

TCORX
FITNESS IN MOTION

INSTRUCTION



MIRAGE C90



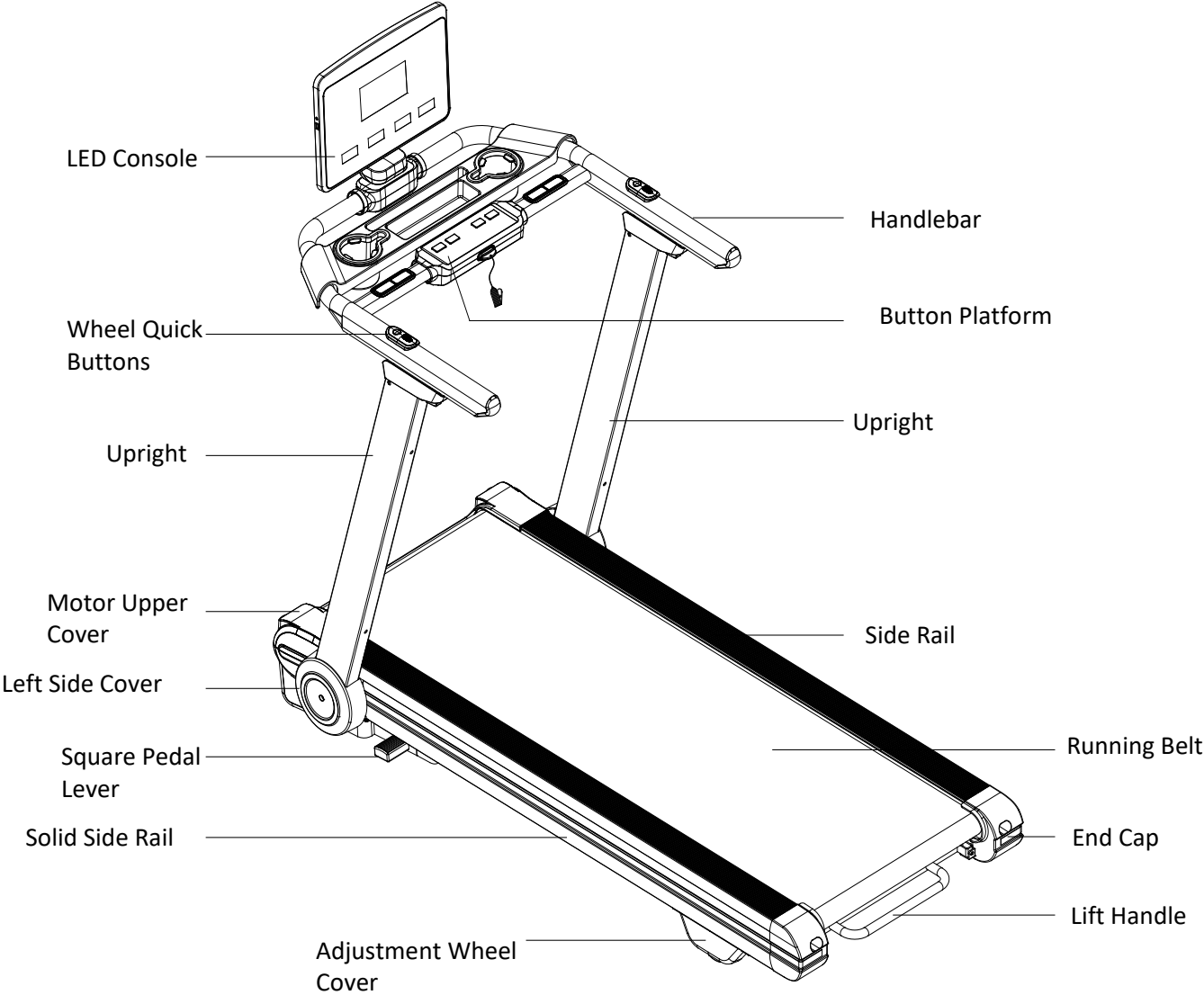
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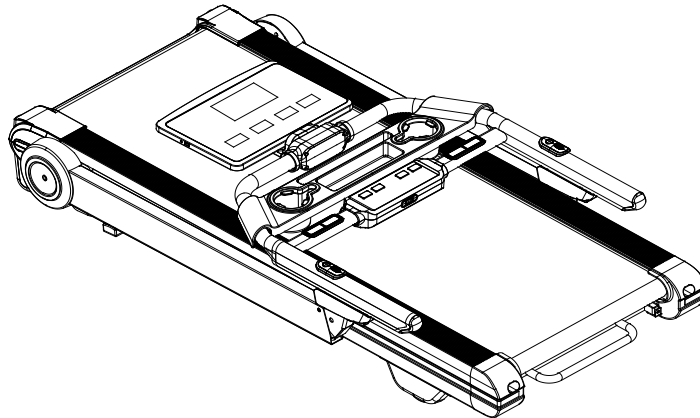


