

TOORX
FITNESS IN MOTION

INSTRUCTION



BRX55



Cod : GRLDTOORXBRX55

Rev : 00

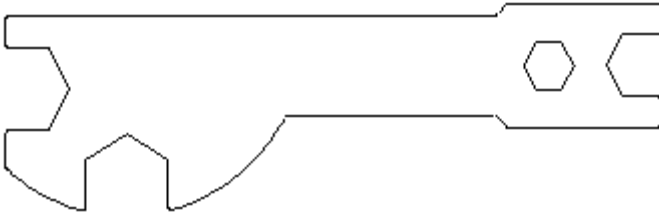
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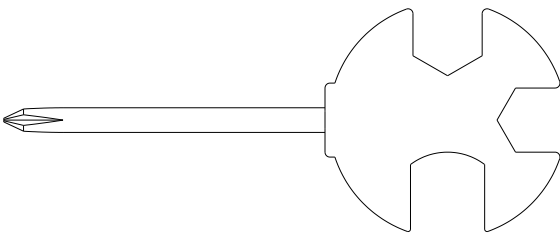
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	39	Hexagon Bolt M8×20	1
2	Handlebar	1	40	Cross Pan Head Tapping screw ST4.2×25	7
3	Meter Post	1	41	Tension Spring Φ20×39×δ3.2	1
4	Rear Stabilizer	1	42	Nylon Nut M8	4
5	Magnetic Wheel Φ180×25	1	43	Hexagon Bolt M6×20	1
6	Front Stabilizer Φ50×1.5	1	44	Pressure Plate	1
7	Tension Control Knob	1	45	Bearing 6000Z	2
8	Seat Height Adjustment Knob M16	1	46	Arc WasherΦ5	1
9	Belt 290/J4	1	47	Bushing Φ21×Φ15.2×3.0	1
10	Meter	1	48	Flat Washer Φ40×2.8	1
11	Magnetic bracket	1	49	End Cap for Handlebar	2
12	Seat Post Plastic Bushing	1	50	Handrail Arm Foam Grip Φ21×Φ27×500	2
13	Left Chain Cover	1	51	Cross Pan Head Tapping Screw ST4.2×20	2
14	Spring 65Mn/Φ10×50vδ1.0	1	52	Circlip Φ10	1
15	Cross Pan Head Tapping Screw ST2.9×9.5	2	53	Hand Pulse Sensor	2
16	Flat Washer Φ23×Φ35×2.0	1	54	Tension Cable	1
17	Puller Bushing (7/8)"	1	55	Hexagon Bolt M6	1
18	Hexagon Bolt	1	56	Flat Washer Φ5	2
19	Belt Pulley with Crank 6"	1	57	Cross Pan Head Bolt M5×45	1
20	Left Foot Pedal (1/2)"	1	58	Puller Bushing (15/16)"	1
21	Right Foot Pedal (1/2)"	1	59	ExtensionSensor Wire L=750mm	1
22	Bearing Bush Φ55.6×16	2	60	Crank Cover	2
23	Bearing Φ44.5	2	61	Right Chain Cover	1
24	Hexagon Bolt M8×15	4	62	Cross Pan Head self-drilling Screw ST4.2×25	4
25	Seat Post	1	63	Cross Pan Head Bolt M5×10	2
26	Sensor L=350mm	1	64	Decorative cover for Handlebar	1
27	Seat Cushion	1	65	sleeve	1
28	End Cap for Front Stabilizer	2	66	T-Shape Knob	1
29	End Cap for Rear stabilizer	2	67	Seat Slide Tube	1
30	Magnetic Wheel Axle Φ17×90	1	68	Plug for square tube	2
31	Bearing 6203Z	2	69	Cover for seat slide tube	1
32	Curve Washer Φ17	1	70	Pan Head Bolts	1
33	Nylon Nut M6	1	71	Square fixer	1
34	Cap Nut M10	4	72	Seat slide Tube Knob	1
35	Bolt M10×57	4	73	Flat washer	1
36	Arc Washer Φ10	4	74	Plug for wire	1
37	Arc Washer Φ8	4	75	Decorative cover for Meter post	1
38	Flat Washer Φ8	3	76	Decorative cover for Seat post	1

