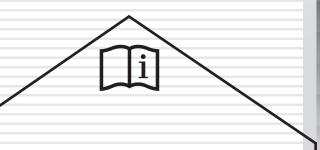


# INSTRUCTION



BRX AIR300



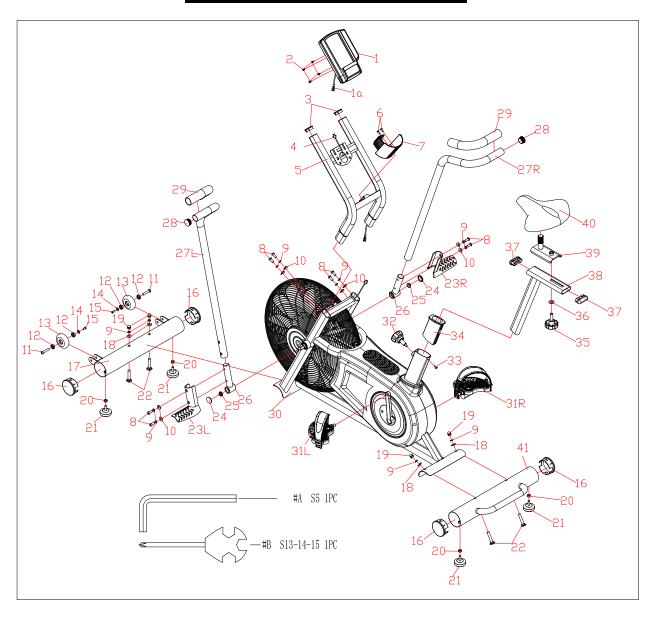
Cod: GRLDTOORXBRXAIR3

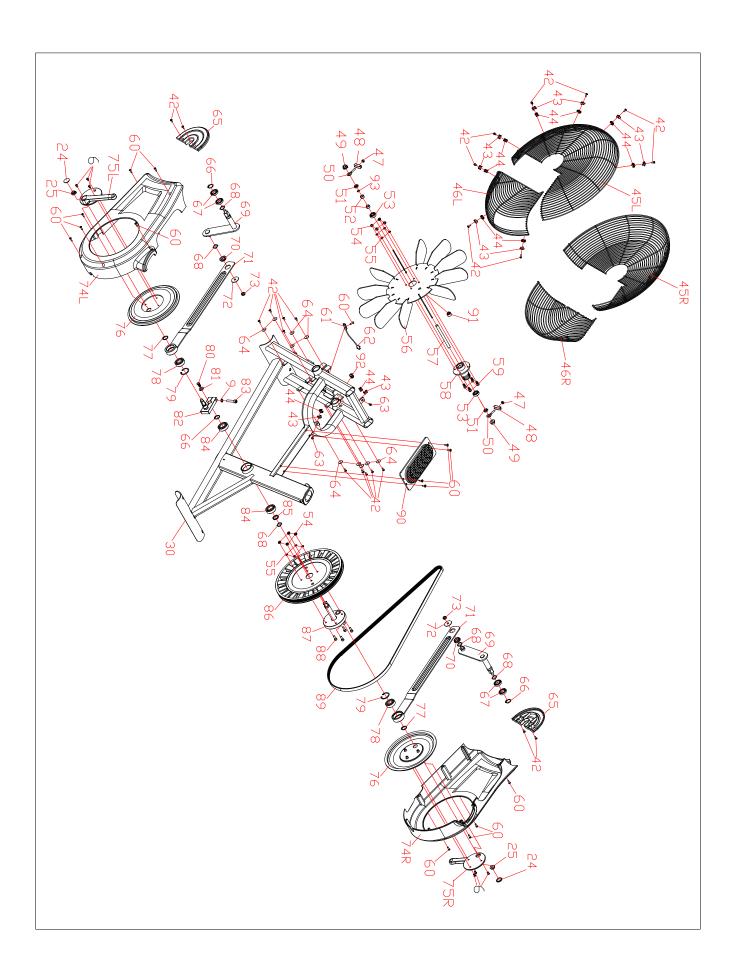
Sev: 00

Ed: 01/21

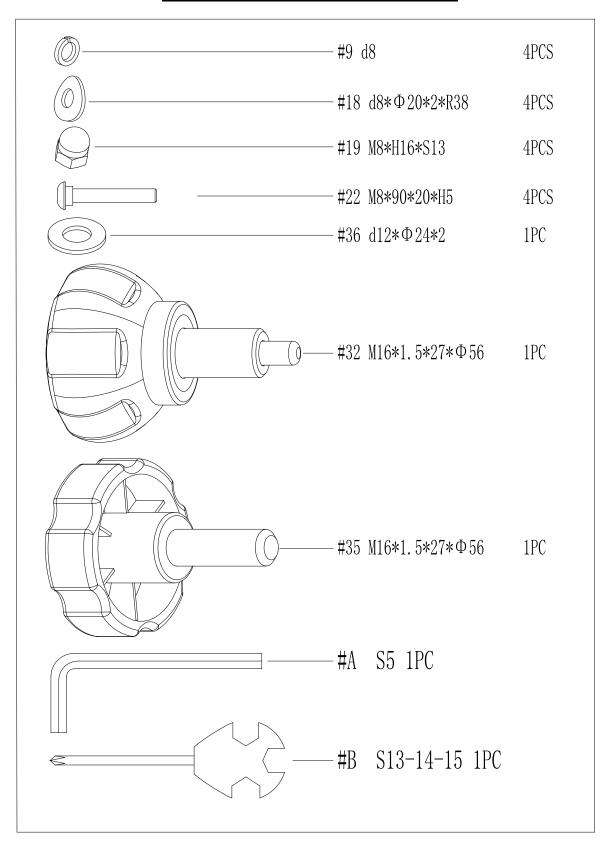


# **EXPLODED DIAGRAM**





# **HARDWARE PACKAGE**



# **PARTS LIST**

No.	Description	Qty.
1	Computer	1
2	Bolt M5*10	4
3	End Cap	2
4	Trunk Wire	1
5	Computer Post	1
6	Bolt M5*15*Ф8.5	6
7	Bottle holder	1
8	Bolt M8*20*S5	8
9	Spring Washer d8	13
10	Arc Washer d8*Φ20*2*R16	8
11	Bolt M8*30*M6*15*S5	2
12	Bearing 608Z	4
13	Transportation Wheel φ71*24	2
14	Washer d6*Φ12*1.5	2
15	Bolt M6*15*S5	2
16	End Cap Φ76	4
17	Front Stabilizer	1
18	Arc Washer d8*Φ20*2*R38	8
19	Cap Nut M8*H16*S13	4
20	Nut M8*H5.5*S14	4
21	Adjustable Footpad	4
22	Bolt M8*90*20*H5	4
23L/R	Pedal Plate	1set
24	Crank Cover	4
25	Nut M10*1.25*H7.5*S14	4
26	Swing Bar	2
27L/R	Handlebar	1set
28	End Cap ф32*17	2
29	Foam Grip Φ30*3*280	2
30	Main Frame	1
31L/R	Pedal	1set
