

**TCORX**  
FITNESS IN MOTION

# INSTRUCTION



# SRX100

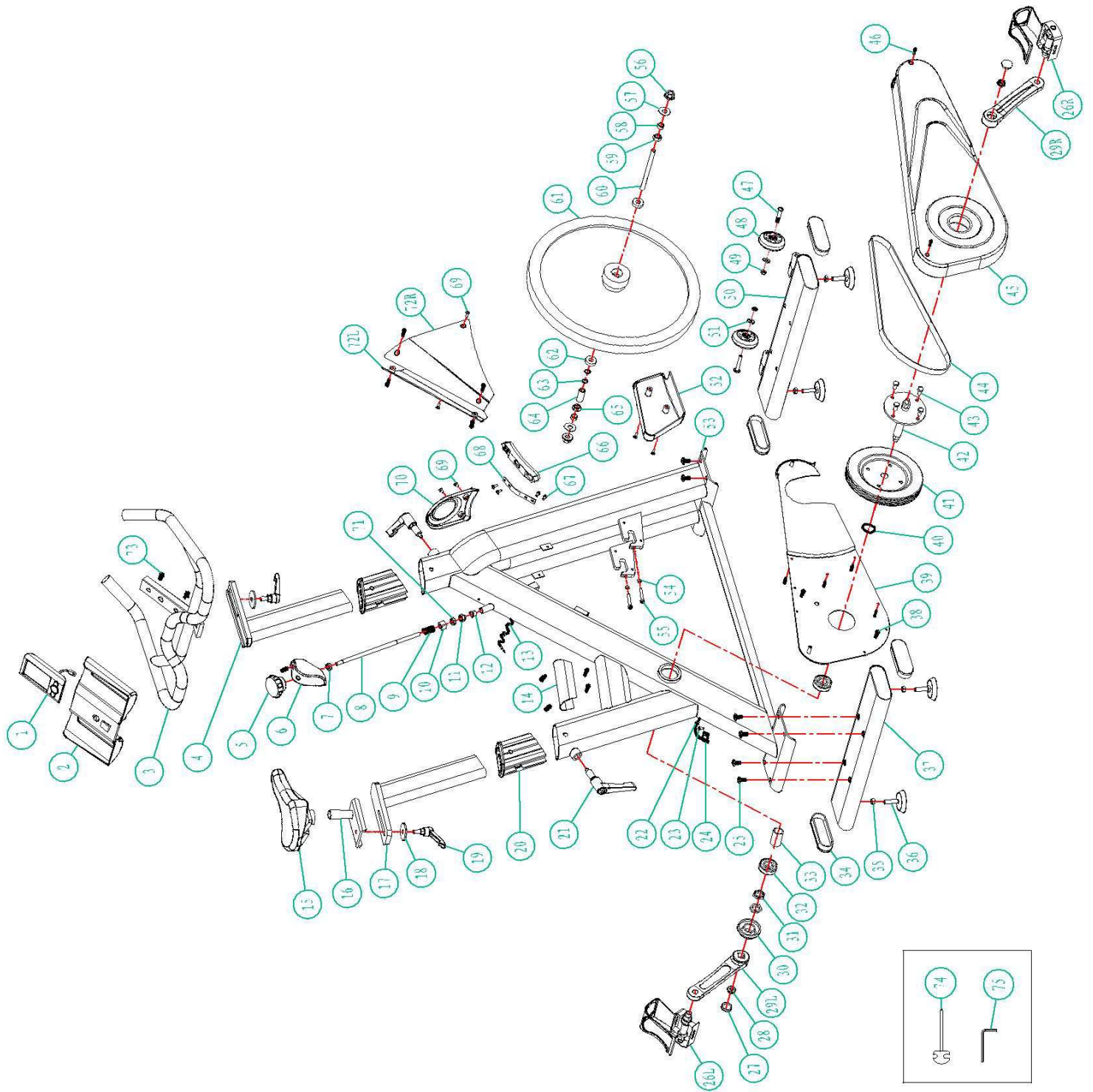


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# EXPLOSIVE VIEW



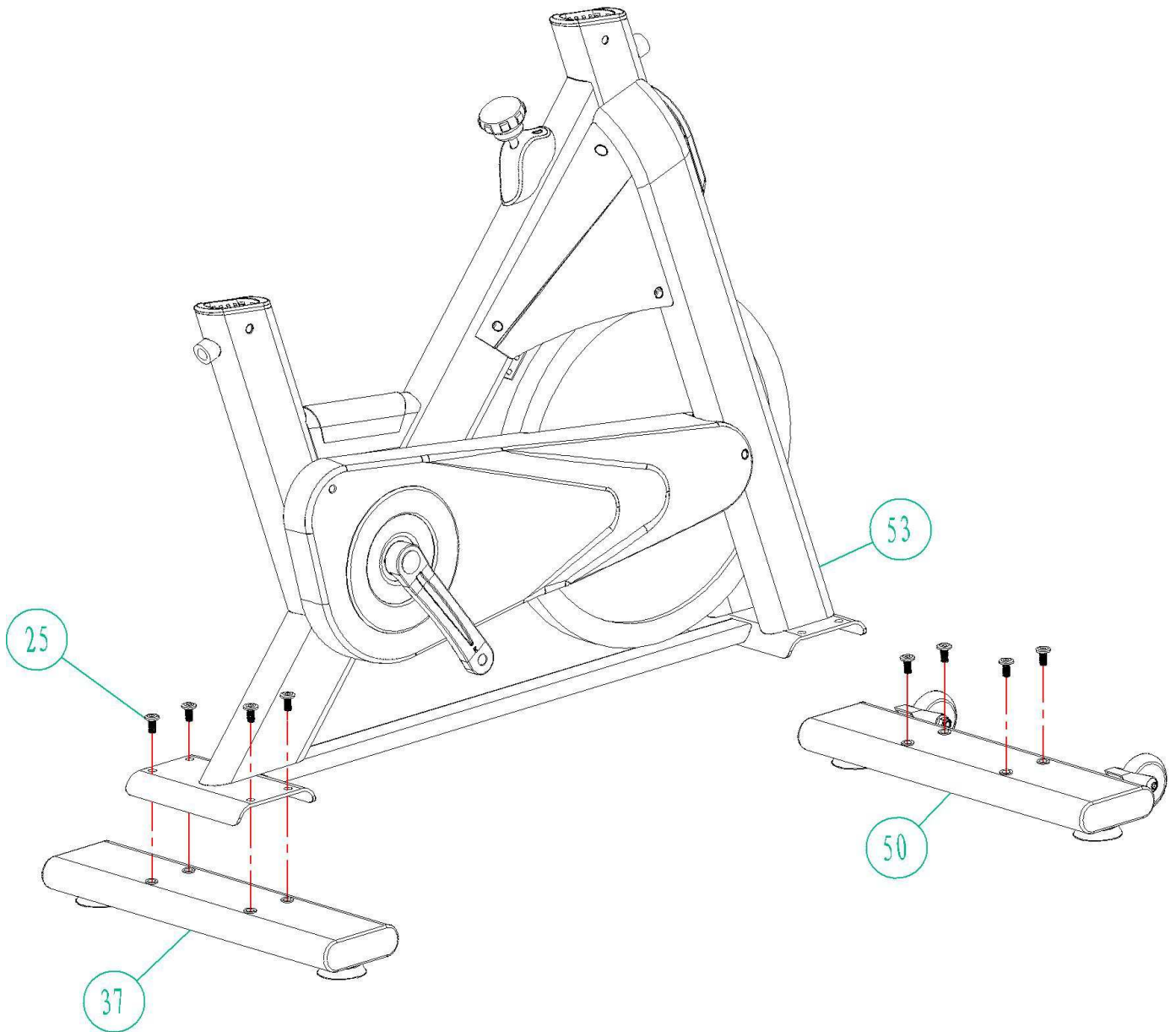
## PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Computer	1 PC
2	Bottle cage	1 PC
3	Handlebar	1 PC
4	Handlebar post	1 PC
5	Brake knob	1 PC
6	Brake trim cover	1 PC
7	Hexagon nut M8	2 PCS
8	Brake bar $\phi$ 10x290	1 PC
9	Spring $\Phi$ 14x $\Phi$ 1.8x31.5L	1 PC
10	Square nut M10xP1.0 16x16x20	1 PC
11	Cap nut M10	1 PC
12	Brake bushing $\phi$ 16	1 PC
13	Sensor cable	1 PC
14	non-slip mat	1 PC
15	Seat	1 PC
16	Slider	1 PC
17	Seat post	1 PC
18	Washer $\phi$ 10.5x $\phi$ 38x4T	2 PCS
19	Knob M10	2 PCS
20	Tube clamp	2 PCS
21	Knob M16	2 PCS
22	Stopper $\phi$ 11.5	2 PCS
23	Screw	5 PCS
24	Sensor	1 PC
25	Step screw	8 PCS
26	Pedal (L+R)	1 SET

