

TCORX
FITNESS IN MOTION

INSTRUCTION



BRX95



Rev: 00

Ed: 02/17



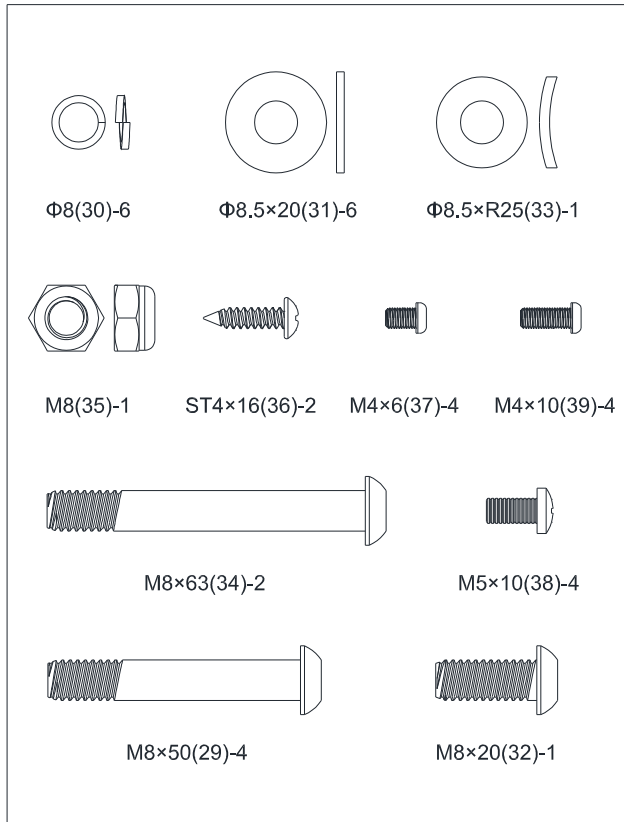
Pre-assembly Notes

Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart

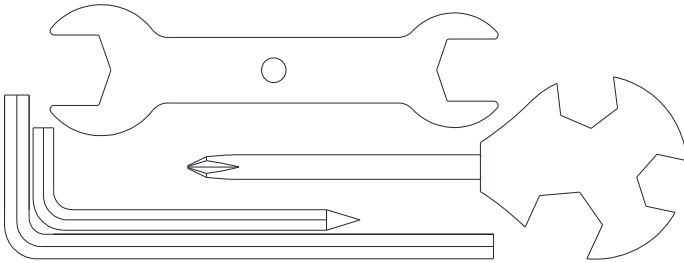
of a full count of the number of parts included for proper assembly . If any of the parts are

missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8 \times 50 \times 20	4
30	Spring washer	$\Phi 8$	6
31	Flat washer	$\Phi 8.5 \times \Phi 20 \times t 1.5$	6
32	Allen C.K.S. full thread screw	M8 \times 20	1
33	Curved washer	$\Phi 8.5 \times R25 \times t 2.0$	1

34	Allen C.K.S. half thread screw	M8×63×20	2
35	Hex self-locking nut	M8	1
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4



Name	Specification	QTY
L-shape wrench	5×80×80S	1
L-shape wrench	6×40×120	1
Cross spanner	15#&17#	1
Cross open spanner		1

GATHER YOUR TOOLS

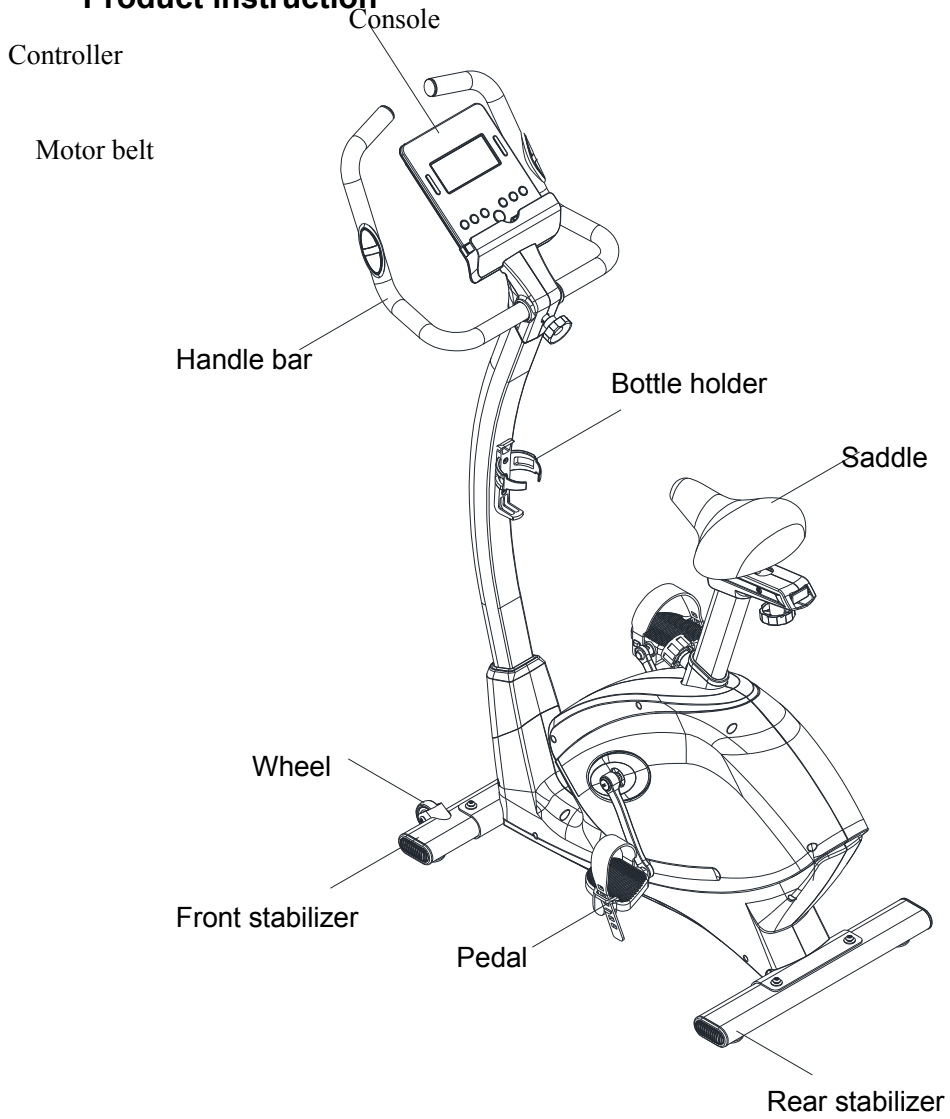
Before starting the assembly of your unit , gather the necessary tools.Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction



