TOORX
FITNESS IN MOTION

INSTRUCTION

ERX100

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Dear Customers,

We want to thank you for having chosen an Elliptical Trainer and wish you a lot of fun and success during training.

Please note and follow the enclosed safety and assembly instructions carefully.

If you have questions please do not hesitate to contact us.
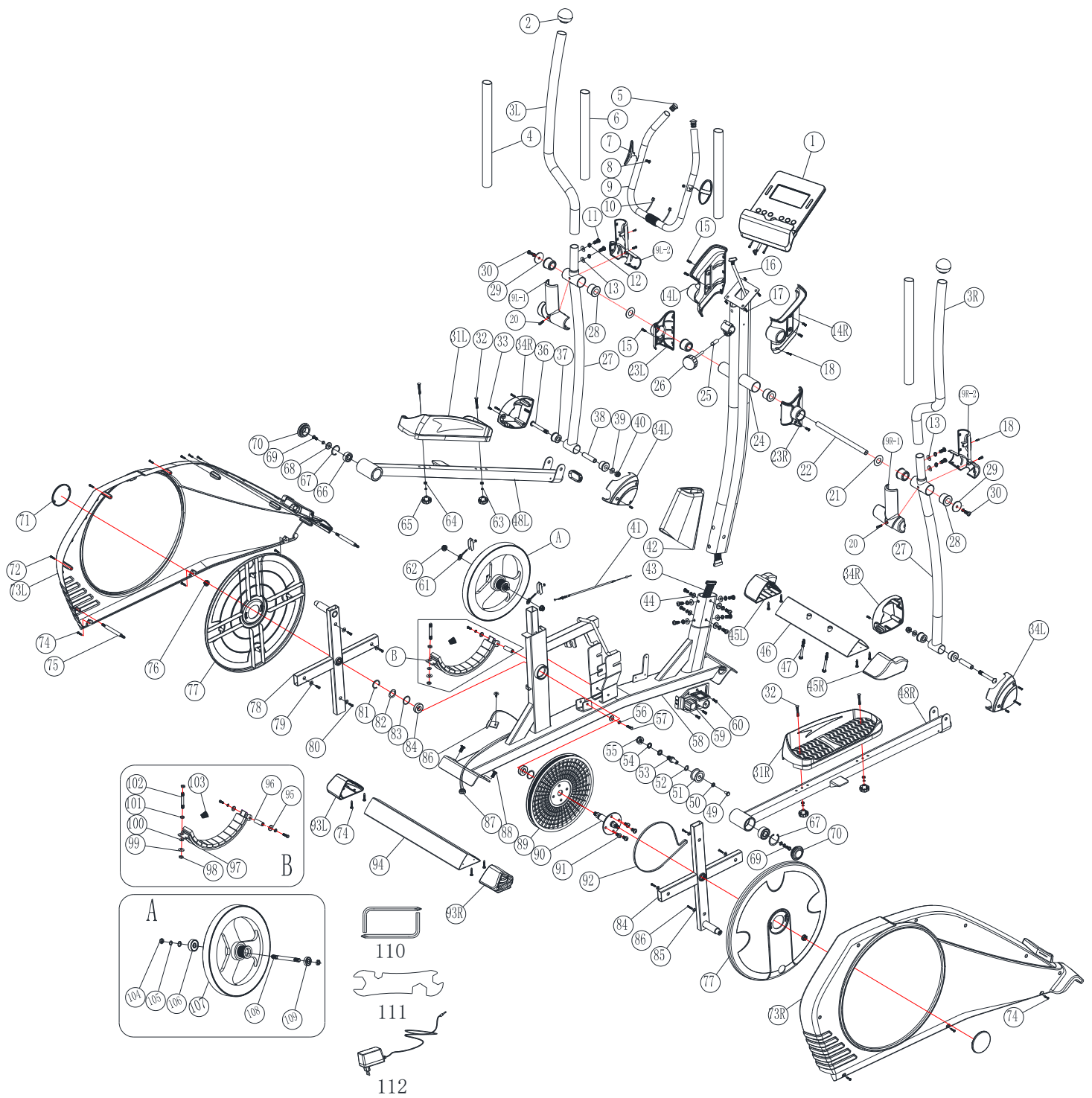
Table of Content as below:

