TOORX
FITNESS IN MOTION

INSTRUCTION

iConsole App Manual

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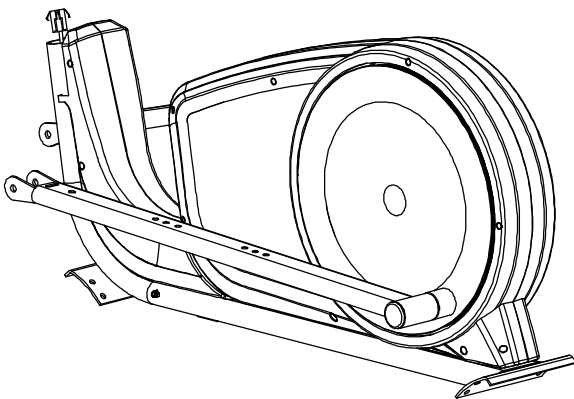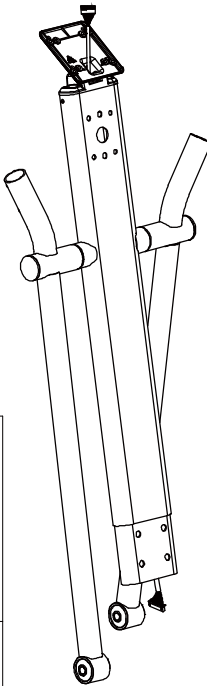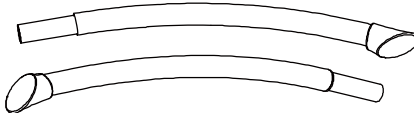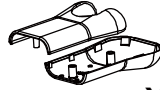
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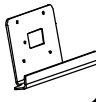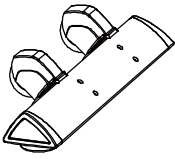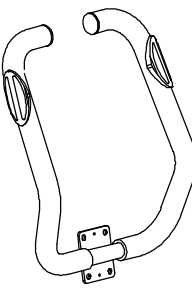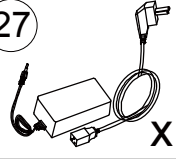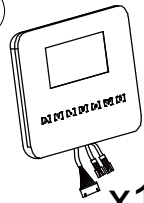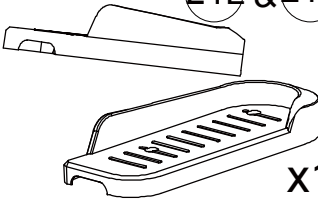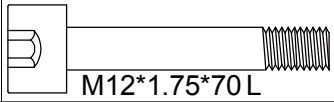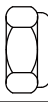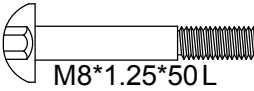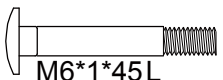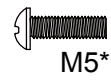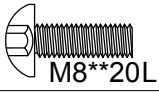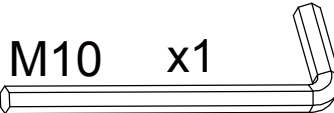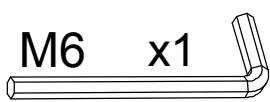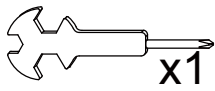
CHECK LIST (CONTENTS OF PACKAGE):

① x1	⑩
52L & 52R x1	74 & 75 x2 108 x1
② x1	72 x1 27 x1 23 x1 x1
19 x1	64 x1 21L & 21R x1
49 x1	

⑥⑨ M12*1.75*70L	x2	㉖③	M12*12T	x2	⑦ D15.4*2T x20
⑰ M8*1.25*50L	x4	⑥	D22*1.5T	x4	③ D16*1.2T x16
⑳ M6*1*45L	x4	⑧⓪	ST3.5*15L	x4	⑦⑥ M5*15L x2
⑨ M8**20L	x16	⑦⑦	D40*12	x4	⑦③ D14*0.8T x4

M10 x1	M6 x1	x1

6

Exploded drawing:

Part List:

Part NO.	Description	Material	Specification	QTY
1	Main frame			1
2	Front stabilizer			1
3	Flat washer	Q235A	D16xD8.5x1.2T	16
4L	Rear left foot cap	PE	95.7*57.2*51.3	2
4R	Rear right foot cap	PE	95.7*57.2*51.3	2
5	Wheel	PP	D65*24	2
6	Curved washer	Q235A	D22xD8.5x1.5T	4
7	Spring washer	70#	D15.4xD8.2x2T	22
8	Round end cap	PE	D50x15L	2
9	Allen bolt	35#	M8x1.25x20L,8.8	16
10	Handlebar post			1
11	Pedal supporting tube			2
12L	Left movable supporting tube			1
12R	Right movable supporting tube			1
13	Bearing	GCr15	#2203-2RS	2
14	C ring	65Mn	S-40(1.8T) D40	2
15	End cap	PE6070	D25.4*31L	2
16	Idle wheel	NL+FIBER	D44*21L,6002ZZ	1
17	Allen bolt	35#	M8*1.25*50L,8.8	4
19	Rear stabilizer	Q195	95.4*50.6*2.0Tx500L	1
20	Square bolt	Q235A	M6*1*45L	4
21L	Left pedal	PP	407*133.5*77.5	1
21R	Right pedal	PP	407*133.5*77.5	1
22	Cross screw	10#	ST4*1.41*15L	8
23	Protective cover	ABS	100*81*40.8	1
24	Anti-loose nut	35#	M10*1.25*10T	2
25	Pin	ABS	D6*26.5*7.7	3
26	C ring	65Mn	D22.5*D18.5*1.2T	2
27	Adaptor		Out：26V,2.3A	1
28	Connect cable		500L	1
29	Upper computer cable		1000L	1
30	Lower computer cable		1500L	1
31	Pedal axle cover	PP	D46*39L	2
32	Round end cap	PE	D45*15	2
33L	Left crank welding sets			1
33R	Right crank welding sets			1

