TOORX
FITNESS IN MOTION

INSTRUCTION

ERX80
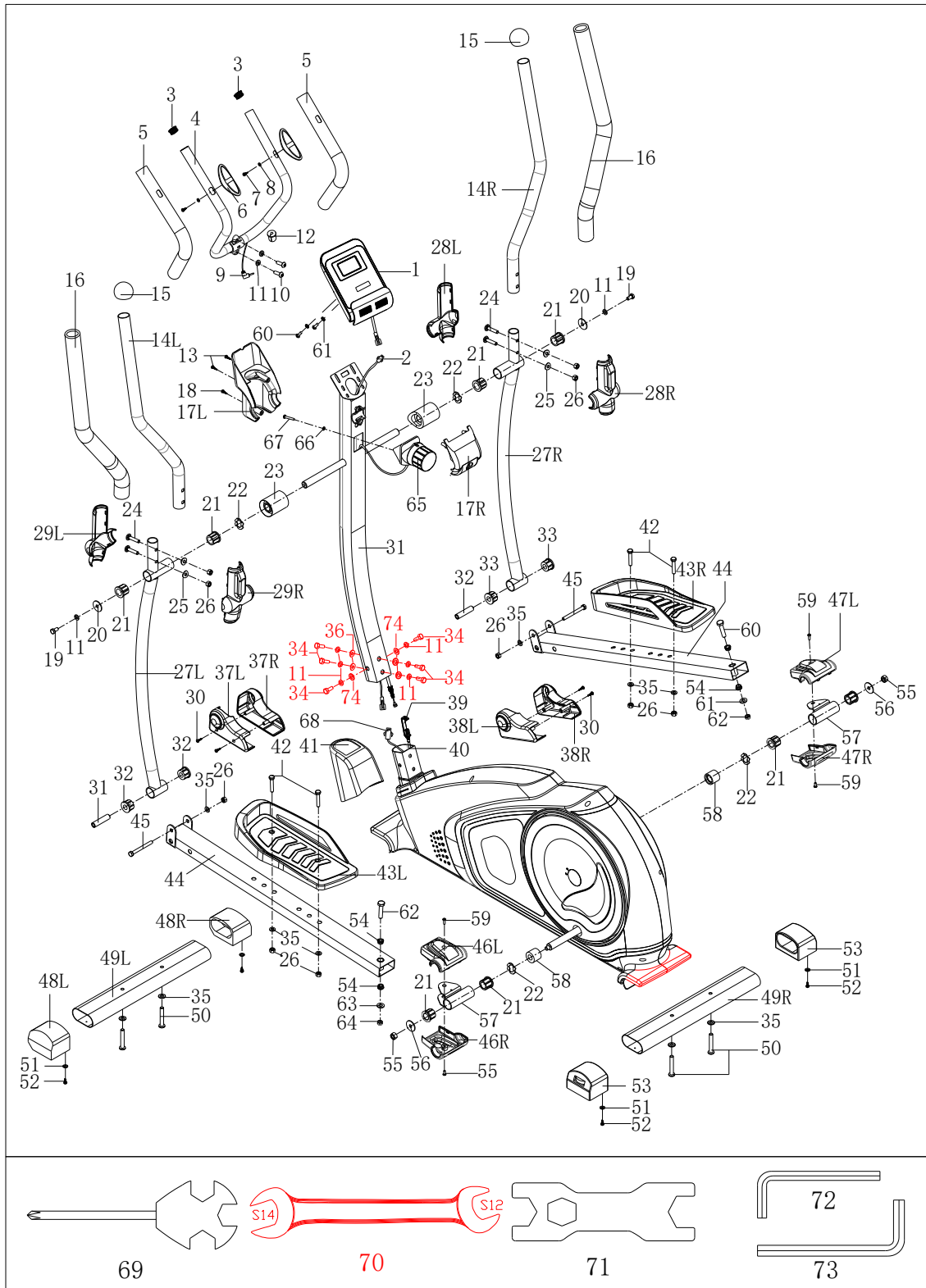
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Exploded View :

