TOORX

FITNESS IN MOTION

INSTRUCTION

ERX700

Rev : 00

Ed: 02/17

CE

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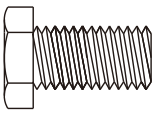
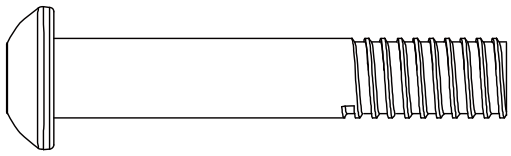
ATTENTION
THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

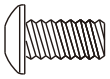
1 HARDWARE **STEP 1**



#88. 5/16" x 15mm
Hex Head Bolt (6pcs)

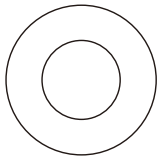


#97. 3/8" x 2-1/4"
Button Head Socket Bolt (6pcs)

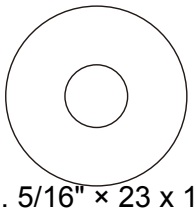


#98. M5 x10 mm
Phillips Head Screw (4pcs)

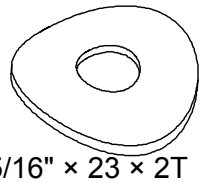
#115. 3/8" x7T
Nyloc Nut (2pcs)



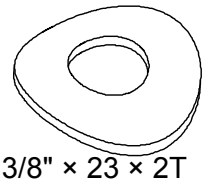
#123. 3/8" x 19 x1.5T
Flat Washer (2pcs)



#125. 5/16" × 23 x 1.5T
Flat Washer (4pcs)

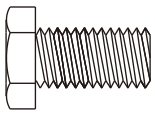


#129. 5/16" × 23 × 2T
Curved Washer (2pcs)

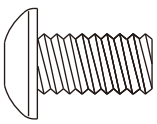


#130. 3/8" × 23 × 2T
Curved Washer (4pcs)

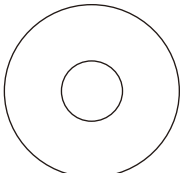
2 HARDWARE **STEP 2**



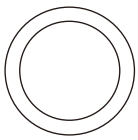
#88. 5/16" x 15mm
Hex Head Bolt (2pcs)



#94. 5/16" ×15mm
Button Head Socket Bolt (6pcs)

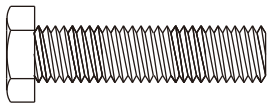


#125. 5/16" × 23 x 1.5T
Flat Washer (2pcs)

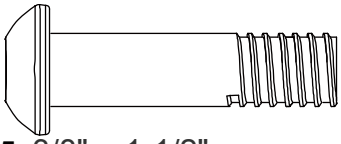


#132. Ø17
Wave Washer (2pcs)

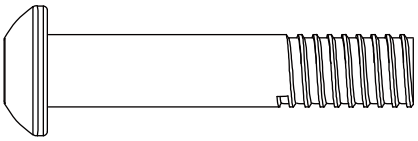
3 HARDWARE **STEP 3**



#89. 5/16" × 32m/m
Hex Head Bolt (2pcs)



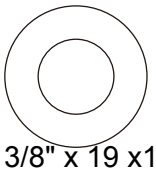
#95. 3/8" × 1-1/2"
Button Head Socket Bolt (1pcs)



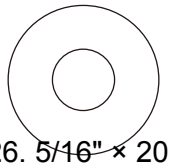
#96. 3/8" × 2"
Button Head Socket Bolt (1pcs)

#114. 5/16" × 7T
Nyloc Nut (2pcs)

#115. 3/8" × 7T
Nyloc Nut (2pcs)

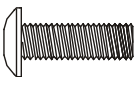


#123. 3/8" x 19 x1.5T
Flat Washer (2pcs)

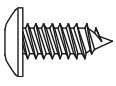


#126. 5/16" × 20 × 1.5T
Flat Washer (2pcs)

4 HARDWARE **STEP 4**

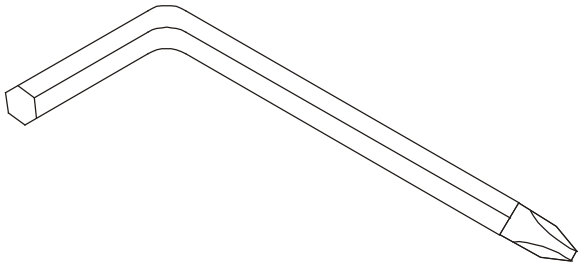


#100. M5 × 15mm
Phillips Head Screw (12pcs)

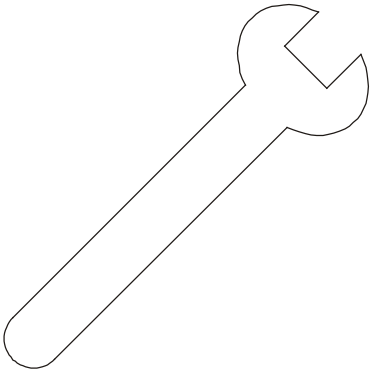


#106. Ø3.5 × 12m/m_
Sheet Metal Screw (6pcs)

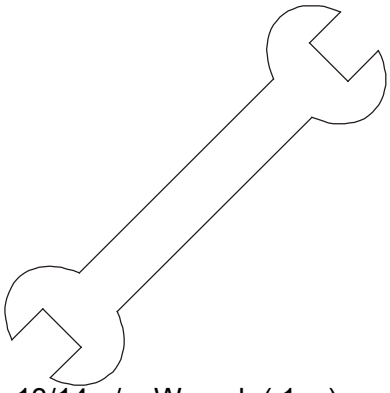
ASSEMBLY **TOOLS**



#135. Combination M5 Allen Wrench
& Phillips Head Screw Driver (1 pc)



#136. 12m/m Wrench (1pc)



#137. 13/14m/m Wrench (1pc)

