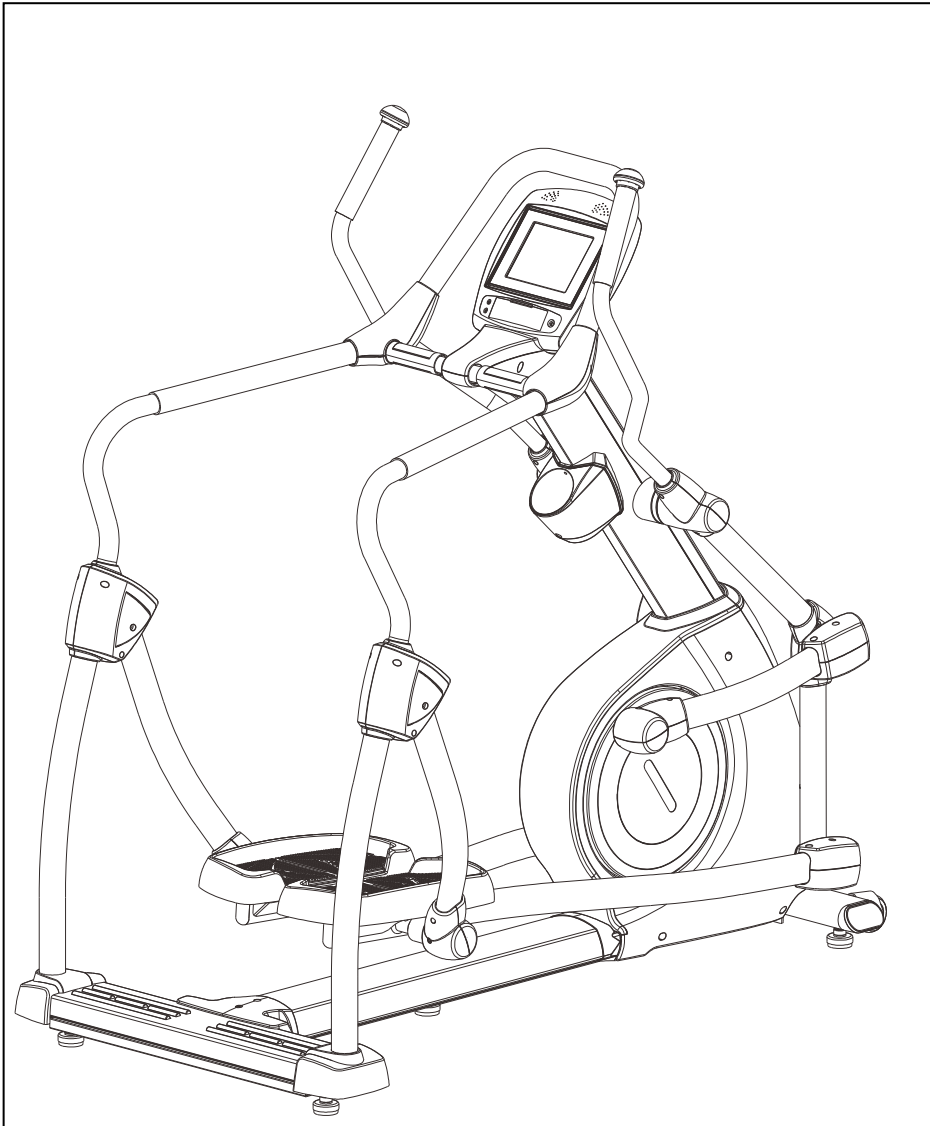




OWNER'S MANUAL

CLIMBER

PR-8623



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.

CAUTION:

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

Product May Vary Slightly From Picture.

MADE IN TAIWAN



SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Climber.

1. Read all warnings posted on the **Climber**.
2. Read this Owner's Manual and follow it carefully before using the **Climber**. 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 **Climber**. Do not allow children to use or play on the **Climber**. Keep children and pets away from the **Climber** 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 **Climber** on a solid level surface. Do not position the **Climber** on loose rugs or uneven surfaces.
7. Inspect the **Climber** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Climber**.
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 **Climber**.
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 **Climber**, 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 **Climber** should not be used by persons weighing over 400 pounds /181 kgs.
18. The **Climber** should be used by only one person at a time.
19. Use two people to assemble and move the **Climber**.
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 **Climber**; keep at least a distance of 1 meter from any obstruction object while using the machine.
22. The **Climber** is well-suited to commercial usage.

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.

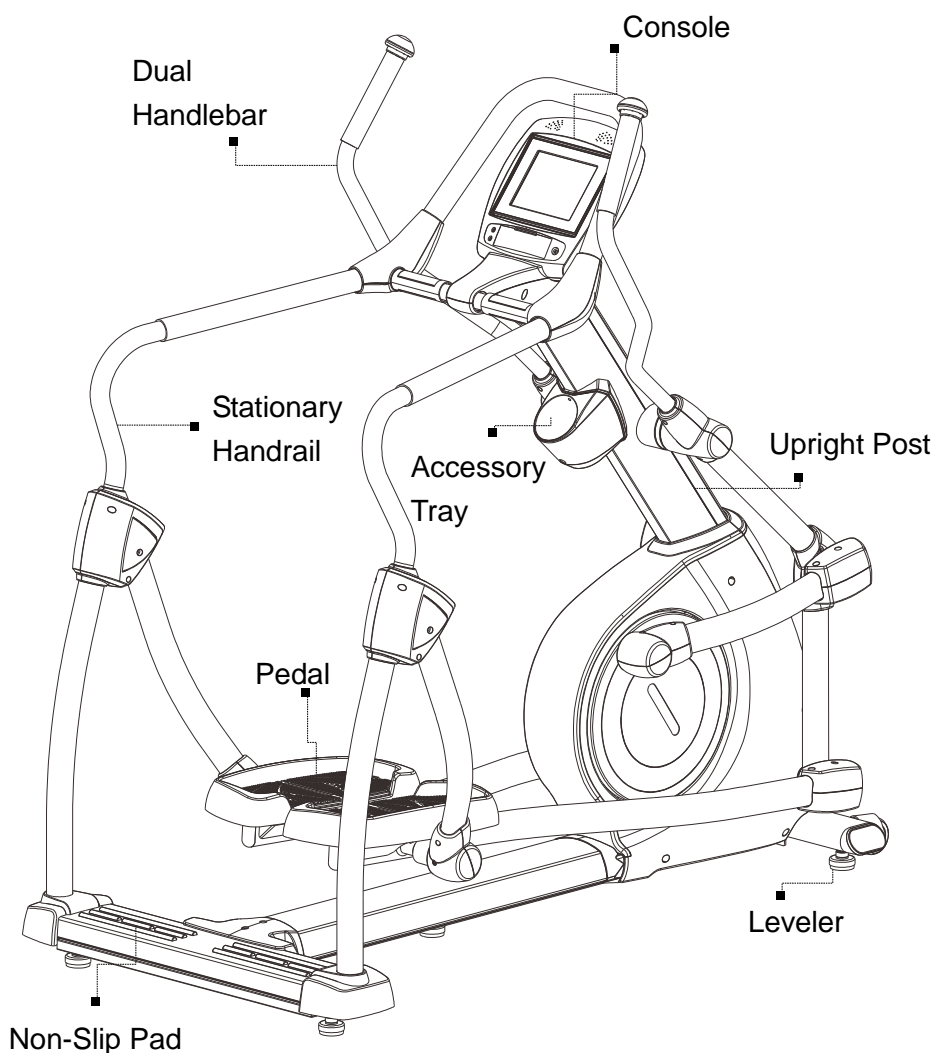
BEFORE YOU BEGIN

/Thank you for choosing the **Climber**. 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.

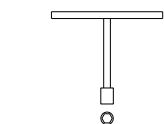
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health.

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

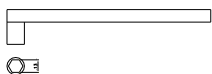
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **Climber**.



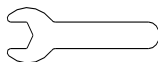
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**T-HAND SOCKET
WRENCH (17mm)**



**SOCKET WRENCH
(13mm)**



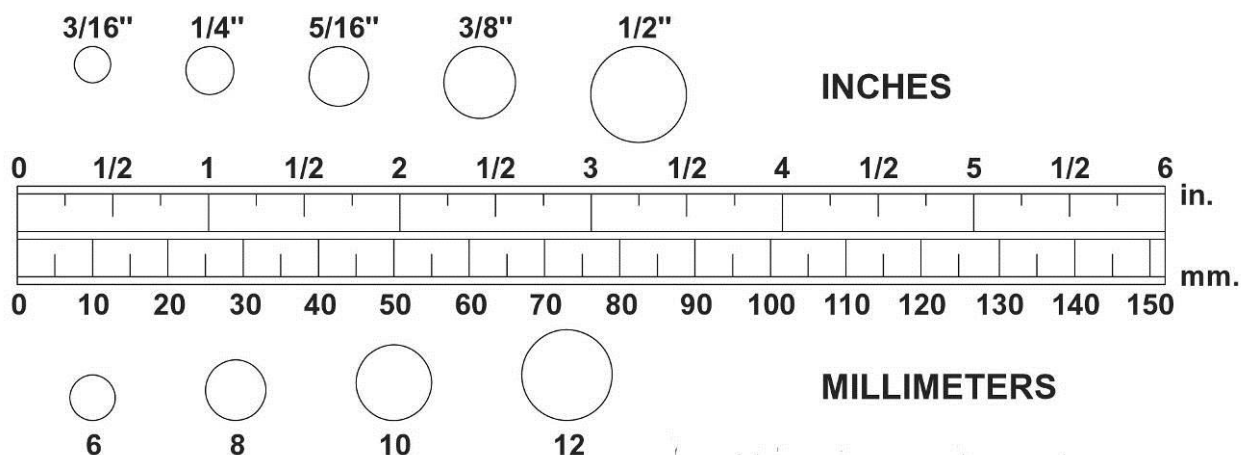
WRENCH (17mm)



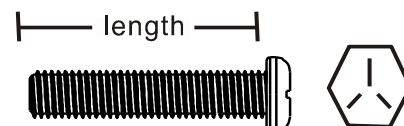
**PHILLIPS
SCREWDRIVER (6mm)**

HARDWARE IDENTIFICATION CHART

Unpack the box in a clear area. Use the **List of Hardware** below to check the contents of the hardware kit. This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of bolts, or screws on the circles to check for the correct diameter. Use the ruler 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.





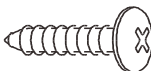
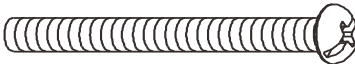

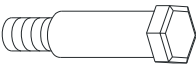
After unpacking the unit, **you will notice that the package includes 2 bags of hardware (HARDWARE KIT A and HARDWARE KIT B).**


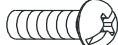



Assembly **Step 2, 4, 9, 10:** Using **HARDWARE KIT A**

Assembly **Step 11, 12, 14, 15, 16, 17, 19, 20:** Using **HARDWARE KIT B**

Note:

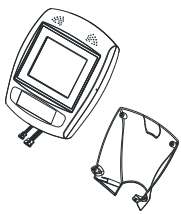



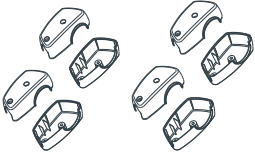

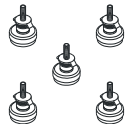

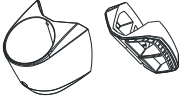
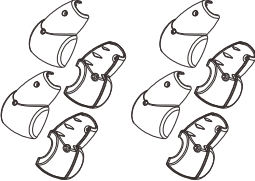
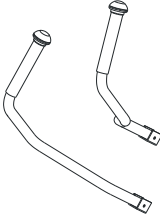
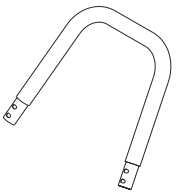
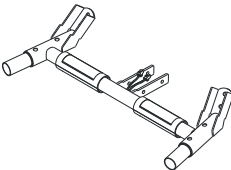
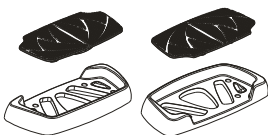
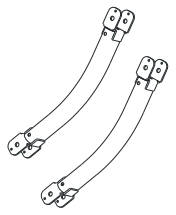
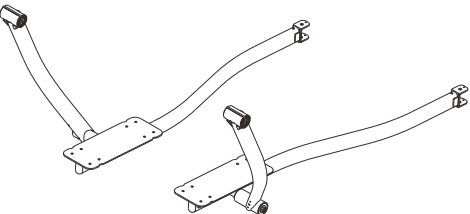
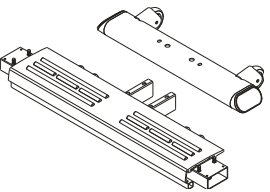
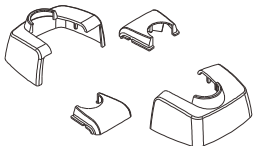
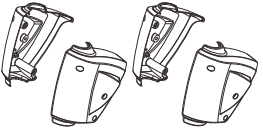
- Please review below to know the content of each hardware kit (A and B)
- Some small parts may have been pre-attached for shipping. If a part is not in the hardware bag, check to see if it has been pre-assembled

