

User's Manual

If you have any questions, please contact The Fitness Generation, +61 (03) 9765 9999.

Free call number 1300 796 636

www. healthstreamfitness.com.au

SAFETY HINTS

WARNING - Read all instructions before using this appliance.

- Do not operate machine on deeply padded, plush or shag carpet. Damage to both carpet and machine may result.
- Keep children away from the machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the machine if it has a damaged cord or plug. If the machine is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your machine. Quality athletic shoes are recommended to avoid leg fatigue.
- Instructions for assembly, including correct fitting of guards and other safety devices, and warning about the likely injuries to young children if exercise cycles are operated in their vicinity without properly fitted guards.
- Instructions for maintenance, including regular checking of the integrity of guards and safety devices.
- Instructions for the correct adjustment of the seat.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

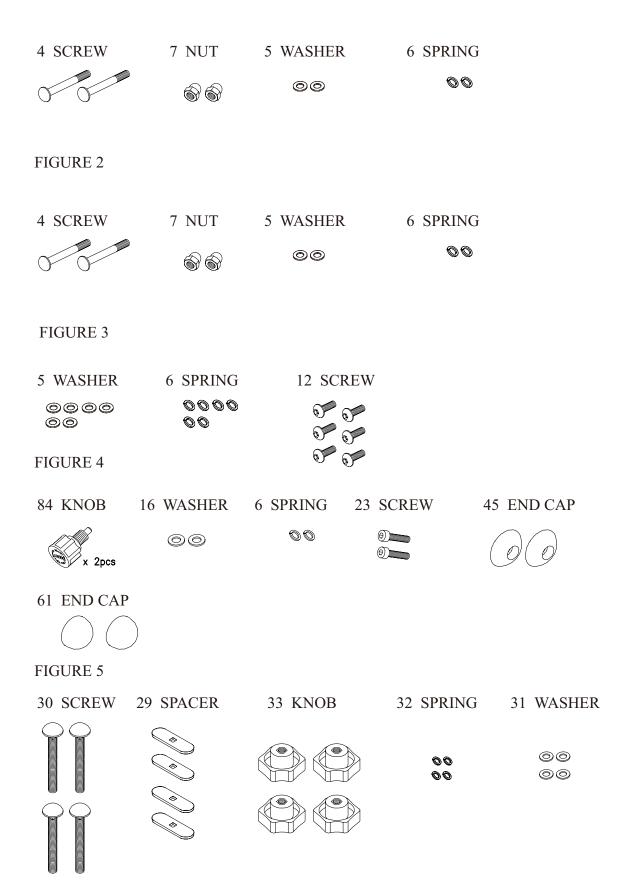
CAUTION!! Please be careful when opening this unit.

HS2.0E - Ver.A



ASSEMBLY PACK CHECK LIST

FIGURE 1



3

ASSEMBLY PACK CHECK LIST

FIGURE 6

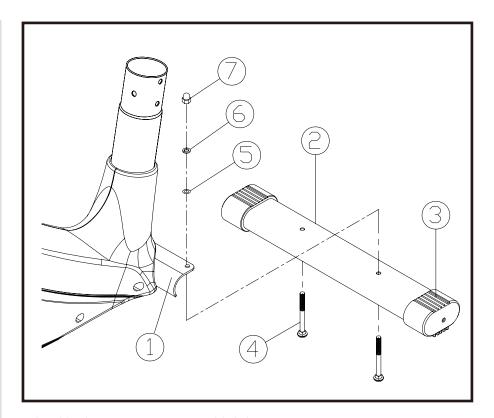
5 WASHER 6 SPRING 105 SCREW

0000

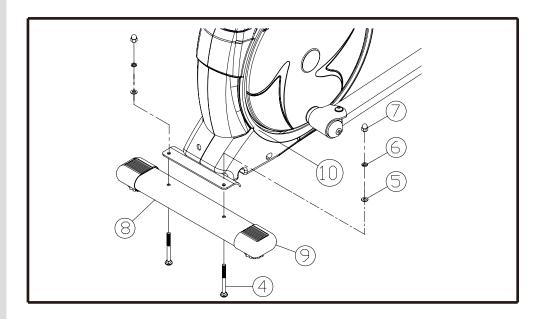
FIGURE 8

109 SCREW

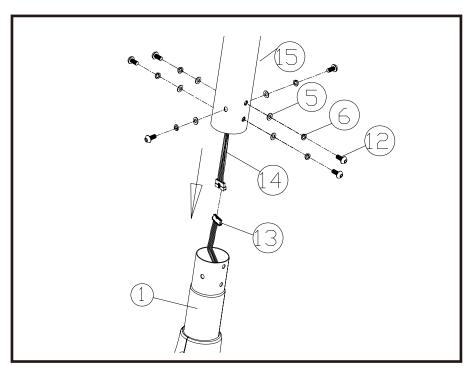




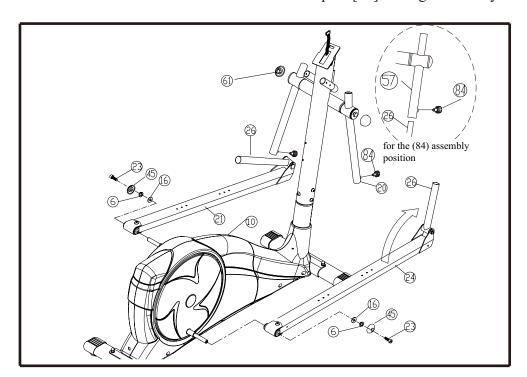
Identify the Front Foot [2], which has a Front Foot Cover [3] on the end.
Attach the Front Foot with 2[4], 2[5], 2[6]and 2[7], by the wrench.



