# TOORX
FITNESS IN MOTION

# INSTRUCTION

# BRXFLEXI

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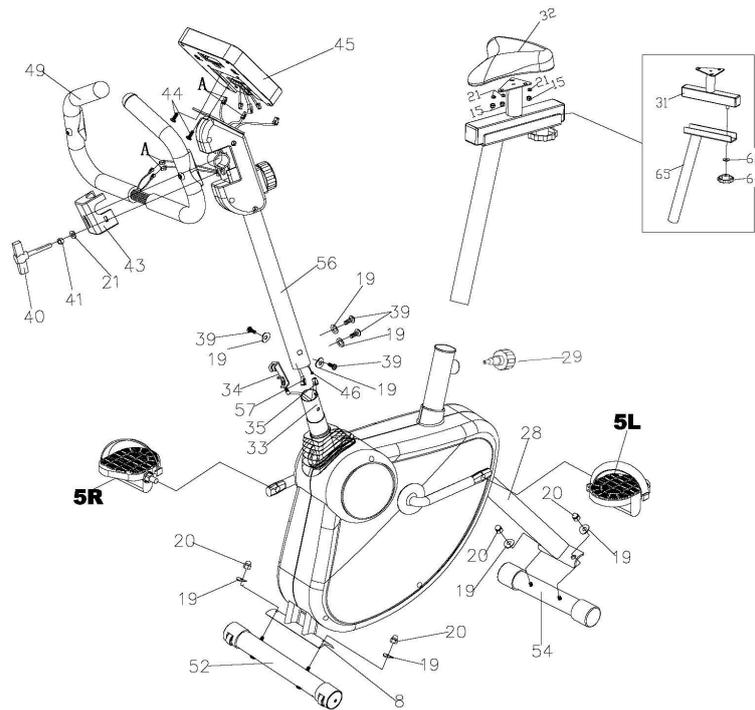
# ASSEMBLY DIAGRAM



PART LIST

| Part No. | Description | Q'ty | Part No. | Description | Q'ty |
|---|---|---|---|---|---|
| 5R/L | Pedal | 2 | 41 | Spacer | 1 |
| 8 | Main frame | 1 | 43 | Cover | 1 |
| 15 | Nut M8 | 3 | 44 | Screw M5*10 | 2 |
| 19 | Curve washer | 8 | 45 | Computer | 1 |
| 20 | Domed nut | 4 | 46 | Tension wire | 1 |
| 21 | Flat washer | 3 | 49 | Handlebar | 1 |
| 28 | Rear stabilizer support tube | 1 | 52 | Front stabilizer | 1 |
| 29 | Quick Realse Knob | 1 | 54 | Rear stabilizer | 1 |
| 31 | Seat Slide | 1 | 56 | Upper front post | 1 |
| 32 | Seat | 1 | 57 | Middle computer wire | 1 |
| 33 | Lower front post | 1 | 62 | Carve Washer | 2 |
| 34 | Lower tension knob | 1 | 64 | Adjust Knob M8 | 1 |
| 35 | Sensor | 1 | 65 | Seat post | 1 |
| 39 | Allen bolt M8*15 | 4 | A | Computer wire | |
| 40 | T-knob | 1 | | | |

# ASSEMBLY INSTRUCTION

## STEP 1

A).Attach the Rear stabilizer (54) to the Rear stabilizer support tube (28), securing with 2X Curve washer (19) and 2X Domed nut (20) .

B). Attach the Front stabilizer (52) to the Main frame (8), securing with 2X Curve washer (19) and 2X Domed nut (20) .
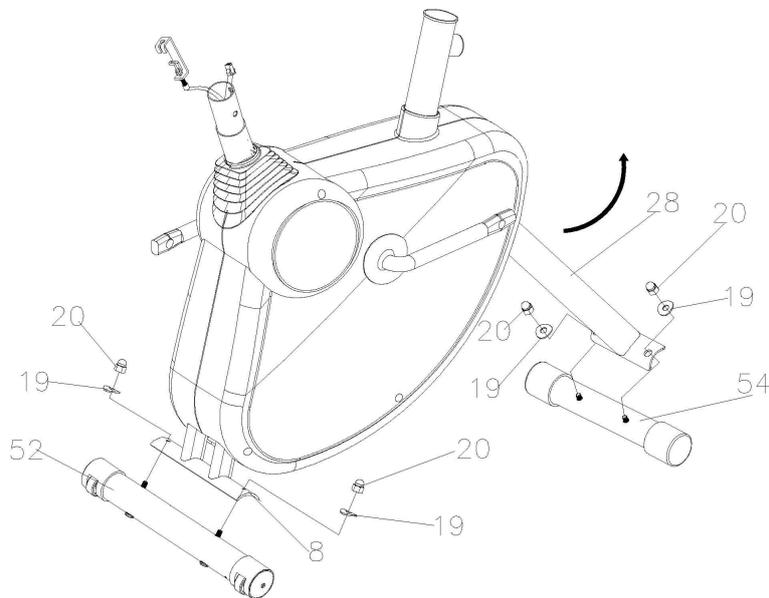
## STEP 2

