TOORX
PROFESSIONAL LINE

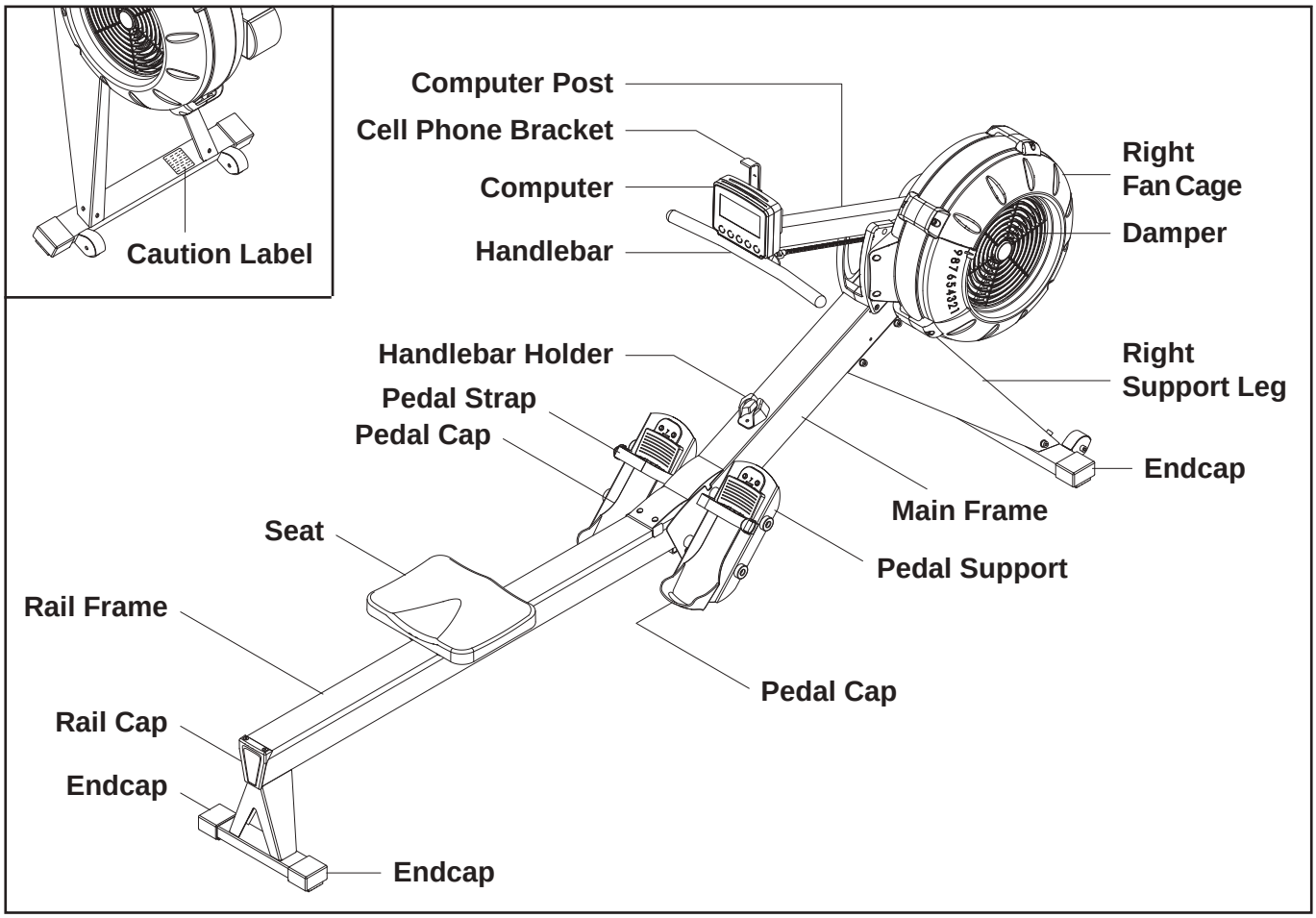
INSTRUCTION

RWX AIR CROSS

Cod : GRLDTOORXRWXAIR
Rev : 00
Ed : 10/18

CE

BEFORE YOU BEGIN



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

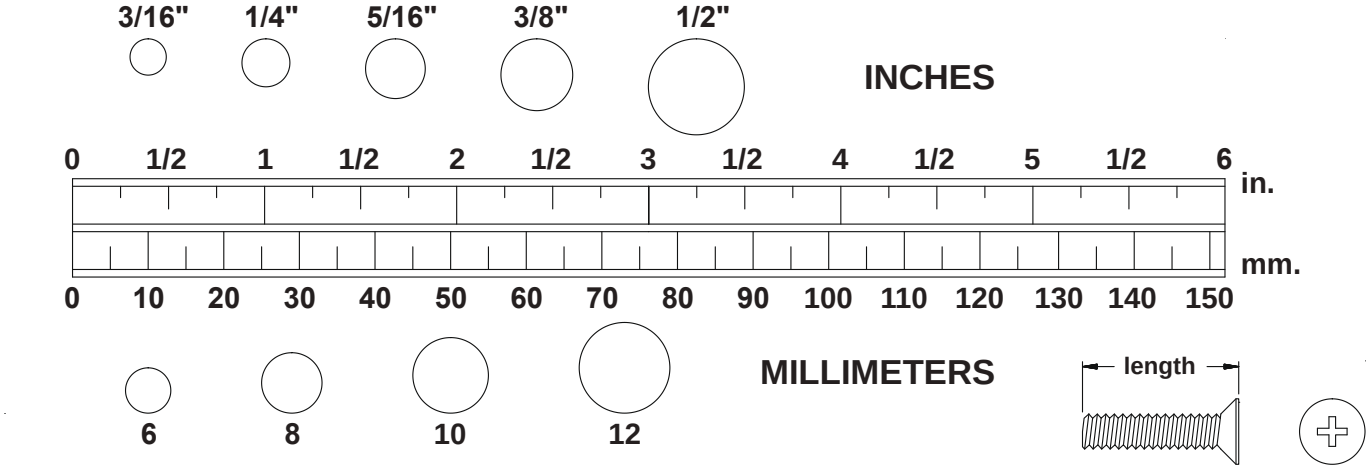
Allen Wrench (6mm)

Screwdriver

Wrench

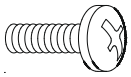
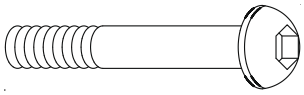
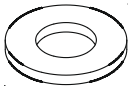
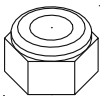
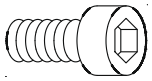
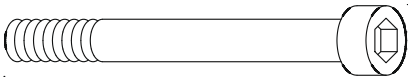
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description		Qty
	72	Bolt, Round Head (M6 x 1 x 10mm)	2
	78	Bolt, Button Head (M8 x 1.25 x 75mm)	1
	79	Washer (M8)	9
	80	Nylock Nut (M8 x 1.25)	1
	81	Bolt, Socket Head (M8 x 1.25 x 12mm)	8
	84	Bolt, Socket Head (M8 x 1.25 x 150mm)	4

