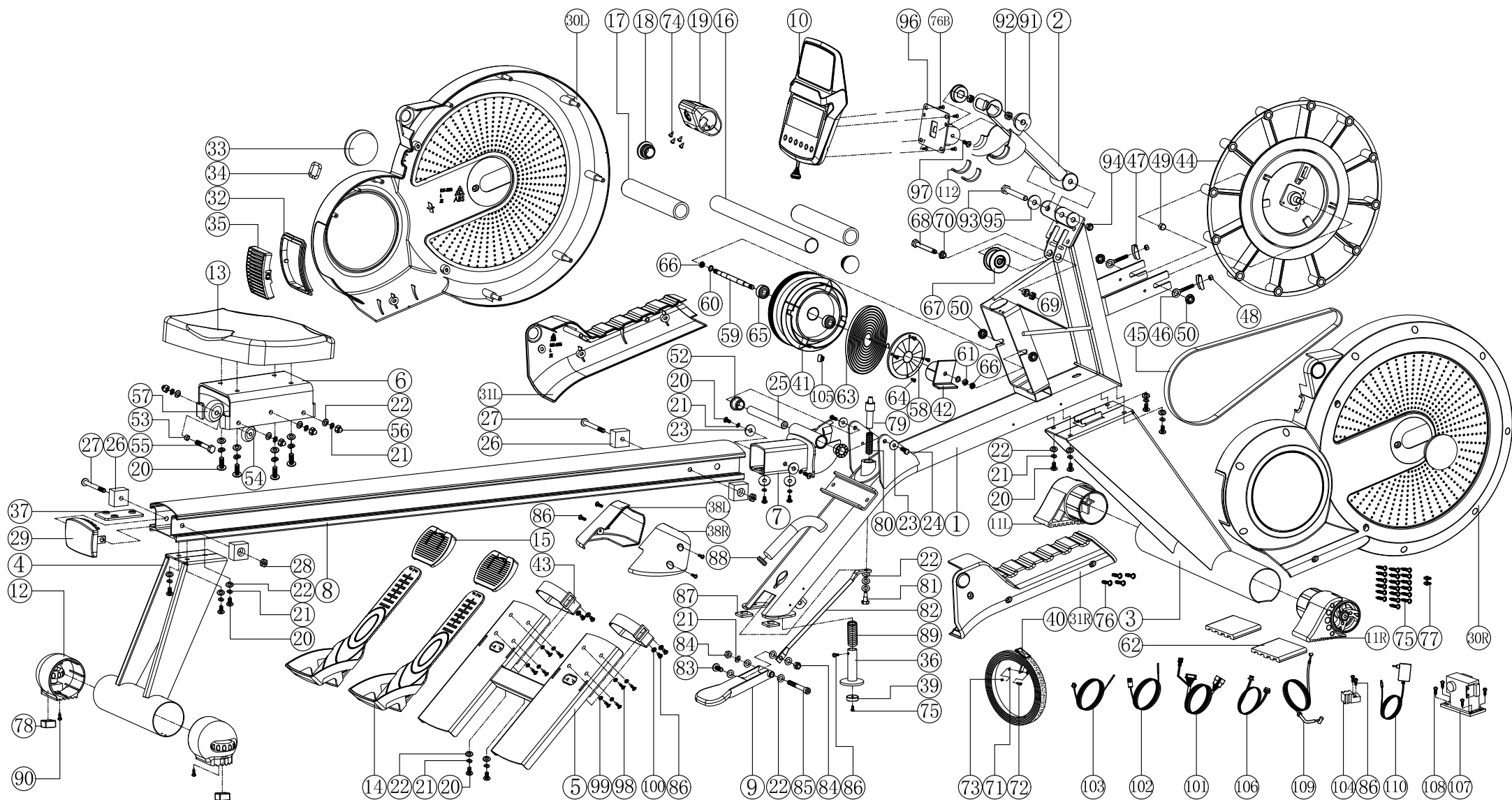
Cod: GRLDTOORXRWX700

Rev : 01

Ed : 03/25



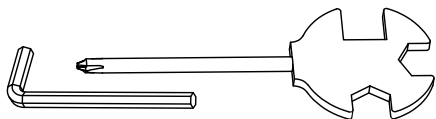








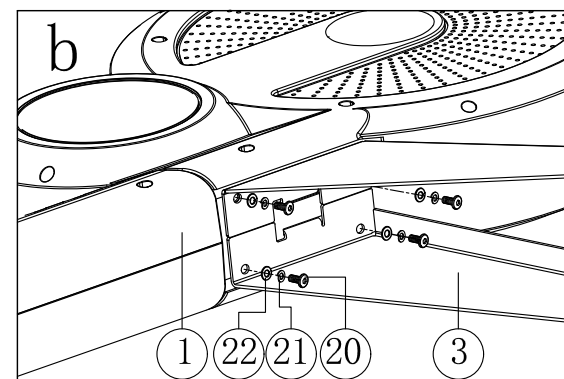
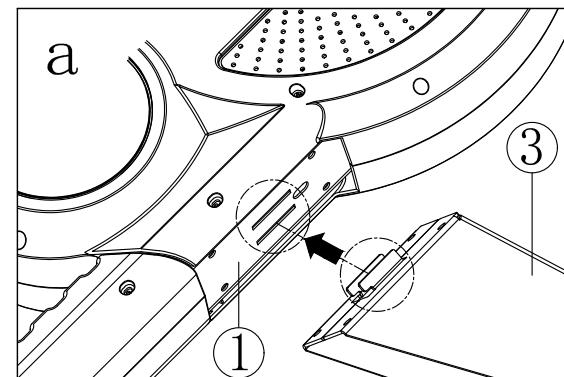
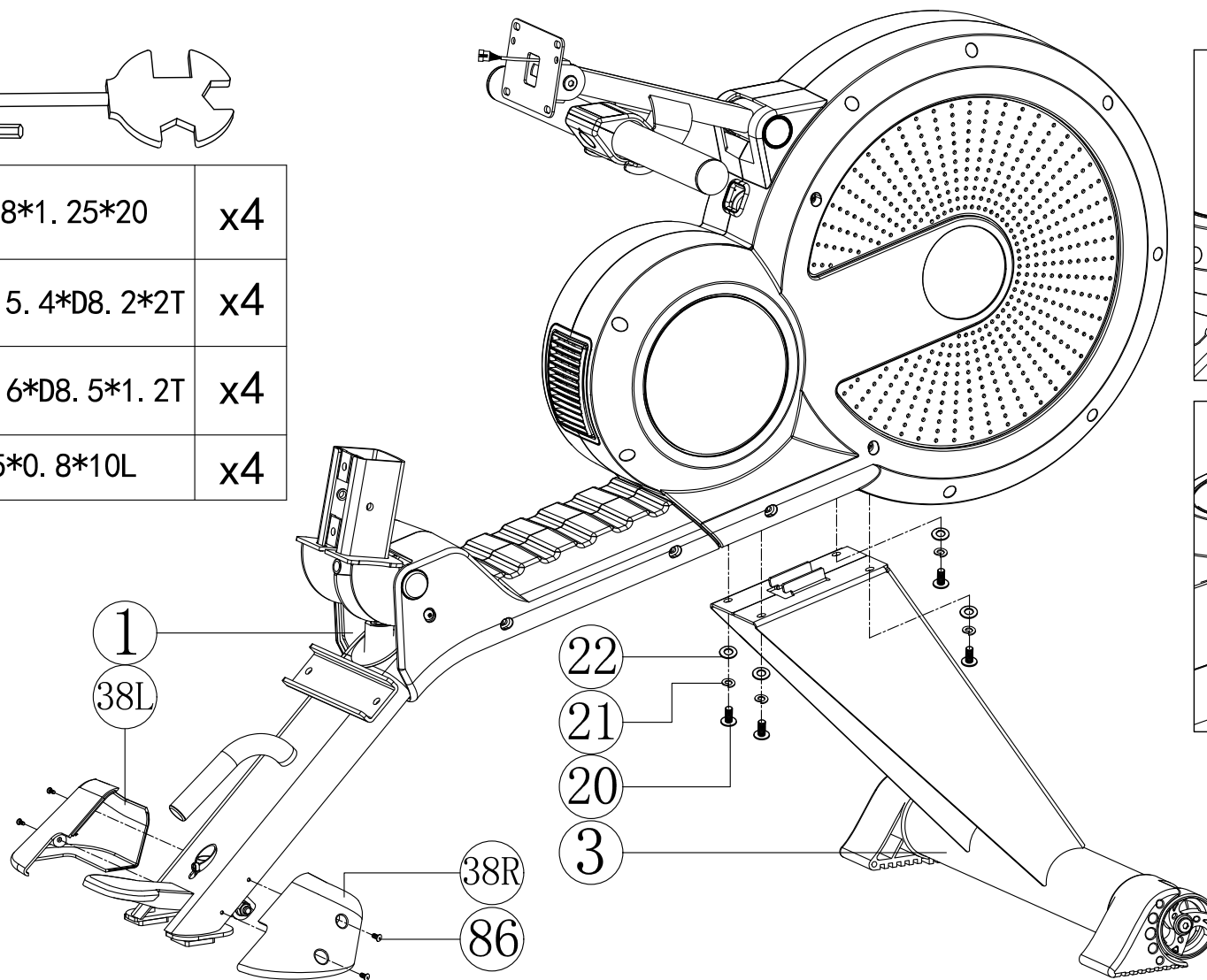
Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	58	Fixing plate for spring	1
2	Handlebar post	1	59	Flywheel axle	1
3	Front stabilizer	1	60	C-clip S-10(1T)	2
4	Rear stabilizer	1	61	Nut D9.5x5T(3/8"-26UNF)	1
5	Bracket for pedal	1	62	Front anti-slip mat	2
6	Supporting bracket for seat	1	63	Volute spring	1
7	Sliding beam	1	64	Screw ST4.2*15L	4
8	Sliding rail	1	65	Bearing #6000ZZ	2
9	Footboard	1	66	Nut D9.5*4T(3/8"-26UNF)*4T	2
10	Computer B31866	1	67	Pulley	1
11L	Left foot cap	1	68	Ladder bolt M8*1.25*55.5L	1
11R	Right foot cap	1	69	Nylon nut M8*1.25*8T	1
12	Adjustable foot cap	2	70	Bushing D13.5*D10*9	2
13	Seat	1	71	Flat washer D15*D5.2*1.0T	2
14	Pedal	2	72	Screw M5*0.8*15L	2
15	Fixing plate for pedal	2	73	Nylon nut M5*0.8*5T	2
16	Foam roller	1	74	Screw ST3.5*25L	4
17	Foam	2	75	Screw ST4.2*15L	20
18	Round cap	2	76	Bolt M5*0.8*10L	4
19	Cover for foam roller	1	76B	Bolt M5*0.8*15L	4
20	Allen bolt M8x1.25x20L	17	77	Pin D6*26.5*7.7	2
21	Spring washer D15.4xD8.2x2T	24	78	Rear anti-slip mat	2
22	Flat washer D16*D8.5*1.2T	27	79	Locking bolt D18.9*66L	1
23	Flat washer D25xD8.5x2T	6	80	Spring D2.0*D18*75L	1
24	Bolt M8*1.25*15L	2	81	Ladder bolt D8*M6*10	1
25	Connecting axle	1	82	Connecting rod	1
26	Buffer 34*34*22T	4	83	Allen bolt M8*1.25*25L	1
