

**TCCRX**  
FITNESS IN MOTION

# INSTRUCTION



# SRX95

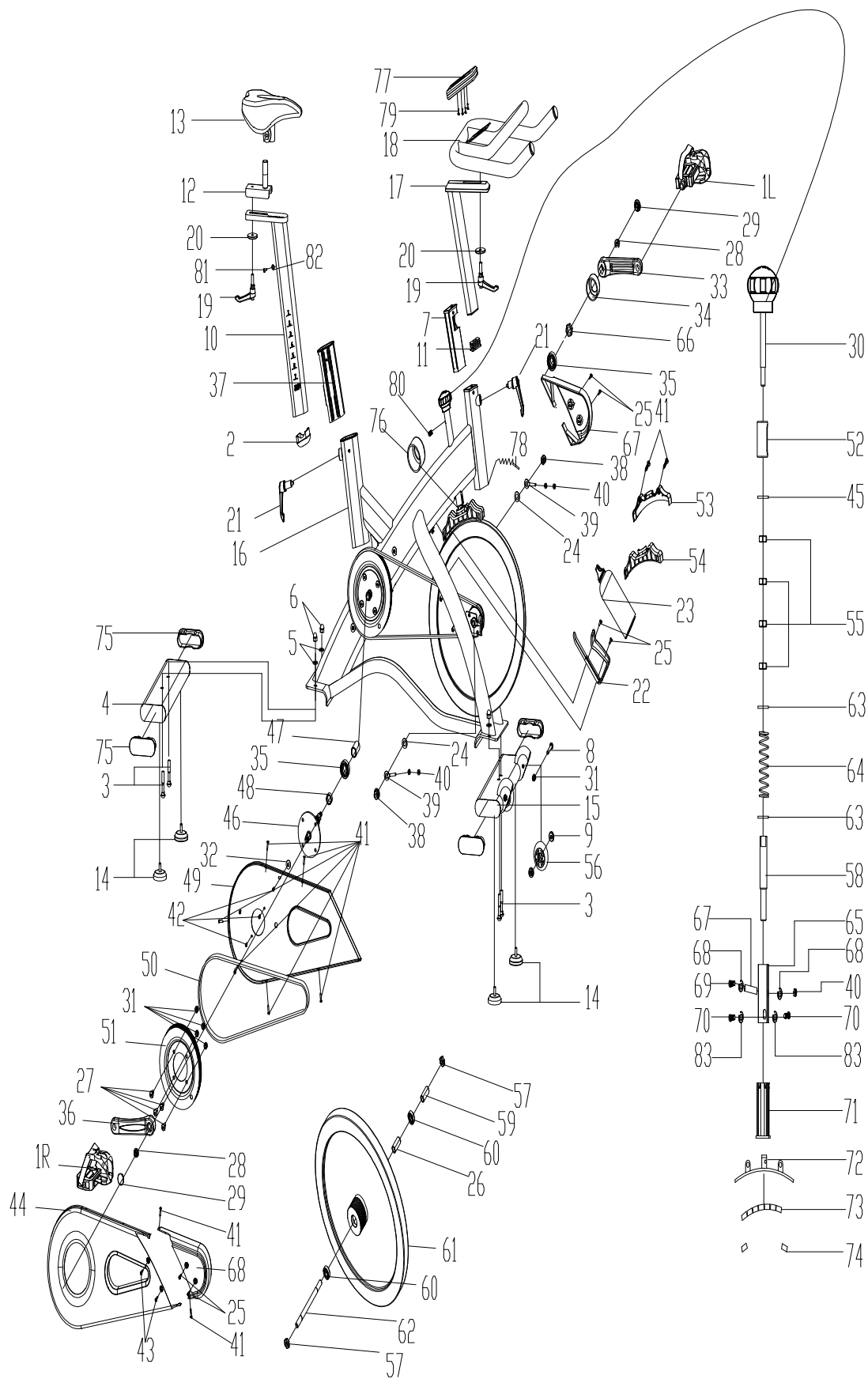


Rev : 00

Ed : 03/17



# EXPLODED-VIEW & PARTS LIST :



| NO | NAME               | QUANTITY | SPEC                       |
|----|--------------------|----------|----------------------------|
| 1  | PEDAL              | 1        | JD-304 (9/16")             |
| 2  | END CAP1           | 1        | 70*30*1.5                  |
| 3  | BOLT 1             | 4        | GB/T 12-1988 M10*55        |
| 4  | REAR STABILIZER    | 1        | WELDING                    |
| 5  | FLAT WASHER 1      | 4        | GB/T 95-2002 10            |
| 6  | NUT                | 4        | GB/T 802-1988 M10          |
| 7  | PLASTIC SLEEVE     | 1        | 38*38*1.5                  |
| 8  | BOLT 2             | 2        | GB/T 5780-2000 M8*40       |
| 9  | BEARING            | 4        | 608ZZ                      |
| 10 | VERTICAL SEAT POST | 1        | WELDING                    |
| 11 | END CAP 2          | 1        | 38*38*1.5                  |
| 12 | SEAT POST          | 1        | WELDING                    |
| 13 | SEAT               | 1        | DD-6619                    |
| 14 | STOPPER            | 4        | φ60*36/(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      | 2        | φ45*φ10.5*4                |
| 21 | L SHAPE KNOB       | 1        | (M16*1.5)X20mm             |
