

PR-7520 ELLIPTICAL TRAINER

7520
ELLIPTICAL
TRAINER

**GENERATOR DEVICE :
SELF-POWERED
GENERATOR BRAKING
SYSTEM**

Owners' Manual



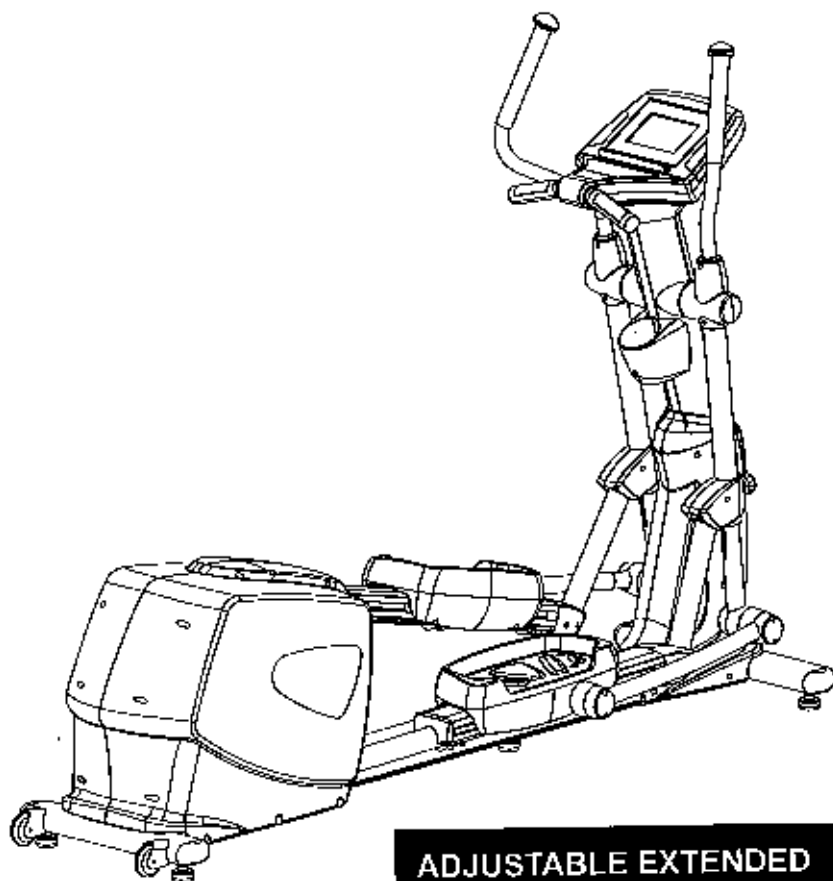
WARNING



Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.

If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed.

Keep children and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.



**ADJUSTABLE EXTENDED
STRIDE LENGTH**

CAUTION:

Weight on this product should not exceed 181 kgs/ 400 lbs

Product May Vary Slightly From Picture.

MADE IN TAIWAN

Mar. 09'



SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **Self-Powered Elliptical Trainer**.

1. Read all warnings posted on the **Elliptical Trainer**.
2. Read this Owner's Manual and follow it carefully before using the **Elliptical Trainer**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Elliptical Trainer**. Do not allow children to use or play on the **Elliptical Trainer**. Keep children and pets away from the **Elliptical Trainer** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **Elliptical Trainer** on a solid level surface. Do not position the **Elliptical Trainer** on loose rugs or uneven surfaces.
7. Inspect the **Elliptical Trainer** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Elliptical Trainer**.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Before using this product, please consult your personal physician for a complete physical examination.
13. Do not wear loose or dangling clothing while using the **Elliptical Trainer**.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Elliptical Trainer**, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the Foot Pedals while exercising.
17. The **Elliptical Trainer** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Elliptical Trainer** should be used by only one person at a time.
19. Use two people to assemble and move the **Self-Powered Elliptical Trainer**.
20. Maintenance: Replace the defective components immediately and/or keep the equipment out of use until repair the equipment completely.
21. Make sure that adequate space is available for access to and passage around the **Elliptical Trainer**; keep at least a distance of 1 meter from any obstruction object while using the machine.
22. The **Elliptical Trainer** is well-suited to studio use (Class SA.)

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.



READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

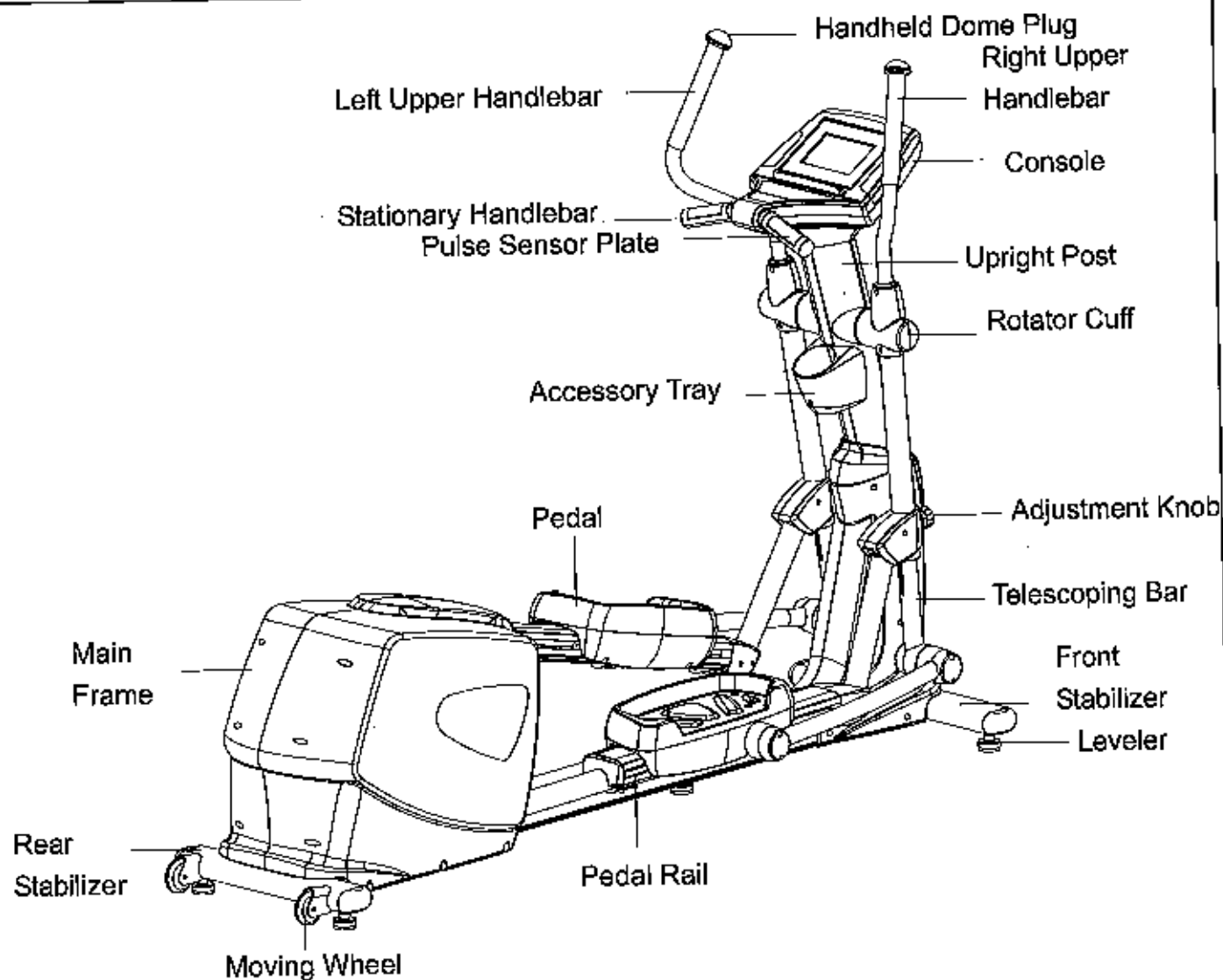
BEFORE YOU BEGIN

Thank you for choosing the **Self-Powered Elliptical Trainer**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

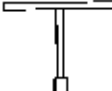
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

Too often, our busy lifestyles limit our time and opportunity to exercise. The **Self-Powered Elliptical Trainer** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Self-Powered Elliptical Trainer**.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**T-HAND SOCKET
WRENCH**



**COMBINATION
WRENCH**



**ALLEN WRENCH
(4 mm & 6 mm)**



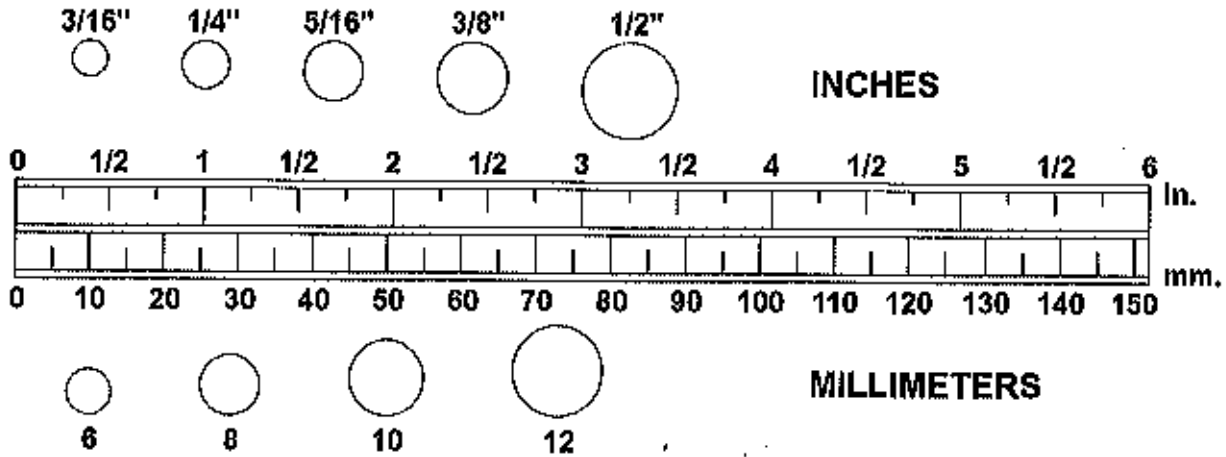
SOCKET WRENCH



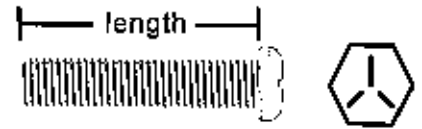
WRENCH (17mm)

HARDWARE IDENTIFICATION CHART



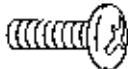
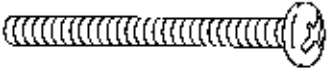

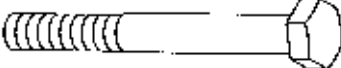
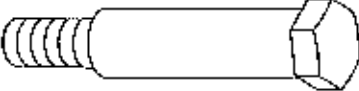
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

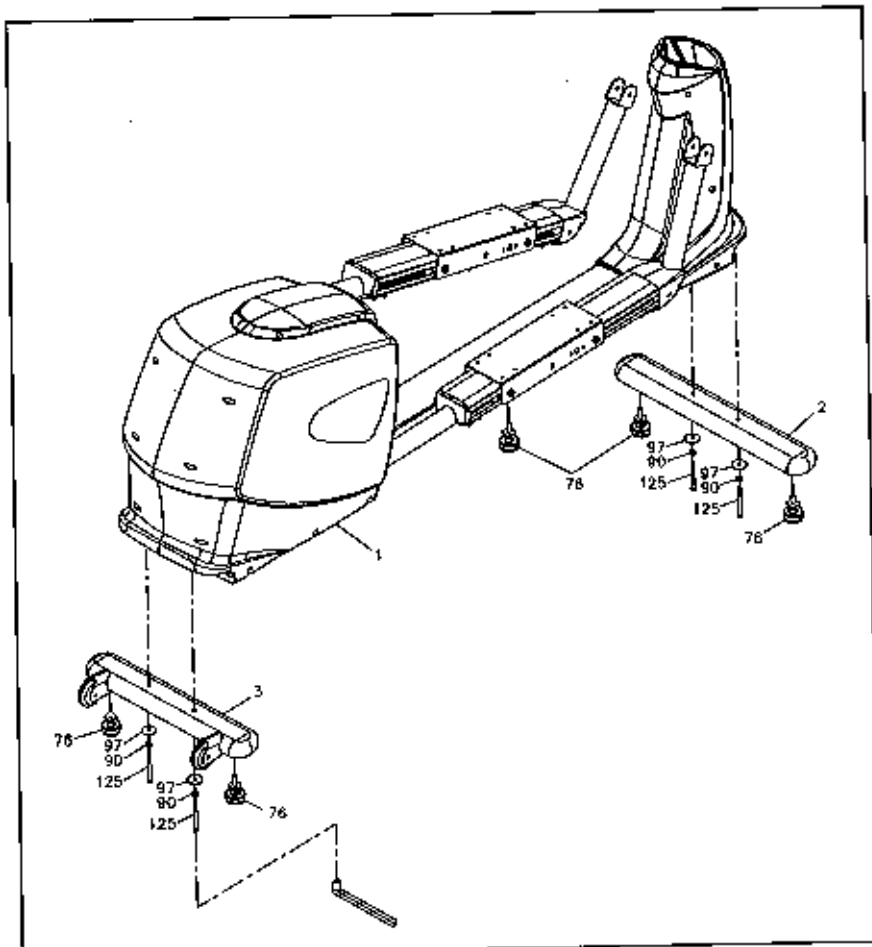


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Q'TY
	90 Lock Washer (M8)	4
	97 Washer (8x38x2.0t)	4
	108 Screw, Round Head (M5xp0.8x15mm)	19
	109 Screw, Round Head (M5xp0.8x50mm)	2
	114 Bolt, Socket Head (M8xp1.25x10mm)	8
	125 Bolt, Hex Head (M8xp1.25x65mm)	4
	127 Bolt, Hex Head (M10xp1.5x50mm)	2

ASSEMBLE INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



STEP 1

- ◆ Attach the **Leveler (76)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**.
- ◆ Be sure to tighten the **Leveler (76)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the drawing 1 shows on the top right corner.

