

TOORX
FITNESS IN MOTION

INSTRUCTION



MIRAGE C80



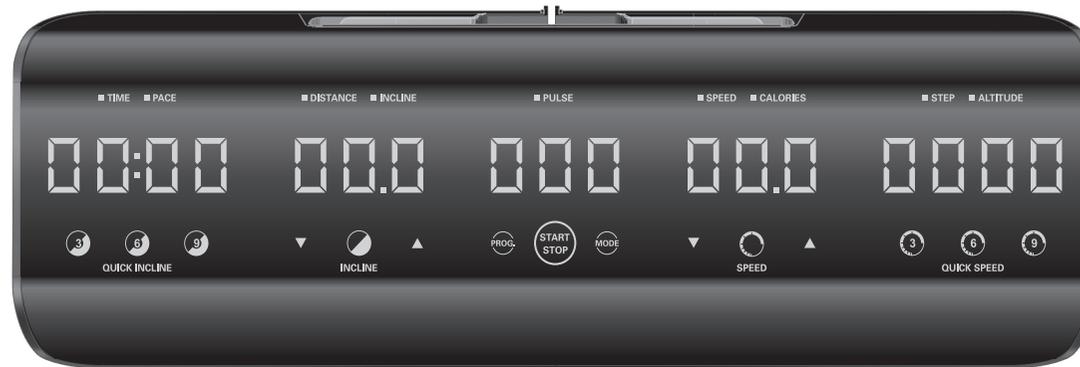
Cod : GRLDTOORXTRXMC8

Rev : 00

Ed : 07/20



1 operation panel



1-1



1-2

1.1. 【button】:

- <QUICK-I3>incline button 3%
- <QUICK-I6> incline button 6%
- <QUICK-I9> incline button 9%
- <INCLINE->incline -
- <INCLINE+>incline +
- <PROG>program selection
- <START/STOP>start/stop
- <MODE>mode selection
- <SPEED->speed -

<SPEED+>speed +

<QUICK-S3>speed button 3km/h

<QUICK-S6> speed button 6km/h

<QUICK-S9> speed button 9km/h

1.2. 【display】:

[PROG] mode P00~P24、 H1~H3 、 U1~U4

[TIME] time

[PACE] time/km

[SPEED] speed

[CAL] calorie

[PULSE] heart rate pulse

[DIST] distance

[INC] incline

[STEP] step counting

[ALT] altitude

2 function

2.1 manual program (P00):

countdown as set target time, calorie, distance

Run directly

2.2 preset program (P01~P24):

24 programs available to select and set running time

24 programs as follow:

- 6 changes speed only

-
- 12 changes speed and incline together
 - 6 changes incline only

2.3 USER

User mode U1~U4, input time, speed and incline manually

2.4 HRC

HRC with 4 programs (HRC1, HRC2, HRC3, HRC4), set time, age, weight to display the max heart rate of current program Max heart rate calculated as 220-age, user can adjust by incline/speed +/- button.

HRC1: 60% max

HRC2: 70% max

HRC3: 80% max

HRC4: 90% max

When set in HRC program, treadmill will detect the heart rate; if not detected, speed decrease to 1.0km/h and incline to 0; if detected again, it will +/- speed and incline according to current heart rate.

3 Operation

Before each operation, make sure the safety key is well plugged in, otherwise, console display“----”。

3.1 【turn on】

Before turn on, plug in safety key

Turn on, console display version no.

Then standby, default program P00

Press <SPEED-> and <SPEED+> to enter setting km/mi (1=km 0=mi)

Press <SPEED-> or <INCLINE-> to switch, press <START/STOP> to confirm and quit

3.2 【Start running】

In standby or after program set, press<START/STOP>, countdown with 3 -2- 1 (3s) then start running

3.3 【Stop running】

During running, press <START/STOP>, motor and incline motor stop

3.4 【Set manual program】

In standby or stop situation, press <MODE>, switch to set target time, distance, calorie.

The target currently setting will blink as notification, press <SPEED+> or <SPEED->, < INCLINE +>或< INCLINE -> to adjust the target value, long press for continuous adjustment

Target distance: default value 1.00; range 1-9; unit 1

Target time: default value 30:00; range 5:00-99:00; unit 1:00

Target calorie: default value 50; range 10-990; unit 10

During setting, press <START/STOP> anytime to start running

3.5 【Set preset program】

In standby or stop, press <PROG>, display window [PULSE] blinks; press <SPEED+> or <SPEED->, < INCLINE +> or < INCLINE -> to set the preset programs

Range : P01~U4

Switch order as below

P-01—……—>P-24——>H1——……——>H4——>U1——……——>U4

If shoes current preset program, default time 30:00。

During setting, press <START/STOP> anytime to start running

3.6 【Set speed】

In running, press <SPEED+> and <SPEED-> to increase/decrease speed, unit 0.1.

Quick button <QUICK-S3>, <QUICK-S6>, <QUICK-S9> to set speed

Use right smart ring to adjust speed quickly

Adjust range: 1km/h~20km/h

3.7 【Set incline】

In running, press <INCLINE+> and <INCLINE-> to increase/decrease incline, unit 1.