| 22 | BOTTLE HOLDER      | 1        | φ6                         |
| 23 | BOTTLE             | 1        | φ73*215                    |
| 24 | FLAT WASHER 2      | 2        | GB/T 95-2002 12            |
| 25 | SCREW 4            | 6        | GB/845-85 ST4.8X19         |
| 26 | FIXING TUBE        | 1        | φ16*φ12.2*56.2             |
| 27 | BOLT 1             | 4        | GB/T 70.2-2000 M8*16       |
| 28 | NUT                | 2        | M12X1.25 H=8MM             |
| 29 | CRANK END CAP      | 2        | φ28*6.5                    |
| 30 | KNOB               | 1        | φ60*113                    |
| 31 | NUT                | 6        | GB/T 889.1-2000 M8         |
| 32 | PLASTIC RING       | 4        | φ20*φ9*3                   |
| 33 | LEFT CRANK         | 1        | 170*15                     |
| 34 | CRANK COVER        | 1        | φ56*28                     |
| 35 | BEARING            | 2        | 6004ZZ                     |
| 36 | RIGHT CRANK        | 1        | 170*15                     |
| 37 | PLASTIC SLEEVE 1   | 1        | 70*30*1.5                  |
| 38 | NUT                | 2        | M12X1.25                   |
| 39 | FIXING BOLT        | 2        | M6*58                      |
| 40 | NUT                | 5        | GB/T 889.1-2000 M6         |
| 41 | SCREW 1            | 10       | GB/T 845-1985 ST4.2*19     |
| 42 | SCREW 2            | 3        | GB/T 15856.1-2002 ST4.2X19 |

