TOORX
FITNESS IN MOTION

INSTRUCTION

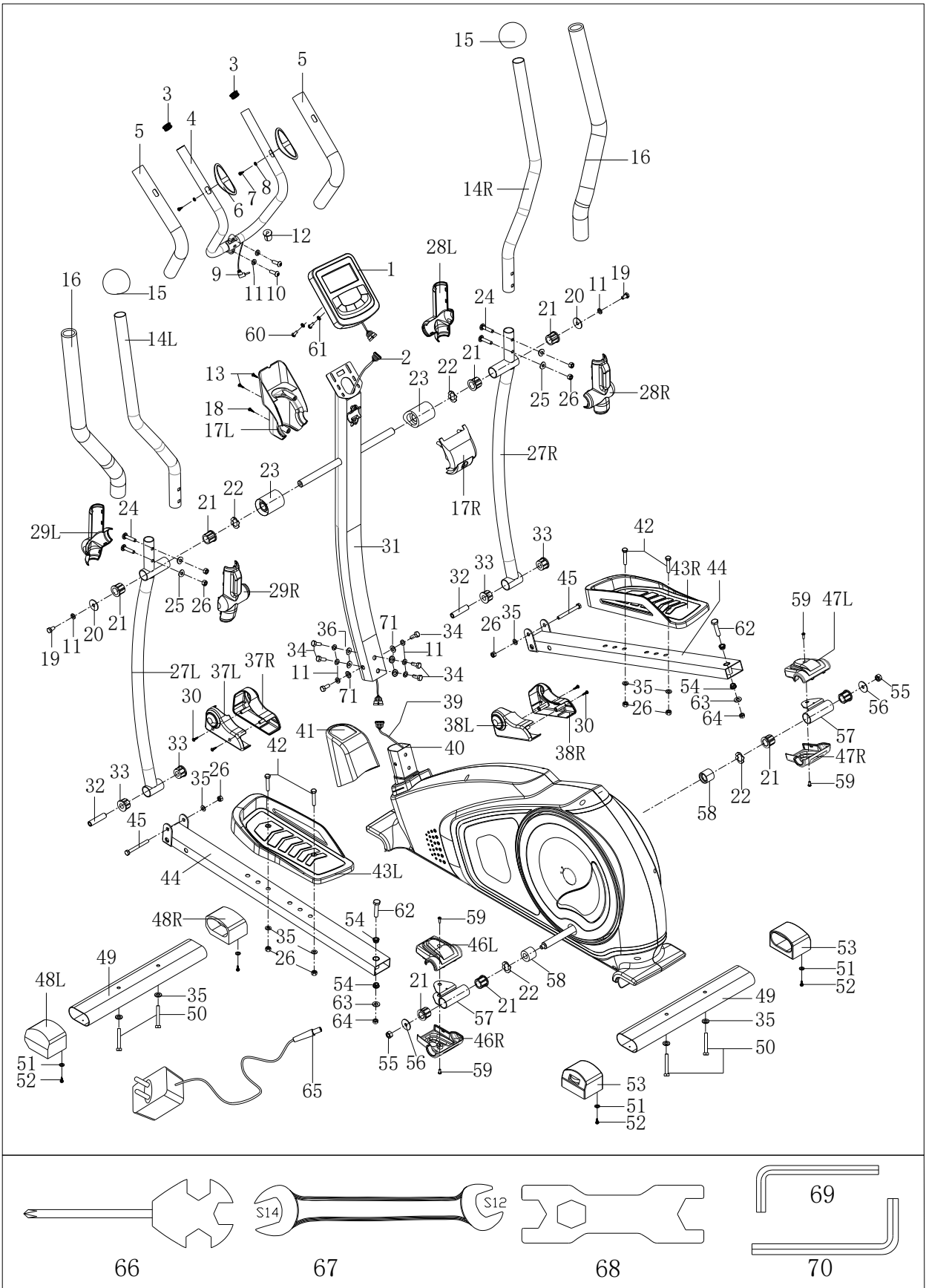# ERX90

CE

Exploded View:

PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Computer	1	39	Tension cable 2	1
2	Trunk wire 1	1	40	Main frame	1
3	End cap Φ31*16	2	41	Front cover	1
4	The middle handlebar	1	42	Bolt M8*45	4
5	Foam grip Φ23*500	2	43L/R	Pedal (Right &left)	2
6	Handle pulse withΦ25 Tube	2	44	Connecting rod	2
7	Screw ST4.0*19	2	45	Bolt M8*75	2
8	Washer d6*Φ12*1	2	46L/R	Left Pedal Tube Rear Cover (L/R)	2
9	Handle pulse wire	1	47L/R	Right Pedal Tube Rear Cover (L/R)	2
10	Screw M8*25	2	48L/R	End cap with PT80*40 Tube	1
11	Spring Washer d8	10	49	Front/Rear Stabilizer	2
12	Grommet Φ12*11	1	50	Bolt M8*55*25*S14	4
13	Screw ST4.2*19	2	51	Washer d5*Φ13*1	4
14L/R	Handle bar	2	52	Screw ST4.2*25	4
15	End cap	2	53	Adjustable end cap PT80*40Tube	2
16	Sponge tube Φ30*630	2	54	Space	4
17L/R	Decoration cover	1	55	Nylon Nut M10*1.25	2
18	Bolt ST4.2*25	1	56	Washer d10*Φ32*2	2
19	Bolt M8*16	2	57	Connecting join	2
20	Washer d8*Φ32*2	2	58	Short spacer	2
21	Alloy wrap 2	8	59	Screw M5*10	4
22	Arc washer d19*Φ25*0.3	4	60	Screw M4*12	2
23	Spacer	2	61	Washer d4*Φ12*1	2
24	Bolt M8*45*20*H5	4	62	Bolt M10*55	2
25	Arc washer d8*Φ20*2*R16	4	63	Washer d10*Φ20*2	2
26	Nylon Nut M8	10	64	Nylon Nut M10	2
27L/R	Swing rod	2	65	Control tension	1
28L/R	swing rod cover (R/L)	2	66	Tool S13-14-15	1
29L/R	swing rod cover (R/L)	2	67	Tool S12-14	1
30	Screw ST4.2*16	4	68	Tool S17-19	2
31	Handle bar post	1	69	Tool S5	1
32	spacer	2	70	Tool S6	1
33	Alloy wrap 1	4	71	Washer d8*Φ25*2.0	4
34	Bolt M8*20*S14	6			
35	Washer d8*Φ16*1.5	10			
36	Arc washer d8*Φ20*2*R30	2			
37L/R	Left Pedal Tube Front Cover L/R	2			
38L/R	Right Pedal Tube Front Cover L/R	2			

