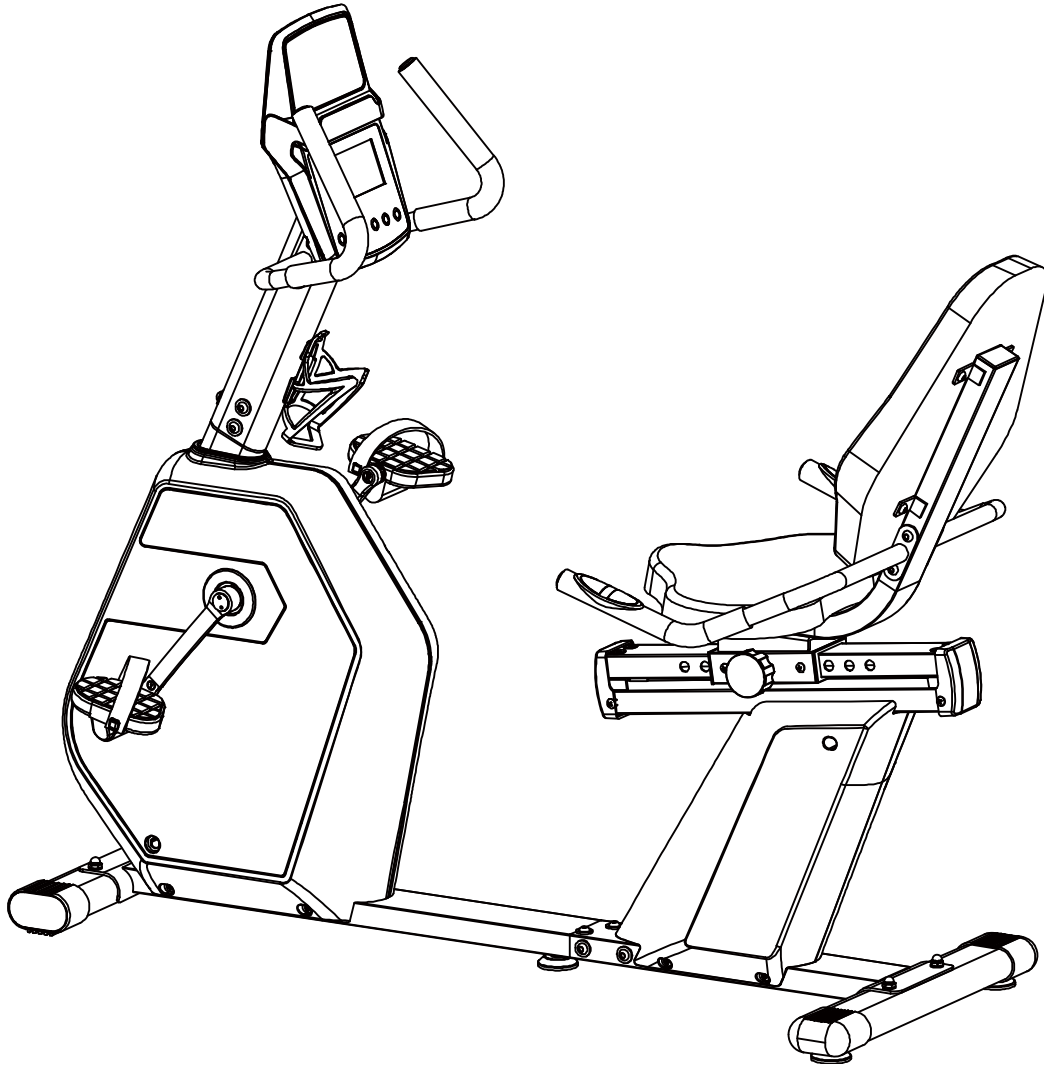# XTERRA FITNESS

R15 EXERCISE BIKE
OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW EXERCISE BIKE

Table Of Contents

Important Safety Instructions

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

DANGER - To reduce the risk of electric shock:

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

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

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
12. Connect this appliance to a properly grounded outlet only.
13. The appliance is intended for household use.

Fitness Equipment Safety Instructions

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

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

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

# Important Electrical Instructions

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

Important Operation Instructions

- **NEVER** operate this exercise bike without reading and completely understanding the results
  of any operational change you request from the computer.
- Understand that changes in resistance do not occur immediately. Set your desired level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your exercise bike during an electrical storm. Surges may occur in your household power supply that could damage exercise bike components.
- Use caution while participating in other activities while using your exercise bike such as watching television, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.

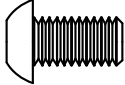# **R15** Assembly Pack Checklist
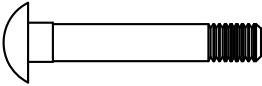
57#、Carriage Bolt
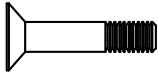M8*50MM(4pcs)

54#、Cup Washer
φ8*21*2t (1pc)

39#、Phillips Head Screw
M5*12MM(6pcs)
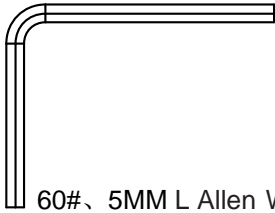
58#、Flat Washer
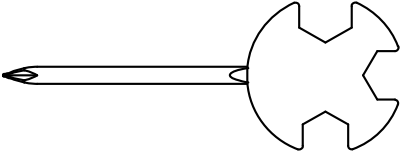φ8*φ16*1.5t(4pcs)

36#、Phillips Head Screw
M8*15MM(27pcs)