Take the Front Post (56) and join the Middle Computer Wire (57) with Lower Computer Wire(35). then connect the lower Tension Cable (34) with Tension Cable(46),Then insert the Upper Front Post (56) into the Lower Front Post(33), tighten with 4X Allen Bolt (39) and 4X Curve Washer (19).
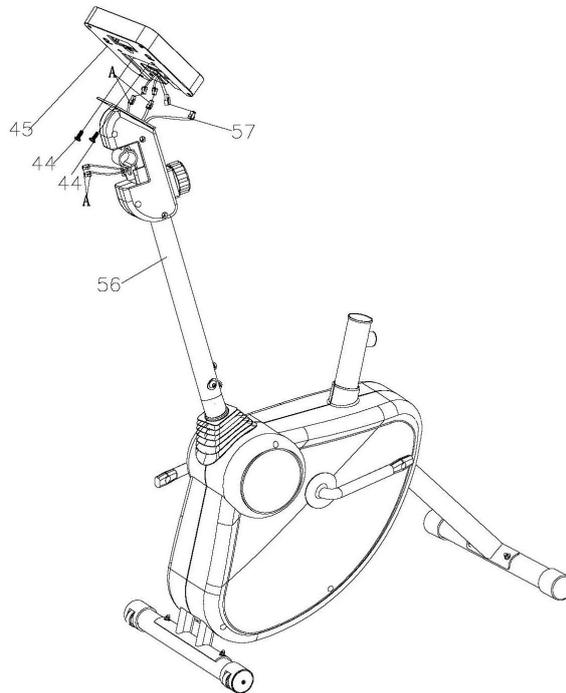
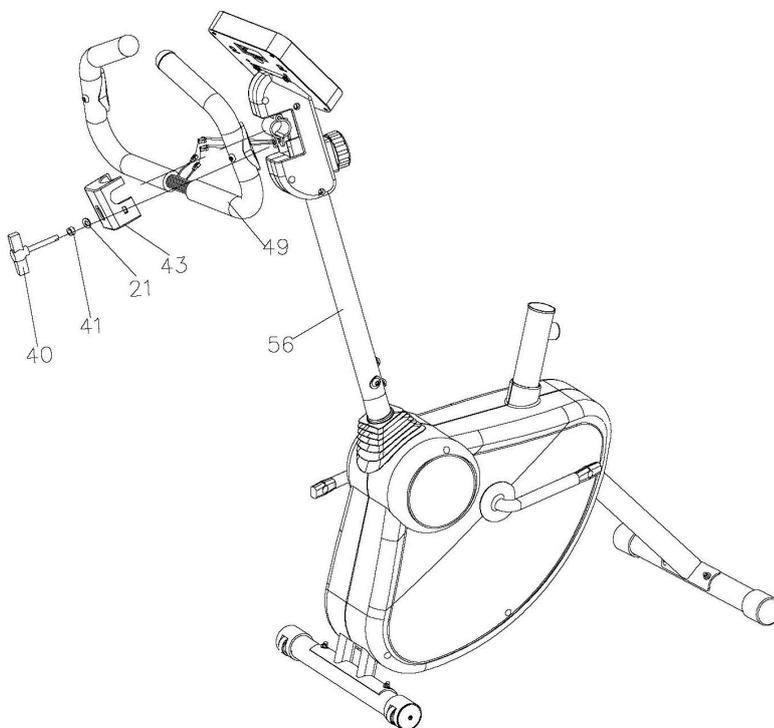**Note: Please turn the resistance tension to level 8 before assembly.**
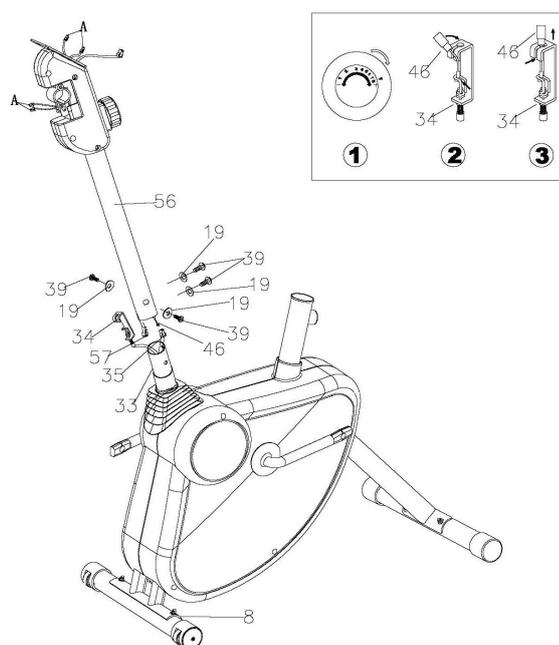
## STEP 3

