

SPIRIT



CR800 ENT
Recumbent Bike



CU800 ENT
Upright Bike

OWNER'S MANUAL

Please carefully read this entire manual before operating your new Bike.

Table of Contents

Important Safety Instructions.....	2
Important Operation Instructions.....	3
Recumbent Assembly Instructions.....	4
Upright Assembly Instructions.....	11
Features.....	17
Operation of Your New Bike.....	18
Recumbent Exploded View Diagram.....	38
Recumbent Parts List.....	39
Upright Parts List.....	43
Upright Exploded Diagram.....	44

Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.


Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual, if you experience any difficulty, please contact our website.

NOTE:

Article number: CU800 ENT


Use: Studio use

Max. user's weight.:150 kg


Upright Bike
Model: CU800 ENT
Rating: 120Vac, 60Hz, 5A
Date code:

WARNING: RISK OF ELECTRICAL SHOCK AND MOVING PARTS. DISCONNECT POWER BEFORE REMOVING ENCLOSURE.
MISE EN GARDE: PIÈCES MOBILES. RISQUE DE SECOUSSE ÉLECTRIQUE. DÉBRANCHER AVANT D'ENLEVER L'EMBOÎTEMENT.

Studio use
Usage en Atelier
Made In Taiwan
Fabriqué à Taiwan



C US

NOTE:

Article number: CR800 ENT


Use: Studio use

Max. user's weight.:150 kg


Recumbent Bike
Model: CR800 ENT
Rating: 120Vac, 60Hz, 5A
Date code:

WARNING: RISK OF ELECTRICAL SHOCK AND MOVING PARTS. DISCONNECT POWER BEFORE REMOVING ENCLOSURE.
MISE EN GARDE: PIÈCES MOBILES. RISQUE DE SECOUSSE ÉLECTRIQUE. DÉBRANCHER AVANT D'ENLEVER L'EMBOÎTEMENT.

Studio use
Usage en Atelier
Made In Taiwan
Fabriqué à Taiwan


C US

WARNING: The equipment shall be installed on a stable base and properly leveled.

Dyaco International Inc.

Head Office:12F, No.111, Songjiang Road, Taipei 104, Taiwan

Tel:+886-2-2515-2288 Fax:+886-2-2515-9963

Factory: No 1, Gong 1ST Road, Cyuan Sing Industrial Park

Hemei Town, Changhua County 508, Taiwan

Tel:+886-4-7977-888 Fax:+886-4-7977-999

Important Safety Instructions

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your bike from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the bike on a flat level surface with access to a 120-volt, 15-amp grounded outlet with only the bike plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER. WITH ONLY ONE OUTLET ON THE END.

- Do not operate bike on deeply padded, plush or shag carpet. Damage to both carpet and bike may result.
- Keep children away from the bike. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the bike if it has a damaged cord or plug. If the bike is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position and then remove the plug from the outlet.
- Do not attempt to use your bike for any purpose other than for the purpose it is intended.
- The hand 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 bike. Quality athletic shoes are recommended to avoid leg fatigue.

CAUTION:

To assure continued FCC compliance:

- 1. Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.**
- 2. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance of 20 cm between the radiator and your body.**
- 3. Keep children under the age of 13 away from this machine.**

SAVE THESE INSTRUCTIONS - THINK SAFETY!

MODEL: WB001

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

Cet appareil radio est conforme au CNR d'Industrie Canada. L'utilisation de ce dispositif est autorisée seulement aux deux conditions suivantes :

(1) il ne doit pas produire de brouillage, et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

Cet équipement est conforme aux limites d'exposition aux rayonnements IC établies pour un environnement non contrôlé.

Cet équipement doit être installé et utilisé avec un minimum de 20 cm de distance entre la source de rayonnement et votre corps.

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your bike may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this bike to rain or moisture. This product is **NOT** designed for use out-doors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Important Operation Instructions

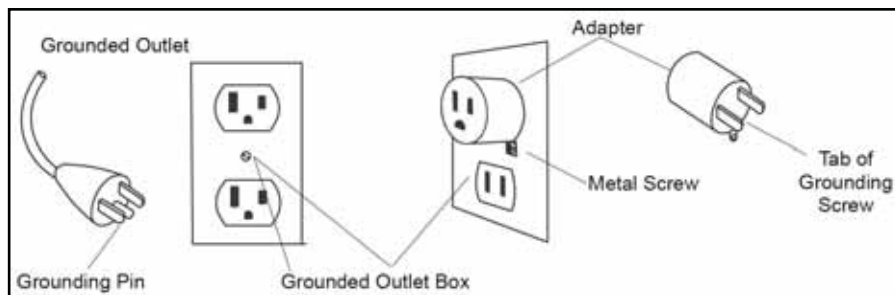
- **NEVER** operate this Bike without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your bike during an electrical storm. Surges may occur in your household power supply that could damage bike components. Unplug the bike during an electrical storm as a precaution.
- Use caution while participating in other activities while pedaling on your bike; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.
- Always hold on to a handle bar while making control changes.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

Grounding Instructions

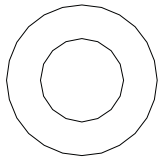
This product must be grounded. If the bike's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

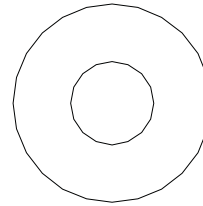
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



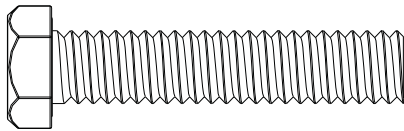
Assembly Pack Check List For RECUMBENT



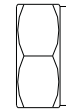
#77 - 3/8"x19
Flat Washer (6pcs)



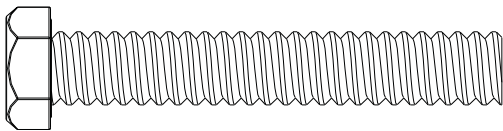
#84 - 3/8" x 25
Flat Washer (4pcs)



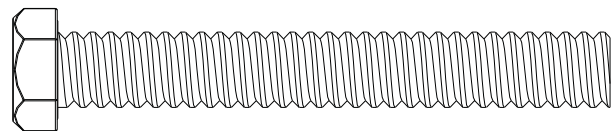
#71 - 3/8" x 2"
Hex Head Bolt (4pcs)



#89 - 3/8"
Nylon Nut (6pcs)

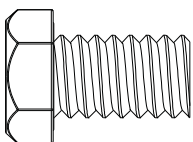


#65 - 3/8" x 2-1/4"
Hex Head Bolt (4pcs)

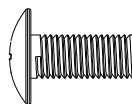


#175 - 3/8" x 2-3/4"
Hex Head Bolt (2pcs)

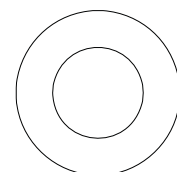
Step 2



#176 - 3/8" x 3/4"
Hex Head Bolt (6pcs)

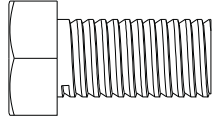


#136 - M5 x 15mm
Phillips Head Screw (4pcs)

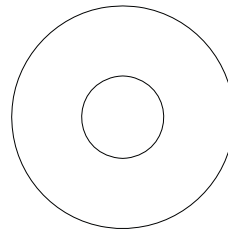


#77 - 3/8"x19
Flat Washer (6pcs)

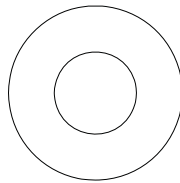
Step 3



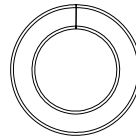
#68 - 5/16" x 5/8"
Hex Head Bolt (8pcs)



#83 - 5/16" x 19
Curved Washer (2pcs)

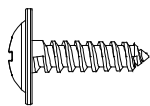


#76 - 5/16" x 18
Flat Washer (6pcs)

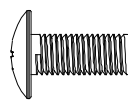


#82 - 5/16"
Split Washer (2pcs)

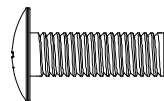
Step 4



#105 - 4 x 16mm
Self Tapping Screw (4pcs)

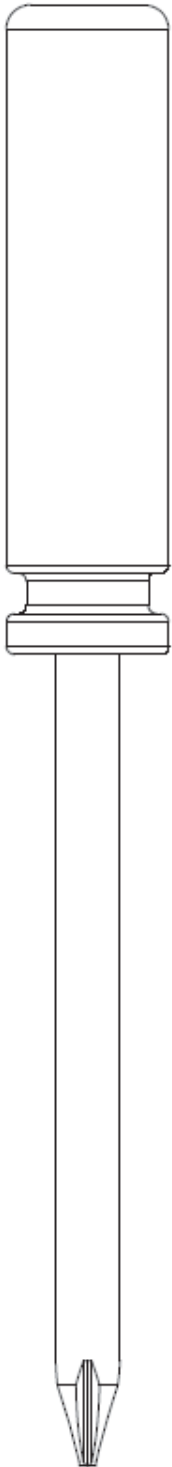


#99 - M5 x 12mm
Phillips Head Screw (10pcs)

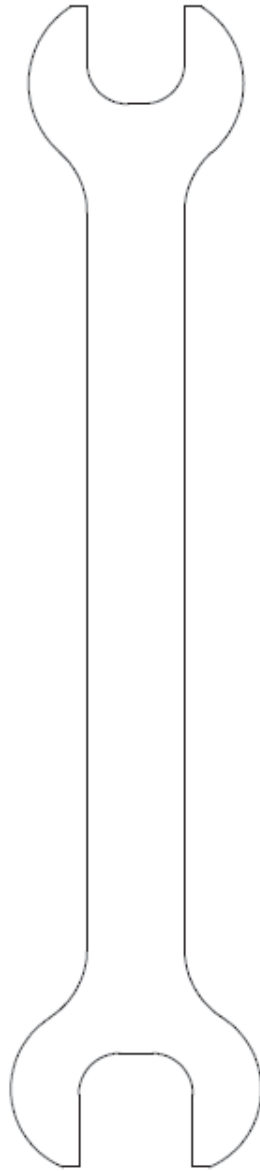


#186 - M6 x 18mm
Phillips Head Screw (4pcs)

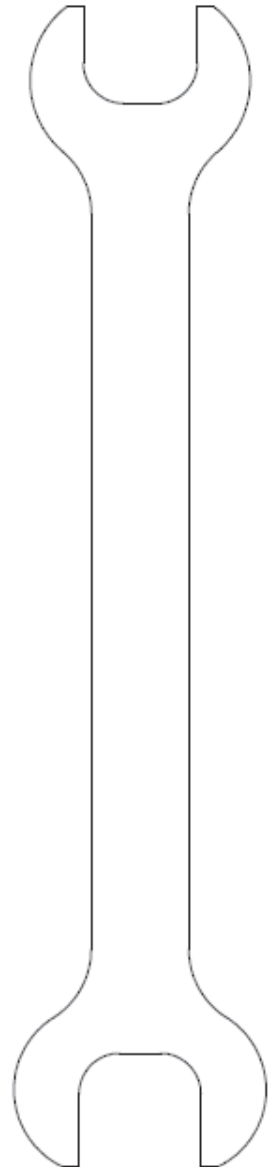
Tools



#114 - Phillips Screw Driver (1 pc)