27	Allen bolt M8*1.25*100L	2	84	Nylon nut M8*1.25*8T	2
28	Nut M8*P1.25*6T	2	85	Allen screw M8*1.25*80L	1
29	Cover for sliding rail	1	86	Screw M5x0.8x10L	11
30L	Left chain cover	1	87	Buffer 35*35*5T	2
30R	Right chain cover	1	88	Round cap	1
31L	Rear chain cover (left)	1	89	Spring D3.5*D30*60L	1
31R	Rear chain cover (right)	1	90	Screw ST4x1.41x10L	2
32	Cover for pulling strap	1	91	Bushing D38*D8.1*6T	2
33	Side cover	2	92	Nylon nut M8*1.25*8T	2
34	Guidance for pulling strap	1	93	Bolt M10*1.5*80L	1
35	Air blade set	1	94	Nylon nut M10*1.5*10T	1
36	Fixing tube for spring	1	95	Flat washer D30*D10*3T	3
37	Fixing plate	1	96	Fixing bracket for computer	1
38L	Left cover for foot	1	97	Allen bolt M8x1.25x20L	2
38R	Right cover for foot	1	98	Screw ST4.2x1.4x10L	8
39	Buffer D25*D4.5*8T	1	99	Flat washer D12*D4.3*1.0T	8
40	Pulling strap	1	100	Flat washer D15*D5.2*3.0T	4
41	Wheel for pulling rope	1	101	Upper computer cable	1
42	Fixing bracket for volute spring	1	102	Sensor	1
43	Pedal strap	2	103	Sensor (1)	1
44	Flywheel	1	104	Fixing bracket for sensor	1
45	Belt	1	105	Round magnet	4
46	Adjustable Washer	2	106	Power cable	1
47	U-Washer 30*9*8	1	107	Motor	1
48	Nut M6*1*5T	2	108	Screw ST4.2*1.4*15L	3
49	Spacer D10*D14*3T	1	109	Tension cable	1
50	Anti-loosen nut	4	110	Adaptor	1
52	Bushing D28.6*D22.6*3T	2	112	buffer	2
53	Bushing D12*D8.2*12.6L	6	\	Spanner	1
54	Pulley D32*D18*10	2	\	Allen spanner	1
55	Bolt M8x1.25x35L	6			
56	Domed nut M8*1.25*15T	6			
57	Pulley	4			