| 34 | Round screw | 10# | ST4.2x1.4x20L | 16 |

Part NO.	Description	Material	Specification	QTY
35	**Belt**		**1651 pj6**	**1**
36L	Left chain cover	HIPS88	826*62.3*513	1
36R	Right chain cover	HIPS88	826*66.6*513	1
37	Magnetic system		D265*153*50	1
38	Screw	10#	ST4.0x1.41x20L	2
39	Side cover	ABS	D36*16	2
40	Hex bolt	35#	M6*1.0*15L,8.8	16
41	Flat washer	Q235A	D14*D6.5*0.8T	16
42	Round disc	HIPS88	D456*29	2
43	Bearing	GCr15	#6004-2RS(C0)	2
44	Allen bolt	Q235A	M8*1.25*40L,8.8	2
45	Nut	Q235A	M8*1.25*8T	1
46	Bearing	GCr15	#6004-2RS(C0)	4
47	Waved washer	65Mn	D21xD16.2x0.3T	1
48	Nut	Q235A	M8*1.25*8T	2
49	Upper protective cover	HIPS	137.1*121*73.4	1
50	Plastic washer	NL	D50*D10*1.0T	1
51	Flat washer	Q235A	D25xD8.5x2.0T	2
52L	Left handlebar	Q195	D31.8*2T*675L	1
52R	Right handlebar	Q195	D31.8*2T*675L	1
53	Foam	NBR	D30*3T*610L	2
54	Foam	NBR	D23*5T*560L,HDR	2
55	Handlebar end cap	PVC	95.8*50.8	2
56	Spring	72A#	D3*D19*67L	1
57	Waved washer	65Mn	D27*D20.3*0.5T	1
58	Hex bolt	35#	M8*1.25*20L	4
59	Flat washer	Q235A	D26*D21*1.5T	1
60	Flat washer	Q235A	D25xD8.5x2.0T	2
61	Crank axle	20CrMo	D20*116L	1
62	Round magnet		M02	1
63	Nut	Q235A	M12*1.75*12T	2
64	Computer		SE-1699-31	1
65	Handle pulse		PE18	2
66	Bushing	20#	D20*26.4L	2
67	Computer bracket	ABS	120*40*70	1
68	Computer fixed bracket	ABS	120*110*2.5T	1

Part NO.	Description	Material	Specification	QTY
69	Bolt	Q235A	M12*1.75*70L	2
70	Fixing plate for idle wheel			1
71	Flat washer	Q235A	D21*D8.5*1.5T	1

Part NO.	Description	Material	Specification	QTY
72	Handlebar welding set			1
73	Flat washer	Q235A	D14xD6.5x0.8T	4
74	Connect cap	ABS	R27.2*158.6*96	2
75	Connect cap	ABS	R27.5*159*96	2
76	Bolt	Q235A	M5x0.8x15L	3
77	Club knob	ABS+CU	D40*M6*12	4
78	Adjustable round wheel	Q235A+ABS	D59*M10*40L	2
79	Buffer	SBR	D9*D5.8*13	3
80	Screw	10#	ST3.5x1.27x15L	4
81L	Front decorative cap (left)	HIPS88	383.7*72.2*401	1
81R	Front decorative cap (right)	HIPS88	383.7*67.9*401	1
82	Plastic washer	NL66	D10*D24*0.4T	1
83	Allen bolt	35#	M8*1.25*35L,8.8	2
84	C ring	65Mn	S-15（1T），D15	2
85	Screw	35#	M6*1.0*15L,8.8	4
86	Spring washer	70#	D10.5*D6.1*1.3T	4
87	Flat washer	Q235A	D13*D6.5*1.0T	4
88	Cover for movable wheel	PP	93.2*64.7*62	2
89	Nut	Q235A	M8*1.25*6T	2
90	Bolt	10#	M5x0.8x15L	4
91	Waved washer	65Mn	D27*D20.3*0.5T	2
92	Controlling board		EMS2500-A01	1
93	Bearing	GCr15	#6001-2RS	4
94	Pulse cable		700L	2
95	Plastic cover	PVC	D3*30L	1
96	Nut	Fe	D15*13L	1
97	Sensor cable		150L	1
98	Electric cable		1100L	1
99	Screw	10#	ST4.2x1.4x15L	2
100	Screw	35#	M8*1.25*45L	1
101	Nut	Q235A	M8*1.25*8T	1
102	Screw	10#	ST4.2x1.4x15L	2
103	Bolt	10#	M5x0.8x12L	1
104	Bushing		D22.2*D8.2*7T	4

Part NO.	Description	Material	Specification	QTY
105	Fixing plate	Q235A	30*27*4T	1
106	Screw	Q235A	M5*0.8*35L	1
107	Hex nut	Q235A	M5*0.8*5T	1
108	Fixing plate for computer	Q235A	220*120*3T	1
109	Spring washer	70#	D15.4*D8.2*2T	2
110	Bolt	Q235A	M5x0.8x12L	1
111	Buffer strip	EVA	219*15*2T	2
\	Allen spanner	35#	M6,8.8	1
\	Spanner	Q235A	D6*151.3	1
\	Allen spanner	Q235A	M10	1

