SMOOTH FITNESS

SB4 RECUMBENT BIKE

INDEX

IMPORTANT SAFETY INFORMATION

WARNING:

Before starting any exercise program, it is recommended that you consult your physician, especially for persons with pre-existing health problems.   Before using the new equipment, please review this manual to learn about the features, functions, and safety operations.   Should you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in your chest or should any other symptoms appear: **STOP EXERCISING** and consult with your physician immediately.

SAFETY TIPS AND PRECAUTIONS:

1. Read all instructions in this manual before using this equipment. It is the owner's responsibility to ensure that all users of this equipment are thoroughly informed of all warnings and precautions. Use this equipment for its intended use as described in this manual.
2. Securely tighten all nuts and bolts and inspect and tighten all parts each time you use the equipment. ***Replace any worn parts immediately and if you find that any repairs are needed, please keep the equipment out of use until repair.*
3. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
4. The equipment should only be used on a level surface and is designed for indoor use only.
5. Warm up before you start exercising to prevent injuries
6. No more than one person should operate the equipment at one time.
7. Do not ride the equipment standing up.
8. It is recommended that you do not initiate any type of exercising within 40 minutes after a meal.
9. Keep small children and pets away from the equipment at all times
10. Appropriate clothing should be worn while exercising. Never wear loose clothing that could be caught in moving parts. It is recommended that athletic support clothing be worn for both men and women. Athletic shoes should always be worn while exercising. **DO NOT USE** with bare feet, wearing sandals, or wearing only socks or stockings.
11. Never use the equipment around water or while wet. Using the unit around a pool, hot tub or sauna will void the warranty and is potentially hazardous.

ASSEMBLY TOOLS & HARDWARE LIST

OPEN THE BOXES

Make sure to inventory all the parts that are included in the boxes. Check The Hardware Chart
for a full count of the number of parts included for proper assembly.

GATHER YOUR TOOLS

Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand
will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly
assemble the unit. Make sure the space is free from anything that may cause
injury during assembly. After the unit is fully assembled, make sure there is a
comfortable amount of free area around the unit for unobstructed operation.

Hardware chart
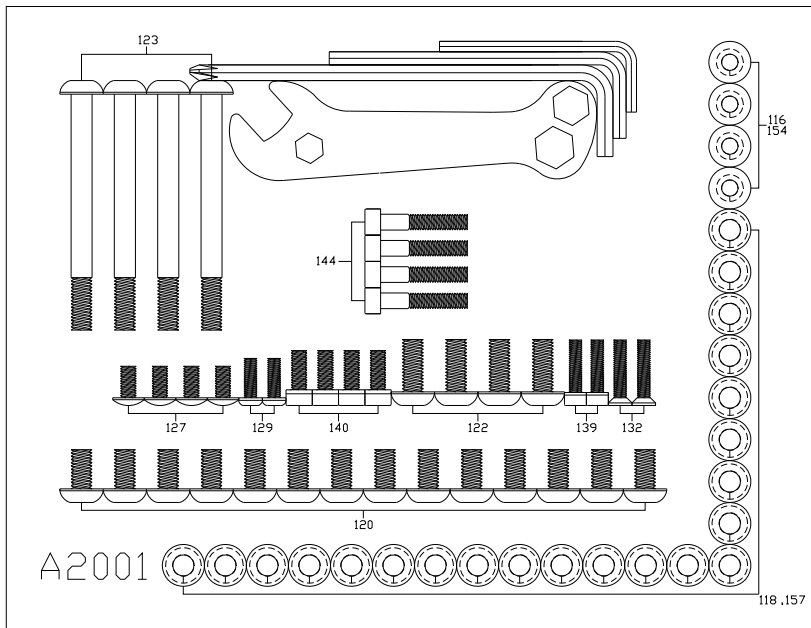
116 M6 SPRING WAHER	4
118 M8 SPRING WASHER	22
120 ROUND ALLEN HEAD BOLT M8x15MM	14
122 ROUND ALLEN HEAD BOLT M8x20MM	4
123 ROUND ALLEN HEAD BOLT M8x90MM	16
127 ROUND ALLEN HEAD BOLT M6x12MM	4
129 ROUND PHILIPS HEAD MACHINE M5x15MM	2
132 SCREW M5 x 25MM	2
139 SCREW M5 x 20MM	2
140 SCREW M6 x 15MM	4
144 SCREW M5 x 20MM	4
154 FLAT WASHER (ID-6 x OD-6MM)	4
157 FLAT WASHER (ID-8 x OD-16MM)	22

ASSEMBLY INSTRUCTIONS

Step 1 - Attach Front Stabilizer

Attach Front Stabilizer (7) to Base Frame (1) and secure with:
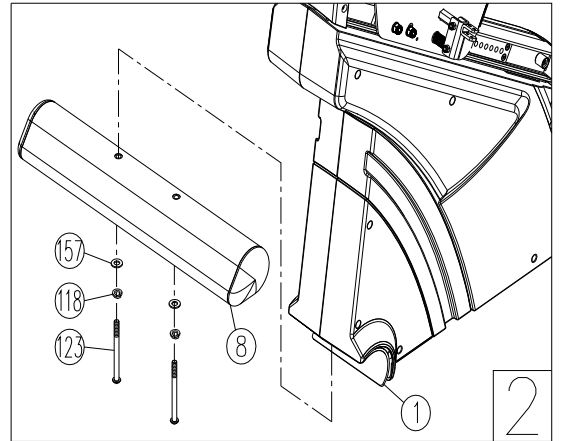
   2 – M8 Washers (157)

   2 – M8 Spring Washers (118)

   2 – M8 x 90MM Allen Screws (123)
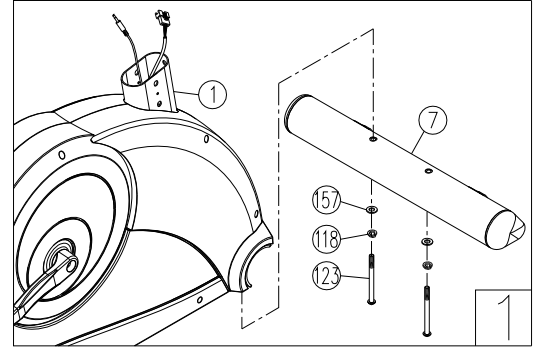
Step 2 - Attach Rear Stabilizer