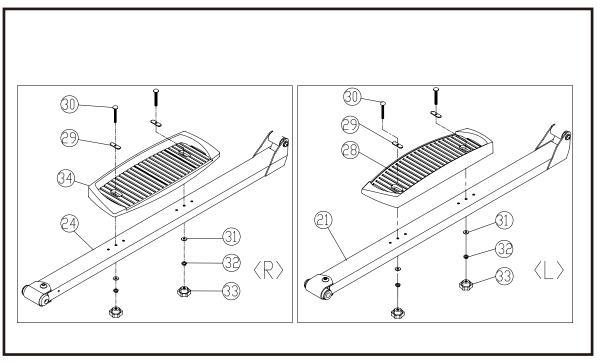
Attach the Rear Foot [8] to the rear of the Base Frame [1] as the procedure (see above).



Hold the Handlebar Post against the main frame [1]. Connect the two ends of the computer cable [13] and [14] projecting from [1] and [15]. Push one spring washer [6] and one washer [5] on each of the bolts [12] through the holesin the main frame [1], screw into the threaded holes of the handlebar post [15] and tighten firmly.



Equip pedal tube weldment(R) [24] and pedal tube weldment(L) [21] onto base frame [1]. Tighten it with Hex Head bolt [23], washer [16] end cap [45] and spring washer[6]. Equip swivl tube [26] onto right and left connect tube [57], using pop- pin[84] to tighten it. Insert end cap [61] into hexagon screw(L+R) of connect tube.

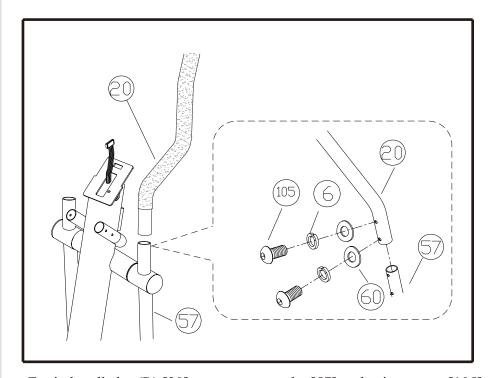


Equip pedal(L) on pedal tube weldment(L) [21] and using washer [29], carriage bolt [30], washer [31], spacer washer[32] and knob dawl [33] to tighten it.

The proper pedal position is at middle hole.

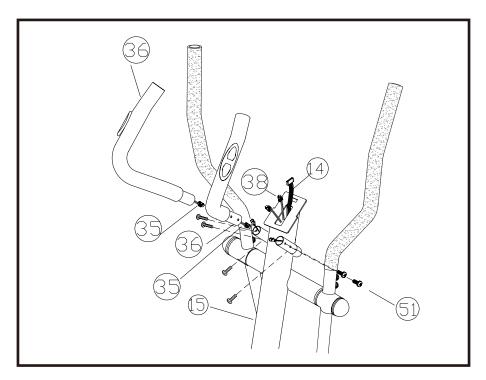
There are 3 holes can be changed when needed.

The same assembly for right pedal.

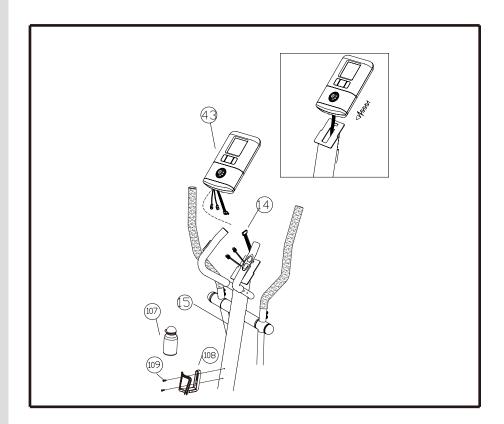


Equip handle bar(R) [20] onto connect tube [57] and using screw [105] ,washer [60] and spring washer [6] to tighten it .

The same assemble for left side handle bar.



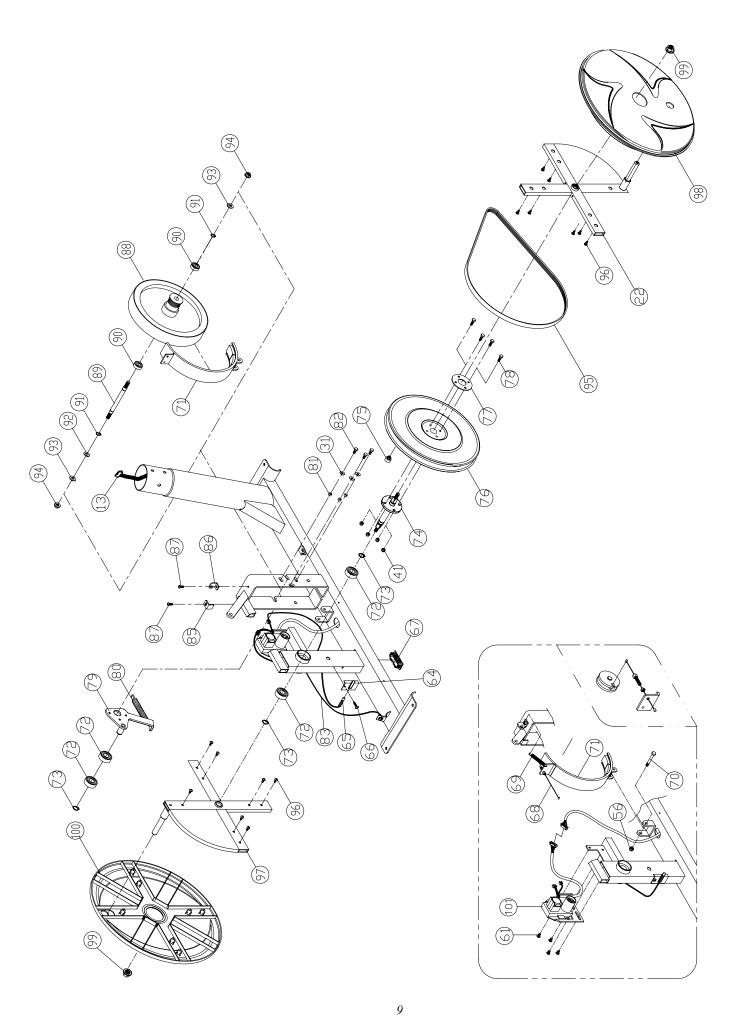
Connect handle pulse wire [35] & [38], then equip small bar [36] onto handle bar post [15] and using screw [51] to tighten it.