27	Crank plug	2 PCS
28	Flange nut M10	2 PCS
29	Crank (L+R)	1 SET
30	Alex bushing PVC	1 PC
31	Hexagon nut	2 PCS
32	Bearing 6005	2 PCS
33	Alex pipe	1 PC
34	End cap 40x120	4 PCS
35	Hexagon nut M10	4 PCS
36	Foot pad	4 PCS
37	Rear tube	1 PC
38	Screw M4.2x19	11 PCS
39	Chain Cover (inner)	1 PCS
40	Snap ring $\phi$ 25	2 PCS
41	Belt pulley $\phi$ 200 5PK	1 PC
42	Axle $\phi$ 25x157	1 PC
43	Hexagon screw M8x15	4 PCS
44	Belt 1310 5PK	1 PC
45	Chain Cover (outer)	1 PC
46	Screw M4x20	6 PCS
47	Hexagon screw M8x38	2 PCS
48	Moving wheel $\phi$ 76	2 PCS
49	Nylon nut M8	2 PCS
50	Front tube	1 PC
51	Flat washer	2 PCS
52	Cover L	1 PC
53	Main frame	1 PC
54	Hexagon screw M6	2 PCS
55	Hexagon screw M6x50	2 PCS

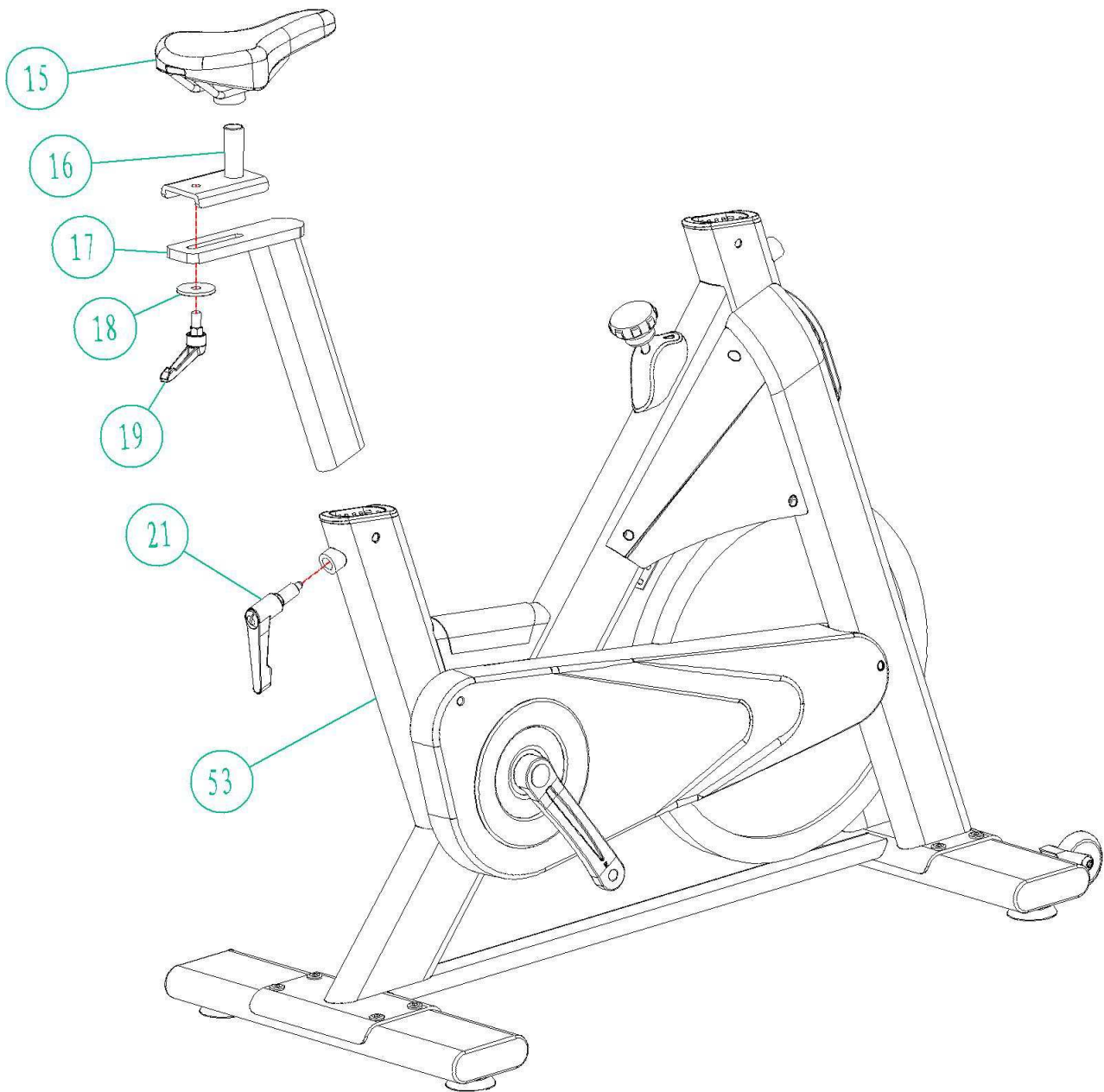
56	Flange nut M12	2 PCS
57	Washer $\phi$ 12x $\phi$ 20x1.5T	2 PCS
58	Drive pipe $\Phi$ 12x $\phi$ 15x9mm	2 PCS
59	Hexagon screw M12x6T	1 PC
60	Flywheel axle $\phi$ 12x149	1 PC
61	Flywheel 24kg	1PC
62	Bearing 6301	2 PCS
63	Washer $\phi$ 12x $\phi$ 16x1.5T	2 PCS
64	Alex pipe	1 PC
65	Hexagon nut M12	2 PCS
66	Brake pad	1 PC
67	Hexagon screw M5x8	2 PCS
68	Brake shrapnel 1.5T	1 PC
69	Screw M5x8	6 PCS
70	Front cover	1 PC
71	Hexagon screw M10	1 PC
72	Cover( L+R)	1 SET
73	Screw M5	2 PCS
74	Harpoon wrench	1 PC
75	Hexagon wrench	1 PC

