TOORX
FITNESS IN MOTION

INSTRUCTION

TRX MARATHON

CE

CONTENT

Technical Parameters

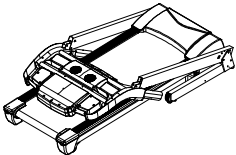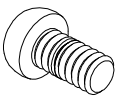|	
Input supply voltage：220V	Working temperature: 0-40 ▢
Speed range: 0.8-22KM/H	Incline range:15 levels of Motor incline
Max. user weight: 140kg	Distance display range: 0.00-99.9km
Calories display range: 000-999	Time display range: 00：00-99：59 (min : sec)
Heart rate range: 50-200 (time / min)	Running surface: 520*1500mm
Product size: 1930*850*1450MM	Folding size: 1100*850*1700MM

Product Overview

Console

Handrail

Safety key

Motor cover

Upright

Running belt

Side cover

Side rail

Base frame

PVC cushion

Main frame

End cap
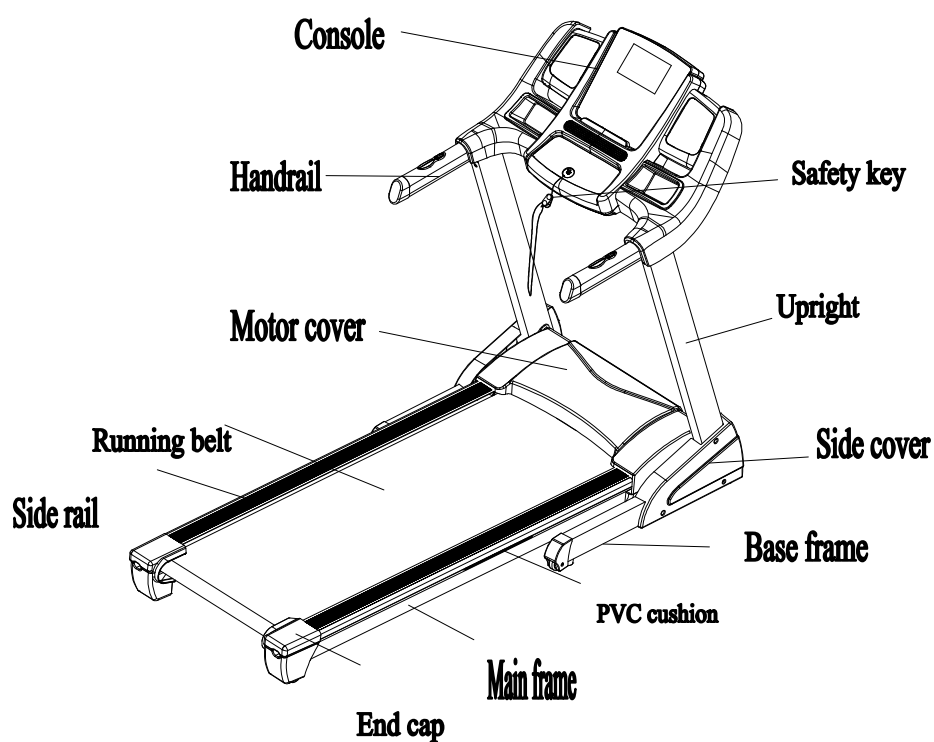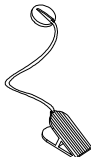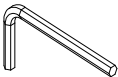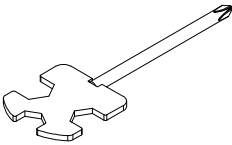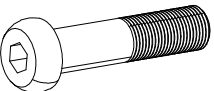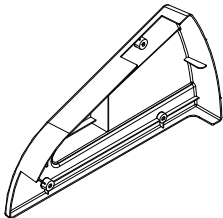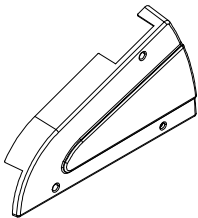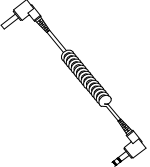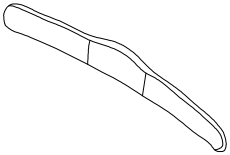
Assembly instruction

