TOORX
PROFESSIONAL LINE

# INSTRUCTION

TRX 9500

CE

Assemble Instruction

Assembly Parts List

| Part #	Name	Q.T.Y.	Part #	Name	Spec.	Q.T.Y.
01	Main Frame	1	08	Hex Bolt	M10*25	5
02	Console Frame	1	09	Hex Bolt	M8*15	4
03	Ipad holder	1	10	Hex Bolt	M8*25	6
04	Water holder	1	11	Tapping Screw	ST4.2*15	4
05	Pillar Frame	1	12	Tapping Screw	M8*40	2
06	Power plug	1	13	Washer	Ø10.5*ø20*t2	5
07	Motor Cover	1	14	Washer	ø8.4*ø16*t1.6	10

Tools needed for the assembly

✓ Philips Screw Driver

✓ Open Spanner

✓ Allen Wrench ø6mm (provided as spare parts)
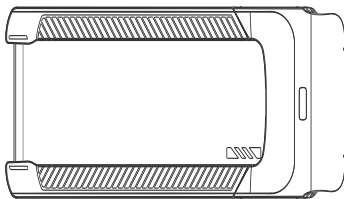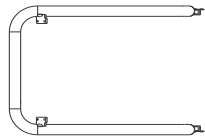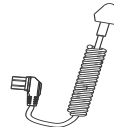
Main Frame
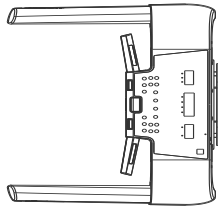
Console frame
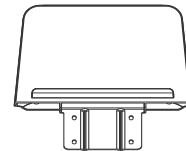
Ipad holder

**Water holder**

Pillar frame

Power plug

Open packing box and take out the above mentioned parts. Place machine body in ground horizontally.

Reminder: We recommend 3 persons to take body machine from the packing box, and 2 persons assemble treadmill for the sake of safety

Assembly Steps

Step 1:

a: Use Philips Screw Driver to disassemble #07and #12 parts from 01(see figure below), and collect #12 (screw), take out of #07(motor cover) carefully from left and right side.
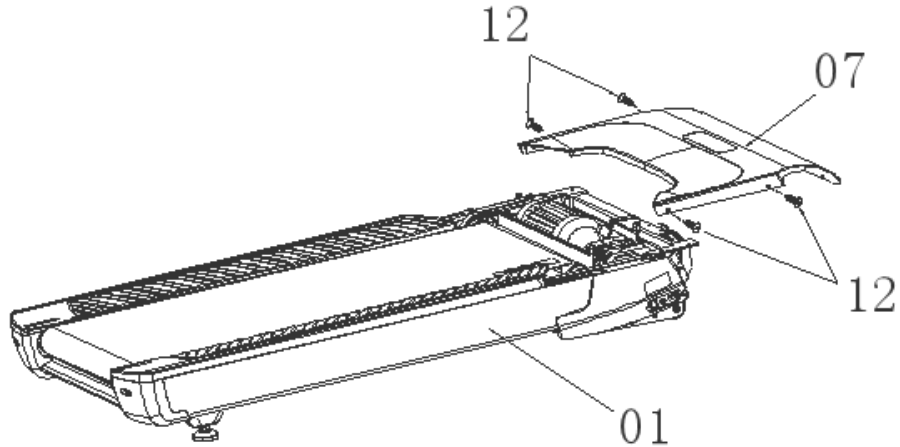
Step 2:

Set pillar (#05) into main frame (#01), use Hex Bolt and Flat Washer (as showed in figure) to fix #05, #13, #08 into Main Frame. (Do not fix them tight).Connect wire B of #01 and wire B of #05.