ASSEMBLY INSTRUCTIONS

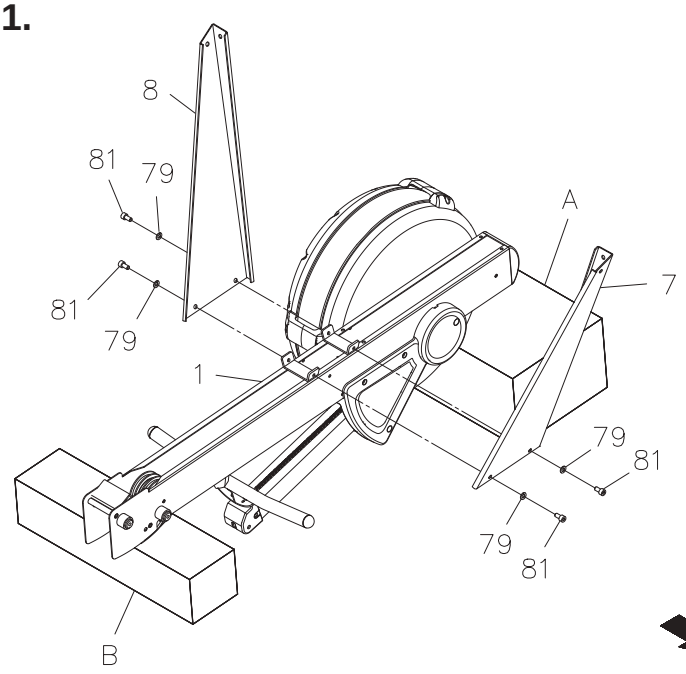
STEP 1

Refer to illustration 1. Turn the main assembly of the rower upside down and place it in the packing material styrofoam(A) and (B) to avoid breaking the chain covers. Attach the **LEFT** and **RIGHT SUPPORT LEGS(7, 8)** to the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M8x1.25x12mm) (81)** and **WASHERS(M8)(79).** Do not tighten all bolts until Step 2.

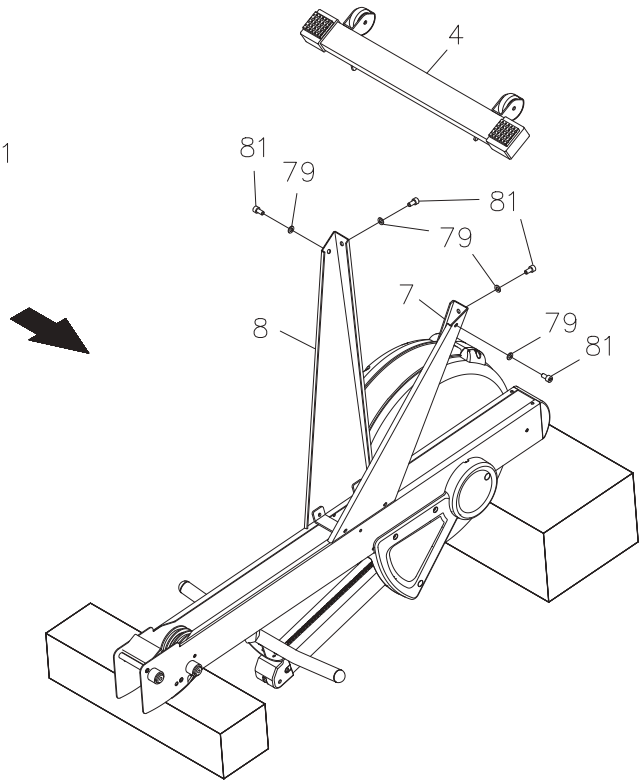
STEP 2

Refer to illustration 2. Attach the **FRONT STABILIZER(4)** to the **LEFT** and **RIGHT SUPPORT LEGS (7, 8)** with **SOCKET HEAD BOLTS(M8x1.25x12mm)(81)** and **WASHERS(M8)(79).** Then tighten all bolts. Turn the assembly over.

1.



2.



ASSEMBLY INSTRUCTIONS

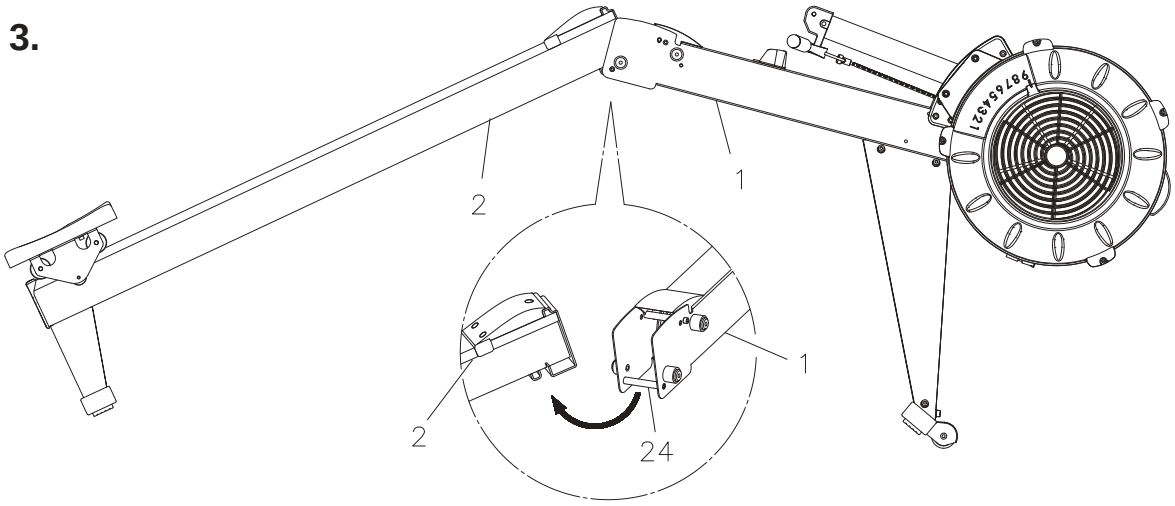
STEP 3

Refer to illustration 3. Lift up the **MAIN FRAME(1)** and **RAIL FRAME(2)** to insert the **RAIL FRAME(2)** into the **MAIN FRAME(1).** Make the **SHAFT(24)** on the **MAIN FRAME(1)** fit into the gap in the **RAIL FRAME(2).** Then put the **MAIN FRAME(1)** and **RAIL FRAME(2)** down. Refer to illustration 4. Lock the **MAIN FRAME(1)** and **RAIL FRAME(2)** together with the **PULL PIN(98).**

