

TOORX
FITNESS IN MOTION

INSTRUCTION



iConsole App Manual

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BRX3000



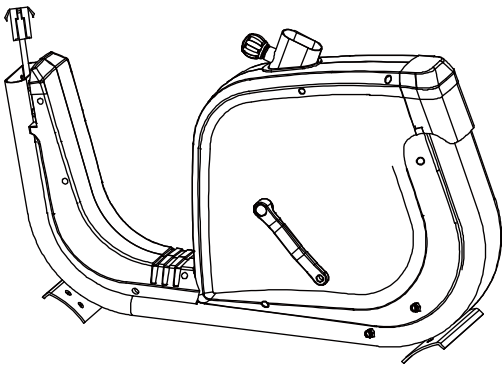
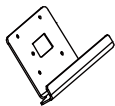
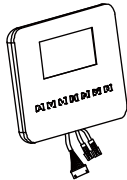
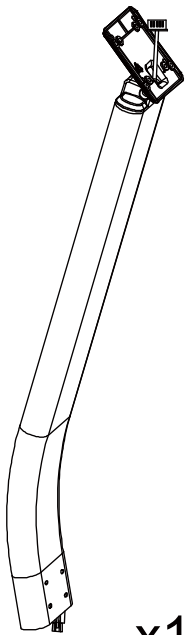
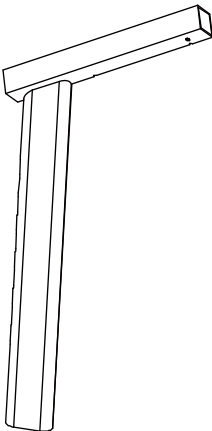
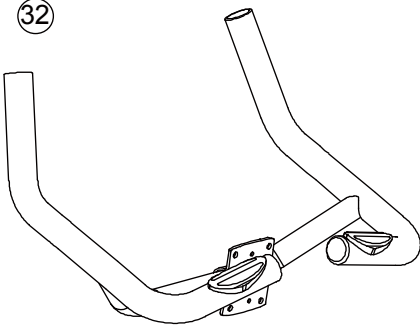
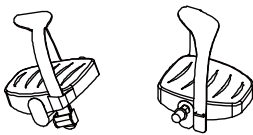
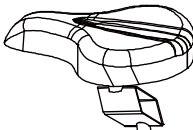
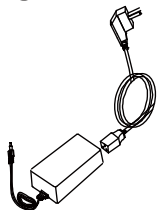
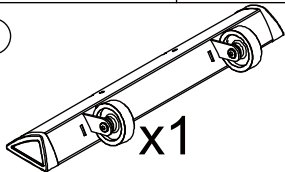
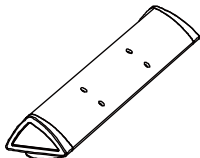
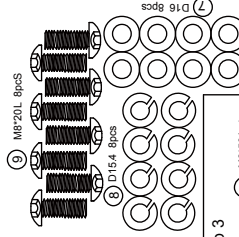
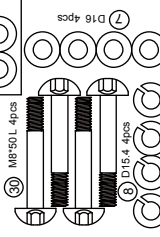
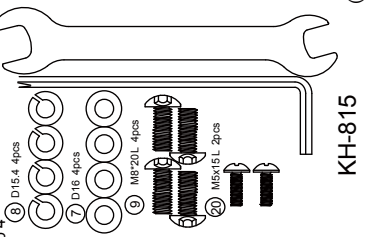
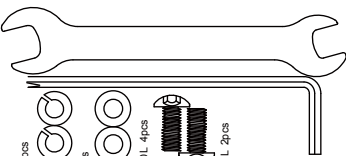
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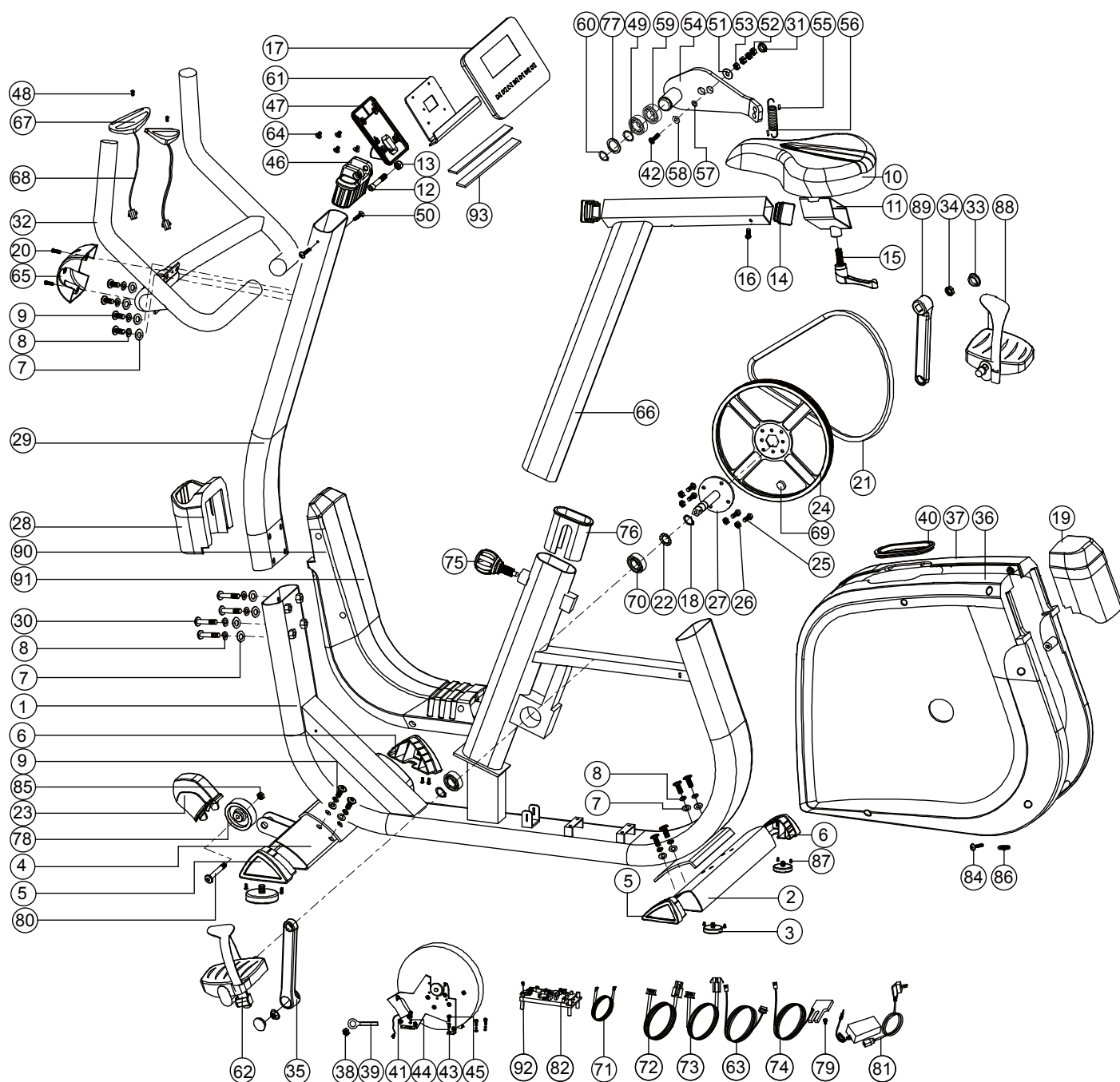
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CHECK LIST (CONTENTS OF PACKAGE):

