

TCORX
FITNESS IN MOTION

INSTRUCTION



SRX70S



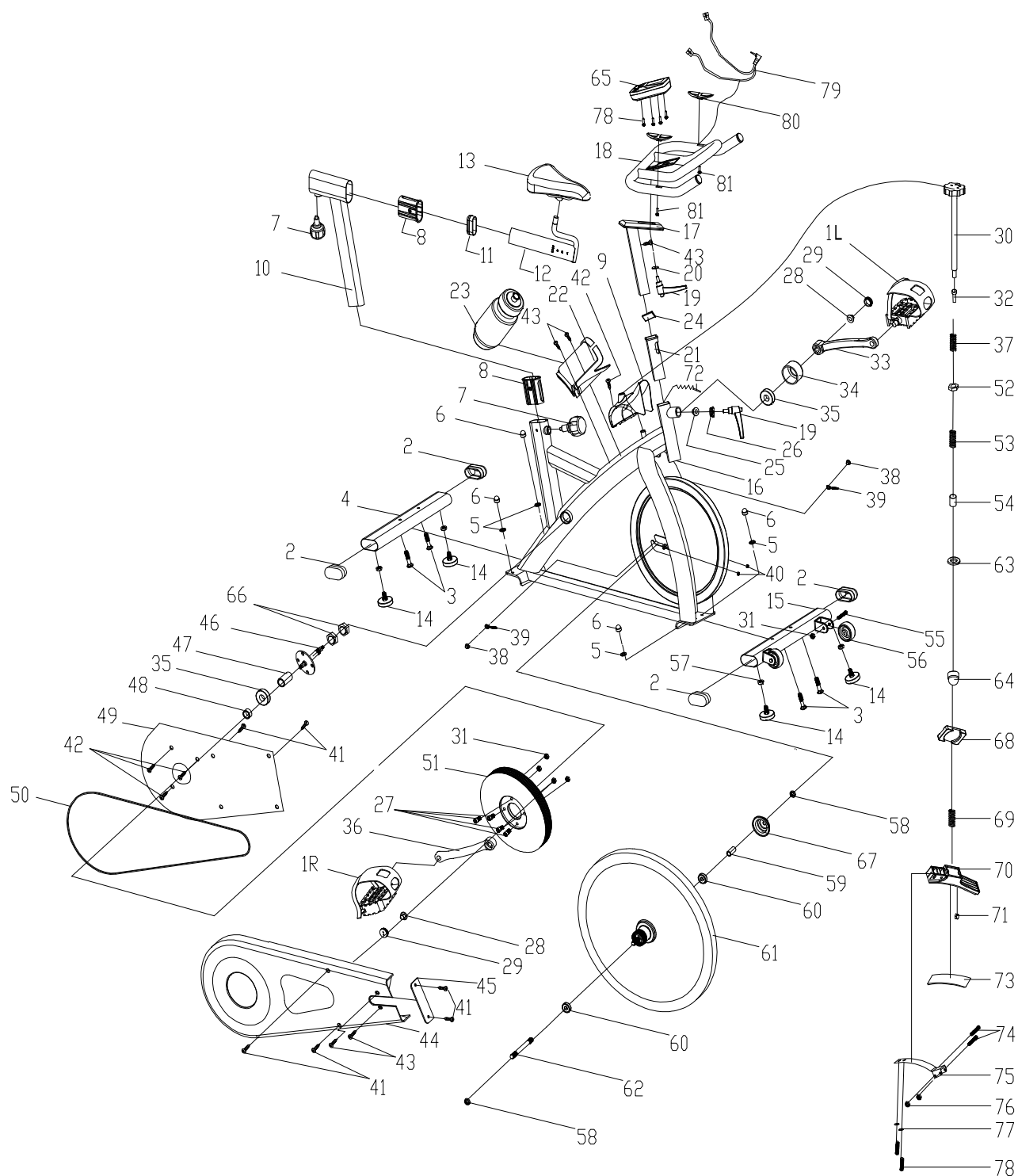
Cod : GRLDTCORXSRX70S

Rev : 00

Ed : 09/18



EXPLODED-VIEW & PARTS LIST :



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	4	80*40*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*52
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	8	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	2	φ50*82 (M16*1.5)
8	PLASTIC SLEEVE 1	2	70*30*1.5
9	KNOB COVER	1	177X142X187
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	1	70*30*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	STOPPER	4	φ32*37/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	L SHAPE KNOB	2	M10*25
20	FLAT WASHER 1	1	φ45*φ10.5*5
21	PLASTIC SLEEVE 2	1	38*38*1.5
22	BOTTLE HOLDER	1	117*85*90
23	BOTTLE	1	XS-003(1#) 500ML
24	END CAP 3	1	38*38*1.5
25	FIXING SHAFT	1	φ22*23 (V)
26	FIXING NUT	1	Q235/32*12
27	BOLT	4	GB/T 70.2-2000 M8*15
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	KNOB	1	φ40*180 (φ10)
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	BUSHING	1	φ18*φ10*10
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27
37	SPRING 1	1	δ1.8X40
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*57
40	NUT	2	GB/T 889.1-2000 M6