PART LIST

Part#	Description	Quantity
1	Computer	1
2	End cap for handlebar	2
3L	Handlebar (Left)	1
3R	Handlebar (Right)	1
4	handlebar foam	2
5	End cap for upper handlebar	2
6	Upper handlebar foam	5
7	Hand pulse pads	2
8	Self-tapping screw M3.2	2
9	Upper handleba	1
10	Hand Pulse cable	2
11	Allen screw M8*20	12
12	Spring washer Φ8	16
13	Curved washer 8*19*1.5T	8
14L	Plastic cover (Left)	1
14R	Plastic cover (Right)	1
15	Screw M5*12	7
16	Upper computer cable	1
17	Screw M5*12mm	4
18	Self-tapping screw M4*15	5
19L-1	Plastic cover for left handlebar	1
19L-2	Plastic cover for left handlebar	1
19R-1	Plastic cover for right handlebar	1
19R-2	Plastic cover for right handlebar	1
20	Screw M5*8	4
21	Washer Φ19.5*φ38*0.5	2
22	Rotation rod	1
23L	Plastic cover for rod (Left)	1
23R	Plastic cover for rod (Right)	1
24	Handlebar post	1
25	Tuber Φ8*13*35	1
26	Round-shaped Knob	1
27	Lower handlebar	2
28	Tuber spacer	6

29	Washer 8.5*36*3T	2
30	Allen screw M8*20	2
31L	Footplate (Left)	1
31R	Footplate (Right)	1
32	Screw M6*50	4
33	Screw M4*15	7
34L	Plastic cover	2
34R	Plastic cover	2
36	Allen screw M10*78	2
37	Tuber spacer φ14*42.3MM	4
38	Handlebar pivot bushes φ14*42.3MM	2
39	Washer 10*19*2	2
40	Nut M10	2
41	cable	1
42	Front plastic cover	1
43	Lower computer cable	1
44	Washer 8*19*1.5T	4
45L	Front end cap (left)	1
45R	Front end cap (Right)	1
46	Front stabilizer	1
47	Allen screw M8*57	2
48L	Pedal connecting tube left	1
48R	Pedal connecting tube Right	1
49	Screw M6*12	1
50	Washer 6*13*1T	1
51	Idler	1
52	Curved washer	2
53	Axle for idler	1
54	Washer 10*19*1.5	2
55	Nut M10	1
56	Spring washer φ6	2
57	Screw M6*16	2
58	Main frame	1
59	Motor	1
60	Screw M5*15	3
61	Adjuster	2
62	Hex nut M10*1.25*4T	2

63	Spring washer $\phi 6$	4
64	Washer 6*16*2	4
65	Knob M6	4
66	Bearing	2
67	C-shaped knob	2
68	Washer 8*21*2T	2
69	Allen screw M8*20	2
70	End cap	2
71	Plastic cover for round cover	2
72	Self-tapping screw	6
73L	Chain cover (Left)	1
73R	Chain cover (Right)	1
74	Screw M5*15	14
75	Joint lever for chain cover	2
76	Nut M10*1.25	2
77	Round cover	2
78	Crank	2
79	Washer 5*16*1	8
80	Self-tapping screw	8
81	C-shapped washer	1
82	Curved washer	1
83	Washer	2
84	Bearing 6004RS	2
86	Sensor	1
87	DC cable	1
88	Screw M8*20	2
89	Belt wheel	1
90	Pedal axle	1
91	Allen screw	4
92	Belt	1
93L	Rear end cap left	1
93R	Rear end cap right	1
94	Rear stabilizer	1
95	Washer 6*13*1.5T	1
96	Magnet fixed axle $\phi 12$	1
97	Magnet holder	1
98	Nut M6	2

99	Washer 6.5*19*1.5T	1
100	Plastic washer 6.5*22*1.5T	1
101	Nut M6	1
102	Headed screw M6*75	1
103	Spring	1
104	Hex nut	2
105	C-shaped washer	1
106	Bearing	1
107	Flywheel 6300RS	1
108	Flywheel axle φ10*110MM	1
109	Bearing 6000RS	1
110	Allen key wrench	2
111	Combination wrench	1
112	Adapter	1