52#、Flat Head Socket Screw
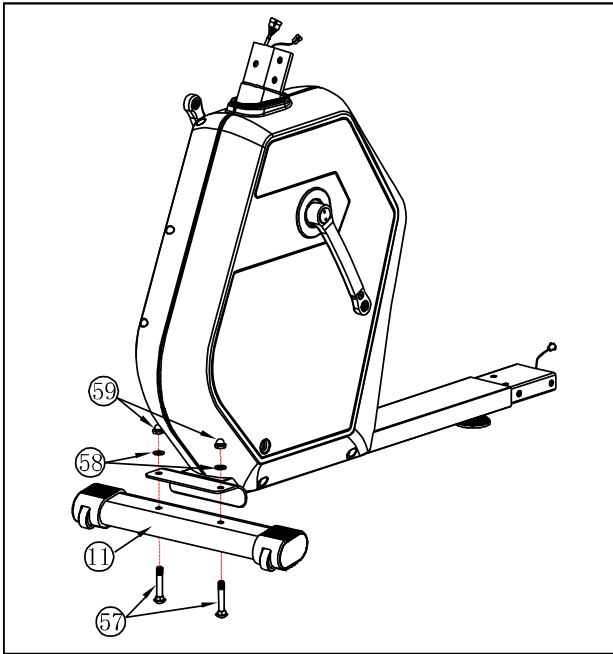M8*40MM(4pcs)

59#、Cap Nut
M8(4pcs)

55#、Flat Washer
φ8*φ21*2t (10pcs)

60#、5MM L Allen Wrench
(1pc)

61#、Philips Head
Screwdriver +13、14、15
Wrench (1pc)

R15 Assembly Instructions

1 Front Stabilizer

Hardware **Step 1**
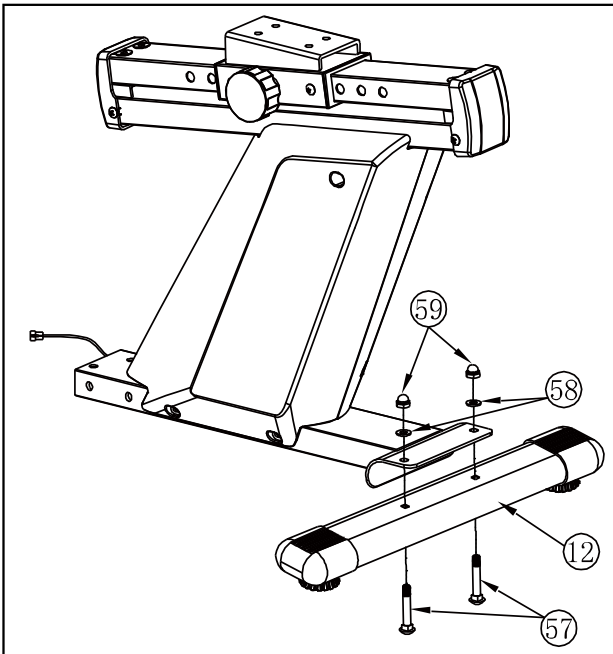
#57 M8 x 50mml Carriage Bolt (2 pcs),
#58 φ8 x 16 x 1.5t Flat Washer (2 pcs),
#59 M8 Cap Nut (2 pcs)

1. Install the **Front Stabilizer Tube (No. 11)** onto the **Main Frame** and secure using 2 **Carriage Bolts (No. 57)**, 2 **Flat Washers (No. 58)**, and 2 **Cap Nuts (No. 59).**

2 Rear Stabilizer

Hardware **Step 2**

#57 M8 x 50mml Carriage Bolt (2 pcs),
#58 φ8 x 16 x 1.5t Flat Washer (2 pcs),
#59 M8 Cap Nut (2 pcs)

1. Install the **Rear Stabilizer Tube (No. 12)** onto the **Main Frame** and secure using 2 **Carriage Bolts (No. 57)**, 2 **Flat Washers (No. 58)**, and 2 **Cap Nuts (No. 59).**
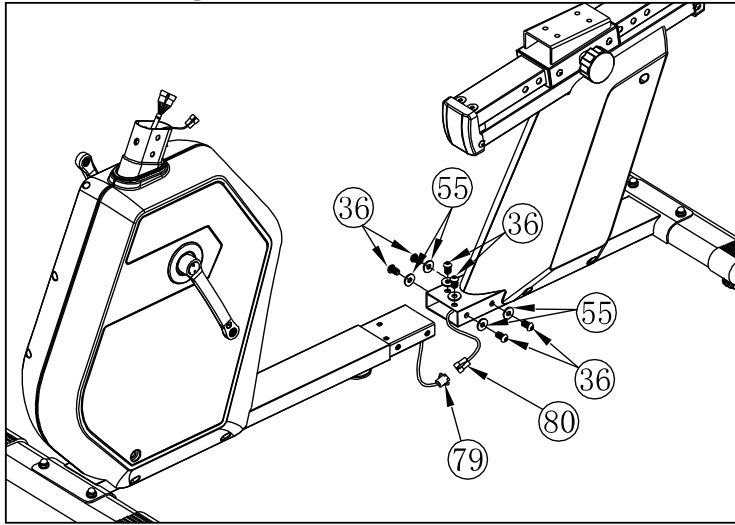
3 Connecting the Main Frame

#55. φ8 x 21 x 2t Flat Washer
(6 pcs)

#36. M8 x 15mm Philips
Head Screw (6 pcs)

1. Connect the two **Handpulse Wires (No. 79 & 80)** together. Be careful not to pinch the wires and feed them back into the connected frame.

