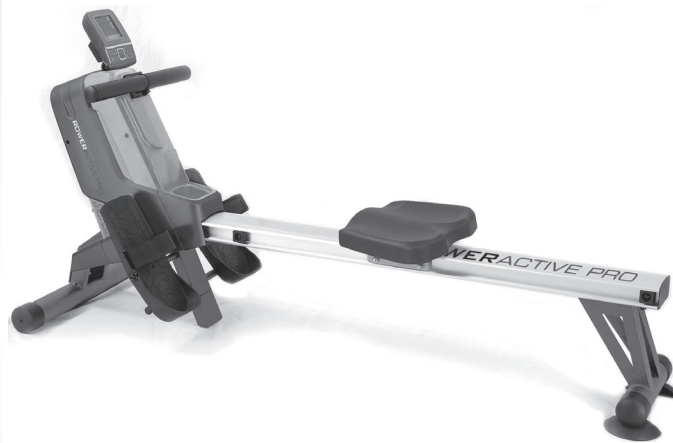


**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



**ROWER**ACTIVE  
PRO



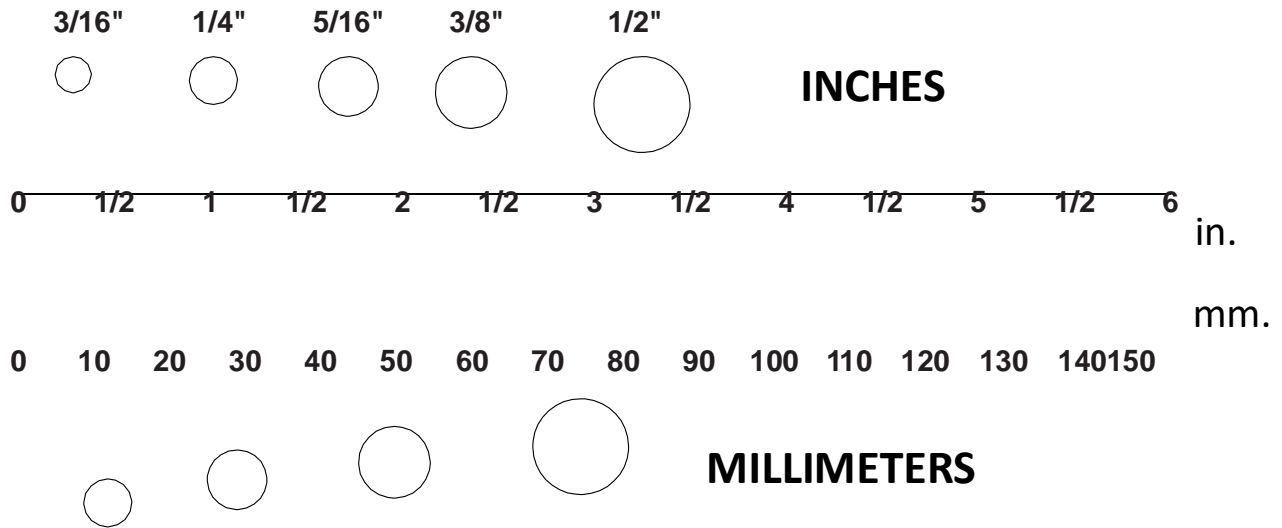
Rev : 00

Ed : 09/17

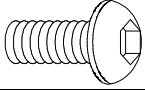


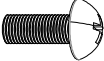


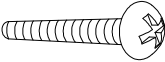
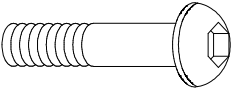
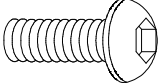




# HARDWARE IDENTIFICATION CHART

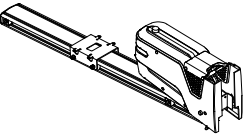
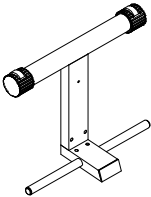
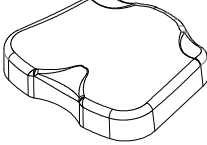

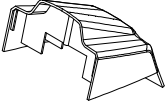
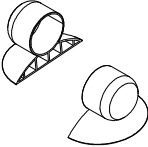
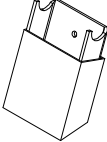
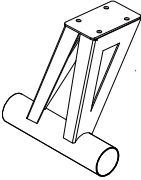
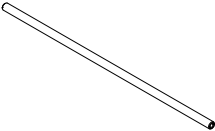
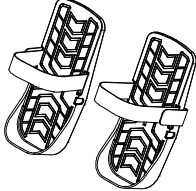
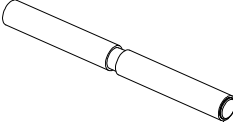
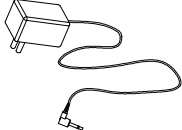
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolt and screws.



**NOTICE:** The length of all bolt and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolt and screws are measured from the top of the head to the end of the bolt or screw.