①  x1	61  x1 17  x1	28  x1 65  x1	
29  x1	66  x1	32  x1 62 & 88  x1 x1	10 & 11  x1 15  x1 81  x1
4  x1	23  x2	2  x1	
Step 1  ⑨ M8*20L 8pcs ⑧ D16.4 8pcs Step 3  ⑩ M8*50L 4pcs ⑧ D16.4 4pcs Step 4  ⑧ D16.4 4pcs ⑦ D16 4pcs ⑨ M8*20L 4pcs ⑩ M8x15L 2pcs  KH-815 (MM)			

Exploded drawing:



Part List

Part NO.	Description	Material	Specification	QTY
1	Main frame			1
2	Rear stabilizer	Q195	95.4*50.6*2.0Tx500L	1
3	Adjustable wheel	Q235A+ABS	D59*M10*40L	4
4	Front stabilizer			1
5	Tri-angle cap(left)	PE	95.7*57.2*51.3	2
6	Tri-angle cap(right)	PE	95.7*57.2*51.3	2
7	Flat washer	Q235A	D16*D8.5*1.2T	16
8	Spring washer	70#	D15.4 XD8.2x2T	16
9	Allen bolt	35#	M8x1.25x20L,8.8	12
10	Seat	PVC	A28	1
11	Seat adjustment tube			1
12	Allen screw	35#	M8*1.25*45L	1
13	Nut	Q235A	M8*1.25*8T	1
14	Square cap	PE	38x38x18L	2
15	Knob	AL+45#	M12*25L	1
16	Screw	Q235A	M5*0.8*10L	2
17	Computer		SE-1699-31	1
18	C ring	65Mn	D22.5*D18.5*1.2T	2
19	Rear cover	HIPS	137.2*61.2*158.3	1
20	Bolt	Q235A	M5x0.8x15L	2
21	Belt		995 J6	1
22	Waved washer	65Mn	D27*D20.3*0.5T	1
23	Cover for wheel	PP	93.2*64.7*62	2
24	Belt wheel	ZL102	D260*19	1
25	Hex bolt	35#	M6x1.0x15L , 8.8	4
26	Nut	Q235A	M6x1.0x6T	4
27	Crank axle			1
28	Upper protective cover	HIPS	137.1*121*73.4	1
29	Handlebar post			1
30	Allen bolt	35#	M8*1.25*50L,8.8	4
31	Bolt cover	PVC	D29*21(M8)	1
32	Handlebar			1
33	Bolt cover	PE	D26*11L	2
34	Anti-loosen nut	35#	M10*1.25*10T	2
35	Left crank	1015A	170Lx9/16"-20BC	1
36	Left chain cover	HIPS	534.7*502*78.1	1