#112 - 12/14mm Wrench (1 pc)

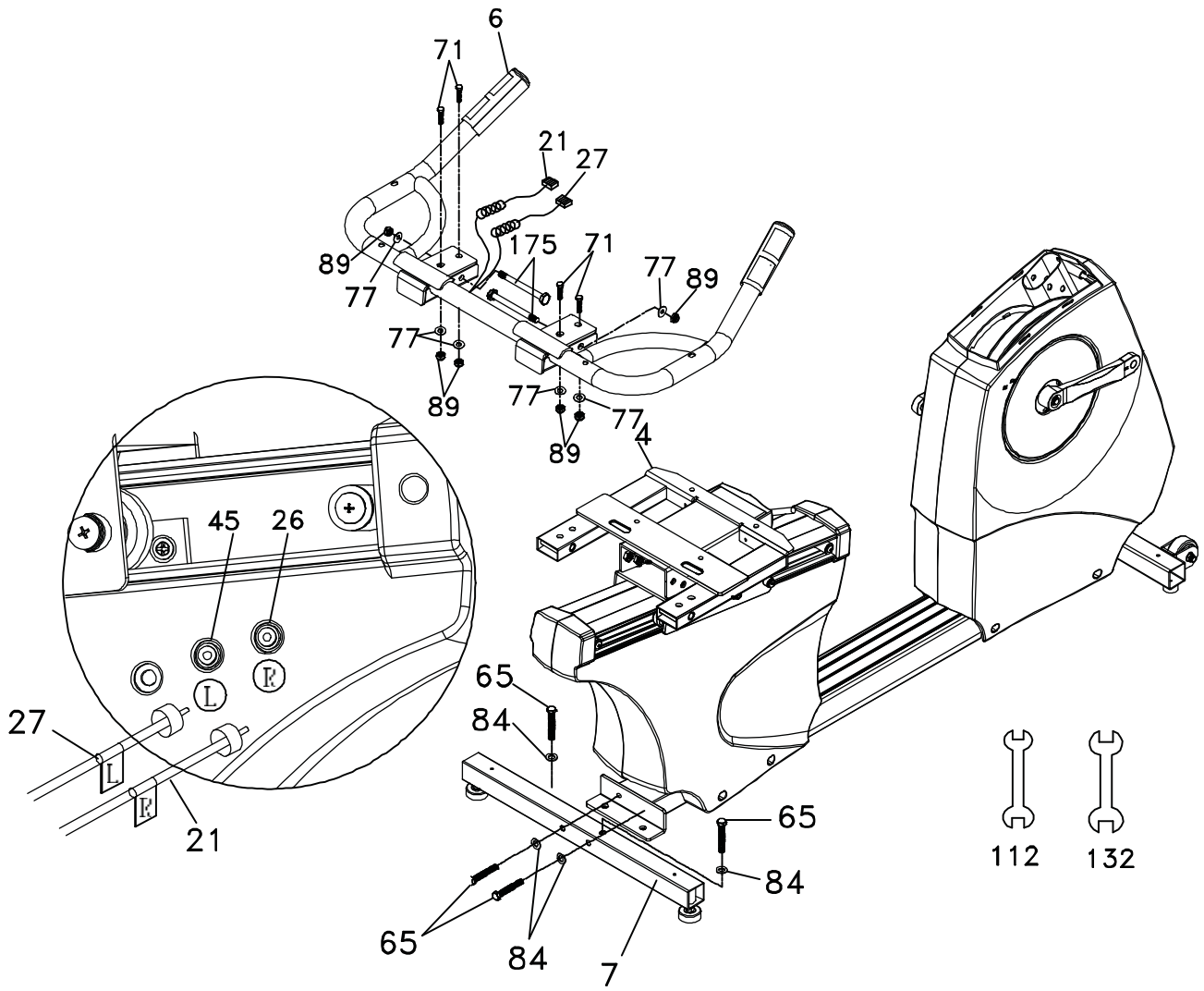


#132 - 14/15mm Wrench (1 pc)

Assembly Instructions For RECUMBENT

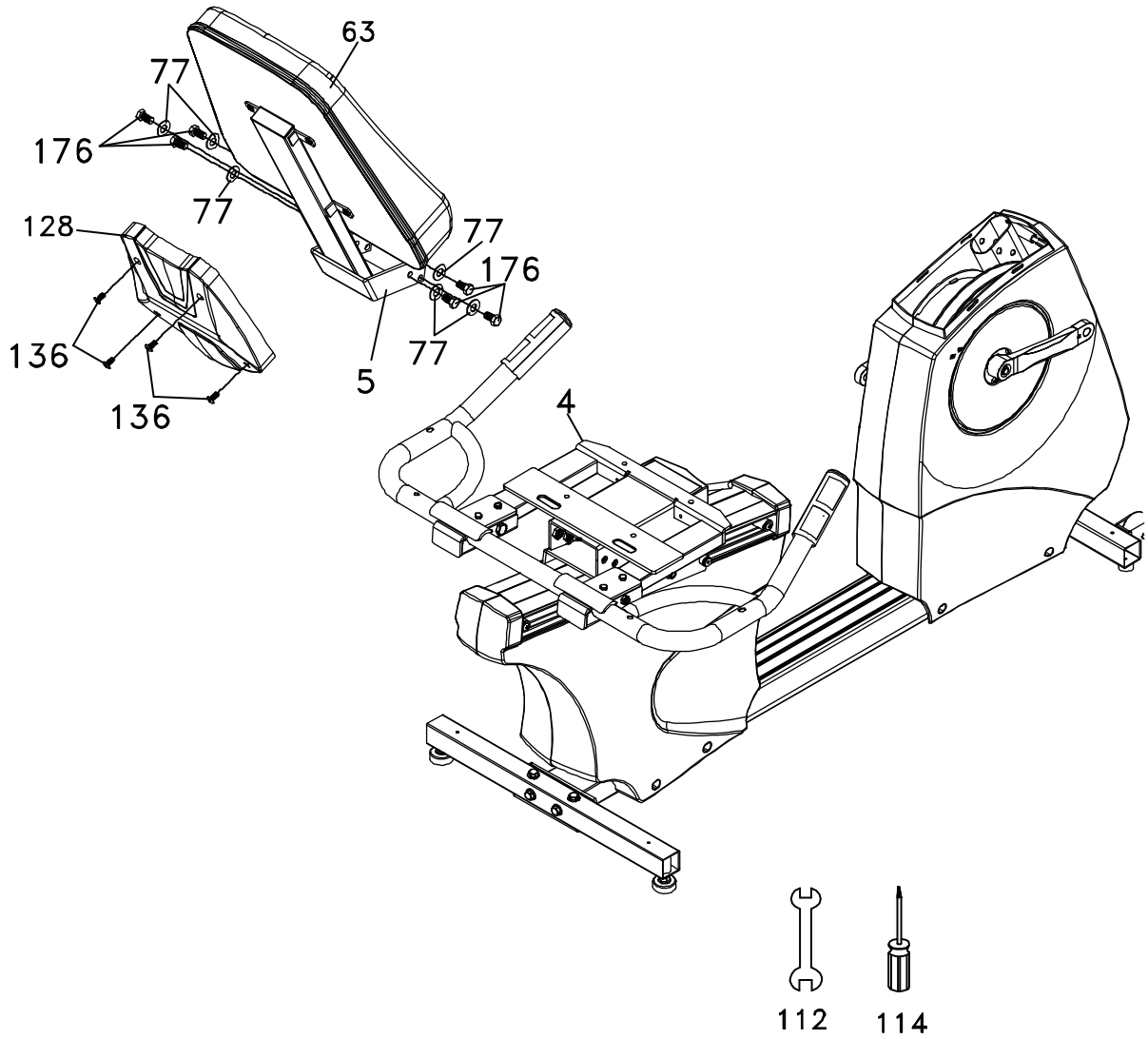
STEP 1: REAR STABILIZER & SEAT HANDLEBAR ASSEMBLY

1. Install the Rear Stabilizer (7) onto the Main Frame (1) with the four 3/8"×2-1/4" Hex Head Bolts (65) and four 3/8"×25×2T Flat Washers (84) by using the 12/14mm Wrench (112).
2. Secure the Seat Handle Bar (6) onto the seat carriage (4) with two 3/8"×2" Hex Head Bolts (71) through the top holes in the Seat Handle Bar and fix with two 3/8"× 7T Nyloc Nuts (89) and 3/8" × 19 × 1.5T Flat washers (77) side by using 12.14m/m Wrench (112) and 14.15m/m Wrench (132). Repeat for another side.
3. Install two 3/8" × 2-3/4" Hex Head Bolts (175) through the side holes in the handlebars and fix with two 3/8"× 7T Nyloc Nuts (89) and 3/8" × 19 × 1.5T Flat washers (77) by using 12/14m/m Wrench (112) and 14.15m/m Wrench (132).
4. Connect the Handpulse W/Cable Assemblies (21, 27) to the mating connectors mounted in the Rear Shroud (L) (35).



