TOORX
PROFESSIONAL LINE

INSTRUCTION

RWX
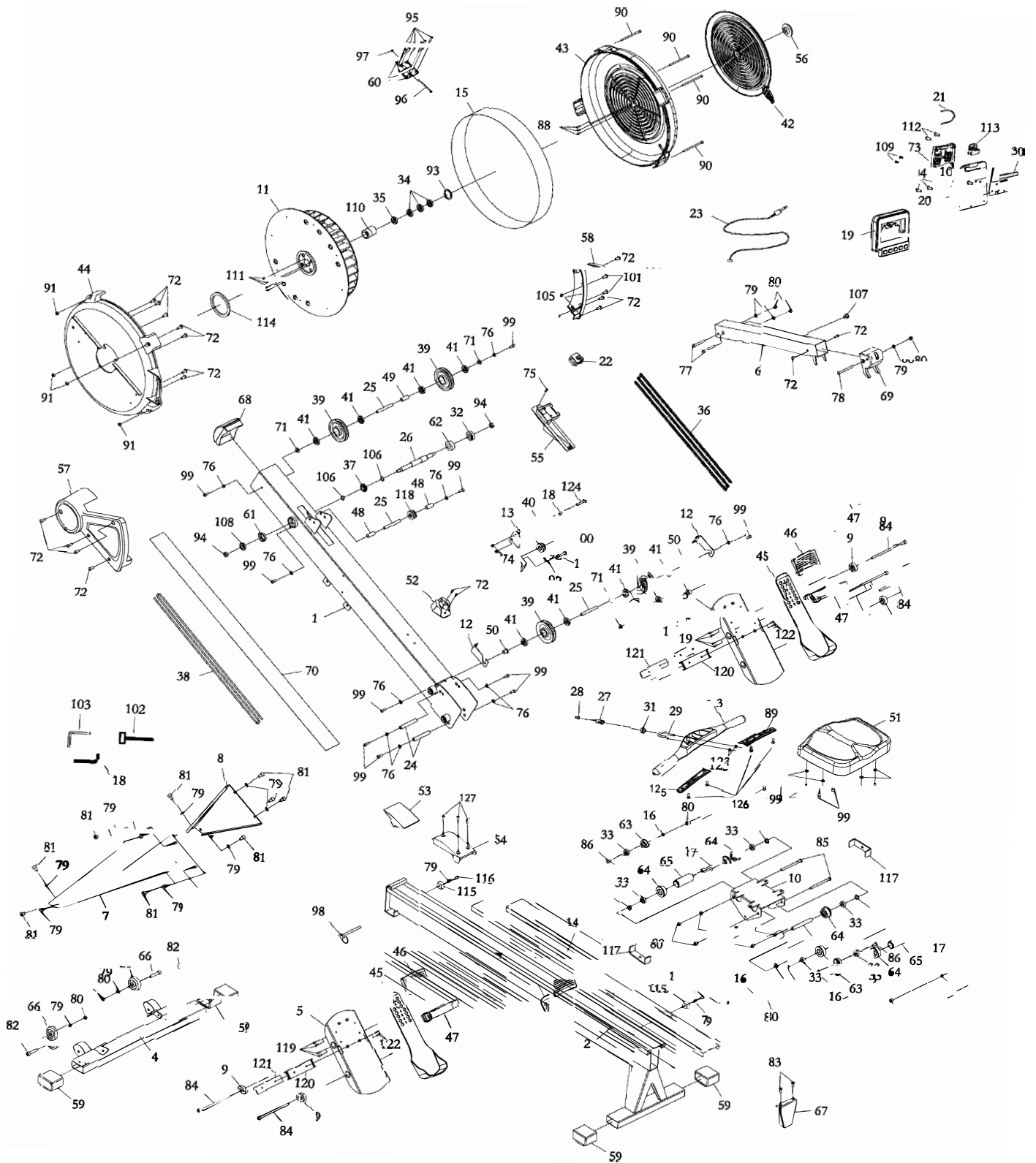# AIR 5000

CE

EXPLODED DRAWING

ASSEMBLY PICTURE
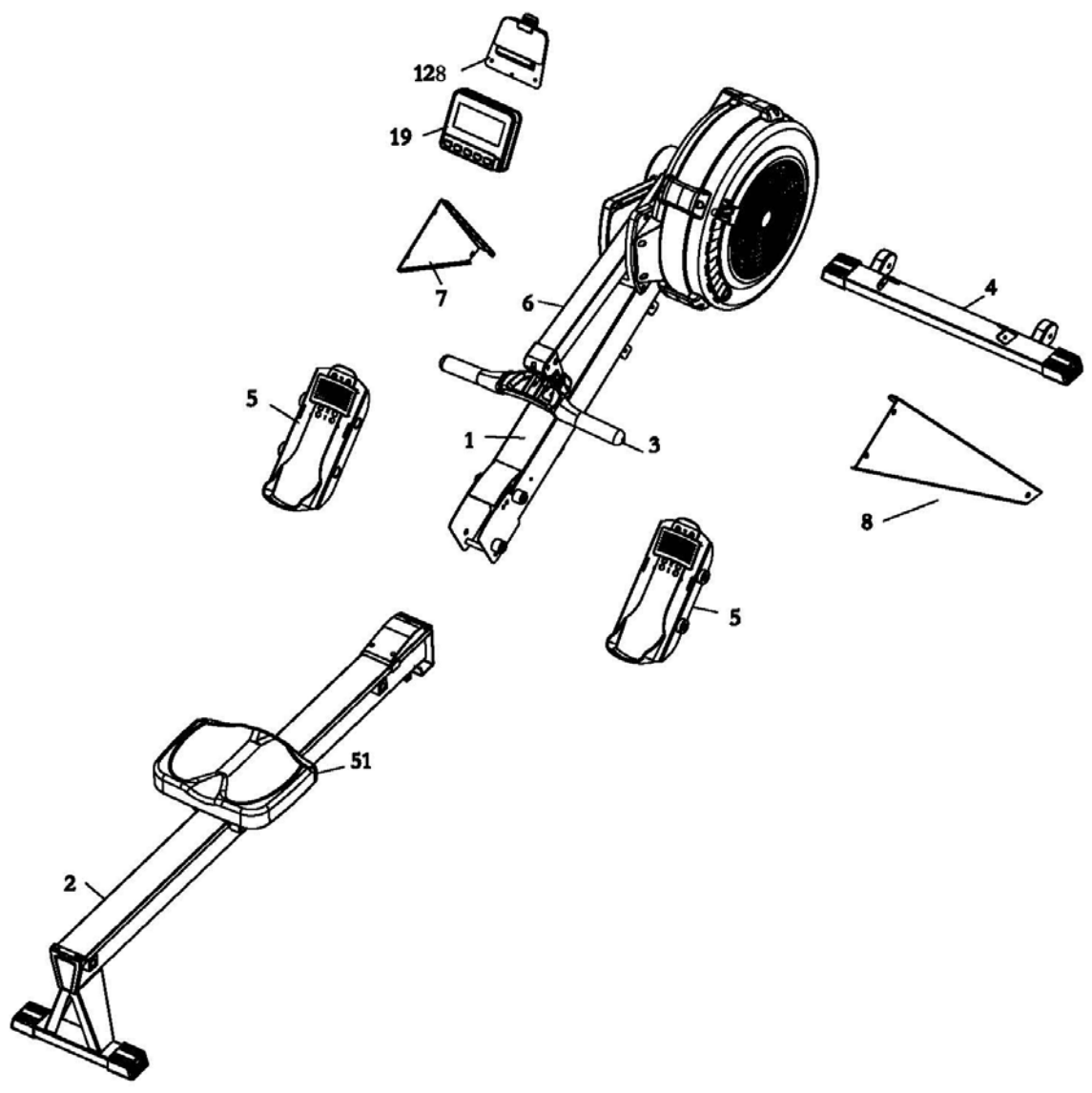
Part No.	Description	Q'ty
1	Main Frame	1
2	Rail Frame	1
3	Handle Bar	1
4	Front Stabilizer	1
5	Pedal Set	2
6	Computer Post	1
7	Left Support Leg	1
8	Right Support Leg	1
19	Computer	1
128	Smart Phone/Tablet Holder	1

