CYCLE *Plus*

OWNER'S MANUAL
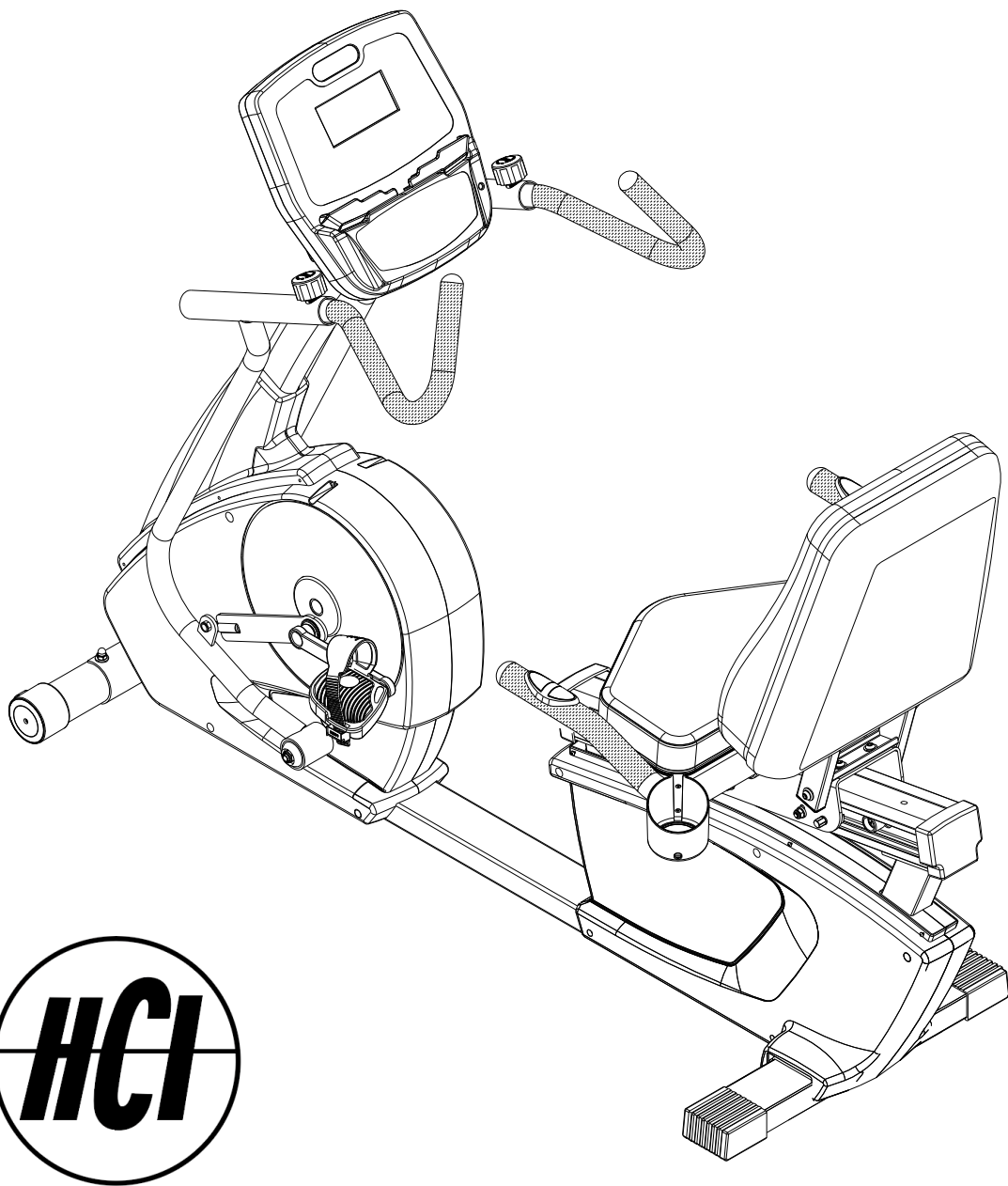
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Safety Precautions

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following safety precautions:

1. Read all instructions carefully before using the machine.

2. Consult your physician or other health care professional before beginning this or any type of exercise program.

3. Always wear proper exercise apparel when using the machine.

4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.

5. Keep children and pets away from the machine while in use.

6. Only one person can use the machine at a time.

7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.

8. Do not operate this or any exercise equipment if it is damaged.

9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.

10. Keep clothes, jewelry and loose items away from moving parts.

NOTE:

MAXIMUM WEIGHT CAPACITY FOR THE CYCLEPLUS IS 400 LBS. (182 KGS)

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

THE HEART RATE, WATTS, METS, AND CALORIES DISPLAYS ARE NOT SUITABLE FOR USE IN APPLICATIONS WHERE THE HEALTH AND SAFETY OF A PATIENT MAYBE DEPENDENT ON THE ACCURACY OF THOSE PERAMETERS.

Dear Valued Customer,

Thank you for your recent purchase of the **CyclePlus** from HCI Fitness.   We believe that you have purchased one of the highest quality and affordable recumbent cross trainers on the market today. Prior to using your new **CyclePlus** please review the operator's manual and product tips to maximize your workout experience.

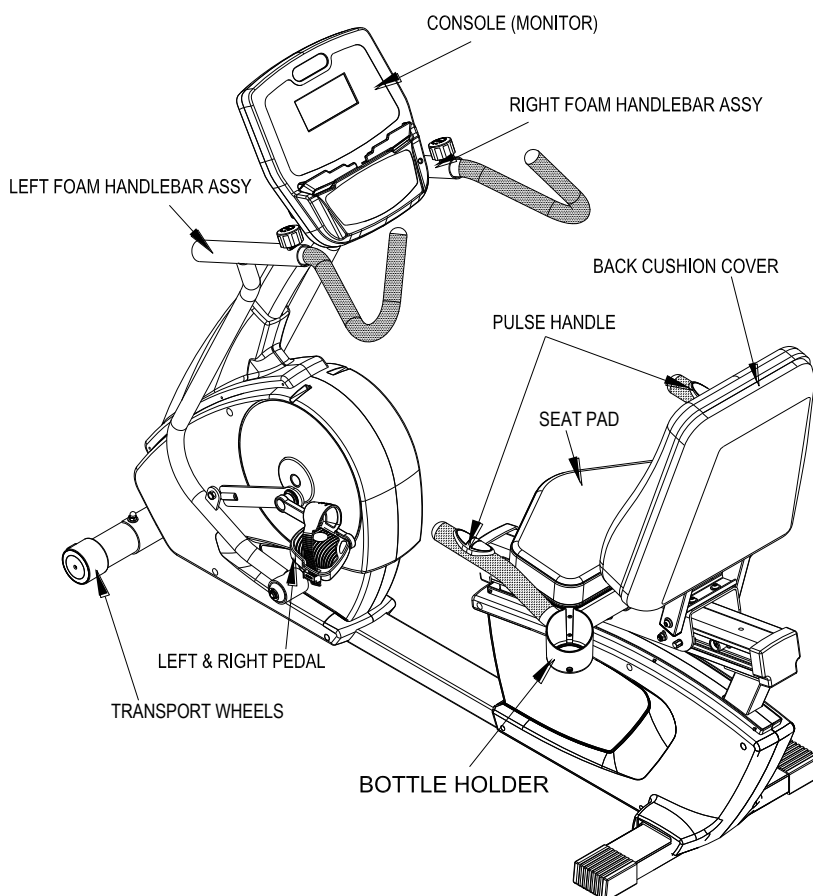Wishing you the best of luck in reaching your health and fitness goals!

Warranty Information
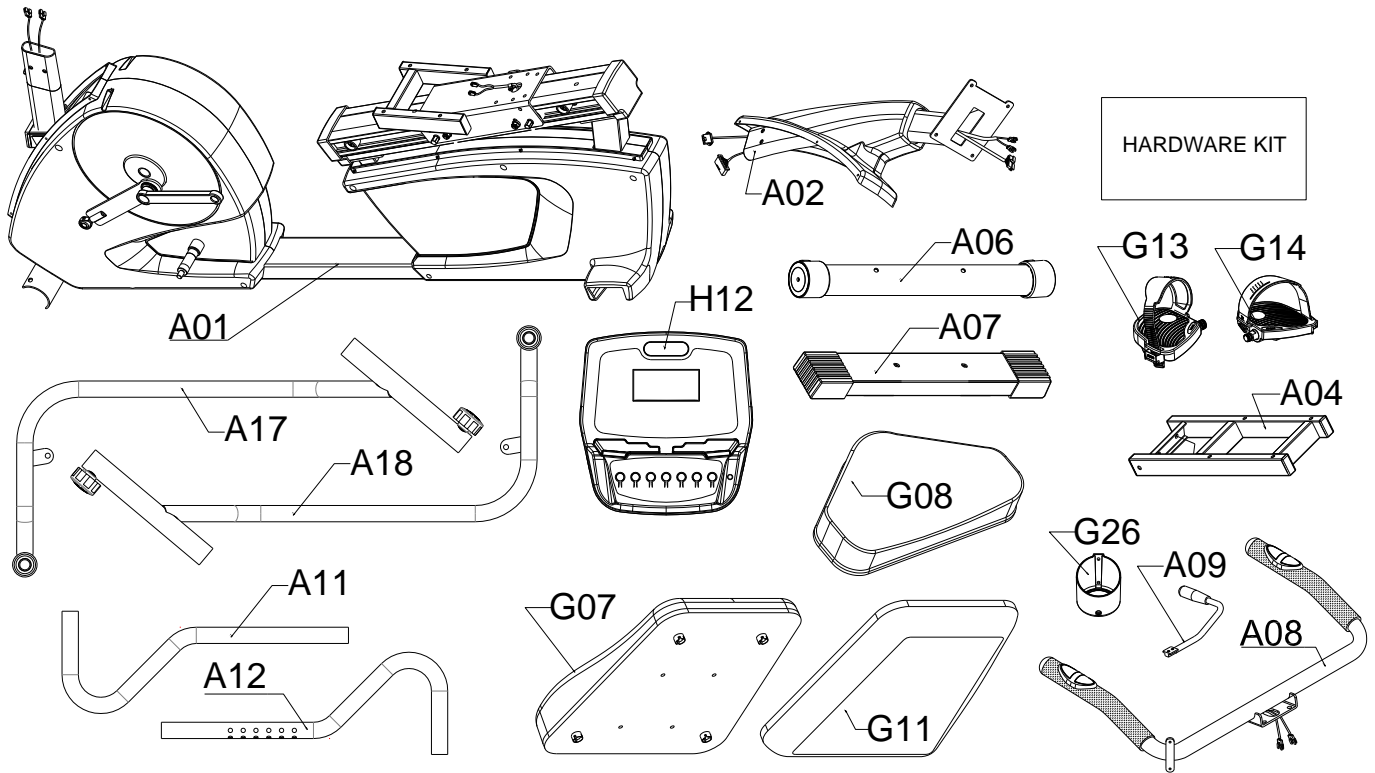
Serial #:_____ Purchase Date:_____

