

TOORX
FITNESS IN MOTION

INSTRUCTION



iConsole App Manual

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BRXR 3000



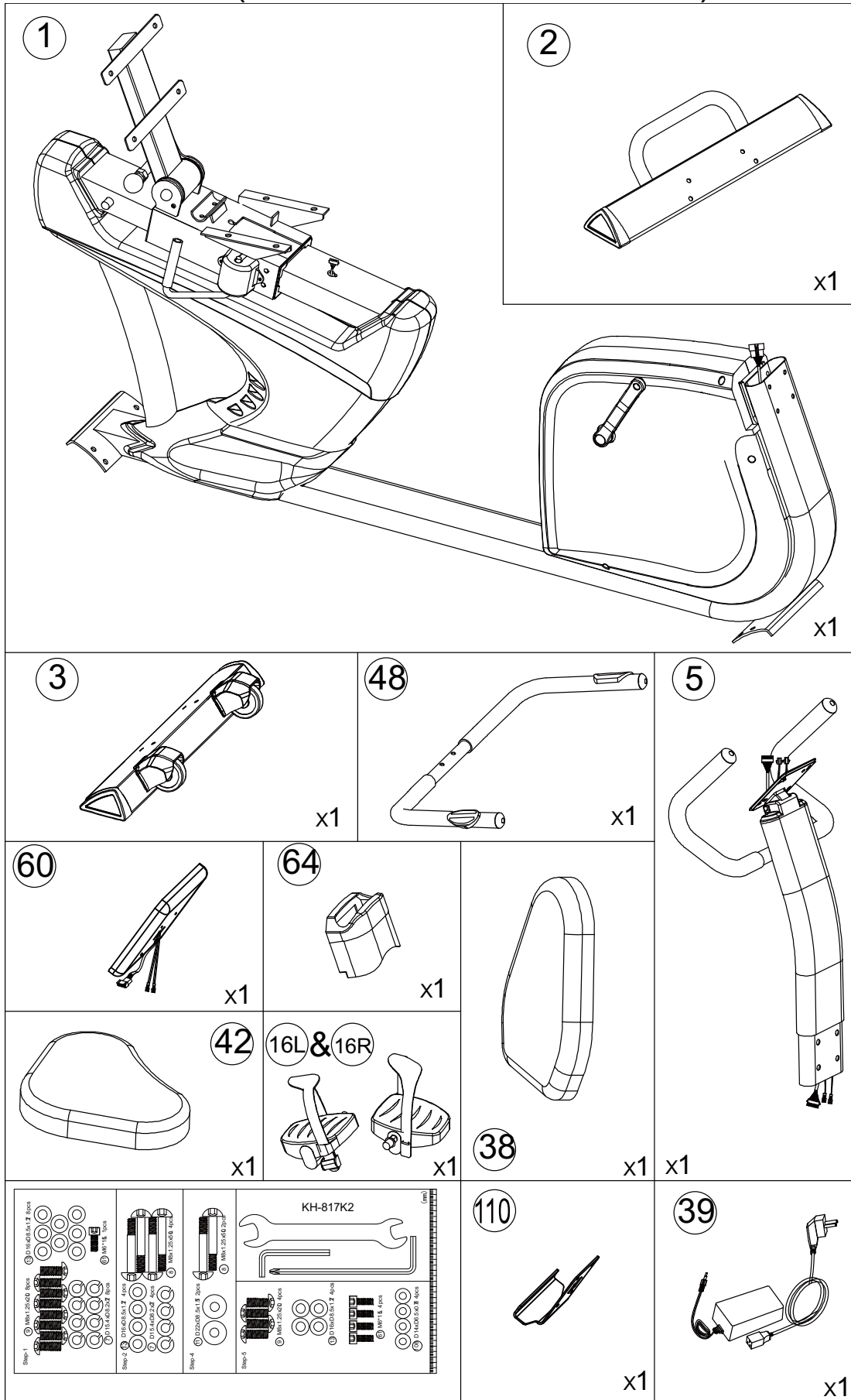
Cod : GRLDTOORXBRXR3000

Rev : 00

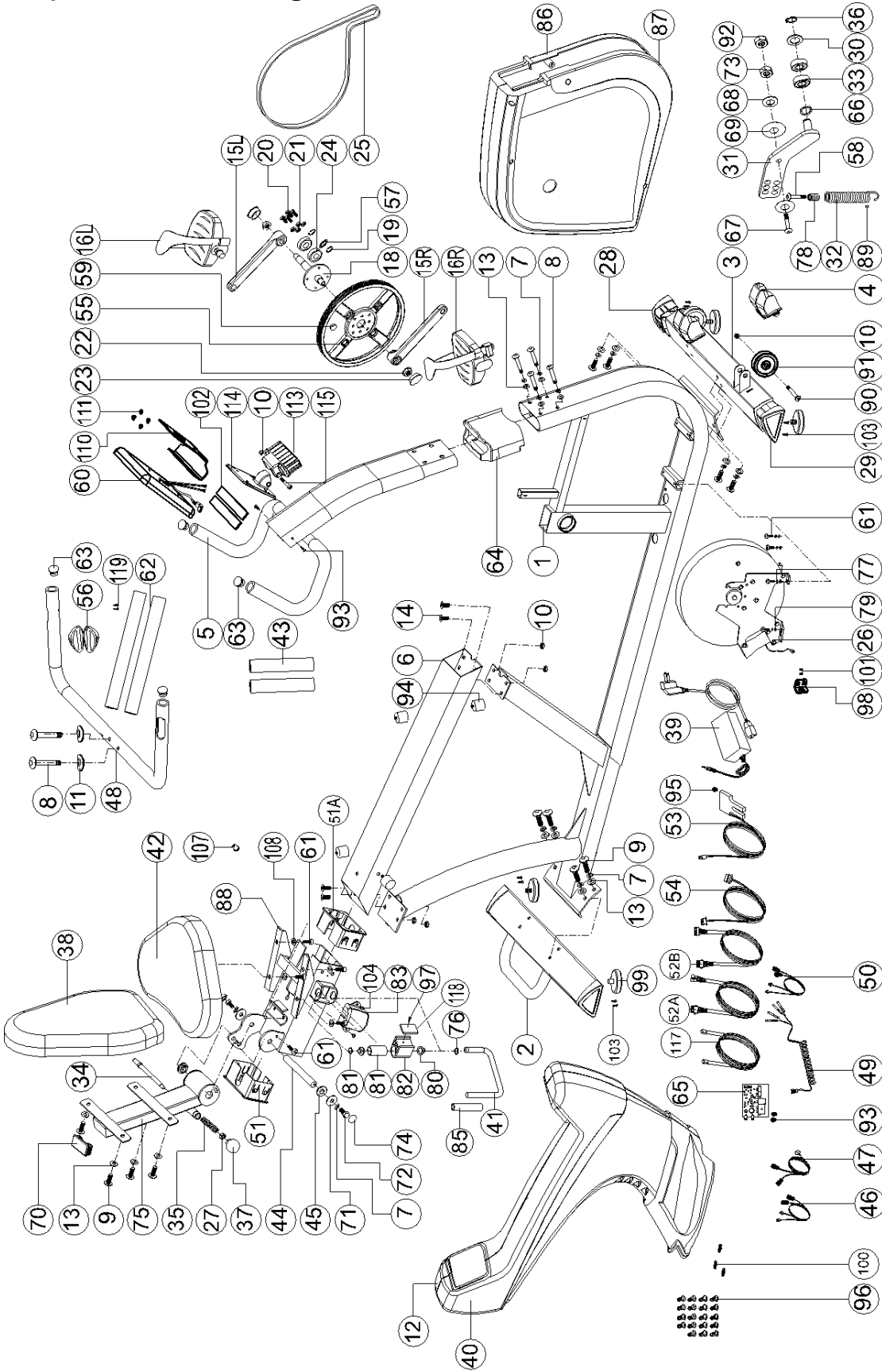
Ed : 07/18



CHECK LIST (CONTENTS OF PACKAGE):



Exploded drawing:



Part List:

Part NO.	Description	Material	Specification	QTY
1	Main frame			1
2	Rear stabilizer			1
3	Front stabilizer			1
4	Wheel cover	PP	93.2*64.7*62	2
5	Handlebar post			1
6	Sliding beam	Q195	50*100*1.8T*740L	1
7	Spring washer	70#	D15.4 XD8.2x2T	14
8	Allen bolt	35#	M8*1.25*50L,8.8	6
9	Allen bolt	35#	M8x1.25x20L,8.8	12
10	Nut	Q235A	M8*1.25*8T	7
11	Curved washer	Q235A	D22xD8.5x1.5T	2
12	Rear chain cover (left)	PS		1
13	Flat washer	Q235A	D16*D8.5*1.2T	16
14	Allen bolt	35#	M8x1.25x15L,8.8	4
15L	Left crank	1015A	170Lx9/16"-20BC	1
15R	Right crank	1015A	170Lx9/16"-20BC	1
16L	Left pedal		JD-36A 9/16"	1
16R	Right pedal		JD-36A 9/16"	1
18	Crank axle welding set			1
19	C ring	65Mn	D22.5*D18.5*1.2T	2
20	Hex nut	35#	M6x1.0x15L, 8.8	4
21	Nut	Q235A	M6x1.0x6T	4
22	Anti-loose nut	35#	M10*1.25*10T	2
23	Screw cap	PE	D26*11L	2
24	Bearing	GCr15	#6004-2RS(C0)	2
25	Belt		410 (1041) PJ6	1
26	Magnetic system		D265*86	1
27	Hex nut	Q235A	M18*1.5*14	1
28	Tri-angle cap(left)	PE	95.7*57.2*51.3	2
29	Tri-angle cap(right)	PE	95.7*57.2*51.3	2
30	Flat washer	Q235A	D24*D16*1.5T	1
31	Idle wheel fixing plate			1
32	Spring	72A#	D3*D19*67L	1
33	Bearing	GCr15	#99502	2
34	Pin	Q235A	D9*143.5L	1
35	Spring		D1.0*131.9	1
36	C ring	65Mn	S-16(1T)	3
37	Ball knob	ABS+Q235A	D33*M8*1.25	1
38	Backrest			1
39	Adaptor		Output: 26V,2.3A	1
40	Rear chain cover (right)	PS		1
41	Adjustable pole	Q235A	D12*122*162	1
42	Seat			1
43	Foam	NBR	D30*3T*480L,PAHS	2
44	Axle	Q235A	D12*100L	1
45	Bushing	Fe	D29*D12.1*9T	2
