TOORX

FITNESS IN MOTION

INSTRUCTION

ERX70

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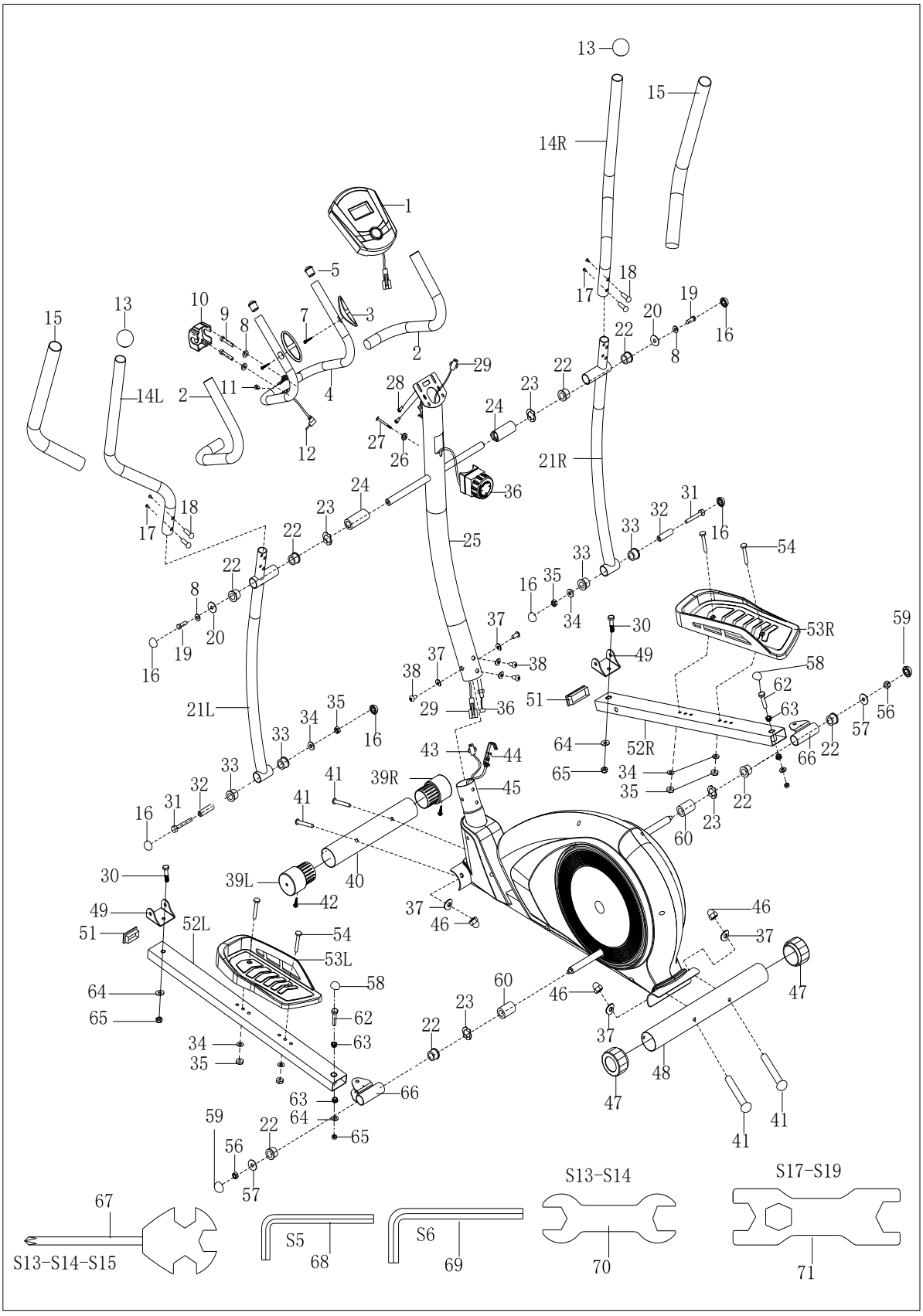
Revisione : 00

CE

Exploded Diagram:

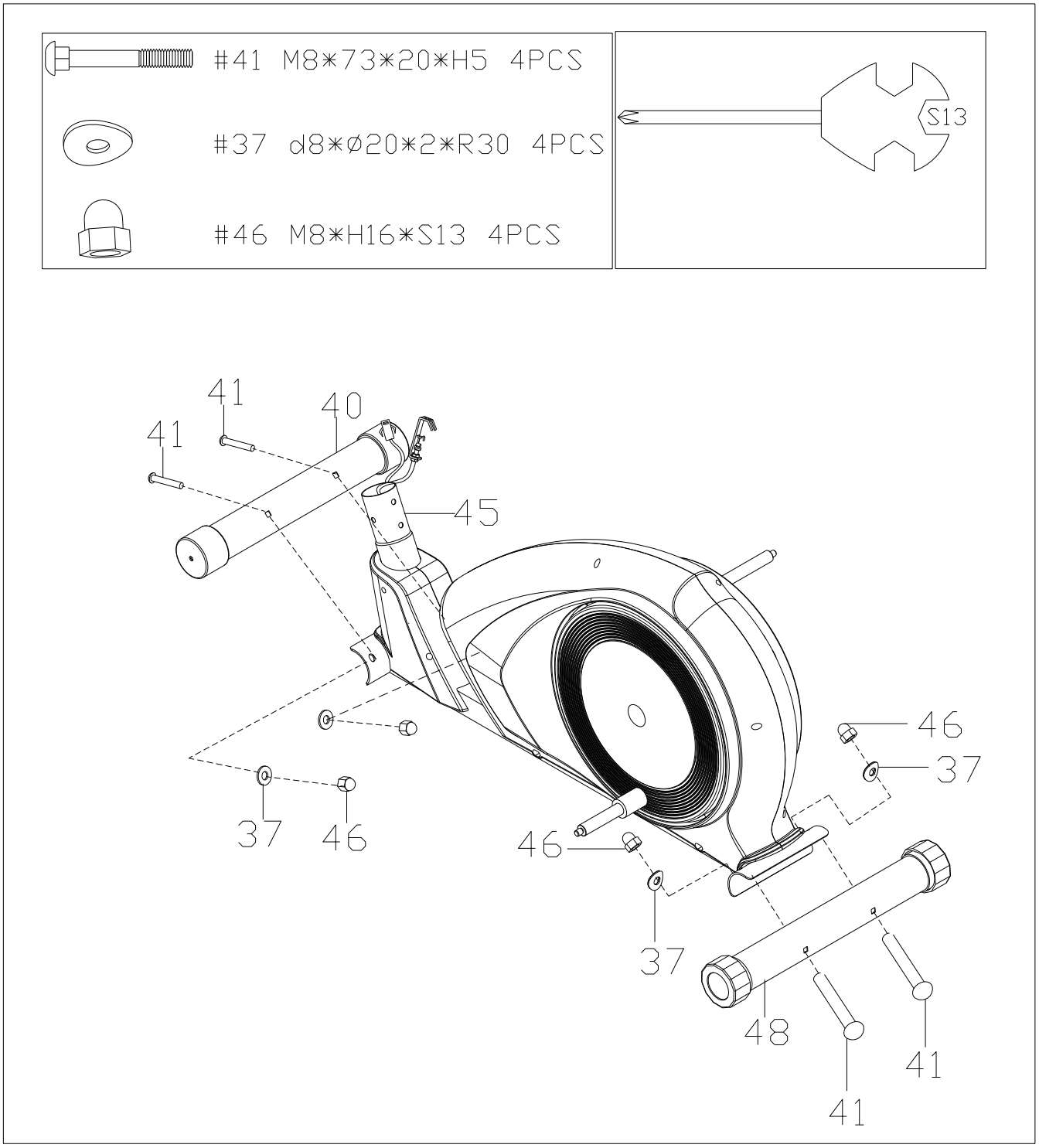


SPARE PARTS

NO.	DESCRIPTION	Q'TY
1	Computer	1
2	Foam grip Φ23*5*500	2
3	Hand pulse grip	2
4	Middle handle bar	1
5	End cap φ31*16	2
7	Bolt ST4*19	2
8	Spring washer d8	4
9	Bolt M8*30*S6	2
10	Handlebar clamp cover	1
11	Plug Φ12*11*Φ3	1
12	Hand pulse wire	1
13	End cap Φ32*46*Φ50	2
14L/R	Handle bar	2
15	Foam grip Φ30*5*670	2
16	Cap S13	6
17	Bolt M6*16*S5	4
18	Bolt Φ8*27.5*H4*M6	4
19	Hex Bolt M8*16*S14	2
20	Washer d8*Φ32*2	2
21L/R	Coupler Bar	2
22	Sleeve 2 Φ 32*3*Φ28*21*Φ19.4	8
23	Wave washer d19*Φ25*0.3	4
24	Long spacer Φ 31.8*Φ19.2*76	2
25	Handle bar post	1
26	Arc washer d5*Φ20* R30*1.5	1
27	Bolt M5*55	1
28	Bolt M5*10	2
29	Trunk wire	1
30	Hex Bolt M10*55*13*S17	2
31	Hex bolt M8*75*13*S14	2
32	Spacer Φ14*Φ8.3*59	2
33	Spacer 1Φ 32*3*Φ28*16*Φ14.3	4
34	Washer d8*Φ16*1.5	6
35	Nylon Nut M8*H7.5*S13	6
36	Tension Control	1
37	Arc washer d8*Φ20*2*R30	8

