

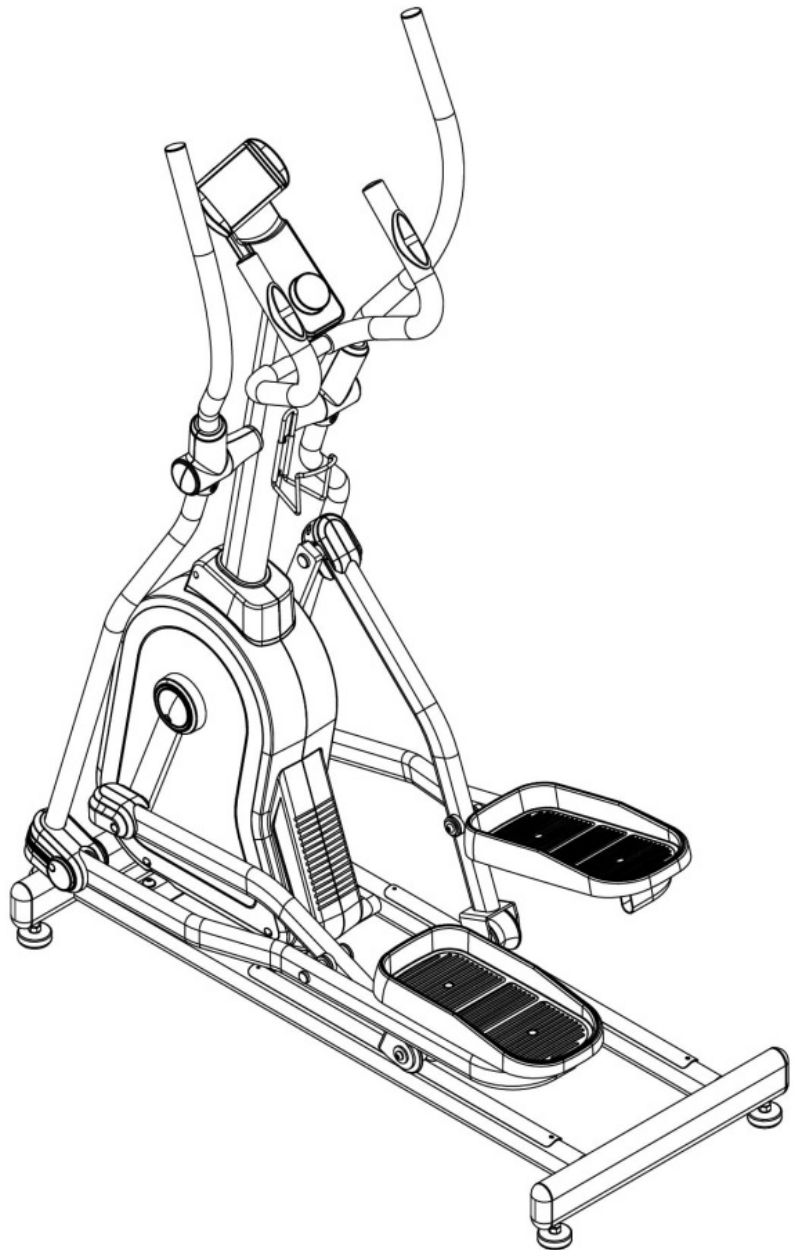


Indoor Cycle Owner's Manual.

# S-Line Elliptical

Elliptical

[www.viavito.com](http://www.viavito.com)





Thank you for  
purchasing the Viavito  
**S-Line** Elliptical.

You have chosen a high quality, safe and innovative piece of exercise equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new piece of equipment.

For more information, or if you require any assistance please email us at **support@viavito.com**

## Manual Contents.

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# Safety Information.

- Please read all instructions carefully before using this product.
- Retain this manual for future reference.
- The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

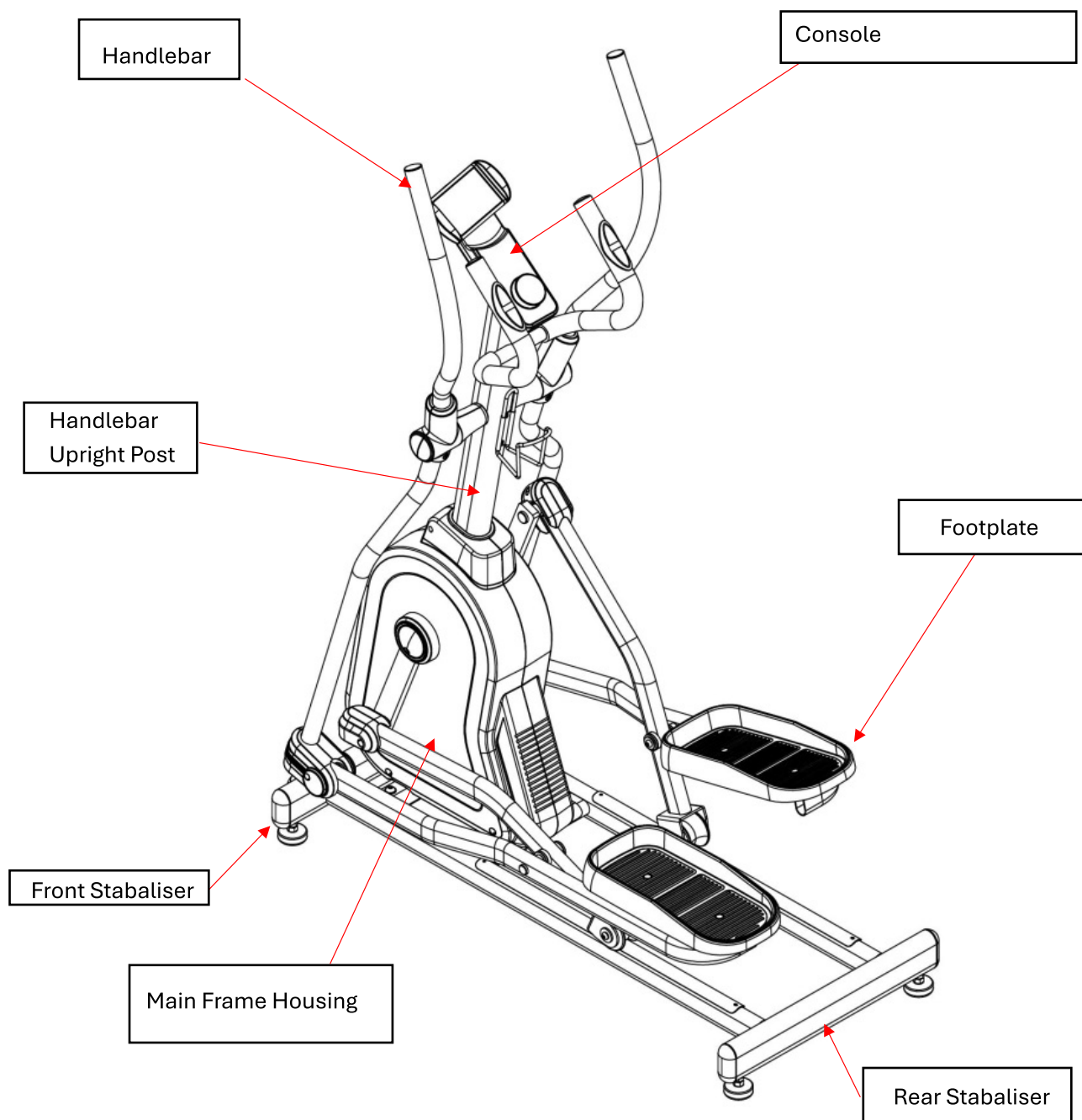
## **IMPORTANT SAFETY NOTICE: note the following precautions before using the product.**

