

TOORX
FITNESS IN MOTION

INSTRUCTION



APP READY 3.0

BRXR MULTIFIT



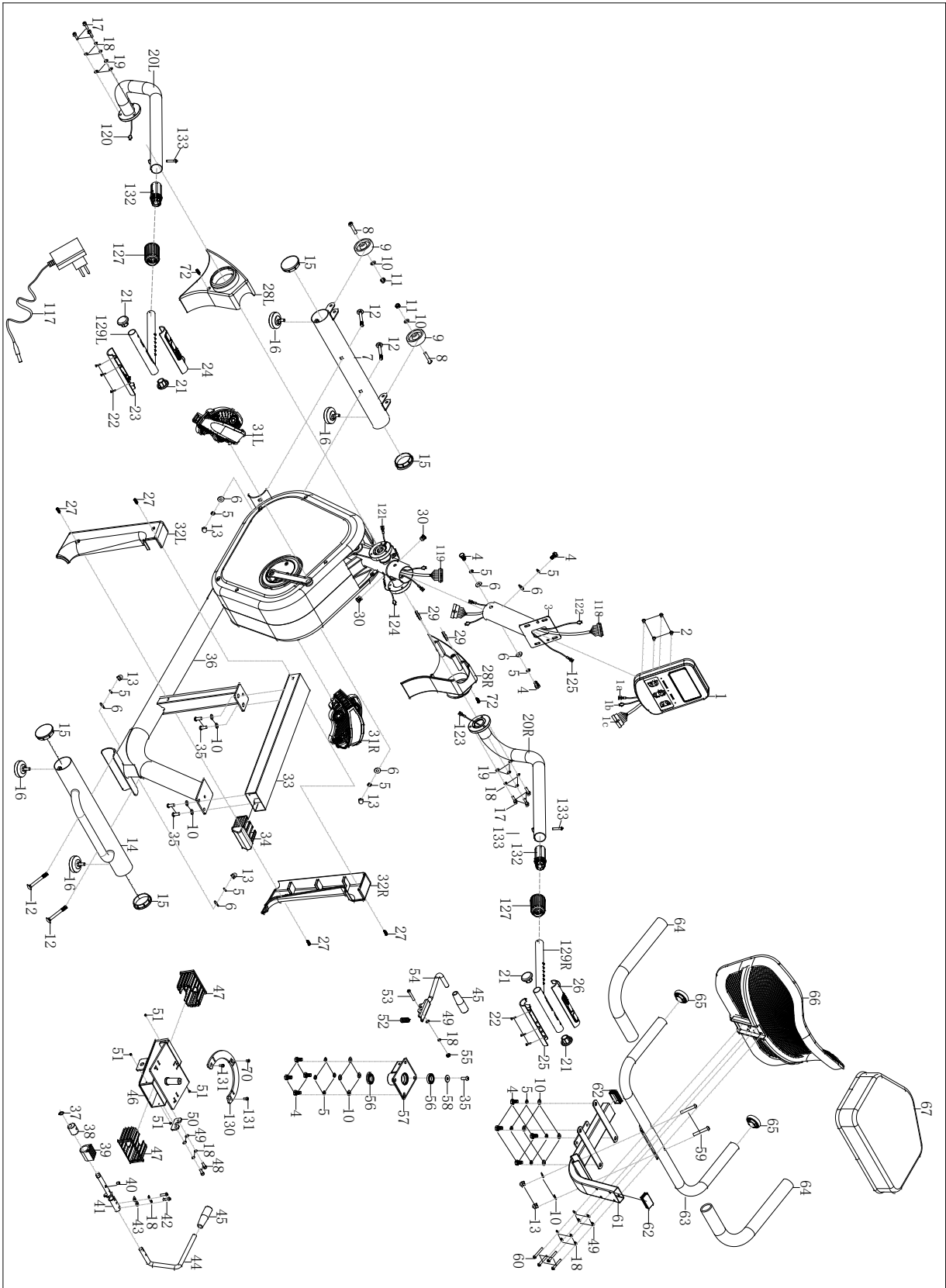
Cod: GRLDTOORXBRXRMUL

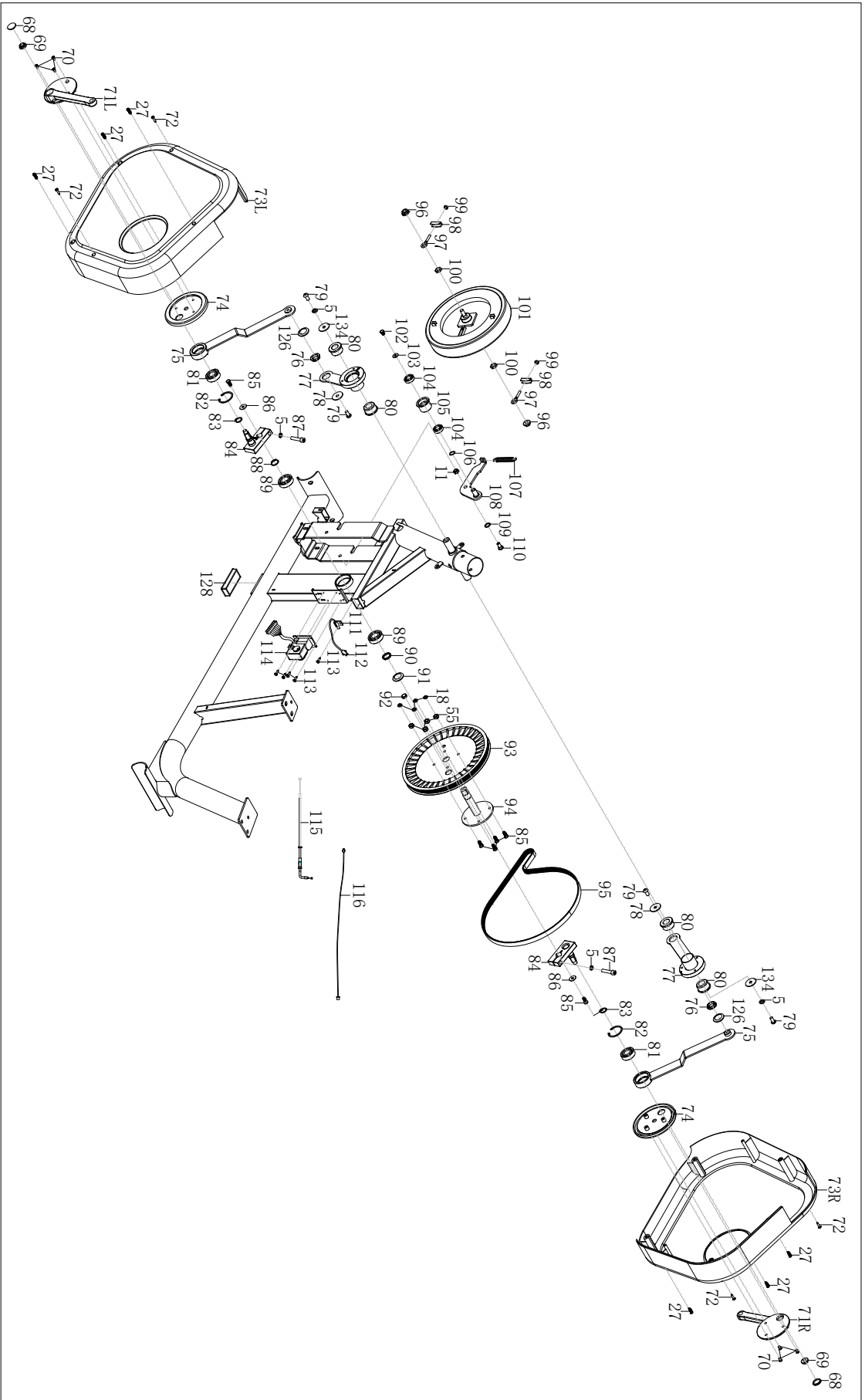
Rev : 00
v

Ed : 07/23



EXPLODED DIAGRAM





Parts List

| No. | Description | Qty | No. | Description | Qty |
|-------|--------------------------------|-----|-------|----------------------------------|-----|
| 1 | Computer | 1 | 28L/R | Cover Of Handlebar Post Join L/R | 2 |
| 2 | Bolt M5*10*Φ10 | 4 | 29 | Chain Cover Connecting Rod | 2 |
| 3 | Handlebar Post | 1 | 30 | End cap Φ 12 | 2 |
| 4 | Bolt M8*20*S13*φ13 | 11 | 31L/R | Pedal | 2 |
| 5 | Spring Washer d8 | 17 | 32L/R | Support Cover L/R | 2 |
| 6 | Arc Washer d8*φ20*2.0*R30 | 7 | 33 | Slideway | 1 |
| 7 | Front Stabilizer | 1 | 34 | Cover Of Slideway | 1 |
| 8 | Bolt M8*42*15*S5 | 2 | 35 | Bolt M8*20*S5 | 5 |
| 9 | Transportation Wheel | 2 | 36 | Main frame | 1 |
| 10 | Washer d8*Φ16*1.5 | 16 | 37 | C-Clip d12 | 1 |
| 11 | Nylon Nut M8*H7.5*S13 | 3 | 38 | Eccentric Wheel | 1 |
| 12 | Bolt M8*73*20*H5 | 4 | 39 | Eccentric Clamping Cover | 1 |
| 13 | Cap Nut M8*H16*S13 | 6 | 40 | Bolt M8*10 | 1 |
| 14 | Rear Stabilizer | 1 | 41 | Adjusted shaft | 1 |
| 15 | End cap Φ 60.5 | 4 | 42 | Bolt M6*20*S5 | 2 |
| 16 | Adjustable footpad | 4 | 43 | Arc Washer d6*Φ16*1.5*R16 | 2 |
| 17 | Bolt M6*20*S5 | 6 | 44 | Adjusted Handle | 1 |
| 18 | Spring Washer D6 | 19 | 45 | Cover Of Adjusted Handle | 2 |
| 19 | Washer d6*Φ12*1 | 6 | 46 | Slide Seat | 1 |
| 20L/R | Handlebar L/R | 2 | 47 | Bushing | 2 |
| 21 | Round End cap | 4 | 48 | Bolt M6*16*S5 | 2 |
| 22 | Bolt ST3*16*Φ5.6 | 6 | 49 | Washer d6* Φ 12*1.2 | 7 |
| 23 | Left Handle Pulse Upper Cover | 1 | 50 | Fixing Flat | 1 |
| 24 | Left Handle Pulse Lower Cover | 1 | 51 | Bolt ST3*6* Φ 5.6 | 4 |
| 25 | Right Handle Pulse Lower Cover | 1 | 52 | Compressed Spring | 1 |

| | | | | | | |
|------------|--------------------------------|------------|--|------------|--------------------------|------------|
| 26 | Right Handle Pulse Upper Cover | 1 | | 53 | Bolt M6*40*S5 | 1 |
| 27 | Bolt ST4.2*16*Φ8 | 10 | | 54 | Adjusted Rod | 1 |
| No. | Description | Qty | | No. | Description | Qty |
| 55 | Nylon Nut M6*H6*S10 | 5 | | 82 | C-Clip D40 | 2 |
| 56 | Bearing 6804 | 2 | | 83 | C-Clip d17 | 2 |
| 57 | Saddle Frame | 1 | | 84 | Small Cover | 2 |
| 58 | Washer d8*Φ22*2 | 1 | | 85 | Bolt M6*16*S10 | 6 |
| 59 | Bolt M8*47*20*H5 | 2 | | 86 | Washer d6*Φ20*1 | 2 |
