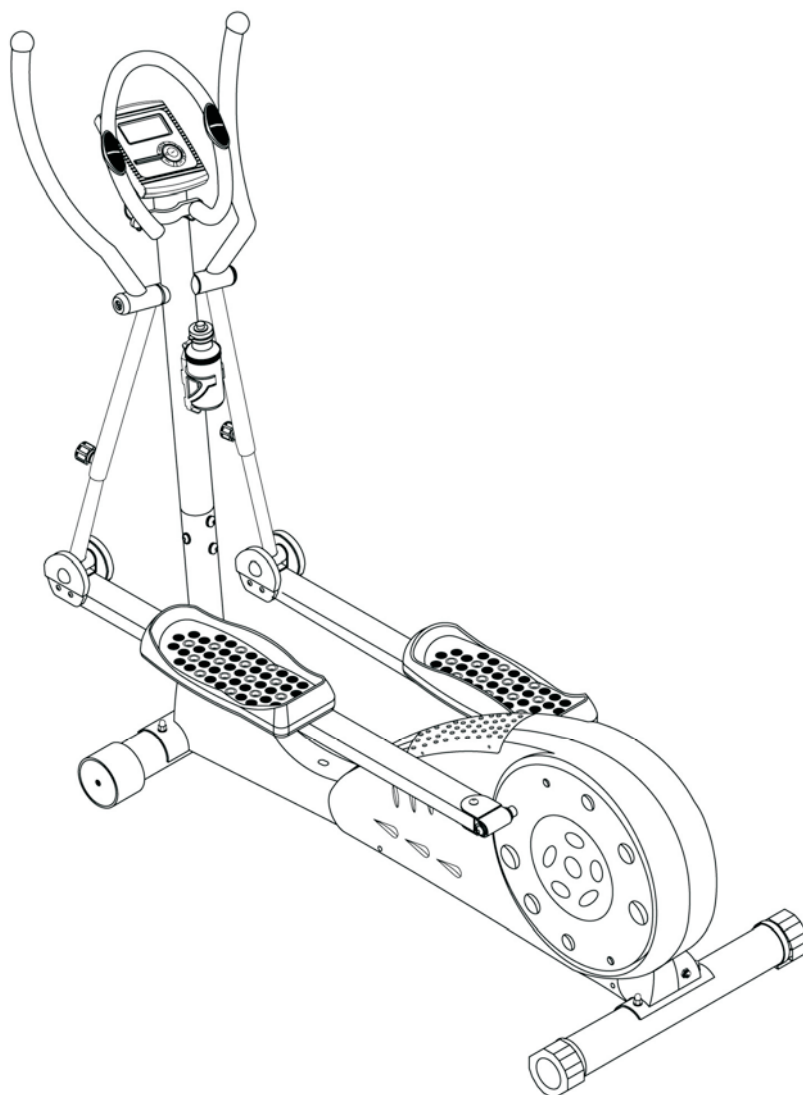




# Elliptical Owner's Manual

**Model No: EX7**



**Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual**

**Version A**

**This quality product is designed, manufactured, tested and certified for enhanced Fitness Training.**

**Dear Customer,**

Thank you for choosing the ELLIPTICAL TRAINER. We wish you a lot of fun and success during training.

Please read the enclosed safety and assembly instructions carefully.

If you have questions please do not hesitate to contact us.

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**Safety Instructions** 

Before you start training on your ELLIPTICAL TRAINER please read the instructions carefully.  
Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- The **EX 7** is made for home use only and has been tested up to a maximum body weight of up to 150 kg.
- Follow the steps in the assembly instructions carefully.
- Use only original parts as delivered.
- For assembly, use only suitable tools and ask for assistance with assembly if necessary.
- Place the product on an even, non-slippery surface. Due to possible corrosion, the usage of the exercise equipment in moist areas is not recommended.
- Before your first training session, (and every 1-2 months) check that all connecting elements are securely fitted and that they are in good condition. Replace defective components immediately and/or keep the equipment out of use until repair. For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice.
- 
- Avoid the use of aggressive detergents when cleaning the product.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- This product is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme.  
Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in the training instructions.

