

TOORX
FITNESS IN MOTION

INSTRUCTION

CHRONO»LINE



SRXEVOLVE

iConsole App Manual

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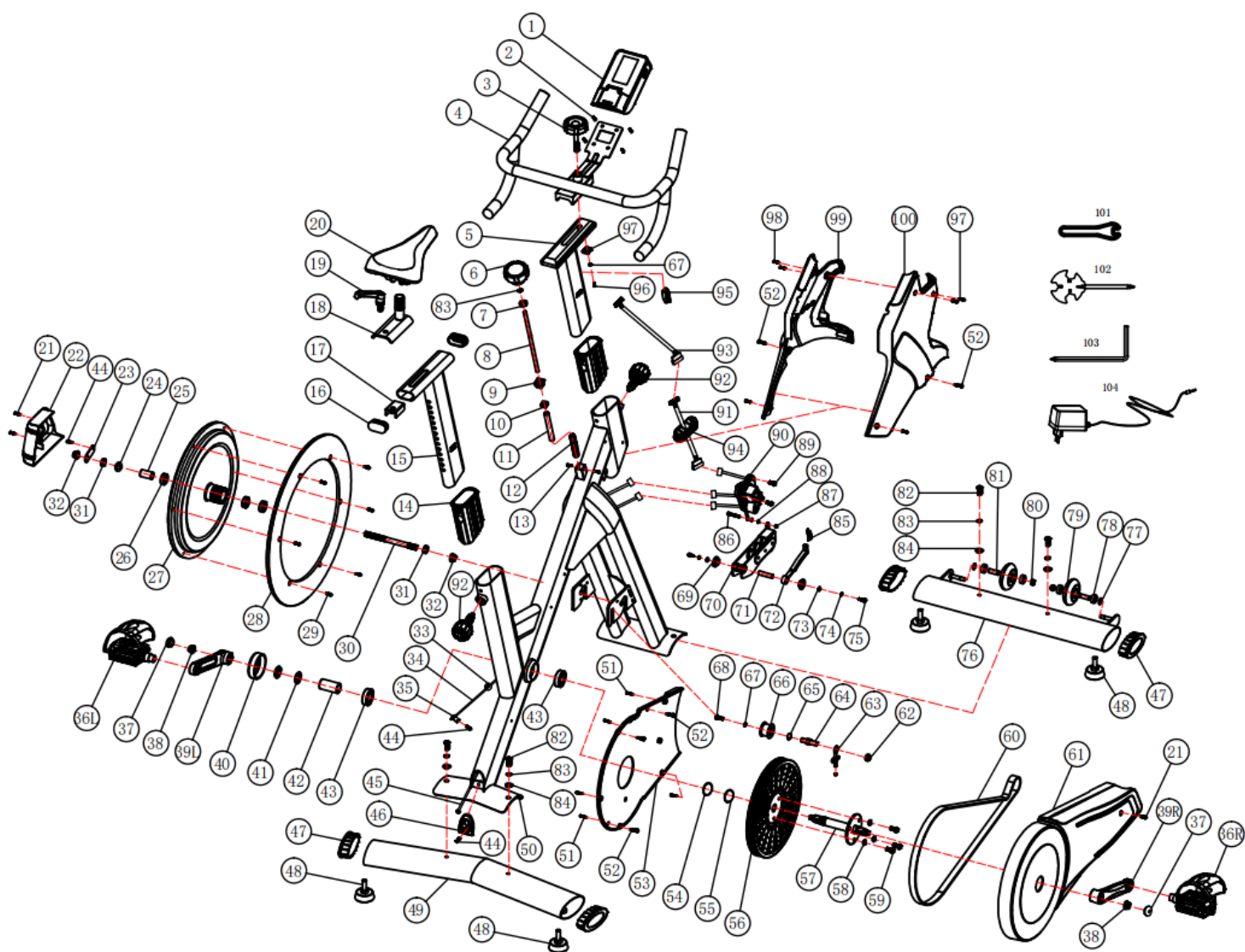
Cod : GRLDTOORXSRXEVO

