TOORX
FITNESS IN MOTION

CE

INSTRUCTION

iConsole App Manual

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BRX R 300 ERGO
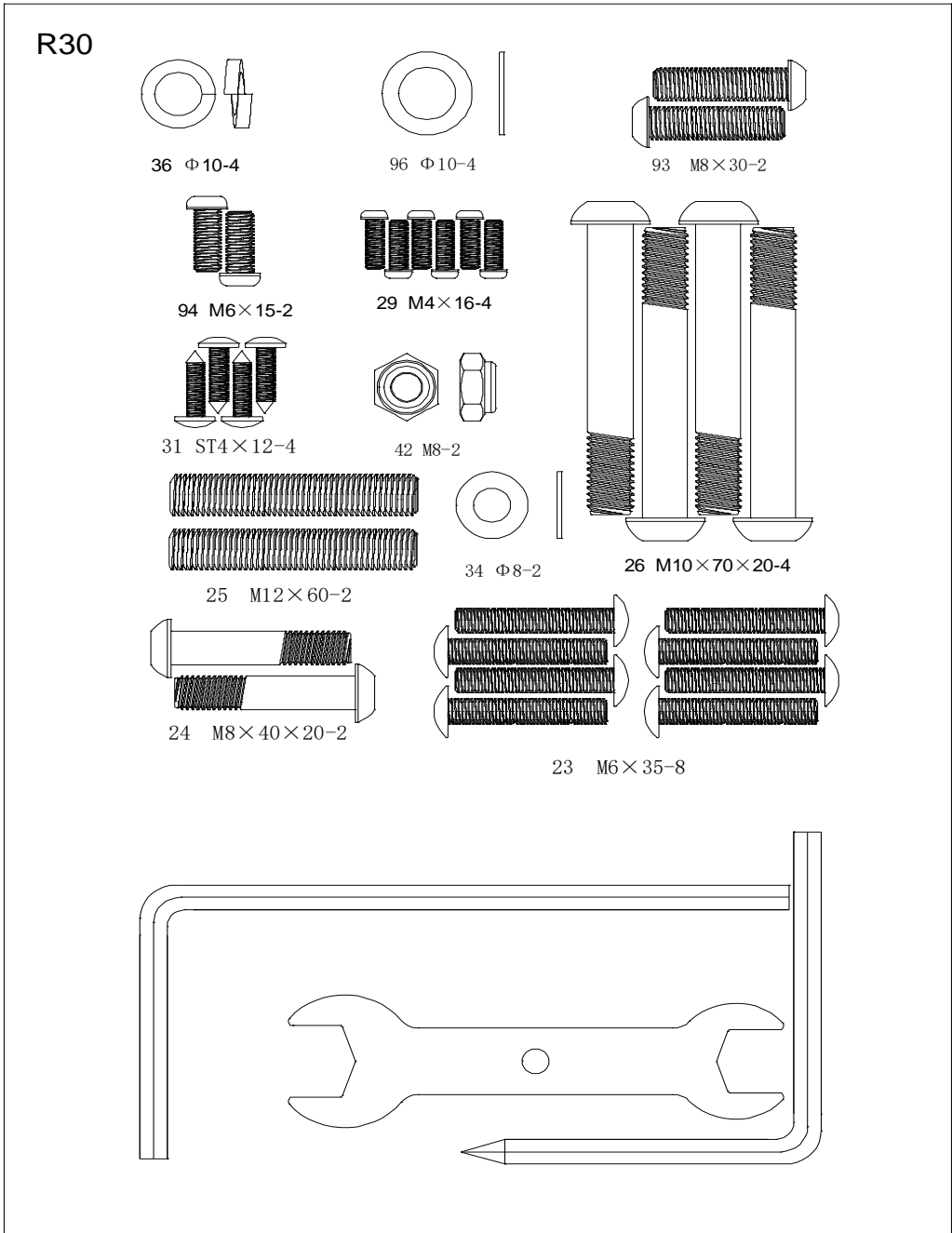
Pre-assembly Notes

Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.