2. Assemble the **Front Main Frame (No.1)** to the **Rear Main Frame (No.2)** using 6 **Flat Washers (No. 55)**. Secure on top with 6 **Philips Head Screws (No.36).**

4 Console Mast
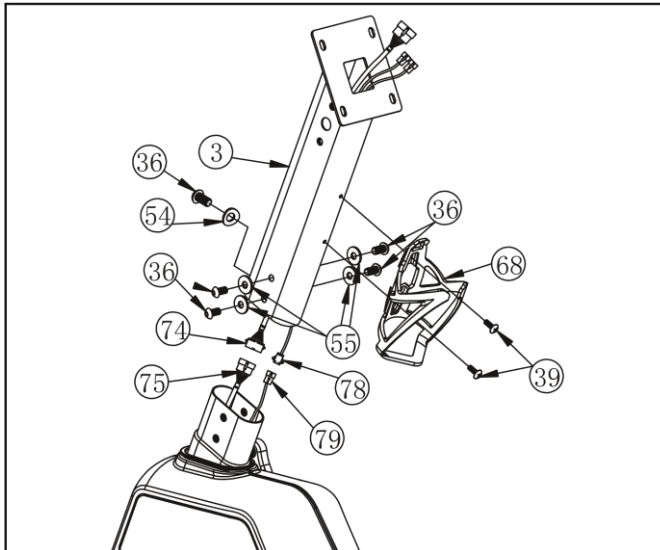
**#55**. φ8 x 21 x 2t Flat Washer (4pcs)

#39. M5 x 12mm Phillips Head Screw (2 pcs)

#54. Cup Washer φ8*21*2t (1 pc)
#36. M8 x 15mm Philips Head Screw (5 pcs)

1. Run the two **Cables (No. 74 & 78)** through the **Console Mast (No. 3)**. Connect the two **Computer Cables (No. 74 & 75)** and two **Handpulse Wires (No. 78 & 79)** together.
2. Secure the **Console Mast (No. 3)** to the **Main Frame** using 5 **Phillips Head Screws (No.36)**, 4 **Flat Washers (No. 55)**, and 1 **Cup Washer (No. 54)**.
3. Secure the **Drink Bottle Holder (No. 68)** to the **Console Mast (No.3)** using 2 **Philips Head Screws (No. 39)**.
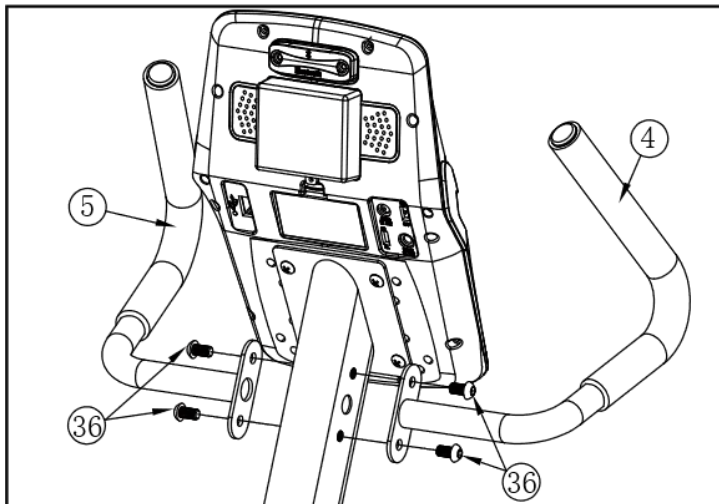
5 Console
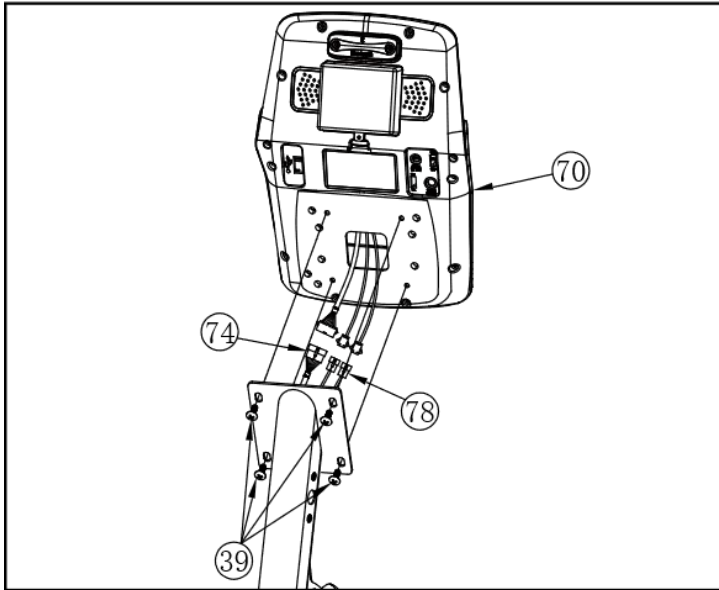
#39. M5 x 12
Philips Head Screws (4 pcs)

1. Connect the **Computer Cable (No. 74)** with the **Handpulse Wire (No. 78)**. Feed the excess wire into the tube. Be careful not to pinch the wires.