STEP 1
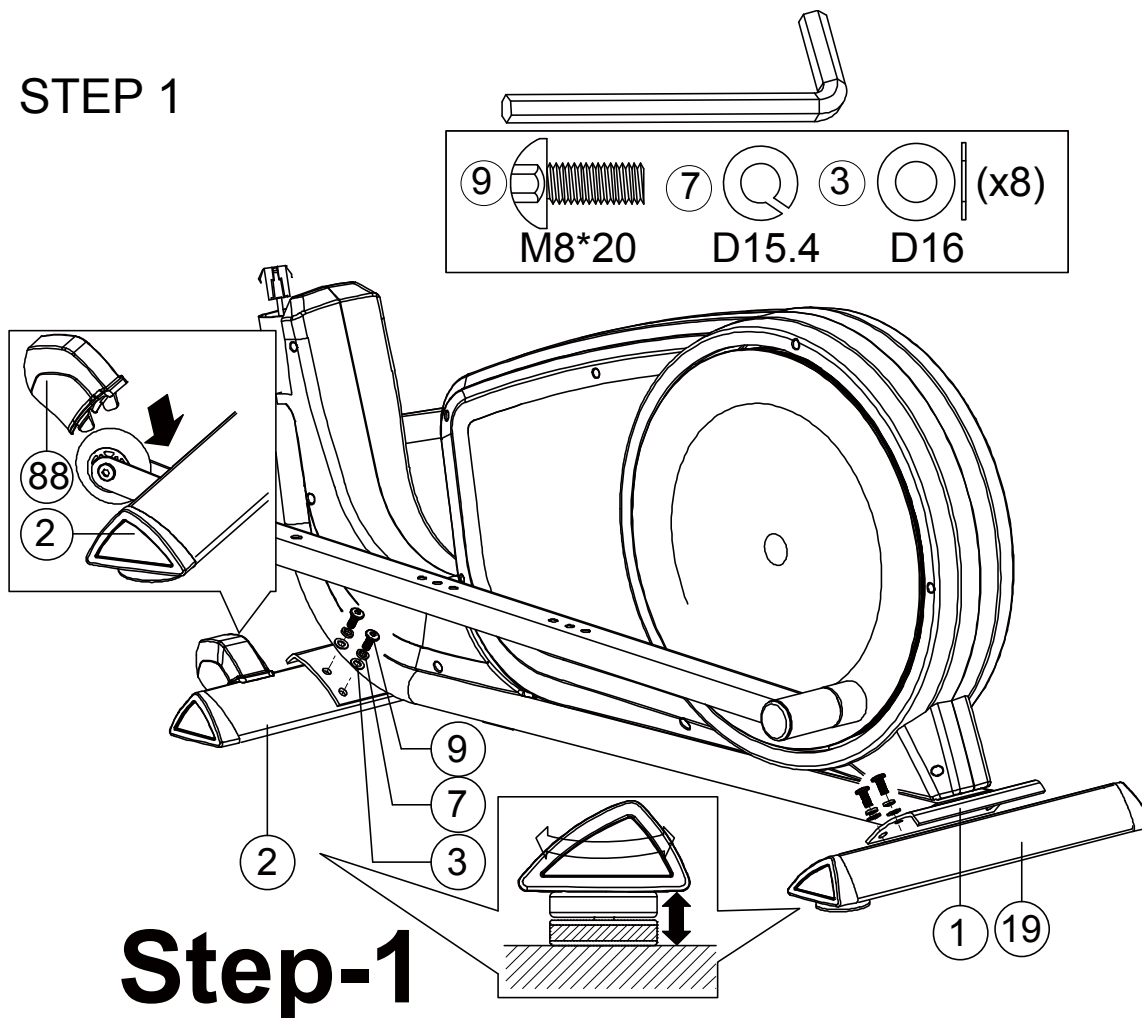
Step-1

1) Assemble the front stabilizer (2) and rear stabilizer (19) to the main frame (1) by using the flat washer (3), spring washer (7), and Allen bolt (9).
2) Assemble the cover for movable wheel (88) to the wheel (5).
3) Adjust the proper height by turning Adjustable round wheel of rear foot cap (78).

