

**TCORX**  
PROFESSIONAL LINE

# INSTRUCTION



RACE  
CROSS



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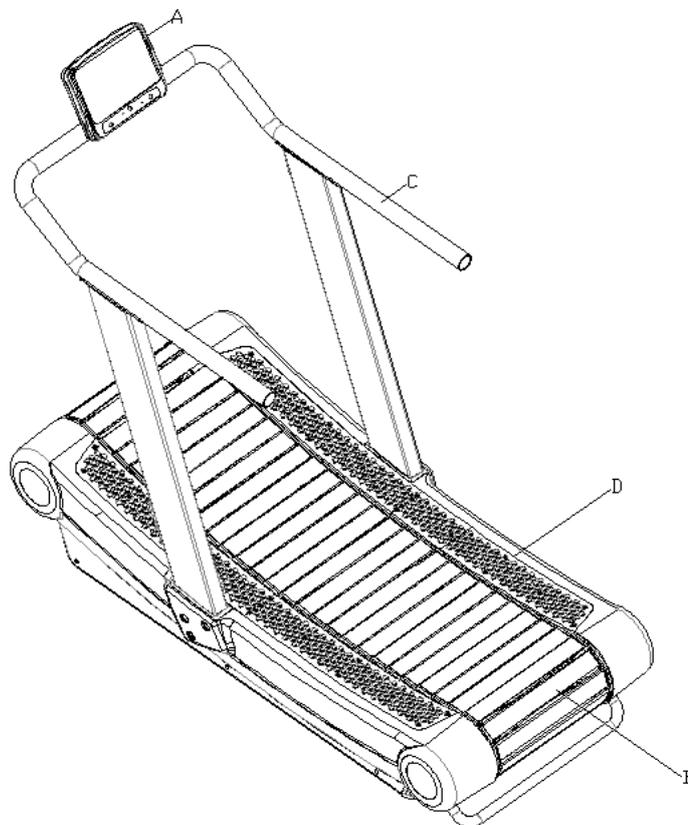
# Product Description

Display(A):Display ongoing exercise is equipped with display.

Running Belt (B): Surface is polyurethane,which can ease the impact on the joints.

Lateral Handle(C):When standing on treadmill or losing balance ,you can hold it to stand firm;when quick walking or running ,you can keep balance by it .

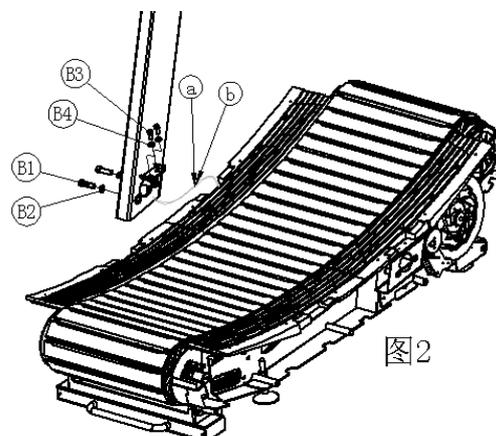
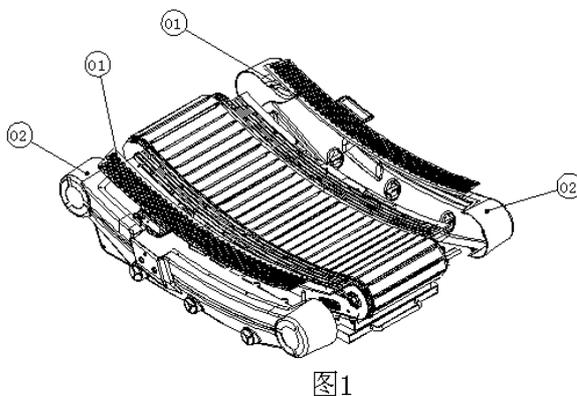
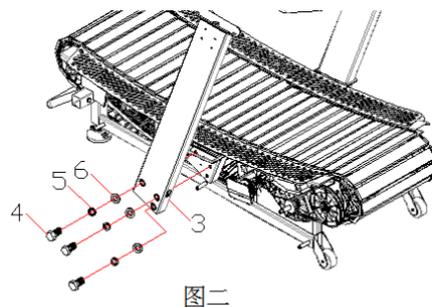
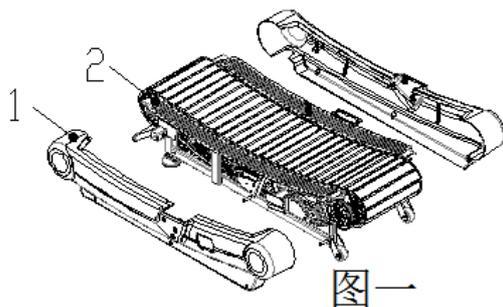
Side upper boards (D):When the user is in danger or feel tired,he can put his feet on the boards for a short pause,in addition,it can be used as a tool for single foot exercise.



