



*Owner's Manual V.2*

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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 or loose items away from moving parts.



## **NOTE:**

**Maximum weight capacity for the PHYSIOSTEP LXT 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.**

Dear Valued Customer,

Thank you for your recent purchase of the PHYSIOSTEP LXT from HCI Fitness. We believe that you have purchased one of the highest quality and affordable recumbent steppers on the market today. Prior to using your new PHYSIOSTEP LXT please review the operators manual and product tips to maximize your workout experience.

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

*HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – [www.HCIFitness.com](http://www.HCIFitness.com) for information on all of our products.*

**Warranty Information:**

*(Your Serial Number is found on a white sticker at the rear base of the unit and on the box)*

**Serial #:** \_\_\_\_\_ **Purchase Date:** \_\_\_\_\_

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

**NOTE**

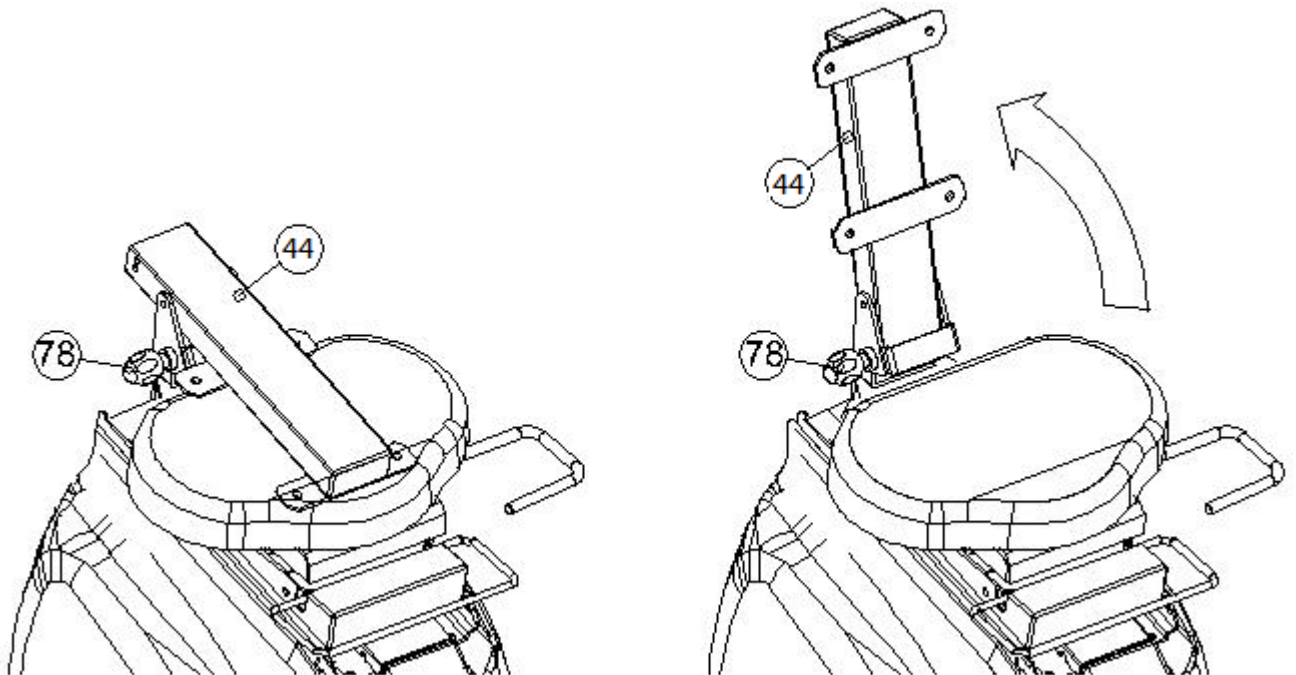
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

**TOOL SET:**

(115) 5mm Allen Wrench Tool	1pc
(116) Extended 6mm Allen Wrench Tool	1pc
(117) 13*15 Screwdriver/Wrench Combo Tool	1pc

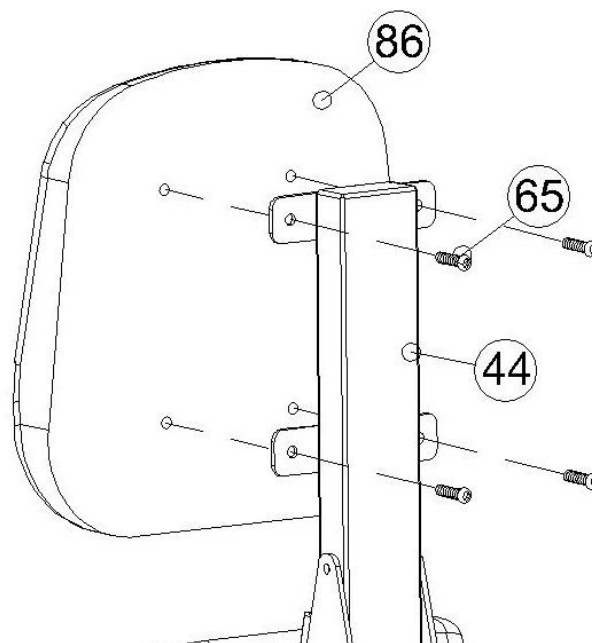
# **ASSEMBLY INSTRUCTIONS:**

## **STEP 1**



Hold Knob (78) and pull to release the Back Cushion Support (44). Place it in an upright position. Make sure the Knob (78) is then fixed firmly back in place to secure the Back Cushion Support (44).

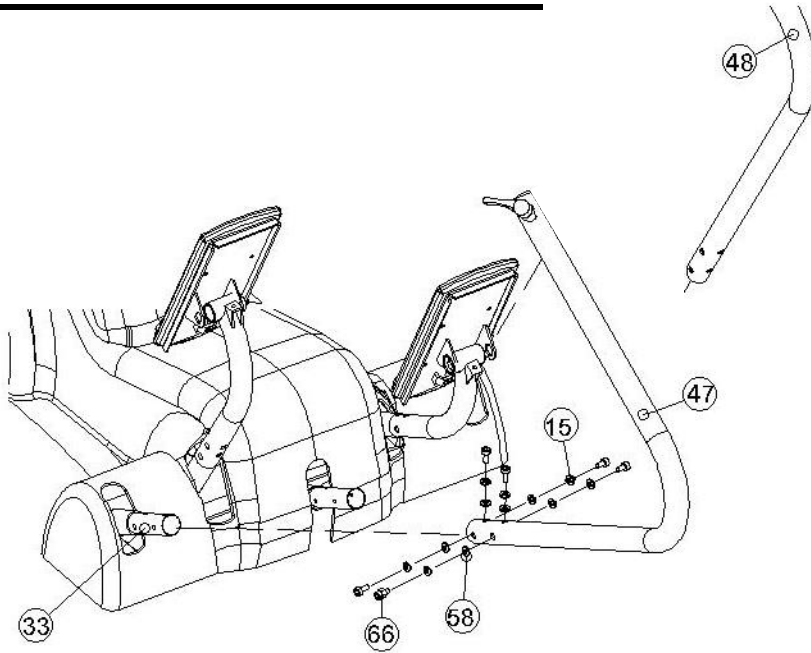
## **STEP 2**



Assemble the Back Cushion (86) by using the Hexagonal Bolt M8\*15L (65) to secure the Back Cushion Support (44). Make sure the bolts are securely tightened.

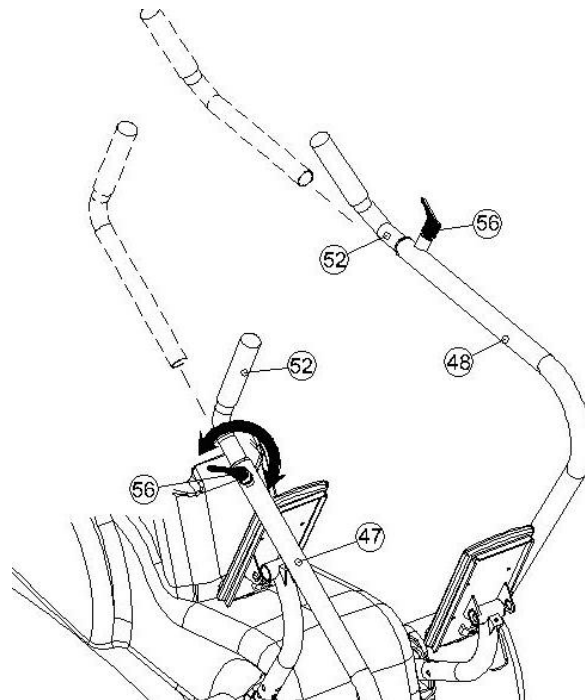
# ASSEMBLY INSTRUCTIONS:

## STEP 3



1. Install Moving Handle R (47) to Moving Handle Axis R (33) by using the Hexagonal Bolt M8\*15L (66), Spring Washer SW8 (15) and Curved Washer  $\text{Ø}8.5 \times \text{Ø}22 \times 1.5\text{T}$  (58). Make sure the bolts are securely tightened.
2. Install Moving Handle L (48) to Moving Handle Axis R (33) by using the Hexagonal Bolt M8\*15L (66), Spring Washer SW8 (15) and Curved Washer  $\text{Ø}8.5 \times \text{Ø}22 \times 1.5\text{T}$  (58). Make sure the bolts are securely tightened.

