

TCORX
FITNESS IN MOTION

INSTRUCTION



MIRAGE C90 TFT



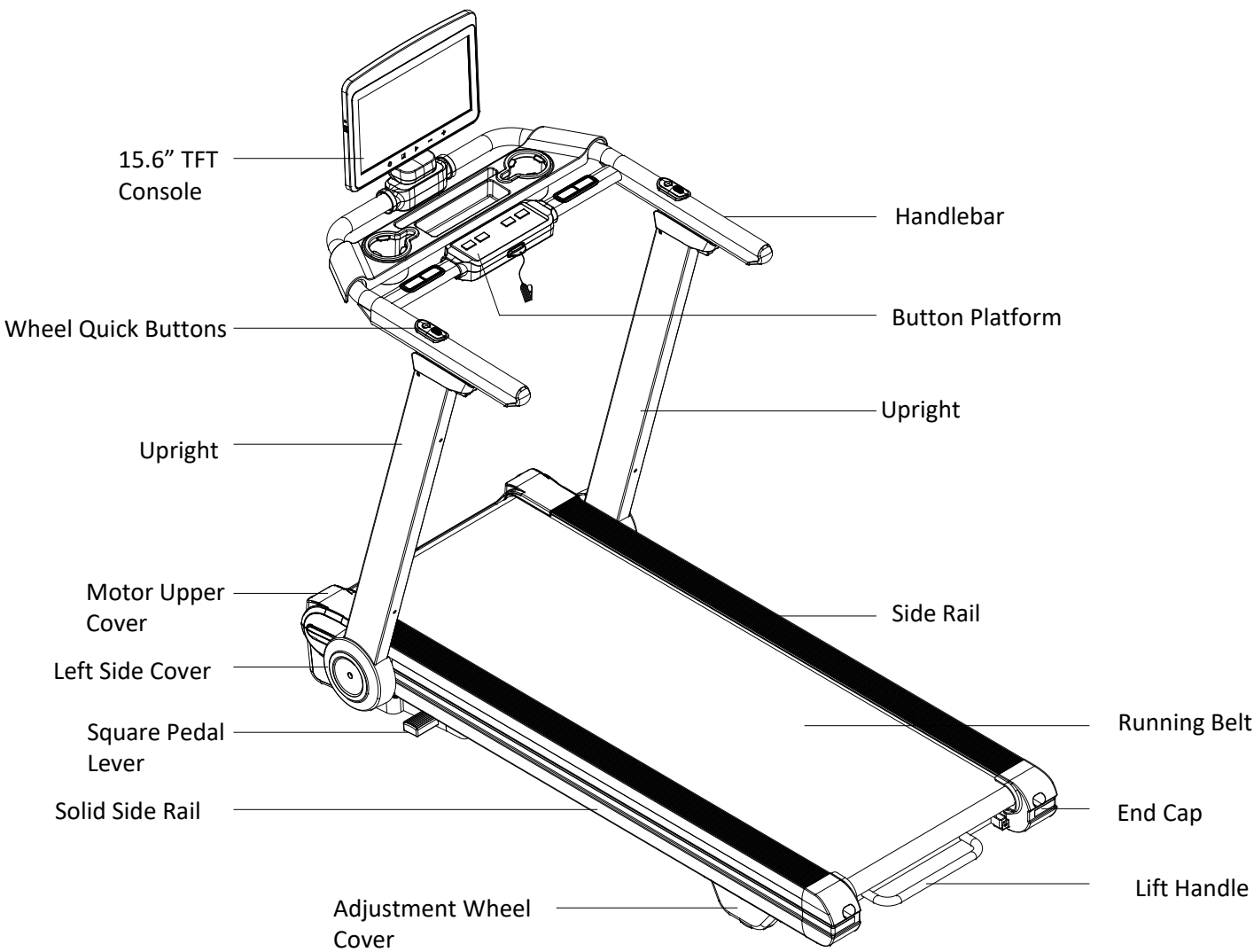
Cod : GRLDTOORXTRXMC9TFT

Rev : 00

Ed : 09/25

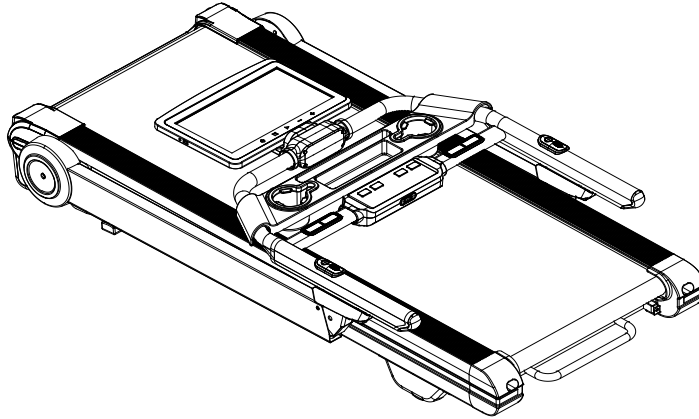


PRODUCT DESCRIPTION

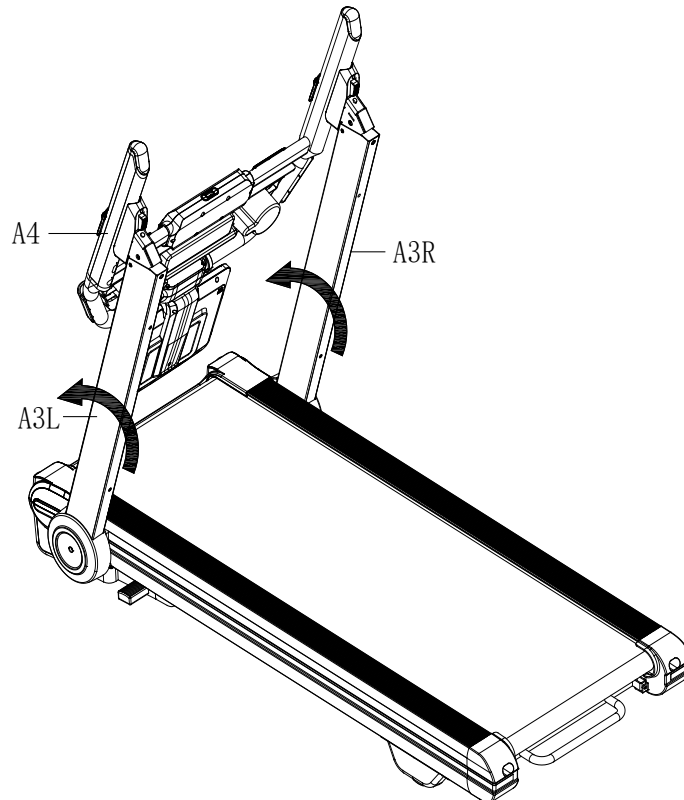


ASSEMBLY INSTRUCTIONS

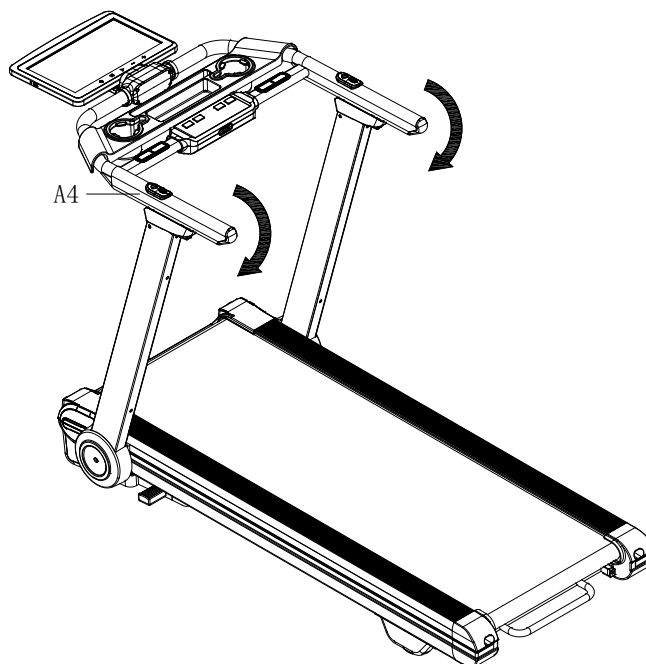
STEP 1: Remove the treadmill from the carton box, and place it on the flat ground or floor.



STEP 2: Hold #A4 Handlebar to lift up and push the #A3L/ A3R Left/ Right Uprights forward until hearing a “clock” sound for lock #A3L/ A3R Left/ Right Uprights into position.

