TOORX

FITNESS IN MOTION

INSTRUCTION



BRX300

Rev: 00

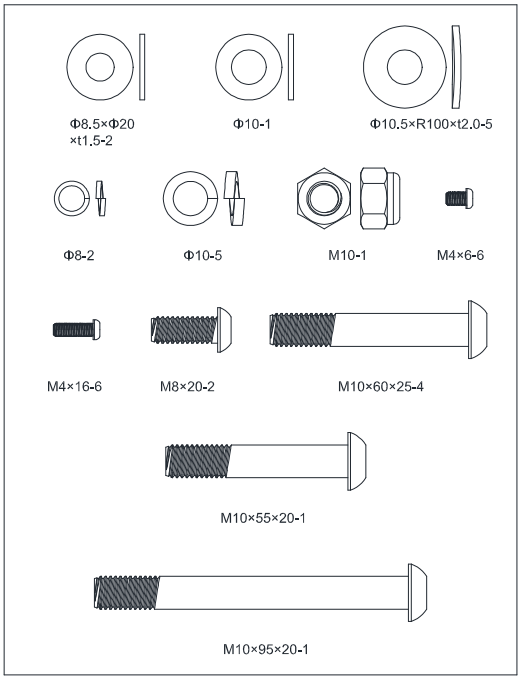
Ed : 02/17

CE

Pre-assembly Notes

Open the boxes:

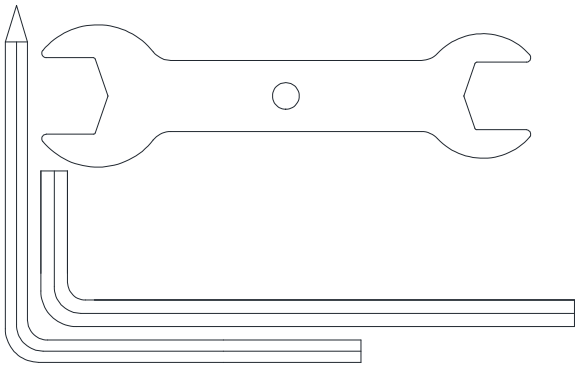
Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITTY
26	Allen C.K.S. half thread screw	M10×60×25	4
27	Spring washer	Φ10	5
28	Curved washer	Φ10.5×R100×t2.0	5
29	Philips pan head full thread screw	M4×6	6
30	Allen C.K.S. full thread screw	M8×20	2
31	Spring washer	Φ8	2
32	Flat washer	Φ8.5×Φ20×t1.5	2
33	Hex locking nut	M10	1
34	Flat washer	Φ10	1
35	Allen C.K.S. half thread screw	M10×95×20	1
36	Allen C.K.S. half thread screw	M10×55×20	1
37	Philips pan head full thread screw	M4×16	6

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.



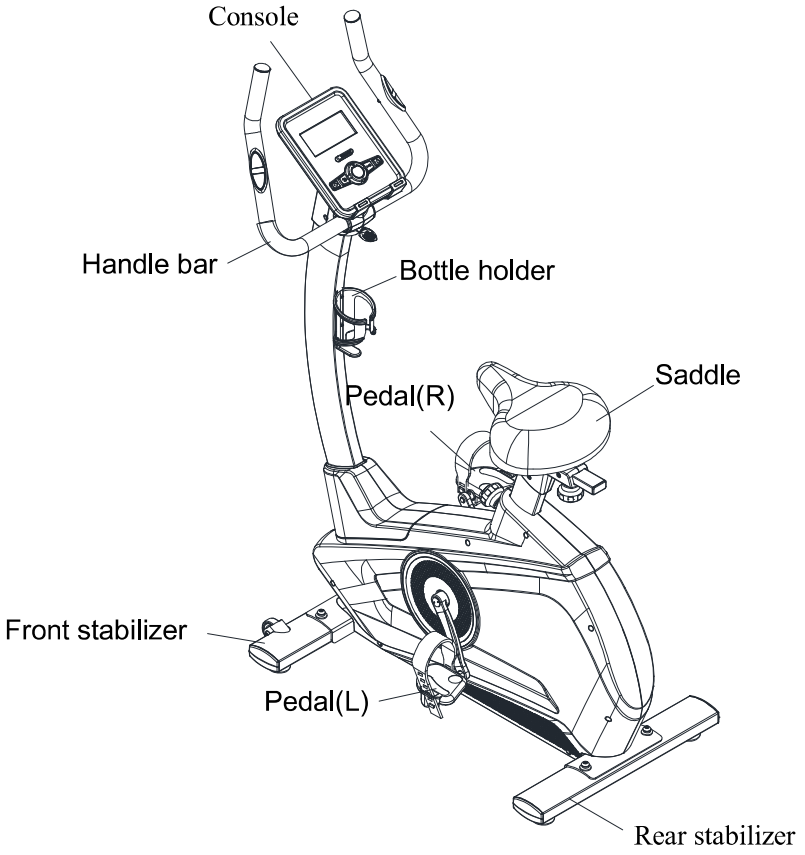
NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S(with a cross)	1
L-shaped wrench	6×40×120	1
Open-end wrench	t4.0×32×110	1