| 60 | Bolt M6*45*20*S5 | 4 | | 87 | Bolt M8*40*S6 | 2 |
| 61 | Assembly Of Saddle Frame | 1 | | 88 | C-Clip d20 | 1 |
| 62 | Square End cap J50 | 2 | | 89 | Bearing 6004-ZZ | 2 |
| 63 | Rear Handle | 1 | | 90 | Bushing φ 20.1* φ 25*4.0 | 1 |
| 64 | Foam grip | 2 | | 91 | Wave Washer d20*Φ26*0.3 | 1 |
| 65 | Round End cap Φ32 | 2 | | 92 | Round Magnet | 1 |
| 66 | Back cushion | 1 | | 93 | Belt Plate | 1 |
| 67 | Saddle | 1 | | 94 | Axle | 1 |
| 68 | Crank Cover | 2 | | 95 | Belt | 1 |
| 69 | Nut M10*1.25*H7.5*S14 | 2 | | 96 | Nut M10*1*H8*S15 | 2 |
| 70 | Bolt M5*15*Φ8 | 7 | | 97 | Bolt M6*40*Φ10*2.5 | 2 |
| 71L/R | Crank L/R | 2 | | 98 | Adjustable Chain U | 2 |
| 72 | Bolt ST4.2*19*Φ8 | 6 | | 99 | Nut M6*H5*S10 | 2 |
| 73L/R | Chain Cover | 2 | | 100 | Nut M10*1*H5*S17 | 2 |
| 74 | Crank plate | 2 | | 101 | Flywheel | 1 |
| 75 | Connecting Rod | 2 | | 102 | Bolt M6*10*S10 | 1 |
| 76 | Busing | 2 | | 103 | Washer d6*Φ16*1.5 | 1 |
| 77 | Swing bar | 2 | | 104 | Bearing 6001-2RS | 2 |


| | | | | | | |
|------------|--------------------------------|------------|--|------------|-------------------------------|------------|
| 78 | Washer d8*Φ32*2 | 2 | | 105 | Idler | 1 |
| 79 | Bolt M8*16*S5 | 2 | | 106 | Wave Washer d12*Φ15.5*0.3 | 1 |
| 80 | Bushing Φ38 | 4 | | 107 | Tension SpringΦ2.0*Φ12*79*N27 | 1 |
| 81 | Bearing 6203 | 2 | | 108 | Idler Connecting Rod | 1 |
| No. | Description | Qty | | No. | Description | Qty |
| 109 | Washer d12*Φ17*0.5 | 1 | | 123 | Right Handle Pulse wire 1 | 1 |
| 110 | Bolt M8*12*Φ10*5*S12 | 1 | | 124 | Right Handle Pulse wire 2 | 1 |
| 111 | Sensor holder | 1 | | 125 | Right Handle Pulse wire 3 | 1 |
| 112 | Sensor | 1 | | 126 | Arc Washer | 2 |
| 113 | Bolt ST4.2*8*Φ8 | 5 | | 127 | Adjusted Outer bushing | 2 |
| 114 | Motor | 1 | | 128 | Square End Cap | 1 |
| 115 | Electric Control Trimming Wire | 1 | | 129L/R | Handlebar L/R | 2 |
| 116 | Adapter Wire | 1 | | 130 | Adjusted Plate | 1 |
| 117 | Adapter | 1 | | 131 | Bolt M5*10*S4 | 2 |
| 118 | Trunk wire 1 | 1 | | 132 | Adjusting Inner bushing | 2 |
| 119 | Trunk wire 2 | 1 | | 133 | Bolt M6*42*10*S5 | 2 |
| 120 | Left Handle Pulse wire 1 | 1 | | 134 | Washer d8*Φ25*2 | 2 |
| 121 | Left Handle Pulse wire 2 | 1 | | A | Wrench S5 | 1 |
| 122 | Left Handle Pulse wire 3 | 1 | | B | Wrench S13-15 | 1 |
| | | | | C | Spanner S13-14-15 | 1 |

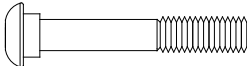
Hardware:


