TOORX

FITNESS IN MOTION

INSTRUCTION



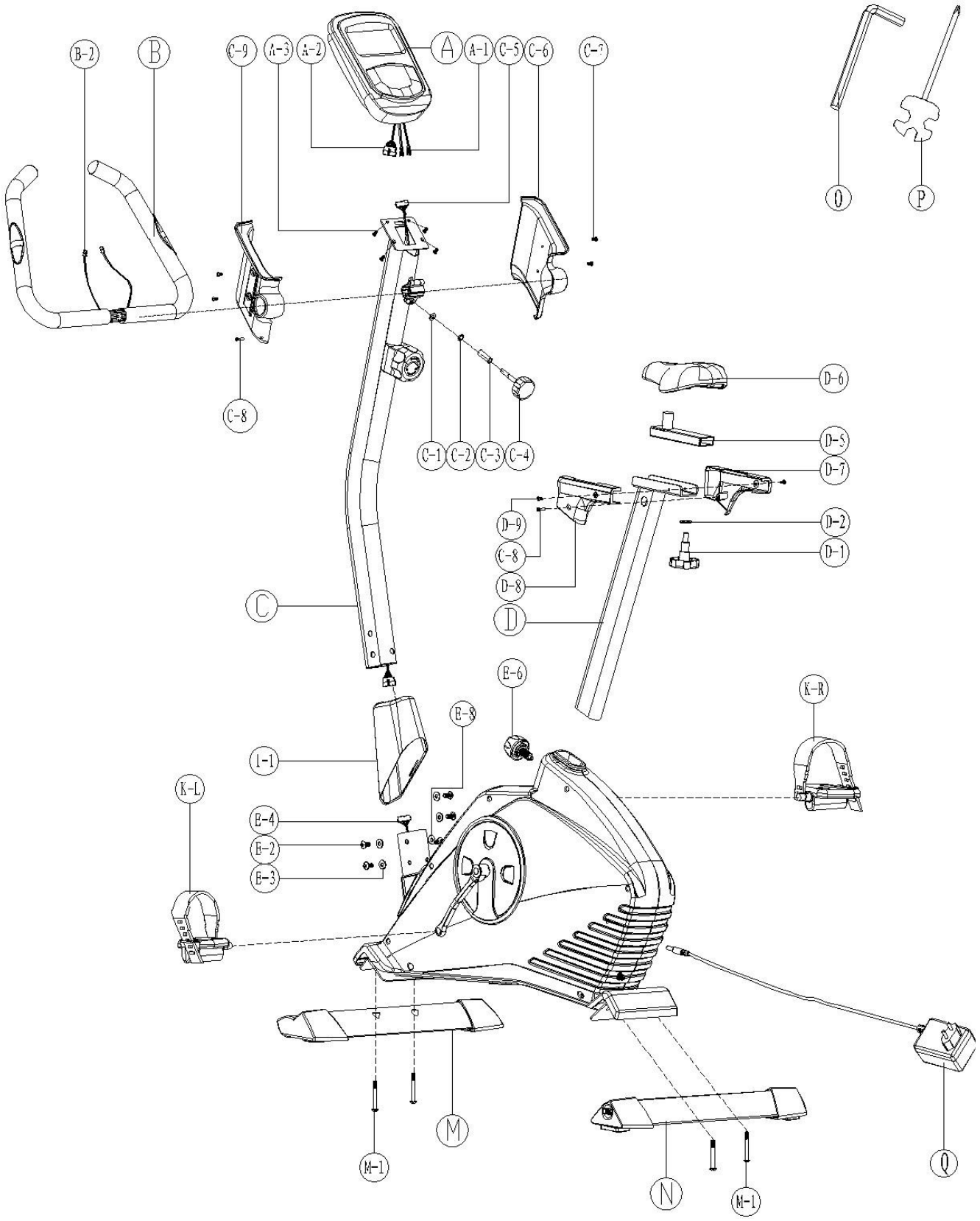
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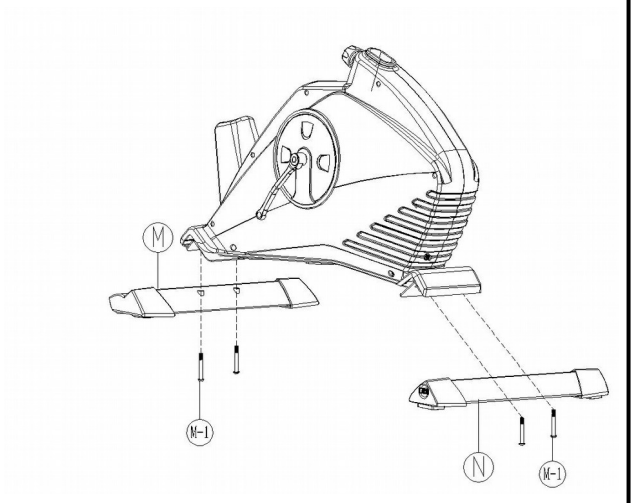
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CE

