

TOORX
FITNESS IN MOTION

INSTRUCTION



SRX65 EVO



Cod : GRLDTOORXSRX65E

Rev : 00

Ed : 04/20

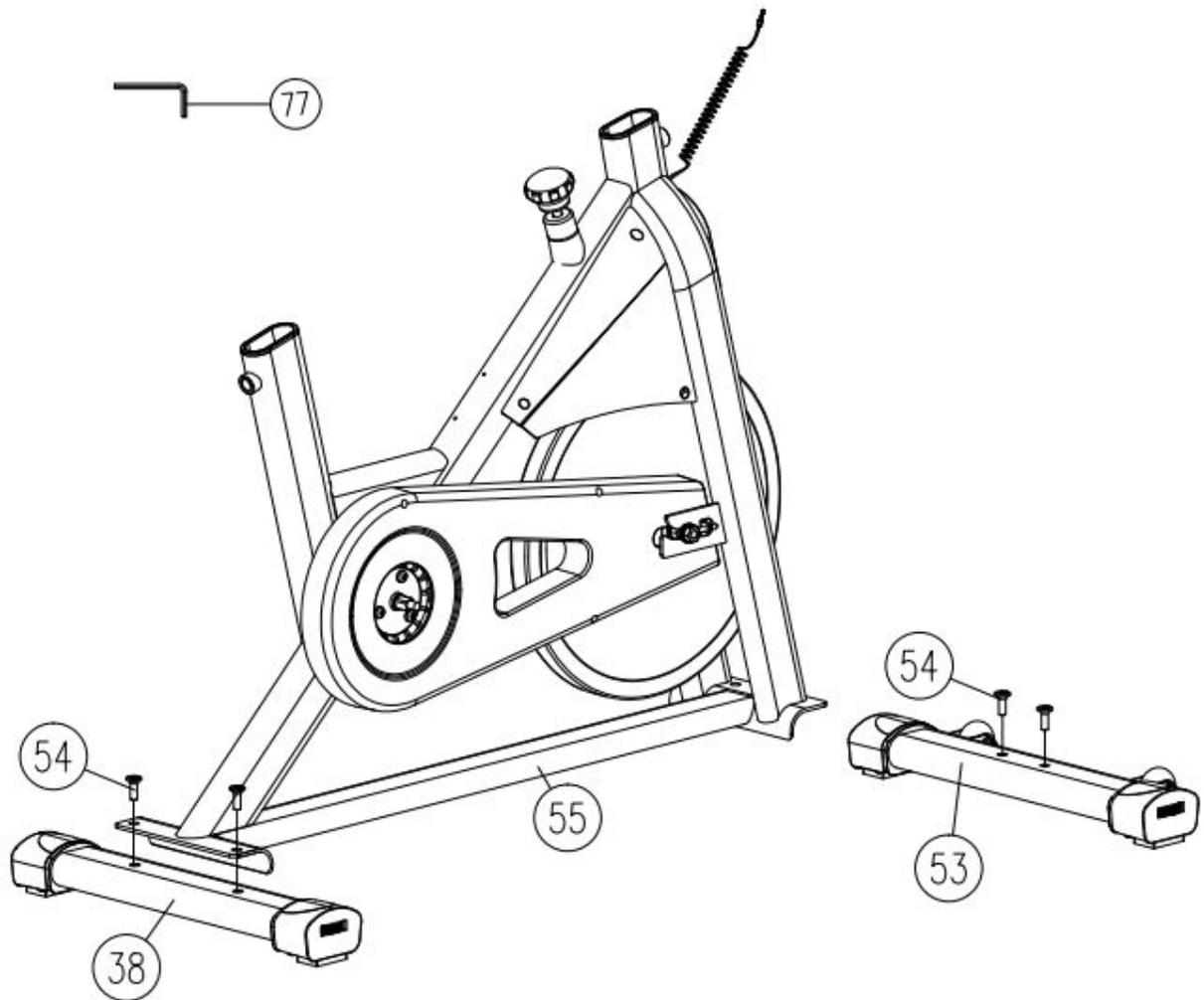


PART NO.	DESCRIPTION	QTY
1	Computer	1 PC
2	Computer holder	1 PC
3	Handlebar	1 PC
4	Hexagon screw M8	4 PCS
5	Spring washer ϕ 8	4 PCS
6	I-pad holder	1 PC
7	Brake knob	1 PC
8	Hexagon nut M8	1 PC
9	Brake cover	1 PC
10	Screw M5	1 PC
11	Brake nylon bushing	1 PC
12	Brake limit tube	1 PC
13	Brake rob	1 PC
14	Brake square nut	1 PC
15	Washer ϕ 10	1 PC
16	Cable plug	2 PCS
17	Cable	1 PC
18	Screw M4.2	7 PCS
19	Bottle holder	1 PC
20	Slider	1 PC
21	Seat	1 PC
22	Carriage screw M10	1 PC
23	End cap	2 PCS
24	Knob	1 PC
25	Seat post	1 PC
26	Screw M5	1 PC
27	C clamp	1 PC

PART NO.	DESCRIPTION	QTY
28	Pedal(R +L)	1 SET
29	Crank plug	2 PCS
30	Flange nut M10	2 PCS
31	Crank(R+L)	1 SET
32	Crank bushing	1 PC
33	Hexagon nut	2 PCS
34	Bearing	2 PCS
35	Bushing	1 PC
