TOORX
FITNESS IN MOTION

INSTRUCTION

SRX75
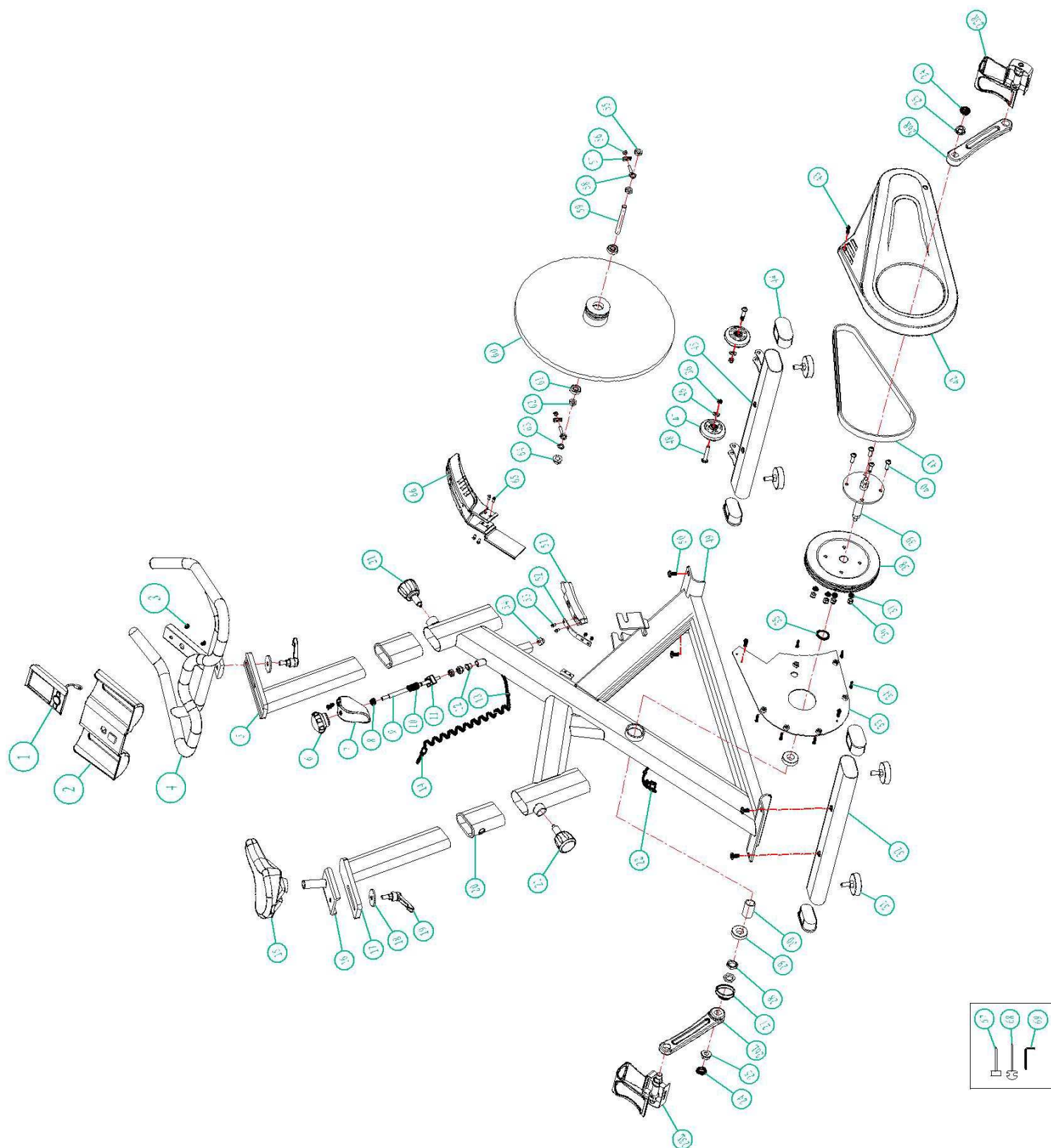
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EXPLOSIVE VIEW

PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Computer	1 PC
2	Bottle cage	1 PC
3	Screw M5x20	2 PCS
4	Handlebar	1 PC
5	Handlebar post	1 PC
6	Brake knob	1 PC
7	Brake cover	1 PC
8	Hexagon Nut M8	2 PCS
9	Brake bar	1 PC
10	Spring	1 PC
11	Square nut	1 PC
12	Brake bushing ϕ16	1 PC
13	Stopper ϕ11.5	2 PCS
14	Sensor cable	1 PC
15	Seat	1 PC
16	Slider	1 PC
17	Seat post	1 PC
18	Washer ϕ10xϕ38x4T	2 PCS
19	Knob M10	2 PCS
20	Seat post clamp	2 PCS
21	Lock pin M16	2 PCS
22	Sensor	1 PC
23	Pedal(L+R)	1 SET
24	Crank plug	1 SET
25	Nylon nut M10x1.25	2 PCS
26	Crank(L+R)	1 SET

27	Alex bushing	1 PC
28	Hexagon Nut M20	2 PCS
29	Bearing　6004	2 PCS
30	Pipe　φ25xφ20x44.1L	1 PC
31	Foot pad	4 PCS
32	Rear tube	1 PC
33	Chain cover(inner)	1 PC
34	Screw　M4x20	6 PCS
35	Washer　φ20xφ25x2T	1 PC
36	Nylon nut　M8	4 PCS
37	Washer	4 PCS
38	Belt pulley	1 PC
39	Axle	1 PC
40	Hexagon screw　M8x12	4 PCS
41	Belt	1 PC
42	Chain cover(outer)	1 PC
43	Screw　M4.2x19	4 PCS
44	End cap	4 PCS
45	Front tube	1 PC
46	Washer　φ8xφ19x1.5T	2 PCS
47	Moving wheel	2 PCS
48	Hexagon nut　M8x38	2 PCS
49	Main frame	1 PC
50	Step screw	4 PCS
51	Brake pad	1 PC
52	Brake shrapnel	1 PC
53	Screw M5x12	2 PCS
54	Cap nut M8	1 PC
55	Hexagon nut	2 PCS

| 56	Nylon nut M6	2 PCS
57	Board	2 PCS
58	Adjuster φ12	2 PCS
59	Flywheel axle φ12	1 PC
60	Flywheel 18kg	1 PC
61	Bearing 6001	2 PCS
62	Hexagon nut M12	1 PC
63	Washer φ12x φ18x2t	1 PC
64	Flange nut M12	1 PC
65	Screw M4x10	4 PCS
66	Flywheel trim cover	1 PC
67	Socket wrench	1 PC
68	Harpoon wrench	1 PC
69	Hexagon wrench	1 PC

