

TCORX
FITNESS IN MOTION

INSTRUCTION



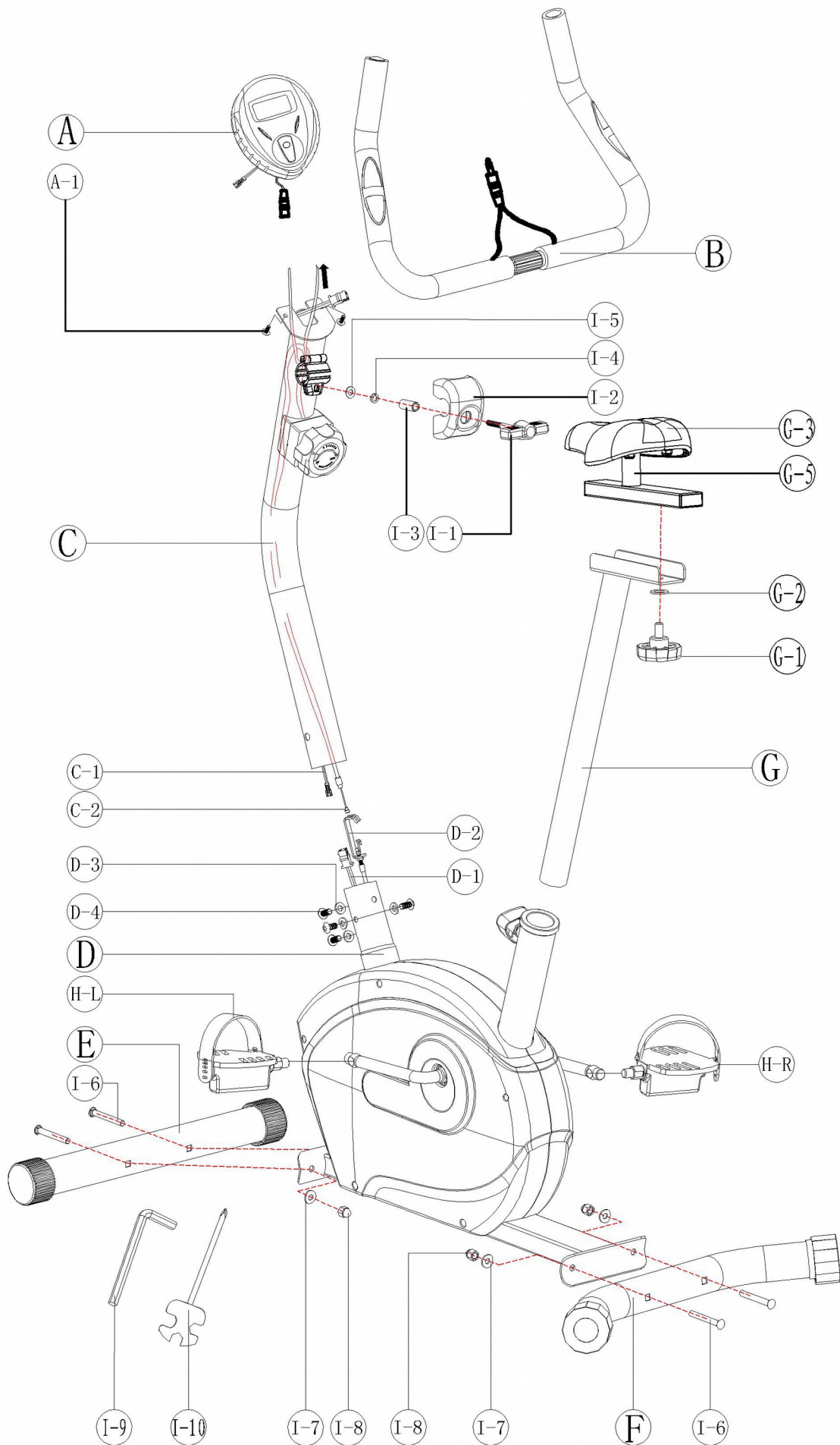
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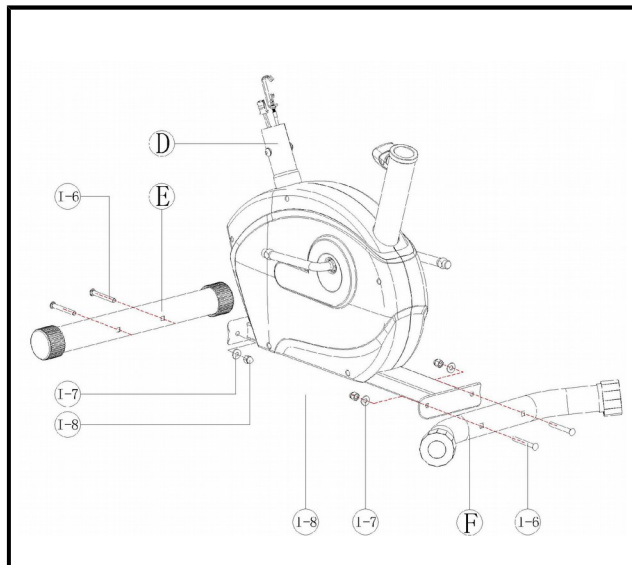
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ASSEMBLY INSTRUCTIONS

