



FS3.9e ELLIPTICAL OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW ELLIPTICAL

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ATTENTION

THIS ELLIPTICAL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

Important Safety Instructions

When using an electrical appliance, basic precautions should always be followed, including the following:
Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

1. 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 outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. 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 a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

Fitness Equipment Safety Instructions

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

- **NEVER** remove any cover without first disconnecting AC power supply.
- If A.C. voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
- **NEVER** expose this elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

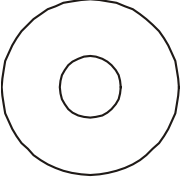
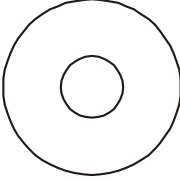
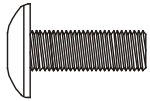
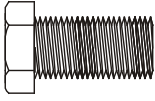
- **NEVER** expose this Elliptical to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% noncondensing (no water drops forming on surfaces).
- **NEVER** operate this Elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired resistance on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedaling on your Elliptical; such as watching television, reading, etc. These distractions may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your dealer.

TRANSPORT

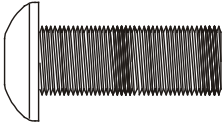
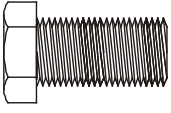
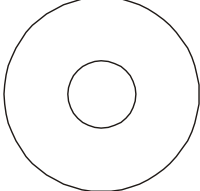
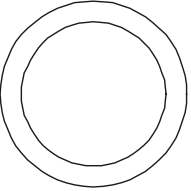
The Elliptical is equipped with two transport wheels which are engaged when the rear of the Elliptical is lifted.

ASSEMBLY PACK CHECKLIST

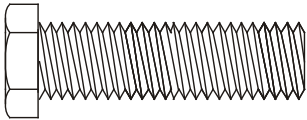


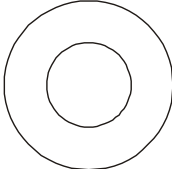
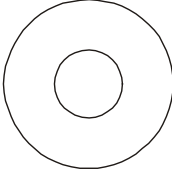
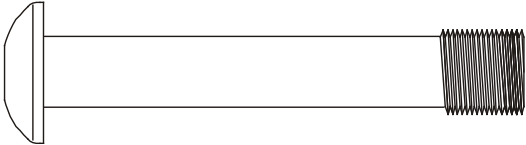
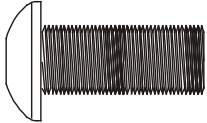
1 HARDWARE STEP 1

	
#97. 5/16" x 23 x 1.5T_ Flat Washerr (4pcs)	#102. 5/16" x 23 x 2T_ Curved Washer (2pcs)
	
#78. M5 x 10m/m Phillips Head Screw (4pcs) * these four screws are attached in the back of the console	#70. 5/16" x 15m/m_ Hex Head Bolt (6pcs)

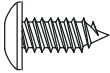
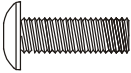
2 HARDWARE STEP 2

	
#75. 5/16" x 15m/m_Button Head Socket Bolt (6pcs)	#70. 5/16" x 15m/m_ Hex Head Bolt (2pcs)
	
#97. 5/16" x 23 x 1.5T_ Flat Washer (2pcs)	#101. Ø17 Wavy Washer (2pcs)

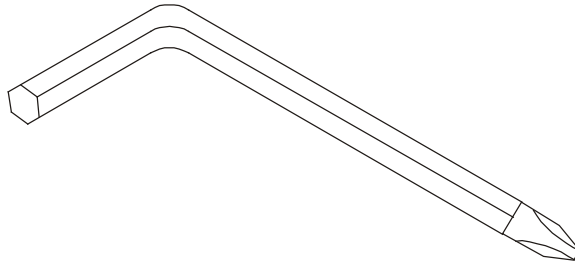
3 HARDWARE STEP 3

 <p>#71. 5/16" x 32m/m_ Hex Head Bolt (2 pcs)</p>	 <p>#105. 5/16" x 7T_ Nyloc Nut (2 pcs)</p>	 <p>#89. 3/8" x 7T_ Nyloc Nut (2 pcs)</p>
 <p>#94. 3/8" x 19 x 1.5T_ Flat Washer (2 pcs)</p>	 <p>#98. 5/16" x 20 x 1.5T_ Flat Washer (4 pcs)</p>	
 <p>#77. 3/8" x 2-1/4"_ Button Head Socket Bolt (2 pcs)</p>	 <p>#76. 5/16" x 3/4"_ Button Head Socket Bolt (2 pcs)</p>	

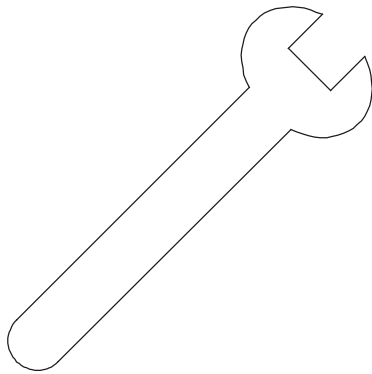
4 HARDWARE STEP 4

 <p>#84. Ø3.5 x 12m/m_ Sheet Metal Screw (8pcs)</p>	 <p>#79. M5 x 15m/m_ Phillips Head Screw (8pcs)</p>
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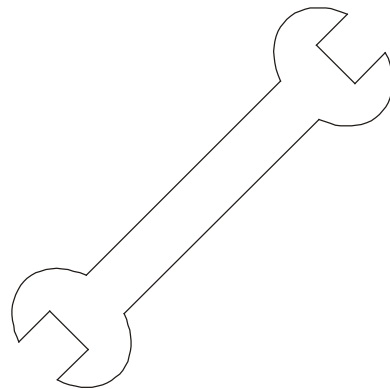
ASSEMBLY TOOLS



#108. Combination M5 Allen Wrench
& Phillips Head Screw Driver (1 pc)



#110. 12m/m Wrench (1pc)



#111. 13/14m/m Wrench (2pcs)

ASSEMBLY

UNPACKING THE UNIT

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion.