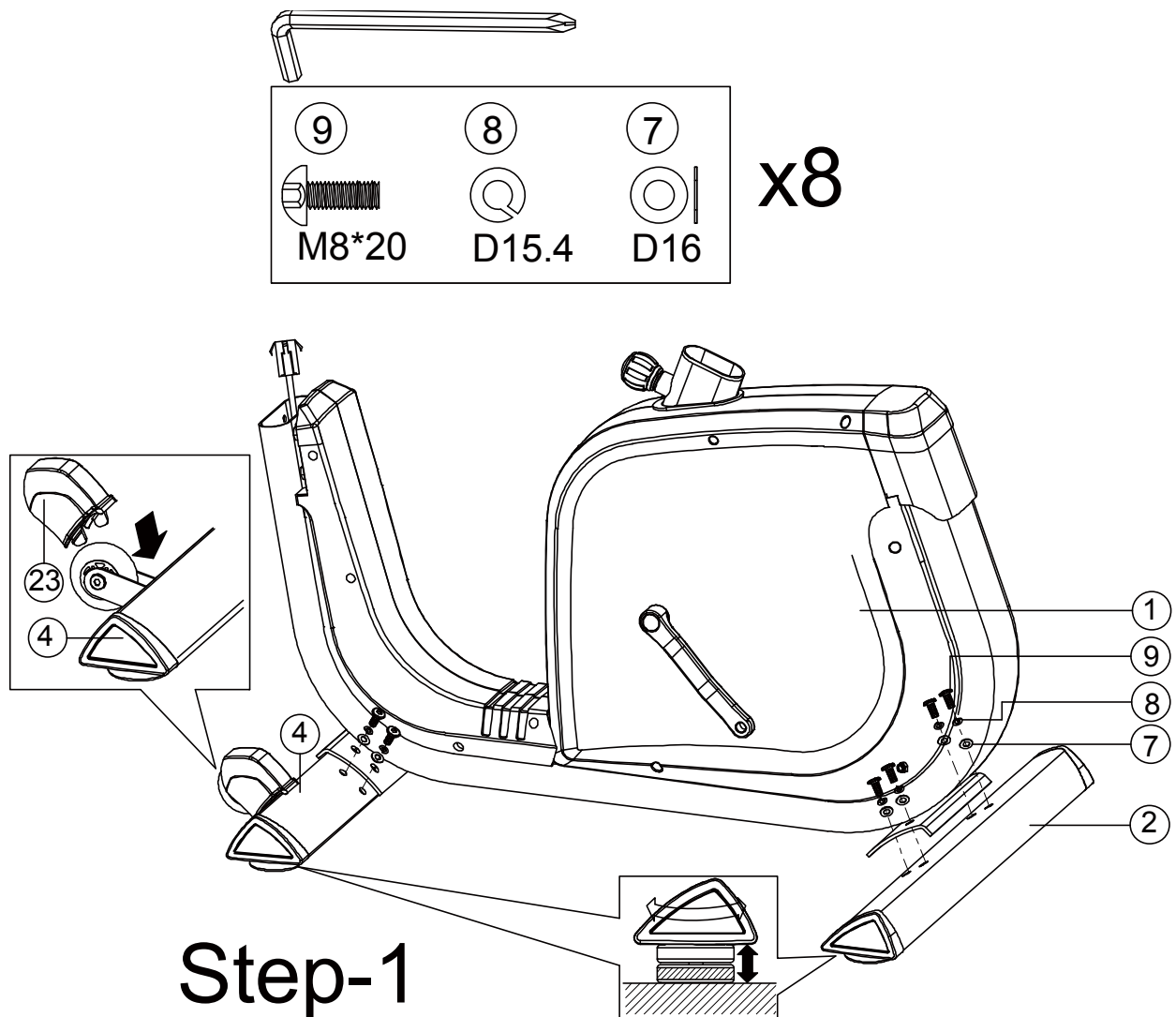
37	Right chain cover	HIPS	534.7*502*82.7	1
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Part NO.	Description	Material	Specification	QTY
38	Hex nut	Q235A	M6*1*6T	2
39	Adjustable bolt	Q235A	M6*1.0*46	1
40	Round cycle for chain cover	PVC	117*58*9.3	1
41	EMS system		D265*86	1
42	Allen bolt	35#	M8x1.25x50L,8.8	1
43	Flat washer	Q235A	D13*D6.5*1.0T	4
44	Spring washer	70#	D10.5*D6.1*1.3T	4
45	Allen screw	35#	M6*1.0*15L,8.8	4
46	Computer bracket	ABS	120*40*70	1
47	Computer fixed bracket	ABS	120*110*2.5T	1
48	Screw	10#	ST4*25L	2
49	Waved washer	65Mn	D21xD16.2x0.3T	1
50	Screw	10#	ST4.2x1.4x15L	2
51	Plastic washer	NL	D50*D10*1.0T	1
52	Nut	Q235A	M8*1.25*8T	2
53	Hex nut	Q235A	M8*1.25*6T	2
54	Fixing plate for idle wheel			1
55	Bolt cover	PVC	D3*30L	2
56	Spring	72A#	D2.2*D14*65L	1
57	Plastic washer	NL66	D10*D24*0.4T	1
58	Flat washer	Q235A	D28*D8.5*3T	1
59	Bearing	GCr15	#99502	2
60	C ring	65Mn	S-16(1T)	1
61	Fixing plate for computer	Q235A	220*120*3T	1
62	Left pedal		JD-36A 9/16"	1
63	Electric cable		1250L	1
64	Bolt	10#	M5x0.8x15L	4
65	Protective cover	ABS	100*81*40.8	1
66	Seat post			1
67	Handle pulse		PE18	2
68	Handle pulse cable		700L	2
69	Round magnet		M02	1
70	Bearing	GCr15	#6004-2RS(C0)	2
71	Connecting cable		350L	1
72	Upper computer cable		1000L	1
73	Lower computer cable		1800L	1

