TOORX
FITNESS IN MOTION

INSTRUCTION

SRX300

CE

EXPLOSIVE VIEW
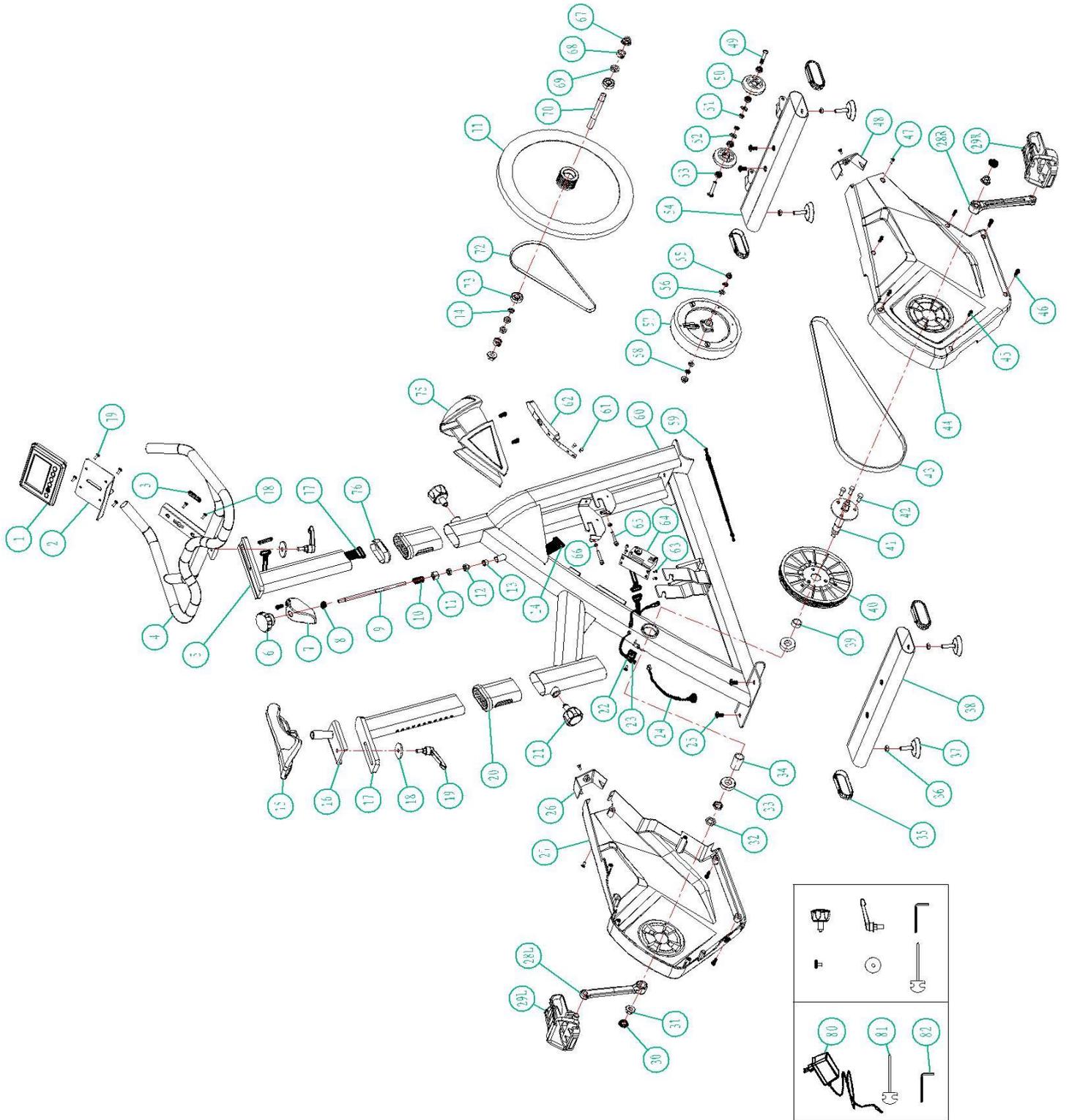
PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Computer	1 PC
2	Ipad shelf	1 PC
3	Line plug	3 PCS
4	Handlebar	1 PC
5	Handlebar post	1 PC
6	Brake knob	1 PC
7	Brake trim cover	1 PC
8	Hexagon nut M8	2 PCS
9	Brake rod ϕ10x225	1 PC
10	Spring ϕ14xϕ1.8x31.5L	1 PC
11	Square nut	1 PC
12	Cap nut M10	1 PC
13	Brake bushing ϕ16	1 PC
14	Bottom cable	1 PC
15	Seat	1 PC
16	Slider	1 PC
17	Seat post	1 PC
18	Washer ϕ10.5xϕ38x4T	2 PCS
19	Knob M10	2 PCS
20	Tube clamp	2 PCS
21	Lock pin M16	2 PCS
22	Sensor	1 PC
23	Sensor cable	1 PC
24	Cable DC	1 PC
25	Step screw	4 PCS
26	Trim cover L	1 PC