ASSEMBLY

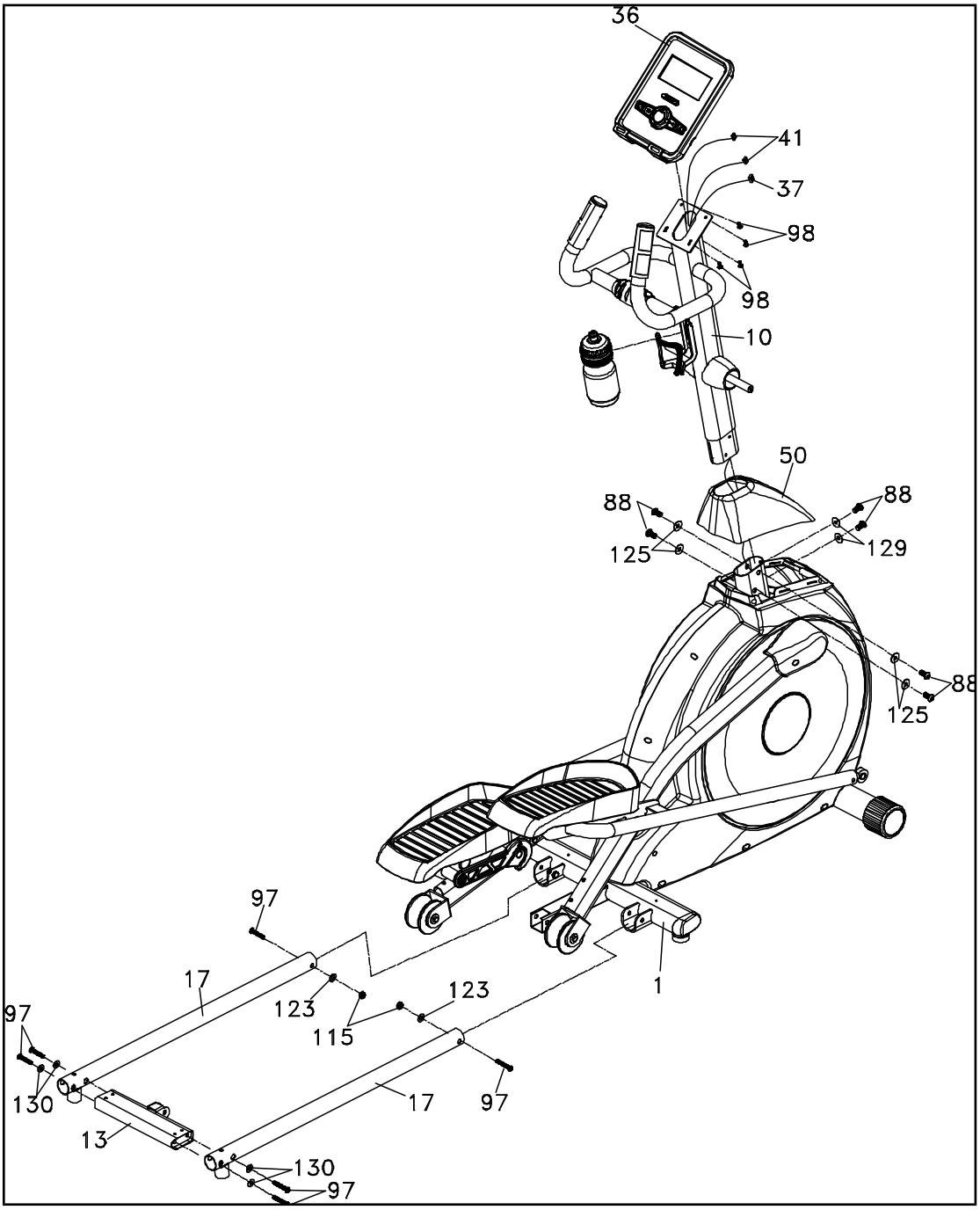
UNPACKING THE UNIT

1. 1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. 2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. 3. Locate the hardware package. The hardware is separated into steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

ASSEMBLY **INSTRUCTIONS**

1 MAST ASSEMBLY

1. Locate the Console Mast (10) and Console Mast Cover (50) and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover (50) is facing the correct way.
2. At the top opening of the Main Frame (1) of the elliptical is a Computer Cable (37). Unravel and straighten out the Computer Cable (37) and feed it into the bottom of the console mast tube (10) and out of the top opening.
3. Install the Console Mast (10) into the receiving bracket in the top of the Main Frame (1).
   Put the 4pcs of 5/16"x 23 x1.5T Flat Washers (125) onto the 4pcs of 5/16" x 15m/m Hex Head Bolts (88) and the 2pcs of 5/16" x 23 x 2T Curved Washers (129) onto the 2pcs of 5/16" x 15m/m Hex Head Bolts (88). Install, and hand tighten by using the 12m/m Wrench (136).
   NOTE: There is a electrical wire running through the Console Mast Tube (10). Be careful not to damage or pinch this Computer Cable (37) during this procedure.
4. Cut off the wire tie and separate the Computer Cable (37) then plug it in together with two Handpulse W/Cable Assemblies (41) onto the bottom of Console Assembly (36). Secure the Console Assembly (36) on the console holding plate with 4pcs of M5x10m/m Phillips Head Screws (98) by tightening them with Combination M5 Allen Wrench & Phillips Head Screw Driver (135).
5. Insert two Rail Tubes (17) into the Frame Base and secure with 2pcs of 3/8" × 2-1/4"_Button Head Socket Bolts (97), 2pcs of 3/8" × 19 × 1.5T_Flat Washers (123) and 2pcs of 3/8" × 7T_Nyloc Nuts (115) by using 13.14m/m_Wrench (137) and Combination M5 Allen Wrench & Phillips Head Screw Driver (135).
6. Lay Rail Assembly (13) between Rail Tubes(17), and secure with 4pcs of 3/8" × 2-1/4"_Button Head Socket Bolts (97) and 4pcs of 3/8" × 23 × 2T Curved Washers (130) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (135).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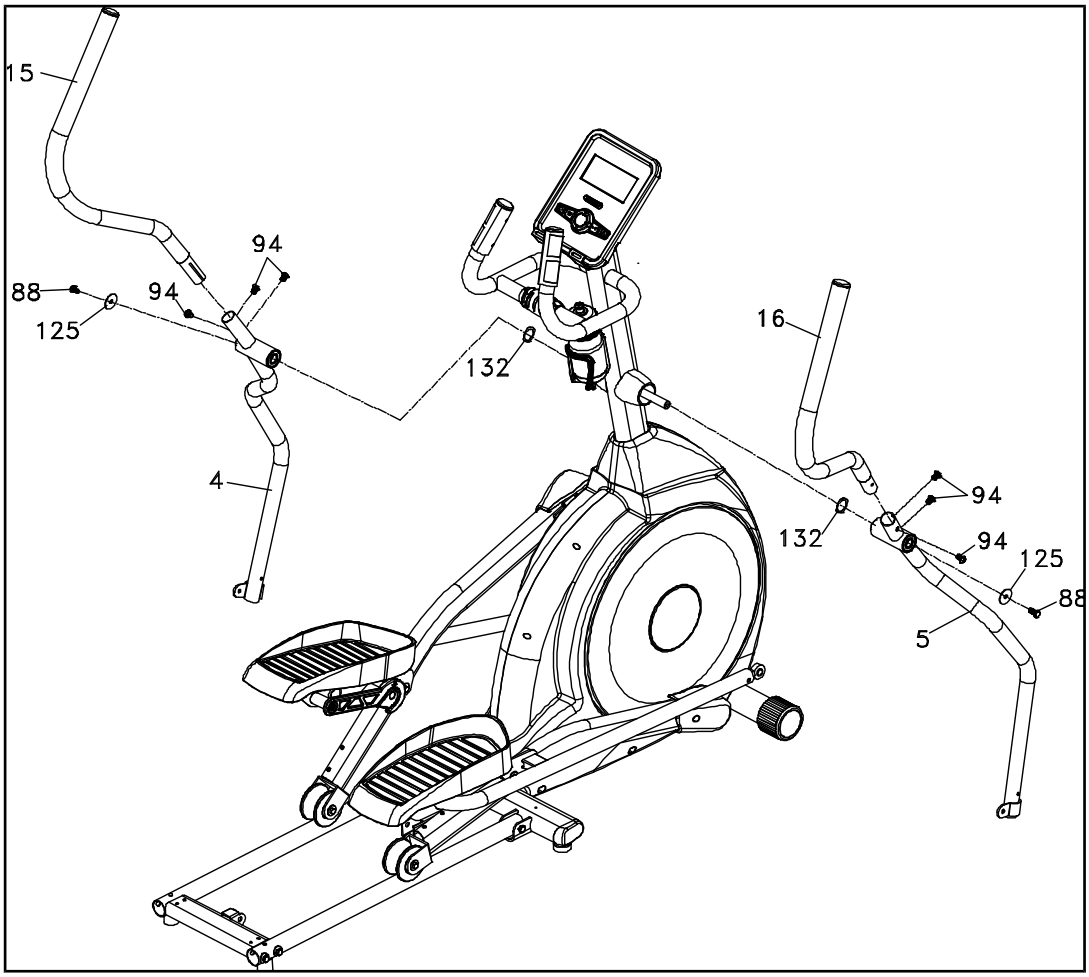
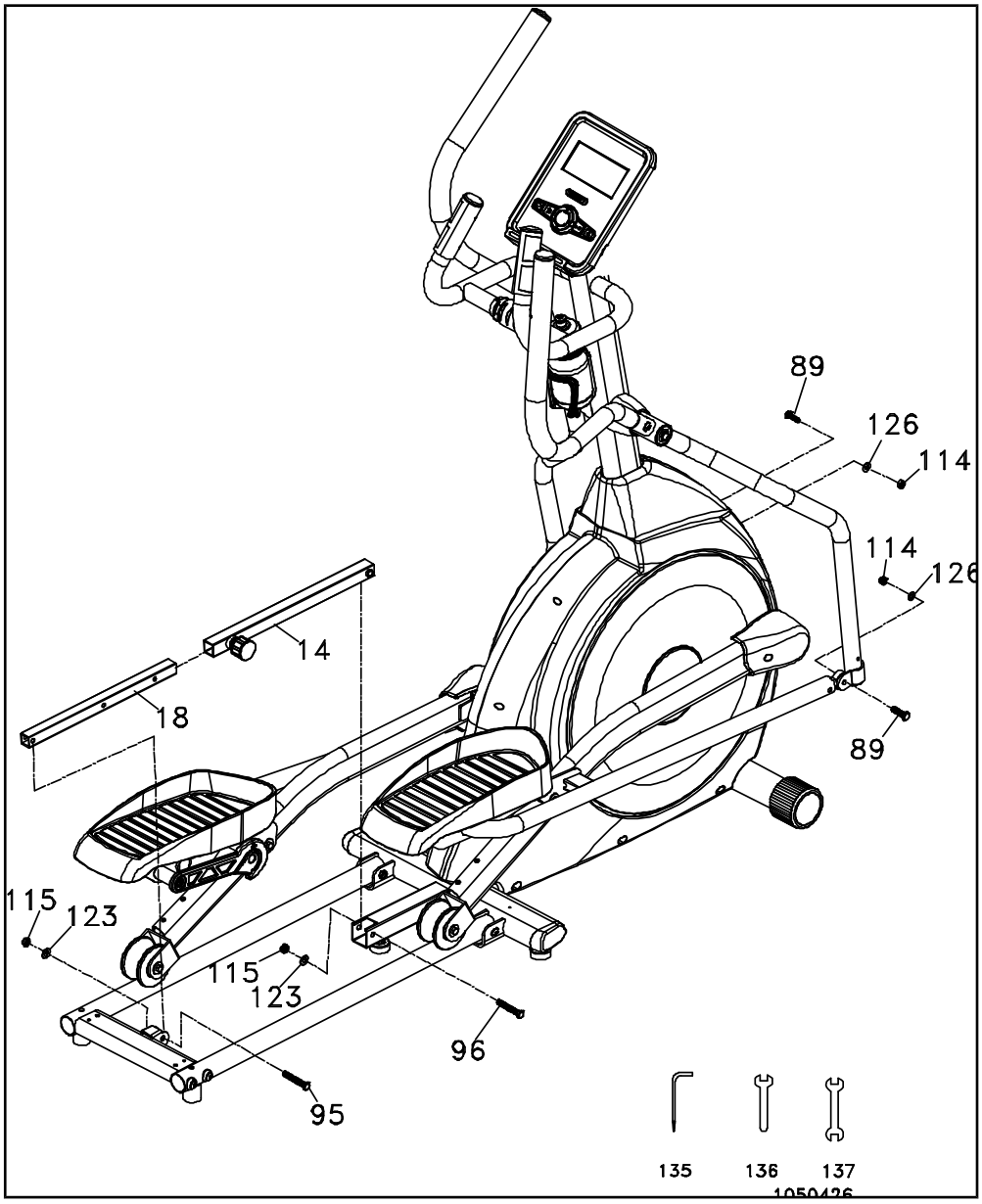
2 HANDLE BAR ASSEMBLING