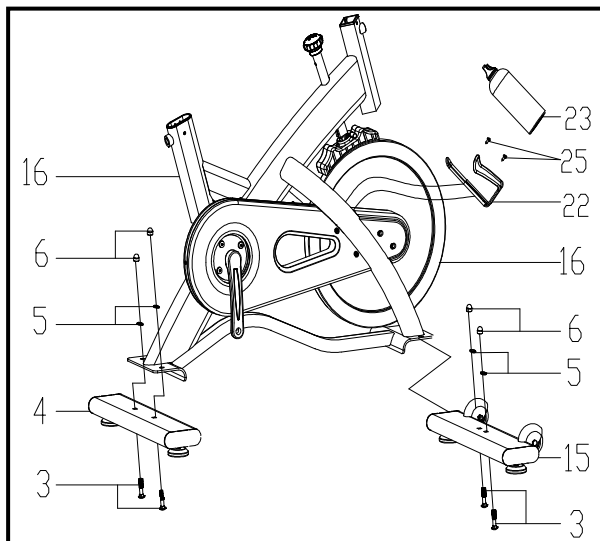
| NO | NAME                                                    | QUANTITY | SPEC                 |
|----|---------------------------------------------------------|----------|----------------------|
| 43 | SCREW 3                                                 | 2        | GB/845-85 ST4.8X13   |
| 44 | OUTER COVER                                             | 1        | 612*282*46.6         |
| 45 | WASHER 2                                                | 1        | M10                  |
| 46 | AXIS                                                    | 1        | φ20*162              |
| 47 | LONG FIXING TUBE                                        | 1        | φ25*φ20.2*41.2       |
| 48 | SHORT FIXING TUBE                                       | 1        | φ25*φ20.5*12         |
| 49 | INNER COVER                                             | 1        | 608*280*21           |
| 50 | BELT                                                    | 1        | 5PK55.5              |
| 51 | BELT WHEEL                                              | 1        | φ200*24              |
| 52 | Twist The Fixings                                       | 1        | φ20*34               |
| 53 | The left front magnetic control brake decoration cover  | 1        | 192*30*51            |
| 54 | The right front brake magnetic control decorative cover | 1        | 192*36*51            |
| 55 | NUT                                                     | 4        | GB/T 41-2000 M10     |
| 56 | PU WHEEL                                                | 2        | φ69*23               |
| 57 | NUT                                                     | 2        | M12X1.25 H=6         |
| 58 | Screw rod                                               | 1        | φ13.5*135            |
| 59 | FIXING TUBE                                             | 1        | φ16*φ12.2*35         |
| 60 | BEARING                                                 | 2        | 6001ZZ               |
| 61 | FLYWHEEL                                                | 1        | φ453*29              |
| 62 | FLYWHEEL SHAFT                                          | 1        | φ12*160              |
| 63 | WASHER 2                                                | 2        | φ20*φ14*2.0          |
| 64 | SPRING 1                                                | 1        | φ18*62               |
| 65 | The brake connection assembly                           | 1        | 18*18*1.2            |
| 66 | NUT                                                     | 1        | M20*1.0              |
| 67 | The trachea                                             | 1        | φ7.5*φ6*28           |
| 68 | FLAT WASHER 3                                           | 2        | GB/T 95-2002 8       |
| 69 | BOLT1                                                   | 1        | GB/T 70.1-2000 M6*35 |
| 70 | BOLT1                                                   | 2        | GB/T 70.1-2000 M6*12 |
| 71 | The brake guide sleeve                                  | 1        | 18*18*1.2            |
| 72 | The brake block assembly                                | 1        | WELDING              |
| 73 | High magnetic                                           | 7        | 28*20*10             |
| 74 | WOOLLY BLOCK                                            | 2        | 30*20*15             |
| 75 | END CAP3                                                | 4        | 120*40*35            |
| 76 | Corrugated casing                                       | 1        | φ60*φ42*90           |
| 77 | COMPUTER                                                | 1        | ST-6521              |
| 78 | SENSOR                                                  | 1        | SR-202               |
| 79 | SCREW 5                                                 | 4        | GB/T 5780-2000 M5*10 |
| 80 | BOLT 1                                                  | 1        | GB/T77-2007 M6*6     |
| 81 | SCREW 6                                                 | 1        | GB/845-85 ST4.8X13   |
| 82 | SPRING WASHER                                           | 1        | GB/T 859-1987 5      |
| 83 | SPRING WASHER 2                                         | 2        | GB/T 859-1987 6      |

