hattrick-pro CROSSWALKER



Cardio Series

User Manual



Before You Start

Thank you for purchasing this exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

SAFETY INSTRUCTION

1. This product can only be used in the following places, sports organizations, educational facilities, hotels, clubs, area clubs and single apartments. And by the owner (legally responsible) specified in the entry and exit management exercise area

2. This product should be operated in area where the regulation made according to users'reliability, age and practicing experience ect. by ower of this machine.

- 3. This product should be operated in the place where under supervision.
- 4. Make sure kids without supervision and disables keep proper distance from this product.

5. Incorrect or exceeding exercise probably do harm to your health , please consult a professional coach about the right exercising angle and the burden of your body.

- 6. Please adjust the maximum load bearing of the machine before exercise(mainly seat adjustment).
- 7. Please check if the screws and handle kept tightened before using.
- 8. Cardiopathy and kids under 12-year-old are definitely prohibited to operate this machine.
- 9. This machine should be put on the flat ground indoor and behind the machine(periphery) there is have to keep a space of 2000mm*1000mm.

10. If you feel dizzy , nausea or other discomfort when you are doing exercise through this machine , please stop practicing immediately , and consult a doctor. The ground where this machine fix on should be stable.

11. Please wear appropriate sportswear and sports shoes.

- 12. Please do proper warm-up exercises before using.
- 13. It is definitely prohibited to use this machine doing anything out of the function of this machine.
- 14. Please do exercise under the guidance of professional coach.
- 15. Please check if every part of this machine keep stable before using.

16. Any adjustable part , especially parts could directly act on the practicing movement of user , should be strengthened the maintenance.

Important Safety Information WARNING!

1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the 35 and /or persons with pre-existing health problems. Our company assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

2) To reduce the risk of electrical shock, burns, fire or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

EXPLODED DRAWING





PARTS LIST

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
А	MAIN FRAME	1	A49	AXLE Φ 25x160MM	1
A1	SENSOR WIRE 900mm	1	A50	MAGNETIC Φ15x7	1
A2	CONTROLLER WIRE 500mm	1	A51	BELT WHEEL Φ 360 (J10)	1
A3	KONB	1	A52	BELT 530 (1355MM)xJ8	1
A4	CONNECTION SLICE 40 (4T)	4	A53	NUT M8	14
A5	INCLINE MOTOR SENSOR WIRE	2	A54	OSCILLATING AXLE BASE (R)	1
A8	INCLINE MOTOR CONTROL BOX	1	A55	OSCILLATING AXLE BASE (L)	1
A9	SCREW M5x10	2	A56	HANDLEBAR SUPPORTING COVER	2
A10	ADAPTOR	1	A57	BEARING 6905 (TPX)	2
A11	DC WIRE 600mm	1	A58	END CAP Φ 4"	2
A12	SOCKET	2	A59	FIX CUSHION Φ 50TPR	2
A13	NUT	1	A60	WASHER M6x2Tx Φ 19	2
A14	SCREW M3x8	4	A61	SCREW3/16"x5/8	2
A15	SENSOR WIRE 100mm	1	A62	FRONT CONNECTING SHAFT	2
A15-1	SENSOR WIRE HOUSING	1	A63	END CAP	1
A15-2	SENSOR WIRE HOUSING SCREW	1	A64	BUSH Φ12.1xΦ16x20	4
A16	MOTOR	12	A65	CLIP (36)	12
A17	WIRE (OVERLOAD SWITCH TO AC POWER SWITCH)	1	A66	BEARING 6004 (TPX)	2
A18	BEARING 6005zz (TPX)	2	A67	BEARING SLEEVE Φ 42x3T	12
A19	BRAKE DEVICE (3T)	1	A68	SCREW M8x45	2
A20	SCREW M6x43	1	A69	NUT M4	10
A21	SCREW M8x16	1	A71	CRANK CONNECTING SHAFT	2
A22	WASHER M10	2	A72	BEARING 2203 (MRB)	2
A23	OVERLOAD SWITCH	1	A73	NUT M10	2
A24	WIRE (OVERLOAD SWITCH TO AC POWER SWITCH)	1	A74	CLIP (R40)	2
A25	POWER CONNECTION WIRE	1	A75	BUSH Φ 12.1x Φ 16x10.5mm	8
A26	SWITCH AC POWER	1	A76	SCREW M4x38mm	4
A27	POWER CORD SOCKET	1	A77	FLAT KEY 7x7x20MM	21
A28	SCREW M3x10	2	A78	BUSH Φ 12.1x Φ 16x14.75MM	120
A29	SCREW M8x10	2	A80	FRONT PEDAL SUPPORTING TUBE	2
A30	TRANSPORTATION WHEEL	2	A81	WASHER M10x Φ 27x2T	2
A31	SCREW M12x53	4	A82	SCREW M10x40MM	2
A32	PRESSING PIPE	1	A83	NUT	4
A33	WASHER $\Phi 10x \Phi 23x2T$	2	A84	BRAKE	1
A34	BEARING 6200 (MRB)	2	A85	SPRING	1
A35	SCREW M10x30	1	A86	MOTOR PUSH ROD	2
A36	JSHAPE SCREW M6	1	A87	AXLE FOR MOTOR PUSH ROD	4
A37	WIRE (AC POWER SWITCH TO POWER CORD)	1	A88	NUT	4
A38	WASHER M6x Φ 16x Φ 29.2x2T	1	A89	NYLON SLEEVE	8
A39	GROUND WIRE	1	A90	PUSH ROD BRACKET (FRONT)	2
A40	POWER CORD	1	A91	END CAP	1
A41	FLYWHEEL Φ327	1	A92	SPACER SHIM	2
A42	NUT3/8"	2	A93	PUSH ROD BRACKET (REAR)	2
A43	TENSION CABLE 400MM	1	A94	SCREW M8x20	8
A44	SCREW M5x10	4	A95	SCREW5/32"x3/4"(M4x19MM)	12
A45	TURING PLATE	2	A96	NUT M6	2
A46	CRANK	2	A97	SIDE DECORATION HOUSING SET (L)	2
A47	BEARING NUT	1	A98	SIDE DECORATION HOUSING SET (R)	2
A47-1	BUSH Φ25.2xΦ29.2x54.4mm	1	A99	FRONTSIDE DECORATION COVER	2
A47-2	BUSH Φ25.2xΦ29.2x5mm	1	A100	SCREW M4x20	10
A48	SCREW M8x25	4	A101	END CAP	4

