

TOORX
FITNESS IN MOTION

INSTRUCTION

CHRONO PRO  LINE



TRX 2500



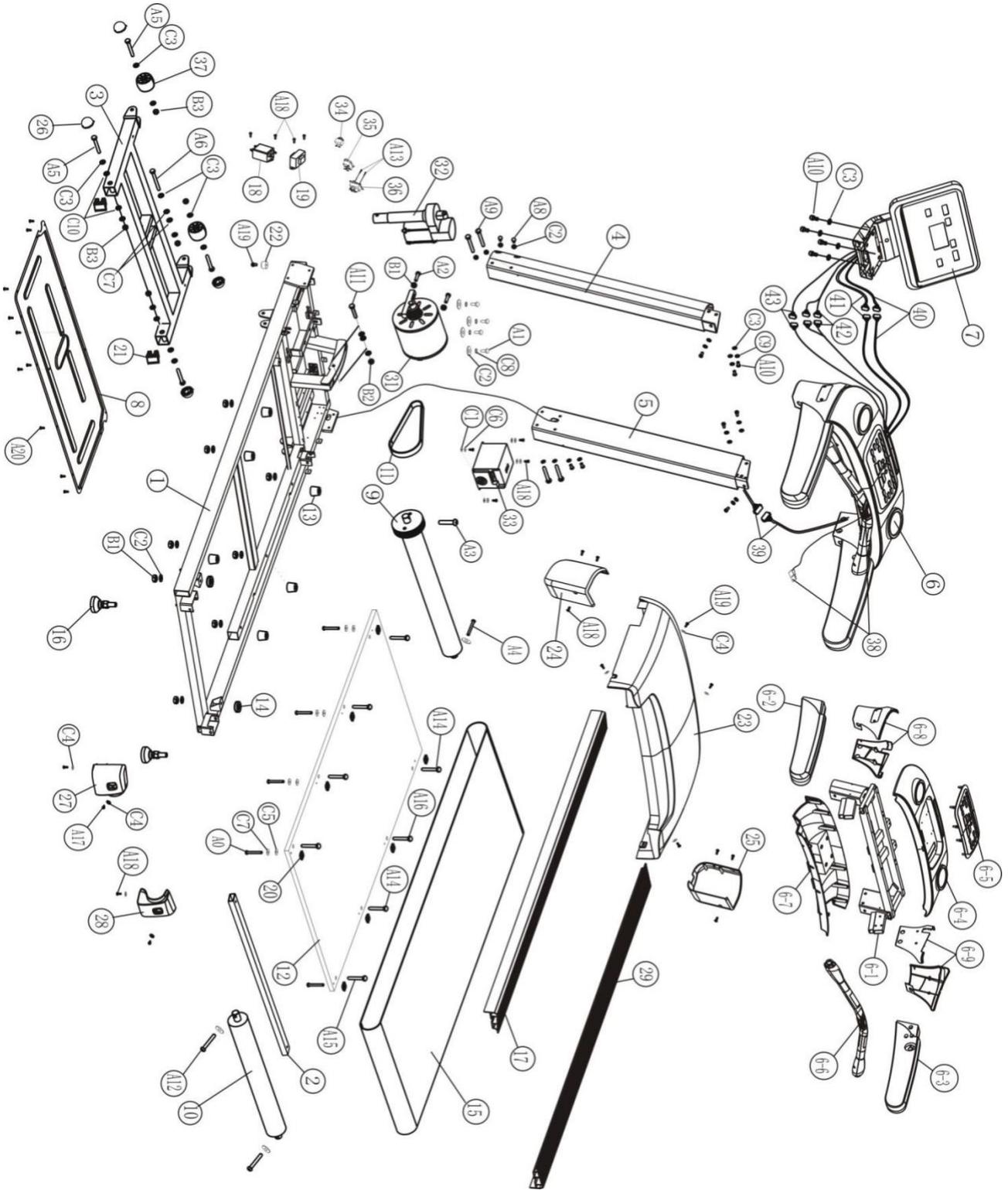
Cod : TOXPRFTRX2500

Rev : 00

Ed : 04/23



Exploded drawing



Parts list

No.	Description	Qty	No.	Description	Qty	No.	Description	Qty
1	Base frame	1	28	Right rear end cap	1	A13	Cross head sunk screw M3X8	2
2	Running board supporting tube	1	29	Right side rail	1	A14	Cross head sunk screw M8X25	4
3	Incline frame	1	31	Motor	2	A15	Cross head sunk screw M8X30	2
4	Left upright tube	1	32	Incline motor	1	A16	Cross head sunk screw M8X35	3
5	Right upright tube	1	33	Controller	1	A17	Cross half round screw ST4. 2X20	2
6	Handlebar and controlling panel	1	34	Safety switch	1	A18	Cross pan head tapping screw ST4. 2X12	16
6.1	Controlling panel support	1	35	Power switch	1	A19	Cross pan head tapping screw ST4. 2X16	6
6.2	Left handlebar	1	36	Socket	1	A20	Cross pan head tapping screw ST4. 2X12	15
6.3	Right handlebar	1	37	Wheel	2			
6.4	Upper cover of controlling panel	1	38	Emergency stop switch	38			
6.5	Right cover of controlling panel	1	39	Signal wire A	39			
6.6	Front handlebar	1	40	Signal wire B	40			
6.7	Lower cover of controlling panel	1	41	Signal wire C	41			
6.8	Left handlebar cover	1-1	42	Signal wire D	42			
6.9	Right handlebar cover	1-1	43	Signal wire E	43	B1	Hex nut M8	2
7	Display screen	1			44	B2	Nylon lock nut M8	8
8	Motor lower cover	1			45	B3	Nylon lock nut M10	6
9	Front roller	1						
10	Rear roller	1						