46	Upper handle pulse cable		750L	2
47	Lower handle pulse cable		1850L	1
48	Handlebar			1
49	Handle pulse cable		690L	1
50	Upper handle pulse cable		750L	2

Part NO.	Description	Material	Specification	QTY
51A	Bushing	NL	125*75*53	1
51	Bushing	NL	125*75*53	1
52A	Upper computer cable		600L	1
52B	Lower computer cable		950L	1
53	Sensor cable		150L	1
54	Electric cable		450L	1
55	Belt wheel	ZL102	D260*19	1
56	Handle pulse		PE18	2
57	Waved washer	65Mn	D27*D20.3*0.5T	1
58	Allen bolt	35#	M8*1.25*50L,8.8	1
59	Round magnet		M02	1
60	Computer		SE-1699-31	1
61	Screw	35#	M6*1.0*15L,8.8	9
62	Foam	NBR	D30*3T*520L,REACH	2
63	Cap	PVC	D1 1/4**29L	4
64	Upper protective cover	HIPS	137.1*121*73.4	1
65	Control board		EMS2500-A01	1
66	Waved washer	65Mn	D21xD16.2x0.3T	1
67	Allen bolt	35#	M8x1.25x30L ,8.8	1
68	Plastic washer	NL66	D10*D24*0.4T	2
69	Flat washer	Q235A	D25xD8.5x2.0T	1
70	Cap	PE	30*70*17L	1
71	Flat washer	Q235A	D25*D8.5*2T	2
72	Hex bolt	35#	M8*1.25*15L,8.8	2
73	Hex nut	Q235A	M8*1.25*6T	2
74	Screw cover	PVC	D28x14(M8)	2
75	Adjustable tube of backrest			1
76	C ring	65Mn	S-12(1T)	2
77	Spring washer	70#	D10.5*D6.1*1.3T	4
78	Nut	Fe	D15*13L	1
79	Flat washer	Q235A	D13*D6.5*1.0T	4
80	Bushing		D29*D11.9*9T	2
81	Axle		D26*41	1
82	Stopper	ABS	53*41*38	1
83	Protective cover	PS	95.4*69*49.3	1
85	Foam	PVC	D9.6*1T*213L	1
86	Left chain cover	HIPS	534.7*502*82.7	1
87	Right chain cover	HIPS	534.7*502*78.1	1
88	Seat post tube			1
89	Screw cover	PVC	D3*30L	1
90	Allen bolt	Q235A	M8*1.25*40L,8.8	2
91	Wheel		D65*24	2
92	Nut	Q235A	M8*1.25*8T	1
93	Screw	10#	ST4.2x1.4x15L	2
94	Buffer	NBR+Q235A	D20*10L *M8*1.25	4
95	Bolt	Q235A	M5x0.8x12L	1
96	Screw	10#	ST4.2x1.4x20L	19
97	Screw	10#	ST4*1.41*12L	1
98	Fixing plate	Q235A	30*27*4T	1
99	Adjustable round wheel	Q235A+rubber	D38*M10*1.5	4
100	Pin	ABS	D6*26.5*7.7	3