Notice: When setting main frame, it needs 2 persons to operate, avoiding connector caught. When connecting, please note the direction of BNC and do not pull the wire hard.
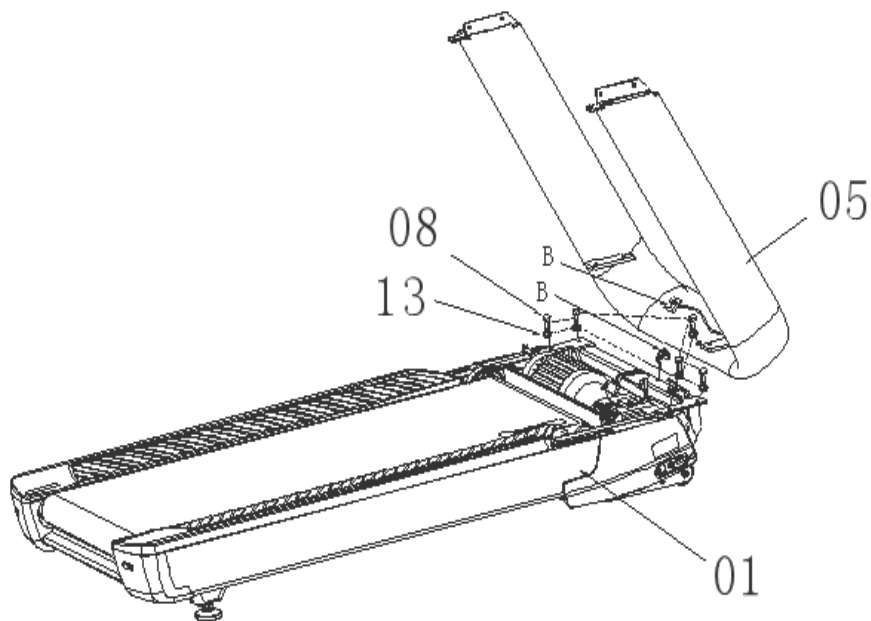
Step 3: Connect wire D of #02 and wire D of #05. Set console frame (#02) into main frame (#05), and Use Allen Wrench (as shown in figure) with #10and #14 to fix console frame into #05. Screw it tight after 6 screws are screwed.
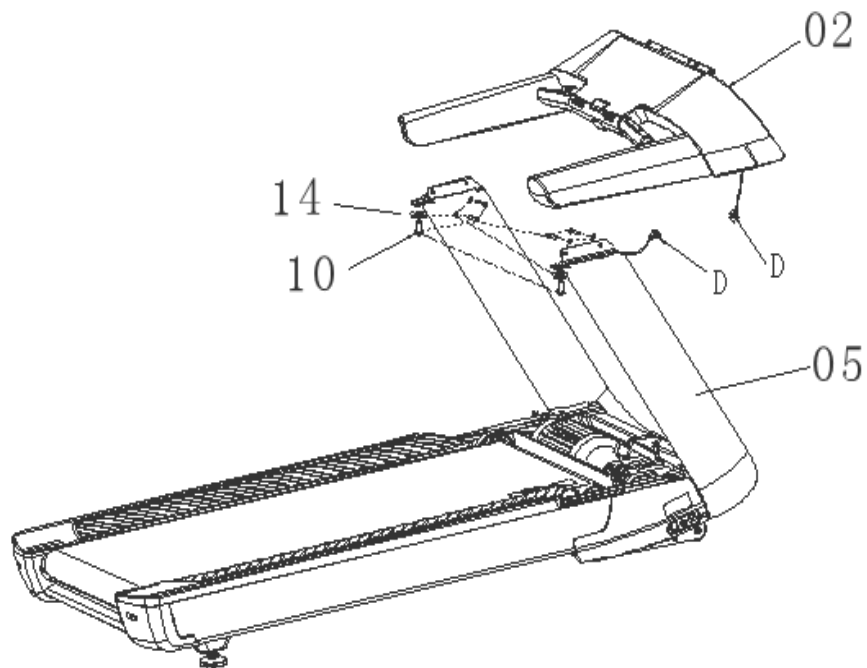
Notice: When setting main frame, it needs 2 persons to operate, avoiding connector caught. When connecting, please note the direction of BNC and do not pull the wire hard.
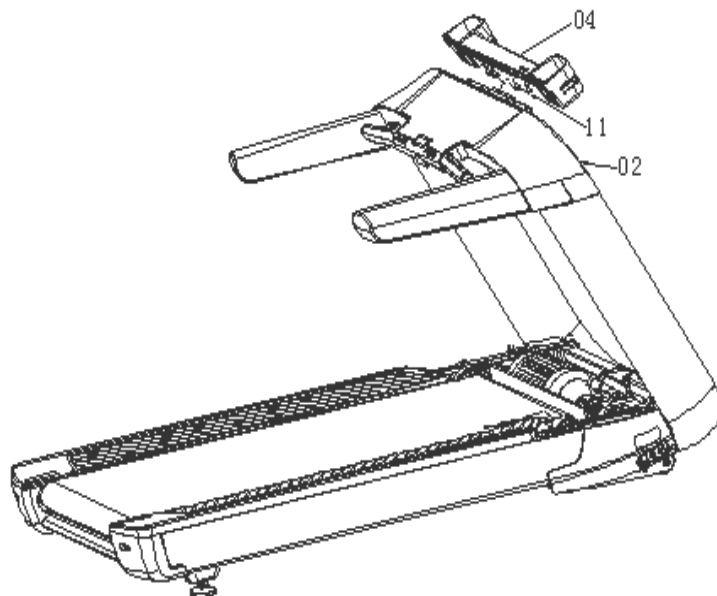

