

TCORX
FITNESS IN MOTION

INSTRUCTION



APP READY

TRX100



Rev : 00

Ed : 03/17

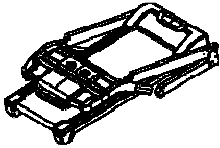
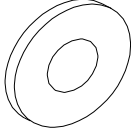


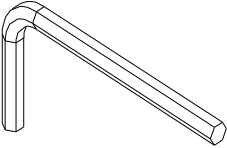

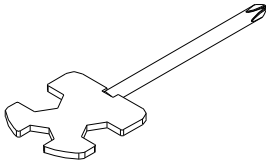
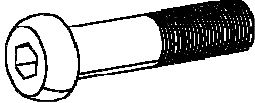
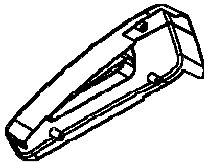
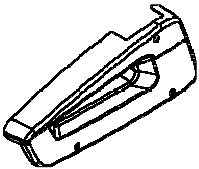
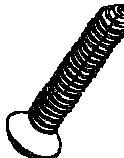
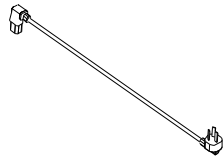

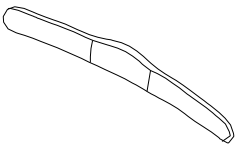


CONTENT

<i>CONTENT</i>	1
IMPORTANT SAFETY PRECAUTIONS	2
ASSEMBLY INSTRUCTIONS	4
FOLDING & UNFOLDING INSTRUCTIONS	7
INCLINE INSTRUCTIONS	8
GROUNDING METHODS	9
<i>OPERATION GUIDE</i>	10
GETTING STARTED GUIDE	15
SAFETY EXERCISES	16
WARM-UP EXERCISES	17
MAINTENANCE INSTRUCTIONS	18
<i>BELT ADJUSTMENT</i>	19
EXPLODED DRAWING	20
<i>PARTS LIST</i>	21
ERROR CODE AND SIGNIFICANCE	23

ASSEMBLY INSTRUCTIONS

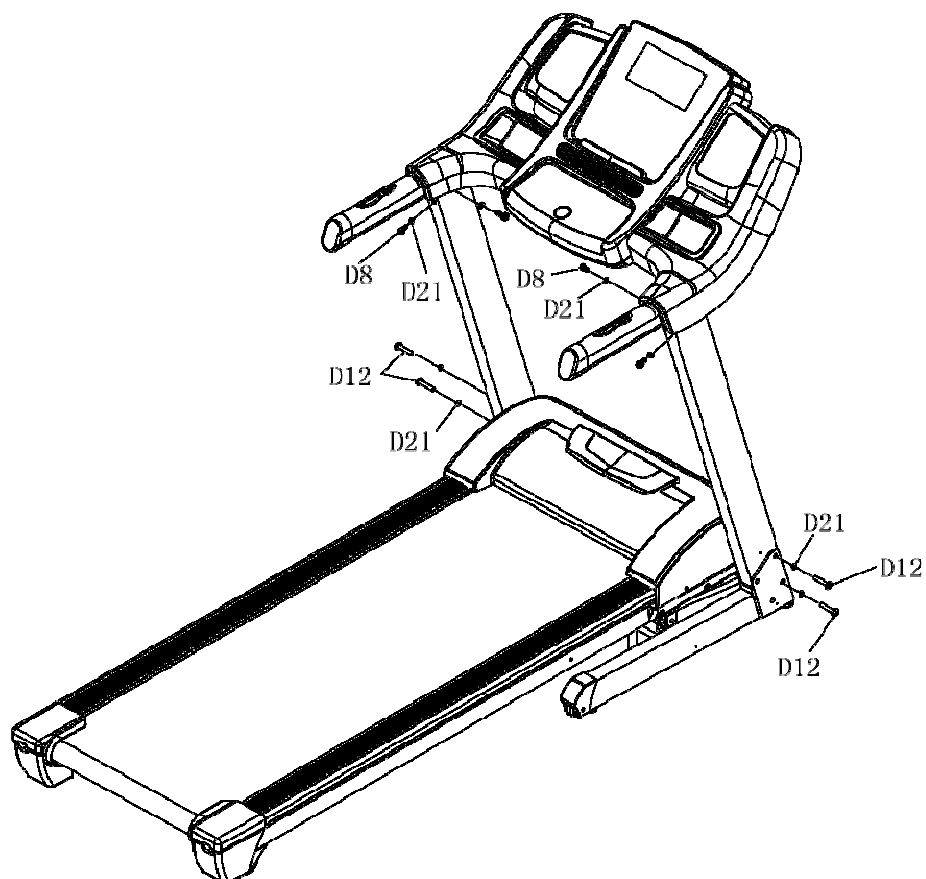
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