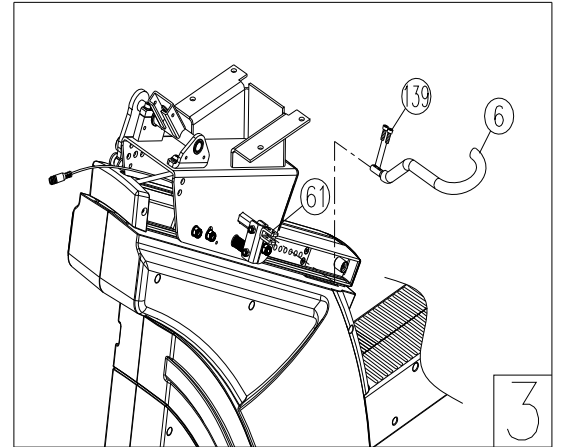Attach Rear Stabilizer (8) to Base Frame (1) and secure with:

   2 – M8 Washers (157)

   2 – M8 Spring Washers (118)

   2 – M8 x 90MM Allen Screws (123)

Step 3 - Install Seat Lock Handlebar

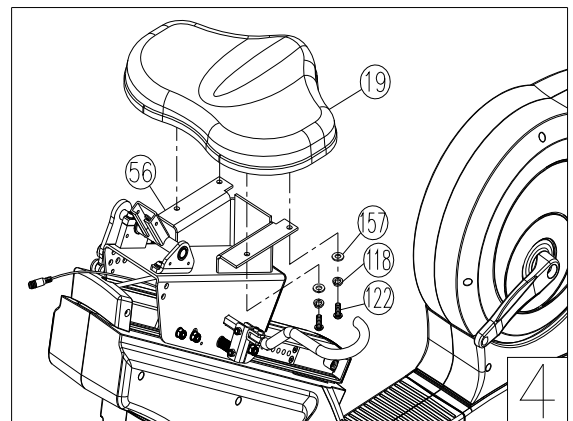Attach the Seat Lock Handlebar (6) onto the Seat Lock handlebar base (61) using:

   2 – M5 x 20MM Screws (139)

Step 4 - Install Seat

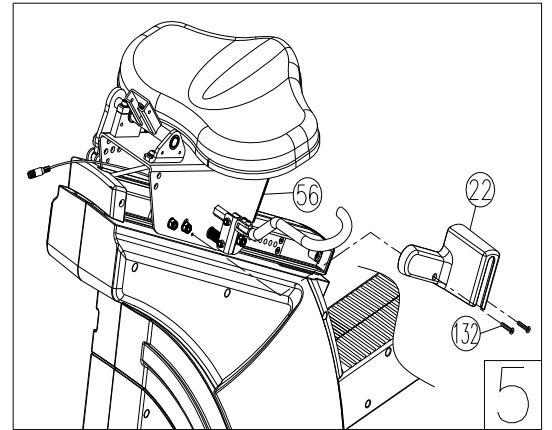Attach Seat (19) to Seat Carriage Frame (56) using:

   4 – M8 Washers (157)

   4 – M8 Spring Washers (118)

   4 – M8 x 20MM Allen Screws (122)

Step 5 - Install Right Seat Frame Cover

Attach Right Seat Frame Cover (22) to the Seat Carriage Frame (56) using:

2 – M5 x 25MM Screws (132)

Step 6 - Install Right Seat Frame Cover

Place Seat Handlebar (3) on top of Seat Carriage Frame (56).
Connect the Lower Hand Pulse Wire (94) to the Middle Hand Pulse wire (93).
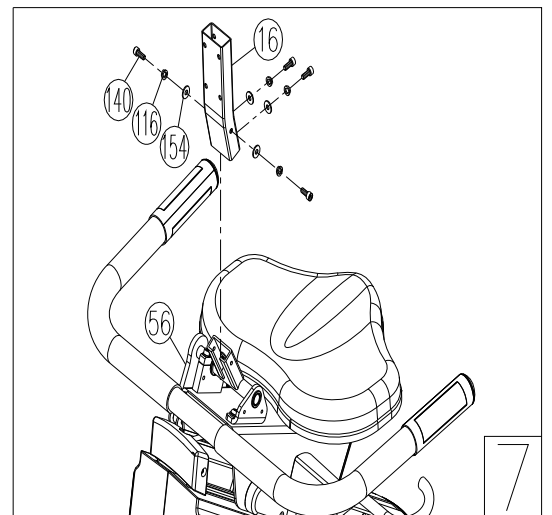Then attach Seat Handlebar (3) onto Seat Carriage Frame (56) using:

4 – M8 x 15MM Allen Screws (120)
4 – M8 Spring Washers (118)
4 – M8 Washers (157)
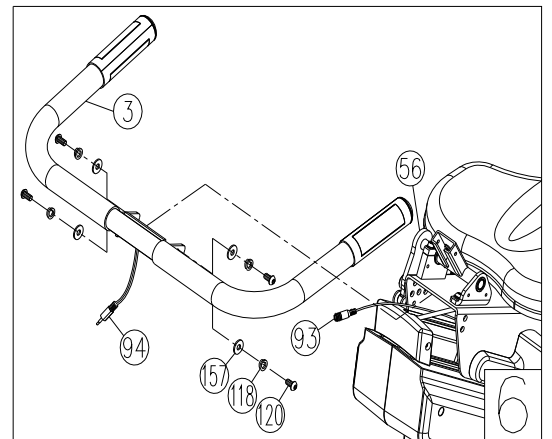
Step 7 – Install Back Support Tube

