

TOORX
FITNESS IN MOTION

INSTRUCTION

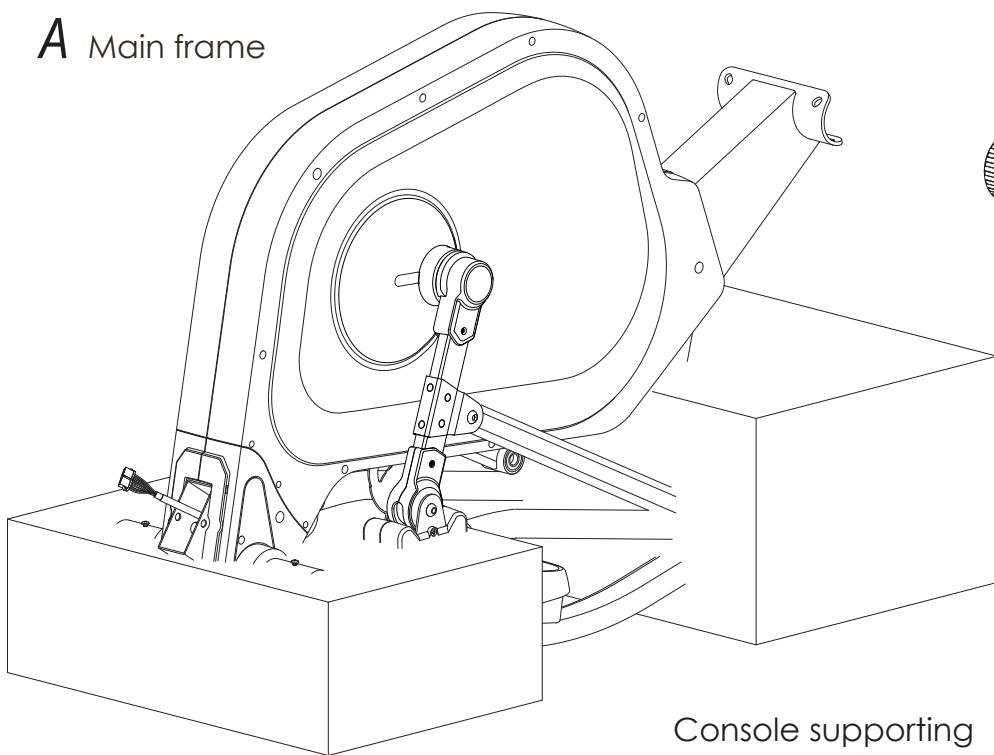


ERX900 TFT

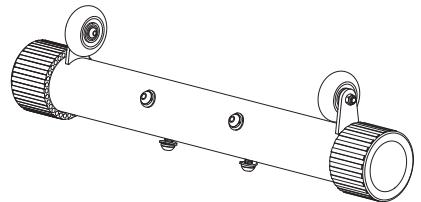


PARTS LIST

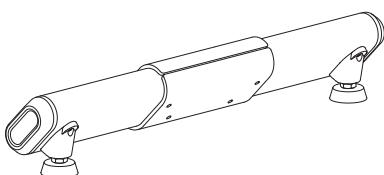
A Main frame



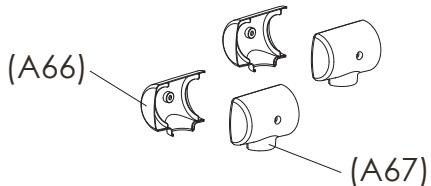
B Front stabilizer



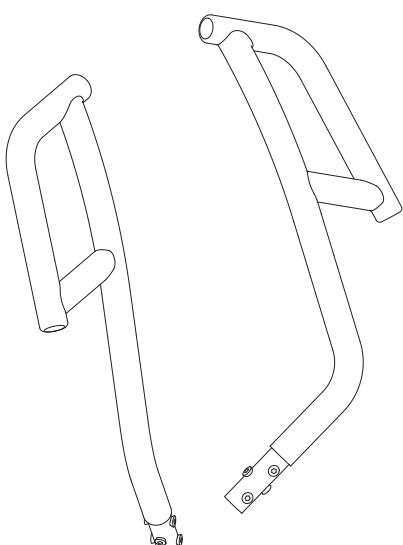
C Rear stabilizer



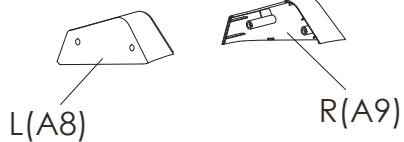
Front pedal supporting tube cover



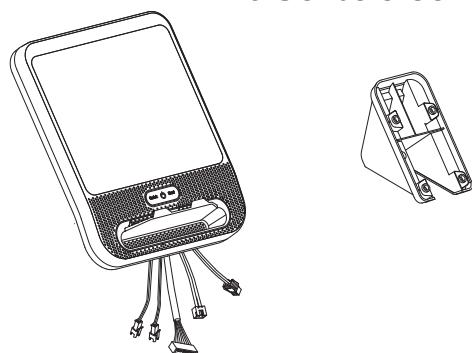
E E2 Handle bar (R)
E1 Handle bar (L)



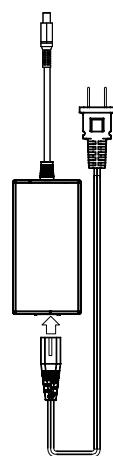
Console supporting tube cover (L&R)



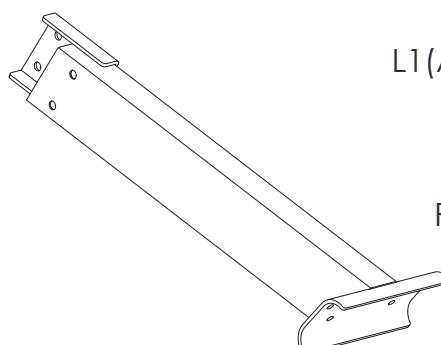
G Console (G1)
&Console cover (G2)



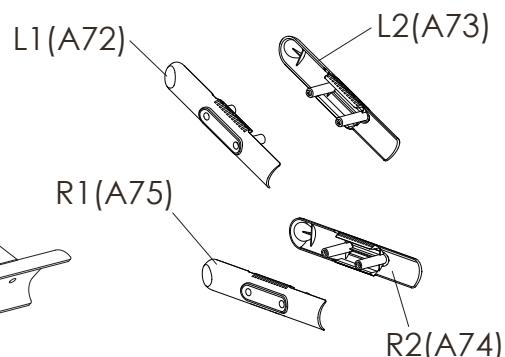
I Adaptor



F Central supporting tube



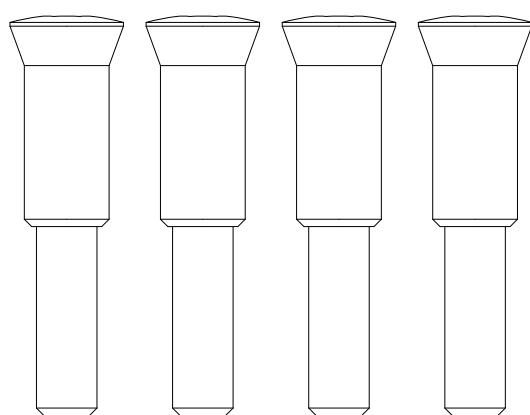
Pedal supporting tube cover (L1&L2),(R1&R2)



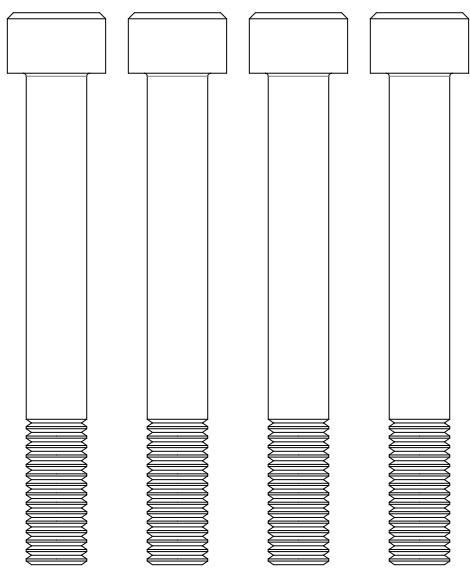
PARTS LIST

TOOL

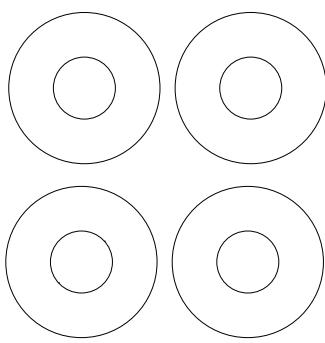
(F4) Screw M8



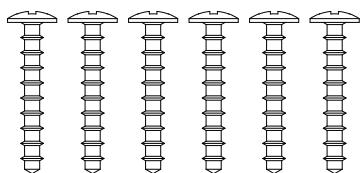
(F2) Screw M8x65



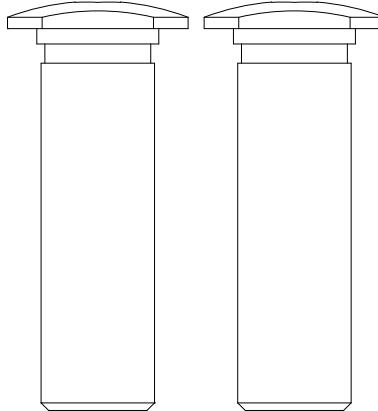
(F3) Washer M8



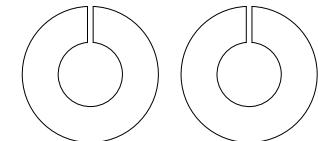
(A78) Screw M3x20



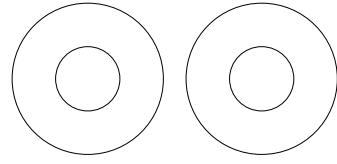
(A107) Bolt Ø15x50.5



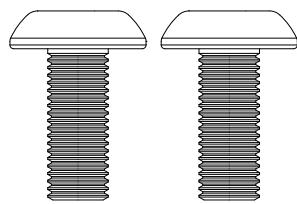
(A62) Spring washer M8



(A61) Washer M8



(A63) Screw M8x20



M6x2

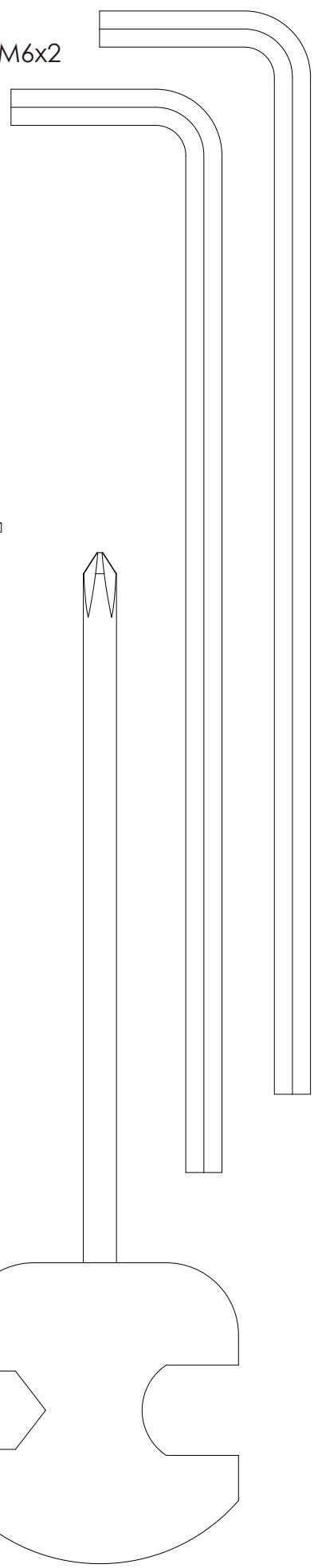


FIGURE 1

FIGURE 1 FRONT STABILIZER (B) ASSEMBLY

Step 1. Remove the four preassembled screws (B3), spring washer (B4) and washer (B5) from the front stabilizer (B).

Step 2. Attach the front stabilizer (B) on to main frame (A) with screws (B3), spring washer (B4) and washer (B5).