32	Knob M16*1.5*27*Ф56	1
33	Screw ST4.2*10*Ф8	1
34	Bushing	1
35	Knob M12*37*15*Ф58	1
36	Washer d12*Φ24*2	1
37	End Cap PT60*20*30	2
38	Saddle Tube	1

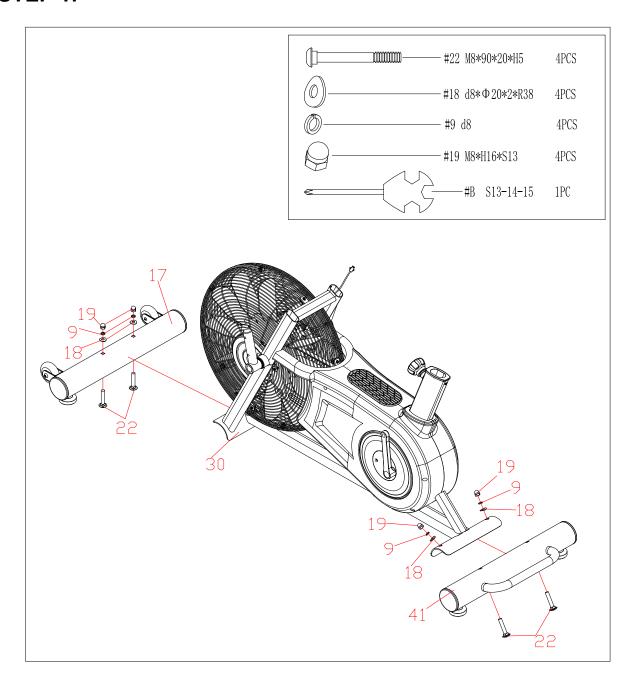
No.	Description	Qty.
39	Saddle Fixed Plate	1
40	Saddle	1
41	Rear Stabilizer	1
42	Bolt M4*10*Ф8	18
43	Outside Button Of Net-caps	10
44	Inside Button Of Net-caps	10
45L/R	Front Net-caps	1set
46L/R	Rear Net-caps	1set
47	NutM6*H6*S10	2
48	U Seat	2
49	Nut M10*1*H8*S15	2
50	Chain Bolt	2
51	Nut M10*1*H5*S17	2
52	Spacer φ10.1*φ15*9	2
53	Bearing 6000-2RS	2
54	Nylon Nut M6*H6*S10	8
55	Spring Washerd6	8
56	Fan Wheel	1
57	Shaft	1
58	Sleeve	1
59	Bolt M6*16*S10	4
60	Bolt ST4.2*19*Φ8	15
61	Sensor Seat	1
62	Sensor	1
63	Bolt M4*15*Φ8	2
64	Washer d4*Φ18*1.5	10
65	Front cover	2
66	Washer	3
67	Bearing6804-2RS	4
68	Wave washerd20*Φ26*0.3	3
69	Connector	2
70	Bushing φ28*6.2	2
71	Rod	2
72	Washerd8*Φ32*2	2
73	Nylon NutM8*H7.5*S13	2
74L/R	Chain Cover	1set
75L/R	Crank	1set
76	Turntable	2

