

TCORX
FITNESS IN MOTION

INSTRUCTION



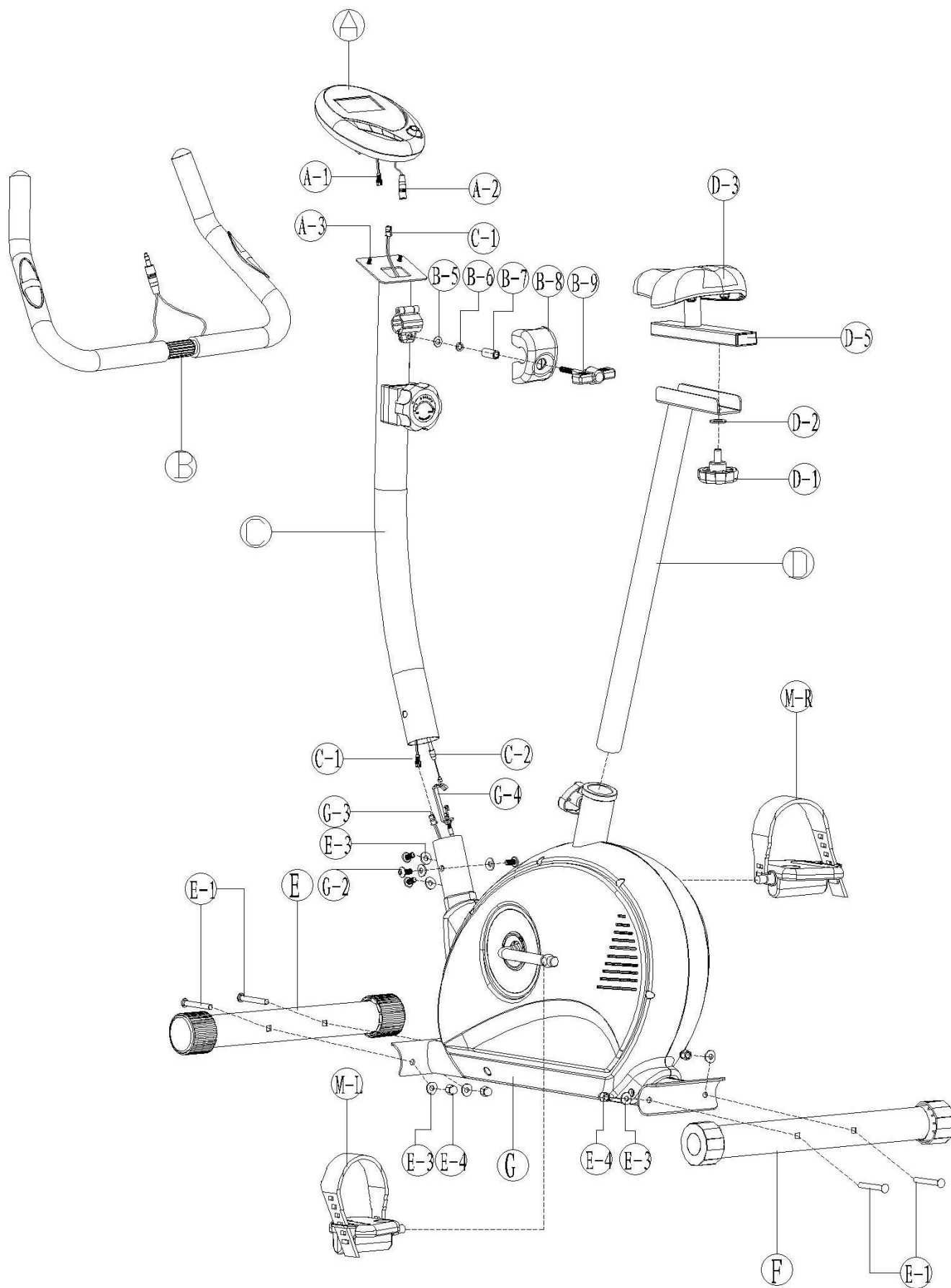
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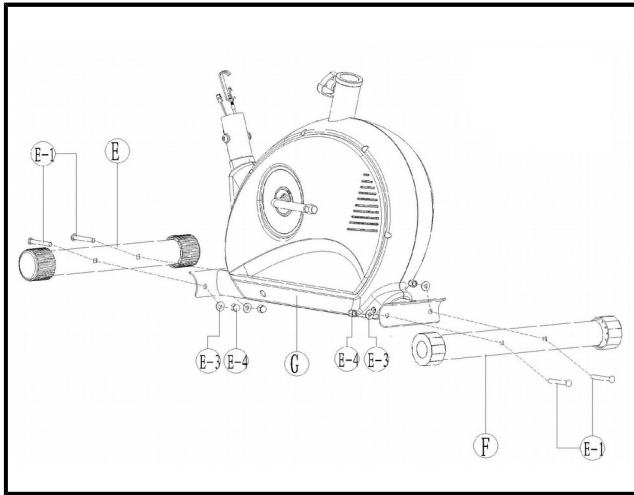
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ASSEMBLY INSTRUCTIONS

