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FITNESS IN MOTION

INSTRUCTION



iConsole App Manual

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SRX3500



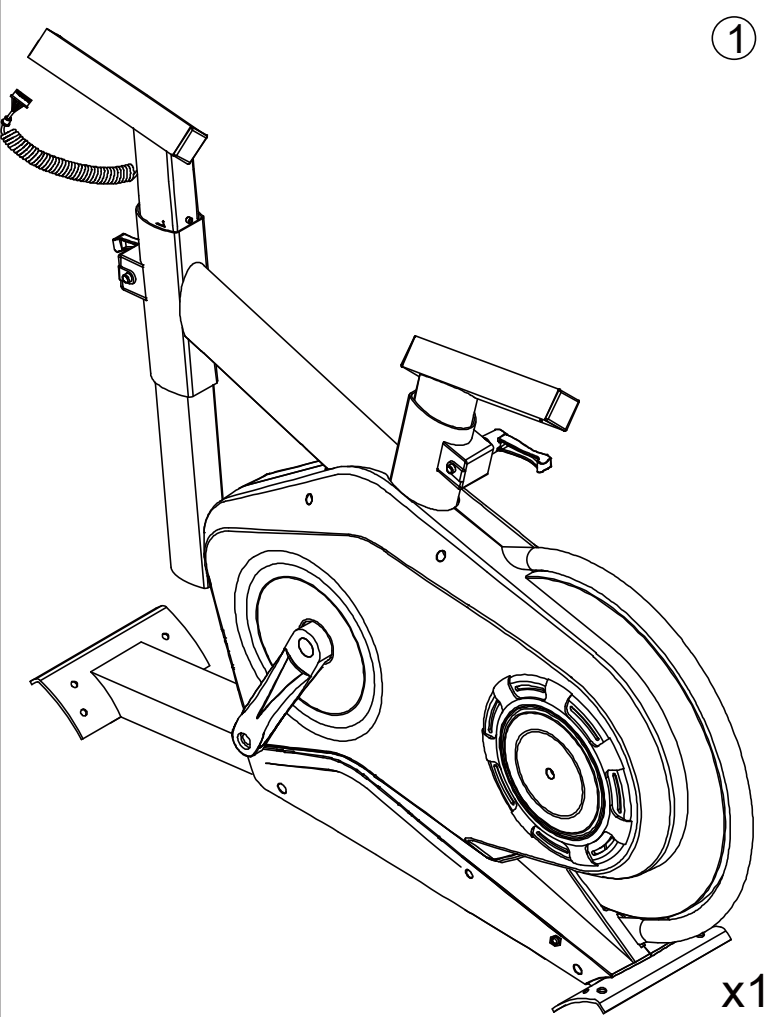
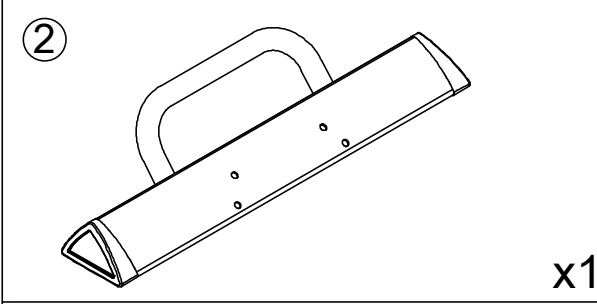
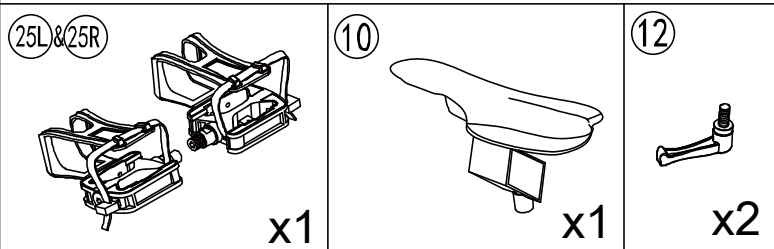
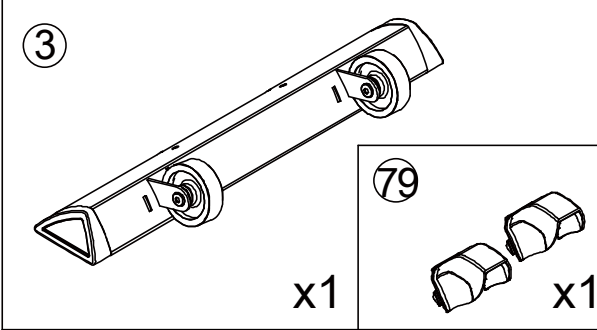
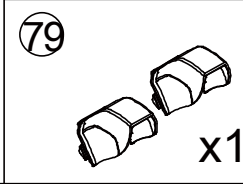
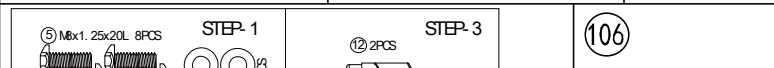
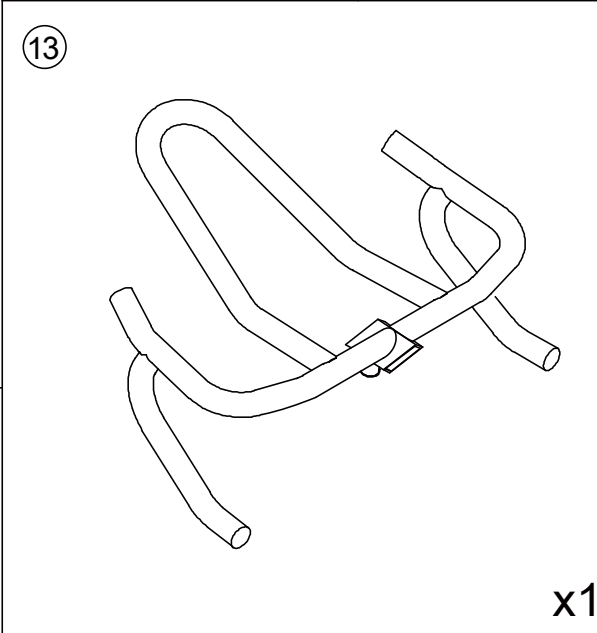