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

STEP 1: Take out and prepare the below parts

1 Main frame 1 set	D21 Flast washer M10 8 PCs	D8 Round hex head bolt M10X15 4 PCs	C13 Safety key 1 PC
D2 Allen wrench 6MM, 1 PC	B18 Silicon oil 1 PC	D1 Screw driver 1 PC	D12 Round hex head bolt M10*55 4 PCs
B11L Left side cover 1 PC	B11R Right side cover 1 PC	D48 Cross self-tapping bolt ST4.2*19, wsaher 6 PCs	C15Power cable 1 PC
C19 MP3 cable 1 PC	C37 Chest belt 1PC (Garlando provides)		

Note: Don't tighten bolts at once.

STEP 2: According to the following steps to lift up the uprights.

4
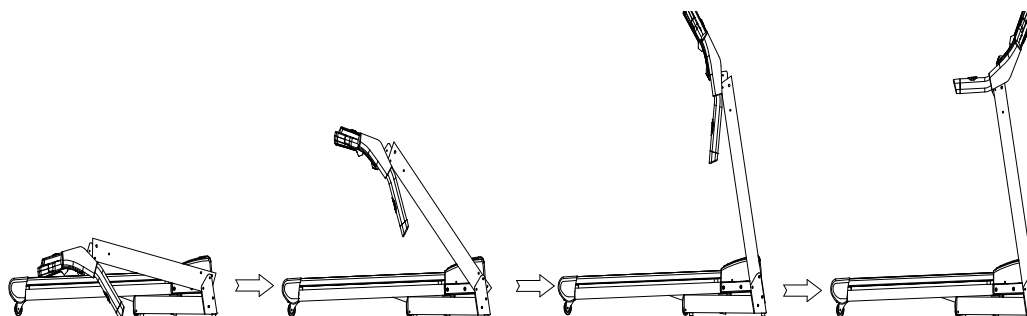