Quick button <QUICK-I3>, <QUICK-I6>, <QUICK-I9> to set incline

Use left smart ring to adjust incline quickly

Adjust range: 0~12

3.8 【Set HRC】

In standby, press <PROG> to select program, press <SPEED+/-> to enter “HRC” value setting.

(1) press <MODE> to set time, default value 30mins, range 5~99 mins

(2) press <MODE> to set age, default value 40, range 10-99

(3) press <MODE> to set weight, default value 68KG, range 40-150

(4) press <MODE> to set target heart rate, default value refers 2.4 max heart rate

Press <START/STOP>, treadmill starts running, default speed 1 km/h, time window displays 30: 00 countdown, when time is 0: 00, treadmill stops. During running, keep hands holding the handle pulse steel in handle bar, speed and incline will adjust according to current heart rate compared with target heart rate; manual adjust of speed and incline is also available

3.9 【Set USER】

In standby, press <PROG> to select program, press <SPEED+/-> to enter “U1”, “U2”, “U3”, “U4”

(1) press <MODE> to set time, default value 30mins, range 5~99 mins

(2) press <MODE> to set speed, default value 1.0km/h, set 30 speed groups and then set 30 groups of incline

Press <START/STOP>, treadmill starts running, speed and incline changes according to user’s setting; countdown to 0:00, treadmill stops.

Practical advice and tips

Anyone who is about to use the mat for the first time will first have to familiarize himself with the control console and check the functioning of the mat before embarking on a training program.

- a. Turn on the tool using the mains switch, the red switch light lights up, insert the safety key in the appropriate housing, the console for an instant performs the test by turning on all the displays, then emits a warning signal.
- b. Climb onto the running surface on one side and stand in a central position keeping your feet on the side platforms.
- c. Press the START button to immediately start training at minimum speed, leaning on the handrails, start walking with a normal cadence and easy pace, keep a low speed for some time so as to familiarize yourself with the sensation of the rotating belt.
- d. When you feel comfortable, increase the speed of the belt by turning the right SMART RING forward or by pressing the SPEED Up button, then release your grip on the handrails and continue the exercise by synchronizing the movement of the arms with that of the legs
- e. is. During training it is important to maintain adequate concentration to avoid accidents.
- f. It is advisable to maintain a correct running posture with a forward look and not to change your position especially at higher speeds.
- g. During the exercise, often evaluate the heartbeat, placing both palms of the hands on the pulse sensors on the handrail or wearing the chest strap, the data will be shown on the 'PULSE' display.

TRX APP GATE

Smart Bluetooth adapter for treadmill APP READY 3.0 provides a wireless connection between the treadmill and remote peripherals such as tablets or smartphones, equipped with Bluetooth connection.

With a simple gesture, it plugs into the dedicated USB port on the treadmill console.

It allows you to immediately take advantage of the most motivating and fun Apps specific to training with a treadmill. Includes iConsole + Training App with maps, routes, fitness plan and training data.

Compatible with Zwift App to combine the fun of a video game with the intensity of a motivating and effective workout.

Compatible with Kinomap Fitness App (subscription not included) with its 120,000 km of geolocated videos all over the world.

The new TRX APP GATE 3.0 has a double function, in addition to being a BT module to connect the treadmill with compatible Apps, it also acts as a receiver for Bluetooth heart rate bands

The Bluetooth adapter must NOT be connected to USB sockets on a computer, laptop, tablet or smartphone, otherwise it can be damaged.

The special USB socket, located on the side of the console, is specific to power TRX APP GATE 3.0 which requires a voltage of 3.3 Vdc.

The USB socket cannot be used for powering or charging devices other than TRX APP GATE 3.0.

- After inserting TRX APP GATE 3.0 into the appropriate socket on the left side of the console, the wireless connection indicator light turns on.

- After inserting TRX APP GATE 3.0 into the appropriate USB socket, the user can choose whether to view the training data on the console or via the application installed on the remote

device. When the remote connection via tablet or smartphone is selected, the console sends back the appropriate pairing beep.

- When the Bluetooth connection between the treadmill and the tablet / smartphone is active, you can take advantage of the most motivating and fun Apps, specific for treadmill training.

Control console

PULSE - Heart rate

- By placing both palms of your hands on the heart rate sensors or by wearing the wireless chest strap transmitter, the display shows the heart rate (*).