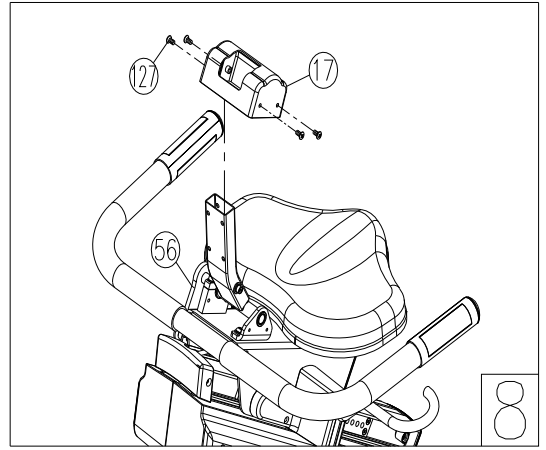Attach the Back Support Tube (16) to the Seat Carriage Frame (56) using:

3 – M6 Washers (154)
3 – M6 Spring Washers (116)
3 – M6 x 15MM Screws (9)

Step 8 – Install Seat Back Pivot Cover

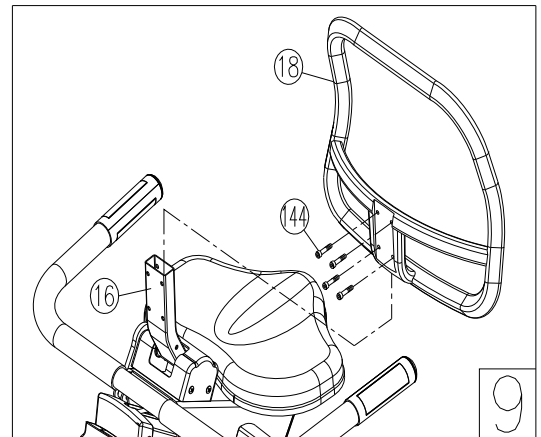Attach the Seat Back Pivot cover (17) to the Seat Carriage Frame (56) using:

    4 – M6 x 12MM Round Allen Head Bolt (127)

Step 9 – Install Seat Back

Attach the Mesh Seat Back (18) to the Back Support Tube (16) using:

    4 – M5 x 20MM Screws (144)

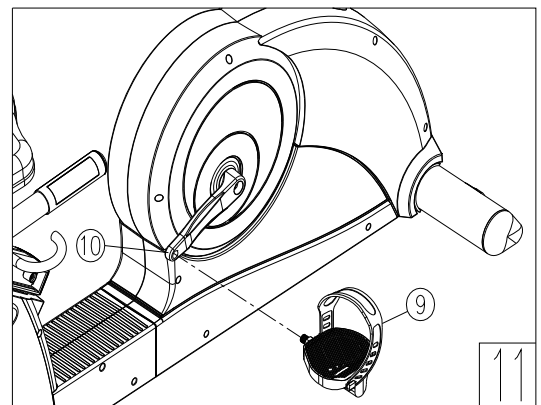## Step 10 – Install Seat Frame Adjust Knob

Attach the Seat Frame Adjust Knob (20) to the Gas Strut (71).
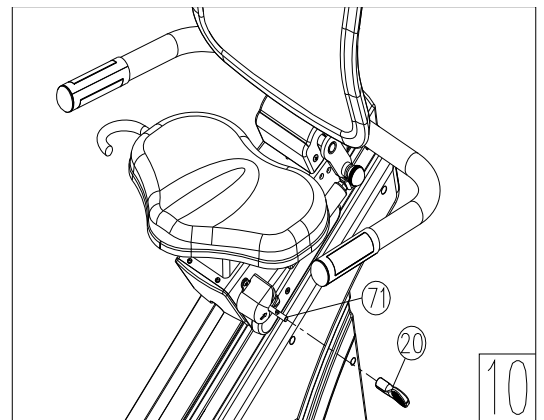
Step 11 - Install Pedals and Pedal Straps

Thread Right Pedal (9R) with an "R" onto the Right Crank Arm (10)
in a clockwise direction.

Thread Left Pedal (9L) with an "L" onto the Left Crank Arm (10) in
a counter–clockwise direction.

6

Step 12 - Install Handlebar Post

Connect the Upper Computer Wire (90) to the Lower Computer Wire (91) and the Upper Hand Pulse Wire (92) to the Middle Hand Pulse Wire (91).

Attach Handlebar Post (2) to the Main Frame (1) using:

- 4 – M8 Washer (157)
- 4 – M8 Spring Washers (118)
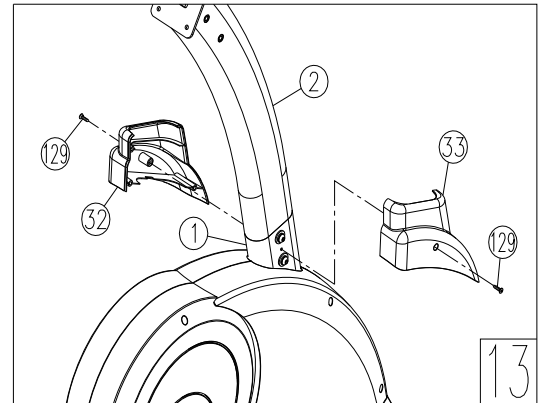- 4 – M8 x 15MM Round Allen Head Bolt (120)

Note: Be careful not to damage or pinch wires when Handlebar Post is installed.
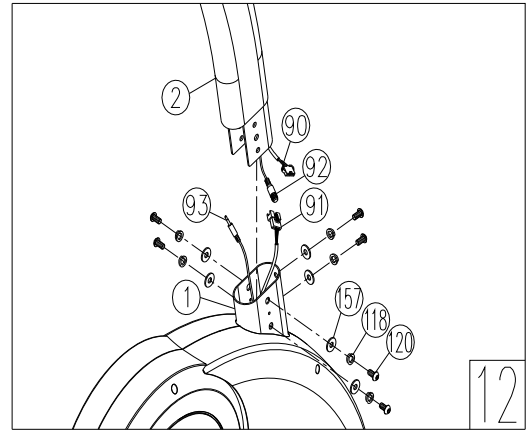
Step 13 - Install Handlebar Post Cover

Attach the Handlebar Post Cover Left (32) and Right (33) to the Handlebar Post (2) using :

- 2 – M5 Round Philips Head Machine Screw (129)

Step 14 - Install Handlebars

Attach the Left Handlebar (4) and Right Handlebar (5) to Upright Tube (2) using:

- 4 – M8 Washer (157)
- 4 – M8 Spring Washers (118)
- 4 – M8 x 15MM Round Allen Head Bolt (120)
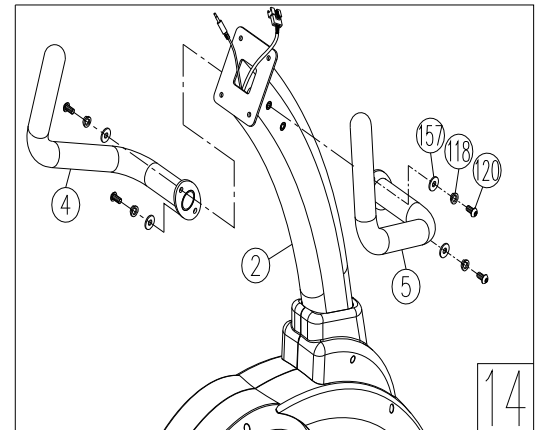
Step 15 - Install Computer

Connect the Upper Computer Wire (90), the Upper Hand Pulse wire (92) to the 2 wires that are on the back of the Computer (40)

Attach the Computer (16) to the Upright Tube (2) using:

- 4 – M5 x 10MM Screws (125) (On back of Computer)

Note: Be careful not to damage or disconnect the wires when attaching the computer.
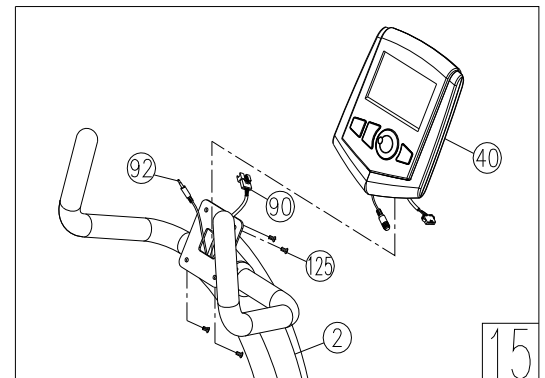
Step 16 – Plug the AC Adaptor

Plug the AC adaptor lead (164) into the socket at the rear end of your
Recumbent Bike as shown.

Plug the 6V 1000mA   A.C. Adaptor into a suitable mains supply.
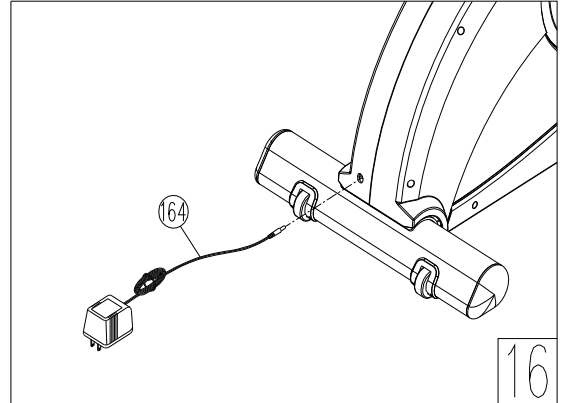
Leveling:

After completing the installation, if the floor or equipment is not even, turn the Adjustable Lever Knob (14) on the Front/Rear
Foot (7 & 8) to the desired level in order to balance the frame.

Well done!

Your bike is now ready for use. Please continue to the computer section in this manual for instructions on how to
operate your computer.

COMPUTER INSTRUCTIONS

DISPLAY CONSOLE OVERVIEW

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.

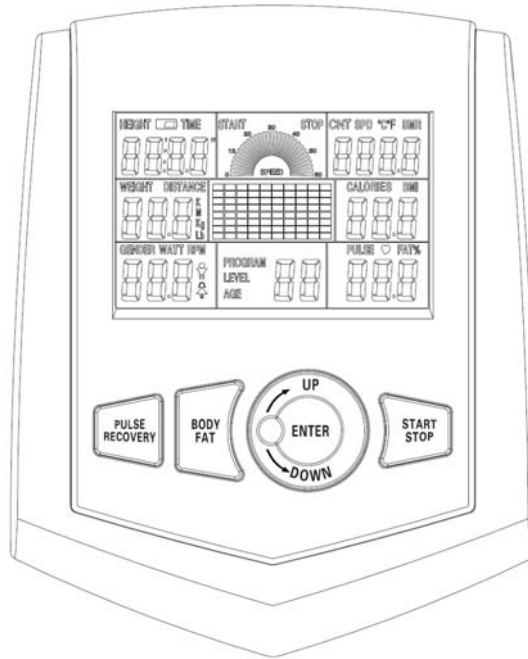2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.

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 99.9KM/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. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.
10. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, all function displays will stop except "TIME". 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.

$$1.0 \quad \text{means OUTSTANDING}$$
$$1.0 < F < 2.0 \text{ means EXCELLENT}$$
$$2.0 \leq F \leq 2.9 \text{ means GOOD}$$
$$3.0 \leq F \leq 3.9 \text{ means FAIR}$$
$$4.0 \leq F \leq 5.9 \text{ means BELOW AVERAGE}$$
$$6.0 \quad \text{means POOR}$$

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.

11. 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 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 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 5 and 6 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.

Heart Rate Control Program: 55% H.R.C., 65% H.R.C., 75% H.R.C., 85% H.R.C., Target H.R.C.

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%

Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%

Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%

Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%

Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE.   In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R and then the computer will show "SLOW DOWN" on the message window. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R and then the computer will show "HURRY UP" on the message window. As a result, the user's heart rate will be adjusted to close the TARGET H.R. between the range of TARGET H.R. +5 and TARGET H.R. -5 and then the computer will show "KEEP GOING" on the message window.

Operations: 1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.

        2. Press the ENTER key to enter your workout program

        3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.

4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.

5. 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.

6. 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.

7. 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.

8. Press the START/STOP key to begin exercise.

Watt Control Program: Watt Control

Program 23 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 (P23) 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 I increase. Always try to keep you in the same watt value.

