

TCORX
FITNESS IN MOTION

INSTRUCTION



BRX RECUMBENT COMPACT

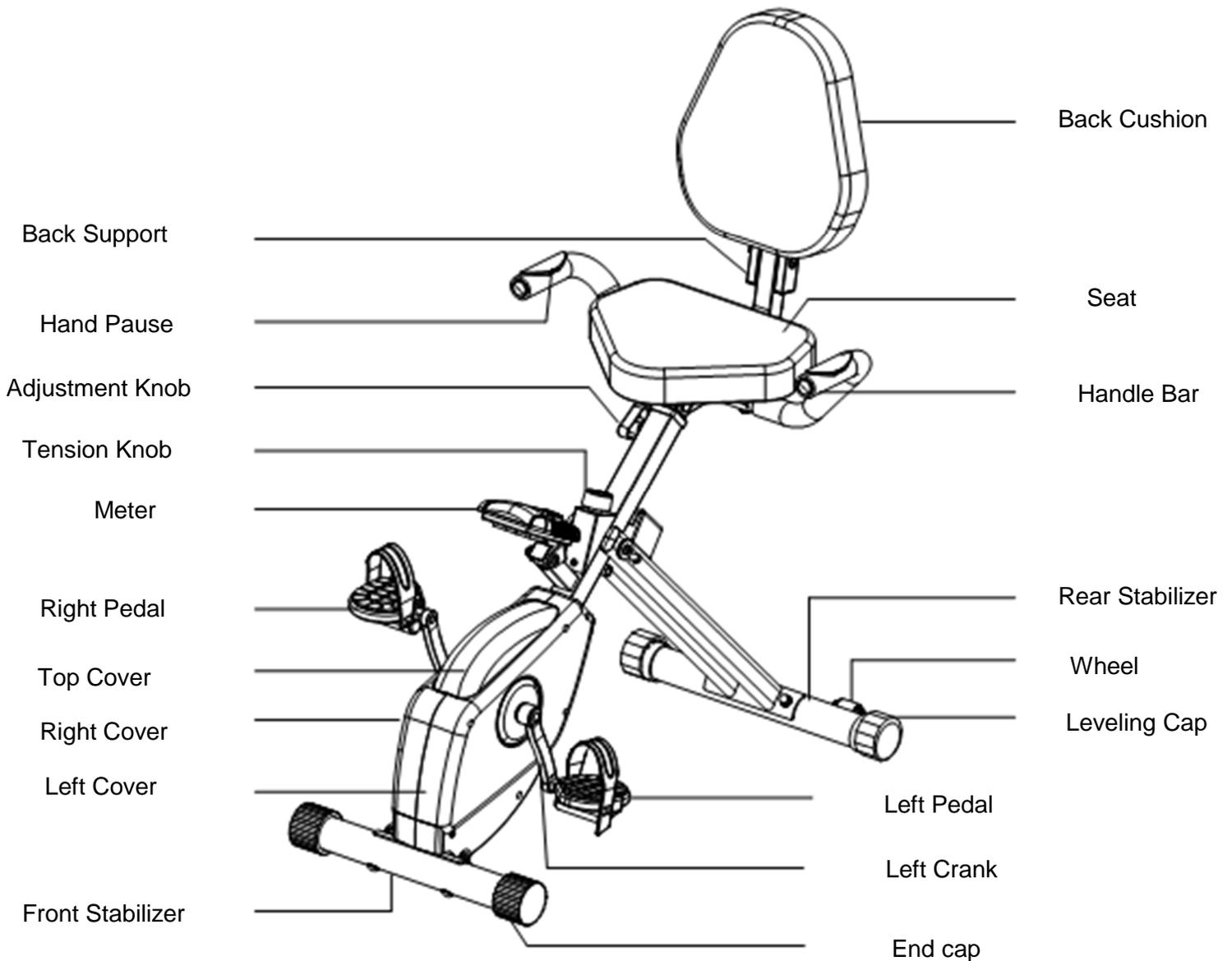


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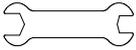
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PRODUCT OVERVIEW



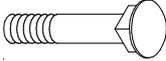
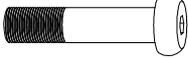
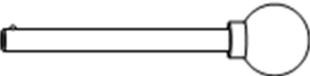
THE FOLLOWING TOOLS ARE INCLUDED

Wrench: 