ASSEMBLY INSTRUCTION

STEP 1
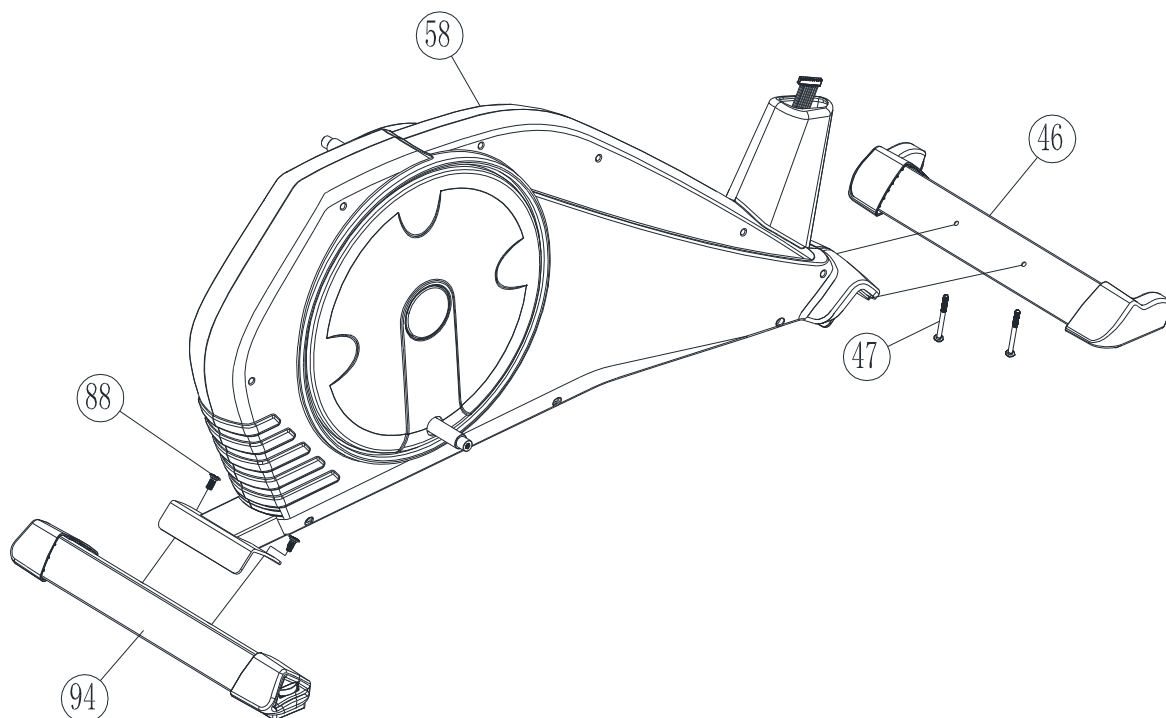
1. Fasten the Front stabilizer (46) with 2 x M8 x 57 Allen bolts (47).

2. Fasten the Rear stabilizer (94) with 2 x M8 x20 Flat-head inner hexagon screws (88).

STEP 2
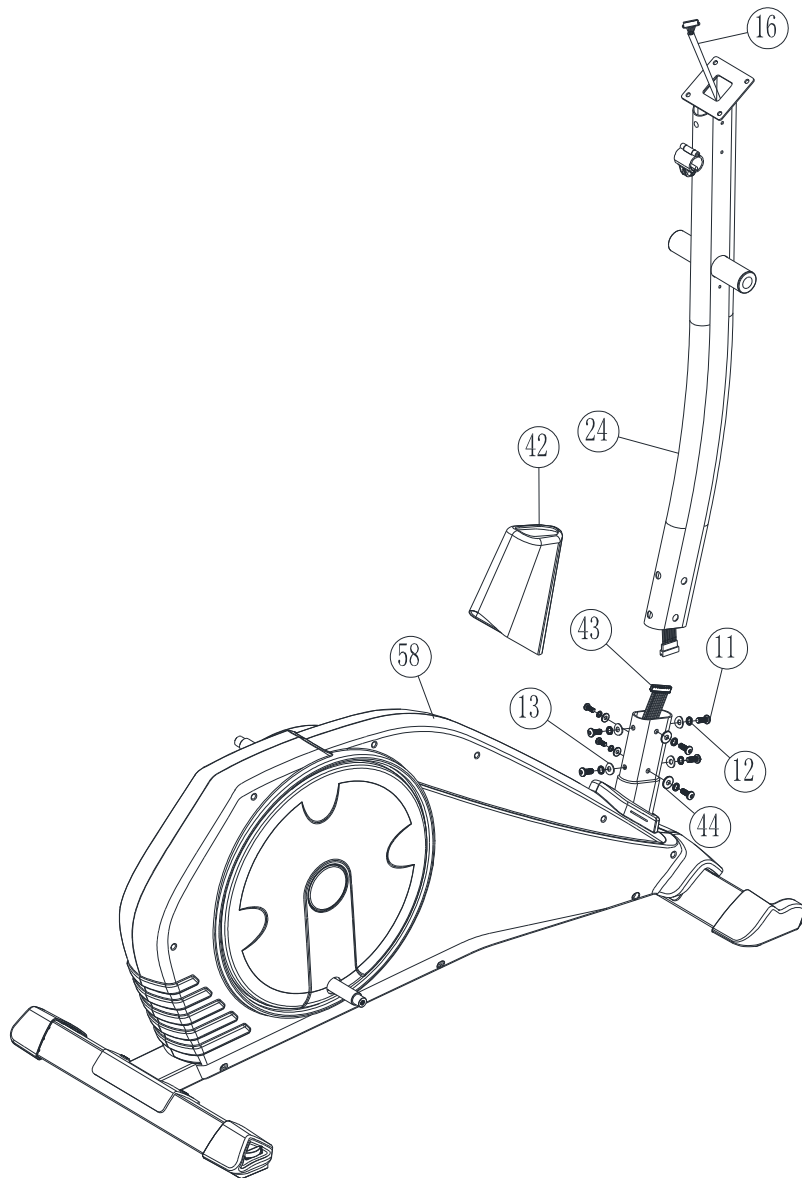
1. Carefully lift the Handlebar post (24) until it is vertical and slide onto the Plastic cover (42).