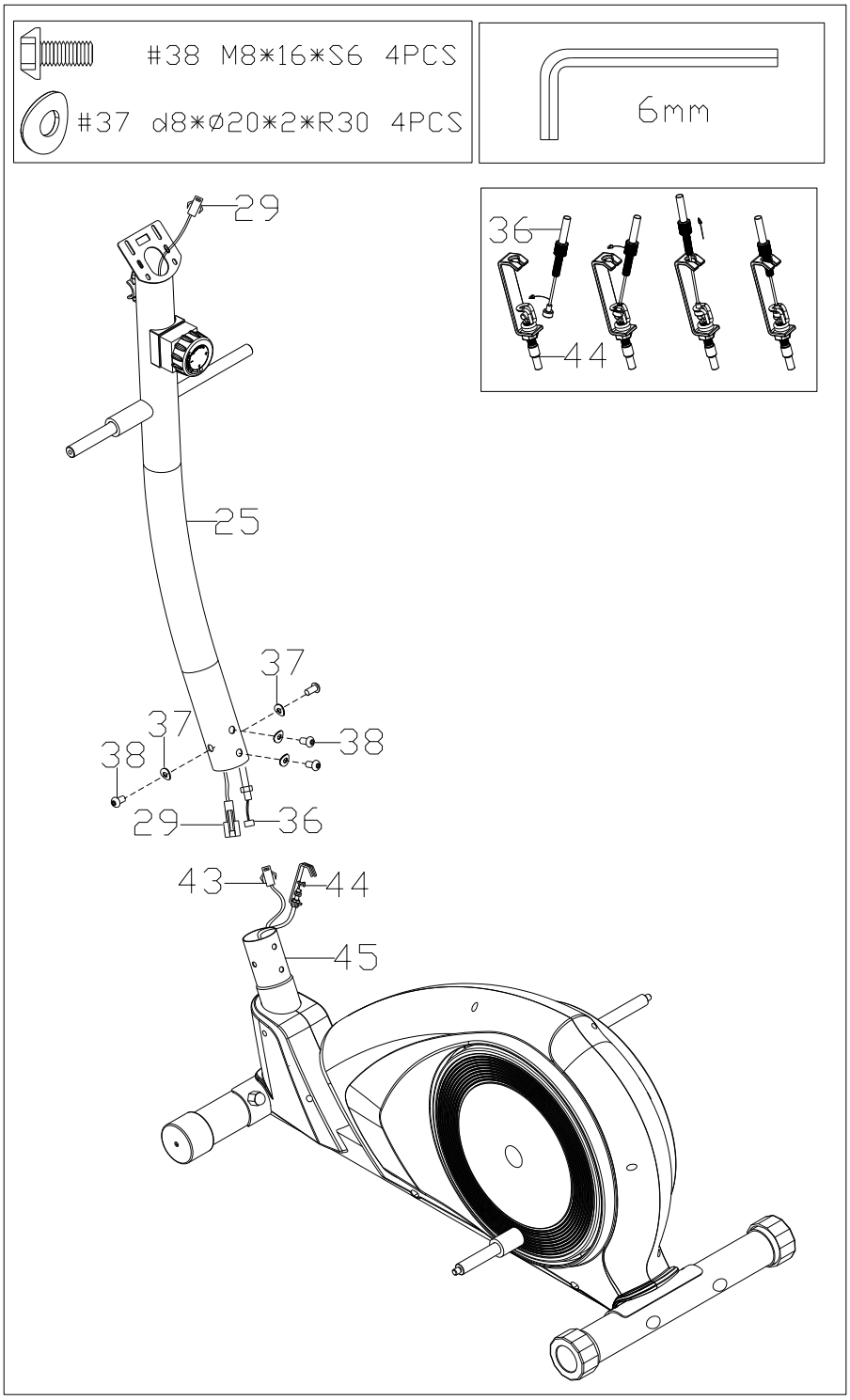
NO.	DESCRIPTION	Q'TY
38	Bolt M8*16*S6	4
39L/R	End cap Φ60*Φ70*95	2
40	Front stablizer	1
41	Bolt M8*73*20*H5	4
42	Bolt ST3*10	2
43	Sensor wire	1
44	Tension wire lower	1
45	Main frame	1
46	Nut M8*H16*S13	4
47	End cap Φ60	2
48	Rear Stabizer	1
49	U Bracket	2
51	Square end cap J60*30*15	2
52L/R	Connecting rod	2
53L/R	Pedal	2
54	Hex Bolt M8*45*20*S14	4
56	Nylon Nut M10*1.25*H9.5*S17	2
57	Washer d10*Φ32*2	2
58	Cap S16	2
59	Cap S18	2
60	Spacer Φ32*Φ19.2*30	2
62	Hex Bolt M10*55	2
63	Bushing 18*3*Φ10.1	4
64	Washer d10*Φ20*2	4
65	Nylon Nut M10	4
66	Pedal Connect Join	2
67	Wrench S13-14-15	1
68	Wrench S5	1
69	Wrench S6	1
70	Wrench S13-14	1
71	Wrench S17-19	1

STEP 1:



Secure front stabilizer (40) and rear stabilizer (48) to main frame (45) with bolts (41), arc washers (37) and nuts (46).