Step 4: Fix water holder (#04) into console (#02), Use Open Spanner to and screw #11, #04 tight into #2
Notice: When setting #04 into console (#02), please screw it when the position set correctly. And it takes 2 persons to screw it.

Step 5: Use PH Screw Driver to fix #09, #14 and #03 into #04. Finally, screw it tight.
Notice: When setting #03 into the #4, please note the position of #04. And it takes 2 persons to screw it.
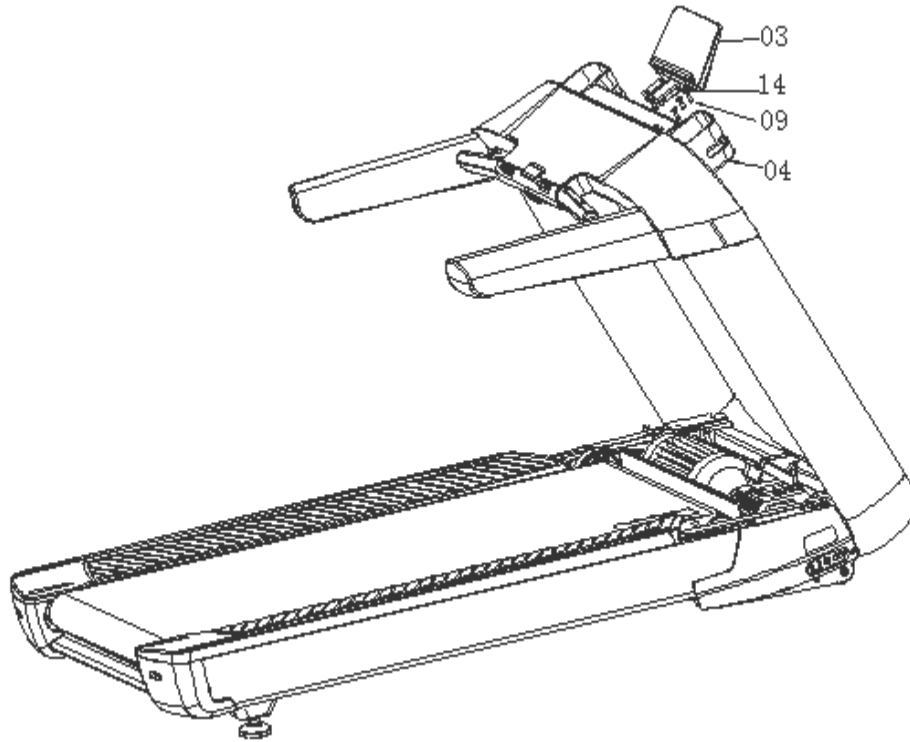
Step 6:

Use Hexagon wrench to screw #8 tight. Then take motor cover #7 and bolts #12,use screw driver to fix #07nto #01 tightly.
Notice: when set #01 into #07, please note the position and gap and screw it.
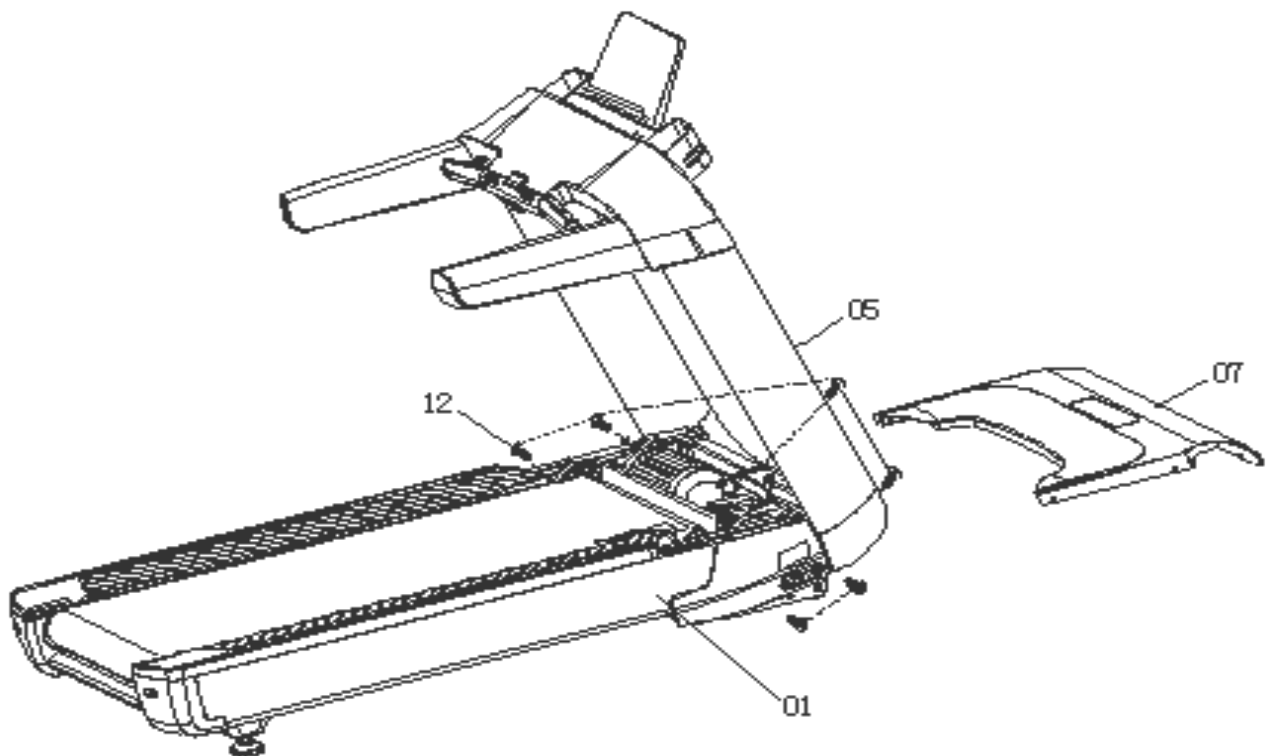
Step 7:
Take power plug (#06) and set it into main frame (#01)