Remarks: Buffer strip(part no.51) and Computer fixed plate(part no.111) have been removed.





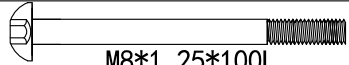


When we checked the instruction manual, we found that the quantity of the parts is incorrect (please refer to the parts marked in yellow). Please also help to update them.thanks

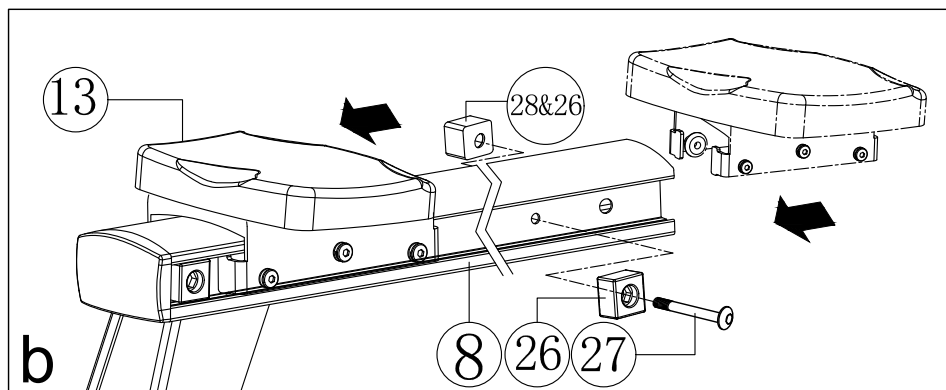
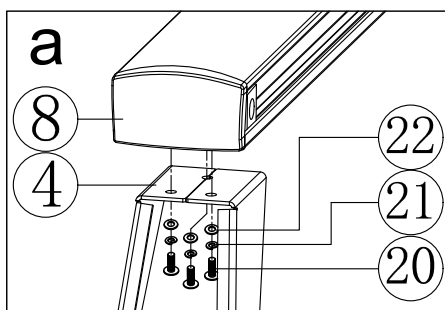


