TOORX
FITNESS IN MOTION

INSTRUCTION

TRX POWER COMPACT

CE

How to assemble?

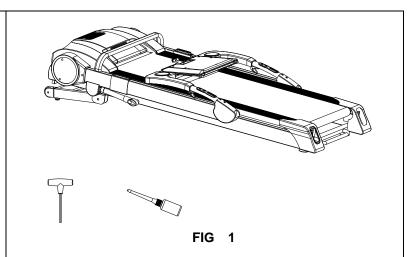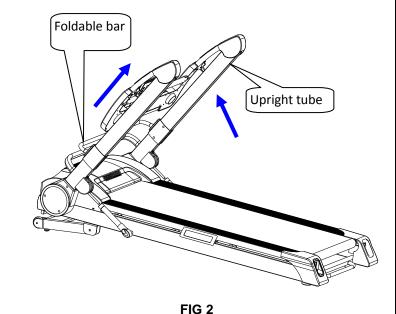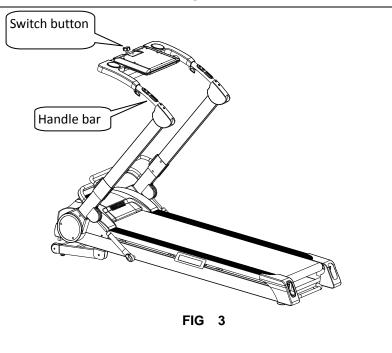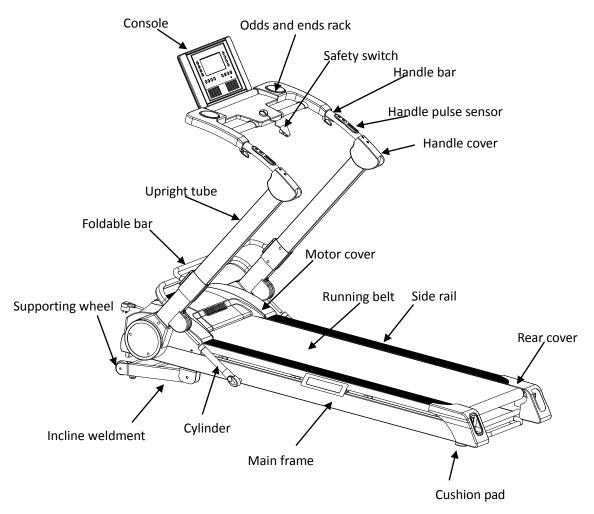|	
STEP 1: Take the machine and tool set from the carton and put them on flat ground. **PARTS LIST: FIG 1** 1.Wrench 1PC 2.Silicon oil 1PC	**FIG 1**
STEP 2: Hold the MIDDLE part of the foldable bar with one hand,and pull it upward as FIG 2. Meanwhile,hold the upright tube with the other hand and pull it upward as the arrowhead direction.	Foldable bar Upright tube **FIG 2**
STEP 3: Uplift the handle bars with both hands.It will be ok when the sound "Kaka"is heard.Then turn the switch button in clockwise direction and lift up the console in the correct position.After finishing,tighten the switch button. Assembly is finished. **Note:** For advoiding from injury,please pay attention to the joint parts.	Switch button Handle bar **FIG 3**

☺ **Product Intro**

⧗ **Structure**

Console — Odds and ends rack — Safety switch — Handle bar — Handle pulse sensor — Handle cover — Upright tube — Foldable bar — Motor cover — Running belt — Side rail — Supporting wheel — Rear cover — Incline weldment — Cylinder — Main frame — Cushion pad

FIG   4

⧗ **Parameter**

Voltage	AC-220~240V 50~60Hz
Max load	130kg/290lbs
Size	Foldable: L1775*W800*H360mm
	Assembly: L1775*W800*H1385mm
Running area	1350*450mm
Max power	3.5HP
Incline	0~15%
Speed	1.0－18.0Km/h