1. Put two Ø17_Wave Washers (132), Lower Handle Bar (L) (4) and Lower Handle Bar (R) (5) in order onto the shaft of Mast (10) and secure with two 5/16" × 15m/m_Hex Head Bolts (88) and two 5/16" × 23 × 1.5T_Flat Washers (125) by using 12m/m_Wrench (136).
2. Connect Swing Arm (L) (15) with Lower Handle Bar (L) (4) and secure with three 5/16" × 15m/m_Button Head Socket Bolts (94) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (135). Repeat the same procedure for the right side.

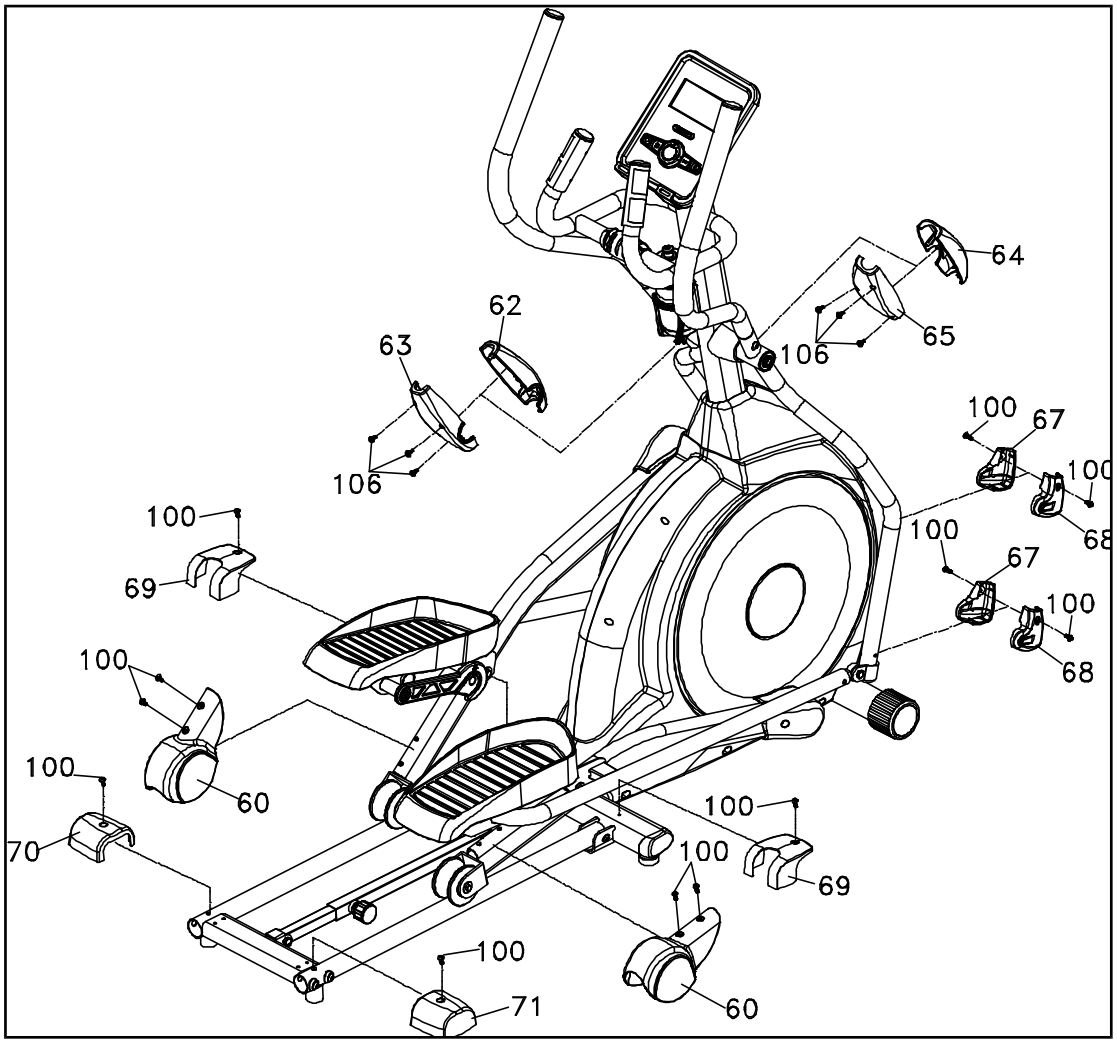
3 CONNECTING ARM ASSEMBLING



1. Use one 5/16" × 32m/m_Hex Head Bolt (89), 5/16" × 20 × 1.5T_Flat Washer (126) and 5/16" × 7T_Nyloc Nut (114) to secure the Rod End Bearing(26), which is at the end of Lower Handle Bar (L) (4), by using 13.14m/m_Wrench (137) and 12m/m_Wrench (136). Repeat the procedure for the right side.
2. Use 3/8" × 2"_Button Head Socket Bolt (96), 3/8" × 19 × 1.5T_Flat Washer (123) and 3/8" × 7T_Nyloc Nut (115) to secure Outer Slide (14) on the mainframe by using 13.14m/m_Wrench (137) and Combination M5 Allen Wrench & Phillips Head Screw Driver (135). Then use 3/8" × 1-1/2"_Button Head Socket Bolt (95), 3/8" × 19 × 1.5T_Flat Washer (123) and 3/8" × 7T_Nyloc Nut (115) to secure Inner Slide (18) to Rail Assembly (13) by using 13.14m/m_Wrench (137) and Combination M5 Allen

Wrench & Phillips Head Screw Driver (135).

