

# ARENA MOTORIZED TREADMILL OWNER MANUAL



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### SAFETY PRECAUTIONS

Thank you for purchasing our products. Even though we got great efforts to ensure the quality of each product, occasional errors, and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact the shop of purchase. Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Before beginning any exercise program consult your physician.
- Keep children and pets away from this equipment at all times, this is not a toy.
- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced whilst using this treadmill, stop the workout at once and consult a physician immediately.
- Never allow more than one person at a time on the treadmill.
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Keep hands and feet away from all moving parts.
- Always use this treadmill on a clear and level surface. Do not use it outdoors or near water.
- Do not insert any object into any openings.
- ➤ Before using this equipment to exercise, always do stretching exercises to properly warm up by slow walking for 5 minutes on the treadmill.
- Always wear proper clothing and walking or jogging shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Turn off the power after usage.
- Pregnant women should consult with their physician before beginning an exercise program.
- > Drink hydrating fluids (water) before, during and after any exercise.
- ➤ This treadmill is designed for home use only. Do not use for light institutional or commercial applications.
- Assemble and operate the treadmill on a level, solid surface.
- ➤ Please make sure that there must be a safety area of 2000 mm × 1000 mm behind the treadmill while exercising.
- The high level of security of equipment can only be kept, if regularly checked for damages and abrasion. Please pay special attention to the rear roller cover, Antiskid pad, handlebars, side rail and running belt. Please read this manual carefully and observe the instructions.
- ➤ Damage parts need to be replaced instantly and please only exercise again once properly repaired.
- Please make sure, that for set-up and use enough space is available around the item.
- Please pay attention that levers or other adjusting mechanisms do not interfere with the moving area during exercise.

- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- > Turn the switch off and unplug the power cord when the treadmill is out of use.
- Incorrect and excessive exercise can harm your health.

Before starting any exercise program consults your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Please read all instructions carefully.

The treadmill is tested according to EN 957-1/-6, class HB for home-use with a maximum user weight of 110 kg and is not suitable for therapeutical use. This item may only be used in the way described in this manual.

Maximum overall dimension: 1730mmx780mmx1230mm Maximum noise level around the treadmill is 68dB(A) The weight of the treadmill is about 74 kg.

Attention: This treadmill is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

### BEFORE BEGINNING

#### **CLEAN YOUR AREA:**

- 1. Remove the treadmill from box and place on a level ground. It is recommended that you place a protective covering under the treadmill.
- 2. Place in an area that will meet minimum clearance requirements.

Front & Side: 1ft /30cm

Back: 6ft /180cm

- 3. Whenever moving or setting up the treadmill, the deck must be in the upright position with the deck safety lock securely engaged.
- 4. To place the TREADMILL in operating position, release the deck safety lock then lower the deck with the end caps until it rests completely on the ground.
- 5. Make sure safety cord is engaged or unit will not operate.
- 6. Plug unit into outlet following the grounding guidelines below.

### **GROUNDING:**

This unit must be properly grounded to ensure safe operation. Should this equipment fail to perform properly, grounding reduces the chance of electrical shock. The unit must be plugged into a suitable AC grounded outlet that is correctly installed and grounded in conformance with local codes and ordinances.

## **GATHER YOUR TOOL:**

Make sure all the necessary tools gathered before the installation. Having the right tools at hand will save time and make less assembly mistake.

#### **HELPFUL TIPS:**

Straddle the running belt and allow it to start moving at a safe speed before stepping on. Hold the handlebar while adjusting the controls.

Focus your eyesight ahead to help maintain your balance.

Wear comfortable, good-quality walking or running shoes.

Warm-up and cool-down before and after your workout period

### IMPORTANT TREADMILL WARNINGS AND CAUTIONS:

In order to reduce the risk of fire, electric shock, burns or injury, please read and understand the following precautions before operating.

**DANGER:** To reduce the risk of electric shock, always unplug this appliance from the electrical outlet immediately after use and before cleaning.

**WARNING:** To reduce the risk of burns, fire, electric shock or injury to persons, an appliance should NEVER be left unattached when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts. Do not operate under blankets or pillow. Excessive heating can occur and cause fire, electric shock or injury to persons.