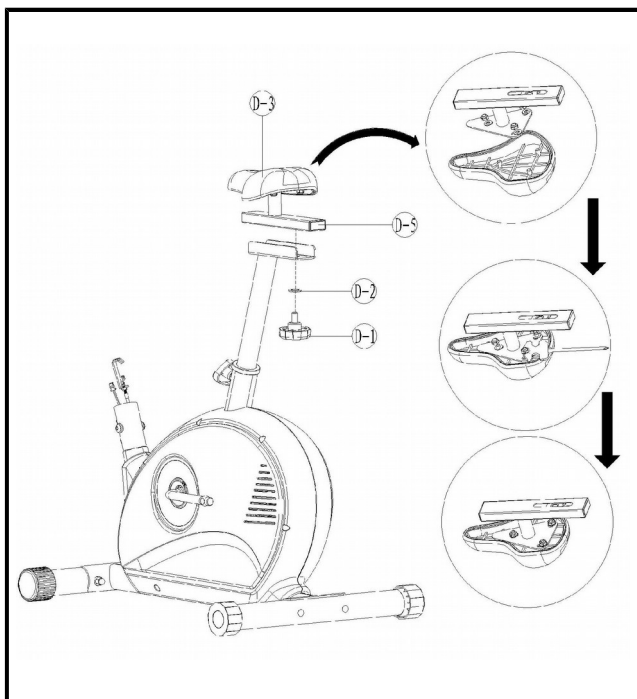
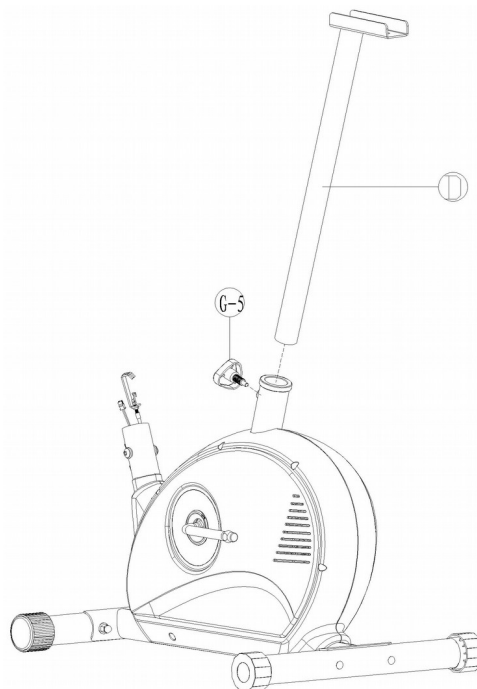


Step 1

Assembly the rear and front stabilizer (F&E) with 4 bolts (E-1), 4 nuts (E-4) and 4 washers (E-3).

Step 2

Loosen the seat post knob (G-5), insert the seat post (D) into the support tube, tighten the knob.