TOOLS



Multi Hex Tool S19-S10- S13- S17

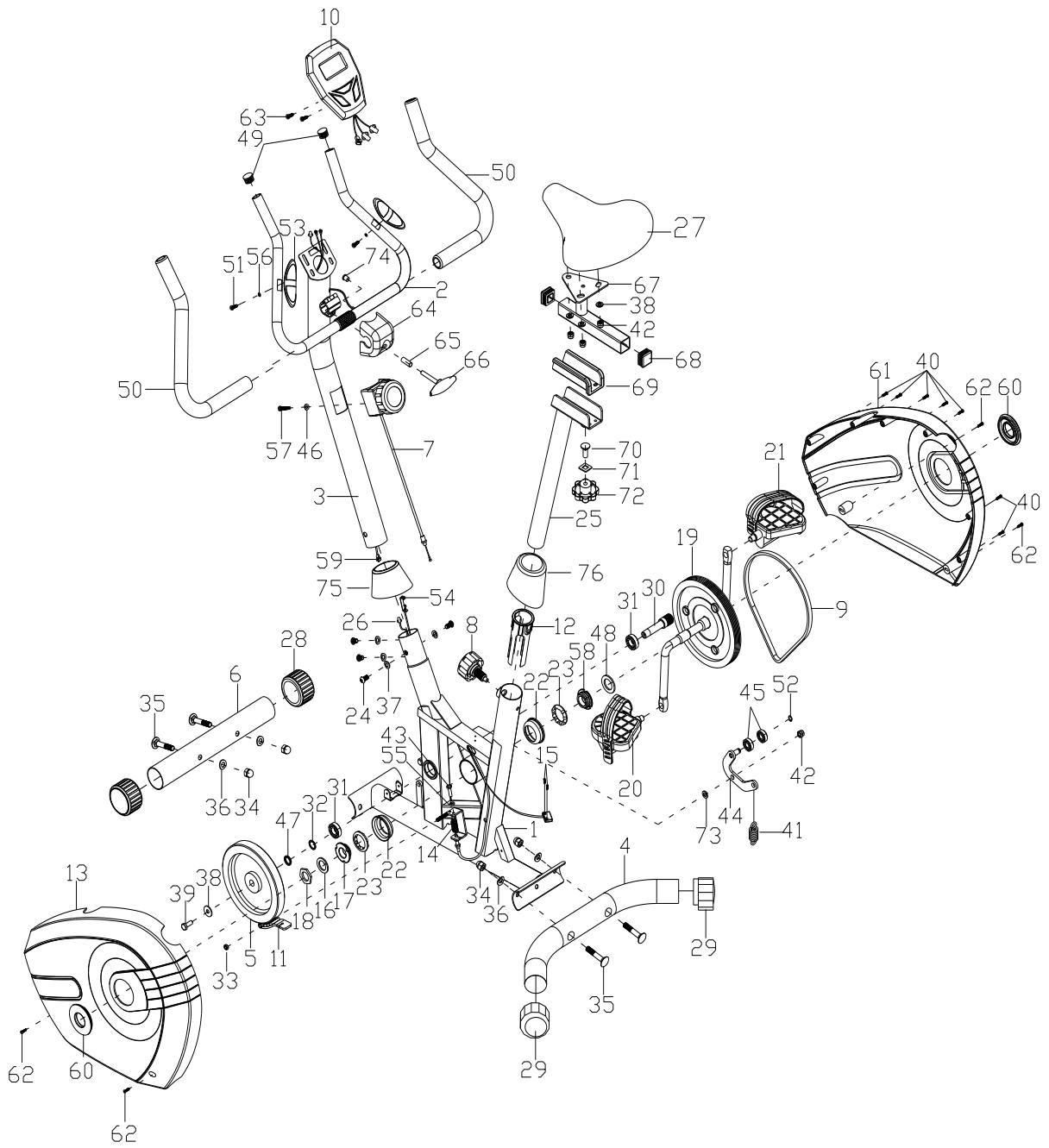


***Multi Hex Tool with Phillips Screwdriver
S13-S14-S15***



Allen Wrench S6

EXPLODED DRAWING



ASSEMBLY INSTRUCTION

1. Front and Rear Stabilizers Installation

Attach the Front Stabilizer (6) and Rear Stabilizer (4) onto the front curve of the Main Frame (1) with four M10 x 57 Bolts (35), four Φ 10 Arc Washers (36) and four M10 Cap Nuts (34). Tighten cap nuts with the Multi Hex Tool provided.

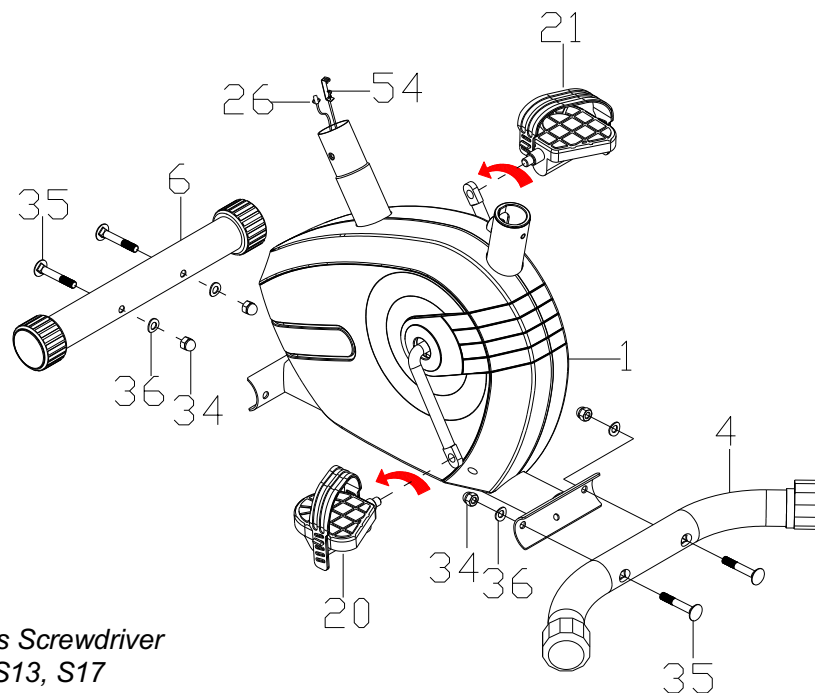
2. Left and Right Foot Pedals Installation

The Cranks, Pedal Shafts, and Foot Pedals are marked "R" for Right and "L" for Left.

Insert pedal shaft of Left Foot Pedal (20) into threaded hole in the left crank. Turn the pedal shaft by hand in **counter-clockwise** direction until snug.

Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads. Tighten the pedal shaft of Left Foot Pedal (20) with the Multi Hex Tool with Phillips Screwdriver provided.

Insert pedal shaft of Right Foot Pedal (21) into threaded hole in right crank. Turn the pedal shaft by hand in **clockwise** direction until snug. Tighten the pedal shaft of Right Foot Pedal (21) with the Multi Hex Tool with Phillips Screwdriver provided.



Tool:

Multi Hex Tool with Phillips Screwdriver
Multi Hex Tool S19, S10, S13, S17



3. Meter Post Installation

Remove four M8x15 Hexagon Bolts (24) and four Φ 8 Curve Washers (37) from the tube of Main Frame (1). Remove bolts with S6 Allen Wrench provided.