# Installation Instructions

- A、 Take down side boards (02)、 side shells(01) (Picture 1)
- B、 First fix the left pillar with Inner Hex Cylindrical Head Screws 4(M12\*45)、 Washer 6 ( Φ 12 ) 、 Spring pad 5 ( Φ 12 ) ,then connect data wire of left pillar to the data wire of main frame .(Picture 2)
- C、 First fix the right pillar with Inner Hex Cylindrical Head Screws 4(M12\*45)、 Washer 6 ( Φ 12 ) 、 Spring pad 5 ( Φ 12 ) ,Then connect the Wire C bypass wire disc(03)to Reluctance shaft d.(Picture2、 Picture 3)
- D、 Fixing the central armrest with Inner Hex9(M10\*20)， washer 7 ( Φ 10),spring pad 8 ( Φ 10) (Picture 4)
- E、 Fixing the screen with Inner Hex Flat Head Screw 10(M10\*20)、 Washer 11 ( Φ 10) (Picture 5)
- F、 Re-install Side upper boards (01)and side shells (02) (Picture 1)

The above instructions for installation way with it.



## Instructions for use

Hold the side handle, then step on the running belt from the back. View front, then put the feet on both sides of the upper boards.

Standing firm on the running belt and then begin to exercise.

At the beginning of exercise, hold the handle to keep safety. After adaption, release your hand from the handle which can improve the sense of balance and maintain the correct posture.

At beginning, walking fast with the speed of 6-7 km/h. Then increase the speed gradually while maintaining a certain stability and security.

Because the running surface is slightly curved, the more toward the central handle; the speed more faster. more backward, the speed more slower

If the user feels that the running belt is suddenly subsided, grasp both sides of the handle, hold yourself and put your feet on the side upper boards, Finally boarded down

When finishing exercise, you can grasp the handle on both sides, hard to hold yourself and put your feet on the side upper boards, and finally boarded.

When Exercise, please adjust the braking level gradually.

Running belt is not driven by motor, can run freely. When boarding on or down the equipment, you need to hold the side handle.

According to different exercise and braking strength, the uses of side and central handles are different, the device can provide a variety of exercise methods.





BRISK WALKING



FAST RUNNING



Side shuffle step



**WARNING**

User must keep concentrate, to avoid losing stability and balance

Two person use one treadmill at the same time is forbidden

Treadmill designed and produced only for simulation walking and running, Any other purpose will be regarded as improper behavior and may cause danger.

Do not touch the running belt when it is rotating.

Be careful to avoid shoelaces and other clothing rolled into the crevices of the equipment, as it may cause wrestling.

## Technical data

Model No.	
Power Supply(Optional Adapter)	-
N.Weight	195KG
Max User Weight	180KG
Noise Degree	Below 80dB (A)
Protection Level	IP 20
Running Temperature	From +5° C to +40° C
Electrical insulation level	II Level
Product Dimension (L*W*H)	1680*960*1980mm
Package Dimension (L*W*H)	2000*1100*900mm

# Movement and adjustment of equipment

The equipment is equipped with two fixed front wheels. If need to move the equipment, just lift it slightly and move forward or backward.

