

TOORX
FITNESS IN MOTION

INSTRUCTION



ROWERMASTER



Cod : GRLDTOORXRW MSE

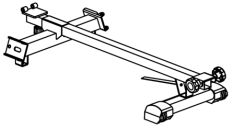
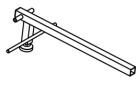
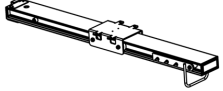


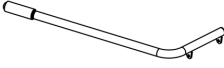

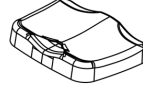


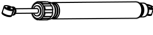
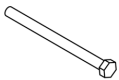


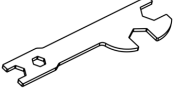


Rev : 00

: 04/19



Part Lists

Below is the drawings of part list for the complete machine. When you open the carton, you will find the below Parts in the carton.

 A1	 A2	 A3	 A4
 A5	 A6	 A7	 A8
 A9	 A10	 14	 46
 70	 42	 43	 16
		 38	

Part List:

NO	DES.	Specification	Nos	NO	DES.	Specification	Nos.
A1	Base assembly		1	A9	Left foot pedal set		1
A2	Pedal adjustment assembly set		1	A10	Right foot pedal set		1
A3	Rail tube set		1	14	Cylinder		2
A4	Left rocker connection assembly		1	46	Hex head screw	M12*150	2
A5	Right rocker connection assembly		1	16	Adjustable foot pad		2
A6	Left rocker arm assembly		1	42	Allen wrench	5#	1
A7	Right rocker arm assembly		1	43	Multi-function wrench	S10/13/17/19	1
A8	Seat plate set		1	70	Allen wrench	6#	1
38	computer		1				

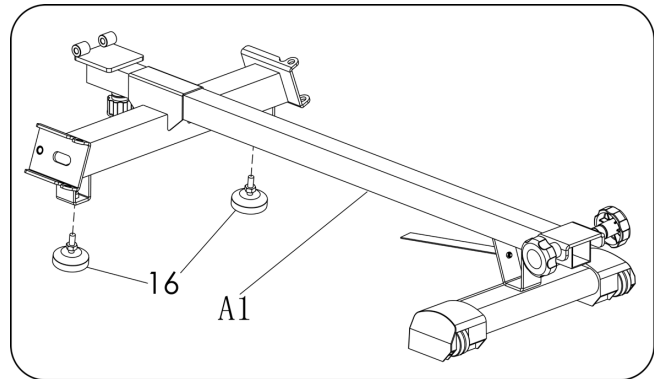
Fixing tools: 5# Allen wrench 1pc 6# Allen wrench 1pc、 Multi-function wrench S=10,13,17,19

1pc

Assembly Instruction

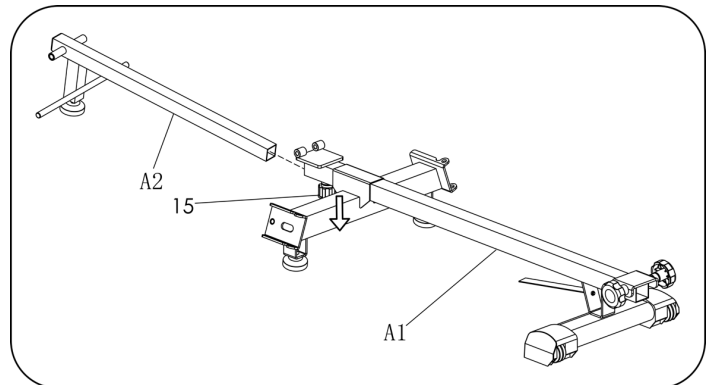
Step 1:

Install the adjustable foot pad (16) on the base assembly group (A1)