No.	Description	Qty.
77	Spring d17	2
78	Bearing 6203-2RS	2
79	Spring D40	2
80	Bolt M6*16*S10	1
81	Washerd6*Φ20*2	1
82	Small Crank	1
83	Bolt M8*40*S6	1
84	Bearing 6004-2RS	2
85	Spacer Φ25*Φ20.1*4	1
86	Belt Plate	1

No.	Description	Qty.
87	Axle	1
88	Bolt M6*16*S5	4
89	Belt	1
90	Plastic Pedal	1
91	Magnet φ15*7	1
92	Grommet Φ12.5	1
93	Wave washer d10*Φ15*0.3	1
Α	Allen Wrench S5	1
В	Spanner S13-14-15	1

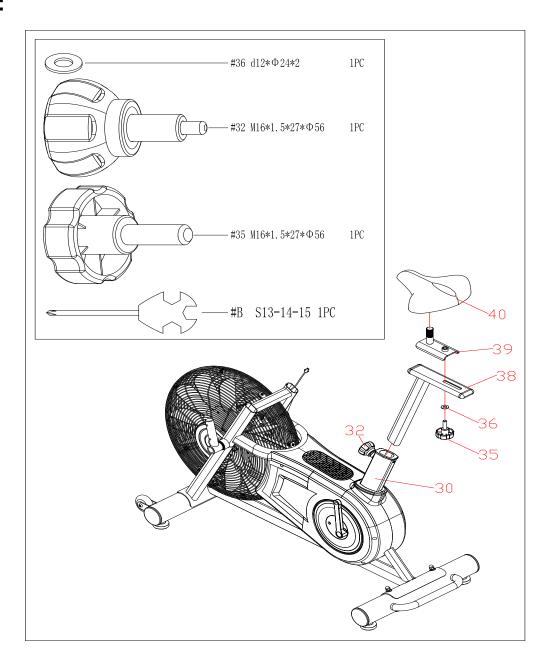
# **ASSEMBLY INSTRUCTIONS**

## STEP 1:



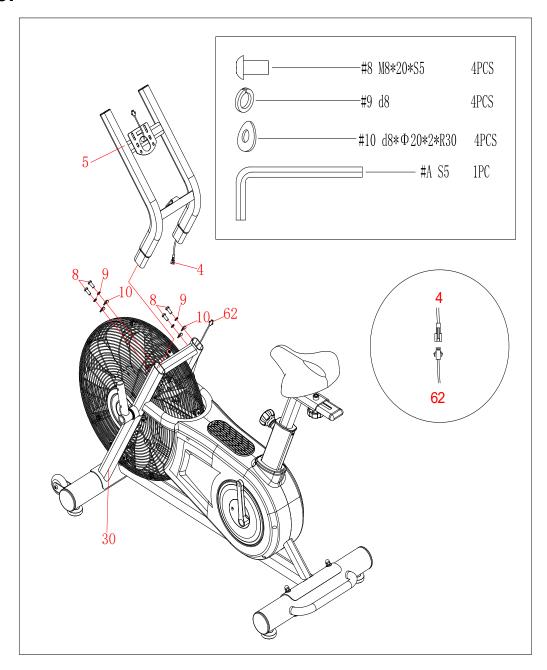
Attach the front stabilizer(17) and rear stabilizer(41) to main frame(30) using 4 bolts(22), 4 arc washers(18), 4 spring washers(9) and 4 cap nuts(19) by spanner(B).