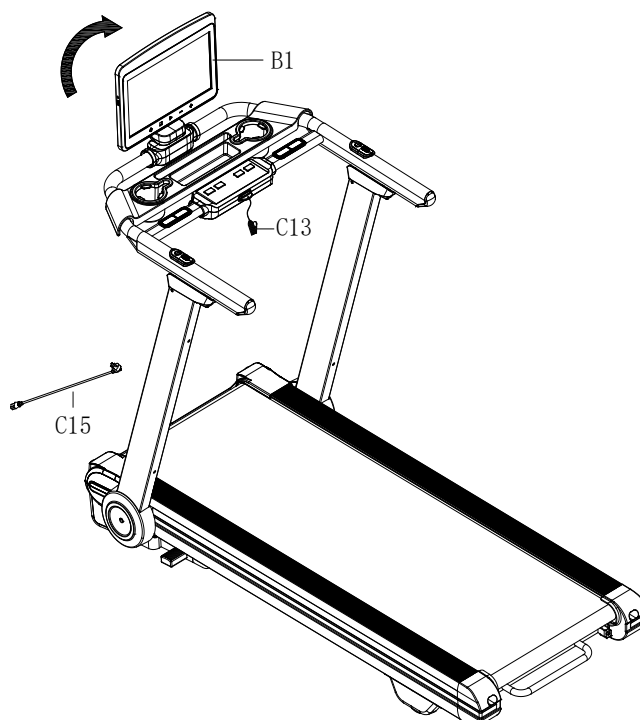


STEP 3: Hold #A4 Handlebar and push it downward until hearing a “clock” sound for lock #A4 Handlebar into position.



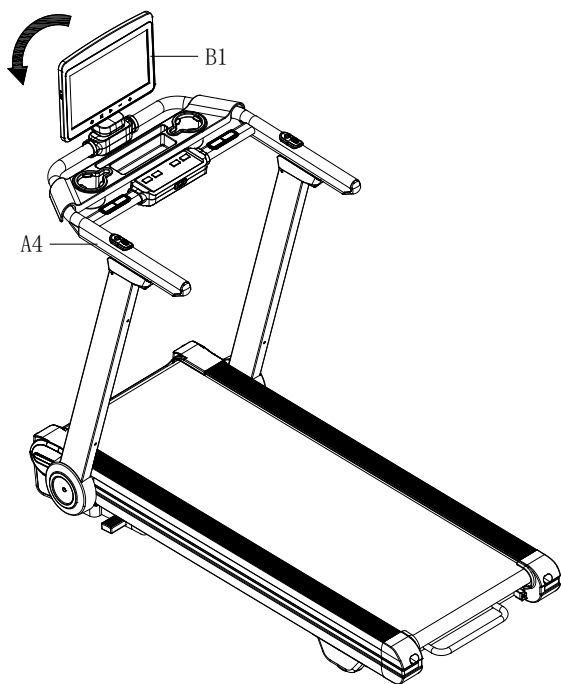
STEP 4: Rotate the #B1 15.6” TFT Console forward to an appropriate reading angle for the running.

Plug into the #C15 Power Cord and #C13 Safety Key to start the exercise.

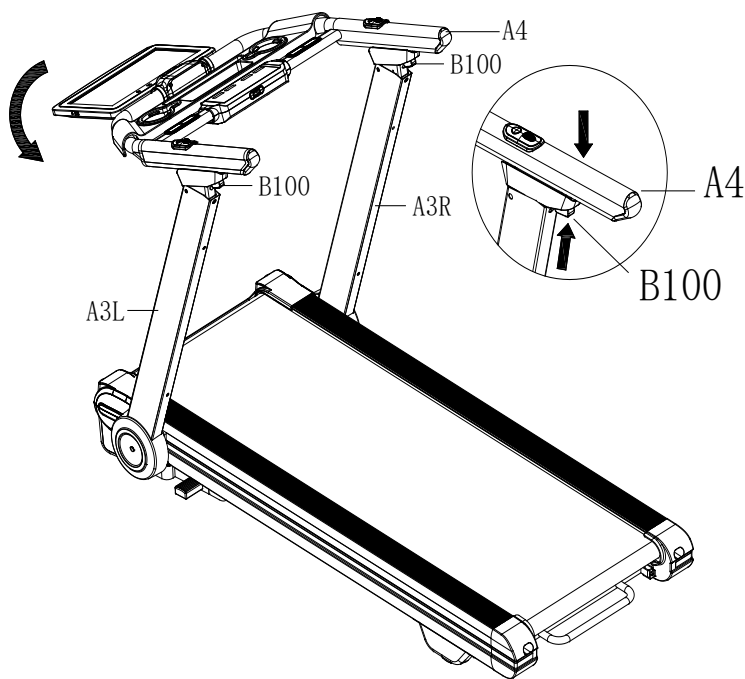


FOLDING INSTRUCTION

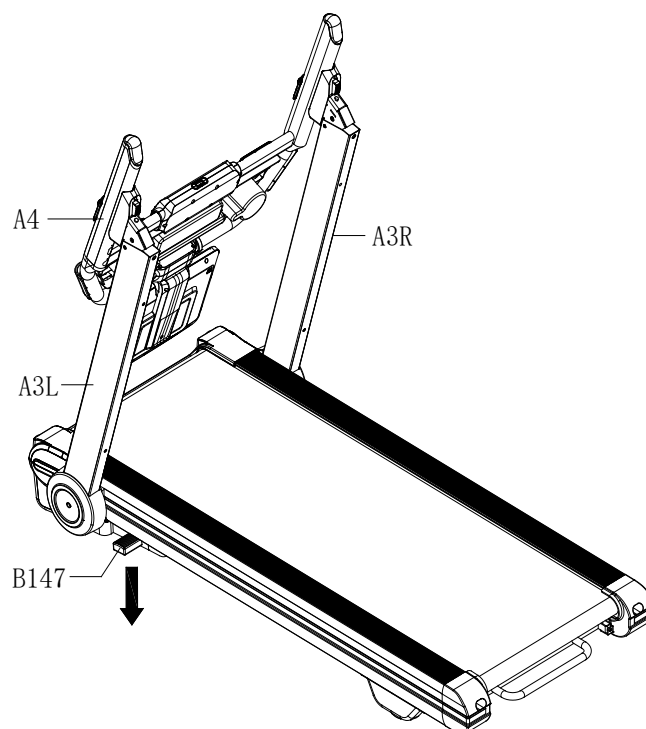
STEP 1: Rotate the #B1 15.6" TFT Console backward to be horizontal with #A4 Handlebar.