Main frame 1 set 	D21 Flat washer M10 8pcs 	D8 Round hex bolt M10*15 4pcs 	C13 Safety key 1pc 
D3 Allen wrench 1pc 	B18 Silicon oil 1pc 	D1 Screw driver 1 pc 	D12 Round hex bolt M8*55 4pcs 
B11L Left side cover 1 pc 	B11R Right side cover 1 pc 	D48 Screw ST4.2*19 2 pcs 	C15 Power co de 1pc 
C19 MP3 Line 1pc 	C37 Chest belt 		

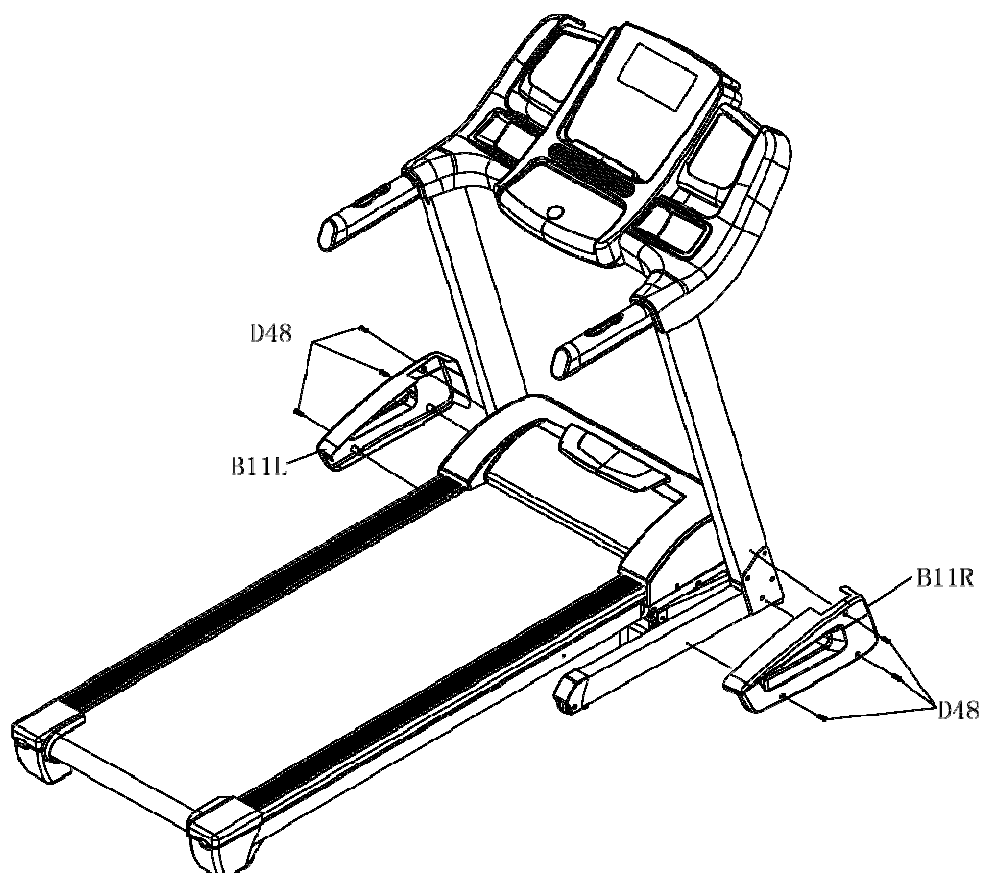
STEP 1 : According to the following steps to lift up the computer bracket. Be careful not press the line when folding



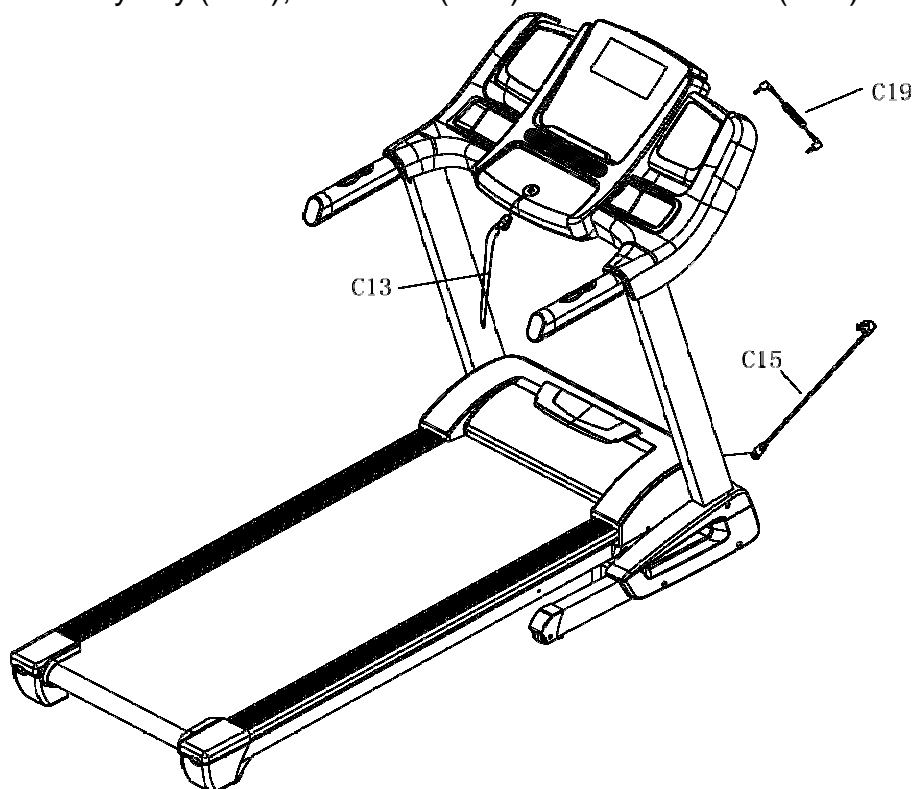
STEP 2 : Secure bottom frame with bolt M10*55(D12), M10*15(D8) and flat washer M10 (D21).