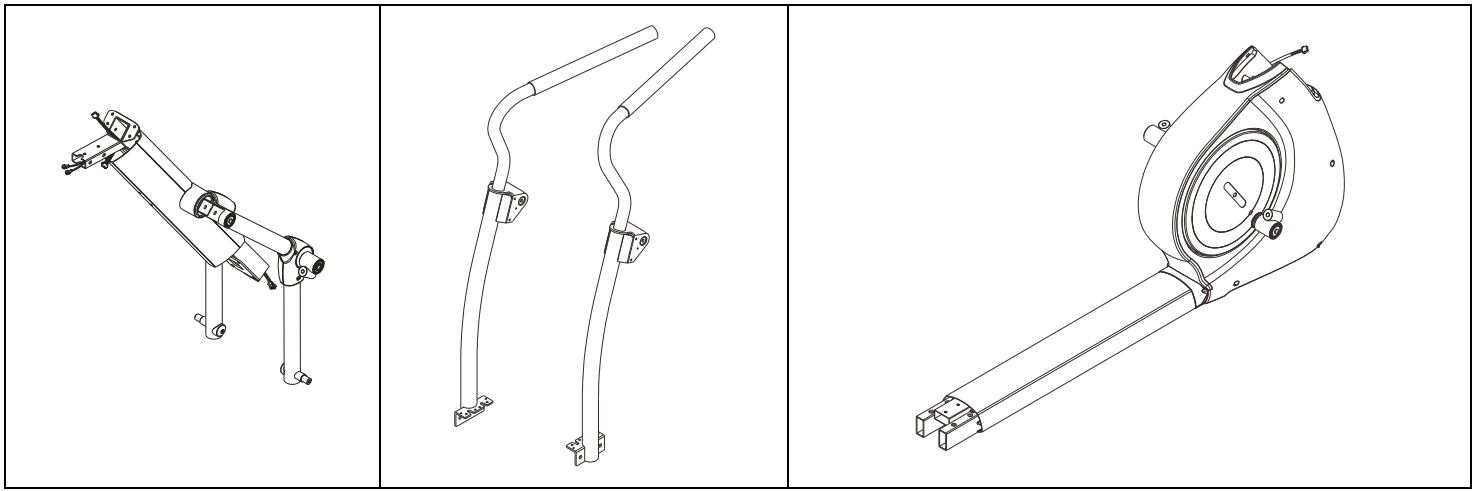
HARDWARE KIT A	Part No. and Description	Q'TY
	111 Lock Washer (M8)	2
	114 Washer (8x38x2.0t)	2
	118 Screw, Round Head (M4x12mm)	4
	126 Bolt, Round Head (M5xp0.8x30mm)	2
	141 Bolt, Hex Head (M8xp1.25x65mm)	2
	143 Bolt, Hex Head (M10xp1.5x50mm)	2

HARDWARE KIT B	Part No. and Description	Q'TY
	121 Self-Tapping Screw, Flat Head (M4x20mm)	11
	125 Bolt, Round Head (M5xp0.8x15mm)	22
	134 Bolt, Socket Head (M8xp1.25x10mm)	8
	146 Bolt, Socket Head (M10xp1.5x110mm)	2
	154 Nylon Nut (M10xp1.5)	2

ASSEMBLY PARTS

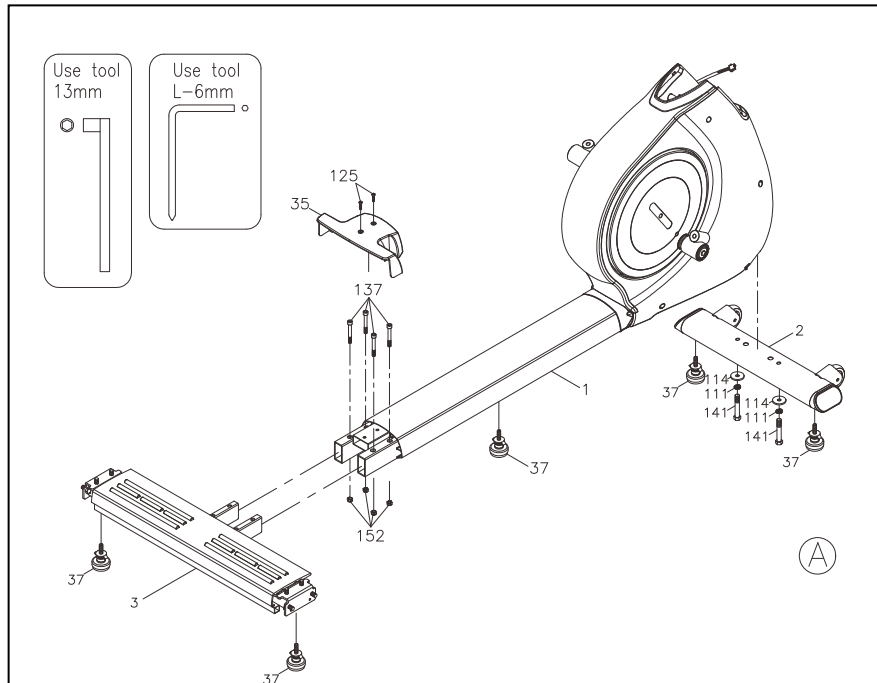
Unpack the box in a clear area. Follow the **List of Assembly Parts** below to check and make sure all assembly parts are present and in good condition. Do not dispose of the packing material until the assembly process is completed. Assembly tools and hardware kit have included for you to use when assembling the product

Console & Console Bracket	Handlebar Decoration Cover	Top & Bottom Handrail Cover	Rotator Cuff – Pivoting Arm	Front Linkage Cover
				
Console Fixed Plate	Leveler	Rear Base Frame Cover & Front Decoration Covers	Accessory Tray & Support Pad	Rear Rotation Cover
				
Upper Handlebar	U-Shaped Handlebar	U-Shaped Handlebar Stand	Pedal & Non-Slip Pad	Pivoting Arm Linkage
				
Pedal Support Arm	Front & Rear Stabilizer		Bottom Handrail Decoration Cover	Swing Linkage Cover
				
Upright Post	Long Stationary Handrail	Main Frame		

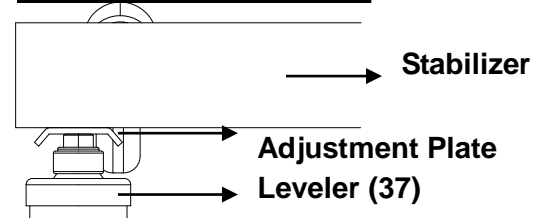


ASSEMBLY INSTRUCTIONS

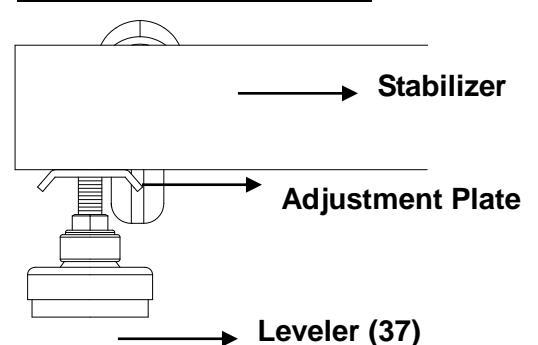
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.



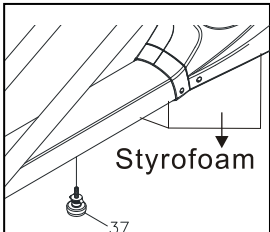
Detailed Lever- drawing 1



Detailed Lever- drawing 2



STEP 1 – Leveler Assembly



- Follow the drawing on the left to tighten one **Leveler (37)** under the middle of the **Main Frame (1)**. **NOTE:** It will be easier to attach the **Leveler (37)** under the **Main Frame (1)** by placing one Styrofoam (or any stationary object) under one side of the **Main Frame (1)**.

- Attach 4pcs **Levelers (37)** to the **Front Stabilizer (2)** and the **Rear Stabilizer (3)**.
- Be sure to tighten the **Levelers (37)** securely against the **Stabilizers (2, 3)** until screw lines are eliminated as the **drawing 1** shown on the top right corner. **NOTE:** In order to assemble the **Stabilizer (2, 3)**

smoothly, it is suggested to place one Styrofoam (or any stationary object) under one side of the **Main Frame**. If the item is not level, review the **LEVELING NOTE** on the above right side to level the **Levelers (37)**.

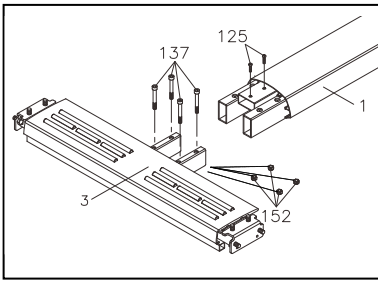
STEP 2 – Front & Rear Stabilizer & Rear Base Frame Cover Assembly

LEVELING NOTE: 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 (37) to make the Adjustment Plate become less tight.

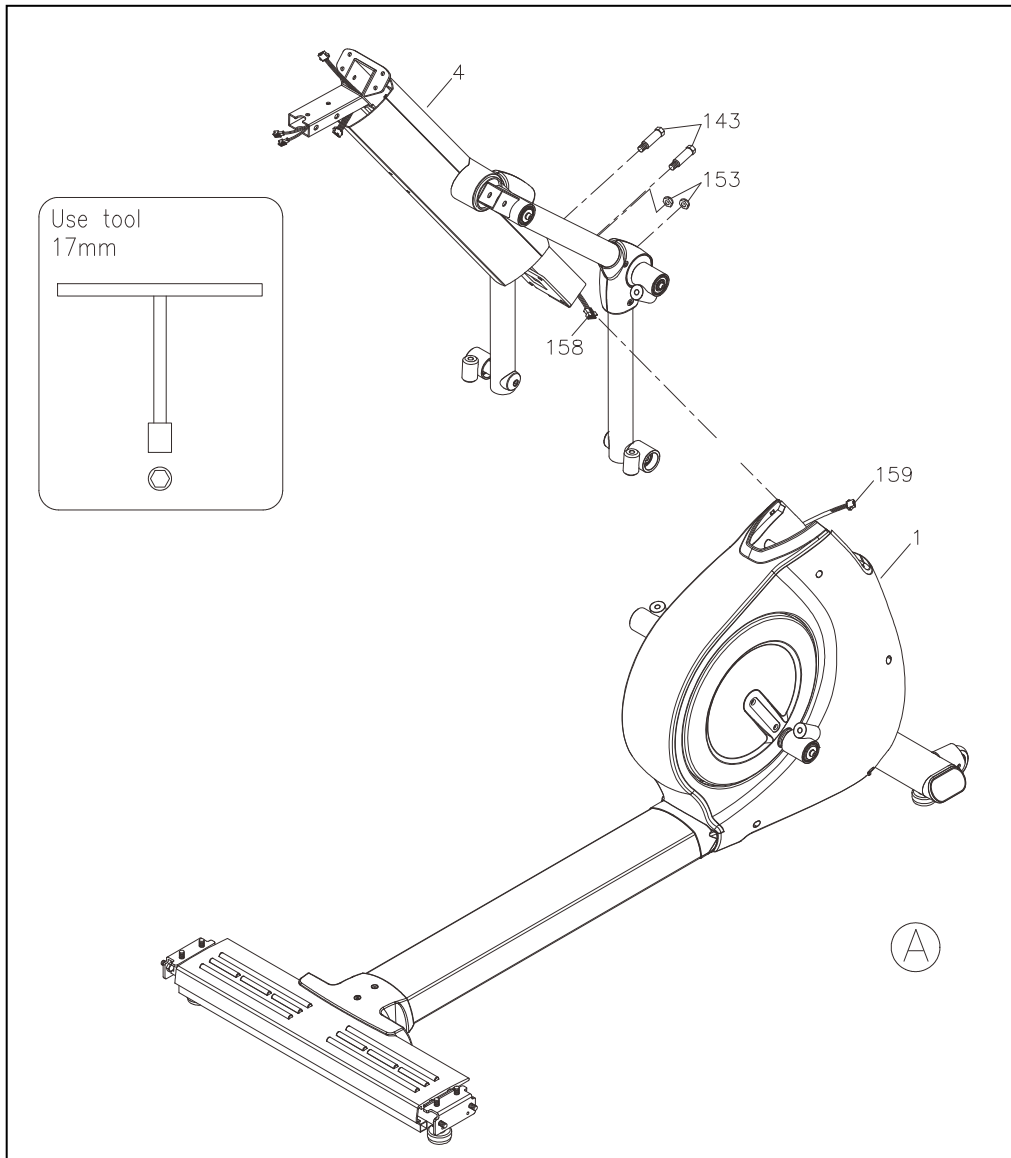
Adjust the Leveler (37) for leveling.

Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (37) in stable position as the above drawing 2 shown.



- Attach the **Front Stabilizer (2)** onto the **Main Frame (1)** and secure with 2pcs **Washers (8x38x2.0t)(114)**, 2pcs **Lock Washers (M8)(111)** and 2pcs **Bolts, Hex Head (M8xp1.25x65mm)(141)**.
- NOTE:** 4pcs **Bolt, Socket Head (M8xp1.25x65mm)(137)** and **Nylon Nut (M8xp1.25)(152)** are attached on the front of the **Rear Stabilizer (3)**, and 2pcs **Bolts, Round Head (M5xp0.8x15mm)(125)** are attached on the rear of the **Main Frame (1)** as the left draft shown.
- Remove 4pcs **Bolt, Socket Head (M8xp1.25x65mm)(137)** and **Nylon Nut (M8xp1.25)(152)** from the front of the **Rear Stabilizer (3)**. And remove 2pcs **Bolts, Round Head (M5xp0.8x15mm)(125)** from the rear of the **Main Frame (1)**.
- Attach the **Rear Stabilizer (3)** to the **Main Frame (1)** and secure with 4pcs **Bolt, Socket Head (M8xp1.25x65mm)(137)** and **Nylon Nut (M8xp1.25)(152)**.
- Attach the **Rear Base Frame Cover (35)** to the rear of the **Main Frame (1)** and secure with 2pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.

ASSEMBLY INSTRUCTIONS



STEP 3 – Connection Wire Assembly

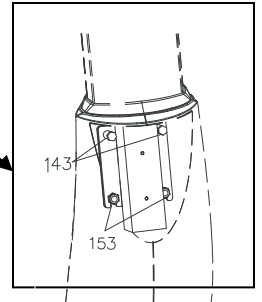
CAUTION: Be careful not to damage the **Wires (158, 159)** while assembling **Step 3 & 4**.

Attach the **Middle Connection Wire (158)** into the **Lower Connection Wire (159)**. **NOTE:** Be careful not to pinch the **wires**.

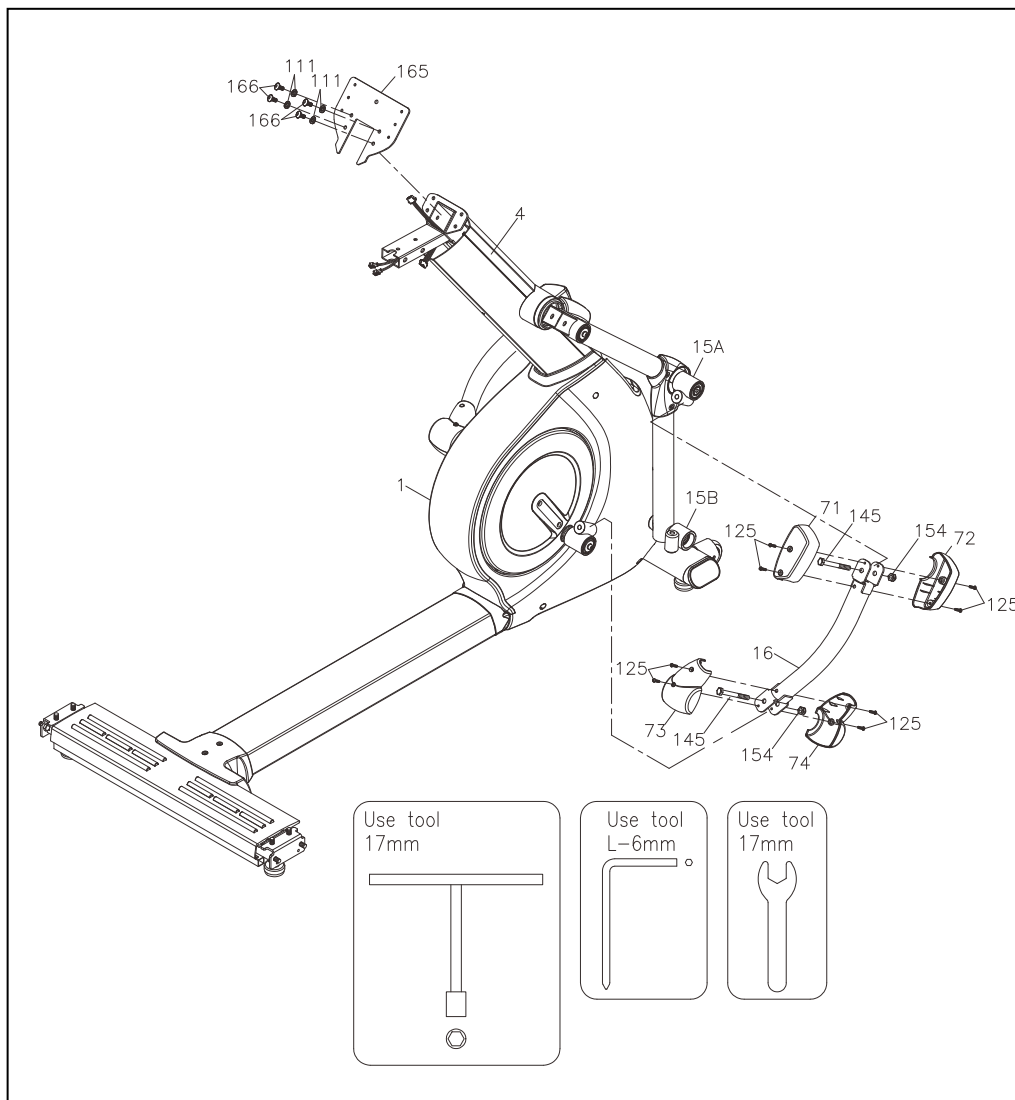
STEP 4 – Upright Post Assembly

- 2pcs **Thin Nylock Nuts (M10xp1.5)(153)** have preassembled into the front of the **Main Frame (1)** as the following drawing shows (they will not be tight, so that slotted bracket of the upright post will slide between the nut and the frame).
- Insert the **Upright Post (4)** into the **Main Frame (1)** and secure with 2pcs **Bolts, Hex Head (M10xp1.5x50mm)(143)** by using the **T-HEAD SOCKET WRENCH** as shown.

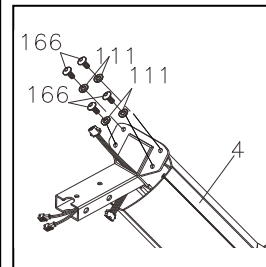
NOTE: Please do not fully tighten Bolts (143) or Nuts (153) until Step. 10 has been COMPLETED.



ASSEMBLY INSTRUCTIONS



STEP 5 – Console Fixed Plate Assembly



NOTE:
4pcs
Lock Washers (M8)(111)
and 4pcs
Bolts, Button Head (M8xp1.25x12mm)(166)

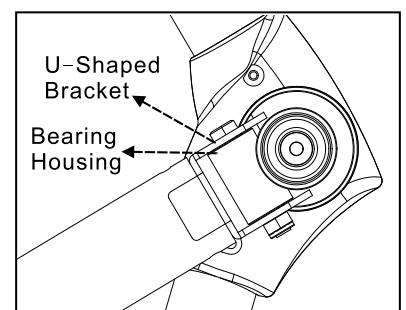
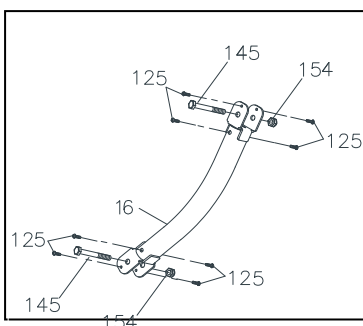
are attached to the top of the **Upright Post (4)**.

- Remove 4pcs **Lock Washers (M8)(111)** and 4pcs **Bolts, Button Head (M8xp1.25x12mm)(166)** from the top of the **Upright Post (4)**.
- Attach the **Console Fixed Plate (165)** to the top of the **Upright Post (4)** with secure with 4pcs **Lock Washers (M8)(111)** and 4pcs **Bolts (M8xp1.25x12mm)(166)**.

STEP 6 – Pivoting Arm Linkage, Front Linkage Cover & Rear Rotation Cover Assembly

NOTE: 2pcs **Bolts, Hex Head (M10xp1.5x70mm)(145)**, 2pcs **Nylon Nuts (M10xp1.5)(154)** and 8pcs **Bolts, Round Head (M5xp0.8x15mm)(125)** are attached to the **Right Pivoting Arm Linkage (16)** as the left drawing shown.

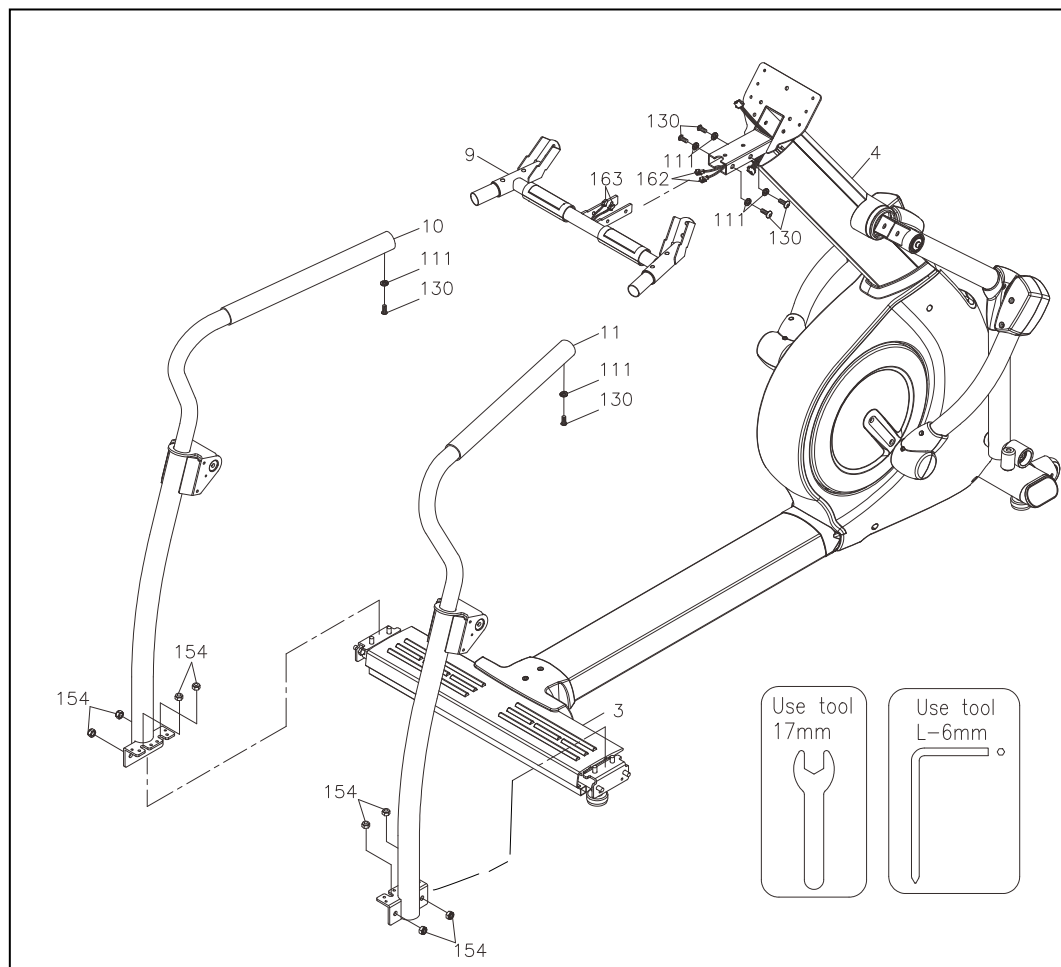
- Remove 2pcs **Bolts, Hex Head (M10xp1.5x70mm)(145)**, 2pcs **Nylon Nuts (M10xp1.5)(154)** and 8pcs **Bolts, Round Head (M5xp0.8x15mm)(125)** from the **Right Pivoting**



Arm Linkage (16).