Rev : 00

Ed : 01/23



EXPLODED DRAWING



PART LIST

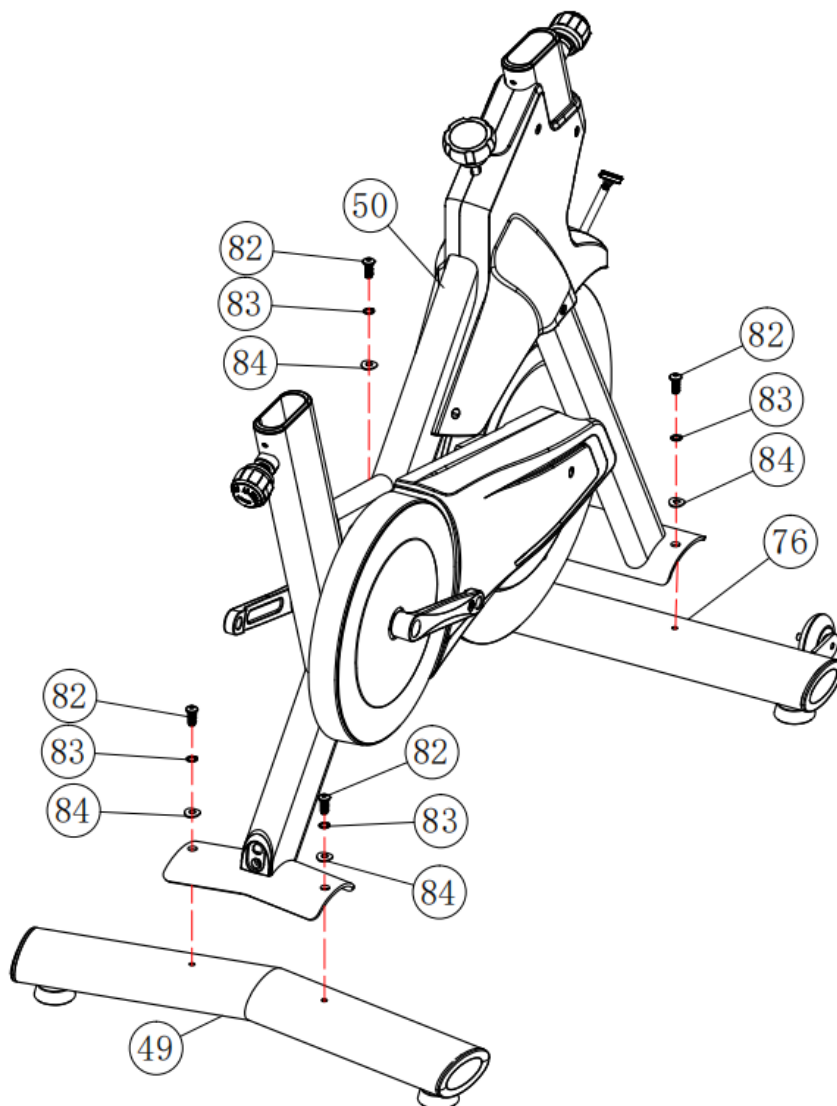
Part #	Description	Quantity
1	Computer	1
2	Screw	4
3	Knob	1
4	Handlebar	1
5	Handlebar post	1
6	Emergency brake	1
7	Hex nut	1
8	Braking bolt	1
9	End cap	1
10	Nut	1
11	Tube spacer	1
12	Spring	1
13	Screw	2
14	Bushing	2
15	Seat post	1
16	End cap	2
17	Slipping tube fixed nut	1
18	Slipping tube	1
19	L shape knob	1
20	Saddle	1
21	Screw	3
22	Plastic cover	1
23	Iron sheet	1
24	Washer	1
25	Tube spacer	1
26	Bearing	3
27	Flywheel	1
28	Aluminum Ring	1
29	Screw	6
30	Flywheel axle	1
31	Hex nut	2
32	Flange nut	2
33	Small end cap	1