### **CAUTION:**

Before operating the treadmill you have to pull out the slip safety key in the direction of the arrows, (the treadmill will enter into a protection program if you switch on the treadmill without pulling out the safety key)

The safety key stops the treadmill at any point in your workout.

In case of emergency, seize the handlebar and lift your body, then stand on the ground.



## **HELPFUL INSTRUCTIONS:**

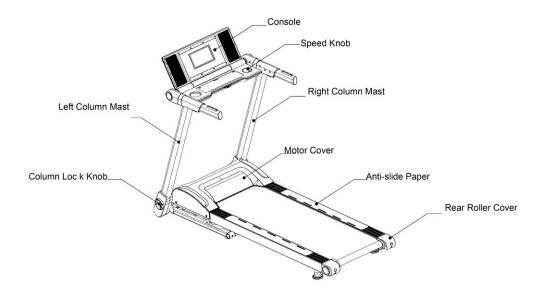
Straddle the tread belt and allow it to start moving at a safe speed before stepping onto it. Hold the handlebar while adjusting the controls.

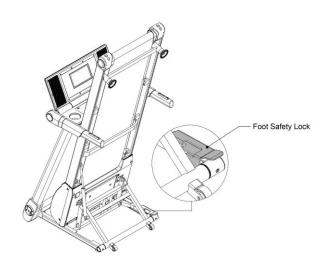
Focus your eyes straight ahead to help maintain your balance.

Wear comfortable, good-quality walking or running shoes.

Warm-up and cool-down before and after your workout period

### FEATURES





### EXERCISE GUIDELINES

Anyone over the age of 35, as well as younger people who are overweight, should check with their physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have led a sedentary lifestyle should protect themselves with a medical check up and a stress test, preferably administered by a healthcare professional.

Medical research has shown us that there is an amount of exercise which is enough to condition the cardio respiratory system and the muscles of the body. The amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an exercise amount to cause injury. If at anytime during exercise you experience dizziness or chest pain stop immediately and seek medical advice.

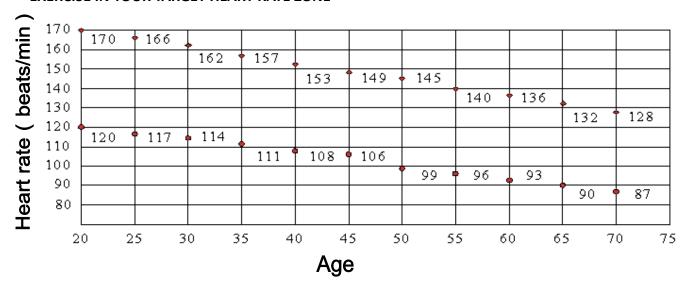
# **TARGET HEART RATE ZONE**

# 220-your age=maximum heart rate

Do not workout at your maximum heart rate. The recommended heart rate zone is between 60% and 85% of your maximum heart rate.



# **EXERCISE IN YOUR TARGET HEART RATE ZONE**



# **BEGINNER TREADMILL PROGRAM**

	Exertion level	Duration		Exertion level	Duration
WEEK 1	Easy	6~12minutes	WEEK 5	Moderate	22~28minutes
				Slightly higher or	
WEEK 2	Easy	10~16minutes	WEEK 6	slightly lower	20minutes
WEEK 3	Moderate	14~20minutes			3 minutes at
					moderate
					exertion with
					3 minutes at
					higher
				Add interval	exertion for
WEEK 4	Moderate	18~24minutes	WEEK 7	training	24 minutes

### WARM-UP & COOL-DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

## **HEAD ROLLS**

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head to the left for one count,. Rotate your head back for one count. Stretching your chin to the ceiling and letting your mouth open , And finally, drop your head to your chest for one count.



#### **SHOULDER LIFTS**

Lift your left shoulder up toward your ear for one count. Then lift your right shoulder up for one count as you lower your right shoulder.



## **SIDE STRETCHES**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



# **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



## **INNER THIGH STRETCH**

Sit with the soles of your feel together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg.

Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

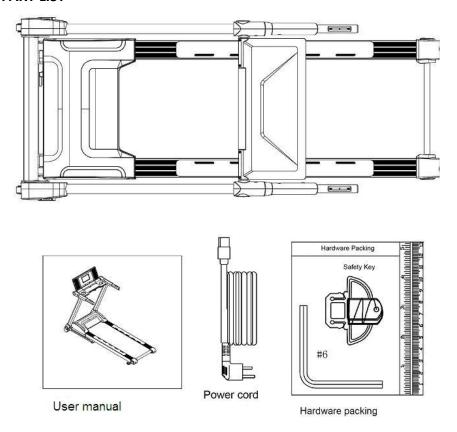


### **CALF STRETCHES**

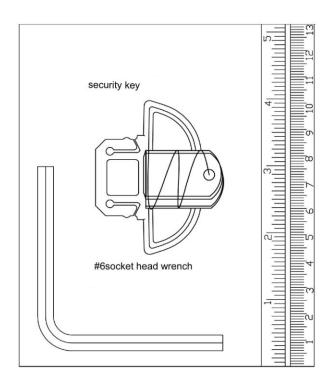
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 seconds



# ASSEMBLY PART LIST

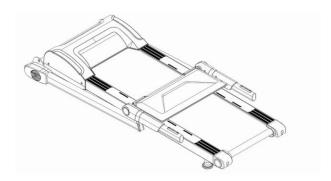


# ■ HARDWARE PACK



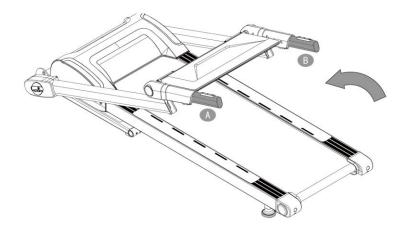
# ASSEMBLY STEPS

**STEP 1:** Remove the treadmill from box and place on a level ground.

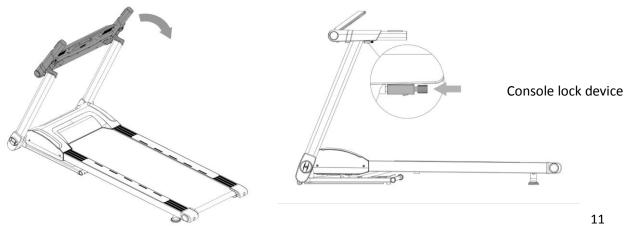


**STEP 2 :** Hands holds the A/B handlebar and then raise at the same time until unit closes completely.

Important: You will hear a "clock" sound when it has been colsed completely



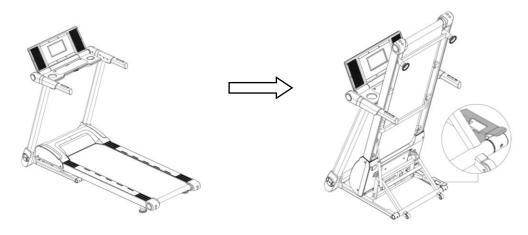
**STEP 3**: To rotate the console according to directon of arrow. To make sure the console position, and press left&right handlebar console lock device, to make sure the console was fixed completely.



# FOLDING , UNFOLDING & MOVING INSTRUCTION

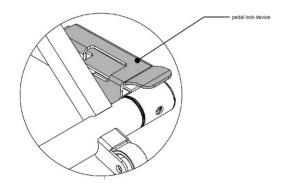
# **FOLDING THE TREADMILL**

- 1. Turn off the power switch
- 2. Raise the rear deck to the up-right position, The folded pedal locked the deck automatically, When you heared the sound "click".
- 3. Store the treadmill and move it.



# **UNFOLDING THE TREADMILL**

- 1. Put your right hand on the rear corner of the treadmill
- 2. Using your foot step on the pedal
- 3. Then lay down the treadmill deck slowly.



## **MOVING THE TREADMILL**



**1.** Make sure the following points before moving it.

A: Be sure that the power switch is on the OFF position

B: The unit is unplugged

C: Deck is on the upright position,

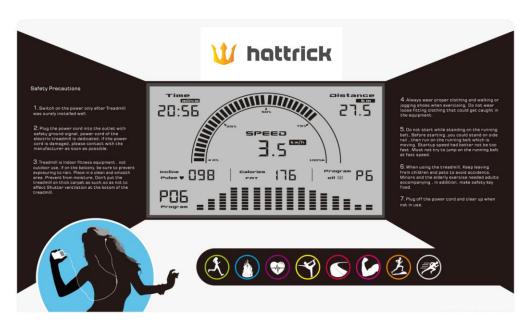
**D:** The folded penal is locked completely after folding.

