TOORX
PROFESSIONAL LINE

INSTRUCTION

APP READY 3.0

TRX 8500
EVO

CE

Exploded drawing

Parts list

No.	Description	Qty	No.	Description	Qty	No.	Description	Qty
1	Base frame	1	30	Incline motor	1	A13	Cross head sunk screw M3X8	2
2	Running board supporting tube	1	31	Controller	1	A14	Cross head sunk screw M8X25	4
3	Incline frame	1	32	Overload switch	1	A15	Cross head sunk screw M8X30	2
4	Left upright tube	1	33	Power switch	1	A16	Cross head sunk screw M8X35	2
5	Right upright tube	1	34	Socket	1			
6	Handlebar and controlling panel	1	35	Wheel	2	A18	Cross pan head tapping screw ST4.2X12	16
6.1	Controlling panel support	1	36	Emergency stop switch	4	A19	Cross pan head tapping screwST4.2X16	11
6.2	Left handlebar	1	37	Roller cover	2	A20	Cross half round screw ST4.2X12	14
6.3	Right handlebar	1	38	Filter	1	A21	Cross halt round screw ST4.2X25	2
6.4	Upper cover of controlling panel	1	39	Inductor	1			
6.5	Key board	1	40	Signal wire A	1			
6.6	Front handlebar	1	41	Signal wire B	1			
6.7	Lower cover of controlling panel	1	42	Signal wire C	1			
7	Display screen	1						
8	Motor lower cover	1				B1	Hex nut M8	2
9	Front roller	1				B2	Nylon lock nut M8	4
10	Rear roller	1				B3	Nylon lock nut M10	6
11	8V belt	1						
12	Running board	1						
13	Running board cushion	8				C1	Flat washerΦ4	8
14	Rubber mat	2				C2	Flat washerΦ8	11
15	Running belt	1				C3	Flat washerΦ10	20
16	Universal foot pad	2				C4	Big flat washer Φ4	8
17	Side rail	2				C5	Big flat washerΦ5	8
18	Baffle plate	1	A1	Bolt M5X35	8	C6	Spring washerΦ4	8
			A2	Bolt M8X35	4	C7	Spring washerΦ5	8

20	Side rail positioning nut	8	A3	Bolt M8X50	2	C8	Spring washerΦ8	4
21	Square end cap	4	A4	Bolt M10X50	1	C9	Spring washerΦ10	8
22	Cushion	2	A5	Bolt M10X75	4	C10	Nylon washerΦ10	4
23	Motor upper cover	1	A6	Bolt M10X90	1			
24	Left upright tube cover	1	A7	Bolt M10X160	2	D1	Wrench	1
25	Right upright tube cover	1	A8	Half round bolt M8X20	4	D2	Cross screwdriver	1
26	Nut cap	4	A9	Half round bolt M8X40	4	D3	Screwdriver	1
27	Left rear end cap	1	A10	Half round bolt M10X20	10	D4	Wrench（S=6）	1
28	Right rear end cap	1	A11	Socket head bolt M10X60	1	D5	Wrench（S=8）	1
29	Motor	1	A12	Socket head bolt M10X90	3	D6	Lubricant bottle	1

Note: Pls refer to the actual parts if there is difference with the ones in the list.

Installation instruction

WARNING： **Don't insert the power wire until the treadmill was fully installed!**

Tips:

* To eliminate installation errors, do not tighten all the bolts in each step. Tighten all the bolts after the installation is complete.

* One treadmill is packed in 2 cartons, #1 is for main frame, # 2 is for the handle bar and central controling panel.

1. Unpack and lift out of the frame

The frame is fixed with a bracket and bolt X ,Before leaving the factory, the rack is fixed with a bracket and X, Unscrew the X (there are six in total) mounted on the frame with a wrench. Then lift the frame out. As shown in Figure 1

Figure1
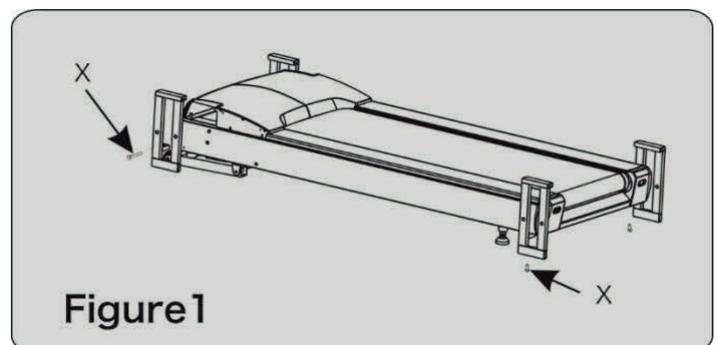
2.Installation of left upright tube

2.1 Install Left upright tube (4) to base frame (1) by two sets of half round bolt M8X20 (A8), half round bolt M8*40 (A9) and four pcs of flat washer φ8 (C2) by side. (Attention: to align screw hole with the upper surface). Make sure the bolts to connect left upright tube and base frame. Do not tighten the bolts until all the bolts are assembled .(See Figure 2)
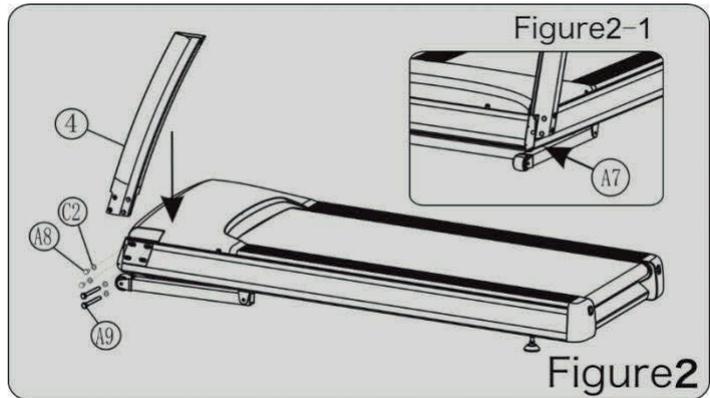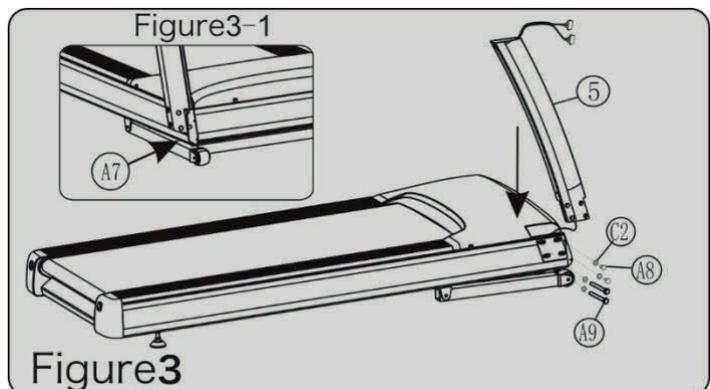
2.2 In upper outer side, using Bolt M10X160 (A7) that was assembled on frame to tighten.(Attention: bolt head position is the front underside. See Figure 2-1)

