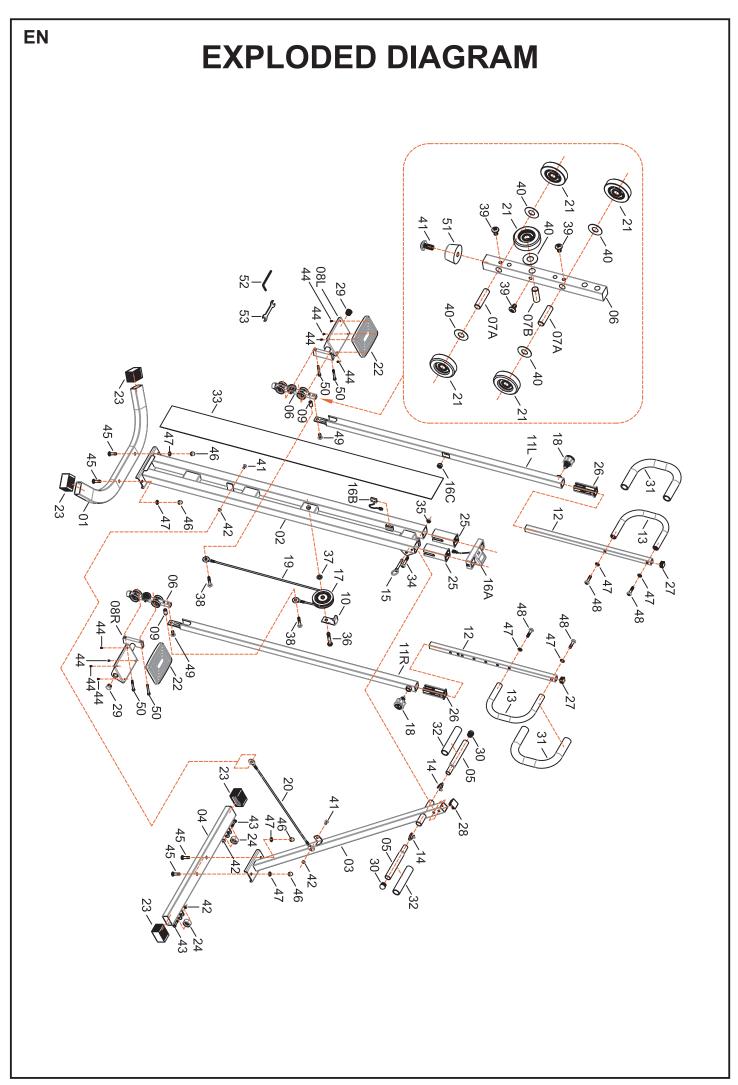


ASSEMBLY & INSTRUCTION MANUAL



PARTS LIST

The following parts list describes all of the parts illutrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	QTY
01	Front stabilizer	1
02	Front frame	1
03	Rear frame	1
04	Rear stabilizer	1
05	Rear handlebar	2
06	Slide rectangle bar	2
07A	Long axle	4
07B	Short axle	2
08L	Left pedal bracket	1
08R	Right pedal bracket	1
09	Sleeve	2
10	Bracket	1
11L	Left slide tube	1
11R	Right slide tube	1
12	Adjusting tube	2
13	Top handlebar	2
14	V-shaped spring buckle	2
15	Pin Ø8	1
16A	Monitor	1
16B	Sensor block	1
16C	Magnet	1
17	Big pulley	1
18	Pull pin knob(M16)	2
19	Front wire rope	1
20	Rear wire rope	1
21	Small pulley	10
22	Pedal	2
23	Rectangle end cap(□25×50)	4
24	Transport wheel	2

#	Description	QTY
25	Square bushing □38 to □30	2
26	Square bushing □30 to □20	2
27	Square plug □20	2
28	Square plug ⊡30	1
29	Round plug(Ø19)	2
30	Round plug(Ø22)	2
31	Top foam	2
32	Rear foam	
33	Decorative panel	1
34	Bolt (M8×50)	1
35	Nylon nut(M8)	1
36	Bolt (M10×60)	1
37	Flat washer (Ø10)	1
38	Bolt (M8×45)	2
39	Bolt (M5×8)	6
40	Thin flat washer (Ø8)	10
41	Bolt (M6×12)	4
42	Nylon nut (M6)	4
43	Bolt (M6×30)	
44	Screw (T3×10)	8
45	Bolt (M8×32)	4
46	Cap nut (M8)	4
47	Flat washer (Ø8)	8
48	Bolt (M8×35)	4
49	Bolt (M8×20)	2
50	Bolt (M6×50)	4
51	Buffer	2
52	Tool-1	1
53	Tool-2	1