STEP 3: Secure bottom frame with bolt M10*55(D12) and flat washer M10 (D21). Then secure console frame with bolt M10*15 (D8) and flat washer M10 (D21)
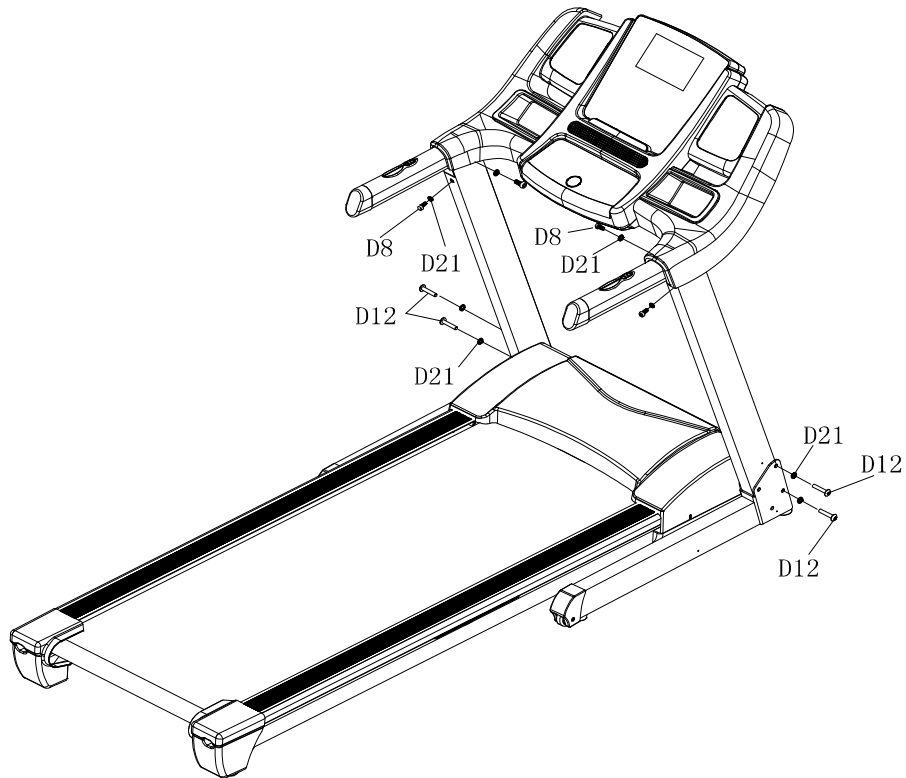
STEP 4: Tighten left/right side covers (B11L/R) with cross self-tapping bolt with washer ST4.2*19 (D48).
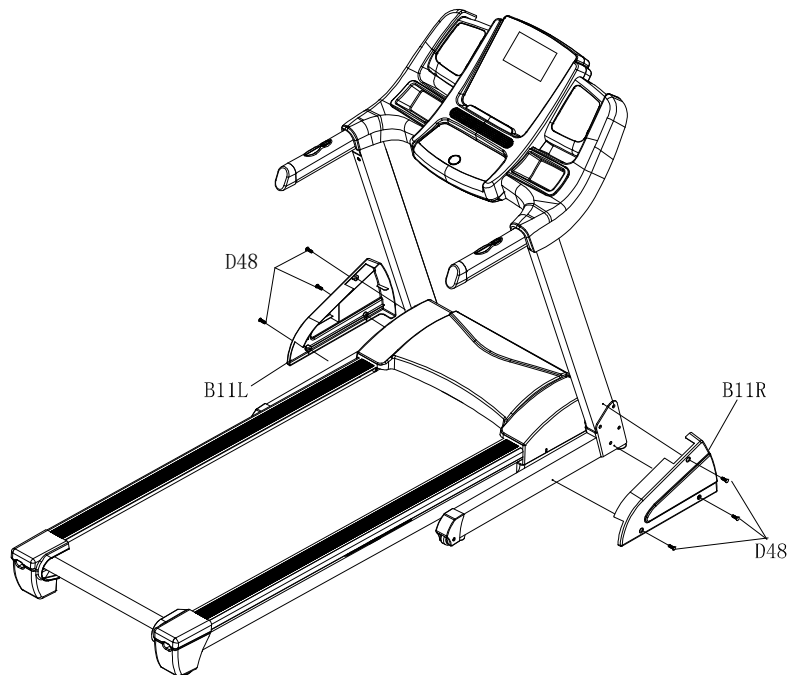
STEP 5: Place on the safety key (C13), MP3 cable (C19), and power cable（C15）。
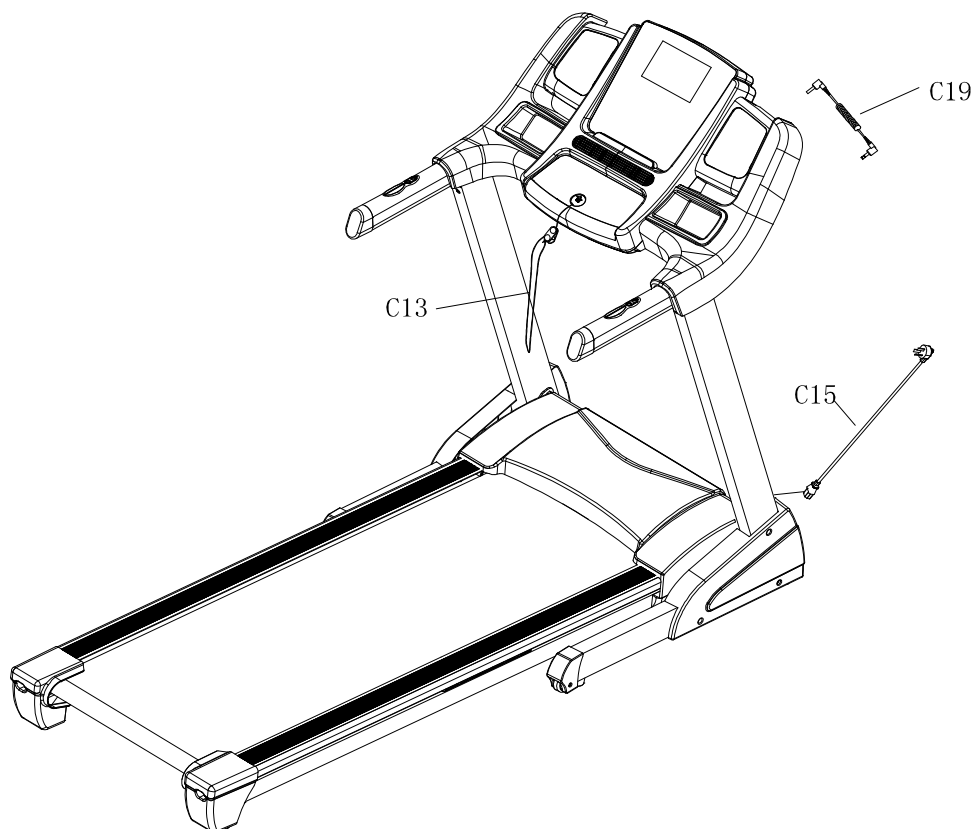
STEP 6: Plug in the dual bluetooth kit (Note: The voltage of bluetooth kit is 3.3V. Do not use it on the computer, or the Bluetooth kit will be damaged.)

