

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



APP READY 3.0

# ERX900



Cod : GRLDTCORXERX900L

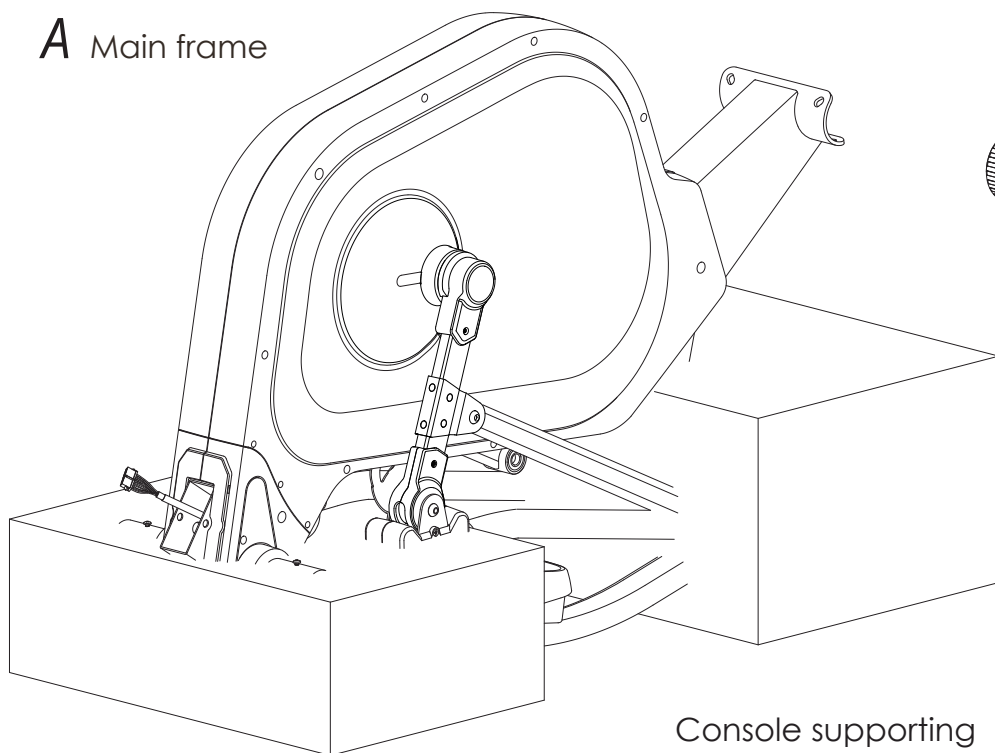
Rev : 01

Ed : 02/22

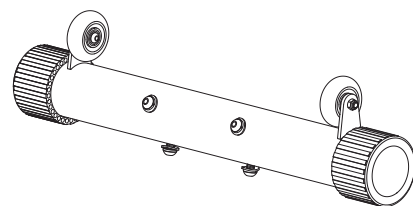


# PARTS LIST

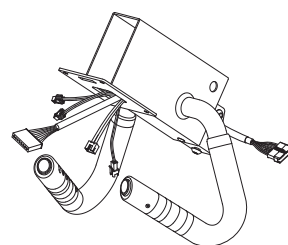
**A** Main frame



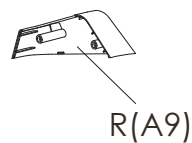
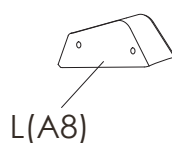
**B** Front stabilizer



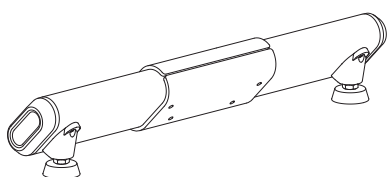
**D** Console supporting tube



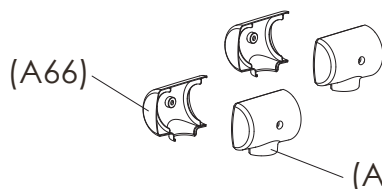
Console supporting tube cover (L&R)



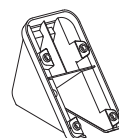
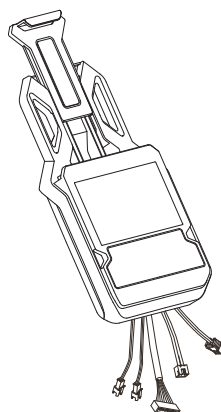
**C** Rear stabilizer



Front pedal supporting tube cover



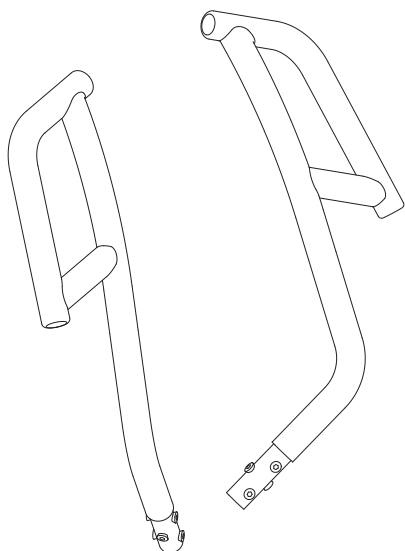
**G** Console (G1) & Console cover (G2)



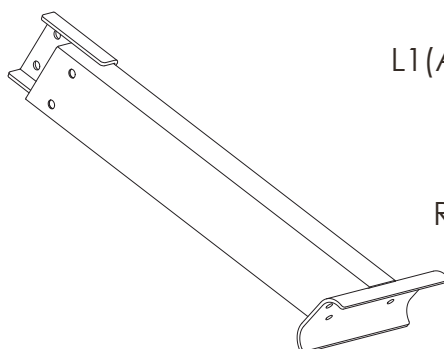
**I** Adaptor



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

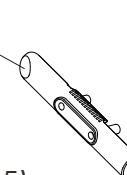


**F** Central supporting tube

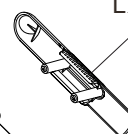


Pedal supporting tube cover (L1&L2), (R1&R2)

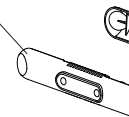
L1 (A72)



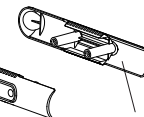
L2 (A73)



R1 (A75)



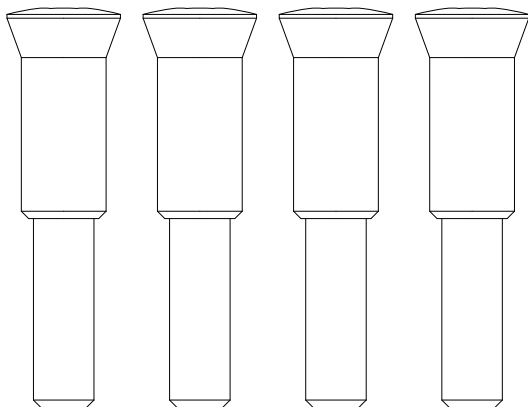
R2 (A74)



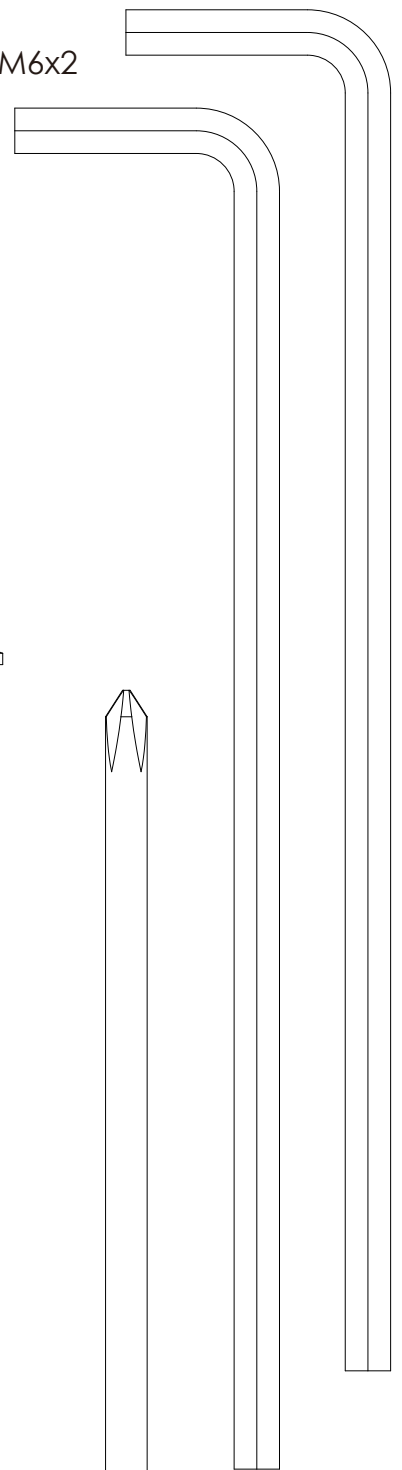
# PARTS LIST

## TOOL

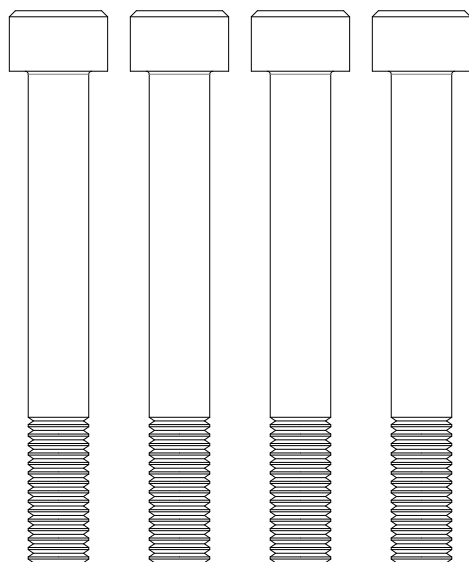
(F4) Screw M8



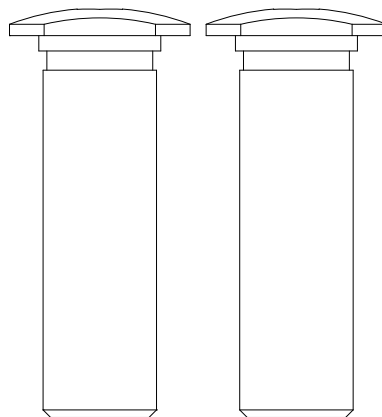
M6x2



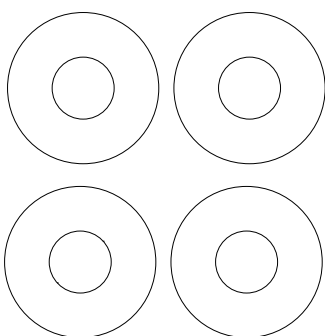
(F2) Screw M8x65



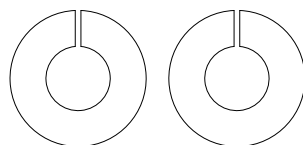
(A107) Bolt Ø15x50.5



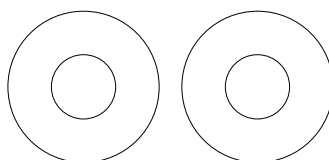
(F3) Washer M8



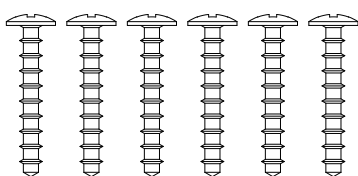
(A62) Spring washer M8



(A61) Washer M8



(A78) Screw M3x20



(A63) Screw M8x20

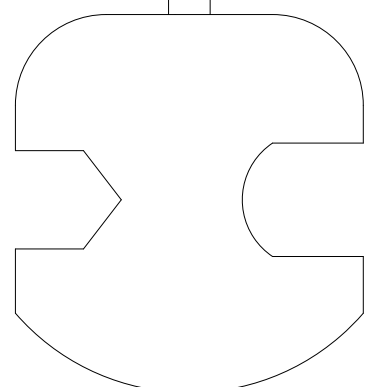
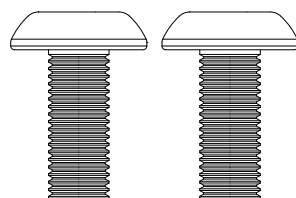