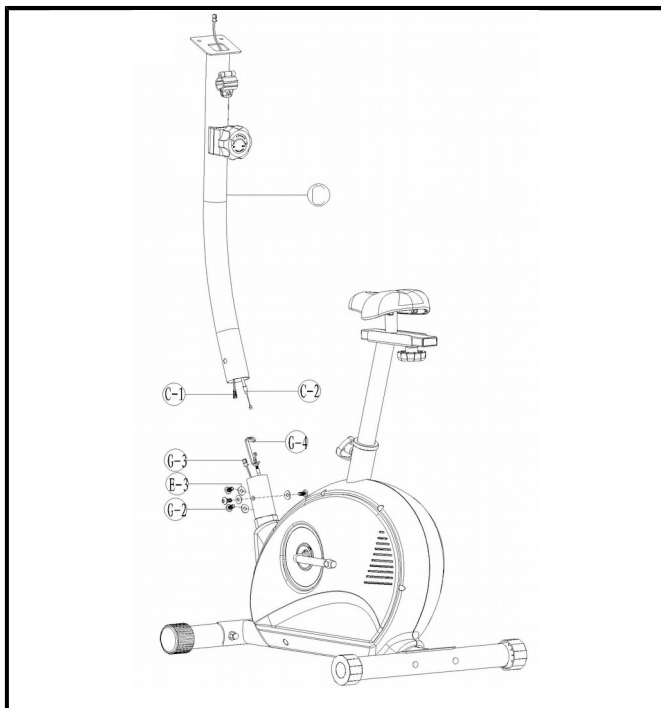


Step 3

Assemble the saddle (D-3) onto the slider set (D-5) with three nuts and washers, fix the saddle.

Assemble the slider set with the seat post with Knob (D-1) and flat washer (D-2).

ASSEMBLY INSTRUCTIONS



Step 4

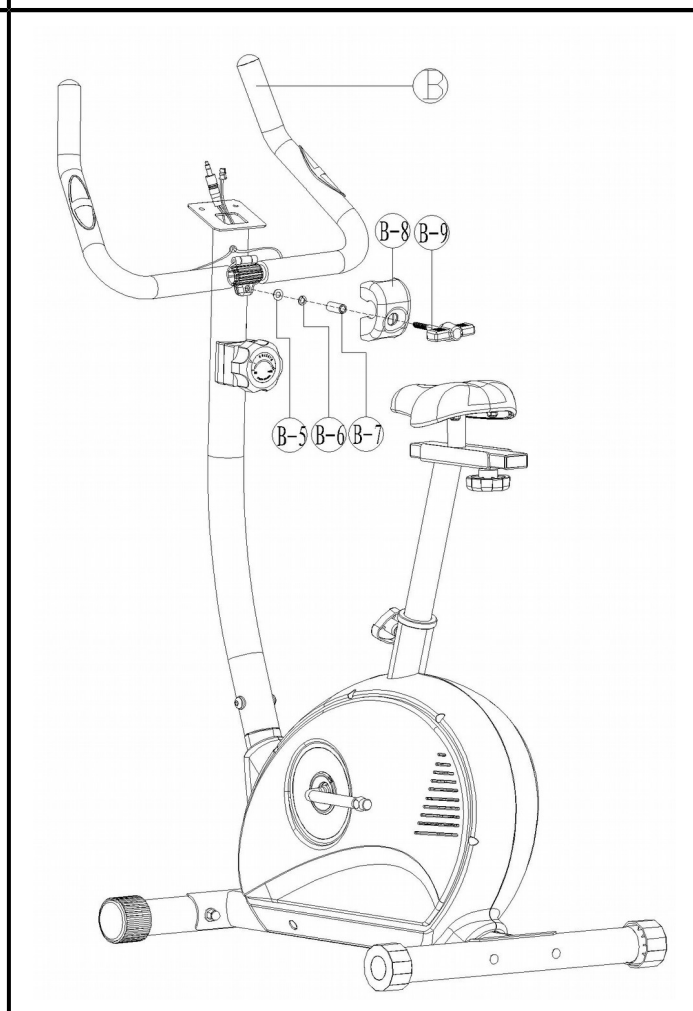
Loosen the four screws (G-2) and four washers (E-3).

Connect the tension control upper (C-2) & lower (G-4), connect the sensor cable upper (C-1) & lower (G-3).