⧗ Exploded drawing
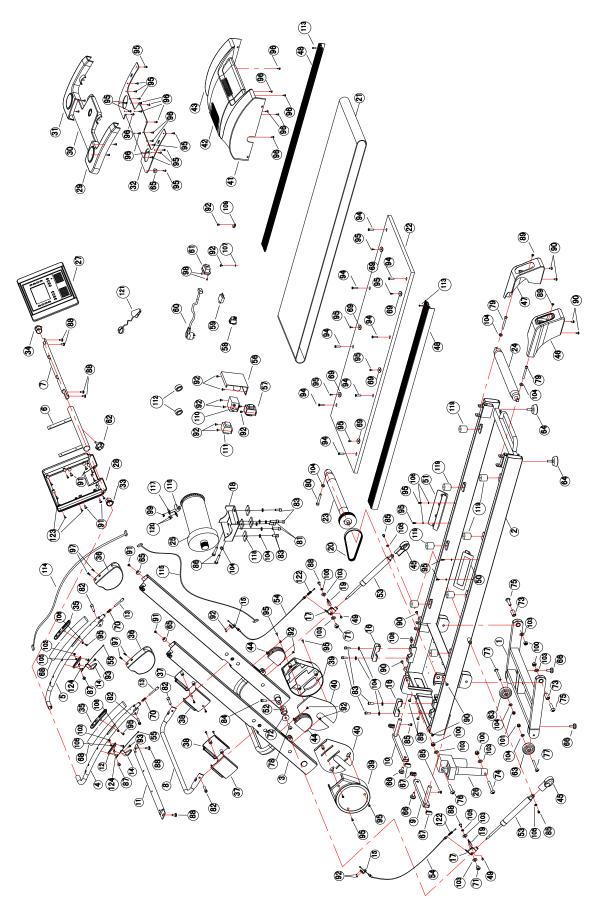
FIG   5

⧗ Itemized list

S/N	Name	Qty	S/N	Name	Qty	S/N	Name	Qty	S/N	Name	Qty	S/N	Name	Qty
1	Incline bracket	1	26	Incline motor	1	51	Right decoration part	1	76	Hex screw M10*45	1	101	Lock nut M8	2
2	Main frame	1	27	Upper console cover	1	52	Plastic cover	1	77	Hex screw M8*50	2	102	Lock nut M6	2
3	upright tube	1	28	Under console cover	1	53	Cylinder	1	78	Hex screw M8*15	2	103	Flat washer Φ10	8
4	Left handle bar	1	29	Left cross tube	1	54	Below Wire	1	79	Hex screw M8*65	2	104	Flat washer Φ8	12
5	Right handle bar	1	30	Middle cross tube	1	55	Upper Wire	1	80	Hex screw M8*45	1	105	Flat washer Φ6	6
6	Console bracket	1	31	Right cross tube	1	56	Controller	1	81	Hex screw M8*30	2	106	Flat washer Φ4	6
7	console tube	1	32	Cross bar board	1	57	Transformer	1	82	Hex screw M8*25	4	107	Lock washers for external teeth Φ4	1
8	foldable bar	1	33	Left console spindle cover	1	58	switch	1	83	Hex screw M8*20	8	108	Plastic sheet for wire fix	2
9	Left grounding tube	1	34	Right console spindle cover	1	59	Restoration switch	1	84	Hex screw M8*15	2	109	Line nip	1
10	Right grounding tube	1	35	Handle pulse	1	60	Power cable	2	85	Hex screw M6*15	4	110	Filter	1
11	Cross tube	1	36	Handle cover	1	61	Plug	2	86	Hexagonal screw M8*50	2	111	Inductor	1
12	U grip ring	2	37	Left foldable bar cover	2	62	Switch button	2	87	Cross screw M6*20	2	112	Magnet ring	2
13	Lock	2	38	Right foldable bar cover	2	63	Wheel	2	88	Cross screw M6*15	8	113	Cross screw ST4*20	2
14	Wire line hitch	2	39	Left upright tube cover	2	64	Wheel base	2	89	Cross screw M5*15	4	114	Console wire 1	1
15	Wire connector	2	40	Right urpright tube cover	2	65	Small cushion pad	2	90	Cross screw M5*10	8	115	Console wire 2	1
16	Spindle ring	2	41	Left motor cover	2	66	Cushion pad	1	91	Cross screw M4*15	6	116	Optical sensor	1
17	Cylinder connector	2	42	Middle motor cover	2	67	Cover	1	92	Cross screw M4*8	19	117	Optical sensor bracket	1
18	Motor base	1	43	Right motor cover	1	68	Foam	1	93	Cross screw M4*12	2	118	Square cushipn	4