Body Fat Program: Body Fat

Program 24 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 $\geqq$ BODY FAT% $\geqq$ 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 (P24) 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

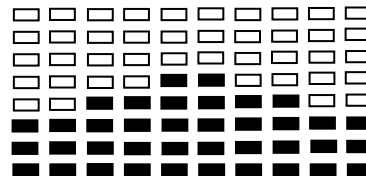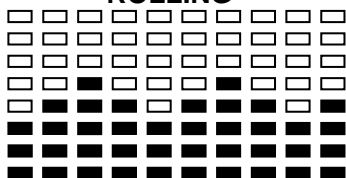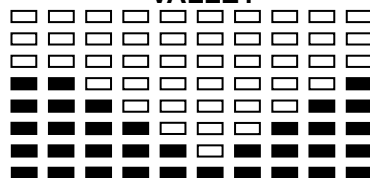PRESET PROGRAM PROFILES:

PROGRAM 1
MANUAL
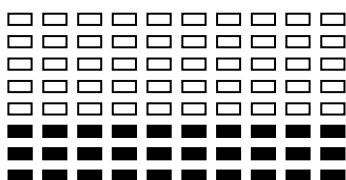
PROGRAM 2
STEPS
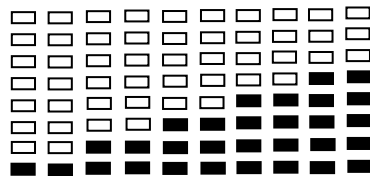
PROGRAM 3
HILL

PROGRAM 4
ROLLING

PROGRAM 5
VALLEY

PROGRAM 6
FAT BURN
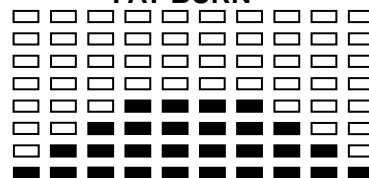
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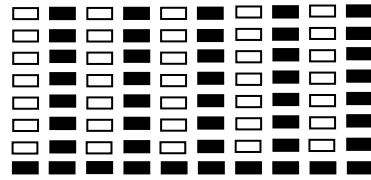**RAMP**
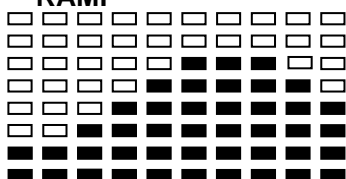
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MOUNTAIN
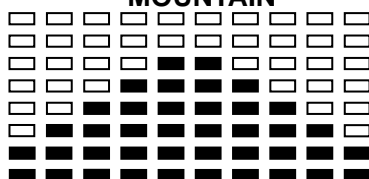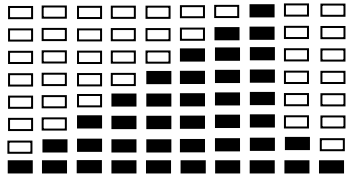

PROGRAM 9
INTERVALS
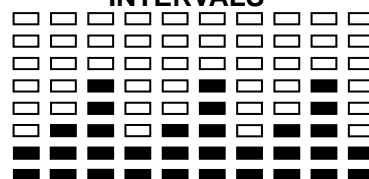
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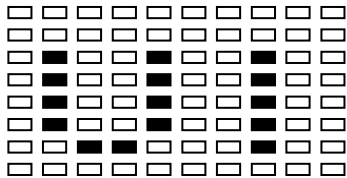**RANDOM**
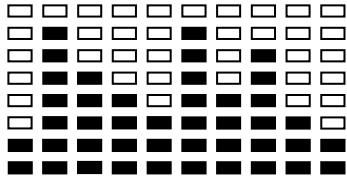
PROGRAM 11
PLATEAU
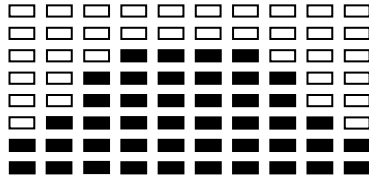
PROGRAM 12
FARTLEK

PROGRAM 13
PRECIPICE
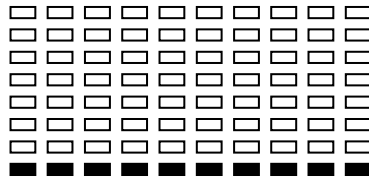
PROGRAM 14
USER 1

PROGRAM 15
USER 2
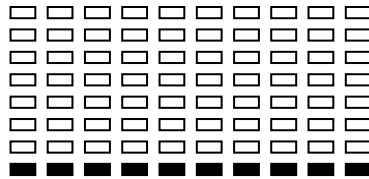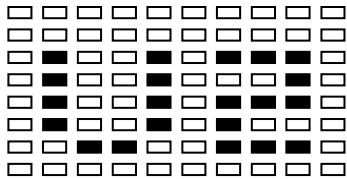
PROGRAM 16
USER 3

PROGRAM 17
USER 4

PROGRAM 18

55% H.R.C.

PROGRAM 19

65% H.R.C.

PROGRAM 20

75% H.R.C.

PROGRAM 21

85% H.R.C.

PROGRAM 22

TARGET H.R.C.

WATT CONTROL PROGRAM

PROGRAM 23

WATT CONTROL
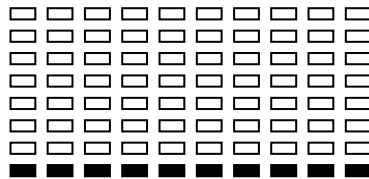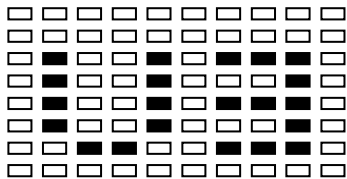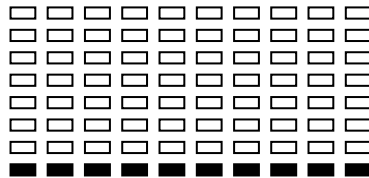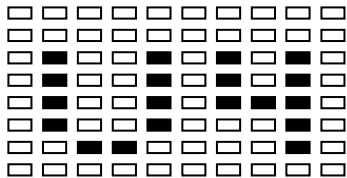
BODY FAT TEST PROGRAMS:

PROGRAM 24

BODY FAT (STOP MODE)

BODY FAT (START MODE)

One of the Following Six Profiles Will Display Automatically after Measuring Your BODY FAT:

Workout Time: 40 minutes

Workout Time: 40 minutes

Workout time: 20 minutes

Workout Time: 40 minutes

Workout Time: 40 minutes

Workout time: 20 minutes

COMPLETE PARTS LIST

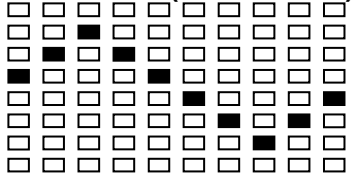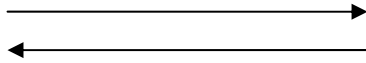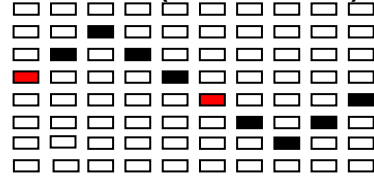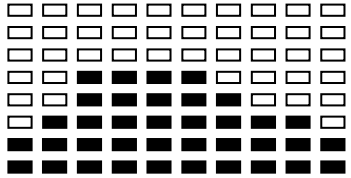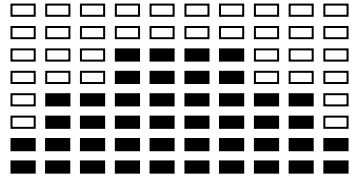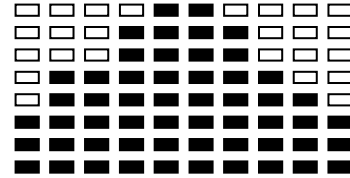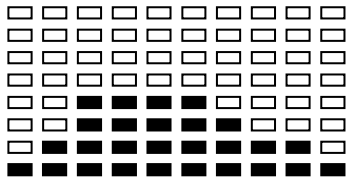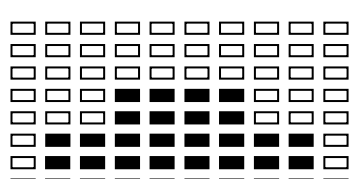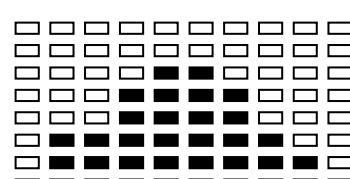| NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	BASE FRAME	1	43	FLYWHEEL AXLE	1
2	UPRIGHT TUBE	1	44	FLYWHEEL	1
3	SEAT HANDLEBAR	1	45	ONE WAY BEARING	1
4	FIX HANDLEBAR - LEFT	1	46	SMALL PULLEY	1
5	FIX HANDLEBAR - RIGHT	1	47	ADJUST BKT FOR MAGNET SET	1
6	SEAT LOCK HANDLEBAR	1	48	MAGNET	1
7	FRONT FOOT	1	49	PULLEY	1
8	REAR FOOT	1	50	PULLEY AXLE	1
9	PEDAL SET (L/R)	1	51	POLY-V BELT	1
10	CRANK SET (L/R)	1	52	PULLING CABLE WIRE	1
11	CRANK CAP	2	53	SENSOR BRACKET	1
12	MOVING WHEEL	2	54	DC WIRE BRACKET	1
13	BOLT (3/8"-16)	4	55	MAGNET HOLDER	1
14	ADJUSTABLE LEVER KNOB	4	56	SEAT CARRIAGE FRAME	1
15	FRONT/REAR FOOT CAP	4	57	QUICK RELEASE AXLE	1
16	BACK SUPPORT TUBE	1	58	QUICK RELEASE FIX NUT - BIG	1
17	SEAT BACK PIVOT COVER	1	59	QUICK RELEASE FIX NUT - SMALL	1
18	MESH SEAT BACK	1	60	PLASTIC PAD	2
19	SEAT	1	61	SEAT LOCK HANDLE BASE	1
20	SEAT FRAME ADJUST KNOB	1	62	SEAT BACK PIVOT FRAME	1
21	SEAT FRAME COVER - LEFT	1	63	SEAT BACK AXLE FIX BRACKET - RIGHT	1
22	SEAT FRAME COVER - RIGHT	1	64	PIVOT AXLE FIX BRACKET	1
23	COVER FOR SEAT RAIL - FRONT	1	65	EMBOWED BUSHIING	2
24	COVER FOR SEAT RAIL - REAR	1	66	BUSHING	1
25	END CAP FOR HANDLEBAR	2	67	AXLE FOR SEAT BACK ADJUST	1
26	FOAM GRIP FOR FIX HANDLEBAR	2	68	SPRING KEY	1
27	FOAM GRIP FOR SEAT LOCK HANDLE	1	69	ROUNDNESS KNOB	1
28	FOAM GRIP FOR SEAT HANDLEBAR	2	70	GAS STRUT FIX PLATE	1
29	END CAP OF H.P. GRIPS	2	71	GAS STRUT	1
30	HAND PULSE SENSOR	4	72	GAS STRUT COVER	1
31	CONTACT HR PLASTIC	4	73	ALUMINUM SEAT RAIL	1
32	HANDLEBAR POST COVER - LEFT	1	74	FIX PLATE SEAT SLIDING FRAME	1
33	HANDLEBAR POST COVER - RIGHT	1	75	AXLE FOR SEAT RAIL - FRONT	1
34	MAIN HOUSING - LEFT	1	76	BUSHING FOR AXLE	2
35	MAIN HOUSING - RIGHT	1	77	SEAT RAIL PAD	4
36	MIDDLE HOUSING - LEFT	1	78	AXLE FOR SEAT RAIL - REAR	1
37	MIDDLE HOUSING - RIGHT	1	79	BUSHING FOR AXLE - REAR	2
38	REAR HOUSING - LEFT	1	80	ROLLER FOR NYLON ROPE	1
39	REAR HOUSING - RIGHT	1	81	NYLON ROPE	1
40	CONSOLE - B31066TJB	1	82	SEAT SLIDING FRAME FRONT COVER	1
41	IDLE WHEEL BRACKET	1	83	FIX PLATE FOR SEAT ROLLER	4
42	IDLE WHEEL	1	84	SEAT ROLLER	8

