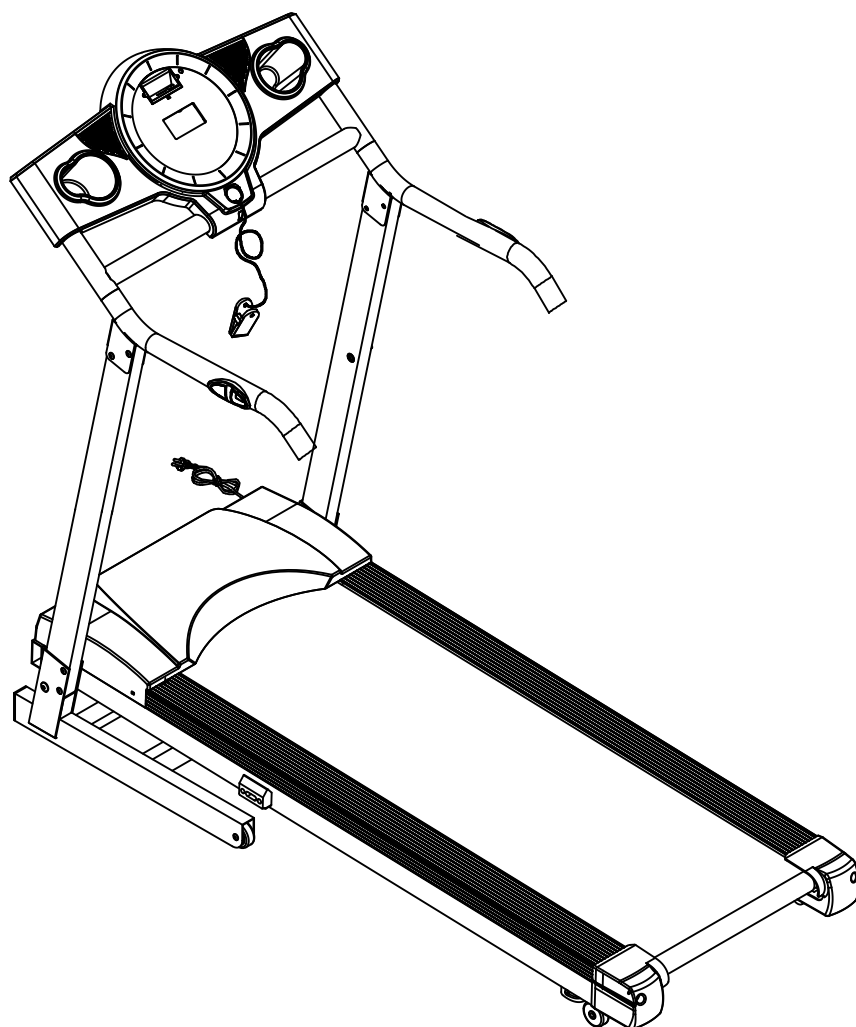


V-fit

by

BENY[®]UK
SPORTS
LIMITED



CX9 Motorised Folding Programmable Treadmill with MP3 Link

Assembly & User Manual

Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use

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General Information

Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

Questions

Should you encounter any difficulty with the assembly, operation or use of your V-fit exercise product or if you think that you may have parts missing, please DO NOT return it to your retailer but contact us first for help and advice, asking for CUSTOMER SUPPORT, by any of the following means.

Tel:- 0871 222 0881 or

Fax:- 01535 637722 or

Email:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.

*Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW*

Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME

YOUR ADDRESS

YOUR PHONE NUMBER

PRODUCT MAKE OR BRAND

PRODUCT MODEL

PRODUCT SERIAL NUMBER

DATE OF PURCHASE

NAME OF RETAILER

PART NUMBERS REQUIRED

Guarantee

Beny Sports Co. UK Ltd. guarantee's its product range for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).
- c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

Customer Support

Tel:- 0871 222 0881 or

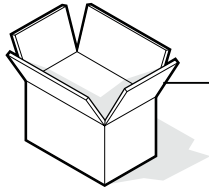
Fax:- 01535 637722 or

Email:- support@benysports.co.uk

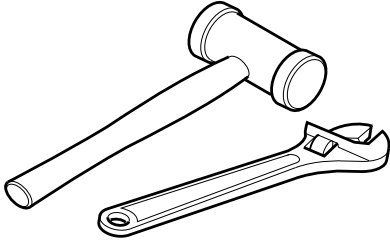
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Before you Start



Tools

If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.

Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

Open the Carton.

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.



Safety

Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.

- * Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- * For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- * Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- * Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- * Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- * Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

Storage and Use

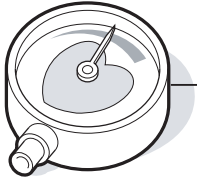
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

Weight Limit

*Your product is suitable for users weighing:
253LBS / 18 Stones / 115KG or less.*

Conformity

*This product conforms to:
(BS EN 957) - PARTS 1 and 6 Class (H) - HOME USE - Class (C).
It is NOT suitable for therapeutic purposes.*



Safety

Safety-Treadmill Specific

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the treadmill.

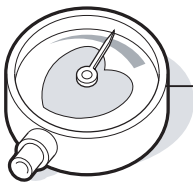
DANGER – *To reduce the risk of electric shock:*

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – *To reduce the risk of burns, fire, electric shock, or injury to persons:*

- 1. An appliance should never be left unattended when plugged in. Unplug from the power outlet when not in use, and before putting on or taking off parts.*
- 2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.*
- 3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.*
- 4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to our warehouse for examination and repair.*
- 5. Do not carry this appliance by power supply cord or use cord as a handle.*
- 6. Keep the cord away from heated surfaces.*
- 7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.*
- 8. Never drop or insert any object into any opening.*
- 9. Do not use outdoors.*
- 10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.*
- 11. To disconnect, turn all controls to the off position, then remove the plug from the power outlet.*
- 12. Connect this appliance to a properly earthed power outlet only.*
- 13. The appliance is intended for household use only.*
- 14. This product is suitable for users weighting: 253 LBS / 18 Stones / 115 KG or less.*

SAVE THESE INSTRUCTIONS



Exercising Information

Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely over weight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.

Aerobic Fitness

Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.

Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.

Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.

Warm Up

A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.

Aerobic Exercise Session

Those new to exercise should exercise no more than every other day to start with.

As your fitness level increases, increase this to 2 in every 3 days.

When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.

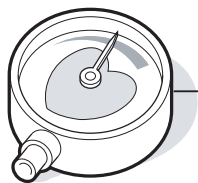
Exercising in your Target Zone

To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.

People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.

Target Zone

To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.