19	Cylinder switch	2	44	Upper cylinder cover	2	69	Sator for Side rail	2	94	Cross screw M6*25	8	119	Running board cushion	8
20	V belt	1	45	Under cylinder cover	1	70	Lock spring	2	95	Cross screw ST4*15	42	120	Cross screw M4*8	2
21	Running belt	1	46	Left rear cover	1	71	Screw	1	96	Cross screw ST4*10	15	121	Safety key	1
22	Running board	1	47	Right rear cover	1	72	Flat washer Φ35*Φ8.5*2.5	1	97	Cross screw ST4*10	4	122	Cylinder spring	2
23	Front roller	1	48	Side rail	2	73	Lubrication cover	2	98	Cross screw ST3*10	2	123	Cross screw ST4*15	8
24	Rear roller	1	49	Insertion strip	2	74	Hex screw M10*65	2	99	Cross screw ST2.9*6.5	2	124	Cross screw M5*15	4
25	Motor	1	50	Left decoration part	1	75	Hex screw M10*55	1	100	Lock nut M10	4			

☺ **Before use**

☞**STARTING THE TREADMILL**

LOCATION

Place the treadmill on flat floor before use.

MAINS SUPPLY

Ensure that the power lead is plugged into a suitable, live, mains socket.

PULSE SENSOR

There are two ways to measure your heart rate. One is using the handle pulse sensor . The other is using a chest belt.The handle pulse is setting for the priority. For HR training, the use of a chest belt to measure pulse rate is strongly recommended.

START/ STOP

1、Ensure that the SAFETY KEY is attached to the console.
2、To start the treadmill, press START button.
3、To start using the treadmill, stand on each side rail with your feet.
4、Attach the SAFETY KEY   to your clothing at your waist.
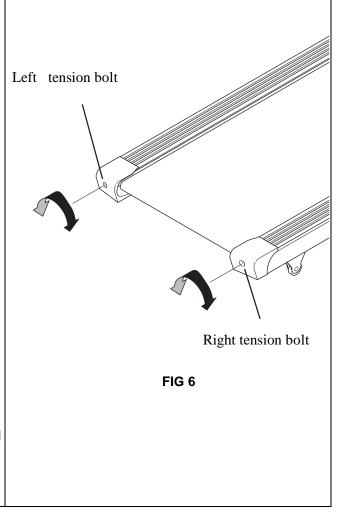5、Follow the user manual to start using the treadmill.

☞**ADJUSTMENTS**

BELT ADJUSTMENT INSTRUCTION

1、 Belt adjustment bolts are located at the rear of the treadmill, as show on the right.

2、 Belt moving (tracking) to the right :

Start the treadmill and set at 4 kph. Using an allen key wrench, turn the right adjustment bolt clockwise 1/4 of a turn.   Continue adjustments at 1/4 of a turn untill belt returns to the center. Continue to run the treadmill for a short period of time monitoring the belt movement to ensure you have not made an over adjustment.

