



# ASSEMBLY MANUAL >



# RAZOR

# R7

**Record serial number**

*Elite R7 Razor Rowing Machine*

Thank you for purchasing the **Elite R7 Razor Rowing machine**.

For over 20 years, Elite Fitness™ has been New Zealand's largest supplier of fitness equipment. Our aim and vision is to provide you Elite™ branded products, tested to the highest standard for quality and biomechanics at the best possible price.

Please read through this manual to familiarise yourself with the operation of your new **Elite R7 Rowing Machine**. Doing so will help to insure that you get the most out of your machine, enjoying a safe and effective workouts ahead.

Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

## **SERVICE & WARRANTY**

For service and warranty assistance please visit: [www.elitefitness.co.nz/service](http://www.elitefitness.co.nz/service)

Online forms are available for Service, Warranty and Parts requests.

(09) 258 9067 Service.

(09) 258 9070 Parts.

## **Elite Fitness HQ**

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# IMPORTANT SAFETY INSTRUCTIONS

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The following definition applied to the word “WARNING” when used in this manual:



Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

## READ ALL INSTRUCTIONS BEFORE USING THE MACHINE

This product has been designed for home use only. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this Manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.

**WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SERVICE HINTS:** The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

**IMPORTANT HINTS:**

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 130KGS.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Misuse of the product could result in serious injury

## **PRODUCT SPECIFICATIONS**

User Weight Capacity:	130kg
Dimensions:	2140 x 600 x 742 mm
Shipping Weight:	33kg
Net Weight:	26kg
Power Requirements	DC 9V 1.0A Adaptor

# ASSEMBLY INSTRUCTIONS

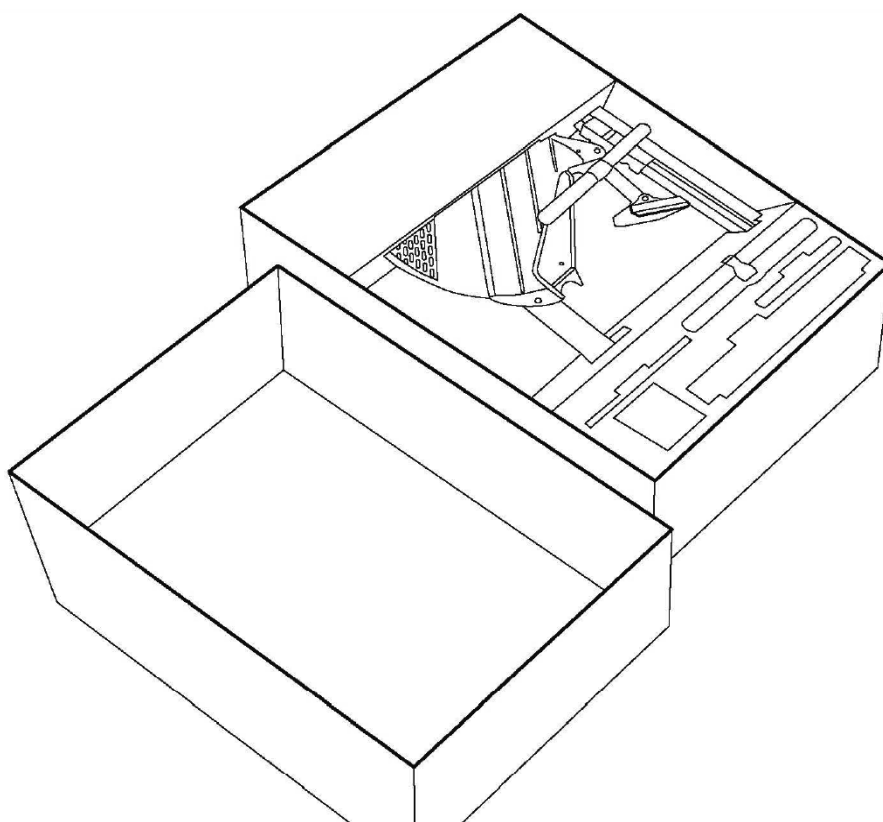
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## **STEP 1**

Ensure you have enough clear working space to begin unpacking your new Elite R7 Razor Rowing Machine.