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



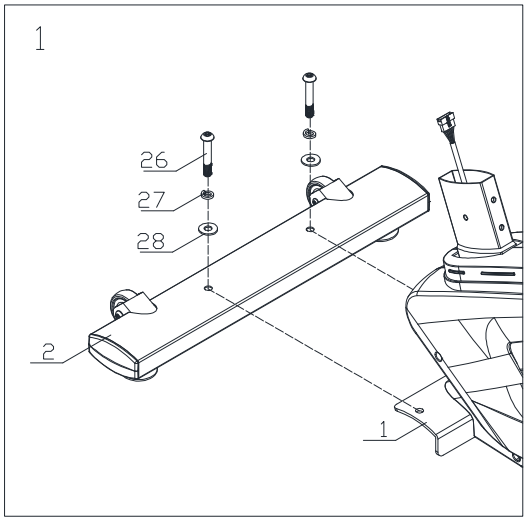
Technical information

DIMENSION	Unfold：1090x560x1490mm
SPEED RATIO	9
FLYWHEEL	Outer magnet with double way:Φ280/9kg
UP&DOWN	9 level ,270mm distance
FRONT&BACK	70mm distance

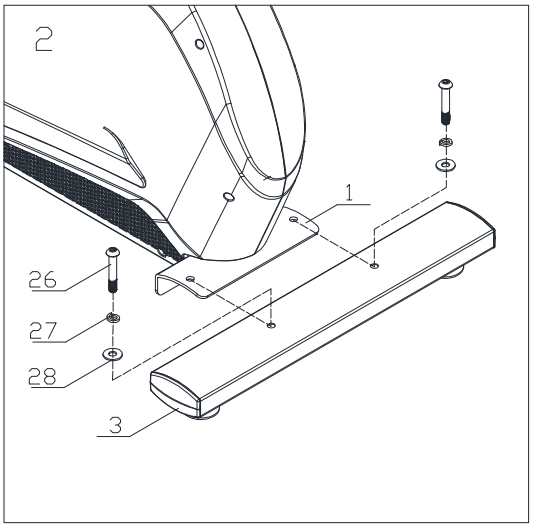
*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

Step 1: Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).

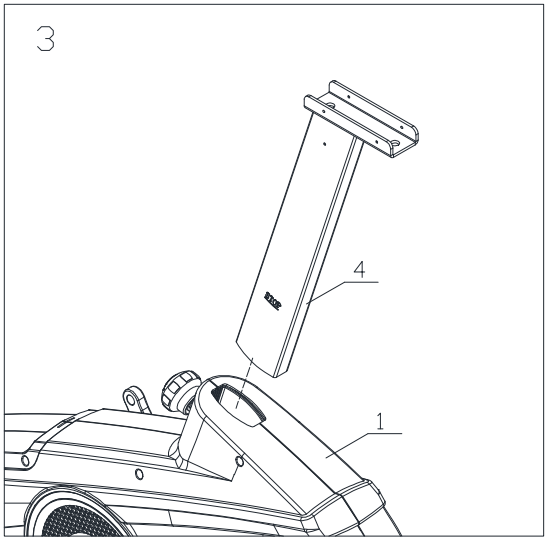


Step 2: Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



Step 3:

Loosen the knob and attach saddle post(4)to the main frame. Then tighten the knob.

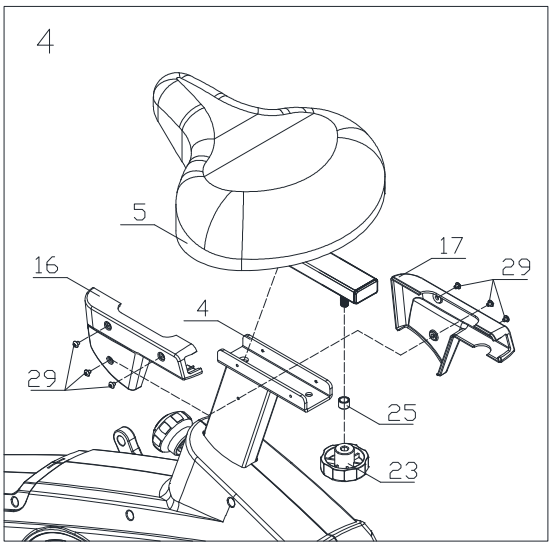


Step 4:

1.Attach saddles(5) to the saddle post(4) with casing(25) and handle knobs(23), do not tighten them.

