TOORX
PROFESSIONAL LINE

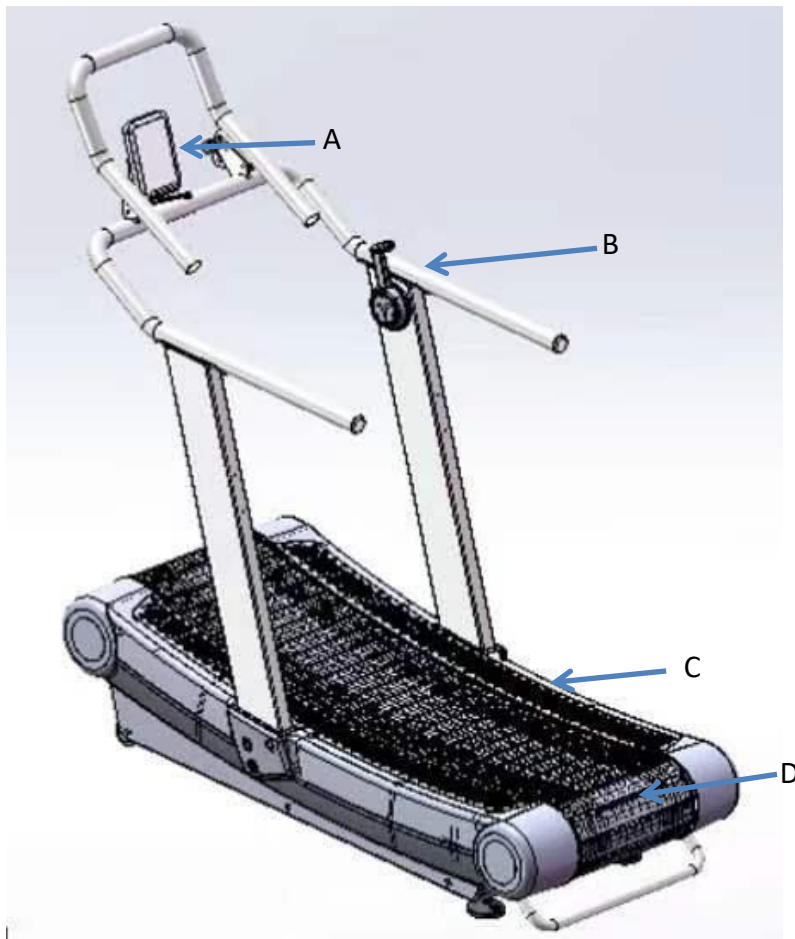# INSTRUCTION

RACE CROSS PRO

CE

Product Description

Display(A):Display ongoing exercise ,Model is equipped with display.

Running Belt (B): Surface is polyurethane,which can ease the impact on the joints.

Lateral Handle(C):When standing on treadmill or losing balance ,you can hold it to stand firm;when quick walking or running ,you can keep balance by it .

Side upper boards (D):When the user is in danger or feel tired,he can put his feet on the boards for a short pause,in addition,it can be used as a tool for single foot exercise.

Installation Instructions

A、Take down side boards (2)、side shells(1) (Figure 1)

B、First fix the left column with six angle cylinder head screw 4 (M12*45), gasket 6 (Φ 12), spring mat 5 (Φ 12),then connect the left side data line of the column with the data line of the main frame. (Figure 2)

C、First fix the right column with the inner six angle cylinder head screw 4 (M12*45), the washer 6 (Φ12), the spring mat 5 (Φ12), and then connect the line C of the right side of the column bypass the disk (03)to the magneto resistance axis D. (figure 2, figure 3)

D、Use half round head six angle bolt 9 (M10*20), flat washer 7 (Φ10), spring washer 8 (Φ10) to fix armrest pair. (Figure 4)

E、Use internal six angle flat round head screw 10 (M10*20), the washer 11 (Φ10) to fix the display screen. (Figure 5)