STEP 2

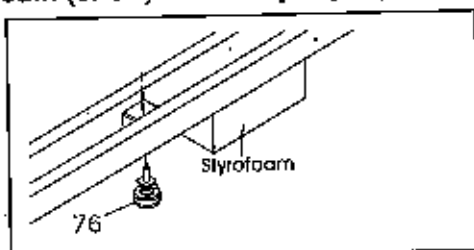
Attach the **Front Stabilizer (2)** and the **Rear Stabilizer (3)** onto the **Main Frame (1)** and secure with the **Washer (8x38x2.0t) (97)**, the **Lock Washer (M8) (90)** and the **Bolt, Hex Head (M8xp1.25x65mm) (125)** by using socket wrench as the main assembling drawing shows.

- ◆ If the equipment is not level, review the **LEVELING NOTE** on the right side to level the **Leveler (76)**.

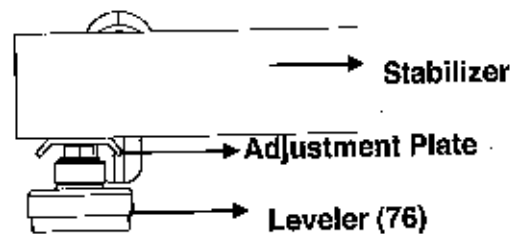
STEP 3

Tighten the **Leveler (76)** securely against the **Main Frame (1.)**

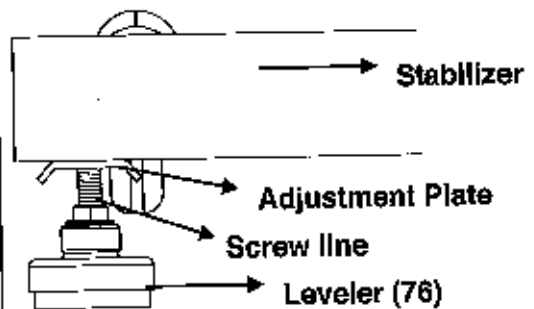
NOTE: It will be easier to attach the **Leveler (76)** to the **Main Frame (1)** by placing one Styrofoam (or any stationary object) under one side of the **Main Frame (1.)**



Detailed Lever- drawing 1



Detailed Lever- drawing 2



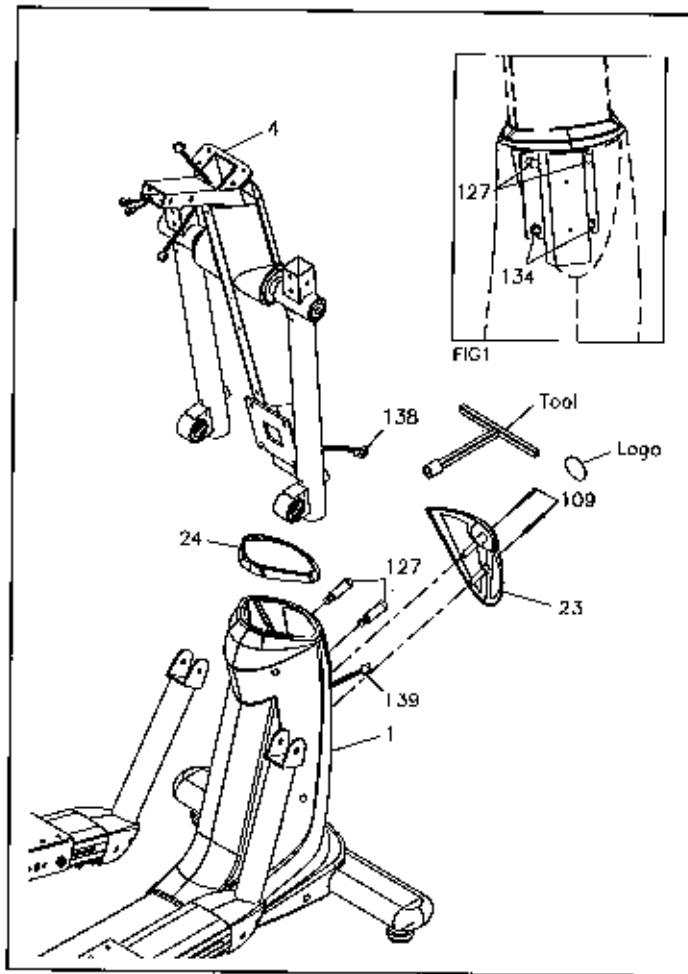
LEVELING: After placing the equipment in the intended location for use, Check the stability of the equipment. If the equipment is not level, reviewing the following direction:

Loosen the **Leveler (76)** to make the **Adjustment Plate** become less tight.

Adjust the **Leveler (76)** for leveling.

Tighten the **Adjustment Plate** securely against the **Stabilizer** to lock the **Leveler (76)** in stable position as the drawing 2 shown.

ASSEMBLE INSTRUCTIONS



STEP 4



CAUTION: Be careful not to damage the **Middle Connection Wire (138)** while assembling Step 4 to 6. Slide the **Upright Sleeve (24)** onto the **Upright Post (4)**.

- ◆ Refer to the inset drawing. Make sure the direction of the **Upright Sleeve (24)** is in the correct position.

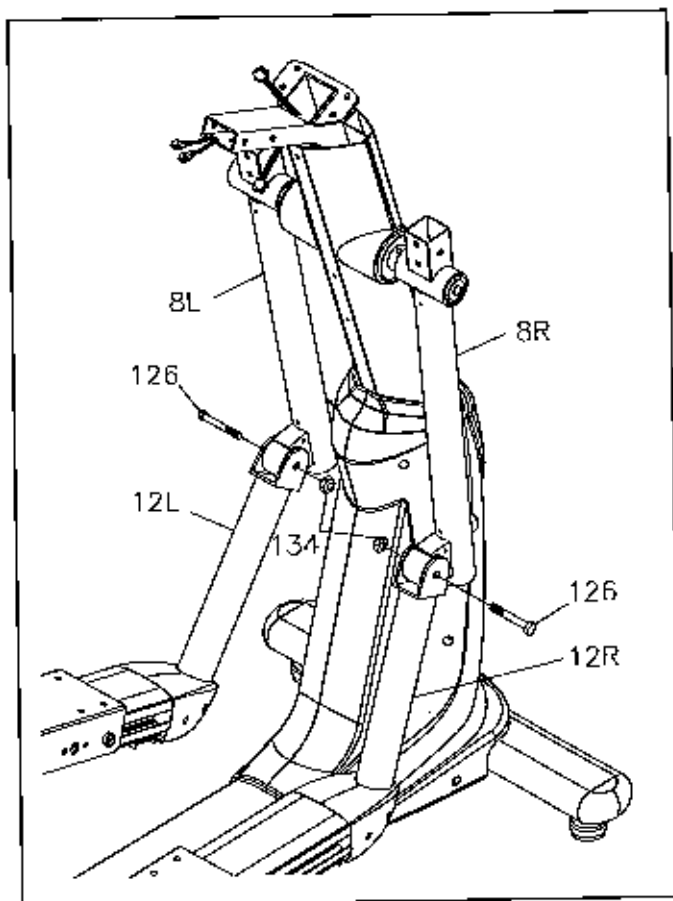
STEP 5

- Make sure 2 pcs **Nylock Nuts (M10xp1.25x8t) (134)** have already inserted into the front of the **Main Frame (1)** as FIG1 illustration shows on the top right corner
- Insert the **Upright Post (4)** into the **Main Frame (1)** and secure with the **Bolt, Hex Head (M10xp1.5x50mm) (127)** by using the **T-HEAD SOCKET WRENCH** as shown.

STEP 6

- Plug the **Middle Connection Wire (138)** into the **Lower Connection Wire (139)**
- Attach the **Front Decorating Upright Cover (23)** onto the front of the **Main Frame (1)** with the **Screw, Round Head (M5xp0.8x50mm) (109)**
- Paste a Logo Sticker on the surface of the **Front Decorating Upright Cover (23)**
 - ◆ A logo sticker is included in one of the hardware boxes.
- Slide the **Upright Sleeve (24)** down to cover the open area of the **Main Frame (1)**

ASSEMBLE INSTRUCTIONS



NOTE: For shipping purpose, the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylock Nut (M10xp1.5x8t)(134)** are attached on the **Pivoting Arm (L&R) (8.)**

STEP 7

- Remove the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylock Nut (M10xp1.5x8t)(134)** from the **Left Pivoting Arm (8L)**
- Attach the **Left Pedal Support Arm (12L)** onto the **Left Pivoting Arm (8L)** and secure with the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylock Nut (M10xp1.5x8t) (134.)**
- Remove the **Bolt, Hex Head (M10xp1.5x55mm) (126)** and **Nylock Nut (M10xp1.5x8t) (134)** from the **Right Pivoting Arm (8R.)**
- Repeat the same procedure to attach the **Right Pedal Support Arm (12R)** onto the **Right Pivoting Arm (8R.)**

ASSEMBLE INSTRUCTIONS

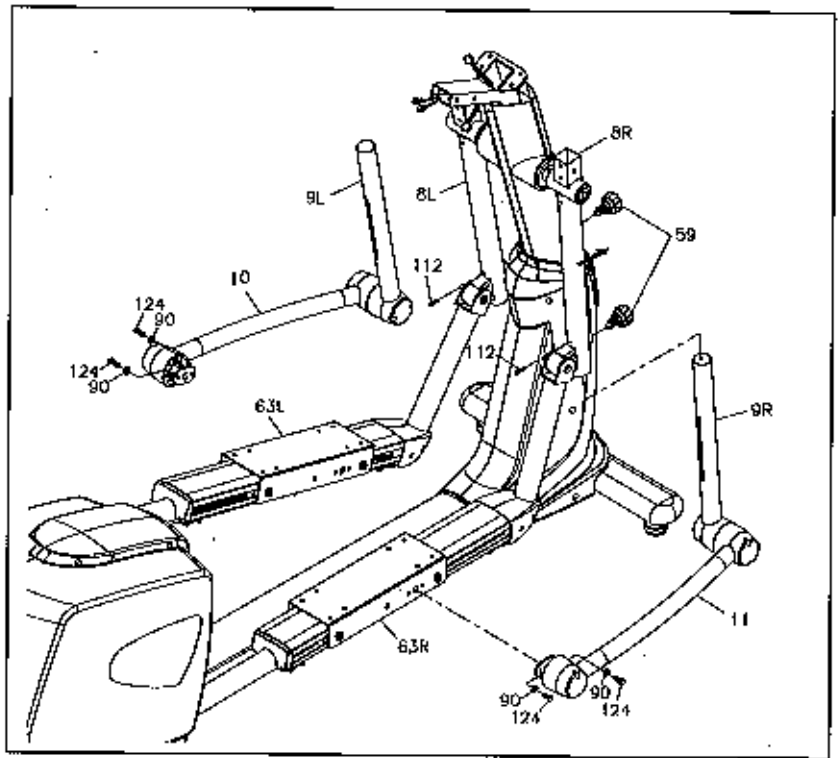
NOTE: For shipping purpose, the **Bolt, Socket Head (M5xp1.0x15mm) (112)** are attached on the **Left & Right Pivoting Arm (8L, 8R.)**

STEP 8

- a. Insert the **Left Telescoping Bar (9L)** onto the **Left Pivoting Arm (8L)** with the **Adjustment Knob (59.)**

NOTE: It will be easier to insert the **Left Telescoping Bar (9L)** onto the **Left Pivoting Arm (8L)** by lifting up **Left Pivoting Arm (8L)** slightly.

- b. Following the inset drawing. Make sure the **Pin** on the **Adjustment Knob (59)** get into the adjustment hole in the **Pivoting Arm (8L)** and the **Telescoping Bar (9L)** and tread the **Adjustment Knob (59)** clockwise onto the **Left Pivoting Arm (8L)** and the **Telescoping Bar (9L.)**



Do not tighten the Adjustment Knob securely until STEP 10

- c. Repeat the same procedure to insert the **Right Telescoping Bar (9R)** onto the **Right Pivoting Arm (8R.)**

STEP 9

NOTE: For shipping purpose, the **Bolt, Hex Head (M8xp1.25x15mm) (124)** and **Lock Washer (M8) (90)** are attached on the **Pedal Slider (L&R) (63.)**

- a. Remove the **Bolt, Hex Head (M8xp1.25x15mm) (124)** and **Lock Washer (M8) (90)** from the **Pedal Slider (L&R) (63.)**
- b. Attach the **Left Linkage (10)** onto the **Left Pedal Slider (63L)** and secure with **Bolt, Hex Head (M8xp1.25x15mm) (124)** and **Lock Washer (M8) (90.)**
- c. Repeat the same procedure to attach the **Right Linkage (11)** onto the **Right Pedal Slider (63R.)**

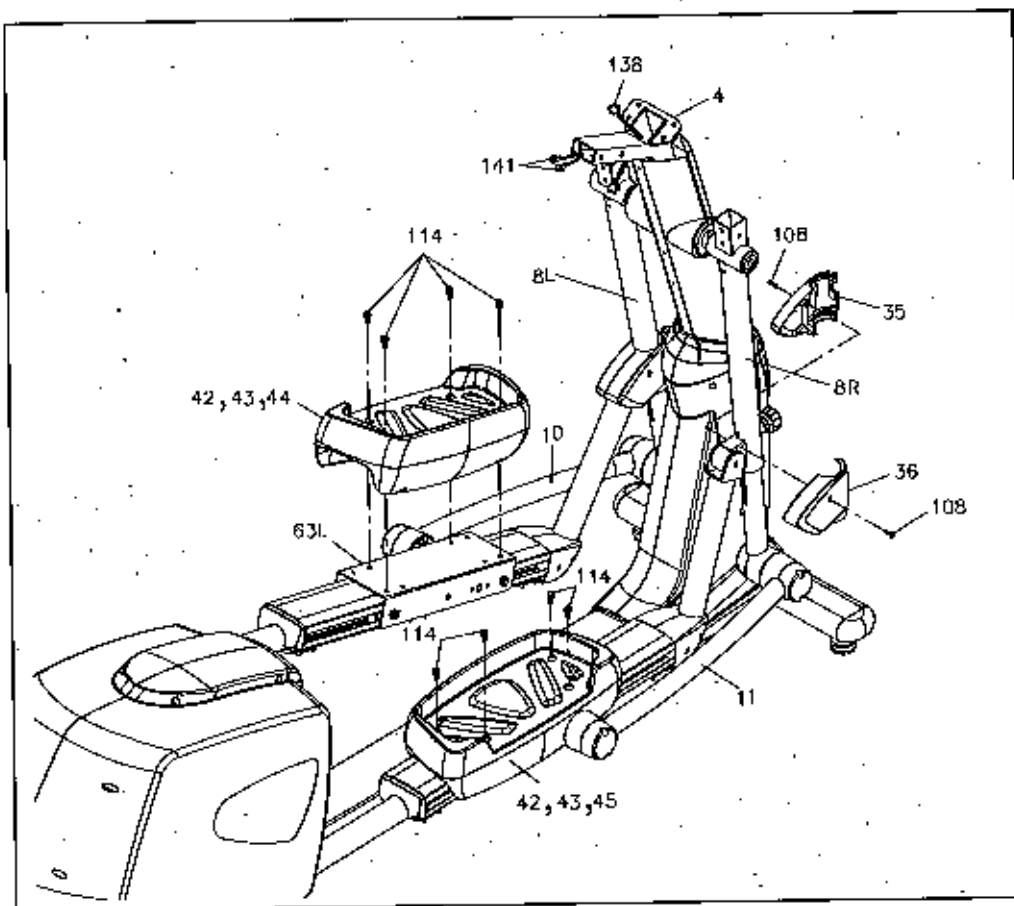
STEP 10

- a. Tighten the **Adjustment Knob (59)** securely in clockwise direction at the **Left & Right Pivoting Arm (8L, 8R.)**
- b. Then secure with the **Bolt, Socket Head (M5xp1.0x15mm) (112)** to prevent from the **Left & Right Telescoping Bar (9L & 9R)** fall off.
- c. Make sure to adjust the **Left & Right Telescoping Bar (9L & 9R)** to the same position/ height.



