

TOORX
FITNESS IN MOTION

INSTRUCTION



iConsole App Manual

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ERX3500



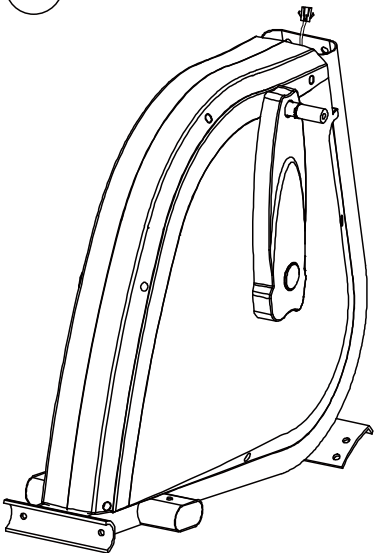
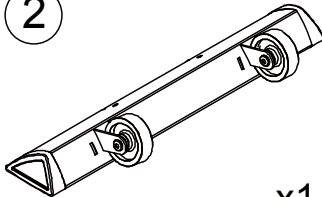
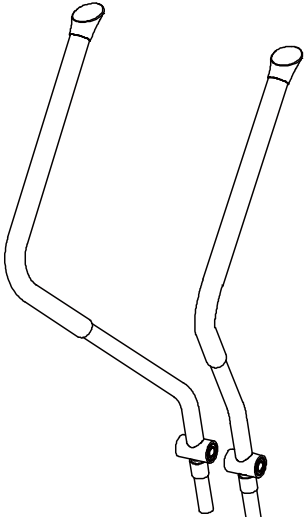
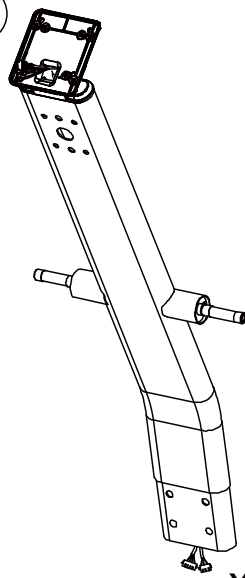
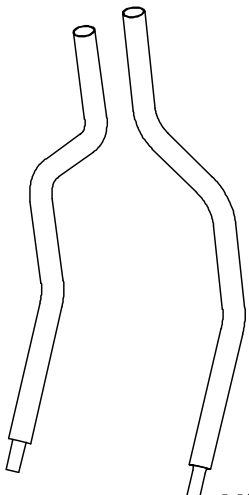
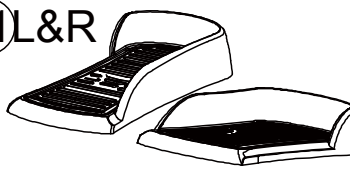
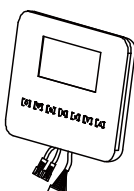
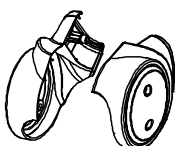
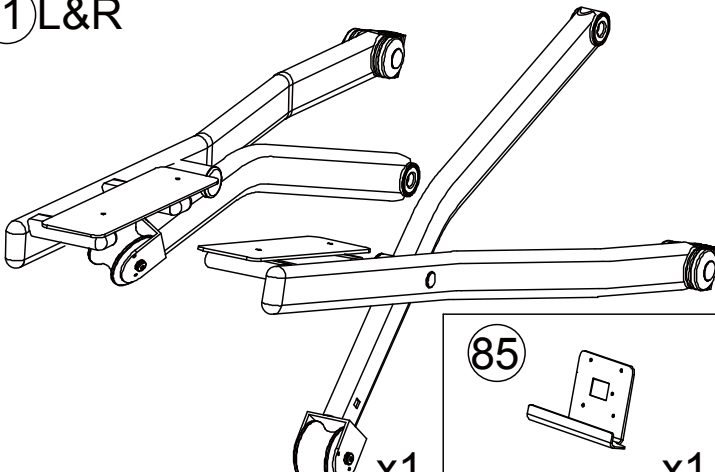
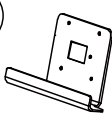
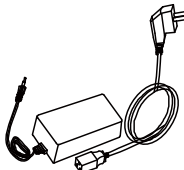

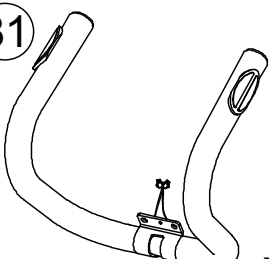
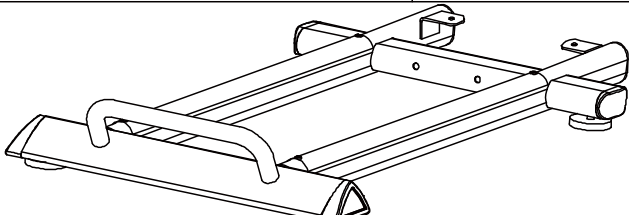