F、Re-installing foot pedal (01), side shell (02). (Figure 1)
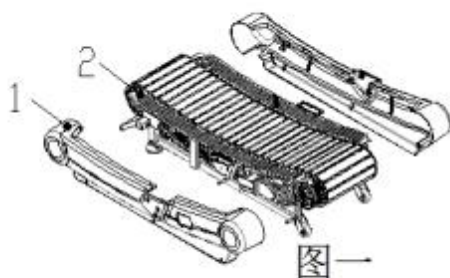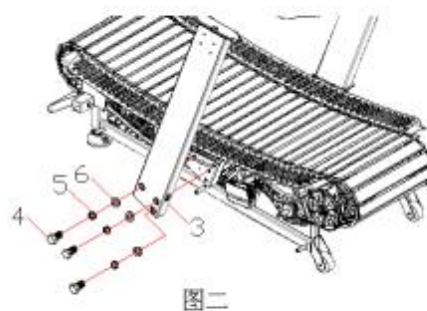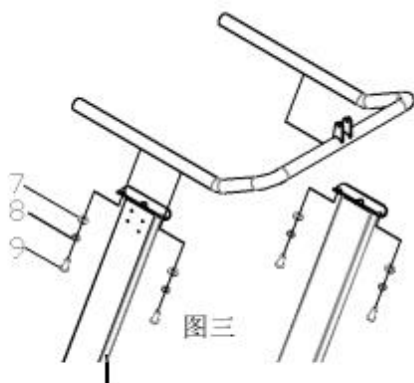
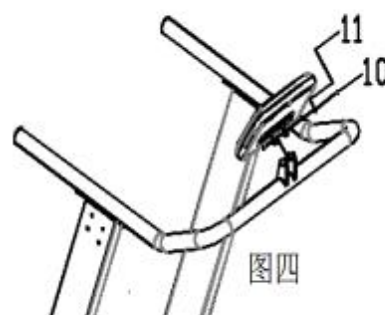Above is a schematic diagram

Figure 1

Figure 2

Figure 3

Figure4

Instructions for use

Hold the side handle,then step on the running belt from the back.View front ,then put the feet on both sides of the upper boards.

Standing firm on the running belt and then begin to exercise.

At the beginning of exercise, hold the handle to keep safety.After adaption ,release your hand from the handle which can improve the sense of balance and maintain the correct posture.

At beginning ,walking fast with the speed of 6-7 km /h.Then increase the speed gradually while maintaining a certain stability and security.

Because the running surface is slightly curved, the more toward the central handle ; the speed more faster. more backward, the speed more slower

If the user feels that the running belt is suddenly subsided, grasp both sides of the handle, hold yourself and put your feet on the side upper boards,
Finally boarded down

When finishing exercise, you can grasp the handle on both sides, hard to hold yourself and put your feet on the side upper boards, and finally boarded.

When Exercise,please adjust the braking level gradually.

Running belt is not driven by motor, can run freely.When boarding on or down the equipment, you need to hold the side handle.

According to different exercise and braking strength, the uses of side and central handles are different, the device can provide a variety of exercise methods.

Display description

1. Key function

Select&Confirm/Erase (MODE/RESET)	1.Used for switch Windows TIME、DISTANCE、CALORISE、PULSE 2.This key has functions of the confirmation choice, and setting time confirmation. 3.Constant Press for 2 seconds to clean the input settings.
Settings (SET)	1.Press one time will be added one time, constant press is set as quick adding. 2.It can set(TIME)、(DISTANCE)、(CALORISE)、(PULSE)numerical values.
Recovery (Heart Rate)	It is used to test the athlete's recovery of heart rate after finishing exercise. Note: While the heart rate's digital is running, and the movement is stopped, you can use it.

2. Operating instructions

Turn On: After loading the battery, listen to a sound lasting 2 seconds,in the meantime the display all shows 2 seconds.
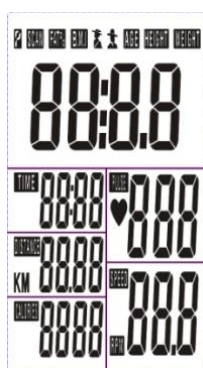
Turn Off:

An electronic watch enters into a sleep state after 4 minutes without any signal input.

Enter motion picture：

Boot into motion picture

1.Press Selection (MODE) key to choose (TIME)、(DISTANCE)、(CALORISE)、(PULSE),Press the (SET) key to set the value,Confirm by pressing the Confirmation (MODE)key.

2.Inputting signal, time (TIME), distance (DST), and calories (CAL) to start counting.

Note:

When the display fades,Please replace the battery.

If there is no input signal, please check whether the wire is connected or not.

Technical data

Power Supply(Optional Adapter)	-
N.Weight	145KG
Max User Weight	180KG
Noise Degree	Below 80dB (A)
Protection Level	IP 20
Running Temperature	From +5°C to +40°C
Electrical insulation level	II Level
Product Dimension（L*W*H）	1800*820*1700mm
Package Dimension（L*W*H）	1850*900*570mm

Movement and adjustment of equipment

The equipment is equipped with two fixed front wheels.If need to move the equipment, just lift it slightly and move forward or backward.

As the equipment is heavy, you had better to find a few people to move together.

If the floor condition isnot suitable to use wheel to move, lifting and transporting equipment will be needed .