Step 1：

#50 M8＊55＊25＊S14 4PCS

#35 d8＊Ø16＊1.5 4PCS

S14   S12

49

40

50 35 50

49

35

50
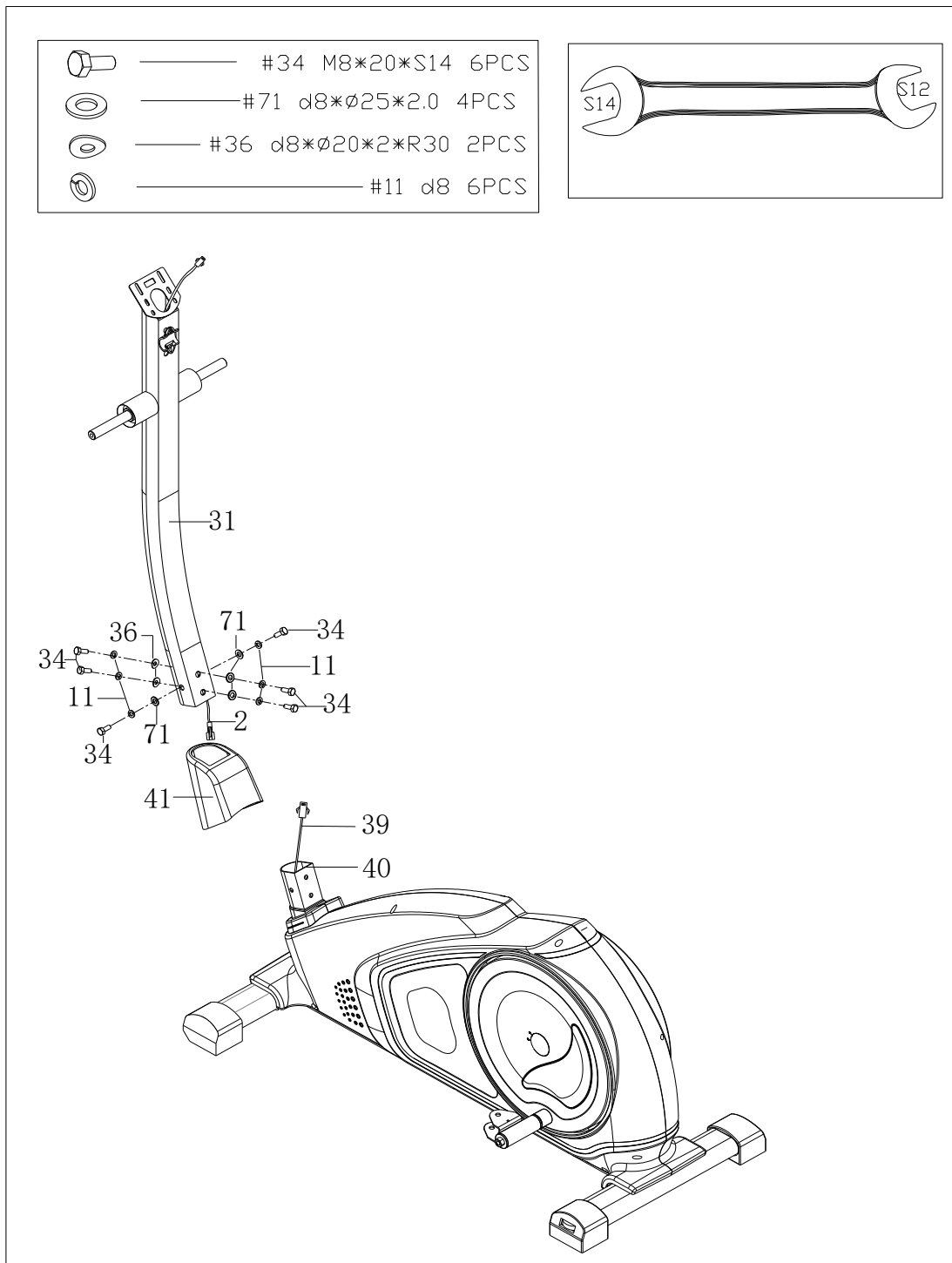