

TOORX
FITNESS IN MOTION

INSTRUCTION



ERX 400



Cod : GRLDTOORXERX400

Rev : 00

Ed : 06/20




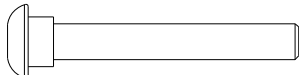


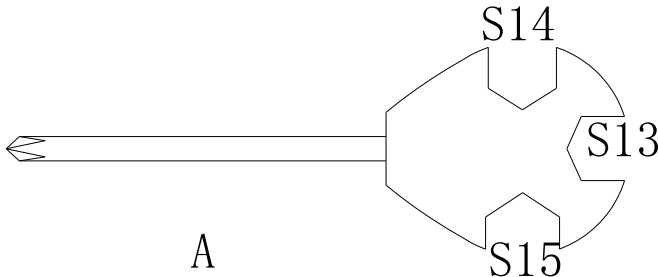
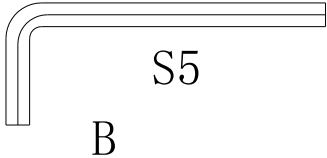


PARTS LIST

No.	Description	Qty.		No.	Description	Qty.
1	Computer	1		32	Bolt M8*40*15*S5	4
2	Handle pulse Wire	1		33	Adapter	1
3	Handle pulse plate 1	2		34	Arc Washer d8*Φ20*2*R16	4
4	Handle pulse plate 2	2		35	Handlebar Cover	2
5	Bolt ST3*25*Φ5.6	4		36	Spacer Φ32*3.3	4
6	Washer d4	4		37	Spacer Φ50*Φ28*20	4
7	Screws M4	4		38	Rubber Spacer Φ30*Φ20*10	2
8	Middle handlebar	1		39L/R	Swing bar L/R	2
9	End cap Φ25*16	2		40	Bearing	2
10	Trunk Wire 1	1		41	Hexagon Nut M10*H7*S17	2
11	Bolt M8*20*S5	23		42	Bolt Φ12*22*M8*S8	2
12	Spring Washer d8	17		43	Bolt M8*10*S5	2
13	Washer d8*Φ22*2	16		44L/R	Cover of L/R swing bar	4
14	Arc Washer d8*Φ20*2*R30	3		45	Bolt M4*10*Φ8	8
15	Handlebar post join	1		46L/R	L/R Pedal arm join	2
16	Bolt M8*70*25*S5	1		47	Pedal	2
17	Nylon Nut M8*H7.5*S13	12		48	End cap PT25*50	6
18L/R	Cover of Handlebar post join	2		49L/R	L/R Pedal arm	2
19	Bolt ST4.2*19*Φ8	20		50	Bearing 6804-ZZ	8
20	Main Frame	1		51	Wave Washer d17*Φ22*0.3	4
21	Front Stabilizer	1		52	Anti-slip plate	2
22	Transportation Wheel	2		53	Bearing 6003-ZZ	4
23	Bolt M8*42*15*S5	2		54	Transportation Wheel	2
24	Bolt M8*73*20*H5	2		55	Wave Washer d25*Φ30*0.3	2
25	Nut M8*H16*S13	2		56	Cover	4
26	End cap Φ60.5*17	6		57	Hexagon Bolt M8*50	3
27	Hexagon Nut M8*H5.5*S14	7		58	Pedal arm connector	2
28	Adjustable Footpad	7		59	Bearing 6004-ZZ	2
29	Foam Grip	2		60	Spacer	1
30L/R	L/R Handlebar	2		61	Hexagon Bolt M6*16	6
31	Handlebar Cover	2		62	Spring Washer d6	6

