

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



**BRXEASY**



Rev : 00

Ed : 02/17

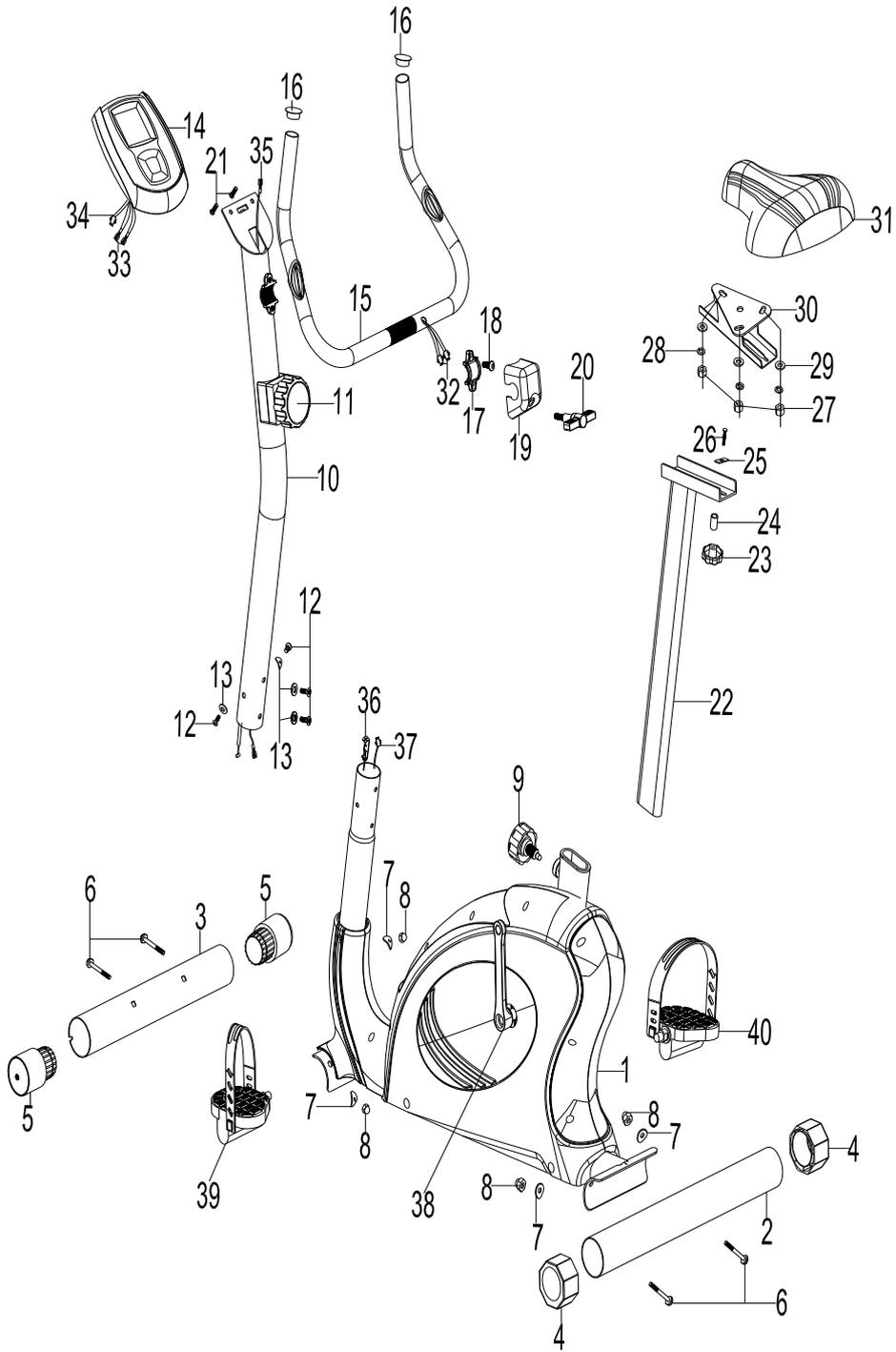


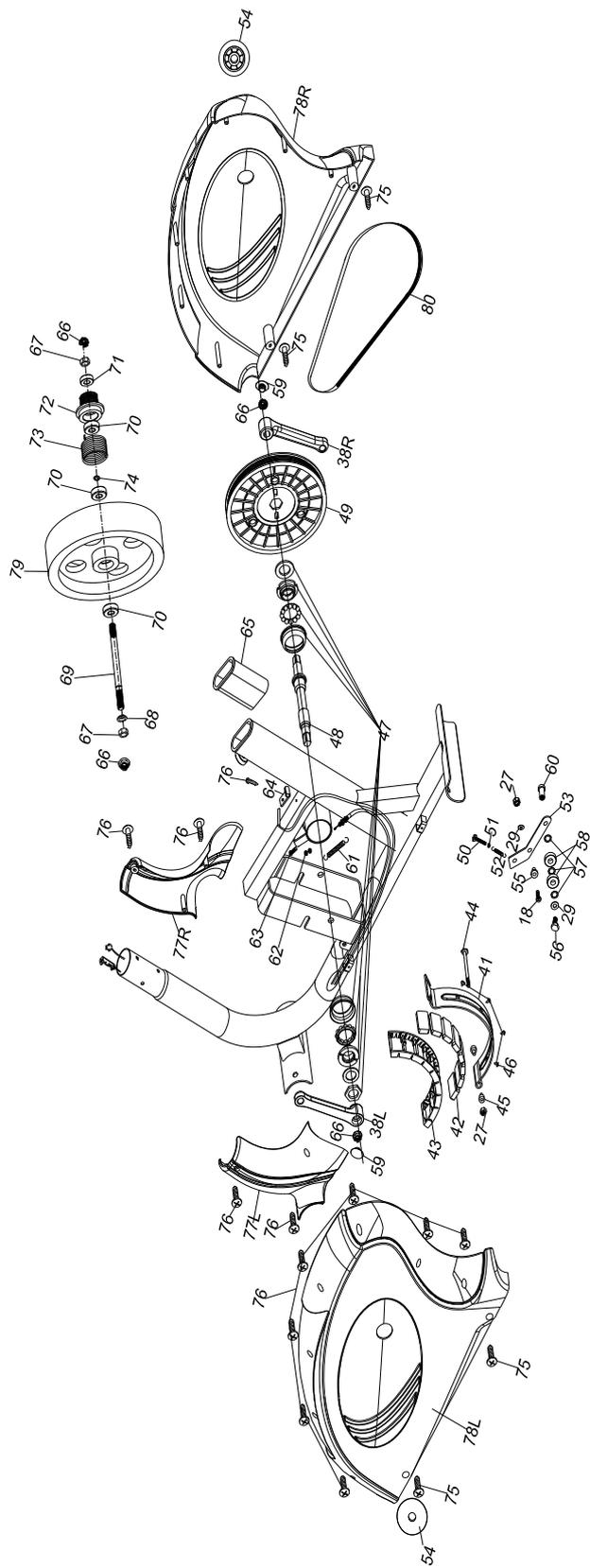
## PARTS LIST

<b>Part No.</b>	<b>Description</b>	<b>Q'ty</b>
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	End Cap For Rear Stabilizer	2
5	End Cap For Front Stabilizer	2
6	Carriage Bolt M10*75	4
7	Curve Washer $\Phi 10*\Phi 22$	4
8	Domed Nut M10	4
9	Quick Release Knob	1
10	Front Post	1
11	Tension control w/ upper cable wire	1
12	Allen Bolt M8*16	4
13	Curve Washer $\Phi 8*\Phi 20$	4
14	Computer	1
15	Handlebar	1
16	End Cap for Handlebar	2
17	Clamp	1
18	Allen Bolt M8*20	1
19	Plastic Cover for clamp	1
20	T Type Knob	1
21	Screw M5*10	2
22	Seat Post	1
23	Knob	1
24	Sleeve	1
25	Square Washer	1
26	Carriage Bolt M8*40	1
27	Nylon Nut M8	5
28	Spring Washer $\Phi 8$	3
29	Washer $\Phi 8*\Phi 17$	5
30	Sliding Seat	1
31	Seat	1
32	Lower Hand Pulse Wire	2
33	Upper Hand Pulse Wire	2
34	Upper Computer Wire	1
35	Middle Computer Wire	1
36	Lower tension cable wire	1
37	Lower Computer Wire	1
38(L&R)	Crank (L & R)	1/1
39	Left Pedal	1
40	Right Pedal	1
41	Magnetic fixed tube	1
42	Magnetic	8