Technical information

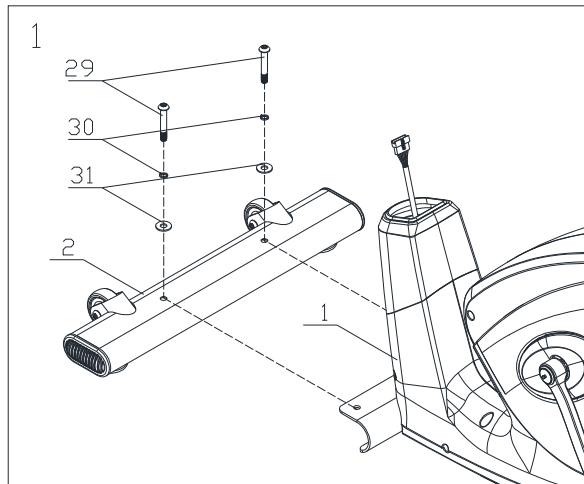
DIMENSION	Unfold : 1100x530x1400mm
FLYWHEEL	One -way, $\Phi 280/6\text{kg}$
RESISTANCE FRAGMENT	32 levels
UP&DOWN	152.4 mm distance
FRONT&BACK	70mm distance

*WE

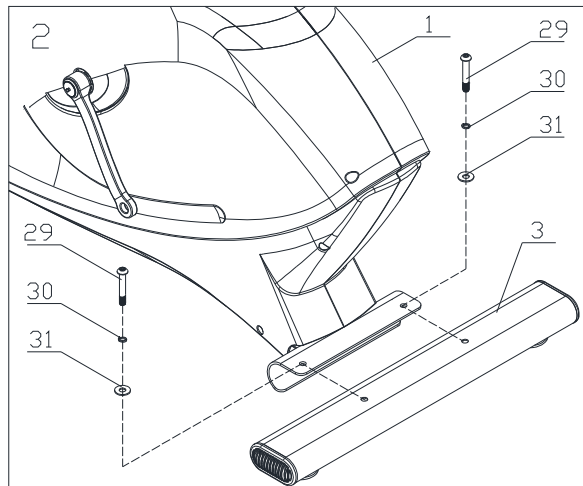
ASSEMBLY INSTRUCTIONS

RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

Step 1: Attach the front stabilizer (2) to the main frame (1) with flat washer(31), spring washer(30) and Allen C.K.S. half thread screw(29).



Step 2: Attach the rear stabilizer (3) to the main frame (1) with flat washer(31), spring washer(30) and Allen C.K.S. half thread screw(29).



Step 3:

1. Attach the Upright post decoration strip(46) to the upper upright post(4), take upright post cover(19) off from the main frame(1) and cover it on the upper upright post.(4)