## STEP 2:



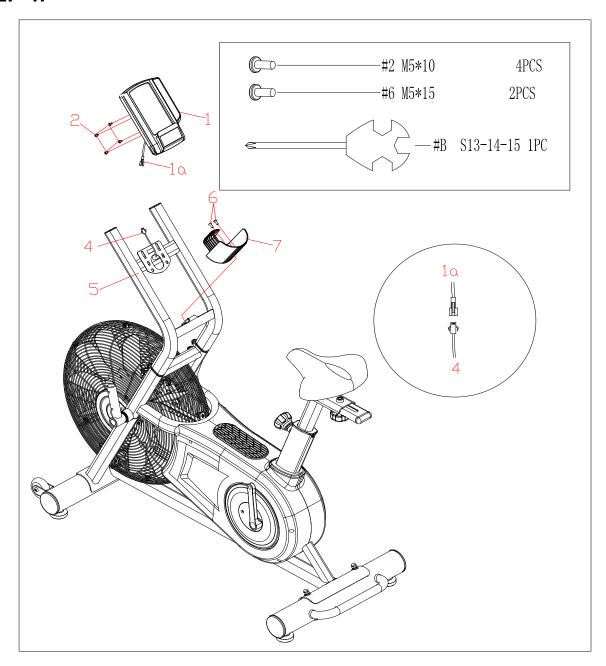
- A. Insert saddle tube(38) into main frame(30), then secure with knob(32).
- B. Secure saddle fixed plate(39) in the saddle tube(38) using knob(35) and washer(36).
- C. Attach the saddle(40) into saddle fixed plate(39), then secure them by spanner(B).

## **STEP 3:**



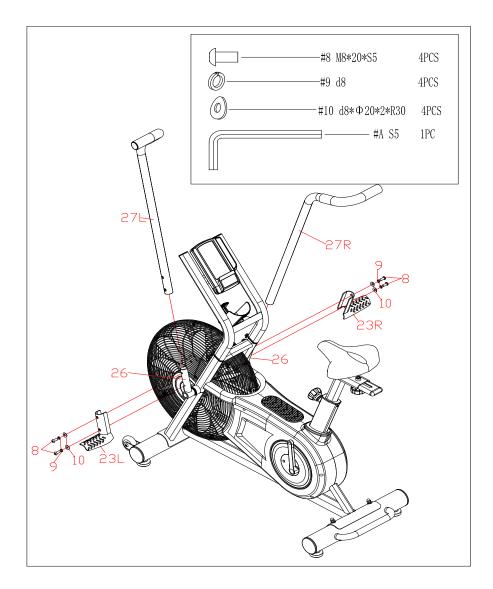
- A. Unlock 4 bolts(8), 4 spring washers(9) and 4 arc washers(10) from main frame(5) by allen wrench(A).
- B. Connect sensor wire(62) and trunk wire(4) well.
- C. Insert wire into main frame(30), then insert computer post(5) into main frame(30), and secure them using 4 bolts(8), 4 spring washers(9) and 4 arc washers(10) by allen wrench(A).

## STEP 4:



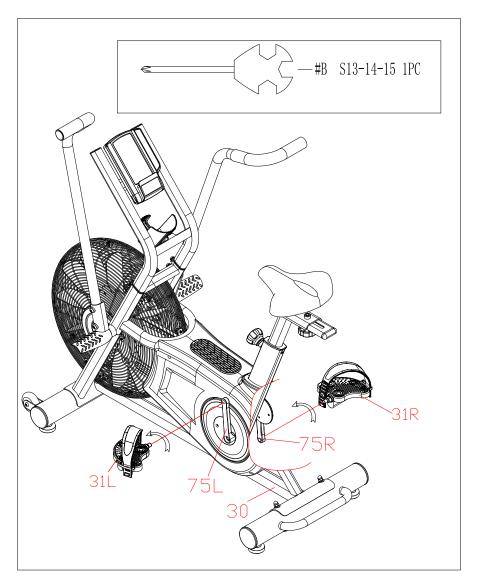
- A. Unlock 2 bolts(6) and 4 bolts(2) from computer post(5) by spanner(B).
- B. Secure bottle holder(7) in the computer post(5) using 2 bolts(6) by spanner(B).
- C. Connect trunk wire(4) and computer wire(1a) well.
- D. Secure computer(1) in the computer post(5) using 4 bolts(2) by spanner(B).

## STEP 5:



- A. Unlock 4 bolts(8), 4 spring washers(9) and 4 arc washers(10) from swing bar(26) by allen wrench(A).
- B. Attach handlebar(27L/R) into swing bar(26).
- C. Secure pedal plate(23L/R) and handlebar(27L/R) into swing bar(26) using 4 bolts(8), 4 spring washers(9) and 4 arc washers(10) by allen wrench(A).