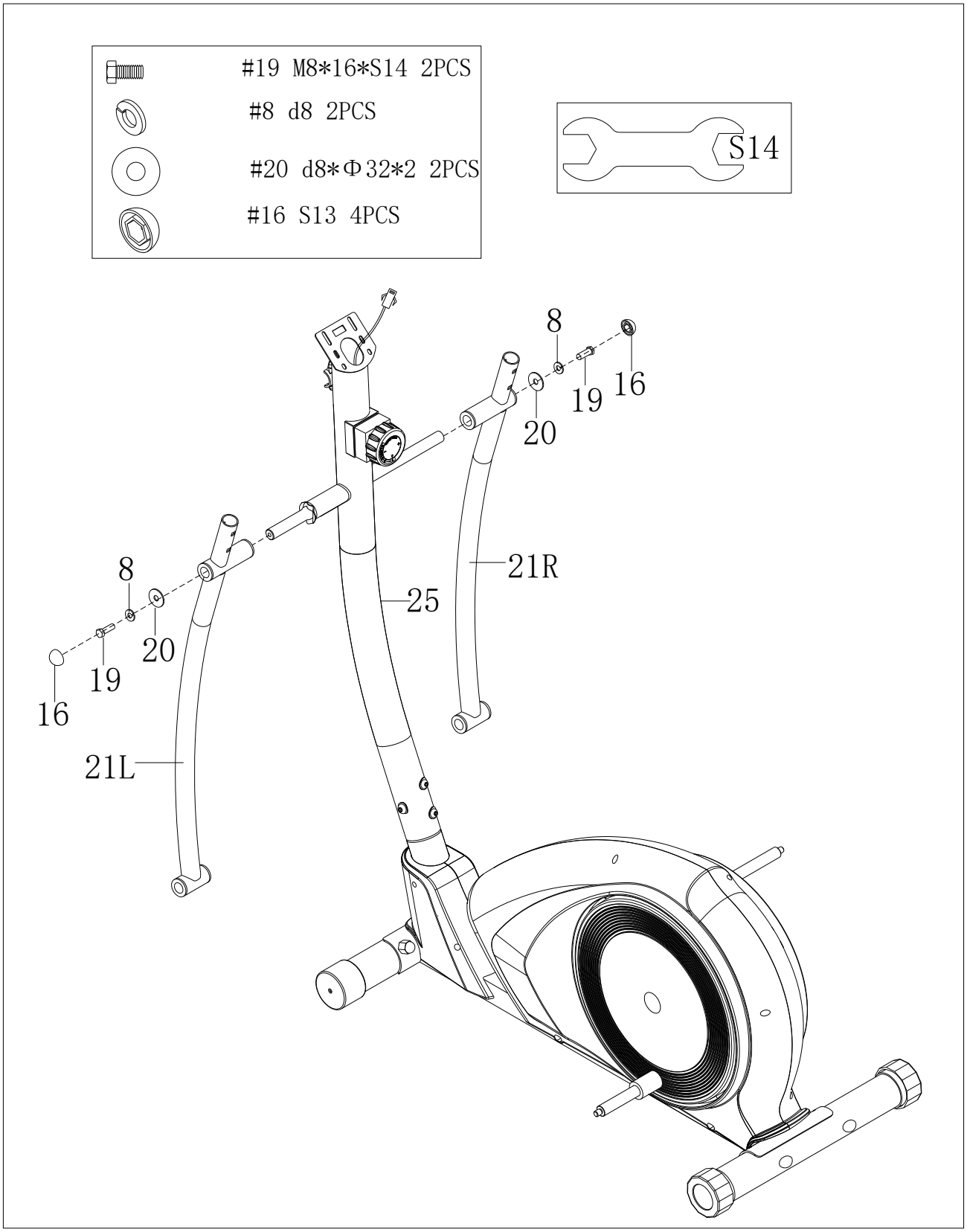
STEP 2：



a. Connect trunk wire(29) with sensor wire (43); Connect well the tension control (36) with the tension wire lower(44)