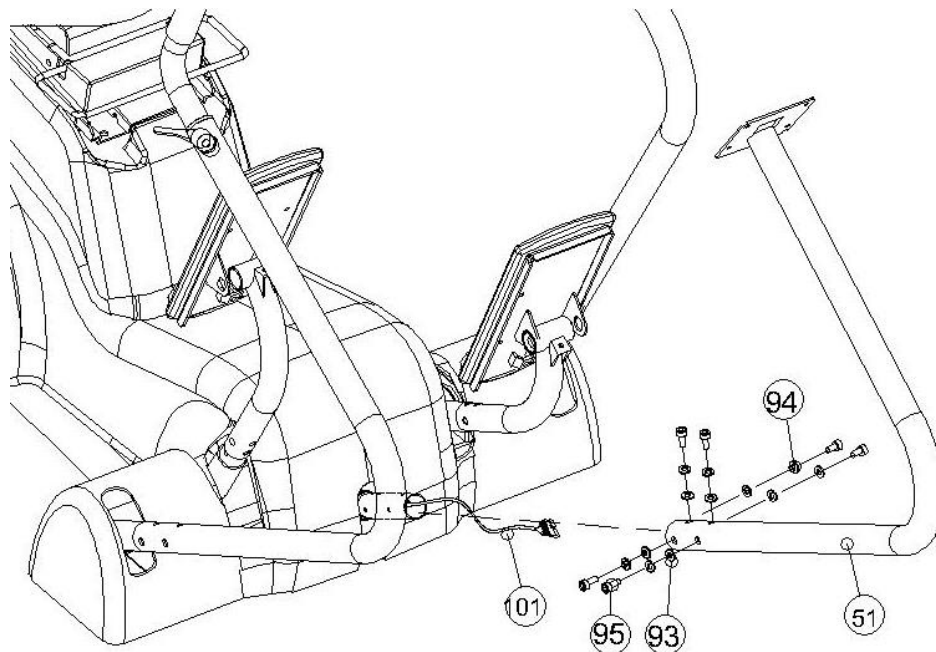
## STEP 4



Release Knobs (56) and then insert Moving Handle Set (52) into Moving Handle R (47) and Moving Handle L (48). Tighten the screw Knob (56) according to user's preference. The Handles can be adjusted to various users' lengths.

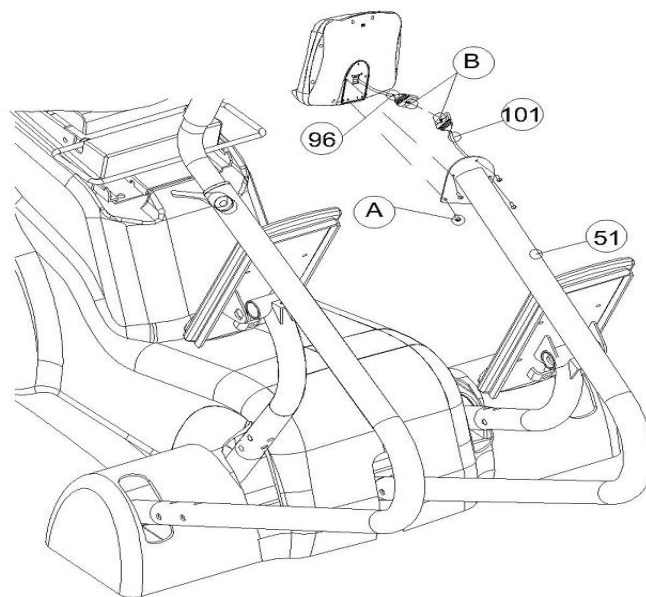
# ASSEMBLY INSTRUCTIONS:

## STEP 5



Taking Control Wire (101) feed it through the Computer Post (51). Next, attach the Computer Post (51) to Main Frame (2) using the Curved Washer  $\text{Ø}6.2 \times \text{Ø}13 \times 1\text{T}$  (93), Spring Washer SW6(94) and Hexagonal Bolt M6\*10L (95). Make sure the bolts are securely tightened.

## STEP 6



Remove Bolts M5\*10L(A) from the back of the Computer (96). Connect Control Wire Computer (B) to the Control Wire (101). Then using Bolt M5\*10L(A) attach the Computer (96) to Computer Post (51). Make sure the bolts are securely tightened.

## **QUICK TIPS:**

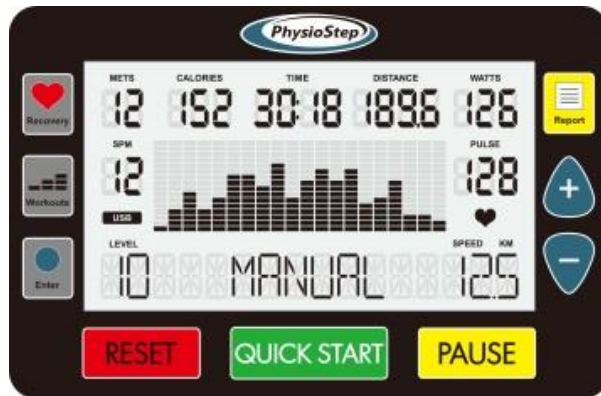
**AC Adaptor:** The PHYSIOSTEP LXT does need to be plugged into a standard electrical outlet. The AC adaptor connects at the rear base of the unit, at ground level, on the end of the unit that is beneath the seat. The display is powered by the adaptor and does not need batteries.

**Quick Start:** If you would like to start a simple workout, just press the Start Button and use the arrows to set the resistance. It will automatically start you at level 1.

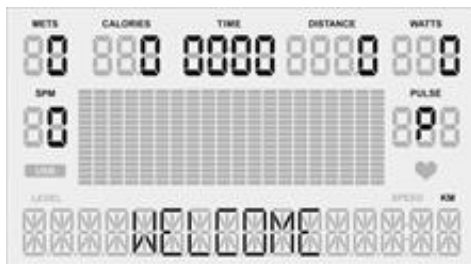
**Heart Rate:** If you would like to monitor your heart rate while using the PHYSIOSTEP LXT, simply use any chest belt. There is a wireless heart rate receiver in the display and it will automatically connect with all common brands of chest belts (i.e. Polar, Garmin etc). If you don't already have one, local sporting goods stores are a good place to purchase. The FT1 is one model that works well.

**Levelers:** There are levelers in the front of the unit, beneath the shroud. Please adjust the levelers to stabilize the unit on your floor.

# PHYSIOSTEP LXT DISPLAY CONSOLE



- 1. TO START** – SELECT “QUICKSTART” TO START MANUAL MODE OR SELECT “WORKOUTS” TO BEGIN A PROGRAM. IF YOU HAVE NOT SELECTED ANYTHING AFTER 5 MINUTES THE DISPLAY WILL AUTOMATICALLY POWER OFF.



## **WORKOUTS:**

IF YOU SELECT "WORKOUTS" YOU CAN THEN CHOOSE AN EXERCISE PROGRAM.

## **2. COOL DOWN MODE**

- 2.1** AFTER FINISHING A SELECTED PROGRAM, THE BEEP SOUNDS 3 TIMES THEN CONTINUOUSLY TO LET YOU KNOW YOU ARE ENTERING THE COOL DOWN MODE.
- 2.2** IN COOL DOWN MODE, YOU WILL HAVE 3 MINUTES OF RECOVERY EXERCISE; THE LEVEL DECREASES BY 50% PER MINUTE. (THE LAST ONE MINUTE MUST BE LEVEL 1). E.G. WORKOUT FINISHED WITH LEVEL 10, THE FIRST MINUTE OF COOL DOWN IS LEVEL 5, SECOND MINUTE IS LEVEL 3, AND THIRD MINUTE IS LEVEL 1. PLEASE NOTE THE RESISTANCE LEVEL CAN NOT BE ADJUSTED DURING COOL DOWN.
- 2.3** IN COOL DOWN MODE, THE DISPLAY SHOWS “COOL DOWN” AFTER 4 SEC., THEN YOU PRESS PAUSE FOR WORKOUT SUMMARY.





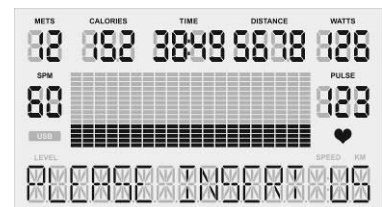
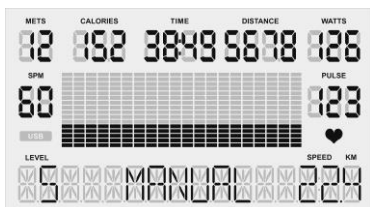
## 2.4 SUMMARY MODE:

**AFTER COOL DOWN MODE, THE DISPLAY SHOWS WORKOUT SUMMARY.**

YOU WILL THEN SEE THE MESSAGE “PLEASE INSERT USB BEFORE PRESSING REPORT”. YOU THEN HAVE 1 MINUTE TO INSERT A USB DRIVE, PRESS REPORT, AND START THE PROCESS OF RECORDING YOUR WORKOUT SUMMARY.

**2.5** TO EXPORT THE REPORT FIRST INSERT ANY USB INTO THE USB PORT ON THE BACK OF THE DISPLAY, THE SYSTEM WILL AUTOMATICALLY DETECT THE USB AND ENABLE THE FUNCTION.

**2.6** THE SUMMARY MODE DISPLAYS YOUR PERSONAL DATA AS SHOWN BELOW. YOUR AVG [METS], TOTAL[ CALORIES ], TOTAL [ TIME ], TOTAL [ DISTANCE ] ; YOUR AVG [ WATTS ]; YOUR AVG [SPM], AND YOUR AVG [PULSE]. THESE ARE THE VALUES THAT CAN BE RECORDED VIA USB.