34	Sensor cable	1
35	Sensor	1
36L	Pedal left	1
36R	Pedal right	1
37	Crank end cap	2
38	Flange nut	2
39L	Crank left	1
39R	Crank right	1
40	Round cover	1
41	Nut	2
42	Tube	1
43	Bearing	2
44	Screw	3
45	DC cable	1
46	DC cable cover	1
47	Rear end cap	4
48	Adjusting pad	4
49	Rear stabilizer bar	1
50	Main frame	1
51	Screw	7
52	Screw	5
53	Chain cover left	1
54	Washer	1
55	Washer	1
56	Belt wheel	1
57	Axle	1
58	Spring washer	3
59	Allen bolt	3
60	Belt	1
61	Chain cover right	1
62	Nut	1
63	Belt adjustable set	1
64	Idler axle	1
65	Waved washer	1
66	Idler	1
67	Washer	2
68	Hex screw	1
69	End cap	2

70	Magnet set	1
71	Magnet set axle	1
72	Break pad	1
73	Washer	2
74	Spring washer	2
75	Hex screw	2
76	Front stabilizer bar	1
77	Washer	2
78	Bushing	4
79	Wheel	2
80	Nut	2
81	Plastic tube	2
82	Allen bolt	4
83	Spring washer	5
84	Curved washer	4
85	Spring	1
86	Screw	1
87	Nut	1
88	Nut	2
89	Screw	2
90	Motor	1
91	Lower compuer cable	1
92	Knob	2
93	Upper computer cable	1
94	End cap	1
95	End cap	1
96	Screw	1
97	Nut	1
98	Screw	6
99	Front plastic cover left	1
100	Front plastic cover right	1
101	Wrench	1
102	Combination wrench	1
103	Allen key wrench	1
104	Adapter	1