COMPLETE PARTS LIST

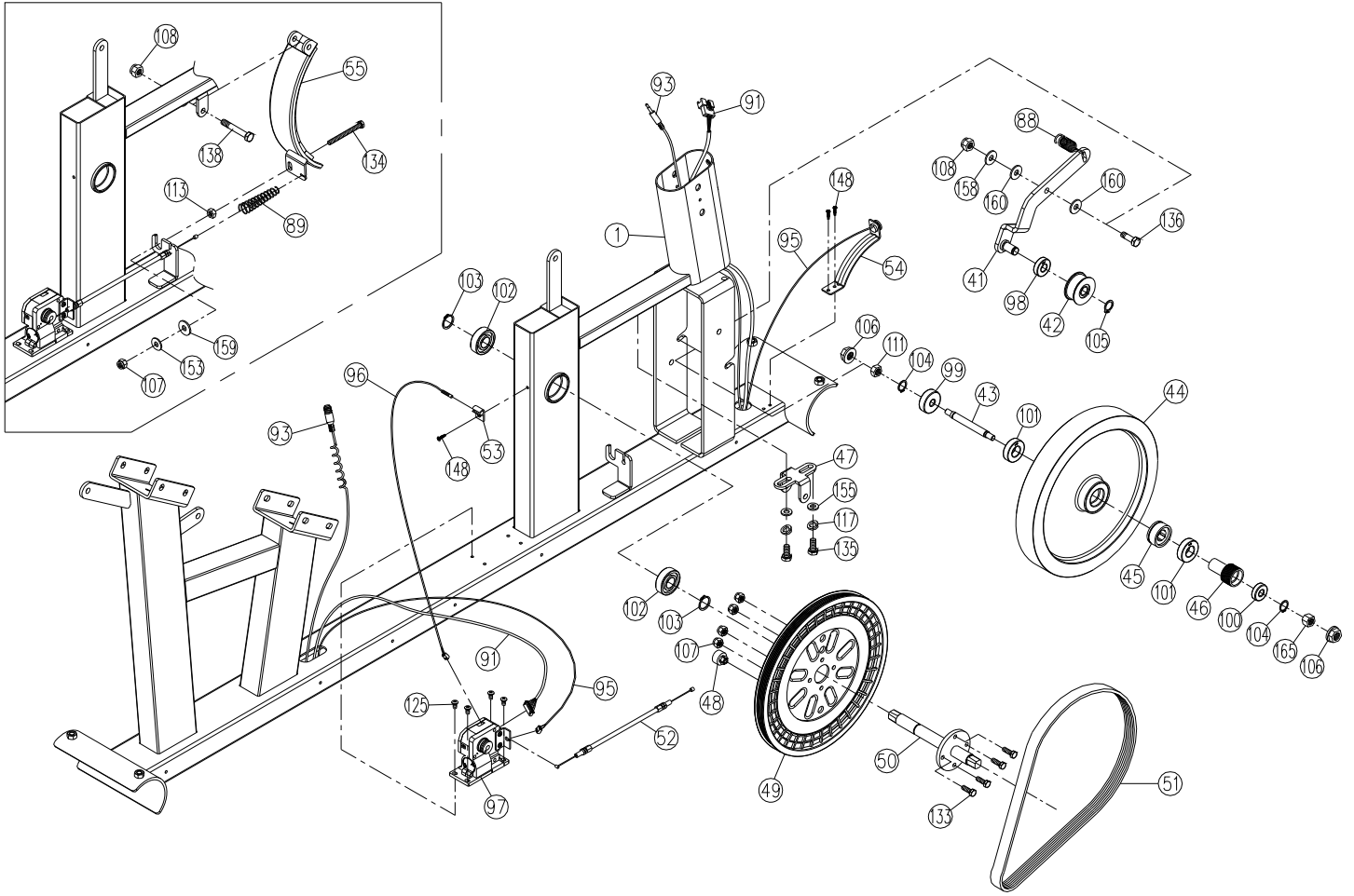| NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
85	COMPRESSOIN SPRING - SMALL	1	126	ROUND ALLEN HEAD BOLT (M5 x 15mm)	2
86	COMPRESSOIN SPRING - BIG	1	127	ROUND ALLEN HEAD BOLT (M6 x 12mm)	4
87	TENSION SPRING FOR SEAT RAIL	1	128	ROUND PHILIPS HEAD SELF TAPPING (4 x 20mm)	11
88	TENSION SPRING - SMALL	1	129	ROUND PHILIPS HEAD MACHINE (M5 x 15mm)	2
89	COMPRESSION SPRING	1	130	SCREW M5 x 15mm	2
90	UPPER COMPUTER WIRE	1	131	SCREW M5 x 10mm	13
91	LOWER COMPUTER WIRE	1	132	SCREW M5 x 25mm	4
92	UPPER HAND PULSE WIRE	1	133	HEX HEAD BOLT(M6 x 18mm)	4
93	MIDDLE HAND PULSE WIRE	1	134	HEX HEAD BOLT (M6 x 70mm)	1
94	LOWER HAND PULSE WIRE	1	135	HEX HEAD BOLT (M8 x 16mm)	2
95	DC WIRE	1	136	HEX HEAD BOLT (M8 x 25mm)	1
96	SENSOR WIRE	1	137	HEX HEAD BOLT (M8 x 32mm)	1
97	SERVO MOTOR	1	138	HEX HEAD BOLT (M8 x 52mm)	1
98	6001 BEARING	1	139	SCREW M5 x 20mm	2
99	6300 BEARING	1	140	SCREW M6 x 15mm	4
100	6000 BEARING	1	141	SCREW M6 x 25mm	2
101	6003 BEARING	2	142	SCREW M6 x 30mm	2
102	6203 BEARING	2	143	SCREW M8 x 40mm	1
103	C17 C CLIP	2	144	SCREW M5 x 20mm	4
104	C10 C CLIP	10	145	ROUND PHILIPS HEAD SCREW (M3 x 35mm)	4
105	C12 C CLIP	1	146	ROUND PHILIPS HEAD SCREW (M4 x 10mm)	2
106	3/8" WH NUT	2	147	ROUND PHILIPS HEAD SELF TAPPING (4 x 10mm)	4
107	NYLOC NUT (M6)	8	148	ROUND PHILIPS HEAD SELF TAPPING (6 x 12mm)	3
108	NYLOC NUT (M8) - BLACK	5	149	ROUND PHILIPS HEAD SELF TAPPING (#10-32)	12
109	NYLOC NUT (M8)	1	150	Hex Head Shoulder Bolt (M8 x 25mm)	2
110	NYLOC NUT (M10)	8	151	ROUND PHILIPS HEAD SELF DRILLING (M8 x 16mm)	4
111	HEX TAPER NUT (3/8")	1	152	FLAT WASHER (ID-5 x OD-14mm)	2
112	HEX TAPER NUT (M3)	4	153	FLAT WASHER (ID-6 x OD-16mm)	1
113	HEX TAPER NUT (M6)	1	154	FLAT WASHER (ID-6 x OD-16mm)	4
114	HEX TAPER NUT 3/8"-16UNC	1	155	FLAT WASHER (ID-8 x OD-16mm)	6
115	SPRING WASHER M6	2	156	FLAT WASHER (ID-8 x OD-16mm)	1
116	SPRING WASHER M6	4	157	FLAT WASHER (ID-8 x OD-16mm)	22
117	M8 SPRING WASHER - BLACK	4	158	FLAT WASHER (ID-8 x OD-22mm)	1
118	M8 SPRING WASHER	22	159	NYLON WASHER	1
119	ROUND ALLEN HEAD BOLT (M8 x 15mm)	9	160	NYLON WASHER	2
120	ROUND ALLEN HEAD BOLT (M8 x 15mm)	14	161	FLAT WASHER 10.2*18*3T	8
121	ROUND ALLEN HEAD BOLT (M8 x 20mm)	2	162	BLIND BOLT	3
122	ROUND ALLEN HEAD BOLT (M8 x 20mm)	4	163	T SHAPE WASHER	2
123	ROUND ALLEN HEAD BOLT (M8 x 90mm)	4	164	ADAPTOR	1
124	ROUND ALLEN HEAD BOLT (M4 x 12mm)	2	165	NYLOC NUT	1
125	ROUND ALLEN HEAD BOLT (M5 x 10mm)	8			