USE TOOL:6m/m

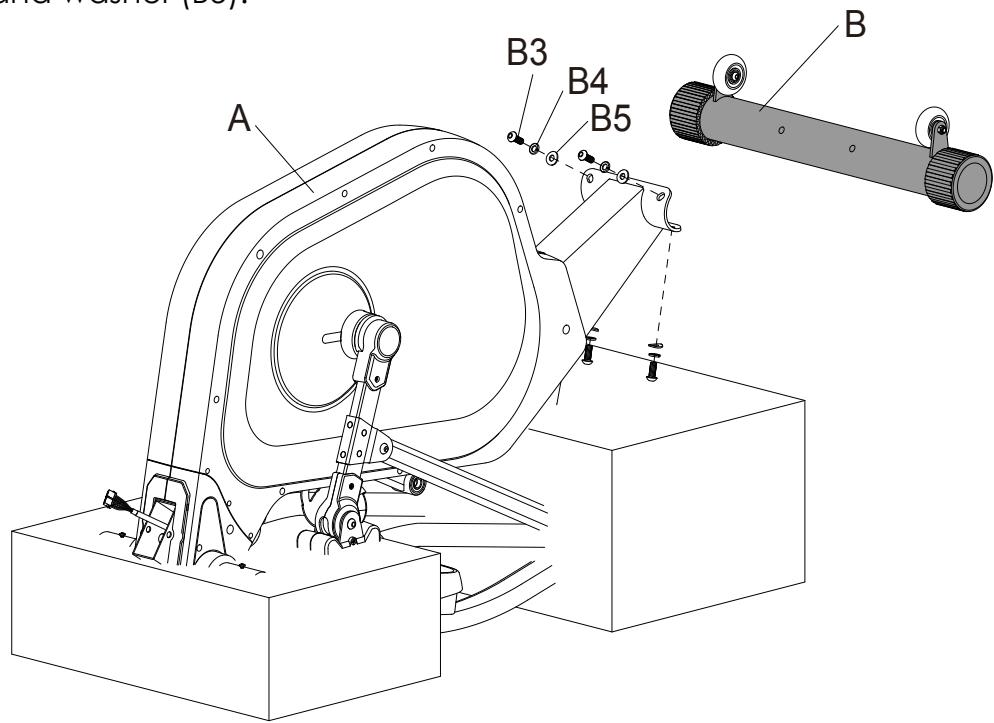


FIGURE 2

FIGURE 2 CONSOLE SUPPORTING TUBE (D) ASSEMBLY

Step 1. Remove the three preassembled screws (D2) from the console supporting tube (D).

Step 2. Connect console wire (K1&K2).

Step 3. Attach the console supporting tube (D) on to main frame (A) with screw (D2-left) and screw (D2-right).

Step 4. Use two hands to hold small handle bar to lift up the main frame (A). then finish the screw (D2-middle) assembly.

Step 5. Remove the bottom polyfoam pieces #5 & #6.

USE TOOL:6m/m

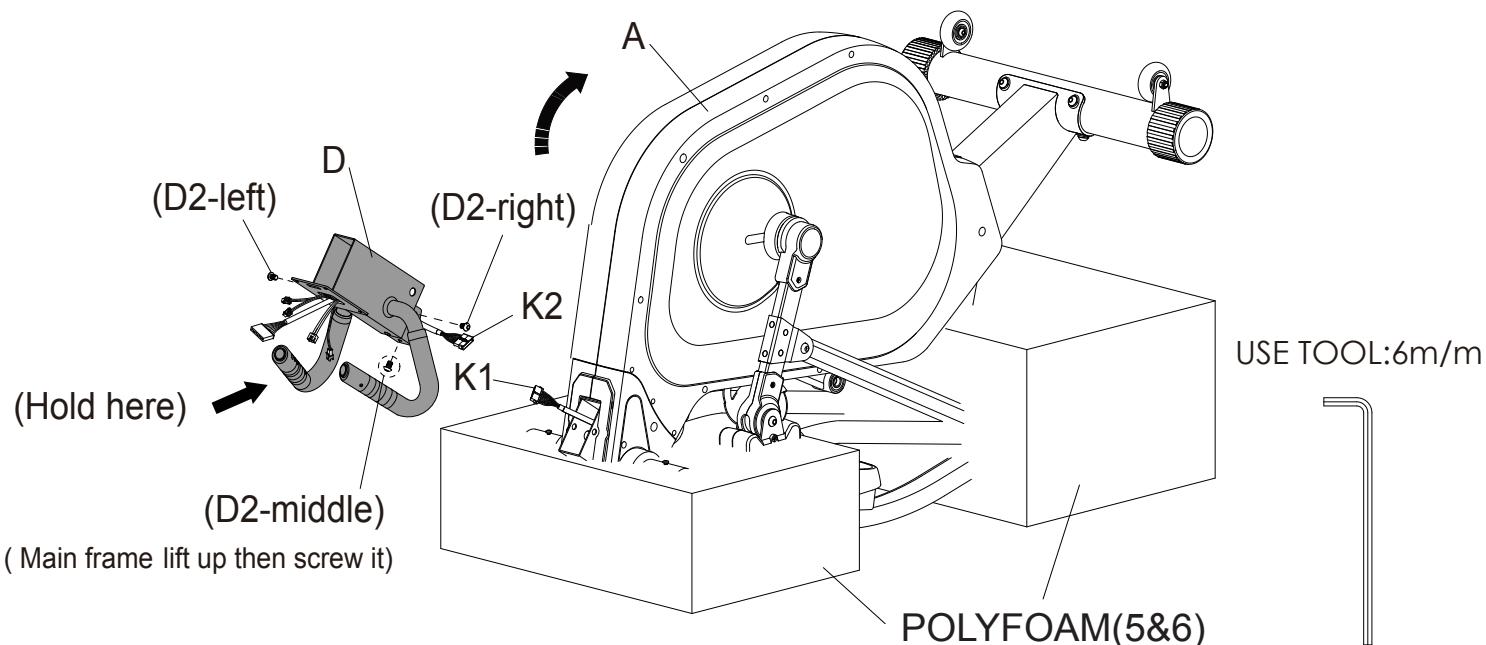
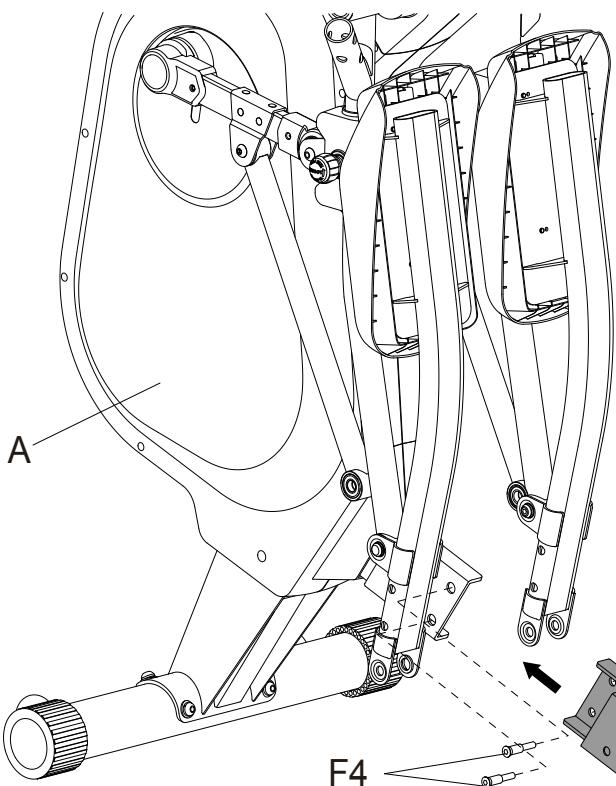
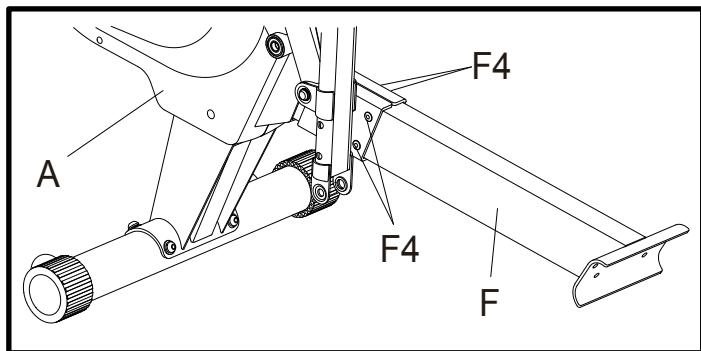
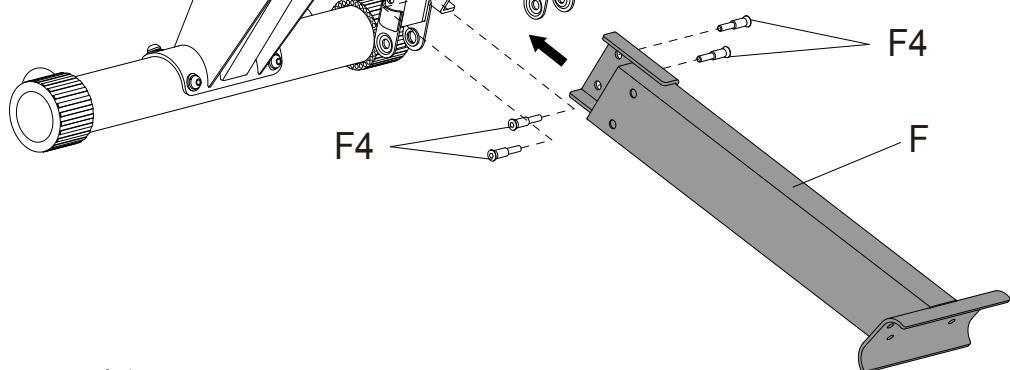


FIGURE 3 CENTRAL SUPPORTING TUBE (F) ASSEMBLY

Step 1. Attach the central supporting tube (F) onto main frame (A) with four screws (F4).



Tighten the screws (F4) on the central supporting tube when the unit is lifted.



USE TOOL: 6m/m

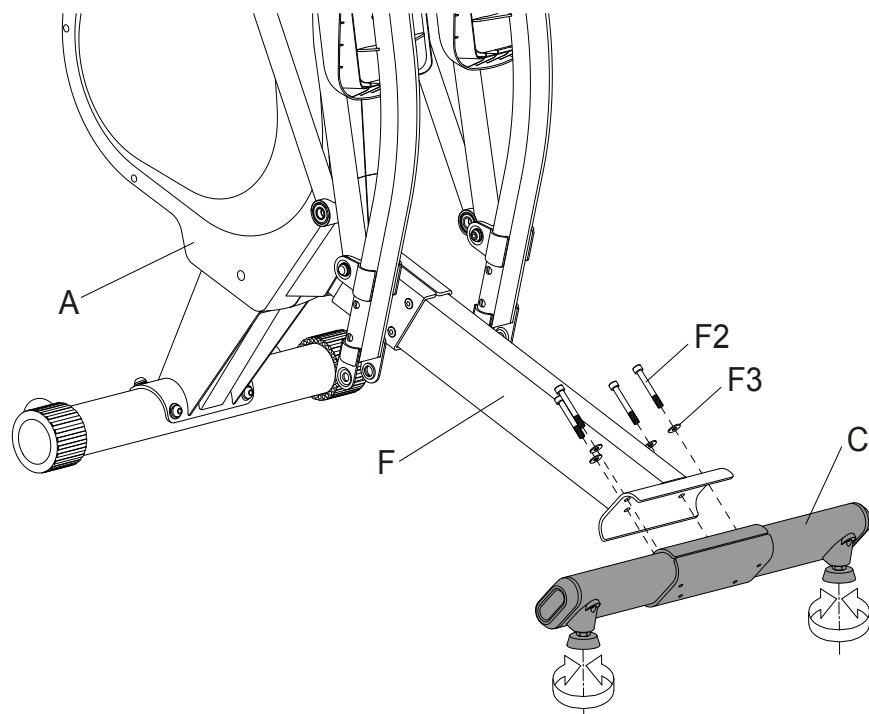


FIGURE 4

FIGURE 4 REAR STABILIZER (C) ASSEMBLY

Step 1. Attach the rear stabilizer (C) onto the central supporting tube (F) with four screws (F2) and washer (F3).

Step 2. Adjust the stabilizer feet on the bottom rear stabilizer (C) to level the machine.