#72 M6*P1.0*10L 2PCS

#84 M10*160L*S30L 4PCS

#80 M8*P1.25*7T 1PCS

#78 M8*P1.25*75L*S20 1PCS

#81 M8*P1.25*12L 8PCS

#79 ⊖8*⊖14*2T 9PCS

#102 13.14 1PCS

#9 ⊖32*18L 4PCS

#103 8mm*35mm*90mmL 1PCS

#18 6mm*30mml*84mml, 1PCS

#98 ⊖8*100L 1PCS
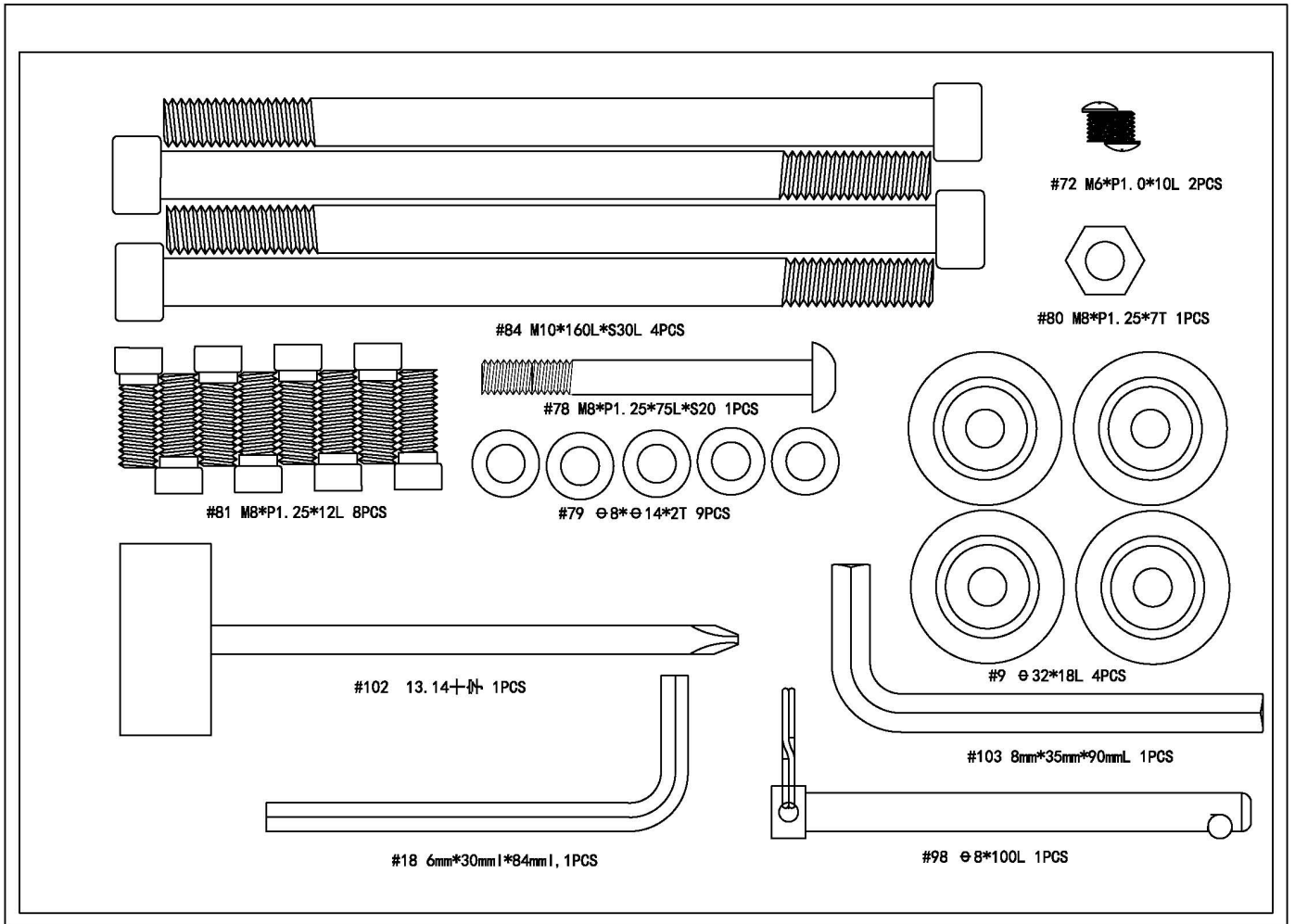
STAND TOOLS

NO	Description	Material	SPEC.	Q'ty	NO	Description	Material	SPEC.	Q'ty
1	Main Frame			1	65	Roller spacer	POM		2
2	Rail Frame			1	66	Moving Wheel	ABS+TPR		2
3	Handle Bar			1	67	Roller rear stopper	PP		1
4	Front Stabilizer			1	68	Front Cover	PP		1
5	Pedal Set	Q235		2	69	Meter Holder	ABS		1
6	Computer Post			1	70	Bottom cover	PVC		1
7	Left Support Leg			1	71	Plastic washer	ABS		3
8	Right Support Leg			1	72	Bolt, Round Head		M6*P1.0*10L, head Φ9.5, black coating	15
9	Pedal Stopper		Φ32*18L, Al, Sandblasting oxidation treatment	4	73	Lower cover for tablet holder	ABS		1
10	Seat Carriage	Q235	2.5T	1	74	Nylock Nut		M4*P0.7, black coating	2
11	Flywheel Assembly	ABS		1	75	Screw, Round head		M4*P0.7*16L, black coating	1
12	Elastic Rope Hook			1	76	Washer		Φ6*Φ12*0.5T, black coating	10
13	Chain Holder		2T black spray-print	1	77	Bolt, Socket Head		M8*65L*S20L, 6 sides, black coating, 8.8 class	2
14	Stainless Steel Track	Stainless steel	0.6T	1	78	Bolt, Button Head		M8*P1.25*75L*S20, 6 sides, black coating, 8.8 class	1
15	Stainless Steel Mesh	Stainless steel	0.6T	1	79	Washer		Φ8*Φ14*2T, black coating	1
16	Seat Spacer	Q235	Φ12*3L	2	80	Nylock Nut		M8*P1.25*7T, 13 sides, black coating	3
17	Long Seat Spacer	Q235	Φ12*73L,	2	81	Bolt, Socket Head		M8*P1.25*12L, full teeth, 6 sides, black coating, 8.8 class	8
18	Chain Roller Spacer		Φ20*16L galvanize, for a 24H salt spary	1	82	Bolt, Socket Head		M8*P1.25*40L*S15, 6 sides, black coating, 10.9 class	2
19	Computer		YT6917	1	83	Bolt, Flat Head		M6*P1.0*12L, black coating	2
20	Computer connector		2.5T	1	84	Bolt, Socket Head		M10*160L*S30L, nickle coating	4
21	Elastic Rope		Φ2*450L	1	85	Bolt, Socket Head		M8*110L*S10L, black coating	2
22	Generator Set		38*28.6*9.5, Φ0.26mm, 13Ω		86	Bolt, Button Head		M8*P1.25*25L, full teeth, 6 sides, black coating	2
23	Sensor wire		3P +1head, 850L	1	87	Slide seat roller sleeve		Φ14*8L	2
24	Rail frame connection sleeve	Q235	Φ12*80L, internal thread M6	2	88	Screw, Round Head		ST4.2*16L, head Φ7.8, black coating	3
25	Slide pulley support sleeve	Q235	Φ10*76.5L, internal thread M6, black	3	89	Handlebar cover right	ABS		1
26	Fan Axle	40Cr	Φ20*186L	1	90	Screw, Socket Head		M5*90L*S22, black coating	4
27	Handlebar step sleeve	Stainless steel	Φ16*29L	1	91	Nut		M5*P0.8*3.5T, 8 pairs side, black coating	4
28	Handlebar connection axle	Stainless steel	Φ9*15L	1	92	Chain Hook	Stainless steel	Φ2	1
29	U Bolt	Stainless steel	Φ5	1	93	Inner C Ring		Φ34.4*Φ29.5*1.2T, black coating	1
