

TCORX
PROFESSIONAL LINE

INSTRUCTION



APP READY 3.0

ERX9500 TFT



Cod : GRLDTOORXERX9500T

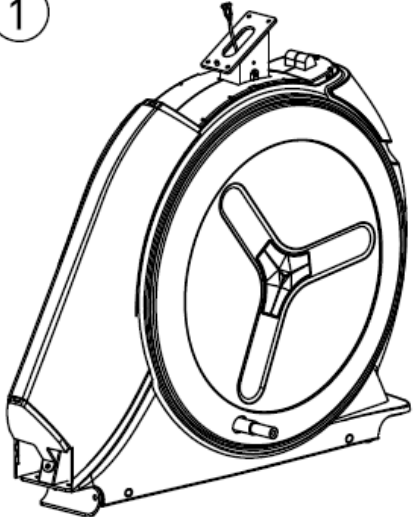
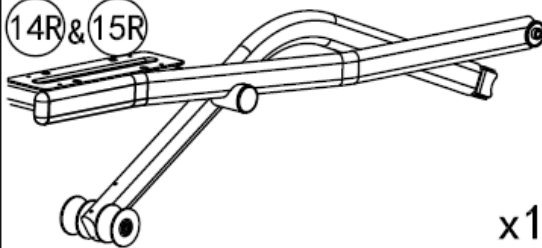
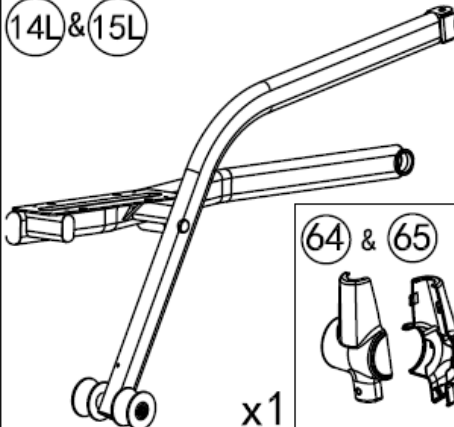
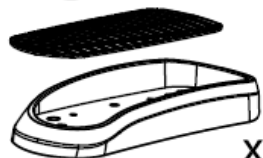
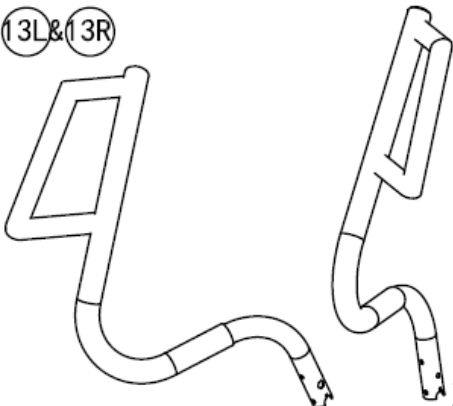
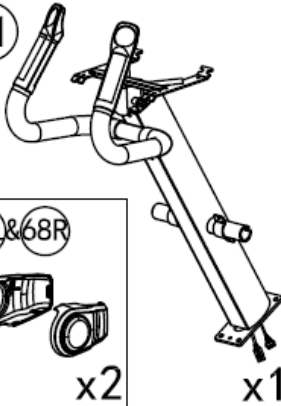
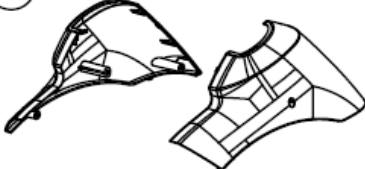
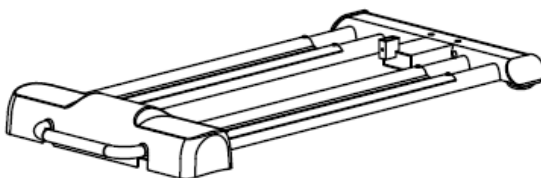
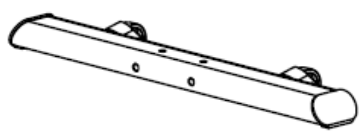
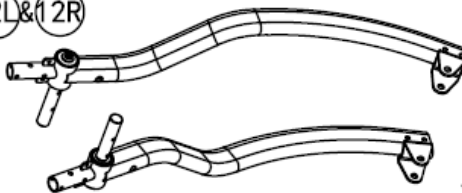
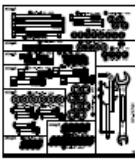
Rev : 03

Ed : 06/23



This is a detailed exploded view diagram of a bicycle, showing all major and minor components. The parts are numbered from 1 to 100, corresponding to the parts list on the right. The diagram illustrates the assembly of the frame, wheels, handlebars, seat, and drivetrain. Key components include the frame (1), wheels (2, 3), handlebars (4), seat (5), and drivetrain (6-10). The diagram also shows the assembly of the front and rear fenders (11-15), the front and rear lights (16-18), and the front and rear fenders (19-23). The diagram is a technical drawing, showing the parts in their relative positions and orientations. The numbers are placed next to the corresponding parts, making it easy to identify each component.

Checking list:

①  x1	⑭R&⑮R  x1 ⑰  x1
	⑭L&⑮L  x1 ⑪⑧  x1 ⑥④ & ⑥⑤  x2 ④④ & ④⑤  x2
⑬L&⑬R  x1 ③⑨&④①  x1 ⑥③  x2 ⑪  x1 ⑨⑧&⑨⑨  x1 ③⑧  x1 ⑥⑧L&⑥⑧R  x2	
③①L&③①R  x1 ⑧⑦  x1 ③③  x1	
②  x1	⑩②L&⑩②R  x1 ⑦①  x2  x1

Part list:

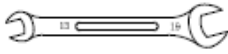
Part no	Description	Specification	Qty
1	main frame		1
2	front stabilizer		1
3	hex bolt	M8*1.25*120L	4
4	spring washer	D15.4xD8.2x2T	12
5	hex bolt	M8*1.25*70L	2
6	Allen bolt	M8*1.25*20L	4
7	flat washer	D18xD8.5x1.2T	8
8	Allen bolt	M8*1.25*50L	6
9	curved washer	D22xD8.5x1.5T	6
10	anti-loose nut	M8*1.25*8T	8
11	handlebar post welding		1
12L	supporting tube for left movable handlebar		1
12R	supporting tube for right movable handlebar		1
13L	left handlebar welding set		1
13R	right handlebar welding set		1
14L	left pedal bottom tube welding set		1
14R	right pedal bottom tube welding set		1
15L	bracket for left pedal		1
15R	bracket for right pedal		1
16	pedal bottom bracket welding set		2
17	foot tube sealing piece		4
18	crank welding set		2
19	computer	10.1"TFT	1
20	sliding beam guiding plate		2
21	adjustable wheel	D50*M10*1.5	6
22	Allen nut	M10*1.5*8T	6
23	fixing plate for idle wheel		1
24	electric magnetic system		1
25	crank axle welding set		1
26	pulley Wheel		1
27	multi-groove Belt		1
28	C key	8*7*20L	2
29L	left chain		1
29R	right chain		1
30L	left front chain cover		1
30R	right front chain cover		1
31	front decorative cover		1
32	upper decorative cover		1
33	rear decorative cover		1
34	round chain		2
35	side cap		2
36	cover for rear stabilizer		1
37	inside cover for rear stabilizer		1
38	water bottle holder(front)(black)		1
39	water bottle holder(rear)(black)		1
40	water bottle holder		1
41	upper handle pulse cover		2
42	lower handle pulse cover		2

