

TCORX
PROFESSIONAL LINE

INSTRUCTION



BRX
AIR5000



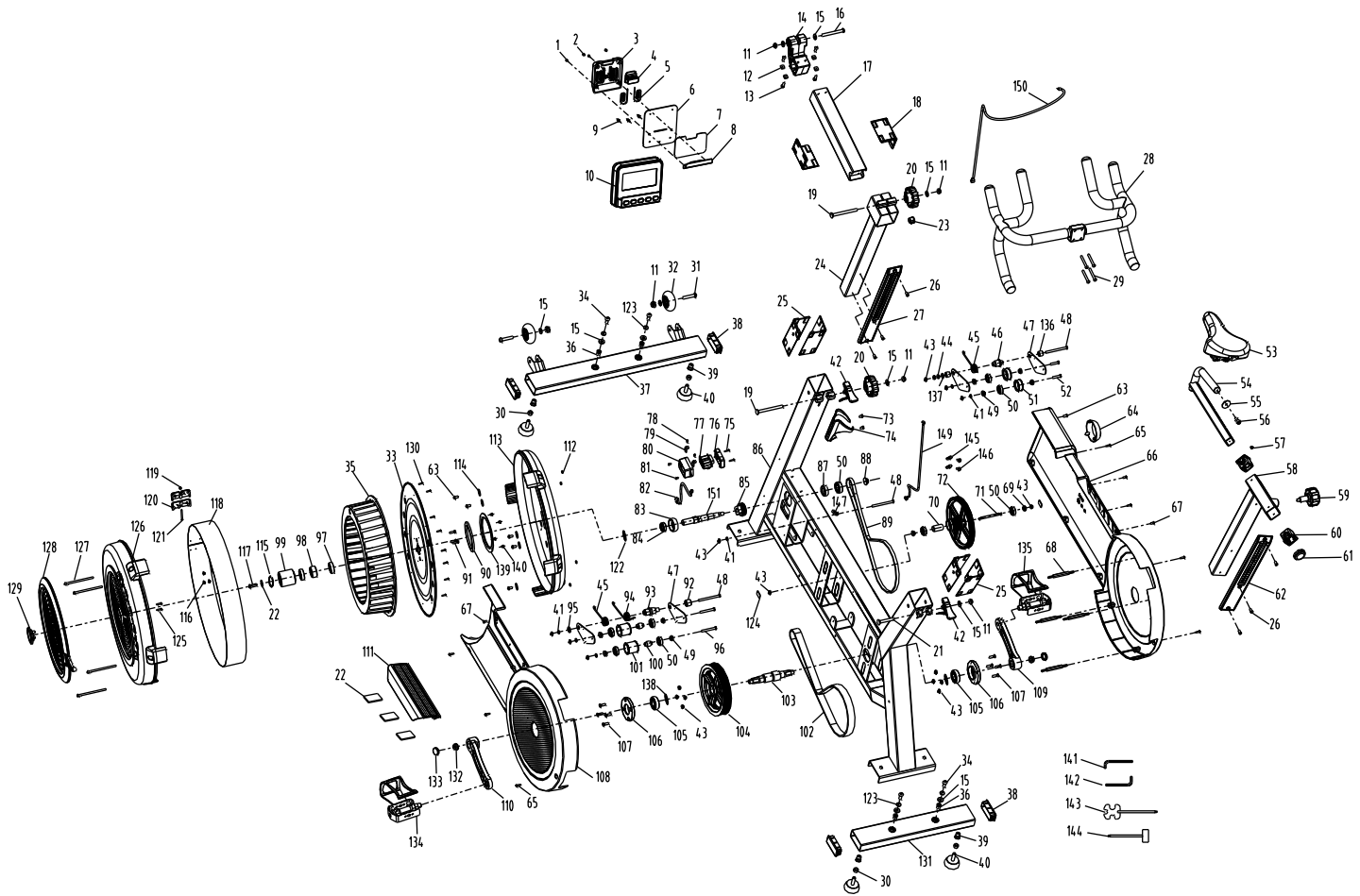
Code: GRDTCORXBRXAM7

Rev: 00

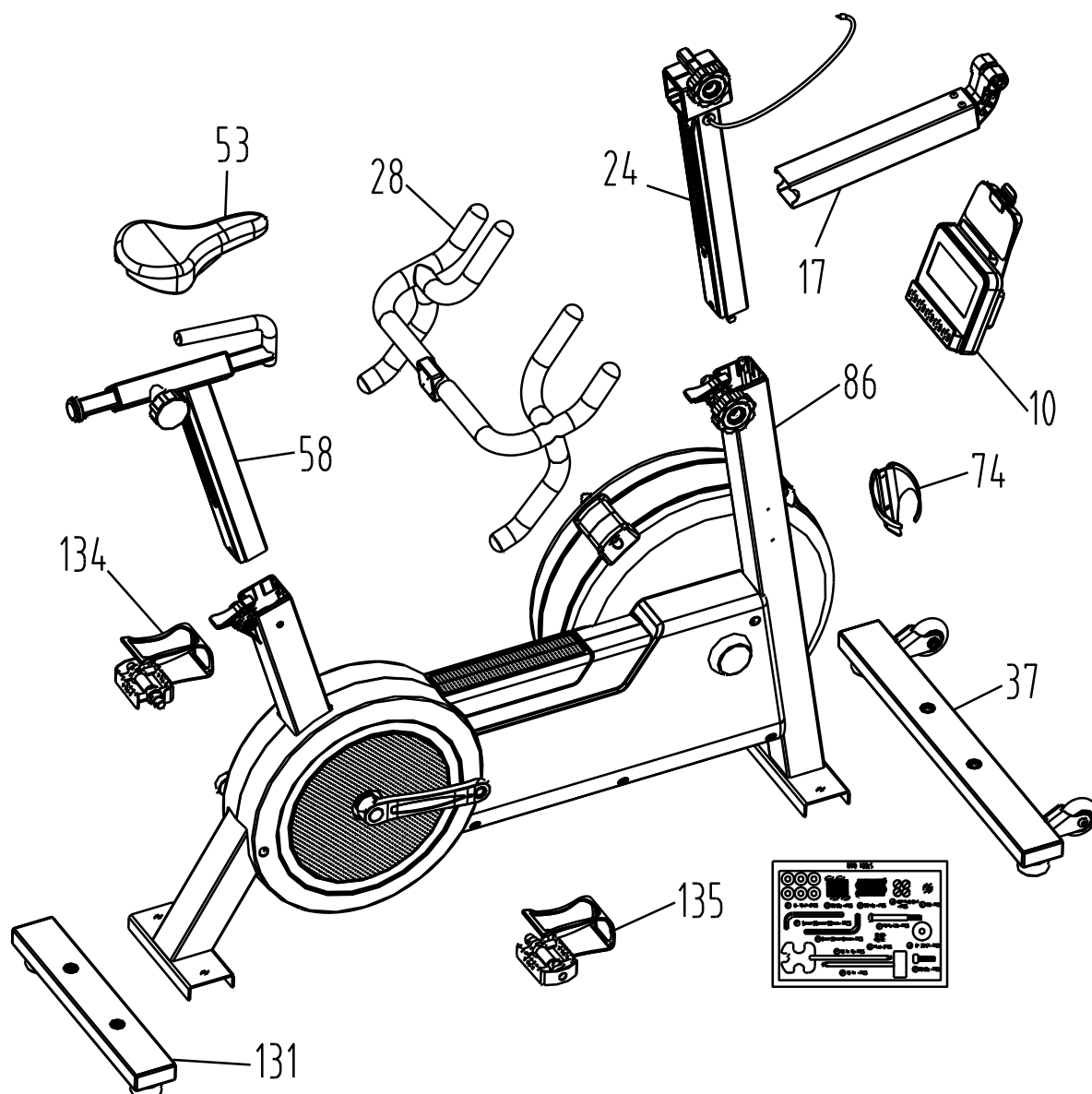
Ed: 10/25



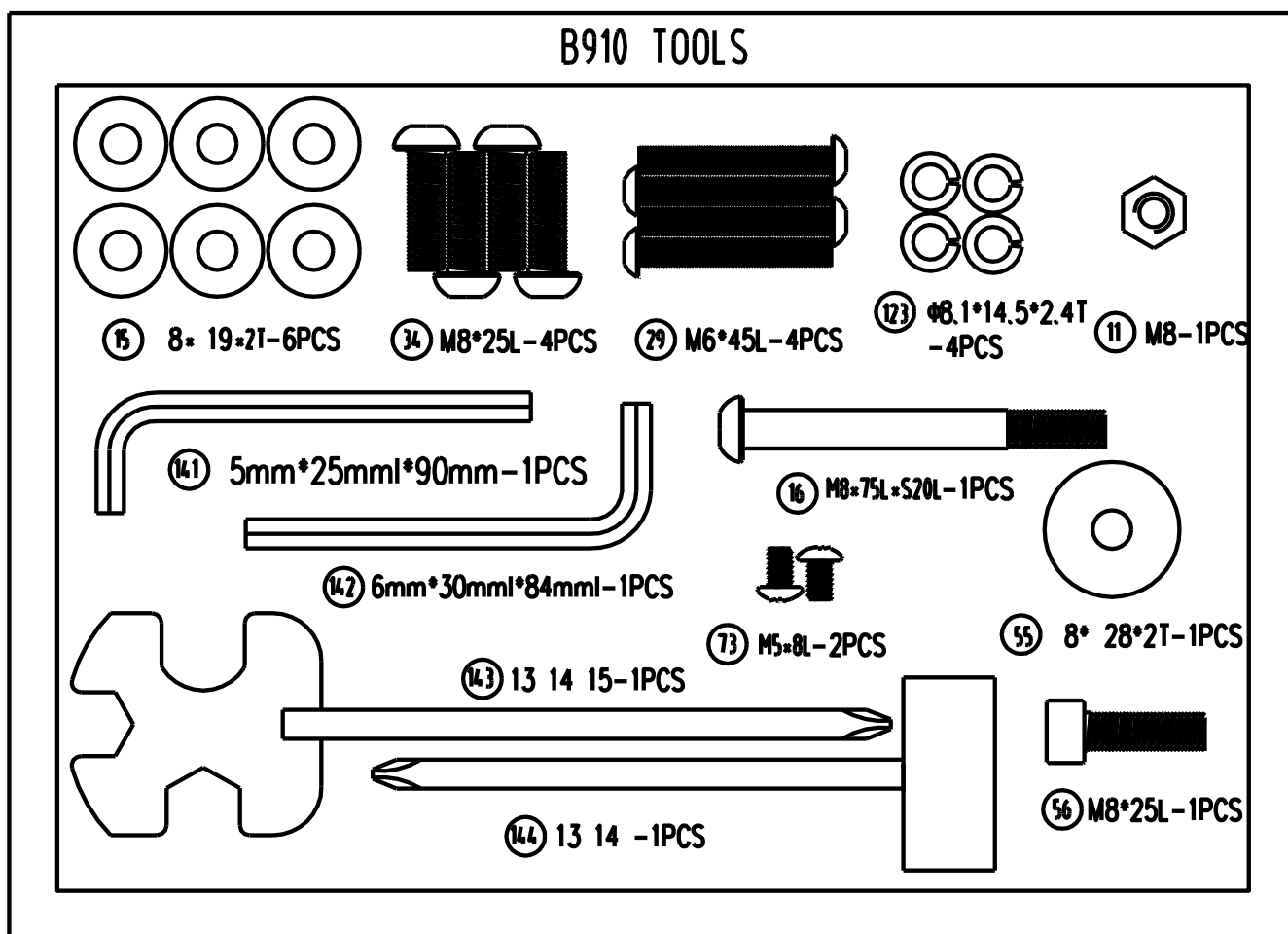
Exploded drawing



Parts in carton



Screw kit



List

NO	Description	SPEC.	Q'ty		NO	Description	SPEC.	Q'ty
11	Nylon nut	M8*7T	1		73	Screw	M5*P0.8*8	2
15	Flat washer	Φ 8* Φ 19*2T,	6		123	Spring washer	Φ 8.1*14.5*2.4T	4
16	Screw	M8*P1.25*75L*S20	1		141	Wrench	5mm*25mm*90mm	1
29	Screw	M6*45L	4		142	Wrench	6mm*30mm*84mm	1
34	Screw	M8*P1.25*25	4		143	Wrench	13.14.15	1
55	Flat washer	Φ 8*Φ28*2	1		144	Wrench	13.14	1
56	Screw	M8*P1.25*25L	1					