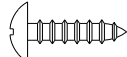**3 Year Parts Warranty, One Year Labor, Lifetime Main Frame**

NOTE
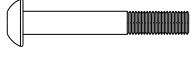
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

Assembly Components

HARDWARE KIT

NO.	DESCRIPTION	QTY
A01	Main Frame	1
A02	Console Tube	1
A04	Locking Handle	1
A06	Front Foot Tube Assy	1
A07	Rear Foot Tube Assy	1
A08	Rear Handlebar Assy	1
A09	Back-Leaning Bracket	1
A11	Left Adjustment Handle	1
A12	Right Adjustment Handle	1
A17	Left Foam Handlebar	1
A18	Right Foam Handlebar	1
G07	Back Cushion	1
G08	Seat Cushion	1
G11	Back Cushion Cover	1
G13	Left Pedal	1
G14	Right Pedal	1
G26	Bottle Holder	1
H12	Console	1

NO.	SPARE PARTS	DESCRIPTION	QTY
B02		M10x30L Hex Head Screw(Black)	2
B07		M6x60L Round Head Phillips Screw(Black)	8
B09		TP4x16L Screw(Black)	6
B12		M5x10L Phillips Screw(Black)	4
B13		M5x15L Phillips Screw(Black)	2
B20		M8x15L Hex Head Screw (Black)	10
B22		M8x32L Hex Head Screw (Carbon) (Black)	2
B24		M8x57L Hex Round Head Screw(Black)	2
B25		M8x15L Hex Head Screw(Loctited) (Black)	1
B27		M8x70L Carriage Bolt(Black)	2
B30		M5x8L Screw(Stainless)	2
C03		M10 Hex Nut (thin)(Black)	2
C05		M10 Nylon Nut (thin)(Black)	2
C08		M8 Nut Cap (Black)	2
D02		φ10x19x2.0t　Washer(Black)	4
D09		φ6xφ16x1.0tWasher(Black)	8
D10		φ8xφ16x1.5tWasher(Black)	4
D12		φ8xφ19x1.0tWasher(Black)	10
D13		φ8xφ30x2.0tWasher(Black)	2
G12		M10 Curve Washer (Black)	2

Assembly Instruction

Step 1

Attach the Front and Rear Foot Tubes (A06 &A07) to Main Frame (A01) as shown on the drawing by using:

Qty 2 – (B27) M8X70L Carriage Bolt (Black)
Qty 2 – (B24) M8X57L Hex Round Head Screw (Black)
Qty 4 – (D12) M8X19L Washer (Black)
Qty 2 – (C08) M8 Nut Cap (Black)

NOTE:
(1) Make sure that the Front Foot Tube (A06) has the Transport Wheels in front of the CyclePlus.
FIGURE 1

Pro Tip:
Use a empty box to support the main frame so you can secure the support tubes.
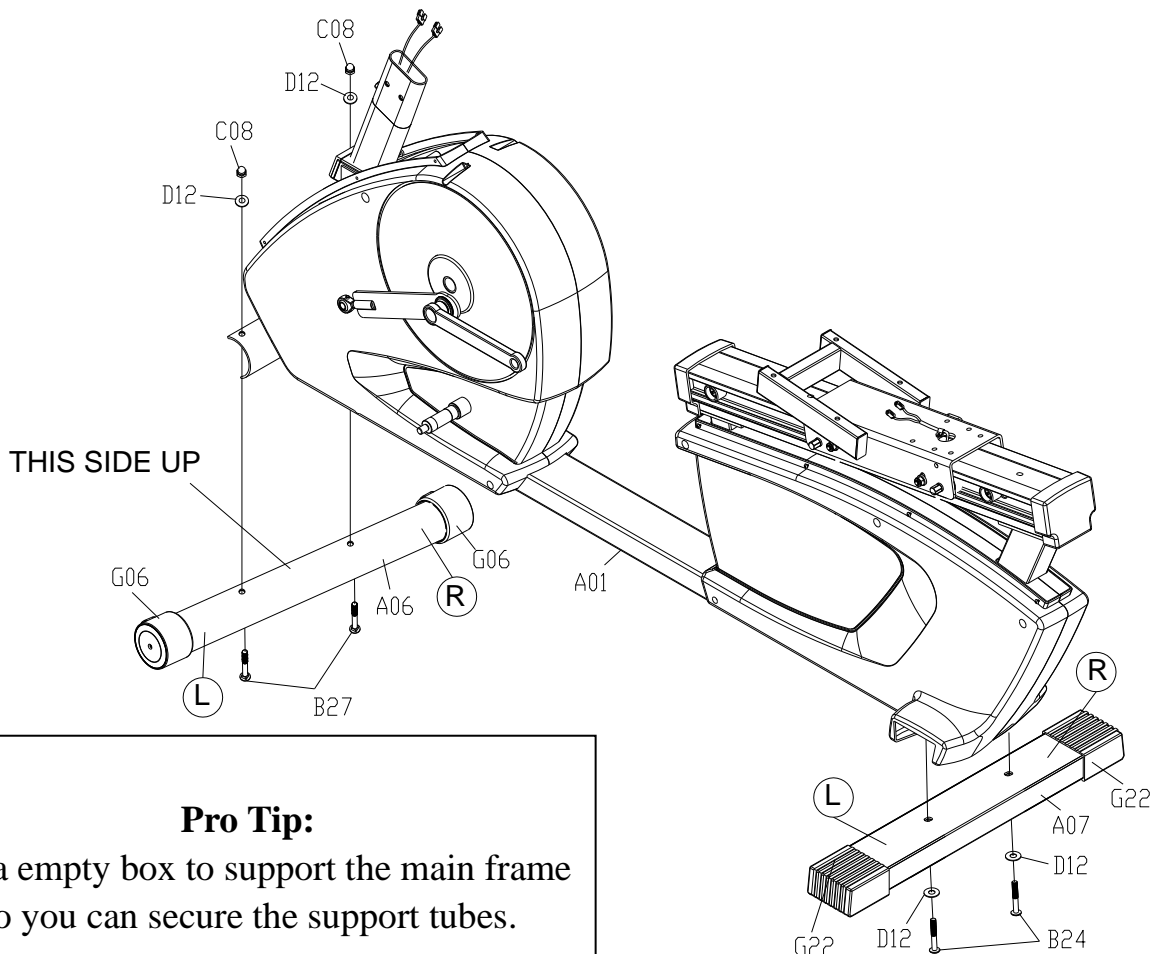
Step 2

Part 1:

Install the Seat Back Bracket (A09) onto the Seat Carriage (A03) with four Screws (B20&B22) and four washers (D12&D13) as showed in diagram.

Part 2:

Insert the locking seat adjustment handle (A04) into the bracket of Seat Carriage Fixer Plate (A16) and screw with two Screws (B13) as showed in diagram.

