

TCORX
FITNESS IN MOTION

INSTRUCTION



APP READY

TRX 65 S



Rev : 00

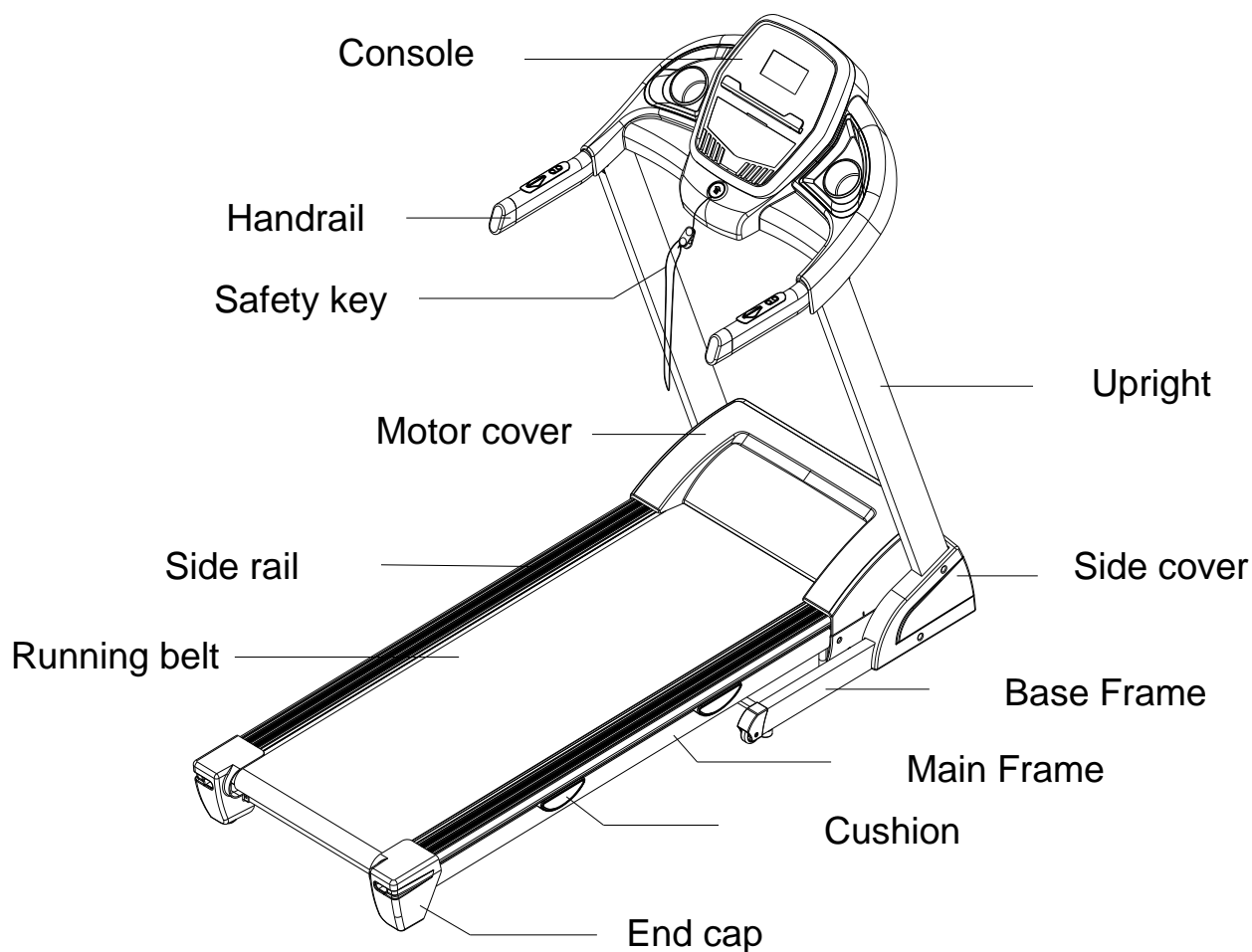
Ed : 09/17



The main technical parameters

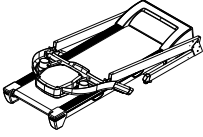
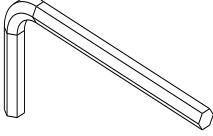
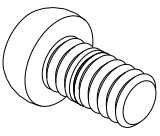

