

TOORX
FITNESS IN MOTION

INSTRUCTION



iConsole App Manual

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SRX700

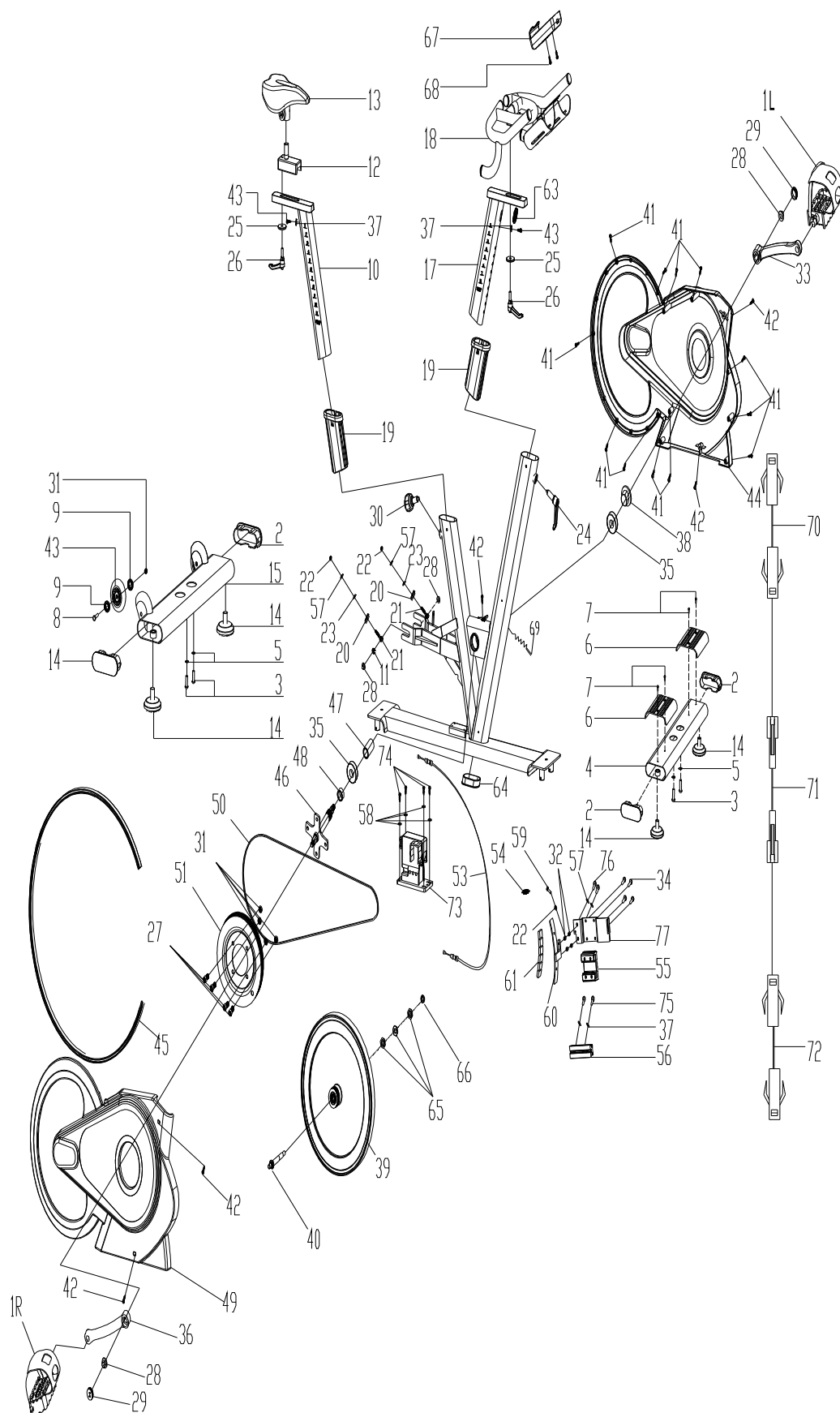


Rev: 00

Ed : 01/18



EXPLODED-VIEW & PARTS LIST:



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-037V (9/16"),SPD
2	END CAP3	4	120*40*35
3	BOLT 1	4	GB/T 70.2-2000 M10*30
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	φ10
6	FRONT COVER	2	160*128*3
7	BOLT `1	4	GB/845-85 ST4.8X19
8	BOLT 2	2	GB/T 5780-2000 M8*40
9	BEARING	4	608ZZ
10	VERTICAL SEAT POST	1	WELDING
11	FLAT WASHER 4	1	GB/T 95-2002 12
12	SEAT POST	1	WELDING
13	SEAT	1	DD-6619
14	STOPPER	4	φ70*41/(M16X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	PLASTIC SLEEVE	2	80*40*1.5
20	Pull out the fixed piece	2	δ3
21	FIXING BOLT	2	M6*54
22	NUT	3	GB/T 889.1-2000 M6
23	Big gasket	2	GB/T 95-2002 φ16*φ6
24	Long L type elastic pin	1	M16X30
25	FLAT WASHER 1	2	φ45*φ10.5*4
26	L SHAPE KNOB	2	M10*25
27	BOLT 3	4	GB/T 70.2-2000 M8*16
28	NUT	4	M12X1.25 H=8MM
29	CRANK END CAP	2	φ28*6.5
30	SHAPE KNOB 1	1	φ50*91 (M16*35)
31	NUT	6	GB/T 889.1-2000 M8
32	Fixed bushing	4	φ10*φ6.2*8.5
33	LEFT CRANK	1	170*15
34	BOLT 4	4	GB/T 5780-2000 M5*8
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15
37	SPRING WASHER 1	4	GB/T 859-1987 5
38	NUT	1	M20*1.0

NO	NAME	QUANTITY	SPEC
39	FLYWHEEL	1	φ453*30 (20KG)
40	FLYWHEEL SHAFT	1	φ25*170
41	SCREW 1	12	GB/T 845-1985 ST4.2*19
42	SCREW 2	5	GB/T 15856.1-2002 ST4.2X19
43	SCREW5	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	945*515*96.5
45	LITTLE CHAIN COVER	1	15*8.2*1320
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*9
49	INNER CHAIN COVER	1	945*515*107
50	BELT	1	5PK51
51	BELT WHEEL	1	φ235*21
52	PU WHEEL	2	φ69*23
53	Fine thread	1	P=550
54	Fine tuning spring	1	φ1.2*50
55	Upper slider	1	60*26*60
56	Lower slider	1	26*18*100
57	SPRING WASHER 2	4	GB/T 859-1987 6
58	FLAT WASHER 4	4	GB/T 95-2002 5
59	BOLT 10	1	GB/T 70.1-2000 M6*20
60	Magnet seat assembly	1	WELDING
61	An	8	28*20*10
62	Guide rail pressure plate	2	δ3
63	Over - line plug	1	45*25*9
64	Main pipe bulkhead	1	100*50*2
65	Stop hexagon nut	3	27*M14*1
66	Flywheel shaft sleeve	1	φ16.5*φ12.5*10
67	COMPUTER	1	SM2531
68	BOLT 3	2	M5*10
69	SENSOR	1	SR-202
70	Line1	1	L=250mm,9P
71	Line2	1	L=500mm, 9P
72	Line3	1	L=1100mm, 9P
73	Wire - wire motor	1	L=150mm, 9P
74	BOLT 3	4	GB/T 5780-2000 M5*10
75	BOLT 6	2	GB/T 70.1-2000 M5*20
76	BOLT 7	2	GB/T 70.1-2000 M6*30
77	Slide rail transmission connection plate	1	δ3

ASSEMBLY INSTRUCTION:

1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTION:

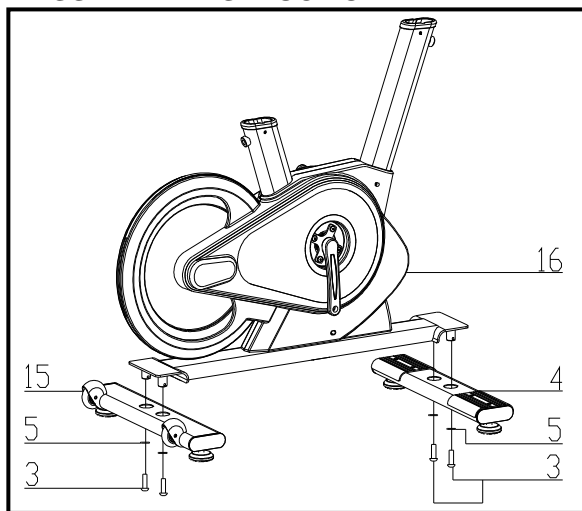


FIG.1

FIG.1:

Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5), M10*30 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5), M10*30 Carriage bolt (3).