	<b>Part No.</b>	<b>Description</b>	<b>Qty</b>
	<b>60</b>	<b>Bolt, Button Head (M8x15mm)</b>	<b>6</b>
	<b>61</b>	<b>Lock Washer (M8)</b>	<b>4</b>
	<b>62</b>	<b>Washer(M8)</b>	<b>8</b>
	<b>63</b>	<b>Cross flat head screws (M6 x 15mm)</b>	<b>5</b>
	<b>64</b>	<b>Washer (M6)</b>	<b>5</b>
	<b>83</b>	<b>Large Washer(M8)</b>	<b>2</b>
	<b>81</b>	<b>Tapping screw (ST4.2X45)</b>	<b>1</b>
	<b>84</b>	<b>Bolt, Button Head (M8 x 40mm)</b>	<b>2</b>
	<b>85</b>	<b>Bolt, Button Head (M8x20mm)</b>	<b>2</b>
	<b>59</b>	<b>Allen Wrench(5mm)</b>	<b>1</b>
	<b>69</b>	<b>Allen Wrench w/ Screwdriver</b>	<b>1</b>

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

<p>1 Main Frame 1pc</p> 	<p>3 Base Frame 1pc</p> 	<p>21 Seat 1pc</p> 	<p>27 Bottle Holder 1pc</p> 
<p>28 Front cover 1pc</p> 	<p>30 End cap (60mm) 2pcs</p> 	<p>5 Rear Support 1pc</p> 	<p>2 Rear Stand 1pc</p> 
<p>6 Pedal Shaft 1pc</p> 	<p>19 Pedal Cap 2pcs</p> 	<p>15 Handlebar 1pc</p> 	<p>94 Adapter 1 pc</p> 

# ASSEMBLY INSTRUCTIONS

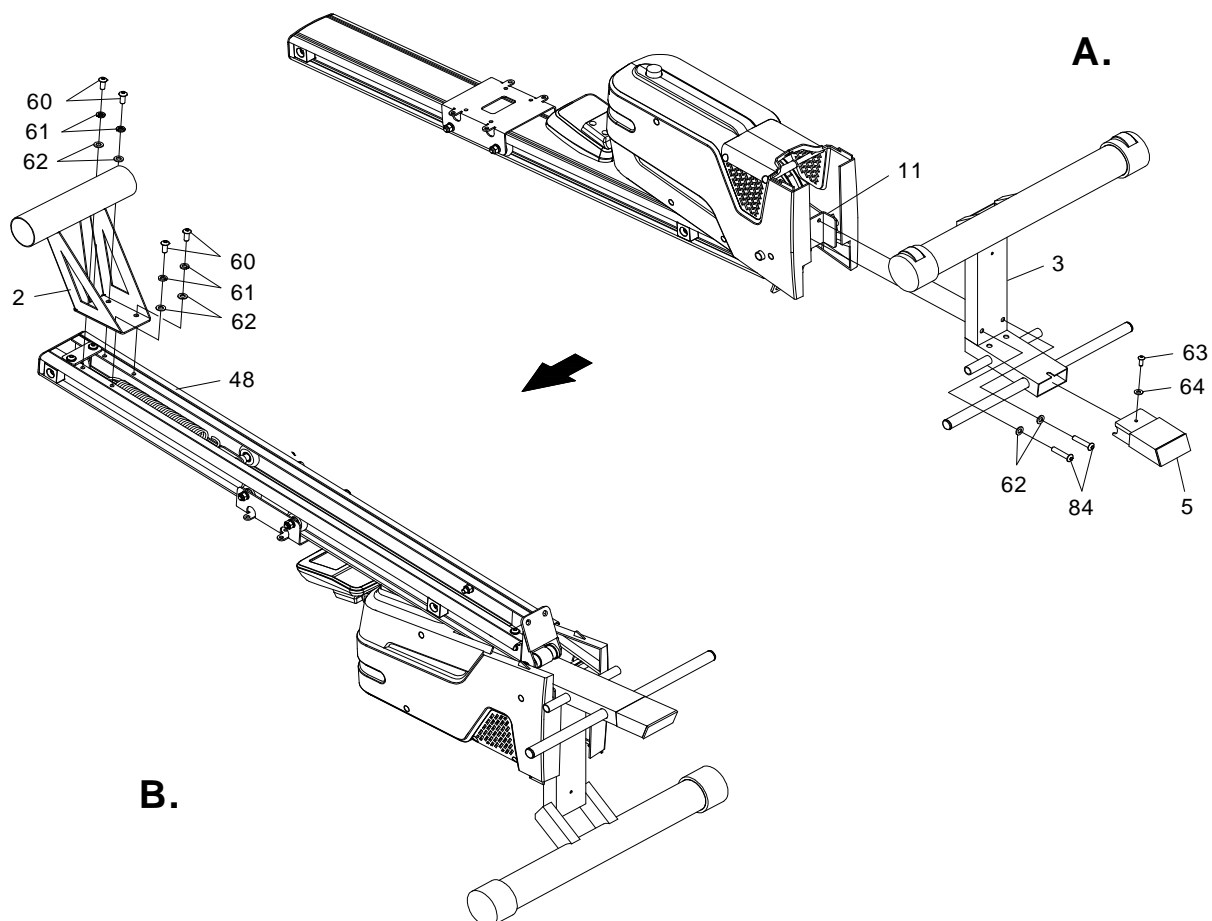
## STEP1

Position the main assembly of the **Rowing Machine** as shown in illustration A. Insert the **REAR SUPPORT (5)** into the **BASE FRAME (3)** and secure with **BUTTON HEAD BOLTS (M6x15mm) (63)** and **WASHERS (M6)(64)**.

Attach the **BASE FRAME (3)** to the **CONNECTION BRACKET (11)** with **BUTTON HEAD BOLTS (M8x40mm) (84)** and **WASHERS (M8) (62)**.

## STEP2

Refer to illustration B. Turn the main assembly of the **Rowing Machine** upside down. Attach the **REAR STAND (2)** to the **RAIL (48)** with **BUTTON HEAD BOLTS (M8x15mm) (60)**, **LOCK WASHERS (M8)(61)**, and **WASHERS (M8)(62)**.