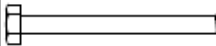
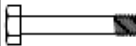
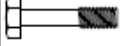
43L	Dip foam(left)	D38*4T	1
43R	Dip foam(right)	D38*4T	1
44	pedal		2
45	pedal pad		2
46	bearing	#6205ZZ,NBK	2
47	bolt	M10*1.5*65L	2
48	hex nut	M10*1.5*8T	4
49	spacer		1
50	hex bolt	M8*1.25*20L	6
51	flat washer	D25xD8.5x2T	6
52	buffer	D27*D8.2*2.5T	6
53	sleeve	D30*D25.2*45L	1
54	fixing nut	M25*1.5*32*6T	2
55	Allen screw	M6*1.0*10L	2
56	flat washer	D28*D6.5*2T	2
57	Allen screw	M6*1.0P*16L	4
58	spring washer	D17.8*D10.2*3T	2
60	movable axle	D25*180.5L	2
61	moving wheel	D70*43	4
62	bearing	6002 ZZ	8
63	moving wheel cover		2
64	front handlebar protective cover(black)		2
65	rear handlebar protective cover(black)		2
66	bearing	#6004ZZ	12
67	sleeve(2)	D25.4*D20.2*44L	2
68L	front foot cover (left)(black)		2
68R	front foot cover (right)(black)		2
69	bushing	D29*D12.1*9T	4
70	liner		2
71	front pedal axle cover		2
72	Allen screw	M12*1.75*70L	2
73	flat washer	D24*D13.5*D2.5T	8
74	anti-loose nut	M12*1.75*12T	2
75	bearing	#2203-2RS	2
76	c-clip	S-40(1.8T) D40	2
77	bushing	D19*D17*D12*20T	4
78	sleeve	D25.4*D20.2*31L	2
79	cross screw	M6*1*12L	8
80	cross screw	ST4.2*15L	8
81	c-clip	S-17(1T)	1
82	waved washer	D17*D22*0.3T	3
83	bearing	6203-2RS	2
84	anti-loose nut	M8*1.25*8T	1
85	flat washer	D28*D8.5*3T	1
86	hex nut	M8*1.25*6T	1
87	slide beam welding set		1
88	plastic washer	D50*D10*1.0T	1
89	anti-loose nut	M6x1.0x6T	1
90	hex bolt	M6*75L	1
91	fixing plate	20*27*4T	2
92	hex bolt	M6x1.0x15L	1
93	hex nut	M6*1*5T	3
94	hex bolt	M8x1.25x20L	4

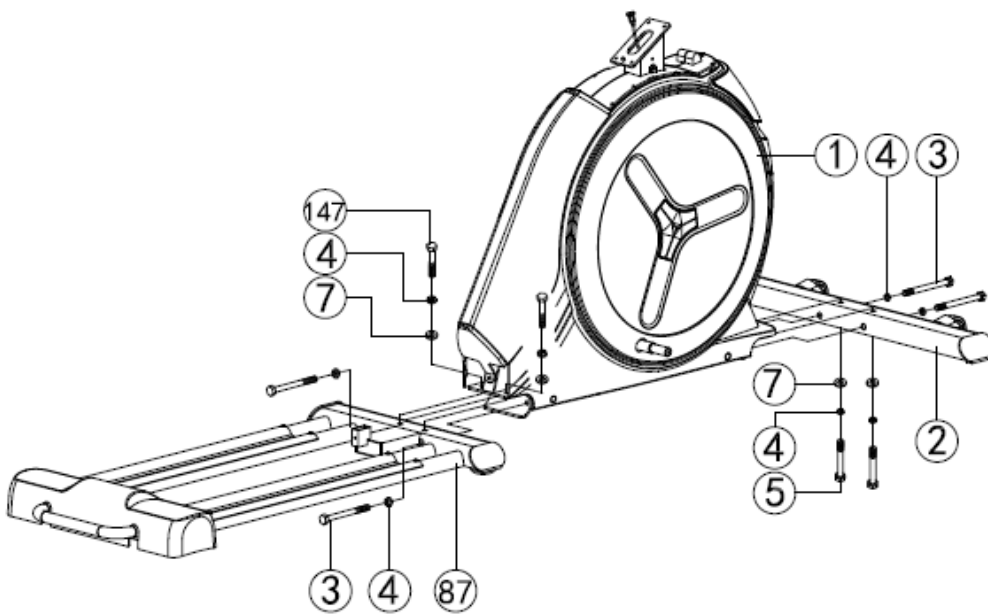
95	anti-loose nut	M8*1.25*8T	4
96	cross screw	ST4.2*15L	49
97	cross screw	M5*0.8*12L	35
98	computer bracket(front)		1
99	computer bracket(rear)		1
100	upper computer cable	300L	1
101	middle computer cable	1000L	1
102	lower computer cable	1350L	1
103	system connect cable	200L	1
104	sensor cable	600L	1
105	round magnet		1
106	quick key upper cable(1)	400L	1
107	quick key upper cable(2)	400L	1
108	quick key lower cable(1)	850L	1
109	quick key lower cable(1)	850L	1
110	cross screw	ST4*1.41*13L,D10	3
111	control board		1
112	live wire	1100L	1
113	neutral wire	1100L	1
114	live wire	150L	1
115	neutral wire	150L	1
116	grounding cable	200L	3
117	electric cable	1700L	1
118	computer back cover		1
119	Allen bolt	M8*1.25*25L	4
120	Allen bolt	M8*1.25*40L	2
121	transporting wheel	D70.5*23	2
122	bushing	D22.2*D8.2*7T	4
123	cross screw	M3*0.5*30L	4
124	cross screw	M3*0.5*12L	2
125	oval square	30*60*15	2
126	buffer	D21*D8.2*2.5T	4
128	cross screw	M6*1*15L	8
129	oval square	25*50*28L,1.5T tube	4
130	square cap	D50.8*15	2
131	Power supply		1
132	Power socket		1
133	Countersunk head cross tapping screw	ST4*1.41*10L	2
136	flat washer	D15*D5.2*1.0T	4
137	flat washer	D34*D26*2T	1
138	Allen bolt	M8*1.25*20L	4
139	flat washer	D18*D8.5*1.2T	4
140	computer Fixing Plate		1
141	hex bolt	M10*1.5*75L	1
142	flat washer	D20*D11*2T	1
143	anti-loose nut	M10*1.5*10T	1
144	Pin	D6*26.5*7.7	2
145	cross screw	ST4*1.41*12L	3
146	hex bolt	M8*1.25*30L	1
147	hex bolt	M8*1.25*55L	2

Assembly drawing:

Step 1



③		M8*1.25*120L	x4
⑤		M8*1.25*70L	x2
④		D15.4*D8.2*2T	x8
⑦		D18xD8, 5x1.2T	x4
①47		M8*1.25*55L	x2