30	E3201 IPAD holder top cover	ABS		1	94	Nylock Nut		M10*P1.5, black coating	2

No	Name	Material	Spec	Qty	No	Name	Material	Spec	Qty
31	Outer Collar	Copper	Φ19*10L	1	95	Screw ,Round Head Self-Tapping		ST3.9*7L, B type, black coating	6
32	Bearing(60032RS)		6003-2RS, gap: (5~10)μm	1	96	Screw ,Round Head		M4*45L(head Φ7)	1
33	Bearing (6082z)		608-2Z, gap: (6~13)μm	6	97	Nut		M4, black coating 8.8 class	1
34	Bearing(62012RS)		6201-2RS, gap: (6~12)μm	3	98	Pull Pin		Φ8*100L, zinc coating	1
35	One way Bearing	HF2016		1	99	Bolt, Socket Head		M6*P1.0*16L, 5 sides, black coating, 8.8 class	14
36	Chain			1	100	Chain Hook Screw		M4 zinc coating, 24H salt fog	1
37	Sprocket	40Cr	Φ32*13L	1	101	Cross Screw		M6*P1.0*16L, black coating	2
38	Elastic Band		Φ10*4200L	1	102	Box wrench		13.14 cross, zinc coating	1
39	Elastic Band Pulley	POM		4	103	Hex wrench		8mm*35mm*90mmL, zinc coating	1
40	Chain Roller	ABS		1	104	Cross Screw		M5*P0.8*8L, black coating	3
41	Bearing		6000-2RS, gap: (6~12)μm	1	105	Hex Nut		M6*P1.0*4T, 10 sides, black coating	2
42	Fan adjusting panel	ABS		1	106	Spacer	Rubber	Φ21.5*3L	2
43	Top cover of fan cover	ABS		1	107	Grommet Plug		PVC70, black coating Φ12, ribbed, test passed	1
44	Lower cover of fan cover	**ABS**		1	108	Bearing		6001-2RS, gap: (3~8)μm	1
45	Pedal Adjustment Flip	ABS		2	109	Screw ,Round Head Self-Tapping		ST3.5*12L, black coating	2
46	Pedal Adjustment bracket Flip Stopper	ABS		2	110	Fan Bearing Housing	Q235	Φ41*53.5L, black	1
47	Pedal Strap		750L, black	2	111	Hexagon Socket Cap Screw		M4*P0.7*8L, full teeth, 3 sides, black coating	3
48	Roller Plastic Sleeve(long)	ABS		2	112	Screw ,Round Head		M5*P0.8*8L, black coating	2
49	Roller Plastic Sleeve(short)	ABS		1	113	YE2609 Holder Buckle	ABS		1
50	Sleeve	POM		2	114	Magnet Ring		ferrite	1
51	Cushion			1	115	Slide Seat Limit Block	TPE90°, black		2
52	Handlebar Holder	PP		1	116	Hexagon Socket Screw		M8*P1.25*20L, full teeth, 6sides, black coating	2
53	Joint Cover A	ABS		1	117	Slide Rail Reinforcing Seat		3T	3
54	Joint Cover B	ABS		1	118	Chain Drive Wheel	POM		1
55	Generator Base	PP		1	119	Screw ,Round Head Self-Tapping		ST3.9*10L, black coating	8
56	Fan Fixed Heart Rate	ABS		1	120	Pedal Webbing Plate		ABS, black	2
57	Left Cover	ABS		1	121	Pedal Reinforcing Plate		3T	2
58	Right Cover	ABS		1	122	Cross Recessed Countersunk Head Screw		M5*P0.8*12L, full teeth, black coating	4
59	Endcap	ABS		4	123	Nylock Nut	Stainless steel	M5	2
60	Mesh Cover Fixing Seat	PP		2	124	Chain Drive Set Screw		M4 zinc coating, 24H salt fog	1
61	Bearing Pedestal	Rubber	Φ35*10	1	125	Hanldbar Cover Left	ABS		1

62	Bearing Pedestal	Rubber	Φ42*13	1		126	Cross Recessed Countersunk Head Screw		ST2.9*12L, ammonium	4
63	Slide seat limit roller	POM		1		127	Screw ,Round Head Self-Tapping		ST4.2*16L,headΦ 7.8,black coating,steel	3
64	Seat Roller	POM		4						