To adjust, loosen and pull the Adjustment Knob (59.) Adjust the position of the Telescoping Bar (9L, 9R) to the new position. Release and then tighten the Adjustment Knob (59.)

ASSEMBLE INSTRUCTIONS



STEP 11

- Place the **Left Pivot Cuff (35)** and **Right Pivot Cuff (36)** at both sides of the **Left Pivoting Arm (8L)**
- Bolt the **Left Pivot Cuff (35)** and **Right Pivot Cuff (36)** together with the **Screw, Round Head (M5xp0.8x15mm) (108.)**
- Repeat the same procedure to place **Left Pivot Cuff (35)** and **Right Pivot Cuff (36)** at both sides of the **Right Pivoting Arm (8R.)**

STEP 12

- Attach the **Left Pedal Assembly (42, 43, 44)** onto the **Left Pedal Slider (63L)** and secure with the **Bolt, Socket Head (M8xp1.25x10mm) (114.)**
- Repeat the same procedure to attach the **Right Pedal Assembly (42, 43, 45)** onto the **Right Pedal Slider (63R.)**

ASSEMBLE INSTRUCTIONS

STEP 13



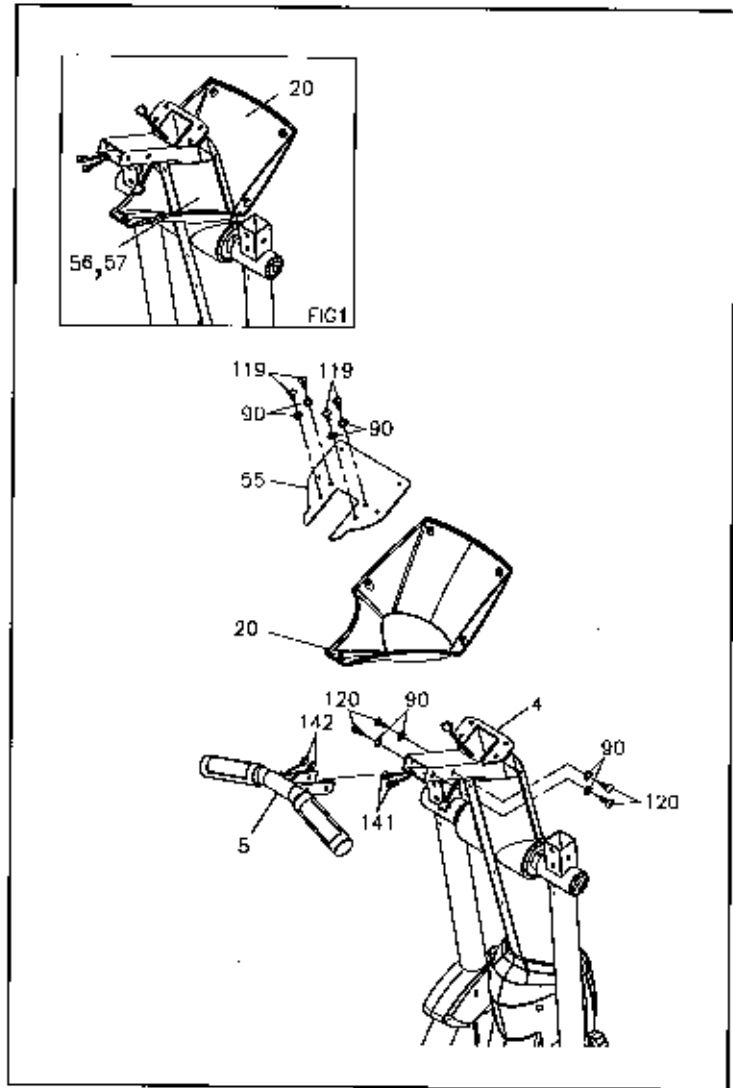
CAUTION: Be careful not to damage the **Middle Pulse Sensor Wire (141)** while assembling **STEP 13**.

Slide the **Console Bracket (20)** onto the **Front & Back Upright Cover (56, 57)** as the **FIG1** illustration shows on the top left corner.

STEP 14

NOTE: For shipping purpose, the **Bolt, Button Head (M8xp1.25x12mm) (119)** and **Lock Washer (M8) (90)** are attached on the **Upright Post (4)**.

- Remove the **Bolt, Button Head (M8xp1.25x12mm) (119)** and **Lock Washer (M8) (90)** from the **Upright Post (4)**.
- Attach the **Console Fixed Bracket (55)** onto the **Upright Post (4)** and secure with the **Bolt, Button Head (M8xp1.25x12mm) (119)** and **Lock Washer (M8) (90)**.



STEP 15

NOTE: For shipping purpose, the **Bolt, Button Head (M8xp1.25x16mm) (120)** and **Lock Washer (M8) (90)** are attached on the **Stationary Handlebar (5)**.

- Remove the **Bolt, Button Head (M8xp1.25x16mm) (120)** and **Lock Washer (M8) (90)** from the **Stationary Handlebar (5)**.
- Connect the **Middle Pulse Sensor Wire (141)** and the **Lower Pulse Sensor Wire (142)** to the **Stationary Handlebar (5)**.
- Refer to the inset drawing. Insert the **Stationary Handlebar (5)** into the **Upright Post (4)** and secure with the **Bolt, Button Head (M8xp1.25x16mm) (120)** and **Lock Washer (M8) (90)**.

ASSEMBLE INSTRUCTIONS

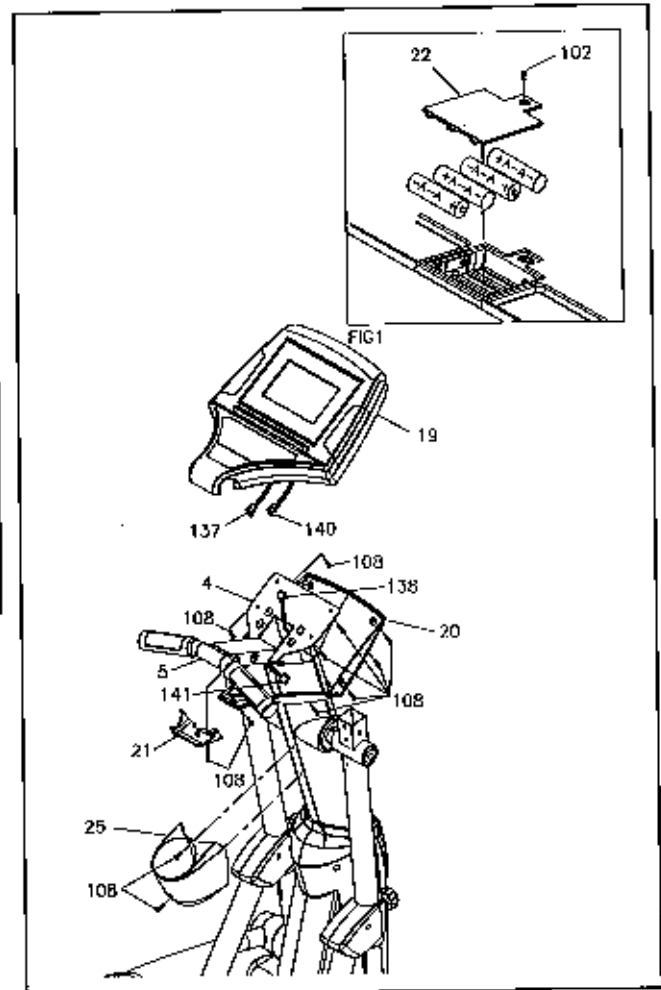
STEP 16

- Loosen the **Screw (M3x10mm) (102)** at the bottom on the console by using the combination wrench to open the **Battery Door (22.)**
- The **Console (19)** operates with **FOUR AA** rechargeable batteries, four batteries are included in the hardware box.

CAUTION: The machine is suitable for **Nickel-Metal Hybrid / NI-MH** rechargeable batteries only.

- ◆ To prevent from any damages, general or other type of batteries are not allowed to use.

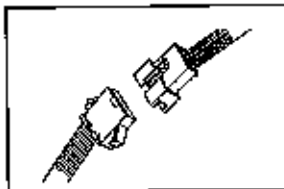
- Install rechargeable batteries into the **Console (19.)**
 - ◆ Make sure the location of positive or negative battery terminal is correct.
- Attach the **Battery Door (22)** onto the back of the **Console (19)** and secure with the **Screw (M3x10mm) (102.)**



STEP 17

- Connect the **Upper Pulse Sensor Wire (140)** to the **Middle Pulse Sensor Wire (141.)**
- Connect the **Upper Connection Wire (137)** to the **Middle Connection Wire (138.)**

NOTE: The number of wire pin should be the same for both wires to connect with as the following illustration shown.



STEP 18

- Place the **Console (19)** onto the **Upright Post (4)** and secure with the **Screw, Round Head (M5xp0.8x15mm) (108.)**
- Attach the **Console Lower Case (21)** to the **Console (19)** under the **Stationary Handlebar (5)** and secure with the **Screw, Round Head (M5xp0.8x15mm) (108.)**

STEP 19

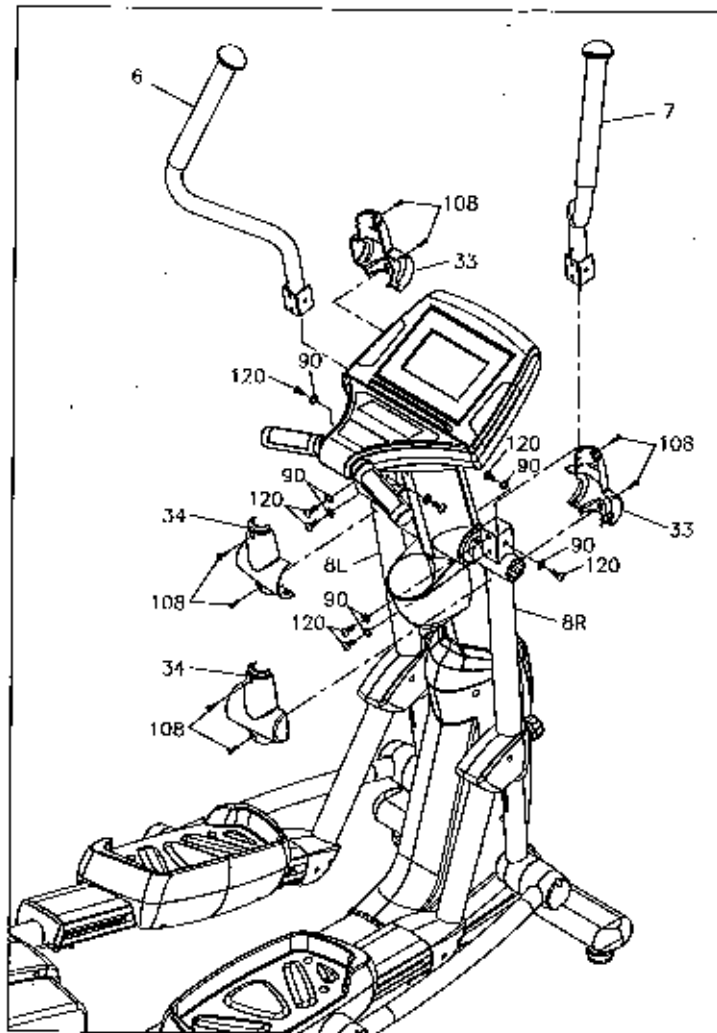
Slide the **Console Bracket (20)** onto the **Console (19)** and secure with the **Screw, Round Head (M5xp0.8x15mm) (108.)**

STEP 20

NOTE: For shipping purpose, the **Screw, Round Head (M5xp0.8x15mm) (108)** are attached on the **Upright Post (4.)** Remove the **Screw, Round Head (M5xp0.8x15mm) (108)** from the **Upright Post (4.)**

Attach the **Accessory Tray (25)** onto the **Upright Post (4)** and secure with the **Screw, Round Head (M5xp0.8x15mm) (108.)**

ASSEMBLE INSTRUCTIONS



STEP 21

NOTE: For shipping purpose, the **Bolt, Button Head (M8xp1.25x16mm) (120)** and **Lock Washer (M8) (90)** are attached on the **Left and Right Upper Handlebar (6, 7.)**

- Remove the **Bolt, Button Head (M8xp1.25x16mm) (120)** and **Lock Washer (M8) (90)** from the **Left and Right Upper Handlebar (6, 7.)**
- Following the inset drawing, insert the **Left Upper Handlebar (6)** onto the **Left Pivoting Arm (8L)** and secure with the **Bolt, Button Head (M8xp1.25x16mm) (120)** and **Lock Washer (M8) (90.)**
- Repeat the same procedure to insert the **Right Upper Handlebar (7)** onto the **Right Pivoting Arm (8R.)**

STEP 22

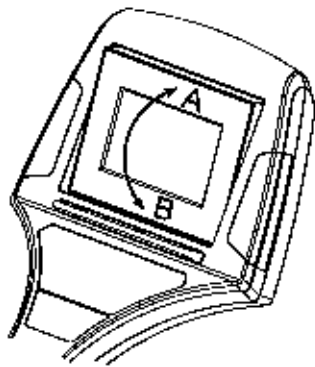
- Place the **Front Rotator Cuff-Pivoting Arm (33)** and the **Back Rotator Cuff-Pivoting Arm (34)** at both sides of the **Right Pivoting Arm (8L.)**
- Bolt the Rotator Cuffs together with the **Screw, Round Head (M5xp0.8x15mm) (108.)**
- Repeat the Same procedure to place the **Front Rotator Cuff-Pivoting Arm (33)** and the **Back Rotator Cuff-Pivoting Arm (34)** at both sides of the **Left Pivoting Arm (8R.)**

For the final step, make sure all the bolts and nuts are tighten securely before using.