USE TOOL: 6m/m

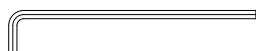


FIGURE 5

CONSOLE & CONSOLE COVER ASSEMBLY

- Step 1. Remove four screws (G3) from the console (G).
- Step 2. Connect all wires.
- Step 3. Fit the console (G) to console supporting tube (D).
- Step 4. Slide the console cover (G2) on console supporting tube (D).
- Step 5. Screw console, console supporting tube (D) and console cover (G2) together using screws (G3).

USE TOOL:

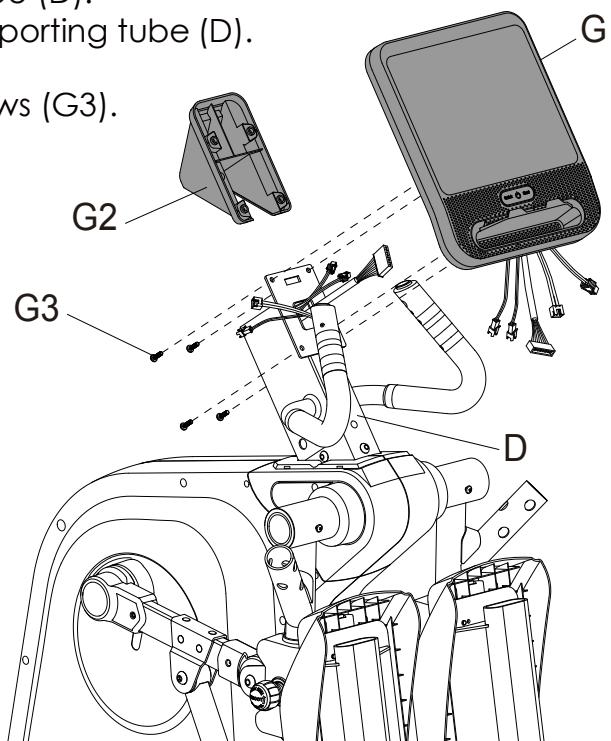


FIGURE 5

FIGURE 6

CONSOLE SUPPORTING TUBE COVER (L&R) ASSEMBLY

- Step 1. Attach the console supporting tube cover-L (A8) and console supporting tube cover-R (A9) using screws (A78).

USE TOOL:

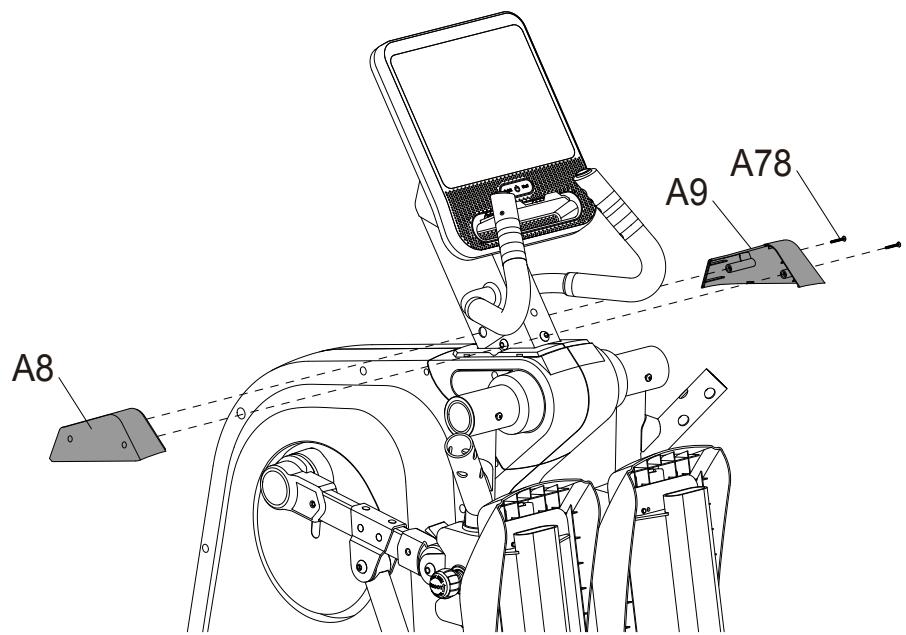


FIGURE 7

FIGURE 7 **FRONT CONNECTING SHAFT (A53) & FRONT PEDAL SUPPORTING TUBE-L&R (A64&A65) ASSEMBLY**

Step 1. Attach front connecting shaft (A53) and front pedal supporting tube-L (A64) using bolt (A107), screw (A63) spring washer (A62) and washer (A61).

**** Repeat same step to finish right side assembly.**

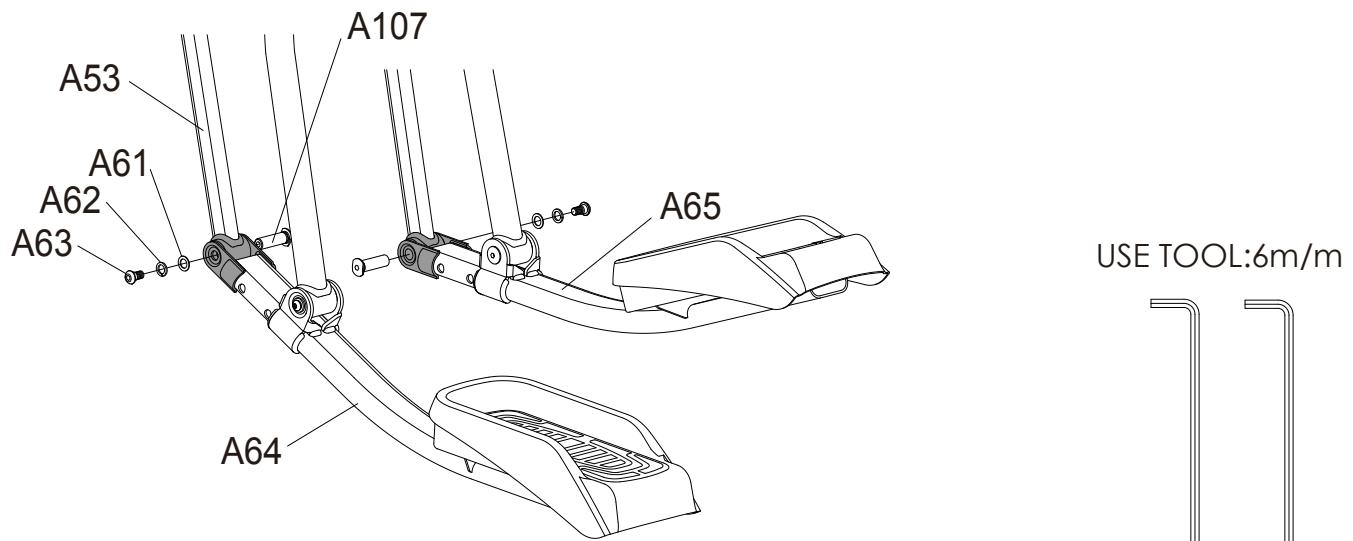


FIGURE 8

FIGURE 8 **PEDAL TUBE COVER-(L&R) ASSEMBLY**

Step 1. Fit the pedal tube cover-L1 (A72) and pedal tube cover-L2 (A73) to the front pedal supporting tube-L (A64) using the two screws (A78).

**** Repeat same step to finish right side assembly.**

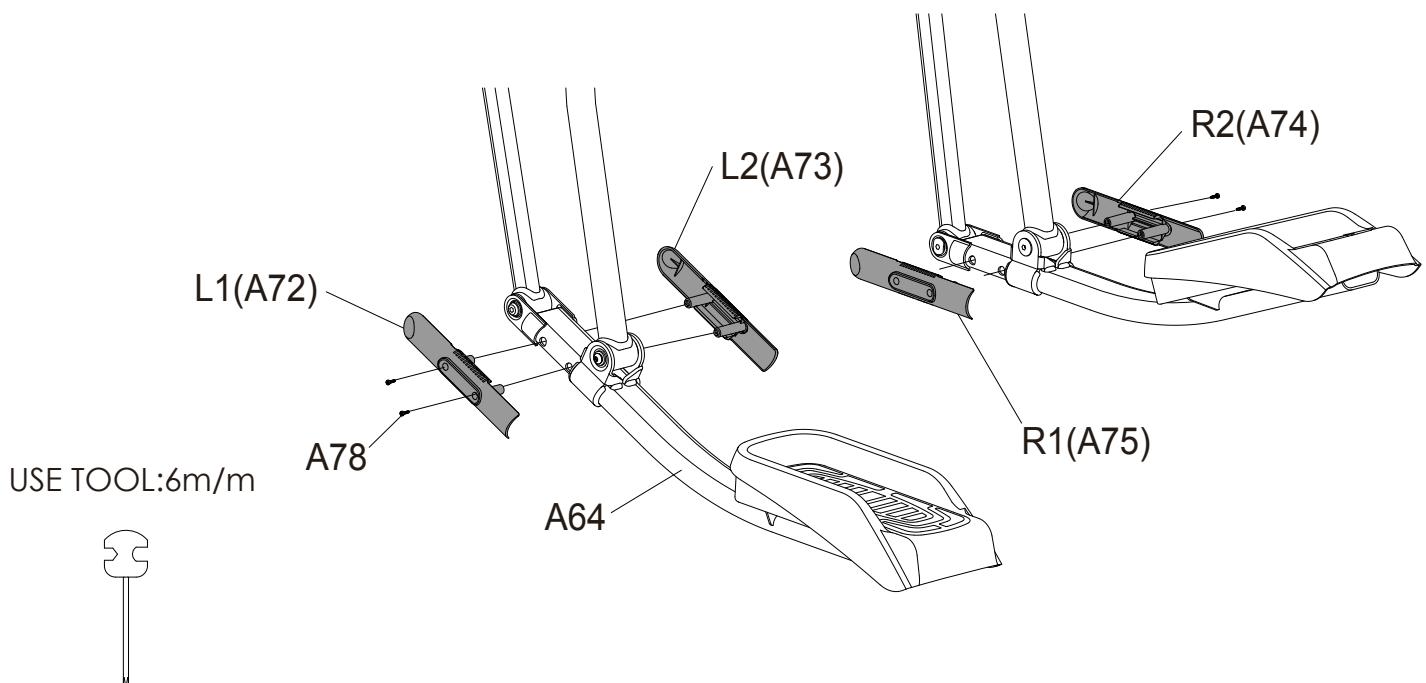


FIGURE 9

FIGURE 9 **HANDLE BAR & FRONT PEDAL SUPPORTING TUBE COVER ASSEMBLY**

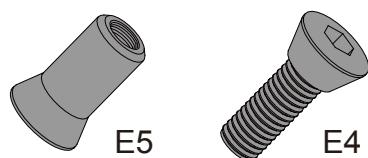
Step 1. Remove the six preassembled screws (E4&E5) from the handle bar (E1).

Step 2. Remove the two preassembled screws (A108) from the main frame (A).

Step 3. Mount the handle bar (E1) onto the main frame (A) with screws (E4&E5).

Step 4. Mount the front pedal supporting tube cover (A66&A67) onto the main frame (A) with two screws (A108).