2. Connect the Upper computer cable (16) and the Lower computer cable (43).

3. Then place the Handlebar post (24) onto the Main frame (58) and fix it using 8 × M8×20mm Allen bolts (11), 8 × M8 Spring washers (12), 4 × M8 Curved washers (13), 4 × M8 Flat washer (44).

STEP 3
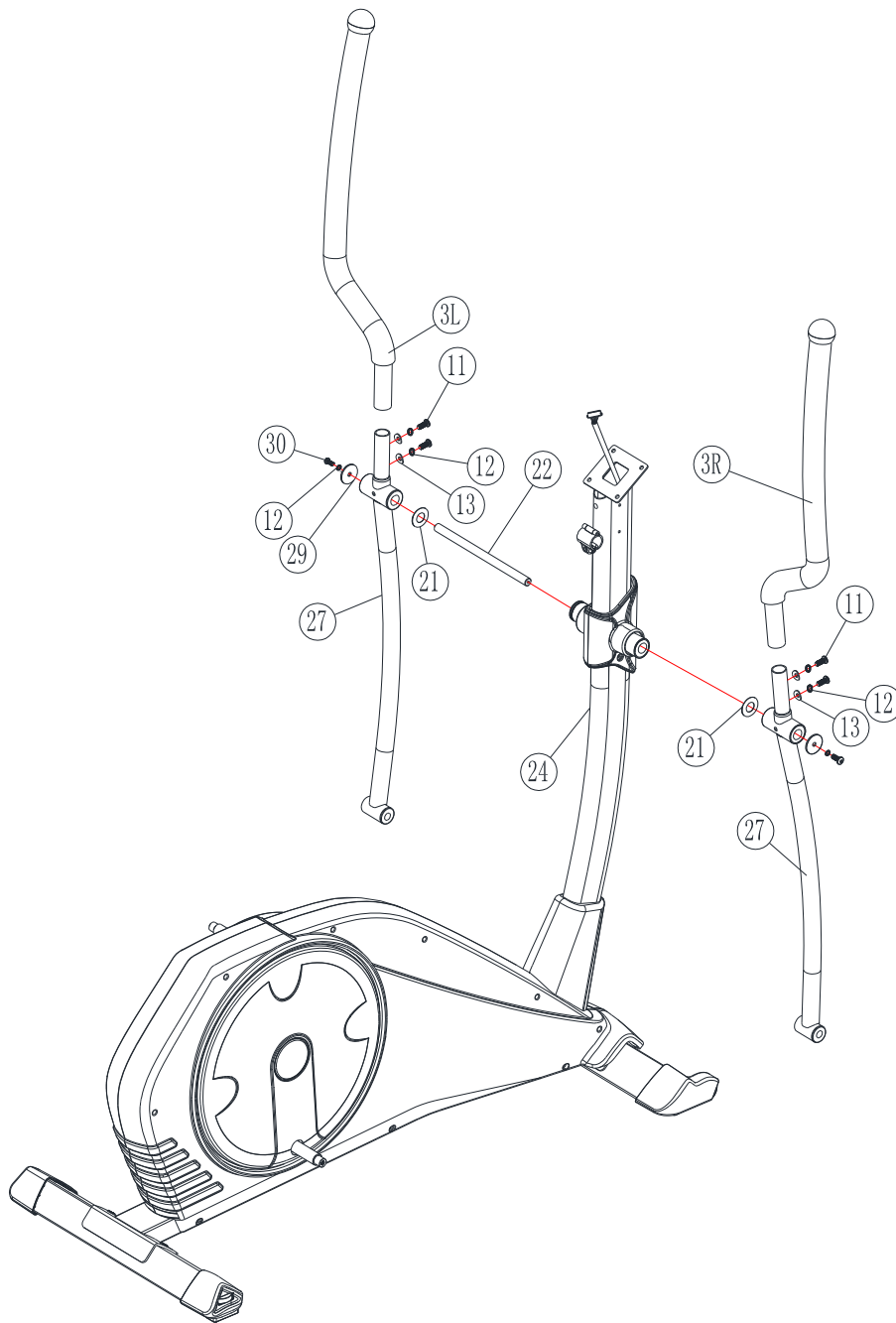
1. Slide the Rotation rod (22) into the Handlebar post (24),
2. Slide the Lower handlebar left & right(27) onto Rotation rod and secure it using Φ19.5×Φ38×0.5mm Flat washer (21), Screw caps (29),Spring washer(12), and M8x20mm Anti-loose Allen bolt (30) for each side.
3. Put the Upper handlebar (3L+R) onto the Lower handlebar (27) and secure it with 2× M8×20 Allen bolts (11), 2×Φ8 Spring washer (12) and 2×Φ8 Curved washers (13) for each side