ASSEMBLY INSTRUCTION

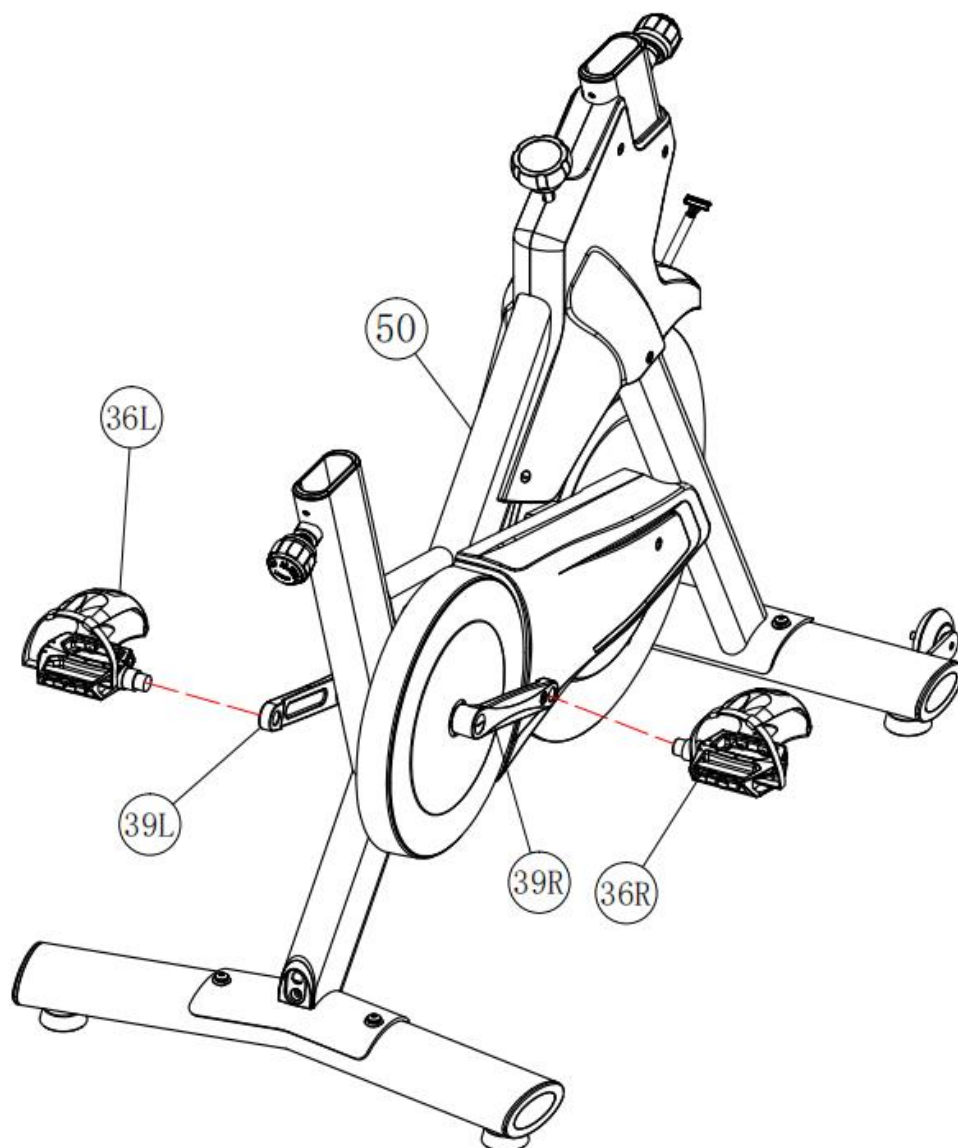
STEP 1



A. Attach the Front Stabilizer bar(76) onto the Main frame(50) with 2 Allen bolt(82), 2 Spring washer(83) and 2 Curved washer(84), Tighten fully.

