TOORX
PROFESSIONAL LINE

INSTRUCTION

RWX
AIRMAG 7000

Cod : GRLDTOORXRWXAM7
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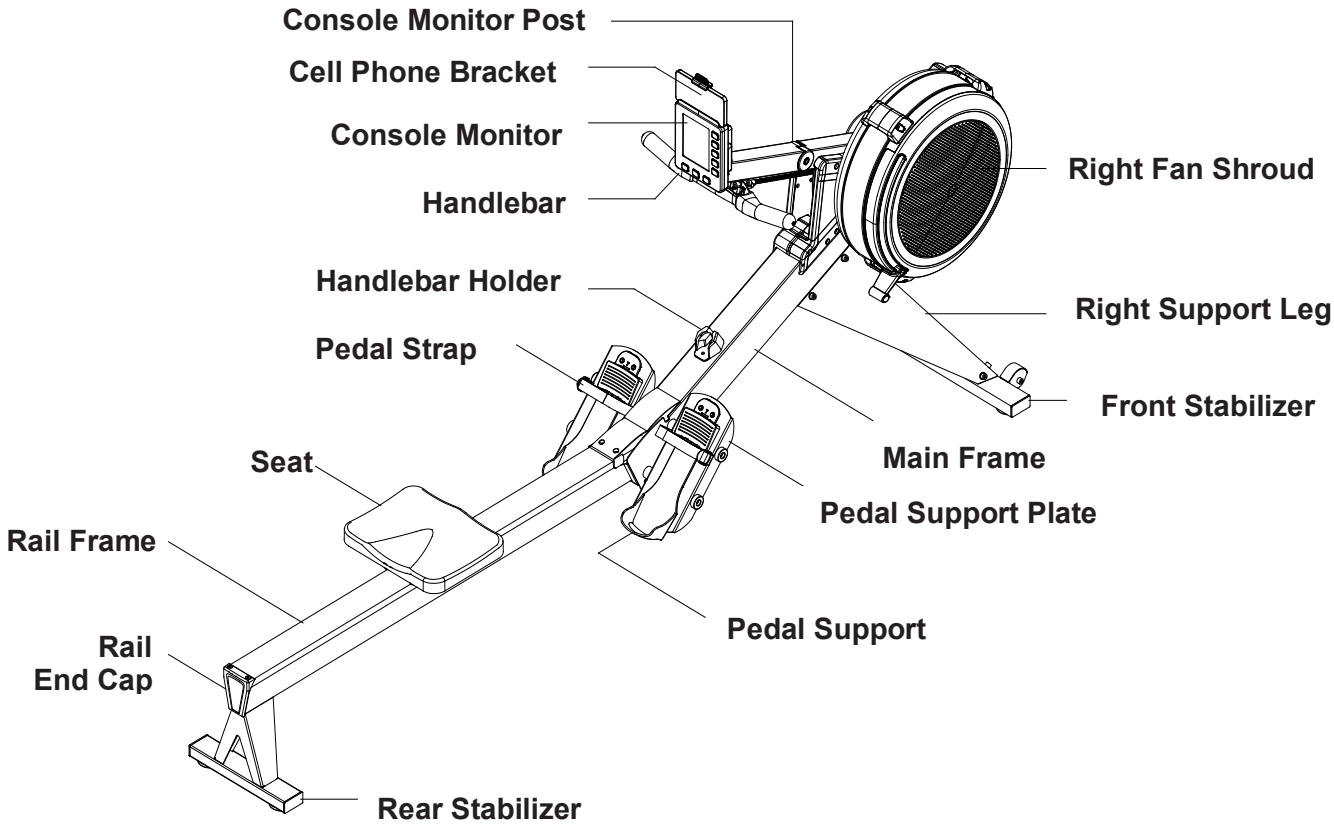
CE

BEFORE YOU BEGIN

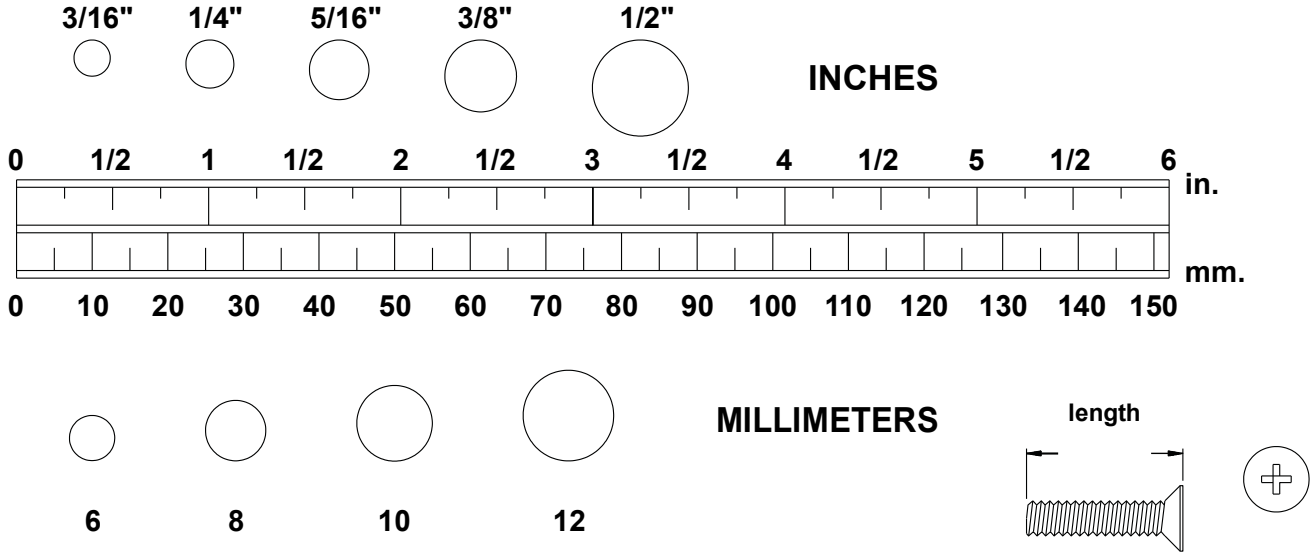
Thank you for choosing the **RWX AIR MAG 7000**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.
It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise.

The **RWX AIR MAG 7000** provides you a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **RWX AIR MAG 7000**.



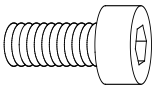
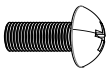
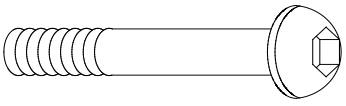
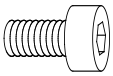
HARDWARE INDENTIFICATION CHART

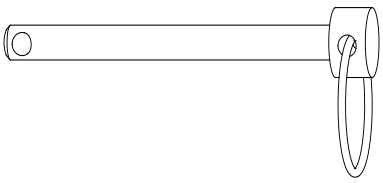
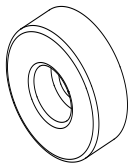
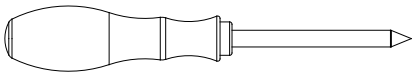
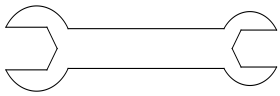
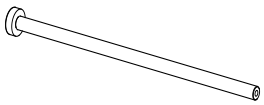
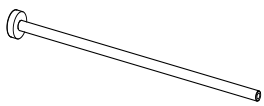
This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

Drawings	Parts No.	Description of Parts	QTY
	173	Socket Head Cap Screw, M8X20	2
	131	Phillips Pan Head Screw, M6x12mm	3
	78	Button Head Cap Screw, M8x75mm	1
	81	Socket Head Cap Screw, M8x12mm	8

	**79**	**Flat Washer, M8**	**9**
	**98**	**Pull Pin**	**1**
	**178**	**Foot Pedal End Cap**	**2**
	**80**	**Nylon Lock Nut, M8**	**1**
	**102**	**Screwdriver**	**1**
	**103**	**Allen Wrench, 6mm**	**2**
	**104**	**Wrench 13mm/15mm**	**1**
	**139**	**Pedal Shaft, 16mm**	**1**
	**140**	**Pedal Shaft, 12mm**	**1**