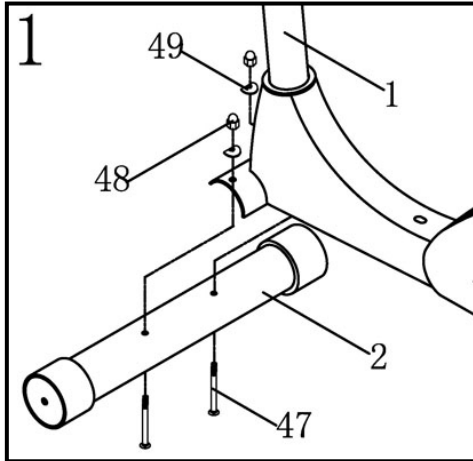
# Assembly Instructions

GB

## Step 1

GB

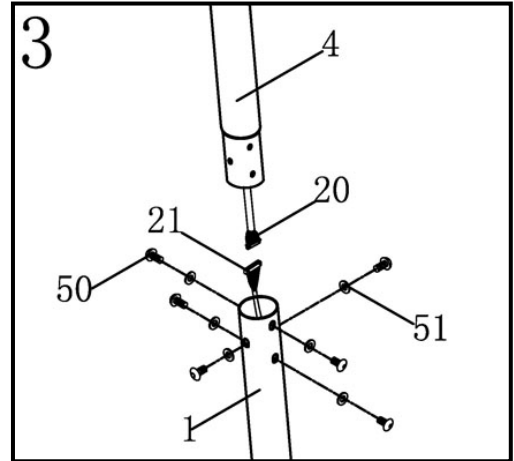
1. Fasten front stabilizer (2) to main frame (1) with 2 sets of carriage bolt ( 47 ) , washer (49) & domed nut (48) from the underside of stabilizer.



## Step 3

GB

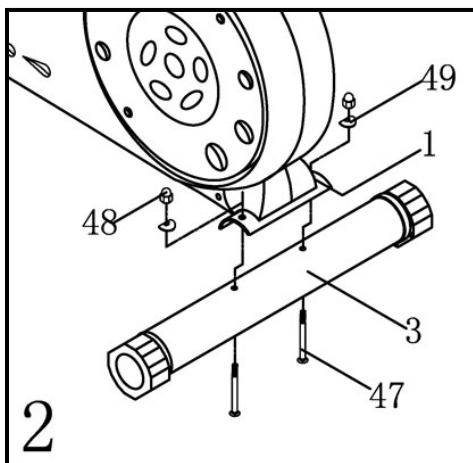
1. Connect upper computer cable (20) with lower computer cable (21) securely.
2. Unscrew 6\* bolts (50). Put handlebar post (4) into main frame (1) and fix it with 6 sets of bolt (50) and washer (51) firmly.



## Step 2

GB

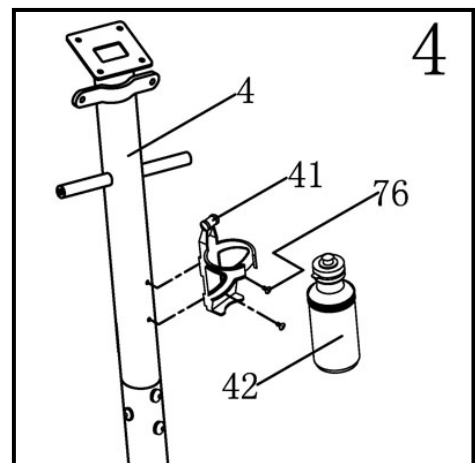
1. Fasten rear stabilizer (3) to main frame (1) with 2 sets of carriage bolt (47) ,washer (49) & domed nut (48) from the underside of stabilizer.



## Step 4

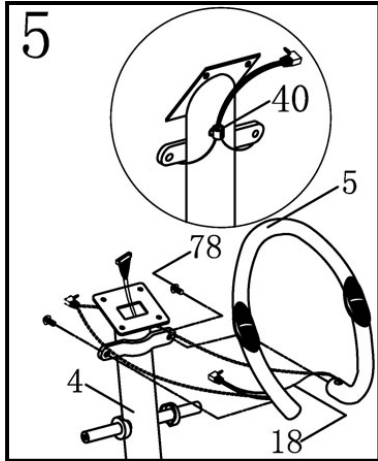
GB

1. Place bottle holder (41) on handlebar post (4) and fix it with 2 bolts (76).
2. Put water bottle (42) into bottle holder (41).

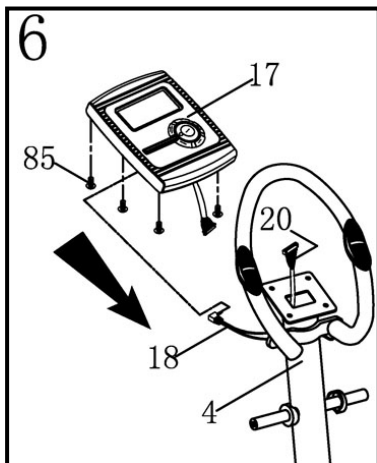


**Step 5****(GB)**

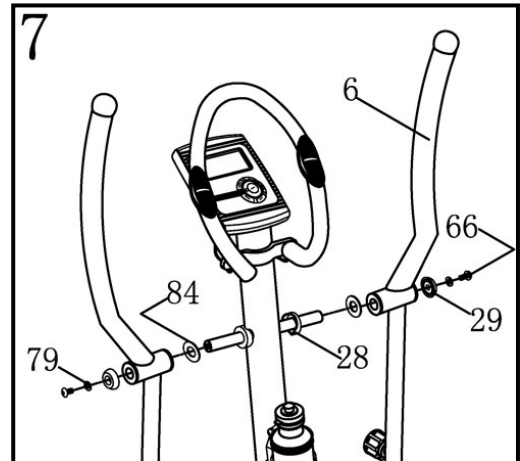
1. Place oval fix post (5) to metal parts (under computer (17) on handlebar post (4), secure with 2 bolts (78) tightly.
2. Plug hand pulse sensor wire (18) and fix it on handlebar post (4) with 1 fastener (40).