ST AND TOOLS

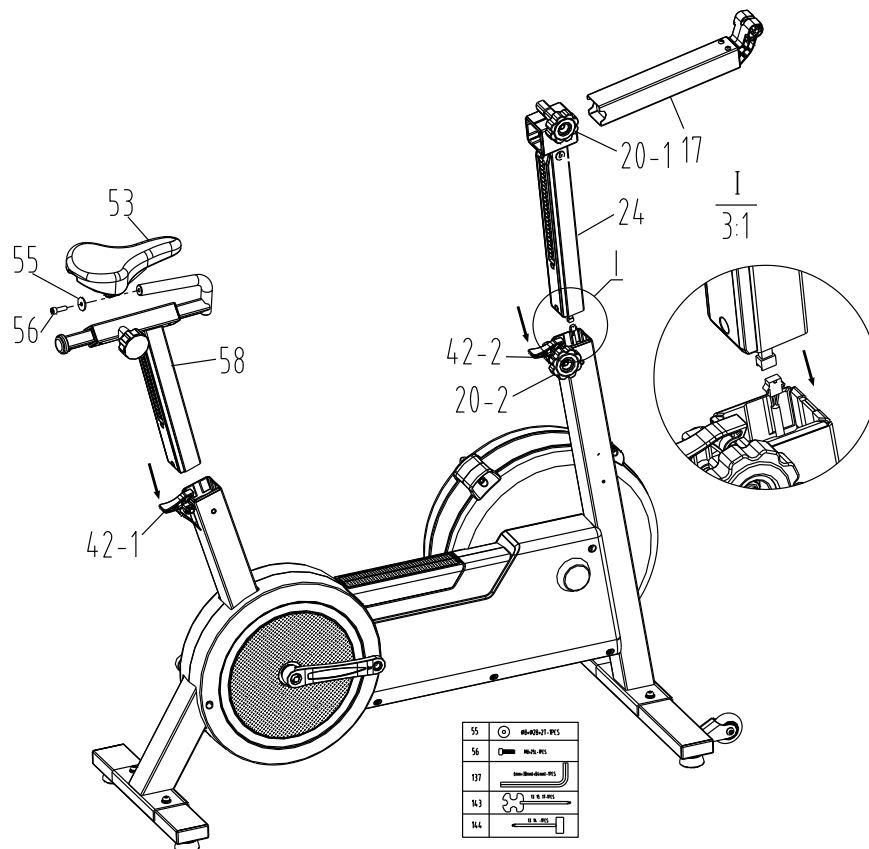
NO	Description	Material	SPEC.	Q'ty	NO	Description	Material	SPEC.	Q'ty
1	Screw	35	ST3.5*12L	2	77	coil assembly			1
2	Screw	35	M5*P0.8*8L	2	78	Screw	35	M4*P0.7*8L	2
3	Tablet holder cover low	ABS	ABS	1	79	Sensor coil connect piece	Q235	3T	2
4	Tablet holder clip	ABS	ABS	1	80	Magnet fix base cover low	PP	PP	1
5	Elastic wire		Φ2*450L	1	81	screw	35	M4*8L	2
6	Console connect piece	Q235	2.5T	1	82	Flat washer	Q235	Φ8*Φ22*2T	1
7	EVA pad	EVA	EVA, 113*71*1.5	1	83	Rubber bearing base	Rubber	Φ42*13	1
8	Tablet holder cover up	ABS	ABS	1	84	bearing		6003 2ZZ	3
9	Screw	35	M5*P0.8*8L	3	85	Small pulley	45		1
10	Console	ABS	YT6918	1	86	Main frame	Q195		1
11	Nylon nut	35	M8*7T	7	87	Rubber bearing base	Rubber	Φ35*10	1
12	Square nut	35	M6*11*11*5T,	4	88	nut	35	M10*P1.5*10T,	1
13	Screw	35	M6*P1.0*20L,	4	89	Driving belt		380J4	1
14	Console fix base	PA6	PA6+20%GF	1	90	Magnet		Φ92.5*Φ79*5T	1
15	Flat washer	Q235	Φ8*Φ19*2T,	12	91	Screw	35	M4**8L,	3
16	Screw	35	M8*P1.25*75L*S20L,	1	92	Press bar			1
17	Handle slide rail	Q195		1	93	press wheel bearing sleeve	Q235	Φ12*Φ16*4.4L	2
18	Handle L shape sleeve	PP	PP	2	94	Screw	35	M6*50L*S7.5L	1
19	Screw	35	M8*P1.25*88L*S40L,	2	95	Screw	35	M8*P1.25*65L*S15	1
20	Knob	ABS	TPE80	1	96	press wheel bearing inner sleeve	Q235	Φ17*37.4L	1
21	Screw	35	M8*55L*S28L	1	97	Bearing		6003-2Z	2
22	EVA pad	EVA	54*30*4T	1	98	One-way bearing	45	Φ35*17L	1
23	Rubber plug	rubber	Rubber 80°	1	99	fan bearing base		Φ41*53.5L	1
24	Upright tube	Q195		1	100	Screw	35	M8*P1.25*40L	1
25	Upright L shape sleeve	PP	PP	4	101	Press wheel	PA6	PA6+20%GF	1
26	Screw	35	M6*12L	6	102	Driving belt		400J10	1
27	Adjust base	PA6	PA6	1	103	Belt pulley axle	Steel	Φ29.6*157	1
28	Handle bar	Q195		1	104	Belt pulley	ADC12		1
29	Screw	35	M6*45	4	105	Bearing		6004 2ZZ	2
30	Nut	35	M10*9T	4	106	Crank bearing fix base	45#	Φ76.4*13.5	2
31	Screw	35	M8*P1.25*40L*S12, 6	2	107	Screw	304	M6*1.0*20L	8
32	Wheel			2	108	Main cover L	ABS	ABS	1
33	Gear chassis	Q235	3T	1	109	Crank R			1
34	Screw	35	M8*P1.25*20L	4	110	Crank L			1
35	Fan leaf	ABS	ABS	1	111	Foot pad	PP	PP	1
36	Rivet nut	Q235	M8*18L	4	112	Nut	35	M5*P0.8*3.5T,	4
37	Front stabilizer	Q195	2008	1	113	Fan cover low	ABS	ABS	1
38	End cap	PP	PP	4	114	Flat washer	Q235	Φ6*Φ22*2T	5
39	Rivet nut	Q235	M10	4	115	Elastic ring	Q235	Φ37.8*1.5T	1
40	Adjust foot pad	Q235		4	116	Screw	35	ST3.9*7L,	6
41	Flat washer	Q235	Φ6*Φ12*2T	3	117	Screw	35	M8*P1.25*20,	1