EXPLODED DIAGRAM 1

* MANY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
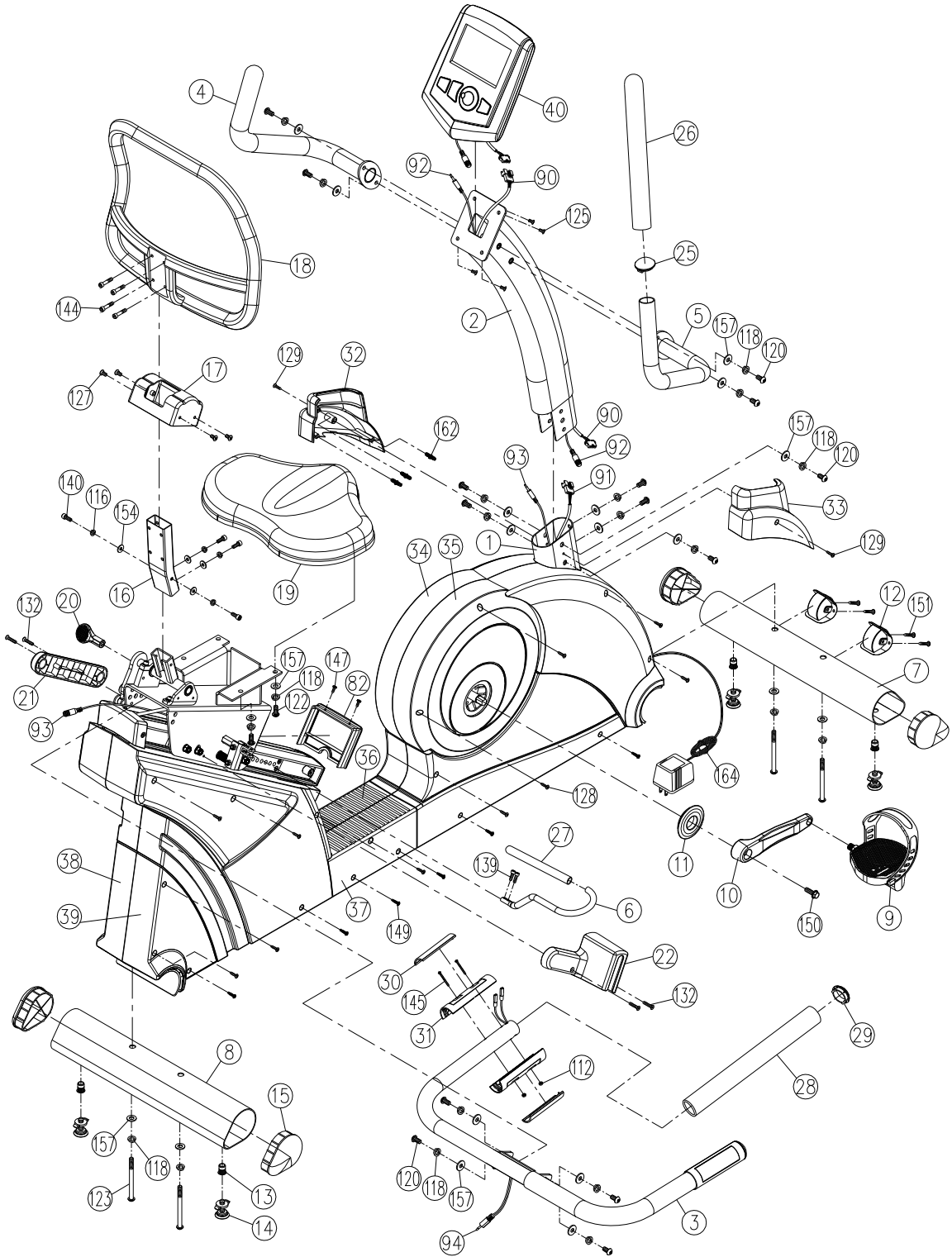
EXPLODED DIAGRAM 2

* **ALL THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.**

* ALL THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.