FOR ASSEMBLY

Allen Wrench (5mm) w/ Screwdriver: 

HARDWARE IDENTIFICATION CHART

Figure	No.	Description	Qty
	D5	Carriage Bolt (M8*1.25*60mm)	4
	D8	Carriage Bolt (M8*1.2548 mm)	2
	D7	Bolt, Button Head (M6* 40 mm)	4
	D22	Acorn Nut (M8)	4
	D23	Arc Washer (M8)	6
	D24	Washer (M8)	6
	D25	Nut M8	2
	D1	Adjustment Knob	2
	D18	Pull Pin	1

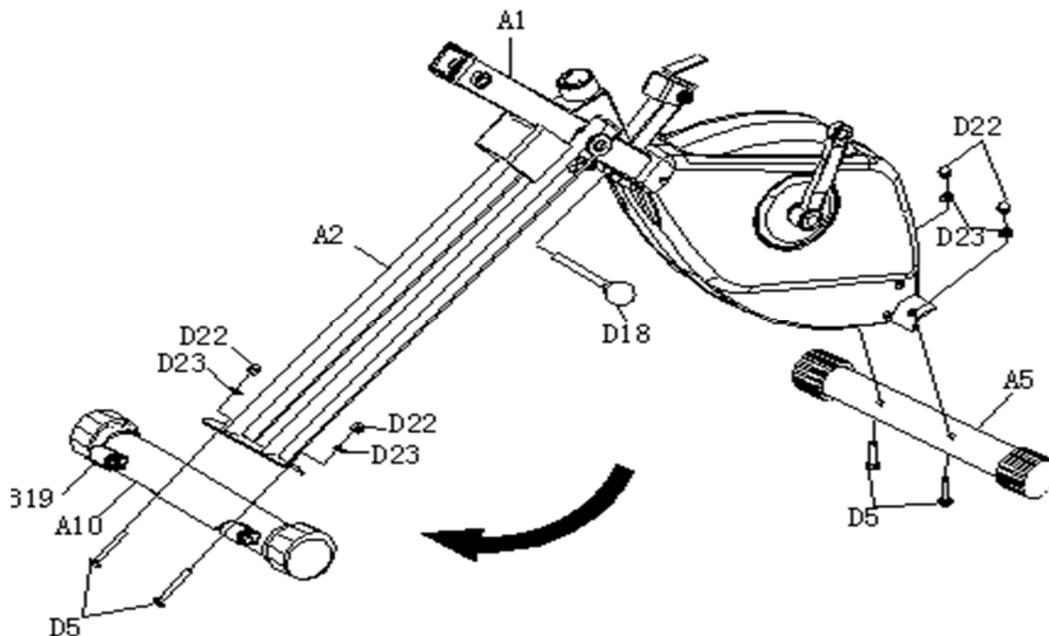
ASSEMBLY INSTRUCTION

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

STEP 1: Unfold the Rear Frame (A2) away from the Main Frame (A1). Locking the frame assembly in unfold position by inserting the Pull PIN (D18) into the hole in the Rear Frame (A2).

STEP2: Attach the Rear Stabilizer (A10), the one with Transport Wheels (B19), to the Rear Frame (A2) with the wheels facing backward. Secure with Carriage Bolts (M8*1.25*60mm) (D5), Acorn Nuts (M8) (D23), and Arc Washers (M8*1.25) (D22).

STEP 3: Attach the Front Stabilizer (A5) to the Main Frame (A1) with Carriage Bolts (M8*1.25*60mm) (D22), Acorn Nuts (M8) (D23), and Arc Washers (M8*1.25) (D22).