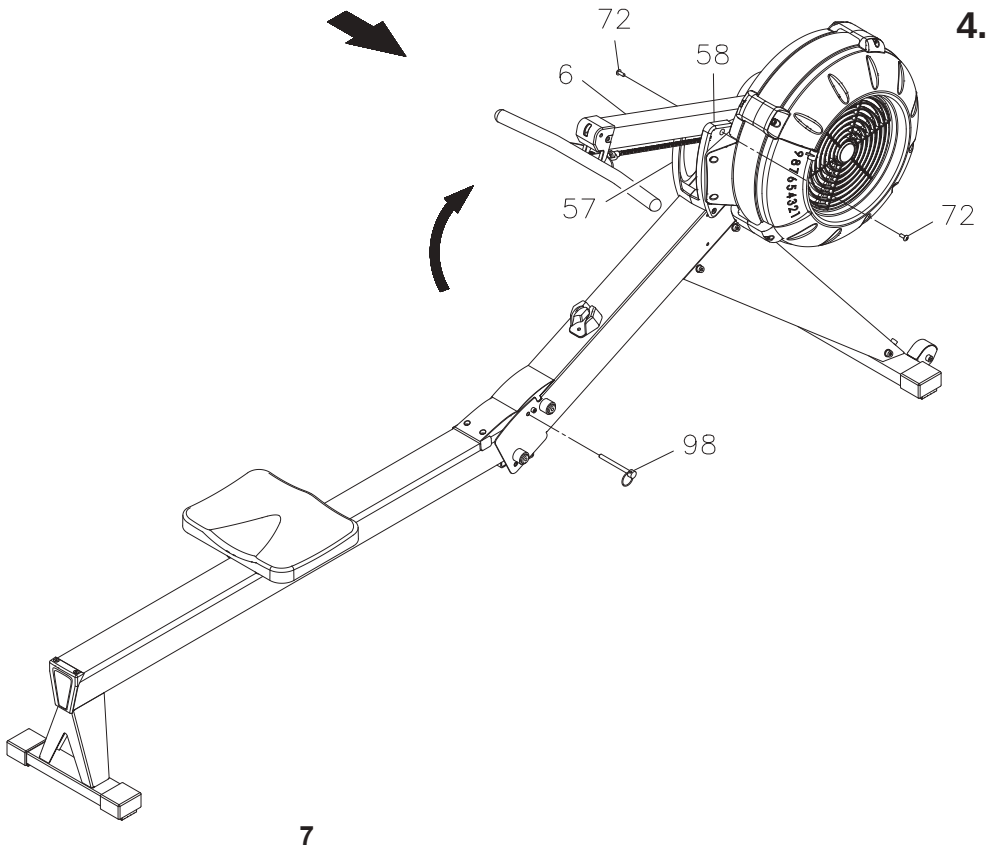
STEP 4

Refer to illustration 4. Swing up the **COMPUTER POST(6),** and attach it to the **LEFT** and **RIGHT COVERS (57, 58)** with **ROUND HEAD BOLTS(M6x1x10mm)(72).**

3.



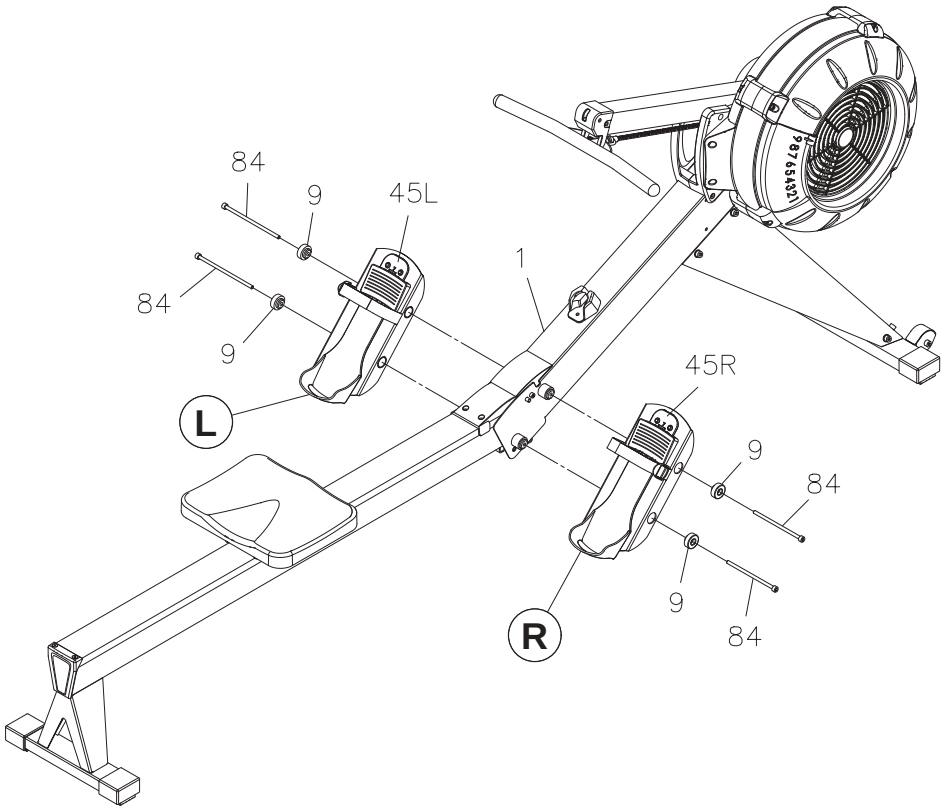
4.



ASSEMBLY INSTRUCTIONS

STEP 5

There is an **"L"** decal on the left **PEDAL CAP(45L),** and an **"R"** decal on the right **PEDAL CAP(45R).** Attach the right **PEDAL CAP ASSEMBLY(45R)** to the right side of the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M8x1.25x150mm)(84)** and **SECURING CAPS(9).** Repeat on other side.



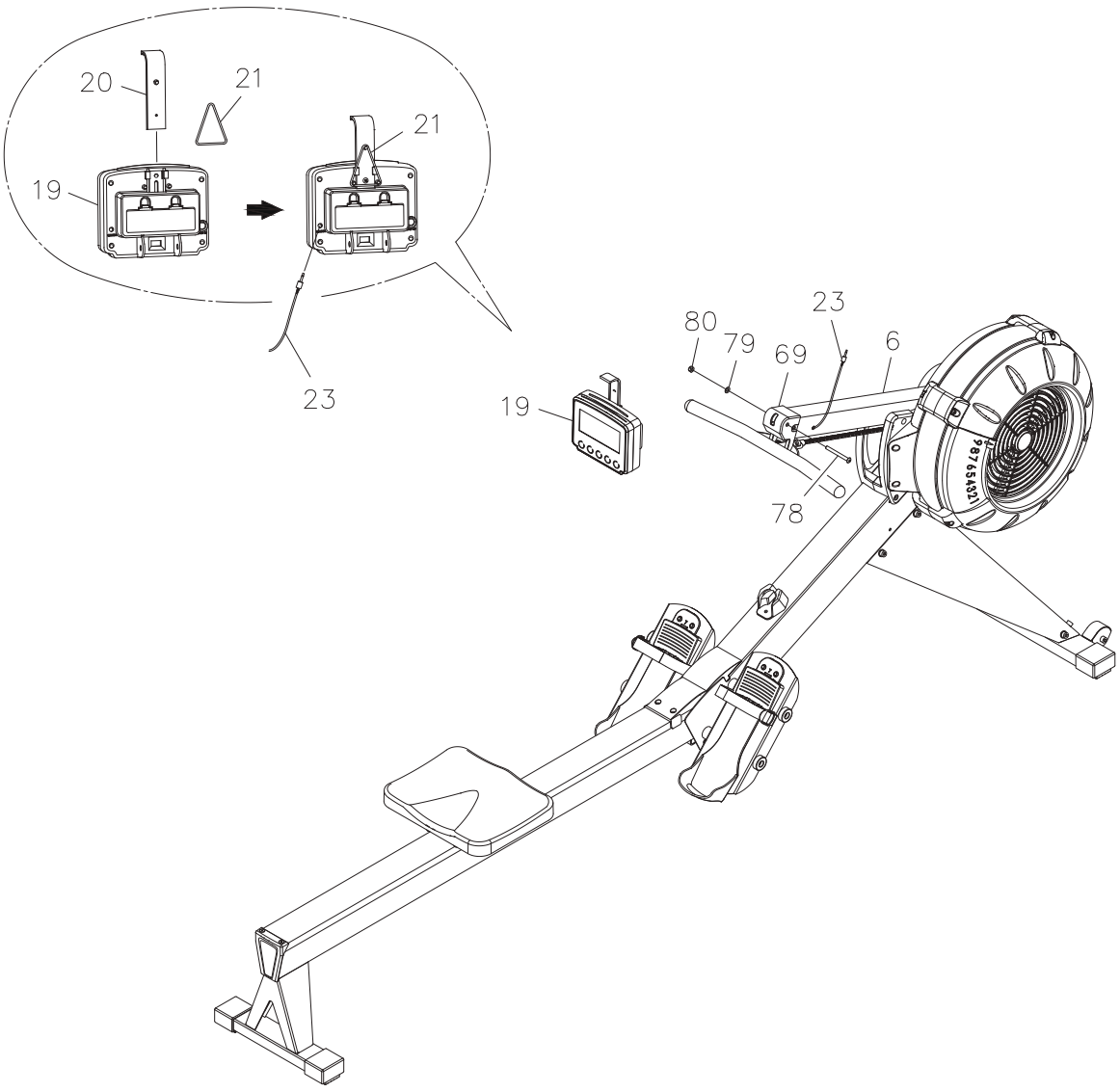
ASSEMBLY INSTRUCTIONS

STEP 6

Refer to the detail view. Insert the **CELL PHONE BRACKET(20)** into the slot in the **COMPUTER(19).** Hang the **RUBBER BAND(21)** onto the **CELL PHONE BRACKET(20)** and the **COMPUTER(19)** as shown**.**