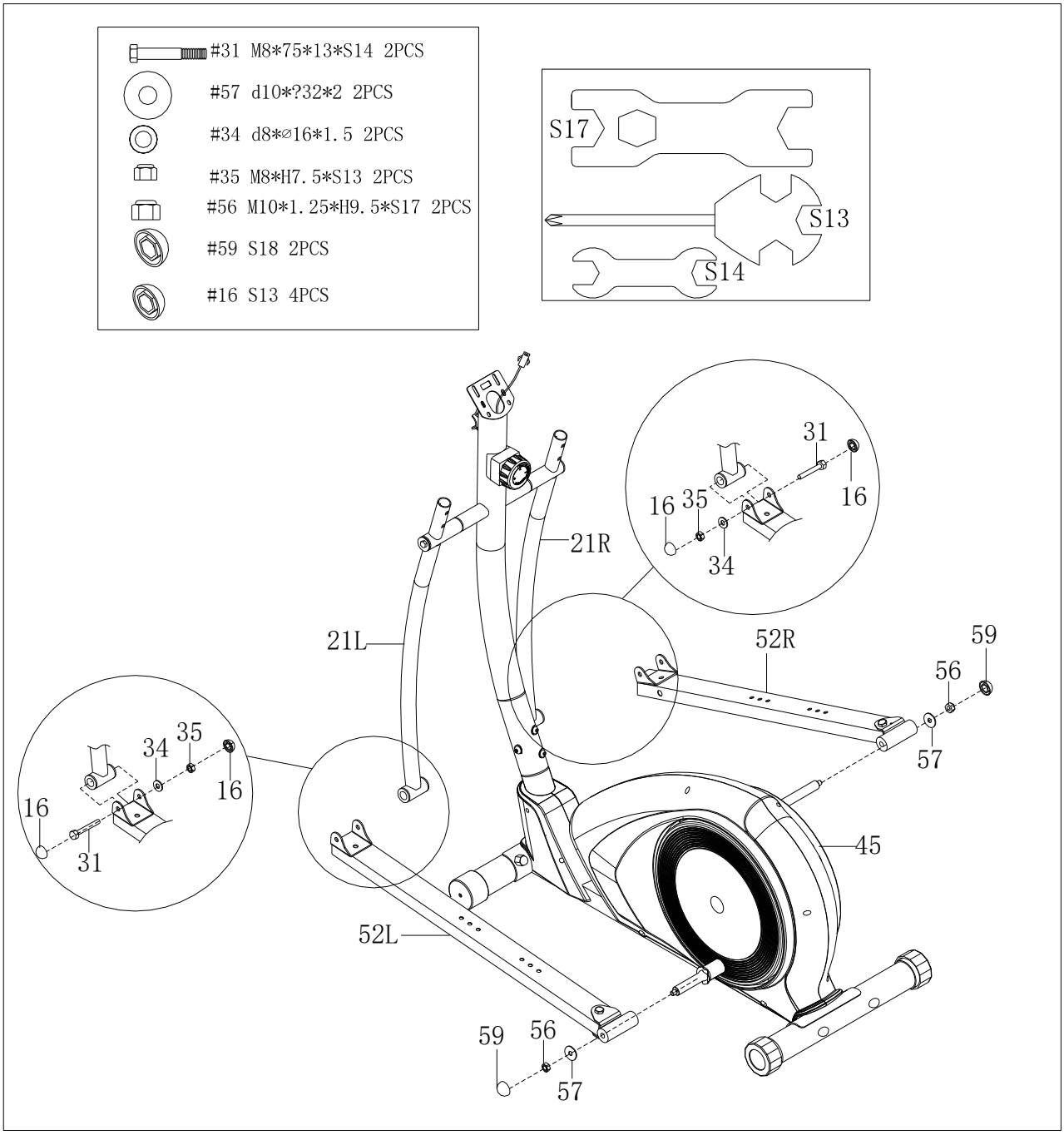
b. Insert handle bar post (25) into main frame (45), and then secure them with bolts (38) and arc washers (37).

STEP 3：



Attach the Coupler Bar (21L/R) to the axle of handle bar post (25), and then secure them with Hex bolts (19),spring washers(8) and washers(20).