Exercising Information

Target Zone (con't)

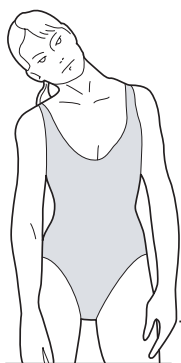
USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

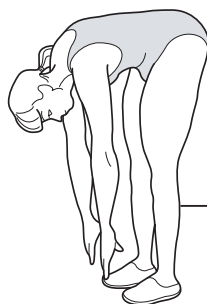
Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



Head Roll

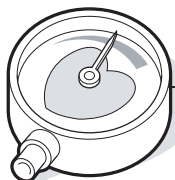
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

Exercising Information



Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



Inner Thigh Stretch

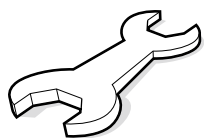
Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



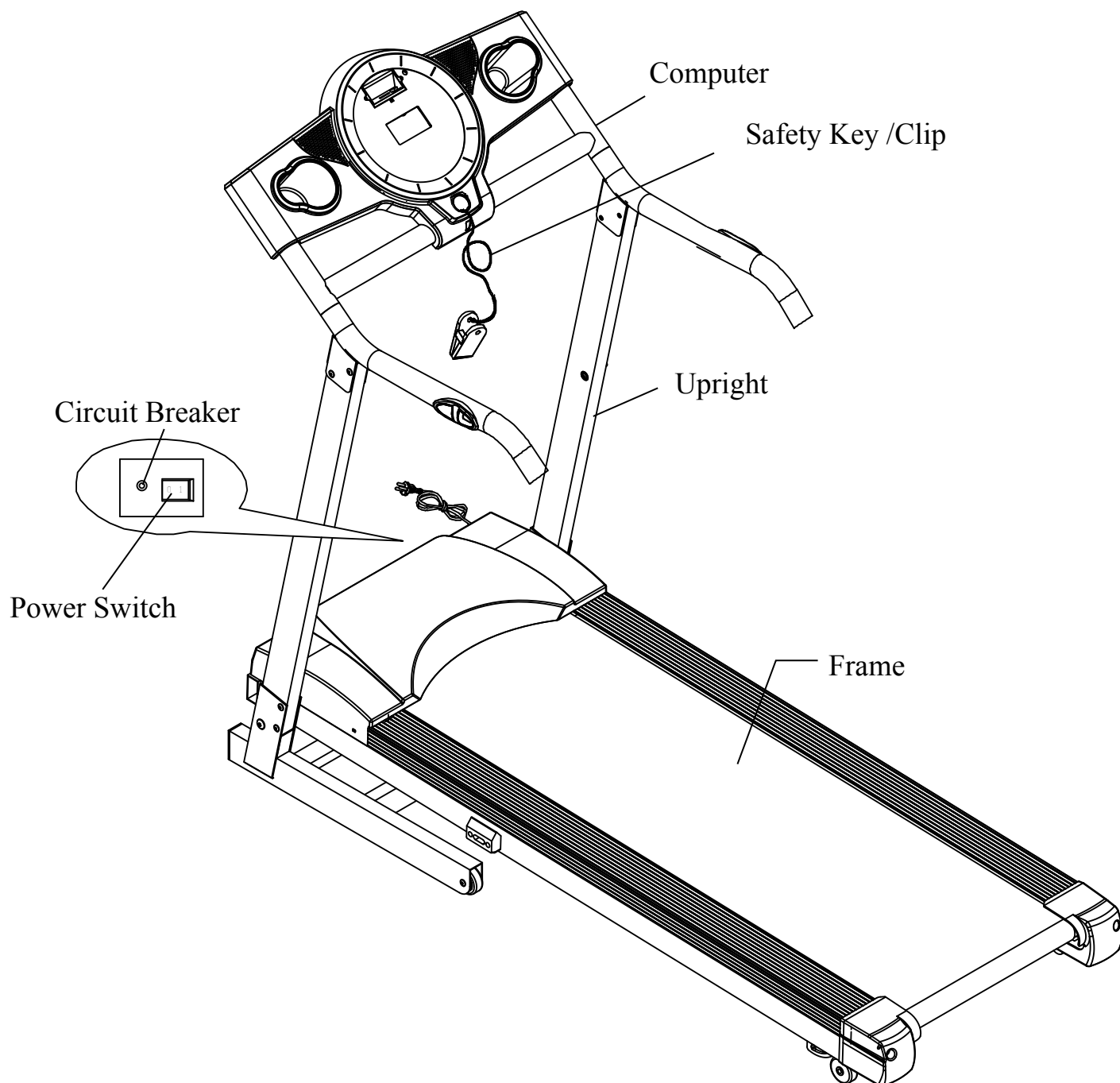
Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.

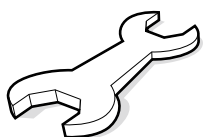
Assembly



Overview Drawing

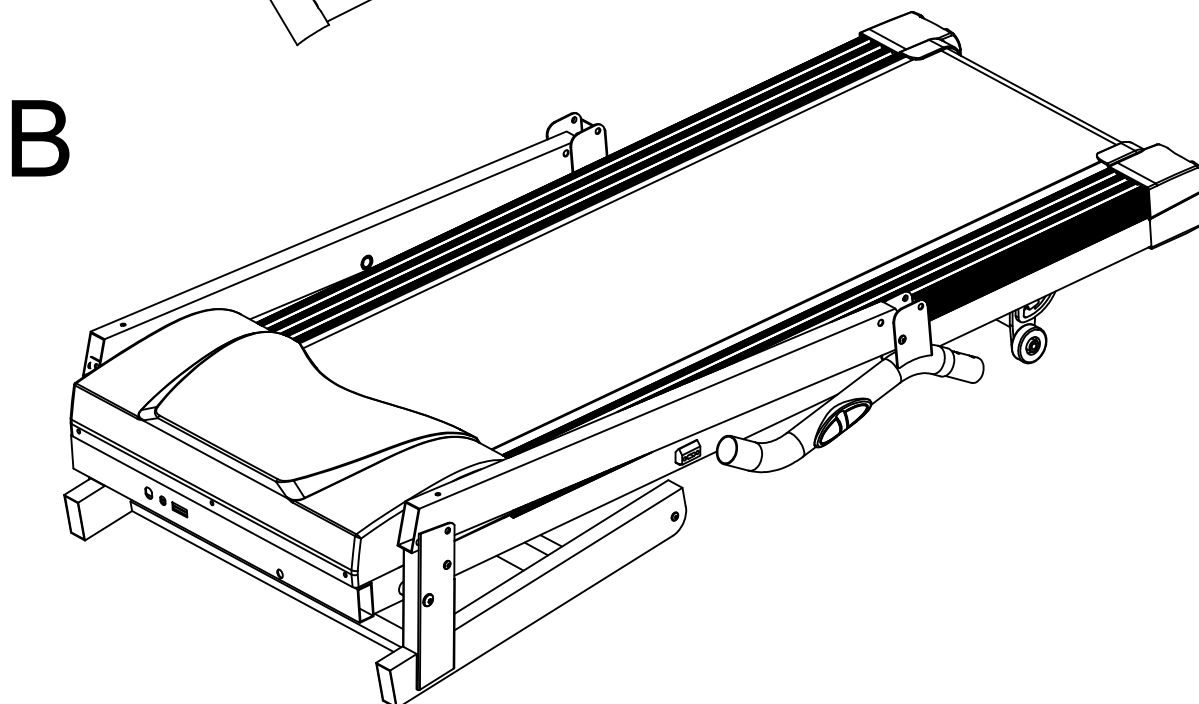
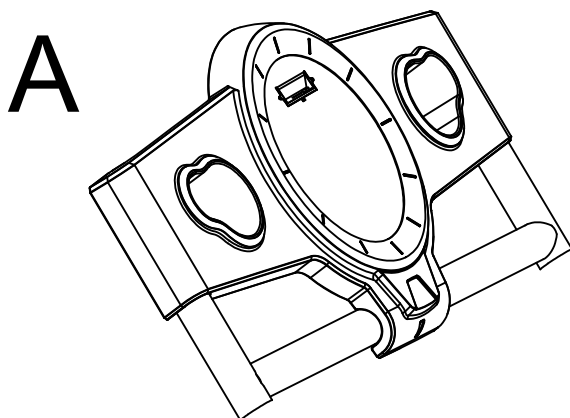