ASSEMBLY INSTRUCTION

STEP 1

	4PCS	81#
	4PCS	79#

81

79

81

79

79

81

79

81

STEP 2

4

4PCS 81#

4PCS 79#

81

79

81

79

8

7

79

81
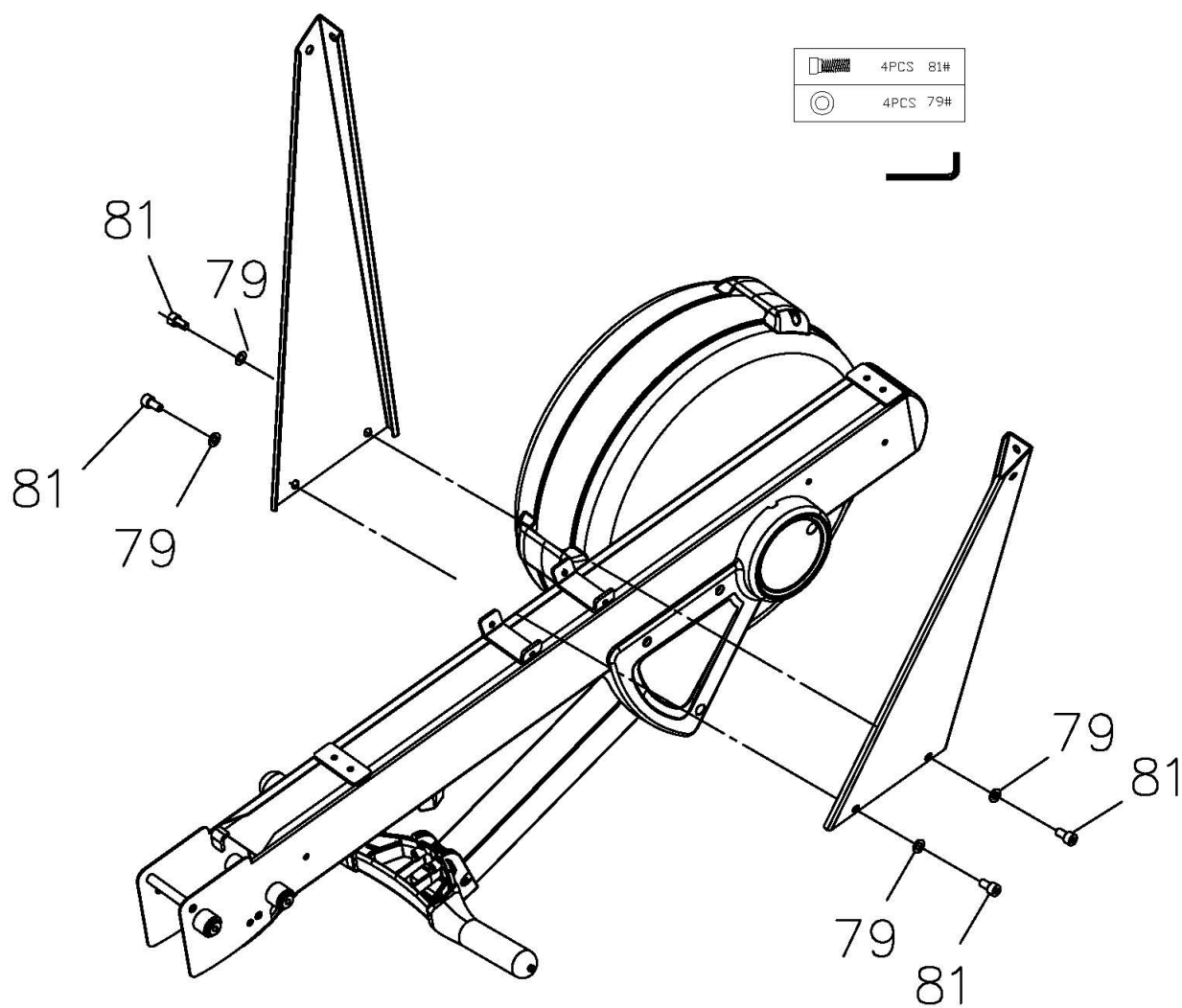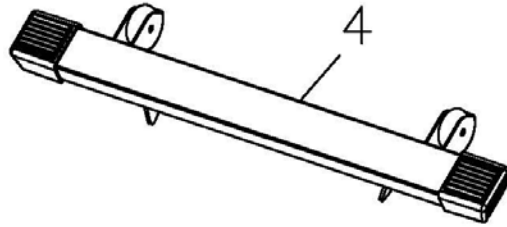