Step 3: Insert the L/R side cover (B11) into the upright tube and base frame, then lock with Screw ST4.2*19 (D48).



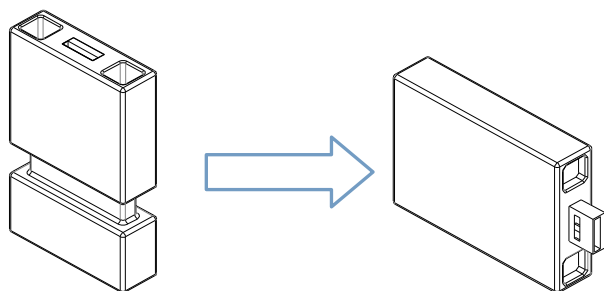
Step 4: Put on the Safety key (C13), MP3 line (C19) and Power code (C15).



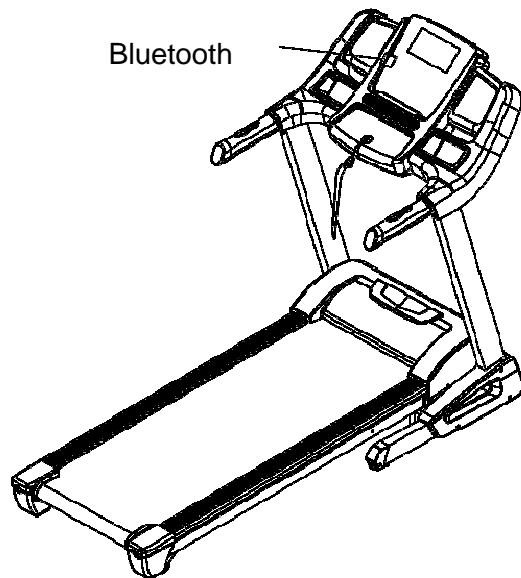
Step 5:

Plug in Bluetooth dual kit (Warning: voltage of dual kit is 3.3V, and cannot plug into computer/laptop or it will be damaged.)

1. Take out the Bluetooth kit and push the cover down to let USB slot appears.

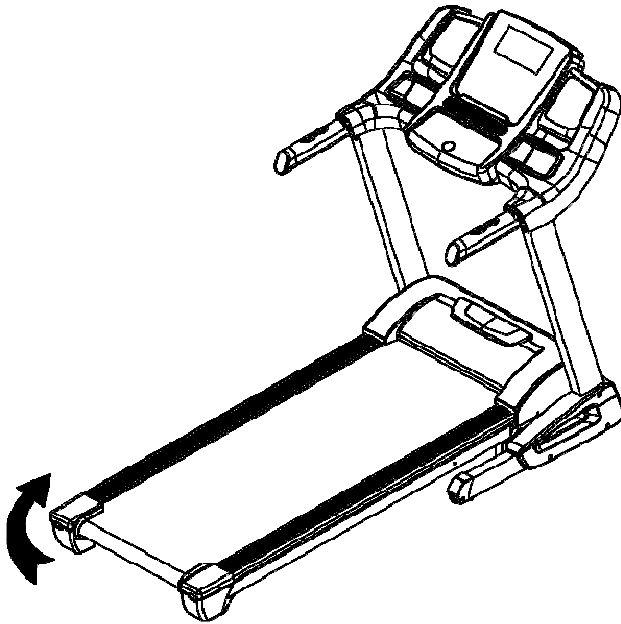


2. Then connect the Bluetooth on treadmill.



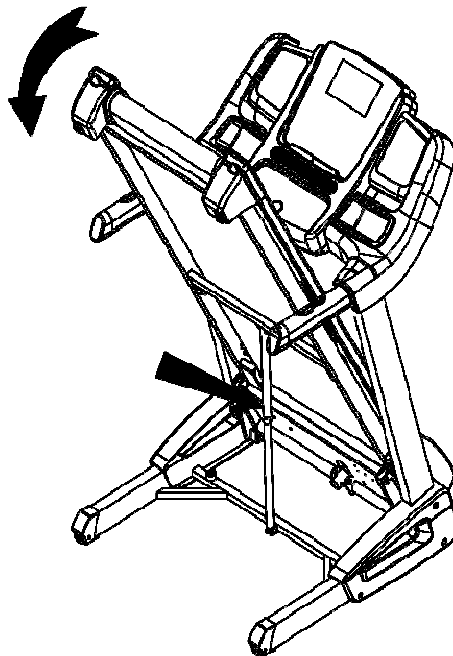
ATTENTION: Must confirm complete assembly as the required above and lock all bolts. Do the following operations after checking everything is OK. Before you use the treadmill, please read the instructions carefully.