Assembly

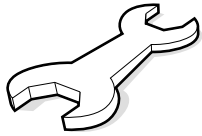


Assembly Main Components

<i>ITEM</i>	<i>Description</i>	<i>Qty</i>
<i>A</i>	<i>Computer Console</i>	<i>1</i>
<i>B</i>	<i>Frame</i>	<i>1</i>



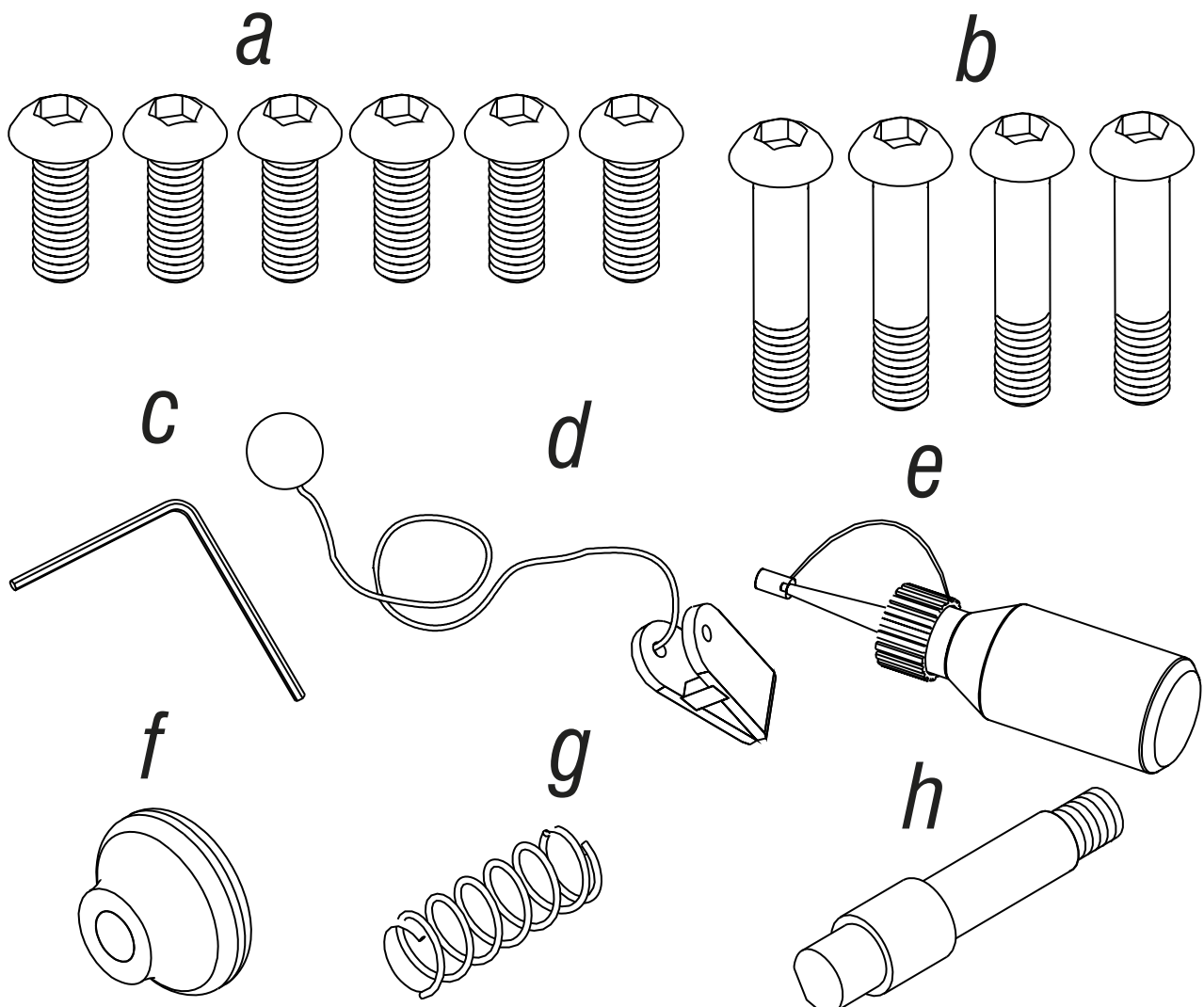
Assembly



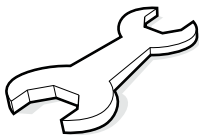
Assembly Main Components

These are the only accessories needed to complete the assembly of your Treadmill.

ITEM	Description	Qty
<i>a</i>	Allen Bolt M8 x 15mm	6
<i>b</i>	Allen Bolt M8 x 40mm	4
<i>c</i>	Allen Wrench 5mm	1
<i>d</i>	Safety Key / Clip	1
<i>e</i>	Silicon	1
<i>f</i>	Pop-Pin Head	1
<i>g</i>	Spring	1
<i>h</i>	Pin	1



Assembly



Beny Sports Co. UK Ltd

Unit 8, Riparian Way,
The Crossings, Cross Hills,
West Yorkshire.
BD20 7BW

Assembly instruction

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.

In any event, please do not return the product to your retailer before contacting us first.

