TOORX
FITNESS IN MOTION

INSTRUCTION

BRXR 95
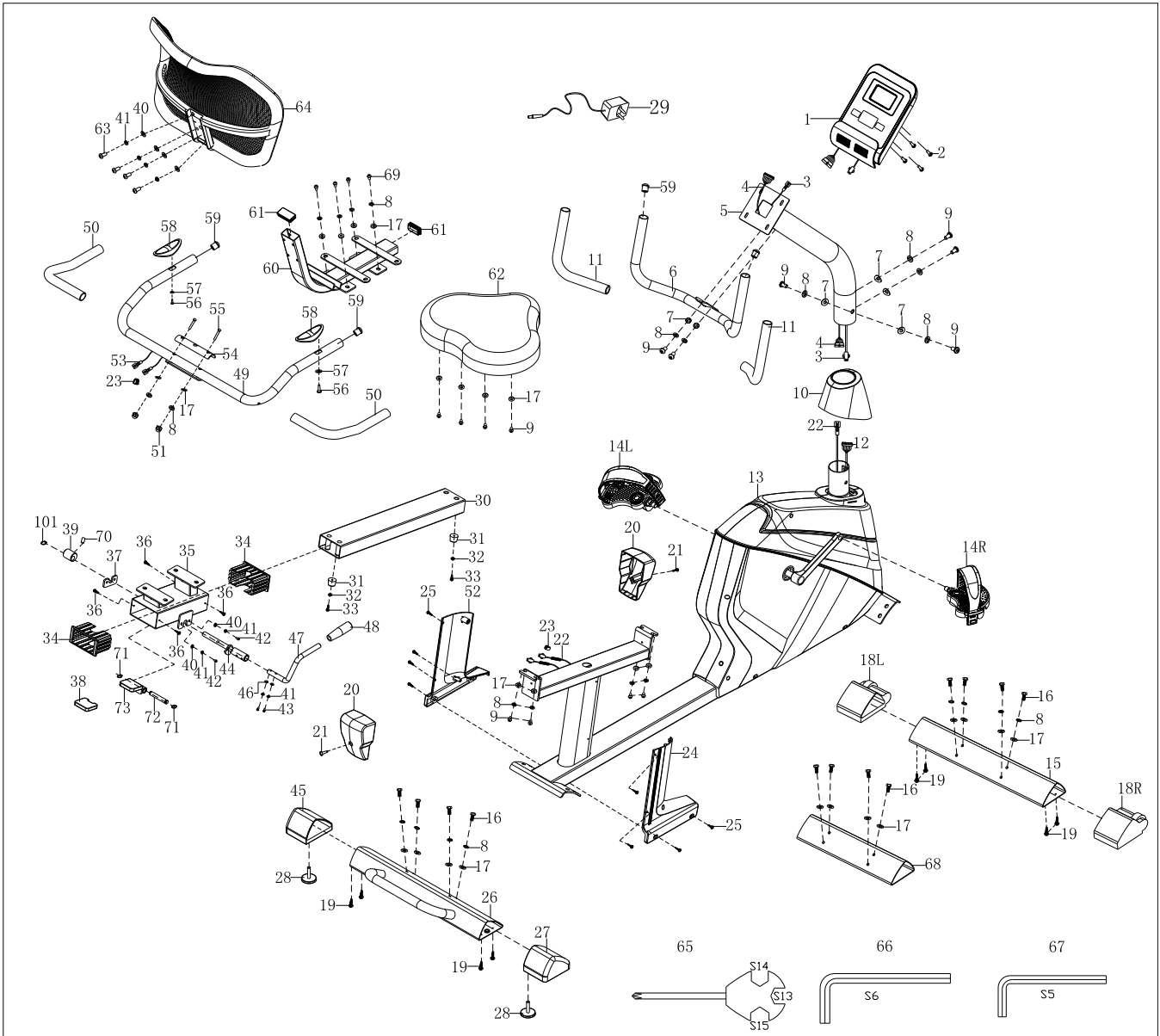# COMFORT

CE

Outer Explosive View:

Inner Explosive View:
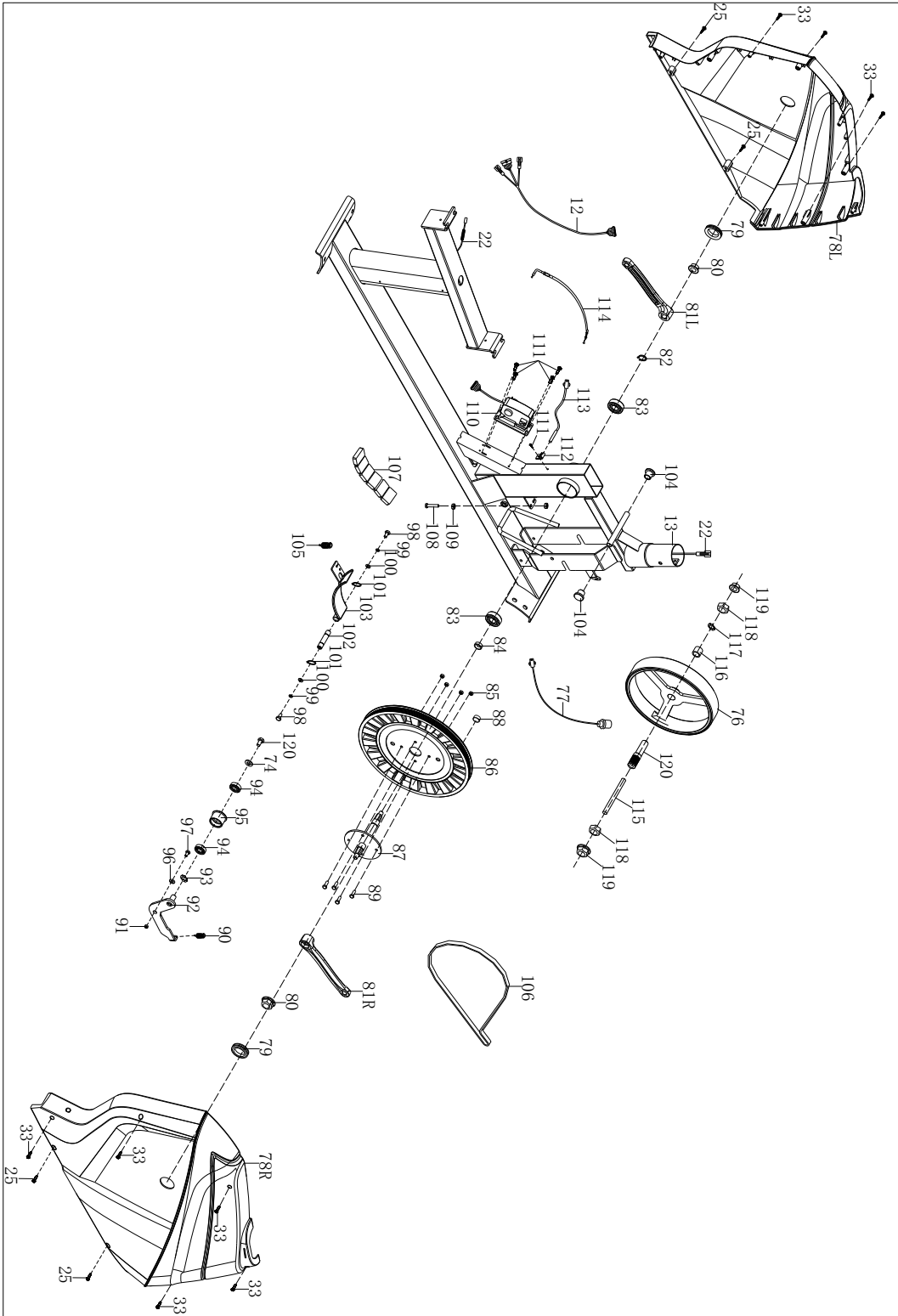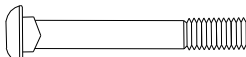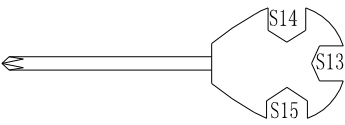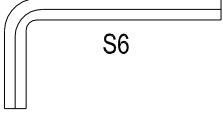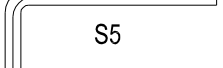
Parts List