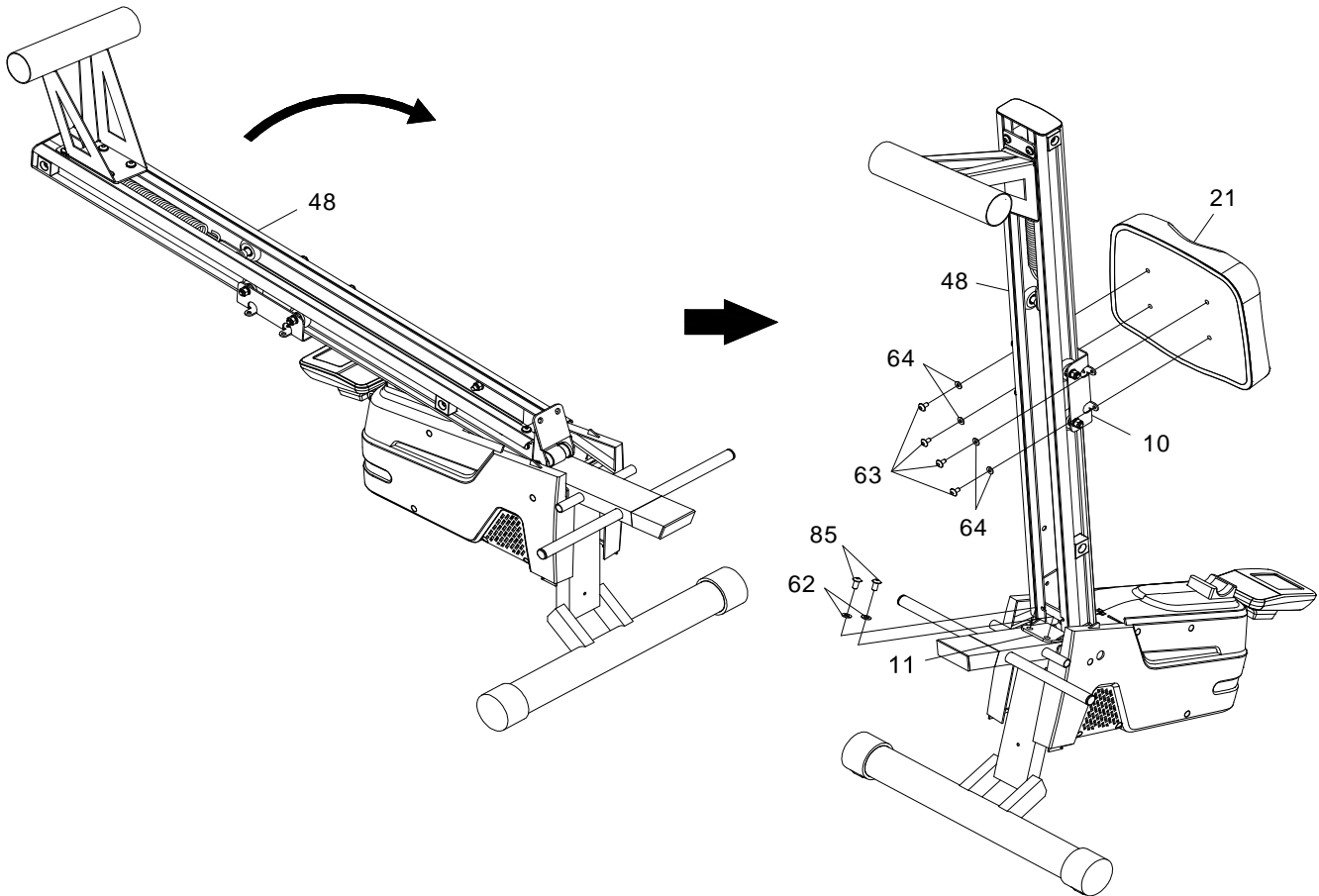
### STEP3

Refer to the illustration below.

Unfold the **RAIL (48)**, and then attach the **CONNECTION BRACKET (11)** to the **BASE FRAME (3)** with **BUTTON HEAD BOLTS (M8x20mm)(85)** and **WASHERS (M8)(62)**.

### STEP4

Attach the **SEAT (21)** to the **SEAT CARRIAGE (10)** with **ROUND HEAD BOLTS (M6x15mm) (63)** and **WASHERS (M6)(64)**.



### STEP 5

Refer to detail view C. Insert the **HANDLEBAR (15)** through the **HANDLEBAR SLEEVE (111)**. Slide the **FOAM GRIP (22)** onto the protruding end of the **HANDLEBAR (15)**. Press the **ROUND PLUG (23)** into the end of the **HANDLEBAR (15)**.

NOTE: Lubricate the **HANDLEBAR (15)** with a small amount of liquid soap or water for easier installation of the **FOAM GRIP (22)**.

### STEP6

Put the **END CAP (60mm) (30)** into **REAR STAND (2)**.