101	Bolt	Q235A	M5x0.8x15L,8.8	2
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Part NO.	Description	Material	Specification	QTY
102	Buffer strip	EVA	219*15*2T	2
103	Screw	10#	ST4*1.41*15L	8
104	Bolt	Q235A	M5x0.8x10L	2
107	Line plug	PVC	D4*D12*13	1
108	Flat washer	Q235A	D14*D6.5*0.8T	4
110	Computer fixing plate	Q235A	220*120*3T	1
111	Bolt			4
113	Computer bracket	ABS	120*40*70	1
114	Computer fixing bracket	ABS	120*110*2.5T	1
115	Screw	35#	M8*1.25*45L	1
117	Connect cable		150L	1
118	Buffer	NBR	40.5*28.5*6T	1
119	Screw	10#	ST4*1.4L*25L	2
\	Allen spanner	35#	M6,8.8	1
\	Spanner	Q235A	155*30*5T	1
\	Allen spanner	Q235A	M5	1

STEP 1

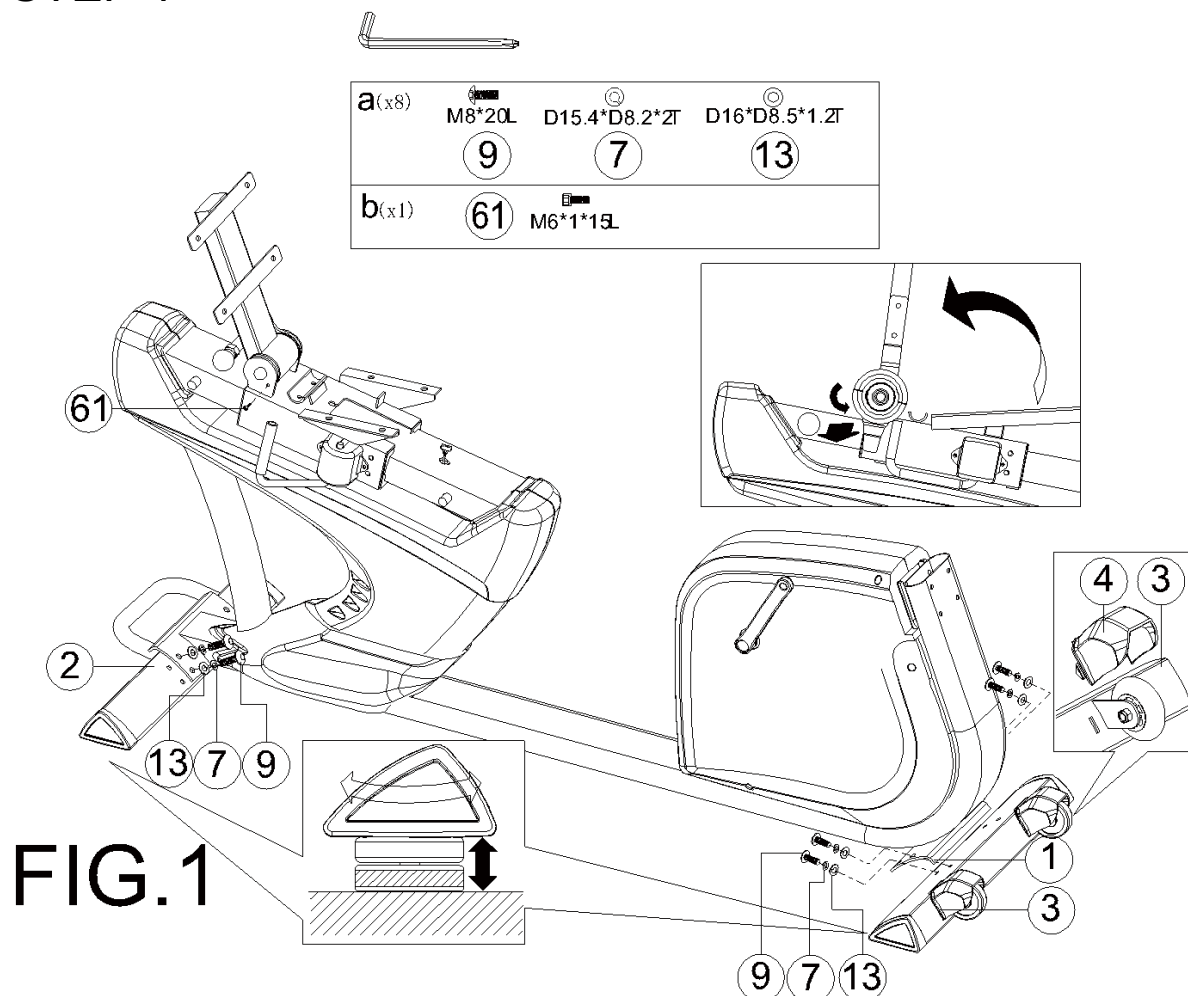
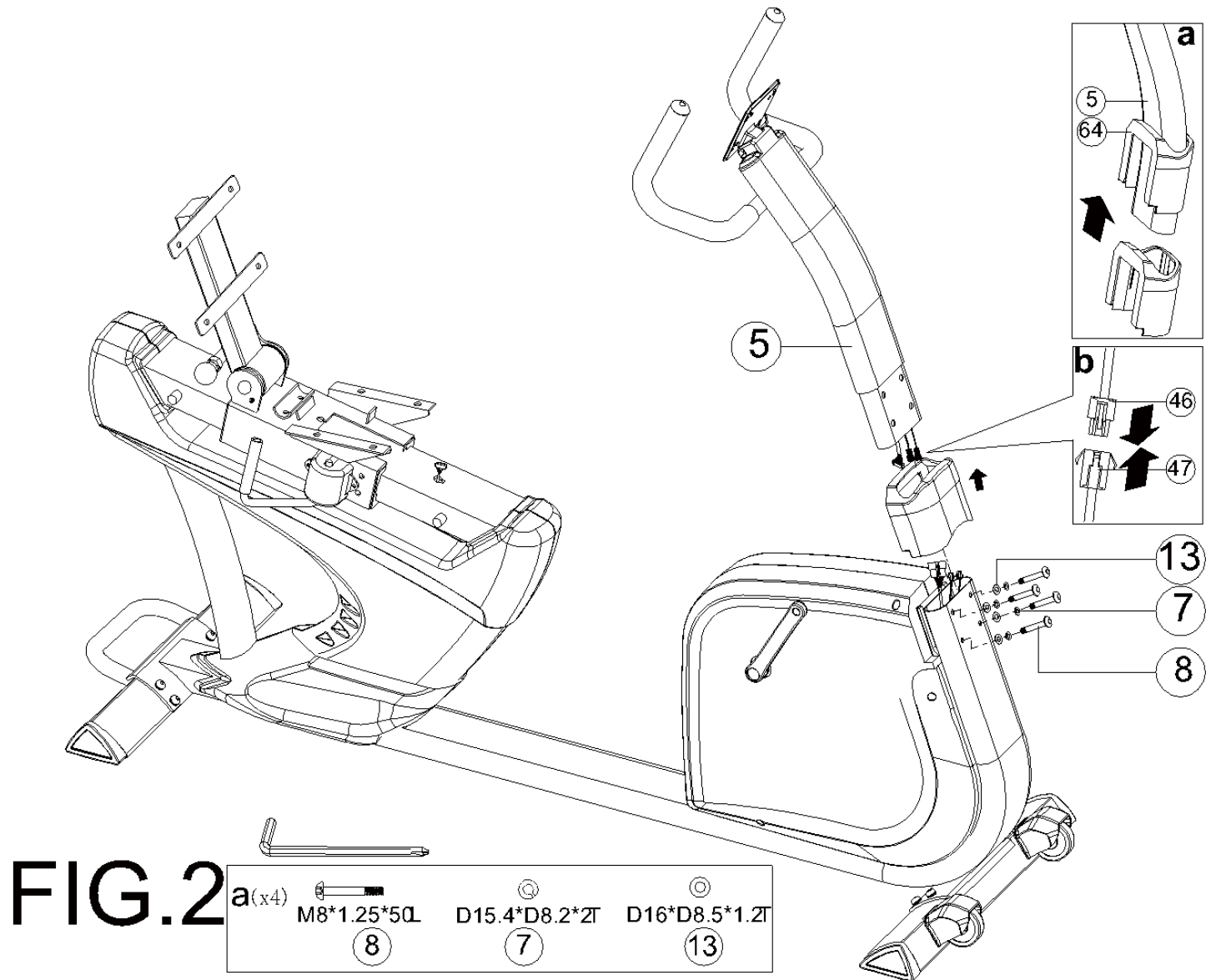


