

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



# BRX900

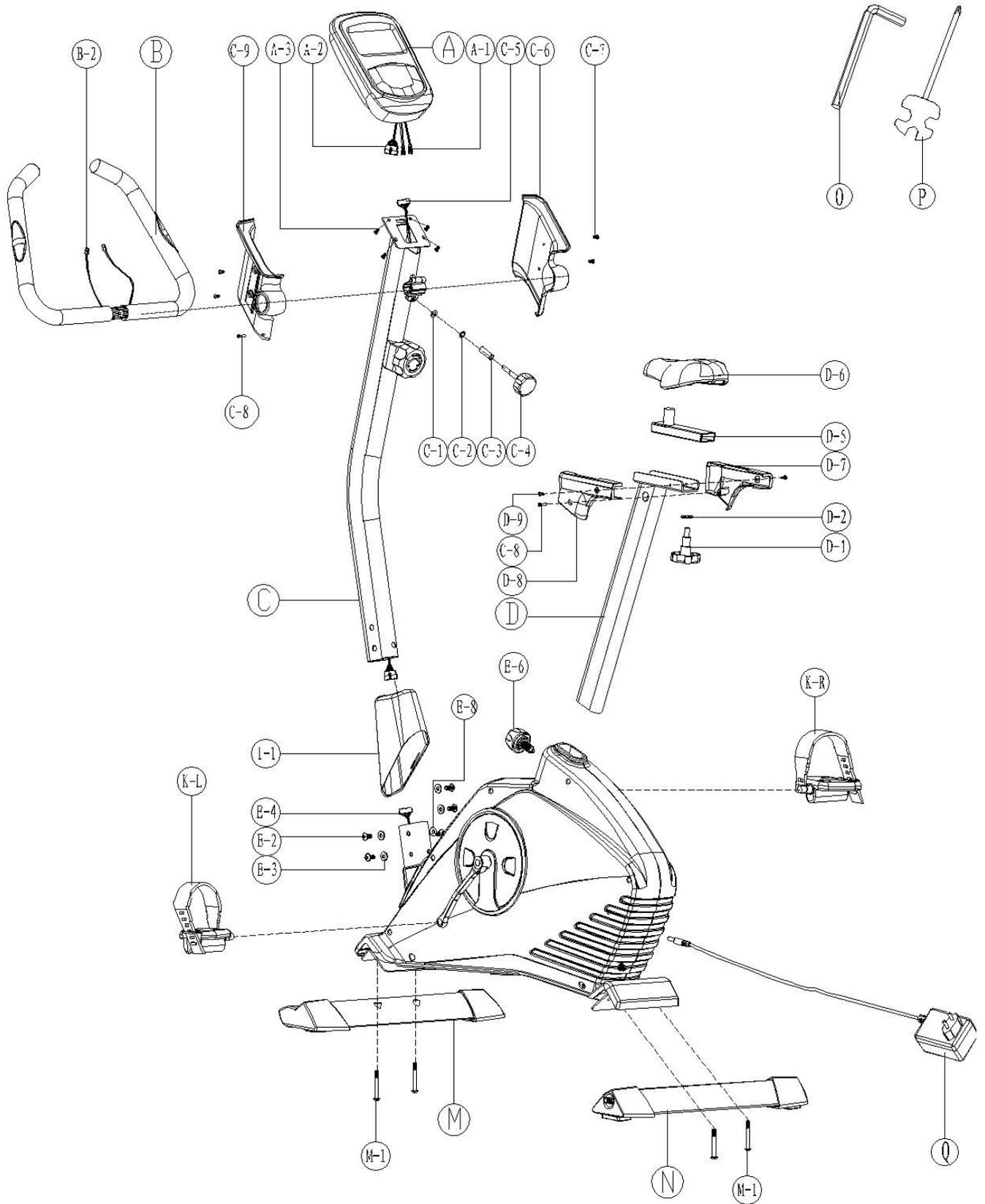


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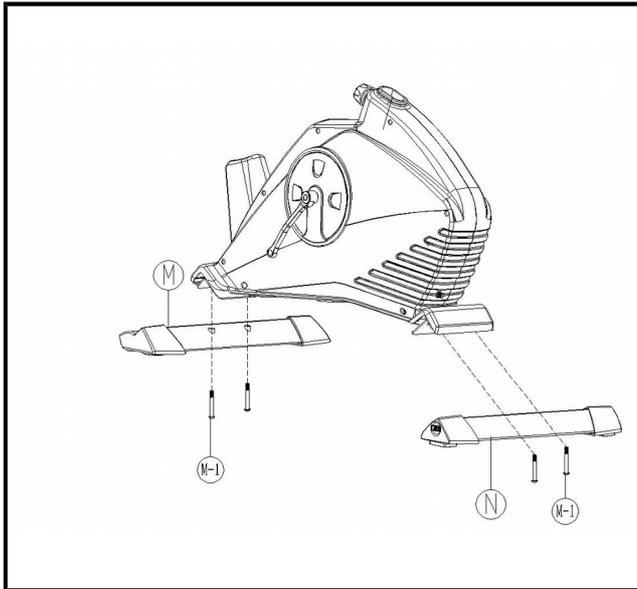
Ed : 02/17



➤ All data displayed are approximate guidance and cannot be used in any medical application.