## 3. SLEEP MODE

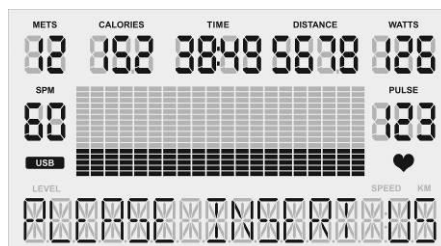
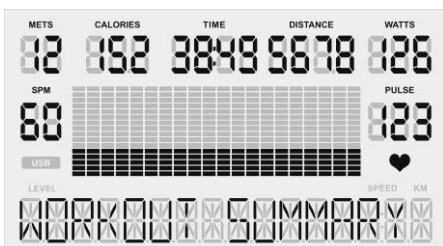
**3.1** IF YOU DO NOT USE THE UNIT FOR FIVE MINUTES THE DISPLAY WILL AUTOMATICALLY POWER OFF.

**3.2** IN SLEEP MODE, THE LCD MONITOR WILL BE POWERED OFF; ANY BUTTONS OR USB FUNCTIONS WILL BE DISABLED.

**3.3** TO WAKE UP THE UNIT – START USING THE MACHINE AGAIN AND IT WILL POWER ON SHORTLY.

## 4. REPORT MODE

**4.1** WHEN THE USB DRIVE IS INSERTED INTO THE USB PORT SUCCESSFULLY, IT WILL BE DETECTED AND SHOWN ON THE DISPLAY WITH THE “USB” SYMBOL. EXAMPLE SHOWN BELOW.



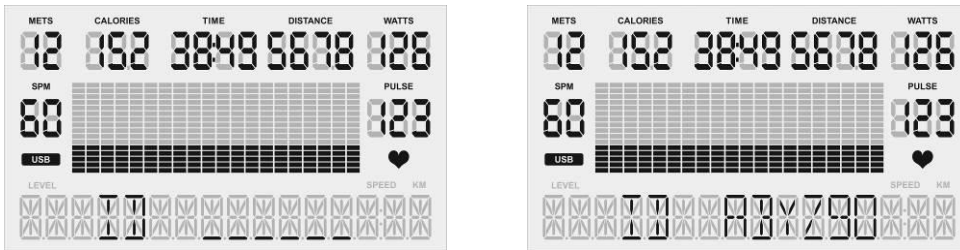
**4.2** WHEN YOU ARE IN SUMMARY MODE, PRESS THE REPORT BUTTON TO ENTER REPORT MODE.

### 4.3 HOW TO EXPORT YOUR WORKOUT REPORT

**4.3.1** AFTER YOU PRESS THE REPORT KEY, THE WORDS “EXPORT REPORT” WILL SHOW ALONG THE BOTTOM OF THE DISPLAY. THEN IT WILL SHOW THE MESSAGE “PRESS ENTER TWICE TO SET ID”.

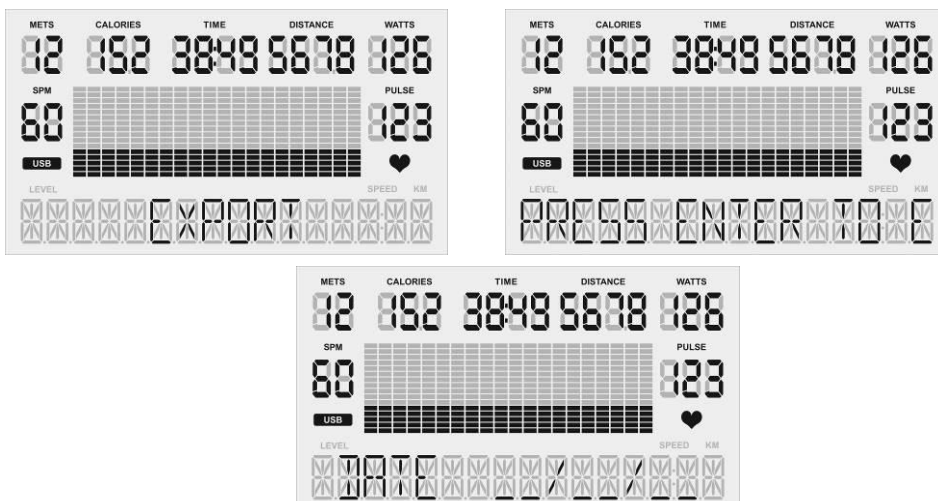


**4.3.2** AFTER PRESSING ENTER TWICE, YOU CAN THEN SET UP YOUR PERSONAL [ID \_\_\_\_] BY PRESSING THE [+] / [-] BUTTONS TO SCROLL THROUGH THE VALUES [A-Z OR #0-9]. TO SELECT A VALUE, PRESS ENTER TO MOVE ONTO THE NEXT SPACE. CONTINUE ON AND WHEN YOU HAVE FINISHED SELECTING YOUR ID, COMPLETE BY PRESSING ENTER. ONCE YOU PASS THE LAST SPACE YOU WILL MOVE ONTO THE NEXT STEP. **PLEASE NOTE:** AT ANYTIME YOU CAN PRESS PAUSE TO RETURN TO THE PREVIOUS STEP.



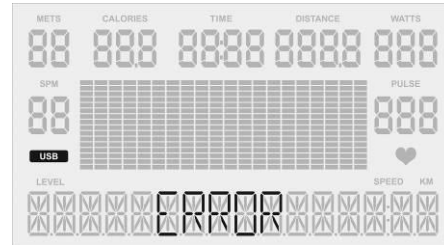
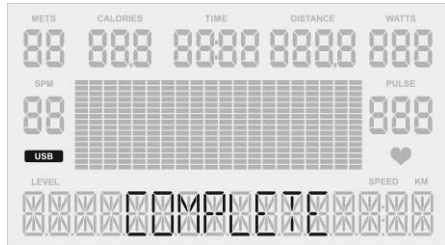
**4.3.3** AFTER YOU HAVE SET YOUR PERSONAL ID , PRESS ENTER TO SELECT THE DATE. [DATE \_\_/\_\_/\_\_]. BY PRESSING THE [+] / [-] BUTTONS SCROLL THROUGH THE VALUES [A-Z OR #0-9]. PLEASE NOTE AFTER THE DATE IS SELECTED, PRESS ENTER TO CONFIRM AND COMPLETE. AFTER CONFIRMED THE DISPLAY WILL SHOW THE MESSAGES “EXPORT” AND “PRESS ENTER TO EXPORT DATA”.

[DATE \_\_/\_\_/\_\_] DEFINED AS: [DATE day / month / year].



**4.3.4.** AFTER YOU PRESS ENTER, WAIT AND THE DATA WILL BE SUCCESSFULLY EXPORTED INTO A .CSV FILE THAT YOU CAN OPEN IN EXCEL. THE DISPLAY WILL READ COMPLETE WHEN IT HAS BEEN EXPORTED SUCCESSFULLY.

**4.4.5** IF THERE IS AN ERROR DURING DATA EXPORT, DISPLAY WILL READ “ERROR.” RETURN TO THE PREVIOUS STEP SO YOU CAN TRY AGAIN.



## **GENERAL INFORMATION**

### **1. GENDER**

- 1.1 Men is MALE, women is FEMALE, preset value is [MALE].
- 1.2 The Dot Matrix windows display [M] / [F] when setting.

### **2. AGE**

- 2.1 Setting range is between 10 and 99, preset value is 40 years old.
- 2.2 The [METS] windows display when setting.

### **3. WEIGHT**

- 3.1 Preset value is 68KG / 150LB, the range is between 30 to 180KG and 40 to 400LB
- 3.2 The [CALORIES] windows display when setting.

### **4. T.H.R**

- 4.1 The formula:  $(220 - \text{AGE}) * X \%$ . The X is PERCENT value.
- 4.2 When setting age it will modify the proposal heartbeat value accord to the age, the user can modify the value for other set heartbeat goals at this time.
- 4.3 In HRC 65%, HRC 85% programs can be either used by touching heart rate sensor or wireless heart rate sensor.

### **5. PULSE**

- 5.1 At any time, you are able to measure heart rate, the calculation range is from 40 to 220. If the heart rate cannot be detected, the PULSE windows show as (\_P\_).

### **6. UNIT**

- 6.1 Mile shows M. Preset value is [M].
- 6.2 Kilometer shows KM.

### **7. METS**

- 7.1  $\text{METS} = (1.8 * \text{WATTS} / \text{BM (KG)} + 7) / 3.5 - 1$ , BM MEANS WEIGHT
- 7.2  $\text{METS} = \text{VO}_2 / 3.5 - 1$ , VO<sub>2</sub> MEANS MAXIMAL OXYGEN CONSUMPTION
- 7.3  $\text{GROSS VO}_2 = 7 + 1.8 * \text{WATTS} / \text{BM}$

### **8. SPM "STEPS PER MINUTE"**

- 8.1 1 SPM = 1 RPM / 2

## **KEY FUNCTION**

### **1. QUICK START**

1.1. Press the QUICK START to start your workout in manual mode.

### **2. ENTER KEY**

2.1. Press this button to enter settings or to confirm or modify values.

2.2. In REPORT MODE, press the ENTER button to do data confirmation.

### **3. Up(▲) KEY**

3.1. Setting for increasing value.

3.2. Press over 1 sec will be a frequency of 4 times per second to make a plus function.

3.3. Press one time to increase one LEVEL.

3.4. Press one time to increase each segment value.

### **4. Down(▼) KEY**

4.1. Setting for reducing value.

4.2. Press over 1 sec will be a frequency of 4 times per second to make a minus function.

4.3. Press one time to reduce one LEVEL.

4.4. Press one time to reduce each segment value.

### **5. WORKOUTS KEY**

5.1. BEFORE YOU START YOUR WORKOUT, press WORKOUTS KEY to select your PROGRAM mode. IF YOU HAVE ALREADY STARTED, PRESS RESET THEN THE WORKOUTS KEY TO GET TO PROGRAMS.

### **6. RECOVERY KEY**

8.1 In any status the recovery key can perform these functions. (Must have touching heart rate sensor or wireless heart rate sensor).