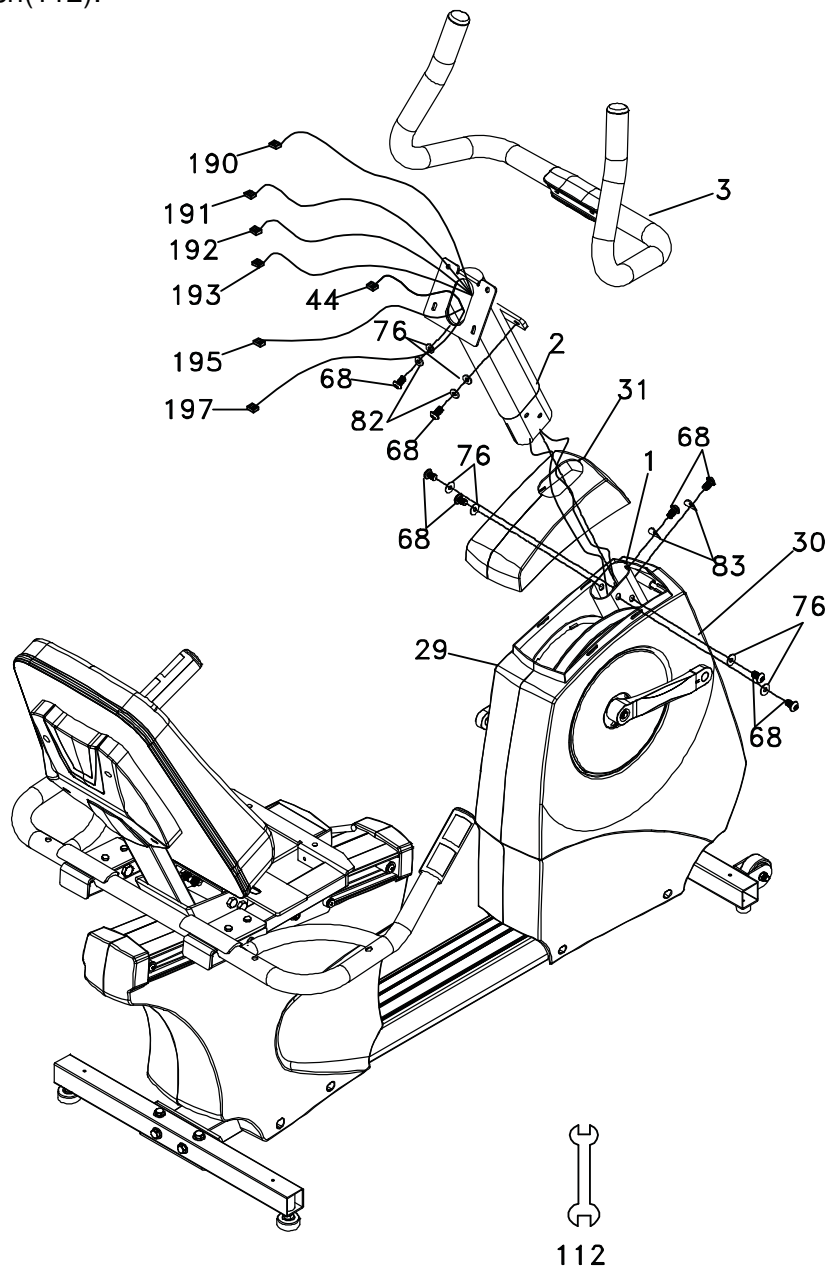
STEP 2: SEAT BACK

1. Install the Seat Back Cover (128) onto the Seat Back Frame(5) with four M5 × 15m/m Phillips Head Screws (136) by using Phillips Head Screw Driver (114).
2. Install Seat Back Frame (5) onto the Seat Carriage (4) with six 3/8" x 3/4" Hex Head bolts (176) and 3/8" × 19 × 1.5T Flat washers (77).



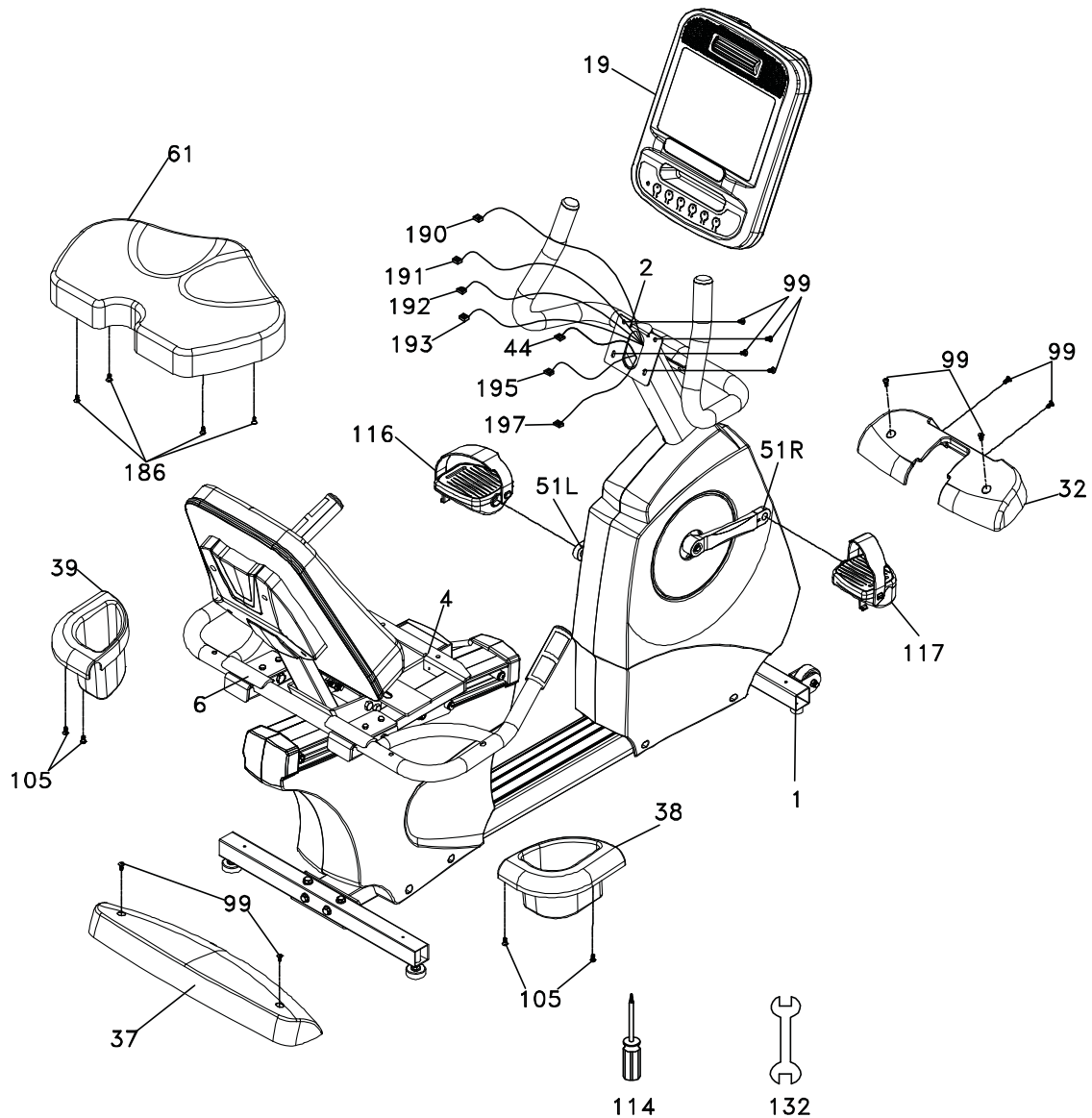
STEP 3: CONSOLE MAST ASSEMBLY

1. Install the console mast cover (31) onto the console mast (2), making sure it is facing the correct direction as in the picture below. Run the Computer Cable (44), Handpulse Wire(195), CSAFE W/Cable(190), TV Signal Cable(191), network W/Cable(192), Console Power Cord(193) and HDMI Cable(197) through the bottom of the console mast tube and out the top opening.
2. Slide the console mast (2) into the Main Frame (1) being careful to not pinch the wires. Fasten the console mast with six 5/16" x 5/8" Hex Head Bolts (68) and four 5/16" x 18 x 1.5T flat washers (76) on the side bolts and two 5/16" x 19 x 1.5T curved washers (83) on the front bolts by using 12.14m/m Wrench (112).
Snap the console mast cover in place.
3. Install the Mast Handle bar Assembly (3) onto the console mast (2) with two 5/16" x 5/8" Hex Head Bolts (68), 5/16" x 1.5T split washers (82) and 5/16" x 18 x 1.5T flat washers (76) by using 12.14m/m Wrench(112).



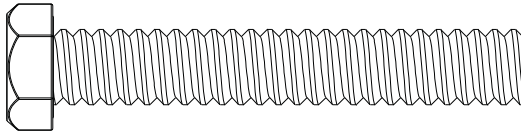
STEP 4: CONSOLE, SEAT, COVERS, PEDALS

1. Install the Seat (61) to the seat carriage (4) with four M6 x 18mm Phillips Head Screws (186).
2. Install the front and rear stabilizer covers (32 & 37) and secure to the Main Frame(1) with six M5 x 12mm Phillips Head Screws (99).
3. Connect the Computer Cable (44) with the Computer Cable (44), Handpulse Wire(195), CSAFE W/Cable(190), TV Signal Cable(191), network W/Cable(192), Console Power Cord(193) and HDMI Cable(197) to the corresponding connectors on the back of the console(19). Install the console onto the console mast and secure with four M5 x12mm Phillips Head Screws (99) by using Phillips Head Screw Driver (114).
Being careful to not pinch the wires.
4. Install the left and right Drink Bottle Holders (39 & 38) to the Seat Handle Bar(6) with four 4 x 16 m/m Sheet Metal Screws (105) by using Phillips Head Screw Driver (114).
5. Install the Pedals (116 L, 117 R) into the Crank Arms (51L, 51R) by using 14.15m/m Wrench (132). Remember that the left pedal has a reverse thread and will be screwed into the crank in the opposite rotation from normal threads. There is an "L" stamped into the end of the threaded post of the left pedal and an "R" in the right. Make sure to tighten the pedals as much as you possibly can. It may be necessary to re-tighten the pedals if you feel a thumping during pedaling the bike. A clicking noise, or thumping, sound during pedaling is usually caused by the pedals being too loose.

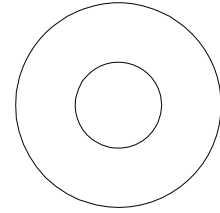


Assembly Pack Check List For UPRIGHT

Step 1

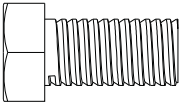


#50 - 3/8" x 2-1/4"
Hex Head Bolt (4pcs)

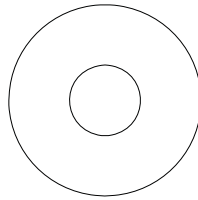


#71 - 3/8" x 25
Flat Washer (4pcs)

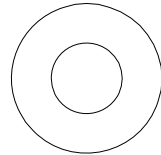
Step 2



#51 - 5/16" x 5/8"
Hex Head Bolt (7pcs)

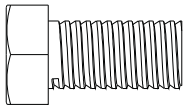


#99 - 5/16"x19
Curved Washer (1pcs)

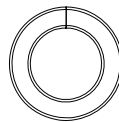


#72 - 5/16"x18
Flat Washer (6pcs)

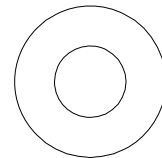
Step 3



#51 - 5/16" x 5/8"
Hex Head Bolt (2pcs)

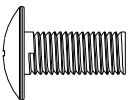


#103 - 5/16"
Split Washer (2pcs)



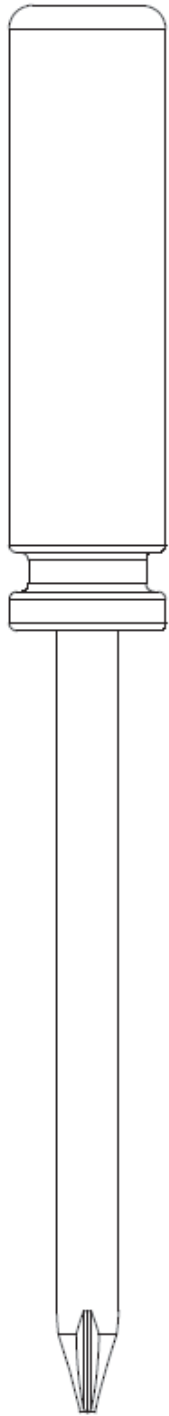
#72 - 5/16"x18
Flat Washer (2pcs)