No.	Description	QTY	No.	Description	QTY
1	Computer	1	31	Crash pad Φ22*Φ18*16*Φ4	2
2	Bolt M5*10*Φ8	4	32	Washer d4*Φ9*1	2
3	Handle pulse wire 2	2	33	Bolt ST4.2*19*φ8	11
4	Trunk wire 1	1	34	Rectangular bush J50*100*60	2
5	Handlebar post join	1	35	Supporting shoe for seat	1
6	Handlebar	1	36	Bolt ST3*6*Φ5.6	4
7	Arc washer d8*Φ20*2*R30	6	37	Stator for handlebar	1
8	Spring washer d8	24	38	Rubber blanket 51*44*9.7	1
9	Bolt M8*16*S6 8.8	14	39	Eccentric gear Φ25*30	1
10	Cover of handlebar post join	1	40	Washer d6*Φ12*1.2	6
11	Foam grip Φ30*3*340	2	41	Spring washer d6	8
12	Trunk wire 2	1	42	Bolt M6*16*S5	2
13	Main frame	1	43	Bolt M6*16*S5	2
14L/R	Pedal L/R	2	44	Adjusted shaft	1
15	Front bottom tube	1	45	Left end cap of rear bottom tube	1
16	Bolt M8*20*S13 8.8	12	46	Arc washer d6*Φ16*1.5*R16	2
17	Washer d8*φ20*2.0	26	47	Adjusted handlebar	1
18L/R	End cap of Front bottom tube	2	48	Bushing for adjusted handle	1
19	Bolt ST4.2*25*φ10.5	8	49	Handlebar	1
20	Cover of slideway	2	50	Foam grip Φ23*5*500	2
21	Bolt M5*8*Φ8	2	51	Nut M8*H16*S13	2
22	Handle pulse wire 1	2	52	Left cover	1
23	Hole for wire Φ12*11*Φ3	2	53	Handle pulse wire	2
24	Right cover	1	54	Cover board	1
25	Bolt ST4.2*16*Φ8	12	55	Bolt M8*47*20*H5	2
26	Rear bottom tube	1	56	Bolt ST4*19*Φ7	2
27	Right end cap of rear bottom tube	1	57	Washer d6*Φ12*1	2
28	Foot pad	2	58	Handle pulse	2
29	Adapter	1	59	Round end cap Φ25*16	4
30	Slideway	1	60	Assembly Of Saddle Frame	1

No.	Description	QTY		No.	Description	QTY
61	Square end cap J50*25*14	2		91	Nylon nut M8*H7.5*S13	1
62	Seat	1		92	Idler connecting rod	1
63	Bolt M6*40	4		93	Wave washer	1
64	Back cushion	1		94	Bearing 2	2
65	Wrench S13-14-15	1		95	Idler Φ39*Φ34*24	1
66	Wrench S6	1		96	Washer d12*Φ17*0.5	1
67	Wrench S5	1		97	Bolt M8*10.5*Φ10*9.5*S12	1
68	Packaging tube	1		98	Bolt M6*16*S10	2
69	Bolt M8*20*S6	4		99	Spring washer d6	2
70	BoltM8*10	1		100	Washer d6*Φ12*1.2	2
71	Shaft with a collar d10	2		101	Washer d12	3
72	Shaft Φ10.1*64	1		102	Magnetic plate shaft	1
73	Anti-skid board	1		103	Magnetic plate	1
74	Washer d6*Φ16*1.5	3		104	End cap	2
75	Bolt M6*12*S10	2		105	Spring Φ1.5*Φ15*53*N16	1
76	Flywheel	1		106	Belt	1
77	Trunk wire	1		107	Magnet 40*25*10	6
78L/R	Chain cover	2		108	Bolt M6*45*S10	1
79	Crank cover	1		109	Nut M6*H5*S10	2
80	Nut M10*1.25	2		110	Motor	1
81L/R	Crank	2		111	Bolt ST4.2*16	5
82	Washer d17	1		112	Sensor holder	1
83	Bearing 6203-2RS	2		113	Sensor	1
84	Spacer Φ22*Φ18*4	1		114	Electronic tension wire	1
85	Nylon nut M6*H6*S10	4		115	Flywheel shaft	1
86	Belt plate	1		116	Spacer Φ15*Φ10.2*9	1
87	Axis	1		117	Wave washer d10*Φ13.5*0.3	1
88	Magnet Φ15*7	1		118	Nut M10*1*H5*S17	2
89	Bolt M6*16*S10	4		119	Nut M10*1*H8*S15	2
90	Spring Φ2*Φ12*54*N15	1		120	Small belt pulley	1

Assembly parts and tools:

#16 M8*20*S13 12PCS

#17 d8*Ø20*2 22PCS

#8 d8 20PCS

#9 M8*16*S6 10PCS

#7 d8*Ø20*2*R30 6PCS

#41 d6 6PCS

#46 d6*Φ16*1.5*R16 2PCS

#43 M6*20*S5 2PCS

#69 M8*20*S6 4PCS

#51 M8*H16*S13 2PCS

#55 M8*47*20*H5 2PCS

#40 d6*Φ12*1.2 4PCS

#63 M6*40 4PCS

#2 M5*10* Φ8 4PCS

#65 S13-14-15 1PC

#66 S6 1PC

#67 S5 1PC

Step1:

#16   M8*20*S13   4PCS

#17 d8*Ø20*2 4PCS

#65 S13-14-15 1PC

13

16
68
17
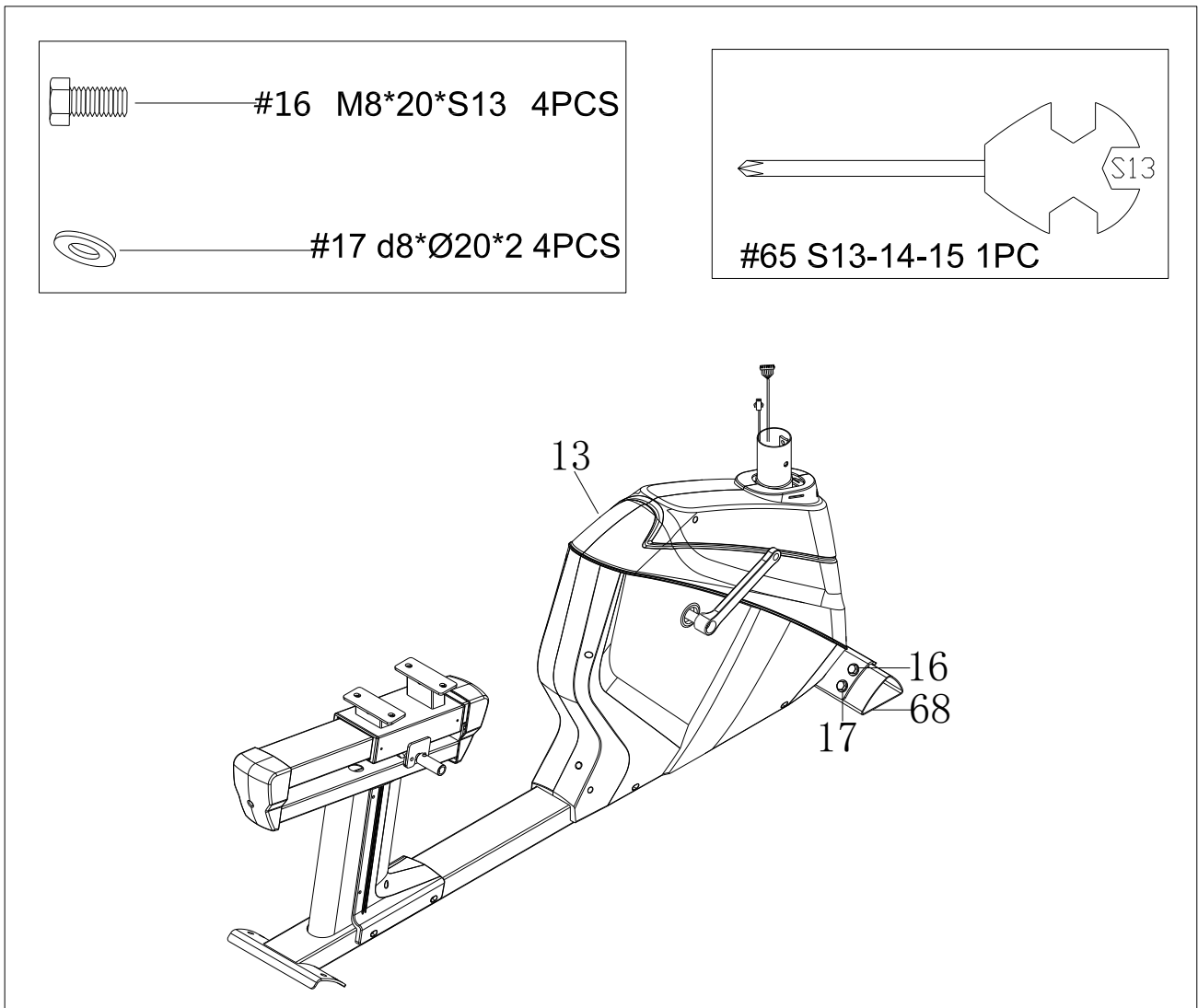
Take out the packaging tube(68), bolts(16) and washerss(17) from main frame(13) by wrench(65), please keep them for next time use.

Step 2:

#16 M8*20*S13 8PCS

#8 d8 8PCS

#17 d8*Ø20*2 8PCS

#65 S13-14-15 1PC

16   16

13

8

17

15

17 8   16

16

17 8

26
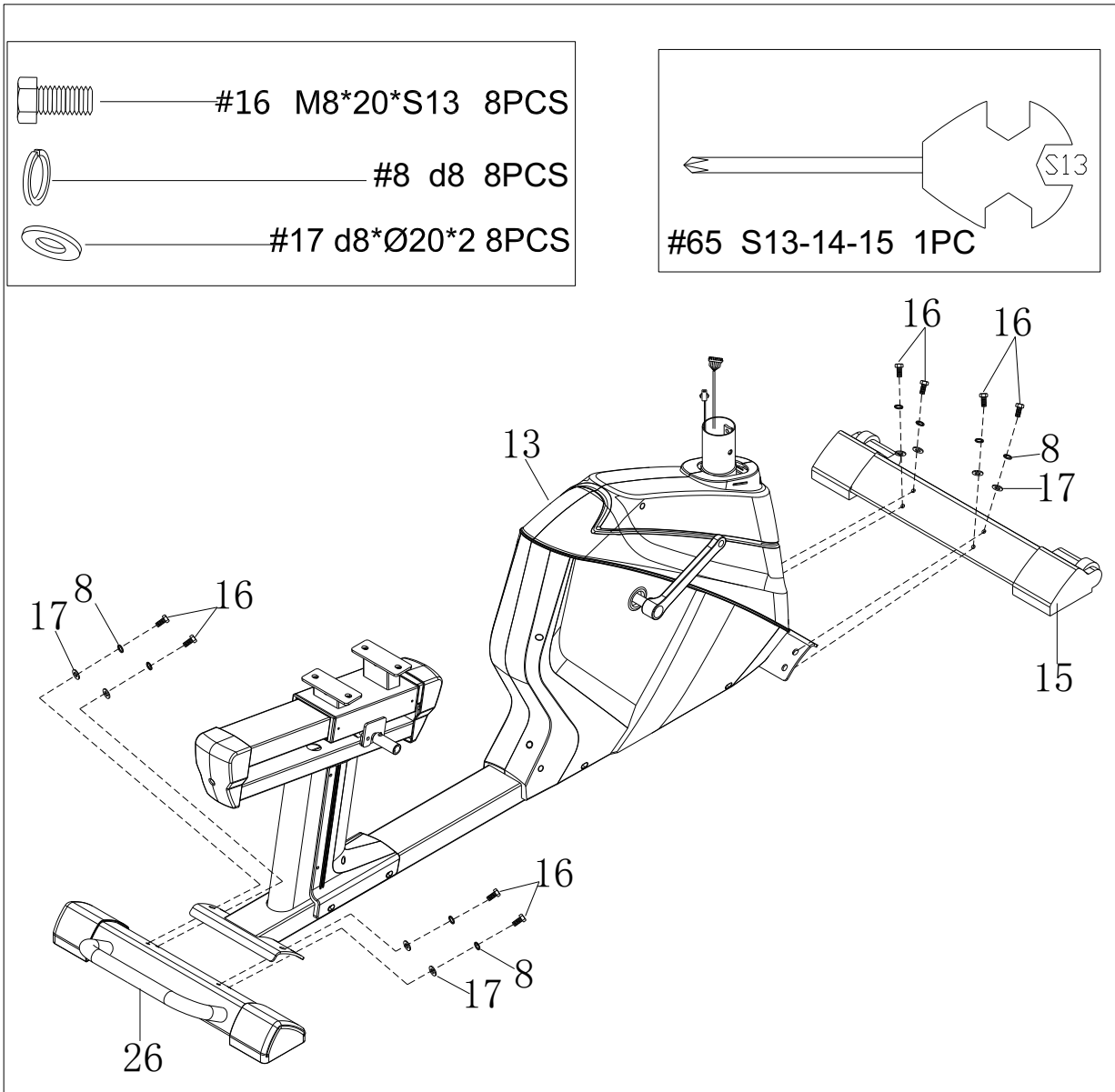
Take out the bolts(16), spring washers(8) and washers(17) by wrench(65), then

attach front bottom tube(15) and rear bottom tube(26) on the main frame(13) with

wrench(65),bolts(16), spring washers(8) and washers(17).