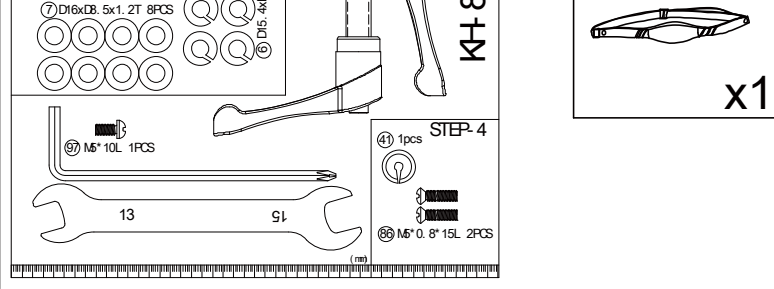
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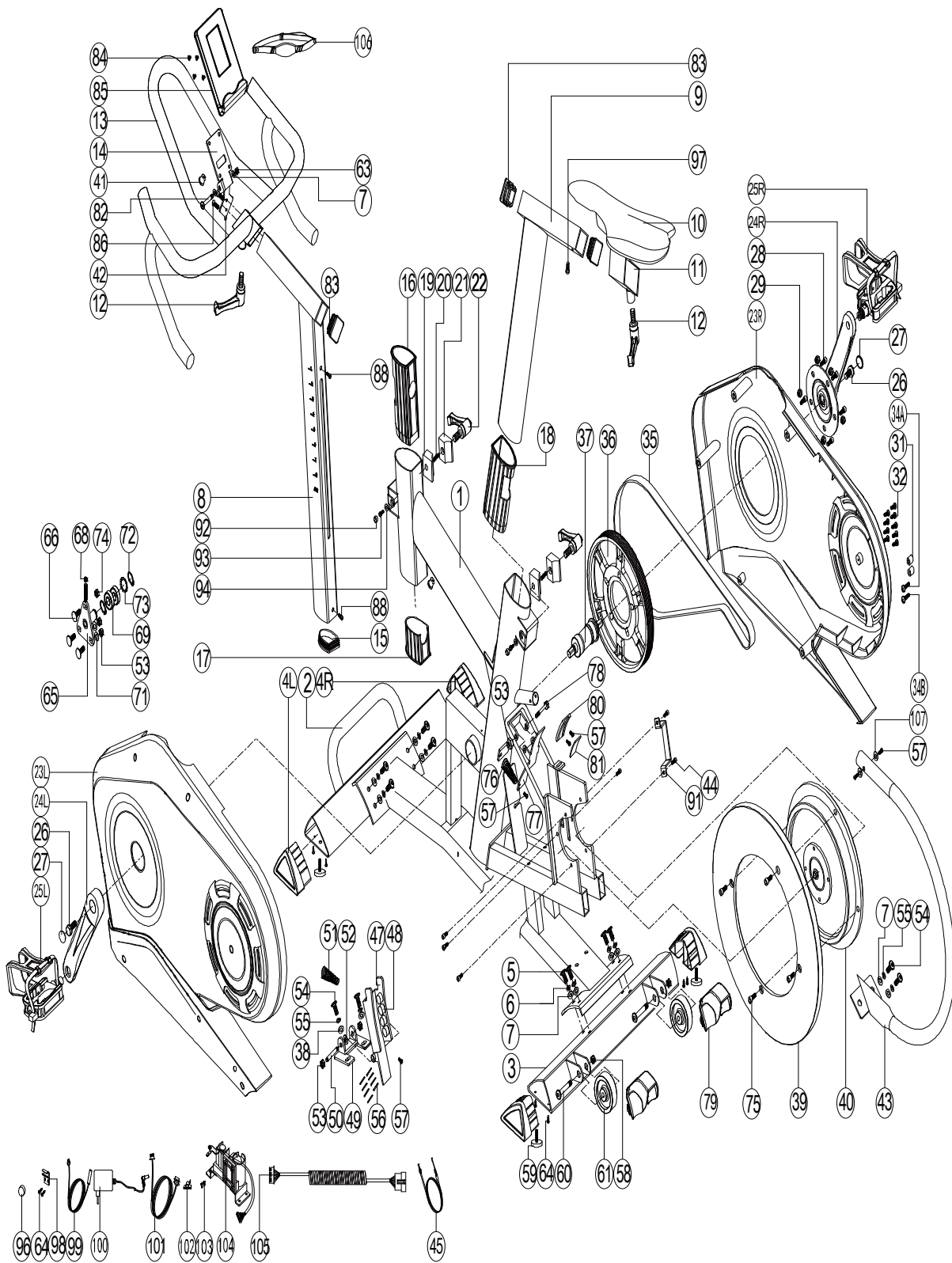
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CHECK LIST (CONTENTS OF PACKAGE):

 <p>①</p> <p>x1</p>	 <p>②</p> <p>x1</p>
 <p>25L) & 25R</p> <p>x1</p>	 <p>③</p> <p>x1</p>  <p>79</p> <p>x1</p>
 <p>⑩</p> <p>x1</p>	 <p>⑬</p> <p>x1</p>
 <p>⑫</p> <p>x2</p>	 <p>⑤ M6x1.25x20L 8PCS</p> <p>⑦ D16xDB, 5x1.2T 8PCS</p> <p>⑥ D15.4xL8.2xZT 8PCS</p> <p>⑫ 2PCS</p> <p>⑩ 106</p> <p>⑧ 85</p> <p>⑩ 100</p> <p>④ 41</p> <p>⑭ 14</p> <p>⑦ 13</p> <p>⑨ 15</p> <p>④ 1pcs</p> <p>⑥ M5*0.8*15L 2PCS</p> <p>STEP-1</p> <p>STEP-3</p> <p>STEP-4</p> <p>KH-848</p>

Exploded drawing:



Part list

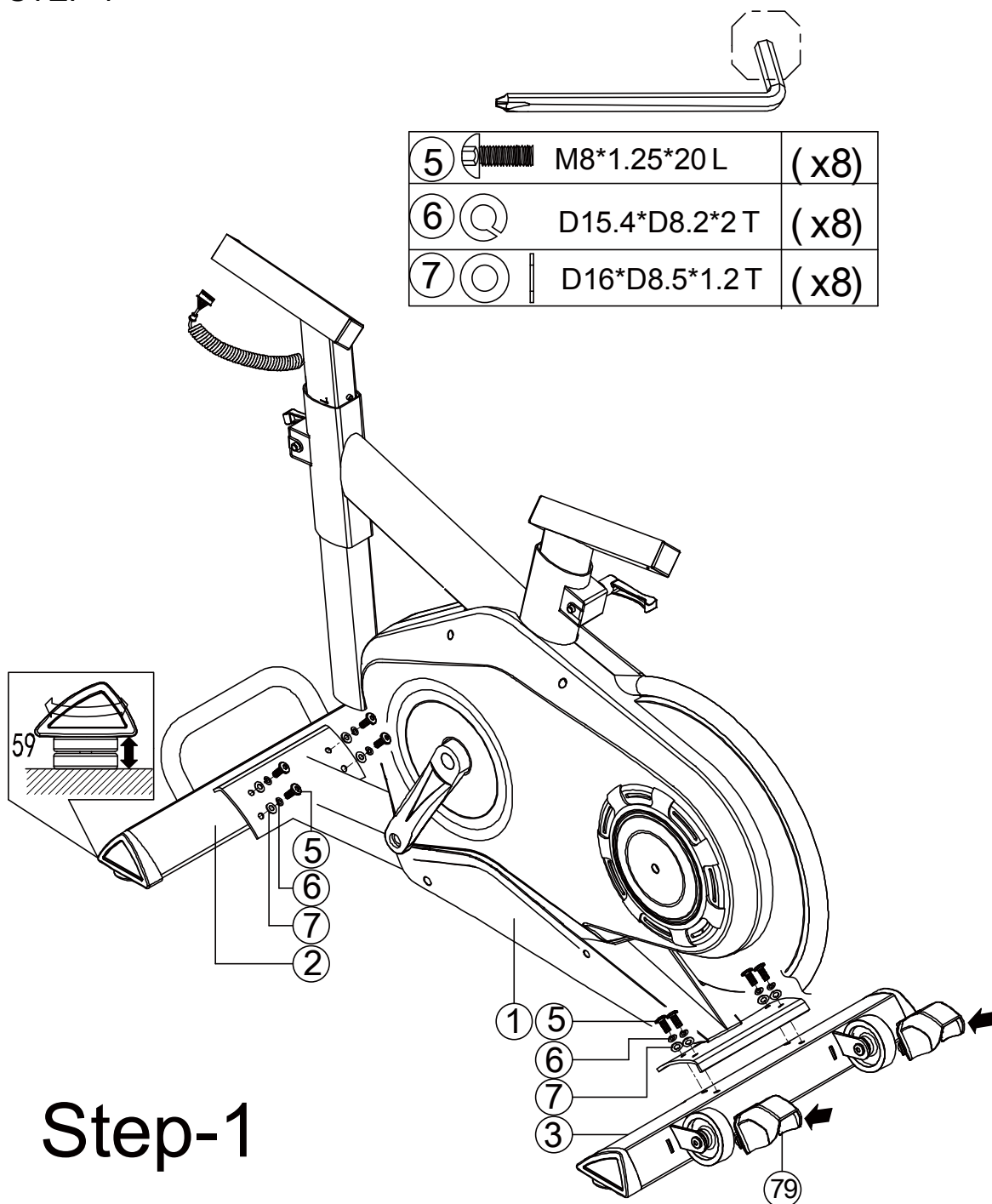
Part NO.	Description	Material	Specification	QTY
1	Main frame			1
2	Front stabilizer			1
3	Rear stabilizer			1
4L	Tri-angle cap(left)	PE	95.7*57.2*51.3	2
4R	Tri-angle cap(right)	PE	95.7*57.2*51.3	2
5	Allen bolt	SUS304	M8x1.25x20L,8.8	8
6	Spring washer	SUS304	D15.4xD8.2x2T	8
7	Flat washer	SUS304	D16xD8.5x1.2T	10
8	Seat post			1
9	Seat post			1
10	Seat		VL-3230	1
11	Seat adjustable tube			1
12	L knob	AL+45#	M12*25L	2
13	Handlebar			1
14	Computer fixing plate			1
15	D cap	PS	70*45*14	1
16	Cover of handlebar post	PE	80*55*147	1
17	Protective cover	PE	80*55*61	1
18	Inner cover	PE	80*55*147	1
19	Stop plate(1)	AL	39*35*17	2
20	Spring	72A	D12.5*D1.2*20.7	2
21	Stop plate(2)	AL	38*35*17	2
22	L knob 50L	AL+45#	M10*50L	2
23L	Left chain cover	ABS	744.3*512.4*77.7	1
23R	Right chain cover	ABS		1
24L	Left crank	1021M	170*9/16"-20BC	1
24R	Right crank	1021M+SPH	170*9/16"-20BC	1
25L/R	Pedal		JD-037V,9/16"	1
26	Bolt	35#	M8x1.0x16,10.9	2
27	Screw cover	P.E6070	D23x6.5	2
28	Screw	SUS304	M10*1.5*20L	5
29	Nut	SUS304	M10*1.5*8T	5
30	Bolt	Q235A	M5x0.8x15L	2
31	Buffer	SBR	D9*D5.8*13	2
32	Screw	10#	ST4.2*1.4*20L	9
33A	Screw	Q235A	M5x0.8x10L	1
33B	Screw	Q235A	M5*0.8*20L	1

Part NO.	Description	Material	Specification	QTY
35	Belt		PK5,1370L	1
36	Belt wheel	AL	D285-,PK6	1
37	BB sets		127.5L	1
38	Flat washer	Q235A	D25*D8.5*2T	2
39	Outer flywheel	A1050	D420*17	1
40	Inner flywheel	FC20	D290*34.3	1
41	Cable plug	PVC	D4*D12*13	2
42	Swing connection fixing bracket			1
43	Protecting ring			1
44	Screw	35#	M6*1*15L,8.8	6
45	Tension cable		D1.5*350L	1
47	Magnet fixing bracket			1
48	Magnet		D18*10T	8
49	Magnet fixing plate			1
50	Axle of magnet fixing bracket	Q235A	D8.2*65L	1
51	Spring	72A	D1.2*55L	1
52	Flat washer	PE	D18*D8.5*1.0T	1
53	Nut	Q235A	M8*1.25*8T	5
54	Allen bolt	35#	M8x1.25x20L,8.8	4
55	Spring washer	70#	D15.4xD8.2x2T	4
56	Magnet cell	PE	29*3*3	6
57	Bolt	Q235A	M5*0.8*10L	6
58	Nut	Q235A	M8*1.25*8T	2
59	Adjustable round wheel	Q235A+Rubber	D38*M10*1.5	4
60	Allen bolt	Q235A	M8*1.25*40L,8.8	2
61	Wheel	PP	D65*24	2
63	Nylon nut	SUS304	M8*1.25*8T	1
64	Screw	10#	ST4*1.41*12L	10
65	Idle wheel fixing plate			1
66	Bolt	35#	M8*1.25*20L,8.8	3
68	Hex nut	Q235A	M6*1*5T	1
69	Bearing	GCr15	6203-2RS	2
70	Flat washer	Q235A	D16xD8.5x1.2T	2
71	Flat washer	Q235A	D18*D8.5*1.2T	2
72	C ring	65Mn	S-17(1T)	2
73	Waved washer	65Mn	D17*D22*0.3T	1
74	Hex nut	Q235A	M8*1.25*6T	1