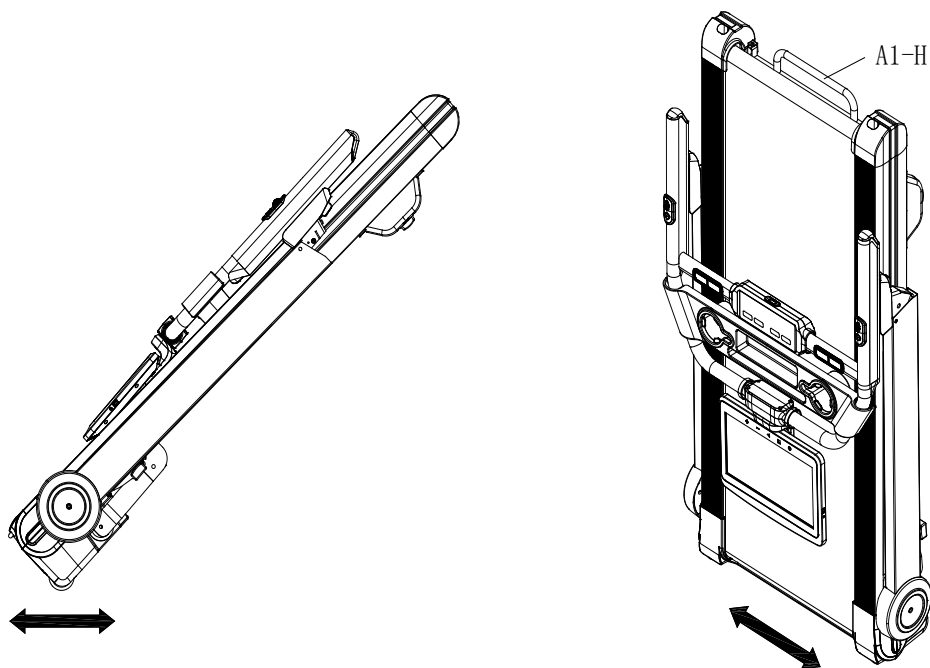
STEP 2: Slightly push down the #A4 Handlebar and press #B100 Folding Button at the same time. Once the #A4 Handlebar is un-locked, rotate it back to attach #A3L/ #A3R Uprights.



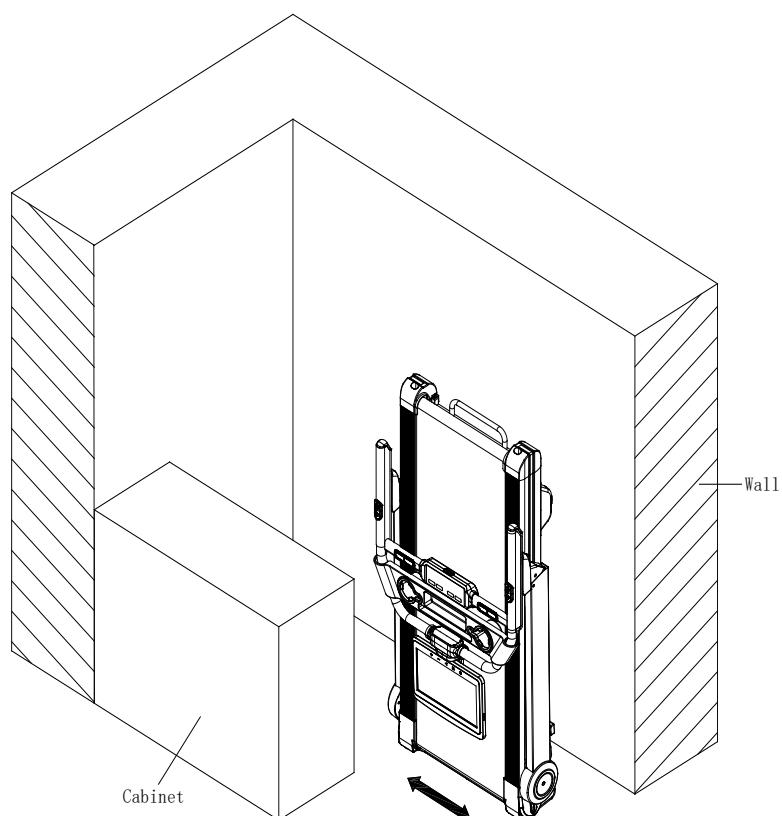
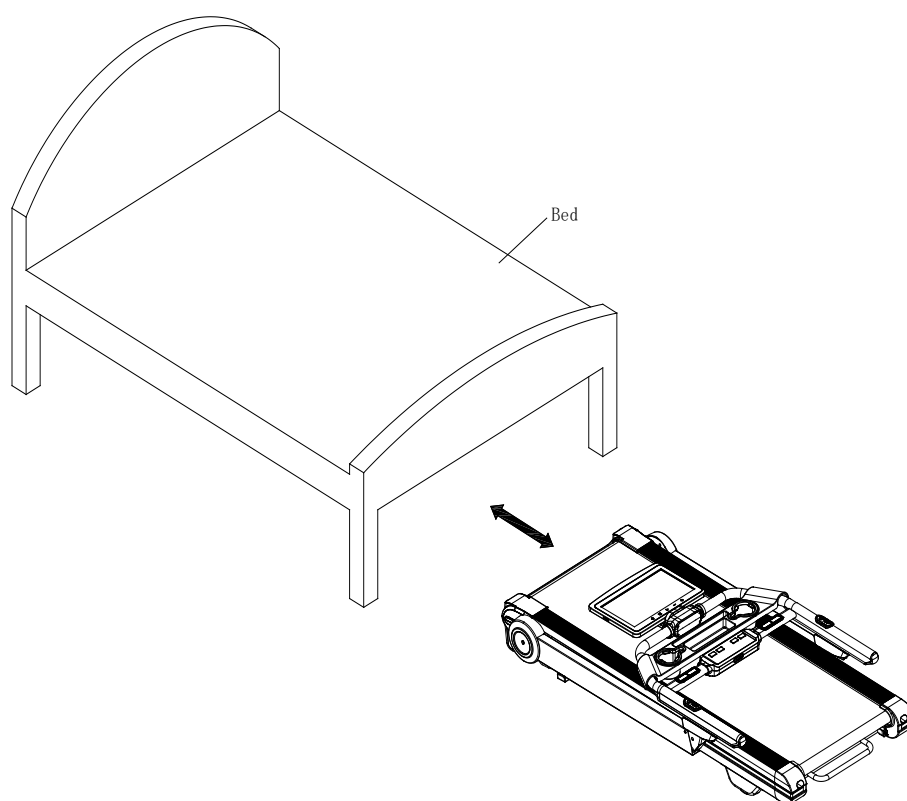
STEP 3: Step down #B147 Square Pedal Lever for auto folding process until #A3L/ #A3R Uprights to lay down and be horizontal with running deck.