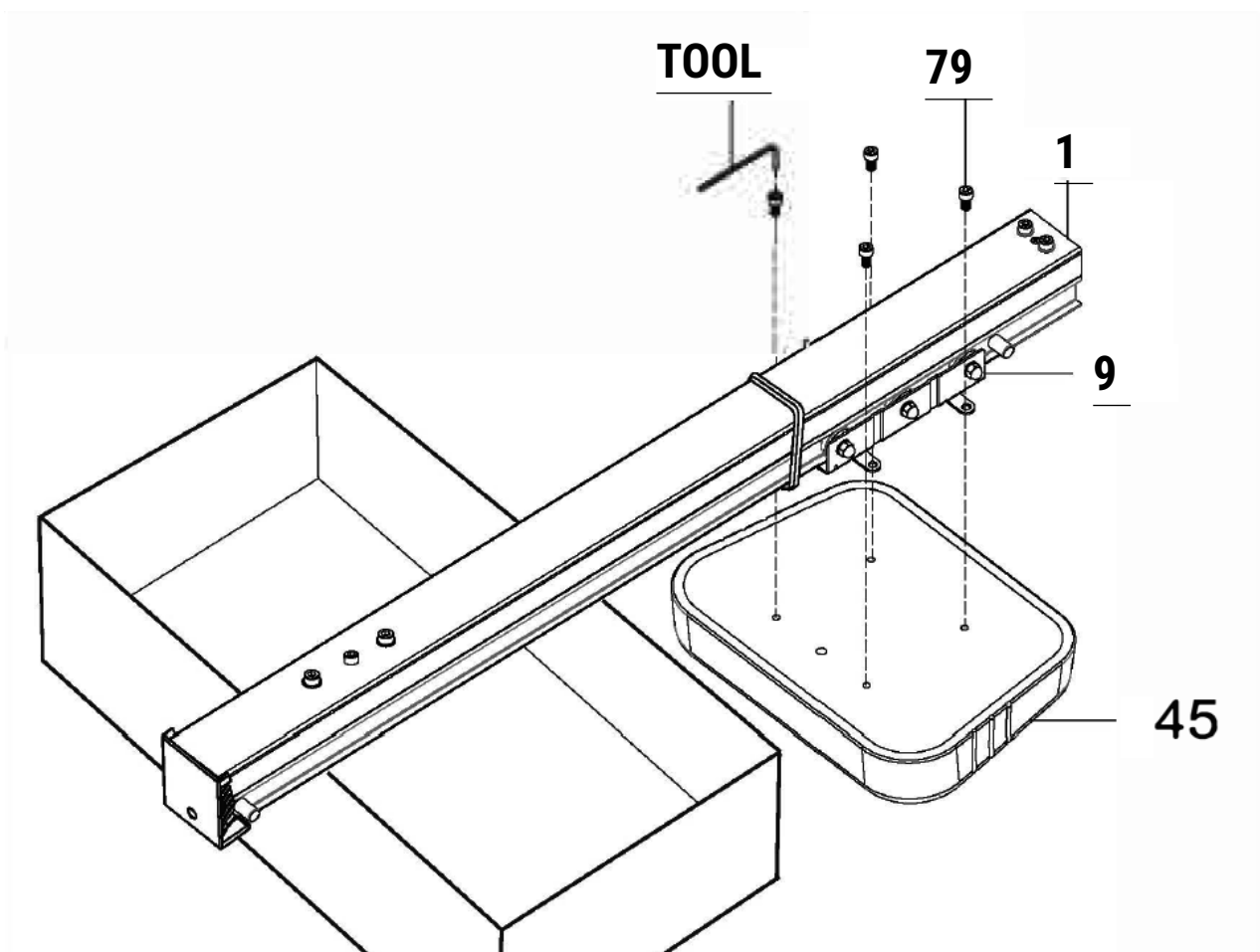
## **STEP 2**

Open the carton as shown in the diagram below. NOTE: To protect the Rower while assembling we suggest that you do not remove the Protective Packing. Material until it is absolutely necessary.