1. Remove the bluetooth kit out of package, and push out the USB connector.
   (As the picture shown)
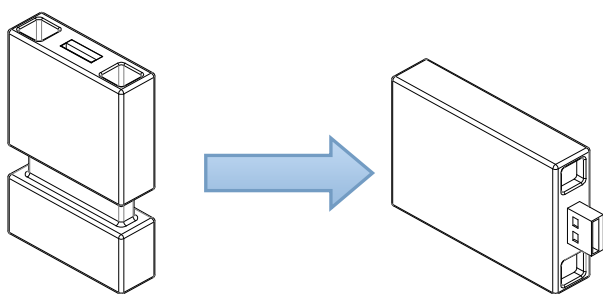
2. Plug in the bluetooth kit into the USB slot on console.

Bluetooth kit
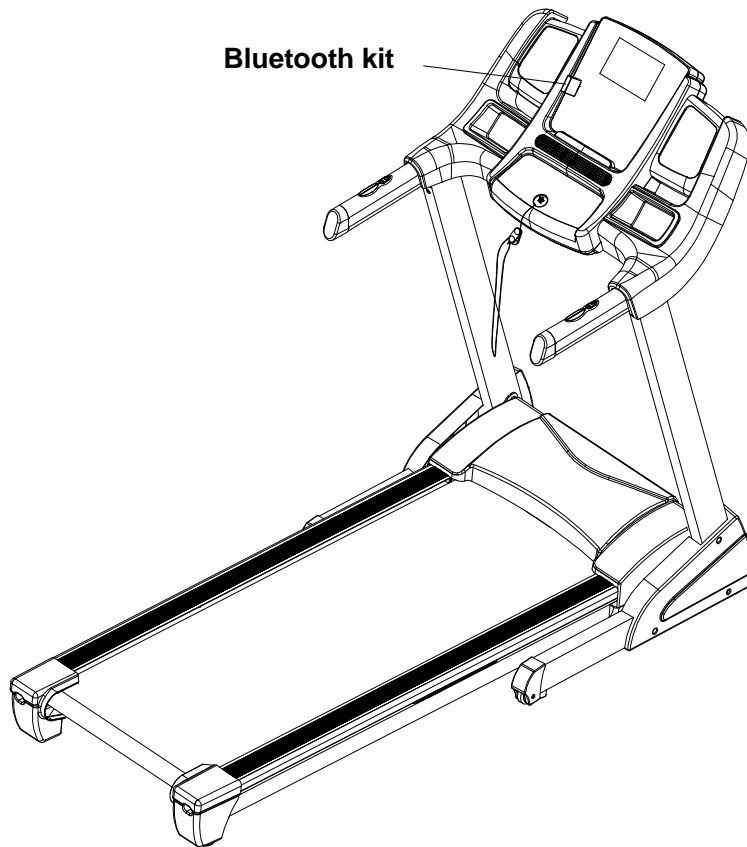
STEP 7：To check if the running belt runs correctly, placing treadmill in folding position and tightening all the bolts. Then set speed under 3km/h and see if running belt runs without problem