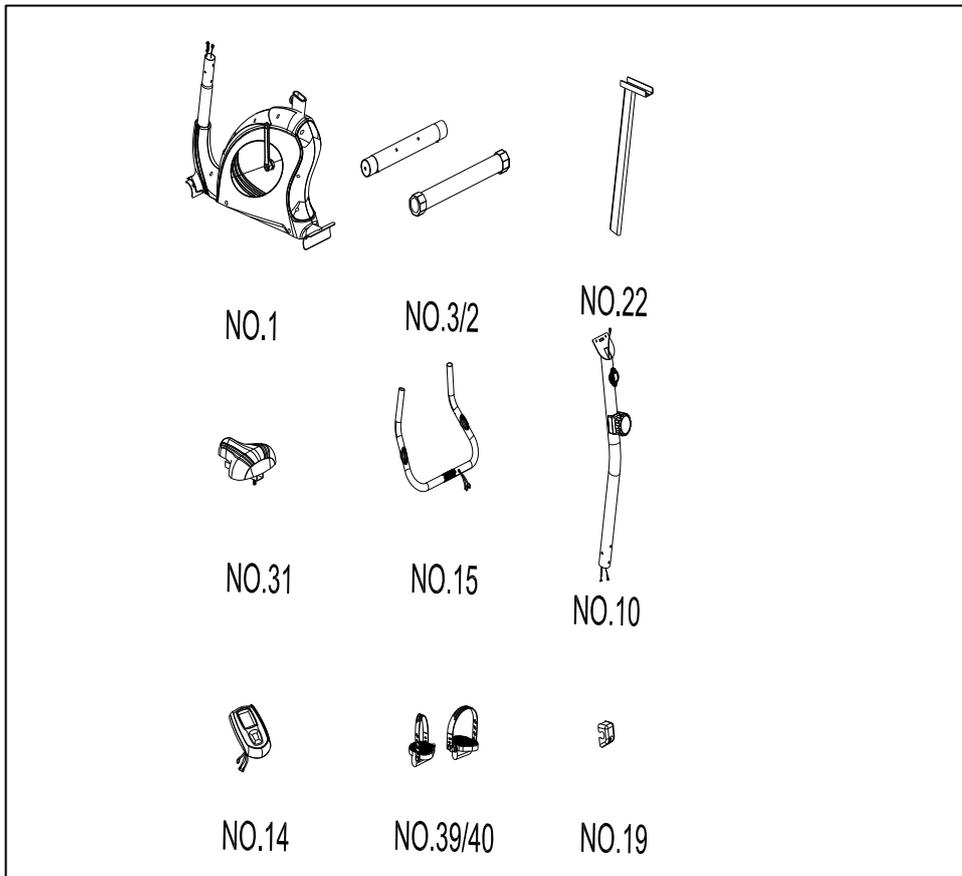
43	Magnetic holder	1
44	Allen bolt M8*55	1
45	Magnetic bushing	2
46	Self-tapping screw ST3*10	4
47	BB assembly	1
48	Flywheel axle	1
49	Belt pully	1
50	Hex head bolt M8*45	1
51	Hex head nut	1
52	Spring	1
53	Idler arm	1
54	End cap for chain cover	2
55	Powder spacer	1
56	Hex head nut M8*16	1
57	WasherΦ16.5*Φ12	3
58	Bearing 6001	2
59	Crank cover	2
60	Axle of idler	1
61	Spring	1
62	Nut M6	2
63	Hex head nut M6*25	1
64	Sensor support	1
65	Bushing of the seat post	1
66	French nut	4
67	Nut M10	2
68	Spacer	1
69	Axle of flywheel	1
70	Bearing 6000	3
71	Bearing 6900	1
72	Small pully	1
73	Spring clutch	1
74	Washer	1
75	Self-tapping screw ST5*15	4
76	Self-tapping screw ST5*15	12
77	Front cover	1/1
78	Chain cover	1/1
79	Flywheel	1
80	Belt	1

# EXPLODED DIAGRAM



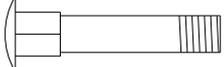
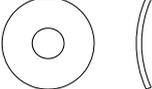
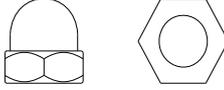
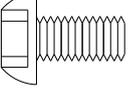
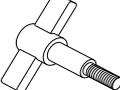
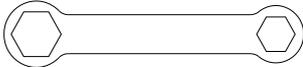


# PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1	Main Frame	1
3/2	F/R Stabilizer	1/1
22	Seat Post	1
31	Seat	1
15	Handlebar	1
10.	Front Post	1
14	Computer	1
39/40	L&R Pedal	1/1
19	Plastic Cover for clamp	1
	Inner box	1
	Manual	1

## HARDWARE PARTS LIST

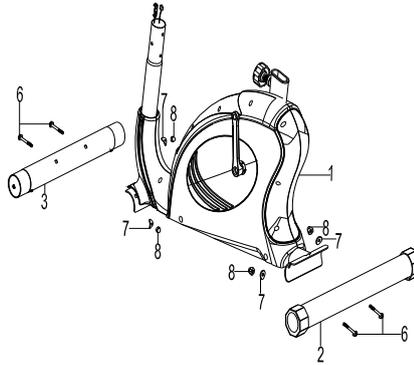
No.	Description	Drawing	Q'ty
6	Carriage Bolt M10*75		4
7	Curve Washer $\Phi 10*\Phi 20$		4
8	Domed Nut M10		4
12	Allen Bolt M8*16		4
13	Curve Washer $\Phi 8*\Phi 20$		4
20	T Type Knob		1
	Allen Key L6		1
	Allen Wrench 1 (13/19)		1
	Allen Wrench 2		1

**Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.**

# ASSEMBLY INSTRUCTION

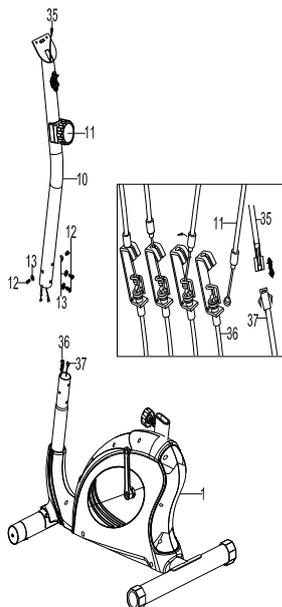
## STEP 1

Attach front stabilizer (3) to main frame (1), tighten with carriage bolt (6), curve washer (7) and domed nut (8). Then attach rear stabilizer (2) to main frame (1), tighten with carriage bolt (6), curve washer (7) and domed nut (8).

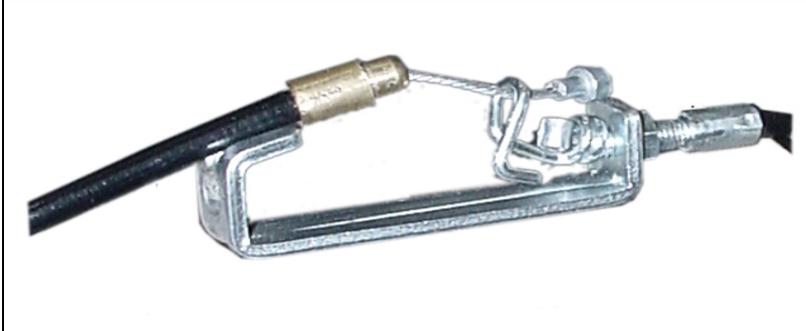


## STEP 2

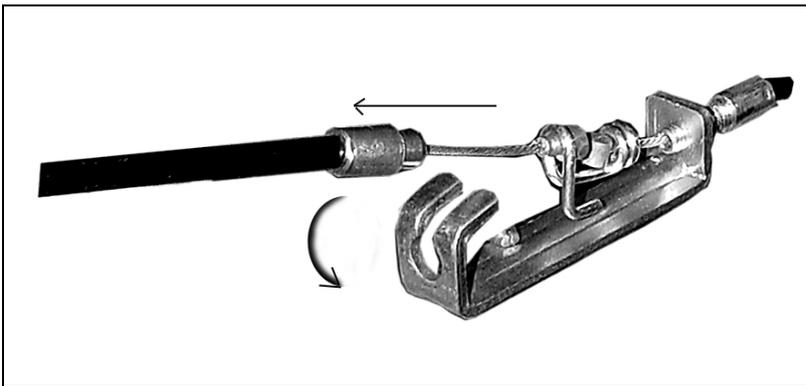
- Take front post (10) and connect middle computer wire (35) with lower computer wire (37)
- Adjust the tension control knob (11) to level 8, then connect it with the lower tension cable (36). Insert front post (10) into main frame (1) and tighten with 4 sets of allen bolt (12) and curve washer (13).



