TOORX

FITNESS IN MOTION

INSTRUCTION

ERX95

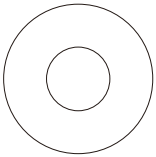
Rev: 00

Ed : 09/17

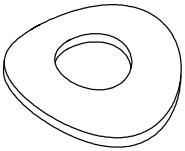
CE

Assembly Pack Check List

STEP 1.

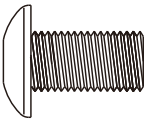


#104-1 Ø 8.7 × 20 × 1.5T
Flat Washer
(2pcs)

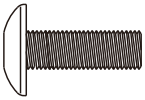


#112. 3/8" × 23 × 1.5T
Curved Washer
(2pcs)

#96. 3/8"
Cap Nut
(2pcs)



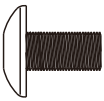
#80-1 5/16" × 15m/m
Button Head Socket Bolt
(2pcs)



#82. M5 × 15m/m
Phillips Head Screw
(4pcs)

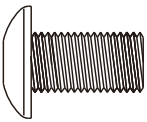
#77. 3/8" × 3"
Carriage Bolt (2pcs)

STEP 2.

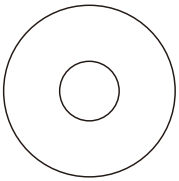


#84. M5 × 10m/m
Phillips Head Screw
(4pcs)

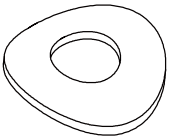
#111. 5/16" × 1.5T
Split Washer
(6pcs)



#80. 5/16" × 15m/m
Button Head Socket Bolt
(6pcs)



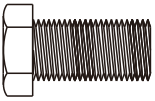
#105. 5/16" × 23 × 1.5T
Flat Washer
(4pcs)



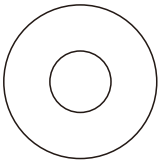
#113. 5/16" × 23 × 1.5T
Curved Washer
(2pcs)

Assembly Pack Check List

STEP 3.

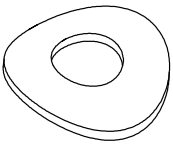


#74. 5/16" × 15m/m
Hex Head Bolt
(2pcs)



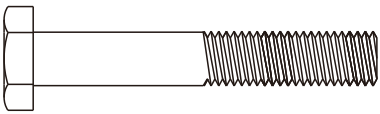
#102. Ø 8.7 × 20 × 1.5T
Flat Washer
(2pcs)

STEP 4.



#113. 5/16" × 23 × 1.5T
Curved Washer
(4pcs)

#91. 5/16" × 7T
Nyloc Nut
(6pcs)

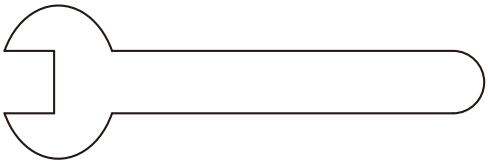


#76. 5/16" × 1-3/4"
Hex Head Bolt
(6pcs)

#87. Ø3.5 × 12m/m
Sheet Metal Screw
(8pcs)

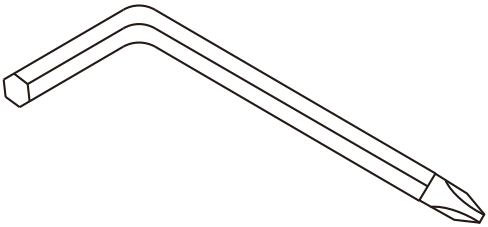
Assembly Pack Check List

TOOLS



#116. 12 mm Wrench (1pcs)

#115. 13 &14 mm Wrench (1pcs)



#118. Combination 5mm Allen Wrench
& Phillips Head Screw Driver (1pcs)