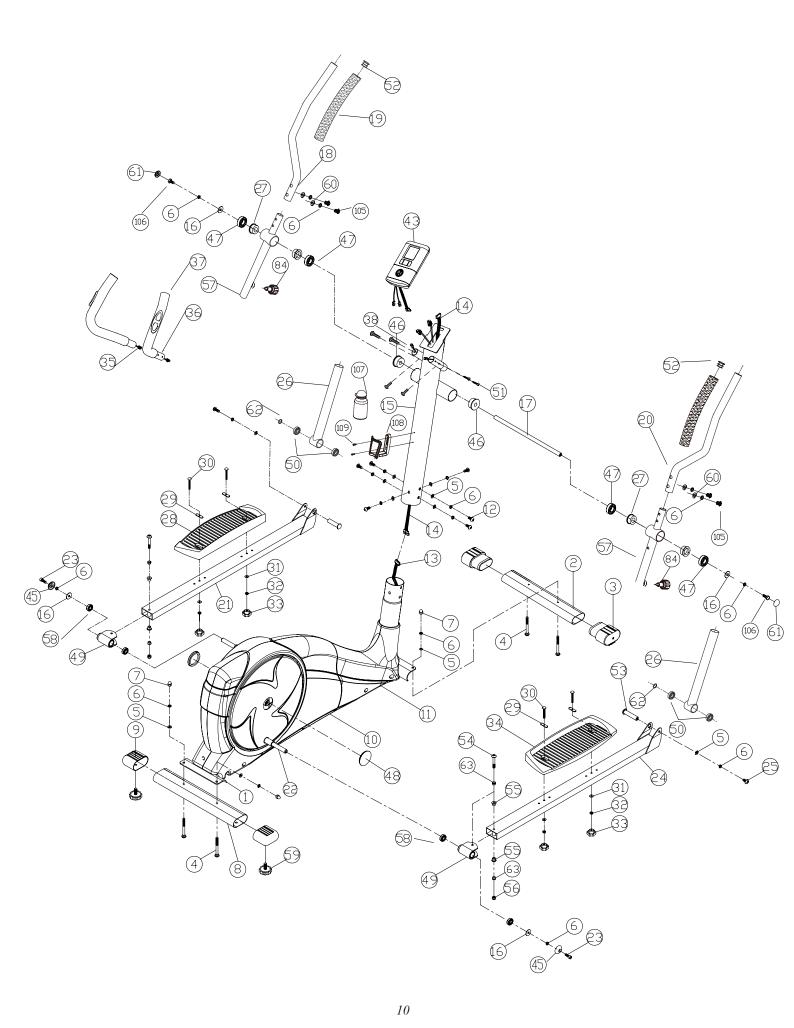
Connect wires of computer [43] and attach it on handle bar post [15] ,then using screw to tighten it.

Attach water bottle housing [108] onto to handle bar post [15] and using screw [109] to fix it.

Put water bottle on.



If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999. Free call number 1300 796 636

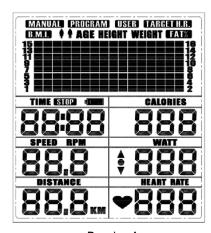


If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999. Free call number 1300 796 636