# ASSEMBLY INSTRUCTIONS

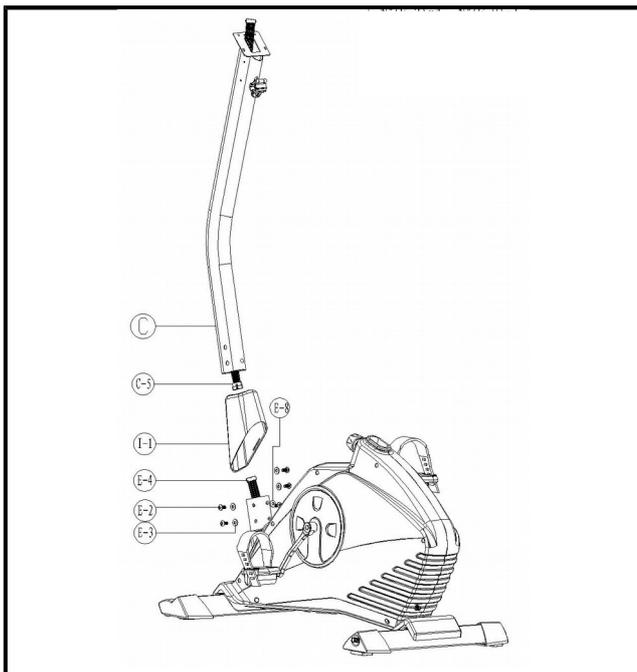
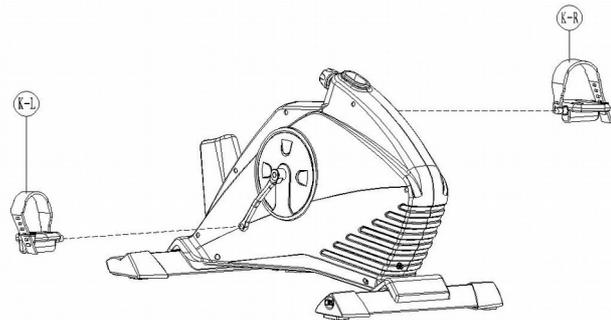


## Step 1

Assembly the rear and front stabilizer (N&M) with 4 bolts (M-1).

## Step 2

Assemble the left hand pedal (K-L) and the right hand pedal (K-R) to the crank.



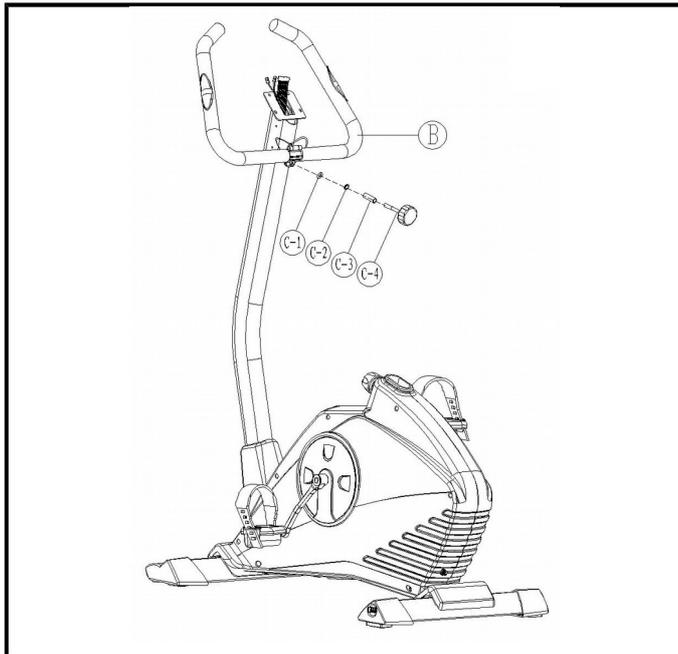
## Step 3

Pass through the handlebar post (C) from the plastic cover (I-1).

Connect the computer cable up and down (C-5 & E-4). Fix the handlebar post to the main frame after the above two steps.

Fasten those screws ( E-2 ) and washers (E-3&E-8) to fix the handlebar post, move the plastic cover to right position.

