

**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



**CITY < COMPACT**



Cod : GRLDTOORXTCTYCPT

Rev : 00

Ed : 08/19



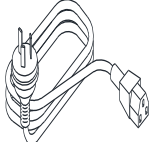




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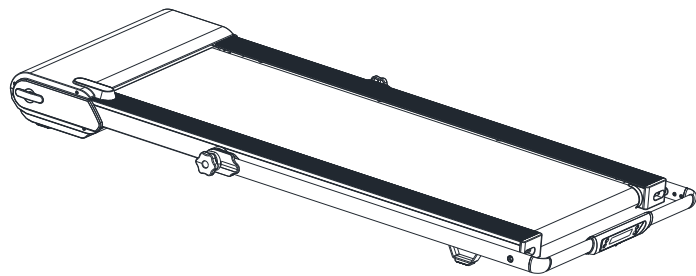
# ASSEMBLY INSTRUCTION

The followings are the parts pictures of a whole treadmill. When you open the carton, you will find the below spare parts.

## Installation steps:

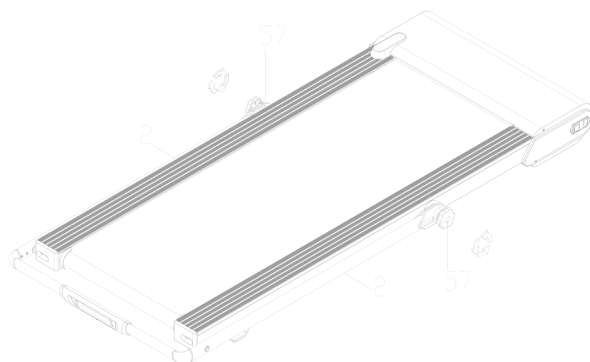
				
19. safety key 1PCS	39. Silicone oil	74. Power line	84. Handrail L	85. Handrail R

**First Step:** Take out the treadmill from carton.

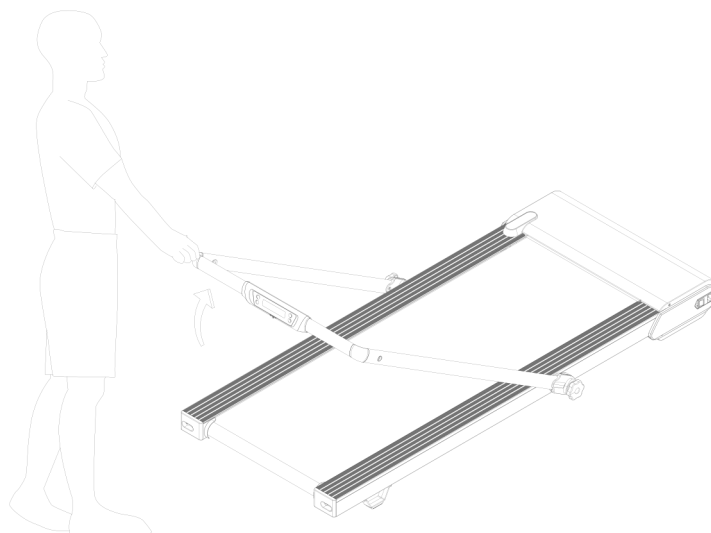


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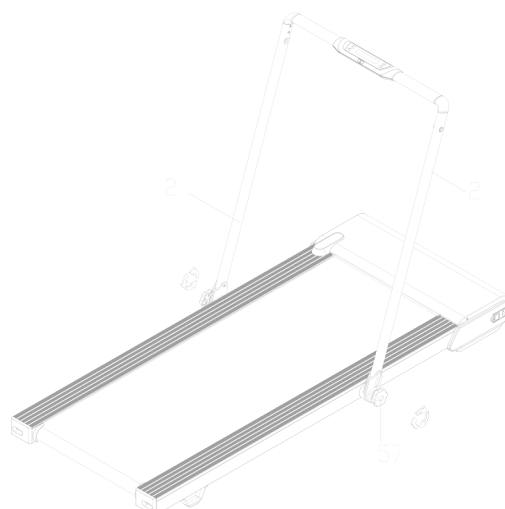
**Second step: Turn the knob 3-5 laps anticlockwise to loose it according to picture arrow direction.**