OPERATIONAL INSTRUCTIONS

A. CONSOLE ANGLE ADJUSTMENT

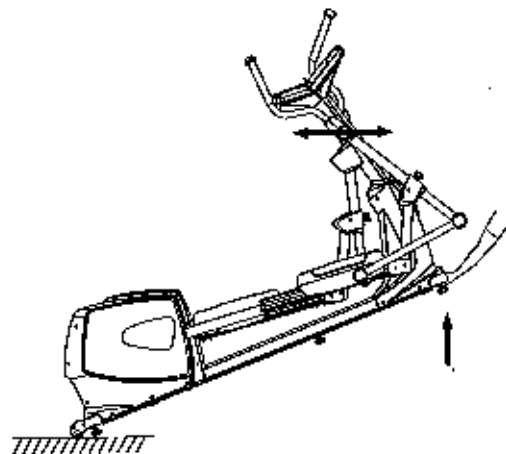
To get the best angle, user could press the area A or B with the personal need.



B. HOW TO TOW THE SELF-POWERED ELLIPTICAL TRAINER SAFELY

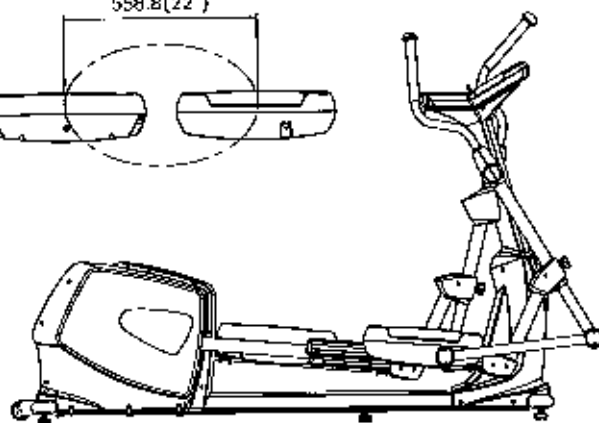
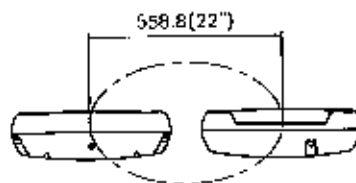
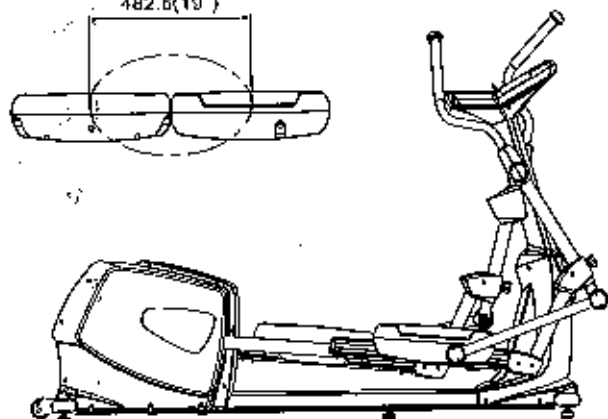
Move the **Self-powered Elliptical Trainer** with the moving wheels on the **Rear Stabilizer (3.)** Lift up the **Front Stabilizer (2)** with two hands to move the **Self-powered Elliptical Trainer**.

- ◆ Two people are strictly required to move the **Self-powered Elliptical Trainer** together.
- ◆ Make sure the floor is level while towing the **Self-powered Elliptical Trainer**.



C. ELLIPTICAL PATH ADJUSTMENT

- ◆ The **Self-Powered Elliptical Trainer** are equipped with four adjustable stride lengths from 19" (482.6mm) ~ 22" (558.8mm.)
- ◆ To adjust, loosen and pull the **Adjustment Knob (59.)** Adjust the position of the **Telescoping Bar (9L & 9R)** to new position.
- ◆ Release the **Adjustment Knob (59)** and make sure the pin on the knob get into the adjustment hole in the **Telescoping Bar (9L & 9R.)**
- ◆ Always adjust the **Left & Right Telescoping Bar (9L & 9R)** to the same position/ height.
- ◆ Securely tighten both **Adjustment Knobs (59)** before exercising.



OPERATIONAL INSTRUCTION

HOW TO INSTALL AND REPLACE BATTERIES:

a. **Take off the Console Bracket (20):**

Loosen the **Screw, Round Head (M5xp0.8x15mm) (108)** at the bottom on the **Console Bracket (20.)**

b. **Open the Battery Door (22):**

Loosen the **Screw (M3x10mm) (102)** at the bottom on the **Console (19)** by using the combination wrench to open the **Battery Door (22.)**

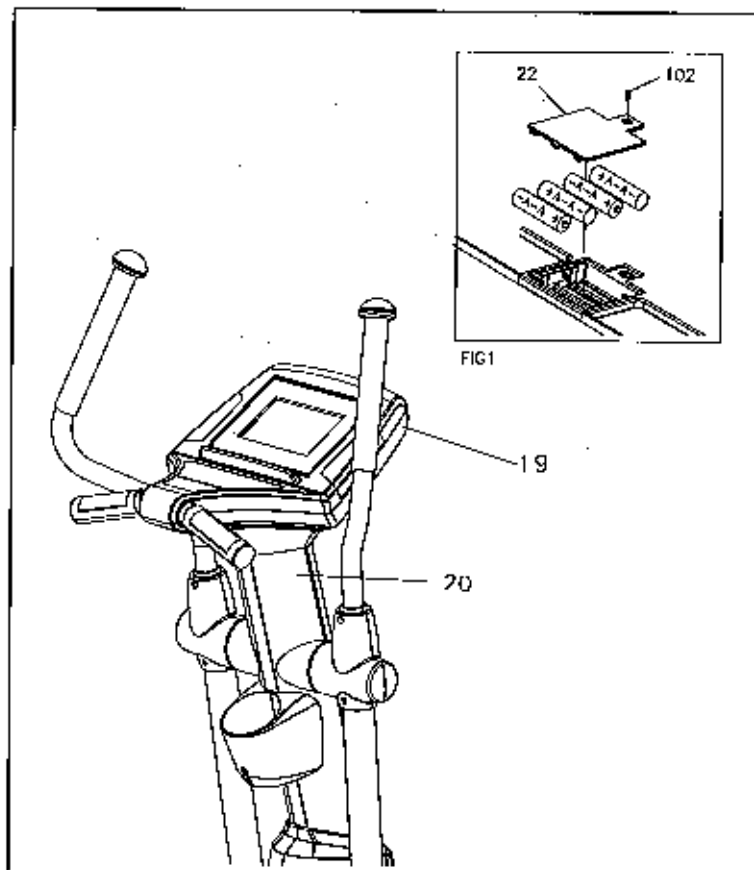
c. **Install and replace batteries:**

- ◆ The **Console (19)** operates with four AA rechargeable batteries, four batteries are included into the hardware box.
- ◆ Install four AA rechargeable batteries into the **Console (19.)**
- ◆ Make sure the location of positive or negative battery terminal is correct.
- ◆ Attach the **Battery Door (22)** onto the back of the **Console (19)** and secure with the **Screw (M3x10mm) (102.)**

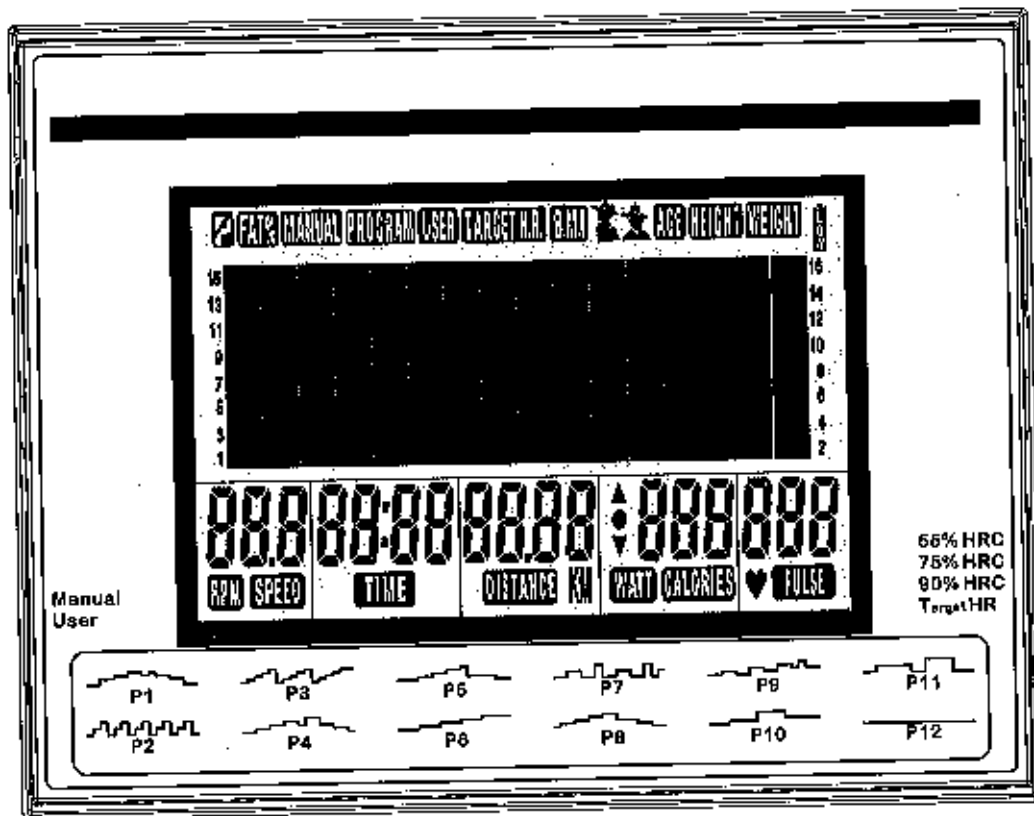


CAUTION: The machine is suitable for **Nickel-Metal Hybrid / NI-MH** rechargeable batteries only.

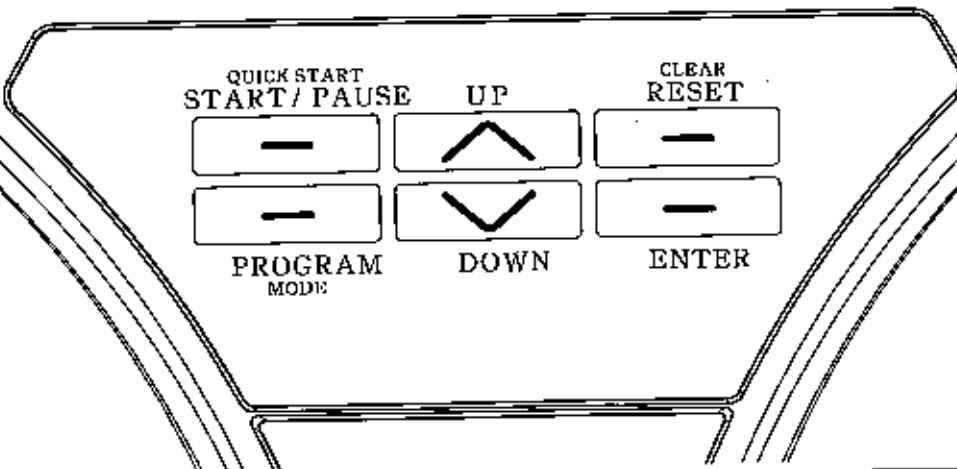
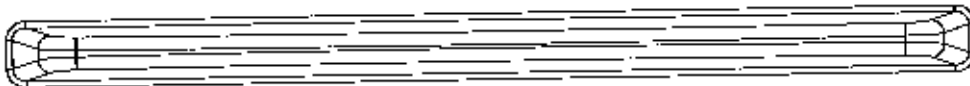
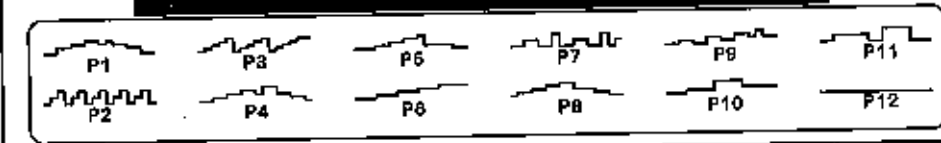
- ◆ To prevent from any damages, general or other type of batteries are not allowed to use.