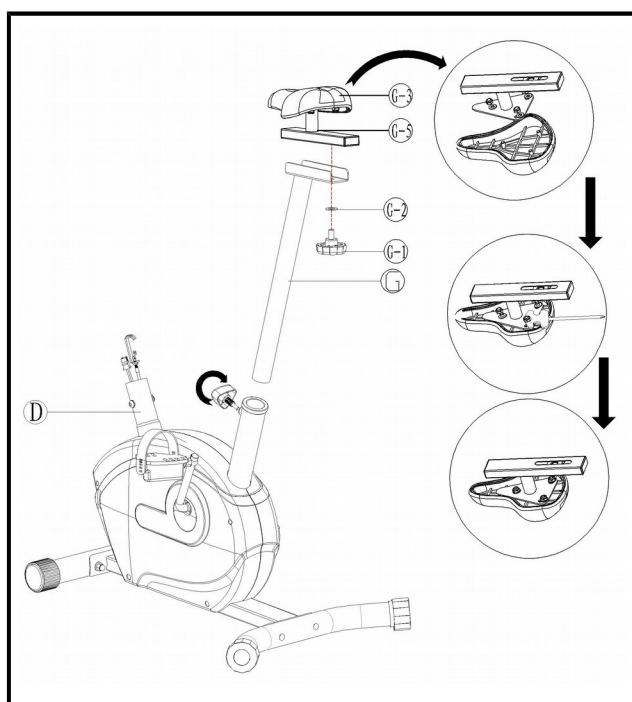
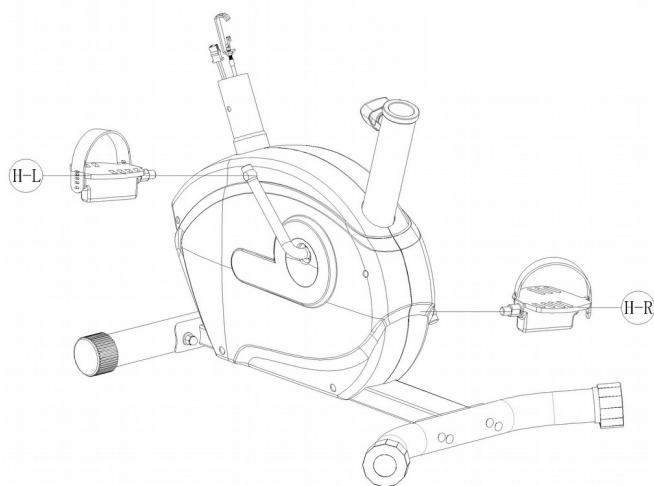


Step 1

Assembly the rear and front stabilizer (F&E) with 4 bolts (I-6), 4 nuts (I-8) and 4 washers (I-7).

Step 2

Assemble the left hand pedal (H-L) and the right hand pedal (H-R) to the hand crank.