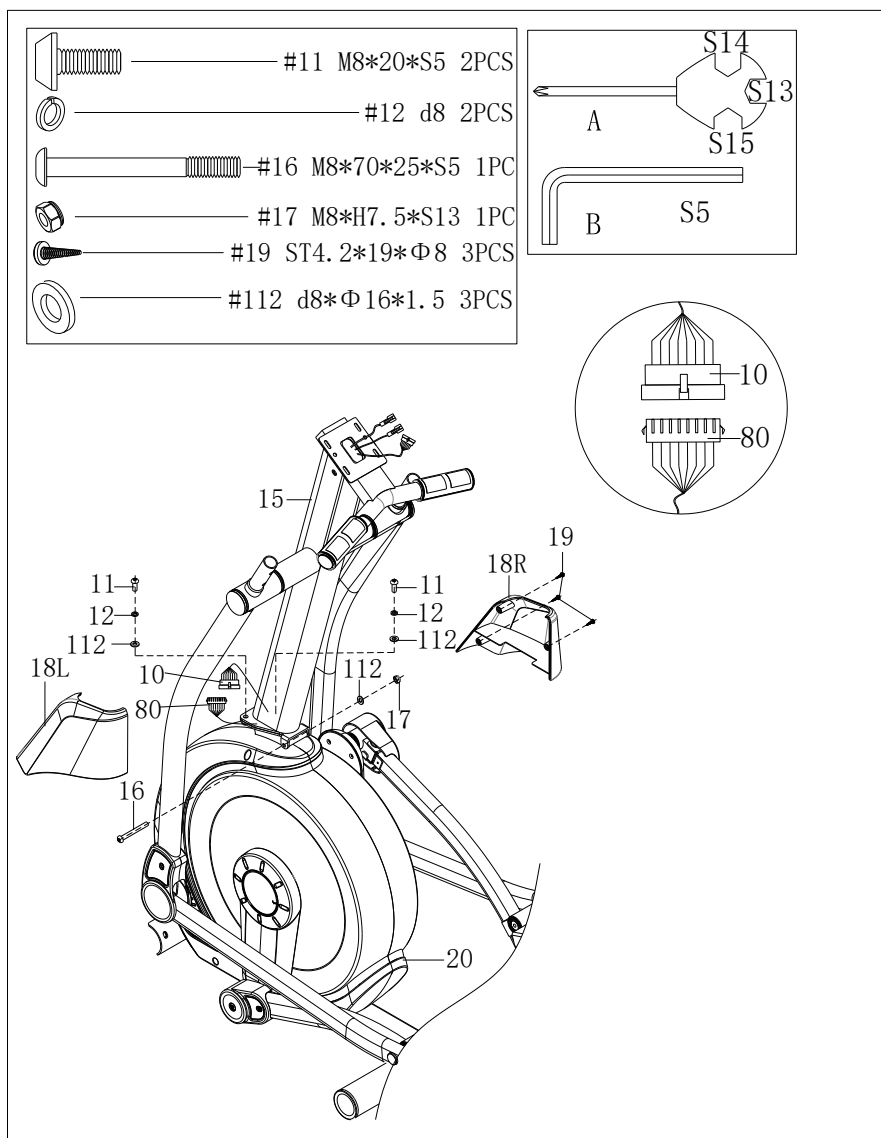
63	Nylon Nut M6*H6*S10	4		94	Wave Washer	1
64	Magnet	1		95	Tension spring	1
65	Belt Plate	1		96	Bolt M8*12*Φ10*5.5*S5	1
66	Belt	1		97	Washer d12*Φ17*0.5	1
67L/R	Cover L/R	2		98	Idler rod	1
68	Bolt ST4*10*Φ6	8		99	Washer d6*Φ12*1.2	2
69L/R	Chain Cover	2		100	Washer d12	2
70	Bolt ST4.2*16*Φ8	6		101	Magnetic board Join	1
71	Washer d6*Φ16*1.5	9		102	Tension spring	1
72	Bolt ST4*13*Φ8	4		103	Magnet	8
73	Small cover on crank cover	2		104	Magnetic plate shaft	1
74	Crank	2		105	Aluminum sheet	2
75	Crank cover	2		106	Sliding tube 1	1
76	Close cover on crank cover	2		107	Power Trunk Wire	1
77	Hexagon Bolt M10*50	2		108	Motor	1
78	Sensors	1		109	Electric tension line	1
79	Sensors holder	1		110	Spacer Φ14*55*M8	2
80	Trunk Wire 2	1		111	Rail	1
81	Hexagon Nut M10	2		112	Washer d8*Φ16*1.5	4
82	Bolt M6*40	2		113	Bushing 3	4
83	Chain U seat	2		114	Sliding tube 2	1
84	Hexagon Nut M6*H5*S10	2		115	End cap F38*38	1
85	Hexagon Thin Nut M10*1	1		116	End cap F30*30*16	1
86	Spacer Φ15*Φ10.2*9	1		117	Knob	1
87	Wave washer d	1		118	Bushing	4
88	Flywheel	1		119	Nut M10*8*S16	2
89	Flywheel shaft	1		120	Hook	2
90	Cone hexagon thin nut M10*1	1		121	Bushing	1
91	Hexagon Bolt M6*10*S10	5		A	Spanner S13-14-15	1
92	Bearing 6001-2RS	2		B	Wrench S5	1
93	Idler Pulley	1				

HARDWARE PACKAGE

	#11 M8*20*S5 6PCS
	#12 d8 4PCS
	#14 d8*Φ 20*2*R30 2PCS
	#16 M8*70*25*S5 1PC
	#17 M8*H7.5*S13 5PCS
	#19 ST4.2*19*Φ 8 3PCS
	#24 M8*73*20*H5 2PCS
	#25 M8*H16*S13 2PCS
	#32 M8*40*15*S5 4PCS
	#34 d8*Φ 20*2*R16 4PCS
	#112 d8*Φ 16*1.5 3PCS
	
	

ASSEMBLY INSTRUCTIONS

STEP 1:

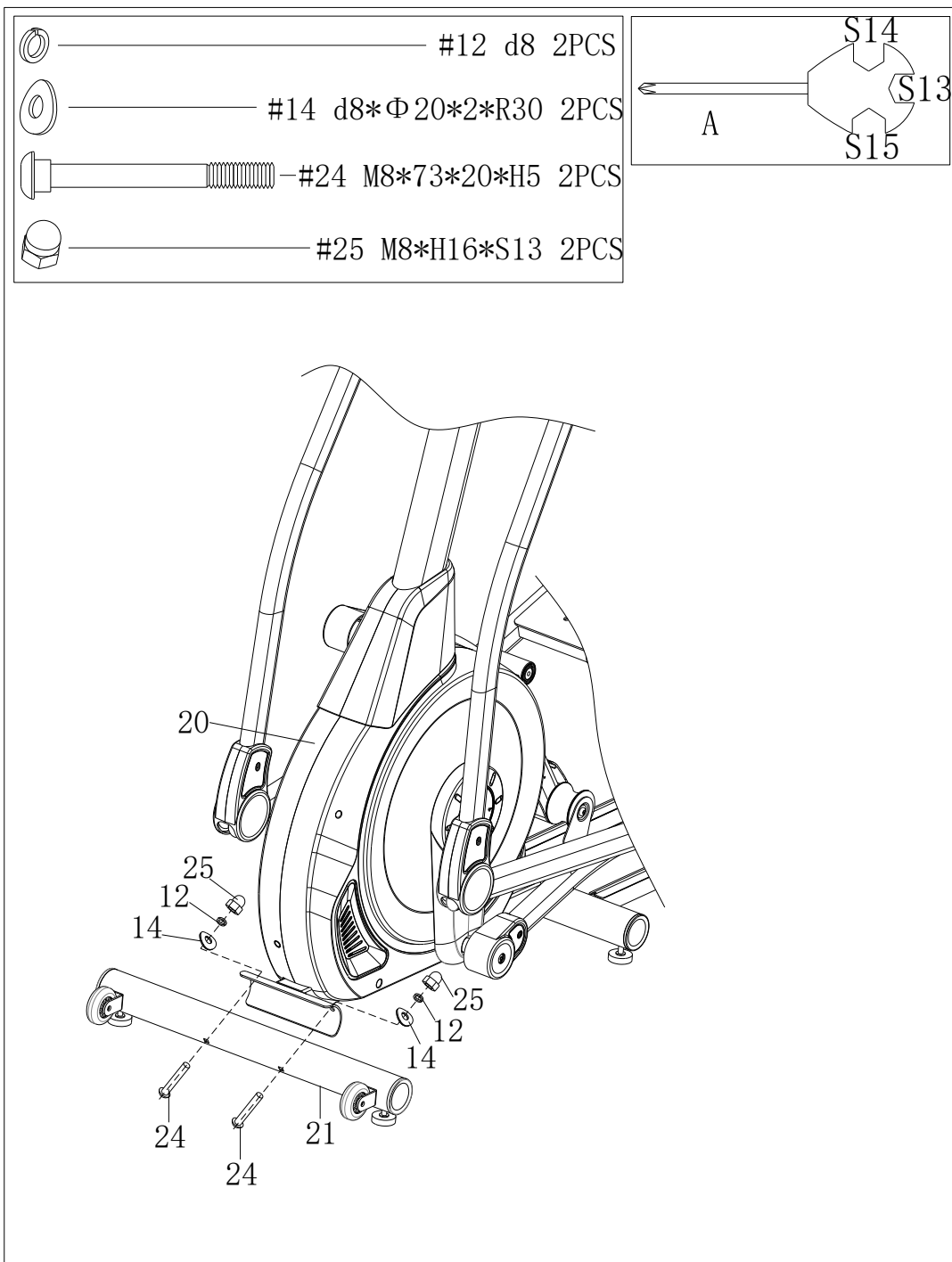


A. Connect trunk wire 1(10) on handlebar post join(15) and trunk wire 2(80) on main frame(20) well, then insert to Handlebar post join(15) .

B. Insert bolt(16) into hole on handlebar post join(15) and main frame(20), then secure handlebar post join(15) and main frame(20) with bolt(16), washer(13) and nylon nut(17) by spanner(A) and wrench(B). Fix Handlebar post join(15) to main frame(20) using bolts(11), spring washers(12) and washers(13) by wrench(B).

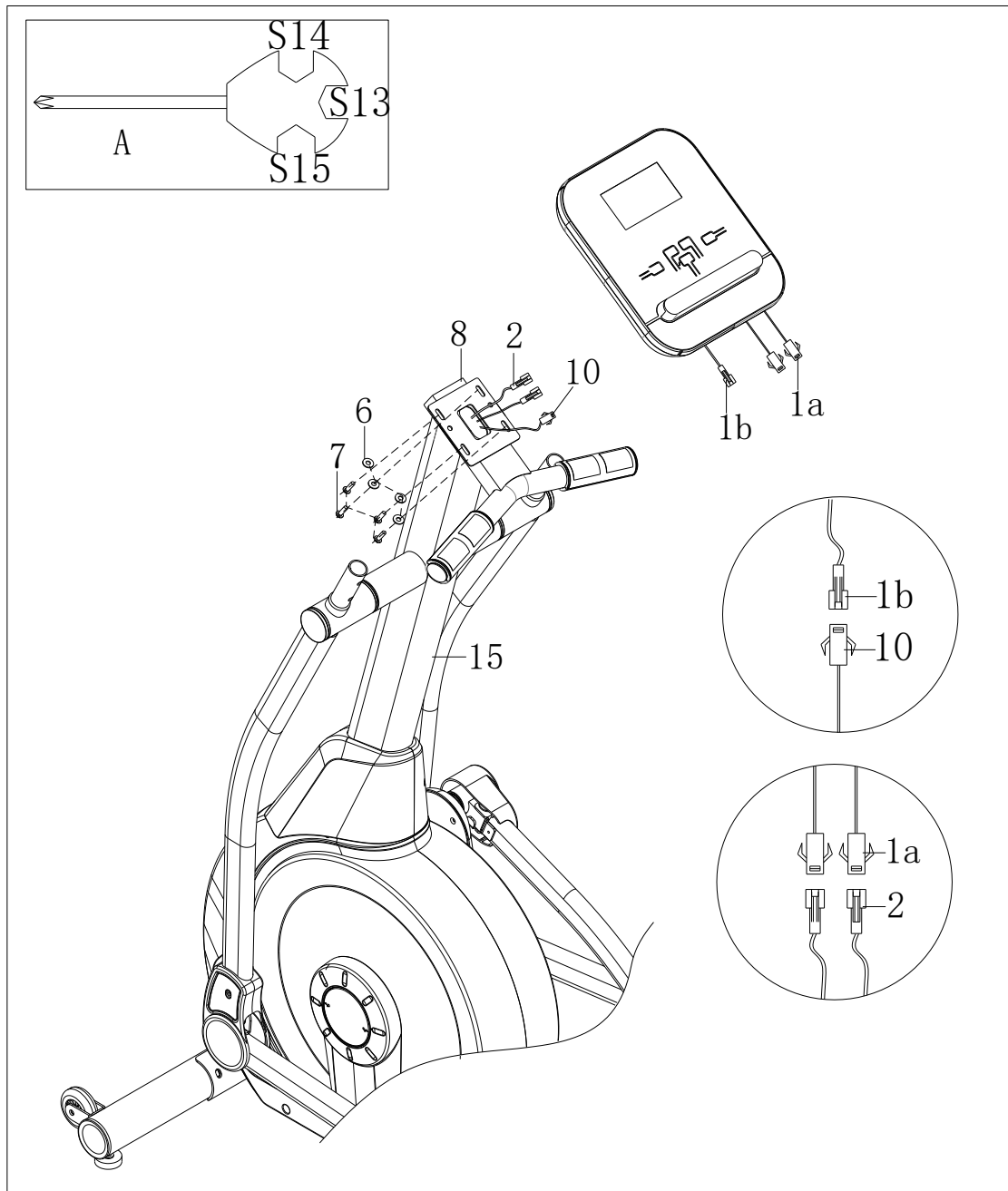
C. Secure L/R cover of front tube(18L/R) on Handlebar post join(15) and main frame(20) with bolts(19) by spanner(A).