ASSEMBLY INSTRUCTION

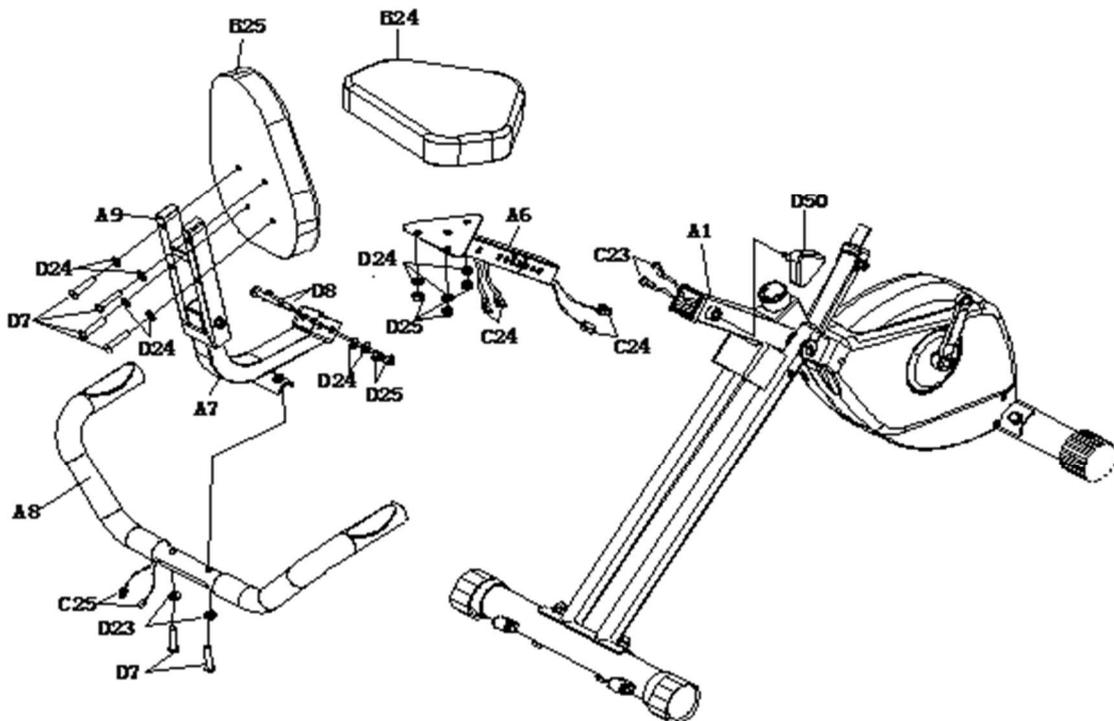
STEP 4: Attach the Seat (B24) to the Seat Post (A6) with Nylock Nuts (M8) (D25) and Washer (M8) (D24). Insert the Seat Post (A6) into the Main Frame (A1) and secure with the Adjustment Knob (D50).

NOTE:

Make sure that the pin on the Adjustment Knob (D50) is inserted into one of the holes in Seat Post (A6).

STEP 5: Attach the Back Frame (A7) and Seat Post (A6) by using Carriage Bolt (M8*1.25*48mm) (D8) and Washer (M8) (D24). Attach the Back Cushion (B25) and Back Support (A9) by using Button Head Bolt (M8*40) (D7) and Washer (M8) (D24).

STEP 6: Attach the Handrail (A8) to the Back Frame (A7) with Button Head Bolts (M8*40) (D7) and Arc Washer (D23). Connecting the Hand Pulse Button Line (C25) and Hand Pulse Middle Line (C24).