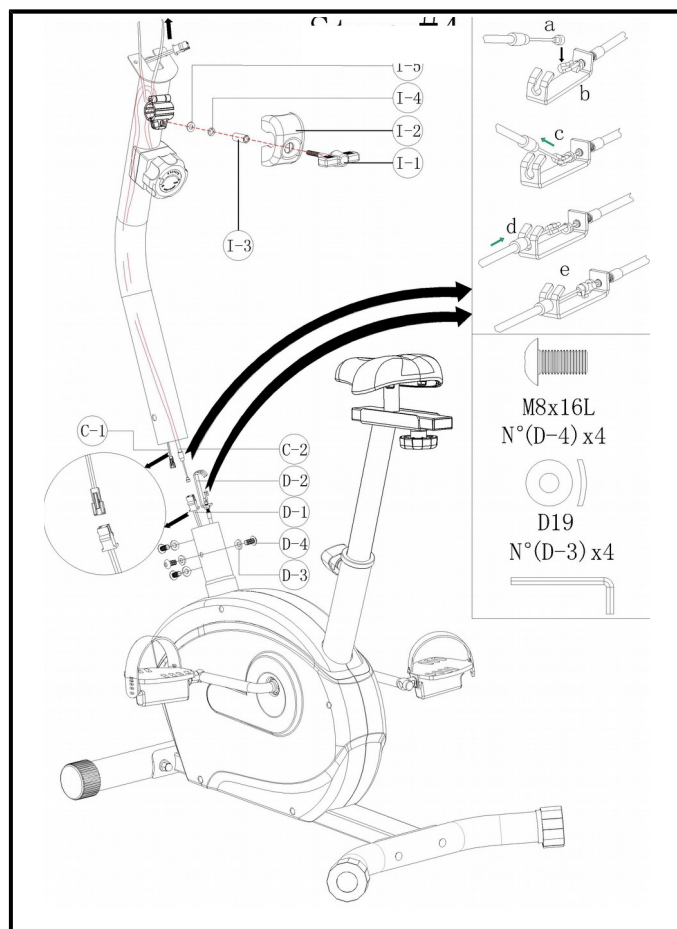


Step 3

Connect the saddle (G-3) and the slider (G-5) with three bolts and washers.

Attach the slider onto the top of the seat post (G), fix it with one seat knob (G-1) and one flat washer (G-2).

ASSEMBLY INSTRUCTIONS



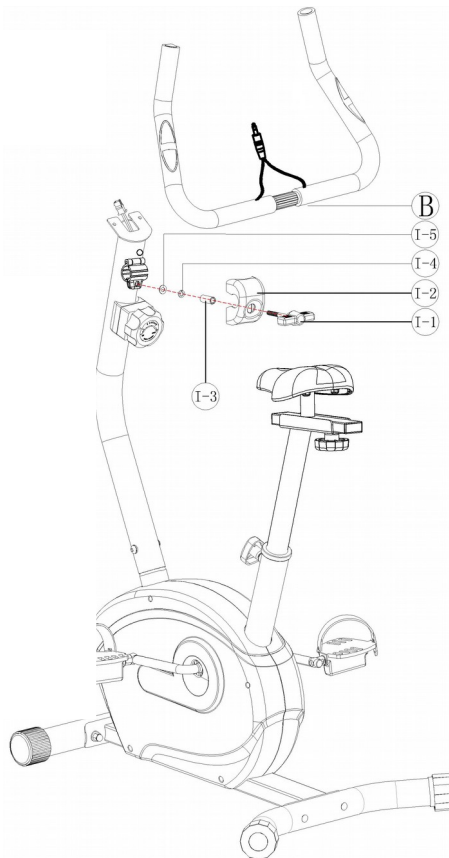
Step 4

Loosen the four screws (D-4) and four flat washer (D-3) on the support tube of handle bar post.

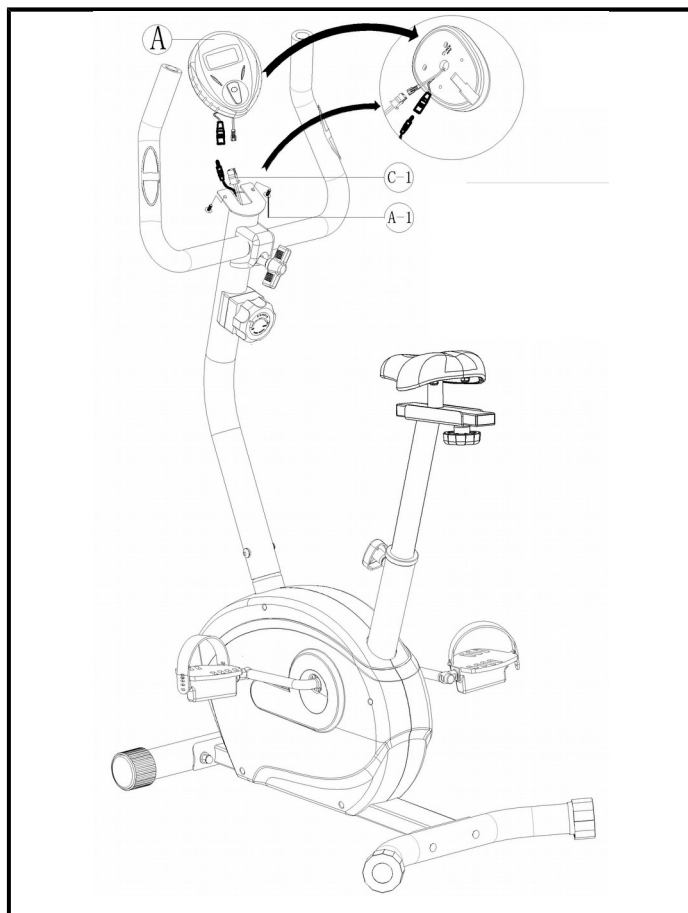
Insert the handle bar post onto the support tube, connect the tension control cable upper & lower (C-2) & (D-2), connect the sensor cable upper & lower (C-1) & (D-1), fix the handle bar post with four screws and washers.