STEP 4: Hold #A1-H Lift Handle for transportation or lift one end of treadmill up to standing position.



STEP 5: Place treadmill at standing position against wall for storage, or place it under the bed for space saving. The height of treadmill is 29 cm. If the space is less than 29 cm under your bed, please keep it somewhere else for storage.

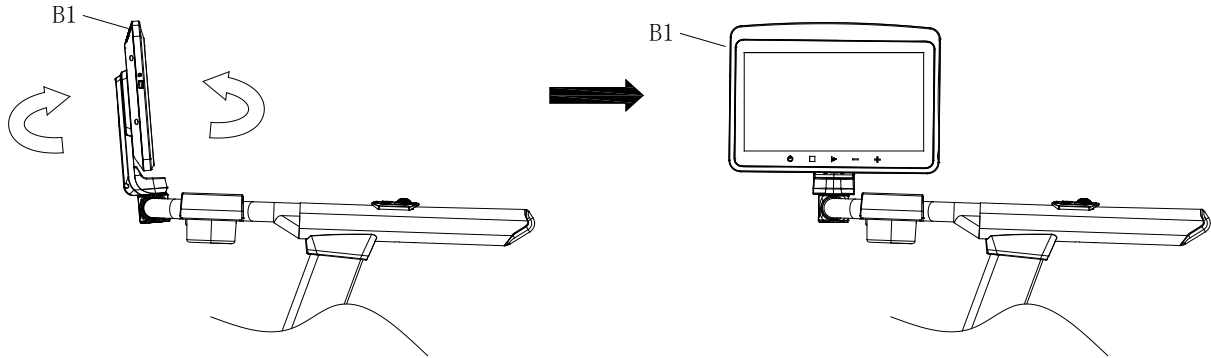


STEP 6: For your safety, please use straps to tighten the treadmill to the wall or something extremely solid (not going to fall).

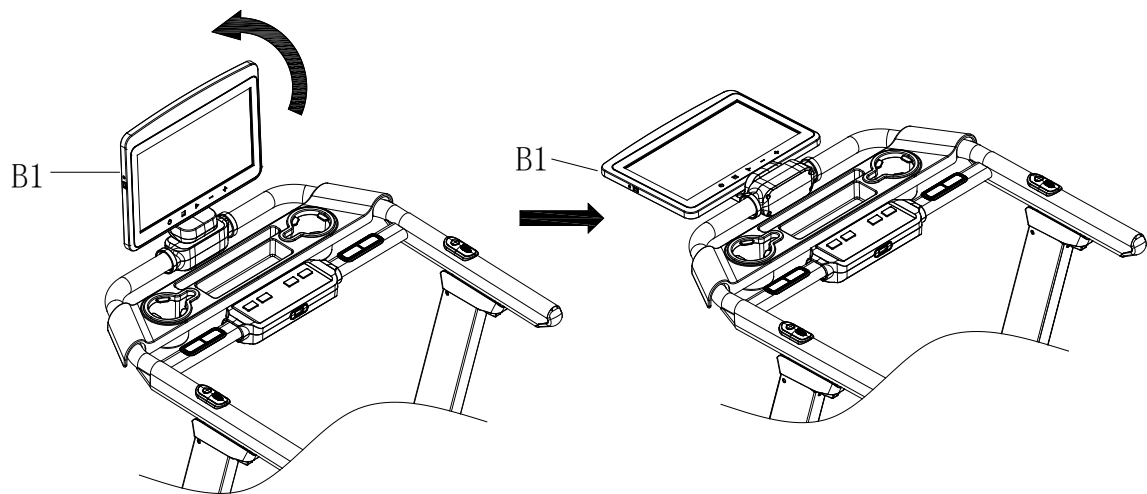


CONSOLE ROTATION INSTRUCTION

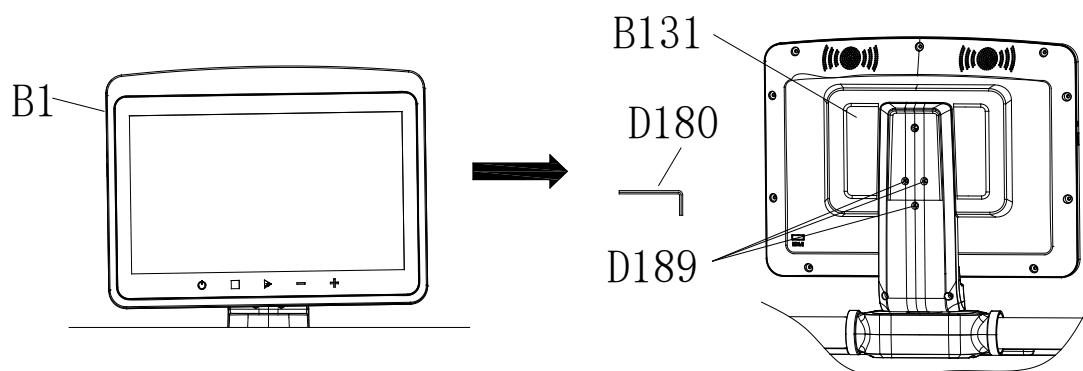
The console can be adjusted into directions as the instruction below. Gently rotate the tablet to left 90° or right 90°



Push console gently to the back or bring it to the front for matching different user heights.



When the #B1 15.6" TFT Console doesn't stand straight, use #D180 Allen Wrench T4 to loosen all 3 pcs of #D189 Screw counter-clockwise for only 1 turn. Adjust #B1 15.6" TFT Console straight, and then tighten the same screws by turning them clockwise.



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 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.

MAINTENANCE INSTRUCTION

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

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

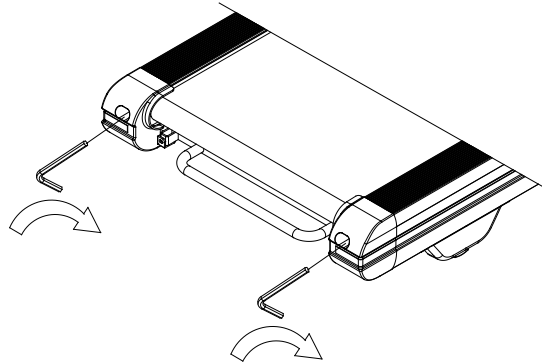
Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet 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. Do not require adding lubrication.