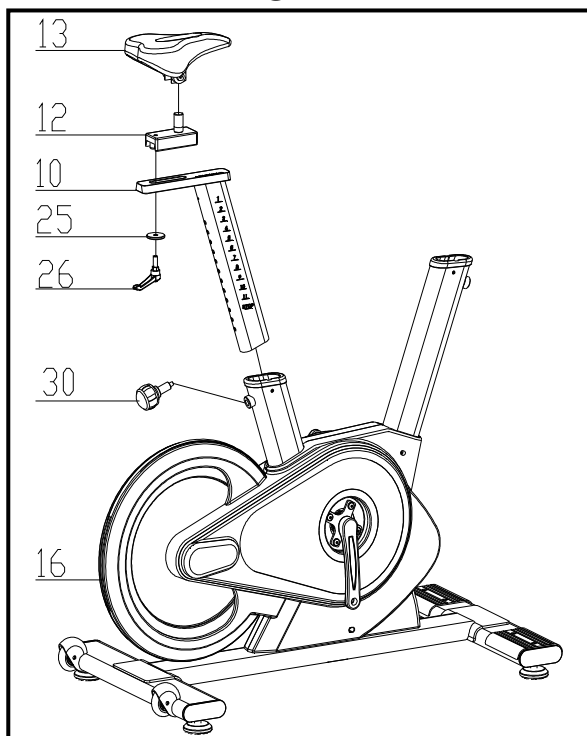


FIG.2

FIG.2:

Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10), then Secure using a flat washer (25) and Shape knob (26). Secure the saddle in position with the Adjustment Knob (30). The correct height for the seat can be adjusted after the bike is fully assembled.

Now fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

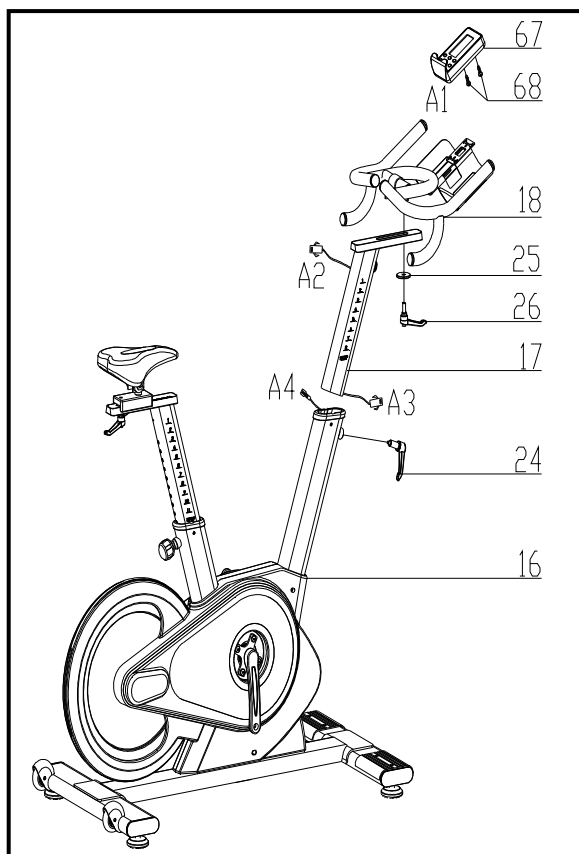


FIG.3

FIG.3:

The L type elastic pin (24) to relax and pull down, then, an adjusting tube assembly (17) inserted into the main frame assembly (16) of the pipe between the liner, make it to the appropriate location, open L type elastic pin (24) and lock it. Then the handrail assembly (18) is inserted into the adjusting tube assembly arm (17), the use of 3# within the six corners of the inner six angle wrench flat round head bolts (26) of the locking and locking the locking knob (19).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

Fix the Computer (pt.67) onto the Computer Holder (pt.18) with 2pcs Blot(68).connect the plug (A1&A2&A3&A4),