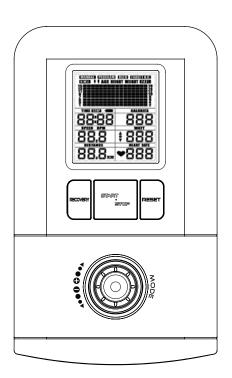
2	NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
3 FRONT FOOT COVER (L&R) 2 56 M8 NYLOCK NUT 3 4 M8*52mm CARRIAGE BOLT 4 57 CONNECT TUBE 2 5 M8 WASHER (1=1.2) 10 58 BEARING 4 6 M8 SPRING WASHER 18 59 ROUND SCREW FOR ADHIEGH 2 7 M8 CAP NUT 4 60 WASHER 4 8 REAR FOOT 1 1 61 END CAP 2 9 REAR FOOT COVER 2 2 62 WASHER 2 10 CHAIN COVER (L&R) 2 63 M6*10mm SCREW 2 11 FRONT CHAIN COVER (L&R) 2 64 SENSOR BRACKET 1 12 M8*15mm ALLEN HEAD SCREW 6 65 SENSOR 1 13 COMPUTER LOWER CABLE 1 66 96-32 I2mm SCREW 1 14 COMPUTER UPPER CABLE 1 67 END CAP 1 15 HANDLEBAR ROST 1 68 WIRE ROD 1 16 WASHER MS OD 28mm 4 69 SMALL SPRING 1 17 AXLE SUPPORT 1 70 M8*25MM HEX HEAD BOLT 1 18 HANDLE BAR (L) 1 71 MAGNETIC HOLDER 1 19 HANDLEBAR FOAM GRIPS 2 72 BEARRING <003/272 4 A SALE FOR PULLEY 1 20 HANDLE BAR (R) 1 73 CLIP CIT ∞ ID 15.7 mm> 3 21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*25mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 1 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 1 81 SPACER SLEEVE 1 28 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 3 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (1-1.5) 4 84 POP PIN 2 32 SPRING WASHER 1 83 SPACER SLEEVE 1 3 33 KNOB DAWL 4 86 SPRING BRACKET 1 1 34 KORD DAWL 4 86 SPRING BRACKET 1 1 35 HAND PULSE 2 99 BEARING <000 ZZ 2 2 3 3 4 MAGNETIC HOLDER BRACKET 1 1 36 SMALL HANDLEBAR RACKET 1 99 LUT WIN THE LEAD SCREW 1 1 37 FOAM GRIP 2 99 BEARING <000 ZZ 2 2 3 M6*14mm HEX HEAD SCREW 1 3 38 HAND PULSE 2 99 BEARING <000 ZZ 2 3 5 PRING WASHER (1-1.5) 4 84 POP PIN 2 4 5 PRING SCREW 1 1 87 PRING SCREW 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1	BASE FRAME	1	54	ALLEN HEAD BOLT M8 * 50 mm	2
4 M8*52mm CARRIAGE BOLT 4 57 CONNECT TUBE 2 5 M8 WASHER (=1.2) 10 58 BEARING 6 M8 SPRING WASHER 18 59 ROUND SCREW FOR ADJHEIGH 2 7 M8 CAP NUT 4 60 WASHER 4 8 REAR FOOT 1 1 61 END CAP 2 9 REAR FOOT COVER 2 6.2 WASHER 2 10 CHAIN COVER (L&R) 2 6.3 M6*10mm SCREW 2 11 FRONT CHAIN COVER (L&R) 2 6.4 SENSOR BRACKET 1 12 M8*15mm ALLEIN HEAD SCREW 6 6.5 SENSOR BRACKET 1 13 COMPUTER LOWER CABLE 1 6.6 96-32 12mm SCREW 1 14 COMPUTER UPPER CABLE 1 6.6 96-32 12mm SCREW 1 15 HANDLEBAR FOST 1 6.8 WIRE ROD 1 16 WASHER MS OD 28mm 4 6.69 SMALL SPRING 1 17 AXLE SUPPORT 1 70 M8*52MM HEX HEAD BOLT 1 18 HANDLE BAR (L) 1 71 MACINETIC HOLDER 1 19 HANDLEBAR FOAM GRIPS 2 72 BEARING <203Z2> 44 14 PEDAL TUBE WELDMENT (L) 1 73 CLIP CIT <10 15.7 mm> 3 17 EPEDAL TUBE WELDMENT (L) 1 75 MAGNET 1 12 M8*25mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 SPACER SLEEVE 1 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 88 DLARGE SPRING 1 1 28 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 83 MACINETIC HOLDER BRACKET 1 31 MA WASHER (E.1.5) 4 4 84 POP PIN 1 32 SPRING WASHER 1 88 BRACKET 1 1 33 KNOB DAWL 4 86 SPRING 1 1 34 PEDAL (L) 1 81 SPACER SLEEVE 3 35 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 36 M6*35mm CARRIAGE BOLT 4 83 MACINETIC HOLDER BRACKET 1 37 FOAM GRIP 2 90 BEARING <6001Z> 29 WASHER FOR PEDAL 4 85 BRACKET 1 31 MAOD FULSE 2 90 BEARING <6001Z> 29 WASHER FOR PEDAL 4 86 SPRING BRACKET 1 31 MAOD FULSE 2 90 CLIP CI2-CI II.1mm> 1 34 HANDLEBAR BRACKET 1 99 MIN WASHER (I=1.5) 2 9 35 SPACER SLEEVE 1 1 36 SMALL HANDLEBAR BRACKET 1 99 MIN WASHER (I=1.5) 1 1 37 FOAM GRIP 2 90 BEARING <6001Z> 38 HAND FULSE 2 90 CREW MS*12 mm 1 1 39 SPACER SLEEVE 1 1 30 SMALL HANDLEBAR BRACKET 1 99 MIN WASHER (I=1.5) 1 1 31 MAOD FULSE 2 90 CREW MS*12 mm 1 1 32 SPRING WASHER 1 1 99 SRETT 1 1 34 BAND FULSE 2 90 CREW MS*12 mm 1 1 35 SPRING WASHER (I=1.5) 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2	FRONT FOOT	1	55	PLASTIC PAD	4
5	3	FRONT FOOT COVER (L&R)	2	56	M8 NYLOCK NUT	3
6 M8 SPRING WASHER 18 59 ROUND SCREW FOR ADJHEIGH 2 7 M8 CAP NUT 4 60 WASHER 48 8 REAR FOOT 1 1 61 END CAP 2 9 REAR FOOT 2 2 62 WASHER 2 10 CHAIN COVER (L&R) 2 63 M6*10mm SCREW 2 11 FRONT CHAIN COVER (L&R) 2 64 SENSOR BRACKET 1 12 M8*15mm ALLEN HEAD SCREW 6 65 SENSOR 1 13 COMPUTER LOWER CABLE 1 66 6-32 12mm SCREW 1 14 COMPUTER UPPER CABLE 1 66 6-32 12mm SCREW 1 15 HANDLEBAR FOST 1 68 WIRE ROD 1 16 WASHER MS OD 28mm 4 69 SMALL SPRING 1 17 ALL E SUPPORT 1 70 M8*52MM HEX HEAD BOLT 1 18 HANDLE BAR (L) 1 71 MAGNETIC HOLDER 1 19 HANDLEBAR FOAM GRIPS 2 72 BEARING <0203Z/≥ 4 20 HANDLE BAR (R) 1 73 CLIP CIT <101 S.7 mm≥ 3 21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 WASHER FOR PEDAL 4 88 M6*15mm SCREW 3 33 KNOB DAWL 4 88 PRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 11. 36 SMALL HANDLEBAR 1 99 SPACER SLEEVE 1 37 FOAM GRIP 2 90 SPACER SLEEVE 1 38 HAND PULSE 2 88 FLYWHEEL 11. 39 SMALL HANDLEBAR 1 99 SPACER SLEEVE 1 40 PEDAL (R) 1 87 M6*15mm SCREW 1 41 M6 WASHER (=1.5) 4 84 POP PIN 2 42 PEDAL (R) 1 87 M6*15mm SCREW 1 43 PEDAL (R) 1 87 M6*15mm SCREW 1 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 99 SCREW M5*12 mm 1 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 99 GCREW M5*12 mm 1 47 M6*12mm SCREW 4 95 BELT 1 48 FLYWHEEL AXLE 1 1 49 BARRING 4 91 MIN WASHER (=1.5) 2 2 49 FEDAL (R) 1 87 M6*15mm SCREW 1 49 PEDAL FRANC 4 99 CLIP C3-CID Ф4.7 mm> 1 40 M6 W14COK NUT 4 99 MIN WASHER (=1.5) 2 2 40 FLUG AXLE SUPPORT (Ф48.4mm) 2 99 CLIP C3-CID Ф4.7 mm> 1 40 M6 W14COK NUT 4 99 MIN WASHER (=1.5) 2 2 40 FLUG AXLE SUPPORT (Ф48.4mm) 2 99 CLIP C3-CID Ф4.7 mm> 1 41 M6 W14COK NUT 4 99 MIN WIN WIN W17 W18	4	M8*52mm CARRIAGE BOLT	4	57	CONNECT TUBE	2
7 M8 CAP NUT 4 60 WASHER 4 8 REAR FOOT 1 61 END CAP 2 9 REAR FOOT COVER 2 62 WASHER 2 10 CIAIN COVER (L&R) 2 64 SENSOR BRACKET 1 11 FRONT CHAIN COVER (L&R) 2 64 SENSOR BRACKET 1 12 M8*15mm ALLEN HEAD SCREW 6 65 SENSOR 1 13 COMPUTER LOWER CABLE 1 66 76-32 12mm SCREW 1 14 COMPUTER UPPER CABLE 1 66 76-32 12mm SCREW 1 15 HANDLEBAR POST 1 68 WIRE ROD 1 16 WASHER MS 0D 28mm 4 69 SMALL SPRING 1 17 ALE SUPPORT 1 70 M8*52MM HEX HEAD BOLT 1 18 HANDLE BAR (L) 1 71 MACONETT HOLDER 1 20 HANDLE BAR (R) 1 73 CLI	5	M8 WASHER (t=1.2)	10	58	BEARING	4
