

TCORX
FITNESS IN MOTION

INSTRUCTION



SRX90



Rev : 00

Ed : 03/17



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-304 (M18X1.5)
2	END CAP1	4	φ76
3	CARRIAGE BOLT	4	GB/T 12-1988 M10*90
4	REAR STABILIZER	1	WELDING
5	ARC WASHER	4	φ10
6	DOMED NUT	5	GB/T 802-1988 M10
7	NUT	4	GB/T 41-2000 M8
8	BOLT	2	GB/T 5780-2000 M8*40
9	BEARING	4	608ZZ
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	2	38*38*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	STOPPER	4	φ32*37/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	L SHAPE KNOB	4	M10*25
20	FLAT WASHER 1	2	φ45*φ10.5*5
21	PU WHEEL	2	φ69*23
22	BOTTLE HOLDER	1	杆φ6
23	BOTTLE	1	φ73*215
24	NUT	6	GB/T 889.1-2000 M8
25	FIXING SHAFT	2	φ22*23 (V)
26	FIXING NUT	2	Q235/32*12
27	BOLT 1	4	GB/T 70.2-2000 M8*15
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ28*6.5
30	KNOB	1	M10*280
31	BOLT 2	2	GB/T 70.1-2000 M6*16
32	BUSHING	1	φ18*φ10*10
33	LEFT CRANK	1	170*15
34	CRANK COVER	1	φ56*28
35	BEARING	4	6004ZZ
36	RIGHT CRANK	1	170*15
37	SPRING 1	1	φ1.8*60
38	KNOB COVER	1	91*95*38.5
39	PLASTIC SLEEVE 1	2	38*38*1.5
40	SPRING 2	1	φ1.0X55

NO	NAME	QUANTITY	SPEC
41	SCREW 2	9	GB/T 15856.1-2002 ST4.2X19
42	SHAFT	1	φ25*42
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	575*260*45
45	BEARING	2	6203ZZ
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.5*41
48	SHORT FIXING TUBE	1	φ25*φ20.5*9
49	INNER CHAIN COVER	1	431*259*3
50	BELT	1	5PK1180
51	BELT WHEEL	1	φ200*24
52	FIXING NUT 2	1	16X16X5 (M10)
53	FLAT WASHER 2	1	φ10
54	SHORT FIXING TUBE	1	φ14*φ10.2*25.5
55	BOLT 3	8	GB/T 5780-2000 M5*10
56	FLYWHEEL COVER	1	294*71*92
57	FLAT WASHER 1	2	GB/T 95-2002 10
58	SHAFT NUT	1	φ18*11
59	BOLT 4	1	GB/T 70.1-2000 M6*40
60	NUT 2	2	GB/T 41-2000 M6
61	FLYWHEEL	1	φ460*15(20KG)
62	FLYWHEEL SHAFT	1	φ49*76
63	BOLT 5	1	GB/T 70.1-2000 M6*20
64	BOLT 6	4	GB/T 70.1-2000 M6*30
65	FLAT WASHER 1	8	GB/T 95-2002 6
66	FIXING NUT	2	27*M20*1 (5mm)
67	FLYWHEEL HOLDER	2	129*56.5*15
68	BOLT 7	4	GB/T 70.1-2000 M6*12
69	BOLT 8	2	GB/T 70.1-2000 M6*12
70	ADJUSTING METAL	1	117*14.5*δ1.5
71	BLOCK	1	161*21*19
72	WOOLLY BLOCK	1	156*15.5*10
73	BOLT 9	2	GB/T 5780-2000 M5*10
74	SPRING WASHER 1	2	GB/T 859-1987 5
75	SHAFT SLEEVE	1	φ28*φ19*5
76	LITTLE BELT WHEEL	1	φ64*23
77	FLAT WASHER	1	φ32*φ8.2*2
78	BOLT 10	1	M8*16
79	SENSOR	1	SR-202 l=70
80	COMPUTER	1	ST-6521

ASSEMBLY INSTRUCTION:

1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTION:

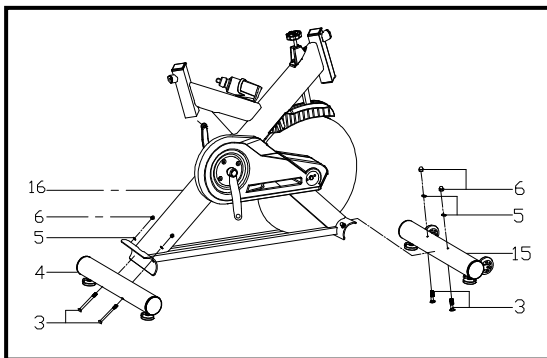


FIG.1

FIG.1:
Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø10 Arc Washers (pt.5), M10 Domed Nut (pt.6) and M8*90 Carriage bolt (3). Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø10 Arc Washers (pt.5), M10 Domed Nut (pt.6) and M8*90 Carriage bolt (3).

