

**TOORX**  
FITNESS IN MOTION

# INSTRUCTION



READY 4.0

CHRONO»»LINE



# SRXREBEL



Cod : GRLDTOORXSRXREBEL

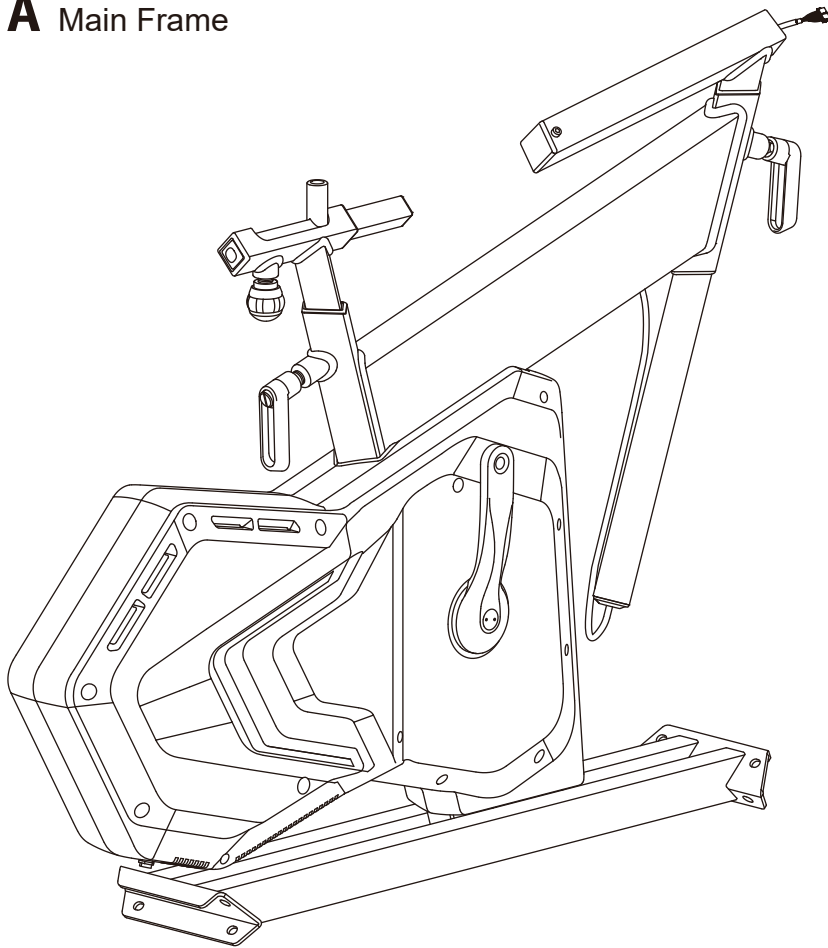
Rev : 00

Ed : 09/24

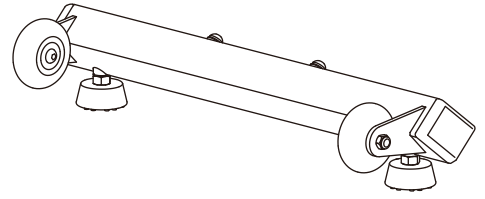


# Parts List

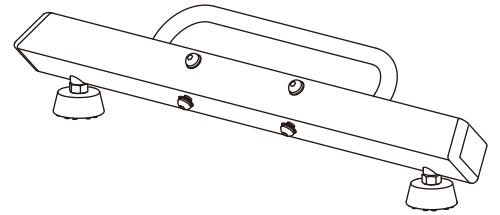
## A Main Frame



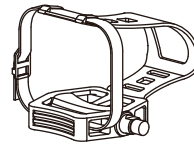
## C Rear Stabilizer



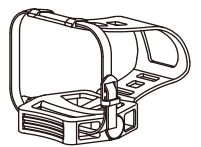
## D Front Stabilizer



## K (K1) Left Pedal



## (K2) Right Pedal



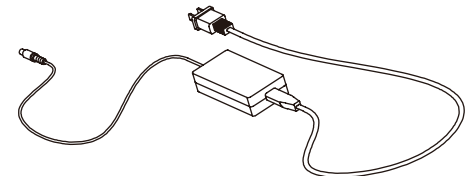
## E Handle Bar & Console



## H Seat



## I Adaptor



(B3) End Cap



(J8) SCREW

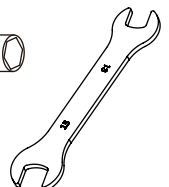
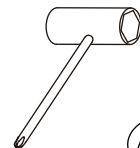
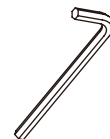


## TOOL

4m/m



5m/m

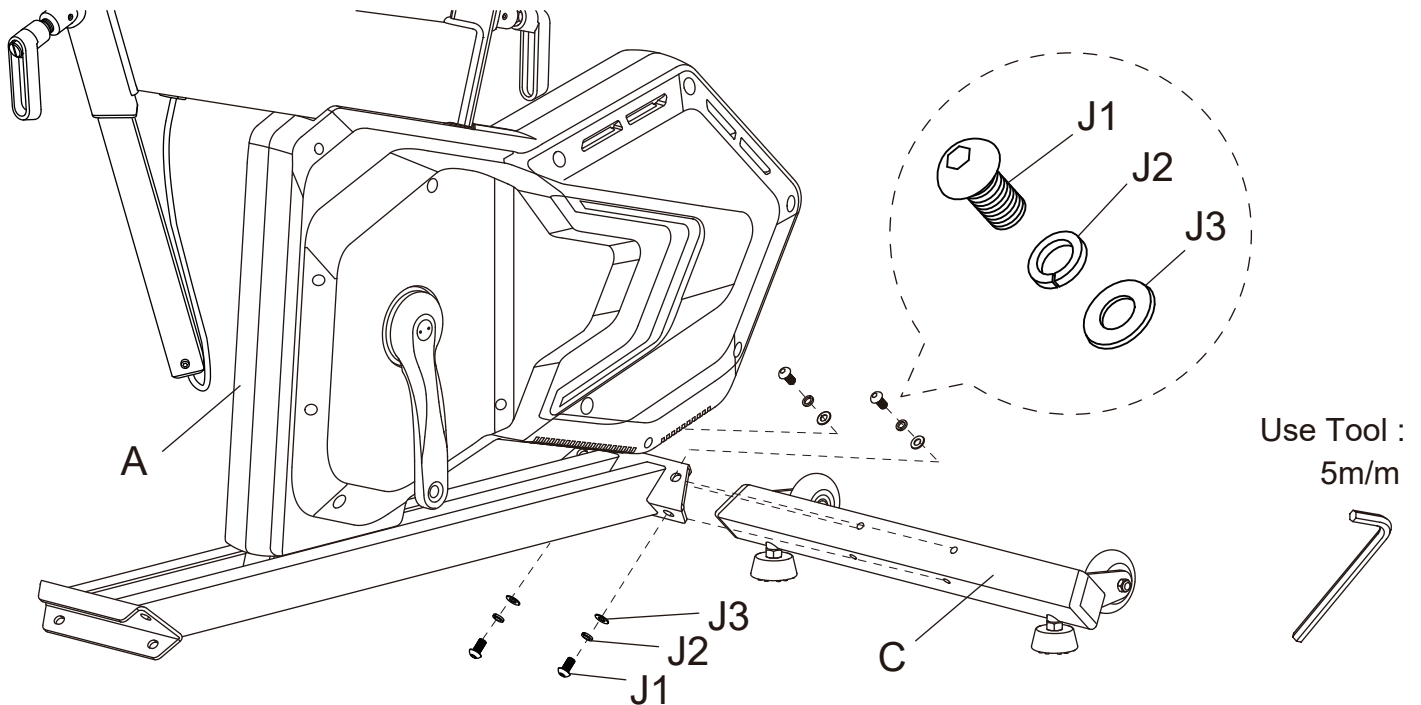


## FIGURE 1

### FIGURE 1 : Rear Stabilizer Assembly

Step 1. Remove the preassembled screw (J1), spring washers (J2), and washers (J3) from the rear stabilizer (C).

Step 2. Attach the rear stabilizer (C) to the main frame (A) with screw (J1), spring washers (J2), and washers (J3).

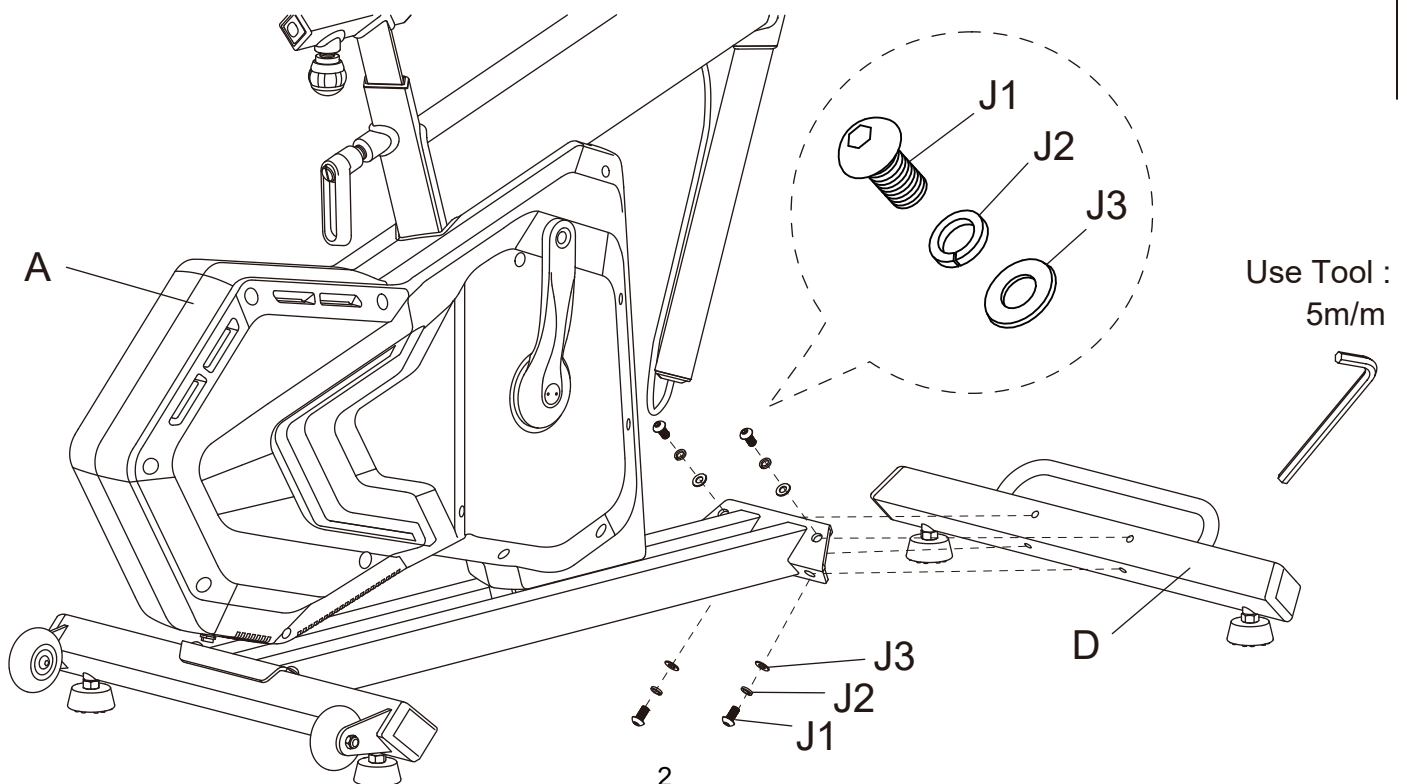


## FIGURE 2

### FIGURE 2 : Front Stabilizer Assembly

Step 1. Remove the preassembled screw (J1), spring washers (J2), and washers (J3) from the front stabilizer (D).