FIG.1

- 1) Assemble the front stabilizer (3) and rear stabilizer (2) onto the main frame (1) by using the spring washer (7), the Allen bolt (9), and the flat washer (13).
- 2) Adjust the proper height by turning the adjustable round wheel of foot cap(99).

STEP 2



- 1) Suggest assembling this step by two persons.
- 2) First, lift up the upper protective cover (64) like fig. a. Then connect the handle pulse cable (46 & 47) like fig. b.
- 3) Insert the handlebar post (5) on the main frame and tighten it by using the spring washer (7), the Allen bolt (8), and the flat washer (13). Place down the cover for handlebar post (64) and make it tight on the main frame.

STEP 3

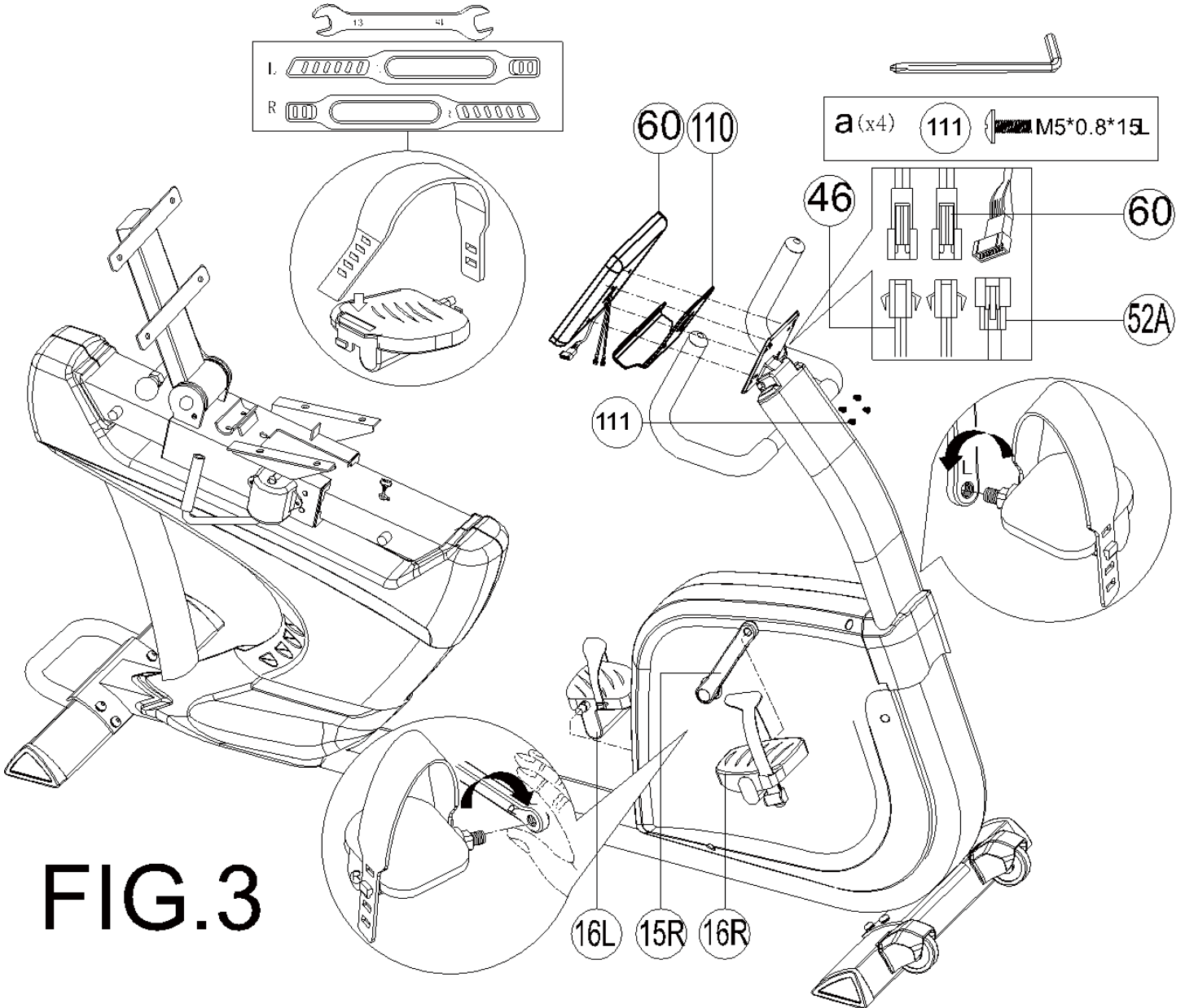