11	8V belt	1				C0	Flat washer Φ 4	4
12	Running board	1				C1	Flat washer Φ 6	14
13	Running board	6				C2	Flat washer Φ 8	11

	cushion							
14	Rubber mat	2				C3	Flast washer $\Phi 10$	20
15	Running belt	1	A0	Bolt M5X35	8	C4	Big flat washer $\Phi 4$	10
16	Universal foot pad	2	A1	Bolt M8X30	4	C5	Big flat washer $\Phi 5$	8
17	Left side rail	1	A2	Bolt M8X50	2	C6	Spring washer $\Phi 4$	8
18	Filter	1	A3	Bolt M8X25	1	C7	Spring washer $\Phi 5$	8
19	Inductor	1	A4	Bolt M8X60	1	C8	Spring washer $\Phi 8$	4
20	Side rail positioning nut	6	A5	Bolt M10X75	4	C9	Spring washer $\Phi 10$	8
21	Square end cap	2	A6	Bolt M10X90	1	C10	Nylong washer $\Phi 10$	4
22	Cushion	2						
23	Motor upper cover	1	A8	Half round bolt M8X20	4	D1	Screwdriver	1
24	Left upright tube cover	1	A9	Half round bolt M8X65	4	D2	Wrench (S=6)	1
25	Right upright tube cover	1	A10	Half round bolt M10X25	10	D3	Wrench (S=8)	1
26	Nut cap	4	A11	Bolt M10X50	1	D4	Lubricant bottle	1
27	Left rear end cap	1	A12	Socket head bolt M8X90	2			

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

Installation instruction



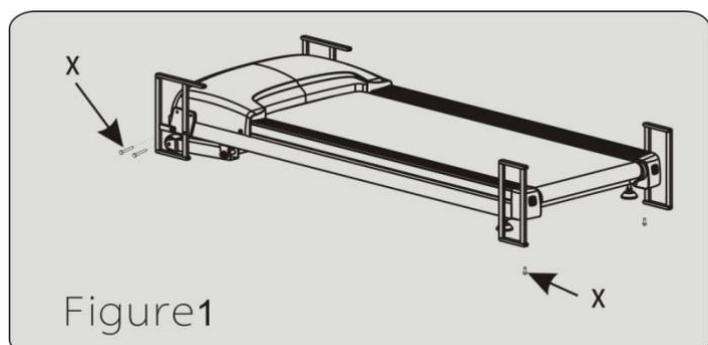
WARNING: Don't insert the power wire until the treadmill was fully installed!

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 controlling panel.

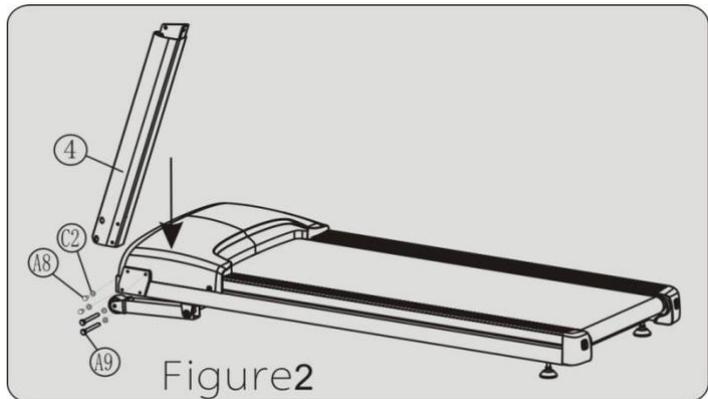
1. Unpack and lift out of the frame

The frame is fixed with a bracket and bolt 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