6.1. When heart rate is detected, press RECOVERY button to perform this function.

6.2. When performing this function, pressing the RECOVER button will directly interrupt this mode and return to [IDLE MODE].

6.3. When performing this function, all buttons will be disabled, only RECOVERY button is enable.

### **7. PAUSE KEY**

7.1. During exercise press the PAUSE button to enter into [PAUSE MODE], workout value will be temporarily suspended; the display will show PAUSE and show the message "PRESS QUICKSTART TO RESUME OR RESET FOR WORKOUT SUMMARY".

7.2. In [PAUSE MODE] press RESET button to finish workout, enters into SUMMARY MODE.

7.3. When entering data and in REPORT MODE, pressing the PAUSE button will return you to the previous step.

## **8. RESET KEY**

- 8.1 When exercising press the RESET button to enter into SUMMARY MODE.
- 8.2 When entering data, pressing the RESET button will directly enter into IDLE MODE.
- 8.3 When in IDLE MODE, press and hold the RESET button for 3 sec. to restart the system back to preset settings.

## **9. REPORT KEY**

- 9.1. Enables the USB export function.
- 9.2. In SUMMARY MODE if you press the REPORT button you will enter into REPORT MODE.

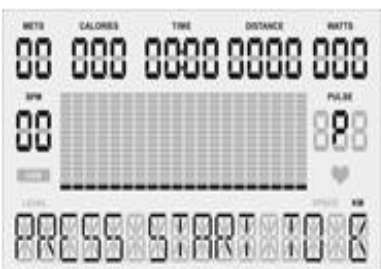
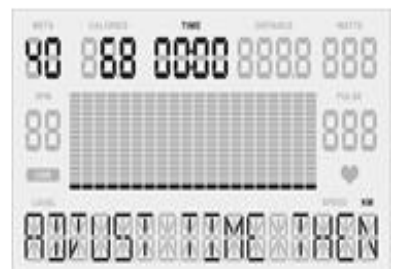
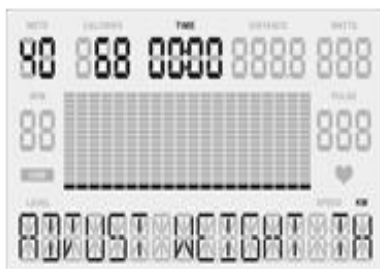
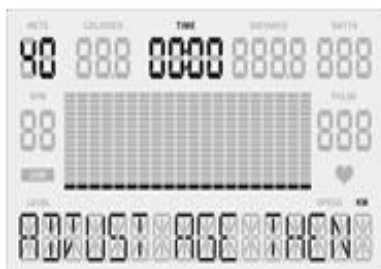
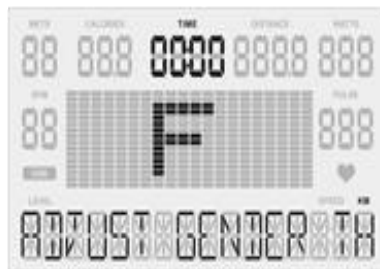
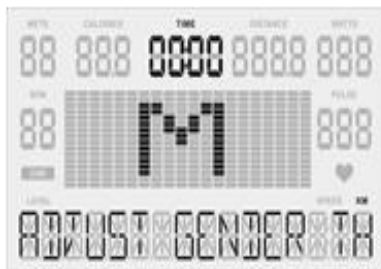
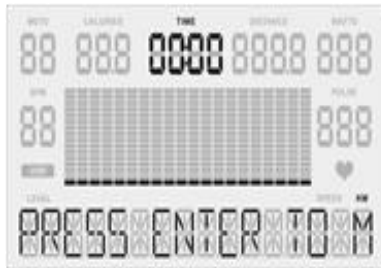
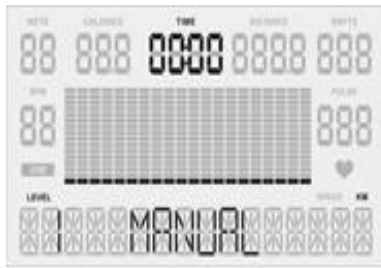
## **HOW TO SETUP YOUR WORKOUT PROGRAM**

### **1. QUICK START**

- 1.1. Pressing the QUICK START button will start MANUAL MODE, gender, age, weight etc. will default to the preset values, and time will start counting up from 00:00. Other data will start count up from 0, and resistance LEVEL starts from level 1.

### **2. MANUAL**

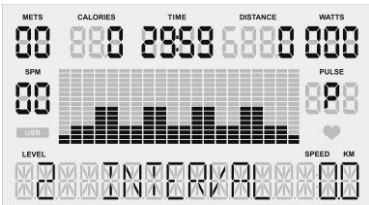
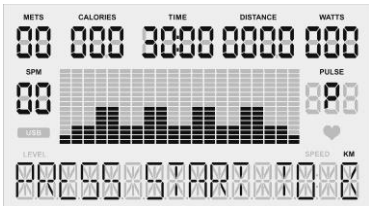
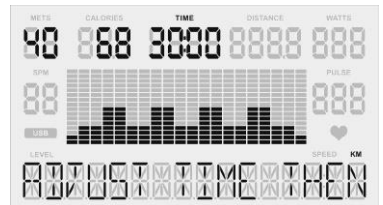
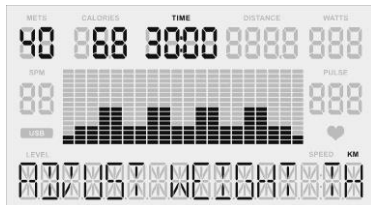
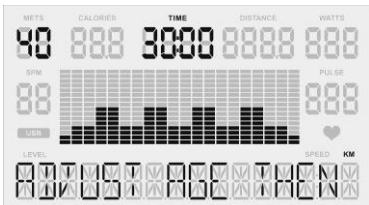
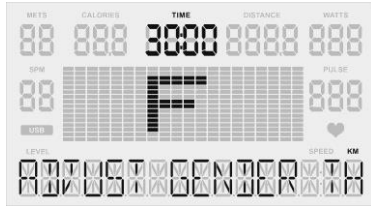
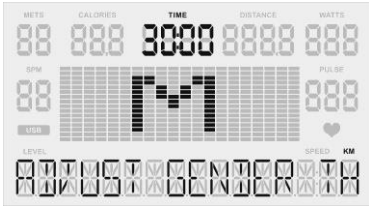
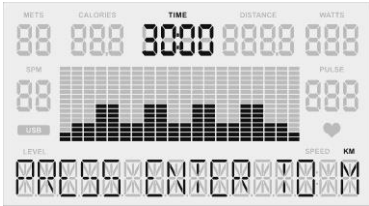
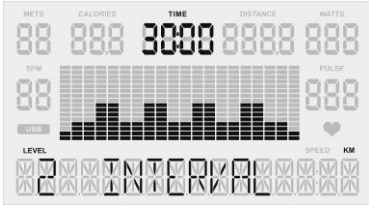
- 2.1. Press the WORKOUTS button to select MANUAL MODE, the display will scroll MANUAL. Then it will tell you to "PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT". Press the "ENTER" button to enter this mode. If no modifications are made, the program will use the preset values; if you press the QUICK START button the program will start now, or press the RESET button to return to the home screen. Then, press PAUSE to return to the previous step.
- 2.2. Press the ENTER button to modify your gender, the display shows word tips [ ADJUST GENDER THEN PRESS ENTER ], In the display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press ENTER button to confirm and enter the next setting value to modify or press QUICK START button to perform program. Press RESET key to return to the home screen, or press PAUSE to return previous step.
- 2.3. Press the ENTER button to modify age, in [ METS ] windows it will display [ 40 ], and shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and enter to next setting value to modify or press QUICK START button to perform program. Press RESET key to return to the home screen, or press PAUSE to return previous step.
- 2.4. Press the ENTER button to modify weight, in [ CALORIES ] windows display [ 68 ], the display shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify weight, then press the ENTER button to confirm and enter to next setting value to modify or press QUICK START button to perform program. Press RESET key to return to the home screen, or press PAUSE to return previous step.
- 2.5. Press ENTER button to modify workout time, in [ TIME ] windows flashing display [ 00:00 ], the display shows word tips [ ADJUST TIME THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press the ENTER button to confirm, or press QUICK START button to perform program. Press RESET key to return to the home screen, or press PAUSE to return previous step.



### 3. WORKOUTS

- 3.1. [PROGRAM MODE] includes the following preset programs: Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.
- 3.2. Press WORKOUTS button to select [ PROGRAM MODE ], the dot-matrix display corresponding profile, the matrix windows shows word tips [ PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT ]. Press Enter button to enter its set mode. If there is no modification the preset value will be used, press QUICK START button to start direct, or press RESET button to return to [IDLE MODE], press PAUSE to return to the previous step.
- 3.3. After selecting your program press ENTER button to modify gender, the matrix windows shows word tips [ ADJUST GENDER THEN PRESS ENTER ]. In the dot-matrix windows display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program. Press RESET key to return [ IDLE MODE ], press PAUSE to return previous step.
- 3.4. After the last setting, press ENTER button to modify age, in [ METS ] windows display [ 40 ], the matrix windows shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to direct perform program, or press RESET key to return to [ IDLE MODE ], press PAUSE to return to previous step.
- 3.5. After the last setting, press ENTER button to modify weight, in [ CALORIES ] windows display [ 68 ], the matrix windows shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to direct perform program, or press RESET key to return [ IDLE MODE ], press PAUSE to return to previous step.
- 3.6. After the last setting, press ENTER button to modify time, in [ TIME ] windows display [ 30:00 ], the matrix windows shows word tips [ ADJUST TIME THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm. After the confirmation for time the matrix windows shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press QUICK START button to perform program, or press RESET key to return to [IDLE MODE ], press PAUSE to return previous step.
- 3.7. Press QUICK START button, the matrix windows display [ PROGRAM NAME ], the dot-matrix display LEVEL's profile, press Up(▲) /Down(▼) button to adjust LEVEL, the profile along with the LEVEL value will change until LEVEL value is at the max or minimum.
- 3.8. Select [COOL DOWN] when the time count is completed, 3 beep sounds indicate the program is finished and ready to enter into [COOL DOWN MODE].
- 3.9. During exercise you can press PAUSE button to enter into [PAUSE MODE].
- 3.10. When in [PAUSE MODE], pressing the RESET button will enter you into [SUMMARY MODE].