- All data displayed are approximate guidance and cannot be used in any medical application.



ASSEMBLY INSTRUCTIONS

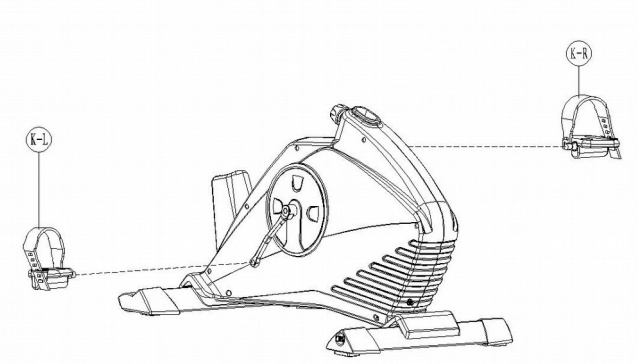


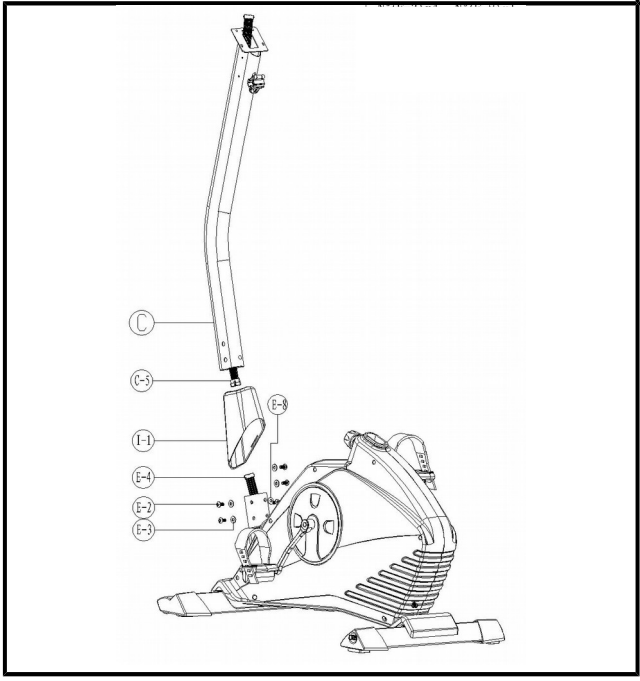
Step 1

Assembly the rear and front stabilizer (N&M) with 4 bolts (M-1).

Step 2

Assemble the left hand pedal (K-L) and the right hand pedal (K-R) to the crank.





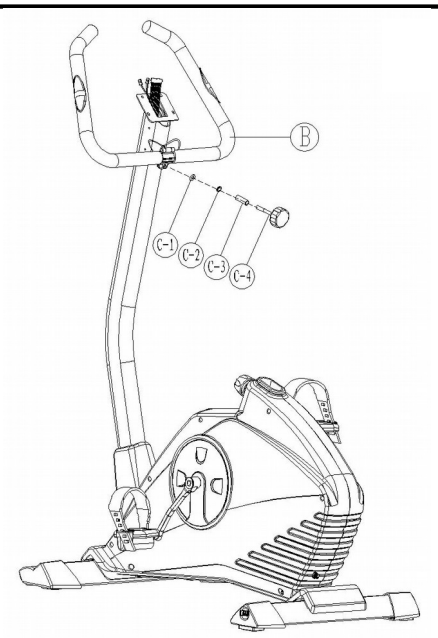
Step 3

Pass through the handlebar post (C) from the plastic cover (I-1).