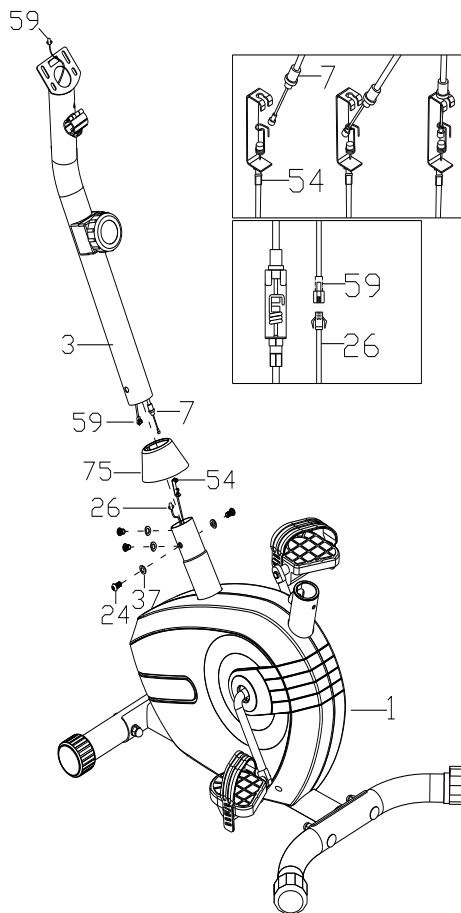
Insert the Meter Post(3) into the Cover for meter post(75)

Connect the Sensor Wire (26) from the Main Frame (1) to the Extension Sensor Wire (59) from the Handlebar Post (3).

Put the Cable end of resistance cable of Tension Control Knob (7) into the cable lock of Tension Cable (54). Pull the resistance cable of Tension Control Knob (7) up and force it into the slot of metal bracket of Tension Cable (54). Insert the metal fitting on the resistance cable of Tension Control Knob (7) into the hole at the end of slot in the metal bracket of Tension Cable (54).

Connect the resistance cable of Tension Control Knob (7) to Tension Cable (54) complete.

Insert the Handlebar Post (3) onto the tube of Main Frame (1) and secure with four M8x15 Hexagon Bolts (24) and four Φ 8 Curve Washers (37) that were removed. Tighten bolts with S6 Allen Wrench provided.



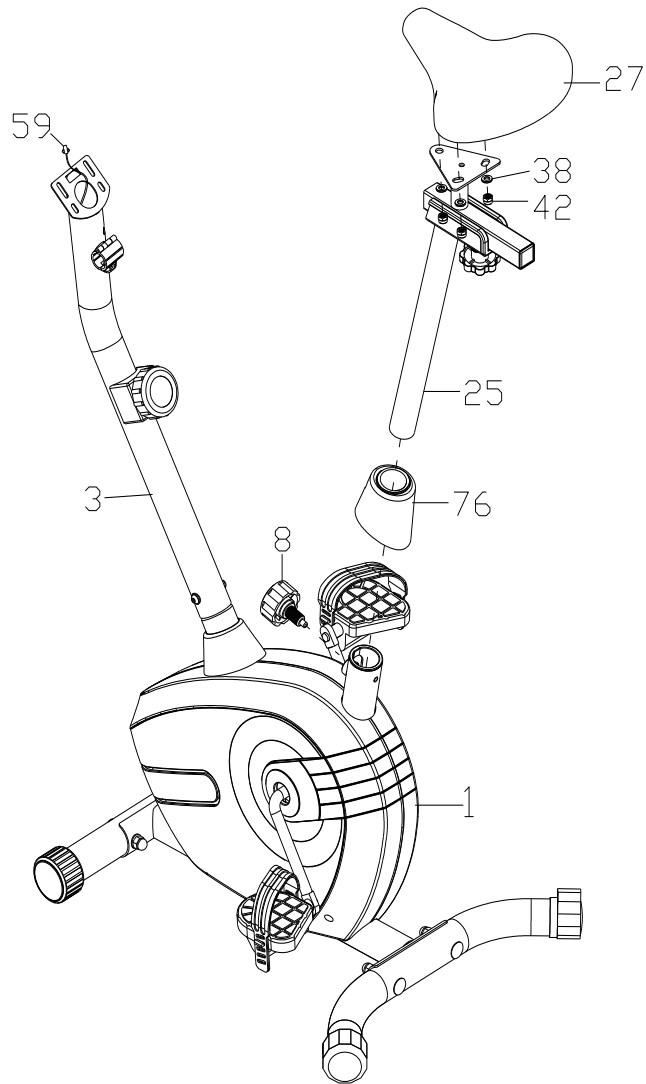
Tool:

Allen Wrench S6



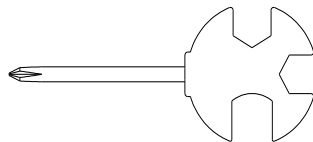
4. Seat Cushion, Seat Post Bellows, Seat Post Installation

Remove three Washers (38) and three M8 Nylon Nuts (42) from underside of the Seat Cushion (27). Guide bolts on underside of the Seat Cushion (27) through holes on top of the Seat Post(25), attach with three removed Washers (38) and Nylon Nuts (42). Tighten nylon nuts with the Multi Hex Tool provided. Then secure the Seat Post(25) with Frame(1) with the Knob(8)



Tool:

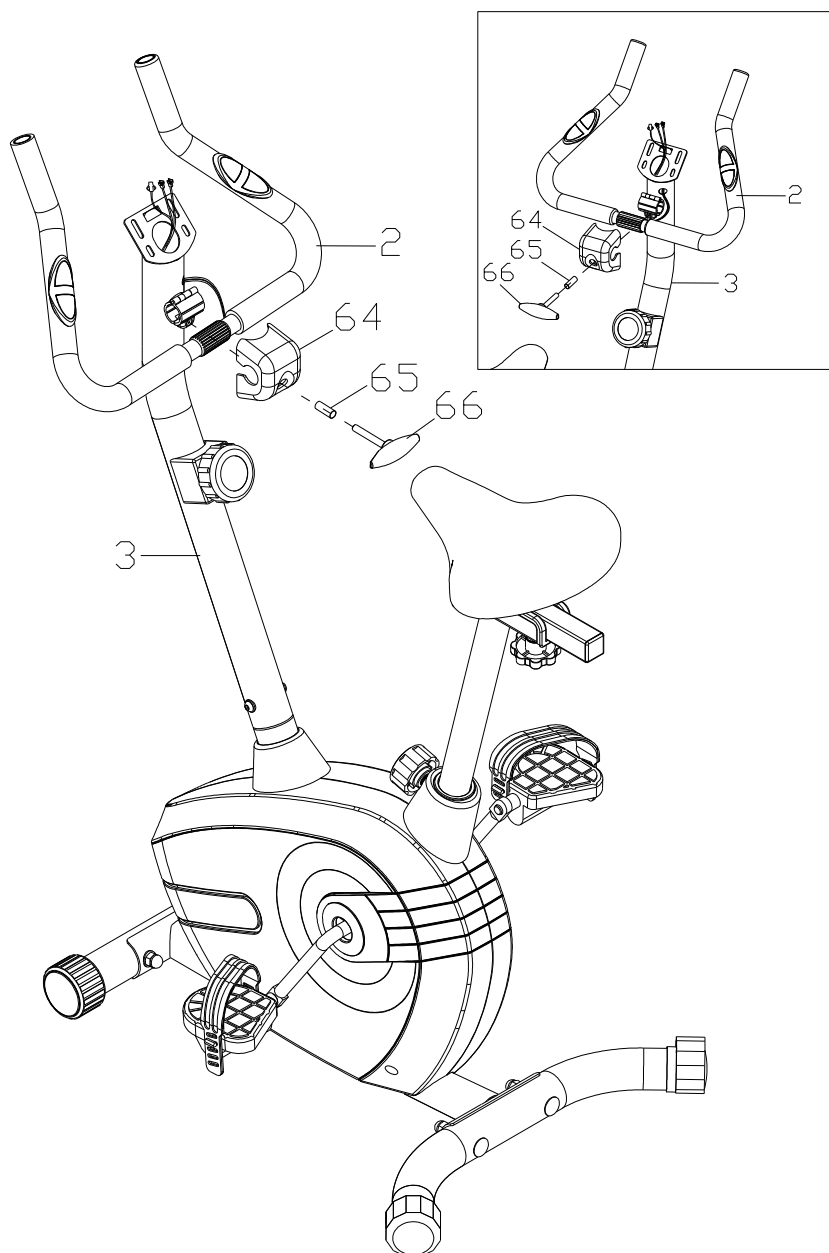
Multi Hex Tool with Phillips Screwdriver