2. Installation of left upright tube

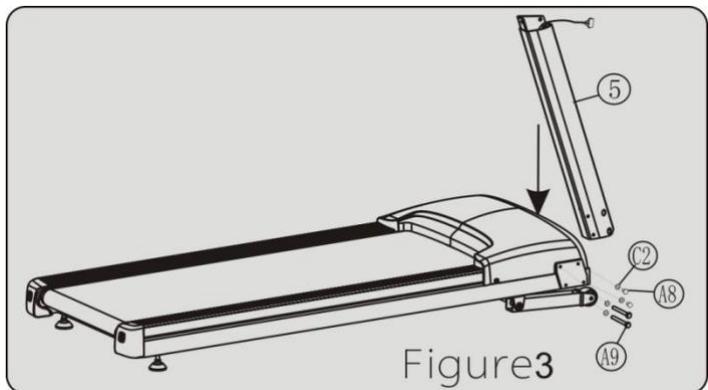
Install Left upright tube (4) to base frame (1) by two sets of half round bolt M8X20 (A8), half round bolt M8*65 (A9) and four pcs of flat washer $\phi 8$ (C2) by side. (Attention: to align screw hole with the upper surface). Make sure the bolts to connect left upright tube and base frame. Do not tighten the bolts until all the bolts are assembled. (See Figure 2)



3. Installation of right upright tube

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

3.2 Install the Right upright tube (5) to base frame (1) using two sets of bolt M8X20 (A8), bolt M8X65 (A9) and four pcs of flat washer $\phi 8$ (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)

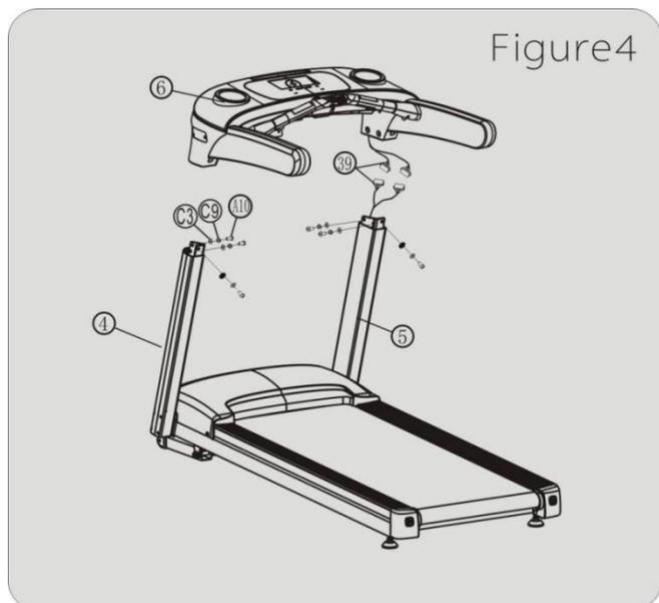


4. Installation of handlebar and controlling panel

4.1 Connect the Signal wire from right upright tube to corresponding socket 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 M10X25 (A10), spring washer $\phi 10$ (C9), and flat washer $\phi 10$ (C3). (Attention: To align screw hole) (See Figure 4)



5. Installation of display screen

5.1 Connect the socket 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 M10X25(A10), flat washers ϕ 10(C3). (Attention: To align screw hole) (See Figure 5)

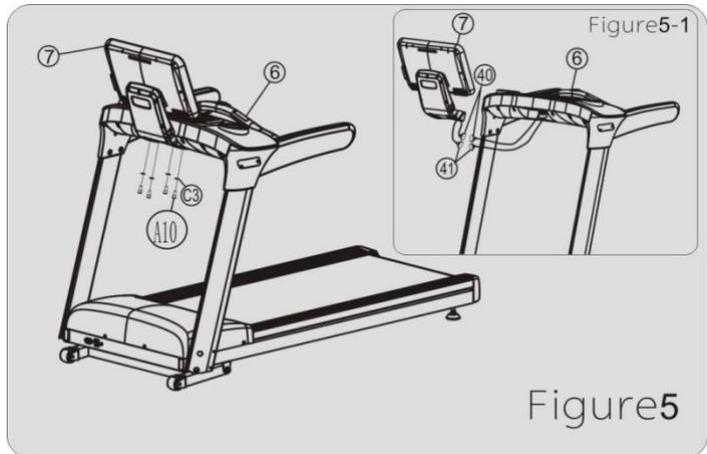


Figure5

6. Installation of left/ right upright tube 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)

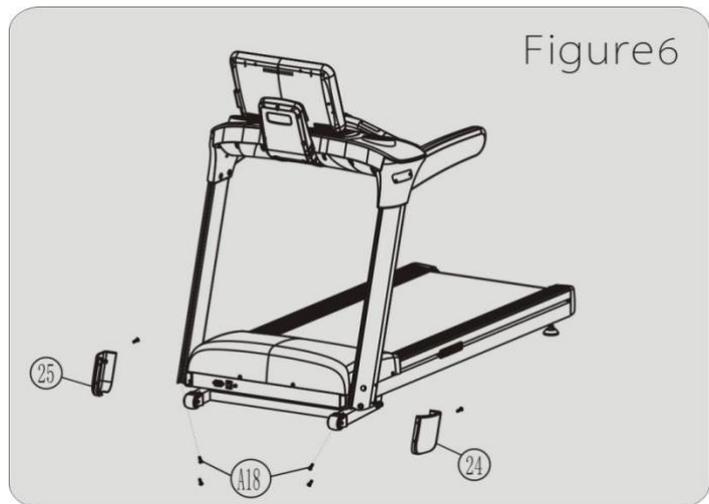


Figure6



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 connecting power, service or professional personnel 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 console 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-insert 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.