- 01** Assemble the machine exactly as the descriptions in the instruction manual.
- 02** Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 03** Set up the machine in a dry level place and leave it away from moisture and water.
- 04** mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc.
- 05** Do not put the machine together with sundries within 2 meters.
- 06** When cleaning, we cannot use the corrosion type of detergent, please only use the tools which are provided by machine or other suitable tools, one additional note is after doing exercise please wipe the place where there is sweat.
- 07** Consult a doctor before beginning a training program. He can define the maximum setting (pulse. watts. duration of training etc.) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 08** The machine should be repaired only in normal state, when it requires repair, we should only use the original accessories.
- 09** The machine should be used only by one person in one time.
- 10** Wear training clothes and shoes, which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 11** If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 12** Those who are handicapped and children should use the machine in the presence of another person who can give aid and advice.
- 13** This machine has adjustable size of resistance. We can adjust it according to our exercise strength that is from light to heavy.
- 14** This machine has one suitable resistance. The maximum user's weight is 136kgs.
- 15** The machine is for home use only.

**Caution: Make sure all the screws, nuts are tightened well before operating.**

**Remarks: The front tube has moving wheels which makes it convenient to move the machine.**

## **Product Overview.**



# Assembly Instructions.

When you open the carton, you will find the following spare parts:

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                     |                                                                                     |                                                                                     |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|   |  |  |  |  |  |  |  |  |
| A                                                                                 | B                                                                                 | C                                                                                 | D                                                                                 | E                                                                                 | F                                                                                 | G                                                                                   | D12                                                                                 | E11                                                                                 |
|   |  |  |  |  |  |  |  |  |
| H                                                                                 | J                                                                                 | K                                                                                 | D02                                                                               | D04                                                                               | D05                                                                               | D06                                                                                 | E13                                                                                 | B18                                                                                 |
|  |  |  |  |  |  |  |  |                                                                                     |
| D07                                                                               | D08                                                                               | D09                                                                               | D10                                                                               | D27                                                                               | D11                                                                               | L                                                                                   | M                                                                                   |                                                                                     |

## Parts List

| #   | DESCRIPTION                  | Q'TY | #   | DESCRIPTION                  | Q'TY |
|-----|------------------------------|------|-----|------------------------------|------|
| A   | Base frame                   | 1    | D05 | Left rocking handrail cover  | 2    |
| B   | Main frame                   | 1    | D06 | Right rocking handrail cover | 2    |
| C   | Left rocking handrail frame  | 1    | D07 | Left pedal tube cover        | 2    |
| D   | Right rocking handrail frame | 1    | D08 | Right pedal tube cover       | 2    |
| E   | Pedal connecting frame       | 2    | D09 | Front rocking handrail cover | 2    |
| F   | Console tube frame           | 1    | D10 | Rear rocking handrail cover  | 2    |
| G   | Left pedal frame             | 1    | D11 | Crank cover                  | 2    |
| H   | Right pedal frame            | 1    | D12 | rubber ring                  | 1    |
| J   | Left handrail                | 1    | D27 | Pedal                        | 2    |
| K   | Right handrail               | 1    | L   | Console                      | 1    |
| D02 | Left top protection cover    | 1    | E13 | grease box                   | 1    |
| D04 | Right top protection cover   | 1    | M   | spare parts plate            | 1    |
| E11 | Adapter                      | 1    | B18 | Kettle holer                 | 1    |

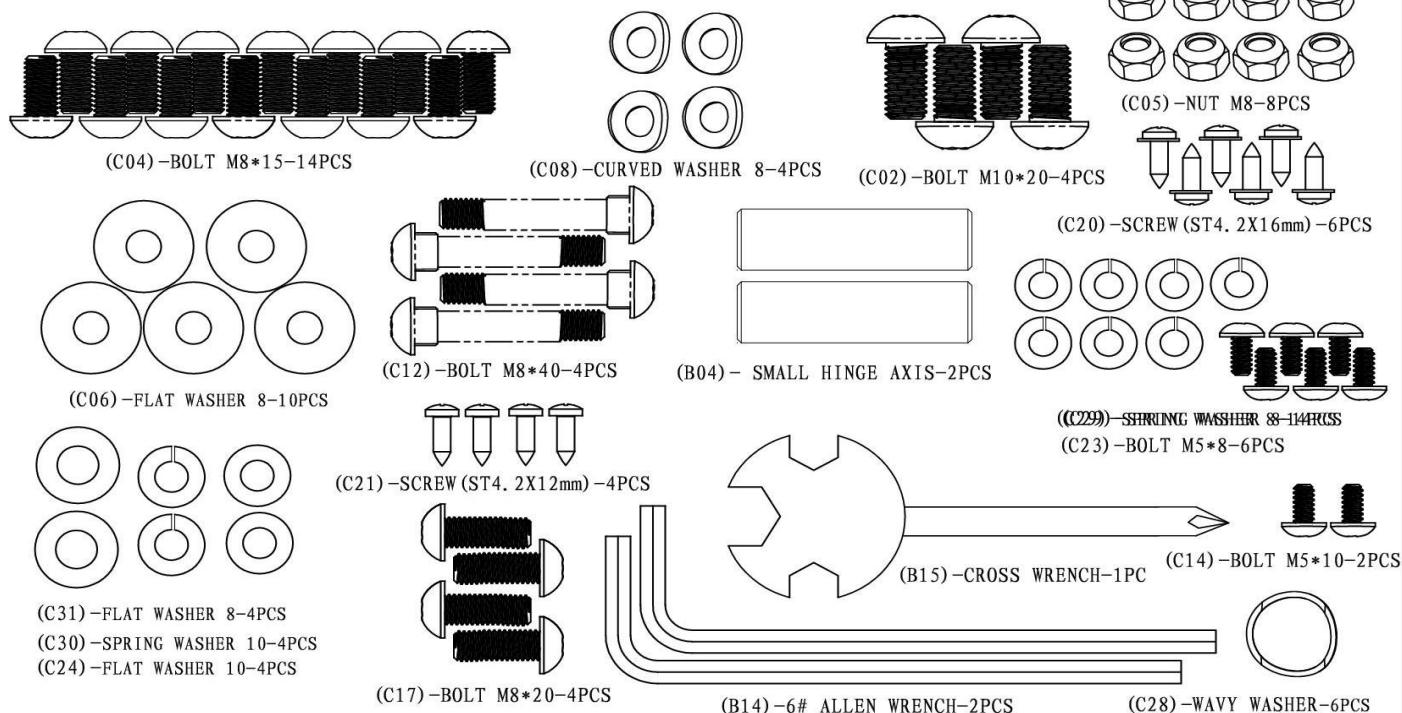
## Assembly Tools

| NO. | Description     | Specification | Q'ty |
|-----|-----------------|---------------|------|
| B14 | 6# Allen Wrench | 6mm           | 2    |
| B15 | Cross wrench    | S=13 14 15    | 1    |