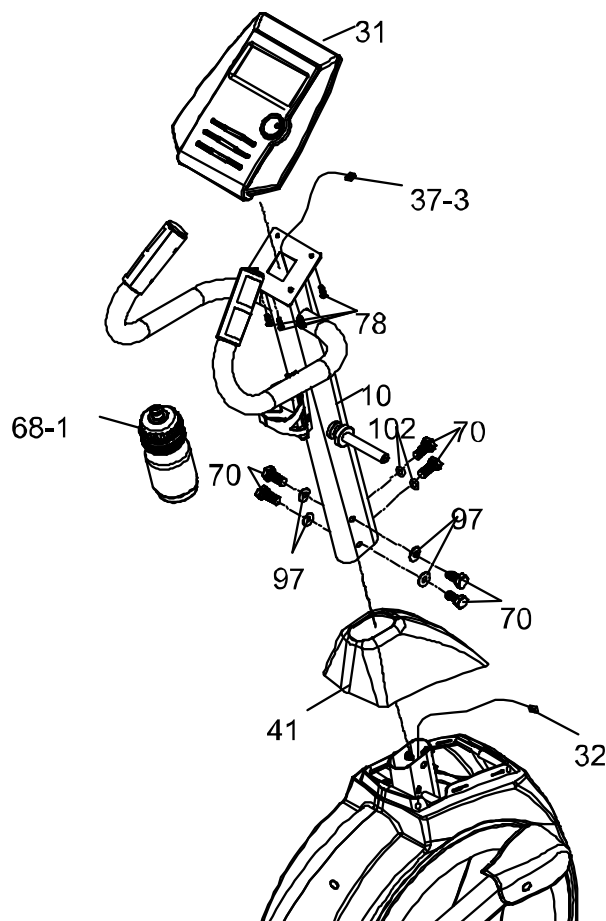
ASSEMBLY INSTRUCTIONS

1 CONSOLE MAST ASSEMBLY

1. Locate the Console Mast (10) and Console Mast Cover (41) and slide the Cover onto the Mast as far as it will go. Make sure the Console Mast Cover (41) is facing the correct way.
2. At the top opening of the Main Frame (1) of the elliptical is a Computer Cable (32). Unravel and straighten out the Computer Cable (32) and feed it into the bottom of the console mast tube (10) and out of the top opening.
3. Install the Console Mast (10) into the receiving bracket in the top of the Main Frame (1). Put the 4pcs of 5/16"x 23 x1.5T Flat Washers (97) onto the 4pcs of 5/16" x 15m/m Hex Head Bolts (70) and the 2pcs of 5/16" x 23 x 2T Curved Washers (102) onto the 2pcs of 5/16" x 15m/m Hex Head Bolts (70). Install, and hand tighten by using the 12m/m Wrench (110).