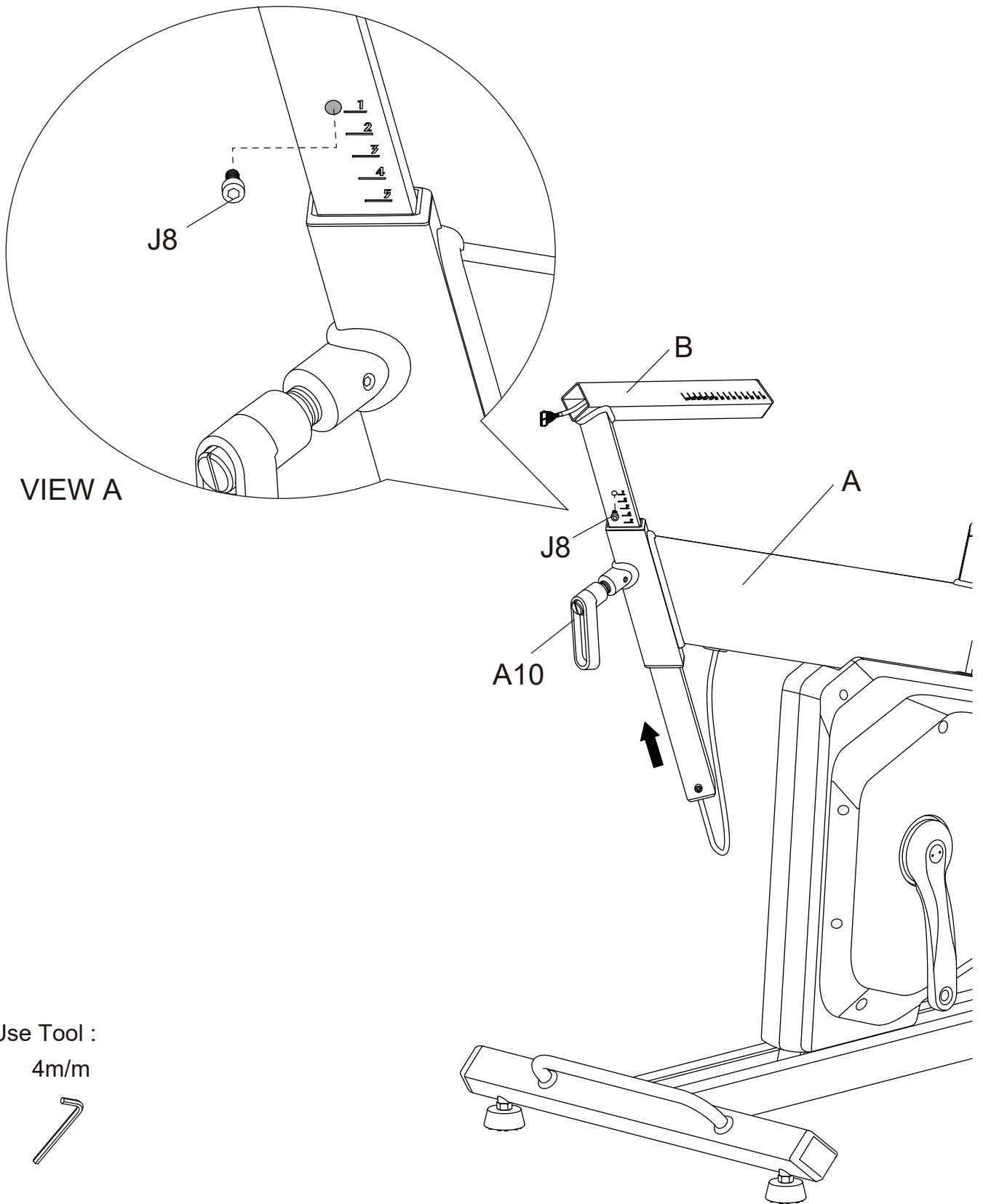
Step 2. Attach the front stabilizer (D) to the main frame (A) with screw (J1), spring washers (J2), and washers (J3).



# FIGURE 3

## FIGURE 3: Central Supporting Tube Assembly

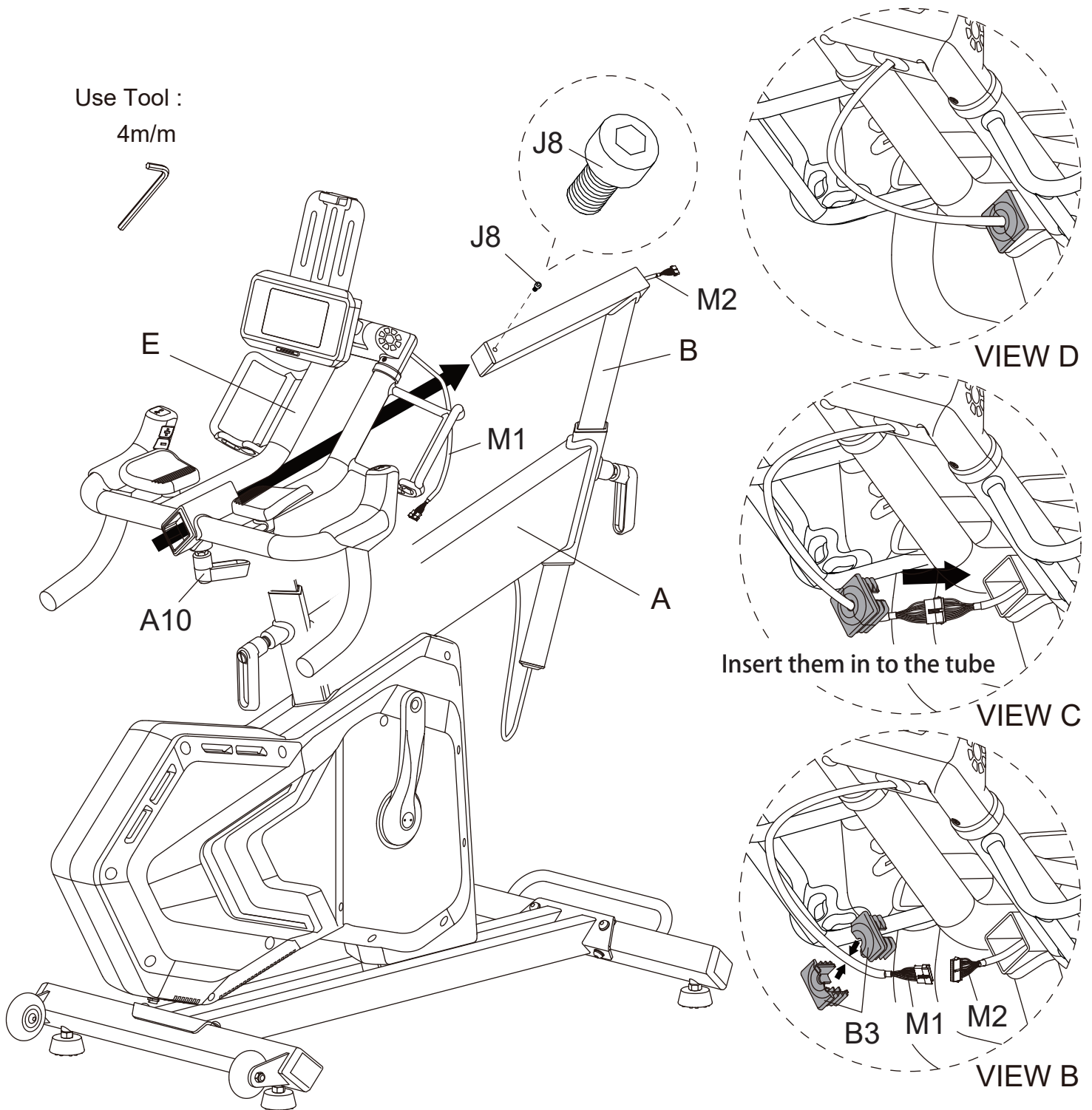
Step 1. Release the knob (A10). Then, pull up the handle bar supporting tube (B) as below graph.  
Step 2. Fasten the Screw (J8) to the handle bar supporting tube (B).