Step 4

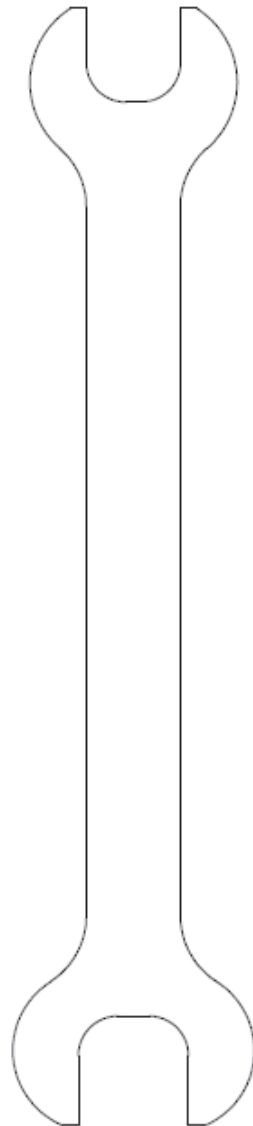


#58 - M5 x 12mm
Phillips Head Screw (12pcs)

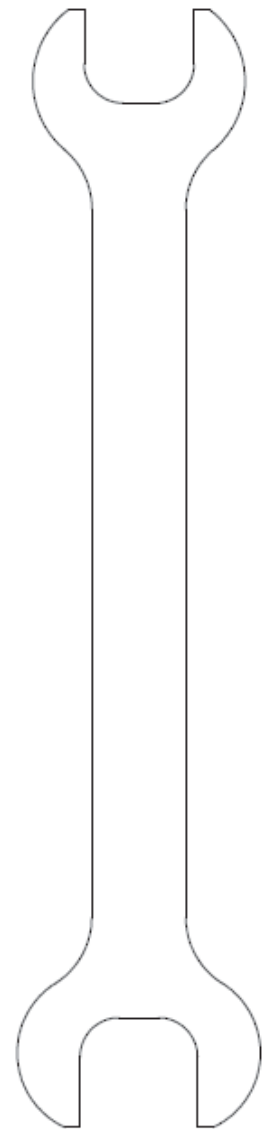
Tools



#93 - Phillips Screw Driver (1pc)



#100 - 12/14mm Wrench (1pc)

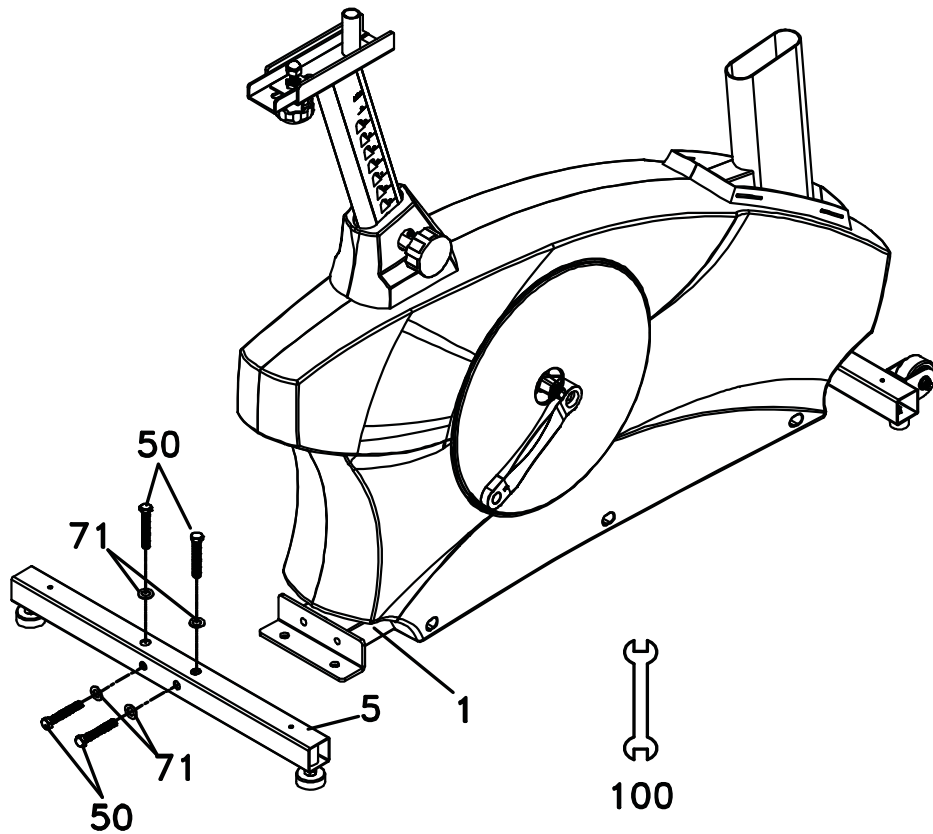


#117. 13/15mm Wrench (1pc)

Assembly Instructions For UPRIGHT

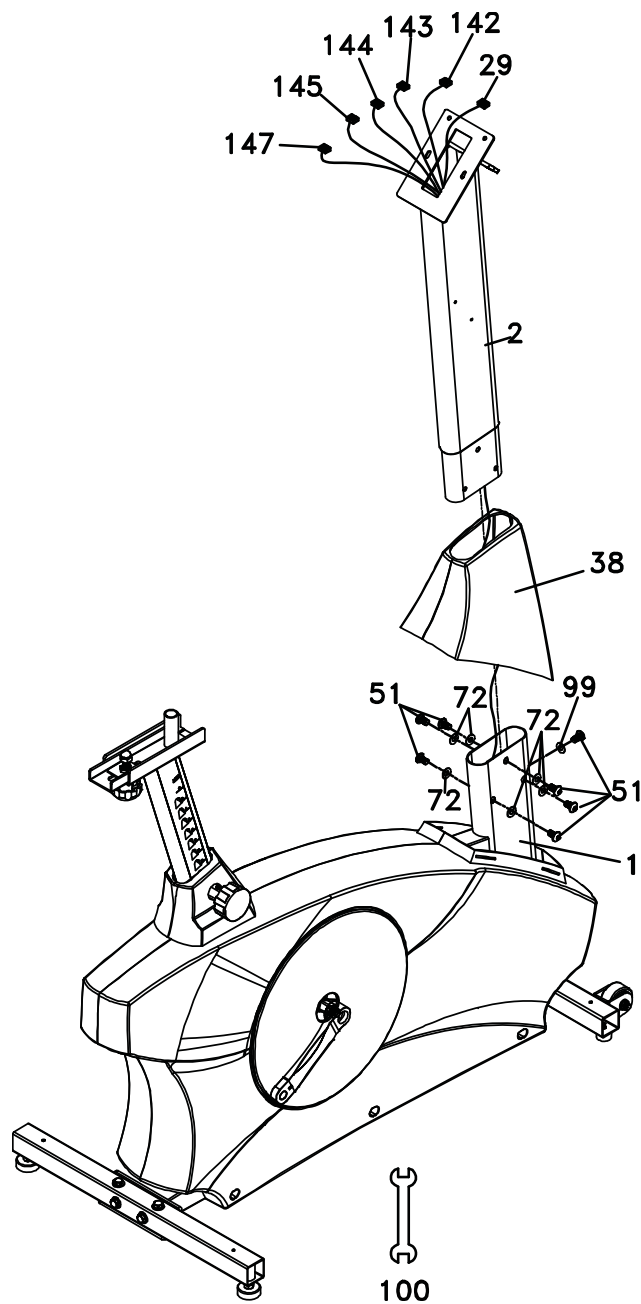
STEP 1: REAR STABILIZER ASSEMBLY

1. Install the Rear Stabilizer (5) onto the Main Frame (1) with the four 3/8"×2-1/4" Hex Head Bolts (50) and four 3/8"×25×2T Flat Washers (71) by using the 12/14mm Wrench (100).



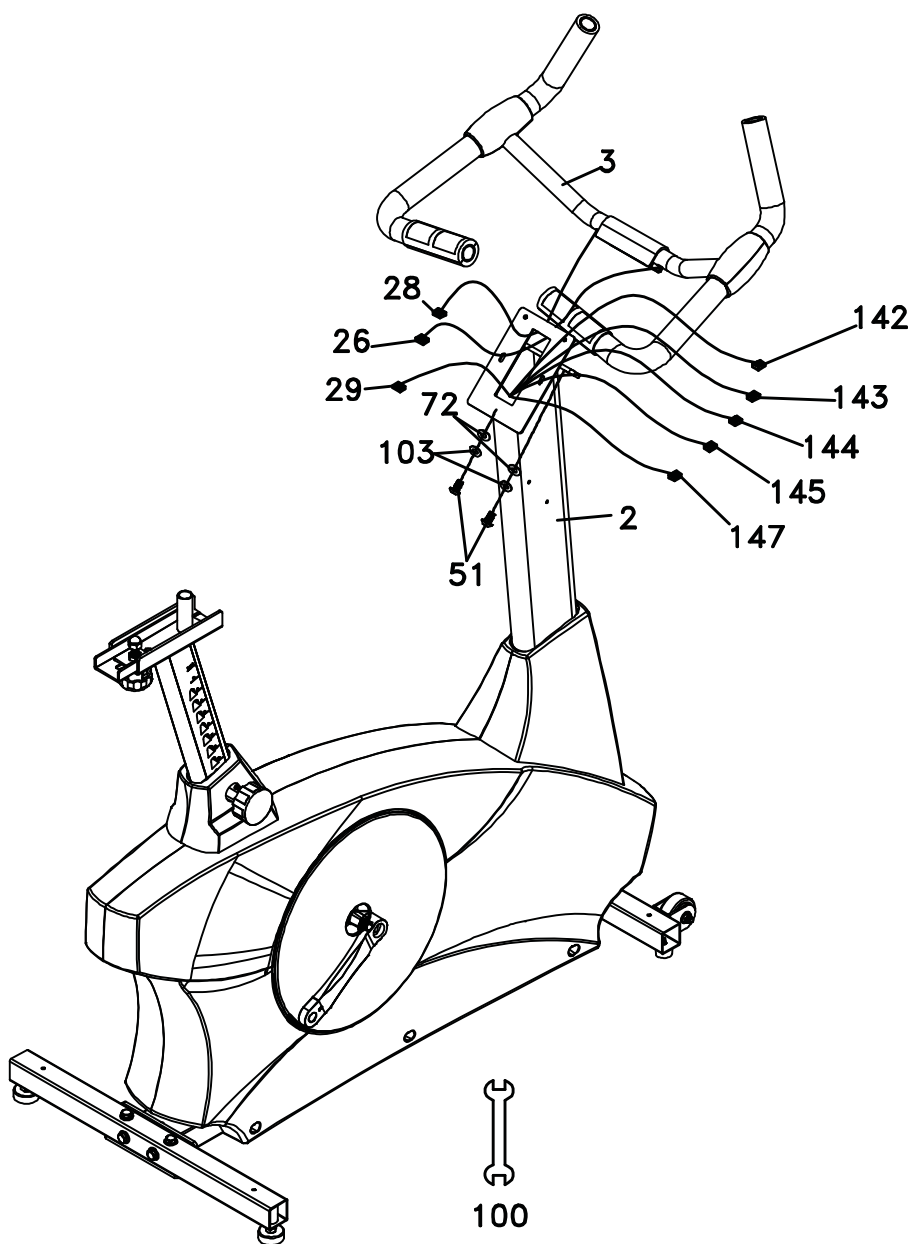
STEP 2: FRONT CONSOLE MAST ASSEMBLY

1. Let the Computer Cable (29), CSAFE W/Cable(142), TV Signal Cable(143), network W/Cable(144), Console Power Cord(145) and HDMI Cable(147) through the Console Mast Cover (38) and the Console Mast (2).
2. Secure the Console Mast (2) onto the Main Frame (1) with the seven 5/16"×5/8" Hex Head Bolts (51), six 5/16"×18×1.5T Flat Washers (72) and one 5/16"×19×1.5T Curved Washer (99) by using the 12/14mm Wrench (100).