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Rev : 00

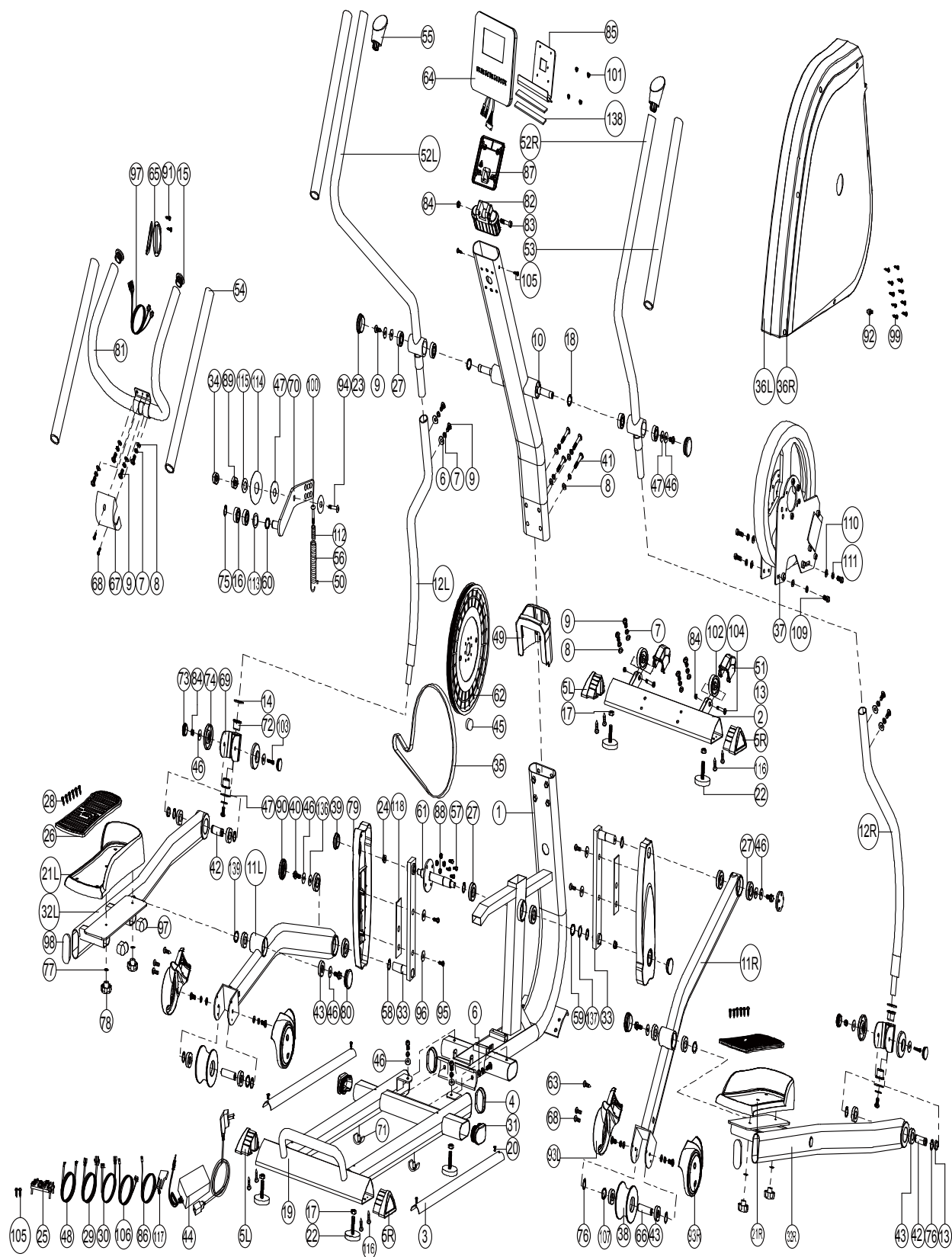
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CHECK LIST (CONTENTS OF PACKAGE):

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<div><div>②① L&R</div><div></div><div>x1</div></div>		<div><div>⑥④</div><div></div><div>x1</div></div>	<div><div>⑨③ L&R</div><div></div><div>x2</div></div>
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Exploded drawing:



Part List:

Part NO.	Description	Material	Specification	QTY
1	Main frame			1
2	Front stabilizer			1
3	Sliding beam guiding plate	Q235A	R19.1*681*1.5T	2
4	Oval cap	P.E.	40*60*11L	2
5L	Tri-angle cap(left)	PE	95.7*57.2*51.3	2
5R	Tri-angle cap(right)	PE	95.7*57.2*51.3	2
6	Curved washer	Q235A	D22xD8.5x1.5T	6
7	Spring washer	70#	D15.4 XD8.2x2T	24
8	Flat washer	Q235A	D16*D8.5*1.2T	16
9	Allen bolt	35#	M8x1.25x20L,8.8	22
10	Handlebar post			1
11L	Supporting tube for left pedal			1
11R	Supporting tube for right pedal			1
12L	Supporting tube for left movable handlebar			1
12R	Supporting tube for right movable handlebar			1
13	Spacer	NL66	D21*D17.1*5T	2
14	Waved washer	65Mn	D26*D19.5*0.3T	2
15	Mushroom cap	PVC	D1 1/4"*29L	2
16	Bearing	GCr15	#99502	2
17	Hex nut	Q235A	M10*1.5*8T	6
18	Plastic washer	NL66	D29*D20*0.9T	2
19	Sliding beam welding set			1
20	Bolt	Q235A	M6*1*15L	4
21L	Left pedal	PP	410.7*173.9*70	1
21R	Right pedal	PP	410.7*173.9*70	1
22	Adjustable round wheel	Q235A	D38*M10*1.5	6
23	Round cap	PE	D50x15L	2
24	Anti-loose nut	35#	M10*1.25*7T	2
25	Control board		EMS2500-A01	1
26	Pedal pad	TPU45+HIPS	354.9*134.5*9	2
27	Bearing		#6004ZZ	10
28	Screw	10#	ST4*1.41*14L	12
29	Upper computer cable		1000L	1
30	Lower computer cable		450L	1
31	Cap	PE	40*80*33	2
32L	Bracket for left pedal			1
32R	Bracket for right pedal			1