8 REAR FOOT 1 1 61 END CAP 2 2 9 REAR FOOT COVER 2 62 WASHER 2 10 CHAIN COVER (L&R) 2 63 M6*10mm SCREW 2 11 FRONT CHAIN COVER (L&R) 2 64 SENSOR BRACKET 1 1 1 60 SENSOR 1 1 1 7 SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR 1 1 7 SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR 1 1 7 SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR SENSOR 1 1 7 SENSOR SEN	6	M8 SPRING WASHER	18	59	ROUND SCREW FOR ADJHEIGH	2
9 REAR FOOT COVER 2 63 WASHER 2 2 10 CHAIN COVER (L&R) 2 63 M6*10mm SCREW 2 2 11 FRONT CHAIN COVER (L&R) 2 64 SENSOR BRACKET 1 1 2 M8*15mm ALLEN BEAD SCREW 6 65 SENSOR 1 1 1 66 #6-32 12mm SCREW 1 1 66 #6-32 12mm SCREW 1 1 66 #6-32 12mm SCREW 1 1 6 MORDER UPPER CABLE 1 6 #6-32 12mm SCREW 1 1 6 WIRE ROD 1 1 6 WASHER MS OD 28mm 4 6 9 SMALL SPRING 1 1 70 M8*52MM HEX HEAD BOLT 1 1 7 MASHER MS OD 28mm 4 6 9 SMALL SPRING 1 1 7 MASHER MS OD 28mm 4 6 9 SMALL SPRING 1 1 7 MASHER FOAM GRIPS 2 7 BEARING *6203ZZZ 4 4 1 MADLE BAR (L) 1 7 MAGNETIC HOLDER 1 1 MADLE BAR (L) 1 7 MAGNETIC HOLDER 1 1 MADLE BAR (R) 1 7 MAGNETIC HOLDER 1 1 MADLE BAR (R) 1 7 MAGNETIC HOLDER 1 1 MADLE BAR (R) 1 7 MAGNETIC HOLDER 1 1 MADLE BAR (R) 1 7 MAGNETIC HOLDER 1 1 MAGNETIC HOLDER 1 1 MADLE BAR (R) 1 7 MAGNETIC HOLDER 1 1 MAGNETIC HOLDER BRACKET 1 1 MAGNETIC HOLDER BRACKET 1 MAGNETIC HO	7	M8 CAP NUT	4	60	WASHER	4
10 CHAIN COVER (L&R)	8	REAR FOOT	1	61	END CAP	2
11 FRONT CHAIN COVER (L&R)	9	REAR FOOT COVER	2	62	WASHER	2
12 M8*15mm ALLEN HEAD SCREW	10	CHAIN COVER (L&R)	2	63	M6*10mm SCREW	2
13 COMPUTER LOWER CABLE	11	FRONT CHAIN COVER (L&R)	2	64	SENSOR BRACKET	1
14 COMPUTER UPPER CABLE	12	M8*15mm ALLEN HEAD SCREW	6	65	SENSOR	1
15	13	COMPUTER LOWER CABLE	1	66	#6-32 12mm SCREW	1
16	14	COMPUTER UPPER CABLE	1	67	END CAP	1
17 AXLE SUPPORT 1 70 M8*52MM HEX HEAD BOLT 1 18 HANDLE BAR (L) 1 71 MAGNETIC HOLDER 1 19 HANDLE BAR (R) 1 73 CLIP C17 < TD 15.7mm> 3 20 HANDLE BAR (R) 1 73 AXLE FOR PULLEY 1 21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*18mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 <td>15</td> <td>HANDLEBAR POST</td> <td>1</td> <td>68</td> <td>WIRE ROD</td> <td>1</td>	15	HANDLEBAR POST	1	68	WIRE ROD	1
18 HANDLE BAR (L) 1 71 MAGNETIC HOLDER 1 19 HANDLEBAR FOAM GRIPS 2 72 BEARING <6203ZZ> 4 20 HANDLE BAR (R) 1 73 CLIP C17 <id 15.7mm=""> 3 21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 30 M6*55mm CARRIAGE BOLT 4 82 M6*14mm HEX HEAD SCREW 3 31 M6*55mm CARRIAGE BOLT 4 83 MAGNET 1 32 SPRING WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12<id 11.1mm=""> 2 39 SMALL HANDLEBAR 1 99 SHALL HANDLEBAR RACKET 1 94 M10 WASHER (=1.5) 1 44 M6 NYLOCK NUT 4 93 M10 WASHER (=1.5) 2 45 END CAP 2 96 SCREW M5*12 mm 14 46 NYLOCK NUT 4 93 M10 WASHER (=1.6) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BRACKET 1 92 HIND WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8*25 mm SCREW 2 52 HANDLEBAR PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id></id></id>	16	WASHER M8 OD 28mm	4	69	SMALL SPRING	1
18 HANDLE BAR (L) 1 71 MAGNETIC HOLDER 1 19 HANDLEBAR FOAM GRIPS 2 72 BEARING <6203ZZ> 4 20 HANDLE BAR (R) 1 73 CLIP C17 <id 15.7mm=""> 3 21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 30 M6*55mm CARRIAGE BOLT 4 82 M6*14mm HEX HEAD SCREW 3 31 M6*55mm CARRIAGE BOLT 4 83 MAGNET 1 32 SPRING WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12<id 11.1mm=""> 2 39 SMALL HANDLEBAR 1 99 SHALL HANDLEBAR RACKET 1 94 M10 WASHER (=1.5) 1 44 M6 NYLOCK NUT 4 93 M10 WASHER (=1.5) 2 45 END CAP 2 96 SCREW M5*12 mm 14 46 NYLOCK NUT 4 93 M10 WASHER (=1.6) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BRACKET 1 92 HIND WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8*25 mm SCREW 2 52 HANDLEBAR PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id></id></id>	17	AXLE SUPPORT	1	70	M8*52MM HEX HEAD BOLT	1
19 HANDLEBAR FOAM GRIPS 2 72 BEARING <6203ZZ> 4 20 HANDLE BAR (R) 1 73 CLIP C17 <id 15.7mm=""> 3 21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (t=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.5) 2 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 42 M6*12mm SCREW 4 95 BELT 1 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 CROSS FRAME(L) 1 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 FLUG AXLE SUPPORT (Ф48.4mm) 2 97 CROSS FRAME(L) 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 *25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id></id></id>			1	71		1
21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 <t< td=""><td>19</td><td>HANDLEBAR FOAM GRIPS</td><td>2</td><td>72</td><td>BEARING <6203ZZ></td><td>4</td></t<>	19	HANDLEBAR FOAM GRIPS	2	72	BEARING <6203ZZ>	4
21 PEDAL TUBE WELDMENT (L) 1 74 AXLE FOR PULLEY 1 22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 <t< td=""><td></td><td></td><td>_</td><td>73</td><td></td><td>3</td></t<>			_	73		3
22 CROSS FRAME(R) 1 75 MAGNET 1 23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 82 M6*14mm HEX HEAD SCREW 3 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL AXLE	21	. ,	1	74	AXLE FOR PULLEY	1
23 M8*20mm HEX HEAD BOLT 2 76 PULLEY 1 24 PEDAL TUBE WELDMENT (R) 2 77 SAFE BRACKET 1 25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL	22	. ,	1	75	MAGNET	1
25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 33 30 M6*55mm CARRIAGE BOLT 4 82 M6*14mm HEX HEAD SCREW 3 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2</id>		` /	2	76		1