STEP 2:



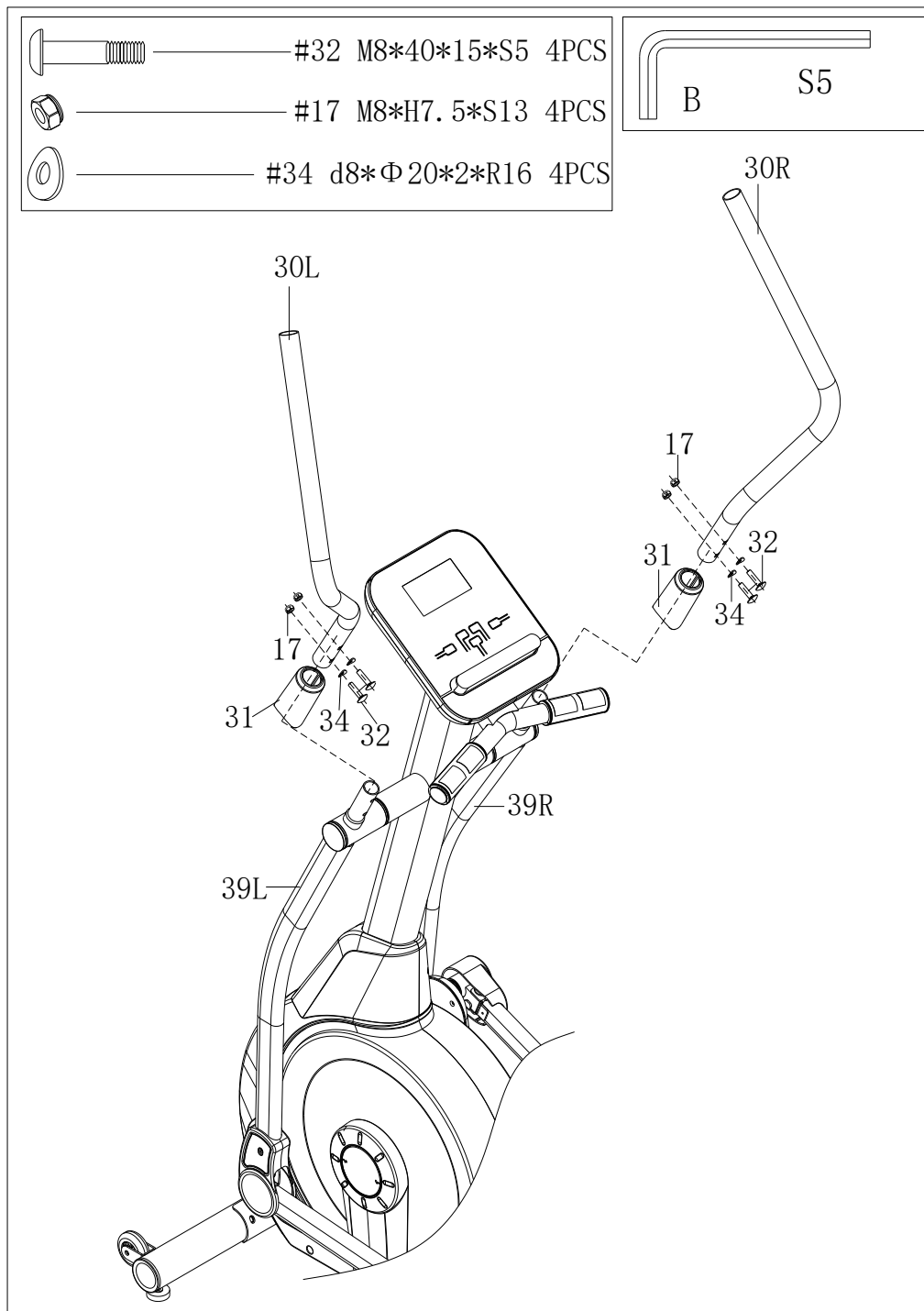
Attach the front stabilizer(21) on main frame(20) with bolts(24), arc washer(14), spring washers(12) and nuts(25) by spanner(A).