FIGURE 2
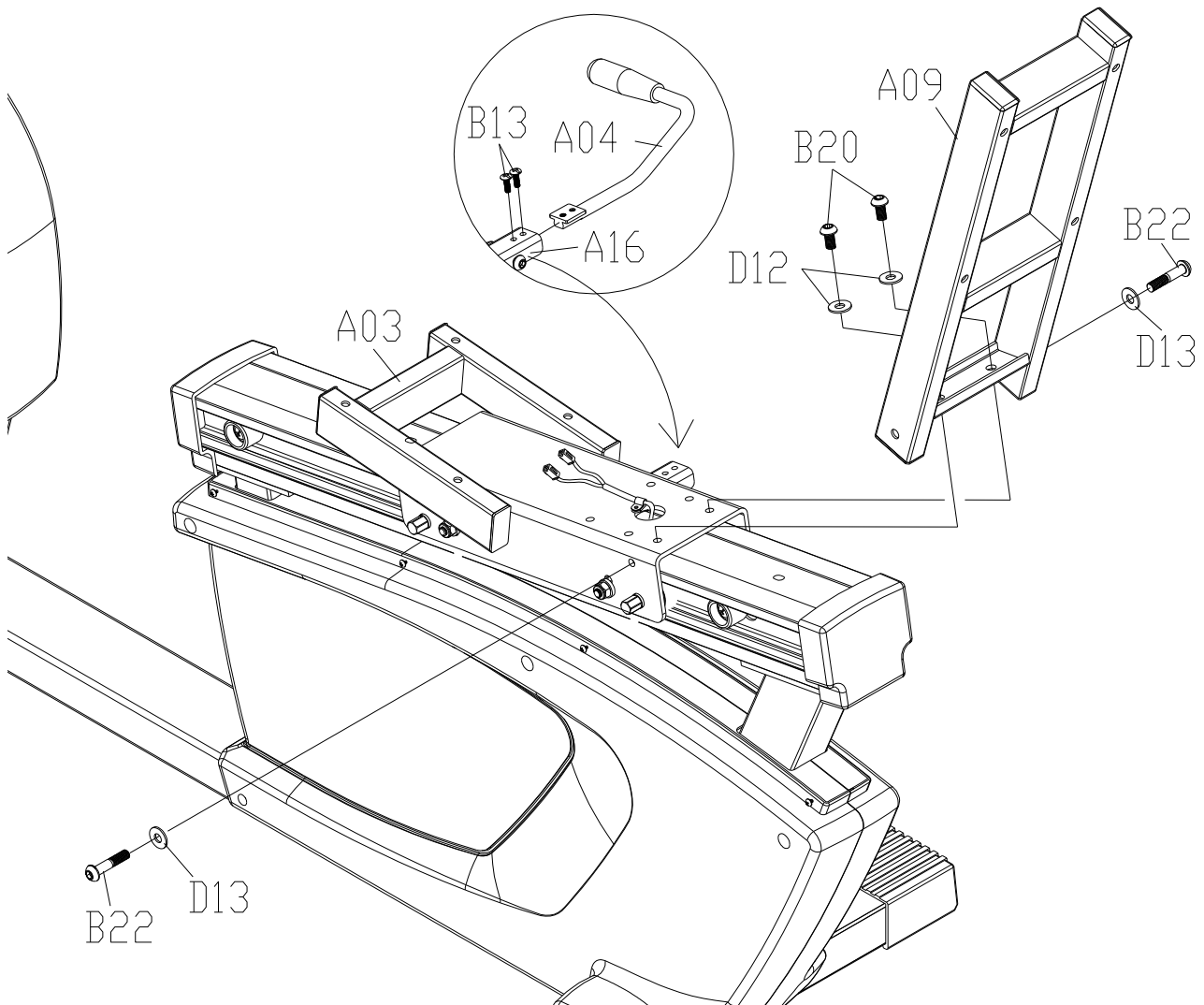
Step 3

Part 1:

Connect the Pulse Wire (H03) to the Hand Pulse Wires (H07) as shown
in the drawing.

Part 2:

Attach the Contact Heart Rate Handlebar (A08) to the Seat Carriage (A03) and lock them
together by four Washers (D10) and four Hex Head Screws (B20).

FIGURE 3

Wire Pinch Point
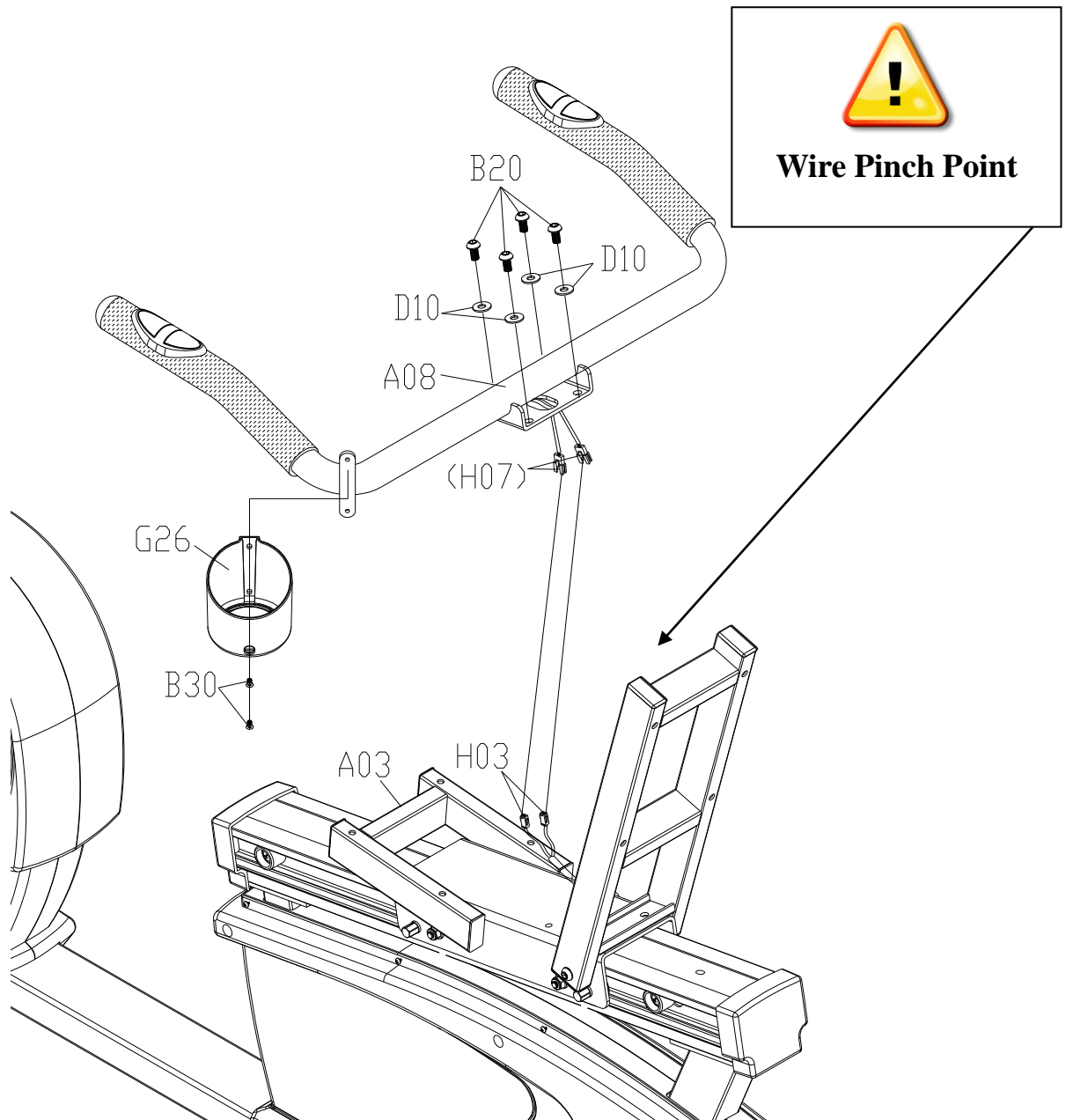
Step 4

Part 1:

Attach the Seat Bottom Cushion (G08) to Seat Carriage (A03) using four Washers (D09) and four Screws (B07). The screws will come from below going through the metal base.

Part 2:

Next, attach the Back Cushion (G07) to the Seat Back Bracket(A09) using four Washers (D09) and four Screws (B07).

Part 3:

Press the Seat Back Cover (G11) into back side of Back Cushion (G07). You will hear the Seat Back Cover snap into place.

FIGURE 4
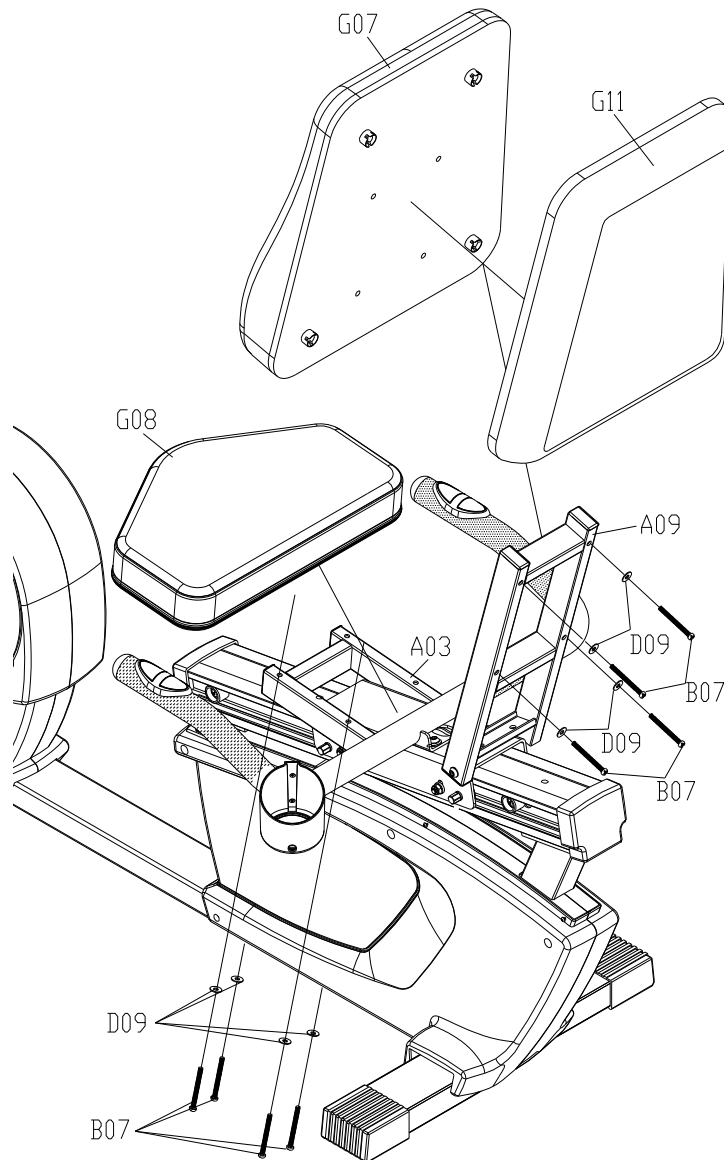
Step 5

Part 1:

Insert the Console Support Tube(A02) through Console Tube Cover (F05).
Then connect the Pulse Wires (H02 +H06) and Control Wires (H09 + H10).

Part 2:

Slide the Console Tube (A02) onto the Main Frame (A01) and secure together by using
four Washers (D12), four Hex Head Screws (B20) and one Screw (B25).

Part 3:

Lower the Console Tube Cover (F05) down to the bottom of the Console Tube (A02) and
  secure with six Screws (B09).