25 M8*25mm HEX HEAD BOLT 2 78 M6*18mm SCREW 4 26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 84 POP PIN 2 31 M6 WASHER (t=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2	24		2	77		1
26 SWIVL TUBE 2 79 SPACER SLEEVE 1 27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 33 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""></id>	25	. ,		78		4
27 END CAP 4 80 LARGE SPRING 1 28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 84 POP PIN 2 31 M6 WASHER (t=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5)</id>	26		2	79		1
28 PEDAL (L) 1 81 SPACER SLEEVE 3 29 WASHER FOR PEDAL 4 82 M6*14mm HEX HEAD SCREW 3 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (t=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 <td< td=""><td>27</td><td>END CAP</td><td>4</td><td>80</td><td>LARGE SPRING</td><td>1</td></td<></id>	27	END CAP	4	80	LARGE SPRING	1
29 WASHER FOR PEDAL 30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 11 31 M6 WASHER (t=1.5) 4 84 POP PIN 22 32 SPRING WASHER 4 85 BRACKET 11 33 KNOB DAWL 4 86 SPRING BRACKET 11 34 PEDAL (R) 1 87 M6*15mm SCREW 1 1 35 HAND PULSE 2 88 FLYWHEEL 1 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 2 91 CLIP C12 <id 11.1mm=""> 2 2 2 91 CLIP C12<id 11.1mm=""> 2 2 91 M10 WASHER (t=1.5) 2 92 M10 WASHER (t=1.5) 2 93 M10 WASHER (t=1.5) 2 94 M10 WASHER (t=1.5) 2 95 SCREW M5*12 mm 2 96 SCREW M5*12 mm 2 97 CROSS FRAME(L) 3 1 BEARING 4 98 TURNING PEDAL (R) 4 101 SERVO MOTOR 1 1 SCREW 4 101 SERVO MOTOR 1 1 SCREW 5 1 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 1 SCREW 5 1 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 1 SERVO MOTOR 1 1 SCREW 5 1 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 1 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 105 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 3 1 SCREW 3 1 TURNING PEDAL (L) 3 1 TURNING PEDAL (L) 3 1 TURNING PEDAL (L) 4 1 TURNING PEDAL (L) 5 1 TURNING PEDAL (L) 5 1 TURNING PEDAL (L)</id></id>			1	81		3
30 M6*55mm CARRIAGE BOLT 4 83 MAGNETIC HOLDER BRACKET 1 31 M6 WASHER (t=1.5) 4 84 POP PIN 2 32 SPRING WASHER 4 85 BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5*12 mm 14 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8*25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id></id>	29	. ,	4	82	M6*14mm HEX HEAD SCREW	3
31 M6 WASHER (t=1.5)	30		4	83	MAGNETIC HOLDER BRACKET	1
32 SPRING WASHER 4 86 SPRING BRACKET 1 33 KNOB DAWL 4 86 SPRING BRACKET 1 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 1 45 END CAP 2 96 SCREW M5 * 12 mm 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PEDAL TUBE WELDMENT SHAFT 3 PEDAL TUBE WELDMENT SHAFT 4 PLOYER TO SERVE 4 PLYWHELL 5 PROCKET 5</id>			4	84	POP PIN	2
33 KNOB DAWL 34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 1 45 END CAP 2 96 SCREW M5 * 12 mm 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2 PETAL TORSON TORS</id>		` ′	4			1
34 PEDAL (R) 1 87 M6*15mm SCREW 1 35 HAND PULSE 2 88 FLYWHEEL 1 36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5 * 12 mm 1-4 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 <td< td=""><td>33</td><td></td><td></td><td>86</td><td></td><td>1</td></td<></id></id>	33			86		1
35			+			1
36 SMALL HANDLEBAR 1 89 FLYWHEEL AXLE 1 37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5 * 12 mm 14 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102</id></id>		. ,				1
37 FOAM GRIP 2 90 BEARING <6001ZZ> 2 38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5 * 12 mm 14 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103</id></id>			+			1
38 HAND PULSE 2 91 CLIP C12 <id 11.1mm=""> 2 39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5*12 mm 1 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8*25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2</id></id>			+			2
39 SMALL HANDLEBAR BRACKET 1 92 M10 WASHER (t=1.0) 1 41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5 * 12 mm 14 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id>			+			2
41 M6 NYLOCK NUT 4 93 M10 WASHER (t=1.5) 2 2 3/8" WH NUT 2 2 44 M5*12mm SCREW 4 95 BELT 1 1 45 END CAP 2 96 SCREW M5*12 mm 4 6 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 51 SCREW 6 102 M8*25 mm SCREW 52 HANDLEBAR END CAP 53 PEDAL TUBE WELDMENT SHAFT 5 104 SAFE COVER 5 2 104 SAFE COVER</id>			1	92		1
43 COMPUTER 1 94 3/8" WH NUT 2 44 M5*12mm SCREW 4 95 BELT 1 1 45 END CAP 2 96 SCREW M5*12 mm 1 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 51 SCREW 6 102 M8*25 mm SCREW 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER</id>			+		, ,	2
44 M5*12mm SCREW 4 95 BELT 1 45 END CAP 2 96 SCREW M5 * 12 mm 14 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 152 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id>			_		` /	2
45 END CAP 2 96 SCREW M5 * 12 mm 14 46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2 2</id>						1
46 PLUG AXLE SUPPORT (Φ48.4mm) 2 97 CROSS FRAME(L) 1 47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id>						14
47 BEARING 4 98 TURNING PEDAL (R) 1 48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id>						1
48 TURNING PLATE COVER 2 99 CLIP C5 <id mm="" φ4.7=""> 1 49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2</id>			+		` '	1
49 PEDAL FIX BKT 2 100 DRIVE WIRE ROD WHEEL 1 50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2			+		. ,	1
50 BEARING 4 101 SERVO MOTOR 1 51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2			+			1
51 SCREW 6 102 M8 * 25 mm SCREW 2 52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2			+			1
52 HANDLEBAR END CAP 2 103 TURNING PEDAL (L) 1 53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2			+			2
53 PEDAL TUBE WELDMENT SHAFT 2 104 SAFE COVER 2			+			1
			_			2
Job BCREW 7			+ -			4
106 SCREW 2			+			2

