

TCORX
PROFESSIONAL LINE

INSTRUCTION



POWER MAG



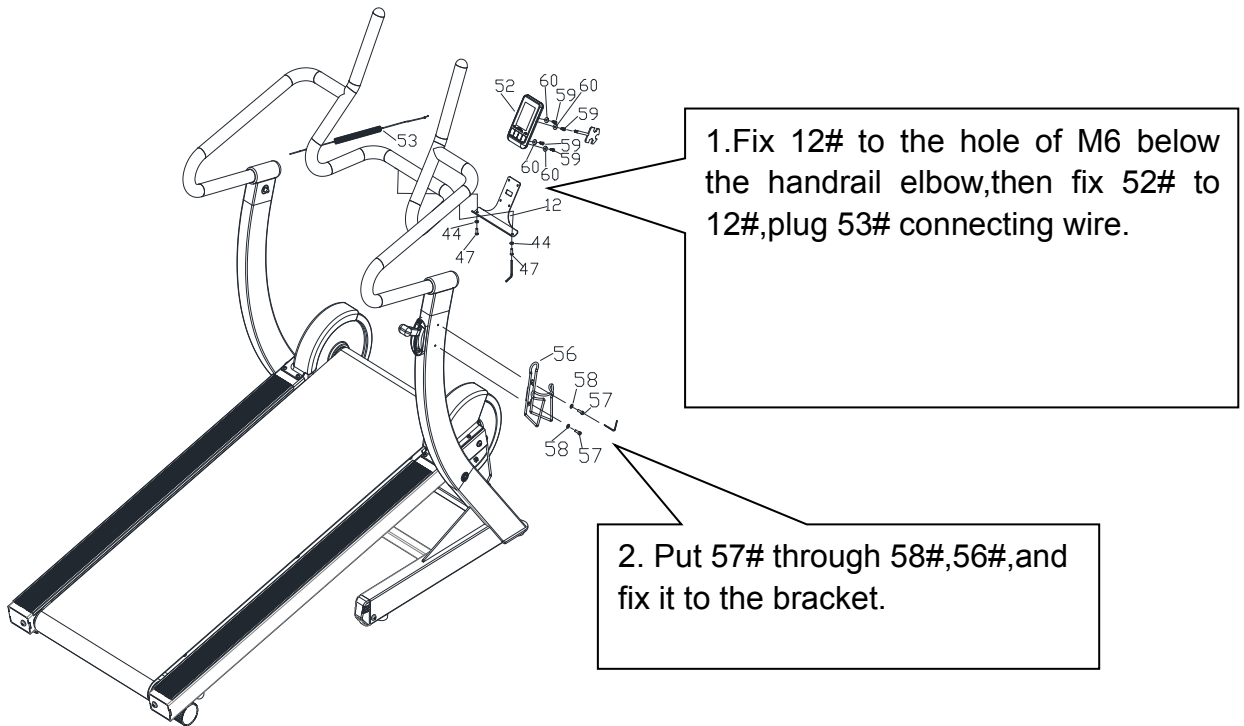
Cod : TOXPRFTRXPOMAG

Rev : 00

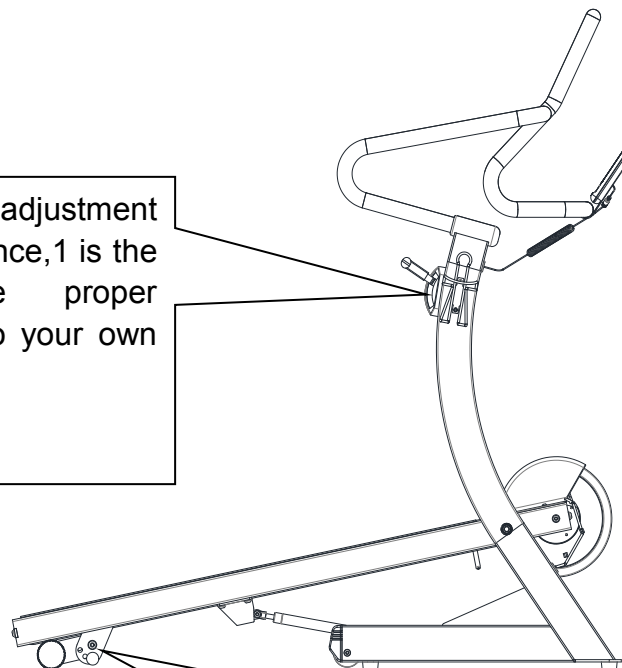
Ed : 08/19



PREPARATION BEFORE USE

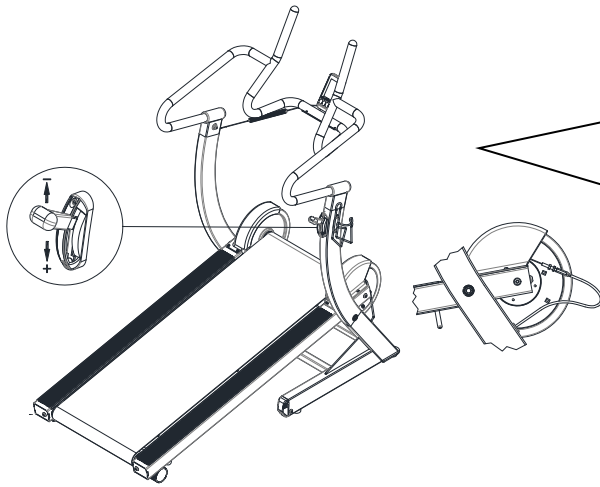


3. Gear 8 stages macro adjustment knob, 8 is the biggest resistance, 1 is the lightest resistance, choose proper adjusting stage according to your own exercise request.



4. Properly choose to adjust incline according to your own exercise request

MAINTENANCE GUIDELINE



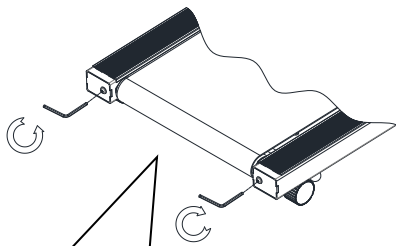
After long time use, Gear 8 positions micro adjusting knob line may be prolonged, User can fine-tune the adjusting screw properly, So the gear 8 positions micro adjusting knob can adjust resistance better.

Belt Middle Placement and Tightness Adjustment

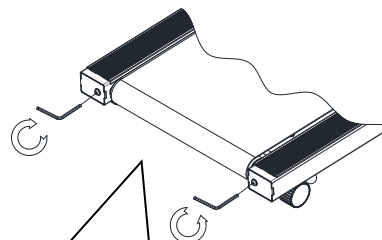
It is very necessary to adjust the belt to the best condition for the better use of the treadmill and the treadmill can work better.

Belt Middle Placement

1. Put the motorized treadmill on the level ground.
2. If the running belt deviate to the right, turn the right side adjusting bolt clockwise by 1/2 circle, then turn the left side adjusting bolt anticlockwise by 1/2 circle. **Picture A**
3. If the running belt deviate to the left, turn the left adjusting bolt clockwise by 1/2 circle, then turn the right side adjusting bolt anticlockwise by 1/2 circle. **Picture B.**