PRODUCT DESCRIPTION

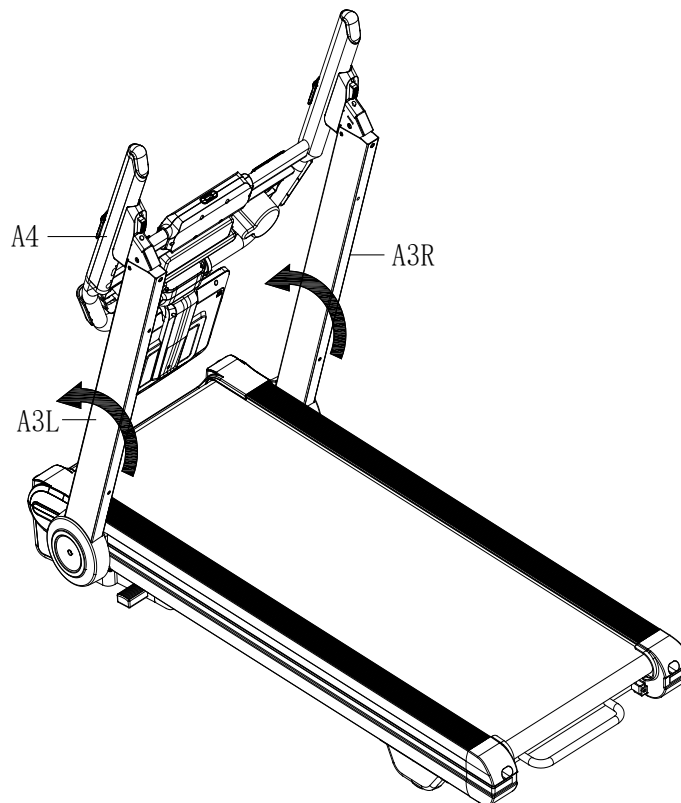


ASSEMBLY INSTRUCTIONS

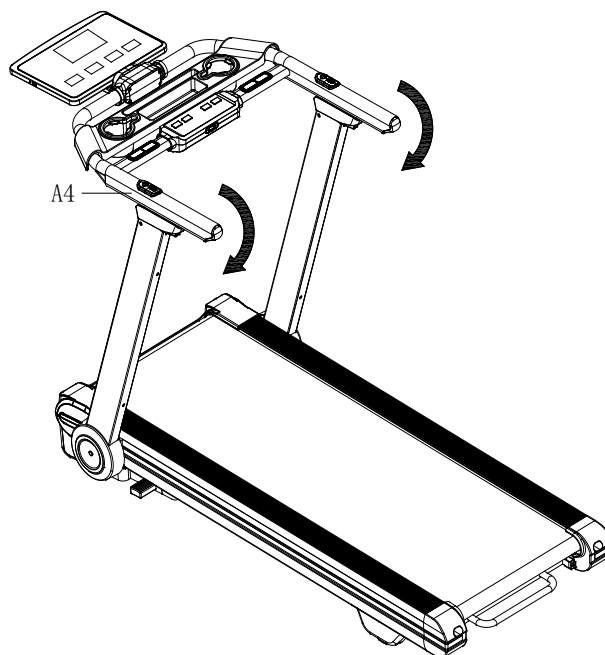
STEP 1: Remove the treadmill from the carton box, and place it on the flat ground or floor.



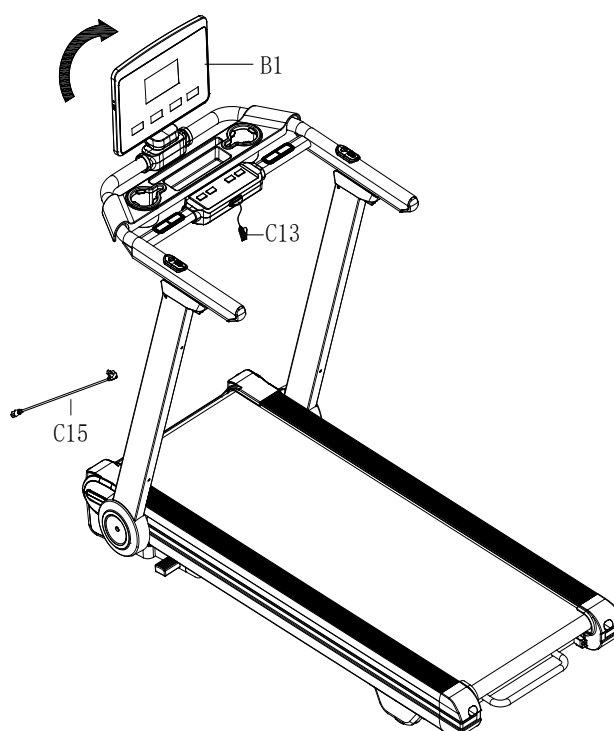
STEP 2: Hold #A4 Handlebar to lift up and push the #A3L/ A3R Left/ Right Uprights forward until hearing a “clock” sound for lock #A3L/ A3R Left/ Right Uprights into position.



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

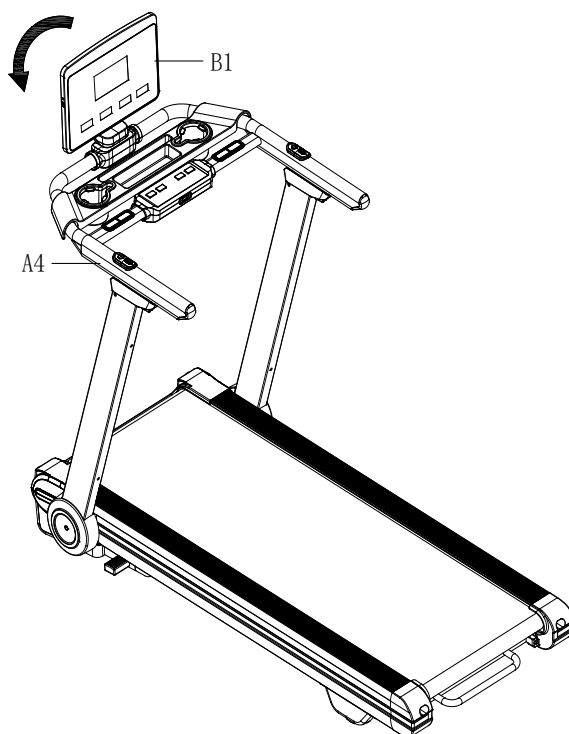


STEP 4: Rotate the #B1 LED Console forward to an appropriate reading angle for the running. Plug into the #C15 Power Cord and #C13 Safety Key to start the exercise.

