# TOORX
FITNESS IN MOTION

# INSTRUCTION

BRXR 300

CE

Pre-assembly Notes

Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.

R30

36 Φ10-4

96 Φ10-4

93 M8×30-2

94 M6×15-2

29 M4×16-4

31 ST4×12-4

42 M8-2

34 Φ8-2

26 M10×70×20-4

25 M12×60-2

24 M8×40×20-2

23 M6×35-4

57 M6×40-4
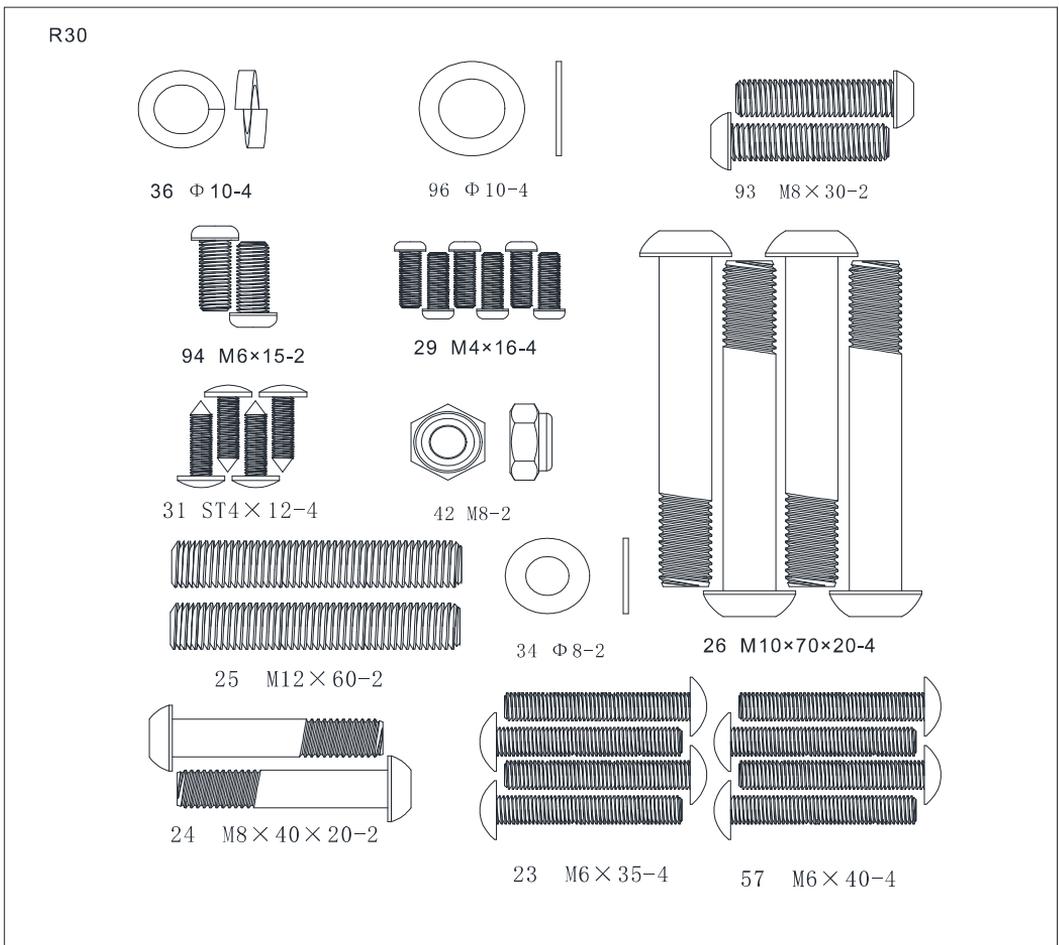
NO.	NAME	SPECIFICATION	QUANTITTY
23	Allen C.K.S full thread screw	M6×35	4
24	Allen C.K.S half thread screw	M8×50×20	2
25	Allen flat end set bolt	M12×60	2
26	Allen C.K.S. half thread screw	M10×70×20	4
29	Phillips pan head full thread screw	M4×16	6
31	Phillips C.K.S. self-tapping screw	ST4×12	4
34	Flat washer	Φ8	2
36	Spring washer	Φ10	4
42	Hex locking nut	M8	2
93	Allen C.K.S. full thread screw	M8x30	2
94	Allen cylinder head full thread screw	M6×15	2
96	Flat washer	Φ10	4
57	Allen C.K.S full thread screw	M6×40	4
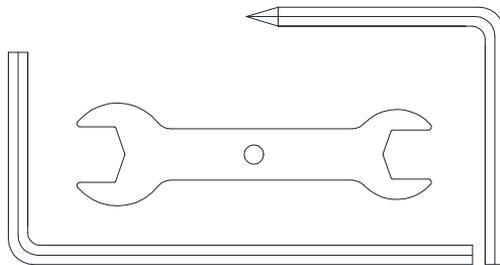
| NAME	SPECIALIZED	QUANTITY
L-shaped wrench	5×80×80S	1
L-shaped wrench	6×66×144	1
Open-end wrench	t4.0×38×145	1

GATHER YOUR TOOLS

Before starting the assembly of your unit，gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction

Console

Handlebar

Upright post

Pedal - R

Back cushion

Saddle

Front stabilizer

Pedal - L
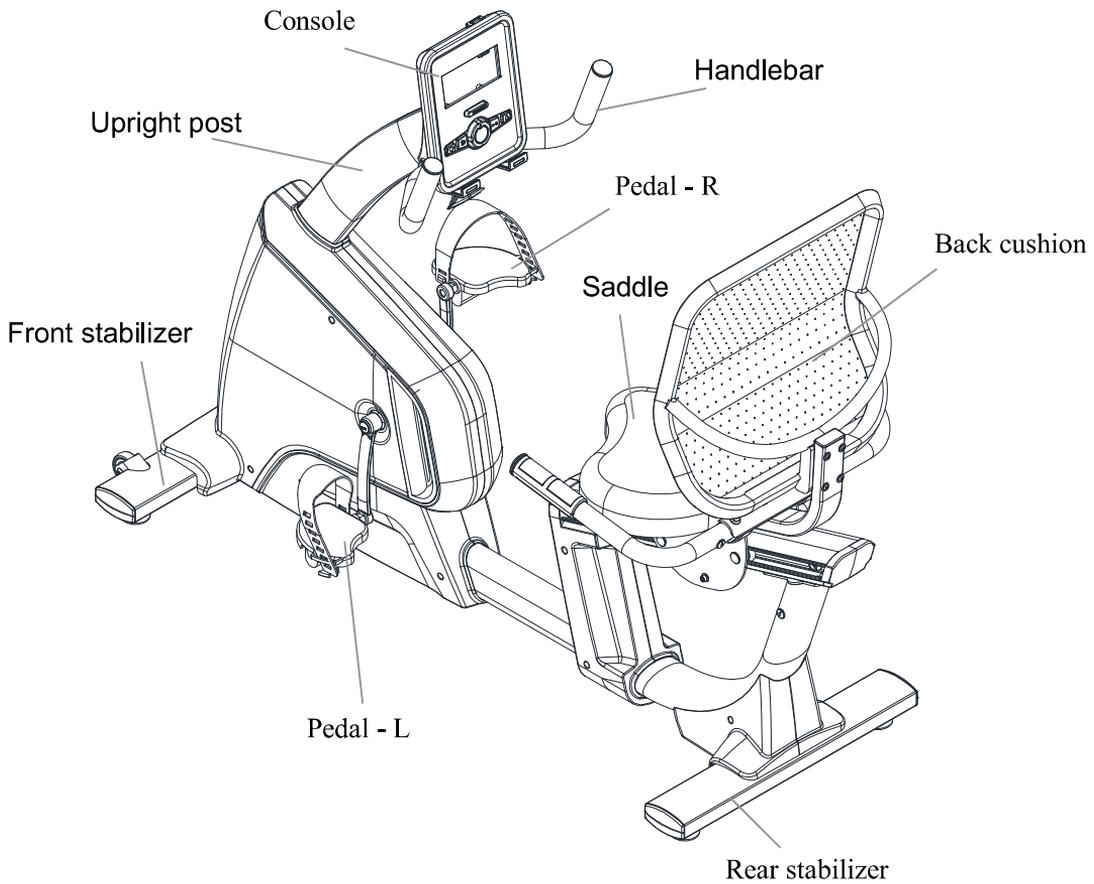
Rear stabilizer

Technical information

DIMENSION	Unfold：1545x650x1140mm
SPEED RATIO	10.3
FLYWHEEL	Outer magnet with one way:Φ280/9kg

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

Step 1: Attach the front stabilizer (2) to the main frame (1) with spring washer(36) ,flat washer(96)and Allen C.K.S. half thread screw(26).
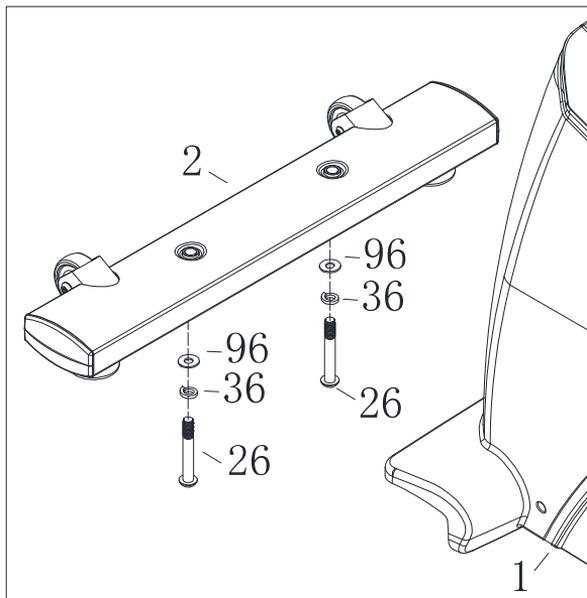