# FIGURE 4

## FIGURE 4 : Handle Bar Assembly

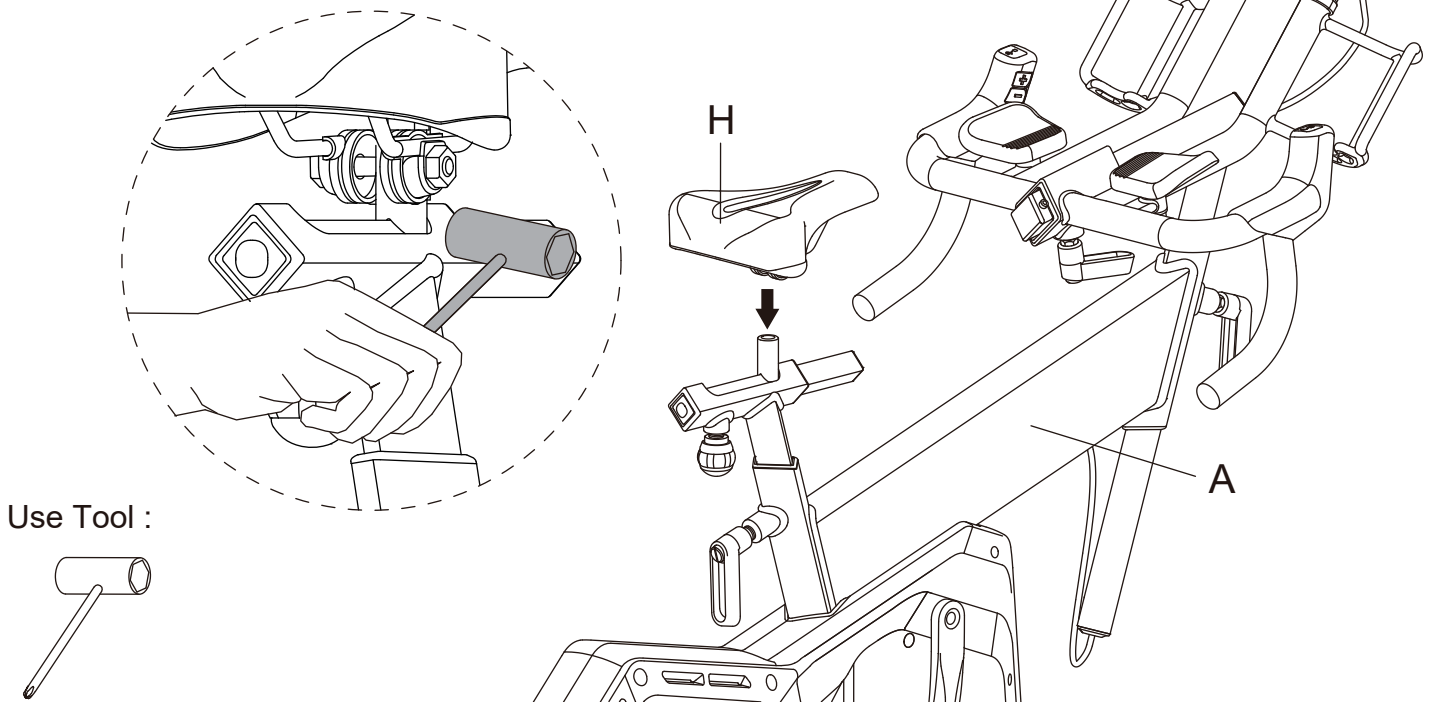
- Step 1. Remove screw (J8) from the central supporting tube (B).
- Step 2. Align the square hollow tube on the handle bar (E) to the square tube on the upper part of the central supporting tube (B).
- Step 3. Use the Knob (A10) to fasten the handle bar (E) with the central supporting tube (B).
- Step 4. Fasten the screw (J8) back on the central supporting tube (B).
- Step 5. Connect the connector (M1) on the handle bar (E) and the connector (M2).
- Step 6. Follow the View B ~ View D. Use the Plug Set (B3) to clamp the cable above the connectors. Push the plug inside the central supporting tube (B).



## FIGURE 5

### FIGURE 5 : Saddle Assembly

Step 1. Put the saddle (H) onto sliding basement and using tool to tight it.



## FIGURE 6

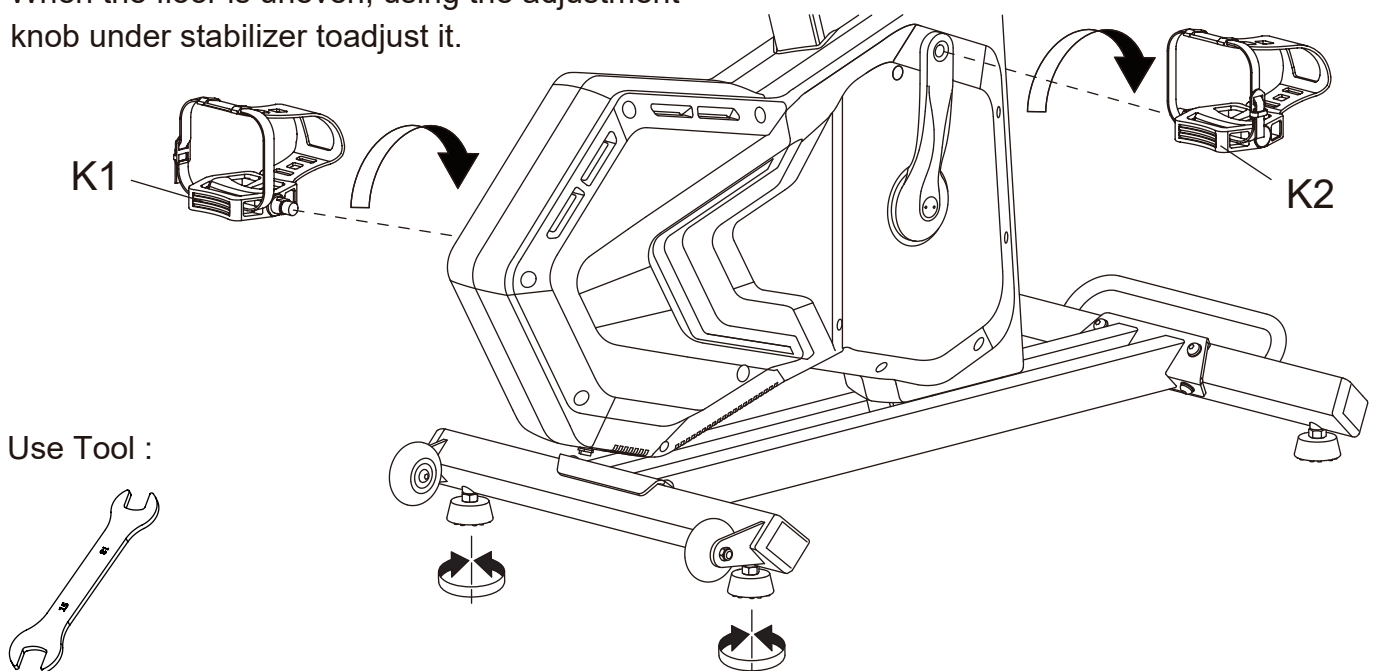
### FIGURE 6 : Pedal Assembly

Note: Locate the left & right pedals. There is a Left and Right mark on each pedal and each pedal strap to distinguishing them.

Step 1. Tighten the left pedal (K1) counter-clockwise to left crank arm and the right pedal (K2) clockwise to right crank arm. Use a tool to tighten each pedal as tight as possible.

Step 2. Insert the pedal straps into each pedal. Adjust the straps according to the user's shoe size while on the bike.

When the floor is uneven, using the adjustment knob under stabilizer to adjust it.



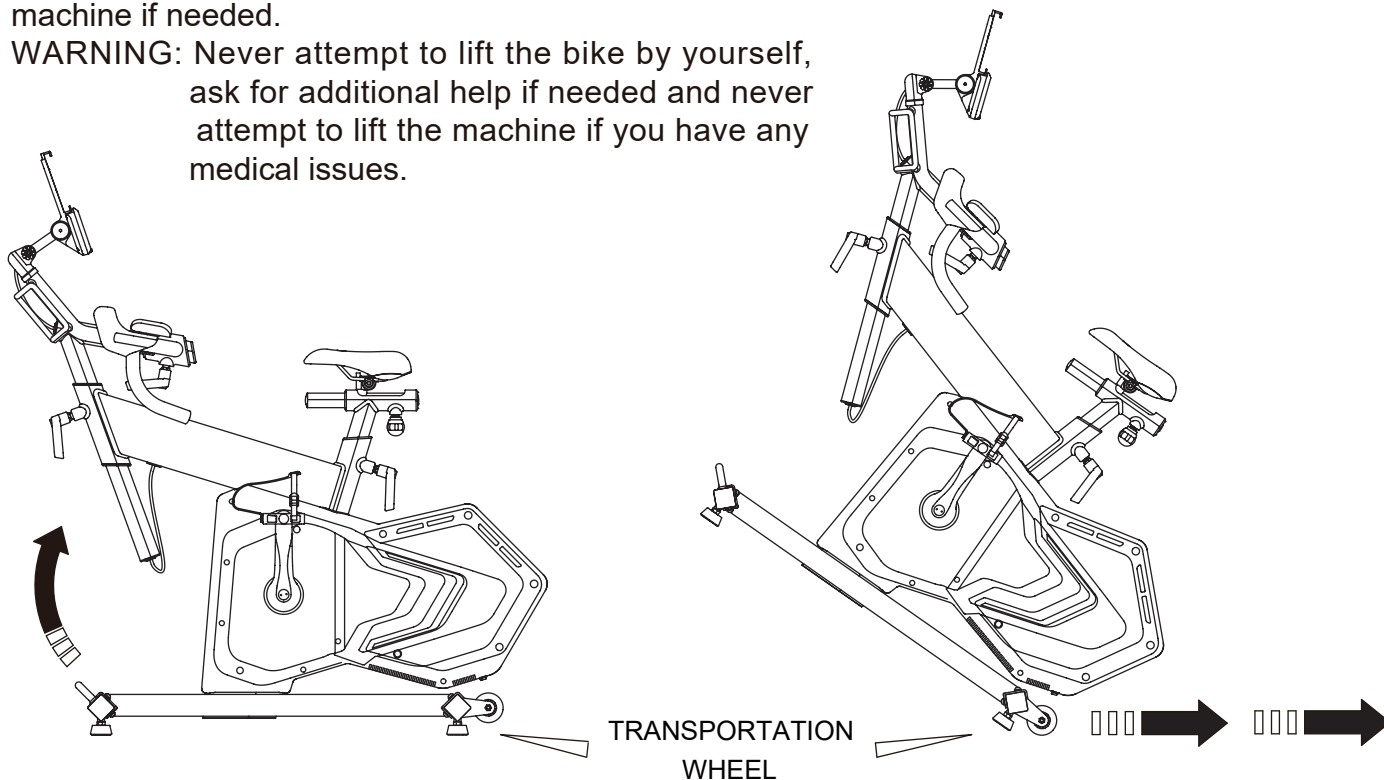


## FIGURE 7

### FIGURE 7 : How to Transport the Bike

If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transport wheels are touching the ground. You may now move to the desired location. After the move, gently set the machine down at its new location and adjust the stabilizers' end caps to stabilize the machine if needed.