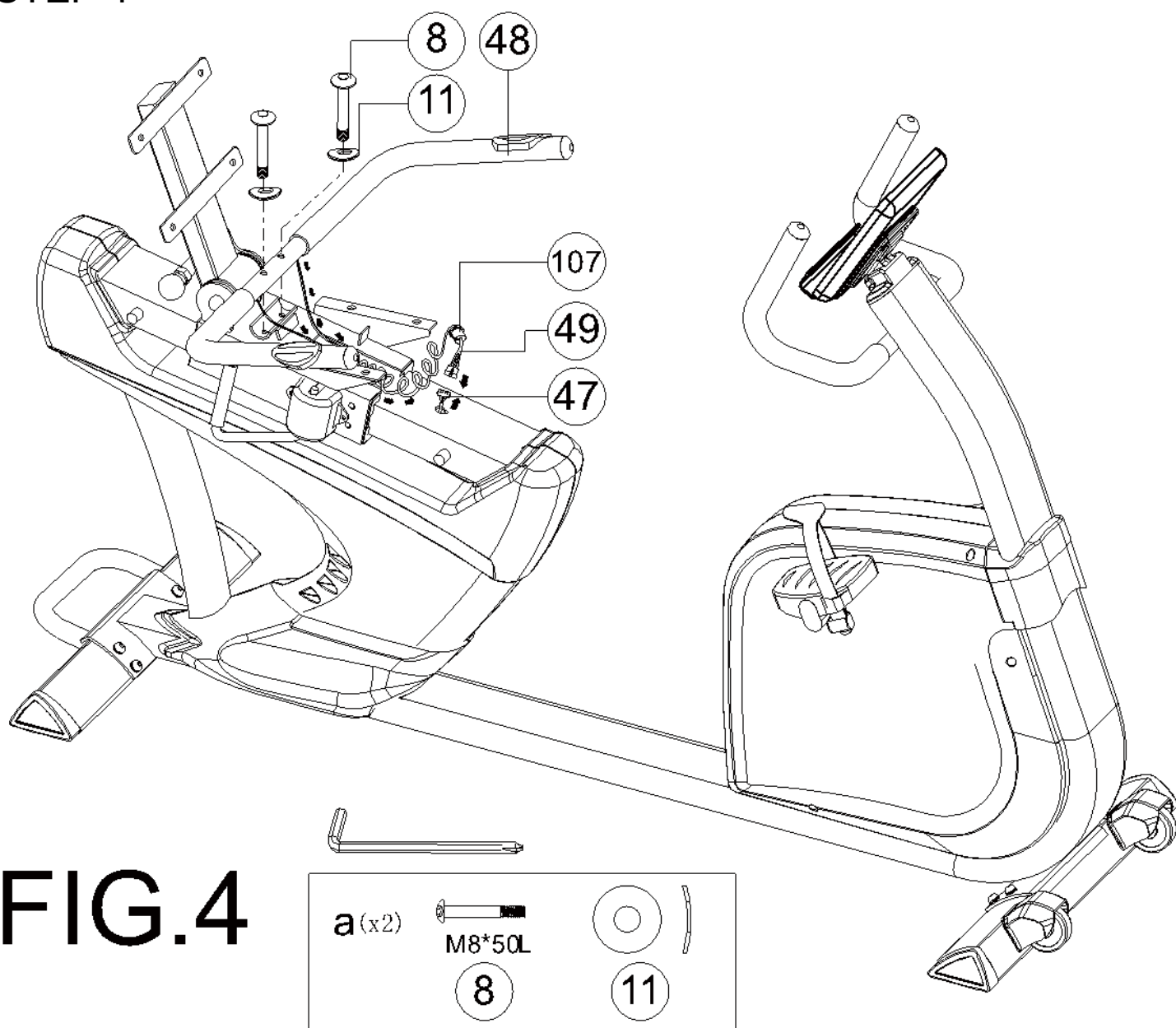


FIG.3

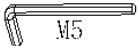
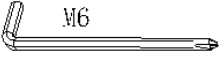




- 1) Assemble the upper handlebar pulse cable (46) & upper computer cable (52A) to the computer (60).
- 2) Assemble the computer (60) to **Computer fixing plate**(110)& the handlebar post (5) by using the bolt (111).
- 3) Assemble the left pedal (16L) on the crank (15L) by anti-clockwise. Assemble the right pedal (16R) and the right crank (15R) by clockwise.

STEP 4



- 1) Assemble the handlebar (48) to the main frame (1) by using the Allen bolt (8), and the curved washer (11).
- 2) Connect the lower handle pulse cable (47) with the handle pulse cable (49), then cover with line plug(107).