74	Sensor cable		450L	1
75	Inner tube	PE	40x80x129	1

Part NO.	Description	Material	Specification	QTY
76	Inner tube	PE	40x80x129	1
77	Flat washer	Q235A	D24*D16*1.5T	1
78	Round wheel	PVC+PP	D70.5*23	2
79	Bolt	Q235A	M5x0.8x12L	1
80	Allen bolt	Q235A	M8*1.25*40L,8.	2
81	Adaptor		Out put : 26V,2.3A	1
82	Controller		EMS2500-A01	1
84	Screw	10#	ST4.2x1.4x20L	13
85	Nut	Q235A	M8*1.25*8T	2
86	Pin	ABS	D6*26.5*7.7	3
87	Screw	10#	ST4*1.41*15L	8
88	Right pedal		JD-36A 9/16"	1
89	Right crank	1015A	170Lx9/16"-20BC	1
90	Front left decorative cover	HIPS88	338.3*72.2*420.5	1
91	Front right decorative cover	HIPS88	338.3*68*420.5	1
92	Screw	10#	ST4.2x1.4x15L	2
93	Buffer strip	EVA	219*15*2T	2
/	Allen spanner	35#	M6,8.8	1
/	Spanner	Q235A	155*30*5T	1

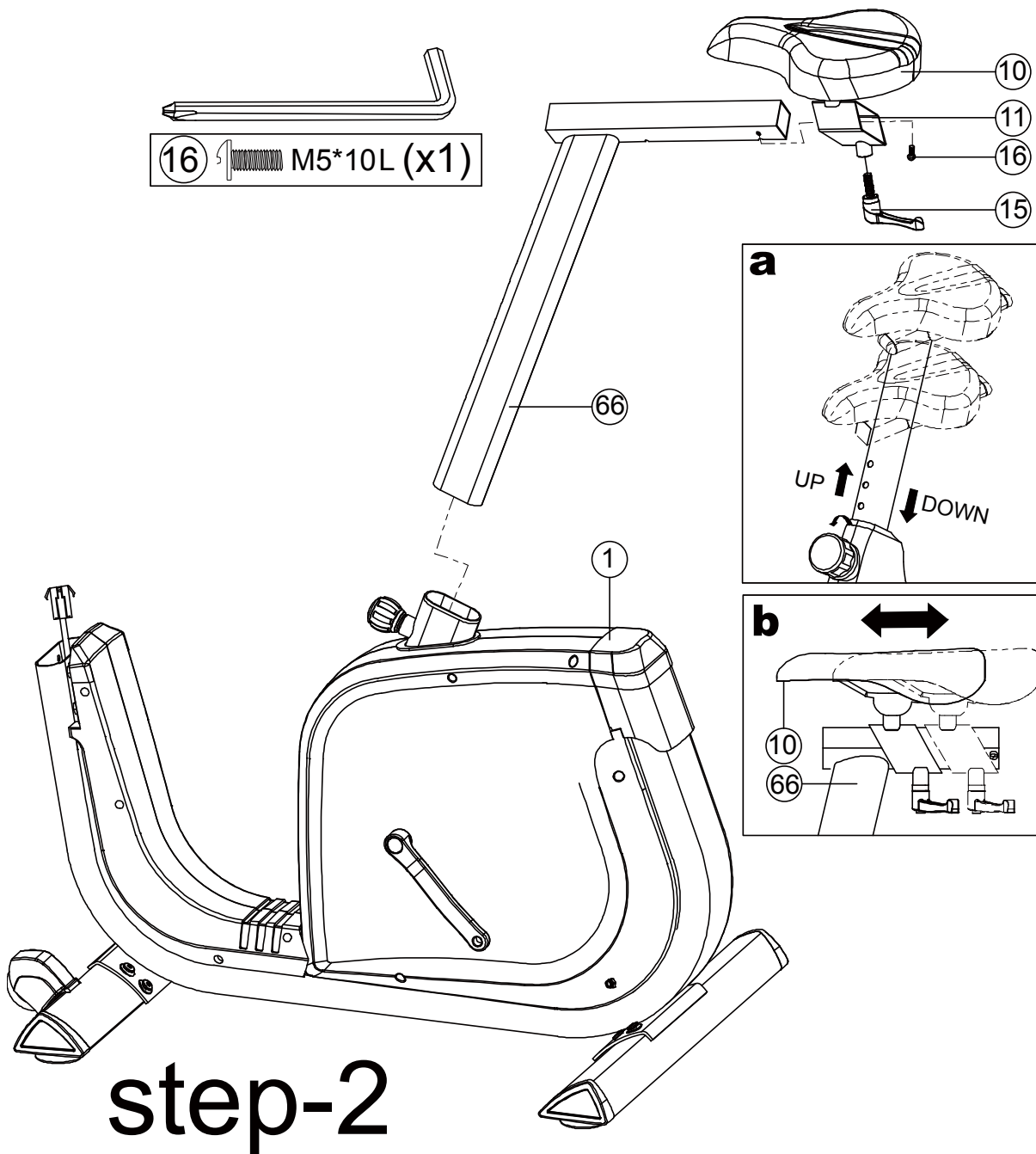
STEP 1



Step-1

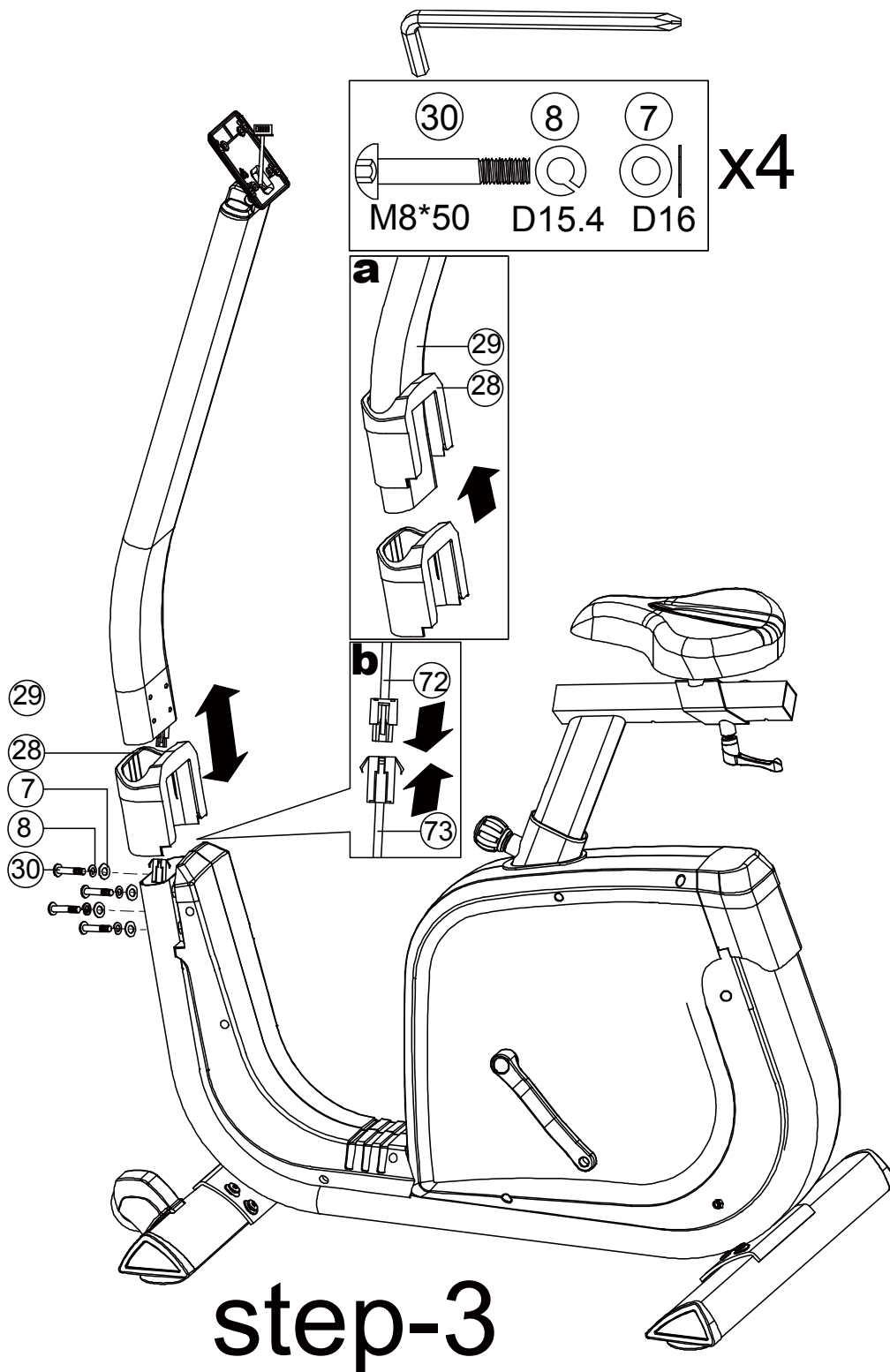
- 1) Assemble the front stabilizer (4) and rear stabilizer (2) to the main frame (1) by using the flat washer (7), spring washer (8) and Allen bolt (9).
- 2) Adjust the proper height by turning the wheel of rear foot cap (3).

STEP 2



- 1) Fix the seat (10) to the seat adjustable tube (11).
- 2) Mount the adjusting tube on the seat post (66) with the help of the screw (16) and knob (15)
- 3) The seat can be adjusted up and down, frontward and backward as Fig a. and Fig b. shown.