01

06
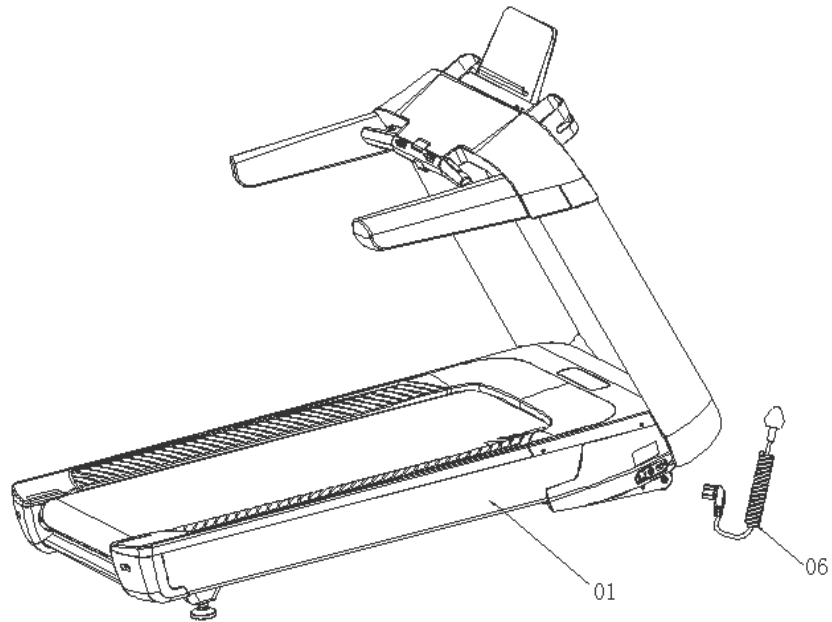
Caution!

✓ Make sure the above assembly is finished properly as above steps before connect the equipment with electricity.
✓ Carefully check below instruction before operating the treadmill.

Moving Instructions
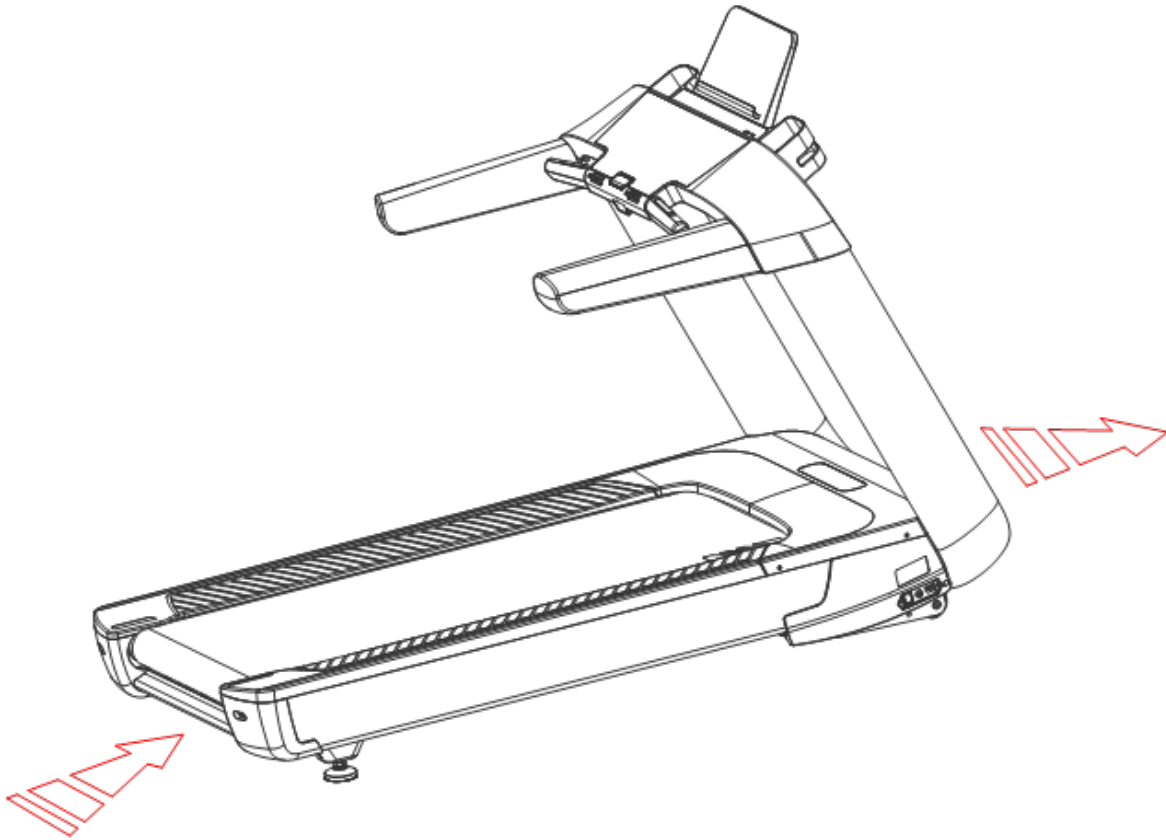
To Move the Treadmill