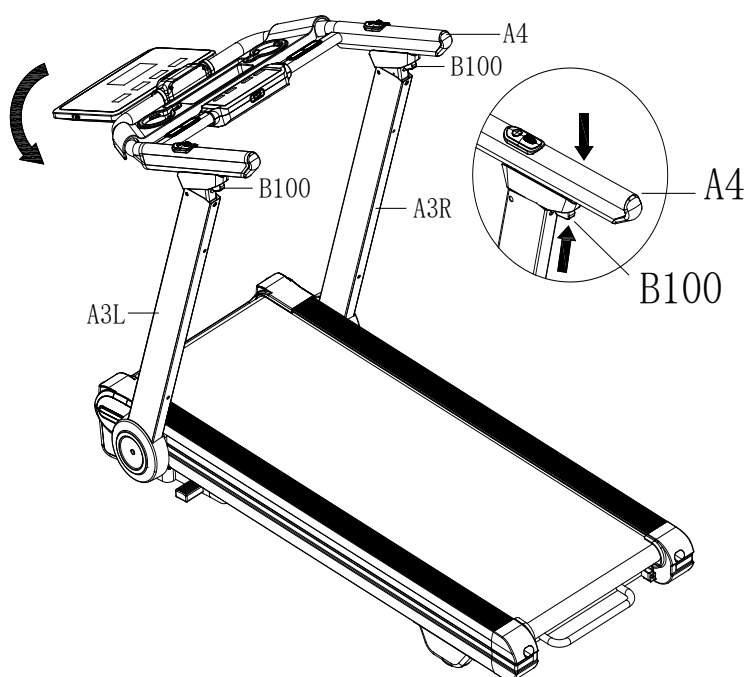


FOLDING INSTRUCTION

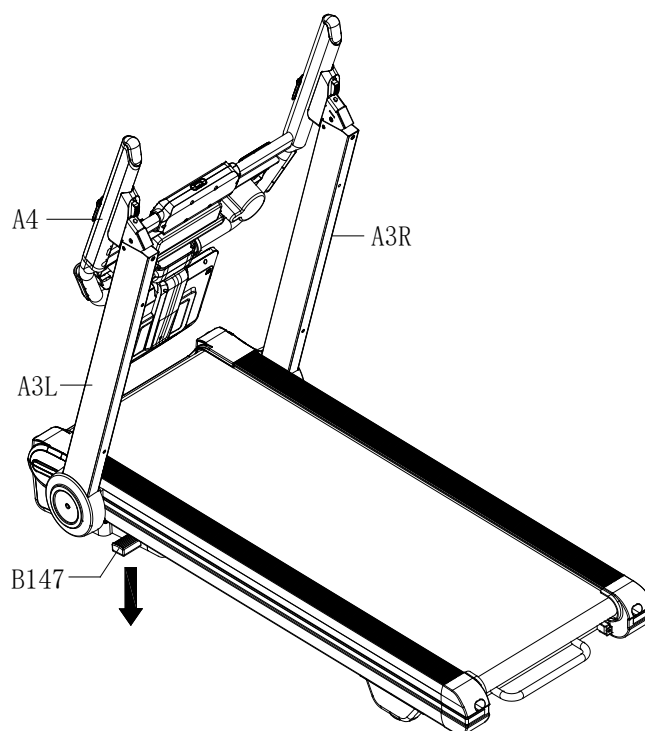
STEP 1: Rotate the #B1 LED Console backward to be horizontal with #A4 Handlebar.



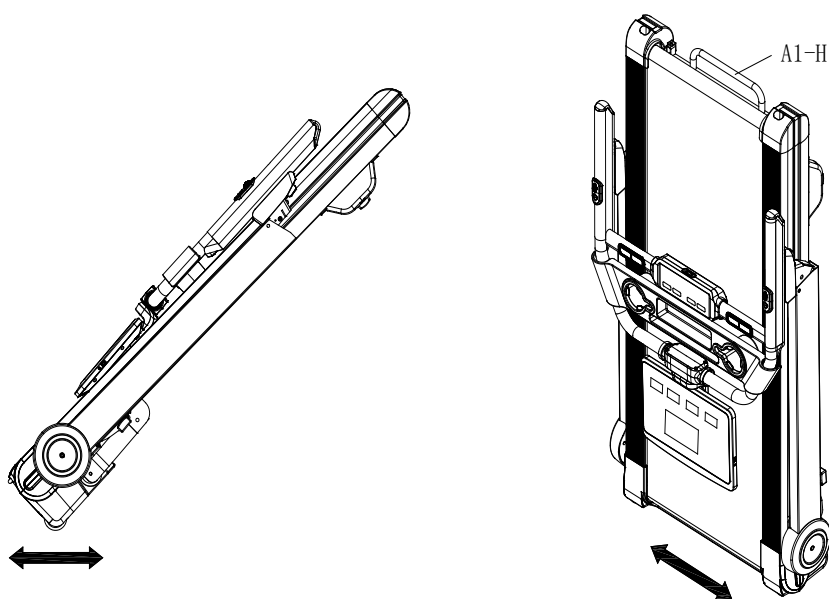
STEP 2: Slightly push down the #A4 Handlebar and press #B100 Folding Button at the same time. Once the #A4 Handlebar is un-locked, rotate it back to attach #A3L/ #A3R Uprights.