## Preparation

- 01** Before assembling make sure that you will have enough space around the item.
- 02** Use the present tooling for assembling.
- 03** Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

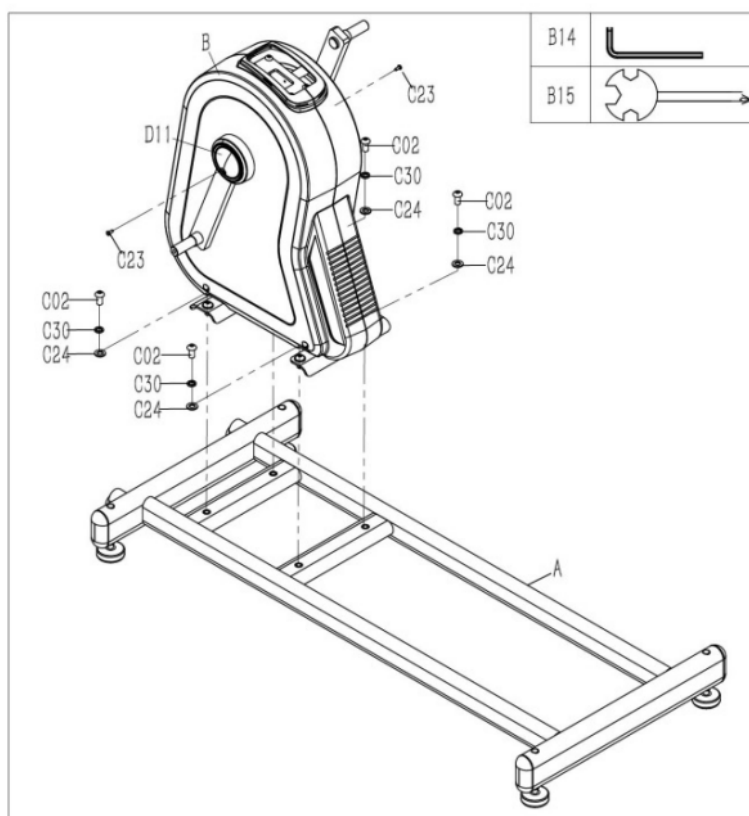
### HARDWARE PACK



## Step One.

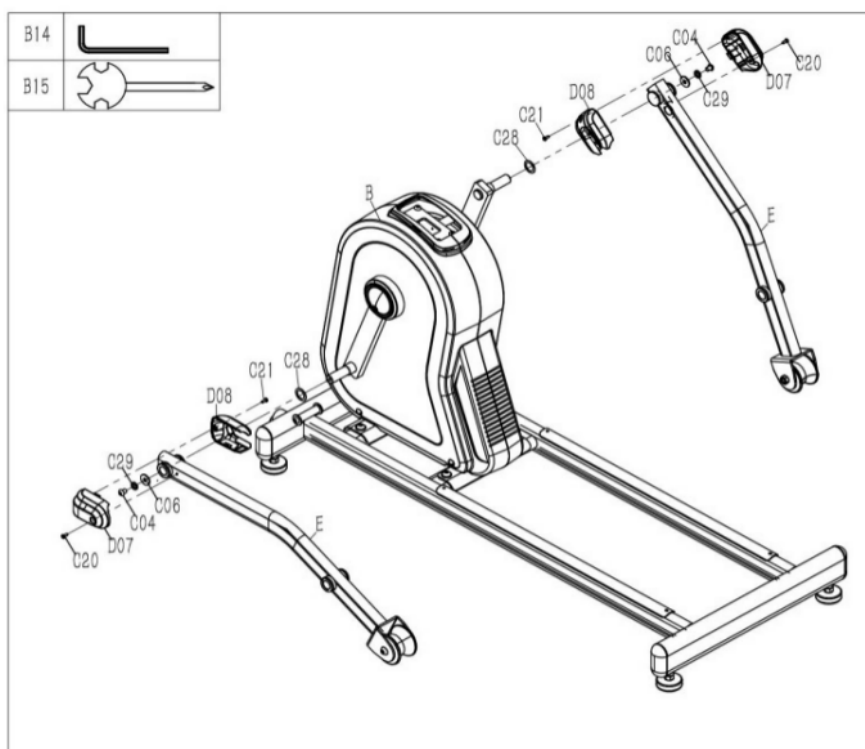
**01** Fix the crank cover (D11) to the main frame (B) using tool cross wrench (B15) and screw(C23)

**02** Fix the main frame (B) to the base frame (A) using tool 6# Allen wrench (B14), M10\*20 Bolt (C02), spring washer(C30), flat washer (C24).



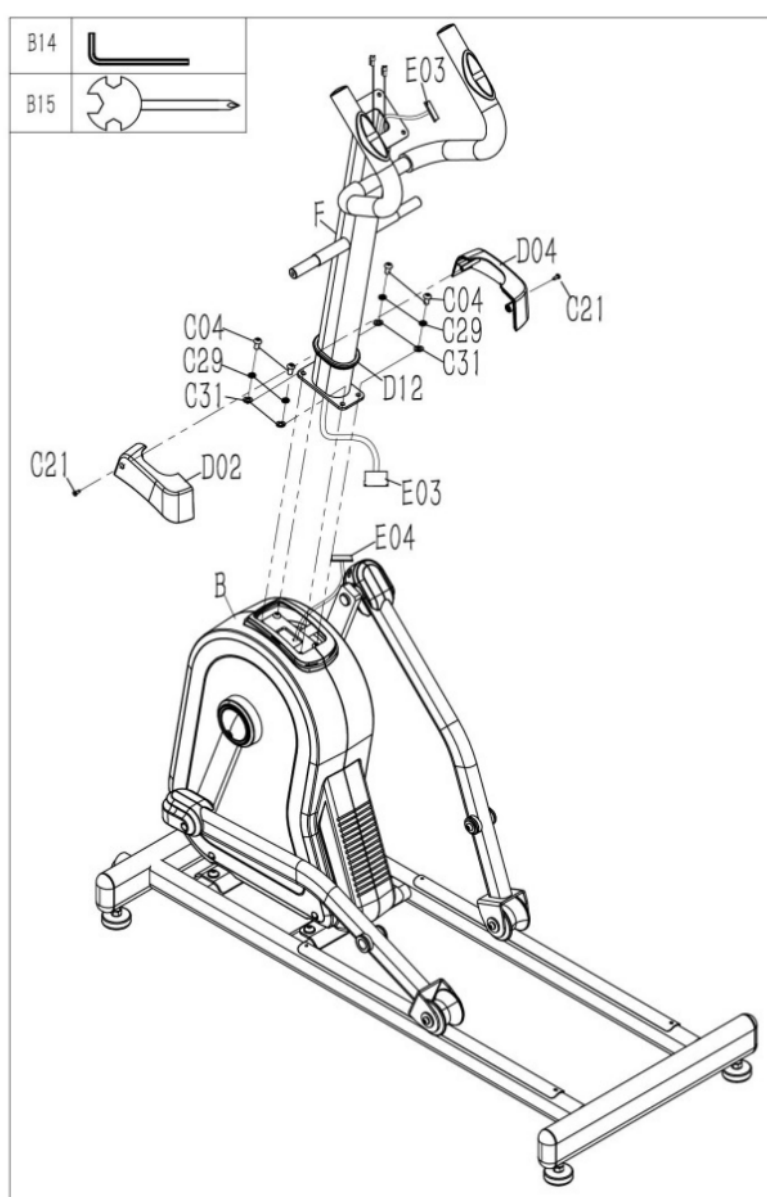
## Step Two.