As the equipment is heavy, you had better to find a few people to move together.

If the floor condition is not suitable to use wheel to move, lifting and transporting equipment will be needed.



Warning

You must be very careful when you move, otherwise it will damage the stability of the equipment.

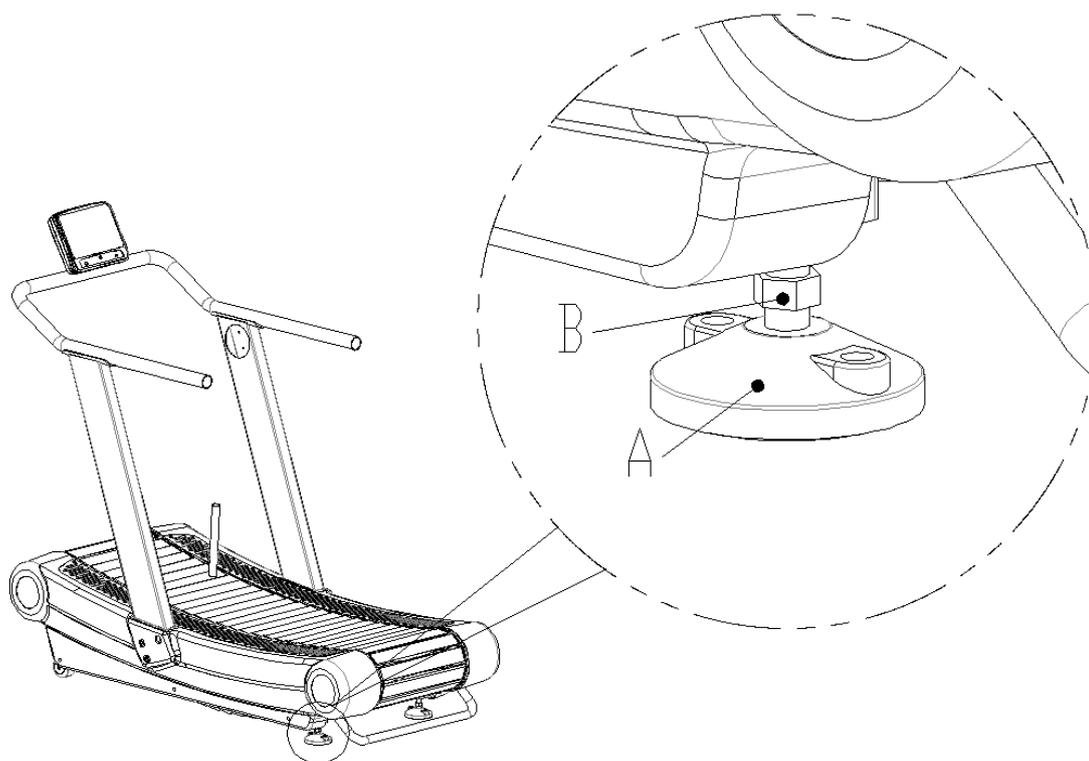
Equipment can only be run on flat floor.

You have to adjust the equipment foundation horizontal, as shown:

A, unscrew the nut (B);

B, screwing or unscrewing the universal foundation (A) till the equipment is stable and firm.

C, after adjustment, tighten the nut (B).



## Routine maintenance

In order to ensure good sanitation, the equipment should always be kept clean and dust-free, comply with basic hygienic standards, especially used in the gyms or by many people.

-Clean the outside of equipment with a wet sponge

-After removing the equipment, clean the floor with a vacuum cleaner

Do not use chemicals or solvents.

Warning



Be careful not to wipe with efforts the pattern and instructions on the label.

In order to ensure the equipment can be used safely, it should be inspected every two weeks for product damage or wearing issue.

All operations of cleaning and maintenance should be carried out under fully static conditions of running belt.

What unmentioned care and maintenance operations would be needed in this manual, please contact LAND Technical Services.

Periodic maintenance, adjustment or lubrication of the product shall be carried out by LAND Technical Support Services.