Figure2-1

Figure2

3. Installation of right upright tube

3.1Connect the Signal wire from right upright tube to corresponding wires from frame.

3.2 Install the Right upright tube (5) to base frame (1) using two sets of bolt M8X20 (A8),bolt M8X40 (A9) and four pcs of flat washer φ8 (C2) by side. (Attention: to align screw hole with the upper surface). Make sure the bolts to connect right upright tube and base frame. Do not tighten the bolts until all the bolts are assembled. (See Figure 3)


Figure3-1

Figure3

3.3 In upper outer side, using Bolt M10X160 (A7) that was assembled on frame to tighten.(Attention: bolt head position is the front underside. See Figure 3-1)

4.Installation of handlebar and conlloring panel

4.1 Connect the Signal wire from right upright tube to corresponding wires from Handlebar.

4.2 Install handlebar and controlling panel set(6) to the left/right upright tube (4/5).

4.3 Connect handlebar and controlling panel (6) to the left/right upright tube (4/5) from inner and front sides by six sets of half round bolt M10X20(A10), spring washerφ10 (C9), and flat washer φ10(C3). (Attention: To align screw hole)(See Figure 4)

Figure4
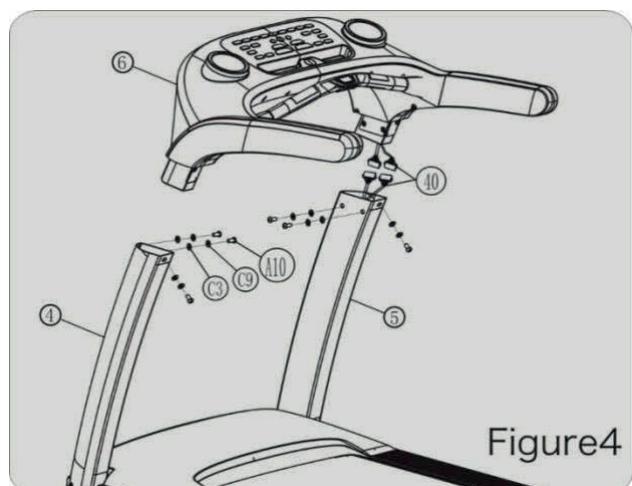
5. Installation of display screen

5.1 Connect the signal wire from display screen to corresponding wire from controlling panel. Crowding the extra wire into the panel.

5.2 Connect the display screen (7) to handlebar and controlling panel (6) by four sets of half-round bolt M10X20(A10), flat washers φ10(C3). (Attention: To align screw hole) (See Figure 5)


Figure5-1

Figure5
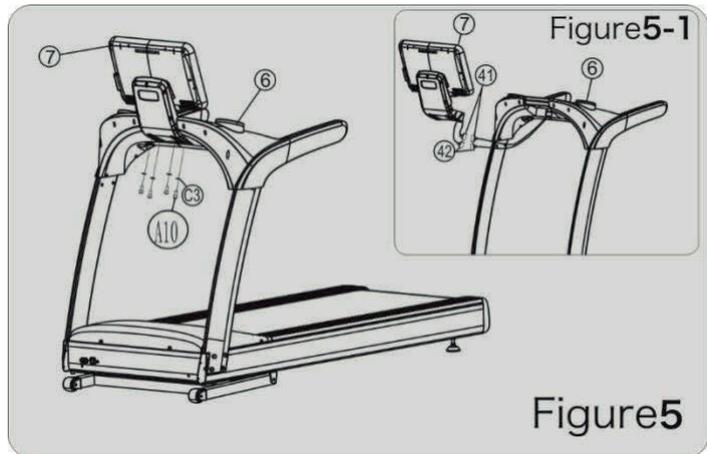
6. Installation of motor left/

right cover

6.1 Tighten all the bolts.

6.2 Install left cover (24) to the left side of motor upper cover (23) by three pcs of cross pan head tapping screw ST4.2X12 (A18) , then tighten.