Step 5

Attach the handlebar (B) to the handlebar post between the steel covers, insert the hand pulse through the hole on handle bar post, assemble the plastic cover (I-2) over the steel cover, secure the steel cover assembly using one flat washer (I-5), one spring washer (I-4), one bushing (I-3) and one T-knob (I-1).



ASSEMBLY INSTRUCTIONS



Step 6

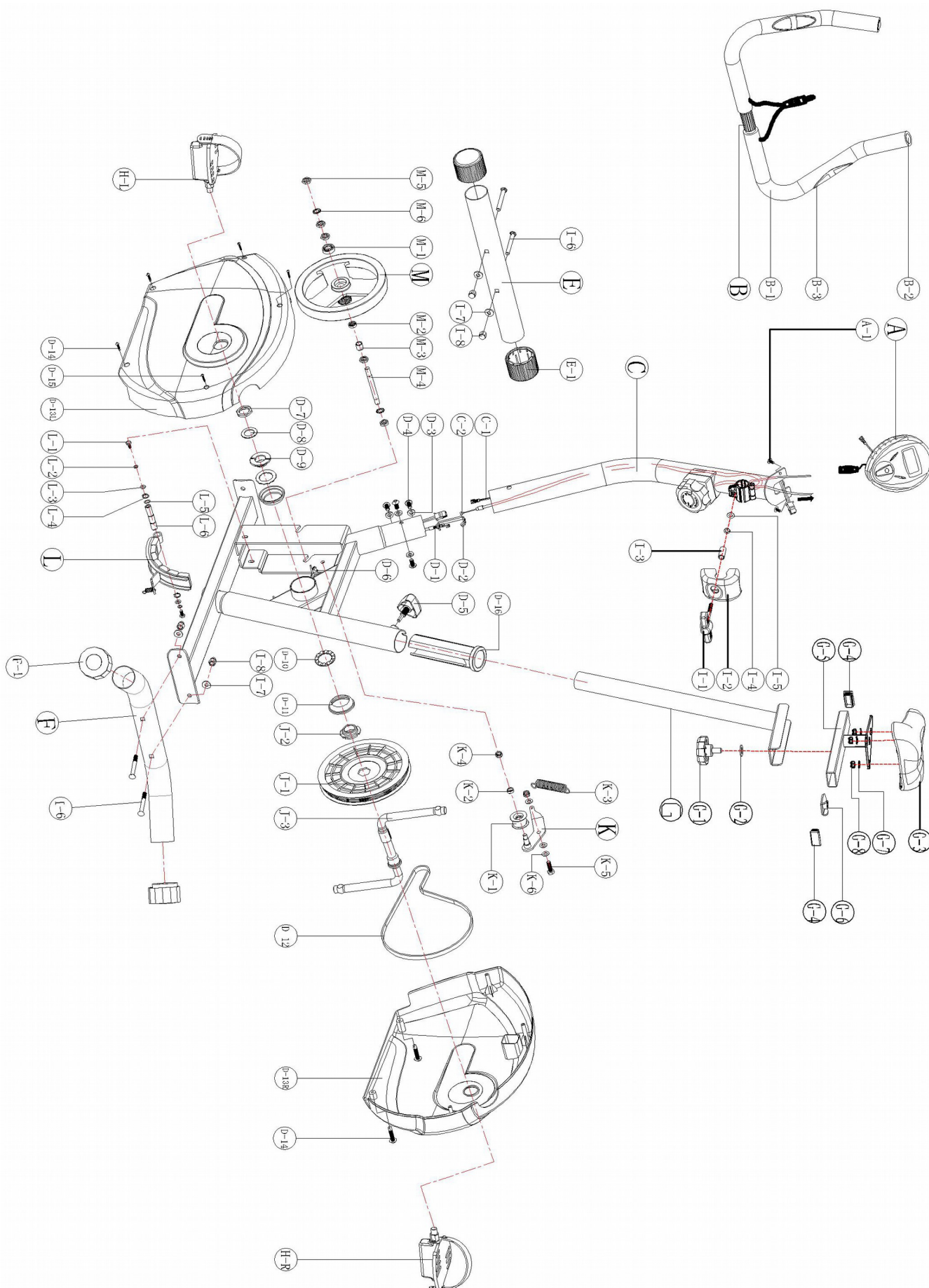
Connect the sensor cable (C-1) between the computer (A) and the handle bar post, connect the hand pulse cable between the handle bar and computer. Fix the computer with two screws (A-1).