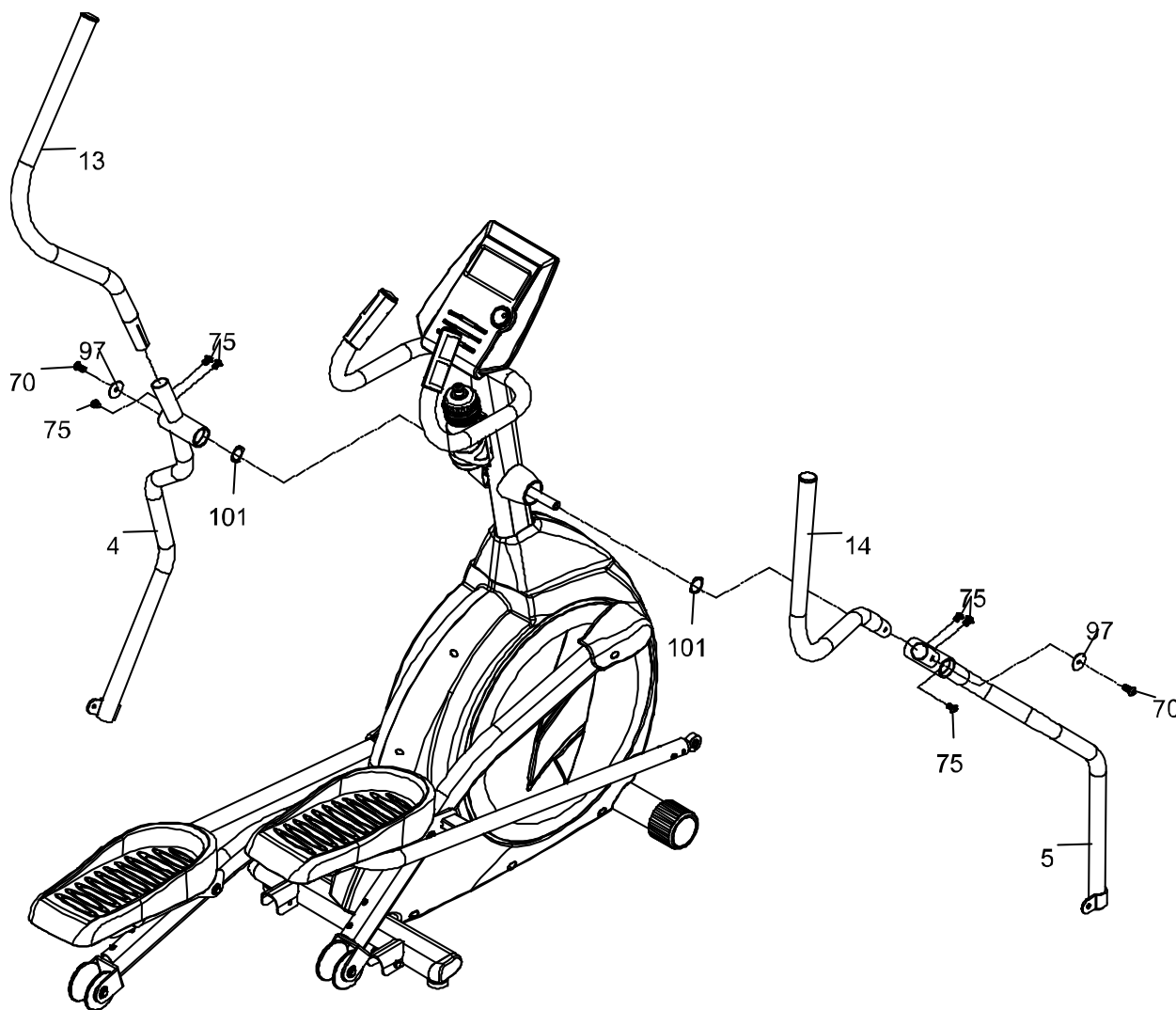
NOTE: There is a electrical wire running through the Console Mast Tube (10). Be careful not to damage or pinch this Computer Cable (32) during this procedure.

4. Locate the Console Assembly (31) and the 4pcs of M5 x 10m/m Phillips Head Screws (78) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).
5. There will be three electrical wire connectors at the top opening of the Console Mast (10), two Handpulse W/Cable Assemblies (37~3), one Computer Cable (32). Connect these to the mating connectors on the back of the Console Assembly (31). The connectors are keyed so you cannot plug them in the wrong way so do not force them.
6. Storing the excess wire back into the Console Mast (10), carefully install the Console Assembly (31) onto the mounting plate of Console Mast (10) and secure using the 4pcs of M5 x 10m/m Phillips Head Screws (78).



