TOORX
FITNESS IN MOTION

INSTRUCTION

APP READY 3.0

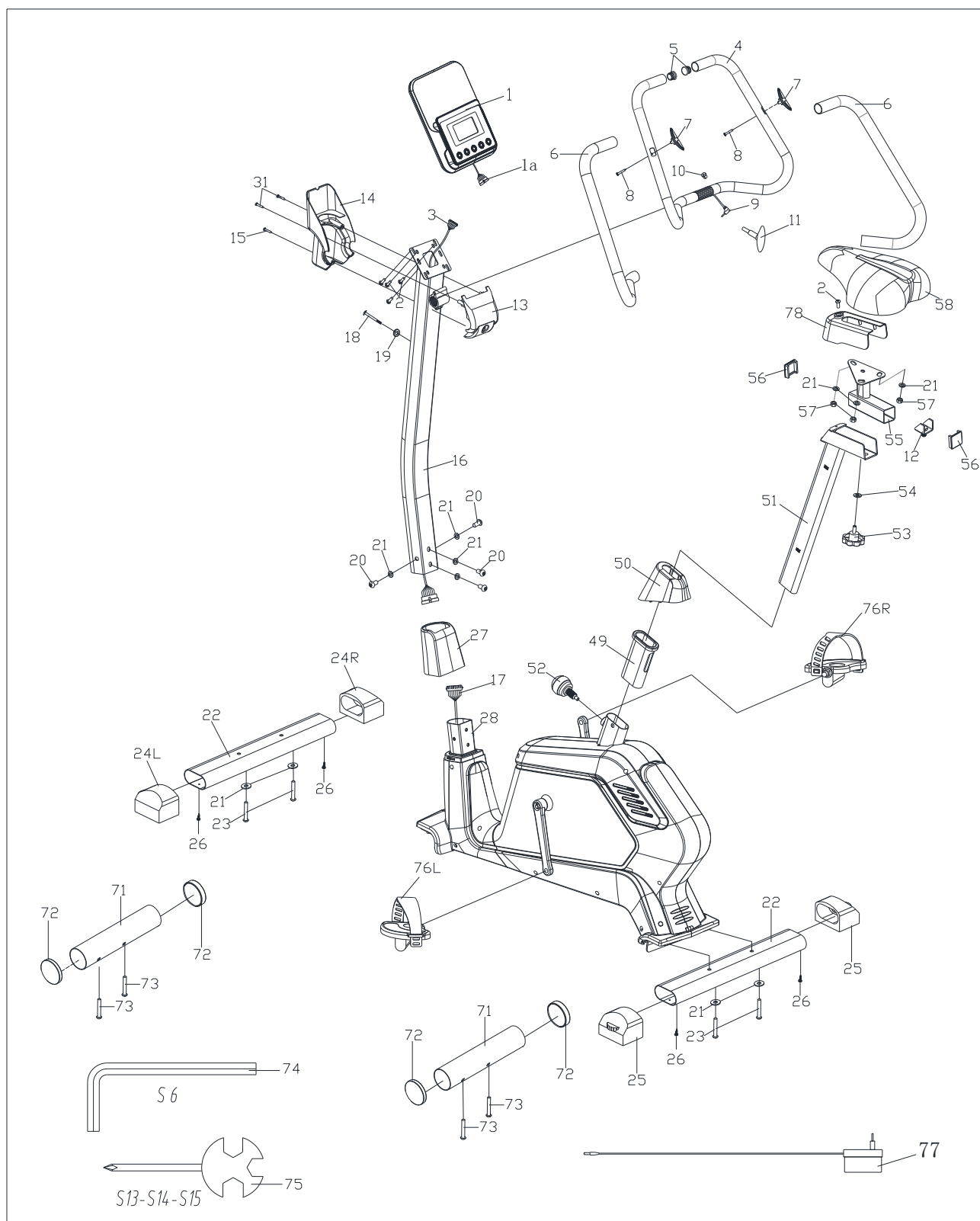# BRX90
EVO

CE

EXPLODED-VIEW & PARTS LIST：
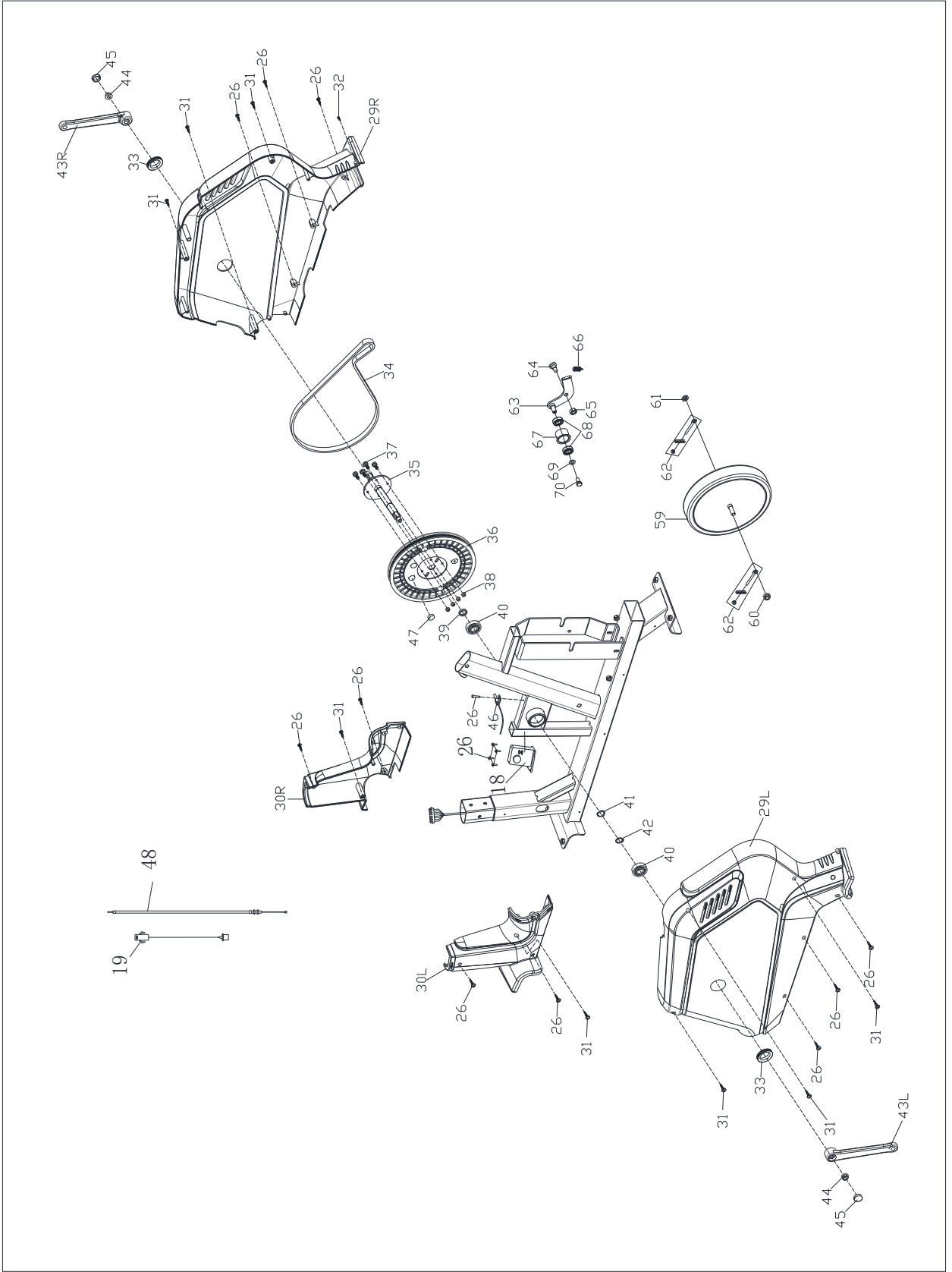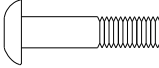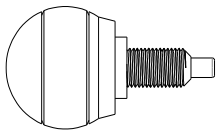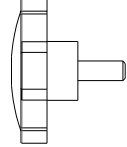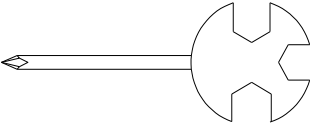
PART LIST:

No.	Description	Q'TY	No.	Description	Q'TY
1	Computer	1	31	Screw ST4.2*19*Φ8	10
2	Screw M5*10	3	32	Screw ST4.0*10*Φ6	1
3	Middle wire	1	33	End cap	2
4	Handlebar	1	34	Belt 6PJ410	1
5	End cap Φ25*16	2	35	Axle	1
6	Foam Φ23*3*630	2	36	Belt pulley Φ240	1
7	Pulse	2	37	Hex bolt M6*15	4
8	Screw ST4.0*19*Φ11	2	38	Nylon nut M6	4
9	Handle pulse wire L=800MM	1	39	Bushing Φ17.2*Φ22*4	1
10	Stopple Φ12*11*Φ3	1	40	Bearing 6203-2Z	2
11	T knob	1	41	wave washer d17*Φ23*0.3	1