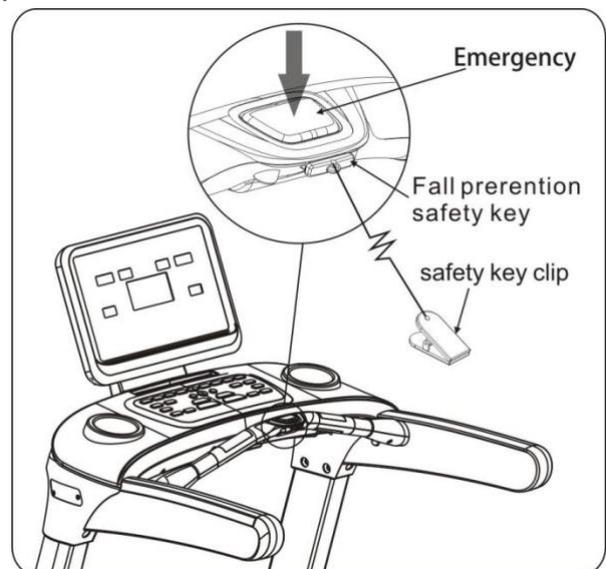
5. After running, you can reduce speed to the minimum, and then press the start/stop button to stop the treadmill.

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 easily 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



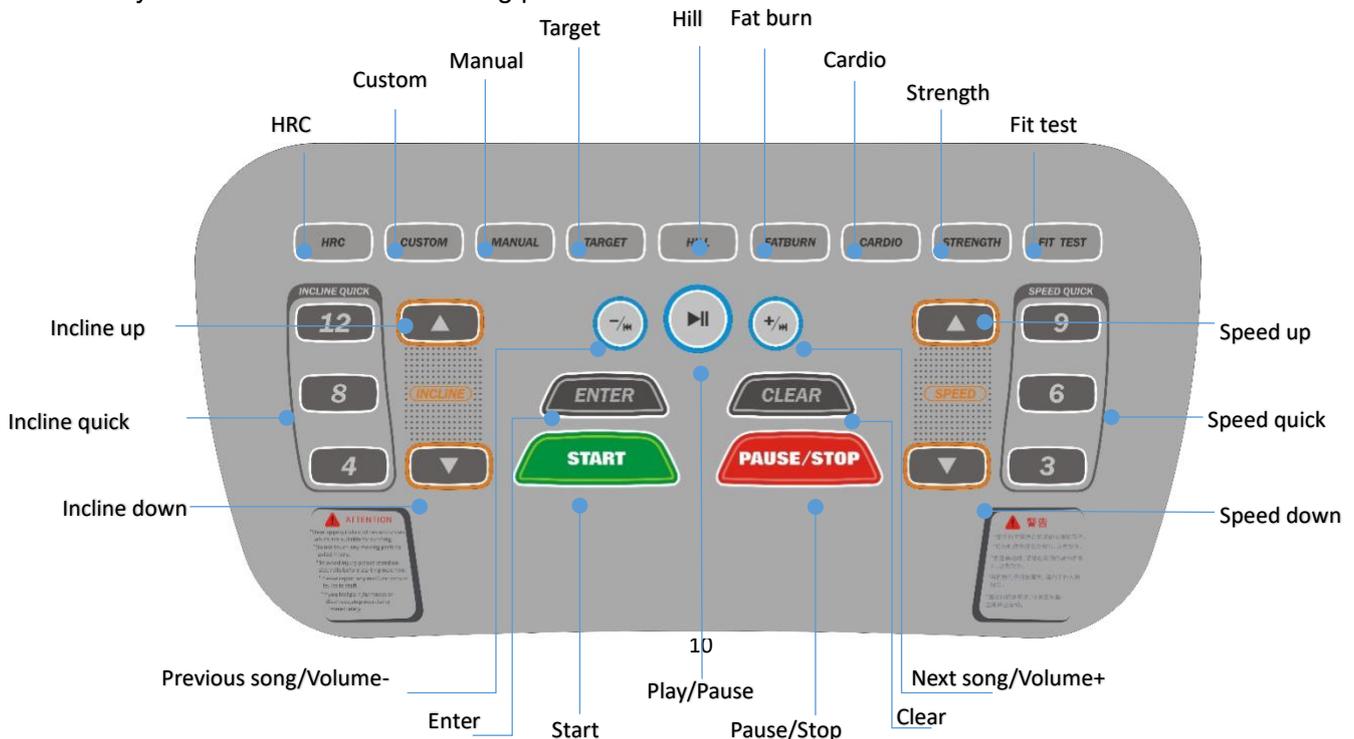
WARNING: To reduce the possibility of electric shock, keep the console dry. To prevent liquid from spilling onto the console, only sealed water bottles can be placed on the water bottle holder.