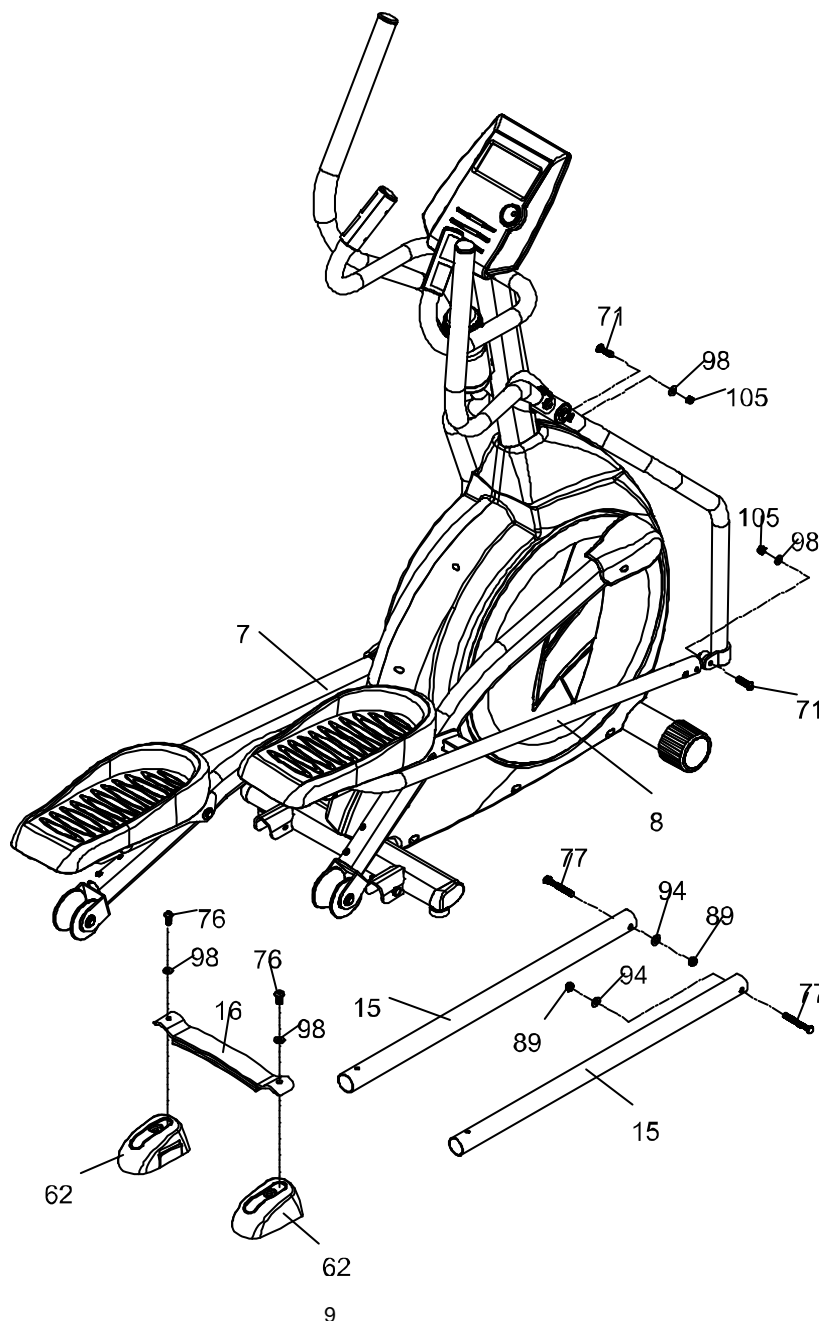
2 HANDLE BAR ASSEMBLY

1. Install the 2pcs of \varnothing 17 Wave Washers (101) onto the Left and Right side of the Handle Bar axle.
2. Slide the Lower Left and Right Lower Handle Bars (4 & 5) onto the appropriate side of the axle.
3. Put the 2pcs of 5/16" \times 23 \times 1.5T Flat Washers (97) onto the 2pcs of 5/16" \times 15m/m Hex Head Bolts (70) and install, and tighten, in the threaded holes in the ends of the axle.
4. Install the Left and Right Swing Arms (13 & 14) into the Lower Left and Right Lower Handle Bars (4 & 5) with 6pcs of 5/16" \times 15m/m Button Head Socket Bolts (75) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).



3 CONNECTING ARM ASSEMBLY

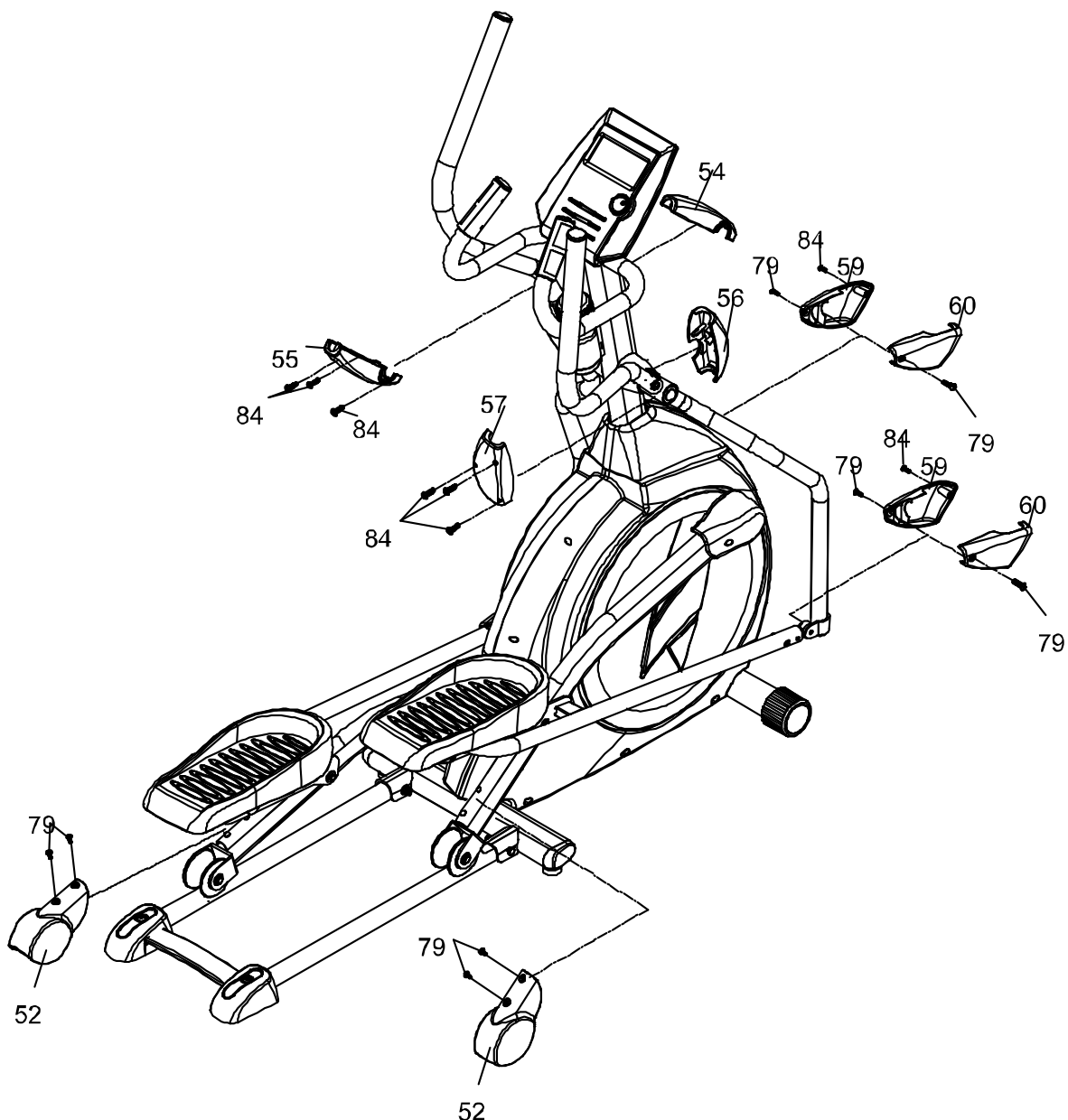
1. Align the hole in the end of the Connecting arms (L & R)(7 & 8)(pivoting rod end) with the hole in the bracket of the Lower Handle Bars (L & R)(4 & 5). The rod end should be on the inside of the Lower Handle Bars (L & R)(4 & 5). bracket. Take 2pcs of 5/16" x 32m/m Hex Head Bolts (71) and install it through the Lower Handle Bars (L & R)(4 & 5) bracket and the rod end. Install 2pcs of 5/16" x 20 x 1.5T Flat Washers (98), 2pcs of 5/16" x 7T Nylon Nuts (105) tighten firmly using the 13/14m/m Wrench (111) on the 5/16" x 7T Nylon Nuts (105) and one on the 5/16" x 32m/m Hex Head Bolts (71).
2. Install the 2pcs of Rail Tubes (15) into the receiving bracket in the end of Main Frame(1) with 2 pcs of 3/8" x 2-1/4" Button Head Socket Bolts (77) , 2pcs of 3/8" x 19 x 1.5T Flat Washers(94) and 2pcs of 3/8" x 7T Nylon Nut (89) by using 2pcs of 13/14m/m Wrench (111).
3. Put the Lug Cover (L) (61) and Lug Cover (R)(62) onto the Rail Strap (16). Install the Rail Tubes (15) with 2 pcs of 5/16" x 3/4" Button Head Socket Bolts (76) and 2pcs of 5/16" x 20 x 1.5T Flat Washers (98) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).



