TOORX
FITNESS IN MOTION

INSTRUCTION
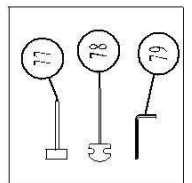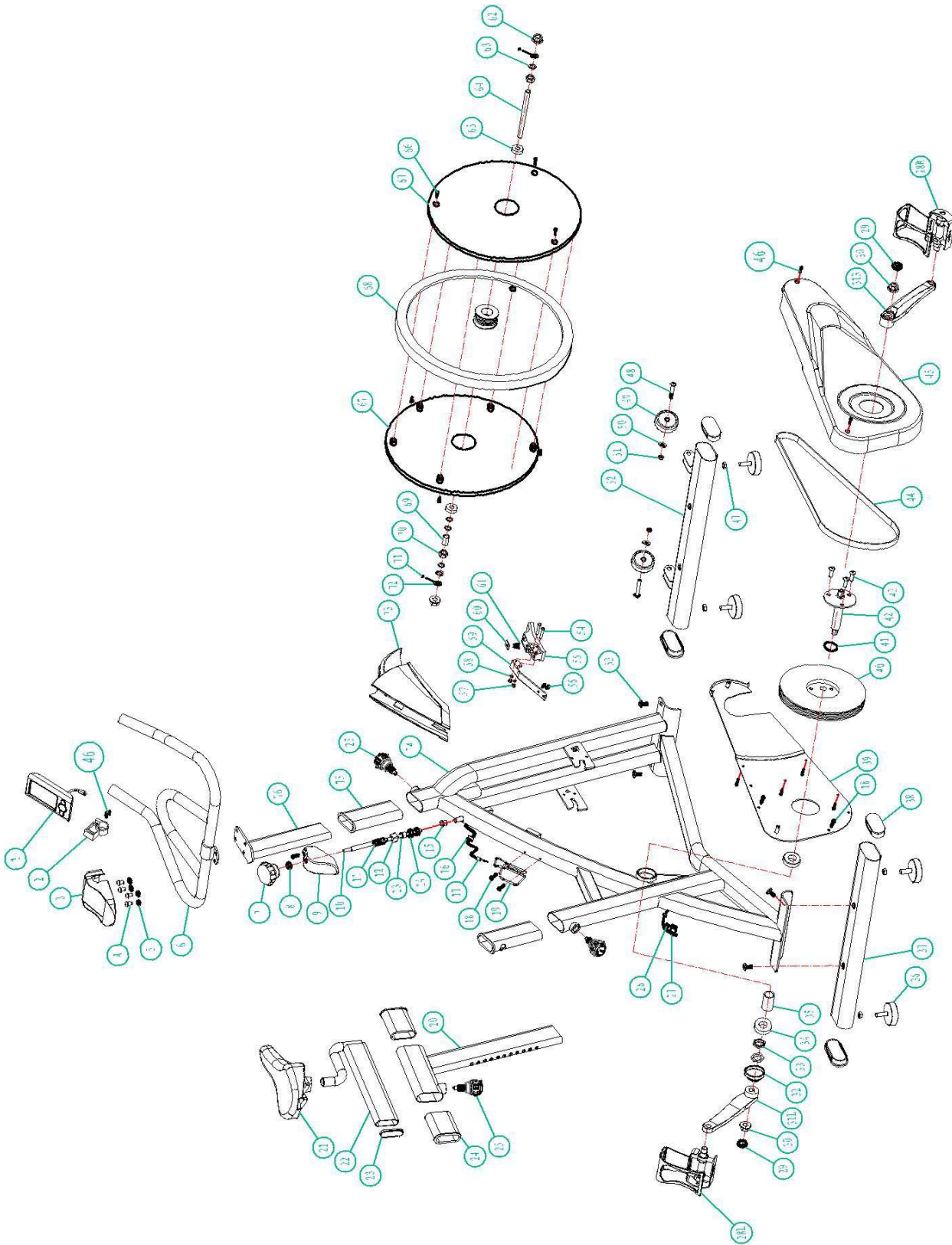
SRX65