STEP 7

Install two size C batteries into the **COMPUTER(19),** the batteries are not included. See page 18 for detailed battery installation instructions. Attach the **COMPUTER(19)** to the **COMPUTER POST(6)** with **BUTTON HEAD BOLT(M8x1.25x75mm)(78), WASHER(M8)(79),** and **NYLOCK NUT(M8x1.25)(80).** Plug the **SENSOR WIRE(23)** into the back of the **COMPUTER(19).**



COMPUTER INSTRUCTIONS

Your RWX AIR CROSS utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

POWER ON: Move the handlebar or press any button.

POWER OFF: In IDLE mode, automatically shuts off after 20 seconds of inactivity.
During workout, except running an Interval Program, automatically shuts off after 30 seconds of inactivity.
When running an Interval Program, automatically shuts off after two minutes of inactivity.

FUNCTION BUTTONS:

SELECT: In IDLE mode, press and release **SELECT** to cycle through each program option. Stop on the program of your choosing. You can preset target values for DISTANCE, TIME, and CALORIES, play the GAME, or select an Interval Program of 20/10, 10/20, or 10/10.

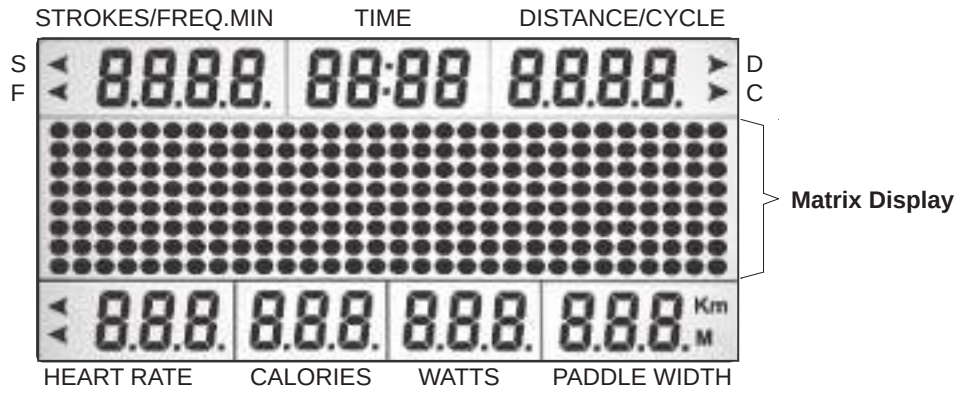
▲ (UP): Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

▼ (DOWN): Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

BACK: When selecting the programs, press the button to return to the previous program.
When you finish a running program, press the button to jump into the IDLE mode.

ENTER/STOP: When selecting the programs and presetting target values, press the button to confirm.
Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.
During exercise, when back light is turned off, the first pressing of this button will turn on the back light. When the back light is still lit, press the button a second time to pause the counting of all function values. Press the button a third time to restart the workout and continue the counting of all function values.

COMPUTER INSTRUCTIONS



LCD DISPLAY INSTRUCTIONS

DISTANCE/ CYCLE : Displays flashing "**500**" for presetting the distance for preset DISTANCE Program, from 500 to 9999 meters, and counts down from the preset value.
Displays the distance you are traveling during exercise, from 1 meter up to 9999 meters. When an Interval Program is selected, 20/10, 10/20, and 10/10, displays a flashing **"8"** for presetting the value of how many intervals you want to exercise, from 1 to 99, the readout of the INTERVAL will count down from the preset value when exercising.
NOTE: The display will switch to show DISTANCE and INTERVAL every five seconds.

TIME : Displays flashing "**00:00**" for presetting the time for preset TIME Program, from 1:00 to 99:00 minutes, and counts down from the preset value.
Displays the time during exercise, from 1 second up to 99:59 minutes.

STROKE/ FREQ.MIN : Displays the number of strokes you have taken, from zero to 9999 strokes.
Displays the current strokes per minute during exercise, from zero to 9999 strokes per minute.
NOTE: The display will switch to show TOTAL STROKES and STROKES PER MIN every five seconds.

METERS PER STROKE: Displays the traveling distance of eack stroke, from zero to 999 meters.

WATTS: Displays the amount of power being exerted from zero to 999 watts.

CALORIES : The matrix display will show a flashing **"100"** for presetting the target calorie value for preset CALORIES Program, from 10 to 2999 Kcals.
Displays the calories burned from zero up to 999 Kcals.
NOTE: The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

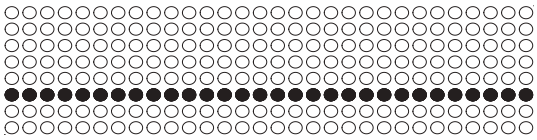
HEART RATE : Displays the heart rate, from 40 to 220 beats per minute during exercise.
To use this function, you must wear the **HEART RATE TRANSMITTER** around your chest so the receiver, which is built into the computer, registers your heart rate from the **HEART RATE TRANSMITTER** for display. If you do not wear the **HEART RATE TRANSMITTER** around your chest correctly the display window will be empty. **NOTE:** The **HEART RATE TRANSMITTER** is not a medical device. Maintaining a consistent signal can be di icult due to the varying distances experienced during the rowing stroke. The heart rate function is a great tool to optimize your workout, but should be used as a reference only.

COMPUTER INSTRUCTIONS

PROGRAM DESCRIPTIONS

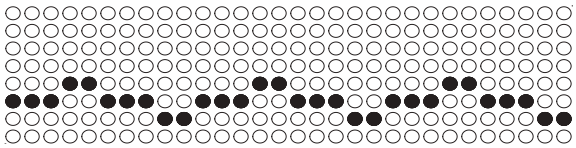
This computer contains the programs, Normal Program, Distance, Time, Calories, Game, 20/10 Interval Program, 10/20 Interval Program, and 10/10 User Setting Interval Program. Refer to the following for the operation of these programs.

1. NORMAL PROGRAM:

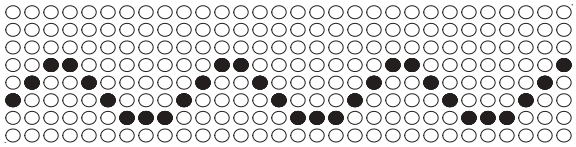


You can pull on the **HANDLEBAR(3)** to power on the computer and exercise with this program directly. All function values will count up, and the matrix display will show the wave profiles according to your rowing speed. Refer to the following.

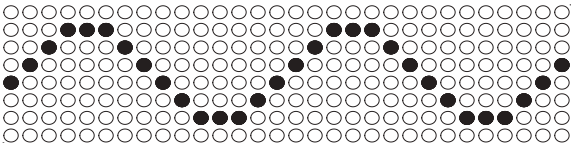
NOTE: This is the only program you can run with the built in generator when the batteries are dead or not installed.



The small waves display the low rowing speed.



The medium waves display the medium rowing speed.



The big waves display the high rowing speed.