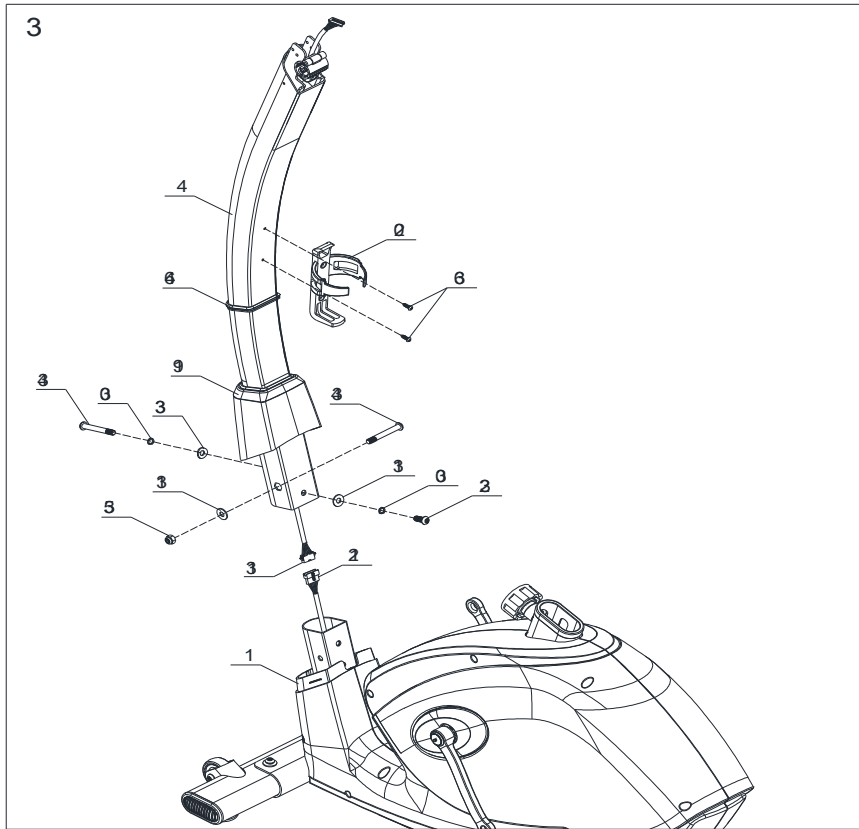
2. Connect Motor communication wire (12) and Console communication wire (13).

3. Attach upper upright post(4) to the main frame(1) with Curved washer(33), spring washer(30), Allen C.K.S. half thread screw(34) and flat washer(31), spring washer(30), Allen C.K.S. full thread screw(32) and flat washer(31), Allen C.K.S. half thread screw(34), Hex self-locking nut(35).

4. Attach upright post cover(19) and Upright post decoration strip(46) to the main frame(1).

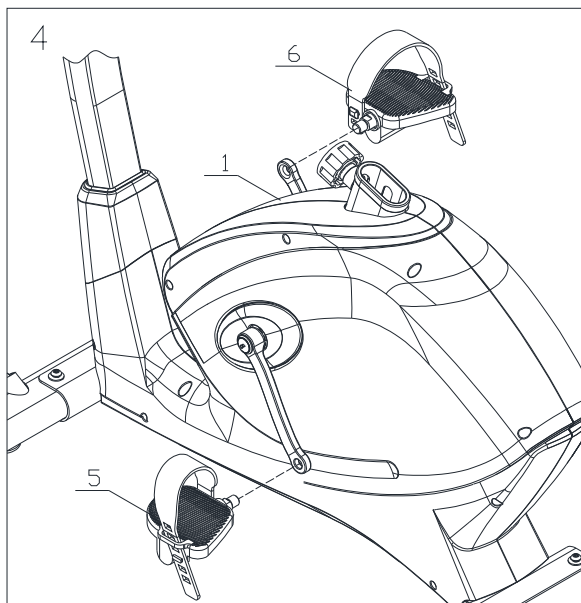
5. Attach bottle holder(20) to upper upright post(4) with Philips pan head full thread screw(36).

Tip: Put the communication wires and resistance adjust knob wire into the upright post, and make sure all screws are in the hexagonal hole before tightening all the bolts.



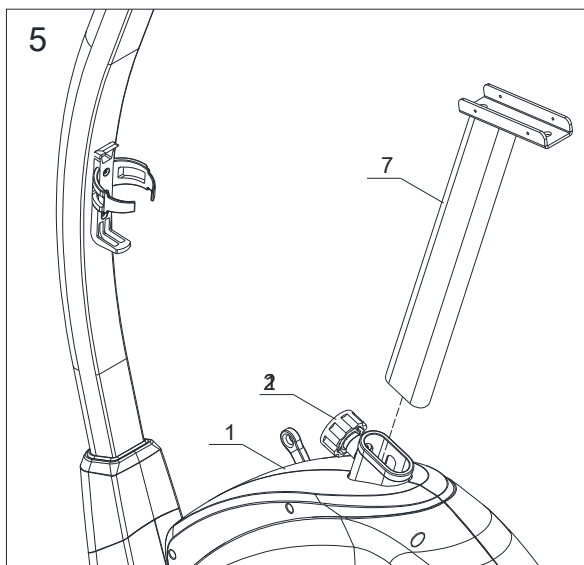
Step 4:

Attach the Pedal(L)(5) and Pedal(R)(6) to the Main frame(1),then tighten the bolts.



