

TCORX
FITNESS IN MOTION

MANUAL DE INSTRUCCIONES



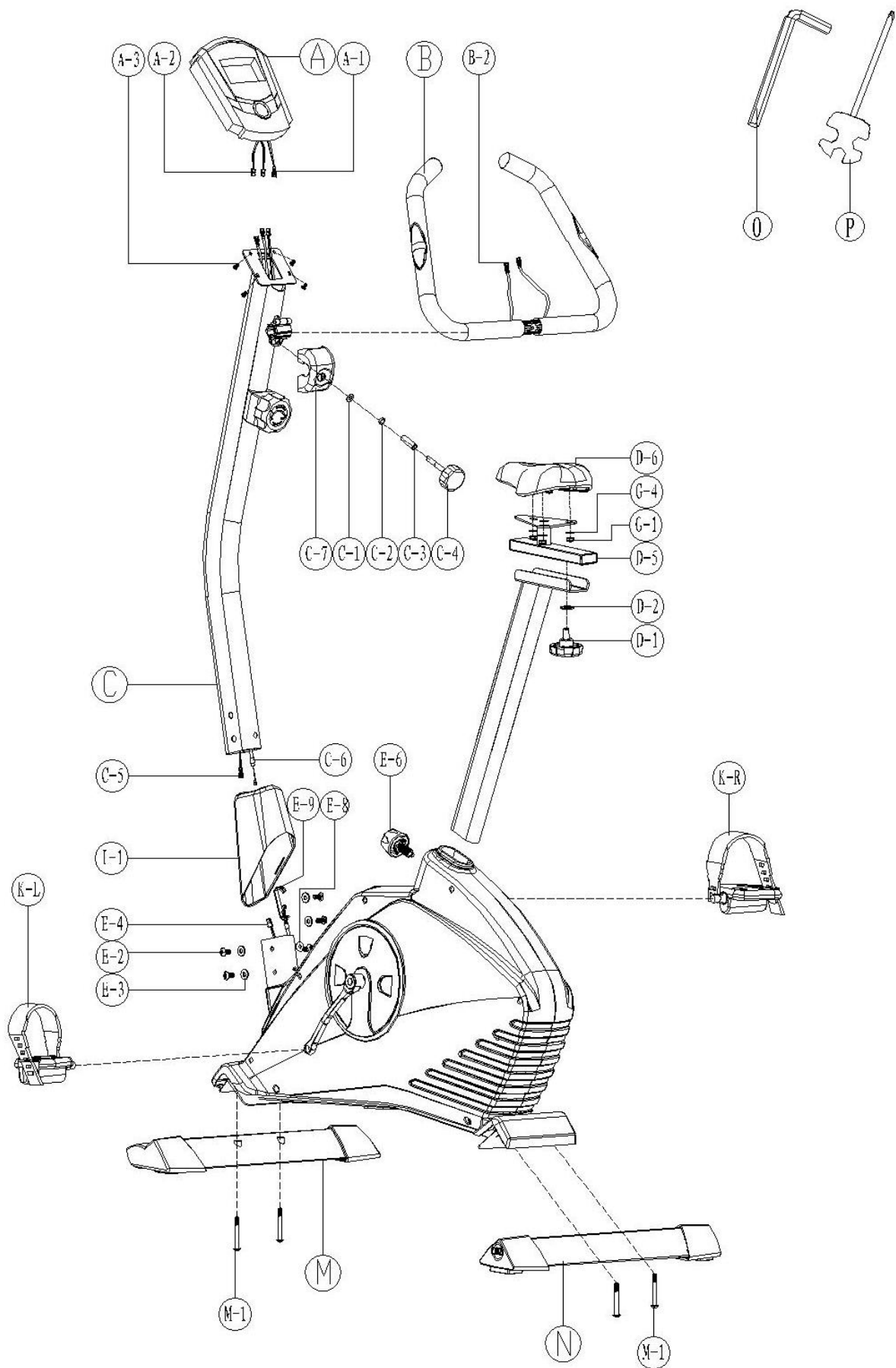
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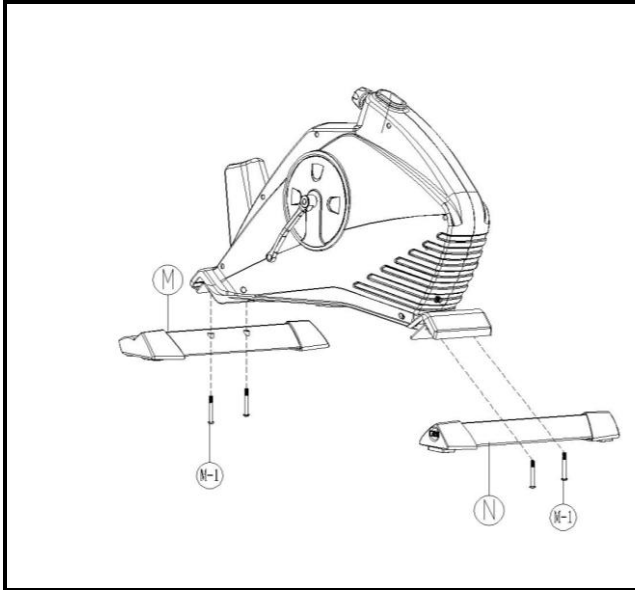