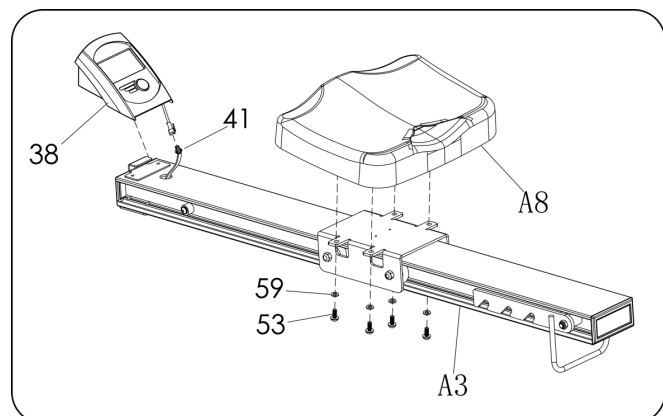
Step 2:

Loosen the elastic pull pin (15) on the base assembly group (A1) first, then pull down, and insert the foot adjustment assembly group (A2) into the (A1), then tighten the elastic pull pin (15).



Step 3:

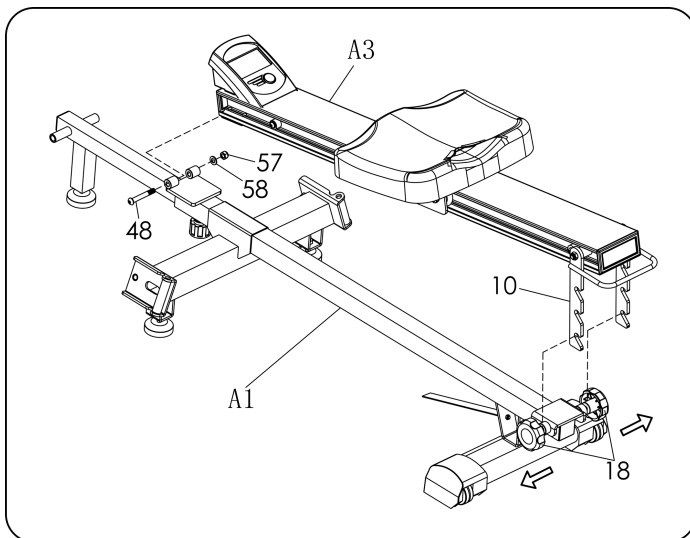
1. Use the Allen wrench (42) to lock the seat plate set (A8) with the hexagon socket head cap screws (53) and flat washers (59) on the rail tube set (A3).
2. First connect the exposed wire of the computer (38) to the exposed wire of the sensor (41) and insert it into the hole of rail tube set (A3), then insert computer (38) into rail tube set (A3).



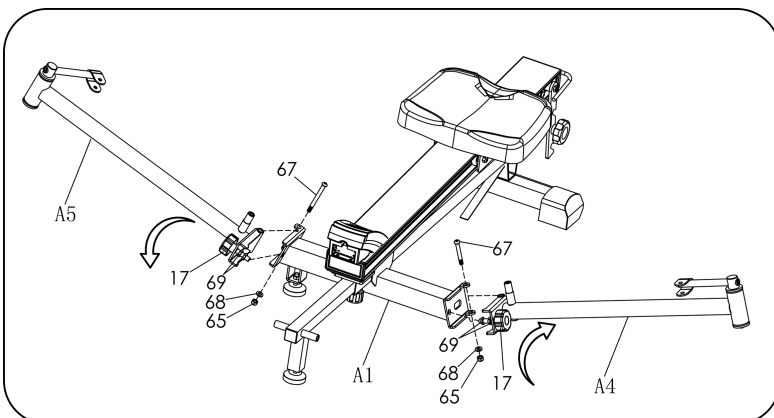
1. Use the Allen wrench (70), multi-function wrench (43), the hexagon socket head screw (67) and the flat washer (68) locknut (65) to fix the left rocker connection assembly(A4) and the right rocker connection assembly(A5) on the base assembly (A1) and locked.