Inspecting should be every two weeks:

- Whether the components and surfaces of the running belt are worn;
- Whether the plastic protector is intact.

# CONSOLE MANUAL

## I、Functional Display Description:

- 1、SPEED：0.0~99.9 KM / ML ◦
- 2、TIME：1:00:00~1:59:59，Can count from beginning or countdown
- 3、DISTANCE：0.00~999.9 K / M，Can count from beginning or countdown
- 4、CALORIES：0~999，Can count from beginning or countdown
- 5、WATT：0~1999 ◦
- 6、PULSE：P~30~230 ◦
- 7、INTERVAL：Intermittent rest exercise mode ◦
- 8、TARGET HR：Heart rate control mode ◦
- 9、KM/M：KILO/ML ◦

## II、Key function description:

### 1、START KEY：

- A、Pause function during exercise
- B、Restore exercise after pausing

### 2、STOP KEY：

- A、Stop function during exercise
- B、Press total 3 s to reset any time

### 3、UP KEY：

- A、Each function can be set for TIME, DISTANCE, CAL and AGE after clicking UP KEY during display.
- B、Press UP KEY more than 1 second during all function's display period,it can be carried continuously (8 steps per second).Stop pressing, the process will stop.

### 4、DOWN KEY：

- A.Each function can be set for TIME, DISTANCE, CAL and AGE after clicking DOWN KEY during display
- B.Press DOWN KEY more than 1 second during all function's display period,it can be carried continuously (8 steps per second).Stop pressing, the process will stop.

### 5、ENTER KEY：

Enter key is the main function selection button and have the same function with Set key

### 6、INTERVAL 20-10 KEY：

Press this key and enter interval function menu

### 7、INTERVAL 10-20 KEY：

Press this key and enter interval function menu

### 8、INTERVAL CUSTOM KEY：

Press this key and enter interval function menu

### 9、TARGET TIME KEY：

Press this key and enter interval function menu

### 10、TARGET DISTANCE KEY：

Press this key and enter interval function menu

### 11、TARGET CALORIES KEY：

Press this key and enter interval function menu

### 12、TARGET HR KEY：

Press this key and enter interval function menu

**13:** ML and KM can be switched when press Enter and Start key at the same time

14: Press the Enter and Down key makes a quick turn off

### III 、 Operation setting instructions :

1. After installing the battery (POWER ON), the LCD will display 2 seconds (Fig. 1) and a BI long tone at the same time, the wheel diameter value will be displayed 1 second (Fig. 2) in the DIST field, and the AGE setting will be entered. The age value will flicker. Press UP/DOWN to adjust, then press ENTER into the standby screen.

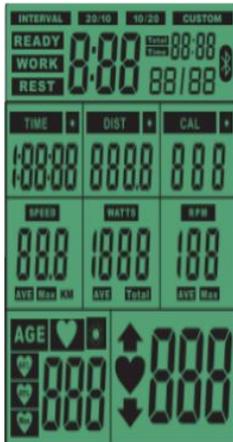


Fig1

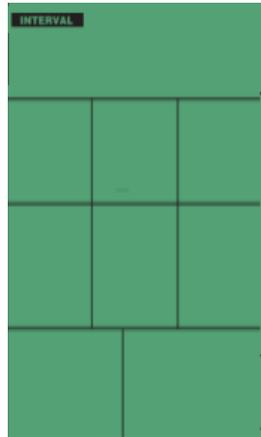


Fig 2



Fig3

2. INTERVAL10/20、READY、WORK、REST、TARGET、TIME、DISTANCE、CALORIES、TIME、DISTANCE、CALORIES、WATTS、SPEED、RPM、HEART RATE flicker for 1 second in sequence in SCAN mode (similar to Figure 2).

3. Entering sleep mode automatically after 60 seconds without pressing any key, RPM signal or heartbeat signal.

#### 1. Fast motion mode:

A、 Quick START immediately when RPM signal is input while standby, buzzer sound for 1 second at the same time.