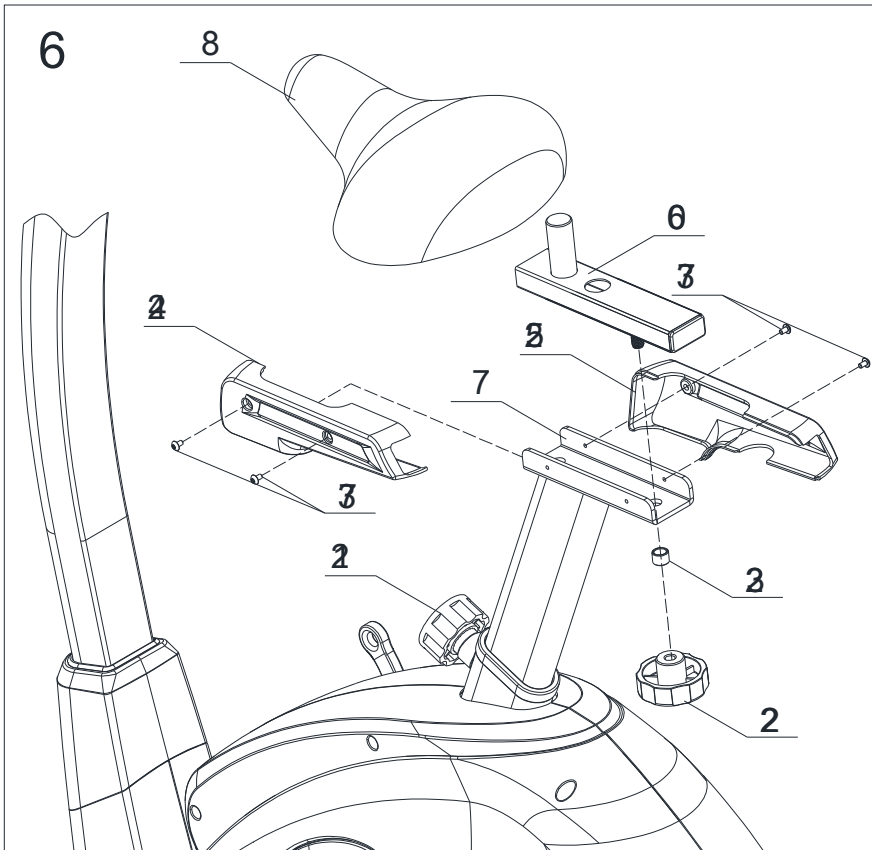
Step 5:

1. Loose the Rotary hand bolt(21),attach the Saddle post (7) to the Main frame(1),then tighten the Rotary hand bolt(21).



Step 6:

- 1, Attach the saddle adjustment set (60) to the saddle post (7) and place it onto correct position .Lock them with bushing (23) and rotary knob (22) .
- 2, Put the saddle (8) onto the saddle adjustment set (60) and lock it tightly .
- 3, Attach the saddle cover(L)(24) and saddle cover(L)(25) to the saddle post(7),and use Philips pan head full thread screw(37) to tighten them.



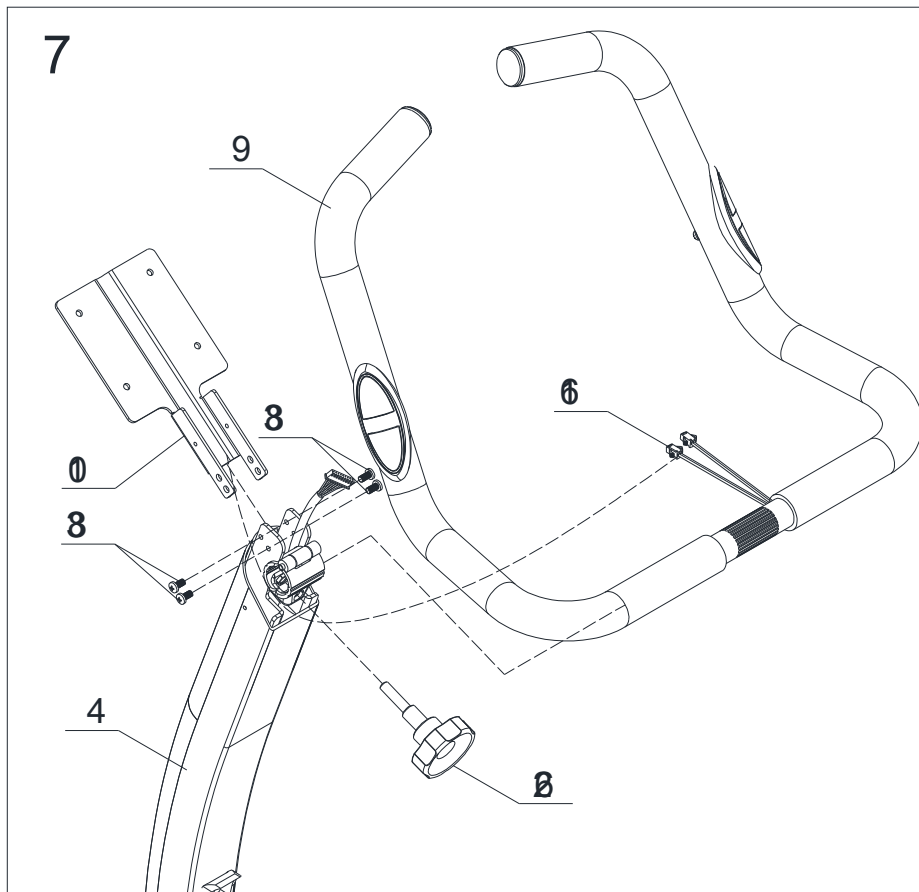
Step 7:

1. Handle pulse connection wire (16) through the Upright post(4),and attach the

Handlebars(9) to Upright post(4),tighten with rotary knob(26).