Step 3:

#9   M8*16*S6   4PCS

#7   d8*Ø20*2*R30   4PCS

#8   d8   4PCS

#66   S6   1PC
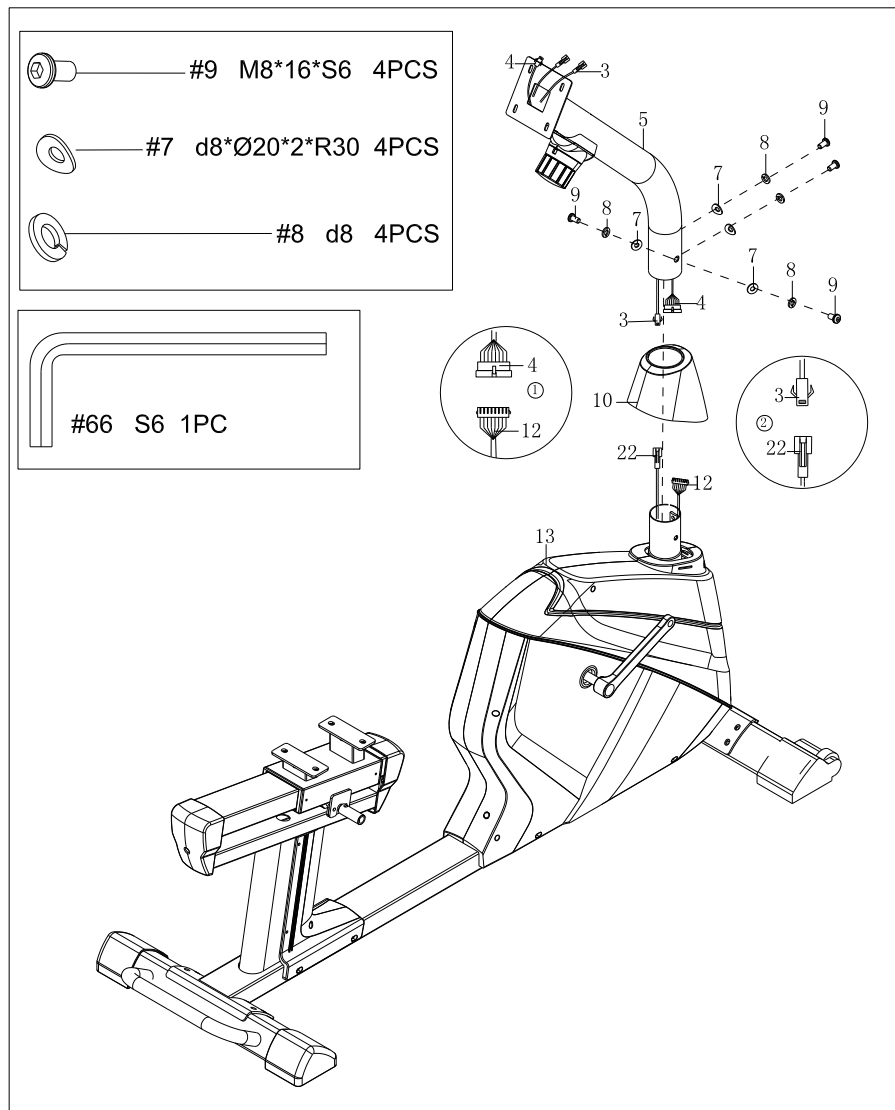
a.Take out bolts(9), spring washers(8) and arc washers(7) from main frame(13) by wrench(66).

b.Put cover of handlebar post join (10) into handlebar post join(5), connect trunk wire 1(4) and trunk wire 2(12) well; connect handle pulse wire 2(3) and handle pulse wire 1(22) well.

c.Attach handlebar post join(5) to main frame (13) with bolts(9), spring washers(8) and arc washers(7); buckle cover of handlebar post join (10).

Step 4:

#41   d6 2PCS

#46   d6*Φ16*1.5*R16 2PCS

#43   M6*20*S5 2PCS

#65 S13-14-15 1PC   S15

#67 S5 1PC

5

14L

13

47
46
41
43

14R
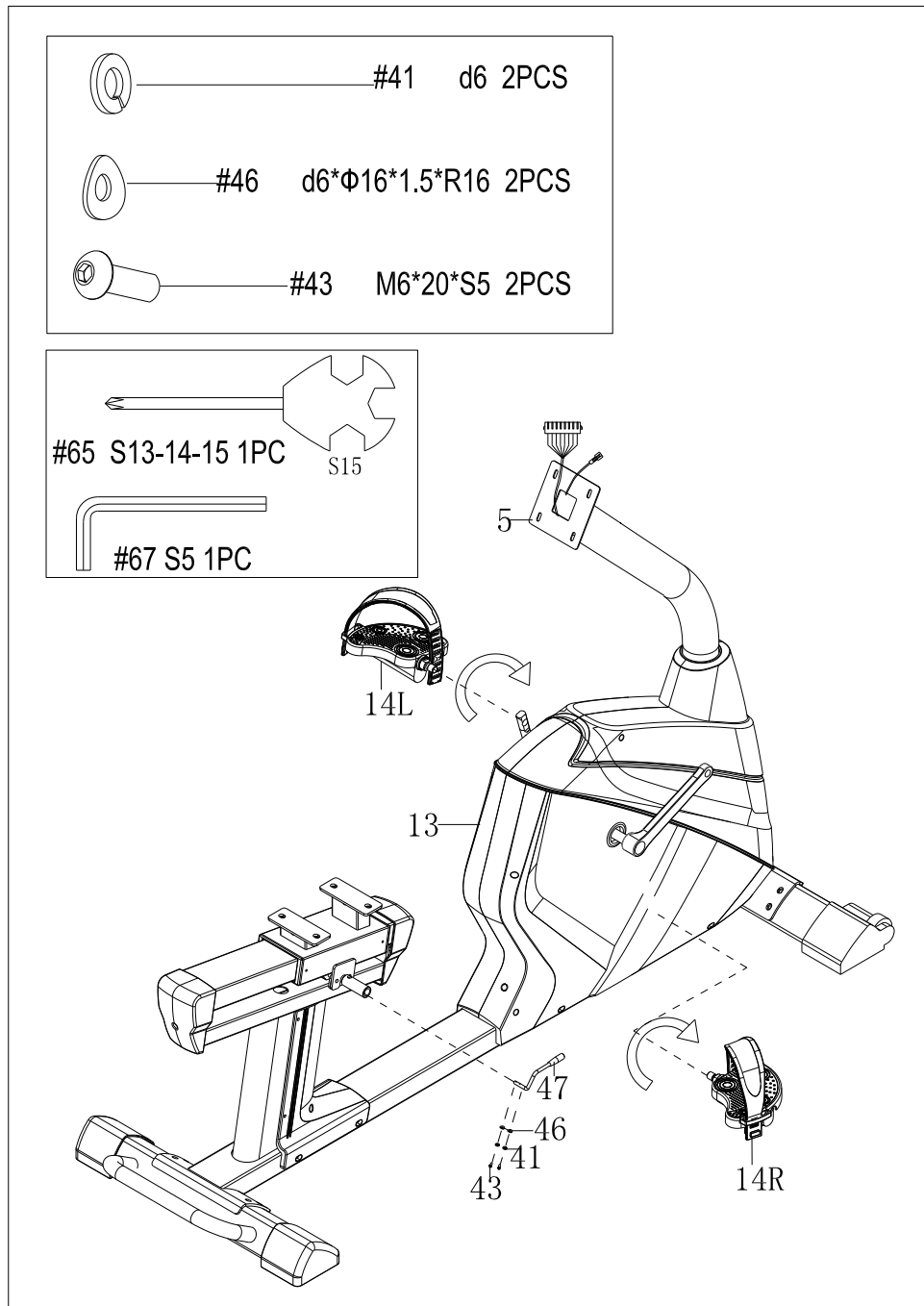
a.Attach pedal(14L/R) to main frame (13) by wrench(65).