6.3 Install right cover (25) to the right side of motor upper cover (23) by three pcs of cross pan head tapping screw ST4.2*12 (A18), then tighten. (see Figure 6)

Figure6
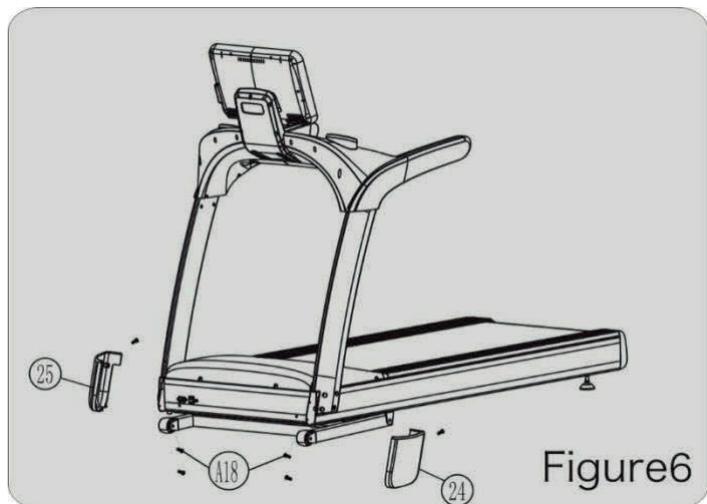
WARNING: **Improper connection of the grounding conductor may cause electric shock. If you′re not sure whether the device is properly grounded, please turn to a professional electrician or repairman to inspect. Do not modify the plug supplied with the product, if the plug does not match the socket, you should turn to a professional electrician to install a proper socket.**

Adjustment instruction

1. Before connectting power, service or professional personel should check whether voltage is appropriated, and whether the ground wire of three-core plug is wellconnected. Pull the

running belt by hand, check whether the rotation is flexible, there is no abnormal sound.

2. Connect power, press Start key, the treadmill starts to run in low speed,observe whether belt and computer are run normally.

3. Press the speed up and down key to observe the rotation and display of the treadmill. If the belt deviated, stop the treadmill and adjust the running belt according to the requirements of "maintenance".

4.Press emergency stop key or pull out safety key,the treadmill will stop immediately. Re-inset the emergency stop key to reset or insert safety key, can restart treadmill. (As below figure)

5.Press Stop key, the treadmill stop running, then turn off the power when the incline returns to zero.

Treadmill can be put into use after all the installation adjustment is completed.

1.Two feet stand on two side of belt, put the other side clip from safety key to clip to clothes. (see the figure)

2.Press Start key, the treadmill will start running at lowest speed. You can step on the belt and walk slowly.

3.Press speed+ key, the speed of running belt will gradually increase, you can see the speed value from computer, start to run at low speed for 2-3 minutes, then increase the speed to your target, you can release the handlebar after after run is suitable, you can let go handrail to run after adaptation.

4.When stopping running, you should slow down gradually and run for 2-3 minutes at a low speed, so that the heart and breathing slowly return to normal.

5.After running, you can reduce speed to the minimum, and then press the start/stop button to stop the treadmill.

6.If running at high speed, it is too late to slow down, or even lose balance, you can press the emergency stop button, and the treadmill can stop running immediately. The stopping distance depends on the inertial weight.

7.Please fully master the use of emergency stop button and safety key.

8.If the emergency stop button and safety key fail or are damaged, they must be maintained or replaced by professionals in time. (They are earsily worn parts)

9.Noise under load is higher than that without load.
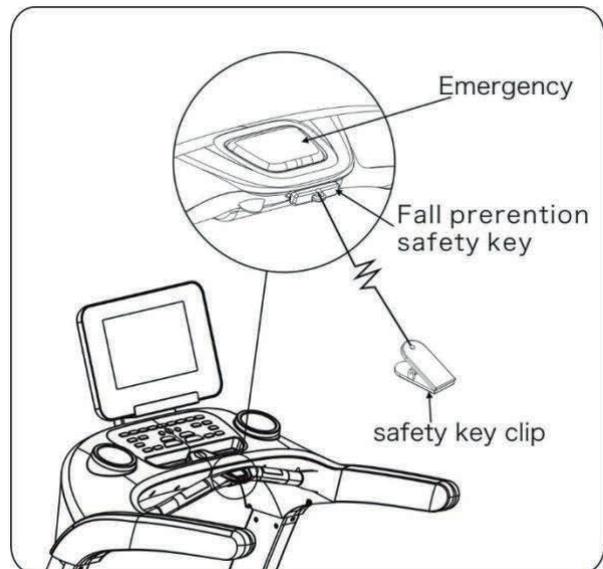
⚠️ **WARNING:**Frequent use of incline operation (more than 5 times in a row) may render the incline ineffective. It's not a malfunction. It is a kind of automatic

protection of incline motor, the function will be restored automatically after 1 hour stop using.
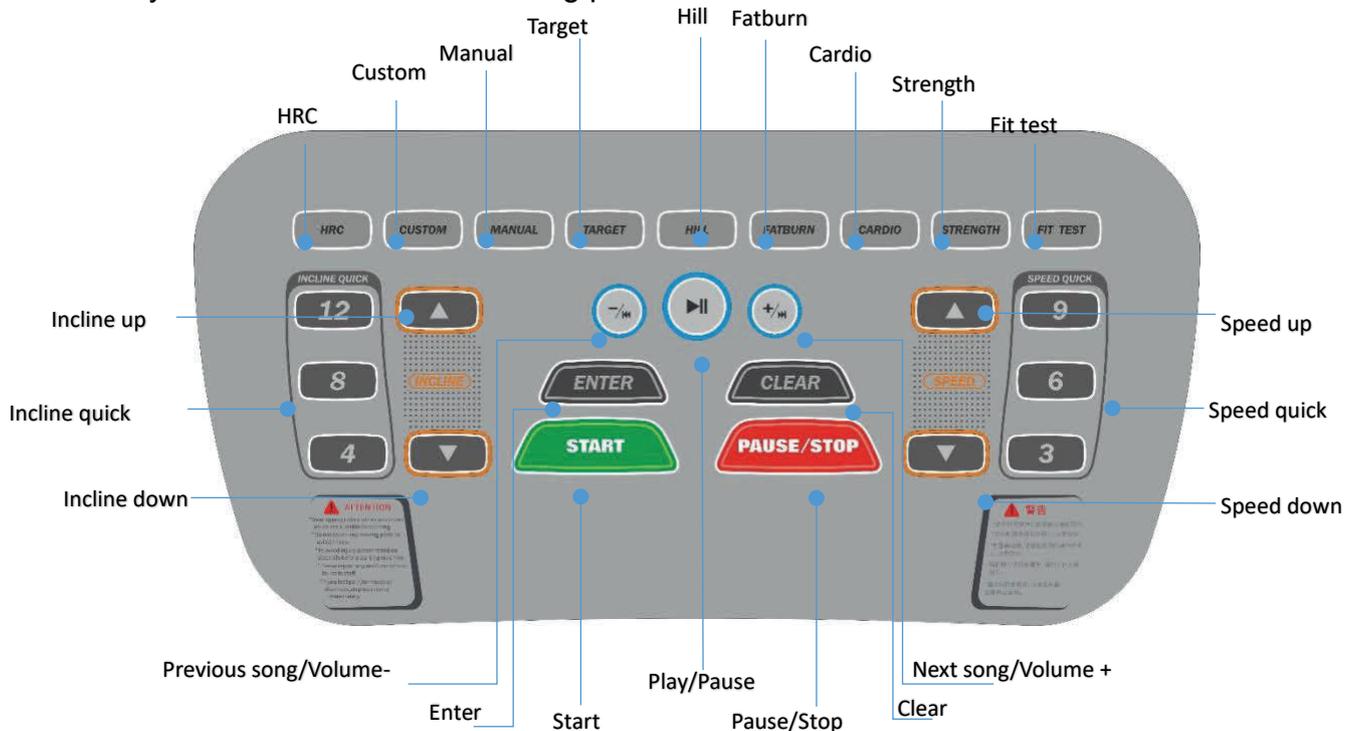
Console instruction