STEP 2

			(x4)
(20) M6*1*45L	(73) D14	(77) D40	

a
20
21R
73
11
77

b
20
21L
11
73
77
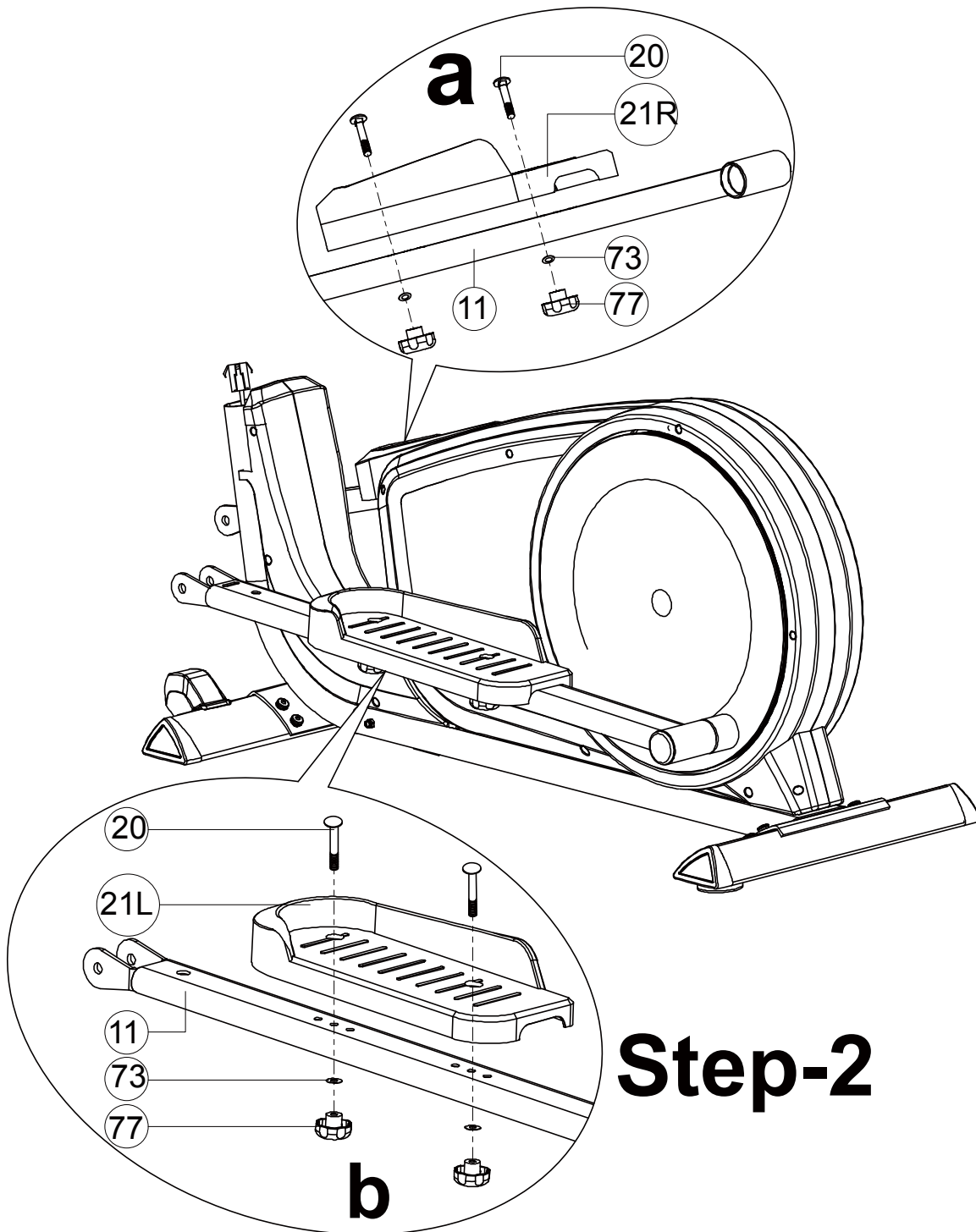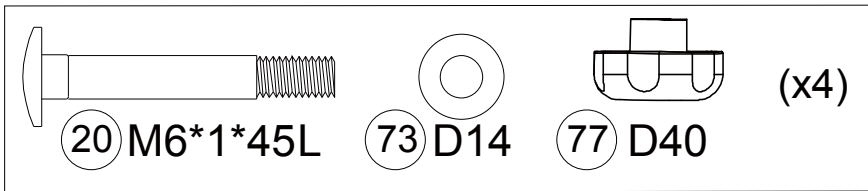
Step-2

1) Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the flat washer (73), the knob (77) and square bolt (20).
2) 3 optional positions for the pedals you can choose.

