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## Toorx RWX-500

# Toorx Chrono Line RWX-500 Rower Instruction Manual

Model: RWX-500

## 1. INTRODUCTION

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Thank you for choosing the Toorx Chrono Line RWX-500 Rower. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the rower and keep it for future reference.

The Toorx RWX-500 Rower is designed for home use, offering a comprehensive full-body workout. It features an electronic magnetic braking system with 16 motorized resistance levels, a blue backlit LCD console, and a comfortable ball-bearing seat on an aluminum rail.

## 2. SAFETY INFORMATION

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Before starting any exercise program, consult with your physician. It is crucial to understand and follow all safety warnings and instructions to prevent injury and ensure the longevity of your equipment.

- Always inspect the rower for loose parts or damage before each use. Do not use if damaged.
- Ensure the rower is placed on a stable, level surface with adequate clearance around it (at least 0.6 meters).
- Keep children and pets away from the equipment during operation.
- The maximum user weight for this rower is 130 kg (286 lbs). Do not exceed this limit.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Use the rower only for its intended purpose as described in this manual.

## 3. SETUP AND ASSEMBLY

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### 3.1 Unpacking

Carefully remove all components from the packaging. Place them on a clear, flat surface. Verify that all parts listed in the assembly guide (not provided in this document, refer to the separate assembly manual) are present and undamaged.

### 3.2 Assembly

Follow the step-by-step instructions provided in the separate assembly manual that came with your Toorx RWX-500 Rower. Ensure all bolts, nuts, and screws are securely tightened before use. Do not overtighten.

### 3.3 Placement

Place the rower on a firm, level surface. Ensure there is sufficient space around the rower for safe operation and movement. The rower's dimensions when unfolded are 222 cm (L) x 51 cm (W) x 97.5 cm (H).

### 3.4 Folding and Storage

The Toorx RWX-500 Rower can be folded for convenient storage. To fold the rower, carefully lift the rail section until it locks into the upright position. Ensure the locking mechanism is fully engaged before moving or storing the unit.



Image: Toorx RWX-500 Rower folded for storage. The folded dimensions are approximately 96 cm (L) x 51 cm (W) x 151.5 cm (H), occupying about 0.49 m<sup>2</sup> of floor space.

To unfold, release the locking mechanism and gently lower the rail until it is fully extended and secured for use.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Console Overview

The Toorx RWX-500 features a blue backlit LCD console that displays various workout metrics. It also includes a holder for your smartphone or tablet.



Image: The console displays information such as strokes per minute, total strokes, calorie consumption, time, distance, heart rate, 500/TM, Watts, and program details.

## 4.2 Adjusting Resistance

The rower offers 16 motorized levels of magnetic resistance. Use the console controls to increase or decrease the resistance level according to your desired intensity. Higher levels provide a more challenging workout.

## 4.3 Workout Programs

The console includes:

- **Manual Mode:** Allows you to control resistance manually.
- **12 Predefined Programs:** Select from a variety of pre-set workout profiles.
- **4 User Programs (U1-U4):** Customize and save your own workout routines.
- **Race Program:** Simulate a rowing race.
- **4 Heart Rate Control (HRC) Programs:** Maintain a target heart rate zone (requires a compatible wireless chest strap).
- **Recovery Function:** Measures your heart rate recovery after exercise.

Refer to the console's specific user guide (if separate) for detailed instructions on navigating and utilizing these programs.

## 4.4 Heart Rate Monitoring

The rower includes a wireless receiver for a chest strap (chest strap typically sold separately or included as an accessory). When wearing a compatible chest strap, your heart rate will be displayed on the console, enabling you to use the HRC programs effectively.

## 4.5 Footrest Adjustment

The footrests are equipped with adjustable straps to secure your feet during exercise. Ensure your feet are comfortably and securely strapped in before beginning your workout.



Image: The footrests feature adjustable straps to accommodate different foot sizes and ensure stability during rowing.

## 4.6 Basic Rowing Technique

Proper rowing technique is essential for an effective and safe workout. A basic rowing stroke involves four phases:

1. **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **The Drive:** Push off with your legs, then swing your torso back slightly, and finally pull the handle towards your abdomen.
3. **The Finish:** Legs extended, torso leaning back slightly, handle at your abdomen, elbows past your body.
4. **The Recovery:** Extend arms forward, then pivot torso forward, and finally bend knees to slide forward to the catch position.

Maintain a smooth, controlled motion throughout the stroke. Avoid jerking movements.

## 5. MAINTENANCE

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Regular maintenance ensures the optimal performance and longevity of your Toorx RWX-500 Rower.

- **Cleaning:** Wipe down the rower after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Rail Cleaning:** Periodically clean the aluminum rail with a soft cloth to ensure smooth seat movement.
- **Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The ball bearings on the seat rail are generally maintenance-free. Do not apply oil or grease unless specifically instructed by Toorx customer support.
- **Storage:** When not in use, store the rower in a clean, dry environment. Utilize the folding mechanism to save space if needed.

## 6. TROUBLESHOOTING

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If you encounter issues with your Toorx RWX-500 Rower, refer to the following common troubleshooting steps:

- **Console Not Powering On:** Ensure the power cable is securely connected to both the rower and a working

electrical outlet. Check if the outlet is functional.

- **No Resistance Change:** Verify that the power cable is connected. If the issue persists, there might be a problem with the motorized resistance system.
- **Erratic Console Readings:** Check all cable connections to the console. Ensure no cables are pinched or damaged.
- **Seat Not Moving Smoothly:** Clean the aluminum rail thoroughly. Check for any obstructions on the rail or damage to the seat's ball bearings.
- **Heart Rate Not Displaying:** Ensure your wireless chest strap is correctly worn and has a fresh battery. Confirm it is compatible with the rower's receiver.

For issues not resolved by these steps, please contact Toorx customer support.

## 7. SPECIFICATIONS

Feature	Specification
Model	RWX-500
Braking System	Electronic Magnetic Resistance
Resistance Levels	16 (Motorized)
Maximum User Weight	130 kg (286 lbs)
Inertia Mass	9 kg
Console Display	Blue Backlit LCD
Console Feedback	Strokes/min, Total Strokes, Calories, Time, Distance, Heart Rate, 500/TM, Watts
Programs	Manual, 12 Predefined, 4 User (U1-U4), Race, 4 HRC, Recovery
Heart Rate Monitoring	Wireless Receiver for Chest Strap (chest strap not always included)
Seat	Ball Bearing on Aluminum Rail
Footrests	With Adjustable Straps
Unfolded Dimensions (L x W x H)	222 x 51 x 97.5 cm (87.4 x 20.1 x 38.4 inches)
Folded Dimensions (L x W x H)	96 x 51 x 151.5 cm (37.8 x 20.1 x 59.6 inches)
Net Weight	33 kg (72.75 lbs)
Power Type	Electric Cable
Standards	CE-ROHS-EN957

## 8. WARRANTY

The Toorx Chrono Line RWX-500 Rower comes with a **2-year warranty**. This warranty covers manufacturing defects and material faults under normal use conditions. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by improper assembly, misuse, neglect, or unauthorized modifications. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Toorx website.

## 9. SUPPORT

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If you require assistance with assembly, operation, maintenance, or troubleshooting that is not covered in this manual, please contact Toorx customer support. Have your model number (RWX-500) and proof of purchase ready when contacting support.

Contact information for Toorx support can typically be found on the official Toorx website or on the packaging of your product.