FIGURE 1

## 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).

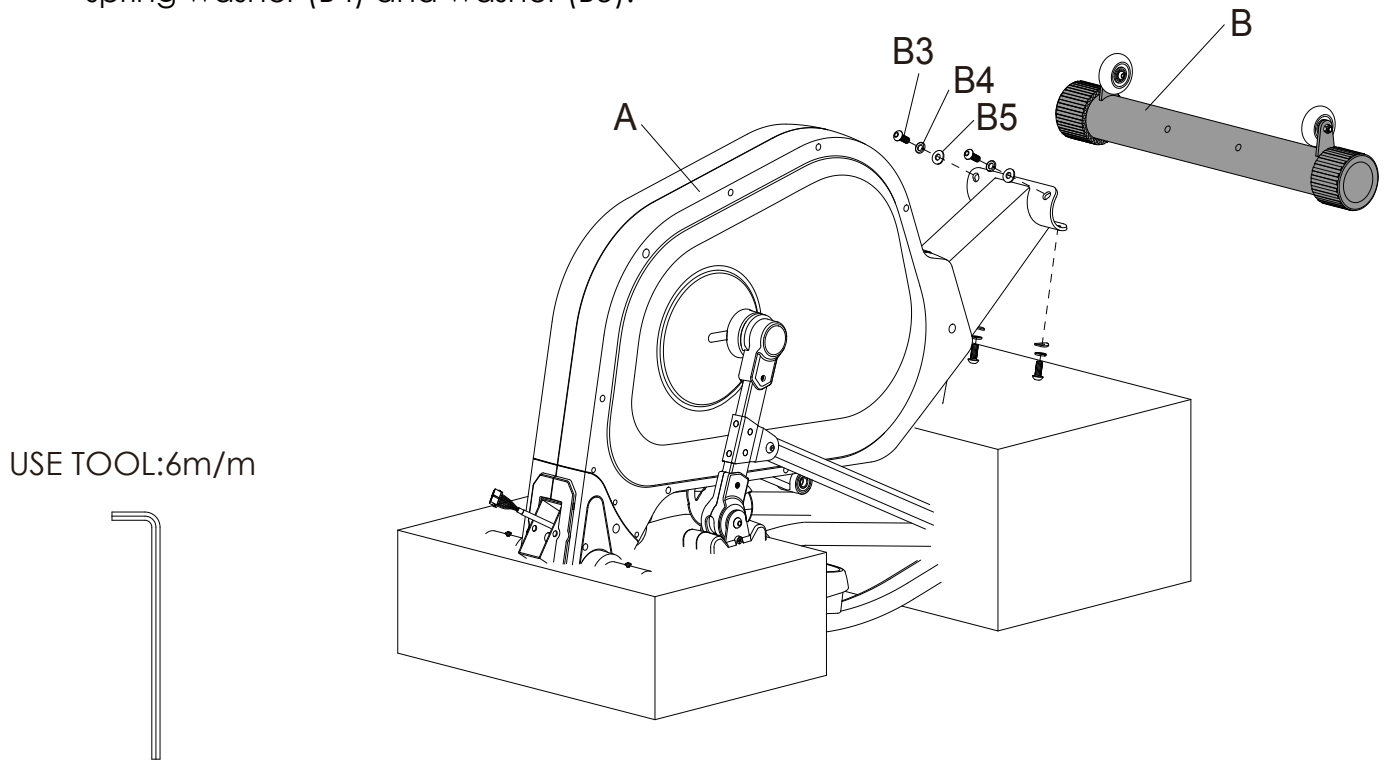


FIGURE 2

## 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.

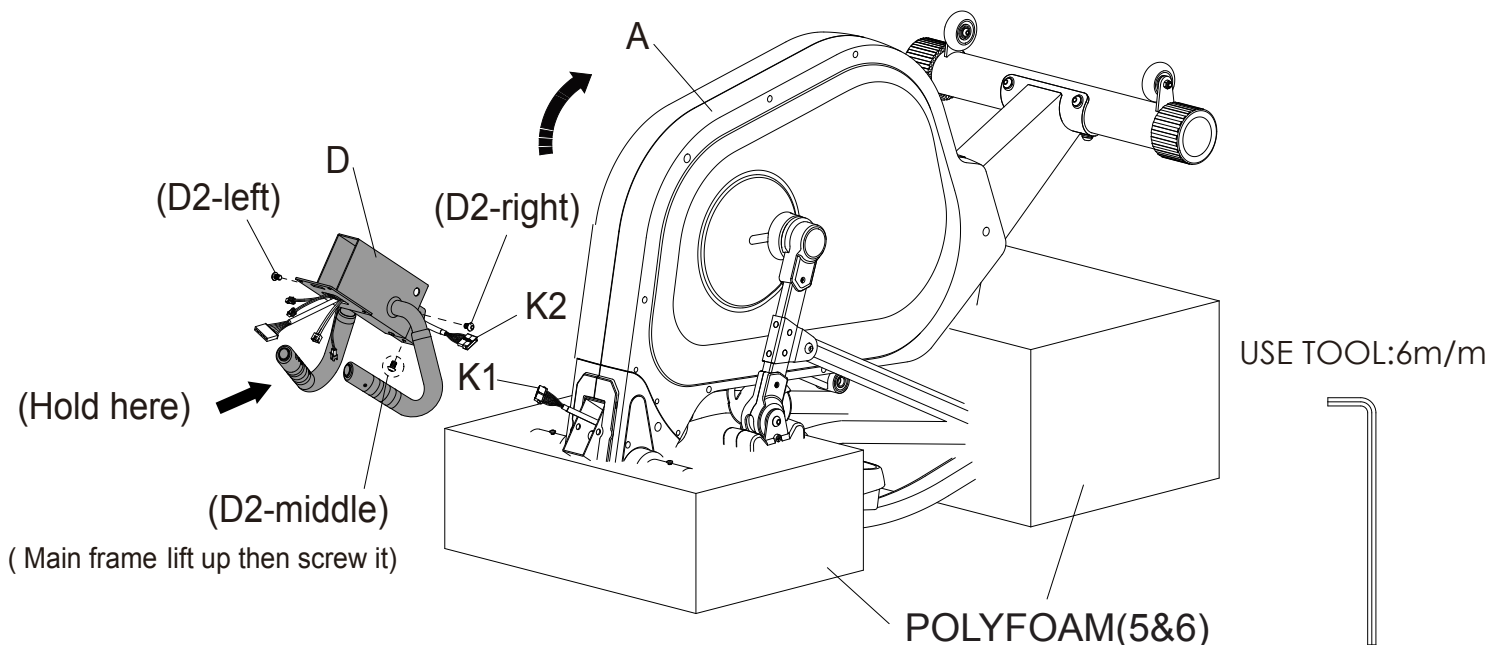
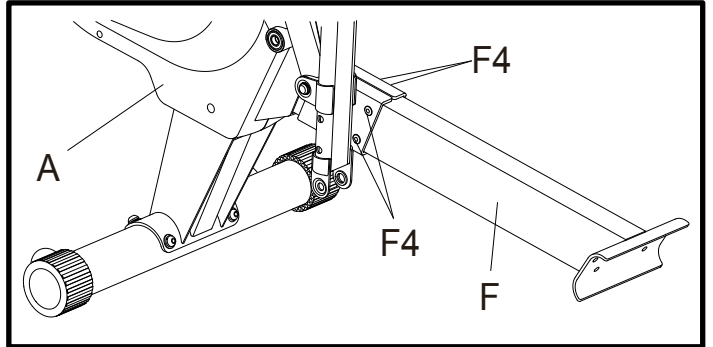
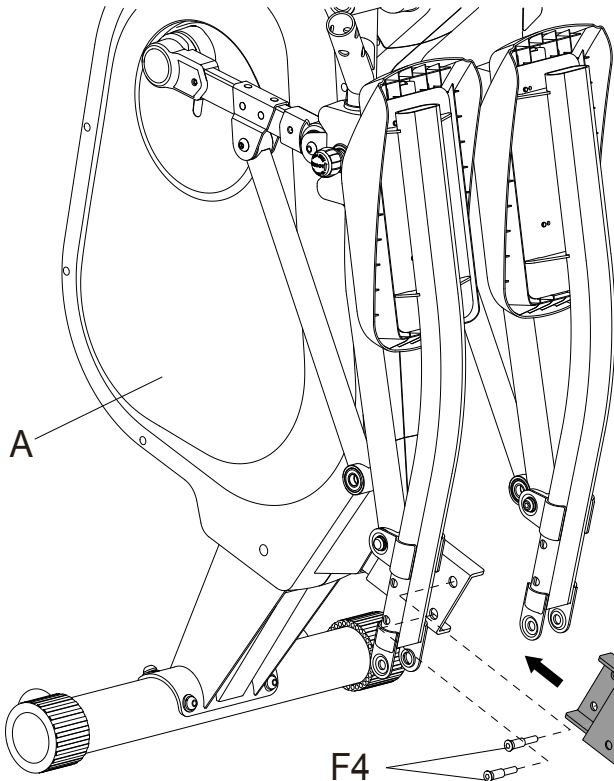