SPEED - (Belt speed)

To scroll the list of programs or to set the training parameters, press the SPEED Up / Down buttons or rotate the right SMART RING forward or backward

To increase or decrease the speed of the belt during training, press the SPEED Up / Down button (each click corresponds to an increase or decrease of 0.1 km / h), keeping the button pressed the values increase or decrease quickly or turn the SMART dial Right RING forward or backward (each click corresponds to an increase or decrease of 0.5 km / h)

INCLINE - (Running plane inclination)

To scroll the list of programs or to set the training parameters, press the INCLINE Up / Down buttons or turn the SMART RING dial on the left of the console

To increase or decrease the inclination of the surface during training, press the INCLINE Up / Down buttons (by keeping the button pressed, the values increase or decrease quickly) or Turn the SMART RING on the left of the console forward or backward

Countdown mode

- Turn on the product by putting the mains switch to ON and connecting the safety key.
- In the P00 program (manual), press the MODE key to define the type of target passing in succession the "objectives" (Duration, Distance, Calories, Step. The display corresponding to the selected function flashes and by pressing the SPEED Up / Down or INCLINE Up / Down keys we can set the target value to be achieved
Duration (range: 5 ÷ 99 minutes), distance (range: 1 ÷ 9.99 km), calories burned (range: 10 ÷ 999 Cal) or number of Steps made (range 0 ÷ 9999)
- Once the desired values have been entered, keeping the feet on the side platforms, press the START / STOP button, after 3 seconds the belt starts at minimum speed.
- Use the SMART RING (right speed - left inclination) or the SPEED and INCLINE buttons to adjust the speed of the belt and the inclination of the running plane in real time.
- The display relating to the "target objective" selected shows the countdown starting from the set value up to zero.
- The exercise ends at the end of the "target goal" countdown set. By pressing the START / STOP button or removing the safety key, the exercise can be stopped at any time.

PRESET PROGRAMS

The console has 24 predefined programs designed specifically to create a complete cardio fitness workout, the characteristics of the programs are defined below:

- programs from 01 to 06 with variation only of the belt speed;
- programs from 07 to 18 with variation of both the speed of the belt and the inclination;

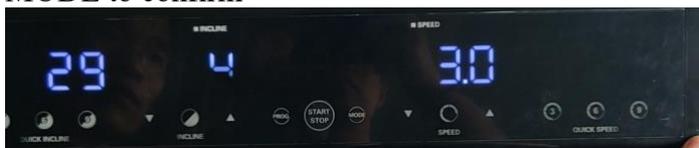
- programs from 19 to 24 with variation only of the inclination of the top.
- Turn on the product by putting the mains switch to ON and connecting the safety key.
- Get on the running surface, keeping your feet on the side platforms, then press the PROG button and use the SMART RINGs or the SPEED or INCLINE buttons to select one of the predefined training programs 01 ÷ 24; the program number appears on the “Pulse” display.
- You can start the selected program immediately by pressing the START / STOP button, in which case the program will have a duration of 30 minutes.
- Or you can set the duration of the exercise by pressing the MODE button using the SMART RINGs. Once the desired time has been reached, press the MODE button to confirm and then the START / STOP button to start the exercise
- After a three second countdown the tape starts according to the selected program profile
- During the exercise, the user can change the speed and inclination manually, using the SPEED and INCLINE buttons, the change will only relate to the interval of the program in progress.
- By pressing the START / STOP button or removing the safety key, the exercise can be stopped at any time.

USER PROGRAMS

- Turn on the product by putting the mains switch to ON and check that the safety key is inserted.
- Get on the running surface, keeping your feet on the side platforms, then press the PROG button and act on one of the SMART RINGs to scroll through the programs until you reach the customizable training programs U01 ÷ U04; the program number appears on the “Pulse” display.
- Each User program consists of 30 steps or segments, for each of which you can set the speed of the belt and the inclination of the table
- Press MODE to confirm the selected U program
- will appear on the display



- 30 which indicates the step we are setting, 0 which indicates the inclination, 1.0 which indicates the speed
- Use the SMART RING on the left to set the inclination and the one on the right to set the speed, then press MODE to confirm
- You will then access the next step (29), set the values as in the previous point and press MODE to confirm



- Once all the parameters of the 30 steps have been set, TIME will flash in the display, use one of the SMART RINGs to set the duration of the exercise (5 ÷ 99 minutes). The duration of each segment is one-thirtieth of the total time set.
- Press the MODE button to confirm the duration, the program is now confirmed.
- Once a User program has been set, it remains stored in the console even when the tool is

turned off. After setting the four User programs, the possible insertion of a new User program can only be done by changing the settings of one of the "U" programs already set.

- Once the speed / inclination of the 30 segments and the duration have been set, you can start the exercise by pressing the button START / STOP; the exercise can be started only when all the segments have been set.
- The program runs according to the set profile. At any time it is possible to increase or decrease speed and inclination by acting on the SMART RING or the SPEED and INCLINE buttons. The speed and / or inclination modification takes place within the segment within which the profile is located at that given moment, when the profile then passes to the next step / segment the speed / inclination condition envisaged by the stored profile is resumed.
- The duration of the program corresponds to the set time (until the TIME display reaches zero) or until the exercise is stopped (by pressing the START / STOP button or by removing the safety key).

HRC PROGRAMS

The HRC program is a training system in which the computer automatically adjusts the inclination of the running plane and the speed according to the heart rate detected.

