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Toorx BRX-75 EASY

TOORX BRX-75 EASY Magnetic Exercise Bike User Manual

Model: BRX-75 EASY | Brand: Toorx

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling and using the TOORX BRX-75 EASY exercise bike. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- This product is designed for home use only.
- Ensure the exercise bike is placed on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during use.
- The maximum user weight for this exercise bike is **110 kg (242 lbs)**.
- Regularly inspect the equipment for wear and tear. Do not use if damaged.
- Wear appropriate exercise clothing and footwear.
- The product complies with **CE-ROHS-EN957** certifications.

2. SETUP AND ASSEMBLY

The TOORX BRX-75 EASY is designed for convenient setup. While specific assembly steps are not detailed here, ensure all components are securely fastened before first use.

- Unpack all components carefully and verify against the parts list (refer to your product packaging for a complete list).
- Assemble the base stabilizers, main frame, pedals, seat, and handlebars according to the included assembly guide.
- Ensure all bolts, nuts, and screws are tightened securely.
- Place the exercise bike on a level surface, ensuring there is adequate space around it for safe operation.

3. OPERATING INSTRUCTIONS

3.1. Adjusting Resistance

The BRX-75 EASY features a magnetic braking system with **12 levels of manual resistance adjustment** To

change the resistance level, turn the resistance knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance. Adjust the intensity progressively to suit your workout needs, from light reactivation sessions to more demanding cardio resistance training.

3.2. Console Operation



This image shows the central LCD console displaying workout metrics such as speed, time, distance, calories, and pulse. The handlebars are visible with integrated hand pulse sensors for heart rate monitoring.

The integrated LCD console provides direct readings of your workout parameters. It displays:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate (when using hand pulse sensors).
- **Speed:** Current speed.
- **RPM:** Revolutions Per Minute (pedal cadence).
- **Scan Function:** Automatically cycles through all display metrics.

Use the 'MODE', 'RESET', and 'SET' buttons on the console to navigate through display options and reset values as needed. Refer to the console-specific instructions in your assembly guide for detailed button functions.

3.3. Seat and Handlebar Adjustment



A side profile of the exercise bike, demonstrating the vertical and horizontal adjustability of the seat and the inclination adjustment of the handlebar post for ergonomic positioning.



This image highlights a black adjustment knob with clear instructions 'TO ADJUST LOOSEN THEN PULL', typically used for adjusting the seat height or handlebar position.

For optimal comfort and to reduce stress on your knees and back, adjust the seat and handlebars to a correct posture:

- **Seat Adjustment:** The seat can be adjusted both **vertically and horizontally**. Loosen the adjustment knob (as shown in the image), slide the seat to your desired position, and then securely tighten the knob.
- **Handlebar Adjustment:** The handlebar inclination can be adjusted. Loosen the adjustment mechanism, set the handlebars to a comfortable angle, and then secure it.

3.4. Pedals and Foot Straps



A detailed view of the extra-large pedal, featuring an adjustable strap to secure the user's foot during exercise, ensuring stability and safety.

The exercise bike is equipped with **extra-large pedals and adjustable straps**, combined with a 3-piece crank. Ensure your feet are securely placed in the pedals and the straps are tightened to prevent slipping, especially during higher RPMs. This enhances stability and safety during your workout.

3.5. Heart Rate Monitoring

Your heart rate is measured via **hand pulse sensors** integrated into the handlebars. Grip these sensors firmly with both hands during your workout to display your current heart rate on the LCD console. This feature helps you stay within your target heart rate zone for effective training.

3.6. Smartphone/Tablet Holder

A dedicated holder for your smartphone or tablet is included. This allows you to conveniently place your device for entertainment or guided workouts during your exercise session.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your TOORX BRX-75 EASY 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 nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is typically required for magnetic resistance systems. Refer to the original assembly manual for any specific lubrication instructions.
- **Storage:** Store the exercise bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common troubleshooting tips:

- **Console Not Displaying:** Check if the console batteries are correctly installed and have sufficient charge. Replace batteries if necessary.
- **Unstable Pedaling:** Ensure the bike is on a level surface and all assembly bolts are tightened. Check the pedal straps for secure fitting.
- **Unusual Noises:** Inspect all moving parts for any obstructions or loose components. Tighten any loose bolts or screws.
- **Inaccurate Heart Rate Reading:** Ensure your hands are firmly and completely gripping the hand pulse sensors. Skin contact is essential for accurate readings.

For persistent issues, please contact customer support.

6. SPECIFICATIONS

Feature	Specification
Model Number	BRX-75 EASY
Resistance System	Magnetic, Manual Adjustment
Resistance Levels	12
Flywheel Mass	9 kg
Drive System	Belt Drive
Console Display	LCD (Time, Distance, Calories, Pulse, Speed, RPM, Scan)
Heart Rate Monitoring	Hand Pulse Sensors
Seat Adjustment	Vertical and Horizontal
Handlebar Adjustment	Inclination
Pedals	Extra-large with adjustable straps, 3-piece crank
Max User Weight	110 kg (242 lbs)
Product Dimensions (L x W x H)	99.5 x 49.5 x 138 cm (39.2 x 19.5 x 54.3 inches)
Product Weight	25.5 kg (56.2 lbs)

Feature	Specification
Frame Material	High-resistance powder-coated steel
Certifications	CE-ROHS-EN957

7. WARRANTY INFORMATION

Specific warranty details for the TOORX BRX-75 EASY exercise bike are typically provided at the point of purchase or within the product packaging. Please retain your proof of purchase for any warranty claims.

For detailed warranty terms and conditions, please consult the retailer from whom you purchased the product or the official Toorx website.

8. SUPPORT

Should you require assistance with assembly, operation, maintenance, or troubleshooting beyond the scope of this manual, please contact your retailer or the manufacturer's customer service.

When contacting support, please have your product model number (BRX-75 EASY) and proof of purchase readily available.