ASSEMBLY INSTRUCTION
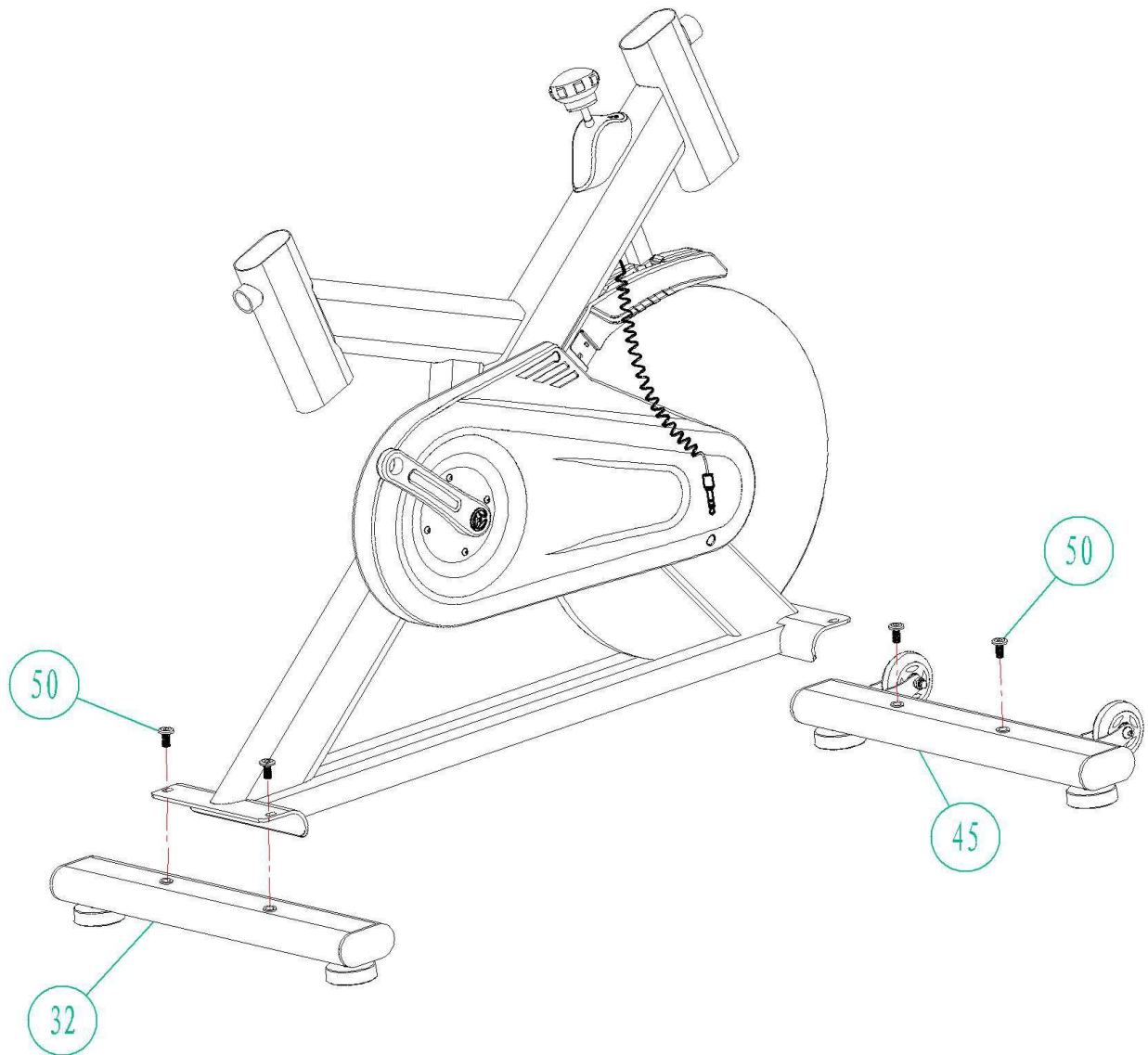
STEP 1

Attach the rear tube (32) to the main frame using two step screws(50).