FIGURE 5
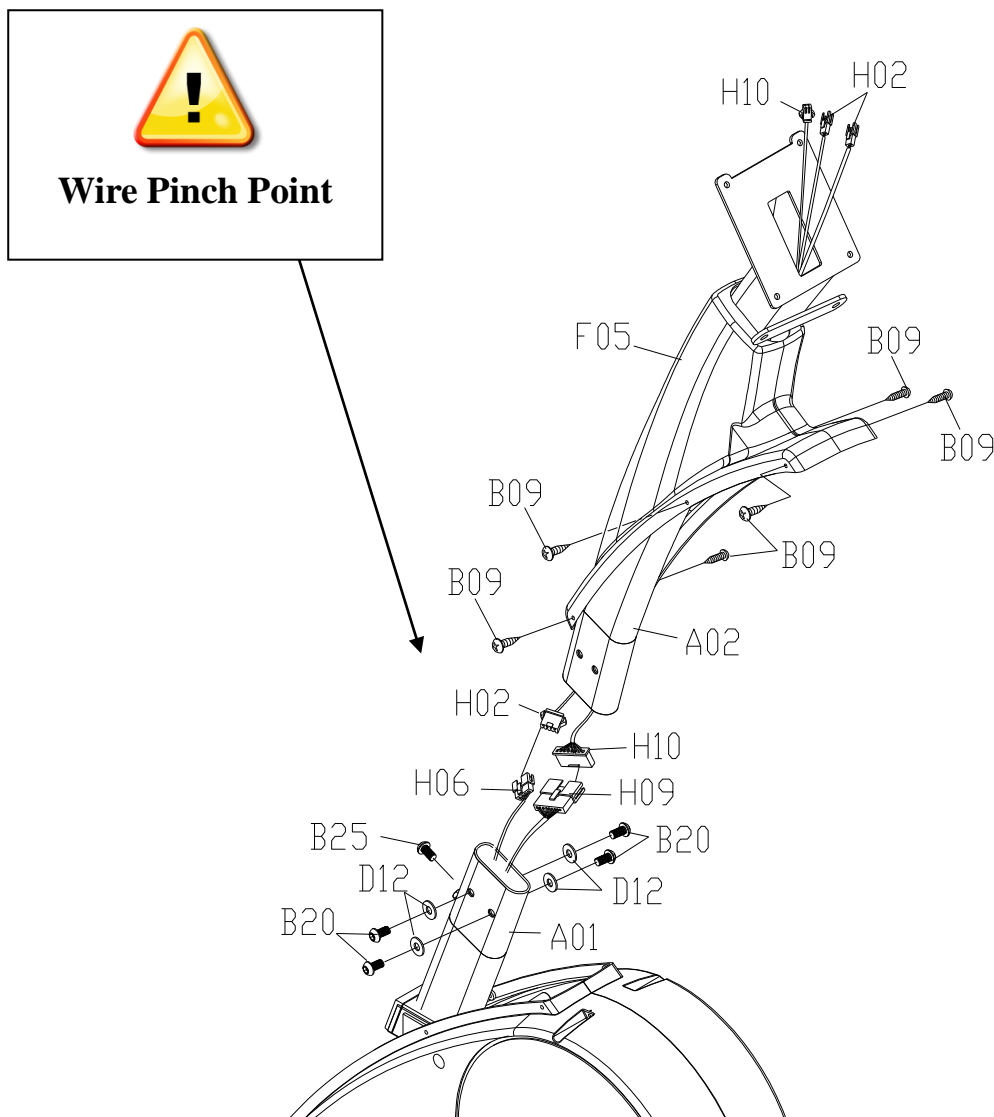
Step 6

Insert the rechargeable batteries into the back of the display.

  The CyclePlus can either be self-powered by your peddling or plugged into a power outlet. It is recommended to plug the CyclePlus into a power outlet for extended battery life.
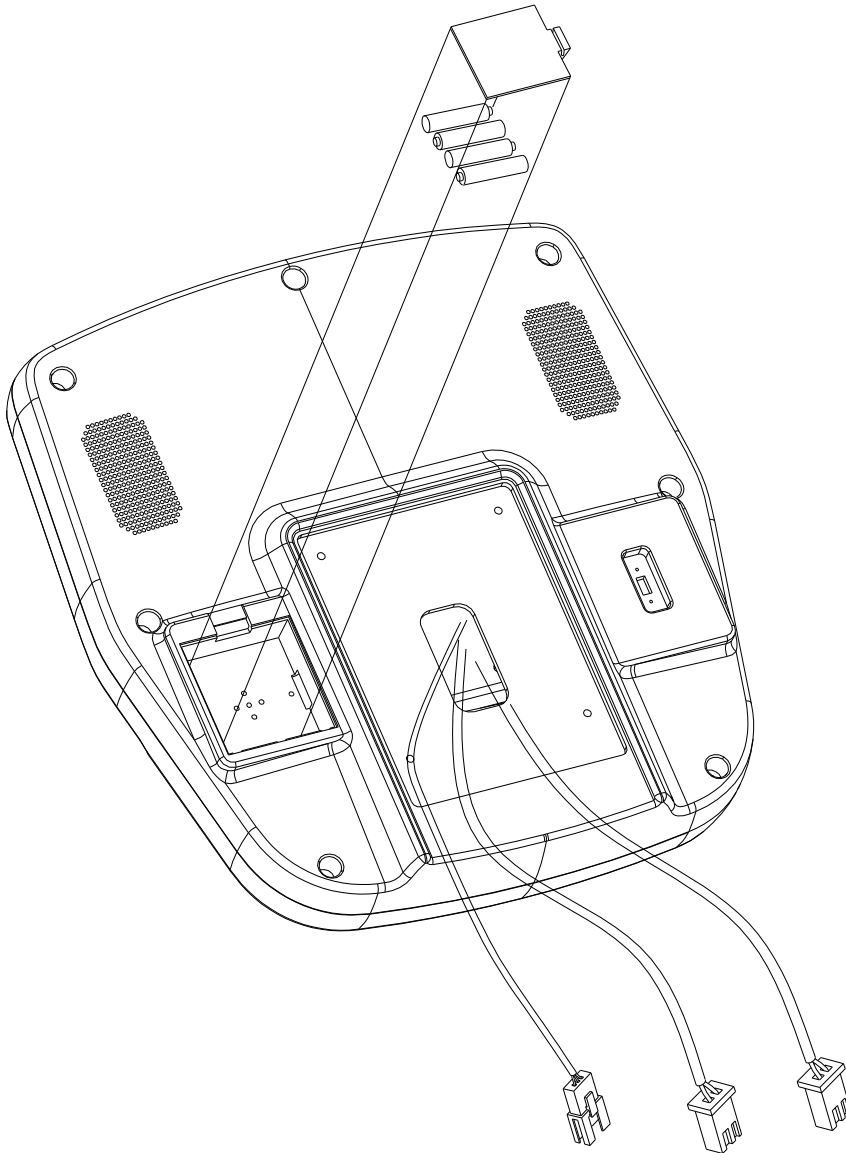
Step 7

Connect the wires coming from the Console (H12) to the wires coming from the Console Support Tube (A02) . Then secure the Console (H12) to Console Support Tube (A02) using four Screws (B12).

FIGURE 7

H12

H15

H10

H02

B12

A02

⚠️
Wire Pinch Point
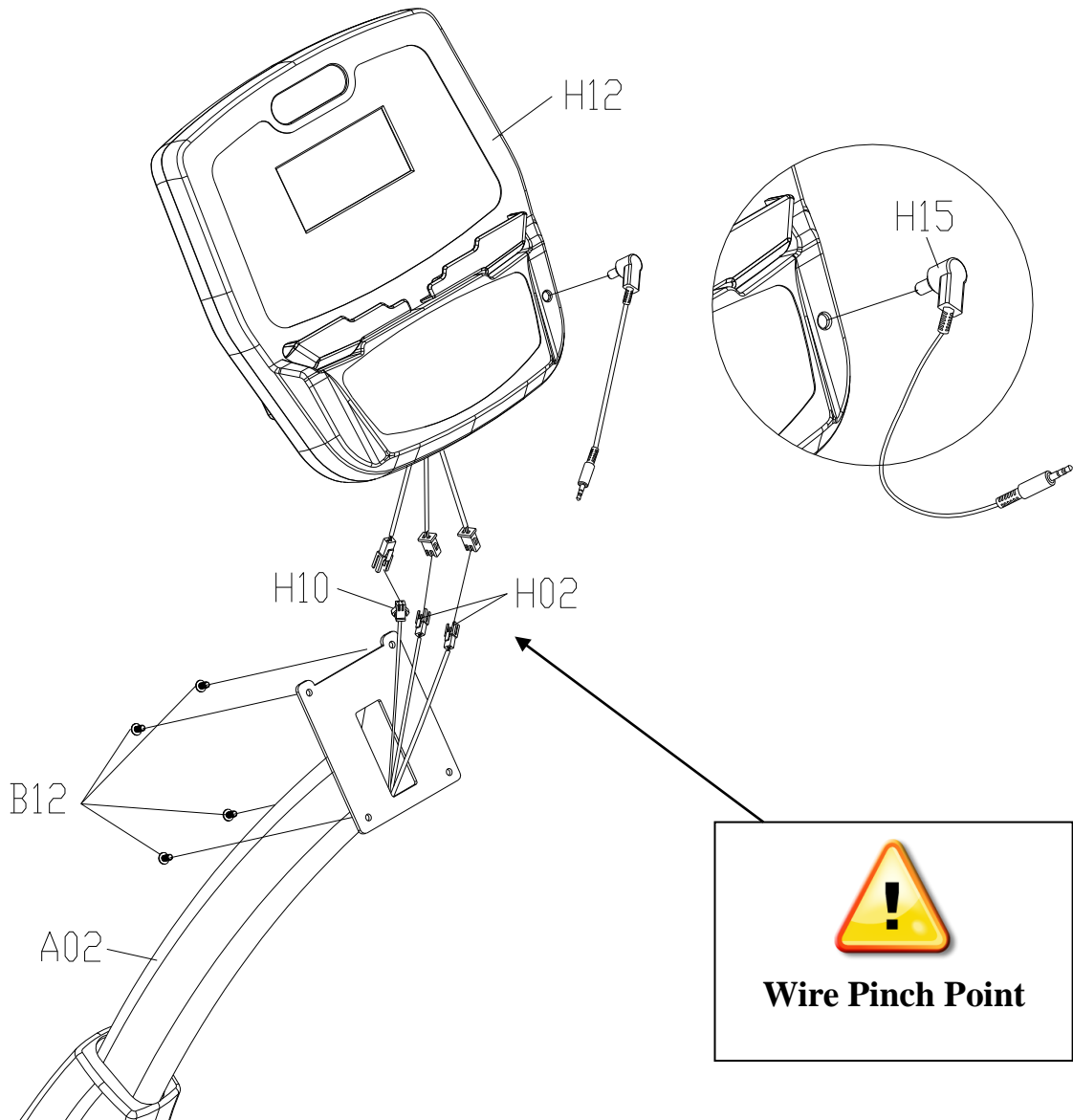
Step 8

Part 1

Install the Left Handlebar (A17) onto the end of Axle sits on the left side of Main Frame (A01) using one Curve Washer (G12) ,one M10X19 Washer (D02) and   one   Nylon Nut (C05) as shown as below drawing ,then tighten the Nylon Nut (C05).

