TOORX
FITNESS IN MOTION

INSTRUCTION
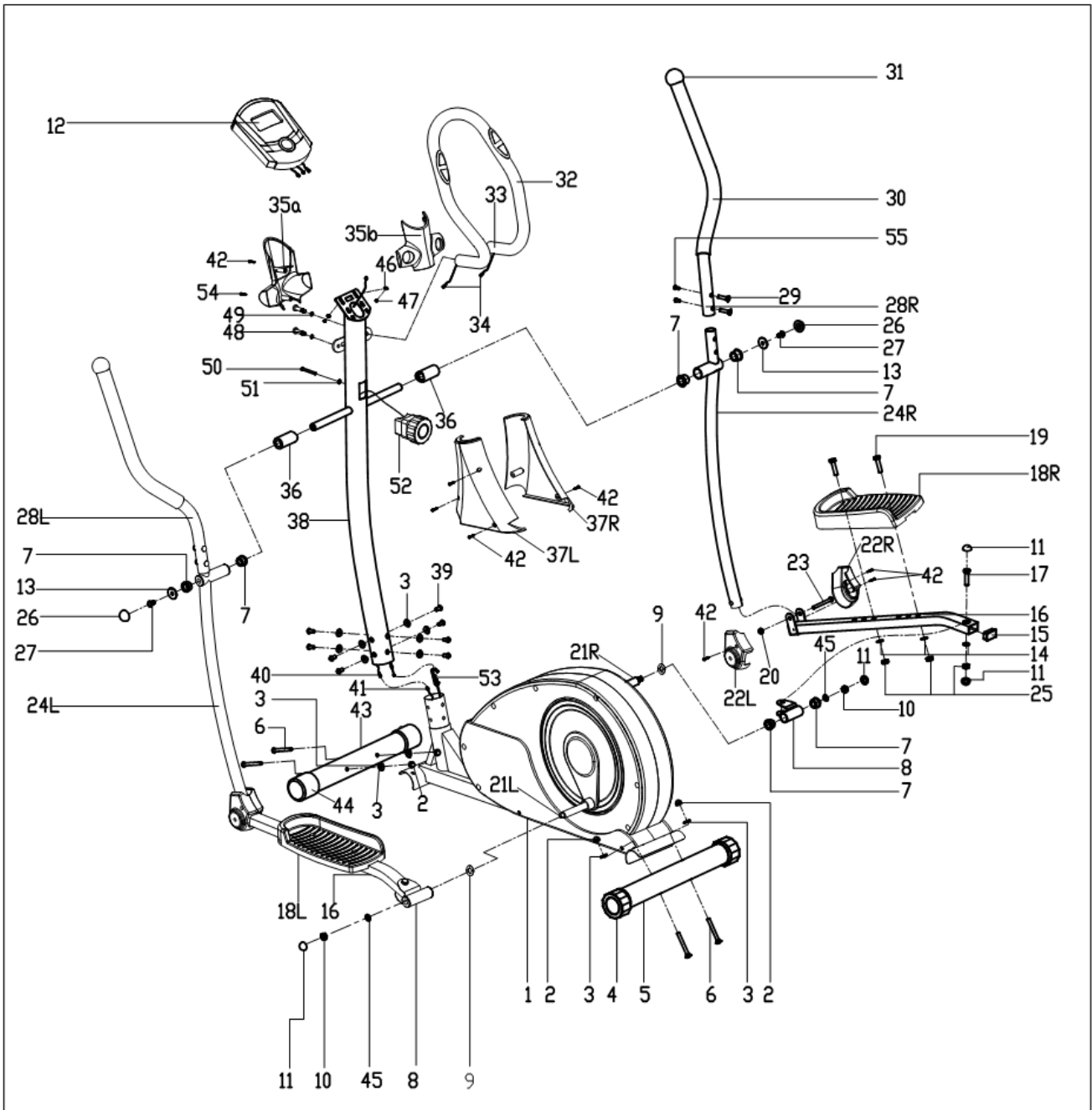

ERX75

Cod : GRLDTOORXERX75

Rev : 00

Ed : 07/18

CE

EXPLOADED DIAGRAM

PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	29	Carriage bolt φ8X 27.5	4
2	Acorn nut M8	4	30	Foam grip	2
3	Arc washer φ20Xd8.5XR30	12	31	Mushroom end cap	2
4	Rear end cap	2	32	Foam grip	1
5	Rear stabilizer	1	33	Armrest	1
6	Carriage bolt M8	4	34	Pulse sensor wire	2
7	Axle bushing	8	35a/b	Protective guard	1pr.
8	Connecting joint	2	36	Spacer φ32X59	2
9	Wave washer Ø20x Ø26x0.3	2	37L/R	Post shield	1pr.
10	Nylon nut M10X1.25	2	38	Handlebar post	1
11	Nut cap S17	6	39	Allen bolt M8X20	8
12	Computer	1	40	Extension wire	1
13	Flat washer φ8.2X φ32X2	2	41	Sensor wire	1
14	Flat washer φ10.5X φ20X2	6	42	Cross tapping screw ST4.2X18	11
15	Square end cap	2	43	Front stabilizer	1