2. Tighten plum blossom knob (17) , use multi-function wrench (43) adjust hexagon thin screw (69) and tighten.

Step 4:



Step 5:



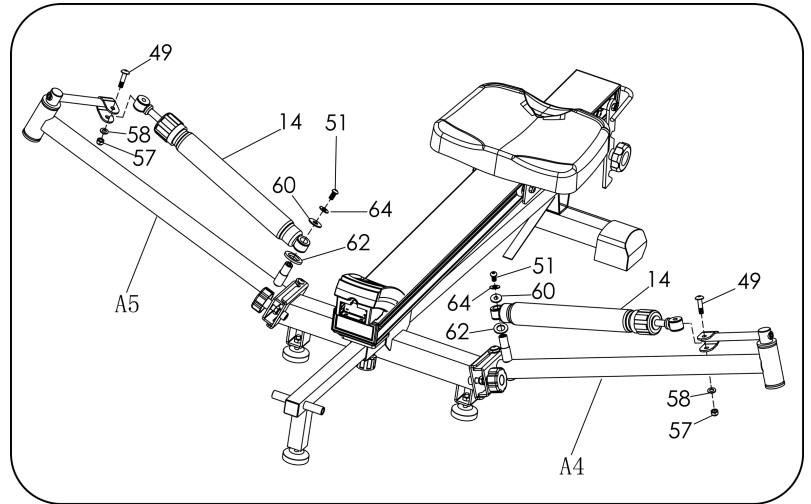
1. Use the Allen wrench (42), multi-function wrench (43), hexagonal pan head screw (48) and flat pad (58) locknut (57) to fix the rail tube set (A3) to base assembly (A1) and lock them..

2. Loosen the plum blossom knob (18) and attach the lifting handle assembly (10) which is on rail tube set (A3) to base assembly (A1) and tighten (18).

Step 6:

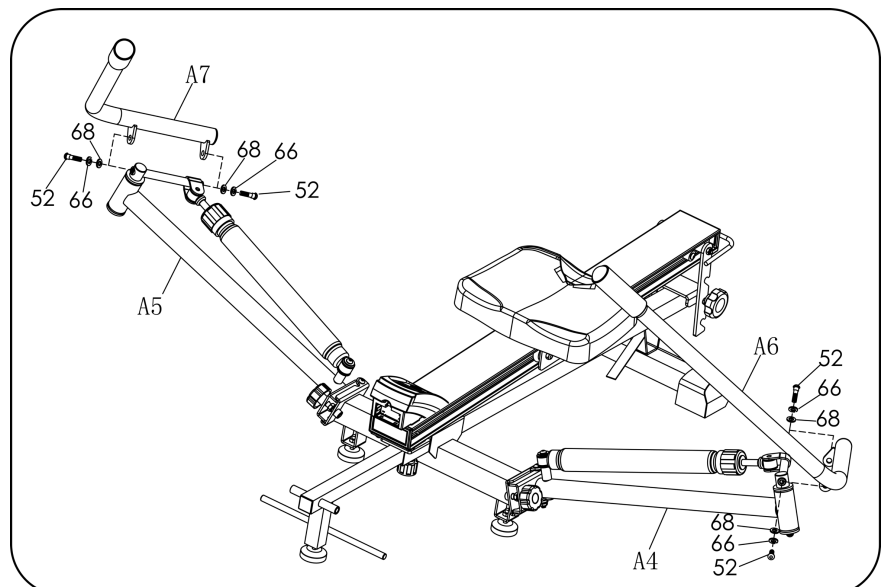
Use Allen wrench (42), multi-function wrench (43), hexagonal pan head screw (49) and flat pad (58) locknut (57); the head screw (51), Spring pad(64) and the flat washer (60) flat washer (62) mount the cylinder (14) on the left rocker connection assembly (A4) and the right rocker arm assembly (A5) and lock.

2. Make sure cylinder (14) adjustment sign is up.



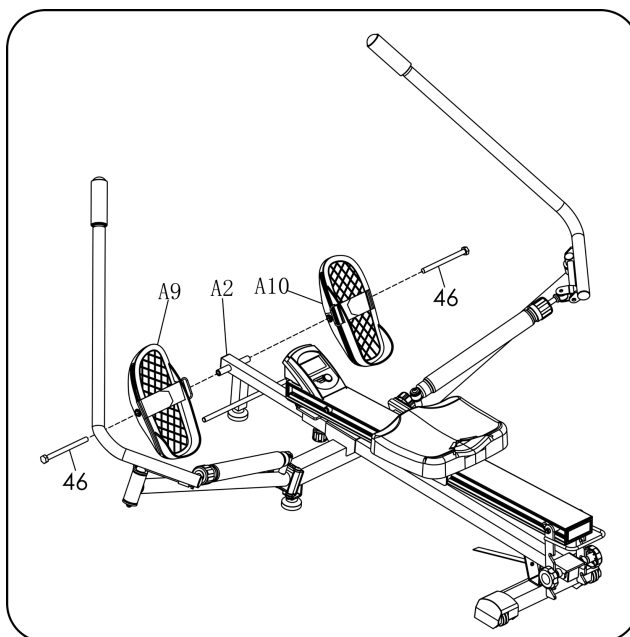
Step 7:

1. Use the Allen wrench (70) with the hexagonal flat head step screws (52) and Spring pad(66) flat pad (68) to install the left rocker arm assembly (A6) in the left rocker connection assembly (A4) and install the right rocker arm assembly (A7) in the right rocker arm connection assembly (A5) and locked them.



Use the versatile wrench (43) to attach the left foot pedal set (A9) and the right foot pedal set (A10) to the pedal adjustment assembly (A2) with a hex head screw (46). The installation is complete

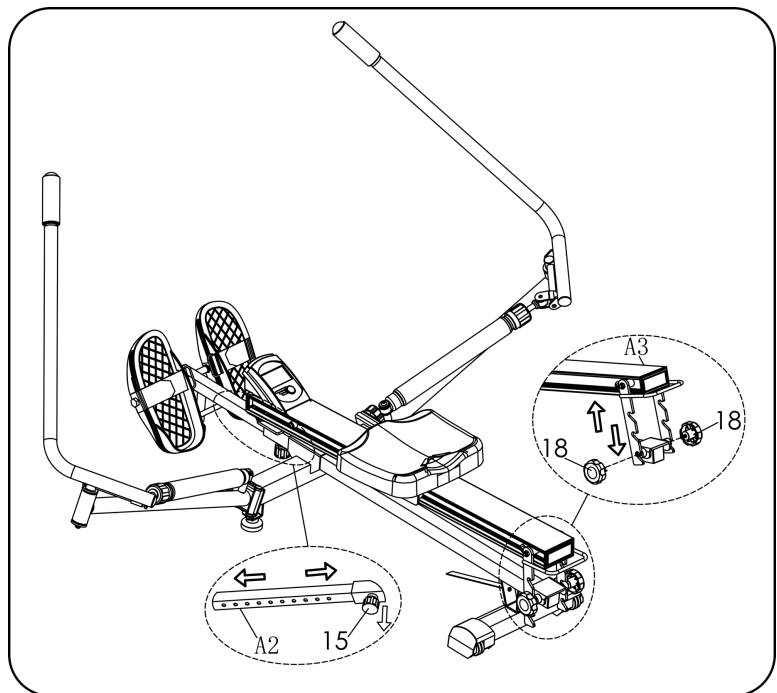
Step 8:



Machine adjustment:

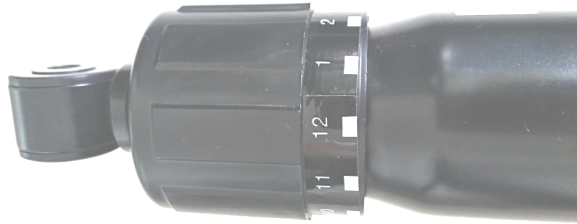
1. The pedal adjustment assembly set (A2) can be adjusted front and rear from 1 to 10 files according to their own needs.