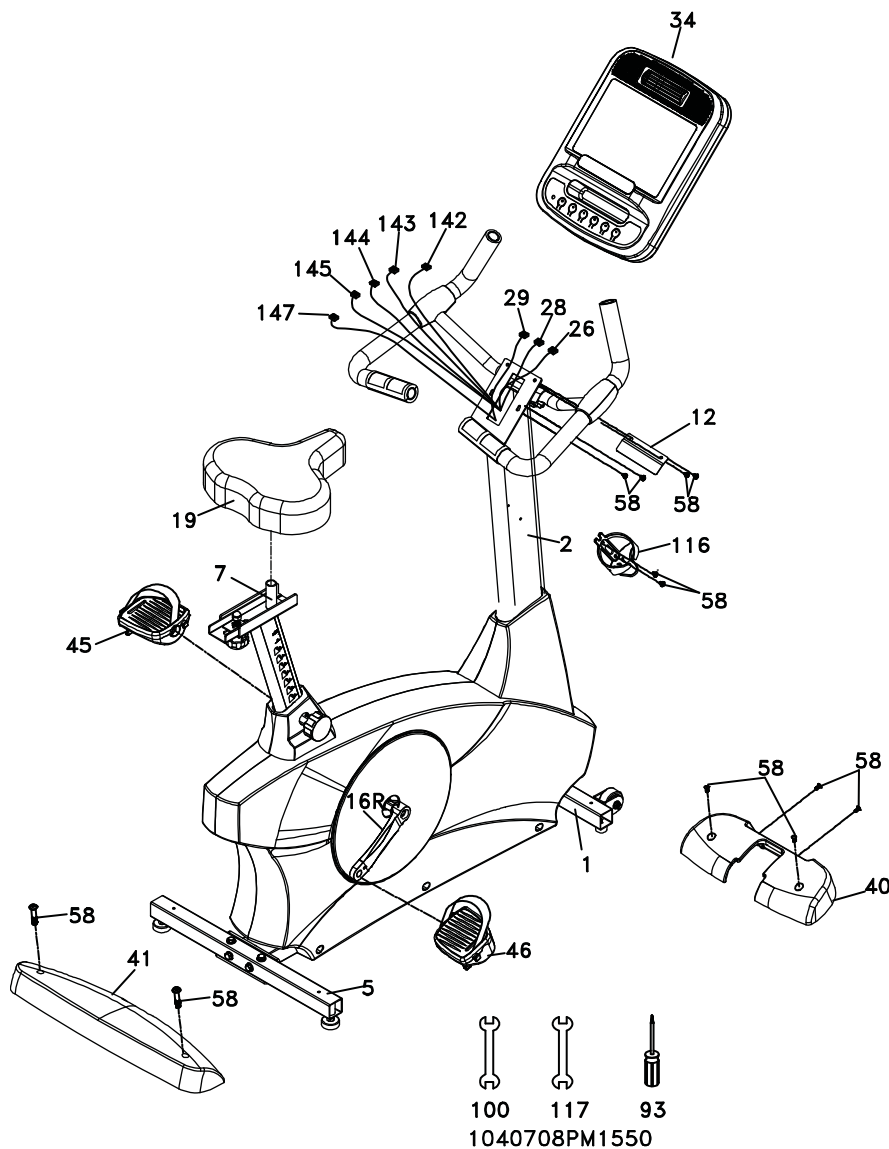
STEP 3: HANDLE BAR ASSEMBLY

1. Secure the Seat Handle Bar (3) onto the Console Mast (2) with the two 5/16"× 5/8" Hex Head Bolts (51), two 5/16"×18×1.5T Flat Washers (72) and two 5/16" × 1.5T Split Washers (103) by using the 12/14mm Wrench (100).
2. Let the Handpulse Assembly (26)(28) through the Console Plate (2~3) onto the Console Mast (2) and out from the Console Plate (2~3).



STEP 4: CONSOLE, SEAT, PEDALS AND BEAUTY COVERS ASSEMBLY

1. Insert the Computer Cable (29), CSAFE W/Cable(142), TV Signal Cable(143), network W/Cable(144), Console Power Cord(145), HDMI Cable(147) and Handpulse Assembly (26)(28) onto the Console (34).
2. Secure the Console (34) onto the Console Mast (2) with the two M5×12mm Phillips Head Screws (58) by using the Phillips Head Screw Driver (93).
3. Secure the Front Stabilizer Cover (40) and the Rear Stabilizer Cover (41) onto the Main Frame (1) and the Rear Stabilizer (5) with the six M5×12mm Phillips Head Screws (58) by using the Phillips Head Screw Driver (93).
4. Install the Drink Bottle Holder (116) onto the Console Mast (2) with two M5 × 12m/m Phillips Head Screws by using the Phillips Head Screw Driver (93).
5. Install the Pedal (L)(R) (45)(46) onto the Crank Arm (L)(R) (16L)(16R) by using the 13/15mm Wrench (117).
6. Install the Seat (19) on the Sliding Seat Mount (7) by using the 12/14mm Wrench (100).



Features

Foot pedals

Through research performed with a leading sports scientist and physical rehabilitation expert, the engineering has developed a breakthrough in pedal design. Typical stationary exercise bikes are wider than a normal road bike. The reason is to allow for the braking mechanism, pulleys, drive components and beauty covers. Since the bike is wider, so is the distance between the pedals; this width between the pedals is called the Q factor.

It has designed our pedal system so the Q factor is the smallest in the industry, but we did not stop there. We have also custom designed and tooled a new pedal that provides a two degree inward tilt to compensate for the Q factor not being perfect. Having a small Q factor in addition to the two degree inward tilt of the pedals puts the user into a biomechanical neutral alignment. This means that your feet, ankles, knees and hips are lined up properly ensuring a comfortable workout.

Transportation

The bike is equipped with two transport wheels, which are engaged when rear of the bike is lifted.

Operation of Your New Bike

Console (WB001)



Starting the operation

- Plug in the power cord and switch on the main power switch located at the front, below the console.
- When the power is turned on, the screen will show the initial image and then enter the ready mode which is the beginning of the bike operation.



First page image for you to operate by touching the icons.



Quick operating functional buttons are installed.

Quick-start operation:

- Press “START” button and the console start performing the program. Press “LEVEL” up/down buttons further to change the resistance level you desire.
- Press first page “HOME” button or “STOP” button to stop the belt.

Featuring functions of this bike:

Touch-control screen is installed for the operation. You can directly touch any functional button on the screen or through quick buttons on the bottom to control. On the bottom, there are “Resistance” up/down buttons to control the resistance level, “START” button to begin the workout, “STOP” button to pause/stop running and “FAN” button to the fan on or off.

Pause/Stop:

- Press “STOP” button once or “HOME” button on the screen, the bike will stop and keep values of time, distance and calorie on the screen. The screen will count down for 5 minutes then reset and return to the initial status.
- Press “START” button to continue the workout during pause.
- Press “STOP” button twice will terminate the setting and display the workout summary. If “STOP” button is pressed the third time, the console will return to the initial status (the beginning).

Heart rate testing feature:

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless steel sensors to test the pulse. The pulse value will be shown on the screen continuously. You can also use hand pulse sensors for heart rate control. The console can also detect the pulse from heart rate stripe which is bipolar including signal transmitting.

To turn off the bike:

The screen will turn it off (sleep status) when there is no command within 30 minutes. This is called sleeping mode and the bike will stop most of its activity except the minimum circuit detecting system for press buttons so that when there is any button activation, the bike restarts. There is only very little electric current (like a TV turned off) in the sleeping mode. It is fine to leave the main power switch on during sleeping mode.

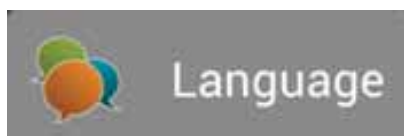
Below is the instruction for touch screen operation:

- **First page HOME**



There are four selections. Usually the "Language" is the first selection.

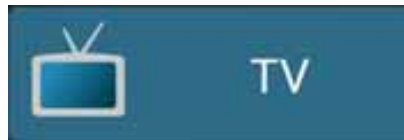
- **When you press "Language" button on the first page HOME, it enters the menu with all languages selection.**



There are 12 languages to choose.

Touch the desired language button to set and the system will return to the first page for the program operation. If you don't want to change the language, press HOME button at the upper left corner to return to the first page or touch the return button at right upper right corner to return to the previous page to continue the operation.

- When TV button on the first page HOME is pressed, it enters TV interface.

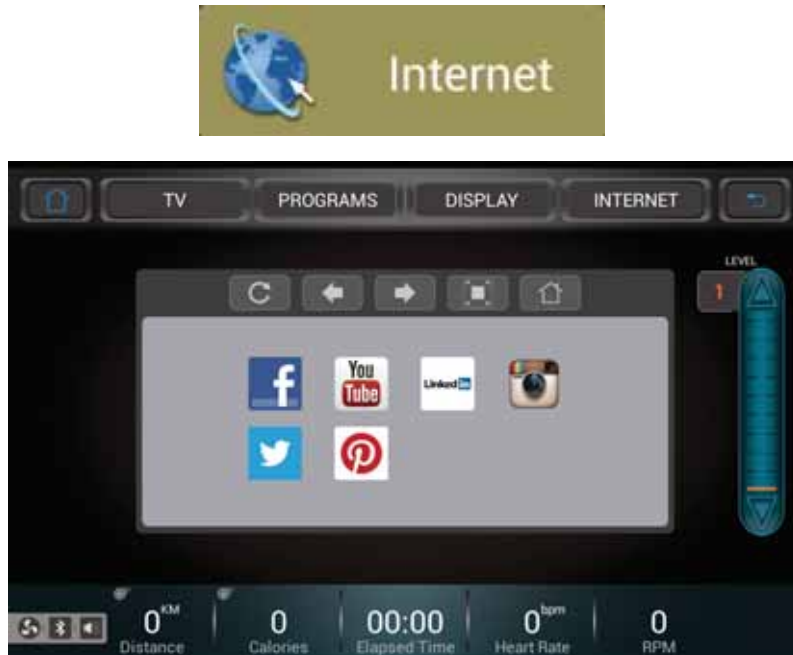


Now you can enjoy TV programs. If you want to workout and enjoy TV program simultaneously, press “START” button to start the bike.