B、 TOTAL TIME、 TIME、 DISTANCE、 CALORIES、 WATTS、 SPEED、 RPM start counting by operation value (Figure 3)

C、 The heartbeat symbol flickers when heartbeat input,  and symbol  flickers and displays the current heartbeat value (Figure 4); Heartbeat input **P** continues to light without heartbeat inputting.

D、 After 30 seconds without any signal input, the buzzer goes into wake-up mode for 1 second.

E、 Press START key one time, enter pause mode within 30 seconds buzzer rings 0.5 seconds. When entering pause mode, all the display will remain on the screen for 3 seconds and then flicker every four seconds (3 bright/1 out). After 5 minutes of continuous pause, buzzer rings 2seconds then entering wake-up mode, press START to continue running.

F、 Press STOP key for 1 second, TIME display total time, DISTANCE display total distance, CALORIES display total heat consumption display for 30 seconds, WATT, SPEED, RPM exchange and display average and maximum every five seconds.

G、 85% and 65% heartbeat values are displayed every five seconds with heartbeat input, but not displayed without heartbeat input.

H、 If you press any PROGRAM key to perform the action

**INTERVAL:** INTERVAL option:

2.

This function can be accessed by pressing the UP/DOWN during power-on, or by selecting the shortcut key in the pause mode

**5.1. Select INTERVAL20/10 :**

- A \ Press INTERVAL Key to select INTERVAL20/10. After pressing Enter Key, enter this mode and INTERVAL20/10 will light up. The buzzer rings 1 second at the same time.
- B \ CYCLE TIME. After three seconds countdown then start, the buzzer sounds once every second and READY flashes once per second (0.75 light / 0.25 off), the count shows 00/08 (Figure 5).
- C \ CYCLE TIME. Starts counting down for 20 seconds and WORK flashes once every second (0.75 light / 0.25 off). The buzzer rings synchronously. At this time, the rim will have a rotation animation and count down from the four- minute, TOTAL TIME, DISTANCE, CALORIES , WATTS, SPEED, RPM start counting according to the operation value, and the count shows 01/08.
- D \ CYCLE TIME. starts counting down 10 seconds and REST flashes every second (0.75 light / 0.25 off), buzzer rings synchronously, and the last 3 seconds READY also flashes synchronously. This animation is still.
- E \ C, and D continue to repeat the cycle, adding 1 to each cycle count until CYCLE TIME begins to count down 10 seconds after the 08/08WORK motion is displayed and REST flashes once per second (0.75 light / 0.25 off).
- F \ After 30 seconds without any signal input, buzzer rings 1 second to enter the wake mode.
- G \ Press the START key once to enter the pause mode. The buzzer rings 0.5 seconds every 30 seconds. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash every 4 seconds (3 lights / 1 off). After 5 minutes of pause, the buzzer sounds for 2 seconds to enter the wake mode, press START to continue running.
- H \ Press the STOP key or the buzzer rings 1 second after the end, TIME shows the total time, DISTANCE shows the total distance, CALORIES shows the total calorie consumption for 30 seconds, WATT, SPEED, RPM exchanges the average and maximum values every five seconds.
- I \ When there is a heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds. If no heartbeat input is displayed, it is not displayed.
- J \ If you press any PROGRAM button to perform this action.