2.Translate saddles(5) to proper position. Then attach saddle decoration cover (L)(16) and saddle decoration cover (R)(17) to saddle post(4) with Philips C.K.S. pan head full thread screw(29).

3.Tighten the handle knobs(23).



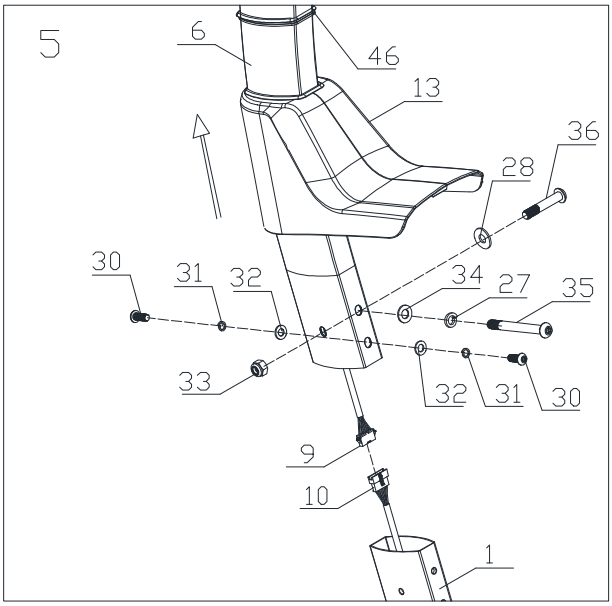
Step 5:

1.Attach the Upright post trim strip (46) to the Upper upright post (6). Take the Upright post cover (13) from main frame (1). Then attach to the upper upright post (6).

2.Connect motor communication wire (10) and console communication wire (9).

3.Attach the upright post (6) to the main frame(1) with flat washer(32),spring washer(31),Allen C.K.S. full thread screw(30),flat washer(34),spring washer(27),Allen C.K.S. half thread screw(35),curved washer(28),Allen C.K.S. half thread screw(36) and Hex locking nut.(33)

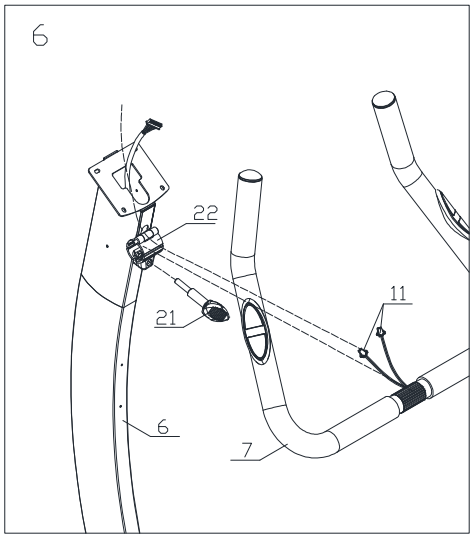
4. Attach upright post cover(13) and Upright post trim strip (46) to the main frame (1).



Tip:Do not fully tighten the Bolt yet. Make sure that all screws are in the hexagonal hole

Step 6:

Attach handlebar connection wire(11) to the upright post(6). Attach handlebar(7) to the upper upright post(6). Close handle clamp ring(22) and lock them with T-shaped rotary knob(21).

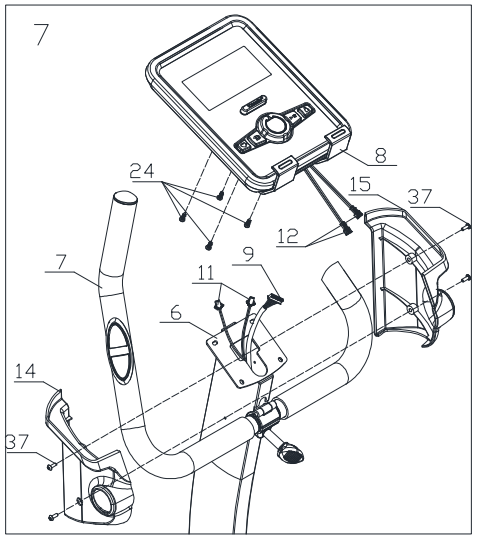


Step 7:

1.Connect communication wire(9) and back hole of the console. Connect handle pulse connection wire (11) and console outlet (12).