PARTS LIST

NO.	Description	QTY	NO.	Description	QTY
1	Computer	1	39	Tension cable	1
2	Trunk wire 1	1	40	Main frame	1
3	End cap Φ31*26	2	41	Front cover	1
4	The middle handlebar	1	42	Bolt M8*45	4
5	Foam grip Φ23*500	2	43L/R	Pedal (Right &left)	2
6	Handle pulse withΦ25 Tube	2	44	Connecting rod	2
7	Screw ST4.0*19	2	45	Bolt M8*75	2
8	Washer d6*Φ12*1	2	46L/R	Rod cover	2
9	Handle pulse wire	1	47L/R	Rod cover	2
10	Screw M8*25	2	48L/R	End cap with PT80*40 Tube	1
11	Spring Washer d8	10	49L/R	Front/Rear Stabilizer	2
12	Grommet Φ12*11	1	50	Bolt M8*55*25*S14	4
13	Screw ST4.2*19	9	51	Washer d5*Φ13*1	4
14L/R	Handle bar	2	52	Screw ST4.2*25	4
15	End cap	2	53	Adjustable end cap PT80*40Tube	2
16	Sponge tube Φ30*630	2	54	Space	4
17L/R	Decoration cover	1	55	Nylon Nut M10*1.25	2
18	Bolt ST4.2*25	1	56	Washer d10*Φ32*2	2
19	Bolt M8*16	2	57	Pedal connecting	2
20	Washer d8*Φ32*2	2	58	Short spacer	2
21	Alloy wrap 2	8	59	Screw M5*10	4
22	Arc washer d19*Φ25*0.3	4	60	Screw M4*12	2
23	Spacer	2	61	Washer d4*Φ12*1	2
24	Bolt M8*43	4	62	Bolt M10*55	2
25	Arc washer d8*Φ20*2*R16	4	63	Washer d10*Φ20*2	2
26	Nylon Nut M8	10	64	Nylon Nut M10	2
27L/R	Swing rod	2	65	Control tension	1
28L/R	swing rod cover (R/L)	2	66	Arc washer d5*Φ20*R30*1.5	1
29L/R	swing rod cover (R/L)	2	67	Screw M5*55	1
30	Screw ST4.2*16	10	68	Trunk wire 2	1
31	Handle bar post	1	69	Tool S13-14-15	1
32	spacer	2	70	Tool S12-14	1
33	Alloy wrap 1	4	71	Tool S17-19	1
34	Bolt M8*20*S14	6	72	Tool S5	1
35	Washer d8*Φ16*1.5	10	73	Tool S6	1
36	Arc washer d8*Φ20*2*R30	2	74	Washer d8*Φ25*2.0	4
37L/R	The cover with handle bar (R/L)	2			
38L/R	The cover with handle bar (R/L)	2			

Step 1 :

#50 M8*55*25*S14 4PCS

#35 d8*Ø16*1.5 4PCS

S14   S12

49L

40

50 35 50

49R
35
50

a. Secure front stabilizer and rear stabilizer (49L/R) to main frame(40) with bolt(50)

and washer(35).

Step 2 :