 #4 M8*20*S13 11PCS

 #5 d8 15PCS

 #6 d8*Φ20*2*R30 7PCS


 #10 d8* μ 6*1.5 10PCS

 #12 M8*73*20*H5 4PCS

 #13 M8*H16*S13 6PCS


 #17 M6*20*S5 6PCS


 #18 d6 12PCS

 #19 d6* μ 2*1 6PCS


 #42 M6*20*S5 2PCS

 #43 d6* μ 6*1.5*R16 2PCS


 #49 d6* μ 2*1.2 4PCS

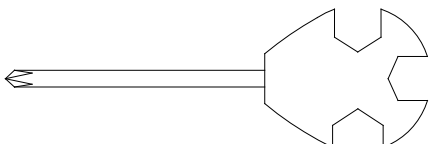
 #59 M8*47*20*H5 2PCS

 #60 M6*45*20*S5 4PCS

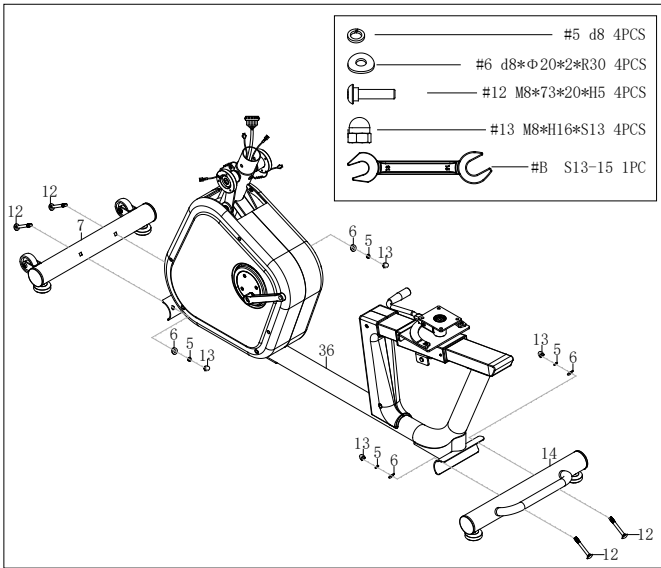
 #72 ST4.2*19*8 2PCS

 #A S5 1PC

 #B S13-15 1PC

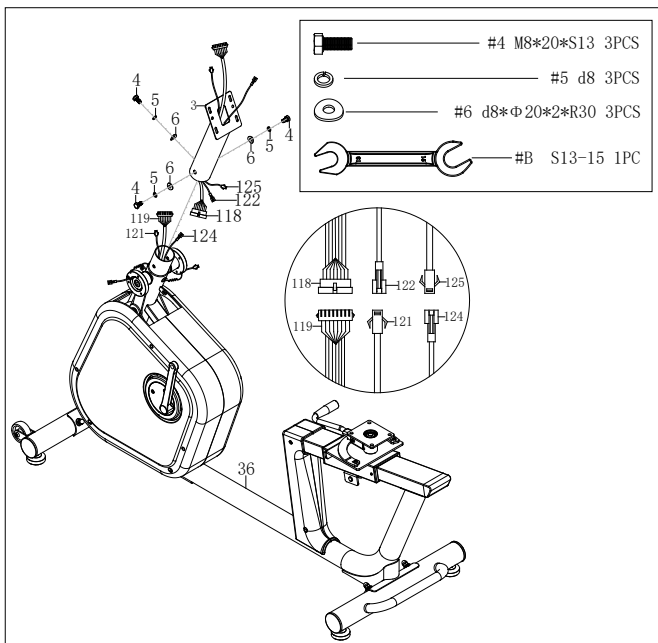
 #C S13-14-15 1PC

ASSEMBLY INSTRUCTIONS



STEP 1:

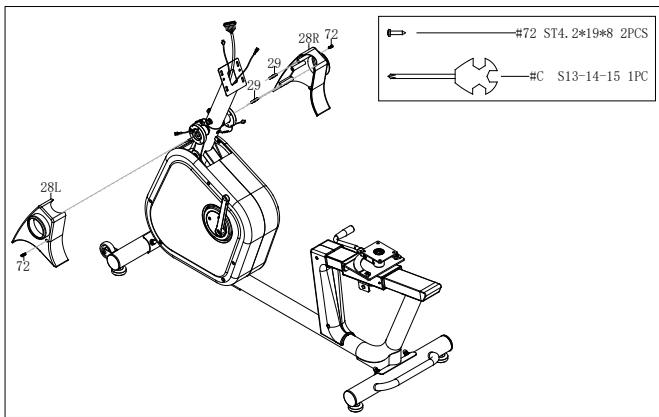
Attach the Front Stabilizer(7) and Rear Stabilizer(14) to the Main Frame(36) using Bolts(12) , Arc Washers(6) , Spring washers(5) and Cap Nuts(13). Tighten and secured with Wrench (B).



STEP 2:

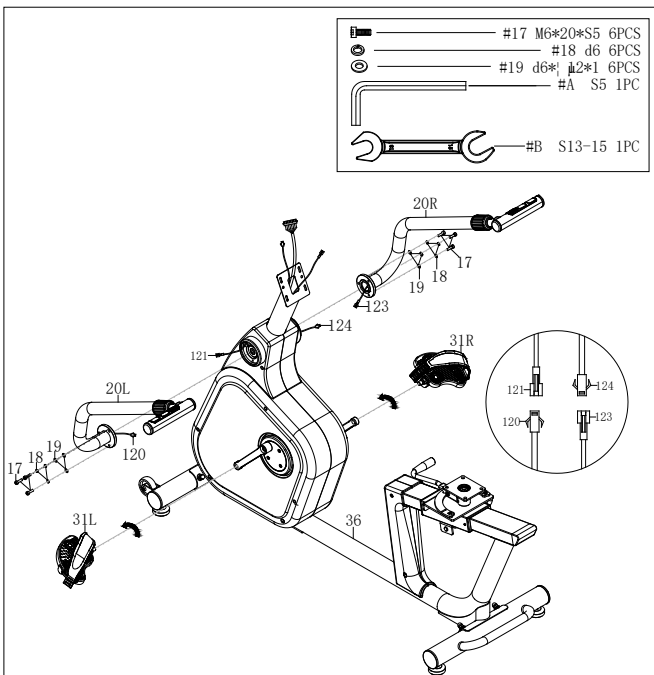
Connect Trunk wire 1 (118) with Trunk wire 2 (119) well. Connect Left Handle Pulse wire 3 (122) with Left Handle Pulse wire 2 (121) well. Connect Right Handle Pulse wire 3 (125) with Right Handle Pulse wire 2 (124) well, showed as Pic.

Attach the Handlebar Post(3) to the Main Frame(36) using Bolts(4) , Arc Washers(6) and Spring washers(5) . Tighten and secured with Wrench (B).



STEP 3:

Fix the Cover Of Handlebar Post Join L/R(28L/R) to the Main Frame(36) using Chain Cover Connecting Rod(29). Then tighten and secured with Bolts(72) by Spanner(C).

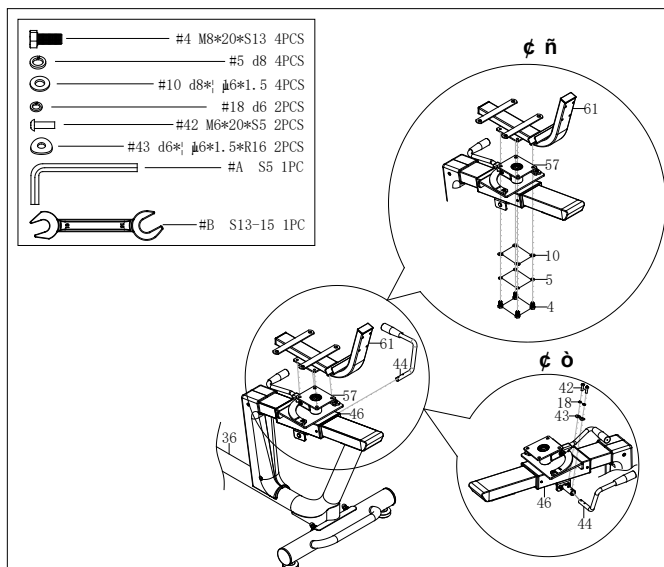


STEP 4:

Connect Left Handle Pulse wire 1 (120) with Left Handle Pulse wire 2 (121) well, Connect Right Handle Pulse wire 1 (123) with Right Handle Pulse wire 2 (124) well, showed as Pic.

Attach the Handlebar L/R(20L/R) to the Main Frame(36) using Bolts(17), Spring washers(18) and washers(19). Tighten and secured with Wrench(A).