b.Take out bolts(43), spring washers(41) and arc washers(46) from adjusted

handlebar (47) by wrench(67), then attach adjusted handlebar(47) to adjusted

shaft(44)by bolts(43) , spring washers(41) and arc washers(46) .

Step 5:

#9	M8*16*S6	4PCS
#69	M8*20*S6	4PCS
#8	d8	4PCS
#17	d8*Ø20*2	8PCS

S6
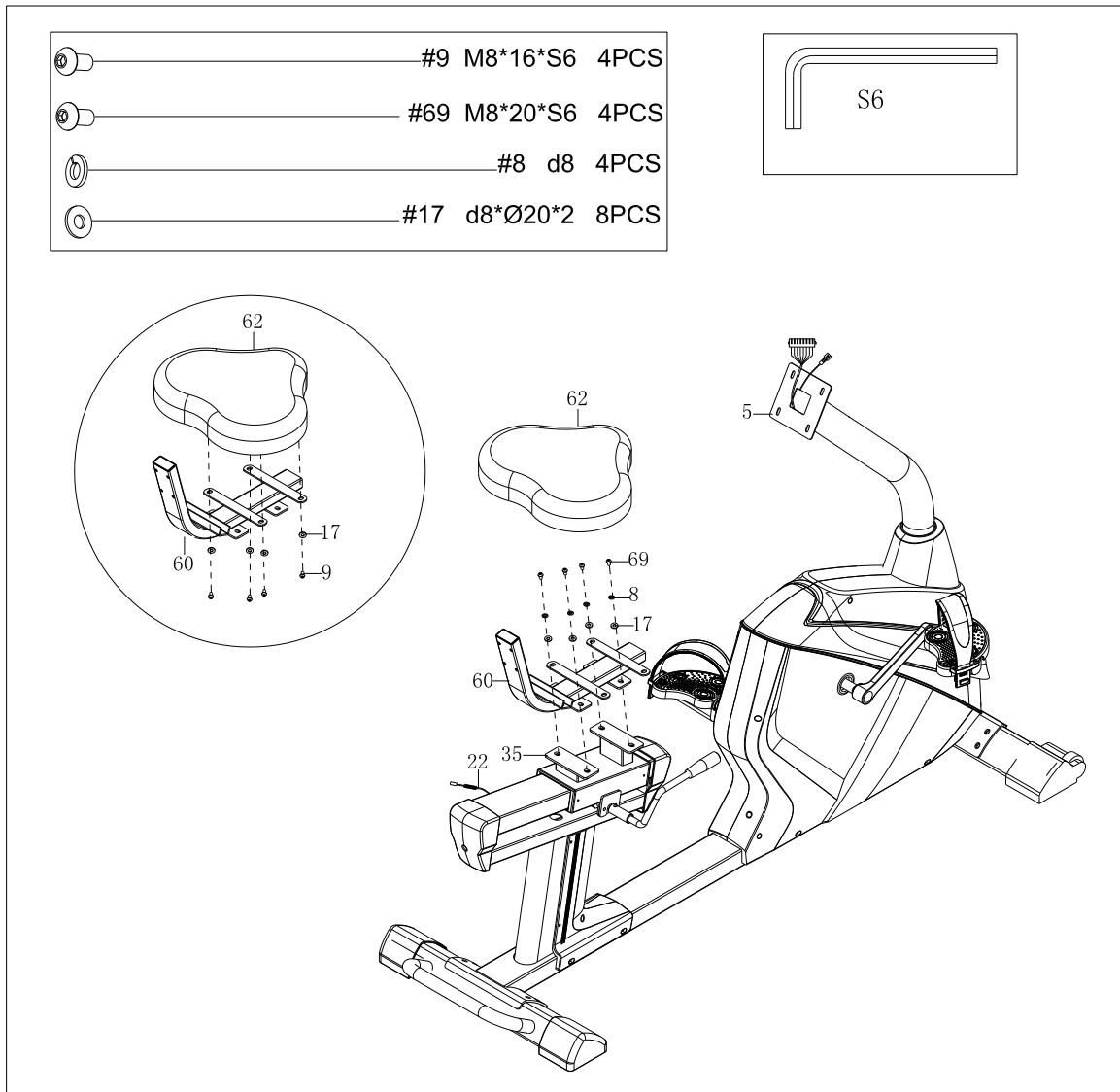
a.Take out bolts(69), spring washers(8)and washers(17) from supporting shoe for seat(35) by wrench(66), then attach assembly of saddle frame(60) to supporting shoe for seat(35) with wrench(66), bolt(69), spring washers(8) and washer(17).

b.Take out bolts(9), washers(17) from seat(62) by wrench(66), then attach seat(62) to assembly of saddle frame(60) with wrench(66), bolts(9) and washers(17) .