Part NO.	Description	Material	Specification	QTY
33	Crank welding set			2
34	Nut	Q235A	M8*1.25*8T	1
35	Poly belt		450 PJ6	1
36L	Left chain cover	PS	698.8*597*71.9	1
36R	Right chain cover	PS	698.8*597*67.5	1
37	Magnetic system		D265*86	1
38	Wheel	PU	D87.2*55L	2
39	Side cap	PVC	D36x14	2
40	Hex bolt	35#	M8*1.25*20L	6
41	Allen bolt	35#	M8*1.25*50L,8.8	4
42	Axle	Q235A	D17*48L	2
43	Bearing	GCr15	#6003ZZ	12
44	Adaptor		Output : 26V,2.3A	1
45	Round magnet		M02	1
46	Flat washer	Q235A	D25*D8.5*2T	14
47	Plastic washer	NL66	D10*D24*0.4T	6
48	Connection cable		500L	1
49	Upper protective cover	HIPS	137.1*121*73.4	1
50	Plastic cover	PVC	D3*30L	1
51	Wheel cover	PP	93.2*64.7*62	2
52L	Left movable handlebar			1
52R	Right movable handlebar			1
53	Foam	NBR	D30x3Tx680L	2
54	Foam	NBR	D30x3Tx530L	2
55	Handlebar cap	PVC	95.8*50.8	2
56	Spring	72A#	D3*D19*67L	1
57	Hex bolt	35#	M6x1.0x15L, 8.8	4
58	C ring	65Mn	D22.5*D18.5*1.2T	4
59	Waved washer	65Mn	D27*D20.3*0.5T	1
60	Waved washer	65Mn	D21xD16.2x0.3T	1
61	Crank axle welding set			1
62	Belt wheel	NL+ fiber	D305x19.5	1
63	Screw	10#	ST4*1.41*15L	2
64	Computer		SE-1699-31	1
65	Handle pulse		PE18	2
66	Axle of wheel	35#	D17*61.2L	2
67	Protective cover	ABS	100*81*40.8	1

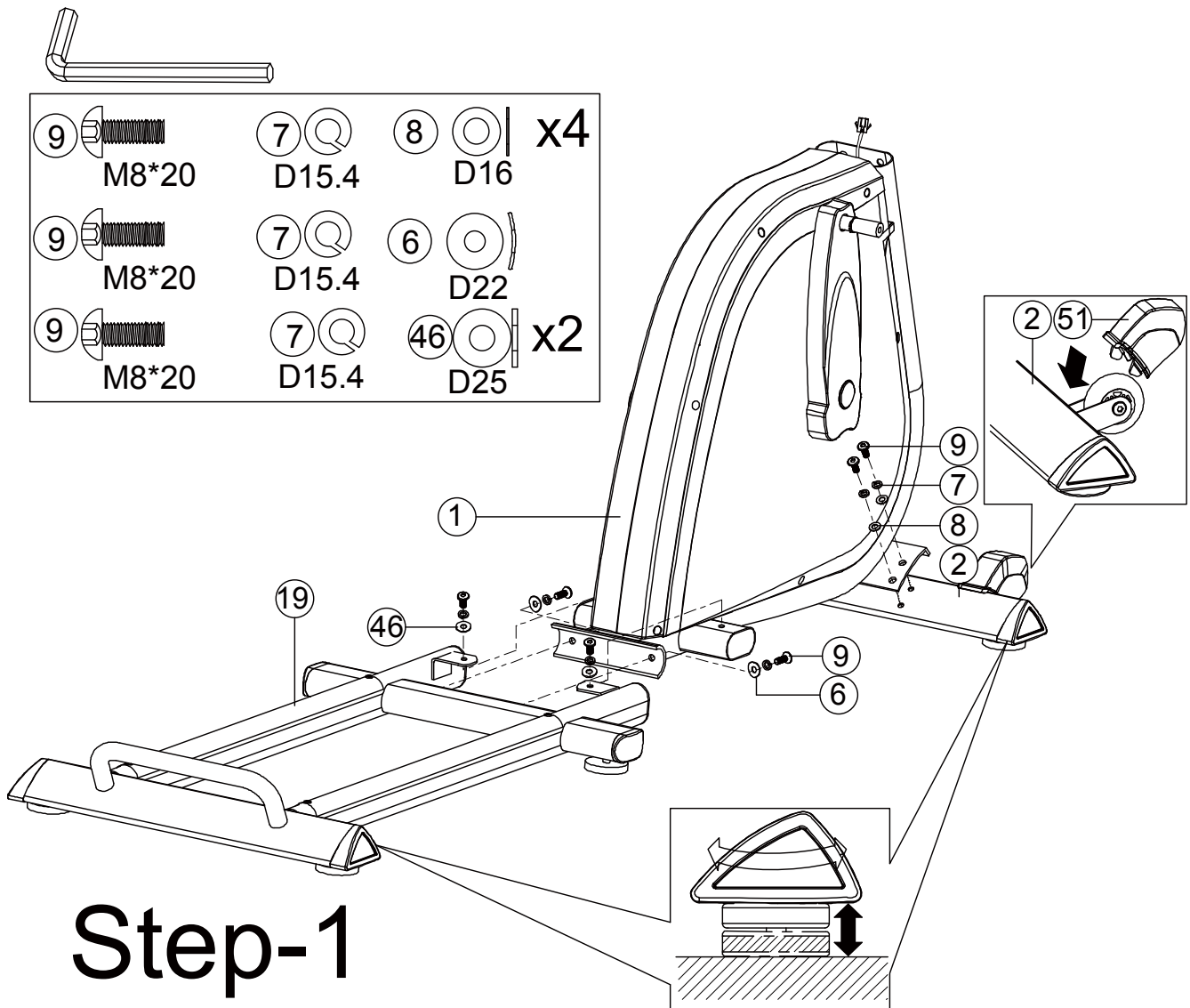
68	Bolt	Q235A	M5*0.8*12L	10
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Part NO.	Description	Material	Specification	QTY
69	Universal joint			2
70	Idle wheel fixing plate			1
71	Buffer	SBR	R23x35x43	2
72	Bushing		D19.15x(D25.6x32)x L(17+3)	4
73	Side cap	PVC	D29.1*13L	4
74	Axle cover	PE6070	D60*13.5L	4
75	C ring	65Mn	S-16(1T)	1
76	C ring	65Mn	S-17(1T)	8
77	Flat washer	Q235A	D14xD6.5x0.8T	4
78	Club knob	ABS+CU	D40*M6*12	4
79	Crank cover	PS	339*102.6*29.9	2
80	Round side cap	PE	D45*15	2
81	Handle bar welding set			1
82	Computer fixing plate	ABS	120*40*70	1
83	Screw	35#	M8*1.25*45L	1
84	Nut	Q235A	M8*1.25*8T	5
85	Computer fixing plate	Q235A	220*120*3T	1
86	Sensor cable		250L	1
87	Computer fixing bracket	ABS	120*110*2.5T	1
88	Nut	Q235A	M6x1.0x6T	4
89	Hex nut	Q235A	M8*1.25*6T	2
90	Axle cover	PVC	D46*14.8	2
91	Screw	Q235A	ST4x25L	2
92	Pin	ABS	D6*26.5*7.7	1
93L	Rear axle cover (left)	PS	155*119.7*52.5	2
93R	Rear axle cover (right)	PS	155*119.7*55.5	2
94	Allen bolt	35#	M8x1.25x30L ,8.8	1
95	Screw	10#	ST4*1.41*15L	4
96	Flat washer	Q235A	D15*D5.2*1.0T	4
97	Handle pulse cable		700L	2
98	Oval side cap	PE	30*70*10.5	6
99	Screw	10#	ST4.2x1.4x20L	10
100	Allen bolt	35#	M8*1.25*50L,8.8	1
101	Bolt	10#	M5*0.8*15L,8.8	4
102	Wheel	PP	D65*24	2
103	Screw	35#	M8*1.25*75L,8.8	2