BELT ADJUSTMENT

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

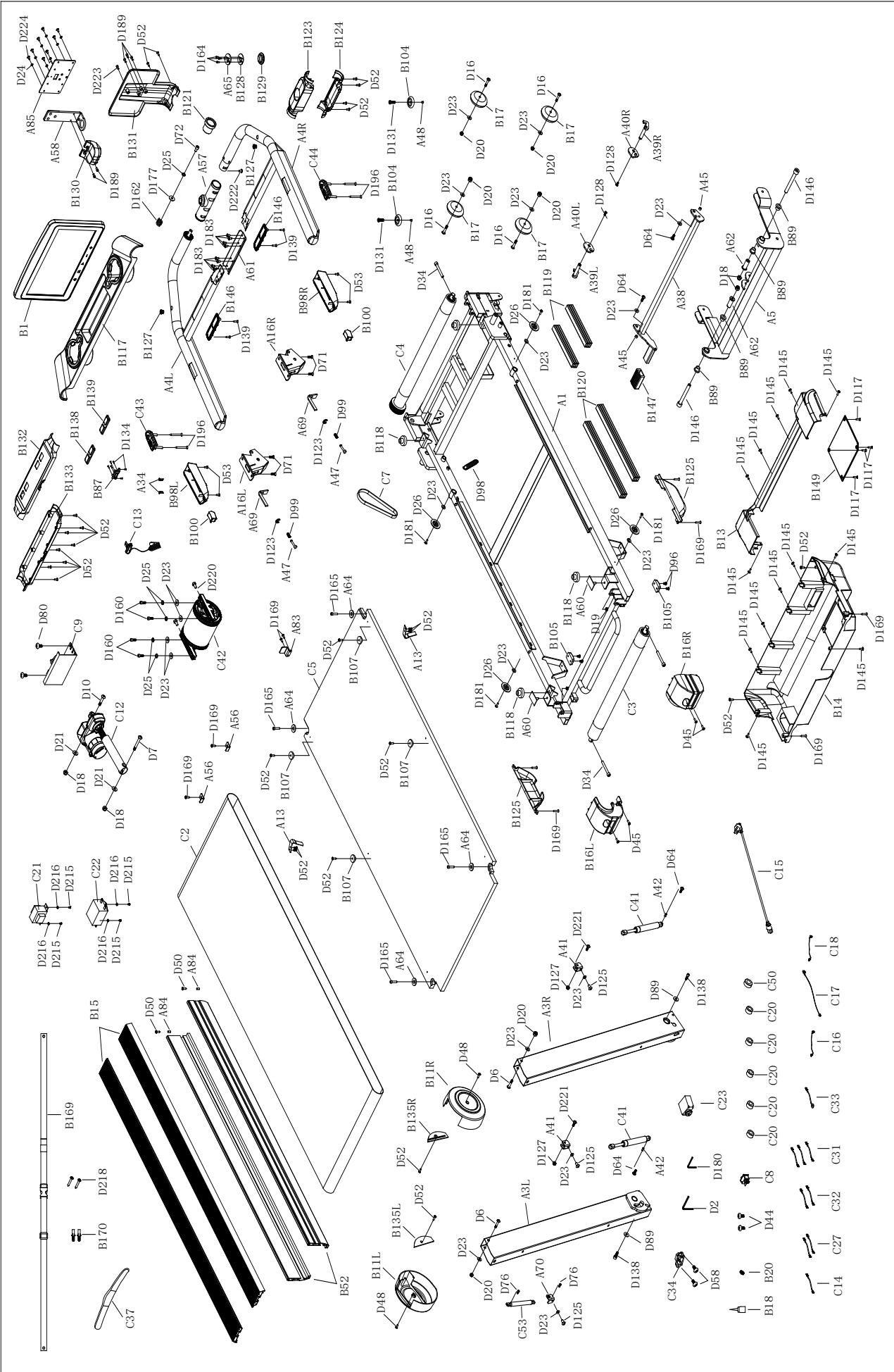


If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed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

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 belt is centered.

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.

EXPLOSTION DRAWING



PARTS LIST

Part No.	Description of Parts (English)	QTY
A. Welding Parts		
A1	Main Frame	1
A3L	Left Upright	1
A3R	Right Upright	1
A4L	Left Handlebar	1
A4R	Right Handlebar	1
A5	Incline Bracket	1
A13	Belt Guide Bracket	2
A16L	Left Handlebar Folding Joint Bracket	1
A16R	Right Handlebar Folding Joint Bracket	1
A34	Safety Key Pin	2
A38	Pedal Lever Bracket	1
A39L	Left Bottom Hook	1
A39R	Right Bottom Hook	1
A40L	Left Connection Bracket	1
A40R	Right Connection Bracket	1
A41	Cylinder U-Shape Bracket	2
A42	Cylinder Spacer	2
A45	Pedal Lever Spacer	2
A47	Stopper Pin	2
A48	Cylinder Spacer	2
A56	Side Rail Stopper	2
A57	Console Folding Shaft	1
A58	Console Support Bracket	1
A60	Short Solid Side Rail Fixing Plate	2
A61	Handlebar Connector	1
A62	Incline Axle Screw	2
A64	Countersunk Washer	4
A65	Upper Washer	1
A69	Folding Lever	2
A70	Handlebar Cylinder Installation Bracket	1
A83	Upper Motor Cover Stopper	1
A84	Side Rail Stopper Spacer	2
A85	Console Support Plate	1
B. Plastics Parts		
B1	15.6" TFT Console Set	1
B11L	Left Side Cover	1
B11R	Right Side Cover	1
B13	Motor Upper Cover	1
B14	Motor Bottom Cover	1

B15	Side Rail	2
B16L	Left End Cap	1
B16R	Right End Cap	1
B17	Adjustment Wheel	4
B18	Silicone Oil Bottle	1
B20	Round Plug	1
B52	Solid Side Rail	2
B87	Plastic Safety Key Pin Holder	1
B89	Incline Bearing	4
B98L	Left Handlebar Cover	1
B98R	Right Handlebar Cover	1
B100	Folding Button	2
B104	PU Roller	2
B105	Curved Shaped Foot Pad	2
B107	Side Rail Fixing Piece	4
B117	Accessory Tray	1
B118	Rubber Cushion	4
B119	Short Deck Cushion	2
B120	Long Deck Cushion	2
B121	Console Folding Shaft Busing	1
B123	Console Folding Shaft Upper Cover	1
B124	Console Folding Shaft Lower Cover	1
B125	Adjustment Wheel Cover	2
B127	Accessory Tray Installation Bushing	2
B128	Upper Nylon Washer	1
B129	Console Rotating Bushing	1
B130	Console Front Support Cover	1
B131	Console Rear Support Cover	1
B132	Upper Cover of Button Platform	1
B132-1	Overlay of Button Platform	1
B133	Bottom Cover of Button Platform	1
B135L	Left Small Side Cover	1
B135R	Right Small Side Cover	1
B138	Buttons (PROG+START)	1
B139	Buttons (STOP+MODE)	1
B146	Heart Rate Sensor Holder	2
B147	Square Pedal Lever	1
B149	Motor Bottom Small Cover	1
B169	Fixing strap	1
B170	Plastic Expansion Tube	2
C. Electronics Parts		
C2	Running Belt	1
C3	Rear Roller	1