4 PLASTICS ASSEMBLY

1. Install the Connecting Arm Covers (L & R) (59 & 60) over the connection of the rod end and Lower Handle Bars (L & R) (4 & 5) with 4pcs of M5 x 15m/m Phillips Head Screws(79) and 2pcs of Ø3.5 x 12m/m Sheet Metal Screws (84) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).
2. Install the 2pcs of Slide Wheel Covers(52) using the 4pcs of M5x15m/m Phillips Head Screws (79) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).
3. Install the Front Handle Bar Covers (L & R) (54 & 56) and Rear Handle Bar Covers (L & R) (55 & 57) over the Handle Bars axle connections with the 6pcs of Ø3.5 x 12m/m Sheet Metal Screws (84) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (108).

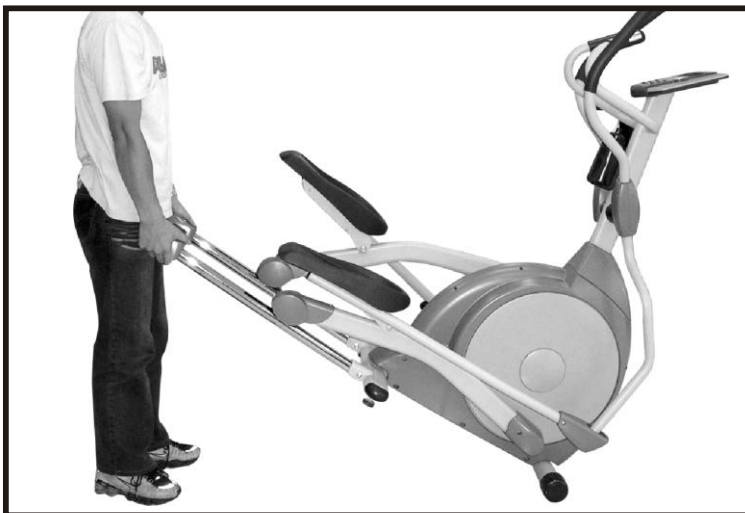
PLEASE ENSURE ALL FASTENERS ARE TIGHT AFTER THE COMPONENTS HAVE BEEN ASSEMBLED.





■ LUBRICATION

1. Pour 2c.c of the lubricant under the middle of Rail. You must be pour lubricant each three months.
2. If the user felt the exercise is not smooth or there were some noise during exercising, please pour 2 c.c.of the lubricant on the middle of Rails.



■ TRANSPORT

The elliptical is equipped with two transport wheels which are engaged when rear of it is lifted.

OPERATION OF YOUR CONSOLE



Starting a program

Quick Start

After the console power on you must to set date and time by rotating Enter key, then press Enter key to confirm. After finishing the installation time you may press the Start key to begin, this will initiate the Quick Start mode. In Quick Start the Time will count up from zero and the workload may be adjusted manually by rotating the Enter button. Distance and Calories will accrue, starting from zero.

The bottom right data window will switch between RPM and Speed every 5 seconds. RPM is your actual pedal rotation speed, and the Speed readout is in MPH, indicating approximate road speed as if pedaling a bicycle in 7th gear.

The Distance window shows distance traveled, based on pedal speed, in miles. The Pulse window will display your heart rate in beats per minute if you are holding the heart rate hand sensors, or wearing a chest strap transmitter.

The Calorie reading shows total Calories burned and is an approximate number. The Watt reading indicates how much work you are doing. If the Watt reading is 100, this means you are doing enough work to light a 100 watts light bulb.

Manual

After power up, or reset, highlight the Manual icon at the bottom of the display and press Enter key. The profile will be blinking and you may rotate the Enter key to adjust the program workload and then press Enter. The Time window will now be blinking. Rotate the Enter key to adjust the program Time and then press Enter. The Distance window will now be blinking and you can adjust a target Distance using the Enter key then press Enter. The Calories window will now be blinking and you can adjust a target Calories using the Enter key then press Enter. Pulse will now be blinking, repeat the same process as above to set, then press Enter. After adjusting all the parameters, press Start to begin your workout.