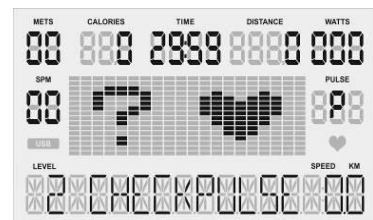
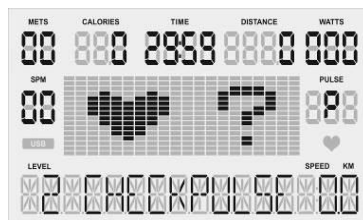
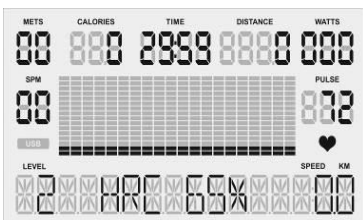
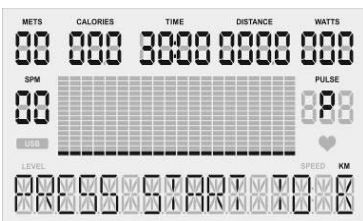
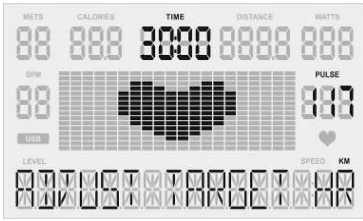
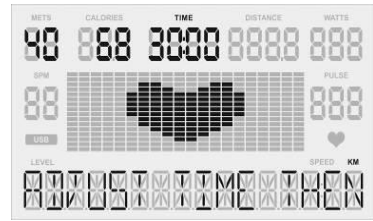
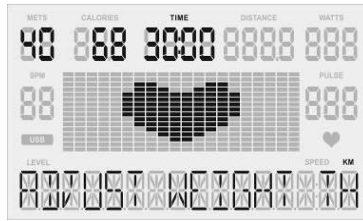
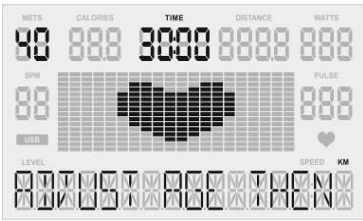
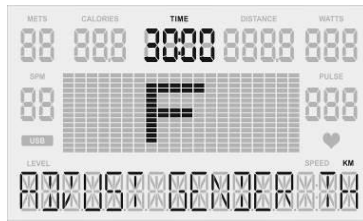
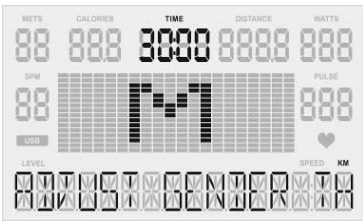
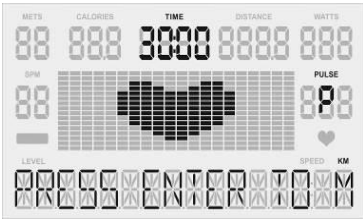
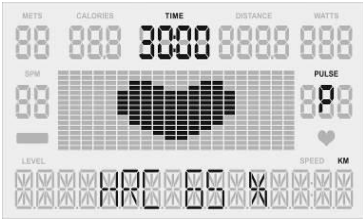




## 4. HRC 65%、HRC 85%

- 4.1. The function default of this program is listed below.
  - 4.1.1 TARGET HEART RATE = 65% X (220-AGE)
  - 4.1.2 TARGET HEART RATE = 85% X (220-AGE)
- 4.2. Press WORKOUTS button to select [ HRC65% ], [ HRC 85% ] mode, the dot-matrix display corresponding profile, the matrix windows will display [ PROGRAM NAME ] in 4 sec., then the matrix windows shows word tips [ PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT ]. Press Enter button to enter its set mode. If there is no modification it will use the preset value, press QUICK START button to start direct, or press RESET button to return to [IDLE MODE], press PAUSE to return to the previous step.
- 4.3. After selecting the preferred program press the ENTER button to modify gender, the matrix windows shows word tips [ ADJUST GENDER THEN PRESS ENTER ]. In the dot-matrix windows display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press the ENTER button to confirm and continue to next setting or press QUICK START button to direct perform program. Press the RESET key to return to [ IDLE MODE ], or press PAUSE to return to the previous step.
- 4.4. After the last setting, press ENTER button to modify age, in [ METS ] windows display [ 40 ], the matrix windows shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press the ENTER button to confirm and continue to the next setting or press the QUICK START button to direct perform program. Press the RESET key to return to [ IDLE MODE ], or press PAUSE to return to the previous step.
- 4.5. After the last setting, press the ENTER button to modify weight, in [ CALORIES ] windows display [ 68 ], the matrix windows shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ]. Press Up(▲) /Down(▼) button to modify weight, then press the ENTER button to confirm and continue to the next setting or press QUICK START button to direct perform program. Press the RESET key to return to [ IDLE MODE ], or press PAUSE to return to the previous step.
- 4.6. After the last setting, press the ENTER button to modify time, in [ TIME ] windows display [ 30:00 ], the matrix windows shows word tips [ ADJUST TIME THEN PRESS ENTER ]. Press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix windows shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press QUICK START button to perform program, or press RESET key to return [IDLE MODE], press PAUSE to return previous step.
- 4.7. Lastly, press the ENTER button to modify Target HR value, in [PULSE] windows display [117], [114], the range of adjustment is [40-240], the matrix windows shows word tips [ADJUST TARGET HR THEN PRESS ENTER ], loop display in turns. Press Up (▲) /Down (▼) button to modify age, then press ENTER button to confirm, after the confirmation the matrix windows shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press QUICK START button to perform program, or press RESET key to return to [IDLE MODE], press PAUSE to return to the previous step.

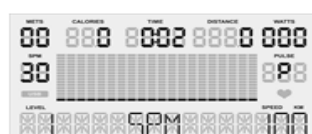
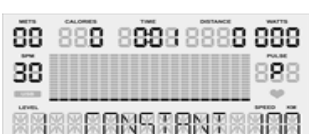
- 4.8. This program only accepts the level that is controlled by heart rate. Press QUICK START button, the matrix windows will display [PROGRAM NAME], the dot-matrix display Level's profile. The program will first check for a heart rate input, if there is no heart rate input signal, the matrix windows shows [ CHECK PULSE ], the dot-matrix shows [ ♥ ? ] / [ ? ♥ ] alternating. If detect heart rate input signal the program starts timing.
- 4.9. After determining target heart rate value, the LEVEL icon in the dot-matrix will be displayed in accordance with it to do overall update, detect no heart rate input signal the matrix windows shows [CHECK PULSE] in 30sec., if there is no response then return to [IDLE MODE].
- 4.10. Check RPM input signal, if has RPM input signal. It can enter to determine the initial heart rate. As long as have entered RPM signal, the subsequent processing can continue.
- 4.11. In exercise process when actual heart rate value  $\leq$  /  $\geq$  target heart rate value, the program will judge your heart rate value every 15 seconds and will automatically increase or decrease LEVEL value, the judging method is as follows:
- 4.11.1. When actual heart rate value  $\leq$  target heart rate value -25, every 10 seconds will increase level 3 until maximum level.
  - 4.11.2. When actual heart rate value  $\leq$  target heart rate value -15, every 10 seconds will increase level 2 until maximum level.
  - 4.11.3. When actual heart rate value  $\leq$  target heart rate value -5, every 10 seconds will increase level 1 until maximum level.
  - 4.11.4. When actual heart rate value  $\geq$  target heart rate value 5, every 10 seconds will reduce level 1 until minimum level.
  - 4.11.5. When actual heart rate value  $\geq$  target heart rate value 15, every 10 seconds will reduce level 2 until minimum level.
  - 4.11.6. When actual heart rate value  $\geq$  target heart rate value 25, every 10 seconds will reduce level 3 until minimum level.
- 4.12. Select [COOL DOWN] when the time count is completed. Three beeps indicate the program is finished and is ready to enter into [COOL DOWN MODE].
- 4.13. During exercise, you can press the PAUSE button to enter into [PAUSE MODE].
- 4.14. In [PAUSE MODE], pressing the RESET button will enter into [SUMMARY MODE].