## STEP 6:



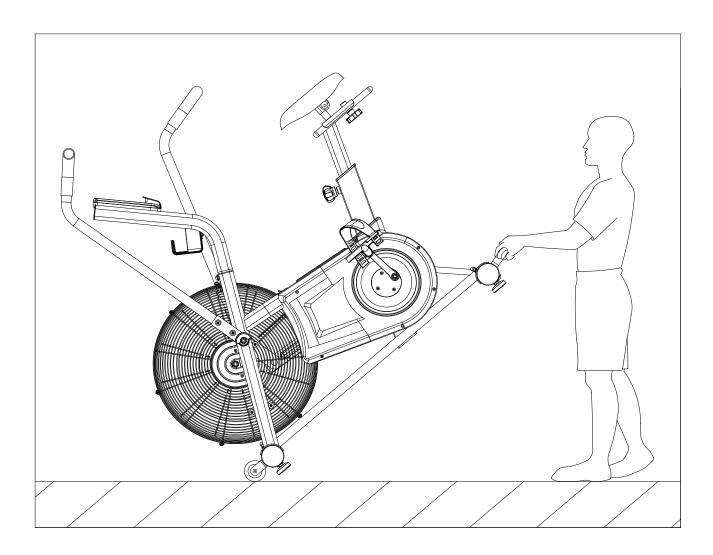
Connect the left & right pedals (31L/R) onto the left & right cranks (75L/R).

<u>Left Pedal</u>: Align the left pedal (31L) with the left crank (75L) at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal <u>counter-clockwise</u> as tightly as you can with your hand. Secure with spanner (B).

Right Pedal: Align the right pedal (31R) with the right crank (75R) at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal *clockwise* as tightly as you can with your hand. Secure with spanner (B).

# **MOVING THE MACHINE**

To move the machine, lift up the handlebar of rear stabilizer(41) until the transportation wheels on the front stabilizer(17) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



# **Instruction Manual**

### **DISPLAY FUNCTIONS**

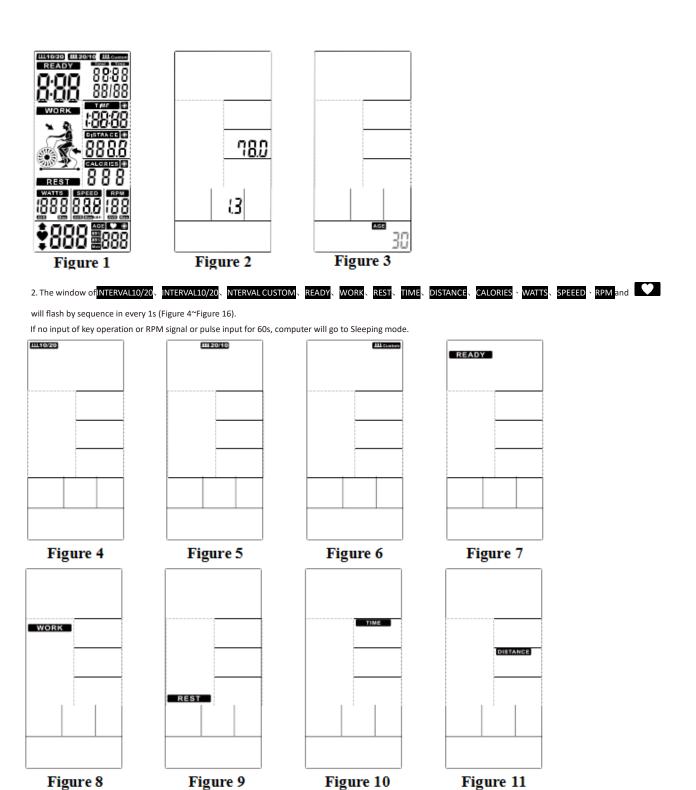
TIME	DESCRIPTION
RPM	• Display the rotation per minute with range from 0~ 199.
SPEED	Display current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	<ul> <li>Count up - No preset target, Time will count up from 00:00 to maximum 1:59:59 with each increment is 1 minute.</li> <li>Count down - The console will countdown from preset time to 00:00:00 and each preset increment or decrement will be 1 minute between 00:01:00 to 1:59:00.</li> </ul>
DISTANCE	Accumulates total distance from 0.0 up to 999.9 KM or ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may preset target Calories with UP/DOWN key.
WATT	<ul> <li>Display the power consumption during training.</li> <li>Display Range: 0~1999.</li> </ul>
PULSE	• User may set up target pulse value from $0\sim30$ to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