3、 Belt moving (tracking) to the left :

Start the treadmill and set at 4 kph. Using an allen key wrench, turn the right adjustment bolt clockwise 1/4 of a turn.   Continue adjustments at 1/4 of a turn untill the belt returns to the center. Continue to run the treadmill for a short period of time monitoring the belt movement to ensure you have not made over adjustment.

4、If the belt appears to be loose, tighten both bolts evenly by a 1/4 turn. If it appears tight, loosen both bolts evenly a 1/4 turn.

5、To reduce the friction (sticking) of the walking belt and min wear, silicone lubricant may be applied directly to the walking board and the underside of the belt.

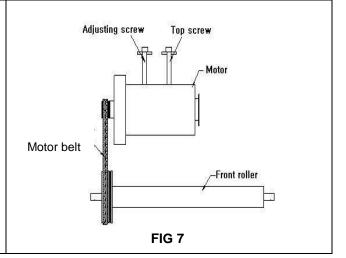**Note:** The lubricant may be applied whenever sticking

Left   tension bolt

Right tension bolt

FIG 6

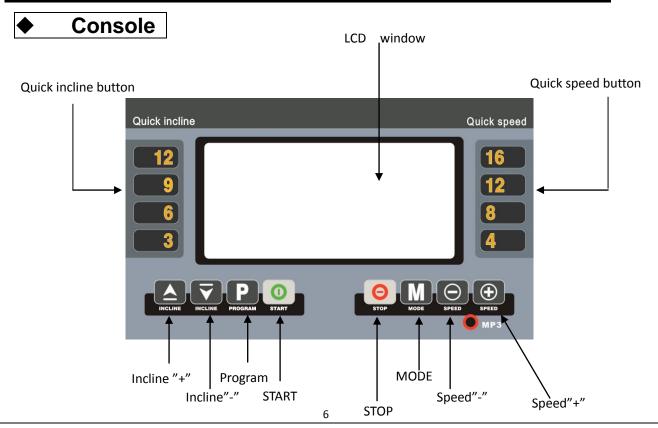| occurs. To apply, simply lift up the running board and spray the lubricant onto the running board and the underneath of the running belt.	
## MOTOR BELT ADJUSTMENT All treadmills' motor belts have been adjusted before they are sent out from factory. But it must be adjusted for second time after building up . Also maybe after a long time using, the occasion, slipping/ looseness may occur. User can adjust the motor belt as below: **a.** Turn the adjusting screw counter-clockwise with the wrench. **b.** When the motor strap recovers to be tight/non-slipping, it is OK. **NOTE**：Fly wheel should be cleaned regularly.	Adjusting screw Top screw Motor Motor belt Front roller **FIG 7**

☞ ATTACHING THE SAFETY KEY

a. Attach the SAFETY KEY to the console before turning the machine on. Attach the clip to your clothing at your waist before beginning your workout. If the SAFETY KEY disconnects during use in case of emergency, the treadmill will slow down and stop. Also, an intermittent beep will occur and the display will show '--- --- ---'

☺ USING THE TREADMILL

◆ Console

LCD window

Quick incline button

Quick speed button

Quick incline
Quick speed

12
9
6
3

16
12
8
4

INCLINE INCLINE PROGRAM START   STOP MODE SPEED SPEED ● MP3

Incline "+"   Program   MODE
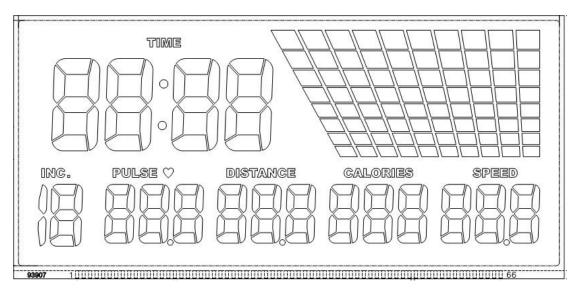   Incline"-"   START   Speed"-"   Speed"+"
STOP

FIG 8

◆ QUICK START

1、Attach the safety key to the console and your clothing.
2、Connect the treadmill to the power supply and switch on.
3、Press the START button. The treadmill will count down from 5 and then start at 1.0 km/h.
4、Move onto the running surface.
5、Press the SPEED UP or SPEED DOWN button to increase or decrease the SPEED.
6、Press the INCLINE UP or INCLINE DOWN button to increase or decrease the INCLINE.
7、Press the STOP button to stop the treadmill and reset all values.