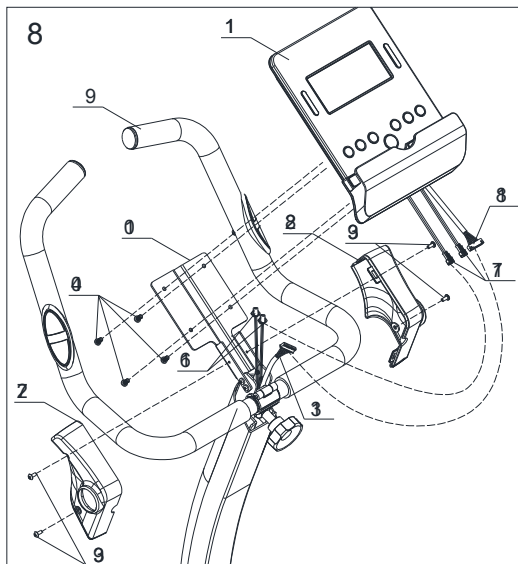
2. Attach Console fixed piece(10) to the Upright post(4),tighten with Philips C.K.S. full head screw(38).

Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



Step 8:

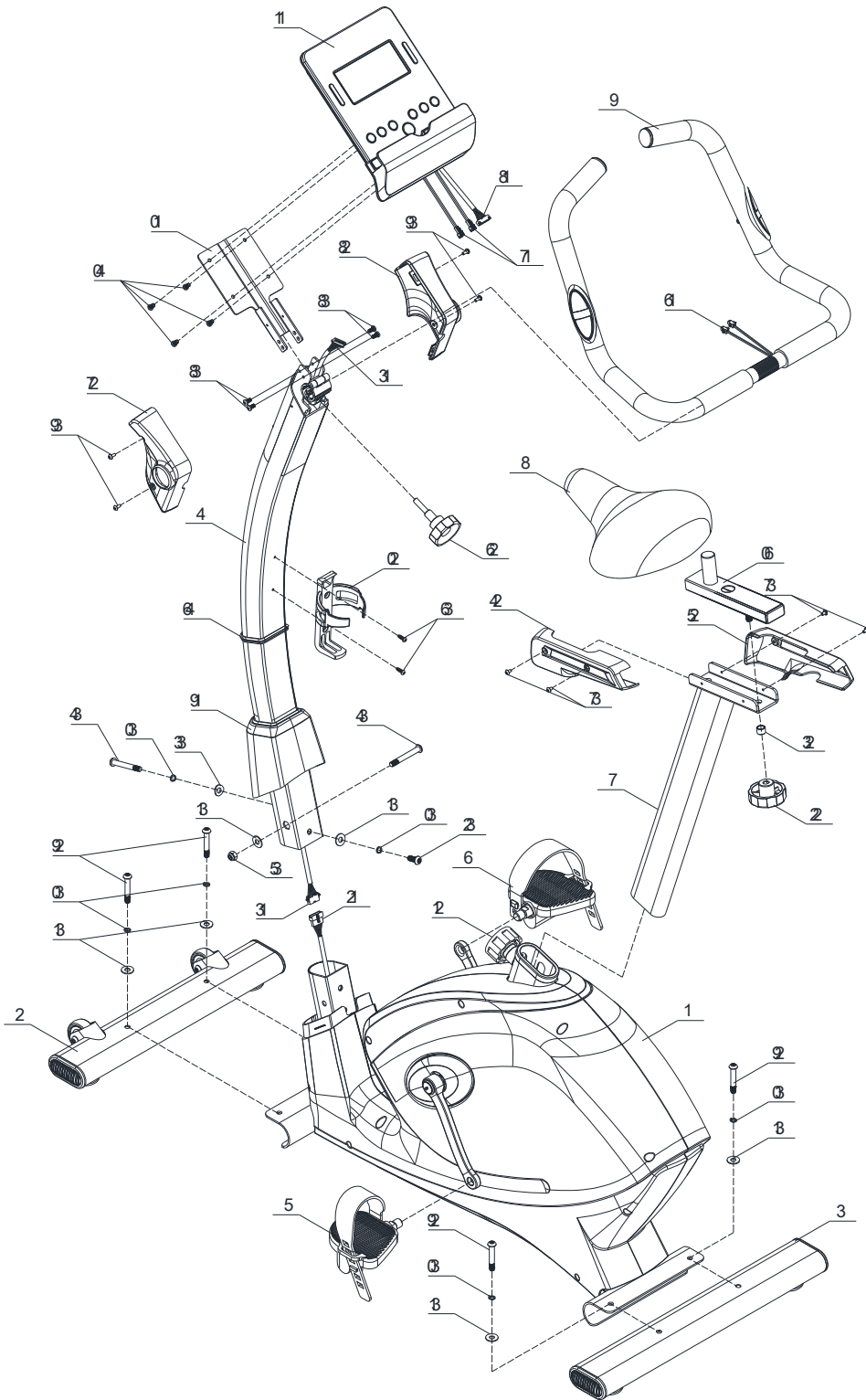
1. Connect the Console communication wire(13) and Console connection wire(18),connect the Handle pulse connection wire(16) and Console outlet(17).
 2. Attach the Console(11) to the Console fixed piece(10),tighten with Philips C.K.S. full head screw(40).
 3. Attach the Handlebar cover(L)(27) and Handlebar cover(R)(28) through the Handlebars(9) to the Upright post(4),tighten with Philips C.K.S. full head screw(39).
- Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



Workout tips:

- 1,User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.
- 2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3,The machine should be put on flat floor and have enough space for workout