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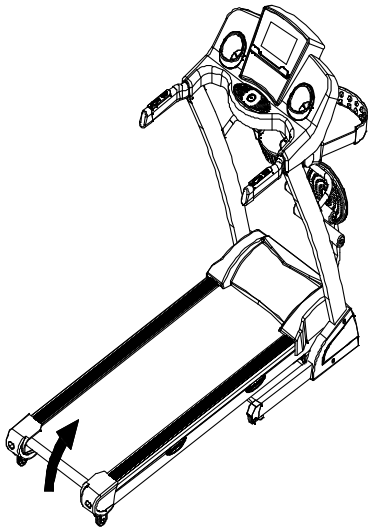
Lift up the machine and force to pull up until you heard "click" that made by safety casing stuck the pneumatic cylinder.

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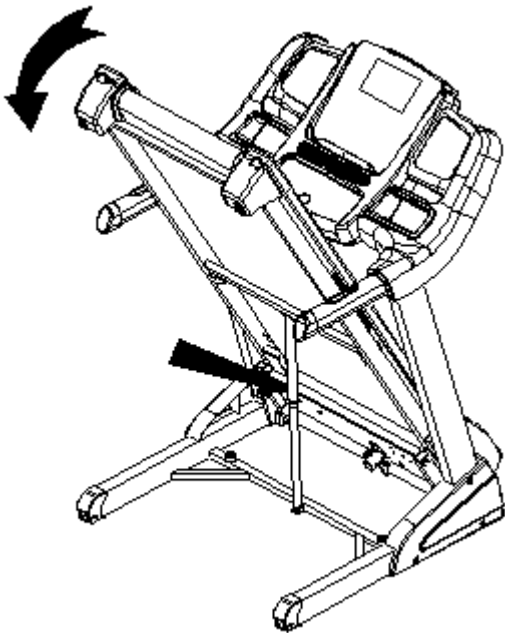
Kick the safety sleeve lightly and pull down the machine at the same time as the arrow direction. Then the machine will fall down smoothly.

Grounding Methods

This product must be grounded. It should malfunction or breakdown, grounding provides 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 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

1.1. Console
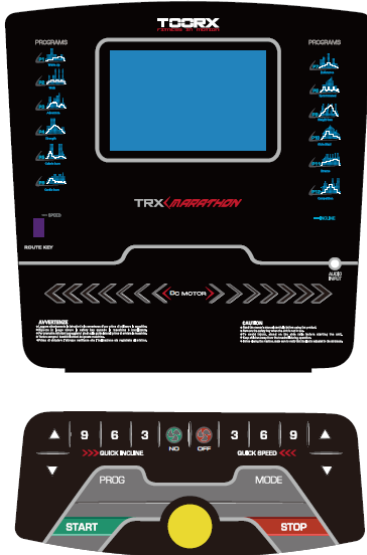
1.2. START

Normal start after 5 seconds countdown

1.3 PROGRAM

3 countdown functions, 16 pre-programs, 3 user functions, 3 HRC programs, dual Bluetooth kit, Polar wireless receiver and fan function.

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 light off and display for 2 seconds and the data will be renewed.

1.5.BUTTON FUNCTION

1.5.1. START/STOP

"START"--When the treadmill is not running, press this button to start, speed is "0.8km/h"

"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 choose from program circle mode to manual mode (P1-P16, FAT, HRC1-HRC3, to U1-U3). The lowest speed for manual mode is "0.8km/h", and the highest speed is "22km/h"; the lowest incline is "0", and the highest is "15".