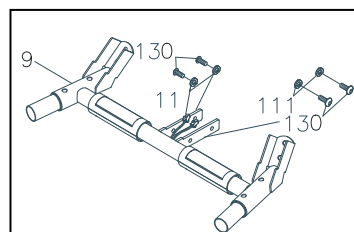
- b. Following the drawing's line to attach the front of the **Pivoting Arm Linkage (16)** to the **Right Pivoting Arm (15A)** and the rear of the **Pivoting Arm Linkage (16)** to the **Crank Cover** by each secure with 1pcs **Bolt, Hex Head (M10xp1.5x70mm)(145)**, 1pcs **Nylon Nut (M10xp1.5)(154)**. **NOTE: Please “fully tighten” until the inner surfaces of the U-Shaped Bracket touch to the outer surfaces of the Bearing Housing to avoid noise.**
- c. Attach the **Front Linkage Cover – Top (71)** and **Front Linkage Cover – Bottom (72)** to the front of the **Pivoting Arm Linkage (16)** and secure with 4pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.
- d. Attach the **Rear Rotation Cover – Top (73)** and **Rear Rotation Cover – Bottom (74)** to the rear of the **Pivoting Arm Linkage (16)** and secure with 4pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.
- e. Repeat the above same procedure for the left side.

ASSEMBLY INSTRUCTIONS



STEP 7 – Wire & U-Shaped Handlebar Stand Assembly

NOTE: For shipping purpose, 4pcs Lock Washers (M8)(111) and 4pcs Bolts, Button Head (M8xp1.25x16mm)(130) are attached to U-Shaped Handlebar Stand (9) as the following draft shown.



- Remove 4pcs Lock Washers (M8)(111) and 4pcs Bolts, Button Head (M8xp1.25x16mm)(130) from the U-Shaped Handlebar Stand (9).
- Connect the Middle Pulse Sensor Wire (162) to the Lower Pulse Sensor Wire (163). **NOTE:** Be

careful not to pinch the wires.

- Attach U-Shaped Handlebar Stand (9) to the Upright Post (4) and secure with 4pcs Lock Washers (M8)(111) and 4pcs Bolts, Button Head (M8xp1.25x16mm)(130).

STEP 8 – Long Stationary Handrail Assembly

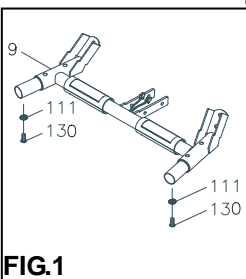


FIG.1

NOTE: For shipping purpose, 2pcs Lock Washer (M8)(111) and 2pcs Bolts, Button Head (M8xp1.25x16mm)(130) are attached to bottom of the U-Shaped Handlebar Stand (9) as FIG. 1 shown on the left.

NOTE: For shipping purpose 8pcs Nylon Nuts (M10xp1.5)(154) are attached to both sides of the Rear Stabilizer (3) as FIG. 2 shown on the right.

Please place all the above pre-attached bolts and washers in a cleared area and position them on the floor in front of you, these bolts and washers are for Step 8.

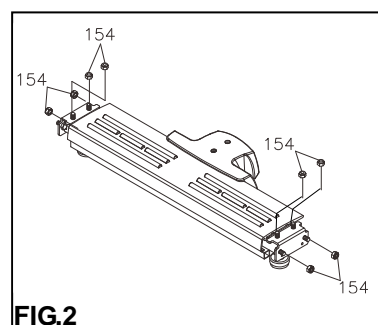
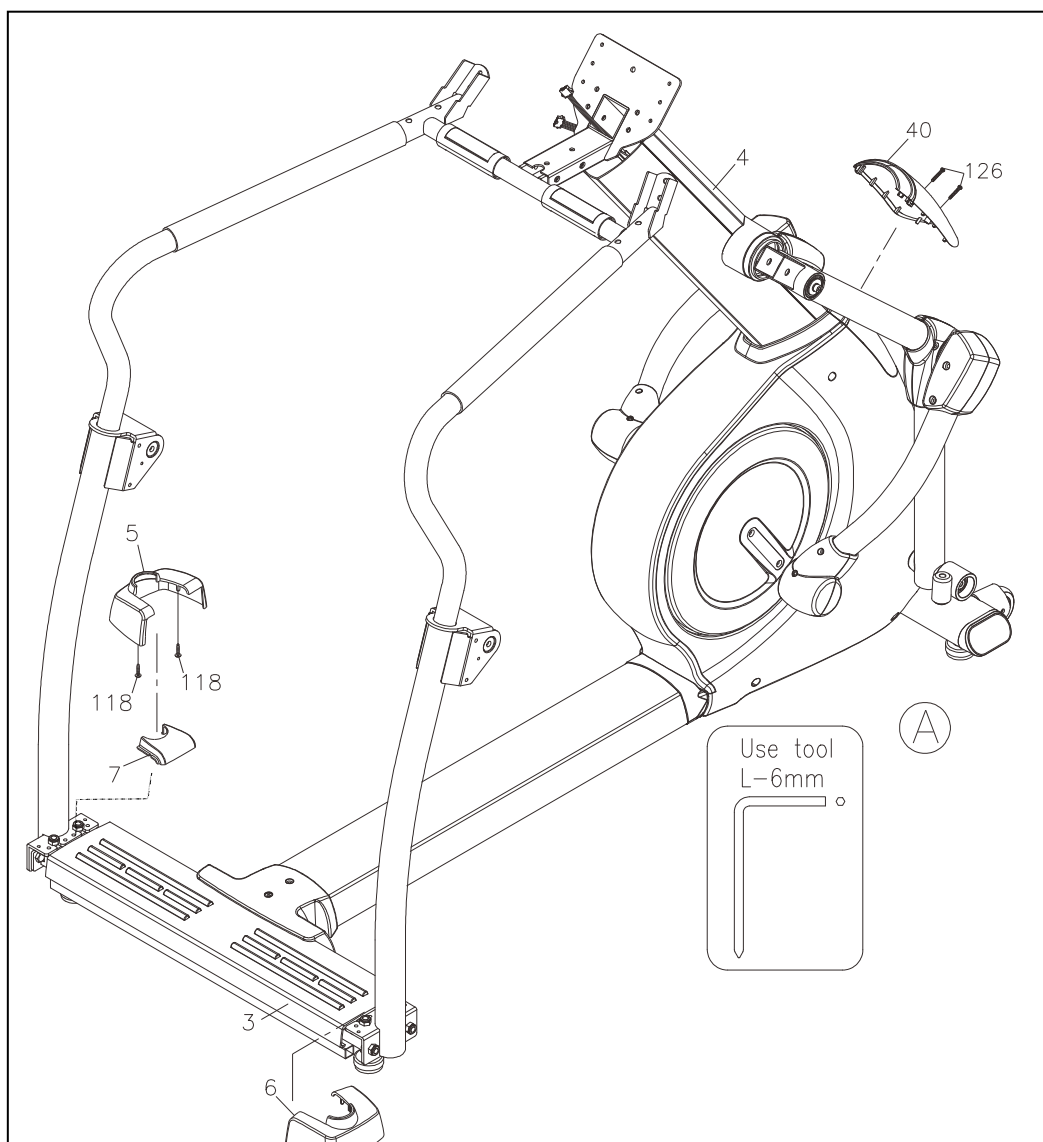


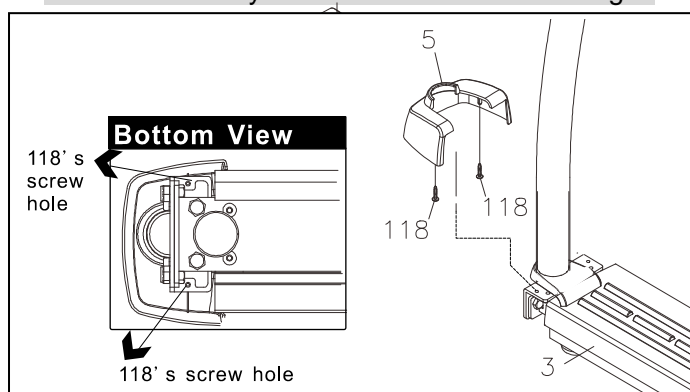
FIG.2

- Remove 2pcs Lock Washer (M8)(111) and 2pcs Bolt (M8xp1.25x16mm)(130) from the bottom of the U-Shaped Handlebar Stand (9).
- Remove 8pcs Nylon Nuts (M10xp1.5)(154) from both sides of the Rear Stabilizer (3).
- Attach the upper side of Left and Right Long Stationary Handrail (10,11) to the U-Shaped Handlebar Stand (9) and slightly secure with 2pcs Lock Washers (M8)(111) and 2pcs Bolts (M8xp1.25x16mm)(130). **NOTE:** Please do not fully tighten Washers (111) and Bolts (130) for next step c. smooth assembly,
- Then attach the bottom side of Left and Right Long Stationary Handrail (10,11) to the Rear Stabilizer (3) and secure with 4pcs Nylon Nuts (M10xp1.5)(154). And then go back to above step b. to fully tighten 2pcs Lock Washers (M8)(111) and 2pcs Bolts (M8xp1.25x16mm)(130) on the upper side of the Stationary Handrail (10,11).

ASSEMBLY INSTRUCTIONS

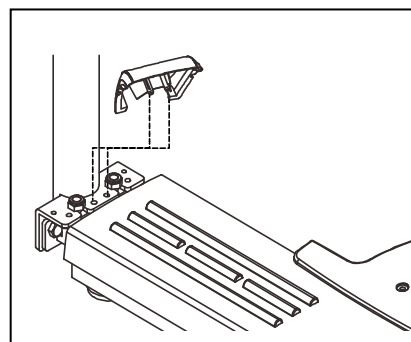


Styrofoam (or any stationary object) under the **Rear Stabilizer (3)** for the next step smooth assembly as the draft shown on the right.

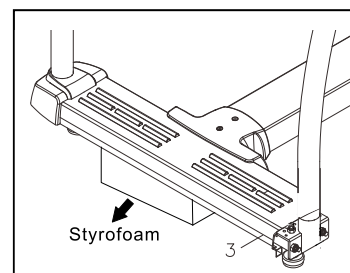


- c. Refer to the left side drawing to attach the **Bottom Handrail Decoration Cover – Left (5)** on the **Left Bottom Handrail Decoration Cover - Inner (7)** and secure with 2pcs **Screws, Round Head (M4x12mm)(118)** into the bottom of the **Rear Stabilizer (3)**. Repeat the above same procedure for the right side.

STEP 9 – Bottom Handrail Decoration Cover Assembly



- a. Follow the above drawing to first attach the **Left Bottom Handrail Decoration Cover - Inner (7)** onto the inner side of the **Rear Stabilizer (3)**. **NOTE:** Please make sure **Inner Decoration Cover (7)**'s two ribs insert into the two holes located on the **inner side of the upper Rear Stabilizer (3)**.
- b. **NOTE:** It will be easier to secure the **Screws (118)** under two sides of the **Rear Stabilizer (3)**, please first place one



STEP 10 – Front Decoration Upright Cover Assembly

- a. Please refer to **FIG. 3** to go back to the front of the **Main Frame (1)** to fully tighten with 2pcs **Bolts, Hex Head (M10xp1.5x50mm)(143)** and 2pcs **Nylon Nut (M10xp1.5)(153)** with the **T-Handle SOCKET WRENCH (17mm)**.
- b. Attach the **Front Decoration Upright Cover (40)** onto the front of the **Main Frame (1)** with 2pcs **Bolts, Round Head (M5xp0.8x30mm)(126)**.