CONSOLE OVERVIEW



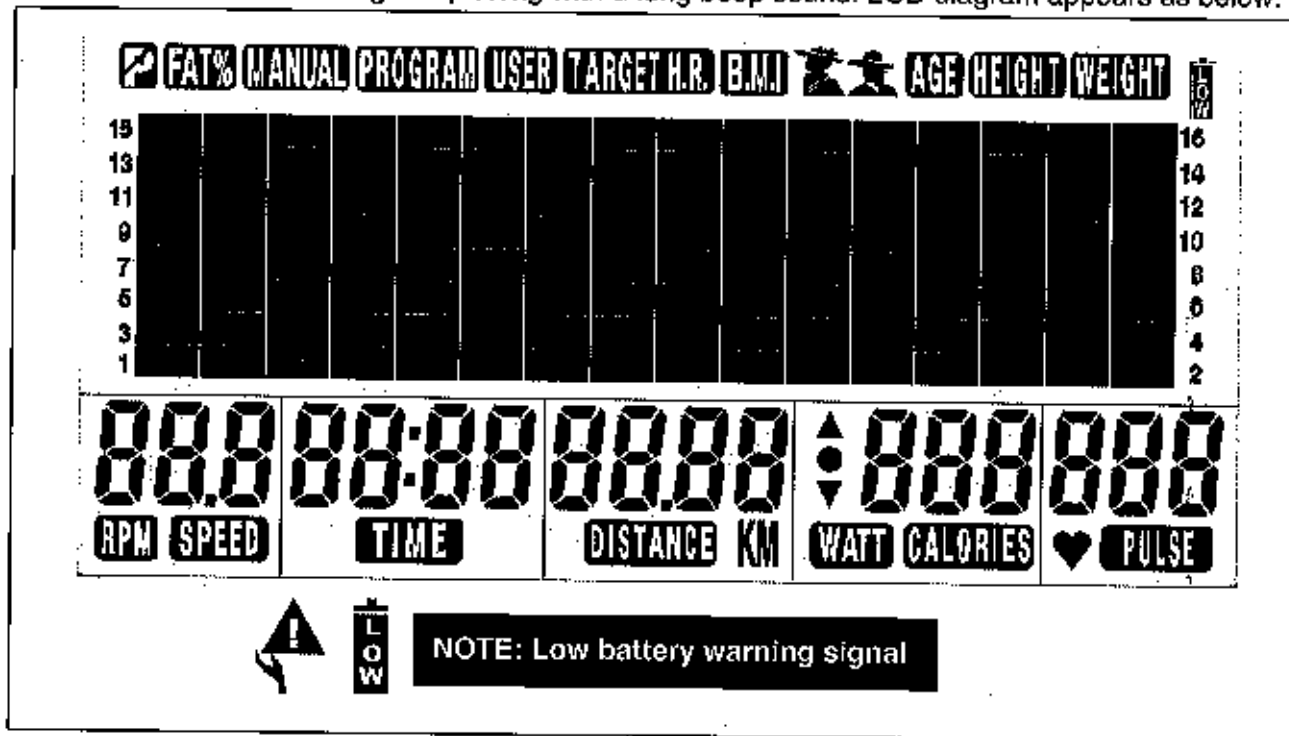
Manual User



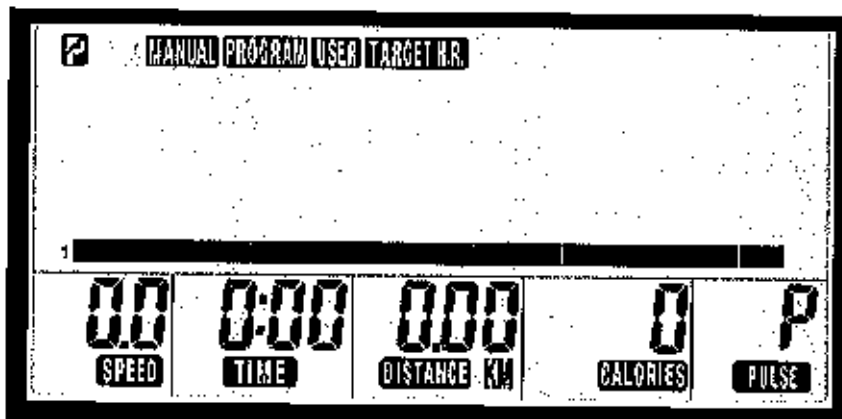
COMPUTER OPERATION

POWER ON:

- Pedaling to activate the console.
- The activated LCD console lights up along with a long beep sound. LCD diagram appears as below:



- Enter into the initial setting mode after around two seconds as below:



Initial Setting Mode

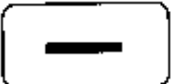
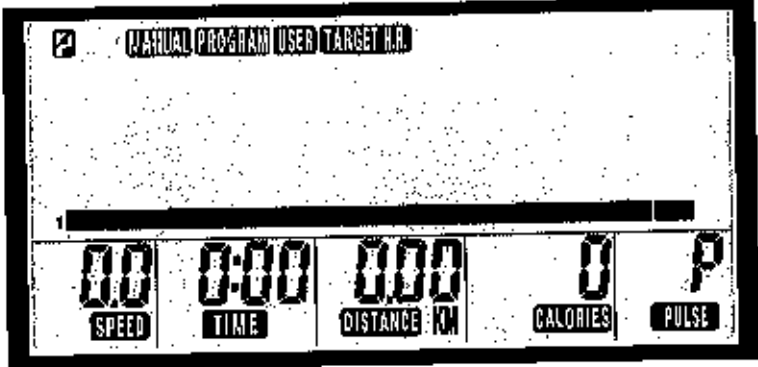
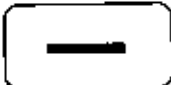


POWER OFF:

The console would automatically shut off after 30 seconds of inactivity.





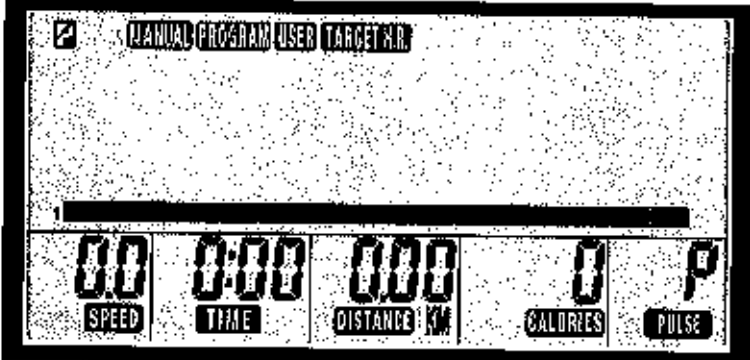




NOTE: the console would shut down any seconds if rechargeable batteries run out of power.

● **FUNCTION BUTTONS:**

Button Name	Function Description
 <p>PROGRAM MODE</p>	<p>Press the button to select the desired mode – MANUAL , PROGRAM , USER , TARGET H.R. as shown:</p>  <p>◆ Press the ENTER to confirm and enter the function value setting.</p>
 <p>ENTER</p>	<p>**The button is equipped with TWO operating methods**</p> <ol style="list-style-type: none"> Press the button to confirm and enter the selected mode (MANUAL , PROGRAM , USER , TARGET H.R.) Press to select the function value displays of TIME , DISTANCE , CALORIES , PULSE , AGE . <p>◆ Use the UP or DOWN button to increase or decrease the desired function values of TIME , DISTANCE , CALORIES , PULSE , AGE .</p>
<p>QUICK START START/PAUSE</p> 	<p>**The button is equipped with THREE operating methods**</p> <ol style="list-style-type: none"> QUICK START: Press the button to enter into MANUAL MODE immediately without selecting the function value displays of TIME , DISTANCE , CALORIES , PULSE . START/PAUSE button: <ol style="list-style-type: none"> Press to start a workout. Press to pause the program. <ul style="list-style-type: none"> ◆ The console would display the current function values of workload level, TIME , DISTANCE , CALORIES , PULSE . User can press the START/PAUSE button again to continue to run the current program. <p> NOTE: All of the function values of "TIME", "DISTANCE", "CALORIES", "PULSE" in the memory would turn to initial function values the console was set up after turning off or switching to another mode ("MANUAL", "PROGRAM", "USER", "TARGET H.R.") .</p>

● **FUNCTION BUTTONS:**

Button Name	Function Description
<p>RESET</p> 	<p>**The button is equipped with TWO operating methods**</p> <p>a. ZEROING FUNCTION: Press the button to reset each function value to zero during setting.</p> <p> The RESET function only operates under PAUSE MODE </p> <p>b. CHANGE SLECTED MODE- MANUAL , PROGRAM , USER , TARGET H.R. :</p> <ul style="list-style-type: none"> ◆ Under PAUSE MODE, Hold the button for FOUR SECONDS to enter into the initial setting mode as shown.   <p> The RESET function only operates under PAUSE MODE </p>

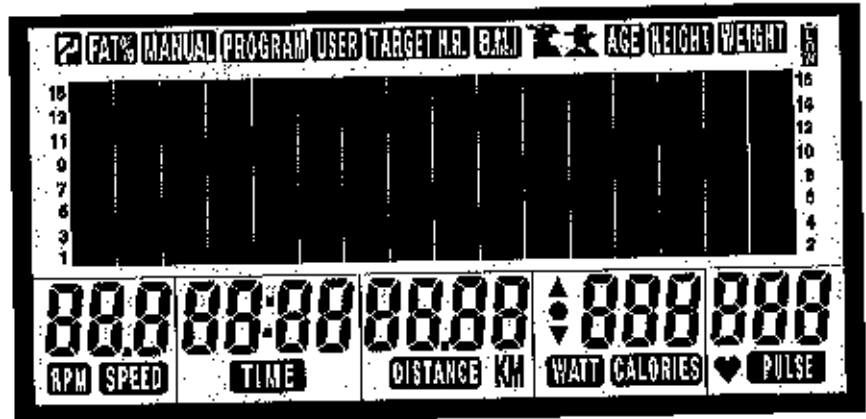
COMPUTER OPERATION

There are four ways to enter into **MANUAL MODE** as below:

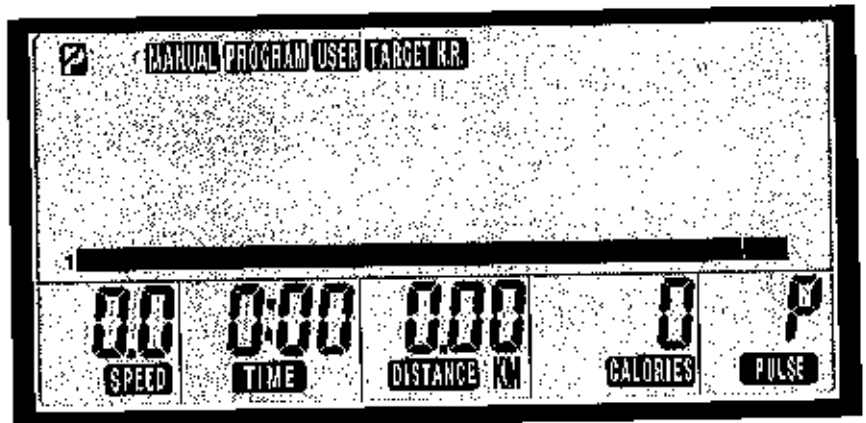
UNDER MANUAL MODE

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

- Pedaling to activate the console.
- The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



- Enter into the initial setting mode after around two seconds as shown on right side:

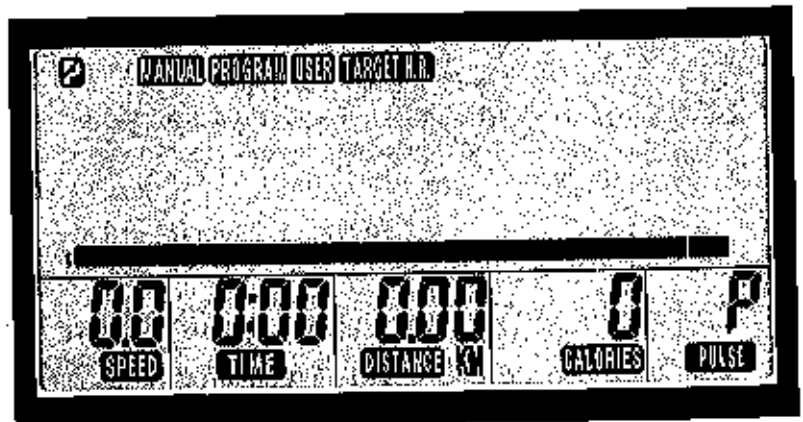


2. RESTART FUNCTION:

- Press the **START/PAUSE** button to pause the current program.

- Hold the **RESET** button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

RESET



The RESET function only operates

under PAUSE MODE



- Skip to **STEP B.** of **NORMAL OPERATION** on the next page to continue the operation.


CONTINUE TO THE NEXT PAGE

COMPUTER OPERATION


UNDER MANUAL MODE

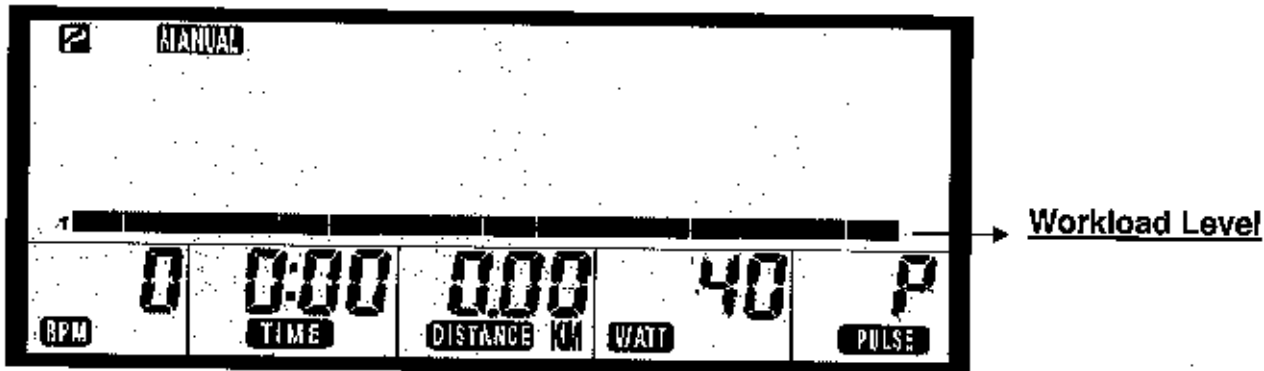
3. QUICK START:

- START/PAUSE** button: Press the **START/PAUSE** button directly to start a workout under **MANUAL MODE** without any setting.
- START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.
- Skip to **STEP C.** of **NORMAL OPERATION** to select the function value of **TIME** , **DISTANCE** , **CALORIES** , **PULSE**


Under both PAUSE  or START mode, workload level can be adjusted with the **UP** or **DOWN** button.

4. NORMAL OPERATION:

- START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.
- PROGRAM** button: Press the **PROGRAM** button to select **MANUAL MODE** while in other mode (**USER** , **PROGRAM** , **TARGET H.R.**)
- ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.
-  "PAUSE MODE" single will flash on LCD window for setting.
- LCD window then display flashing "workload level" as shown.



- UP** or **DOWN** button: Press the **UP** or **DOWN** button to increase or decrease the workload level ((1~16 levels, 2 levels increment.)
- START/PAUSE** button: Press the **START/PAUSE** button to start a workout directly without setting function values (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
Or **ENTER** button: Press the **ENTER** button to continue to select other function values to adjust the user's workout.

 **CONTINUE TO THE NEXT PAGE**

COMPUTER OPERATION

UNDER MANUAL MODE

- h. After pressing the **ENTER** button, the flashing **TIME** will appear on the LCD window.
- i. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to the program time as desired.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.


TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment) → **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◆ Press the **ENTER** button to confirm the function value and enter the next function value setting.
- ◆ Press the **UP** or **DOWN** button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
- ◆ To reset the function value to zero, press the **RESET** button.

- j. **START/PAUSE** button: To start a workout, press the **START/PAUSE** button .
- ◆ Under **PAUSE** or **START** mode, the user could press the **UP** or **DOWN** button to adjust workload level.



a. WITHOUT PULSE VALUE:

"" flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:




If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit.

Please note that this is a warning for you to slow down or to decrease the workload level.

COMPUTER OPERATION

OVERVIEW SETTING VALUES:

Display Readout	Display range	Storage	Zeroing	Description and small tip
TIME	0:00 to 99:00	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	<ol style="list-style-type: none"> 1. Time will count up to 99:00 and cycle run the program profile without setting. 2. Time will count down to 0 depends on desired time value users set up. Two short beep sound for warning the selected value reach to zero.
DISTANCE	0.0 to 99.9km	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	<ol style="list-style-type: none"> 1. Distance will count up to 99.90km and cycle run the program profile without setting. 2. Distance will count down to 0 depends on desired distance value users set up. Two short beep sound for warning selected value reach to zero..
CALORIES	10 to 990 Kcal	Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	<ol style="list-style-type: none"> 1. Calories will count up to 990 Kcal and cycle run the program profile without setting. 2. Calories will count down to 10 depends on desired calories value users set up. Two short beep sound for warning selected value reach to zero..
 PULSE	70 to 240 BPM	Yes (During a workout. The selected value will turn to zero after turning off))	Yes (Use RESET button)	<ol style="list-style-type: none"> 1. CONSOLE WITHOUT PULSE VALUE: "♥" flashing symbol will appear when detecting your pulse. 2. WARNING BEEP SOUND EMIT CONSTANTLY FROM A CONSOLE: If your pulse is greater than the SELECTED PULSE VALUE during workout, the short warning beep sound will constantly emit. <p>Please note that this is a warning for you to slow down or decrease the workload level.</p>
WATT		Yes (During a workout. The selected value will turn to zero after turning off)	Yes (Use RESET button)	EACH 6 SECONDS WATT/ CALORIES, RPM/ SPEED WOULD SWITCH DISPLY ON LCD WINDOW
RPM	0 to 250	No	Yes (Auto)	

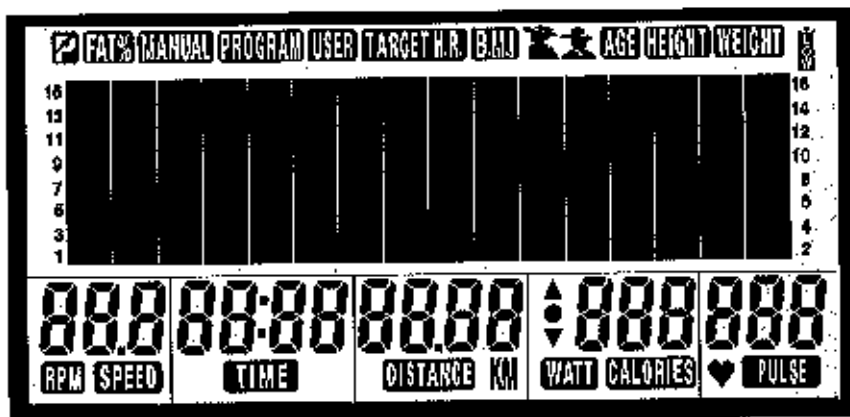
COMPUTER OPERATION

There are three ways to enter into **PROGRAM MODE** as below:

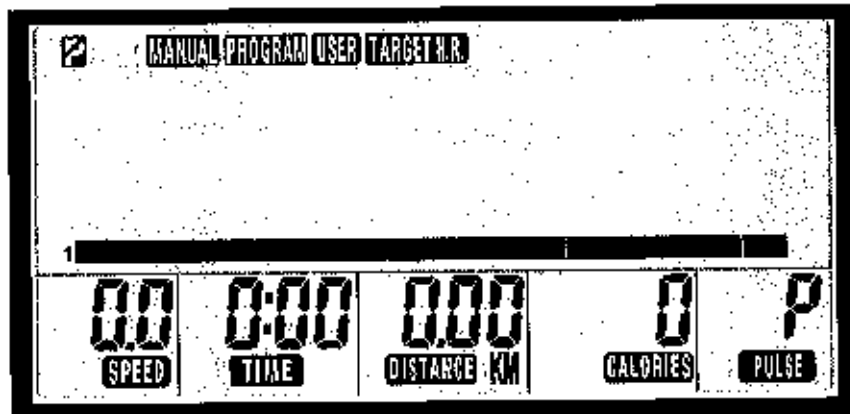
UNDER PROGRAM MODE

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

- Pedaling to activate the console.
- The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



- Enter into the initial setting mode after around two seconds as shown on right side:



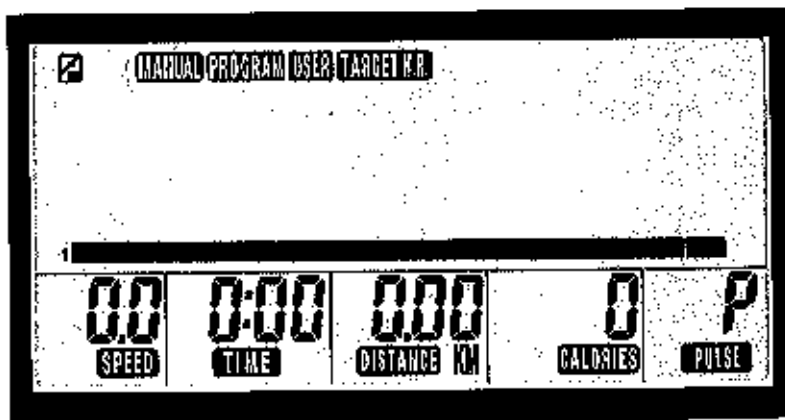
2. RESTART FUNCTION:

- Press the **START/PAUSE** button to pause the current program.
- Hold the **RESET** button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

RESET



The RESET function only operates under PAUSE MODE



- Skip to **STEP B.** of **NORMAL OPERATION** on the next page to continue the operation.



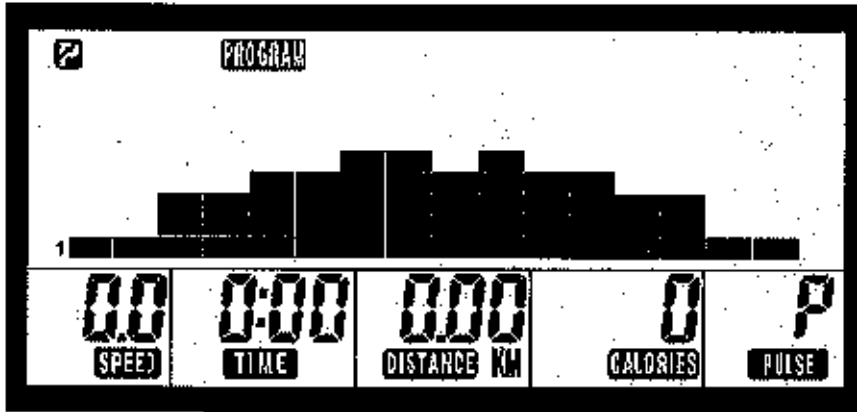
CONTINUE TO THE NEXT PAGE

COMPUTER OPERATION

UNDER PROGRAM MODE

3. NORMAL OPERATION:

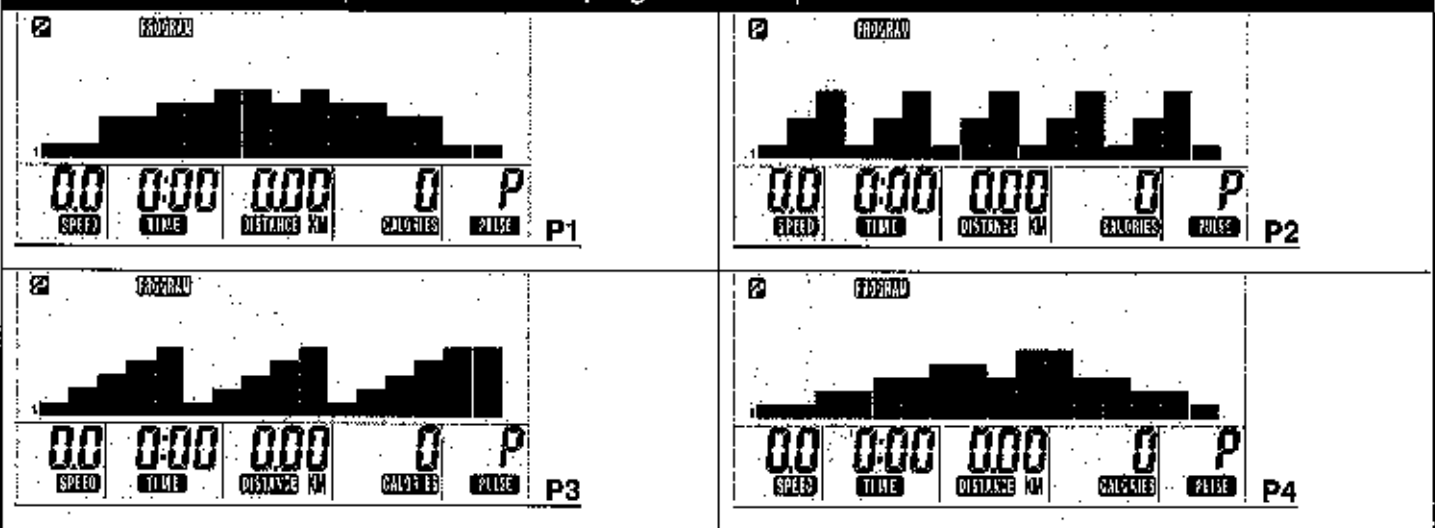
- a. **START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.
- b. **PROGRAM** button: Press the **PROGRAM** button to select **PROGRAM MODE** while in other mode (**MANUAL** , **USER** , **TARGET H.R.**)

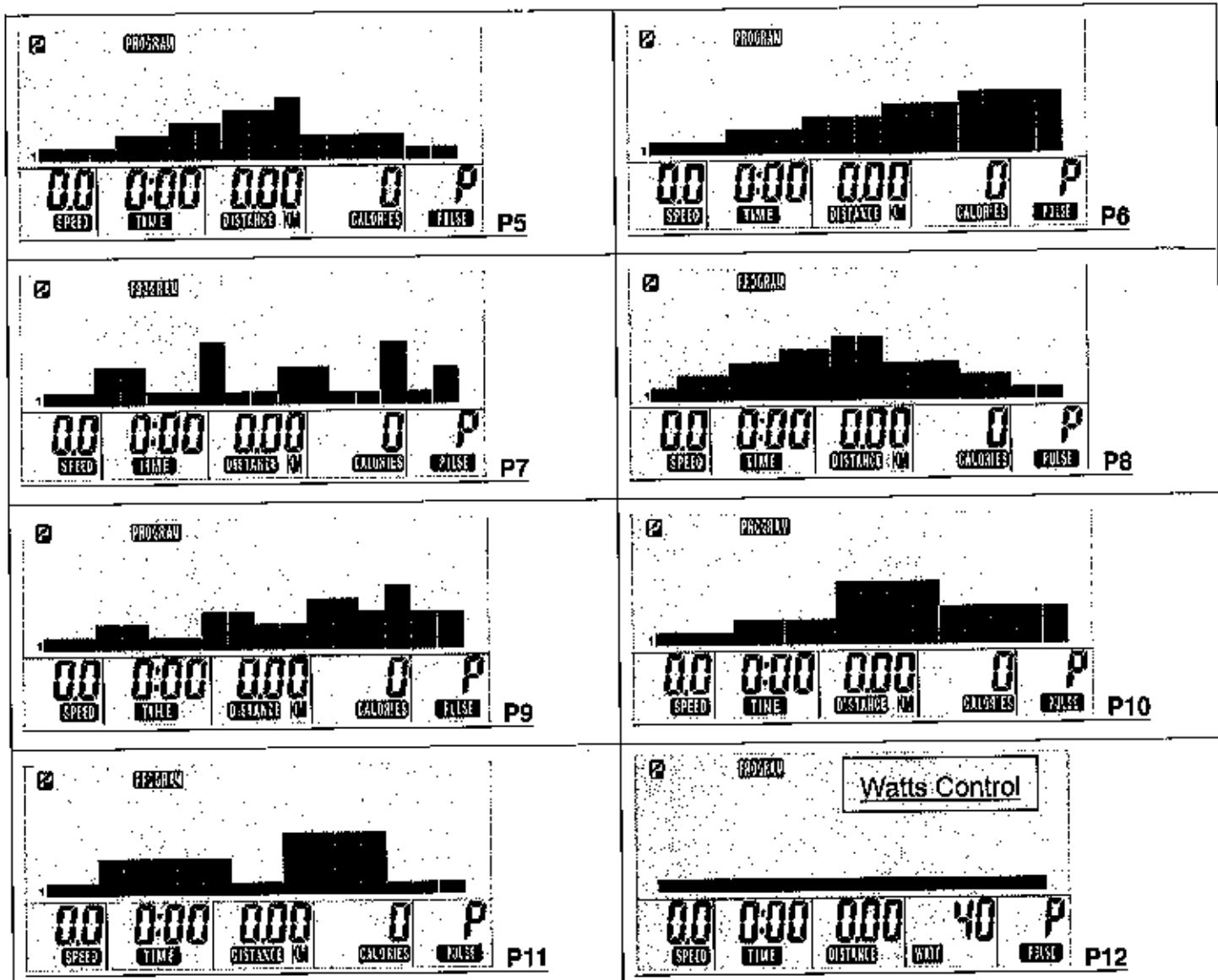


- c. **ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.
- d. **P** "PAUSE MODE" single will appear on LCD window for setting.
- e. **START/PAUSE** button: After flashing "P" appears on LCD window, press the **START/PAUSE** button to start a workout directly without setting function values (Profile (P1~P12), **TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)

Or **UP** or **DOWN** button: press the **UP** or **DOWN** button to directly select the desired profile (P1 to P12) as shown.