C4	Front Roller	1
C5	Running Board	1
C7	Drive Belt	1
C8	Power Switch Button	1
C9	Controller	1
C12	Incline Motor	1
C13	Safety Key	1
C14	Single Cable 300 (Brown)	1
C15	Power Cable	1
C16	Connection Cable (Button Platform)	1
C17	Lower Section Cable	1
C18	Middle Section Cable	1
C20	Magnetic Ring	5
C21	Inductor	1
C22	Filter	1
C23	Overload Protector	1
C27	Single Cord 300 (Blue)	2
C31	Single Cord 150 (Blown)	3
C32	Single Cord 150 (Blue)	2
C33	Single Ground Wire	1
C34	Power Outlet	1
C37	Chest Belt	1
C41	Cylinder	2
C42	Brushless Motor	1
C43	Left Quick Wheel Button	1
C44	Right Quick Wheel Button	1
C50	Magnetic Ring (Large)	1
C53	Slow Drop Cylinder	1
D. Hardware		
D2	Allen Wrench T6	1
D6	Button Head Cap Screw M8X50mm	2
D7	Button Head Cap Screw M10X60mm	1
D10	Button Head Cap Screw M10X45mm	1
D16	Button Head Cap Screw M8X15mm	4
D18	Nylon Nut M10	4
D19	Nylon Nut M6	2
D20	Nylon Nut M8	6
D21	Flat Washer M10	2
D23	Flat Washer M8	19
D24	Spring Washer M5	8
D25	Spring Washer M8	5
D26	Bowl Shape Washer	4

D34	Socket Head Cap Screw M8X60mm	3
D44	Phillips Rounded Washer Head Screw M5X12mm	2
D45	Phillips Rounded Washer Head Screw M5X15mm	4
D48	Phillips Rounded Washer Head Head Self-Drilling Screw ST4.2X19mm	2
D50	Phillips Rounded Washer Head Head Self-Drilling Screw ST4.2X25mm	2
D52	Phillips Pan Head Self-Tapping Screw ST4.2X16mm	26
D53	Phillips Pan Head Self-Tapping Screw ST4.2X25mm	4
D58	Phillips Flat Head Self-Drilling Screw ST3.5X16mm	2
D64	Button Head Cap Screw M8X20mm	4
D71	Hex Head Cap Screw M8X15mm	4
D72	Socket Head Cap Screw M8X25mm	1
D76	Socket Head Cap Screw M6X10mm	2
D80	Phillips Rounded Washer Head Screw M5X8mm	2
D89	Wide Flat Washer M8	2
D96	Phillips Pan Head Screw M6X12mm	4
D98	Extension Spring	1
D99	Pression Spring	2
D117	Phillips Flat Head Self-Tapping Screw ST4.2X16mm	4
D123	C Ring Dia. 5	2
D125	n Head Cap Screw M8X10mm	3
D127	Nylon Nut M8	2
D128	Button Head Cap Screw M6X12mm	2
D131	Flat Socket Head Cap Screw M8X22mm	2
D134	Phillips Pan Head Self-Tapping Screw ST3.0X8mm	6
D138	Socket Head Cap Screw M8X15mm	2
D139	Phillips Flat Head Self-Tapping Screw ST4.2X25mm	4
D145	Phillips Pan Head Screw M5X16mm	13

D146	Socket Head Cap Screw M10X60mm	2
D160	Socket Head Cap Screw M8X30mm	4
D162	Spring Dia. 6	1
D164	Socket Head Cap Screw M4X12mm	3
D165	Socket Head Cap Screw M6X35mm	4
D169	Phillips Pan Head Self-Drilling Screw ST4.2X16mm	10
D177	Wide Flat Washer M8 (Dia. 25)	1
D180	Allen Wrench T4	1
D181	Phillips Pan Head Self-Tapping Locking Screw M4X16mm	4
D183	Button Head Cap Screw M6X8mm	8
D189	Socket Head Cap Screw M5X10mm	5
D196	Phillips Flat Head Self-Tapping Screw ST4.0X60mm	4
D215	Phillips Pan Head Screw M4X6mm	4
D216	Spring Washer M4	4
D218	Phillips Pan Head Self-Tapping Screw ST5.5X40mm	2
D220	Hex Head Bolt M8X15mm	2
D221	Button Head Cap Screw M8X25mm	2
D222	Phillips Truss Head Screw M6X8mm	1
D223	Socket Head Cap Screw M5X8mm	1
D224	Button Head Cap Screw M5X12mm	8

COMPUTER INSTRUCTIONS

1.1 WINDOW DISPLAY



2. BUTTON PLATFORM FUNCTION

2.1 START

- When you press the START button, the program will start operating.
- If you press START at the WARM UP mode, it will skip the WARM UP and enter the WORK OUT directly.
- If you press START at the PAUSE mode, the program will restart and operate with the minimum speed and Incline 0.

2.1 STOP

- Press STOP once when at WORK OUT mode, the console display will show

PAUSE. The speed will go back to 0 but the incline level will remain.

- Press STOP twice when at PAUSE mode, the program will end. Both speed and incline will resume back to 0.

2.2 PROGRAM

If user presses PROGRAM button at IDLE MODE, you will enter the interface of GOAL mode (GOAL/ HILL/ RANDOM INCLINE).

2.3 MODE

- Only valid when in the workout page.
- User can switch between INCLINE PROFILE and SPEED PROFILE by pressing MODE button.

2.4 QUICK SPEED

Press the speed quick button to quickly adjust speed to 5km/h, 10km/h, or 15km/h when the treadmill is running.

2.5 QUICK INCLINE

Press the incline quick button to quickly adjust incline to level 5, level 10, or level 12 when the treadmill is running.

2.6 SAFETY KEY

If user turns on the console but without inserting the safety key, the console will show "PLEASE PLACE SAFETY KEY".

2.7 LEFT WHEEL QUICK BUTTON (INCLINE/VOLUME)

- While the WHEEL QUICK BUTTON displays BLUE light, it's for adjusting the INCLINE. (increase 1 level by rotating the wheel forward; decrease 1 level by rotating the wheel back)
- While the WHEEL QUICK BUTTON displays GREEN light, it's for adjusting the

VOLUME. (increase 1 level by rotating the wheel forward; decrease 1 level by rotating the wheel back)

2.8 RIGHT WHEEL QUICK BUTTON (SPEED)

- While the WHEEL QUICK BUTTON displays BLUE light, increase 0.1 km/h by rotating the wheel forward; decrease 0.1 km/h by rotating the wheel back.
- While the WHEEL QUICK BUTTON displays GREEN light, increase 1 km/h by rotating the wheel forward; decrease 1 km/h by rotating the wheel back.

3. CONSOLE DISPLAY BUTTON FUNCTION

3.1 POWER

If user presses POWER button at IDLE MODE, the console display will be turned off; If user wants to turn on, please press the POWER button again.

3.2 STOP

- Press STOP button once when under the WORK OUT mode, the console display will show PAUSE. The speed will go back to 0 but the incline level will remain.
- Press STOP button twice when under the PAUSE mode, the program will end. Both speed and incline will resume back to 0.

3.3 START


- When you press the START button, the program will start operating.
- If user presses START at WARM UP mode, it will skip the WARM UP and enter the WORK OUT directly.
- If user presses START at PAUSE mode, the console will restart and operate with current program.

3.4 SPEED +/-


Press +/- button to accelerate the speed by 0.1 km/h.

4. CONSOLE SCREEN BUTTON FUNCTION

4.1 QUICK INCLINE

- Press +/- button to increase or decrease the incline by 1 level.
- Press expand option list button  and quickly adjust the incline to level 1, level 3, level 6, level 9, or level 12 when the treadmill is running.

4.2 QUICK SPEED

- Press +/- button to increase or decrease the incline by 0.1 km/h.
- Press expand option list button  and quickly adjust the speed to 1km/h, 3km/h, 5km/h, 7km/h, 9km/h, 11km/h, 13km/h or 15km/h when the treadmill is running.