75	Allen screw	35#	M8*1.25*16L	4
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Part NO.	Description	Material	Specification	QTY
76	Spring	72A	D1.4*55L	1
77	Fixing plate of brake strap	Q235A	100*63*3.0T	1
78	Hex bolt	35#	M8*52L	1
79	Wheel cover	PP	93.2*64.7*62	2
80	Brake plate	NBR	54.5*37*13	1
81	Cow leather		52*31*4T	1
82	Allen bolt	SUS304	M8x1.25x45L 8.8	1
83	Square cap	PE	38x38x18L,2.0T	3
84	Bolt	Q235A	M5*0.8*10L	4
85	Computer		SM-2531-64,ROHS	1
86	Screw	SUS304	M5*0.8*15L	2
88	Screw	SUS304	M6*1*15L,8.8	2
91	Fixing plate(1)	Q235A	105.5*35*2.5T	1
92	Buffer	NBR	D10*5.5T	3
93	Hex bolt	35#	M5*0.8*10L,8.8	3
94	Flat washer	Q235A	D15*D5.2*1.0T	2
96	Round magnet		M02	1
97	Screw	SUS304	M5*0.8*10L	1
98	Sensor bracket	PE	24*22*2.5T	1
99	Sensor cable		50L	1
100	Adaptor		OUT:9V,1300MA	1
101	Electric cable		700L	1
102	Cable buckle	NL	17.5*8.2*2.2	1
103	Screw	10#	ST4.2x1.4x12L	2
104	Motor			1
105	Upper computer cable		1050L	1
106	Chest belt			1
107	Flat washer	Q235A	D14*D6.5*0.8T	2
\	Allen spanner	35#	M6, 8.8	1
\	Spanner	Q235A	155*30*5T	1

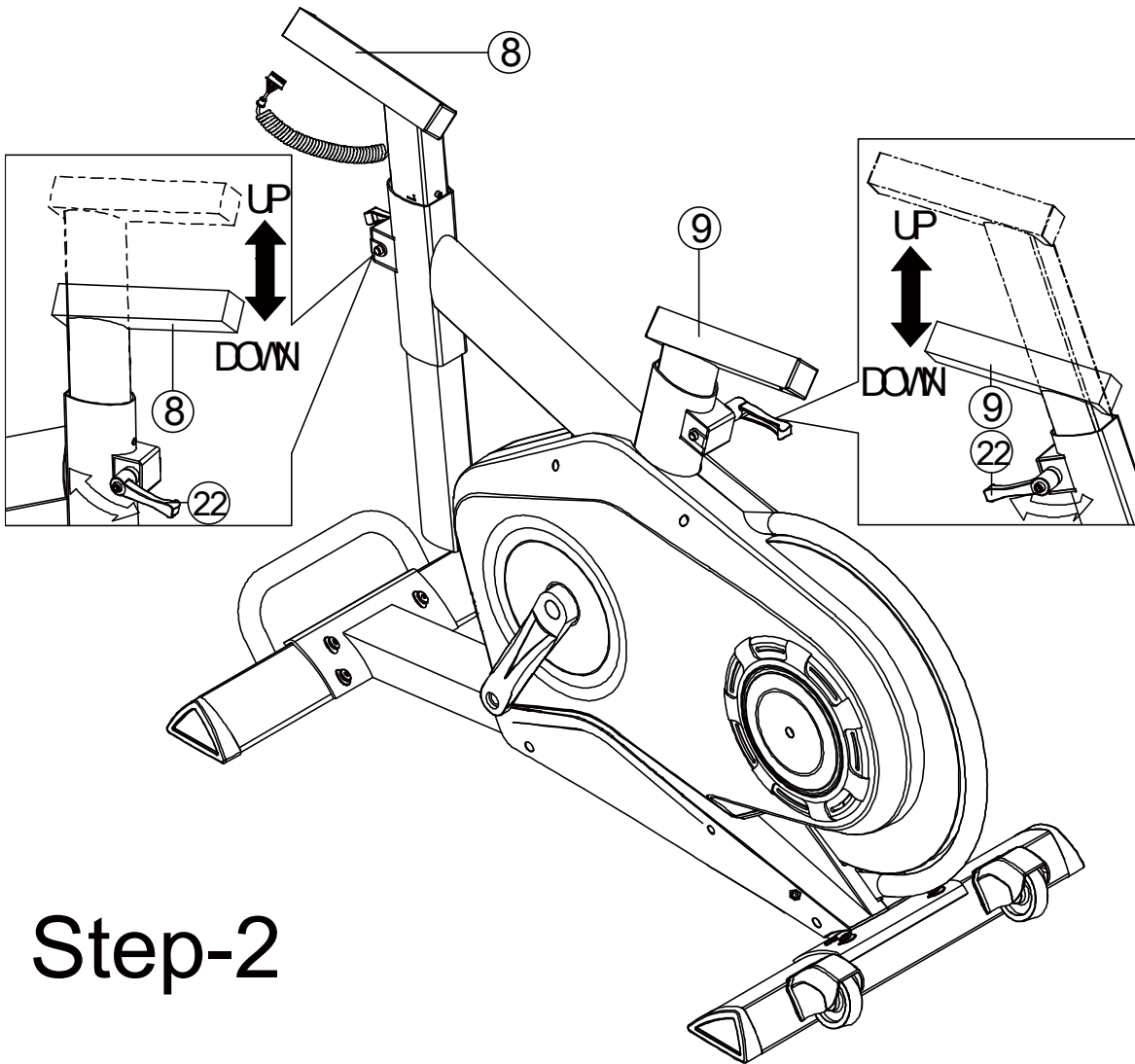
STEP 1



Step-1

- 1) Assemble the front stabilizer (2) and rear stabilizer (3) onto the main frame (1) by using the flat washer (7), spring washer (6), and Allen bolt (5).
- 2) Assemble the Wheel cover(79) on the wheel of rear stabilizer.
- 3) Adjust the proper height by turning the Adjustable round wheel of front & rear foot cap (59).