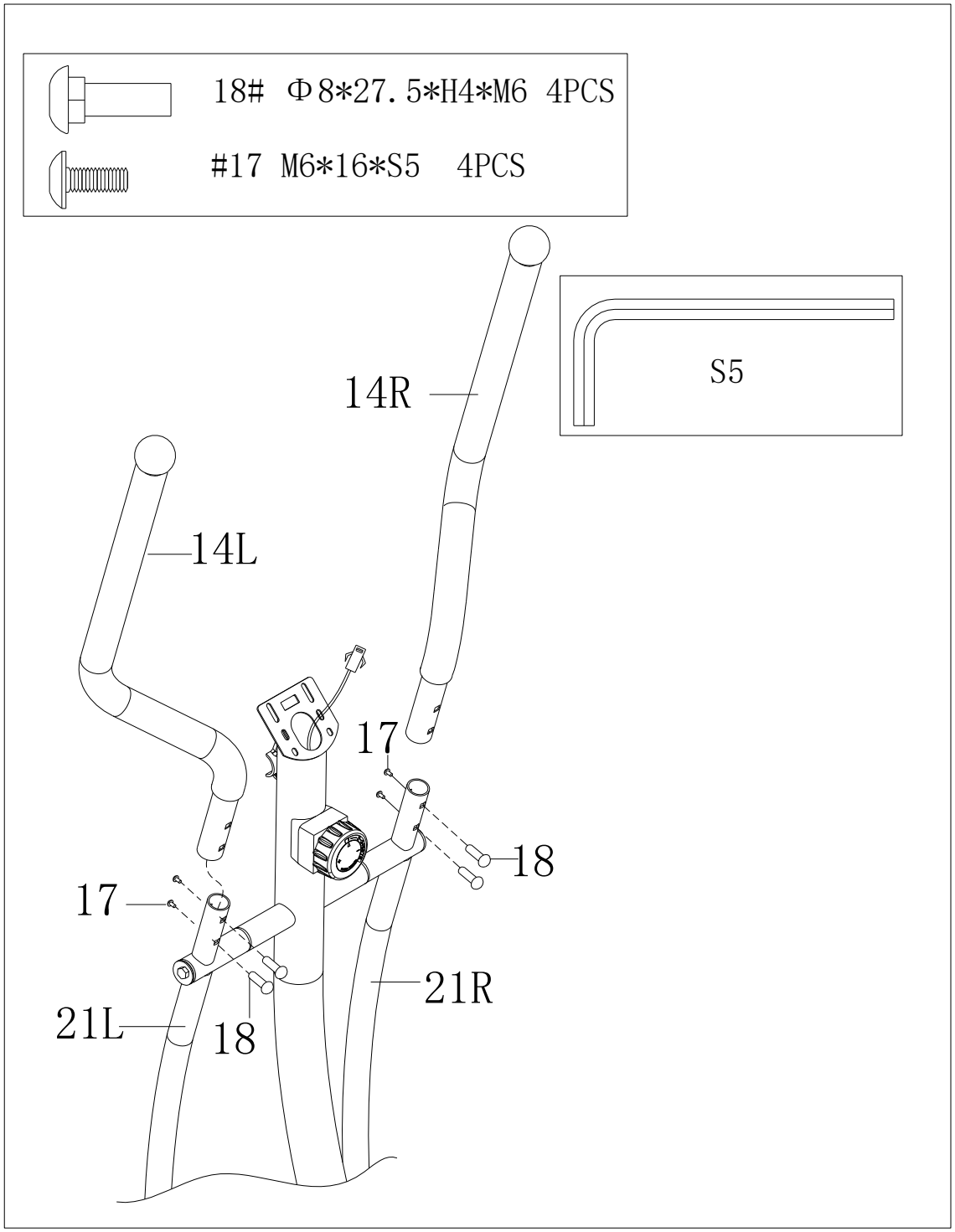
STEP 4：



Secure the connecting rod (52L/R) on the L&R crank axle of main frame (45) with nuts(56) and washers (57) .,the last ,put the cap (59)on.

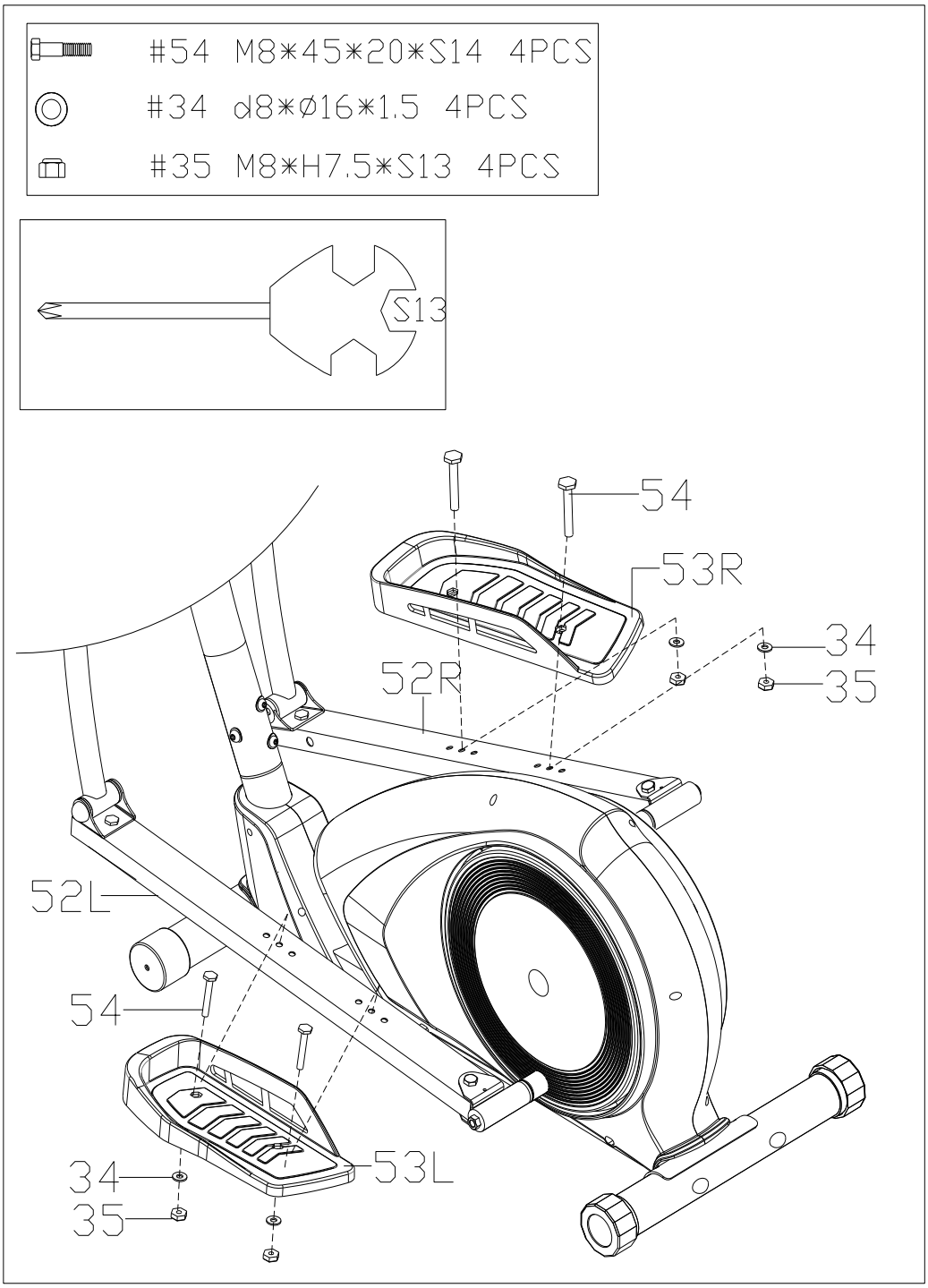
Tighten the Coupler bar (21L/R) with the connecting rod (52L/R) with Hex bolt 31). Washer (34) and nylon nut (35)， then, put the cap (16) on.