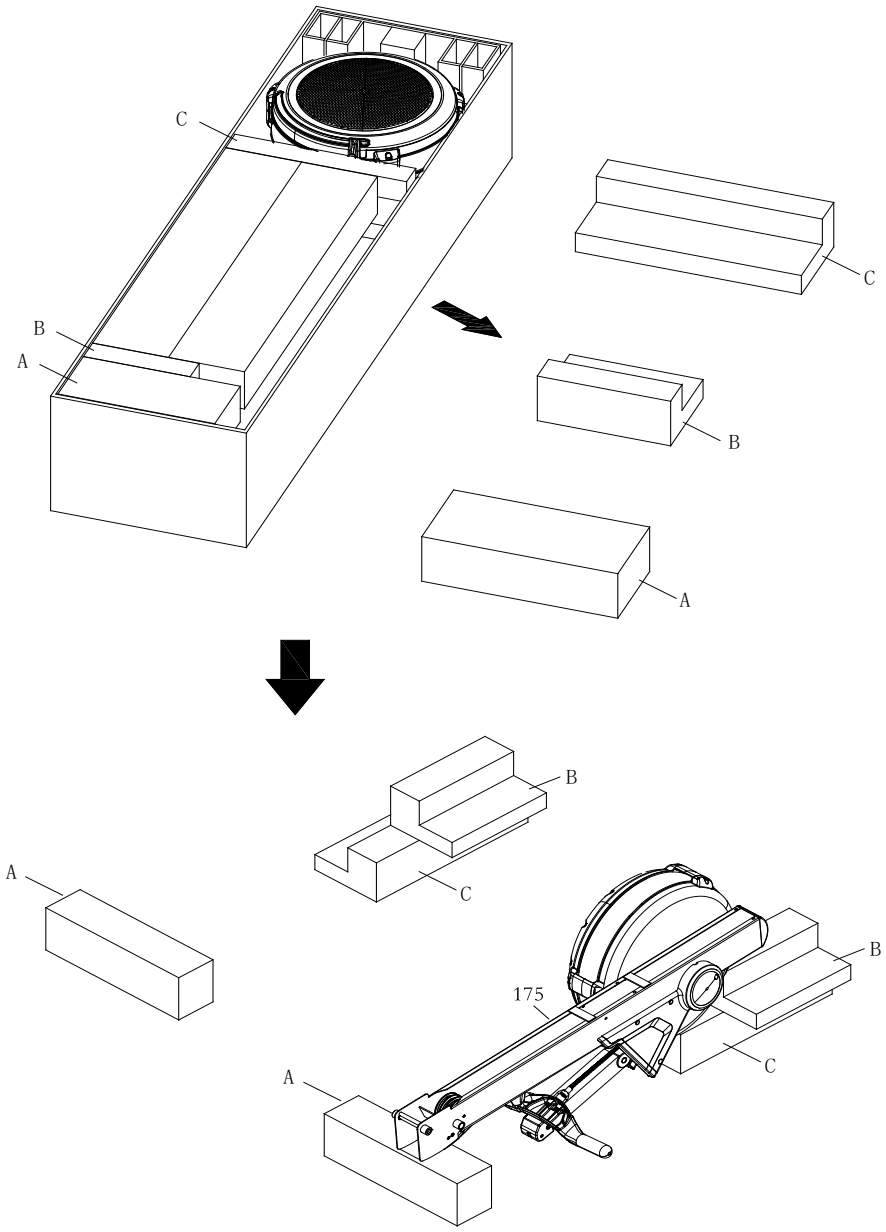
ASSEMBLY INSTRUCTIONS

STEP 1

First, take out all the packaging Cardboard (A, B, & C) and parts from the carton and place them in sequence according to the below illustration.

Place Cardboard (B) on top of Cardboard (C). Place rower upside down on these 3 Cardboards. Fan Shroud should be placed on Cardboard (B & C), and folding joint of rail should be placed Cardboard (A).

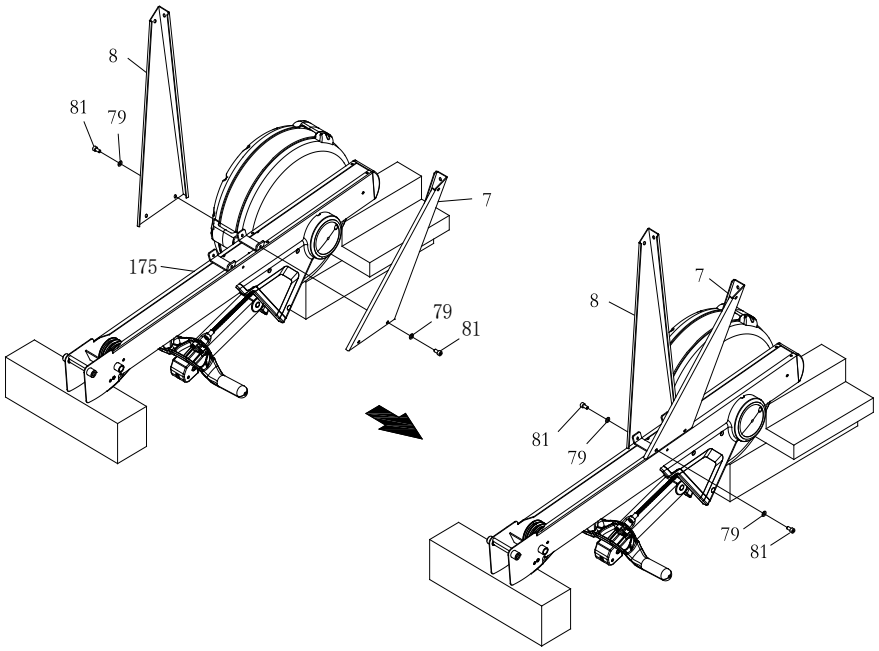
NOTE: Fan Shrouds will be easily damaged if the whole product is placed on the ground directly during the assembly.



ASSEMBLY INSTRUCTIONS

STEP 2

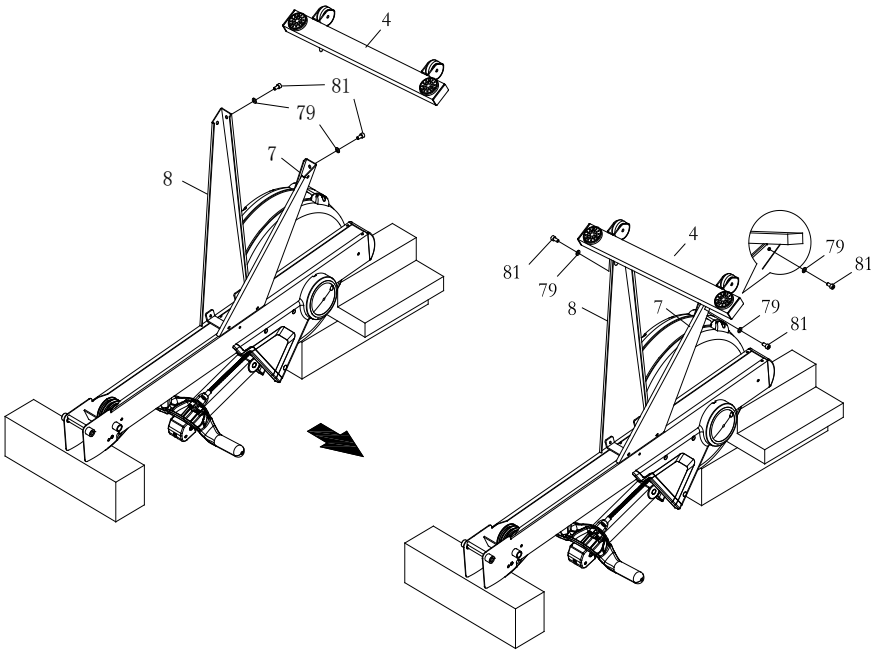
Attach **Left** and **Right Support Legs (7 & 8)** to the **Main Frame (175)** using: 4 PCs of **M8x12mm Socket Head Cap Screw (81)** and **M8 Flat Washer (79)**.



STEP 3

Attach the **Front Stabilizer (4)** to **Left** and **Right Support Legs (7& 8)** using: 4 PCs of **M8x12mm Socket Head Cap Screw (81)** and **M8 Flat Washer (79)**.

NOTE: Tighten all screws at end of these 2 steps.

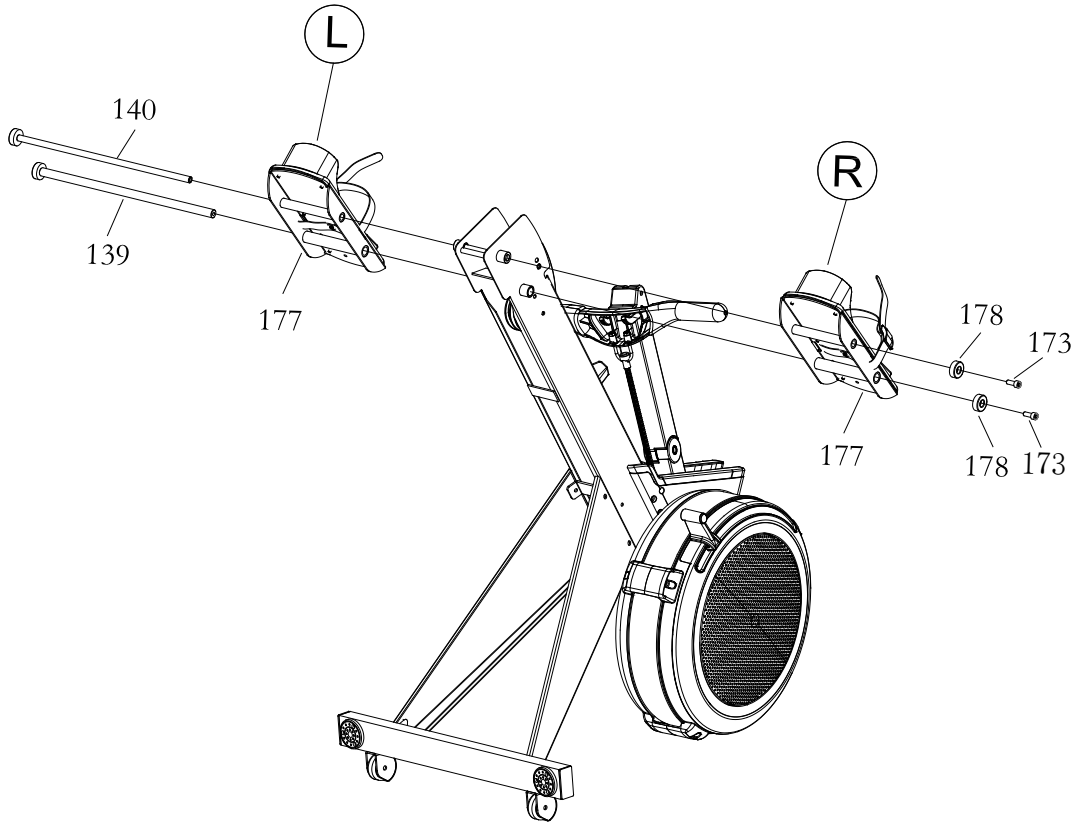


ASSEMBLY INSTRUCTIONS

STEP 4

Remove the semi-assembled rower away from **Cardboards** and stand it with transport wheels and fan shrouds. Insert **16mm Pedal Shaft (139)** and **12mm Pedal Shaft (140)** through **Pedal Support Plate (177)** first, and then continue to insert them into **Main Frame (175)**. Then attach another **Pedal Support Plate (177)** onto **16mm & 12mm Pedal Shafts (139 & 140)** using: 2 pcs of **Foot Pedal End Cap (178)** and 2 pcs of **M8x20mm Socket Head Cap Screw (173)**.

NOTE: Must fully tighten screws at end of this step.