27	Chain cover L	1 PC
28	Crank (L+R)	1 PC
29	Pedal (L+R)	1 SET
30	Crank plug	2 PCS
31	Flange nut M10	2 PCS
32	Hexagon nut	2 PCS
33	Bearing 6004	2 PCS
34	Axle pipe	1 PC
35	End cap 40x100	4 PCS
36	Hexagon nut M10	4 PCS
37	Foot pad	4 PCS
38	Rear tube	1 PC
39	Axle limit pipe	1 PC
40	Belt pulley φ214 5PK	1 PC
41	Axle	1 PC
42	Hexagon screw M8x15	3 PCS
43	Belt 1340 5PK	1 PC
44	Chain Cover R	1 PC
45	Screw M4x20	6 PCS
46	Screw M4.2x19	7 PCS
47	Screw M5x12	9 PCS
48	Trim cover R	1 PC
49	Hexagon screw M8x38	2 PCS
50	Moving wheel φ70	2 PCS
51	Nylon nut M8	2 PCS
52	Washer	2 PCS
53	Bearing 608	2 PCS
54	Front tube	1 PC
55	Flange nut	2 PCS

| 56	Hexagon nut	2 PCS
57	Magnetic flywheel	1 PC
58	Washer	2 PCS
59	Cable	1 PC
60	Main frame	1 PC
61	Hexagon screw	2 PCS
62	Brake pad	1 PC
63	Screw M5	4 PCS
64	Motor	1 PC
65	Hexagon screw M6×45	2 PCS
66	Hexagon screw M6	2 PCS
67	Flange nut	2 PCS
68	Pipe	2 PCS
69	Hexagon nut	2 PCS
70	Flywheel axle Φ15	1 PC
71	Flywheel	1 PC
72	Belt 2	1 PC
73	Bearing 6202	2 PCS
74	Washer	2 PCS
75	Front cover	1 PC
76	End cap	1 PC
77	Sensor cable	1 PC
78	Screw	2 PCS
79	Screw	2 PCS
80	Power supply	1 PC
81	Harpoon wrench	1 PC
82	Hexagon wrench	1 PC