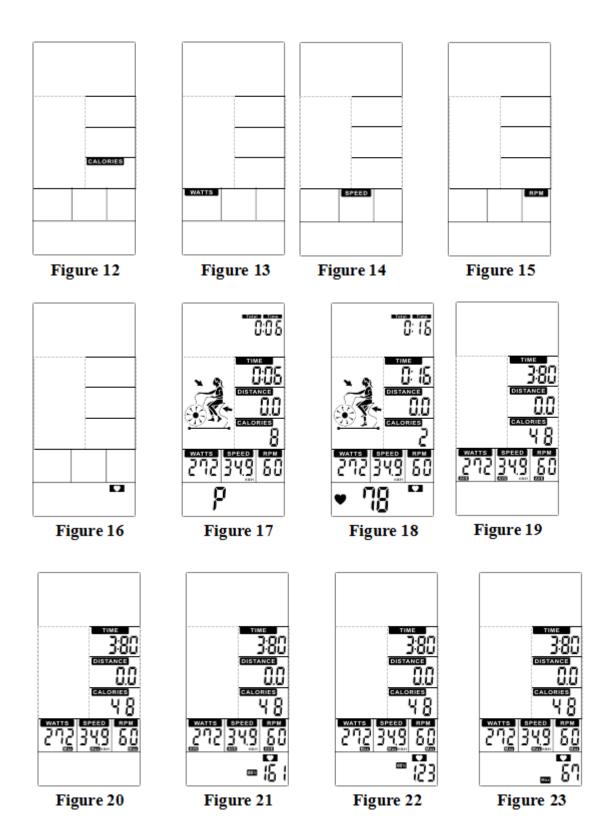
### **BUTTON FUNCTION**

TIME	DESCRIPTION	
START	To start workout quickly or resume workout in Stop mode.	
STOP	<ul> <li>To stop/pause workout.</li> <li>To clear up all settings.</li> <li>Hold on this key for 2 seconds to reboot the console</li> </ul>	
DOWN	To adjust Distance, Calories, Heart-rate, Time, Age value down.	
UP	To adjust Distance, Calories, Heart-rate, Time, Age value up.	
Target Distance	Fast access to Target Distance training mode.	
Target Calories	Fast access to Target Calories training mode.	
Target Heart-rate	Fast access to Target Heart Rate training	
Target Time	• Fast access to Target Time training mode.	
Interval	There are 3 programs: INTERVAL 10/20,INTERVAL 20/10, Custom.	
ENTER	To confirm settings or enter program.	

### **OPERATION INSTRUCTION**

<sup>1.</sup> When POWER ON, LCD will full display 2s (Figure 1) with long beep sound, then display wheel diameter 1s in DIST area (Figure 2). Then enter into AGE setting mode, the AGE flashing to be set (Figure 3). Press the UP/DOWN to set age and press ENTER to confirm then go to Standby mode.





#### 3. Select Manual, Interval, Target Distance, Target Calories, Target HR, Target Time program:

- 3.1 Manual mode:
  - ①In Standby mode, press START to start workout quickly, the buzzer sound 1 second. TOTALTIME/TIME/DISTANCE/ CALORIES/ WATTS/SPEED/RPM start to count up (Figure 17).
  - ②Whenever there is Pulsesignal input, will light up and symbol will flash and display pulsevalue (Figure 18). Without pulse input, it will display "P" (Figure 17).
  - ③No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode. Press any to wake up the console.
  - ④ Press START key once to pause training, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
  - ⑤ Press STOP key, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will

#### display

- total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX.PULSE window will switch to display 65%, 85% MAX (Figure  $21^23$ ) each 5s.
- ⑥ With pulse signal input, PULSE window will display u ser actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ①Press any PROGRAM key then perform the program accordingly.

#### 3.2 Interval 20/10 mode:

- ①Press INIERVAL key to select INTERVAL20/10, press ENTER then NTERVAL20/10 will light up, alongwith a long sound for 1s.
- ②Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/08' (Figure 24).
- ③Cycle time counts down from 20 to 0 and flashes once per second . Meantime windows displays rotation animation and
  - count down from 4 minutes. Then TOTALTIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08' (Figure 25).
- 4 Cycle time counts down from 10 to 0 and REST flashes once per second along with 10 beeps (Figure 26), meanwhile READY will flash in last 3s (Figure 27).
- 5The above 3&4 continuie cycle counting and add 1 per each cycle, until displays 08/08 WORK, then go to End page.
- (§) Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- The Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- (a) With pulse signal input, PULSE window will display user actual pulse and 65%, 85% MAX (Figure 21~23). Pulse window displays nothing if no pulse signal input (Figure 19~20).