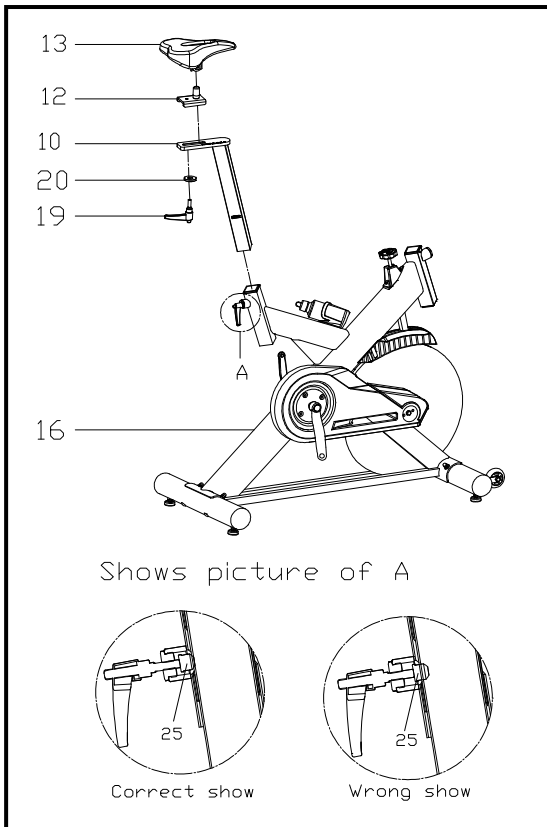


FIG.2

FIG.2:
Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10), then Secure using a flat washer 1 (20) and L Shape knob (19). You will have to slacken the knurled section of the L Shape Knob (pt.19) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Now fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

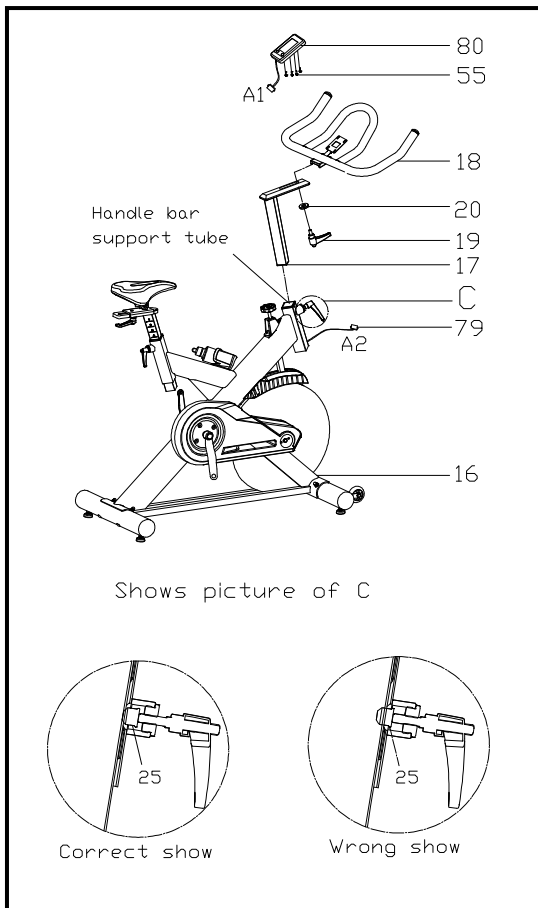


FIG.3:

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame(pt.16). You will have to slacken the knurled section of the L Shape Knob (pt.19) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion. Then fix the Handlebar (pt.18) with a flat washer 1 (20) and L Shape knob (19)

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

Fix the Computer (pt.80) onto the Computer Holder with bolt (pt.55), connect the plug (A1&A2),