36	End cap	4 PCS
37	Hexagon nut M10	2 PCS
38	Rear tube	1 PC
39	Front trim cover	1 PC
40	Screw M4	5 PCS
41	Chain cover (inner)	1 PC
42	Belt pulley	1 PC
43	Flat washer	3 PCS
44	Axis	1 PC
45	Hexagon screw	3 PCS
46	Belt	1 PC
47	Chain cover (outer)	1 PC
48	Flat washer	3 PCS
49	Hexagon screw	2 PCS
50	Moving flywheel	2 PCS
51	Flat washer ϕ 8	2 PCS
52	Nylon nut M8	2 PCS
53	Front tube	1 PC
54	Step screw M8	4 PCS

PART NO.	DESCRIPTION	QTY
55	Frame	1 PC
56	Screw M5	2 PCS
57	Brake pad	1 PC
58	Hexagon nut M5	2 PCS
59	Nylon cap M5	2 PCS
60	Screw	1 PC
61	Brake shrapnel	1 PC
62	Knob	2 PCS
63	Cable	1 PC
64	Flange nut M12	2 PCS
65	Trim cover(R+L)	1 SET
66	Hexagon nut M12	2 PCS
67	Flywheel axis	1 PC
68	Bearing	2 PCS
69	Tube clamp	2 PCS
70	Suction cup	1 PC
71	Flywheel	1 PC
72	Bushing	1 PC
73	Arm pad	2 PCS
74	Nylon cap M6	2 PCS
75	Adjuster	2 PCS
76	Screw M6	1 PC
77	Hexagon wrench	1 PC
78	Harpoon wrench	1 PC