- ✓ Make sure the treadmill is fully stopped before trying to move it.
- ✓ Stand towards the rear end of running deck. Lift up the rear end of the running deck as the arrow shown in above picture.
- ✓ Push the treadmill forward to your desired location and stop. Put the rear end down to the ground gently.
- ✓ Attention!
- ✓ Before moving treadmill, please make sure the power cord plug has been pulled from the socket. Otherwise it may result damage to the plug and socket.

Operation Instruction

Kindly reminder: please check the safety key before start

Window display

1. "speed", "time ","distance" "calorie" "calorie/h" "heart rate" "steps" "incline" "pace" window: Display "speed", "time ","distance" "calorie" "calorie/h" "heart rate" "steps" "incline" "pace" information during exercise.

Buttons function

1. "Start/Pause" key: Under the power on and locked safety key, press this key to stop treadmill. In working conditions, press this key to pause treadmill.

2. "Stop" key: User can stop treadmill during exercise.

3. "Speed+", "Speed-" key: In standby mode, it adjusts set value. And it adjust speed after start.

4. "Incline+", "Incline-" key: In standby mode, it adjusts set value. And it adjust incline after start.

5. "5M round trip" mode: choose "5M round trip button" mode on treadmill standby status.

6. " HRC" mode: choose "HRC" mode on treadmill standby status.

7. " mountain climb " mode: choose "mountain climb" mode on treadmill standby status.

7. "fat burning " mode: choose "fat burning" mode on treadmill standby status.

8. "cool down " mode: choose "cool down" mode to relax when running.

9. "Volume+", "Volume-" key: Adjust the volume of sound.

10. "3、6、9" are speed shortcut key which can set speed and incline quickly.

11.safety key: press safety key or pull safety key under any situation can stop the treadmill.

Manual mode

1. Normal operation

In standby mode, press "start" key, and treadmill is running at the speed of 0.8km/h. Adjust incline and speed by "Incline+", "Incline-", "speed +", "speed-" .

2. 5KM round trip

In standby mode, press "5KM round trip" key to start, 10KM countdown to 0.

3. Fixed mode (interval, fat burning and mountain climb)

 Choose 1 program and set time; each program have 16 levels change.

Fixed program chart

Time Program Level		Time set/16=time in different levels															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Mountain climb	Speed	4	4	5	7	7	5	5	5	7	7	5	5	4	3	3	2
	Incline	0	2	4	6	8	10	2	4	6	8	10	2	4	6	8	10
Fat burning	Speed	3	5	7	9	9	9	9	9	9	9	9	9	9	9	5	4
	Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

● **HRC program:**
There are 3 Heart Rate Speed Control (HRC) programs.

✧ Exercise heart rate speed control default for 10 minutes.

✧ In standby, continuously press "program" key until the distance window display "HP1/HP2/HP3" (heart rate speed control program), dot matrix screen "heart rate speed control program". The "time" window display time. Long press (3 seconds) "program" to enter the setup, speed flash window display parameters, lattice window hints "input age"; according to the "program" key lattice window hints "input target heart rate". According to the "velocity +, -" key or "ascension +, -" button to adjust the settings.