Part 2

Repeat the process on the Right Handlebar (A18) onto the end of Axle sits on the left side of Main Frame (A01) using one Curve Washer (G12) ,one M10X19 Washer (D02) and   one Nylon Nut (C05) as shown as below drawing ,then tighten the Nylon Nut (C05).

Crank Fixed Round Plate (E13)

Crank(E01 / E02)

Linkage Arms (A05)

E03

A18

C03

D03

Step 2

Step 1

E09

B02

A05

D02   C05

G12

A01

E03

A17

B02

E09

D02

A05

C03

D02   G12

C05

A01

MAIN FRAME AXLE
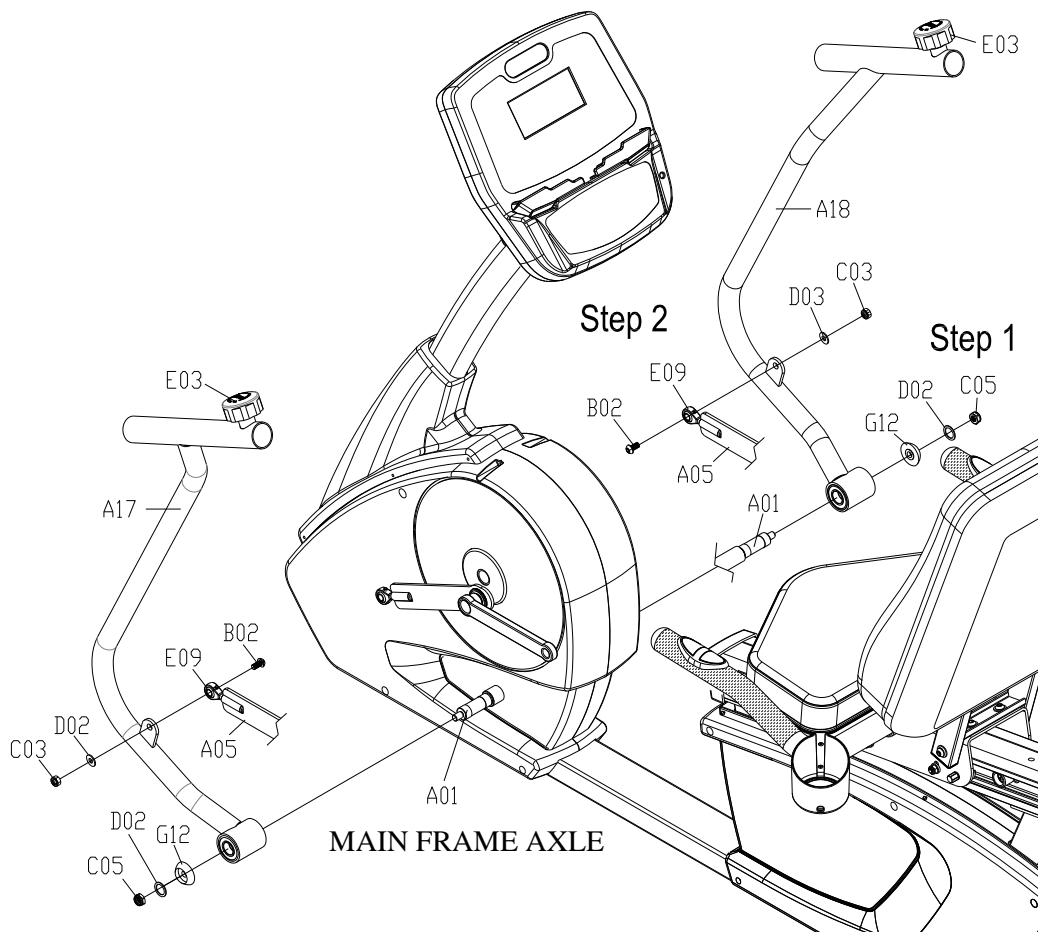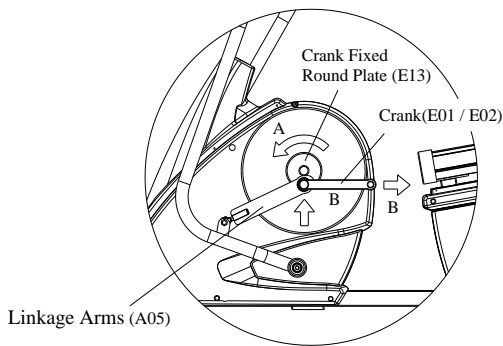
Step 9

Part 1
Turn Locking Knob (E03) counterclockwise to loosen.

Part 2
  Pull Locking Knob (E03) out and slide the Right Handle (A12) into Right Handlebar (A18) to your desired position.

Part 3
Release the Locking Knob (E03), so that it clicks into a hole in Right Handlebar (A18). Tighten in place.

Part 4
Repeat **Step1** through **Step 3** for the Left Adjustment Handle Assembly.(A11)
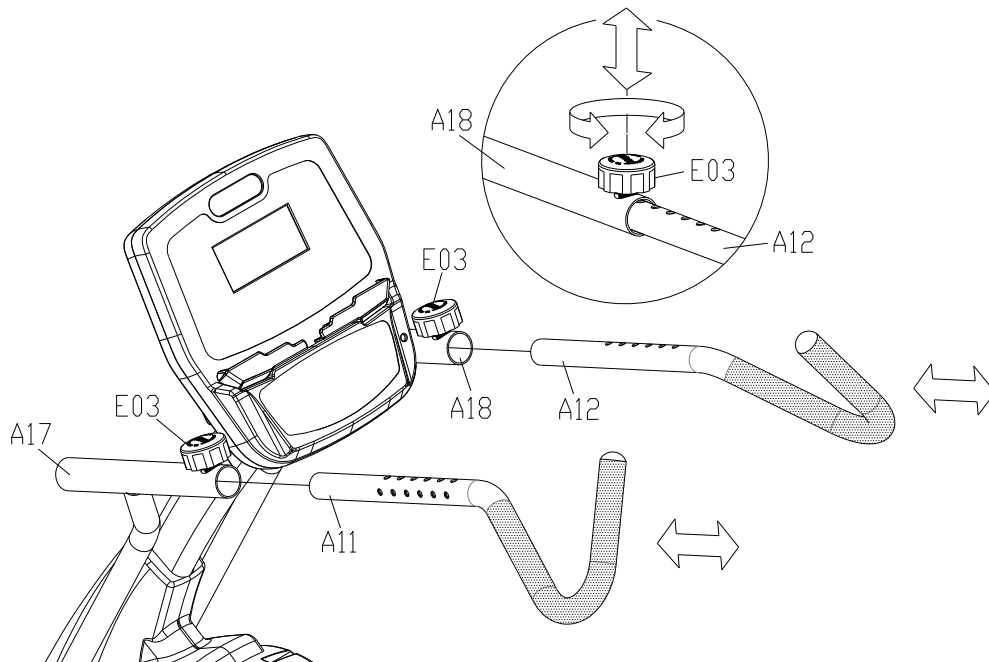
Multiple Handle Angle Options
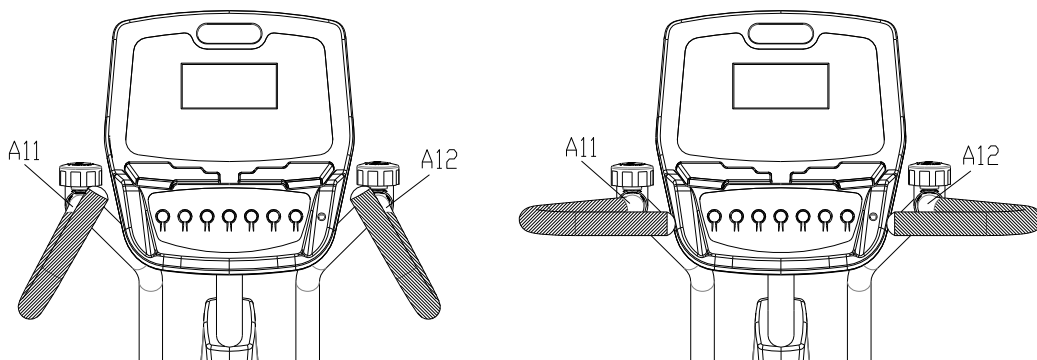
Step 10

Step 1:

Thread the Right Pedal (G14) into the hole of Right Crank (E01). Secure in place by turning **clockwise** to tighten.

Note: Right Pedal (G14) is marked with an "R".

Step 2:

Thread the Left Pedal (G13) into the hole of   Left Crank (E02). Secure in place by turning it **counter-clockwise** to tighten.