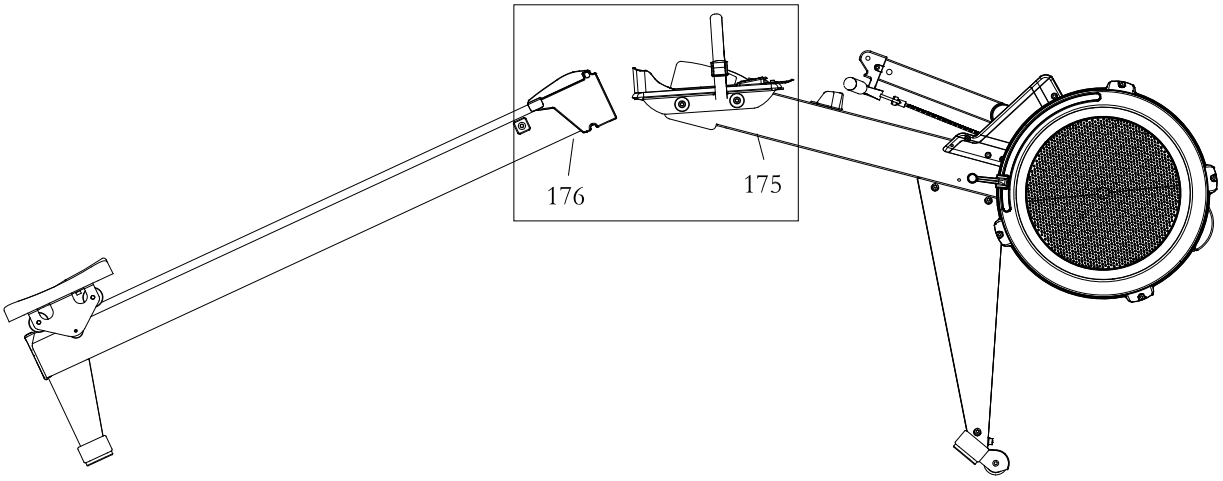


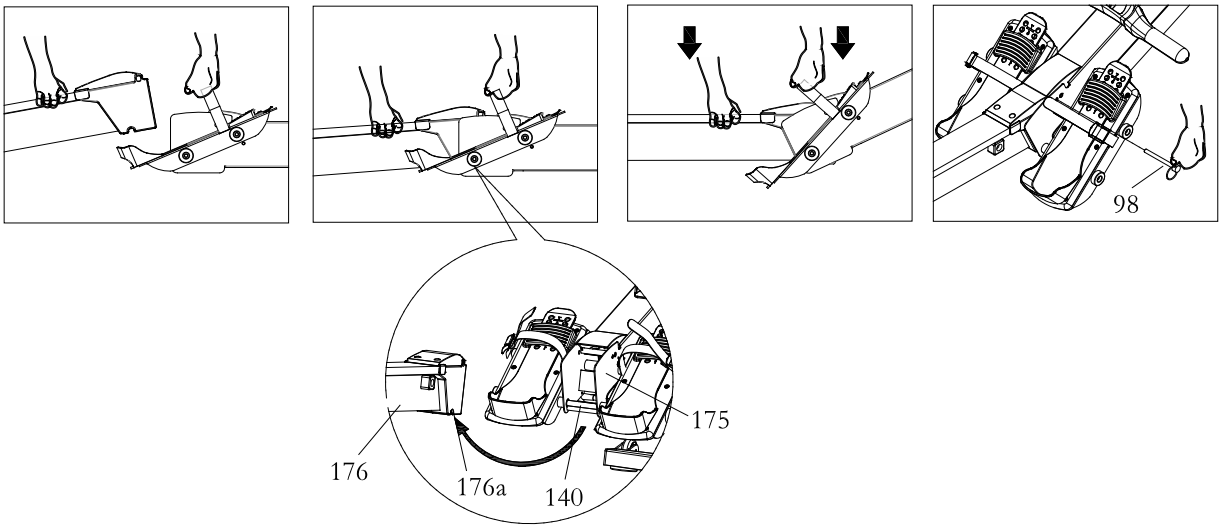
ASSEMBLY INSTRUCTIONS

STEP 5

Lift up the **Main Frame (175)** by holding the **Pedal Strap (47)** with one hand. Hold the **Rail Frame (176)** with another hand and then insert **Rail Frame (176)** into the **Main Frame (175)**. Fit the gap of the **Rail Frame (176a)** onto the **12mm Pedal Shaft (140)** of the **Main Frame (175)** as illustrated.

Then insert the **Pull Pin (98)** into the **Main Frame (175)** and **Rail Frame (176)** to make sure both sections are locked.



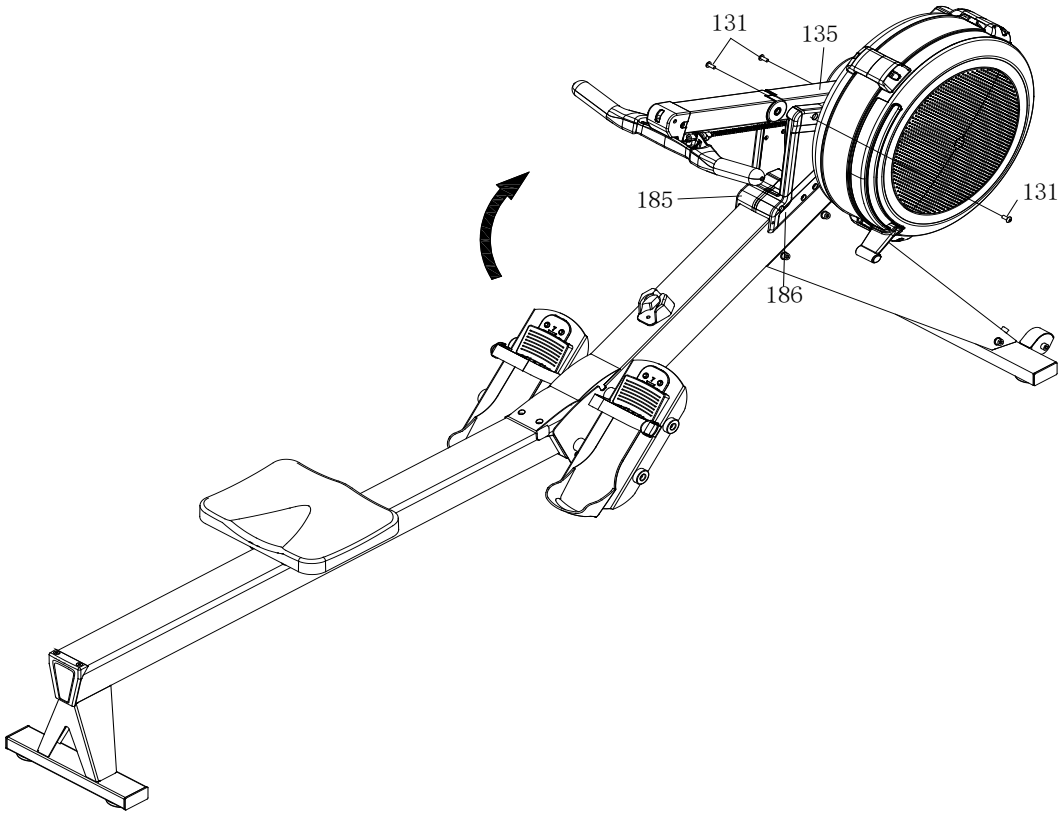


ASSEMBLY INSTRUCTIONS

STEP 6

Lift up the **Lower console Monitor Post (135)** and attach it onto **Left & Right Side Covers (185 & 186)** using 3 pcs of **M6x12mm Phillips Pan Head Screw (131)**.

NOTE: Must fully tighten screws at end of this step.

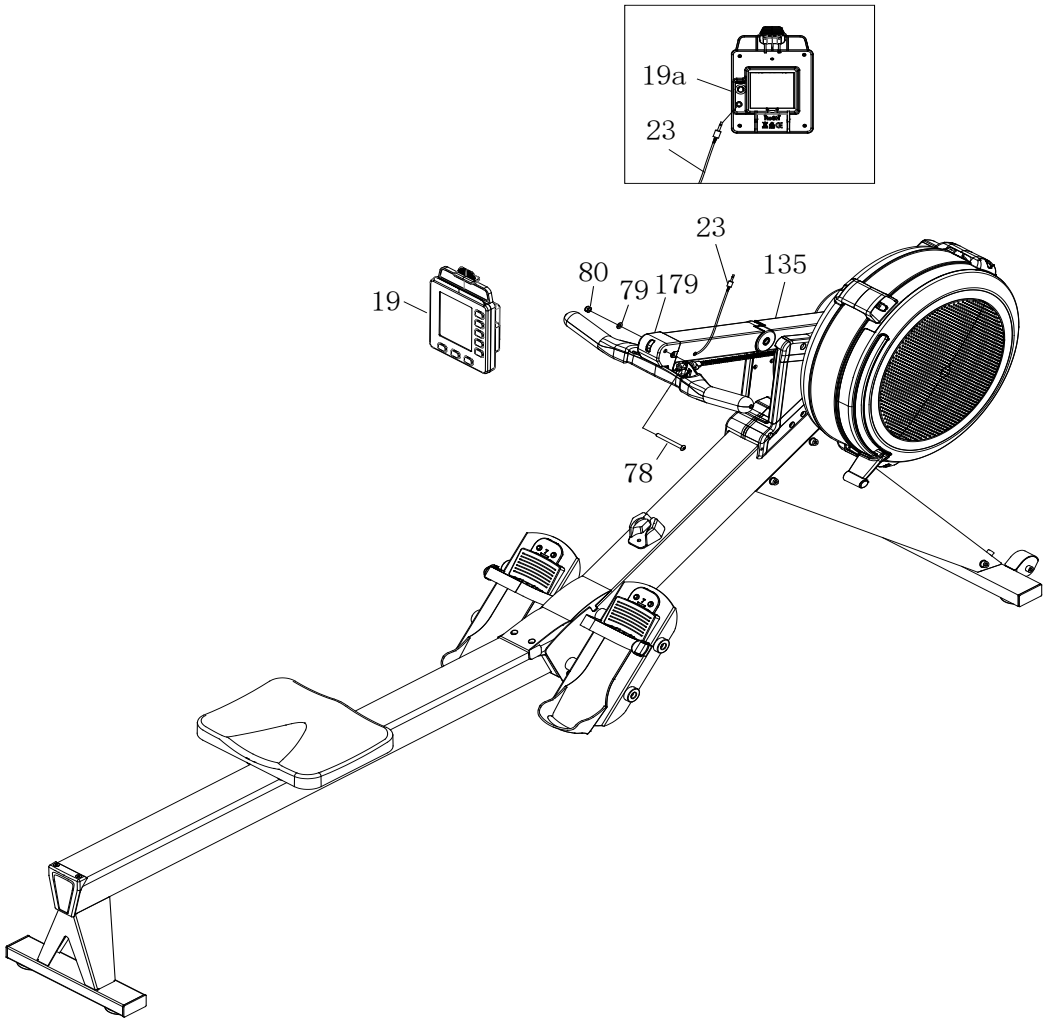


ASSEMBLY INSTRUCTIONS

STEP 7

Attach **Console Monitor (19)** to **Console Mounting Bracket (179)** using 1 pc of **M8x75mm Button Head Cap Screw (78)**, 1 pc of **M8 Flat Washer (79)**, and 1 pc of **M8 Nylon Lock Nut (80)**. Then insert **Sensor Cable (23)** into **Console Monitor (19a)**.