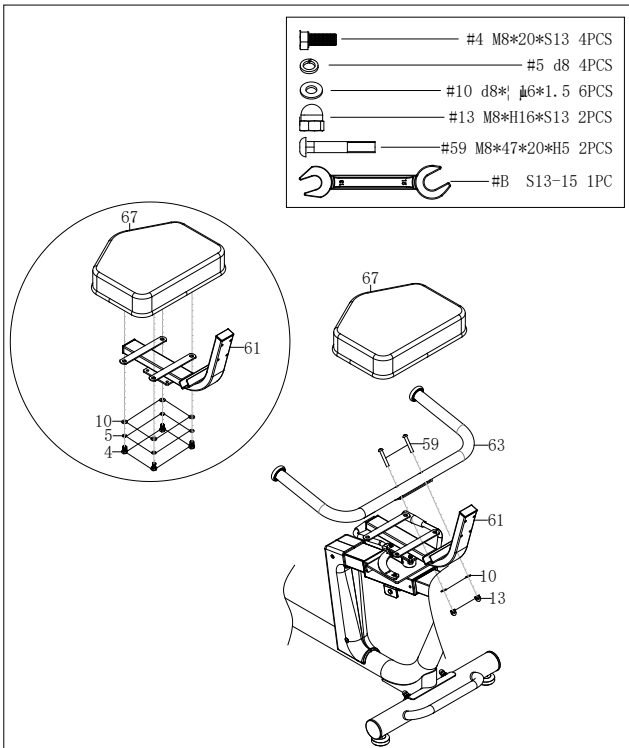
Attach Pedals(31L/R) to the Main Frame(36) by Wrench(B).



STEP 5:

Attach the Assembly Of Saddle Frame(61) to the Saddle Frame(57) using Bolts(4), Spring washers(5) and washers(10). Tighten and secured with Wrench(B), showed as Pic I.

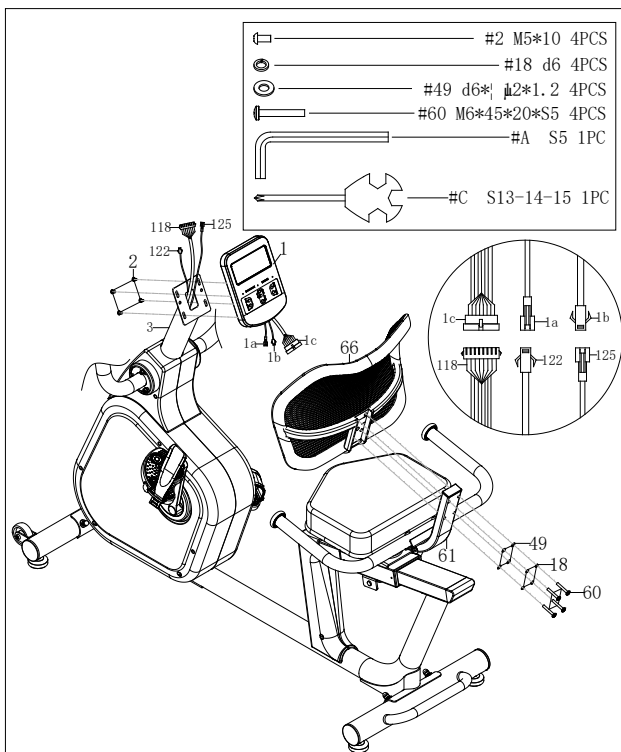
Attach the Adjusted Handle(44) to the Slide Seat(46) using Bolts(42), Spring washers(18) and washers(43). Tighten and secured with Wrench(A), showed as Pic II.



STEP 6:

Attach Rear Handle(63) to the Assembly Of Saddle Frame(61) using Bolts(59), washers(10) and Cap nuts(13). Tighten and secured with Wrench(B).

Attach the Saddle(67) to Assembly Of Saddle Frame(61) using Bolts(4), Spring washers(5) and washers(10). Tighten and secured with Wrench(B).



STEP 7:

Attach the Back cushion(66) to Assembly Of Saddle Frame(61) using Bolts(60), Spring washers(18) and washers(49). Tighten and secured with Wrench(A).

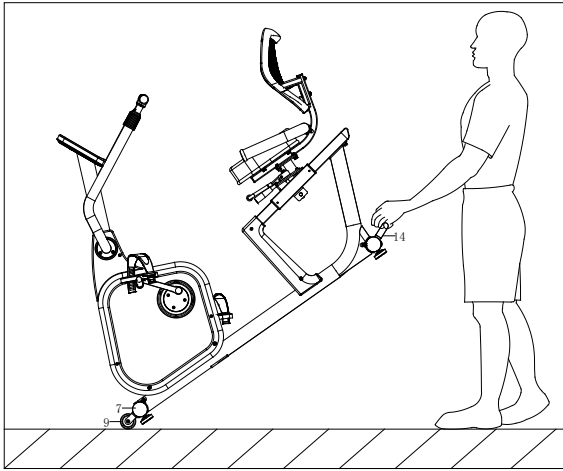
Connect wire of computer (1c) and trunk wire 1(118) well; Connect wire of computer(1a) and Right Handle Pulse wire 3(122) well.; Connect wire of computer(1b) and Right Handle Pulse wire 3(125) well.

Attach the Computer (1) to Handlebar post(3) using Bolts(2). Tighten and secured with Spanner(C).

The assembly is complete!

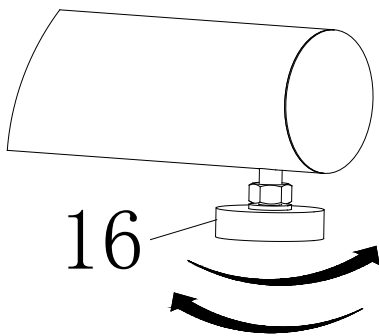
ADJUSTMENTS GUIDE

1. MOVING THE MACHINE



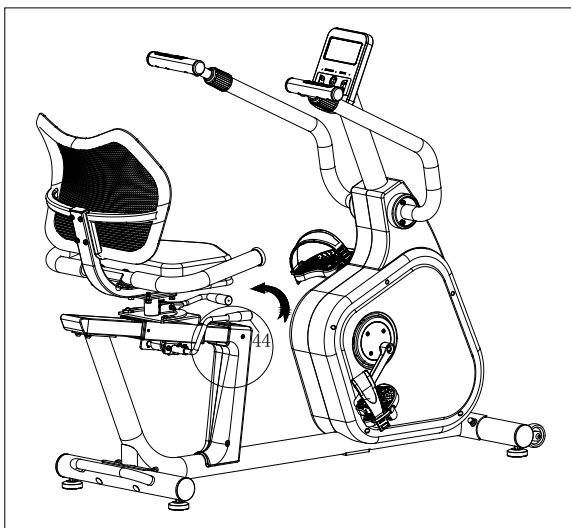
To move the machine, lift up the handlebar(14) until the transportation wheels(9) on the front bottom tube touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

2. ADJUSTING THE BALANCE

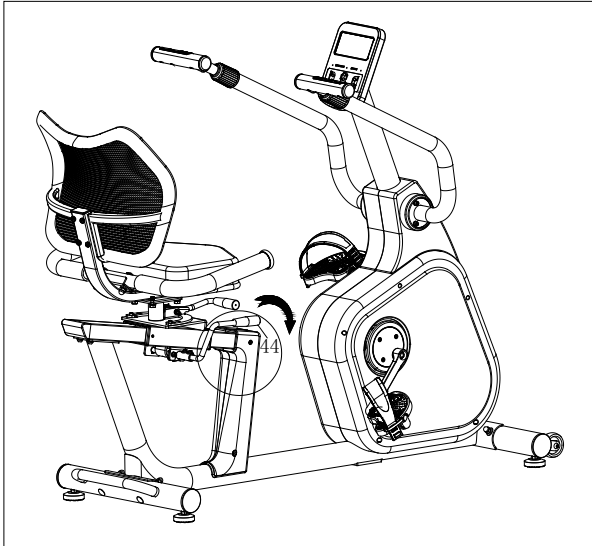


When this product is on an uneven surface, please adjust both Foot Pads (16) according to the above instruction picture.