A).Pull the Middle computer wire(57) from the Upper front post(56),connect with Computer wire(45).

B). Lock the Computer (45) to the Upper front post(56),with 2xScrew(44).

## STEP 4

A). Attach the handle bar(49) onto the Upper Front post(56), tighten with x1 Cover(43),x1Flat washer(21) , x1 Spacer(41) and x 1 T-knob(40) ,

## STEP 5

(A). Attach the Seat (32) to the Seat Slide(31), securing with 3 x Washer(21), and 3 x Nut(15),.

(B)  Attach the Seat Slide(31) to the seat post(65), tighten with 1xCarve Washer(62), 1xAdjust knob(64).

(C)Insert the Seat post (65) into the Main frame (8). And then insert the Quick Release knob(29) into the hole of the seat post at your desired location.
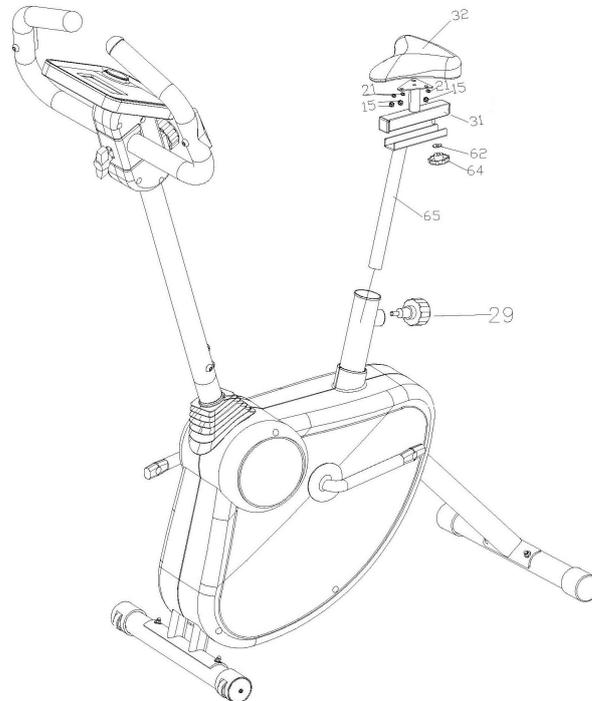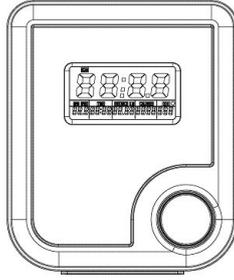