Step 6:

#51	M8*H16*S13	2PCS	
#55	M8*47*20*H5	2PCS	
#17	d8*§¶0*2	2PCS	
#40	d6*§¶2*1.2	4PCS	
#63	M6*40	4PCS	
#41	d6	4PCS	
#8	d8	2PCS	
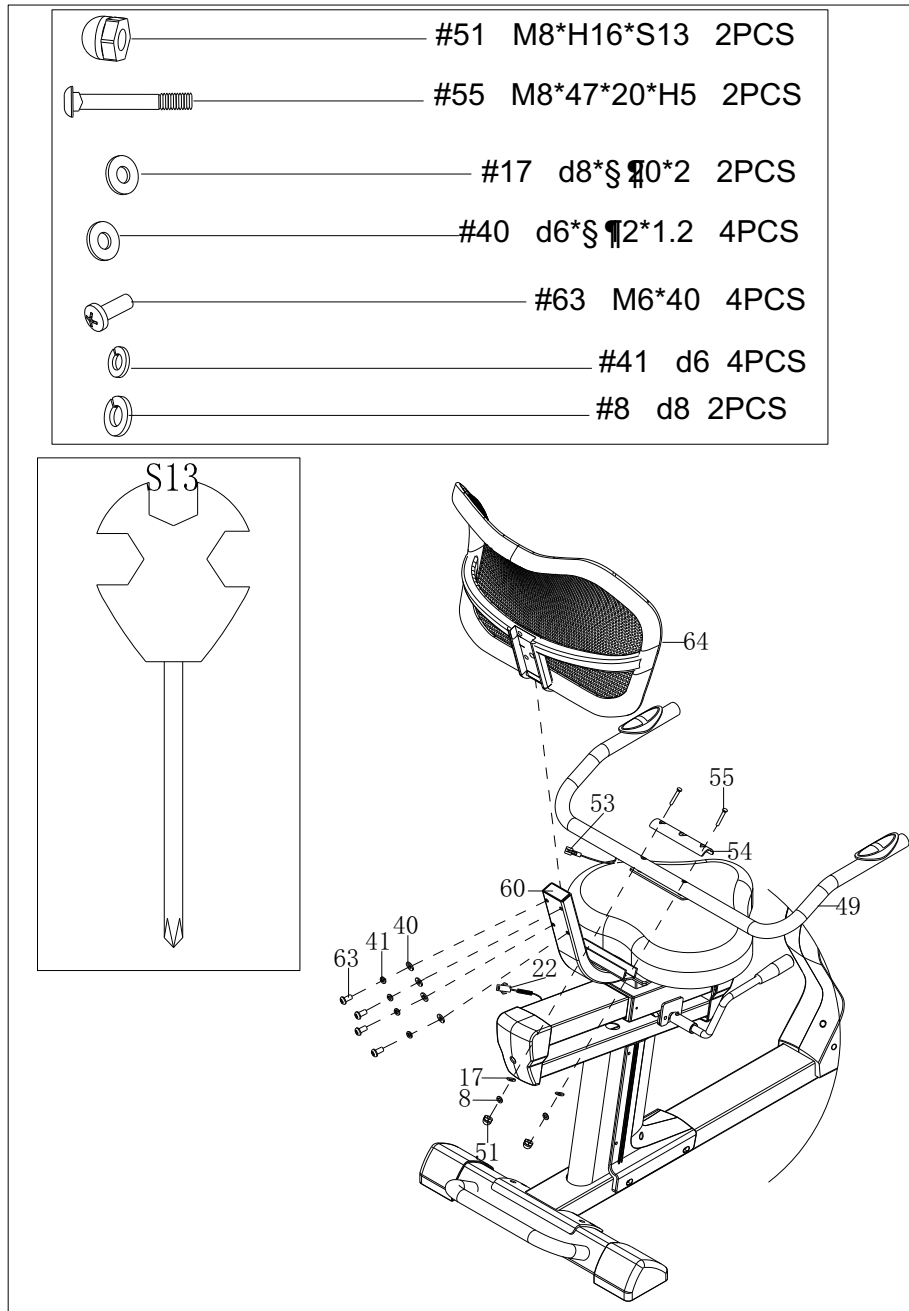
a.Take out bolts(63), spring washers(41) and washers(40) from back cushion(64) by wrench(65); then attach back cushion(64) to assembly of saddle frame(60) with wrench(65), bolts(63), spring washers(41)and washers(40).

b.Attach handlebar(49) to assembly of saddle frame(60) with wrench(65), bolts(55), washers(17), spring washers(8), nuts(51) and cover board(54).

c.Connect handle pulse wire(53) and handle pulse wire 1(22) well.

Step 7:
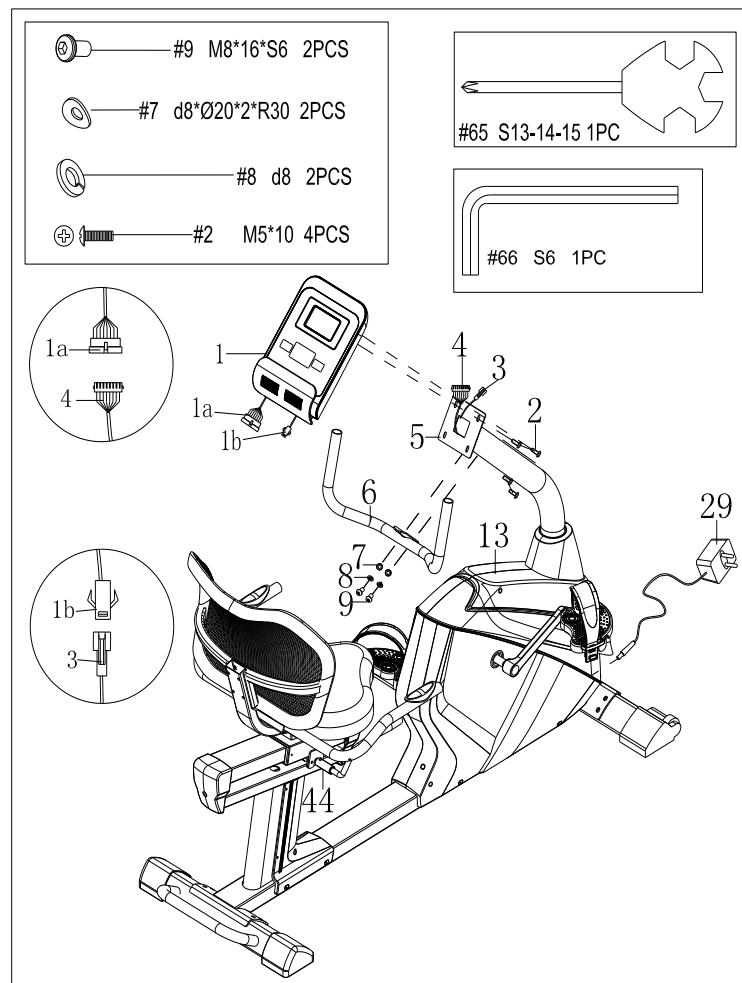
a.Connect wire of computer (1a) and trunk wire 1(4) well; connect wire of computer(1b) and trunk wire2(3) well.

b.Take out bolts(2) from the back of computer(1), then attach computer(1) to handlebar post join(5) with wrench(65) and bolts(2).

c.Take out bolts(9),spring washers(8) and arc washer(7) from handlebar post join(5) by wrench(66), then attach handlebar(6) to handlebar post join(5) with bolt(9),spring washers(8) and arc washer(7).

d.Insert the adapter line(29) to power hole on the back of chain cover(13), then plug the adapter into an outlet.

Attention：Cut off the power source when don't use it long time.

Adjust the handle:

Adjust the seat to a suitable location, pull up adjusted handlebar(47) to horizontal position, then lock.