Note: Left Pedal (G13) is marked with an "L"

FIGURE 10

Left Pedal Thread is Reverse- Turn Counter-Clockwise to Tighten

Step 11

Adapter

Adapter Jack
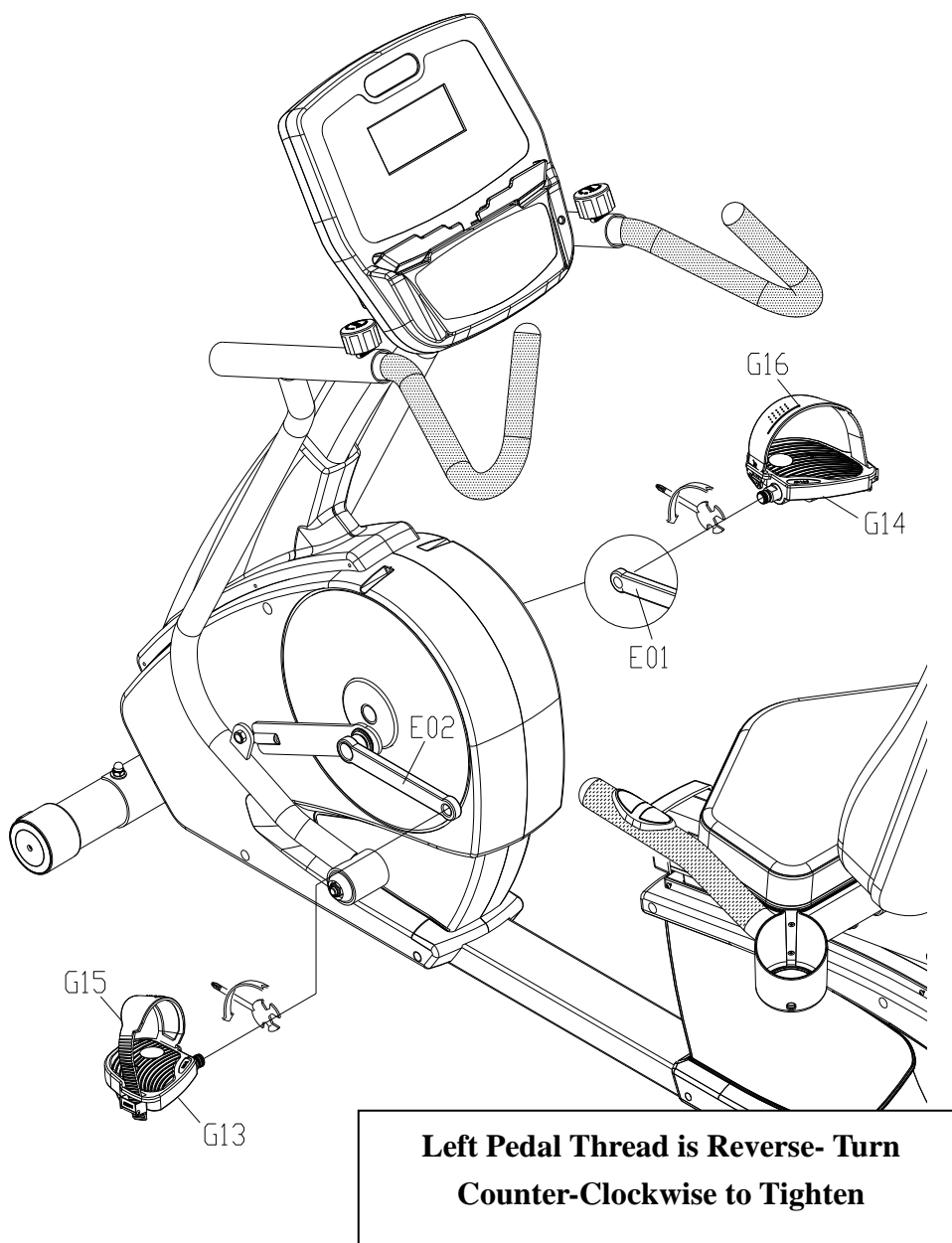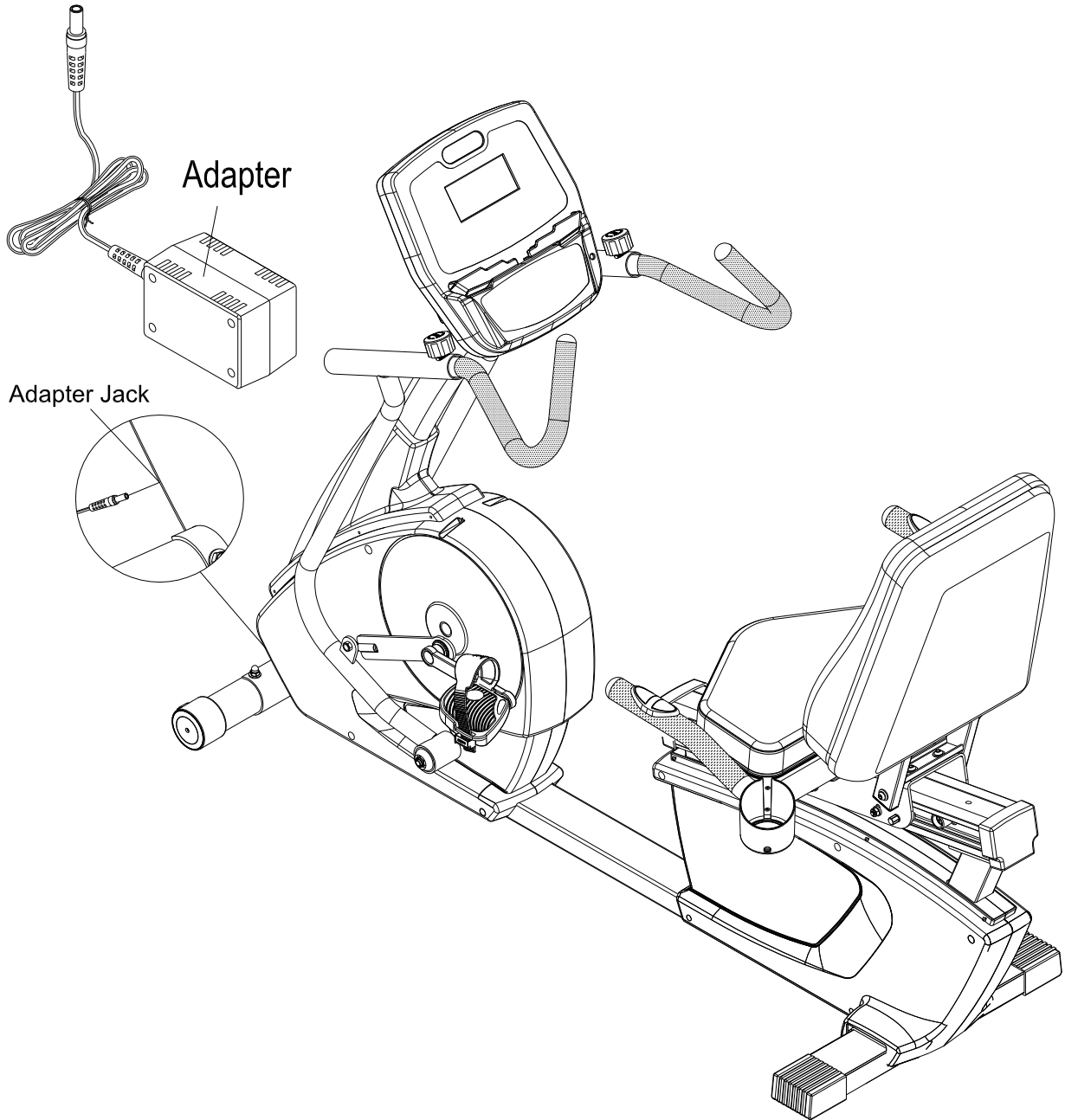
Congratulations!

You have completed the assembly of your new CyclePlus!

Console Overview

Pulse Recovery Test

Decrease Resistance

Body Fat Test

Enter

Increase Resistance

Start / Stop
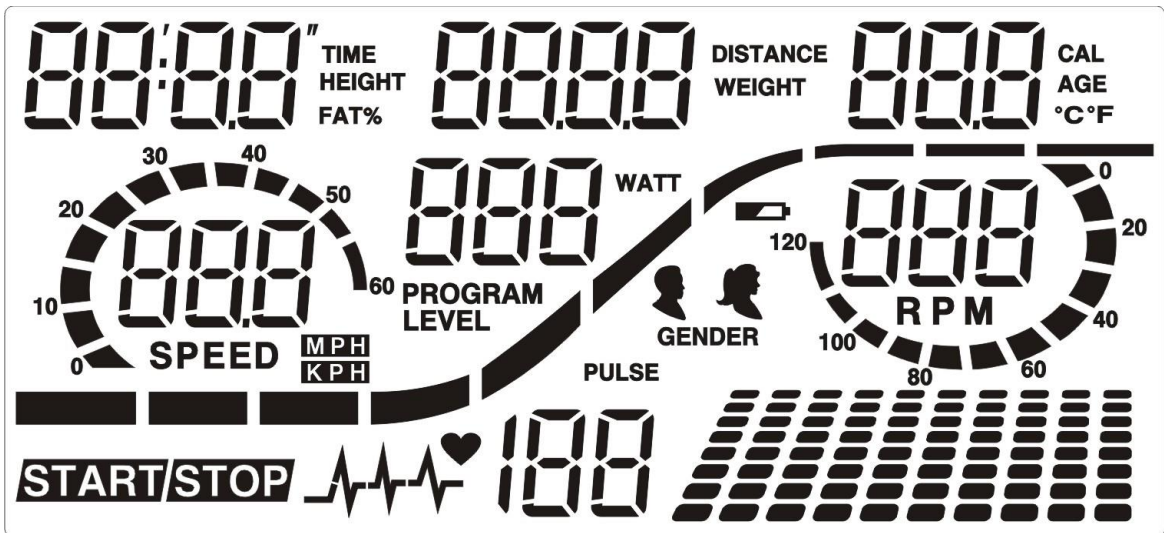
A. **Program select and setting value**

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.

B. **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 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. The Metabolic Equivalent of Task (MET), or simply metabolic equivalent, is a physiological measure expressing the energy cost of physical activities and is defined as the ratio of metabolic rate (and therefore the rate of energy consumption) during a

specific physical activity to a reference metabolic rate.

8. PULSE Your computer displays your pulse rate in beats per minute during your workout.

9. 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.

10. TARGET HEART RATE (TARGET PULSE): The heart rate you should maintain is called your Target Hear Rate in beats per minute.