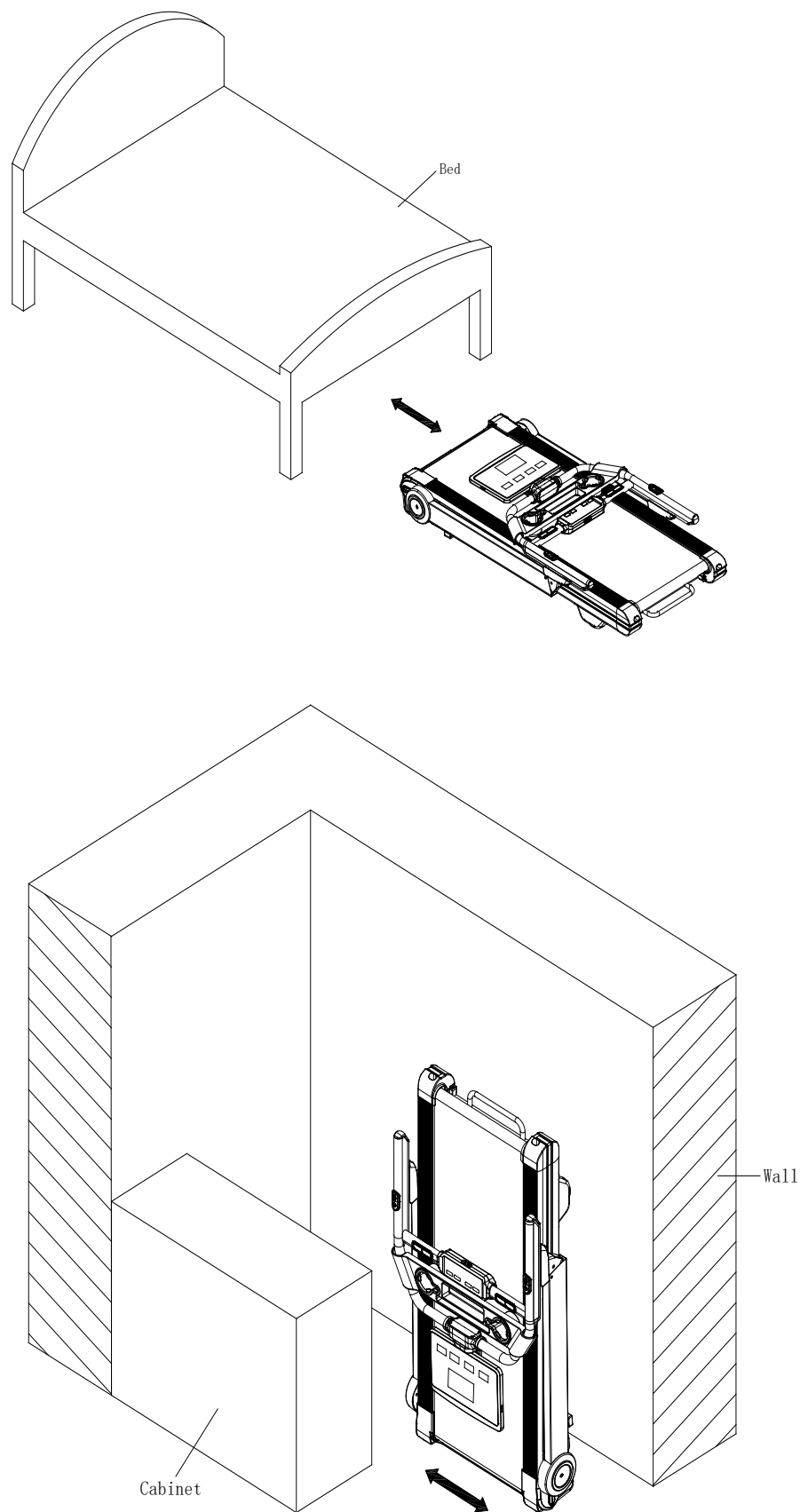
STEP 3: Step down #B147 Square Pedal Lever for auto folding process until #A3L/ #A3R Uprights to lay down and be horizontal with running deck.



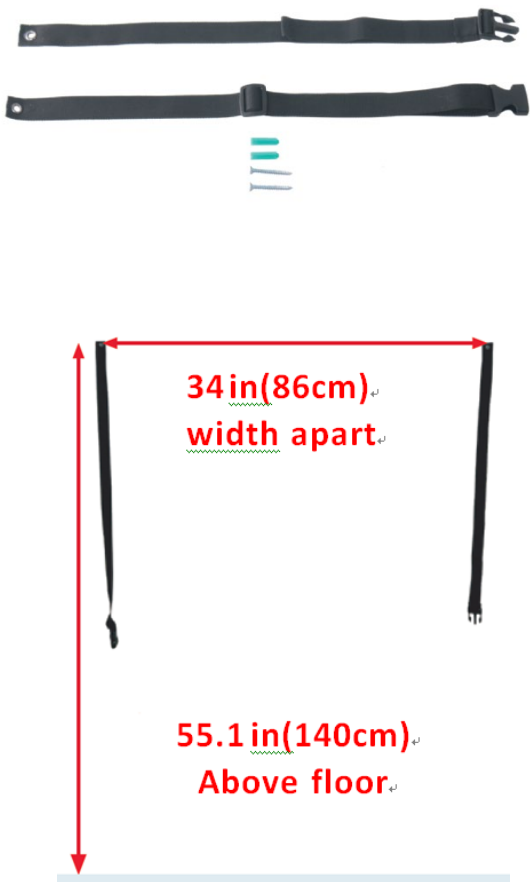
STEP 4: Hold #A1-H Lift Handle for transportation or lift one end of treadmill up to standing position.



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).