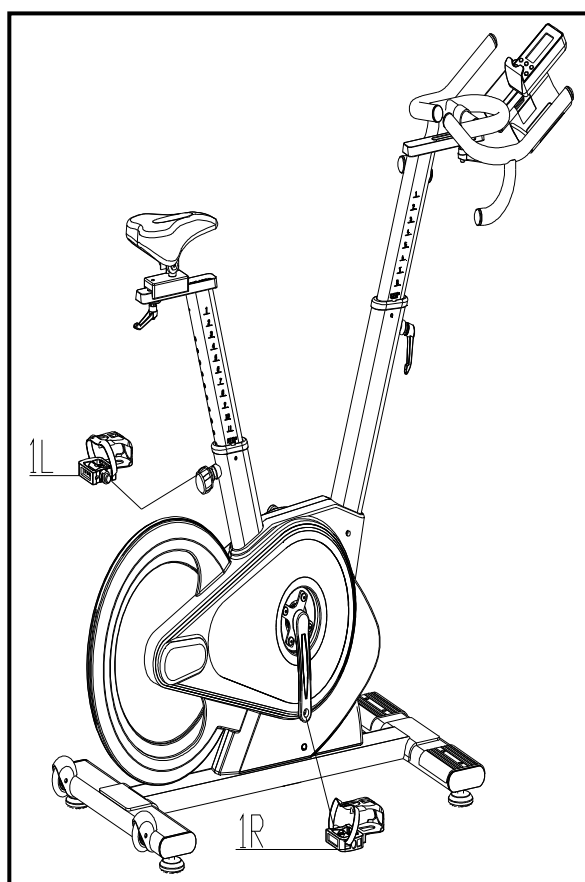
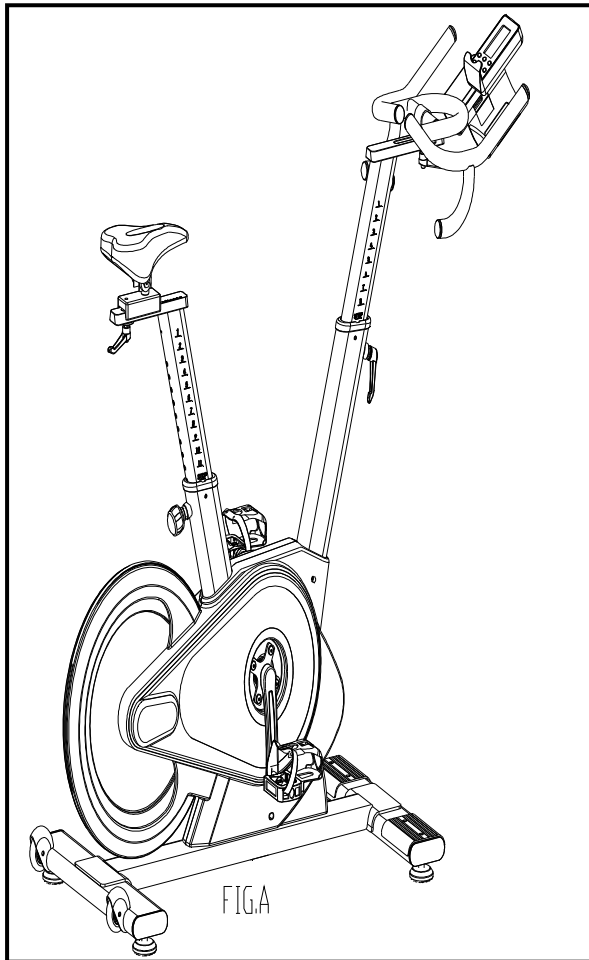


FIG.4

FIG.4:

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



A.) After power is energized, the resistance is adjusted by the electronic watch.

COMPUTER INSTRUCTION MANUAL

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:59
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 99.9
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.9
CALORIES	Burned calories during workout display. Range 0 ~ 999
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse.
RPM	Rotation per minute Range 0 ~ 999
MANUAL	Manual mode workout.
PROGRAM	Beginner X4, Advance X4, and Sporty X4 PROGRAM selection.
CARDIO	.Target HR training mode.