Picture A. Adjust running belt to left

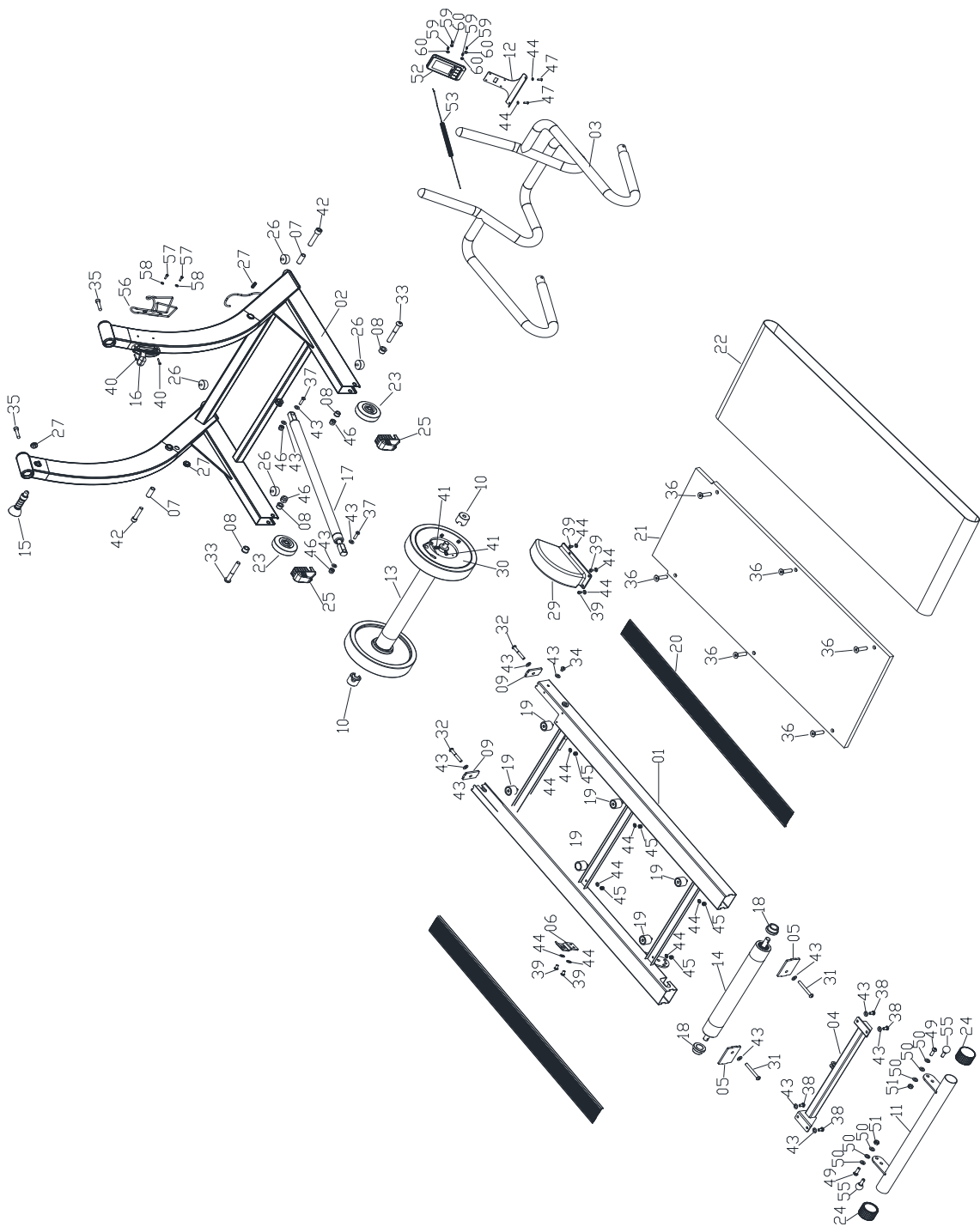


Picture B. Adjust running belt to right

PART LIST

NO.	ITEM	DESCRIPTION	Q'TY	NO.	ITEM	DESCRIPTION	Q'TY
01	Main frame		1	02	base frame		1
03	Handrail elbow		1	04	Connecting tube seat		1
05	Rear roller cover		2	06	bolt pinch plate		1
07	sleeve	φ 16* φ 12*40L	2	08	small sleeve	φ 15*9.5	4
09	Front roller cover		2	10	Front axis sleeve		2
11	Supporting adjusting bracket		1	12	Meter assembly plate		1
13	Front roller		1	14	Rear roller		1
15	Three-in-one bolt		1	16	Gear 8 positions micro adjusting knob		1
17	Cylinder		1	18	Nylon sleeve		2
19	Cushion		6	20	plastic cement side rail		2
21	Running board		1	22	Running belt		1
23	transporting wheel		2	24	Round outer tube topple		2
25	transporting wheel stopple		2	26	Buffer feet cushion		4
27	wire plug		3	28	Left cover		1
29	Right cover		1	30	Magnetic box		1
31	screw	M8*70	2	32	screw	M8*40	2
33	screw	M8*55	2	34	screw	M8*10	2
35	screw	M8*70	2	36	screw	M6*25	6
37	screw	M8*30	2	38	screw	M8*15	4
39	screw	M6*15	8	40	screw	M5*30	2
41	screw	M6*20	2	42	screw	M12*55	2
43	Washer	φ 8.5* φ 16*t1.5	14	44	washer	φ 6.5* φ 12*t1.5	16
45	Nut	M6	6	46	Nut	M8	4
47	Screw	M6*25	2	48	screw	M4*15	2
49	Screw	M10*30	2	50	washer	φ 10.5* φ 20*t2.0	6
51	Nut	M10	2	52	Meter		1

53	Telephony connecting wire		1	54	Sensor wire seat		1
55	Ball head steel bead pin	φ 28* φ 10*26	2	56	Bottle holder		1
57	Screw	M5	2	58	M5 washer		2
59	Screw	M4	4	60	M4 washer		4



EXERCISE COMPUTER INSTRUCTION MANUAL

■ FUNCTIONAL BUTTONS:

1.MODE

- ① Select the window to be set.
- ② Reset: hold for 3 seconds to reset all data.