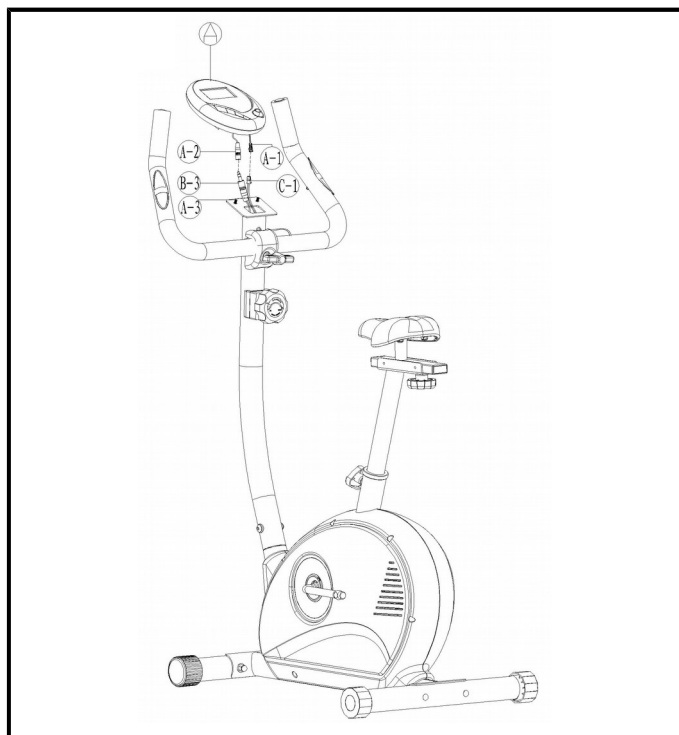
Insert handle bar post (C) onto the support tube, tighten with four screws and washers.

Step 5

Put the handle bar (B) into the metal bracket, make the hand pulse cable through the hole on handle bar post, cover the bracket with the plastic cover, use flat washer (B-5), spring washer (B-6), bushing (B-7) and T-knob to fix the handle bar as the right drawing.



ASSEMBLY INSTRUCTIONS

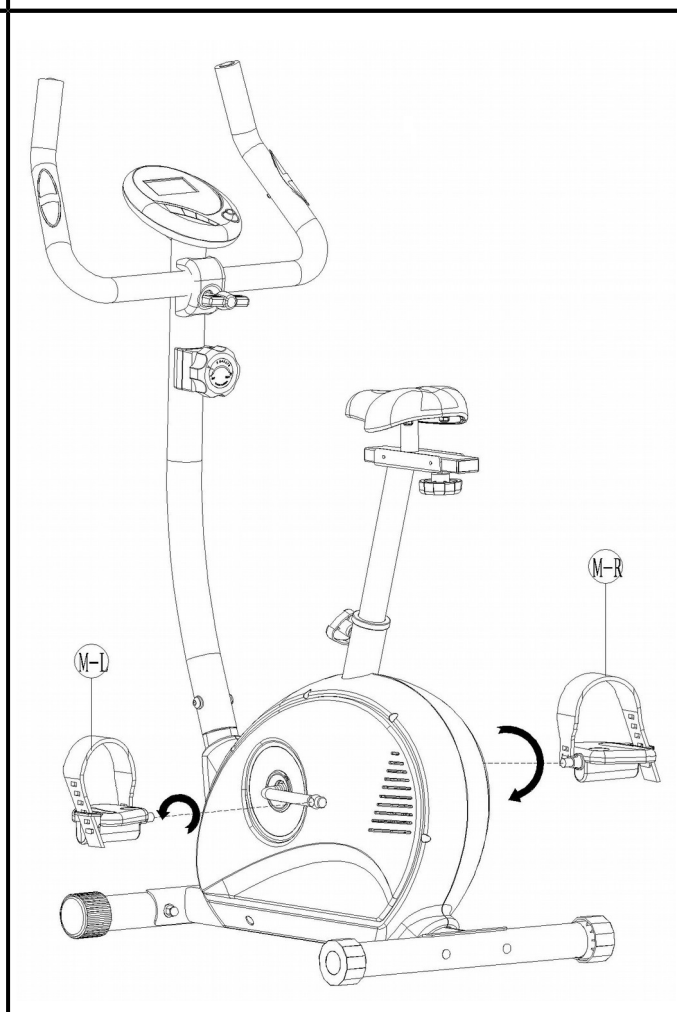


Step 6

Connect the hand pulse cable between computer and handle bar (A-2&B-3), connect the sensor cables (A-1&C-1), fix the computer onto the metal plate with two screws (A-3).