12	U bracket	1	42	Shaft ring d17	1
13	Front cover	1	43L/R	Crank	2
14	Rear cover	1	44	Hex flange nut M10*1.25*H7	2
15	Screw ST4.2*25*Φ8	1	45	Crank cover Φ26*9	2
16	Support tube	1	46	Sensor L=1000	1
17	Sensor wire	1	47	Magnet Φ15*7	1
18	DC motor	1	48	Tension wire	1
19	Wire	1	49	bushing	1
20	Scrw M8*16*S6	4	50	Seat post plastic cover	1
21	Washer d8*Φ16*1.5	11	51	Vertical seat	1
22	Stabilizer	2	52	Spring kno	1
23	Screw M8*50*20*S6	4	53	Knob	1
24L/R	End cap	2	54	Washer d10*Φ20*2	1
25	End cap	2	55	Seat tube	1
26	Screw ST4.2*16*Φ8	19	56	End cap	1
27	Front plastic cover	1	57	Nylon nut M8	3
28	Main frame	1	58	Seat 98-2	1
29L/R	Chain cover	2	59	Flywheel	1
30L/R	Small cover	2	60	Flange nut M10*1.0*H9*S14	1
61	Hexagon thin nut M10*1.0*H5*S17	1	77	Power adapter	1
62	Bolt group	2	78	Seat cover	