**Step 6****(GB)**

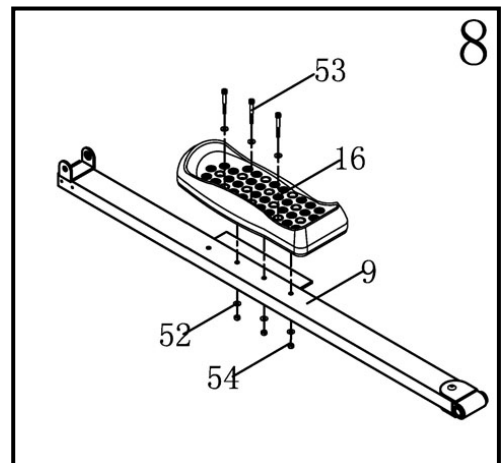
1. Attach upper computer cable (20) to cable at back of computer (17) tightly.
2. Plug hand pulse sensor wire (18) to jack at back of computer (17).

**Step 7****(GB)**

1. Attach right swing bar (6) with one set of sleeve (28) and washer (84) to handlebar post (4), then secure with 1 set of cap (29), washer (79) and bolt (66).
2. Do the same for the left swing bar (7).

**Step 8****(GB)**

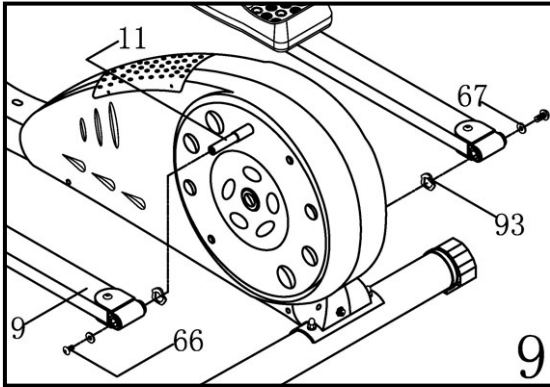
1. Attach right pedal (16) to right pedal bar (9), secure with 3\*bolts (53), 6\*washers (52) and 3\*nuts (54) tightly.
2. Do the same for left pedal bar (9).



**Step 9**

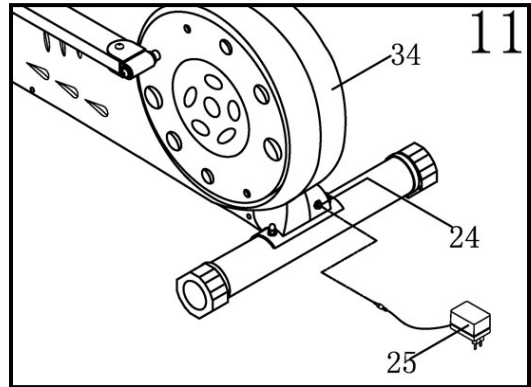
GB

1. Attach the end of right pedal bar (9) to the right axle of cross bar (11) with 1\*washer (93). Secure with 1 set of bolt (66) and washer (67) tightly.
2. Do the same for the left pedal bar (9).

**Step 11**

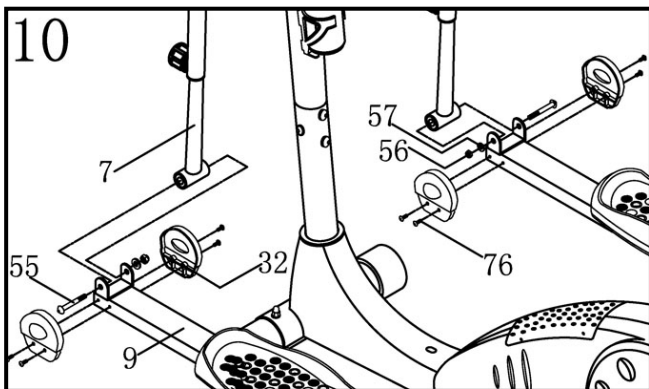
GB

1. Attach cable of adaptor (25) to jack at main chain cover (24) securely.

**Step 10**

GB

1. Attach the end of left swing bar (7) to the front of left pedal bar (9), secure with 1 set of bolt (55), washer (57) and nut (56) tightly. Cover the front of left pedal bar (9) with 2\*plastic covers (32), secure with 2\*screws (76) to both side.
2. Do the same for the right swing bar (7) and the right pedal bar (9)





## The things you should know before exercise

### A. Input Power

Plug in the adaptor to the equipment then the computer will produce a beep sound and turn on the computer at the Manual mode.