Connect the computer cable up and down (C-5 & E-4). Fix the handlebar post to the main frame after the above two steps.

Fasten those screws (E-2) and washers (E-3&E-8) to fix the handlebar post, move the plastic cover to right position.

ASSEMBLY INSTRUCTIONS



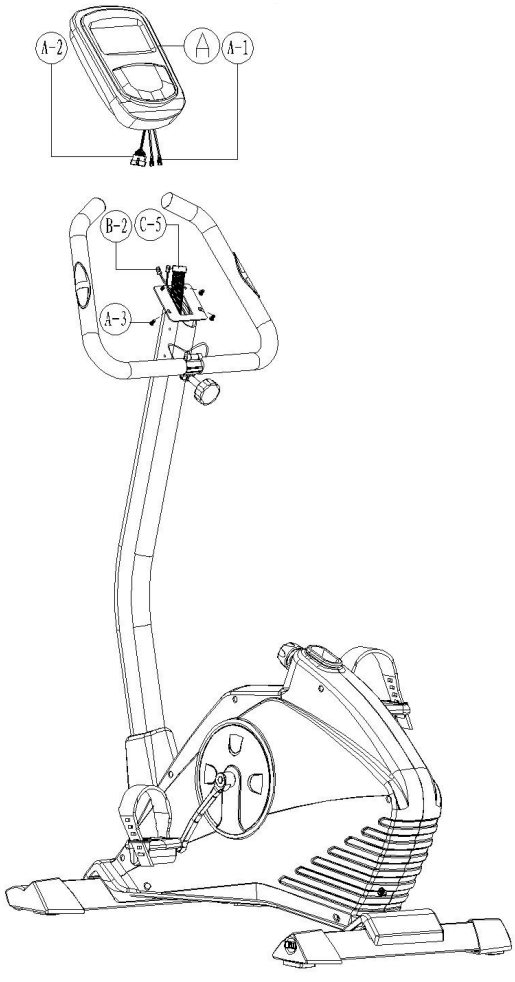
Step 4

Attach the handlebar (B) to the handlebar post between the steel covers, secure the steel cover assembly using one flat washer (C-1), one spring washer (C-2), one bushing (C-3) and one knob (C-4).

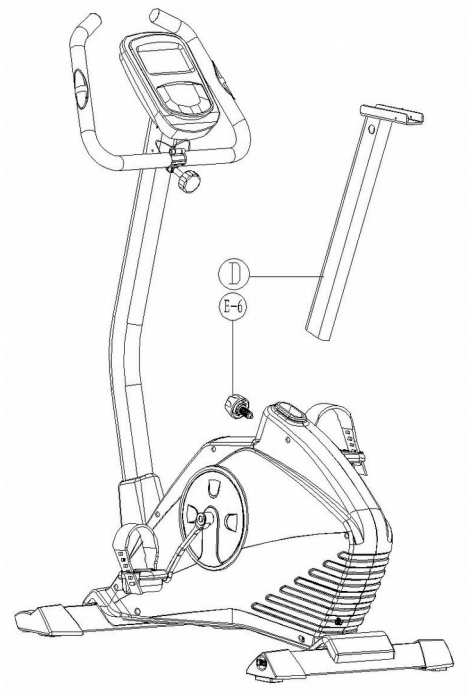
Step 5

Plug in the cables (A-1&B-2) between the computer and the handlebar post, plug in the motor cable (A-2&C-5) between computer and handle bar post.

Fix the computer onto the handlebar post with four screws (A-3).