#34 M8*20*S14 6PCS
#74 d8*ø25*2.0 4PCS
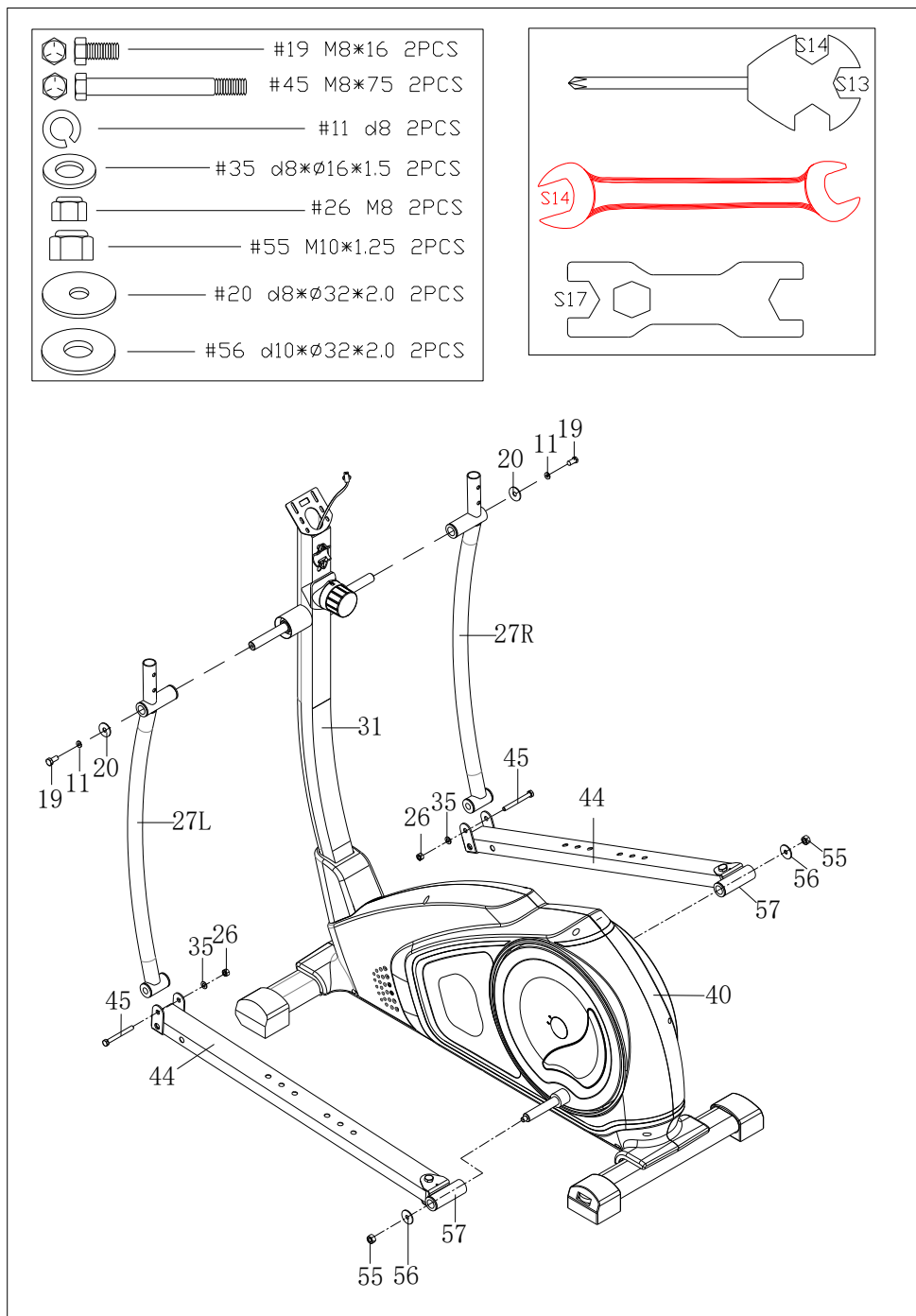#36 d8*ø20*2*R30 2PCS