### B. Program select and setting value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

### C. Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

## Functions and Features:

1. **TIME:** Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
2. **DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 999.0KM/MILE.
3. **RPM:** Your pedal cadence.
4. **WATT:** The amount of mechanical power the computer is receiving from your exercise.
5. **SPEED:** Displays your workout speed value in KM/MILE per hour.
6. **CALORIES:** Your computer will estimate the cumulative calories burned at any given time during your workout.
7. **PULSE:** Your computer displays your pulse rate in beats per minute during your workout.
8. **AGE:** Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
9. **PULSE RECOVERY:** During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

- 1.0 means OUTSTANDING
- 1.0 < F < 2.0 means EXCELLENT
- 2.0 ≤ F ≤ 2.9 means GOOD
- 3.0 ≤ F ≤ 3.9 means FAIR
- 4.0 ≤ F ≤ 5.9 means BELOW AVERAGE
- 6.0 means POOR

**Note:** If no pulse signal input then the computer will show "P" on the PULSE window. If the computer shows "ERR" on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.

10. TEMPERATURE: Display the current temperature.

## Key function:

There are 6 button keys and the function description as follows:

1. START/STOP key:
  - a. Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero
  - b. During the exercise mode, press the key to STOP exercise.
  - c. During the stop mode, press the key to START exercise.
2. UP key:
  - a. Press the key to increase the resistance during exercise mode.
  - b. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.
3. DOWN key:
  - a. Press the key to decrease the resistance during exercise mode.
  - b. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.
4. ENTER key:
  - a. During the setting mode, press the key to accept the current data entry.
  - b. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
  - c. During setting the Clock, press this key can accept the setting hour and setting minute.
5. BODY FAT key: Press the key to input your HEIGHT, WEKGHT, GENDER and AGE then to measure your body fat ratio,
6. PULSE RECOVERY key: Press the key to activate heart rate recovery function.

## Program Introduction & Operation:

### Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select the MANUAL (P1) program.
  2. Press the ENTER key to enter MANUAL program.
  3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
  4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.

5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

### **Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain, Intervals, Random, Plateau, Fartlek, Precipice Program**

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirable of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

- Operations:**
1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
  2. Press the ENTER key to enter your workout program.
  3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
  4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
  6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
  7. Press the START/STOP key to begin exercise.

### **User Setting Program: User 1, User 2, User 3, User 4**

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

- Operations:**
1. Use UP/DOWN keys to select the USER program from P14 to P17.
  2. Press the ENTER key to enter your workout program.
  3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
  4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
  5. Follow the above description 3 and 4 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
  6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
  7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.



9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

### **Watt Control Program: Watt Control**

Program 18 is a Speed Independent Program. Press ENTER key to set up the values of TARGET WATT, TIME, DISTANCE and CALORIES. During the exercise mode, the level of resistance is not adjustable. For example, the level of resistance may increase while the speed is too slow. Also the level of resistance may decrease while the speed is too fast. As a result, the calculated value of WATT will close to the value of TARGET WATT setup by users.

- Operations:
1. Use UP or DOWN key to select the WATT CONTROL (P18) program.
  2. Press ENTER key to enter your workout program.
  3. The TIME will flash and you can press UP or DOWN key to set your exercise TIME. Press ENTER key to confirm your desired TIME.
  4. The DISTANCE will flash and you can press UP or DOWN key to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
  5. The WATT will flash and you can press UP or DOWN key to set your target WATT value. Press ENTER key to confirm your target WATT. The default WATT value is 100.
  6. The CALORIES will flash and you can press UP or DOWN key to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
  7. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
  8. Press the START/STOP key to begin exercise.

**NOTE:** 1.  $WATT = TORQUE (KGM) * RPM * 1.03$

2. In this program, the WATT value will keep constant value. It means that if you peddle quickly, the resistance level will decrease and if you peddle slowly, the resistance level will increase. Always try to keep you in the same watt value.

### **Body Fat Program: Body Fat**

Program 19 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

Type1: BODY FAT% > 27

Type2:  $27 \geq \text{BODY FAT\%} \geq 20$

Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

- Operations:**
1. Use UP/DOWN keys to select the BODY FAT (P19) program.
  2. Press the ENTER key to enter your workout program.
  3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
  4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to

confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.

5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
9. Press START/STOP key to begin exercise.

## Operation guide:

### 1. Sleep Mode:

The computer will enter the sleep mode when there is no signal input and no keys be pressed after 4 minutes. You can press any key to wake up the computer.

2. BMI (Body Mass Index): BMI is a measure of body fat based on height and weight that applies to both adult men and women.
3. BMR (Basal Metabolic Rate): Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.