Step 2: Attach the rear stabilizer (3) to the main frame (1) with spring washer(36), flat washer(96) and Allen C.K.S. half thread screw(26).
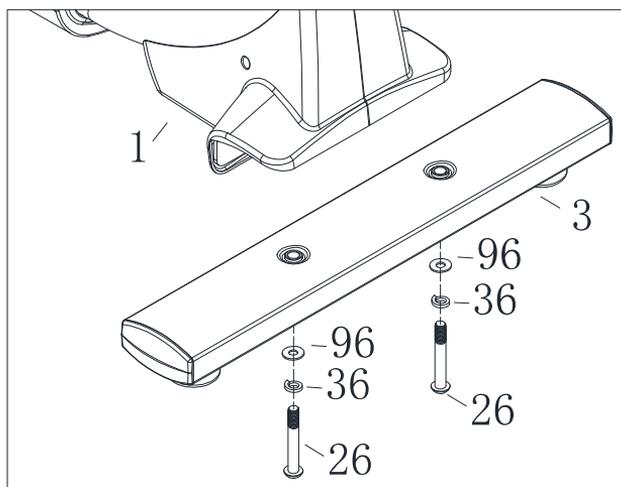
Step 3:

1. Connect motor communication wire (82) with upright post communication wire(83).

2. Attach upper upright post (4) to main frame (1) with Allen flat end set bolt (25). Then cover it with hold plug. Please lock the two Allen flat end set bolts at the same time,and fix the screws by turns.
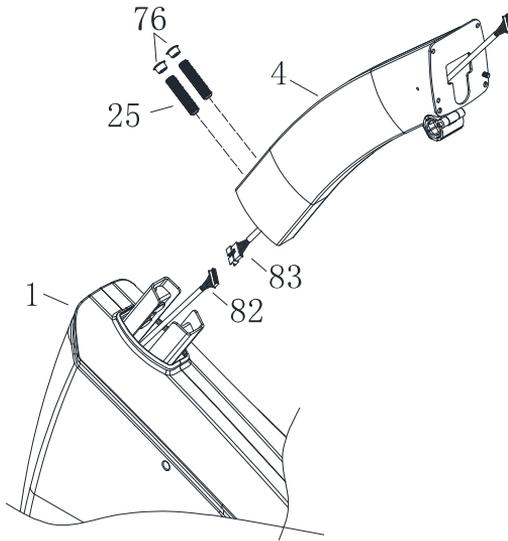
Step 4:

1.Connect the console communication wire (83) with back hole of console. Connect handle pulse connection wire (86) with console outlet .

2. Attach the console (81) to upright post (4) with Phillips C.K.S. full thread screw (32).
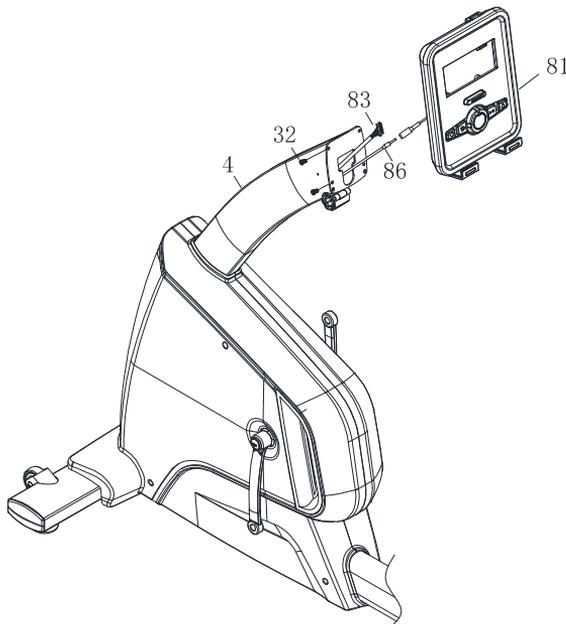
Step 5:

1. Attach the handlebar cover - left (54) and right (55) to upper upright post (4) with Phillips pan head full thread screw (29).
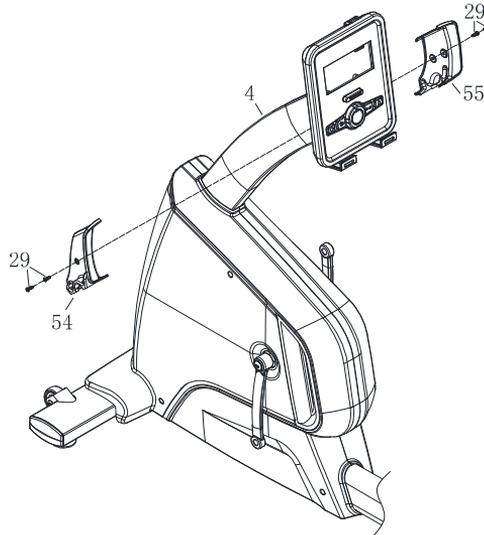
Step 6:

1. Fixed the handlebar post. Through T shape knob (65) out of handlebar. Rotate inside. Adjust the handlebar tube to the suitable position. Rotate T shape knob tightly. Then lock the handlebar front cover (56) with Phillips C.K.S. self-tapping screw(31).
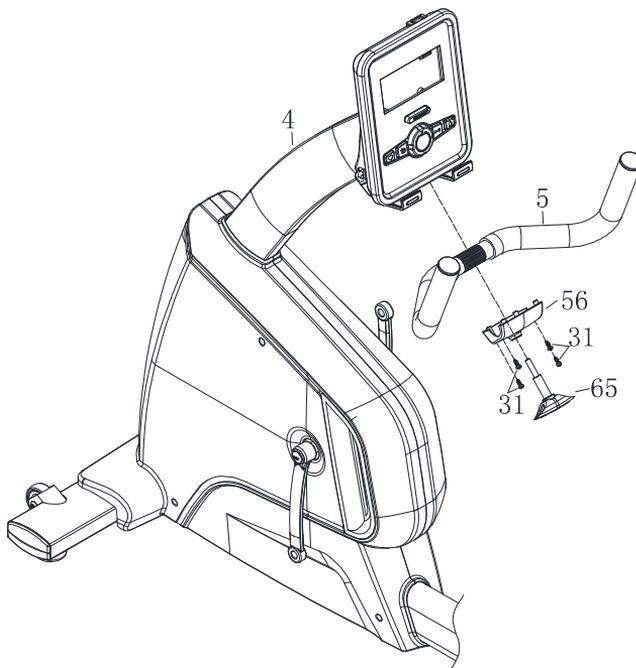
Step 7:

1. Attach the pedal – left (63) and right (64) to the main frame (1).
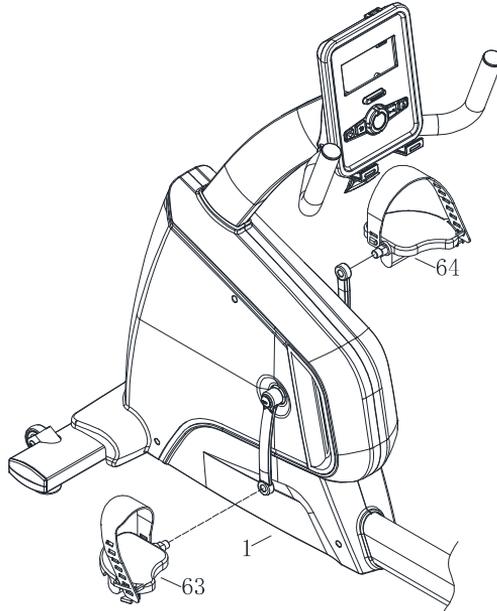
Step 8:

1. Attach the brake adjustment round bar (8) to saddle base with Allen C.K.S full thread screw (21).

2. Attach the back cushion tube to saddle base with Allen C.K.S. full thread screw (93)
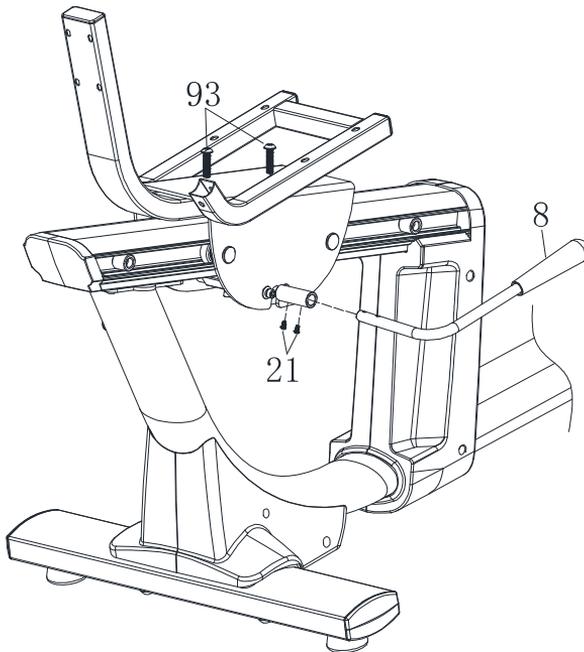
Step 9:

1. Attach the saddle (60) to saddle base with Allen C.K.S. full thread screw (23).
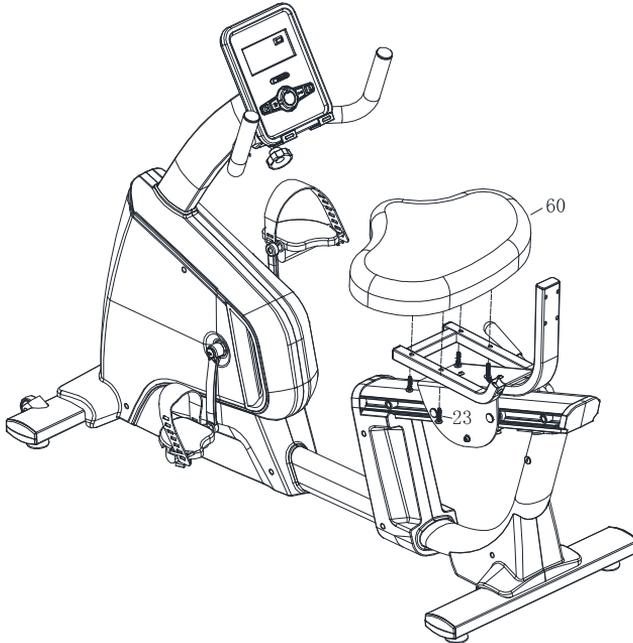
Step 10:

1 . Attach the handle pulse tube(6) to saddle，and lock with Allen C.K.S. half thread screw (24), Hex nut (42) and flat washer(34).