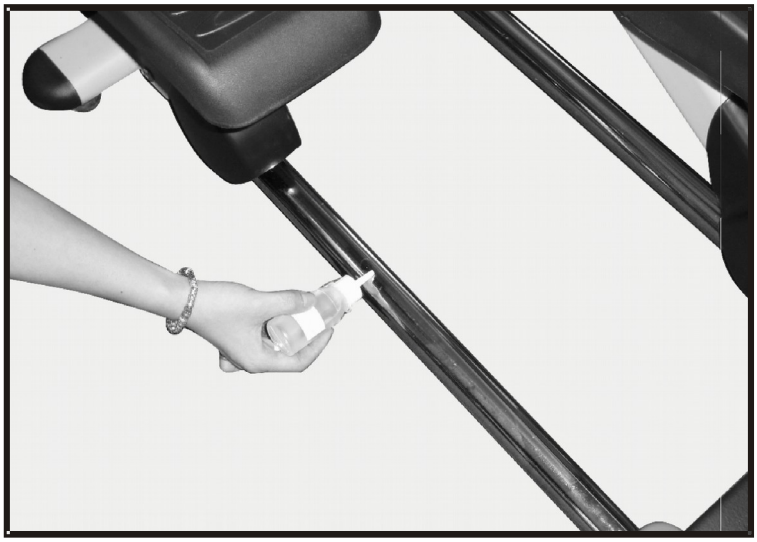
4 PLASTICS PARTS ASSEMBLING



1. To assemble Connecting Arm Cover (L) (67) and Connecting Arm Cover (R) (68) onto Lower Handle Bars (4, 5) at each side, use four M5 × 15m/m_Phillips Head Screws (100) to secure by using Combination M5 Allen Wrench & Phillips Head Screw Driver (135).
2. To assemble Slide Wheel Covers (60) onto left and right Pedal Arms (2, 3), use four M5 × 15m/m_Phillips Head Screws (100) to secure by using Combination M5 Allen Wrench & Phillips Head Screw Driver (135).
3. Use three Ø3.5 × 12m/m_Sheet Metal Screws (106) to secure Front Handle Bar Cover (L) (62) and Rear Handle Bar Cover (L) (63) with Combination M5 Allen Wrench & Phillips Head Screw Driver (135) onto the bearing housing on Lower Handle Bar (L) (4). Repeat the procedure for Front Handle Bar Cover (R) (64) and Rear Handle Bar Cover (R) (65) for the right side.
4. Use two M5 × 15m/m_Phillips Head Screws (100) to secure Middle Stabilizer Covers (69) on rear stabilizer and at each side of the mainframe with Combination M5 Allen

Wrench & Phillips Head Screw Driver (135).

5. Use one M5 × 15m/m_Phillips Head Screw (100) to secure Rear Stabilizer Cover (L) (70) on the Rail Tube with Combination M5 Allen Wrench & Phillips Head Screw Driver (135). Repeat the procedure for Rear Stabilizer Cover (R) (71) for the other side.



■ LUBRICATION

1. Pour 2c.c of the lubricant under the middle of Rail. You must be pour lubricant each three months.
2. If the user felt the exercise is not smooth or there were some noise during exercising, please pour 2 c.c.of the lubricant on the middle of Rails.

■ TRANSPORT

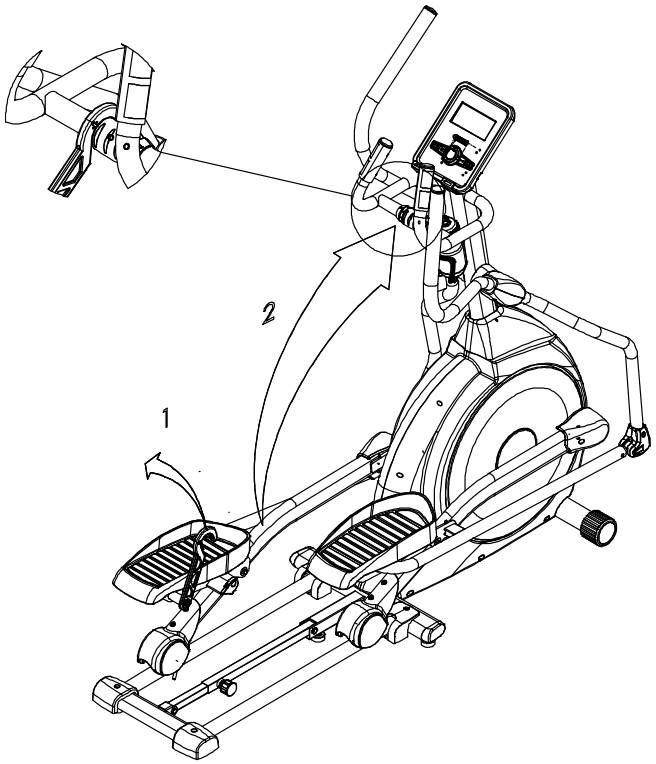
The elliptical is equipped with two transport wheels which are engaged when rear of it is lifted.

Folding

Step1.

1 . Pull up the hook from Hook Fixing Block.

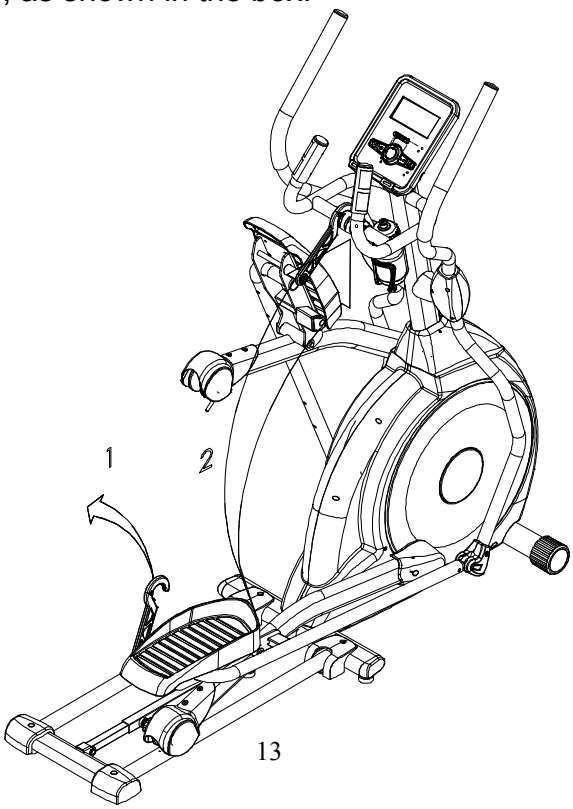
2. Grip Slide Wheel Cover with one hand, pull up the hook with the other and hook it on the notch of Hook Hanging Cap, as shown in the box.



Step2.

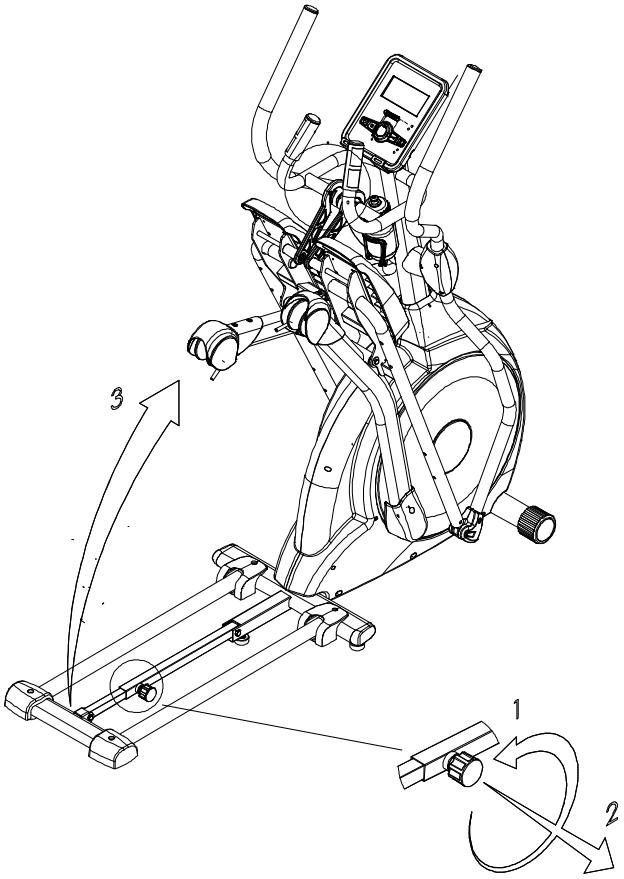
1 .Pull up the hook from Hook Fixing Block.