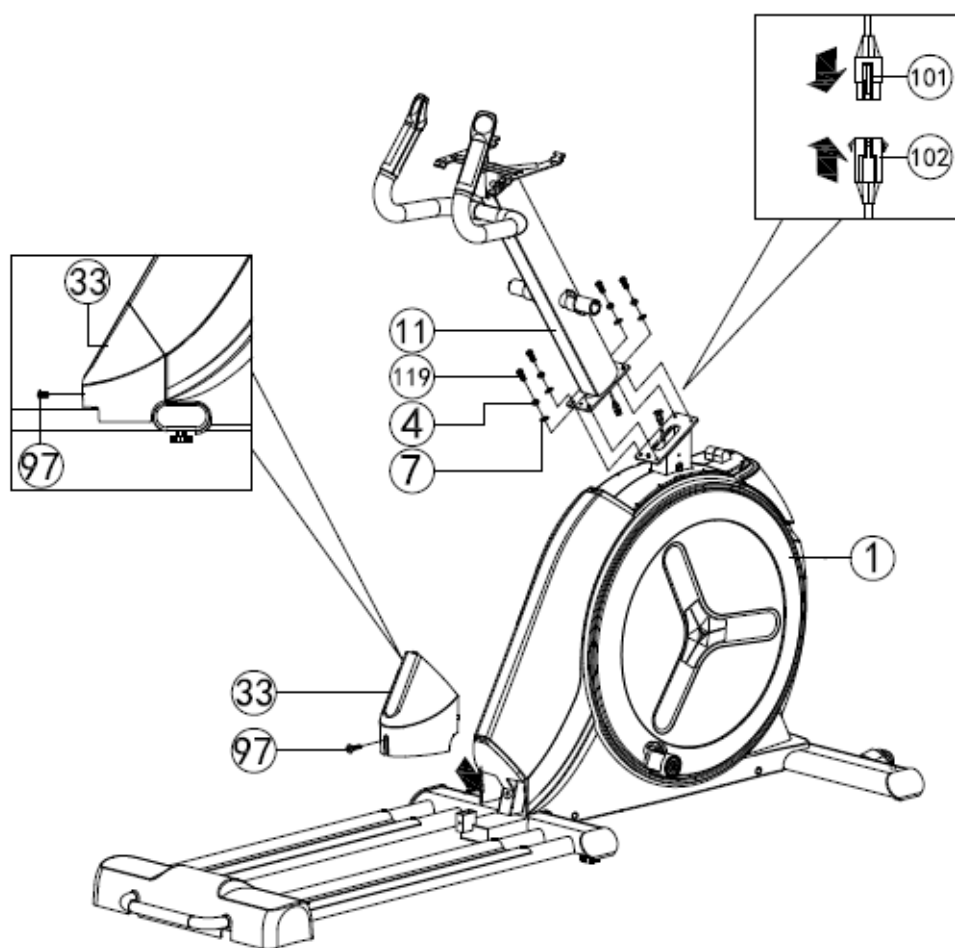


step1

- 1) Assemble the front stabilizer (2) to the main frame (1) by bolt (3) and Flat washer (7), spring washer (4) and bolt (5).
- 2) Assemble the sliding beam welding set (87) to the main frame (1) by bolt (147), bolt (3), flash washer (7) and spring washer (4).

Step 2

119		M8*1.25*25L	x4
4		D15.4*D8.2*2T	x4
7		D18xD8.5x1.2T	x4
97		M5*0.8*12L	x1



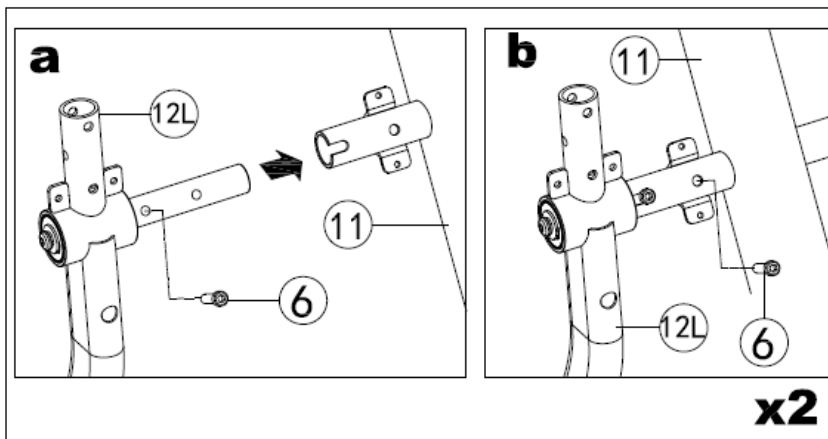
step2

- 1) Fix the middle computer cable (101) to the lower computer cable (102)
- 2) Assemble the handlebar post (11) to the main frame (1) by bolt (119) and spring washer (4), flash washer (7).
- 3) Use the Bolt (97) to the fix the rear modified cover (33).

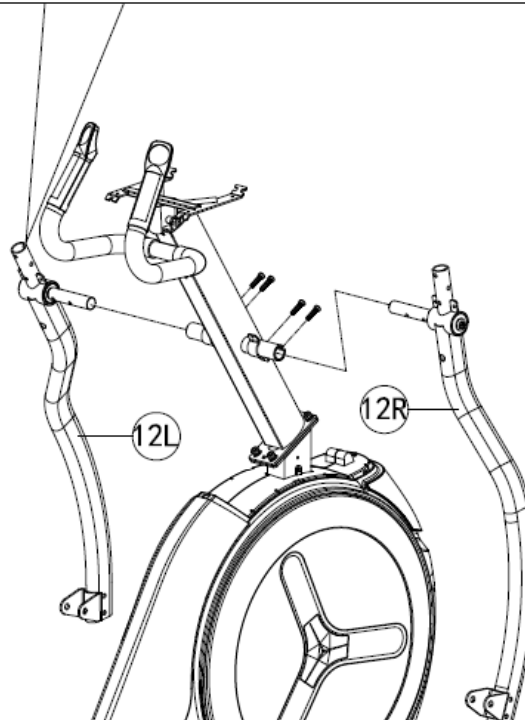
Step 3



6		M8*1.25*20L	x4
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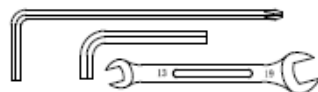


step3

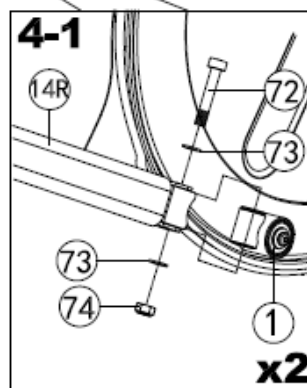
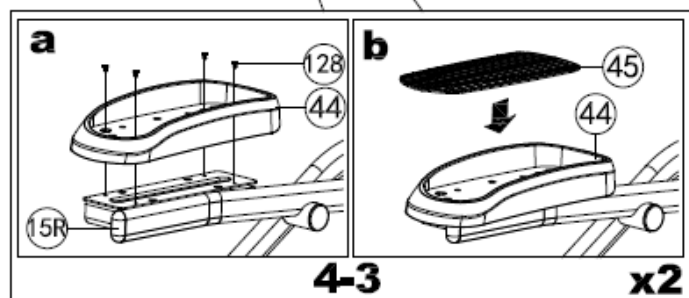
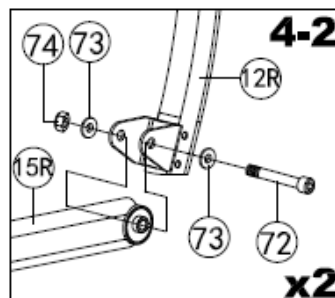
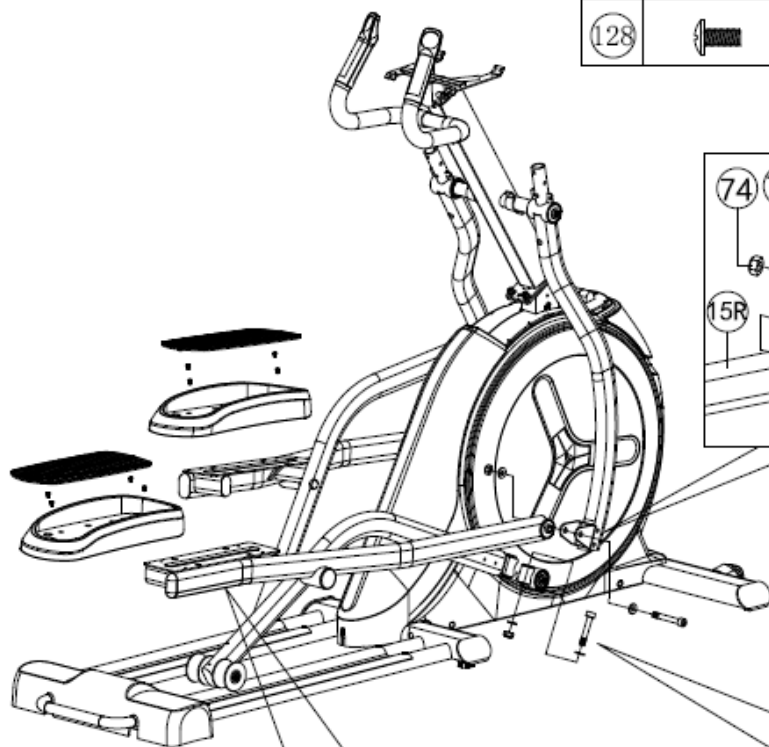


- 1) Assemble the left &right movable support welding set (12L&12R) to the handlebar post(11),by bolt(6) shown as fig (a) (b).