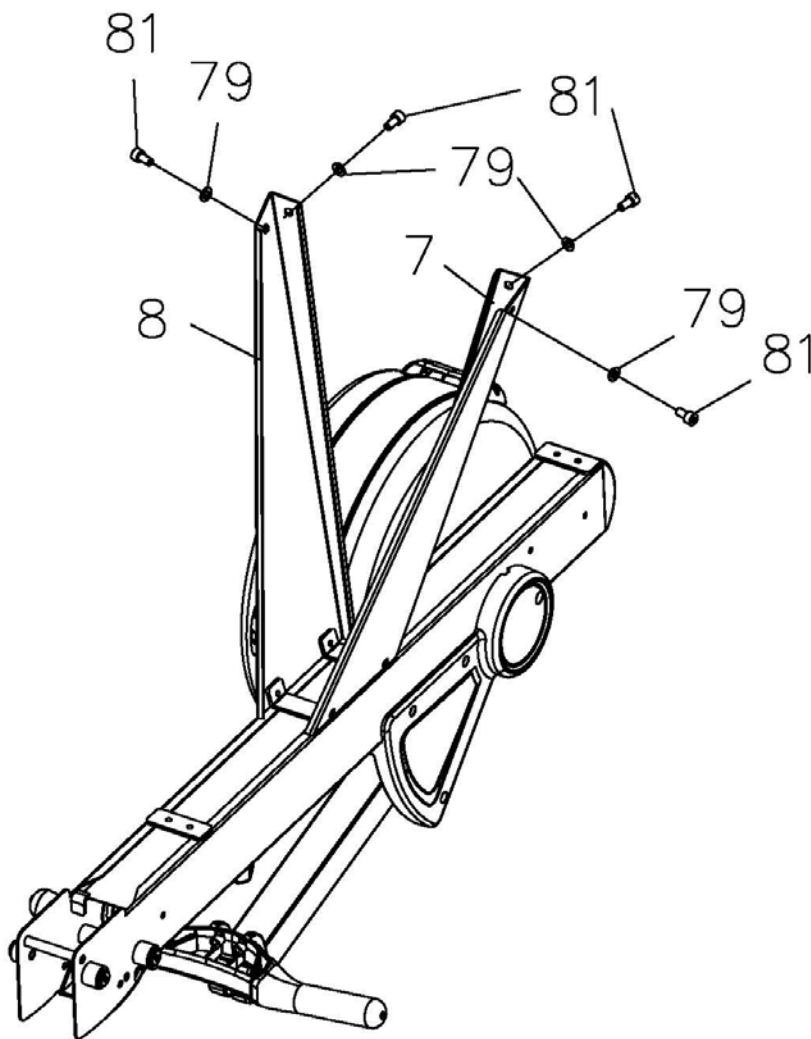
STEP 3
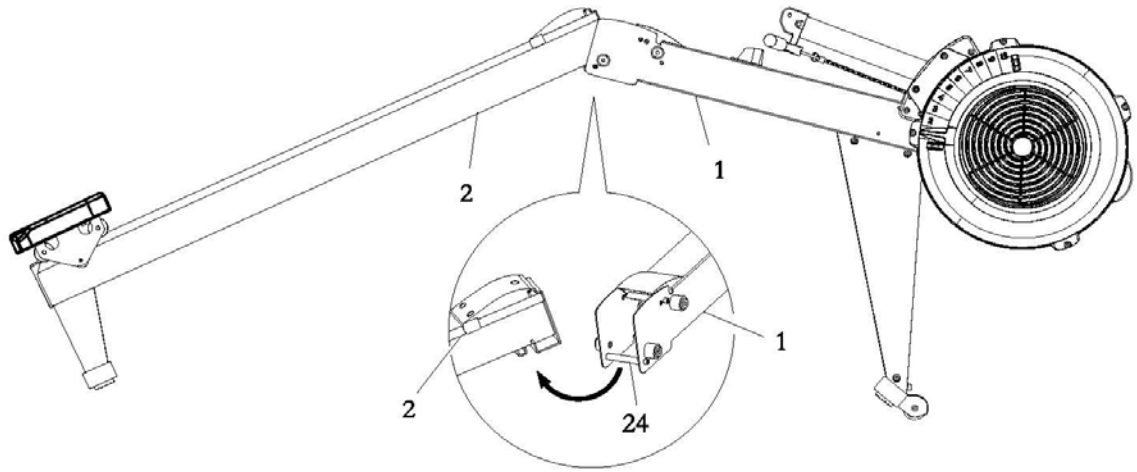
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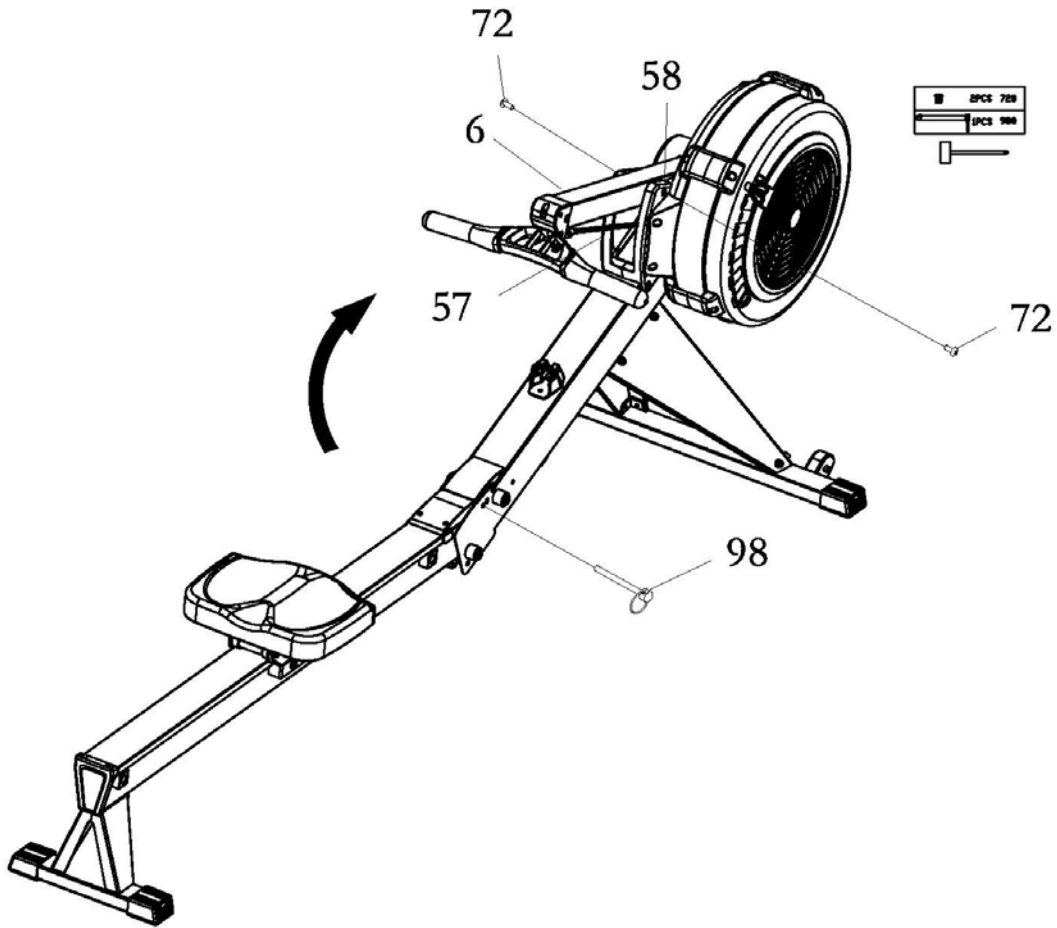