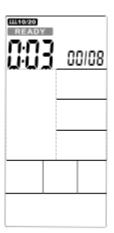






Figure 24

Figure 25

Figure 26

Figure 27

#### 3.3 Interval 10-20 mode:

- ①Press INTERVAL to select INTERVAL10/20, press ENTER then INTERVAL10/20 will light up along with buzzer beeps 1s.
- ②Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per second, counting displays '00/08' (Figure 28).
- ③Cycle time counts down from 10 to 0 and WORK flashes once per second . Meantime REMAINING will light up and count down
  - from 4 minutes. Then TOTALTIME, DISTANCE, CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/08' (Figure 29).
- (4) Cycle time counts down from 20 to 0 and REST flashes once per second along with beeps (Figure 30), meanwhile READY will flash in last 3s(Figure 31).
- 5The above 3&4 continue cycle counting and add 1 per each cycle, until displays 08/08WORK, then go to End page.
- ⑥ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and flashing in every 4s. If continue to stop training for 5
- minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- TPress STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT, SPEED & RPM will switch to display AVG. & MAX. .PULSE window will switch

- display 65%, 85% MAX (Figure 21~23) each 5s.
- (8) With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).

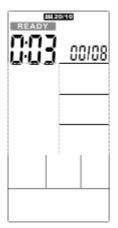








Figure 28

Figure 29

Figure 30

Figure 31

#### 3.4 Interval CUSTOM:

①Press INTERVAL to select INTERVAL CUSTOM, press ENTER to enter into this mode then INTERVAL CUSTOM 00/XX

#### flashes

to be set along with buzzer beeps 1s. Press UP/DOWN to set 00/XX within  $1\sim99$  Circularly. Press ENTER to confirm along with buzzer beeps 1s then enter into next setting. (Figure 32)

2) The TIME continues lighting up, WORK and 0:01 will flash, press UP/DOWN to set training time within 0:00~9:59 circularly

(Figure 33). Press ENTER to confirm along with buzzer beeps 1s and INTERVAL CUSTOM continues lighting up.

(3) The TIME continues lighting up, REST will flash, press UP/DOWN to set rest time 0:01~9:59 circularly (Figure 34).

#### Press

#### **ENTER**

to confirm along with buzzer beeps 1s and INTERVAL CUSTOM continues lighting up.

- (4) Cycle time counts down from 3 to 0 then console start, meanwhile buzzer beeps once per second and READY flashes once per
  - second, counting displays '00/XX'(Figure 35).
- (5) Cycle time counts down from the preset total time and WORK flashes once per second . Then TOTAL TIME, DISTANCE.

CALORIES, WATTS, SPEED & RPM start calculating, counting displays '01/XX'(Figure 36).

6 Cycle time counts down from and REST flashes once per second along with buzzer beeps(Figure 37), meanwhile READY will

### flash

in last 3s(Figure 38).

- 7 The above 3&4 continue cycle counting and add 1 per each cycle, until the WORK setting value finished then go to End page.
- (8) In WORK mode, buzzer beeps 1s then enter into wake up mode if no any signal inputs within 30s.
- <sup>(9)</sup>Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s in every 30s. All values are displaying on LCD and

flashing in every 4s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume

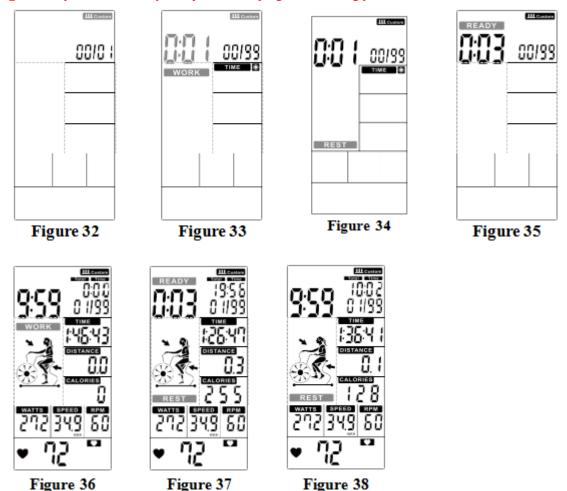
workout.

<sup>(10)</sup>Press STOP or end up training, buzzer beeps 1s then displays TOTAL TIME, DISTANCE, CALORIES for 30s, and WATT,

### **SPEED**

& RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.

- (1) With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- (12) Press any PROGRAM key then perform the program accordingly.

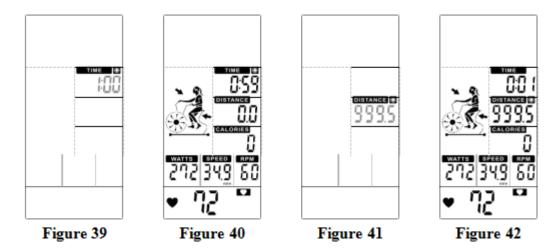


#### 3.5 Target TIME mode:

- (1) In Standby mode, press Target Time key and TIME will light up, along with a long sound for 1s.
- ②TIME value is flashing, press UP and DOWN to adjust value (Figure 39) and press ENTER to confirm meanwhile buzzer beeps 1s

and lasting lighting up.

