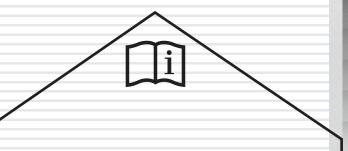
INSTRUCTION







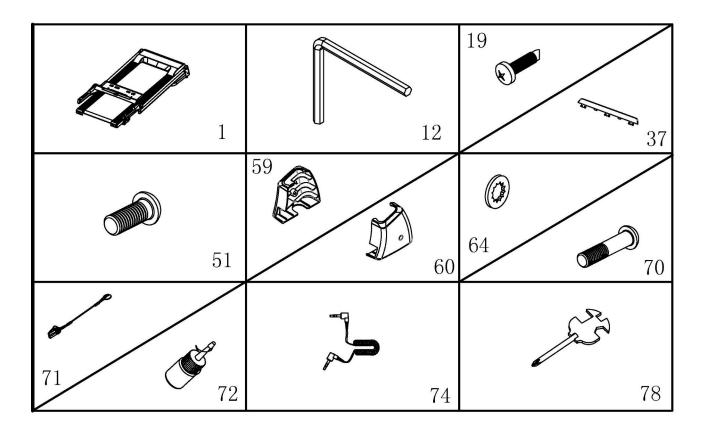
Cod: GRLDTOORXMOTPLU

ev: 00

Ed: 08/20



When you open the carton, and you will find the below parts in the carton



PART LIST:

NO.	DES.	Specification	Nos	NO.	DES.	Specification	Nos
1	Main frame		1	64	Lock washer	8	6
12	5#Allen wrench		1	70	Bolt	M8*45	2
19	Bolt	4. 2*19	2	71	Safety key		1
37	IPAD rack		1	72	Silicone oil		1
51	Bolt	M8*16	4	74	MP3 wire	option	1
59	Left base cover		1	78	Wrench with screw driver		1
60	Right base cover		1				

FIXING TOOLS:

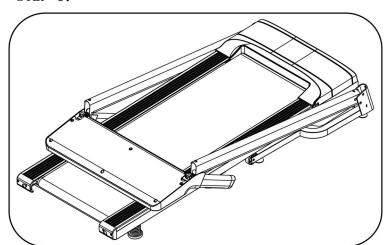
5# Allen Wrench 5mm 1PC

Wrench with screw driver S=13/14/15 1PC

Notice: Do not get through power before complete assembly

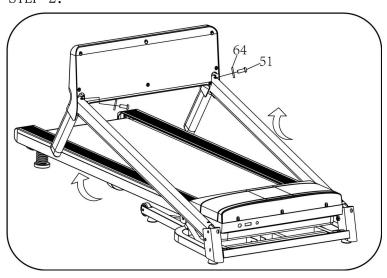
Assembly Instructions

STEP 1:



Open the carton, get out the above spare parts, and put the Main Frame onto the level ground.

STEP 2:



Holding the computer frame and uprights, use the 5# Allen wrench to lock the computer to the upright tube tight by bolt (51) and lock washer (64)

Notice: do not press wires inside the tube and check if wires are connected well. Support the upright with hand to avoid computer & upright falling down.

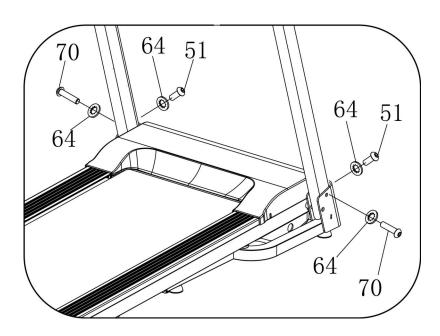
STEP 3:



1. Pull up the uprights as left picture.

Notice: Support the upright with hand to avoid falling down to have any hurt.

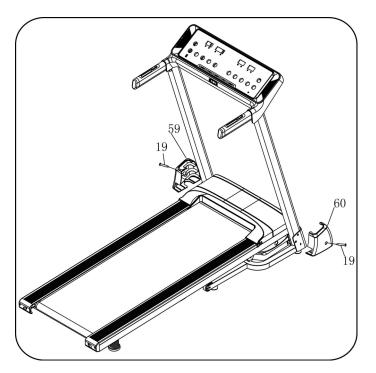
STEP 4



- 1. Use 5# Allen wrench(12), firstly lock right upright onto base frame by bolt(70) and lock washer (64), then lock right upright onto base by bolt (51) and lock washer (64).
- 2. The left upright assembly is the same as right upright.