P1 to P12 are preset automatic programs. The profiles are shown on LCD window.





f. After pressing the **ENTER** button, the flashing **TIME** will appear on the LCD window.

g. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to select the program time as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment) → **CALORIES** (10 to 990 Kcal; 10 Kcal increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◆ Press the **ENTER** button to confirm the function value and enter the next function value setting.
- ◆ Press the **UP** or **DOWN** button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
- ◆ To reset the function value to zero, press the **RESET** button.


COMPUTER OPERATION

UNDER PROGRAM MODE

h. **START/PAUSE** button: To start a workout, press the **START/PAUSE** button .



a. WITHOUT PULSE VALUE:

“” flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:

If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit.

Please note that this is a warning for you to slow down or to decrease the workload level.

The console is equipped with **LEVEL CONTROL** and **WATT CONTROL** function. During **Program 12** under **PROGRAM** mode, the **WATT CONTROL** function is available to operate.

P12 (WATT CONTROL) UNDER PROGRAM MODE

Before operating **P12**, review the difference between the **CONSTANT POWER** and the **CONSTANT TORQUE** function:

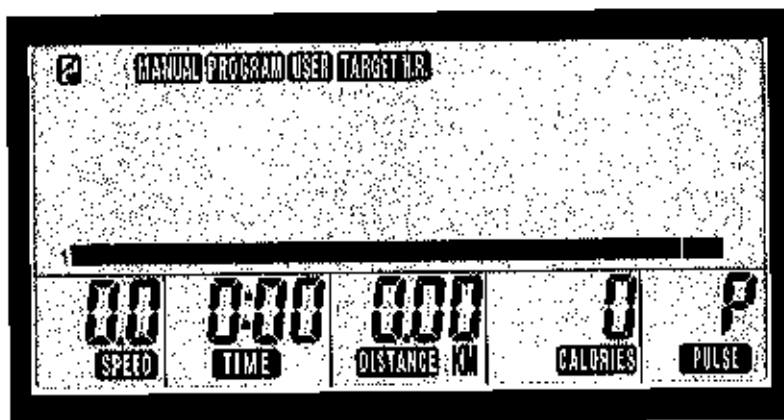
Level Control (Constant Torque)	Watt Control (Constant Power)
<p>RPM↓↑ RESISTANCE —</p> <p>Unchangeable resistance even though the value of RPM (Rotate Per Minute) increases or decreases under the Constant Torque Mode during workout.</p> <p>No matter how fast you pedal, the resistance is fixed.</p>	<p>Changeable resistance depends on the value of RPM (Rotate Per Minute.)</p> <p>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑</p> <p>In order to remain the value of Watt Control, the value of the RPM (Rotate Per Minute) increases (when you pedal faster), while the value of the Resistance decrease (becomes lighter resistance.)</p> <p>On the contrary, the value of the Resistance would increase (becomes heavier resistance) when the value of the RPM decreases (when you pedal slower.)</p>

COMPUTER OPERATION

- a. **START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.

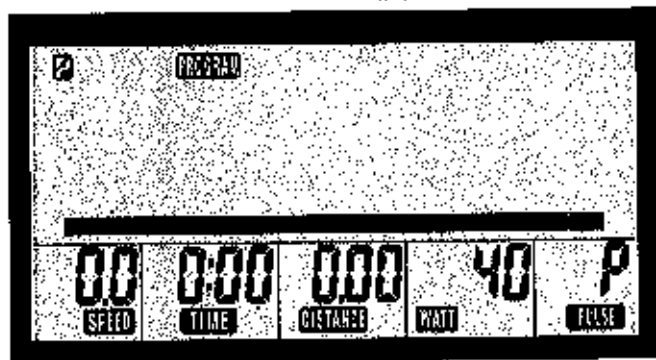
UNDER PROGRAM MODE

- b. **RESET** button: Hold the **RESET** button for **FOUR SECONDS** to enter into the initial setting mode as the illustration shown on the right.



The RESET function only operates under PAUSE MODE 

- c. **PROGRAM** button: **MANUAL** would then flash on the LCD window. Press the **PROGRAM** button to select **PROGRAM MODE**.
- d. **ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.
- e. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to choose **P12** as the following illustration shown.



- f. **ENTER** button: Press the **ENTER** button to enter **Program 12**.
- g. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to choose the desired **Watt Control value** (40 ~ 400 Watt; 10 Watt increment.)
- h. **ENTER** button: To continue selecting other function values, press the **ENTER** button.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment) → **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)


- ◆ Press the **ENTER** button to confirm the function value and enter the next function value setting.
- ◆ To increase or decrease the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** ,) press the **UP** or **DOWN** button.
- ◆ To reset the function value to zero, press the **RESET** button.

i. **START/PAUSE** button: After setting up all the function values, press the **START/PAUSE** button to start a workout. Always hold the pulse sensors on the handlebars with both hands.

- ◆ Under **PAUSE** or **START** mode, the user could press the **UP** or **DOWN** button to adjust the desired Watt value (40 ~ 400Watt.)



a. WITHOUT PULSE VALUE:

“” flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:



If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit.

Please note that this is a warning for you to slow down or to decrease the workload level.

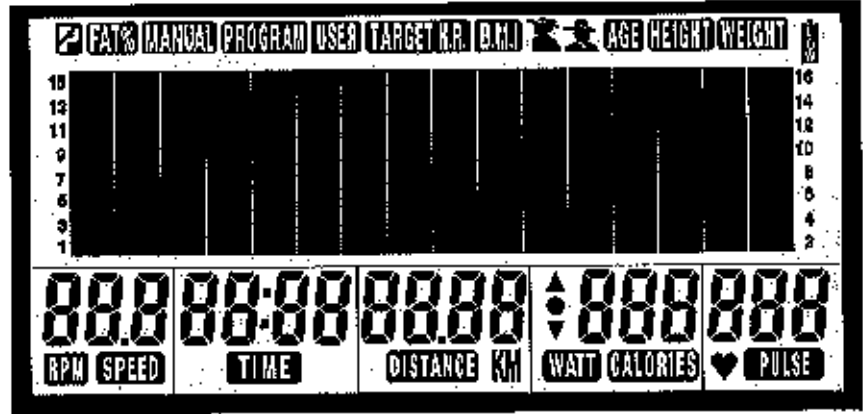
COMPUTER OPERATION

There are three ways to enter into **USER MODE** as below:

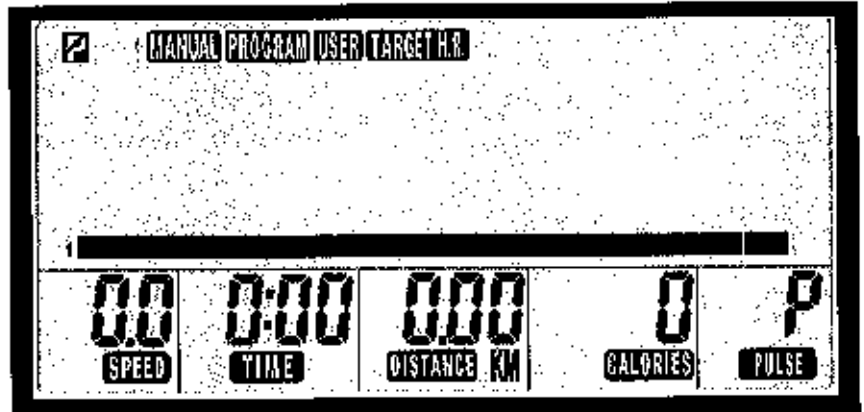
UNDER USER MODE

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

- Pedaling to activate the console.
- The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



- Enter into the initial setting mode after around two seconds as shown on right side:



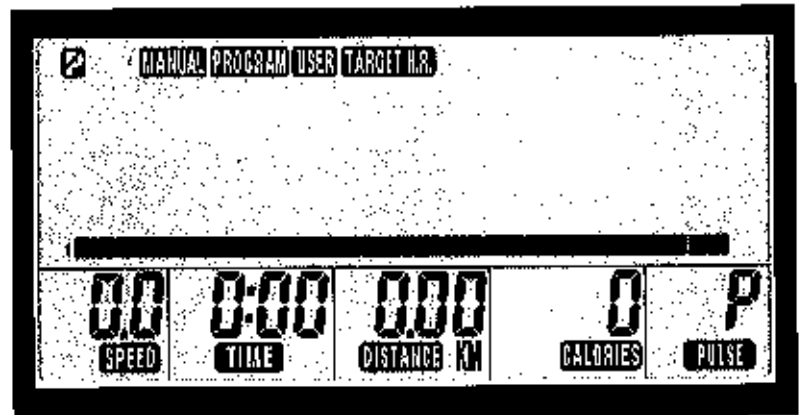
2. RESTART FUNCTION:

- Press the **START/PAUSE** button to pause the current program.
- Hold the **RESET** button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

RESET

The RESET function only operates

under PAUSE MODE



- Skip to **STEP B.** of **NORMAL OPERATION** on the next page to continue the operation.

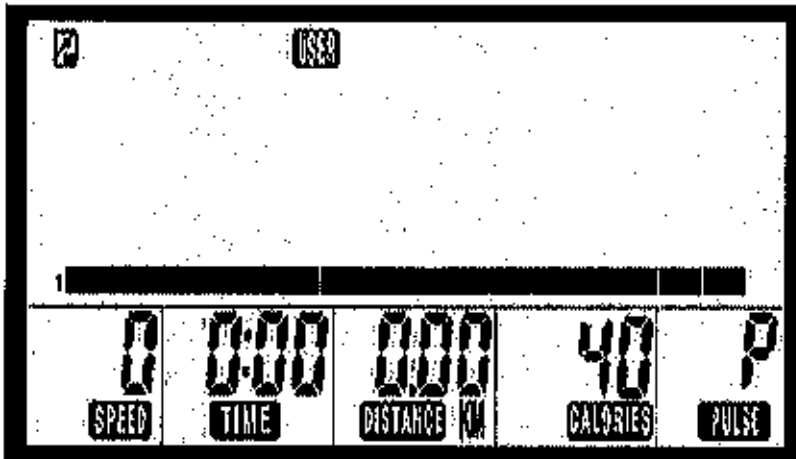
CONTINUE TO THE NEXT PAGE


COMPUTER OPERATION

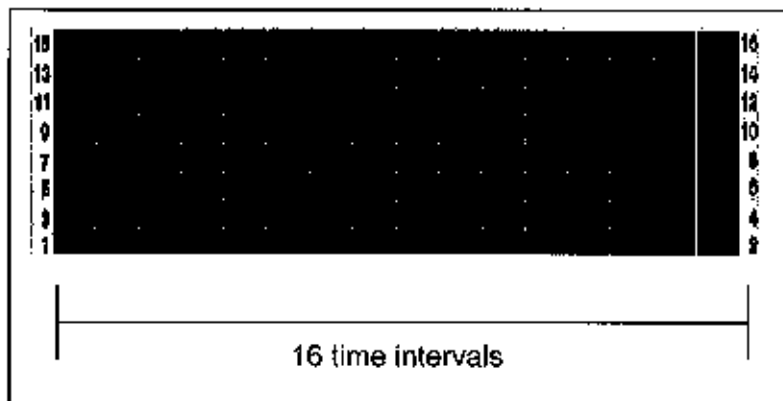
3. NORMAL OPERATION:

UNDER USER MODE

- a. **START/PAUSE** button: Press the **START/ PAUSE** button to pause the current program.
- b. **PROGRAM** button: Press the **PROGRAM** button to select **USER MODE** while in other mode (**MANUAL** , **PROGRAM** , **TARGET H.R.**)



- c. **ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.
- d.  "PAUSE MODE" single will appear on LCD window for setting.
- e. **START/PAUSE** button: After flashing "the first time interval of the workload level" appears on LCD window, press the **START/PAUSE** button to start a workout directly without setting function values (**TIME INTERVAL 1** ... **TIME INTERVAL 16** , **TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
- Or **UP** or **DOWN** button: Press the **UP** or **DOWN** button to preset the desired workload level in each time interval (the console will divide the time into 16 intervals.)



COMPUTER OPERATION

UNDER USER MODE

- f. **START/PAUSE** button: Press the **START/PAUSE** button to start a workout directly without setting function values (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)

Or hold the "ENTER" button for 3 seconds to continue selecting the other function value of TIME, DISTANCE, CALORIES, PULSE.

- g. After pressing the **ENTER** button for 3 seconds, the flashing **TIME** will appear on the LCD window.
- h. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to the program time as desire.


NOTE: The console will cycle through the functions as follow and allow users to set the function values.

TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment) → **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◆ Press the **ENTER** button to confirm the function value and enter the next function value setting.
- ◆ Press the **UP** or **DOWN** button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
- ◆ To reset the function value to zero, press the **RESET** button.

- i. To start a workout, press the **START/PAUSE** button .
- ◆ Under **PAUSE** or **START** mode, the user could press the **UP** or **DOWN** button to adjust workload level.

a. WITHOUT PULSE VALUE:

"" flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:



If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit.

Please note that this is a warning for you to slow down or to decrease the workload level.

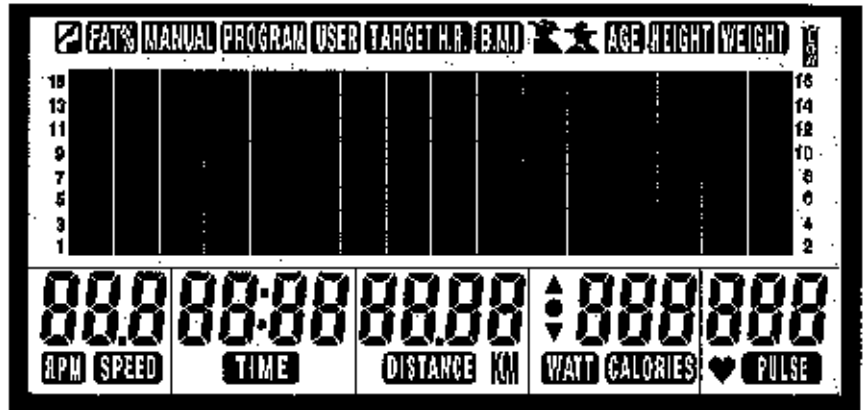
COMPUTER OPERATION

There are three ways to enter into **TARGET H.R. MODE** as below:

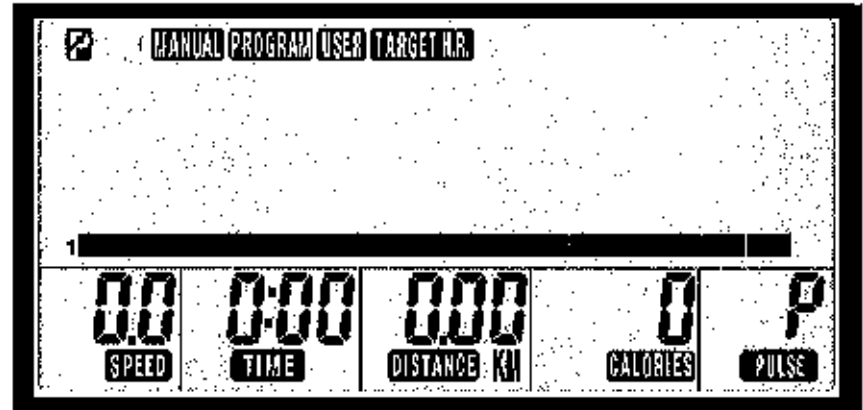
UNDER TARGET H.R.