CE

EXPLOSIVE

PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Computer LB2006	1 PC
2	Computer holder	1 PC
3	Trim cover	1 PC
4	Hexagon screw M8x15	4 PCS
5	Washer ϕ8	4 PCS
6	Handlebar	1 PC
7	Brake knob	1 PC
8	Hexagon nut M8	1 PC
9	Brake cover	1 PC
10	Brake rod	1 PC
11	Spring ϕ14xϕ1.8x31.5	1 PC
12	Square nut	1 PC
13	Brake bar bushing ϕ11.5xϕ15x10T	1 PC
14	Hexagon nut M10	2 PCS
15	Brake bushing ϕ16	1 PC
16	Stopper ϕ11.5	2 PCS
17	Sensor cable	1 PC
18	Screw M4.2x19	4 PCS
19	Bottle cage	1 PC
20	Seat post	1 PC
21	Seat	1 PC
22	Sliding tube	1 PC
23	End cover 20x60	1 PC
24	Tube clamp 30x70	2 PCS
25	Lock pin M16x1.5	3 PC
26	Screw M5	1 PC

27	Sensor	1 PC
28(L+R)	Pedal(L+R)	1 SET
29	Crank plug	2 PCS
30	Flange nut M10	2 PCS
31(L+R)	Crank(L+R)	1 SET
32	Alex bushing Φ20	2 PCS
33	Hexagon nut M20	2 PCS
34	Bearing 6004	2 PCS
35	Alex pipe	1 PC
36	Foot pad M10	4 PCS
37	Rear tube	1 PC
38	End cover 40x80	4 PCS
39	Chain cover(inner)	1 PC
40	Belt pulley	1 PC
41	Washer Φ20xΦ25x.2t	2 PCS
42	Axle	1 PC
43	Hexagon screw M8x15	3 PCS
44	Belt	1 PC
45	Chain cover(outer)	1 PC
46	Screw M4x20	8 PCS
47	Hexagon nut M10x1.5	4 PCS
48	Hexagon nut M8x38	2 PCS
49	Moving wheel	2 PCS
50	Washer Φ8xΦ19x1.5t	6 PCS
51	Nylon nut M8	2 PCS
52	Front tube	1 PC
53	Step screw M8x20	4 PCS
54	Screw M5x30	2 PCS
55	Brake pad	1 PC

| 56	Screw M5x8	2 PCS
57	Nylon nut M5	2 PCS
58	Spring washer φ5	2 PCS
59	Brake shrapnel	1 PC
60	Tab letting	1 PC
61	Conical spring	1 PC
62	Flange nut M12x10.8T	2 PCS
63	Washer φ12xφ20x1.5T	2 PCS
64	Flywheel axle φ12	1 PC
65	Bearing 6001	2 PCS
66	Screw M4x10	6 PCS
67	Flywheel cover	2 PCS
68	Flywheel	1 PC
69	Drive pipe φ12xφ15	1 PC
70	Hexagon nut	2 PCS
71	Nylon nut M6	2 PCS
72	Adjuster φ6	2 PCS
73	Flywheel trim cover	1 PC
74	Main frame	1 PC
75	Tube clamp 30x70	2 PCS
76	Handlebar post	1 PC
77	Socket wrench	1 PC
78	Harpoon wrench	1 PC
79	Hexagon wrench	1 PC