Step 7

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

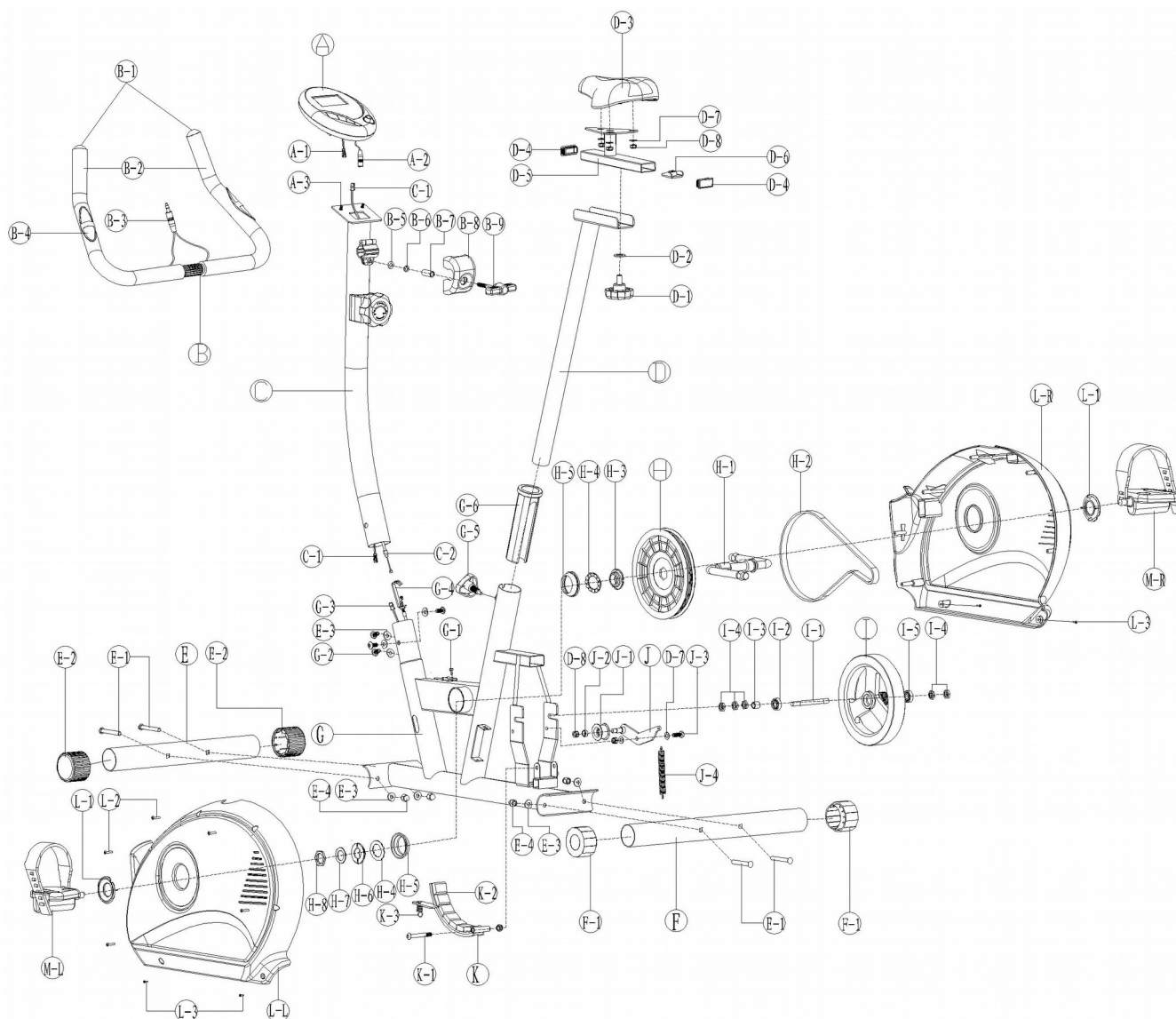


PARTS LIST

NO.	DESCRIPTION	Q'TY
A	Computer	1SET
A-1	Sensor cable	1PC
A-2	Hand pulse cable	1PC
A-3	Screw	2PCS
B	Handle bar set	1SET
B-1	End cap	2PCS
B-2	Handle bar foam	2PCS
B-3	Hand pulse cable	1PC
B-4	Hand grip	2PCS
B-5	Flat washer	1PC
B-6	Spring washer	1PC
B-7	Bushing	1PC
B-8	Handle bar cover	1PC
B-9	T-knob	1PC
C	Handlebar post set	1SET
C-1	Sensor cable (upper)	1PC
C-2	Tension controller(Upper)	1PC
D	Seat post	1PC
D-1	Knob for seat	1PC
D-2	Flat washer	1PC
D-3	Saddle	1PC
D-4	End cap	2PCS
D-5	Slider	1PC
D-6	Screw	1PC
D-7	Flat washer	5PCS
D-8	Nylon nut	6PCS
E	Front stabilizer	1PC
E-1	Carriage screw M8*65	4PCS
E-2	Front end cap	2PCS
E-3	Semicircle washer	8PCS
E-4	M8 nut	4PCS
F	Rear stabilizer	1PC
F-1	Rear end cap	2PCS
G	Main frame	1PC
G-1	Screw	1PC

G-2	Screw	4PCS
G-3	Sensor cable (lower)	1PC
G-4	Tension control (lower)	1PC
G-5	Seat post knob	1PC
G-6	Plastic sleeve	1PC
H	Plastic pully	1PC
H-1	Crank	1PC
H-2	Belt	1PC
H-3	Right thread	1PC
H-4	Ball retainer	2PCS
H-5	Bottom bracket	2PCS
H-6	Left thread	1PC
H-7	Have tooth washer	1PC
H-8	Hex. nut	1PC
I	Flywheel	1PC
I-1	Flywheel bearing	1PC
I-2	6900 bearing	1PC
I-3	Bushing	1PC
I-4	Nut	5PCS
I-5	6000 bearing	1PC
J	Idle set	1SET
J-1	Idle wheel	1PC
J-2	Bushing	1PC
J-3	Hex. screw	1PC
J-4	Spring	1PC
K	Magnetic set	1SET
K-1	Screw	1PC
K-2	Magnetic	7PCS
K-3	Spring	1PC
L-L	Chain cover (left)	1PC
L-R	Chain cover (right)	1PC
L-1	Cover for crank	2PCS
L-2	Screw	5PCS