63	Steel bracket	1				
64	Screw	1				
65	Nylon nut M8*H7.5*S13	1				
66	Tension spring	1				
67	Idle wheel Φ37*Φ32*24	1				
68	Bearing 6000-RS	2				
69	Washer d6*Φ16*1.5	1				
70	Hexagon bolt M6*12*S10	1				
71	shipping tube	2				
72	End capΦ60	4				
73	Screw M8*72*20*S6	4				
74	Allen wrench S6	1				
75	Spanner S13-14-15	1				
76L/R	Pedal	2				

Assembly parts and tools:

	#2 M5×10	2PCS
	#11 M8×30×S6	2PCS
	#12 d8	2PCS
	#15 ST4.2×25×Ø8	1PCS
	#20 M8×16×S6	4PCS
	#21 d8×Ø16×1.5	8PCS
	#23 M8×50×20×S6	4PCS
	#31 ST4.2×19×Ø8	2PCS
	#52 M16×1.5×27×Ø56	1PCS
	#53 M8×20×Ø58	1PCS
	#54 d10×Ø20×2	1PCS
	#74 S6	1PCS
	#75 S13-14-15	1PCS

STEP 1:

Parts:
- #23 M8×50×20×S6 4PCS
- #21 d8×Ø16×1.5 4PCS
- S6
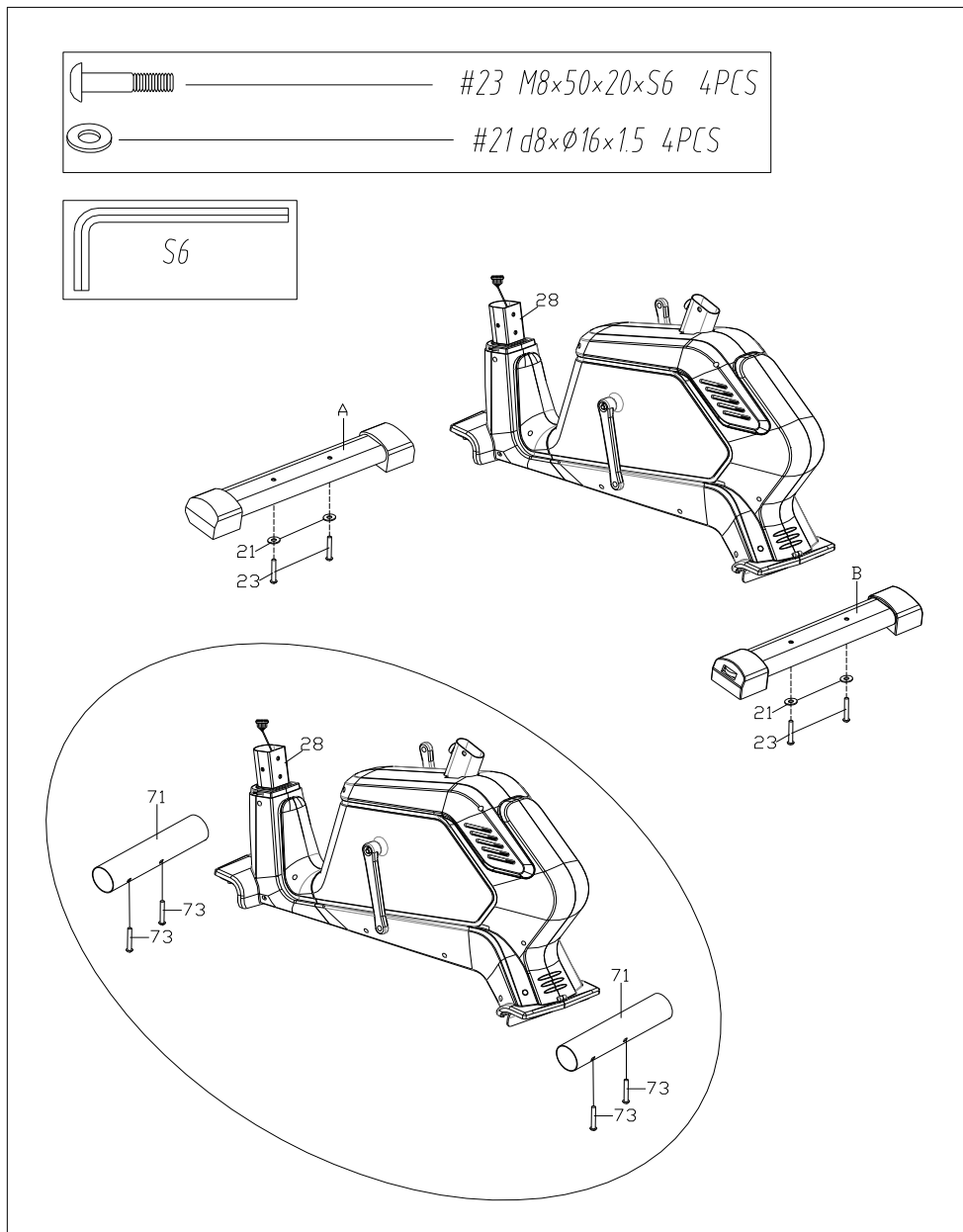
1. nscrew bolt (73) with spanner and remove shipping tube (71). You may save these parts if you'd like to repackage and transport this elliptical in the future.