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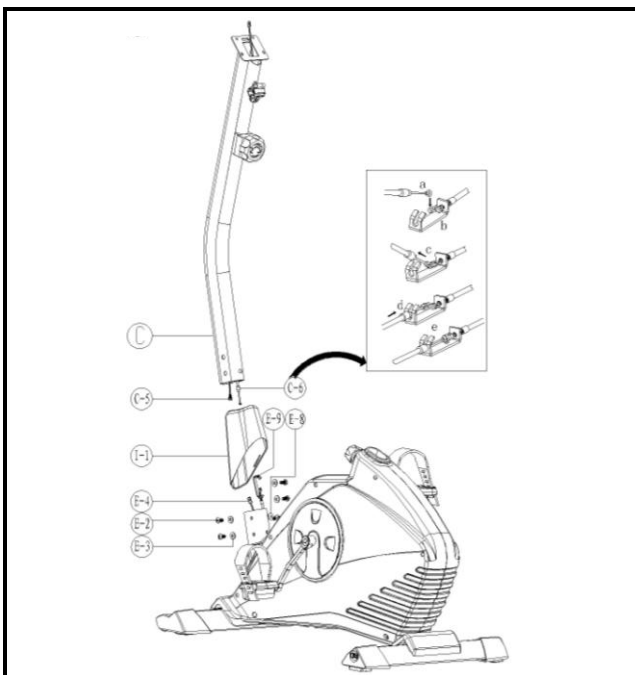
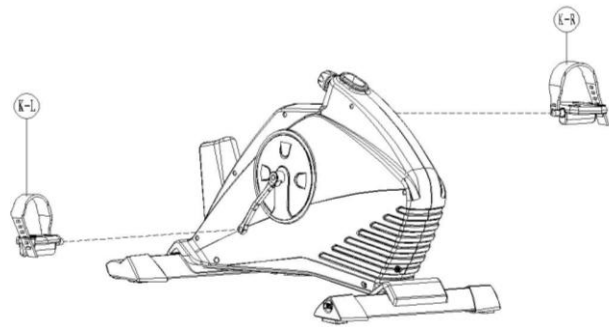


Step 1

Sujeta el estabilizador frontal y trasero (N&M) con 4 tornillos (M-1).