Tel:- 0871 222 0881 or

Fax:- 01535 637722 or

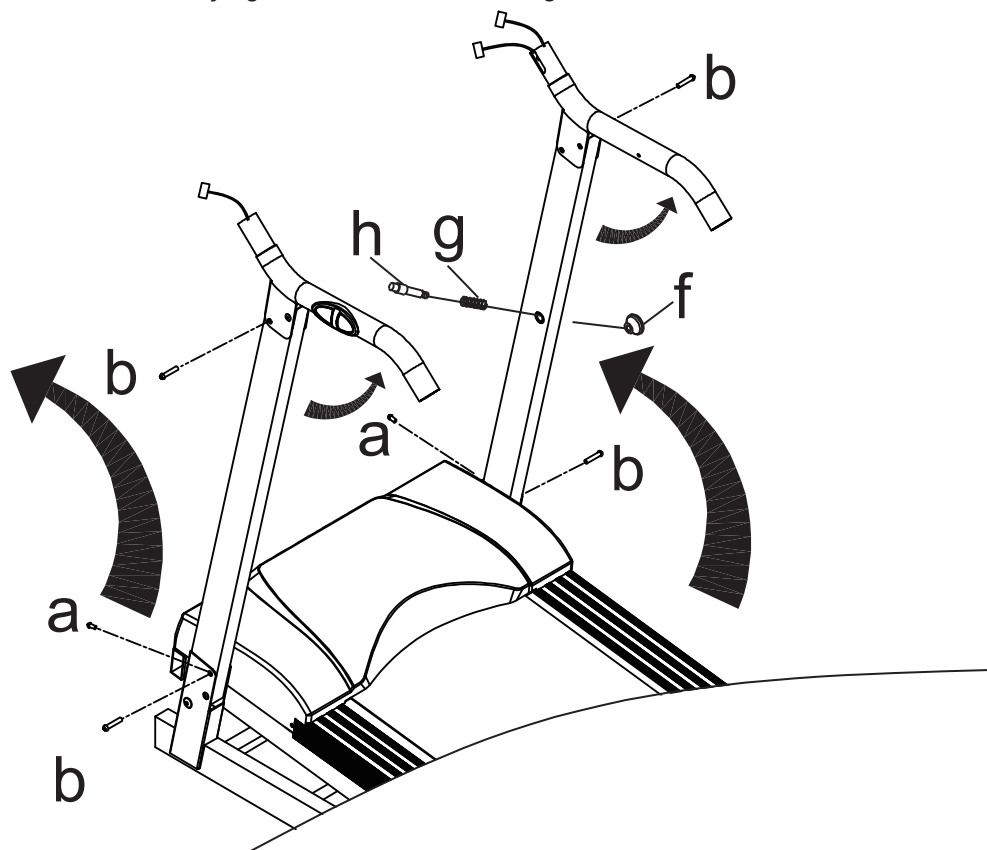
E-mail:- support@benysports.co.uk

CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday

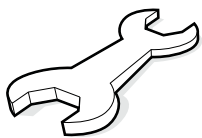
Two persons may be required to finish the assembly steps.
(Caution!! Please follow the assembly steps below to avoid injury.)

- 1.** Pull up the Uprights (L & R) (13 & 14) into position on the front Treadmill Body Frame (B). Secure with 2 x M8 x 15mm Allen Bolts (Item a) and 2 x M8 x 45mm Allen Bolts (Item b).
Pull up the Handrail (L & R) (75 & 76) into position of the Uprights (L & R) (13 & 14) Secure with 2 x M8 x 45mm Allen Bolts (Item b).
Fix the Pin (h) and Spring (g) together and place through the Upright (R) attach the Pop-Pin Head (f) to the Pin (h) and tighten.

NOTE: - Do not fully tighten the bolts at this stage.



Assembly



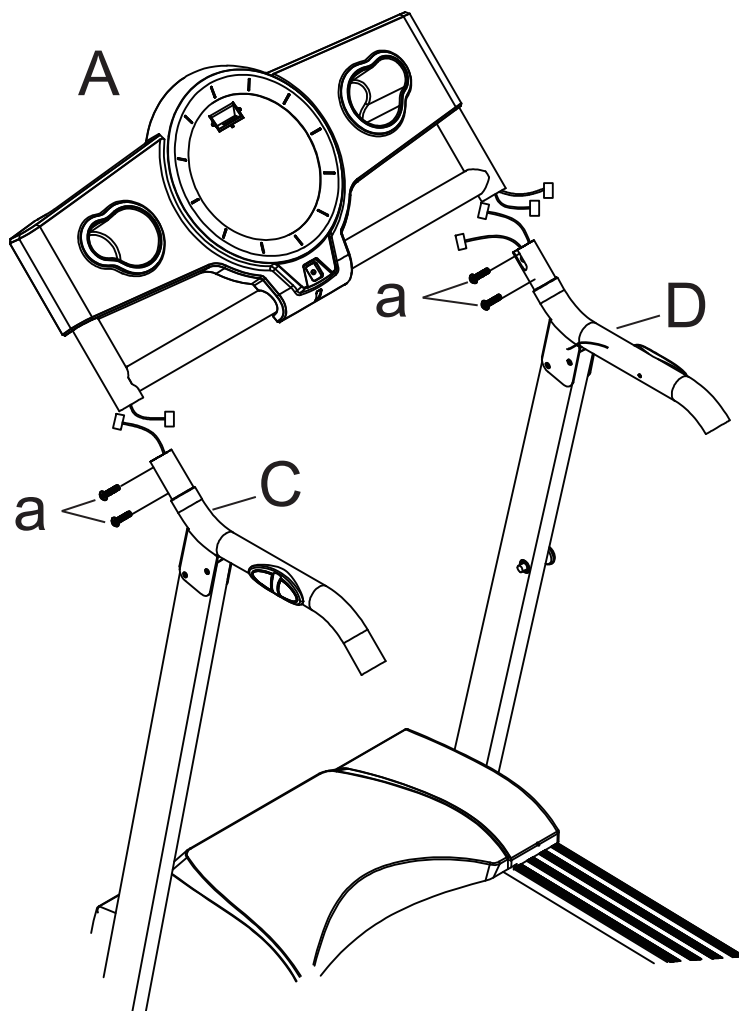
Assembly instruction

2. Take the Computer Console (Item A) and connect the multi connectors together, feeding them into the Frame (make sure you match colour for colour and like for like).

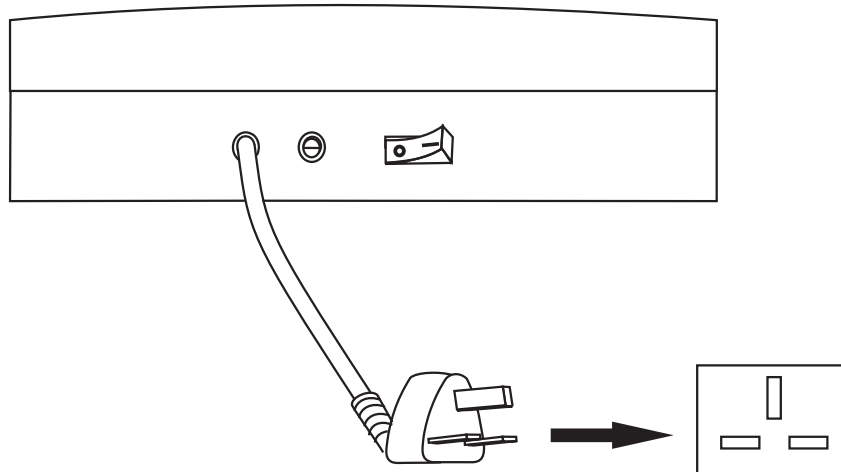
Place the Computer Console (Item A); onto the Left and Right Handrail (C & D) as shown

Loosely secure in place using 2 x M8 x 15mm Allen Bolts (Item a). Take care not to trap any wires.

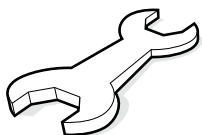
NOTE: - Now fully tighten all bolts.



3. Connect the Mains Power Lead (41) to a suitable 13 amp earthed power supply and switch the Treadmill on at the Power Switch (38) which is located at the front of the Treadmill Body Frame (B).