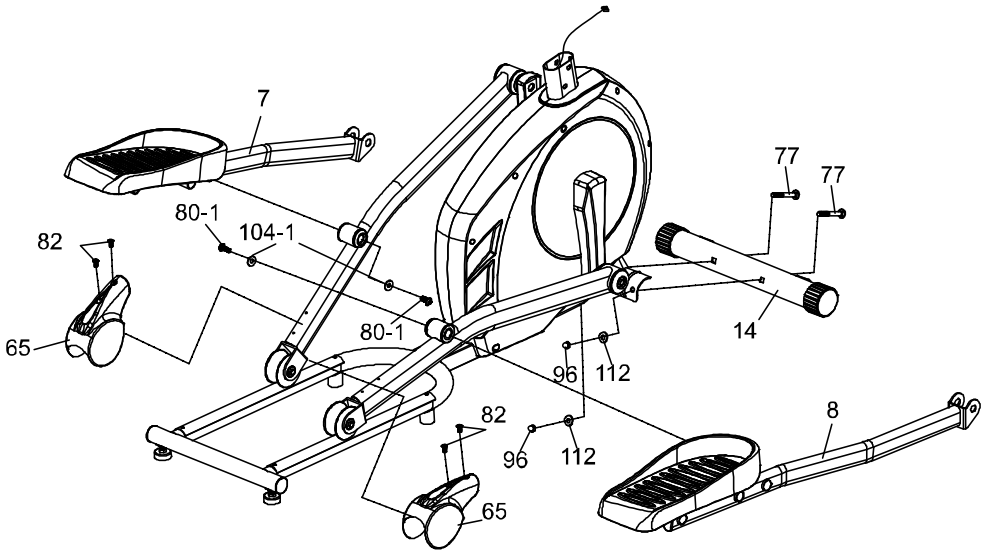
Assembly Instructions

STEP 1 Front Stabilizer and Connecting Arm Assembly

1. Install the Front Stabilizer (14) on the front stabilizer holding plate at the bottom of the main frame with the transportation wheels facing forward and secure them with 2pcs of 3/8" × 3" Carriage Bolts (77), 2pcs of 3/8" × 23m/m × 1.5T Curved Washers (112) and 2pcs of 3/8" Cap Nuts (96) by using 13.14m/m Wrench (115).

2. Secure 2pcs slide wheel cover (65) on left and right pedal arm (5) with 4pcs of M5 × 15m/m Phillips Head Screws (82) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (118).

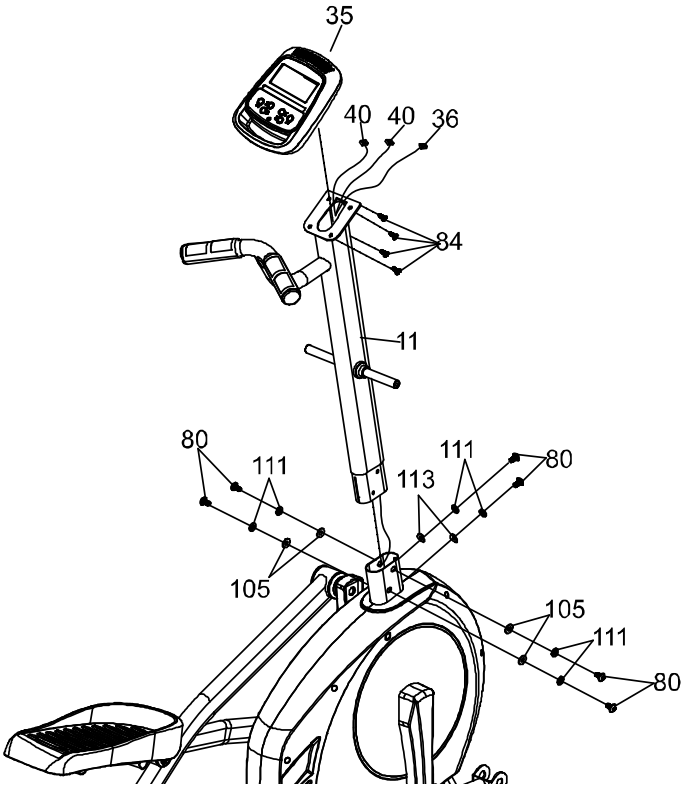
3. Insert the shaft on left connecting arm (7) to the bushing on left pedal arm (5) and secure with 1pcs of 5/16" × 15m/m Button Head Socket Bolt (80-1) together with 1pcs of Ø8.7 × 20 ×1.5T Flat Washer (104-1) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (118). Do it the same way for right connecting arm (8) and right pedal arm (5).