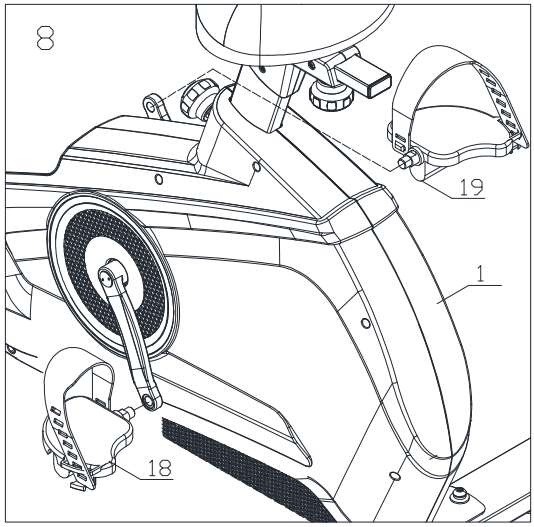
2.Attach console(8) to upper upright post with Philips C.K.S. full thread screw(24).

3.Through handle bar cover(L) and handle bar cover(R) out of the handlebar. Then attach them to upper upright post(6) with Philips pan head full thread screw(37).



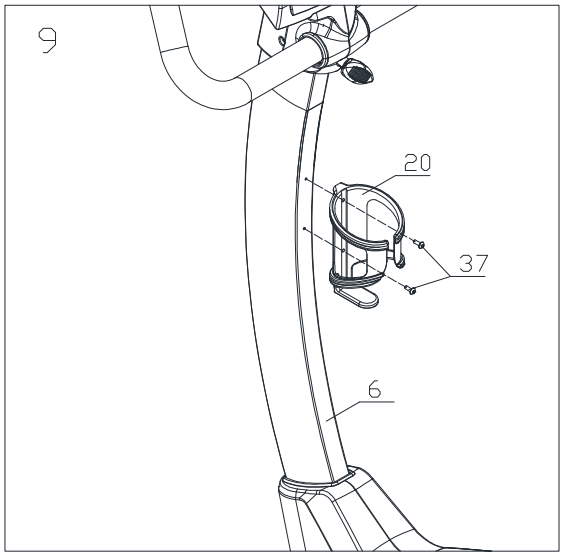
4.

Step 8: Attach and lock left pedal(18) and right pedal(19) to the main frame(1).



Step 9:

Attach bottle holder(20) to upper upright post(6) with Philips pan head full thread screw(37).



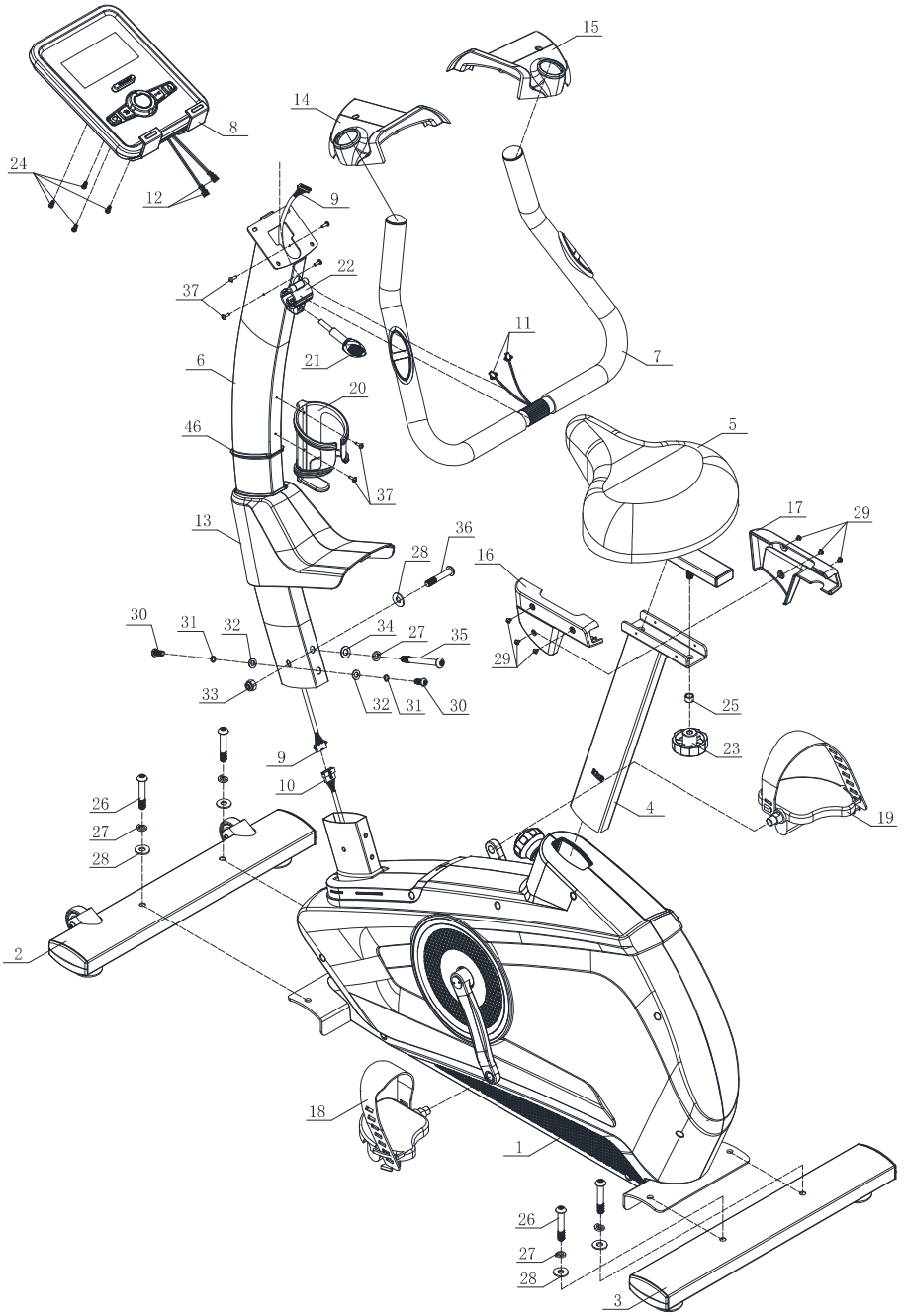
Workout tips:

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

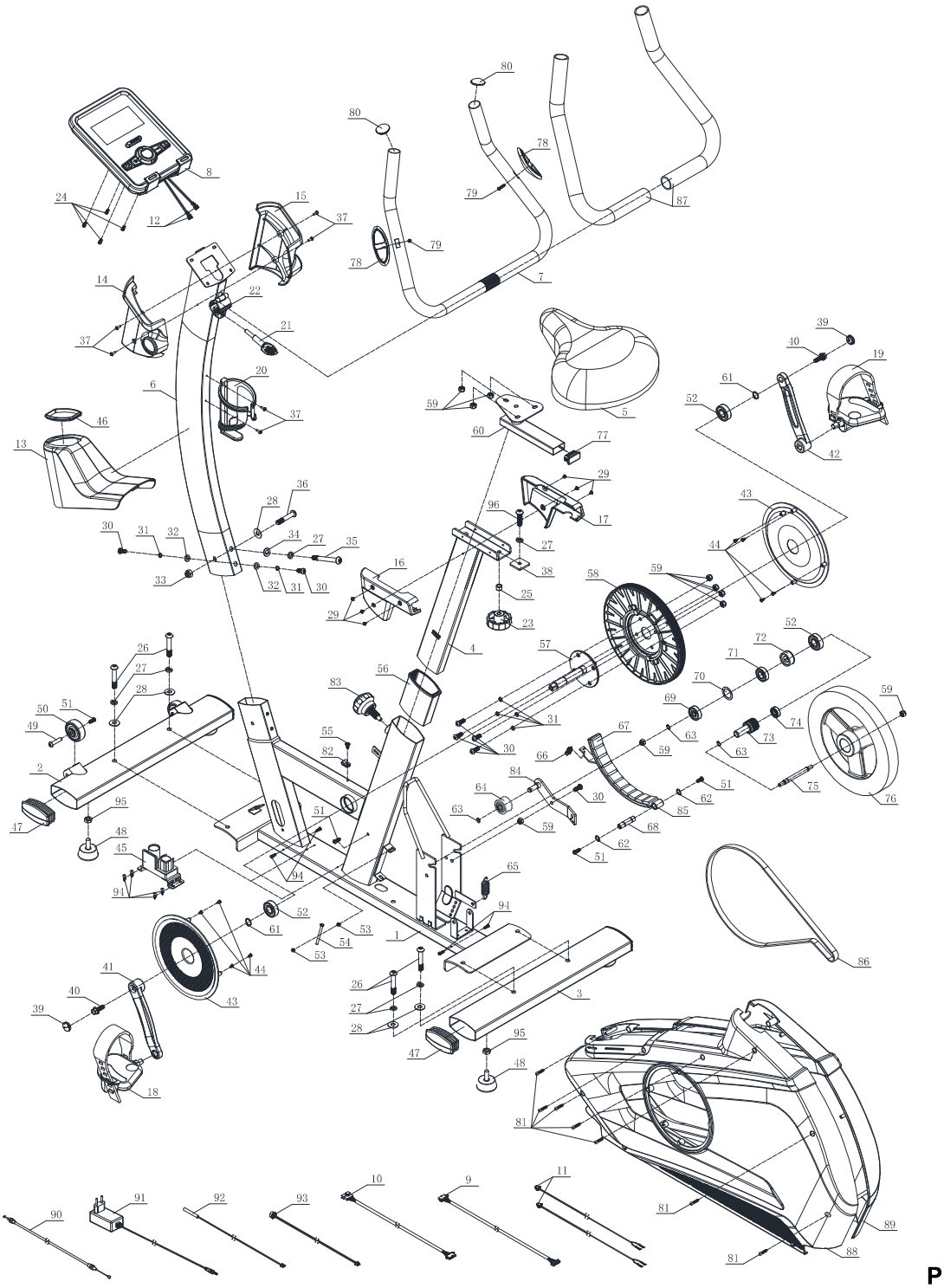


Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Saddle post		1
5	Saddle		1
6	Upper upright post		1
7	Handlebar post		1
8	Console		1
9	Console communication wire		1
10	Motor communication wire		1
11	Handle pulse connection wire		2
12	Console outlet		2
13	Upright post cover		1
14	Handlebar cover(L)		1
15	Handlebar cover(R)		1
16	Saddle cover(L)		1
17	Saddle cover(R)		1
18	Pedal(L)		1
19	Pedal(R)		1
20	Bottle holder	Φ93×150	1
21	T-shaped rotary knob	M8×30	1
22	Handlebar clamp ring		1
23	Handlebar rotary knob		1
24	Philips C.K.S. full thread screw	M5×10	4
25	Bushing tube	Φ10.5×Φ14×10	1
26	Allen C.K.S. half thread screw	M10×60×20	4
27	Spring washer	Φ10	5
28	Curved washer	Φ10.5×R100×t2.0	5
29	Philips pan head full thread screw	M4×6	6
30	Allen C.K.S. full thread screw	M8×20	2
31	Spring washer	Φ8	2
32	Flat washer	Φ8.5×Φ20×t1.5	2
33	Hex socking screw	M10	1
34	Flat washer	Φ10	1
35	Allen C.K.S. half thread screw	M10×95×20	1
36	Allen C.K.S. half thread screw	M10×55×20	1
37	Philips pan head full thread screw	M4×16	6

46	Upright post trim strip		1

Drawing for assembly



P

art list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Saddle post		1
5	Saddle		1
6	Upper Upright post		1
7	Handlebars		1
8	Console		1
9	Console communication wire		1
10	Motor communication wire		1
11	Handle pulse connection wire		2
12	Console outset		2
13	Upright post cover		1
14	Arm cover		1