Preset Programs

There are 12 preset programs to choose from. After power up, or reset, rotate the Enter key to highlight the Program icon. Press the Enter key to enter the program mode. The display will show P1, for two seconds, then change to the P1 program profile. You may keep rotating the Enter key to scroll through the 12 programs. When you see a program you want, press the Enter key to enter. At this point you may press start to begin the program with the default settings or you may customize the program.

To customize the workload, rotate the Enter key. You will see the profile increase in size. When the workload is where you like it press the Enter key (If you do not want to customize the profile, just press the Enter key to bypass).

The Time window will now be blinking. Use the Enter key to adjust the workout time and then press Enter.

The Distance window will now be blinking. Repeat the same process to set the distance to count down, if desired, and press Enter.

The Calorie window will now be blinking. Repeat the same process then press Enter.

The Pulse window will now be blinking. Entering a Pulse number will set an alarm that will beep when your heart rate reaches the programmed number to let you know you have reached your target.

Once you have set the data you may press Start to begin the program. You may also press Start at any time during the programming to begin. Any data that is not programmed at that point will count up from zero.

When the program ends there is a series of audible beeps. You may press Start to restart the program or press Reset to return to the start-up screen.

User Program

This mode allows you to build and save your own custom program.

Rotate the Enter key until the User icon at the bottom of the display is blinking then press Enter. The first column of the profile will be blinking. Rotate the Enter key to adjust the work load then press Enter. The second column will now be blinking. Repeat the same process as above and press Enter. Repeat this process until all the columns are adjusted to your liking. All the settings will be saved as a custom program. You may press the Start key to begin.

Target HR

This program allows you to set a target heart rate and the machine will automatically adjust the work load to safely reach the target and maintain that target.

Use the Enter key to select the Target HR program and press Enter. The display will show a number and the age icon at top will be blinking. Rotate the Enter key to adjust the age and press Enter. The display will now show a blinking percent number or the letters THR.

You may use the Enter key to choose either 55%, 75%, 90% or THR. The percentage choices will automatically set the target to a percent of your maximum heart rate, based on your age. This is why it is important to adjust the age properly. The console will use a formula to determine the correct percentage: $220 - \text{age} = \text{maximum HR}$. For example a 30 year old persons' Max HR is 190 BPM ($220 - 30 = 190 \text{ BPM}$). If the 30 year old wants to work at 75%, their target HR will be 142BPM. If you want to choose to work at 75% - for example - then use the Enter arrow to highlight 75% and press Enter. Now the Time window will be blinking and you can program it and other data the same as other programs. If you want to set your own custom Target HR then rotate the Enter arrow to highlight THR and press Enter. The Pulse window will now be blinking. Use the Enter arrows to set your own Target HR and press Enter to continue.

NOTE: Elliptical's console have attach receiver, have to match transmitter to play target HR program. User can to get accurate heart rate in exercise.

Watt

After power up, or reset, rotate the Enter key to highlight the Watt icon. Press the Enter key to enter the Watt mode. When you choose to set the Watts then the machine will automatically adjust the workload to maintain continuous work. What this means is that if you set the Watt to 100 the machine will try to keep you working at a rate of work that equals 100 Watts (or working at a rate that will keep a 100 Watt light bulb burning). Watts are determined by the amount of work you are doing. On the Elliptical this means the speed you are pedaling at combined with the workload of the machine.

In Watt mode, if you change your speed the machine will automatically change the workload to maintain the same Watt load. If you pedal faster the workload will decrease and if you pedal slower the workload increases.

After adjusting all the parameters, press Start to begin your workout.

FUNCTIONS

- TIME:** Count up: accumulates training time from zero to 99:59.
Count down: counts down from preset time to zero.
- SPEED/ RPM:** Automatically toggles between SPEED and RPM every 6 seconds.
Speed is in miles per hour (or kilometers per hour)
- DISTANCE:** Count up: accumulates training distance from 0.00 to 99.9 miles.
Count down: counts down from preset distance to zero.
- CALORIES:** Accumulates calories burned from 0 to 999. This is an estimated number only to be used from workout to workout to compare your progress. Actual calorie burn cannot be measured accurately on any consumer exercise equipment because every individual burns calories at a different rate.
- WATT:** Indicates the amount of work being done in Watts.
- PULSE:** Displays your current heart rate when you grasp the hand sensors or wear the chest strap transmitter.
- LOAD:** Shown next to the workout profile. Indicates the level of work being done from 1 to 8.
- RECOVERY:** Used to measure how fast your heart rate (HR) recovers from exercise. The faster your HR returns to normal from exercise level, the better aerobic shape you are in. Pressing the recovery button will start a 60 second count down. Hold the hand pulse sensors and do not exercise during the count down. At the end of the 60 seconds a score will be displayed ranging from F1 to F6 with F1 being the highest score and F6 being the lowest.
- TEMPERTURE:** Displays current room temperature from 0°C to 60°C.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