NO	NAME	QUANTITY	SPEC
41	SCREW 1	8	GB/T 845-1985 ST4.2*19
42	SCREW 2	6	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.5*41
48	SHORT FIXING TUBE	1	φ25*φ20.5*9
49	INNER CHAIN COVER	1	451*260*2 (250g)
50	BELT	1	5PK53
51	BELT WHEEL	1	φ200*24
52	FIXING NUT 2	1	16X16X5 (M10)
53	SPRING 2	1	φ1.0X55
54	SHORT FIXING TUBE	1	φ14*φ10.2*25.5
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ50*23
57	NUT	4	GB/T 41-2000 M8
58	FIXING NUT 2	2	M12X1.25 H=6
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	HT250/φ453*72
62	FLYWHEEL SHAFT	1	φ12*160
63	FLAT WASHER 1	1	GB/T 95-2002 6
64	DOMED NUT 1	1	GB/T 802-1988 M6
65	COMPUTER	1	ST-6527(ST-7607)
66	FIXING NUT	2	27*M20*1 (5mm)
67	FLYWHEEL COVER	1	φ59*35
68	SPRING COVER	1	32*23*2
69	SPRING 3	1	φ2.2
70	PLASTIC FRAME	1	200*47*30
71	LITTLE PLASTIC	1	14*9*14
72	SENSOR	1	SR-202
73	WOOLLY BLOCK	1	113*25*6
74	BOLT 1	2	GB/T 5780-2000 M5*30
75	SPRING BRAKE	1	δ1.0
76	LOCK NUT	2	GB/T 889.1-2000 M5
77	SPRING WASHER 1	2	GB/T 859-1987 5
78	BOLT 2	2	GB/T 5780-2000 M5*10
79	PULSE WIRE	1	L=800
80	PULSE	2	
81	SCREW 5	2	GB/845-85 ST4.2X25

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:

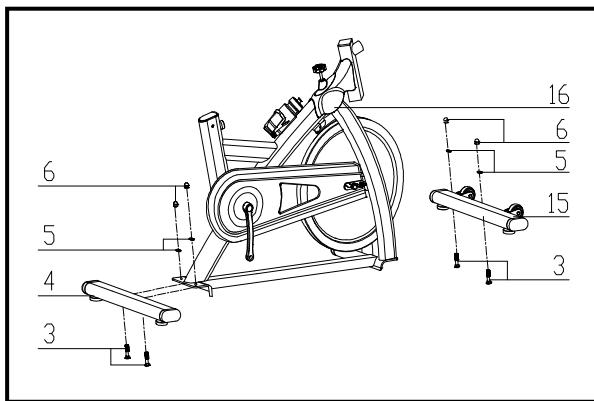


FIG.1

FIG.1:

Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).

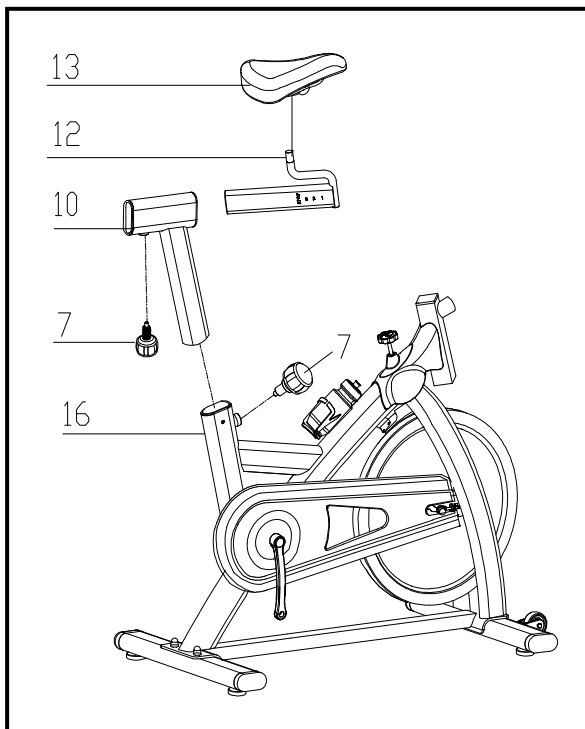


FIG.2

FIG.2:

Slide the seat post (12) into the vertical Seat post (10) and, at the desired position, align holes and fix in place with the Spring Adjustment Knob (pt.7). Now fix the Seat (13) to the seat post (12) as shown. Insert the vertical Seat Post (10) into the main frame (16) and line up the holes. Secure the saddle in position with the Adjustment Knob (7). The correct height for the seat can be adjusted after the bike is fully assembled.