STEP 3:



Connect computer wire(1a) and handle pulse wire(2) well;
Connect computer wire(1b) and truck wire 1(10) well. Take out screws(7) and washers(6) from computer(1), then secure computer(1) on middle handlebar(8) by spanner(A).

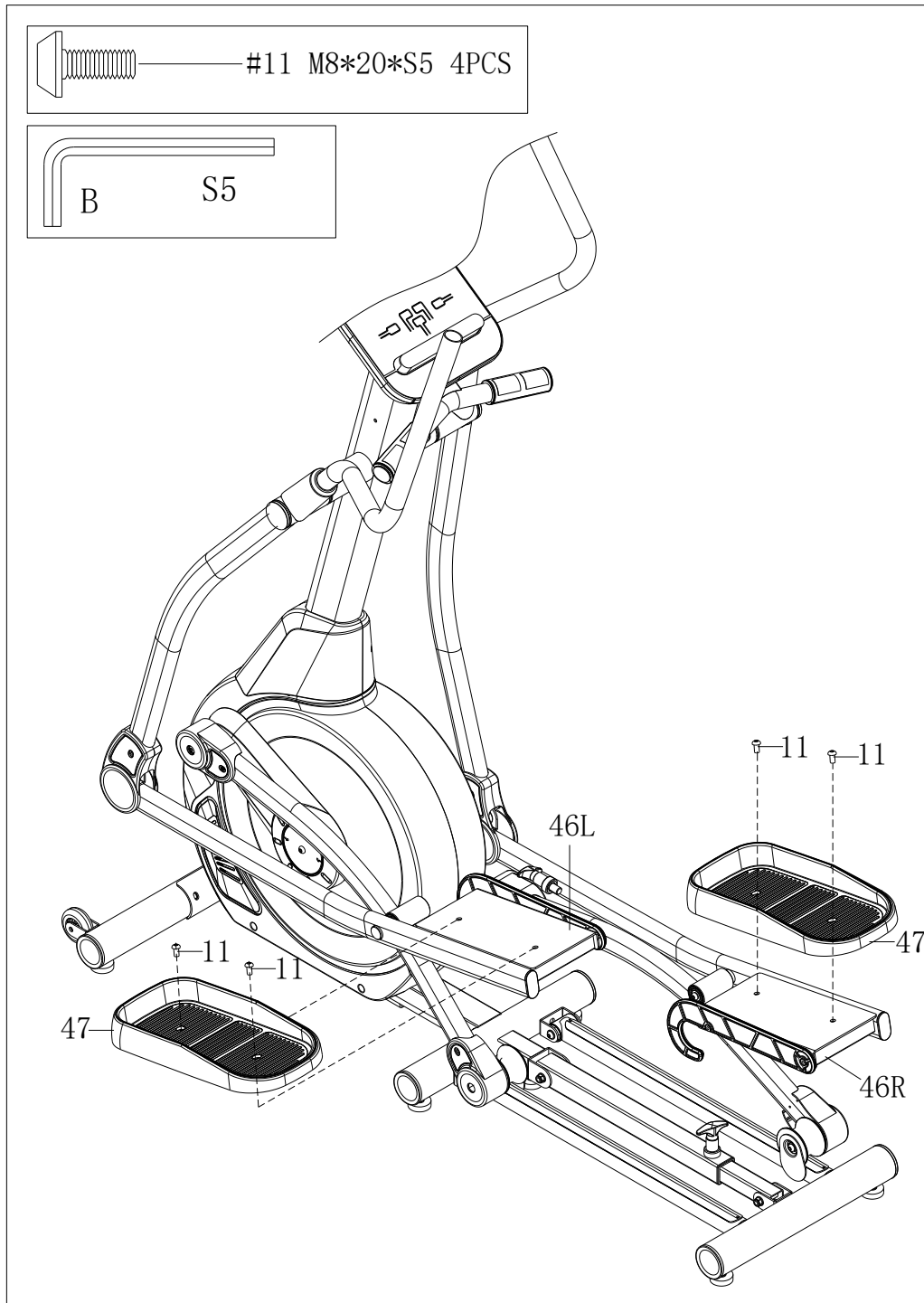
STEP 4:



A. Fix handlebar cover(31) on L/R handlebar(30L/R).

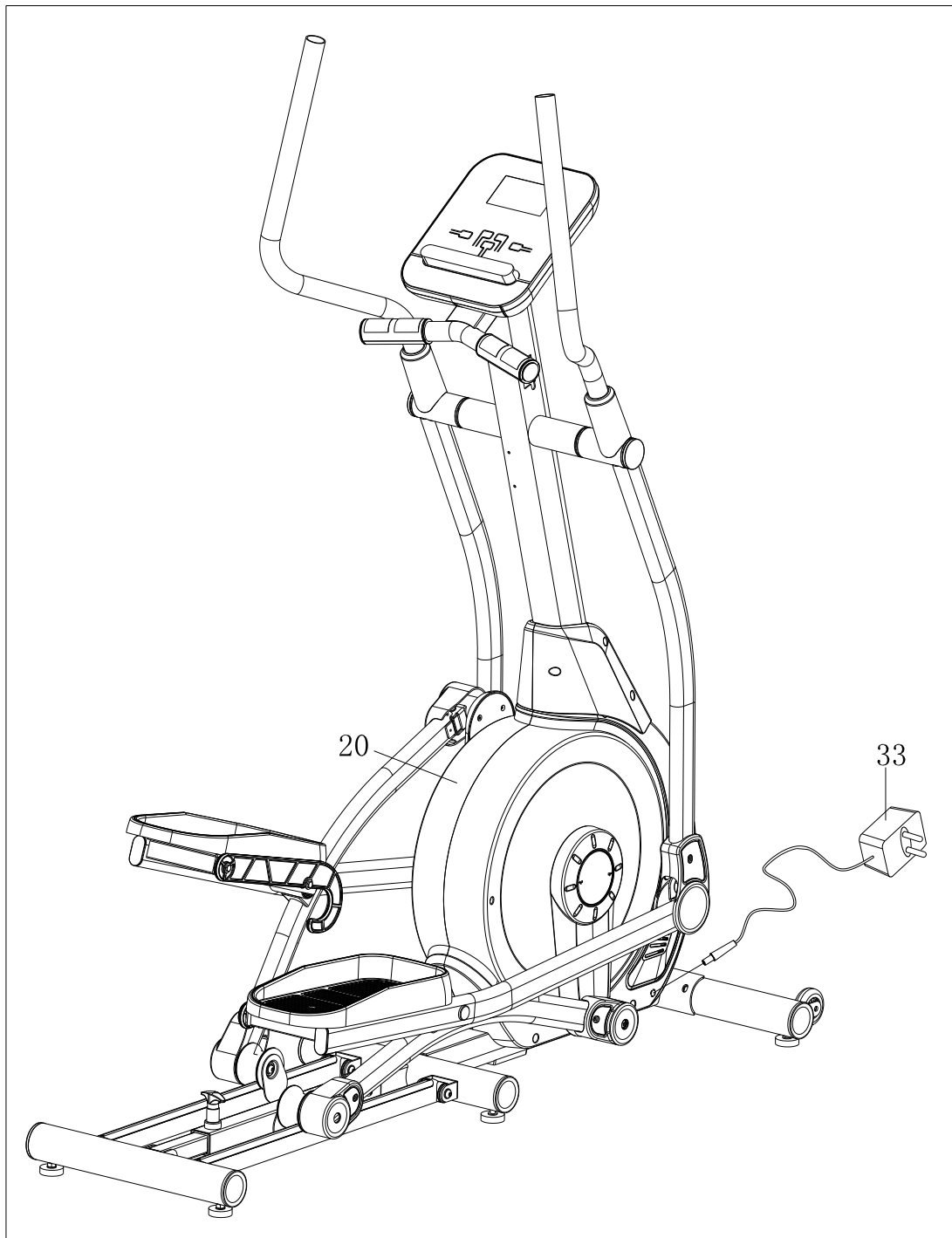
B. Attach L/R handlebar(30L/R) into L/R swing bar(39L/R) using bolts(32), arc washers(34), nylon nuts(17) by wrench(B).

STEP 5:



Secure L/R pedal (47L/R) on L/R pedal arm join (46L/R) using 4 bolts(11) by wrench(B).

STEP 6:

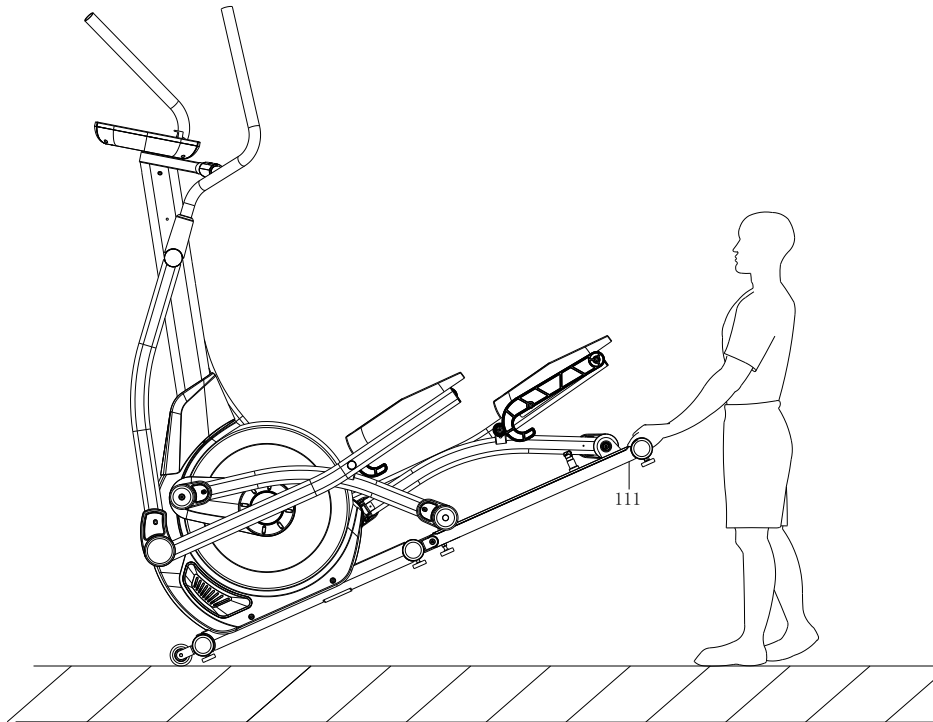


When use this product, please insert adapter line(33) to power hole on the front of main frame(20), then plug the adapter(33) into an outlet.