20		M8*1.25*20	x4
21		D15.4*D8.2*2T	x4
22		D16*D8.5*1.2T	x4
86		M5*0.8*10L	x4

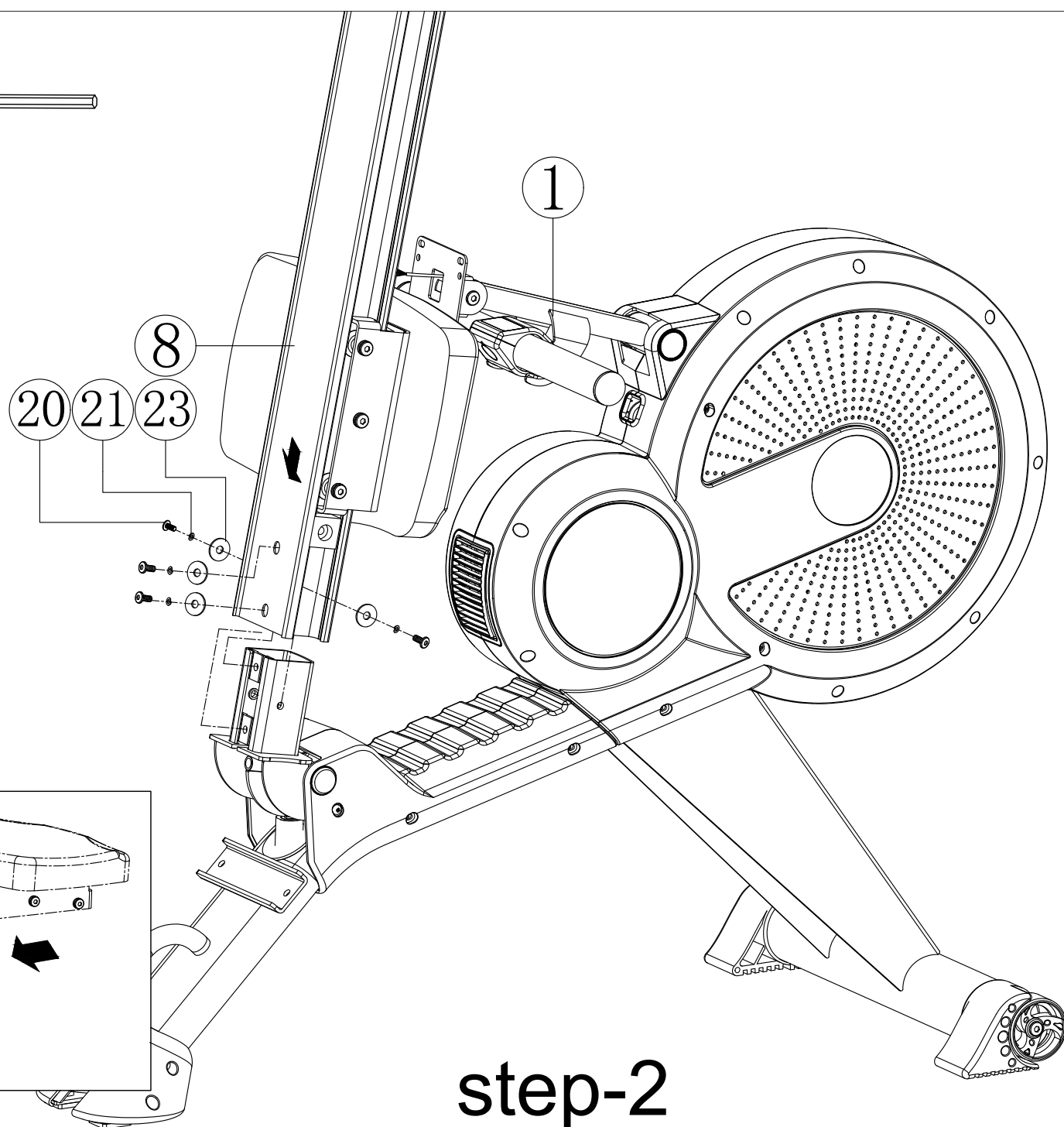


step-1


②0		M8*1.25*20	x7
②1		D15.4*D8.2*2T	x7
②2		D16*D8.5*1.2T	x3
②3		D25*D8.5*2T	x4
②7		M8*1.25*100L	x1
②6			x1
②6 + ②8			x1