L-3	Screw	4PCS
M-L	Pedal (left)	1PC
M-R	Pedal (left)	1PC

COMPLETE BIKE ASSEMBLY



EXERCISE COMPUTER

Monitor Display



FUNCTION BUTTON

- MODE** Press "MODE" to select each function display on the main screen.
- SET** Can to proceed the data establish for "TIME""DISTANCE""CALORIES"
- RESET** Hold two seconds to reset all of the values to zero.

FUNCTIONS

- SCAN** Automatically scan through each mode in sequence every 6 seconds. The display loop is TIME-SCAN-DISTANCE-CALORIE-SPEED on the main screen.
- SPEED** Displays current training SPEED, the maximum is 99.9km/ml,it always displays.
- TIME** Accumulates total working time from 00:00 up to 99:59.
- DISTANCE** Accumulates training distance from 0.00 to the maximum 99.99km/ml with each increment 0.01km/ml.
- CALORIES** Accumulates calories consumption during training from 0 to the maximum 9999 cal with each increment 1 cal.
- PULSE** Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear),and wait for 30 seconds for most accurate reading.
- ODO** Press the MODE key until the pointer advance to ODOMETER.The total accumulated distance will be shown.

NOTE

1. Without any signal been transmitted into the monitor for 4 minutes, the LCD display will shut off automatically, and all function values will be kept. You may press mode or start pedaling to have the monitor power on again.
2. If improper display on monitor, please re-install batteries to have a good result.
3. Battery spec: 1.5v um-3 or AA(2pcs).



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