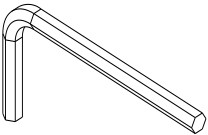

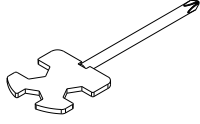
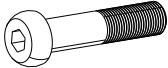
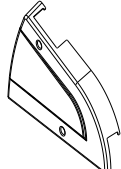
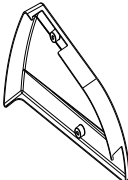

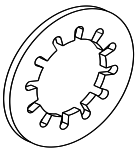
Input supply voltage : 220V	Working temperature: 0-40 °C
Speed range: 1.0-16 KM/ H	Incline range:16 level Motor incline
Max. user weight: 130kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00: 00-99: 59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 480*1400mm
Product size: 1820*750*1450mm	Folding size: 1150*750*1600mm

Product Overview

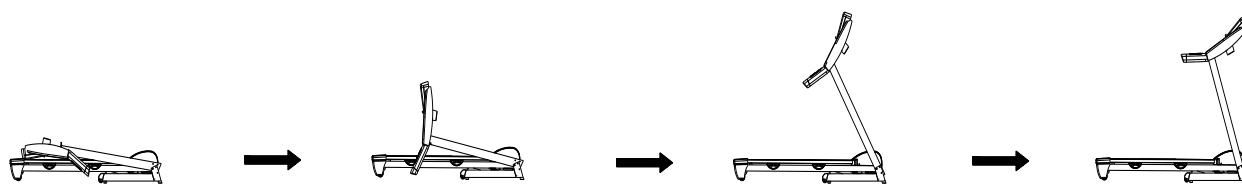


ASSEMBLY INSTRUCTIONS

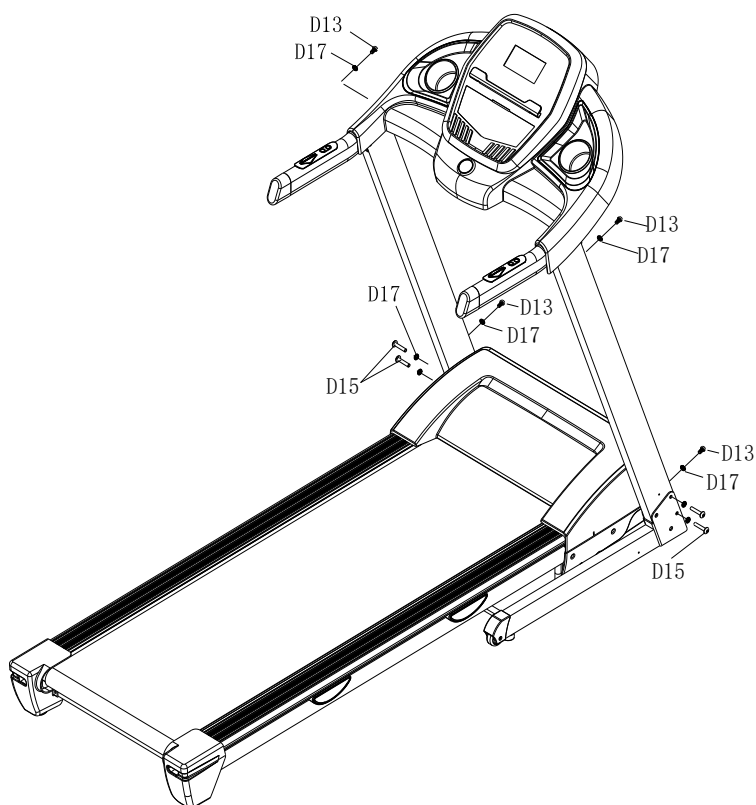
WHEN YOU OPEN THE CARTON, YOU WILL FIND THE BELOW SPARE PARTS:

<p>Main frame 1 set</p> 	<p>D2 Allen wrench 6mm 1 pc</p> 	<p>D13 Round hex bolt M8*15 2pcs</p> 	<p>C13 Safety key 1pc</p> 
<p>D3 Allen wrench 5mm 1pc</p> 	<p>B18 Silicon oil 1 pc</p> 	<p>D1 Screw driver 1 pc</p> 	<p>D15 Round head hex bolt M8*40 4 pcs</p> 
<p>B11L Left side cover 1 pc</p> 	<p>B11R Right side cover 1 pc</p> 	<p>D48 Cross self-tapping bolt ST4.2*19 4 pcs</p> 	<p>D17 Washer M8 6pcs</p> 

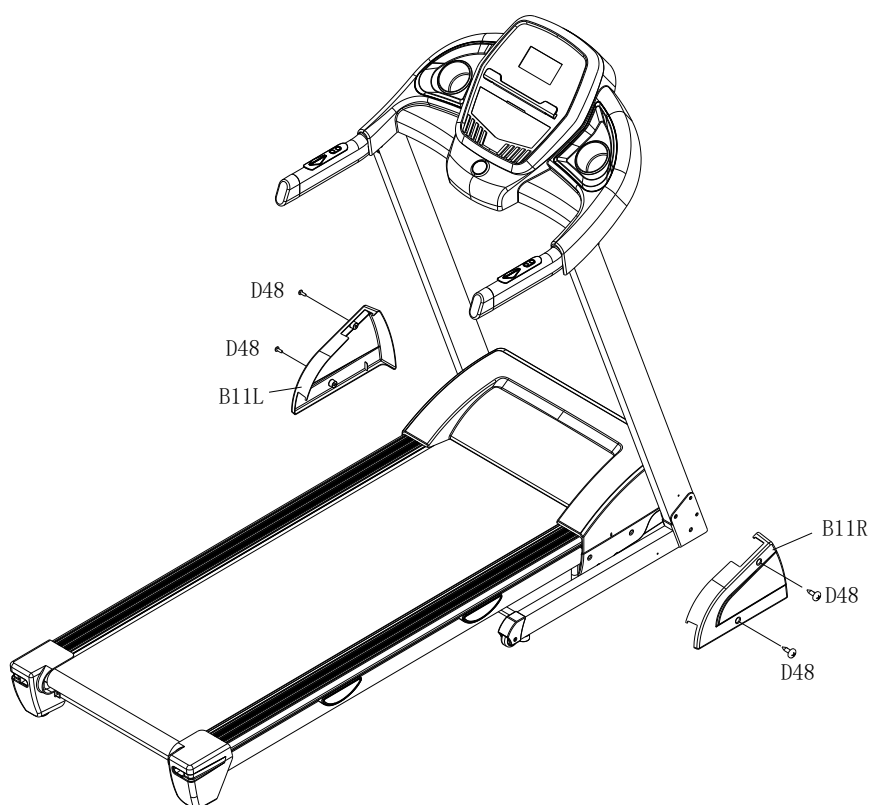
STEP 1: According to the following steps to lift up the computer bracket.
Be careful not press the line when folding.



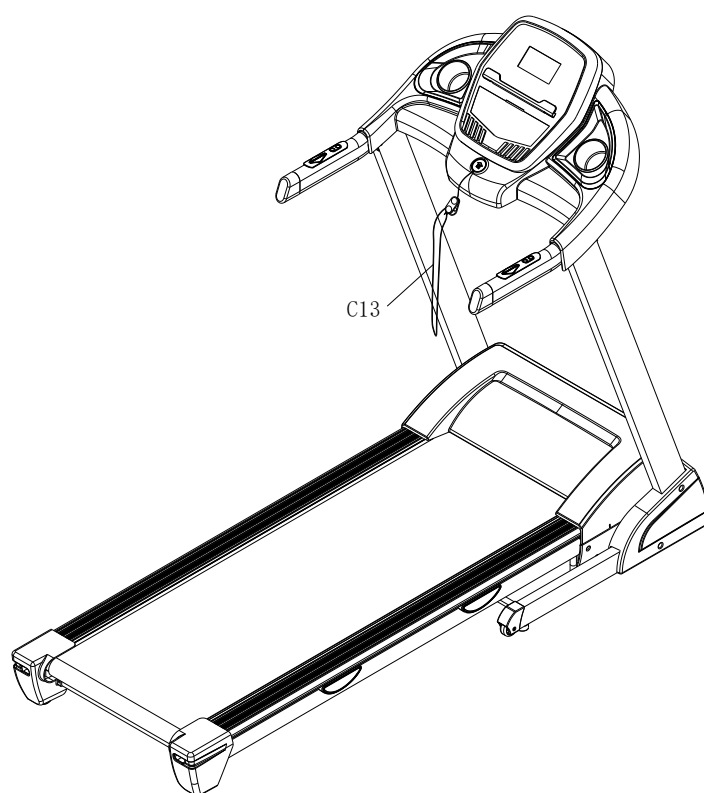
STEP 2: Secure bottom frame with Round head hex bolt M8*40 (D15) and the Inner washer M8 (D17). Then secure console frame with Round head hex bolt M8*15(D13) and Inner washer M8 (D17).