Notice: Please always support the upright with hand during assembly to avoid falling down to have any hurt.

STEP 5

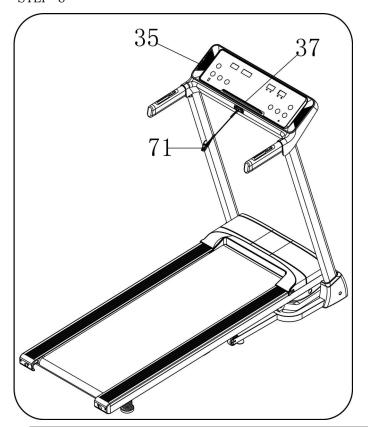


Use wrench with screw driver(78) to lock the left base cover(59) onto the base frame with bolt (19).

The right side can be assembled referring to the left side.

NOTICE: the base cover should buckle into the base frame vigorously.

STEP 6

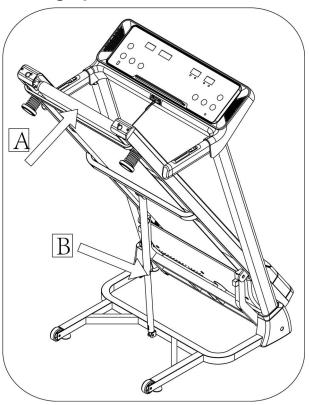


- 1. Push the IPAD rack(37) into the computer(35).
- 2. Put the safety key(71) on the computer and start your exercise.

Please make sure all parts have been fixed properly. Before you use the treadmill, please read the instruction carefully

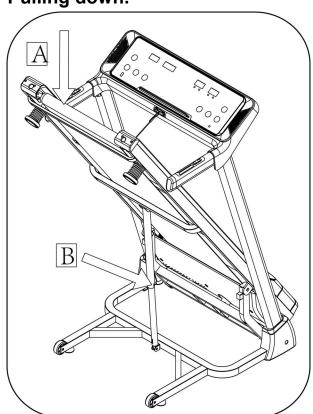
Folding Instruction

Pulling up:



Pull up the base frame at position A, till hearing the sound that the air pressure bar B is locked into the round tube

Pulling down:



Support place A with hand, kick the place of air pressure bar, then the main frame will fall down automatically (Please keep anybody and any pet away the machine when falling down)

Technical Parameter

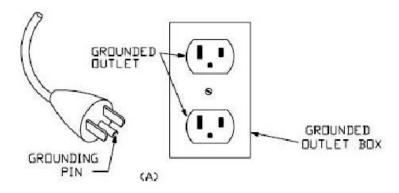
BUILT UP SIZE(mm)	1505*1170*649mm	POWER	As the rating label showing							
FOLDABLE SIZE(mm)	880*1275*649mm	Maximum output power	As the rating label showing							
RUNNING BOARD SIZE(mm)	400*1200	SPEED RANGE	0.8-12KM/H							
NET WEIGHT	45KG									
4 LEDD WINDOW WITH WHITE BACKGLIGHT	Speed, time, distance, incline, Calories, Pulse									

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, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 220-240/100-120 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. (The below picture is just for reference, the actual plug and jack is depends on import country)

Grounding methods



Operation Guide

OVERVIEW



2. SHOWING

SPEED: Display the speed,

TIME: Display the time

INCL./PULSE: Display the incline /heart rate DIST./CAL.:Display the distance/calories

3. BUTTON FUNCTION

"PROG/MODE" button: PROGRAM/MODE button, Press this button to choose program from manual mode—P1—P15—time countdown mode—distance countdown mode—calories countdown mode—FAT;

"START/STOP" button: Press this button to start the machine, the machine will run at the lowest speed or at the speed of default program after 3 seconds time count down; When the treadmill is running, press this button to stop the machine, the machine will stop smoothly;

SPEED +/-: Adjust the speed. Press the button to adjust the speed when running, and adjust the data when stop;

SPEED (5)): Adjust the speed quickly

INCLINE +/-: Adjust the incline. Press the button to adjust the incline when running, and adjust the data when stop;

INCLINE (5)): Adjust the incline quickly

Button on right hand bar: speed+/-Button on left hand bar: incline+/-

4. MAIN FUNCTION:

Turn on the power, all the windows lit 2 seconds, and then enter the manual mode.