2. Attach front stabilizer (A) and rear stabilizer (B) onto main frame (28) with bolt(23) and washer (21).

STEP 2:

#52 M16×1.5×27×Ø56 1PC
#53 M8×20×Ø58 1PC
#54 d10×Ø20×2 1PC
#2 M5×10 1PC
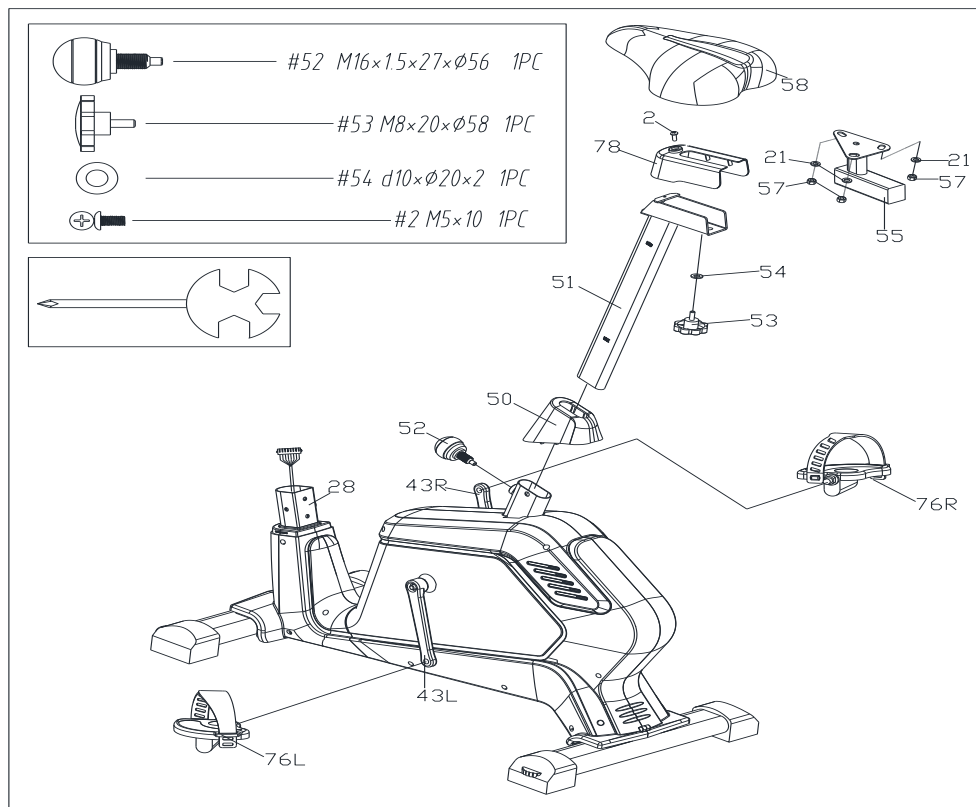
1. Attach the the seat(58) to the seat tube(55) with washer(21)and nylon nut(57), then tighten seat (58).

2. slide the seat tube(55) into the vertical seat post(51) and at the desired position,align holes and fix in place with the locking knob(53) and washer(54).Fix the seat cover(78) to the vertical seat post(51) with screw(2).

3. Put the vetical seat post(51) through the Seat post plastic cover(50) first,Insert the vertical Seat Post (51) into the main frame (28) and line up the holes.Secure the seat in position with the Adjustment Knob (52). The correct height for the seat can be adjusted after the bike is fully assembled.

4. Attach the pedal(76L/R) to the crank arms as shown ;

CAUTION: be sure the right pedal (76R) marked (R) is attached to the right crank arm and tightened in the clockwise direction. The left pedal (76L) marked (L) is attached to the left crank arm and tightened in the anticlockwise direction.