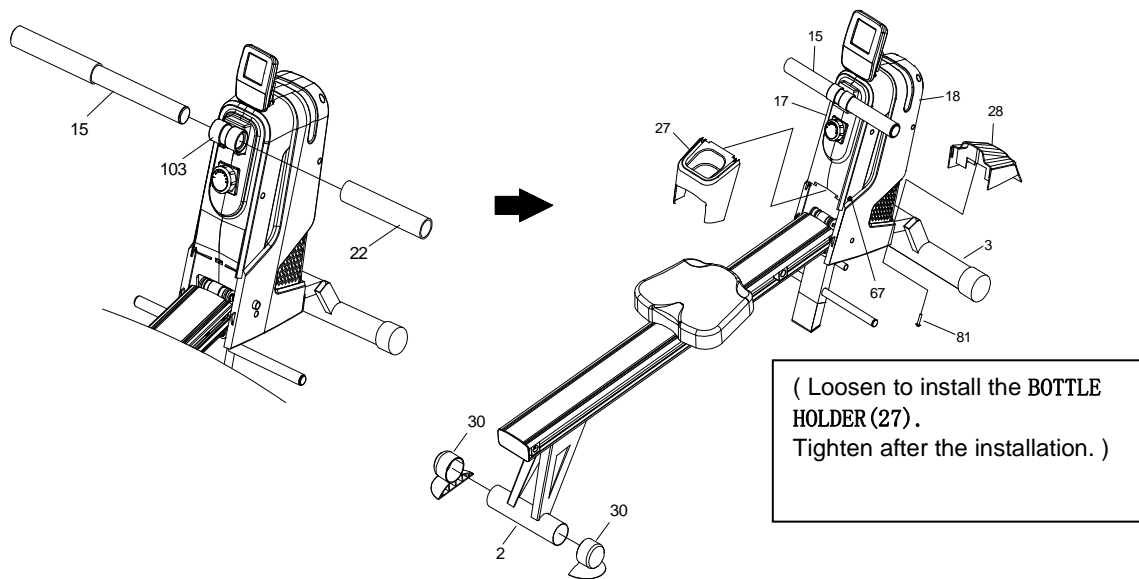
### STEP7

Slide the **FRONT COVER (28)** onto the **LEFT** and **RIGHT COVERS (17, 18)**, then attach to the **BASE FRAME (3)** with **ROUND HEAD SCREW (M4.2x45mm)(81)**.

### STEP 8

To help install the **BOTTLE HOLDER (27)**, loosen the **SCREW (M4.2x16mm)(67)** on the **RIGHT COVER(18)**. Push the **BOTTLE HOLDER (27)** into the gap of the **LEFT** and **RIGHT COVERS (17, 18)**. Tighten the **SCREW (M4.2x20mm)(16)** on the **RIGHT COVER(18)**.

C

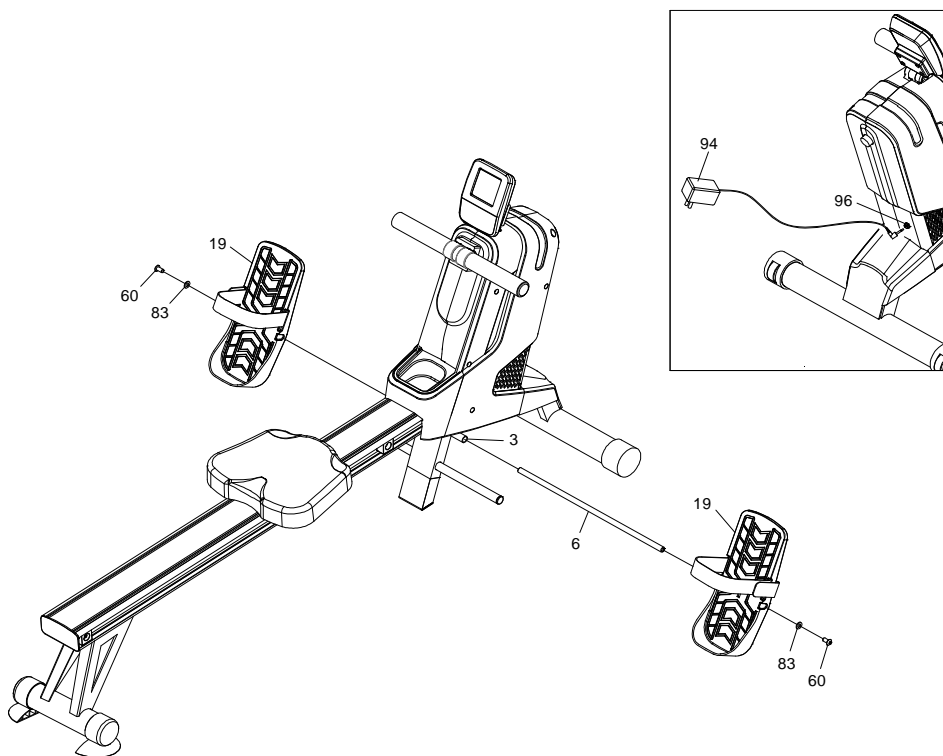


### STEP 9

Insert the **PEDAL SHAFT (6)** through the tube located on the **BASE FRAME (3)**. Slide a **PEDAL CAP (19)** onto each end of the **PEDAL SHAFT (6)**. Then secure the **PEDAL CAPS (19)** with **BUTTON HEADBOLTS (M8x15mm)(60)** and **LARGE WASHERS (M8)(83)** at both ends of the **PEDAL SHAFT (6)**. You need to use two Allen Wrenches to tighten the **BUTTON HEAD BOLTS (M8x15mm)(60)** at both ends of the **PEDAL SHAFT (6)** at the same time.

### STEP 10

Refer to detail view. Plug the **ADAPTER (94)** into the **SOCKET** of the **DC POWER WIRE (96)** located on the front of the rower. Plug the **ADAPTER (94)** into an electrical outlet.