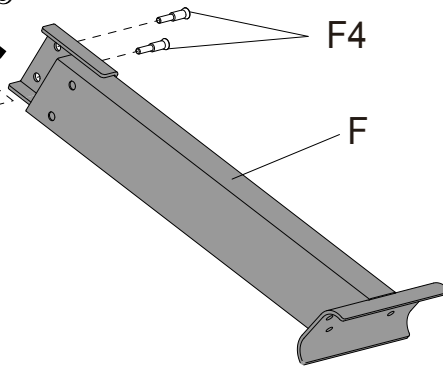
FIGURE 3

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

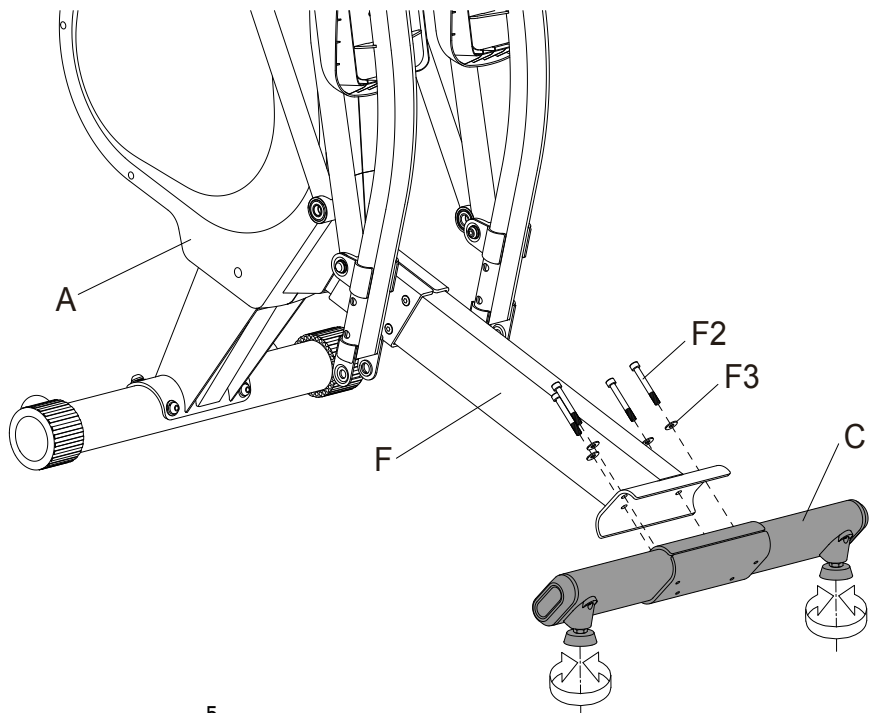


FIGURE 4

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

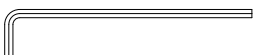


FIGURE 5

## CONSOLE & CONSOLE COVER ASSEMBLY

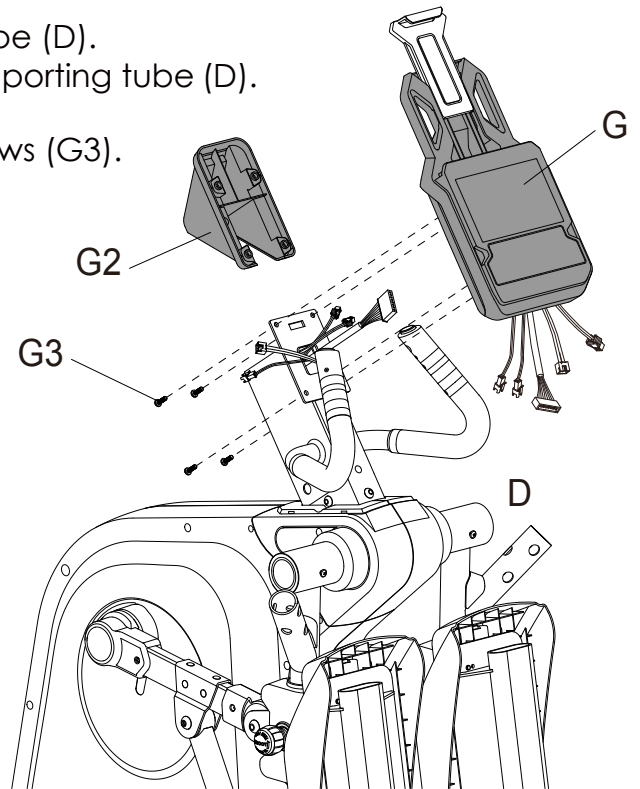
Step 1. Remove four screws (G3) from the console (G).

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:

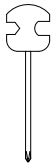
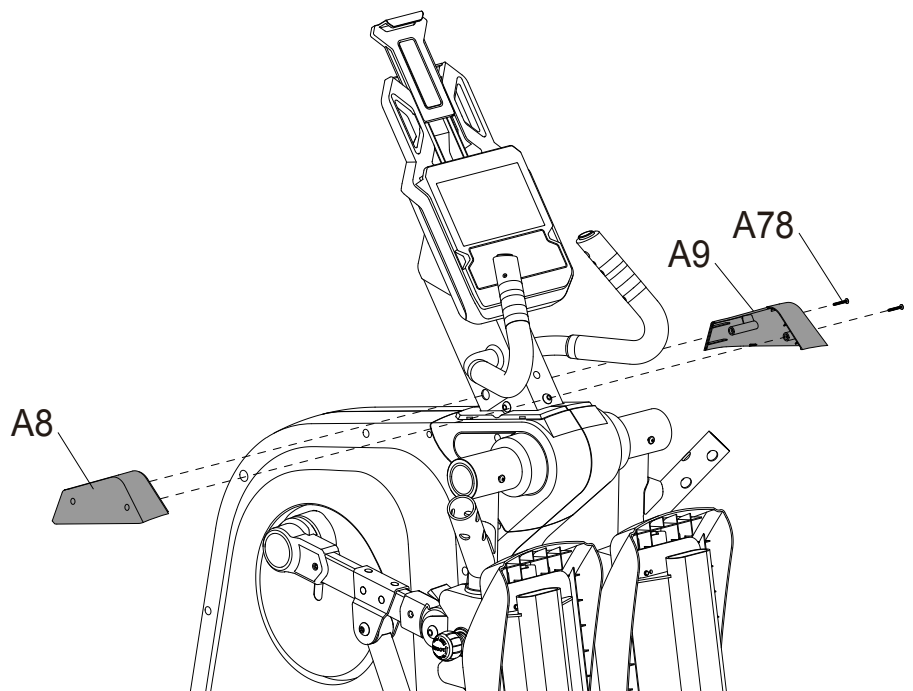


FIGURE 6

## 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).



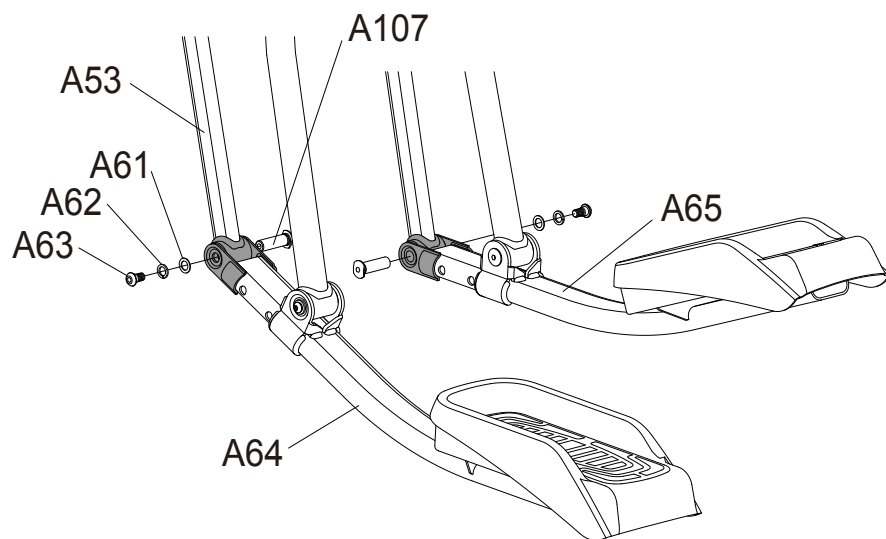
USE TOOL:



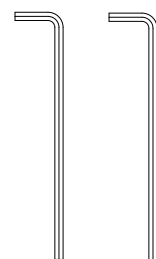
## FIGURE 7 — FRONT CONNECTING SHAFT (A53) & FRONT PEDAL SUPPORTING TUBE-L&R (A64&A65) ASSEMBLY