User Instructions

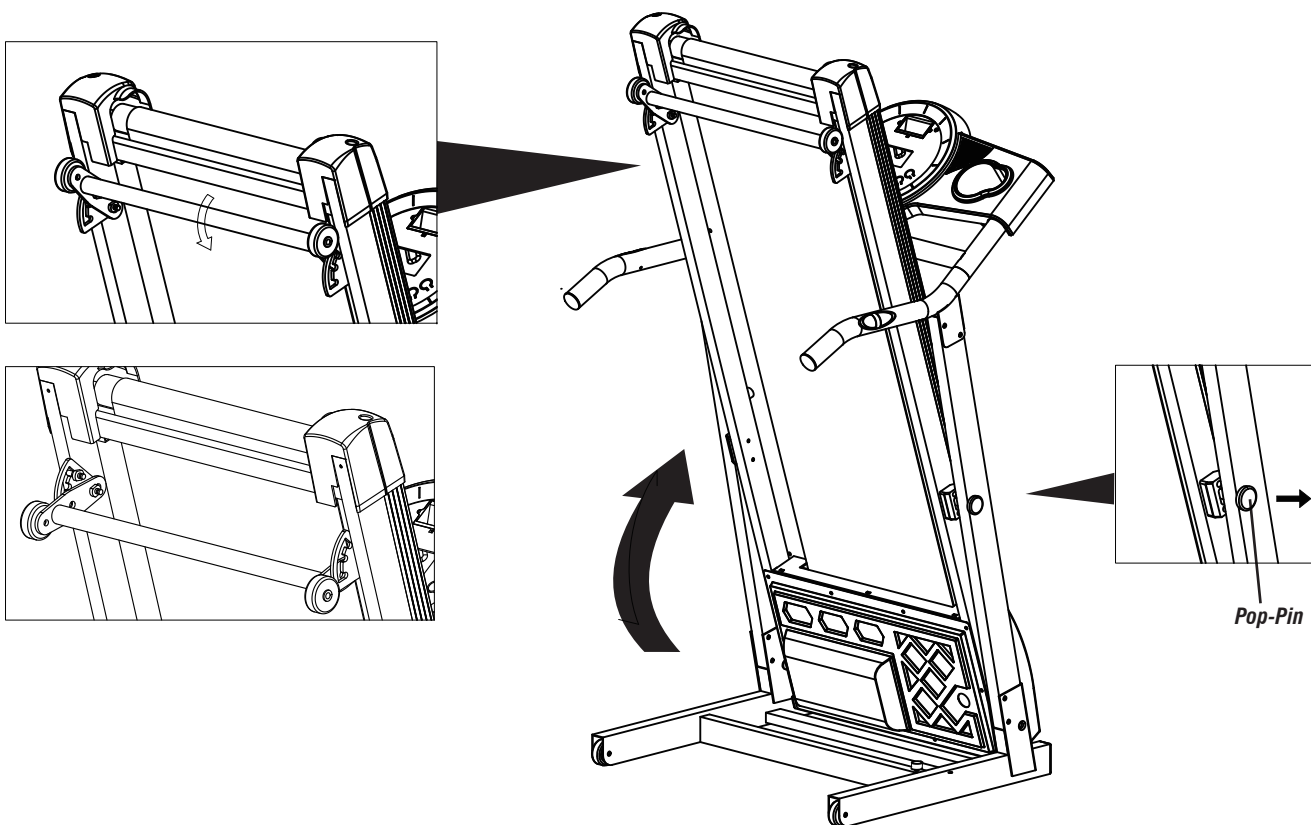


TO ADJUST THE INCLINE LEVEL ON YOUR TREADMILL

Lift the rear of the Treadmill Body and gently pull the Incline Rod (32) away from its location in the Rear of the Treadmill Body. Move the Rod into any of the 3 preset positions & release against the spring tension to slot into position.

TO FOLD YOUR TREADMILL

1. Turn off the Treadmill and unplug the Mains Power Lead (41) from the mains supply.
2. Lift the rear of the Treadmill Body Frame and push carefully into the frame aperture ensuring that the Pop-Pin (10) locates securely into the hole on the Right of the Treadmill Body.
3. To lower the Treadmill, support the Treadmill Body and pull out the Pop-Pin (10) to disengage the lock, gently lower the Treadmill Body to the ground.



TREADMILL MOVING INSTRUCTIONS

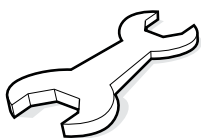
WARNING: - THIS TREADMILL IS HEAVY & WHILE THE FRAME IS BALANCED IT SHOULD BE MOVED WITH GREAT CARE AS POSSIBLE INJURY MAY RESULT FROM INCORRECT MOVEMENT.

TO MOVE THIS TREADMILL WHEN ASSEMBLED, PLEASE ENSURE THAT YOU LIFT (& CONFIRM AS LOCKED) THE RUNNING DECK INTO AN UPRIGHT POSITION. THE POP-PIN OR FRAME LOCK MUST BE FULLY ENGAGED.

TILT THE RUNNING DECK TOWARDS YOU TO DISENGAGE THE FLOOR FRAME FROM ITS FLAT POSITION ON THE FLOOR & TO ENSURE THAT THE FRAME TRANSPORTATION WHEELS (69) RUN SMOOTHLY.

CAREFULLY MANOEUVRE THE TREADMILL TO ITS DESIRED POSITION.

User Instructions



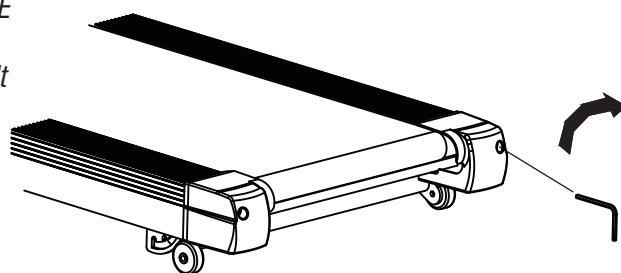
ADJUSTING THE RUNNING BELT TRACKING

- If the Running Belt tends to move off central during operation, step off the belt and stop the Treadmill.

Start the Treadmill in Manual Programme Mode and adjust the speed to 3mph.

Take the 5mm Allen Wrench (C) and adjust the Rear Roller Location Bolts, which are accessible through the Rear Frame Caps.

If the belt is moving towards the **RIGHT** side of the Treadmill Running Board, turn the **RIGHT** Rear Roller Location Bolt 1/4 turn **CLOCKWISE** and let the Running Belt find its new position. If it is still moving towards the **RIGHT** side of the Treadmill Running Board, turn the Bolt a further 1/4 turn.



If the belt is moving towards the **LEFT** side of the Treadmill Running Board, turn the **LEFT** Rear Roller Location Bolt 1/4 turn **CLOCKWISE** and let the Running Belt find its new position. If it is still moving towards the **LEFT** side of the Treadmill Running Board, turn the Bolt a further 1/4 turn.

Continue this operation until the Running Belt is running centrally.

Please take care to ensure that the Running Belt does not foul the Side Strips, as this will cause premature wear to both the Running Belt and the Side Strips.