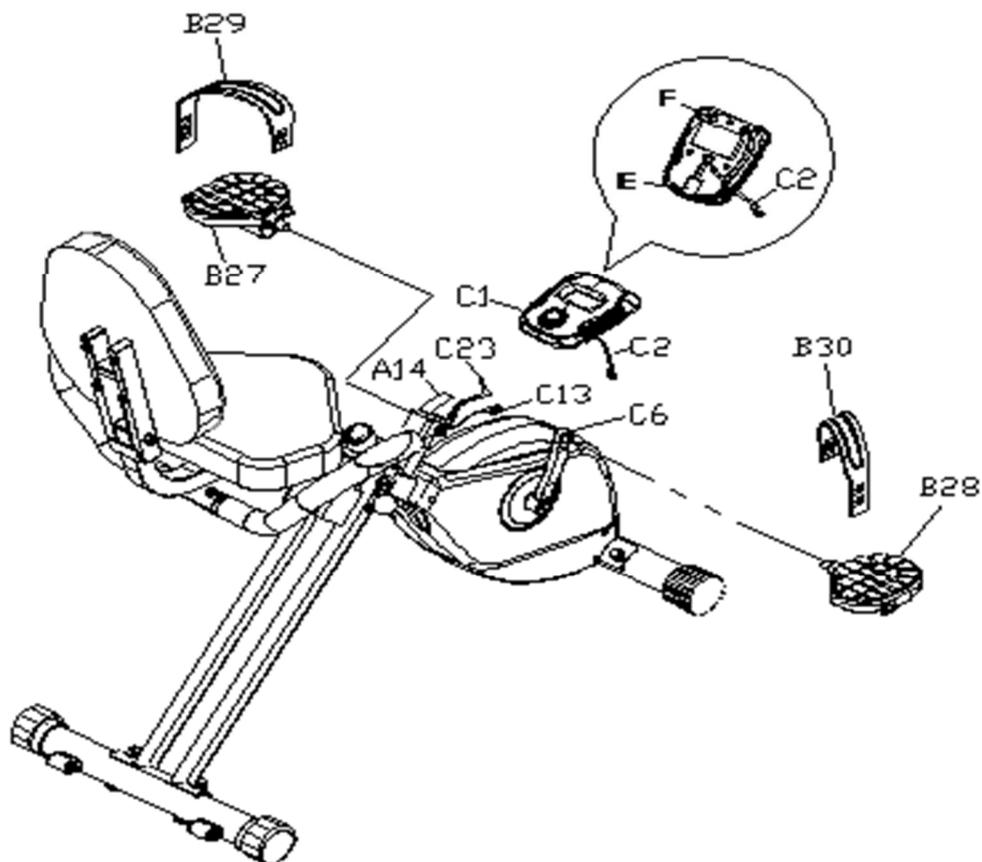


ASSEMBLY INSTRUCTION

STEP7: Install Meter (C1) into the Meter Bracket (A14). Connecting the Hand Pulse Top Line (C23) to the back of Meter (C1), And connect the Sensor (C13) and Connection Wire(C2).

NOTE: Be careful not to damage the wires when attaching the Meter(C1).

STEP8: Lock and tight the Left Pedal (B27) and Right Pedal (B28) on the Left Crank (B29) and Right Crank (B30) by using the Wrench.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

MODE: This key lets you to select and lock on to a particular function you want.

SET(IF HAVE) :To set the values of time, distance and calories when not in scan mode.

RESET/CLEAR (IF HAVE): The key to reset the value to zero by pressing the key .

FUNCTIONS:

SCAN: Automatically scans each function of **SPEED**, **DISTANCE**, **TIME**, **ODOMETER**, **CALORIES** and **PULSE**. in sequence, display changes every six seconds. Press and release the button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 **KM** per hour.

DISTANCE: Displays the distance from zero to 999.9 **KM**.

CALORIES: Displays the calories burned from zero to 999.9 Kcal.

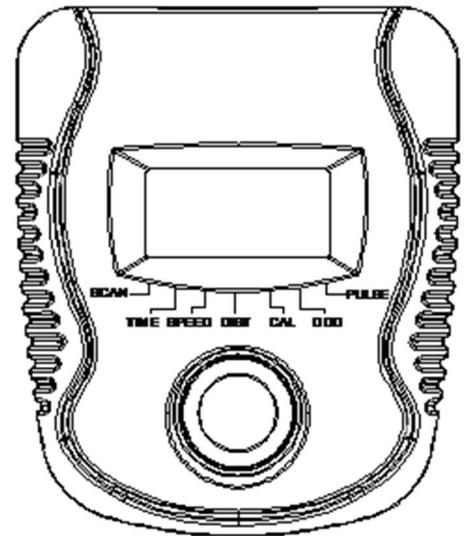
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

ODOMETER: Displays the total accumulated distance you have traveled from zero to 9999 **KM**. The total accumulated distance is retained when the meter is turned off.

PULSE: Displays your pulse rate in beats per minute. To display pulse, select the PULSE MODE and grasp the pulse sensors on the Desktop, one in each hand. The heart icon will begin flashing when the ELECTRONIC METER senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart icon is displayed. If the heart icon does not appear, relax your grip or change your grip on the pulse sensors.

NOTE:

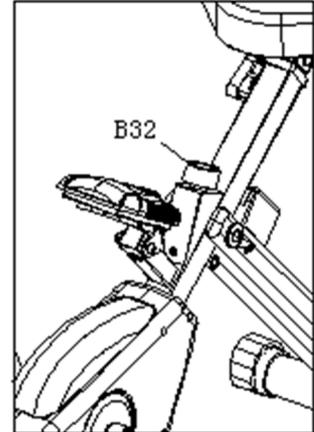
- NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for two seconds to reset all functions to zero, except **ODOMETER**.



LOAD ADJUSTMENT

To increase the load, turn the Adjustment Knob (B32) clockwise.