## STEP 6

The Left and Right Pedal (5L) and (5R) are marked "L" and "R". Connect them to their appropriate Crank Arm. 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 anti-clockwise.**
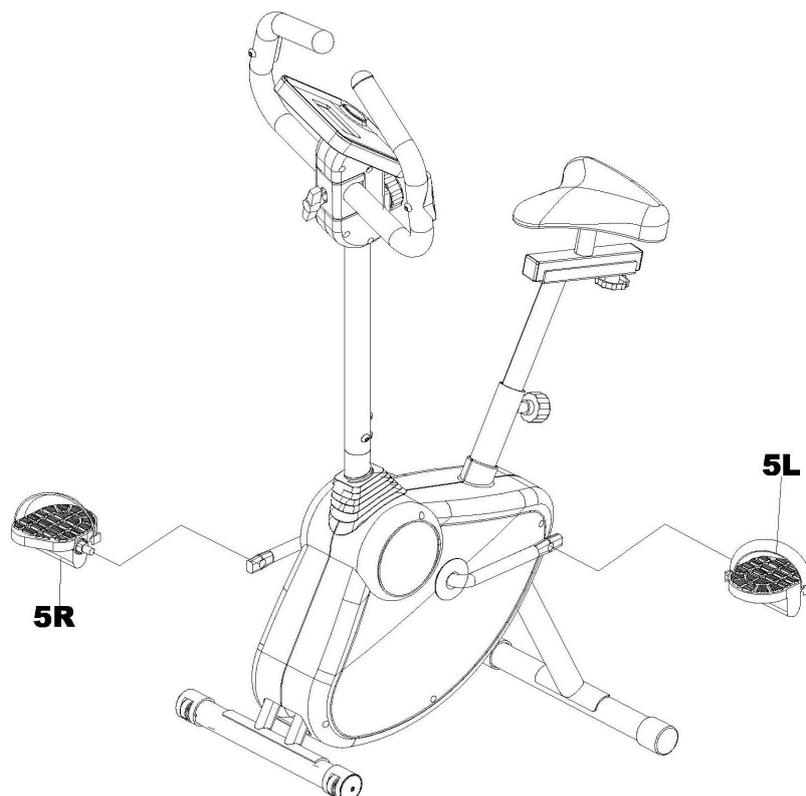
# EXERCISE COMPUTER  INSTRUCTION MANUAL

Functions and Operations

1. Batteries Installation

   Please install 2 pieces of AAA 1.5V batteries in the battery case on the back of monitor.

   (Whenever Batteries are removed, all the functions values will be reset to zero.)

2. Auto On/Off

   While the user starts to do exercise, the Display will show out the workout value automatically. Once stop exercising over 240 sec, the Display will turn off. But the workout value will be hold. While user press the key and starts to do exercise again, the workout value will accumulate continuously.

   ** Press Mode key for 2 seconds, all the function values except Odometer will be reset to zero.

3. Auto Scan

   After the monitor is power on, the LCD will display all functions values from Speed -Time- Distance -Calories-Odometer/Pulse. Each value will be hold for 6 seconds.

4. Speed

   Display the current training speed from 0.0 to 99.9 KPH or MPH. User also can press Mode key to display the Speed value.

5. Distance

   Display the trip distance from 0.0 to 99.99 Km or Mile. User also can press Mode key to display the distance value.

6. Time

   Display the workout time from 00:00 to 99:59. User also can press Mode key to display the workout time value.

7. Calories

   Display the calories consumption during training from 0 to 9999. User also can press mode key to display the calories consumption value.

8. Odometer

   Display the total accumulated distance from 0 to 999.

9. Pulse

   The monitor will display the user's heart rate in beats per minute during heart rate mode. User Can press MODE key to enter heart rate mode, If no pulse inputs or press the key for 16s, it will pull out.

10. Reset

   Press Mode key for 2 seconds, all the function value except Odometer will be reset to zero.

Note:

1. If the computer displays abnormally, please re-install the battery and try again.

2. Battery Spec: 1.5V UM-4 or AAA (2PCS).

3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safety.