⚠️ **WARNING:** To reduce the possibility of electric shock, keep the console dry. To prevent liquid from spilling onto the console, only sealed water bottles can be placed on the water bottle holder.

1. Function

Display screen	PVC decal	Shortcut keys	Incline: 4-8-12 Speed 3-6-9
Running data	Time,Incline,Speed,Pace,Calorie,Distance,Heart rate,R-steps,Mets, Environmental temperature	Sound technology	Built-in double check sorround speaker 2*5W
Heart rate Monitoring	Hands grip contact, wireless chest strap （option）	Audio format	Multi-format playing
Intelligent exercise programs	HRC, Custom, Manual, Target, Hill, Fatburn, Cardio, Strength, Fit test	Transport interface	3.5mm audio/USB3.0
		Press-to-select	Physical silicon buttons
Exercise application	Fitshow （option）		

2. Controlling panel instruction

2.1 Physical silicon button controlling panel

2.1.1 Button function

| Icon	Name	Function
START	START	After power on, press "START",the treadmill starts running.
PAUSE/STOP	PAUSE/STOP	Press this button when running, the treadmill will puase, and press again to stop running. After the pause, press the start button and the treadmill will return to the running state before the pause.
ENTER	ENTER	Press this key to confirm the setting.
CLEAR	CLEAR	Press this key to clear the setting.
(red emergency button)	Emergency stop button / Safety key	It is a safety device to prevent slipping or force shutdown in case of emergency. When using the treadmill, you need to insert the safety key inward (after inserting, the emergency stop button will automatically reset and spring up). Press the emergency stop button or pull out the side of the safety key to stop the treadmill.
▲ SPEED ▼	Speed adjustment	When the treadmill running, press them to adjust the speed, long press leads to quickly adjustment; you can also press this key to increase or reduce value in the direct exercise program.
3 6 9	Quick speed	Build-in 3-6-9 three speed shortcut keys. (It is effective when the treadmill running)
▲ INCLINE ▼	Incline adjustment	When the treadmill running, press them to adjust the incline, long press leads to quickly adjustment; you can also press this key to increase or reduce value in the direct exercise program.
4 8 12	Quick incline	Build-in 4-8-12 three incline shortcut keys. (It is effective when the treadmill running)
Audio play		
−/◄◄	Previous song/Volume-	Short press will back to previous song, long press to volume down.
►ΙΙ	Play/Pause	Press once to play, press again to pause.
+/►►	Next song/Volume+	Short press will go to next song, long press to volume up.
P1-P9 : 9 kinds of intelligent exercise program direct selection		
HRC	P1: Heart rate control program	4 levels from weak to strong heart rate control speed training: Level 1, long distance running and speed training; Level 2, endurance and stamina training; Level 3, interval running training; Level 4, strength training before a race.

CUSTOM	P2: Custom and preset program	There are 18 preset programs: 1-5 Physical training program; 6-10 Physical compliance training program; 11-12 Body fit training program；13-15 Physical fitness maintaining program; 16-18 Physical recovery program. And 5 custom programs （USER1-5）
MANUAL	P3: Manual program	This program can be set for time/distance/heat, only one mode can be set at a time.
TARGET	P4: Target program	Rehabilitation target training, set the intensity metabolic equivalent (METS) during exercise as the target training mode
HILL	P5: Hill program	Three kinds of different incline hill program. It can be strengthen upper and lower limb joint and muscle training from gentle to steep incline.
FATBURN	P6: Fat burn program	Three kinds of timing fat burn training program, p1 training time: 20 minutes; p2 training time: 30 minutes；p3 training time: 60 minutes.
CARDIO	P7: Cardio program	Three kinds of countdown cardio training program: RPE-1 60 minutes of the countdown training; RPE-2 30 minutes of the countdown training; RPE-3 10 minutes of the countdown training.
STRENGTH	P8: Strength program	Five level of strength exercise program:LEVEL-1 Easy run；LEVEL-2 Marathon target pace running; LEVEL-3 Tempo running ； LEVEL-4 Interval running; LEVEL-5 Repeats running.
FIT TEST	P9: Fit test	In standby mode, it will countdown 30 seconds for fit test program: fat percentage (Distance window display); Basal metabolism rate (Speed window display); Physique (Incline window display) .