Half-drawing for assembly

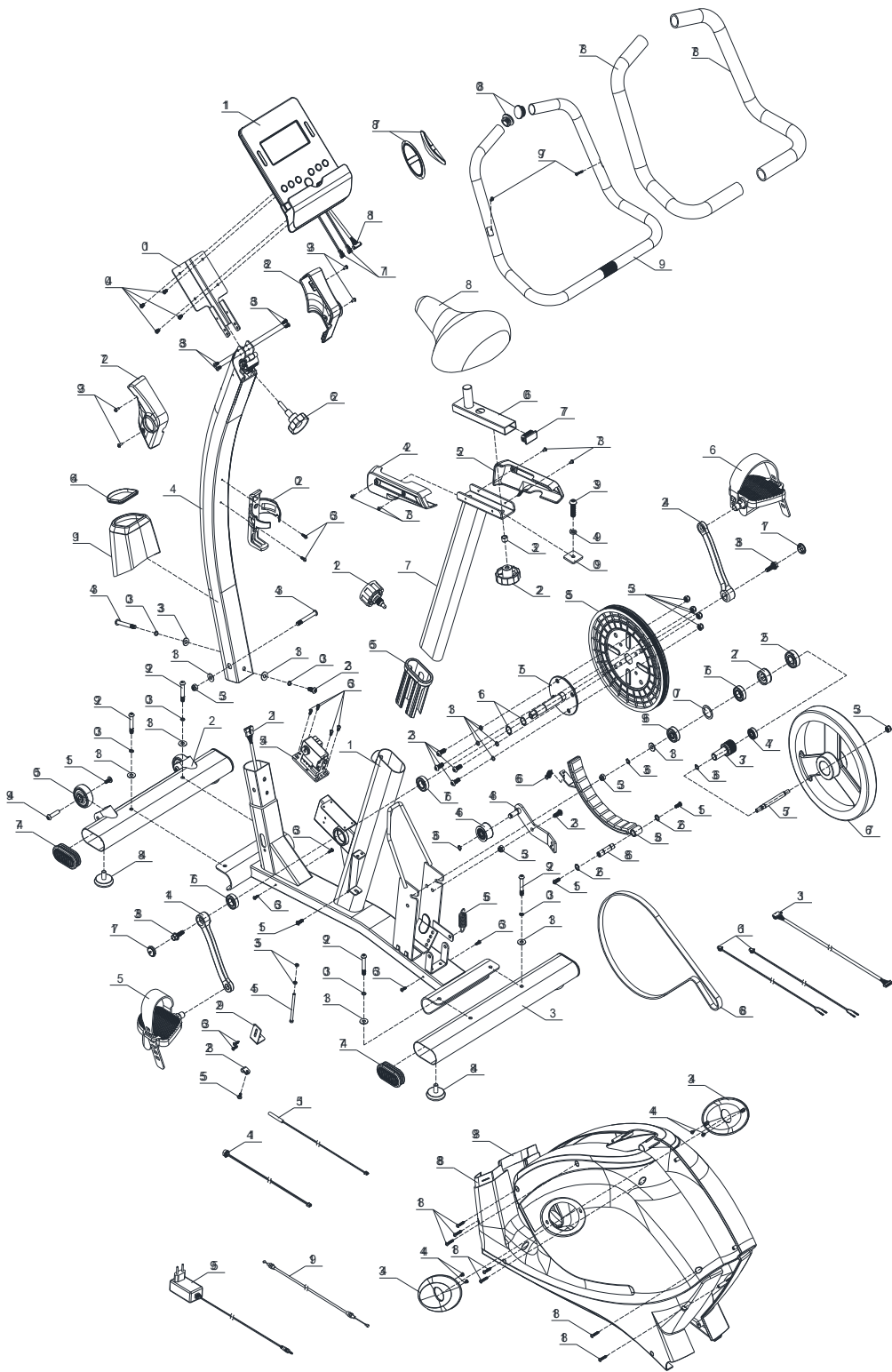


Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Pedal(L)		1
6	Pedal(R)		1
7	Saddle post		1
8	Saddle		1
9	Handlebars		1
10	Console fixed piece		1
11	Console		1
12	Magnetic sensor wire		1
13	Console communication wire		1
14	Resistance adjust knob wire		1
15	Resistance adjust knob		1
16	Handle pulse connection wire		2
17	Console outset		2
18	Console connection wire		1
19	Upright post cover		1
20	Bottle holder		1
21	Rotary hand bolt	Φ56×M16×P1.5	1

22	Handlebar rotary knob	Φ60×31×M10×20	1
23	Bushing	Φ10.5×Φ14×10	1
24	Saddle cover(L)		1
25	Saddle cover(R)		1
26	Rotary knob	Φ54×82×M8×30	1
27	Handlebar cover(L)		1
28	Handlebar cover(R)		1
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	Φ8	6
31	Flat washer	Φ8.5×Φ20×t1.5	6
32	Allen C.K.S. full thread screw	M8×20	1
33	Curved washer	Φ8.5×R25×t2.0	1
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Hex self-locking nut	M8	1
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4
40	Philips pan head full thread screw	M5×10	4
46	Upright post decoration strip		1
60	Saddle adjustment set		1

Drawig for assembly



Part list

NO.	NAME	SPECIFICATION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Pedal(L)		1
6	Pedal(R)		1
7	Saddle post		1
8	Saddle		1
9	Handlebars		1
10	Console fixed piece		1
11	Console		1
12	Motor communication wire		1
13	Console communication wire		1
14	Power communication wire		1
15	Magnetic sensor		1
16	Handle pulse connection wire		2
17	Console outset		2
18	Console connection wire		1
19	Upright post cover		1
20	Bottle holder		1
21	Rotary hand bolt	$\Phi 56 \times M16 \times P1.5$	1