# 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:

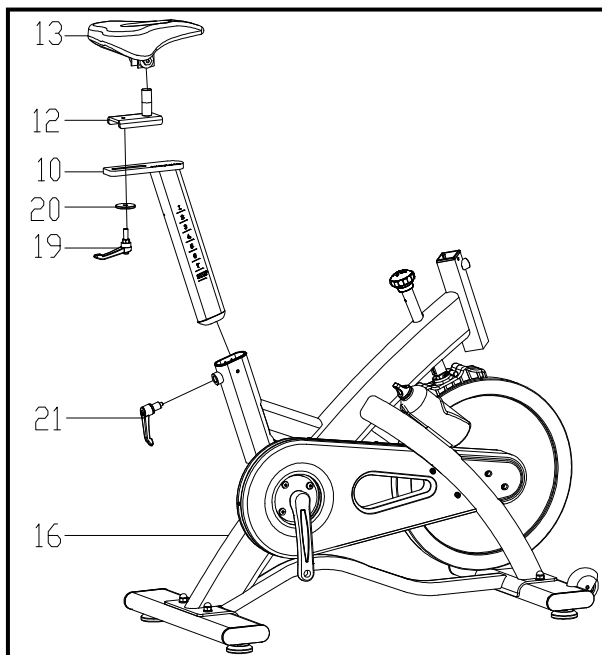


**FIG.1**

**FIG.1:**

Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M10 Domed Nut (pt.6) and M10\*55 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 Domed Nut (pt.6) and M10\*55 Carriage bolt (3).

Fixing the bottle holder (pt.22) to the main frame (pt.16) with the screw (pt.25) and Then slide the bottle (pt.23) into the bottle holder (pt.22)

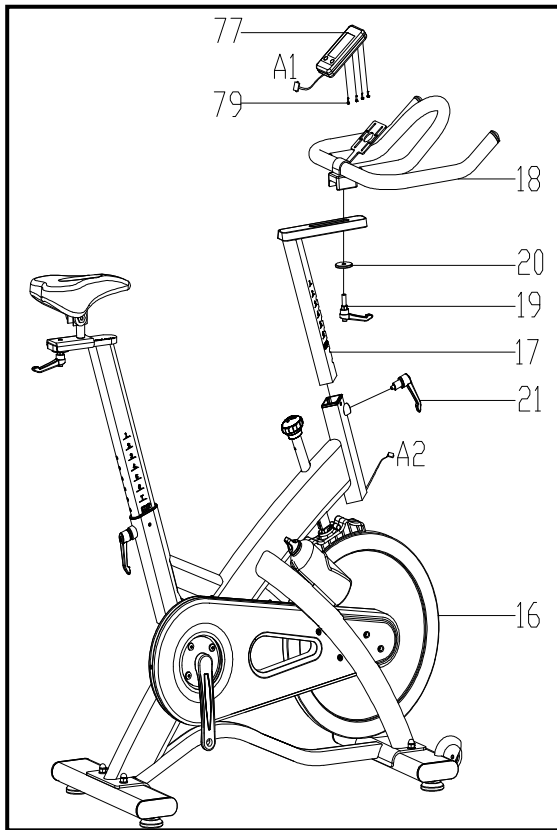


**FIG.2**

**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 1 (20) and L Shape knob (19). You will have to slacken the knurled section of the L Shape Knob (pt.21) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

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



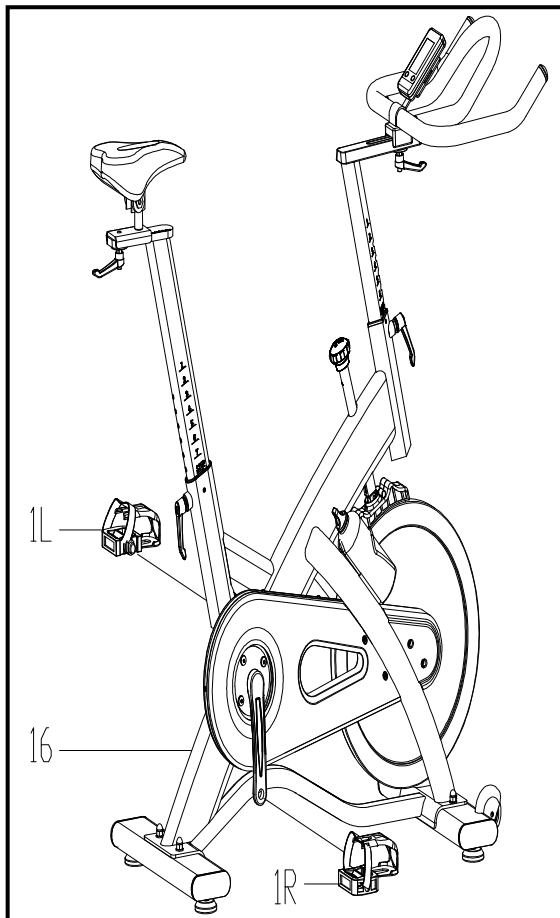
**FIG.3**

**FIG.3:**

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.21) 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.77) onto the Computer Holder with bolt(79), connect the plug