◆ PRESET PROGRAM SELECT

1、Connect the treadmill to the power supply.After program selected, press START button.
2、Repeatedly press the PROGRAM KEY until the required program has been selected. The table as below show each program with their speeds in km/h and their inclines in %. The treadmill will stay at each section for a tenth of the time selected for the workout.

Program	P01		P02		P03		P04		P05		P06		P07	
S/N	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline	speed	in-cline
1	3.0	0	1.0	0	5.0	0	3.0	0	2.0	0	4.0	0	4.0	0
2	5.0	0	7.0	1	9.0	1	6.0	1	12.0	2	5.0	1	7.0	1
3	5.0	1	1.0	2	4.0	2	12.0	2	12.0	4	6.0	3	9.0	1
4	10.0	1	7.0	2	8.0	3	12.0	3	12.0	6	8.0	4	4.0	3
5	5.0	1	12.0	3	10.0	4	12.0	4	3.0	4	6.0	4	4.0	3
6	2.0	1	4.0	3	12.0	5	3.0	5	3.0	2	8.0	3	12.0	5
7	3.0	2	12.0	2	4.0	4	3.0	6	3.0	1	6.0	3	4.0	5
8	2.0	2	4.0	2	8.0	5	3.0	7	3.0	0	9.0	1	8.0	7
9	5.0	2	12.0	3	4.0	4	5.0	6	12.0	1	6.0	2	4.0	7
10	3.0	0	2.0	0	4.0	0	2.0	0	2.0	0	3.0	0	2.0	0

	P08		P09		P010		P011		P012		P13		P14	
1	2.0	0	2.0	0	4.0	0	4.0	0	4.0	0	5.0	0	5.0	0
2	6.0	2	12.0	1	5.0	1	5.0	1	7.0	4	5.0	1	7.0	1
3	6.0	3	2.0	3	6.0	2	7.0	2	10.0	8	7.0	1	9.0	2
4	6.0	4	12.0	5	8.0	4	9.0	3	8.0	4	7.0	3	12.0	4
5	12.0	4	2.0	7	6.0	6	6.0	4	12.0	8	5.0	2	5.0	1
6	5.0	6	2.0	9	8.0	8	9.0	5	6.0	4	12.0	3	7.0	1
7	5.0	6	12.0	7	6.0	6	6.0	6	6.0	8	12.0	3	9.0	1
8	5.0	8	2.0	5	9.0	4	10.0	7	12.0	4	7.0	4	5.0	2
9	3.0	8	2.0	3	3.0	2	7.0	8	12.0	8	10.0	4	7.0	2
10	3.0	0	3.0	0	3.0	0	3.0	0	6.0	0	5.0	0	5.0	0

3、Press the SPEED UP or SPEED DOWN button to adjust the length of the workout.

4、Press the INCLINE UP or INCLINE DOWN button to adjust the INCLINE of the treadmill.

5、Press START to begin the distance.

6.、Press the STOP button at any time to stop the workout.

◆ MANUAL MODE:

1、Connect the treadmill to the power supply and switch on.

2.、Attach the safety key to the console and your clothing.

3、Press the MODE button to choose TIME, DISTANCE or CALORIE LIMITS for your exercise routine. Alternatively, if you wish to set a TIME,DISTANCE or CALORIE limit, press the SPEED UP/DOWN button until the appropriate option is selected.