ASSEMBLY INSTRUCTION
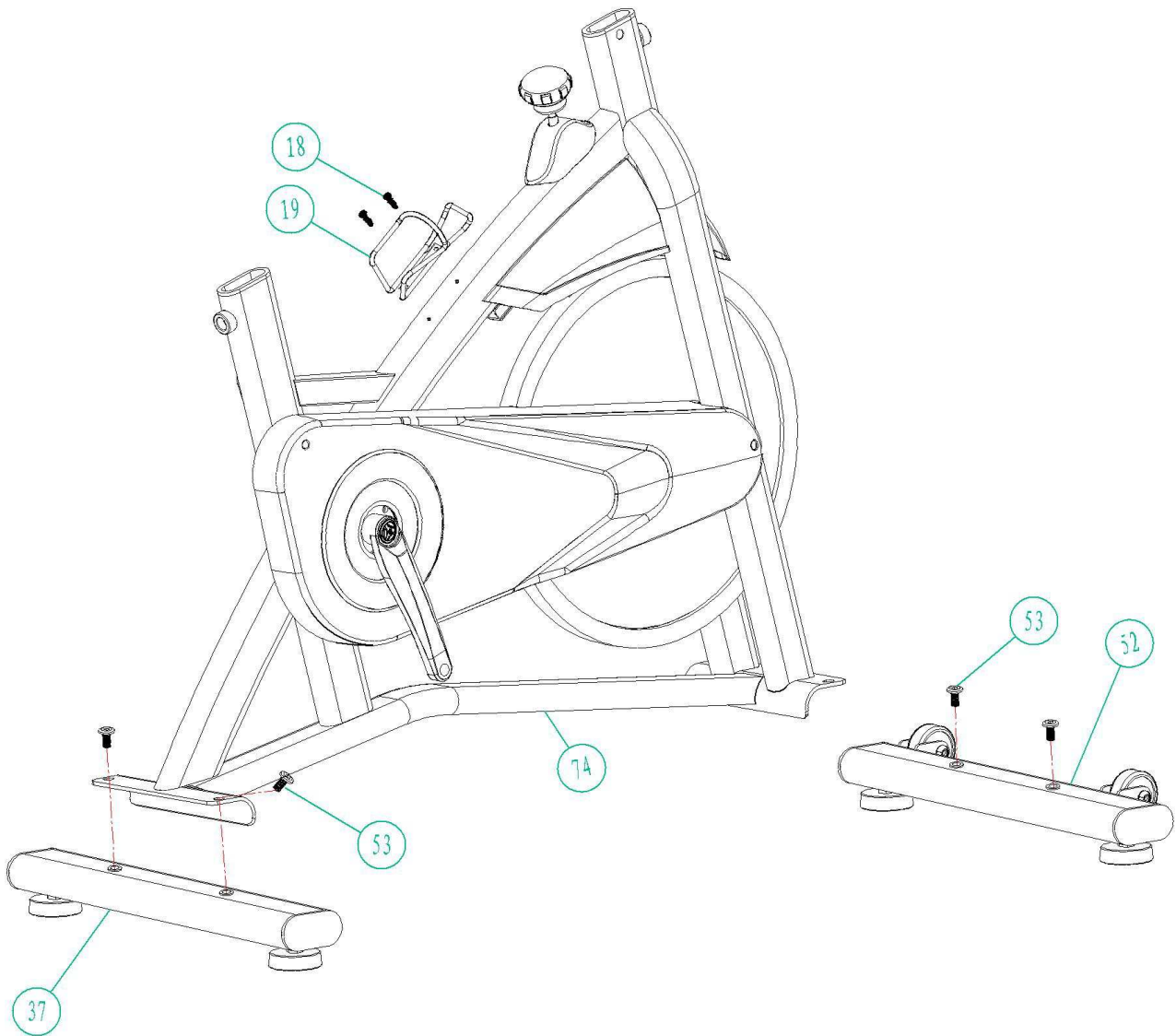
STEP 1

Attach the rear tube (37) to the main frame(74) using two step screws(53).