STEP 3：

#20 M8×16×S6 4PCS

#21 d8×Ø16×1.5 4PCS

S6

3

17

16

21 20

21

20 21 20 21

20

3

27

17

28
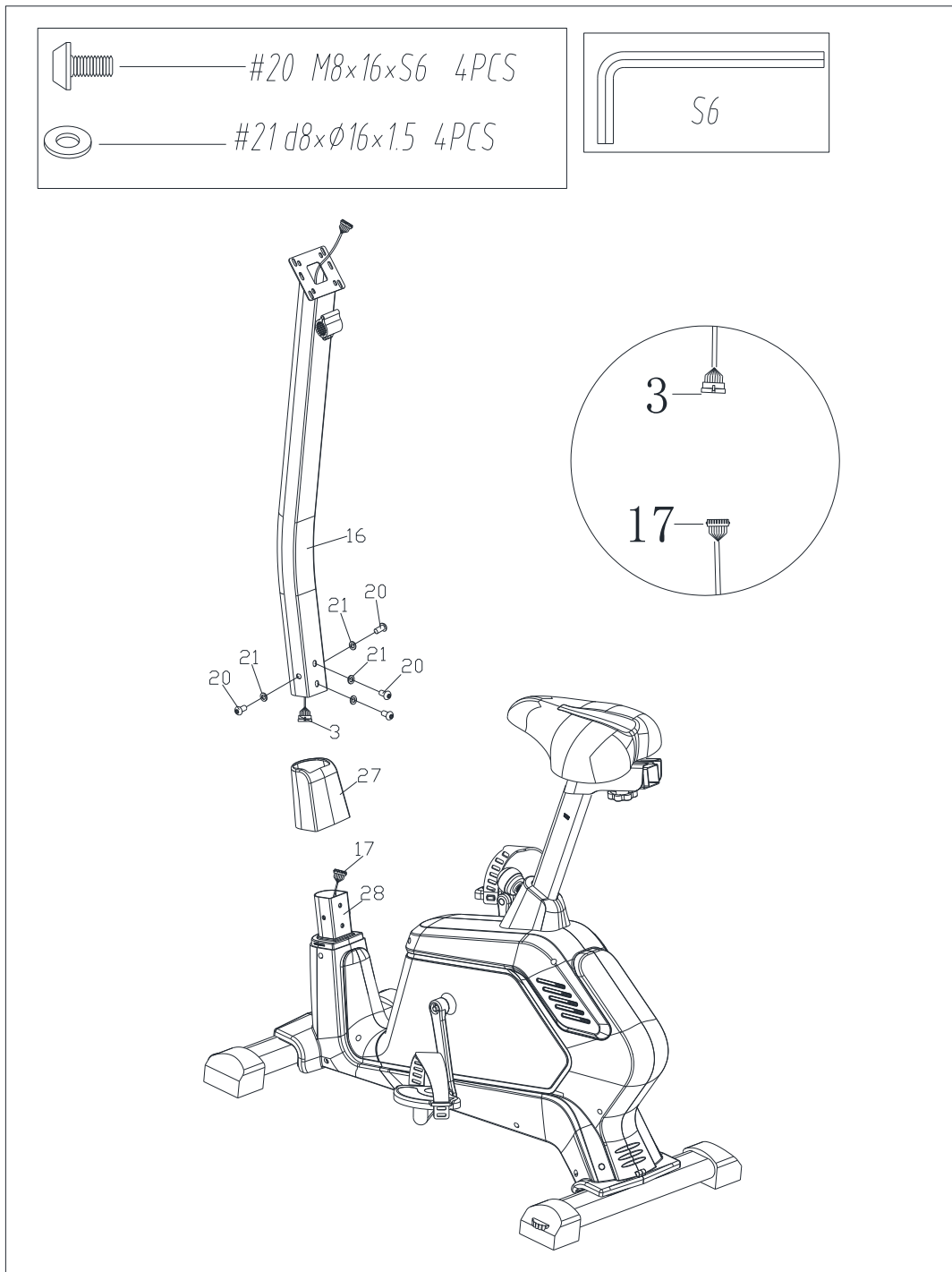
a. Connect trunk wire(3) and sensor wire(17) well,

b. Put the front plastic cover (27) to the support tube (16), Slide handlebar post (16) into

the main frame (28).Then, tighten them with screw (20)

STEP 4:
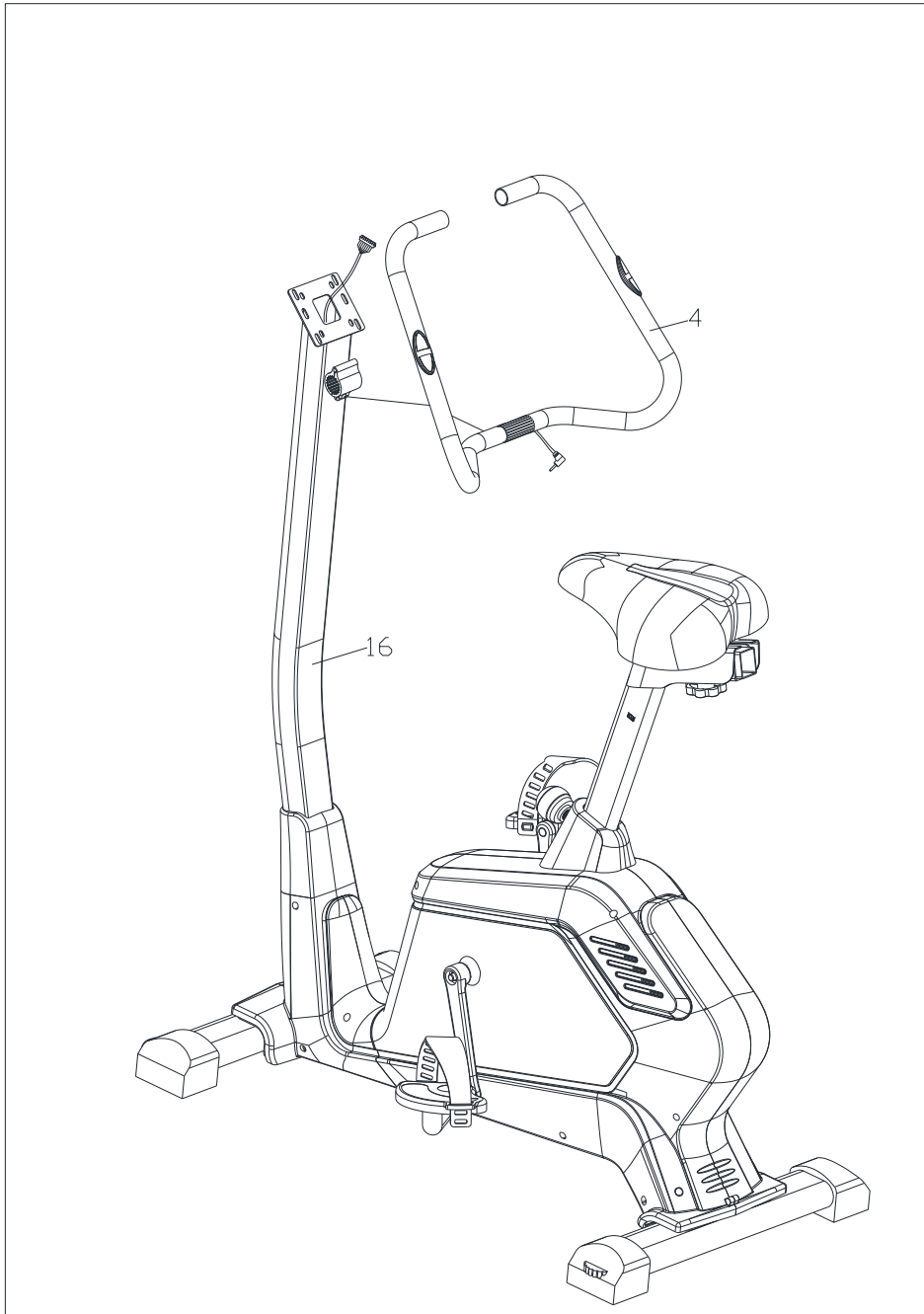
Attach handlebar(4) onto handlebar post(16).