# ASSEMBLY INSTRUCTIONS



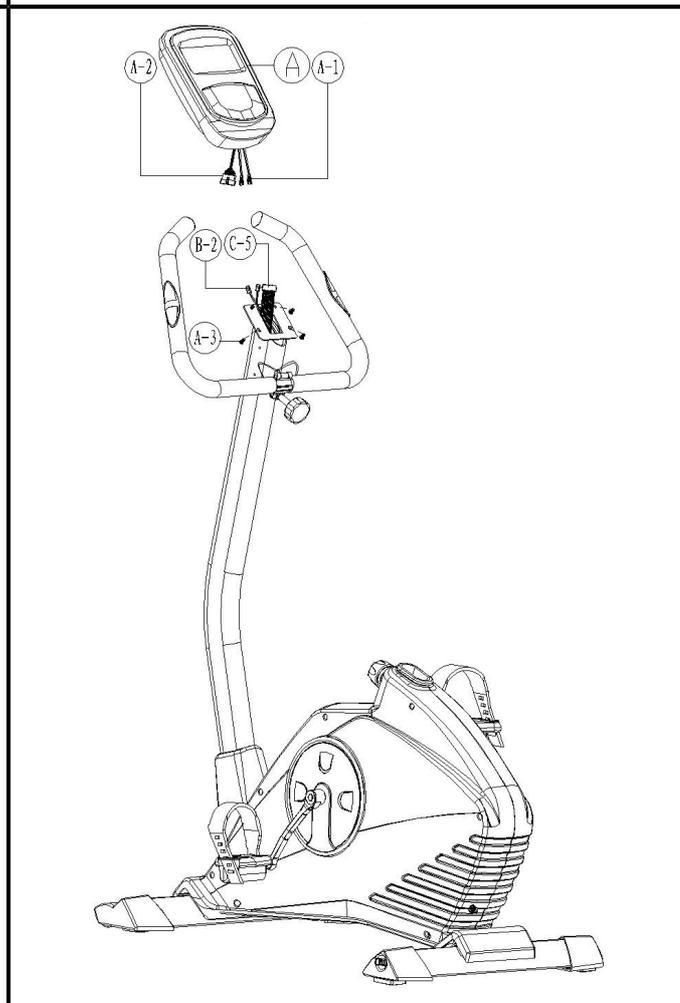
## Step 4

Attach the handlebar (B) to the handlebar post between the steel covers, secure the steel cover assembly using one flat washer (C-1), one spring washer (C-2), one bushing (C-3) and one knob (C-4).

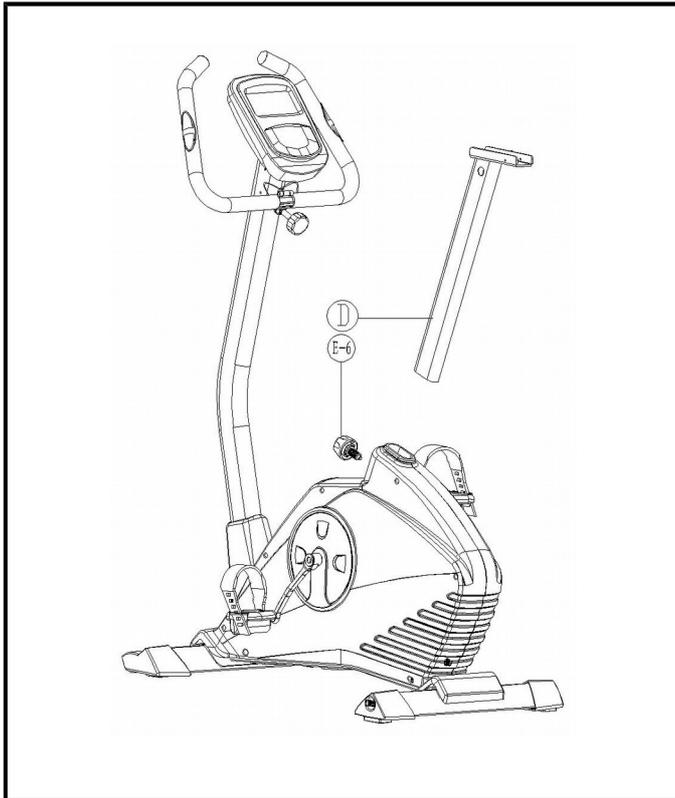
## Step 5

Plug in the cables (A-1&B-2) between the computer and the handlebar post, plug in the motor cable (A-2&C-5) between computer and handle bar post.

Fix the computer onto the handlebar post with four screws (A-3).