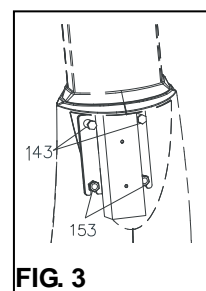
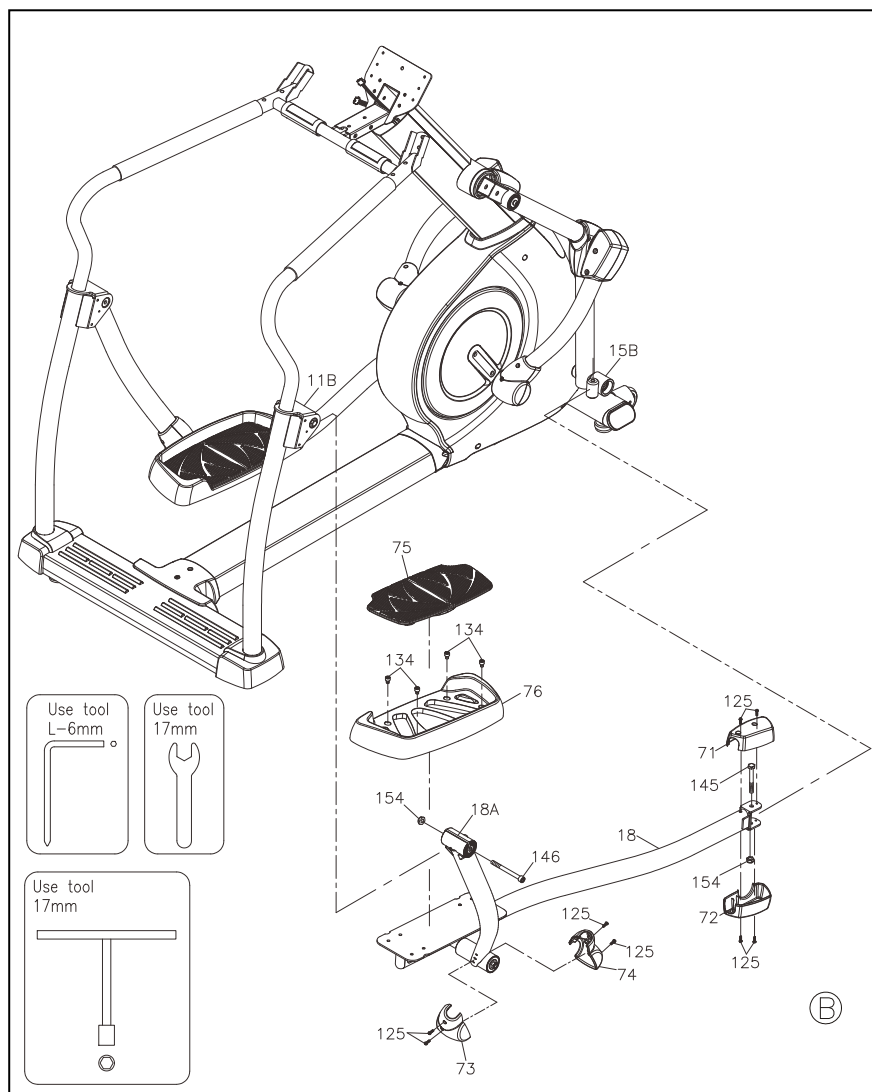
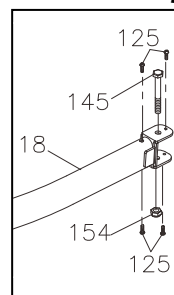


FIG. 3

ASSEMBLY INSTRUCTIONS



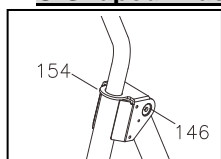
STEP 11 – Pedal Support Arm Assembly



NOTE: For shipping purpose, 4pcs Bolts, Round Head (M5xp0.8x15mm)(125), 1pcs Bolt, Hex Head (M10xp1.5x70mm)(145) and 1pcs Nylon Nut (M10xp1.5)(154) are attached to the front of the Right Pedal Support Arm (18).

- Remove 4pcs Bolts, Round Head (M5xp0.8x15mm)(125), 1pcs Bolt, Hex Head (M10xp1.5x70mm)(145) and 1pcs Nylon Nut (M10xp1.5)(154) from the front of the Right Pedal Support Arm (18).
- Please place all the above pre-attached bolts and washers in a cleared area and position them on the floor in front of you, these bolts and washers are for Step 11, 13.
- On the back of the Right Pedal Support Arm (18), cut off the tie (18A), and attach the back of the Right Pedal Support Arm (18) to the Right Long Stationary Handrail (11B) and slightly secure with 1pcs Bolt, Socket Head (M10xp1.5x110mm)(146) and 1pcs Nylon Nut (M10xp1.5)(154). **NOTE:** Please do not fully tighten 1pcs Bolt (146) and 1pcs Nylon Nut (154) for letting the following steps to assemble smoothly.

- Attach the front of the Right Pedal Support Arm (18) to the Right Pivoting Arm (15B) and fully tighten 1pcs Bolt, Hex Head (M10xp1.5x70mm)(145) and 1pcs Nylon Nut (M10xp1.5)(154). **NOTE:** Please “fully tighten” until the inner surfaces of the U-Shaped Bracket touch to the outer surfaces of the Bearing Housing to avoid noise.



- Then go back to Step c. to fully tighten 1pcs Bolt, Socket Head (M10xp1.5x110mm)(146) and 1pcs Nylon Nut (M10xp1.5)(154) on the middle of the Right Long Stationary Handrail (11B) as the drawing shown on the left.
- Repeat the above same procedure for the left side.

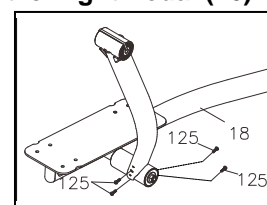
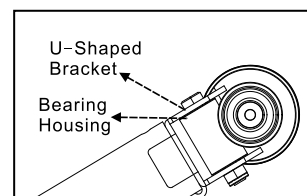
STEP 12 – Pedal & Non-Slip Pad Assembly

- Attach Right Pedal (76) to the upper pedal plate located on the rear of the Right Pedal Support Arm (18) and secure with 4pcs Bolts, Socket Head (M8xp1.25x10mm)(134). Then place the Non-Slip Pad (75) onto the Right Pedal (76).
- Repeat the above same procedure for the left side.

STEP 13 – Rear Rotation Cover & Front Linkage Cover Assembly

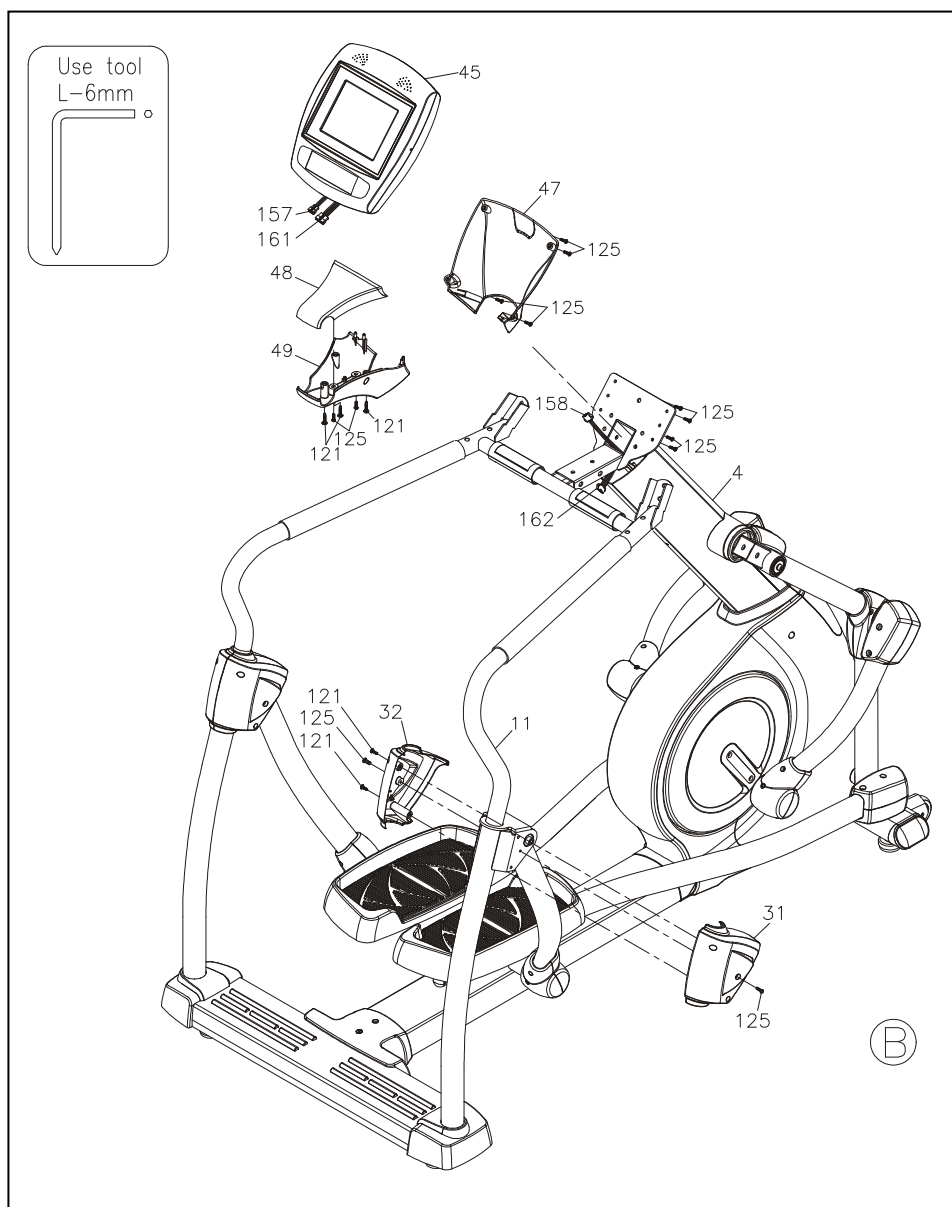
NOTE: For shipping purpose, 4pcs Bolts, Round Head (M5xp0.8x15mm)(125) are attached to the sides of the Right Pedal Support Arm (18).

- Remove 4pcs Bolts, Round Head (M5xp0.8x15mm)(125) from the sides of the Right Pedal Support Arm (18).
- Attach the Right Front Linkage Cover – Top (71) to the Right Front Linkage Cover – Bottom (72) and secure with 4pcs Bolts, Round Head (M5xp0.8x15mm)(125).
- Attach the Right Rear Rotation Cover – Top (73) to the Right Rear Rotation Cover – Bottom (74) and secure with



4pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**. Repeat the above same procedure for the left side.

ASSEMBLY INSTRUCTIONS



STEP 14 – Wire and Console Assembly

- Connect the **Upper Connection Wire (157)** to the **Middle Connection Wire (158)**. **NOTE: Be careful not to pinch the wires.**
- Connect the **Upper Pulse Sensor Wire (161)** to the **Middle Pulse Sensor Wire (162)**. **NOTE: Be careful not to pinch the wires.**
- Place the **Console (45)** onto the **Upright Post (4)** by securing with 4pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.

STEP 15 – Console Bracket Assembly

Attach the **Console Bracket (47)** to the **Console (45)** and secure with 4pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.

STEP 16 – Handlebar Decoration Cover Assembly

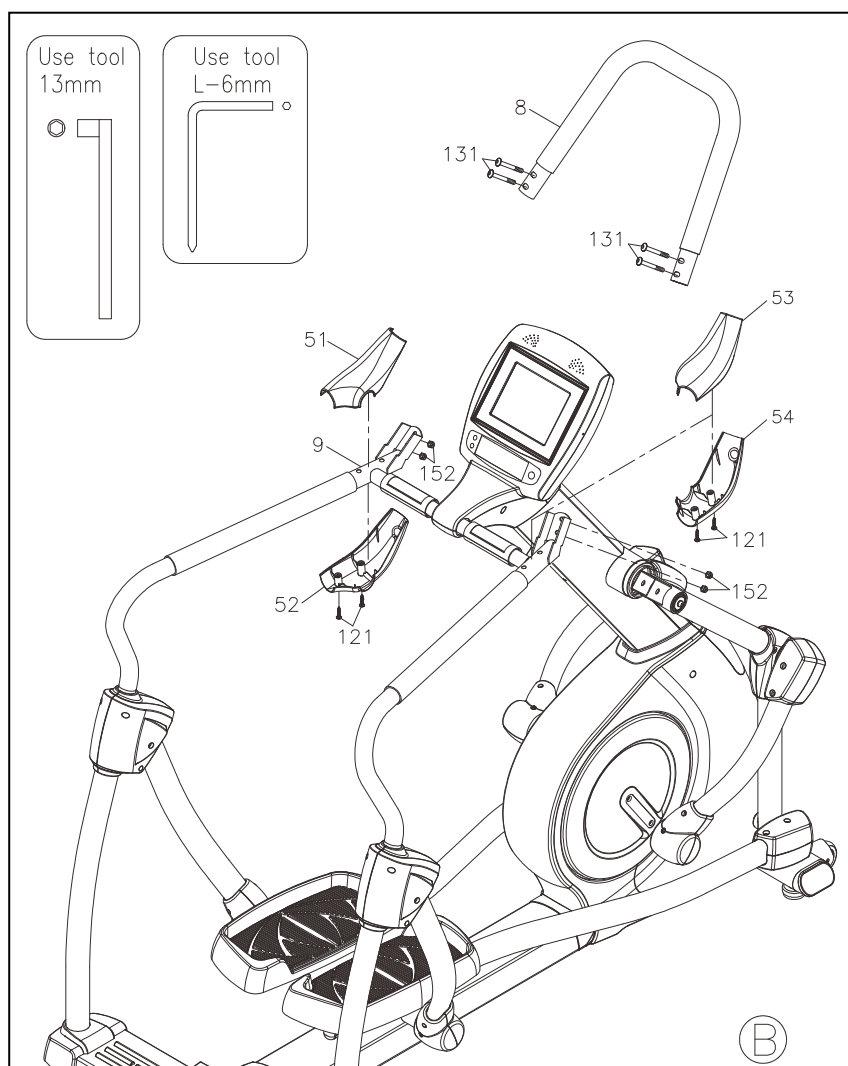
Attach the **Upper Handlebar Decoration Cover (48)** and the **Lower Handlebar Decoration Cover (49)** to the **Upright Post (4)** and secure with 3pcs **Self-Tapping Screws, Flat Head**

(M4x20mm)(121) and 2pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.