16	Pedal support	2	44	Front end cap	2
17	Hex screw M10X50	2	45	Flat washer φ10.5X φ32X2	2
18L/R	Pedal	1pr.	46	Flat washer D5	2
19	Hex screw M10X45	4	47	Cross screw M4X12	2
20	Nylon nut M8	2	48	Allen bolt M8X30	2
21L/R	Crank	1pr.	49	Spring washer D8	2
22L/R	Shield	2pr.	50	Cross screw M5X55	1
23	Hex screw M8X55	2	51	Arc washer D5	1
24L/R	Swing bar	1pr.	52	Tension controller	1
25	Nylon nut M10	6	53	Tension cable	1
26	Nut cap S14	2	54	Cross tapping screw ST4.2 X12	1
27	Hex screw M8X15	2	55	Allen bolt M6X15	4
28L/R	Handlebar	1pr.			

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.
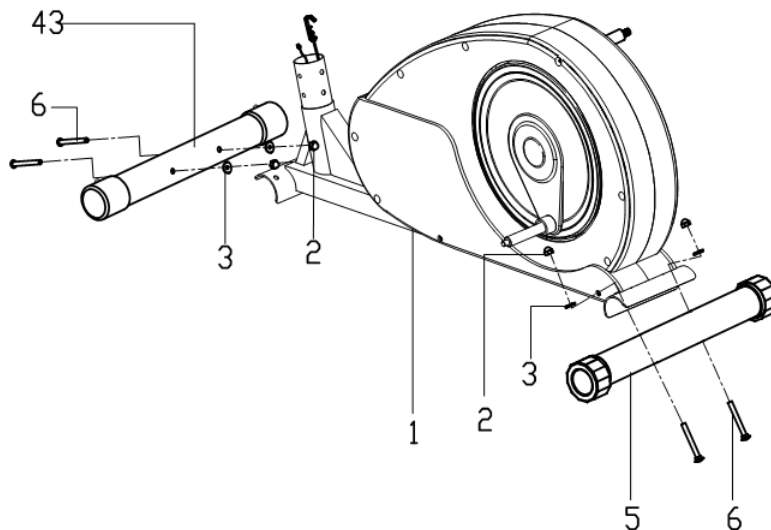
PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; Before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.
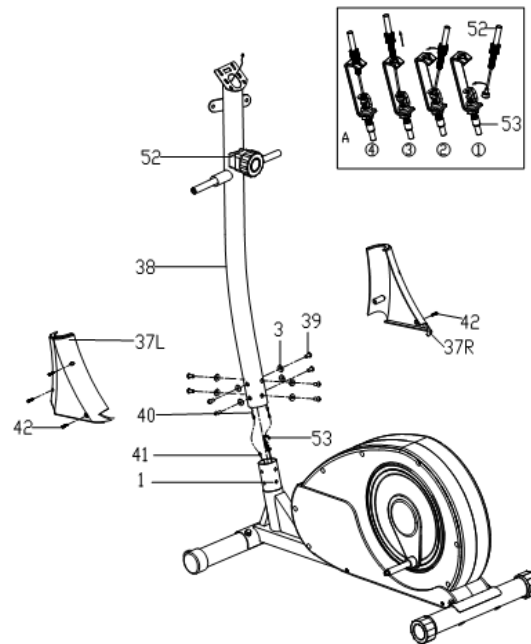
ASSEMBLY INSTRUCTION

STEP 1:

Fix the Front stabilizer (43) and the Rear stabilizer (5) to the Main frame (1) with Carriage bolts (6), Arc washers (3) and Acorn nuts (2).
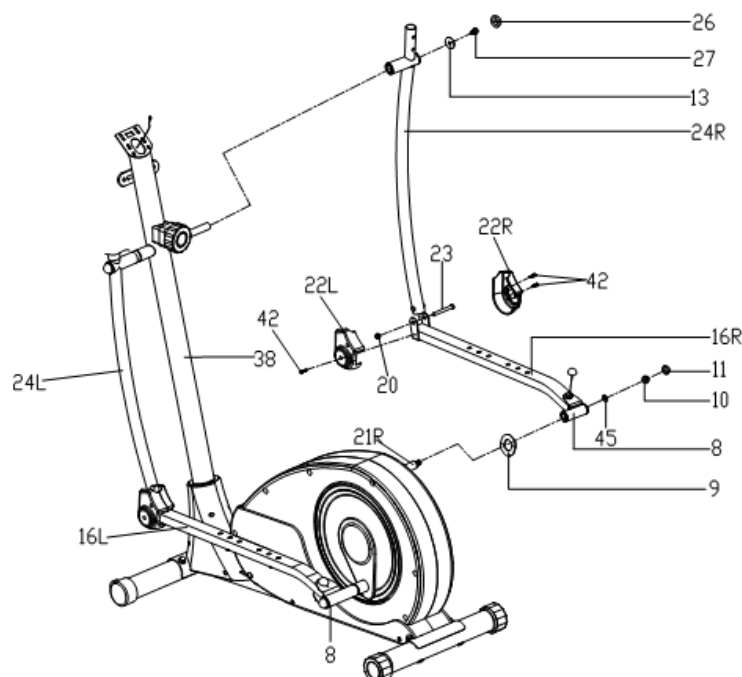
Step 2:
A: Connect Extension wire (40) to Sensor wire (41), and then fix the Tension cable (53) to the Tension controller (52) as bellow. Then fix the Handlebar post (38) to the Main frame (1) with Allen bolts (39) and Arc washers (3).

B: Fix the Post shield (37L/R) to the joint between Handlebar post (38) and Main frame(1) with Cross tapping screw (42).
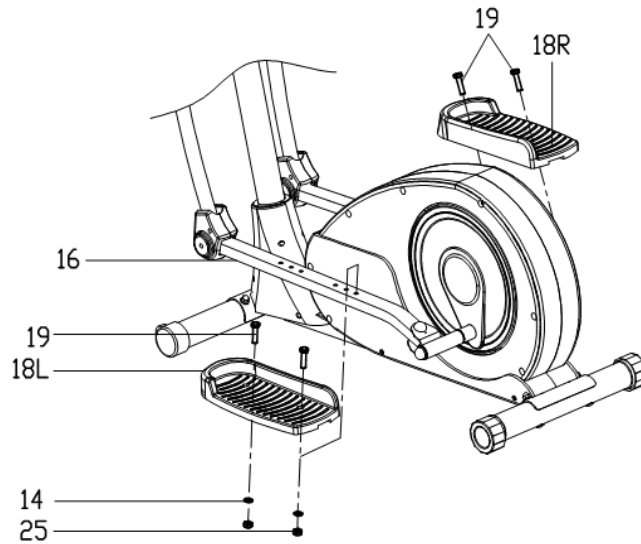

Step 3:
A: Attach the Swing bars (24L/R) to the Handlebar post (38) using Hex bolts (27) and Flat washers (13). Please do not tighten them this time.

B: Attach the Pedal support (16L/R) to the Crank (21L/R) using Nylon nuts (10),Flat washers (45) and Wave washers (9). Please do not tighten them this time.

C: Connect the Swing bars (24L/R) with Pedal support (16L/R) with Allen bolt (23) and Nylon nuts (20). Tighten them with Allen bolts (23), Hex bolts (27) and Nylon nut (10).