STEP 2 Console Mast Assembly

1. Use cable tie to guide the 1150m/m Computer Cable (36) through Console Mast (11) and then pull out of the console holding plate, and Insert the console mast into main frame and secure with 6pcs of 5/16" × 15m/m Button Head Socket Bolts (80), 6pcs of 5/16" × 1.5T Split Washers (111), 4pcs of 5/16" × 23m/m × 1.5T Flat Washers (105) and 2pcs of 5/16" × 23m/m × 1.5T Curved Washers (113) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (118) .

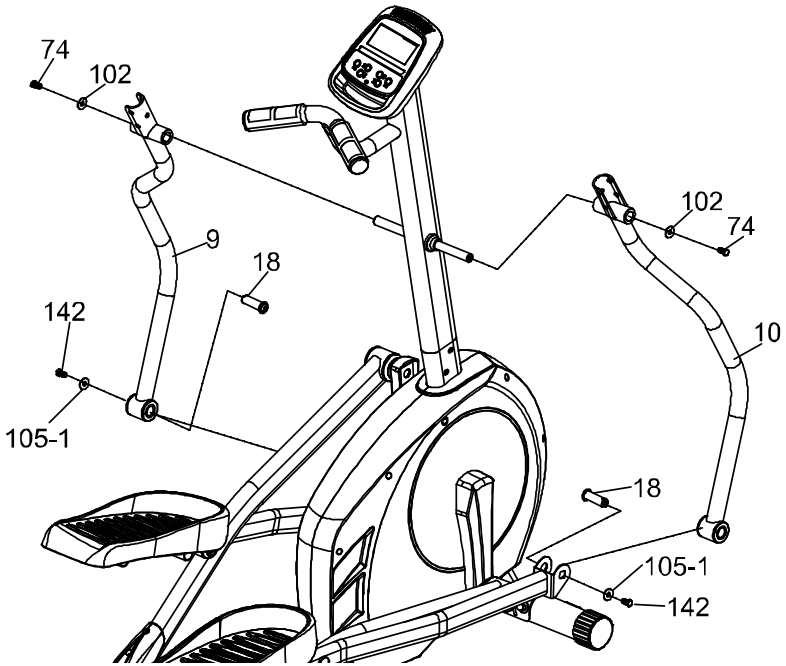
2. Take off the cable tie which ties the Computer Cable (36) and plug in the connectors of the Computer cable and the two Handpulse W/Cable Assemblies (40) on the Console. Secure the Console on the Console Assembly (35) with 4pcs of M5 × 10m/m Phillips Head Screws (84) by using Combination M5 Allen Wrench & Phillips Head Screw Driver (118). Pay attention to Avoiding scratching the cables.



STEP 3 Handle Bar Assembly

1. Install the Lower Handle Bar (L) (9) in the left shaft of Console Mast (11) and the Lower Handle Bar (R) (10) in the right shaft of Console Mast (11), and secure them with 2pcs of 5/16" × 15m/m Hex Head Bolts (74) and 2pcs of Ø8.7 × 20m/m × 1.5T Flat Washers (102) by using 12m/m Wrench (116).

2. Release rod end shafts (18) which are on left and right connecting arms. Connect the connecting arm with lower handle bar and secure with rod end shafts (18) and the screw by using 12m/m_Wrench (116).