HARDWARE LIST

The following hardware is used to assemble your unit. Please take a moment to familiarze yourself wth these items. Please note some of tis hardwar is aready pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

Bolts





[4 PCS]



[2 PCS]



#45 BOLT M8x32 [4 PCS]

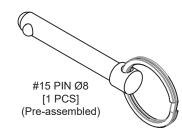
Washers

Ø #47 WASHER Ø8 [8 PCS]

Nuts



Others





#18 PULL PIN KNOB M16 [2 PCS] (Pre-assembled)



#52 TOOL-1 [1 PCS]

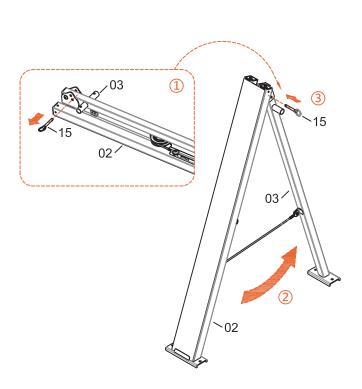


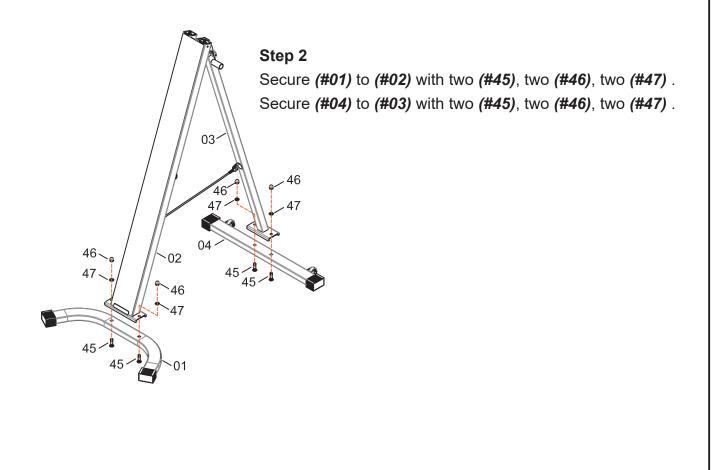
#53 TOOL-2 [1 PCS]

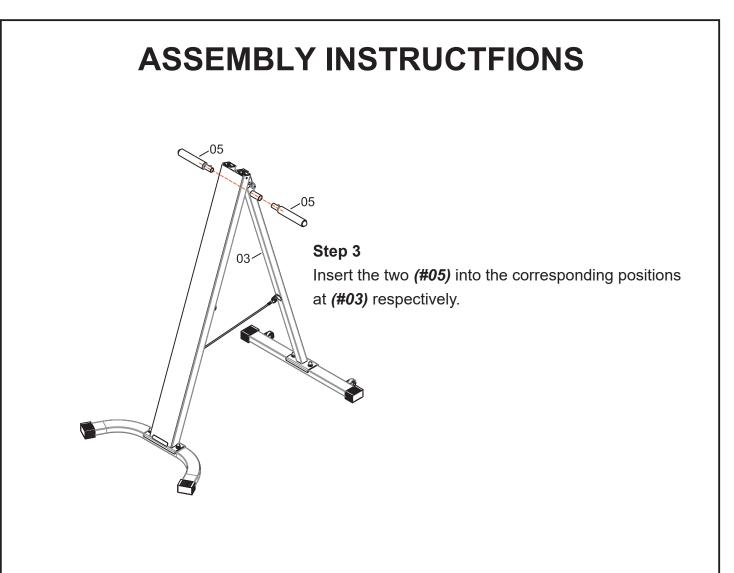
ASSEMBLY INSTRUCTFIONS

Step 1

- 1.Pull out **(#15)** 2.Open **(#02)** and **(#03)**
- 3.Insert **(#15)** back

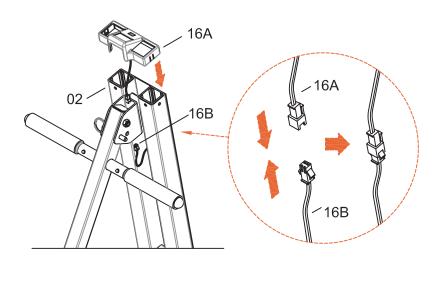






Step 4

Connect the Connecting wire (#16A) to the wire on (#16B).