**Repeat same step to finish right side assembly.



USE TOOL:

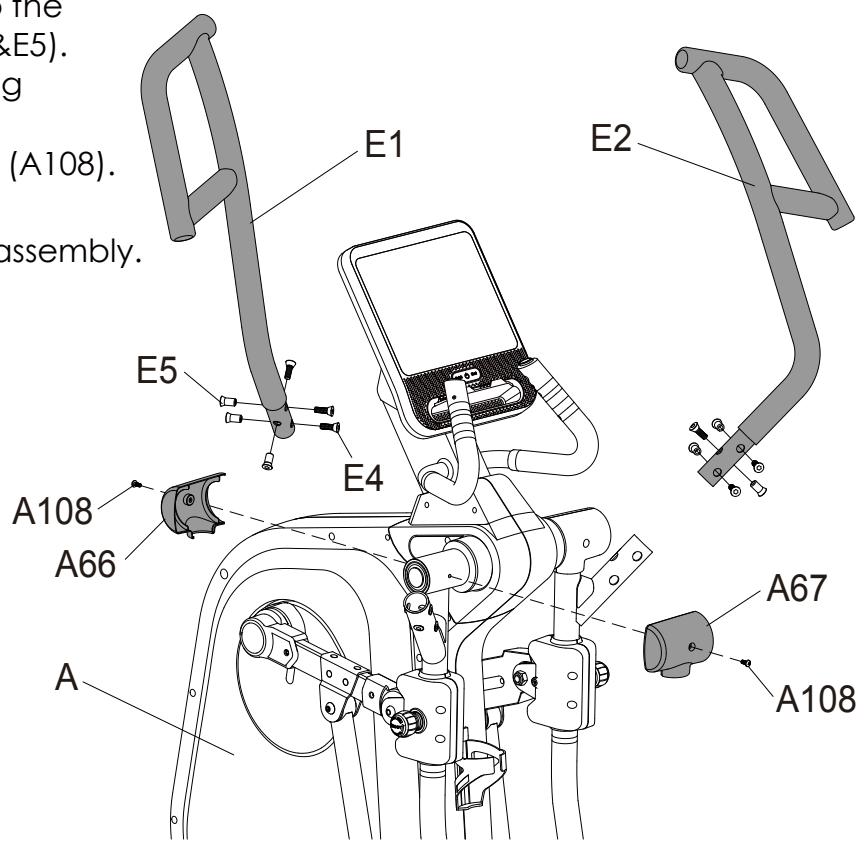
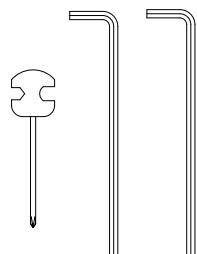


FIGURE 10

FIGURE 10 **ADAPTER ASSEMBLY**

Attach one end of the adapter into the power socket and the other end into the input jack on the main frame like shown.

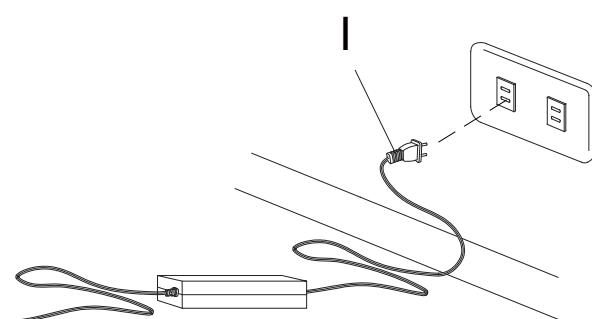
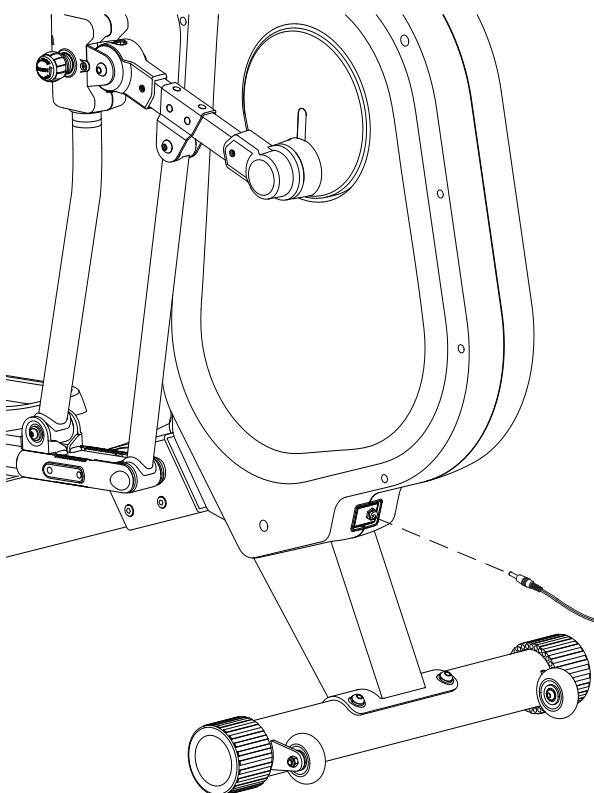


FIGURE 11 — HOW TO TRANSPORT THE MACHINE

If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transportation wheels engage the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location and adjust the levelers on the bottom rear stabilizer to level the machine if needed.

WARNING: Never attempt to lift the machine by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.

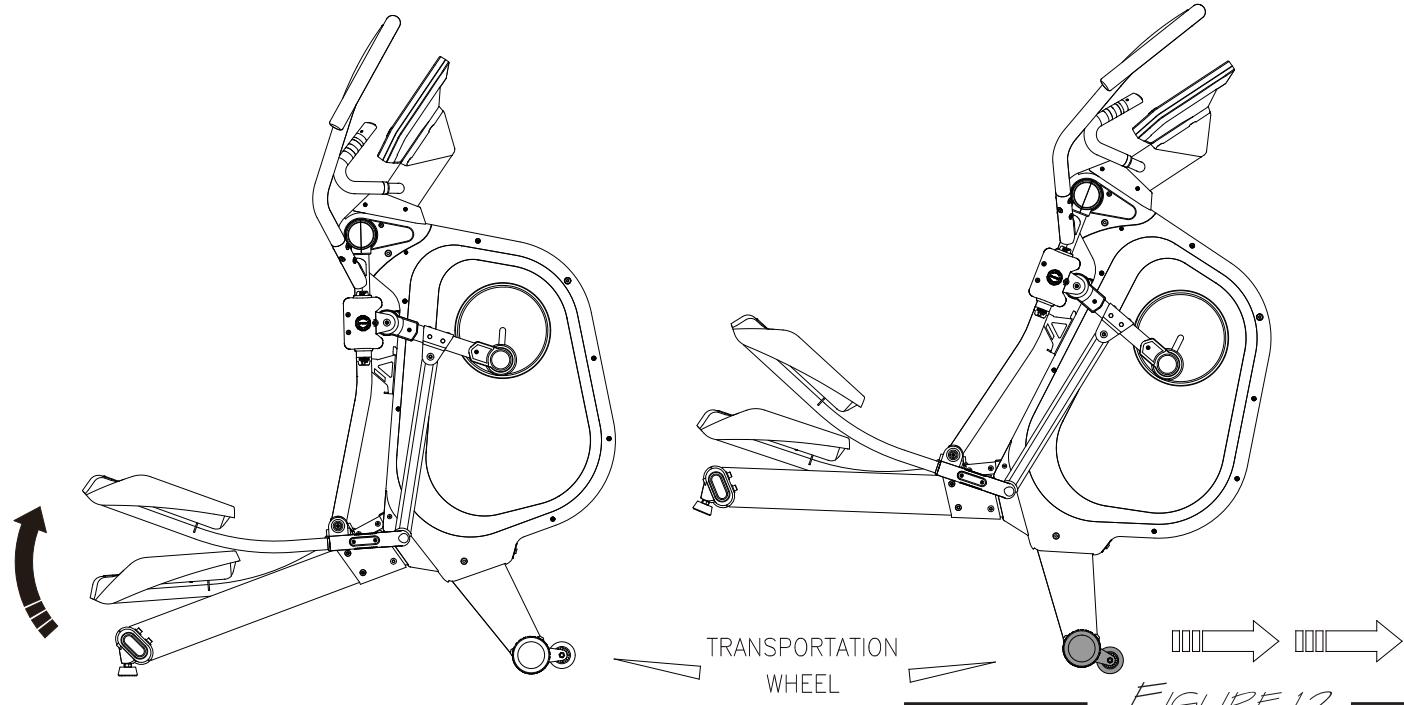


FIGURE 12

FIGURE 12 — HOW TO USE TOGGLE SWITCH TO ADJUST THE RESISTANCE

When the console is powered on, you may press the toggle buttons on the small handlebar to adjust the resistance: Press “+LOAD” button on the right side to increase resistance and press “-LOAD” button on the left side to decrease resistance.

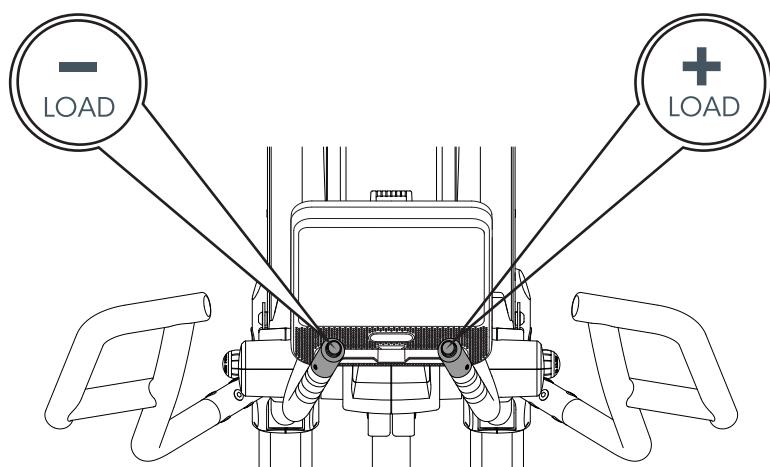


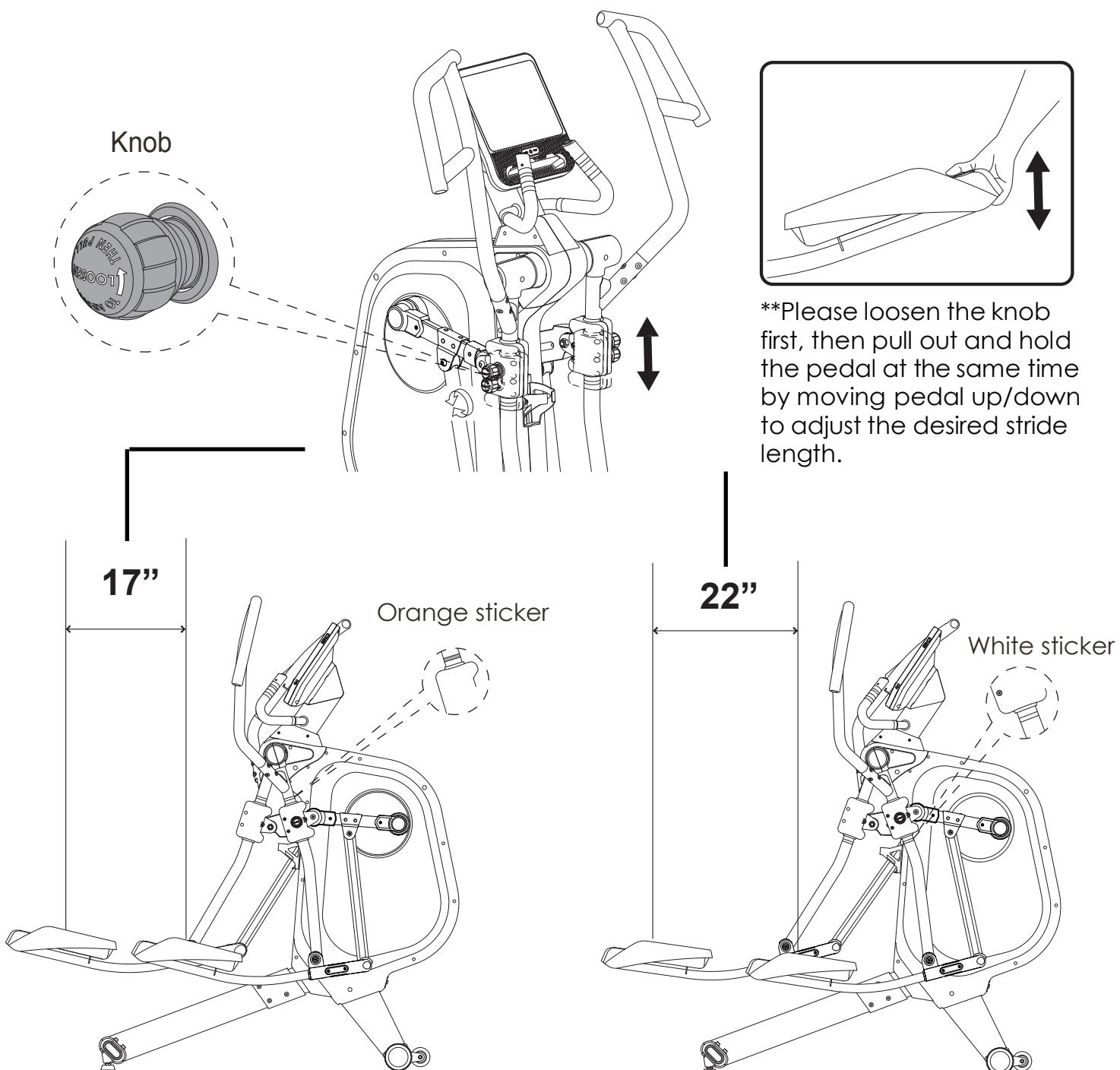
FIGURE 13

HOW TO ADJUST THE STRIDE

- Step 1. There are 2 different stride choices on the 1280ef. They are 17" and 22".
 (When you choose 17", you will see the orange sticker on front pedal supporting tube,
 when you choose 22", you will see the white sticker on front pedal supporting tube.)
- Step 2. Loosen the knob and pull out to adjust the stride length as you desire.
 Step 3. After selecting the stride length, screw the knob back in tightly.
 Step 4. Repeat this to adjust the stride length for the other side.