The HRC program provides for the mandatory use of the wireless heart rate monitor since the sensors on the handrails do not guarantee the continuous detection of heart rate and in addition they force you to keep the grip on the handrails reducing freedom of movement and preventing correct balance during the race.

The user sets the cardiac threshold value by referring to the indications in the reference table in the "The training program" section, **always and only after consulting your doctor**

- Turn on the product by putting the mains switch to ON and check that the safety key is inserted.
- Get on the running surface, keeping your feet on the side platforms, then press the PROG button and act on the Smart Rings, until you select the Cardio program, indicated on the "Pulse" display with the abbreviation HRC.

- Press the MODE button to confirm one of the four available HRC1-HRC4 programs
The four HRC profiles have distinct characteristics and allow different training intensities, referred to the maximum cardiac threshold value, of 60%, 70%, 80%, 90%.

HRC1 = cardiac regimen for weight loss 60%

HRC2 = 70% cardiac aerobic training regimen

HRC3 = cardiac anaerobic training regimen 80%

HRC4 = cardiac anaerobic training regimen 90%

The cardiac threshold values SUGGESTED by the four programs must be customized by acting on the SMART RING (but without exceeding the maximum value of the HR (max) = 220-age) based on your state of health and athletic preparation.

It is mandatory to consult your doctor before using these programs!

After pressing the MODE button

- Set the user AGE (default age 40 years) using the Smart Rings to enter the data and press the MODE button to confirm