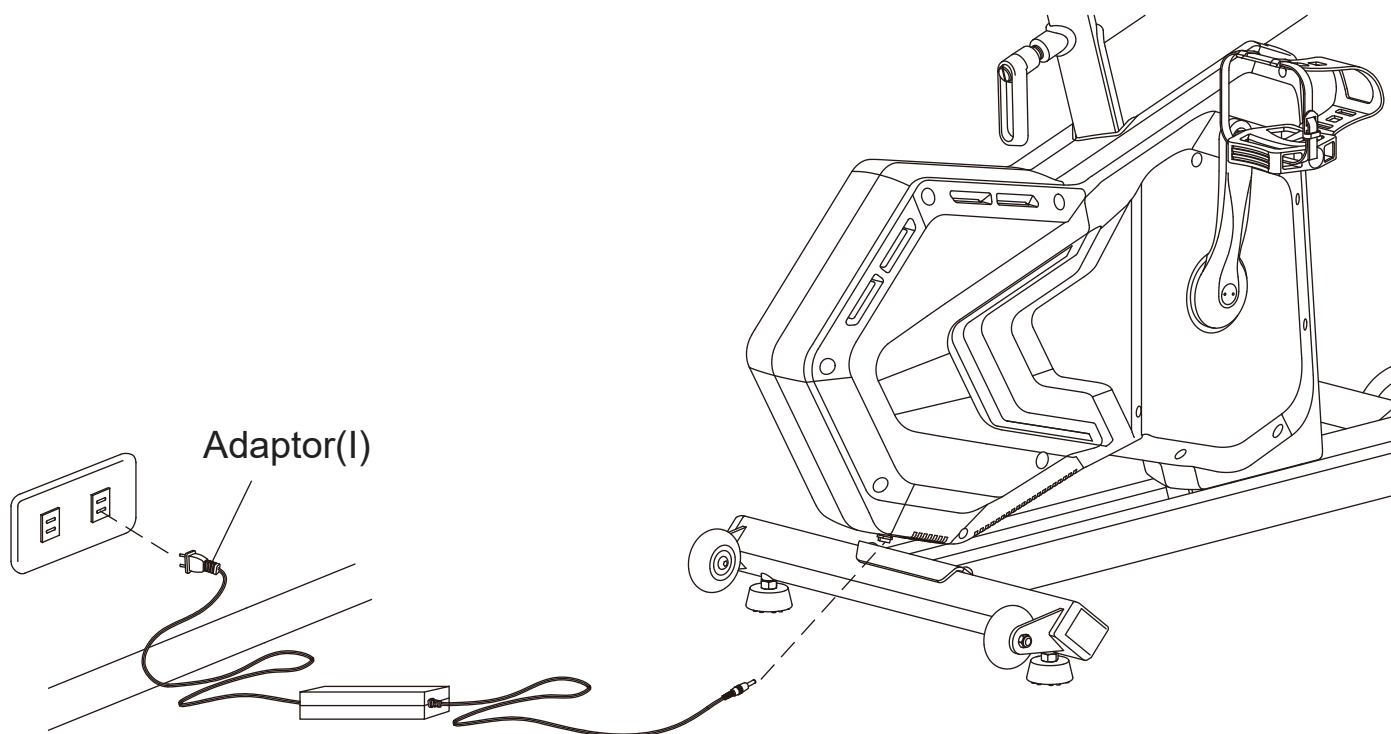
**WARNING:** Never attempt to lift the bike by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.



## FIGURE 8

### FIGURE 8 : How to Use The Adaptor

Using the adaptor(I), there is one adaptor hole located at the rear of the machine.

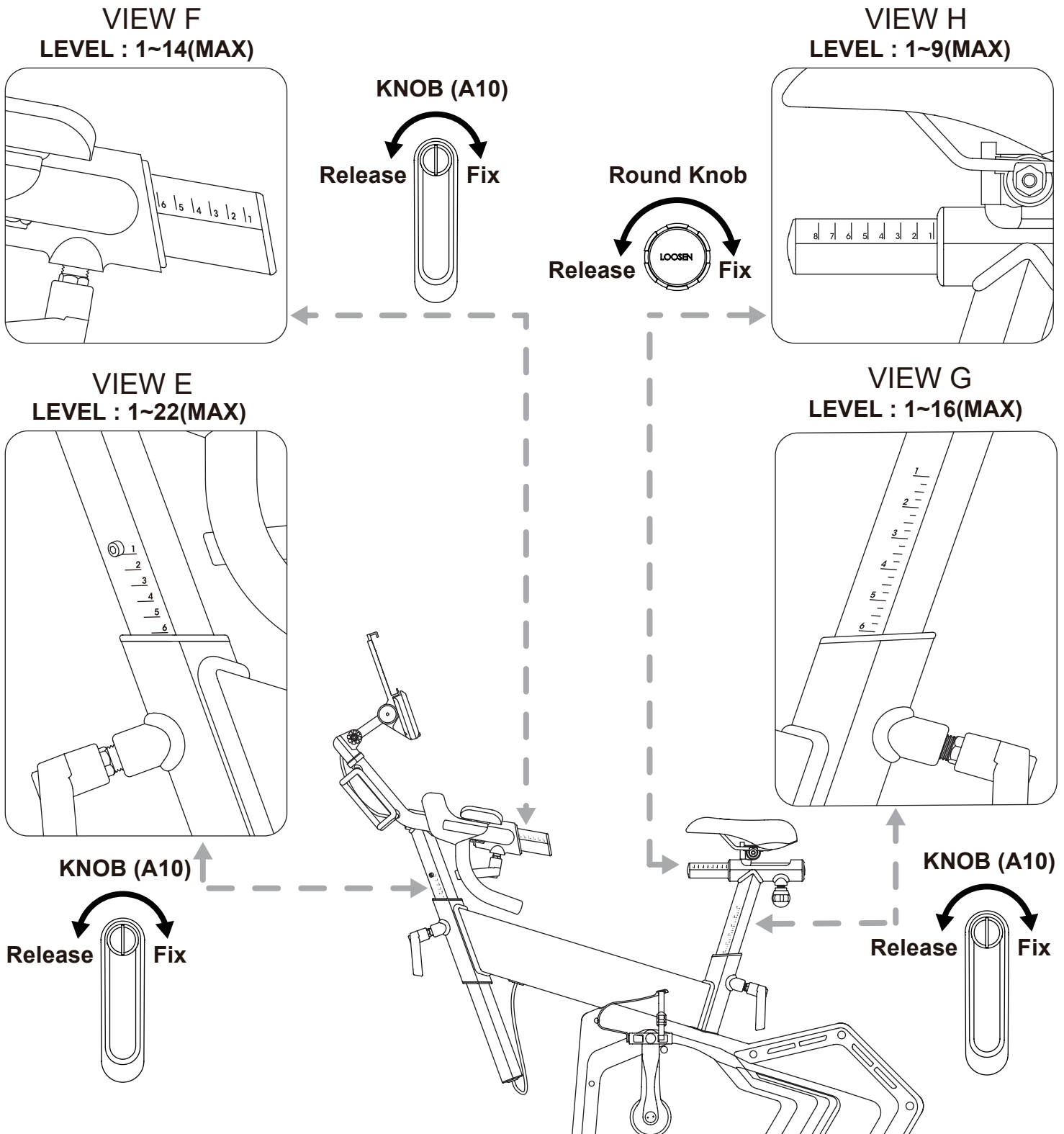


# FIGURE 9

## FIGURE 9 : Adjust the Handle & Saddle Position

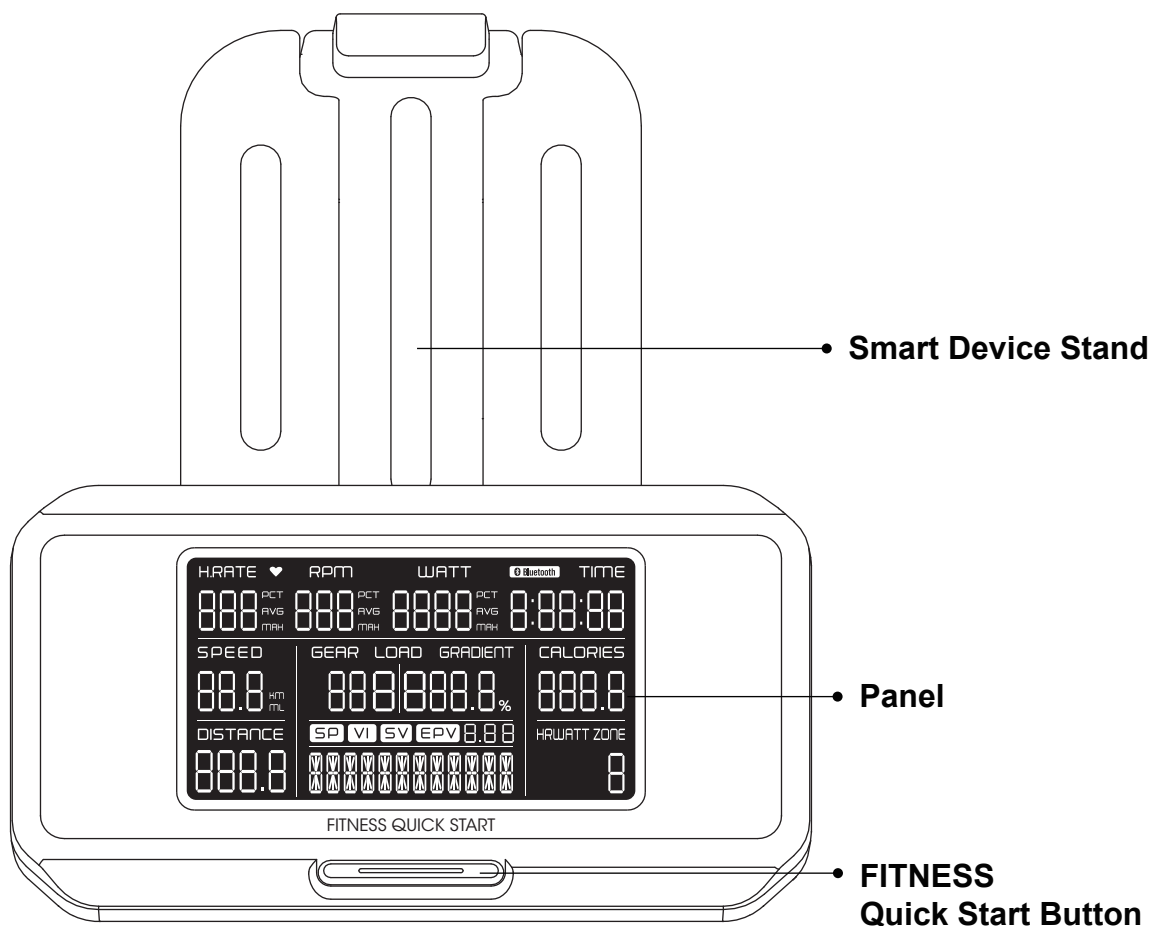
Like View E & View F, you can adjust the handle bar to your intended position after releasing the knob (A10) counterclockwise. Please fix the knob (A10) clockwise after you finish the position adjustment.

Like View G & View H, you can adjust the saddle to your intended position after releasing the knob (A10) & round knob counterclockwise. Please fix the knob (A10) & round knob clockwise after you finish the position adjustment.