## 5. CONSTANT SPM “STEPS PER MINUTE”

- 5.1. This program is according to Target SPM function, and uses constant SPM values as the exercise target to adjust levels automatically.
- 5.2. L1 = 30RPM / L2 = 45RPM / L3 = 60RPM / L4 = 75RPM / L5 = 90RPM / L6 = 105RPM / L7 = 120RPM / L8 = 135RPM.
- 5.3. Press WORKOUTS to select [CONSTANT SPM] mode, the matrix window will display [CONSTANT SPM] for 4 seconds, then the matrix window shows will read [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press Enter to set mode. If there is no modification the preset value will be used. Press QUICK START to start directly, or press RESET to return to [ IDLE MODE], press PAUSE to return to the previous step.
- 5.4. After selecting the preferred program., press ENTER to modify gender. The matrix window will read [ ADJUST GENDER THEN PRESS ENTER ]. In the dot-matrix windows display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press ENTER button to confirm and continue the to next setting. Press QUICK START to perform the direct program, or press RESET key to return to[ IDLE MODE ], press PAUSE to return to the previous step.
- 5.5. After the last setting, press ENTER the button to modify age, in [ METS ] windows display [ 40 ], the matrix windows shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press the ENTER button to confirm and continue to the next setting or press the QUICK START button to perform the direct program. Press the RESET key to return to [ IDLE MODE ], press PAUSE to return previous step.
- 5.6. After the last setting, press ENTER button to modify weight, in [ CALORIES ] windows display [ 68 ], the matrix windows shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and continue to next setting. Press QUICK START button to direct perform program, or press RESET key to return [ IDLE MODE ], press PAUSE to return previous.
- 5.7. After the last setting, press ENTER button to modify time, in [ TIME ] windows display [ 30:00 ], the matrix windows shows word tips [ ADJUST TIME THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify time, then press ENTER button to confirm. After the confirmation for time the matrix windows shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press QUICK START button to perform the program, or press RESET key to return to [IDLE MODE], press PAUSE to return previous step.
- 5.8. Press ENTER button to modify Target Heart rate value, in [SPM] windows display [30], the matrix windows shows word tips [ADJUST CONSTANT SPM THEN PRESS ENTER], loop display in turns. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix windows shows word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return to [IDLE MODE], press PAUSE to return to the previous step.

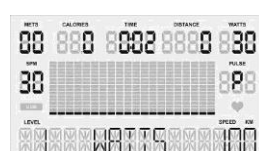
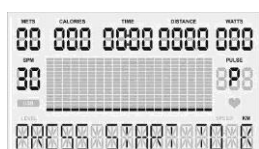
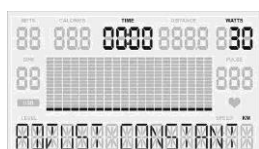
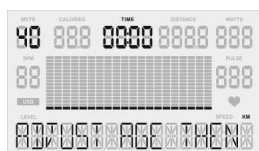
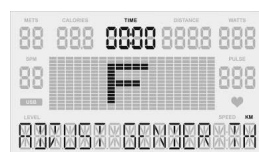
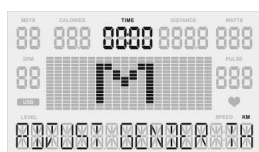
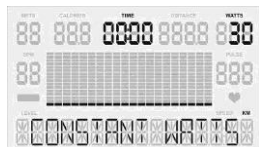
- 5.9. This program only accepts the level that is controlled by SPM value. Press **QUICK START** button, the matrix window will display [CONSTANT SPM], the dot-matrix display Level's profile.
- 5.10. After determining target SPM value, the LEVEL icon in [ DM ] will be in accordance with the overall update, detect no SPM input signal [ MV ] shows [ CHECK SPM ] flashing , [ DM ] shows [ ? ? ] flashing 30sec., then return to [ IDLE MODE ].
- 5.11. When target value > actual value, every 5 seconds will increase 1 level (LEVEL display same information) until maximum resistance.
- 5.12. When target value < actual value, every 5 seconds will reduce 1 level (LEVEL display same information) until minimum resistance.
- 5.13. When the difference of target value and actual value is within  $\pm 10$  SPM, the level will remain constant and without change.
- 5.14. Select [COOL DOWN] when the time count is completed. Three beeps indicate the program is finished and can now enter into [COOL DOWN MODE].
- 5.15. During exercise, you can press the PAUSE button to enter into [PAUSE MODE].
- 5.16. In [PAUSE MODE], pressing the RESET button will enter into [SUMMARY MODE]



## 6. CONSTANT WATTS

- 6.1. This program is according to Target Watts function, and uses constant WATT value as an exercise target to adjust levels automatically.
- 6.2. L1 = 30W / L2 = 45W / L3 = 60W / L4 = 75W / L5 = 90W / L6 = 105W / L7 = 120W / L8 = 135W / L9 = 150W / L10 = 165W / L11 = 180W / L12 = 195W / L13 = 210W / L14 = 225W / L15 = 240W / L16 = 255W.
- 6.3. Press the WORKOUTS button to select [CONSTANT WATTS] mode, the dot-matrix display corresponding profile, the matrix windows display [CONSTANT WATTS] will appear in 4 sec., then the matrix window will shows word tips [ PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT ], loop display in turns. Press Enter button to enter its set mode. If no modifications are made the preset value will be used. Press the QUICK START button to start directly, or press the RESET button to return to [IDLE MODE], press PAUSE to return to the previous step.
- 6.4. After selecting the preferred program, press the ENTER button to modify gender, the matrix windows shows word tips [ ADJUST GENDER THEN PRESS ENTER ]. In the dot-matrix windows display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press the ENTER button to confirm and continue to the next setting, or press the QUICK START button to perform the program directly. Press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 6.5. After the last setting, press the ENTER button to modify age, in [ METS ] windows display [ 40 ], the matrix windows shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press the ENTER button to confirm and continue to next setting. Press the QUICK START button to start the program directly, or press the RESET key to return [ IDLE MODE ], press PAUSE to return to the previous step.
- 6.6. After the last setting, press ENTER button to modify weight, in [ CALORIES ] windows display [ 68 ], the matrix windows shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and enter to next setting or press QUICK START button to direct perform program, or press RESET key to return to [ IDLE MODE ], press PAUSE to return previous step.
- 6.7. After the last setting, press the ENTER button to modify time, in [ TIME ] windows display [ 30:00 ], the matrix windows shows word tips [ ADJUST TIME THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm. After the confirmation for time the matrix windows shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press the QUICK START button to perform the program, or press the RESET key to return to [IDLE MODE], press PAUSE to return to the previous step.
- 6.8. Press the ENTER button to modify Target Heart rate value, in [WATTS] windows display [30], the matrix windows shows word tips [ADJUST CONSTANT WATTS THEN PRESS ENTER]. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix window will then show word tips [PRESS START TO BEGIN WORKOUT]. Press QUICK START button to perform program, or press RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.

- 6.9. This program only accepts the level that is controlled by WATTS's value. Press the QUICK START button, the matrix window will display [CONSTANT WATTS], the dot-matrix display Level's profile.
- 6.10. After determining target WATTS value, the LEVEL icon in the dot-matrix will be displayed in accordance with the overall update. If the detection is not detected SPM input signal the matrix windows shows [CHECK WATTS], the dot-matrix shows [??] in 30sec., then return to [IDLE MODE].
- 6.11. When target value > actual value, every 5 seconds will increase level 1 (LEVEL display same information) until maximum resistance.
- 6.12. When target value < actual value, every 5 seconds will reduce level 1 (LEVEL display same information) until minimum resistance.
- 6.13. When the difference of target value and actual value is within  $\pm 10$  SPM, the level will remain constant and without change.
- 6.14. Select [COOL DOWN] when the time count is completed. Three beeps indicate the program is finished and is ready to enter into [COOL DOWN MODE].
- 6.15. During exercise, you can press the PAUSE button to enter into [PAUSE MODE].
- 6.16. In [PAUSE MODE], pressing RESET button will enter into [SUMMARY MODE]

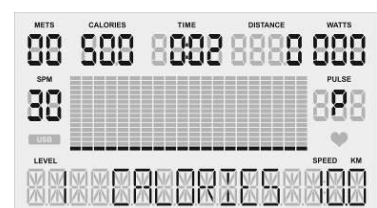
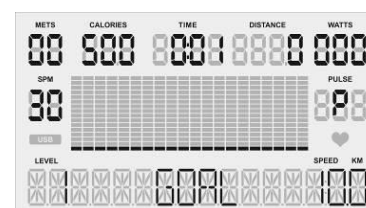
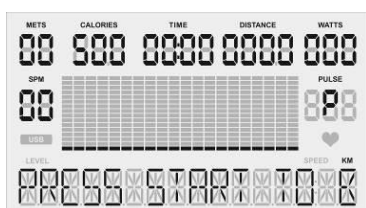
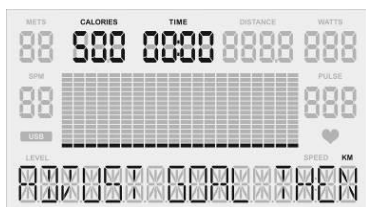
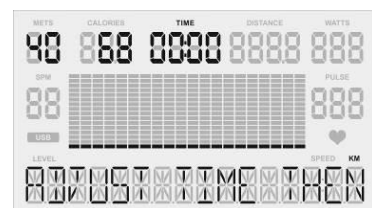
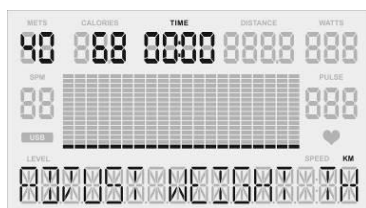
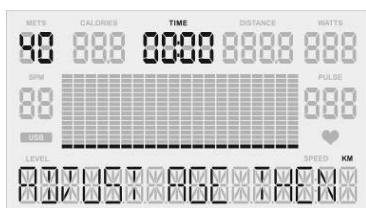
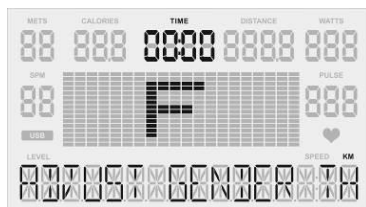
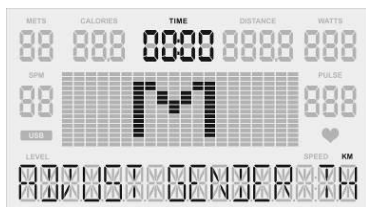
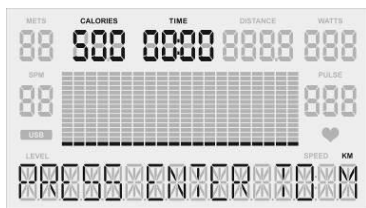
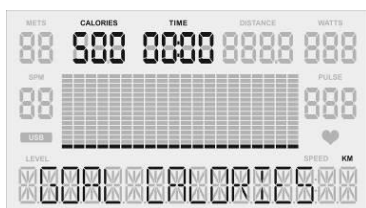