1. Function

Display screen	PVC decal	Shortcut keys	Incline: 4-8-12 Speed 3-6-9
Running data	Time, Incline, Speed, Calorie, Distance, Heart rate	Sound technology	Built-in double check surround speaker 2*5W
Heart rate Monitoring	Hands grip contact, wireless chest strap (option)	Audio format	Bluetooth connection to play
Intelligent exercise programs	HRC, Custom, Manual, Target, Hill, Fatburn, Cardio, Strength, Fit test	Transport interface	Bluetooth
		Press-to-select	Physical silicon buttons
Speed/Incline	Speed: 1.0-22km/h Incline:0-15%		

1. Controlling panel instruction

2.1 Physical silicon button controlling panel



2.1.1 Button function

Icon	Name	Function
	START	After power on, press "START", the treadmill starts running.
	PAUSE/STOP	Press this button when running, the treadmill will pause, and press again to stop. After the pause, press the start button and the treadmill will return to the running state before the pause.
	ENTER	Press this key to confirm the setting.
	CLEAR	Press this key to clear the setting.
	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 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.
	Quick speed	Build-in 3-6-9 three speed shortcut keys. (It is effective when the treadmill running)
	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.
	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.
	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.

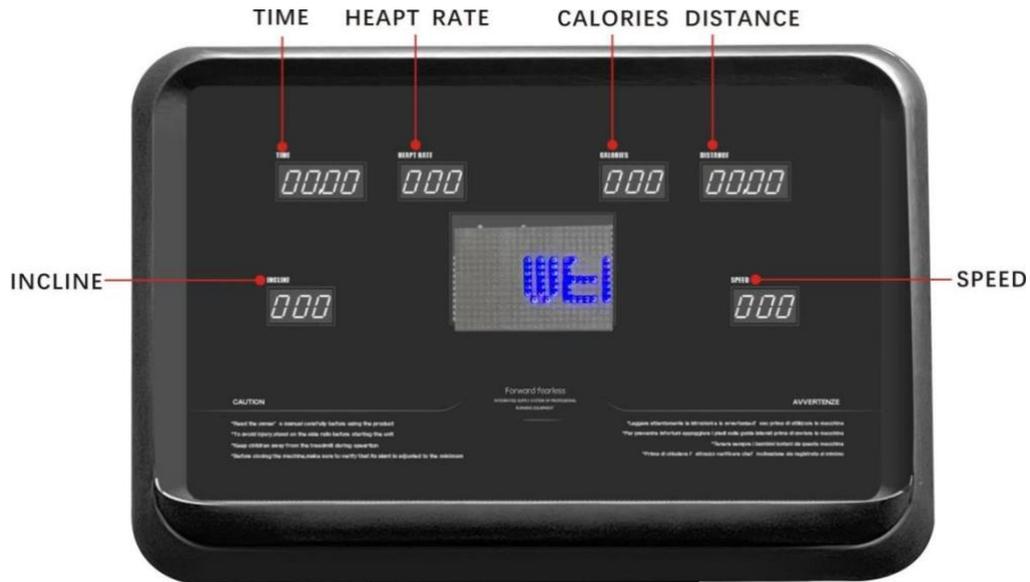
P1-P9 : 9 kinds of intelligent exercise program direct selection		
HRC	P1: Heart rate control program	HRC1-HRC3
CUSTOM	P2: Custom program	Users can customize each section of speed in the program inside each section of speed, and choose according to your own conditions, the setting can be saved even power off.
MANUAL	P3: Manual program	This program can be set for time/distance/calorie, only one mode can be set at a time.
TARGET	P4: Target program	There are six levels P4-1---P4-6
HILL	P5: Hill program	Six kinds of different incline hill program. It can be strengthen upper and lower limb joint and muscle training. P5-1---P5-6
FATBURN	P6: Fat burn program	There are six levels, P6-1---P6-6
CARDIO	P7: Cardio program	There are six levels, P7-1---P7-6
STRENGTH	P8: Strength program	There are six levels, P8-1---P8-6
FIT TEST	P9: Fit test	In standby mode, it will countdown 30 seconds for Body Mess Index Test: fat percentage (Calorie window display); Basal metabolism rate (Distance window display); BMI (Speed window display) .

3. Display and controlling panel

3.1 Illustration



3.2 Display function



4. Operating instruction

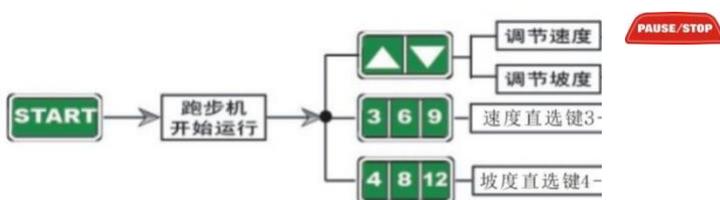
4.1 Treadmill operating instruction

4.1.1 Standby 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, Distance window shows preset program ,other windows show initial value "0".