AID2 SMAIL CHAIN COVER (L) 1 D CONSOLE SUPPORTING TUBE 1 AID3 MAIN CHAIN COVER (L) 1 D1 SENSOR WIRE 350mm 1 AID4 UPFR DECORATION HOLSING 1 D2 SENSOR WIRE 350mm 1 AID5 SUALL CHAIN COVER (R) 1 D4 HADLE PULSE WIRE 2 AID6 MAIN CHAIN COVER (R) 1 D4 HADLE PULSE WIRE 2 AID6 MOTOR SENSOR WIRE HOLSING SCREW 2 D5 HANDLE PULSE WIRE 4 AID1 MOTOR SENSOR WIRE HOLSING SCREW 2 D7 HANDLE PULSE HOLSING 2 AIII CRAK HOUSING 2 D9 LOWER HANDLE PULSE HOLSING 2 AIII SCRAK HOUSING 2 D10 HANDLE PULSE HOLSING 2 AIII SCRAK HOUSING SCREW 4 D11 HASTIC PULSE 2 AIII SCRAK HOUSING TUBE (L) 1 D13 SPORG HURE *DUSING* 2 BIARARNS SLEPKE 1 D14 D14 SPLOA	P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A103 MAIN CHAIN COVER (L) 1 D1 SENSOR WIRE 300mm 1 A104 UPPER DECORATION HOUSING 1 D2 SENSOR WIRE 300mm 1 A105 SMALL CHAIN COVER (R) 1 D3 SLNSOR WIRE 300mm 1 A105 MAIN CHAIN COVER (R) 1 D4 HANDLE PULSE WIRE 2 A105 SMALL CHAIN COVER (R) 1 D4 HANDLE PULSE WIRE 2 A105 SMORT WIRE HOUSING 2 D6 SPACEER RING 052x30.4 2 A106 END CAP 2 D8 UPPER HANDLE PULSE HOUSING 2 A110 END CAP 2 D1 HANDLE PULSE HOUSING 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASL SUPPORTING TUBE (A) D12 FOAL SUPPORTING TUBE (A) D12 FOAL SUPPORTING TUBE (A) D12 FOAL SUPORTING TUBE (A) D12 FOAR JAST MASA 4 B5 LOWER PEDAL SUPPORTING TUBE (A) D13 SUPASA MASA 4 B5 LOWER PEDAL SUPPORTING TUBE (A) D1	A102	SMALL CHAIN COVER (L)	1	D	CONSOLE SUPPORTING TUBE	1
A104 UPPER DECORATION HOUSING 1 D2 SEXSOR WIRE 200mm 1 A105 SMAIL CHAIN COVER (R) 1 D3 SEXSOR WIRE 200mm 1 A106 MAN CHAIN COVER (R) 1 D4 SEXSOR WIRE 200mm 2 A107 SCREW MA12 8 D5 HANDLE PLISE NUM © 302,30.4 2 A108 MOTOR SENSOR WIRE HOUSING 2 D5 NAMEL PLISE NUM © 302,30.4 2 A108 MOTOR SENSOR WIRE HOUSING 2 D7 HANDLE PLISE HANDLE PULSE 4 A110 END CAP 2 D8 IUPPER HANDLE PULSE HOUSING 2 A112 SCREW EXANK HOUSING 2 D4 HANDLE PULSE RUNG © 30,30,57,30,50,57,30,50,57,30,50,57,30,50,77,30,70,77,20,77,77,77,77,77,77,77,77,77,77,77,77,77	A103	MAIN CHAIN COVER (L)	1	D1	SENSOR WIRE 350mm	1
AI05 SMALL CHAIN COVER (R) 1 D3 SENSOR WIRE 300nm 1 A106 MAIN CHAIN COVER (R) 1 D4 HANDLE PULSE WIRE 2 A107 SCREW M412 2 D5 SPACER RING 0.328.04 2 A108 MOTOS SENSOR WIRE HOUSING 2 D5 SPACER RING 0.323.04 2 A110 END CAP 2 D8 UPPER HANDLE PULSE HOUSING 2 A110 END CAP 2 D8 UPPER HANDLE PULSE HOUSING 2 A111 CRAW MOUSING 2 D10 HANDLE PULSE RING 0.32.05mm 2 A112 SIDE DECORATION HOUSING SCREW 4 D11 PLASTIC PIPE 2 B1 PEDAL SUPPORTING TUBE (J) 1 D13 SPONG HDR 0.23.3TX10nm 2 B2 PEDAL SUPPORTING TUBE (J) 1 D17 TOXGGLE COVER L1 1 B3 PEDAL BRACKET (R) 1 D17 TOXGGLE COVER L1 1 B4 BARING SLEVEY 1 D12 TOXGGLE COVER L1 <	A104	UPPER DECORATION HOUSING	1	D2	SENSOR WIRE 200mm	1
A106 MAIN CHAIN COVER (R) 1 D4 HANDLE PULSE WIRE 2 A107 SCREW M4A12 8 D5 HANDLE PULSE WIRE 40051NG 50710/5071 2 A108 MOTOR SENSOR WIRE HOUSING SCREW 2 D7 HANDLE PULSE 4 A100 END CAP 2 D8 IUPER HANDLE PULSE 4 A110 END CAP 2 D8 IUPER HANDLE PULSE HOUSING 2 A110 END CAP 2 D10 HANDLE PULSE HOUSING 2 A113 SIDE DECORATION HOUSING SCREW 2 D10 HANDLE PULSE HOUSING 6032x Φ25.5x10mm 2 B2 PEDAL SUPPORTING TUBE (L) 1 D12 FOAM RAC Φ33,5017 50mm 2 B3 BARINO SLEEVE 16 D14 SENSOR WIRE 1 1 B4 FOAME REDAL SUPPORING TUBE (L) 1 D17 TOGGLE COVER L1 1 B4 SOMER PEDAL SUPPORING TUBE (L) 1 D17 TOGGLE COVER L2 1 B4 SOMER PEDAL (R) 1 D17	A105	SMALL CHAIN COVER (R)	1	D3	SENSOR WIRE 300mm	1
Al07 SCREW. M4x12 8 D5 IANOLE FULSE RNC 4015807719-5767 2 A108 MOTOR SIENSOR WIRE HOUSING 2 D6 SPACER RING Φ23x30,4 2 A109 MOTOR SIENSOR WIRE HOUSING SCREW 2 D7 HANDLE PULSE HOUSING 2 A110 RANK HOUSING 2 D8 UPPER HANDLE PULSE HOUSING 2 A111 CRANK HOUSING 2 D10 LOWER HANDLE PULSE HOUSING 2 A112 SCREW 2 D10 HANDLE PULSE HOUSING 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASTC PIPE 2 B1 PEDAL SUPPORTING TUBE (2) 1 D13 SPONG HDR Φ3237L50mm 2 B3 BEARING 601 (TPX) 22 D15 SCREW M588 4 B4 B5 LOWER PEDAL SUPPORING TUBE (2) D10 SCREW M588 4 B4 B5 CONSING TUBE (2) 1 D11 D12 TOGGLE COVER L2 1 B7 PEDAL BACKET (R) 1	A106	MAIN CHAIN COVER (R)	1	D4	HANDLE PULSE WIRE	2
A108 MOTOR SENSOR WIRE HOUSING 2 D6 SPACER RING Φ32x30.4 2 A109 END CAP 2 D7 HANDLE PULSE 4 A110 END CAP 2 D8 UPPER HANDLE PULSE HOUSING 2 A112 SCREW 2 D4 UPPER HANDLE PULSE HOUSING 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASTIC PIPE 2 B1 PEDAL SUPPORTING TUBE (L) 1 D13 SPONG HDR Φ32x37x150mm 2 B2 PEDAL SUPPORTING TUBE (R) 1 D13 SPONG HDR Φ32x37x150mm 2 B3 BEARING \$201 (TYX) 22 D15 SCREW M5x8 4 B4 SUPPORTING TUBE (R) 1 D17 TOGGLE COVER L1 1 B4 SCAVER PEDAL SUPPORTING TUBE (R) 1 D19 PEDAL RACKET (L) 1 D19 PEDAL RACKET (L) 1 B7 PEDAL REST (L) 1 D19 PEDACARD LAA 1 D10 B7 TOGGLE COVER L1	A107	SCREW M4x12	8	D5	HANDLE PULSE RING Ø31.8x0.9Tx19.5mm	2