13
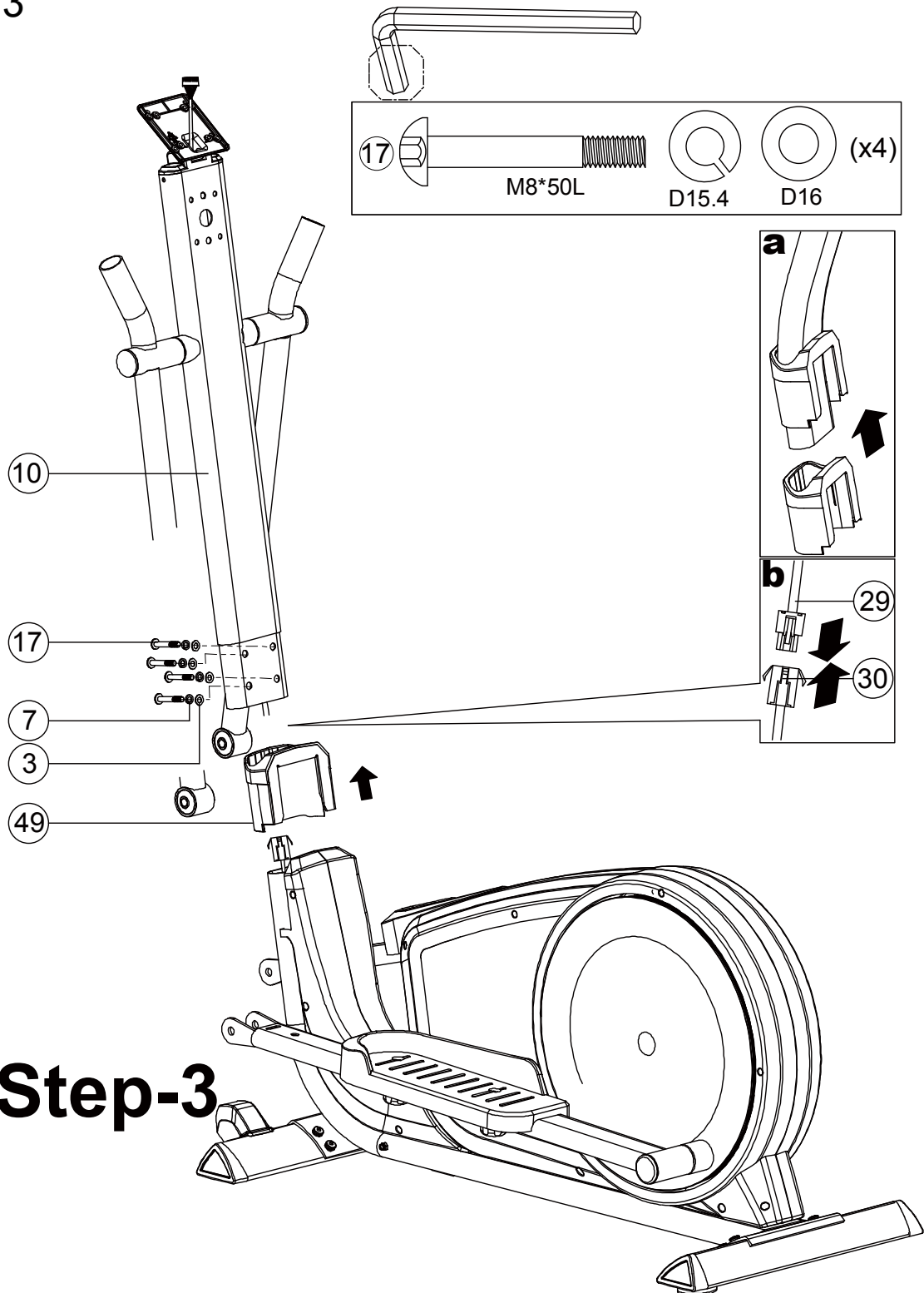
STEP 3

Step-3

1) Suggest assembling this step by two persons.
2) First, lift up the upper protective cover (49) like fig. a, then connect computer cable (29 & 30) like fig. b.
3) Insert the handlebar post (10) on the main frame and tighten it by using the flat washer (3), the spring washer (7) and the Allen bolt (17). Place down the upper protective cover (49) and make it tight on the main frame.
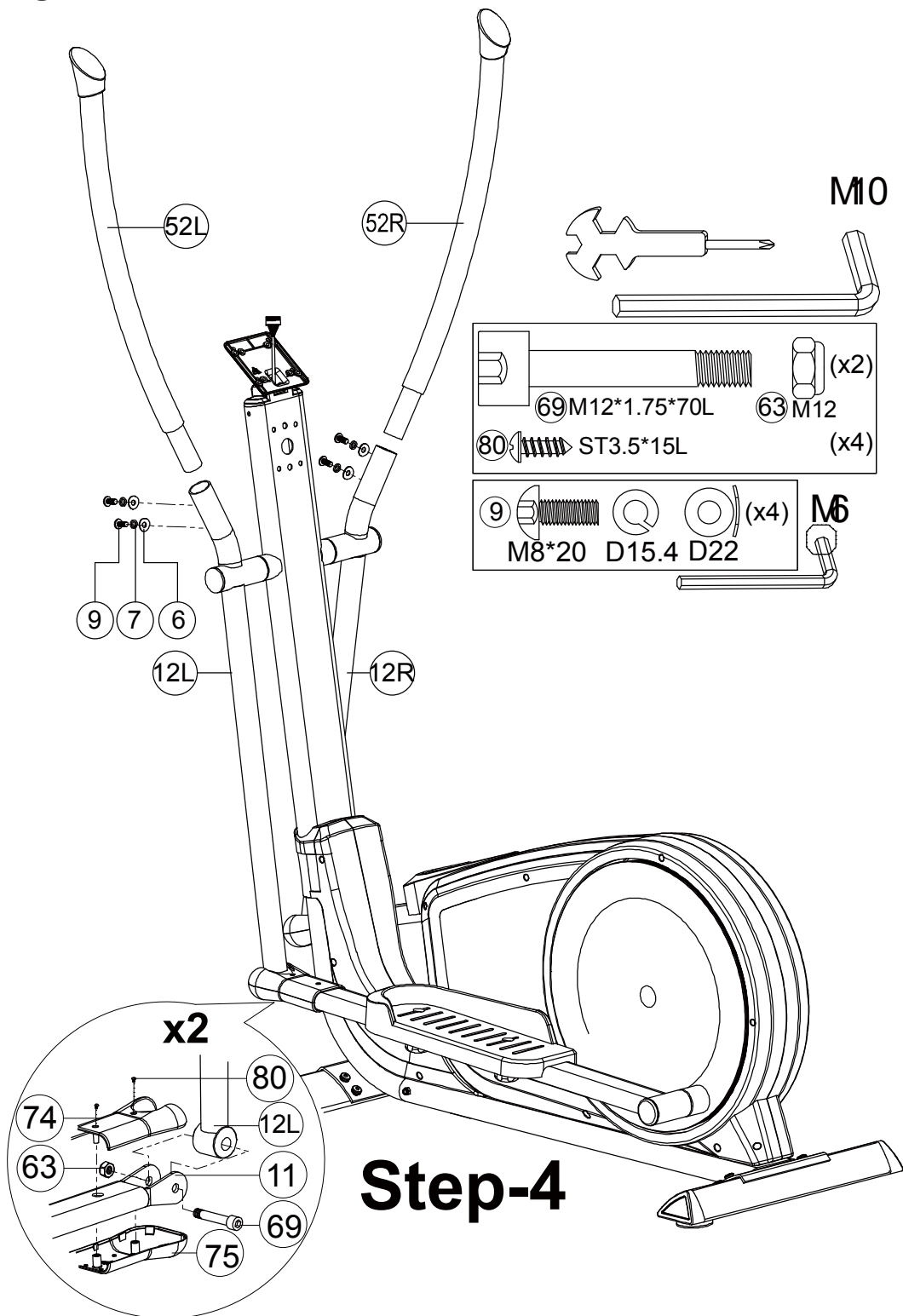
STEP 4

1) Assemble the left and right handlebar (52L&52R) on the movable handlebar supporting tube (12L&12R) by using the curved washer (6), the spring washer (7) and the Allen bolt (9).

2) Connect the movable handlebar supporting tube (12L&12R) to the pedal supporting tube (11) by using the nut (63) and the bolt (69), then assemble the connect cap (74 & 75) by using the screws (80).