Folding instruction



Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

Unfolding instruction



Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

Grounding Methods

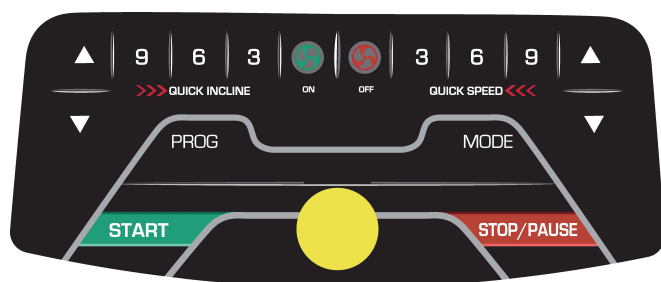
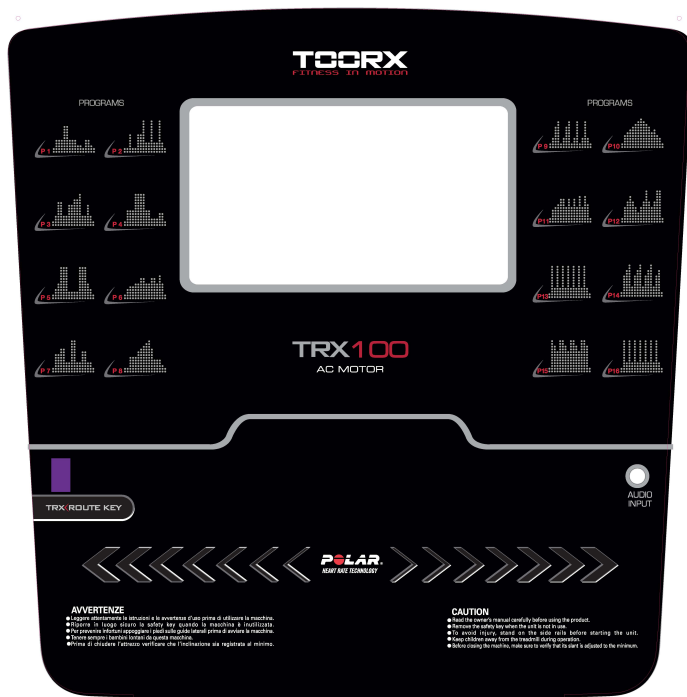
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, Please find a proper outlet installed by a qualified electrician.

. This product is for use on a nominal 220~240V circuit and has a grounding plug . Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Operation Guide

1.1. WINDOW DISPLAY



1.2 START

Normal start after 5 seconds countdown

1.3 PROGRAM

3 countdown function, 16 pre-set programs, 1 body fat program, 3 User, 3 Modes, USB Bluetooth , Polar receiver, and Fan

1.4 SAFETY LOCK FUNCTION

The window shows "---" when take away the safety lock and the treadmill will stop quickly with "didi" alarm noise. And put the safety lock on, the computer will display for 2 seconds and the date count down to "0"

1.5 BUTTON FUNCTION

1.5.1 START/STOP

“START”--When the treadmill is not running, press this button to start, speed is “1.0”.

“STOP”--When the treadmill is running, press this button to stop, then set program default and then return to manual mode after stopped.

1.5.2 “PROGRAM” BUTTON

When the treadmill is not running, press this button can circle choose from manual mode to pre-set mode P1-P12 and body fat;

1.5.3 “MODE” BUTTON

When the treadmill is not running, press this button to choose countdown

modes: “H-1”, “H-2”, “H-3”; “H-1” is the time countdown mode, and “H-2” is the distance countdown mode, “H-3” is the calorie countdown mode; press the “SPEED+/-” button to adjust the data.

After that, press the “START” button to start this treadmill

1.5.4 “SPEED +/-” BUTTON

SPEED +/- --Adjust speed when treadmill start, the increment is 0.1km/time in kilometer. Press the button more than 2 seconds, and it will be up or down automatically.

1.5.5 SPEED QUICK BUTTON

Press the speed quick button 3km/h, 6km/h, and 9km/h to adjust the speed directly when the treadmill is running.

1.6. DISPLAY FUNCTION

1.6.1 SPEED

Display running speed.

1.6.2 TIME

Display the running time or countdown time.