**WARNING: NEVER adjust the stride length while standing on the machine.
 Always adjust both the right and left stride to the same setting. Uneven
 positions is never recommended and dangerous.**

FIGURE 13



CONSOLE DISPLAY

10.1" TFT



Step-by-Step Instructions

- **Power-up**

Press the Quick Start Button to turn on the console.



Fig 1. TURN-ON DISPLAY

After a while, the display will turn into Home Screen. Please check Figure 2.

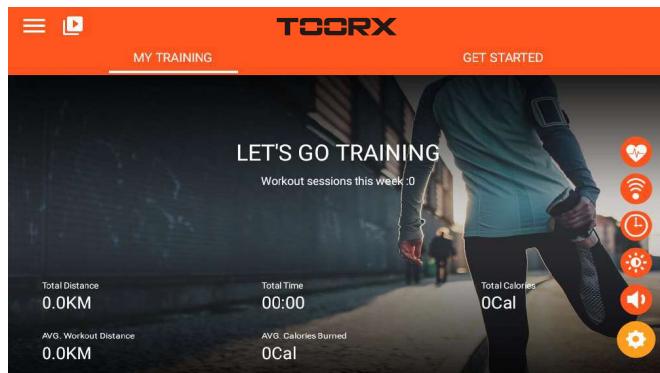
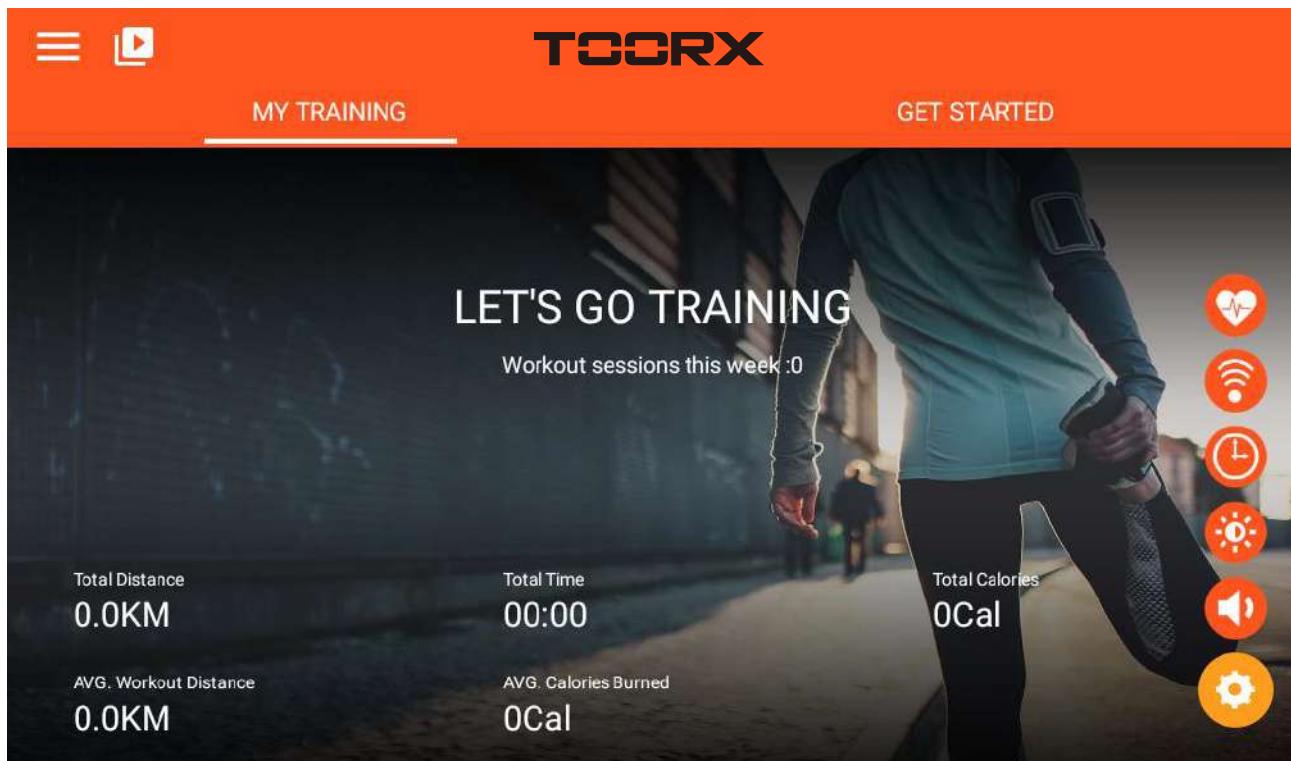


Fig 2. Home Screen

*** Notice that if the console has already been opened, it will turn from black screen into Home screen directly after you press the Quick Start Button.

INSTRUCTION MANUAL

1. POWER ON (Home page):



2. Function Spec Description:

A. MY TRAINING: Displays total workout data

B. GET STARTED:

QUICK START / INTERVAL / MAP YOUR ROUTE /Constant Power/Programs/Heart rate Control/FTMS

1. Total six modes of workout for choose
2. FTMS : to turn on the FTMS Bluetooth connection

C. System Setting : This page can operate login account/home page/historical data/new linked account/Settings and other functions

D. Volume control:

E. Brightness adjustment function:

F. Time zone selection :

G. WIFI setting function :

H. Bluetooth heartbeat matching function:

I. Multimedia mode :

NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、TWITTER、INSTAGRAM、AMAZON PRIME VIDEO

3. Display Range :

ITEM	Description
DISTANCE	<ul style="list-style-type: none">· Display the movement distance· Display value range 0.0 ~ 99 in Cycle
SPEED	<ul style="list-style-type: none">· Display the movement speed· Display Value range 0.0 ~ 99.9
RPM	<ul style="list-style-type: none">· Display RPM· Value range 0 ~ 999
TIME	<ul style="list-style-type: none">· Display the movement time· Display value range 0:00 ~ 99:59 in Cycle
Heart Rate	<ul style="list-style-type: none">· Display the movement heart rate.· Value range 0 ~ 230
HR Zone	<ul style="list-style-type: none">· Display the movement HR Zone.· Value range 0% ~ 100%
BAI	<ul style="list-style-type: none">· Display the consumption BAI value during the workout.· Value range 0 ~ 999
CAL	<ul style="list-style-type: none">· Display the workout consumption of CAL· Display range 0~999
WATT	<ul style="list-style-type: none">· Display the movement power consumption· Display range 0~999

4. Button Function :

START/PAUSE: When in starting status press this key ,it will stop training, and when in stopping mode press this key it will start to work .

STOP: Press this key stop training.

UP: Switch knob to increase the load level.

DOWN: Switch knob to decrease the load level.

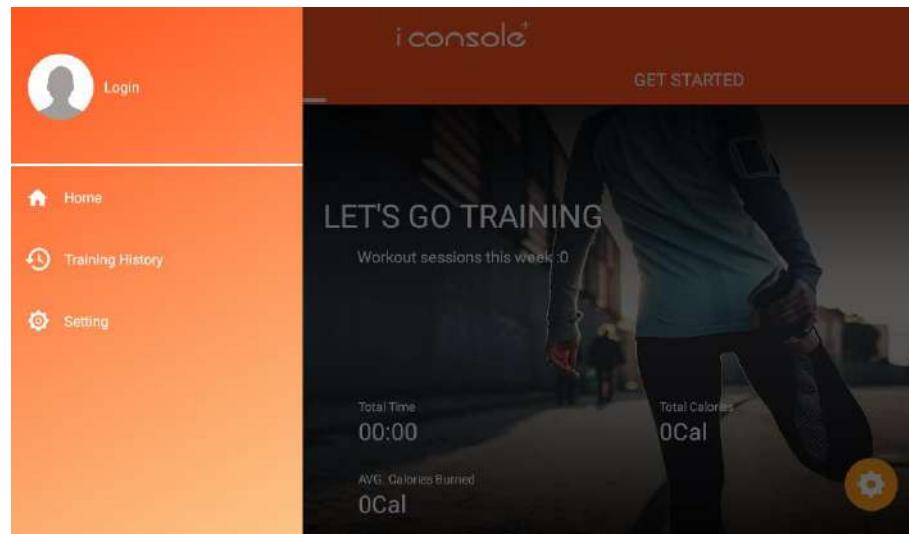
5. SYSTEM SETTING OPERATION :

A. LOGO IN: (photo) Personal information login and create, login account
(Email application, FB , We Chat , GOOGLE login)

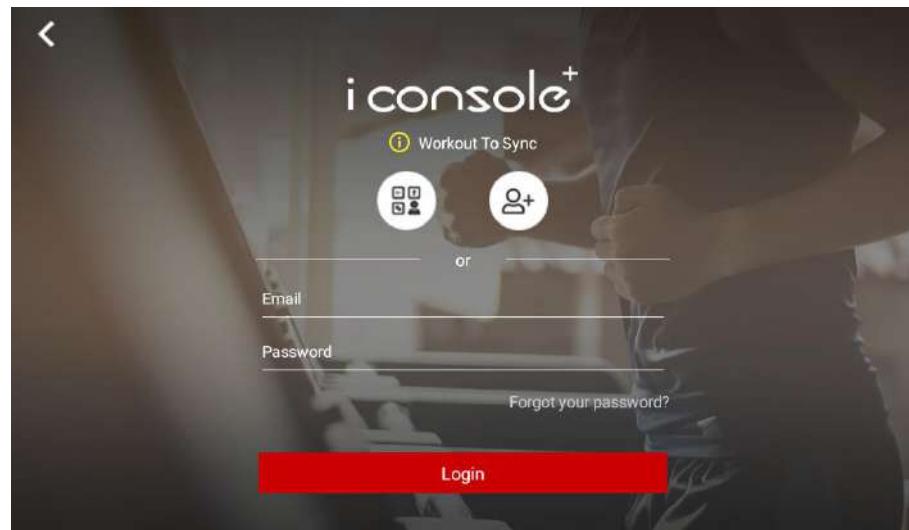
B . HOME: Back to home page

C.TRAINING HISTORY: Exercise information enquiry (login required)

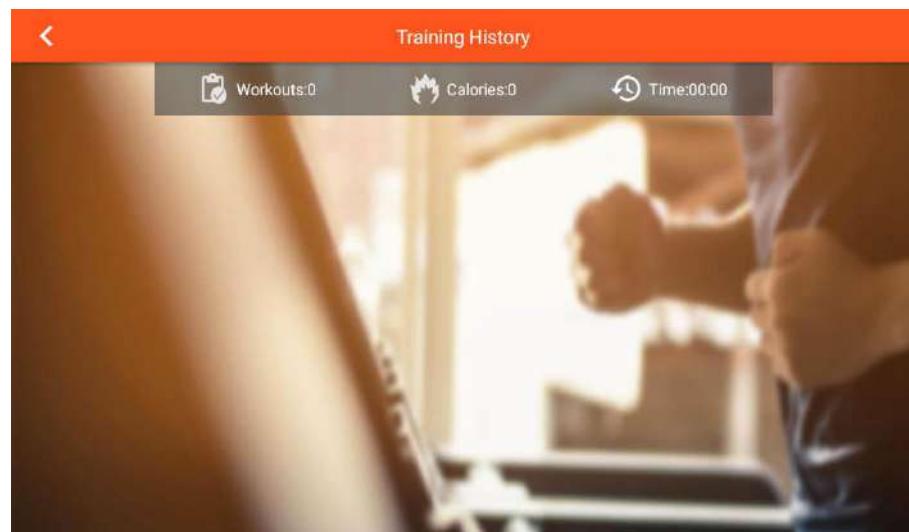
D.SETTING: Setting mode



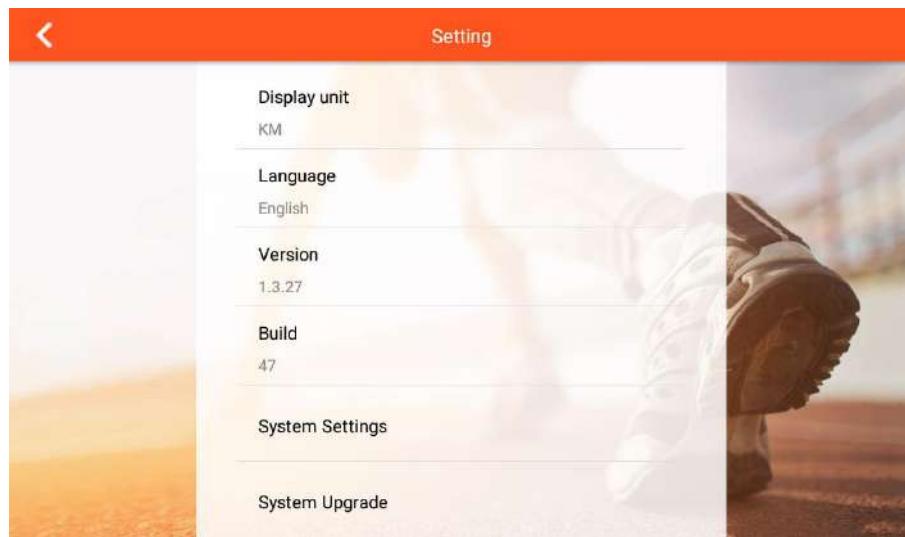
A. Click Logo in (photo) to login the account, select face book /GOOGLE/ We Chat / enter the email password to log IN.