- 01** Using 6# Allen wrench (B14), wave washer (C28), M8\*15 bolt (C04), spring washer (C29), flat washer (C06) to install the 2PCS pedal connecting frame (E) to the main frame (B) left and right side.
- 02** Using cross wrench (B15), ST4.2\*16 screw (C20), ST4.2\*12 screw (C21) to install the left and right pedal tube cover (D07, D08) to the the pedal connecting frame (E).



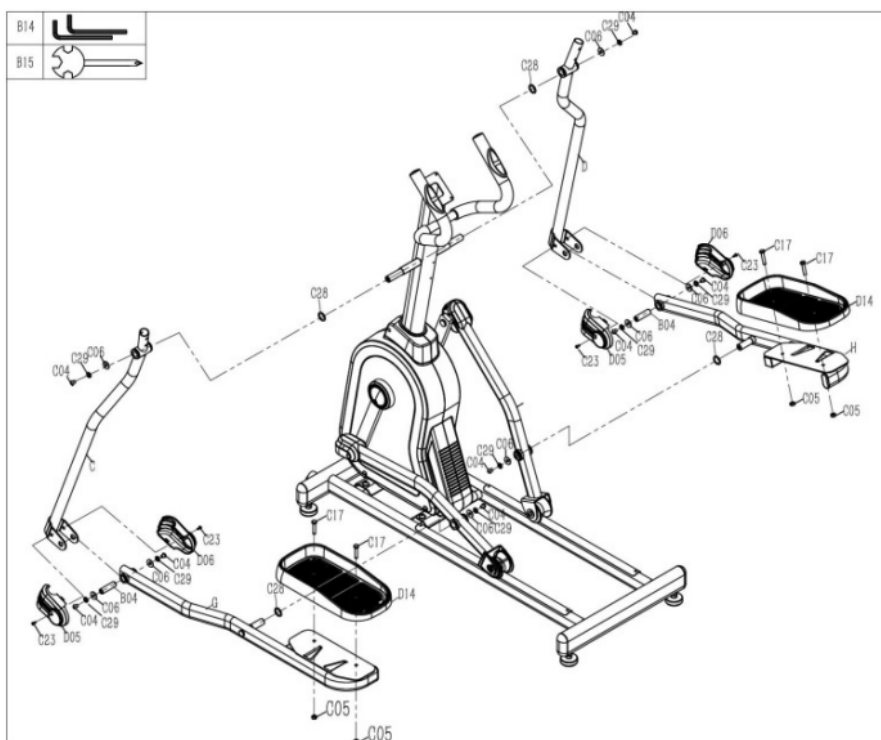
## Step Three.

- 01** Connect the middle signal line (E03) with the bottom signal line (E04).
- 02** Using cross wrench (B14), M8\*15 bolt (C04), spring washer (C29), flat washer (C31) to install the console tube frame (F) to the main frame (B).
- 03** Put the rubber ring (D12) into Console tube frame (F), then using cross wrench (B15), ST4.2\*12 screw (C21) to fix the left and right top protection cover (D02,D04) to console tube sides, to make all direction match with main frame protection cover and rubber ring.



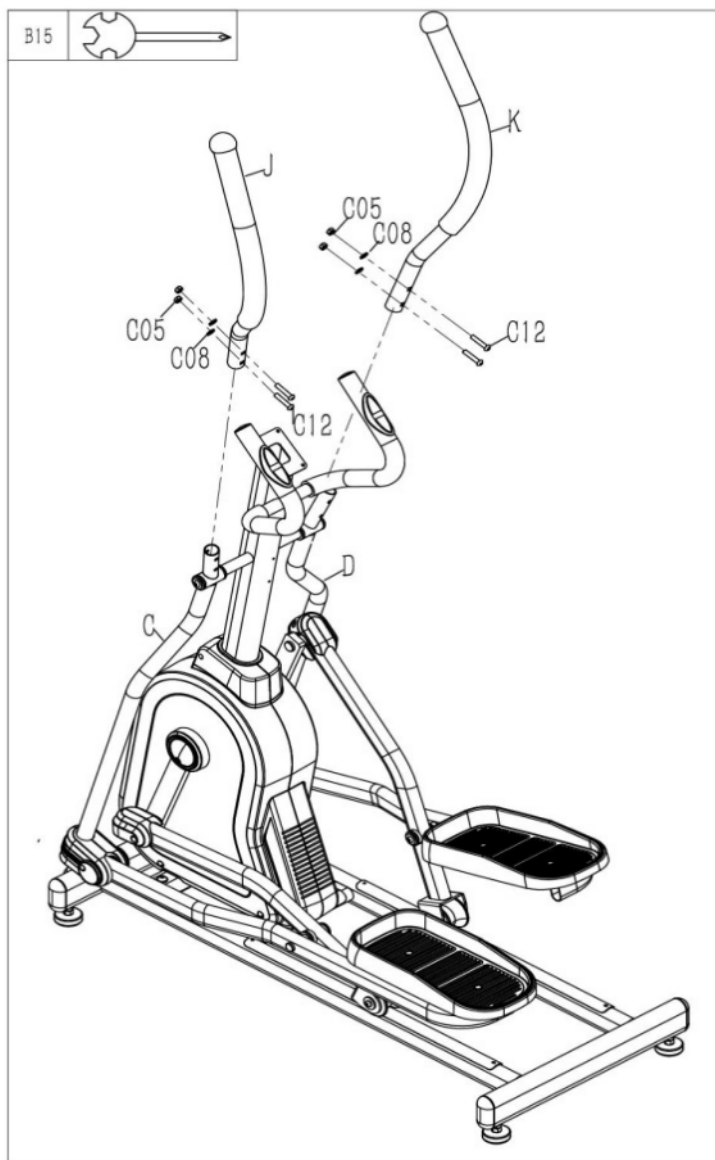
## Step Four.

- 01** Install the left foot pedal assembly (G) on the left hand crank assembly (C) using a tool hex wrench (B14), hex screw (C04), spring washer (C29), gasket (C06), and small hinge shaft (B04)
- 02** Install the right pedal assembly (H) on the right rocker assembly (D) using a tool hex wrench (B14), hex screw (C04), spring washer (C29), gasket (C06), and small hinge shaft (B04)
- 03** Install the left foot pedal assembly (G) and left hand rocker assembly (C) together in the casing holes of the armrest manrel of the instrument tube assembly and the foot connecting tube assembly at the same time as shown in the figure, and fix them using the tool hex wrench (B14), waveform gasket (C28), hex socket screw (C04), spring washer (C29), and gasket (C06)
- 04** Install the connected right foot pedal assembly (H) and right hand rocker assembly (D) in the sleeve holes of the armrest manrel of the instrument tube assembly and the foot connecting tube assembly at the same time as shown in the figure, and fix them using the tool hex wrench (B14), waveform gasket (C28), hex socket screw (C04), spring washer (C29) and gasket (C06)
- 05** Install the left swing tube cover (D05) and right swing tube cover (D06) at the connection point between the foot pedal assembly and the hand rocker assembly using a tool belt cross wrench (B15) and a screw (C23)
- 06** Fix the foot pedal (D14) to the left and right foot pedal tube assemblies (G and H) with hexagon head bolts (C17), and lock it with the hexagon nut (C05) using a tool belt cross wrench (B15)