## ASSEMBLY INSTRUCTION



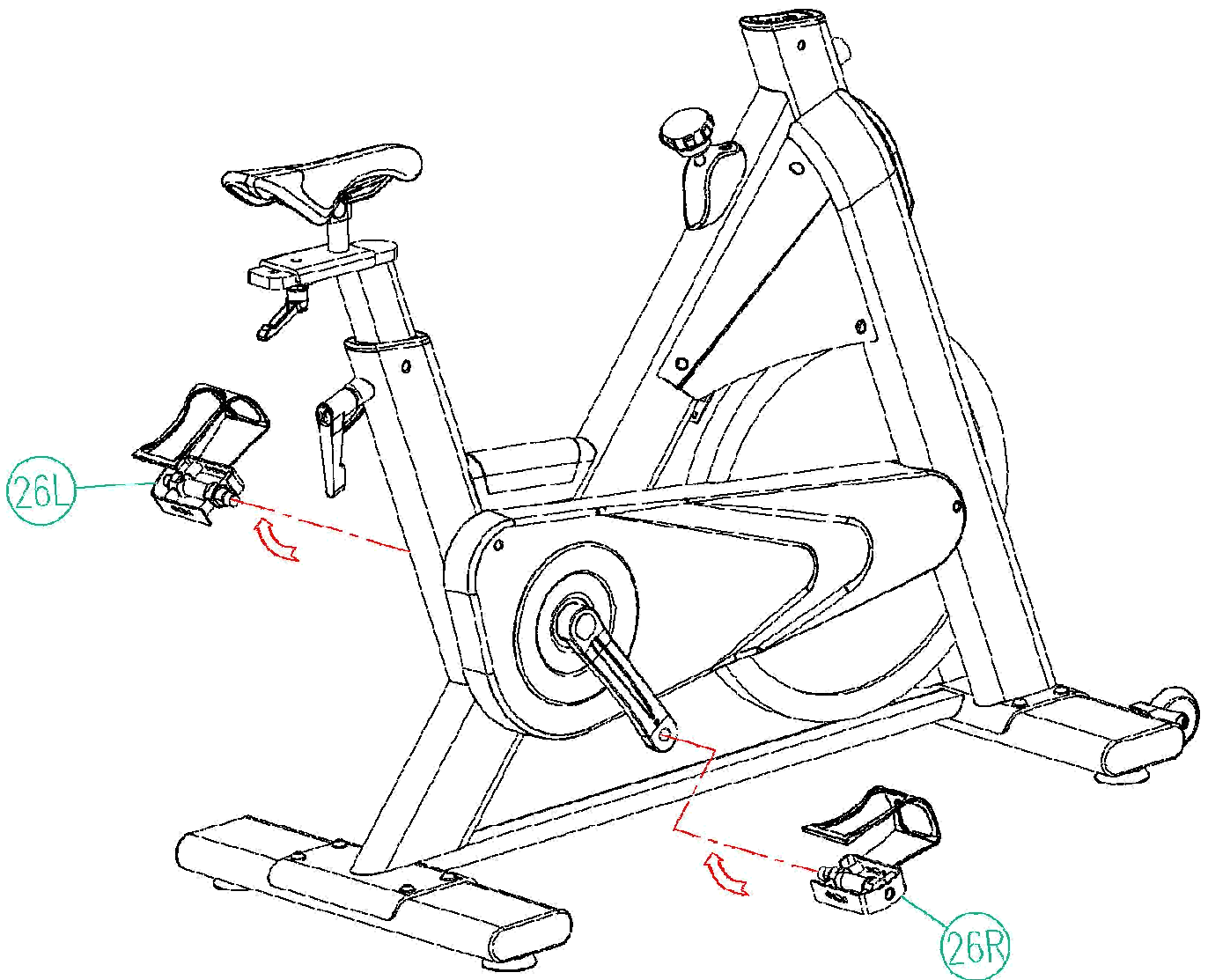
### STEP 1

Attach the rear tube (37) to the main frame(53) using step screws(25).  
Attach the front tube (50) to the main frame same as the rear tube.