1.6.3 DISTANCE

Display the running total distance or distance countdown.

1.6.4 CALORIE

Display the calorie or calorie countdown

1.6.5 PULSE

Display pulse data.

1.6.6 ALL WINDOW DISPLAY DATA RANGE

TIME: 0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 0.8-14.0(km/h)

PULSE: 50 – 200 (BPM)

1.7 PULSE FUNCTION

When the treadmill is running, hold the hand pulse about 5 seconds, it will display pulse data. The pulse data range is 50-200 times/ minute. It has heart-shaped graphics when testing pulse. This data is only for reference, can not be as medical data.

1.8 PROGRAM EXERCISE CHART

1.9 Manual model operation

1.9.1 Press start key, time count down 5 seconds, then treadmill will start to work with initial speed 0.8km/h

1.9.2 Press speed +/-, you can adjust the speed

1.9.3 Press stop, you can stop treadmill at working state

1.9.4 Press quick speed key, you can quickly adjust the speed you want

1.10 COUNTDOWN FUNCTION PARAMETER DATA

Countdown time initial setting 30: 00 minutes, setting range 5: 00---99: 00 minutes , each step 1: 00.

Countdown calorie initial setting 50therm, setting range 10---990 term, each step 10.

Countdown distance initial setting 1.0km, setting range 0.5---99.9 km, each step 0.1

Cycle switch order is: manual, time, distance, calories.

1.11 BODY TESTER (FAT)

At the beginning state, press “PROGRAM” continually to enter “FAT” body fat test, window display “FAT”. Press “MODE” to enter (F1 SEX, F2 AGE, F3 HEIGHT, F4 WEIGHT). Press “SPEED+”, “SPEED-” to set. After setting, the computer will display F5 and grasp the hand pulse, the window will display your body quality index.

The body quality index is to test the relation between height and weight not the body scale.

The body FAT suits for any male and female to adjust the weight according together with other

body quality index. The ideal FAT should be between 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it means obesity. (The data is just for reference and can not be as medicinal data)

- 1 Sex 01 Male 02 Female
- 2 Age 10 -----99
- 3 Height 100 --- 200
- 4 Weight 20 ---- 150
- 5 FAT≤19 Under weight
FAT= (20---25) Normal weight
FAT= (25---29) Over weight
FAT≥30 Obesity

1.13 OTHERS

1.13.1 The system will enter into power saving mode automatically if there is no any action within 10 minutes under IDLE MODE and there is no display and backlit on the computer. Press any key to resume the system.

1.13.2 MP3 audio function: Insert the MP3 line in the input hole of the right side in the computer.

1.13.3 Countdown time, countdown calorie and countdown distance, you just can set one of them at one time, press last item to set running, the setting parameter is countdown, others display normal data

1.13.4 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test shown is only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

1.13.5 Speed control: acceleration at 0.5km/s; deceleration at 0.5km/s.

1.14 USB-Bluetooth App (PAFERS) Operating Procedures

1.14.1 When the USB-Bluetooth App is connected to the console, Bluetooth light will be turned on if working successfully.

1.14.2 When it is connected, user can choose to use or not to use the app to control the setting of treadmill.

1.14.2-1 If choosing not to use, user can simply follow the standard operation on the treadmill.

1.14.2-2 If choosing to use the app to do control, user has to connect the Bluetooth kit with smartphone or tablet. If it's connected successfully, treadmill screen will show up "BTH".

1.14.3 When the connecting is completed, user can use smartphone or tablet through the app to control the treadmill.

1.14.3.1 If the treadmill is still running when the user tries to connect the Bluetooth app, treadmill will stop and then enter the app controlling stage.