For the preset function value programs, press the **BACK** button to enter IDLE mode. Or, press the **ENTER/STOP** button and hold it down for three seconds to restart the computer. The computer will go through the programs as follows and allow you to set the target value for the selected program. Use **SELECT** button to select the program for DISTANCE, TIME, or CALORIES. You can only preset one function value for each selected program. Use "**▲/▼**" buttons to input the value, and press **ENTER/STOP** button to confirm. After the desired setting is chosen, begin pulling on the **HANDLEBAR(3)** to start the workout.

Distance (500 to 9999 meters) → Time (1:00 to 99:00) → Calories (10 to 2999 Kcals) → Game → 20/10 Interval Program → 10/20 Interval Program → 10/10 User Setting Interval Program

2. DISTANCE PROGRAM: During exercise, the DISTANCE will count down from preset value, all other functions will count up. The matrix display will show the estimated time for traveling the distance 500 meters according to your current rowing speed. When you complete the DISTANCE PROGRAM, the computer will show "**WINNER**" and remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

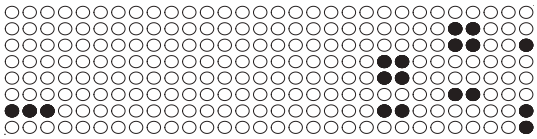
3. TIME PROGRAM: During exercise, the TIME will count down from preset value, all other functions will count up. The matrix display will show the wave profiles according to your rowing speed. Refer to the above. When you complete the TIME PROGRAM, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

4. CALORIES PROGRAM: Use **SELECT** button to select this program. The matrix display will display flashing "**100**" for presetting the target calorie value, from 10 to 2999 Kcals. Use "**▲/▼**" buttons to input the value, and press **ENTER/STOP** button to confirm. Pull on the **HANDLEBAR(3)** to start the workout. During exercise, the matrix display will count down from preset calorie value, all other function values will count up, including the CALORIES readout at the lower display window. When you complete the CALORIES PROGRAM, the computer will show **"END"** and remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

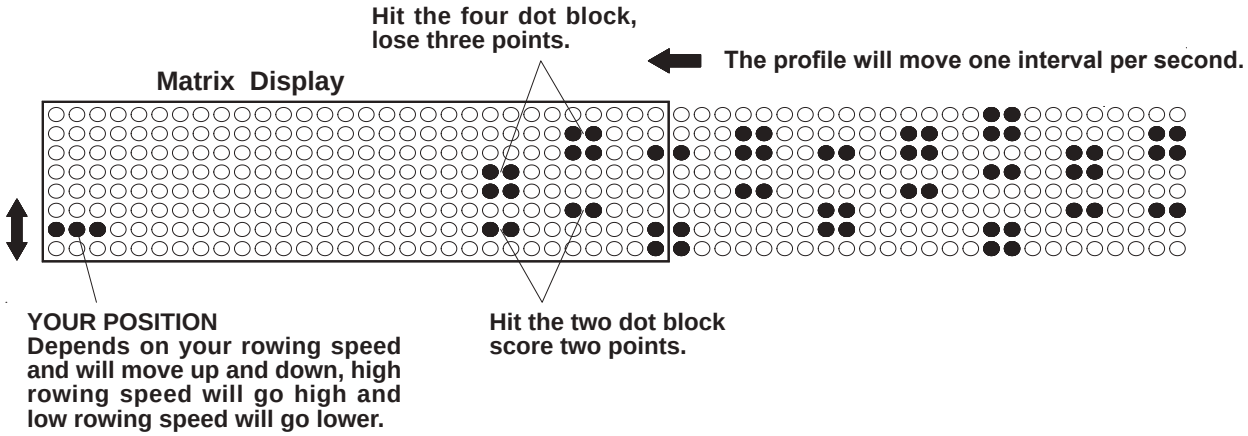
COMPUTER INSTRUCTIONS

NOTE: To exercise with the following programs, you will not be able to preset the function values. Refer to the following for the operation of these programs.

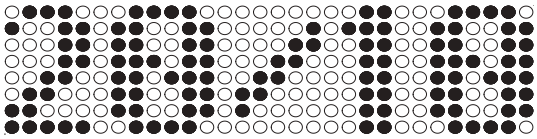
5. GAME PROGRAM:



We call this program Score Game, use **SELECT** button to select the program. The fixed preset TIME for the game is 5 minuets, this can't be changed. Pull on the **HANDLEBAR(3)** to run the program directly. When you complete the program, the matrix display will show your point score and remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

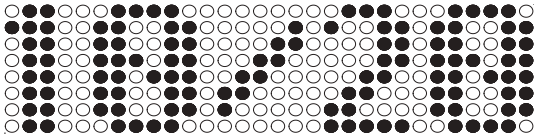


6. 20/10 INTERVAL PROGRAM:



This program will allow the user to workout for 20 seconds, then rest for 10 seconds, and will cycle this way.
Use **SELECT** button to select this program. The computer will display flashing "**8**" for presetting the value of how many intervals you want to exercise, from 1 to 99. Use "**▲/▼**" buttons to input the value, and press **ENTER/STOP** button to confirm. Pull on the **HANDLEBAR(3)** to start to workout. The readout of the INTERVAL will count down from the preset value, all other function values will count up. When you complete the program, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

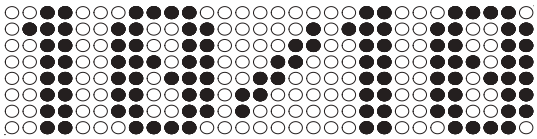
7. 10/20 INTERVAL PROGRAM:



This program will allow the user to workout for 10 seconds, then rest for 20 seconds, and will cycle this way.
Use **SELECT** button to select this program. The computer will display flashing "**8**" for presetting the value of how many intervals you want to exercise, from 1 to 99. Use "**▲/▼**" buttons to input the value, and press **ENTER/STOP** button to confirm. Pull on the **HANDLEBAR(3)** to start to workout. The readout of the INTERVAL will count down from the preset value, all other function values will count up. When you complete the program, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

COMPUTER INSTRUCTIONS

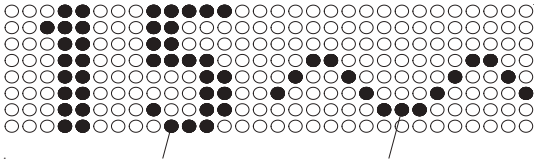
8. 10/10 USER SETTING INTERVAL PROGRAM:



This program will allow the user to manually preset the workout time and rest time from 10 to 99 seconds. The user will exercise for the preset workout time, then rest for the preset rest time, and will cycle this way. Use **SELECT** button to select this program. Use "▲/▼" and **ENTER/STOP** buttons to input the values of how many intervals you want to exercise, workout time, and rest time. Pull on the **HANDLEBAR(3)** to start to workout. The readout of the INTERVAL will count down from the preset value, all other function values will count up. When you complete the program, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

When working out with an Interval Program, 20/10, 10/20, and 10/10, the matrix display will show the information as following.

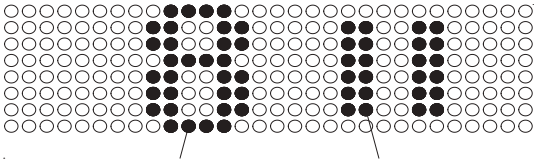
Matrix display for the workout time



Workout time counts down here.

Wave profile depends on your rowing speed.

Matrix display for the rest time



Rest time counts down here.

Pause symbol for the rest time.