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 calories countdown mode. Press the "SPEED+/-" or "INCLINE+/-"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, 9m/h to adjust the speed directly when the treadmill is running

1.5.6 "INCLINE+/-" BUTTON

INCLINE +/ – --Adjust incline when treadmill start; the increment is 1 level/time. Press the button more than 2 seconds, and it will be up or down automatically

1.5.7 INCLINE QUICK BUTTON

Press the incline quick button 3, 6, 9 to adjust the incline directly when the treadmill is running

1.6 FAN SWITCH BUTTON

Control the fan by pressing "ON/OFF".

1.7. DISPLAY FUNCTION

1.7.1 TIME

Display the running time or countdown time

1.7.2 SPEED

Display running speed

1.7.3 INCLINE

Display the incline

1.7.4 PULSE

Display pulse data or display "p"

1.7.5 DISTANCE

Display the running total distance or distance countdown.

1.7.6 CALORIES

Display the calorie or calorie countdown

1.7.7 ALL WINDOW DISPLAY DATA RAGNE

TIME：0:00 – 99.59(MIN)

DISTANCE: 0.00 – 99.9(KM)

CALORIES: 0.0 – 999 (C)

SPEED: 0.8 -22 (km/h)

PULSE: 50 – 200 (BPM)

INCLINE: 0 – 15 sections

1.8 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, cannot be as medical data.

1.9 ROGRAM EXERCISE CHART

There are 16 sections in each program.

PROG.	TIME	SET TIME / 16 = TOTAL TIME IN EACH OPERATION															
		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

1.10 User Program

Besides the 16 pre-set programs, there are 3 user-defined programs: U1,U2 and U3. Each user program has 10 segments. The user can set the desired speed and incline .Press "PROGRAM" button to choose U1, U2 or U3, press "MODE" button to enter setting condition, then set the time of the first segment. Press "SPEED+" and "SPEED-" to set speed. Press "INCLINE+"and "INCLINE-" to set incline. Press "MODE" button and your choice will be set. The next workout segment will flash, go through the same setup as you complete segment one. You must complete all 15 segments and then your user program is ready to use. Press —STOP key to return to last segment setting any time.

1.11 3 COUNTDOWN FUNCTION

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.

1.12 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)

F1—F4 and F5 parameters reference table below:

F-1	SEG	01 MEN	02FEMALE
F-2	AGE	10------99	
F-3	HEIGHT	100----200	
F-4	WEIGHT	20-----150KG ，40-----350LB	
F-5	FAT	≤19	UNDER WEIGHT
	FAT	=(20---25)	NORMAL WEIGHT
	FAT	=(25---29)	OVER WEIGHT
	FAT	≥30	OBESITY

1.13 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.

1.13.1 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.

1.13.2 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-age)x60%,

HRC2 is T.H.R =(220-age)x70%,

HRC3 is T.H.R =(220-age)x80%.

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.

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

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

(1). If Target heart rate <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 THR-5>Target heart rate >=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 THR+5>=Target heart rate >=THR-5,then the speed and incline will not change

(4). If THR+15>=Target heart rate >=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 >=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

1.14 Operating Procedures of Pafer's Bluetooth USB app

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.

1.15 OTHERS

1.15.1 When the countdown mode is finished and "END" appears on screen, warning sound occurs. Then it will be back to manual mode.

1.15.2 You can set statistics at circled mode. Ex: When time is set at 5:00 – 99:00 and it hits 99:00, press "+" button, it will start from 5:00 again.