STEP 5：

Legend (parts list in diagram):

- #11　M8　1PC
- #2　M5×10　4PCS
- #15　ST4.2×25×Ø8　1PCS
- #31　ST4.2×19×Ø8　2PCS
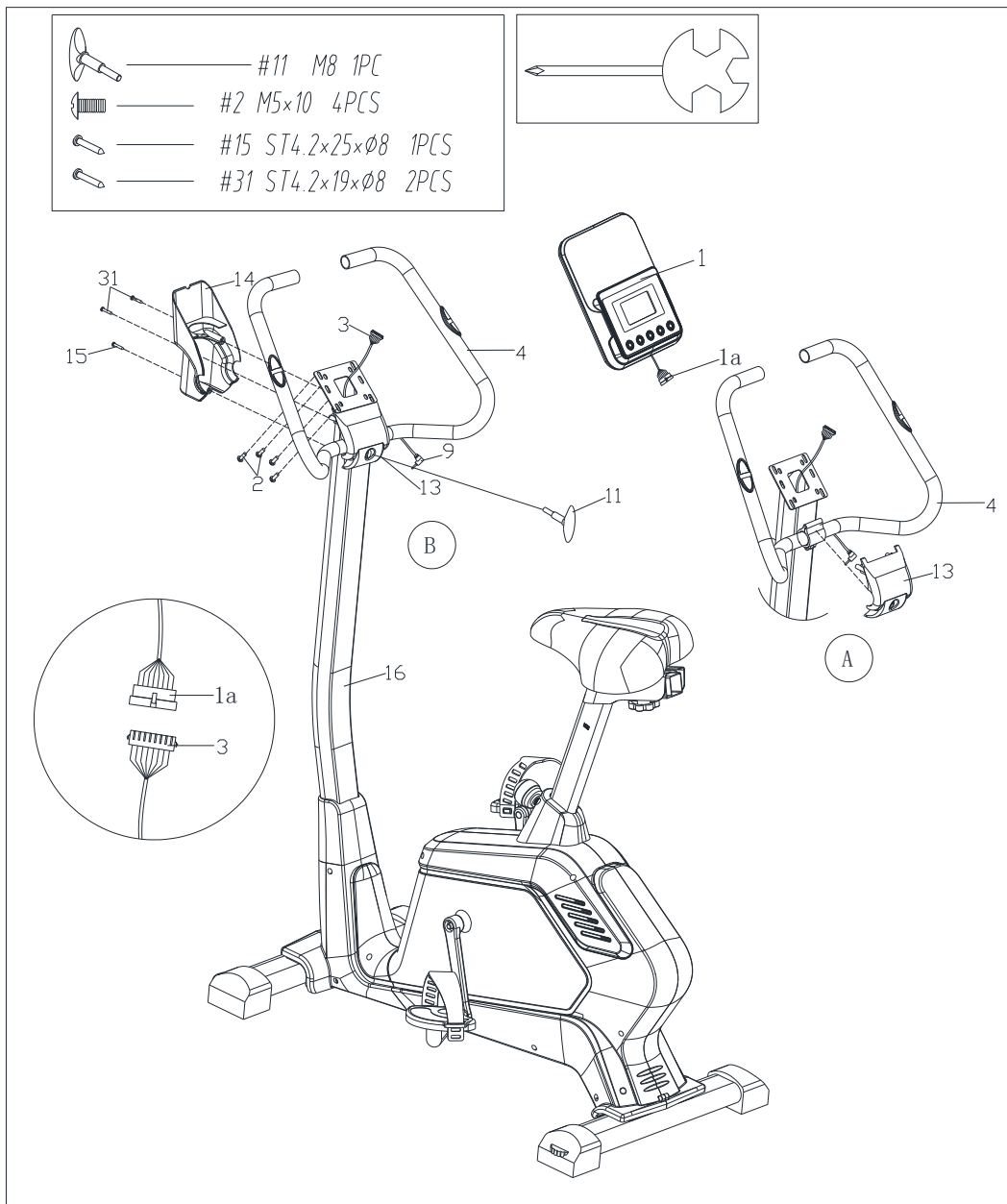
Prefasten the front cover（13）to the handle（4）