2 . Connect the handle pulse connection wire (87) and (88). As shown below picture.
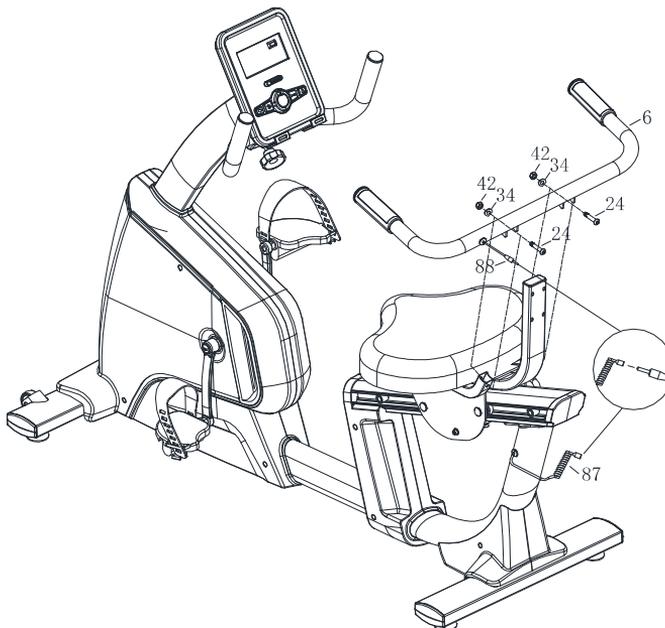
Step 11:

1 . Attach back cushion (61) to the back cushion tube (11) with Allen C.K.S full thread screw(57).
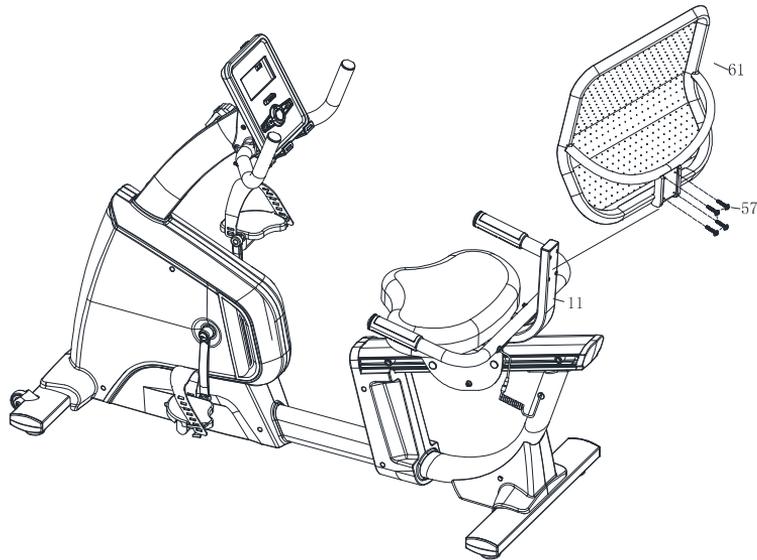
Step 12:

1 . Insert the power pugs into power hole as shown below. Assembling finished
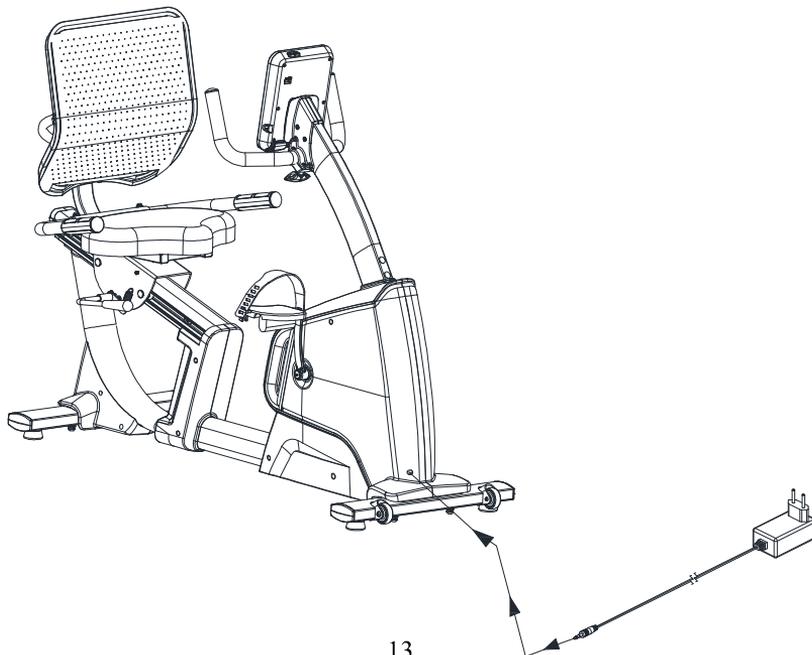
Workout tips:

1,User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.