The seat could be moved in the horizontal direction when underdraught adjusted handlebar (47) and put foot on the pedal .
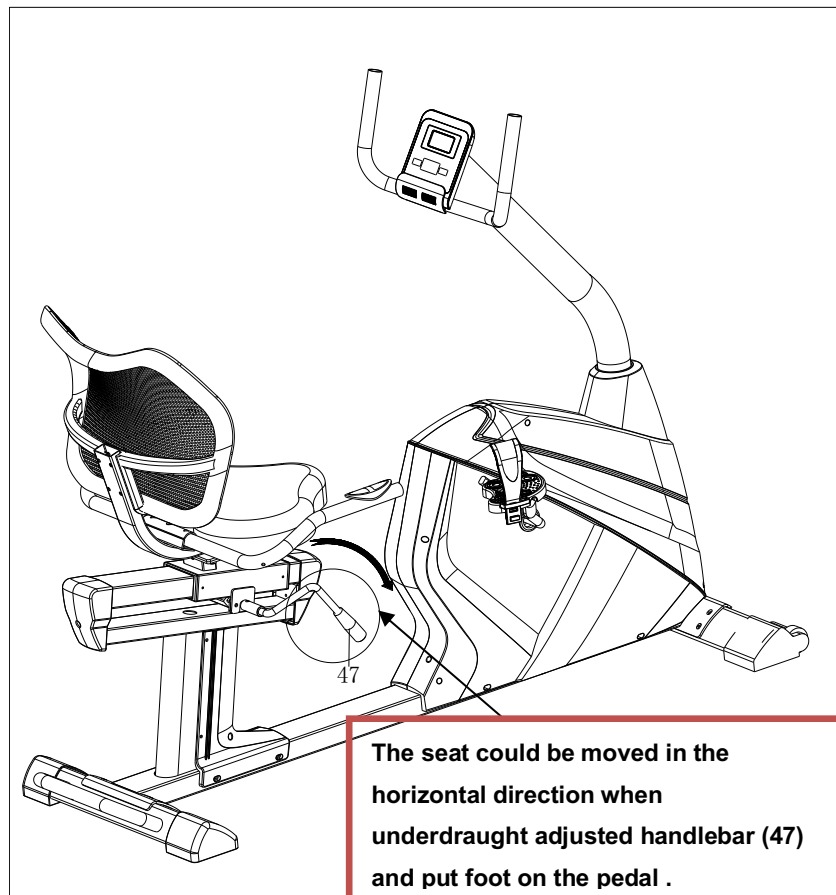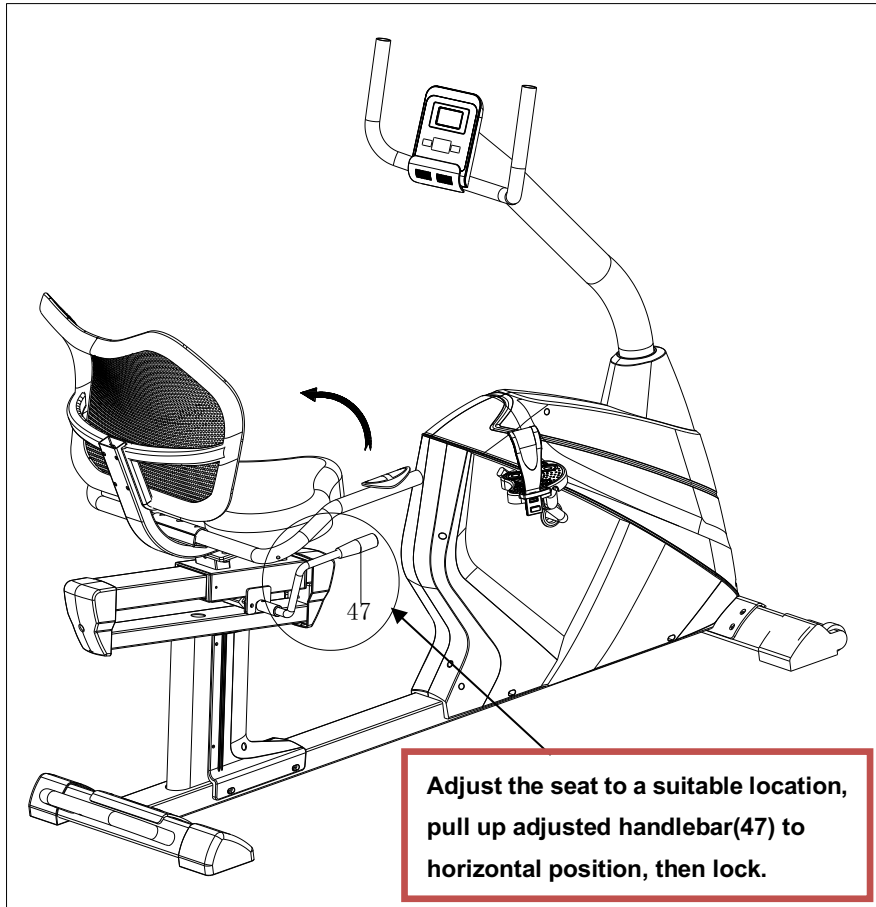
1. Program: 21 programs as following

A: 1 Manual Program

TIME	SPEED	PULSE
0:00	0.0	P
DIST. KM		LEVEL
0.0		9
MANUAL		

B: 10 Preset Program Profile（PROGRAM：P1-P10）

TIME	P1	PULSE
0:00		P
DIST. KM		LEVEL
0.0		6
PROGRAM		

TIME	P2	PULSE
0:00		P
DIST. KM		LEVEL
0.0		18
PROGRAM		

TIME	P3	PULSE
0:00		P
DIST. KM		LEVEL
0.0		3
PROGRAM		

TIME	P4	PULSE
0:00		P
DIST. KM		LEVEL
0.0		6
PROGRAM		

TIME	P5	PULSE
0:00		P
DIST. KM		LEVEL
0.0		3
PROGRAM		

TIME	P6	PULSE
0:00		P
DIST. KM		LEVEL
0.0		6
PROGRAM		

TIME	P7	PULSE
0:00		P
DIST. KM		LEVEL
0.0		9
PROGRAM		

TIME	P8	PULSE
0:00		P
DIST. KM		LEVEL
0.0		9
PROGRAM		

TIME		PULSE
0:00	**P9**	P
DIST. KM		LEVEL
0.0		4
PROGRAM		

TIME		PULSE
0:00	**P10**	P
DIST. KM		LEVEL
0.0		9
PROGRAM		

P1: ROLLING   P2:VALLEY   P3: FATBURN   P4:RAMP   P5:MOUNTAIN
P6: INTERVAL   P7:CARDIO   P8:ENDURANCE   P9:SLOPE   P10:RALLY

C: 1 Watt Control Program （WATT PRO：P16）

TIME		PULSE
0:00	**P 16**	P
DIST. KM		LEVEL
0.0		9
		WATT PRO

D: 4 Heart Rate Control Program: （PULSE PRO：P17-P20)