1. Connect middle wire (3) and computer wire (1a).

2. Attach computer (1)to support tube (16) with the screw (2).Then, plug handle pulse wire (9) into the hole which is at the back of computer.

3. Attach front cover（13）and rear cover (14) to handle bar post (16), then secure it with screws (15) and (31).Attach the handlebar (4) to middle tube (16) with Tkonb(11).

STEP 6:

77

28
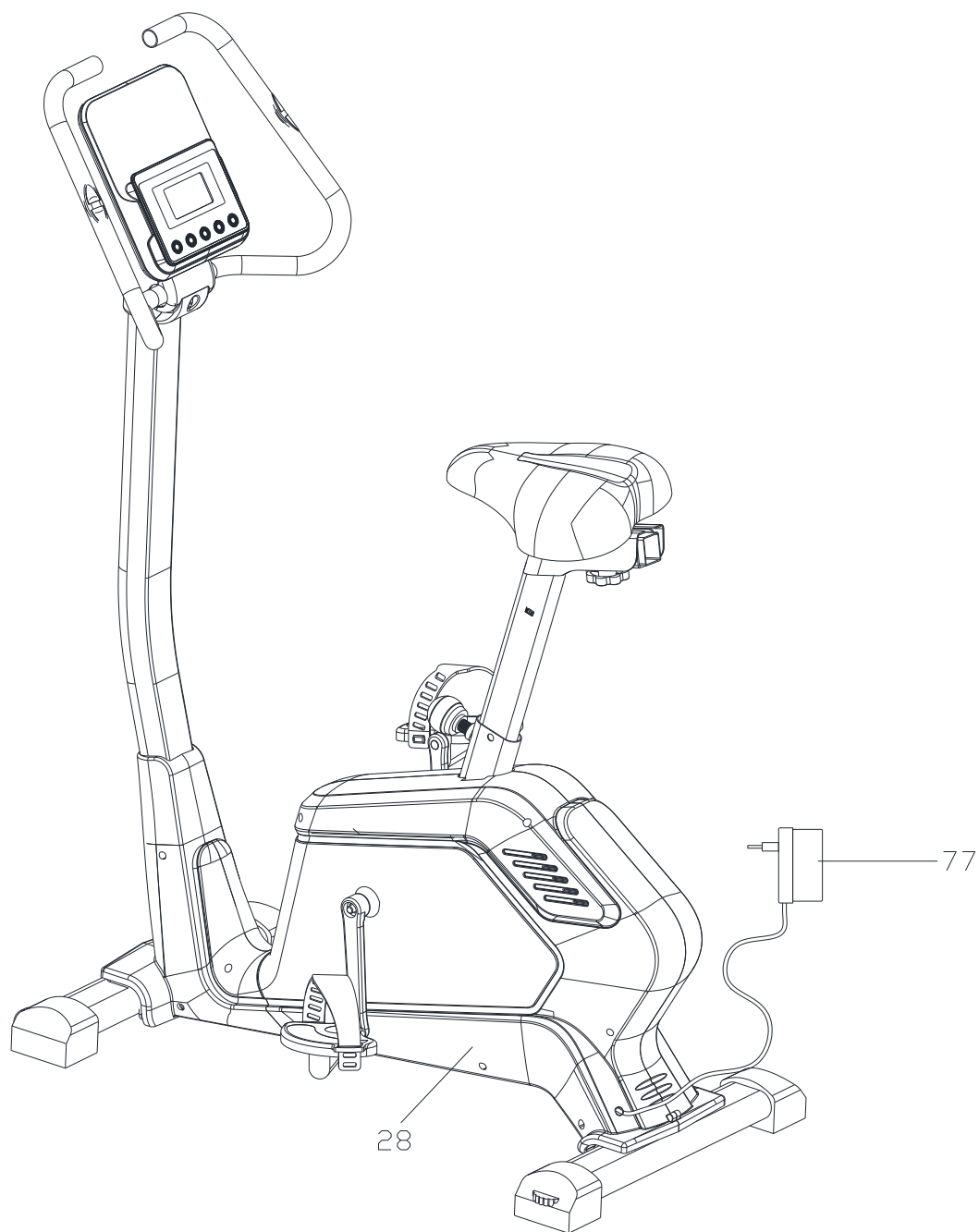
1. Plug in the power adapter(77)to the main frame(28) when you want to use the machine.

The assembly is complete!