GROUNDING METHODS

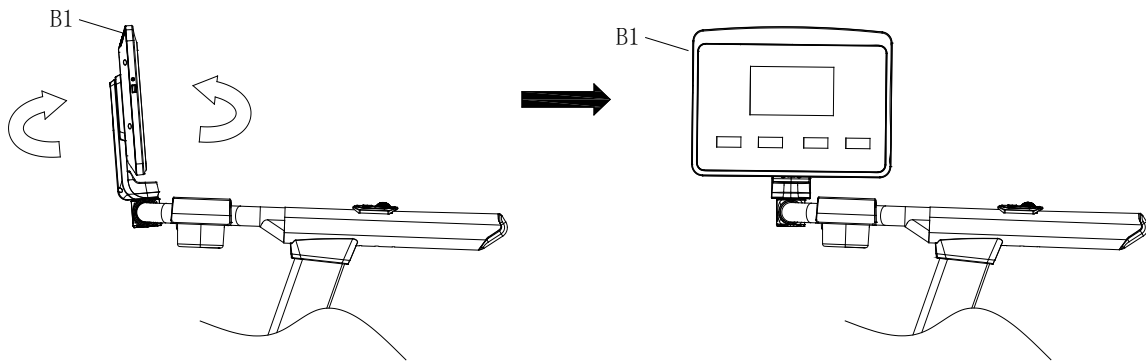
This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into 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.

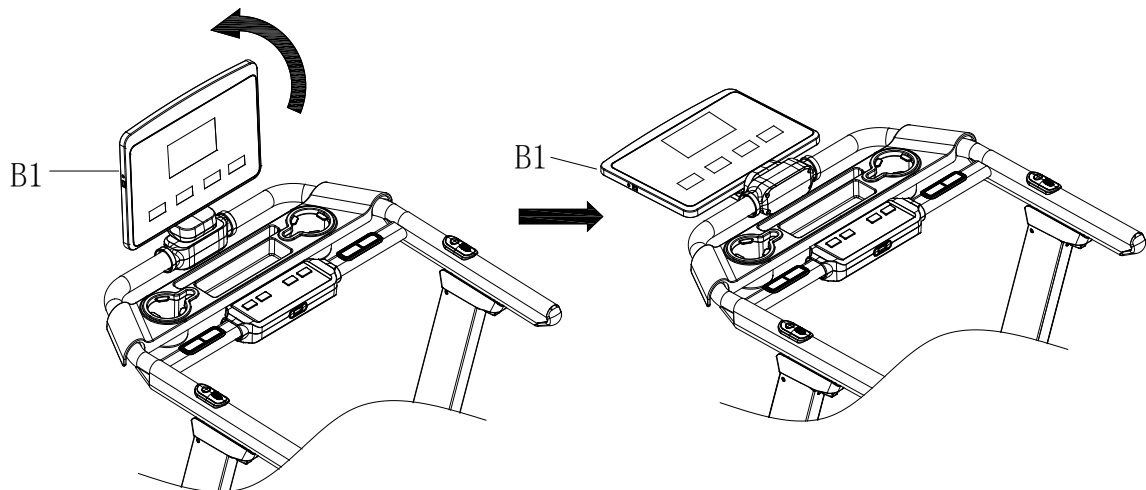
. This product is for use on a nominal 240V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

CONSOLE ROTATION INSTRUCTION

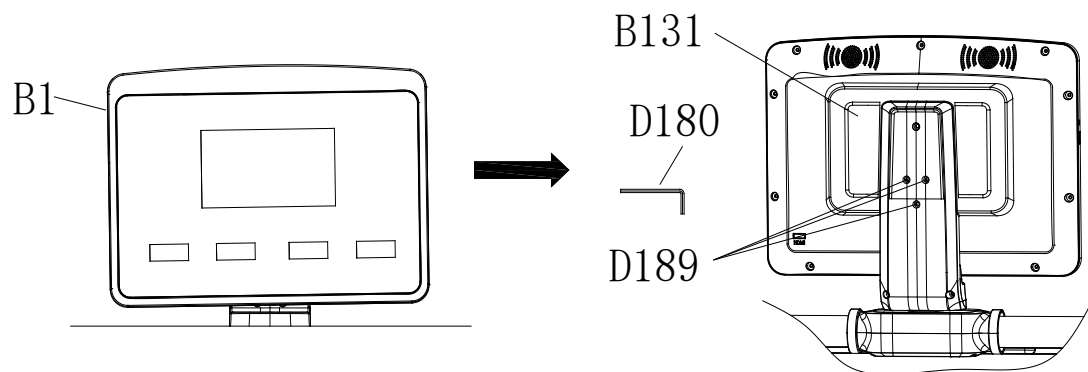
The console can be adjusted into directions as the instruction below. Gently rotate the tablet to left 90° or right 90°



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



When the #B1 LED 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 LED Console straight, and then tighten the same screws by turning them clockwise.



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.

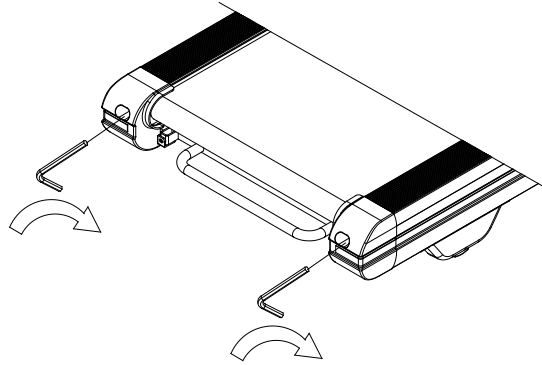
Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt. Make sure the shoes are clean. The top of the belt may be cleaned with a wet 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.