⚠️ Warning

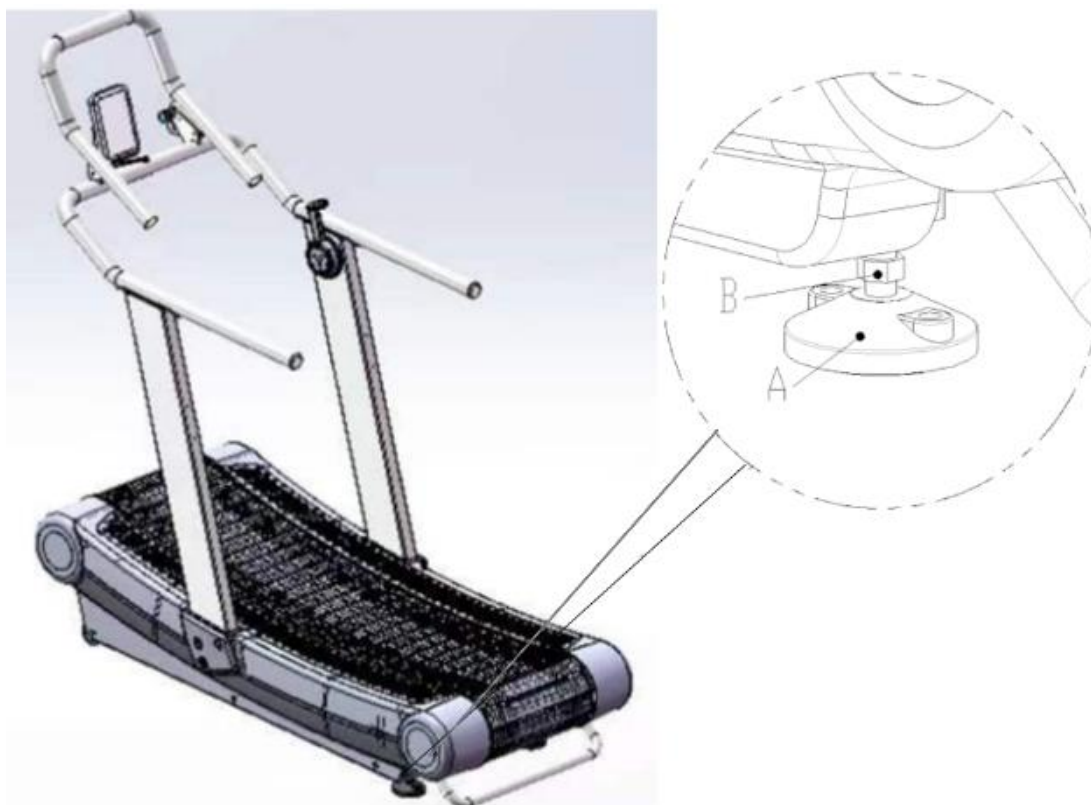You must be very careful when you move, otherwise it will damage the stability of the equipment.
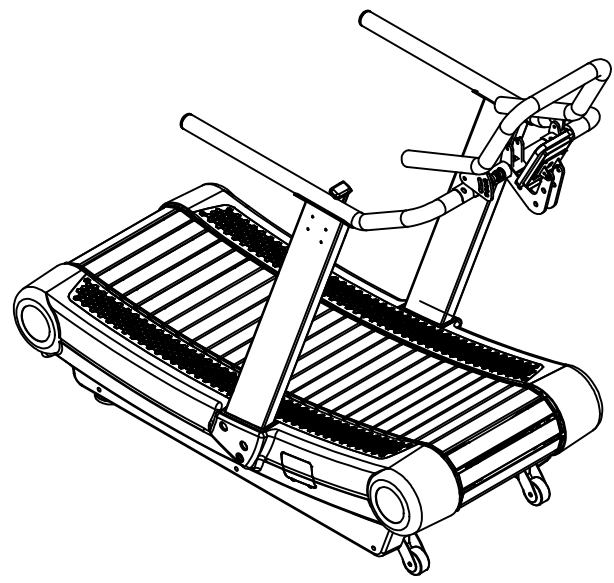
Equipment can only be run on flat floor.