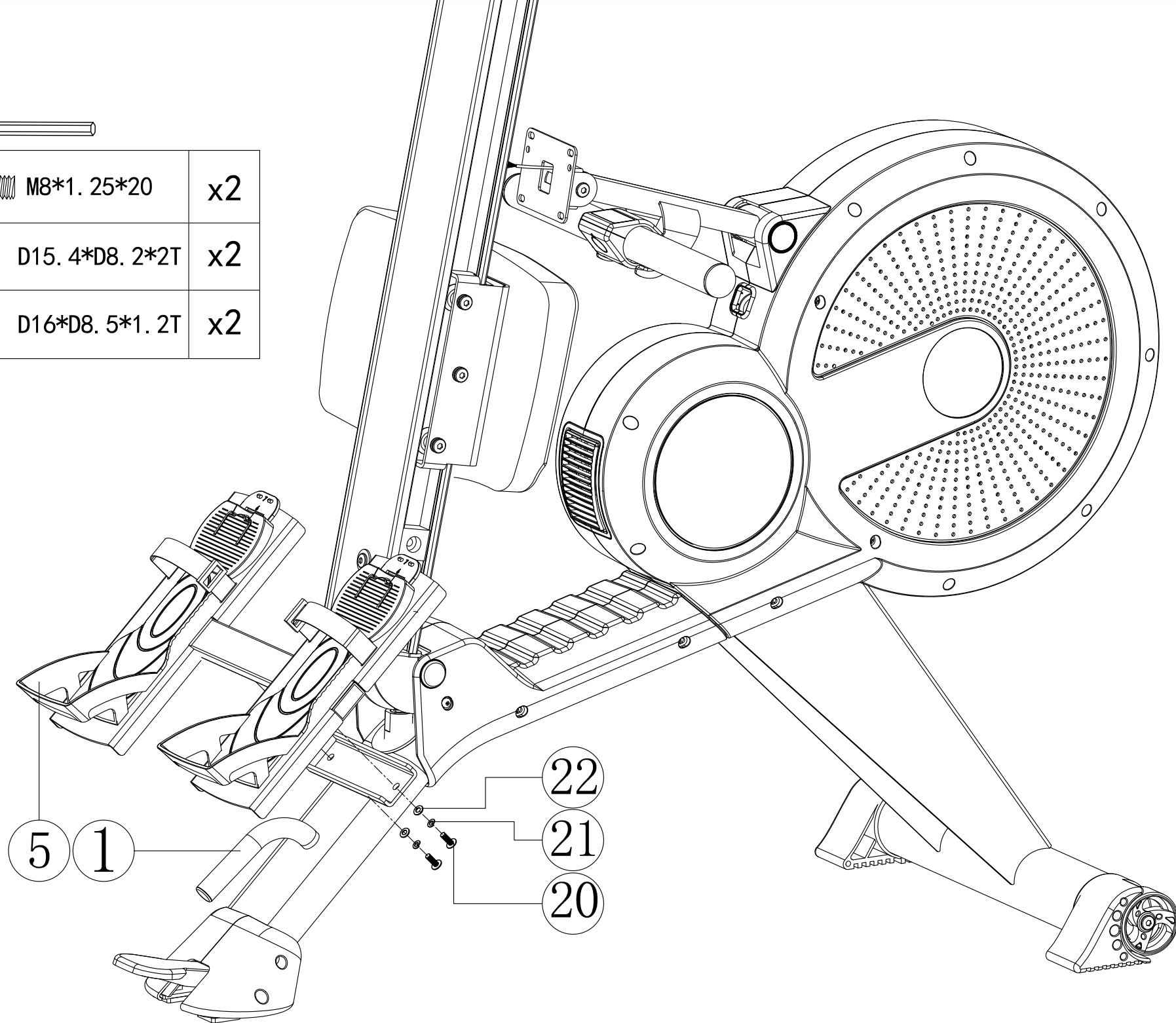
⑧ ②⑦ ②③



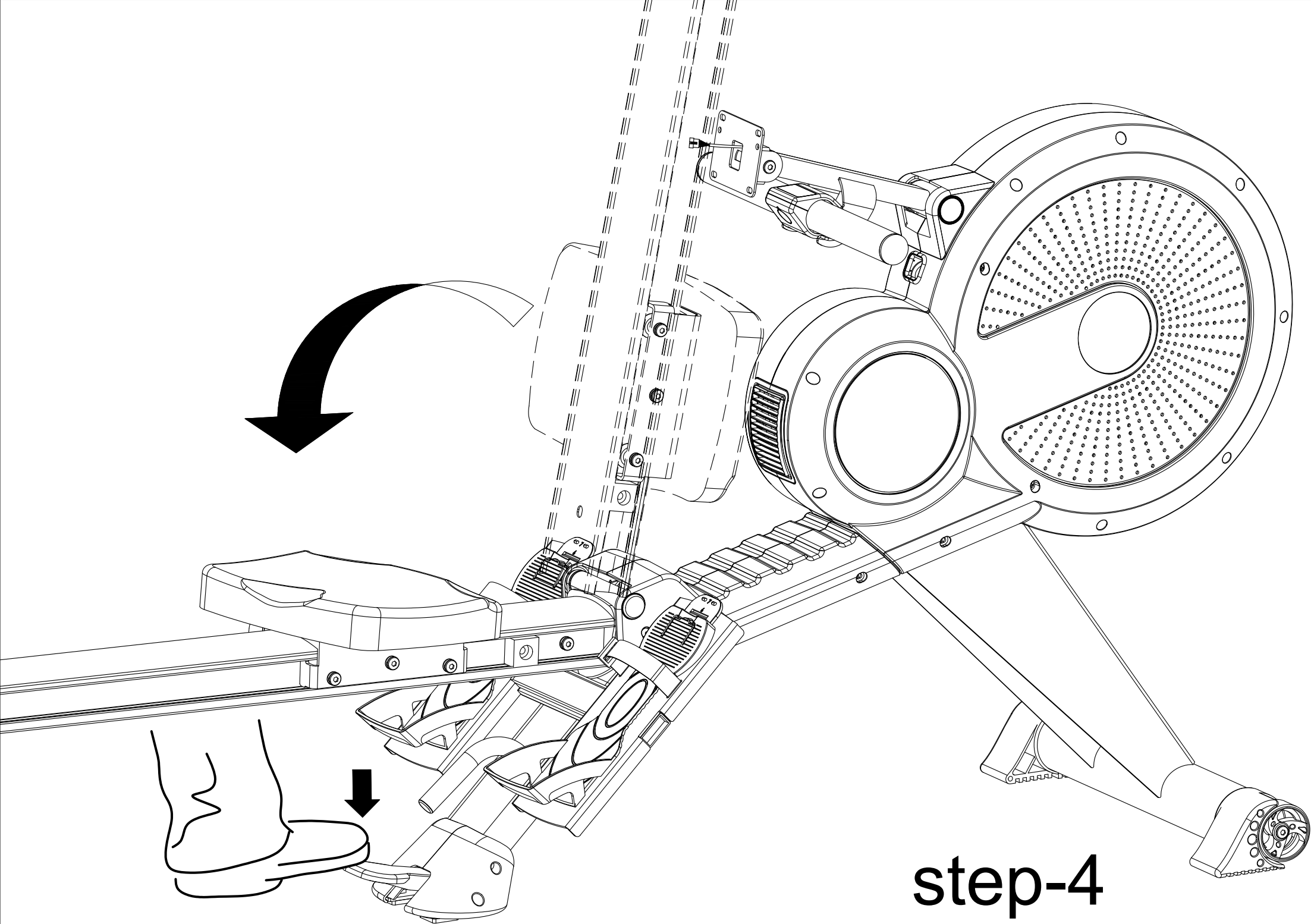
step-2



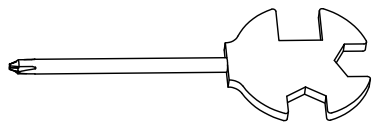
②0		M8*1.25*20	x2
②1		D15.4*D8.2*2T	x2
②2		D16*D8.5*1.2T	x2