LUBRICATING THE RUNNING BELT

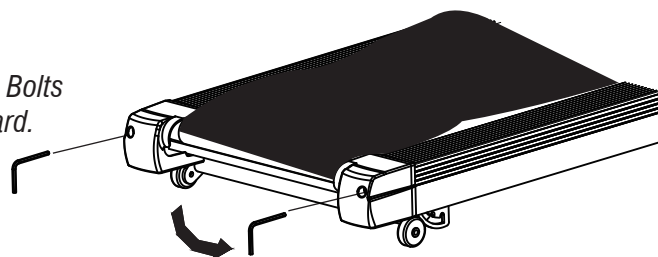
- Dependent upon usage and user weight it will be necessary periodically to lubricate the underside of the Running Belt.

To ensure that this is done successfully, take the 5mm Allen Wrench (C) and adjust the Rear Roller Location Bolts, which are accessible through the Rear Frame Caps. Rotate each bolt a full 4 turns **ANTI-CLOCKWISE** to slacken off the belt.

Lift the sides of the belt and run a small bead of lubricant onto the Running Board and if possible spread this with a small brush or cloth to ensure even coverage on the Running Board.

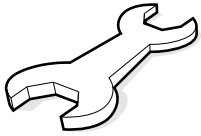
Re-tighten the Running Belt by adjusting the Rear Roller Location Bolts **CLOCKWISE** until the belt is running centrally on the Running Board.

Please see table below for suggested lubrication frequency.



Speed	Time
1~4ML	One year
4~8ML	6 months

User Instructions



Computer Instruction



Insert the 3.5mm jack plug into the corresponding socket on your generic MP3 player and either place your MP3 player into the dock above the exercise monitor to secure in place.

 : START/STOP KEY

ENTER: Confirm the modification, display the interchange statement.

3 : SPEED DIRECT KEY, set speed directly to 3.0KPH (2.0 MPH)

6 : SPEED DIRECT KEY, set speed directly to 6.0KPH (4.0 MPH)

9 : SPEED DIRECT KEY, set speed directly to 9.0KPH (6.0 MPH)

12 : SPEED DIRECT KEY, set speed directly to 12.0KPH (8.0 MPH)

— : SPEED DECREASE KEY

⊕ : SPEED INCREASE KEY

A General Operation

1/. Turn on the Power Switch at the front of your P4 Treadmill. This switch is located next to the Mains Power Cord inlet.

2/. Place the Safety Key into the magnetic recess in the middle front of the Computer Console. The console will give an audible signal and all console window displays will function with a start display value of 0.

* Note:- If the Safety Key is not placed correctly or is faulty, the centre Time window will display "-----". This means that the treadmill will not operate.

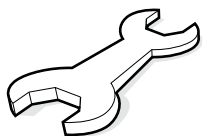
** If the Safety Key falls off during exercise, the console will give an audible signal and all console window displays will reset to display value 0 and the treadmill will stop.

*** To stop the treadmill in an emergency, simply pull the safety key off its mount in the console front or simply press the red STOP button in the centre of the console. It is important that you connect the clothing clip to your shirt or other suitable clothing during exercise to ensure that this safety system can operate easily.

**** To get a pre-exercise pulse rate, simply hold both Hand Pulse Sensors on either side of the Handlebar Supports for 10 seconds. The Pulse Range is between 40 ~ 240 Beats per Minute

See chart over page for average target heart / pulse rates.

User Instructions



HEART BEATS/MIN	170										OVER
	150	166									MIDDLE
	120	146	162								LOW
		117	143	157							
			114	137	153						
				111	135	149					
					108	131	145				
						105	128	140			
							102	124	136		
								99	120	132	
									96	116	
										93	
	20	25	30	35	40	45	50	55	60	65	(Age)

B Mode Instructions

There are 7 Pre-set Programmes (P2, P3, P4, P5, P6 & P7 with 3 Levels) and 2 Manual (P0 and P1) setting on your P4 Motorised Treadmill.

1/. Manual Operation

In this mode, (Programme P0 Manual) you can press the START key and the TIME will start counting up and the SPEED will start from 1.0mph. You can manually adjust the SPEED either pressing “+” or “-” keys or pressing one of the 4 speed instant keys.

In this mode, (Programme P1 Manual) the user can set their desired EXERCISE TIME.

1.1 Press the ENTER button to enter the MANUAL PROGRAMME P1. This will take you into TIME mode.

1.2 The Pre-set value for TIME is 20 minutes. Either press START/STOP or ENTER to commence exercise or “+” “-” to set the desired exercise TIME manually. The TIME Range is 5 ~ 99 minutes in 1 minute increments.

1.3 The Treadmill will start with a pre-set speed of 1.0mph and can be increased/decreased by pressing “+” or “-” or one of the 4 speed instant keys.

2/. Programme Operation

In this mode the user has a choice of Programme P2 – Programme P7, with all 3 Programmes having 3 different profiles.

2.1 Press the ENTER button followed by the “+” “-” to choose from P2-P7 then press ENTER again.

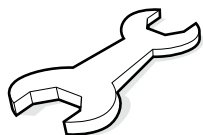
2.2 Press “+” “-” to choose from Level 1, 2 or 3. Press ENTER.

2.3 The Pre-set value for TIME is 32 minutes. Either press START or ENTER to commence exercise or “+” “-” to set the desired exercise TIME manually. The TIME range is 5 ~ 99 minutes in 1 minute increments.

2.4 Press START or ENTER and the treadmill will count down 3, 2, 1 and commence operation. The start speed depends on which Programme you have chosen.