4. To test heart rate, press MODE and switch the functions-SPEED-TIME-Distance-Calories-Pulse, till

displays P and enter the heart rate mode, then user can start test. Heart mode will close and displays ODO if no pulse signal or press the key in 16s.
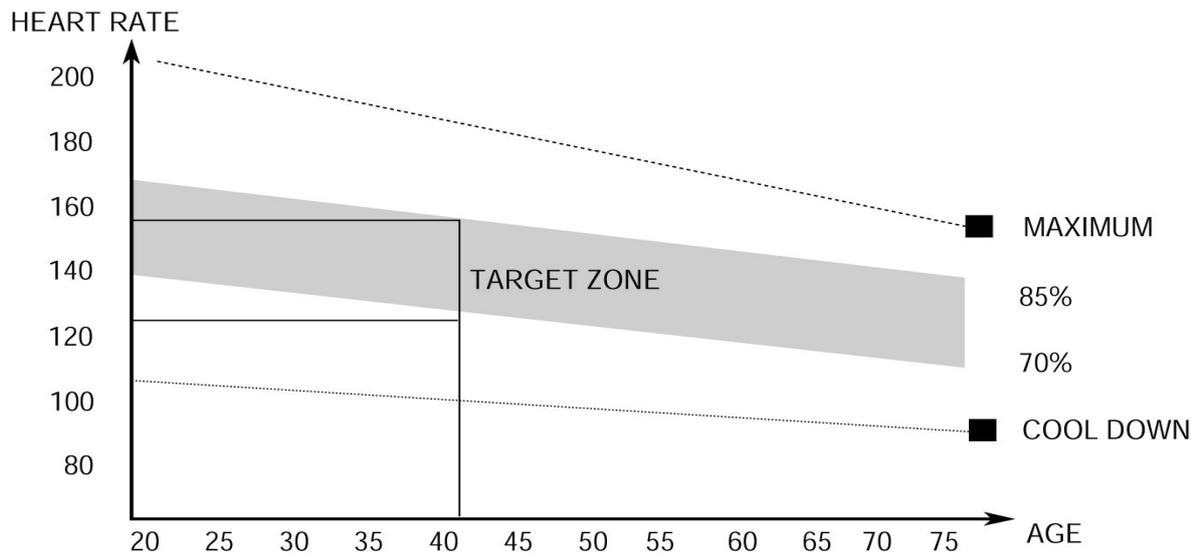
**This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes**

## 3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## MUSCLE TONING

To tone muscle while on your **UPRIGHT BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## WEIGHT LOSS