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.**



USE TOOL:6m/m



## 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.**

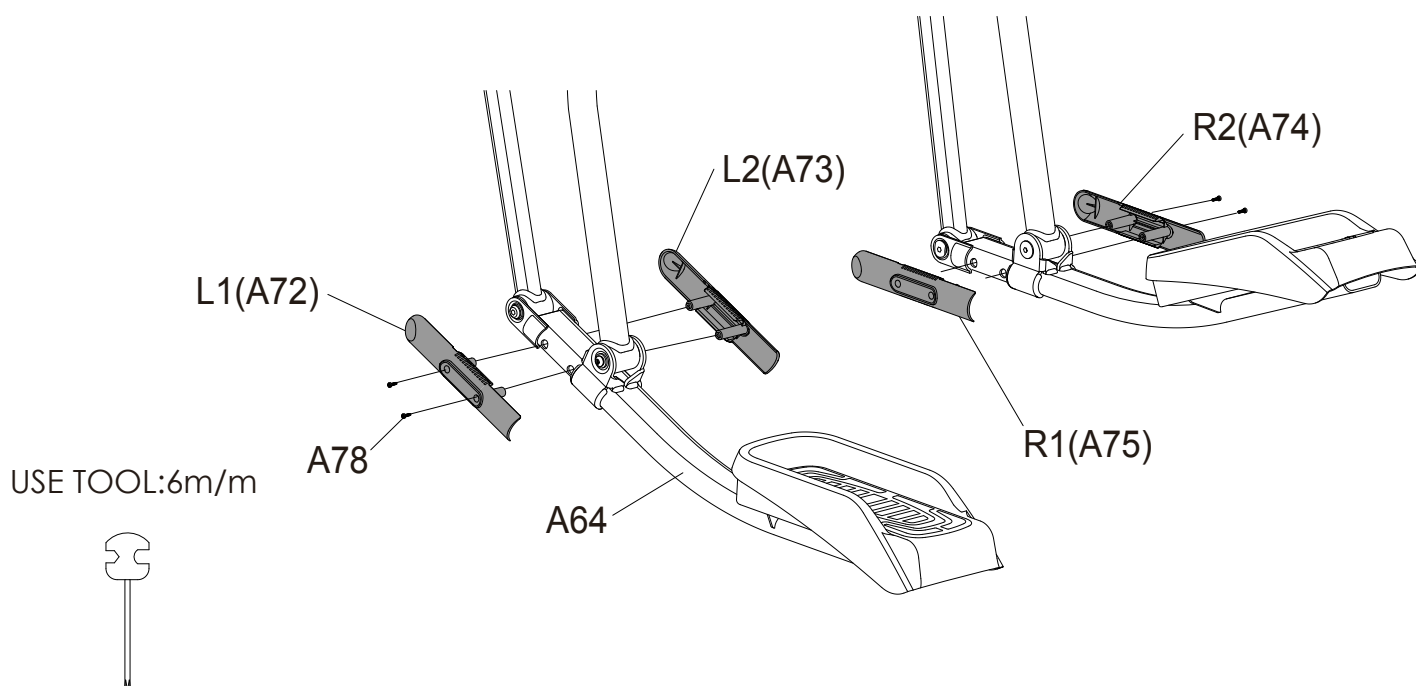


FIGURE 9

## 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.

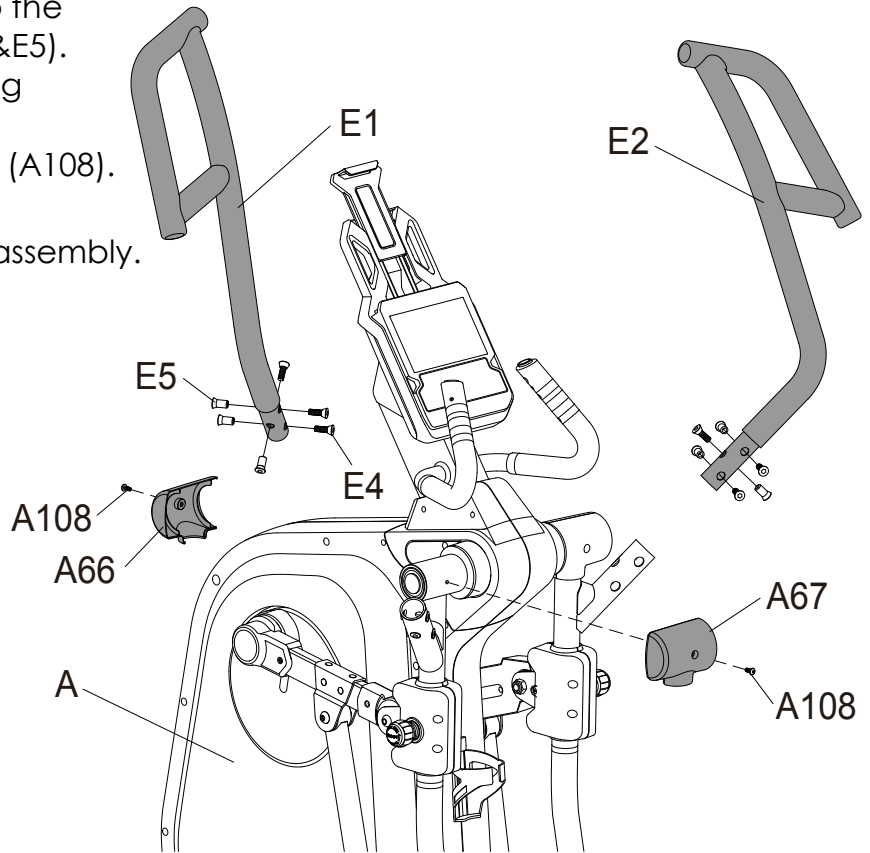
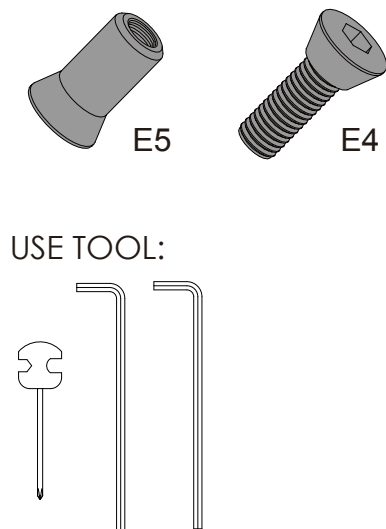
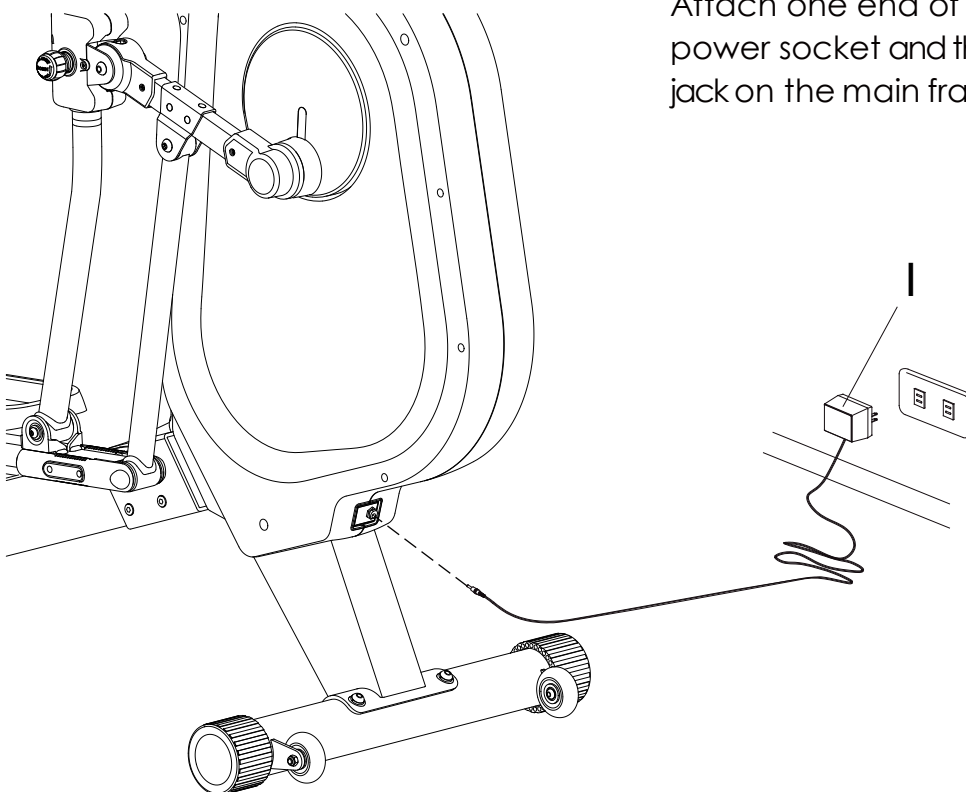


FIGURE 10

## FIGURE 10 — ADAPTER ASSEMBLY

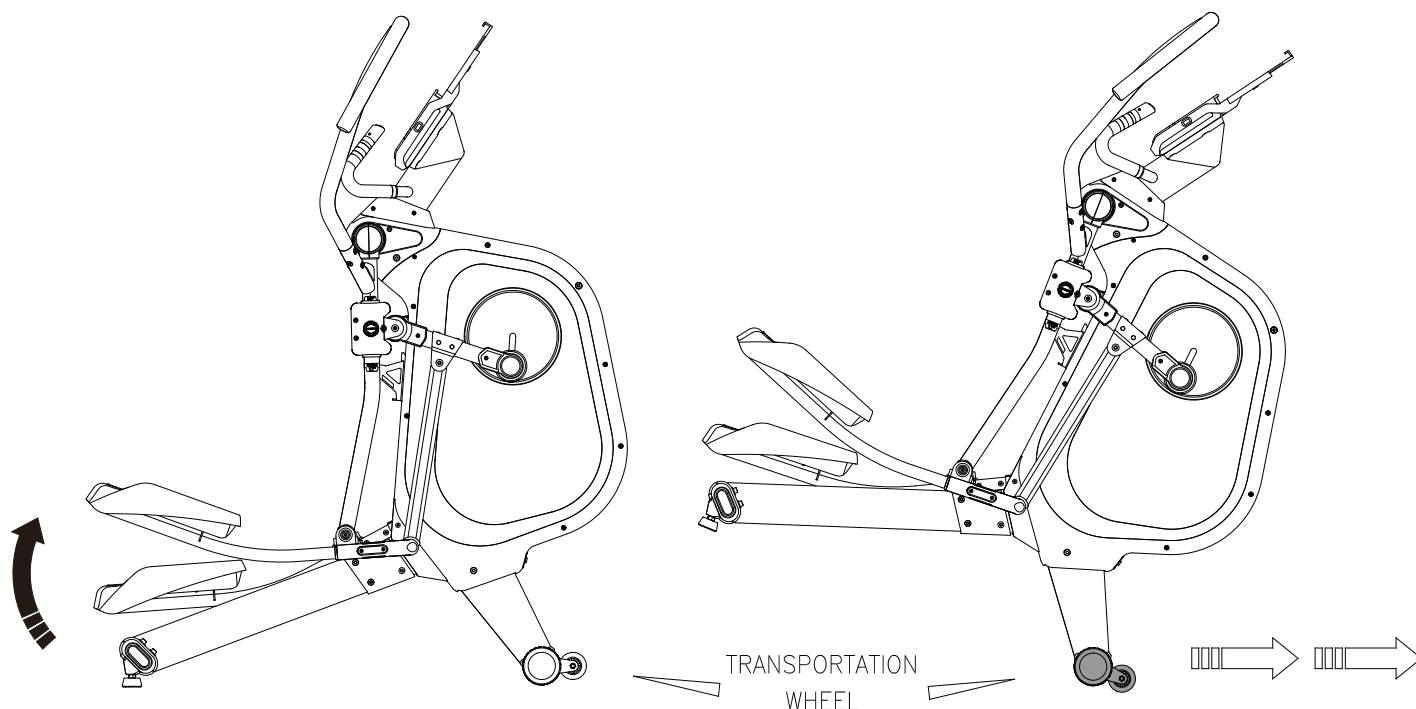
Attach one end of the adapter into the power socket and the other end into the input jack on the main frame like shown.



## FIGURE 11 — HOW TO TRANSPORT THE MACHINE

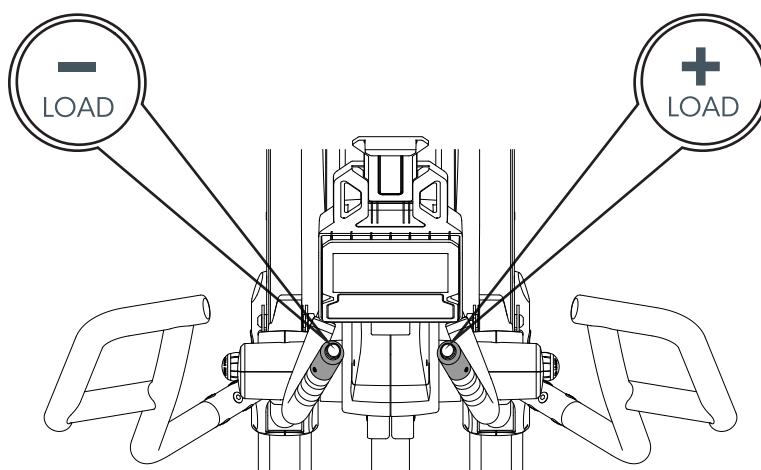
If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transportation wheels engage the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location and adjust the levelers on the bottom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