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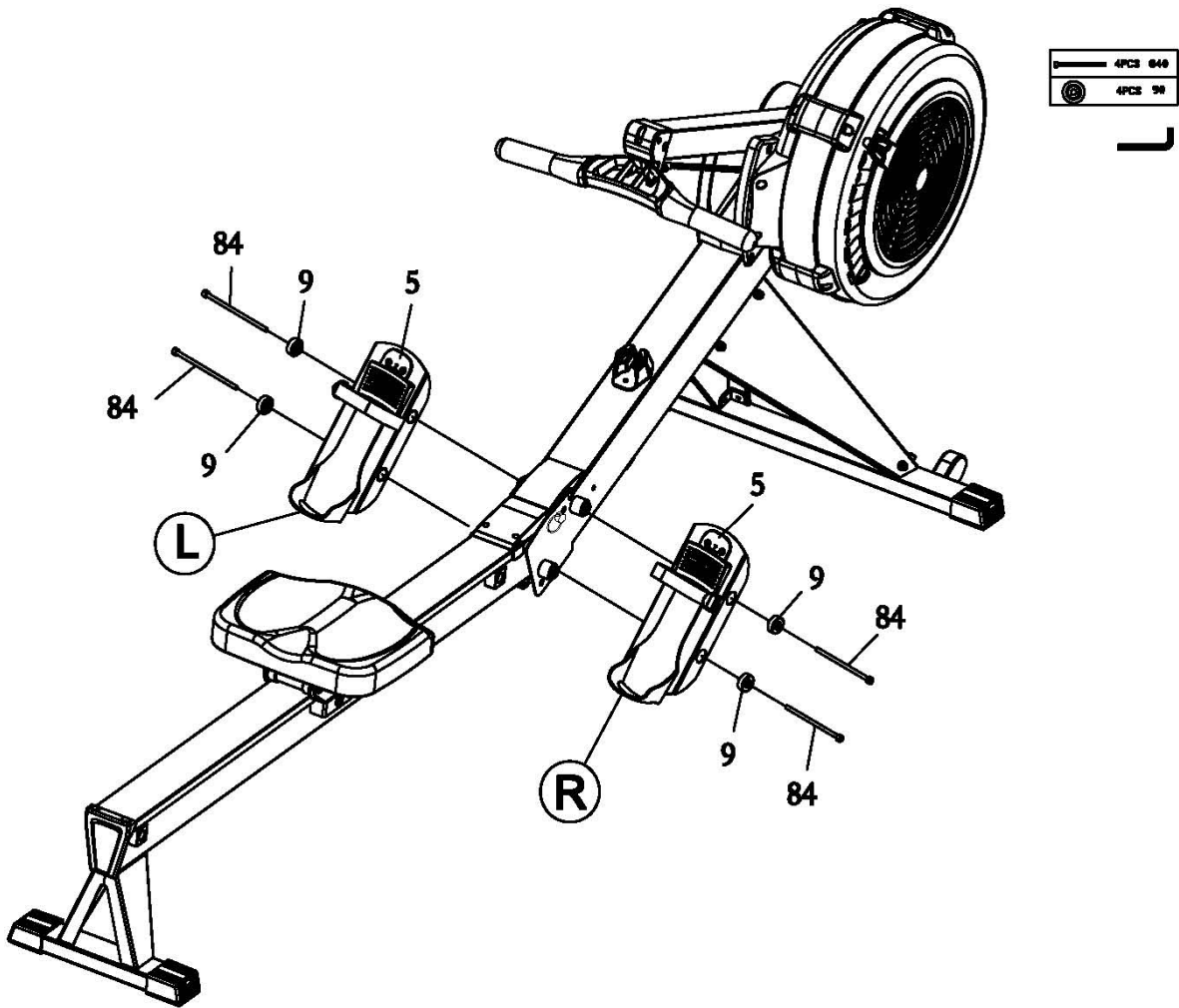
STEP 6
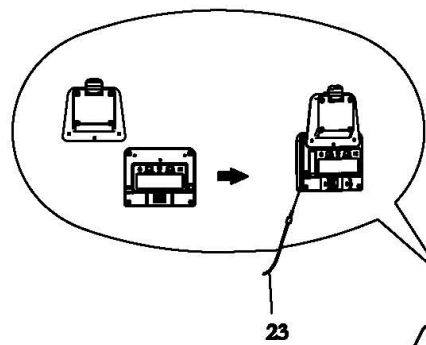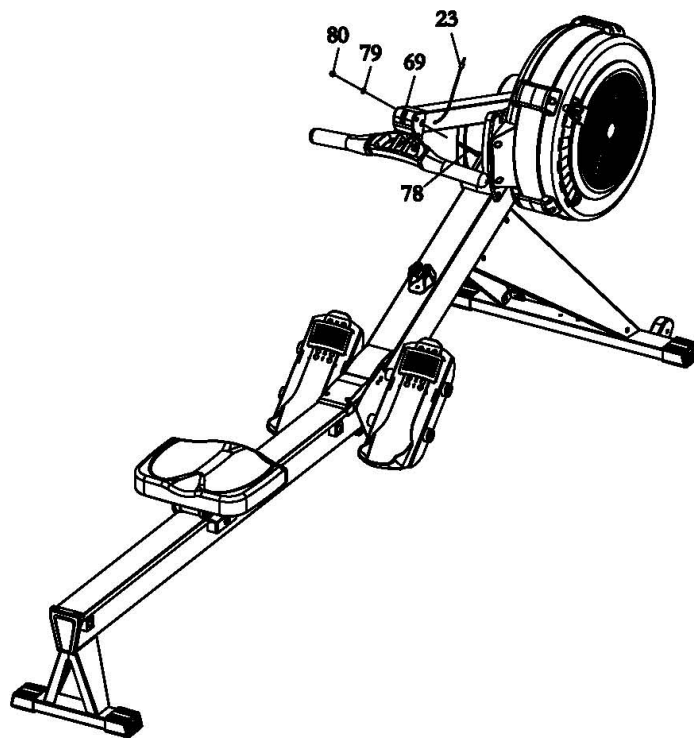
STEP 7
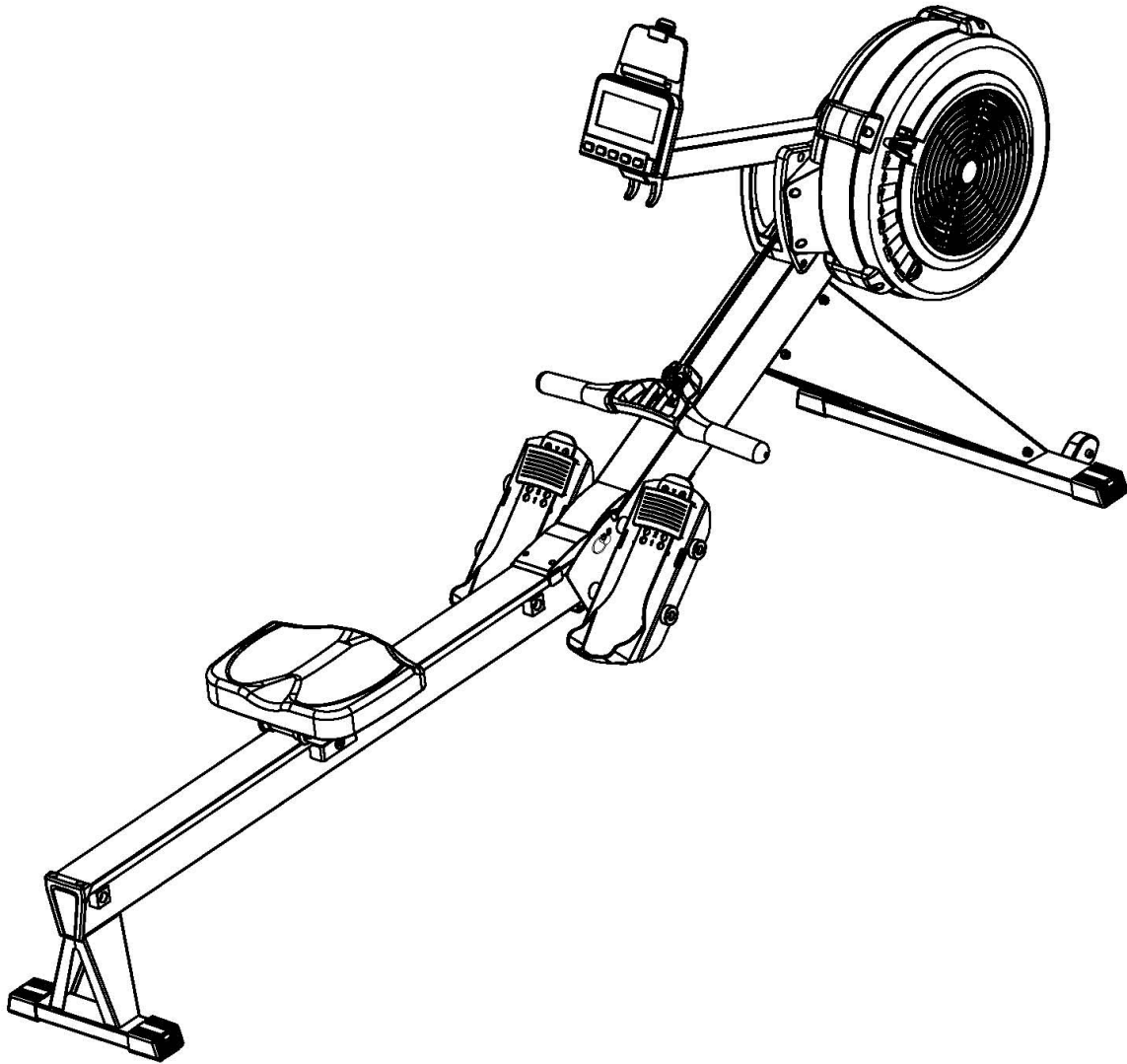
MONITOR INSTRUCTION