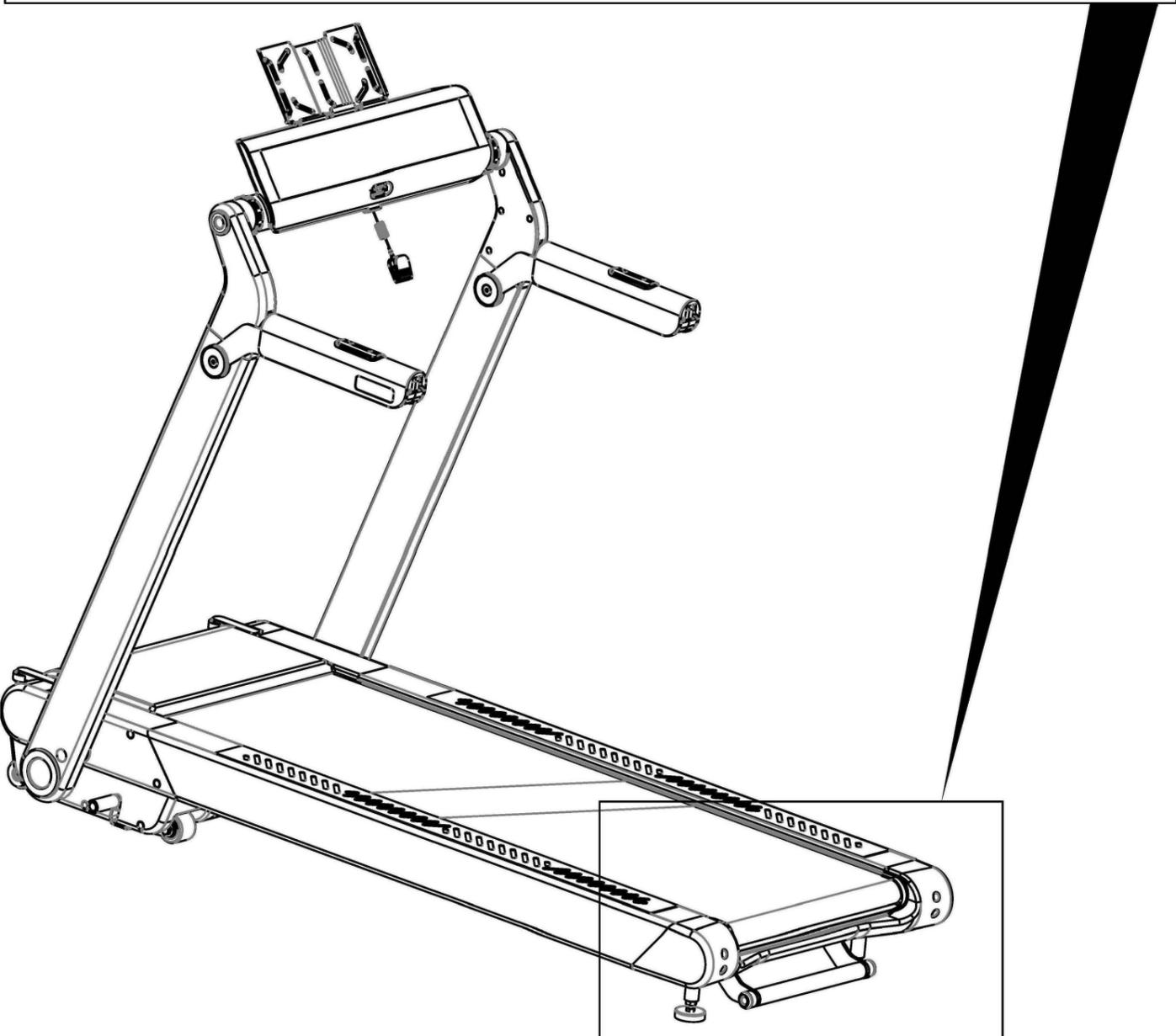
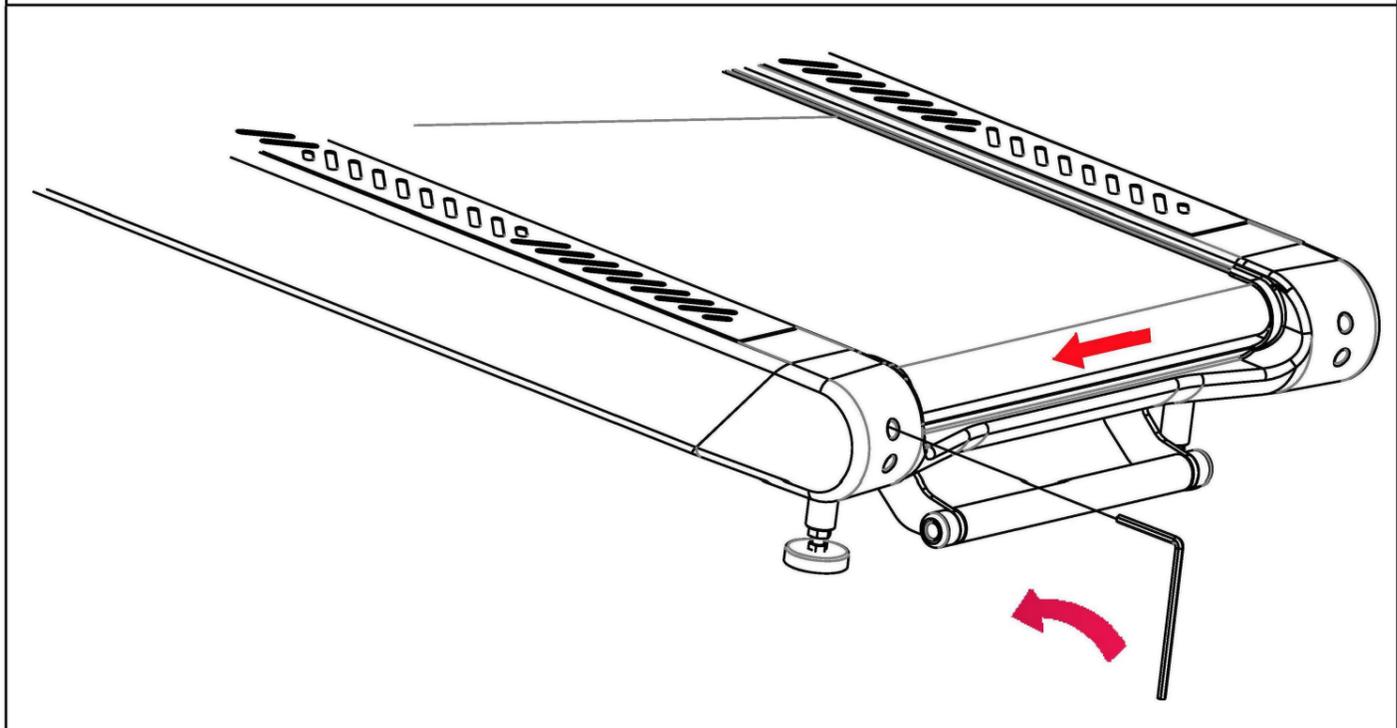
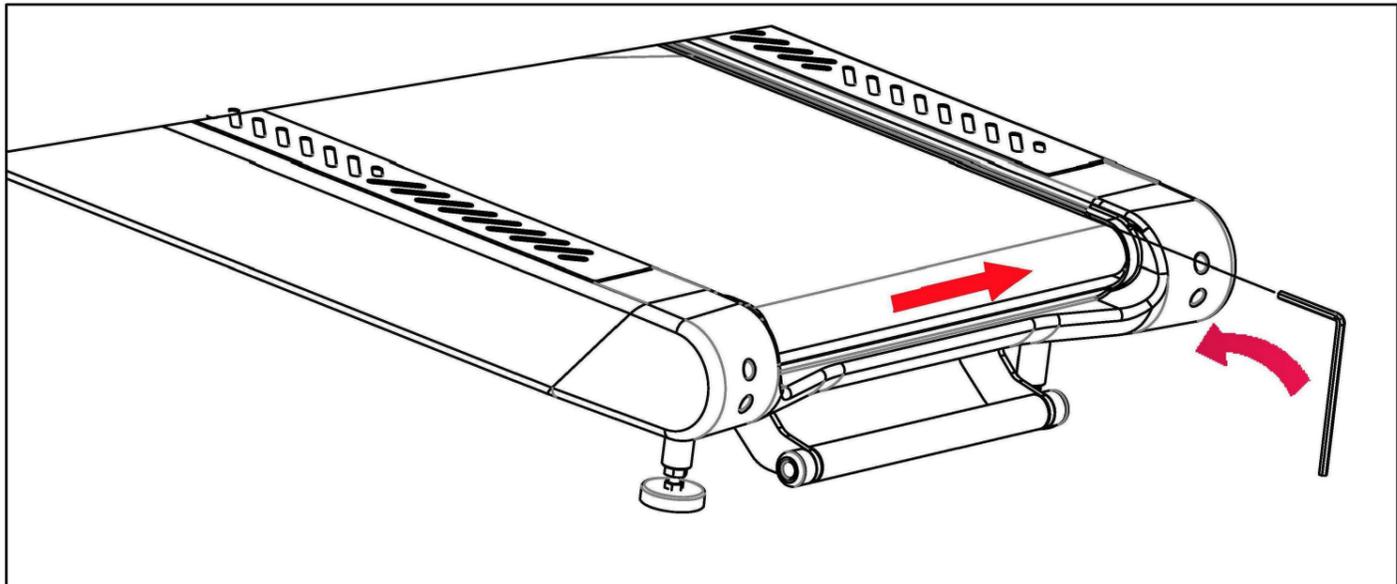
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