## STEP 2

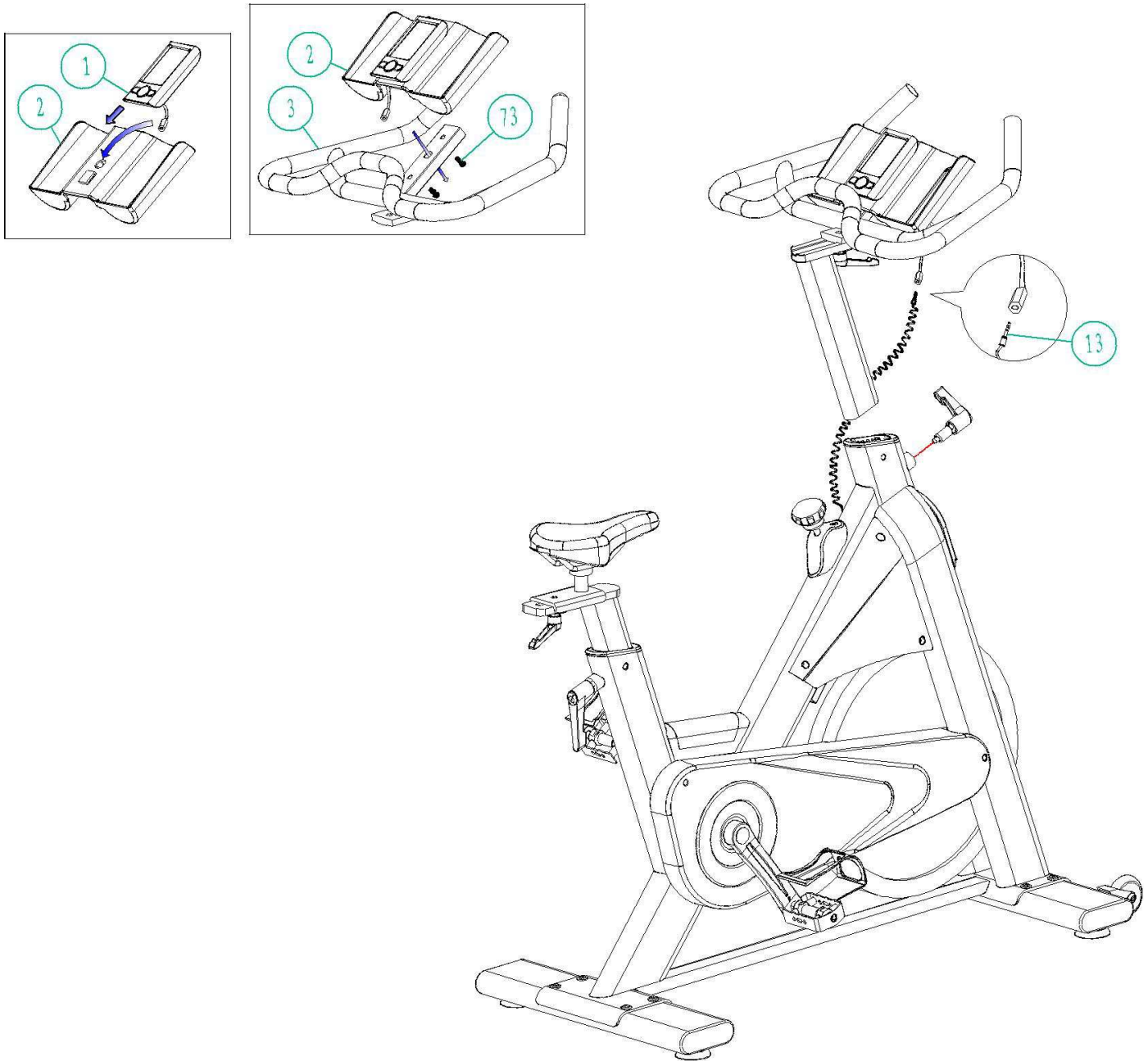
Put seat post (17) insert main frame(53) with knob (21)adjust height.  
Put slider(16) on the seat post(17) with washer(18) and knob(19).  
Put seat (15) on the slider(16) and fix it.