ASSEMBLY INSTRUCTIONS



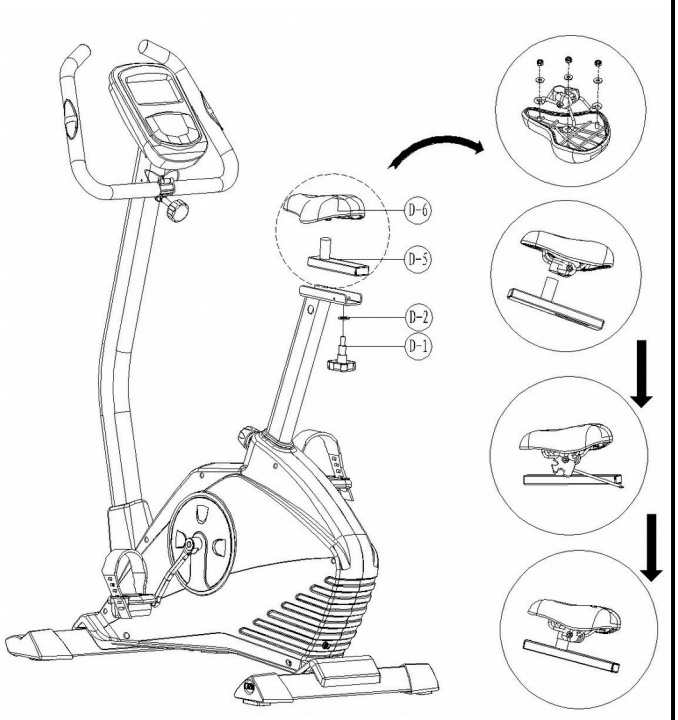
Step 6

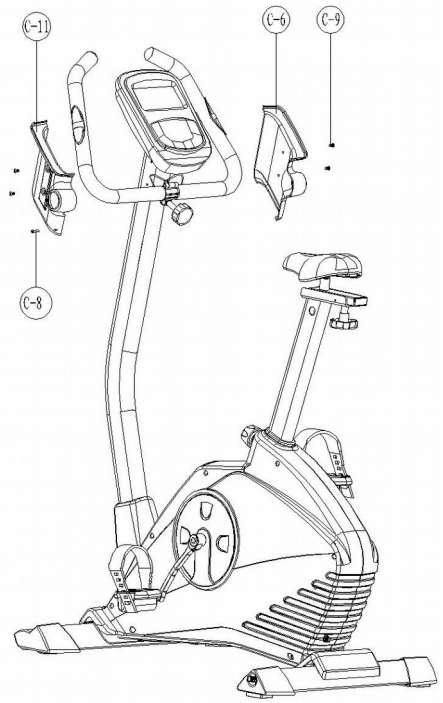
Insert the seat post (D) into the main frame through the plastic sleeve. Select the ideal hole position on the seat post. Insert the knob (E-6) into the hole. Tighten fully the knob.

Step 7

Connect the saddle (D-6) and the slider (D-5) s.

Attach the slider onto the top of the seat post and the secure using the horizontal adjusting knob (D-1) and one flat washer (D-2).