A109 MOTOR SENSOR WIRE HOUSING SCREW 2 D7 HANDLE PULSE 4 A110 END CAP 2 D8 UPPER HANDLE PULSE HOUSING 2 A111 CRANK ROUSING 2 D9 LOWER HANDLE PULSE HOUSING 2 A112 SCREW 2 D10 HANDLE PULSE HOUSING 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLAS. HANDLE PULSE HOUSING 2 B1 PEDAL SUPPORTING TUBE (2) 1 D12 FOAM SPACER RING Φ32x Φ25.&10mm 2 B2 PEDAL SUPPORTING TUBE (2) 1 D13 SPONG HDR Φ32x Φ25.&10mm 2 B3 BEARING 6201 (TPX) 22 D15 SCREW M5x8 4 B4 B5 LOWER PEDAL SUPPORING TUBE (2) D16 SENSOR WIRE 1 B7 PEDAL BRACKET (R) 1 D18 TOGGLE COVER L1 1 B7 PEDAL REST (L) 1 D21 TOGGLE COVER R2 1 B10 PEDAL REST (L) 1 D22 TOGGLE LOAD - <td>A108</td> <td>MOTOR SENSOR WIRE HOUSING</td> <td>2</td> <td>D6</td> <td>SPACER RING Φ 32x30.4</td> <td>2</td>	A108	MOTOR SENSOR WIRE HOUSING	2	D6	SPACER RING Φ 32x30.4	2
A110 END CAP 2 D8 UPPER HANDLE PULSE HOUSING 2 A111 CRANK HOUSING 2 D9 LOWER HANDLE PULSE ENG 031,580,9Tx30,5mm 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASTIC PIPE 2 B1 PEDAL SUPPORTING TUBE (L) 1 D12 FOAM SPACER RING Φ32A Φ25.8x10mm 2 B2 PEDAL SUPPORTING TUBE (L) 1 D13 SPONG HDR Φ23x37x150mm 2 B3 BEARING SLIEEVE 16 D14 SENSOR WIRE 1 B4 BEARING SLIEEVE 16 D14 SENSOR WIRE 1 B4 ROWER FEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B7 PEDAL REST (L) 1 D17 TOGGLE COVER L1 1 B8 PEDAL REST (L) 1 D19 PC OARD LOAD - 1 B10 PEDAL REST (L) 1 D21 TOGGLE COVER R1 1 B11 ROND RAD (L) 1 D22 TOGGLE COVER R2 1	A109	MOTOR SENSOR WIRE HOUSING SCREW	2	D7	HANDLE PULSE	4
A111 CRANK HOUSING 2 D9 LOWER HANDLE PULSE HUSING 2 A112 SCREW 2 D10 HANDLE PULSE RING Φ3L8A.09TA30.5mm 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASTC PIPE 2 B1 PEDAL SUPPORTING TUBE (D) 1 D12 POAM SPACER RING Φ32xΦ25.8x10mm 2 B2 PEDAL SUPPORTING TUBE (R) 1 D13 SPONG HDR Φ23.3Tx150mm 2 B3 BEARING 5201 (TPX) 22 D15 SCREW M3x8 4 B5 LOWER PEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B4 BEARING 6201 (TPX) 22 D15 SCREW M3x8 4 B5 LOWER PEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B4 B5 LOWER PEDAL RACKET (R) 1 D17 TOGGLE COVER L2 1 B9 PEDAL REST (L) 1 D21 TOGGLE COVER R2 1 B10 REDAL REST (R) 1 D22 TOGGLE COVER	A110	END CAP	2	D8	UPPER HANDLE PULSE HOUSING	2
A112 SCREW 2 D10 HANDLE PULSE RING Φ31.8x0.9Tx30.5mm 2 A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASTIC PIPE 2 B1 PEDAL SUPPORTING TUBE (D) 1 D12 FOAM SPACER RING Φ32x Φ25.8x10mm 2 B2 PEDAL SUPPORTING TUBE (R) 1 D13 SPONG HDR Φ23x3Tx150mm 2 B3 BEARING 6201 (TPX) 22 D15 SCREW M3x8 4 B4 EARING 6201 (TPX) 22 D16 SENSOR WIRE 1 B4 BEARING 6201 (TPX) 22 D16 SENSOR WIRE 1 B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B7 PEDAL REST (L) 1 D20 TOGGLE COVER L2 1 B1 PRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B14 SCREW M6x10MM 8 D25 SCREW 4 4 B15 SCREW M6x10MM 8 D25 SCREW 4 1<	A111	CRANK HOUSING	2	D9	LOWER HANDLE PULSE HOUSING	2
A113 SIDE DECORATION HOUSING SCREW 4 D11 PLASTIC PIPE 2 B1 PEDAL SUPPORTING TUBE (L) 1 D12 FOAM SPACER RING Φ32x Φ25.8x10mm 2 B2 PEDAL SUPPORTING TUBE (R) 1 D13 SPONG HDR Φ23xTS150mm 2 B3 BEARING SLEEVE 16 D14 SENSOR WIRE 1 B4 BEARING G201 (TPX) 22 D15 SCREW M3x8 4 B5 LOWIPR FDA1. SUPPORING TUBE 2 D16 SENSOR WIRE 1 B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B8 PEDAL REST (L) 1 D10 PE DACRACKET (R) 1 D21 TOGGLE COVER R1 1 B10 PEDAL REST (L) 1 D22 TOGGLE COVER R2 1 1 B12 CUSHION PAD (L) 1 D22 TOGGLE COVER R2 1 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 1 B14 SCREW M6x1	A112	SCREW	2	D10	HANDLE PULSE RING Φ 31.8x0.9Tx30.5mm	2
B1 PEDAL SUPPORTING TUBE (L) 1 D12 FOAM SPACER RING Φ 32x Φ25.8x10mm 2 B2 PEDAL SUPPORTING TUBE (R) 1 D13 SPONG HDR Φ 23x5TX150mm 2 B3 BEARING SLEEVE 16 D14 SENSOR WIRE 1 B4 BEARING SLEEVE 16 SENSOR WIRE 1 B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B8 PEDAL REST (L) 1 D19 PC BOARD LOAD- 1 B10 PEDAL REST (R) 1 D20 TOGGLE COVER L2 1 B11 PRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B13 PEDAL (R) 1 D22 TOGGLE COVER R2 1 B14 SCREW M6x10MM 8 D25 SCREW 4 B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B14 BCCKEW S52*x102" 2	A113	SIDE DECORATION HOUSING SCREW	4	D11	PLASTIC PIPE	2