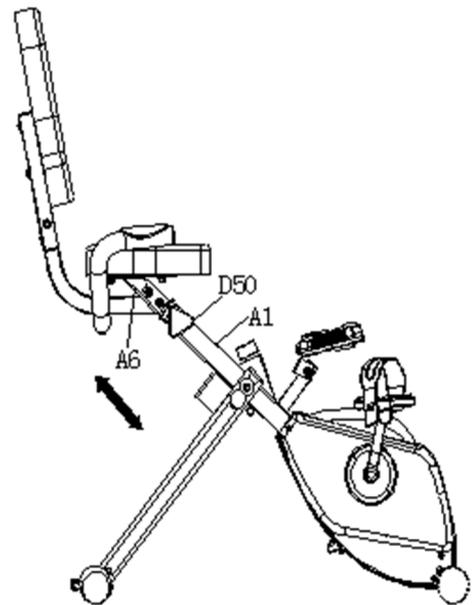
To decrease the load, turn the Adjustment Knob (B32) counterclockwise.



SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Turn the Adjustment Knob (D50) to loosen, then pull the Adjustment Knob (D50) to release the pin. Slide the Seat Post (A6) until the Seat (B24) is at the proper height. Release the Adjustment Knob (D50) making sure the pin catches in one of the holes of the Seat Post (A6) and tighten the Adjustment Knob (D50).
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a light bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration.



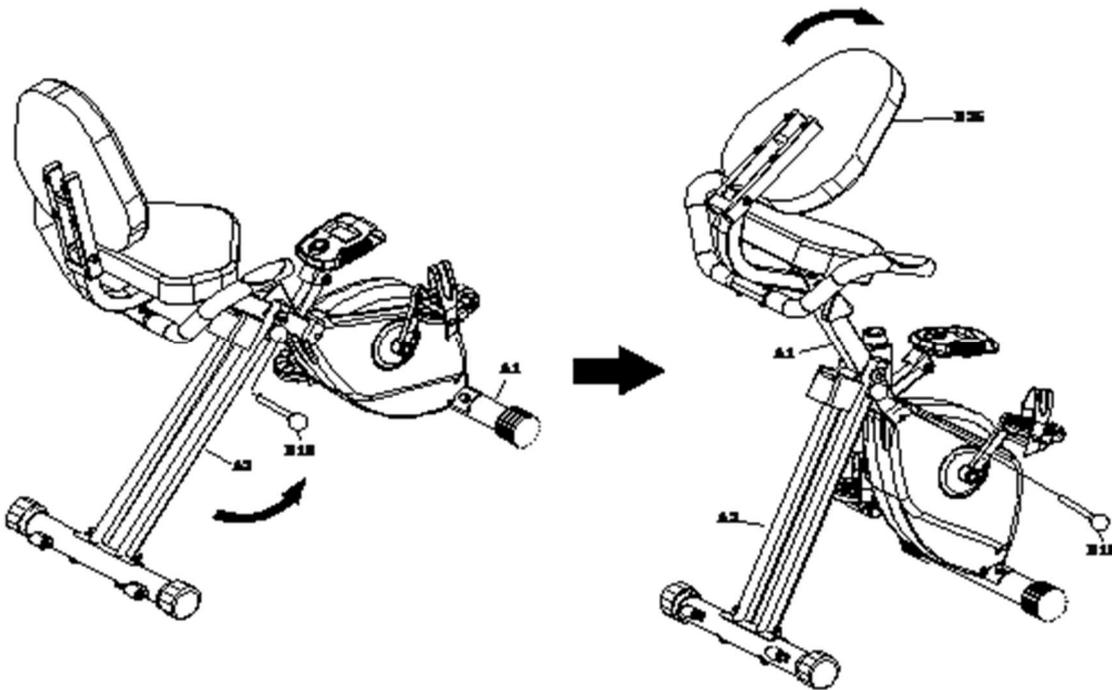
CAUTION:

1. Do not attempt to adjust the seat while you are on the BIKE.
2. Always tighten the Adjustment Knob (D50) after adjusting the seat to a new position.

STORAGE

- To store the BIKE, simply keep it in a clean dry place.
 - To avoid damage to the electronics, remove the batteries before storing the BIKE for one year or more.
 - Follow the illustrated process below to fold the BIKE.
- Remove the Pull Pin (D18) from the Rear Frame (A2). Fold the Rear Frame (A2) close to the Main Frame (A1) and lock it in folded position with the Pull Pin (D18). And, folding down the Back Cushion (B25).