STEP 3: Lock the L/R Side cover (B11L/R) with Cross self-tapping bolt ST4.2*19(D48).



STEP 4: Put on the safety key (C13)



Step 5:

To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem.

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 3 seconds countdown

1.3 PROGRAM

3 countdown function, 15 pre-set programs, 3 HRC mode, and 1 body fat program

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-P15 , U1-U3, HP1-HP3 and 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, 9km/h, 12km/h to adjust the speed directly when the treadmill is running.

1.5.5 INCLINE QUICK BUTTON

Press the incline quick button 3,6,9,12 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

TIME INTERVAL MODE		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

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 1.0km/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 3 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)

01 Sex 01 Male 02 Female

02 Age 10-----99

03 Height 100----200

04 Weight 20-----150

05 FAT≤19 Under weight

FAT= (19----26) Normal weight

FAT= (26---30) Over weight

FAT≥30 Obesity

1.12 HRC Program

There are 3 HRC programs (HRC1-HRC3) in total.

The parameter data setting order is "AGE" -> "THR(HRC) data" -> "TIME".

HRC: Detect user's actual heart rate through wireless receiver and set different the heart rate data as goal to adjust speed and incline during running.

It's recommended that user uses the wireless chest belt while running HRC function.

1.12.1 After turning on the power, press "PROG" key to choose HRC function. HRC function is turned on when "HRC" characters shown on the screen.

User can use "SPEED +/-" to adjust age (data from 13 to 80) after seeing the "30" shown on the screen.

1.12.2 Press "MODE" key to enter the setting of heart rate. The standard heart rate is fixed at different data from HRC1 to HRC3. Heart rate data can be adjusted from 50 to 200. User can use "SPEED +/-" to adjust the data. (It's recommended that standard heart rate data doesn't need to be changed for physical health condition.)

Formula is calculated as below:

HRC1 is T.H.R $= (220 - \text{age}) \times 60\%$,

HRC2 is T.H.R $= (220 - \text{age}) \times 70\%$,

HRC3 is T.H.R $= (220 - \text{age}) \times 80\%$.

After finishing the setting of HRC data, user can press "MODE" key to modify the time. When "TIME" window flashes, it displays the default time as 30:00 minutes, and user can press "SPEED +/-" to set up time.

1.12.3 Enter "START" key to begin the workout (Remember only can press "START" key after all setting is completed.)

1.12.4 It's suggested that user use wireless chest belt to detect the heart rate. If chest belt and hand pulse are used at the same time, data from chest belt will show up only on the screen.

1.12.4 During the operating of HRC, speed and incline will adjust as below:

(1). If Target heart rate $< \text{THR} - 15$, then the speed and incline will adjust automatically every 15 second, the

SPEED will increase 0.8KM/h and incline add 1 section until they reach the max. data

(2). If $\text{THR} - 5 > \text{Target heart rate} \geq \text{THR} - 15$, then the speed and incline will adjust automatically every 15

second, the SPEED will increase 0.4KM/h and incline add 1 section until they reach the max. data

(3). If $\text{THR} + 5 \geq \text{Target heart rate} \geq \text{THR} - 5$, then the speed and incline will not change

(4). If $\text{THR} + 15 \geq \text{Target heart rate} \geq \text{THR} + 5$, then the speed will adjust automatically every 15

second, the SPEED will decrease 0.4KM/h and incline less1 section until they reach the min. data

(5). If Target heart rate \geq THR+15, then the speed and incline will adjust automatically every 15

second, the SPEED will decrease 0.8KM/h and incline less2 section until they reach the min. data