3. Display and controlling panel

3.1 Illustration


3.2 Display function
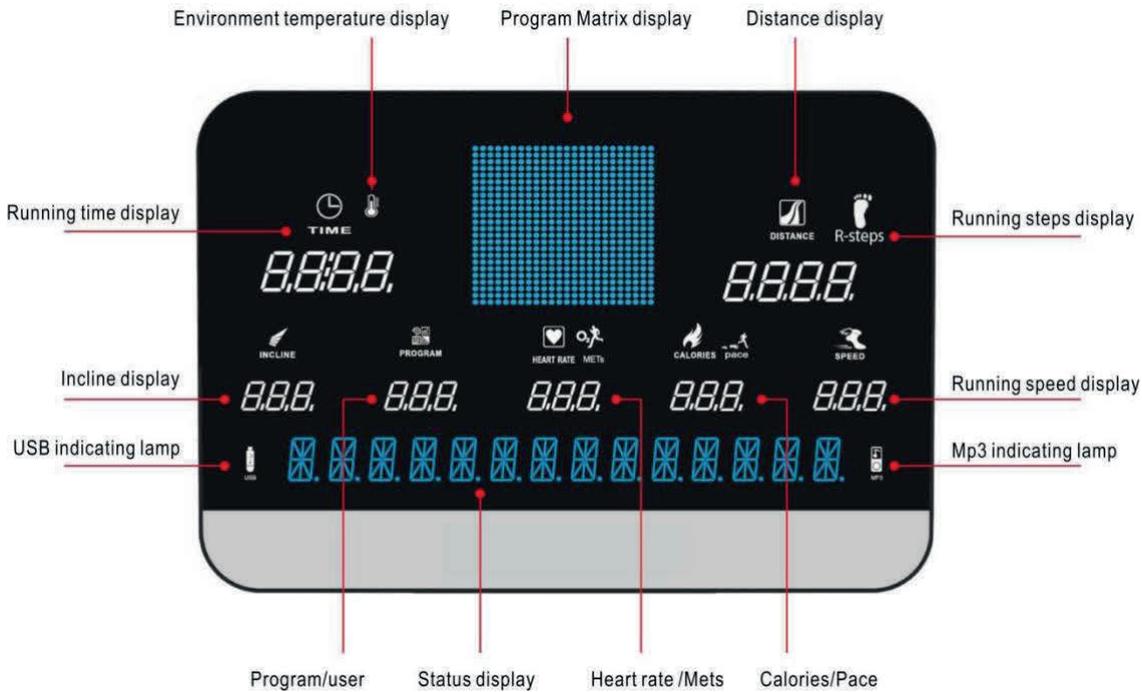
4. Operation instruction

4.1 Treadmill operation instruction

4.1.1Standby mode operation

Put the special power wire insert to treadmill socket, another end of power wire is connected to the environment working voltage (the environment working voltage must be in conformity with requirements of the treadmill). Connect the power, the treadmill enters to standby mode, time window shows environment temperature, PROGRAM window shows setting program ,other windows show initial value "0".

4.1.2 Start treadmill operation

In standby mode, press START[START] key, treadmill start to running, each window shows current exercise data accordingly. Matrix window displays current position and tracks, length of each track is 400 meters. At the same time, you can select speed or incline key [▲][▼] to adjust speed or incline as you like, press stop key [STOP/PAUSE] to pause or stop running.
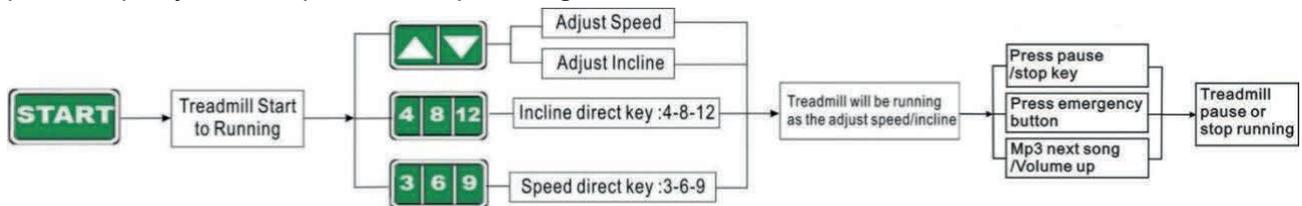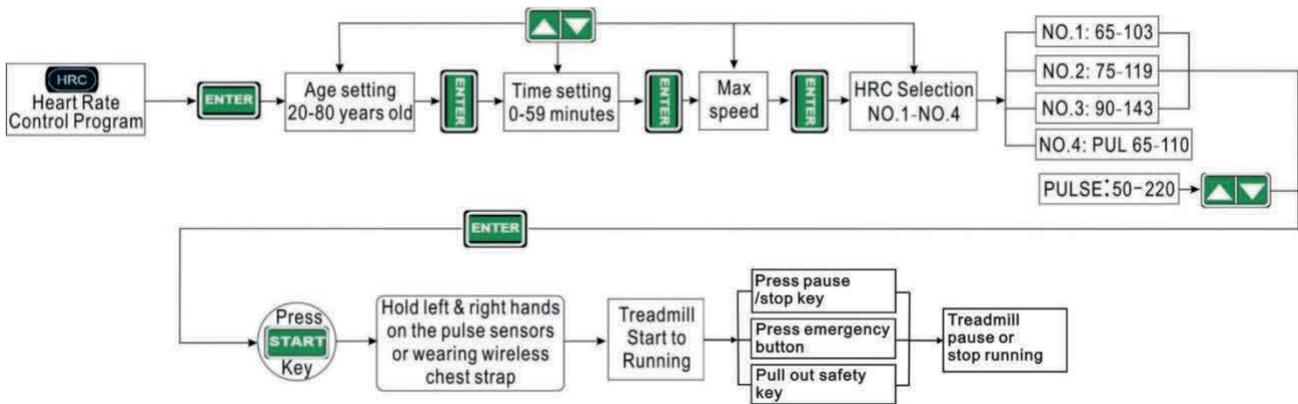

4.1.3 Exercise program operation instruction

The treadmill is equipped with 9 kinds of intelligent exercise program wiht different level of internsity. According to user's age, gender, weight etc, and user's exercise purpose to customize. Exerciser can choose a appropriate exercise program according to his age, gender, weight and other parameters as well as exercise purpose.