Note: If the HP1/HP2/HP3 display interface, press the start button, the system will automatically recommend as a rate control parameters for use by the user (parameters):

The highest running speed of "HP1, HP2, HP3" were 12.0KMH, 12.0KMH, 12.0KMH, the age of 30, corresponding to the target heart rate were 124, 143, 162 times / min

✧ Long press (3 seconds) "program" key to enter the age of setting speed, window display the default age

30. The user can press the "velocity +, -" key or "ascension +, -" button to select the appropriate to their age, the age range was 15-80 years, lattice window hints "input age";

✧ The user selects his age, then press the "program" key, lattice window prompt "enter the target heart"; system according to the user to choose a good age, automatic recommend a suitable target heart displayed in the window, for the reference of the users. Users can also according to their own physical condition, through the press "velocity +, -" key or "ascension +, -" the key to choose the target heart rate value, choice range of 86-179 (heart rate with reference HP1/HP2/HP3 program form)

✧ After choose the age and target heart beat value, press the "program" to start the standby interface or directly press the "start" button to start;

✧ In the HP1/HP2/HP3 program running condition, can press the "velocity +, -" key or "ascension +, -" button to adjust the speed and ascension, but the system will automatically adjust speed and ascension to close to the target value of your heartbeat heart beat;

✧ 1 minute before the warm-up state for the movement started, automatically adjusts the speed and ascension will not, can be manually adjusted; 1 minutes after the system will be based on your current heart rate values were adjusted;

When the actual heart rate < target heart rate-5:

The treadmill will accelerate by 0.5km/time. When the program add to top speed, but the heart rate value is still below the target, the system will automatically add incline at 1/time frequency to improve exercise until the user's heart beat value reaches the target.

When the actual heart rate > target heart rate+5:

The treadmill reduces the Incline at speed of 1/time. When reduced to zero, the system will automatically reduce the speed at 0.5 km / time frequency. When the user's heart beat value reaches the target, the speed and incline will be stable.

HP1 Program				HP2 Program				HP3 Program			
Age	Pulse			Age	Pulse			Age	Pulse		
	Mini	Default	Max		Mini	Default	Max		Mini	Default	Max
15	128	133	138	15	149	154	159	15	169	174	179
16	128	133	138	16	148	153	158	16	168	173	178
17	127	132	137	17	147	152	157	17	168	173	178
18	126	131	136	18	147	152	157	18	167	172	177
19	126	131	136	19	146	151	156	19	166	171	176
20	125	130	135	20	145	150	155	20	165	170	175
21	124	129	134	21	144	149	154	21	164	169	174
22	124	129	134	22	144	149	154	22	163	168	173
23	123	128	133	23	143	148	153	23	162	167	172
24	122	127	132	24	142	147	152	24	162	167	172
25	122	127	132	25	141	146	151	25	161	166	171
26	121	126	131	26	141	146	151	26	160	165	170
27	120	125	130	27	140	145	150	27	159	164	169
28	120	125	130	28	139	144	149	28	158	163	168
29	119	124	129	29	138	143	148	29	157	162	167
30	119	124	129	30	138	143	148	30	157	162	167
31	118	123	128	31	137	142	147	31	156	161	166