KEY FUNCTION

ITEM	DESCRIPTION
Up	Increase resistance level; Adjust function value up and setting selection.
Down	Decrease resistance level; Adjust function value down and setting selection.
Mode	Confirm/Enter setting or selection.
Reset	Total Reset: Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reset: Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.

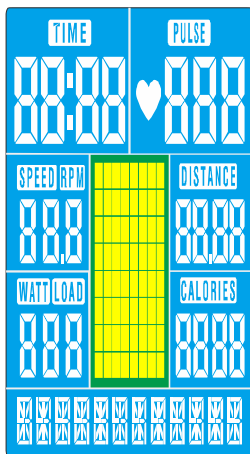
OPERATION PROCEDURE

1. POWER ON

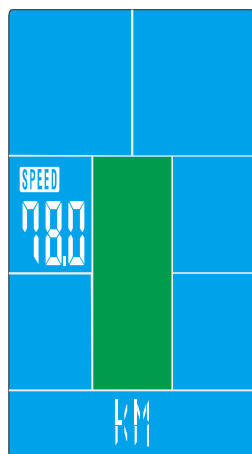
When POWER ON or hold RESET key for 2s, buzzer will sound 1s and LCD full display for 2 seconds (Picture1). Then display wheel diameter and unit (Picture2). Then go to Standby mode.

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.



Picture1



Picture2

2. WORKOUT MODE SELECTION

In Standby mode, user can UP and DOWN to select: Manual → Beginner → Advance → Sporty → Cardio, then press MODE to enter. If press START without any setting, console begin to run and count up directly.

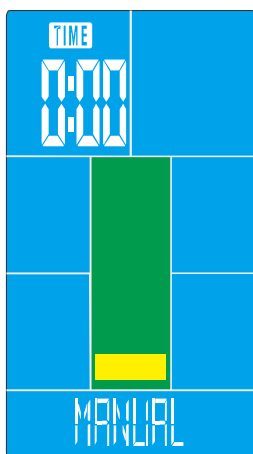
3. Manual Mode

Press UP or DOWN to select Manual workout mode, press MODE to confirm.

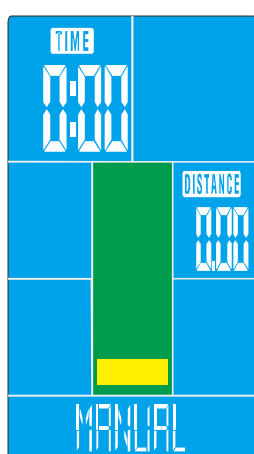
Press UP or DOWN to set TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm (Picture 3-6).

Press START/STOP key to start workout. Press UP or DOWN to adjust LOAD level (1~32).

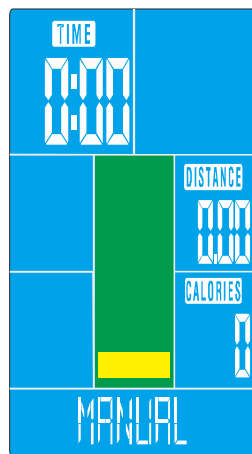
Press START/STOP key to pause workout. Press RESET to reverse to main menu.



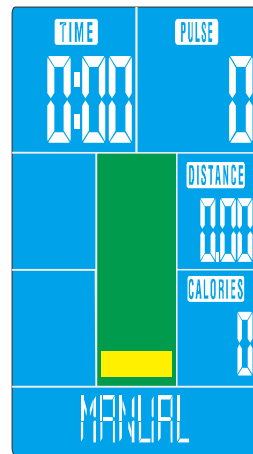
Picture3



Picture4



Picture5



Picture6

4. Beginner Mode

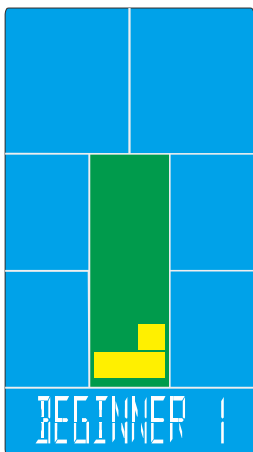
Press UP or DOWN to select Beginner mode and press MODE to confirm.

Press UP or DOWN to select Beginner 1~4 (Picture 7) and press MODE to confirm.