3. ADJUSTING THE HANDLEBAR:

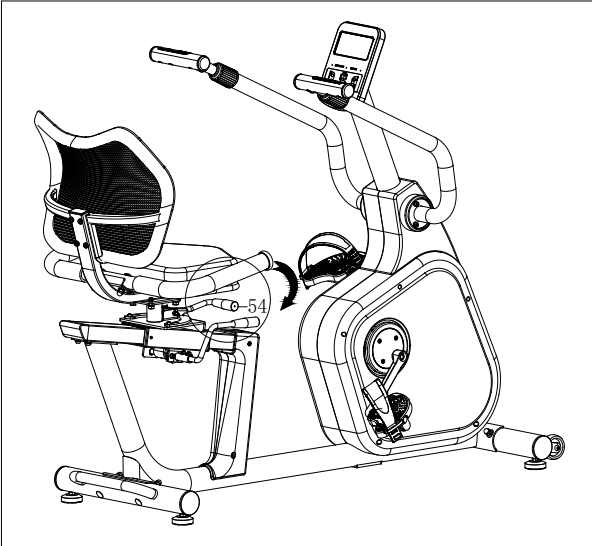


Adjust the seat to a suitable location, pull up adjusted handlebar(44) to horizontal position, then lock.



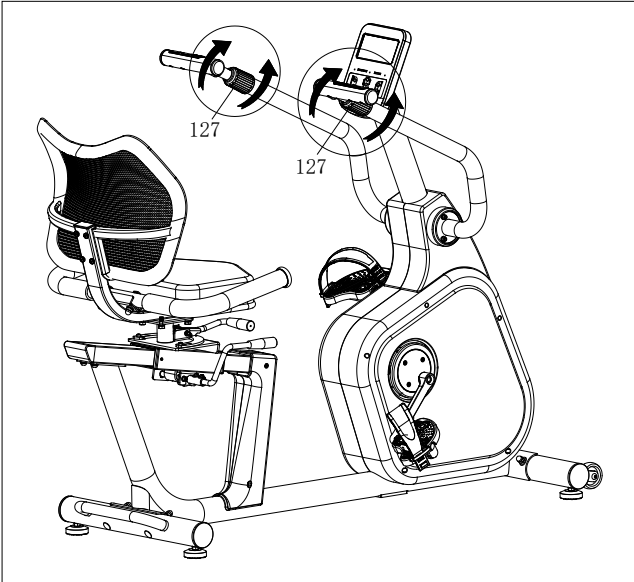
The seat could be moved in the horizontal direction when under draught adjusted handlebar (44) and put foot on the pedal .

4. ADJUSTING THE ADJUSTED ROD:



When stop to exercise, pull up adjusted rod(54), the saddle can been turn to the right or the left, the saddle will not be rotated until hearing the sound, then can leave the saddle.

5. ADJUSTING THE HANDLEBAR:

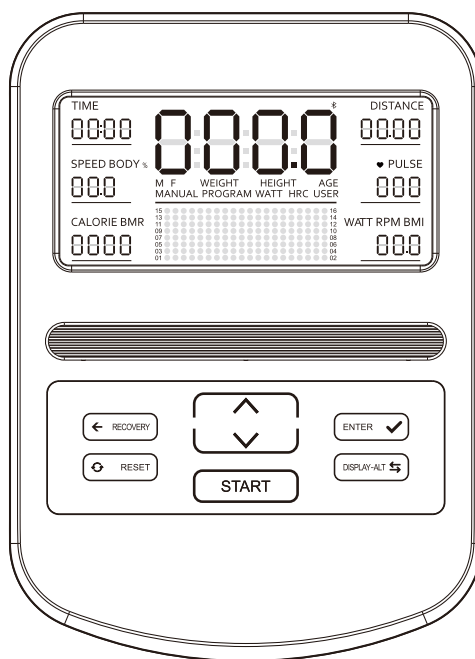


Turn counterclockwise to Adjusted Outer Bushing(127) to adjust the length of the handle to the comfortable position. Then turn clockwise to Adjusted Outer Bushing(127) to tighten and secure.



Operating Manual

Thank you for purchasing our product. For the best user experience, we recommend that you take the time to read this manual carefully.

Description of instrument window



| ITEM | DESCRIPTION | RANGE |
|----------|---|----------------------------|
| TIME | Current time for exercise | 0 min: 00 s ~ 99 min: 00 s |
| SPEED | Movement speed during exercise | 0.0 ~ 99.9 km/h (mile/h) |
| DISTANCE | Current distance for exercise | 0.00 ~ 999 km (mile) |
| CALORIES | Current estimated calories burned during the exercise | 0.0 ~ 9999 kcal |
| PULSE | Heart rate during the exercise | 40 ~ 240 bpm |
| RPM | Rotating speeds | 0 ~ 999 rpm |
| WATT | Power | 0 ~ 899 w |

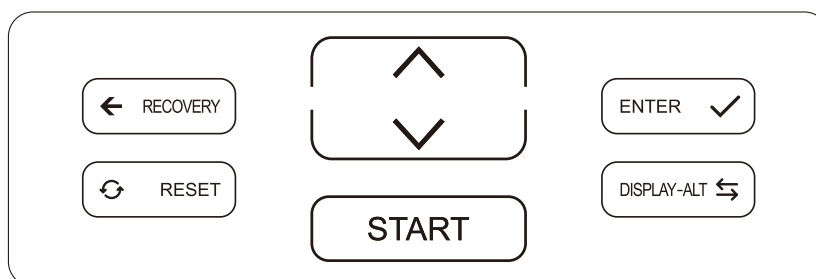
- At exercise state, the main window display mode:
 1. Scanning mode: every 6 seconds, it will be displayed in the following order:
TIME → DISTANCE → SPEED → PULSE → CALORIE → WATT
 2. Press the  key to select and fix a certain function to display on the main window.
- At exercise state, the small windows on the left and right sides are displayed as follows:
Press the  key to switch the display of RPM → WATT.
- 16-level resistance adjustment display.

Description of instrument functions

| ITEM | DESCRIPTION | NOTES |
|-----------------|--|----------|
| MANUAL | (PROGRAM 1) Exercise mode with 1 manual adjustment of resistance equivalent program | |
| PROGRAM | (PROGRAM 2 ~ 11) Exercise mode with 10 automatic adjustment of resistance equivalent programs | |
| BODY FAT | (PROGRAM 12) Test body fat percentage, body mass index and basal metabolic rate | |
| WATT | (PROGRAM 13) Exercise mode of movement resistance equivalent controlled by customized watt value | |
| H.R.C | (PROGRAM 14 ~ 17) Exercise mode of movement resistance equivalent controlled by heartbeat frequency, of which 65%, 75%, and 85% are self-defined heart rate values | |
| USER PROGRAM | (PROGRAM 18 ~ 21) Exercise mode of movement resistance equivalent defined by the user | |
| RECOVERY | Heart rate recovery ability test | |
| BLUETOOTH & APP | Support application via Bluetooth control | Optional |
| WIRELESS PULSE | Support standard 5.3 KHZ wireless heart rate chest strap | Optional |

Notes: Optional - users can choose whether to have this function for the product.