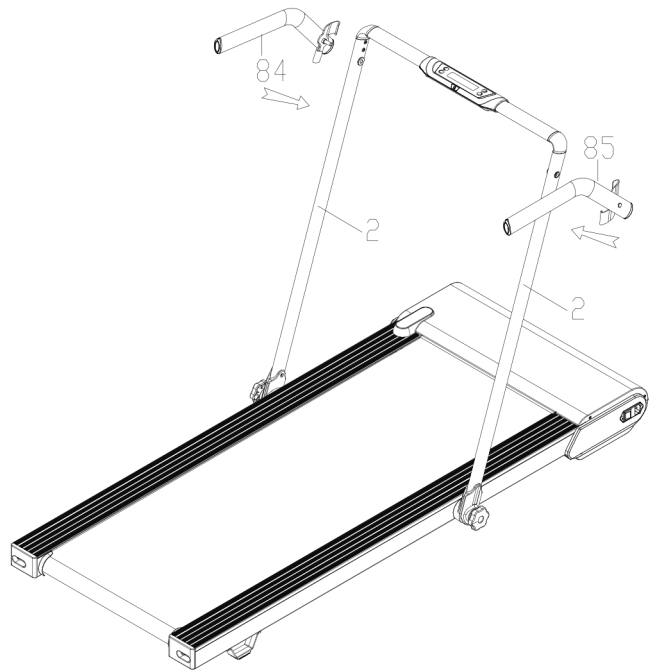
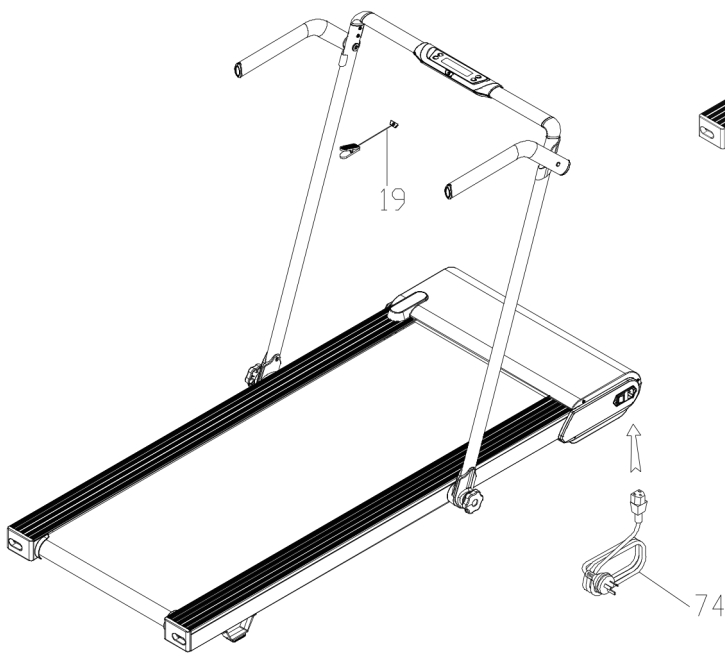
**Third step: Lift up the uprights according to the picture arrow direction.**



**Fourth step: Turn the knob 3-5 laps clockwise to fasten it according to picture arrow direction.**



**Fifth step:take out the 2 handrails to place them according to the picture arrow direction.**



**Sixth step:Put the safety key into the corresponding hole.**





<b>Assembly size(mm)</b>	<b>1520mm ( L ) *740mm ( W ) *1026mm ( H )</b>	<b>Speed range</b>	<b>1—12km/h</b>
<b>Folded standing size(mm)</b>	<b>1605mm ( L ) *740mm ( W ) *138mm ( H )</b>	<b>Motor Spec(HP)</b>	<b>1.25HP</b>
<b>Running size(mm)</b>	<b>445mm*1245mm</b>	<b>Input Volt(V)</b>	<b>220-240V</b>
<b>N.W.(kg)</b>	<b>36kgs</b>	<b>Rating</b>	<b>930W</b>
<b>Max user weight</b>	<b>100kgs</b>	<b>Operating Temperature</b>	<b>0-28°C</b>
<b>Blue Single display</b>	<b>Speed, Time, Distance, Calories, Pulse</b>		

# OPERATION INSTRUCTION



## TOORX operation instruction




### One、display


- 1、 **Distance/step window** : when exercise switch between distance and steps, distance range is 0.1-999.9, when overflow,reset to 0 and count again; step range is 0-9999, when overflow,reset to 0 and count again.
- 2、 **Time** : when exercise display time in the form of positive sum, time range is 0:00-99:59, when overflow,reset to 0 and count again.
- 3、 **Calorie window** : when exercise display calorie in the form of positive sum, calorie range is 0.1~99.9, when overflow,reset to 0 and count again.
- 4、 **Speed window** : When in operation,display current speed value, speed display range is: 1.0-12KM/h, When it is over 12KM/h,count by 1KM/h.