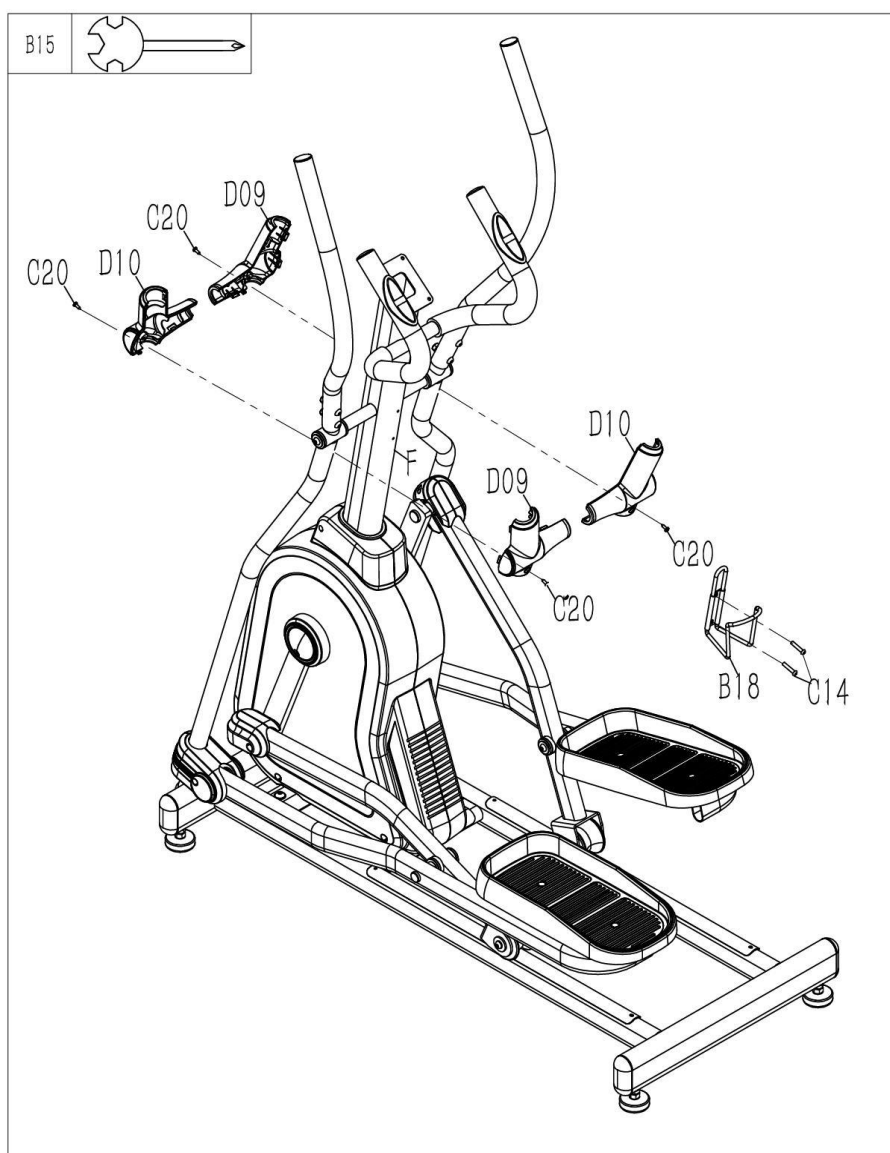
## Step Five.

- 01** Put the left and right handrails (J, K) on the left and right hand rocker tubes (C, D), and lock them with bolts (C12), nuts (C05) and gaskets (C08) using a tool Allen wrench (B15)



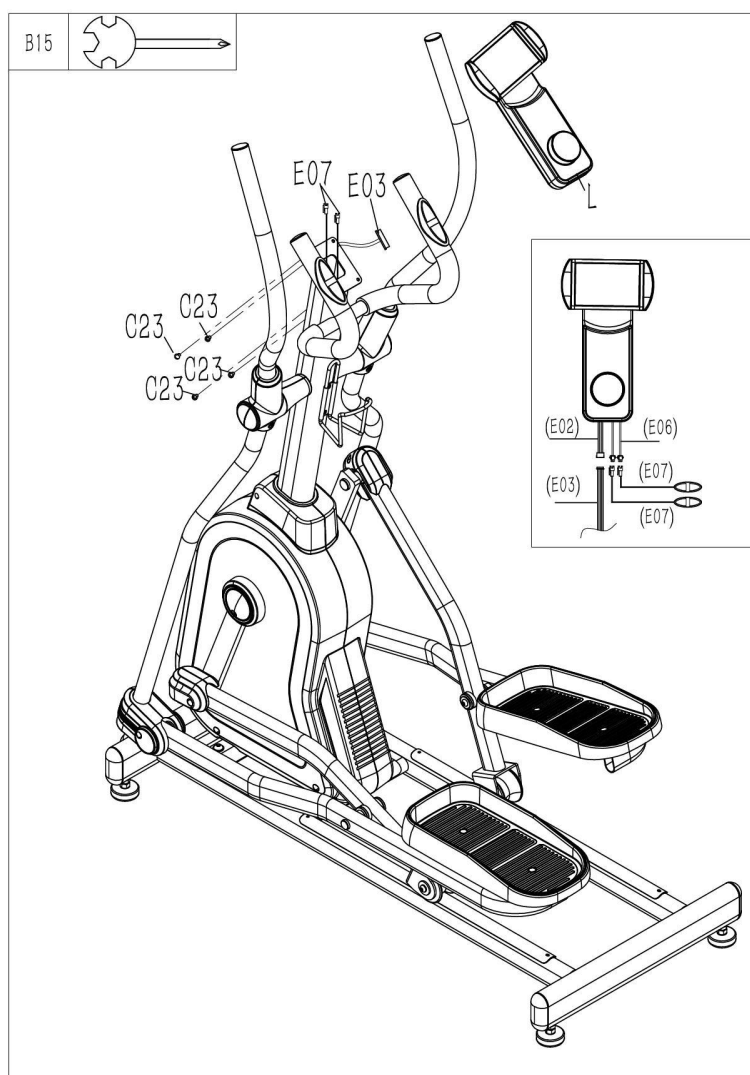
## Step Six.

- 01** Install the front upper rolling tube cover (D09) and rear upper rolling tube cover (D10) at the connection point between the handrail tube and the hand rocker tube using a tool with a cross wrench (B15) and a self-tapping screw (C20)
- 02** Install the kettle holder (B18) in the threaded hole corresponding to the instrument tube assembly (F) using a tool belt cross wrench (B15) and screw (C14)



## Step Seven.

- 01** According to the figure, connect the outlet line on the electronic watch with the middle line and the pulse line of the hand.  
Install the electronic meter set (L) on the instrument panel of the instrument tube assembly using a tool belt cross wrench (B15) and screw (C23)



# Operation Guide.

## FUNCTION BUTTONS

### Display Switch Button:

Short press the **Console** to change start or stop mode.

Long press the **Console** for 3 seconds to reset all value to zero.

### Adjust the resistance:

Turn the **Console** clockwise, increase the resistance value from 1 to 16.