15	Arm cover		1
16	Saddle cover(L)		1
17	Saddle cover(R)		1
18	Pedal(L)		1
19	Pedal(R)		1
20	Bottle holder	Φ93×150	1
21	T-shaped rotary knob	M8×30	1
22	Handlebar clamp ring		1
23	Handlebar rotary knob		1
24	Philips C.K.S. full thread screw	M5×10	4
25	Bushing tube	Φ10.5×Φ14×10	1
26	Allen C.K.S. half thread screw	M10×60×20	4
27	Spring washer	Φ10	6
28	Curved washer	Φ10.5×R100×t2.0	5
29	Philips pan head full thread screw	M4×6	6
30	Allen C.K.S. full thread screw	M8×20	7
31	Spring washer	Φ8	6

32	Flat washer	Φ8.5×Φ20×t1.5	2
33	Hex locking nut	M10	1
34	Flat washer	Φ10	1
35	Allen C.K.S. half thread screw	M10×95×20	1
36	Allen C.K.S. half thread screw	M10×55×20	1
37	Philips pan head full thread screw	M4×16	6
38	Saddle locking piece		1
39	Crank cover	Φ23×6×M22×P1.0	2
40	Hex flange full thread screw	5/16-18UNC-1"	2
41	Crank(L)		1
42	Crank(R)		1
43	Disc		2
44	Philips C.K.S. self-tapping screw	ST4×12	8
45	Magnet motor		1
46	Upright post trim strip	102×57×8	1
47	End cap	45×90×t1.5	4
48	Feet pad	Φ49×22×M10×26	4
49	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
50	Wheels	Φ55×25.8	2
51	Allen C.K.S. full thread screw	M6×15	5
52	Deep groove ball bearing	6203-2RS	3
53	Hex nut	M5	2
54	Hex full head screw	M5×60	1
55	Philips washer head end-cutting and self-tapping bolt	ST4×12	1
56	Saddle post bushing	115×90×45	1
57	Crank axis	Φ17×150	1
58	Belt pulley	Φ263×22	1
59	Hex locking nut	M8	9
60	Saddle adjustment		1
61	Circlip for shaft	Φ17	2
62	Circlip for shaft	Φ12	2
63	Circlip for shaft	Φ10	3