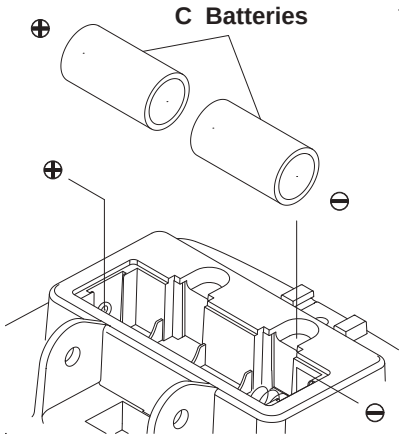
When you complete running an Interval Program, if you continue rowing, the Interval Program will repeat and continue to run.

OPERATION DESCRIPTIONS

1. The back light of the LCD display will stay on for 10 seconds after the last pressing of any button, then it will turn off. You can press any button to turn it on again.
2. To stop a running program, press the **ENTER/STOP** button. During exercise, when back light is turned off, the first pressing of this button will turn on the back light. When the back light is still lit, press the button a second time to pause the counting of all function values. Press the button a third time to restart the workout and continue the counting of all function values.
3. If you want to restart with a new program, press and hold the **ENTER/STOP** button down for three seconds to reset all of the function values to zero and restart the computer. Use **SELECT** button to select a new program.
4. The units of DISTANCE can be switched between mile to kilometer. Press the ▲ and ▼ buttons at the same time. The matrix display will display flashing **"KM"** or **"MILE".** Press the ▲ or ▼ button to change to **"KM"** or **"MILE",** and press **ENTER/STOP** button to confirm.

HOW TO INSTALL AND REPLACE BATTERIES:

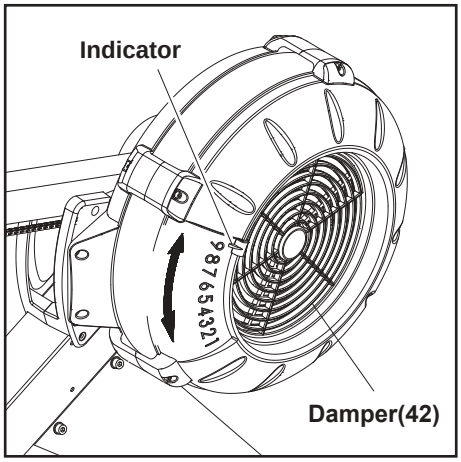
1. Open the Battery Door on the back of the COMPUTER(19).
2. The COMPUTER(19) operates with two C batteries (1.5V each), the batteries are included. Refer to the illustration to install or replace the batteries.



NOTE:
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
5. **Do not dispose of batteries in fire.**

LOAD ADJUSTMENT

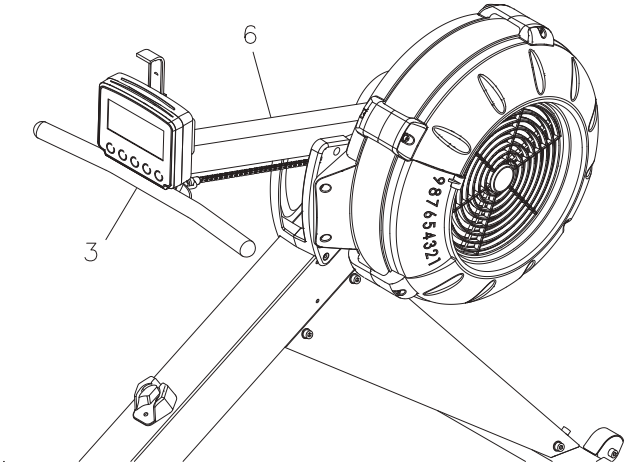
There is a **DAMPER(42)** built into the **RIGHT FAN CAGE(43).** Move the Indicator in the **DAMPER(42)** to point to the numbers on the **RIGHT FAN CAGE(43)** to adjust the load. There are settings from 1 to 9. Setting #1 will provide the lowest resistance. Setting #9 will provide the highest resistance.

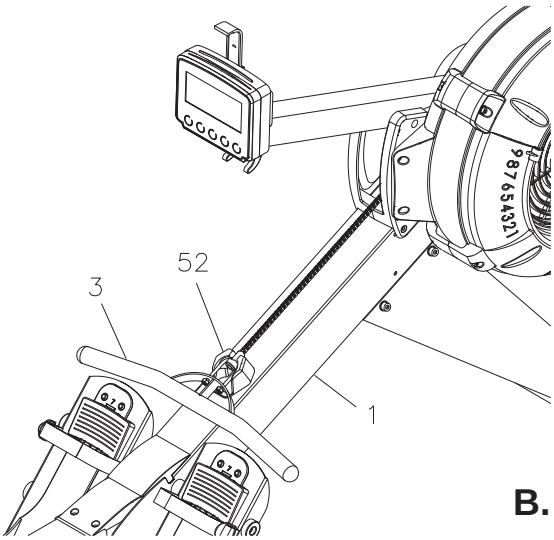


HANDLEBAR POSITION

The **HANDLEBAR(3)** can be placed on the hook in the **COMPUTER POST(6),** refer to illustration A. Or, you can place the **HANDLEBAR(3)** on the **HANDLEBAR HOLDER(52)** as shown in illustration B.

A.



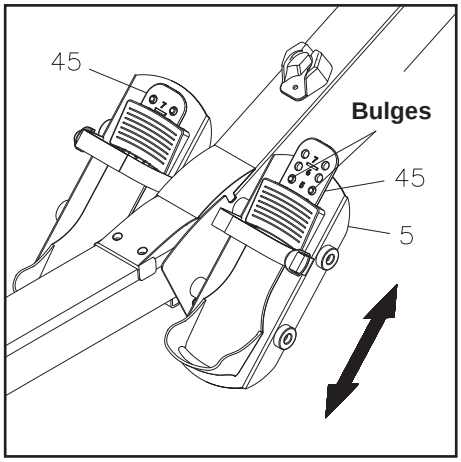


B.

PEDAL CAP ADJUSTMENT

The position of the **PEDAL CAPS(45)** can be adjusted. Refer to the illustration. Pull the **PEDAL CAP(45)** out from the two bulges in the **PEDAL SUPPORT(5),** then lower or raise the **PEDAL CAPS(45)** to the desired position. Lock the **PEDAL CAPS(45)** in position by pressing the adjustment holes of the desired position onto the two bulges.

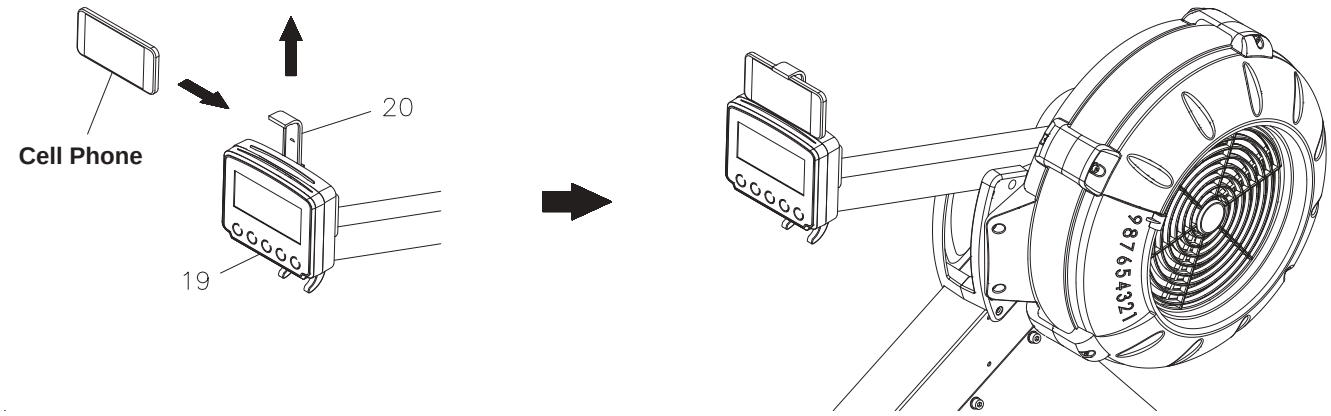
Refer to the numbers on the **PEDAL CAPS(45)** to make sure that **PEDAL CAPS(45)** are adjusted on the same position on both sides.