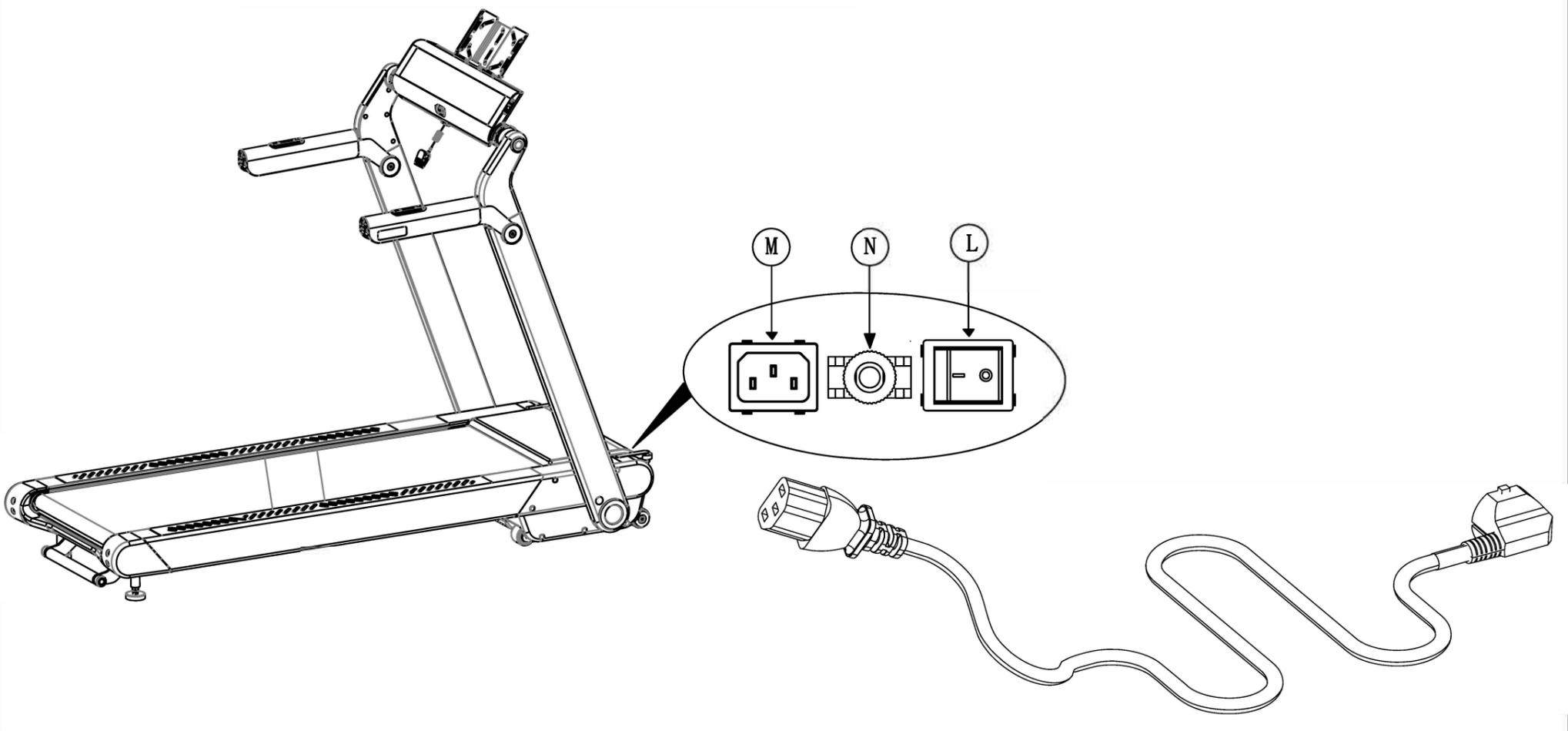
- Now set the user WEIGHT (default weight 68 kg) using the Smart Rings to enter the data and press the MODE button to confirm