2. The rail tube set (A3) can be adjusted up and down from 1 to 3 files according to its own height requirements

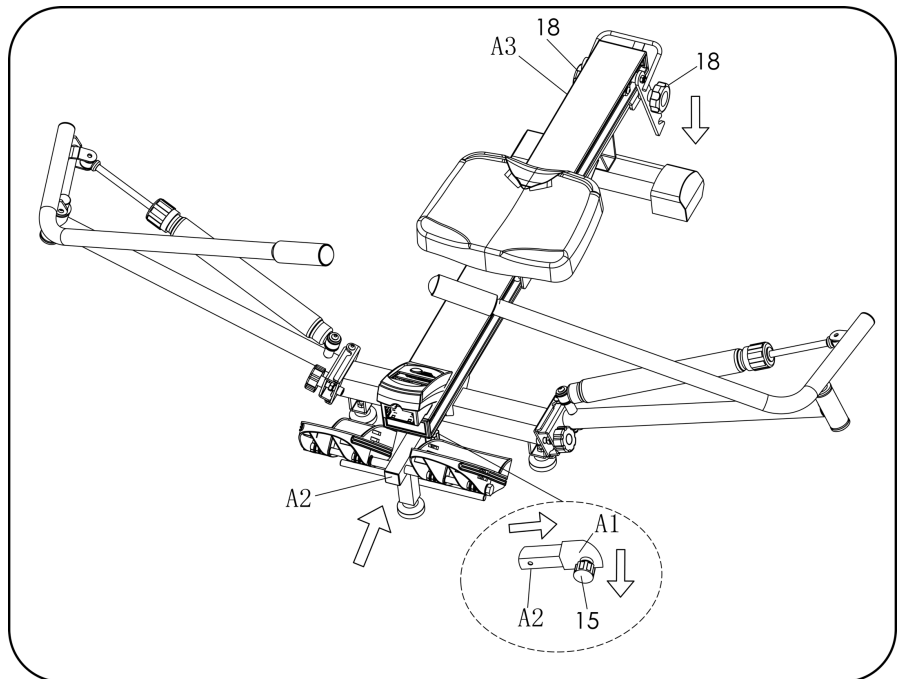


1. The pedal adjustment assembly set (A2) is folded: firstly loosen the pull pin (15) on the base assembly group (A1) and then pull it down, at the same time, push the Pedal adjustment assembly set (A2) along the arrow's. When the pull pin can be inserted into the pedal adjustment assembly set(A2), then tighten the pull pin(15).

2. The rail tube set (A3) is folded: first loosen the plum blossom knob (18), then lower (A3) to the lowest position, then tighten (18).



Folding instruction :

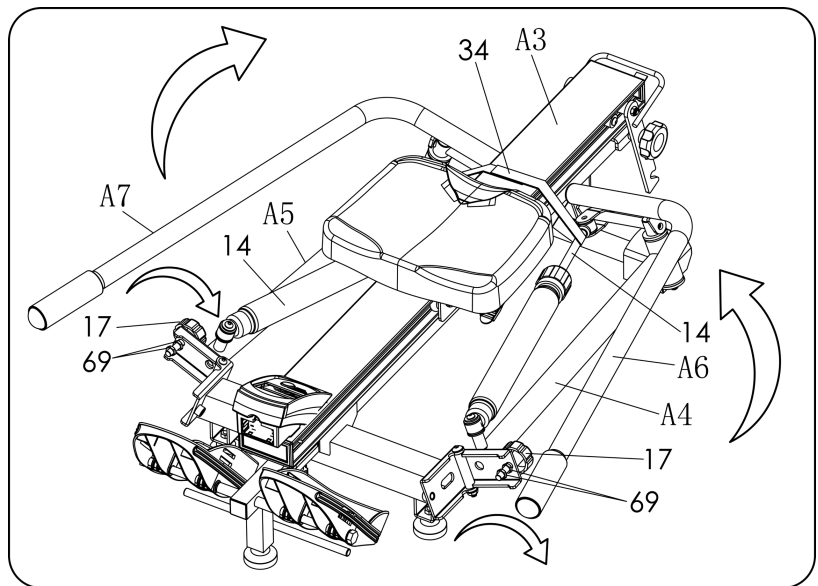


Resistance adjustment:

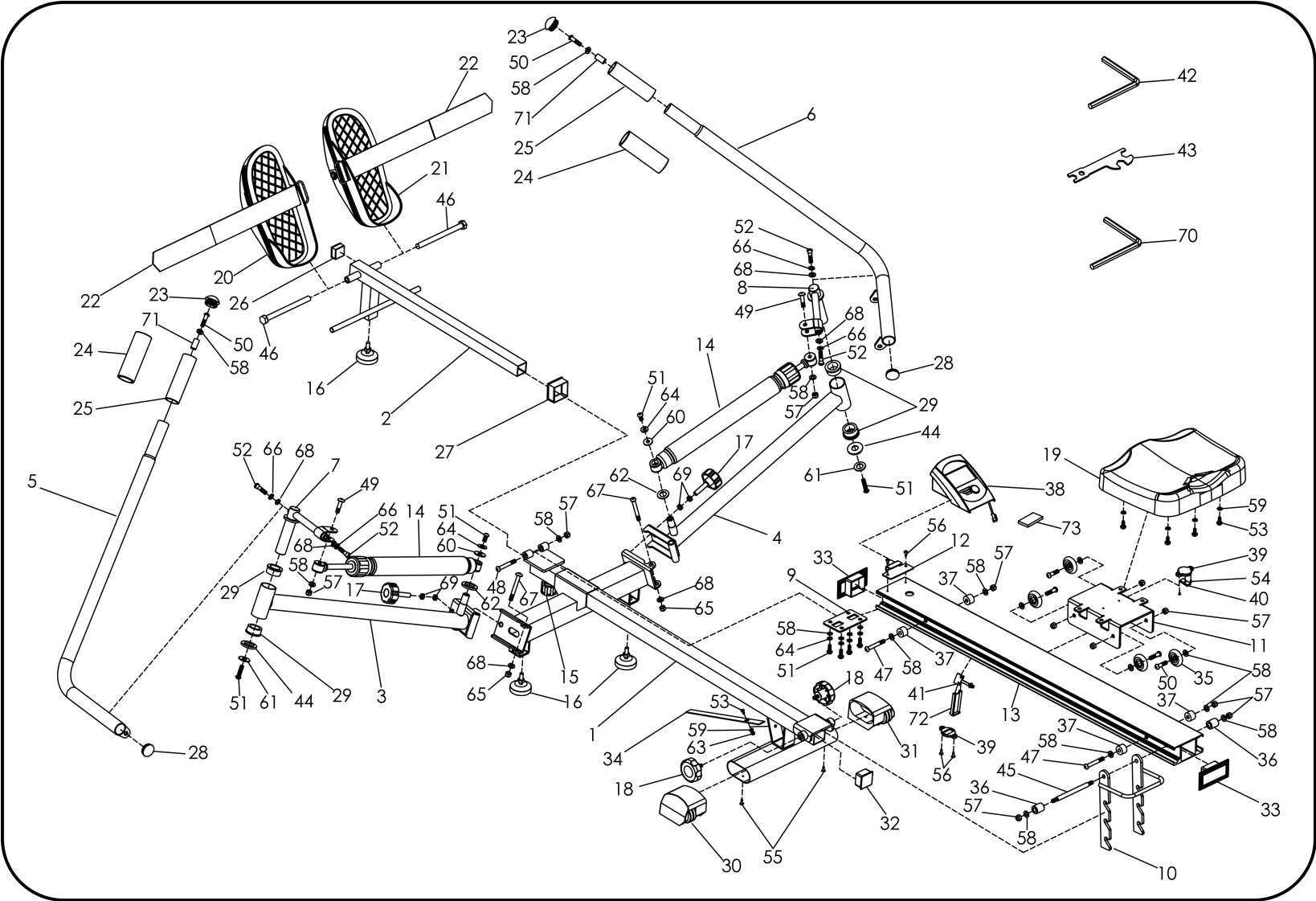
Adjustable range of cylinder resistance: 1~12 gears, increasing resistance

3. Left and right rocker arm connection assembly group (A4, A5), left and right rocker arm assembly group (A6, A7) are folded:

Use multi-function wrench (43) to loose hexagon thin screw (69), and loose plum blossom knob (17), then fold A4、A5、A6、A7 as arrow direction; let webbing (34) tighten left and right cylinders (14) make them fixed on rail tube set (A3).