STEP 5

9 M8*20 D15.4 D16 (x4)

76 M5x15L (x2)

5-2 23 76

5-1

72

72

3
7
9

a   b   c   d
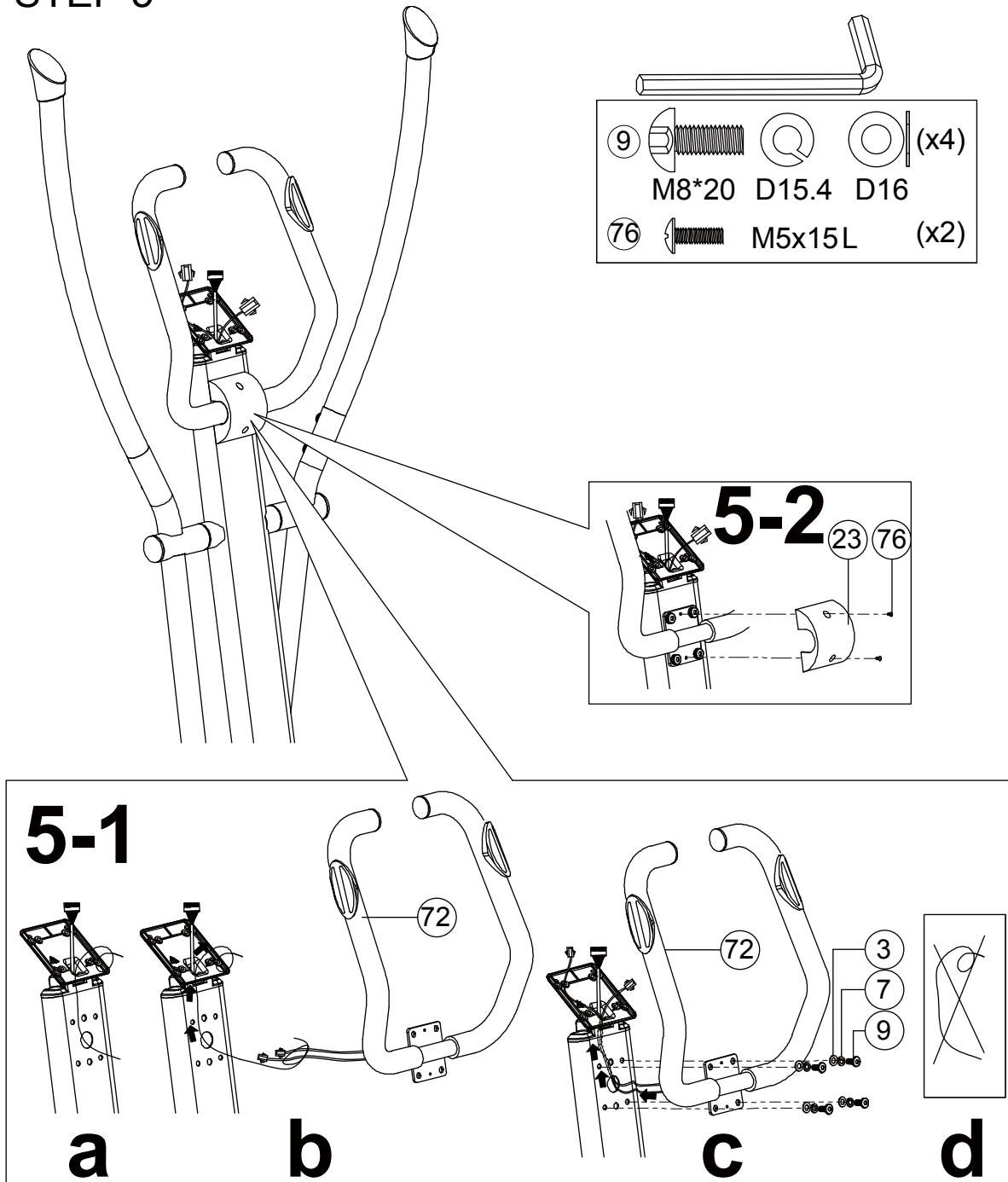
Step-5

1) Assemble the handlebar welding set (72) on the handlebar post (10) by using the flat washer (3), the spring washer (7), and the Allen bolt (9) like fig. 5-1.
2) Assemble the protective cover (23) by using the screw (76) like fig. 5-2.

Step 6

90 | M5x15L(x4)

64

65
29

Step-6

27
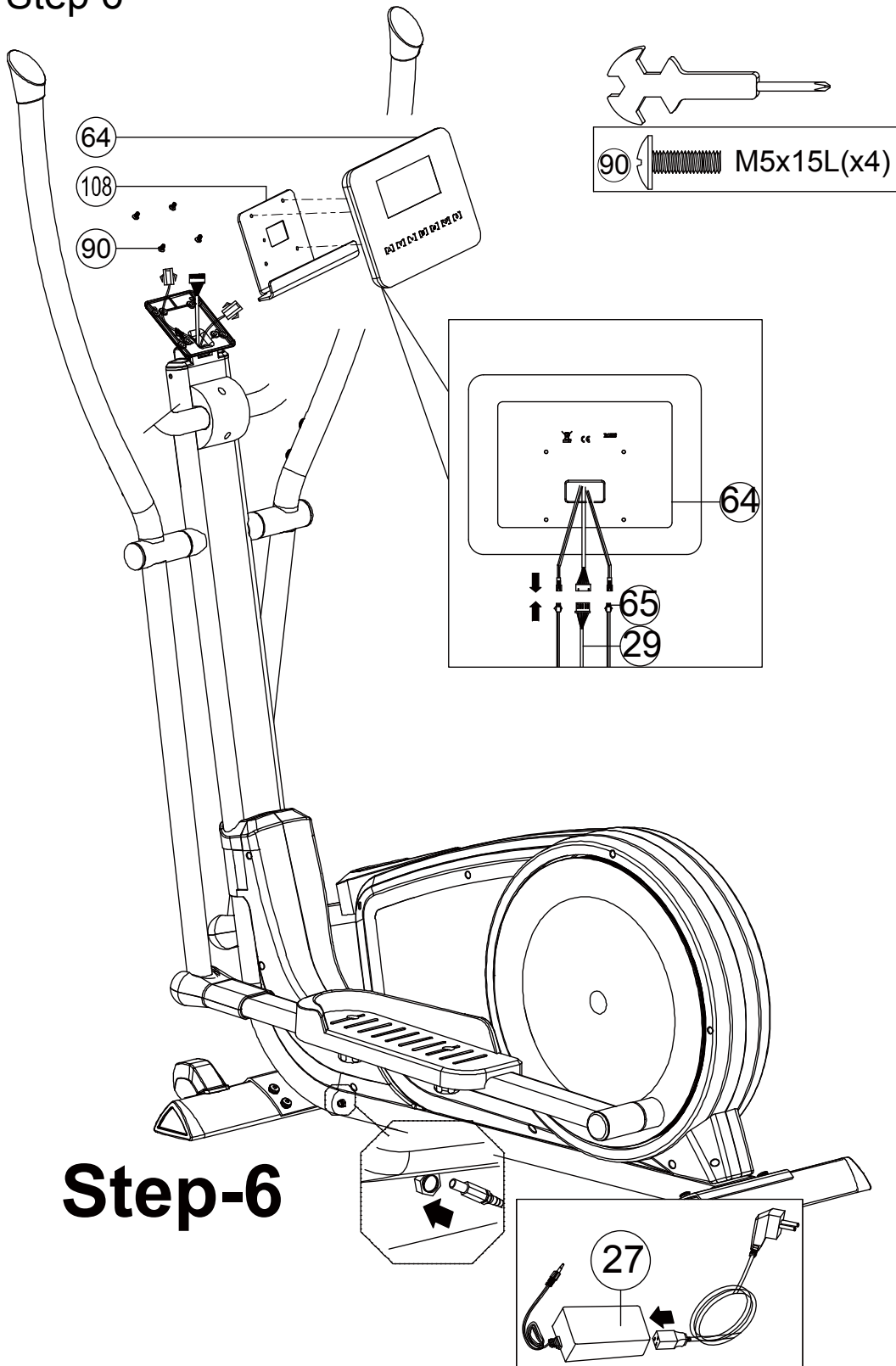
1) Connect the computer cable (29) and cable of handle pulse sensor (65) with the computer (64),then fix the computer (64) and fixing plate for computer (108) on the handlebar post (10) by using the screws (90).