**The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.**

# EXPLODED DIAGRAM
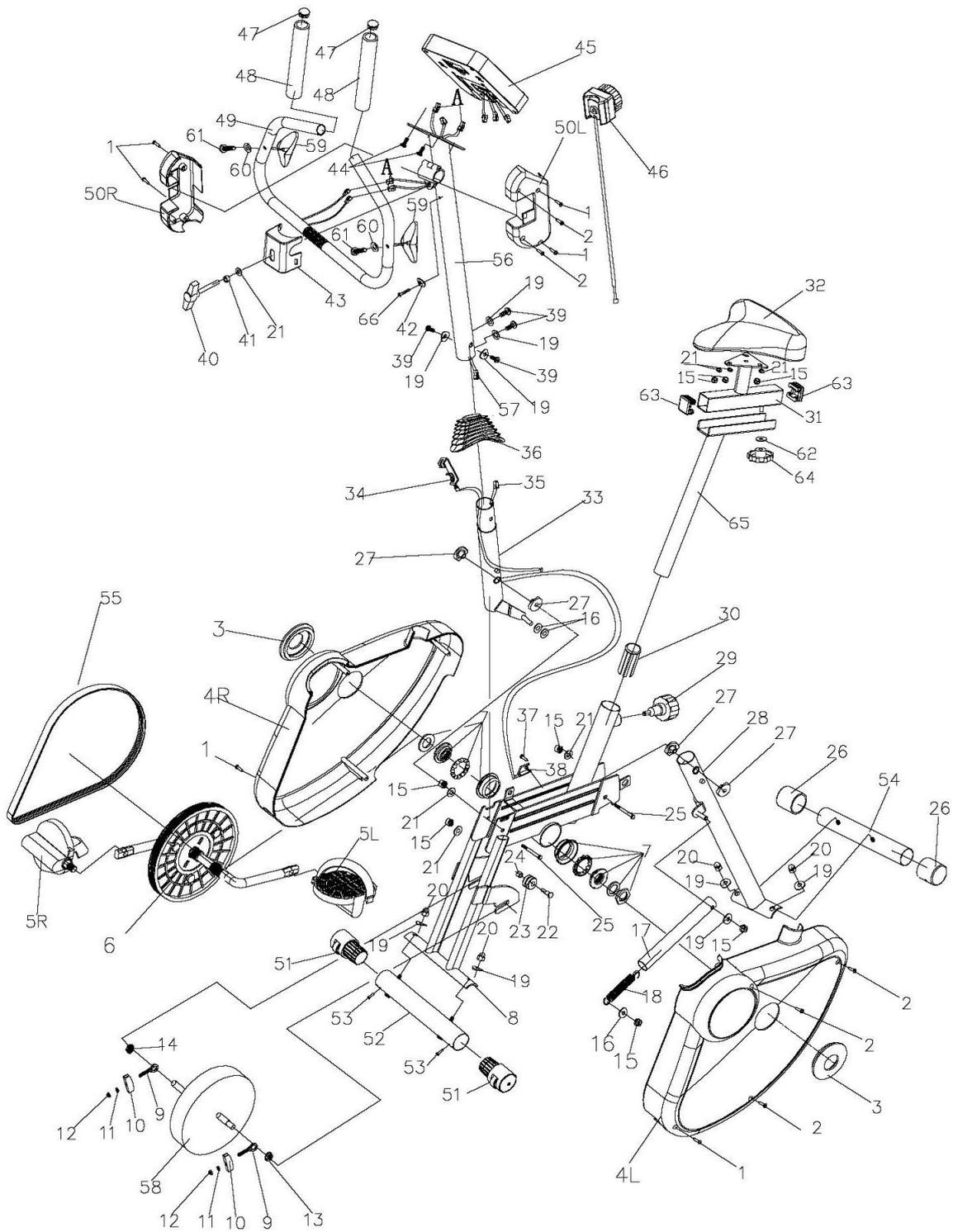
# PARTS LIST

| PART NO. | DESCRIPTION | Q'TY |
|---|---|---|
| 1 | Screw ST4.2*19 | 6 |
| 2 | Screw ST4.2*25 | 5 |
| 3 | Cover of Crank | 2 |
| 4L | Left chain cover | 1 |
| 4R | Right chain cover | 1 |
| 5L/R | Pedal | 2 |
| 6 | Crank w/ Belt-driven wheel | 1 |
| 7 | B.B Parts | 1 |
| 8 | Main frame | 1 |
| 9 | Adjustable Screw M6 | 2 |
| 10 | U-plate | 2 |
| 11 | Spring washer $\phi$6 | 2 |
| 12 | Nut M6 | 2 |
| 13 | France Nut M10 | 1 |
| 14 | France Nut M8 | 1 |
| 15 | Nut M8 | 8 |
| 16 | Plastic washer $\phi$20 | 3 |
| 17 | Plastic pipe | 1 |
| 18 | Spring | 1 |
| 19 | Curve washer $\varphi$22 | 9 |
| 20 | Domed nut | 4 |
| 21 | Flat washer$\varphi$8 | 5 |
| 22 | Bolt | 1 |
| 23 | Bearing 6000Z | 2 |
| 24 | Powder | 1 |
| 25 | Allen bolt M8*60 | 2 |
| 26 | End cap for rear stabilizer | 2 |
| 27 | Nylon powder | 4 |
| 28 | Rear stabilizer support tube | 1 |
| 29 | Quick Release Knob M32 | 1 |
| 30 | Plastic bushing | 1 |
| 31 | Seat Slide | 1 |
| 32 | Seat | 1 |
| 33 | Lower front post | 1 |
| 34 | Lower tension wire | 1 |
| 35 | Lower computer wire | 1 |
| 36 | Rubber bushing | 1 |
| 37 | Screw ST4.2*10 | 1 |
| 38 | Switch holder | 1 |
| 39 | Allen bolt M8*15 | 4 |
| 40 | T-Knob | 1 |
| 41 | Spacer | 1 |
| 42 | Curve washer$\varphi$5 | 1 |
| 43 | Cover for handle bar | 1 |

| 44 | Screw M5*10 | 2 |
|---|---|---|
| 45 | Computer | 1 |
| 46 | Tension knob | 1 |
| 47 | Round end cap | 2 |
| 48 | Foam grip | 2 |
| 49 | Handlebar | 1 |
| 50L | Cover for Left upper   front post | 1 |
| 50R | Cover for right upper front post | 1 |
| 51 | Transportation wheel for front stabilizer | 2 |
| 52 | Front stabilizer | 1 |
| 53 | Screw   ST4.8*15 | 2 |
| 54 | Rear stabilizer | 1 |
| 55 | Belt | 1 |
| 56 | Upper front post | 1 |
| 57 | Middle computer wire | 1 |
| 58 | Fly wheel | 1 |
| 59 | Hand Pulse sensor | 2 |
| 60 | Washer | 2 |
| 61 | Screw ST4.2*25 | 2 |
| 62 | Carve Washer | 2 |
| 63 | End cap of Seat Slide | 2 |
| 64 | Adjust Knob M8 | 1 |
| 65 | Seat post | 1 |
| 66 | Screw M5*30 | 1 |
| A | Computer Wire | |

**Garlando**