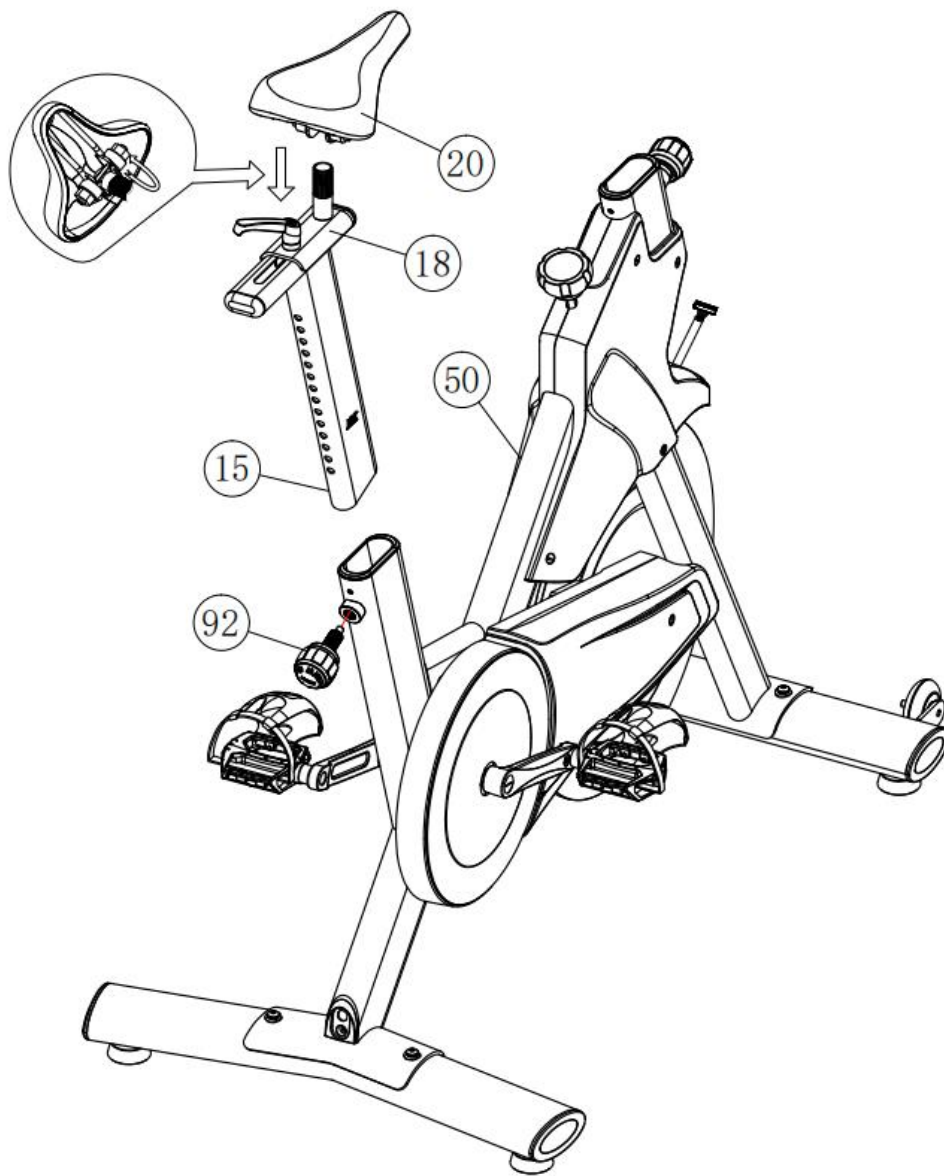
B. Attach the Rear Stabilizer bar(48) onto the Main frame(50) with 2 Allen bolt(82), 2 Spring washer(83) and 2 Curved washer(84), Tighten fully.