Step 2

Cierre y ajuste el pedal izquierdo (K-L) y el pedal derecho (K-R) a la Biela

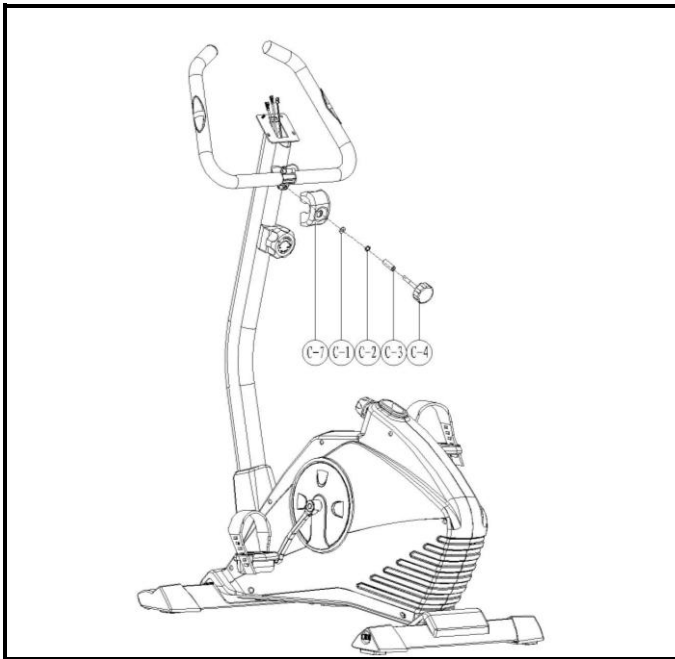


Step 3

Desuna el poste (C) de la tapa en plástica (I-1).

Conecte el cable superior y inferior de la consola (C-5&E-4), Conecte el cable de control de tensión superior y inferior (C-6&E-9). Pues inserte el poste principal del manillar en el cuadro principal

Asegurelo con pernos (E-2) y arandelas (E-3&E-8), ajuste la tapa en plástica hasta la posición correcta



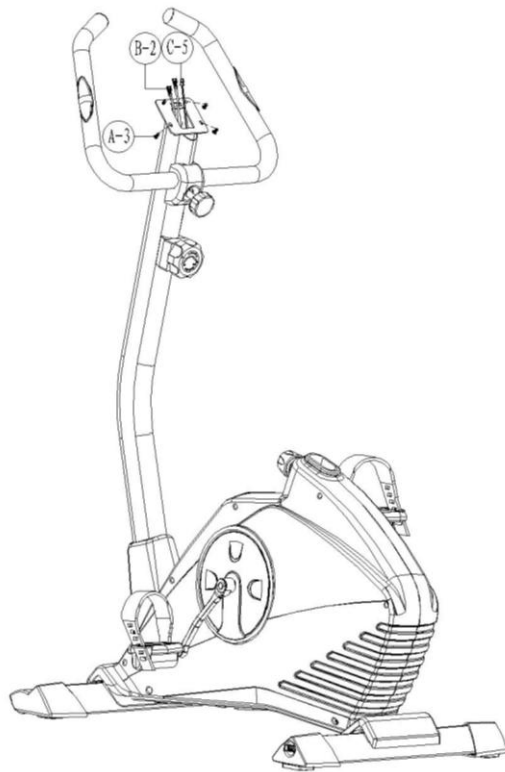
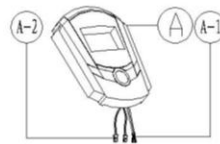
Step 4

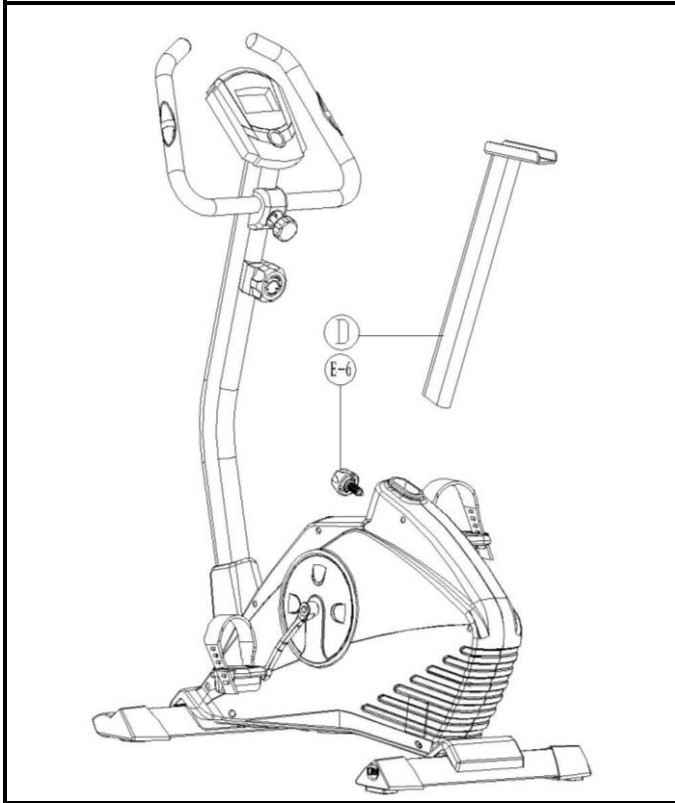
Inserte el manillar (B) al poste y una las tapas de acero. Asegurelo con la tapa por el manillar; (C-7), una rondana (C-1), una arandela de resorte (C-2), un buje(C-3) y un pomo (C-4).