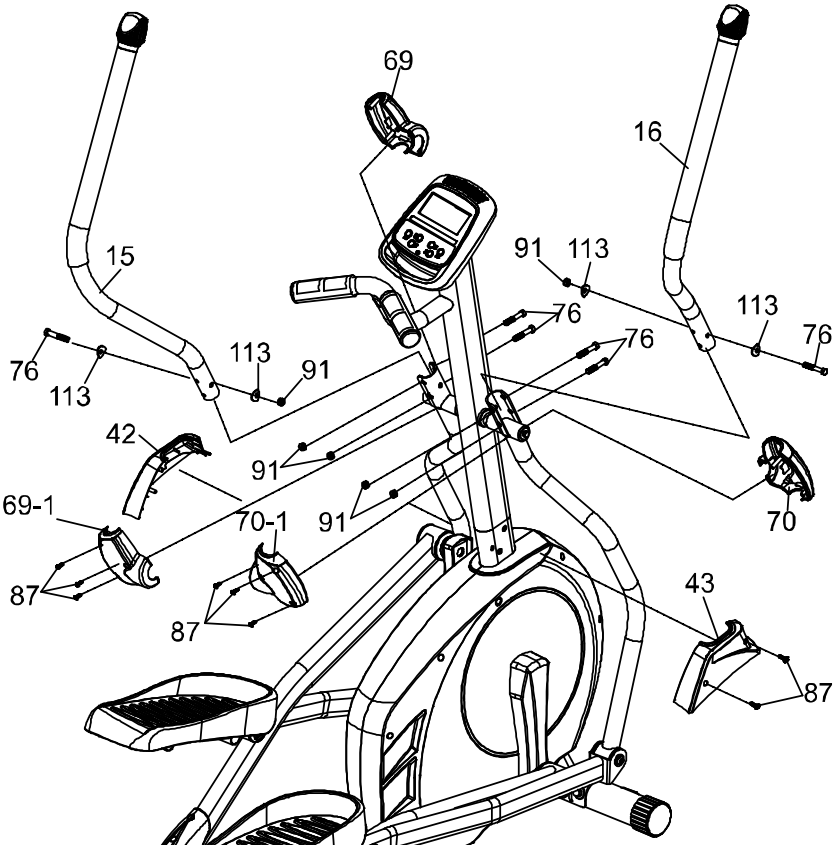


STEP 4 Connecting Arm Assembly

1. Connect the Swing Arm (L) (15) to the left Lower Handle Bar and connect the Swing Arm (R) (16) to the right Lower Handle Bar, and secure them with 6pcs of 5/16" ×1-3/4" Hex Head Bolts (76), 4pcs of 5/16" × 23m/m × 1.5T Curved Washers (113) and 6pcs of 5/16" × 7T Nyloc Nuts (91) by using 12m/m Wrench(116) and 13.14m/m Wrench (115).

2. Put the Front Handle Bar Cover (L) (69) and the Rear Handle Bar Cover (L) (69~1) together on the left Handle Bar and secure with 3pcs of Ø3.5 × 12m/m Sheet Metal Screws (87) by using Combination M5 Allen Wrench & Phillips Head Screw Driver(118). Repeat the same procedure for the right side.

3. Connect the Console Mast Cover (L)(42) and the Console Mast Cover (R)(43) together on the Console Mast and secure with 2pcs of Ø3.5 × 12L Sheet Metal Screw (87) by using Combination M5 Allen Wrench & Phillips Head Screw Driver(118).



Console

Key Functions

START/STOP: 1. Start & Pauses workouts.
2. Start body fat measurement.
3. 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: To input desired value or work out mode.

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.

Workout Selection

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

There are 7 basic workout modes:

Manual, Pre- programs, Watt Program, Body Fat Program, Target Heart Rate program, Heart Rate Control program and User Program.

Functions:

1. SPEED: Display current training speed. Maximum speed is 99.9 KM/H or MILE/H.
2. RPM: Display current rotation per minute.
3. TIME: Accumulate the workout time from 00:00 to 99:59. Or users can preset the target time they want.
4. DIST: Accumulate the workout distance form 0.00 up to 999.9 KM or Mile. Or users can preset the target distance they wan to reach.
5. ODO: Display the total accumulated distance from 0.0 to 999.9KM or Mile
6. CAL: Accumulate the calories consumption from 0 to 9999. Or users can preset the target Calories they want to consume.
7. WATT: Display current watt.
8. HEART RATE: Display the current heart rate in beats per minute.
9. TARGET .H. R.: Users can preset their Target Heart Rate.
10. PROGRAM: There are 24 different programs to choose for training.
11. LEVEL: The program has 24 levels loading and 8 bars in each column. Each column represents 1 minute workout (without the change of time value) and each bar represents 3 levels loading.
12. Music playing: There is an audio-input port on the top of the monitor, user can connect the MP3 to the Audio-input , and turn on the MP3 ,it will be playing music.

Workout Parameters:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters

After selecting desired workout mode: Manual, Pre-set Programs, Watt Program, Body Fat, Target Heart Rate, Heart Rate Control and User Program. You may pre-set several workout parameters for desired results.

Note: **Some parameters are not adjustable in certain programs.**

Time and Distance can not be set up at the same time.

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.