# ASSEMBLY INSTRUCTIONS



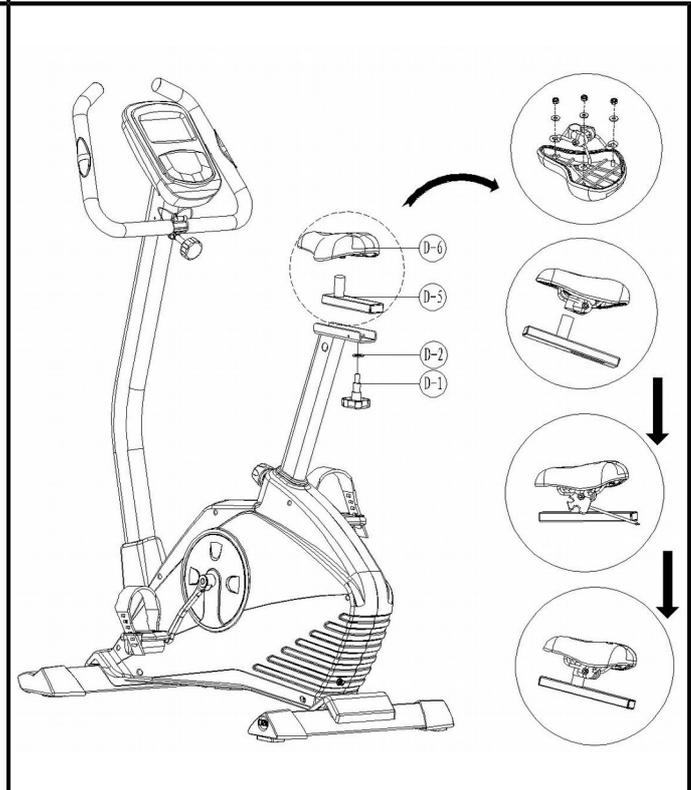
## Step 6

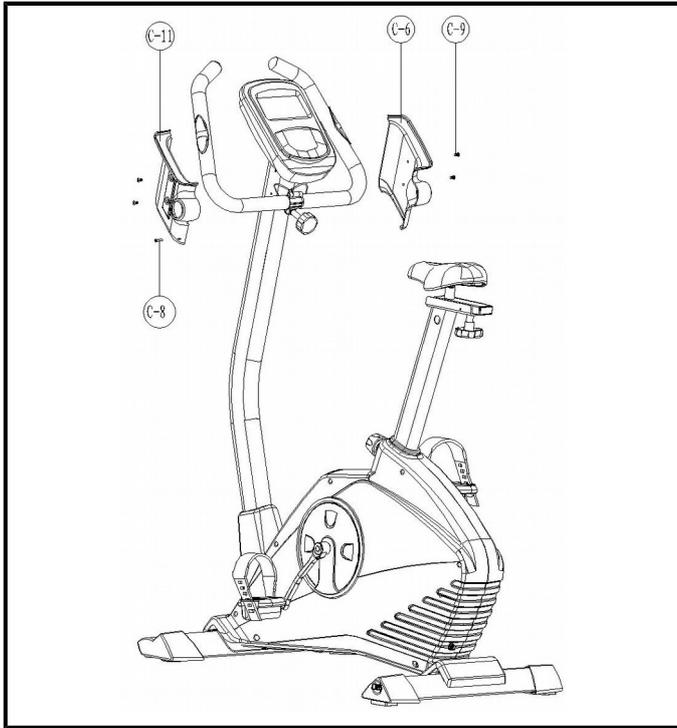
Insert the seat post (D) into the main frame through the plastic sleeve. Select the ideal hole position on the seat post. Insert the knob (E-6) into the hole. Tighten fully the knob.

## Step 7

Connect the saddle (D-6) and the slider (D-5) s.

Attach the slider onto the top of the seat post and the secure using the horizontal adjusting knob (D-1) and one flat washer (D-2).