### STEP 3

The pedals (26L and 26R) are marked "L" and "R"-left and right. Connect them to their appropriate crank set(29L and 29R). The right crank set is on the right hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the left pedal on anti-clockwise.



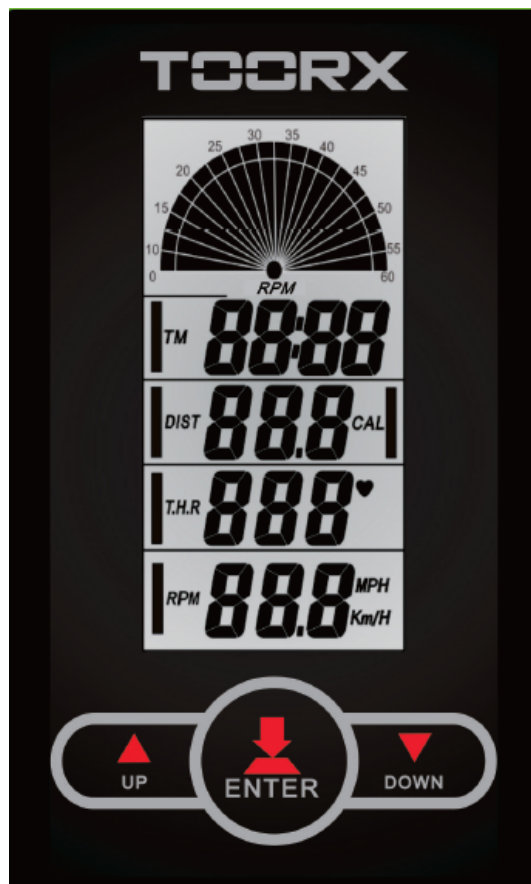


## STEP 4

Fix handlebar(3) on handlebar post(4) using washer(18) and knob(19).  
And fix the computer holder(2) on the handlebar(3),put computer(1) into computer holder(2),then insert the sensor plug (13) into the sensor joint of computer.

Now your spinning bike is finished for use.

## FRONT VIEW

**HOW TO REMOVE BATTERY:**

2. Pull off the battery cover and place one of CR2032 3V battery into battery housing on back of monitor, please refer to below illustrations.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Replace battery cover and insure it is tightly closed.
5. Battery life is approx. 1 year under normal usage.
6. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
7. Removing the batteries will erase computer memory.

## KEY GUIDE

**ENTER:**

1. Press this button to enter setting mode.  
Normal→Time→DIST→CAL→T.H.R
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.

**UP:**

Increase the setting value of the following functions.  
Time→DIST→CAL→T.H.R

**DOWN:**

Decrease the setting value of the following functions.  
Time→DIST→CAL→T.H.R

## FUNCTIONS AND OPERATIONS

### **AUTO ON/OFF**

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

### **TIME:**

press the button of ENTER to TIME function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down:

Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

### **SPEED:**

Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

### **RPM:**

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

### **DISTANCE:**

press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0Km or Mile

Count down:

Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

## **CALORIE:**

press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

## **PULSE (Target Heart Rate):**

press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:

If no pulse signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customer can press key to restart Pulse function.

## **CAUTION:**

Operating temperature: 0°C - +50°C.

Storage temperature: -10°C - +60°C.



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