2 .Grip Slide Wheel Cover with one hand, pull up the hook with the other and hook it on the notch of Hook Hanging Cap, as shown in the box.

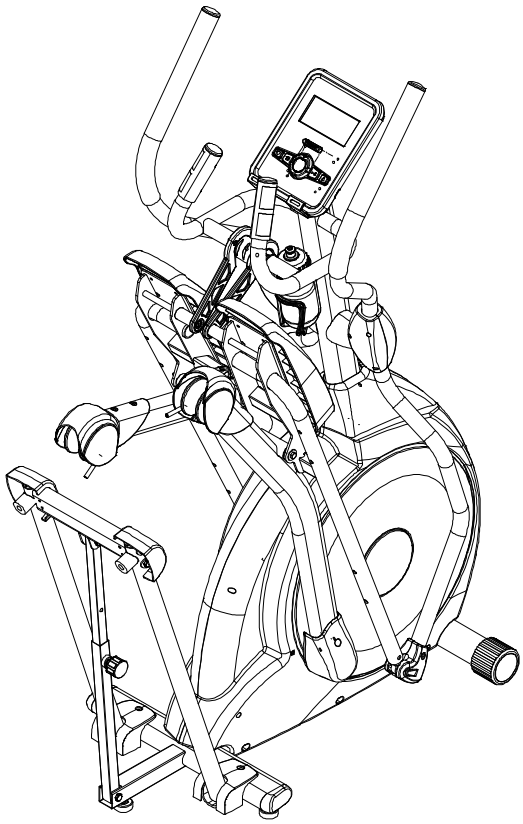


Step 3

1. Turn the Locking Knob counterclockwise.
2. Pull the knob outward to unlock.
3. Pull up Rail Assembly until locking it up on the knob then turn the knob clockwise until it is tight.



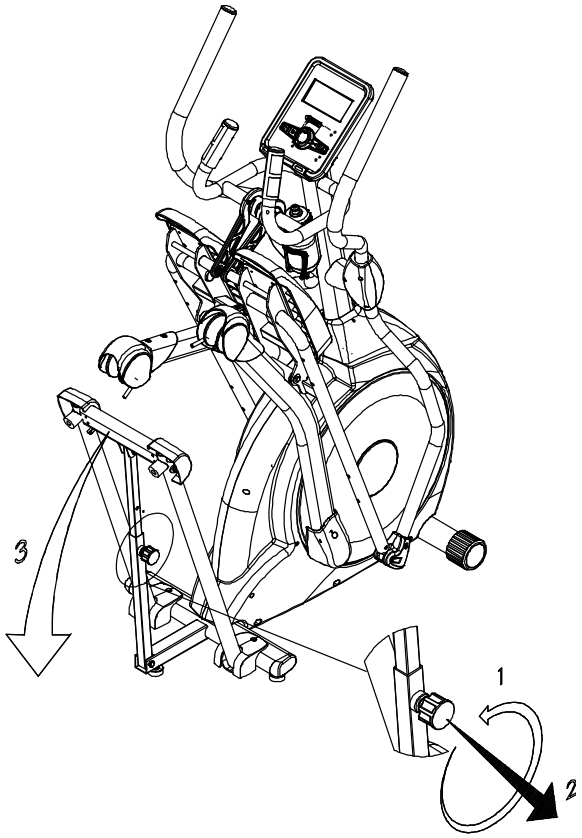
Step 4. Finishing folding.



Unfolding

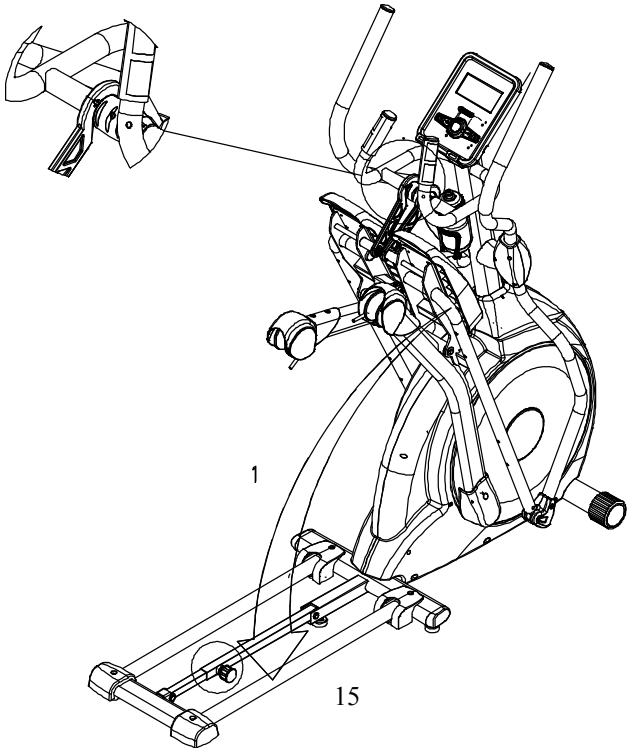
Step 1.

1. Turn the Locking Knob counterclockwise to release.
2. Pull the knob outward to unlock.
3. Unfold the Rail Assembly downward until locking the knob then turn the knob clockwise to tighten.



Step 2

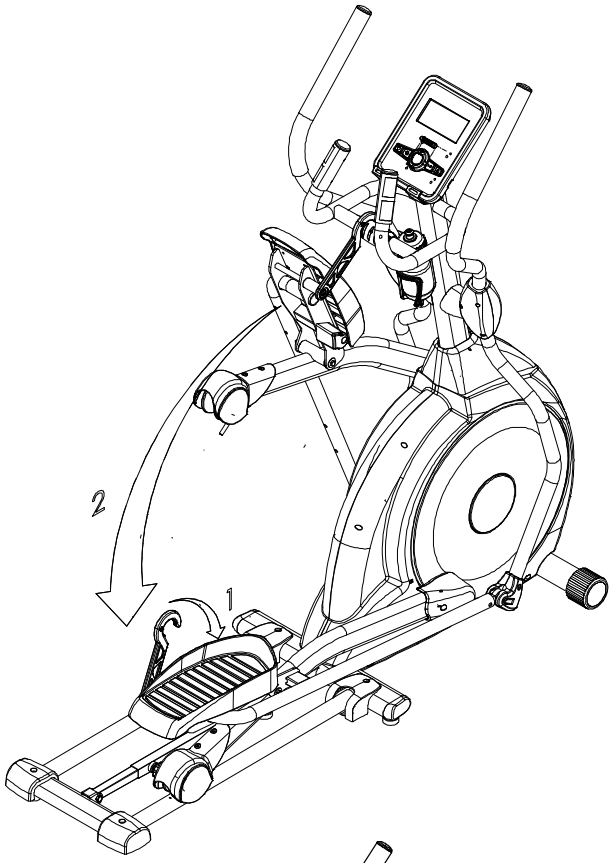
1. Hook it on the notch of the Hook hanging Cap as shown in the box.
2. Grip the Slide Wheel Cover with one hand, pull up the Hook with the other to release the hook from the Hanging Cap and put down the Slide Wheel until it is on the Rail Assembly.