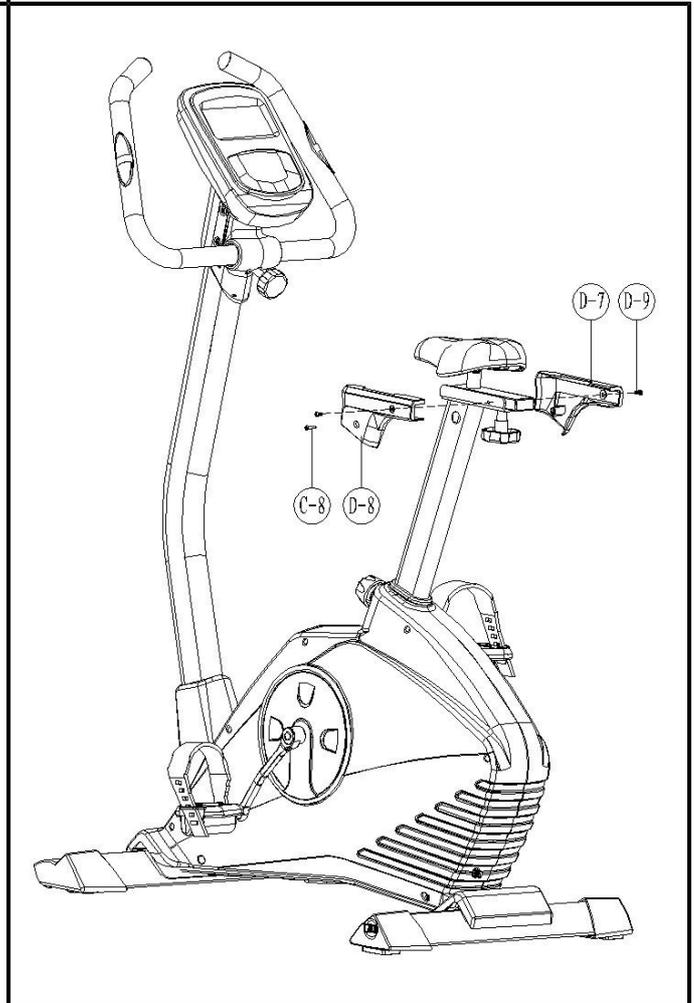


## Step 8

Put the handle bar plastic cover left & right (C-11&C-6) onto the handle bar, secure it with screws (C-8&C-9) as left drawing.

## Step 9

Assemble the slider cover left & right (D-8&D-7) onto the slider set, fix it with screws (C-8&D-9).