4. 1. Start-up quickly(Manual):

Get through power attach the safety key. After 3 seconds countdown, the treadmill starting and running from the lowest speed, add and subtract by SPEED button to adjust the speed. Please press the stop button or off the safety key directly to stop.

4. 2. Countdown mode

Press the 'PROG/MODE' button, it can choose time countdown mode, distance countdown mode, calories countdown mode, and the window will show the default data and glitter. At the same time, press SPEED+/-(INCLINE+/-) to set the data. Press 'START' button, the machine will run at the lowest speed, you can press SPEED+/-(INCLINE+/-) to change the SPEED(INCLINE). When it counts down to 0, the machine will stop smoothly. Certainly, you can press 'STOP' button or take out the safety key from the console to stop the machine.

4. 3. Preset programs:

Press 'PROG' button to choose the inner install program from P1----P15. When set the program, the time window will show default data and glitter, press SPEED+/-(INCLINE+/-) button to set the running time. Each program has been divided into 20 section, each exercise time=the setting time/20. Press 'START', the machine will run at the first section speed and incline. When the section is over, it will enter into next section automatically, the speed will change as next section data. When finish one program, the machine will stop smoothly. During the running, you can change the speed and incline by the SPEED+/-(INCLINE+/-) whenever, when the program enter next sect will come back to the current speed and incline. And you can press 'STOP' or take out the safety key to stop the machine whenever.

5. HEART RATE:

When holding the hand pulse by two hands, the pulse window will show your heart rate after 5 seconds. In order to get the heart rate exactly, please do a test when the machine stop and hold the hand pulse more than 30 seconds. The heart rate data is just for reference cannot be as the medical data.

6. BODY FAT TEST

Press 'PROG/MODE' button under ready condition, till 'FAT' show in the window. 'FAT' is body fat test mode. Press 'INCLINE +/-to choose parameter 'SEX / AGE / HEIGHT / WEIGHT', and window will show "-1-", "-2-"、"-3-" "-4-". When set each parameter, press SPEED+/- to adjust the data, and window will show the data and press INCLIE+/- button to finish, and the window will show"-5-" and"---" enter into ready condition. Hold the handle pulse with two hands, it will show your BMI data after 5 seconds.

6.1 Data display and set range

	default	range	mark
SEX (F1)	0 (MALE)	0—1	0= MALE 1= FEMALE
AGE (F2)	25	10—99	
HEIGHT (F3)	170CM	100-240CM	
WEIGHT (F4)	70KG	20-160KG	

6.2 Body fat index comparison

Body fat index (BMI)	Obesity level
<19	Too thin
1926	normal
2630	overweight
>30	Too fat

7.USB FUNCTION(Option):

When treadmill is power on, you may insert any USB memory stick which contains audio files. The computer will detect the audio files on the memory stick and play the music directly.

8.MP3 FUNCTION(Option)

When the power on, Contacting the external MP3 equipment, the computer will play. The voice is adjustable from operate the external MP3 equipment, the voice should be adjusted on the proper section to protect the computer loudhailer.

9.Bluetooth speaker function(Option):

Connect the mobile phone Bluetooth with the Bluetooth speaker on the treadmill, after success of the connection, you can use the phone to play songs by Bluetooth speaker.

10. SLEEP FUNCTION:

A. Stop for more than 10 minutes without any operation, the system completed all showed off into the body of sleep sate.

B. Press any key to wake up console under sleep status.

11. Safety key function:

Whenever pull out the safety key, the treadmill will stop quickly, all data turn to zero, All the windows display"---". And the incline remains the current position. At this time, the treadmill can not do any operation except for turning off the switch. When you put the safety key back to the right position, it will enter into the standby status waiting for a command input and still remains its incline position. If you choose program mode to start the treadmill now, the incline will adjust according to the program mode, Or the incline won't move.