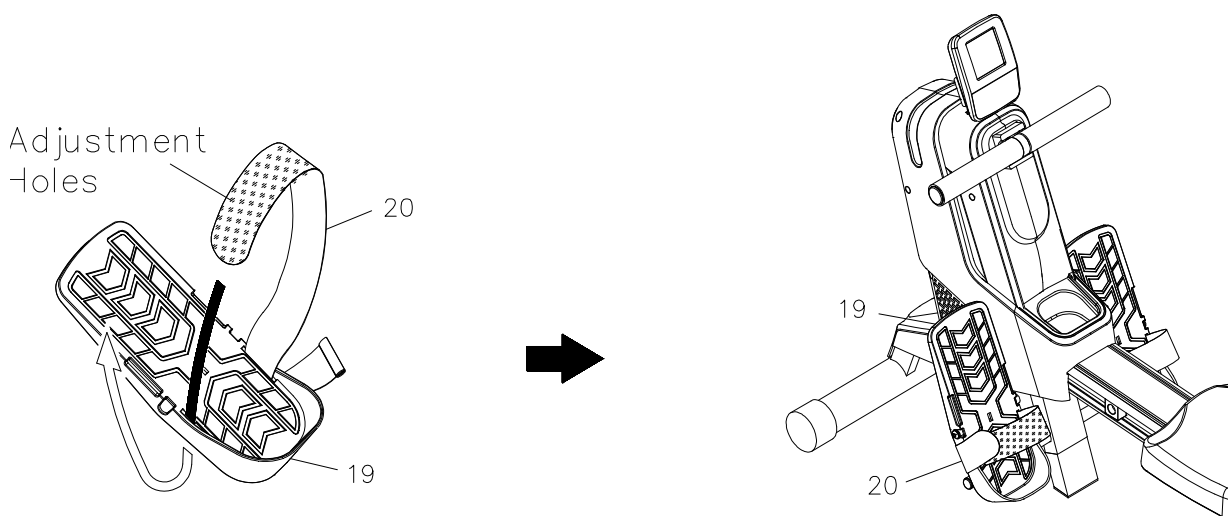
## PEDAL STRAP ADJUSTMENT

If you feel it is more comfortable for your workout, you can attach the **PEDAL STRAP (20)** to the lower position in the **PEDAL CAP(19)** as shown in illustration 1 below.

Run the **PEDAL STRAP(20)** through the opening from the bottom of the **PEDAL CAP(19)**. Pull the **PEDAL STRAP(20)** to make the Knot against the bottom of the **PEDAL CAP(19)**.

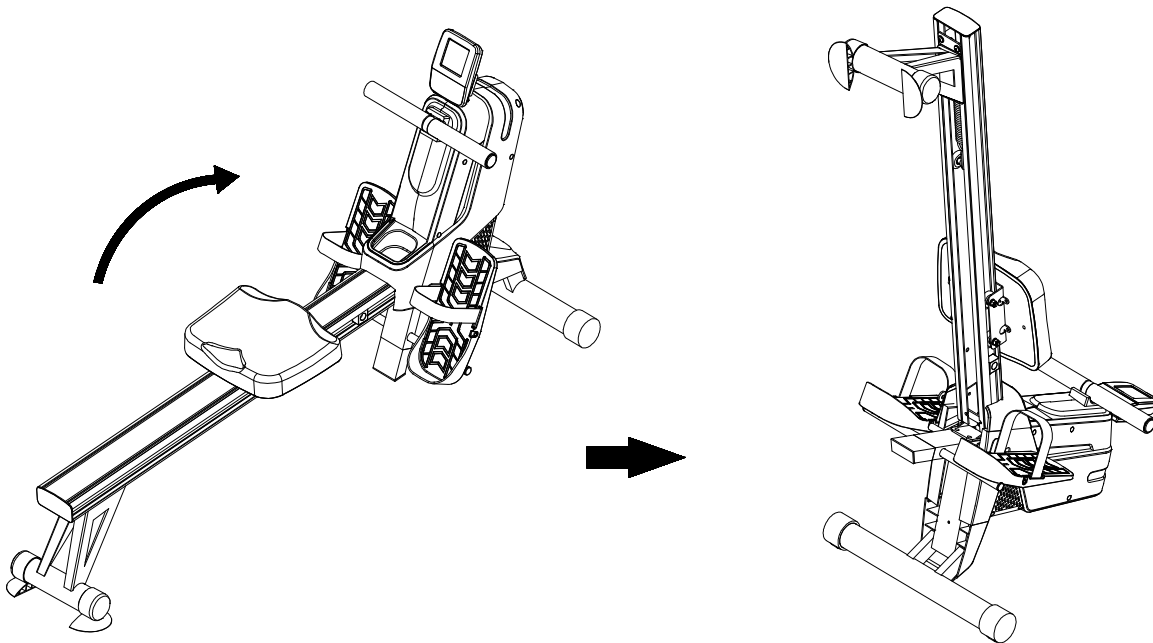
Run the **PEDAL STRAP(20)** through the opening in the **PEDAL CAP(19)** on the other side from the top as shown in the illustration 1, then make the end of the **PEDAL STRAP(20)** go up to attach onto the upper part of the **PEDAL STRAP(20)** with the **Hook & LoopPad**.

Attach the end of the **PEDAL STRAP(20)** to different position with the Hook & Loop Pad to adjust the length. Refer to illustration 2.