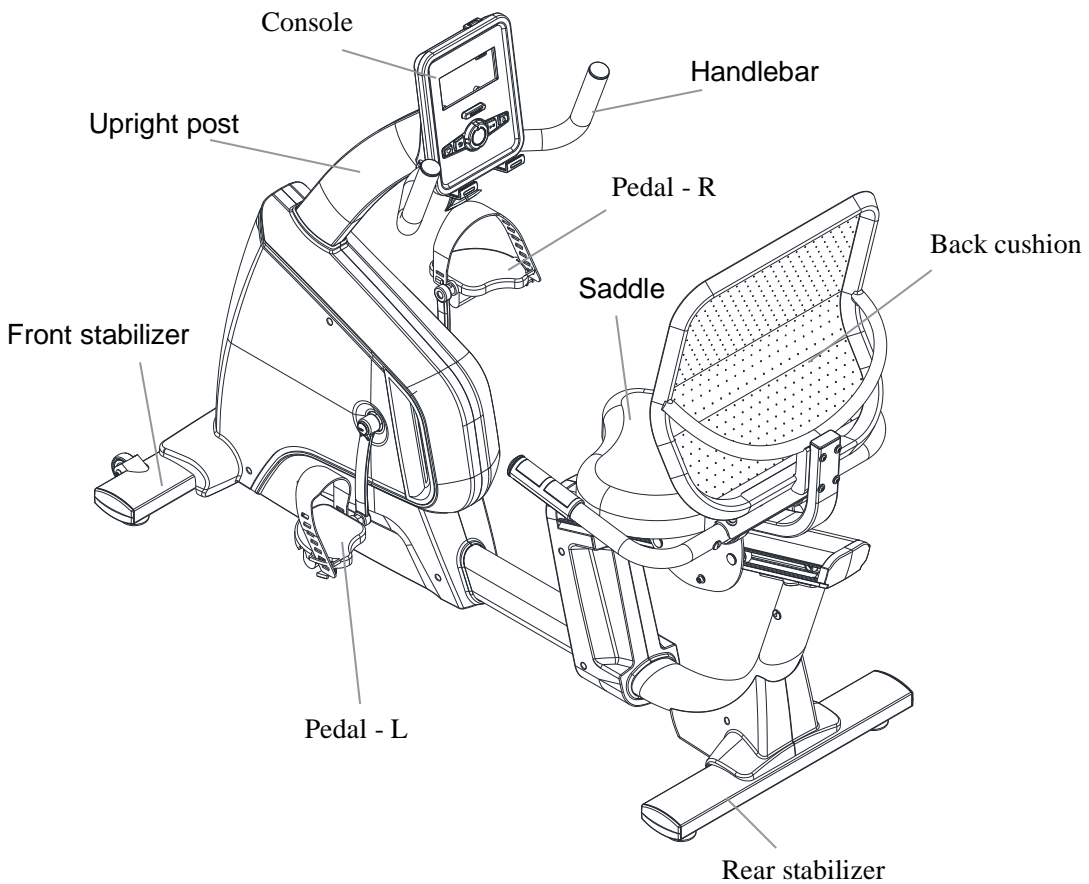| NO.	NAME	SPECIFICATION	QUANTITTY
23	Allen C.K.S full thread screw	M6×35	8
24	Allen C.K.S half thread screw	M8×40×20	2
25	Allen flat end set bolt	M12×60	2
26	Allen C.K.S. half thread screw	M10×70×20	4
29	Phillips pan head full thread screw	M4×16	4
31	Phillips C.K.S. self-tapping screw	ST4×12	4
34	Flat washer	Φ8	2
36	Spring washer	Φ10	4
42	Hex locking nut	M8	2
93	Allen C.K.S. full thread screw	M8x30	2
94	Allen cylinder head full thread screw	M6×15	2
96	Flat washer	Φ10	4
	L-shaped wrench	5×80×80S	1
	L-shaped wrench	6×66×144	1
	Open-end wrench	t4.0×28×130	1

GATHER YOUR TOOLS

Before starting the assembly of your unit，gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction

Console

Handlebar

Upright post

Pedal - R

Back cushion

Saddle

Front stabilizer

Pedal - L

Rear stabilizer

Technical information

| DIMENSION	Unfold：1545x650x1140mm
SPEED RATIO	10.3
FLYWHEEL	single-track EMS flywheel, Φ215.4/8kg

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

Step 1: Attach the front stabilizer (2) to the main frame (1) with spring washer(36) ,flat washer(96)and Allen C.K.S. half thread screw(26).
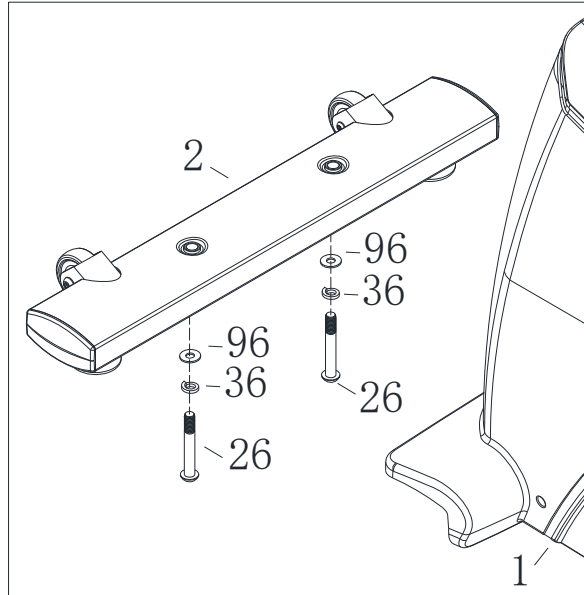

Step 2: Attach the rear stabilizer (3) to the main frame (1) with spring washer(36), flat washer(96) and Allen C.K.S. half thread screw(26).
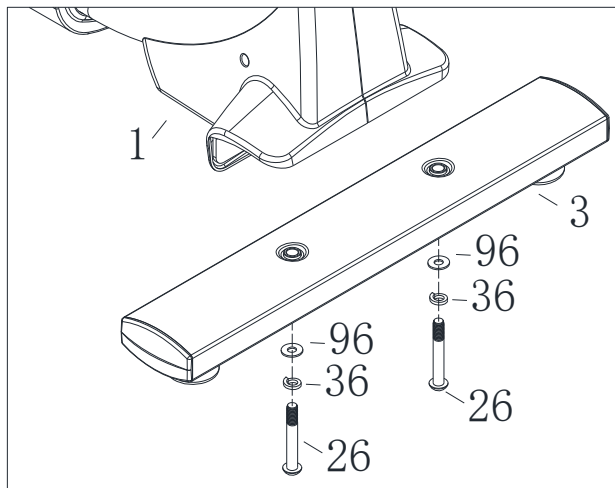
Step 3:

1. Connect motor communication wire (82) with upright post communication wire(83).
2. First remove the plug from the upright post. Attach upper upright post (4) to main frame (1) with Allen flat end set bolt (25). Then cover it with hold plug. Please lock the two Allen flat end set bolts at the same time,and fix the screws by turns.
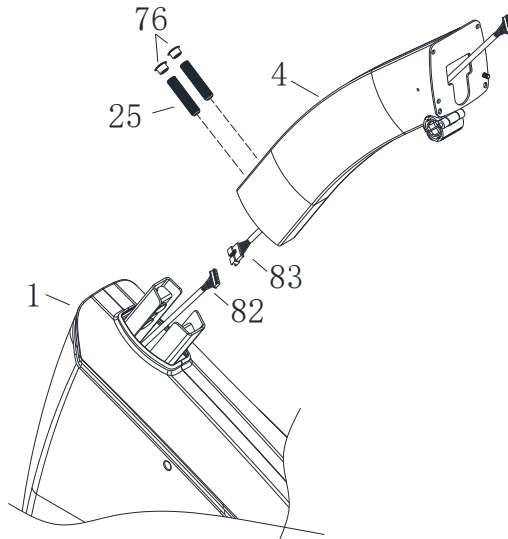
Step 4:

1.Connect the console communication wire (83) with back hole of console. Connect handle pulse connection wire (86) with console outlet .

2. Attach the console (81) to upright post (4) with Phillips C.K.S. full thread screw (32).
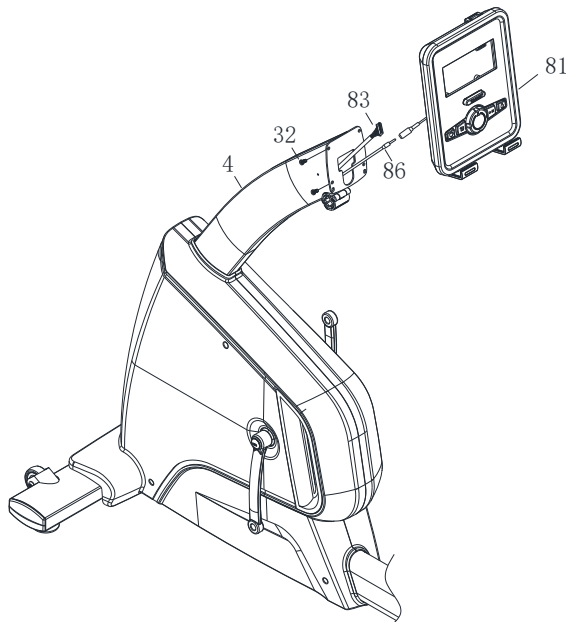
Step 5:

1. Attach the handlebar cover - left (54) and right (55) to upper upright post (4) with Phillips pan head full thread screw (29).
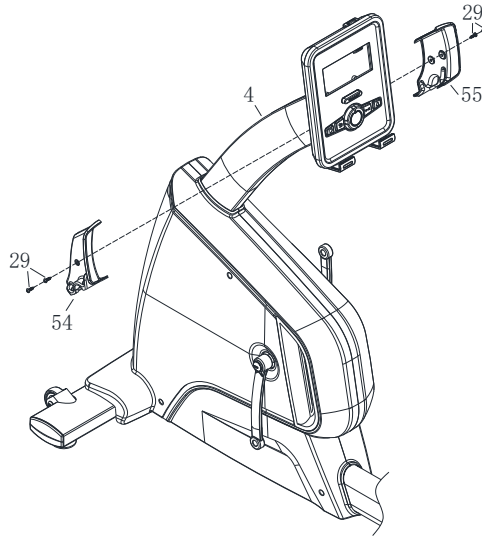
Step 6:

1. Fixed the handlebar post. Through T shape knob (65) out of handlebar. Rotate inside. Adjust the handlebar tube to the suitable position. Rotate T shape knob tightly. Then lock the handlebar front cover (56) with Phillips C.K.S. self-tapping screw(31).
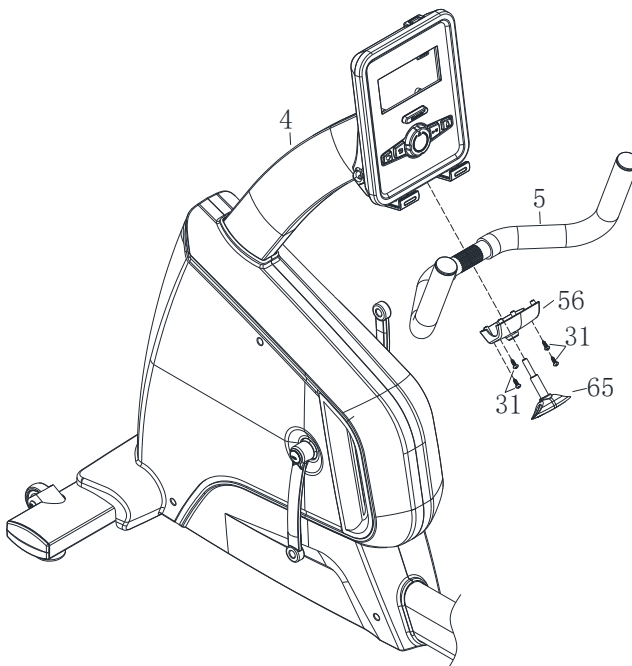
Step 7:

1.   Attach the pedal – left (63) and right (64) to the main frame (1).
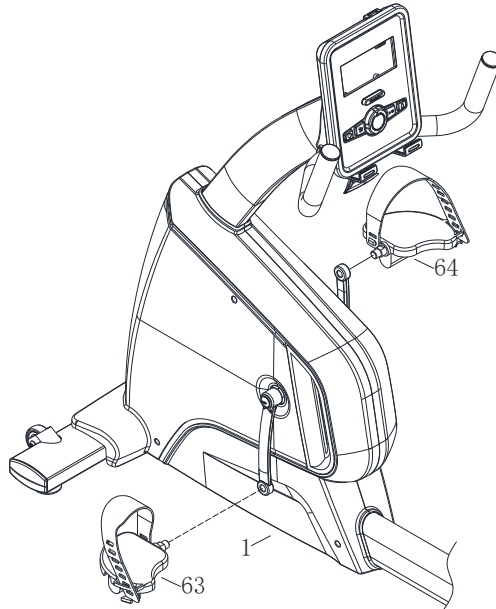
Step 8:

1.   Attach the brake adjustment round bar (8) to saddle base with Allen C.K.S full thread screw (94).

2.   Attach the back cushion tube to saddle base with Allen C.K.S. full thread screw (93)

Step 9:

1. Attach the saddle (60) to saddle base with Allen C.K.S. full thread screw (23).
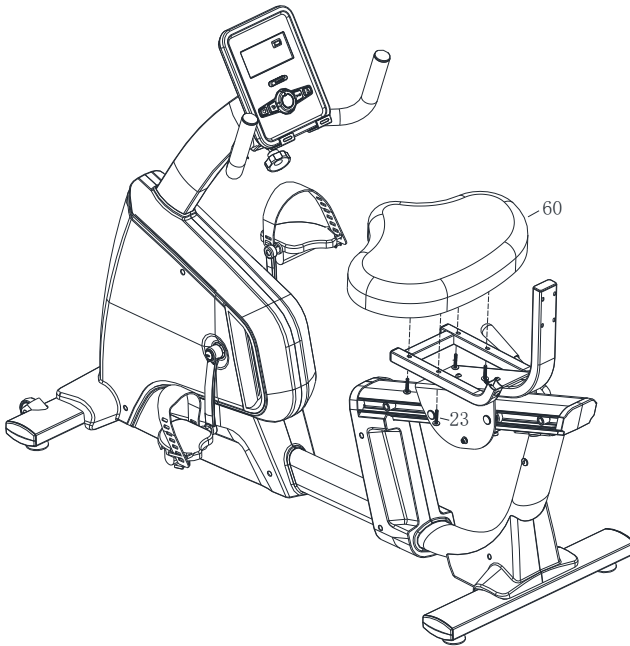
Step 10:

1 . Attach the handle pulse tube(6) to saddle，and lock with Allen C.K.S. half thread screw (24), Hex nut (42) and flat washer(34).

2 . Connect the handle pulse connection wire (87) and (88). As shown below picture.
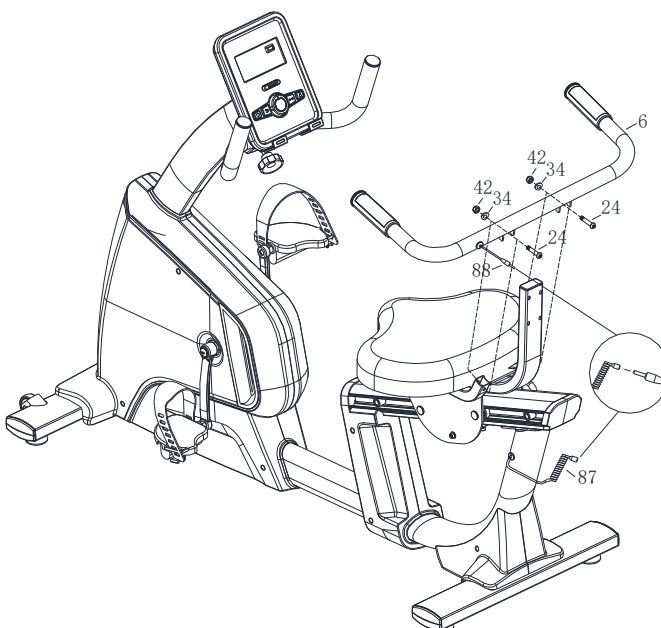
Step 11:

1 . Attach back cushion (61) to the back cushion tube (11) with Allen C.K.S full thread screw(23)
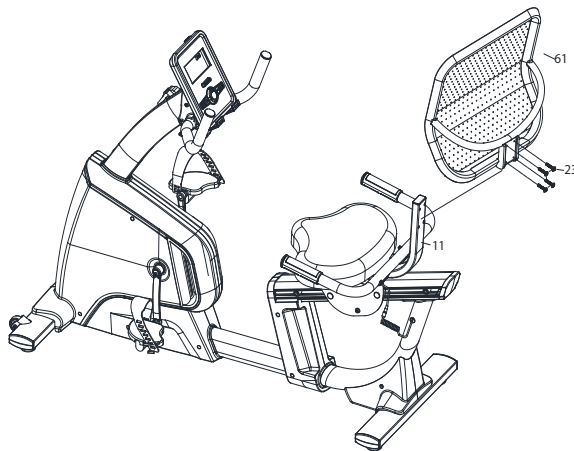
Step 12:

1 . Insert the power pugs into power hole as shown below. Assembling finished
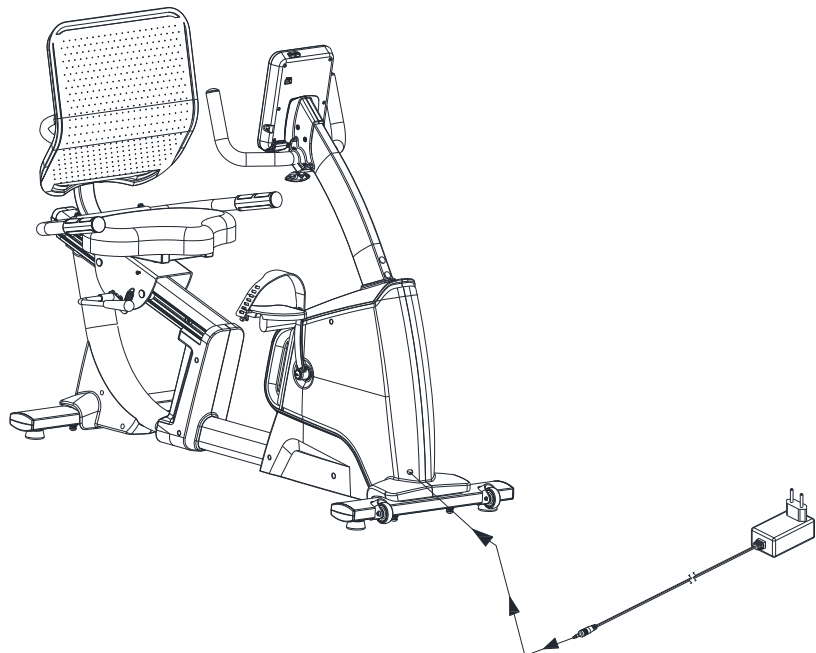
Workout tips:

1,User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.

2,Since the machine with double flywheels and it will have huge moment of inertia, when

the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal

3,The machine should be put on flat floor and have enough space for workout

Half-drawing for assembly
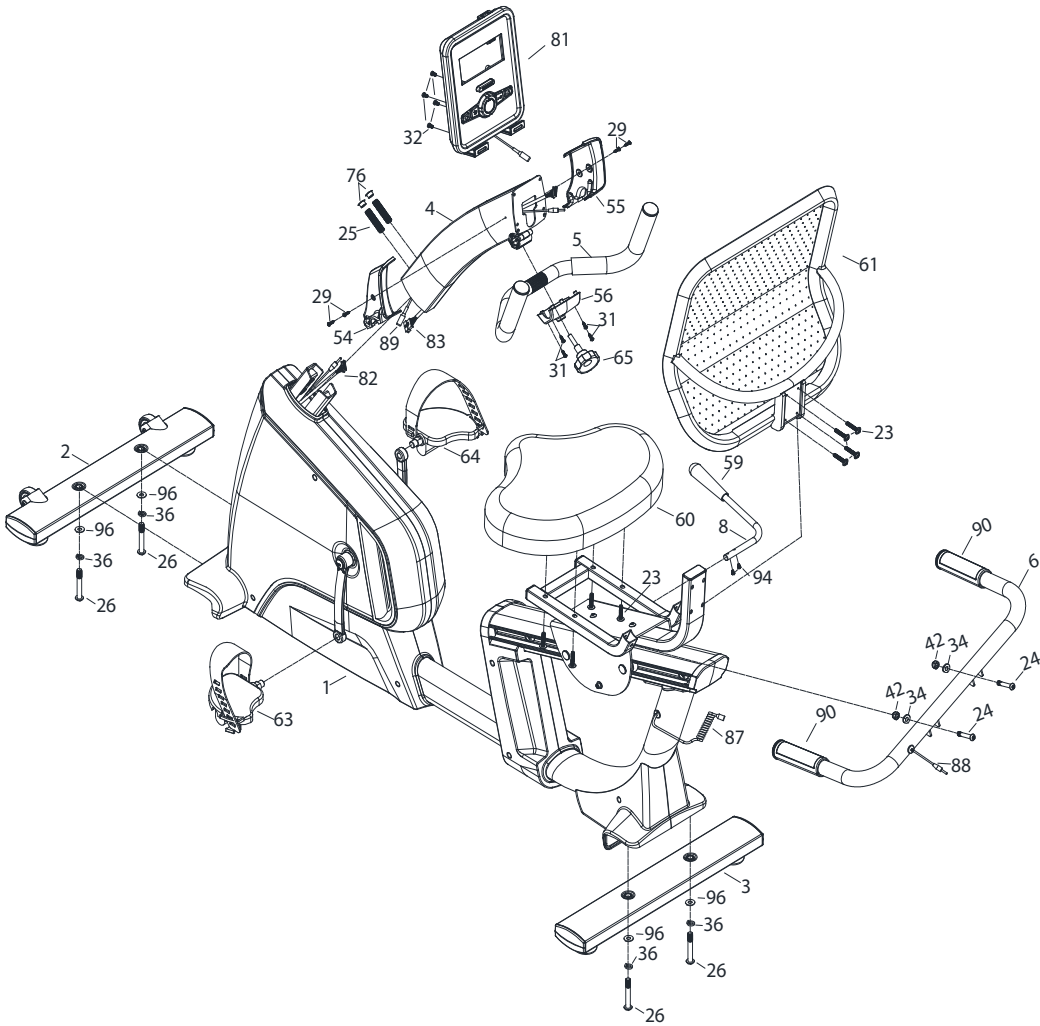
Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Handlebar post		1
6	Upper upright post		1
8	Brake adjustment round bar		1
12	Crank leg - left		1
13	Crank leg - right		1