Description of key functions

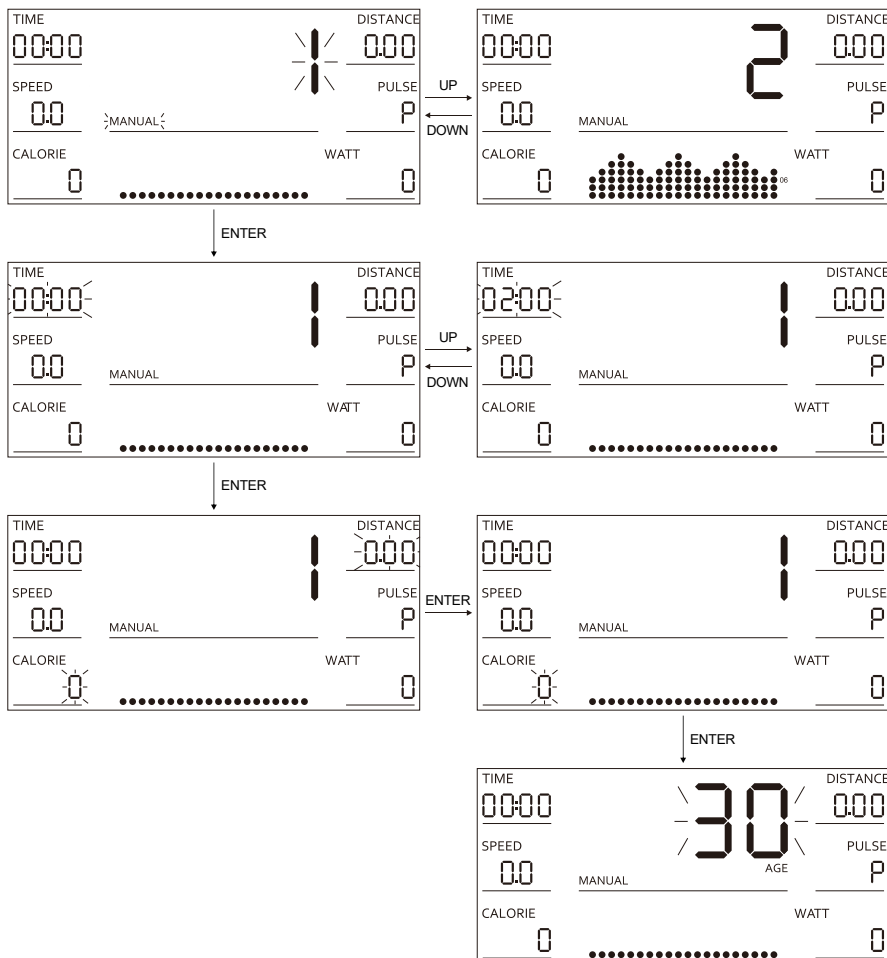




| ITEM | DESCRIPTION |
|-------------|--|
| ^ | Select function mode upwards, adjust upwards during setting, and increase LEVEL value during exercise |
| v | Select function mode downwards, adjust downwards during setting, and lower LEVEL value during exercise |
| RESET | Return to PROGRAM 1 in any mode (except for U1-U4, WATT, heart rate customized values); the rest are cleared |
| ST./SP. | Start or stop exercise |
| RECOVERY | Test heartbeat recovery ability |
| ENTER | During exercise, switch the display of RPM/WATT During non-exercise, switch each setting item |
| DISPLAY-ALT | Select and fix a certain function to display on the main window |









Parameter units

| HEIGHT | WEIGHT | PULSE | CALORIE | DISTANCE | RPM | WATT |
|-------------|----------|------------------|---------|----------|--------------------|------|
| cm (ft' in) | kg (lbs) | beats per minute | kcal | m | stroker per minute | w |

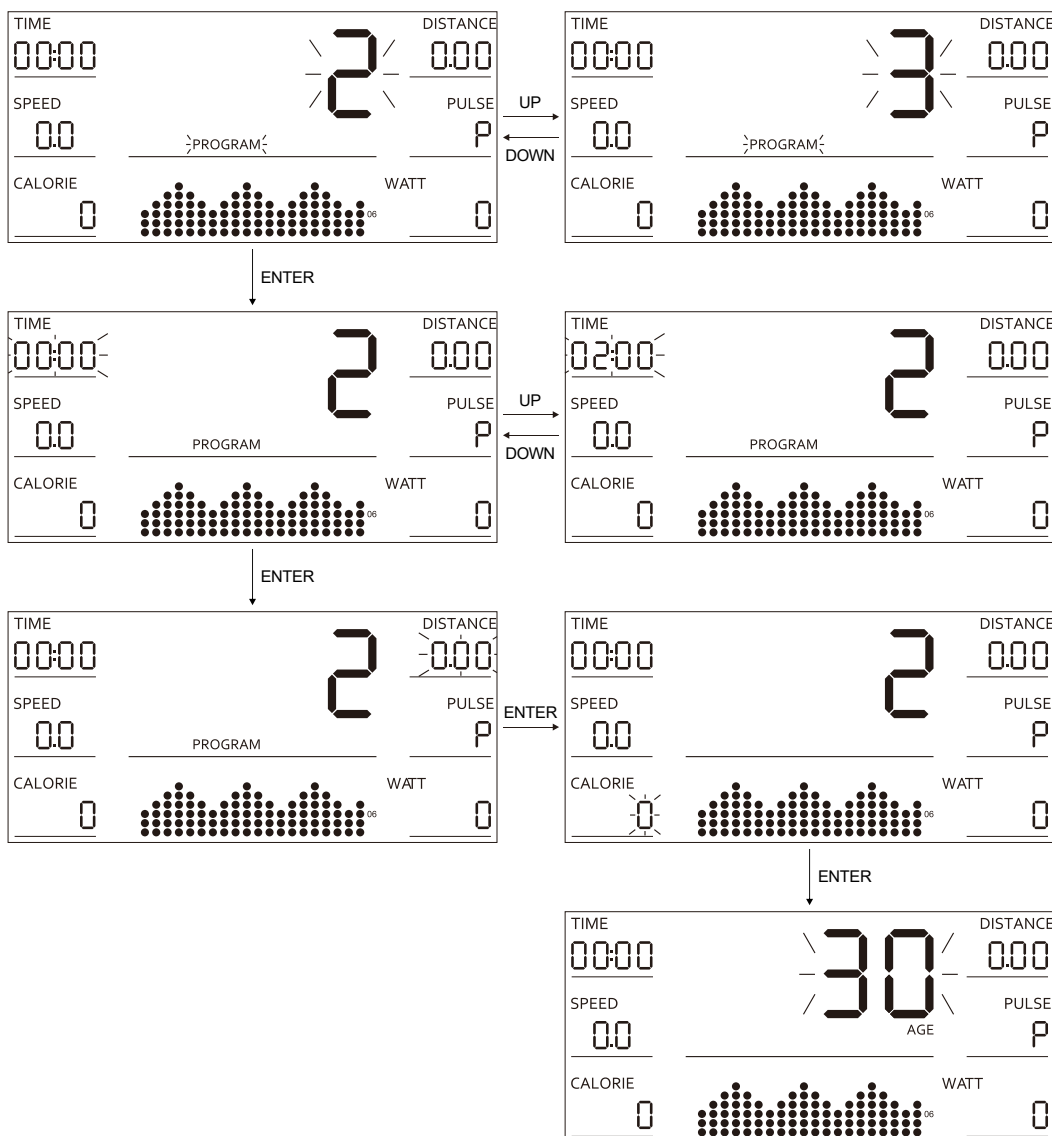
MANUAL (PROGRAM 1)















1. Press the  key to start exercise, or press the  key to enter the setting mode.

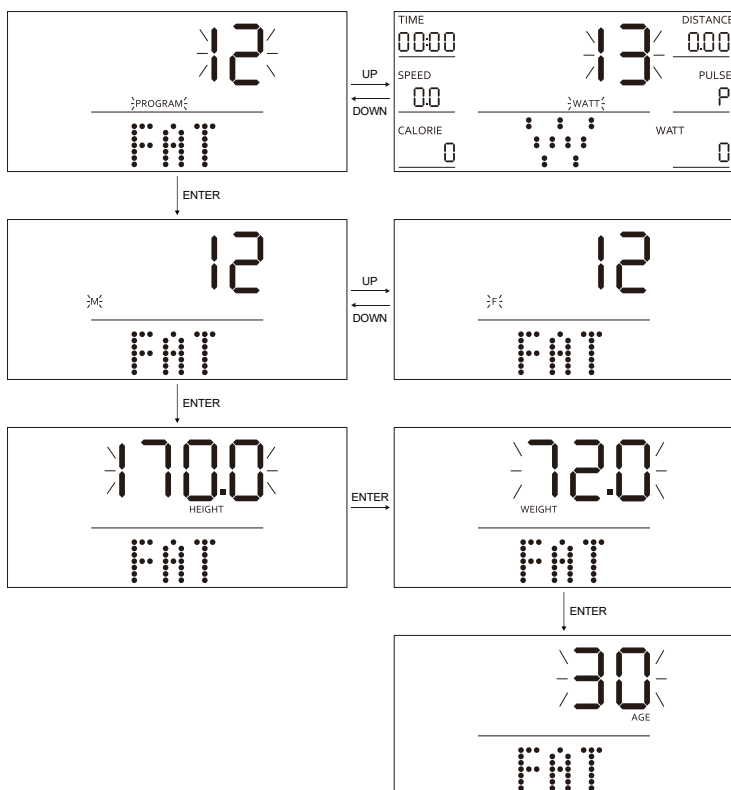
2. At set state, press the  key to select the set items in sequence, and the selected items (time, distance, calories, age) will flash.
3. Press the  or  key to adjust upwards or downwards, and press the  key to select the next item.
4. After all selections are completed, it will automatically exit the set state, or you can directly press the  key to start at set state.
5. At exercise state, the resistance value will be adjusted automatically according to the set program, or you can use the  or  key to increase or decrease the value.
6. If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
7. At exercise state, press the  key to stop the device from running.