#11 d8 6PCS
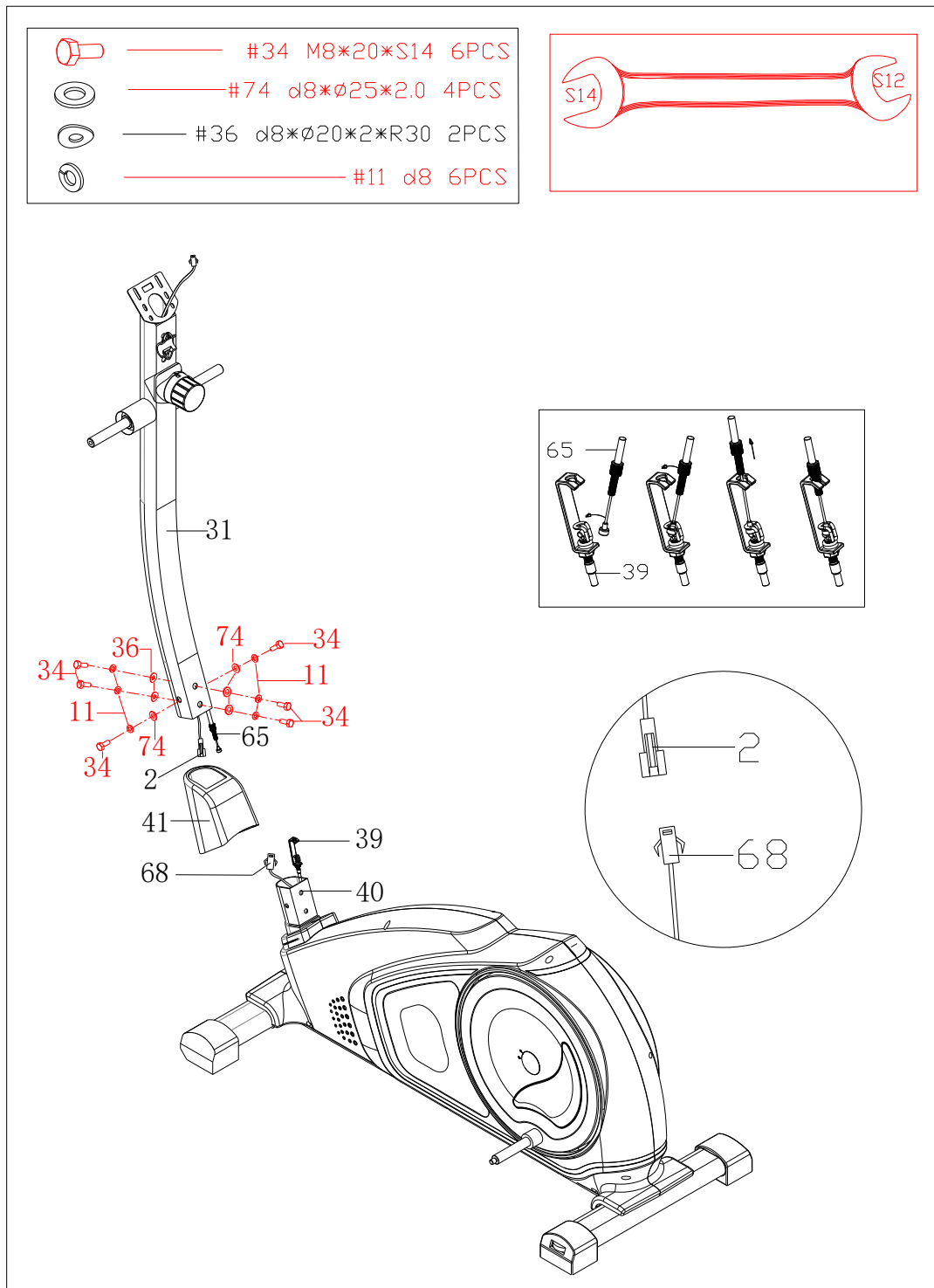
a. Insert front cover (41) into handle bar post (31).