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 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

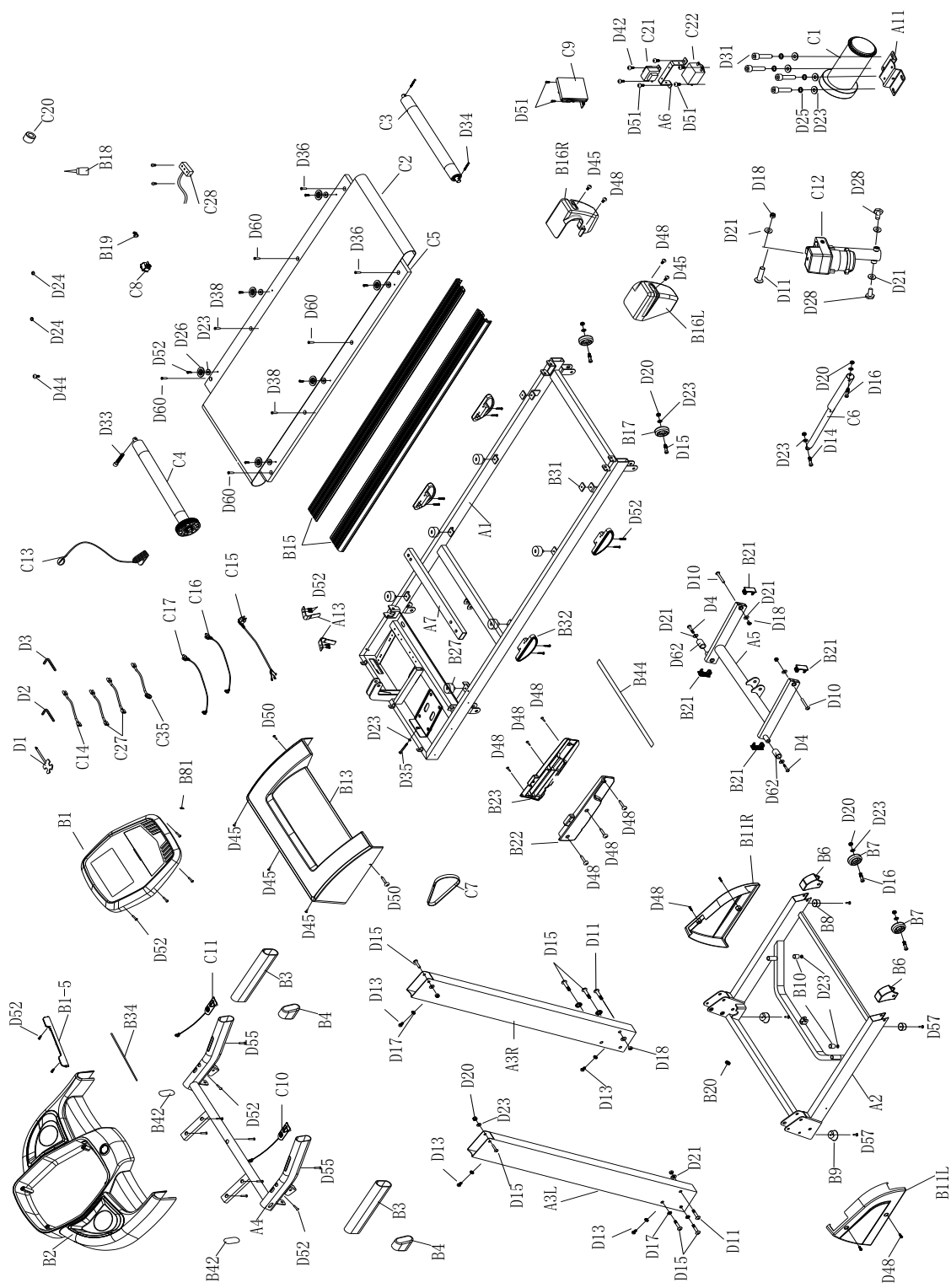
1.13.3 On display – Distance covered, Calories burnt, Pulse reading, Body Fat test shown is only for indicative purpose and may vary from machine to machine. Do not compare these readings to a medical instrument.