2. Secure the **Console (No. 70)** to the Mast using 4 **Philips Head Screws (No. 39).**
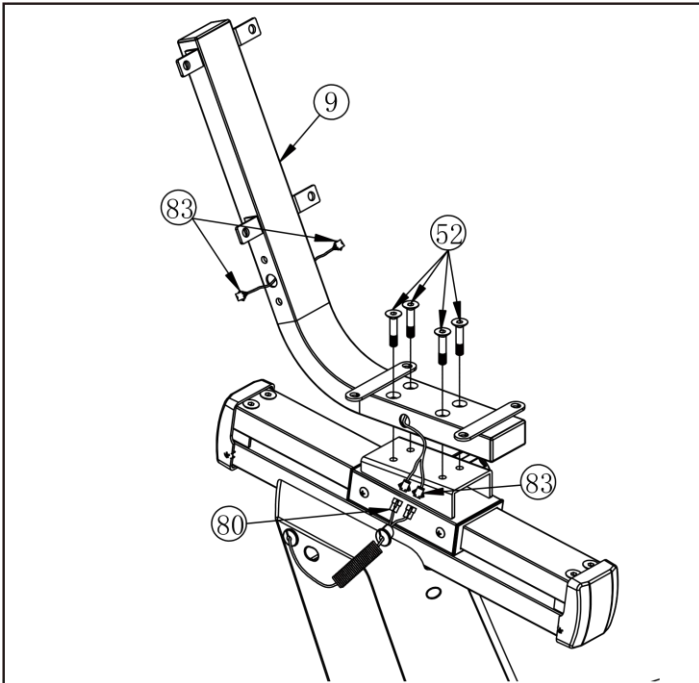
6 Front Handlebars

Hardware **Step 6**

#36. M8 x 15
Philips Head Screws (4 pcs)

1. Secure the **Mast Handle Bar – L (No.4)** and the **Mast Handle Bar – R (No.5)** using 4 **Phillips Head Screws (No.36).**
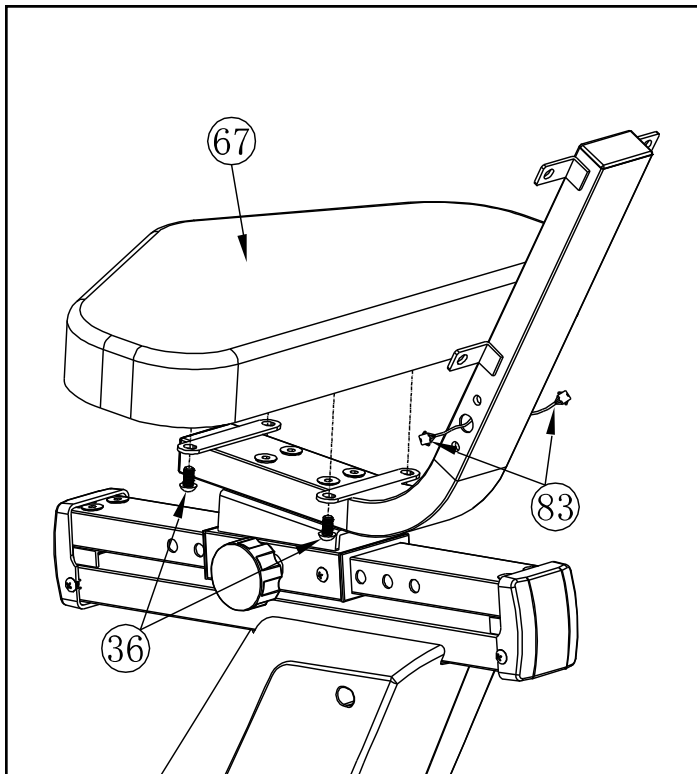
7 Seat Back Bracket

#52. M8 x 40 Button Head Socket Screws (4 pcs)

1. Secure the **Seat Back Bracket (No. 9)** to the **Sliding Seat Plate** using 4 **Button Head Socket Screws (No. 52)**. Connect the two **Handpulse Wires (No. 83 & 80).**

2. Put the wires into the seat tube then use **PVC Plug (No.27)** for pretection.
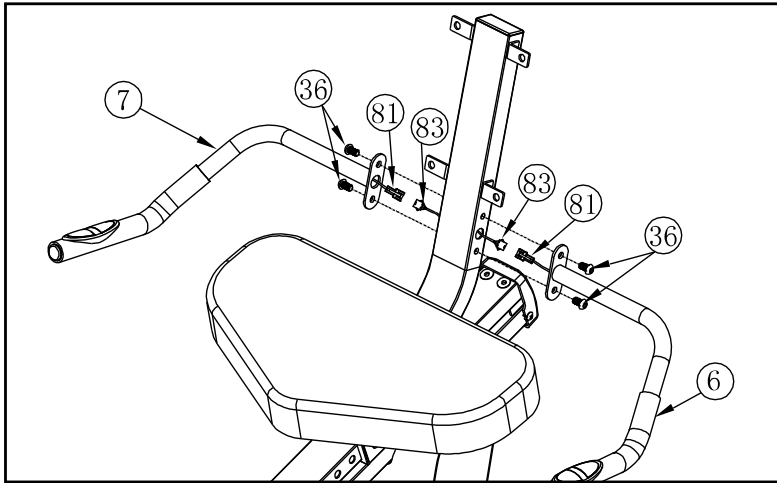
8 Lower Seat Cushion

Hardware **Step 8**

#36. M8 x 15 Philips Head Screws (4 pcs)

Secure the **Seat Cushion (No. 67)** to the **Seat Back Bracket (No. 9)** using 4 **Philips Head Screws (No. 36).**

9 Seat Handlebars

1. Connect the **Handpulse Wires (No. 81 & 83)**

2. Secure the **Seat Handle Bar – L (No. 6)** and the **Seat Handle Bar – R (No. 7)** using 4 **Phillips Head Screws (No. 36)**.