Attach the front tube (52) to the main frame same as the front tube.
Attach the bottle cage(19) to the main frame using two screws(18).
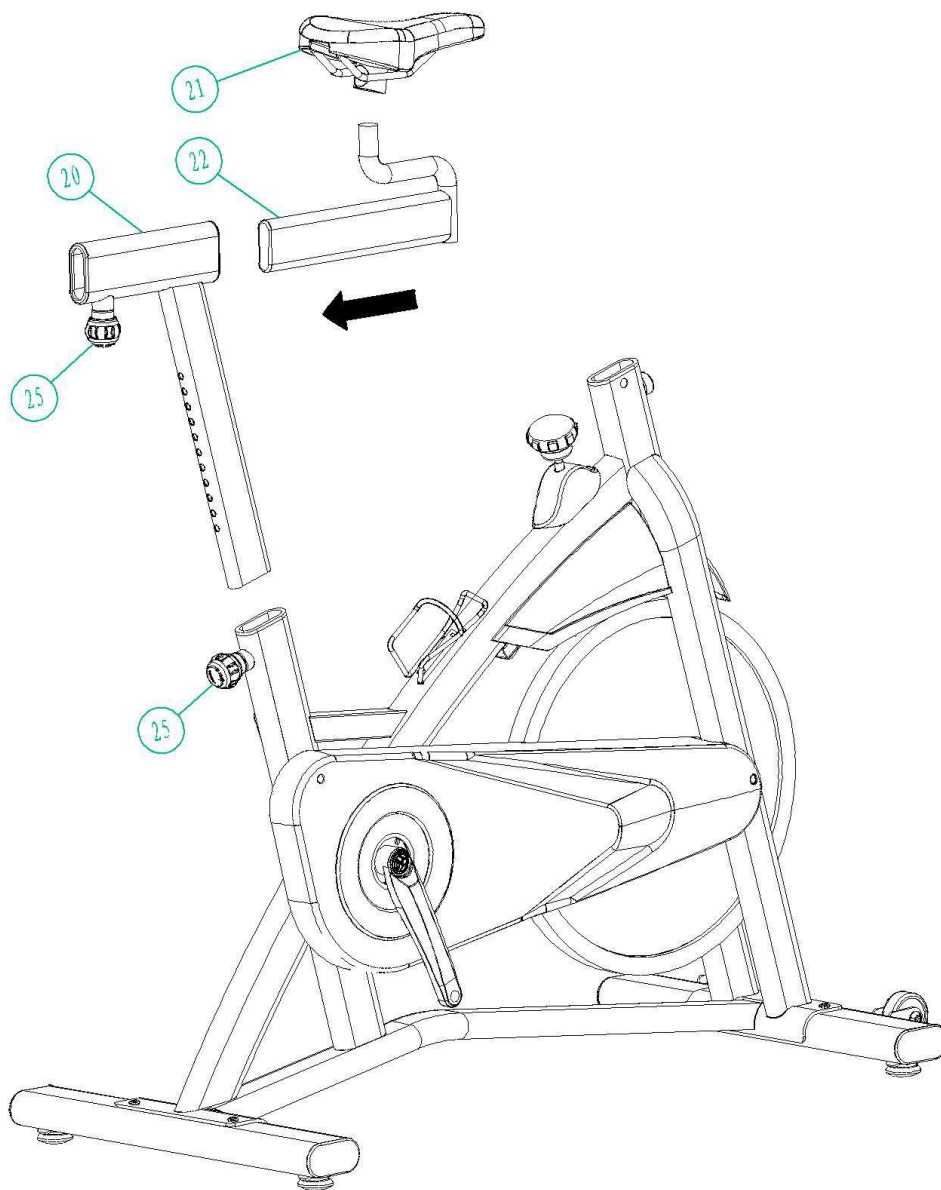
STEP 2