You can change the TV channel by using up/down buttons on the TV channel or channel remote control at bottom right to change the channel. Use up/down buttons on the volume to change the sound volume. Press “Mute” button to switch to silence. Touch Max Screen icon to switch to full screen. When you want to resume the original screen display, just touch the image and the screen resumes. Use level up/down buttons to control the resistance level. When you want to pause, just press “HOME” button at left top of the screen or press “STOP” button once and the pause window will show up. If you want to stop, you can choose to end the program or press “STOP” button again to end the program and display the workout summary. Pressing the “STOP” button third time and the console returns to the initial status (the beginning).

- When you touch “Internet” button on HOME first page, it rapidly enters internet interface.



There are 6 internet connections to choose for you to go internet while you are exercising. (internet cable connection or WIFI connection is required) Press “START” button of the bike to start it.

Use “level up/down buttons to control the resistance level during the exercise. When you want to pause, just press “HOME” button at left top or press “STOP” button once and the pause window will show up. If you want to end, you can choose to end the program or press “STOP” button again to show the workout summary. If “STOP” button is pressed the third time, the console will return to the initial status. (the beginning)

- When you touch “Exercise Program” button on HOME first page, it enters “Menu” interface.



There are 10 program modes in Menu interface.
If you want to choose Manual Program, just touch Manual button on the screen to enter the program for Manual.

MANUAL program:



Then touch the “Profile” button to enter profile interface. If you do not want to do this program, just touch “HOME” icon at left top corner to return to the first page or press “Return” icon at right top corner to return to continue the previous operation. If profile selection is desired, press left or right arrow button to select the program you want.

The image entering the “Profile” interface is as below.



After entering the profile image which is the program you want to perform, press “ENTER” button to enter next image. If not, touch “HOME” icon at left top corner to return to the first page or press “Return” icon at right top corner to return to continue the previous operation. If profile selection is desired, press left or right arrow button to select the program you want.



This image is for setting program time, user’s age and weight. Press “ENTER” button after entering parameters to confirm. Then press “START” button to start the Manual Program. If not, press “HOME” button at left top corner to return to the first page or press “Return” icon at right top corner to return to continue the previous operation.

The “SIMPLE” image after start is as below.



The image after start is “SIMPLE” which is with all values on the bottom concerning your workout. The resistance level is at the right side and is adjustable with “UP” or “DOWN” button.

The bar chart for the resistance level is in the middle. TV interface button is on top to touch for entering the TV mode, or touch “INTERNET” for entering the internet interface. If “PROGRAM” button is touched, the system will ask you if you want to return to the first page for program selection with a field track and dashboard interfaces for the selection. Touch “TRACK” button to enter the track interface.



The operating is similar with different interface only. The image shows the track with number of laps and other values.

Touch “DASHBOARD” button on the bottom to enter the dashboard interface.



The operating is similar with different interface only. You can choose one of three interfaces on the bottom with your own preference.

When using the first page button or “STOP” button to end the program, it enters the summary image.



On the summary image, all accumulating values concerning the workout are displayed.

You can touch the HOME button at left top or press “STOP” button to return to the first page image.

Programmable Features

The New SPORTS offers ten preset programs, HILL, FAT BURN, CARDIO, STRENGTH, INTERVAL, HR, CUSTOM, Fitness Test and one Manual program.



Preset Features:

To choose and start preset program:

- Select a program then press the ENTER key to begin customizing the program with your personal data, or just press the start key to begin the program with the default settings.
- After selecting a program and pressing ENTER to set your personal data, the touch Time window will darken with the default value of 20 minutes. You may use numeric keypads to adjust the time. After adjusting the time, press ENTER confirm and continue. (Default time is 20 minutes)
- The touch Age window will now be darkened a value indicating your Age. Entering the correct Age will affect the Heart rate bar graph accuracy and also needed for the HR programs. use numeric keypads to make adjustments, and then press ENTER confirm and continue. (Default age is 30 years old. Range=10 to 110)
- The touch Weight window will now be darkened a value indicating your Bodyweight. Entering your correct bodyweight affects the Kcal readout accuracy. use numeric keypads to make adjustments, and then press ENTER confirm and continue. (Default weight is 70KG. Range=10 to 150)
- The touch Mix Level window will now be darkened a value indicating your resistance. Entering your correct level affects the Mix level readout accuracy. use numeric keypads to make adjustments, and then press ENTER confirm and continue. (Default mix Level is 5. Range=5 to 40)
- Now press the START key to begin your workout.

Preset program

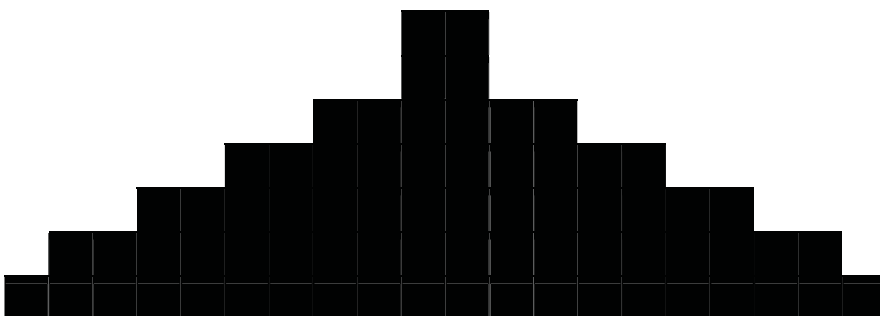
The bike has five different programs that have been designed for a variety of workout goals. These five programs have factory preset profiles for achieving these different goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (Max level) for each program before beginning by following the instructions in the touch Mix Level window after selecting your program.

Prog	SEG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Hill	Resistance	50	62.5	62.5	70	70	75	75	87.5	87.5	100	100	87.5	87.5	75	75	70	70	62.5	62.5	80
Fatburn	Resistance	50	62.5	75	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	75	50
Cardio	Resistance	50	62.5	62.5	70	70	75	75	80	80	87.5	95	95	100	100	100	100	100	87.5	75	50
Strength	Resistance	50	62.5	62.5	70	70	75	75	80	80	87.5	95	95	100	100	100	100	100	87.5	75	50
Interval	Resistance	50	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	100	100	62.5	62.5	50

Hill program:

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.

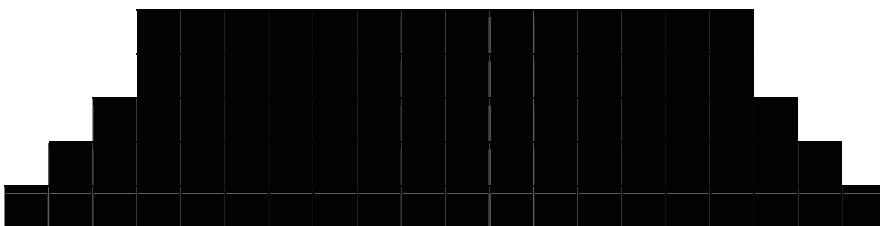
Work Profile



Fat Burn program:

The Fat Burn program is designed, as the name implies, to maximize the burning of fat. There are many schools of thought on the best way to burn fat but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.

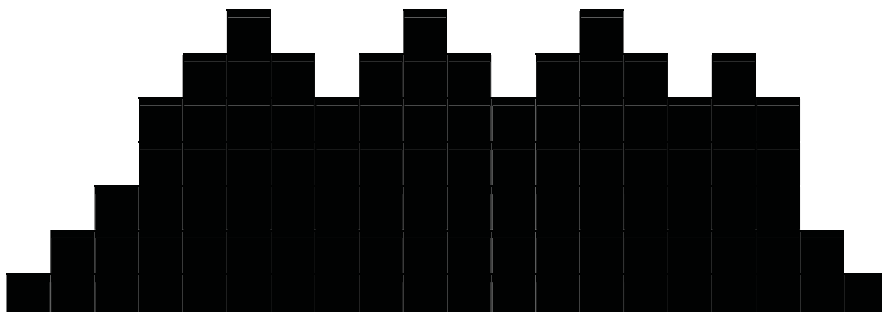
Work Profile



Cardio program:

The Cardio program is designed to increase your Cardio vascular function. This is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.

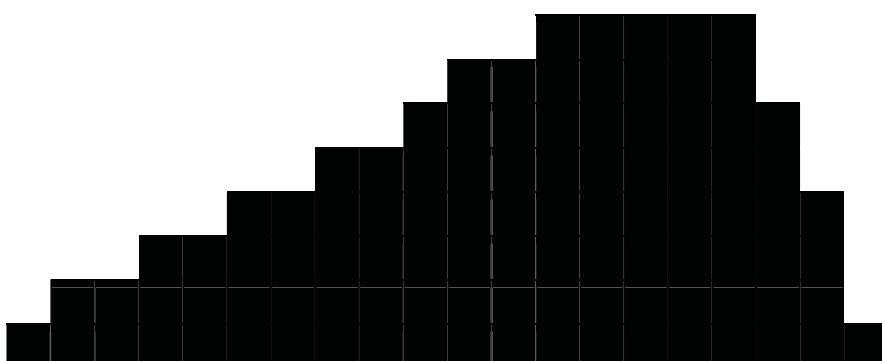
Work Profile



Strength program:

The Strength program is designed to increase muscular strength in your lower body. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes.

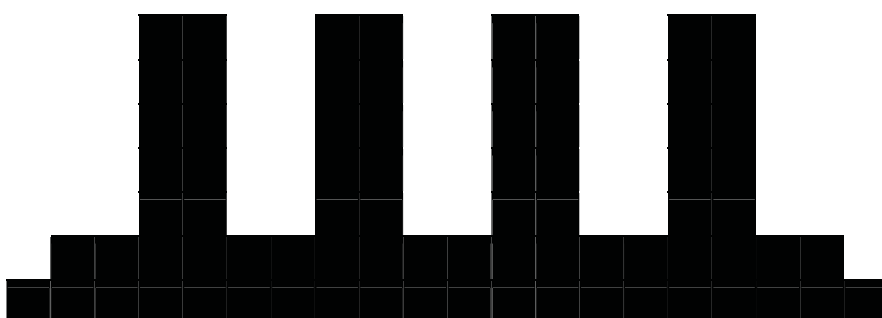
Work Profile



Interval program:

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.

Work Profile



Custom Program:

- Select a Custom program then press the ENTER key to begin customizing the program with your personal data, or just press the start key to begin the program with the default settings.
- The window will show the corresponding level profile, user can choose rename program by touching rename icon and entering profile. After new setting, level profile will be show on screen for adjustment.
- Press next key save icon for new level profile then pop out next message window for Time · Age, Weight and Mix level entry.
- Now press the START key to begin your workout test for new program.

Fit-Test program:

The fitness test is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO_{2max} score will be given. VO_{2max} stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work.

The YMCA protocol uses two to four, 3 minute stages of continuous exercise (see charts below). You will be asked to choose either, Male or Female at the beginning of the test. This choice determines which test parameters will be used during the test as shown in the charts below. The only caveats are that if you are a very de-conditioned Male you need to choose option Female. If you are a very conditioned female you need to choose option Male.