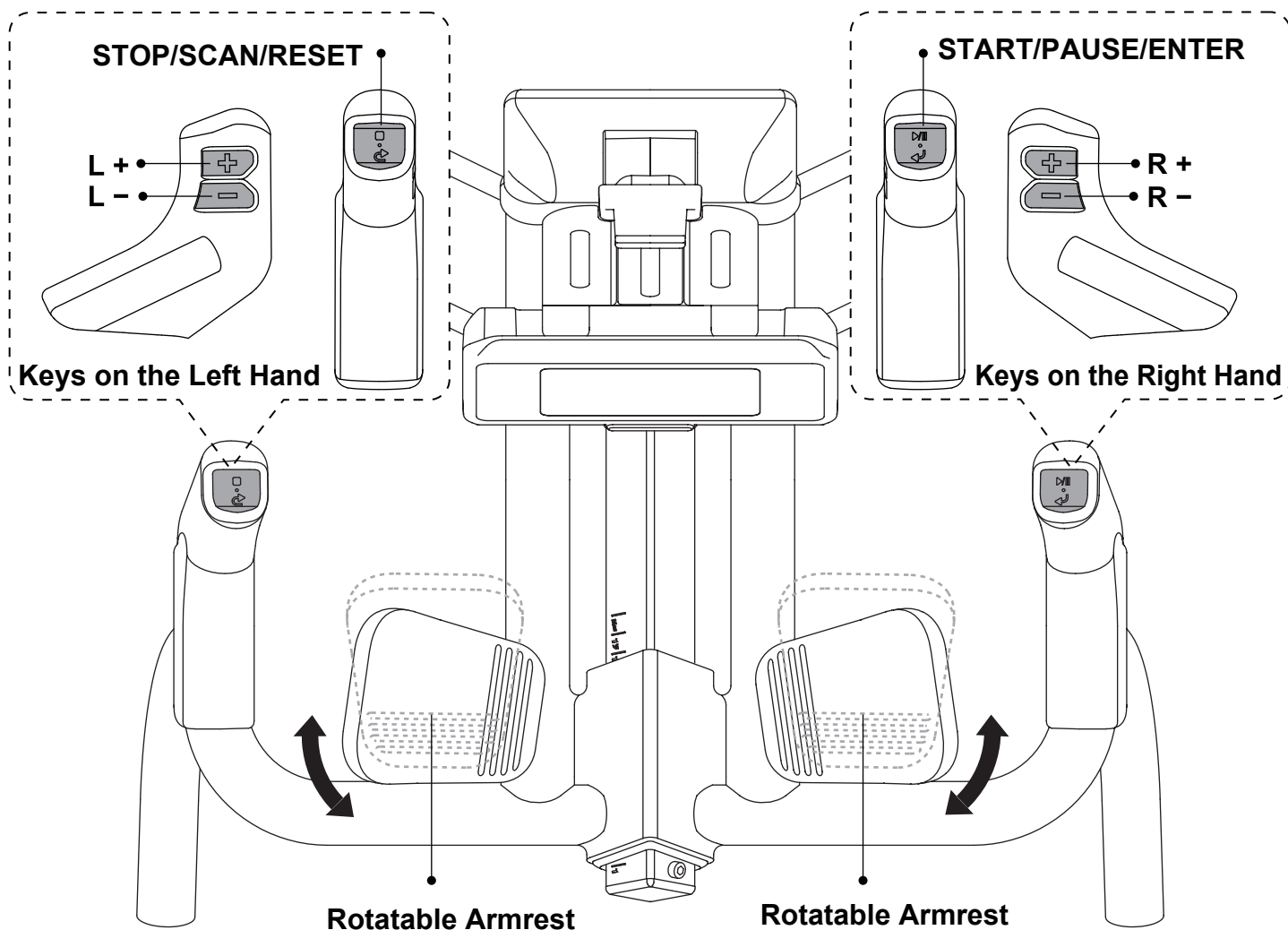




# Console



# Smart Handle



## Functions of Keys



**QUICK START** : Press it to start to ride in Fitness Control.



**START/PAUSE/ENTER**: During standby, press it to enter the user data or to select mode.

During training, press it to start or to pause the training.



**STOP/SCAN/RESET**: During standby, press it to return the previous step.

During training, press it to check different kinds of training datas.

While training is paused, press it to end the training and check the summary (Ref. P14).

Long press it to re-start the console.



**L +** : Press it to increase the data.



**L -** : Press it to decrease the data.



**R +** : Press it to increase the data.



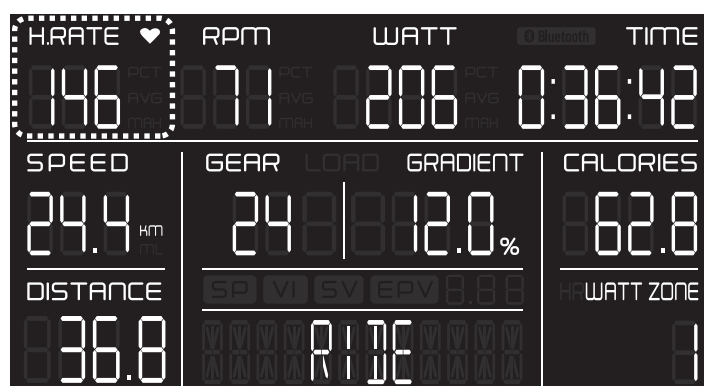
**R -** : Press it to decrease the data.

## Displayed Data

Data	Description	Range	Unit
TIME	TIME	0:00:00-9:59:59	SECOND
RPM	Cadence	0-999	RPM
WATT	Pedaling Power	0-9999	WATT
H.RATE	Heart Rate	0-999	N/A
SPEED	Speed	0-99.9	km per hour (KPH)
DISTANCE	Distance	0-999.9	km
CALORIES	Calories	0-999.9	Calories
HR ZONE	Heart Rate Zone	1-5	N/A
WATT ZONE	Watt Zone	1-6	N/A
GEAR	Virtual Gear	1-24	N/A
GRADIENT	Virtual Gradient	0-15	Percentage(%)
LOAD	Resistance Intensity	1-80	N/A
SP	Standardized Power	0-999	WATT
VI	Varying Intensity	0-9.99	N/A
SV	Strength Value	0-9.99	N/A
EPV	Exercise Pressure Value	0-999	N/A

## Heart Rate Detection

Compatible with 5.3kHz/Bluetooth/ANT+ Heart Rate Sensor



# User Data Setting


Select the USER 1 ~ USER 4

Enter the User's Height/Weight/Age/FTP

Use  to adjust the data ; Press  to enter and get into the next step

**\*\*Notice:** Weight will affect the Resistance of BIKE CONTROL

## RESISTANCE CONTROL

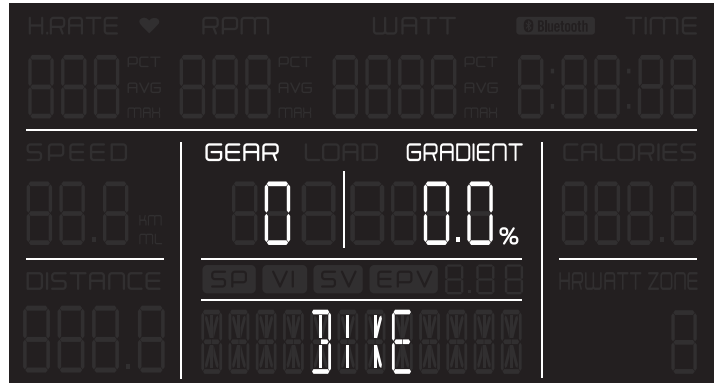
After setup the user data, you can select resistance control by  ; Press  to enter.

### Fitness Control





Resistance Adjust: 1~80 Load

### Bike Control




Resistance Adjust: 1~24 Virtual Gear  
0~15% Virtual Gradient  
**\*\* Resistance based on Gear/Gradient/Weight/Candence**

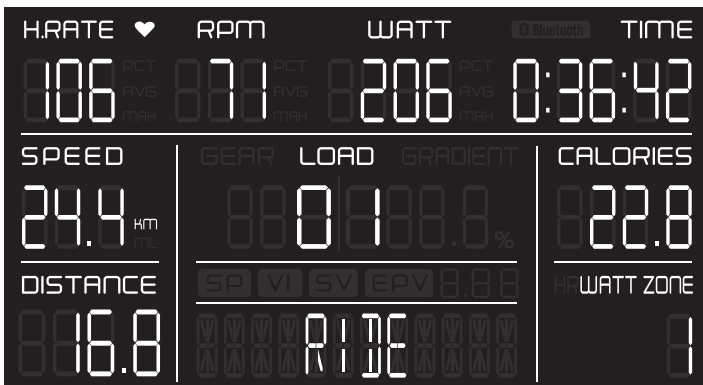
## Training Mode Selection

After setup the resistance control, you can select training mode by  ; Press  to enter.

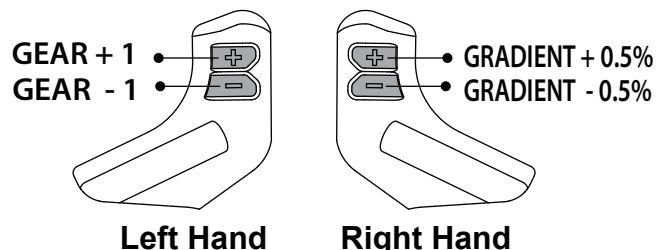
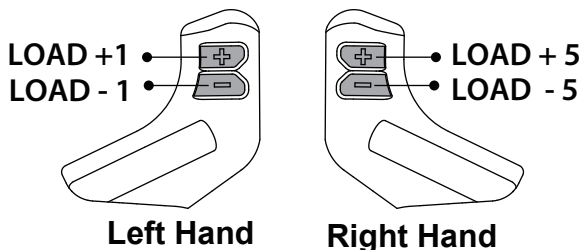
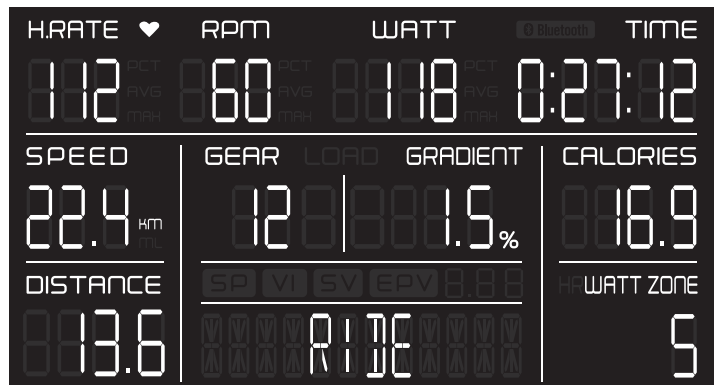
### ● RIDE Mode



Press  to start. Ride freely and decide the resistance by yourself.