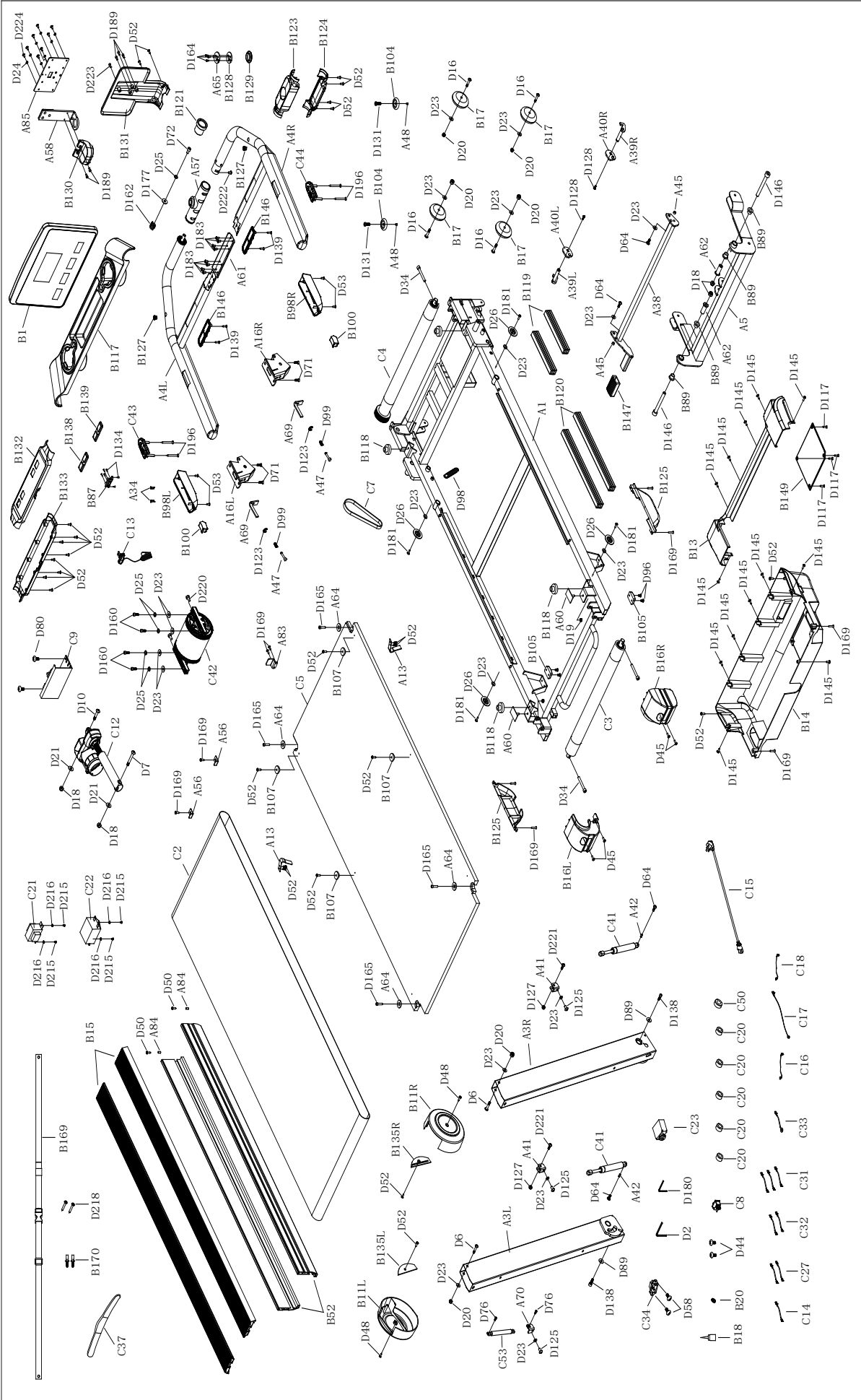


If the belt has drifted to the right, unplug the safety lock and power switch, and turn the right adjusting bolt 1/4 turn clockwise, then insert the power switch and safety lock, make the treadmill running, observe the running belt deviate condition. Repeat above steps until the running belt be placed 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	LED 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 Self-Drilling Screw ST4.2X19mm	2
D50	Phillips Rounded Washer 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