10 Upper Seat Cushion

1. Secure the **Seatback Cushion (No. 66)** to the **Seat Back Bracket (No. 9)** using 4 **Philips Head Screws (No. 36).**
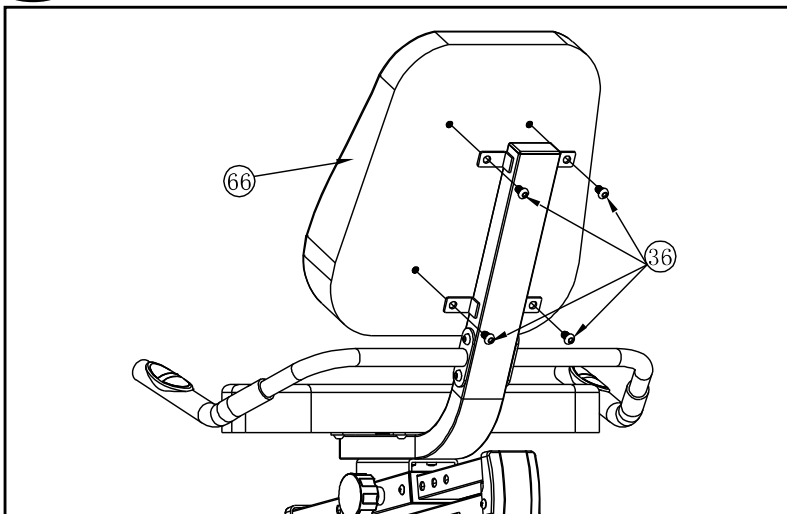
11 Pedals
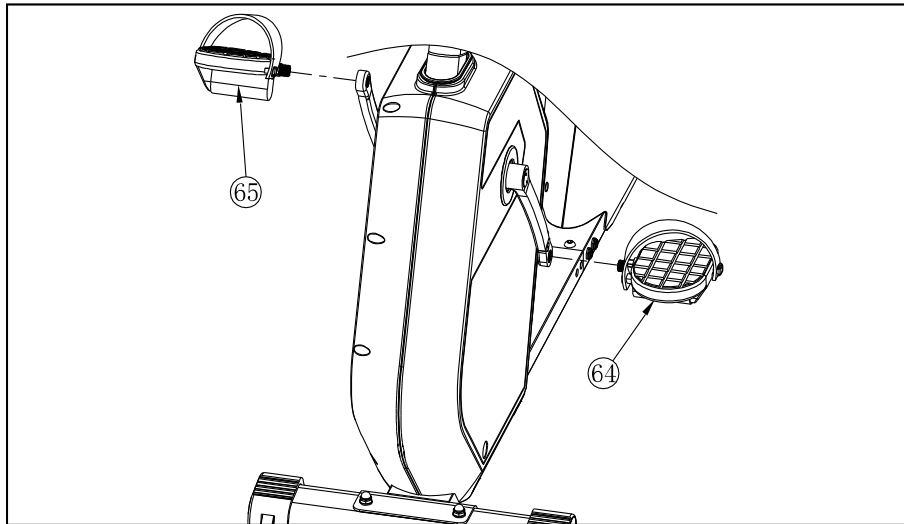
1. Secure the **Pedal - L (No. 64)** and **Pedal - R (No. 65)** using the **Philips Head Screwdriver & Wrench (No. 61).** The **Left Pedal (No. 64)** should be tightened counter-clockwise and the **Right Pedal (No. 65)** clockwise.
2. Secure all screws and adjust the 5 levelers to sit evenly on your floor.

Operation Of Your Console
R15 console

⚠ The things you should know before exercise

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. Please press any key to start the monitor.

Functions And Features

1. **TIME:**
   Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

2. **DISTANCE:**
   Displays the accumulative distance traveled during each workout up to a maximum of 99.9KM/MILE.

3. **RPM:**
   Your pedal cadence.

4. **SPEED:**
   Displays your workout speed value in KM/MILE per hour.

5. **CALORIES:**
   Your computer will estimate the cumulative calories burned at any given time during your workout.

6. **PULSE:**
   Your computer displays your pulse rate in beats per minute during your workout.

7. **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.

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

9. **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 01:00 - 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.

10. **DISTANCE BAR:**
    Every bar indicates 100 meter or 0.1 mile.

Key function

There are 6 button keys and the function description as follows:

1. **START/STOP KEY:**
   ➢ Quick Start function: Allows you to start the computer without selecting a program. Manual workout only. Time automatically begins to count up from zero
   ➢ During the exercise mode, press the key to STOP exercise.
   ➢ During the stop mode, press the key to START exercise.

2. **UP KEY:**
   ➢ Press the key to increase the resistance during exercise mode.
   ➢ During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.

3. **DOWN KEY:**
   ➢ Press the key to decrease the resistance during exercise mode.
   ➢ During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.

4. **ENTER KEY:**
   ➢ During the setting mode, press the key to accept the current data entry.
   ➢ At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value.
   ➢ During setting the Clock, press this key can accept the setting hour and setting minute.

5. **BODY FAT KEY:**
   Press the key to input your HEIGHT, WEKGHT, GENDER and AGE then to measure your body fat ratio

6. **PULSE RECOVERY KEY:**
   Press the key to activate heart rate recovery function.

Program Introduction & Operation

Manual Program: Manual

P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

> **Operations:**
> 1. Use UP/DOWN keys to select the MANUAL (P1) program.
> 2. Press the ENTER key to enter MANUAL program.
> 3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
> 4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
> 5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
> 6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
> 7. Press the START/STOP key to begin exercise.