22	Handlebar rotary knob	$\Phi 60 \times 31 \times M10 \times 20$	1
23	Bushing	$\Phi 10.5 \times \Phi 14 \times 10$	1
24	Saddle cover(L)		1
25	Saddle cover(R)		1
26	rotary knob	$\Phi 54 \times 82 \times M8 \times 30$	1
27	Handlebar cover(L)		1
28	Handlebar cover(R)		1
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	$\Phi 8$	6
31	Flat washer	$\Phi 8.5 \times \Phi 20 \times t1.5$	7
32	Allen C.K.S. full thread screw	M8×20	6
33	Curved washer	$\Phi 8.5 \times R25 \times t2.0$	1
34	Allen C.K.S. half thread screw	M8×63×20	2
35	Hex self-locking nut	M8	8
36	Philips C.K.S. self-tapping screw	ST4×16	12
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4
40	Philips pan head full thread screw	M5×10	4
41	Crank(L)		1
42	Crank®		1
43	Crank cover		2
44	Philips C.K.S. self-tapping screw	ST4×12	4

45	Magnetic motor		1
46	Upright post decoration strip		1
47	End cap		4
48	Feet pad	$\Phi 47 \times 10.5 \times M10 \times 20$	4
49	Hex nut	$\Phi 8 \times 33 \times M6 \times 15$	2
50	Wheels	$\Phi 55 \times 25.8$	2
51	Allen C.K.S. full thread screw	M6×15	5
52	Deep groove ball bearing	6203-2RS	1
53	Hex nut	M5	2
54	Allen C.K.S. full thread screw	M5×80	1
55	Philips C.K.S. self-tapping screw	ST4×12	1
56	Saddle post bushing		1
57	Crank axle	$\Phi 17 \times 154.3$	1
58	Belt pulley	$\Phi 263 \times 19$	1
59	Power adapter		1
60	Saddle adjustment set		1
61	Circlip shaft	$\Phi 17$	2
62	Circlip shaft	$\Phi 12$	2
63	Circlip shaft	$\Phi 10$	3
64	Tension pulley	$\Phi 38 \times 22$	1
65	Tension spring		1
66	Brake tension spring		1
67	Deep groove ball bearing	6003-2RS	3

68	Magnetic control fixed axle	$\Phi 12 \times 50$	1
69	Deep groove ball bearing	6300-2RS	1
70	Flat washer	$\Phi 34 \times \Phi 25 \times t 1.0$	1
71	Crank cover		2
72	Unidirectional needle bearing	$\Phi 35 \times \Phi 17 \times 16$	1
73	Small belt pulley set	$\Phi 30 \times 64$	1
74	Deep groove ball bearing	6000-2RS	1
75	Flywheel axle	$\Phi 10 \times 109.5$	1
76	Flywheel	$\Phi 280 / 6 \text{kg}$	1
77	Square end cap	$20 \times 40 \times t 1.5$	1
78	Handle pulse set		2
79	Philips C.K.S. self-tapping screw	ST4 \times 20	2
80	Round end cap	$\Phi 25 \times t 1.5$	2
81	Philips C.K.S. self-tapping screw	ST4 \times 25	7
82	Fixed magnet set		1
83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
84	Tension pulley		1
85	Magnetic control fixed axle		1
86	Motor belt	440PJ6	1
87	Foam grip	$\Phi 22 \times t 3.0 \times 680$	2
88	Cover (L)		1
89	Cover (R)		1
90	Saddle locking piece		1

91	Brake wire		1
92	Sensor wire fixed piece		1
93	Spring washer	Φ10	1
94	Allen pan head full thread screw	M8×38	1

Computer operation

BUTTON FUNCTION:

START/STOP	To start or stop the system.
RESET	Reset: In stop mode, press the button to back to main menu and clear all set value; Total Reset: At any time, hold the RESET key for 2 seconds, LCD full display 2s And hen back to home page.
UP	To select training mode and adjust the function or value up.
MODE	In stop mode, confirm all exercise data setting(Time, DST,CAL, Pulse, etc), and enter into program.
DOWN	To select training mode and adjust the function or value down.
RECOVERY	To test heart rate recovery status.
BODY FAT	For body fat measurement.

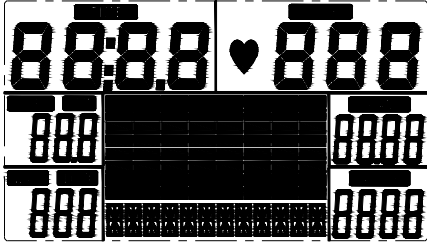
DISPLAY FUNCTION

TIME	Display range 0:00~99:59 ; Setting range 0:00~99:00 minutes
PULSE	Display range P-30~230 ; Setting range 0-30~230
SPEED	0.0~99.9km/H
DISTANCE	Display range 0.00~99.99 ; Setting range 0.00~99.9km
WATT	Display range 0~999; Setting range 10~350
CALORIES	Display range 0~9999; Setting range 0~9990 Cl
RPM	0~999

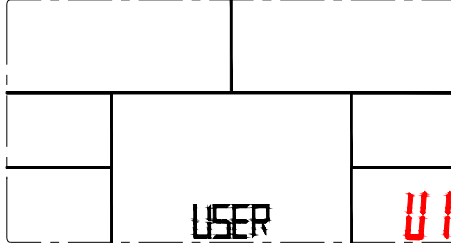
OPERATING PROCEDURE

1.POWER ON

When power on, buzzer sound for 1 second. At the same time, LCD full display 2 seconds (Picture 1). Then enter into personal data setting.