## 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.)

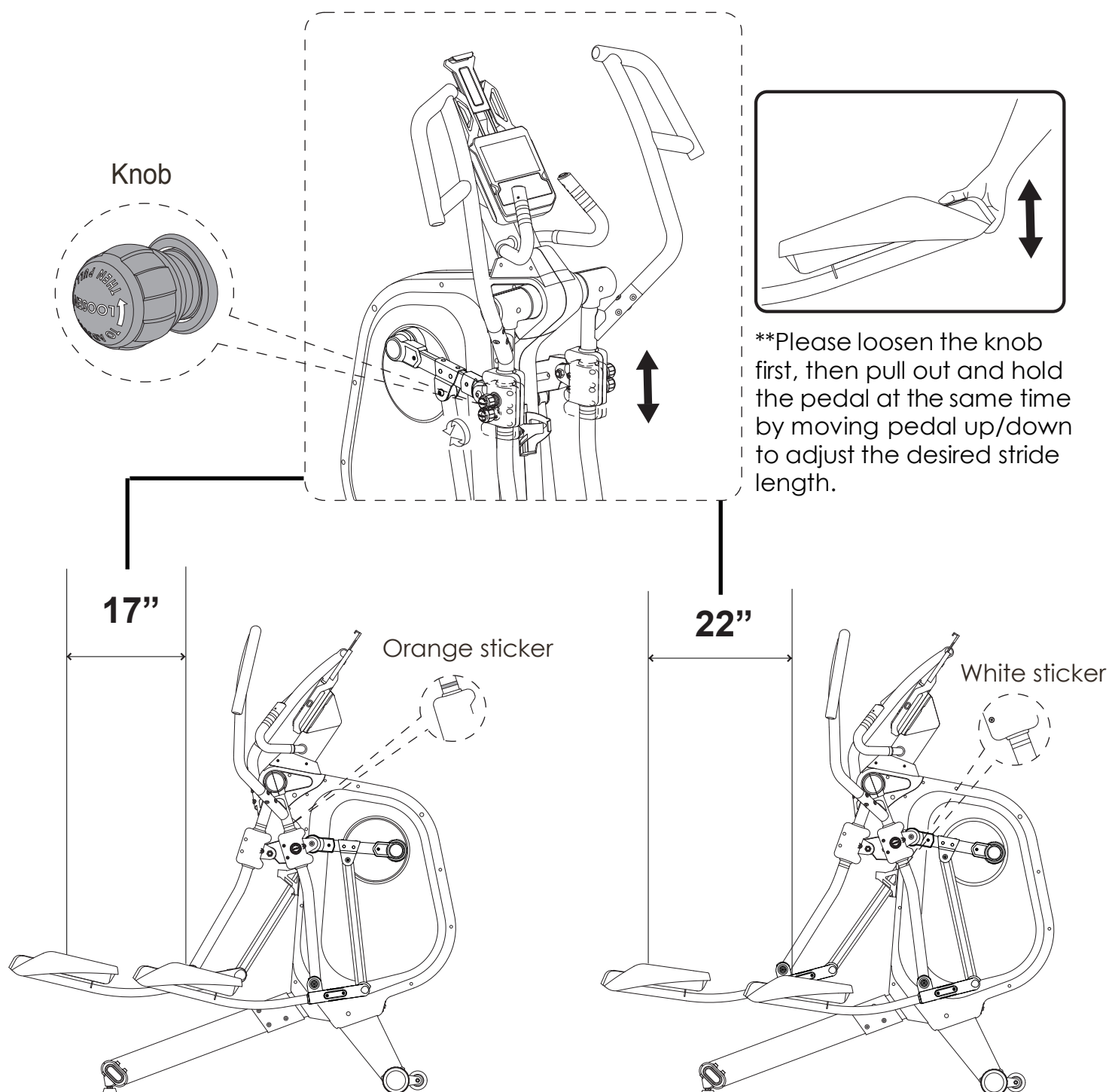
Step 2. Loosen the knob and pull out to adjust the stride length as you desire.

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.**





## BUTTON FUNCTIONS

UP	To make upward adjustment to each function data or increase training resistance.
DOWN	To make downward adjustment to each function data or decrease training resistance.
ENTER	To confirm all settings.
START / STOP	To start or stop workout. Press the START/ STOP under standby mode, it can be a quick start key to the Manual Program.
RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press the RESET button for 2 seconds under standby mode for a Total Reset.
RECOVERY	To active RECOVERY function.
RECORDED DATA	In STOP mode, user may press the RECORDED DATA button to check the data.
SAVE / DELETE	SAVE: When press STOP to stop workout, press SAVE to save your data; DELETE: When user press RECORDED DATA to check records, press DELETE, then system will remind whether delete this information, press ENTER to confirm.
PROGRAM MODE	Quick key to enter program mode function.
HEART RATE CONTROL	Quick key to enter heart rate control function.
WATT CONSTANT	Quick key to enter Watt constant function.

## DISPLAY FUNCTIONS

TIME	Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~999 RPM
DISTANCE	Accumulates total distance from 0:0 up to 999.9 KM or ML. The user may preset target distance data by pressing the UP or DOWN. Each incensement is 0.1KM or ML.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. Each unit for increase or decrease is 10 KCL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230
WATTS	Display current workout watts. Display range 0~999.

## POWER ON

1. Connect power supply to the monitor or press the RESET button for 2 seconds, the LCD will display all segments with a long- beep sound for 2 seconds (FIGURE 1).



FIGURE 1



FIGURE 2



FIGURE 3



FIGURE 4

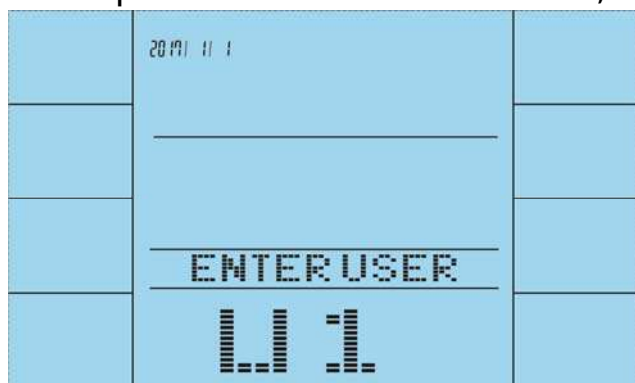


**FIGURE 5**

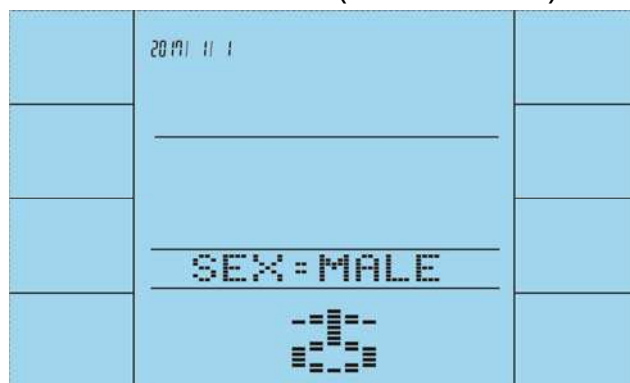
Then go to Calendar & CLOCK setting (Figure 3~5), set the CLOCK and Calendar by pressing UP or DOWN and confirm by ENTER button.

2. User may press the UP or DOWN to select User 1~4 and press ENTER for confirmation (FIGURE 6).

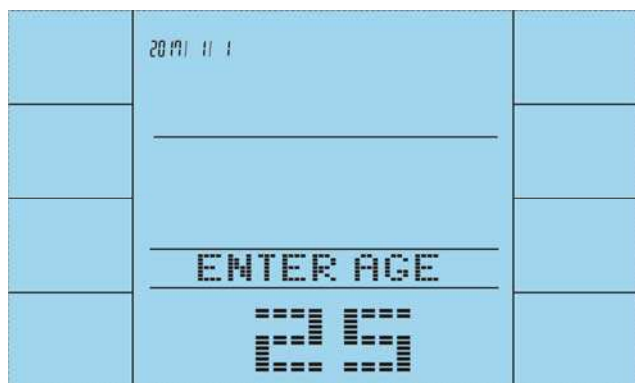
And then preset user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 7~10)



**FIGURE 6**



**FIGURE 7**



**FIGURE 8**



**FIGURE 9**



**FIGURE 10**

OPERATION PROCEDURE

Program selections are MANUAL → PROGRAM → USER PROG → WATT → H.R.C. (FIGURE 11~15).

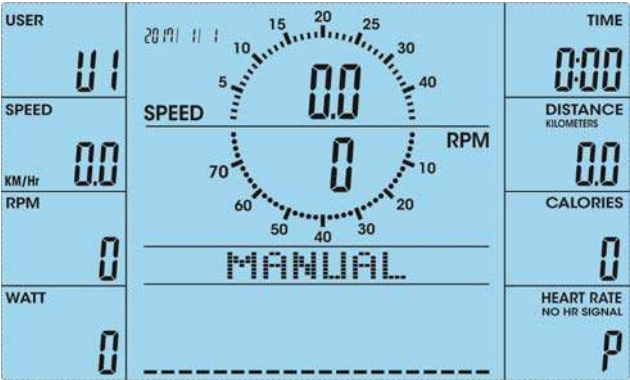


FIGURE 11



FIGURE 12



FIGURE 13

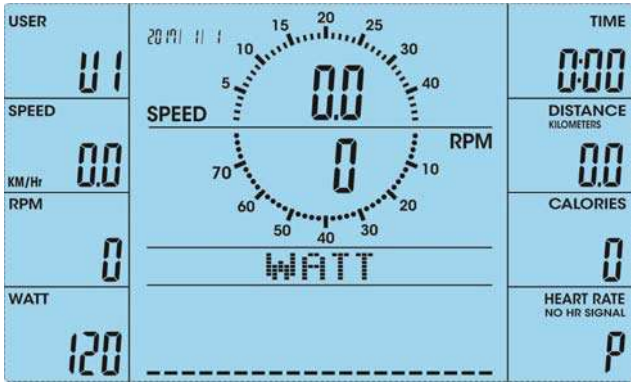


FIGURE 14



FIGURE 15

## QUICK START IN MANUAL

1. Press ENTER into MANUAL program (FIGURE 16).
2. Press START/STOP to start exercising (FIGURE 17). The resist level is adjustable during exercising.
3. User can press START/ STOP to stop exercising.

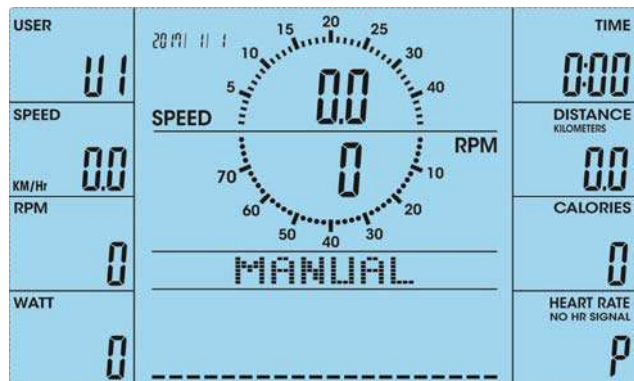


FIGURE 16

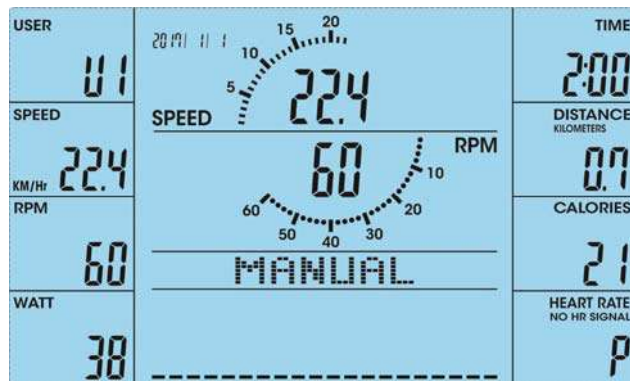


FIGURE 17

## MANUAL MODE

1. After selecting MANUAL mode, press ENTER to enter (FIGURE 16). User can use UP or DOWN to increase or decrease Load level (from 1 to 16) and press ENTER to confirm.
2. User may preset Target exercise data of TIME/DISTANCE/CALORIES/PULSE, and press START/STOP to start exercise. (FIGURE 17)  
User can press RESET to return to the MANUAL setting
3. Level is adjustable during training.