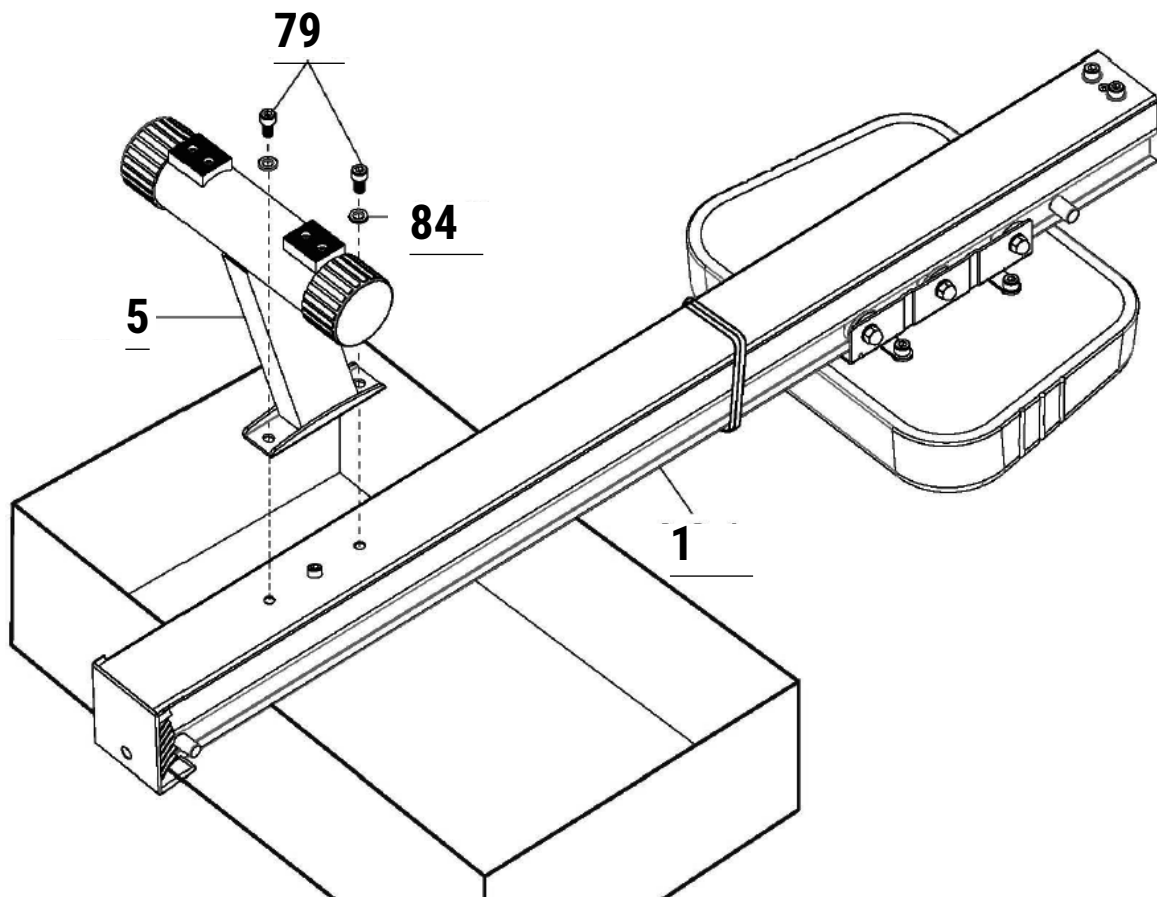
### **STEP 3**

- a) Reverse the Aluminium Beam [1] and place it on top of the Carton Lid as shown in the diagram below.
- b) Remove 4 x Bolt [79] from SEAT [45] with the tool provided.
- c) Assemble the Seat [45] and the Seat Carriage [9] with 4x Bolt [79].