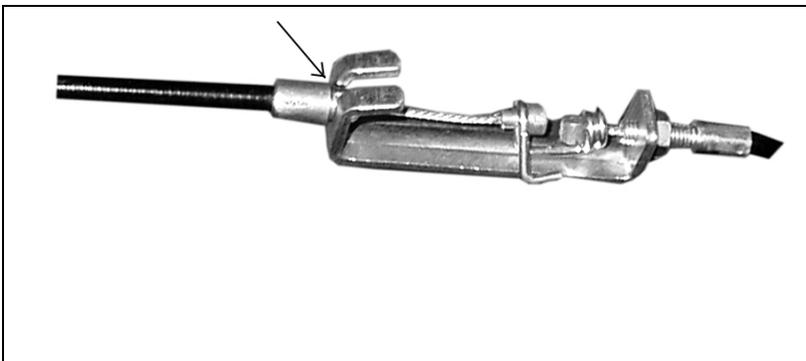
## HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.

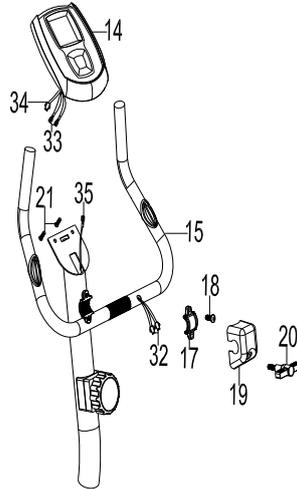


Drop down the Connector so the fitting sits firmly on top of the bracket.

**NOTE:** In able to hold the Front Post while connecting the cables and wires, extra help may be needed.

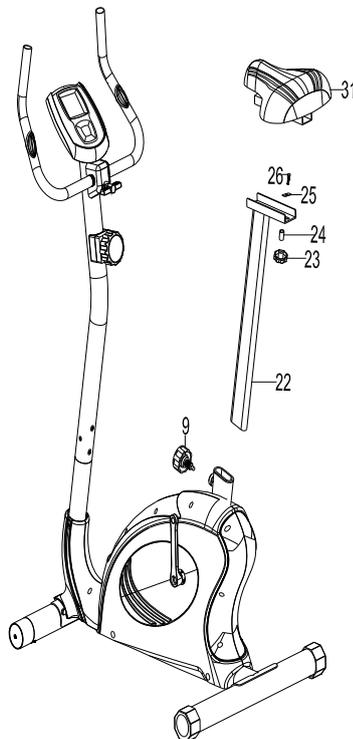
### STEP 3

- Attach handlebar (15) to front post (10), tighten with a clamp (17) and allen bolt (18), plastic cover (19) and T type knob (20).
- Connect upper computer wire (34) with middle computer wire (35), and connect lower pulse wire (32) with upper pulse wire (33) from the back of the computer (14).
- Attach computer (14) to bracket on front post (10), tighten with screws (21).



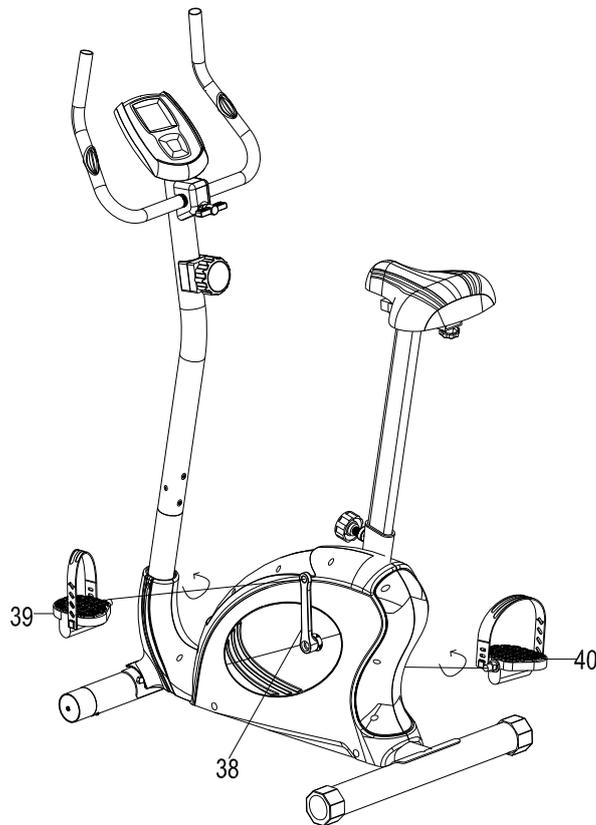
### STEP 4

- Attach seat (31) to seat post (22), tighten with knob (23), sleeve (24), square washer (25) and carriage bolt (26).
- Insert seat post (22) into main frame (1), tighten with quick release knob (9).