STEP 4
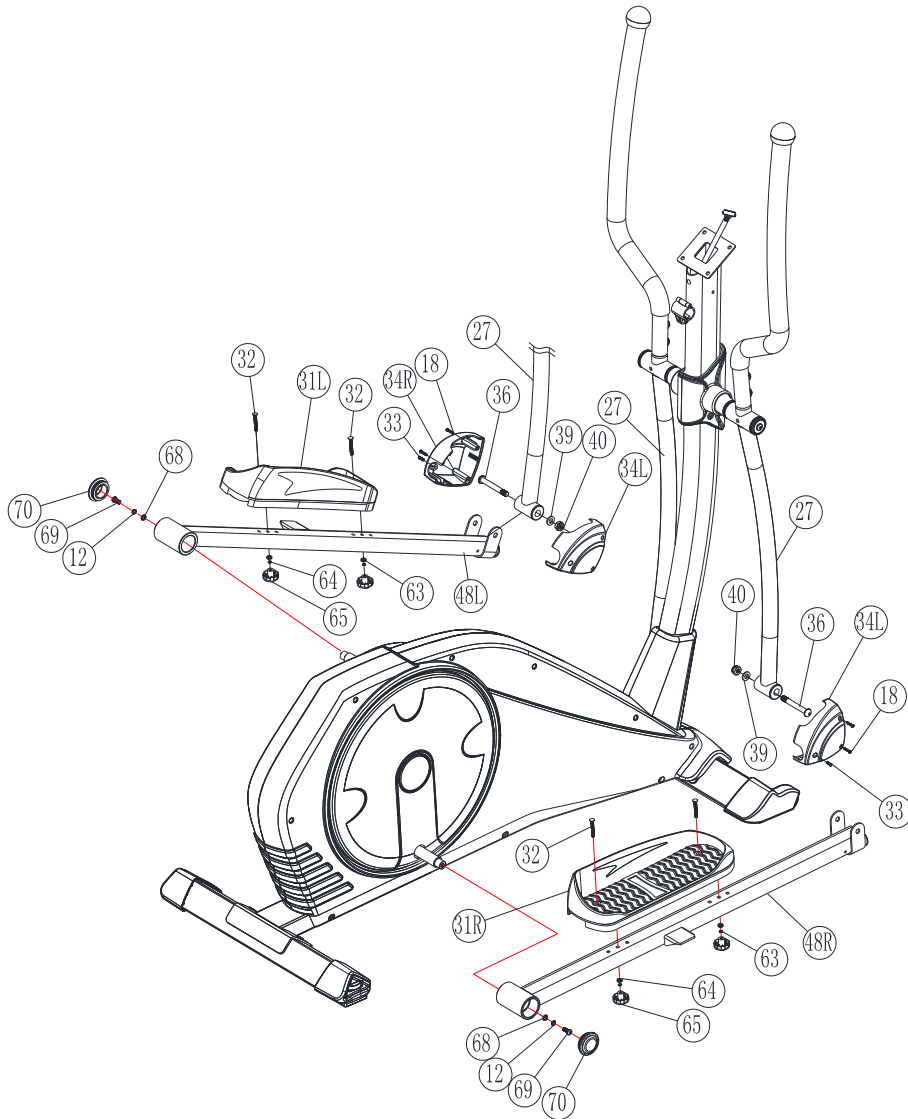
1. Fasten Left footplate bar (48L) to the Lower handlebar (27) with M10x78 Allen bolt (36) and secure it with Φ10x19x2T Flat washer (39) and M10 Nylon lock nut (40). Do the same for the Right footplate bar (48R). Next fit the Footplate bar cover set (23L+R) to the Footplate bar (34L+R) using 4 x M4x15mm Self-tapping screw (18) and 4 x Screw M5x15 (33).

2 Attach the Left footplate bar (48L) onto the Left crank and secure it with Φ8x21x2T Washer (68), Φ8 Spring washer (12) and M8x20 Anti-loose Allen bolt (69). Put the Crank end cap (70) onto the Footplate bar (48L). Do the same for the right pedal bar (48R).

3 Attach the Left footplate (31L) onto the Footplate bar (48L) and secure it with 2×M6 Carriage bolt (32), 2×Φ6 Washer (63), 2×Φ6 Spring washer (64) and 2×Φ6 Knob (65). Do the same to the Right footplate (31R).