STEP 5

		
a(x4)	M8*20L	D16*D8.5*1.2T
		
b(x4)	M6*1*15L	D14*D6.5*0.8T
		

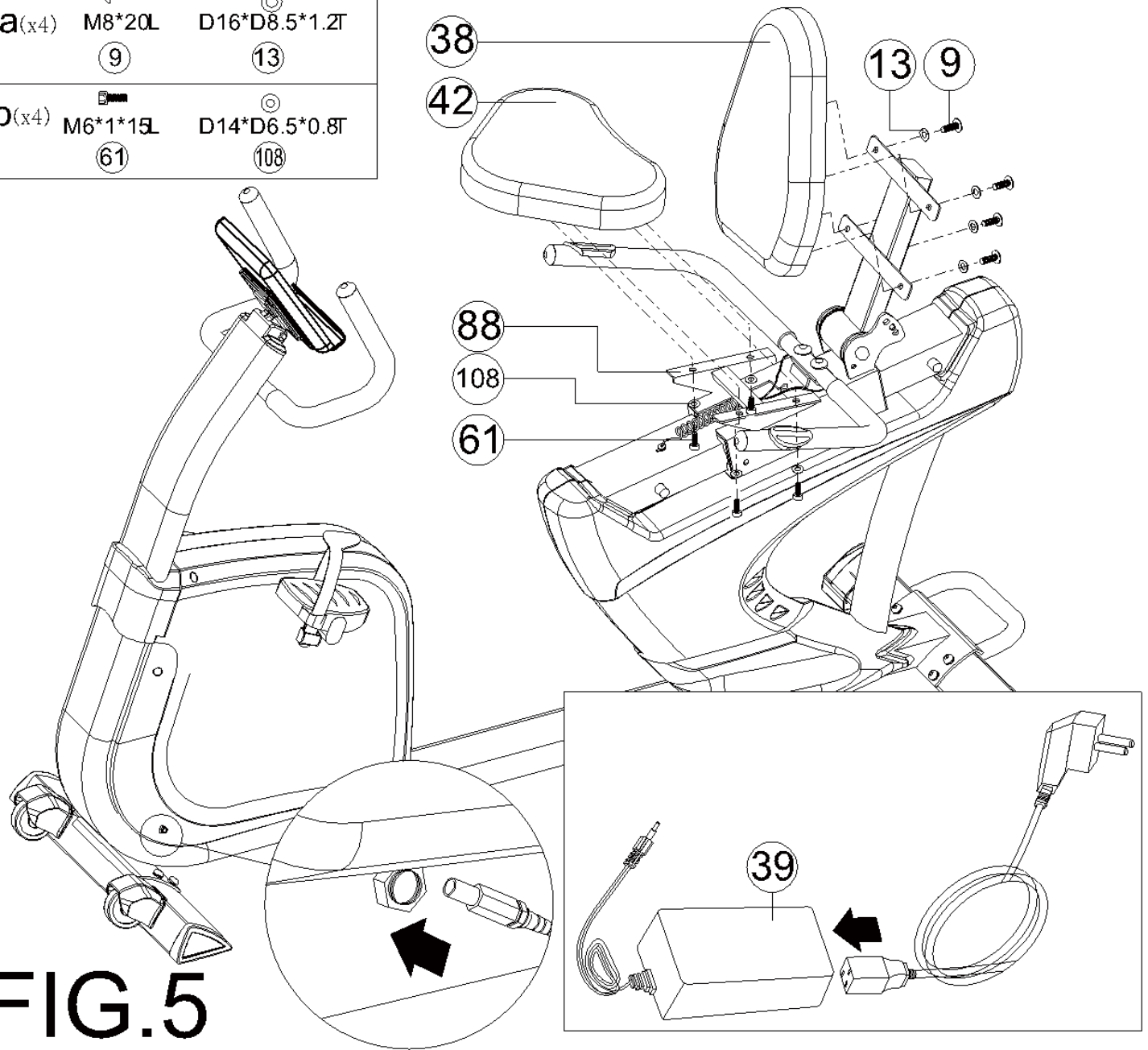
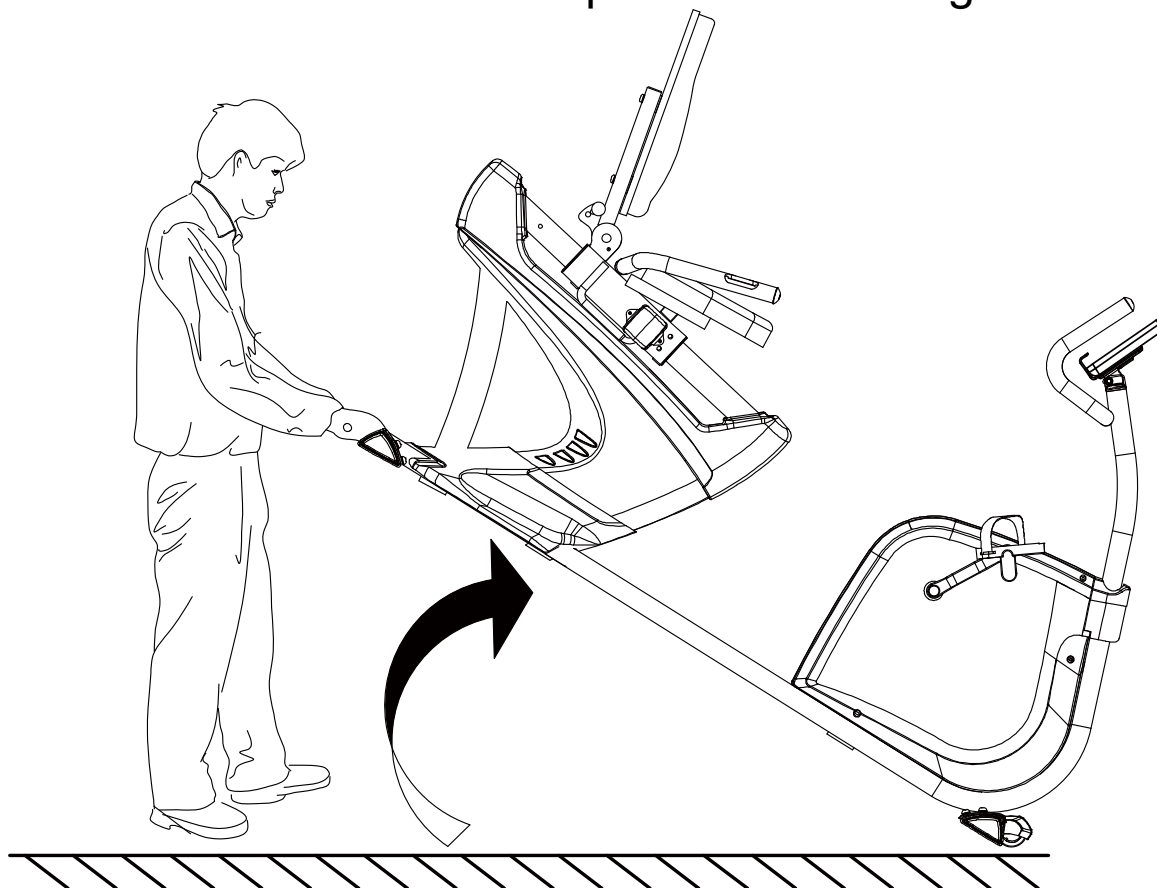