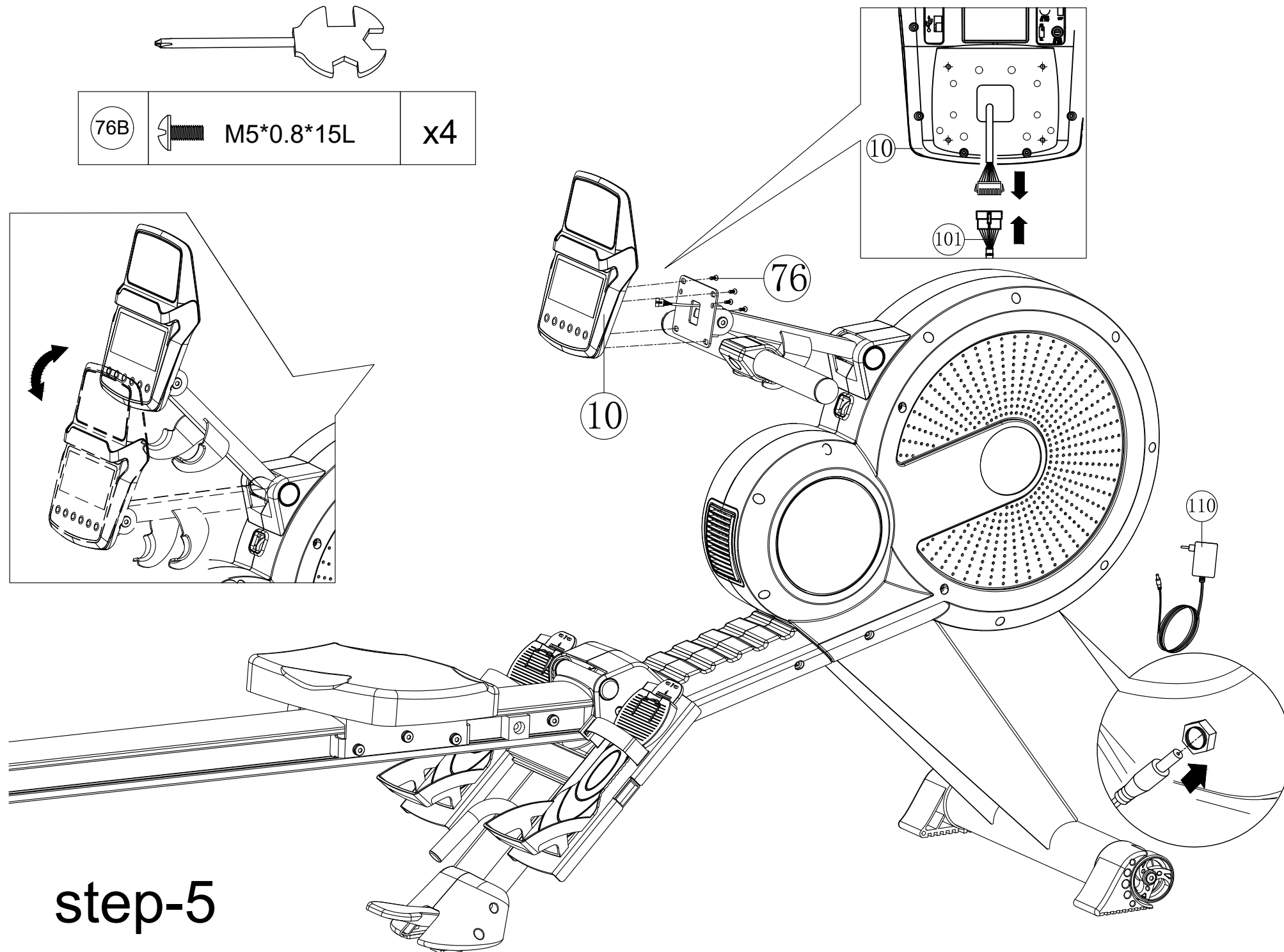
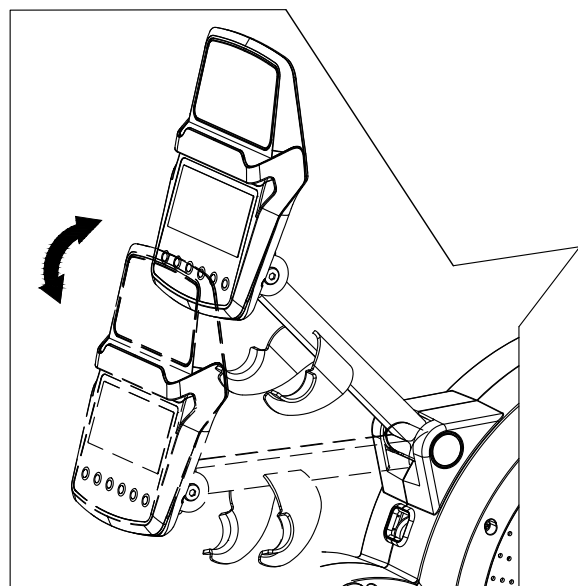
step-3