2) Connect the adaptor (27) to the adaptor input on the rear of the bike.

INSTRUCTION MANUAL FOR COMPUTER

【BUTTON FUNCTION】

| UP	To make upward adjustment or increase training resistance.
DOWN	To make downward adjustment or decrease training resistance.
ENTER	To confirm all settings.
START/ STOP	To start or stop workout.
RESET	To reset current settings or press to have monitor switching to initial training mode for renew selection.
RECOVERY	To test heart rate recovery status.
BODY FAT	To test body fat%. Press "BODY FAT" and hold for 2 seconds to modify user data (SEX/ AGE/ HEIGHT & WEIGHT) in standby mode.

【DISPLAY FUNCTION】

TIME	Count up - TIME will count up from 00:00 to maximum of 99:59 when there's no target time preset. Each increment is 01:00 minute. Count down - TIME will count down from preset target time to 00:00. Each preset increment or decrement is 01:00 minute with available range between 01:00 to 99:00.
SPEED	Current training speed with maximum of 99.9 KM/H or 99.9 ML/H.
RPM	Rotation Per Minute with available range from 0~15 to 999.
DISTANCE	Accumulation of total distance from 00:00 up to 99.99 KM or 99.99 ML. Use UP/ DOWN key to preset target distance with each upward adjustment of 0.1 KM or 0.1 ML.
CALORIES	Accumulation of total calories consumption during training from 0 to maximum of 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatments.)
PULSE	User may set up target pulse from 0~30 to 230. Console system will have buzzer beeping as a cue when user's actual heart rate exceeds preset target value during workout.
WATTS	Current workout watts with available range from 0 to 999.

【OPERATING PROCEDURE】

(1) POWER ON –

1.1   Plug in adaptor to power on console, system will have buzzer beeping as a cue.

1.2   LCD will have all segments displaying for two seconds along with "78.0" (wheel diameter), "E" (EU), and "K" (KM) for one second.
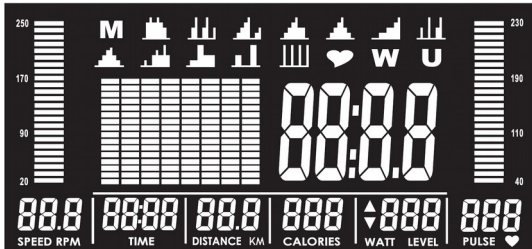

(2) USER PROFILE SET UP –

2.1   Use UP (□) and DOWN (▼) key to select a user profile from U1~U4, press "ENTER" to confirm when a user profile is selected.

2.2   Press "ENTER" each time when value's determined for SEX, AGE, HEIGHT, and WEIGHT settings and all entered data will be saved in user profile U1~U4.

(3) PROGRAM SELECTING –

3-1 Programs display on LCD as MANUAL→12 PROGRAMS→H.R.C.→WATT→USER PROGRAM→MANUAL in sequence.

3-2 Use UP (□) and DOWN (▼) key to select a program and press "ENTER" to confirm when selection is determined.
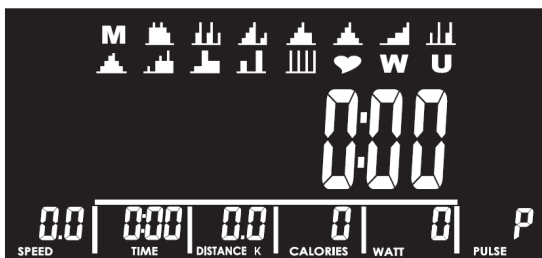
(4) MANUAL -

4-1 Select "M" and use UP (□) and DOWN (▼) key to adjust resistance level; press "ENTER" when value is determined.

4-2 Resistance level can be readjusted during workout.

4-3 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

4-4 Use UP (□) and DOWN (▼) key for TIME, DISTANCE, CALORIES, and PULSE settings. Press "ENTER" each time when value's determined.

4-5 Press "START" and start pedaling. RPM & PULSE bars will display values accordingly.

4-6 Press "STOP" to pause exercise and all exercise values will be saved.

4-7 Press "RESET" and return to program selecting.