Step 3

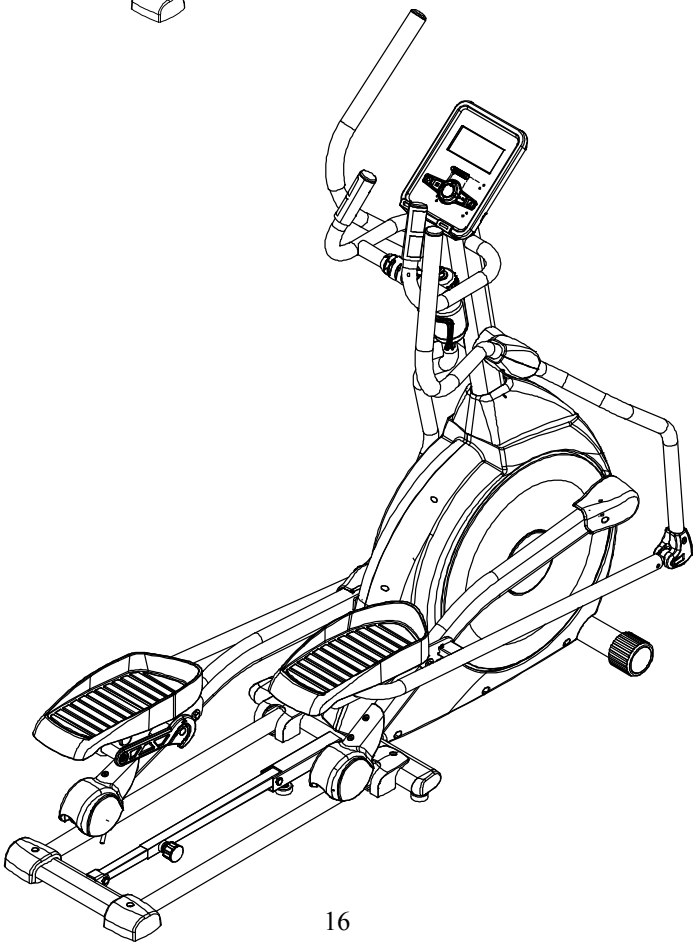
1.Hang the hook on Hook Fixing Block.

2.Grip the Slide Wheel Cover with one hand, pull up the Hook with the other to release the hook from the Hanging Cap and put down the Slide Wheel until it is on the Rail Assembly.



Step 4.

Finishing unfolding.



OPERATION OF **YOUR CONSOLE**

DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9 KM(ML) / H
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9 KM/ML
CALORIES	.Burned calories during workout display. .Range 0 ~ 9999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATT	.Workout power consumption .Range 0 ~ 999 . In Watt constant mode, computer will remain preset watt value (setting range 0~350)
MANUAL	.Manual mode workout.

BEGINNER	.4 PROGRAM selection.
ADVANCE	.4 PROGRAM selection.
SPORTY	.4 PROGRAM selection.
WATT PROGRAM	.WATT constant training mode.
CARDIO	.Target HR training mode.

KEY FUNCTION:

ITEM	DESCRIPTION
UP	. Increase resistance level . Setting selection.
DOWN	. Decrease resistance level . Setting selection.
MODE	. Confirm setting or selection.
RESET	. Hold on pressing for 2 seconds, computer will reboot and start from user setting. . Reverse to main menu during presetting workout value or stop mode.
START/ STOP	. Start or Stop workout.
RECOVERY	. Test heart rate recovery status.
BODY FAT	. Test body fat% and BMI.

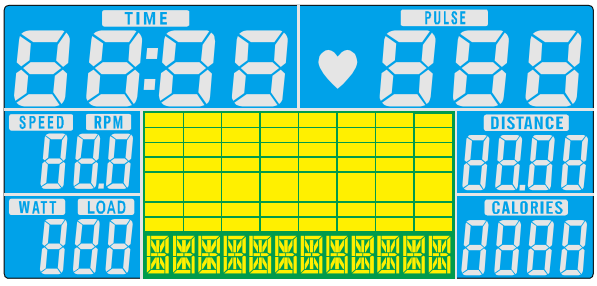
OPERATION:

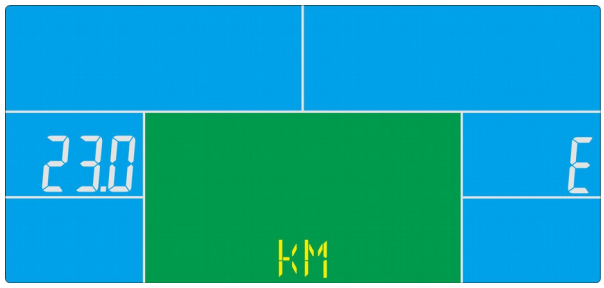
POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

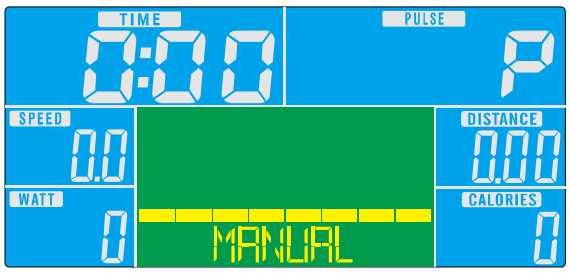




WORKOUT SELECTION

Press UP and Down to select workout Manual → Beginner → Advance → Sporty → Cardio → Watt

Manual Mode

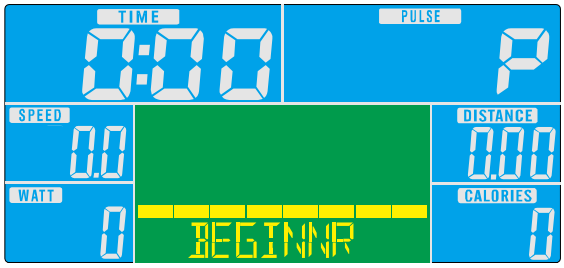


Press START in main menu may start workout in manual mode.

1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout. Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

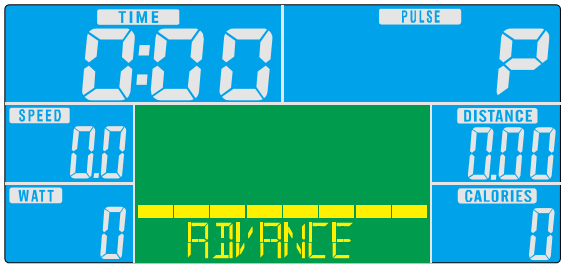
Beginner Mode

1. Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout.
   Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout.
   Press RESET to reverse to main menu.



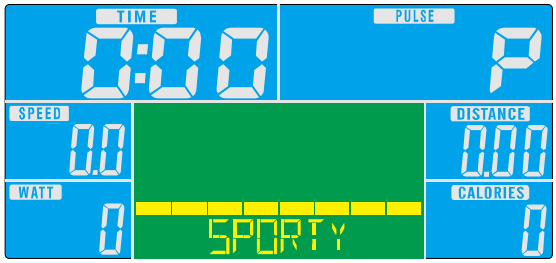
Advance Mode

1. Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout.
   Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout.
   Press RESET to reverse to main menu.

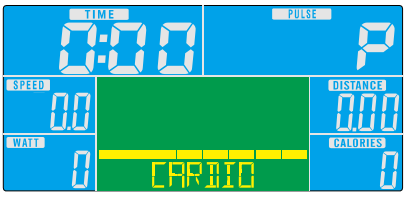


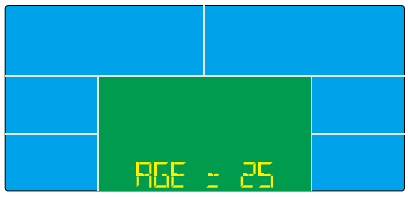
Sporty Mode

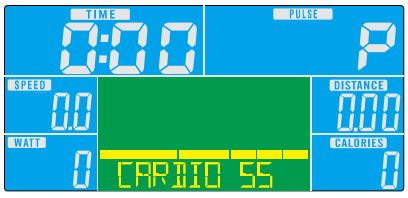
1. Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout.
   Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout.
   Press RESET to reverse to main menu.



Cardio Mode



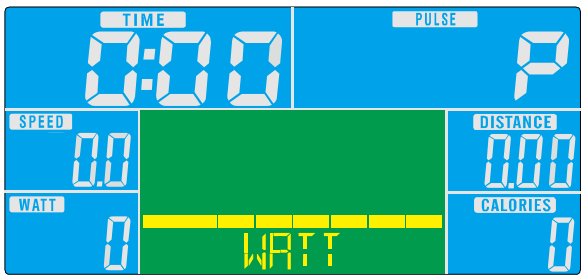


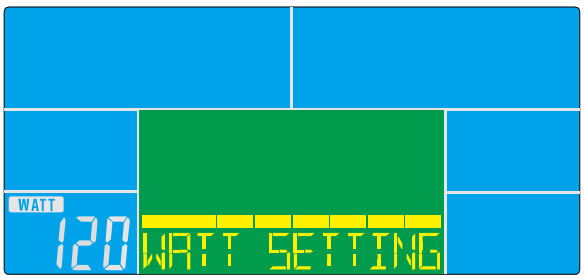


1. Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.