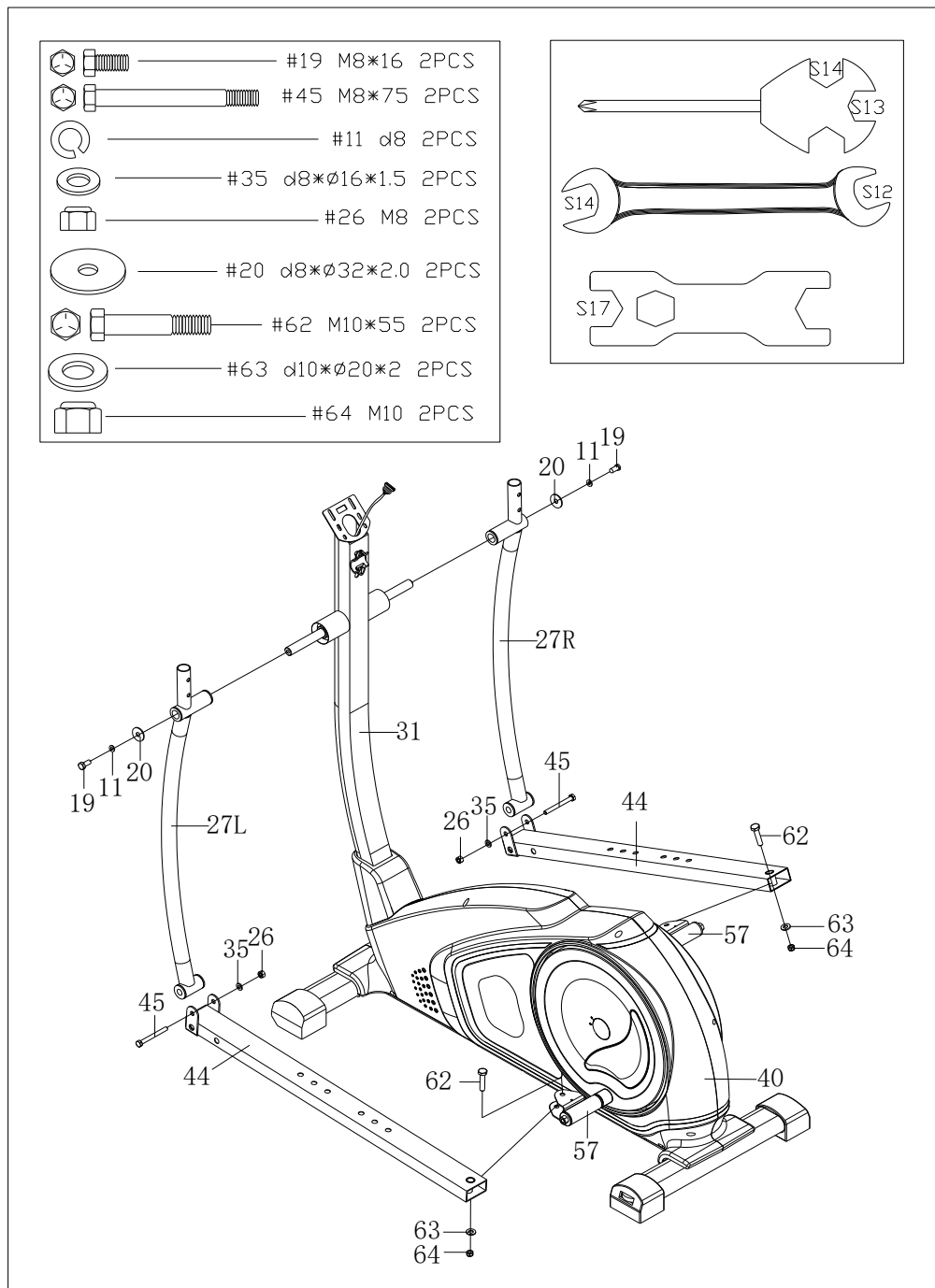
a. Secure front stabilizer and rear stabilizer (49) to main frame (40) with bolt (50) and washer (35).