42	adjust handle	PA6	PA6+20%GF	2		118	Mesh cover	304	0. 6T	1
43	Nylon nut	35	M6*5. 5T	15		119	Nylon nut	35	M4	1
44	Press bar			1		120	Mesh cover fix base	PP	PP	1
45	screw	35	M6*30*S8. 5	1		121	Screw	35	M4*45L	1
46	screw	35	M8*P1. 25*45L*S15	1		122	Wave washer	Q235	Φ 17. 5*Φ 22*0. 3T	1
47	Flat washer	S/S	Φ 8*Φ 22*1. 6	2		123	Spring washer	65Mn	Φ 8. 1*14. 5*2. 4T	1
48	Nut	35	M8*P1. 25*4T	2		124	EVA pad	EVA	15*20*2T	1
49	Bearing sleeve	PA6	PA6+20%GF	2		125	Screw		ST3. 5*16	2
50	Bearing		6001-2RS	6		126	Fan cover	ABS	ABS	1
51	Press wheel	PA6		1		127	Screw	35	M5*90L*S22	4
52	Screw	35	M8*P1. 25*85L	1		128	Fan adjust cover	ABS	ABS	1
53	Saddle	PU	SU-E3110	1		129	Fan adjust fix base	ABS	ABS	1
54	Saddle slide tube			1		130	Screw	Q235	Φ 4*10L	8
55	Flat washer	Q235	Φ 8*Φ 28*2T,	1		131	Rear stabilizer	Q195		1
56	Screw	35	M8*P1. 25*25L,	1		132	Nut	35	M12*P1. 25*7T,	2
57	screw	35	M4*P0. 7*8L	1		133	crank cover	PP	PP	2
58	Saddle tube	Q195		1		134	crank-L			1
59	Knob	Q235		1		135	crank-R			1
60	saddle slide tube sleeve	PA6	PA6	2		136				
61	Saddle slide cover	PP	PP	1		137				
62	saddle adjust base	PA6	PA6	1		138	Wave washer	Q235	Φ 20. 1*Φ 27*0. 3T	2
63	Screw	35	M6*12L,	6		139	Magnet fix base	Q235	1. 5T	1
64	Main cover decoration	ABS	ABS	1		140	Screw	Q235	M5*P0. 8*5	4
65	Screw	35	ST3. 9*16L	7		141	Wrench	Q235	5mm*25mm*90mm	1
66	Main cover R	ABS	ABS	1		142	Wrench	Q235	6mm*30mm*84mm	1
67	Screw	35	M6*P1. 0*12L	4		143	Wrench	Q235	13. 14. 15	1
68	Main cover rod	ABS	ABS, Φ 9*91. 6L	4		144	Wrench	Q235	13. 14	1
69	Bearing outer sleeve	6061	Φ 6*Φ 16*6. 5L	2		145	Cable tie	PA		2
70	Bearing inner sleeve	6061	Φ 6. 4*Φ 16*38	1		146	Screw	Q235	M5*P0. 8*12L	2
71	Drive axle	45	Φ 6*81L	1		147	Cable clip	PA66	PA66, Φ 6. 3	1
72	Drive wheel	ADC12		1		148	Magnet sensor wire			1
73	Screw	Q235	M5*P0. 8*8L	2		149	Console sensor wire low			1
74	Bottle holder	ABS	ABS	1		150	Console sensor wire up			1
75	Screw	Q235	ST2. 9*20L	2		151	Fan fix axle	20Cr	Φ 20*146	1
76	Magnet fix base cover up	PP	PP	1						