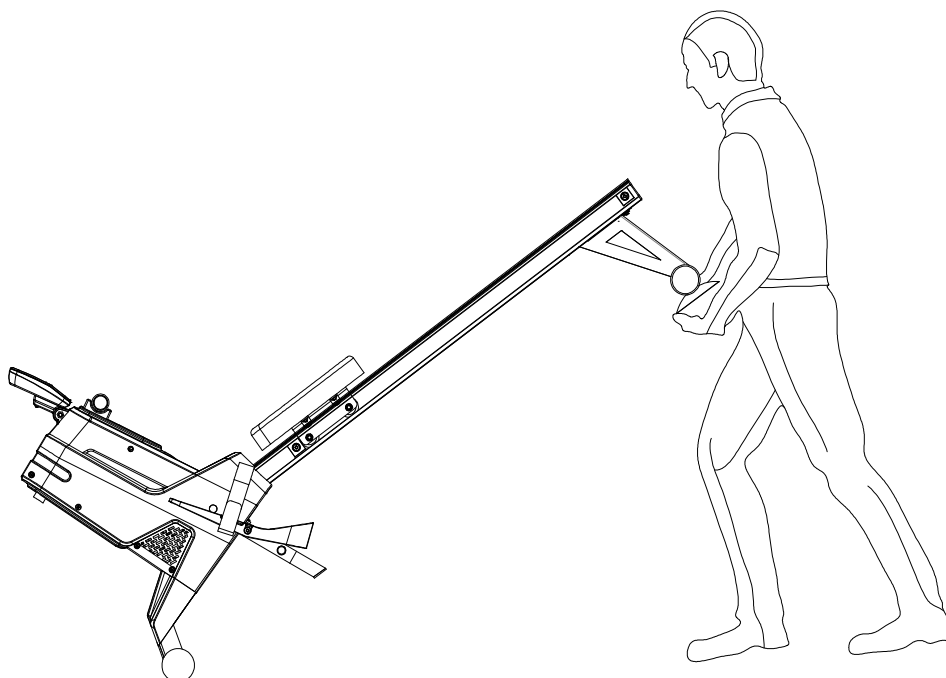
## STORAGE

1. To store the Rowing Machine, simply keep it in a clean dry place.
2. Move the Rowing Machine with the moving wheels on the Front Stabilizer of the BASE FRAME (3). Lift the REAR STAND (2) to move the Rowing Machine. Do not use the SEAT (21) to move the Rowing Machine. The SEAT (21) will move and the SEAT CARRIAGE (10) may pinch your hand or fingers.
3. Refer to the illustration below. You can stand the Rowing Machine on end for storage.



## MOVING INSTRUCTIONS

Rise up the rear stabilizer and push the rower machine when you want to move it.



# COMPUTER INSTRUCTIONS



## A. Power up:

- a. Connect all of the cables to the monitor.
- b. After power up, all LCD segments will light up for 2 seconds and CPU will be reset the resistance into level 1. The monitor will go to initial mode.

If the connection cables were installed incorrectly, motor will not run. Before asking service, please examine if all connection cables are well connected and then reset the power to release the beep sound or press " START / STOP (Hold to reset) " button to restart system. If the motor still don't run, please call service..

## B. KEY FUNCTION:

### a. START/STOP:

1. To start or pause exercising .

### b. FUN/SCAN:

1. Stop condition, press this button to enter parameters Settings
2. Confirm the set values of the parameters and into the next parameter Setting
3. The START state, press this button displays the current fixed parameter values, and then press the switch for automatic scanning function parameters display

### c. $\odot$ ,+ ▲ :

1. In the condition of parameter Settings, increase to adjust parameter values
2. In the START state, increase the resistance movement

### d. $\odot$ , - ▼ :

1. In the condition of parameter Settings, reduce to adjust parameter values
2. In the START state, reduce the resistance movement.

### e. PROG/RESET:

1. STOP state, select the user required movement patterns
2. Any state, long press this button for 5 seconds, electronic watch reset, in addition to the ODO reset all data

f. A key combination: FUN/SCAN and at the same time the UP (+) button for 3 seconds, into the introspection of the motor

g. Key combination 2: at the same time, the PROGRAM and the DOWN (-) button for 3 seconds, examined the ODO values

## C. FUNCTIONS:

### PROGRAM:

Selection of workout mode. There are total 19 programs P01-P15 ,U1-U4.

### TIME:

Exercise time will be shown on the display when exercising. If there is no signal is detected within 256 seconds, enter SLEEP MODE. Work the computer up by pressing any key or signal input or start work out, all values will reset zero.

Count up: Without setting the time value, the monitor will count up the time from 0:00 to 99:59.

Count down: Setting the exercise time, the monitor will count down from your setting values.

Once reach setting value, monitor will produce BEEP sounds and then stop, press START/STOP key to count up form 0:00

### DISTANCE

The distance will be displayed on the window. The monitor begins to calculate from 1 meter to 999meter and the measure unit is 1 meter. After reach 1 KM, the measure unit become to 0.1 KM (100meter). The monitor will display from 1.000KM to 9.999KM.

Count up: Without setting the distance value, the monitor will count up from 1M-9.999 KM .

Count down: Setting the exercise distance, the monitor will count down from your setting values.

Once reach setting value, monitor will produce beep sounds and then stop, press START/STOP key to count up form 1 meter

### CALORIE

The calories burned will be displayed on the window. Its scope is 0.0-999kcal.

Count up: Without setting the calorie value, the monitor will count up the count from 0.0 to 999.

Count down: Setting the calorie consumption, the monitor will count down from your setting values. Once reach setting value, monitor will produce beep sounds and then stop, press START/STOP key to count up form 0.0.