Step 5

Conectar los cables (A-1&C-5) y (A-2&B-2) entre la consola y el manillar del poste

Asegure la consola en el poste del manillar con 4 tornillos (A-3)



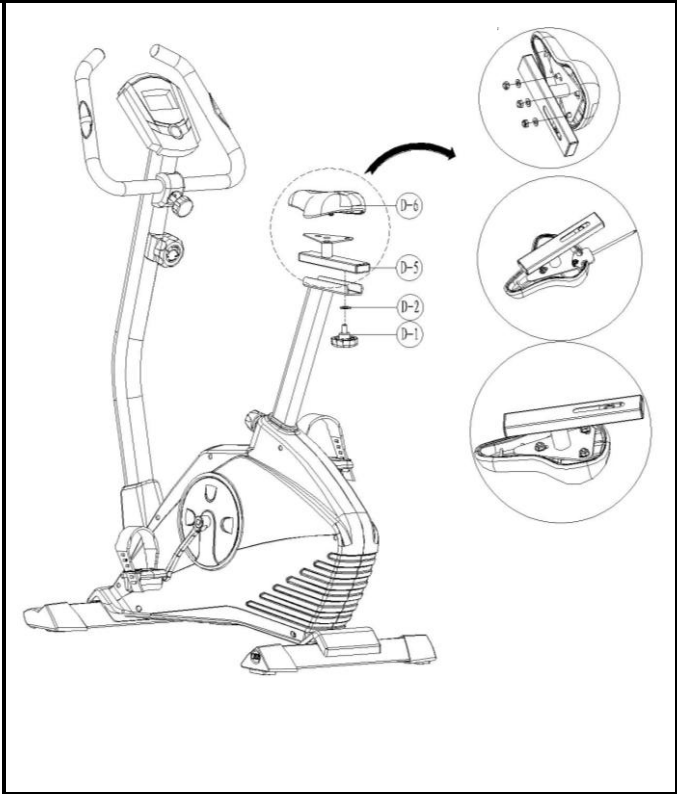


Step 6

Inserte el poste del asiento (D) en la estructura principal a través de la funda en plástica. Deben alcanzar la posición del asiento deseada y pues insertar el pomo (E-6) en el agujero. Fijar el pomo.