The default setting for the above are： Time：30 minutes

Distance：1.0 kilometre Calorie

Limits：50 kilocalories

4、Press the SPEED UP or SPEED DOWN button to adjust the speed.

Press the INCLINE UP or INCLINE DOWN button to adjust the incline.

5、When the required limit has been set, press the START button.

6、The treadmill will start at 1 km/h.

7、The speed can be adjusted by either:

   a) Using the SPEED UP/ DOWN button to adjust speed with intervals of 0.1kph;

   b) Pressing the QUICK SPEED button on the console (4~16 kph);

   c) Using the speed control button on the handle bar to adjust speed with intervals of 0.1kph;

8、The incline can be adjusted by either:

   a) Using the INCLINE UP/ DOWN button to adjust incline with intervals of 1%;

   b) Pressing the QUICK INCLINE button on the console(3~12%);

   c) Using the incline control button on the handle bar to adjust incline with intervals of 1%;

9、Press the STOP button at any time to pause the workout;

10、Press the START button to continue the workout;

To reset all values, disconnect and reconnect the SAFETY KEY.

◆ HRC PROGRAMS

HRC Function Instruction

A. HRC setting values

1、Age: 15 to 80 .

2、Target heart rate: $80-(220-AGE)X0.9$.

3、The max heart rate of user: 220-AGE.

4、Heart rate difference $=$(target heart rate – actual heart rate) .

5、HRC is only useful for wireless transmitter, which is not suitable for handle pulse.

B. Operation instructions

1、Press PROGRAM KEY to select HRC program. The LCD window will display HRC. It is not functional to press "Start" key. You must enter "Mode" key to enter and confirm AGE SETTING,TARGET HEART RATE SETTING,TIME SETTING.

2、Press Mode key to enter AGE SETTING firstly, it can be set from 15 to 80 by SPEED or INCLINE UP/DOWN KEY.

3、Press Mode key to enter TARGET HEART RATE SETTING, it can be set: $80-$(220-AGE)X0.9 by SPEED or INCLINE UP/DOWN KEY.

4、Press Mode key to enter TIME SETTING, it can be set by SPEED or INCLINE UP/DOWN KEY.

Note: If actual heart rate is over (220-AGE), speed and incline value decrease to the default value till 0, with alarm every 15 seconds.

　　　If there is no heart rate signal or the user is using the handle pulse, the speed will keep unchanged. If there is still no heart rate signal from the chest belt for two 30 seconds, the speed will reduce to 1.0KM/H and the incline fall to 0. The machine alarms every 15 seconds and then stop automatically.

HRC Programs (chest belt transmitter compulsory)

P15: HR1 - weight loss:

　　After enter into HR1, set values of age , THR (TARGET HEART RATE) and Time well. Press START: the treadmill will run at 1 kph for 1 minute as warm-up. After this timeframe the computer will adjust speed with 1 km every 30 seconds till THR (+/- 5 BPM) is reached. In case the THR is exceeded, the computer will automatically reduce speed till THR is reached again.

P16: HR2- cardio:

　　After enter into HR2,set values of age , THR (TARGET HEART RATE) and Time well. Press START: the treadmill will run at 1 kph for 1 minute as warm-up,adjust speed manually.. After this timeframe the computer will adjust incline with 1% every 30 seconds till THR (+/- 5 BPM) is reached. In case the THR is exceeded, the computer will automatically reduce incline till THR is reached again.

P17: HR3- interval fat burn:

   After enter into HR3,set values of age , THR (TARGET HEART RATE) and Time well.
Press START: the treadmill will run at 1 kph for 1 minute as warm-up. After this timeframe
the computer will adjust inclination with 1% and speed with 1 km every 30 seconds till THR
(+/- 5 BPM) is reached. In case the THR is exceeded, the computer will automatically
reduce inclination and speed till THR is reached again.

