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Toorx SRX-50S

Toorx SRX-50S Indoor Cycle User Manual

Model: SRX-50S

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1. IMPORTANT SAFETY INFORMATION

Before assembling or operating your Toorx SRX-50S Indoor Cycle, please read and understand all instructions in this manual. Keep this manual for future reference.

- Always consult with a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Place the indoor cycle on a flat, stable surface. Use a mat underneath to protect flooring and enhance stability.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight for this equipment is 125 kg.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. SETUP AND ASSEMBLY

The Toorx SRX-50S Indoor Cycle requires some assembly. Follow these general steps for proper setup. Refer to the included assembly diagram for detailed instructions.

2.1 Unpacking

Carefully remove all components from the packaging. Check against the parts list to ensure all items are present and undamaged. Do not discard packaging until assembly is complete.

2.2 Frame Assembly

Attach the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure they are

firmly secured to provide a stable base for the cycle.



Image: Close-up of the stabilizer foot, showing the adjustable knob for leveling the bike on uneven surfaces.

2.3 Pedal Installation

Identify the left (L) and right (R) pedals. The left pedal typically tightens counter-clockwise, and the right pedal clockwise. Apply a small amount of grease to the threads before installation to prevent seizing. Ensure pedals are fully tightened.



Image: A wider view of the Toorx SRX-50S flywheel and chain cover, with the pedals clearly visible and attached to the crank arms.

2.4 Saddle Adjustment

The saddle can be adjusted both vertically and horizontally to find your optimal riding position. Loosen the adjustment knobs, slide the saddle to the desired position, and securely tighten the knobs.



Image: Close-up of the ergonomic, two-tone black and grey saddle, designed for comfort during workouts.

2.5 Handlebar Installation and Adjustment

Attach the handlebar post to the main frame and then secure the handlebars. Adjust the handlebar height to a comfortable level, ensuring your back remains straight during your workout. Tighten all adjustment knobs firmly.

2.6 Console Installation

Mount the console onto the designated bracket on the handlebars. Connect any necessary sensor cables from the bike to the console. Ensure the console is securely attached and cables are not pinched.



Image: Close-up of the digital console, showing the display screen and control buttons. The screen currently reads '0:00'.

3. OPERATING INSTRUCTIONS

Familiarize yourself with the functions of your Toorx SRX-50S Indoor Cycle before beginning your workout.

3.1 Starting a Workout

Sit on the saddle and place your feet securely in the pedal straps. Begin pedaling at a comfortable pace. The

console will automatically activate and begin displaying your workout data.

3.2 Resistance Adjustment

The SRX-50S features a manual micrometric resistance adjustment system. Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it. Adjust the resistance to match your desired workout intensity.



Image: Close-up of the brake system, highlighting the felt pads that apply resistance to the flywheel.

3.3 Console Functions

The digital console displays various workout metrics:

- **Speed:** Current cycling speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered during the workout.
- **Pulse:** Your heart rate, measured by the integrated pulse sensors.
- **Calories:** Estimated calories burned.
- **Pedometer:** Counts steps or revolutions.

Use the button on the console to cycle through different display modes or reset values as needed.

3.4 Pulse Sensors

Grip the pulse sensors located on the handlebars with both hands to measure your heart rate. Ensure a firm, consistent grip for accurate readings. Your pulse will be displayed on the console.



Image: Close-up of the metallic pulse sensor pad, seamlessly integrated into the foam-covered handlebar for heart rate monitoring.

3.5 Emergency Stop

In case of an emergency or if you need to stop the flywheel quickly, press down firmly on the resistance knob. This will engage the emergency brake, bringing the flywheel to a rapid stop.

3.6 Water Bottle Holder

A convenient water bottle holder is integrated into the frame, allowing you to stay hydrated during your workout.



Image: Close-up of the black plastic water bottle holder, securely attached to the main frame of the Toorx SRX-50S Indoor Cycle.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Toorx SRX-50S Indoor Cycle.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the chain and moving parts for smooth operation. Apply a light lubricant if necessary, following manufacturer recommendations for bicycle chains.
- **Brake System:** Inspect the felt brake pads for wear. Replace them if they become excessively worn to maintain effective braking.
- **Structural Check:** Regularly inspect the thick steel structure for any signs of damage or loose connections. Tighten any loose bolts or nuts.
- **Pedals:** Check pedals for tightness and smooth rotation.
- **Console Batteries:** If the console display becomes dim or unresponsive, replace the batteries (power source is battery-driven).

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your indoor cycle.

- **Console Not Displaying:**
 - Check if the console batteries are correctly installed and have sufficient charge. Replace if necessary.
 - Ensure all sensor cables are securely connected to the console.
- **No Resistance or Inconsistent Resistance:**
 - Verify that the resistance knob is functioning correctly and turning freely.
 - Inspect the felt brake pads for wear or misalignment.
- **Unusual Noises During Operation:**
 - Check all bolts and nuts for tightness, especially around the flywheel and crank arms.
 - Inspect the chain for proper tension and lubrication.
- **Saddle or Handlebars Wobble:**
 - Ensure all adjustment knobs for the saddle and handlebars are fully tightened.

If you encounter problems not listed here or if solutions do not resolve the issue, please contact customer support.

6. PRODUCT SPECIFICATIONS

Model Name	SRX-50S
Flywheel Weight	20 kg
Transmission System	Fixed Chain
Brake System	Felt Pads
Resistance Adjustment	Manual Micrometric
Console Display	Speed, Time, Distance, Pulse, Calories, Pedometer
Pulse Sensors	Integrated on handlebars
Saddle Adjustment	Vertical and Horizontal
Frame Material	Thick Alloy Steel

Product Dimensions (L x W x H)	107 x 51 x 115 cm
Net Weight	41 kg
Maximum User Weight	125 kg
Power Source (Console)	Battery-driven



Image: Close-up view of the Toorx SRX-50S flywheel and the protective chain cover, showcasing the robust design.



Image: A comprehensive view of the Toorx SRX-50S Indoor Cycle, highlighting its overall structure and design.

7. WARRANTY & SUPPORT

For information regarding the warranty period and terms for your Toorx SRX-50S Indoor Cycle, please refer to the warranty card included with your purchase or contact your retailer. Keep your proof of purchase for any warranty claims.

If you require technical assistance, spare parts, or have any questions not covered in this manual, please contact Toorx customer support or your authorized dealer. Contact details can typically be found on the manufacturer's website or your purchase documentation.