4.1.2 Start treadmill operation

In standby mode, press **START**  key, treadmill start to running, each window shows current exercise data accordingly. Matrix window displays dynamic runway and number of lap, each lap 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  to pause or stop running. (需要换图)



4.1.3 Exercise program operating instruction

The treadmill is equipped with 9 kinds of intelligent exercise program with different level of intensity. Exerciser can choose a appropriate exercise program according to his age, gender, weight and other

parameters as well as exercise purpose.

When use intelligent program, you need to use setting key   to proceed relevant setting, press Enter key  to confirm; press Clear key  to modify the setting; Press P1-P9 direct key   to select intelligent program as you like, press Stop/Pause key  to exit when selected, then you can select another program.

4.1.4 Operating schematic diagram of exercise program

P1 Heart rate control program



Press , enter into P1 program; press ENTER, the program HRC1-HRC3 will be displayed in the distance window. HRC1-HRC3 can be selected by speed adjustment keys, press ENTER to confirm then select "gender-age-height-weight" (can be adjusted by speed adjustment keys), press START to start the program. At this time, hold heartrate sensor with both hands, and the treadmill will automatically adjust incline and speed according to the detected rate. See the detailed description of the program as below:

HRC1:

This program is with a certain incline, where speed can be selected according to the grade of weight loss. Press ENTER to confirm and press SPEED UP/DOWN to adjust the corresponding parameters. In the heartrate window, 60% of the maximum heart rate is calculated according to the maximum heart rate formula (maximum =220- age) according to the input age. This value can be changed by pressing the SPEED UP/DOWN button. Press START/PAUSE to start or pause the program. The incline can be customized by the user. There is no automatic change in incline or speed during the initial 4.0 minutes warm-up. After warm-up exercise, the treadmill will automatically adjust its speed by increasing 1.0 km/h every 40 seconds until the user's heart rate reaches its maximum (± 5 beats/min.). When the user's heart rate is greater than the maximum, the program will automatically adjust by reducing 1.0 km/h every 40 seconds until it reaches the maximum. If there is no heart rate signal input within 10 seconds, the heartrate window will display "--"; If there is no heart rate signal input within 30 seconds, the treadmill will stop.

HRC2:

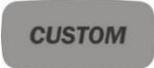
This is an aerobic exercise program with a certain speed, where incline can be automatically adjusted. Press ENTER to confirm the selection and press SPEED UP/DOWN to adjust the corresponding parameters. In the heartrate window, 60% of the maximum heart rate is calculated according to the maximum heart rate formula (maximum =220- age) according to the input age. This value can be changed by pressing the SPEED UP/DOWN button. Press START/PAUSE to start or and pause the

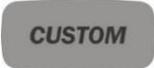
program. The speed can be customized by the user. There is no automatic change in incline or speed during the initial 4.0 minutes warm-up. After warming up exercise, the treadmill's incline will automatically adjust by increasing with one unit every 30 seconds until the user's heart rate reaches that its maximum (± 5 beats/min.). When the user's heart rate is greater than the maximum, the program will automatically adjust by reducing one unit of incline every 30 seconds until it reaches the maximum (± 5 beats/min.). If there is no heartrate signal input within 10 seconds, the heartrate window will display "--"; If there is no heart rate signal input within 40 seconds, the treadmill will stop.

HRC3:

This program is an interval exercise of weight loss program, where speed and incline can be automatically adjusted. Press ENTER to confirm the selection and press SPEED UP/DOWN to enter your age, and then press ENTER to confirm the age. In the heartrate window, 60% of the maximum heart rate is calculated according to the maximum heart rate formula (maximum = $220 - \text{age}$) according to the input age. This value can be changed by the SPEED UP/DOWN button. Press START/PAUSE to start or pause the program. There is no automatic change in incline or speed during the initial 4.0 minutes warm-up. After the warm-up exercise, the incline will automatically adjust by increasing one unit every 30 seconds, and the speed will automatically adjust by increasing 1.0 km/h every 30 seconds until the user's heart rate reaches its maximum (± 5 beats/min.). When the user's heart rate is greater than the maximum, the incline will be automatically adjusted by reducing one unit every 30 seconds, and the speed will be automatically adjusted by decreasing 1.0 km/h every 30 seconds until the user's heart rate reaches the maximum (± 5 beats/min.). If there is no heart rate signal input within 10 seconds, the heartrate window will display "--"; If there is no heart rate signal input within 40 seconds, the treadmill will stop.

P2 Custom program



1. When the treadmill stop, press  to the program, to set the speed first, then the time.
2. The speed setting is divided into 24 sections with range: 1.0-22.0 km for each one, press SPEED UP/DOWN to change the setting; After adjustment, press ENTER to confirm and enter the next setting;
3. The time setting range from 5-99 min., press ENTER to confirm.
4. After completing all setting, press START, the treadmill will run accordingly.
5. The treadmill will keep the setting in memory, when no new setting is made, the treadmill will run under the last user's setting.
6. When the countdown reaches zero, the treadmill stops running.
- 7.

P3 Manual program

There are three setting functions in the backward counting mode: time, distance and calorie.