STEP 17 – Swing Linkage Cover Assembly

Attach the **Left Swing Linkage Cover (31)** and the **Right Swing Linkage Cover (32)** to the **Right Long Stationary Handrail (11)** and secure with 2pcs **Self-Tapping Screws, Flat Head (M4x20mm)(121)** and 2pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**. Repeat the above same procedure for the left side.

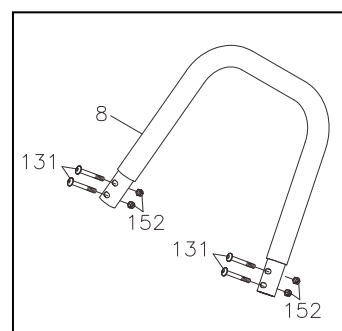
ASSEMBLY INSTRUCTIONS



STEP 18 – U-Shaped Handlebar Assembly

NOTE: For shipping purpose, 4pcs **Bolts, Button Head (M8xp1.25x50mm)(131)** and 4pcs **Nylon Nuts (M8xp1.25)(152)** are attached to **U-Shaped Handlebar (8)** as the draft shown on the right.

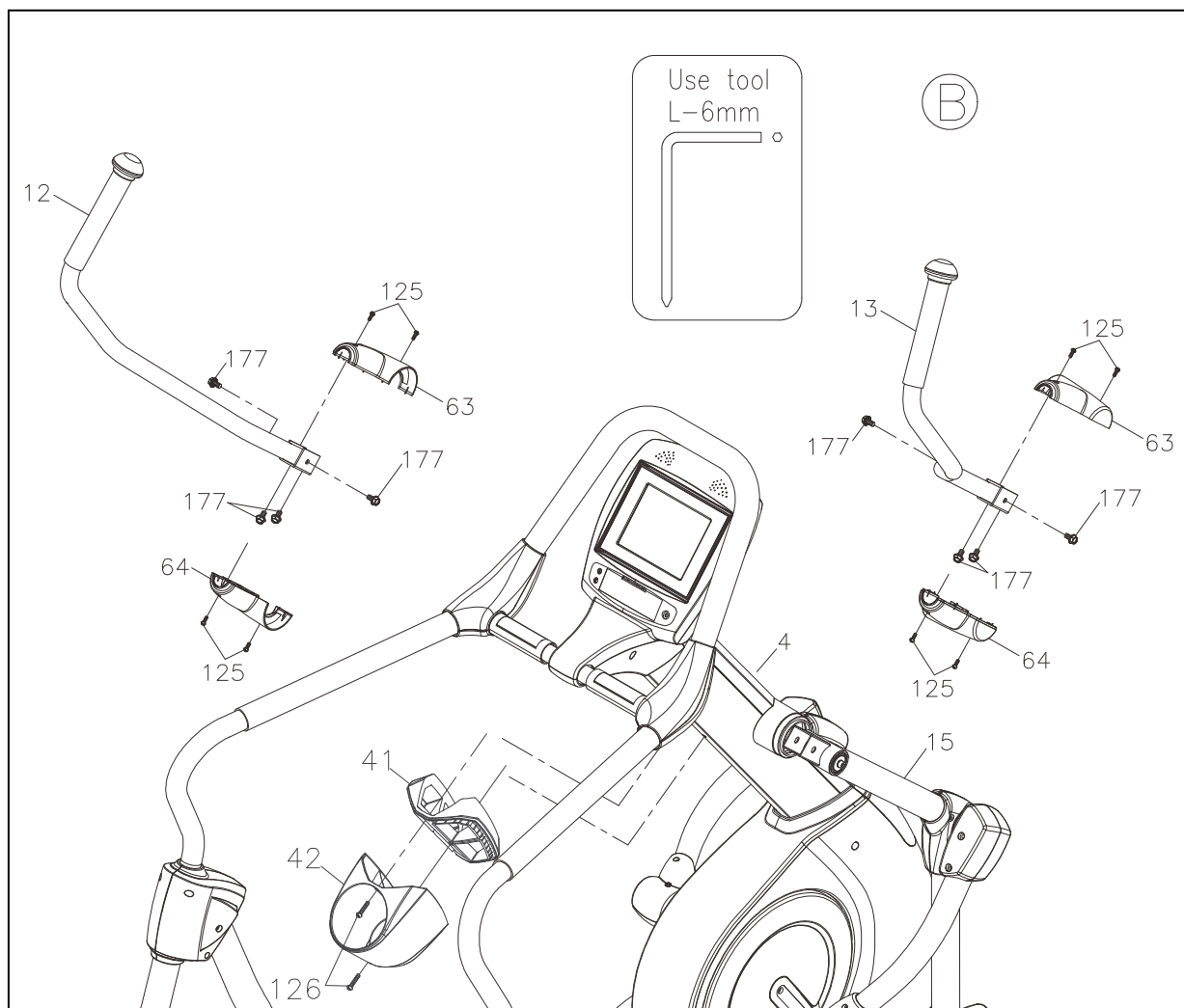
- Remove 4pcs **Bolts, Button Head (M8xp1.25x50mm)(131)** and 4pcs **Nylon Nuts (M8xp1.25)(152)** from the **U-Shaped Handlebar (8)**.
- Attach the **U-Shaped Handlebar (8)** to the upper side of the **U-Shaped Handlebar Stand (9)** and secure with 4pcs **Bolts, Button Head (M8xp1.25x50mm)(131)** and 4pcs **Nylon Nuts (M8xp1.25)(152)**.



STEP 19 – Handrail Cover Assembly

- Place the **Top Handrail Cover – Left (51)** and the **Bottom Handrail Cover – Left (52)** over the left side of the **U-Shaped Handlebar Stand (9)** and secure with 2pcs **Self-Tapping Screws, Flat Head (M4x20mm)(121)**.
- Place the **Top Handrail Cover – Right (53)** and the **Bottom Handrail Cover – Right (54)** over the right side of the **U-Shaped Handlebar Stand (9)** and secure with 2pcs **Self-Tapping Screws, Flat Head (M4x20mm)(121)**.

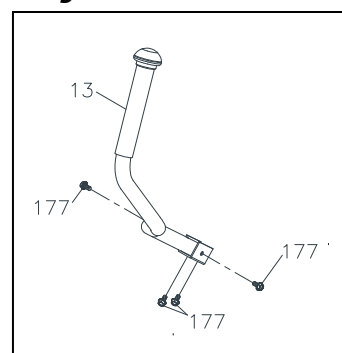
ASSEMBLY INSTRUCTIONS



STEP 20 – Upper Handlebar & Rotator Cuff–Pivoting Arm Assembly

NOTE: 4pcs Bolts, Hex Head Flange (M8xp1.25x16mm)(177) are attached to on the rear of **Right Upper Handlebar (13)** as the draft shown on the right.

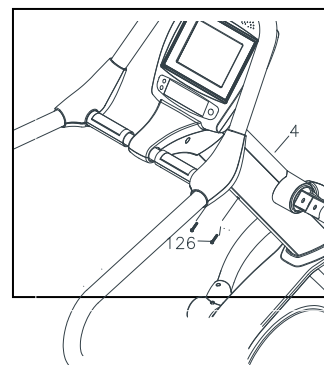
- Remove 4pcs Bolts, Hex Head Flange (M8xp1.25x16mm)(177) from the rear of **Right Upper Handlebar (13)**.
- Attach the **Right Upper Handlebar (13)** to the **Right Pivoting Arm (15)** and secure with 4pcs **Bolts, Hex Head Flange (M8xp1.25x16mm)(177)**.
- Place the **Front Rotator Cuff – Pivoting Arm (63)** and the **Rear Rotator Cuff – Pivoting Arm (64)** over the **Right Upper Handlebar (13)**. And fasten the **Covers (63, 64)** together with 4pcs **Bolts, Round Head (M5xp0.8x15mm)(125)**.
- Repeat the above same procedure for the left side.



STEP 21 – Accessory Tray Assembly

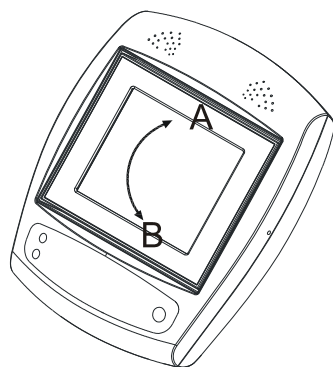
NOTE: 2pcs Bolts, Round Head (M5xp0.8x30mm)(126) are attached to on the back of **Upright Post (4)** as the right draft shown.

- Remove 2pcs **Bolt, Round Head (M5xp0.8x30mm) (126)** from the back of **Upright Post (4)**.
- Place the **Accessory Tray Support Pad (41)** and **Accessory Tray (42)** on the **Upright Post (4)** and secure with 2pcs **Bolts (M5xp0.8x30mm)(126)**.



****For the final step, make sure all the bolts and nuts are fully tightened before using the item****

OPERATIONAL INSTRUCTIONS



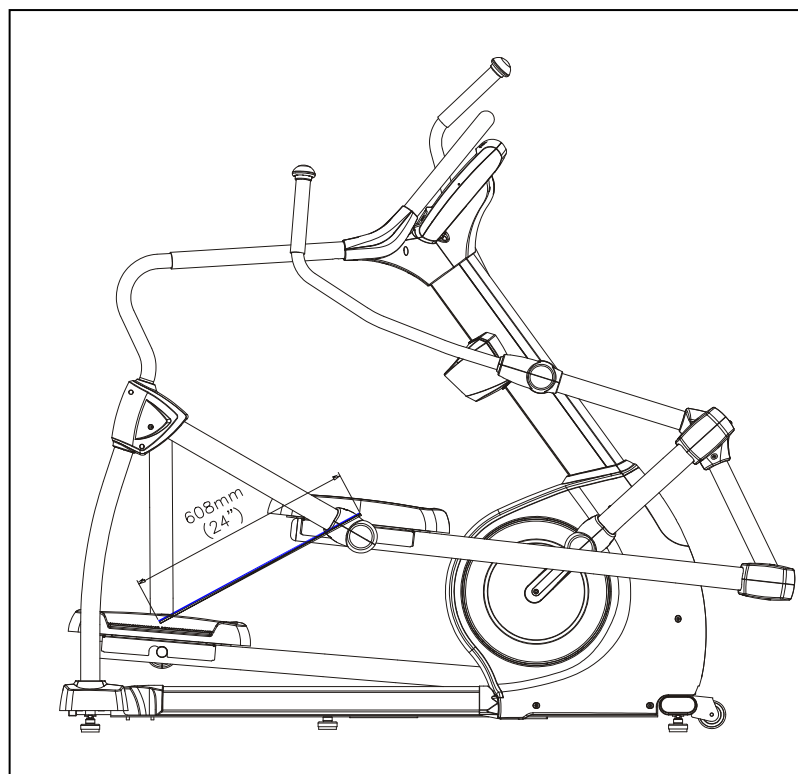
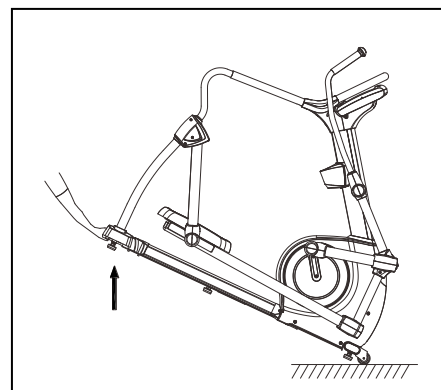
HOW TO ADJUST CONSOLE ANGLE

To get the best console angle, it's suggested to use both hands to hold the upper and lower end of the console (area A or B) and gently adjust the console angle to the proper position.

HOW TO TOW THE ITEM SAFELY

Hold the **Rear Stabilizer (3)** up with two hands and tow the item to the desired place carefully.