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

1.13.5 If you need to use the APP function, the matching USB Bluetooth module into the treadmill USB interface, open the phone Bluetooth and supporting APP, according to APP tips to connect treadmill, connect after the use of APP function. (Note: In addition to matching treadmill, the Bluetooth module is prohibited from plugging into other USB devices)

1.13.6 When the treadmill stops, 10 minutes without any key action, then enter the sleep state.

In the dormant state, press any key to wake up the electronic form.



PARTS LIST

A. Welding parts						
No.	Description	Qty		No.	Description	Qty
A1	Main frame	1		A5	Incline frame	1
A2	Base frame	1		A6	Filter bracket	1
A3L	Left upright tube	1		A7	Running board tube	1
A3R	Right upright tube	1		A11	Motor bracket	1
A4	Handrail bracket	1		A13	Belt Guide	2
B. Plastic parts						
No.	Description	Qty		No.	Description	Qty
B1	Console set	1		B16L	Left end cap	1
B1-1	Overlay	1		B16R	Right end cap	1
B1-2	Membrane key	1		B17	Adjust wheel	2
B1-3	Console panel	1		B18	Silicon oil	1
B1-5	I-pad Holder	1		B19	Power buckle	1
B2	Console cover	1		B20	Protecting wire plug	1
B3	Handrail foam	2		B21	Inner plug	4
B4	Handrail plug	2		B22	Left motor side cover	1
B6	Transport wheel cap	2		B23	Right motor side cover	1
B7	Transport wheel	2		B27	New cushion	6
B8	Flat pad	2		B31	Rubber pad	4
B9	U-shaped foot pad	2		B32	Cushion	2
B10	Limited cushion	2		B34	EVA pad(I-Pad holder)	1
B11L	Left side cover	1		B42	Handrail plug	2
B11R	Right side cover	1		B44	EVA pad(For #A7)	1
B13	Motor cover	1		B81	USB slot	1
B15	Side rails	2				
C. Drive parts						
No.	Description	Qty		No.	Description	Qty
C1	DC Motor	1		C13	Safety key	1
C2	Running belt	1		C14	Single line (Red) 300	1
C3	Rear roller	1		C15	Power code	1
C4	Front roller	1		C16	Computer upper line	1
C5	Running board	1		C17	Computer lower line	1
C6	Cylinder	1		C20	Magnetic ring	1

C7	Motor belt	1		C21	Inductor	1
C8	Power switch	1		C22	Filter	1
C9	Controller	1		C27	Single line (Black) 300	2
C10	Left short keys	1		C28	speed sensor	1
C11	Right short keys	1		C35	Single cord(CE)	1
C12	Incline motor	1				

D. Hardware parts

No.	Description	Qty		No.	Description	Qty
D1	Screw driver	1		D28	Hex round head bolt M10*20	2
D2	Allen wrench T6	1		D31	Hex round head bolt M8*20	4
D3	Allen wrench T5	1		D33	Hex round head bolt M8*55	1
D4	Round head hex bolt M10*65	2		D34	Hex round head bolt M8*60	2
D10	Round head hex bolt M10*45	2		D35	Hex round head bolt M8*80	1
D11	Round head hex bolt M10*50	3		D36	Cross head bolt M6X25, washer	2
D13	Round head hex bolt M8*15	4		D38	Cross head bolt M6*30	2
D14	Round head hex bolt M8*30	1		D42	Cross head bolt M4*10, washer	2
D15	Round head hex bolt M8*40	8		D44	Cross head bolt M5*12, washer	1
D16	Round head hex bolt M8*45	3		D45	Cross head bolt M5*15, washer	5
D17	Inner washer M8	8		D48	Cross self-tapping bolt ST4.2*19	12
D18	Nylon nut M10	5		D50	Cross self-tapping bolt ST4.2*25	2
D20	Nylon nut M8	8		D51	Cross bolt M5*8	6
D21	Flat washer M10	9		D52	Cross self-tapping bolt ST4.2*16	23
D23	Flat washer M8	21		D55	Cross self-tapping bolt ST4.2*45	2
D24	Spring washer M5	2		D57	Cross self-tapping bolt ST4.2*25	4
D25	Spring washer M8	4		D60	Cross head bolt M6*20	4
D26	Bowl washer	6		D62	Shaft	2



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