2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal

3,The machine should be put on flat floor and have enough space for workout

Half-drawing for assembly
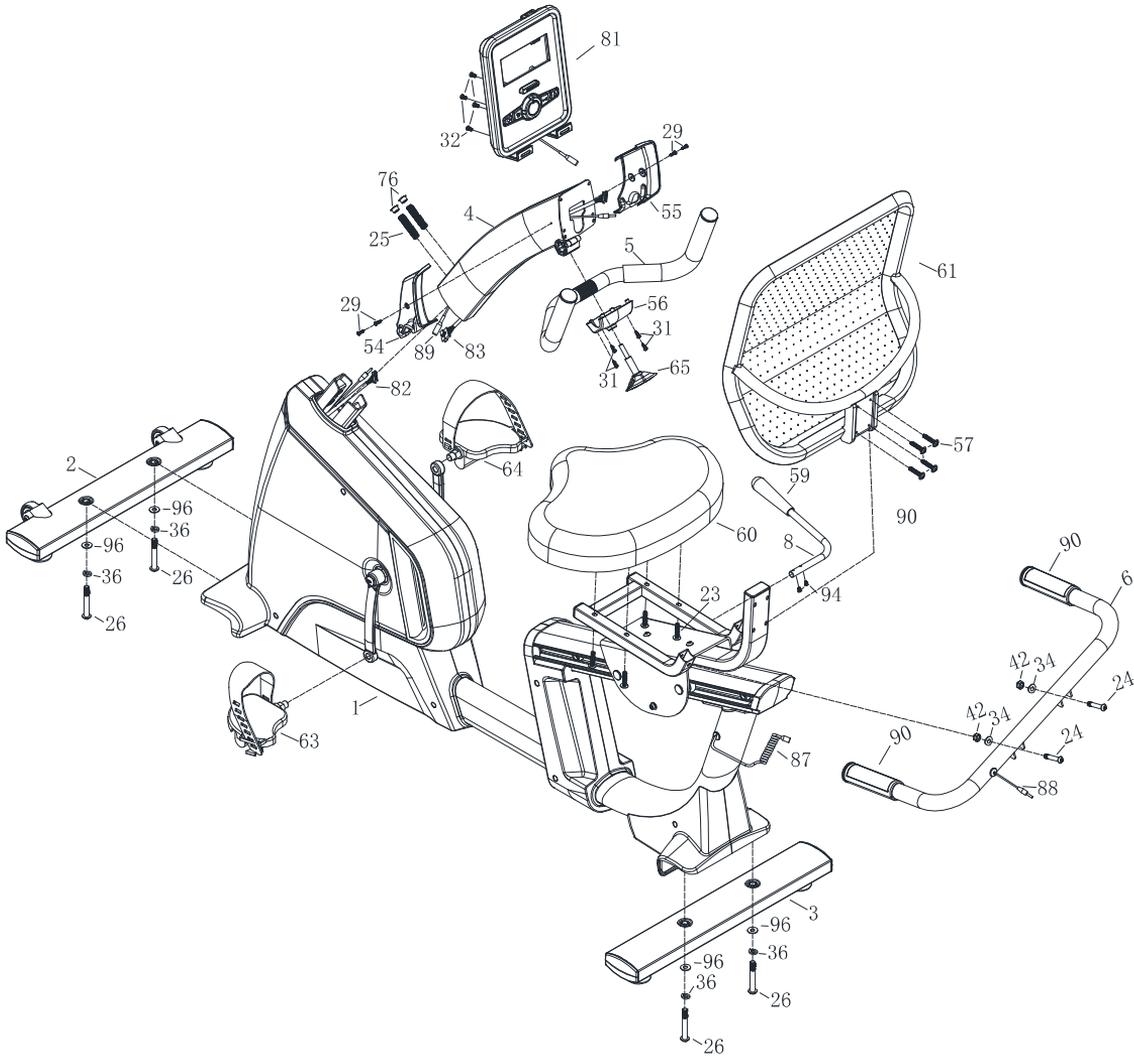
Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Handlebar post		1
6	Upper upright post		1

8	Brake adjustment round bar		1
12	Crank leg - left		1
13	Crank leg - right		1
24	Allen C.K.S. half thread screw	M8×40×20	2
25	Allen flat end set bolt	M12×60	2
26	Allen C.K.S. half thread screw	M10×70×20	4
29	Phillips pan head full thread screw	M4×16	6
31	Phillips C.K.S. self-tapping screw	ST4×12	4
32	Phillips C.K.S. full thread screw	M5×10	4
34	Spring washer	Φ8	2
36	Spring washer	Φ10	4
42	Hex locking nut	M8	2
54	Handlebar cover - left		1
55	Handlebar cover - right	(E30−24)	1
56	Handlebar front cover	(E30−25)	1
57	Allen C.K.S full thread screw		4
59	Brake adjustment handle		1
60	Saddle		1
61	Back cushion		1
63	Pedal - left		1
64	Pedal - right		1
65	T shape knob		1
76	Hole plug		2
81	Console		1
82	Motor communication wire	L−800mm	1
87	Spring wire	L−2000mm	1
88	Handle pulse connection wire 1	L−2×100mm	1
89	Handle pulse connection wire 2	L−650mm	1
90	Handle pulse		2
94	Allen cylinder head full thread screw	M6×15	2
96	Flat washer	Φ10	4

Drawing for assembly

Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Upright post		1
5	Handlebar post		1
6	Handle pulse		1
7	Saddle		1
8	Brake adjustment round bar		1
9	Brake connection axis		1
10	Brake fixed piece		1
11	Back cushion tube		1
12	Crank leg - left		1
13	Crank leg - right		1
14	Crank axis		1
15	Fixed magnet		1
16	Brake tension spring	$\Phi 11.5 \times \Phi 1.2 \times 13$	1
17	Tension spring	$\Phi 18.5 \times \Phi 2.5 \times 11.5$	2
18	Aluminium sliding rail		1
19	Magnetic control axis		1
20	Allen C.K.S. hollow screw	$\Phi 8 \times 33 \times M6 \times 15$	2
21	Allen C.K.S. full thread screw	$M6 \times 15$	6
22	Allen C.K.S. full thread screw	$M8 \times 20$	5
23	Allen C.K.S. full thread screw	$M6 \times 35$	4
24	Allen C.K.S. half thread screw	$M8 \times 40 \times 20$	2
25	Allen flat end set bolt	$M12 \times 60$	2
26	Allen C.K.S. half thread screw	$M10 \times 70 \times 20$	4
27	Hex flange full thread screw	$5/16-18UNC-1''$	2
28	Hex full thread screw	$M5 \times 60$	1
29	Phillips pan head full thread screw	$M4 \times 16$	4