PARTS LIST

NO.	DESCRIPTION	Q'TY
A	Computer	1PC
A-1	Screw	2PCS
B	Handlebar set	1SET
B-1	Handlebar foam	2PCS
B-2	Handle bar end cap	2PCS
B-3	Hand grip	2PCS
C	Handlebar post	1SET
C-1	Sensor cable(Upper)	1PC
C-2	Tension controller(Upper)	1PCS
D	Main frame	1PC
D-1	Sensor cable(Lower)	1PC
D-2	Tension controller(Lower)	1PC
D-3	Semicircular washer	4PCS
D-4	Hex. Screw	4PCS
D-5	Seat post knob	1PC
D-6	Triangle screw	1PC
D-7	Hex. nut	1PC
D-8	Have tooth washer	1PC
D-9	Left thread	1PC
D-10	Ball retainer	2PCS
D-11	Bottom bracket	2PCS
D-12	Grooved belt	1PC
D-13	Chain cover(R&L)	2PCS
D-14	Screw	4PCS
D-15	Screw	3PCS
D-16	Sleeve	1PC
E	Front stabilizer	1SET
E-1	Front stabilizer end cap	2PCS
F	Rear stabilizer	1SET
F-1	Rear stabilizer end cap	2PCS
G	Seat post	1PC
G-1	Seat knob	1PC
G-2	Flat washer	1PC
G-3	Saddle	1PC
G-4	Cap	2PCS

G-5	Slider	1PC
G-6	Fixed screw for slider	1PC
G-7	Flat washer	3PCS
G-8	Screw	3PCS
H-R/L	Pedal	2PCS
I-1	T knob	1PC
I-2	Plastic cover	1PC
I-3	Bushing	1PC
I-4	Spring washer	1PC
I-5	Flat washer	1PC
I-6	Carriage screw	4PCS
I-7	Wave washer	4PCS
I-8	Nut	4PCS
J-1	Plastic belt pully	1PC
J-2	Right thread	1PC
J-3	Crank	1PC
K	Idler clamping	1SET
K-1	Idler wheel	1PC
K-2	Sleeve	1PC
K-3	Idler spring	1PC
K-4	Nylon nut	2PCS
K-5	Hex. screw	1PC
K-6	Flat washer	1PC
L	Magnetic set	1SET
L-1	Hex. screw	2PCS
L-2	Spring washer	2PCS
L-3	Flat washer	2PCS
L-4	C-circle	2PCS
L-5	Wave washer	1PC
L-6	Mandril	1PC
M	Flywheel	1PC
M-1	Deep groove ball bearing 6900	1PC
M-2	Deep groove ball bearing 6000	1PC
M-3	Sleeve	1PC
M-4	Mandril	1PC
M-5	Nut	5PCS
M-6	Star washer	2PCS

COMPLETE BIKE ASSEMBLY



EXERCISE COMPUTER

Monitor Display



KEY FUNCTION:

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

FUNCTIONS

SCAN	Automatically scan through each mode in sequence every 6 seconds. The display loop is SCAN-TIME-DISTANCE-CALORIE-SCAN on the main screen.
TIME	Accumulates total working time from 00:00 up to 99:59.
SPEED	Displays current training SPEED, the maximum is 99.9km/ml,it always displays.
DISTANCE	Accumulates training distance from 0.00 to the maximum 99.99km/ml with each increment 0.01km/ml.
ODO	Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
CALORIE	Accumulates calories consumption during training from 0 to the maximum 9999 cal with each increment 1 cal.
PULSE	Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minutes. Place the palms of your hands on both of the contact pads (or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

NOTE

1. Without any signal been transmitted into the monitor for 4 minutes, the LCD display will shut off automatically, and all function values will be kept. You may press mode or start pedaling to have the monitor power on again.
2. If improper display on monitor, please re-install batteries to have a good result.
3. Battery spec: 1.5v um-3 or AAA (2 pcs).



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