Step 7

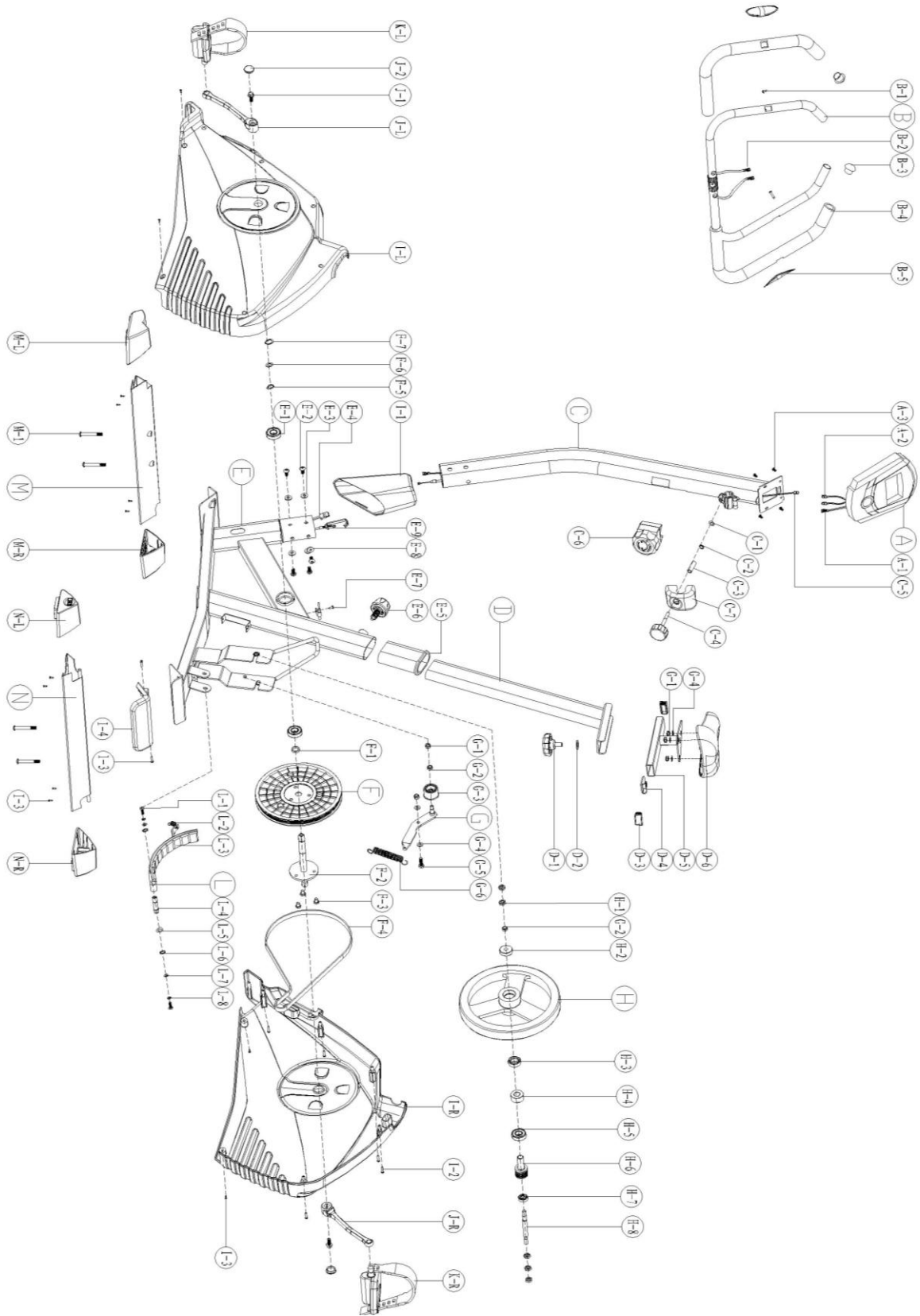
Asegurar el sillín (D-6) y el deslizador (D-5) . Una el deslizador al poste del sillín y asegurelo con el pomo de ajuste y una arandela (D-2)