INSTRUCTION MANUAL

Key Functions

START/STOP: 1. Start & Pauses   workouts.

2. Start body fat measurement.

3.Operates only when in stop mode. Holding key for 3 seconds will reset all function value to be zero.

DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.

UP : Increases value of selected workout parameter. During the workout, it will increase the resistance load.

ENTER(MODE): 1. To input desired value or work out mode.

2. Press to switch display form RPM to SPEED, ODO to DIST , WATT to Calories during workout.

TEST(PULSE、RECOVERY): Press to enter into Recovery function when computer has   the heart rate value. Recovery is Fitness Level 1-6   after 1 minute.F1 is the best, and F6 is the worst.

MODE: Press to switch display form RPM to SPEED, ODO to DIST , WATT to Calories during workout.

RESET(If have): To reset current setting .Holding key for 3 seconds will reset all function value to be zero.

BODY FAT(If have): Quickly select the BODY FAT program.

Workout Selection

After power-up using UP   or DOWN keys   to select   then pressing   ENTER   to enter the desired mode.

Setting Workout Parameters

After selecting your desired program, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES /AGE

Note: Some parameters are not adjustable in certain programs.

Once a program has been selected, pressing   ENTER,   will make "Time" parameter   flash. Using   UP OR DOWN KEY you may select desired time value. Press   ENTER KEY   to input value. Flashing prompt will move to the next parameter. Continue use of UP OR DOWN KEY . Press START/STOP   to start workout.

Program Operation
Manual(P1)

Selecting   "*Manual*"   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP   to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

Pre-programs (P2-P14)

Setting Parameters for Pre-programs

Selecting   one of pre-programs   using UP OR DOWN KEY   then pressing ENTER KEY . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP   to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

Watt control program(P15)

Selecting   "*Watt control program*"   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next parameter to be adjusted. Continue through all desired parameters, pressing START/STOP   to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

Computer will adjust the resistance load automatically depends on the speed to maintain the constant watt value. User can use up down key to adjust the watt value during workout.

BODY FAT PROGRAM(P16)

Setting Data for   Body Fat

Selecting "*BODY FAT Program* "   using UP OR DOWN KEY   then pressing ENTER. "Male " will flash so Gender   can be adjusted using UP   OR DWON KEY, press ENTER to save gender & move to next data.

 " 175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY , press ENTER KEY save value   & move to next data.

" 75 "of Weight will flash so Weight can be adjusted   to use UP OR DOWN KEY , press ENTER KEY to save vale & move to next data.

"30" of Age   will   flash so Age   can be adjusted using UP OR DOWN KEY , press ENTER to save value.

Press START/STOP **to start   measurement, please also grasp hand pulse grips.**

After 15 seconds the display will show out Body   Fat %, BMR, BMI & BODY TYPE.

NOTE: Body Types:

> There are 9 body types divided according to the FAT% calculated.   Type 1 is from 5% to 9%.   Type 2 is from 10% to 14%.   Type 3 is from 15% to 19%.   Type 4 is from 20% to 24%.   Type 5 is from 25% to 29%.   Type 6 is from 30% to 34%.   Type 7 is from 35% to 39%.   Type 8 is from 40% to 44%. Type 9 is from 45% to 50%.

> BMR: Basal Metabolism Ratio

> BMI: Body Mass Index

Press   START/STOP KEY   to return the main Display.

TARGET HEART RATE Program(P17)
Setting Parameters for TARGET H.R

Selecting   "*TARGET H.R.*"   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next parameter to be adjusted.

  Continue through all desired parameters, pressing START/STOP   to start workout.

Note: If   Pulse is above or below ($\pm$ 5) the set TARGET H.R,   computer will adjust the resistance load automatically. It will check Every 10 seconds approx. I resistance load will increase or decrease. One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

HEART RATE CONTROL Program(P18-P20)

There are 3 selection for target pulse:
TARGET H.R= 60% of (220-AGE)
TARGET H.R= 75% of (220-AGE)
TARGET H.R= 85% of (220-AGE)
Setting Parameters for HEART RATE CONTROL

Selecting   "*One of Heart Rate Control Program .*"   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next   parameter to be adjusted.

  Continue through all desired parameters, pressing START/STOP   to start workout.

Note: If   Pulse is above or below ($\pm$ 5) the   TARGET H.R,   computer will adjust the resistance load automatically. It will check Every 10 seconds approx. I resistance load will increase or decrease . One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

User Program(P21-P24)

User program allows user to set their own program that can be used immediately.

Setting Parameters for User Program

Selecting   user   using UP OR DOWN KEY   then pressing ENTER KEY   . 1St parameter "Time" will flash so value can be adjusted using   UP OR DOWN KEY .Press ENTER KEY   to save value & move to next   parameter to be adjusted.

Continue through all desired parameters .

After finished set up desired parameter, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. (There are 10 times total). Press START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically.

APP connection console instructions   (Optional)

1. Tum on moblle APP, Click "SEARCH";
2. Select a device, and click "CONNECT";
3. The monitor   🔗 icon wilt be show;
4. Press START/STOP key to starting exercise.

    Note: Reconnect lf a flashback occurs after connecting, or restart the monitor;

Garlando