55%H.R, 75%H.R, 95%H.R and TARGET H.R

TIME		PULSE
0:00	**P17**	P
DIST. KM		LEVEL
0.0	**55%**	1
		PULSE PRO

TIME		PULSE
0:00	**P18**	P
DIST. KM		LEVEL
0.0	**75%**	1
		PULSE PRO

TIME		PULSE
0:00	**P19**	P
DIST. KM		LEVEL
0.0	**95%**	1
		PULSE PRO

TIME		PULSE
0:00	**P20**	P
DIST. KM		LEVEL
0.0		1
		PULSE PRO

E: 5 User Setting Programs: CUSTOM1 to CUSTOM5 (P

11 ~ P15)

TIME		PULSE
0:00	**P11**	P
DIST. M		LEVEL
0.0	**U 1**	1

TIME		PULSE
0:00	**P12**	P
DIST. M		LEVEL
0.0	**U 2**	1

1. Record the user's data of 5 User Setting Programs.

2. Display Speed(RPM), TIME and WATT., CAL and DIST, at the same time.

3. The computer will turn off automatically if there is no operation, speed signal and pulse signal over 4 minutes. Meanwhile,it will store your current exercise data and urn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

Buttons:

1. ENTER:

●　In "stop" mode, press ENTER button to enter into program selection and setting value which flash in related window.

A: When you choose the program, press Enter to confirm the one you like.

B: When in setting, press ENTER to confirm the value that you

would like to preset.

● **During the start mode, press ENTER to choose display the speed or RPM, or switch automatically.**

2. START/STOP:

● **Press START/STOP button to start or stop the programs.**

● **During any mode, hold down this button for 2 seconds to totally reset the computer.**

3. UP:

● **In stop mode and the dot matrix character flash, press this button to select the program up. If the related window value flash, press this button to increase the value.**

● **During the start mode, press this button to increase the training resistance.**

4. DOWN:

● **In stop mode and the dot matrix character flash, press this button to select the program down. If the related window value flash, press this button to decrease the value.**

● **During the start mode, press this button to decrease the training resistance.**

5. RECOVERY:

● First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.

● When you are in pulse recovery mode, press this button to exit.

NOTE: ① To press or rotate of UP, DOWN button should be followed by different model.

② It is suggested to cover your finger within the marked region to select functions in case of any wrong action.

Operation

1. Turn on the computer

Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer.

The computer will beep and enter into initial mode.

2. Program select and value setting

● Manual Program and Preset Program P1～P10

A. Press UP, DOWN button to select the program that you like.

B. Press ENTER button to confirm the selected program and enter time setting window.

C. The time will flash, and then press UP, DOWN button to set up your desired time. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set

up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The pulse will flash, and then press UP, DOWN button to set up your desired target pulse. Press ENTER to confirm the value.

G. Press START/ STOP to begin exercise.

● Watt Control Program(WATT PRO:P16)

A. Press UP, DOWN to select the watt control program.

B. Press ENTER to confirm the selected watt control program, and enter into time setting window.

C. The time will flash, and then press UP, DOWN button to set up the desired time,. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The pulse will flash, and then press UP, DOWN button to set up your desired target pulse. Press ENTER to confirm the value.

G. The watt display will flash, and then press UP, DOWN button to set up the watt to do the exercise. Press ENTER to confirm the value.

H. Press START/ STOP to begin exercise.

NOTE: The WATT value is decided by the TORQUE and RPM. In this program, the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.

● HEART RATE CONTROL PROGRAM: 55%H.R, 75% H.R and 95% H.R(PULSE PRO: P17-P19)

The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

A. Press UP , DOWN button to choose the heart rate control program.

B. Press ENTER to confirm the heart rate control program, and enter into AGE setting window.

C. The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN button to set

up the desired calories to be consumed. Press ENTER to confirm the value.

F. The age will flash, and then press UP, DOWN button to set the user's age. Press ENTER to confirm the value.

G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.

H. Press START/ STOP to begin exercise.

● HEART RATE CONTROL PROGRAM: TARGET HEART RATE(PULSE PRO: P20)

The user can set any target heart rate to do the exercise.

A. Press UP, DOWN button to select TARGET HEART RATE program.

B. Press ENTER to confirm your choice and enter time setting window.

C. The time display will flash, and then press UP, DOWN button to set the desired time to do the exercise. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the

value.

F. The target heart rate will flash, and then press UP, DOWN button to set up your target heart rate. Press ENTER to confirm the value.

G. Press START/ STOP to begin exercise.

NOTE: During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate within the preset value. When the computer detect your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.

●   User Profile Programs: CUSTOM1～CUSTOM5(P11-P15)

A. Press UP, DOWN button to select the user.

B. Press ENTER to confirm your choice, and enter into time setting window.

C. The time display will flash, and then press UP, DOWN button to set up the desired time to do the exercise. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN button to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN button to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The pulse will flash, and then press UP, DOWN button to set up your desired target pulse. Press ENTER to confirm the value.
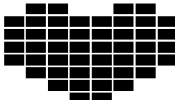
G. The first resistance level will flash, and then press UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10.

H. Press START/ STOP to begin exercise.

The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:

A. Both your hands hold the pulse sensor or via wireless transmitter belt to test the pulse(if applicable), the computer will display your current pulse value.

B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.

TIME		PULSE
0:60		P

C. Keep pulse detecting.

D. Time will count down from 60 seconds to 0 second.

E. When time reaches 0, the test result (F1-F6) appears on the display.

F1=Excellent   F2=Good   F3=Fair F4=below average   F5= No Good   F6= Poor

F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.

4. Pulse Measurement

Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart icon will flash with simulative ECG showing.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

NOTE: If the computer is also equipped with wireless heart rate measuring via the transmitter belt, and with hand pulse function, the

hand-measurement-signal-detecting is preferred.

Specifications

Speed KM/H: showing your current speed. Range: 0.0～999 KM/H.

RPM: showing the current rotate per minute. Range : 0～999.

TIME: the accumulative exercise time, range : 0:00～99M59S.

the preset time range is 5:00～99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level.

DIST: the exercise accumulative distance. Range : 0.0～99.9～999KM , the preset distance range :1.0～99.0～999. When the distance reaches 0, the program will stop and the computer will alarm.

CALORIE: he exercise accumulative calories burnt. Range : 0.0～99.9～999 the preset calories range :10.0～90.0～990. When the calorie reaches 0, the program will stop and the computer will alarm.

PULSE: showing the exercise heart rate value.

Range: 60～240BPM(beat per minute), the preset target pulse range :

0～60～239BPM(beat per minute). When the computer detect your current heart rate is higher than preset,The computer will alarm and gleam.　When the target pulse is 0, The computer close pulse alarm function:

1,If the computer have wireless pulse receive , Please exactitude use wireless pulse shoot.

2,If the compute wireless pulse and holds pulse Use at the same time , Computer Have the initiative to show holds pulse.

Colorful screen: Computer dormancy after, light and screen put out together.

RESISTANCE LEVEL: showing level. Range:1～24

WATT: show the exercise watt,the interval should be 10,between 30-350

■ ADAPTOR

INPUT: AC 230V

OUTPUT:8VDC　500mA

Garlando