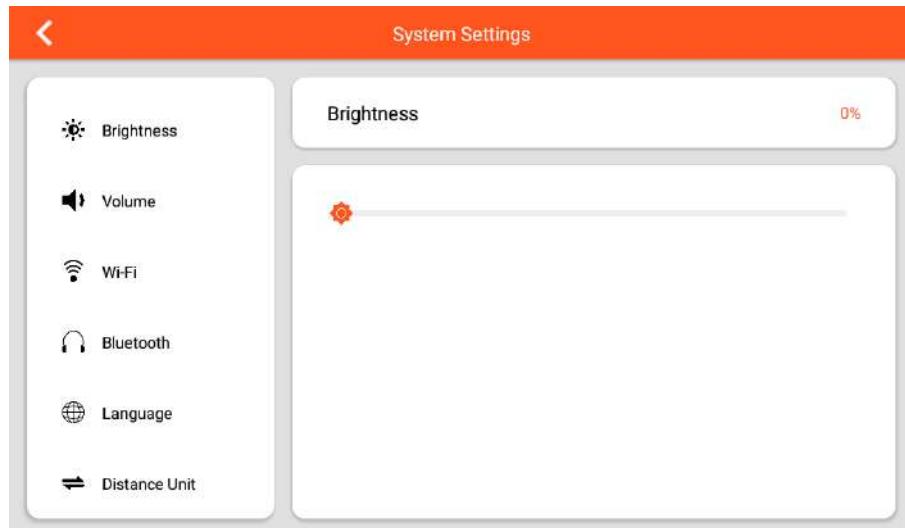
B. TRAINING HISTORY



C.SETTING:



Click SYSTEM SETTINGS to enter into system setting (wifi, brightness, volume, BT, Language, KM/ML)



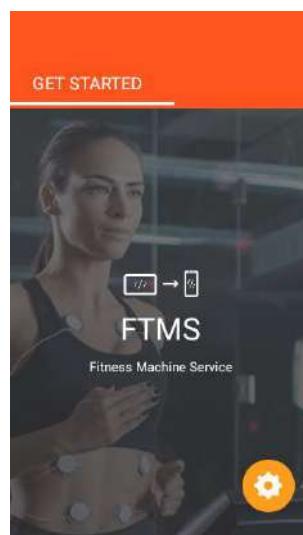
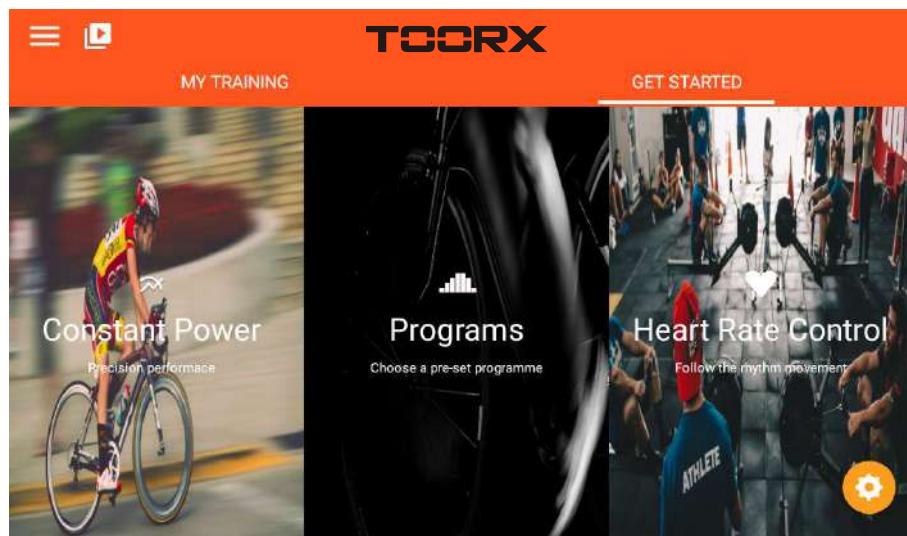
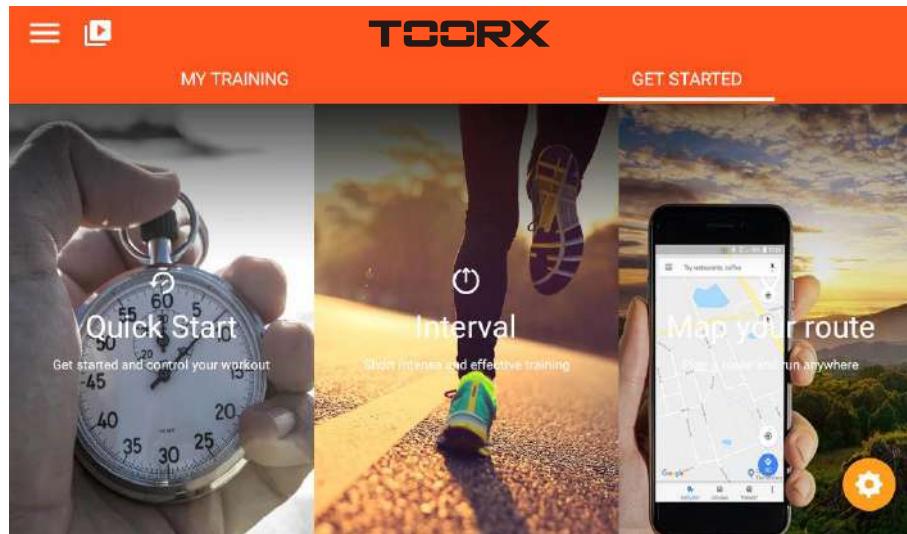
6. Multimedia mode (slide the page left and right to select the APP icon you want to use) :

A. Select APP :NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、
TWITTER、INSTAGRAM、AMAZON PRIME VIDEO

In Multimedia mode, user can press “” to display or hide the movement value, press “” back to the last system function page., press “” to the home page , press “” to start training ,press”  “ stop exercise.

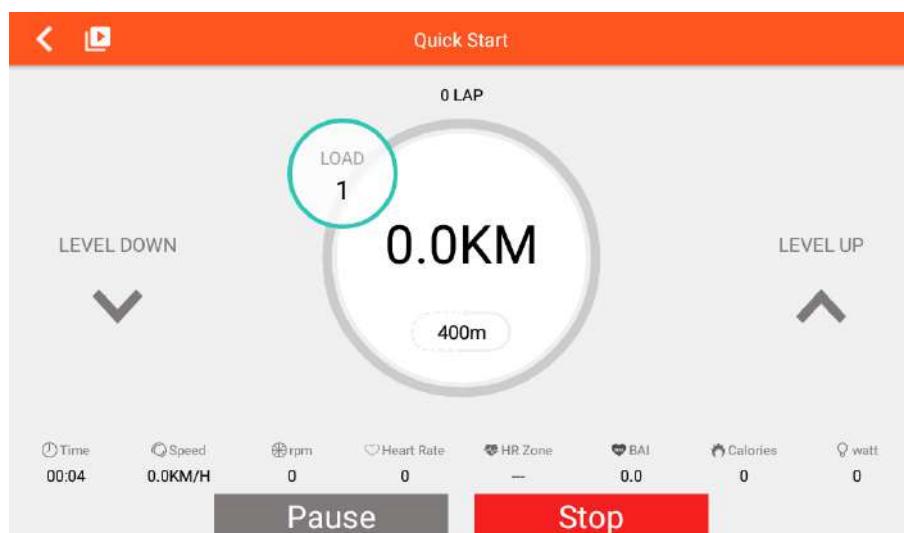
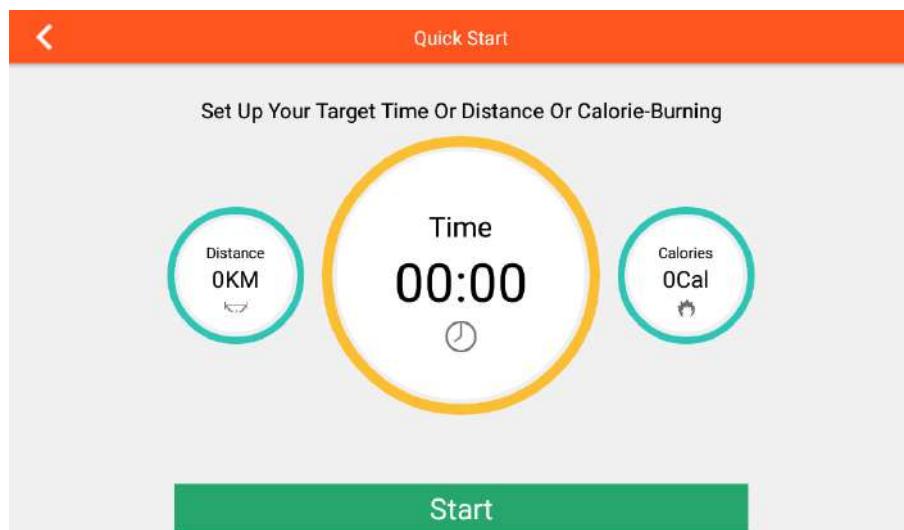
7、Function Introduction

Quick Start / Interval /Map Your Route/Constant Power/Programs/Heart rate Control/FTMS



A. QUICK START MODE:

1. Setting the exercise value (DIST/TIME/CAL), Press “START” go to training, data start to counting .
 2. When start training can adjust the LEVEL UP&DOWN , press “PAUSE” enter into break mode, press “STOP” to exit this mode.
- C. When finished, the SUMMARY displays .



B. INTERVAL MODE:

A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately, press “START” go to training.