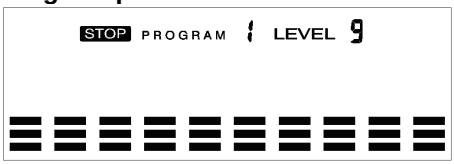
More About Workout Parameters

Field	Setting Range	Default Value	Increment/ Decrement	Description
Time	0:00~ 99:00	00:00	± 1:00	1.When display is 0:00, Time will count up. 2.When time is 1:00-99:00, It will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1.When display is 0.0, Distance will count up. 2.When Distance is 1.0~999.0, it will count down to 0.
Calories	0~9995	0.0	±5	1.When display is 0, Calories will count up. 2.When Calories is 5~9995, it will count down to 0.
Watt	40~250	100	±5	User can set watt value only in Watt control program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash
Pulse	60~220	90	±1	Setting Parameters for Target heart rate

Program Operation

Manual（P1）

Program profile



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.

(If user sets up the target time to workout, then the next parameter of Distance can not 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. Press START KEY to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2~P13)

Program profile

STOP PROGRAM 2 LEVEL 9

ROLLING

STOP PROGRAM 3 LEVEL 15

VALLEY

STOP PROGRAM 4 LEVEL 3

FAT BURN

STOP PROGRAM 5 LEVEL 3

RAMP

STOP PROGRAM 6 LEVEL 6

STEPS

STOP PROGRAM 7 LEVEL 6

OBSTACLE

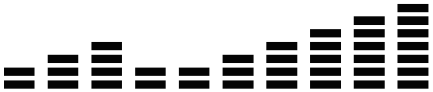
STOP PROGRAM 8 LEVEL 9

INTERVALS

STOP PROGRAM 9 LEVEL 6

PLATEAU

STOP PROGRAM 10 LEVEL 6



CLIMBING

STOP PROGRAM 11 LEVEL 9

OFF ROAD

STOP PROGRAM 12 LEVEL 9

HILL

STOP PROGRAM 13 LEVEL 6

FARTLEK

There are 12 program profiles ready for use：ROLLING, VALLEY, FAT BURN, RAMP, STEPS, OBSTACLE, INTERVALS, PLATEAU, CLIMBING, OFF ROAD, HILL and FARTLEK. All program profiles have 24 levels of resistance.

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.

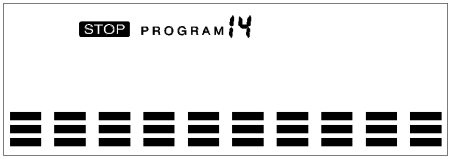
Workout in any pre-program

Users can exercise with different level of loading in different intervals as the profiles flash. Users may exercise in any desirous of resistance level adjusting by UP/DOWN keys during the workout.

Note: If user sets up the target time to workout, then the next parameter of Distance can not be adjusted. One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the other unfinished parameter will continue counting down.

Watt control program(P14)

Program profile



Setting Parameters for Watt control program

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.

(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

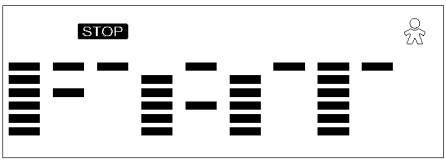
Continue through all desired parameters, pressing START/STOP to start workout.

Note: One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameter.

Computer will adjust the resistance load automatically depending 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

Program profile



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 DOWN 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%.

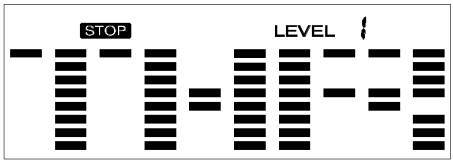
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP KEY to return the main Display.

TARGET HEART RATE Program

Program profile



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.

