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Toorx BRX-R3000

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INTRODUCTION

This manual provides essential information for the safe and effective use of your Toorx Chrono Pro Line BRX-R3000 Recumbent Exercise Bike. Please read all instructions carefully before assembly and operation to ensure proper function and user safety. Keep this manual for future reference.



Front view of the Toorx Chrono Pro Line BRX-R3000 Recumbent Exercise Bike, showcasing its ergonomic design and console.

SAFETY INFORMATION

Before starting any exercise program, consult with your physician. It is crucial to follow these safety guidelines to prevent injury and ensure the longevity of your equipment.

- Ensure the exercise bike is placed on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- The maximum user weight for this device is **160 kg (352 lbs)**. Do not exceed this limit.
- Wear appropriate exercise clothing and footwear.
- Check all bolts and nuts are securely tightened before each use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Only one person should use the equipment at a time.

SETUP

Careful assembly is required. Follow the steps below to set up your recumbent exercise bike.

1. Unpacking and Placement

Remove all components from the packaging. Place the main frame on a clear, level surface. Ensure adequate space around the bike for safe operation.

2. Stabilizer Assembly

Attach the front and rear stabilizers to the main frame using the provided hardware. Ensure they are firmly secured to provide a stable base for the bike.



Close-up of the rear stabilizer bar, showing the leveling feet and transport wheels for easy relocation.

3. Pedal Installation

Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise. Ensure they are fully tightened to prevent loosening during use.



Detail of an extra-large pedal with an adjustable strap, designed for secure foot placement during exercise.

4. Seat and Backrest Adjustment

Install the seat and backrest. The seat offers horizontal adjustment, and the backrest has an adjustable incline. Adjust these to a comfortable position that allows for proper leg extension and back support.



A visual sequence demonstrating the adjustable incline feature of the backrest, allowing users to find their optimal comfort position.

5. Console and Handlebar Installation

Attach the console and handlebars to the main upright post. Connect all necessary cables from the main frame to the console. Ensure all connections are secure.

6. Power Connection

Connect the power adapter to the bike and then to a suitable electrical outlet. The console should power on.

OPERATING INSTRUCTIONS

Your Toorx BRX-R3000 is equipped with an advanced console and various features to enhance your workout experience.

Console Overview

The LCD console with white backlight displays key workout data and allows program selection. Its micrometric adjustable inclination ensures optimal viewing.



The LCD console displaying workout metrics such as time, distance, calories, speed, RPM, and heart rate, with control buttons below.

Displayed Information:

- **Speed:** Current cycling speed.
- **Calories:** Estimated calories burned.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Heart Rate:** Your pulse, measured via hand sensors or chest strap.
- **RPM:** Revolutions Per Minute (pedal cadence).

Programs and Resistance

The bike features an induction magnetic braking system with 32 electronically adjustable resistance levels, providing a wide range of intensity for your workouts. Choose from 24 diverse programs:

- **Manual:** Control resistance manually.
- **12 Pre-programmed:** Various intensity profiles.
- **Recovery:** Measures your heart rate recovery.
- **Race:** Simulate a race scenario.
- **4 User Programs:** Customize and save your own workout profiles.
- **4 HRC (Heart Rate Control):** Programs that adjust resistance to maintain a target heart rate.
- **Watt:** Target a specific power output.

Heart Rate Monitoring

Your bike includes hand pulse sensors integrated into the handlebars. For more accurate and continuous monitoring, an integrated wireless receiver for a chest strap is available (chest strap not included).

App Connectivity (App Ready)

The integrated smart Bluetooth system allows connection to various fitness applications. It includes iConsole+ App, offering maps, routes, fitness plans, and training data. The bike is also compatible with the Kinomap fitness application (subscription not included).



The integrated smartphone and tablet holder, positioned above the console for easy access to fitness apps or entertainment during workouts.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the specific instructions for your model if detailed lubrication points are provided.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your Toorx BRX-R3000, refer to the following common problems and solutions:

- **Console Not Powering On:**
 - Check if the power adapter is securely plugged into both the bike and the wall outlet.
 - Ensure the wall outlet is functional.
 - Verify all console cables are properly connected.

- **No Resistance or Incorrect Resistance:**

- Ensure the power adapter is connected, as electronic resistance requires power.
- Check if the resistance control cables are properly connected to the console and the magnetic braking system.

- **Inaccurate Heart Rate Reading:**

- Ensure your hands are firmly and completely gripping the hand pulse sensors.
- Moisten your hands slightly for better conductivity.
- If using a chest strap, ensure it is correctly positioned and has a fresh battery.

- **Unusual Noises During Operation:**

- Check all assembly bolts and nuts for tightness.
- Ensure the bike is on a level surface.
- Inspect for any loose components or foreign objects.

If problems persist, contact customer support.

SPECIFICATIONS

Feature	Specification
Model	BRX-R3000
Braking System	Induction Magnetic
Resistance Levels	32 (Electronic Adjustment)
Flywheel Mass	16 kg
Console Display	LCD with White Backlight, Micrometric Adjustable Inclination
Programs	Manual, 12 Pre-programmed, Recovery, Race, 4 User, 4 HRC, Watt (Total 24)
Heart Rate Monitoring	Hand Sensors, Wireless Receiver for Chest Strap (Strap not included)
App Connectivity	Bluetooth (iConsole+ App included, Kinomap compatible)
Seat	Large, Comfortable, Horizontal Adjustment
Backrest	Adjustable Incline
Pedals	Extra-large with Adjustable Strap
Maximum User Weight	160 kg (352 lbs)
Product Weight	64 kg (141.1 lbs)
Dimensions (L x W x H)	173 x 67 x 112 cm (68.1 x 26.4 x 44.1 inches)
Material	Stainless Steel
Power Source	Electrical Cable
Certifications	CE-ROHS-EN957

WARRANTY AND SUPPORT

Warranty Information

The Toorx Chrono Pro Line BRX-R3000 Recumbent Exercise Bike comes with a **2-year warranty**. This warranty covers manufacturing defects and ensures the product meets quality standards under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact your retailer or the official Toorx customer support. Have your model number (BRX-R3000) and proof of purchase ready when contacting support.