## Error Message:

### E1 (ERROR 1):

**Normal state:** During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

**Power on state:** The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2): When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3): After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

## Technical data of the current adapter

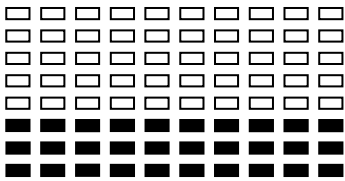
1. Available for Input: 230V/50Hz or 60Hz Output: 6V AC/0.5A
2. Available for Input: 110V/50Hz or 60Hz Output: 6V AC/0.5A

# LCD Workout Graphics

## PRESET PROGRAM PROFILES:

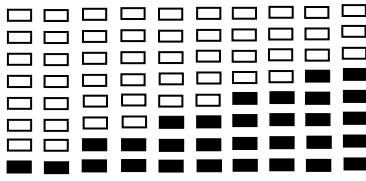
PROGRAM 1

### MANUAL



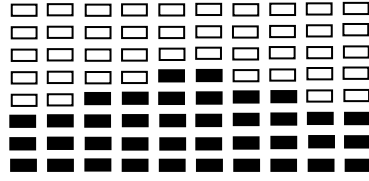
PROGRAM 2

### STEPS



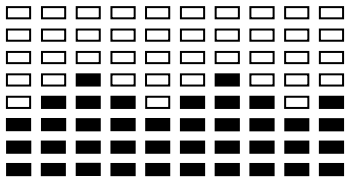
PROGRAM 3

### HILL



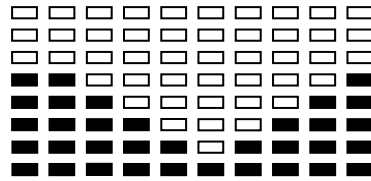
PROGRAM 4

### ROLLING



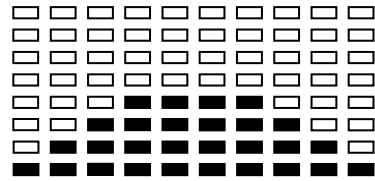
PROGRAM 5

### VALLEY



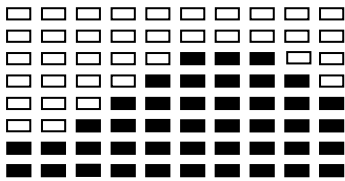
PROGRAM 6

### FAT BURN



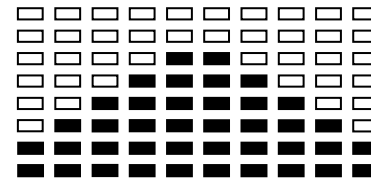
PROGRAM 7

### RAMP



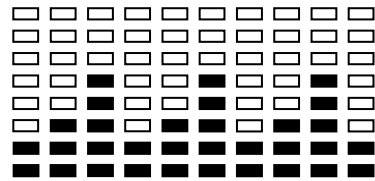
PROGRAM 8

### MOUNTAIN



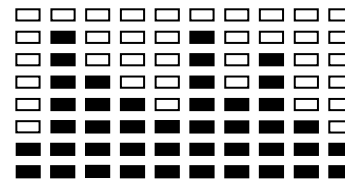
PROGRAM 9

### INTERVALS



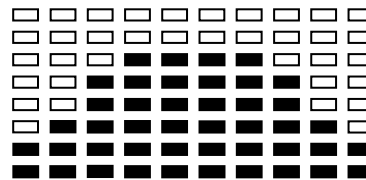
PROGRAM 10

### RANDOM



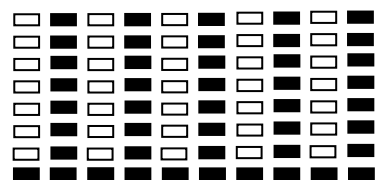
PROGRAM 11

### PLATEAU



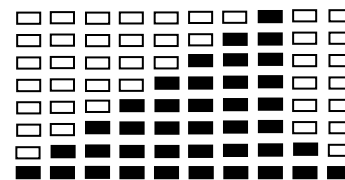
PROGRAM 12

### FARTLEK



PROGRAM 13

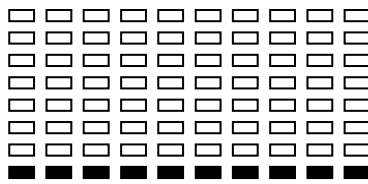
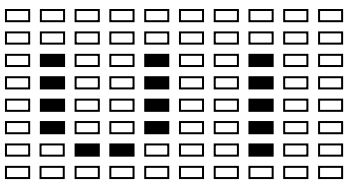
### PRECIPICE