12. Exercise parameter and setting

	Display range	Default data	Default	Setting range
Speed (KM/H)	0.8KM/H-12.0KM/H			
INCLINE	15%			0-15%
Time (MIN:SEC)	0:00—99:59	30:00	30:00	5:0099:00
Distance (KM)	0.00—99.9	1.0		0.50—99.9
Calories	0Kcl—999Kcl	50Kcl		10Kcl—990Kcl

programs table:

	TIME				Setti	ng tir	ne/20)= int	erval	runr	ning t	ime									
PROGR	AM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
FUI	INCLINE	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P02	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
1 02	INCLINE	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P03	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
1 00	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P04	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
1 0 -	INCLINE	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P05	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
1 00	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P06	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
1 00	INCLINE	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P07	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
1 07	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P08	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
1 00	INCLINE	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P09	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
1 00	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
1 10	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
	INCLINE	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
1 12	INCLINE	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3
P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
1 13	INCLINE	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
17	INCLINE	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
1 13	INCLINE	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

Running Belt Adjustment

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Clean: General cleaning the unit will greatly prolong the treadmill.

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 by wearing the clean running shoes.

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.

RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend

a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

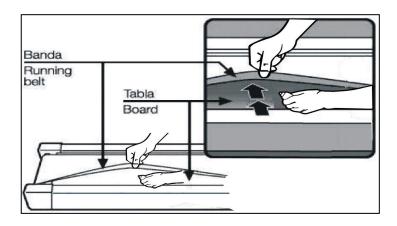
Light user (less than 3 hours/ week) annually

➤ Medium user (3-5 hours/ week) every six months

➤ Heavy user (more than 5 hours/ week) every three months

We recommend that you buy the lubrication from our distributor or directly to our company.

Attention: Any repair need the professional technician.



- 1, We suggest that you should switch off the power for 10 minutes after keep running 2hours, so that it's good for maintain the treadmill.
- 2,For avoiding the slipping during running, the belt should be not too loose; for avoiding the more abrasion between the roller and belt and maintain the machine's good running, the belt should be not too tight. You can adjust the distance between deck and belt, the belt should be away from the deck about 50-75mm on both sides, if the best not too tight and loose.

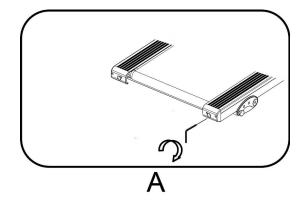
Center The Running Belt

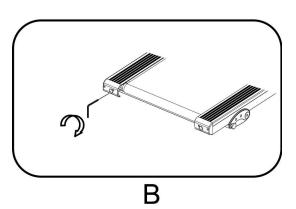
Place treadmill on a level surface. Run Treadmill at approximately 6-8KM/H, checking the running condition.

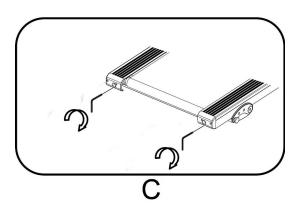
If the belt has drifted to the right, pull out of the save clock and switch, turn the right adjusting bolt 1/4 turn clockwise, then start running until centering the belt. PIC A

If the belt has drifted to the left ,pull out of the safety clock and switch, turn the left adjusting bolt 1/4 turn clockwise ,then start running until centering the belt .PIC B

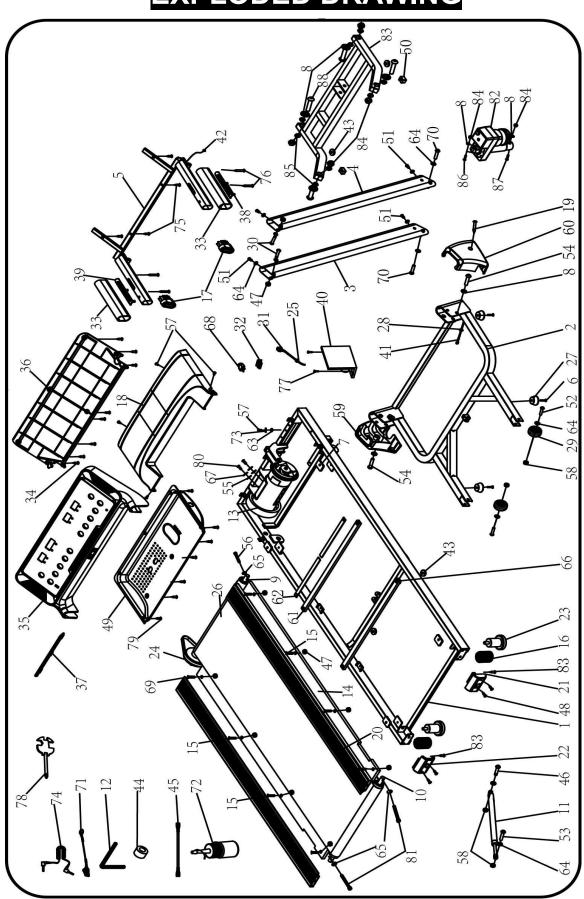
Timely adjust the tightness of the belt ,for the looseness after a period of time running. Pull out of the safety clock and switch , turn the left and right adjusting bolt 1/4 turn clockwise ,then re-start running, confirm the belt-tightness until the belt be right tightness. PIC C