Attach the front tube (45) to the main frame same as the rear tube.
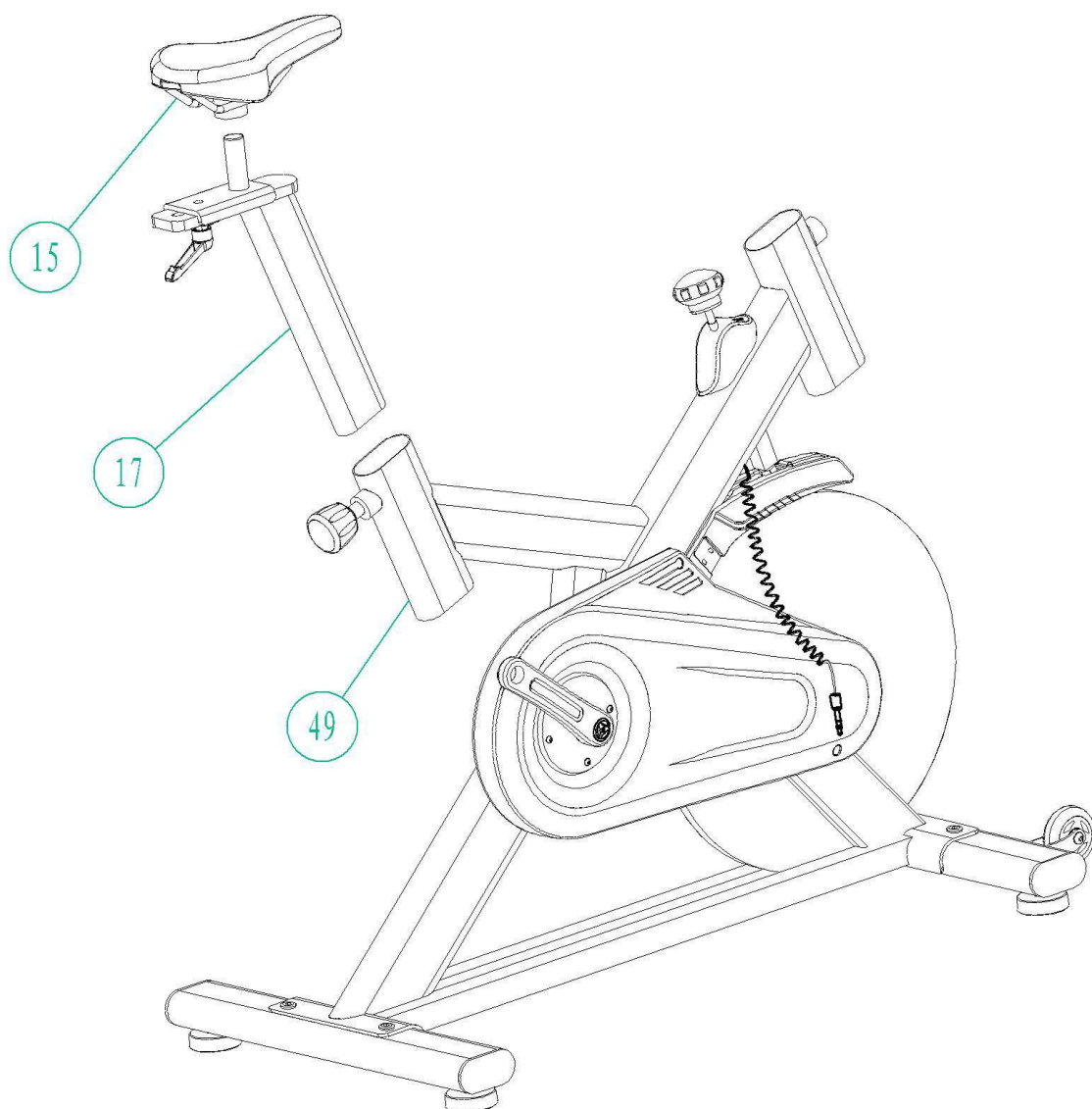
STEP 2

