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Toorx BRX-R95-COMFORT

Toorx BRX R95 Comfort Recumbent Exercise Bike User Manual

Model: BRX-R95-COMFORT

INTRODUCTION

This manual provides instructions for the safe assembly, operation, maintenance, and troubleshooting of your Toorx BRX R95 Comfort Recumbent Exercise Bike. Please read this manual thoroughly before using the equipment and retain it for future reference.

The Toorx BRX R95 Comfort is designed for home fitness use, featuring a magnetic braking system, electronic resistance adjustment, and a comfortable recumbent design.

IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear.
- Maximum user weight: 130 kg (286 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

Unpack all components and verify against the parts list (not provided in this manual, refer to your product packaging). Assembly typically requires two people.

Assembly Steps:

1. **Base Stabilizers:** Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly secured.

2. **Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten securely.
3. **Seat Assembly:** Mount the seat post to the main frame. Attach the seat and backrest to the seat post. Adjust the seat horizontally for comfort.
4. **Console and Handlebars:** Connect the console cables to the main frame wiring. Secure the console and handlebars to the upright post.
5. **Final Check:** Inspect all connections and ensure all parts are correctly assembled and tightened.



Image: The Toorx BRX R95 Comfort Recumbent Exercise Bike, fully assembled. This image illustrates the overall structure including the seat, pedals, handlebars, and console.

OPERATING INSTRUCTIONS

Console Functions:

The console features a multi-color backlit LCD display and includes a smartphone/tablet holder. It displays various workout metrics.

- **Distance:** Total distance covered during the workout.
- **Time:** Duration of the workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate detected via hand pulse sensors or wireless receiver (chest strap not included).
- **Speed:** Current cycling speed.
- **RPM:** Revolutions Per Minute (pedal cadence).

Workout Programs:

The bike offers 21 programs, including 1 manual program, 3 Heart Rate Control (HRC) programs, and 5 user-defined programs.

1. **Manual Mode:** Allows you to manually adjust resistance levels (24 levels available) during your workout.
2. **Pre-set Programs:** Select from various pre-programmed workouts designed for different fitness goals.

3. **HRC Programs:** Maintain a target heart rate by automatically adjusting resistance. Requires a compatible heart rate chest strap (not included).
4. **User Programs:** Create and save your personalized workout profiles.

Adjustments:

- **Seat Adjustment:** The seat can be adjusted horizontally to accommodate different user heights. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Resistance Adjustment:** The motorized resistance can be adjusted electronically via the console, offering 24 levels of intensity.
- **Pedal Straps:** Adjust the straps on the extra-large pedals to secure your feet comfortably.

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. Do not use 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 detailed product manual for specific lubrication points and recommended lubricants.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not displaying data.	Loose cable connection, dead batteries (if applicable), power adapter issue.	Check all cable connections. Replace console batteries if battery-powered. Ensure power adapter is securely plugged in.
Resistance not changing.	Motorized resistance cable disconnected or damaged, console malfunction.	Check resistance control cable connections. If problem persists, contact customer support.
Unusual noise during operation.	Loose parts, lack of lubrication, worn components.	Inspect for loose bolts or nuts and tighten. Lubricate moving parts as per maintenance guidelines. If noise persists, discontinue use and contact support.
Heart rate reading inaccurate or absent.	Hand pulse sensors not properly gripped, wireless chest strap not paired or faulty.	Ensure hands are firmly placed on pulse sensors. Check chest strap battery and pairing instructions.

SPECIFICATIONS

- **Model:** BRX-R95-COMFORT

- **Braking System:** Magnetic with electronic resistance adjustment
- **Flywheel Weight:** 10 kg
- **Maximum User Weight:** 130 kg
- **Resistance Levels:** 24 (motorized)
- **Console Display:** Multi-color backlit LCD
- **Programs:** 21 (1 manual, 3 HRC, 5 user-defined, others pre-set)
- **Heart Rate Detection:** Hand pulse sensors, integrated wireless receiver (chest strap not included)
- **Seat:** Horizontal adjustment, large breathable backrest
- **Pedals:** Extra-large with adjustable straps
- **Product Weight:** 43 kg
- **Assembled Dimensions (L x W x H):** 1500 x 600 x 1160 mm (approx. 59 x 23.6 x 45.7 inches)
- **Material:** Alloy Steel
- **Power Source:** Battery powered (or AC adapter, typically included)
- **Certifications:** CE-ROHS-EN957

WARRANTY AND SUPPORT

Specific warranty details are typically provided with your purchase documentation. Please refer to the warranty card or contact your retailer for information regarding warranty coverage and duration.

For technical assistance, spare parts, or any questions not covered in this manual, please contact Toorx customer support or your authorized dealer. Have your model number (BRX-R95-COMFORT) and purchase date ready when contacting support.

Note: This manual does not constitute a warranty statement.