ASSEMBLY INSTRUCTFIONS

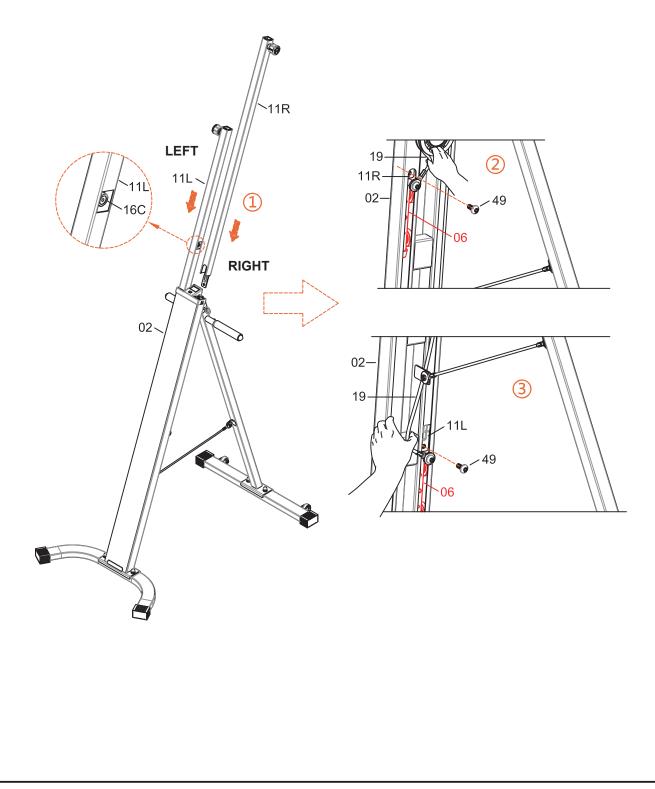
Step 5

1. Insert (#11L) and (#11R) into the corresponding position above (#02).

Attention! The position shown in the picture, (#11L) has a magnet (#16C).

2. Move (#19) by your hand as shown, see the threaded hole that is empty here, aim at **(#11R)** and **(#06)**. lock them with one **(#49)**.

3. Move the other side **(#19)** by your hand as shown, see the threaded hole that is empty here, aim at **(#11L)** and **(#06)**, lock them with one **(#49)**.



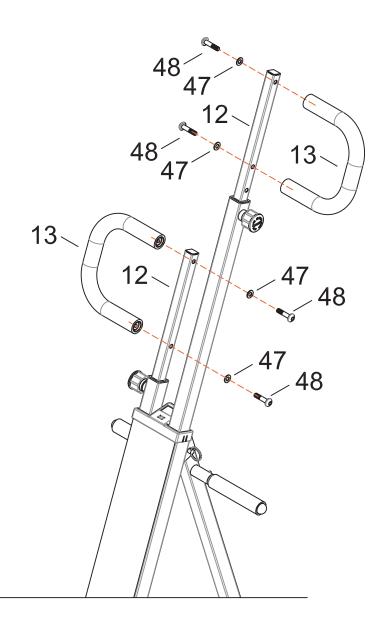
ASSEMBLY INSTRUCTFIONS Step 6 Put (#08R) in the corresponding position of (#06) at RIGHT right side, then align the two holes, lock them with two **(#50)**. V Then put (#08L) in the corresponding position of (#06) 08R at left side, then align the two holes, lock them with two **(#50)**. 02-08L LEFT Step 7 1. Remove (#18) on both sides of (#11L) and (#11R) respectively. 12 2. Insert two (#12) above (#11L) and (#11R) respectively. 3. Install two (#18) back. 12 18 18 3 18 18 11R 11R 11L