Step 4



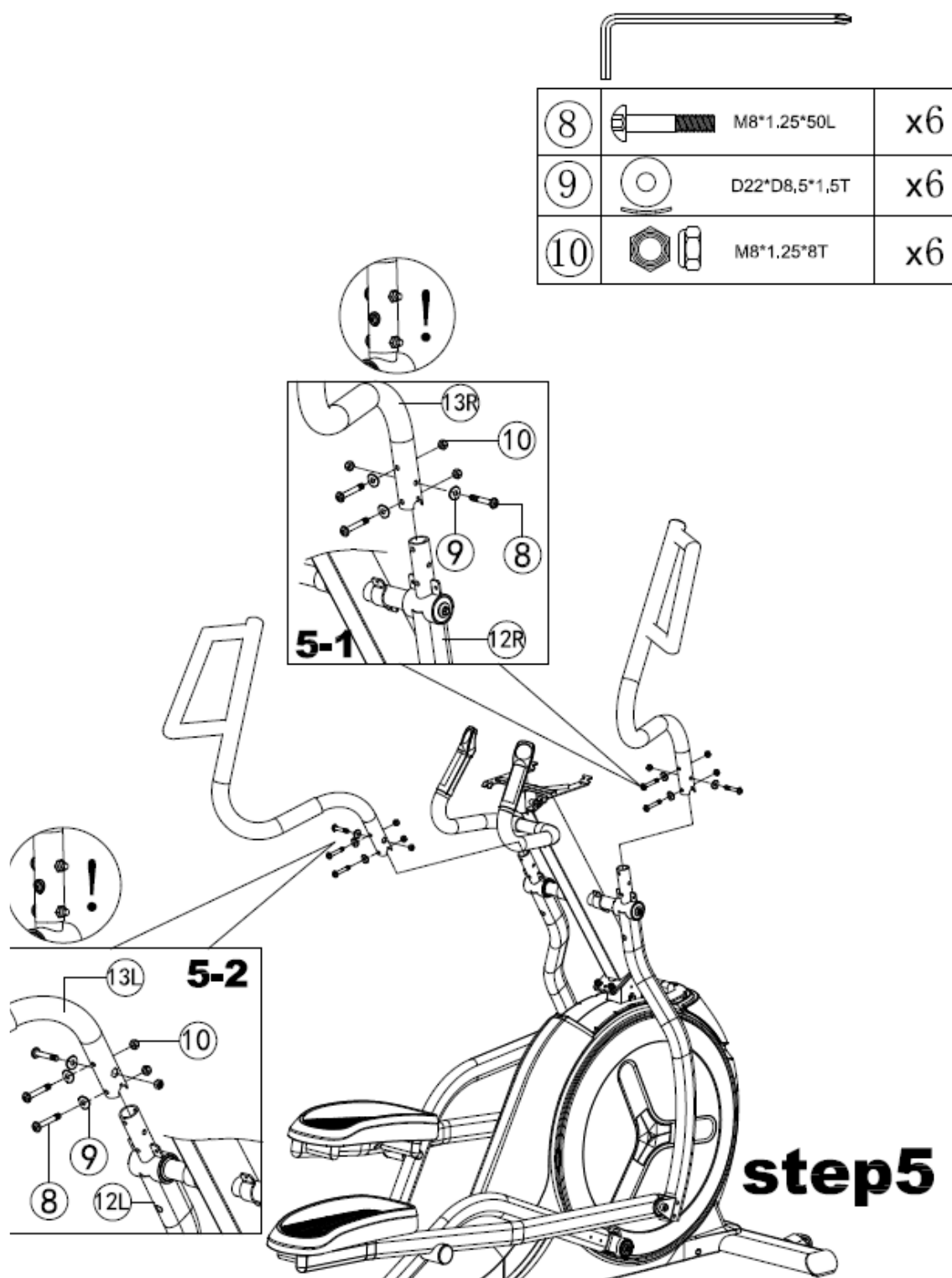
72		M12*1.75*70L	x4
73		D24*D13.5*D2.5T	x8
74		M12*1.75*12T	x4
128		M6*1.0*15L	x8



step4

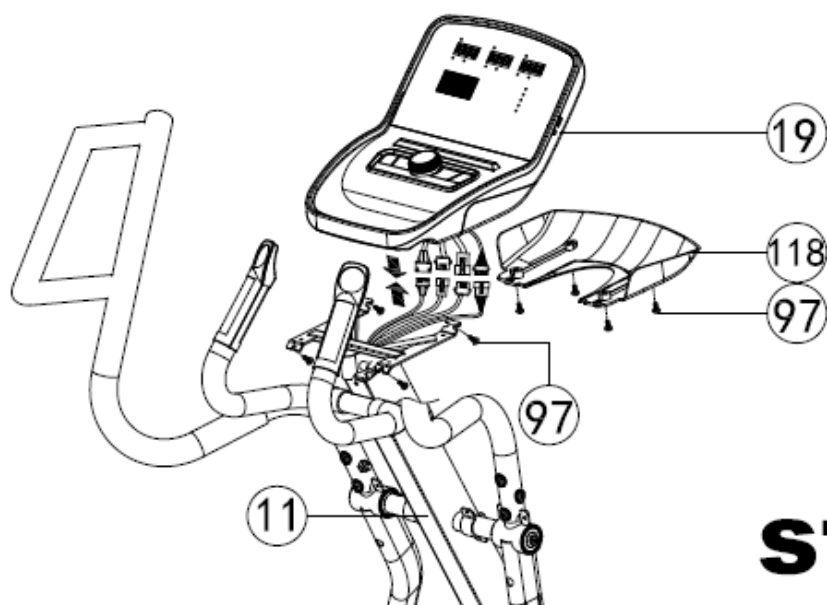
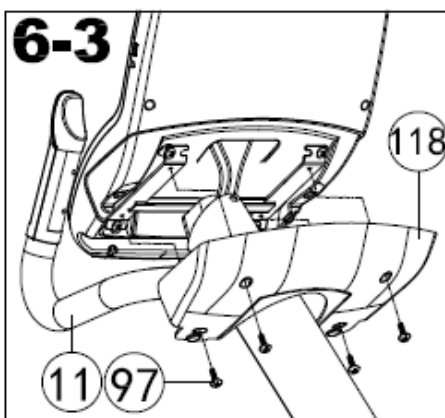
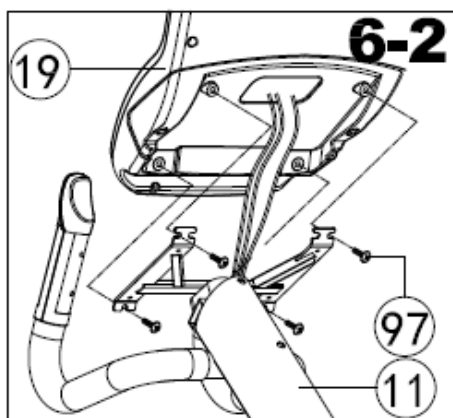
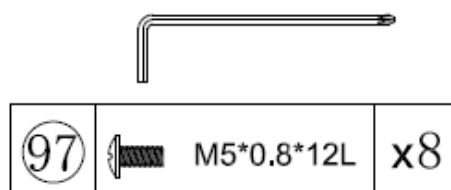
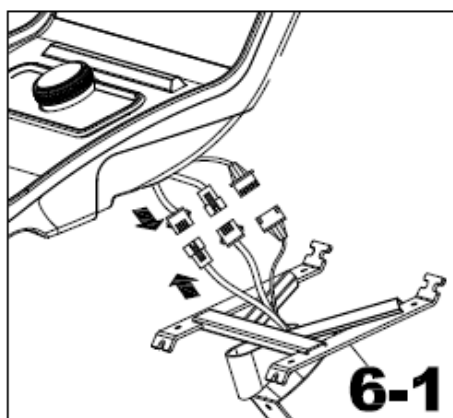
- 1) Assemble the right pedal supporting tube (14R) to the main frame (1), by the bolt (72) and flat washer(73), anti-loose nu (74) shown as fig 4-1.
- 2) Assemble the right movable support welding set (12R) to the right pedal bracket welding set(15R) by the bolt (72) and flat washer(73) , anti-loose nu (74)shown as fig 4-2.
- 3) Assemble the pedals (44) to the right pedal bracket welding set (15R), by cross bolt(128) shown as fig 4-3(a).
- 4) Assemble the pedal pads(45) to pedals (44) shown as fig 4-3(b).