4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

Watt Mode



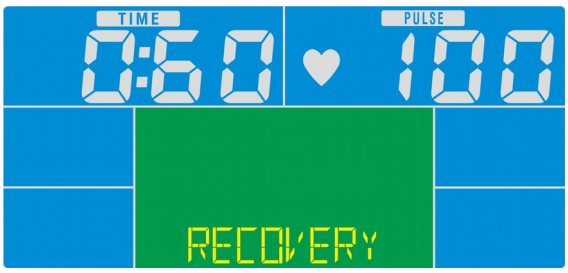


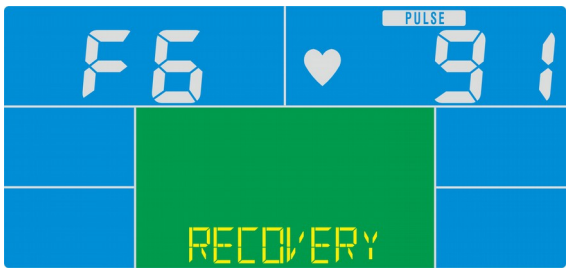
1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout. Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

RECOVERY

1. After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00.
2. Screen will display your heart rate recovery status with the F1, F2….to F6. F1 is the best, F6

F6 is the worst. User may keep exercising to improve the heart rate recovery status.
(Press the RECOVERY button again to return the main display.)





BODY FAT

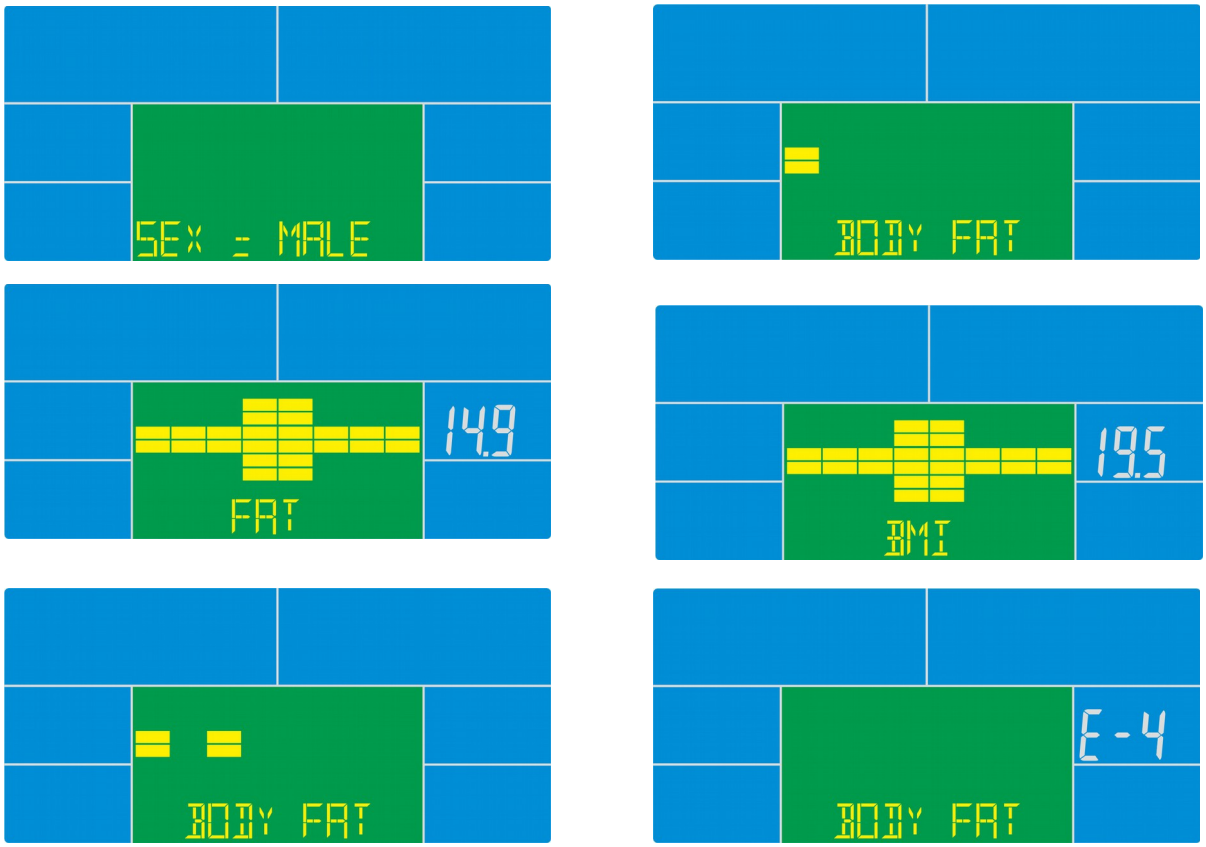
1. In STOP mode, press the BODY FAT button to start body fat measurement.
2. Console will remind to input user GENDER, AGE, HEIGHT, WEIGHT, then begin to measure.
3. During measuring, users have to hold both hands on the hand grips. And the LCD will display “= ” “= = ” for 8 seconds until computer finish measuring.
4. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 22), BMI for 30 seconds.

5. Error message:

*The LCD displays “= = ” “ = =”–means not hand the grip or wear chest strap correctly.

*E-1–There is no heart rate signal input detected.

*E-4–Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.



Reminder:

1. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
2. When console act abnormal, please plug out the adaptor and plug in again.
3. If actual Heart Rate is over 230 or under 30, console will display “P” in 4seconds and not show Heart Rate symbol.

iConsole+ APP

Turn on Bluetooth on phone / tablet, search for console device and press connect.

Turn on iconsole+ app on phone / tablet, and press connect to start workout with phone / tablet.

(password: 0000)