24	Allen C.K.S. half thread screw	M8×40×20	2
25	Allen flat end set bolt	M12×60	2
26	Allen C.K.S. half thread screw	M10×70×20	4
29	Phillips pan head full thread screw	M4×16	4
31	Phillips C.K.S. self-tapping screw	ST4×12	4
32	Phillips C.K.S. full thread screw	M5×10	4
34	Spring washer	Φ8	2
36	Spring washer	Φ10	4
42	Hex locking nut	M8	2
54	Handlebar cover - left		1
55	Handlebar cover - right	(E30-24)	1
56	Handlebar front cover	(E30-25)	1
23	Allen C.K.S full thread screw (Black zinc plating)	M6×35	8
59	Brake adjustment handle		1
60	Saddle		1
61	Back cushion		1
63	Pedal - left		1
64	Pedal - right		1
65	handle knob		1
76	Hole plug		2
81	Console		1
82	Motor communication wire	L-800mm	1
87	Spring wire	L-2000mm	1
88	Handle pulse connection wire 1	L-2×100mm	1
89	Handle pulse connection wire 2	L-650mm	1
90	Handle pulse		2
94	Allen cylinder head full thread screw	M6×15	2
96	Flat washer	Φ10	4

Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Handlebar post		1
6	Handle pulse		1
7	Saddle		1
8	Brake adjustment round bar		1
9	Brake connection axis		1
10	Brake fixed piece		1
11	Back cushion tube		1
12	Crank leg - left		1
13	Crank leg - right		1
14	Crank axis		1
15	pinch roller group		1
16	Brake tension spring	$\Phi 11.5 \times \Phi 1.2 \times 13$	1
17	Tension spring	$\Phi 18.5 \times \Phi 2.5 \times 11.5$	1
18	Aluminium sliding rail		1
19	Screw adjusting plate of pinch roller		1
20	Allen C.K.S. hollow screw	$\Phi 8 \times 33 \times M6 \times 15$	2
21	Allen C.K.S. full thread screw	$M6 \times 15$	4
22	Allen C.K.S. full thread screw	$M8 \times 20$	4
23	Allen C.K.S. full thread screw	$M6 \times 35$	8
24	Allen C.K.S. half thread screw	$M8 \times 40 \times 20$	2
25	Allen flat end set bolt	$M12 \times 60$	2
26	Allen C.K.S. half thread screw	$M10 \times 70 \times 20$	4
27	Hex flange full thread screw	$5/16-18UNC-1''$	2
28	Hexagon countersunk head full tooth screw	$M10 \times 25$	1
29	Cross groove countersunk head full tooth screw	$M5 \times 20$	3

30	Phillips C.K.S. self-tapping screw	$ST4\times16$	18
31	Phillips washer head end-cutting self-tapping screw	$ST4\times12$	6
32	Phillips C.K.S. full thread screw	$M5\times10$	4
33	Phillips pan head self-tapping screw	$ST3\times30$	4
34	Flat washer	$\Phi8$	14
35	Spring washer	$\Phi8$	4
36	Spring washer	$\Phi10$	4
37	Circlip for shaft	$\Phi8$	4
38	Circlip for shaft	$\Phi20$	1
39	Hexagon socket head full tooth screw	$M6\times15$	4
40	Circlip for shaft	$\Phi17$	2
41	Allen cylinder head full thread screw	$M6\times20$	4
42	Hex locking nut	$M8$	9
43	Hex nut	$M10$	1
44	Deep groove ball bearing	$6203zz$	2
45	Deep groove ball bearing	$6004ZZ$	2
46	EMS Flywheel		1
47	Motor cover – left		1
48	Motor cover – right		1
49	Aluminum track cover – left		1
50	Aluminum track cover – right		1
51	Rear stabilizer cover - left		1
52	Rear stabilizer cover – right		1
53	Aluminum track end cover		1
54	Handlebar cover – left		1
55	Handlebar cover - right		1
56	Handlebar front cover		1
57	Powder metallurgy set		3
58	Belt pulley		1
59	Brake adjustment handlebar		1
60	Saddle		1
61	Back cushion		1