B2 PEDAL SUPPORTING TUBE (R) 1 D13 SPONG HDR Φ23x3Tx150mm 2 B3 BEARING 5201 (TPX) 22 D14 SEREW M3x8 4 B4 BEARING 6201 (TPX) 22 D15 SCREW M3x8 4 B5 LOWER PEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B8 PEDAL BRACKET (R) 1 D18 TOGGLE COVER L2 1 B9 PEDAL REST (L) 1 D21 TOGGLE COVER R1 1 B10 PEDAL REST (L) 1 D21 TOGGLE COVER R2 1 B11 FRONT COVER PEDAL (L) 1 D23 TOGGLE LOAD + 1 B12 CUSHION PAD (A) 1 D26 SENSOR WIRE 1 1 B14 SCREW M6x10MM 8 D25 SCREW 4 1 B15 SCREW M6x10MM 8 D25 SCREW 4 1	B1	PEDAL SUPPORTING TUBE (L)	1	D12	FOAM SPACER RING Φ 32x Φ 25.8x10mm	2
B3 BEARING SLEEVE 16 D14 SENSOR WIRE 1 B4 BEARING 6201 (TPX) 22 D15 SCREW M3x8 4 B5 LOWER PEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B9 PEDAL REST (L) 1 D19 PC BOARD LOAD - 1 B10 PEDAL REST (R) 1 D21 TOGGLE COVER R1 1 B11 FRONT COVER PEDAL (L) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (D) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (D) 1 D24 TOGGLE COVER R2 1 B14 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 PEDAL (R) 1 D26	B2	PEDAL SUPPORTING TUBE (R)	1	D13	SPONG HDR Φ23x3Tx150mm	2
B4 BEARING 6201 (TPX) 22 D15 SCREW M3x8 4 B5 LOWER PEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B7 PEDAL BRACKET (Q) 1 D17 TOGGLE COVER L1 1 B8 PEDAL REST (L) 1 D19 PC BOARD LOAD - 1 B10 PEDAL REST (R) 1 D20 TOGGLE COVER R1 1 B11 FRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B12 CUSHION PAD (L) 1 D22 TOGGLE COVER R1 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW M6x10MM 8 D25 SCREW 4 B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B16 PEDAL (R) 1 D27 SENSOR WIRE 1 B17 <cushion (r)<="" pad="" td=""> 1 D27 SENSOR</cushion>	B3	BEARING SLEEVE	16	D14	SENSOR WIRE	1
B5 LOWER PEDAL SUPPORING TUBE 2 D16 SENSOR WIRE 1 B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B8 PEDAL REST (L) 1 D18 TOGGLE COVER L2 1 B10 PEDAL REST (L) 1 D19 PC BOARD LOAD - 1 B11 FRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R2 1 B12 CUSHION PAD (L) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (L) 1 D22 TOGGLE COVER R2 1 B14 SCREW M6x10MM 8 D25 SCREW 4 B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D27 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B19 IPPER CAPF OR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (L) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60	B4	BEARING 6201 (TPX)	22	D15	SCREW M3x8	4
B7 PEDAL BRACKET (L) 1 D17 TOGGLE COVER L1 1 B8 PEDAL REST (L) 1 D19 PC BOARD LOAD - 1 B10 PEDAL REST (R) 1 D20 TOGGLE LOAD - 1 B11 FRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B13 PEDAL REST (R) 1 D22 TOGGLE COVER R1 1 B13 PEDAL (L) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW S/32"X5/8"(M4x15MM) 6 D24 TOGGLE COAD + 1 B14 SCREW M6x10MM 8 D25 SCREW 4 B16 FEOAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 HANDLE BAR (L) 1 1 B21 SCREW M5/32"/12" 8 F2 IRON BACKET 1 B22 MIDDLE PEDAL SUPPORTING 20x60	B5	LOWER PEDAL SUPPORING TUBE	2	D16	SENSOR WIRE	1
B8 PEDAL B7 COGGLE COVER L2 1 B9 PEDAL REST (J) 1 D19 PC BOARD 1 B10 PEDAL REST (R) 1 D20 TOGGLE COVER R1 1 B11 FRONT COVER PEDAL (L) 1 D22 TOGGLE COVER R1 1 B12 CUSHION PAD (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW 5/32"x58"(M4x15MM) 6 D24 TOGGLE LOAD + 1 B14 SCREW MA B D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D17 SENSOR WIRE 1 B18 FRONT COVER PEDAL (R) 1 HANDLE BAR (L) 1 B20 LOWER CAP FOR FEDAL SUPPORTING 20x60 2 F1 CENTAL SUPPORTING TUBE 1 B21 SCREW 5/32"x1/2" 8	B7	PEDAL BRACKET (L)	1	D17	TOGGLE COVER L1	1
B9 PEDAL REST (L) 1 D19 PC BOARD LOAD - 1 B10 FRONT COVER PEDAL (L) 1 D21 TOGGLE LOAD - 1 B11 FRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B12 CUSHION PAD (L) 1 D23 PC BOARD LOAD + 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW M6x10MM 6 D24 TOGGLE LOAD + 1 B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D27 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B21 SCREW 532"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING 20x60 2 G CONSOLE 1 B24 BUSH Φ 8x (B8	PEDAL BRACKET (R)	1	D18	TOGGLE COVER L2	1
B10 PEDAL REST (R) 1 D20 TOGGLE LOAD - 1 B11 FRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B12 CUSHION PAD (L) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW 5/32"x5/8"(M4x15MM) 6 D24 TOGGLE LOAD + 1 B15 SCREW 66x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 E1 HANDLE BAR (L) 1 B18 FRONT COVER PEDAL (R) 1 E1 HANDLE BAR (L) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW 63/2"1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE SCREW M5x10 4	B9	PEDAL REST (L)	1	D19	PC BOARD LOAD -	1