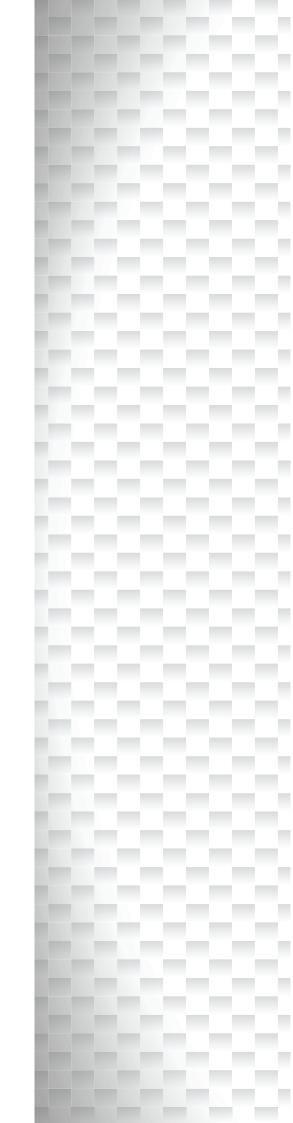
EXPLODED DRAWING



PARTS LIST

No.	Item	Spec.	Qty.	No.	Item	Spec.	Qty.
1	Main frame		1	45	Brown single wire		1
2	Base frame		1	46	Bolt	M8*25	3
3	Left upright tube		1 1	47	Lock nut	M6	10
4	Right upright tube		1	48	Screw	ST4.2*30	4
5	Computer bracket		1	49	Motor bottom cover		1
6	Screw	ST4.2*25	4	50	Barb cushion		2
7	Rubber pad		4	51	Bolt	M8*16	4
8	Lock washer	10	8	52	Bolt	M8*40	2
9	Front roller		1	53	Bolt	M8*42	3
10	Rear roller		1	54	Bolt	M10*55	2
11	Cylinder		1	55	Lock washer C level	8	2
12	5#Allen wrench	5mm	1	56	Bolt	M6*55	1
13	DC motor		1	57	Bolt	M5*8	5
14	Running board		1	58	Lock nut	M8	6
15	Bolt	M6*37	4	59	Left base cover		1
16	Spring		2	60	Right base cover		1
17	Inclined tube plug		2	61	Running board strengthen tube		2
18	Motor cover		1	62	strengthen tube cushion	275*20*3	4
19	Screw	ST4.2*19	2	63	Lock washer	5	2
20	Side rial		2	64	Lock washer	8	12
21	Right back end cap		1	65	Lock washer	6	3
22	Left back end cap		1	66	Isolation nylon pad	φ 23* φ 10.5*2	4
23	Rubber pad		2	67	Spring washer	8	2
24	Motor belt		1	68	Overload protector		1
25	Power wire buckle		1	69	Bolt	M6*30	4
26	Running belt		1	70	Bolt	M8*45	4
27	Foot pad		4	71	Safety key		1
28	Ring wire protector plug B		2	72	Silicone oil		1
29	Moving wheel		2	73	Spring washer	5	2
30	Bolt	M6*37	2	74	MP3 washer	option	1
31	Standard power wire		1	75	Screw	4.2*15	4
32	Switch		1	76	Screw	ST4.2*45	4
33	Foam		2	77	Screw	ST4.2*9.5	4

34	Screw	ST4.2*13	11	78	Wrench with screw driver		1
35	Computer top cover		1	79	Screw	ST4.2*12	8
36	Computer bottom cover		1	80	Bolt	M8*12	2
37	IP rack		1	81	Bolt	M6*65	2
38	Speed +/-		1	82	Incline motor		1
39	Start/stop		1	83	Incline bracket		1
40	Control board		1	84	Bolt	M10	6
41	Computer bottom wire		1	85	Distance sleeve		8
42	Computer top wire		1	86	Bolt	M10*42	1
43	Barb cushion		2	87	Bolt	M10*55	1
44	Magnetic ring		1	88	Bolt	M10*45	4



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