Step 5



- 1) Assemble the right moving handlebar (13R) to the right movable support welding set (12R), by the bolt (8) and curved washer (9), anti-loose nut (10) shown as fig 5-1.
- 2) Assemble the left moving handlebar (13L) to the left movable support welding set (12L), by the bolt (8) and curved washer (9), anti-loose nut (10) shown as fig 5-2.

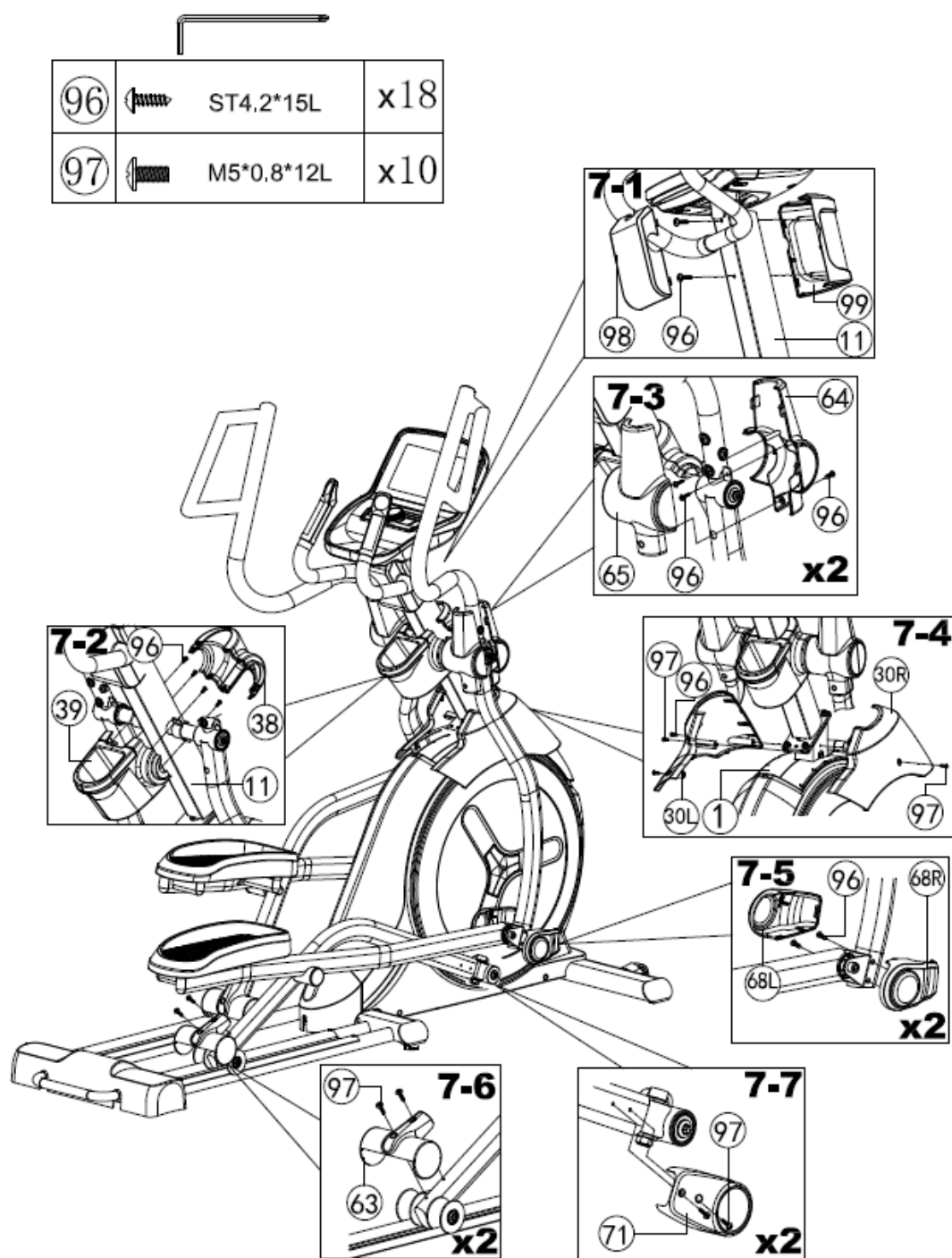
Step 6



step6

- 1) Assemble the computer (19), fix the upper computer (100) to the middle computer (101), Upper cable for quick button (1) (106) to the Lower cable for quick button (1) (108), Upper cable for quick button (2) (107) to the Lower cable for quick button (2) (109) shown as fig 6-1.
- 2) Assemble the Computer (19) to the handlebar post (11), by the bolt (97) shown as fig 6-2.
- 3) Assemble the computer back cover (118) to the handlebar post (11), by the bolt (97) shown as fig 6-3.