PROGRAM (PROGRAM 2-11)



1. Press the  or  key to select the program mode.
2. Press the  key to start exercise, or press the  key to enter the setting mode.
3. At set state, press the  key to select the set items in sequence, and the selected items (time, distance, calories, age) will flash.
4. Press the  or  key to adjust upwards or downwards, and press the  key to select the next item.
5. After all selections are completed, it will automatically exit the set state, or you can directly press the  key to start at set state.
6. At exercise state, the resistance value will be adjusted automatically according to the set program, or you can use the  or  key to increase or decrease the value.
7. If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
8. At exercise state, press the  key to stop the device from running.

BODYFAT (PROGRAM 12)



1. Press the  key to enter the setting mode.
2. At set state, the setting sequence is: gender → height → weight → age. Press the  or  key to adjust.

3. After pressing the START key to start the test for 8 seconds, the meter displays BMI-body mass index, FAT%-body fat percentage, and BMR-basal metabolic rate.
4. Before testing, press the heart rate sensor and keep the heart rate normal in continuous display.
5. The test should be performed when the body is relaxed and the heart rate is calm.
6. BMI (body mass index)

| Gender/age | Thin | Normal | Slightly fat | Fat | Obese |
|-------------|------|---------|--------------|-----------|-------|
| Male ≤ 30 | < 14 | 14 ~ 20 | 20.1 ~ 25 | 25.1 ~ 35 | > 35 |
| Male > 30 | < 17 | 17 ~ 23 | 23.1 ~ 28 | 28.1 ~ 38 | > 38 |
| Female ≤ 30 | < 17 | 17 ~ 24 | 24.1 ~ 30 | 30.1 ~ 40 | > 40 |
| Female > 30 | < 20 | 20 ~ 27 | 27.1 ~ 33 | 33.1 ~ 43 | > 43 |

BODY FAT (body fat percentage)

| Gender | Low | Medium | Medium/High | High |
|--------|-------|-------------|-------------|-------|
| Male | < 13% | 13% - 25.9% | 26% - 30% | > 30% |
| Female | < 23% | 23% - 35.9% | 36% - 40% | > 40% |

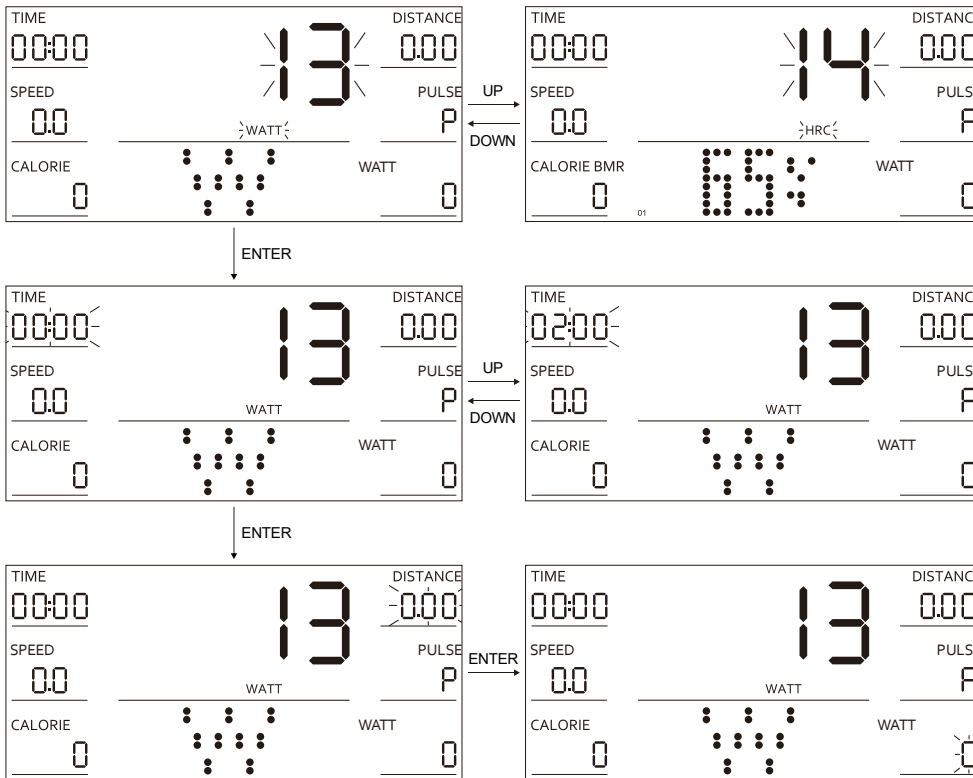
BMR (basic metabolic rate, which is the average calories consumed to maintain basic survival status on a daily basis)







Reference value: 1300 ± 100 (22-40 years old)

BODY TYPE (composite figure)

| B1 | B2 | B3 | B4 | B5 | B6 | B7 | B8 | B9 |
|----------------|------|-----------------|--------------|--------|--------------|------------|-------|-----------------|
| Extremely thin | Thin | Relatively thin | Below normal | Normal | Above normal | Overweight | Obese | Extremely obese |

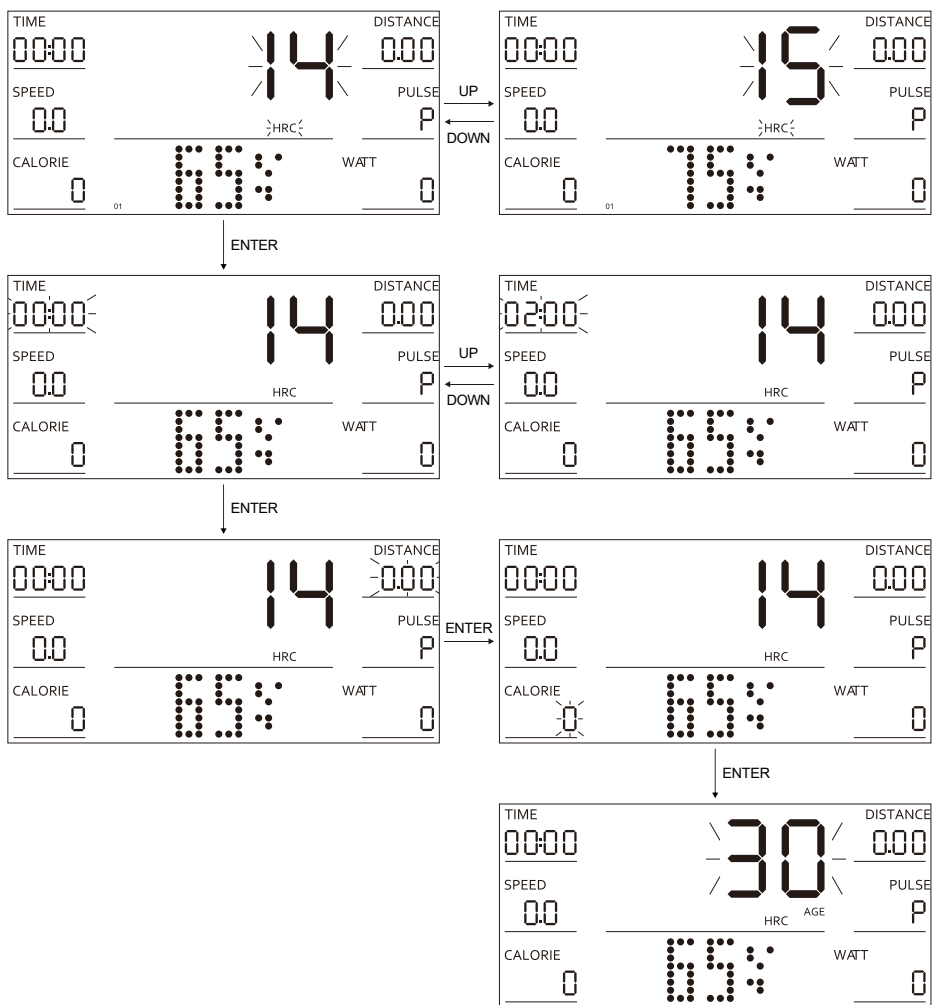
WATT (PROGRAM 13)










1. Press the  key to enter the setting mode.
2. At set state, the setting sequence is: time → distance → watt. Press the  or  key to adjust, press the  key to enter the next setting item, and press the  key to start exercise. The resistance during exercise is automatically adjusted according to the set watt value.
3. If any time, distance is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
4. At exercise state, press the  key to stop the device from running.