11. PULSE RECOVERY: During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press "PULSE RECOVERY" key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0.

$$1.0 \quad \text{means OUTSTANDING}$$

$$1.0 < F < 2.0 \text{ means EXCELLENT}$$

$$2.0 \leqq F \leqq 2.9 \text{ means GOOD}$$

$$3.0 \leqq F \leqq 3.9 \text{ means FAIR}$$

$$4.0 \leqq F \leqq 5.9 \text{ means BELOW AVERAGE}$$

$$6.0 \quad \text{means POOR}$$

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.

12. DISTANCE BAR: Every bar indicates 100 meters or 0.1 mile.

13. Low Battery: if batteries is low, the icon blinking. (note: over discharge will get short for the batteries lifetime.)

Program Introduction & Operation:

Manual Quick Start 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.

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.C. Also, the resistance

level may decrease every 20 seconds while the heart rate detected is higher.

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.

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 ≧ BODY FAT% ≧ 20
Type3:   BODY FAT % < 20

The computer will show the test results of FAT PERCENT

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 test.

8. After finished your measurement, the computer will show the values of FAT PERCENT on the LCD display.

9. Press START/STOP key to begin exercise.

Fitness Test:

      1. Perfect

      2. Outstanding

      3. Excellent

      4. Good

      5. Satisfactory

      6. Failure.

Operating this program, in 5Km, and at fixed resistance level 5, according to your gender, age, and time to judge users grade, the time shorter can get better grade.

Operation guide:

1. Sleep Mode:

   The computer will enter the sleep mode when there is no signal input and no keys be pressed after 100 secs.

   You can ride pedal to wake up the computer

Trouble Shooting

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".

LCD Workout Graphics

PROGRAM 1

MANUAL

PROGRAM 2

STEPS
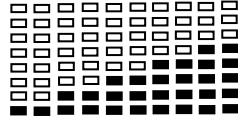
PROGRAM 3

HILL
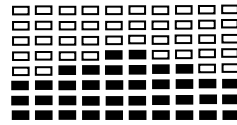
PROGRAM 4

ROLLING
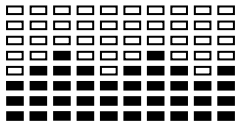
PROGRAM 5

VALLEY
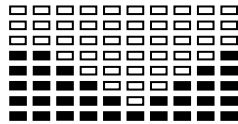
PROGRAM 6

FAT BURN
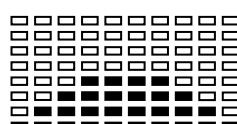
PROGRAM 7

RAMP
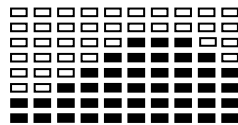
PROGRAM 8

MOUNTAIN
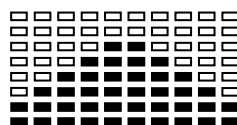
PROGRAM 9

INTERVALS
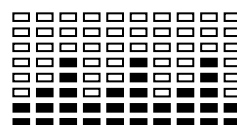
PROGRAM 10

RANDOM
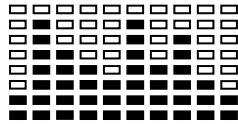
PROGRAM 11

PLATEAU
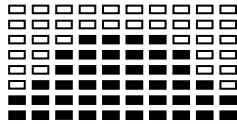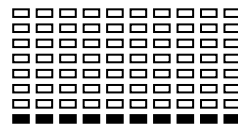
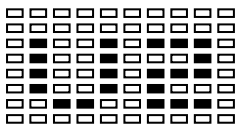### PROGRAM 12

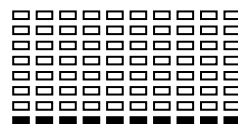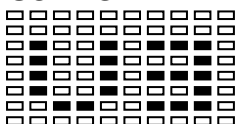**FARTLEK**
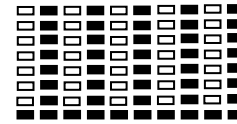
PROGRAM 13

PRECIPICE
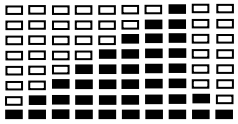
USER SETTING PROGRAM
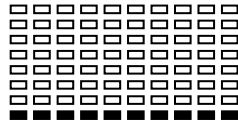
PROGRAM 14

USER 1
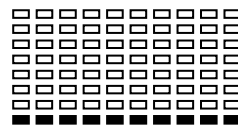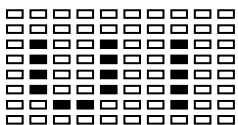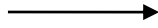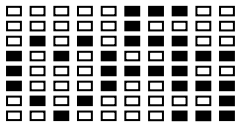
PROGRAM 15

USER 2

PROGRAM 16

USER 3

PROGRAM 17
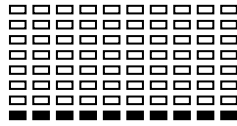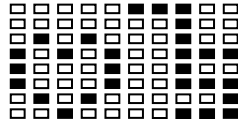
USER 4
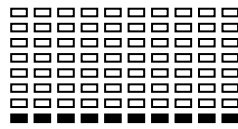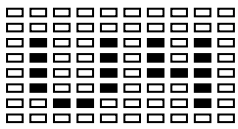
HEART RATE PROGRAM PROFILES:

PROGRAM 18

55% H.R.C.

PROGRAM 19

65% H.R.C.
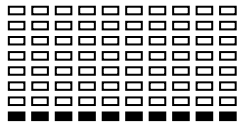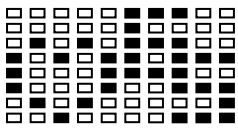
PROGRAM 20

75% H.R.C.

PROGRAM 21

85% H.R.C.
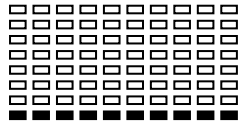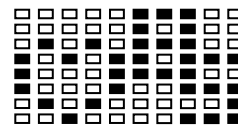
PROGRAM 22

TARGET H.R.C.
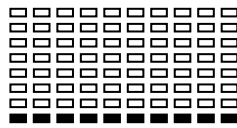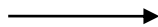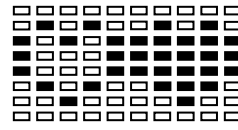
WATT CONTROL PROGRAM

PROGRAM 23

WATT CONTROL
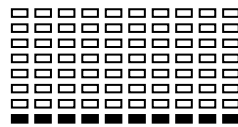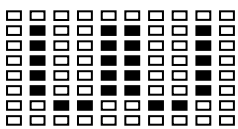
BODY FAT TEST PROGRAMS:

PROGRAM 24

BODY FAT (STOP MODE)   **BODY FAT (START MODE)**
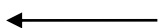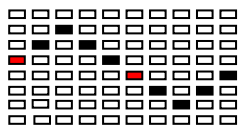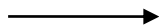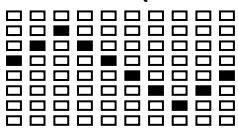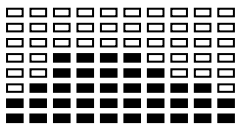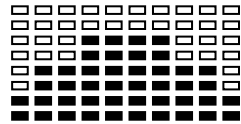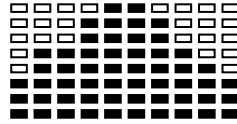
Workout Time: 40 minutes   Workout Time: 40 minutes   Workout time: 20 minutes
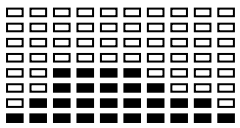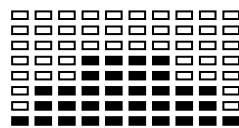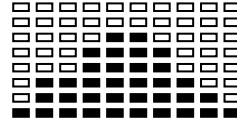
Workout Time: 40 minutes   Workout Time: 40 minutes   Workout time: 20 minutes

Smart Console APP Connection

KinoMap APP Connection:

1. Download KinoMap from the app store.

2. Sign up for KinoMap

3. Add New Equipment -> Cross Trainer Section

4.

