

Toorx SRX-500

Toorx SRX-500 Indoor Cycle User Manual

Model: SRX-500 | Brand: Toorx

1. INTRODUCTION

Thank you for choosing the Toorx SRX-500 Indoor Cycle. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before using the SRX-500 to ensure proper function and to maximize your workout experience. Keep this manual for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, please observe the following safety precautions:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment.
- Place the indoor cycle on a flat, stable surface with adequate clearance around it.
- Inspect the equipment before each use for loose parts or signs of wear. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught.
- Do not exceed the maximum user weight of 150 kg (330 lbs).
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- Use the emergency brake to stop the flywheel quickly if needed.
- Perform warm-up and cool-down exercises.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. ASSEMBLY AND SETUP

The Toorx SRX-500 Indoor Cycle requires some assembly. Please follow the instructions provided in the separate assembly guide for detailed steps. Ensure all components are securely fastened before use.



Figure 3.1: Fully assembled Toorx SRX-500 Indoor Cycle.

This image displays the complete Toorx SRX-500 Indoor Cycle, showcasing its robust frame, adjustable seat and handlebars, pedals, and the integrated console.

3.1 Leveling the Cycle

After assembly, ensure the indoor cycle is stable and level. Adjust the leveling feet located on the front and rear stabilizers until the unit does not rock.



Figure 3.2: Close-up of the leveling foot and transport wheels.

This image highlights the adjustable leveling feet at the base of the cycle, which are used to stabilize the unit on uneven surfaces, alongside the integrated transport wheels for easy relocation.

4. OPERATING INSTRUCTIONS

4.1 Resistance Adjustment

The SRX-500 features a magnetic braking system with electronic torque control, offering 32 levels of resistance. Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it. The current resistance level will be displayed on the console.



Figure 4.1: Resistance adjustment knob.

This image shows the red resistance adjustment knob located on the frame, used to control the magnetic braking system and adjust workout intensity.

4.2 Fixed Gear Drive System

The SRX-500 utilizes a fixed gear drive system, meaning the pedals continue to move as long as the flywheel is in motion. Always maintain control of the pedals. To stop the flywheel quickly, press down firmly on the resistance knob to engage the emergency brake.

4.3 Pedals

The cycle is equipped with pedals designed for secure foot placement during intense workouts. Ensure your feet are properly secured in the pedal straps before beginning your exercise.



Figure 4.2: Close-up of the pedals.

This image provides a detailed view of the pedals, including the foot straps, designed to keep the user's feet securely in place during cycling.

5. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort, safety, and effective training.

5.1 Seat Adjustment

The two-color saddle can be adjusted both vertically and horizontally. Loosen the adjustment levers, slide the seat to the desired position, and then securely tighten the levers.

- **Vertical Adjustment:** Adjust the seat height so that your leg is slightly bent at the knee when the pedal is at its lowest point.
- **Horizontal Adjustment:** Adjust the seat forward or backward to ensure your knee is directly above the pedal axle when the pedals are horizontal.



Figure 5.1: Vertical seat post adjustment.

This image illustrates the mechanism for adjusting the seat's vertical position, showing the lever used to loosen and secure the seat post.



Figure 5.2: Horizontal seat adjustment.

This image details the horizontal adjustment mechanism beneath the saddle, allowing users to slide the seat forward or backward for optimal positioning.

5.2 Handlebar Adjustment

The handlebars can also be adjusted vertically and horizontally to suit your preference and riding style. Loosen the adjustment levers, move the handlebars to the desired position, and then securely tighten the levers.

6. CONSOLE AND APP CONNECTIVITY

6.1 Console Functions

The SRX-500 features a multi-color backlit LCD console that displays key workout metrics such as time, distance, speed, calories burned, and watts. It also includes an integrated wireless receiver for heart rate monitoring (heart rate chest strap included).



Figure 6.1: Console display.

This image shows a close-up of the multi-color backlit LCD console, displaying various workout data such as time, speed, distance,

and power output.

6.2 App Ready & Connectivity

The SRX-500 is "App Ready" and equipped with an intelligent Bluetooth system, allowing interactive connectivity with popular fitness applications. This includes compatibility with Kinomap, ZWIFT, and iConsole+ for enhanced training experiences. Please note that subscriptions to these apps may be required and are not included with the cycle.

To connect your device:

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. Download and open your preferred compatible fitness app (Kinomap, ZWIFT, or iConsole+).
3. Follow the in-app instructions to pair with your Toorx SRX-500.



Rilevazione cardio
ricevitore wireless integrato
e fascia cardio inclusa

Q Factor
Totale: 19,6 cm
Sinistro: 9,9 cm | Destro: 9,7 cm



APP READY 



SRX 500 è dotata di un sistema Bluetooth intelligente integrato, che consente di interfacciarsi in modo interattivo con **KINOMAP** e **ZWIFT** (*abbonamenti non inclusi), oltre alla sempre utile **iConsole+**.

Figure 6.2: App Ready features.