B11 FRONT COVER PEDAL (L) 1 D21 TOGGLE COVER R1 1 B12 CUSHION PAD (L) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW 5/32"x5/8" (M4x15MM) 6 D24 TOGGLE LOAD + 1 B15 SCREW M6A10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B19 UPPR CAP FOR PEDAL SUPPORTING 20x60 2 E1 HANDLE BAR (R) 1 B21 SCREW/52"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING 20x60 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE 1 1 B24 BUSH Φ 8x(Φ 12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25	B10	PEDAL REST (R)	1	D20	TOGGLE LOAD -	1
B12 CUSHION PAD (L) 1 D22 TOGGLE COVER R2 1 B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW 532"x5/8"(M4x15MM) 6 D24 TOGGLE LOAD + 1 B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW 5/2"1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING 20x60 2 G CONSOLE 1 B22 MIDDLE PEDAL SUPPORTING 20x60 2 G CONSOLE SCREW M5x10 4 B23 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1	B11	FRONT COVER PEDAL (L)	1	D21	TOGGLE COVER R1	1
B13 PEDAL (L) 1 D23 PC BOARD LOAD + 1 B14 SCREW 5/32"x5/8"(M4x15MM) 6 D24 TOGGLE LOAD + 1 B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL SUPPORTING 20:60 2 E2 HANDLE BAR (L) 1 B10 UPPER CAP FOR PEDAL SUPPORTING 20:60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW 5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH $\Phi 8x(\Phi 12+\Phi 15)$ 1 G2 STRIDE LED SENSOR BOARD 1 B25 SCREW M12x133 2 J3 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30	B12	CUSHION PAD (L)	1	D22	TOGGLE COVER R2	1
B14 SCREW $5/32"x5/8"(M4x15MM)$ 6 D24 TOGGLE LOAD + 1 B15 SCREW $M6x10MM$ 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW 5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE SCREW M5x10 4 B24 BUSH $\Phi 5x(\Phi 12+\Phi 15)$ 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M12x16 2	B13	PEDAL (L)	1	D23	PC BOARD LOAD +	1
B15 SCREW M6x10MM 8 D25 SCREW 4 B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL (R) 1 E1 HANDLE BAR (L) 1 B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH $\Phi 8x(\Phi 12+\Phi 15)$ 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 6 B30 SCREW M12x133 2 J3 SCREW M8x0 2 2	B14	SCREW 5/32"x5/8"(M4x15MM)	6	D24	TOGGLE LOAD +	1
B16 PEDAL (R) 1 D26 SENSOR WIRE 1 B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW5/32"x1/2" 8 F2 IRON BRACKET 1 B223 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x18 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 <td>B15</td> <td>SCREW M6x10MM</td> <td>8</td> <td>D25</td> <td>SCREW</td> <td>4</td>	B15	SCREW M6x10MM	8	D25	SCREW	4
B17 CUSHION PAD (R) 1 D27 SENSOR WIRE 1 B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW 5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B33 BUSH 2 J6 SCREW M8x18 4 B33 <td>B16</td> <td>PEDAL (R)</td> <td>1</td> <td>D26</td> <td>SENSOR WIRE</td> <td>1</td>	B16	PEDAL (R)	1	D26	SENSOR WIRE	1
B18 FRONT COVER PEDAL(R) 1 E1 HANDLE BAR (L) 1 B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE SCREW M5x10 4 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4	B17	CUSHION PAD (R)	1	D27	SENSOR WIRE	1
B19 UPPER CAP FOR PEDAL SUPPORTING 20x60 2 E2 HANDLE BAR (R) 1 B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x66 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL H	B18	FRONT COVER PEDAL(R)	1	E1	HANDLE BAR (L)	1
B20 LOWER CAP FOR PEDAL SUPPORTING 20x60 2 F1 CENTRAL SUPPORTING TUBE 1 B21 SCREW5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 6 B30 SCREW M8x40 4 J2 SCREW M4x6 2 B31 BUSH Φ15x Φ12x35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 2 B34 PEDAL HOUSING (L) 2 J8 WASHER M12x109 4 B36 SCREW <td>B19</td> <td>UPPER CAP FOR PEDAL SUPPORTING 20x60</td> <td>2</td> <td>E2</td> <td>HANDLE BAR (R)</td> <td>1</td>	B19	UPPER CAP FOR PEDAL SUPPORTING 20x60	2	E2	HANDLE BAR (R)	1
B21 SCREW5/32"x1/2" 8 F2 IRON BRACKET 1 B22 MIDDLE PEDAL SUPPORTING ROD 2 G CONSOLE 1 B23 NUT M8 4 G1 CONSOLE SCREW M5x10 4 B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 2 B34 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B36 SCREW 8 J11	B20	LOWER CAP FOR PEDAL SUPPORTING 20x60	2	F1	CENTRAL SUPPORTING TUBE	1
B22MIDDLE PEDAL SUPPORTING ROD2GCONSOLE1B23NUT M84G1CONSOLE SCREW M5x104B24BUSH Φ 8x(Φ 12+ Φ 15)1G2STRIDE LED SENSOR BOARD1B25BEARING 6001(TPX)4HWATER BOTTLE HOLDER1B26C-CLIP R284J1SCREW M10x164B27SCREW M8x404J2SCREW M4x166B30SCREW M12x1332J3SCREW M4x62B31BUSH Φ 15x Φ 12.35x90mm2J4SCREW M8x554B32BEARING 6003zz4J5WASHER M8x184B33BUSH2J6SCREW M8x202B34PEDAL HOUSING (R)2J7SCREW M12x736B35PEDAL HOUSING (L)2J8WASHER M12x2018B36SCREW4J9NUT M1218B37PEDAL REINFORCEMENT STRIP4J10SCREW M12x1094B38SCREW8J11HANDLE BAR SCREW6C1SIDE CONNECTING TUBE (L)1J12HANDLE BAR SCREW6C2SIDE CONNECTING TUBE (R)1J13SCREW M8x164C3END CAP2J14WATER BOTTLE HOLDER SCREW2C4ADJUSTED NUT2L1SIDE TUBE COVER SET (L1)1C5ADJUSTED END Φ 502L2SIDE TUBE COVER SET (L2)1	B21	SCREW5/32"x1/2"	8	F2	IRON BRACKET	1