64	Tension wheel	Φ38×22	1
65	Tension spring	Φ18×Φ2.0×14	1
66	Tension spring	Φ11.5×Φ1.2×13	1
67	Square magnet	30×25×t12	10
68	Magnet axis	Φ12×50	1
69	Deep groove ball bearing	6300-2RS	1
70	Flat washer	Φ34×Φ25×t1.0	1
71	Deep groove ball bearing	6003-2RS	1
72	One-way kingpin ball bearing	Φ35×Φ17×16	1
73	Small belt pulley	Φ30×64	1
74	Deep groove ball bearing	6000-2RS	1
75	Flywheel axis	Φ10×112.5	1
76	Flywheel	Φ280	1
77	Square pipe plug	20×40×t1.5	1
78	Handle pulse		2
79	Philips C.K.S. self-tapping screw	ST4×20	2
80	Round pipe plug	Φ28×t1.5	2
81	Philips C.K.S. self-tapping screw	ST4×25	7
82	Fixed magnet		1
83	Rotary hand bolt	Φ9×M16×P1.5×83	1
84	Fixed tension wheel		1
85	Magnet		1
86	Motor belt	440PJ6	1
87	Foam grip	Φ29×t3.0×600	2
88	Cover(L)		1
89	Cover(R)		1
90	Brake cable	L=350	1
91	Power adapter		1
92	Magnetic sensor		1
93	Power communication wire		1
94	Philips C.K.S. self-tapping screw	ST4×16	8
95	Hex nut	M10	4
96	Allen C.K.S. full thread screw	M10×38	1

DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Display Range 0:00 ~ 99:59; Setting range 0:00~99:00
SPEED	.Range 0.0 ~ 99.9KM/H
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
RPM	.Range 0 ~ 999
WATT	.Display Range:0~999; Setting Range 10 ~ 350

KEYS :

ITEM	DESCRIPTION
Up (+)	• Select function or increase resistance level
Down (-)	• Select function or decrease resistance level
Enter	• In STOP mode, press it to confirm setting or selection.
Reset	• Hold on pressing for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during presetting workout value or in stop mode.
Start/ Stop	• Start or Stop workout.
Recovery	• Test heart rate recovery status.
Body fat	• Test body fat% and BMI.

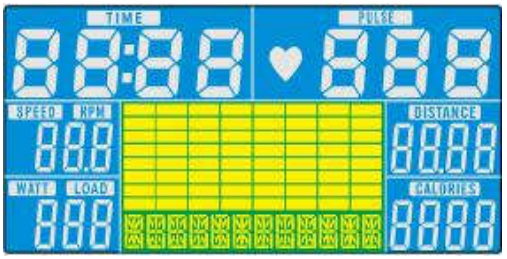
OPERATION:

POWER ON

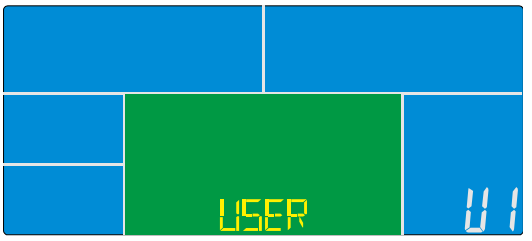
Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(Drawing 1). Enter into user selection (Drawing 2) and personal data setting mode (Age, Gender, Height, Weight).

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.



Drawing 1



Drawing 2

Personal data setting

After selecting user from U1~U4, press ENTER to confirm. Press UP(+) or DOWN (-) to set SEX, AGE (Drawing 3), HEIGHT, WEIGHT and confirm by pressing ENTER. All data will be saved as user profile.

After setting, console go to main menu and display as Drawing 4. In this page, user can start workout directly by pressing START/STOP button.



Drawing 3



Drawing 4

Workout selection

In main page, the first program MANUAL is flashing (Drawing 5). User can press UP(+) or DOWN(-) to select: MANUAL-->PROGRAM-->USER PROGRAM-->H.R.C.-->WATT, press ENTER to confirm.