## PROGRAM MODE

1. After enter PROGRAM mode (FIGURE 18), user can press UP or DOWN to select program profile from P1 to P12 (FIGURE 19~30), then press ENTER to confirm.
2. User can preset the TIME data then press START/STOP to start exercise. (FIGURE 31)
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.

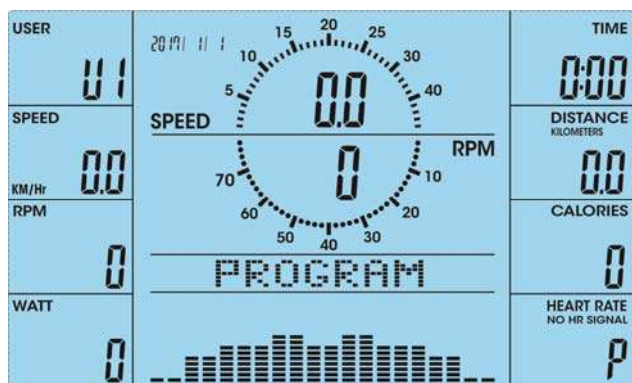


FIGURE 18

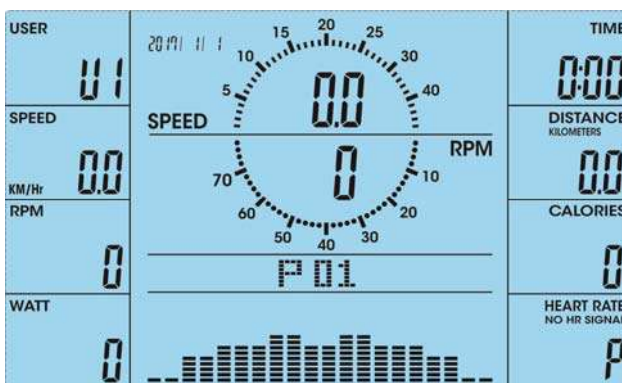


FIGURE 19

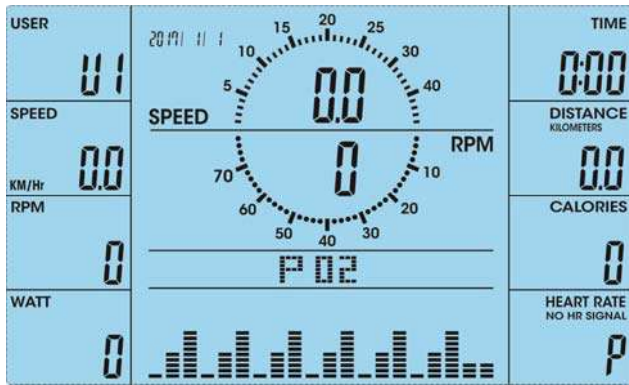


FIGURE 20

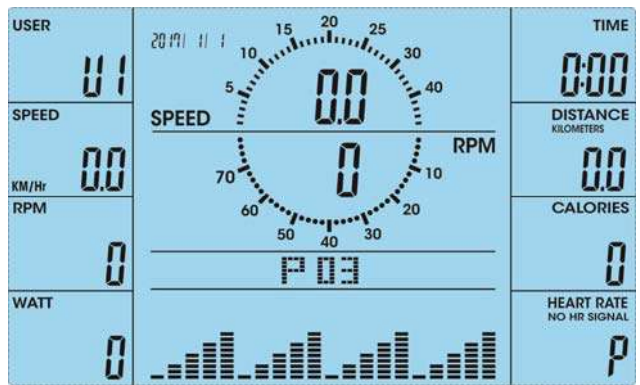


FIGURE 21

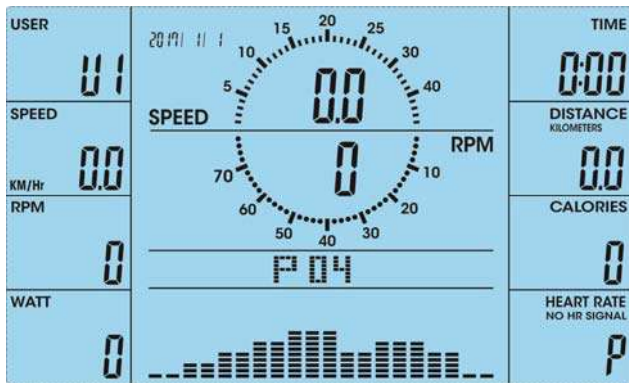


FIGURE 22

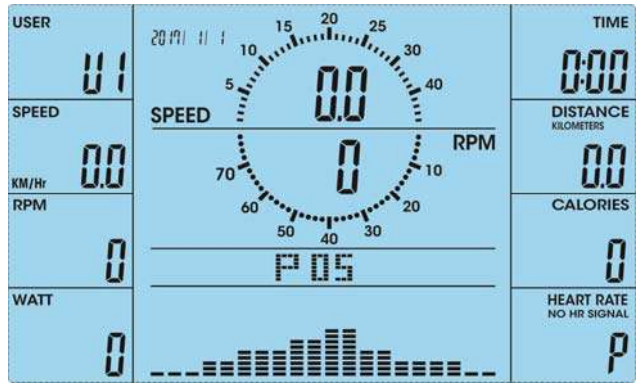


FIGURE 23

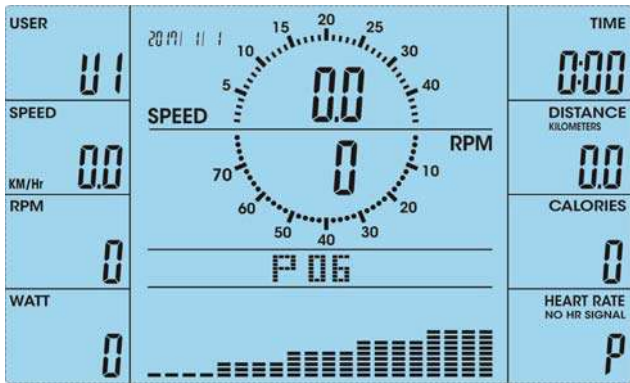


FIGURE 24

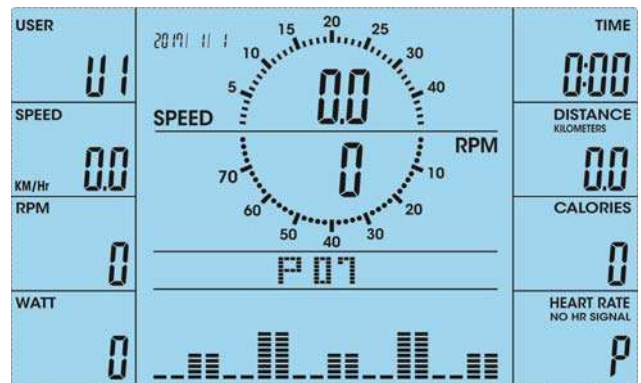


FIGURE 25

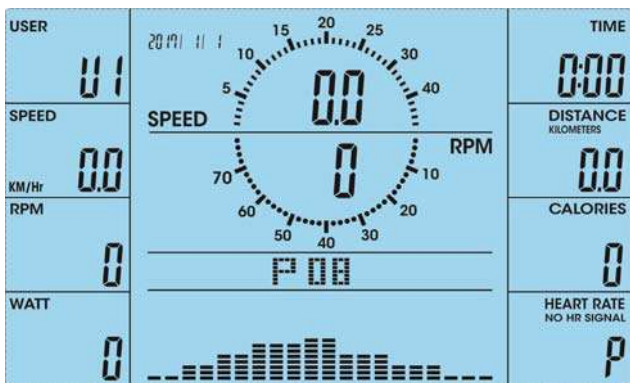


FIGURE 26

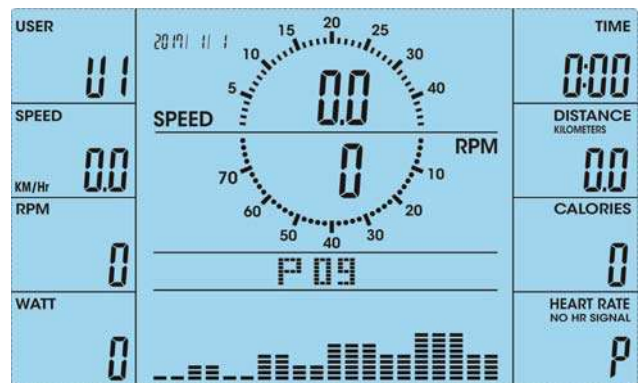


FIGURE 27

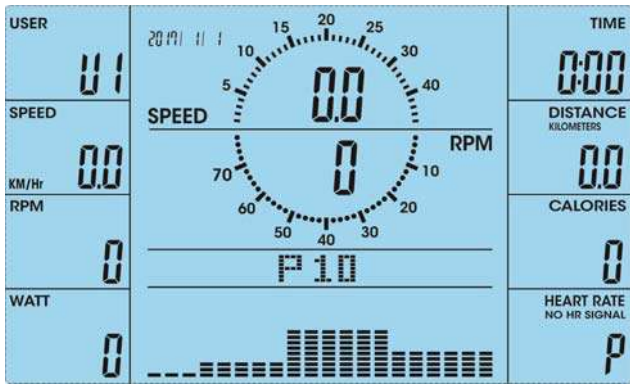


FIGURE 28

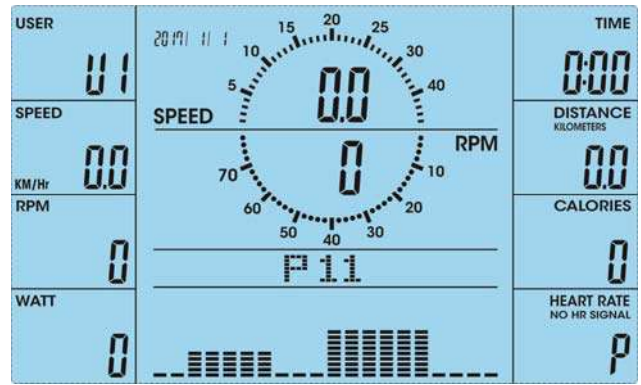


FIGURE 29

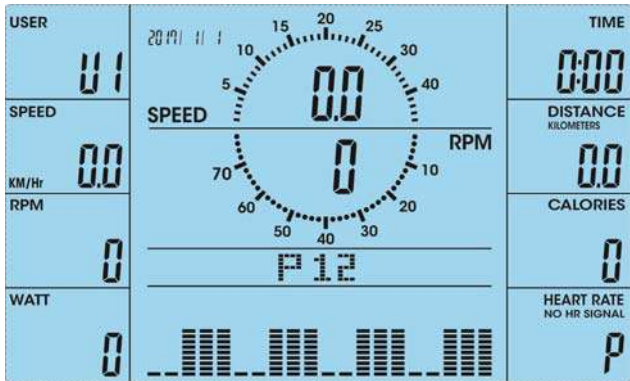


FIGURE 30

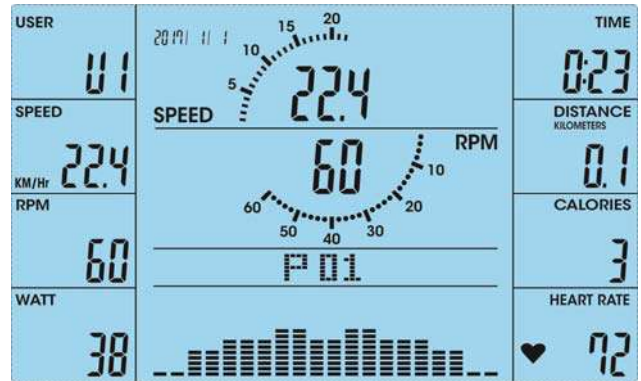


FIGURE 31

## USER PROGRAM MODE

1. After enter USER PROGRAM mode (FIGURE 32), the first column of the profile is blinking (FIGURE 33). User may press UP or DOWN to adjust the resistance level to create his / her own profile.
2. After setting (from column 1 to column 20), user may hold on pressing MODE button for 2 seconds to quit profile setting and enter TIME setting.
3. User may preset Target exercise data of LOAD/TIME/DISTANCE/CALORIES/PULSE, and press START/STOP to start exercise. (FIGURE 34)