ASSEMBLY INSTRUCTION
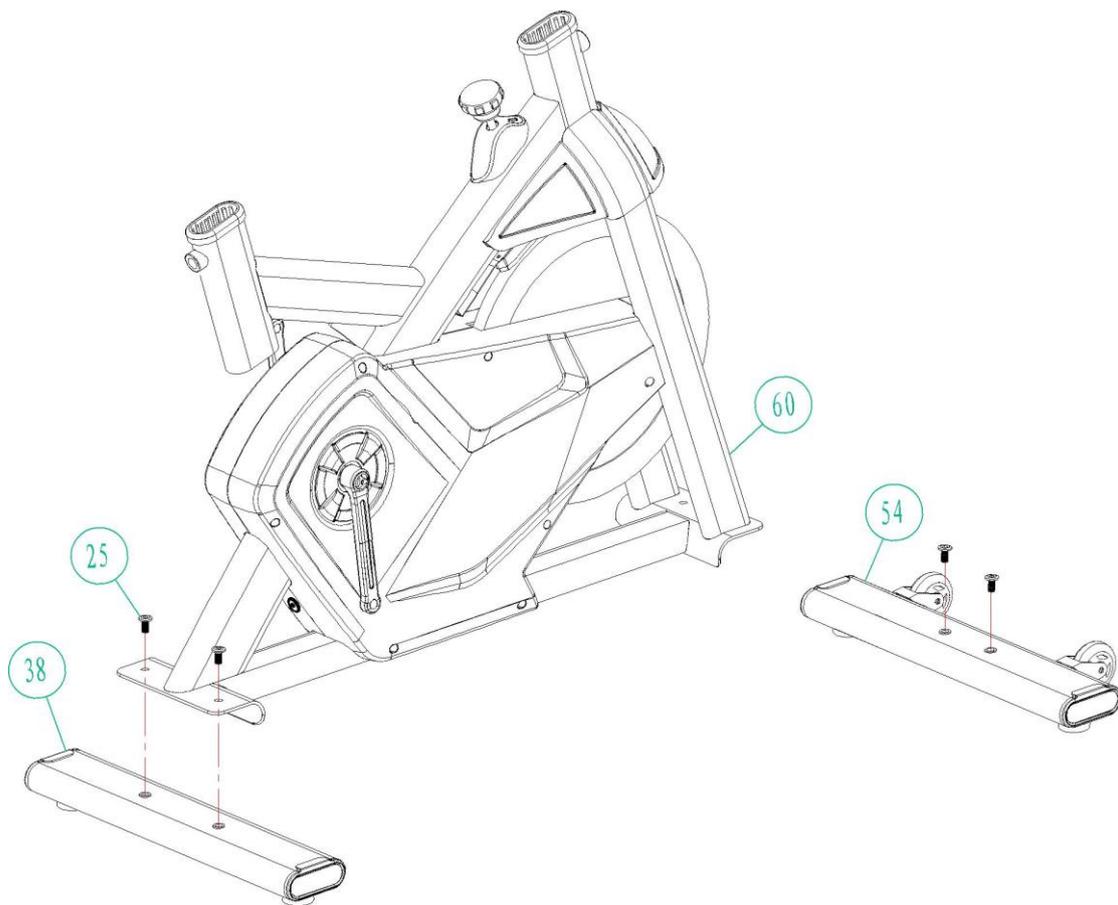
STEP 1

Attach the rear tube (38) to the main frame(60) using two sets of cap nut(25),
Attach the front tube (54) to the main frame same as the rear tube.
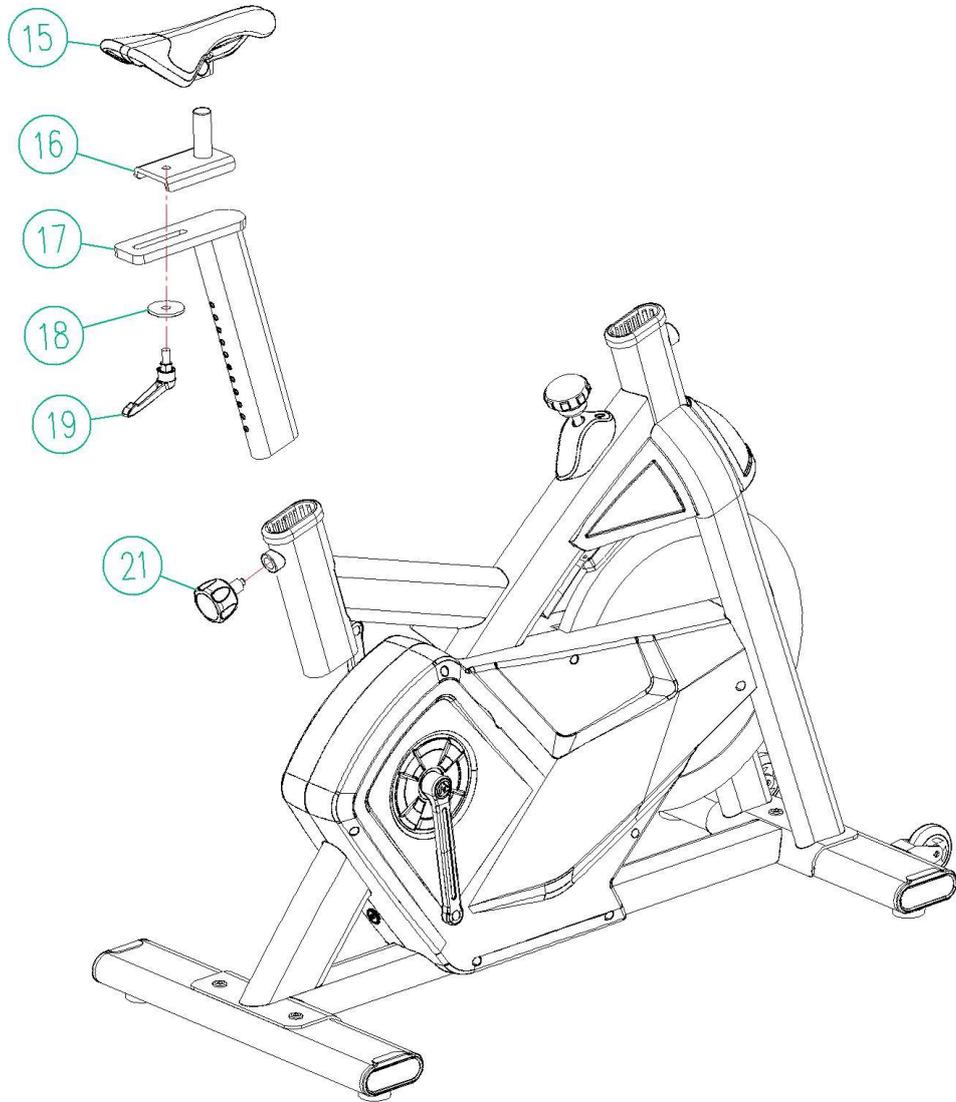
STEP 2