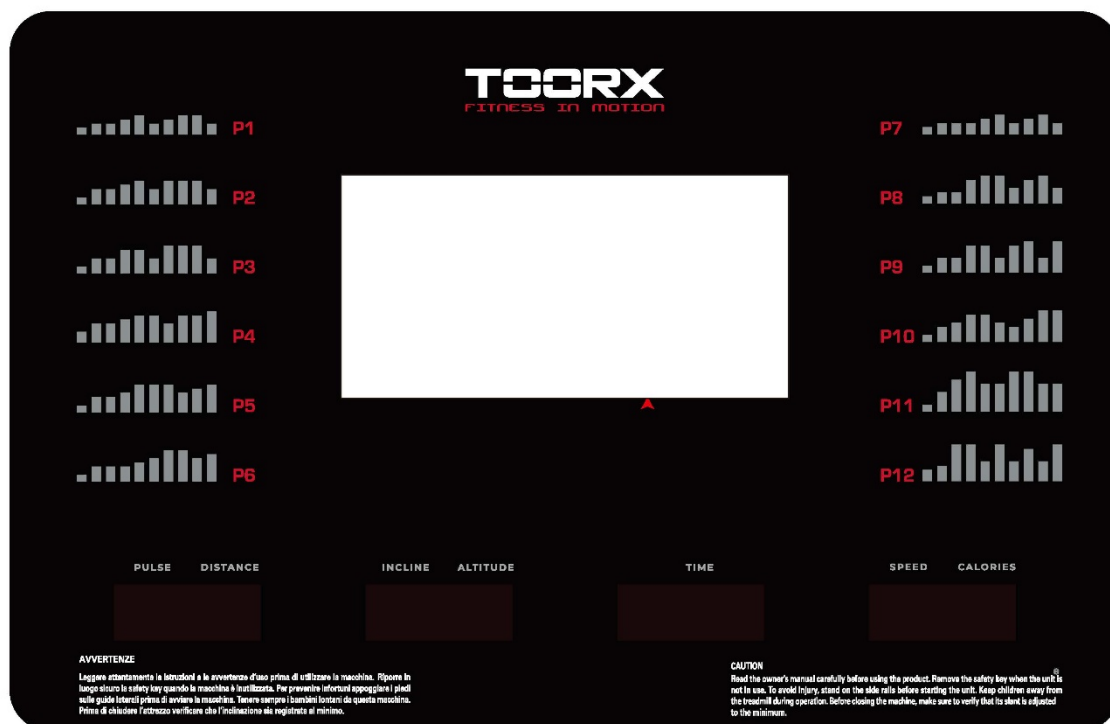
COMPUTER INSTRUCTIONS

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Operation Guide

1. DISPLAY DEFINITION



(1) Pulse & Distance

- Show "Distance" when no heart rate detected.
- Show accumulated distance during the workout.
- Distance display range: 0.00 ~ 999.9.
- Once heart rate signal detected, display switches between "Distance" and "Pulse" every 5 seconds.
- Heart rate can only be detected when both hands hold the sensor pads for over 5 seconds.

(2) Time

- Show duration of the exercise.
- Time display range: 0:00 ~ 99:59 (minute:second)

(3) Incline & Altitude

- Show current incline level during the exercise.
- Show current altitude during the exercise.
- Incline display range: 0 – 12 level

- Altitude display range: 0 ~ 9999

(4) Speed & Calories

- Show current running speed of the exercise.
- Show calories consumed during the exercise.
- Speed display range: 1.0 ~ 22 km/h
- Calories display range: 0 ~ 9999
- Display switches between “Speed” and “Calories” every 5 seconds.

2. CONTROL BUTTON DEFINITION

(1) START

- When treadmill is not activated (at stop or pause condition), press “START/STOP” button to begin the exercise after 3 seconds countdown.

(2) PAUSE/ STOP

- When treadmill is activated, press “START/STOP” button for 1st time to temporarily stop the exercise (Pause Status). Speed goes to zero and incline stops at current incline level.
- When it’s in “Pause Status”, press “START/STOP” button to end the exercise.

(3) PROG

- When treadmill is at standby mode, press “PROG” button to enter different programs: manual – U1 ~ U3 – THR 60 – THR 70 – THR 80 – P1 ~ P12.

(4) MODE

- When setting the program, press “MODE” button to confirm the setting.
- During the exercise, press “MODE” button to switch profile displayed on matrix between incline and speed.

(5) QUICK SPEED

- Quick speed are 5m/h, 10m/h, and 15m/h.

(6) QUICK INCLINE

- Quick incline are level 5, level 10, and level 12.

(7) WHEEL QUICK BUTTON FOR SPEED ON RIGHT HANDLEBAR

- To alternate between 0.1km/h and 1.0km/h speed adjustment, press the round

button in front of the wheel quick button.

- Wheel shows blue light when it's in 0.1km/h speed adjustment. Rotate wheel button forward to increase speed by 0.1km/h. Rotate wheel backward to decrease speed by 0.1km/h.
- Wheel shows green light when it's in 1.0km/h speed adjustment. Rotate wheel button forward to increase speed by 1.0km/h. Rotate wheel backward to decrease speed by 1.0km/h.
- Min. speed: 1.0 km/h
- Max. speed: 22 km/h

(8) WHEEL QUICK BUTTON FOR INCLINE & VOLUME ON LEFT HANDLEBAR

- To alternate between incline and speaker volume, press the round button in front of the wheel quick button.
- Wheel shows blue light when it's in incline function. Rotate wheel button forward to increase the incline level. Rotate wheel backward to decrease the incline level.
- Wheel shows green light when it's in speaker function. Rotate wheel button forward to increase speaker volume. Rotate wheel backward to decrease speaker volume.
- Min. incline level: level 0
- Max. incline level: level 12

3. FEATURES

- (1) When power is on, display lights up for 2 seconds on all windows and enter standby mode.
- (2) To start "Quick Start", insert safety key firmly into correct position and press "START" button. Console starts countdown for 3 seconds and belt starts to run at lowest speed of 1.0 km/h.

To adjust "Speed" or "Incline", press "Wheel Quick button for Speed", "Wheel Quick Button Incline", "Quick Speed", and "Quick Incline" for appropriate setting. To end the session, press "Stop" or fully remove safety key.

- (3) To start "Countdown Program", press "PROG" button until matrix display shows MANUAL, and then press "MODE" button and adjust the speed and incline setting. Then press "START" button to enter different countdown programs. Here are the

countdown programs in sequence: Time Countdown, Distance Countdown, and Calories Countdown.

To adjust the default time setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Time window flashes. The default time setting is 30:00 minutes. After the setting is completed, press “START” button to begin the exercise. During the session, adjust the speed or incline based on your personal condition.

To adjust the default distance setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Distance window flashes. The default distance setting is 5 km. After the setting is completed, press “START” button to begin the exercise. During the session, adjust the speed or incline based on your personal condition.

To adjust the default calories setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Calories window flashes. The default calories setting is 100kcal. After the setting is completed, press “START” button to begin the exercise. During the training session, adjust the speed or incline based on your personal condition.

When countdown program is completed, console would beep for 3 sounds and goes back to standby mode.

- (4) To start “HRC Program”, press “PROG” button until matrix display shows THR, and then press “MODE” button and adjust the target heart rate.

Here are the HRC programs in sequence: THR 60 PCT, THR 70 PCT, and THR 80 PCT.

The difference between each HRC programs is the target heart rate percentage, and below is the calculation formulas.