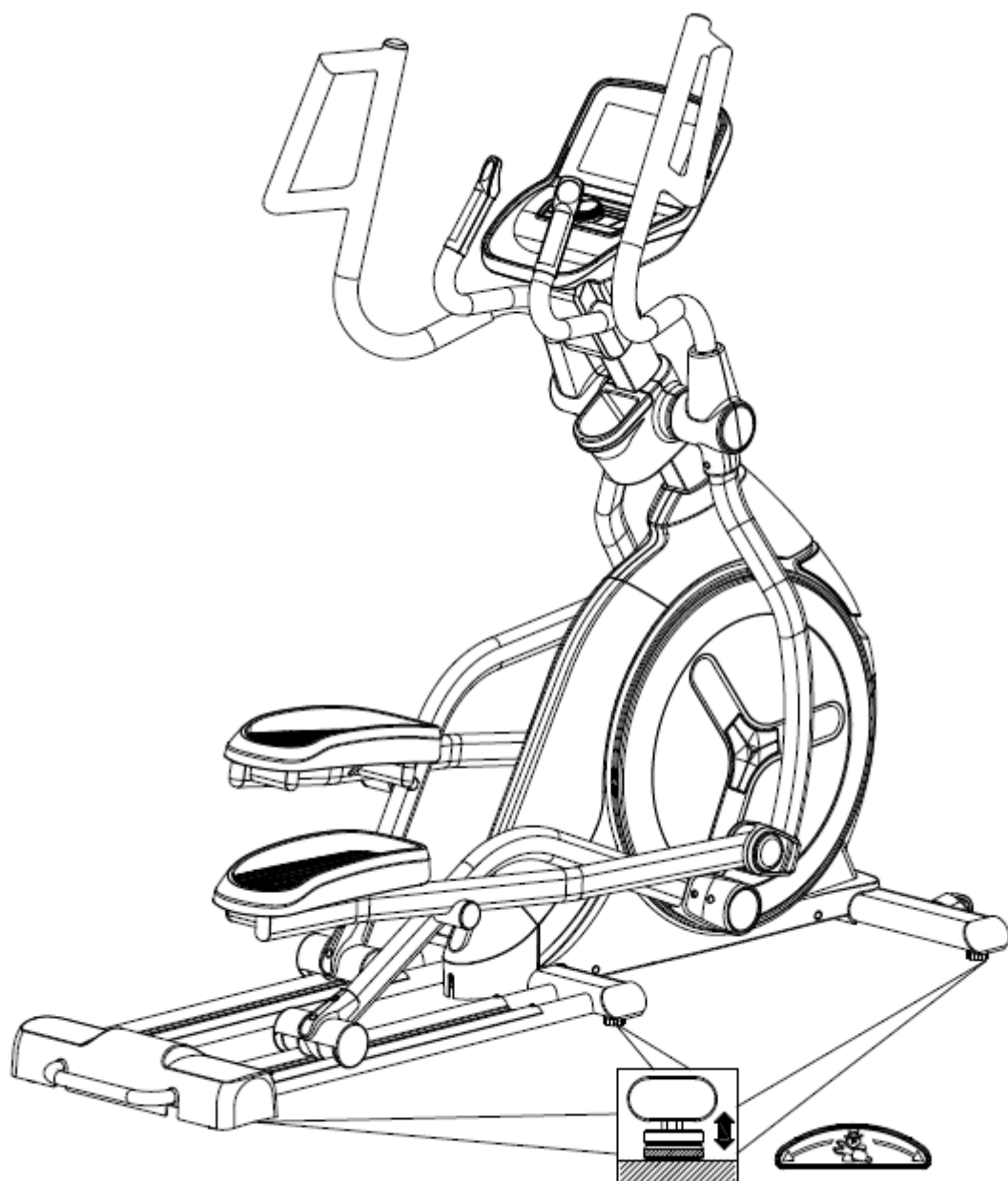
Step 7



step7

- 1) Fix the computer bracket (front) (98) and the computer bracket(right)(99) to the handlebar post(11),by the screw(96) shown as the fig 7-1.
- 2) Fix the water bottle holder (front) (39) and the water bottle holder(right)(38) to the handlebar post(11),by the screw(96) shown as the fig 7-2.
- 3) Fix the handlebar cover (front) (64) to the handlebar cover rear(65),by the screw(96) shown as the fig 7-3.
- 4) Assemble the front chain cover (30L&30R) for the main frame(1),by the screw(96) and bolt(97) shown as the fig 7-4.
- 5) Fix the front foot cover left(68L) to the front cover right(68R),by the screw(96) shown as the fig 7-5.
- 6) Assemble the roller wheel cover (63) by the 2 pcs bolt(97) shown as the fig 7-6.
- 7) Fix the 2 pcs axle cover (71) ,by bolt(97) shown as the fig 7-7.

Step 8



step8

- 1) Adjusting round wheel at the same height.

3 OPERATING INSTRUCTIONS

① NOTICE

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

3.1 Console Display



DISPLAY	DESCRIPTION
Level	+ Display of the current resistance level + Display range: 1–32
Time	+ Display of the training time in minutes + Display range: 00:00–999:59
Distance	+ Display of the training distance in km + Display range: 0.0–99.9
Calories	+ Display of the calories in kcal + Display range: 0–9999
Puls	+ Display of current heart rate + Display range: 40–220

Mets/Watt	+ Display of the MET or Watt value <u>Definition:</u> MET or metabolic equivalent is used to measure the average metabolic rate for a person. MET describes the quantity of oxygen that an average person needs when in rest. 1 MET = 3.5 ml/kg/min (The body consumes 3.5 milliliters of oxygen per kilogram per minute) is the amount of oxygen that the body needs when in rest. The more intensively the body works, the more oxygen is consumed and the higher the MET level. If you train at a level of seven METS, then you are working approximately 7 times harder than when in rest. Furthermore, you need 7 times as much oxygen than when in rest. + Training between three to six METs is seen as moderate physical activity. + Training at more than six METs is seen as strong physical activity.
Speed /RPM	+ Display of the current speed or the rotations per minute

3.2 Button Functions



BUTTON	DESCRIPTION
Encoder	+ Turn to increase or decrease setting values or the resistance level + Press to confirm the settings + Change between RPM and SPEED
FITNESS TEST	+ Press in main menu to get straight to the fitness test
PROGRAM	+ Press in main menu to get to the pre-set programmes
START	+ Start programme + Continue after pausing the programme
STOP	+ Pause programme + Press in paused programme to end the programme and get an overview of the collected training data + Press after an ended programme to get to the main menu

3.3 Programmes

This equipment offers many different programmes. This includes: a quick start programme, target programmes, pre-set programmes, user-defined programmes, heart rate-oriented programmes and one fitness test.

3.3.1 Quick Start

When you are in the main menu, simply press START to start a training session via quick start. Alternatively you can also tap on „QUICK START“ in the main menu.

3.3.2 Target programmes

1. Tap on „GOAL“ in the main menu.
2. Choose either time, distance or calories as your target unit.

① NOTICE

You can only choose one unit.

3. Set a value for your desired target unit.
4. Press START to start the programme.

The resistance level can be adjusted manually during your training.

5. Press the STOP button to pause your training.

The resistance level is set to 0.

- 5.1. Press STOP again to end your training and an overview of the collected training data will be displayed.
- 5.2. Press START to continue with your training.

3.3.3 Pre-set programmes

1. Tap on „PROGRAM“ in the main menu.
2. Enter your gender, age, weight and the desired training time and press Next.
3. Choose one of the pre-set programmes.
4. Press START to start the programme.

The resistance level can be adjusted manually during your training.

5. Press the STOP button to pause your training.

The resistance level is set to 0.

- 5.1. Press STOP again to end your training and an overview of the collected training data will be displayed.
- 5.2. Press START to continue with your training.

Programme		Setting time / 30 = time for each section														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P1	LEVEL	2	2	4	4	3	3	4	3	5	4	2	2	5	5	3
P2	LEVEL	2	2	5	5	4	4	6	4	6	4	2	2	4	4	2
P3	LEVEL	2	2	5	5	4	4	5	4	5	4	2	2	3	3	2
P4	LEVEL	3	3	6	6	7	7	5	8	5	9	6	6	4	4	3
P5	LEVEL	3	3	6	6	7	7	5	8	6	7	6	6	4	4	3
P6	LEVEL	5	5	11	11	9	9	7	8	12	10	8	8	7	7	6
P7	LEVEL	5	5	9	9	10	10	7	7	10	7	5	5	7	7	5
P8	LEVEL	5	5	7	7	9	9	11	10	11	9	5	5	6	6	5
P9	LEVEL	5	5	7	7	8	8	8	9	8	9	6	6	6	6	5
P10	LEVEL	5	5	6	6	8	8	6	6	8	8	9	9	6	6	6
P11	LEVEL	7	7	11	7	7	11	7	7	11	7	7	11	7	7	11
P12	LEVEL	7	7	10	10	10	12	12	12	15	15	15	17	17	20	20
P13	LEVEL	7	7	7	10	10	10	12	12	12	15	15	15	17	17	17
P14	LEVEL	7	7	7	10	10	10	15	15	15	17	17	20	20	20	20
P15	LEVEL	7	7	7	7	12	12	12	12	12	15	15	15	15	15	17
P16	LEVEL	7	7	7	10	10	12	15	17	20	20	17	15	12	10	10
P17	LEVEL	8	11	16	21	21	13	8	8	11	16	21	21	13	8	8
P18	LEVEL	8	11	13	18	21	8	11	13	18	21	8	11	13	18	21
P19	LEVEL	8	21	18	13	11	8	8	21	18	13	11	8	8	21	18
P20	LEVEL	13	21	21	13	21	21	13	21	21	13	21	21	13	21	21
P21	LEVEL	13	21	13	21	13	21	13	21	13	21	13	21	13	21	13
P22	LEVEL	8	8	11	11	16	16	16	18	18	21	23	21	18	18	18
P23	LEVEL	14	14	23	23	20	20	23	20	23	20	23	23	17	17	14
P24	LEVEL	17	17	26	26	23	25	23	26	23	27	26	26	20	20	20
P25	LEVEL	20	20	26	26	25	25	23	26	26	25	26	26	23	23	17
P26	LEVEL	14	14	26	26	26	26	23	23	26	25	23	23	20	20	17
P27	LEVEL	14	14	26	26	25	25	20	20	25	20	17	17	20	20	14
P28	LEVEL	21	21	15	15	24	27	27	26	27	27	24	21	18	18	15
P29	LEVEL	15	24	27	27	18	21	18	21	24	27	18	18	18	18	15
P30	LEVEL	18	24	18	18	24	24	21	21	24	18	27	27	18	21	18
P31	LEVEL	18	18	24	24	27	27	27	28	24	26	24	27	21	21	15
P32	LEVEL	15	21	24	21	24	24	27	32	27	21	18	15	18	18	21
P31	LEVEL	18	18	24	24	27	27	27	28	24	26	24	27	21	21	15
P32	LEVEL	15	21	24	21	24	24	27	32	27	21	18	15	18	18	21