## STEP 5

Attach left pedal strap to left pedal (39) which is marked with decal "L". Doing same for Right Pedal (40). Then attach left pedal (39) and right pedal (40) to their appropriate crank arm (38). The right pedal is on the right hand side of the cycle as you sit on it. Note that the right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



**CHECK ALL BOLTS AND NUTS ARE TIGHTENED  
BEFORE USING THE MACHINE**

# COMPUTER INSTRUCTIONS



**The monitor can only be power on with using the AA batteries.**

## **FUNCTION BUTTONS**

### **MODE**

1. Press the button to select TIME, DISTANCE and CALORIES to preset.
2. Press the button for selection function display value on LCD, or enter after setting.
3. Press the button and hold for 2 seconds to reset all value except Odometer to be zero.  
(When the user replace batteries, all the values will reset to ZERO automatically.)

### **SET**

1. To set up the target value of TIME, DISTANCE and CALORIES.
2. Press the button and hold for 2 seconds to speed up the increment.

### **RESET**

1. Press the button to reset function value when setting.
2. Press the button and hold for 2 seconds to reset all value except Odometer to be zero.  
(When the user replace batteries, all the values will reset to ZERO automatically.)

## **FUNCTIONS & OPERATIONS**

### **Time**

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increment is 1 minute.  
Automatically count down from targeting value during exercise.

### **Calories**

Accumulates calories consumption during training from 0 to max. 9999 calories. The user may also preset the target calorie before training by press SET & MODE button. Each setting increase is 1 cal till 1000, Each increment will be 10 cal when calories is over 1000.

Automatically count down from targeting value during exercise.

**Note : This data is a rough guide which can not be used in medical treatment**

**Odometer**

Display the total accumulated distance from 0.0 to 999.9. User also can press mode key to display the Odometer value.

**Pulse**

The monitor will display the user's heart rate in beats per minute during training.

**Speed**

Displays your workout speed value in Kilometer per hour.

**Distance**

Displays the accumulative distance traveled during each workout up to a maximum of 99.9 MILE.

**Note:**

1. If the computer displays abnormally, please re-install the battery and try again.
2. Please install 2 pcs of AA 1.5V batteries in the battery case on the back of monitor. (Whenever batteries are removed, all of the functions values will be reset to zero.)
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. While the user starts to do exercise, the display will show out the workout value automatically. Once stop exercise over 4 minutes, the display will turn off. But the workout value of odometer will be hold. While user starts exercise again, workout value of odometer will be accumulated continuously.
5. After the monitor is power on or press MODE key, the LCD will display all functions values from Time – Calories – Odometer – Pulse – Speed – Distance. Each value will be held for 6 seconds.

## CARE & MAINTENANCE

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

Important: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Inspect and tighten all parts of the equipment regularly. Especially for the pulley, belt, crank, joint etc. Replace any worn parts immediately. Don't use the equipment before the worn parts were replaced by new one.

Replace any worn parts immediately. Special attention to the belt is most susceptible wear. When you feel the exercising is not smooth, please check the status of the belt or call the service hot line.

## HOW TO USE THE EQUIPMENT CORRECTLY

### Getting on / off your bike

The bike comes with a Handlebar.

Always hold the Handlebar when getting on and off the bike.

Once you have familiarized yourself with using the bike, you can adjust the angle of the handlebar.

Caution should always be taken when getting on and off any exercise machine. Please follow the safety steps below. Ensure the left Foot Pedal is in the lowest position and grasp the Handlebar with both hands. Place your left foot on the left Foot Pedal and get secure. Lift your right foot over machine and place on right Foot Pedal. Sit down on the saddle. Get balanced and begin your workout.

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

### Correct Exercising Position

Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain. Always try and use the bike in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.

### How to adjust the height of the seat correctly

The height of the seat post is adjustable. You can choose the height you desired. Loosen the Quick release knob first, then pull out it and up or down the seat post at your desired height. And lock the seat post by Quick release knob.

**IMPORTANT NOTICE:** Special attention on the minimum insertion depth of the seat post. Don't pull out the seat post anymore when the STOP mark showed on the seat post.



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