62	Foot pad		4
63	Pedal – left		1
64	Pedal – right		1
65	handle knob		1
66	Wheel		2
67	Flat washer		6
68	Crank cover		2
69	End cap	$45 \times 90 \times t1.5$	4
70	Round pipe plug	$\Phi 28 \times t1.5$	2
71	PU wheel		4
72	Brake block		1
73	Square pipe plug	$25 \times 50 \times t1.5$	2
74	Square pipe plug	$25 \times 25 \times t1.5$	2
75	Wire plug		2
76	Hole plug		2
77	Brake clearance set		2
78	Foam grip		2
79	Brake line		1
80	Seat cushion block sets		4
81	Console		1
82	Motor communication wire	L-800mm	1
83	Console communication wire	L-600mm	1
84	Magnetic inductor	L-200mm	1
85	Power communication wire	L-750mm	1
86	Power adapter		1
87	Spring wire	L-2000mm	1
88	Handle pulse connection wire 1	L-2×100mm	1
89	Handle pulse connection wire 2	L-650mm	1
90	Handle pulse		2
91	Fixed magnet		1
92	Motor belt		1
93	Allen C.K.S. full thread screw	M8x30	2
94	Allen cylinder head full thread screw	M6$\times$15	7

95	Allen cylinder head full thread screw	M8×15	8
96	Flat washer	Φ10	5
97	controller		1

Button function:

START/STOP	Start or Stop workout
RESET	Reverse to main menu during presetting workout value or in stop mode Hold on pressing for 2 seconds, computer will reboot and start from user setting.
UP(+)	1. Adjust optional training mode increased 2. Adjust the value increased
MODE/ENTER	In STOP mode, press it to confirm setting and enter it.
DOWN(-)	1. Adjust optional training mode decreased 2. Adjust the value decreased
RECOVERY	Test heart rate recovery status
BODY FAT	Test body fat% and BMI

DISPLAY FUNCTIONS :

| TIME	.Display Range 0:00 ~ 99:99; Setting range 0:00~99:00
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
WATT	.Display Range:0~999; Setting Range 10 ~ 350
SPEED	.Range 0.0 ~ 99.9KM/H
RPM	.Range 0 ~ 999

OPERATION:

POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.   After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.

WORKOUT SELECTION

Press UP and Down to select workout Manual à Beginner à Advance à Sporty à Cardio à Watt
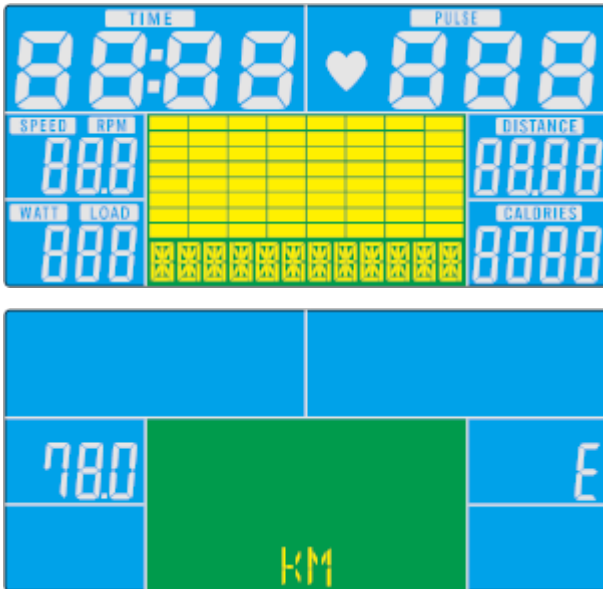
Manual Mode

Press START in main menu may start workout in manual mode.

1. Press UP or DOWN to select workout program, choose Manual and press Mode to enter.
2. Press UP or DOWN to preset TIME, DISTANCE, CALORIES, PULSE and press MODE to confirm.
3. Press START/STOP keys to start workout.   Press UP or DOWN to adjust load level.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Beginner Mode

1. Press UP or DOWN to select workout program, choose Beginner mode and press Mode to enter.

2. Press UP or DOWN to preset TIME.

3. Press START/STOP key to start workout.   Press UP or DOWN to adjust load level.

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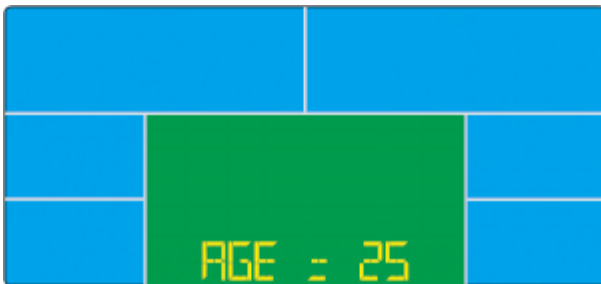

Advance Mode

1. Press UP or DOWN to select workout program, choose Advance mode and press Mode to enter.

2. Press UP or DOWN to preset TIME.

3. Press START/STOP key to start workout.   Press UP or DOWN to adjust load level.

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

Sporty Mode

1. Press UP or DOWN to select workout program, choose Sporty mode and press Mode to enter.
2. Press UP or DOWN to preset TIME.
3. Press START/STOP key to start workout.   Press UP or DOWN to adjust load level.
4. Press START/STOP key to pause workout.   Press RESET to reverse to main menu.