4.3 MEDIA

Press the button MEDIA at IDLE MODE and there are 2 options: Application and Mirror.

4.3.1 APPLICATION



- YouTube
- Netflix
- Disney+
- Amazon Prime Video
- Facebook
- X (new name of Twitter)
- Instagram
- Spotify
- Kinomap

- Chrome

4.3.2 MIRROR (IOS System / Android System)

- IOS System Guideline

Connect your mobile to the facility's WiFi network. Press the 'Screen Mirroring' button on your mobile, then select the 'Device-XXX'.



- Android System Guideline

Connect your mobile to the facility's Wi-Fi network. Scan the left QR code or search 'ANPLUS Screen Mirroring' app in Play Store and download. Open, select the 'Device-XXX', then press 'Start Mirroring'.

- QR Code for APP Downloading:



4.3.3 HDMI



- Press HDMI button  and then press  to active the function.

- If the device is connected, you will see it on the screen when you go back to IDLE mode; If not, then the screen will show color bar.

4.4 WEARABLE BLUETOOTH DEVICE

- The default status is off. Please enter PAUSE mode first, and then press the wearable Bluetooth device button.

- Turn on the Bluetooth function and connect to your device.

- If it connects successfully, the icon changes to  ;if not, the icon shows 

4.5 PROFILE

- Press PROFILE button or press incline and speed to change the profile display.
- There are 30 section bars in the profile graph.
- If user does set the goal time, the time of each section bar will be goal time/30; if user doesn't set the goal time, every one minute will jump to next section bar.

5. MODE FUNCTION DESCRIPTION

5.1 IDLE MODE

Home page for the console.

5.2 SLEEP MODE

- After 30 minutes without any operation, the console will automatically enter sleep mode.
- Real Sleep Mode turns off the console display and power, and the console will wake up only by pressing any button.
- Fake Sleep Mode only turns off the console display, and the console will wake up by touching the screen or pressing any button.

	Sleep Mode ON	Sleep Mode OFF
Display ON	Without any operation within 30 minutes → Will enter REAL Sleep Mode (Awaken the console by pressing any button)	Without any operation within 30 minutes → Will enter FAKE Sleep Mode (Awaken the computer by touching the screen)
Display OFF	Without any operation within 30 minutes → Will enter REAL Sleep Mode (Awaken the console by pressing any button)	WILL NOT enter Sleep Mode

5.3 WARM UP MODE

- Warm up mode is 3 minutes. If you don't need the warm up, press SKIP to over it.

- There are 7 programs are with warm up mode: Hill, Random Incline, Speed, Interval, Gerkin and HRC.

5.4 WORKOUT MODE

- When at workout mode, the console shows INCLINE PROFILE, and user could switch to SPEED PROFILE or COURT DYNAMIC PROFILE manually according to your need.

5.5 PAUSE MODE

- Press STOP once to enter PAUSE mode and all data would stop counting.
- User cannot adjust the speed and incline at PAUSE mode.
- In FITNESS TEST program, the test ends and show workout summary after press PAUSE button.
- In VISION RUN program, the video stops when you press PAUSE button.

5.6 COOL DOWN MODE

- Cool down mode is 3 minutes. If you don't need the cool down, press SKIP to over it and then check your workout summary.
- Program with cool down mode: Hill, Random Incline, Speed, HIIT, Custom, Gerkin.
- Default Speed:

03:00-02:00 40% of the final speed of the program

02:00-01:00 30% of the final speed of the program

01:00-00:00 20% of the final speed of the program

5.7 WORKOUT SUMMARY MODE

- While the GOAL achieved or you finish the exercise, the exercise ends and enter workout summary mode.
- During PASUE MODE, if user doesn't operate over 3 minutes, the console will end

the workout summary mode and go back to IDLE mode automatically

- For ARMY program, it will show SUCCESS or FAILED in the workout summary mode.

- For MARATHON program, it will show the level result based on the marathon criterion in workout summary mode.

5.8 SHARE TO APP



- You could share the exercising result by pressing SHARE button.

- Choose the preferred APP which you'd like to share your workout result.

6. EXERCISE STATUS DISPLAY

Status Display	Description
DISTANCE	<ol style="list-style-type: none">Unit: Metric → KM / Imperial → MIDisplay Data Range: 0.0~999.9When user sets DISTANCE as GOAL, the window shows remaining distance; otherwise, it shows the total distance.
TIME	<ol style="list-style-type: none">Unit: MINUTE:SECONDDisplay Data Range: 00:00 ~ 99:59Pull-down the button and user could switch to different data display: ELAPSED TIME, TARGET TIME, REMAINING TIMEIf user sets up the goal time before start exercising:<ul style="list-style-type: none">The data presents the remaining time.When user achieves the goal time, the exercise ends.If user doesn't set up the goal time before start exercising:<ul style="list-style-type: none">The data presents the elapsed time.When the data exceeds 99:59, it will go back to 00:00 and keep counting.
CALORIES	<ol style="list-style-type: none">Unit: kcalDisplay Data Range: 0~9999

	<ol style="list-style-type: none"> 3. Pull-down the button and user could switch to different data display: <ul style="list-style-type: none"> - METs (Metabolic Equivalent): no unit - CALORIES - CALORIES / HR - ELEVATION GAIN: unit m/ft 4. When user sets CALORIES as GOAL, the window shows remaining calories; otherwise, it shows the actual consuming calories.
HEART RATE	<ol style="list-style-type: none"> 1. Unit: BPM 2. Display Data Range: 40~220 3. Setting Data Range: 40~200 4. Pull-down the button and you could switch to different data display: CURRENT HR, AVG HR, MAX HR.
PACE	<ol style="list-style-type: none"> 1. Unit: MIN / KM 2. Display Data Range: 2:30~120:00
INCLINE	<ol style="list-style-type: none"> 1. Unit: level 2. Display Data Range: 0 ~12 level
SPEED	<ol style="list-style-type: none"> 1. Unit: MPH/KM 2. Display Data Range: 1.0~22.0 km/h 3. Initial Speed: 1.0 km/h 4. Shows the actual current speed.

7. BASIC SETTING

7.1 CONNECTING SETTING

7.1.1 WiFi

- Turn on the WiFi function and search for the WiFi name.
- Please go back to the HOME page after the connection is made, then the console will starting connecting to WiFi.

7.1.2 Ethernet

Please turn on the Ethernet function according to user's need.

7.1.3 Bluetooth

- Turn on the Bluetooth function and search for the your device.
- Please go back to the HOME page after the connection is made, then the console will starting connecting to your device.

7.2 MACHINE SETTING

7.2.1 Language

The default language is Portuguese.

7.2.2 Unit

The default language is Metric.

7.2.3 Date & Time

User can choose to display time in 24-hour clock or 12-hour clock.

7.2.4 Screen Brightness

Adjust the screen brightness by using the bar.

7.2.5 Volume

Adjust the volume by using the bar.

7.2.6 Child Lock

- In case kids inadvertently active the machine, the default setting of child lock is on.
- If no operation at IDLE mode for 10 minutes, the console shows "CONSOLE LOCKED".
- Please press HOME button longer to unlock the console.