### Count:

Count will be shown on the display when exercising. If there is no signal is detected within 256 seconds, it will reset zero.

Count up: Without setting the count value, the monitor will count up the count from 0 to 9999.

Count down: Setting the exercise time, the monitor will count down from your setting values.

Once reach setting value, monitor will produce beep sounds and then stop, press START/STOP key to count up form 0.

### WATT

The value of current watt during work out, which will change when the resistance or speed changes.

### STROKES/MIN

It means the movement times of the rower per minute.

## D. OPERATION ORDER:

There are total 20 programs and USER can set work out time and then the program divides this work time into 10 parts ,

If user do not set work time, the program will count up per second, and every parts count 1 minutes.

## *Manual program*

### *Preset Program: Program 01- Program 14*

1. Press the PROGRAM button to the desired program
2. Press FUN/SCAN button to enter the program.
3. The Time display will flash, and then press the " up or down" button to set up the desired time to do the exercise. Press FUN/SCAN button to confirm your setting value
4. The count display will flash, and then press the " up or down" button to set up the desired value. Press FUN/SCAN button to confirm your setting value.

5. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press FUN/SCAN button to confirm your setting value
6. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press FUN/SCAN button to confirm your setting value
7. Press the START/STOP button to start work out.

**Note:**

1. Press FUN/SCAN button to next setting of function.
2. There will be beep sounds when reach the desired value.  
If there is more than one desired value, press START/STOP button to continue work out after beep, and to reach next one.

## **Competition Program: Program 15**

- 1 Press the PROGRAM button to P15.
- 2 Press FUN/SCAN button to enter the competition program.
- 3 The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press FUN/SCAN button to confirm your setting value
- 4 The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press FUN/SCAN button to confirm your setting value
- 5 Press the START/STOP button to start work out.

**Note:**

1. Press FUN/SCAN button to the setting of next function.
2. There are two parts of display: the upper and the down part.  
The upper: unit work out distance, each bar means 1/10 of desired distance  
The down: unit work out time, each bar means 1/10 of desired time
3. When the user reach unit work out time, and the distance is less than unit work out distance. The distance bars will flash and means user does not reach the desired work out distance. Otherwise, the bars will increase means the work out is ok.