Cardio Mode

1. Press UP or DOWN to select workout program, choose H.R.C. and press Mode to enter.
2. Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
3. Press UP or DOWN to preset workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.

Watt Mode

1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout.   Press UP or DOWN to adjust Watt level.
5.   Press START/STOP key to pause workout.   Press RESET to reverse to main menu.

RECOVERY

1. After exercising for a period of time, keep holding on hand grips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

2. Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

BODY FAT

1. In STOP mode, press the BODY FAT button to start body fat measurement.

2. Then selected user (U1~U4) will blinking for 2 seconds.   Then start measuring.

3. During measuring, users have to hold both hands on the handgrip. And the LCD will display "--" "--"for 8 seconds until computer finish measuring.

4. LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.

"E-1"- Occurs when there is no heart rate signal input detected or user not hold hand grips correctly.

"E-4" – Occurs when FAT% exceed setting range (5.0%~ 50%).

BODY FAT

E-1

BODY FAT

E-4

BODY FAT

19.5

BMI

14.9

FAT
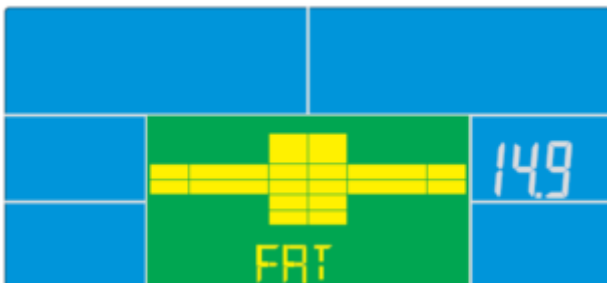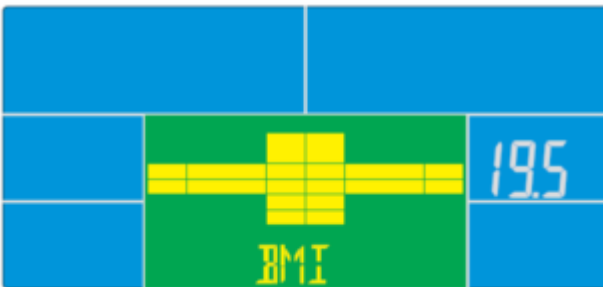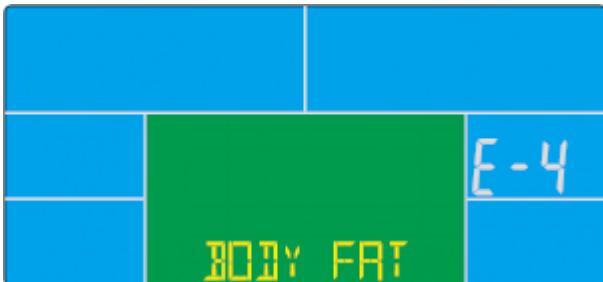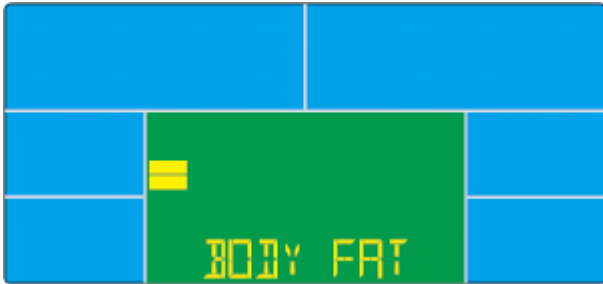
USB charger

This console provide USB port for tablet or mobile charge function only.

iConsole⁺ APP

Turn on Bluetooth on tablet, search for console device and press connect.

Turn on iconsole+ app on tablet, and press connect to start workout with tablet.

(password: 0000)
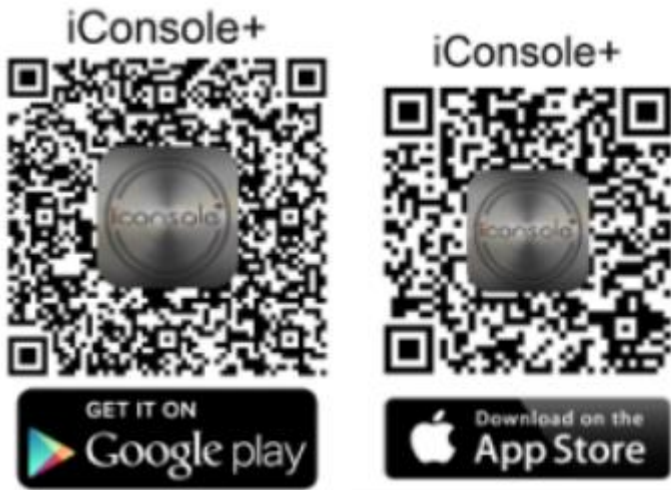
NOTE:

1. Once console is connect to tablet via Bluetooth, the console will power off.

2. For iOS system, please exit iconsole app and turn off the Bluetooth from iPad, then the console
   will power on again.

3. This system requires power supply 9v,1.3A or above.

   Program profile:

General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

BEGINNER 1	BEGINNER 2	BEGINNER 3	BEGINNER 4

ADVANCE1	ADVANCE 2	ADVANCE 3	ADVANCE 4

SPORTY 1	SPORTY 2	SPORTY 3	SPORTY 4

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

Garlando