(5) 12 PROGRAMS -

5-1 Use UP (□) and DOWN (▼) key to select a program from P1 to P12 and press "ENTER" to confirm after selection's determined.

5-2 LCD will display corresponding flashing graphic to the program user selects.

5-3 Use UP (□) and DOWN (▼) key to adjust resistance level and TIME; press "ENTER" each time when value's determined and press "START" to start workout.

5-4 Resistance level can be readjusted during workout.

5-5 LEVEL column will switch and display WATT value after three seconds of no resistance adjustment.

(6) H.R.C. -

6-1 Use UP (□) and DOWN (▼) key to select 55%, 75%, 90%, or TARGET.

6-2 The heart rate value will be calculated automatically according to the AGE value user inputs and will be shown in the alphanumeric column in flashing text.

6-3 When user selects "TARGET", use UP (□) and DOWN (▼) key to set value between 30~230 and press "ENTER" to confirm when value's determined.

6-4 Use UP (□) and DOWN (▼) key to set TIME and press "ENTER" to start workout.
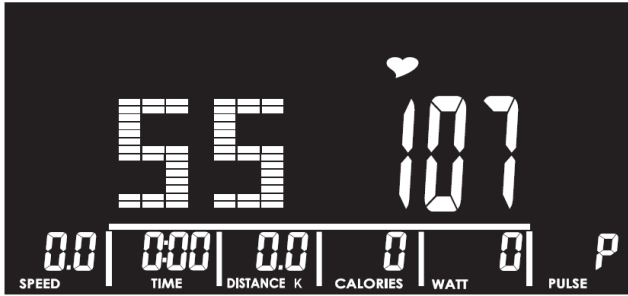
(7) USER PROGRAM -

7-1 Use UP (□) and DOWN (▼) key to create user's desired program, press "ENTER" when each chart value's determined.

7-2 Press "ENTER" and hold for 2 seconds and skip to TIME setting.

7-3 Press "START" and user may start pedaling.

(8) WATT -

8-1 WATT default value 120 will be displayed in the alphanumeric column in flashing text waiting for an adjustment.

8-2 Use UP (□) and DOWN (▼) key to adjust WATT and TIME values.

8-3 Press "START" to start exercise.

8-4 WATT LEVEL will be adjusted automatically according to user's actual RPM input value.

8-5 WATT LEVEL can be readjusted manually during workout.
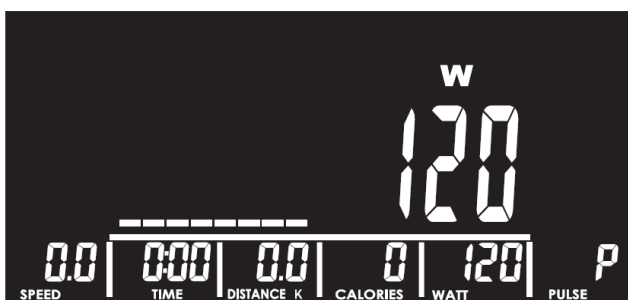
(9) BODY FAT -

9-1 This function is valid after user stops pedaling (or press "STOP").

9-2 A continuous RPM signal input is required during BODY FAT test.

9-3 Press "BODY FAT", console system will display "UX" for two seconds and start the body fat measurement process and will show results of FAT% and BMI on screen 8 seconds later.

9-4 Press "BODY FAT" and hold for two seconds to enter user profile to reset SEX, AGE, HEIGHT, and WEIGHT. Press "ENTER" to start body fat measurement process.

9-5 If LCD displays following messages:

"E-1"- When there's no heart rate signal input detected; or

"E-4" – When FAT% result exceeds 5~50 and BMI result exceeds 5~50.
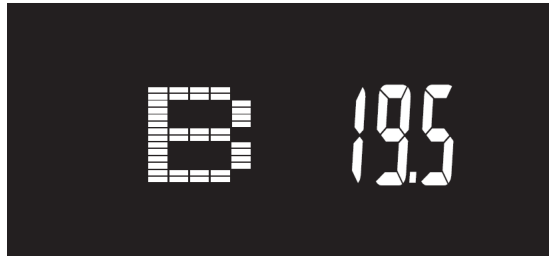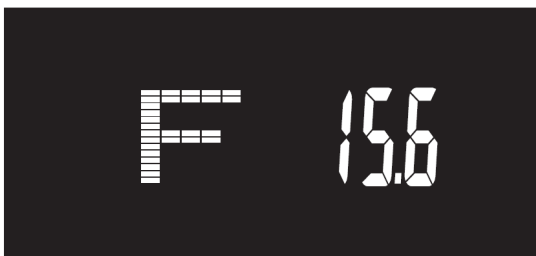
(10) RECOVERY -

10-1 RECOVERY function is valid when there's a heart rate value input detected (during exercise or after user presses "STOP").

10-2 Press "RECOVERY" and LCD will display TIME "0:60" counting down with user's actual heart rate value showing in the PULSE column.

10-3 When TIME reaches to "0:00", LCD will have result "FX" (X=1~6) displaying in the alphanumeric section.

10-4 Press "RECOVERY" again and return to previous mode during or after RECOVERY test's occurred; LCD will continue displaying user's actual heart rate value on screen.
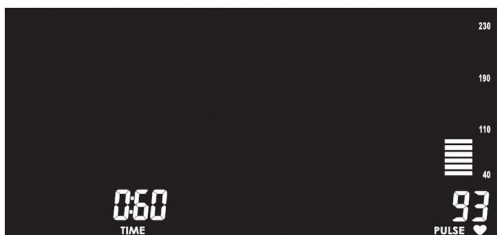
APP:

1.This console has been built in Bluetooth 4.0 module for APP function.

2. Once console is connected to smart device via Bluetooth , the console will power off.

Noted:

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

   Press any key may wake the console up.

2. If console operation or display abnormally ,please Power-off and restart it.

Garlando