Fig4



Fig5

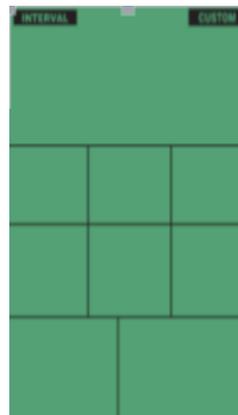


Fig6



Fig7

## 5.2 Select INTERVAL 10-20

- A ․ Press INTERVAL Key to select INTERVAL10/20. After pressing Enter Key, enter this mode and **INTERVAL10/20** will light up. The buzzer rings 1 second at the same time.
- B ․ CYCLE TIME START countdown after 3 seconds, buzzer rings every second and **READY** flashes once per second (0.75 light / 0.25 off), the count shows 00/08 (Figure 5).
- C ․ CYCLE TIME starts counting down 10 seconds and **WORK** flashes every second (0.75 light / 0.25 off), buzzer rings synchronously, REMAINING lights up and counts down from four-minute, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM The count starts from the operation value, and the count shows 01/08.
- D ․ CYCLE TIME starts counting down for 20 seconds and **REST** flashes every second (0.75 light / 0.25 off). The buzzer rings synchronously, and the last 3 seconds **READY** flashes synchronously.
- E ․ C, and D continue to repeat the cycle, adding 1 to each cycle count until CYCLE TIME begins to count down 20 seconds after the 08/08**WORK** motion is displayed and REST flashes per second (0.75 light / 0.25 off).
- F ․ After 30 seconds without any signal input, buzzer rings 1 second to enter the wake mode.
- G ․ Press the START key to enter the pause mode. Within 30 seconds, buzzer rings 0.5 second every 1 second. When entering the pause mode, all the display will remain on the screen for 3 seconds and then flash every 4 seconds (3 lights / 1 off). After 5 minutes of continuous pause, buzzer rings 2 seconds to enter the wake mode, press START to continue running.
- H ․ press the STOP button or buzzer rings 1 second after the end, TIME shows the total time, DISTANCE shows the total distance, CALORIES shows the total calorie consumption for 30 seconds, WATT, SPEED, RPM exchanges the average and maximum values every five seconds.
- I ․ When there is heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds. If there is no heartbeat input, will not display.

## 5.3 INTERVAL CUSTOM :

- A ․ press INTERVAL Key to select INTERVAL CUSTOM, press Enter Key, enter this mode **INTERVALCUSTOM**, 00/XX flashes, buzzer rings 1 second at the same time , press UP or DOWN to set 00/XX, the setting range is 1~99 , can be cycled, press ENTER to confirm buzzer rings 1 second to enter the next option setting (Figure 6-7).
- B ․ TIME continues to light, **WORK** and 0:01 flashes, press UP or DOWN to set the working time, the setting range is 0:00~9:59,recycled setting , press ENTER to confirm buzzer rings 0.75 seconds and enter next option to set.
- C ․ TIME continues to light, **REST** and 0:01 flashing, press UP or DOWN to set the working time, the setting range is 0:00~9:59, recycled setting, press ENTER to confirm the buzzer sounds for 1 second **INTERVALCUSTOM** continues Light up.
- D ․ CYCLE TIME START countdown after three seconds,buzzer rings every second and **READY** flashes every second (0.75 light / 0.25 off), the count shows 00/XX.
- E ․ CYCLE TIME starts counting down and **WORK** flashes every second (0.75 light / 0.25 off). The buzzer rings synchronously, REMAINING lights up and starts counting down according to the total set time, TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting based on calculated value, and the count shows 01/XX.

- F · CYCLE TIME starts counting down and **REST** flashes every second (0.75 light / 0.25 off) The buzzer rings synchronously, the last 3 seconds
- G · C and D continue to repeat the cycle, each cycle count is incremented by 1, until the set value WORK moves CYCLE TIME begins to count down and REST flashes every second (0.75 light / 0.25 off).
- H · After 30 seconds without any signal input, the buzzer sounds for 1 second to enter the wake mode.
- I · Press the START button once to enter the pause mode. Within 30 seconds, the buzzer will sound for 0.5 second every 1 second. When entering the pause mode, all the displays will remain on the screen for 3 seconds and then flash every 4 seconds (3 bright / 1 off) After 5 minutes of continuous pause, the buzzer rings 2 seconds to enter the wake mode, press START to continue running.
- J · Press the STOP button or the buzzer rings 1 second after the end, TIME shows the total time, DISTANCE shows the total distance, CALORIES shows the total calorie consumption for 30 seconds, WATT, SPEED, RPM exchanges the average and maximum values every five seconds.
- K · When there is heartbeat input, the 85% and 65% heartbeat values are exchanged with the maximum value every five seconds.but not displayed without heartbeat input.