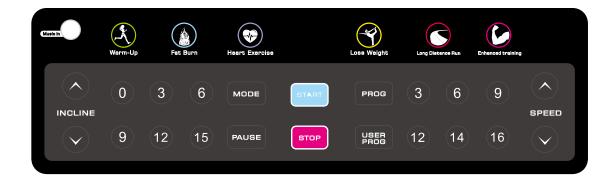
**2.** Two ways of moving:

**A:** The left hand hold the end of the deck, the right hand hold the right handlebar, incline 30-40 angle to your chest, then moving it slowly in a long distance indoor.

**B:** For a short distance, we can hold the handlebar and push it in a horizontal level, no incline.

# COMPUTER INSTRUCTION





#### GENERAL OPERATION

# Display type: LCD Display Feedback as follow:

- **[TIME]:** Display exercised time or target time, display range: 0: 00—99: 59;
- **[SPEED]**:Display exercise speed, display range: 1—16.0 Km/h;
- [INCLINE]:Display exercise incline, display range: 0%—15%;
- [DISTANCE]:Display has exercised distance or target distance, display range: 0.0—99.9Km;
- [CALORIES]: Display has consumed calories or target consume calories, display range: 0—999Kcal;
- [PULSE]:Display the heart rate or target heart rate, display range: 40—199BPM;
- [PROG]:Display 6 pre-prgram, it is respectively ①Warm-UP ②Fat Burn ③Heart Exercise ④Rolling Hills ⑤Lose Weight ⑥Long Distance Run, and 2 user program
- Safety lock: At any time, the machine will stop, when unplug the cord-switch. Pls be sure to plug the safety lock before start.

## MANUAL MODE/QUICK START

[START]: Press the [start] button, the machine will run.

[ STOP ]: Press the [stop] button, the motor will stop.

**[PAUSE]**: Press the [pause] button, the motor will stop.

[PROG]: Press the [prog] button, there is 6 pre program, when the machine is stopped.

**SPEED KNOB**: The speed will be increased when it is clockwise rotation.the maximum speed is 16km/h; the speed will be reduced, the minimum speed is 1km/h

**SPEED SHORTCUT KEY** [3/6/9/12/14/16]: At any time, press any speed shortcut key, it will adjust to matching speed at the same time.

**INCLINE SHORTCUT KEY [0/3/6/9/12/15]**: At any time, press any incline shortcut key, it will adjust to matching incline at the same time.

### **MP3 SPEAKER:**

Insert the MP3 terminal wire to the display, The media will play.

#### **OPERATIONAL APPROACH:**

### 1. GENERAL APPROACH:

- a) Turn on the power switch,insert the safty key to the right position,LCD display show 2 minutes. After a sound of "sing" from buzzer, Manual normal mode is running.
- b) Press[START], the machine is running.

### 2. MANUAL MODE:

a)Insert the safty key to the right position.Press [MODE] button and enter in into the manual normal mode,when out of power.

b)Manual normal mode has three of setting mode:Time mode, distance mode, calorie mode.

### **TIME MODE:**

Press "MODE" enter into time countdown mode, LCD window displays time zone flashing, the start time is 30 miniutes, turn the speed knob can change the time setting, setting range is 10:00-99:00. Turn around speed knob in clock-wise, time will increase by 1 minutes increase. Turn the speed knob continuously in clock-wise the time will increase to 99 minutes. Turn the knob continuously in counter- clock-wise, the time begin to countdown by 1 minutes until to 10 minutes.

#### **DISTANCE MODE:**

Double-click "MODE" enter into DISTANCE countdown mode, LCD window displays distance zone flashing, the start distance is 1.0km

,to turn the speed knob can change the distance setting, setting range is 1.0-99.0km. Turn around knob in clock-wise, distance will increase by 0.1 km increase, Turn round speed knob continuous and the distance will increase rapidly to what you want until 99.9km. Turn the knob continuously in counter-clock-wise, the distance begin to countdown until 1km.