104	Allen bolt	Q235A	M8*1.25*40L,8.8	2
105	Screw	10#	ST4.2x1.4x15L	4

Part NO.	Description	Material	Specification	QTY
106	Electric cable		700L	1
107	Waved washer	65Mn	D22xD17x0.3T	10
109	Screw	35#	M6*1.0*15L,8.8	4
110	Flat washer	Q235A	D13*D6.5*1.0T	4
111	Spring washer	70#	D10.5*D6.1*1.3T	4
112	Nut	Fe	D15*13L	1
113	Flat washer	Q235A	D24*D16*1.5T	1
114	Flat washer	Q235A	D50*D10*3T	1
115	Flat washer	Q235A	D28*D8.5*3T	1
116	Screw	10#	ST4*1.41*12L	8
117	Bolt	Q235A	M5*0.8*10L	1
118	Buffer	NBR	20*90*1.7T	2
136	Buffer	PVC	D27*D8.2*2.5T	2
137	Flat washer	Q235A	D26*D21*1.5T	1
138	Buffer	EVA	219*15*2T	2
139	Spring washer	NL66	D27*D18*1.0T	2
\	Allen spanner	35#	M6, 8.8	1
\	Spanner	Q235A	139*5T	1

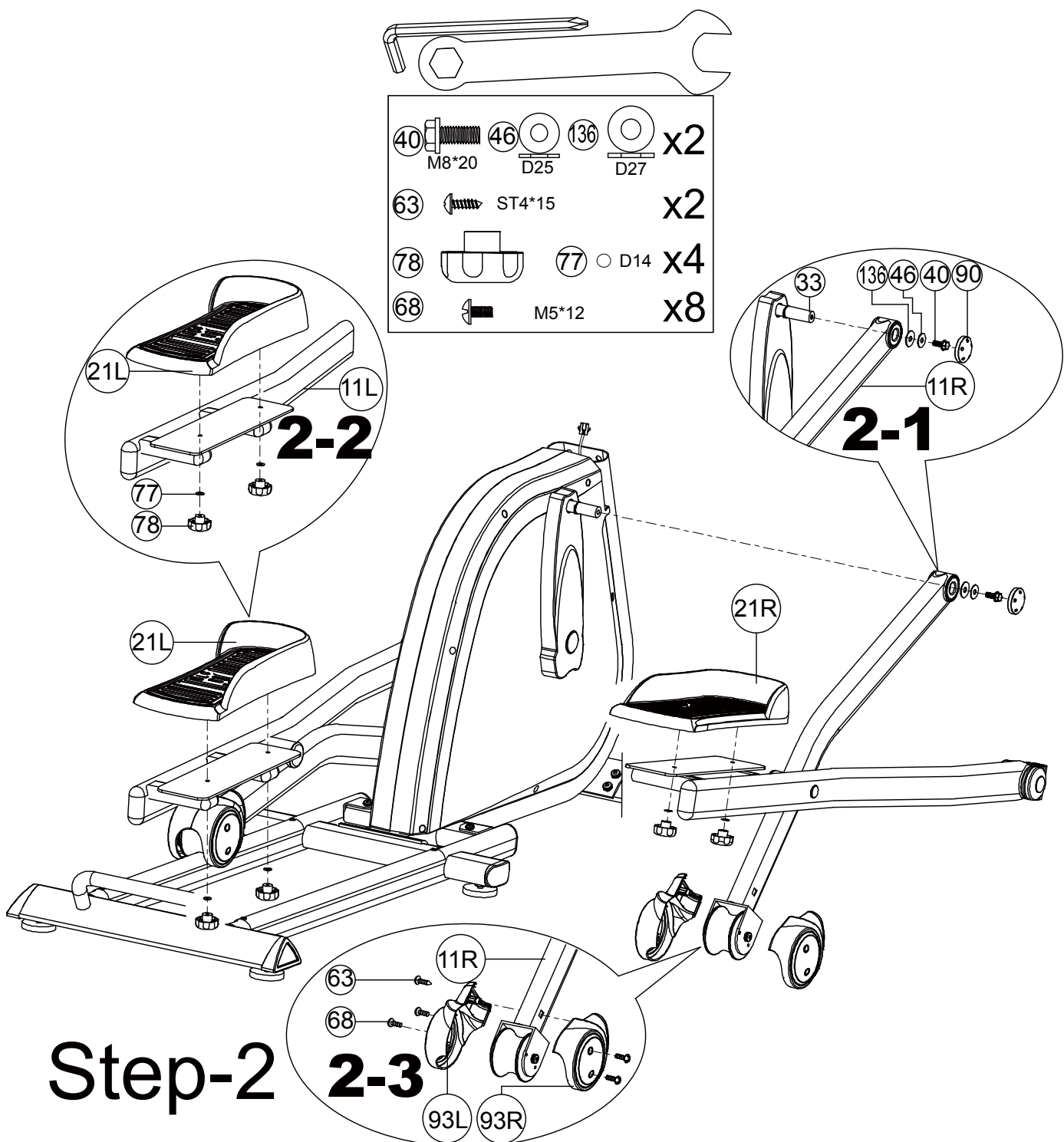
STEP 1



Step-1

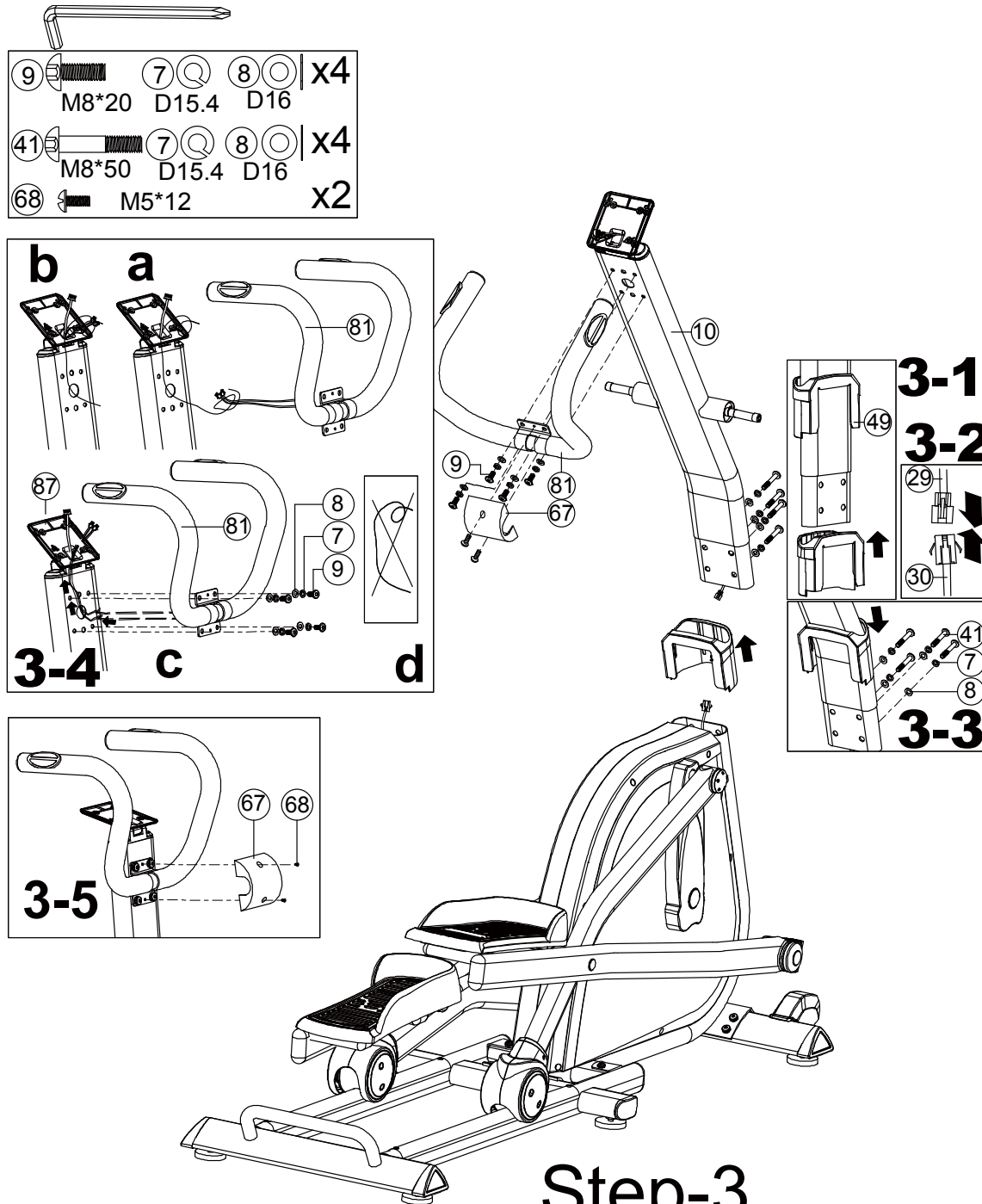
- 1) Assemble the sliding beam welding set (19) to the main frame (1) by using the curved washer (6), the spring washer (7), the Allen bolt (9) and the flat washer (46).
- 2) Assemble the front stabilizer (2) to the main frame (1) by using the spring washer (7), the flat washer (8) and the Allen bolt (9).
- 3) Mount the wheel cover (51) to the wheel. And you can adjust the proper height by turning the wheel of foot cap.