Step 2:

a. Insert front cover (41) into handle bar post (31).

b. Connect trunk wire 1(2) with trunk wire 2(39)

c. Secure handle bar post(31) to main frame(40) with Bolt(34), washes(71) ,Spring washer(11)and arc washers(36)
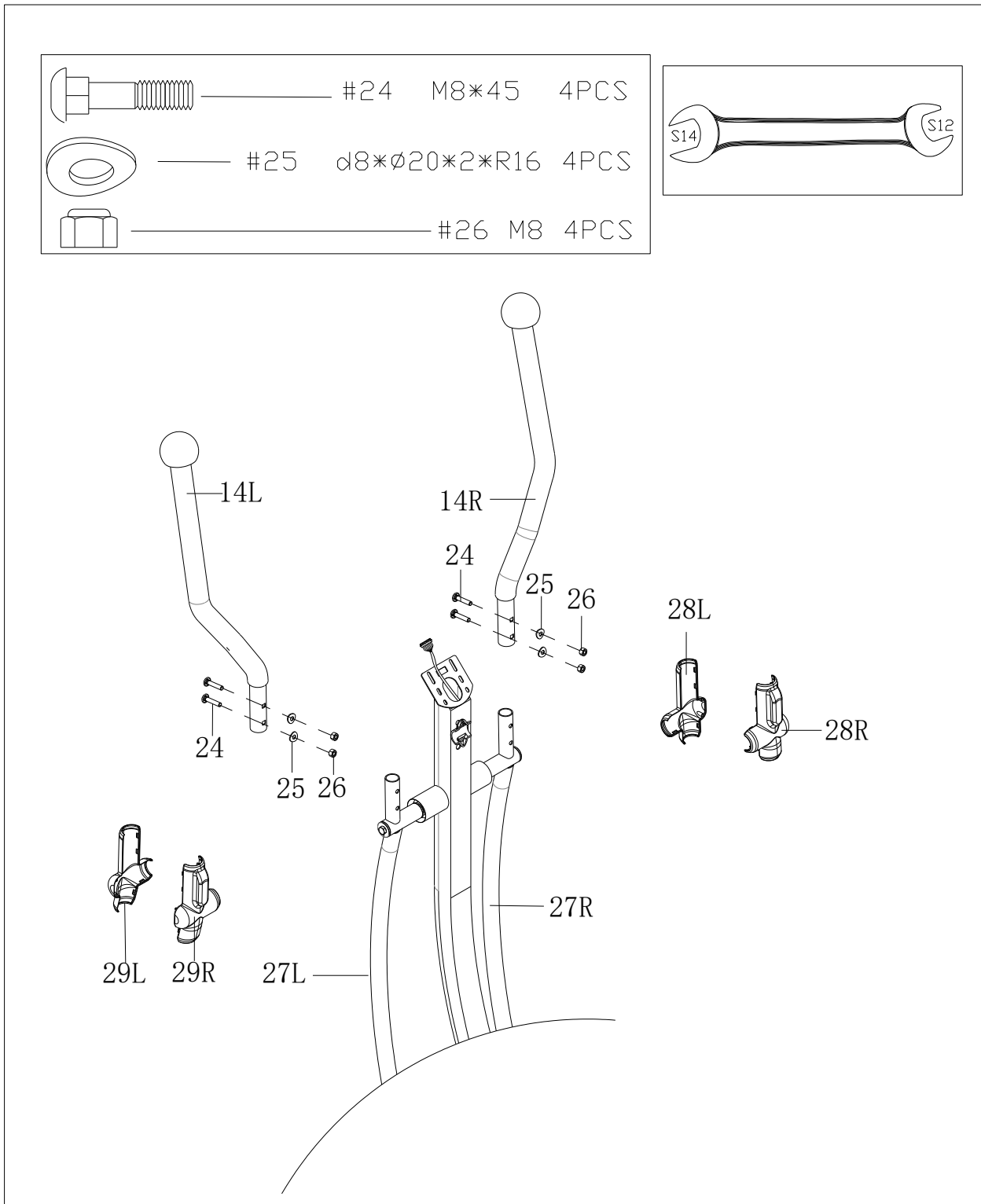
Step 3:

Parts list shown in diagram:
- #19 M8*16 2PCS
- #45 M8*75 2PCS
- #11 d8 2PCS
- #35 d8*Ø16*1.5 2PCS
- #26 M8 2PCS
- #20 d8*Ø32*2.0 2PCS
- #62 M10*55 2PCS
- #63 d10*Ø20*2 2PCS
- #64 M10 2PCS

a. Secure swing rod (27L/R) with handle bar post (31) with bolts (19), washers (11) and nuts (20).(Warning: Keep the Bolt 19 can be rotated freely)

b. Attached the Connecting rod (44) to the Connecting join (57) with Bolt (62), Washer (63) and nylon nut (64). Secure Connecting rod (44) to swing rod (27 L/R) with bolt (45), washer (35) and nut (26).

Step 4：
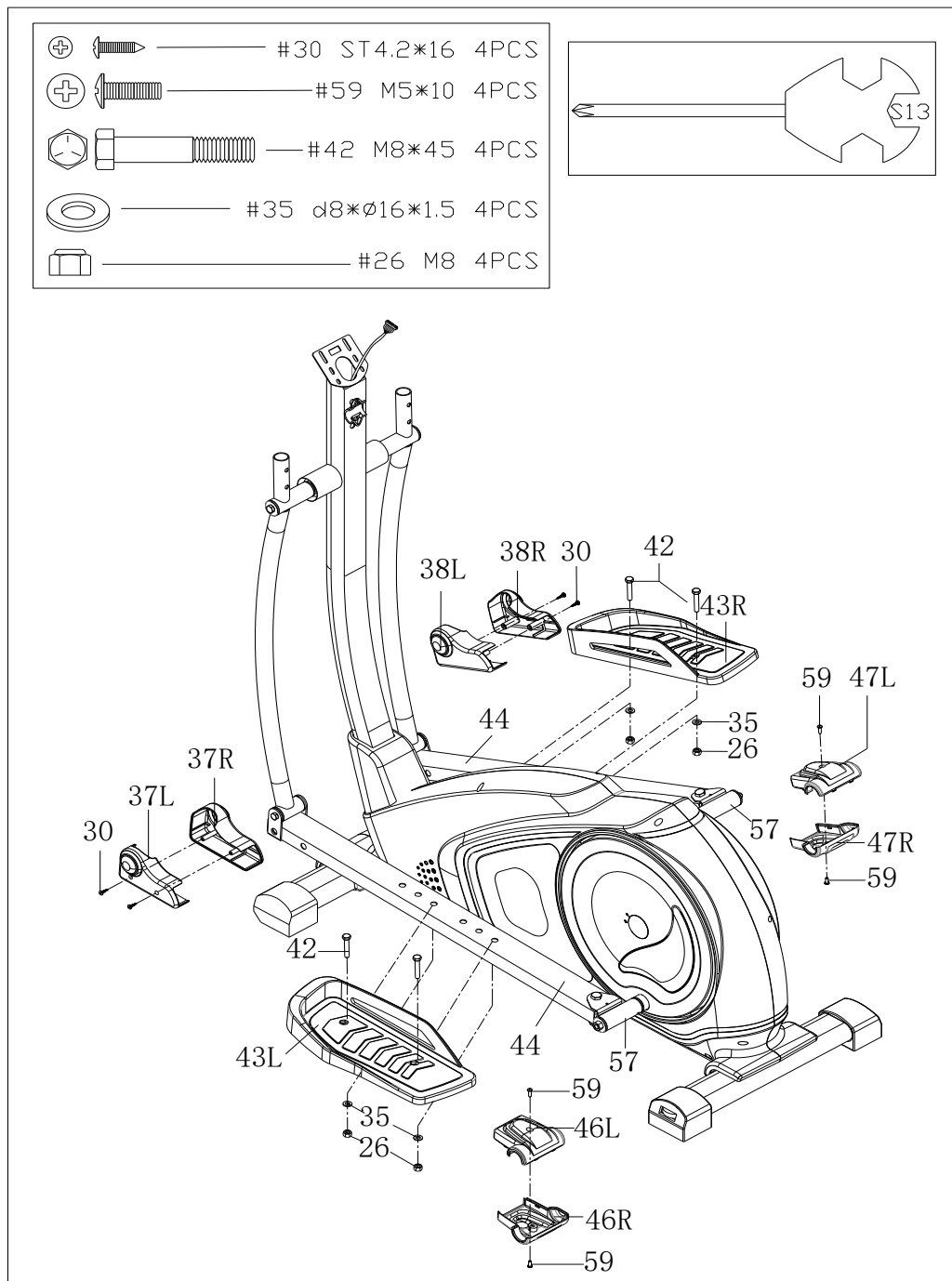
a. Secure pedal (43 L/R) to connecting rod (44) with bolt (42), Washer (35) and

Nylon nut (26).

b, Attach Left Pedal Tube Front Cover L/R (37 L/R) and Right   Pedal Tube Front

Cover L/R (38 L/R) to connecting rod (44) with screws (30);

c, Attach Left Pedal Tube Rear Cover (L/R) (46L/R) and Right   Pedal Tube Rear

Cover (L/R) (47L/R) to connecting rod (57) with screws (59)

Step 5：

#24　M8*45　4PCS

#25　d8*Ø20*2*R16　4PCS

#26　M8　4PCS

S14　S12

14L

14R

24

25　26

28L

28R

24

25　26

29L　29R　27L

27R

a. Secure handle bar(14L/R) to swing rod(27L/R) with bolt(24), arc washer(25) and nylon nut(26)

b. Attach swing rod cover (29 L/R) and swing rod cover (28L/R) to swing rod (27L/R)

Step 6：

a. Secure middle handle bar (4) to handle bar post (31) with screw (10) and spring washer (11).

b. Connect computer wire (1) with trunk wire 1(2), then secure computer (1) to handle bar post(30) with screw(60) and washer (61)

c．Attach decoration cover (17 L/R) to handle bar post (31), then secure it with screw (13) and bolt (18).

d. Insert the plug of handle pulse wire (9) into the hole on the back of computer

Step 7:

65

Warning: Please insert the adaptor (65) into the hole of back chain cover before using. Pull out when don't use for a long time.

Computer Operation

I. To operate the monitor

A-0. Plug in the AC Adapter to power supply. You will see this first screen followed by the next one.
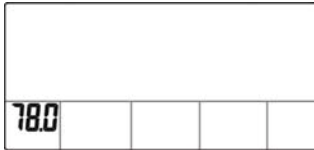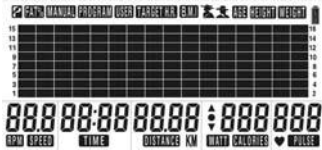
A-1. You may select different training mode of MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons (a1). Press MODE button to confirm. Or, you may press ST/STOP button to start training directly in MANUAL mode.