Put seat post (17) insert main frame with knob (21)adjust height.
Put seat (15) on the slider(16) and fix it.
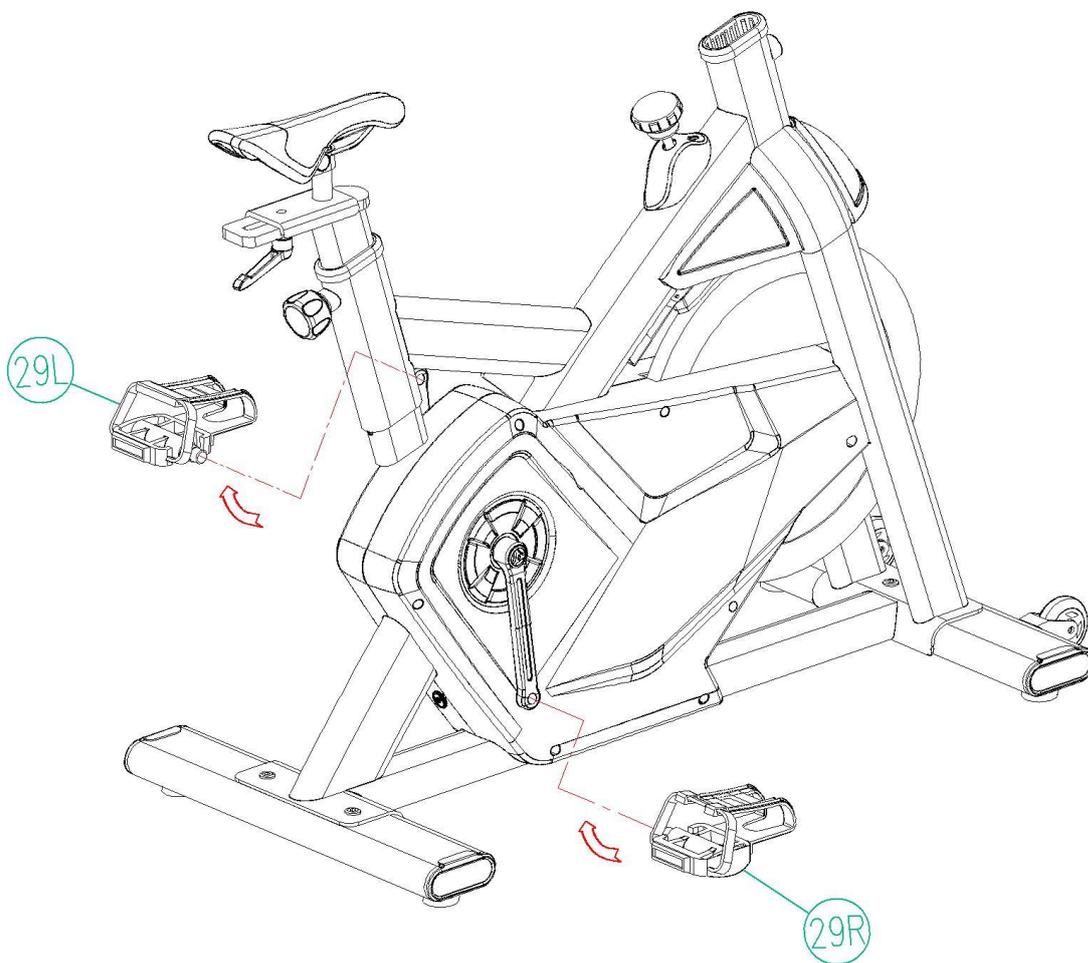
STEP 3