FIG.3

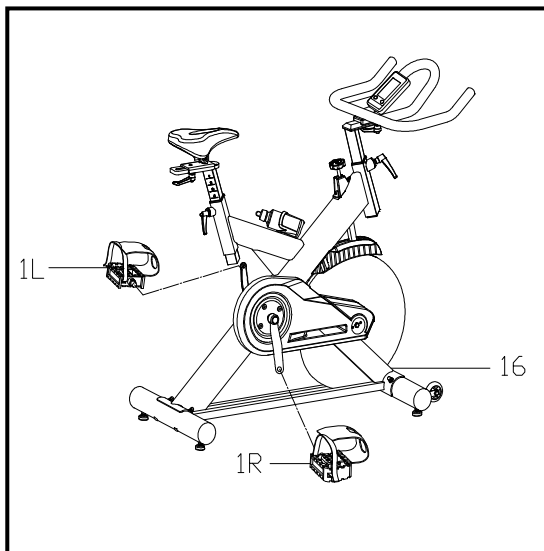


FIG.4:

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm 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 anticlockwise.

FIG.4

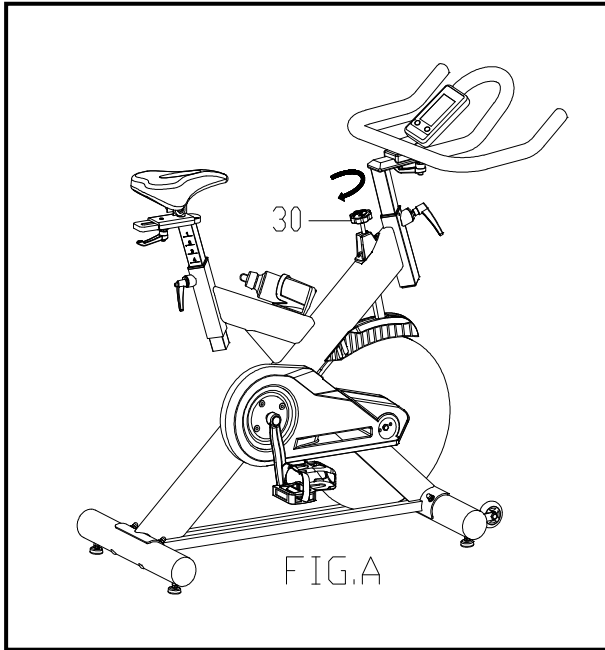


FIG.A

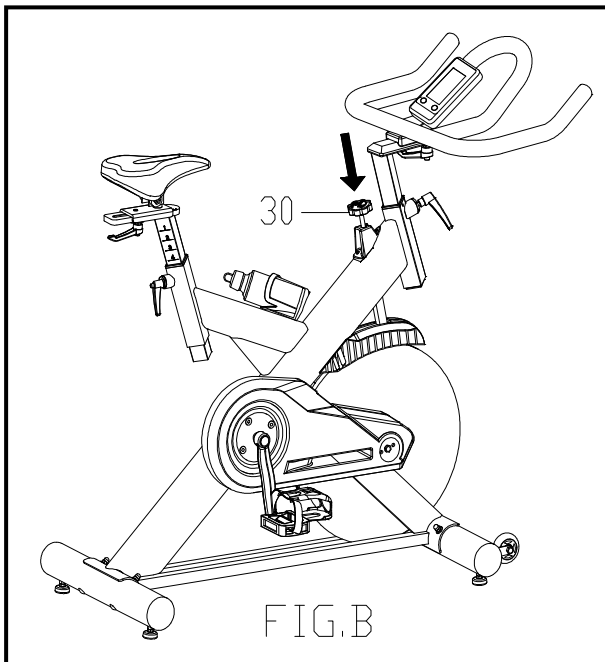


FIG.B

A.) Adjusting the Tension:
 Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike. To increase tension and increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30)* to the *right*.

To decrease tension and increase resistance (requiring less strength to pedla), turn the *Emergency Brake & Tension Control Knob (#30)* to the *left*.

B.) Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the *Emergency Brake & Tension Control Knob (#30)*.