STEP 2



A. Attach the Left pedal(36L)&Right pedal(36R) to the Left crank(39L)&Right crank(39R), tightening it clockwise.

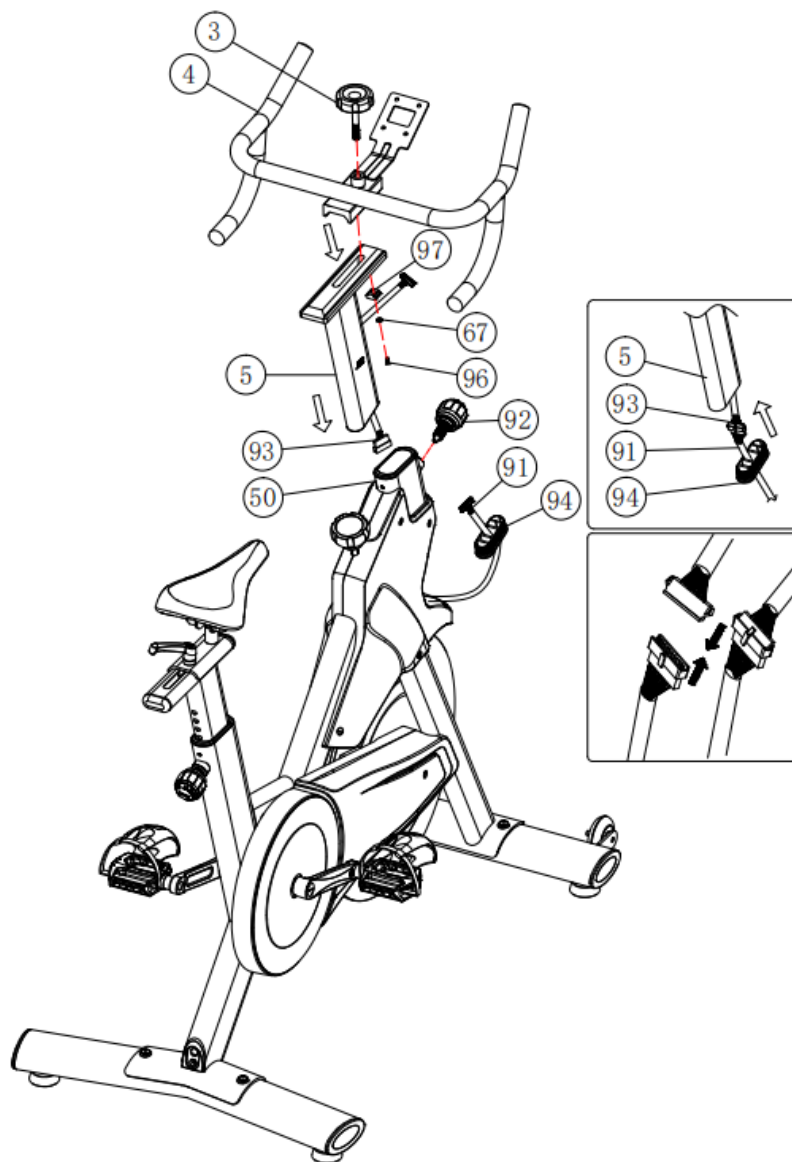
STEP 3



A. Attach the Saddle(20) to the Saddle post(18). Tighten fully as picture the small image shows.

B. Insert the Saddle post(15) into the Main frame(50), position it correctly and tighten the Knob(92).

STEP 4

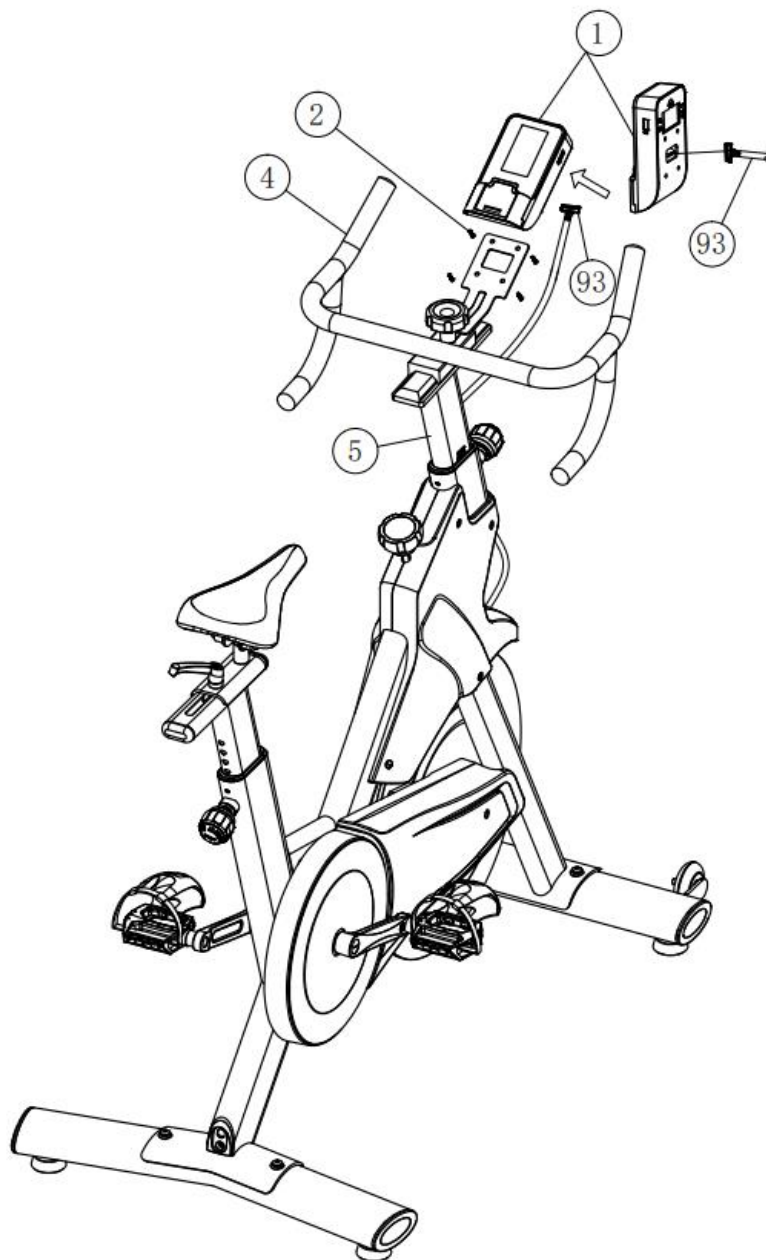


A. Loosen the Knob(92), then insert the Handlebar post(5) into the Main frame(50). Position it correctly and tighten the Knob(92).