NOTE: Must fully tighten screws at end of this step.



COMPUTER INSTRUCTIONS

Your **RWX AIR MAG 7000** utilizes a dual system combing with air fan and magnet to create resistance for your workout. We recommend that you use this console monitor to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the console monitor can become an important source of motivation and interest which will help keeping you on track.

1. INITIAL SETUP

(1)POWER ON

- Move the handlebar to start exercising in Quick Start Program or press any button to go into IDEL mode.
- The first time turning on the console you will be asked to set the DATE and TIME. Use the arrow buttons to set the DATE. Keep pressing left button and you can also set the TIME. Only press ENTER button when you finish setting both DATE and TIME.

(2)POWER OFF

- In IDEL mode, automatically shuts off after 20 seconds of inactivity.
- When running an Interval Program, automatically shuts off after 2 minutes of inactivity.
- In all other programs, automatically shuts off after 30 seconds of inactivity.

(3)BATTERY INSTALLATION

- Console operates on 2 Size D batteries. The battery compartment is on the back of the console. Battery is included.
- When there's no batteries installed, console can still work in Quick Start Program.

2. FUNCTION BUTTONS

(1)PROGRM BUTTON

- In IDEL mode, press and release PROG button to cycle through each program option. Stop on the program of your choosing. You can preset target values for DISTANCE, TIME, and CALORIES, or select an Interval Program of DISTACNE, TIME, and CALORIES. At the end is Memory Mode.
- **NOTE: Default exercising mode is Quick Start Program**.

(2)DISPLAY BUTTON

- When in any workout mode, press DISPLAY button when you hear a BEEP sound it will switch to second set of display. Press again until you hear 2 BEEP sound, and it will scan between the 2 sets of display. It will cycle through as mentioned above.
- When viewing workout summary or in memory mode, press DISPLAY button to cycle around the 2 different sets of display.

(3)STOP BUTTON

- When selecting the programs, press the STOP button to act as back button. During setting value, this also acts as a back button to go back after you press ENTER button.
- During any workout modes, pressing STOP button one time and it will stop the workout. Calories and Watt will return to 0. Pressing STOP button for 2nd time to view your workout summary. Pressing STOP button for 3rd time and it will return back to IDLE mode.
- During program mode but not including Quick Start mode, you must press STOP button in order to save your workout int memory.
- Hold STOP button and everything well reset and return you to IDLE mode.

(4) ▲ UP BUTTON

- Press UP button to increase the preset values. Hold this button for making presetting values increase automatically, and release the button to stop the increase.
- In Memory mode, use to change between different workouts saved.

(5) ▼ DOWN BUTTON

- Press Down button to decrease the preset values. Hold this button for making presetting values decrease automatically, and release the button to stop the decrease.
- In Memory mode, use to change between different workouts saved.

(6)ENTER BUTTON

- When selecting the programs and presetting target values, press ENTER button to confirm or g into next value setting.

(7) ▶ RIGHT BUTTON

- Press Right button to move around digits for faster setting of desired value.
- In Memory and Summary modes, use it to view different splits.

(8) ◀ LEFT BUTTON

- Press Left button to move around digits for faster setting of desired value.
- In Memory and Summary modes, use it to view different splits.

3. CONSOLE DISPLAY

(1) TIME & D M Y (TIME & DATE)

- Display range: 0:00:00 ~ 17:59:59 (Hours:Minutes:Seconds).
- The workout time is accumulated when under any workout mode, except for Time Countdown Program.
- TIME value in Quick Start mode is maxed out at 02:34:59 and in all other modes is maxed out at 17:59:59. It's accumulated in cycle mode that numbers go back to 0:00:00 if reach the max time.
- When display D M Y, the above value is the DAY, MONTH, YEAR. This would only display in IDLE mode and during MEMORY mode.
- To rest TIME and DATE, enter IDLE mode and hold PROG and DISPLAY buttons at the same time.

(2) S/M (STROKE RATE)

- Display the current stroke per minute during exercise.
- Display range: 1 ~ 99.

(3) TIME/500M & AVE TIME/500M & REST TIME

- Display range: 00:00 ~ 99:59 (Minutes:Seconds).
- TIME/500M is the estimated time to reach 500 meters based on your current stroke rate.
- AVE TIME/500M is the average time needed to reach 500 meters accumulated throughout your entire workout.
- REST TIME is the rest time set in Interval Program.

(4) STROKES

- Display the total number of strokes during exercise.
- Display range: 0 ~ 9999.

(5) CYCLE & LEVEL

- Display range for CYCLE: 0 ~ 35 cycles.
- Display only in Interval Program. It's accumulated up to indicate which cycle of interval you are on.
- Display range for LEVEL: 1 ~ 16 levels.
- Display the current resistance level for the exercise. Level #1 to #10 has similar resistance force to Concept 2, and level #10 to #16 has higher resistance force.

(6) WATTS & AVE WATTS

- Display range: 0 ~ 999.
- Display current watt value during the exercise.
- AVE WATTS displays the total average watts throughout your entire workout.

(7) ♥ PULSE

- Display range for PULSE: 40 ~ 220 beats per minute during exercise.
- Must wear heart rate detection device such as chest belt that has connectivity with 5.3K Hz frequency.

(8) TOTAL METER & TOTAL METER/30MIN

- Display range: 0 ~ 99999 meters.
- It's accumulated in cycle mode that numbers go back to 0 if the distance exceeds the max value 99999 meters.
- TOTAL METER is accumulated when under any workout mode except for Distance Countdown Program.
- TOTAL METER/30MIN is the estimated distance for 30 minutes with your current stroke rate.

(9) CALORIES & CALORIES/HR

- Display range: 0 ~ 9999.
- It's accumulated in cycle mode that numbers go back to 0 if the calories exceeds the max value 9999 calories.
- The CALORIES/HR is the estimated calories burned in one hour with your current stroke rate.

(10) SPLIT TIME/500M & SPLIT CALORIES

- Display range for SPLIT TIME/500M: 00:00 ~ 99:59 (Hours:Minutes).
- Display the average TIME/500M on your current split.

(11) SPLIT (XX)

- Display range: 0 ~ 35.
- SPLIT shows up in workout Summary and Memory modes.
- When SPLIT displays 0, it means no split is done and is the total workout data.

(12) MEMORY

- Display range: 0 ~ 35.
- Display the training data of your previous workouts. It'll only be displayed in Memory mode.
- The newest training data will be saved in Memory 01. The second newest data will be saved in Memory 02..., and the oldest training data will be saved in Memory 35. The older data will be erased when the training sections exceed 35.
-

4. PROGRAMS

The Console Monitor has eight programs Quick Start, Distance Countdown, Time Countdown, Calories Countdown, Time Interval, Distance Interval, Calories Interval, and Memory mode.

Press PROG button to change workout programs according to the following sequences: Quick Start → Distance Countdown → Time Countdown → Calories Countdown → Time Interval → Distance Interval → Calories Interval → Memory

For Quick Start and all programs, press DISPLAY button to choose the data displayed in the same display window, or let displays be switched in every 5 seconds.

Press STOP button once to stop counting and Calories and Watt values will display 0. Press STOP button again and console will show your workout summary. Press STOP button for the 3rd time when in workout summary mode to save workout into Memory mode and enter back into IDLE mode.

NOTE: Training data under Quick Start will not be saved into Memory mode.

(1) QUICK START PROGRAM

- To enter Quick Start Program, you can pull the Handlebar (3) to start the training. All function values for the console will count up. You can start it in either POWER OFF or IDLE mode by just starting the rowing.
- Quick Start Program will have a summary of the workout when pressing STOP button, but the training data will not be saved into Memory mode.

(2) DISTANCE COUNTDOWN PROGRAM

- During the workout, the distance will count down from the preset distance value.
- Workout setting range: 100 ~ 50000 meters.
- The Distance Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save the training data into Memory mode and go back to IDLE mode.

(3) TIME COUNTDOWN PROGRAM

- During the workout, the time will count down from the preset value.
- Workout setting range: 00:00:20 ~ 09:59:59 (Hours:Minutes:Seconds).
- The Time Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save into Memory mode and go back to IDLE mode.

(4) CALORIES COUNTDOWN PROGRAM

- During the workout, the calories will count down from the preset value.
- Workout value setting range: 10 ~ 5000 cal.
- The Calories Countdown Program will start once the user pulls the Handlebar (3). When the program is finished, the monitor will show your workout summary. Press STOP button to save into Memory mode and go back to IDLE mode.

(5) TIME INTERVAL PROGRAM

- When Time Interval Program is selected, you will see TIME flashing and also REST TIME will be displayed.
- You will set the desired workout TIME of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout time value setting range: 00:00:20 ~ 09:59:59 (Hours:Minutes:Seconds).
- Rest time value setting range: 00:10 ~ 30:00 (Minutes:Seconds).
- Interval cycle accumulates up to 35 cycles.

(6) DISTANCE INTERVAL PROGRAM

- When Distance Interval Program is selected, you will see TOTAL METER flashing and also REST TIME will be displayed.
- You will set the desired workout METER of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout distance value setting range: 100 ~ 50000 meters.
- Rest time value setting range: 00:10 ~ 30:00 (Minutes:Seconds).
- Interval cycle accumulates up to 35 cycles.