b. Connect trunk wire 1(2) with trunk wire 2(68)

c. Connect well the control tension (65) with the tension wire (39)
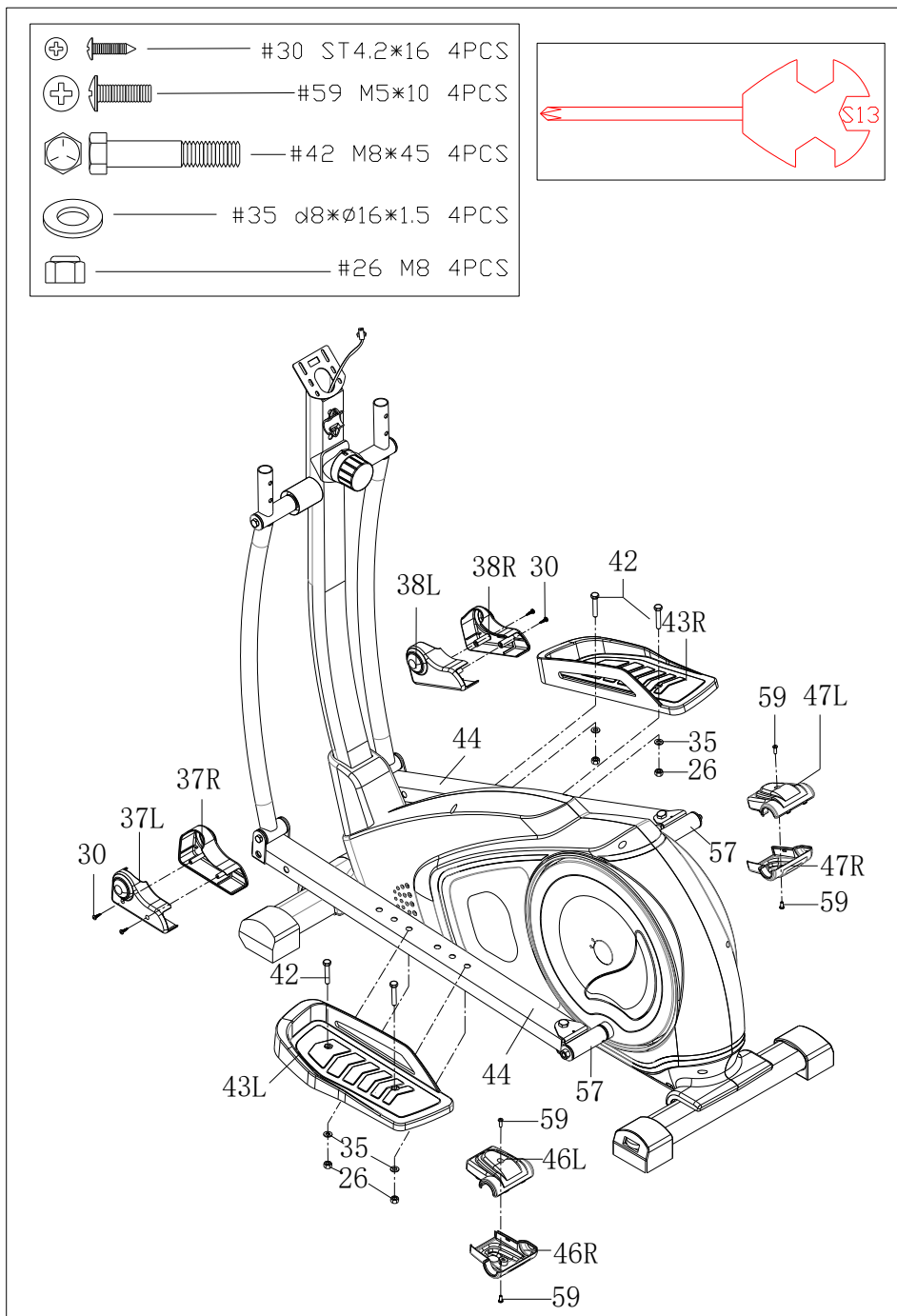