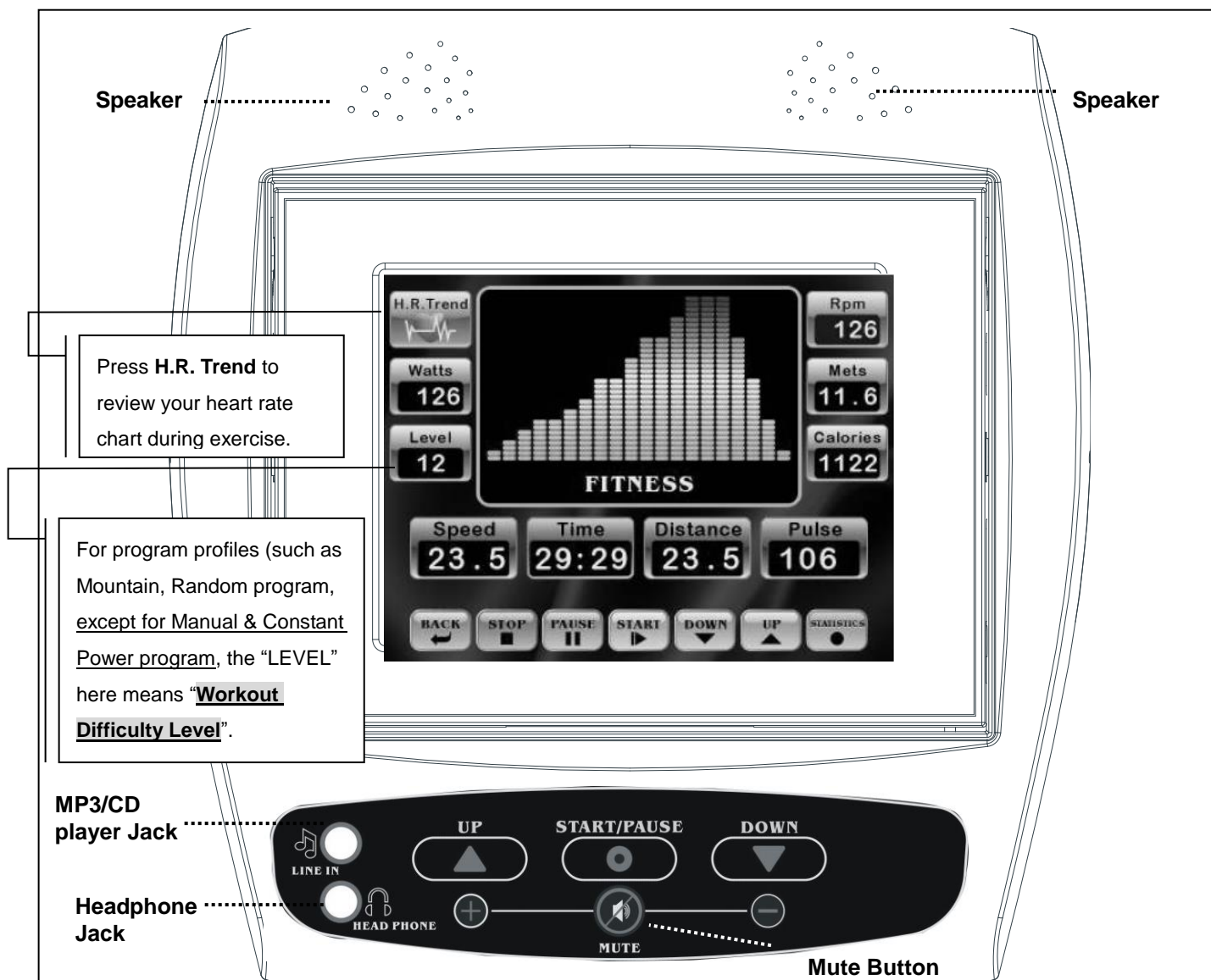
- ◆ Make sure the floor is level while towing the item.



STRIDE LENGTH INFO.

The patent stride length of this item is 24"
(608mm).

CONSOLE OVERVIEW & CONSOLE BUTTON



- ◆ The console display may vary slightly from the actual console display, the above console overview is for reference only

Console Buttons:

Button Name	Function Description
START	Press START to begin/continue your exercise.
PAUSE	Press PAUSE to pause all functions during your exercise program. All the data on the display will pause <u>except for PULSE readout</u>
STOP	Press STOP to stop current profile, all the date will reset to its original setting value <u>except for PULSE readout</u>
UP	Press UP to increase the level of tension during exercise
DOWN	Press DOWN to decrease the level of tension during exercise

CONSOLE INSTRUCTIONS – CONSOLE BUTTON

Console Buttons:

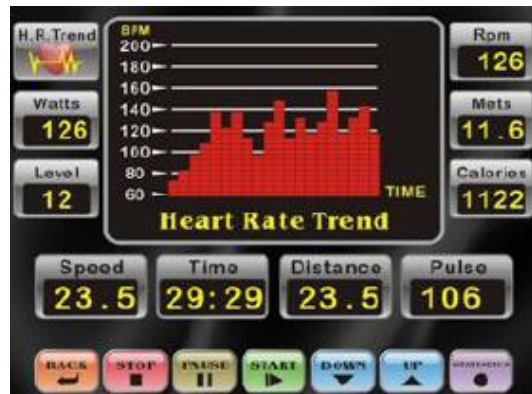


H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to detect by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.

- Press **H.R. Trend** again to return to the workout program.



STATISTICS:

- Press **STATISTICS** to review your workout statistics. **NOTE:** The button is able to press at anytime to review the workout statistics during exercise.




CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

Console Functions:










PULSE:

- Wear chest belt or place both of hands on the **Pulse Sensors** located on the **Handlebar**. The pulse will be displayed within several seconds after the heart symbol "♥" is displayed.
- If the hands are not correctly positioned on the sensors, and a few seconds passes without a pulse input, the console will turn off the pulse circuit. Replace hands back on the Pulse Sensors correctly, and the pulse readout will appear again.

	WATT: Display range: 0 ~ 999 Watt.
--	--

CONSOLE INSTRUCTIONS – CONSOLE FUNCTION

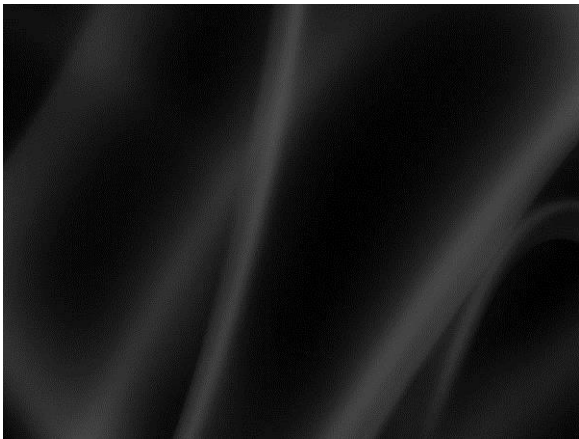
	<p>LEVEL: For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,</p> <ul style="list-style-type: none"> ◆ For Manual, Constant Power Program, Level means “resistance/tension level”; Display range: 1 ~ 20 resistance levels. ◆ For FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY, Level means “Workout Difficulty Level”; Display range: 1 ~ 20 workout difficulty levels. For example, The <u>level of 20's Watt range</u> would be heavier than the <u>level of 8's Watt range</u>. The lower level of workout difficulty you select, the workout difficulty Watt range would decrease, making more easier for user to exercise.
	<p>SPEED:</p> <ul style="list-style-type: none"> ● Display range: 0.0~99.9 km/h.
	<p>TIME:</p> <ul style="list-style-type: none"> ● Count Up: If a target time is not selected, TIME will count up from <u>0:00 to maximum 99:59 minutes</u>. ● Count Down: If a target time is set, (5:00 TO 99:00; 1 MINUTE INCREMENTS), the console will count down from that selected target time to 0:00.
	<p>DISTANCE:</p> <ul style="list-style-type: none"> ● Display range: 0.0~99.9 km/h.
	<p>RPM:</p> <ul style="list-style-type: none"> ● Display range: 0~255.
	<p>CALORIES:</p> <ul style="list-style-type: none"> ● Display range: 0~9999.
	<p>METS:</p> <p>Definition: MET or metabolic equivalent is a term commonly used to measure or express an average person's metabolic rate, is the amount of oxygen used by an average seated person. One MET is the amount of energy or oxygen used to sit quietly for a minute.</p> <p>1 MET= 3.5ml/kg/min (the body consumes 3.5 milliliters of oxygen a minute for each kilogram of body weight), is the energy (oxygen) used by the body at rest, while sitting quietly or reading a book, for example.</p>

	<p>The harder your body works during the activity, the more oxygen is consumed and the higher the MET level. If you are exercising at a level of 7 METS, this means that you are working about 7 times as hard as you would be at rest. You are consuming about 7 times the amount of oxygen as you would at rest as well.</p> <ul style="list-style-type: none">◆ Activity that burns 3 to 6 METs is considered moderate-intensity physical activity.◆ Activity that burns > 6 METs is considered vigorous-intensity physical activity.
--	--

CONSOLE OPERATION

Power ON:

Pedaling over 25rpm to power on the console. The console will display the stand-by screen as below.



Power Off:

The console would automatically shut off after 60 seconds of inactivity.



NOTE:

- ▶ The console would shut down any time if rechargeable batteries are run out of power.
- ▶ If pedaling over 35rpm, the item will start charging batteries.

Boot Screen:

Stand-by screen displays 3 seconds later will then enter into the Boot Screen as below:



Boot Screen

On Boot Screen, there are 3 main workout options.

1. **Quick Start:** Starting exercise directly in Manual Program without any setting.

2. **Profile:** including Basic profile and Advanced profile.
3. **Heart Rate Control (60%, 65%, 70%, 75%, 80% and 85%)**

CONSOLE OPERATION – QUICK START

Quick Start:

1. Press “**Quick Start**” on Boot Screen.

After selecting Quick Start, following countdown pages will display sequentially.



► The countdown pages will appear before every entry of **final main page**.

2. Enter into **final main page** as below.



Press **H.R. Trend** to review your heart rate chart during exercise.

Press **BACK** to return to previous page

Press **STOP** to stop current profile, all the data will reset to its original setting value **except for PULSE readout**

Press **STATISTICS** to review your average value of workout statistics

Press **UP** to **increase** the level of tension during exercise

Press **DOWN** to **decrease** the level of tension during exercise

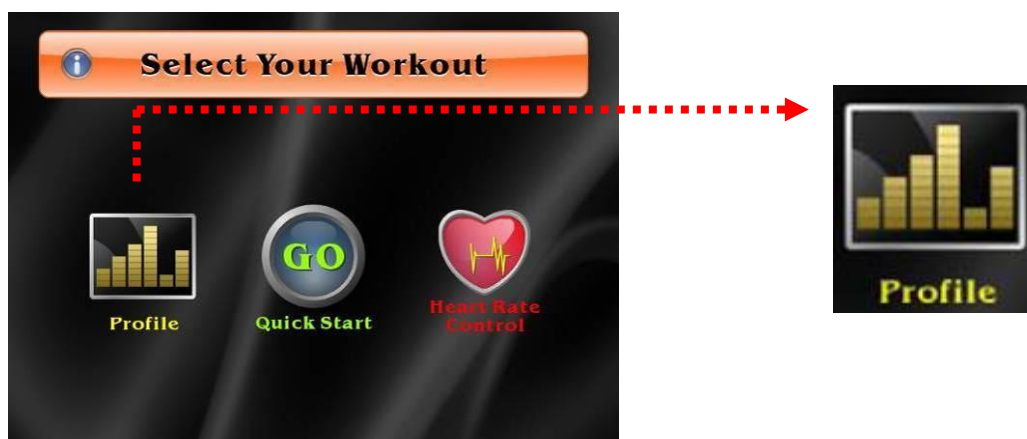
Press **PAUSE** to pause all functions during your exercise program. All the data on the display will pause except for **PULSE readout**

Press **START** to start workout

CONSOLE OPERATION – PROFILE

Profile:

1. Press “**Profile**” on Boot Screen.



2. Enter into Main Profile Selecting page.



Main Profile Selecting

There are 2 workout profiles for options.

- **Basic Profile:** 6 different workout programs are available under Basic Profile.
- **Advanced Profile:** 6 different workout programs are available under Advanced Profile.



LEVEL: For this TFT console, the LEVEL HAS TWO MEANINGS, SINCERELY PLEASE TAKE A LOOK BELOW,

- ◆ For **Manual, Constant Power Program**, Level means “**resistance/tension level**”; Display range: 1 ~ 20 resistance levels.
- ◆ For **FITNESS, RANDOM, ROLLING, FAT BURN, ASCENT, IRON MAN, MOUNTAIN, WEIGHT LOSS, INTERVAL, VALLEY** Level means “**Workout Difficulty Level**”; Display range: 1 ~ 20 workout difficulty levels. For example

CONSOLE OPERATION –BASIC PROFILE

A Basic Profile Instruction:

1. Press “Basic Profile”.



2. Enter into diagrams' selection page.

Options include **Manual, Fitness, Random, Rolling, Fat Burn, Ascent**, total in 6 diagrams. Press the desired diagram to workout.



NOTE: When enter into Random profile, the workout profile will randomly create each time



Press **BACK** to return to previous page.

Press **NEXT** to enter into **Weight** Page for setting your weight.

Press **QUICK START** to start exercise immediately.

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.



NOTE: Display range from 30~181kgs

Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

CONSOLE OPERATION –BASIC PROFILE

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00.



NOTE: Display range from 5:00 ~ 99:00

Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately.

B Instruction Note for During Exercise:

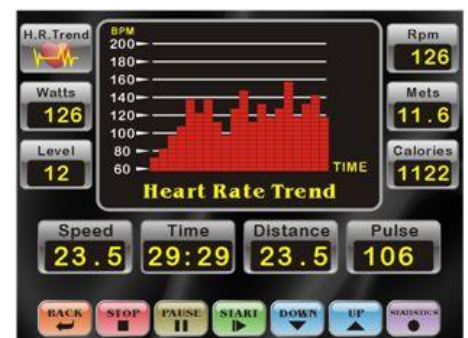



H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.