OPERATIONAL INSTRUCTIONS

USING THE CELL PHONE BRACKET

The **CELL PHONE BRACKET(20)** can move up and down. Move up the **CELL PHONE BRACKET(20),** then slide the Cell Phone into the gap between the **CELL PHONE BRACKET(20)** and the **COMPUTER(19).** Move down the **CELL PHONE BRACKET(20)** to clip the Cell Phone in position.



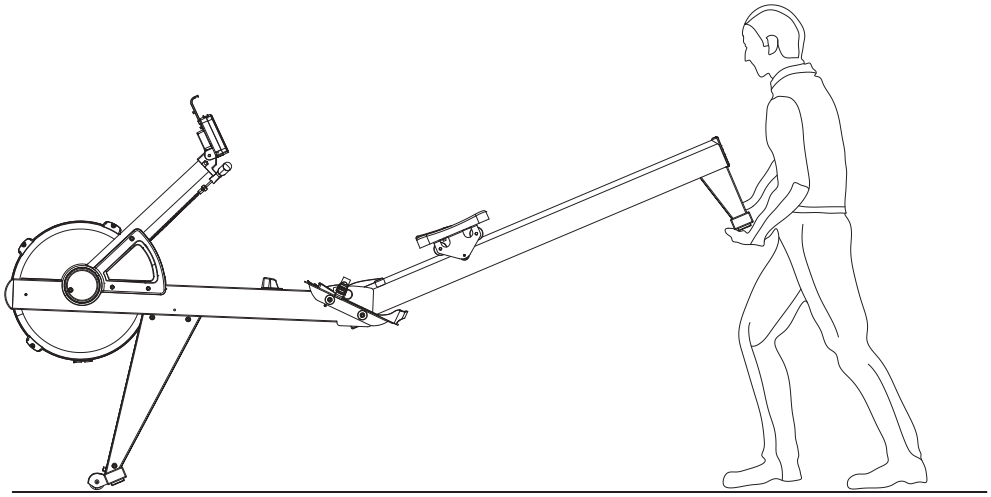
MAINTENANCE

The safety and integrity designed into the **RWX AIR CROSS** can only be maintained when the **RWX AIR CROSS** is regularly examined for damage and wear. Special attention should be given to the following:

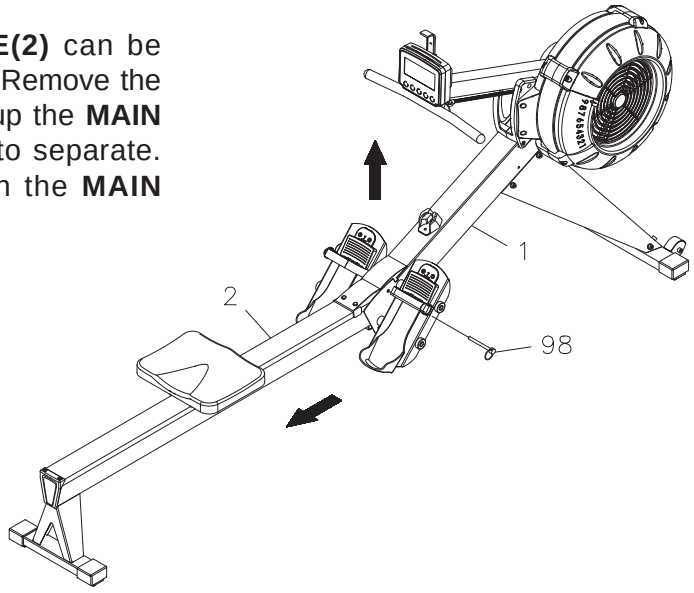
1. Pull on the **HANDLEBAR(3)** and verify that the Magnetic System provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **RAIL(14)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **CHAIN(36).** Replace the **CHAIN(36)** if it is cracked or broken.

STORAGE

1. To store the **RWX AIR CROSS ,** simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **COMPUTER(19)** before storing the **RWX AIR CROSS** for one year or more.
3. Move the **RWX AIR CROSS** with the **MOVING WHEELS(66)** on the **FRONT STABILIZER (4).** Lift the Rear Stand of the **RAIL FRAME(2)** to move the **RWX AIR CROSS .** Refer to the illustration below. Do not use the **SEAT(51)** to move the **RWX AIR CROSS .** The **SEAT(51)** will move and the **SEAT CARRIAGE(10)** may pinch your hand or fingers.