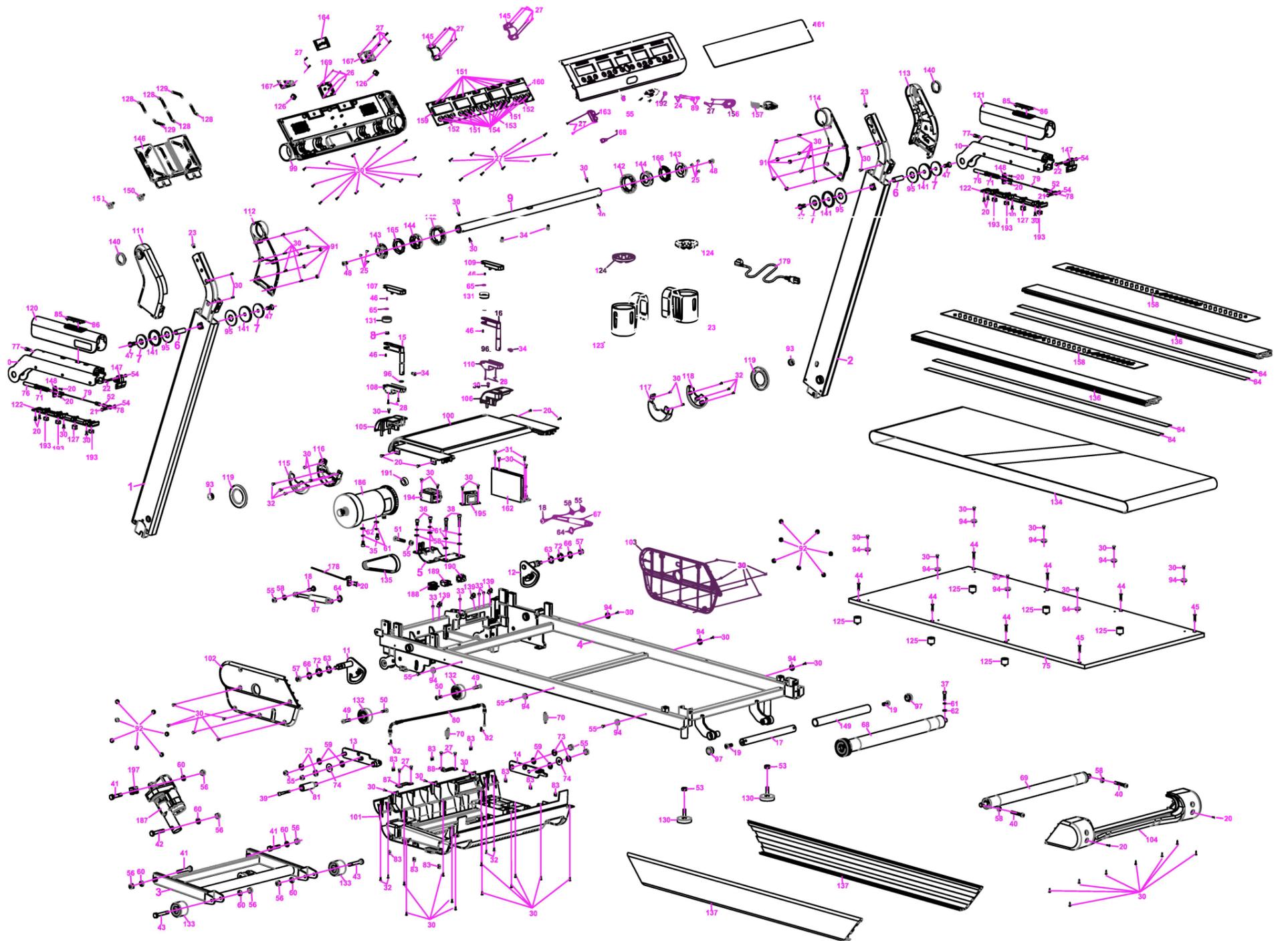
- A computer suggested heart rate (calculated using a standard algorithm) based on your age, weight and program level will appear on the display.
- This data must be varied according to your health conditions and the level of athletic training (always consult in advance with your doctor or athletic trainer) by acting on the SMART RING. Once the value has been set, press the MODE key to confirm
- Now set the program DURATION (default duration 30 minutes but settable from 05 to 99 minutes) using the SMART RING, press the MODE key to confirm
- After completing the introduction of all the parameters listed above, the chest strap must be worn to start the HRC program.
- Check that the console is receiving the signal from the belt regularly and press the START / STOP button. After a three-second countdown, the training will begin according to the parameters introduced.
- The speed of the belt and the inclination are controlled by the computer which will increase or decrease it according to whether the detected heartbeat moves away or approaches the set threshold value.
- The exercise is carried on until the countdown on the TIME display reaches zero.