**(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)

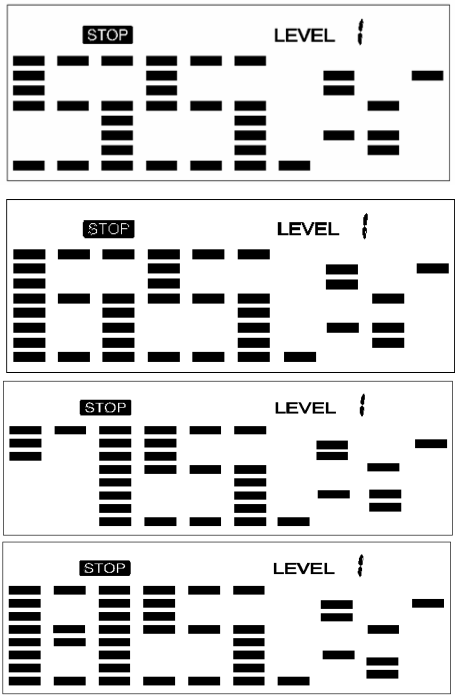
Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (± 5) the setting TARGET H.R, the computer will adjust the resistance load automatically. It will check Every 10 seconds approx. l level load will increase or decrease (Note: each resistance load represents 3 levels of loading).when the heart rate signal disappeared, the computer will keep the resistance load constant for 60s, then it will decrease the resistance load 1 level per 10s.

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameter.

HEART RATE CONTROL Program

Program profile



There are 4 selection for target pulse:

HRC - 55% **TARGET H.R= 55% of (220-AGE)**
HRC - 65% **TARGET H.R= 65% of (220-AGE)**
HRC - 75% **TARGET H.R= 75% of (220-AGE)**
HRC - 85% **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.

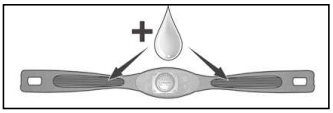
(If user sets up the target time to workout, then the next parameter of Distance can not be adjusted)**

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

Note: If Pulse is above or below (± 5) the setting TARGET H.R. the computer will adjust the resistance load automatically. It will check Every 10 seconds approx. l level load will increase or decrease (Note: each resistance load represents 3 levels of loading).when the heart rate signal disappeared, the computer will keep the resistance load constant for 60s, then it will decrease the resistance load 1 level per 10s.

One of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

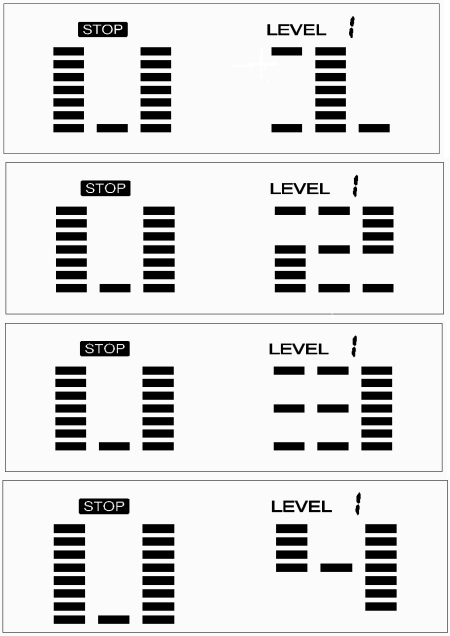
Wearing The Chest Strap (Sold Separately)



1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

User Program

Program profile



4 User program allow 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.
(If user sets up the target time to workout, then the next parameter of Distance can not 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. Press START/STOP KEY to continue the workout to reach unfinished workout parameter.