### Fitness Control




### Bike Control




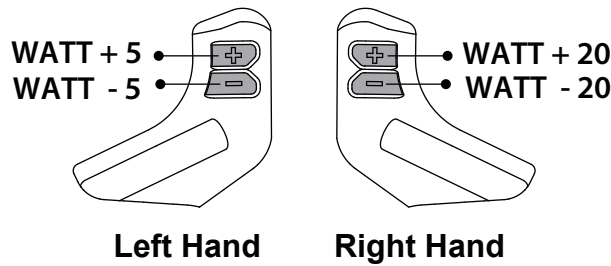
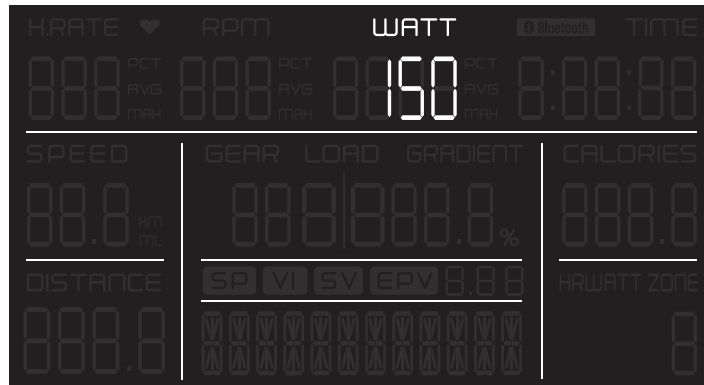
During training, press  to pause; press  to start the training again.


To end the training, press  to pause then press  to end the training.

Summary (referred P.14) Shows out. Press  again to back to mode selection.

● **ERG MODE**

Press  to adjust the target watt at the beginning.

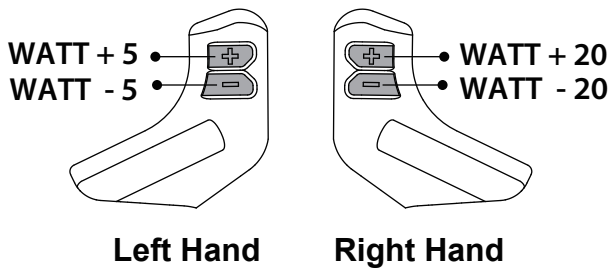
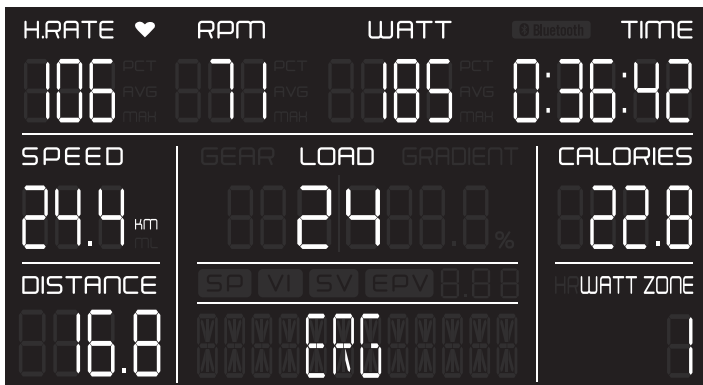


After setup the target watt, press  to start the training.

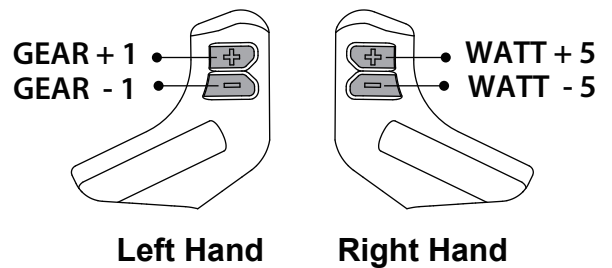
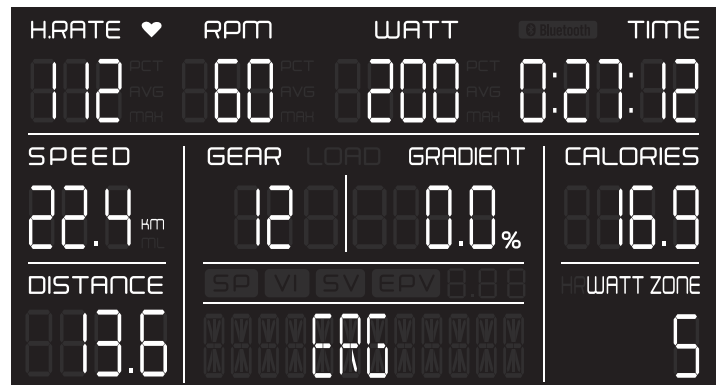
Resistance will change the resistance automatically after you ride above 30 RPM.



During the training, press  to adjust the target watt.



**Fitness Control**




**Bike Control**




During training, press  to pause; press  to start the training again.

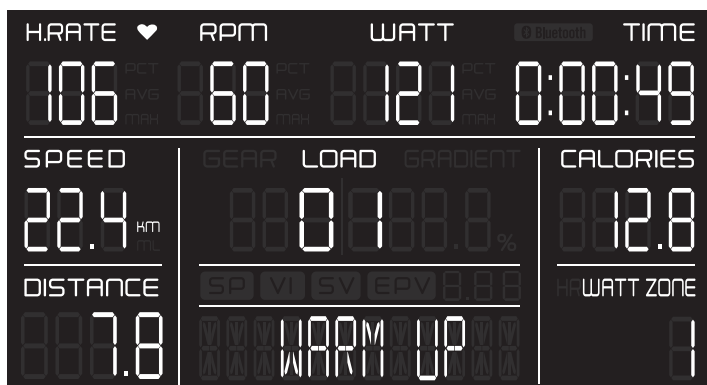
To end the training, press  to pause then press  to end the training.

Summary (referred P.14) Shows out. Press  again to back to mode selection.

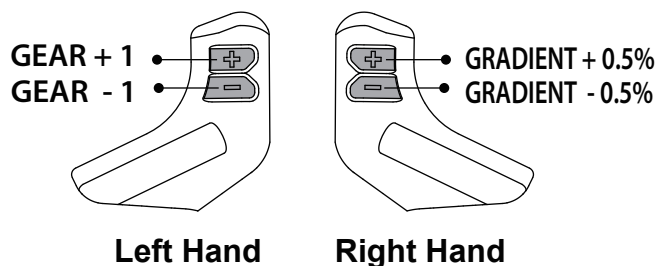
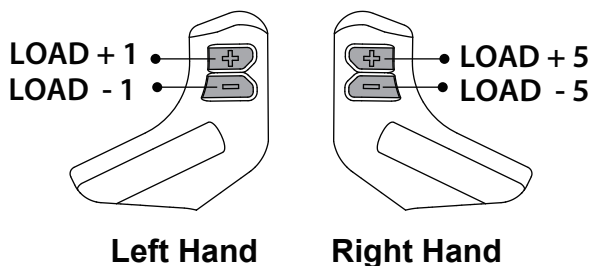
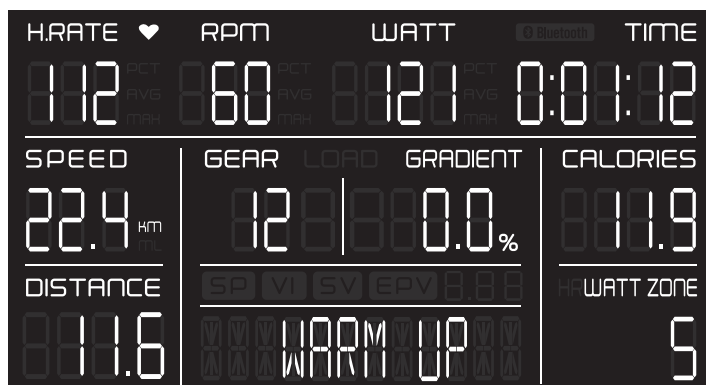
● **FTP TEST Mode**

Press  to start. First is the 2 minutes Warm up.

**Fitness Control**

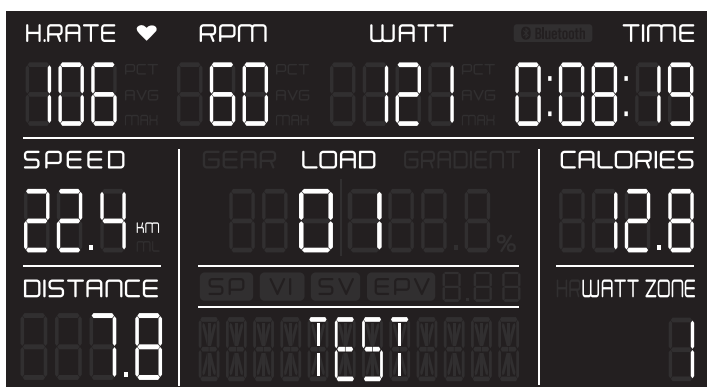


**Bike Control**

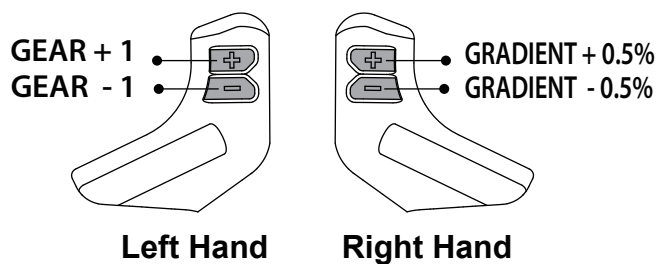
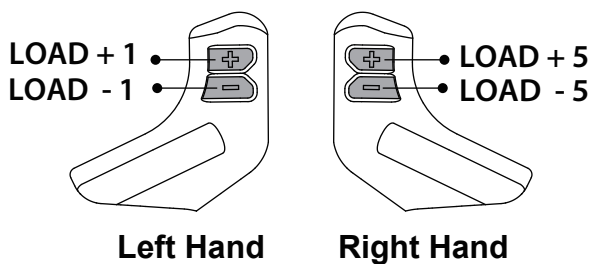
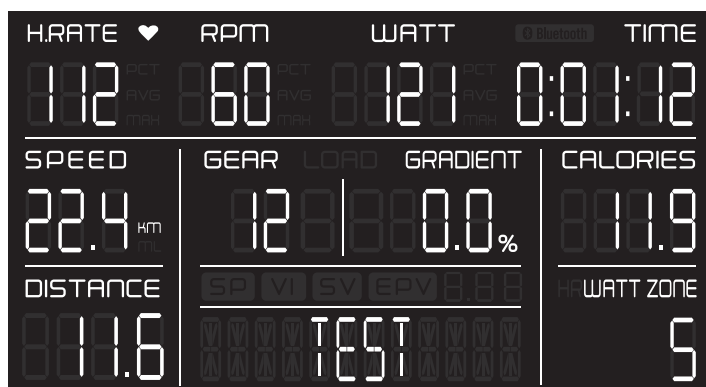




Next is the 20 minutes TEST. Please ride as hard as you can in this 20 minutes.