Power on: Move the handle or press any button

Shut down: In idle mode, it will automatically shut down after 20 seconds of inactivity;
During training, in addition to running the interval program, it automatically shuts down after 30 seconds of inactivity;
When running the interval program, it automatically shuts down after two minutes of inactivity;

Function buttons:

Select：In idle mode, press the SELECT key to cycle through each program option and stop the selected program. You can preset distance, time, and calorie targets, play games, or choose intervals of 20/10, 10/20, or 10/10

△（**up**）：Press to increase the preset value. Press and hold the button to make the preset value faster and release the button to stop

▽（**down**）：Press to decrease the preset value. Press and hold the button, the preset value will become faster, release the button to stop

Back: When selecting a program, press this button to return to the previous program after running the program, press this button to jump to idle mode

Enter/Stop: When selecting the program and the preset target value, press the button to confirm pressing the button and holding for 3 seconds, reset all functions to zero and restart the meter;
In motion, when the backlight is off, pressing this button for the first time will turn on the backlight. When the backlight is still on, a second button press pauses the calculation of all function values, and a third button press restarts training and resumes all function values
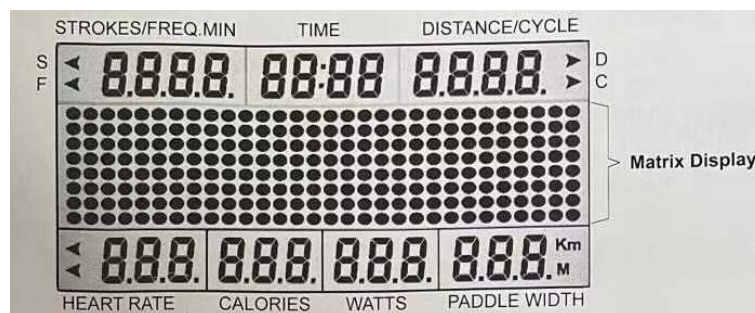
LCD Display instructions：

Distance/period：Displays a flashing "500" for preset distances from the program, from 500 to 9999 meters, and countdown from the preset value
shows the distance you traveled during your workout, from 1 meter to 9999 meters; When you select an interval program, 20/10, 10/20, and 10/10 will display a flashing "8" to preset the number of intervals you want to exercise, from 1 to 99. While exercising, interval readings count down from the preset value

Note: The display will switch to show distance and interval every 5 seconds

Time: Displays a flashing "00:00" for presetting the time program from 1:00 to 99:00 minutes, and displays the time during the exercise, from 1 second to 99:59 minutes

Minimum number of strokes/frequency: Displays the number of strokes performed, from 0 to 9999. Displays the current number of times per minute during exercise, from 0 to 9999 times/minute.

Note: The monitor will switch to show the total number of times and the number of times per minute every five seconds

Meters per stroke: Displays the meters per stroke, from 0 to 999 meters

Watts: Displays power from 0 to 999 watts

Calories: The matrix display will display a flashing "100" for presetting the target calorie value of the CALOLES program, from 10 to 2999 kcal showing calories burned from 0 to 999 kcal

Note: The calorie reading is an estimate for an average user. It should be used to compare the training in this unit

Heart rate: Shows the heart rate of 40 to 220 beats per minute during exercise.
To use this feature, you must wear a heart rate belt on your chest so that the receiver built inside the monitor records your heart rate from the heart rate transmitter for display. If you do not properly wear the heart rate band on your chest, the display window will be empty.

Note: Heart rate belts are not medical devices. Due to the different distances traveled during rowing, it is difficult to maintain a consistent signal. The heart rate function is intended as a reference only;

Program description：

The machine monitor contains program, normal program, distance, time, calories, game, 20/10 interval program, 10/20 interval program and 10/10 user-set interval program. See the following for the operation of these programs.

1. Normal program
You can pull the handle to turn on the monitor and practice directly using this program. All function values will be added and the matrix display will show the waveform based on your rowing speed. See the following considerations.

NOTE: This is the only program that can be run with the built-in generator when the battery is low

The small waves display the low rowing speed.
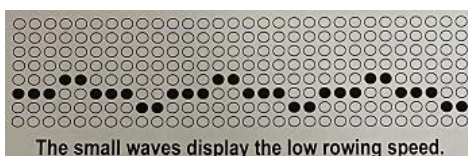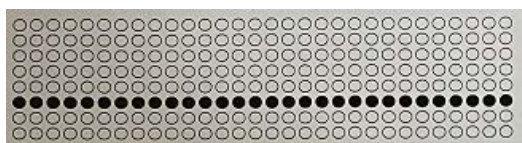
Small waves show low rowing speed
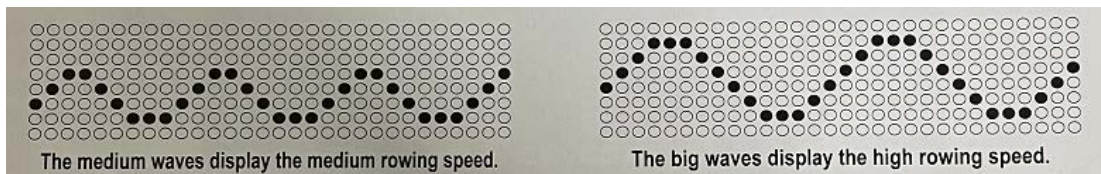
Medium waves display the medium rowing speed   Big waves display the high rowing speed

For preset function value programs, press the back button to enter idle mode. Alternatively, press the ENTER/STOP button and hold it for 3 seconds to restart your monitor. The monitor will run the program as follows and will allow you to set a target value for the selected program. Use the Select button to see distance, time, or calories in the program. Feature values can only be preset for each selected program. Enter the value with the "$\triangle/\triangledown$" key, and press the enter/stop key to confirm. After selecting the desired settings, start pulling the handles to start training.

Distance (500 to 9999 m) - Time (1:00 to 99:00) - Calories (10 to 2999 kcal) - Game20/10 interval program - +10/20 interval program - +10/10 user set interval program

2· Distance program：During the exercise, the distance will count down from the preset value and all functions will count up. The matrix display will show the estimated travel time for a distance of 500 meters based on your current rowing speed. When you complete the remote program, the monitor will display "WINNER" and alert you with an audible alarm. Press the back button to jump to idle mode

3 . Time program：During the exercise, the time counts down from the preset value, and all other functions count up. The matrix display will show the wave profile according to your rowing speed. Refer to above. When you complete the time program, the monitor will sound an alarm to alert you. Press the back button to jump to idle mode

4 . Calorie program：Select this program using the selection button, and the matrix display will show a flashing "100" for presetting target calorie values from 10 to 2999 kcal. Enter the value with the "$\triangle$ / $\triangledown$" key, and press the "Enter/Stop" key to confirm. During exercise, pull the handle (3) to start training, the matrix display will start the countdown from the preset calorie value, and all other functional values will count upwards, including the calorie reading in the lower display window. When you complete the Calories program, the monitor will display "END" and sound an audible alarm to alert you. Press the back button to jump to idle mode

Note: To practice using the following procedure, you will not be able to preset function values. See the following for the operation of these programs