Notes: Watt value is determined by torque and rotating speed. In this program, the watt value will remain constant. This means that if you pedal fast, the load resistance will decrease; if you pedal slowly, the load resistance will increase to ensure that the watt value is constant

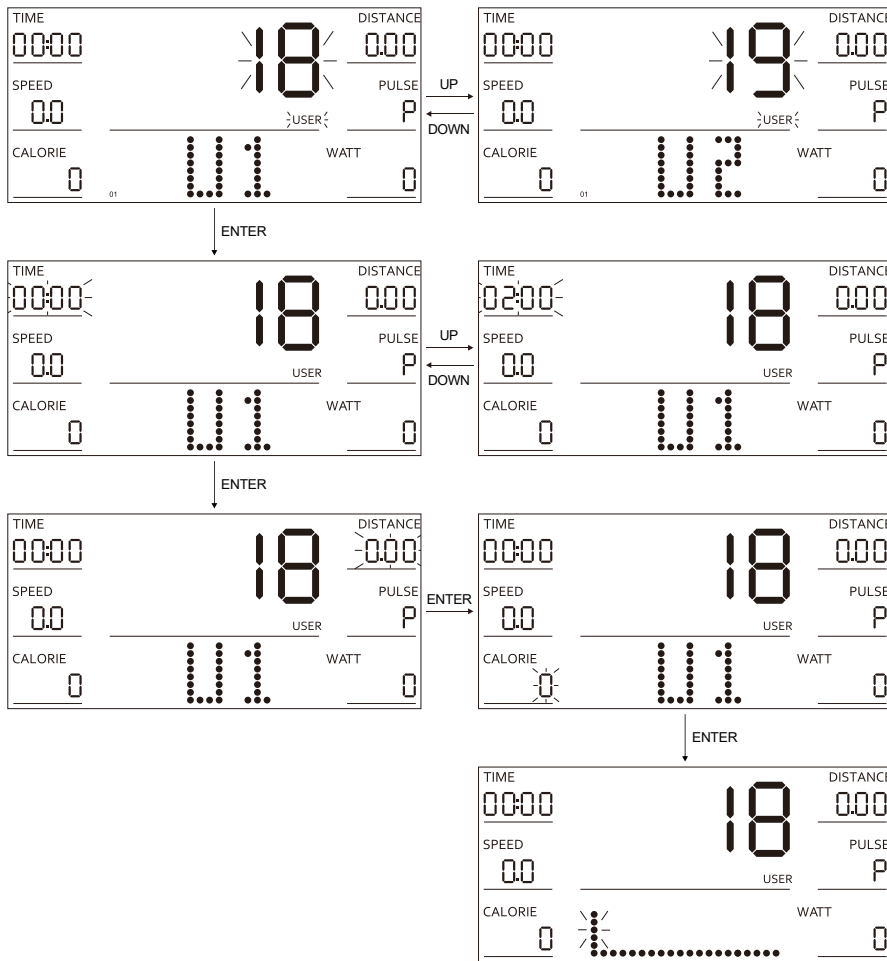
HRC (PROGRAM 14 - 17)














1. Press the  or  key to select the target heart rate mode.
2. PROGRAM 14 - 16:
 - 1) Press the  key to enter the setting mode.
 - 2) At set state, the setting sequence is: time → distance → calories → age. The standard heart rate value is automatically set according to age. 65%, 75%, and 85% indicate that the target heart rate value is 65%, 75%, and 85% of the standard heart rate value respectively.
 - 3) Press the  or  key to adjust.
3. Press the  key to start exercise, and the resistance is automatically adjusted according to the target value of the heart rate at exercise state.
4. If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
5. At exercise state, press the  key to stop the device from running.

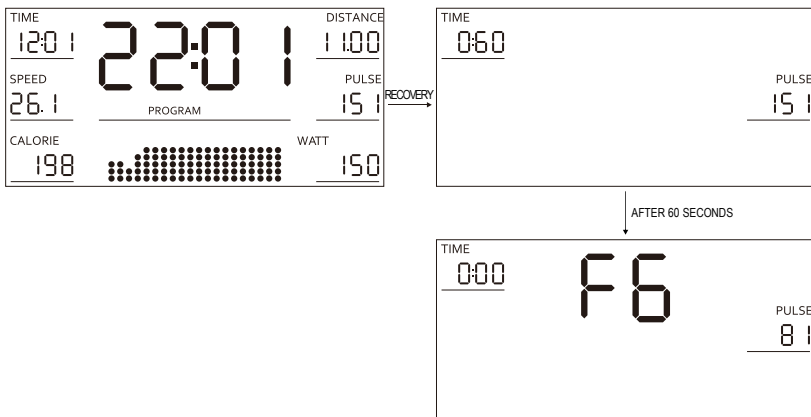
Notes: during exercise, for better user experience of the HRC function, it is recommended that the device be equipped with a wireless heart rate receiver, and the users should wear a wireless chest strap. If the meter does not detect the heartbeat value, the resistance will not change automatically, but the exercise can still continue.


UESR PROGRAM (PROGRAM 18 - 21)



1. Press the  or  key to select mode U1 - U4.
2. Press the  key to start exercise, or press the  key to enter the setting mode.
3. At set state, the setting sequence is: time → distance → calories → age → resistance value of each column.
4. Press the  or  key to adjust upwards and downwards, and press  to select the next item.
5. Press the  key to start exercise, the resistance is automatically adjusted according to the target heart rate value during the exercise, which can also be adjusted by pressing the  or  key.
6. If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
7. At exercise state, press the  key to stop the device from running.


8. RECOVERY



1. When the meter displays the heartbeat value at exercise state, press the  key and keep the heartbeat monitoring.
2. TIME displays "0: 60" (seconds), countdown starts at 60 seconds, and the system starts testing.
3. When the TIME display counts down to "0: 00", the main window of the meter displays F1 ~ F6, indicating the level of heartbeat recovery ability.
4. It is recommended to test the heart rate value within the range of aerobic heart rate value during exercise, so as not to affect the test result if the value is too high or too low.

| | |
|----------------|-----------------|
| F1 = 1.0 | Optimum |
| 1.0 < F2 < 2.0 | Good |
| 2.0 < F3 < 2.9 | Relatively good |
| 3.0 < F4 < 3.9 | Normal |
| 4.0 < F5 < 5.9 | Relatively poor |
| F6 = 6.0 | Poor |

Bluetooth APP Optional

1. Turn on the Bluetooth of the mobile phone, start the FitShow APP, and click "Search Device".
2. Select the device and click "Connect". At this time, the Bluetooth icon on the meter display screen  lights.
3. Enter to select the scene exercise mode. The default is no scene mode.
4. Click the "Start" button to start exercise.
5. You can select "Control" and allow the APP to control your device, and find all the information on the APP.
6. Click the "Stop" button to end the exercise and upload the information.

Notes: if a crash occurs after connecting to the APP, please reconnect, or press the RESET key on the meter to restore and reconnect.

WEAR A CHEST BELT Optional

This product is compatible with standard 5.3Khz wearable heart rate detector. During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows

the receiver in the console to recognize the signal from the chest strap.



Diagram A

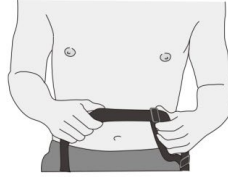


Diagram B



Diagram C

1. Carefully dampen the back of the strap with tap water (Diagram A).

Important: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).
3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).

When these steps are complete, you are ready to view your heart rate.



GARLANDO SPA
Via Regione Piemonte, 32 - Zona Industriale D1
15068 - Pozzolo Formigaro (AL) - Italy
www.toorx.it - info@toorx.it