(7) CALORIES INTERVAL PROGRAM

- When Calories Interval Program is selected, you will see CALORIES flashing and also REST TIME will be displayed.
- You will set the desired workout CALORIES of each interval. Once finish setting, press ENTER button to set the REST TIME of each interval.
- Workout calories value setting range: 10 ~ 5000 cal.
- Rest time value setting range: 00:10 ~ 30:00 (Minutes:Seconds).
- Interval cycle accumulates up to 35 cycles.

(8) MEMORY MODE

- After pressing PROG button, you'll see MEMORY displayed. Then press ENTER button to view your past workouts. Use UP and DOWN buttons to scroll through your workout records.
- Press ENTER button to view the workout data. Once in the data, you can press RIGHT and LEFT buttons to view your SPLIT data. Press STOP button to go back and scroll to a different workout.
- Only the workout summary under program modes will be saved to Memory Mode. Training data under Quick Start Program will not be saved to Memory Mode.

COMPUTER INSTRUCTIONS

- The console memory can save at most 80 sets of training data or 80 splits of training data. Console will only save up to 35 workouts. Example: When you row under countdown program for 1000 meters, you will save 3 sets of data. 1 total average and 2 500M split data.
- When you try to save a workout summary and the console does not have enough memory space, it will automatically erase the oldest workout data in order to save your newest workout into memory.
- The lower the number under Memory mode, the newer the workout it is.
- In Memory mode, the TIME window will scan between the date (D M Y) and TIME every 5 seconds.
- You can press DISPLAY button to switch window display around.
- When SPLIT displays “00”, it means it’s the total workout average with no splits.
- Below is how the console decides to split the data into.

Time Countdown Mode

Rule	Splits by
10 hour> TIME >5 hour	30min
5 hour >=TIME>200min	15min
200min>= TIME>100min	10min
100min>= TIME>60min	5min
60min>= TIME>20min	3min
20min>= TIME>5min	1min
5min>= TIME>1min	30sec
1min>= TIME	20sec

Calories Countdown Mode

Rule	Splits by
5000>= Calories >4000	250cal
4000>= Calories >3000	200cal
3000>= Calories >2000	150cal
2000>= Calories >1000	100cal
1000>= Calories >500	50cal
500>= Calories >100	20cal
100>= Calories	10cal

Interval Program Modes

Rule	Splits
1 Cycle = 1 Split	Up to 35

Distance Countdown Mode

Rule	Splits
500>= Distance >250	20km
250>= Distance >100	10km
100>= Distance >50	5km
50>= Distance >20	2km
20>= Distance	1km

NOTE: if you set the workout value not a multiple of the split data, the last split will not be displayed when you view your splits. But it will be added to the total workout SPLIT “00”.

Example: If you set 1200 meters and finish the workout, SPLIT “00” will show the total average of 1200 meters, but when you view the splits you will only see 2 500M splits and will not have a 3rd split of 200M. It will be the same if you stop midway of the workout.

5. BLUETOOTH CONNECTION

- Please make sure the console is turned on in order to proceed Bluetooth connection with your smartphone or tablet devices.
- Available app for Bluetooth connection is Kinomap.

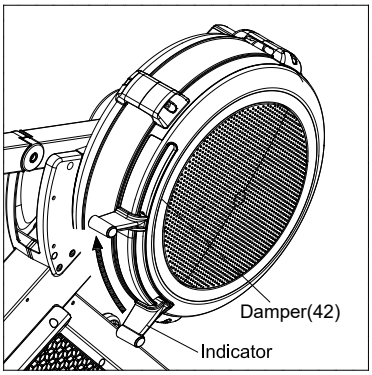
- The Bluetooth connection to apps is through FTMS protocol.
- The “bt” will be displayed at the bottom left of console screen when it’s connected to an app. All other buttons on console will be no use until disconnecting from the app.
- Please go to Settings on your devices to allow the apps to access the Bluetooth connection.

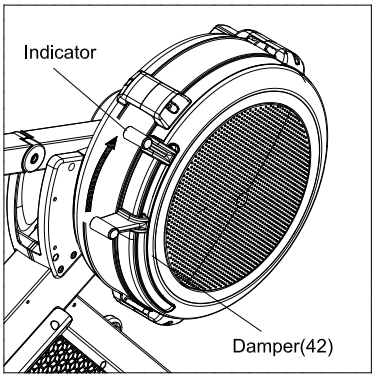
OPERATIONAL INSTRUCTIONS

I. LOAD ADJUSTMENT

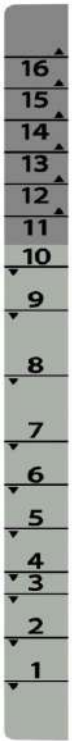
Move the **Indicator (153)** to point to the numbers on the **Right Fan Shroud (43)** to adjust the load. There are settings from 1 to 16. Setting #1 to #10 is set according to the international competition criterion and setting #11 to #16 has higher resistance. Every resistance level comes with air and magnetic resistance system. Setting #1 provides the lowest resistance and setting #16 provides the highest resistance.

Here's some suggestions for adjusting to an appropriate resistance level. In order to reach the effective cardio workout, try different resistance levels and find the suitable training strength which can be lasted for most of your training. Lower resistance level setting range focuses more on endurance similar to real water rowing with smooth strokes in a quick pace. In the opposite, higher resistance level setting range focuses more on power.





II. RESISTANCE LEVEL ADJUSTMENT



Level 11-16:

From level 11 - 16, the resistance level position is at the arrow mark slightly right above each level number. Please move the adjustment lever to the arrow mark above your prefer red level number.

Level 1-10:

From level 1 - 10, the resistance level position is at the arrow mark slightly right below each level number. Please move the adjustment lever to the arrow mark below your preferred level number.

NOTE:

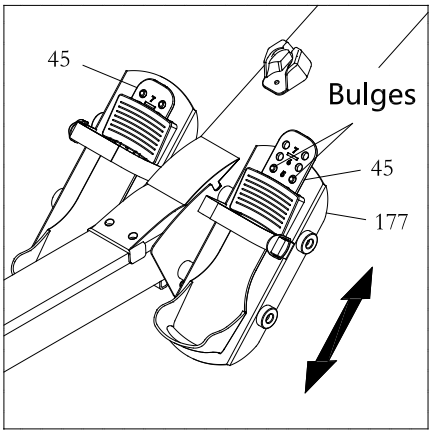
The arrow mark position of the resistance level is only for reference. Please double check the actual resistance level appears on the console. When it's necessary, please slightly move up or down the adjustment lever for training at the appropriate resistance level.

III. PEDAL CAP ADJUSTMENT

The position of the **Foot Pedal (45)** can be adjusted.

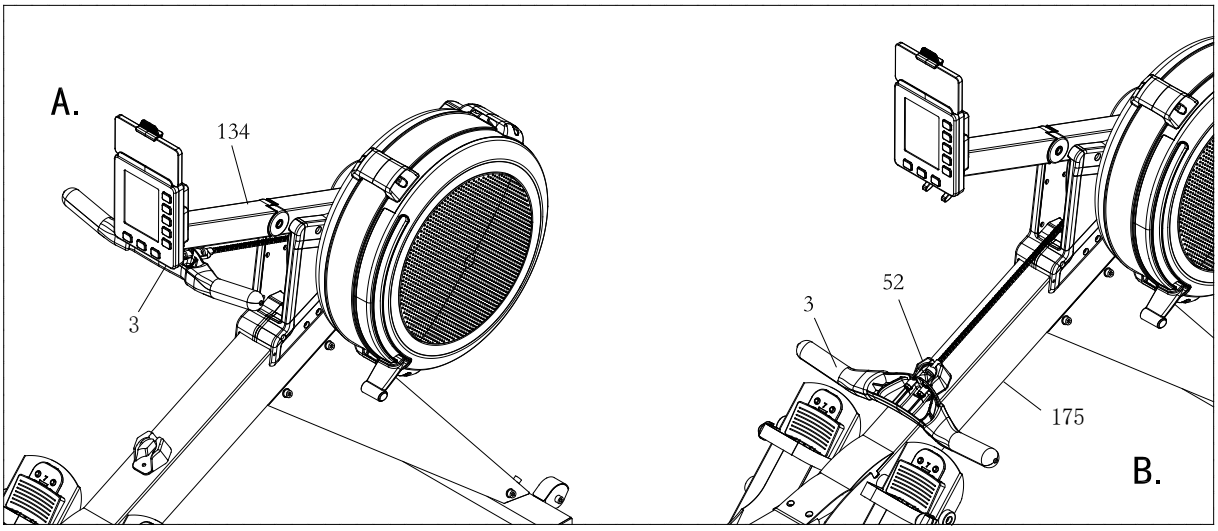
Refer to the illustration above. Pull the **Foot Pedal (45)** out from the two bulges in the **Pedal Support Plate (177)**, then lower or raise the **Foot Pedal (45)** to the desired position. Lock the **Foot Pedal (45)** in position by pressing the adjustment holes of the desired position onto the two bulges.

Refer to the numbers on the **Foot Pedal (45)** to make sure that **Foot Pedal (45)** are adjusted on the same position on both sides.



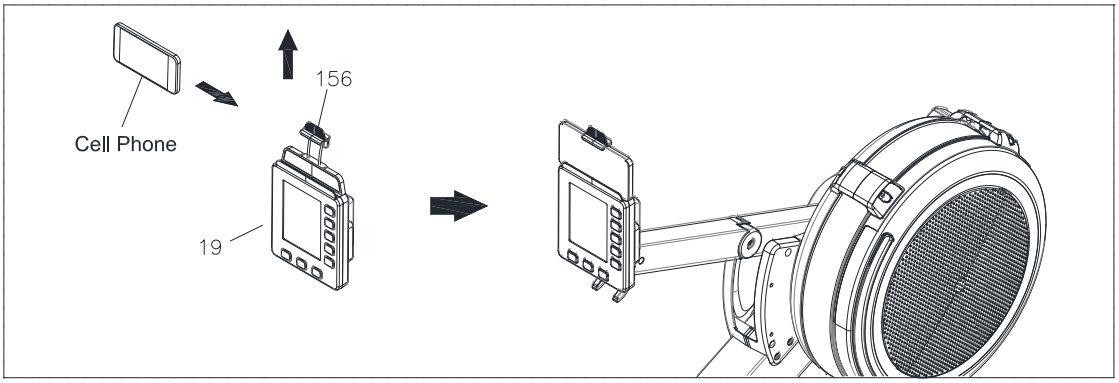
IV. HANDLEBAR POSITION

The **Handlebar (3)** can be placed on the hook in the **Upper Console Monitor Post (134)**, refer to illustration A. Or, you can place the **Handlebar (3)** on the **Handlebar Holder (52)** as shown in illustration B.