1. Under standby state, press ENTER to the time counting mode. Time window displays the time and flashes. The initial time is 30:00, you can press SPEED UP/DOWN to adjust, time setting range: 5:00-9:00.
2. Under time countdown state, press ENTER to enter distance countdown mode. The initial distance is 5.00km, you can press SPEED UP/DOWN to adjust, distance setting range: 1.0-99.9.

3. Under distance countdown state, press ENTER to enter calorie countdown mode. The initial calorie is 20.0, press SPEED UP/DOWN to adjust by 10 at a time, calorie setting range: 20.0-999,
4. Under countdown mode, when the set time or distance or calorie decreases to zero, the speed slowly decreases until it stops and returns to standby state.

P4 Target program

TARGET

1. Press **TARGET**, enter into the program selection; press ENTER, then you can select different level of P4-1----P4-6, the initial time setting is 30 min., only time can be set, the time range is: 5:00-99:00, press SPEED UP/DONW to adjust the intitial value, then press START, the treadmill starts running, and the speed slowly increases to the value that indicated in the first section of automatic program.
2. Press SPEED UP/DOWN to adjust the speed.
3. Press INCLINE UP/DOWN to adjust the incline.
4. Press the speed shortcut key to quickly set the speed indicated by the key.
5. Press the incline shortcut key to quickly set the incline indicated by the key.
6. Each program is divided into 24 segments.
7. It chirps when switches between segments.
8. When the set time run to zero, the treadmill slows down until stop, then return to standby.
9. This program shows changes in the speed graph.

P5 Hill program

HILL

1. Press **HILL**, enter into the program selection, press ENTER, then you can select different level of P5-1----P5-6, the initial time setting is 30 min., only time can be set, the time range is 5:00-99:00, press SPEED+/- to adjust the intitial value, then press START, the treadmill starts running, and the speed slowly increases to the value that indicated in the first section of automatic program.
2. Press SPEED UP/DOWN to adjust the speed.
3. Press INCLINE UP/DOWN to adjust the incline.
4. Press the speed shortcut key to quickly set the speed indicated by the key.
5. Press the incline shortcut key to quickly set the incline indicated by the key.
6. Each program is divided into 24 segments.
7. It chirps when switches between segments.

8. When the set time run to zero, the treadmill slows down until stop, then return to standby.
9. This program shows changes in the incline graph.

P6 Fatburn program

1. Press **FATBURN**, enter into the program selection, press ENTER, then you can select different level of P6-1---P6-6, the initial time setting is 30 min., only time can be set, the time range is 5:00-99:00, press SPEED+/- to adjust the intitial value, then press START, the treadmill starts running, and the speed slowly increases to the value that indicated in the first section of automatic program.
2. Press SPEED UP/DOWN to adjust the speed.
3. Press INCLINE UP/DOWN to adjust the incline.
4. Press the speed shortcut key to quickly set the speed indicated by the key.
5. Press the incline shortcut key to quickly set the incline indicated by the key.
6. Each program is divided into 24 segments.
7. It chirps when switches between segments.
8. When the set time run to zero, the treadmill slows down until stop, then return to standby.
9. This program shows changes in the speed graph.

P7 Cardio program

1. Press **CARDIO**, enter into the program selection, press ENTER, then you can select different level of P7-1---P7-6, the initial time setting is 30 min., only time can be set, the time range is 5:00-99:00, press SPEED UP/DOWN to adjust the intitial value, then press START, the treadmill starts running, and the speed slowly increases to the value that indicated in the first section of automatic program.
2. Press SPEED UP/DOWN to adjust the speed.
3. Press INCLINE UP/DOWN to adjust the incline.
4. Press the speed shortcut key to quickly set the speed indicated by the key.
5. Press the incline shortcut key to quickly set the incline indicated by the key.
6. Each program is divided into 24 segments.
7. It chirps when switches between segments.

8. When the set time run to zero, the treadmill slows down until stop, then return to standby.
9. This program shows changes in the speed graph.

P8 Strength program

STRENGTH

1. Press **STRENGTH** , enter into the program selection, press ENTER, then you can select different level of P8-1----P8-6, the initial time setting is 30 min., only time can be set, the time range is 5:00-99:00, press SPEED UP/DOWN to adjust the intitial value, then press START, the treadmill starts running, and the speed slowly increases to the value that indicated in the first section of automatic program.
2. Press SPEED UP/DOWN to adjust the speed.
3. Press INCLINE UP/DOWN to adjust the incline.
4. Press the speed shortcut key to quickly set the speed indicated by the key.
5. Press the incline shortcut key to quickly set the incline indicated by the key.
6. Each program is divided into 24 segments.
7. It chirps when switches between segments.
8. When the set time run to zero, the treadmill slows down until stop, then return to standby.
9. This program shows changes in the speed graph.