## 7. GOAL "CALORIES"

- 7.1. This program is designed to set Calories as your exercise target.
- 7.2. Press the **WORKOUTS** button to select [GOAL CALORIES] mode, the dot-matrix display corresponding profile, the matrix windows display [GOAL CALORIES] in 4 sec., then the matrix window shows word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press the Enter button to enter its set mode. If no modifications are made, the preset values will be used. Press the QUICK START button to start directly, or press the RESET button to return to [IDLE MODE], press PAUSE to return to the previous step.
- 7.3. After selected the preferred program press the ENTER button to modify gender, the matrix windows shows word tips [ ADJUST GENDER THEN PRESS ENTER ], In the dot-matrix windows display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to directly perform the program, or press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 7.4. After the last setting, press the ENTER button to modify age, in [ METS ] windows display [ 40 ], the matrix windows shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press the ENTER button to confirm and continue to the next setting. Press the QUICK START button to directly perform the program, or press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 7.5. After the last setting, press ENTER button to modify weight, in [ CALORIES ] windows display [ 68 ], the matrix windows shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to directly perform the program, or press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 7.6. After the last setting, press ENTER button to modify time, in [ TIME ] windows display [ 00:00 ], the matrix windows shows word tips [ ADJUST TIME THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm, after the confirmation for time the matrix window shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press the QUICK START button to perform the program, or press the RESET key to return to [IDLE MODE], press PAUSE to return to the previous step.
- 7.7. Press the ENTER button to modify Target Heart rate value, in [CALORIES] windows flashing display [500], the matrix window shows word tips [ADJUST GOAL THEN PRESS ENTER], loop display in turns. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix window will then show word tips [PRESS START TO BEGIN WORKOUT]. Press the QUICK START button to perform program, or press the RESET key to return [ IDLE MODE ], press PAUSE to return to the previous step

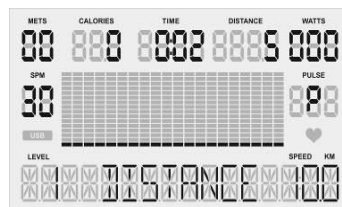
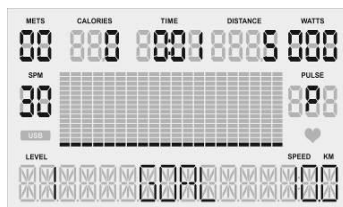
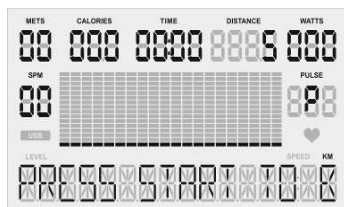
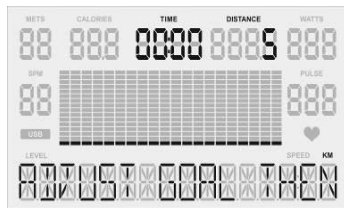
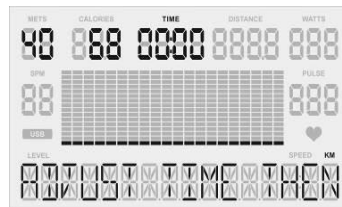
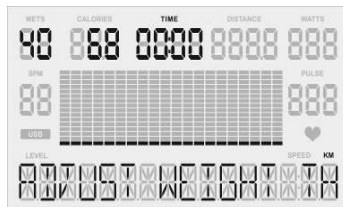
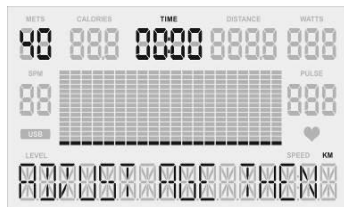
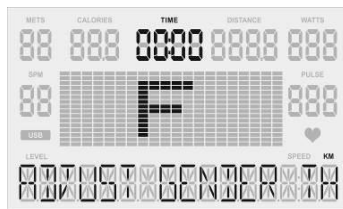
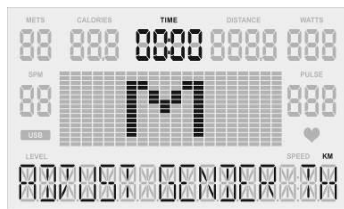
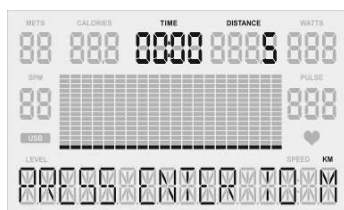
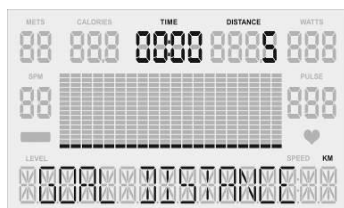
- 7.8. Press the QUICK START button, the matrix window will display [ GOAL CALORIES ], the dot-matrix display LEVEL's profile, press Up(▲) /Down(▼) button to adjust LEVEL, the profile will along with the LEVEL value will change until LEVEL value is at max or minimum.
- 7.9. Select [COOL DOWN] when the time count is completed. Three beeps indicate the program is finished and ready to enter into [COOL DOWN MODE].
- 7.10. During exercise you can press the PAUSE button to enter into [PAUSE MODE].
- 7.11. In [PAUSE MODE], pressing the RESET button will enter into [SUMMARY MODE].



## 8. GOAL "DISTANCE"

- 8.1. This program is designed to set "Distance" as your exercise target.
- 8.2. Press the WORKOUTS button to select [GOAL DISTANCE] mode, the dot-matrix display corresponding profile, the matrix window will display [GOAL DISTANCE] in 4 sec., then the matrix window will show word tips [PRESS ENTER TO MODIFY OR START TO BEGIN WORKOUT]. Press the Enter button to enter its set mode. If no modification is made the preset values will be used. Press the QUICK START button to start directly, or press the RESET button to return to [IDLE MODE], press PAUSE to return to the previous step.
- 8.3. After selecting the preferred program press ENTER button to modify gender, the matrix window shows word tips [ ADJUST GENDER THEN PRESS ENTER ]. In the dot-matrix windows display [ M ], press Up(▲) /Down(▼) button to modify for [ F ], then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to directly perform the program, or press the RESET button to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 8.4. After the last setting, press the ENTER button to modify age, in [ METS ] windows display [ 40 ], the matrix window shows word tips [ ADJUST AGE THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to directly perform the program, or press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 8.5. After the last setting, press the ENTER button to modify weight, in [ CALORIES ] window display [ 68 ], the matrix window shows word tips [ ADJUST WEIGHT THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify weight, then press ENTER button to confirm and continue to the next setting. Press the QUICK START button to directly perform the program, or press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step.
- 8.6. After the last setting, press the ENTER button to modify time, in [ TIME ] windows display [ 00:00 ], the matrix window shows word tips [ ADJUST TIME THEN PRESS ENTER ], press Up(▲) /Down(▼) button to modify age, then press ENTER button to confirm. After the confirmation for time the matrix window shows word tips [ PRESS START TO BEGIN WORKOUT ]. Press the QUICK START button to perform the program, or press the RESET key to return to [IDLE MODE], press PAUSE to return to the previous step.
- 8.7. Press the ENTER button to modify Target Heart rate value, in [DISTANCE] window flashing display [5], the matrix window shows word tips [ADJUST GOAL THEN PRESS ENTER], loop display in turns. Press Up (▲) /down (▼) button to modify age, then press ENTER button to confirm, the matrix window will then show word tips [PRESS START TO BEGIN WORKOUT]. Press the QUICK START button to perform the program, or press the RESET key to return to [ IDLE MODE ], press PAUSE to return to the previous step
- 8.8. Press the QUICK START button, the matrix window will display [ GOAL DISTANCE ], the dot-matrix display LEVEL's profile, press Up(▲) /Down(▼) button to adjust LEVEL, the profile along with LEVEL value will change until LEVEL value is at max or minimum.

- 8.9. Select COOL DOWN when the time count is completed. Three beeps indicate the program is finished and ready to enter into [COOL DOWN MODE].
- 8.10. During exercise, press the PAUSE button to enter into [PAUSE MODE].
- 8.11. In [PAUSE MODE], pressing the RESET button will enter into [SUMMARY MODE].