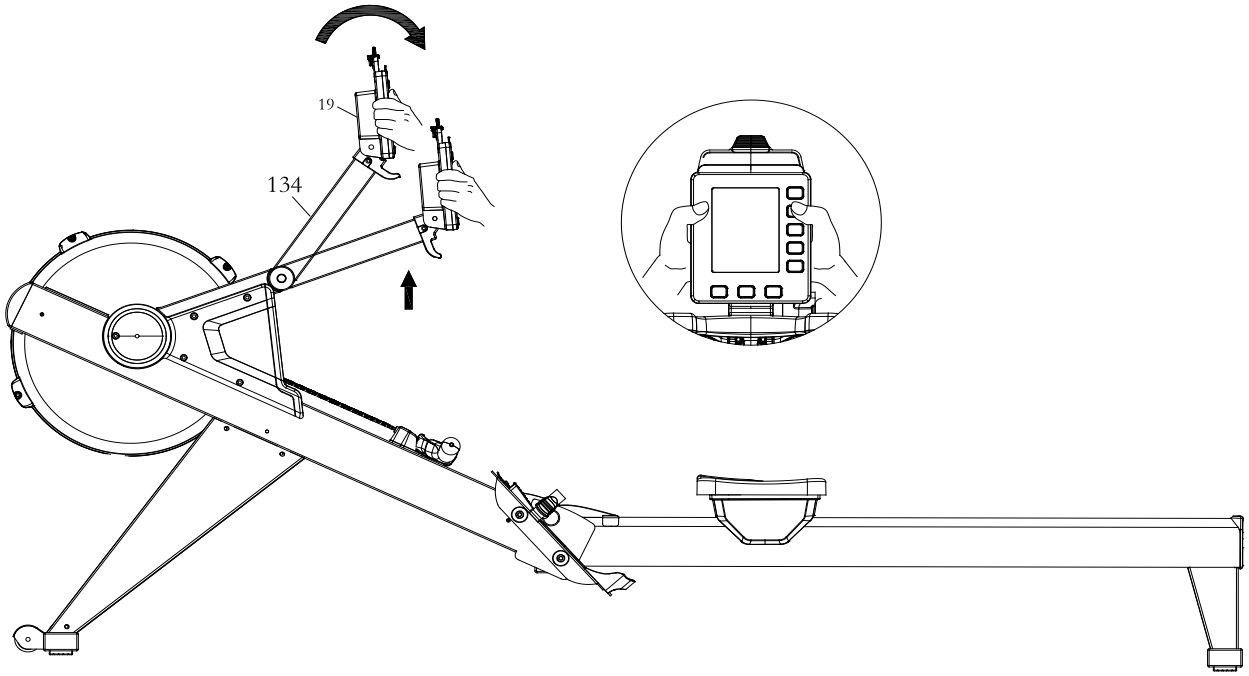
V. USING THE CELLPHONE BRACKET

The **Smartphone Holder (156)** can move up and down. Move up the **Smartphone Holder (156)** slide the cellphone into the gap between the **Smartphone Holder (156)** and the **Console Monitor (19).** Move down the **Smartphone Holder (156)** to clip the cellphone in position.



VI. ADJUSTING CONSOLE READING ANGLE

The **Upper Console Monitor Post (134)** can be adjusted up or down by using both hands to lift or push down the post for an appropriate reading angle.



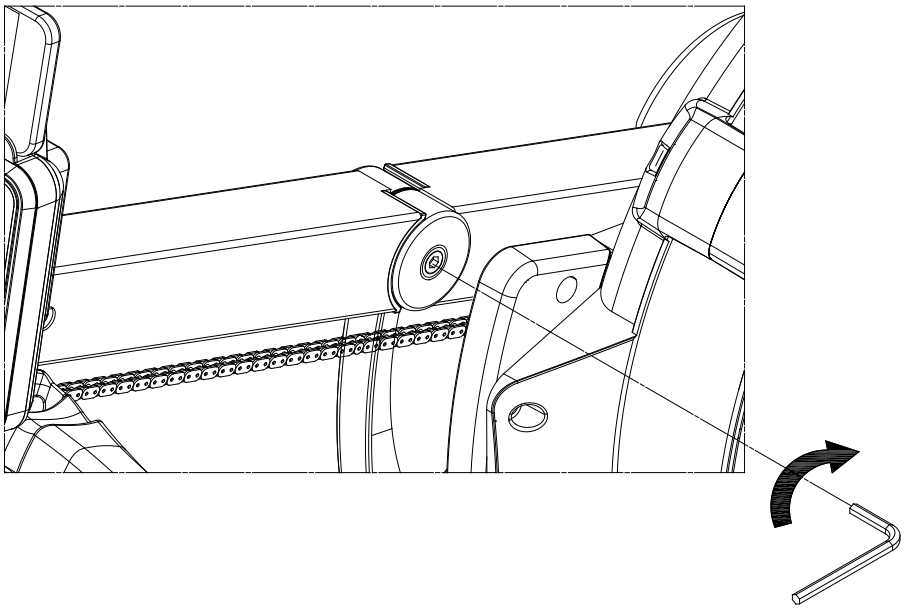
I. REGULAR MAINTENANCE

The safety and integrity designed into the **RWX AIR MAG 7000** can only be maintained when the **RWX AIR MAG 7000** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **Handlebar (3)** and verify that the resistance system provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **Stainless Steel Rail (14)** with an absorbent cloth.
3. Verify that all nuts and screws are present and properly tightened. Replace missing nuts and screws.
   Tighten loose nuts and screws.
4. Check the condition of the **Chain (36)**. Replace the **Chain (36)** if it is cracked or broken.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components must be replaced immediately or the **RWX AIR MAG 7000** removed from service until repair is made.
7. Only use components supplied from the same seller for maintaining/repairing the **RWX AIR MAG 7000**.
8. Keep your **RWX AIR MAG 7000** clean by wiping it off with an absorbent cloth after use.

II. CONSOLE MONITOR POST ADJUSTMENT

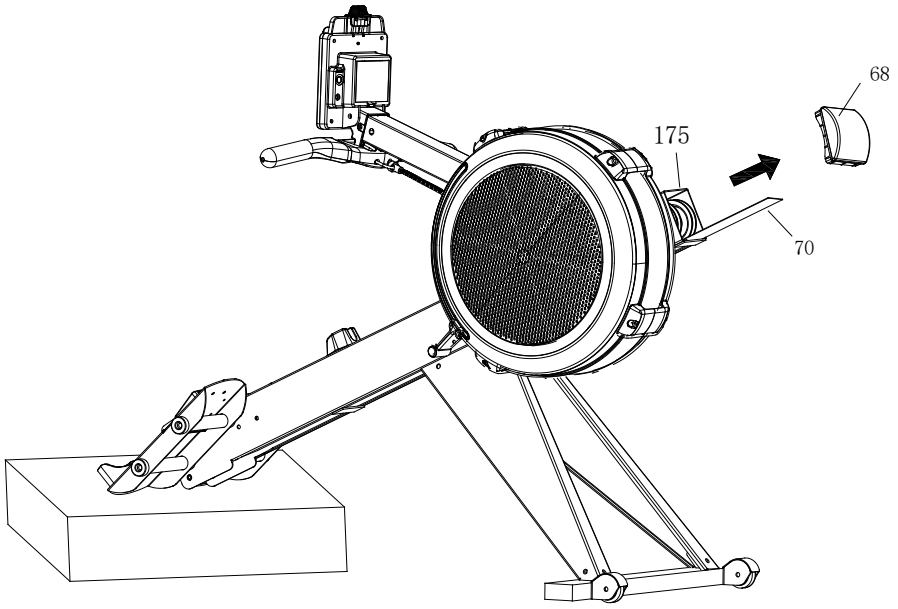
If the **Upper Console Monitor Post (135)** is getting loosen, please tighten **Socket Head Cap Screw, M6x16mm (99)** by using Allen Wrench (5mm).



III. BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on **Handlebar (3)**, your **Bungee Cord (38)** may stretch. Follow the following process to adjust:

1. Remove **Rail Frame (176)** from the **Main Frame (175)**. Find a solid platform can hold one end of **Main Frame (175)** and position it as shown in the illustration. Remove the **Main Frame Top Cap (68)** from the **Main Frame (175)**. Slide out the **Bottom Cover (70)** from the **Main Frame (175)**.