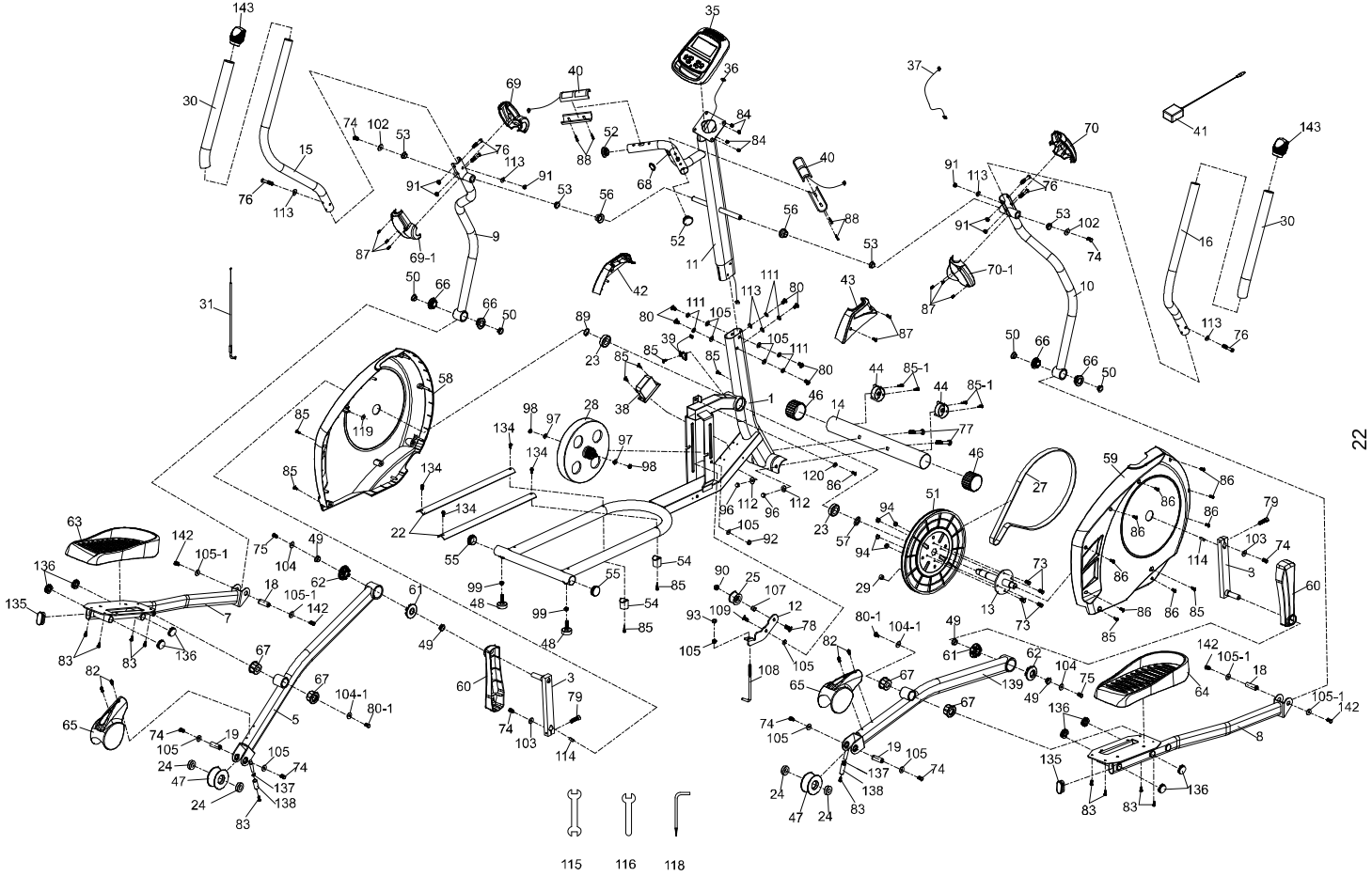
Parts List

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
3	Crank Arm Assembly	2
5	Pedal Arm(L)	1
7	Connecting Arm (L)	1
8	Connecting Arm (R)	1
9	Lower Handle Bar (L)	1
10	Lower Handle Bar (R)	1
11	Console Mast	1
12	Idler Wheel Assembly	1
13	Crank Axle	1
14	Front Stabilizer	1
15	Swing Arm (L)	1
16	Swing Arm (R)	1
18	Rod End Shaft(Blackfast)	2
19	Axle for Slide Wheel(Blackfast)	2
22	Aluminum Track	2
23	6005_Bearing	2
24	6003_Bearing	4
25	Axle for Idler Wheel	1
27	Belt	1
28	Flywheel	1
29	Magnet	1
30	Handgrip Foam	2
31	Steel Cable	1
35	Console Assembly	1
36	1600m/m_Computer Cable	1
37	450m/m_DC Power Cord	1
38	Gear Motor	1
39	200m/m_Sensor W/Cable	1
40	800m/m_Handpulse W/Cable Assembly	2
41	Power Adaptor	1
42	Console Mast Cover (L)	1
43	Console Mast Cover (R)	1
44	Transportation Wheel	2