STEP 2



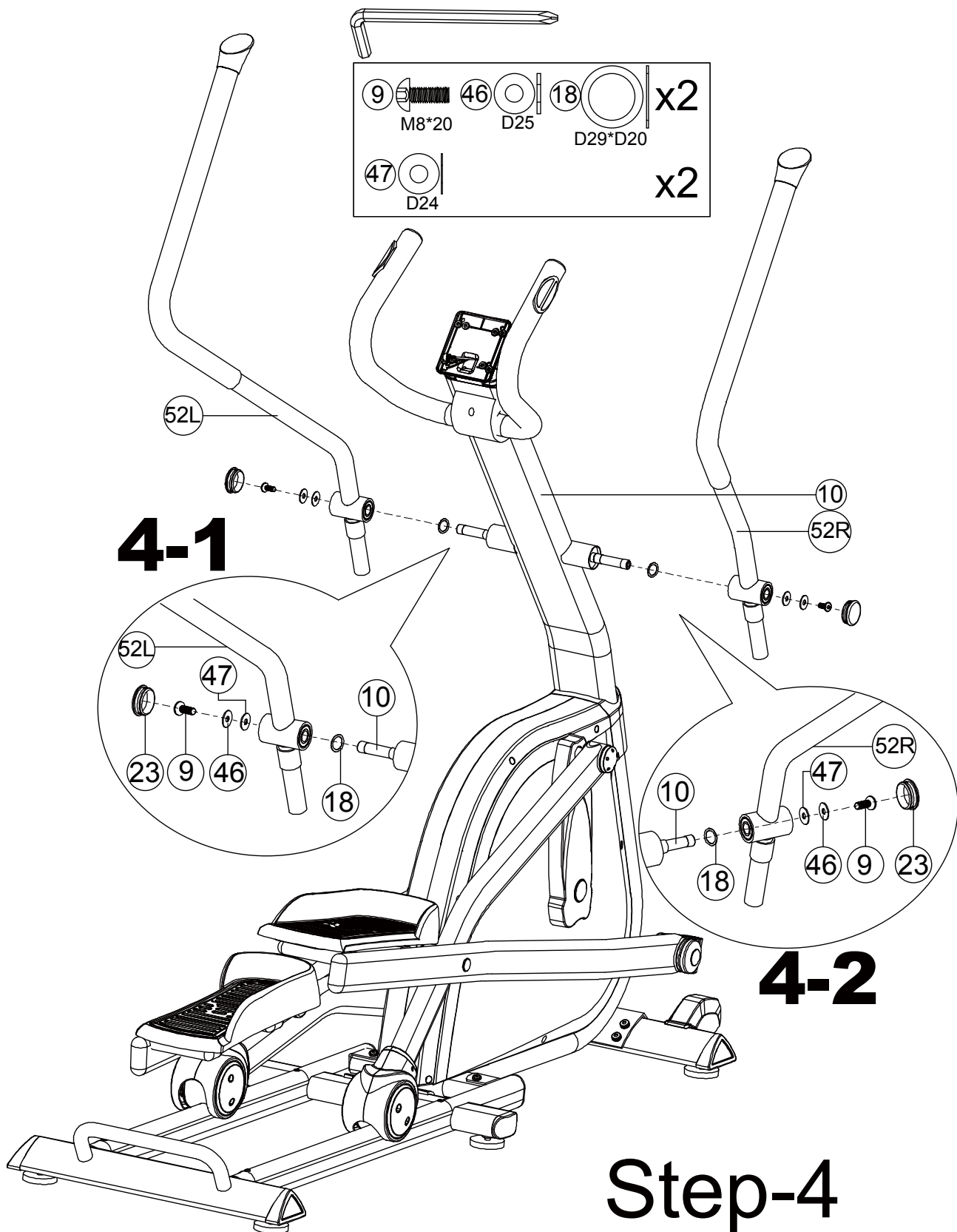
- 1) Assemble the supporting tube (11L & 11R) to the crank welding set (33) by using the buffer (136), the flat washer (46), the hex bolt (40). Then assemble the axle cover (90) on the two outside as the fig. 2-1.
- 2) Assemble the pedal (21L & 21R) to the supporting tube (11L & 11R) by using the flat washer (77) and the club knob (78) as the fig. 2-2.
- 3) Assemble the rear axle cover (93L & 93R) to the supporting tube (11L & 11R) by using the screw (63), and the bolt (68) as the fig. 2-3.