Turn the **Console** counter-clockwise: reduce the resistance value from 16 to 1.

When adjusting the resistance, console will display resistance value.

When staying on the resistance value, short press the Console to change start or stop mode.



## FUNCTIONS:

**Display: Cycle through all Functions:  
Resistance-Heart Rate-Calories-Time-Distance-Speed**

|                                                                                     |                                                                                               |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|    | Display current resistance "1,2,3,...,16".                                                    |
|    | Display the calories has consumed. Accumulate total calories from 0.0 to 999.9.               |
|    | Display the time has run. Accumulates total time from 00:00 to 99:59.                         |
|    | Display the distance has run. Accumulates total distance from 0.0 to 99.9                     |
|    | Display current speed from 0.0 to 72.0 KM/H.                                                  |
|  | When connected with Bluetooth, you will find Model #SE1.Can connect to KINOMAP, ZWIFI APP.    |
|  | Heart rate icon, the icon lights up display the current heart rate. (Need BT heart rate belt) |

## HOW TO CHANGE FROM KPH TO MPH

Press the console in stop mode, Turn on and press the console, display the switch to the current imperial system, 1 represents KPH, 0 represents MPH.

Confirm the selections and press the console again to standby mode. The system defaults the selection you set.

## CAUTION

- 01** When not in use, please remove the power plug.
- 02** The minors must be accompanied by guardians when they use the elliptical to avoid misoperation, causing damage and accidental injury to personnel.

## CAN CONNECT TO KINOMAP AND ZWIFT

### 1.Kinomap

**STEP1:** Download Kinomap app and create an account

**STEP2:** Go to the "More" page and click on the "Equipment Management" button

**STEP3:** Click on the "+" button in the top right corner to add a new equipment

**STEP4:** Select the machine type that you are going to use

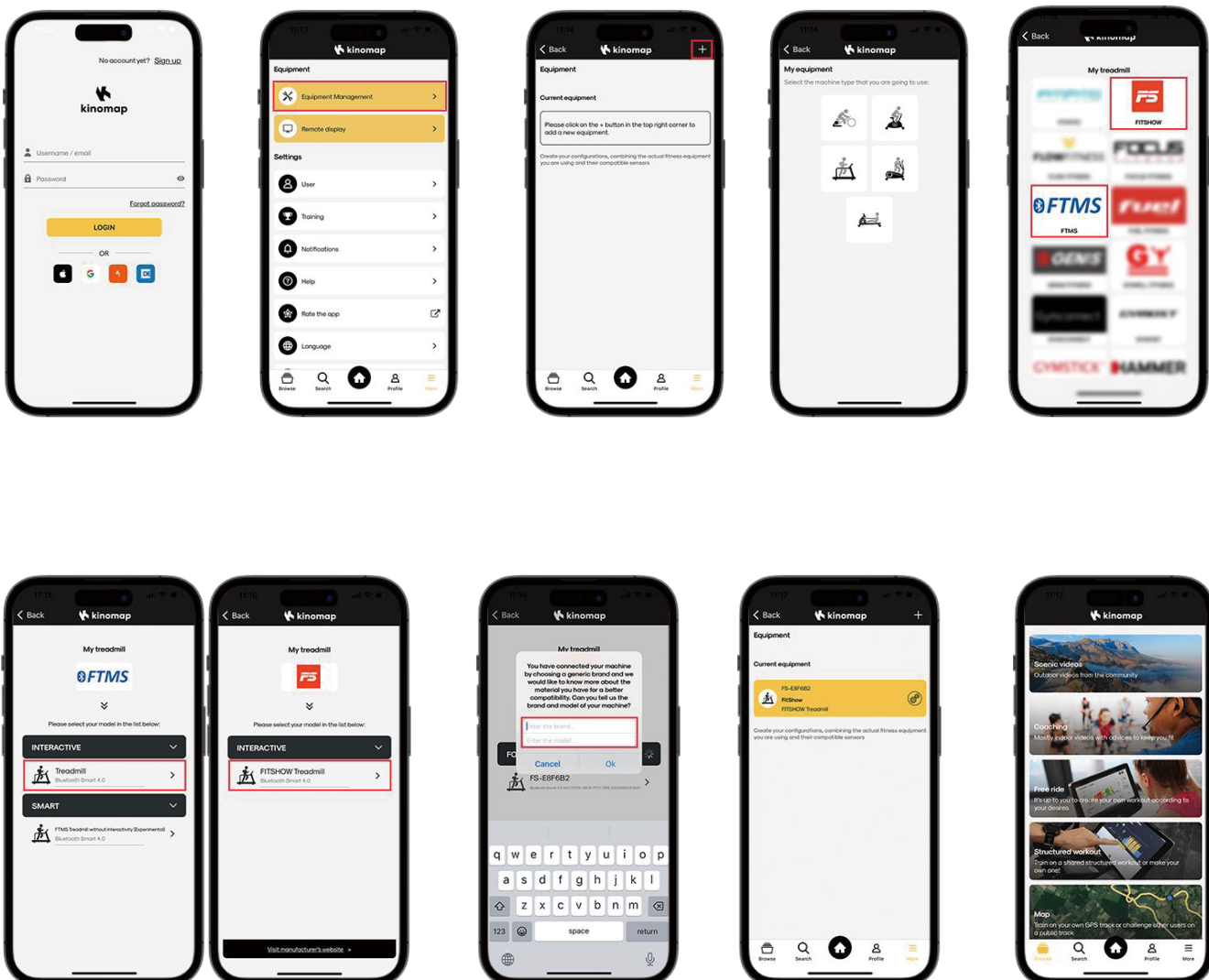
**STEP5:** Select the brand of FitShow or FTMS