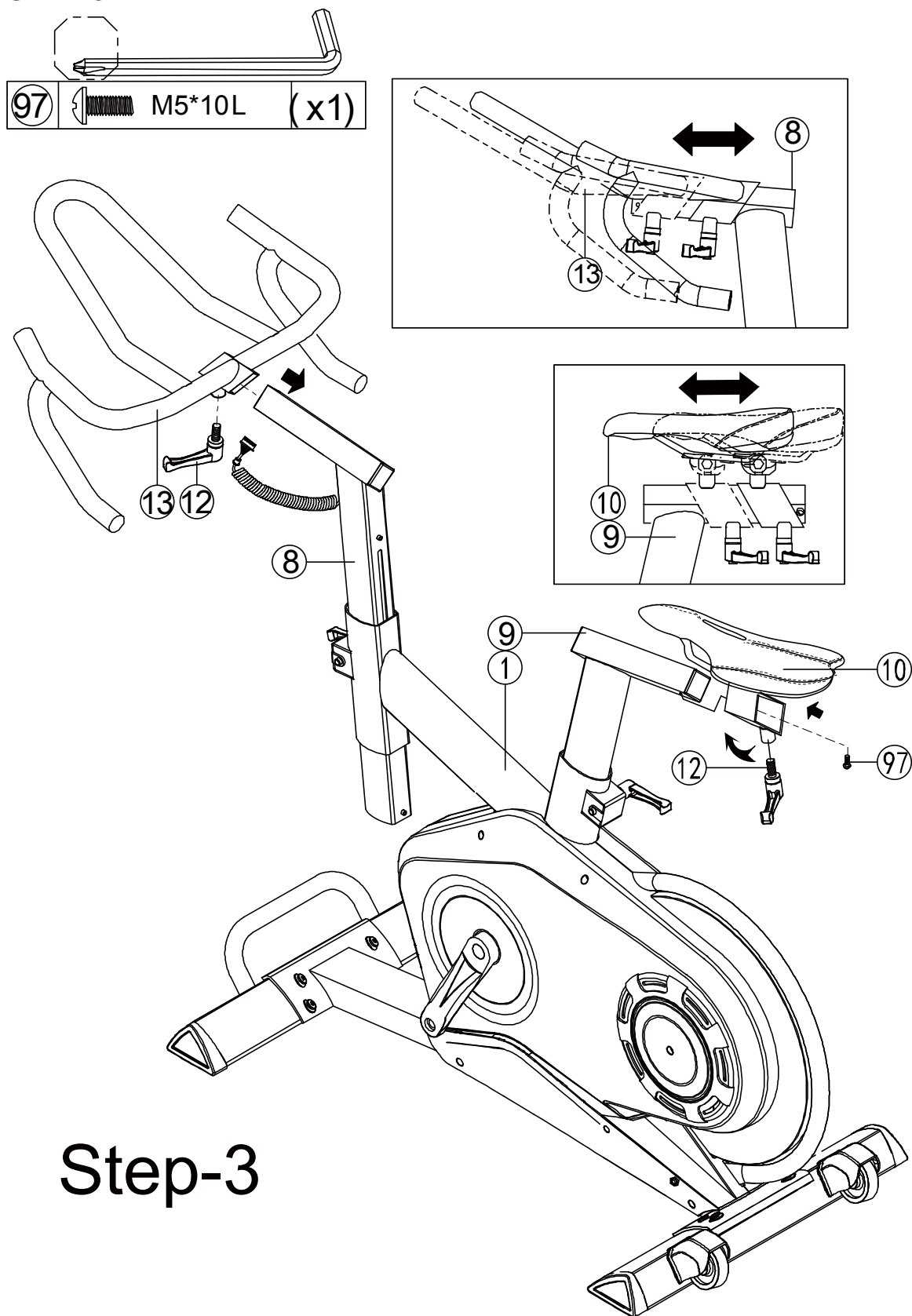
STEP 2



Step-2

- 1) Handlebar post (8) and seat post (9) has been preassembled, you can adjust them stepless up and down by L knob(22)

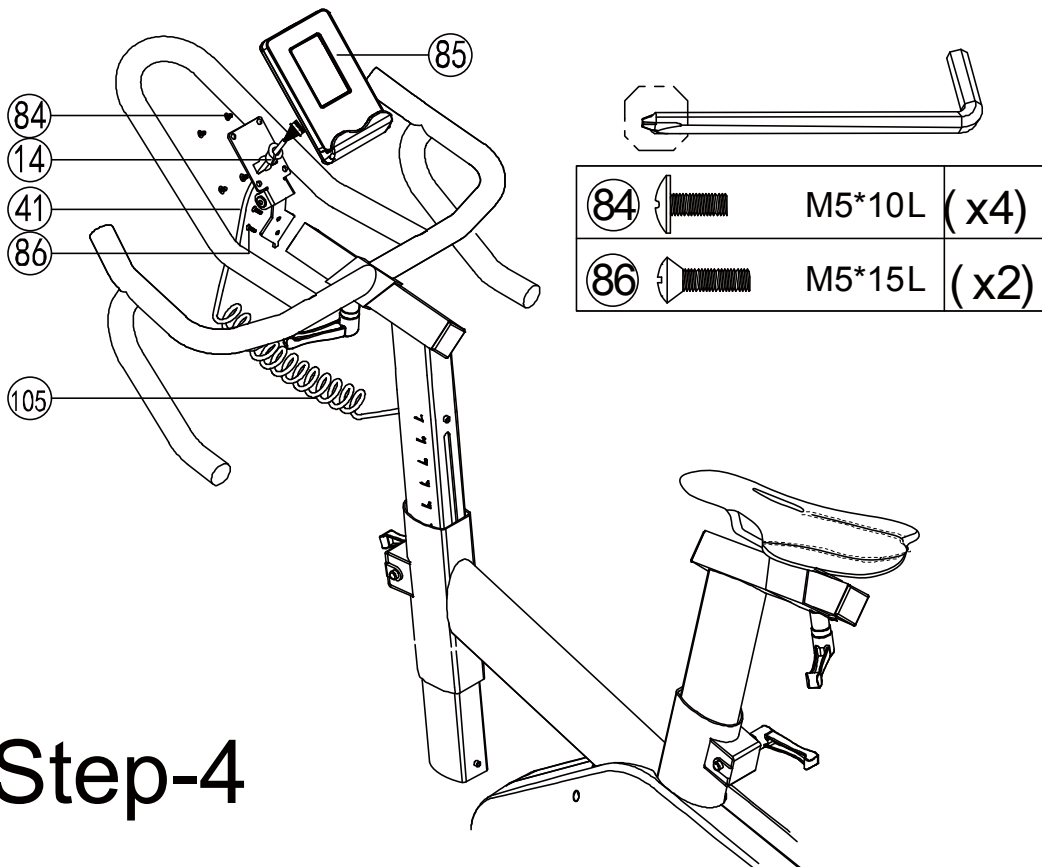
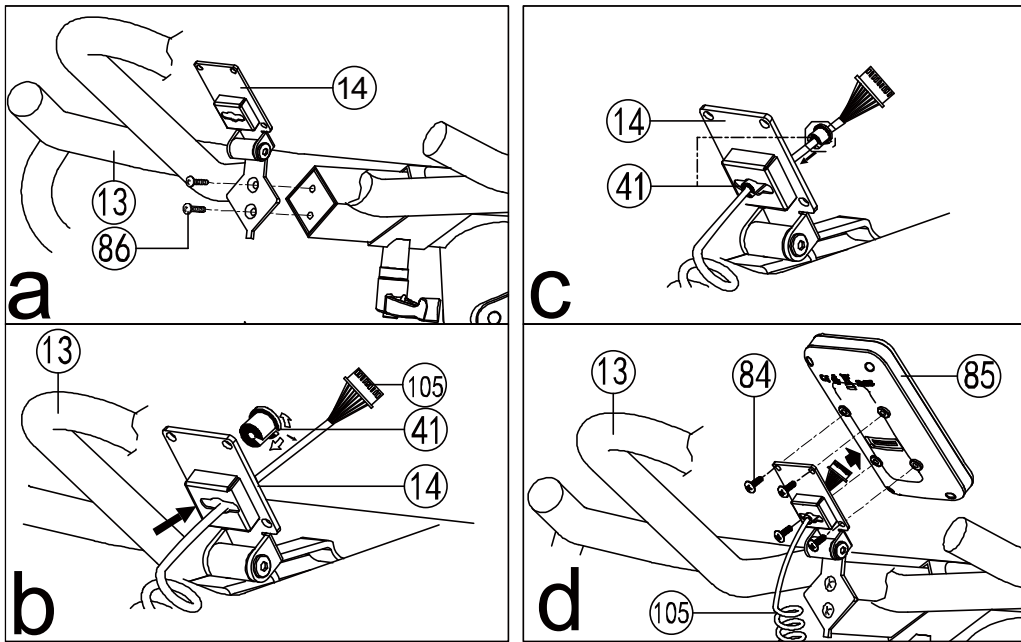
STEP 3



Step-3

- 1) Fix the handlebar (13) onto the front post by L knob (12).
- 2) Assemble the saddle (10) onto the seat post (9) by L knob (12) and **screw** (97).