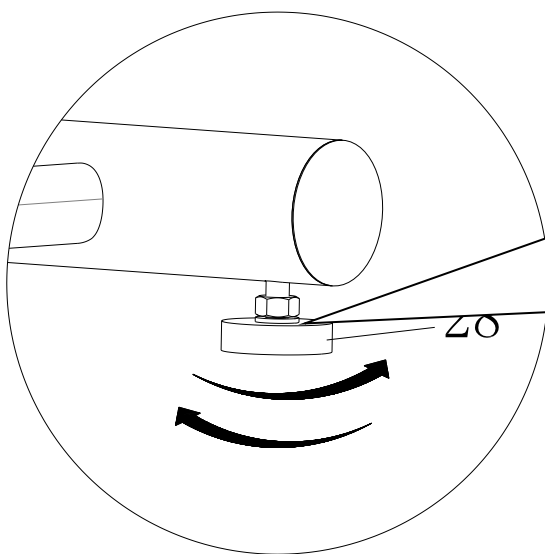
Attention: Cut off the power source when don't use it long time.

MOVING THE MACHINE:

To move the machine, lift up the rear handlebar of main frame(20) until the transportation wheels(22) on the front stabilizer(21) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

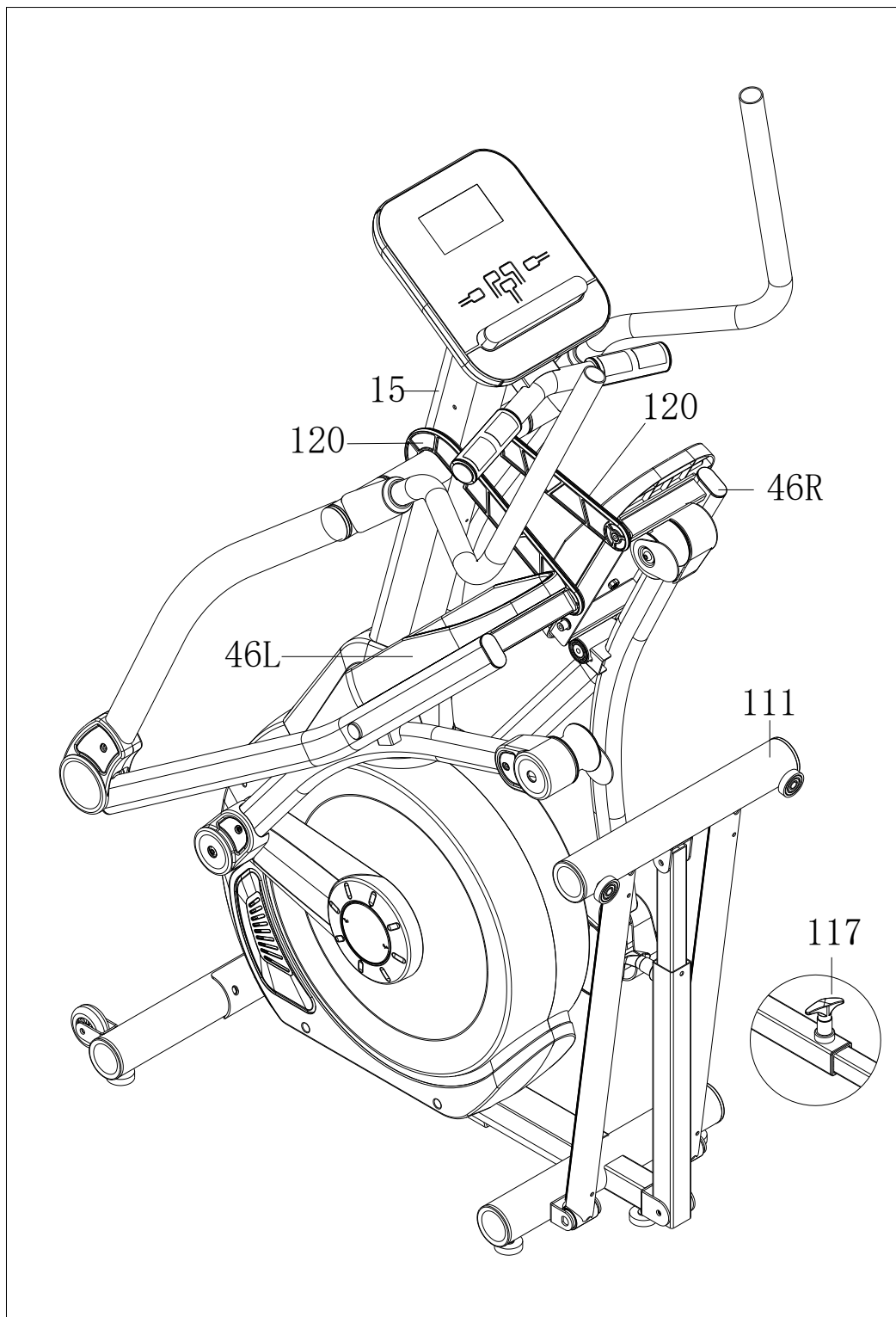


ADJUSTING THE BALANCE:



When this product is on an uneven surface, please adjust both foot pads (28) according to the instruction picture.

Folding Machine:



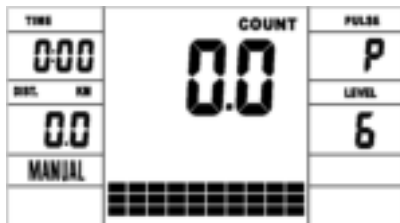
When no use, lift up the left and right pedal arm join(46L/R), and hung the hooks(120) to the left and right sides of handbar post joint(15). Then pull out the knob(117) to fold the rail(111).