USER SETTING PROGRAM

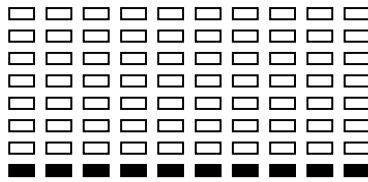
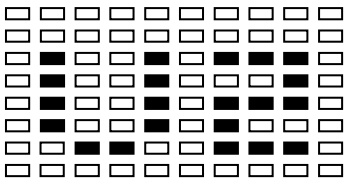
PROGRAM 14

**USER 1**



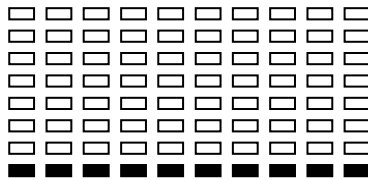
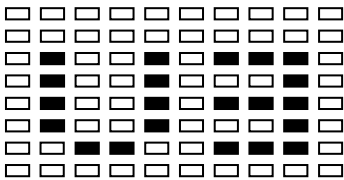
PROGRAM 15

**USER 2**



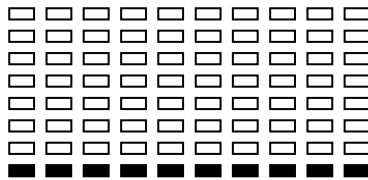
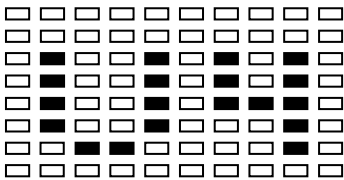
PROGRAM 16

**USER 3**



PROGRAM 17

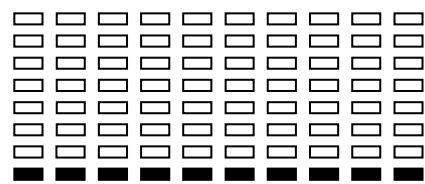
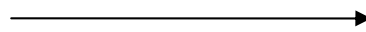
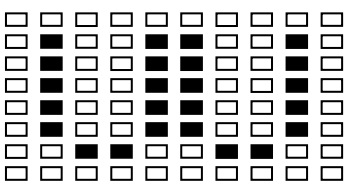
**USER 4**



WATT CONTROL PROGRAM

PROGRAM 18

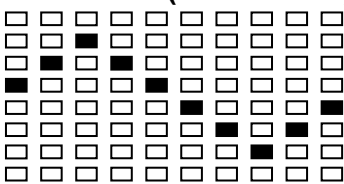
**WATT CONTROL**



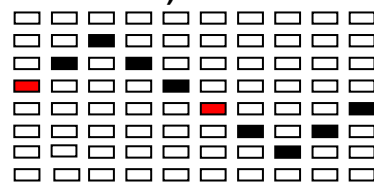
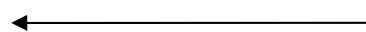
BODY FAT TEST PROGRAMS:

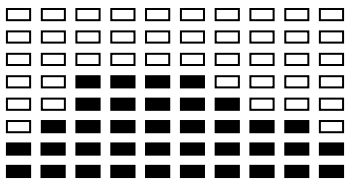
PROGRAM 19

**BODY FAT (STOP MODE)**

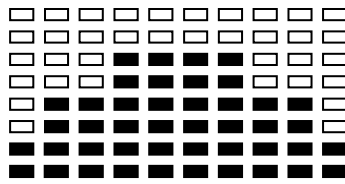


**BODY FAT (START MODE)**

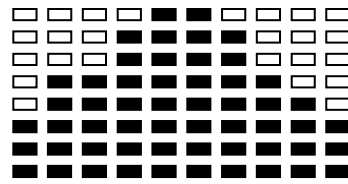




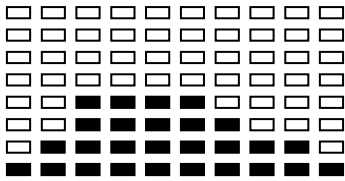
Workout Time: 40 minutes



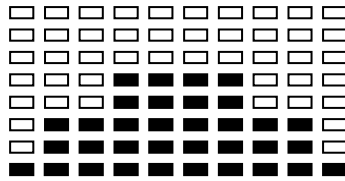
Workout Time: 40 minutes



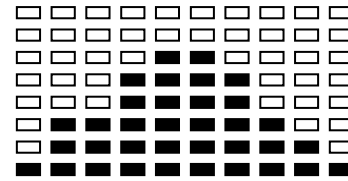
Workout time: 20 minutes



Workout Time: 40 minutes



Workout Time: 40 minutes



Workout time: 20 minutes

## Training Instructions

Please read the below Training Instructions to find your maximum and minimum pulse rate or consult your physician.

To achieve a considerable improvement in your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed: If you have not been physically active for a long period of time and also to avoid health risks you should consult your physician before starting to exercise.

### Intensity

To achieve maximum results the right intensity has to be chosen. The heart rate is used as a guideline only. As a rule of thumb the following formula is commonly used:

$$\text{Maximum pulse rate} = 220 - \text{Age}$$

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate. For your personal training rates please see the pulse rate chart.