32	117	122	127	32	136	141	146	32	155	160	165
33	117	122	127	33	135	140	145	33	154	159	164
34	116	121	126	34	135	140	145	34	153	158	163
35	115	120	125	35	134	139	144	35	152	157	162
36	115	120	125	36	133	138	143	36	151	156	161
37	114	119	124	37	132	137	142	37	151	156	161
38	113	118	123	38	132	137	142	38	150	155	160
39	113	118	123	39	131	136	141	39	149	154	159
40	112	117	122	40	130	135	140	40	148	153	158
41	111	116	121	41	129	134	139	41	147	152	157
42	111	116	121	42	129	134	139	42	146	151	156
43	110	115	120	43	128	133	138	43	145	150	155
44	109	114	119	44	127	132	137	44	145	150	155
45	109	114	119	45	126	131	136	45	144	149	154
46	108	113	118	46	126	131	136	46	143	148	153
47	107	112	117	47	125	130	135	47	142	147	152
48	107	112	117	48	124	129	134	48	141	146	151
49	106	111	116	49	123	128	133	49	140	145	150
50	106	111	116	50	123	128	133	50	140	145	150
51	105	110	115	51	122	127	132	51	139	144	149
52	104	109	114	52	121	126	131	52	138	143	148
53	104	109	114	53	120	125	130	53	137	142	147
54	103	108	113	54	120	125	130	54	136	141	146
55	102	107	112	55	119	124	129	55	135	140	145
56	102	107	112	56	118	123	128	56	134	139	144
57	101	106	111	57	117	122	127	57	134	139	144
58	100	105	110	58	117	122	127	58	133	138	143
59	100	105	110	59	116	121	126	59	132	137	142
60	99	104	109	60	115	120	125	60	131	136	141
61	98	103	108	61	114	119	124	61	130	135	140
62	98	103	108	62	114	119	124	62	129	134	139
63	97	102	107	63	113	118	123	63	128	133	138
64	96	101	106	64	112	117	122	64	128	133	138
65	96	101	106	65	111	116	121	65	127	132	137
66	95	100	105	66	111	116	121	66	126	131	136
67	94	99	104	67	110	115	120	67	125	130	135
68	94	99	104	68	109	114	119	68	124	129	134
69	93	98	103	69	108	113	118	69	123	128	133
70	93	98	103	70	108	113	118	70	123	128	133
71	92	97	102	71	107	112	117	71	122	127	132
72	91	96	101	72	106	111	116	72	121	126	131
73	91	96	101	73	105	110	115	73	120	125	130
74	90	95	100	74	105	110	115	74	119	124	129
75	89	94	99	75	104	109	114	75	118	123	128
76	89	94	99	76	103	108	113	76	117	122	127
77	88	93	98	77	102	107	112	77	117	122	127
78	87	92	97	78	102	107	112	78	116	121	126
79	87	92	97	79	101	106	111	79	115	120	125
80	86	91	96	80	100	105	110	80	114	119	124

Note:
Heart rate control programs must use a chest strap to detect the heartbeat. The strap must be attached to the chest and close to the skin. Heart rate display is not a medical device, and there are many reasons for

inaccurate detection. The results are for reference only. If feeling uncomfortable during exercise; press the stop button to stop running. Do not run with this program if you have high blood pressure, heart problems, etc.

4. Sleep mode:
   Stand by within 10 minutes without press any keys or programs. Press any keys or programs to start.

5. Safety mode
   Press or pull safety key under the emergency, the led displays check safety key.

Set data	Start	Set initial value	Range settled	Range displayed
Speed（KM/H）	0.8~25.0	----	0.8	0.8~25.0
Time(MIN)	0:00~99.59	30：00	---	5:00~99:00
Distance(KM)	0~99.9	----	---	----
Calorie(Kcal)	0-999	----	---	----
Steps	0~99999	----	----	----
Incline（%）	-2~18	----	----	-2~18

Other functions: wireless heart rate, Bluetooth connection and music display, USB charging,
1. Wireless heart rate function: when wearing the 5.3k wireless heart rate chest strap, the heart rate display window will display the heart rate value.
2. Wearing standard Bluetooth heart rate bracelet: in standby state, press the switch display button to turn on or off standard Bluetooth heart rate display.
3. User can use MP3 wire and Bluetooth to play the music. When standby, there is a serial number which shows on the display. Open the Bluetooth in the phone and there will show the serial number then connect it.
4. USB charging port can be used for charging mobile phone (5v-2a) through data cable. Note: please do not play mobile phone music, video or games when charging mobile phone.

Indicator light instruction

Light status	meaning
Solid RED light	Treadmill on
Solid GREEN light	Sleep mode
GREEN BLINK	Standby mode
Race horse light	Machine moving
RED BLINK	Machine abnormal

Garlando