Preset Program: Steps, Hill, Rolling, Valley, Fat Burn, Ramp, Mountain,Intervals, Random, Plateau, Fartlek, Precipice Program

PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as
the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

> **Operations:**
> 1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
> 2. Press the ENTER key to enter your workout program.
> 3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
> 4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
> 5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
> 6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
> 7. Press the START/STOP key to begin exercise.

User Setting Program: User 1, User 2, User 3, User 4

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory.

Operations:
1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME.Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.

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

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

Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%
Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%
Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%
Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%
Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

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

Body Fat Program: Body Fat

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.
Type1: BODY FAT% > 27
Type2: 27 $\geqq$ BODY FAT% $\geqq$ 20
Type3: BODY FAT % < 20
The computer will show the test results of FAT PERCENT

Operations:
1. Use UP/DOWN keys to select the BODY FAT (P23) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of FAT PERCENT on the LCD display.
9. Press START/STOP key to begin exercise..

Error Message

E1 (ERROR 1):

Normal state: During workout, when the monitor did not get the count signal from the gear motor more than 4 seconds and check under successive 3 times then the LCD will show E1.

Power on state: The gear motor will return to zero automatically, when the signal of motor cannot be detected for more than 4 seconds then the gear motor's driver will be cut off immediately and show the E1 on the LCD display. All the other digital and function mark are blank, and the output signals are cut off also.

E2 (ERROR 2):

When the monitor read the memory data, if the I.D. code is not correct or the memory IC damages then the monitor will show E2 immediately at power on.

E3 (ERROR 3):

After 4 seconds by start mode, the computer detects the faulty motor did not leave the zero point then the LCD bar displays "E3".

Technical data of the current adapter

1. Output: DC 6~9V/0.5~1A

LCD Workout Graphics

➢ PRESET PROGRAM PROFILES

PROGRAM 1
MANUAL

PROGRAM 2
STEPS

PROGRAM 3
HILL

PROGRAM 4
ROLLING

PROGRAM 5
VALLEY

PROGRAM 6
FAT BURN

PROGRAM 7
RAMP

PROGRAM 8
MOUNTAIN

PROGRAM 9
INTERVALS

PROGRAM 10
RANDOM
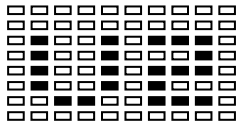
PROGRAM 11
PLATEAU

PROGRAM 12
FARTLEK

PROGRAM 13
PRECIPICE
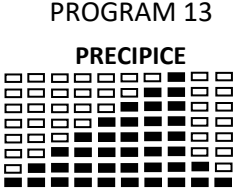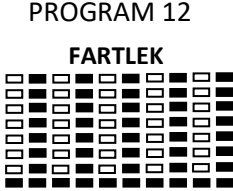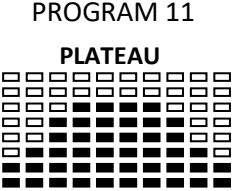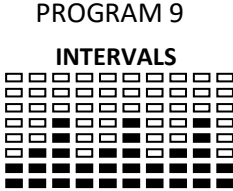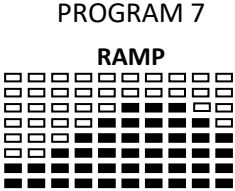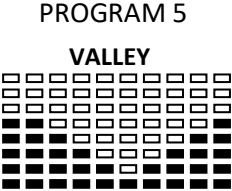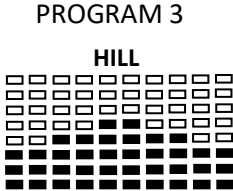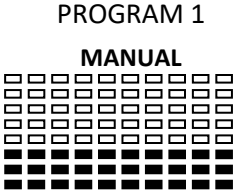
➢ USER SETTING PROGRAM
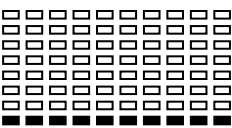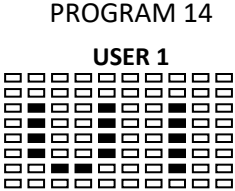
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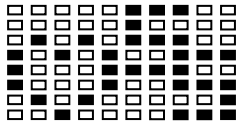**USER 1**

PROGRAM 15

USER 2
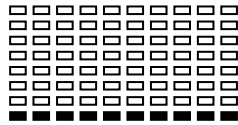
PROGRAM 16

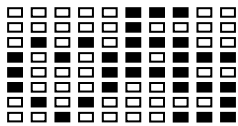**USER 3**
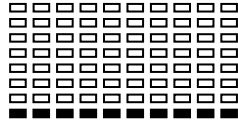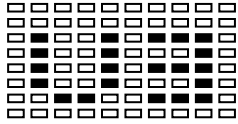
PROGRAM 17
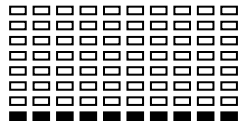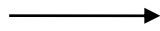
USER 4
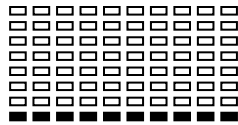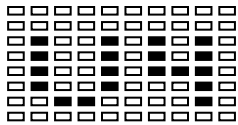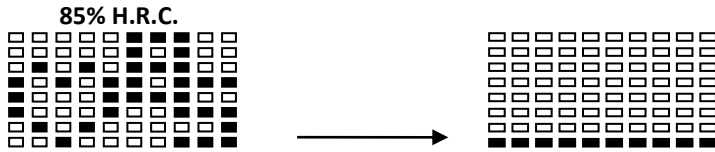
➢ HEART RATE PROGRAM PROFILES:

PROGRAM 18

55% H.R.C.
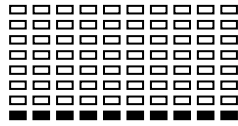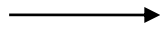
PROGRAM 19

65% H.R.C.
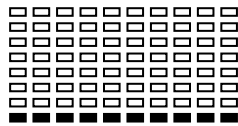
PROGRAM 20

75% H.R.C.