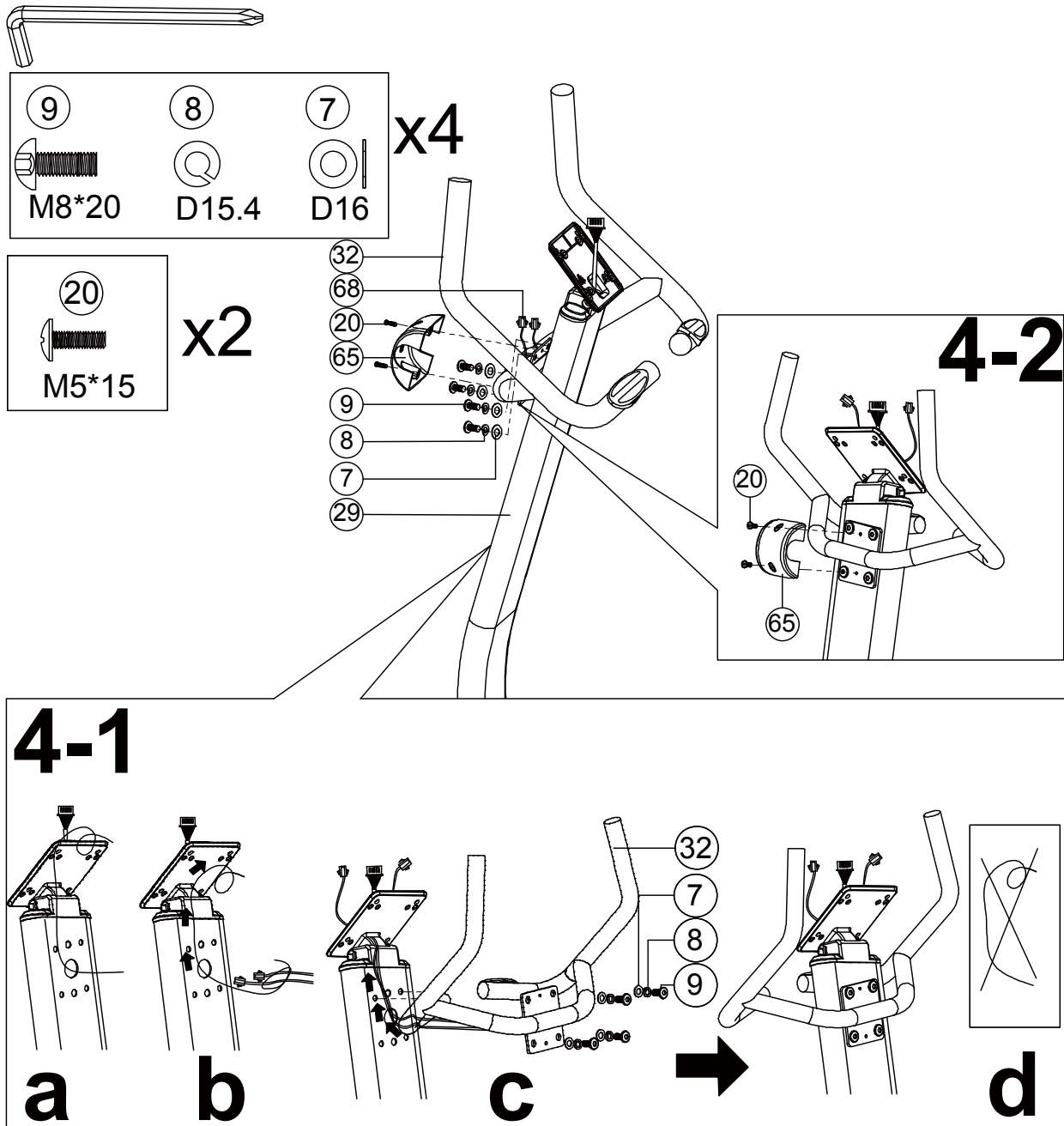
STEP 3



step-3

- 1) Suggest assembling this step by two persons.
- 2) First, lift up the upper protective cover (28) like Fig a. Then connect the computer cable (72 & 73) like Fig b.
- 3) Insert the handlebar post (29) on the main frame and tighten it by using the flat washer (7), the spring washer (8) and the Allen bolt (30). Place down the upper protective cover and make it tight on the main frame.