Workload chart for male or very fit female:

1st Stage				50 watts - 300 kgm/min					
HR		< 90			90 - 105			> 105	
2nd Stage		150 watts - 900 kgm/min			125 watts - 750 kgm/min			100 watts - 600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	225 watts - 1350 kgm/min	200 watts - 1200 kgm/min	175 watts - 1050 kgm/min	200 watts - 1200 kgm/min	175 watts - 1050 kgm/min	150 watts - 900 kgm/min	175 watts - 1050 kgm/min	150 watts - 900 kgm/min	125 watts - 750 kgm/min

Workload chart for female or de-conditioned male

		1st Stage	25W 150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	125W 750 kgm/min	100W 600 kgm/min	75W 450 kgm/min	50W 300 kgm/min
3rd Stage	150W 900 kgm/min	125W 750 kgm/min	100W 600 kgm/min	75W 450 kgm/min
4th Stage	175W 1050 kgm/min	150W 900 kgm/min	117W 700 kgm/min	100W 600 kgm/min

Before the test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Adjust the seat to the proper position so that when your leg is extended during pedaling there is a slight bend at the knee of about 5 degrees.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

Fitness test programming:

Press the Fitness-test button and press ENTER.

1. The message window will ask you to enter your gender. You may adjust the Age and Weight setting by using numeric keypads.
2. Now press START to begin the test.

During the test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may through the various data readings in the message window by pressing the change under the message window.
 1. The message window will always display your pedal speed on the right side to help you maintain 50RPM.
 2. The data shown during the test is:
 - a. Work in KGM is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 - b. Work in Watts (1 watt is equal to 6.11829727787 kg-m/min.)
 - c. HR is your actual heart rate; TGT is the target heart rate to reach to end the test.
 - d. Time is the total elapsed time of the test.

After the test:

- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

What your score means:

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

Heart Rate Training

A word about Heart Rate:

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute (60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute (80\% of maximum)} \end{aligned}$$

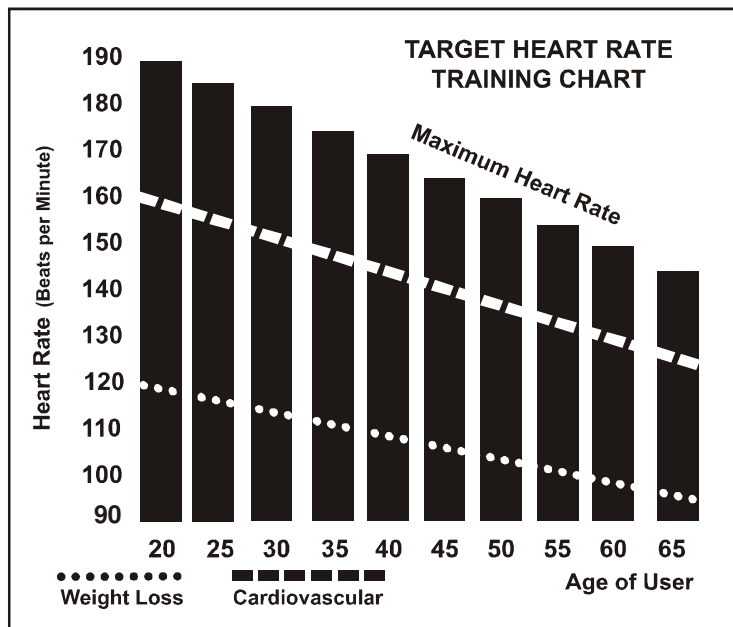
So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate Control bike machines you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls resistance at the pedals.

”WARNING” Heart rate monitoring system may be inaccurate. Over exercise may result in injury or death. If you feel faint stop exercising immediately.



Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

Using a Heart Rate Transmitter

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). If your chest strap has a replaceable battery the replacement battery is Panasonic CR2032.

Erratic Operation:

CAUTION! Do not use this bike for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look at for interference, which may cause erratic heart rate:

- (1) Microwave ovens, TVs, small appliances, etc.
- (2) Fluorescent lights.
- (3) Some household security systems.
- (4) Perimeter fence for a pet.
- (5) Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
- (6) The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
- (7) *If you continue to experience problems contact your dealer*

Heart Rate Control (HR) Program operation:

To start the HR program follow the instructions below or just press the HR key then the Enter button and follow the directions in the message window.

1. Press the HR key then press the Enter key.
2. The touch window will ask you to enter your Time. You may use numeric keypads to adjust the time, After press ENTER confirm and continue.
3. The touch window will ask you to enter your Age. You may use numeric keypads to adjust the Age, After press ENTER confirm and continue.
4. The touch window will ask you to enter your Weight. You may use numeric keypads to adjust the Weight, After press ENTER confirm and continue.
5. The touch window will ask you to enter your Target HR(65%). You may use numeric keypads to adjust the Target HR(65%), After press ENTER confirm and continue.
(Default HR is 124. Range=60 to 200)
6. Now you are finished editing the settings and can begin your workout by pressing the Start key.
7. If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will allow you to change your target heart rate at any time during the program.

Constant Power program:

A Watts program is a controllable constant power whose Level adjusts when the speed is changed. To start the Constant Power program follow the instructions below or just press the Constant Power key, then the Enter button and follow the directions in the Message Window.

1. Press the Constant Power key, then press the Enter key.
2. The touch window will ask you to enter your Time. You may use numeric keypads to adjust the time, After press ENTER confirm and continue.
3. The touch window will ask you to enter your Age. You may use numeric keypads to adjust the Age, After press ENTER confirm and continue.
4. The touch window will ask you to enter your Weight. You may use numeric keypads to adjust the Weight, After press ENTER confirm and continue.
5. The touch window will ask you to enter your Target Watts. You may use numeric keypads to adjust the Target Watts, After press ENTER confirm and continue.
(Default Target Watts is 50. Range=50 to 200)
6. Now you are finished editing the settings and can begin your workout by pressing the Start key.
7. If you want to increase or decrease the workload at any time during the program, press the Up/Down key. This will allow you to change your target Watt level at any time during the program.
8. When the program ends, you may press Start to begin the same program again or Stop to exit the program.

Recumbent Parts List

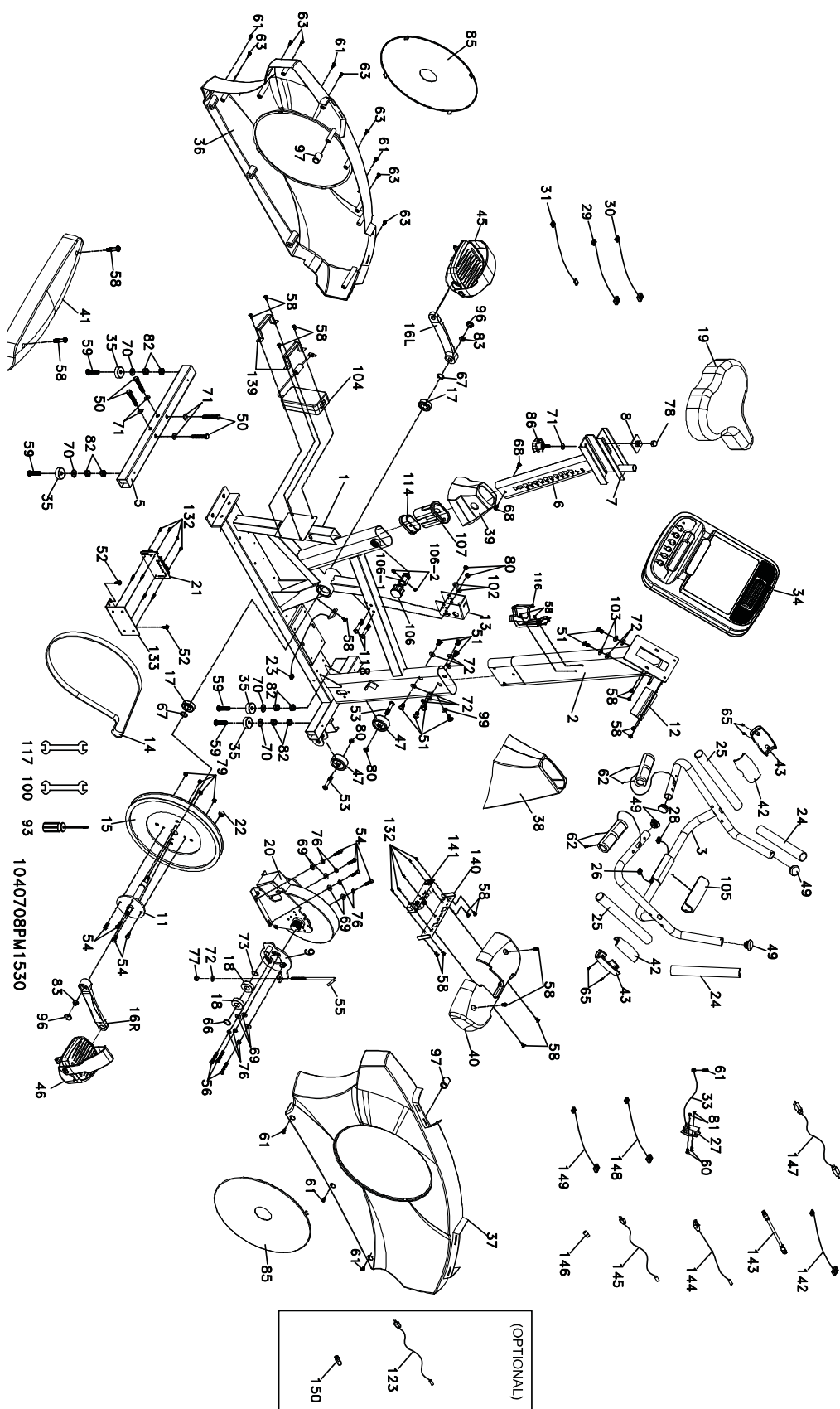
Dwg #	Part description	Qty
1	Main Frame	1
2	Console Mast	1
3	Mast Handle bar Assembly	1
4	Seat Carriage	1
5	Seat Back Bracket	1
6	Handle Bar	1
7	Rear Stabilizer	1
8	Crank Axle	1
9L	Seat Wheel Adjustment Plate (L)	2
9R	Seat Wheel Adjustment Plate (R)	2
10	Idler Wheel Assembly	1
11	Seat Stop Axle	2
12	Seat Position Latch	1
13	Backing Plate	3
14	Aluminum Axle	1
15	Rack	1
16	Spacer for Stopper Axle	4
17	Rubber Foot	2
18	Transportation Wheel	2
19	Console	1
20	Drive Pulley	1
21	950m/m_Handpulse Assembly(R)	1
22	Rubber Foot Pad	2
23	Ø32 (3.0T)_ Button Head Plug	2
24	Ø25.4 (3.0T)_ Button Head Plug	2
25	Seat Track Wheel	8
26	300m/m_Handpulse Wire Assembly	1
27	750m/m_Handpulse Assembly(L)	1
28	Crank Arm End Cap	2
29	Front Shroud (L)	1
30	Front Shroud (R)	1
31	Console Mast Cover	1
32	Front Stabilizer Cover	1
33	Step Cover	1
34	Round Disk	2
35	Rear Shroud (L)	1
36	Rear Shroud (R)	1
37	Rear Stabilizer Cover	1
38	Drink Bottle Holder (R)	1
39	Drink Bottle Holder (L)	1
41	Power Cord(Optional)	1
42	AC Electronic Module	1
43	Generator/Brake Controller	1
44	1900m/m_Computer Cable	1
45	300m/m_Handpulse Wire	1