When you use intelligent program, you need to use setting key [▲][▼] to proceed relevant setting,

press Enter key [ENTER] to confirm; press Clear key [ENTER] to modify the setting; Press P1-P9 direct

key [HRC]–[FIT TEST] to select intelligent program as you like, press Stop/Pause key [PAUSE/STOP] to exit when

selected, then you can select another intelligent program.

4.1.4   Schematic diagram of intelligent exercise program operation schematic diagram

P1 Heart rate control program

HRC Heart Rate Control Program → ENTER → Age setting 20-80 years old → ENTER → Time setting 0-59 minutes → ENTER → Max speed → ENTER → HRC Selection NO.1-NO.4

- NO.1: 65-103
- NO.2: 75-119
- NO.3: 90-143
- NO.4: PUL 65-110
- PULSE: 50-220

Press **START** Key → Hold left & right hands on the pulse sensors or wearing wireless chest strap → Treadmill Start to Running → Press pause /stop key / Press emergency button / Pull out safety key → Treadmill pause or stop running
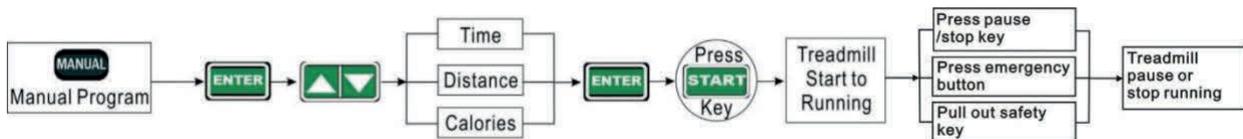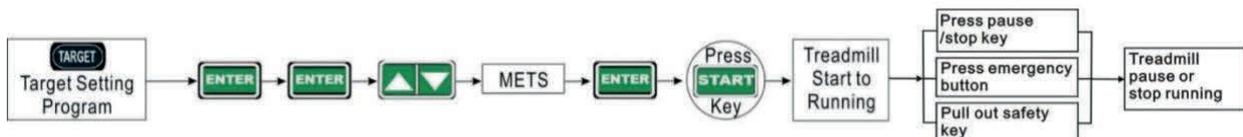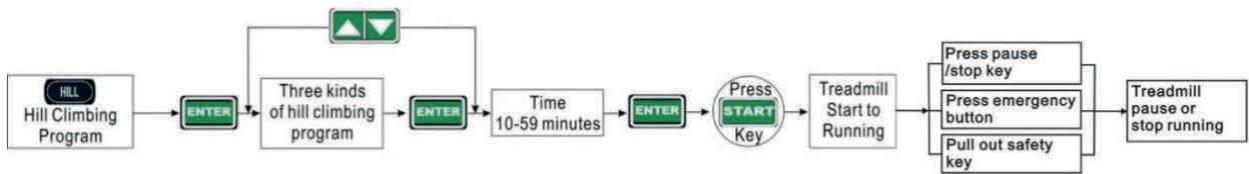
P2 Custom/Preset programs

CUSTOM Custom Setting Program → ENTER →

- 1-18 preset programs
- 5 custom program (USER01-05)

→ ENTER →

- Five kinds of Physical training program (TIME) 28-32-40-40-30
- Five kinds of Physical compliance training program (TIME) 28-34-40-45-40
- Two kinds of Body fit training program (TIME) 40-48
- Three kinds of Physical fitness maintaining program (TIME)48-42-30
- Three kinds of Physical recovery program (TIME) 26-20-16
- Custom program USER-01
- Custom program USER-02
- Custom program USER-03
- Custom program USER-04
- Custom program USER-05

→ ENTER → Press **START** Key → Treadmill Start to Running → Press pause /stop key / Press emergency button / Pull out safety key → Treadmill pause or stop running

Press custom to confirm and save

Time → ENTER → Speed → ENTER → Incline

P3 Manual program

MANUAL Manual Program → ENTER → ▲▼ → Time / Distance / Calories → ENTER → Press **START** Key → Treadmill Start to Running → Press pause /stop key / Press emergency button / Pull out safety key → Treadmill pause or stop running

P4 Target program

TARGET Target Setting Program → ENTER → ENTER → ▲▼ → METS → ENTER → Press **START** Key → Treadmill Start to Running → Press pause /stop key / Press emergency button / Pull out safety key → Treadmill pause or stop running
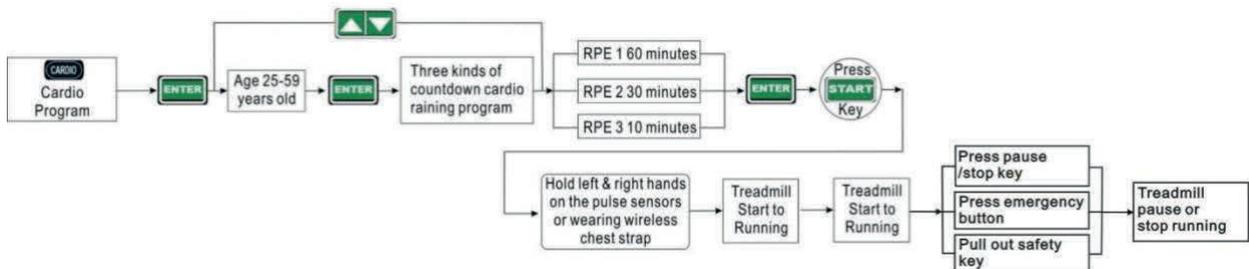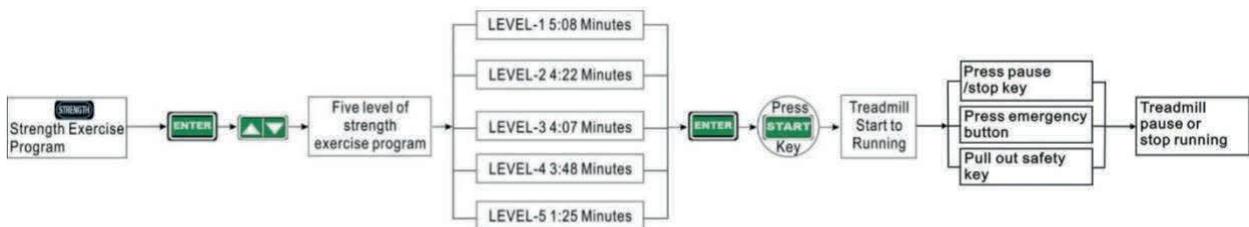
P5 Hill program