THR 60 PCT: $(220 - \text{AGE}) \times 60\%$

THR 70 PCT: $(220 - \text{AGE}) \times 70\%$

THR 80 PCT: $(220 - \text{AGE}) \times 80\%$

To adjust the default heart rate setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Pulse window flashes. Once the heart rate setting is completed, press “MODE” button to proceed next setting. Use the same instruction to adjust default Time setting after Time window flashes. Once completes the both setting, press “START” button to begin the exercise. The default time setting in this program is 30:00 minutes. If want to revise the setting value, press ‘STOP’ button to return.

During the exercise, please place both hands on heart rate sensors to detect current heart rate reaches target heart rate.

When user’s current heart rate doesn’t reach target heart rate, speed decreases 0.5 km/h per 30 seconds.

When user’s current heart rate exceeds target heart rate, speed increases 0.5 km/h per 30 seconds.

During the training session, adjust the speed or incline based on your personal condition.

When program is completed, console would beep for 3 sounds and goes back to standby mode.

- (5) To start “User Program”, press “PROG” button until matrix display shows USER X (X can be 1 / 2 / 3), and then press “MODE” button to adjust the time setting. To adjust the default time setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Time window flashes. The default time setting in this program is 30:00 minutes. If want to revise the setting value, press ‘STOP” button to return.

Each user program has 10 sections, and the time duration of each section is the 1/10 of setting time. You can set speed and incline for each section.

After completes time setting, press “MODE” button to enter 1st section of speed. To adjust the speed setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Speed window flashes. When completes the 1st section of speed setting, press “MODE” button again to proceed 2nd section of speed setting. Then repeat the same instruction until 10 sections of speed setting is completed.

After complete speed setting, press “MODE” button to enter 1st section of incline. To adjust the incline setting, rotate “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Incline window flashes. When completes the 1st section of incline setting, press “MODE” button again to proceed 2nd section of incline setting. Then repeat the same instruction until 10 sections of incline setting is completed.

After complete speed setting, press “START” button after matrix displays “SET FINISH PRESS QUICK START TO BEGIN WORKOUT”.

During the training session, adjust the speed or incline based on your personal condition.

When program is completed, console would beep for 3 sounds and goes back to standby mode.

- (6) To start pre-set programs, press “PROG” button for any of the 12 programs. Press “MODE” button to enter the time setting of any pre-set program after matrix displays the program number.

To adjust the time setting, press “WHEEL QUICK BUTTON FOR SPEED” to adjust up or down the value after Time window flashes. After complete speed setting, press “START” button to begin the exercise.

Each pre-set program has 10 sections, and the time duration of each section is the 1/10 of setting time. During the training session, adjust the speed or incline based on your personal condition.

When program is completed, console would beep for 3 sounds and goes back to standby mode.

Program	Section	1	2	3	4	5	6	7	8	9	10
P1	Speed	2	3	3	4	5	3	4	5	5	3
	Incline	1	1	2	2	2	3	3	3	2	2
P2	Speed	2	4	4	5	6	4	6	6	6	4

	Incline	1	2	2	2	2	3	3	2	2	2
P3	Speed	2	4	4	6	6	4	7	7	7	4
	Incline	2	3	3	2	2	3	3	3	2	2
P4	Speed	3	5	5	6	7	7	5	7	7	8
	Incline	2	3	3	2	2	3	3	3	2	2
P5	Speed	2	4	4	5	6	7	7	5	6	7
	Incline	3	3	3	4	4	5	5	5	4	4
P6	Speed	2	4	4	4	5	6	8	8	6	7
	Incline	3	5	5	5	4	4	4	3	3	3
P7	Speed	2	3	3	3	4	5	3	4	5	3
	Incline	4	4	4	4	3	3	6	6	6	7
P8	Speed	2	3	3	6	7	7	4	6	7	4
	Incline	4	5	5	5	6	6	6	7	8	9
P9	Speed	2	4	4	7	7	4	7	8	4	8
	Incline	5	5	5	6	6	6	4	4	6	6
P10	Speed	2	4	5	6	7	5	4	6	8	8
	Incline	5	6	6	6	7	5	8	8	4	4
P11	Speed	2	5	8	10	7	7	10	10	7	7
	Incline	4	5	3	2	6	6	2	2	2	2
P12	Speed	3	4	9	9	5	9	5	8	5	9
	Incline	1	2	3	2	3	5	5	0	0	2

4. PULSE

To detect a pulse, please place both hands on sensor pads for over 5 seconds. Pulse window displays the spotted pulse value.

The detected pulse value is not for medical purpose.

5. SLEEP MODE

Console goes into "Sleep Mode" when there's no function for 10 minutes or above. Pressing any buttons can awake the console to begin the exercise. During Sleep Model, touch screen continues to light up.

6. SAFETY KEY

All data clears after removing the safety key and all windows display "---".

All functions can only be operated when safety key is firmly inserted into correct position.

7. BLUETOOTH MUSIC

Search the connection Bluetooth app on smartphone or tablet, pair the Bluetooth description with your device and then play the music. Once the pairing is completed, there's notification sound appears.

8. BLUETOOTH APP

To connect the app, search and download “Kinomap” or “Zwift”.

Follow the instruction on the Echelon Fit for the Bluetooth setting and the registration.

9. USB POWER CHARGER

There's 1 USB charger.

Plug in the power cable and connect with your smartphone for power charging.

10. DATA DISPLAY RANGE

Time: 0:00 ~ 99:59 time:second

Distance: 0.00 ~ 999.9 kilometer

Calories: 0 ~ 9999 kcal

Speed: 1.0 ~ 22 km/h

Incline: 0 ~ 12 level

Altitude: 0 ~ 9999 meters

Heart rate: 40 ~ 200 bpm

11. ODO

Press “PROG” button and do not release. Press any of the other button while holding the “PROG” button. ODO shows under Time window.

Press “STOP” button to return.



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