5 .Game program

We call this program a scoring game, and use the selection button to select the program. The fixed preset time of the game is 5 minutes. This cannot be changed. Pull the handle to run the program directly. When you complete the procedure, the matrix display will show your score and alert you with an audible alarm. Press the Back button to jump to standby mode.
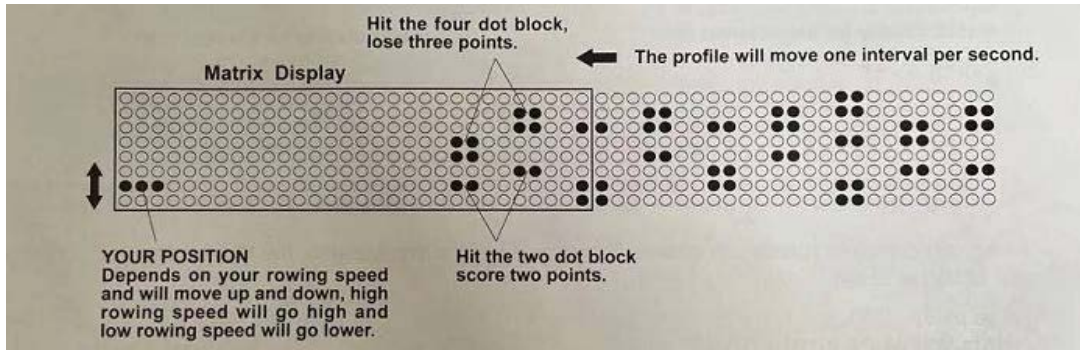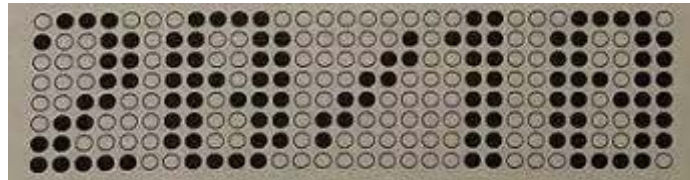
      Hit the four dot block, lose three points   ←the profile will move one interval per second

YOUR POSITION

Depends on your rowing speed and will move up and down, high rowing speed
will go high and low rowing speed will go lower；

6. 20/10 Interval program

This app will allow users to exercise for 20 seconds and then rest for 10 seconds, and so on in the loop.
Use the "Select" button to select this program. The monitor will display a flashing "8" to preset the time
interval value you want to exercise, from 1 to 99. Enter the value with the "△/▽" key, and press the
enter/stop key to confirm
Pull the handle (3) to start training. The interval reading will count down from the reset value, and all
other function values will count up. When you complete the procedure, the monitor will sound an alarm
to alert you. Press the back button to jump to idle mode

7. 10/20 Interval program
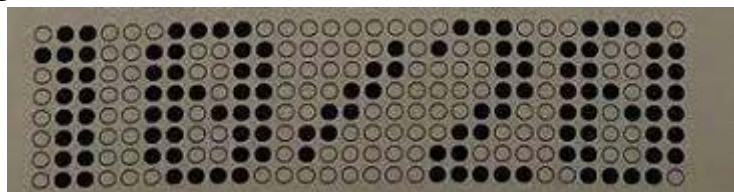
    This app will allow users to exercise for 10 seconds, then rest for 20 seconds, and will cycle like this
    Use the "Select" button to select this program. The monitor will display flashing "8" to preset the time
interval value you want to exercise, from 1 to 99. Enter the value with the "△/▽" key, and press the
enter/stop key to confirm
    Pull the handle to start training. The interval reading will count down from the reset value, and all
other function values will count up. When you complete the procedure, the monitor will sound an alarm
to alert you. Press the back button to jump to idle mode

## 8. 10/10 The user sets the interval procedure
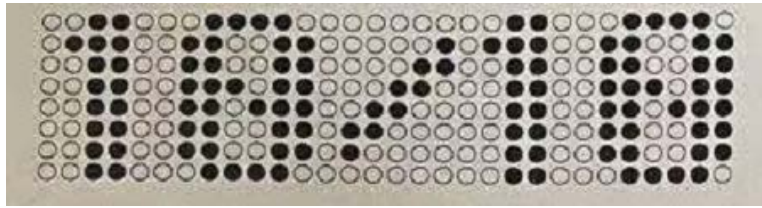
This program will allow users to manually preset training and rest periods from 10 to 99 seconds. The user will exercise for a preset workout time, then rest during a preset rest time, and cycle in this way. Use the "Select" button to select this program. Use the "△ / ▽" and "ENTER/STOP" buttons to enter the values of the interval, exercise time and rest time you want to exit. The pull starts training on the handlebars. The interval reading will count down from the preset value, and all other function values will count up. When you complete the procedure, the monitor will sound an alarm to alert you. Press the back button to jump to idle mode

When performing calculations using interval programs 20/10, 10/20 and 10/10, the matrix display displays the following information

     Matrix display for the workout time   Matrix display for the rest time
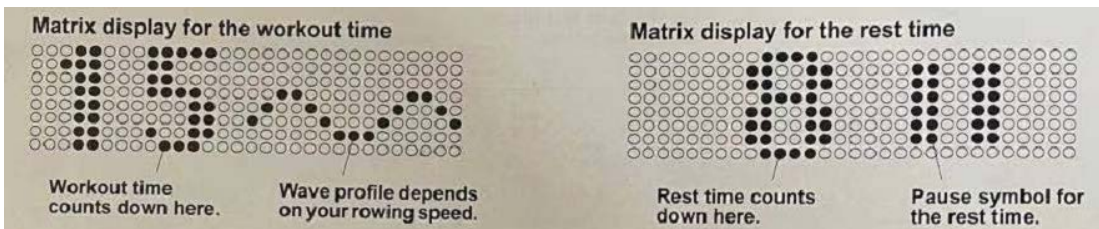
| Workout time counts down here | Wave profile depends on your rowing speed | Rest time counts down here | Pause symbol for the rest time |

When you finish running an interval program, if you continue rowing, the interval program will continue to run repeatedly

Operating instruction:

1 . After pressing any button last time, the LCD display's backlight will light up continuously for 10 seconds and then turn off. You can press any button to reopen it

2 . To stop a running program, press the Enter/Stop button. In motion, when the backlight is off, pressing this button for the first time will turn on the backlight. When the backlight is still on, press the button again to pause the counting of all function values. Press this button a third time to restart training and continue calculating all feature values

3 . If you want to restart with a new program, press and hold the ENTER/STOP button for three seconds, reset all function values to zero, and then restart your monitor to select the new program using the SELECT button

4 . Distance units can be switched from miles to kilometers. Press the △ and ▽ buttons at the same time. The matrix display will show a flashing "KM" or "MILE", press the △ or ▽ button to switch to "KM" or "MILE", and press the ENTER/STOP button to confirm.
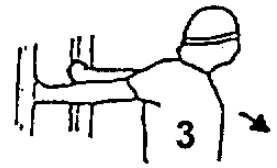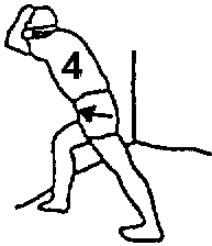
WARM-UP EXERCISE

15 seconds for each
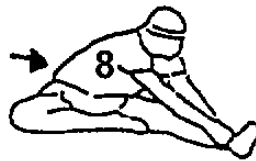
20 seconds

20 seconds

25 seconds

20 seconds

20 seconds

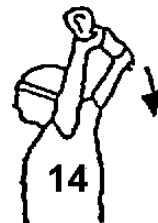30 seconds

25 seconds for each leg
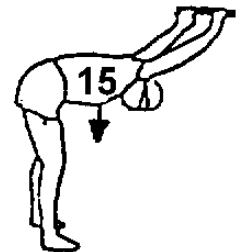
30 seconds

20 seconds

5 seconds x 3 times

20 seconds

20 seconds for each leg

5 times

15 seconds

Garlando