2.UP/RECOVERY

- ① Increase the blinking number, hold for quick increase.
- ② Press it to enter/exit pulse recovery function when heart rate display (IF HAVE PULSE FUNCTION)

3.DOWN

Decrease the blinking number , hold for quick decrease

4.RESET

- ① During SET, reset the value of the relevant display window.
- ② Hold for 3 seconds to reset all data .

■ FUNCTION

1.SPEED : Window A displays

The current exercise speed during exercise.

2.TIME: Window B displays

- ① Count the cumulative time from the exercise start to the end, and it will automatically stop timing if without exercise signal over 6 seconds.
- ② Exercise time can be set, MAX 99 minutes, each press add or minus 1 minute, countdown to zero, the TIME will flash and beep for 10 seconds.

3.DISTANCE: Window C displays

- ① Count the cumulative distance from the exercise start to the end, KM means metric, MI means imperial.
- ② Exercise distance can be set, MAX 99 KM/MI, each press add or minus 0.1, countdown to zero, the DIST will flash and beep for 10 seconds.

4.CALORIES: Window D displays

- ① Count the cumulative calories consumed from exercise start to the end.
- ② The calorie value can be set, MAX 999, each press add or minus 1, countdown to zero, the CAL will flash and beep for 10 seconds.

5.PULSE: Window E displays (IF HAVE)

- ① Show your current heart rate during exercise, pulse range: 40~240BPM
- ② The target pulse value can be set , range 40-240 BPM .each press add or minus 1.Beep one time every 10 seconds when the Value over the target heart rate

6.AUTO OFF

Without any exercise signal or operation over 4 minutes, the computer will turn off automatically and memorize the current data.

■ INSTALLATION

- 1.Take off the computer back's battery cover, put 2pcs 1.5V AAA battery inside correctly.
- 2.Fix the computer on the front place of exercise machine by screw.
- 3.Install the magnet and speed sensor on the related place of the exercise machine. Make sure the distance less than 10mm between the magnet and sensor.
- 4.Connect the speed signal cable plug and the computer back's signal plug. If with the hand pulse, connect the hand pulse cable plug and the computer back's pulse signal plug.
- 5.Start exercise, and if the speed value changes, means the installation is correct. Or else check the installation of magnet and sensor, and also the plug connections between sensor and computer.

■ OPERATION

1.RESET

In any displays, hold MODE or RESET button for 3 seconds to reset all the data.

2.SET THE TARGET PARAMETERS

When stop exercise , press MODE to choose the window to be set or reset, the corresponding window's digit flash, press RESET to clear the value, and press UP or DOWN to set the flashing window's value. Hold the button to quick increase or decrease.
Set the value as:TIME→DIST→CAL→PULSE.

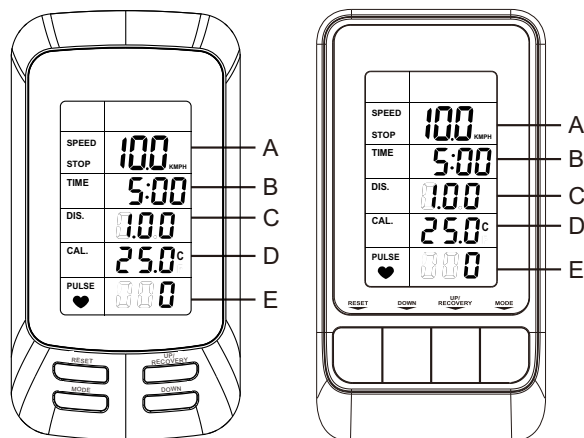
3.PULSE RECOVERY (IF HAVE)

Wear the transmitter belt properly, or hold the hand pulse place, the computer will display your current heart rate.

When the pulse window has the display, stop exercise, press RECOVERY to enter the function of pulse recovery. The display will show 1 minute countdown as well as your pulse rate, test your pulse until it counts down to zero. Then it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to the slowest. The fastest recovery F1 shows the best, F6 means the slowest. Press RECOVERY again to exit the pulse recovery function.

■ REPLACE BATTERY

When the display color fades, or with flash when operate buttons, means the battery has no enough power. Take off the battery cover, and use 2pcs new 1.5V AAA UM-4 battery to replace the old battery.





GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
contact@toorxprofessional.it
www.toorxprofessional.it