When starting to exercise you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.

With increasing levels of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

### Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate. To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate =  $220 - 52(\text{age}) = 168$  pulse/min

Minimum pulse rate =  $168 \times 0.6 = 101$  pulse/min

Highest pulse rate =  $168 \times 0.7 = 117$  pulse/min

During the first weeks it is advisable to start with a pulse rate of 101, afterwards increase it to 117. With increasing

levels of fitness the training intensity should be increased to 70% - 85% of your maximum pulse rate. This can be done by increasing the resistance, a higher frequency or longer training periods.

## Training Organization

### Warm-up:

Before every training session you should warm-up for 5-10 minutes.

Here you can do some stretching and training with low resistance.

### Training session:

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen. The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

### Cool down:

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes. Stretching is also helpful for the prevention of muscle aches.

### Success

Even after a short period of regular exercises you will notice that you constantly have to increase the resistance to reach your optimum pulse rate. The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly. Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:

“The most difficult thing about training is to start it.”

We wish you a lot of fun and success with your Elliptical Trainer.

## HEART RATE CHART

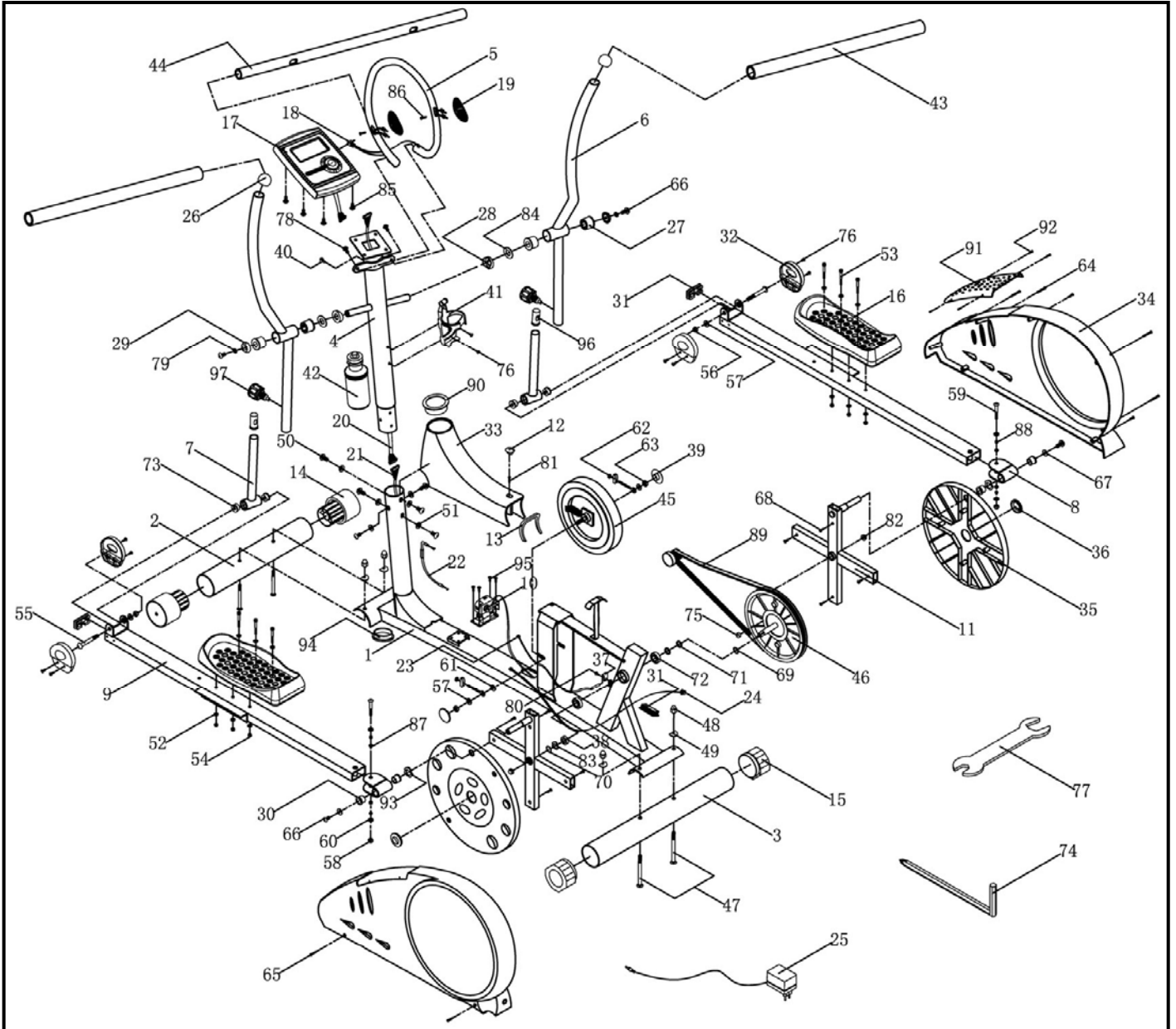
<b>AGE</b>	<b>RECOVERY</b> 50%–65%	<b>ENDURANCE</b> 65%–75%	<b>STRENGTH</b> 75%–85%	<b>INTERVAL</b> 65%–92%	<b>RACE DAY</b> 80%–92%
20–23	100–129	129–149	149–168	129–182	160–182
24–27	98–126	126–146	146–165	126–178	155–178
28–31	96–123	123–143	143–162	123–175	153–175
32–35	94–120	120–140	140–159	120–172	150–172
36–39	92–118	118–137	137–155	118–168	146–168
40–43	90–116	116–134	134–151	116–164	143–164
44–47	88–113	113–131	131–148	113–161	140–162
48–51	86–110	110–128	128–145	110–157	137–157
52–55	84–108	108–125	125–141	108–153	133–153
56–60	82–105	105–122	122–139	105–150	131–150