**STEP6:** Select your model in the list below

**STEP7:** Enter the brand and model of your equipment

**STEP8:** Equipment add success

**STEP9:** Go To Browse page to start your favorite workout



## 2.ZWIFT

**STEP1:** Download ZWIFT app and create an account

**STEP2:** Select "RIDE" or "RUN" mode

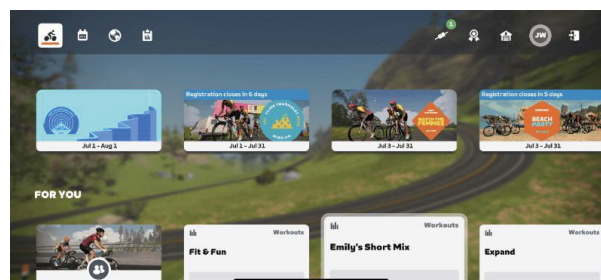
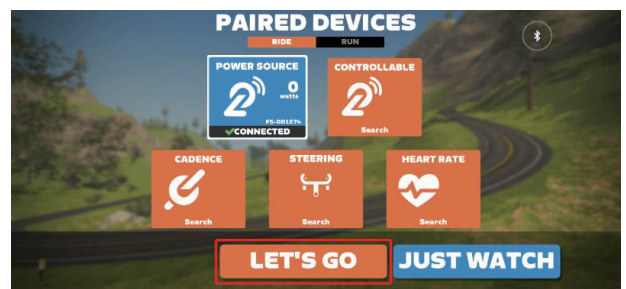
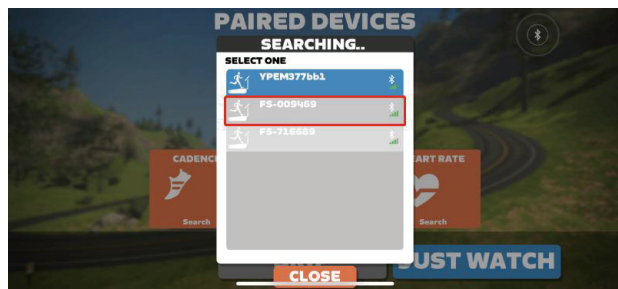
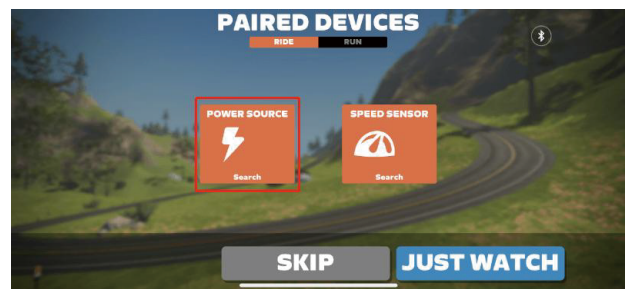
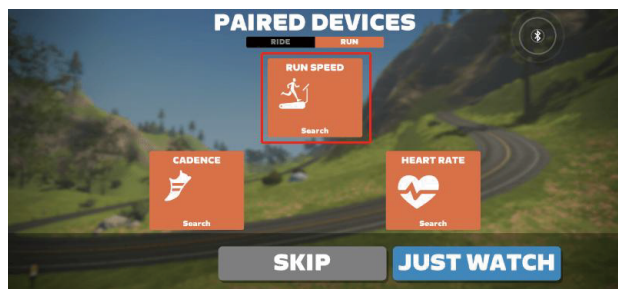
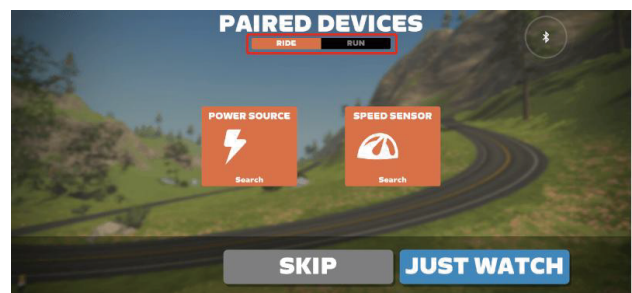
**STEP3:** If your equipment is a treadmill, click on the "RUN SPEED" button

If your equipment is an indoor bike, click on the "POWER SOURCE" button

**STEP4:** Select the paired devices 'Fs-XXXX. as our chip's name; (XXX... means random digit)

**STEP5:** Click on the "LET'S GO" button

**STEP6:** Find related map to start your favorite workout





# Conditioning Guidelines.

The following guidelines will help you to plan your exercise program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING:** Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.

## Why Exercise?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

## Target Heart Rate

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

| AGE | TRAINING ZONE - MIN - MAX (BPM) |
|-----|---------------------------------|
| 20  | 133 - 167                       |
| 25  | 132 - 166                       |
| 30  | 130 - 164                       |
| 35  | 129 - 162                       |
| 40  | 127 - 161                       |
| 45  | 125 - 159                       |
| 50  | 124 - 156                       |
| 55  | 122 - 155                       |
| 60  | 121 - 153                       |
| 65  | 119 - 151                       |
| 70  | 118 - 150                       |
| 75  | 117 - 147                       |
| 80  | 115 - 146                       |
| 85  | 114 - 144                       |

## Beginners Guide to Exercise

If you're beginning an exercise program for the first time or starting a new exercise program, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You are pregnant or are a new mother
- You have not exercised for over a year
- You have diabetes
- If you are over 35 and do not currently exercise
- You have chest pain, or experience spells of dizziness or fainting
- You are recovering from an injury or illness

## Workout Tips

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries
- If you are sore or tired, give yourself a few extra days to recover

## How to Begin

- Start with two or three 15-minute sessions per week with a rest day between workouts
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning

## How Hard Should You Work?

When exercising, you should try to stay within your target heart rate (THR) zone.

The table two pages previous will show you the THR for your age.

Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

## Tips for Stretching

- Begin with small mobility exercises of all the joints e.g. simply rotate the ankles, bend the knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints
- Always warm up the body before stretching, as this increases blood flow around the body, creating warmth which makes the muscles more supple
- Start with your legs and steadily work up the body
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times
- Do not stretch until it hurts. If there's any pain, ease off
- Don't bounce. Stretching should be gradual and relaxed
- Don't hold your breath during a stretch
- Stretch after exercising to prevent muscles from tightening up
- Stretch at least three times a week to maintain flexibility

## Warm-Up and Cool-Down

A successful cardiovascular exercise program consists of a full body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

### WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength training or exercising aerobically.

Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate moves that take the joints through their full range of motion.

### STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

## **DO NOT BOUNCE OR OVER-STRETCH**

Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



Side Stretch



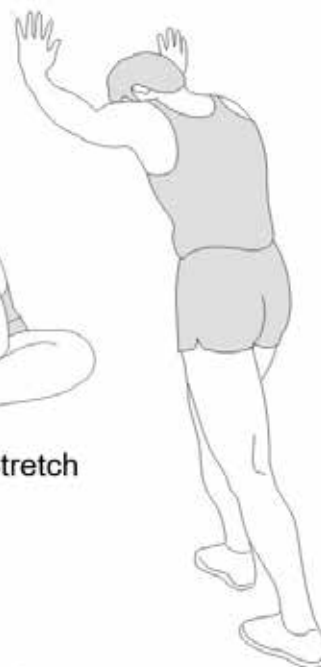
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

## **COOL-DOWN**

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



# Customer Support.

## Contact Information

Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on a label on the product itself
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue or defect.

**IMPORTANT!! - Please retain your sales receipt. Viavito Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.**



<https://www.facebook.com/MyViavito>



<https://plus.google.com/+Viavito>



<https://twitter.com/MyViavito>

|                                                                                   |                  |                       |                                                                                     |                                                                                                                   |
|-----------------------------------------------------------------------------------|------------------|-----------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>VIAVITO®</b>                                                                   |                  |                       |                                                                                     |                                                                                                                   |
|  | <b>UK<br/>CA</b> | <b>CE</b>             |  |  Max<br>User<br>Weight = 136kg |
| <a href="http://www.viavito.com">www.viavito.com</a>                              |                  | <b>SE1 ELLIPTICAL</b> |                                                                                     | <b>Class: HC</b>                                                                                                  |
| Viavito                                                                           | EN/ISO 20957     | SN :                  |                                                                                     |                                                                                                                   |
| Unit 5 – Mill Square, Featherstone Road<br>Wolverton Mill, Milton Keynes MK12 5ZD |                  |                       |                                                                                     |                                                                                                                   |

The best way to contact us is via the website: **[www.viavito.com](http://www.viavito.com)**

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Haus 56

Friedrich-Ebert-Straße 75

51429 Bergisch Gladbach

Email: **[service@cardiofitness.de](mailto:service@cardiofitness.de)**



## Manufacturer's Warranty

Viavito Ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Viavito. To qualify for this, please complete the warranty registration form on the Viavito website at **www.viavito.com**. Full details of warranty extensions and the Viavito Manufacturer's Warranty are available online at **www.viavito.com**.