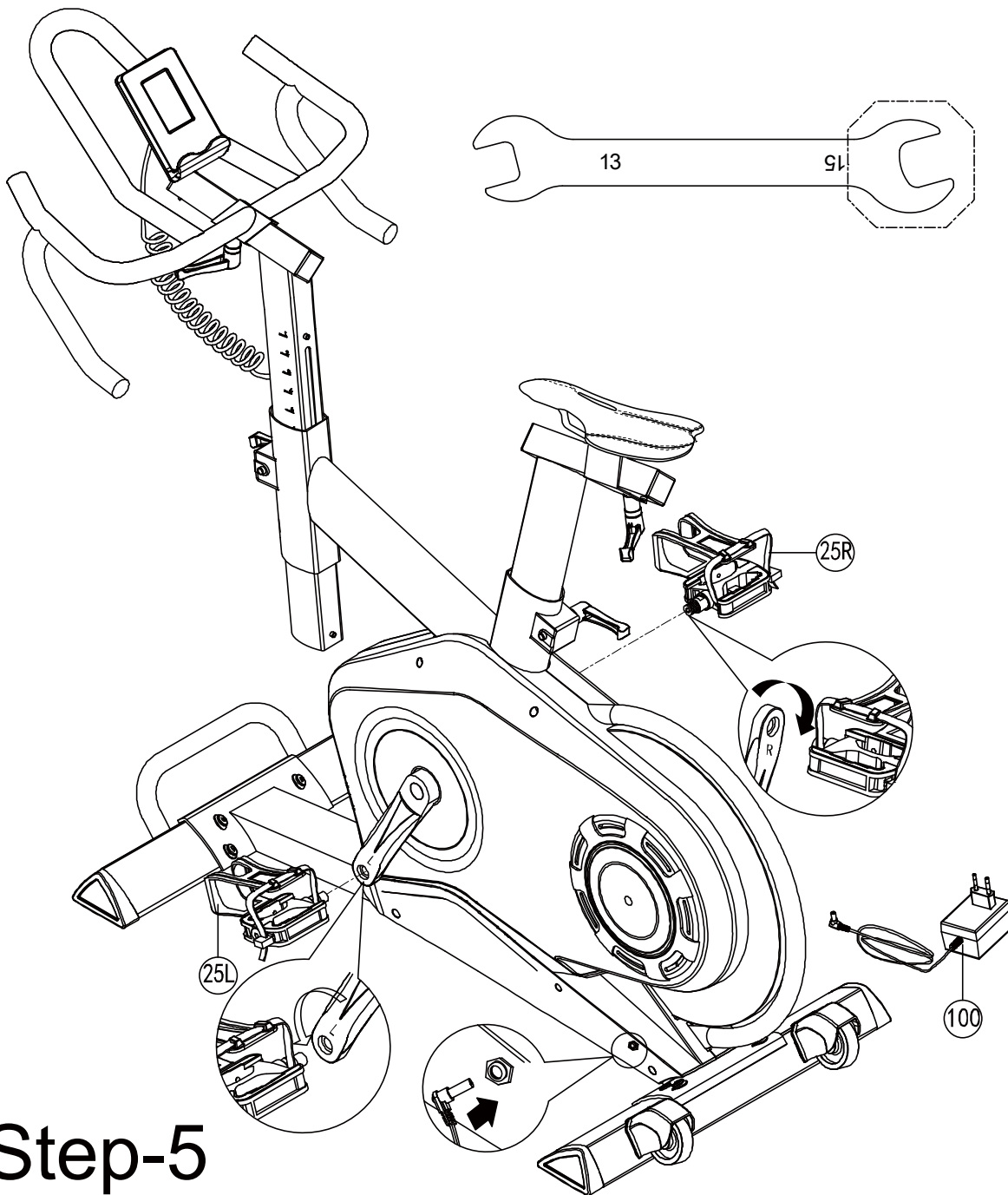
STEP 4



Step-4

- 1) Fix the computer fixing plate (14) onto front post by using bolt (86) fig. a.
- 2) Through the upper computer cable (105) from the hole of computer fixing plate fig. b.
- 3) Insert the cable plug (41) fig. c.
- 4) Fix the computer (85) onto the computer fixing plate by bolt (84).