30	Phillips C.K.S. self-tapping screw	$ST4\times16$	18
31	Phillips washer head end-cutting self-tapping screw	$ST4\times12$	6
32	Phillips C.K.S. full thread screw	$M5\times10$	4
33	Phillips pan head self-tapping screw	$ST3\times30$	4
34	Flat washer	$\Phi8$	14
35	Spring washer	$\Phi8$	4
36	Spring washer	$\Phi10$	4
37	Circlip for shaft	$\Phi8$	4
38	Circlip for shaft	$\Phi10$	3
39	Circlip for shaft	$\Phi12$	2
40	Circlip for shaft	$\Phi17$	2
41	Allen cylinder head full thread screw	$M6\times20$	4
42	Hex locking nut	M8	11
43	Hex nut	M5	2
44	Deep groove ball bearing		2
45	Deep groove ball bearing		3
46	Flywheel(8510-61)		1
47	Motor cover – left		1
48	Motor cover – right		1
49	Aluminum track cover – left		1
50	Aluminum track cover – right		1
51	Rear stabilizer cover - left		1
52	Rear stabilizer cover – right		1
53	Aluminum track end cover		1
54	Handlebar cover – left		1
55	Handlebar cover - right		1
56	Handlebar front cover		1
57	Allen C.K.S full thread screw		4
58	Belt pulley		1
59	Brake adjustment handlebar		1
60	Saddle		1
61	Back cushion		1

62	Foot pad		4
63	Pedal – left		1
64	Pedal – right		1
65	T shape knob		1
66	Wheel		2
67	Tension wheel		1
68	Crank cover		2
69	End cap	45×90×t1.5	4
70	Round pipe plug	Φ28×t1.5	2
71	PU wheel		4
72	Brake block		1
73	Square pipe plug	25×50×t1.5	2
74	Square pipe plug	25×25×t1.5	2
75	Wire plug		2
76	Hole plug		2
77	Brake clearance set		2
78	Foam grip		2
79	Brake line		1
80	Tapered foot pad	Φ23×Φ18×Φ5×11	4
81	Console		1
82	Motor communication wire	L−800mm	1
83	Console communication wire	L−600mm	1
84	Magnetic inductor	L−200mm	1
85	Power communication wire	L−750mm	1
86	Power adapter	240V	1
87	Spring wire	L−2000mm	1
88	Handle pulse connection wire 1	L−2×100mm	1
89	Handle pulse connection wire 2	L−650mm	1
90	Handle pulse		2
91	Fixed magnet		1
92	Motor belt		1
93	Allen C.K.S. full thread screw	M8x30	2
94	Allen cylinder head full thread screw	M6×15	7

95	Allen cylinder head full thread screw	M8×15	8
96	Flat washer	Φ10	4

Button function:

START/STOP	Start or Stop workout
RESET	Reverse to main menu during presetting workout value or in stop mode Hold on pressing for 2 seconds, computer will reboot and start from user setting.
UP(+)	1. Adjust optional training mode increased 2. Adjust the value increased
MODE/ENTER	In STOP mode, press it to confirm setting and enter it.
DOWN(-)	1. Adjust optional training mode decreased 2. Adjust the value decreased
RECOVERY	Test heart rate recovery status
BODY FAT	Test body fat% and BMI

DISPLAY FUNCTIONS :

| TIME	.Display Range 0:00 ~ 99:59; Setting range 0:00~99:00
DISTANCE	.Display Range 0.0 ~ 99.99; Setting range 0.0~99.90
CALORIES	.Display Range 0 ~ 9999Cal.; Setting range 0~9990Cal.
PULSE	.Display range P-30~230; Setting range 0-30~230
WATT	.Display Range:0~999; Setting Range 10 ~ 350
SPEED	.Range 0.0 ~ 99.9KM/H
RPM	.Range 0 ~ 999

OPERATION:

POWER ON

Plug in power supply, computer will power on with a long beep sound and display all segments on LCD for 2 seconds(Drawing 1). Enter into user selection (Drawing 2) and personal data setting mode (Age, Gender, Height, Weight).

After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.
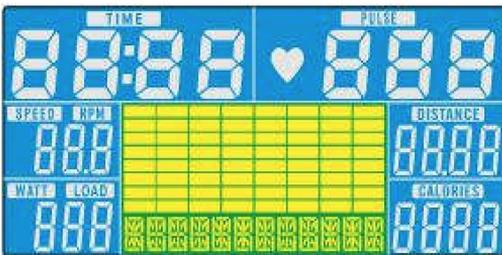
Drawing 1

Personal data setting

After selecting user from U1~U4, press ENTER to confirm. Press UP(+) or DOWN (-) to set SEX, AGE (Drawing 3), HEIGHT, WEIGHT and confirm by pressing ENTER. All data will be saved as user profile.