# **CALORIES MODE:**

Consecutive triple-click "MODE" enter into CALORIES countdown mode, LCD window displays calories zone flashing, the start calories is 50cal.

,to turn the speed knob can change the calories setting, setting range is 50-999cal. Turn around knob in clock-wise, the calories will increase by 1 Kcal , turn on the knob continuous and the calories will increase rapidly to what you want until 990 CALORIES . Turn the knob in counter clock-wise, the calories will countdown by 1 Kcal .

### **PROGRAM MODE:**

Press the program button or program shortcut to select between aim program P1~P6, Each program to set 30 minutes as a default time, and press[START] to start treadmill, program start automatically, time start to countdown; If you want to correct the program which has set 30 minutes before wasn't running. You can turn the speed knob to correct time. Range

from 10-99 minutes, and press [START], program start automatically. To press [SPEED] shortcut or speed knob can change the speed during running.; To press [INCLINE] shortcut or incline knob can change the incline.

c)To finish set, press[START],treadmill start running,the value start countdown.When the value decrease to 0 progressively,treadmill will stop running.

# Preset program 1

level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
speed	4	4	6	6	8	8	8	6	6	8	8	8	6	8	8	6
incline	2	2	2	3	3	3	3	3	3	2	3	3	3	2	2	2

# Preset program 2

level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
speed	2	4	4	6	6	8	8	10	10	10	8	8	6	4	3	2
incline	1	2	3	3	4	4	4	4	3	3	3	4	4	3	2	2

# Preset program 3

level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
speed	6	10	10	8	6	6	8	10	10	11	11	10	8	8	6	2
incline	1	3	3	4	5	5	4	3	5	5	2	5	5	2	3	2

# Preset program 4

level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
speed	6	6	6	8	10	10	10	10	12	12	12	10	10	6	6	6
incline	0	1	1	0	3	2	1	2	3	2	1	0	1	1	2	4

# Preset program 5

level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
speed	6	6	6	8	12	12	12	12	12	12	10	8	8	6	6	6
incline	1	1	1	2	1	0	0	1	1	1	3	3	4	5	6	4

Preset program 6

level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
speed	4	10	12	14	10	6	12	14	14	10	6	10	14	10	6	4
incline	0	2	1	1	2	3	1	1	2	2	1	1	3	1	3	1

### 3.CUSTOMER PROGRAM

a)When machine stops,press[USER PROG] enter into customer program.Firstly set speed,then incline,the last is time.

b)Speed and incline programs are divided into 16 sections. Each section scope:1-16.0km. Revolve the speed will change the speed setting. Press the [INCLINE] will change the incline setting. Press [SPEED] to confirm the mode and enter the next setting after finish.

- c)After setting,press[START], the machine will run according to the new mode.
- d)Without change,The machine will remember and run according to the last setting.
- e)When the setting time is counting down to 0,the machine will stop.

# 4. HEART RATE TEST

Grasp the heart rate test handlebar for 5-10 seconds, your heart rate result will show on the [PULSE] window.

## 5. AUTO POWER-OFF

The machine will be power off, if not press any key for 10 minutes. When it stops.

The machine will start to run, if press any key, when it stops.

## 6. STOP

- a) Press [stop], the machine will stop
- b) Press[pause],the machine will suspend
- c) "key cord" Plug Key-cord, the machine stops; "tap button" press the button, the machine stops.
- d) Turn off the button, the machine will stop.

### TREADMILL FUNCTION:

### RUN:

- 1. Strengthen your body, lose weight, strengthen vital capacity.
- 2. Recure the one whose leg injuired.

## **OPERATIONAL APPROACH:**

- 1. Hold the handlebar, press the [START] key , then press speed knob and adjust the speed to 2.5-3.5km/H(This is a safe speed for start). Step on the belt, and run with belt at the same time quickly.
- 2. After a few minutes, press[speed] and increase the speed in a slowly way.

### **EXERCISE GUIDELINES:**

#### **NOTICE BEFORE EXERCISE:**

This series is for home use. The maximum time is 4 hours for each day use.

Set your foot on the treadle, grasp the handlebar to keep body balance,

### MAINTENANCE

- 1.unplug the unit before maintenance
- 2.check and fix the looseness of parts
- 3.using the moist cloth to clean the surface and operation panel, be out of alkane to clean any parts of machine.
- 4.using clean and smooth cloth to clean the running deck.