B23NUT M84G1CONSOLE SCREW M5x104B24BUSH Φ8x(Φ12+Φ15)1G2STRIDE LED SENSOR BOARD1B25BEARING 6001(TPX)4HWATER BOTTLE HOLDER1B26C-CLIP R284J1SCREW M10x164B27SCREW M8x404J2SCREW M10x166B30SCREW M12x1332J3SCREW M4x62B31BUSH Φ15x Φ12.35x90mm2J4SCREW M8x554B32BEARING 6003zz4J5WASHER M8x184B33BUSH2J6SCREW M8x202B34PEDAL HOUSING (R)2J7SCREW M12x736B35PEDAL HOUSING (L)2J8WASHER M12x2018B36SCREW4J9NUT M1218B37PEDAL REINFORCEMENT STRIP4J10SCREW M12x1094B38SCREW8J11HANDLE BAR SCREW6C1SIDE CONNECTING TUBE (L)1J12HANDLE BAR SCREW6C2SIDE CONNECTING TUBE (R)1J13SCREW M8x164C3END CAP2J14WATER BOTTLE HOLDER SCREW2C4ADJUSTED NUT2L1SIDE TUBE COVER SET (L1)1C5ADJUSTED END Φ502L2SIDE TUBE COVER SET (L2)1	B22	MIDDLE PEDAL SUPPORTING ROD	2	G	CONSOLE	1
B24 BUSH Φ8x(Φ12+Φ15) 1 G2 STRIDE LED SENSOR BOARD 1 B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HAN	B23	NUT M8	4	G1	CONSOLE SCREW M5x10	4
B25 BEARING 6001(TPX) 4 H WATER BOTTLE HOLDER 1 B26 C-CLIP R28 4 J1 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13<	B24	BUSH $\Phi 8x(\Phi 12+\Phi 15)$	1	G2	STRIDE LED SENSOR BOARD	1
B26 C-CLIP R28 4 J1 SCREW M10x16 4 B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WA	B25	BEARING 6001(TPX)	4	Н	WATER BOTTLE HOLDER	1
B27 SCREW M8x40 4 J2 SCREW M4x16 6 B30 SCREW M12x133 2 J3 SCREW M4x6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 <td>B26</td> <td>C-CLIP R28</td> <td>4</td> <td>J1</td> <td>SCREW M10x16</td> <td>4</td>	B26	C-CLIP R28	4	J1	SCREW M10x16	4
B30 SCREW M12x133 2 J3 SCREW M4×6 2 B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M8x20 2 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 <td< td=""><td>B27</td><td>SCREW M8x40</td><td>4</td><td>J2</td><td>SCREW M4x16</td><td>6</td></td<>	B27	SCREW M8x40	4	J2	SCREW M4x16	6
B31 BUSH Φ15x Φ12.35x90mm 2 J4 SCREW M8x55 4 B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1 <td>B30</td> <td>SCREW M12x133</td> <td>2</td> <td>J3</td> <td>SCREW M4×6</td> <td>2</td>	B30	SCREW M12x133	2	J3	SCREW M4×6	2
B32 BEARING 6003zz 4 J5 WASHER M8x18 4 B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	B31	BUSH Φ15xΦ12.35x90mm	2	J4	SCREW M8x55	4
B33 BUSH 2 J6 SCREW M8x20 2 B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	B32	BEARING 6003zz	4	J5	WASHER M8x18	4
B34 PEDAL HOUSING (R) 2 J7 SCREW M12x73 6 B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	B33	BUSH	2	J6	SCREW M8x20	2
B35 PEDAL HOUSING (L) 2 J8 WASHER M12x20 18 B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	B34	PEDAL HOUSING (R)	2	J7	SCREW M12x73	6
B36 SCREW 4 J9 NUT M12 18 B37 PEDAL REINFORCEMENT STRIP 4 J10 SCREW M12x109 4 B38 SCREW 8 J11 HANDLE BAR SCREW 6 C1 SIDE CONNECTING TUBE (L) 1 J12 HANDLE BAR SCREW 6 C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	B35	PEDAL HOUSING (L)	2	J8	WASHER M12x20	18
B37PEDAL REINFORCEMENT STRIP4J10SCREW M12x1094B38SCREW8J11HANDLE BAR SCREW6C1SIDE CONNECTING TUBE (L)1J12HANDLE BAR SCREW6C2SIDE CONNECTING TUBE (R)1J13SCREW M8x164C3END CAP2J14WATER BOTTLE HOLDER SCREW2C4ADJUSTED NUT2L1SIDE TUBE COVER SET (L1)1C5ADJUSTED END Φ502L2SIDE TUBE COVER SET (L2)1	<u>B3</u> 6	SCREW	4	J9	NUT M12	18
B38SCREW8J11HANDLE BAR SCREW6C1SIDE CONNECTING TUBE (L)1J12HANDLE BAR SCREW6C2SIDE CONNECTING TUBE (R)1J13SCREW M8x164C3END CAP2J14WATER BOTTLE HOLDER SCREW2C4ADJUSTED NUT2L1SIDE TUBE COVER SET (L1)1C5ADJUSTED END Φ502L2SIDE TUBE COVER SET (L2)1	<u>B3</u> 7	PEDAL REINFORCEMENT STRIP	4	J10	SCREW M12x109	4
C1SIDE CONNECTING TUBE (L)1J12HANDLE BAR SCREW6C2SIDE CONNECTING TUBE (R)1J13SCREW M8x164C3END CAP2J14WATER BOTTLE HOLDER SCREW2C4ADJUSTED NUT2L1SIDE TUBE COVER SET (L1)1C5ADJUSTED END Φ502L2SIDE TUBE COVER SET (L2)1	B38	SCREW	8	J11	HANDLE BAR SCREW	6
C2 SIDE CONNECTING TUBE (R) 1 J13 SCREW M8x16 4 C3 END CAP 2 J14 WATER BOTTLE HOLDER SCREW 2 C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	C1	SIDE CONNECTING TUBE (L)	1	J12	HANDLE BAR SCREW	6
C3END CAP2J14WATER BOTTLE HOLDER SCREW2C4ADJUSTED NUT2L1SIDE TUBE COVER SET (L1)1C5ADJUSTED END Φ502L2SIDE TUBE COVER SET (L2)1	C2	SIDE CONNECTING TUBE (R)	1	J13	SCREW M8x16	4
C4 ADJUSTED NUT 2 L1 SIDE TUBE COVER SET (L1) 1 C5 ADJUSTED END Φ50 2 L2 SIDE TUBE COVER SET (L2) 1	C3	END CAP	2	J14	WATER BOTTLE HOLDER SCREW	2
C5 ADJUSTED END Φ 50 2 L2 SIDE TUBE COVER SET (L2) 1	C4	ADJUSTED NUT	2	L1	SIDE TUBE COVER SET (L1)	1
	C5	ADJUSTED END Φ 50	2	L2	SIDE TUBE COVER SET (L2)	1