FIGURE 32

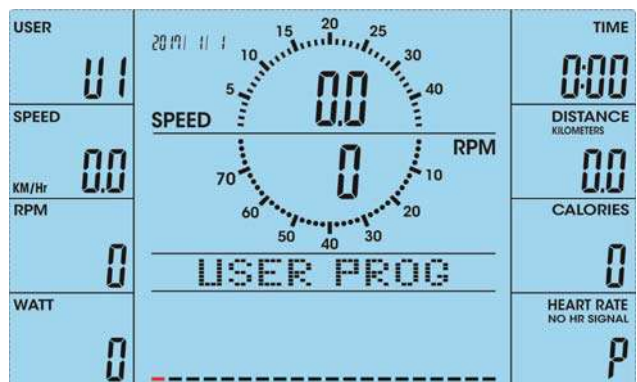


FIGURE 33

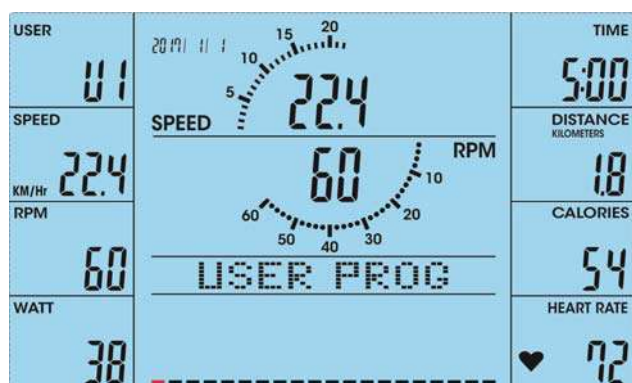


FIGURE 34

## WATT MODE

1. After enter WATT mode (FIGURE 35), the preset watt value 120 is flashing on screen, use UP or DOWN to set target value from 10 to 350 (FIGURE 36). Pressing START button to start training.
2. User can preset the LOAD/TIME/DISTANCE/CALORIES/PULSE data then press START to start exercise(FIGURE 37).

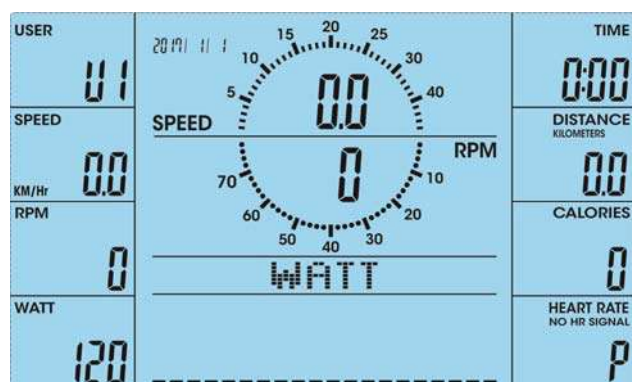


FIGURE 35

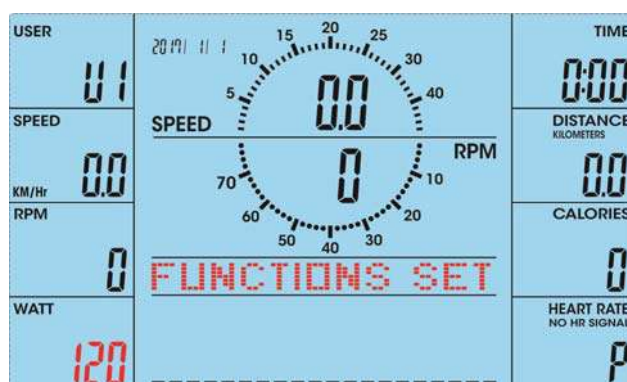


FIGURE 36

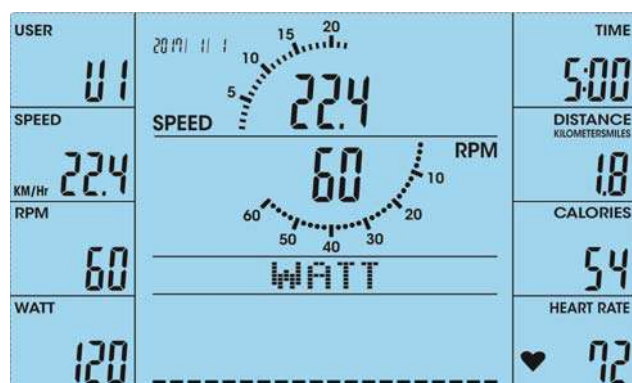


FIGURE 37

# HEART RATE CONTROL MODE

- 1. After enter HEART RATE CONTROL mode (FIGURE 38), the screen will show heart rate percentage 55%, 75%, 90% and TARGET (FIGURE 39~42). User may select heart rate percentage by pressing UP or DOWN for training.
- 2. User can preset the TIME data then press START/STOP to start exercise.
- 3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm. If there is no HR input for 6 seconds, LCD will display "PULSE INPUT" for reminder until HR signal input. (FIGURE 43)

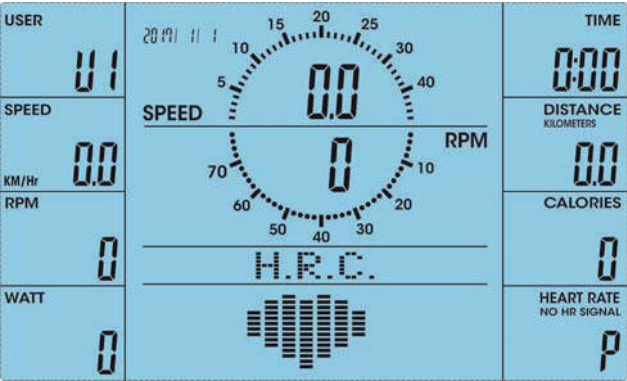


FIGURE 38

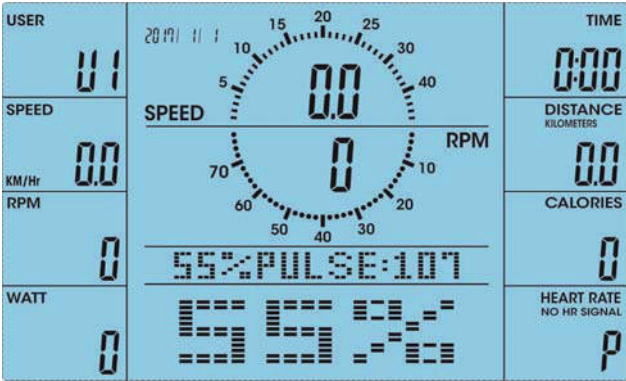


FIGURE 39

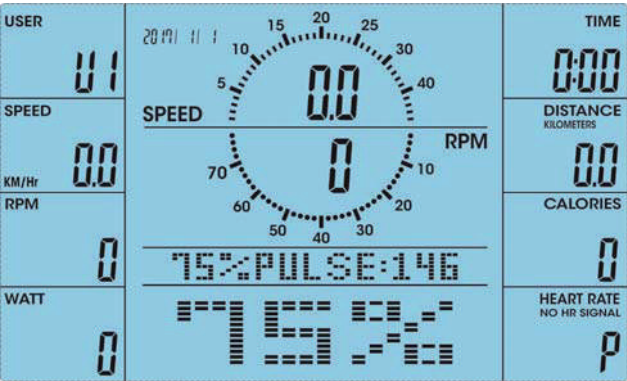


FIGURE 40

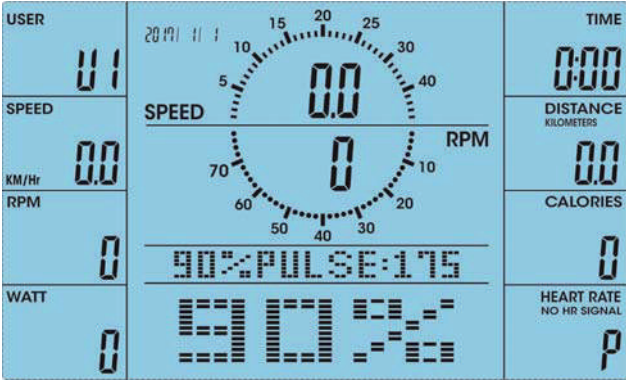


FIGURE 41

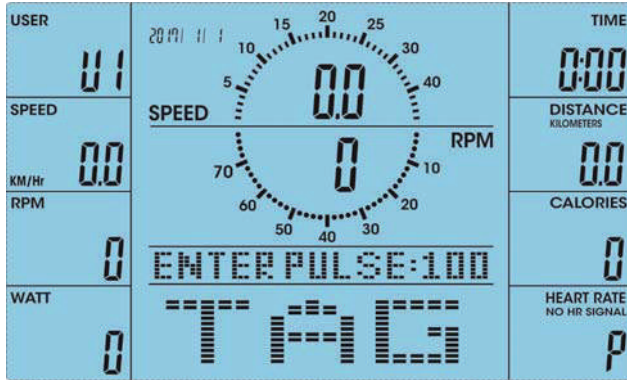


FIGURE 42

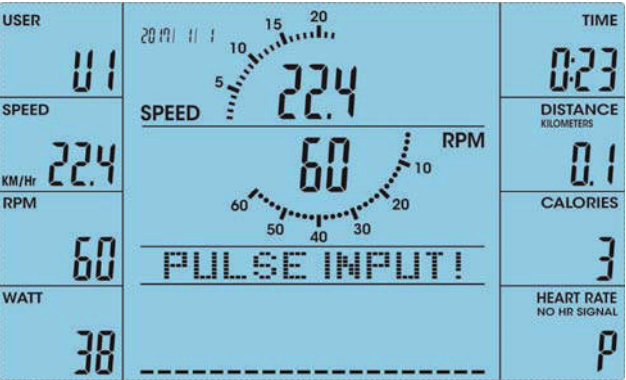


FIGURE 43

RECOVERY

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00 (FIGURE 44). When the console detect pulse signal, LCD will display “RECOVERY SCANNING”; While no pulse input, LCD will remind with displaying “PULSE INPUT!” Screen will display your heart rate recovery status with the F1, F2....to F6 (FIGURE 45). F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



FIGURE 44



FIGURE 45

Get access to check or delete saved data

- a. After power on, user need to set the Calendar and user data U1~U4 (FIGURE 46~55). (Calendar need to be set accurately)
- b. Press START/STOP during training, display will pause, and press SAVE.DELETE button. It will show SAVE FINISH (FIGURE 56), and workout data has been saved.
- c. If user want to check the data, need to be under main program selecting mode, and press RECORDED button and press UP or DOWN to review the previous saved data (FIGURE 57).
- d. Under recorded data checking, press SAVE.DELETE button, and press ENTER to confirm the record delete (FIGURE 58).
- e. Delete all data: Under Calendar setting or Recorded data checking, press SAVE.DELETE button and hold for 6 seconds, it will show “DELETE ALL!! ”(FIGURE 59). Then, press Enter to confirm, all data will be deleted (FIGURE 60). After 15 seconds, computer will restart, return calendar default 20170101.



