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Toorx BRX-3000

Toorx BRX-3000 Ergometer Exercise Bike User Manual

1. Introduction

This manual provides essential information for the safe and effective use of your Toorx BRX-3000 Ergometer Exercise Bike. Please read all instructions carefully before assembly and operation. Proper use and maintenance will ensure the longevity and optimal performance of your equipment.

2. Safety Information

- Consult a physician before starting any exercise program.
- Always wear appropriate exercise attire and footwear.
- Ensure all components are securely assembled and tightened before each use.
- Keep children and pets away from the exercise bike during operation.
- The maximum user weight for this equipment is 160 kg (352 lbs). Do not exceed this limit.
- Place the bike on a stable, level surface with adequate clear space around it.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. Package Contents

Before assembly, carefully unpack all components and ensure all parts are present. Refer to the included parts list in your packaging. If any parts are missing or damaged, contact customer support immediately before proceeding with assembly.

4. Setup

4.1 Assembly

Follow the step-by-step assembly instructions provided in the separate assembly guide that came with your Toorx BRX-3000. Ensure all bolts, nuts, and connections are securely tightened before using the bike. Incorrect assembly can lead to injury or damage to the equipment.

4.2 Placement

Place the exercise bike on a flat, stable surface. Ensure there is at least 0.6 meters (2 feet) of clear space around the bike for safe operation and movement. Avoid placing the bike in direct sunlight or near heat sources.



This image provides a comprehensive front view of the Toorx BRX-3000 exercise bike, showcasing its overall design, console, handlebars, and main frame structure.

4.3 Leveling

Use the adjustable feet located on the base stabilizers to ensure the bike is perfectly level and stable on the floor. Adjust each foot by rotating it until the bike no longer wobbles during use.



This image highlights the adjustable feet located on the base of the exercise bike, which can be rotated to level the equipment on uneven surfaces, ensuring stability and preventing wobbling during use.

5. Operating Instructions

5.1 Power On/Off

Connect the power cable to the bike's power port and then to a suitable electrical outlet. The console will power on automatically. To turn off the bike, simply disconnect the power cable from the outlet.

5.2 Console Functions

The LCD display provides real-time workout data including speed, calories burned, time elapsed, distance covered, heart rate, RPM (revolutions per minute), and the currently selected program. Use the console buttons (BODY FAT, RECOVERY, RESET, START/STOP, ENTER, UP, DOWN) to navigate menus, select programs, and adjust settings.



The image shows the bike's LCD console with a white backlight, displaying various workout metrics. Below the screen are control buttons for functions like BODY FAT, RECOVERY, RESET, START/STOP, ENTER, UP, and DOWN. The handlebars with integrated heart rate sensors are also visible.

5.3 Resistance Adjustment

The BRX-3000 features an electronic magnetic braking system, allowing for precise control over workout intensity. Resistance levels can be adjusted directly via the console to increase or decrease the challenge of your exercise.



The image focuses on the black knob used to adjust the magnetic resistance of the exercise bike. The text 'TO ADJUST LOOSEN THEN PULL' is visible, indicating how to operate the adjustment mechanism.

5.4 Workout Programs

The bike offers a variety of workout programs to suit different fitness goals:

- **Manual:** Control resistance manually.
- **12 Pre-programmed:** Diverse workouts with varying intensity profiles.
- **Recovery:** Measures your fitness level after a workout.
- **Race:** Simulate a competitive cycling experience.
- **4 User-defined:** Create and save your personalized workout routines.
- **4 Heart Rate Control (HRC):** Automatically adjusts resistance to keep your heart rate within a target zone (requires chest strap).
- **Watt:** Train based on a constant power output.

5.5 Bluetooth and App Connectivity (App Ready)

The integrated intelligent Bluetooth system allows you to connect your exercise bike to various motivating fitness applications. It includes the iConsole+ App, which offers maps, routes, fitness plans, and detailed training data. The bike is also compatible with the Kinomap fitness app (subscription not included), providing interactive video workouts.

5.6 Seat Adjustment

Adjust the comfortable, wide saddle both vertically and horizontally to find your optimal riding position. Ensure the seat is securely locked in place before starting your workout to prevent movement and ensure safety.



This image shows the comfortable, wide saddle and the lever for horizontal adjustment, allowing users to customize their riding position.

5.7 Pedal Straps

The extra-large pedals are equipped with adjustable straps. Secure your feet firmly in the pedals using these straps for enhanced stability and safety during your workout, preventing your feet from slipping.



The image displays the robust, extra-large pedals designed for secure foot placement, featuring adjustable straps to accommodate various shoe sizes and ensure stability during workouts.

5.8 Heart Rate Monitoring

The exercise bike includes an integrated wireless receiver for a chest strap (chest strap not included). This allows for accurate heart rate monitoring, which is essential for HRC programs and tracking your cardiovascular fitness.

6. Maintenance

6.1 Cleaning

Wipe down the exercise bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents, as these can damage the finish and electronic components.

6.2 Inspection

Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose components immediately. Check the power cable for any signs of damage. If any part is damaged or worn, replace it before further use.

7. Troubleshooting

- **Bike not powering on:** Ensure the power cable is securely connected to both the bike and a working electrical outlet. Check the circuit breaker if necessary.
- **Console not displaying data:** Verify all cable connections to the console. If issues persist, try resetting the console by disconnecting and reconnecting the power.
- **Unstable operation/Wobbling:** Adjust the leveling feet on the base stabilizers to ensure the bike is stable on the floor. Ensure the bike is placed on a flat surface.

- **Resistance not changing:** Check power connections. If the electronic resistance system is unresponsive, contact customer support.

8. Specifications

Model	BRX-3000
Braking System	Magnetic induction with electronic resistance adjustment
Flywheel Mass	16 kg
Console Display	LCD with white backlight
Displayed Information	Speed, Calories, Time, Distance, Heart Rate, RPM, Program
Programs	Manual, 12 Pre-programmed, Recovery, Race, 4 User, 4 HRC, Watt
Connectivity	Bluetooth (iConsole+ App included, Kinomap compatible)
Seat	Wide, comfortable, vertical and horizontal adjustment
Heart Rate Monitoring	Integrated wireless receiver for chest strap (strap not included)
Pedals	Extra-large with adjustable strap
Maximum User Weight	160 kg (352 lbs)
Product Weight	52 kg (114.6 lbs)
Product Dimensions (L x W x H)	96 x 56 x 143 cm (37.8 x 22 x 56.3 inches)
Material	Stainless steel (frame)
Drive System	Belt
Power Source	Electric cable
Recommended Use	Indoor
Standards	CE-ROHS-EN957

9. Warranty and Support

9.1 Warranty

This Toorx BRX-3000 Ergometer Exercise Bike comes with a 2-year warranty from the date of purchase. Please retain your proof of purchase for any warranty claims. The warranty covers manufacturing defects under normal use conditions.

9.2 Customer Support

For technical assistance, missing parts, or warranty claims, please contact your retailer or the Toorx customer service department. Refer to the contact information provided with your purchase documentation or visit the official Toorx website for support details.

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