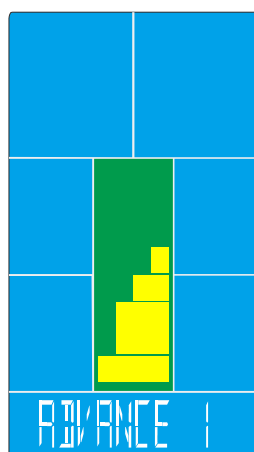
Press UP or DOWN to set TIME and press START/STOP key to start workout.

Then press UP or DOWN to adjust resistance level.

Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Picture 7



Picture 8

5. Advance Mode

Press UP or DOWN to select Advance mode and press MODE to enter.

Press UP or DOWN to select Advance 1~4 (Picture 8) and press MODE to confirm.

Press UP or DOWN to set TIME and press START/STOP key to start workout.

Press UP or DOWN to adjust resistance level.

Press START/STOP key to stop workout. Press RESET to reverse to main menu.

6. Sporty Mode

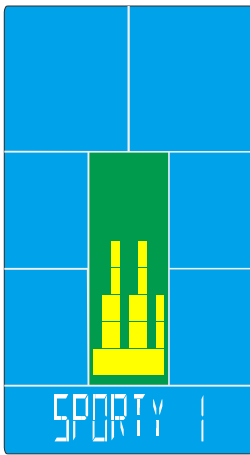
Press UP or DOWN to select Sporty mode and press MODE to enter.

Press UP or DOWN to select Sporty 1~4 (Picture 9) and press MODE to confirm.

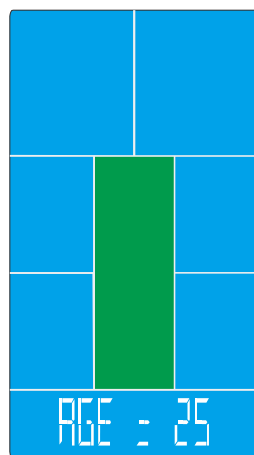
Press UP or DOWN to set TIME and press START/STOP key to start workout.

Press UP or DOWN to adjust resistance level.

Press START/STOP key to pause workout. Press RESET to reverse to main menu. 3



Picture 9



Picture 10

7. Cardio Mode

Press UP or DOWN to select Cardio mode and press MODE to get into (Picture 10).

Press UP or Down to set AGE, then select 55%.75%.90% or TAG (TARGET H.R) and press MODE to confirm.

Press UP or DOWN to preset workout TIME and press MODE to confirm.

Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

During workout, when there is no PULSE detected for 6s, then LCD will display “PULSE INPUT” to remind,user must hold hand grips correctly.

8. Recovery Mode

After exercising for a period of time, keep holding on handgrips. When there is PULSE detected, press RECOVERY key. Then all function display will stop except “TIME” that will start counting down from 00:60 to 00:00 (Picture 11). While TIME counts down to 0:00, LCD will display your heart rate recovery status with the F1, F2....to F6 (Picture 12). 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 to the main display.



Picture 11



Picture 12

9. USB charger

The console can provide USB charger for tablet or smart phone. User just plug the data cable into USB port for charging.

10. **i-Console+ APP**

The console has been built-in Bluetooth 4.0 module for APP function.

First, download i-Console+ APP to tablet or mobile device from App Store or Google play first;

Then, turn on Bluetooth on tablet, search for console device and press connect. (password:0000)

Pair tablet and console thru BT. Turn on i-Console + APP on tablet and start workout with tablet.

(APP operation refer to i-Console+ Instruction Manual)



System reminder:

※This console has the bell prompt function on button:

- ①effective operation- one short beep;
- ②ineffective operation- two short beeps;
- ③any function value count down to 0 during workout- 2 short beeps every second
- ④In CARDIO mode, when console is forced to stop- continuous 6 short beeps
- ⑤When PULSE exceed setting value- 2 short beeps every second

NOTE:

- 1. If console operation or display abnormally, please Power-off and restart it.
- 2. Once console is connect to tablet via Bluetooth, the console will power off.
- 3. Please exit i-Console app and turn off the Bluetooth from iPad, then the console will power on again.
- 4. This console has function of USB charger(BT), thus consume much power. For stable workout and function stability, we suggest user to use adaptor of 9V 1.3A or above.



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