PROGRAM 21

85% H.R.C.

PROGRAM 22

TARGET H.R.C.
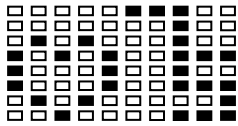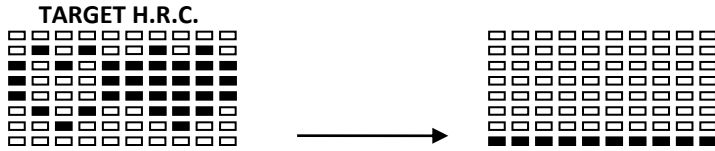
➢BODY FAT TEST PROGRAMS:

BODY FAT

(STOP MODE)   **(START MODE)**

PROGRAM 23

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

Workout Time: 40 minutes

Workout Time: 40 minutes

Workout time: 20 minutes

Workout Time: 40 minutes

Workout Time: 40 minutes

Workout time: 20 minutes

Hand Pulse Grips

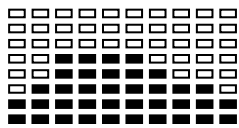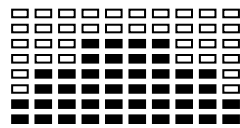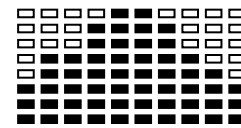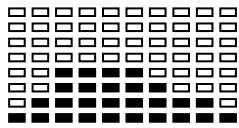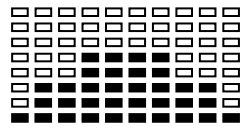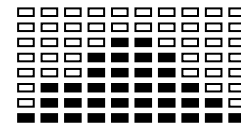Your R15 Exercise bike has built-in hand pulse grips located on the handles next to either side of the seat. To monitor your heart rate, simply grasp both hand pulse grips ensuring steady contact is made between your hands and the metal contact pads for at least 10 seconds. Once the machine has detected your pulse, the heart rate will be display in the "Pulse" section on your screen.

Note: There are significant individual differences in the heart rate of normal adults at rest, with an average of about 75 beats/min (between 60-100 beats/min). Factors like age, gender, and other physiological conditions will affect heart rate. The resting heart rate of newborn babies is fast, reaching more than 130 beats per minute. Among adults, the heart rate of women is generally slightly faster than that of men. Heart rate will slow down during quiet or sleep and speed up during exercise or emotional excitement. Under the influence of certain drugs or neurohumoral factors, the heart rate will increase or decrease. People who do physical labor or physical exercise daily often have a slower heart rate.
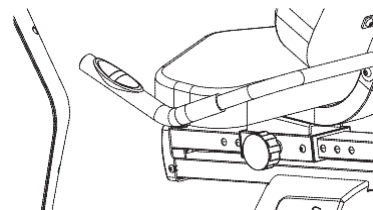
Wearing A Chest Strap

(Sold Separately)

1. Attach the transmitter to the elastic strap using the interlocking button.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.
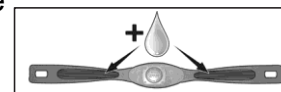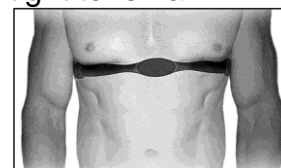
Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter.