NO.	DESCRIPTION	Q'TY
46	Round End Cap	2
47	Slide Wheel , Urethane	2
48	Adjustment Foot Pad	2
49	WFM-1719-12_Bushing	4
50	J4FM-1719-09_Bushing	4
51	Drive Pulley	1
52	Ø32(1.8T)_Button Head Plug	2
53	Podwer metallurgy Bushing	4
54	Rubber Foot	2
55	Round Cap	2
56	Pedal Axle Spacer	2
57	Spacer Bushing	1
58	Side Case(L)	1
59	Side Case(R)	1
60	Crank Arm End Cap	2
61	Ø56 × Ø19 × 15L_Bushing	2
62	Ø56 × Ø19 × 21L_Bushing	2
63	Pedal (L)	1
64	Pedal (R)	1
65	Slide Wheel Cover	2
66	Ø42 × Ø19 × 15L_Bushing	4
67	Pedal Bushing	4
68	Bolt Access Cap	1
69	Front Handle Bar Cover (L)	1
69~1	Rear Handle Bar Cover (L)	1
70	Front Handle Bar Cover (R)	1
70~1	Rear Handle Bar Cover (R)	1
73	1/4" × UNC20 × 3/4"_Hex Head Bolt	4
74	5/16" × UNC18 × 15L_Hex Head Bolt	8
75	5/16" × UNC18 × 15L_Hex Head Bolt	2
76	5/16" × UNC18 × 1-3/4"_Hex Head Bolt	6
77	3/8" × UNC16 × 3"_Carriage Bolt	2
78	3/8" × UNC16 × 27L_Carriage Bolt	1
79	M8 × P1.25 × 25L_Socket Head Cap Bolt	2
80	5/16" × UNC18 × 15L_Button Head Socket Bolt	6
80~1	5/16" × UNC18 × 15L_Button Head Socket Bolt	2

NO.	DESCRIPTION	Q'TY
82	M5 × P0.8 × 15L_Phillips Head Screw	4
83	M5 × P0.8 × 10L_Phillips Head Screw	10
84	M5 × P0.8 × 10L_Phillips Head Screw	4
85	Ø5 × 19L_Tapping Screw	10
85~1	Ø5 × 19L_Tapping Screw	4
86	Ø3.5 × 16L_Sheet Metal Screw	9
87	Ø3.5 × 12L_Sheet Metal Screw	8
88	Ø3 × 20L_Tapping Screw	4
89	Ø25_C Ring	1
90	3/8" × UNC16 × 7T_Nyloc Nut	1
91	5/16" × UNC18 × 7T_Nyloc Nut	6
92	M8 × P1.25 × 7T_Nyloc Nut	1
93	M8 × P1.25 × 9T_Nyloc Nut	1
94	1/4" × UNC20 × 8T_ Nyloc Nut	4
96	3/8" × UNC16 × 12.5T_Cap Nut	2
97	3/8" -UNF26 × 4T_Nut	2
98	3/8"-UNF26 × 11T_Nut	2
99	3/8" × UNC16 × 7T_Nut	2
102	Ø8.7 × Ø20 × 1.5T_Flat Washer	2
103	Ø8 × Ø35 × 1.5T_Flat Washer	2
104	Ø8.5 × 26 × 2.0T_Flat Washer	2
104~1	Ø8.7 × Ø20 × 1.5T_Flat Washer	2
105	Ø8 × 23 × 1.5T_Flat Washer	11
105~1	5/16" × 23 × 3T_Flat Washer	4
107	Ø15.8 × Ø10 × 9L_Sleeve	1
108	M8 × P1.25 × 130L_J Bolt	1
109	M8 × P1.25 × 20L_Carriage Bolt	1
111	Ø8 × 1.5T_Split Washer	6
112	Ø10 × 23 × 1.5T_Curved Washer	2
113	Ø8 × 23 × 1.5T_Curved Washer	6
114	Woodruff Key	2
115	13/14m/m_Wrench	1
116	12m/m_Wrench	1
118	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
119	Ø8 × 16 × 1T_Flat Washer	1
120	Ø5 × 15 × 1.5T_Flat Washer	1

NO.	DESCRIPTION	Q'TY
134	M6 × P1.0 × 15L_Phillips Head Screw	4
135	Oval End Cap	2
136	Round Cap	8
137	C Ring	2
138	Ø15 × Ø8.5 × 50L_Sleeve	2
139	Pedal Arm(R)	1
142	5/16" × 15L_Hex Head Bolt	4
143	Handgrip End Cap	2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