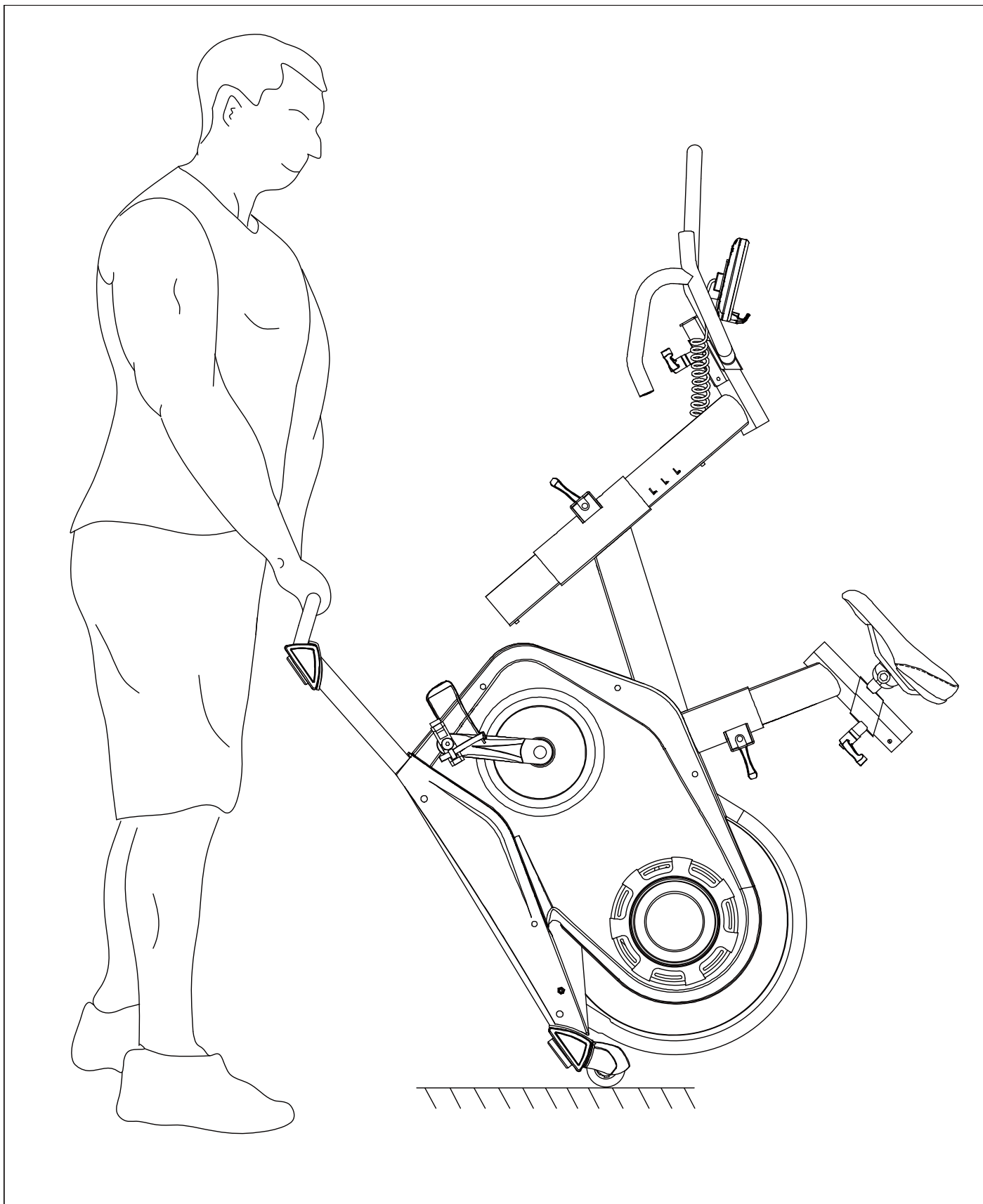
STEP 5



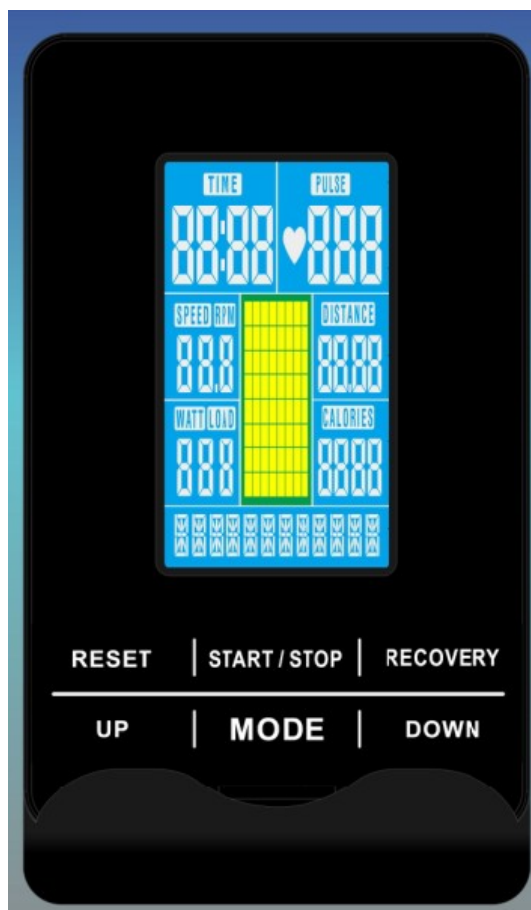
Step-5

- 1) assemble the left pedal(25L) onto left crank by anti-clockwise, and fix the right pedal (25R) onto right crank by clockwise
- 2) connect the adaptor(100) with the machine and a socket

You can move the machine easily as following:



INSTRUCTION MANUAL



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:00
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 990
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.00
CALORIES	Burned calories during workout display. Range 0 ~ 9990
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse. Range:0~230
RPM	Rotation per minute Range 0 ~ 999
MANUAL	Manual mode workout.
PROGRAM	Beginner X4, Advance X4, and Sporty X4 PROGRAM selection.
CARDIO	.Target HR training mode.

KEY FUNCTION

ITEM	DESCRIPTION
Up	Increase resistance level; Adjust function value up and setting selection.
Down	Decrease resistance level; Adjust function value down and setting selection.
Mode	Confirm/Enter setting or selection.
Reset	Total Reset: Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reset: Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.

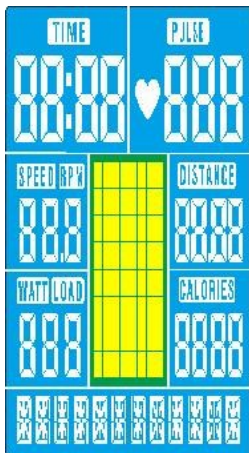
OPERATION PROCEDURE

1. POWER ON

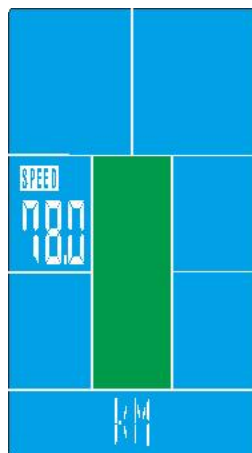
When POWER ON or hold RESET key for 2s, buzzer will sound 1s and LCD full display for 2 seconds (Picture1). Then display wheel diameter and unit (Picture2). Then go to Standby mode.

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

Press any key may wake the console up.



Picture1



Picture2

2. WORKOUT MODE SELECTION

In Standby mode, user can UP and DOWN to select: Manual ↘ Beginner ↘ Advance ↘ Sporty ↘ Cardio ↘ **Watt**, then press MODE to enter. If press START without any setting, console begin to run and count up directly.

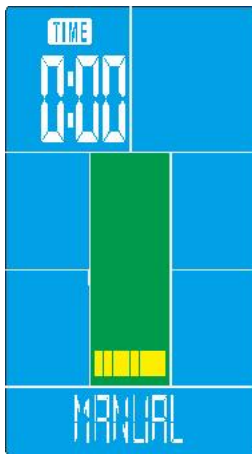
3. Manual Mode

Press UP or DOWN to select Manual workout mode, press MODE to confirm.

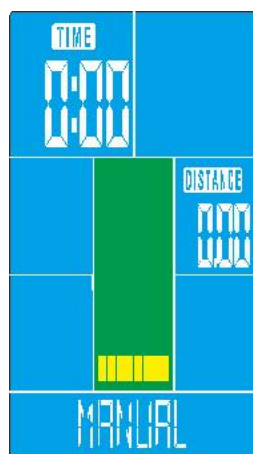
Press UP or DOWN to set TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm (Picture 3-6).