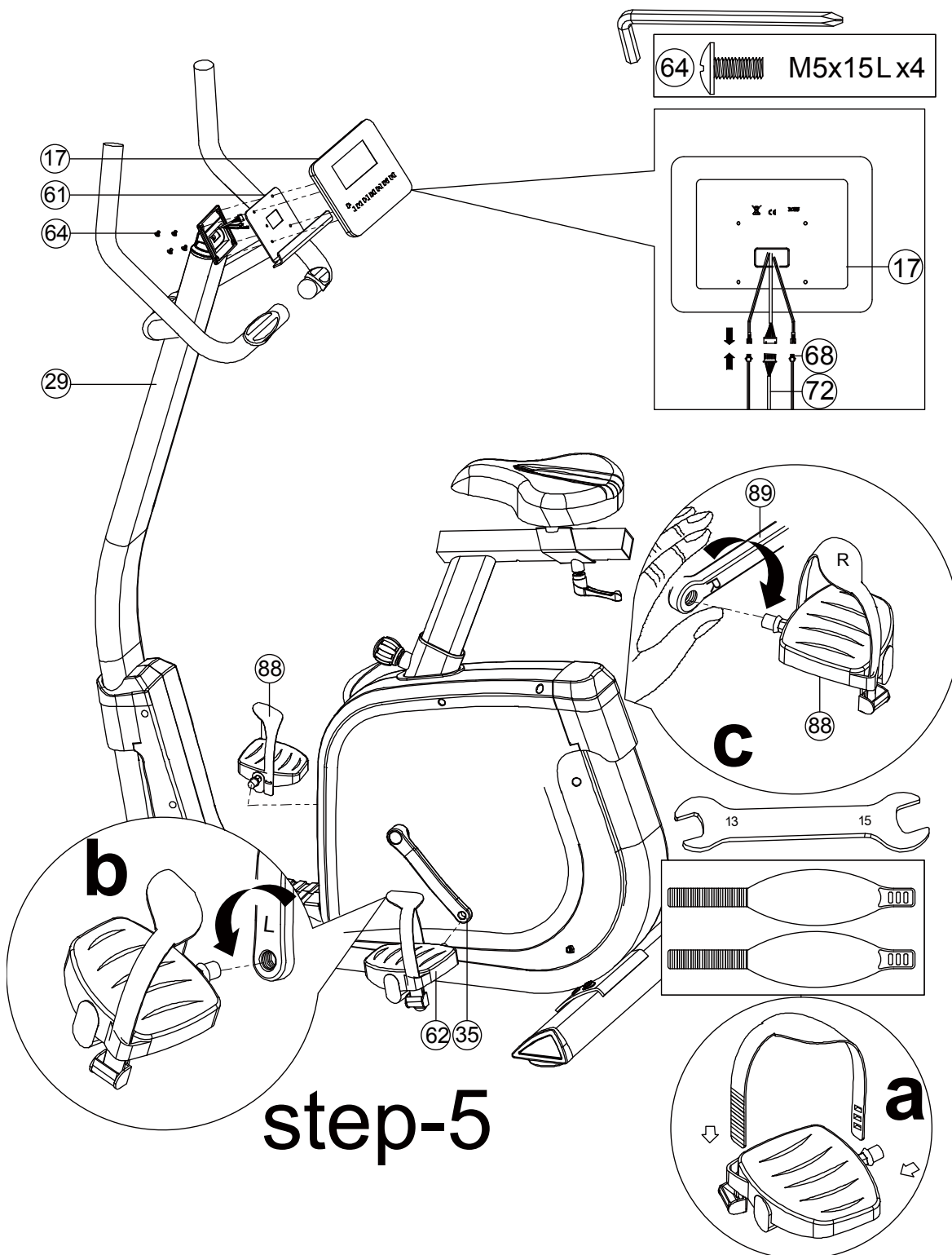
STEP 4



step-4

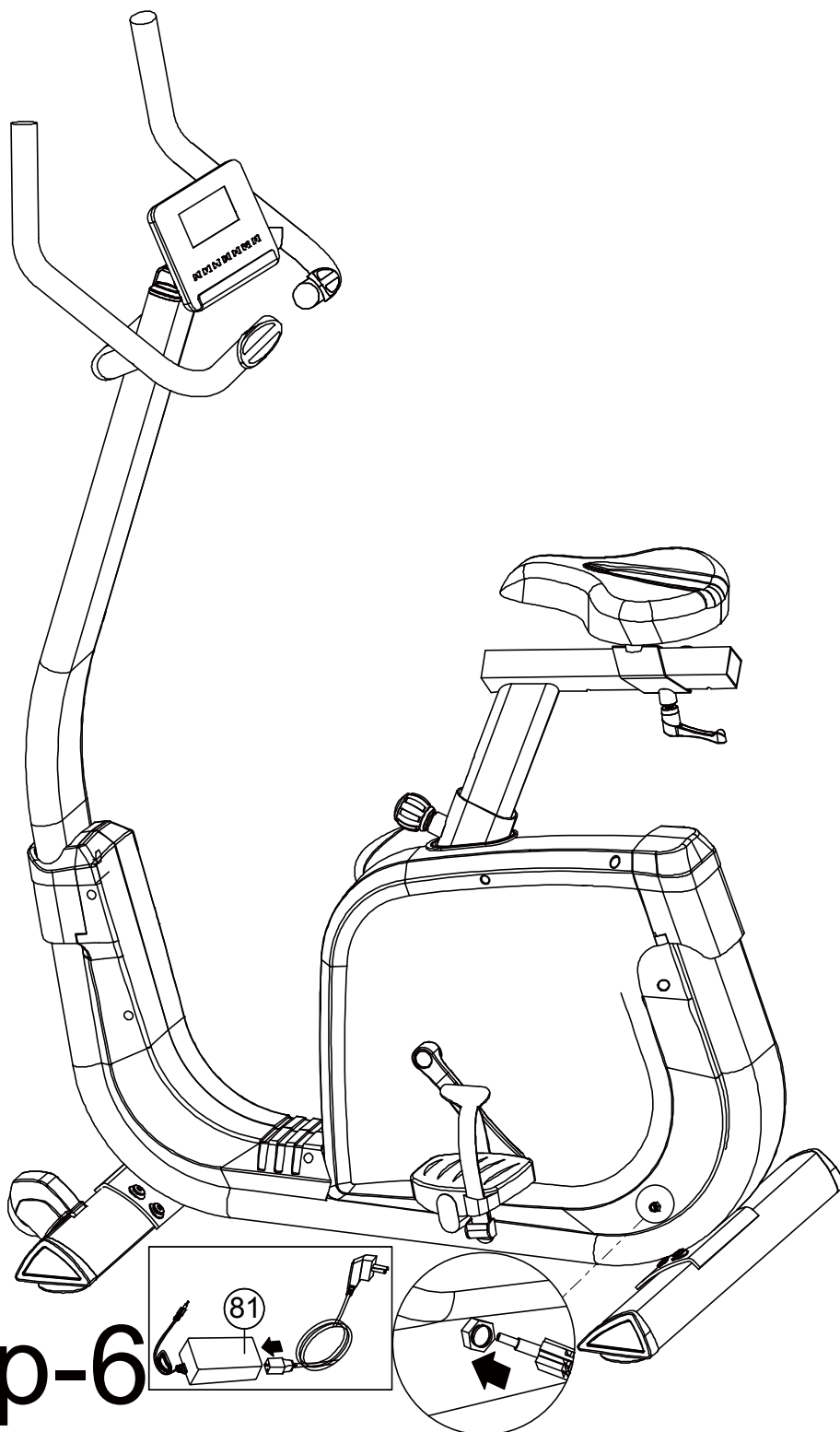
- 1) Assemble the handlebar (32) to the handlebar post (29) by using the flat washer (7), the spring washer (8), the Allen bolt (9). Then mount the protective cover (65) with the help of the bolt (20) as the 4-2 shown.
- 2) See drawing a-b-c-d to make sure cables correctly assembly as the 4-1 shown.