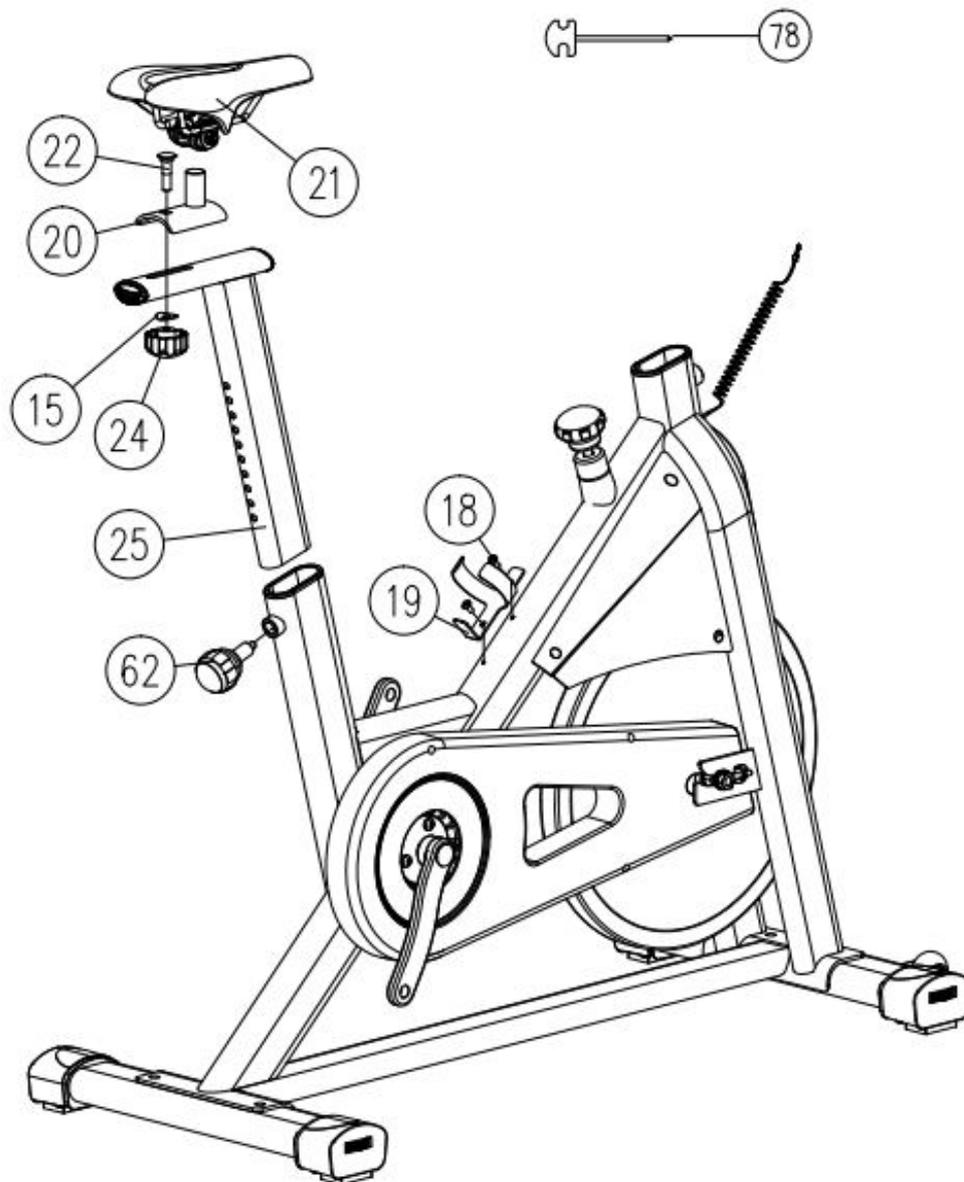
ASSEMBLY INSTRUCTION



STEP 1

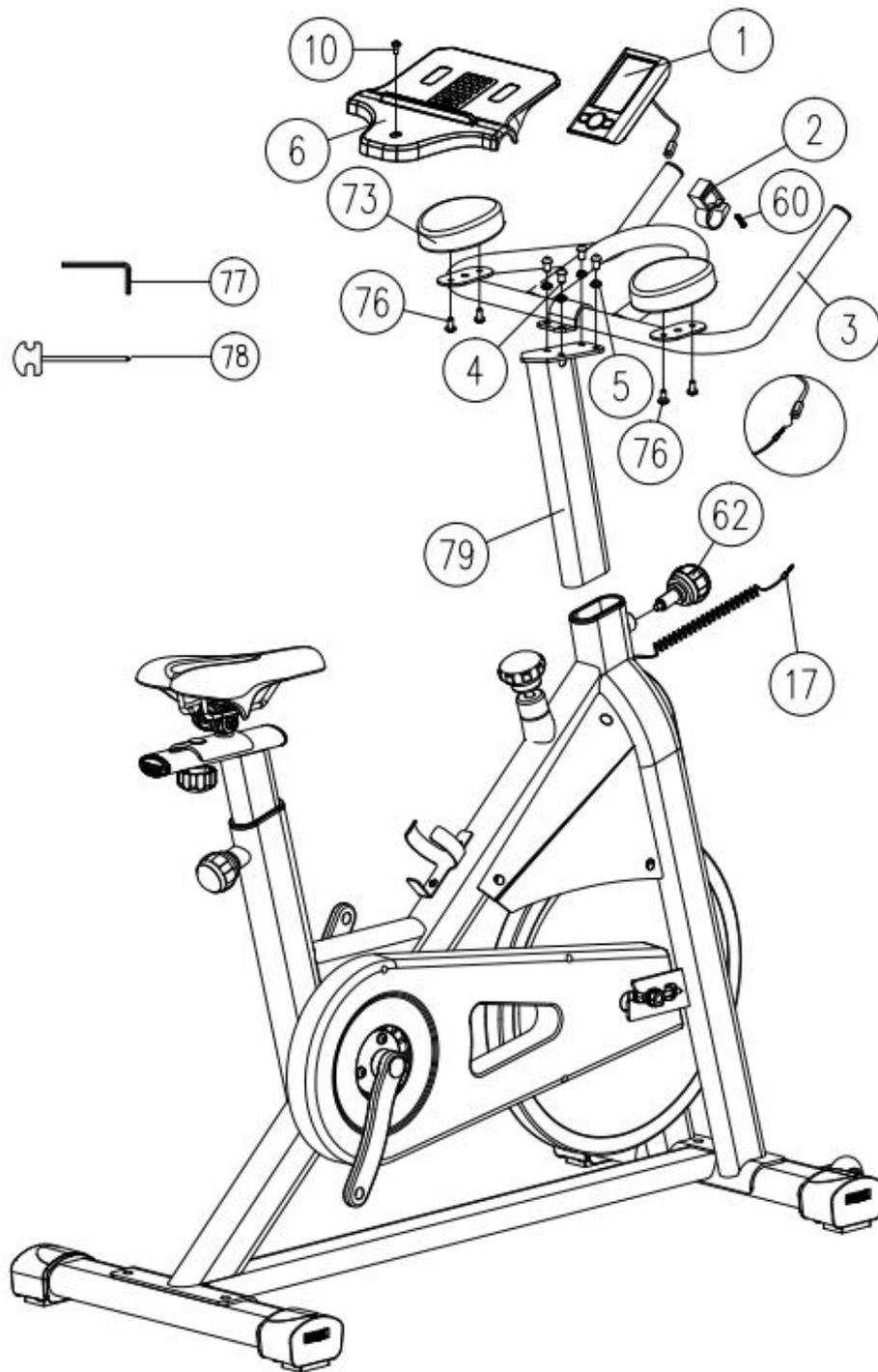
Attach the rear tube (38) to the main frame(55) using two step screw(54) and hexagon wrench(77).

Attach the front tube (53) to the main frame same as the rear tube.