I. To operate the monitor

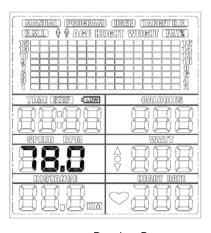
A. To have power supply connected to the monitor.



Drawing A



- A-1. You may select different training mode of MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons. Press MODE to confirm. Or, you may press ST/STOP button to start training directly. (In this case, the I training mode is in MANUAL automatically. In a fresh monitor, if you start in this mode, all function datas start counting I up from zero once the training starts. If you have ever preset any function target, once you start training, the monitor will count from your last preset target down.
- A-3. During training, you may adjust resistance by pressing UP, DOWN buttons.
- B. Training in MANUAL mode press UP button to select MANUAL show up on the upper line, press MODE to confirm.



Drawing B



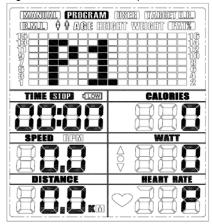
Drawing C

- B-1 You may press ST/STOP button to start training directly(b2), or you may press UP, DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust training resistance during training.
- B-2 After adjustment of the training resistance, you may set each function data target by pressing UP,DOWN, and MODE buttons. The functions preset available are:Time,Distance,Calories, and Pulse in MANUAL mode.
- B-3 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.
- B-4 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.
- B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.

12

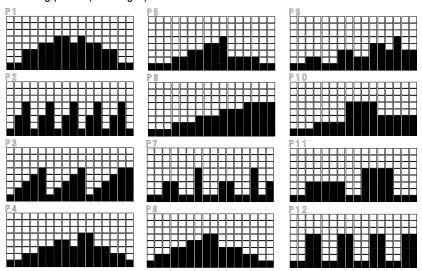
If you have any questions, please contact The Fitness Generation, +61 (03) 9765 9999.

- B-6 During all training period, you may press ST/STOP to stop monitor counting anytime.
- C. Training in PROGRAM mode press UP button to select PROGRAM show up on the upper line, press MODE to confirm.