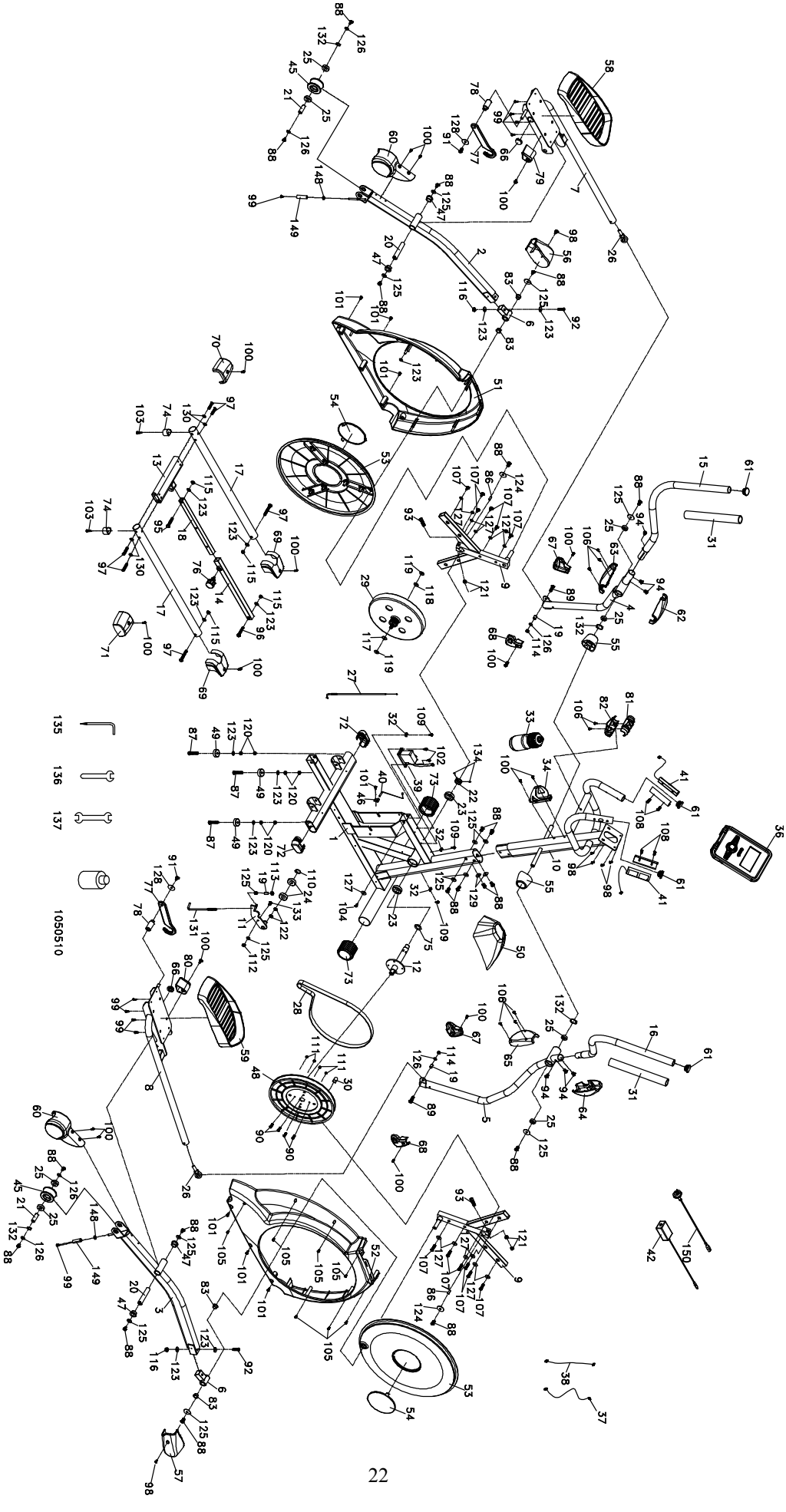
iConsole+ GET IT ON Google play

iConsole+ Download on the App Store

NOTE:

1. Once console is connect to phone/tablet via Bluetooth, the console will power off.

EXPLODED **VIEW DIAGRAM**



PARTS LIST

NO.	DESCRIPTION	O'TY
1	Main Frame	1
2	Pedal Arm (L)	1
3	Pedal Arm (R)	1
4	Lower Handle Bar (L)	1
5	Lower Handle Bar (R)	1
6	Bushing Housing, Pedal Arm	2
7	Connecting Arm (L)	1
8	Connecting Arm (R)	1
9	Cross Bar	2
10	Console Mast	1
11	Idler Wheel Assembly	1
12	Crank Axle	1
13	Rail Assembly	1
14	Outer Slide	1
15	Swing Arm (L)	1
16	Swing Arm (R)	1
17	Rail Tube	2
18	Inner Slide	1
19	Rod End Sleeve	3
20	Axle for Pedal	2
21	Axle for Slide Wheel	2
22	Axle Stopper	1
23	6005_Bearing	2
24	6203_Bearing	2
25	6003_Bearing	8
26	Rod End Bearing	2
27	Steel Cable	1
28	Drive Belt	1
29	Flywheel	1
30	Magnet	1
31	Handgrip Foam	2
32	Wire Tie Mount	3
33	Drink Bottle (Optional)	1
34	Drink Bottle Holder	1
36	Console assembly	1
37	1100m/m_Computer Cable	1
38	600m/m_DC Power Cord	1
39	Gear Motor	1
40	250m/m_Sensor W/Cable	1
41	850m/m_Handpulse W/Cable Assembly	2
42	Power Adaptor	1
45	Slide Wheel , Urethane	2
46	Sensor Rack	1
47	Ø31 × Ø25.5 × Ø19 × 16+3T_Bushing	4
48	Drive Pulley	1
49	Rubber Foot	3
50	Console Mast Cover	1
51	Side Case (L)	1
52	Side Case (R)	1

NO.	DESCRIPTION	O'TY
53	Round Disk	2
54	Round Disk Cover	2
55	Cover Swing Arm Axle	2
56	Pedal Arm Cover (L)	1
57	Pedal Arm Cover (R)	1
58	Pedal (L)	1
59	Pedal (R)	1
60	Slide Wheel Cover	2
61	Button Head Plug	4
62	Front Handle Bar Cover (L)	1
63	Rear Handle Bar Cover (L)	1
64	Front Handle Bar Cover (R)	1
65	Rear Handle Bar Cover (R)	1
66	Round Cap	2
67	Connecting Arm Cover (L)	2
68	Connecting Arm Cover (R)	2
69	Middle Stabilizer Cover	2
70	Rear Stabilizer Cover (L)	1
71	Rear Stabilizer Cover (R)	1
72	Oval End Cap	2
73	Transportation Wheel	2
74	Rubber Foot	2
75	Spacer Bushing	1
76	Locking Knob	1
77	Hook	2
78	Hook Sleeve	2
79	Hook Fixing Block (L)	1
80	Hook Fixing Block (R)	1
81	Hook Hanging Cap (Top)	1
82	Hook Hanging Cap (Bottom)	1
83	WFM-1719-12_Bushing	4
86	25 × 7 × 7m/m_Woodruff Key	2
87	3/8" × 2"_Flat Head Socket Bolt	3
88	5/16" × 15m/m_Hex Head Bolt	20
89	5/16" × 32m/m_Hex Head Bolt	2
90	1/4" × 3/4"_Hex Head Bolt	4
91	M6 × 15m/m_Hex Head Bolt	2
92	3/8" × 2-1/4"_Socket Head Cap Bolt	2
93	M8 × 40m/m_Socket Head Cap Bolt	2
94	5/16" × 15m/m_Button Head Socket Bolt	6
95	3/8" × 1-1/2"_Button Head Socket Bolt	1
96	3/8" × 2"_Button Head Socket Bolt	1
97	3/8" × 2-1/4"_Button Head Socket Bolt	6
98	M5 × 10m/m_Phillips Head Screw	6
99	M5 × 10m/m_Phillips Head Screw	10
100	M5 × 15m/m_Phillips Head Screw	16
101	5 × 16m/m_Tapping Screw	7
102	5 × 19m/m_Tapping Screw	2

103	5 × 25m/m_Tapping Screw	2

NO.	DESCRIPTION	O'TY
104	4.8 × 38m/m_Sheet Metal Screw	1
105	3.5 × 16m/m_Sheet Metal Screw	7
106	Ø3.5 × 12m/m_Sheet Metal Screw	8
107	5 × 16m/m_Tapping Screw	12
108	Ø3 × 20m/m_Tapping Screw	4
109	3.5 × 16m/m_Tapping Screw	3
110	Ø17_C Ring	1
111	1/4" × 8T_Nyloc Nut	4
112	M8 × 7T_Nyloc Nut	1
113	M8 × 9T_Nyloc Nut	1
114	5/16" × 7T_Nyloc Nut	2
115	3/8" × 7T_Nyloc Nut	4
116	3/8" × 11T_Nyloc Nut	2
117	3/8" -UNF26 × 4T_Nut	1
118	3/8" -UNF26 × 6T_Nut	1
119	3/8" -UNF26 × 11T_Nut	2
120	3/8" × 7T_Nut	6
121	M8 × 6.3T_Nut	4
122	Ø17 × Ø23.5 × 1T_Flat Washer	2
123	3/8" × 19 × 1.5T_Flat Washer	12
124	5/16" × 35 × 1.5T_Flat Washer	2
125	5/16" × 23 × 1.5T_Flat Washer	14
126	5/16" × 20 × 1.5T_Flat Washer	6
127	1/4" × 19m/m_Flat Washer	13
128	Ø6.5 × Ø25 × 1.5T_Flat Washer	2
129	5/16" × 23 × 2T_Curved Washer	2
130	3/8" × 23 × 2T_Curved Washer	4
131	M8 × 170m/m_J Bolt	1
132	Ø17_Wave Washer	4
133	M8 × 20m/m_Carriage Bolt	1
134	M5 × 5m/m_Slotted Set Screw	2
135	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
136	12m/m_Wrench	1
137	13/14m/m_Wrench	1
148	E-Clip	2
149	Ø15 × Ø8.5 × 50L_Sleeve	2
150	Transformer Power Cord	1

Garlando

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