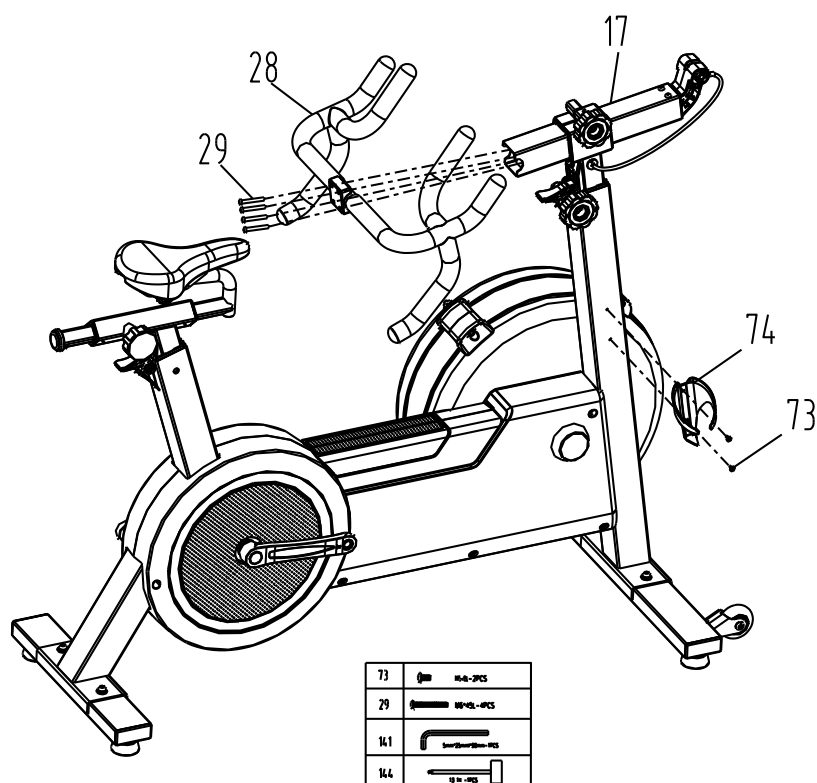
ASSEMBLY INSTRUCTION

34		M8*P1.25*25L-4PCS
123		8.1-4PCS
15		8-19*21-4PCS
137		8mm*25mm*10mm-PCS

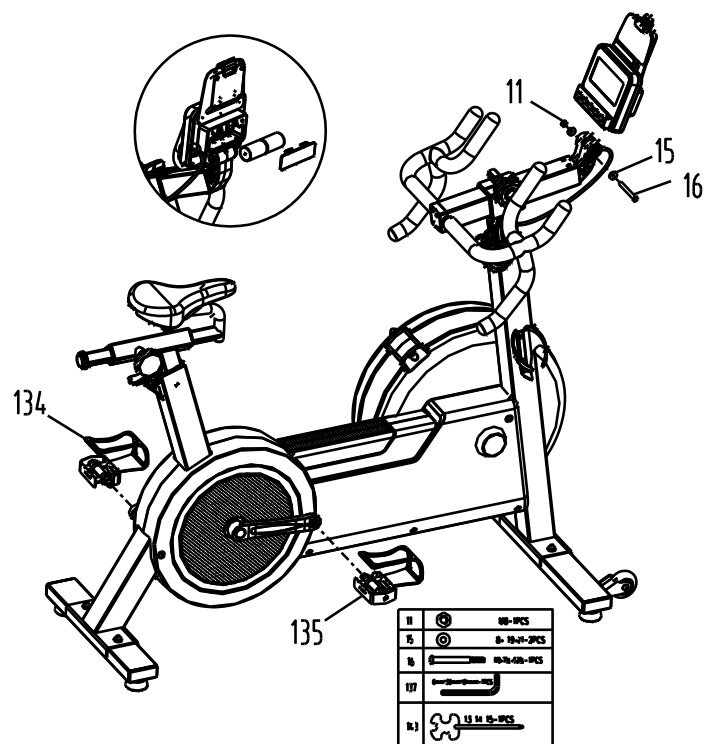
STEP 1



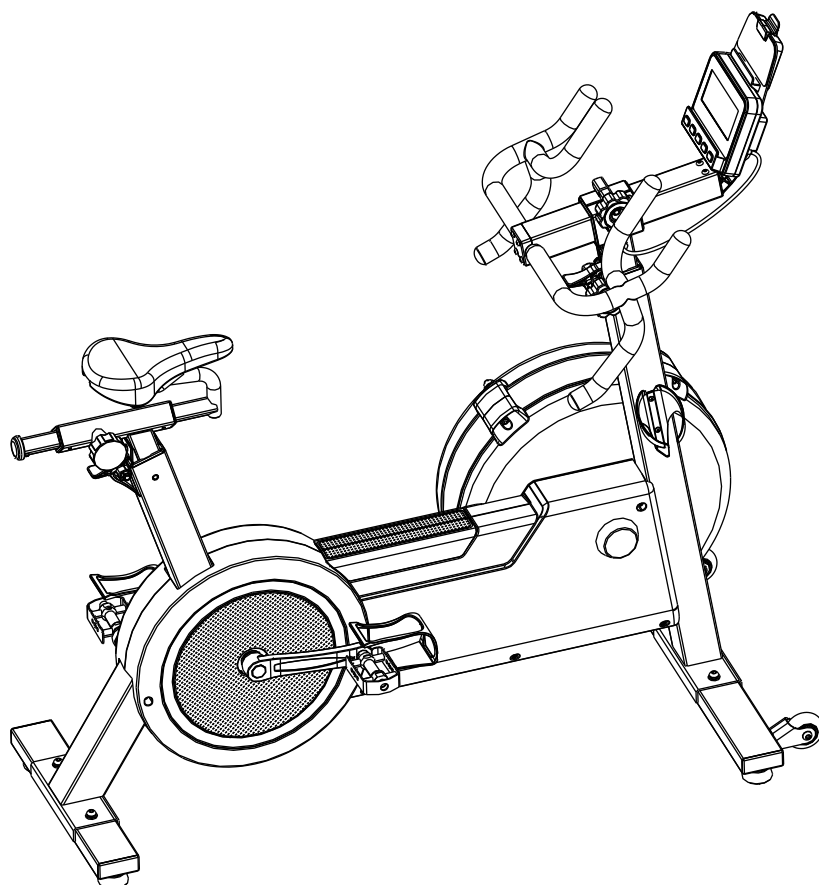
STEP 2



STEP 3



STEP 4



STEP 5

Electronic watch manual



default setting

P POWER ON : Pull the handle or press any button to enter idle mode .

P POWER OFF : Idle mode, it will automatically shut down after 20 seconds of inactivity;

In other modes (except running intermittent programs), it will automatically shut down after 30 seconds of inactivity;

Interval program, automatically shuts down after two minutes of inactivity.

Unit switching : The unit is KM by default . In idle mode, press the \triangle and ∇ buttons at the same time. It will display "KM" or "MILE". Press the \triangle or ∇ button to select, and then press the "ENTER/STOP" key. Undergo verification.

Battery : The meter contains 2 batteries , which are installed on the back of the meter .

Function buttons

S ELECT : In idle mode, press the "SELECT" key to cycle through different program modes. You can preset distance, time and calorie goals, game mode, or choose interval programs of 20/10, 10/20 or 10/10.

\triangle : Increase the preset value. Press and hold this button, the preset value will become faster, release the button and it will stop.

∇ : Reduce the preset value. Press and hold this button, the preset value will become faster, release the button and it will stop.

B ACK : When selecting program mode, pressing this button will return to the previous program mode; exercise , pressing this button will return to idle mode.

ENTER /S TOP : When selecting mode, press this button to enter mode setting;

When selecting the program and preset target value, press and hold this button for 3 seconds to restart;

During exercise, when the backlight is off, pressing this button for the first time will turn the backlight on. When the backlight is turned on, pressing this button will pause the calculation, and pressing the button again will continue the movement .