A-2. In a fresh monitor, if you start the selected mode, all function data start counting up from zero once the training starts (a2). If you choose to preset any function target data (optional), then, the function display will count down from your preset target value once the training starts.

A-3. During training, you may adjust resistance by pressing UP, DOWN buttons (a3). Please note each bar represents TWO resistance levels. The bar will change up or down every two levels. During adjustment, you will see the display changes when you press UP or DOWN button twice. There is a number (1 to 16) on the screen to show the exact resistance level.

A-4. To reset, press and hold the RESET button for 2 seconds.

(a1)	(a2)	(a3)

B. Training in MANUAL mode - press UP button until MANUAL shows up on the upper line, press MODE to confirm(b1).
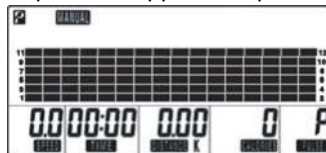
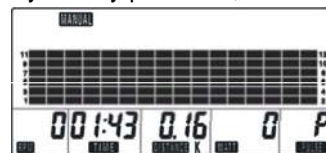|			
(b1)	(b2)	(b3)	(b4)

B-1 You may press ST/STOP button to start training directly(b2), or you may press UP, DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.

B-2 After adjustment of the training resistance, you may press ST/STOP to start training or, optionally, set each function

(b5)	(b6)

data target by pressing MODE button to select the desired function you want to set target data. Then, use the UP, DOWN buttons to set the value. Press MODE button to advanced to the next desired function area. The functions available for preset are: Time, Distance, Calories, and Pulse in MANUAL mode.(b4)

B-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (b5)

B-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (b6)

B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.
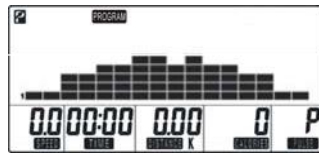
B-6 During all training period, you may press ST/STOP to stop monitor counting at anytime.

C. Training in PROGRAM mode - press UP button until PROGRAM shows up on the upper line, press MODE to confirm.


| (c1) | (c2) | (c3) | (c4) |

C-1 The initial set program profile is P1 (c1 & c2). There are 12 training program profiles (P1-P12) available. You may press UP/DOWN button to select the desired training profile. Press MODE button to confirm.

C-2 You may press ST/STOP button to start training directly(c3), or you may press UP, DOWN buttons to adjust resistance level (c4). During adjustment, you will see the display changes when you press UP or DOWN button twice.
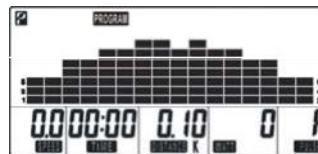
C-3 After adjustment of the training resistance, you may press ST/STOP to start training or, Optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in PROGRAM mode.(c5)
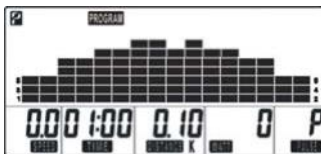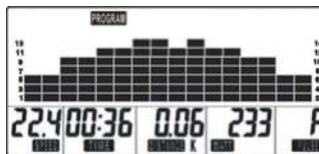
| (c5) | (c6) | (c7) |

C-4 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.(c6)

C-5 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (c7)

C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

C-7 During all training period, you may press ST/STOP to stop monitor counting at anytime.

D. Training in USER mode - press UP button until USER shows up on the upper line, press MODE to confirm(d1). In USER mode, you can set your own desired training program.
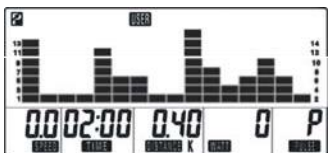

| (d1) | (d2) | (d3) | (d4) |

D-1 There are 16 profile units that you can set the desired resistance level for each unit to create your own training program. Press UP, DOWN buttons to adjust resistance level of the first profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice (d3). Press MODE button to move to the next profile unit. Then, use UP, DOWN buttons again to set the desired resistance level until you've completed all 16 profile units. You may also adjust resistance during training.

| (d5) | (d6) |

D-2 After completing your own training program setting, you may press ST/STOP to start training or, optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in USER mode. (d4)

D-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (d5)

D-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the

left-upper corner) and beep for 8 times to remind you.(d6)

D-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

D-6 During all training period, you may press ST/STOP to stop monitor counting at anytime.