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

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

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

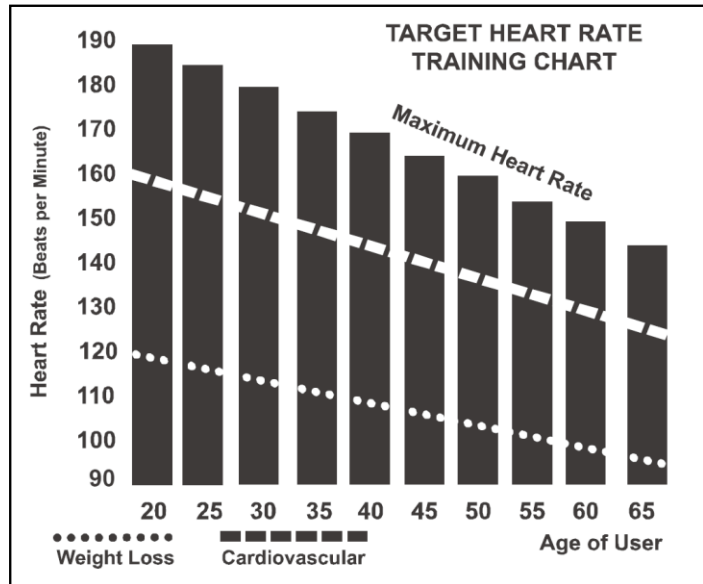
$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times .6 = 108 \text{ beats per minute}$$

(60% of maximum)

$$180 \times .8 = 144 \text{ beats per minute}$$

(80% of maximum)



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

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

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

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

RATE OF PERCEIVED EXERTION

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

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

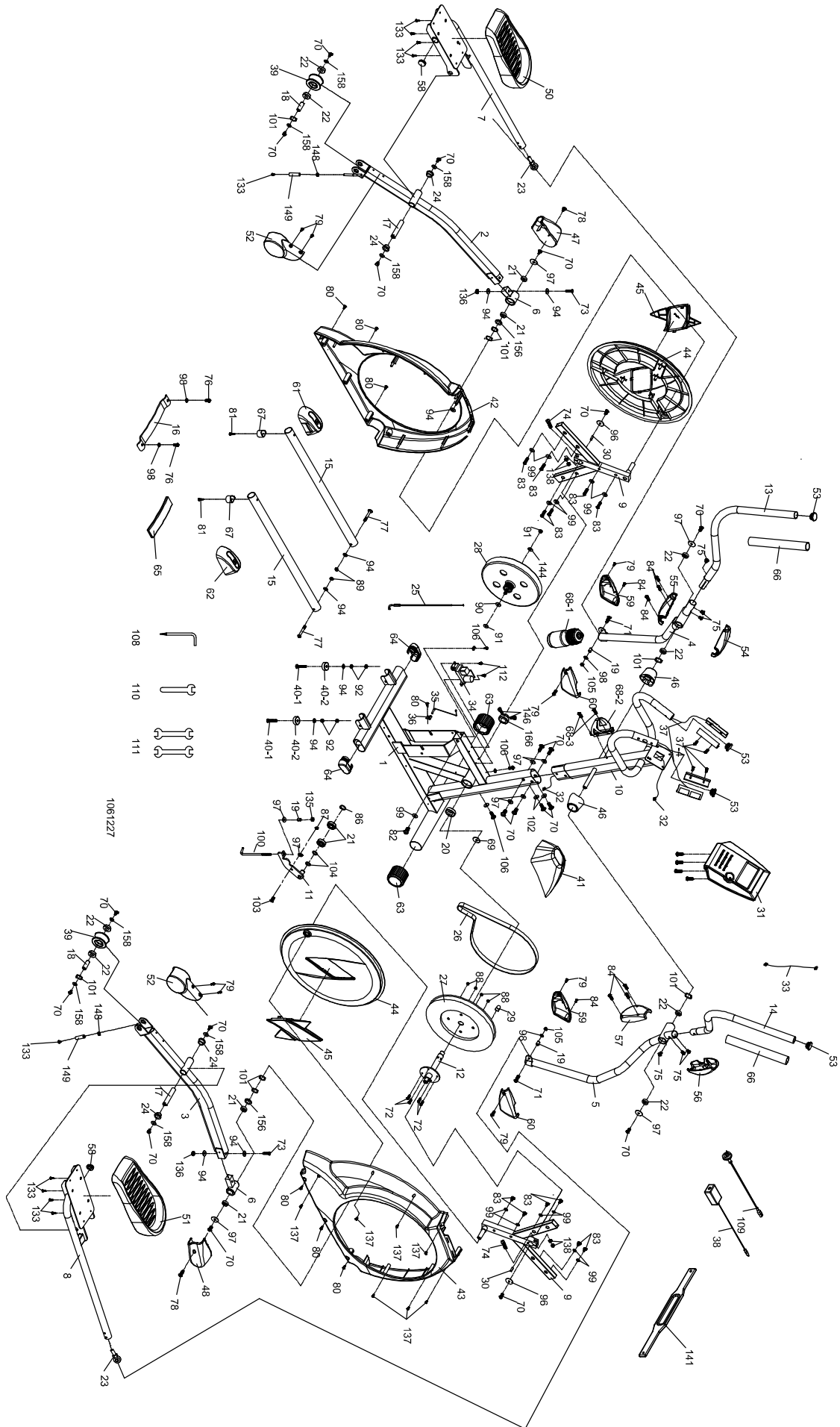
The scale is as follows:

Rating Perception of Effort

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

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

EXPLODED VIEW DIAGRAM



PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Pedal Arm (L)	1
3	Pedal Arm (R)	1
4	Lower Handle Bar (L)	1
5	Lower Handle Bar (R)	1
6	Bushing Housing, Pedal Arm	2
7	Connecting Arm (L)	1
8	Connecting Arm (R)	1
9	Cross Bar	2
10	Console Mast	1
11	Idler Wheel Assembly	1
12	Crank Axle	1
13	Swing Arm (L)	1
14	Swing Arm (R)	1
15	Rail Tube	2
16	Rail Strap	1
17	Blacking Arbor for Pedal	2
18	Axle for Slide Wheel	2
19	Rod End Sleeve	3
20	6005_Bearing	1
21	6203_Bearing	6
22	6003_Bearing	8
23	Rod End Bearing	2
24	Ø31 x Ø25.5 x Ø19 x 16+3T_Bushing	4
25	Steel Cable	1
26	Drive Belt	1
27	Ø330_Drive Pulley	1
28	Flywheel	1
29	Magnet	1
30	25 x 7 x 7m/m_Woodruff Key	2
31	Console Assembly	1
32	1100m/m_Computer Cable	1
33	600m/m_DC Power Cable	1
34	Gear Motor	1
35	250m/m_Sensor W/Cable	1
36	Sensor Rack	1
37	850m/m_Handpulse W/Cable Assembly	2
37~4	Ø3 x 20m/m_Tapping Screw	4
38	Power Adaptor	1
39	Slide Wheel , Urethane	2
40~1	3/8" x 2" _Flat Head Socket Bolt	2
40~2	Rubber Foot	2
41	Console Mast Cover	1
42	Side Case(L)	1
43	Side Case(R)	1
44	Round Disk	2
45	Round Disk Cover	2
46	Cover Swing Arm Axle	2

NO.	DESCRIPTION	QTY
47	Pedal Arm Cover (L)	1
48	Pedal Arm Cover (R)	1
50	Pedal (L)	1
51	Pedal (R)	1
52	Slide Wheel Cover	2
53	Button Head Plug	4
54	Front Handle Bar Cover (L)	1
55	Rear Handle Bar Cover (L)	1
56	Front Handle Bar Cover (R)	1
57	Rear Handle Bar Cover (R)	1
58	Round Cap	2
59	Connecting Arm Cover (L)	2
60	Connecting Arm Cover (R)	2
61	Lug Cover (L)	1
62	Lug Cover (R)	1
63	Transportation Wheel	2
64	Oval End Cap	2
65	EVA Foam for Rail Strap	1
66	Handgrip Foam	2
67	Rubber Foot	2
68~1	Drink Bottle	1
68~2	Drink Bottle Holder	1
68~3	M5 x 12m/m_Phillips Head Screw	2
69	35 x 25.5 x 5T_Bushing	1
70	5/16" x 15m/m_Hex Head Bolt	20
71	5/16" x 32m/m_Hex Head Bolt	2
72	1/4" x 3/4" _Hex Head Bolt	4
73	3/8" x 2-1/4" _Socket Head Cap Bolt	2
74	M8 x 40L _Socket Head Cap Bolt	2
75	5/16" x 15m/m_Button Head Socket Bolt	6
76	5/16" x 3/4" _Button Head Socket Bolt	2
77	3/8" x 2-1/4" _Button Head Socket Bolt	2
78	M5 x 10m/m_Phillips Head Screw	2
79	M5 x 15m/m_Phillips Head Screw	8
80	5 x 16m/m_Tapping Screw	7
81	5 x 25m/m_Tapping Screw	2
82	4.8 x 38m/m_Sheet Metal Screw	1
83	5 x 16m/m_Tapping Screw	12
84	Ø3.5 x 12m/m_Sheet Metal Screw	8
86	Ø17_C Ring	1
87	M8 x 7T_Nyloc Nut	1
88	1/4" _Nyloc Nut	4
89	3/8" x 7T_Nyloc Nut	2
90	3/8" -UNF26 x 4T_Nut	1
91	3/8" -UNF26 x 11T_Nut	2
92	3/8" x 7T_Nut	4
94	3/8" x 19 x 1.5T_Flat Washer	9
96	5/16" x 35 x 1.5T_Flat Washer	2

NO.	DESCRIPTION	Q'TY
97	5/16" x 23 x 1.5T_Flat Washer	10
98	5/16" x 20 x 1.5T_Flat Washer	4
99	1/4" x 19m/m_Flat Washer	13
100	J Bolt	1
101	Ø17_Wave Washer	8
102	5/16" x 23 x 2T_Curved Washer	2
103	M8 x 20m/m_Carriage Bolt	1
104	Ø17 x Ø23.5 x 1T_Flat Washer	2
105	5/16" x 7T_Nyloc Nut	2
106	3.5 x 16m/m_Tapping Screw	3
108	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
109	1100m/m_Adaptor Power Cord	1
110	12m/m_Wrench	1
111	13.14m/m_Wrench	2
112	5 x 19m/m_Tapping Screw	2
133	M5 x 10m/m_Phillips Head Screw	10
135	M8 x 9T_Nyloc Nut	1
136	3/8" x 11T_Nyloc Nut	2
137	3.5 x 16m/m_Sheet Metal Screw	7
138	M8 x 6.3T_Nut	4
144	3/8" -UNF26 x 6T_Nut	1
146	M5 x P0.8 x 6m/m_Socket Head Cap Bolt	2
148	E-Clip	2
149	Ø15 x Ø8.5 x 50L_Sleeve	2
156	Spacer Bushing	2
158	5/16" x 23 x 3.0T_Flat Washer	8
166	6005-2RS_Bearing	1