Put seat post (20) insert main frame with lock pin(25) adjust height.
Put sliding tube(22) insert seat post(20) with lock pin(25).
Put seat (21) on the sliding tube(22) and fix it.
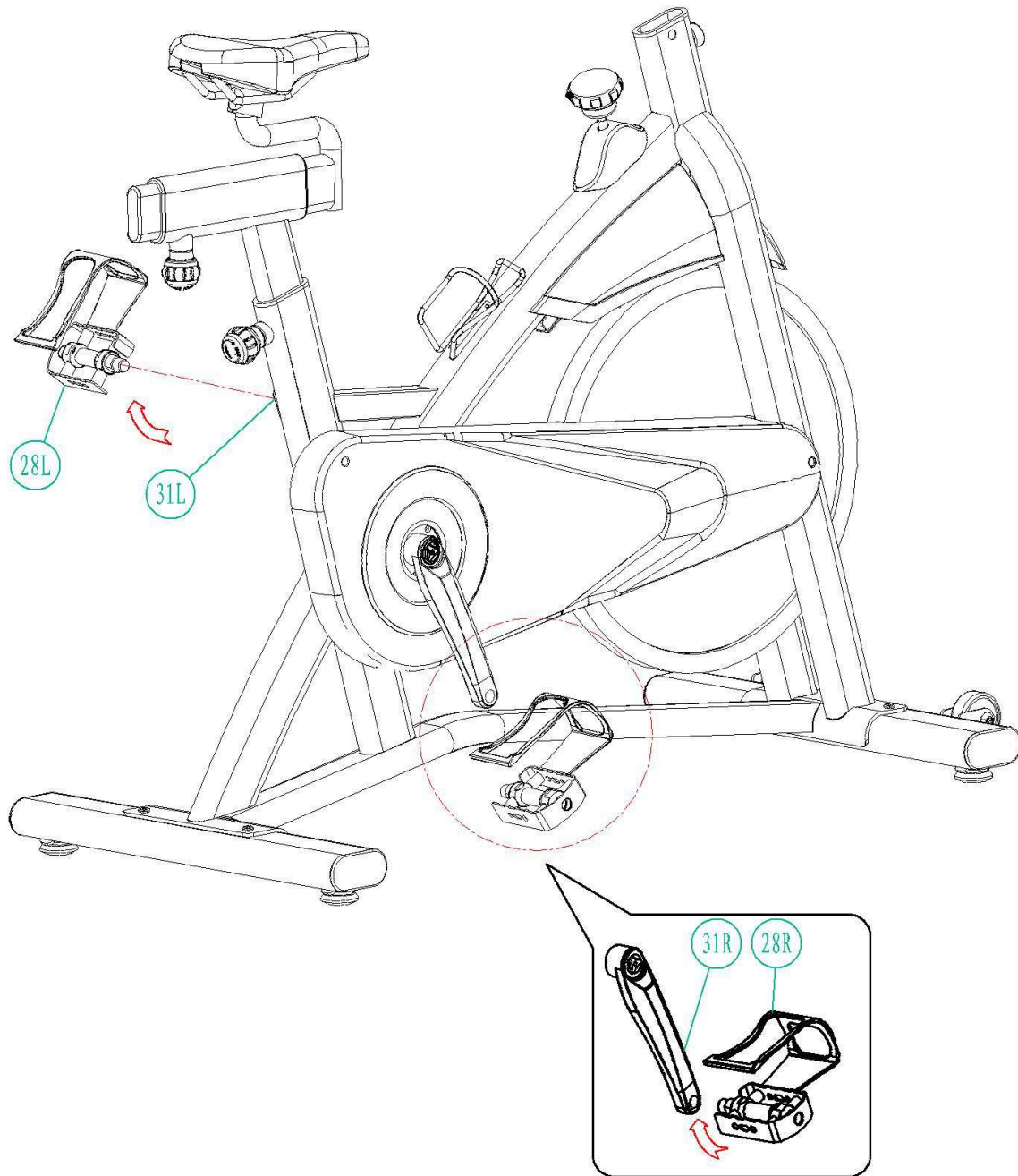
STEP 3