MOTORIZED COMPUTER OPERATION MANUAL

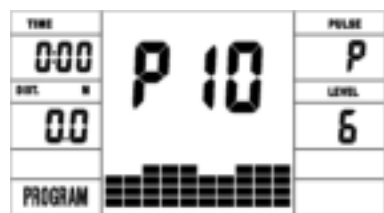
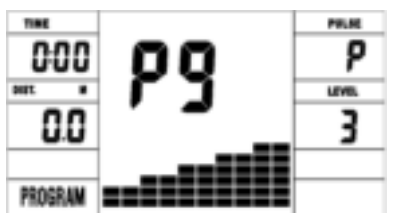
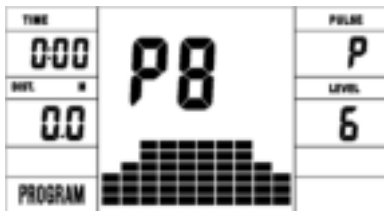
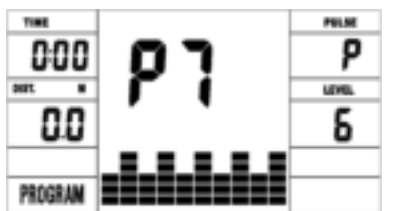
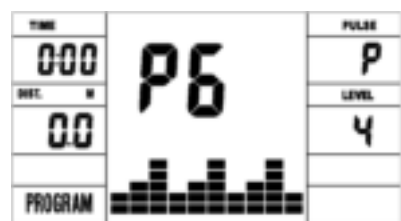
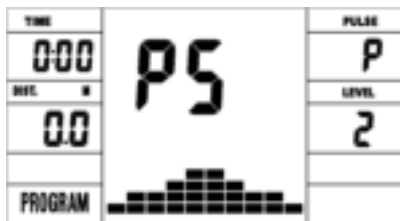
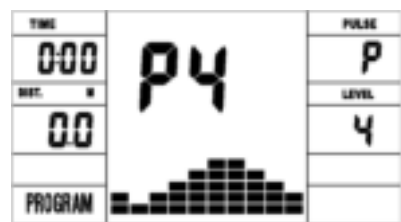
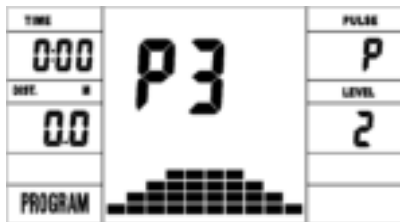
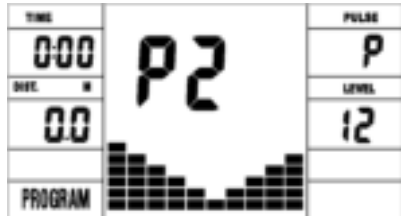
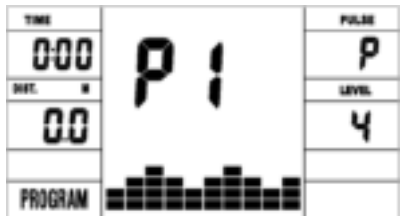
Function:

1. Program: 21 programs as following

A: 1 Manual Program



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



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	000	P 16	PULSE	P
DIST. M	00		LEVEL	6
			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	000	P 17	PULSE	P
DIST. M	00	55%	LEVEL	1
			PULSE PRO	

TIME	000	P 18	PULSE	P
DIST. M	00	75%	LEVEL	1
			PULSE PRO	

TIME	000	P 19	PULSE	P
DIST. M	00	95%	LEVEL	1
			PULSE PRO	

TIME	000	P 20	PULSE	P
DIST. M	00	TARGET	LEVEL	1
			PULSE PRO	

E: 5 User Setting Programs: CUSTOM1 to CUSTOM5 (P 11 ~ P15)

TIME	000	P 11	PULSE	P
DIST. M	00	U 1	LEVEL	1

TIME	000	P 12	PULSE	P
DIST. M	00	U 2	LEVEL	1

TIME	000	P 13	PULSE	P
DIST. M	00	U 3	LEVEL	1

TIME	000	P 14	PULSE	P
DIST. M	00	U 4	LEVEL	1

TIME	000	P 15	PULSE	P
DIST. M	00	U 5	LEVEL	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 turn 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. 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 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.
- G. 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.

TIME		PULSE
0:00	25	146
DIST. M		LEVEL
0.0	AGE	1
		PULSE PRO

- 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.

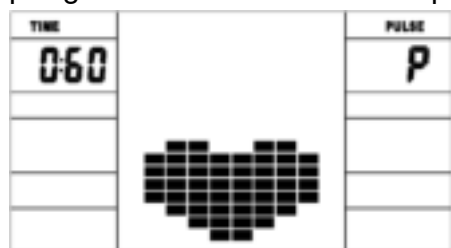
F. The first resistance level will flash, and then press UP, DOWN button to set the desired load resistance. Press ENTER to confirm. Then repeat above operation to set the resistance from 2 to 10.

G. 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.



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.

3. 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(M/H): showing your current speed. Range: 0.0~99.9 KM/H(M/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(MILE)
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)

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:1~16

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

■ **ADAPTOR**

INPUT: AC 230-240V OR 220V OR 110V OR 100-240 V

OUTPUT: 6VDC 1000mA OR 8VDC 500MA OR 9VDC 1



GARLANDO SPA

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