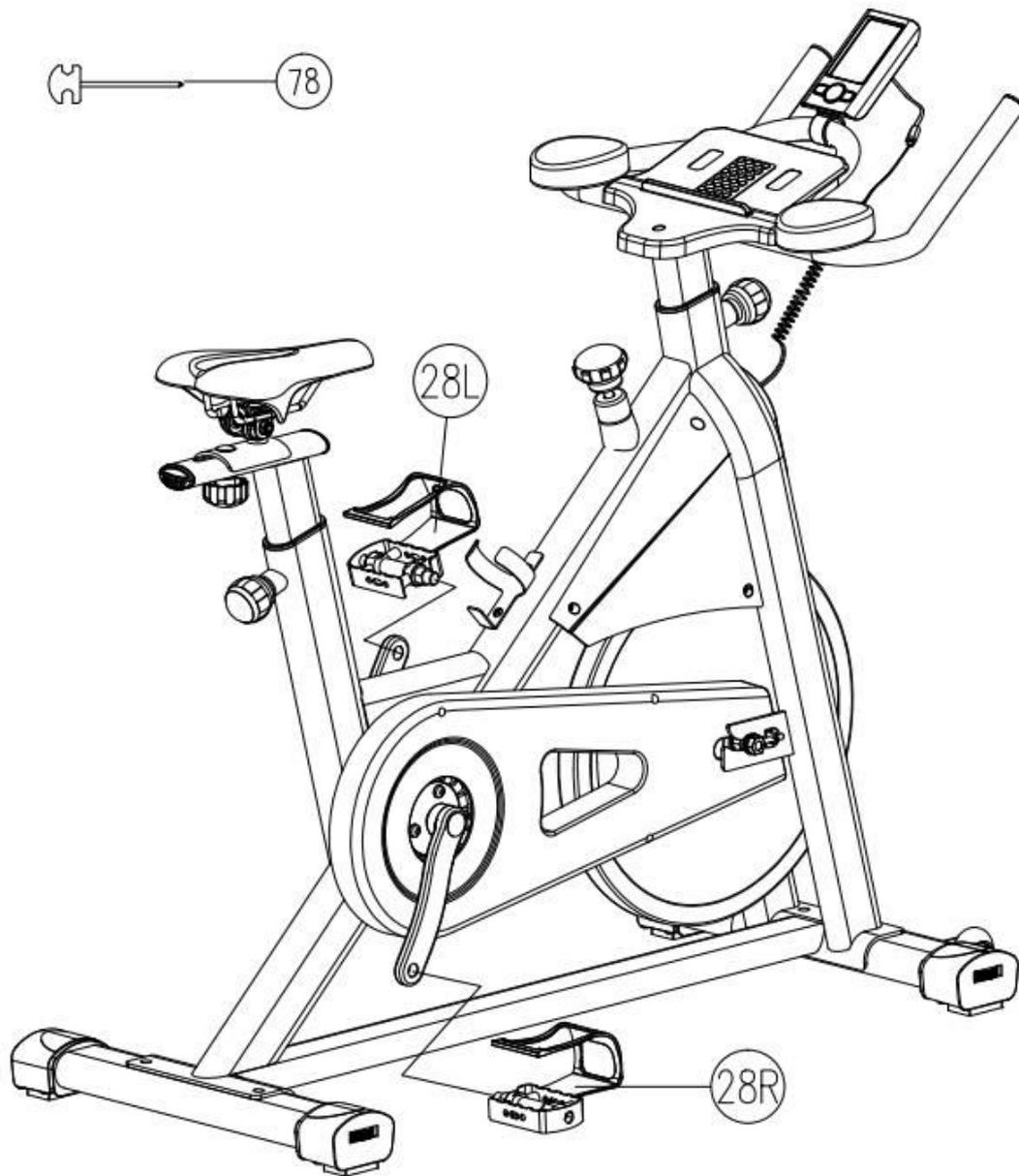
STEP 2

Put seat post (25) insert main frame with knob(62) adjust height.
Fix slider(20) to seat post by carriage screw(22),washer(15) and knob(24).And
then fix seat(21) to slider by harpoon wrench(78).
Fix bottle holder(19) on main frame by two screws(18) and harpoon wrench.



STEP 3

Put handlebar post (79) insert main frame with knob(62) adjust height.
 Fix handlebar(3) on handlebar post by spring washer(5) ,hexagon screw(4) and hexagon wrench(77).
 Fix arm pad(73) on handlebar by screw(76) and fix i-pad holder on handlebar by screw(10).
 Fix computer(1) on the handlebar by computer holder(2) and screw(60).And insert the sensor cable plug(17) into the sensor joint of computer.



STEP 4

The pedals (28L and 28R) are marked "L" and "R"-left and right. Connect them to their appropriate crank set. The right crank set is on the right hand side of the cycle as you sit on it.

Note that the right pedal should be threaded on clockwise and the left pedal on anti-clockwise.

Now your spinning bike is finished for use.

HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place one of CR2032 3V battery into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before rein stalling.
6. Removing the batteries will erase computer memory.

KEY GUIDE**ENTER:**

1. Press this button to enter setting mode.
Normal→Time→DIST→CAL→T.H.R
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.
Time→DIST→CAL→T.H.R

DOWN: Decrease the setting value of the following functions.
Time→DIST→CAL→T.H.R

FUNCTIONS AND OPERATIONS**AUTO ON/OFF**

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

TIME:

press the button of ENTER to TIME function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down:

Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

SPEED:

Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

RPM:

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

DISTANCE:

press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0Km or Mile

Count down:

Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

CALORIE:

press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE (Target Heart Rate):

press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press key to restart Pulse function.

CAUTION:

Operating temperature: 0°C - +50°C.

Storage temperature: -10°C - +60°C.



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