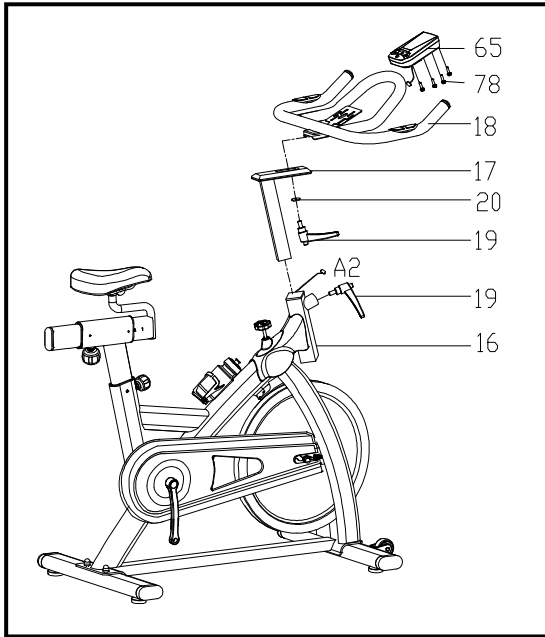


FIG.3

FIG.3:

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame(pt.16). You will have to slacken the knurled section of the L Shape Knob (pt.19) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion. Then fix the Handlebar (pt.18) with a flat washer 1 (20) and L Shape knob (19)

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

Fix the Computer (pt.65) onto the Computer Holder of handlebar (pt.18) with bolt(pt.78)

Insert the sensor cable (a) into the bushing located on the backside of the computer (65).

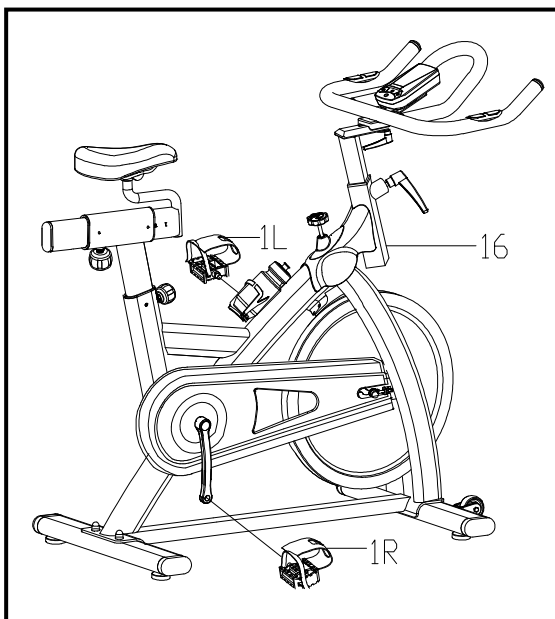
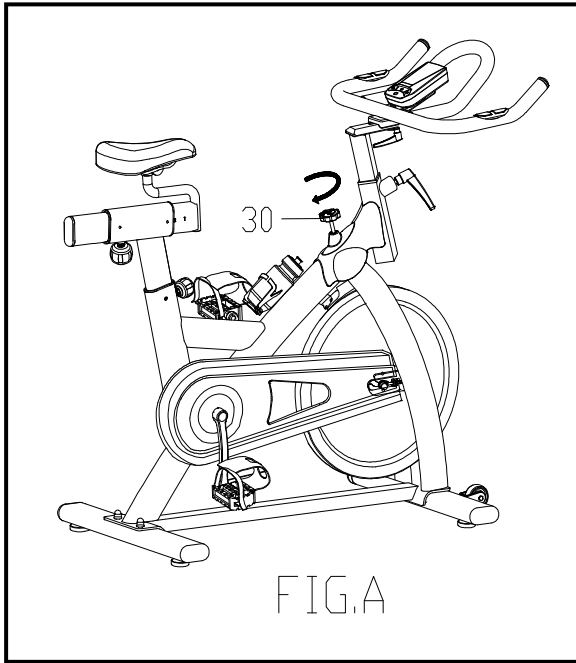


FIG.4

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.

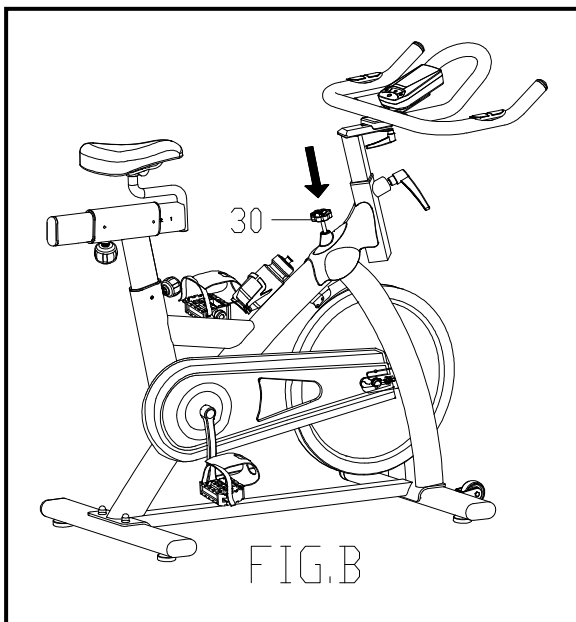
Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



A.) Adjusting the Tension:
Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30)* to the *right*.

To decrease tension and increase resistance (requiring less strength to pedla), turn the *Emergency Brake & Tension Control Knob (#30)* to the *left*.B.) Using the Emergency Brake Function:



The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the *Emergency Brake & Brake Control Knob (#30)*.



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