E. Training in TARGET H.R. mode - press UP button until TARGET H.R. shows up on the upper line, press MODE to confirm. (The monitor will first display initial set AGE 20(e1). Please input your age by pressing UP, DOWN, and MODE button to confirm. The monitor will then display initial target heart rate percentage 55% (e2). You may press UP button to select 75%, 90% or THR for further selection. The right-lower field of the display will show a target heart rate figure which is calculated according to your age and selected heart rate percentage. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right-lower field of the display. You may press MODE button and use UP, DOWN buttons to set your desired target heart rate value, the setting range could be from 30 to 240 bpm.

(e1)	(e2)	(e3)	(e4)

E-1 You may press ST/STOP button to start training directly (e3). Or, optionally, you may set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, and Calories in TARGET H.R. mode.(e4)

(e5)	(e6)

E-2 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts(e5). Once you are training in TARGET H.R. mode, the training resistance will be adjusted automatically depends on your current heart beat. If your heart beat is very high compare to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level every 15 seconds by monitoring your current heart beat change. If the training resistance has dropped to level one but your heart beat is still high, the monitor will stop all functions automatically as a protective action. If your heart beat is very low compare to the preset target, the training resistance will increase one level every 30 seconds till level 16. You will NOT be able to adjust training resistance by yourself when you are training in Target H.R. mode.

E-3 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you.(e6)

E-4 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

E-5 During all training period, you may press ST/STOP to stop monitor counting at anytime.

II. Button Functions

UP	To make upward adjustment to each function data or increase training resistance or select personal data setting.
DOWN	To make backward adjustment to each function data or decrease training resistance or select personal data setting.
MODE	To confirm function selection or data input.
RECOVERY	To activate/deactivate the Heart Rate Recovery function.
RESET	Press the RESET button for 2 seconds to reset current settings and switch the monitor to initial training mode.
START/STOP	To start or stop training.

III. Functions

SCAN	When training starts, RPM and SPEED data will alternate on display. Same thing with the Watt and Calories data.
SPEED	Displays current training SPEED from 0.0 to maximum 99.9 Km.

Computer Operation

RPM   Displays current training rotations per minute.

TIME   Count up - If NO preset target, Time will count up from 00:00 to maximum 99:59 with each increment of 1 second. Count down - If training with preset Time, Time will count down from preset value to 00:00.Each preset increment or decrement of 1 minute between 1:00 to 99:00.

DISTANCE   Count up - If NO preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 Mile. Count down - If training with preset target, Distance will count down from preset value to 0.00. Each preset increment or decrement is 0.1 Mile between 0.00 to 99.90.

CALORIES   Count up - If NO preset target, Calories will count up from 0 to maximum 999 with each increment of 1 cal. Count down - If training with preset target, Calories will count down from preset value to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE   To display your current heart beat figures as soon as the pulse sensors are touched. The monitor will detect your heart beat through handgrip sensors once you hold on the sensors with both hands. If you have preset pulse target when training in Manual, Program, or User mode, the monitor will beep when your current heart rate reaches the preset target. To select Target Heart Rate training mode for training, please refer to the above "Training in Target Heart Rate mode". To ensure the heart rate readout is stable, please hold the handgrip sensors with both hands during training.

RECOVERY   After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "Time" will start counting down from 00:60 - 00:59 - 00:58 - to 00:00. Please keep on holding the handgrips until "Time" reaches 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,… F6. F1 is the best, and F6 is the worst. You may keep on exercising to improve the heart rate recovery status day by day from F6 to F1.
        ** Press the RECOVERY button again to return back to the main display.

WATT   Display current training watt figures.

IV. Note

1. The monitor will shut off automatically if you stop the training or button operation for 4 - 5 minutes. All training data will be kept and reappeared again when you press any button.
2. The monitor is powered through an AC adaptor (DC 8V, 500mA). Please plug in power supply before using the monitor.

Garlando