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EXPLODED VIEW DIAGRAM
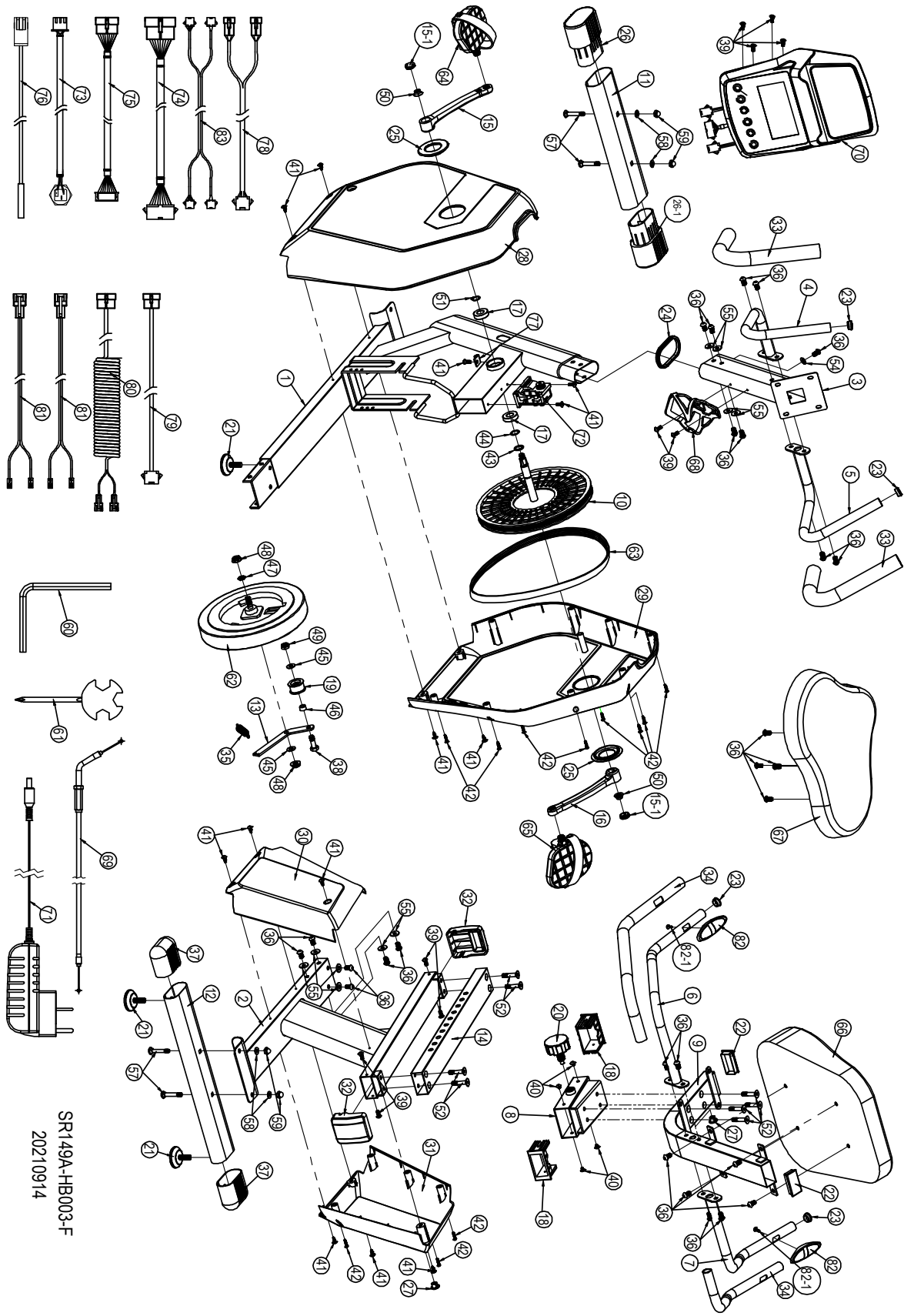
SR149A-HB003-F
20210914

PARTS LIST

Item	Description	Usage
1	Front Main Frame	1
2	Rear Main Frame	1
3	Console Mast	1
4	Mast Handle Bar - L	1
5	Mast Handle Bar - R	1
6	Seat Handle Bar - L	1
7	Seat Handle Bar - R	1
8	Aluminum Track	1
9	Seat Back Bracket	1
10	Drive Pully	1
11	Front Stabilizer	1
12	Rear Stabilizer	1
13	Idler Wheel Assembly	1
14	Seat Carriage Assembly	1
15	Crank Arm - L	1
15-1	Crank Arm End Cap	2
16	Crank Arm - R	1
17	Bearing φ35*17*10mml	2
18	Aluminum Track End Cap	2
19	Bearing	1
20	Pull Pin	1
21	Rubber Stop	3
22	Seat Back Bracket End Cap	2
23	Button Head Plug	4
24	O-ring 40*80mm	1
25	Round Disk Cover, Crank	2
26	Front Stabilizer Moving Wheel - L	1
26-1	Front Stabilizer Moving Wheel - R	1
27	PVC Plug	2
28	Front Shroud - L	1
29	Front Shroud - R	1
30	Rear Shroud - L	1
31	Rear Shroud - R	1
32	Aluminum Axle End Cap	2
33	Handgrip Foam	2
34	Seat Handle Bar Foam	2
35	Spring	1
36	Button Head Socket Screw M8 x 15mm	27
37	Rear Stabilizer End Cap	2
38	Button Head Socket Screw M10 x 35mm	1
39	Phillips Head Screw M5*12mm	10
40	Bolt 5*8mm	4
41	Tapping Screw φ5*16mm	13
42	Bolt 3.5*20mm	12
43	Washer φ17.2*22*2t	2
44	Washer φ17.2*22*0.5t	2
45	Flat Washer φ10*20*1.5t	2
46	Block φ10*15*8t	1

47	Hexagon Nut 3/8"*5t	1
48	Hexagon Nut 3/8"*7t	2
49	Nut M10*9mm	1
50	Hexagon Nut M10*1.25	2
51	Circlip φ17*1t	1
52	Flat Head Socket Screw M8*40mml	8
54	Cup Washer φ8*21*2t	1
55	Flat Washer φ8*21*2t	10
57	Carriage Bolt M8*50mml	4
58	Flat Washer φ8*16*1.5t	4
59	Cap Nut M8	4
60	L Allen Wrench 5mm	1
61	Philips Head Screwdriver & Wrench 13 14 15	1
62	Flywheel	1
63	Drive Belt	1
64	Pedal - L	1
65	Pedal - R	1
66	Seatback Cushion	1
67	Seat Cushion	1
68	Drink Bottle Holder	1
69	Motor Cable 400mml	1
70	5.5" LCD Console	1
71	Transformer Power Cord	1
72	Motor	1
73	DC Power Cord 750mml	1
74	Computer Cable 450mml	1
75	Computer Cable 650mml	1
76	Sensor with Cable 300mml	1
77	Sensor Housing 22*15*9.58mm	1
78	Handpulse Wire 450mm	1
79	Handpulse Wire 1500mm	1
80	Handpulse Wire 1000mm	1
81	Handpulse Wire 600mm	2
82	Handle Bar Sensor	2
82-1	Philips Head Screw ST4*15mml	2
83	Handpulse Wire- double head	1