P6 Fat burn program

P7 Cardio program

P8 Strength program

P9 Fit test program

Flow diagram:

Fit test Program → ENTER → Age 10-60 years old → ENTER → Gender MAN-WOMAN → ENTER → Height CM 100-220 → ENTER → Weight KG 20-200

→ ENTER → Press START Key → Hold left & right hands on the pulse sensors or wearing wireless chest strap → Show the test result after countdown 30 seconds →

- Rise window display: Physique
- Speed window display: Basal metabolism rate
- Distance window display: fat percentage

4.1.5 MP3 Playing and treadmill operation

Mp3 Playing → Insert USB / Using audio wire to connect equipment → Press Mp3 play → Mp3 Play /Pause → Mp3 previous song /volume down / Mp3 next song /Volume up → Treadmill Start to Running → Press pause /stop key / Press emergency button / Mp3 next song /Volume up → Treadmill pause or stop running

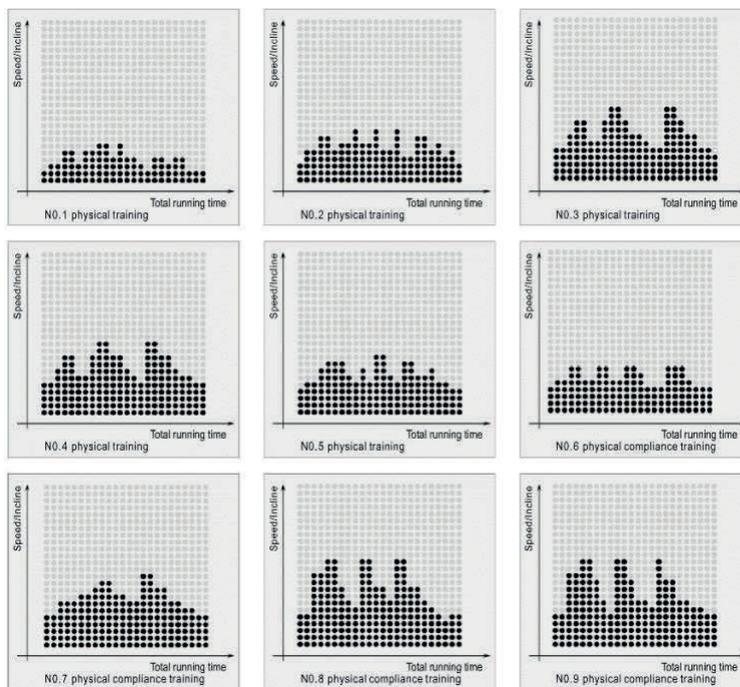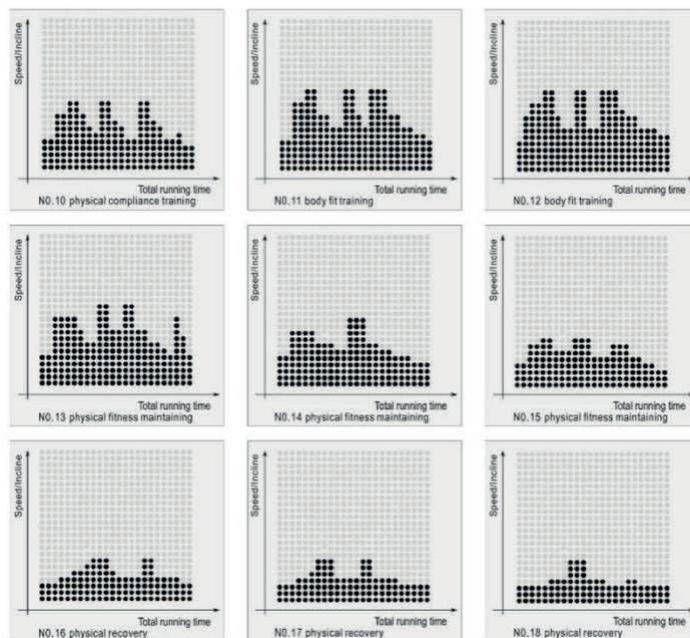Warm tip: When you use P1 Heart Rate Control Program/ P6 Fat burn Program/ P7 Cardio Program, do not play MP3 at the same time to avoid audio signal interfere to wireless heart rate, and special HRC wireless heart rate chest belt will be required.
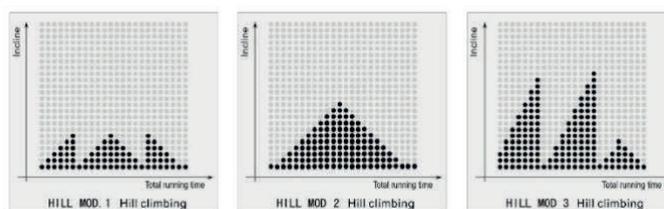
4.1.6 Program Matrix graphics and body mass index reference table

N0.1 physical training — N0.2 physical training — N0.3 physical training
N0.4 physical training — N0.5 physical training — N0.6 physical compliance training
N0.7 physical compliance training — N0.8 physical compliance training — N0.9 physical compliance training