1. POWER OFF STATUS (LCD diagram disappear on LCD window):

- a. Pedaling to activate the console.
- b. The activated LCD console lights up along with a long beep sound. LCD diagram appears as shown on right side:



- c. Enter into the initial setting mode after around two seconds as shown on right side:



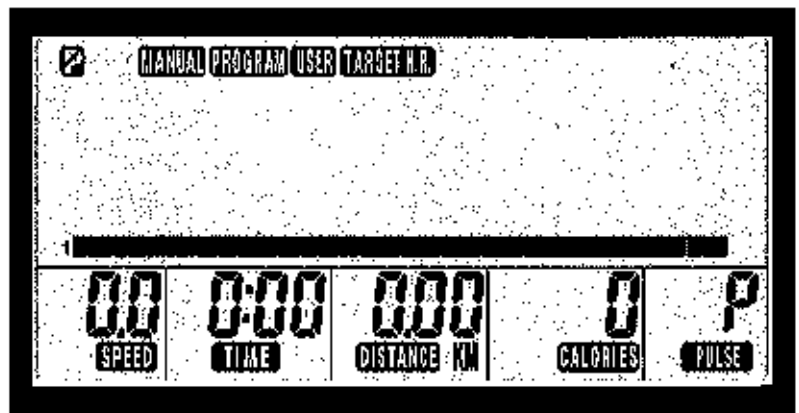
2. RESTART FUNCTION:

- a. Press the **START/PAUSE** button to pause the current program.
- b. Hold the **RESET** button for **FOUR SECONDS** to enter into the initial setting mode as illustration shown on the right.

RESET



The RESET function only operates under PAUSE MODE 



- c. Skip to **STEP B.** of **NORMAL OPERATION** on the next page to continue the operation.



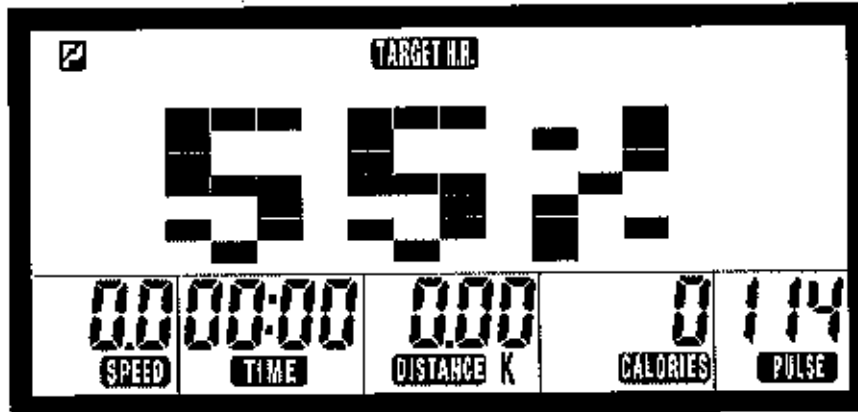
CONTINUE TO THE NEXT PAGE

COMPUTER OPERATION

3. NORMAL OPERATION:

UNDER TARGET H.R. MODE

- a. **START/PAUSE** button: Press the **START/PAUSE** button to pause the current program.
- b. **PROGRAM** button: Press the **PROGRAM** button to select **TARGET H. R.** as shown.



- c. **ENTER** button: Press the **ENTER** button for confirming and entering the function value setting.
- d. **P** "PAUSE MODE" single will appear on LCD window for setting.
- e. **UP** or **DOWN** button: After flashing the age value the console preset appear on the LCD window, press the **UP** or **DOWN** button to select your age.



Note: Please note that although the console allows input for age beginning at 10 years old, the product is not recommended for children's use.

- f. **ENTER** button: Press the **ENTER** button to confirm the user's age.
- g. **UP** or **DOWN** button: Continue to select the TARGET H.R. (55%, 75%, 90%, THR) you desire with the **UP** or **DOWN** button.
- ◆ If choose the TARGET H.R. of 55%, 75%, 90%, skip **STEP H.** and operate **STEP I.** directly.

OVERVIEW SIMPLE FORMULA:

55% = 55% OF (220 - AGE)

75% = 75% OF (220 - AGE)

90% = 90% OF (220 - AGE)

THR = Set by user (70 ~ 240 BPM)

UNDER TARGET H.R. MODE

- h. **UP** or **DOWN** button: If choose **THR** mode, the function value of pulse (70 to 240 RPM) will flash on the LCD window. Press the **UP** or **DOWN** button to set the desired value for the target heart rate.
- i. After the **ENTER** button, the flashing **TIME** will appear on the LCD window.
- j. **UP** or **DOWN** button: Press the **UP** or **DOWN** button to the select the function value of **TIME** as desire.

NOTE: The console will cycle through the functions as follow and allow users to set the function values.


TIME (01:00 to 99:00; 1minute increment) → **DISTANCE** (0.1 to 99.9km; 0.1km increment)→ **CALORIES** (10 to 990 Kcal; 10 Kcal Increment) → **PULSE** (70 to 240 BPM; 1BPM increment)

- ◆ Press the **ENTER** button to confirm the function value and enter the next function value setting.
- ◆ Press the **UP** or **DOWN** button to select the value of the function (**TIME** , **DISTANCE** , **CALORIES** , **PULSE** .)
- ◆ To reset the function value to zero, press the **RESET** button.

- k. **START/PAUSE** button: To start a workout, press the **START/PAUSE** button .



a. WITHOUT PULSE VALUE:

"" flashing symbol will appear when detecting your pulse. Without wearing a chest belt, make sure to always hold the pulse sensors on the handlebars with both hands during a workout.

b. THE WARNING BEEP SOUND EMIT CONSTANTLY DURING WORKOUT:



If your pulse is greater than the **SELECTED PULSE VALUE** during workout, the short warning beep sound will constantly emit.

Please note that this is a warning for you to slow down or to decrease the workload level.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must slowly and increase your time on the 2 in 1 Elliptical / Stepper gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

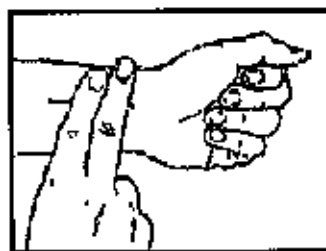
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your 2 in 1 Elliptical / Stepper a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

Age	Target Heart Rate Zone (55% ~ 90% of Max. Heart Rate)	Average Max. Heart Rate 100%
20	110-180 beats per minute	200 beats per minute
25	107-175 beats per minute	195 beats per minute
30	105-171 beats per minute	190 beats per minute
35	102-166 beats per minute	185 beats per minute
40	99-162 beats per minute	180 beats per minute
45	97-157 beats per minute	175 beats per minute
50	94-153 beats per minute	170 beats per minute
55	91-148 beats per minute	165 beats per minute
60	88-144 beats per minute	160 beats per minute
65	85-139 beats per minute	155 beats per minute
70	83-135 beats per minute	150 beats per minute

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.



To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place

two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart

rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

WARM-UP and COOL-DOWN

Warm-up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercise



Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, try a lower position gradually.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.



Remember always to check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after strength-training session.

PARTS LIST

NO.	Item Name	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright Post	1
5	Stationary Handlebar	1
6	Left Upper Handlebar	1
7	Right Upper Handlebar	1
8	Pivoting Arm	2
9L	Left Telescoping Bar	1
9R	Right Telescoping Bar	1
10	Left Linkage	1
11	Right Linkage	1
12	Pedal Support Arm	2
13	Front Left-Side Cover	1
14	Front Right-Side Cover	1
15	Rear Left-Side Cover	1
16	Rear Right-Side Cover	1
18	Main Frame Base Cover	1
19	Console	1
20	Console Bracket	1
21	Console Lower Case	1
22	Battery Door	1
23	Front Decorating Upright Cover	1
24	Upright Sleeve	1
25	Accessory Tray	1
26	Pulse Sensor Top Housing	2
27	Pulse Sensor Bottom Housing	2
28	Pulse Sensor Plate Assembly	4
29	Foam Grip Assembly (40mm)	2
30	Stationary Handlebar Plug (φ 31.8mm)	2
31	Foam Grip Assembly (225mm)	2
32	Inner Rotator Cuff-Pivoting Arm	2
33	Front Rotator Cuff-Pivoting Arm	2

NO.	Item Name	Q'TY
34	Back Rotator Cuff-Pivoting Arm	2
35	Left Pivot Cuff	2
36	Right Pivot Cuff	2
37	Inner Rotator Cuff-Linkage	6
38	Outer Rotator Cuff-Linkage	6
39	Left Pedal Base Cover	2
40	Right Pedal Base Cover	2
41	Rail Cap	2
42	Pedal Upper Case	2
43	Non-Slip Pad	2
44	Left Pedal Lower Case	1
45	Right Pedal Lower Case	1
46	Pedal Support Arm Bushing	2
47	POM Roller Assembly (49.9mm)	8
48	Moving wheel	2
49	EndCap (50x100mm)	4
50	Pulley (120mm)	1
51	Pulley (235mm)	1
52	Magnet	1
53	Belt (864mm J8)	1
54	Belt (914mm J8)	1
55	Console Fixed Bracket	1
56	Front Aluminum Upright Cover	1
57	Back Aluminum Upright Cover	1
58	Upper Pivot Shaft Spacer	2
59	Adjustment Knob (JA-893A)	2
60	Middle Pivot Shaft Spacer	2
61	Middle Pivot Shaft Cap	4
62	Pedal Rail	2
63	Pedal Slider	2
64	Roller Shaft	8
65	Pedal Slider Shaft	2
66	Pedal Support Arm Connector	2
67	Left Crank	1
68	Right Crank	1

PARTS LIST

NO.	Item Name	Q'TY
69	Crank Shaft	1
70	Mounting Plate	2
71	Generator	1
72	Controller	1
73	Resistor	1
74	Drive Shaft	1
75	Bearing Bracket	1
76	Leveler (φ 50mm)	5
77	Linkage Spacer	2
78	Bearing (6004)	12
79	Bearing (6903)	4
80	Bearing (6905)	4
81	Linkage Bushing (φ 12mm)	2
82	Eye Bolt	2
83	Tension Bracket	2
84	Internal Circlip (φ 30mm)	2
86	C Ring (φ 17mm)	4
87	C Ring (φ 20mm)	3
88	Square Key (6×6×16mm)	1
89	Lock Washer (M6)	10
90	Lock Washer (M8)	45
91	Lock Washer (M10)	2
92	Wave Washer (φ 21mm)	2
93	Washer (6×13×2.0t)	8
94	Washer (6×19×2.0t)	2
95	Washer (8×23×2.0t)	3
96	Washer (8×30×2.0t)	2
97	Washer (8×38×2.0t)	4
98	Washer (10×23×2.0t)	2
99	Washer (10×28×2.0t)	2
100	Washer (21×30×1.0t)	7
101	Hex Socket Cap Screw (M8×1.25×10mm)	2
102	Screw (M3×10mm)	1
103	Screw (M4×20mm)	25

NO.	Item Name	Q'TY
104	Screw (M5×18mm)	36
105	Bolt, Button Head (M6×p1.0×12mm)	2
106	Bolt, Button Head (35mm)	2
107	Screw, Round Head (M3×35mm)	4
108	Screw, Round Head (M5×p0.8×15mm)	24
109	Screw, Round Head (M5×p0.8×50mm)	2
110	Screw, Round Head (M5×p0.8×75mm)	2
112	Bolt, Socket Head (M5×p0.8×15mm)	2
113	Bolt, Socket Head (M6×p1.0×15mm)	10
114	Bolt, Socket Head (M8×p1.25×10mm)	8
115	Bolt, Socket Head (M8×p1.25×50mm)	2
116	Bolt, Socket Head (M8×p1.25×70mm)	2
117	Bolt, Socket Head (M8×p1.25×75mm)	2
118	Bolt, Socket Head (M10×p1.5×20mm)	2
119	Bolt, Button Head (M8×p1.25×12mm)	16
120	Bolt, Button Head (M8×p1.25×16mm)	18
121	Carriage Bolt (M8×p1.25×75mm)	4
122	Bolt, Hex Head (M8×p1.25×10mm)	1
123	Bolt, Hex Head (M8×p1.25×15mm)	4

PARTS LIST

NO.	Item Name	Q'TY
124	Bolt, Hex Head (M8xp1.25x15mm)	4
125	Bolt, Hex Head (M8xp1.25x65mm)	4
126	Bolt, Hex Head (M10xp1.5x55mm)	2
127	Bolt, Hex Head (M10xp1.5x50mm)	2
128	Flange Nut (M5)	2
129	Nut (M3)	4
130	Nut (M8xp1.25)	2
131	Nylock Nut (M6xp1.0)	2
132	Nylock Nut (M8xp1.25x6.2t)	4
133	Nylock Nut (M8xp1.25)	6
134	Nylock Nut (M10xp1.5x8t)	16
135	Generator Wire (3pinx700mm)	2
136	Sensor Wire & Stand (2pinx600mm)	1
137	Upper Connection Wire (4pinx300mm)	1
138	Middle Connection Wire (4pinx900mm)	1
139	Lower Connection Wire (4pinx2100mm)	1
140	Upper Pulse Sensor Wire (4pinx300mm)	1
141	Middle Pulse Sensor Wire (4pinx300mm)	1
142	Lower Pulse Sensor Wire (2pinx300mm/400mm)	2
143	Adjustment Stand	4
144	POM Roller Assembly (37.5mm)	4
145	Adjustment Plate Spacer (8x12x4t)	4
146	Screw, Flat Head (M8xp1.25x20mm)	4
147	Handheld Dome Plug	2

PRODUCT PARTS DRAWING