d. Secure handle bar post(31) to main frame(40) with bolt(34), washes(74) and
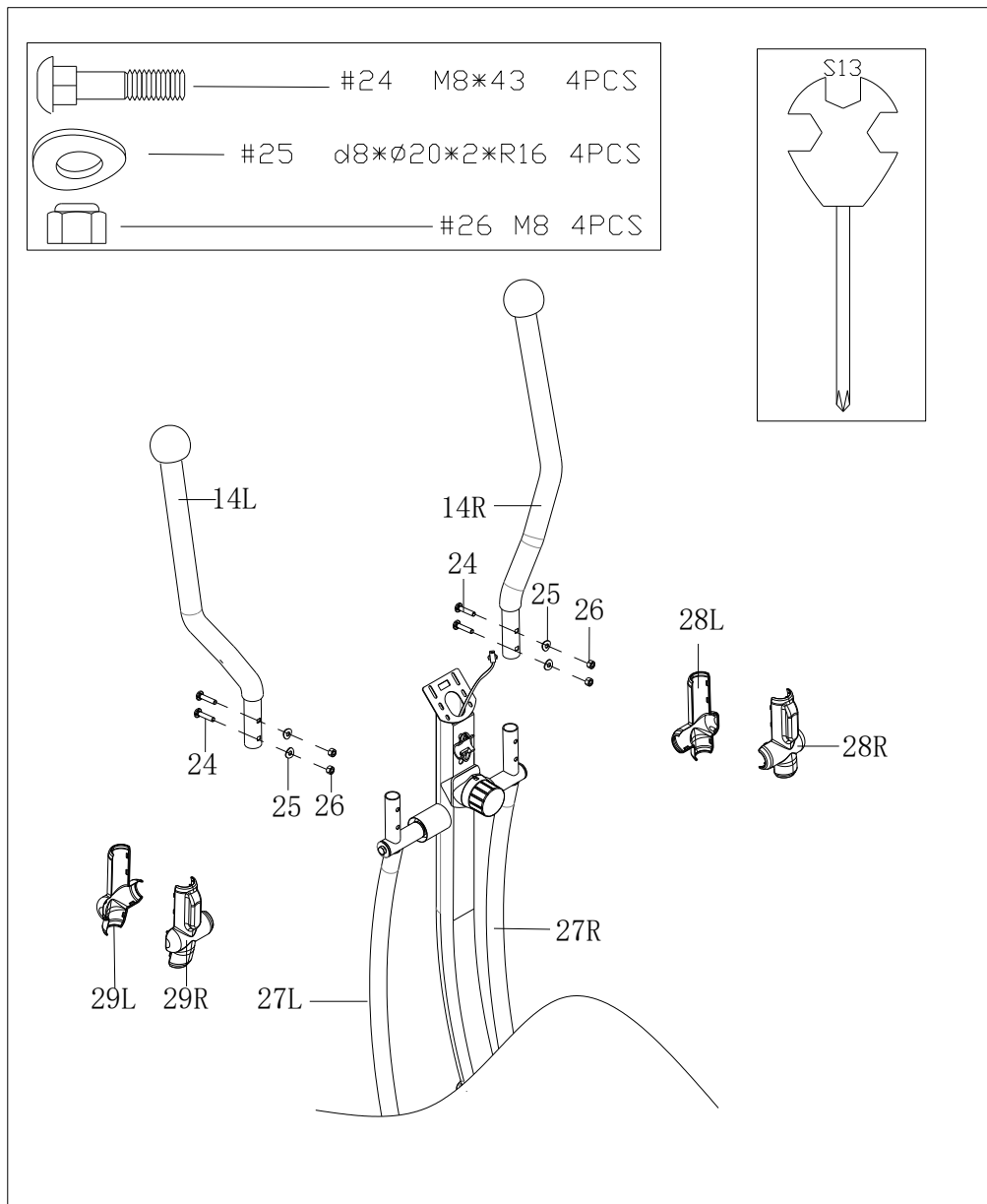
arc washers(36)