●Custom program graphics

No.10 physical compliance training | No.11 body fit training | No.12 body fit training
No.13 physical fitness maintaining | No.14 physical fitness maintaining | No.15 physical fitness maintaining
No.16 physical recovery | No.17 physical recovery | No.18 physical recovery

● Hill program graphics

HILL MOD.1 Hill climbing | HILL MOD.2 Hill climbing | HILL MOD.3 Hill climbing

● Fat percentage reference table

body shape / Age Gender FAT%	slim body 1	heaithy body 2	fleshy body 3	over wt body 4	obese body 5
Male≤30 years old	<14%	14%–20%	20.1%–25%	25.1%–35%	>35%
Male>30 years old	<17%	17%–23%	23.1%–28%	28.1%–38%	>38%
Female≤30 years old	<17%	17%–24%	24.1%–30%	30.1%–40%	>40%
Female>30 years old	<20%	20%–27%	27.1%–33%	33.1%–43%	>43%

● Adult body mass index(BMI) reference table

Body condition	Thin	Realistic weiht	Overeight	Mild obesity	Moderate obesity	Severely obesity
Body mass index(BMI)	<18.5	18.5-23	23-25	25-30	30-35	>35

5. Hand pulse test

The test can detect static and dynamic heart rate before and after exercise, and recovery after exercise. The user holds the metal plate of heart rate detection on the left and right horizon handlebar with both hands, then the heart rate value will be displayed on the screen. (Warm reminder: the maximum heart rate of the exerciser should not exceed (220- age). When the heart rate exceeds the maximum, it is recommended to rest for about 30 minutes or slow down and reduce the incline. The detected heart rate is only for the reference of sports and fitness.

Warning: Heart rate monitoring system may be inaccurate. Excessive exercise can result in serious injury or death. Stop exercising immediately if you feel faint.

6. Music play

6.1 Audio input
Using audio wire to connect treadmill audio interface 3.5mm and audio source   (Mobile phone and tablet computer), the treadmill plays from those audio source.
6.2 Local music playing
Put USB flash disk into right interface on the console to play the music from the disk.

7. FIT APP instruction（if have）

7.1 Scan the QR code to download the "FIT"application in your mobile phone

or tablet PC. (Please refer to the operation manual of FIT application)

7.2 Turn on bluetooth in your mobile phone or tablet PC;

7.3 Turn on the treadmill;

7.4 Connet the treadmill.

WARNING:To ensure the safety and normal use, check the wear and damage of the treadmill regularly.

Maintennance and malfunction treatment

1．Clean: The surface of the treadmill should be kept clean, pull out the power cord before cleaning. You can clean the running belt and the surface of the treadmill with a soft and wet cloth, be sure not to use strong solvents.

2．Adjustment of belt deviation: The running belt has been adjusted when manufactured; it may runs defectively after transportation and use. Turn off the treadmill before adjusting, (see figure) adjust the left and right bolts in rear roller with wrench If the belt deviates to the left, clockwise rotate the left bolt. If the belt deviates to the right, counterclockwise rotate the right bolt. It is better to adjust 1/2 circle at a time. After adjustment, turn on the power and start the treadmill to check if the belt back to certer at speed of 4-5km/h, repeat the procedure if not.
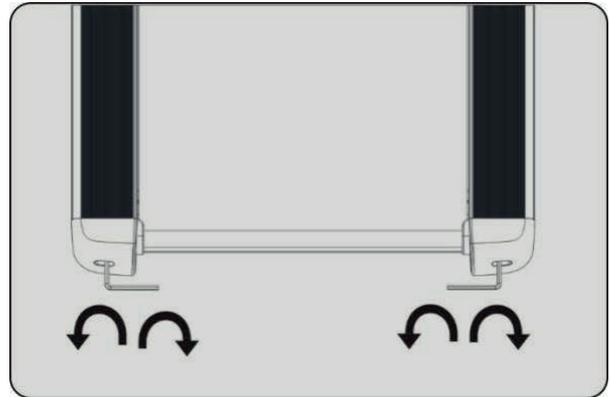
3．Adjustment of belt slip: After a certain time of using, the belt might turn to be longer or couldn't free roll..

Your should adjust the left and right bolts in rear roller clockwise at same position till it runs smoothly and freely, it is better to adjust 1/2 circle at a time .But to avoid shortening belt using lifetime, do not adjust it too tight.

4．Lubricate

After using over 100 hours or the lubricant between the running board and the running belt is used up, please lubricate the running board and adjust the running belt well.

1.1 Power off, loose the belt by using the method of belt deviation adjustment, then brush lubricant to the running board evenly.

4.2 Please do not lubricate excessively, lubricant is not the more the better, reasonable lubrication can improve the service life of the treadmill.

Maintenance prompt function

　　The treadmill have been Pre-lubricated before leave factory, it is not necessary to add lubricant oil when the treadmill running first time. In order to keep the treadmill operating at its best condition, the treadmill is equipped with oil adding reminding. When the treadmill running to 9000KM, LED will show "LUBRICATE", it means need to add oil to the treadmill. After the first time oiling, the next reminding will display every 1000KM. Press "ENTER" to add oil and exit the reminding. Press "CLEAR" key to ignore lubricate temporarily, LED will show "LUBRICATE" after 50KMS.

　　The LED will show "REPLACE BELT" when the treadmill running every 25000KM totally, press "ENTER" to replace belt and exit the reminding, Press "CLEAR" to ignore replace belt temporarily, LED will show "REPLACE BELT" after 50KMS

　　Shown as below:
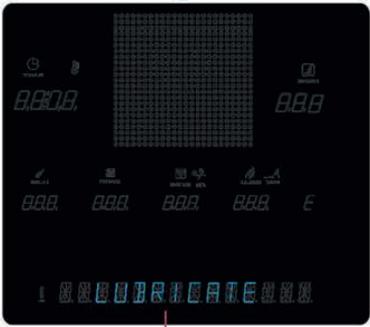
Oil adding reminding

replaces belt reminding

Garlando