STEP 5：



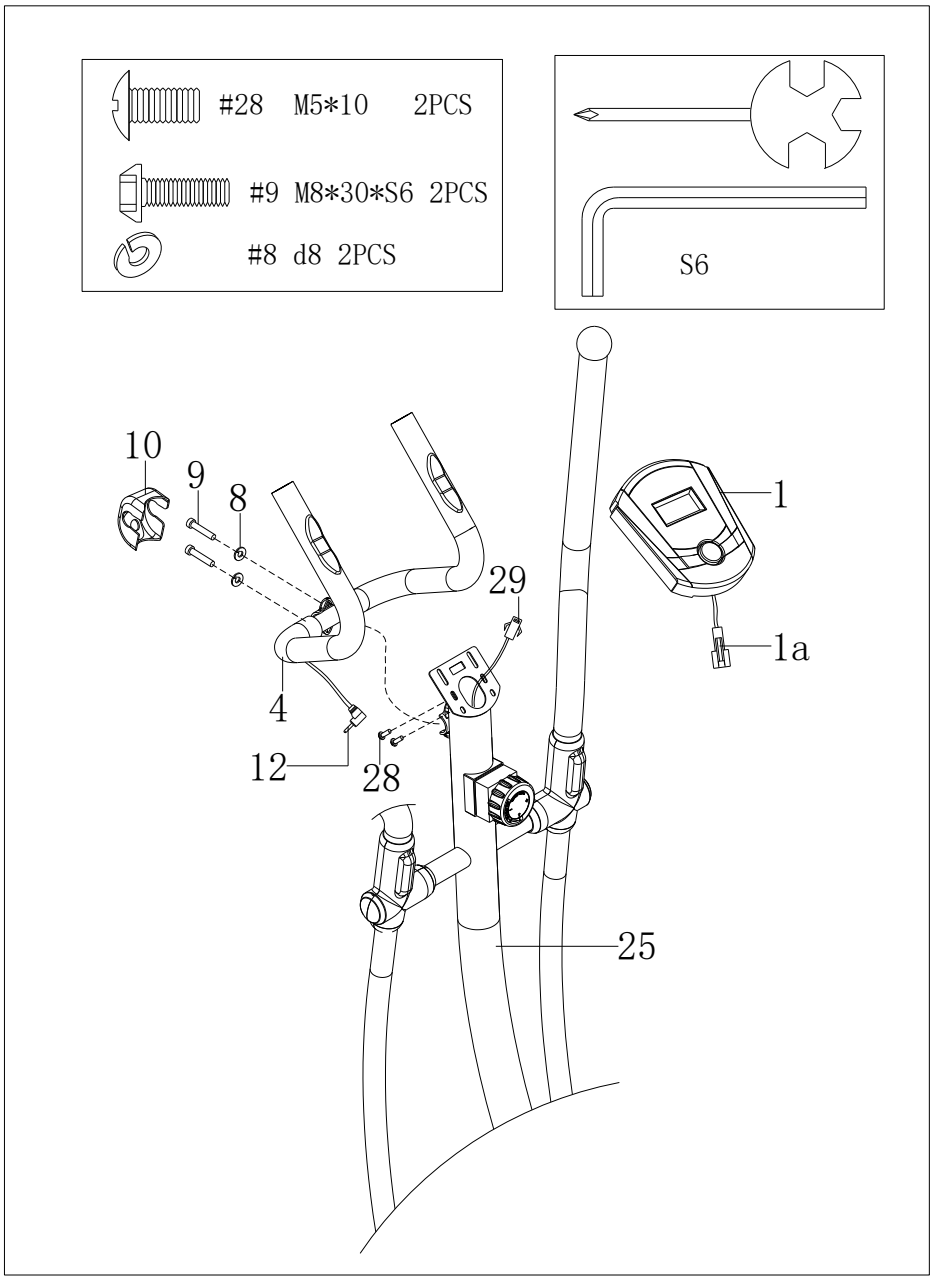
Secure handle bar(14L/R) to Coupler bar(21L/R) with bolts(18) and bolts(17).