B. Attach the Upper tension cable(93)&Lower computer cable(91) as the small image shows. Then insert the End cap(94) into the Handlebar post(5).

C. Attach the Handlebar(4) on the Handlebar post(5) with Knob(3), Nut(97), Washer(67) and Screw(96).

STEP 5



A. Attach the computer(1) on the Handlebar(4) with 4 Screw(2). Insert the Upper computer cable(93) into the Computer(1).

COMPUTER INSTRUCTION

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Workout time displayed during exercise. Range 0:00 ~ 99:00
SPEED	Workout speed displayed during exercise. Range 0.0 ~ 990
DISTANCE	Workout distance displayed during exercise. Range 0.0 ~ 99.00
CALORIES	Burned calories during workout display. Range 0 ~ 9990
PULSE	Pulse bpm displayed during exercise. Pulse alarm when over preset target pulse. Range:0~230
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.

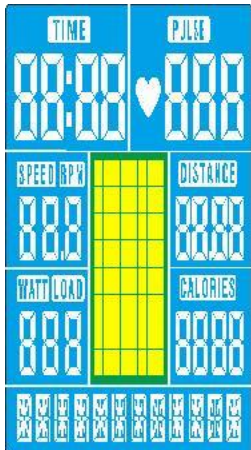
OPERATION PROCEDURE

1. POWER ON

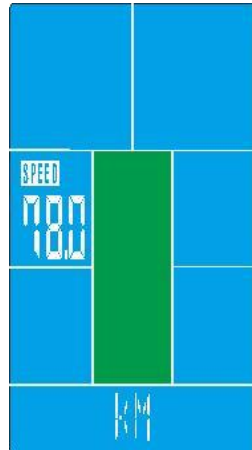
When POWER ON or hold RESET key for 2s, buzzer will sound 1s and LCD full display for 2 seconds (Picture1). Then display wheel diameter and unit (Picture2). Then go to Standby mode.

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 ◀ Watt, then press MODE to enter. If press START without any setting, console begin to run and count up directly.

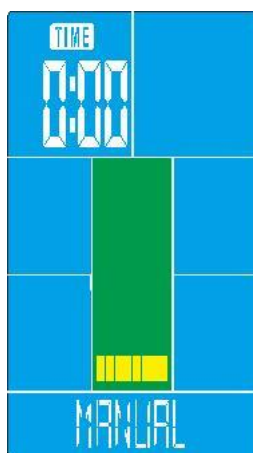
3. Manual Mode

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

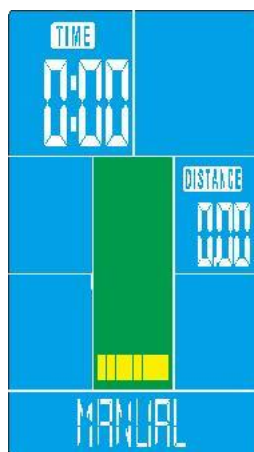
Press UP or DOWN to set TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm (Picture 3-6).

Press START/STOP key to start workout. Press UP or DOWN to adjust LOAD level (1~24).

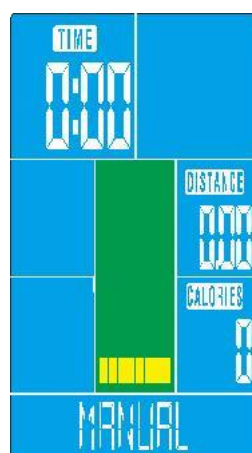
Press START/STOP key to pause workout. Press RESET to reverse to main menu.