### Terms.

This warranty extends only to the original purchaser and is not transferable.  
The warranty does not cover:

- 01** Normal wear and tear
- 02** Any changes to upgrade this product from its normal state or use other than as described in the user manual
- 03** Damage resulting from:
  - a) Transport
  - b) Abuse, misuse, failure to follow instructions or improper or abnormal use
  - c) Non-home use - including commercial, professional, or rental purposes

- d) Repairs not provided by Viavito Ltd
- e) Accidents, lightning, water, fire, or any other causes beyond the control of Viavito
- f) Improper location including, but not limited to, humid, dusty, or outdoor environments.

Viavito is not responsible or liable for direct, indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the machine requiring a repair, this may need to be performed at a Viavito authorised repair centre.

**This warranty is in addition to and does not in any way affect your statutory rights.**

## Parts List

| NO. | DESCRIPTION                      | SPEC.  | Q'TY | NO. | DESCRIPTION                  | SPEC.      | Q'TY |
|-----|----------------------------------|--------|------|-----|------------------------------|------------|------|
| A01 | Base frame                       |        | 1    | C28 | Wave washer                  |            | 6    |
| A02 | Main frame                       |        | 1    | C29 | Spring washer                | 8          | 18   |
| A03 | Left rocking handrail frame      |        | 1    | C30 | Spring washer                | 10         | 4    |
| A04 | Right rocking handrail frame     |        | 1    | C31 | Flat wahser                  | 8          | 4    |
| A05 | Pedal connecting frame           |        | 2    | C32 | screw                        | ST2.2*6.5  | 10   |
| A06 | Console tube frame               |        | 1    | C33 | screw                        | ST2.9*7    | 10   |
| A07 | Left pedal frame                 |        | 1    | C34 | screw                        | ST3.5*10   | 4    |
| A08 | Right pedal frame                |        | 1    | C35 | Flat wahser                  | Φ5*Φ10*1.5 | 2    |
| A09 | Belt wheel assembly              |        | 1    | C36 | Screw                        | M5*15      | 1    |
| A10 | Magnet welding frame             |        | 1    | C37 | screw                        | M4*15      | 2    |
| A11 | Left handrail                    |        | 1    | D01 | Left protection cover        |            | 1    |
| A12 | Right handrail                   |        | 1    | D02 | Left top protection cover    |            | 1    |
| B01 | Crank frame                      |        | 2    | D03 | Right protection cover       |            | 1    |
| B02 | Straight core shaft frame        |        | 1    | D04 | Right top protection cover   |            | 1    |
| B03 | Flywheel sleeve                  |        | 1    | D05 | Left rocking handrail cover  |            | 2    |
| B04 | Small hinge axis                 |        | 2    | D06 | Right rocking handrail cover |            | 2    |
| B05 | Magnet                           |        | 10   | D07 | Left pedal tube cover        |            | 2    |
| B06 | Flywheel                         |        | 1    | D08 | Right pedal tube cover       |            | 2    |
| B07 | Powder metallurgy shaft sleeve 1 |        | 12   | D09 | Front rocking handrail cover |            | 2    |
| B08 | Powder metallurgy shaft sleeve 2 |        | 4    | D10 | Rear rocking handrail cover  |            | 2    |
| B09 | Flat button                      |        | 3    | D11 | crank cover                  |            | 2    |
| B10 | Centripetal bearing              | 6004   | 4    | D12 | Rubber ring                  |            | 1    |
| B11 | Centripetal bearing              | 6301   | 2    | D13 | End cap                      |            | 4    |
| B12 | Wheel spacer bush                |        | 2    | D14 | Belt pallet                  |            | 1    |
| B13 | Aluminium sheet                  |        | 2    | D15 | belt                         |            | 1    |
| B14 | 6# ALLEN WRENCH                  |        | 2    | D16 | roller                       |            | 2    |
| B15 | Cross wrench                     |        | 1    | D17 | motor wire                   |            | 1    |
| B16 | tension spring                   |        | 1    | D18 | Foam grip                    |            | 2    |
| B17 | belt wheel                       |        | 1    | D19 | Foam grip                    |            | 2    |
| B18 | kettle holder                    |        | 1    | D20 | End cap                      |            | 2    |
| B19 | ball plunger                     |        | 2    | D21 | 25 end cap                   |            | 2    |
| B20 | tension spring                   |        | 4    | D22 | Foot pad                     |            | 4    |
| C01 | Bolt                             | M6*60  | 1    | D23 | Moving wheel                 |            | 2    |
| C02 | Bolt                             | M10*20 | 4    | D24 | end cap                      |            | 2    |
| C03 | Bolt                             | M8*45  | 2    | D25 | end cap                      |            | 2    |
| C04 | Bolt                             | M8*15  | 24   | D26 | Eva pad                      |            | 2    |

| NO. | DESCRIPTION      | SPEC.      | Q'TY | NO. | DESCRIPTION                  | SPEC. | Q'TY |
|-----|------------------|------------|------|-----|------------------------------|-------|------|
| C05 | Bolt             | M8*H7      | 10   | D27 | pedal                        |       | 2    |
| C06 | Big Flat washer  | Φ8*Φ24*2.0 | 15   | D28 | device holder upper plate    |       | 1    |
| C07 | Big Flat washer  | Φ8*Φ28*2.0 | 2    | D29 | device holder lower plate    |       | 1    |
| C08 | Curved washer    | φ8.5       | 4    | D30 | device holder                |       | 1    |
| C09 | External circlip | 12         | 1    | D31 | rubber fixing block          |       | 2    |
| C10 | External circlip | 20         | 4    | D32 | plastic support plate        |       | 2    |
| C11 | External circlip | 8          | 1    | D33 | console top cover            |       | 1    |
| C12 | Bolt             | M8*40      | 4    | D34 | console bottom cover         |       | 1    |
| C13 | Bolt             | M5         | 1    | D35 | silicone pad                 |       | 1    |
| C14 | Nut              | M5*10      | 2    | D36 | plastic spacer sleeve        |       | 2    |
| C15 | Bolt             | M10*55     | 2    | E01 | console                      |       | 1    |
| C16 | Nut              | M10        | 2    | E02 | top signal wire              |       | 1    |
| C17 | Bolt             | M8*20      | 4    | E03 | middle wire                  |       | 1    |
| C18 | Nut              | M6         | 4    | E04 | lower wire                   |       | 1    |
| C19 | Bolt             | M6*16      | 4    | E05 | sensor                       |       | 1    |
| C20 | Screw            | ST4.2*16   | 16   | E06 | heart rate wire              |       | 1    |
| C21 | Screw            | ST4.2*12   | 6    | E07 | heart rate bottom wire       |       | 2    |
| C22 | Screw            | ST4.2*19   | 2    | E08 | heart rate monitoring tablet |       | 2    |
| C23 | Bolt             | M5*8       | 10   | E09 | master controller            |       | 1    |
| C24 | Flat washer      | Φ10*Φ20*2  | 5    | E10 | power outlet cable           |       | 1    |
| C25 | Nut              | M10        | 4    | E11 | adaptor                      |       | 1    |
| C26 | Nut              | M6         | 1    | E12 | PMS motor                    |       | 1    |
| C27 | Bolt             | M8*20      | 1    | E13 | grease box                   |       | 1    |

## Exploded Diagram