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
L3	SIDE TUBE COVER SET (L3)	1	R2	SIDE TUBE COVER SET (R2)	1
L4	SIDE TUBE COVER SET (L4)	1	R3	SIDE TUBE COVER SET (R3)	1
R1	SIDE TUBE COVER SET (R1)	1	R4	SIDE TUBE COVER SET (R4)	1

Warning:

Unpacking Caution:

A. Lay the box down flat so that the lid is able to be lifted. Unpack the handle bars, side supporting tubes, pedal supporting tube and owners manual. Remove the top polyfoam pieces #1 & #2 and finish up packing the console, console supporting tube, central supporting tube, pedal supporting tube, and hardware bag, leaving the main frame(A) and bottom polyfoam pieces #3 & #4 inside the box until instructed to remove them.

B. Note: FOR SAFETY REASONS, DO NOT turn the pedal locking feature knob to the unlock position until instructed to do so at the end of the assembly.



PART DETAILS





(J13) Screw M8X16



(J14) Screw M5

OTHER OTHER

TOOL



CENTRAL SUPPORTING TUBE (F1) ASSEMBLY

Q

Step 1. Remove the two preassembled screws (J1) from the main frame (A) and two screws (J1) from the central supporting tube (F1).

Step 2. Assemble the central supporting tube (F1) onto the main frame (A) use the previously removed screws (J1) to join them.

NOTE: Only hand tighten the screws (J1) until assembly is fully completed in "Figure 4".

SIDE TUBE COVER SETS (L+R) ASSEMBLY

Step 1. Connect the right side tube cover (R2) onto the cover (R1) and secure by screw (J2).

Ĵ1

Step 2. Follow the step 2-1 to 2-4 to assemble the side tube cover sets.

2-1. Connect the covers (R1 & R2) onto the right side connecting tube (C2).

2-2. Connect the cover (R3) onto the tube (C2).

2-3. Connect the cover (R4) onto the tube (C2).

2-4. Secure the cover set by screw (J3) first then two screws (J2) as the picture shown.



F1⁻

RIGHT SIDE CONNECTING TUBE ASSEMBLY

Step 1. As shown in Views (A & B) Assemble the right side connecting tube (C2) assembly to the machine.

Step 2. As shown in View (A) Assemble the tube (C2) assembly onto the upper main frame. Use one screw (J6) to join the tube to the frame.

Step 3. As shown in View (B) Use two screws (J4), two washers (J5) and the iron bracket (F2) to join the tube to the frame on the bottom.

Note: Only hand tighten the screws (J4 & J6) until assembly is fully completed in "Figure 4".



USE TOOL:6m/m

VIEW A

C2

PEDAL SUPPORTING TUBE ASSEMBLY

Step 1. As shown in View (C) Connect the right pedal supporting tube (B2) to main frame (A). Use the tools provided to tighten screw (J7), washer (J8) and nut (J9). Step 2. As shown in View (D) Connect and align the right lower pedal supporting tube (B5) to the front pedal supporting tube on the main frame (A). Use the tools provided to tighten screw (J10), washer (J8) and nut(J9).

Step 3. As shown in View (E) Tighten the preinstalled screw (J10) and nut (J9) firm.

VIEW E

Step 4. Repeat the previous same steps for the left pedal supporting tube (B1) assembly.





B2



CONSOLE SUPPORTING TUBE AND BOTTLE HOLDER ASSEMBLY

Step 1. Connect wires (D1 & D2) from the console supporting tube (D) to wires (A1 & A2) from the main frame (A).

Step 2. Slide the console supporting tube (D) onto the main frame (A). Store excess wires into the tube. If needed, loosen the preinstalled screw (J13) slightly in the main frame (A) to help slide console supporting tube down or to help align holes for the screws (J13).Be careful not to pinch the wires while assembling the tube.

Step 3. Using the 5mm Allan wrench tighten the four screws (J13) firm.

Note : Make sure that all wires are connected together properly; all screws (J13) are tight to prevent a loose console support tube. Step 4. Use the two screws (J14) located in the water bottle holder bag to join the water bottle holder (H) to the main frame (A).



CONSOLE ASSEMBLY

SteP 1. Remove the four screws (G1) from the back of console (G).

Step 2. Connect console wires (D1,D3,G3,G4) and heart rate

wires (D4) to the console. Heart rate wires can be interchangeable.

Note : Make sure the wires are connected together properly.

Push and store excess wires back into the console supporting tube (D). Be careful not to pinch the wires while assembling the console.

Step 3. Hand tighten the four screws (G1) first, and then use the screw driver to tighten the

four screws (G1) to secure the console (G)

onto the console supporting tube (D).

Step 4. Adjust the levelers on the bottom rear of supporting tubes to stabilize the machine.



POWER CORD ASSEMBLY

Attach the power cord jacket into the power socket on the main frame before plugging the power cord plug into the wall outlet.

Turn the AC power switch on.

Flip the ON/OFF switch to the ON position. "0" sign is for OFF; "I" sign is for ON. Note: The Overload switch is for device over loading protection. Overload switch will pop-up when the machine is electrically over loaded. Turn off the AC power switch and turn it back on to restart the machine.

VERLOA

SWITCH AC POWER

POWE

0

Pedal Locking Feature

FOR YOUR SAFETY, this machine is equipped with a pedal locking feature. The pedals can be manually disabled so that it cannot be moved accidently. Turn the knob left or right one click until you see the arrow point to the "LOCK OR UNLOCK" symbol. While the machine is in idle; NEVER in motion, turn the knob (A3) to "LOCK" to disable the pedals or turn the knob to "UNLOCK" to release the pedals. The machine should always be at the "LOCK" position when NOT in use. It would prevent the children or user from being hurt. WARNING: FOR YOUR SAFETY, never lock the pedal locking feature while the machine is in motion, only when it is at a full complete stop it is safe to move the knob.

60

70

A3

HOW TO TRANSPORT THE MACHINE

If the machine needs to be transported to a different location, make sure that the pedal lock knob is at "LOCK" position. Lift up both sides of the rear supporting tubes until the front transportation wheels are touching the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location and adjust the levelers on the bottom rear of supporting tubes to stabilize the machine if needed. WARNING: Never attempt to lift the machine by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.



HOW TO USE TOGGLE SWITCH TO ADJUST THE RESISTANCE

When the console is working out, you may press the toggle buttons on the small handlebar to slightly adjust the resistance: press "+LOAD" button on the right side to increase resistance; or press "-LOAD" button on the left side to decrease resistance.



HOW TO ADJUST STRIDE BY INCLINE MOTORIZED

Depending on the personal demand to change the stride in different distance 18", 20", 22", 24", and 26" as the LED sensor displayed. There are 5 stride control quick keys, press one of the 18" – 26" keys to adjust to desired stride length. You may change the stride length anytime during a workout. Selected stride length will be shown on the stride length blue LED sensor.

A user will want to adjust the stride length for a few reasons. First reason is for height, a user at or below 5'5" may feel more comfortable with 18" to 22" stride and a user at or above 5'5" may feel more comfortable with 22" to 26" stride to compensate for their normal step/walking stride. In addition, as a user increases speed, they may need to adjust the stride length to compensate for his or her normal jog/run stride. Next reason why a user may want to adjust the stride length during a workout is to work different muscle groups; a shorter stride length will work different muscles in your legs and body than a longer stride length. An 18" stride can be comparable to a shorter stepping motion and 26" stride can be compared to a lunge workout without the high impact as the same workouts performed on a flat surface. While working out, adjusting resistance and or squatting while holding on to the handlebars can also help to isolate these muscles further.