The pedals (29L and 29R) are marked "L" and "R"-left and right.
Connect them to their appropriate crank set(28L and 28R). 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.
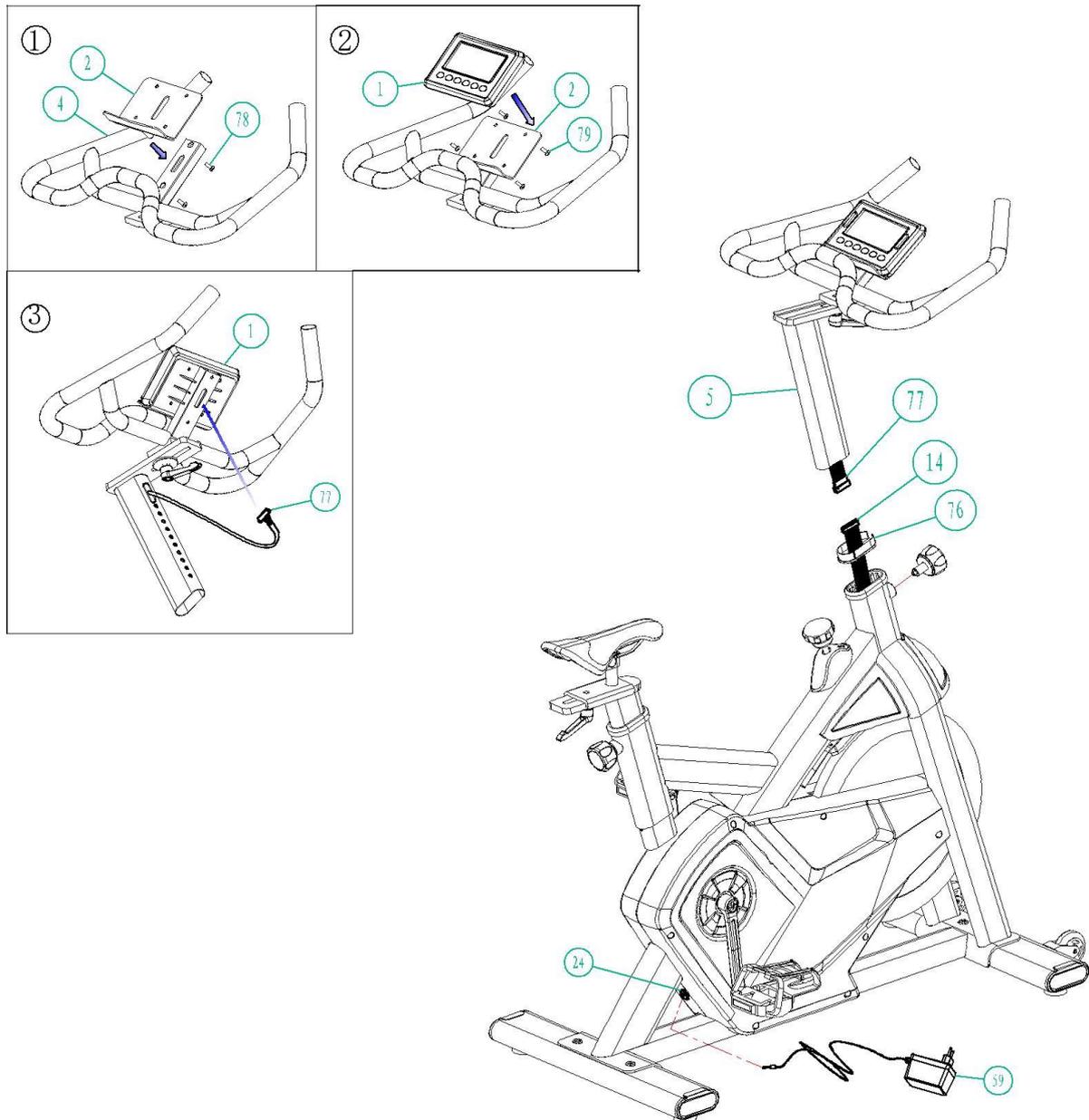
STEP 4

Fix the ipad shelf(2) on the handlebar(4) using screw(78),put computer(1) into ipad shelf(2), And fix handlebar(4) on handlebar post(5) using washer(18) and knob(19).

And connect sensor plug (14) and sensor plug (77) ,then insert the sensor plug(77) into the sensor joint of computer.

Now your spinning bike is finished for use.

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9
CALORIES	.Burned calories during workout display. .Range 0 ~ 999
PULSE	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATT	.Workout power consumption . In Watt Program mode, computer will remain preset watt value (setting range 0~350)
MANUAL	.Manual mode workout.
PROGRAM	.Beginner, Advance, and Sporty PROGRAM selection.
CARDIO	.Target HR training mode.