7.2.7 BEEP MODE

User can choose mute or unmute the beep sound of pressing touch screen button.

7.3 APP UPDATE

User can see if there is any App need to be updated.

7.4 MACHINE INFORMATION

7.4.1 TOTAL TIME

- Unit: hour
- Display Range: 0000~9999

7.4.2 TOTAL DISTANCE

- Unit: KM/M
- Display Range: 0000~9999

8. PROGRAM FUNCTION DESCRIPTION

8.1 QUICK START

Press QUICK START button when at IDLE mode or before you choose any other program.

8.2 CLASSICS

There are 3 programs in CLASSICS: Goal, Hill and Random incline.

8.2.1 GOAL

- User can set their own goal for time, distance and calories.
- The default time is 20 minutes if user doesn't set the goal for time before starting.
- When user achieves any of the goal, the program ends and enter to summary mode.

8.2.2 HILL

- User can set up the ideal time, max speed and max incline.
- The default time is 20 minutes if user doesn't set the goal for time before starting.
- Default incline:

Time section	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
--------------	---	---	---	---	---	---	---	---	---	----	----	----	----	----	----

Incline level	0	1	2	2	3	3	4	5	5	2	1	4	6	8	6
Time section	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Incline level	5	4	3	2	2	3	5	7	9	11	12	10	8	6	3

- Press INCLINE and SPEED button in the middle of screen to change the profile display.

- When user achieve any of the goal, the program ends and enter to cool down mode.

8.2.3 RANDOM INCLINE

- User can set up the ideal time and max incline.
- This program provides a random incline when every time user press refresh button.
- The default time is 20 minutes and the default max incline is 10 level, if user doesn't set the goal for time before starting.
- When user achieves goal time, the program ends and enter to cool down mode.

8.3 INTERVAL

There are 3 programs in INTERVAL: Speed, HIIT and Custom.

8.3.1 SPEED

- User can set up the ideal time and max speed.
- The default time is 20 minutes and the default max speed is 2.0 mph, if user doesn't set the goal for time before starting.
- When user achieves goal time, the program ends and enter to cool down mode.

8.3.2 HIIT

- User can set up the ideal select interval ratio, work speed, rest speed and repetition.
- The default setting:

Select Interval Ratio: 10:30 (work:rest)

Work Speed: 6 mph

Rest Speed: 2 mph

Repetition: 4 times

- When user achieve goal time, the program ends and enter to cool down mode.

8.3.3 CUSTOM

- User can set up the ideal work time, work speed, rest time, rest speed and repetition.

- The default setting:

Work Time: 1 min

Work Speed: 6 mph

Rest Time: 30 seconds

Rest Speed: 2 mph

Repetition: 4 times

- When user achieves goal time, the program ends and enters to cool down mode.

9. MARATHON

- There are 4 different marathon programs in MARATHON: 5K, 10K, 21.5K and 42K.

- User can set up the ideal time and speed.

- The default time is 20 minutes and the default speed is 0.5 mph, if user doesn't set the goal for time before starting.

- When user achieves the goal time, the program ends and enters to summary mode.

10. USER PROGRAM

- There are 2 options in USER PROGRAM: User and Guest.
- After login, press CUSTOM button to preset each section of speed and incline, and preset the time and max speed afterwards.
- The default time is 20 minutes and the default incline is 10 level, if user doesn't set the goal for time before starting.

11. VISION RUN

- There are many different videos in VISION RUN, each of the video is in 10 minutes.
- Choose one video, and set up the ideal time, distance and calories based on user's need.
- The default setting if user doesn't set the goal for time before starting:

Time: 20 min

Distance: 5 M

Calories: 200 Kcal

- Cannot use media, mirror and HDMI function when under vision run program.
- When user achieves the goal time, the program ends and enters to summary mode.

12. HRC

There are 3 options in HRC PROGRAM: 60%, 70% and 80%.

12.1 Initial Setting

- Target Heart Rate Calculation:

When at 60%, THE: $(220 - \text{Age}) * 60\%$

When at 70%, THE: $(220 - \text{Age}) * 70\%$

When at 80%, THE: $(220 - \text{Age}) * 80\%$

- User can set up the target time and target heart rate.
- The default setting if user doesn't set the target before starting:

Target Time: 20 min

Target HR: 140 bpm

- When user achieves goal time, the program ends and enters to cool down mode.

12.2 Pop-up Window

During exercising, the console may jump out the pop-up window below.

- If actual heart rate $> \text{TRH} + 5$, the speed will automatically decrease by 0.5 km/h every 10 seconds.
- If actual heart rate $> \text{TRH} + 25$ even the speed is already decrease to the lowest over 15 seconds, the console will jump a warning window.
- If actual heart rate $> \text{TRH} + 25$ even the speed is already decrease to the lowest over 30 seconds, the program will end and enter to summary mode.
- If actual heart rate $< \text{TRH} - 5$, the speed will automatically increase by 0.5 km/h every 10 seconds.
- If no heart rate is detected over 30 seconds, the console will ask user to reconnect or finish the program.
- If no heart rate is detected over 60 seconds, the program will end and enter to summary mode.

13. FITNESS TEST

- There are 8 programs in FITNESS TEST: Air force, Army, Coast Guard, PEB,

Marine Corps, Navy and Gerkin.

- Only Gerkin has warm up and cool down mode.
- During fitness test, once user presses PAUSE or STOP, the test fails and goes to summary mode.
- If there is no operation at summary mode over 3 minutes, the console will go back to IDLE mode automatically.
- The test result WILL NOT be stored.

13.1 USER SETTING

The default user setting if user doesn't set up before starting:

- Height: 160cm
- Gender: Male
- Age: 30 years old
- Weight: 70kgs (155 lbs)

13.2 AIR FORCE

- The total distance is 2.4 km (1.5 mile).

13.3 ARMY

- The total distance is 3.2 km (2.0 mile).

13.4 COAST GUARD

- The total distance is 2.4 km (1.5 mile).

13.5 PEB

- The total distance is 2.4 km (1.5 mile).

13.6 MARINE CORPS

- The total distance is 4.8 km (3.0 mile).

13.7 NAVY

- The total distance is 2.4 km (1.5 mile).

13.8 GERKIN

- Only Gerkin has warm up and cool down mode.
- The total distance is 4.8 km (3.0 mile).

13.8.1 WARM UP MODE

- The default time is 3 minutes.
- The speed is 4.8 km/h and incline is 0 level.
- If no heart rate is detected over 1 minute, the warm up will end and go to summary mode.

13.8.2 WORKOUT MODE

- Target heart rate: $(220 - \text{Age}) * 85\%$
- If no heart rate is detected over 1 minute, the test will end and go to summary mode.
- Once user presses STOP or PAUSE button, the program will end and go into workout summary mode.
- Speed and incline in this program will be adjusted automatically according to user's heart rate. User cannot adjust speed and incline manually in this program.
- After user achieving or over the target heart rate and lasting for 15 seconds, or exercising for 11 minutes, the testing completed. The program will end and go into cool down mode.

13.8.3 COOL DOWN MODE

- The default time is 3 minutes.
- The speed is 4.8 km/h and incline is 0 level.
- If no heart rate is detected over 1 minute, the cool down will end and go to summary mode.
- - After cool down mode finished, the program ends.



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