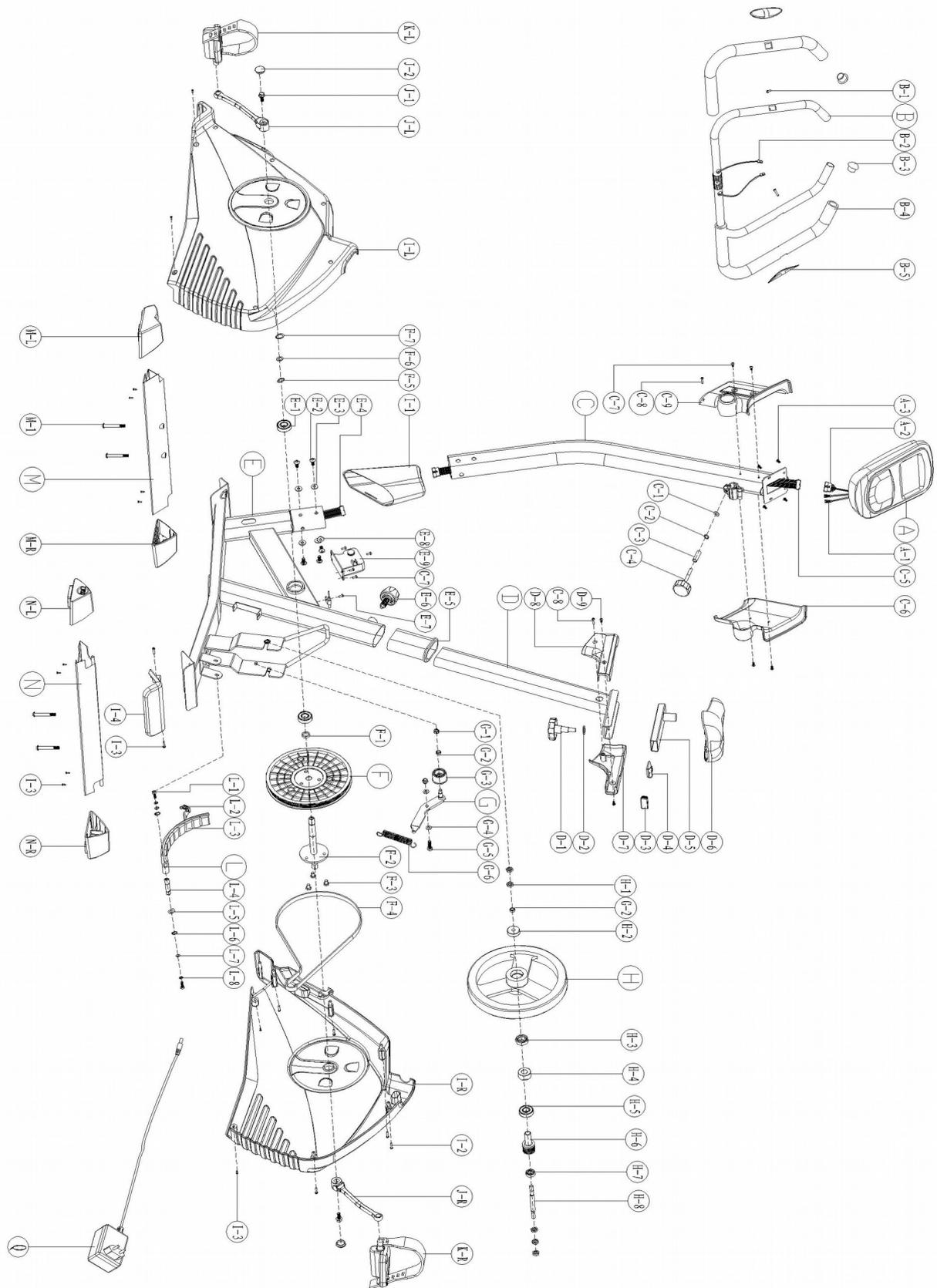


# PARTS LIST

Item	Description	Q'ty	Item	Description	Q'ty
A	Computer	1	F-7	C-circle	1
A-1	Pulse cable (upper)	1	G	Idle	1
A-2	Motor cable	1	G-1	Nylon nut M8	5
A-3	Screw M5*10	4	G-2	Bushing $\Phi 10 \times \Phi 14 \times 6L$	2
B	Handle bar	1	G-3	Idle wheel	1
B-1	Screw M4*20	2	G-4	Flat washer	2
B-2	Pulse cable (lower)	2	G-5	Screw M8*20L	1
B-3	End cap	2	G-6	Spring	1
B-4	Foam grip	2	H	Flywheel	1
B-5	Hand pulse	2	H-1	Screw 3/8"-26	5
C	Handle bar post	1	H-2	Bearing 6000	1
C-1	Flat washer	1	H-3	Bearing 6300	1
C-2	Spring washer	1	H-4	One way bearing	1
C-3	Bushing	1	H-5	Bearing 6203	1
C-4	Knob	1	H-6	Small belt pulley	1
C-5	Motor cable (upper)	1	H-7	Bearing 6003	1
C-6	Handle bar cover (right)	1	H-8	Mandril of flywheel	1
C-7	Screw	4	I-L	Chain cover (left)	1
C-8	Screw	2	I-R	Chain cover (right)	1
C-9	Handle bar cover (left)	1	I-1	Handle bar post cover	1
D	Seat post	1	I-2	Screw M4*20	5
D-1	Seat knob	1	I-3	Screw	12
D-2	Flat washer	1	I-4	Rear tube cover	1
D-3	Cap 20*40	2	J-L	Crank (left)	1
D-4	Slider fixed screw	1	J-R	Crank (right)	1
D-5	Slider	1	J-1	Screw M8	2
D-6	Saddle	1	J-2	Cover for crank	2
D-7	Slider cover (right)	1	K-L	Pedal (left)	1
D-8	Slider cover (left)	1	K-R	Pedal (right)	1
D-9	Screw	2	L	Magnetic set	1
E	Main frame	1	L-1	Screw M6	2
E-1	Bearing 6203	2	L-2	Spring	1
E-2	Screw M8*16L	5	L-3	Magnetic	10
E-3	Flat washer	4	L-4	Bushing	1
E-4	Motor cable (lower)	1	L-5	Wave washer	2
E-5	Plastic sleeve	1	L-6	C circle	2

E-6	Seat post knob M16	1		L-7	Spring washer	2
E-7	Screw	1		L-8	Flat washer	2
E-8	Semicircle washer	1		M	Front stabilizer	1
E-9	Motor	1		M-L	Front end cap (left)	1
F	Plastic pulley	1		M-R	Front end cap (right)	1
F-1	Bushing $\Phi 17*5T$	1		M-1	Screw M8*60L	4
F-2	Axle assembly	1		N	Rear stabilizer	1
F-3	Screw M8*10L	3		N-L	Rear end cap (left)	1
F-4	Belt	1		N-R	Rear end cap(right)	1
F-5	Wave washer	1		O	Inner hex. wrench	1
F-6	Flat washer	1		P	Harpoon wrench	1

# COMPLETE BIKE ASSEMBLY



# Computer Operation

## I. To operate the monitor

A-0. Plug in the AC Adapter to power supply. You will see this first screen followed by the next one.

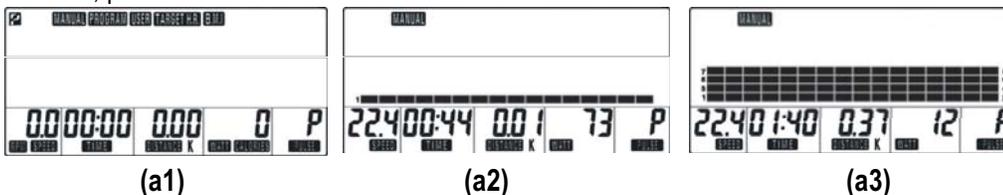


A-1. You may select different training mode of MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons (a1). Press MODE button to confirm. Or, you may press ST/STOP button to start training directly in MANUAL mode.