Drawing D

C-1 The initial set program profile is P1. There are 12 profiles for training. You may press UP/DOWN button to select training profile.(Drawing E)



Drawing E

- C-2 You may press ST/STOP button to start training directly, or you may press UP, DOWN buttons to adjust resistance level . During adjustment, you will see the display changes when you press UP or DOWN button twice.
- C-3 After adjustment of the training resistance, you may set each function datas target by pressing UP,DOWN, and MODE buttons. The functions preset available are: Time, Distance, Calories, Pulse in PROGRAM mode .
- C-4 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.
- C-5 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.
- C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.
- C-7 During all training period, you may press ST/STOP to stop monitor counting anytime.

D. Training in USER mode - press UP button to select USER show up on the upper line, press MODE to confirm. (Drawing F)



Drawing F

- D-1 You may press ST/STOP button to start training directly, or you may press UP, DOWN buttons to adjust resistance level of profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust resistance during training.
- D-2 After adjustment of the training resistance, you may set each function datas target by pressing UP,DOWN, and ENTER buttons. The functions preset available are: Time, Distance, Calories, Pulse in USER mode.
- D-3 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.
- D-4 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.
- D-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.
- D-6 During all training period, you may press ST/STOP to stop monitor counting anytime.
- E. Training in TARGET H.R. mode press UP button to select TARGET H.R. show up on the upper line, press MODE to confirm. (The monitor will first display initial set AGE 20. Please input your age by pressing UP, DOWN, and ENTER button. The monitor will display initial target heart rate percentage 55%(Drawing G). You may press UP button to select 75%, 90% or THR f further selection. The right lower field of the display will show a target heart rate figure which is calculated according to your agd and selected heart rate percentage by the monitor automatically. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right lower field of the display. You may press MODE button and use UP, DOWN buttons to set your target, the setting range could be 30 to 240 bpm.



Drawing G

E-1 You may press ST/STOP button to start training directly. Or, you may set each function datas target by pressing

- UP, DOWN, and MODE buttons. The functions preset available are: Time, Distance, Calories in TARGET H.R. mode.
- E-2 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. Once you are training in TARGET H.R. mode, the training resistance will be auto-adjusted depends on your current heart beat. If your heart beat is very high compare to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level per 15 seconds by monitoring your current heart beat change. Once the training resistance is dropped to level one but your heart beat is still high, the monitor will stop all functions automatically as a protect action. If your heart beat is very low compare to the preset target, the training resistance will increase one level per 30 seconds till level 16. You could not adjust training resistance by yourself when you are training in Target H.R. mode.
- E-3 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.
- E-4 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.
- E-5 During all training period, you may press ST/STOP to stop monitor counting anytime.

II. Button Functions

UP To make upward adjustment to each function datas or increase training resistance or select personal data setting.

DOWN To make backward adjustment to each function datas or decrease training resistance or select personal data setting.

MODE To enter functions or datas input.

RECOVERY To act heart rate recovery function.

RESET To reset current setting and have the monitor switch to initial training mode for selection.

START/STOP To start or stop training.

III. Functions

SCAN When you start training, RPM and SPEED will scan display to each other on the lower field.

SPEED Displays current training SPEED from 0.0 to maximum 99.9 km or ml.

RPM Displays current training rotation per minute.

TIME Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second.

Count down - If training with preset Time, Time will cound down from preset to 00:00. Each preset increment

or decrement is 1 minute between 1:00 to 99:00.

DISTANCE Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 KM

Count down - If training with preset target, Distance will cound down from preset to 0.00. Each preset

increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

CALORIES Count up - No preset target, Calories will count up from 0 to maximum 999 with each 1 cal increment.

Count down - If training with preset target, Calories will count down from preset to 0. Each preset increment

or decrement is 10 cal from 0 to 990 cal.

PULSE To display your current heart beat figures as soon as the pulse sensor has been touched. The monitor will

detect your heart beat through handgrip sensors once you hold on both hands. Once you have preset target pulse when training in Manual, Program, User mode, the monitor starts to beep when your current heart beat is achieved to the preset target. You may also select Target Heart Rate training mode for training. Please refer above "Training in Target Heart Rate " mode. To ensure the heart rate readout is stable, please hold

both hands on the handgrip sensors during training.

RECOVERY After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function

display will stop except "Time" starts counting down from 00:60-- 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day

by day from F6 up to F1.

** Press the RECOVERY button again to return the main display.

IV. Note

- 1. The monitor will shut off automatically if you stop training or buttons operationg for 4 5 minutes. All training datas will be kept and appear when you press any button again.
- 2. The monitor power on with an AC adaptor (DC 9V, 500mA)

15

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

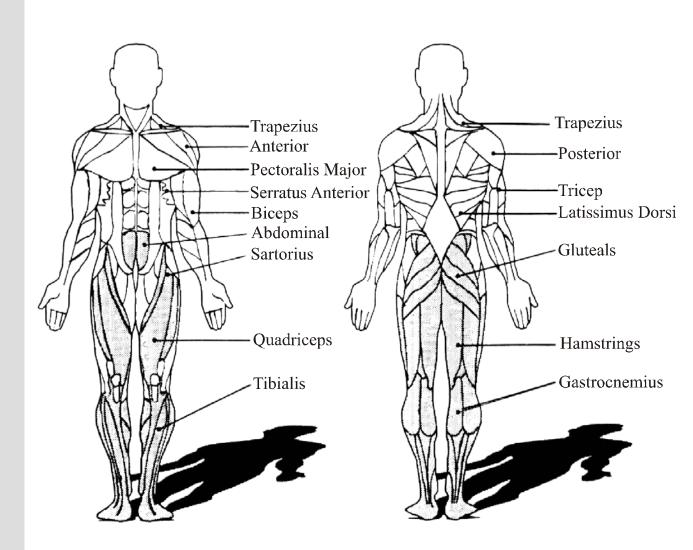
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout. These muscle groups are highlighted on the muscle chart below.



16

If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999.

Quadriceps Stretch

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

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.

WARM UP