STEP 6：



Secure pedal(53L/R) to connecting rod(52L/R) with Hex bolts(54), washers(34) and nuts (35).

STEP 7：



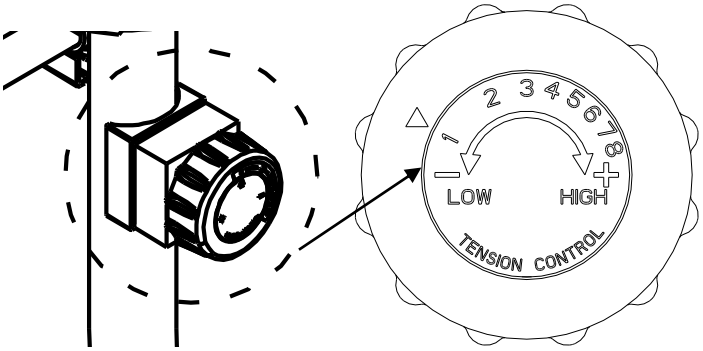
a. Secure middle handle bar (4) to handle bar post (25) with bolts (9) and spring washers (8), then cover the handlebar clamp cover (10) on.

b Connect the wire of computer(1a) with the trunk wire(29);

c. Lock computer(1) on the handle bar post(25) with bolts(28),

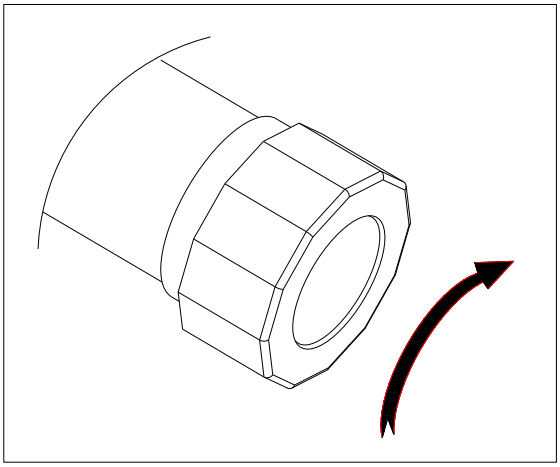
d. Then, insert the handle pulse wire(12) into the hole on the back of the computer(1)

A How to adjust the risistance with the tension control



The risistance can be adjusted through the tension control, Increase the risistance by rotation towards “+”, Reduce by trunning towards “-”

B. How to adjust the rear end cap：



The mashine is uneven, you can adjust it by rotation the end cap, please refer to the picture

EXERCISE COMPUTER INSTRUCTION MANUAL

No. 00002

FUNCTIONAL BUTTONS:

MODE – Press it to select functions.

– Hold it for 3 seconds to reset time, distance and calories.

SET（IF HAVE）– To set value of time, pulse,distance and calories when not in scan mode.

RESET (IF HAVE) – Press to reset time,pulse, distance and calories.

FUNCTIONS:

1. SCAN: Press MODE button until "▼" appears at SCAN Position (or until "SCAN" appears), computer will rotate through all the 5 functions: Time, Speed, Distance, Calorie and total distance. Each display will be hold for 6seconds.
2. TIME: Count the total time from exercise start to end.
3. SPEED: Display current speed.
4. DIST : Count the distance from exercise start to end.
5. CALORIES(CAL): Count the total calories from exercise start to the end.
6. TOTAL DIST(ODO): Count the total distance after installing the batteries.
7. AUTO ON/OFF & AUTO START/STOP: Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the computer is in action.
8. PULSE RATE (IF HAVE)

   Press MODE button until "▼" appears at PULSE position(or until "❤ "appears). Before measuring your pulse rate, please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

   Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, then it will return to normal level. To ensure testing accuracy, it is suggested that user test pulse during stop/pause exercise to avoid any possible influence. The measurement value can not be regarded as the basis of medical treatment.
9. ALARM

   The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 15 seconds.

   Press MODE to select the function, then press SET to adjust the value.

Note: ● The product with only "MODE" button has no No.9 function.

● The computer can be programmed before delivery with Metric or Imperial system. If you find "M" in right side of monitor screen, it is with Imperial system and the unit will be mile.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Speed	The max pick-up signal is 999.9KM/H or MILE/H (or 9999RPM)
	Trip Distance	0.0 ~ 999.9 KM or MILE
	Calories	0 ~ 999.9~ 9999 Kcal
	Total Distance	0 ~ 9999 KM or MILE
	Pulse Rate	40-240BPM
Battery Type		2 pcs of SIZE-AAor AAA
Operating Temperature		0℃ ~ +40℃(32℉~ 104℉)
Storage Temperature		-10℃ ~ +60℃(14℉~ 140℉)

Garlando

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