D: Attach the Shield (22L/R) to the joint between Swing bars (24L/R) and Pedal support (16L/R) using Cross tapping screw (42).
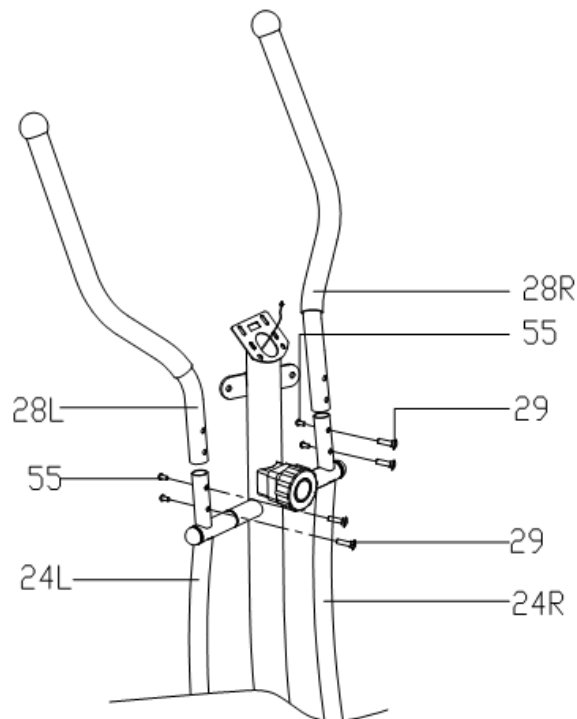
Step 4:

Fix the Pedals (18L/R) to the Pedal supports (16) with Hex bolts (19), Flat washers (14) and Nylon nuts (25).

Note: The position of Pedals (18L/R) can be adjusted to the suitable place for you.
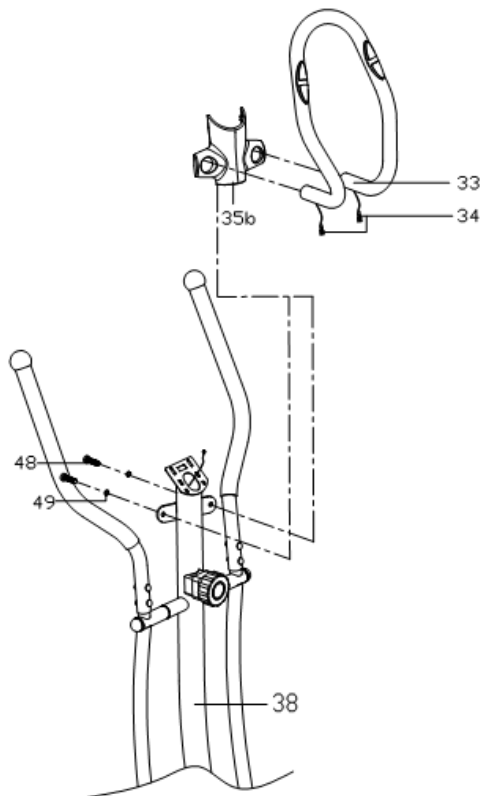

Step 5:

Tighten the Handlebars (28L/R) to the Swing bar (24L/R) with Carriage bolts (29) and Allen bolt (55).
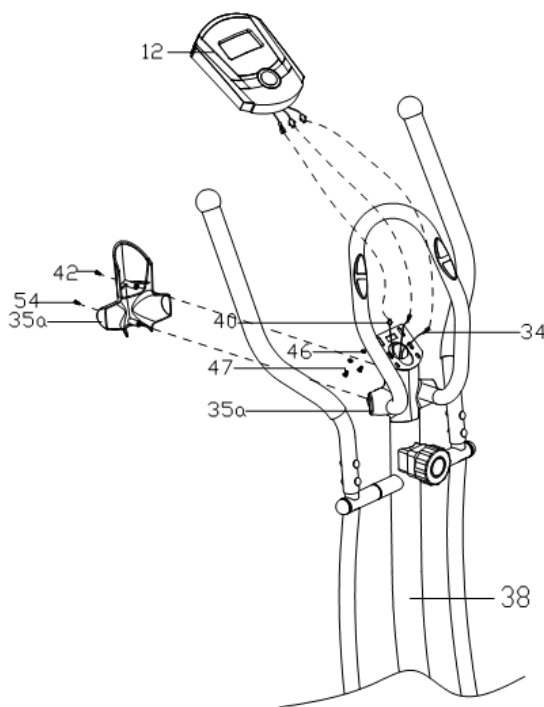
Step 6:

Cover the Protective guard (35b) to Armrest (33),Fix the Armrest (33) to the Handlebar post (38) with Allen bolts (48) and Spring washers (49) .Put the Pulse sensor wire (34) through the Handlebar post (38) and then out of the hole of computer bracket..

Step 7:

A:Connect the Pulse sensor wire (34) and Extension wire (40) to the wire of Computer (12), and then fix the Computer (12) to the computer bracket of the Handlebar post (38) with Cross screws (47) and Flat washers (46).
B:Fix the Protective guard (35b) to the Protective guard (35a) with Cross tapping screw (42) and Cross tapping screw (54).

Garlando