the meter shows

STROKE RATE: Displays the number of pulls in 1 minute during exercise . The more semicircles display , the more times.



TIME : Time range: 00:00 to 99:59 ;

In any sport mode, time is accumulated;

" 00:00 " flashes, and the exercise time can be set . The setting range is 0 1:00 to 99:00 ;

In interval mode, time cannot be set;

TIME/500m : the time required to move 500 meters ;

TIME/500m AVG : the **average** time of running 500 meters ;

WATTS AVG: average watts value;

PULSE : Heart rate value . To use this function, the heart rate transmitter must be worn on the chest. The meter can receive the heart rate data sent from the heart rate transmitter and display it . If you do not wear the heart rate transmitter correctly, the window will not appear. (The heart rate transmitter is not a medical device and is for reference only.)

DISTANCE : The distance range is 0 ~9999 ;

CALORIES : The range of calories is 0 ~999 ;

WATT: Watt value;

Note: There will be a prompt when the battery power is low ;

Program description:

This meter has 8 modes : Quick Start , Distance Countdown, Time Countdown, Calorie Countdown, Game Mode, 20/10 Interval Program, 10/20 Interval Program and 10/10 User Defined Interval Program by pressing the " SELECT " key choose . The specific instructions are as follows:

1. Ordinary program

Pull the handle to move directly, and the data will be calculated;
Press the " STOP " key to pause counting ;
Long press the "STOP" button to reset;
Pressing the " BACK " key will return to idle mode .

2 . Distance program:

During exercise, the distance will count down from the preset value , and other values will count up.

When you complete the distance program, "WINNER" will be displayed and a sound will sound. Press the " BACK " key to jump to idle mode.

3. Time program:

During exercise, the time will count down from the preset value , and other values will count up.

When you complete the time program, a sound will sound to remind you. Press the " BACK " key to jump to idle mode.