After setting, console go to main menu and display as Drawing 4. In this page, user can start workout directly by pressing START/STOP button.
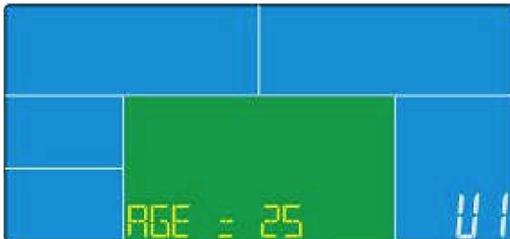
Drawing 3   Drawing 4

Workout selection

In main page, the first program MANUAL is flashing (Drawing 5). User can press UP(+) or DOWN(-) to select: MANUAL-->PROGRAM-->USER PROGRAM-->H.R.C.-->WATT, press ENTER to confirm.

Manual Mode

1. Press UP(+) or DOWN(-) to select workout program, choose Manual (Drawing 4) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset value of TIME/DISTANCE/CALORIES/PULSE and press ENTER to confirm.
3. Press START/STOP keys to start workout. During workout, user can press UP and DOWN to adjust load level from 1~16.
4. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Program Mode

1. Press UP(+) or DOWN(-) to select workout program, choose Program (Drawing 5) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select program from P01~P12, the program profile will display by turn.
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP keys to start workout. During workout, user can press UP(+) or DOWN(-)   to adjust load level from 1~16.


5. Press START/STOP keys to pause workout. Press RESET to reverse to main menu.

Drawing 5

H.R.C. mode

1. Press UP(+) or DOWN(-) to select workout program, choose H.R.C. (Drawing 7) and press ENTER key to confirm.
2. Press UP(+) or DOWN(-) to select: H.R.C 55 (Drawing 8), H.R.C75, H.R.C 90 or TAG (TARGET H.R.) (default: 100, Drawing 9) and confirm by pressing ENTER.
3. When select H.R.C 55, H.R.C75, H.R.C 90, console will display preset target value according to user age. Press UP(+) or DOWN(-) and ENTER to preset workout TIME.
4. When select TAG H.R., the preset value 100 is flashing as Drawing 9. Press UP(+) or DOWN(-) to adjust value from 30~230 and confirm by ENTER. Preset workout TIME by pressing UP(+) and DOWN(-).
5. Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.


Drawing 7

Drawing 8

Drawing 9

WATT Mode

1. Press UP(+) or DOWN(-) to select workout program, choose WATT (Drawing 10) and press
   ENTER key to confirm.
2. Press UP(+) or DOWN(-) to preset WATT target. (default: 120)
3. Press UP(+) or DOWN(-) to preset workout TIME.
4. Press START/STOP button to start workout. During workout, user can press UP(+) or DOWN(-) to adjust WATT level from 10~350.
5. Press START/STOP button to pause workout. Press RESET to reverse to main menu.
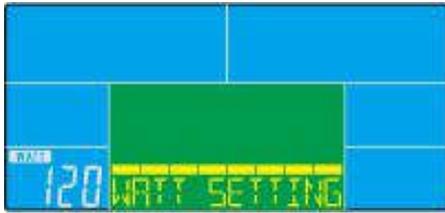
Drawing 10

Body Fat Mode

1. During workout, press START/STOP to stop workout, press BODY FAT key to start measure.

   (Drawing 11)

2. Hold on hand grips, after 8 seconds, computer will show BMI, FAT% and fat symbol.

3. Press BODY FAT key again reverse to main menu.

4. Error code:

   *Console display E-1 (Drawing 12): user is not holding hand grips correctly.

   *Console display E-4 (Drawing 13): FAT% exceed setting range (5.0% ~50.0%)
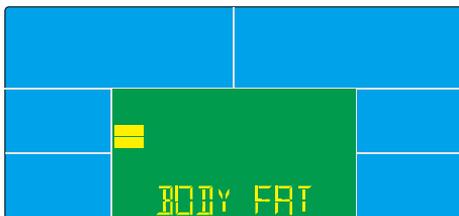
Drawing 11
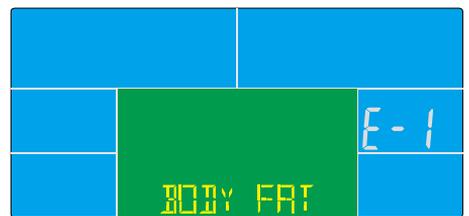
Drawing 12

Drawing 13

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

BODY FAT:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Recovery

1. When pulse value display on the computer (hold hand grips), press RECOVERY button.
2. All function display will stop except TIME" starts counting down from 00:60 to 00:00 (Drawing14). When TIME counts down to 0, screen will display your heart rate recovery status with the FX (X=1~6, Drawing 15). F1 is the best, F6 is the worst. (See below chart)

    (Press the RECOVERY button again to return the main display.)
3. During RECOVERY, user may press RECOVERY button to back to main menu.
4. Without pulse inputted, it is invalid to press RECOVERY button.

Drawing14   Drawing15

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

NOTE:

1. This computer require 9V, 1300mA adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power saving mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.

Garlando