The HEART RATE CHART is only for the customer reference.

NO.	Description	Q'ty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handlebar post	1
5	Oval fix post	1
6	Upper swing bar (left & right)	1
7	Lower swing bar (left & right)	1
8	U-plate (for pedal bar)	2
9	Pedal bar (left & right)	1
10	Motor	1
11	Cross bar (left & right)	1
12	Cap (for plastic cover #33)	1
13	Ring (for plastic cover #33)	1
14	Front stabilizer cap	2
15	Rear stabilizer cap	2
16	Pedal (pair)	1
17	Computer	1
18	Hand pulse sensor wire	1
19	Hand pulse sensor	2
20	Computer cable (upper)	1
21	Computer cable (lower) with motor	1
22	Tension control cable	1
23	Sensor wire	1
24	DC wire	1
25	Adaptor	1
26	End caps (for upper swing bar)	2
27	Fastener (for upper swing bar )	4
28	Sleeve (for upper swing bar)	2
29	Cap (for upper swing bar )	2
30	Fastener (for pedal bar)	4
31	Square cap (for pedal bar )	2
32	Plastic cover (for pedal bar)	4
33	Plastic cover (for main frame)	1
34	Main chain cover (left & right)(pair)	1
35	Disk	2
36	Cap (for disk)	2
37	Fixture (for sensor wire)	1
38	Plastic cover (for belt wheel)	1
39	Protector (for flywheel)	2
40	Fastener (for hand pulse sensor wire)	1
41	Bottle holder	1
42	Water bottle	1
43	Foam grips (for swing bar)	2
44	Foam grips (for fix post)	1
45	Flywheel	1
46	Belt wheel	1
47	Carriage bolt (for front & rear stabilizer)	4
48	Domed nut (for front & rear stabilizer)	4
49	Washer (for front & rear stabilizer)	4

50	Bolt (for handlebar post )	6
NO.	Description	Q'ty
51	Washer (for handlebar post )	6
52	Washer (for pedal )	12
53	Bolt (for pedal)	6
54	Nut (for pedal )	6
55	Bolt (for pedal bar)	2
56	Nut (for pedal bar )	2
57	Washer (for pedal bar & flywheel)	4
58	Nut (for U-plate)	2
59	Bolt (for U-plate)	2
60	Washer (for U-plate)	4
61	Washer (for flywheel)	2
62	Belt adjuster (set)	2
63	Nut (for flywheel)	2
64	Screw (for main chain cover)	5
65	Screw (for chain cover )	4
66	Bolt (for U-plate & swing bar )	4
67	Washer (for U-plate)	2
68	Screw (for cross bar)	8
69	Washer (for belt wheel)	2
70	Washer (for belt wheel)	1
71	Washer (for belt wheel)	1
72	Steel bearing	2
73	Fastener (for swing bar)	4
74	Allen key wrench	1
75	Magnet	1
76	Bolt (for plastic cover & bottle holder)	10
77	Screw driver	1
78	Bolt (for fix post)	2
79	Washer (for swing bar)	2
80	Bolt (for sensor holder)	1
81	Screw (for plastic cover #33)	1
82	Nut (for cross bar)	2
83	Washer (for belt wheel)	1
84	Washer (for swing bar)	2
85	Bolt (for computer)	4
86	Screw (for hand pulse sensor)	2
87	Sleeve (for U-Plate)	4
88	Sleeve (for U-Plate)	4
89	Belt	1
90	Ring (for handlebar post)	1
91	П-plate (for chain cover)	1
92	Screw (for-plate)	4
93	Washer (for pedal bar)	2
94	End cap (for front post)	1
95	Bolt (for motor)	4
96	Fastener (for lower swing bar )	2
97	Spring-knob	2





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