Put seat post (17) insert main frame(49) with lock pin and then adjust height.
Fix seat(15) on the slider.
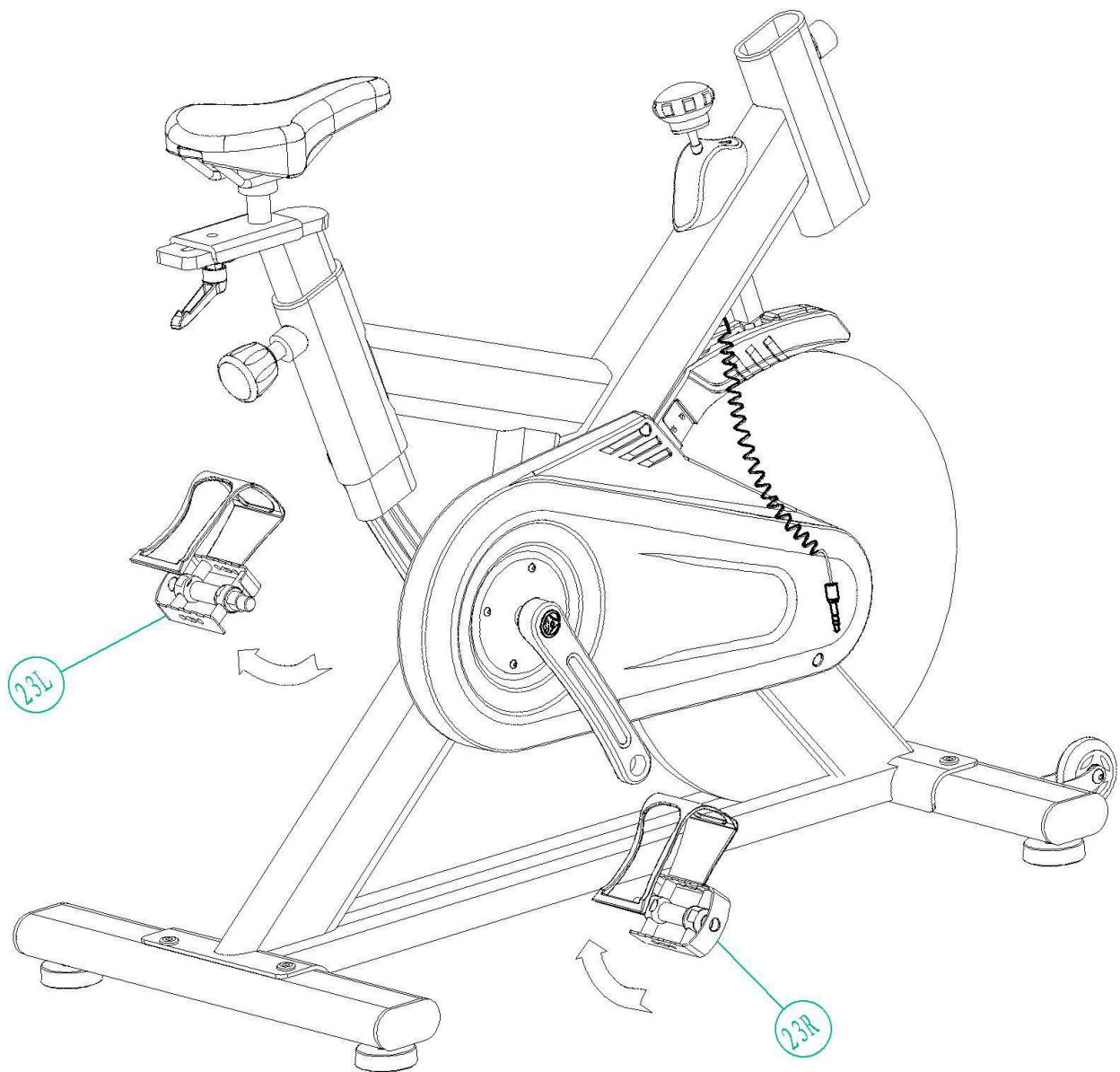
STEP 3

The pedals (23L and 23R) are marked "L" and "R"-left and right.