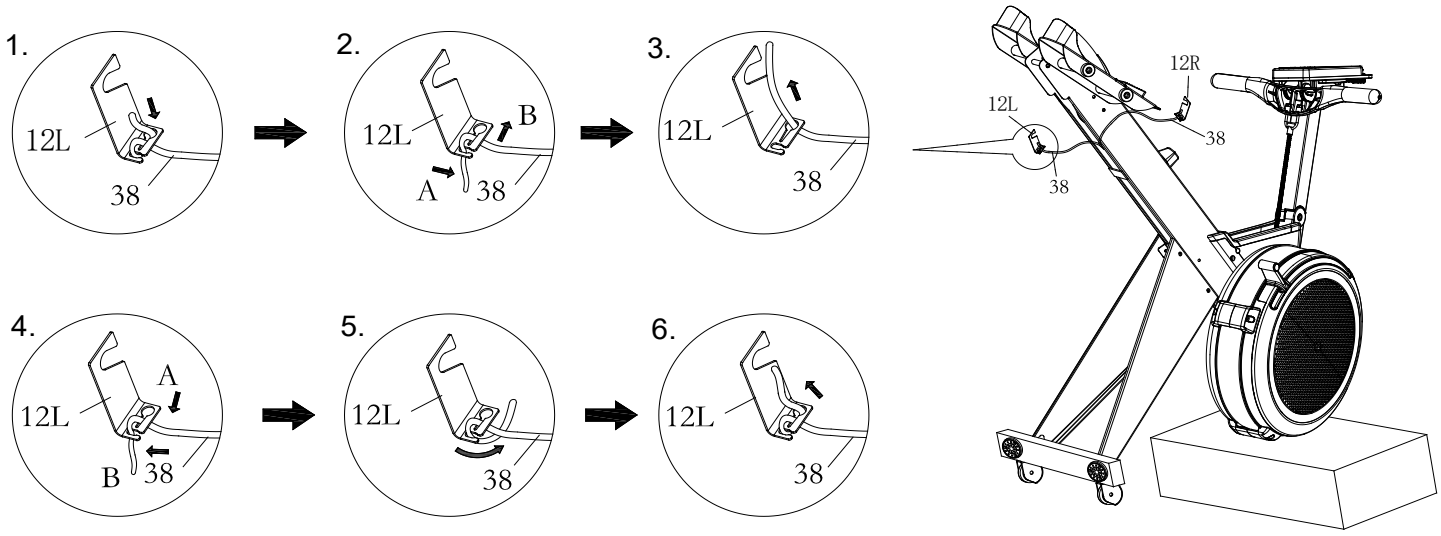


MAINTENANCE

2. Position the **Main Frame (175)** as shown in the below illustration. Un-hook the **Left Bungee Cord Hook (12L)** from the **Main Frame (175)**. Make a mark on the **Bungee Cord (38)** to move the hook forward 2 inches (5 cm). Refer to **View 1** to **View 3** to un-tie the **Bungee Cord (38)** from the **Left Bungee Cord Hook (12L)**, and move the hook forward 2 inches (5 cm). Refer to **View 4** to **View 6** to re-tie the **Bungee Cord (38)** to the **Left Bungee Cord Hook (12L)**. Hook the **Left Bungee Cord Hook (12L)** back into the **Main Frame (175)** and push the hook to the left side to touch the inner wall of the **Main Frame (175)**.

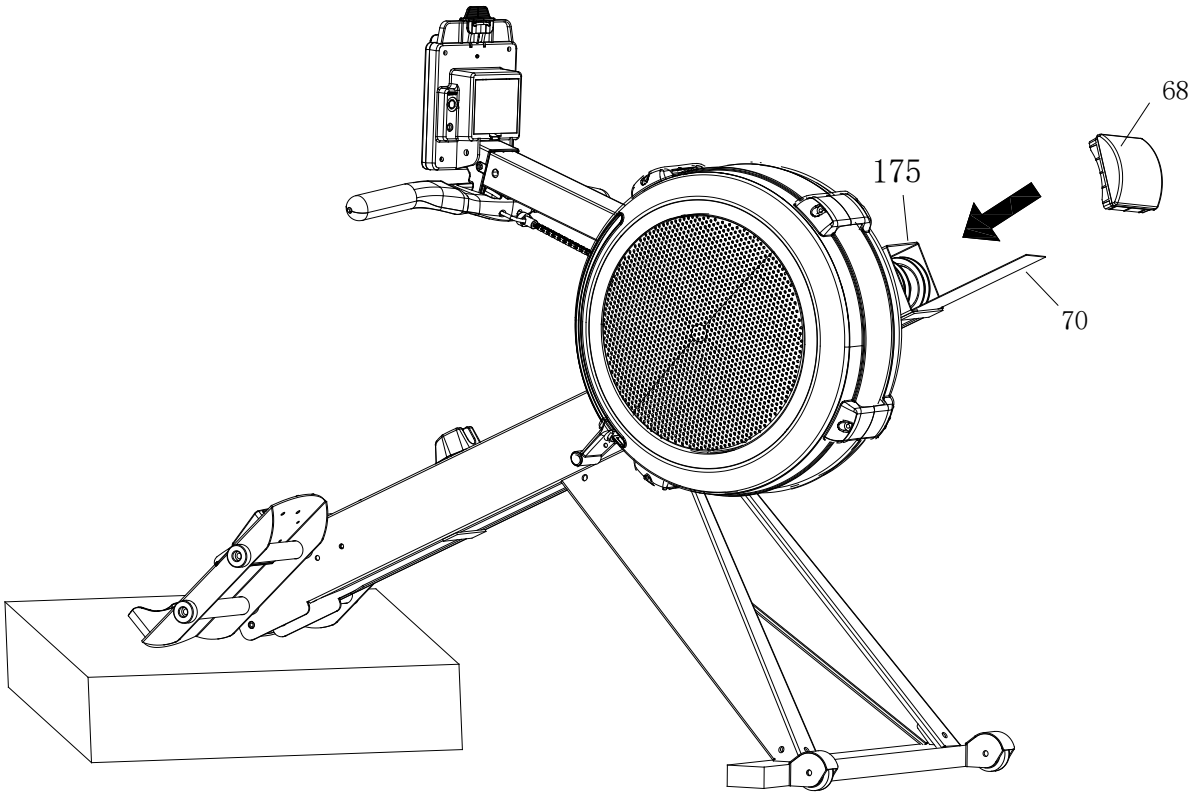
   NOTE: Always use two hands with a secure grip when re-attaching the Bungee Cord Hooks (12L & 12R).

   Un-hook the **Right Bungee Cord Hook (12R)** from the **Main Frame (175)**. Do the same as above to adjust the **Bungee Cord (38)** on the right side.



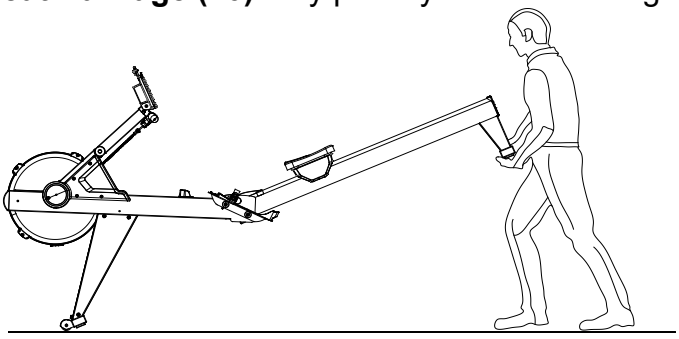
MAINTENANCE

3. Position the **Main Frame (175)** as illustrated below. Slide the **Bottom Cover (70)** back into the **Main Frame (175)** and press the **Main Frame Top Cap (68)** into the **Main Frame (175)**. Attach **Left & Right Housings (160 & 161)** onto **Main Frame (175)** using **ST4.2x16mm Phillips Head Screw (88)** and **M6x12mm Phillips Pan Head Screw (165)**. Then assemble back the **Rail Frame (176)** to the **Main Frame (175)**.

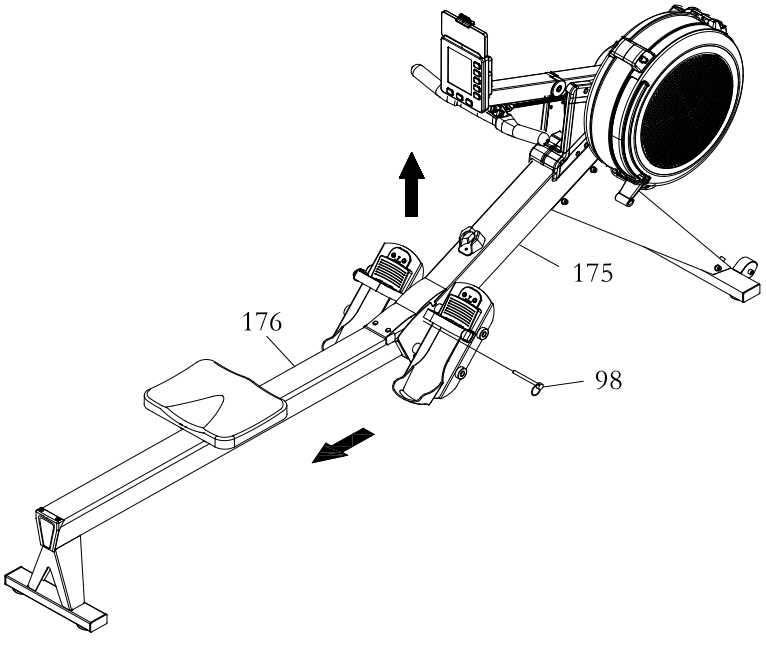


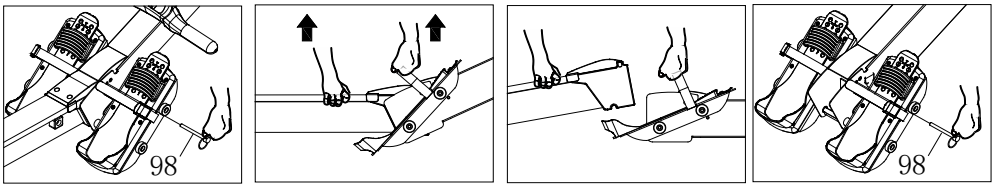
STORAGE

1. To store the **RWX AIR MAG 7000**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **Console Monitor (19)** before storing the **RWX AIR MAG 7000** for one year or more.
3. Move the **RWX AIR MAG 7000** with the **Transport Wheels (66)** on the **Front Stabilizer (4)**. Lift the rear stand of the **Rail Frame (176)** to move the **RWX AIR MAG 7000**. Refer to the illustration below for transporting. Do not use the **Seat (51)** to move the RWX AIR MAG 7000. The **Seat (51)** will move and the **Seat Carriage (10)** may pinch your hand or fingers.