## 9. RECOVERY

- 9.1. At any time you can press the RECOVERY button to perform these functions. (You must have a hand held or wireless heart rate signal). If in [EXERCISE MODE] will immediately finish workouts, enters into [RECOVERY MODE]. [PULSE] windows display users' current actual heart rate value, [WATT] windows display heart rate value that pressed RECOVERY button at that time. [TIME] windows display [1:00], press RECOVERY button start to count down for 1 minute.
- 9.2. In [RECOVERY MODE] only able to display function is count down time, Heart rate value before entering into [RECOVERY MODE] and current actual Heart rate value, the others information won't display.
- 9.3. RECOVERY count down one minute without pressing any button and heart rate input signal is stable, 2 seconds after the end of countdown, [ DM ] windows show [ FX (X=0-6) ], [ MV ] windows show [ EXCELLENT ], [ VERY GOOD ], [ GOOD ], [ SATISFACTORY ], [ SUFFICIENT ] or [ FAIL ] for 10 sec., then finish program to return [ IDLE MODE ].
- 9.4. RECOVERY countdown one minute without receiving heart rate signal, will keep countdown until zero to finish program, the result shows [ F6.0 ]. If detect the heart rate signal will continue to do the calculation.
- 9.5. P0= current heart rate value after pressing RECOVERY button.  
P1= current heart rate value after completing countdown.  
Minimum value= 1.0 Maximum value= 6.0 Precision = 0.1  
A smaller value indicates a better recovery rate of heart rate.
- 9.6. Formula:

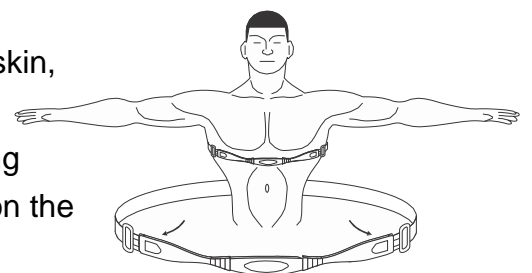
$$mark = 6 - \left[ \frac{10 \times (P_0 - P_1)}{P_0} \right]^2$$

**F1.0 = EXCELLENT, F2.0 = VERY GOOD, F3.0 = GOOD,  
F4.0 = SATISFACTORY, F5.0 = SUFFICIENT, F6.0 = FAIL**

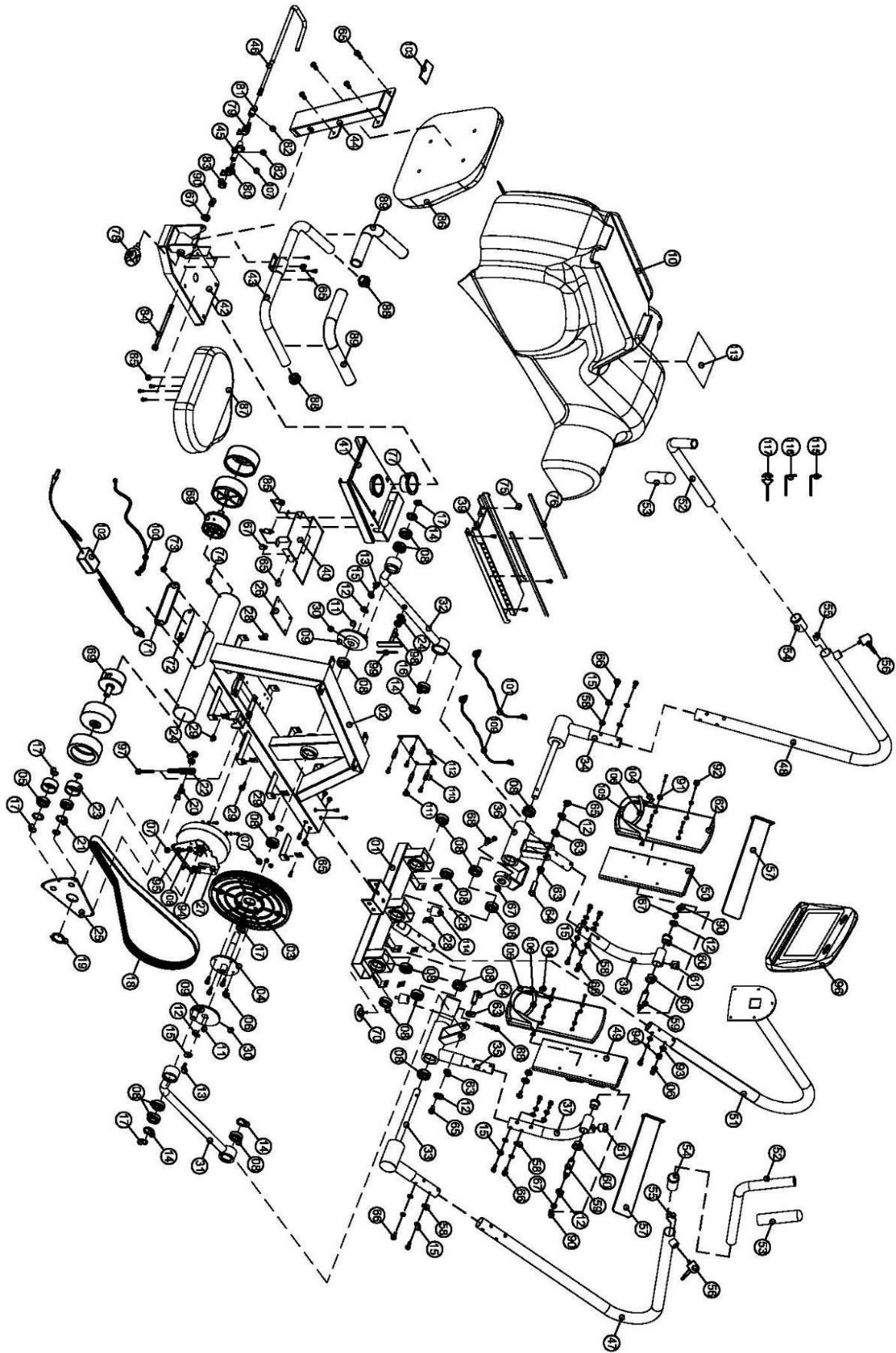
### For Optional Heart Rate Chest Strap:

This product is equipped with Telemetry, the heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is optional. Reference the drawing on the right side to show how to correctly wear the strap on your chest.

The chest strap must remain wet to accurately work. Moistening the electrodes is very important. Be sure to fasten the strap correctly below your pectoral muscle



# EXPLODED DIAGRAM



# PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Front Frame	1	30	Stoppage Screw M5*5	5
2	Main Frame	1	31	Connecting Parts (R)	1
3	Belt Pulley	1	32	Connecting Parts (L)	1
4	Pulley Axle	1	33	Moving Handle Axis( R )	1
5	Ball Bearing 6204ZZ	2	34	Moving Handle Axis ( L )	1
6	Hexagonal Bolt M6*15L	12	35	Moving Pedal Set ( R )	1
7	Lock Nut M6	8	36	Moving Pedal Set ( L )	1
8	Ball Bearing 6004ZZ	16	37	Pedal Foot ( R )	1
9	Eccentric Wheel	2	38	Pedal Foot ( L )	1
10	Chain Cover	1	39	Change pipe	1
11	Key 5*5*15L	2	40	Dipping Handle	1
12	Washer Ø8.5*Ø26*1T	8	41	Seat Moving Set	1
13	Hexagonal Bolt M8*15L	2	42	Rear Stabilizer	1
14	C-ring R-42	4	43	Seat Handle	1
15	Spring Washer SW8	30	44	Back cushion support	1
16	Spherical bearing	2	45	Files block	1
17	C-ring S-20	8	46	Dipping Handle	1
18	Belt	1	47	Moving Handle (R)	1
19	C-ring S-40	1	48	Moving Handle (L)	1
20	Hexagonal Bolt M6*20L	1	49	Pedal (R)	1
21	C-ring R-47	2	50	Pedal (L)	1
22	Metal Parts	1	51	Computer Post	1
23	Idler Wheel Ø53*Ø43*24	2	52	Moving Handle Set	2
24	Screw Nuts (M6)	3	53	Handle Sponge	2
25	Idler Support	1	54	Place control	2
26	Control Board	1	55	Hand fixed block	2
27	Magnetic Flywheel-EMS	1	56	Knob	2
28	Screw Hole Clip	12	57	Pedal Strap	2
29	"+" Bolt ST4*12L	12	58	Curved Washer Ø8.5*Ø22*1.5T	28

No.	Description	Qty	No.	Description	Qty
59	Shaft For Pedal Bracket	2	88	End Cap For Hand Pulse Sensor	2
60	Bushing Ø19.1*Ø32*Ø25.5*15L	4	89	Handle Sponge	2
61	Rubber Cushion	2	90	Nut Cover M8	5
62	Pedal	2	91	Washer Ø6.2*Ø13*1.2T	8
63	Bushing-Ø25*Ø18*8.5L	4	92	Hexagonal Bolt M6*25L	8
64	Axle	2	93	Curved Washer Ø6.2*Ø13*1T	8
65	Hexagonal Bolt M8*15L	22	94	Spring Washer SW6	12
66	Hexagonal Bolt M8*15L	28	95	Hexagonal Bolt M6*10L	4
67	Nylon Nut M8	9	96	Computer	1
68	Hexagonal Bolt φ10*50L	2	97	Adjusting Bolt	1
69	Rear Leg Wheel	2	98	Tension Cable	1
70	Adjustment Fix Cushion (28*11)	2	99	Square Magnet	4
71	Socket Cover	1	100	Power inlet	1
72	Input Socket	1	101	Control Wire	1
73	Screw M5*8L	2	102	Adapter	1
74	"+" Bolt ST5*12L	2	103	Square Cap-40*80	1
75	Hexagonal Bolt M8*12L	4	104	"+" Bolt ST5*30L	8
76	Moving Plastic post	2	105	Ankle Support Bolt	2
77	Bushing	1	106	Ankle Support	2
78	Knob M16*P1.5*25L	1	107	Stoppage Screw M6*8L	1
79	Clockwise Spring-R	1	108	Hexagonal Bolt M6*20L	4
80	Chemistry Spring-L	1	109	Control Wire	1
81	Compass Tube	1	110	Plastic pillars	4
82	Stoppage Screw M6*6	2	111	Plastic screws	4
83	Nylon Nut M10	1	112	Control Board	1
84	Hexagonal Bolt M8*100L	1	113	Non-Slip footpad	1
85	Spring	2	114	Rubber Cushion	2
86	Back Cushion	1			
87	Seat	1			