The pedals (28L and 28R) are marked "L" and "R"-left and right.
Connect them to their appropriate crank set(31L and 31R). The right crank set 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.
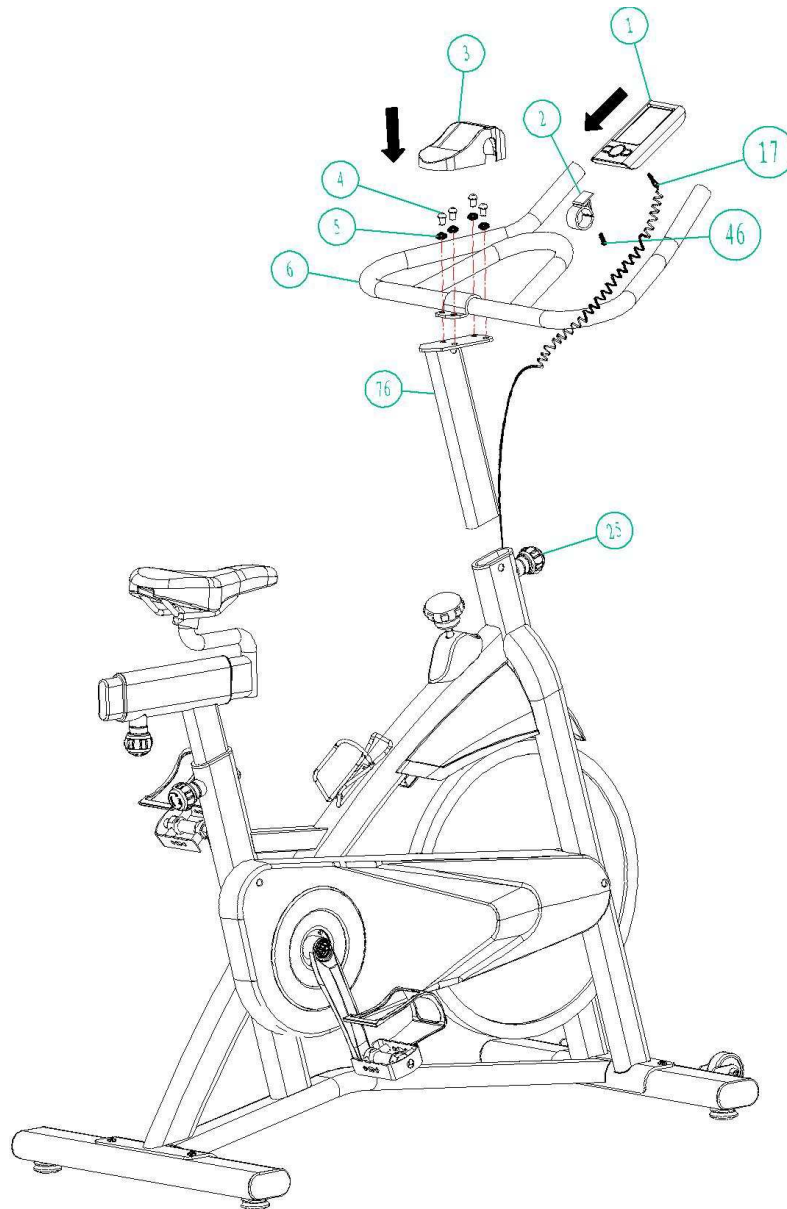
STEP 4

Put handlebar post(76) insert main frame with lock pin(25) adjust height.
Fix the handlebar(6) on handlebar post(76) using 4 sets of hexagon screw(4)
and washer(5), then put the trim cover(3) on handlebar(6).
Fix the computer holder(2) on handlebar(6),put computer(1) slip into computer
holder(2), then insert the sensor plug(17) into the sensor joint of computer.

Now your spinning bike is finished for use.

FRONT VIEW

HOW TO REMOVE BATTERY:
1. Pull off the battery cover and place one of CR2032 3V battery into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.
7.

<u>KEY GUIDE</u>

ENTER:
1.   Press this button to enter setting mode.
               Normal→Time→DIST→CAL→T.H.R
2.   Press this button to confirm the setting values
3.   Hold 3 seconds to reset all of the values to zero.
UP: Increase the setting value of the following functions.
               Time→DIST→CAL→T.H.R
DOWN: Decrease the setting value of the following functions.
               Time→DIST→CAL→T.H.R

FUNCTIONS AND OPERATIONS

AUTO ON/OFF
The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

TIME:
press the button of ENTER to TIME function and press the UP or DOWN button to enter the value you want.
Count up:
Without setting the time value, the monitor will count up the time from 00:00~99:59.
Count down:
Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

SPEED:
Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

RPM:

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

DISTANCE:
press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.
Count up:
Without setting the distance value, the monitor will count up the distance from 0.1~999.0Km or Mile
Count down:
Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

CALORIE:

press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE (Target Heart Rate):

press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press key to restart Pulse function.

CAUTION:

Operating temperature: 0°C   -   +50°C.
Storage temperature: -10°C   -   +60°C.

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