Instruction Manual

BUTTONS:

MODE/ RESET	To confirm all settings. Press this button and hold for 2 seconds to reset all function figures.
SET	To set up the value of TIME, DISTANCE, CALORIES, PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)

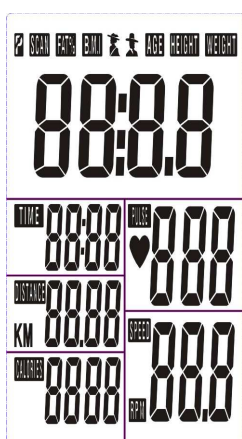
FUNCTIONS :

- SCAN:** Displays all function TIME→DISTANCE→CALORIES→ PULSE→ RPM/SPEED in sequence.
- RPM:** Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED:** Displays the user's exercise speed.
- TIME:** 1. You can press "SET" button to set target time between 0:00 to 99:00 for count down function.
2. It can be set up by the user or accumulated automatically for count up function.
- DISTANCE:** 1. You can press "SET" button to set target distance between 0:00 to 99:50 for count down function.
2. It can be set up by the user or accumulated automatically for count up function.
- CALORIES:** 1. You can press "SET" button to set target calories between 0 to 9990 for count down function.
2. It can be set up by the user or accumulated automatically for count up function.
- PULSE:** Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with "Bi" sound.

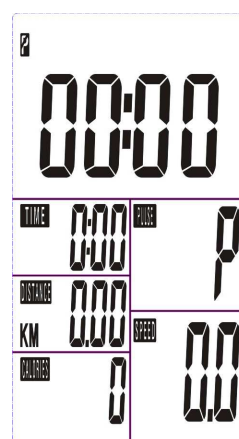
OPERATION PROCEDURE:

1. Installs 1 piece of CR2032 3V battery, then the screen will display as following "Drawing A" and have "Bi" sound at the same time, then enter to the calendar setting (year, month, day, and clock) and press "MODE" button for confirmation.

After that, it goes to the next step to the main menu as "Drawing B".



Drawing A

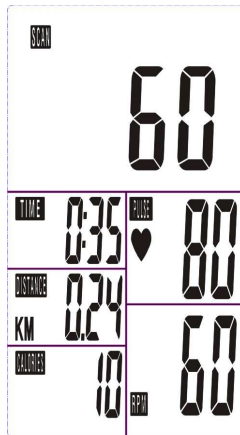


Drawing B

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can press "SET" button to adjust the value and press "MODE" for confirmation. The set-up of DISTANCE, CALORIES, PULSE is the same as TIME.
3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the

function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set-up.

- In SCAN mode shown as “Drawing C”. TIME/DISTANCE/CALORIES/PULSE/(RPM/SPEED) will skip to display in every 6 seconds. The order is as follows.

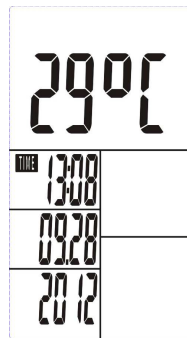


Drawing C

- You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

Note:

- Stop training for 4 minutes, the main screen will be off and display the room temperature and the calendar automatically as the following.

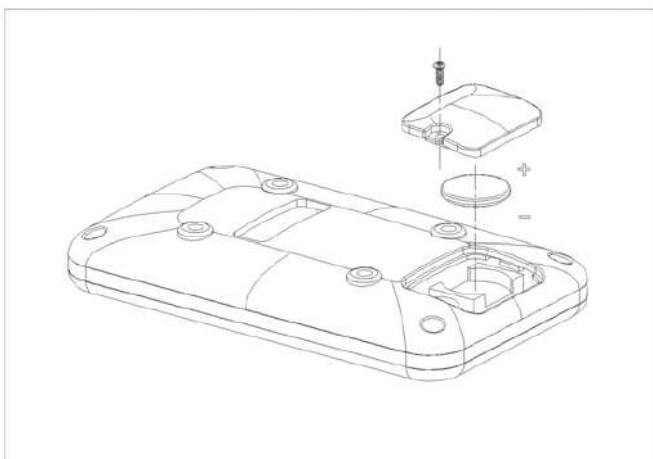


→ Temperature

→ Time / (Month. Day) / Year

You may press any button to have the computer restart working, the original value will retain. (If re-install batteries, the original value will remove.)

- If the computer displays abnormally, please re-install battery and try again.
- Battery Spec: 3V CR2032 (1PC). Battery replacement instruction



① Remove screws from the battery cover

② And remove the cover

③ Battery install

④ Put the battery cover back



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