Step 3:

a. Secure swing rod (27L/R) with handle bar post (31) with bolts (19), washers (11) and nuts (20).

b, Attach Pedal connecting (57) to main frame (40) with nylon nut (55) and washer (56)

c. Secure Connecting rod (44) to swing rod (27 L/R) with bolts(45), washers(35) and nuts(26).

Step 4：

⊕	screw	#30 ST4.2*16	4PCS
⊕	screw	#59 M5*10	4PCS
⬡	bolt	#42 M8*45	4PCS
○	washer	#35 d8*ø16*1.5	4PCS
▭	nut	#26 M8	4PCS

a. Secure pedal (43 L/R) to connecting rod (44) with bolts (42) and nuts (26).

b. Attach handle bar cover (37 L/R) and handle bar cover (38 L/R) to connecting rod (44) with screws (30);

c. Then attach rod cover (46L/R) and rod cover (47L/R) to connecting rod (57) with screws (59).
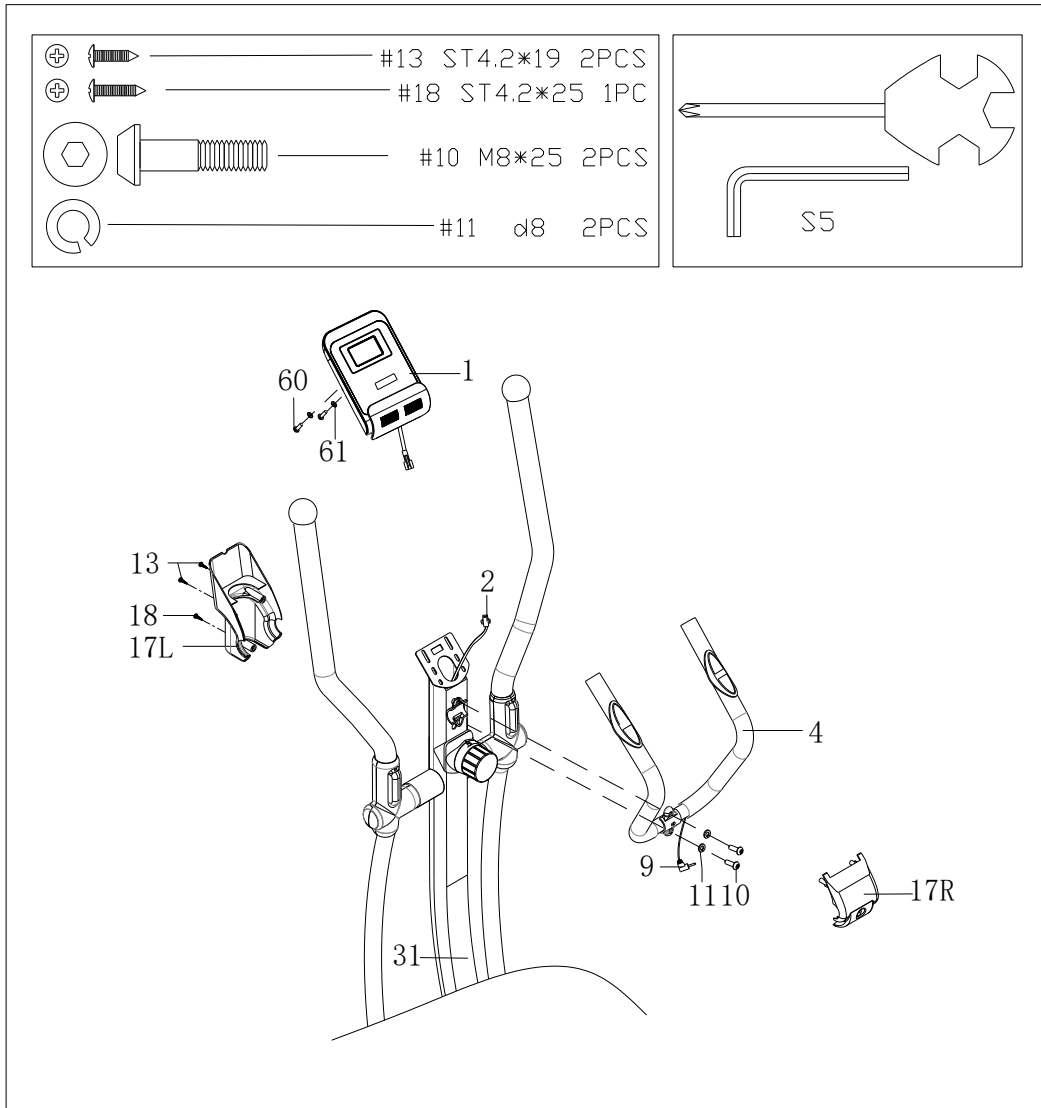
Step 5：

a. Secure handle bar (14L/R) to swing rod (27L/R) with bolts (24), arc washers (25) and nuts (26).

b. Attach swing rod cover (29 L/R) and swing rod cover (28L/R) to swing rod (27L/R).

Step 6：

a. Secure middle handle bar (4) to handle bar post (31) with screws (10) and spring washers (11).

b. Connect computer wire (1) with trunk wire 1(2), then secure computer (1) to handle bar post(30) with screw(60) and washers (61).

c．Attach decoration cover (17 L/R) to handle bar post (31), then secure it with screws (13) and (18).

d. Insert the plug of handle pulse wire (9) into the hole on the back of computer.

e. Assembly finished

MONITOR WITH BODYFAT&PULSE RECOVERY
INSTRUCTION MANUAL

■BUTTONS

1. MODE

Press this button to changeover display or choose the window needs to be set.