5. Handlebar Installation

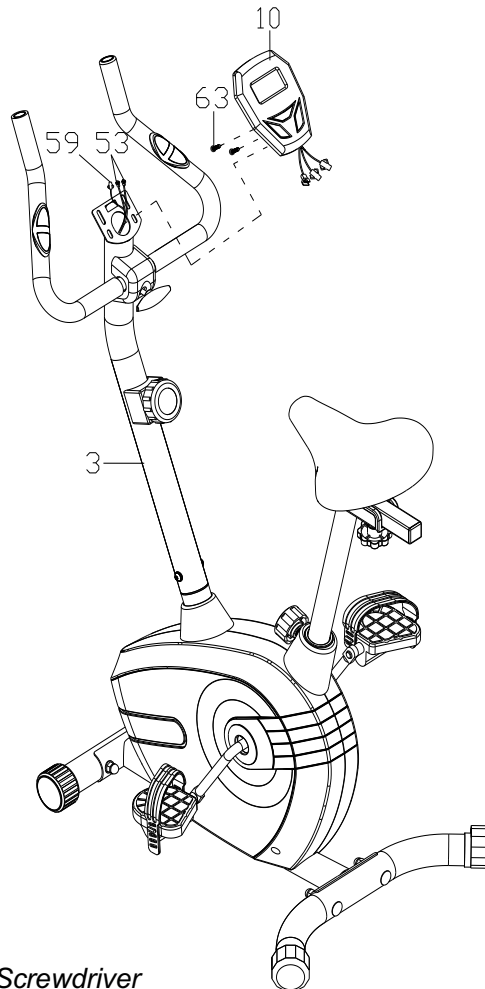
Insert the two wire of from Handlebar into the hole of Meter Post(3),and let the two wire come out from top of Meter Post

Attach the Handlebar(2) onto the Meter Post(3) with T-Shape Bolt (66) , Sleeve (65) and Decorative cover for Handlebar(64)



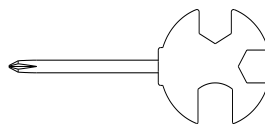
6. Meter Installation

Remove two bolts (63) from back of Meter(10), connect the three wires from Meter (10) to the three wires from the top of meter post(3). Then secure the meter(10) to the meter post(3) with Bolts(63)



Tool:

Multi Hex Tool with Phillips Screwdriver



EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS

TIME-----	0:00~99:59MIN
SPEED-----	0.0~999.9ML/H (KM/H)
DISTRANCE-----	0.00~999.9ML (KM)
CALORIE-----	0.0~999.9KCAL
ODO(IF HAVE) -----	0.0~99.99ML (KM)
PULSE (IF HAVE) -----	40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.
The key to reset the value to zero by pressing the key for 4 seconds.

FUNCTIONS:

TIME : Press the MODE key until pointer lock in to TIME. The total working time will be shown when starting exercise.

SPEED: Press the MODE key until pointer lock on to REPS/MIN Display current speed during working time

DISTANCE : Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed when starting exercise.

CALORIE :Press the MODE key until pointer lock on to CALORIE The calorie burned will be displayed when starting exercise.

5.ODO : (IF HAVE) Automatically accumulates workout distance when starting exercise.

6.PULSE (IF HAVE) : Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.

SCAN : Display changes according to the next diagram every 4 seconds.

Automatically display of the following functions in the order shown:

TIME---SPEED---DISTANCE---CALORIE---ODO (IF HAVE) ---PULSE (IF HAVE)---SCAN

NOTE:

Without any signal coming in 4-5 minutes , the LCD display will be shut off automatically.

When there is signal input ,the monitor automatically turns on.,

If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .You must be to replace the batteries at the same time.

4.The monitor use 2pcs of 1.5v “AAA” batteries.



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