1.15.3 Countdown time, countdown calories 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.

1.15.4 Speed control: acceleration at 0.5km/s; deceleration at 0.5km/s

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.
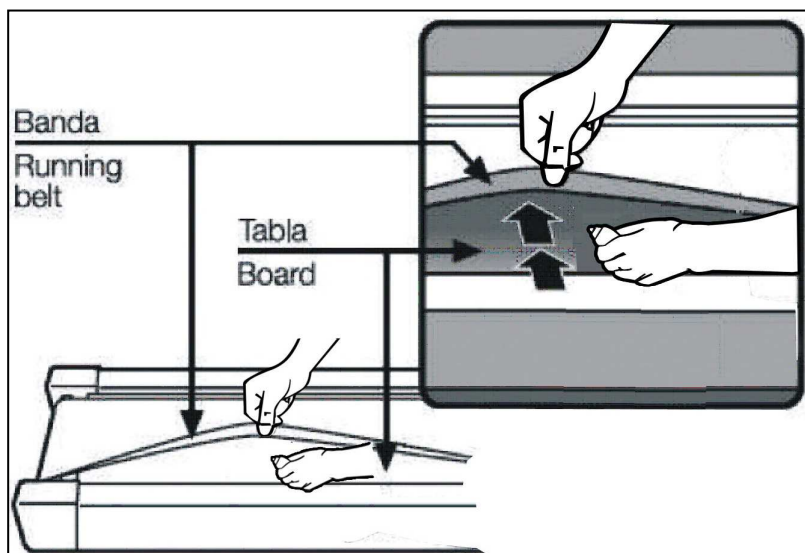
Belt Adjustment

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

Pic A

Pic B

Pic C

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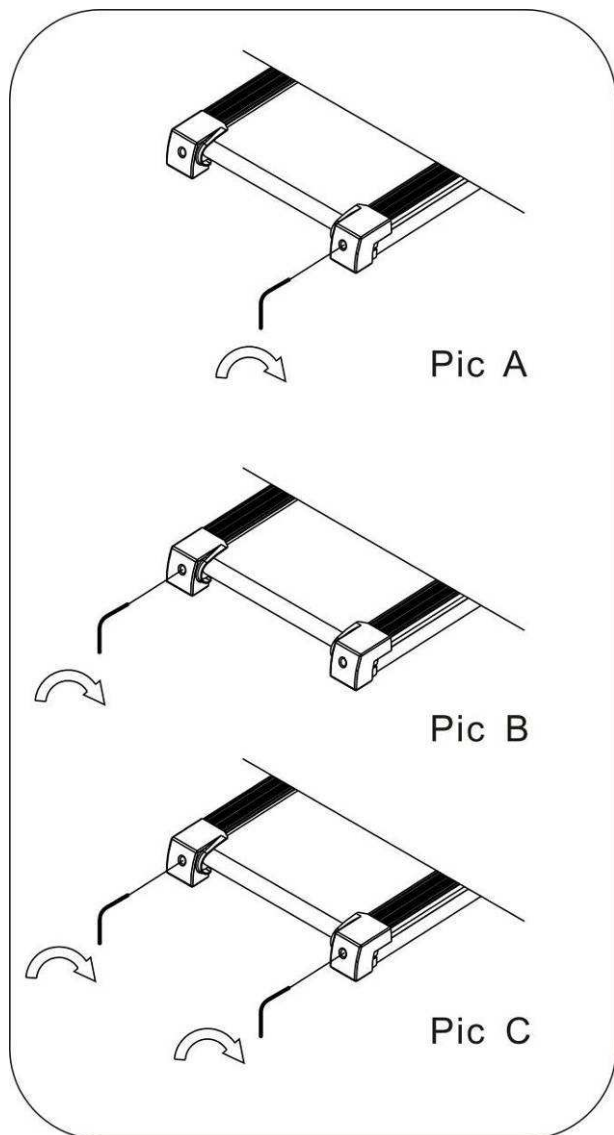
Once the treadmill belt swerving to the left, unplug the safety lock, turn off the power, then with the left adjusting bolt clockwise rotation 1 / 4 laps, and turn on the safety lock and power to make treadmill running, checking the deviation of the treadmill belt. Repeat the above steps until the belt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