- Press **H.R. Trend** again to return to the workout program.





STATISTICS:

- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



CONSOLE OPERATION – ADVANCED PROFILE

A Advanced Profile Instruction:

1. Press “Advanced Profile”.



2. Enter into diagrams’ selection page.

Options include **Constant Power**, **Iron Man**, **Mountain**, **Weight Lose**, **Interval**, **Valley**, total in 6 diagrams. Press the desired diagram to workout

Constant Power:
program of Watt Control;
Watts display range: 30
~350 watt





Before operating **CONSTANT POWER PROGRAM**, review the difference between the **CONSTANT POWER** and the **CONSTANT RESISTANCE** function:

<p>Level Control (Constant Resistance) in most of workout programs</p>	<p>Watt Control (Constant Power) in Constant Power program</p>
<div>RPM↓↑ RESISTANCE --</div> <p>Resistance does not change even though the quantity of RPMS (Rotate Per Minute) increases or decreases under the Level Control Mode during workout.</p> <p>No matter how fast you pedal, the resistance is fixed.</p>	<div>RPM↑ RESISTANCE↓ ; RPM↓ RESISTANCE ↑</div> <p>In order to remain at a consistent effort level (watts) (once you set up the desired Watt value), the computer will start monitoring the user's pedaling speed/RPM.</p> <p>If the RPMS (Rotate Per Minute) increase (when you pedal faster), the Resistance will decrease (becomes lighter.)</p> <p>On the contrary, the Resistance increases (becomes heavier resistance) when the value of the RPMS decreases (when you pedal slower.)</p>

CONSOLE OPERATION – ADVANCED PROFILE

3. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs

Press **BACK** to return to previous page

Set Your Weight

10

70 Kgs

10

1

1

BACK

NEXT

QUICK START

Press **QUICK START** to start exercise immediately

Press **NEXT** to enter into **TIME** Page for setting the desired time

4. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

NOTE: Display range from 5:00 ~ 99:00

Press **BACK** to return to previous page.

Set Your Time

10

05:00

10

1

1

BACK

NEXT

QUICK START

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately.

B Instruction Note for During Exercise:



H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure that the pulse readout could be able to detect.

- Press **H.R. Trend** again to return to the workout program.



STATISTICS:

- Press **STATISTICS** to review your average value of workout statistics. **NOTE:** The button is able to press at anytime to review during exercise. Press **Back** to return to the workout program.



CONSOLE OPERATION – HEART RATE CONTROL PROFILE


A Heart Rate Control Instruction:

1. Press **Heart Rate Control** on Boot Screen.



2. Enter into **Weight** page and input the value of weight; display range: 30 ~ 181 kgs.

NOTE: Display range from 30~181kgs



Press **BACK** to return to previous page.


Press **QUICK START** to start exercise immediately.

Press **NEXT** to enter into **TIME** Page for setting the desired time.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

3. Enter into **Time** page and select the desired value of time; display range: 5:00 ~ 99:00

NOTE: Display range from 5:00 ~ 99:00




Press **BACK** to return to previous page.

Press **NEXT** to select your age.

Press **QUICK START** to start exercise immediately.

4. Enter into **Age** page and input the value of your age; display range: 5 ~ 99 years old.

NOTE: Display range from 5 ~ 99 years old ; Although the console allows input for age beginning at 5 years old, this product is not recommended for children usage



Press **BACK** to return to previous page.

Press **NEXT** to select your gender.

Press **QUICK START** to start exercise immediately.

5. Enter into **Gender** page and select your gender.



Press **BACK** to return to previous page.

Press **QUICK START** to start exercise immediately.

Press **NEXT** to select target heart rate.

CONSOLE OPERATION – HEART RATE CONTROL PROFILE

6. Select your ideal target heart rate (60%, 65%, 70%, 75%, 80% and 85%).

NOTE for H.R.C. Program:

60%, 65%, 70%, 75%, 80% and 85% of max. heart rate:

- ◆ Male formula: heart rate percentage % of (220 – your age)
- ◆ Female formula: heart rate percentage % of (225 – your age)



Press **BACK** to return to previous page.

Press **NEXT** to start exercise.

Press **QUICK START** to start exercise immediately

B Instruction Note for During Exercise:





H.R. Trend:

- Press **H.R. Trend** to review your heart rate chart.
- The Heart Rate Trend is recorded automatically in every 60 seconds if the user's actual heart rate is able to be detected by the console.

NOTE: Please be sure to wear a chest belt or place both of hands on the Pulse Sensors located on the Handlebar in order to make sure



	<p>that the pulse readout could be able to detect.</p> <ul style="list-style-type: none"> Press H.R. Trend again to return to the workout program.
	<p>STATISTICS:</p> <ul style="list-style-type: none"> Press STATISTICS to review your average value of workout statistics. NOTE: The button is able to press at anytime to review during exercise. Press Back to return to the workout program. 

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 item 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:

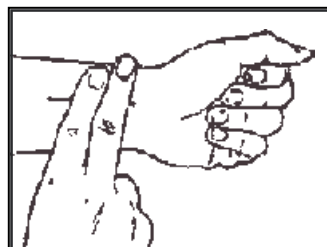
- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your item 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

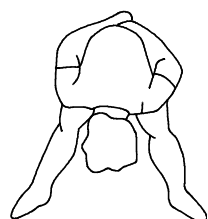
rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.

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 Exercises



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 lessen, try a lower position gradually.



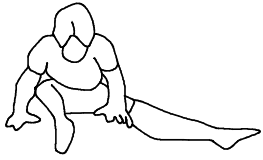
Floor Stretch

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

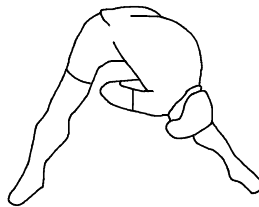
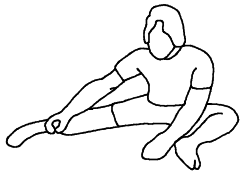


Bent Torso Pulls

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.



leg.

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 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 each strength-training session.

PARTS LIST

1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright Post	1
5	Bottom Handrail Decoration Cover - Left	1
6	Bottom Handrail Decoration Cover - Right	1
7	Bottom Handrail Decoration Cover - Inner	2
8	U-Shaped Handlebar	1
9	U-Shaped Handlebar Stand	1
10	Left Stationary Handrail	1
11	Right Stationary Handrail	1
12	Left Upper Handlebar	1
13	Right Upper Handlebar	1
14	Left Pivoting Arm	1
15	Right Pivoting Arm	1
16	Pivoting Arm Linkage	2
17	Left Pedal Support Arm	1
18	Right Pedal Support Arm	1
19	Left Cover	1
20	Right Cover	1

21	Upper Chain Cover	1
22	Crank Cover	2
23	Belt (1092 J8)	1
24	Pulley (260mm)	1
25	Magnet	1
26	Belt (584 J8)	1
27	Pulley (120mm)	1
28	Pedal Swing Linkage	2
31	Left Swing Linkage Cover	2
32	Right Swing Linkage Cover	2
33	Front Base Cover	1
34	Main Frame Base Cover	1
35	Rear Base Frame Cover	1
36	Non-Slip Pad for Aluminum Stand	2
37	Leveler	5
38	Moving Wheel	2
39	EndCap	2
40	Front Decorating Upright Cover	1
41	Accessory Tray Support Pad	1
42	Accessory Tray	1

43	Inner Rotator Cuff-Pivoting Arm	2
44	Pivot Ring	2
45	Console	1
46	Console Lower Case	1
47	Console Bracket	1
48	Upper Handlebar Decoration Cover	1
49	Lower Handlebar Decoration Cover	1
50	Foam Grip-Stationary Handlebar	1
51	Top Handrail Cover-Left	1
52	Bottom Handrail Cover-Left	1
53	Top Handrail Cover-Right	1
54	Bottom Handrail Cover-Right	1
55	Pulse Sensor Top Housing	2
56	Pulse Sensor Bottom Housing	2
57	Long Handrail Foam Grip	2
61	Handheld Dome Plug	2

62	Foam Grip for Dual-Action Handlebar	2
63	Front Rotator Cuff- Pivoting Arm	2
64	Rear Rotator Cuff- Pivoting Arm	2
65	Left Pivot Cuff- Inner	1
66	Left Pivot Cuff- Outer	1
67	Right Pivot Cuff- Inner	1
68	Right Pivot Cuff- Outer	1
69	Bottom Rotator Cuff	2
70	Round Plug	2
71	Front Linkage Cover-Top	4
72	Front Linkage Cover-Bottom	4
73	Rear Rotation Cover-Top	4
74	Rear Rotation Cover-Bottom	4
75	Non-Slip Pad for Pedal	2
76	Pedal Upper Case	2
77	Oval Plug for Pedal Arm	2

PARTS LIST

78	TFT Battery	1
79	TFT Battery Connection Wire	1
80	TFT Battery Bracket	2
81	Generator	1
82	Left Mounting Plate	1
83	Right Mounting Plate	1
84	Adaptor Bracket	1
85	Resistor	1
86	Controller	1
87	Idler Arm	1
88	Axle Shaft	1
89	Pulley 41mm	1
90	Crank Shaft	1
91	Crank	2
92	Aluminum Stand	1
93	Aluminum Stand Connection Plate	3
94	Front Aluminum Upright Cover	1
95	Rear Aluminum Upright Cover	1
96	Pivot Arm Spacer	2

97	Bearing Housing	6
98	Axle for Swing Linkage	2
99	Stand for Swing Linkage	2
100	Linkage Bushing	2
101	Inner Snap Ring	2
102	Bearing (6004)	12
104	Bearing (6905)	12
105	C-Ring	2
106	Square Key	1
107	Eye Bolt	2
108	Tension Bracket	2
110	Washer (10x30x2.0t)	4
111	Lock Washer (M8)	22
112	Washer (8x23x2.0t)	10
113	Washer (8x30x2.0t)	2
114	Washer (8x38x2.0t)	2
115	Washer (10x23x2.0t)	2
116	Washer (10.6x60x2.0t)	2
117	Washer (21x30x1.0t)	4

118	Screw (M4×12mm)	4
119	Screw (M3×10mm)	1
120	Screw (M3×25mm)	4
121	Screw (M4×20mm)	15
122	Screw (M5×18mm)	27
123	Bolt (M8×1.25×10mm)	4
124	Bolt (M5×p0.8×6mm)	6
125	Bolt (M5×p0.8×15mm)	60
126	Bolt (M5×p0.8×30mm)	4
127	Bolt (M5×p0.8×75mm)	2
128	Bolt (M6×p1.0×15mm)	2
129	Bolt (M6×p1.0×15mm)	2
130	Bolt (M8×p1.25×16mm)	15
131	Bolt (M8×p1.25×50mm)	4
132	Bolt (M10×p1.5×50mm)	1
133	Bolt (M6×p1.0×15mm)	4
134	Bolt (M8×p1.25×10mm)	8

137	Bolt (M8×p1.25×65mm)	4
138	Bolt (M10×p1.5×70mm)	2
139	Bolt (M8×p1.25×15mm)	4
140	Bolt (M8×p1.25×15mm)	1
141	Bolt (M8×p1.25×65mm)	2
142	Bolt (M8×p1.25×80mm)	4
143	Bolt (M10×p1.5×50mm)	2
144	Bolt (M10×p1.5×60mm)	1
145	Bolt (M10×p1.5×70mm)	6
146	Bolt (M10×p1.5×110mm)	2
147	Bolt (M6×p1.0×12mm)	2
148	Bolt (L=35mm)	2
149	Nut (M10×p1.5)	3
150	Nylon Nut (M6×p1.0)	2
151	Thin Nylon Nut (M8×p1.25)	4
152	Nylon Nut (M8×p1.25)	12
153	Thin Nylon Nut (M10×p1.5)	2

PARTS LIST

154	Nylon Nut (M10×p1.5)	20
156	Axle Nut (M10×p1.25)	3
157	Upper Connection Wire	1
158	Middle Connection Wire	1
159	Lower Connection Wire	1
160	Sensor Wire	1
161	Upper Pulse Sensor Wire	1
162	Middle Pulse Sensor Wire	1
163	Lower Pulse Sensor Wire	2
164	Generator Connection Wire	2
165	Console Fixed Plate	1
166	Bolt (M8×p1.25×12mm)	4
170	Bearing (6005)	2
171	Washer (26×34×0.5t)	2
172	Wave Washer (ø25)	1
173	Spacer (36mm)	1
174	Thin Nylon Nut (M20×p1.0)	1
175	Washer (26×34×1.0t)	1

PRODUCT PARTS DRAWING (B)