5. Select HCI Fitness / HealthCare International

6. Select CyclePlus

7. Pedal your CyclePlus

8. Click on the Found product to add your CyclePlus to connect to the APP.
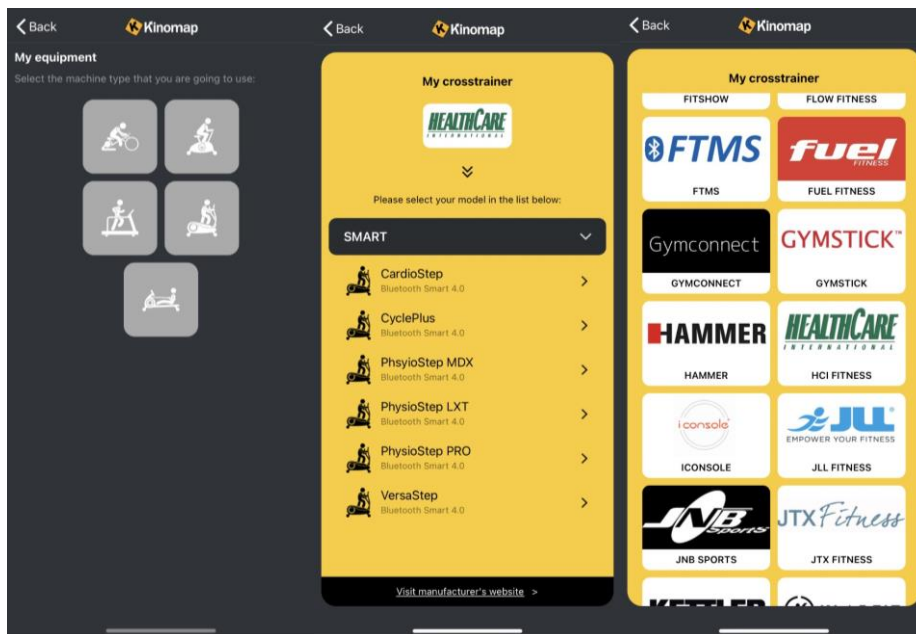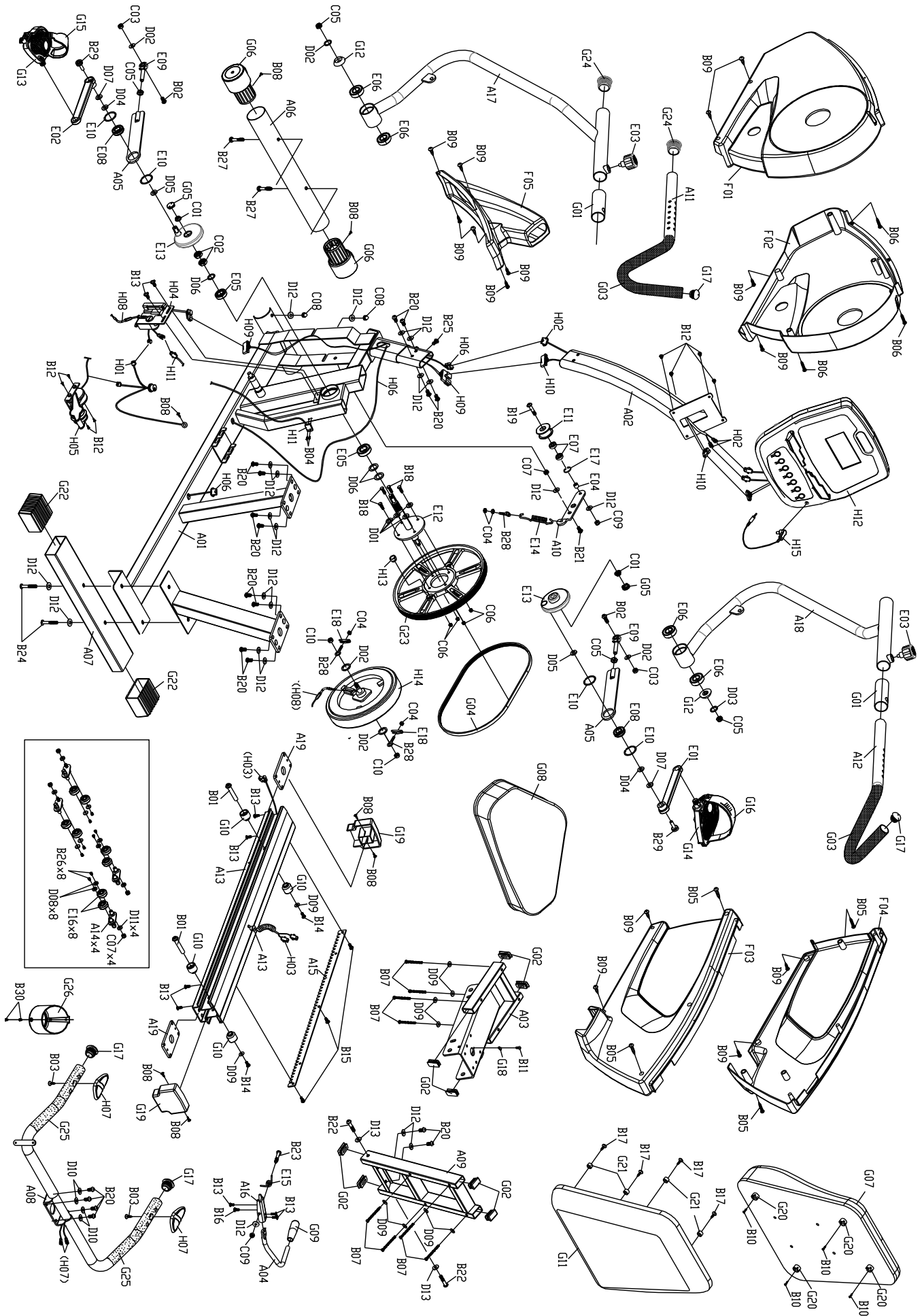
Parts List

NO.	DESCRIPTION	QTY
A01	Main Frame	1
A02	Console Tube	1
A03	Seat Carriage	1
A04	Locking Handle	1
A05	Linkage Arm	2
A06	Front Foot Tube	1
A07	Rear Foot Tube	1
A08	Rear Handlebar	1
A09	Back-Leaning Bracket	1
A10	Belt Tension Bracket	1
A11	Left Adjustment Handle	1
A12	Right Adjustment Handle	1
A13	Aluminum Carriage Tube	1
A14	Carriage Roller Fixing Plate	4
A15	Adjusting Plate	1
A16	Locking Handle Fixer	1
A17	Left Foam Handlebar	1
A18	Right Foam Handlebar	1
A19	Carriage Support Plate	2
B01	Ø11x58L Screw	2
B02	M10x30L Hex Head Screw(Black)	2
B03	M4x25L Flat Head Phillips Screw (Black)	2
B04	TP3x8L Screw (Back)	2
B05	TP5x32L Screw(Black)	4
B06	TP5x50L Screw(Black)	3
B07	M6x60L Round Head Phillips Screw(Black)	8
B08	TP4x12L Screw(Black)	7
B09	TP4x16L Screw(Black)	14
B10	TP5x15L Screw(Black)	4
B11	M4x10L Phillips Screw(Black)	1
B12	M5x10L Phillips Screw(Black)	8
B13	M5x15L Phillips Screw(Black)	9
B14	M6x15L Phillips Screw(Black)	2
B15	M6x15L Phillips Screw(Sliver)	3
B16	M6x20L Phillips Screw(Black)	1
B17	TP3x15 Screw(Black)	4
B18	M6x20L Hex Screw(Silver)	4
B19	M8x38L Hex Round Head Screw (Black)	1
B20	M8x15L Hex Head Screw (Black)	18

B21	M8x20L Hex Head Screw (Carbon) (Silver)	1
B22	M8x32L Hex Head Screw (Carbon) (Black)	2
B23	M8x45L Hex Round Head Screw(Black)	1
B24	M8x57L Hex Round Head Screw(Black)	2
B25	M8x15L Hex Head Screw(Loctited) (Black)	1
B26	M5x10L Flat Head Phillips Screw (Loctited)(Black)	8
B27	M8x70L Carriage Bolt(Black)	2
B28	M6x40L Eyebolt(Silver)	3
B29	Crank Fixing Bolt (Loctited)(M8 xP1.0-25mm Hex Head Screw)	2
B30	M5x8L Screw(Stainless)	2
C01	Crank Nut (M10xP1.25, R, Loctited)	2
C02	Shaft Locknut (M17xP1.0x8t, Loctited)	2
C03	M10 Hex Nut (thin)(Black)	2
C04	M6 Hex Nut(Silver)	4
C05	M10 Nylon Nut (thin)(Black)	4
C06	M6 Nylon Nut (Silver)	4
C07	M8 Nylon Nut (Thick)(Black)	5
C08	M8 Nut Cap (Black)	2
C09	M8 Nylon Nut (Thin)(Black)	2
C10	3/8"x26mm Cap Nut (Silver)	2
D01	φ6-1.0t Spring Washer(Black)	4
D02	φ10x19x2.0t Washer(Black)	4
D03	φ10x23x1.5t Washer(Black)	2
D04	φ16xφ21.8x1.0t Washer(Black)	2
D05	φ16xφ21.8x2.0t Washer(Black)	2
D06	Φ17xφ22x1.0t Washer(Silver)	3
D07	φ21xφ16x0.3m/m Washer(Stainless)	2
D08	φ5xφ16x2.2t Washer(Black)	8
D09	φ6xφ16x1.0tWasher(Black)	10
D10	φ8xφ16x1.5tWasher(Black)	4
D11	φ8xφ16x3.0tWasher(Black)	4
D12	φ8xφ19x1.0tWasher(Black)	21
D13	φ8xφ30x2.0tWasher(Black)	2
E01	Right Crank	1
E02	Left Crank	1
E03	Locking Knob	2
E04	φ8xφ12.5x10L Spacer	1
E05	#6003 Precise Bearing	2
E06	#6004 Precise Bearing	4
E07	#608 Precise Bearing	2
E08	#99502ZZ Ball Bearing	2

E09	POS10 Bearing (M10x1.5)	2
E10	Cir –Clip	4
E11	Idler Pulley	1
E12	Pulley Axle w/Plate	1
E13	Crank Fixed Round Plate	1
E14	Spring (φ2.8x93mm)	1
E15	φ3x15.42mm Spring	1
E16	Carriage Roller	8
E17	R22 Retainer Ring	1
E18	Adjustment Channel	2
F01	Left Bottom Housing	1
F02	Right Bottom Housing	1
F03	Rear Left Cover	1
F04	Rear Right Cover	1
F05	Console Tube Cover	1
G01	φ36xφ32mm Inner Bushing	2
G02	20x40 Square Plug	8
G03	Adjustment Handle Sleeve	2
G04	V-Belt	1
G05	Crank Central Cap (M22xP1.0xφ23)	2
G06	Transportation Wheel	2
G07	Back Cushion	1
G08	Seat Cushion	1
G09	Locking Handle Cap	1
G10	Rubber Stopper	4
G11	Back Cushion Cover	1
G12	M10 Curve Washer (Black)	2
G13	Left Pedal	1
G14	Right Pedal	1
G15	Left Pedal Strap	1
G16	Right Pedal Strap	1
G17	1 1/4" Ball Plug	4
G18	Wire Plug	1
G19	Carriage Tube Cap	2
G20	Back Cushion Concave Spacer	2
G21	Back Cushion Bulge Spacer	2
G22	Foot Cap	4
G23	Pulley	1
G24	ϕ 43.00 Ball Plug	2
G25	Rear Handlebar Sleeve	2
G26	Bottle Holder	1

H01	DC Power Cord with Generator Wire Assy	1
H02	Short Extension Pulse Wire	1
H03	Rear Extension Pulse Wire	1
H04	Gear Box	1
H05	Small Generator	1
H06	Middle Extension Pulse Wire	1
H07	Hand Pulse Senor w/Wire	2
H08	Drive Cable	1
H09	Gear Box Wire	1
H10	Extension Wire	1
H11	Sensor wire w/Senor	1
H12	Console	1
H13	Magnet	1
H14	Mag Brake	1
H15	Transmission Wire	1