Dwg #	Part description	Qty
46	1350m/m_Sensor W/Cable	1
47	850m/m_Wire Brake Coil Harness	1
48	1500m/m_Power Cord	1
50	200m/m_Ground Wire	1
51L	Crank Arm (L)	1
51R	Crank Arm (R)	1
52	6004_Bearing	2
53	6203_Bearing	2
54	Drive Belt	1
55	Induction Brake	1
56	Magnet	1
61	Seat	1
63	Seat Back Frame	1
64	Handgrip Foam	2
65	3/8" x 2- 1/4" Hex Head Bolt	4
66	1/4" x 3/4" Hex Head Bolt	8
68	5/16" x 5/8" Hex Head Bolt	8
71	3/8" x 2" Hex Head Bolt	4
72	1/4" x 13 x 1T Flat Washer	16
73	1/4" x 19 x 1.5T Flat Washer	4
75	Ø17 x 23.5 x 1T Flat Washer	1
76	5/16" x 18 x 1.5T Flat Washer	7
77	3/8" x 19 x 1.5T Flat Washer	14
78	3/16" x 15 x 1.5T Flat Washer	3
79	Ø8 x Ø18 x 3T Knurled Lock Washer	4
80	Ø1/4" Spilit Washer	7
82	5/16" x 1.5T Spilit Washer	8
83	5/16" x 19 x 1.5T Curved Washer	2
84	3/8" x 25 x 2.0T Flat Washer	4
85	Ø17_C Ring	1
86	Ø20_C Ring	2
87	M8 x 170m/m_J Bolt	1
88	M8 x 7T_Nyloc Nut	5
89	3/8" x 7T_Nyloc Nut	6
90	1/4" x 8T_Nyloc Nut	4
91	5/16" x 6T_Nyloc Nut	2
92	M4 x P0.7 x 5T_Nyloc Nut	2
93	M6 x 38m/m_Socket Head Cap Bolt	1
94	5/16" x UNC18 x 3/4" Hex Head Bolt	6
95	M5 x 12m/m Flat Head Socket Screw	10
97	Ø3 x 20m/m Tapping Screw	4
98	M6 x 15m/m Phillips Head Screw	7
99	M5 x 12m/m Phillips Head Screw	21
100	M4 x 12m/m Phillips Head Screw	2
101	5 x 16m/m Tapping Screw	9
102	5 x 19m/m Tapping Screw	4
103	Ø3.5 x 16m/m Sheet Metal Screw	14
104	Spring	1
105	Ø4 x 16 m/m Sheet Metal Screw	4

Dwg #	Part description	Qty
106	5/16" × 1- 3/4" Button Head Socket Bolt	2
107	Ø3.5 × 20m/m Sheet Metal Screw	3
108	M10 × 1.25m/m Nut	2
109	3/8" × 7T Nut	4
110	3/8" × 2" Flat Head Socket Bolt	2
111	M5 × 10.Ø14 × 2T Thumb Head Socket Screw	8
112	12.14m/m Wrench	1
114	Phillips Head Screw Driver	1
116	Pedal (L)	1
117	Pedal (R)	1
124	Sleeve	1
125	Seat Carriage Cover	1
126	HGP Wire Grommet	1
127	5/16" × 16 × 1T Flat Washer	3
128	Seat Back Cover	1
129	M6 Nyloc Nut	1
132	14.15m/m Wrench	1
136	M5 × 15m/m Phillips Head Screw	4
139	Attaching Plate	1
141	Handle Bar Cover	1
143	Seat Track Fixing Plate	1
148	Block	1
160	5/16" × 16 × 1.5T Flat Washer	6
161	M6 × 10L Flat Phillips Head Screw	4
162	1/4" × 16 × 1.0T Flat Washer	4
163	Sleeve	4
164	M6 × 19L Nut	4
165	M6 × 10L Button Head Socket Bolt	4
166	PU Wheel	4
167	Adjusting Lever	1
168	Lever Anchor	1
169	M5 × 25m/m Flat Head Socket Screw	2
170	Ø15 × Ø6 × 4T Nylon Washer	1
171	M5 × 45m/m Socket Head Cap Bolt	1
172	Ø5 × 10 × 1T Flat Washer	1
173	M5 × 5T Nyloc Nut	1
175	3/8" × 2- 3/4" Hex Head Bolt	2
176	3/8" × 3/4" Hex Head Bolt	6
177	Rubber Foot Pad	1
178	□75 × 25 × 2.0T Square End Cap	1
179	M8 × 15m/m Button Head Socket Bolt	4
180	M5 × 30m/m Phillips Head Screw	4
182	Attaching Bracket	2
185	3/8" × 4T Nut	1
186	M6 × 18m/m Phillips Head Screw	4
187	Interface Board	1
188	M3 × 10m/m Phillips Head Screw	9
189	combo board-HDMI/TV/CSAFE/network	1
190	1150m/m CSAFE W/Cable	1

Dwg #	Part description	Qty
191	1150m/m_TV Signal Cable	1
192	1150m/m_network W/Cable	1
193	1950m/m_Console Power Cord	1
195	2100m/m_Handpulse Wire	1
196	Coaxial Connector	1
197	1300m/m_HDMI Cable	1
198	80m/m_Connecting Wire (White)	1
199	80m/m_Connecting Wire (Black)	1
200	Power Adaptor	1
201	TV Adaptor	1

Upright Exploded View Diagram



Upright Parts List

Dwg #	Part description	Qty
1	Main Frame	1
2	Console Mast	1
3	Handle Bar	1
5	Rear Stabilizer	1
6	Inner Slide	1
7	Sliding Seat Mount	1
8	Fix Plate	1
9	Idler Wheel Assembly	1
11	Crank Axle	1
12	Fixing Plate	1
13	Chain Cover Bracket	1
14	Drive Belt	1
15	Drive Pulley	1
16L	Crank Arm (L)	1
16R	Crank Arm (R)	1
17	6004_Bearing	2
18	6203_Bearing	2
19	Seat	1
20	Induction Brake	1
21	Generator/Brake Controller	1
22	Magnet	1
23	350m/m_Sensor W/Cable	1
24	1" x 220L x 5T_Handgrip Foam	2
25	1" x 290L x 5T_Handgrip Foam	2
26	800m/m_Handpulse W/Cable Assembly	1
27	AC Electronic Module	1
28	800m/m_Handpulse W/Cable Assembly	1
29	1850m/m_Computer Cable	1
30	200m/m_Wire Brake Coil Harness	1
31	1400m/m_Power Cord	1
33	200m/m_Ground Wire	1
34	Console	1
35	Rubber Foot	4
36	Chain Cover (L)	1
37	Chain Cover (R)	1
38	Console Mast Cover	1
39	Seat Post Cover	1
40	Front Stabilizer Cover	1
41	Rear Stabilizer Cover	1
42	Handgrip Side Cap(Top)	2
43	Handgrip Side Cap (Bottom)	2
45	Pedal (L)	1
46	Pedal (R)	1
47	Transportation Wheel	2
49	Ø25.4 x 2.0T_Button Head Plug	4

Dwg #	Part description	Qty
50	3/8" x UNC16 x 2-1/4" Hex Head Bolt	4
51	5/16" x UNC18 x 5/8" Hex Head Bolt	9
52	Ø5 x 19L Tapping Screw	2
53	5/16" x UNC18 x 1-3/4" Button Head Socket Bolt	2
54	1/4" x UNC20 x 3/4" Hex Head Bolt	8
55	M8 x P1.25 x 170L J Bolt	1
56	M6 x P1.0 x 15L Phillips Head Screw	3
58	M5 x P0.8 x 12L Phillips Head Screw	21
59	3/8" x UNC16 x 2" Flat Head Socket Bolt	4
60	M4 x 12L Phillips Head Screw	2
61	Ø5 x 16L Tapping Screw	7
62	Ø3 x 20L Tapping Screw	4
63	Ø3.5 x 16L Sheet Metal Screw	7
65	Ø3 x 10L Tapping Screw	4
66	Ø17 C Ring	1
67	Ø20 C Ring	2
68	Ø4 x 12L Sheet Metal Screw	2
69	Ø1/4" x Ø13 x 1T Flat Washer	7
70	Ø10 x Ø19 x 1.5T Flat Washer	4
71	Ø10 x Ø25 x 2.0T Flat Washer	5
72	Ø8 x 18mm x 1.5T Flat Washer	9
73	Ø17 x Ø23.5 x 1T Flat Washer	1
76	Ø1/4" Split Washer	7
77	M8 x P1.25 x 7T Nyloc Nut	1
78	3/8" x UNC16 x 7T Cap Nut	1
79	1/4" x UNC20 x 8T Nyloc Nut	4
80	5/16" x UNC18 x 6T Nyloc Nut	4
81	M4 x P0.7 x 5T Nyloc Nut	2
82	3/8" x UNC16 x 7T Nut	8
83	M10 x P1.25 x 25T Nut	2
85	Round Disk	2
86	Seat Fore/Aft Adjustment Knob	1
93	Phillips Head Screw Driver	1
96	Crank Arm End Cap	2
97	Spacer for Stopper Axle	2
99	Ø8 x 19 x 1.5T Curved Washer	1
100	12/14m/m Wrench	1
102	Ø8 x 16 x 1.0T Flat Washer	2
103	Ø8 x 1.5T Split Washer	2
104	Power Adaptor	1
105	Handle Bar Cover	1
106	Seat Up/Down Adjustment Knob	1
106-1	M16 x M22 x 37L Knob Nut	1
106~2	M4 x P0.7 x 5L Phillips Head Screw	2
107	Slider Sleeve	1
114	Slide Spacer	1
116	Drink Bottle Holder	1
117	13.15m/m Wrench	1
118	5/16" x UNC18 x 2-1/4" Hex Head Bolt	2

Dwg #	Part description	Qty
123	Power Cord (Optional)	1
132	M3 × 10L_Phillips Head Screw	9
133	Attaching Plate	1
139	Attaching Bracket	2
140	Interface Board	1
141	combo board-HDMI/TV/CSAFE/network	1
142	1250m/m_CSAFE W/Cable	1
143	1250m/m_TV Signal Cable	1
144	1250m/m_network W/Cable	1
145	1900m/m_Console Power Cord	1
146	Coaxial Connector	1
147	1300m/m_HDMI Cable	1
148	80m/m_Connecting Wire (White)	1
149	80m/m_Connecting Wire (Black)	1
150	TV Adapter	1