Connect them to their appropriate crank set. The right crank set 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 on anti-clockwise.
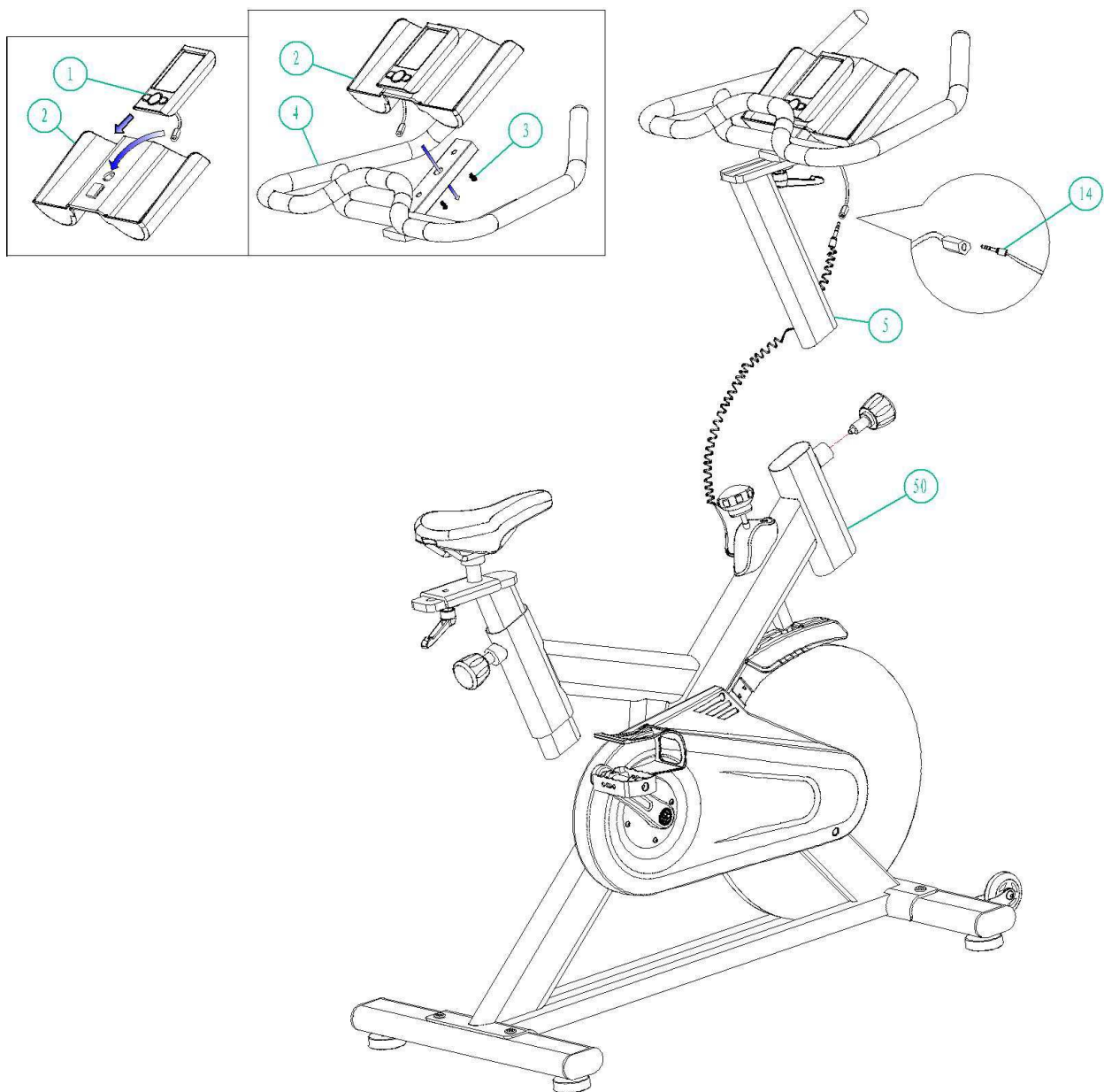
STEP 4

Put handlebar post(5) insert main frame with lock pin and then adjust height.
Fix handlebar(4) on handlebar post(5) using washer and knob.
And fix the computer holder(2) on the handlebar(4),put computer(1) into computer holder(2),then insert the sensor plug (14) into the sensor joint of computer.

Now your spinning bike is finished for use.

FRONT VIEW

HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place one of CR2032 3V battery into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.

<u>KEY GUIDE</u>

ENTER:
1. Press this button to enter setting mode.
    Normal→Time→DIST→CAL→T.H.R
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.
                Time→DIST→CAL→T.H.R
DOWN: Decrease the setting value of the following functions.
                Time→DIST→CAL→T.H.R

FUNCTIONS AND OPERATIONS

AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

TIME:

press the button of ENTER to TIME function and press the UP or DOWN button to enter the value you want.
Count up:
Without setting the time value, the monitor will count up the time from 00:00~99:59.
Count down:
Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

SPEED:

Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

RPM:

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

DISTANCE:

press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.
Count up:
Without setting the distance value, the monitor will count up the distance from 0.1~999.0Km or Mile
Count down:
Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

CALORIE:

press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

PULSE (Target Heart Rate):

press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press key to restart Pulse function.

CAUTION:

Operating temperature: 0°C   -   +50°C.
 Storage temperature: -10°C   -   +60°C.