STEP 5
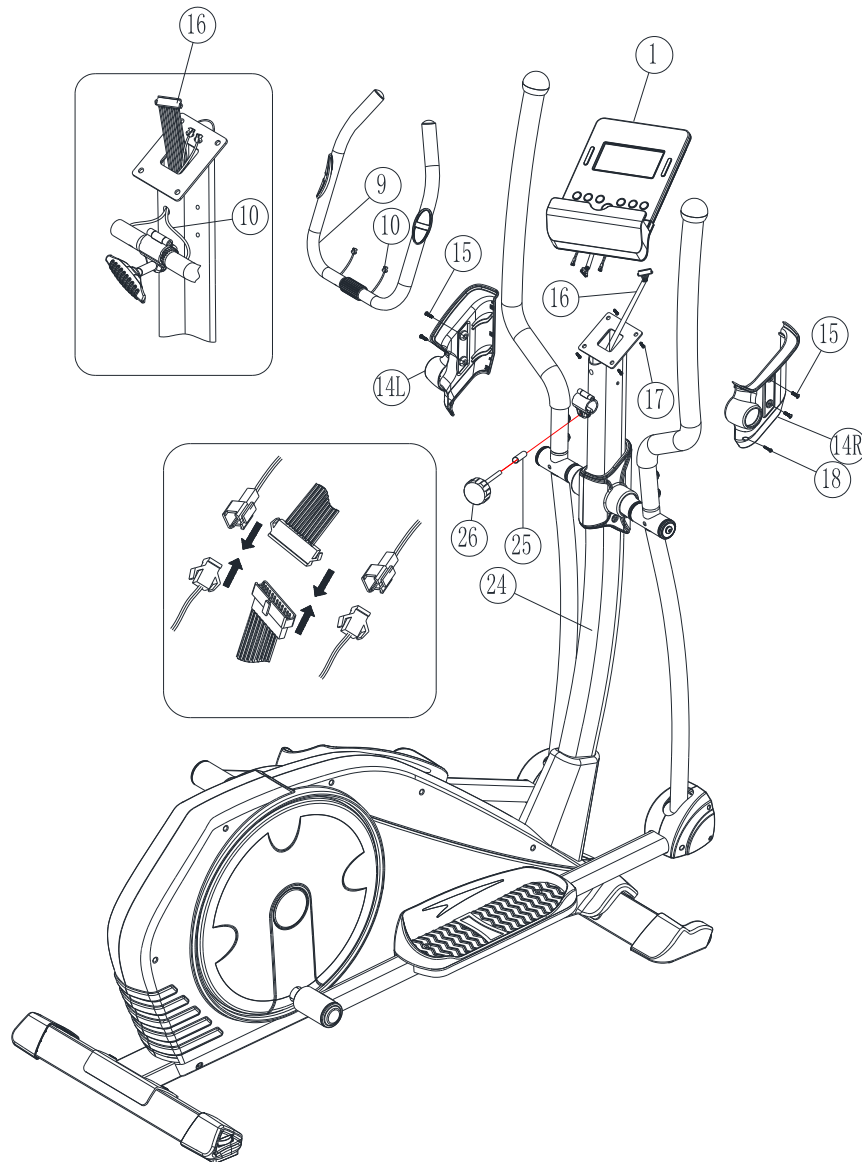
1   Hold the Handlebar (9) and make the Upper computer cable (16) coming out of the Handlebar post (24) and Hand pulse cable (10) cross the Handle bar (9), then place the Handlebar (9) onto the Handlebar post (24) and screw it with Tube spacer (25) T shape knob (26) tightly.

2   Taking the Computer (1) and remove the 4 pre-fitted Screws （17） in the back of the computer. Now connect the Upper computer cable (16) with the Computer and the Hand pulse cable (10) with the Computer. Then sit the Computer (1) onto its bracket and secure in place using the 4 Screws (17) previously removed.