2.5 For all pre-set values, please refer to page 20 & 21 of this manual.

User Instructions



Programme Starting Speeds

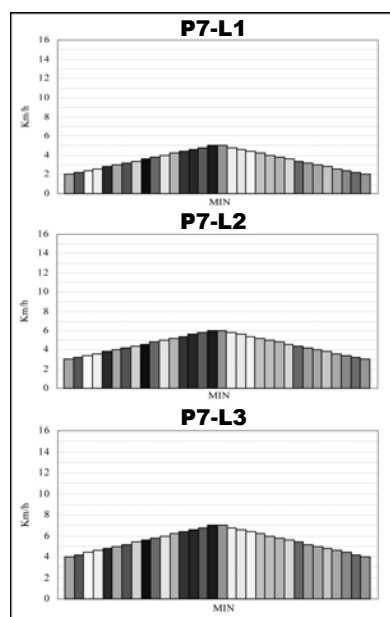
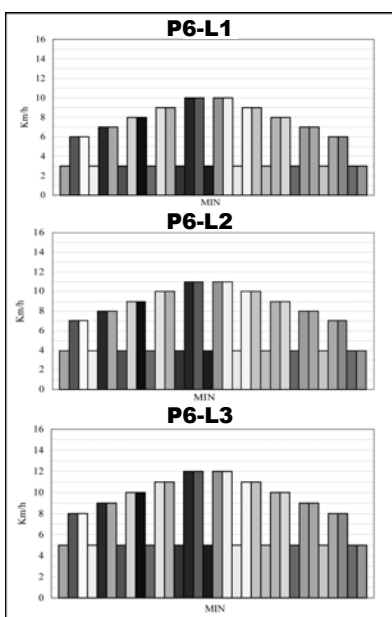
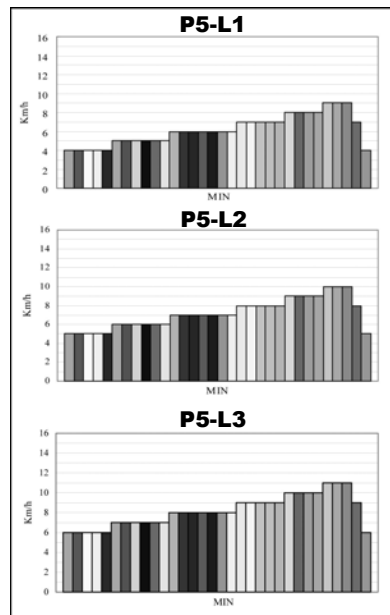
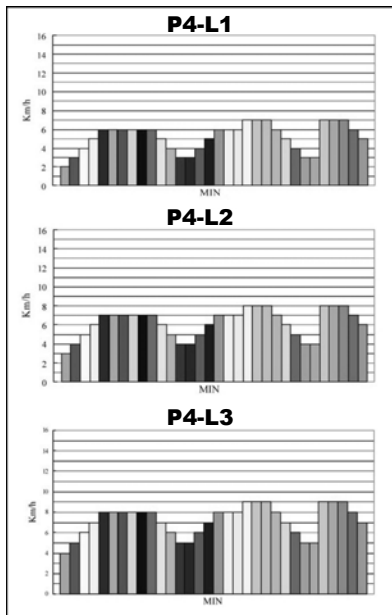
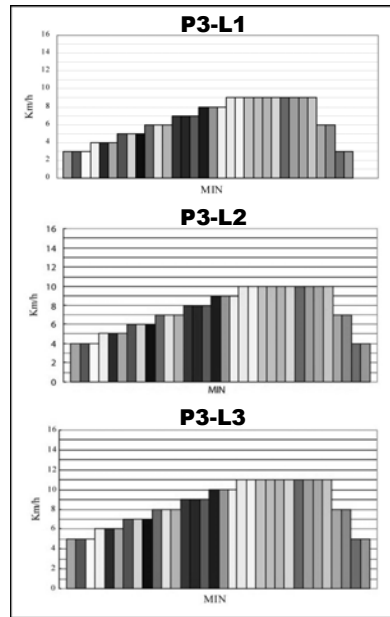
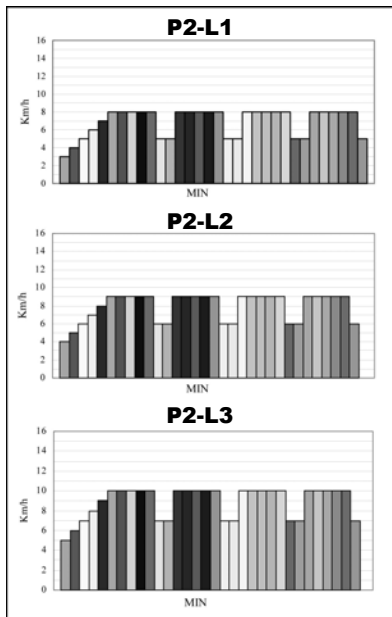
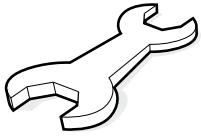
<i>Programme</i>	<i>Fitness Level</i>	<i>Start Speed</i>
P2	L1	3.0 kph
	L2	4.0 kph
	L3	5.0 kph
P3	L1	3.0 kph
	L2	4.0 kph
	L3	5.0 kph
P4	L1	2.0 kph
	L2	3.0 kph
	L3	4.0 kph
P5	L1	4.0 kph
	L2	5.0 kph
	L3	6.0 kph
P6	L1	3.0 kph
	L2	4.0 kph
	L3	5.0 kph
P7	L1	2.0 kph
	L2	3.0 kph
	L3	4.0 kph

Pulse Function

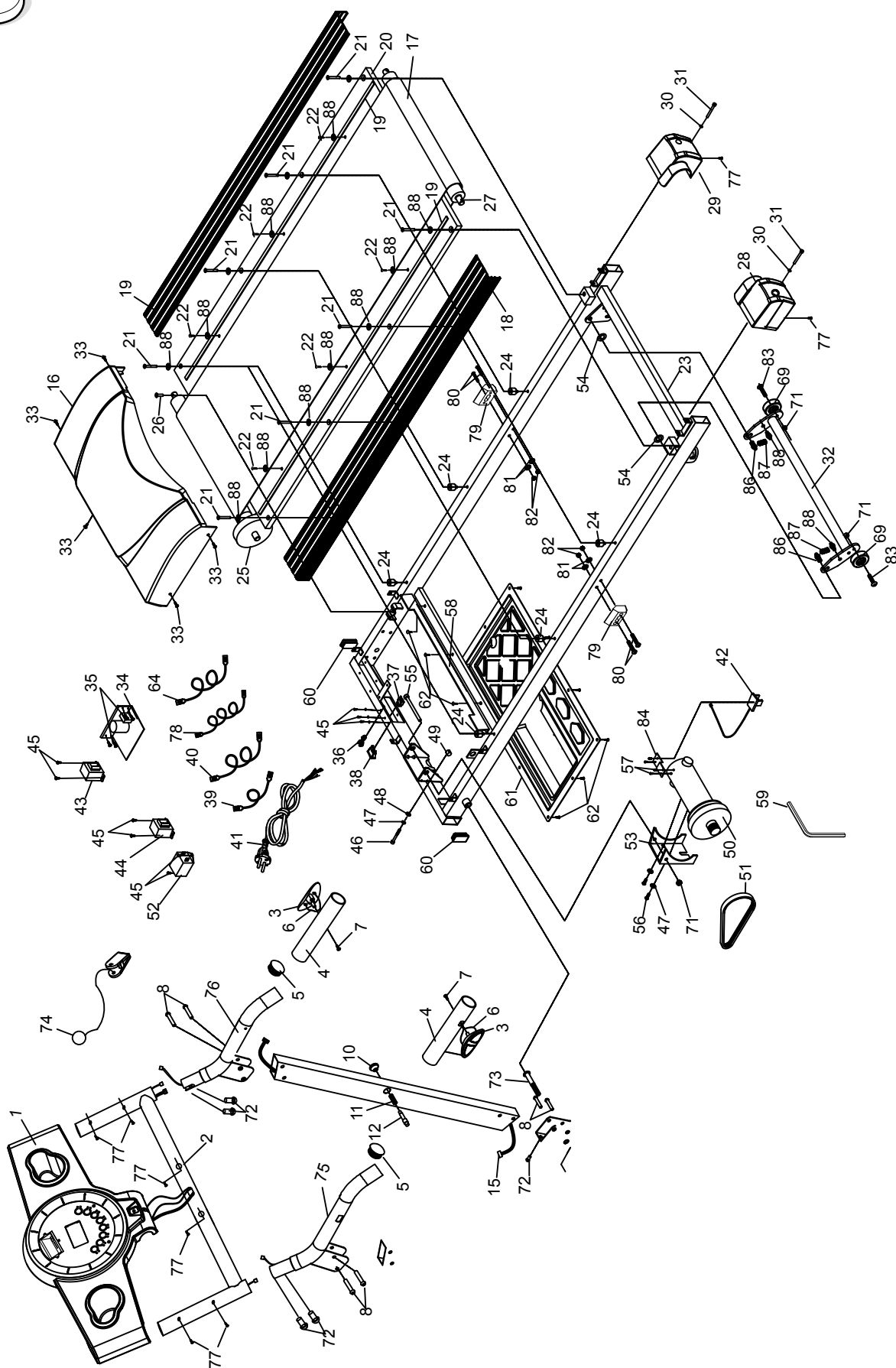
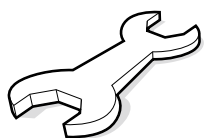
Holding the Pulse Pads on your Treadmill Handlebars will enable your current Heart Rate in Beats per Minute to be displayed on the Computer Console. The indicated Pulse Range is from 40 – 240 BPM. The display will alternate when on the SCAN function.