◆   HANDLE PULSE/BODY FAT SENSORS

As shown in FIG 4, the treadmill'handle sensors are interegrated with the function of
HANDLE PULSE / BODY FAT SENSORS.

A、The HANDLE PULSE SENSORS can be used as an exercise aid to determine general
heart rate trends. And it can not be taken as a medical data.
To display your pulse, firmly grip the handle, placing your hands over the HANDLE PULSE
SENSORS. Your pulse will be displayed on the PULSE display   within seconds.

B、 The BODY FAT SENSORS can be used as an exercise aid to determine general BODY
FAT rate trends. And it can not be taken as a medical data.
To display your BODY FAT rate, please do as followings:

1) When the treadmill stops, press PROGRAM KEY to enter into body fat analyzer
program.

2) In the CALORIE window, it shows the data for gender, age, stature, weight and body fat.
And in the PULSE window, it shows the code for gender, age, stature, weight and body fat
respectively.

3) In the PULSE window, 01 stands for gender. User can press "Speed"+""-"key" to choose
male or female. And in the CALORIE window, 01 stands for male, 02 stands for female.

4) In order to enter to 02 which stands for age in the PULSE window, press "Mode key" to
shift. And in the CALORIE window, it shows 25. At this time, user can press
"Speed"+""-"key" to choose the data from 10－99.

5) In order to enter to 03 which stands for stature in the PULSE window, press "Mode key"
to shift. And in the CALORIE window, it shows 170cm. At this time, User can press
"Speed"+""-"key" to choose the data from 100－199cm.

6) In order to enter to 04 which stands for weight in the PULSE window, press "Mode key".
And in the CALORIE window, it shows 70kg. At this time, User can press "Speed"+""-"key"
to choose the data from 20－150kg.

7) In order to enter to 05 which stands for body fat in the PULSE window, press "Mode key".
Put User's two hands on the handgrip sensor for 8 seconds, and the data will show in the
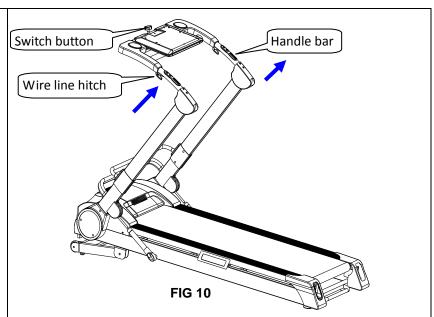CALORIE window.

☺ Folding & Moving

❖ Folding

Your treadmill can be folded up in 2 ways, to save space when not in use. The step for folding is oppiste to the step of unfolding as shown in the following:

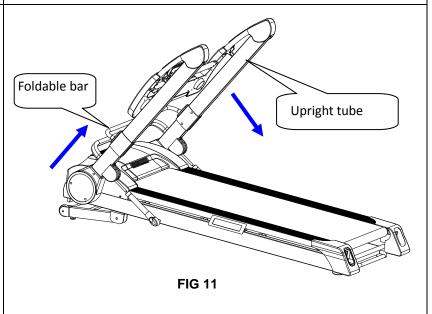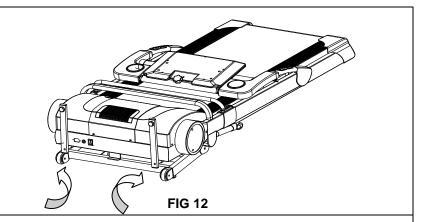| STEP 1:	
A、Turn the switch button in clockwise direction and fold up the console in the correct position.After finishing,tighten the switch button. B、Hold the wire line hitch with both hands and uplift both handle bars a little as arrowhead direction.After uplifting, press the wire line hitch as arrowhead direction. And then fold up the handle bar slowly till it is close to the upright tube.	Switch button Handle bar Wire line hitch **FIG 10**
STEP 2:	
Hold the MIDDLE part of the foldable bar with one hand,and pull it upward. Meanwhile,hold the upright tube with other hand and pull it downward till it is close to running platform.	Foldable bar Upright tube **FIG 11**