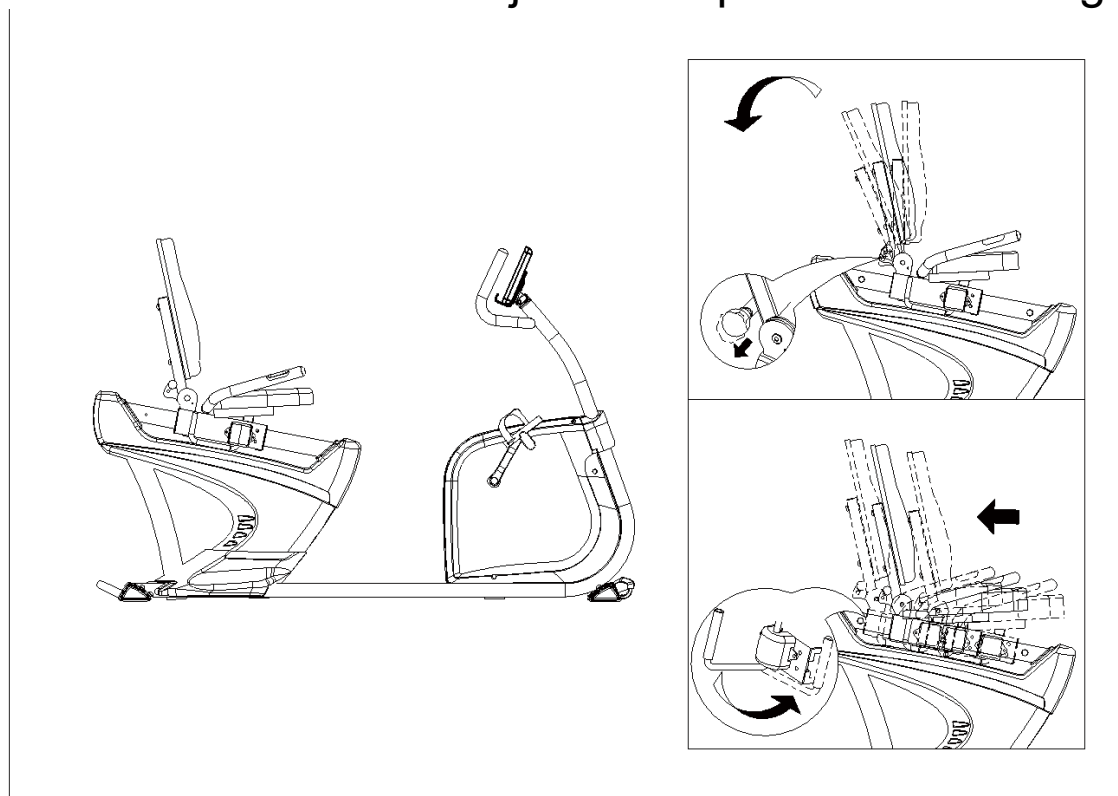
FIG.5

- 1) Assemble the seat (42) to the seat support tube(88) by using the screw (61) and the flat washer (108).
- 2) Assemble the backrest (38) to the backrest post by using the Allen bolt (9) and the flat washer (13).
- 3) Connect the adaptor (39) to the adaptor input on the front of the bike.

The bike can be moved as per below drawing



The backrest can be adjusted as per below drawing.



INSTRUCTION MANUAL

【BUTTON FUNCTION】

UP	To make upward adjustment or increase training resistance.
DOWN	To make downward adjustment or decrease training resistance.
ENTER	To confirm all settings.
START/ STOP	To start or stop workout.
RESET	To reset current settings or press to have monitor switching to initial training mode for renew selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat%. Press "BODY FAT" and hold for 2 seconds to modify user data (SEX/ AGE/ HEIGHT & WEIGHT) in standby mode.

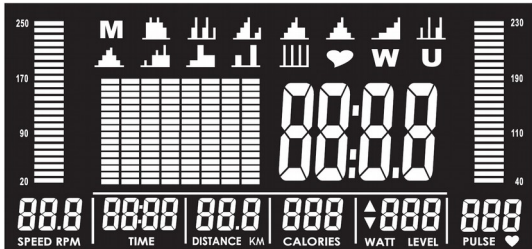
【DISPLAY FUNCTION】

TIME	Count up - TIME will count up from 00:00 to maximum of 99:59 when there's no target time preset. Each increment is 01:00 minute. Count down - TIME will count down from preset target time to 00:00. Each preset increment or decrement is 01:00 minute with available range between 01:00 to 99:00.
SPEED	Current training speed with maximum of 99.9 KM/H or 99.9 ML/H.
RPM	Rotation Per Minute with available range from 0~15 to 999.
DISTANCE	Accumulation of total distance from 00:00 up to 99.99 KM or 99.99 ML. Use UP/ DOWN key to preset target distance with each upward adjustment of 0.1 KM or 0.1 ML.
CALORIES	Accumulation of total calories consumption during training from 0 to maximum of 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatments.)
PULSE	User may set up target pulse from 0~30 to 230. Console system will have buzzer beeping as a cue when user's actual heart rate exceeds preset target value during workout.
WATTS	Current workout watts with available range from 0 to 999.

【OPERATING PROCEDURE】

(1) POWER ON –

- 1.1 Plug in adaptor to power on console, system will have buzzer beeping as a cue.
- 1.2 LCD will have all segments displaying for two seconds along with “78.0” (wheel diameter), “E” (EU), and “K” (KM) for one second.

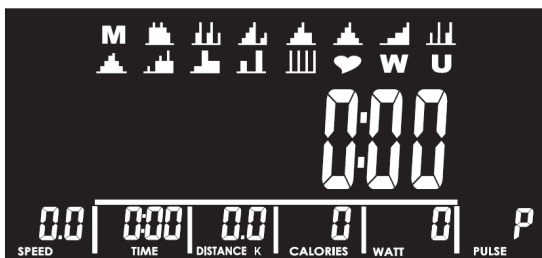


(2) USER PROFILE SET UP –

- 2.1 Use UP (□) and DOWN (▼) key to select a user profile from U1~U4, press “ENTER” to confirm when a user profile is selected.
- 2.2 Press “ENTER” each time when value’s determined for SEX, AGE, HEIGHT, and WEIGHT settings and all entered data will be saved in user profile U1~U4.

(3) PROGRAM SELECTING –

- 3-1 Programs display on LCD as MANUAL→12 PROGRAMS→H.R.C.→WATT→USER PROGRAM→MANUAL in sequence.
- 3-2 Use UP (□) and DOWN (▼) key to select a program and press “ENTER” to confirm when selection is determined.



