TOORX
PROFESSIONAL LINE

INSTRUCTION

TRX
FORCE CROSS

CE

2、 Packing list

No.	Name	Qty
1	Instructions	1
2	screen	1
3	handle	1
4	Left Column	1
5	right Column	1
6	Running flat	1
7	Transport pipe	2

4、Usage of treadmill

START: When users stand in the accelerating area, the treadmill starts.

Accelerate: When users continuously step on the accelerating part, the treadmill will speed up gradually. The more forward you stand, the more obviously it speeds up.

Decelerate: When users continuously step on the decelerating part, the treadmill will speed down gradually. The more backward you stand, the more obviously it speeds down.

Stop: When the need to stop in motion, the user gradually moved to the end of the running belt, the treadmill will slowly stop.

Adjust the resistance size(ONLY one for Resistance Version) :

           Adjust the resistance around the plastic handle on the right hand side.

5、Remove the pack

(1) Remove the packing belt,open the cap,remove the supporting on the running flat.take out the video,handle and attachment.

(2) Remove the frame and the supporting all around,cut the belt.

(3) Move the running flat from the bottom of the packing box(need two or more people).set it on the position of installing, then take out the paper boxes of the left and right column, then remove the packing.

6、Assemble the whole machine

(1)　Take the left and right column,drag the cable of the handle through the column.install the column on the position of the handle.

(2)　Install the columns on the left and right of the running flat.align the hole of the position controlling on the columns and the screw on the running flat, then put them together.please notice the cable during installing and ensure the cable is not cut.

(3)　Connect the cable of the running flat with the cable of the columns, put the cable into columns, and then tighten the screw.

(4)　Connect the cable of the screen with the handle cable, install the screen, and then fix it with the screw at the same time.

7、Movement of the whole machine

Lift the handle to a suitable position (get the outer covering away from the ground to avoid damage), and push the treadmill to the proper position(At least two people are needed to do that in case of danger).

8、Checking

(1) Please make sure all the screws are tightened to keep your safety and comfort,

(2) Have a trial run before using to check if it's normal to operate.

(3) Check the loading limit,and complete the installation.

1. **Display Function:**

A. SPEED：0.0~99.9 KM / ML。

B. TIME：1:00:00~1:59:59, can count up and count down.

C. DISTANCE：0.00~999.9 K / M，can count up and count down.

D. CALORIES：0~999，can count up and count down.

E. WATT：0~1999。

F. PULSE：P~30~230。

G. INTERVAL: intermittent resting exercise mode.

H. TARGET HR：target HR control mode.

I. KM/M: metric/inch

2. Button Function：

(1). START KEY：

A. Press this key to stop when in training.

B.Press this key to work again in STOP mode.

(2). STOP KEY：

A.Press this key to stop when in training.

B.Hold on this key for 3s at any time will total reset.

(3). UP KEY：

A. Press this key can set TIME, DISTANCE, CAL and AGE.

B. Press this key more than 1s for fast increase setting(8 increment/second).

(4). DOWN KEY：

A. Press this key can set TIME, DISTANCE, CAL and AGE.

B. Press this key more than 1s for fast decrement setting(8 decrement/second).

(5). ENTER KEY：

This key is the select button for all function.

(6). INTERVAL 20-10 KEY：

Press this key, enter into this mode directly.

(7). INTERVAL 10-20 KEY：

Press this key, enter into this mode directly.

(8). INTERVAL CUSTOM KEY：

Press this key, enter into this mode directly.

(9). TARGET TIME KEY：

Press this key, enter into this mode directly.

(10). TARGET DISTANCE KEY：
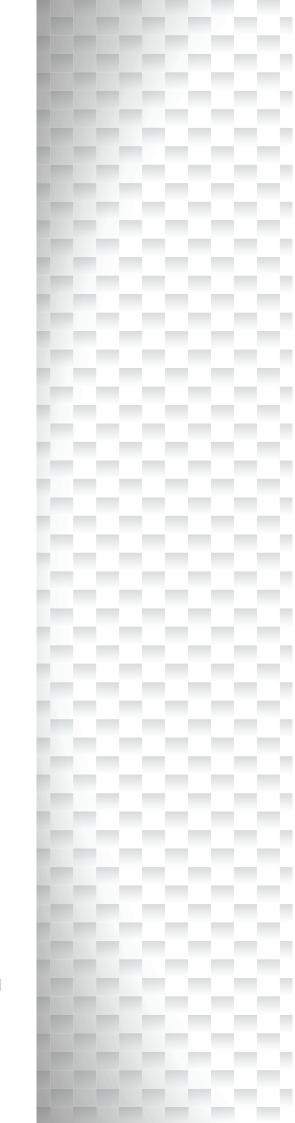
Press this key, enter into this mode directly.

(11). TARGET CALORIES KEY：

Press this key, enter into this mode directly.

(12).TARGET HR KEY：

Press this key, enter into this mode directly.

(13). Press ENTER+START key together can switch ML and KM.

(14). Press ENTER+DOWN key together can power off quickly.

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