STEP 3



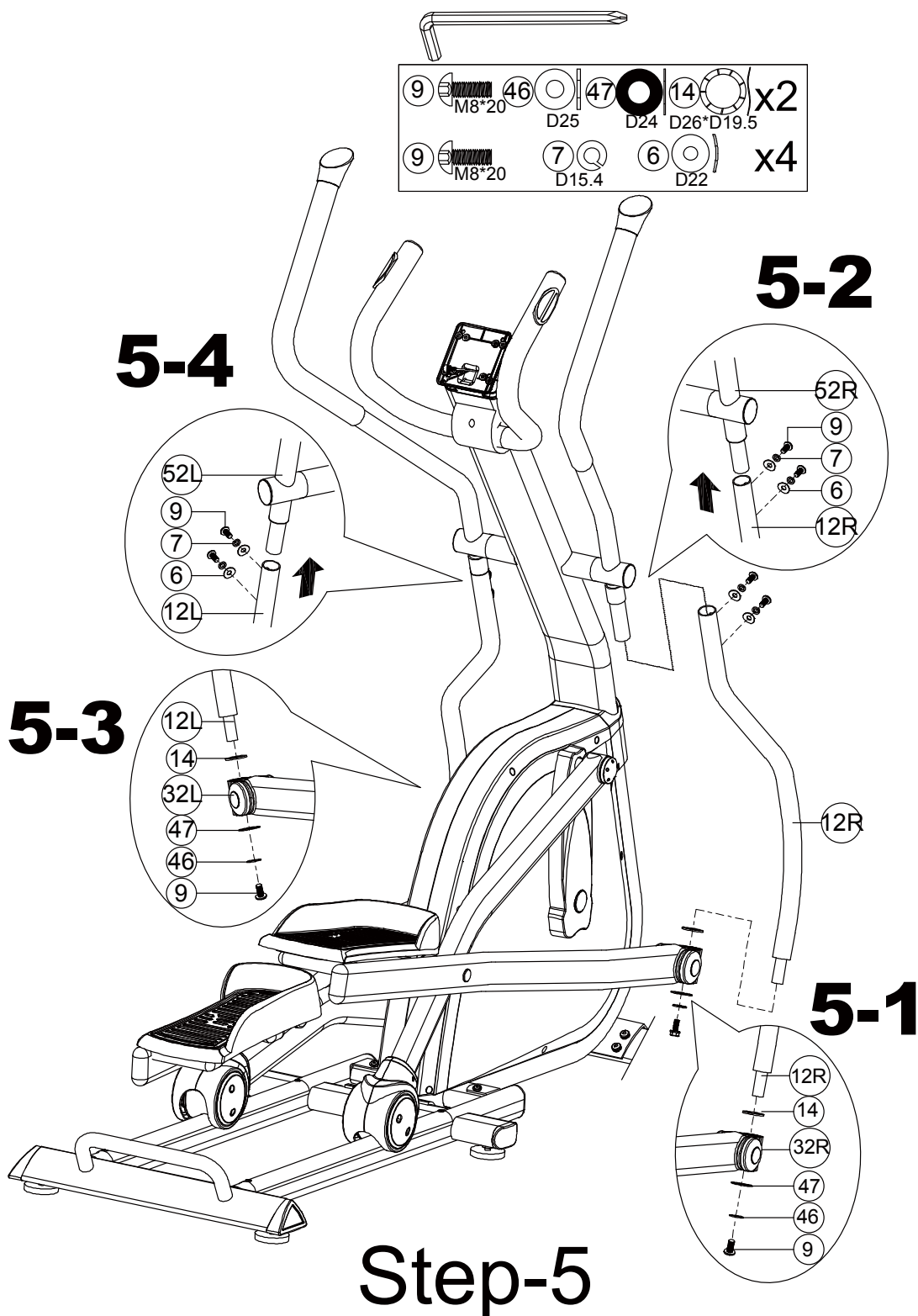
- 1) Suggest assembling this step by two persons.
- 2) First, lift up the upper protective cover (49) as fig. 3-1. Then connect computer cable (29 & 30) as fig.3-2.
- 3) Insert the handlebar post (10) on the main frame and tighten it by using the flat washer (8), the spring washer (7) and the Allen bolt (41). Place down the upper protective cover (49) and make it tight on the main frame as fig.3-3.
- 4) Assemble the handlebar welding set (81) to the handlebar post (10) by using the flat washer (8), the spring washer (7), and the Allen bolt (9) as fig.3-4.
- 5) Assemble the protective cover (67) by using the bolt (68) as fig.3-5.

STEP 4



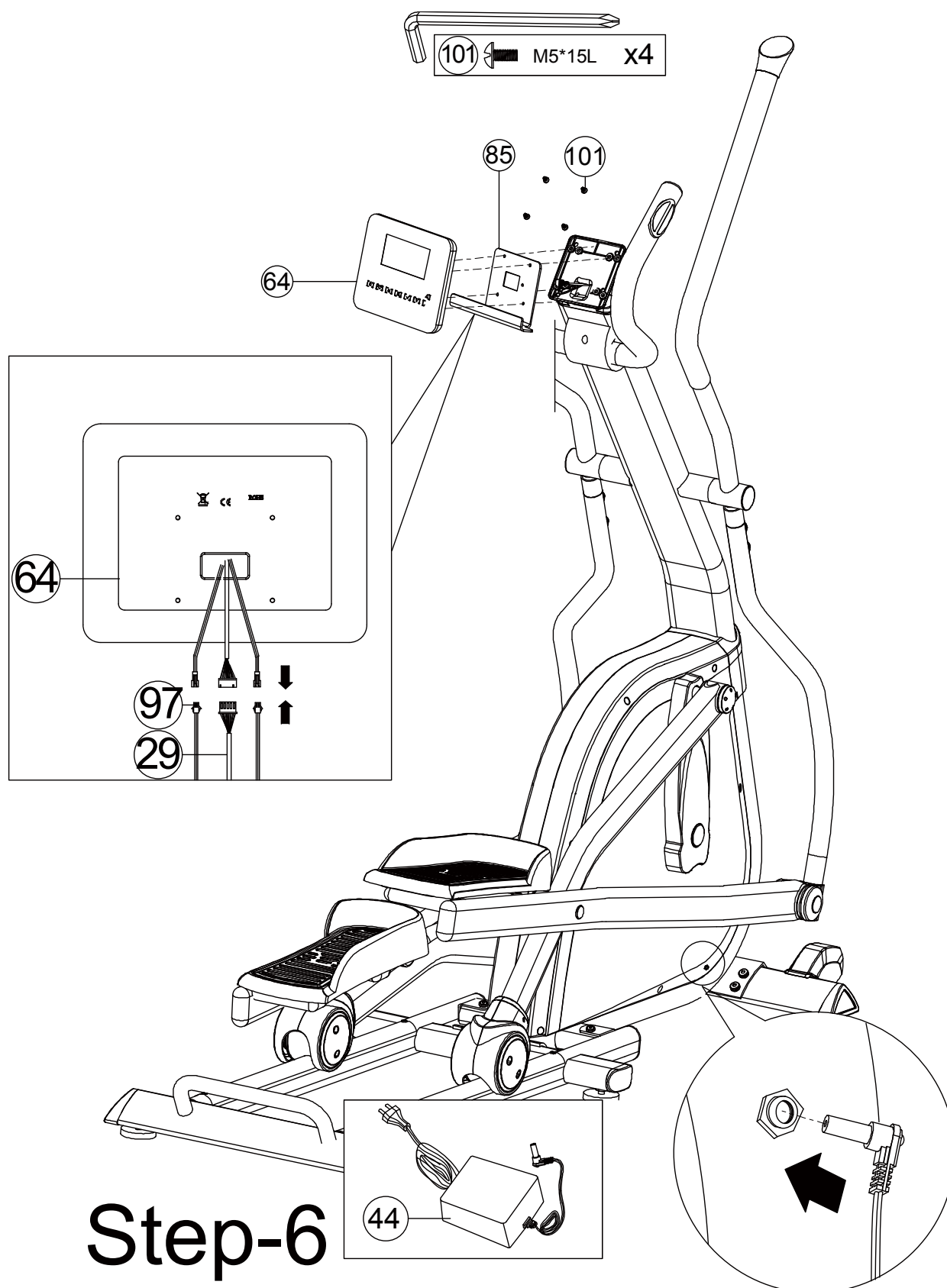
- 4) Assemble the left and right movable handlebar (52L&52R) on the handlebar post tube (10) by using the Allen bolt (9), the flat washer (46), the plastic washer (47) and the plastic washer (18). Then assemble the round side cap (23) on the two outside.