Note:- The readings displayed by the computer should not be used for therapeutic purposes as they can vary due to the sensitivity of the equipment and the available pulse signal put out by individuals palms. To get the best accurate readings keep the hands placed flat and firm on the PULSE PADS for between 10 and 20 seconds, as this will allow the pulse reading to average and then settle.

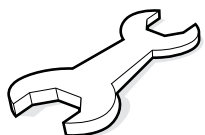
User Instructions



Assembly



Assembly



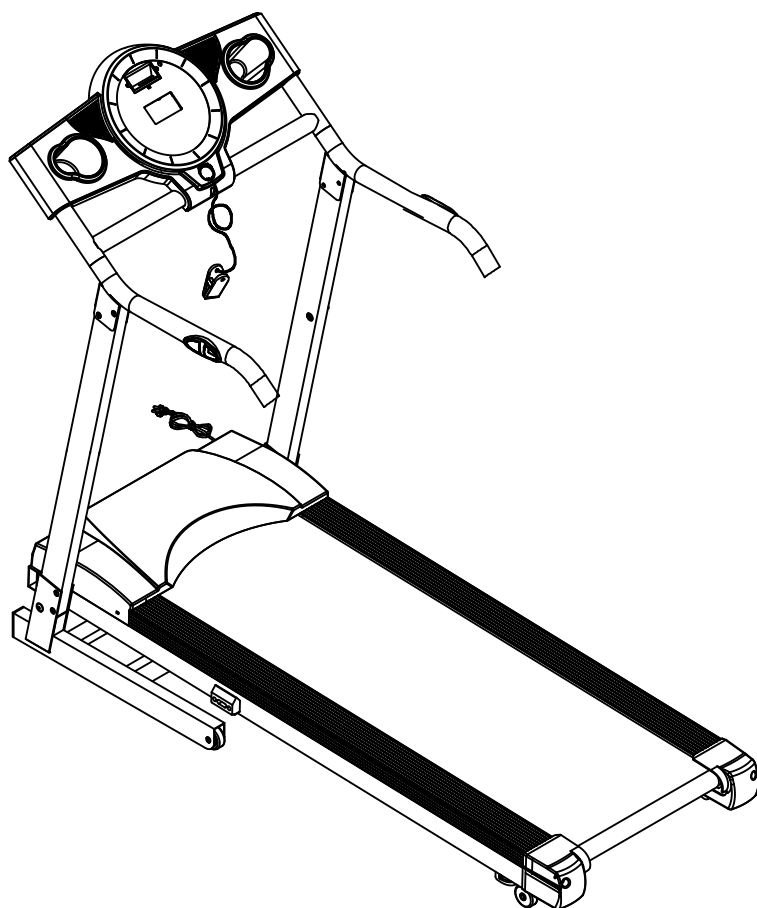
PARTS LIST

PART No.	DESCRIPTION	QTY			
1	COMPUTER CONSOLE	1	46	ALLEN BOLT M8 x 55mm	1
2	HANDRAIL	1	47	M8 SPRING WASHER	3
3	HANDRAIL PULSE	2	48	FLAT WASHER	1
4	FOAM GRIP	2	49	M8 NUT	1
5	END CAP	2	50	MOTOR	1
6	HANDRAIL PULSE SENSOR WIRE	2	51	BELT	1
7	SELF TAPPING SCREW	2	52	WAVE FILTER	1
8	ALLEN BOLT M8 x 40mm	8	53	MOTOR MOUNTING PLATE	1
9	RUBBER BUMPER	1	54	FLAT WASHER	2
10	POP-PIN	1	55	ALLEN BOLT M8 x 105mm	1
11	SPRING	1	56	ALLEN BOLT M8 x 40mm	2
12	PIN	1	57	M5 SCREW	2
13	LEFT UPRIGHT	1	58	PLASTIC BELT COVER	1
14	RIGHT UPRIGHT	1	59	ALLEN WRENCH	1
15	CONTROL WIRE	1	60	END CAP	2
16	UPPER MOTOR COVER	1	61	LOWER MOTOR COVER	1
17	RUNNING BELT	1	62	SELF TAPPING SCREW M4 x 10mm	10
18	LEFT FOOT PEDAL (R/L)	2	63	BASE FRAME	1
19	SIDED TAPE	2	64	LOWER CONTROL WIRE	1
20	RUNNING BOARD	1	65	WHEEL	2
21	SCREW M6 x 23mm	8	66	FOOT PAD	4
22	M5 SELF TAPPING SCREW	6	67	FLAT WASHER	4
23	FRAME	1	68	SELF TAPPING SCREW M5 x 20mm	4
24	PLASTIC PAD	8	69	WHEEL	2
25	FRONT ROLLER	1	70	M8 ALLEN BOLT	2
26	SCREW M6 x 25mm	1	71	M8 NYLON NUT	7
27	REAR ROLLER	1	72	ALLEN BOLT M8 x 15mm	6
28	REAR END CAP(L)	1	73	ALLEN BOLT	2
29	REAR END CAP(R)	1	74	SAFETY KEY /CLIP	1
30	WASHER	2	75	LEFT HANDRAIL	1
31	ALLEN BOLT M6 x 60mm	2	76	RIGHT HAND RAIL	1
32	INCLINE ROD	1	77	SELF TAPPING SCREW	6
33	SCREW M4 x 15mm	5	78	WIRE	1
34	CONTROL BOARD	1	79	FIXING PLASTIC	2
35	SELF TAPPING SCREW	4	80	SCREW M5 x 35mm	2
36	POWER CORD HOLDER	1	81	M5 WASHER	4
37	CIRCUIT BREAKER	1	82	M5 NYLON NUT	4
38	POWER SWITCH	1	83	ALLEN BOLT M8 x 35mm	2
39	CONTROL EXTENSION WIRES	1	85	GROMMET	2
40	CONTROL EXTENSION WIRES	1	86	SPRING HOLDER	2
41	POWER CORD	1	87	SPRING	2
42	SENSOR	1	88	WASHER	14
43	TRANSFORMER	1			
44	INDUCTER	1			
45	SELF TAPPING M4 x 15mm	9			

V-fit

by

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