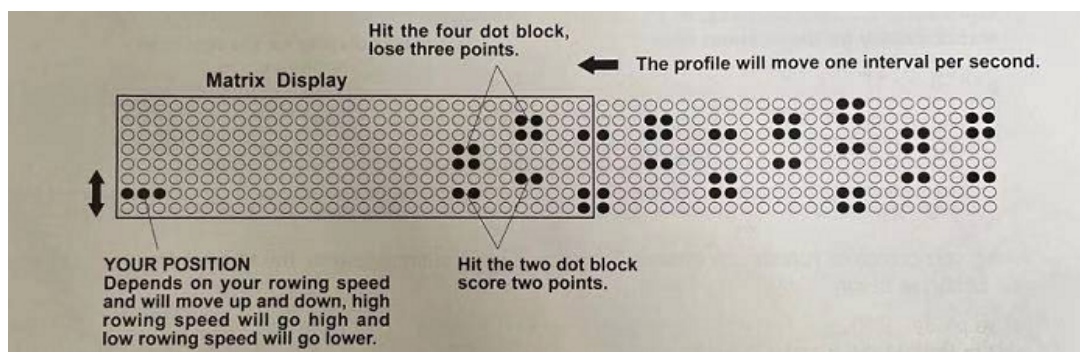
4. Calorie program:

During exercise, the time will count down from the preset value , and other values will count up.

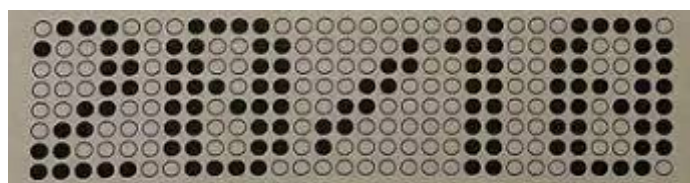
When you complete the calorie program, "END" will be displayed and a sound will sound. Press the " BACK " key to jump to idle mode.

5. Game program

This program is a scoring game. Press the " S ELECT " key to select this program and pull the handle to run it directly. When you complete the program, the matrix display will show your score and prompt you with an audible sound. Press the " BACK " key to jump to idle mode.



6. 20/10 Interval Program



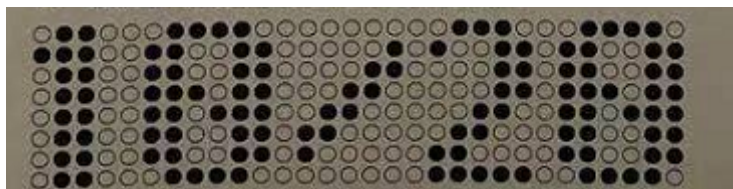
This program will allow the user to exercise for 20 seconds, then rest for 10 seconds, and so on.

Press the " S ELECT " key to select this program. Displays a flashing "8", which is used to preset the time interval

value you want to exercise, from 1 to 99. Use the " \triangle/∇ " keys to modify the value and press the "ENTER/STOP" key to confirm.

Pull the handle to start movement, the interval number will start counting down, and other values will count up. When you complete the program, a sound prompt will sound. Press the " BACK " key to jump to idle mode.

7. 10/20 Interval Program

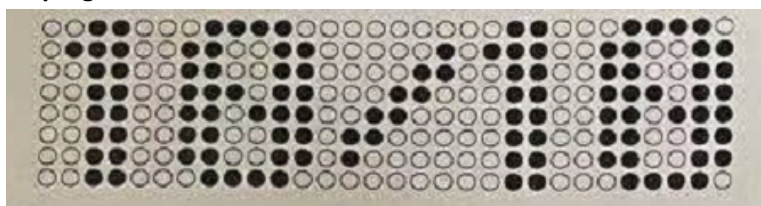


This program will allow the user to exercise for 10 seconds, then rest for 20 seconds, and so on.

Press the " S ELECT " button to select this program, and the display will flash "8", which is used to preset the time interval value you want to exercise, from 1 to 99. Use the " \triangle/∇ " keys to modify the value and press the "ENTER/STOP" key to confirm.

Pull the handle to start training and the interval count will start counting down and the other numbers will count up. When you complete the program, a sound prompt will sound. Press the " BACK " key to jump to idle mode.

8. 10/10 User set interval program



This program will allow the user to manually preset training times and rest periods from 10 to 99 seconds. Users will exercise for a preset workout time, then rest for a preset rest time, and cycle that way. Press the " S ELECT " button to select this program and use the " \triangle / ∇ " and "ENTER/STOP" buttons to enter the number of intervals , exercise time and rest time. Pull the handle to start training, the interval number will start counting down, and other values will count up. When you complete the program, a sound prompt will sound . Press the " BACK " key to jump to idle mode.

9. Bluetooth function

Press the "ENTER/STOP" button for 3 seconds . After full display, 4 digits will be displayed , which are the last 4 digits of the Bluetooth number . Open the mobile phone APP (Kinomap) , select the rowing machine model, select the FTMS brand , search for the designated broadcast number and connect to realize the connection between the APP and the instrument.



GARLANDO SPA

Via Regione Piemonte, 32 - Zona Industriale DI

I 5068 - Pozzolo Formigaro (AL) - Italy

www.toorxprofessional.it

contact@toorxprofessional.it