STEP 5



- 1) Assemble the left and right movable supporting tube (12L & 12R) to the bracket for pedal (32L & 32R) by using the Allen bolt (9), the flat washer (46), the plastic washer (47) and the waved washer (14) as fig. 5-1 & fig. 5-3.
- 2) Assemble the left and right movable handlebar (52L&52R) to the movable supporting tube (12L & 12R) by using the curved washer (6), the spring washer (7), and the Allen bolt (9) as fig. 5-2 & fig. 5-4.

STEP 6



Step-6

- 1) Connect the upper computer cable (29) and the handle pulse cable (65) with the computer (64), then fix the computer (64) on the computer fixing plate (85) & the handlebar post & by using the bolt (101).
- 2) Connect the adaptor (44) to the adaptor input on the front of the bike.

INSTRUCTION MANUAL FOR COMPUTER

【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.

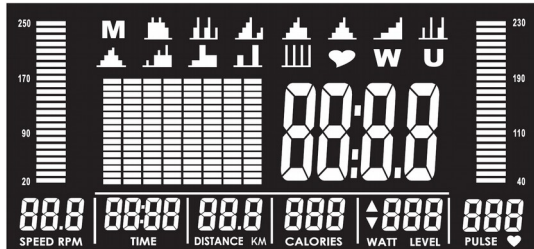
【DISPLAY FUNCTION】

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.

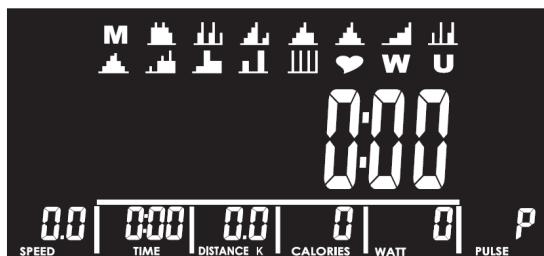


(2) USER PROFILE SET UP –

- 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 -

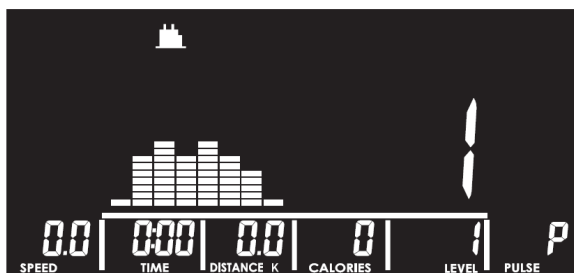
- 4-1 Select “M” and use UP (□) and DOWN (▼) key to adjust resistance level; press “ENTER” when value is determined.
- 4-2 Resistance level can be readjusted during workout.
- 4-3 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

- 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.



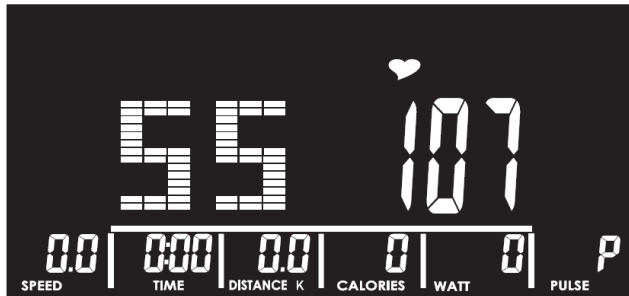
(5) 12 PROGRAMS -

- 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.

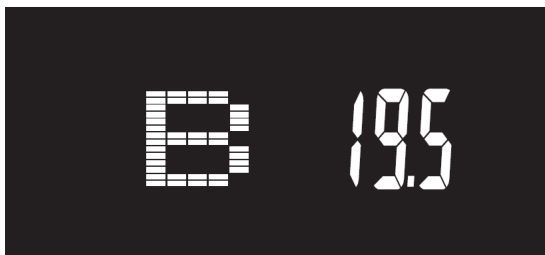
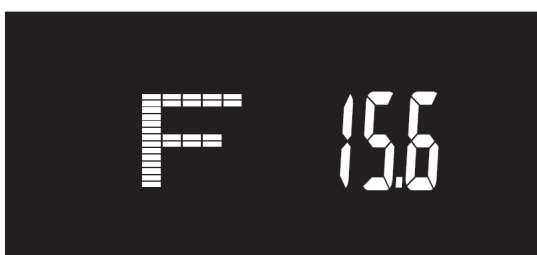
8-4 WATT LEVEL will be adjusted automatically according to user's actual RPM input value.

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



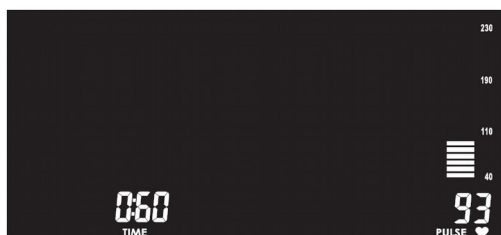
(9) BODY FAT -

- 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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