Programme		Setting time / 30 = time for each section														
		16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P1	LEVEL	3	2	2	4	4	5	5	5	6	5	6	3	3	3	3
P2	LEVEL	2	2	2	4	4	6	6	8	7	8	6	2	2	3	3
P3	LEVEL	2	2	2	4	4	5	5	5	6	5	6	3	3	3	3
P4	LEVEL	3	4	4	2	2	6	6	8	6	3	2	6	6	2	2
P5	LEVEL	3	2	2	5	5	5	5	4	4	6	4	2	2	3	3
P6	LEVEL	6	7	7	5	5	7	7	9	11	10	11	9	9	5	5
P7	LEVEL	5	6	6	8	8	7	7	7	6	7	6	5	5	5	5
P8	LEVEL	5	6	6	8	8	7	7	7	6	7	6	5	5	5	5
P9	LEVEL	5	6	6	7	7	7	7	6	8	8	9	6	6	6	6
P10	LEVEL	6	7	7	6	6	7	7	7	6	7	5	6	6	5	5
P11	LEVEL	7	7	11	7	7	11	7	7	11	7	7	11	7	7	11
P12	LEVEL	20	20	17	17	15	15	15	12	12	12	10	10	10	7	7
P13	LEVEL	20	20	20	22	22	22	20	20	20	17	17	17	15	15	15
P14	LEVEL	20	20	20	20	17	17	15	15	15	10	10	10	7	7	7
P15	LEVEL	17	17	17	17	20	20	20	20	20	20	15	15	15	15	15
P16	LEVEL	10	10	12	15	17	20	20	17	15	12	10	10	7	7	7
P17	LEVEL	11	16	21	21	13	8	8	11	16	21	21	13	8	8	11
P18	LEVEL	8	11	13	18	21	8	11	13	18	21	8	11	13	18	21
P19	LEVEL	13	11	8	8	21	18	13	11	8	8	21	18	13	11	8
P20	LEVEL	13	21	21	13	21	21	13	21	21	13	21	21	13	21	21
P21	LEVEL	21	13	21	13	21	13	21	13	21	13	21	13	21	13	21
P22	LEVEL	18	18	18	21	23	21	18	18	16	16	16	11	11	8	8
P23	LEVEL	14	17	17	23	23	26	26	26	27	23	25	23	26	20	12
P24	LEVEL	20	14	14	26	26	26	26	23	23	26	25	26	23	20	20
P25	LEVEL	17	20	20	14	14	23	26	26	25	26	26	23	20	17	17
P26	LEVEL	17	14	14	14	23	23	23	20	20	26	20	14	14	17	17
P27	LEVEL	14	20	20	23	23	26	26	26	26	26	28	26	26	26	17
P28	LEVEL	15	24	24	18	18	21	21	21	18	21	15	24	24	15	15
P29	LEVEL	15	21	21	18	18	21	18	24	21	15	15	24	24	18	18
P30	LEVEL	15	18	18	21	21	18	18	21	18	24	21	15	15	15	12
P31	LEVEL	15	21	21	24	24	27	27	27	28	28	29	27	27	27	18
P32	LEVEL	21	18	18	30	30	29	29	30	29	30	29	29	29	18	18
P31	LEVEL	15	21	21	24	24	27	27	27	28	28	29	27	27	27	18
P32	LEVEL	21	18	18	30	30	29	29	30	29	30	29	29	29	18	18

3.3.4 User-defined programmes

1. Tap on „USER PROGRAM“ in the main menu.
2. Choose one of the four user profiles (U1-U4).

① NOTICE

The chosen user profile will be displayed on the upper border of the screen. The name of the user profile can be changed. To do this, simply tap on the user profile and type in the desired name.

3. Enter your gender, age, weight and the desired training time.
4. Set the desired speed and incline for all the 30 segments.
5. Press START to start the programme.

The resistance level can be adjusted manually during your training.

6. Press the STOP button to pause your training.

The resistance level is set to 0.

- 6.1. Press STOP again to end your training and an overview of the collected training data will be displayed.
- 6.2. Press START to continue with your training.

3.3.5 Heart rate-oriented programmes



WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

There are three different heart rate-oriented programmes. Either choose one of the pre-set target heart rates (60% or 80% of your maximum heart rate) or choose „Target HR“ to set a target heart rate yourself. Your maximum heart rate is calculated depending on your age. We recommend a chest strap for these programmes.

1. Tap on „HRC“ in the main menu.
2. Enter your gender, age, weight and the desired training time.
3. Choose either 60%, 80% or Target HR.
- 3.1. If you have chosen Target HR you will be able to set the target value yourself (between 72-168).
4. Press the START-button to start the programme.
5. Put your hands around the hand pulse sensors or use a chest strap.



NOTICE

In case the console does not receive a signal for 15 seconds the programme will be stopped.

6. Press the STOP-button to pause your training.

The resistance level is set to 0.

- 6.1. Press the STOP-button again to end your training and an overview of the collected training data will be displayed.
- 6.2. Press the START-button to continue with your training.

3.3.6 Watt programme

1. Tap "WATT MODE" in the main menu.
2. Set your desired target wattage and training time.

NOTICE

You can set a wattage value between 10 and 350 watts (in increments of 10). The default value is 120.

You can enter the training time between 5 and 999 minutes. The default value is 20 minutes.