1.14.3.2 If the Bluetooth connection does not work out well, the system will remain the same.

		SET TIME / 16 = EVERY GRADE TIME															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	5	5	5	10	10	5	5	5	3	3	2	5	5	3	2
	INCLINE	0	0	1	1	1	1	2	2	2	2	3	3	3	2	2	0
P2	SPEED	2	2	7	2	2	7	7	12	4	4	12	4	4	12	4	2
	INCLINE	0	1	2	2	3	3	2	2	3	3	2	2	3	2	2	0
P3	SPEED	2	4	9	9	4	4	8	8	10	10	12	4	4	8	4	2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	0
P4	SPEED	2	6	6	6	12	12	12	12	6	6	3	3	3	5	5	2
	INCLINE	0	1	2	3	4	5	6	7	6	6	5	4	3	2	1	0
P5	SPEED	2	4	6	12	12	12	3	3	3	3	12	12	12	6	4	2
	INCLINE	0	2	4	6	4	2	1	0	1	1	2	2	2	2	3	0
P6	SPEED	2	4	5	5	6	6	8	8	6	6	8	8	6	9	6	2
	INCLINE	0	1	3	4	4	3	3	1	2	1	2	1	2	1	2	0
P7	SPEED	2	7	7	9	9	4	4	12	12	4	4	8	8	4	4	2
	INCLINE	0	1	1	2	2	3	3	4	4	3	3	2	2	1	1	0
P8	SPEED	2	2	6	6	6	8	9	10	11	12	9	5	5	5	3	2
	INCLINE	0	1	2	4	2	1	2	4	2	1	2	4	2	1	2	0
P9	SPEED	2	4	8	10	2	4	8	10	2	4	10	2	4	10	4	2
	INCLINE	0	1	2	3	4	5	6	7	8	9	8	6	4	2	1	0
P10	SPEED	2	5	6	7	8	9	10	11	10	9	8	6	7	5	4	2
	INCLINE	0	1	2	4	6	6	6	4	4	4	2	2	2	1	1	0
P11	SPEED	2	5	6	7	9	9	6	9	6	9	6	10	6	10	7	2
	INCLINE	0	2	2	2	3	3	3	4	4	4	5	5	5	4	4	0
P12	SPEED	2	6	8	10	8	6	4	6	8	12	8	6	8	12	12	2
	INCLINE	0	1	1	3	3	5	5	7	7	5	5	3	3	1	1	0
P13	SPEED	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INCLINE	0	8	10	13	4	8	10	13	4	8	10	13	4	8	10	0
P14	SPEED	2	8	10	12	4	8	10	12	4	8	10	12	4	8	10	2
	INCLINE	0	8	12	13	4	8	12	13	4	8	12	13	4	8	12	0
P15	SPEED	2	12	10	8	12	12	10	8	12	12	10	8	12	12	10	2
	INCLINE	0	3	4	5	6	8	7	8	8	7	7	6	5	4	3	0
P16	SPEED	2	12	4	12	4	12	4	12	4	12	4	12	4	12	4	2
	INCLINE	0	4	5	6	2	4	5	6	2	4	5	6	2	4	5	0

MAINTENANCE INSTRUCTION

WARNING: Please make sure pull out the treadmill's power plug before cleaning or maintaining the product.

CLEANSING: General cleaning or the unit will greatly prolong the treadmill's life.

Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

WARNING: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

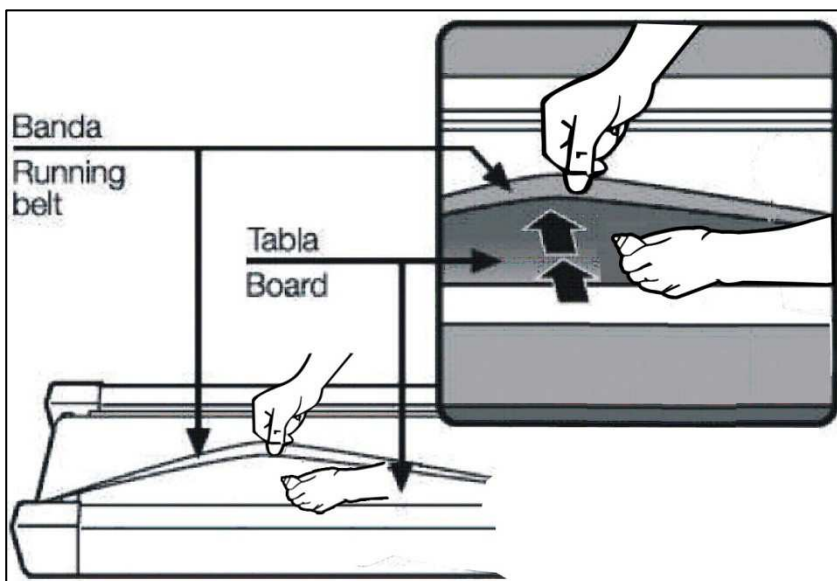
This treadmill's walking belt and deck are equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

Light user (less than 3 hours/ week)	Every 60 days
Medium user (3-5 hours/ week)	Every 45 days
Heavy user (more than 5 hours/ week)	Every 30 days