Exploded Parts Diagram



Parts List:

NO	DES.	Specification	Nos.	NO	DES.	Specification	Nos.
1	Base assembly		1	34	webbing		1
2	Pedal adjustment assembly		1	35	Seat pulley		4
3	Left rocker connection assembly		1	36	Limit sleeve		2
4	Right rocker connection assembly		1	37	Limit pad		4
5	Left rocker arm assembly		1	38	Computer		1
6	Right rocker arm assembly		1	39	Magnetic Set		2
7	Left rocker shaft assembly		1	40	Magnet		1
8	Right rocker shaft assembly		1	41	Sensor		1
9	Wound fixing plate assembly		1	42	5#Allen wrench		1
10	Lifting handle assembly		1	43	Multi-function wrench	S=10/13/17/19	1
11	Seat plate		1	44	Limit spacer		2
12	Computer fixing plate		1	45	Double screw	Φ10*136*M8	1
13	Aluminum rail		1	46	Hex head bolt	M12*150	2
14	Cylinder		2	47	Hexagon socket head cap screws	M8*95	2
15	Elastic pull pin		1	48	Hexagon socket head cap screws	M8*85	1
16	Adjustable foot pad		3	49	Hexagon socket head cap screws	M8*40	2
17	Plum blossom knob	M10	2	50	Hexagon socket head cap screws	M8*32	6
18	Short plum blossom knob	M8	2	51	Hexagon socket head cap screws	M8*20	8
19	Seat cushion		1	52	Hexagon socket flat head step screw	M8*22*φ 10	4
20	Left pedal		1	53	Hexagon socket head cap screws	M6*15	5
21	Right pedal		1	54	Cross recessed pan head screws	M4*5	2
22	Adhesive tape buckle assembly		2	55	Cross recessed pan head self-drilling self-drilling screw	ST4.2*25	2
23	Ball plug		2	56	Cross recessed pan head self-drilling self-drilling screw	ST4.2*12	4
24	Hand grip		2	57	Locknut	M8	11
25	Handrail swivel sleeve		2	58	Flat pad	8*16*1.5	13
26	Square tube inner plug	30*30	1	59	Flat pad	6*12*1.5	5
27	bushing		1	60	Flat pad	8*22*1.5	2
28	Round tube inner plug		2	61	Flat pad	8*30*2	2
29	Bushing		4	62	Flat pad	16*28*2	2
30	Left corner		1	63	Locknut	M6	1
31	right corner		1	64	Spring pad	8	6
32	Square tube inner plug	38*38	1	65	Locknut	M10	2
33	Square tube inner plug	50*100	2	66	Spring pad	10	4

67	Bolt	M10*85	2	71	Tube		2
68	Flat pad	10*20*2	4	72	Position fix		1
69	Hexagon thin screw	M10	4	73	EVA pad		1
70	6# Allen wrench		1				

INSTRUCTION

KEY FUNCTION

- This key lets you to select and lock on to a particular function you want.
SCAN→TIME→DISTANCE→TOTAL COUNT→CALORIE→COUNT/MIN→COUNT
→SCAN
- Pressing and hold with 3 seconds to reset the value to zero(without TOTAL COUNT).

AUTO ON/OFF

- The system dormant state automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.
- The system turns on when the MODE key is depressed or a signal input from the sensor, in the system dormant state mode.

FUNCTION:.

1. TIME : The total working time will be shown when starting exercise.
2. DISTANCE: The current distances will be shown when starting exercise.
3. TOTAL COUNT : The count of each workout will be accumulative and shown when starting exercise.
4. CALORIE : The calorie burned will be shown when starting exercise.
5. COUNT/MIN: The RPM will be shown when starting exercise.
6. COUNT: The current counts will be shown when starting exercise.
7. SCAN : Shown automatically changes according to the next diagram every 6 seconds.
8. TIME→DISTANCE→TOTAL COUNT→CALORIE→COUNT/MIN→COUNT

SPECIFICATIONS

FUNCTION	SCAN	6S
	TIME	0:00-99:59(M :S)
	DISTANCE	0.00~99.99KM(ML)
	COUNT	0~9999
	TOTAL COUNT	0~9999
	CAL	0~999.9Kcal
	RPM	0~9999 (COUNT/MIN)
BATTERY	SIZE-AA or UM-3 *2	
Operating temperature	0~40°C (32°F-104°F)	
Storage temperature	-10~60°C ((14°F-168°F)	



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