P9 Fit test program

FIT TEST

In standby mode, press **FIT TEST** , enter into the program, then press ENTER to select gender, age, height, weight. When the incline window displays 5, click START and the time window displays 30s. At this time, hold the heart rate sensor with your both hands. A 30-second countdown begins to perform, and a body mass index test will be performed at the end of the countdown. Fat 100% (Calorie window); Basal metabolic rate % (distance window); BMI (speed window display).

Note: When the treadmill runs continuously for 99 minutes, it will automatically stop for self-protection and turn to be standby state.

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.

6. Music play

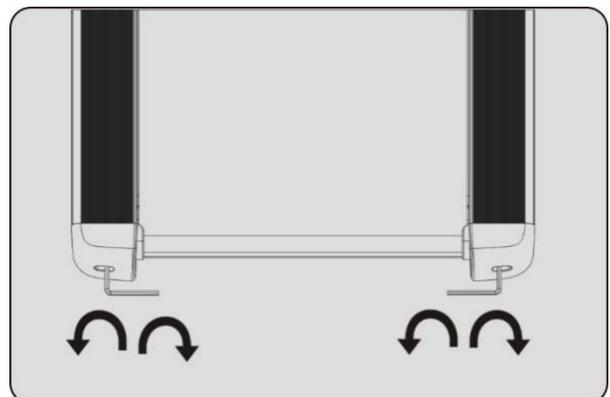
Turn on Bluetooth in the phone Settings, then find treadmill Bluetooth (according to the name of the model) and connect.

Maintenance and malfunction treatment

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

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 center 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. You 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.

Exercise guidance

Consult your doctor before starting exercise program. This is especially important for people over 35 or with health problems. Heart rate sensors are not medical facilities. Many factors can affect its accuracy . In general, the sensors can only be used as an exercise aid to determine general heart rate trends.

The following guidelines can help you plan your exercise program. For more detailed exercise information, please consult your doctor.

Exercise intensity

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results

165	155	145	140	130	125	115
145	133	130	125	118	110	103
125	120	115	110	115	95	90
20	30	40	50	60	70	80

is the right intensity of exercise. Use your heart rate as a guide to find the right level. The table below lists the recommended heart rates for fat burning and aerobic exercise. To find your heart rate, start by finding your age (rounded to a full ten) at the bottom of the chart. Then find the three numbers above your age. These three numbers identify your "training program selection area." The following two numbers are recommended for burning fat. The numbers above are recommended for aerobic exercise. To measure your heart rate during exercise, use a pulse sensor on your console.

Fat burning

To burn fat effectively, you must exercise at a relatively low intensity for long periods. In the first five minutes of exercise, your body burns carbohydrate calories for energy because they are easier to use. It is only after the first five minutes that the body begins to burn off stored fat. If your goal is to burn fat, adjust the pace and incline of the treadmill until the heart rate is close to the lower limit of the training area. To maximize fat burning, adjust the pace and incline of the treadmill until the heart rate is close to the middle of the training zone.

Cardio exercise

If your goal is to strengthen your cardiovascular system, you must do cardio exercise, which is prolonged activity that requires a lot of oxygen. The heart must pump more blood to the muscles, and the lungs must supply more oxygen to the blood. For cardio exercise, adjust the speed and incline of the treadmill until the heart rate is close to the upper limit of the training area.

Exercise process

Each exercise should include the following three parts:

Warm up--Before each session, do 5-10 minutes of stretching and light exercises. A proper warm-up can increase body temperature, heart rate and circulation, let your body prepare for exercise.

Selection Zone Exercises - After warming up, increase the intensity of the exercise until your heart rate reaches your selection zone and hold it for 20-60 minutes. (During the first few weeks of your exercise program, don't keep your heart rate in the exercise area for more than 20 minutes.) When exercising, take regular deep breaths and don't hold your breath.

Cool down--After completing exercise, cool down by stretching for 5-10 minutes. This increases muscle flexibility, which helps prevent post-exercise problems.

Exercise frequency

To maintain or improve your fitness, you need to complete exercises three times a week with at least one day interval. After a few months, you should be up to five times a week, depending on your needs. The key to success is to make exercise a regular, enjoyable part of your daily routine.

A successful training program consists of prepping and finishing movements. The complete program is performed at least two to three times a week, with a break of one to two days between exercises, you can increase to four to five times a week after a few months. The warm-up before each workout is very important. It warms up your body gradually, stretches your muscles, increases blood circulation and heart rate, and delivers more oxygen to your muscles. Repeat these movements after your workout to

slow your heart rate and reduce muscle soreness. We suggest the following actions:

Warming up and cooling down

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

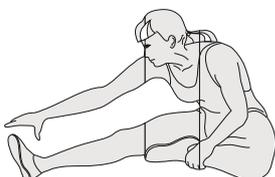
1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



4. Shoulder Lift

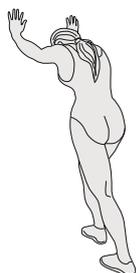
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



5. Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes.

Reach down as far as you can and hold for 15 counts.



6. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and

the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

7. Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel your right side. Repeat this action with your left arm.



head. Reach the stretch up



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