KEY FUNCTION

ITEM	DESCRIPTION
Up	· Increase resistance level · Setting selection.
Down	· Decrease resistance level · Setting selection.
Mode	· Confirm setting or selection.
Reset	· Hold on pressing for 2 seconds, computer will reboot and start from user setting. · Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	· Start or Stop workout.
Recovery	· Test heart rate recovery status.
Body fat	· Test body fat% and BMI.

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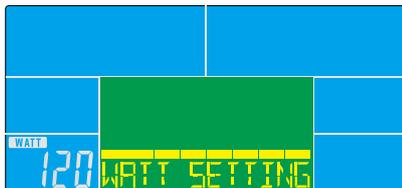
1. Press UP or DOWN to select workout program, choose WATT and press Mode to enter.
2. Press UP or DOWN to preset WATT target. (default: 120)
3. Press UP or DOWN to preset TIME.
4. Press START/STOP key to start workout.   Press UP or DOWN to adjust Watt level.
5. Press START/STOP key to pause workout.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

RECOVERY
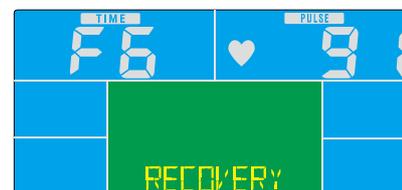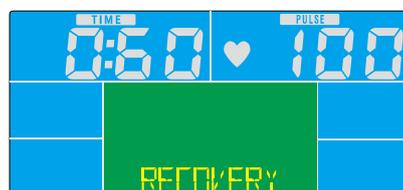
After exercising for a period, keep holding on hand grips and press RECOVERY button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2···. to F6. F1 is the best, F6 is the worst. User may keep exercising 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. Console will remind to input user GENDER, AGE, HEIGHT, WEIGHT, then begin to measure.

3. During measuring, users have to hold both hands on the hand grips. And the LCD will display "-- " " -- "for 8 seconds until computer finish measuring. (see below pictures)

4. LCD will display BODY FAT advice symbol, BODY FAT percentage, BMI for 30 seconds.
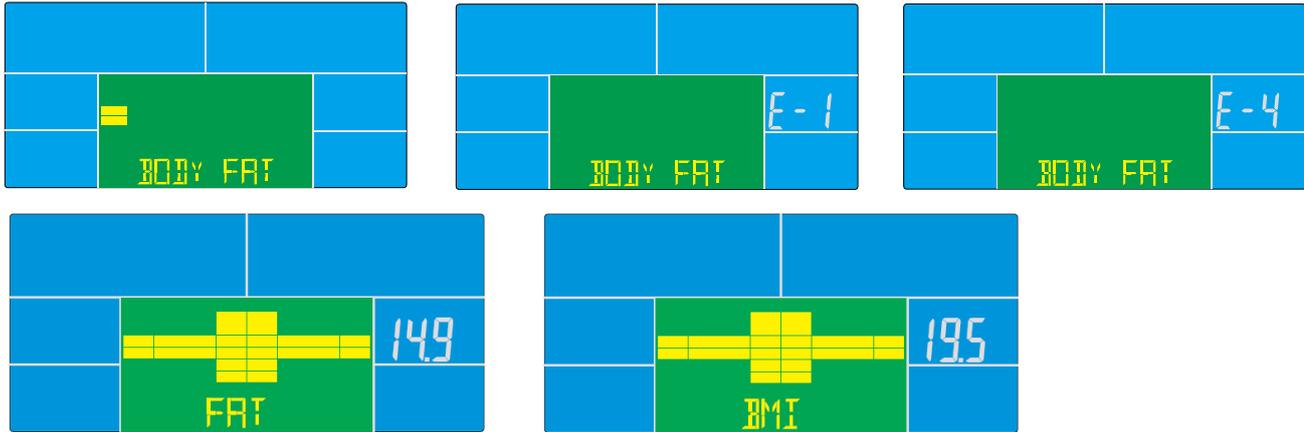
5. Error message:

*The LCD displays "---- " " ----" – means not hand the grip correctly.

*E-1 – There is no heart rate signal input detected.

*E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50.

iConsole⁺ APP

Turn on Bluetooth on tablet, search for console device and press connect. (password: 0000)
Turn on iconsole+ app on tablet, and start workout with tablet.

NOTE:

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

2. Please exit iconsole app and turn off the Bluetooth from iPad, then the console

   will power on again.

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