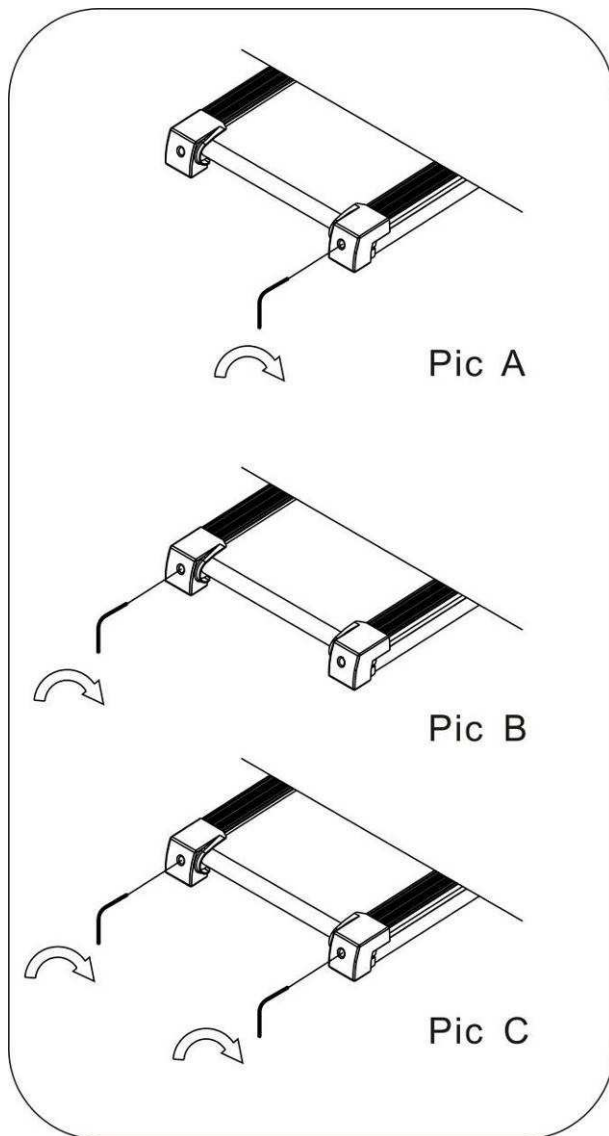
We suggest you buy lubricating oil from local distributors or contact our company directly.

Pay attention, any other maintains please ask professionals for help.



BELT ADJUSTMENT

Place treadmill on a level surface. Make treadmill run at approximately 6-8 km/h, observe the running belt deviate condition.

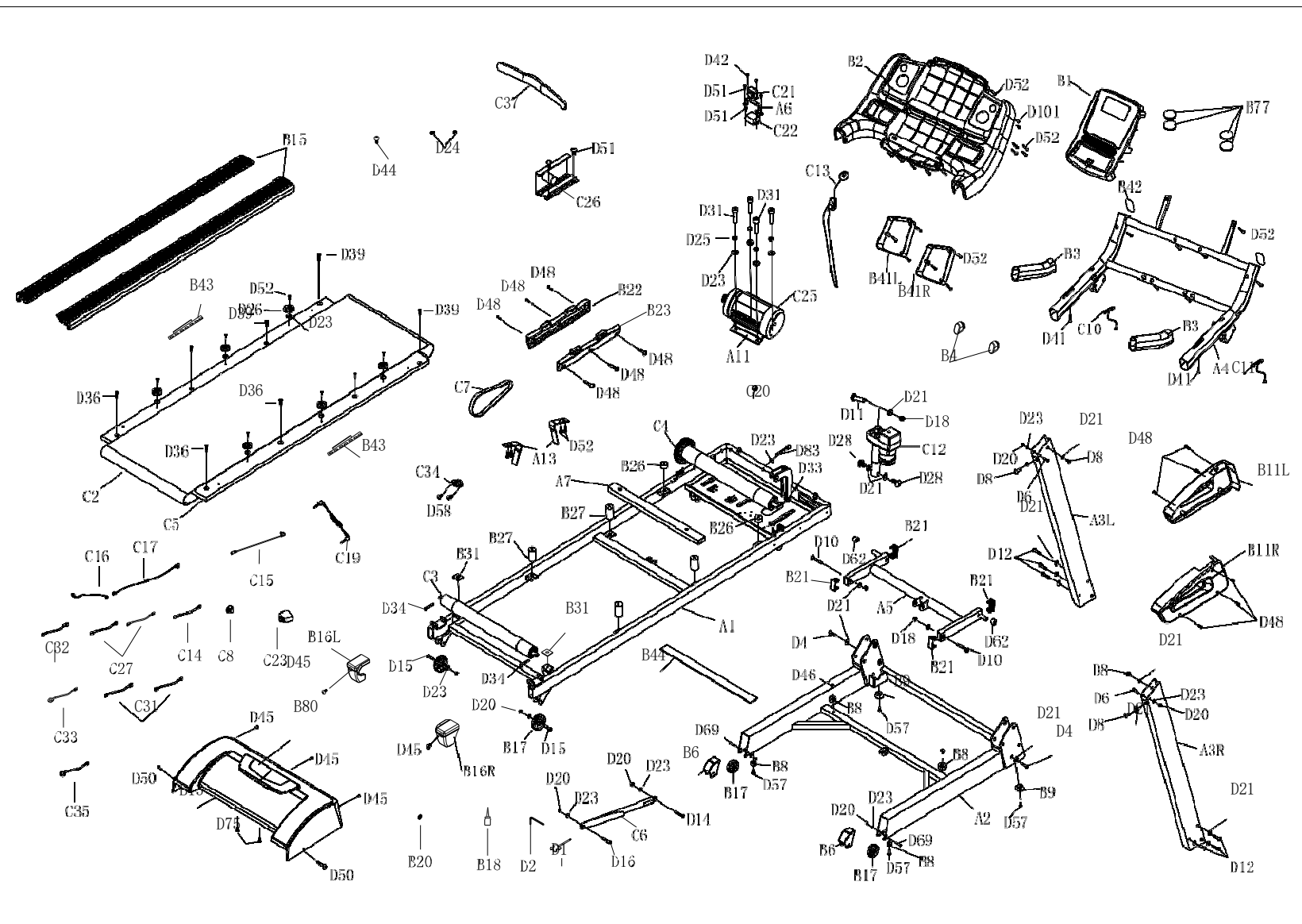


If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed in the middle. **See picture A**

Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt centered. **See picture B**

The treadmill belt will gradually relax after above steps or after a period of time using, unplug the safety lock, and turn off the power, with the two adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, then standing on the belt to confirm the tightness. Repeat the above steps until the belt moderate tightness.