### **REGULAR FAILURE AND FAILURE ELIMINATION:**

## 1. ELIMINATION ERROR MESSAGE OF CONTROL SYSTEM

a) Display show:E01

E01:Display convey the order to control system and the message was suffocated from control system to Display.

Solution: checking the 4 core wire joint connecting control system with display is flexible or not. Wire is damaged or not. The order of connection is right or not.

b) Display show:E02

E02: The control system can not detect the voltage of motor wire.

Solution: Checking the connection line from motor positive and negative line to the control system terminal is firm or not.

c) Display show:E03

E03:The control system can not detect the speed feedback signal when the motor is working.

Solution: Checking the photoelectric sensor aim the motor cover light disk hole or not. Check the photoelectric sensor wire is damaged or not. The connection line is firm or not between photoelectric line terminal and control system speed terminal.

d) Display show:E05

E05:The excess of electricity when motor is running or too much of friction for belt,All above can make the motor running be over rated current.

Solution: Check the belt lubrication is well or not. Lubricating the belt. The motor is damaged or not. Or change the motor.

#### 2. OTHER FAILURE AND FAILURE ELIMINATION:

1. Display show nothing

Check the wire connection is good or not. The power switch is on or not. Control system fuse blow out or not.

The connection is good or not between display and control system 4 core wire.

Control system and transformer's connection is good or not.

2. Hand heart rate type does not display or display in error.

Check the hand heart rate line is firm or not.

It is closely or not between hand and sensor.

Wash your hands and keep it moist.

3. Motor is failure to work.

Check all the connections are good.

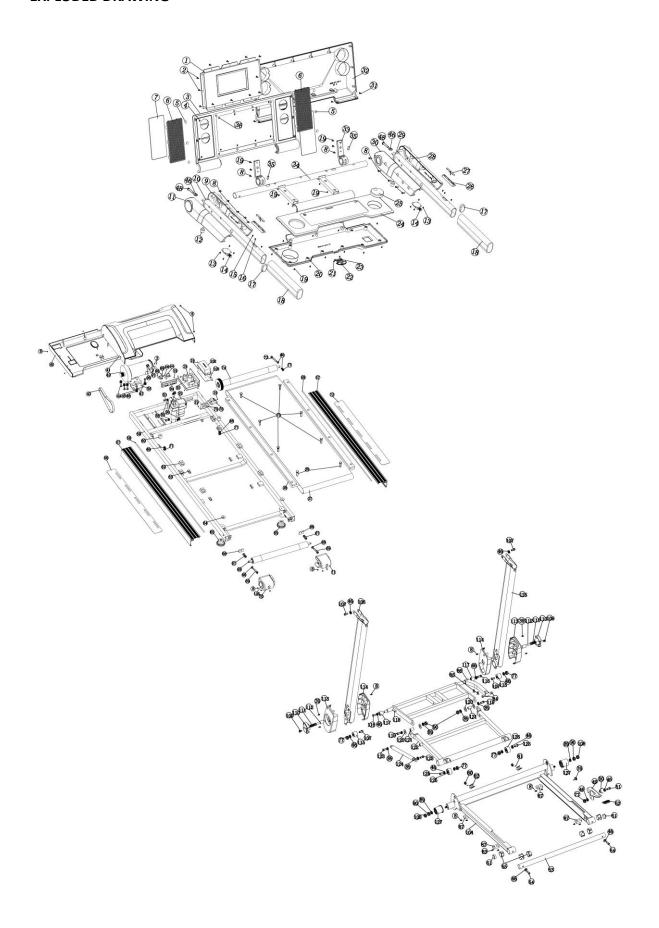
Pls watch the error signal on the display

4. Show lack of stroke

If LCD,pls check the LCD frame is firm or not.Or take the frame off and clean the PCB board.

If LED,pls check the LED leg's welding is good or not.