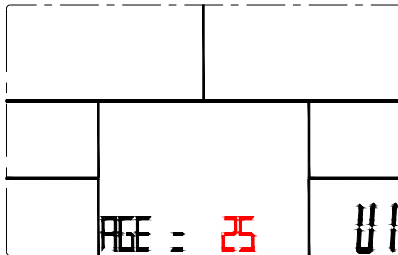
Picture 1



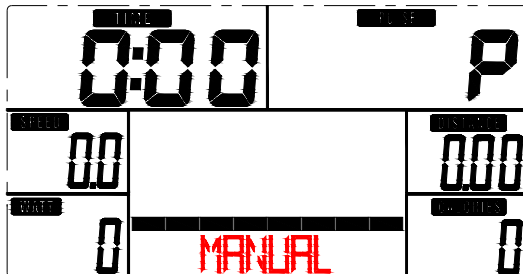
Picture 2

2.USER PROFILE SETTING

When setting personal data, press UP or DOWN to select: USER U1~U4(Picture2), SEX, AGE (Picture3), HEIGHT, WEIGHT. Press MODE to confirm. Then come to workout selection page (Picture 4).



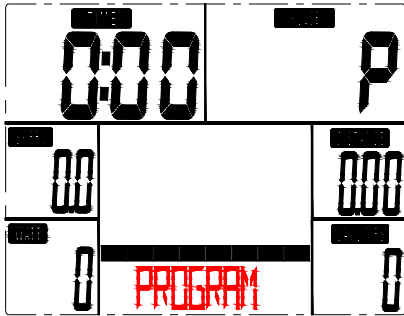
Picture 3



Picture 4

3.SELECT TRAINING MODE

When enter into training mode, Press UP or DOWN to choose: MANUAL→PROGRAM (Picture5)→User program→H.R.C (Picture6)→WATT. Press MODE to confirm.



Picture 5



Picture 6

3.1.MANUAL MODE

When power on, user may press START/STOP to start workout directly in MANUAL MODE.

Before exercise in Manual mode, user can press UP or DOWN button to preset target TIME/DISTANCE/CALORIES/PULSE. Press START/STOP to start workout.

In START mode, user can also press UP or DOWN button to adjust LOAD level (1~32).

3.2.PROGRAM MODE

In PROGRAM mode, user can press UP or DOWN button to choose program with P1~P12 and press MODE to confirm. Press START/STOP to start workout.

In START mode, user can press UP or DOWN button to adjust LOAD level(UP to max.32, DOWN to min.1).

3.3.User Program

User can press UP or DOWN button to create personal program profile with 20 segments and confirm by pressing MODE. User may hold on pressing MODE button for 2 seconds to quit profile setting.

Then press START/STOP to start exercise. To pause workout halfway, hold MODE button for 2s.

3.4.H.R.C. MODE

In H.R.C mode, user need to set AGE first and confirm by ENTER. It will display preset value in PULSE area according to AGE. If select TARGET, preset value 100 will display in PULSE area. Press UP and DOWN button to adjust the target value from 30~240. Press START/STOP to start workout. During this workout mode, user must wear chest belt or keep hands hold on hand bars.

3.5.WATT MODE

When entering WATT mode, preset value 120 will display. User press UP or DOWN to adjust WATT value. After Starting, system will adjust Load level automatically according to the WATT value user inserted and exercise status. Press START/STOP to start workout.

4.RECOVERY MODE

After exercising for a period of time, keep holding on handgrips or wear chest belt. When there is PULSE displayed, press “RECOVERY” button. All function display will stop except “TIME” that will start counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 is the worst.

During the recovery time, re-press “RECOVERY” and console will go back to previous page.

5.BODY FAT

In STOP mode, press the BODY FAT button to start body fat measurement.

During measuring, user have to hold both hands on handgrips. After 8 seconds, LCD will display BODY .FAT advice in FAT% and BMI and the fat advice in different symbol. When user not hold handgrips correctly, computer will display E-1; When BODY FAT advice exceed. Available area which is fixed in the program, computer will display E-4. User may hold BODY FAT button for 2 seconds to reset individual data. After setting, system will directly measure BODY FAT.

6.USB power charger

The console provides USB power charger for tablet and smart phone only, requires DC 9V/1.3A.

Remarks:

1. Before exercise in MANUAL mode, user can press UP and DOWN button to adjust TIME /DISTANCE/CALORIES/PULSE value.
2. In PROGRAM/User Program/H.R.C./WATT mode, user can only set TIME value.
3. Every time press UP or DOWN button, the value will increase/decrease 1 level; If hold for 1.5s, the value will increase/decrease 8 levels per second and stop when releasing.
4. No signal(SENSOR, KEYBOARD, PULSE display) input over 4 minutes, system will go to SLEEP MODE. All preset and calculated value will be saved. When power on, system will continue with the calculated value.



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