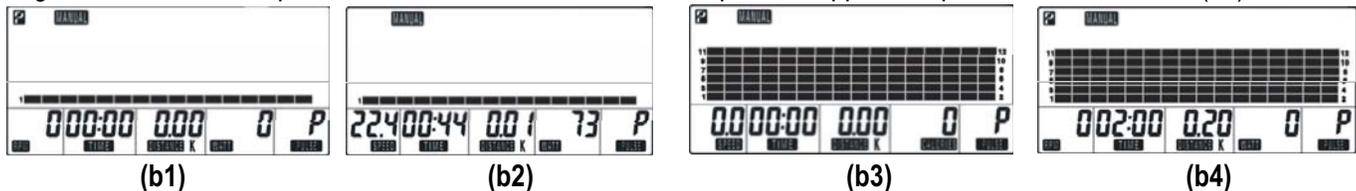
A-2. In a fresh monitor, if you start the selected mode, all function data start counting up from zero once the training starts (a2). If you choose to preset any function target data (optional), then, the function display will count down from your preset target value once the training starts.

A-3. During training, you may adjust resistance by pressing UP, DOWN buttons (a3). Please note each bar represents TWO resistance levels. The bar will change up or down every two levels. During adjustment, you will see the display changes when you press UP or DOWN button twice. There is a number (1 to 16) on the screen to show the exact resistance level.

A-4. To reset, press and hold the RESET button for 2 seconds.

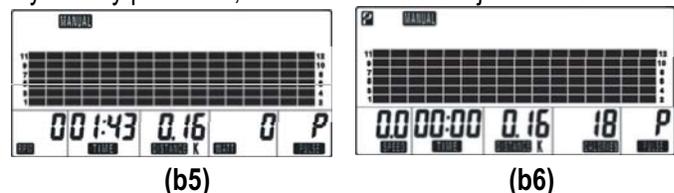


B. Training in MANUAL mode - press UP button until MANUAL shows up on the upper line, press MODE to confirm(b1).



B-1 You may press ST/STOP button to start training directly(b2), or you may press UP, DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.

B-2 After adjustment of the training resistance, you may press ST/STOP to start training or, optionally, set each function data target by pressing MODE button to select the desired function you want to set target data. Then, use the UP, DOWN buttons to set the value. Press MODE button to advanced to the next desired function area. The functions available for preset are: Time, Distance, Calories, and Pulse in MANUAL mode.(b4)



B-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (b5)

B-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (b6)

B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

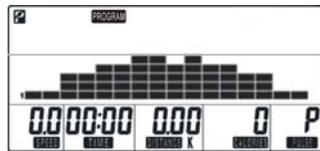
# Computer Operation

B-6 During all training period, you may press ST/STOP to stop monitor counting at anytime.

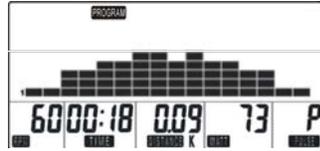
C. Training in PROGRAM mode - press UP button until PROGRAM shows up on the upper line, press MODE to confirm.



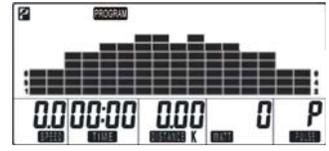
(c1)



(c2)



(c3)



(c4)

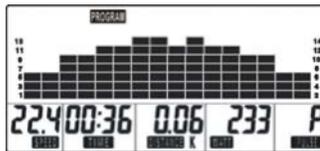
C-1 The initial set program profile is P1 (c1 & c2). There are 12 training program profiles (P1-P12) available. You may press UP/DOWN button to select the desired training profile. Press MODE button to confirm.

C-2 You may press ST/STOP button to start training directly(c3), or you may press UP, DOWN buttons to adjust resistance level (c4). During adjustment, you will see the display changes when you press UP or DOWN button twice.

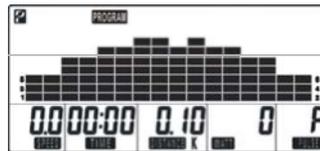
C-3 After adjustment of the training resistance, you may press ST/STOP to start training or, Optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in PROGRAM mode.(c5)



(c5)



(c6)



(c7)

C-4 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.(c6)

C-5 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you. (c7)

C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

C-7 During all training period, you may press ST/STOP to stop monitor counting at anytime.

D. Training in USER mode - press UP button until USER shows up on the upper line, press MODE to confirm(d1). In USER mode, you can set your own desired training program.



(d1)



(d2)



(d3)



(d4)

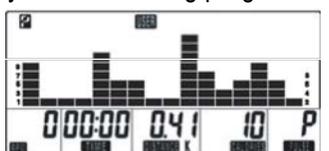
D-1 There are 16 profile units that you can set the desired resistance level for each unit to create your own training program.

Press UP, DOWN buttons to adjust resistance level of the first profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice (d3).

Press MODE button to move to the next profile unit. Then, use UP, DOWN buttons again to set the desired resistance level until you've completed all 16 profile units. You may also adjust resistance during training.