IMPORTANT NOTES

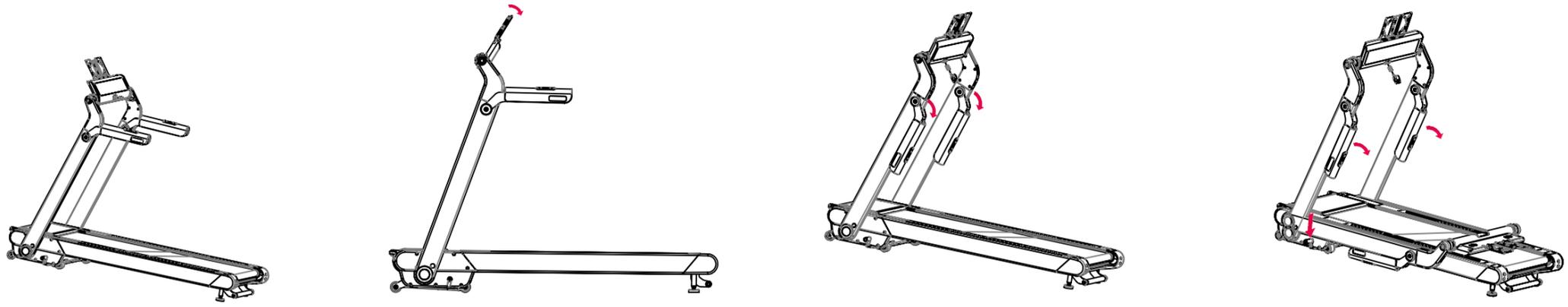
- **When running the HRC program, it is necessary to use the WIRELESS chest strap transmitter supplied, as this guarantees a more precise detection of the heartbeat than the detection sensors placed on the handrails which, among other things, prevent correct balancing while running.**
- **If no heart rate is detected for more than 10 seconds, the program will be stopped.**



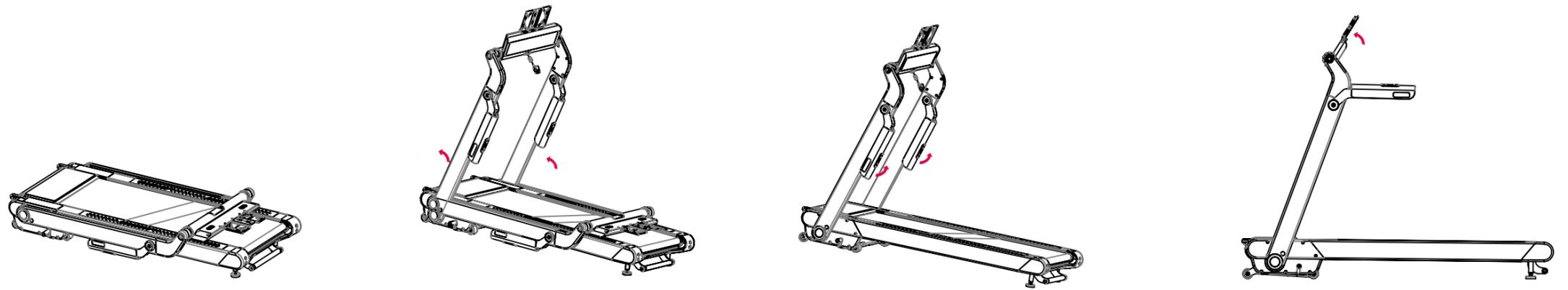




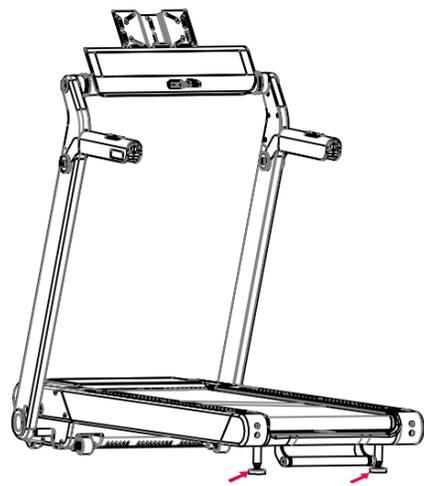
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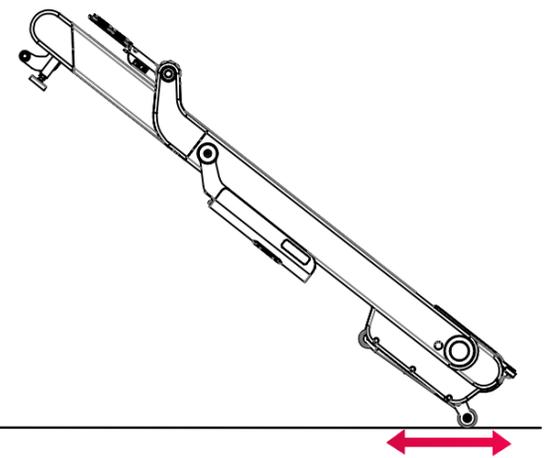
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ADJUST WHEN FLOOR NOT FLAT



TRANSPORTATION





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