### TWO、 Button and its function

- 1、 **Start/Stop** : at standby mode,press this button once,the treadmill starts to operate; when in operation state,press this button once,treadmill enters pause state, each window display the status before the pause,press this button again,treadmill starts to operate according to the speed before the pause, time、 distance、 calorie、 steps increase from the numbers before the pause.
- 2、 **Stop** : at operation sate,press this button once,treadmill stop operation.

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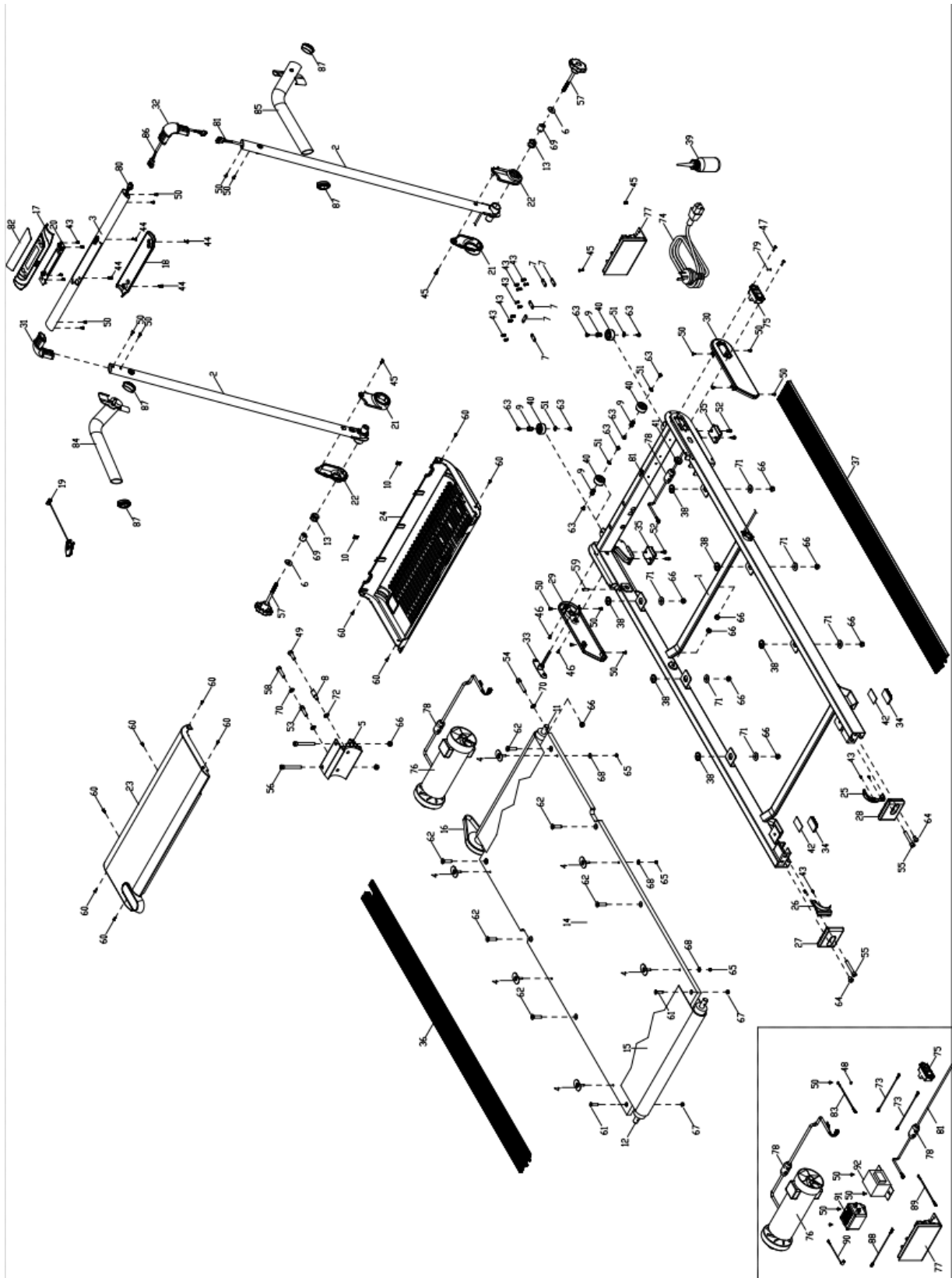
2、 **speed+** : when exercise,press this button,treadmill speed increase 0.1.