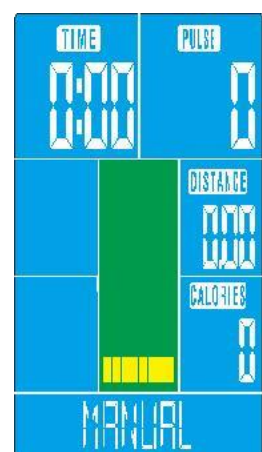
Picture3



Picture4



Picture5



Picture6

4. **Beginner Mode**

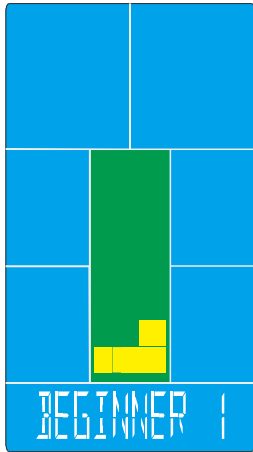
Press UP or DOWN to select Beginner mode and press MODE to confirm.

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

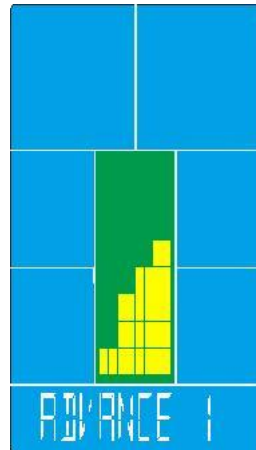
Press UP or DOWN to set TIME and press START/STOP key to start workout.

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**

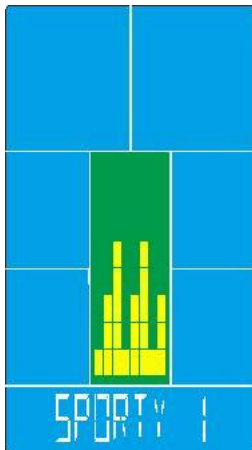
Press UP or DOWN to select Sporty mode and press MODE to enter.

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

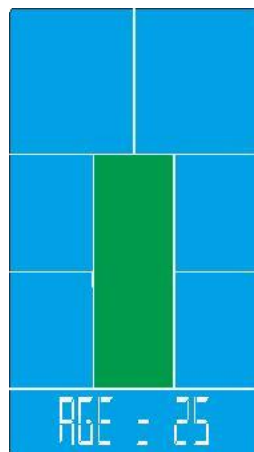
Press UP or DOWN to set TIME and press START/STOP key to start workout.

Press UP or DOWN to adjust resistance level.

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



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.

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 1s, then LCD will display “PULSE INPUT” to remind,user must hold hand grips correctly.

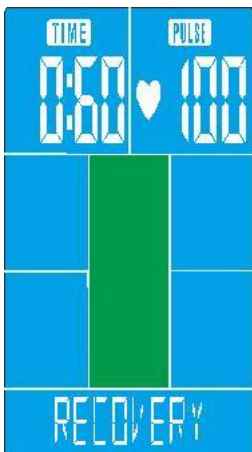
8. Recovery Mode

After exercising for a period of time, keep holding on handgrips. When there is PULSE detected, press RECOVERY key. Then all

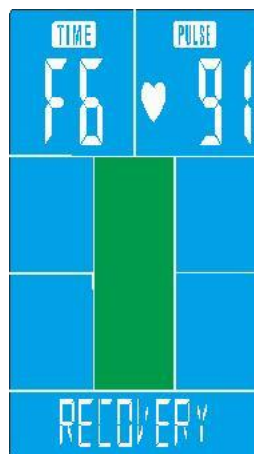
function display will stop except “TIME” that will start counting down from 00:60 to 00:00 (Picture 11). While TIME counts down to 0:00, LCD will display your heart rate recovery status with the F1, F2....to F6 (Picture 12). F1 is the best, F6 is the worst.

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. Watt Mode

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

Press UP or DOWN to select watt value 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 and watt value.

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



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