# EXPLODED DRAWING



# PARTS LIST

No	ITEM	QTY	No	ITEM	QTY
1	LCD window	1	34	table frame	1
2	ST3X8 cross recess head self-taping screw	14	35	M8X30 inner hexagonal set screw	2
3	display front cover	1	36	ST4X15 cross recess head self-taping screw	12
4	ST3X12 cross recess head self-taping screw	6	37	running belt	1
5	prevent grind pad	6	38	running deck	1
6	hifi net	2	39	M8X40 cross recess head screw	2
7	sponge cover	2	40	motor low cover	1
8	ST4X15 cross recess head self-taping screw	36	41	motor cover	1
9	left handlebar inner cover	1	42	motor	1
10	left handlebar bracket	1	43	motor belt	1
11	left handlebarouter cover	1	44	M8X12 Hexagon head bolt	3
12	handlebar limit washer	2	45	Φ8 spring washer	7
13	ST3X10 cross recess head self-taping screw	8	46	Φ washer	28
14	automatic bolt	2	47	M8X15 inner hexagonal socket head cap bolt	4
15	ST3X12 cross recess head self-taping screw	4	48	M8X40 inner hexagonal pan head bolt	4
16	ST4X12 cross recess head self-taping screw	2	49	foot pad	1
17	28X54 tube cover	2	50	foot pad spring	1
18	foam	2	51	M8X60 inner hexagonal pan head bolt	1
19	ST4X12 cross recess head self-taping screw	38	52	foot pad decorative sleeve	2
20	button low cover	1	53	ground connecting tube	1
21	ST2.5X8 cross recess head self-taping screw	2	54	M8X15 inner hexagonal pan head bolt	2
22	safety switch	1	55	plastic cover	6
23	safety swith fix seat	1	56	left anti-slide paper	1
24	button upper cover	1	57	side rail	2
25	adjustment knob	1	58	double side coating tap	4
26	handpulse seat	2	59	base frame	1
27	handpulse	4	60	running deck cushion pad	2
28	right handlebar outer cover	1	61	Ф32 tube cover	2
29	right handlebar bracket	1	62	running deck buffer seat	4
30	right handlebar inner cover	1	63	J12.7X38.1 tube cover	4
31	ST3X25 cross recess head self-taping screw	4	64	running deck washer	2
32	back display cover	1	65	rubber cushion pad	2
33	display cover fix seat	2	66	taut spring bearer plate	2

No	ITEM	QTY	No	ITEM	QTY
67	taut roller spring	2	98	ST3X12 cross recess head self-taping screw	2
68	back roller	1	99	power plug	1
69	M8X105 inner hexagonal socket head cap bolt	2	100	fuse bracket	1
70	left roller cover	1	101	shaped switch	1
71	right roller cover	1	102	filter	1
72	right anti-slide paper	1	103	Electrical installation board	1
	M8X50 inner hexagonal socket head cap				
73	bolt	1	104	ground frame	1
74	front roller	1	105	roller cover decoration	2
75	M8X35 cross recess head screw	4	106	left console mast	1
76	round bolt	1	107	M8X45 inner hexagonal pan head bolt	4
77	M8 nut	8	108	retaining nut	2
78	electric relay	1	109	M6X15 cross recess head screw	2
79	transformer	1	110	fixed knob	2
80	roller	2	111	plug spring	2
81	rivet Φ6x25	2	112	fixed bolt	2
82	moving wheels cover	2	113	outer console mast cover	2
83	ST4.8X15 cross recess head self-taping screw	4	114	inner console mast cover	2
84	Ф16 tube cover	2	115	front moving wheels	2
85	plastic screw	2	116	M8X10 inner hexagonal pan head bolt	2
86	foot pad lock frame	1	117	lifting wheels	2
87	high ground cushion	4	118	lifting frame	1
88	M8X10 hexagonal head bolt	8	119	M10X40 inner hexagonal pan head bolt	2
89	Ф10 washer	12	120	washer	4
90	M10 nut	4	121	lifting connecting sleeve	2
91	M10X45 inner hexagonal pan head bolt	1	122	connecting frame	1
92	lifting motor	1	123	M10X25 inner hexagonal pan head bolt	2
93	low controller	1	124	cylinder	1
94	power cover	1	125	right console mast	1
95	motor cabinet	1	126	base frame wheels	2
96	M8X5 cross recess head screw	2	127	rotating cover of console mast	2
97	Ф5 washer	2	128	Cover	10

# CIRCUIT DIAGRAM