Manual Mode

1. Press UP(+) or DOWN(-) to select workout program, choose Manual (Drawing 4) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset value of TIME/DISTANCE/CALORIES/PULSE and press ENTER to confirm.
3. Press START/STOP keys to start workout. During workout, user can press UP and DOWN to adjust load level from 1~16.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Program Mode

1. Press UP(+) or DOWN(-) to select workout program, choose Program (Drawing 5) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select program from P01~P12, the program profile will display by turn.
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP keys to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.
5. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.



Drawing 5



Drawing 6

User Program Mode

1. Press UP(+) or DOWN(-) to select workout program, choose User Program (Drawing 6) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to set load level from 1~16 of each column, and press ENTER to next one. (Total column = 20)

3. Hold on pressing ENTER to finish or quit setting.
4. Press UP(+) or DOWN(-) to preset workout TIME.
5. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust load level from 1~16.
6. Press START/STOP button to pause workout. Press RESET to reverse to main menu.

H.R.C. mode

1. Press UP(+) or DOWN(-) to select workout program, choose H.R.C. (Drawing 7) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select: H.R.C 55 (Drawing 8), H.R.C75, H.R.C 90 or TAG (TARGET H.R.) (default: 100, Drawing 9) and confirm by pressing ENTER.
3. When select H.R.C 55, H.R.C75, H.R.C 90, console will display preset target value according to user age. Press UP(+) or DOWN(-) and ENTER to preset workout TIME.
4. When select TAG H.R., the preset value 100 is flashing as Drawing 9. Press UP(+) or DOWN(-) to adjust value from 30~230 and confirm by ENTER. Preset workout TIME by pressing UP(+) and DOWN(-).

Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.



Drawing 7



Drawing 8



Drawing 9

WATT Mode

1. Press UP(+) or DOWN(-) to select workout program, choose WATT (Drawing 10) and press
   ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset WATT target. (default: 120)
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust WATT level from 10~350.
5. Press START/STOP button to pause workout. Press RESET to reverse to main menu.



Drawing 10

Body Fat Mode

1. During workout, press START/STOP to stop workout, press BODY FAT key to start measure.

   (Drawing 11)

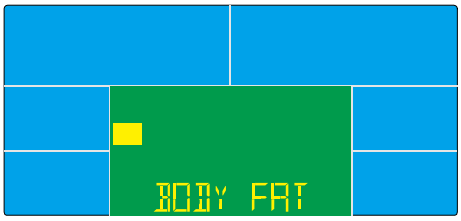
2. Hold on hand grips, after 8 seconds, computer will show BMI, FAT% and fat symbol.

3. Press BODY FAT key again reverse to main menu.

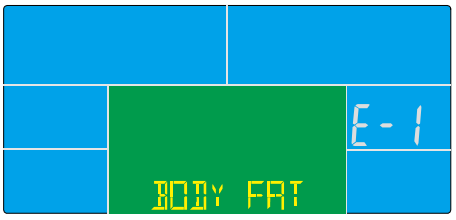
4. Error code:

   *Console display E-1 (Drawing 12): user is not holding hand grips correctly.

   *Console display E-4 (Drawing 13): FAT% exceed setting range (5.0% ~50.0%)



Drawing 11



Drawing 12



Drawing 13

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

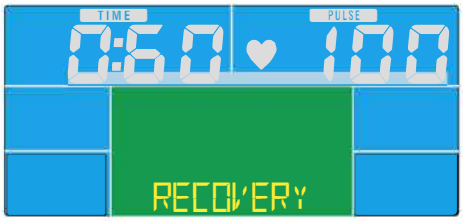
SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Recovery

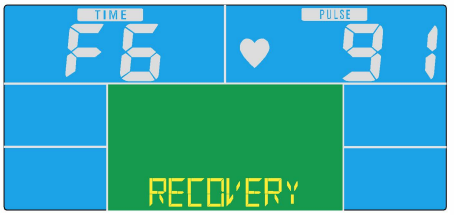
When pulse value display on the computer (hold hand grips), press RECOVERY button. All function display will stop except TIME" starts counting down from 00:60 to 00:00 (Drawing14). When TIME counts down to 0, screen will display your heart rate recovery status with the FX (X=1~6, Drawing 15). F1 is the best, F6 is the worst. (See below chart)

(Press the RECOVERY button again to return the main display.)

4. During RECOVERY, user may press RECOVERY button to back to main menu. Without pulse inputted, it is invalid to press RECOVERY button.



Drawing14



Drawing15

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

NOTE:

1. This computer require 9V, 1300mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power saving mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

Garlando

GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
www.toorx.it - info@toorx.it