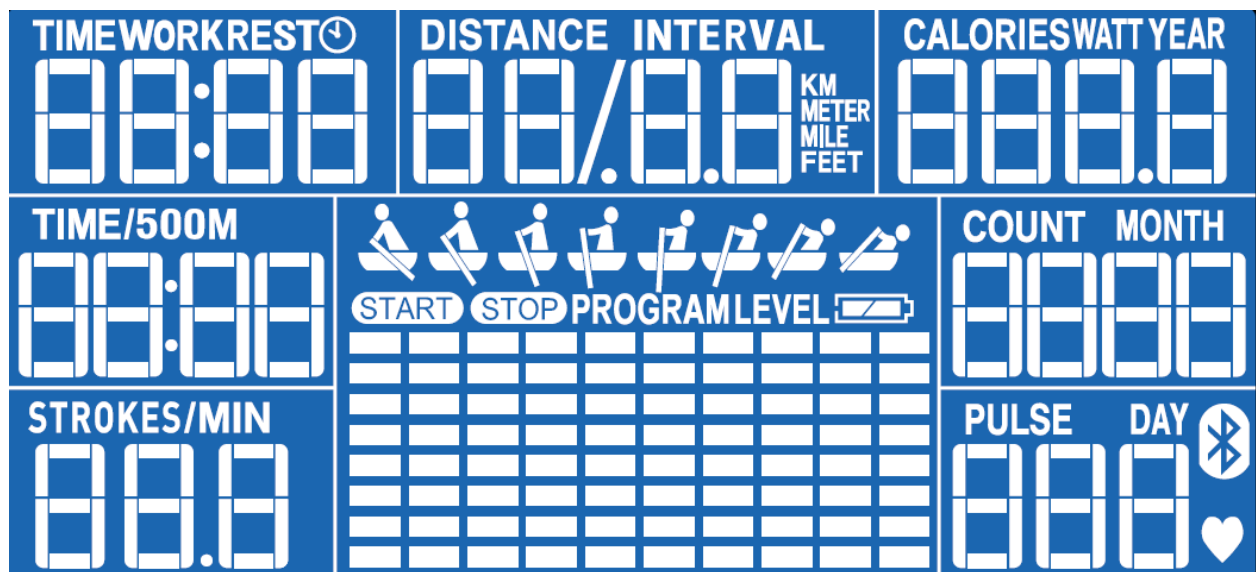
76B	 M5*0.8*15L	x4
-----	--	----



step-5



## B238 Console Overview



Auto on/off function: Draw the exercise equipment or press any button will turn on the monitor immediately. Stop exercise more than 4 minutes will turn off the monitor automatically.

### INTERVAL Programs:

Launch: Press the INTERVAL PROGRAMS KEY and the INTERVAL will display on the screen. Use up and down key to select your desired program you would like to Use. There are three modes inside.

1. Interval 20/10 Work interval length 20 seconds and then Rest interval length 10 second.
2. Interval 10/20 Work interval length 10 seconds and then Rest interval length 20 second.
3. Interval 10/10 You can set up the work and Rest seconds by your exercise plan. Press the Enter key to enter this mode and work time will flash. Press the up or down key to set up your work length and then press Enter button to confirm. The Rest time will flash. Press the up or down key to set up your Rest length and then press Enter button to confirm.

## Functions and features:

1. TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals, while you can set the value from 5:00 to 99:00.
2. DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.99KM/MILE and display meter unit under 1KM/Mile on the screen. You can set up target distance from 1.00 to 99.00 km/mile
3. Calorie: Your computer will estimate the cumulative calories burned at any given time during your workout. It counts up from 0.0 to 9999. You can set the target calories within the value from 10 to 9990.
4. Time/500M: The time spend to reach 500M distance according to your drawing speed moment.
5. COUNT: The computer count once when the rod is back after your pull. And the computer accumulates this count from 10 to 9990.
6. STROKES/MIN: show the times you stroke per minute. The value range is from 15 to 999. If it is over 999, the window will show "E". When there is no signal within 4 seconds, the value will reset to zero.
7. PULSE: Your computer displays your pulse rate in beats per minute during your workout. You can set up the target from 80 to 180.

# Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key: a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero  
b. During the exercise mode, press the key to STOP exercise.  
c. During the stop mode, press the key to START exercise.
2. Up key: During the setting mode, press the key to increase the value of Time, Distance, Calories, count and pulse (heart beats).
3. DOWN key: During the setting mode, press the key to decrease the value of Time, Distance, Calories, count and pulse (heart beats).
4. ENTER key: a. during the setting mode, Press the key to accept these setting values of TIME, DISTANCE, CALORIE, COUNT AND PULSE.  
b. during the exercise mode, press the key to fixed function display on the big digital on display. check the function from TIME-DISTANCE-CALORIE-TIME/500M-COUNT-STROKE/MIN-PULSE for a circle.  
c. at the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
5. INTERVAL Key: Press this button to enter interval program and interval will display on the screen. To leave this function press this button again and interval will disappear on the display
6. PULSE RECOVERY Key: Stop exercise and press "PULSE RECOVERY" key. Time starts counting from 01:00 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0 and message window will show your workout situation. The details as follows,  
1.0 means OUSTANDING  
 $1.0 < F < 2.0$  means EXCELLENT  
 $2.0 \leq F \leq 2.9$  means GOOD  
 $3.0 \leq F \leq 3.9$  means FAIR  
 $4.0 \leq F \leq 5.9$  means BELOW AVERAGE  
6.0 means POOR

NOTE: If can not receive your heart beats during this function, the monitor will display the Err on the big digital.

# Program Introduction

## Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations: 1. Use UP/DOWN keys to select the MANUAL (P1) program.