3   Screw the Handlebar cover (14L+R) with Self-tapping screw (18), 4 Screws (15).

STEP 6
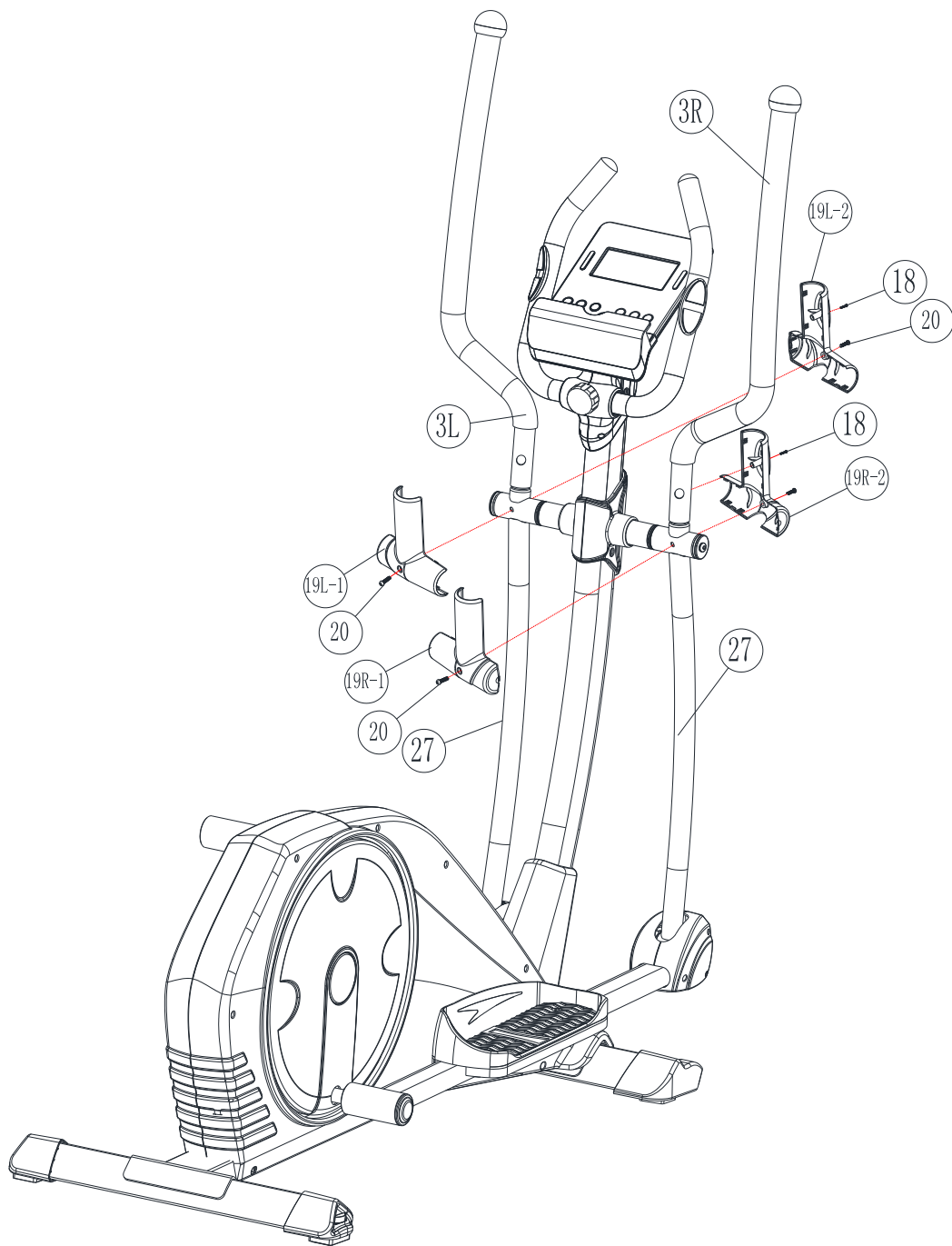
Assemble the Plastic cover(19L-1) and (19L-2) on the handlebar (27) with the screw (18) and the screw (20), do the same to the right plastic (19R-1)and (19R-2)

Now, your machine is ready for us

# COMPUTER INSTRUCTION

BUTTON FUNCTION:

| MODE/ENTER	In stop mode, the mode is to confirm all exercise data setting, and enter into program.
RESET	In stop mode, press the button back to main menu.
START/STOP	To start or stop exercise.
RECOVERY	To test hear rate recovery status.
UP	To select training mode and adjust function value up.
DOWN	To select training mode and adjust function value down.
BODY FAT	For body fat measurement

DISPLAY EXERCISE DATA:

| TIME	Display range 0:00~99:99 ; Setting range 0:00~99:00
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.90km
CALORIES	Display range 0~9999 ; Setting range 0~9990
PULSE	Display range P-30~230 ; Setting range 0-30~230
WATT	Display range 0~999 ; Setting range 10~350
SPEED	0.0~99.9km
RPM	0~999

OPERATION PROCEDURE

1. Connect power supply and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds and enter into personal data setting mode (gender, age, height and weight) for U1~U4. (drawing B~C)

2. After user data set up, computer will display main menu (drawing D).
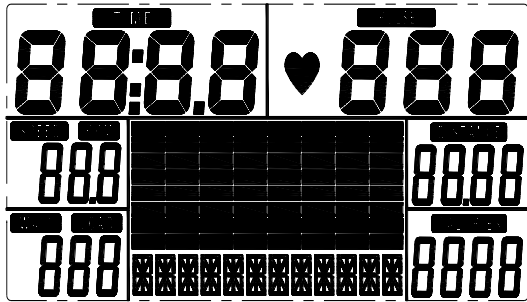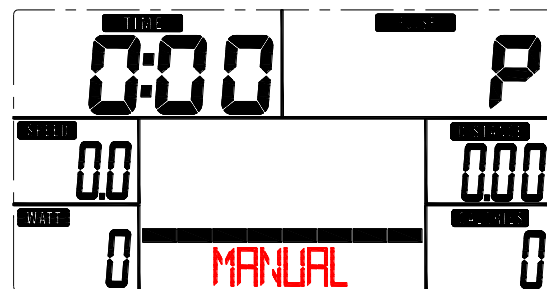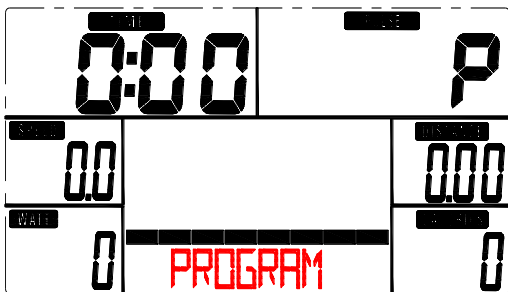