PARTS LIST

Item	Description	Q'ty	Item	Description	Q'ty
A	Computer	1	F-7	C-circle	1
A-1	Pulse cable (upper)	1	G	Idle	1
A-2	Motor cable	2	G-1	Nylon nut M8	2
A-3	Screw M5*10	4	G-2	Bushing $\Phi 10*\Phi 14*6L$	2
B	Handle bar	1	G-3	Idle wheel	1
B-1	Screw M4*20	2	G-4	Flat washer	2
B-2	Pulse cable (lower)	2	G-5	Screw M8*20L	1
B-3	End cap	2	G-6	Spring	1
B-4	Foam grip	2	H	Flywheel	1
B-5	Hand pulse	2	H-1	Screw 3/8"-26	5
C	Handle bar post	1	H-2	Bearing 6000	1
C-1	Flat washer	1	H-3	Bearing 6300	1
C-2	Spring washer	1	H-4	One way bearing	1
C-3	Bushing	1	H-5	Bearing 6203	1
C-4	Knob	1	H-6	Small belt pulley	1
C-5	Sensor cable	1	H-7	Bearing 6003	1
C-6	Tension control	1	H-8	Mandril of flywheel	1
C-7	Handle bar cover	1	I-L	Chain cover (left)	1
			I-R	Chain cover (right)	1
			I-1	Handle bar post cover	1
D	Seat post	1	I-2	Screw M4*20	5
D-1	Seat knob	1	I-3	Screw	12
D-2	Flat washer	1	I-4	Rear tube cover	1
D-3	Cap 20*40	2	J-L	Crank (left)	1
D-4	Slider fixed screw	1	J-R	Crank (right)	1
D-5	Slider	1	J-1	Screw M8	2
D-6	Saddle	1	J-2	Cover for crank	2
			K-L	Pedal (left)	1
			K-R	Pedal (right)	1
			L	Magnetic set	1
E	Main frame	1	L-1	Screw M6	2
E-1	Bearing 6203	2	L-2	Spring	1
E-2	Screw M8*16L	5	L-3	Magnetic	10
E-3	Flat washer	4	L-4	Bushing	1
E-4	Sensor cable (lower)	1	L-5	Wave washer	2
E-5	Plastic sleeve	1	L-6	C circle	2

E-6	Seat post knob M16	1		L-7	Spring washer	2
E-7	Screw	1		L-8	Flat washer	2
E-8	Semicircle washer	1		M	Front stabilizer	1
E-9	Tension cable (lower)	1		M-L	Front end cap (left)	1
F	Plastic pulley	1		M-R	Front end cap (right)	1
F-1	Bushing $\Phi 17*5T$	1		M-1	Screw M8*60L	4
F-2	Axle assembly	1		N	Rear stabilizer	1
F-3	Screw M8*10L	3		N-L	Rear end cap (left)	1
F-4	Belt	1		N-R	Rear end cap(right)	1
F-5	Wave washer	1		O	Inner hex. wrench	1
F-6	Flat washer	1		P	Harpoon wrench	1



Exercise Computer

SPECIFICATIONS:

TIME-----00:00 - 99:59 MIN:SEC

SPEED-----0.0 – 999.9 KM/H OR ML/H

DISTANCE-----0.00 – 99.99 KM OR ML

CALORIES-----0.0 – 999.9 KCAL

ODOMETER(if have)-----0.00 – 99.99 KM OR ML

PULSE(if have)-----40 - 200 BEATS/MIN

KEY FUNCTION:

MODE/SELECT: To select the function you want. Hold the key for 4 seconds to

have all function values reset except the **ODOMETER(TOTAL)**.

SET(if have): To input the target value by the key except the **ODOMETER(TOTAL)**.

RESET/CLEAR(if have): To let the value reset except the **ODOMETER(TOTAL)**.

OPERATION PROCEDURES:

AUTO ON/OFF .The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNCTION:

<1>.TIME(TMR) Auto-memorize the workout time while exercising.

<2>.SPEED(SPD) Display the current speed.

<3>.DISTANCE(DST) Accumulate the distances while exercising.

<4>.CALORIES(CAL) Auto-memorize calories amount consumed while exercising.

<5>.ODOMETER(TOTAL) (if have) Display the total distances while exercising.

When the signal input, it start the value up on the original data.

The ODOMETER can't be reset(by any key)except you replace battery once.

<6>.PULSE(PUL) (if have). Display the user's heart rate per minute while exercising. Remark: You have to hold on reaction planks with both hands.

<7>.SCAN Automatically scan through each function between ①TIME②SPEED(if have)③DISTANCE④CALORIES⑤PULSE(if have)⑥ODOMETER(if have).

BATTERY If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result. This monitor uses two "AA"or one"AAA" battery or one"1.5V" button battery. You can replace the batteries at the same time.



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