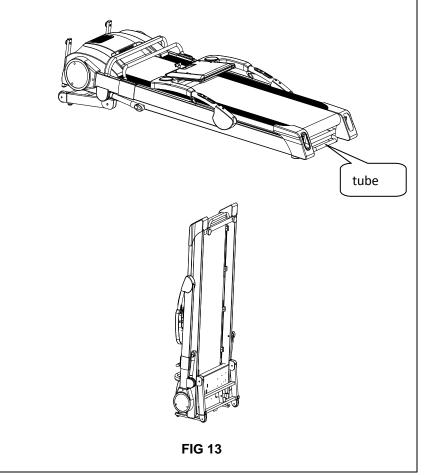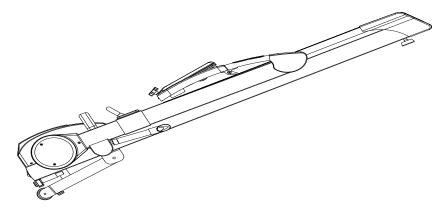|	
STEP 3: Turn the grounding tube in opposite direction to the vertical position.	**FIG 12**
STEP 4: Hold the tube and lift the main frame to vertical position. Note: The machine must lean on the wall when not using in case that the machine fall down. **NOTE**：Keep the children and old people away from the machine. If necessary, they should be under guardian.	tube **FIG 13**

❖ Moving

While moving it, user must make sure that:

a：The power is turned off；

b：It is at the lowest position and has been unplugged, and line is off the machine；

c：Treadmill has been folded up,as the following figure.

When the above 3 points are finished, User should hold the end tube and uplift the machine to incline the treadmill upwards by 30°~40°to let the supporting wheels on ground,as the following figure.

FIG 14

☺ Maintenance

❀ Advice of Lubrication

After using the running belt for a period of time, the running belt must be lubricated by silicon oil.

Less than 3 times per week: once every 5 months
From 4 to 7 times per week: once every 2 months
More than 7 times per week: once every month
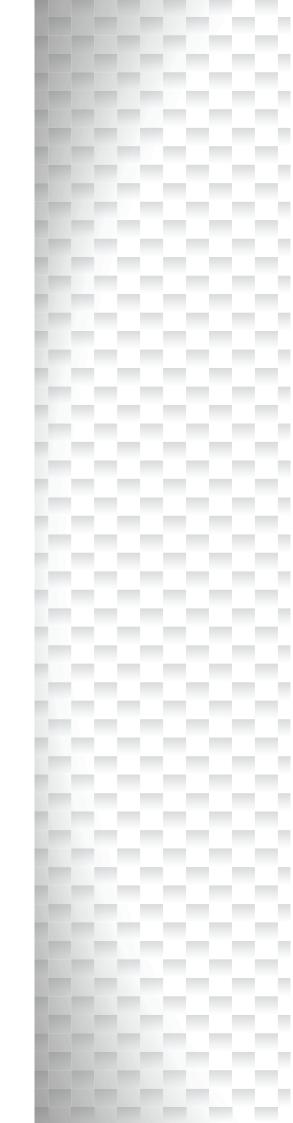

NOTE **NOTE: Moderate volume of lubrication is needed to increase the life span of the treadmill, but not too much.**

❀ How to add lubrication?

a. Check the lubrication: Stop the treadmill and fold it up, user could check the underneath center of the running board. If it's a little wet, showing that is OK. Otherwise it should be added some lubrication.

b. Add the lubrication: Simply lift up the running board and spray the lubricant onto the running belt and the underneath the running board.

c. After adding, put down the running board and start the treadmill with the speed 1Km/h. Then with one foot tramples the running belt slightly for several minutes, to let the running belt absorb the lubrication well.

Garlando