This image highlights the "App Ready" functionality of the SRX-500, displaying logos for Kinomap, ZWIFT, and iConsole+, indicating compatibility for interactive training.

7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Toorx SRX-500 Indoor Cycle.

- **Cleaning:** Wipe down the cycle 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. Tighten any loose fasteners.
- **Belt Drive:** The belt drive system is designed for low maintenance and quiet operation. No lubrication is typically required.
- **Storage:** Store the cycle in a dry, cool place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

If you encounter any issues with your Toorx SRX-500, please refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Console not displaying data	Loose cable connection, depleted batteries (if applicable)	Check all cable connections to the console. Replace console batteries if necessary.
Resistance not changing	Electronic control issue, magnetic brake malfunction	Ensure the resistance knob is functioning correctly. If the issue persists, contact customer support.
Unstable cycle	Uneven surface, loose leveling feet	Adjust the leveling feet on the stabilizers until the cycle is stable.

If you cannot resolve the issue using the above table, please contact Toorx customer support for assistance.

9. SPECIFICATIONS







Feature	Detail
Model	SRX-500
Drive System	Fixed Gear, Belt Drive
Flywheel Weight	24 kg (CNC-machined)
Resistance System	Magnetic, Electronic Torque Control (32 levels)
Max User Weight	150 kg
Console Display	Multi-color backlit LCD
Heart Rate Detection	Integrated wireless receiver (chest strap included)
App Compatibility	Kinomap, ZWIFT, iConsole+ (via intelligent Bluetooth)
Q-Factor	19.6 cm (Left: 9.9 cm, Right: 9.7 cm)
Material	Alloy Steel
Color	Black
Item Weight	59 Kilograms

10. WARRANTY AND SUPPORT

Your Toorx SRX-500 Indoor Cycle is covered by a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms and conditions. For technical support, spare parts, or any other inquiries, please contact Toorx customer service through their official website or the contact information provided in your product packaging.

For more information, visit the official Toorx website:www.toorx.it

Related Documents - SRX-500

 <p>Handleiding TOORX SRX-500 Indoor Fiets met Kluisprogramma's</p> <p>Bezoek ons op www.toorx.nl voor meer informatie over onze producten en diensten. Wij zijn u graag van dienst bij het gebruik van onze producten. Het is belangrijk dat u de handleiding goed leest en begrijpt voordat u de fiets in gebruik neemt. Het is ook belangrijk dat u de fiets regelmatig onderhoudt en controleert. Het is belangrijk dat u de fiets veilig gebruikt en dat u de fiets niet gebruikt als wapen. Het is belangrijk dat u de fiets niet gebruikt in een openbaar gebied. Het is belangrijk dat u de fiets niet gebruikt in een openbaar gebied. Het is belangrijk dat u de fiets niet gebruikt in een openbaar gebied.</p> <p>TOORX SRX-500 Indoor Fiets met Kluisprogramma's</p>	<p>Handleiding TOORX SRX-500 Indoor Fiets: Gebruikersgids en Programma's</p> <p>Gedetailleerde handleiding voor de TOORX SRX-500 indoor fiets, inclusief uitleg over console functies, programma's (Handmatig, Cardio, Watt), herstelfunctie, Bluetooth-verbinding en onderhoud.</p>
 <p>TOORX INSTRUCTION SRX8500</p>	<p>TOORX SRX8500 Exercise Bike Instruction Manual</p> <p>Instruction manual for the TOORX SRX8500 exercise bike, covering assembly, parts list, and adjustment procedures.</p>
 <p>TOORX INSTRUCTION BRX AIR5000</p>	<p>TOORX BRX AIR5000 Exercise Bike Instruction Manual</p> <p>Comprehensive instruction manual for the TOORX BRX AIR5000 exercise bike, including assembly steps, parts list, and detailed console operation guide for fitness training.</p>
 <p>TOORX INSTRUCTION BRX AIRMAG 7000</p>	<p>TOORX BRX AIRMAG 7000 Exercise Bike Instruction Manual</p> <p>This manual provides detailed instructions for assembling, operating, and maintaining the TOORX BRX AIRMAG 7000 exercise bike. It includes hardware identification, assembly steps, computer console instructions, program details, operational guidance, and maintenance procedures.</p>
 <p>TOORX INSTRUCTION SRX8500</p>	<p>TOORX SRX8500 Exercise Bike Instruction Manual</p> <p>This manual provides comprehensive instructions for assembling, operating, and adjusting the TOORX SRX8500 exercise bike. It includes a detailed parts list, exploded view diagram, and step-by-step assembly guides.</p>
 <p>TOORX INSTRUCTION BRXR 95 COMFORT</p>	<p>TOORX BRXR 95 COMFORT Recumbent Exercise Bike User Manual</p> <p>Comprehensive user manual for the TOORX BRXR 95 COMFORT recumbent exercise bike, covering assembly, operation, programs, specifications, and maintenance. Includes detailed instructions and parts list.</p>