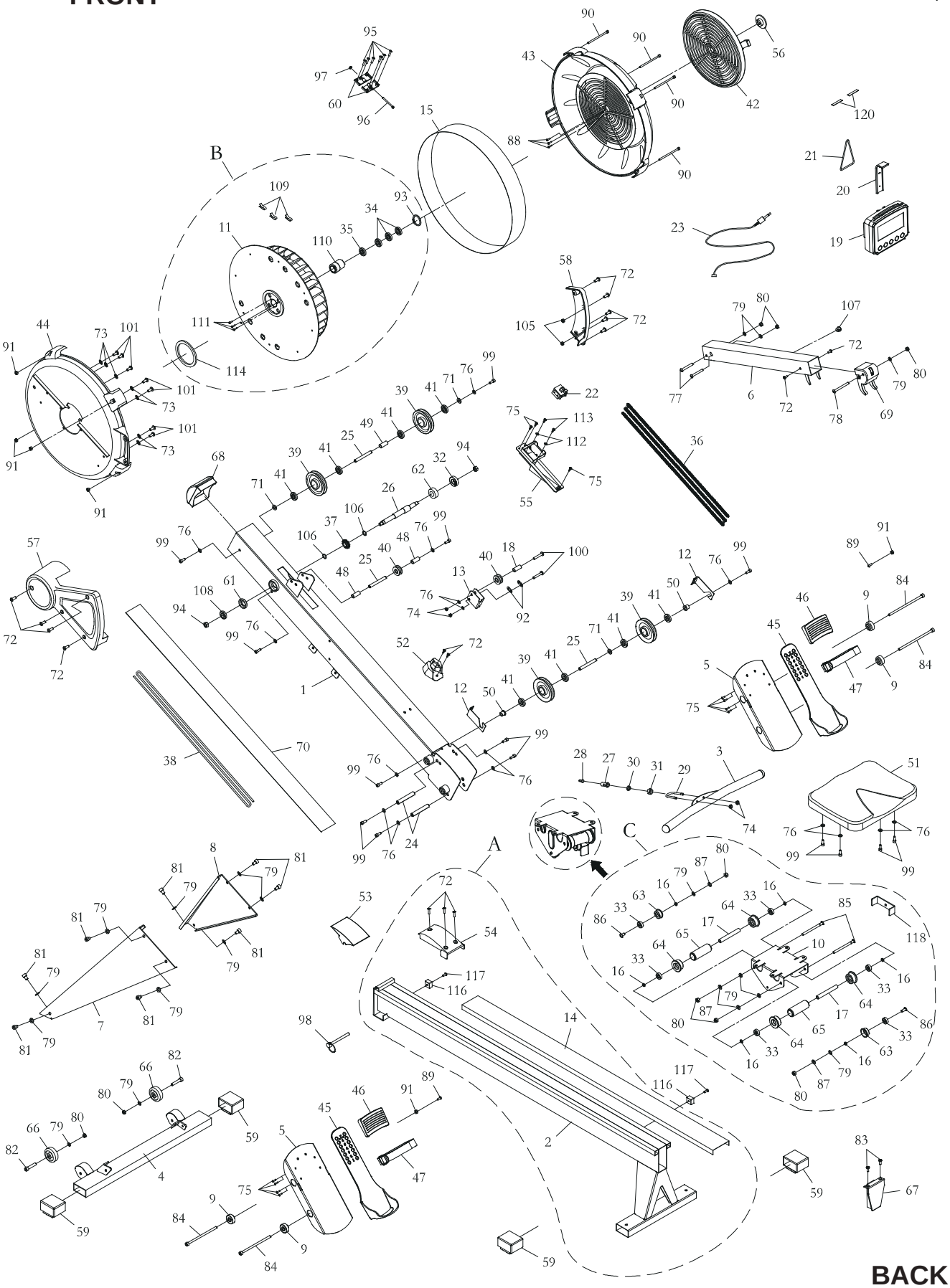


4. The **MAIN FRAME(1)** and the **RAIL FRAME(2)** can be separated to minimize the unit size for storage. Remove the **PULL PIN(98)** from the **MAIN FRAME(1).** Lift up the **MAIN FRAME(1)** and pull out the **RAIL FRAME(2)** to separate. Insert the **PULL PIN(98)** back to the hole in the **MAIN FRAME(1)** for storage.



PRODUCT PARTS DRAWING

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rail Frame	1
3	Handlebar	1
4	Front Stabilizer	1
5	Pedal Support	2
6	Computer Post	1
7	Left Support Leg	1
8	Right Support Leg	1
9	Securing Cap	4
10	Seat Carriage	1
11	Fan	1
12	Bungee Cord Hook	2
13	Chain Idler Bracket	1
14	Rail	1
15	Outlet Perforation	1
16	Spacer (ø8.2 x ø12 x 3.2mm)	6
17	Long Spacer (ø8.2 x ø12 x 71.6mm)	2
18	Chain Roller Spacer (ø6.2 x ø10 x 15.5mm)	1
19	Computer	1
20	Cell Phone Bracket	1
21	Rubber Band	1
22	Generator	1
23	Sensor Wire	1
24	Shaft (M6 x 1, ø11.8 x 79.5mm)	2
25	Pulley Shaft (M6 x 1, ø10 x 76.5mm)	3
26	Fan Axle	1
27	Hook Connector	1
28	Chain Connector	1
29	U Bolt	1
30	Inner Spacer	1
31	Outer Collar	1
32	Bearing (6003RS)	1
33	Bearing (608ZZ)	6
34	Bearing (6201RS)	3
35	One-way Bearing (HF2016)	1
36	Chain, (1/4” pitch)	1
37	Sprocket	1
38	Bungee Cord	1
39	Bungee Cord Pulley	4
40	Chain Roller	2
41	Bearing (6000ZZ)	8
42	Damper	1
43	Right Fan Cage	1
44	Left Fan Cage	1
45	Pedal Cap	2
46	Toe Piece	2
47	Pedal Strap	2
48	Small Chain Roller Spacer (ø10 x ø16 x 30.5mm)	2
49	Pulley Spacer (ø10 x ø16 x 26.5mm)	1
50	Pulley Bushing	2
51	Seat	1
52	Handlebar Holder	1
53	Joint Cover	1
54	Fixed Joint Cover	1
55	Generator Base	1
56	Damper Securing Cap	1
57	Left Cover	1
58	Right Cover	1
59	Endcap (30mm x 60mm)	4
60	Connecting Plate	2
61	Bearing Cup (6001RS)	1
62	Bearing Cup (6003RS)	1

PARTS LIST

PART#	PART NAME	QTY
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
66	Moving Wheel	2
67	Rail Cap	1
68	Main Frame Cap	1
69	Mounting Cap	1
70	Bottom Cover	1
71	Plastic Washer (ø10.2 x ø14 x 1mm thick)	3
72	Bolt, Round Head (M6 x 1 x 10mm)	16
73	Lock Washer, Internal Tooth (M6)	7
74	Nylock Nut (M6 x 1)	4
75	Screw, Round Head (ST4.2 x 10mm)	11
76	Washer (M6)	16
77	Bolt, Socket Head (M8 x 1.25 x 65mm)	2
78	Bolt, Button Head (M8 x 1.25 x 75mm)	1
79	Washer (M8)	17
80	Nylock Nut (M8 x 1.25)	9
81	Bolt, Socket Head (M8 x 1.25 x 12mm)	8
82	Bolt, Socket Head (M8 x 1.25 x 40mm)	2
83	Bolt, Flat Head (M6 x 1 x 16mm)	2
84	Bolt, Socket Head (M8 x 1.25 x 150mm)	4
85	Bolt, Socket Head (M8 x 1.25 x 110mm)	2
86	Bolt, Button Head (M8 x 1.25 x 25mm)	2
87	Lock Washer (M8)	4
88	Screw, Round Head (ST4.2 x 16mm)	3
89	Screw, Round Head (M5 x 0.8 x 8mm)	2
90	Bolt, Socket Head (M5 x 0.8 x 92mm)	4
91	Nut (M5 x 0.8)	6
92	Chain Hook	2
93	Inner C Ring (ø32)	1
94	Nylock Nut (M10 x 1.5)	2
95	Screw, Round Head Self-Tapping (ST4.2 x 6mm)	6
96	Screw, Round Head (M4 x 0.7 x 45mm)	1
97	Nut (M4 x 0.7)	1
98	Pull Pin	1
99	Bolt, Socket Head (M6 x 1 x 16mm)	14
100	Bolt, Round Head (M6 x 1 x 30mm)	2
101	Bolt, Round Head (M6 x 1 x 10mm)	7
102	Screwdriver	1
103	Allen Wrench (6mm)	1
104	Wrench	1
105	Nut (M6 x 1)	2
106	PU Spacer	2
107	Grommet Plug	1
108	Bearing (6001RS)	1
109	Weight	3
110	Bearing Housing	1
111	Bolt, Socket Head (M4 x 0.7 x 12mm)	3
112	Washer (ø3.5 x ø12 x 1mm thick)	2
113	Screw, Round Head (ST3.0 x 12mm)	2
114	Magnet Ring	1
115	Caution Label	1
116	Seat Stopper	2
117	Bolt, Socket Head (M8 x 1.25 x 20mm)	2
118	Stopper Bracket	1
119	Manual	1
120	EVA single glue	2

Assembly parts

PART#	PART NAME	QTY
A	**Base Frame Assembly**	**1**
2	Rail Frame	1
14	Rail	1
54	Fixed Joint Cover	1
72	Bolt, Round Head (M6 x 1 x 10mm)	3
116	Seat Stopper	1
117	Bolt, Socket Head (M8 x 1.25 x 20mm)	1
B	**Fan sets**	**1**
11	Fan	1
34	Bearing (6201RS)	3
35	One-way Bearing (HF2016)	1
93	Inner C Ring (ø32)	1
109	Weight	3
110	Bearing Housing	1
111	Bolt, Socket Head (M4 x 0.7 x 12mm)	3
114	Magnet Ring	1
C	**Seat set**	**1**
10	Seat Carriage	1
16	Spacer (ø8.2 x ø12 x 3.2mm)	6
17	Long Spacer (ø8.2 x ø12 x 71.6mm)	2
33	Bearing (608ZZ)	6
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
79	Washer (M8)	4
80	Nylock Nut (M8 x 1.25)	4
85	Bolt, Socket Head (M8 x 1.25 x 110mm)	2
86	Bolt, Button Head (M8 x 1.25 x 25mm)	2
87	Lock Washer (M8)	4
118	Stopper Bracket	1

Garlando

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