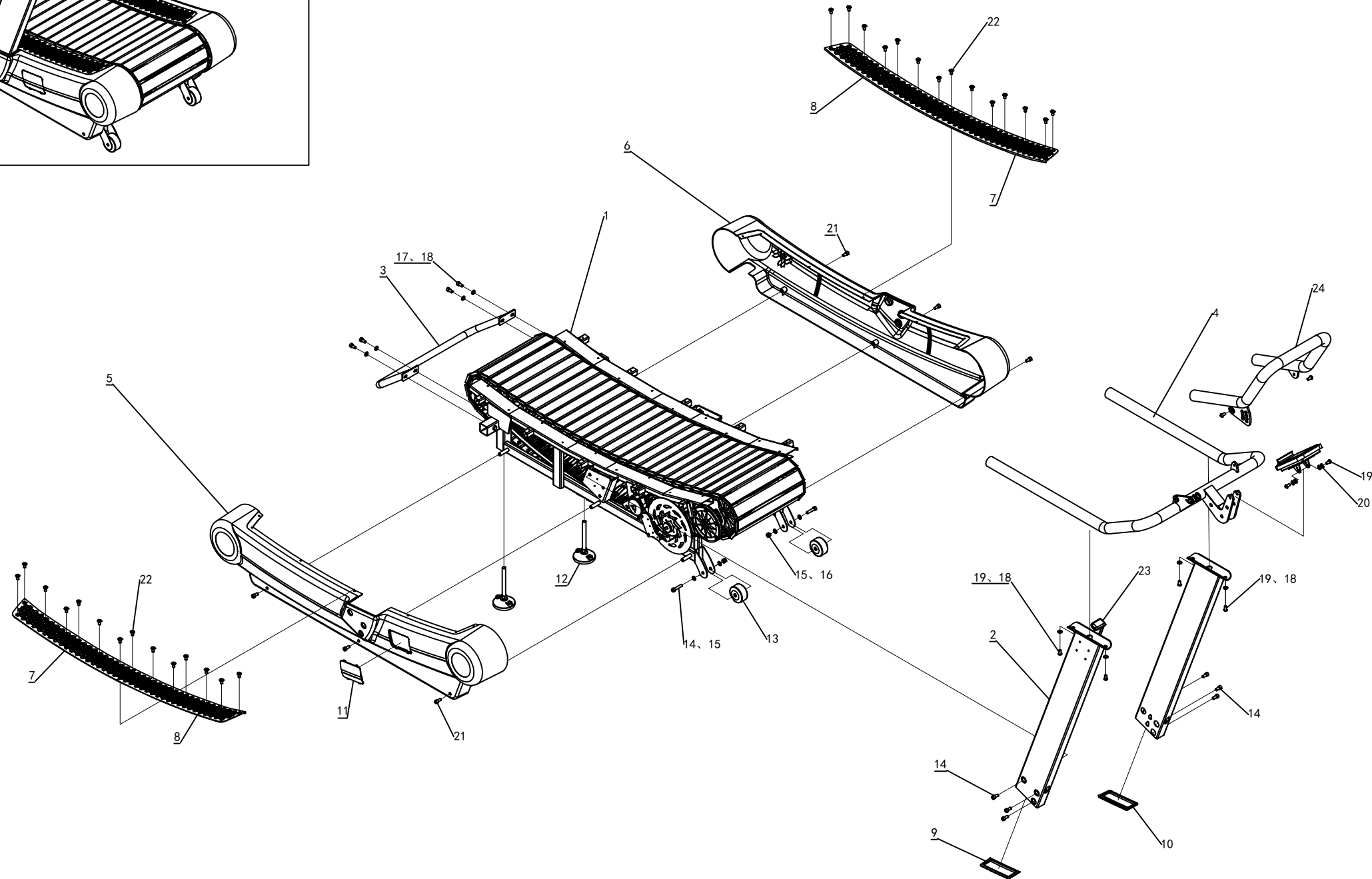You have to adjust the equipment foundation horizontal,as shown:

A, unscrew the nut (B);

B, screwing or unscrewing the universal foundation (A) till the equipment is stable and firm.

C, after adjustment, tighten the nut (B).

Curve treadmill exploded view

NO	Item	Spec	Qty
1	Frame set		1
2	Mast set	0200	1 for each side
3	Rear pull set	0300	1
4	Handle set	0500	1
5	Left cover		1
6	Right cover		1
7	Left stepper		2
8	Right stepper		2
9	Left cap		1
10	Right cap		1
11	Cover		1
12	Universal anchor		2
13	Transportation wheel		2
14	Hexagon Socket Round Head Bolt	M12*65	2
15	Washer	12.00	4
16	Locknut	M12	2
17	Hexagon Socket Round Head Bolt	M10*20	4
18	Washer	10.00	8
19	Hexagon Socket Half-round Head Bolt	M10*20	6
20	Disc spring	10.00	4
21	Hexagon Socket Half-round Head Bolt	M6*20	6
22	Hexagon Socket Flat Countersunk Head Bolt	M5*20	28
23	Brake cable		
24	Adjusting handler set		

Garlando