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## Toorx BRX-R100ERGO

# Toorx BRX-R100ERGO Ergometer Exercise Bike User Manual

Model: BRX-R100ERGO

## 1. INTRODUCTION

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Thank you for choosing the Toorx BRX-R100ERGO Ergometer Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

### Important Safety Instructions

- Consult your 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.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight: 150 kg.

## 2. SETUP AND ASSEMBLY

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The Toorx BRX-R100ERGO requires some assembly. Please refer to the separate assembly guide included in your product packaging for detailed step-by-step instructions. Ensure all components are present and undamaged before beginning assembly.

### 2.1 Adjusting the Saddle

The saddle can be adjusted both vertically and horizontally to ensure a comfortable and effective riding position. The recommended pedal-to-saddle distance ranges from 70 cm to 95 cm. When seated, your leg should not be fully extended at the bottom of the pedal stroke.



Image 2.1: Adjustable saddle and handlebars for personalized comfort.

## 2.2 Adjusting the Handlebars

The handlebars feature an inclination adjustment. Loosen the adjustment knob, set the handlebars to your desired angle for comfort, and then securely tighten the knob.

## 2.3 Pedal Straps

The extra-large pedals are equipped with adjustable straps. Place your feet on the pedals and adjust the straps to secure your feet firmly, preventing slippage during your workout.

## 3. OPERATING INSTRUCTIONS

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### 3.1 Console Overview

The BRX-R100ERGO features a multi-color backlit LCD console. It displays key workout data including distance, time, calories burned, pulse, speed, and RPM. A smartphone and tablet holder is integrated into the console for convenience.



Image 3.1: Multi-color backlit LCD console with integrated device holder.

### 3.2 Resistance Adjustment

The bike uses an ergometer magnetic induction braking system with electronic resistance adjustment. Resistance can be motor-adjusted across 32 levels, allowing for precise control over your workout intensity.

### 3.3 Workout Programs

The console offers a variety of workout programs:

- **Manual Program:** Allows you to control resistance manually.
- **Coach Programs:** Pre-defined programs (Low, Mid, Top) for varied training.

- **HRC (Heart Rate Control) Programs:** Adjust resistance to maintain a target heart rate.
- **Watt Program:** Maintain a constant power output (watts).
- **User Programs:** 5 customizable user profiles.
- **Pre-defined Programs:** 12 additional pre-set programs.

### 3.4 Heart Rate Monitoring

Your heart rate can be detected via hand pulse sensors integrated into the handlebars. The console also features a built-in wireless receiver for a compatible heart rate chest strap (not included).

### 3.5 App Connectivity (App Ready)

The BRX-R100ERGO is equipped with an integrated Bluetooth system, making it "App Ready." This allows you to connect to motivating fitness applications:

- **iConsole+ App:** Includes maps, routes, fitness plans, and training data tracking.
- **Kinomap App:** Compatible with Kinomap fitness application for interactive video workouts (subscription not included).

Refer to the specific app instructions for pairing and usage.

## 4. MAINTENANCE

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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:** The magnetic resistance system is generally maintenance-free. Do not lubricate internal components unless specifically instructed by the manufacturer.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 5. TROUBLESHOOTING

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If you encounter issues with your Toorx BRX-R100ERGO, refer to the following common troubleshooting steps:

- **Console Not Powering On:** Ensure the power cable is securely connected to both the bike and a working power outlet. Check for any tripped circuit breakers.
- **Inaccurate Readings:** Ensure heart rate sensors are clean and your hands are properly placed. For other readings, check if all cables are securely connected.
- **Resistance Issues:** If resistance is not adjusting, check the power connection. If the issue persists, contact customer support.
- **Unusual Noises:** Inspect for any loose parts or foreign objects. Tighten any loose bolts. If noise persists, discontinue use and contact support.

## 6. SPECIFICATIONS

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### Toorx BRX-R100ERGO Technical Specifications

<b>Model Number</b>	BRX-R100ERGO
<b>Braking System</b>	Ergometer - Magnetic Induction with Electronic Resistance Adjustment

<b>Flywheel Weight</b>	14 kg
<b>Resistance Levels</b>	32 (Motorized)
<b>Maximum User Weight</b>	150 kg
<b>Console Display</b>	Multi-color Backlit LCD (Distance, Time, Calories, Pulse, Speed, RPM)
<b>Programs</b>	1 Manual, Coach (Low/Mid/Top), HRC, Watt, 12 Pre-defined, 5 User
<b>App Connectivity</b>	Bluetooth (iConsole+, Kinomap compatible)
<b>Saddle Adjustment</b>	Vertical and Horizontal
<b>Pedal-to-Saddle Distance</b>	Min 70 cm, Max 95 cm
<b>Handlebar Adjustment</b>	Inclination
<b>Heart Rate Detection</b>	Hand Pulse, Wireless Receiver for Chest Strap
<b>Pedals</b>	Extra-large with Adjustable Straps
<b>Product Weight</b>	45 Kilogrammes
<b>Product Dimensions (L x W x H)</b>	155 x 60 x 116 cm
<b>Material</b>	Alloy Steel
<b>Power Source</b>	Electric Cable
<b>Certifications</b>	CE-ROHS-EN957

## 7. WARRANTY AND SUPPORT

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For warranty information, please refer to the warranty card included with your product or visit the official Toorx website. If you require technical assistance, spare parts, or have any questions not covered in this manual, please contact Toorx customer support directly.

**Manufacturer:** TOORX

**Website:** [www.toorx.it](http://www.toorx.it)