2. Press the ENTER key to enter MANUAL program.

3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.

4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.

6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.

7. Press the START/STOP key to begin exercise.

### **Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program**

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

Operations:

1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

### **User Setting Program: User 1, User 2, User 3, User 4**

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:

1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 3 and 4 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

### **Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.**

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 55\%$

Program 19 is the 65% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 65\%$

Program 20 is the 75% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 75\%$

Program 21 is the 85% Max H.R.C. - - Target H.R. =  $(220 - \text{AGE}) \times 85\%$

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET

H.R.C.

Operations:

1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.

#### **Watt Control Program: Watt Control**

Program 23 is a Speed Independent Program. Press ENTER key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES. During the exercise mode, the level of resistance is not adjustable. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

Operations:

1. Use UP or DOWN key to select the WATT CONTROL (P23) program.
2. Press ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN key to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN key to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The WATT will flash and you can press UP or DOWN key to set your target WATT value. Press ENTER key to confirm your target WATT. The default WATT value is 100.
6. The CALORIES will flash and you can press UP or DOWN key to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
7. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
8. Press the START/STOP key to begin exercise.

**NOTE:** 1.  $\text{WATT} = \text{TORQUE (KGM)} * \text{RPM} * 1.03$

2. In this program, the WATT value will keep constant value. It means that if you peddle quickly, the resistance level will decrease and if you peddle slowly, the resistance level will increase. Always try to keep you in the same watt value.

## **Error Message:**

E1 (ERROR 1):

**Normal state:** During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

**Power on state:** The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

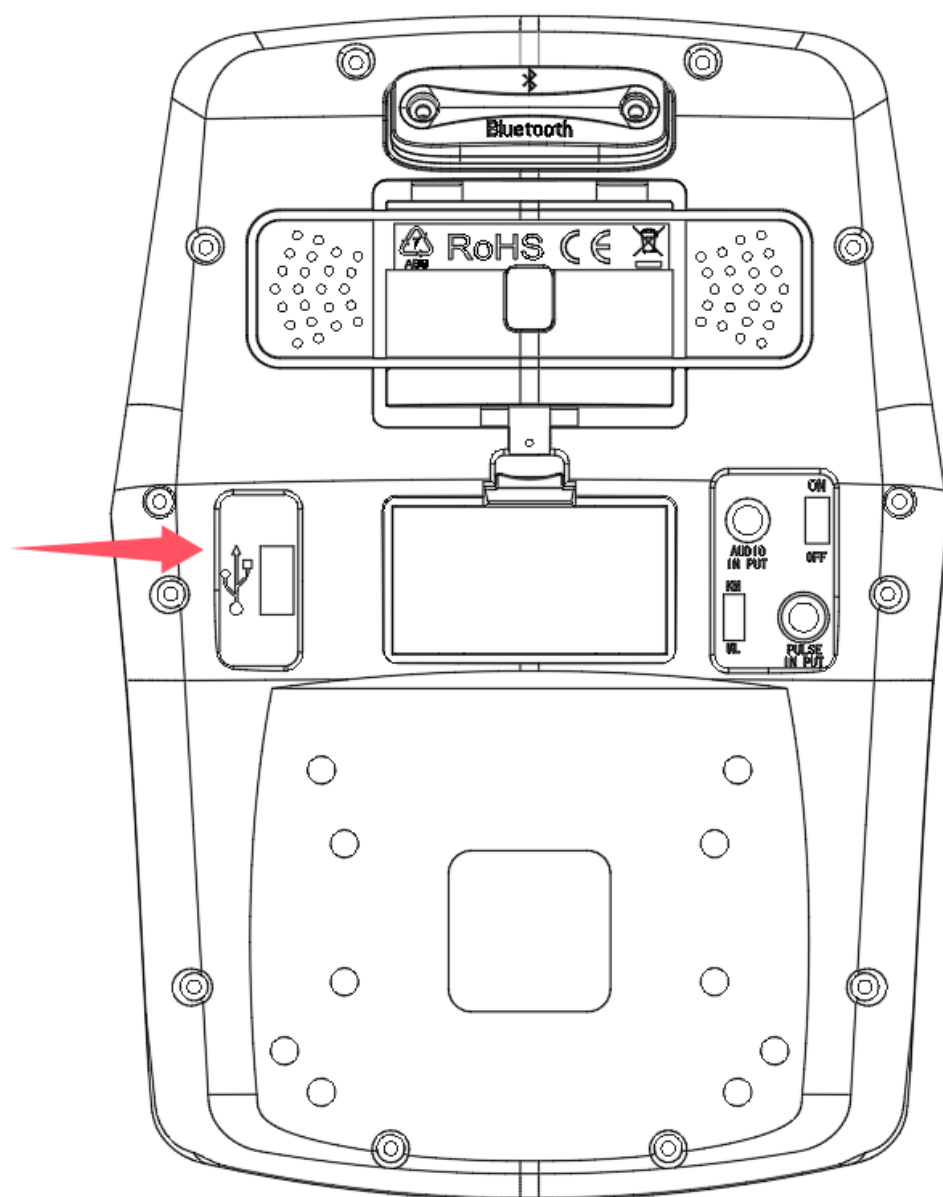
E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

#### **Technical data of the current adapter**

Output: DC 9V/1A

## USB charging function:

Can charge for USB device, charging current :0.5~1A





GARLANDO SPA  
Via Regione Piemonte, 32 - Zona Industriale D1  
15068 - Pozzolo Formigaro (AL) - Italy  
[www.toorx.it](http://www.toorx.it) - [info@toorx.it](mailto:info@toorx.it)