(4) MANUAL -

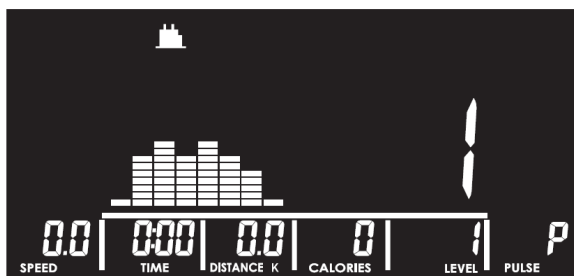
- 4-1 Select “M” and use UP (□) and DOWN (▼) key to adjust resistance level; press “ENTER” when value is determined.
- 4-2 Resistance level can be readjusted during workout.
- 4-3 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

- 4-4 Use UP (□) and DOWN (▼) key for TIME, DISTANCE, CALORIES, and PULSE settings. Press “ENTER” each time when value’s determined.
- 4-5 Press “START” and start pedaling. RPM & PULSE bars will display values accordingly.
- 4-6 Press “STOP” to pause exercise and all exercise values will be saved.
- 4-7 Press “RESET” and return to program selecting.



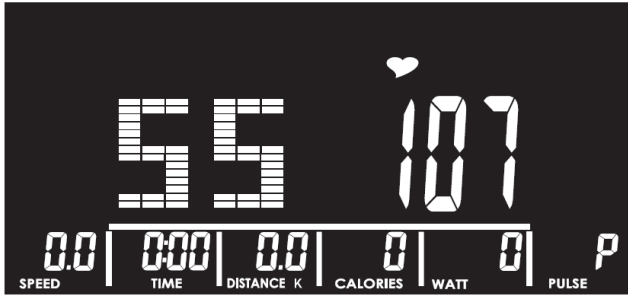
(5) 12 PROGRAMS -

- 5-1 Use UP (□) and DOWN (▼) key to select a program from P1 to P12 and press “ENTER” to confirm after selection’s determined.
- 5-2 LCD will display corresponding flashing graphic to the program user selects.
- 5-3 Use UP (□) and DOWN (▼) key to adjust resistance level and TIME; press “ENTER” each time when value’s determined and press “START” to start workout.
- 5-4 Resistance level can be readjusted during workout.
- 5-5 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.



(6) H.R.C. -

- 6-1 Use UP (□) and DOWN (▼) key to select 55%, 75%, 90%, or TARGET.
- 6-2 The heart rate value will be calculated automatically according to the AGE value user inputs and will be shown in the alphanumeric column in flashing text.
- 6-3 When user selects “TARGET”, use UP (□) and DOWN (▼) key to set value between 30~230 and press “ENTER” to confirm when value’s determined.
- 6-4 Use UP (□) and DOWN (▼) key to set TIME and press “ENTER” to start workout.



(7) USER PROGRAM -

7-1 Use UP (□) and DOWN (▼) key to create user's desired program, press "ENTER" when each chart value's determined.

7-2 Press "ENTER" and hold for 2 seconds and skip to TIME setting.

7-3 Press "START" and user may start pedaling.



(8) WATT -

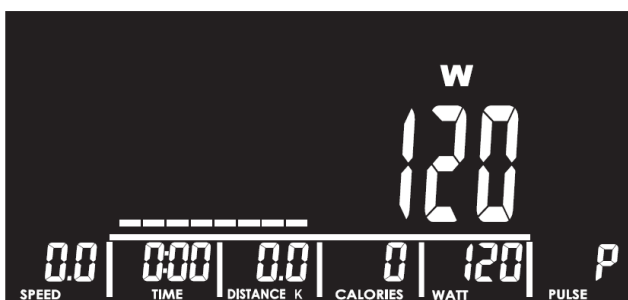
8-1 WATT default value 120 will be displayed in the alphanumeric column in flashing text waiting for an adjustment.

8-2 Use UP (□) and DOWN (▼) key to adjust WATT and TIME values.

8-3 Press "START" to start exercise.

8-4 WATT LEVEL will be adjusted automatically according to user's actual RPM input value.

8-5 WATT LEVEL can be readjusted manually during workout.



(9) BODY FAT -

9-1 This function is valid after user stops pedaling (or press "STOP").

9-2 A continuous RPM signal input is required during BODY FAT test.

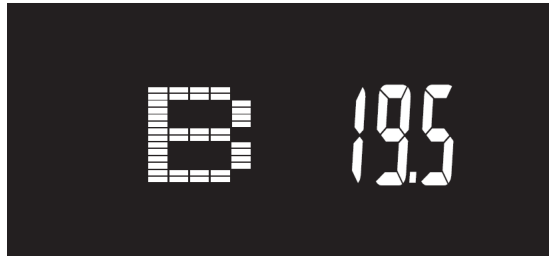
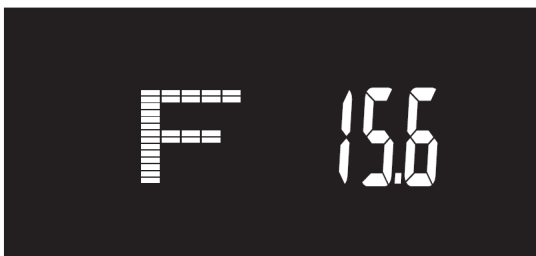
9-3 Press "BODY FAT", console system will display "UX" for two seconds and start the body fat measurement process and will show results of FAT% and BMI on screen 8 seconds later.

9-4 Press "BODY FAT" and hold for two seconds to enter user profile to reset SEX, AGE, HEIGHT, and WEIGHT. Press "ENTER" to start body fat measurement process.

9-5 If LCD displays following messages:

"E-1"- When there's no heart rate signal input detected; or

"E-4" – When FAT% result exceeds 5~50 and BMI result exceeds 5~50.



(10) RECOVERY -

10-1 RECOVERY function is valid when there's a heart rate value input detected (during exercise or after user presses "STOP").

10-2 Press "RECOVERY" and LCD will display TIME "0:60" counting down with user's actual heart rate value showing in the PULSE column.

10-3 When TIME reaches to "0:00", LCD will have result "FX" (X=1~6) displaying in the alphanumeric section.

10-4 Press "RECOVERY" again and return to previous mode during or after RECOVERY test's occurred; LCD will continue displaying user's actual heart rate value on screen.



APP:



1. This console has been built in Bluetooth 4.0 module for APP function.
2. Once console is connected to smart device via Bluetooth , the console will power off.

Noted:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode.
Press any key may wake the console up.
2. If console operation or display abnormally ,please Power-off and restart it.



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