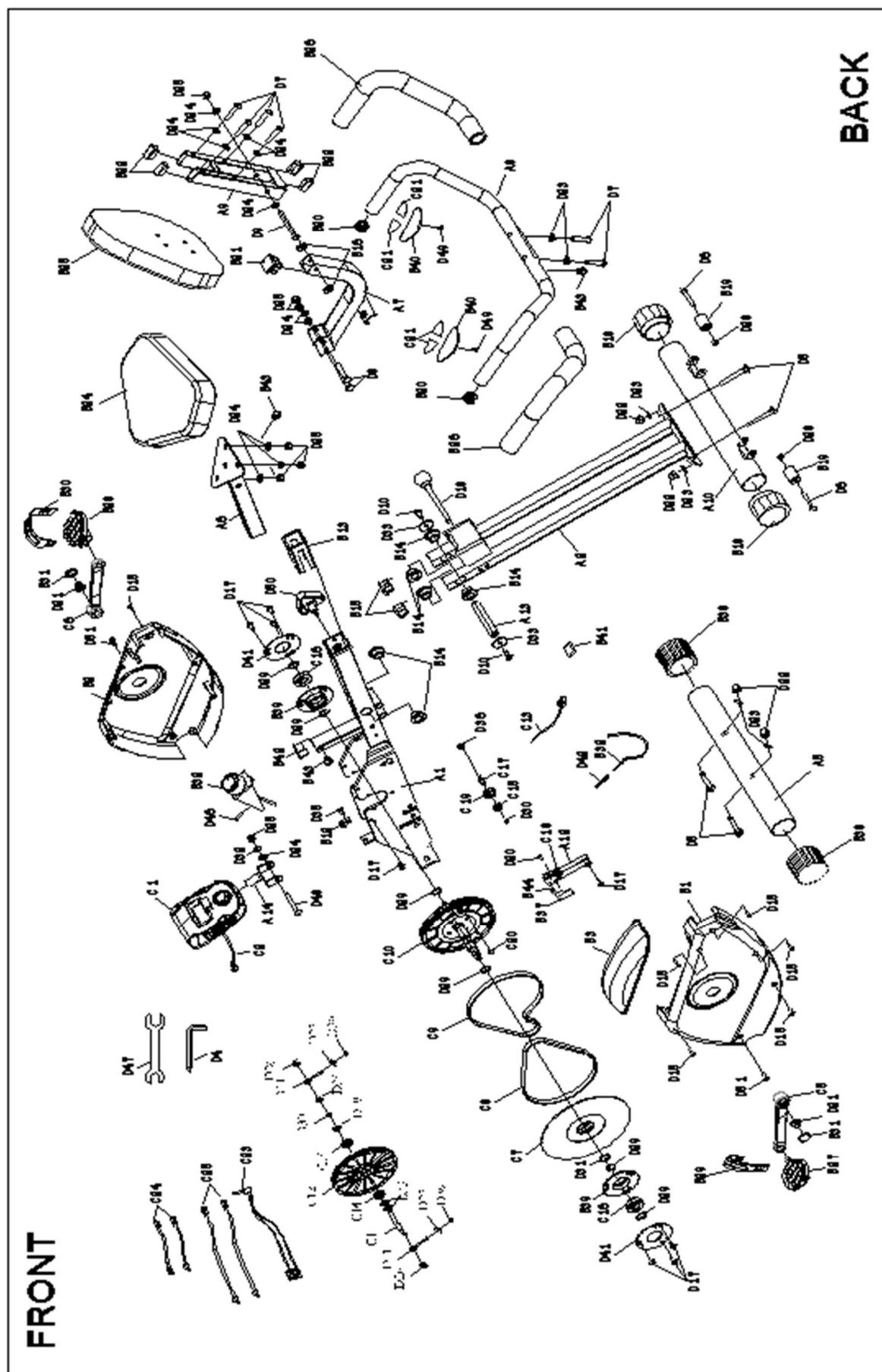
NOTE: Make sure the Pull Pin (D18) goes through the holes on both sides of the Rear Frame (A2) and the tube on the Main Frame (A1).