3. To start the programme, press START.

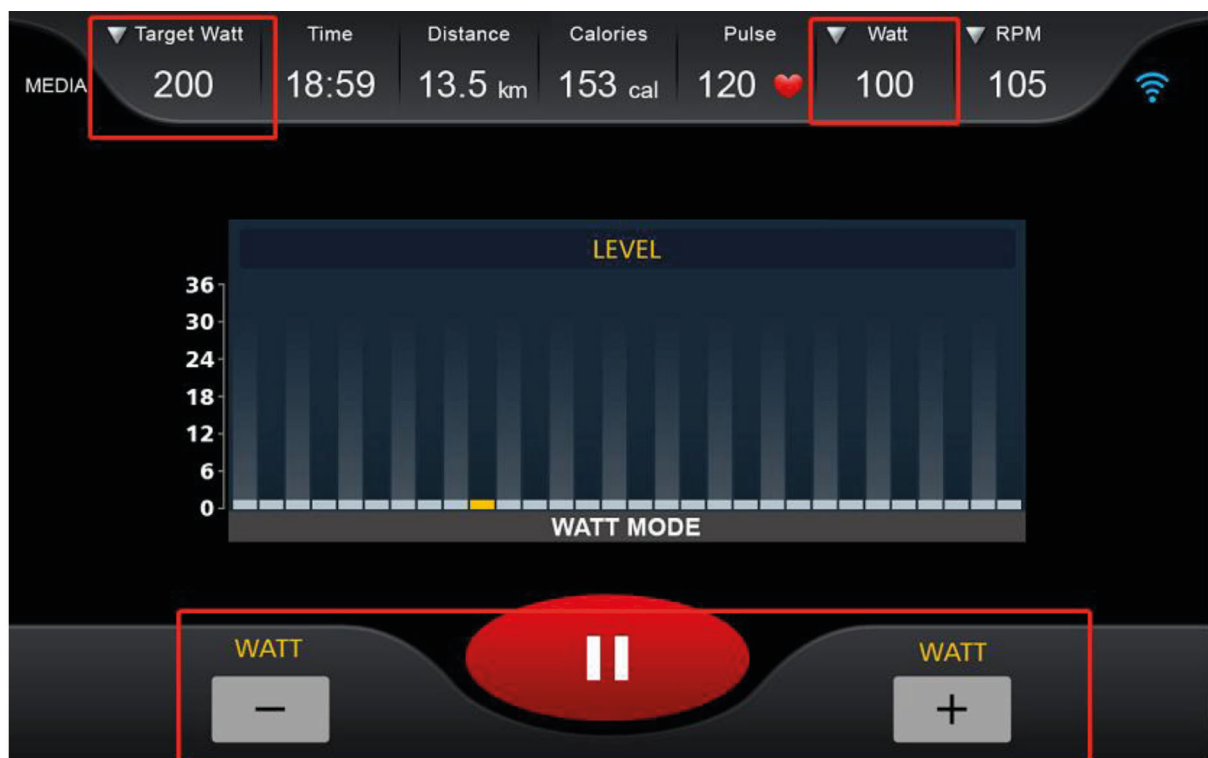
The upper left corner of the screen shows the target wattage.

The upper right corner of the screen shows the current wattage.

The target wattage can be adjusted in increments of 5 during the programme by tapping WATT - / WATT +.

The resistance cannot be adjusted manually, but is automatically adjusted according to the target wattage and RPM.

4. To pause the programme, press STOP.
5. To end the programme, press STOP once again.



3.4 Fitness Test

The fitness test consists of two phases. One is the warm up phase and the other is the actual fitness test. We recommend a chest strap for this test.

① NOTICE

The RPM must be between 45 - 65 during the test, otherwise an error message will be displayed. If the RPM does not reach the specified amount within 5 seconds, the test will be stopped.

1. Tap on „FITNESS TEST“ in the main menu.
2. Enter your gender, age and weight.
3. Press START to start the fitness test.

The warm up phase will start.

① NOTICE

We recommend to use this phase if you have not done a warm up beforehand. Otherwise the warm up phase can be skipped by tapping on „SKIP WARM UP“.

4. Put your hands around the hand pulse sensors or use a chest strap.

① NOTICE

In case the console does not receive a signal for 15 seconds the programme will be stopped. If your heart rate gets too high the console will display „OVER PULSE“. In this case, please interrupt your test immediately.

Upon completion of the test an overview of the collected training data will be displayed.



3.5 Media

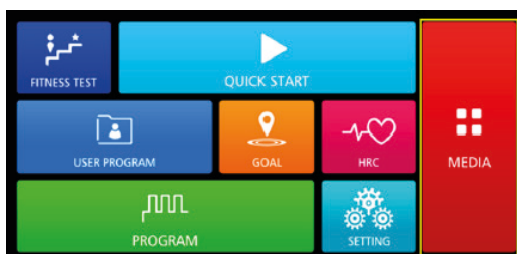
Here you will find many different apps like YouTube, Twitter, Facebook or Instagram.

IMPORTANT NOTE

To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.

Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.

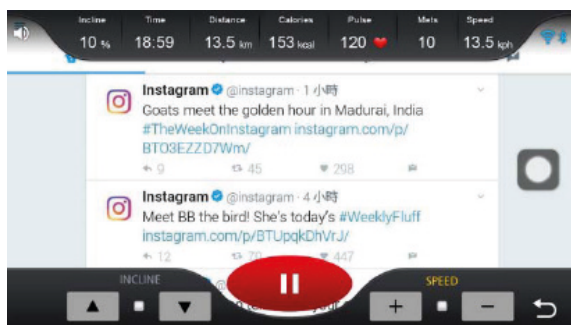
This menu can be opened in two ways:



1. Via the main menu by tapping on "MEDIA" or
2. Via the the training interface (in the upper left corner of the screen).

NOTICE

You can show and hide the training interface by tapping on the round icon on the right edge of the screen. To adjust the volume simply tap on the speaker icon.



You can transmit music and video data from your USB stick to the console. To do this insert your USB stick into the corresponding slot on the side of the console.

Supported formats:

Music: .wav, .wma, .aac, .ogg, .mp3 und .flac.
Video: .mp4 und .avi.

Settings

Under "SETTINGS" in the main menu, you can make your system settings. This includes: Language, screen brightness and volume.

Bluetooth: You can connect your mobile device and bluetooth speakers with the console.

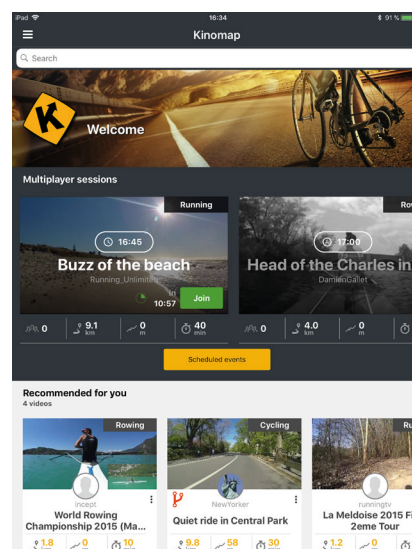
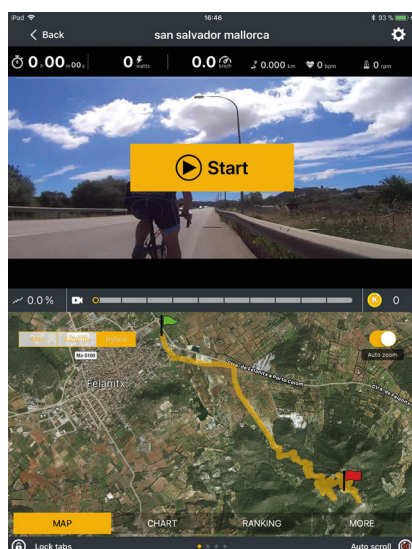
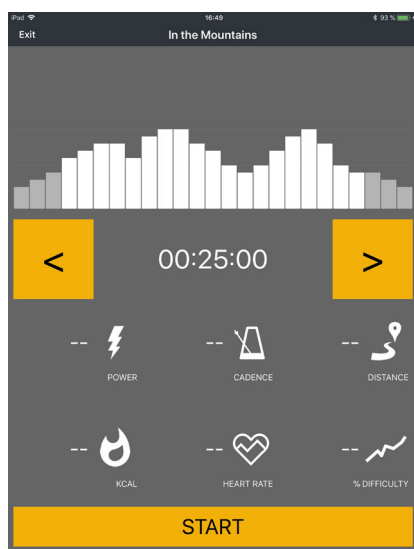
Wireless: Here you can connect the console with the internet.

3.6 Bluetooth and Fitness Apps

This console is equipped with a bluetooth interface. Please take note that your mobile device needs to be compatible with the bluetooth interface of the treadmill (bluetooth 4.0).

To use training apps you will have to activate the bluetooth function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness equipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Sport-Tiedje does not take any responsibility regarding the availability, functionality or contents of these programmes.



Example: Kinomap



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