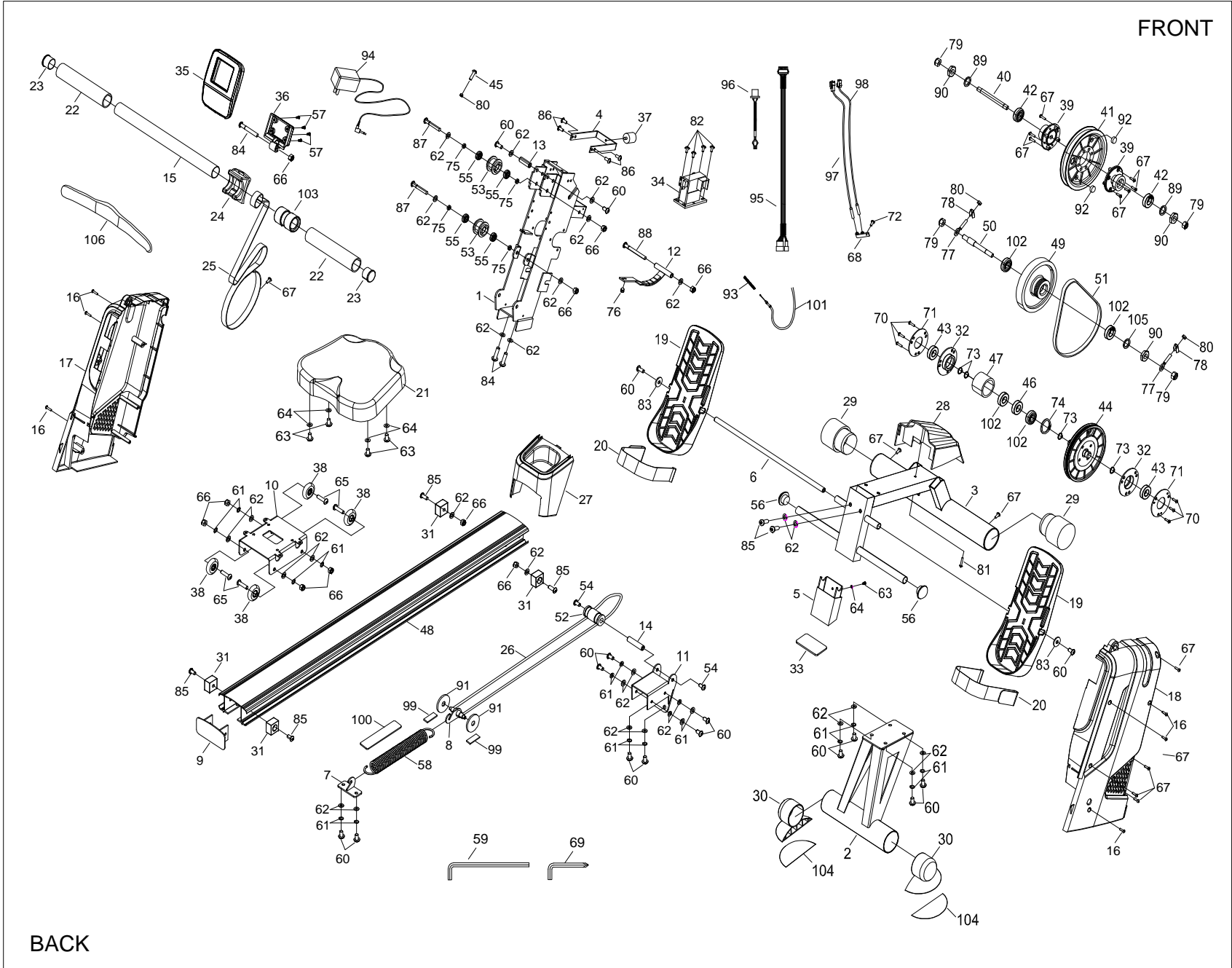
## **USER PROGRAM: (U1-U4)**

1. Press the PROGRAM button to U1-U4.
2. Press FUN/SCAN button to enter the USER program.
3. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press FUN/SCAN button to confirm your setting value  
The count display will flash, and then press the “ up or down” button to set up the desired value. Press FUN/SCAN button to confirm your setting value.
4. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press FUN/SCAN button to confirm your setting value
5. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press FUN/SCAN button to confirm your setting value
6. Profile will flash, and then press the “up or down” button to set up the desired profile value you would like to reach. Press FUN/SCAN button to confirm your setting value. Setting in same way until finished all profile.
7. Press the START/STOP button to start work out.

**Note:**

1. There will be beep sounds when reach the desired value..
2. If there is more than one desired value, press any key to continue work out after beep, and to reach next one.

# EXPLODED DRAWING



# PARTS LIST

No.	PART NAME	QTY
1	Main Frame	1
2	Rear Stand	1
3	Base Frame	1
4	Foot Bracket	1
5	Rear Support	1
6	Pedal Shaft	1
7	Rear Spring Hook	1
8	Spring Hook	1
9	Rail Cap	1
10	Seat Carriage	1
11	Connection Bracket	1
12	Magnetic Braket	1
13	Spacer (ø12.8 x 38.5mm)	1
14	Shaft Rod (ø12.8 x 58.5mm)	1
15	Handlebar	1
16	Screw, Round Head Self-Drill (M4.2 x 20mm)	6
17	Left Cover	1
18	Right Cover	1
19	Pedal Cap	2
20	Pedal Strap	2
21	Seat	1
22	Foam Grip	2
23	Round Plug (ø32mm)	2
24	Handlebar Holder	1
25	Strap (13x1.5x1950mm)	1
26	Return Strap (9x2x1700 mm)	1
27	Bottle Holder	1
28	Front Cover	1
29	Wheel Cap	2
30	End cap	2
31	Seat Stopper	4
32	Bearing Housing	2
33	Foot Pad	1
34	Control Motor	1
35	Computer	1
36	Meter Plate	1
37	Foot Stand	1
38	PU Roller	4
39	Return Bearing Housing	2
40	Strap Pulley Shaft	1
41	Strap Pulley	1
42	Bearing (6000RS)	2
43	Bearing (6003zz)	2
44	Pulley	1
45	Bolt, Round Head (M6 x 25mm)	1
46	One-way Bearing (16003)	1
47	Collar	1

48	Rail	1
49	Magnetic Flywheel	1
50	Flywheel Shaft	1
51	V-Ribbed Belt (220 PJ3)	1
52	Idler Roller	1
53	Idler Wheel	2
54	Bolt, Button Head (M8 x 20mm)	2
55	Bearing (608zz)	4
56	Round Plug (ø19mm)	2
57	Screw, Round Head (M5 x 20mm)	4
58	Return Spring	1
59	Allen Wrench (5mm)	1
60	Bolt, Button Head (M8 x 15mm)	16
61	Lock Washer (M8)	16
62	Washer (M8)	29
63	Bolt, Round Head (M6 x 15mm)	5
64	Washer (M6)	5
65	Bolt, Flat Button Head (M8 x 32mm)	4
66	Nylock Nut (M8)	9
67	Screw, Round Head (ST4.2 x 16mm)	14
68	Sensor Clip	1
69	Allen Wrench (5mm) w/ Screwdriver	1
70	Bolt, Round Head (M6 x12mm)	6
71	Bearing Housing Cover	2
72	Screw, Round washer Head (M4 x 0.7 x 10mm)	1
73	C Ring (M17)	4
74	Inner C Ring (M35)	1
75	Spacer (ø8 x ø10 x 7mm)	4
76	Retaining Plug	1
77	Eye Bolt (M6)	2
78	Tension Bracket	2
79	Nut (M10)	4
80	Nut (M6)	3
81	Screw, Round Head (ST4.2 x 45mm)	1
82	Screw, Round Head (M5 x 12mm)	4
83	Large Washer (M8)	2
84	Bolt, Button Head (M8 x 40mm)	3
85	Bolt, Button Head (M8 x 20mm)	6
86	Screw, Round Head (M6 x 12mm)	4
87	Bolt, Button Head (M8 x 60mm)	2
88	Bolt, Button Head (M8 x 80mm)	1
89	Spacer (S10)	2
90	Thin Nut (M10 x 1.5, 5mm thick)	3
91	Guide Wheel	2
92	Magnet	2
93	Spring	1
94	Adapter, Output 9V DC, 1A	1
95	Power Wire	1
96	DC power line	1
97	Female Sensor Wire	1



98	Male Sensor Wire	1
99	EVA Pad (180 x 30 x 1mm thick)	2
100	EVA Pad (65 x 15 x 1mm thick)	1
101	Tension Cable	1
102	Bearing (6003RS)	4
103	Handlebar Sleeve	1
104	Rubber Pad	2
105	Spacer (S17)	1



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