Press START/STOP key to start workout. Press UP or DOWN to adjust LOAD level (1~32).

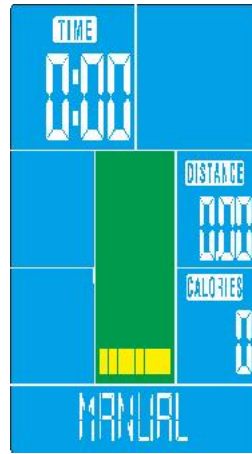
Press START/STOP key to pause workout. Press RESET to reverse to main menu.



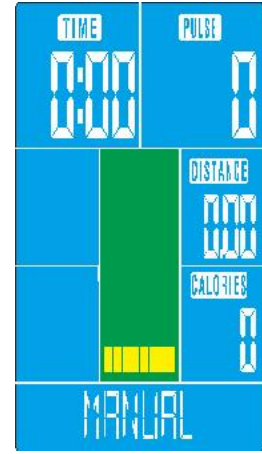
Picture3



Picture4



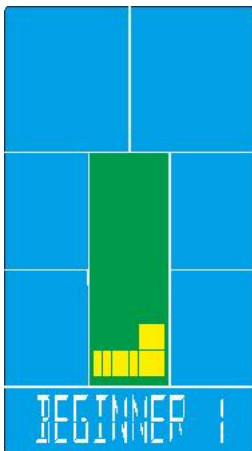
Picture5



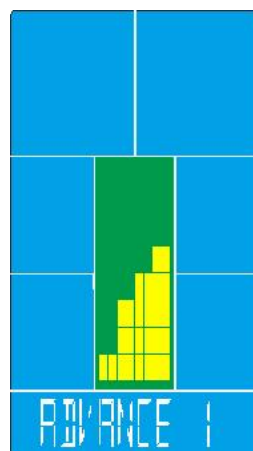
Picture6

4. **Beginner Mode**

Press UP or DOWN to select Beginner mode and press MODE to confirm.
 Press UP or DOWN to select Beginner 1~4 (Picture 7) and press MODE to confirm.
 Press UP or DOWN to set TIME and press START/STOP key to start workout.
 Then press UP or DOWN to adjust resistance level.
 Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Picture 7



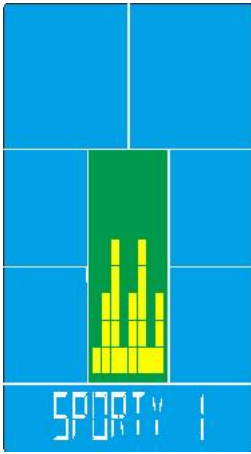
Picture 8

5. **Advance Mode**

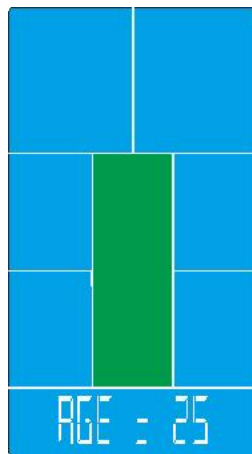
Press UP or DOWN to select Advance mode and press MODE to enter.
 Press UP or DOWN to select Advance 1~4 (Picture 8) and press MODE to confirm.
 Press UP or DOWN to set TIME and press START/STOP key to start workout.
 Press UP or DOWN to adjust resistance level.
 Press START/STOP key to stop workout. Press RESET to reverse to main menu.

6. **Sporty Mode**

Press UP or DOWN to select Sporty mode and press MODE to enter.
 Press UP or DOWN to select Sporty 1~4 (Picture 9) and press MODE to confirm.
 Press UP or DOWN to set TIME and press START/STOP key to start workout.
 Press UP or DOWN to adjust resistance level.
 Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Picture 9



Picture 10

7. **Cardio Mode**

Press UP or DOWN to select Cardio mode and press MODE to get into (Picture 10).

Press UP or Down to set AGE, then select 55%.75%.90% or TAG (TARGET H.R) and press MODE to confirm.

Press UP or DOWN to preset workout TIME.

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

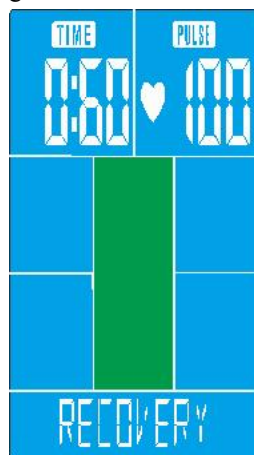
During workout, when there is no PULSE detected for 1s, then LCD will display “PULSE INPUT” to remind,user must hold hand grips correctly.

8. **Recovery Mode**

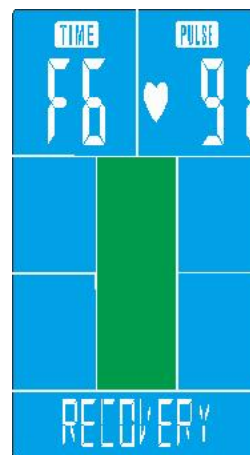
After exercising for a period of time, keep holding on handgrips. When there is PULSE detected, press RECOVERY key. Then all function display will stop except “TIME” that will start counting down from 00:60 to 00:00 (Picture 11). While TIME counts down to 0:00, LCD will display your heart rate recovery status with the F1, F2...to F6 (Picture 12). F1 is the best, F6 is the worst.

User may keep exercising to improve the heart rate recovery status.

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



Picture 11



Picture 12

9. **Watt Mode**

Press UP or DOWN to select Watt mode and press MODE to enter.

Press UP or DOWN to select watt value and press MODE to confirm.

Press UP or DOWN to set TIME and press START/STOP key to start workout.

Press UP or DOWN to adjust resistance level and watt value.

Press START/STOP key to stop workout. Press RESET to reverse to main menu.

10. i-Console+ APP

The console has been built-in Bluetooth 4.0 module for APP function.

First, download i-Console+ APP to tablet or mobile device from App Store or Google play first;

Then, turn on Bluetooth on tablet, search for console device and press connect. (password:0000)

Pair tablet and console thru BT. Turn on i-Console+APP on tablet and start workout with tablet.

(APP operation refer to i-Console+ Instruction Manual)



System reminder:

※This console has the bell prompt function on button:

- ①effective operation- one short beep;
- ②ineffective operation- two short beeps;
- ③any function value count down to 0 during workout- 2 short beeps every second
- ④In CARDIO mode, when console is forced to stop- continuous 6 short beeps
- ⑤When PULSE exceed setting value- 2 short beeps every second

NOTE:

- 1. If console operation or display abnormally, please Power-off and restart it.
- 2. Once console is connect to tablet via Bluetooth, the console will power off.
- 3. Please exit i-Console app and turn off the Bluetooth from iPad, then the console will power on again.
- 4. This console has function of USB charger(BT), thus consume much power. For stable workout and function stability, we suggest user to use adaptor of 9V 1.3A or above.



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