FIGURE 46



FIGURE 47



FIGURE 48



FIGURE 49



FIGURE 50

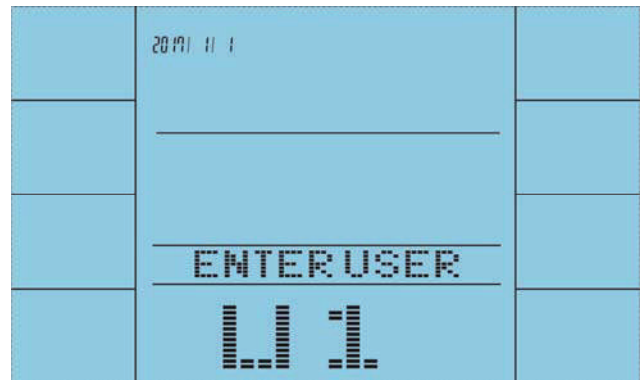


FIGURE 51

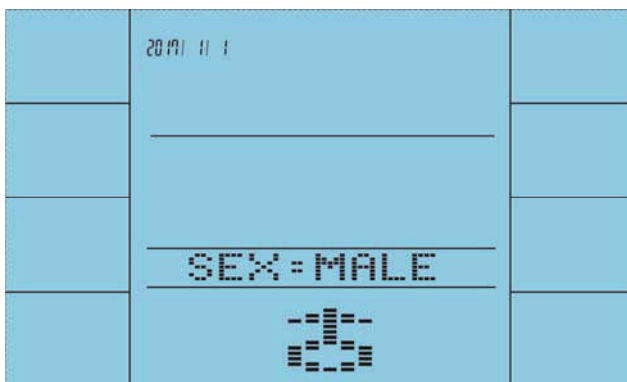


FIGURE 52

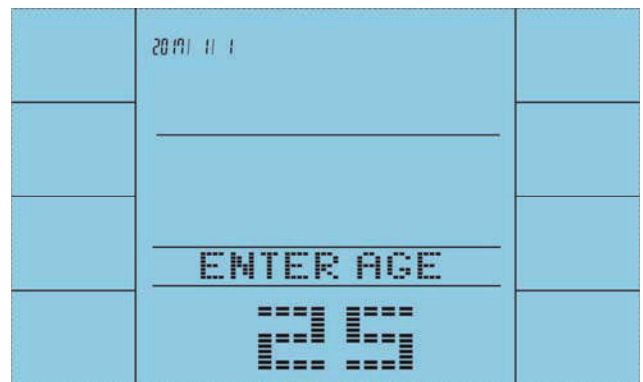


FIGURE 53



FIGURE 54



FIGURE 55

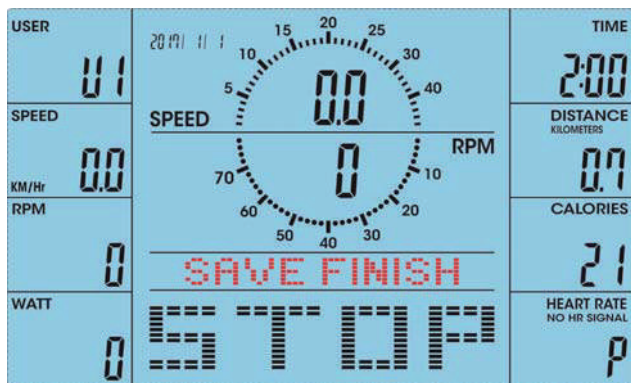


FIGURE 56

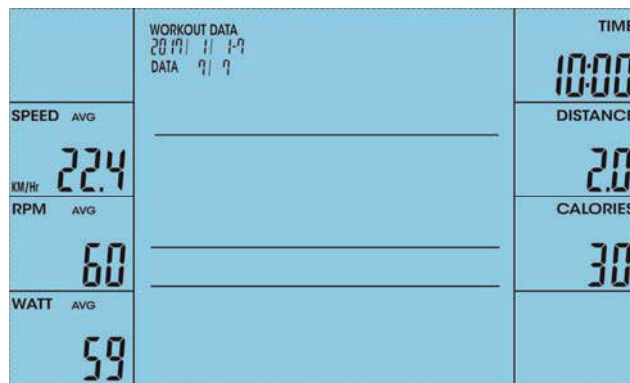


FIGURE 57



FIGURE 58

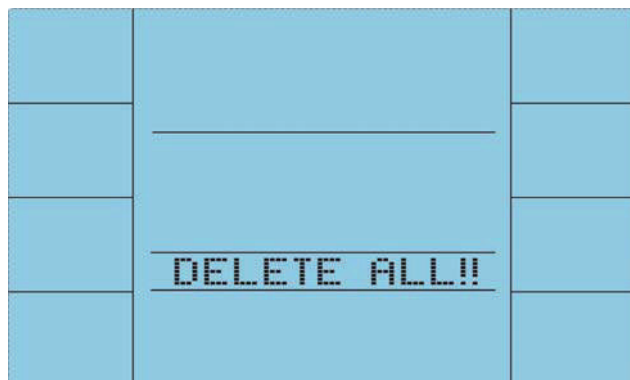


FIGURE 59

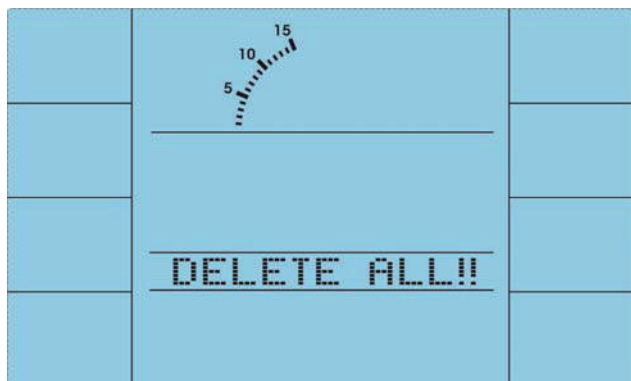


FIGURE 60

## Bluetooth connecting & USB power charger icon drawing (FIGURE 61& FIGURE 62)

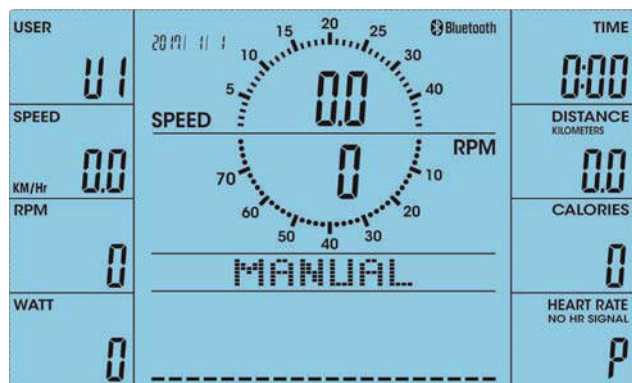


FIGURE 61

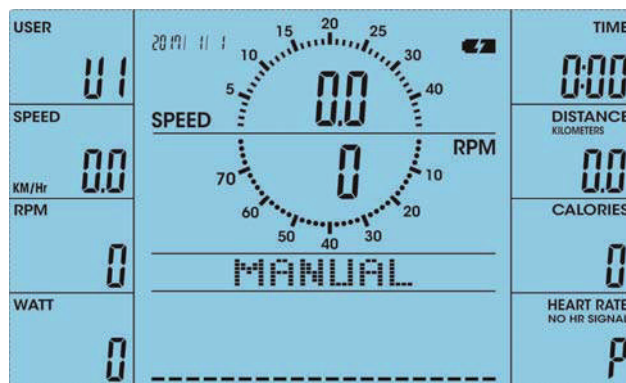


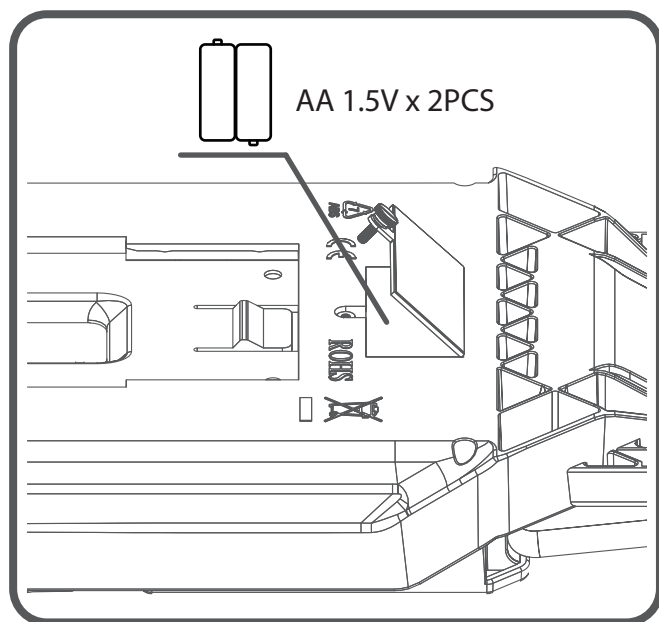
FIGURE 62

## BATTERY INSTALLATION

The battery is placed in order to keep the calendar running. If user would like to adjust the calendar, need to remove the battery and re-power the console before resetting the calendar (FIGURE 63).



FIGURE 63



- 1) Loosen the knob of the battery cover.
- 2) Remove the battery cover.
- 3) Place the battery and install the battery cover, then fix tight the knob.

## NOTE:

1. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will be stored until user start exercise again.
2. When computer act abnormal, please plug out the adaptor and plug in again.

# STREAM THE WORKOUT

## NOTICE

This console is equipped with a bluetooth interface. Please take note that your mobile device needs to be compatible with the bluetooth interface (bluetooth 4.0).

To use training apps you will have to activate the bluetooth function on your mobile device (tablet or smart phone) and start the fitnsee app. Select your fitness equipment. Please follow the instructions give in the app. You will find the name of yuir fitness euqipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer.



Example: Kinomap

While the console successfully connects with the smart device through Bluetooth, the display of the console will become Fig. 64.



FIGURE 64



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