A
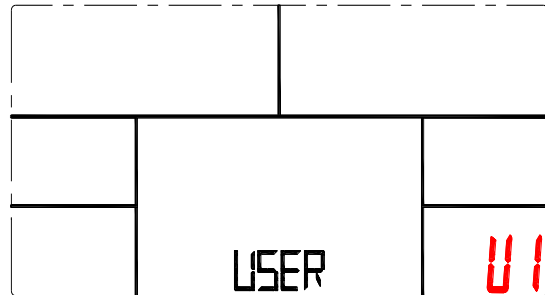
B
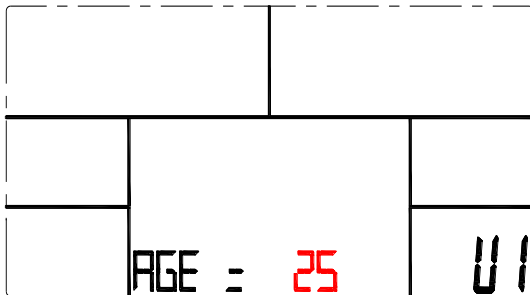
C

D

3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select MANUAL →PROGRAM (12 profiles) (drawing E) →USER PROGRAM→HRC (drawing F)→WATT.

E

F

4. Quick Start and Manual :

Before exercise in Manual mode, user my set up TIME, DISTANCE, CALORIES and PULSE target.

After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Level can be adjusted during exercise by press UP or DOWN.
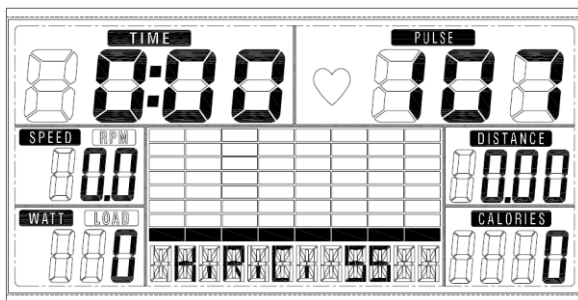
5. PROGRAM：

Before exercise in Program mode, user may set up TIME target.
Press UP and DOWN to select Program with 12 profiles and press ENTER/MODE to confirm.
Level can be adjusted during exercise by press UP or DOWN.

6. H.R.C.：

Select the H.R.C. mode and press the MODE key to enter into the setting mode. AGE default value is 25 (years old). There will be 4 selections: H.R.C55, H.R.C.75, H.R.C.90 and H.R.C. TAG; use the UP/ DOWN key to select one program and press the MODE key after selection is determined (FIGURE G & H). User's selection and a sign of "55%" will be displayed in the PULSE column according to the AGE user inserted. If user selects H.R.C. TAG (press the MODE key to enter), preset PULSE value "100" will be shown in flashing text and user can press the UP/ DOWN key to adjust target range from 30~230.
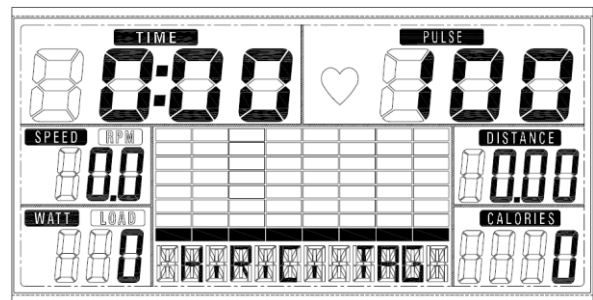
| G | H |

7. USER PROGRAM：

User may press UP, DOWN and then press MODE to create his own profile. (from column 1 to column 20) User may hold on pressing MODE button for 2 seconds to quit profile setting.

8. WATT：

The preset watt value 120 is flashing on screen in WATT setting mode.　User may use UP, DOWN button to set target value from 10 to 350.　Press MODE button for confirm.

9. **BODY FAT:**

9-1 In STOP mode, press the BODY FAT button to start body fat measurement.

9-2 Then selected user (U1~U4) will blinking for 2 seconds.　Then start measuring.

9-3 During measuring, user have to hold both hands on the handgrip. And the LCD will display "--" "--" for 8 seconds until computer finish measuring.

9-4 LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.

10. RECOVERY :

   After exercising for a period of time, keep holding on handgrips and press "RECOVERY"
   button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
   Screen will display your heart rate recovery status with the F1,F2….to F6. F1 is the best, F6
   F6 is the worst. User may keep exercising to improve the heart rate recovery status.
   (Press the RECOVERY button again to return the main display.)

NOTE:
1. This computer require 9V, 500mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and
    exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

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