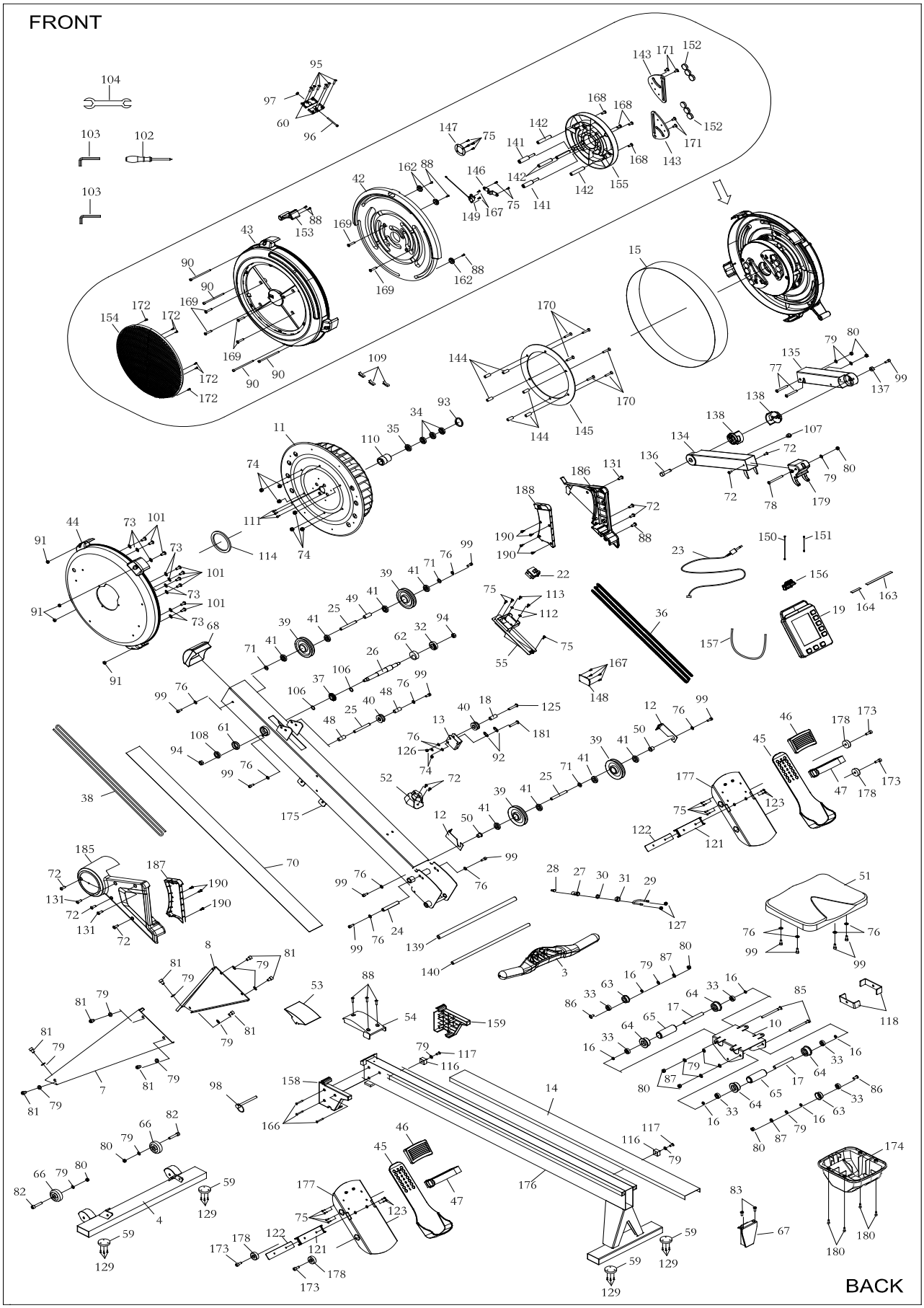


4. The **Main Frame (175)** and the **Rail Frame (176)** can be separated to minimize the unit size for storage. Remove the **Pull Pin (98)** from the **Main Frame (175)**. Lift up the **Main Frame (175)** and pull out the **Rail Frame (176)** to separate both parts. Insert the **Pull Pin (98)** back to the hole in the **Main Frame (175)** for Storage.





PRODUCT PARTS DRAWING



PART LIST

	Parts Description	QTY
3	Handlebar	1
4	Front Stabilizer	1
7	Left Support Leg	1
8	Right Support Leg	1
10	Seat Carriage	1
11	Fan	1
12	Bungee Cord Hook	2
13	Chain Bracket	1
14	Stainless Steel Rail	1
15	Perforated Steel Mesh	1
16	Spacer, 8.2x 12x3.2mm	6
17	Spacer, 8.2x 12x71.6mm	2
18	Spacer, 6.2x 10x15.5mm	1
19	Console Monitor	1
22	Generator	1
23	Sensor Cable	1
24	Shaft, M6x 12x80mm	1
25	Shaft, M6x 10x76.5mm	3
26	Fan Axle	1
27	Hook Connector	1
28	Chain Connector	1
29	U Bolt	1
30	Inner Spacer	1
31	Outer Collar	1
32	Bearing 6003RS	1
33	Bearing 608ZZ	6
34	Bearing 6201RS	3
35	One Way Bearing HF2016	1
36	Chain	1
37	Sprocket	1

38	Bungee Cord	1
39	Bungee Cord Pulley	4
40	Chain Roller	2
41	Bearing 6000ZZ	8
42	Damper	1
43	Left Fan Shroud	1
44	Right Fan Shroud	1
45	Foot Pedal	2
46	Foot Pedal Holder	2
47	Pedal Strap	2
48	Spacer, 10x 16x30.5mm	2
49	Pulley Spacer, 10x 16x26.5mm	1
50	Pulley Bushing	2
51	Seat	1
52	Handlebar Holder	1
53	Upper Joint Cover	1
54	Lower Joint Cover	1
55	Generator Base	1
59	Foot Cap	4
60	Steel Plate	2
61	Bushing 6001	1
62	Bushing 6003	1
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
66	Transport Wheel	2
67	Rail End Cap	1
68	Main Frame Top Cap	1
70	Bottom Cover	1
71	Plastic Washer, 10.2x 14x1mm	3
72	Phillips Head Screw, M6x10mm	9
73	Lock Washer, Internal Tooth M6	9
74	Nylon Lock Nut, M6	8

75	Phillips Head Screw, ST4.2x10mm	17
76	Flat Washer, M6	14
77	Socket Head Cap Screw, M8x65mm	2
78	Button Head Cap Screw, M8x75mm	1
79	Flat Washer, M8	19
80	Nylon Lock Nut, M8	9
81	Socket Head Cap Screw, M8x12mm	8
82	Socket Head Cap Screw, M8x45mm	2
83	Phillips Flat Head Screw, M6x16mm	2
85	Socket Head Cap Screw, M8x110mm	2
86	Button Head Cap Screw, M8x25mm	2
87	Lock Washer, M8	4
88	Phillips Head Screw, ST4.2x16mm	9
89	Phillips Flat Head Screw, M5x12mm	4
90	Socket Head Cap Screw, M5x92mm	4
91	Hex Nut, M5	4
92	Chain Hook	2
93	Elastic Ring	1
94	Nylon Lock Nut, M10	2
95	Phillips Head Screw, ST4.2x6mm	6
96	Phillips Head Screw, M4x45mm	1
97	Hex Nut, M4	1
98	Pull Pin	1
99	Socket Head Cap Screw, M6x16mm	13
101	Phillips Head Screw, M6x10mm	9
102	Screwdriver	1
103	Allen Wrench, 6mm	2
104	Wrench 13mm/15mm	1
106	PU Spacer	2
107	Plug	1
108	Bearing, 6001RS	1
109	Balance Weight	3
110	Bearing Bushing	1

111	Socket Head Cap Screw, M4x12mm	3
112	Washer, 12x 3.5x1mm	2
113	Phillips Head Screw, ST3.5x12mm	2
114	Magnet	1
116	Stopper Bumper	2
117	Button Head Cap Screw, M8x20mm	2
118	Stopper Bracket	2
121	Pedal Strap Protector	2
122	Pedal Strap Stopper Plate	2
123	Phillips Flat Head Screw, M5x12mm	4
125	Phillips Truss Head Screw, M6x30mm (10mm Thread Length)	1
126	Phillips Head Screw, ST4.2x10mm	8
127	Nylon Nut, M6 (Thick)	2
129	Phillips Pan Head Self-Drilling Screw, ST4.2x19mm	12
131	Phillips Pan Head Screw, M6x12mm	3
134	Upper Console Monitor Post	1
135	Lower Console Monitor Post	1
136	Screw Shaft	1
137	Small Pulley Bushing	1
138	Rotation Sleeve	2
139	Pedal Shaft, 16mm	1
140	Pedal Shaft, 12mm	1
141	Pin, M6x77mm	2
142	Post, M6x63mm	4
143	Magnet Bracket	2
144	Stainless Steel Spacer, Φ10xΦ6x25mm	6
145	Aluminum Plate	1
146	VR Holder	1
147	Ring	1
148	Adaptor Board	1
149	VR	1
150	VR Wire	1
151	Generator Wire	1

152	Round Magnet	6
153	Indicator	1
154	Plastic Mesh	1
155	Magnet Bracket Base	1
156	Smartphone Holder	1
157	Bungee Cord of Smartphone Holder	1
158	Left Joint Cover	1
159	Right Joint Cover	1
162	Shoulder Washer	3
163	EVA Pad of Smartphone Holder 138*10*1.0t	1
164	EVA Pad of Smartphone Holder Base 46*11*1.0t	1
166	Phillips Pan Head Self-Tapping Screw, ST4.2X35mm	3
167	Phillips Pan Head Self-Tapping Screw, ST3.0X8mm	6
168	Button Head Cap Screw, M6X12mm	4
169	Hex Head Cap Screw, M6x20mm	6
170	Hex Head Cap Screw, M6x40mm	6
171	Phillips Head Screw, M6x16mm	4
172	Phillips Flat Head Self-Tapping Screw, ST4.2x16mm	6
173	Socket Head Cap Screw, M8X20mm	4
174	Seat Carriage Cover	1
175	Main Frame	1
176	Rail Frame	1
177	Pedal Support Plate	2
178	Foot Pedal End Cap	4
179	Console Mounting Bracket	1
180	Socket Head Cap Screw, M5x16mm	4
181	Phillips Truss Head Screw, M6x28mm	1
185	Left Side Cover	1
186	Right Side Cover	1
187	Inner Left Side Cover	1
188	Inner Right Side Cover	1
190	Phillips Flat Head Self-Tapping Screw, ST4.2x10mm	7

Garlando

GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
contact@toorxprofessional.it
www.toorxprofessional.it