The safety and integrity designed into the BIKE can only be maintained when the BIKE is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the Adjustment Knob (B32) and verify that it functions properly and the resistance changes.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. It is the sole responsibility of the user/ owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the BIKE removed from service until repair is made.
6. Keep your BIKE clean by wiping it off with an absorbent cloth after use.

PRODUCT PARTS DRAWING



PARTS LIST

A. Welding Parts		
No.	Description	QTY
A1	Main Frame	1
A2	Rear Frame	1
A5	Front Stabilizer	1
A6	Seat Support	1
A7	Back Frame	1
A8	Handrail	1
A9	Back Support	1
A10	Rear Stabilizer	1
A12	Mangetic Bracket	1
A13	Shaft	1
A14	Meter Bracket	1
B. Plastic Parts		
No.	Description	QTY
B1	Left Chain Cover	1
B2	Right Chain Cover	1
B3	Top Cover	1
B12	Sensor Bracket	1
B13	Bushing	1
B14	Plastic Bushing	6
B15	Oval Plug (20mm*40mm)	2
B16	Plastic Washer $\Phi 8.5 \times \Phi 20 \times 2.0T$	2
B18	Leveling Cap	2
B19	Wheel	2
B20	Inner Plug	2
B21	Tube Bushing S30*30	1
B22	Tube Bushing S15*30	4
B24	Seat	1
B25	Back Cushion	1
B26	Foam Grip 400	2
B27	Left Pedal	1
B28	Right Pedal	1
B29	Left strap	1
B30	Right strap	1
B31	Crank Cap	2
B32	Adjustment Knob	1
B35	Plastic Washer $\Phi 10.2 \times \Phi 14$	2
B37	Stopper	1
B38	Endcap	2
B39	Bearing Housing	2
B40	Hand grip	2
B41	Rubber	1
B42	Square Plug S25*25	1
B43	Grommet Plug	3
B44	Plug	1
C. Electrical parts		

No.	Description	QTY
C1	Meter	1
C2	Connection Wire	1
C5	Left Crank	1
C6	Right Crank	1
C7	Flywheel	1
C8	V-Ribbed Belt (230J)	1
C9	V-Ribbed Belt(240J)	1
C10	Pulley w/ Shaft	1
C11	Pulley Shaft	1
C12	Pulley	1
C13	Sensor	1
C14	Ball Bearing (6000ZZ)	2
C15	Ball Bearing (6200ZZ)	1
C16	Ball Bearing (6003ZZ)	2
C17	Idler Shaft	1
C18	Magnet	6
C19	Idler Shaft	1
C20	Magnet	1
C21	Hand Pulse	4
C23	Hand Pulse Top Line 620L	1
C24	Hand Pulse Middle Line 320L	2
C25	Hand Pulse Button Line 620L	2

D. Hardware

No.	Description	QTY
D4	Allen Wrench	1
D5	Carriage Bolt M8*60	4
D6	Hex Head Bolt M6*45	2
D7	Bolt, Button Head M8*40	6
D8	Carriage Bolt M8*48	2
D9	Bolt, Button Head M8*75	1
D10	Bolt, Button Head M8*20	2
D11	Eye Bolt M6	2
D15	Screw, Round Head ST4.2*16	6
D17	Bolt, Round Head (M6*12mm)	8
D18	Ball Pin	1
D19	Wave Washer S10	1
D20	Screw, Round Head ST4.2*25	1
D21	Flange Nu M10*1.25	2
D22	Acorn Nut M8	4
D23	Arc Washer M8	6
D24	Washer M8	12
D25	Nylock Nut M8	7
D26	Nut M10	2
D27	U-Shape Bracket	2
D28	Nylock Nut M6	2
D29	C Ring Φ 17.0	6
D30	C Ring Φ 10	2
D31	Wave Washer S17	1

D32	Spring Washer M8	1
D33	Large Washer(\varnothing 8.2* \varnothing 25*2mm)	2
D34	Nut M10	1
D35	Carriage Bolt M4X10	1
D36	Nylock Nut M10	1
D39	Nylock Nut M6	2
D41	Bearing Housing Cover	2
D42	Spring	1
D46	Bolt, Button Head ST5.0*15	1
D47	Wrench 13-15	1
D48	Bolt, Button Head M8*50	1
D49	Screw, Round Head ST4.0*20	2
D50	Adjustment Knob	1
D51	Screw, Round Head Self-Tapping ST4.2*16	2



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