See picture C



PARTS LIST

A. Welding parts						
No.	Description	QTY		No.	Description	QTY
A1	Main frame	1		A5	Incline Frame	1
A2	Base frame	1		A6	滤波器支撑座	1
A3L	Left upright tube	1		A7	跑板加强管	1
A3R	Right upright tube	1		A11	Motor Barcket	1
A4	Handrail bracket	1		A13	Belt Guide	2
B. Plastic parts						
No.	Description	QTY		No.	Description	QTY
B1	Computer chip	1		B17	Transport wheel	4
B1-1	Overlay	1		B18	Silicon oil	1
B1-2	Membrane key	1		B20	Protecting wire plug	1
B1-3	Computer panel	1		B21	Square plug	4
B2	Computer cover	1		B22	Left motor side cover	1
B3	Handrail foam	2		B23	Right motor side cover	1
B4	Plug	2		B26	Cushion	2
B6	Transport wheel	2		B27	New cushion	4
B8	Flat pad	4		B31	Rubber pad	2
B9	Horseshoe pads	2		B41L	Left speaker bottom cover	1
B11L	Left side cover	1		B41R	Left speaker bottom cover	1
B11R	Right side cover	1		B42	Handrail plug	2
B13	Motor cover	1		B43	PVC Buffer	2
B15	Side rails	2		B44	EVA pad	1
B16L	Left end cap	1		B77	EVA pad	4
B16R	Right end cap	1		B80	Motor decoration cover	1
C. Electric and drive parts						
No.	Description	QTY		No.	Description	QTY
C2	Running belt	1		C19	MP3 Line	1
C3	Rear roller	1		C20	Magnetic ring	1
C4	Front roller	1		C21	Inductance	1
C5	Running board	1		C22	Filter	1
C6	Cylinder	1		C23	Overload protector	1
C7	Motor belt	1		C25	AC motor	1
C8	Power switch	1		C26	Inverter (AC controller)	1
C10	Left short keys	1		C27	Single cord (Black 300)	2
C11	Right short keys	1		C31	Single cord (Red 150)	2
C12	Incline Motor	1		C32	Single cord (Black 150)	1
C13	Safety key	1		C33	Grounding cable	1
C14	Single cord (Red 300)	1		C34	Outlet	1
C15	Power cable	1		C35	Single cord (CE set)	1
C16	Upper cable	1		C37	Chest belt	1
C17	Lower cable	1				
D. Hardware parts						
No.	Description	QTY		No.	Description	QTY
D1	Cross head with allen wrench T6	1		D33	Hex round head bolt M8*55	1
D2	Allen wrench T6	1		D34	Hex round head bolt M8*60	2
D4	Round hex bolt M10*65	2		D36	Cross head bolt M6*25	4
D6	Round hex bolt M8*50	2		D39	Cross head bolt M6*40	4

D8	Round hex bolt M10*15	4		D41	Cross head self tapping bolt 4.2*70	2
D10	Round hex bolt M10*45	2		D42	Cross head bolt M4*10, washer	2
D11	Round hex bolt M10*50	1		D44	Cross head bolt M5*12, washer	1
D12	Round hex bolt M10*55	6		D45	Cross head bolt M5*15, washer	5
D14	Round hex bolt M8*30	1		D46	Cross head bolt M5*20, washer	2
D15	Round hex bolt M8*40	2		D48	Cross self-tapping bolt ST4.2*19, washer	12
D16	Round hex bolt M8*45	1		D50	Cross self-tapping bolt ST4.2*25, washer	2
D18	Nylon nut M10	3		D51	Cross head bolt M5*8	6
D20	Nylon nut M8	8		D52	Cross self-tapping bolt ST4.2*16	46
D21	Flat washer M10	17		D57	Cross self-tapping bolt ST4.2*25	4
D23	Flat washer M8	19		D58	Cross self-tapping bolt ST3.5*16	2
D24	Spring washer M5	2		D62	Foam for incline bracket	2
D25	Spring washer M8	4		D69	Round hex bolt M8*55	2
D26	Round washer	6		D75	Cross self-tapping bolt ST4.2*8	2
D28	Hex round head bolt M10*20	2		D83	Round head hex socket screws M8*45	1
D31	Hex round head bolt M8*20	4		D101	Hex round screw ST3.5*12	4



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