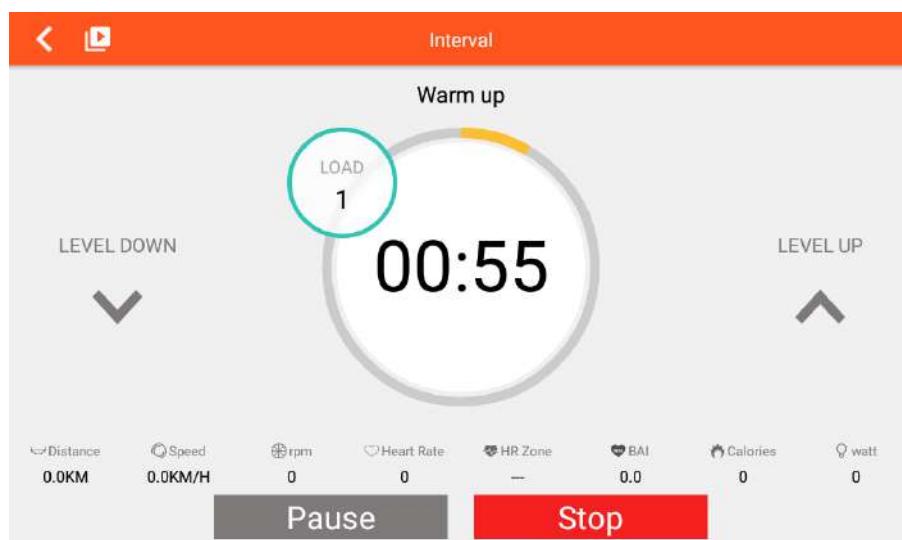
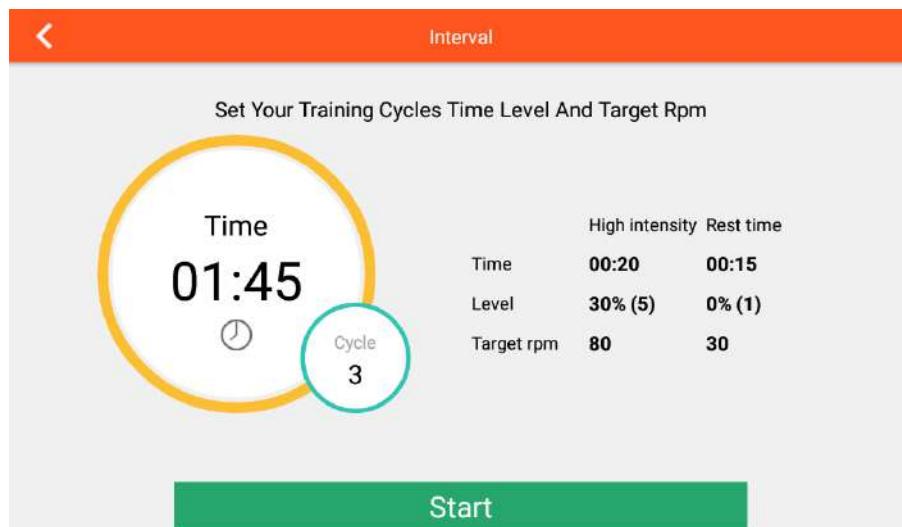
B. Warm up first, then start INTERVAL mode

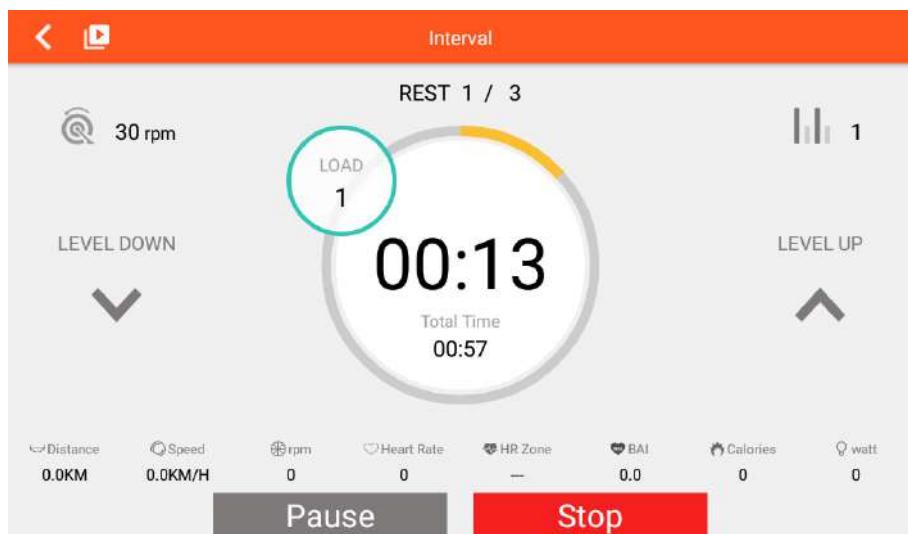
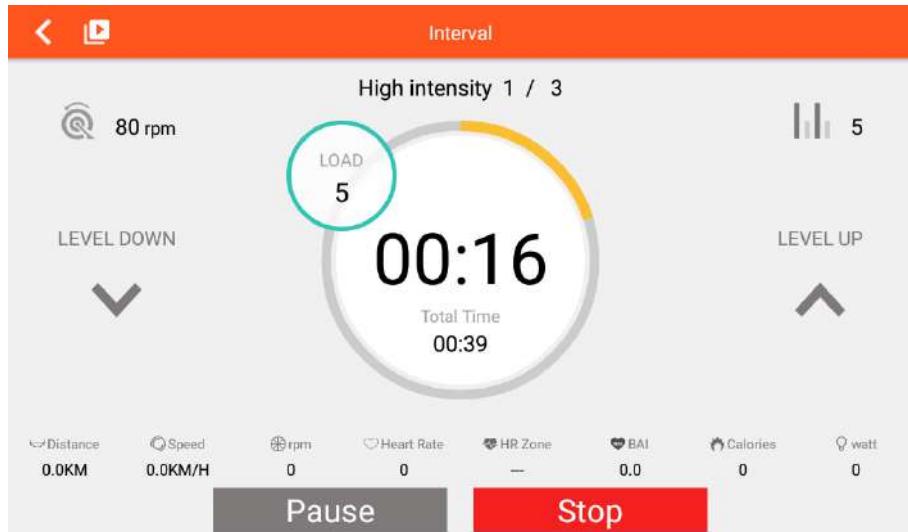
C. In high intensity time can adjust the load level (display the level as set)

When in rest time adjust the load level, keep display the level as set .

D.Press “ PAUSE” enter into break mode, press “STOP” leave this mode.

E. When finished, the SUMMARY displays .



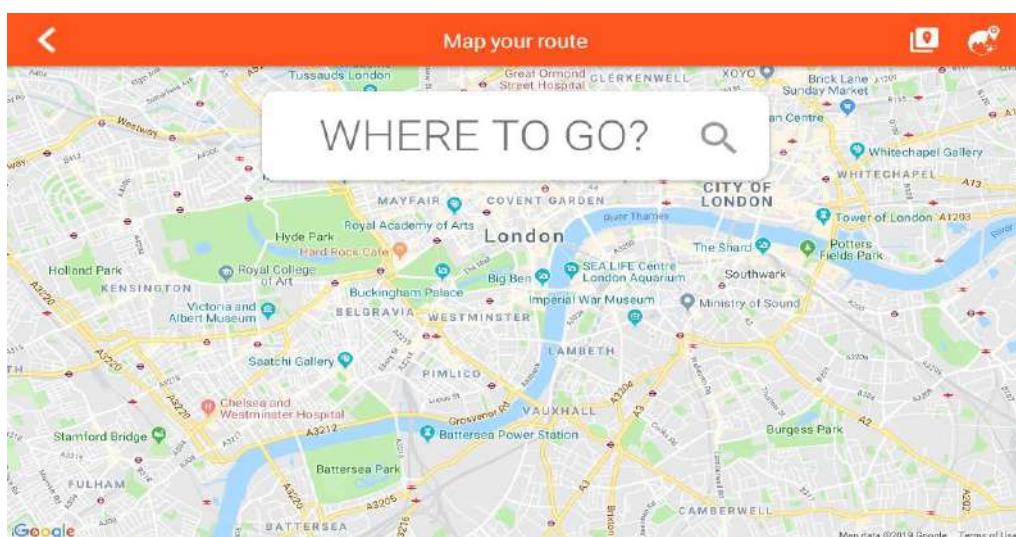


C.MAP YOUR ROUTE MODE:

1. After entering this mode, it will detect the current region, click “” load the preset link, distinguish

Chinese and non-Chinese region.; click “” can switch to the world map(GOOGLE MAP) or China Map.

preset “” as the map of China, and “” as the World map.



2. Planning the map road, long press one time will display the start position “”, long press two times will display the final position “”, press three times display the turning point “”(with the max qty) .

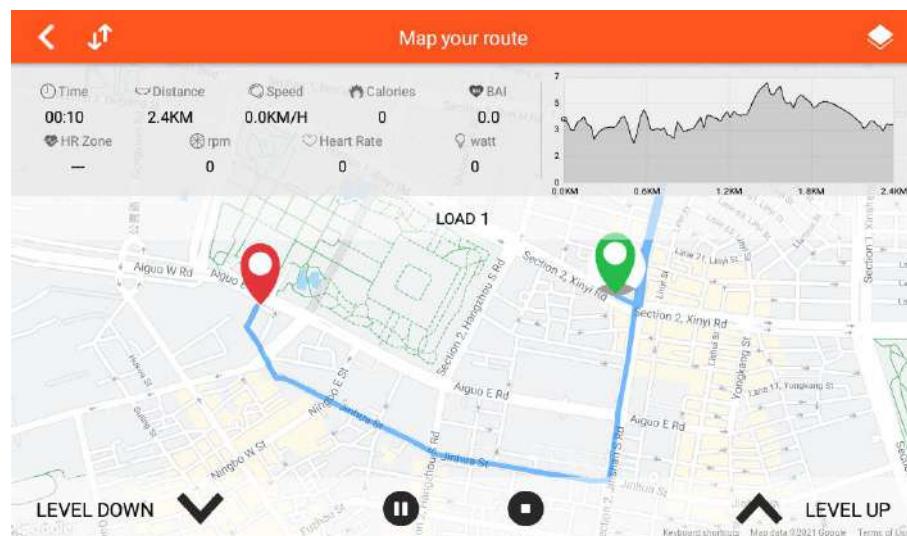
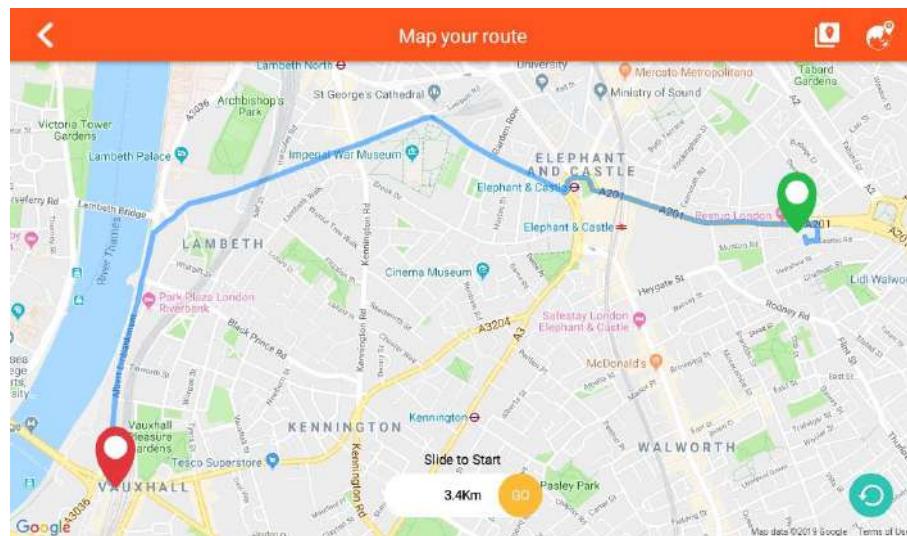


Slide and start training ,press “” can reset the map.

3. Press “” display or hide the exercise value, press “” switch the map/ Google street / satellite mode, and display the map/ Google street / satellite is in cycle. Also user can adjust the LEVEL/INCLINE/FAN, LEVEL will be adjusted according to the slope map .