Note: There is no right or wrong stride length for any user, choose any length according to what feels most comfortable.

Note: Always consult a local personal trainer for more in depth work out details.

Note: When the stride motor is activated, you will hear the motor unlock and adjust, once motor is to desired stride, the motor will click to lock position.



HOW TO TRANSPORT THE MACHINE

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When the console is working out, you may press the toggle buttons on the small handlebar to slightly adjust the resistance: press "+LOAD" button on the right side to increase resistance; or press "-LOAD" button on the left side to decrease resistance.





BUTTON FUNCTIONS

• ENTER •	UP	To make upward adjustment to each function data or increase training resistance.				
	DOWN	To make downward adjustment to each function data or decrease training resistance.				
	ENTER	To confirm all settings.				
START STOP	START / STOP	To start or stop workout. Turn the START/ STOP joggle wheel under standby mode, it can be a quick start key to the Manual Program.				
RESET	RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press the RESET button for 2 seconds under standby mode for a Total Reset.				
RECOVERY	RECOV	VERY To active RECOVERY function.				

DISPLAY FUNCTIONS

TIME	Time will count up from 00:00 to maximum 99:00 with each increment
	is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or
	ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~100 RPM
DISTANCE	Accumulates total distance from 00:0 up to 99.9 KM or ML. The user
	may preset target distance data by turning the UP/DOWN joggle wheel.
	Each incensement is 0.1KM or ML.

CALORIES	Accumulates calories consumption during training from 0 to maximum
	990 calories. Each unit for increase or decrease is 10 KCL.
	(This data is a rough guide for comparison of different exercise sessions
	which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230
WATTS	Display current workout watts. Display range 0~999.

POWER ON

1. Connect power supply to the monitor or press the RESET button for 2 seconds, the LCD will display all segment with a long- beep sound for 2 seconds and display 78.0 in below (FIGURE 1 & 2).

2. User may turn the UP/DOWN joggle wheel to select User 1~4 and press ENTER for confirmation (FIGURE 3~4). And then preset user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 4~7)



PROGRAMMING MODE

1. Program selections are MANUAL PROGRAM USER PROGRAM H.R.C. WATT (FIGURE 8~12)

2. Use UP/DOWN joggle wheel to select the program you want and press ENTER to confirm.

Or press START/STOP button to start MANUAL mode immediately.



FIGURE 8

FIGURE 9

FIGURE 10





FIGURE 12

QUICK START IN MANUAL

- 1. Press ENTER to enter MANUAL program, and the screen is blinking (FIGURE 13).
- 2. Press START/STOP to start exercising. The resist level is adjustable during exercising (FIGURE 14).
- 3. User can press START/ STOP to stop exercising



MANUAL MODE

1. After selecting MANUAL mode (FIGURE 13), user can use UP/DOWN joggle wheel to increase or decrease level (from 1 to 16) and press ENTER to confirm.

2. User may preset exercise data (TIME, DISTANCE, CALORIES, PULSE), and press START/STOP to start exercise. User can press RESET to return to the MANUAL setting

3. Level is adjustable during training.



PROGRAM MODE

1. After enter PROGRAM mode, user and turn the UP/DOWN joggle wheel to select program profile from P1 to P12, then press ENTER to confirm.

2. User can preset the TIME data then press START/STOP to start exercise.

3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.



USER PROGRAM

1. After enter USER PROGRAM mode, the first column of the profile is blinking (FIGURE 25).

User may turn the joggle wheel to adjust the resistance level (FIGURE 26) to create his / her own profile.

2. After setting (from column 1 to column 20), user may hold on pressing MODE button for 2 seconds to quit profile setting and enter TIME setting.

3. While making the profile setting, user can press RESET and return to the menu.

4. After start training (FIGURE 27~29), TIME will be counted down. When TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the

alarm.



HEART RATE CONTROL

1. After enter HEART RATE CONTROL mode, the screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by turning UP/ DOWN joggle wheel for training.

2. User can preset the TIME data then press START/ STOP to start exercise.

3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm. If there is no HR input for 5 seconds, LCD will display

until HR signal input.



WATT CONSTANT

1. In standby mode, select WATT and press ENTER to enter.

2. The preset watt value 120 is flashing on screen, use UP/ DOWN joggle wheel to set target value from 10 to 350. Pressing START button to start training.

3. User can preset the TIME data then press START/STOP to start exercise.

4. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.

5. Watt value is adjustable during training. User can turn the joggle wheel to adjust the Watt according to the instruction:

- : Watt value > Setting value 25% --- User should show down
- : Watt value in the Setting value 25% --- User should keep the same speed
- : Watt value < Setting value 25% --- User should ride faster



WATT mode



120

72

RECOVERY

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



NOTE:

1. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.

- 2. This computer requires 9V, 1A adaptor.
- 3. When computer act abnormal, please plug out the adaptor and plug in again.

WARM UP INSTRUCTION

Before exercise, it is better to do stretching exercises . Warm muscles stretch more easily, so the first of $5 \sim 10$ minutes to warm up. Then in accordance with the following methods to stop and do stretching exercises - do five times, each leg every time 10 seconds or more time to do it again after the end of the exercise.

1. Down the stretch: knees slightly curved, the body bent forward slowly, so that the back and shoulders relaxed, hands try to touch your toes. Maintain 10 to 15 seconds, then relax. Repeat three times to do (see Figure I).

2. Hamstring stretch: sitting on the clean seat, put one leg straight. Inward close to the other leg to make it close to the inside leg straight. hand try to touch the toes. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 2).

3. Legs and feet tendon stretch: two on the Rotary wall or tree stand, one foot in the post. Keep legs straight and heel to tilt the direction of the wall or tree. Maintain 10 to 15 seconds, then relax. Repeat for each leg do three times (see Figure 3).

4 .uadriceps stretch: the left hand wall or table to master balance, and then stretched his right hand back to seize the right foot to the buttocks with slowly pull until you feel the front thigh muscles tense. Maintain 10 to 15 seconds, then relax. Repeat for each leg to do three times (see Figure 4).

5. Sartorius muscle (inner thigh muscles) stretch: Foot In contrast, the knee outward to sit down. The hands grasp the feet to the groin pull. Maintain 10 to 15 seconds, then relax. Repeat three times(see Figure 5).

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THANK YOU FOR PREFERRING OUR PRODUCT. WE HOPE YOU ENJOY IT

This product you have already purchased in under the guarantee of the SPOR DÜNYASI. In case you have any problems with regard to installation or service, please do not hesitate to contact our technical service department by calling 0850 495 52 12.

Please e-mail us at info@spordunyasi.com.tr / teknikservis@spordunyasi.com.tr for all opinions, suggestions and complaints because your opinions are valuable for Spor Dünyası family.

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