2. RECOVERY / UP

i. In setting status, press this button to increase setting value in relevant flashing window for TIME, DIST, CAL and TEMP(℃ or ℉)

ii. In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

3. DOWN

In setting status, press this button to decrease setting value in relevant flashing window for TIME, DIST, CAL and TEMP(℃ or ℉)

4. RESET/GO

i. In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.

ii. In parameters setting status for body fat, press this button to enter body fat test.

iii. In monitor status, hold this button for 3 seconds to reset all value to zero.

5. BODYFAT

In non-exercise status, press this button to enter/exit body fat parameters set-up.

■FUNCTIONS

1.SPEED/BODYFAT RATIO/RPM(IF HAVE)

i. Display instantaneous speed and the range is 0.0~99.9KM/H.Or,if the monitor showing M,the range will be 0.0~99.9MILE/H.The max. pickup signal is 1500rpm.

ii. Display current repetition per minute(RPM) during exercise. It reflects the pedal frequency. The range is 0~1500 rate per minute. (IF HAVE)

iii. Display Body fat ratio.

2.TIME/BMI

i. Count the total time from exercise start to the end and the range is 0 ~ 99M59S.

ii. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm 10 seconds. The maximum pre-set time is 99 minutes.

iii. Display Body Mass Index (BMI).

3.DISTANCE/BMR

i. Count the total distance from exercise start to the end and the range is 0.00 ~ 9.99 ~ 99.9KM. Or,if the meter showing M,the range will be 0.00 ~ 9.99 ~ 99.9 MILE.

ii. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm 10 seconds. The maximum pre-set distance is 99.9KM or MILE(if the monitor showing M).

iii. Display Basal Metabolic Rate(BMR).

4. CALORIES/TEMPERATURE

i. Count the total calories consumed from exercise start to the end and the range is 0.0 ~ 99.9 ~ 999KCAL.

ii. The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm 10 seconds.

iii. Display room temperature(TEMP).

5. PULSE

i. Hold the pulse sensor and read your heart rate per minute. The range is 40 ~ 240bpm.

ii. It will display "P" to pause the pulse test if there is no pulse signal over 60 seconds. You can press UP or DOWN to enter the pulse test again.

6. WHEEL DIAMETER

The wheel perimeter has been set according to client's requirements.

7. ALARM

The monitor will "Beep" when press "MODE" "RECOVERY/UP" "DOWN", RESET/GO or "BODYFAT" buttons.

8. AUTO ON/OFF & AUTO START/STOP

    i.   Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared off except body fat parameters and temperature.

    ii.   Once receive exercise or operation signal, the monitor will turn on automatically.

■ OPERATION

1. SET

Press MODE to choose the display window that needs to be pre-set, and the value in relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach your want alarm time, alarm distance, or alarm calorie. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset value in relevant flashing window.

2. PULSE RATE

Before measuring your pulse rate, press any button to change "P" into "♥" in the window, then enter pulse mode. Please place both your palms on the contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2～3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

3. PULSE RECOVERY

In non-setting and non-exercising status, first test your pulse as above mentioned. Then press RECEOVERY/UP to enter pulse recovery function. The display will show 1 minute count-down as well as your pulse rate. Hold on the pulse sensor until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best. Press RECOVERY/UP again to exit pulse recovery function.

4. BODYFAT, BMI & BMR

In non-exercising status, press BODYFAT to enter body fat parameters settings. You can set from the below sequence: exerciser No.(1 ~ 8), weight(KG), height(CM), age (YEAR), gender. But, if the meter showing M, the weight will show "lb",while height will show "in".Press MODE to proceed to next parameter setting. Press RECOVERY/UP to increase the setting value while press DOWN to decrease.

When you finish setting, hold the pulse sensor and press RESET/GO. Then the display will show your body fat in 6 seconds.

Press BODYFAT again to exit body fat test.

Remark:

    i.   During parameters setting, it will exit body fat test automatically if detects no operation signal over 10 seconds.

    ii.   During body fat test, it will display Er.1 if sense no test target over 10 seconds.

5. AUDIO AMPLIFIER AND SPEAKER [IF HAVE]

Connect the audio input plug to the audio player, the turn on the audio switch that in right side of the computer. In that case, the audio can be in play.

■ BODYFAT CONTRAST

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	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%

■ BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace with SIZE AAA UM4 R03.

Garlando