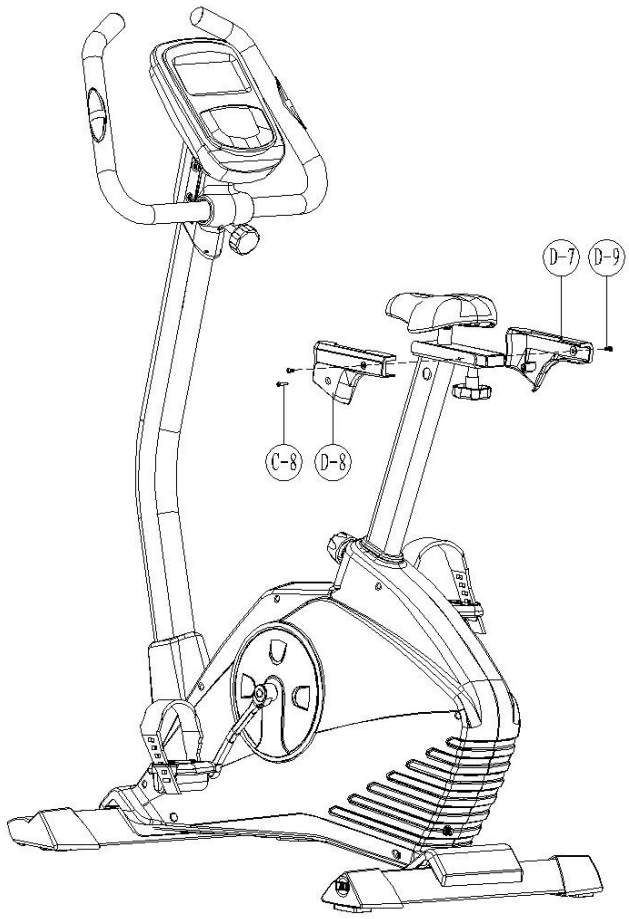


Step 8

Put the handle bar plastic cover left & right (C-11&C-6) onto the handle bar, secure it with screws (C-8&C-9) as left drawing.

Step 9

Assemble the slider cover left & right (D-8&D-7) onto the slider set, fix it with screws (C-8&D-9).