STEP 5



- 1) Connect the upper computer cable (72) and the handle pulse cable (68) with computer (17) and then assemble the computer (17) with the fixing plate for computer (61) and the handlebar post (29) by using the bolt (64) .
- 2) Mount the pedal (62 & 88) to the crank (35 & 89), please see Fig b. and Fig c.
Note: Tighten the right pedal clockwise, and the left pedal anti-clockwise.

Step 6



1) Connect the adaptor (81) to the adaptor input on the rear of the bike.

INSTRUCTION MANUAL

【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.

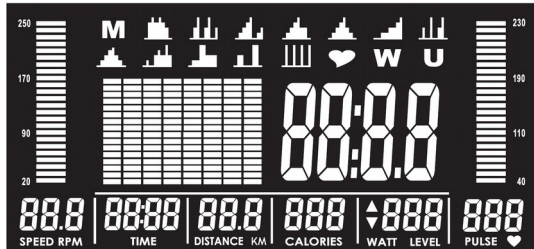
【DISPLAY FUNCTION】

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.

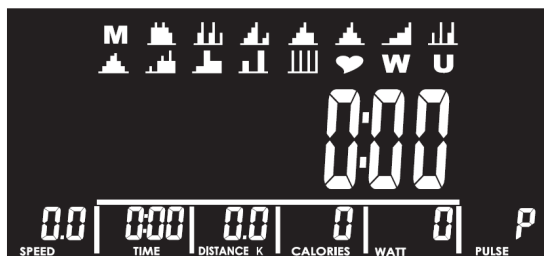


(2) USER PROFILE SET UP –

- 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 -

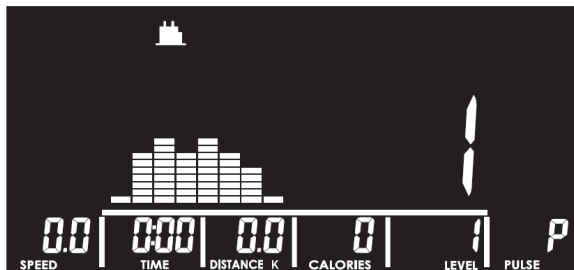
- 4-1 Select “M” and use UP (□) and DOWN (▼) key to adjust resistance level; press “ENTER” when value is determined.
- 4-2 Resistance level can be readjusted during workout.
- 4-3 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

- 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.



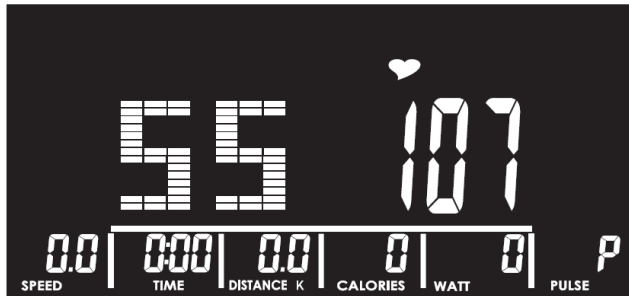
(5) 12 PROGRAMS -

- 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.

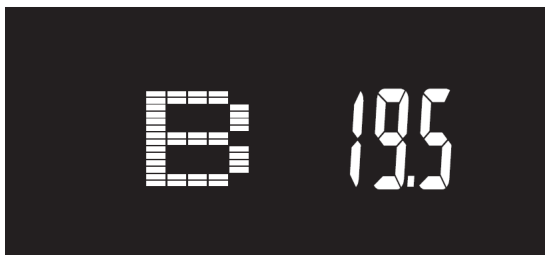
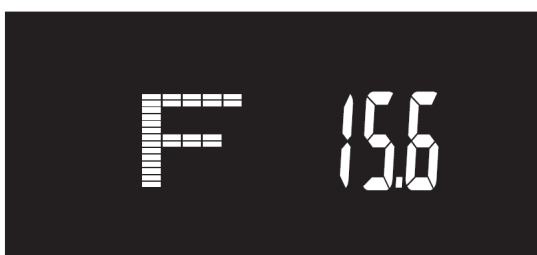
8-4 WATT LEVEL will be adjusted automatically according to user's actual RPM input value.

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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