**Fitness Control**



**Bike Control**



During training, press  to pause; press  to start the training again.

To end the training, press  to pause then press  to end the training.

Summary (referred P.14) Shows out. Press  again to back to mode selection.

While finishing the 20 minutes TEST, the FTP will be saved in the user data if selected USER 1~4.

● **FTMS Mode**

Press  to start the bluetooth connecting ability.

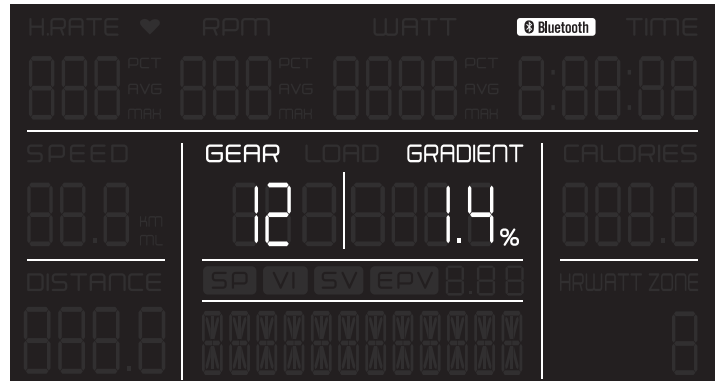
Find the bluetooth number of this console in the App.

You can check the bluetooth number at the back of this console.

**Fitness Control**



**Bike Control**



Console will judge if the connection can be satisfied the resistance control logic you selected. If not, it will change the resistance control logic automatically.

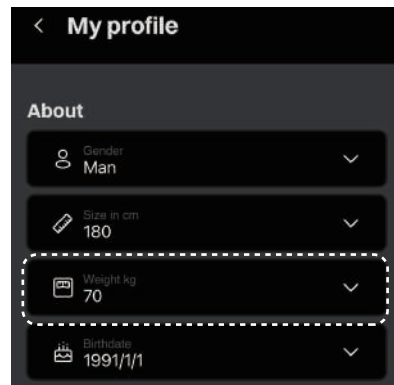
Please setup the user weight same as the user weight setting in the App.

This will help the App & console calculate the data correctly.

Take KINOMAP as an example.



**WEIGHT ↑**



**← WEIGHT**

Example: Kinomap

You can find fitness/cycling App in the App Stores of Google or Apple.

There you will find the Apps such as KINOMAP, Zwift...

Please note that these Apps are produced by an external manufacturer.

We do not take any responsibility regarding the availability, functionality or contents of these programmes.

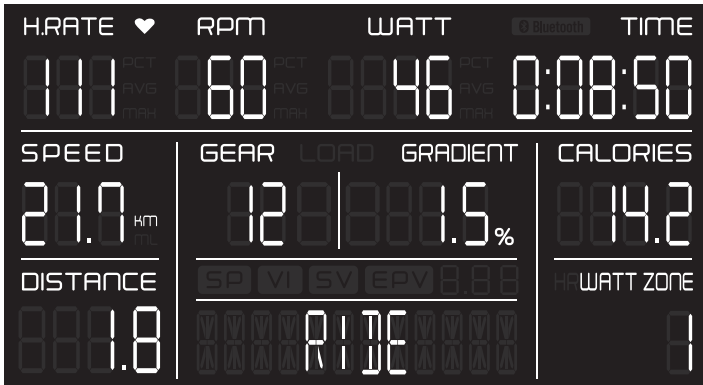




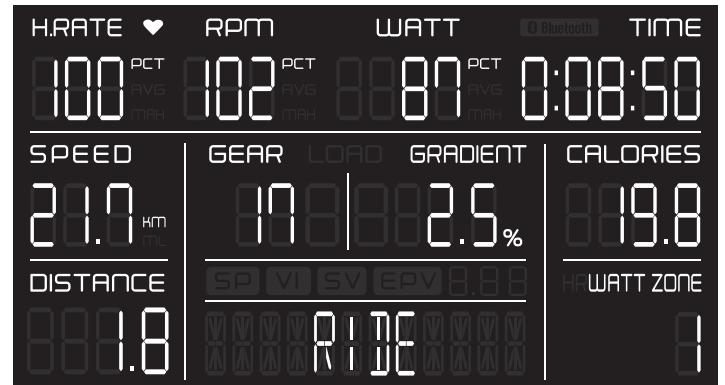
● **Displayed Data During Training** (for the training modes not FTMS)

During training  H.RATE/RPM/WATT can be changed the displayed way.

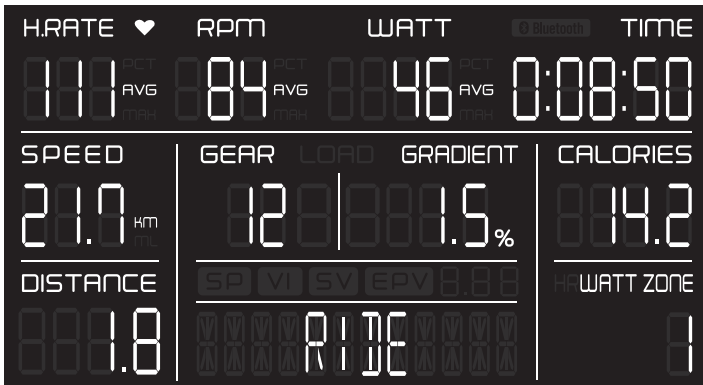
- **Instant Display**



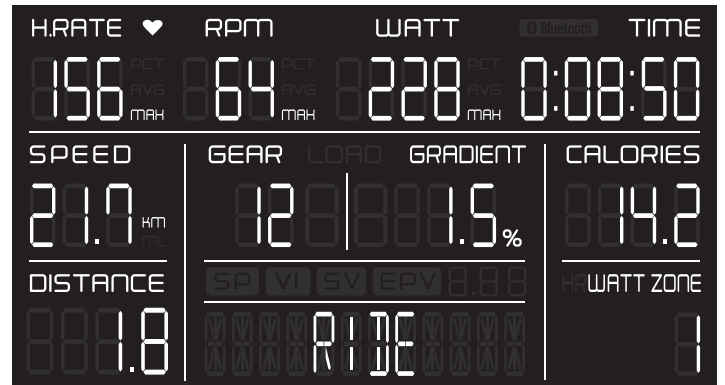
- **Percentage Display**



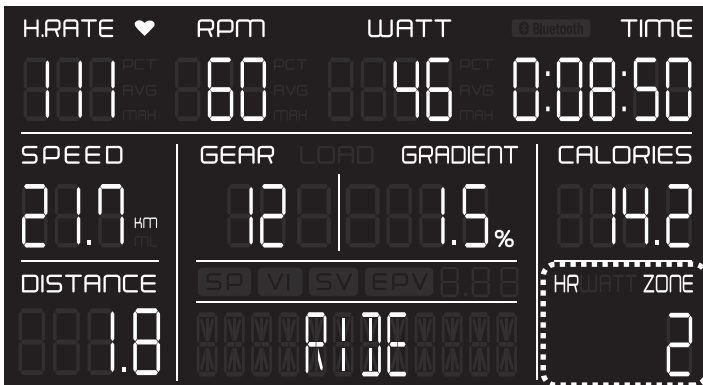
- **3 Seconds Moving Average**



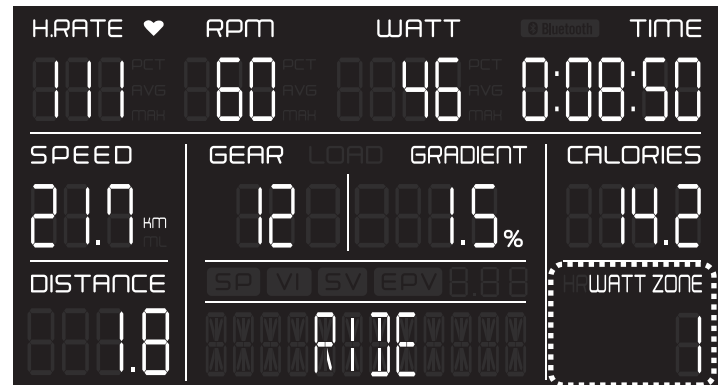
- **Max Data**



During training, HR Zone & Watt Zone will automatically scan each 5 seconds.



HR ZONE ↑



WATT ZONE ↑

**WATT ZONE** :Based on your pedaling power and your FTP, console will show the WATT ZONE you are in.

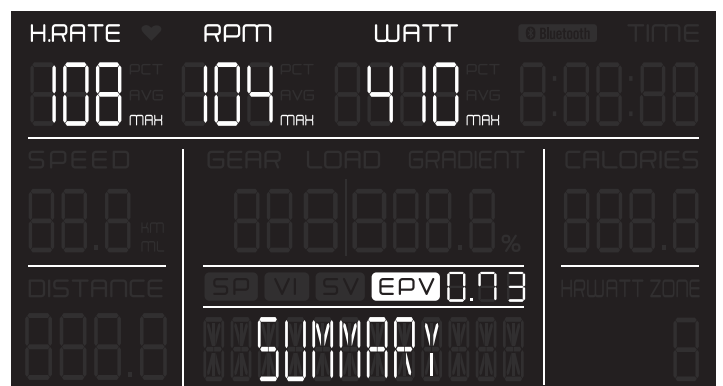
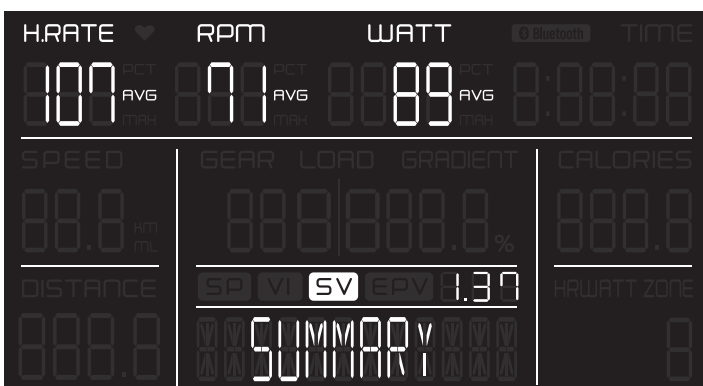
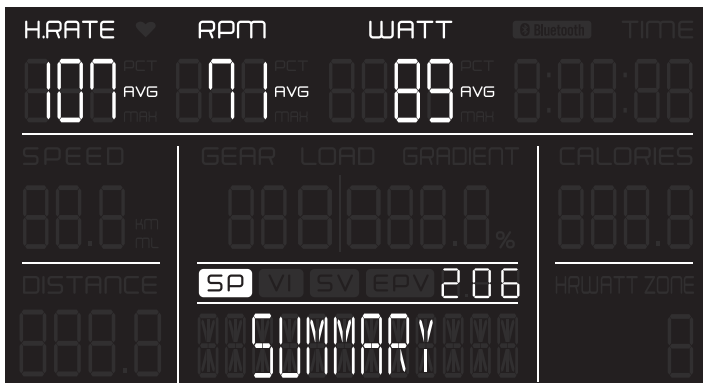
ZONE	Training Type	Pedaling Watt to FTP (%)
ZONE 1	Recovery	Under 55%
ZONE 2	Endurance	56-75%
ZONE 3	Speed	76-90%
ZONE 4	Theshold	90-105%
ZONE 5	VO2 MAX	106-120%
ZONE 6	Anaerobic	Over 120%