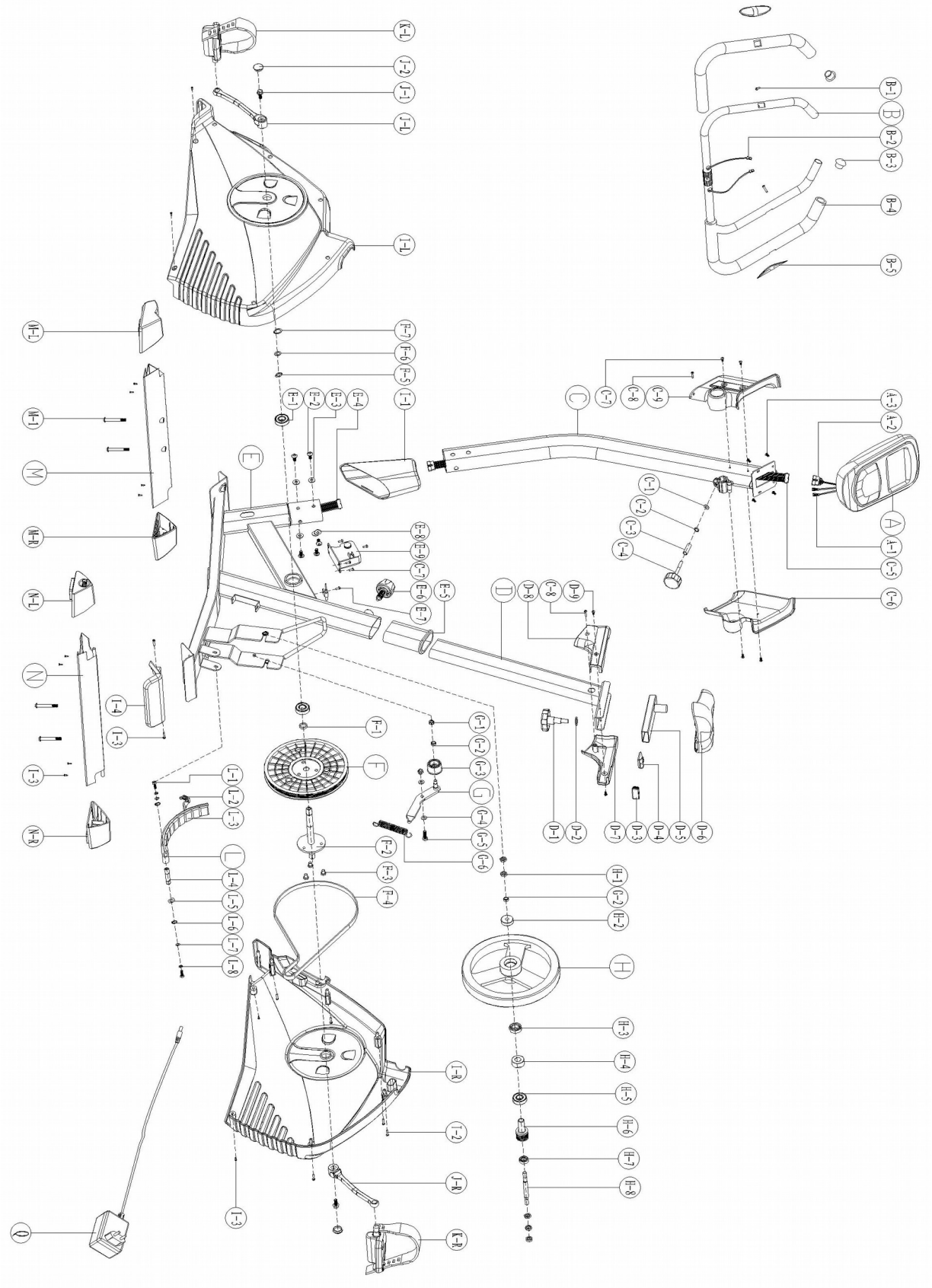


PARTS LIST

Item	Description	Q'ty		Item	Description	Q'ty
A	Computer	1		F-7	C-circle	1
A-1	Pulse cable (upper)	1		G	Idle	1
A-2	Motor cable	1		G-1	Nylon nut M8	5
A-3	Screw M5*10	4		G-2	Bushing Φ10*Φ14*6L	2
B	Handle bar	1		G-3	Idle wheel	1
B-1	Screw M4*20	2		G-4	Flat washer	2
B-2	Pulse cable (lower)	2		G-5	Screw M8*20L	1
B-3	End cap	2		G-6	Spring	1
B-4	Foam grip	2		H	Flywheel	1
B-5	Hand pulse	2		H-1	Screw 3/8″-26	5
C	Handle bar post	1		H-2	Bearing 6000	1
C-1	Flat washer	1		H-3	Bearing 6300	1
C-2	Spring washer	1		H-4	One way bearing	1
C-3	Bushing	1		H-5	Bearing 6203	1
C-4	Knob	1		H-6	Small belt pulley	1
C-5	Motor cable (upper)	1		H-7	Bearing 6003	1
C-6	Handle bar cover (right)	1		H-8	Mandril of flywheel	1
C-7	Screw	4		I-L	Chain cover (left)	1
C-8	Screw	2		I-R	Chain cover (right)	1
C-9	Handle bar cover (left)	1		I-1	Handle bar post cover	1
D	Seat post	1		I-2	Screw M4*20	5
D-1	Seat knob	1		I-3	Screw	12
D-2	Flat washer	1		I-4	Rear tube cover	1
D-3	Cap 20*40	2		J-L	Crank (left)	1
D-4	Slider fixed screw	1		J-R	Crank (right)	1
D-5	Slider	1		J-1	Screw M8	2
D-6	Saddle	1		J-2	Cover for crank	2
D-7	Slider cover (right)	1		K-L	Pedal (left)	1
D-8	Slider cover (left)	1		K-R	Pedal (right)	1
D-9	Screw	2		L	Magnetic set	1
E	Main frame	1		L-1	Screw M6	2
E-1	Bearing 6203	2		L-2	Spring	1
E-2	Screw M8*16L	5		L-3	Magnetic	10
E-3	Flat washer	4		L-4	Bushing	1
E-4	Motor cable (lower)	1		L-5	Wave washer	2
E-5	Plastic sleeve	1		L-6	C circle	2

E-6	Seat post knob M16	1		L-7	Spring washer	2
E-7	Screw	1		L-8	Flat washer	2
E-8	Semicircle washer	1		M	Front stabilizer	1
E-9	Motor	1		M-L	Front end cap (left)	1
F	Plastic pulley	1		M-R	Front end cap (right)	1
F-1	Bushing Φ17*5T	1		M-1	Screw M8*60L	4
F-2	Axle assembly	1		N	Rear stabilizer	1
F-3	Screw M8*10L	3		N-L	Rear end cap (left)	1
F-4	Belt	1		N-R	Rear end cap(right)	1
F-5	Wave washer	1		O	Inner hex. wrench	1
F-6	Flat washer	1		P	Harpoon wrench	1

COMPLETE BIKE ASSEMBLY



Garlando

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