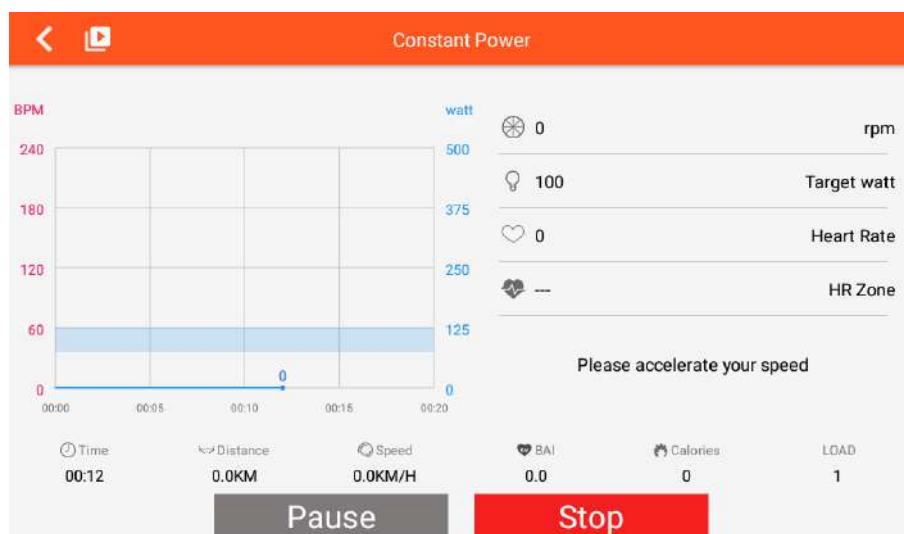
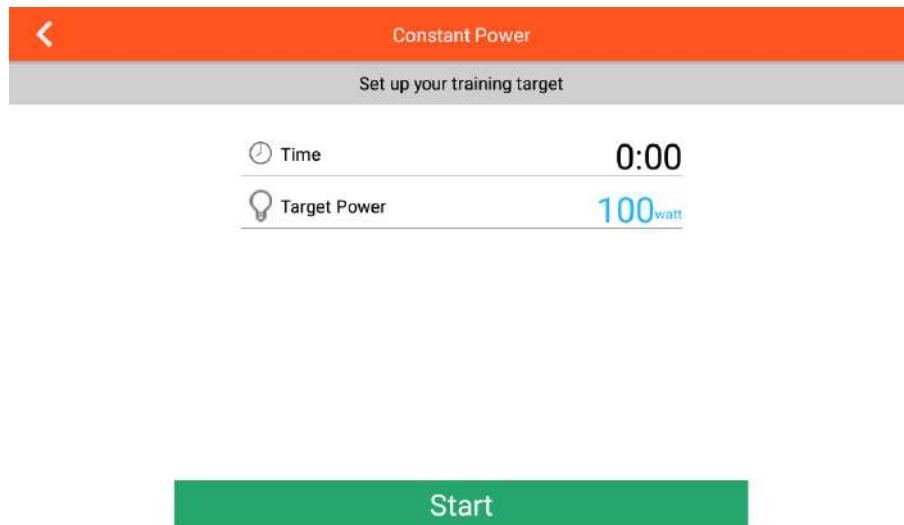
4. Can adjust the LEVEL UP OR DOWN, press “” “go to break mode, press “” leave this mode.

5. When finished, the SUMMARY displays .



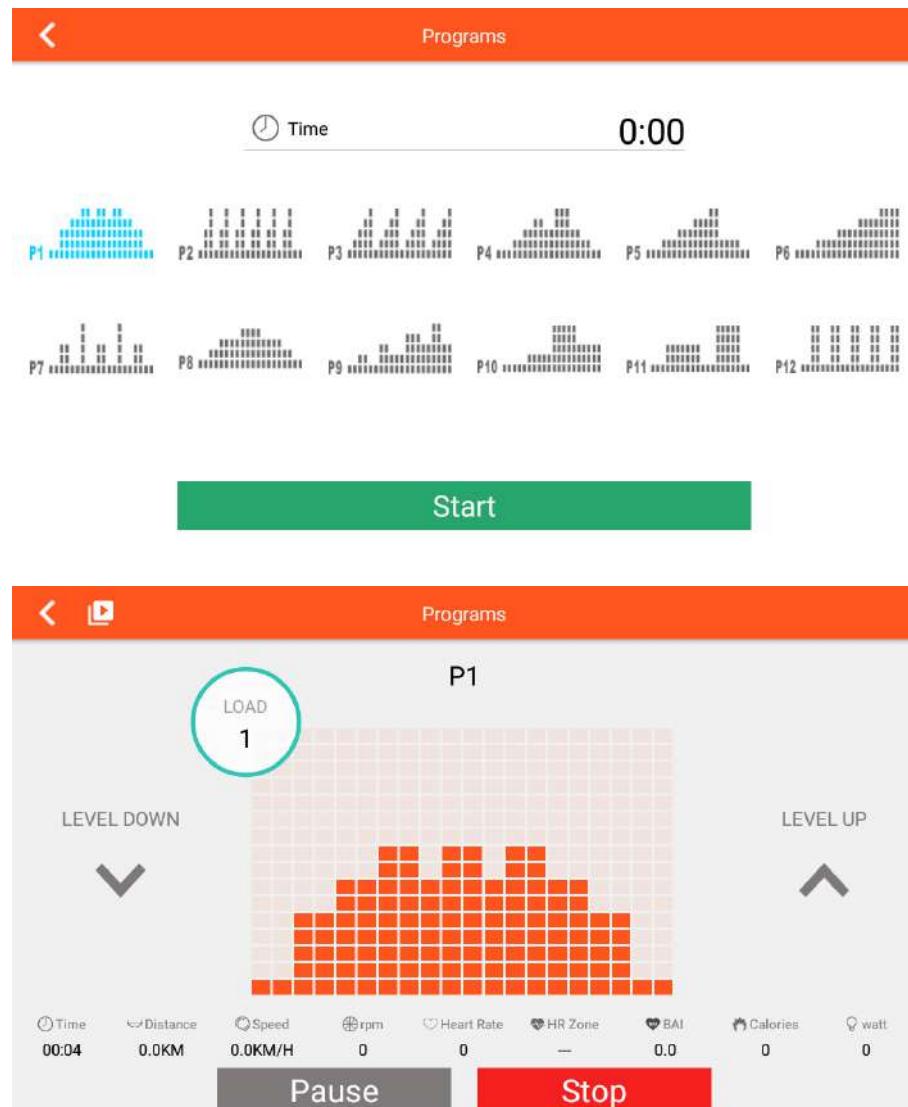
D、Constant Power MODE:

1. User can set TIME/TARGET POWER , then press “START” go to training.
2. LEVEL will be adjusted according to the value of WATT.
3. Press “ START/PAUSE ” “ STOP ” leave this mode.
4. When finished, the SUMMARY displays .



E. PROGRAMS MODE:

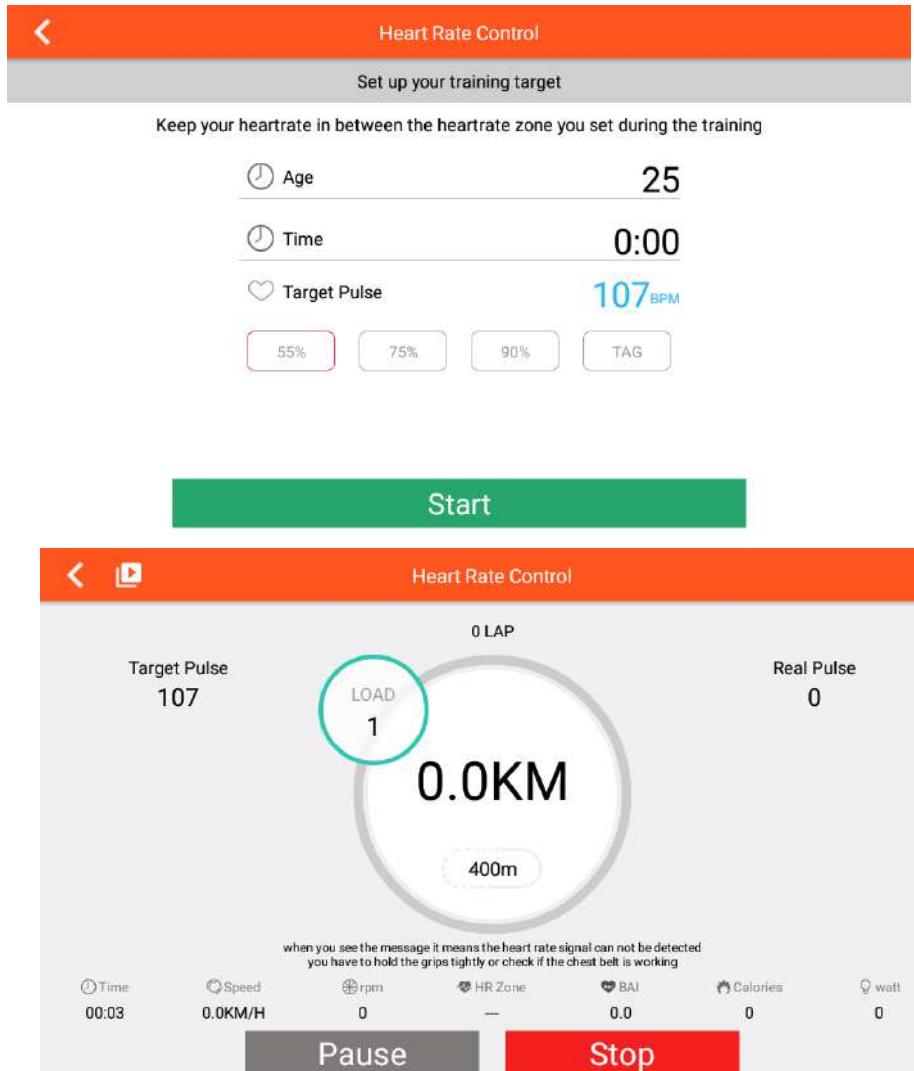
1. Set the TIME and select P1~P12 PROGRAM, press “ START” go to training.
2. When start user can adjust the LEVEL UP&DOWN, level will be adjusted according to the PROGRAM.
3. Press “PAUSE” enter into break mode, press “ STOP” leave this mode.
4. When finished, the SUMMARY displays .



F. HEART RATE CONTROL MODE:

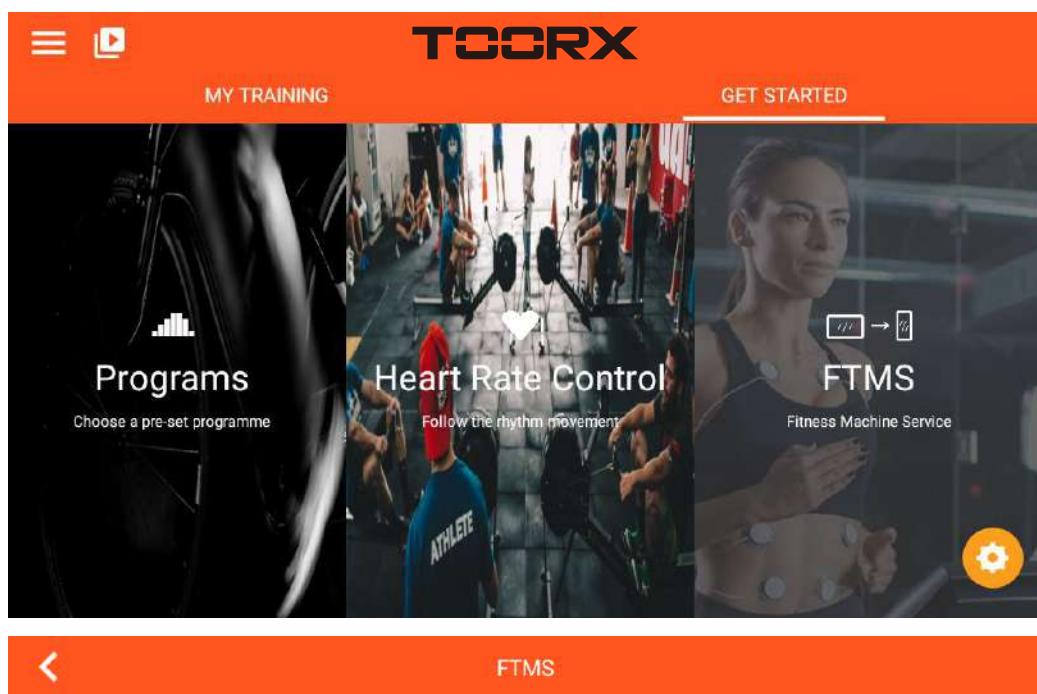
1. User can set the AGE/ TIME/ TARGET 55% 75% 90% TAG PULSE, press “ START” go to training.
2. LEVEL will be adjusted according the goal value of heart rate, if not reached the goal value , the load level will increase ,if over the goal value level will decrease automatically.
3. If without heart rate input about 30s, it will exit this mode automatically.
4. Press “ PAUSE” enter into break mode, press “STOP” leave this mode.

E. When finished, the SUMMARY displays .



G. FTMS:

1. User can press “ON” to turn on the FTMS Bluetooth connection.
2. Once the FTMS is on, the logo will become blue.



ON

OFF



Garlando

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