**HR ZONE** :Based on your Heart Rate and your age, console will show the HR ZONE you are in.

ZONE	BODY STATUS	HR to Max Recommend HR
ZONE 1	Warm Up	50%-60%
ZONE 2	Easy	60%-70%
ZONE 3	Aerobic	70%-80%
ZONE 4	Threshold	80%-90%
ZONE 5	Max	90%-100%

● **Summary After Training**

The Summary will be scanned by itself as below.

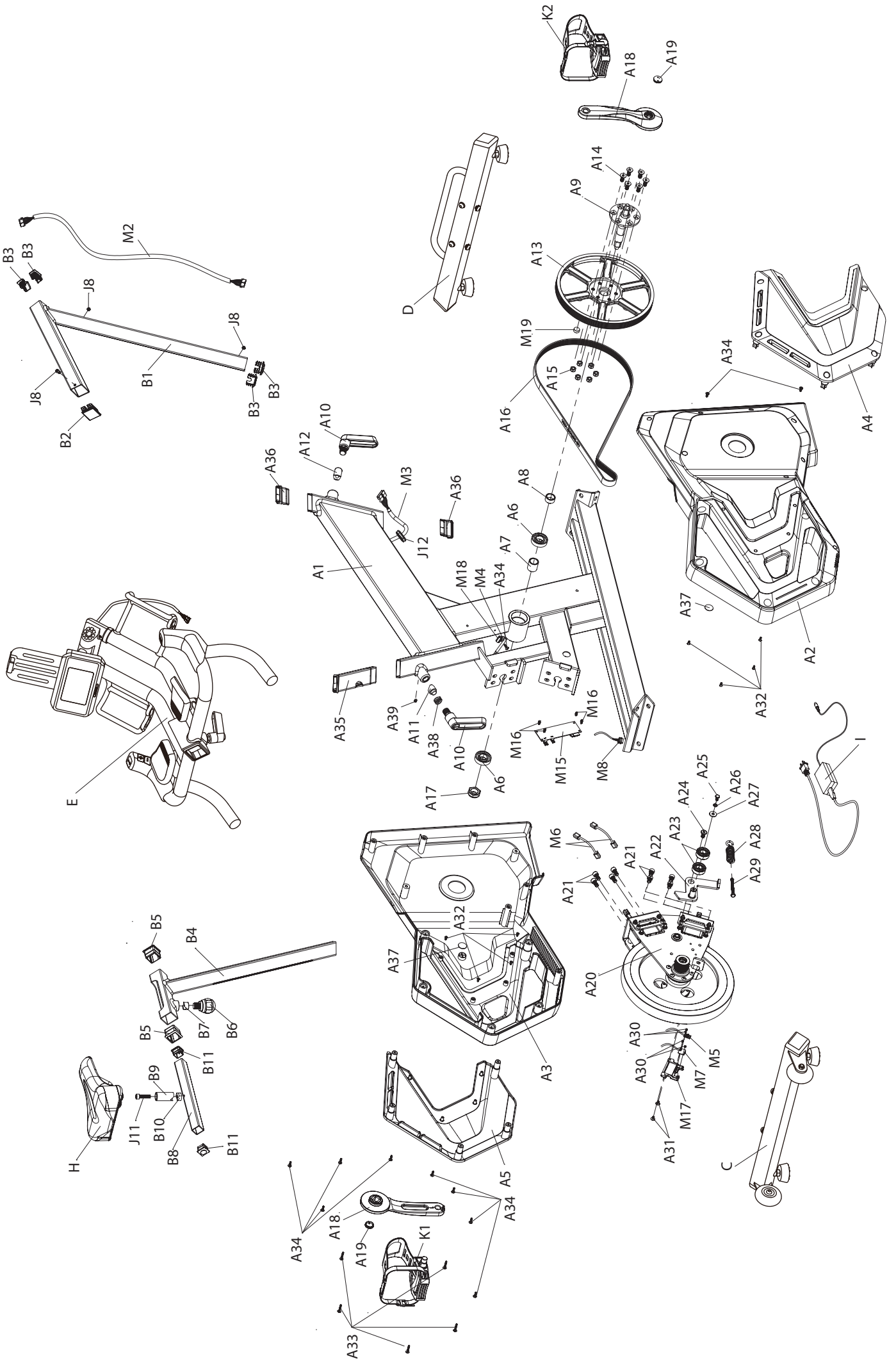


**Standardized Power (SP)** : Statistically calculating the average power that can indicate the exercising fatigue of this training.

**Varying Index (VI)** : Compare the Standardized Power to the Average Power.

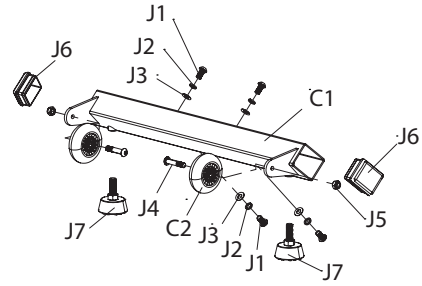
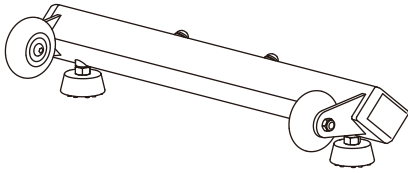
**Strength Value (SV)** : Compare the Standardized Power to your FTP.

**Exercising Pressure Value (EPV)** : How big the fatigue your body face after this training.



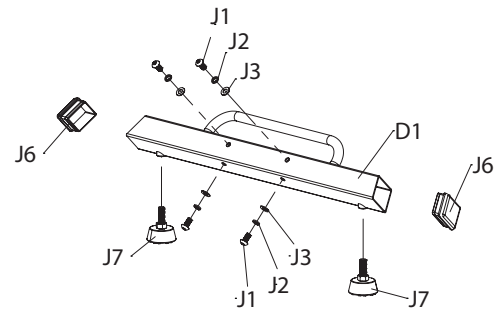
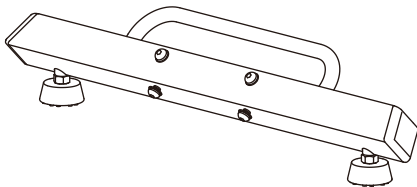
P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A1	MAIN FRAME	1	A38	SPRING	1
A2	CHAIN COVER-R	1	A39	SCREW M6	1
A3	CHAIN COVER-L	1	B1	CONSOLE TUBE	1
A4	CHAIN COVER-R	1	B2	END CAP	1
A5	CHAIN COVER-L	1	B3	EAD CAP	4
A6	BEARING(6004)	2	B4	SEAT TUBE	1
A7	SPACE	1	B5	PLASTIC PIPE	2
A8	SPACE	1	B6	KNOB	1
A9	AXLE	1	B7	GAP BLOCK	1
A10	KNOB	2	B8	SLIDE RAILS	1
A11	GAP BLOCK	1	B9	SEAT BASEMENT	1
A12	GAP BLOCK	1	B10	SCREW SLEEVE	1
A13	DRIVING WHEEL	1	B11	END CAP	2
A14	SCREW M8	6	C	REAR STABILIZER	1
A15	NUT M8	6	D	FRONT STABILIZER	1
A16	BELT-8PJ	1	E	HANDLE BAR & CONSOLE	1
A17	NUT M20	1	H	SADDLE	1
A18	CRANK	2	I	ADAPTER	1
A19	CRANK CAP	2	J1	SCREW M8	4
A20	ONE-WAY FLYWHEEL	1	J2	SPRING WASHER M8	4
A21	SCREW M8	8	J3	WASHER M8	4
A22	IDLER WHEEL FRAME	1	J8	SCREW M8	3
A23	BEARING(6202)	2	J11	SCREW M8	1
A24	SCREW M8	1	J12	END CAP	2
A25	SCREW	1	K1	PEDAL (L)	1
A26	SPRING WASHER	1	K2	PEDAL (R)	1
A27	WASHER	1	M2	SENSOR WIRE 650mm	1
A28	SPRING	1	M3	SENSOR WIRE 900mm	1
A29	SCREW	1	M4	SENSOR WIRE 200mm	1
A30	SCREW M2	4	M6	SENSOR WIRE 500mm	1
A31	SCREW M4	2	M7	SENSOR WIRE 700mm	1
A32	SCREW M4	8	M8	SENSOR WIRE 650mm	1
A33	SCREW M4	5	M15	ELECTRIC CONTROL BOARD	1
A34	SCREW M4	11	M16	POSITIONING COLUMN	4
A35	PLASTIC INSERT	1	M17	SENSOR WIRE HOUSING	1
A36	PLASTIC PIPE	2	M18	SENSOR WIRE HOUSING	1
A37	FOAM TAPE	2	M19	MAGNETIC	1

## C Rear Stabilizer



P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
C1	REAR STABILIZER	1	J4	SCREW M8	2
C2	TRANSPORTATION WHEEL	2	J5	NUT	2
J1	SCREW M8	4	J6	END CAP	2
J2	SPRING WASHER M8	4	J7	ADJUSTED END	2
J3	WASHER M8	4			

## D Front Stabilizer



P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
D1	FRONT STABILIZER	1	J3	WASHER M8	4
J1	SCREW M8	4	J6	END CAP	2
J2	SPRING WASHER M8	4	J7	ADJUSTED END	2







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