(d5)



(d6)

D-2 After completing your own training program setting, you may press ST/STOP to start training or, optionally, set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, Calories, and Pulse in USER mode. (d4)

D-3 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. (d5)

D-4 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the

# Computer Operation

left-upper corner) and beep for 8 times to remind you.(d6)

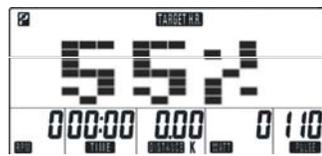
D-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

D-6 During all training period, you may press ST/STOP to stop monitor counting at anytime.

- E. Training in TARGET H.R. mode - press UP button until TARGET H.R. shows up on the upper line, press MODE to confirm. (The monitor will first display initial set AGE 20(e1). Please input your age by pressing UP, DOWN, and MODE button to confirm. The monitor will then display initial target heart rate percentage 55% (e2). You may press UP button to select 75%, 90% or THR for further selection. The right-lower field of the display will show a target heart rate figure which is calculated according to your age and selected heart rate percentage. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right-lower field of the display. You may press MODE button and use UP, DOWN buttons to set your desired target heart rate value, the setting range could be from 30 to 240 bpm.



(e1)



(e2)



(e3)

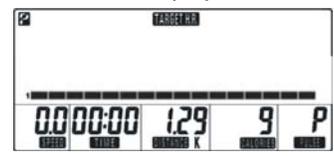


(e4)

- E-1 You may press ST/STOP button to start training directly (e3). Or, optionally, you may set each function data target by following the same procedure as stated in B-2 above. The functions available for preset are: Time, Distance, and Calories in TARGET H.R. mode.(e4)



(e5)



(e6)

- E-2 After all settings are done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts(e5). Once you are training in TARGET H.R. mode, the training resistance will be adjusted automatically depends on your current heart beat. If your heart beat is very high compare to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level every 15 seconds by monitoring your current heart beat change. If the training resistance has dropped to level one but your heart beat is still high, the monitor will stop all functions automatically as a protective action. If your heart beat is very low compare to the preset target, the training resistance will increase one level every 30 seconds till level 16. You will NOT be able to adjust training resistance by yourself when you are training in Target H.R. mode.

E-3 Once each function target data is achieved (counts down to zero), the monitor will stop all functions (P appears on the left-upper corner) and beep for 8 times to remind you.(e6)

E-4 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function data will keep counting up or down from previous records.

E-5 During all training period, you may press ST/STOP to stop monitor counting at anytime.

## II. Button Functions

- UP** To make upward adjustment to each function data or increase training resistance or select personal data setting.
- DOWN** To make backward adjustment to each function data or decrease training resistance or select personal data setting.
- MODE** To confirm function selection or data input.
- RECOVERY** To activate/deactivate the Heart Rate Recovery function.
- RESET** Press the RESET button for 2 seconds to reset current settings and switch the monitor to initial training mode.
- START/STOP** To start or stop training.

## III. Functions

- SCAN** When training starts, RPM and SPEED data will alternate on display. Same thing with the Watt and Calories data.
- SPEED** Displays current training SPEED from 0.0 to maximum 99.9 Km.

# Computer Operation

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<b>RPM</b>	Displays current training rotations per minute.
<b>TIME</b>	Count up - If NO preset target, Time will count up from 00:00 to maximum 99:59 with each increment of 1 second. Count down - If training with preset Time, Time will count down from preset value to 00:00. Each preset increment or decrement of 1 minute between 1:00 to 99:00.
<b>DISTANCE</b>	Count up - If NO preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 Mile. Count down - If training with preset target, Distance will count down from preset value to 0.00. Each preset increment or decrement is 0.1 Mile between 0.00 to 99.90.
<b>CALORIES</b>	Count up - If NO preset target, Calories will count up from 0 to maximum 999 with each increment of 1 cal. Count down - If training with preset target, Calories will count down from preset value to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.
<b>PULSE</b>	To display your current heart beat figures as soon as the pulse sensors are touched. The monitor will detect your heart beat through handgrip sensors once you hold on the sensors with both hands. If you have preset pulse target when training in Manual, Program, or User mode, the monitor will beep when your current heart rate reaches the preset target. To select Target Heart Rate training mode for training, please refer to the above "Training in Target Heart Rate mode". To ensure the heart rate readout is stable, please hold the handgrip sensors with both hands during training.
<b>RECOVERY</b>	After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "Time" will start counting down from 00:60 - 00:59 - 00:58 - to 00:00. Please keep on holding the handgrips until "Time" reaches 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep on exercising to improve the heart rate recovery status day by day from F6 to F1. ** Press the RECOVERY button again to return back to the main display.
<b>WATT</b>	Display current training watt figures.

## **IV. Note**

1. The monitor will shut off automatically if you stop the training or button operation for 4 - 5 minutes. All training data will be kept and reappeared again when you press any button.
  2. The monitor is powered through an AC adaptor (DC 8V, 500mA). Please plug in power supply before using the monitor.
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