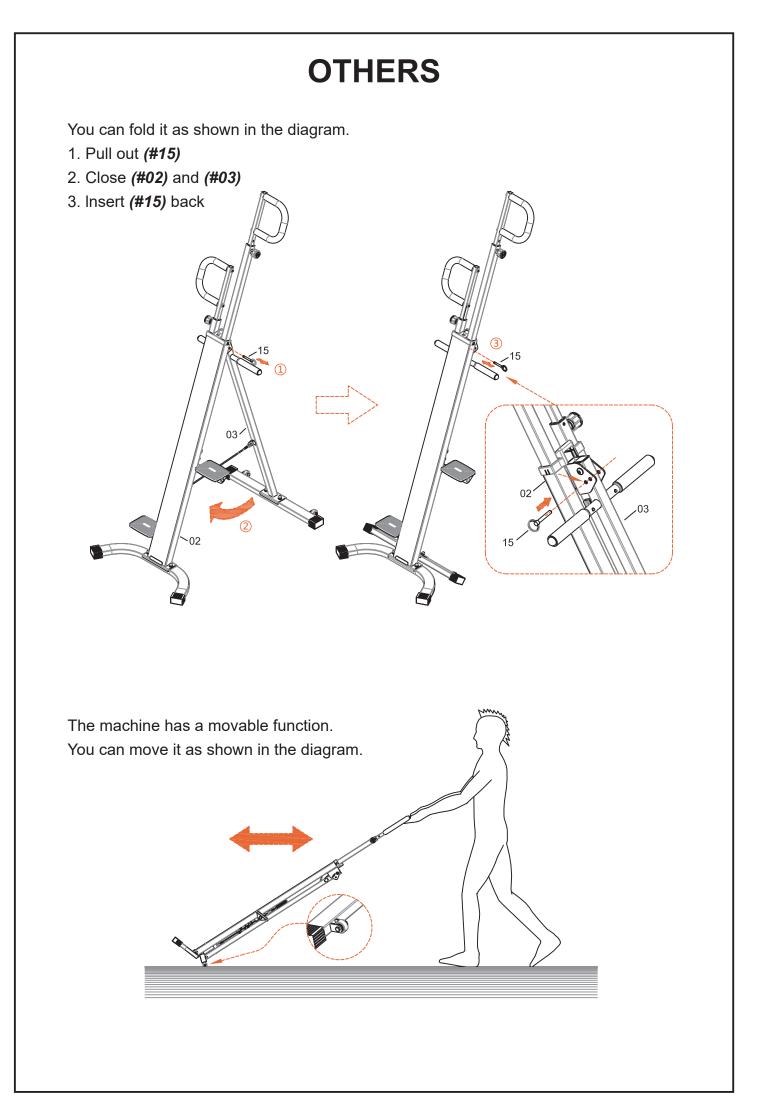
ASSEMBLY INSTRUCTFIONS

Step 8

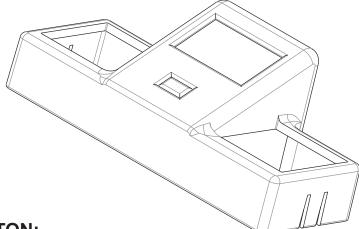
Take two (#13) in the corresponding positions of two (#12) respectively, lock them with two (#47), two (#48) respectively.

The assembly is completed





OTHERS



FUNCTIONAL BUTTON:

MODE/RESET – Push down to select functions.

- Push down to reset time count and calories for 4 seconds.

FUNCTIONS AND OPERATIONS:

1. SCAN: Automatically scan functions of time count total count and calories, each display will be hold 6 seconds.

2. TIME : Automatically accumulates workout time when exercising.

3. COUNT: Automatically accumulates the number of counts when exercising.

4. TOTAL COUNT: Automatically accumulates the Total number of steps performed for different exercise sessions.

5. CALORIES: Automatically accumulates calories burnt when exercising.

NOTE:

1. If the display is faint or shows no figures ,please replace the batteries.

2. The monitor will automatically shut off if there is no signal received after 4 minutes .

3. The monitor will be auto powered on when starting to exercise push button signal in.

4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

FUNCTION	SCAN	Every 6 seconds
	TIME	0:00~99:59
	COUNT	0~9999TIMES
	TOTAL COUNT	0~9999 TIMES
	CALORIES	0.0~999.9 CAL or 0~9999 CAL
BATTERY TYPE		1pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

If you have any questions, please contact our customer care center. Our contact details are below:



001-877-644-9366

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