Parts List

A. Welding parts

No.	Description	Qty	No.	Description	Qty
A1	Main frame	1	A5	Incline bracket	1
A2	Base frame	1	A6	Filter bracket	1
A3L	Left upright	1	A7	Deck supporting tube	1
A3R	Right upright	1	A11	Motor bracket	1
A4	Handrail bracket	1	A13	Belt fixing bracket	2

B. Plastic parts

No.	Description	Qty	No.	Description	Qty
B1	Console set	1	B16R	Right end cap	1
B1-1	Overlay	1	B17	Adjusting wheel	4
B1-2	Membrane key	1	B18	Silicon oil	1
B1-3	Console	1	B20	Round plug	1
B2	Console cover	1	B21	Squared shape plug	4
B3	Protecting foam	2	B22	Motor left side cover	1
B4	Handrail plug	2	B23	Motor right side cover	1
B6	Transporting wheel cover	2	B26	Running deck cushion	2
B8	Flat foot pad	4	B27	New cushion	4
B9	U shaped foot pad	2	B31	Rubber pad	2
B11L	Left side cover	1	B41L	Bottom cover for left speaker	1
B11R	Right side cover	1	B41R	Bottom cover for right speaker	1
B13	Motor upper cover	1	B42	Handrail plug	2
B15	Side rail	2	B43	PVC cushion belt	2
B16L	Left end cap	1	B44	EVA pad	1

C. Electronic parts

No.	Description	Qty	No.	Description	Qty
C1	DC Motor	1	C16	Upper cable	1
C2	Running belt	1	C17	Lower cable	1
C3	Rear roller	1	C19	MP3 audio cable	1
C4	Front roller	1	C20	Magnetic ring	1
C5	Running deck	1	C21	Inductor	1

No.	Description	Qty		No.	Description	Qty
C6	Cylinder	1		C22	Filter	1
C7	Motor driver belt	1		C23	Current overload protector	1
C8	Power switch	1		C27	Single cord	2
C9	Controller	1		C28	Optical sensor	1
C10	Left handrail button	1		C31	Single cord	2
C11	Right handrail button	1		C32	Single cord	1
C12	Incline motor	1		C33	Single ground wire	1
C13	Safety key	1		C34	Power socket	1
C14	Single cord	1		C35	Single ground wire (CE set)	1
C15	Power cable	1		C37	Chest belt	1

D. Hardware parts

No.	Description	Qty		No.	Description	Qty
D1	Screw driver 13-15-17	1		D31	Round hex bolt M8X20	4
D2	Allen wrench T6	1		D33	Round hex bolt M8X55	1
D4	Round hex bolt M10X65	2		D34	Round hex bolt M8X60	2
D5	Hex round head bolt M8X100	1		D36	Cross head bolt M6X25	4
D6	Hex round head bolt M8X50	2		D39	Cross head bolt M6X40	4
D8	Hex round head bolt M10X15	4		D41	Cross self-tapping bolt 4.2X70	2
D10	Hex round head bolt M10X45	3		D42	Cross head bolt M4X10, washer	2
D12	Hex round head bolt M10X55	6		D44	Cross head bolt M5X12, washer	1
D14	Hex round head bolt M8X30	1		D45	Cross head bolt M5X15, washer	5
D15	Hex round head bolt M8X40	2		D46	Cross head bolt M5X20, washer	2
D16	Hex round head bolt M8X45	1		D48	Cross self-tapping bolt ST4.2X19, washer	12
D18	Nylon nut M10	3		D50	Cross self-tapping bolt ST4.2X25, washer	2
D20	Nylon nut M8	8		D51	Cross head bolt M5X8	6
D21	Flat washer M10	17		D52	Cross self-tapping bolt ST4.2X16	50
D23	Flat washer M8	19		D57	Cross self-tapping bolt ST4.2X25	4
D24	Spring washer M5	2		D58	Cross self-tapping bolt ST3.5X16	2
D25	Spring washer M8	4		D62	Incline spindle cover	2
26	Washer	6		D69	Round hex bolt M8X55	2
D28	Hex round head bolt M10X20	2				

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