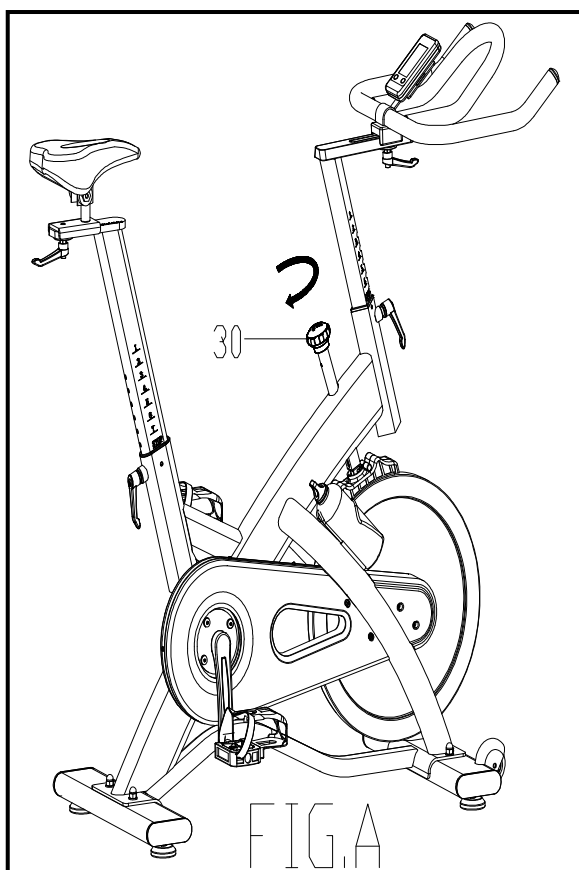


**FIG.4**

**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.

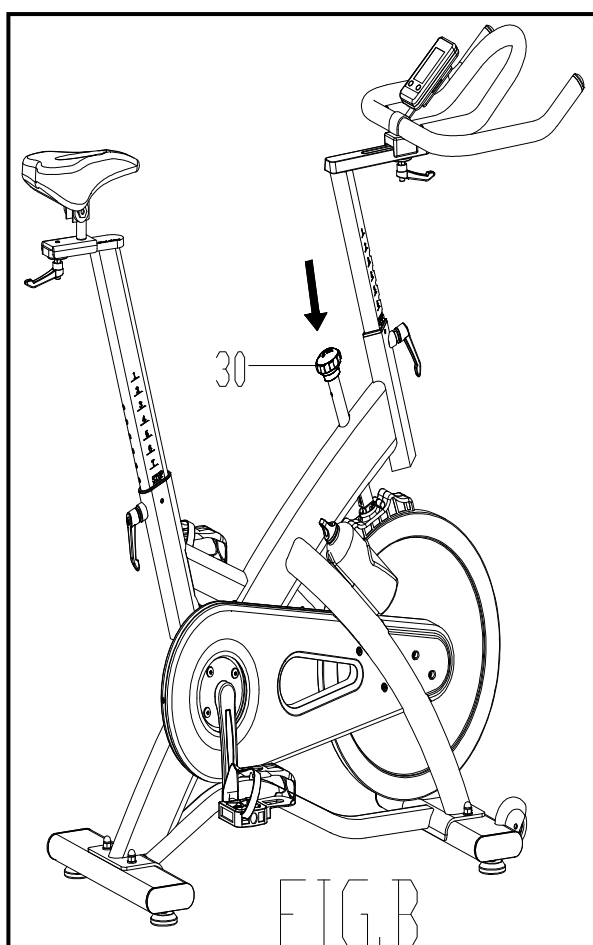
Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



#### 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 peddle), 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 & Tension Control Knob (#30)*.



GARLANDO SPA  
Via Regione Piemonte, 32 - Zona Industriale D1  
15068 - Pozzolo Formigaro (AL) - Italy  
[www.toorx.it](http://www.toorx.it) - [info@toorx.it](mailto:info@toorx.it)