L. L · If you press any PROGRAM key to perform the action



Fig8

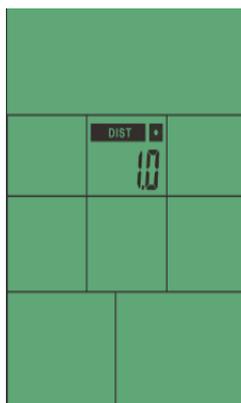


Fig9

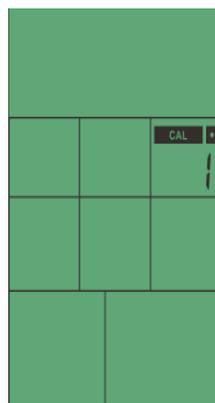


Fig10

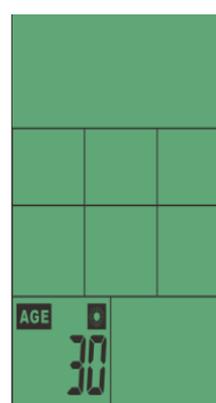


Fig11



Fig12

### 3. TARGET TIME :

- A · Press the key to enter the mode, value flashes, and the buzzer rings 1 second at the same time.
- B · TIME continues to light, the TIME value will flash and press UP or DOWN to set the time (Fig. 8). Press ENTER to confirm and the buzzer rings 1 second. Start counting down, DISTANCE, CALORIES, WATTS, SPEED, RPM start counting according to the calculated value (Figure 12)

### 7. TARGET DISTANCE :

- C · Press key to enter this mode, value flashes, and buzzer rings 1second
- D · TIME continues to light, TIME value flashes . Press UP or DOWN to set up time (Fig 9).After pressing ENTER to confirm, buzzer rings 1s. Countdown time begins, DISTANCE, CALORIES , WATTS, SPEED, SPM will count by operation value r (Fig 12)

### 8. TARGET CALORIES :

- A · Entering this mode, **TARGET** · **CALORIES** flashes, buzzer rings 1second at the same time
- B · CALORIES continues on , CAL value flashes. Press UP or DOWN to set CAL(Fig 10) .Press ENTER to

confirm ,buzzer rings 1s, **TARGET** 、 **CALORIES** begins counting down, .TIME, DISTANCE ,WATTS, SPEED, RPM begin to count by operation value(Fig 12)

## 9. TARGET HR :

- A 、 Press key to enter this mode, **TARGET HEART RATE** flashes and buzzer rings 1 second
- B、 AGE continues to light on ,age value flashes and press UP or DOWN to set up AGE(Fig13) . Press ENTER to confirm ,buzzer rings for 1s, **TARGET HEART RATE** 、 HEART RATE continues to light on, MAX HR continues to light on and shows heart beat at 65% and 85% .TIME 、 DISTANCE 、 CALORIES 、 WATTS 、 SPEED 、 RPM start to count by operation value
- C 、 When Hear beat drops to 65%,  and 65% value will light on , buzzer rings every 10s, till Heart rate reaches above 65%
- D、 When Hear beat exceeds 85%,  and 85% value lights on , buzzer rings every 10s, till Heart rate drops below 85%
- E、 When heart beat maintains 65%--85%, hear beat symbol flashes ,And it enters 65%-85% when it doesnot show MAX/65%/85%

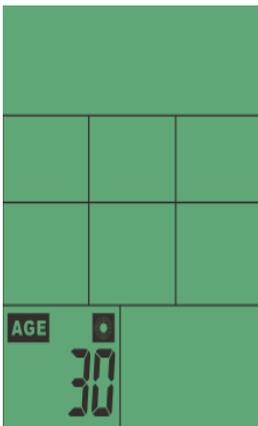


Fig13

12、 Press **START** one time despite any other keys , entering pulse mode. Within 30s, buzzer rings 0.5s every 1s .When the system enters in **PULSE** mode , all display will save on the screen after 3s, light on every 4s( 3 lights /1off).After 5minutes of pulsing , buzzer rings 2s to enter wake mode, press **START** to continue running

13 、 30s after without single input, buzzer rings 1s to enter wake mode



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