3、 **Speed-** : when exercise,press this button,treadmill speed decrease 0.1.

### Three、 operation

- 1、 Connect the power,at the same time,the meter makes a long sound,after 2 seconds,enters into standby mode , press start button starts the treadmill at the lowest speed,time,calorie,distance and steps start to count,can change speed through speed+ and speed-.
- 2、 At standby mode,long press speed-,buzzer makes a “Di” sound,can match code with the monitor of the same model number ,then,press any button can match code.After code matched,the other monitors of the same model number can not control this treadmill and operate.

# EXPLODED DRAWING



# PART LIST

NO	ITEM	DESCRIPTION	Q'TY		NO	ITEM	DESCRIPTION	Q'TY
1	Bracket		1		24	Motor lower cover		1
2	L/R upright		2		25	Rear cover decorative plate R		1
3	Meter horizontal tube		1		26	Rear cover decorative plate L		1
4	Edging buckle	T1.5*40*24.5	6		27	Rear cover L		1
5	Motor seat		1		28	Rear cover R		1
6	valve plate		2		29	Edging decorative topple L		1
7	Wire compression plate	T1.5*10*30L	5		30	Edging decorative topple R		1
8	Motor adjusting Screw		1		31	Upright elbow L		1
9	Supporting wheel axis		4		32	Upright elbow R		1
10	M4 Nut clipper		2		33	Wrench		1
11	Front roller		1		34	Bracket rear supporting pad		2
12	Rear roller		1		35	Bracket front supporting pad		2
13	Compression spring		2		36	Edging L		1
14	Running board		1		37	Edging R		1
15	Running belt		1		38	Running board shock pad		6
16	Multi-groove belt		1		39	Silicone oil		1
17	Meter upper cover		1		40	Supporting wheel		4
18	Meter lower cover		1		41	Oval wire plug		1
19	Safety key		1		42	Rear supporting foot pad twin adhesive		2
20	board lamp holder/meter PC keyboard		1		43	Screw	ST3*8 10.9 grade	18
21	Upright inner decorative cover		2		44	Screw	BT4*10 10.9 grade	4
22	Upright outer decorative cover		2		45	Screw	BT4*15 10.9 grade	4
23	Motor upper cover		1		46	Screw	M4*10 10.9 grade	2



NO	ITEM	DESCRIPTION	Q'TY		NO	ITEM	DESCRIPTION	Q'TY
47	Screw	M4*15 10.9 grade	2		68	Washer	φ 5* φ 10*t1.0	6
48	Spring washer	φ 4.1* φ 4.4*t1.0	1		69	Sleeve		2
49	Screw	M8*25 10.9 grade	1		70	Washer	φ 9* φ 16*t1.6	2
50	Screw	M4*8 10.9 grade	21		71	Washer	φ 9* φ 23*t1.6	6
51	C shape Snap Rings	φ 10	4		72	Spring washer	φ 8.1* φ 12.3*t2.1	2
52	Screw	M5*10 10.9 grade	4		73	Single wire	200mm	2
53	Screw	M8*12 10.9 grade	1		74	Power wire		1
54	Screw	M8*50 12.9 grade	1		75	Power switch with overload protector	250V/15A red 6mm	1
55	Screw	M8*55 12.9 grade	2		76	DC Motor		1
56	Screw	M8*70 10.9 grade	2		77	Controller		1
57	Knob		2		78	Magnetic ring	Model No. :CPF0816-F3PBJ	2
58	Screw	M8*40 10.9 grade	1		79	Fuse		1
59	Screw	M6*15 10.9 grade	1		80	Upper wire		1
60	Screw	M4*12 10.9 grade	10		81	Lower wire		1
61	Screw	M6*28 10.9 grade	2		82	Panel		1
62	Screw	M8*35 10.9 grade	6		83	Single grounding wire		1
63	Screw	M5*8 10.9 grade	8		84	Handrail L		1
64	Screw	M8*12 10.9 grade	2		85	Handrail R		1
65	Nut	M5	6		86	Middle wire		1
66	Nut	M8	11		87	Oval tube topple		4
67	Nut	M6 (nylon)	2		88	Single wire	150mm	1

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NO	ITEM	DESCRIPTION	Q'TY		NO	ITEM	DESCRIPTION	Q'TY
89	Single grounding wire	250mm	1		91	Filter	6A	1
90	Single grounding wire	150mm	1		92	electric reactor	6A	1



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