- ③Preset TIME value counts down, DISTANCE, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 40)
- ④ Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤No signal inputs for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- ⑥Press STOP or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- (7) With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19∼20).



## 3.6 Target Distance mode:

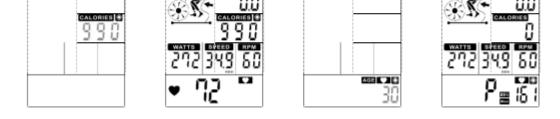
- 1 In standby mode, press Target Time key and TIME will light up, along with a long sound for 1s.
- ②DISTANCE value is flashing, press UP and DOWN to adjust (Figure 41). Press ENTER to confirm meanwhile buzzer beeps 1s and DISTANCE lasting lighting up.
- ③Preset DISTANCE value counts down, TIME, CALORIES, WATTS, SPEEED, RPM start to count up. (Figure 42)
- (4) Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- ⑥Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) each 5s.
- (7) With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- ®Press any PROGRAM key then perform the program accordingly.

#### 3.7 Target Calories mode:

- (1) In Standby mode, press Target Calories key and CALORIES will light up, along with a long sound for 1s.
- ②CALORIES value is flashing, press UP and DOWN to adjust (Figure 43). Press ENTER to confrim meanwhile buzzer beeps 1s and ③

CALORIES lasting lighting up

- ③Preset CALORIES value counts down, TIME, DISTANCE, WATTS, SPEEED & RPM start to count up.(Figure 44)
- ④Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- ⑤No signal input for 30s, buzzer sounds 1s and enter to Wake-up mode.
- ©Press STOP key or end up training, TIME will display total workout time; DISTANCE will display total workout distance; CALORIES will display total consumption during workout; WATT, SPEED and RPM will switch to display AVG. & MAX. PULSE window will switch to display 65%, 85% MAX (Figure 21~23) in each 5s.
- (7) With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).



#### 3.8 Target HR mode:

Figure 43

①In Standby mode, press Target Heart-Rate key and will light up, along with along sound for 1s.

②AGE value is flashing, press UP and DOWN to preset your Age (Figure 45). Press ENTER to confirm along with buzzer beeps 1s and and HEART RATE last lighting up.

Figure 45

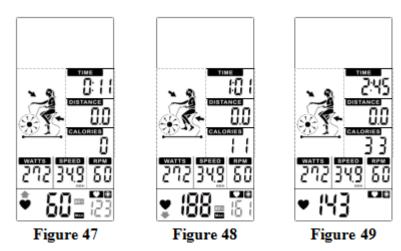
Figure 46

- (3) When start workout, MAX HR lights up, 65% & 85% Heart rate will switch to display. TIME/ DISTANCE/ CALORIES/ WATTS/ SPEED/ RPM will calculate workout value (Figure 46).
- (4) When Heart Rate goes below ★ 65 & walue will flash. And buzzer sounds in every 10s until user HR achieve above 65% (Figure 47).
- goes below 85% (Figure 48).

  (a) When Heart Rate goes between 65% ~ 85%, only will flash (Figure 49).

Figure 44

- 7 No signal input for 30s, buzzer sounds 1 short beep and enter to Wake-up mode.
- ®Press START button once enter into PAUSE mode, Buzzer will sound for 0.5s per second within 30s. All values are displaying on LCD and flashing in every 2s. If continue to stop training for 5 minutes, buzzer sounds 2s and enter to Wake-up mode. Press START to resume workout.
- (II) With pulse signal input, PULSE window will display user actual pulse. Pulse window displays nothing if no pulse signal input (Figure 19~20).
- 11) Press any PROGRAM key then perform the program accordingly.



#### **OPTION SETTING:**

SETTING mode-

- 1. Hold on START&ENTER key for 2s, buzzer will sound 1 long beep. SPEED keep lighting up, M/H,KM/H flash once per second (Figure 50~51).
- 2. Press UP or DOWN to select KM/H or M/H, press ENTER to confirm then skip to Standby mode.
- 2. No action to concolo for 200 it will go to Standby mode.



Figure 50 Figure 51

### RESET mode-

- 1. In any mode, press STOP for 2s, system will do TOTAL RESET.
- 2. LCD falsh in every 2 seconds, buzzer sound for 2 seconds.
- 3. Reverse to Standby page, all setting resume to preset value.

### SLEEPING mode-

In Standby mode, if no key press/RPM for 30s, console will go to SLEEPING mode.