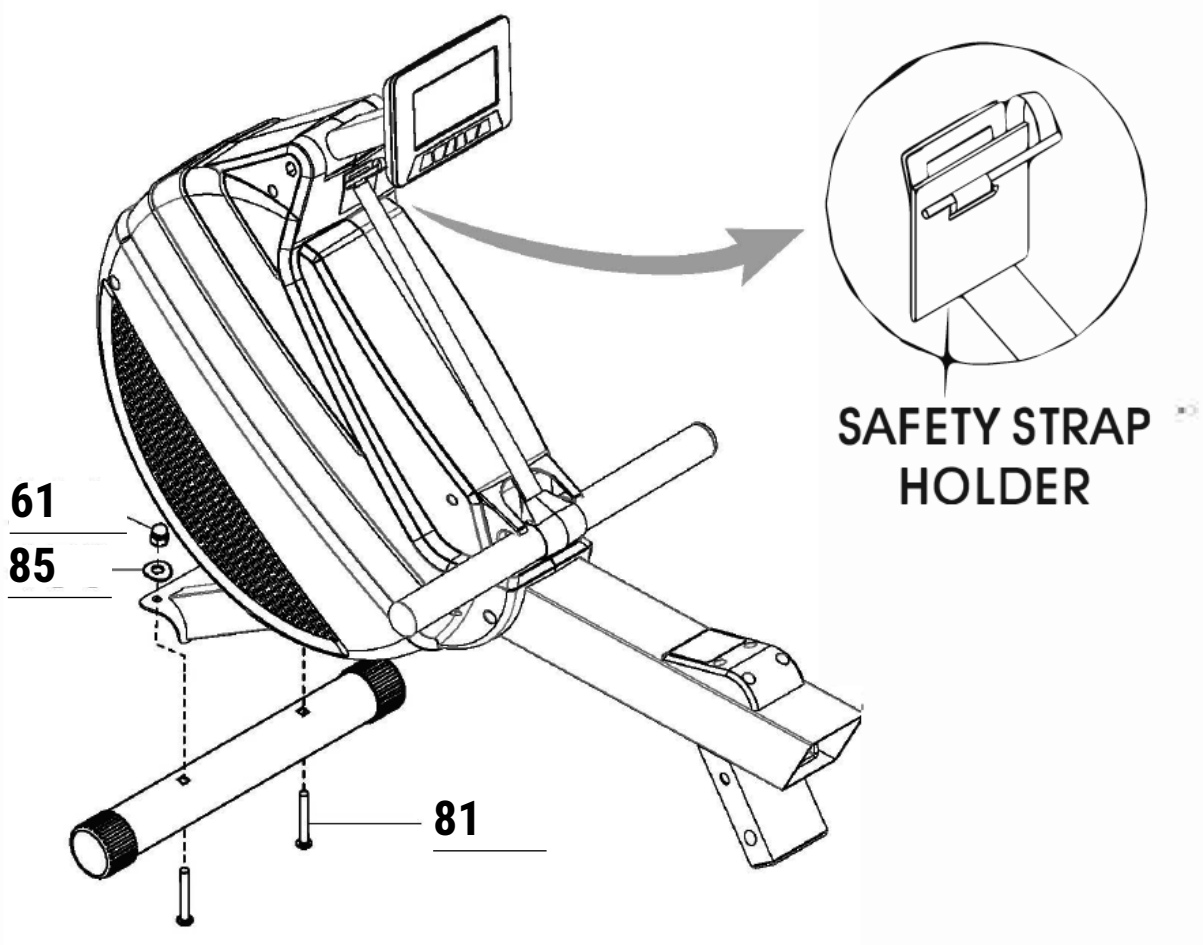
#### **STEP 4**

- a) Remove 2 x Bolt [79] from Aluminium Beam [1] with the tool provided.
- b) Assemble the Rear Stabiliser [5] and the Aluminium Beam [1] with 2 x Bolt [79] and 2 x Washer [84].



## **STEP 5**

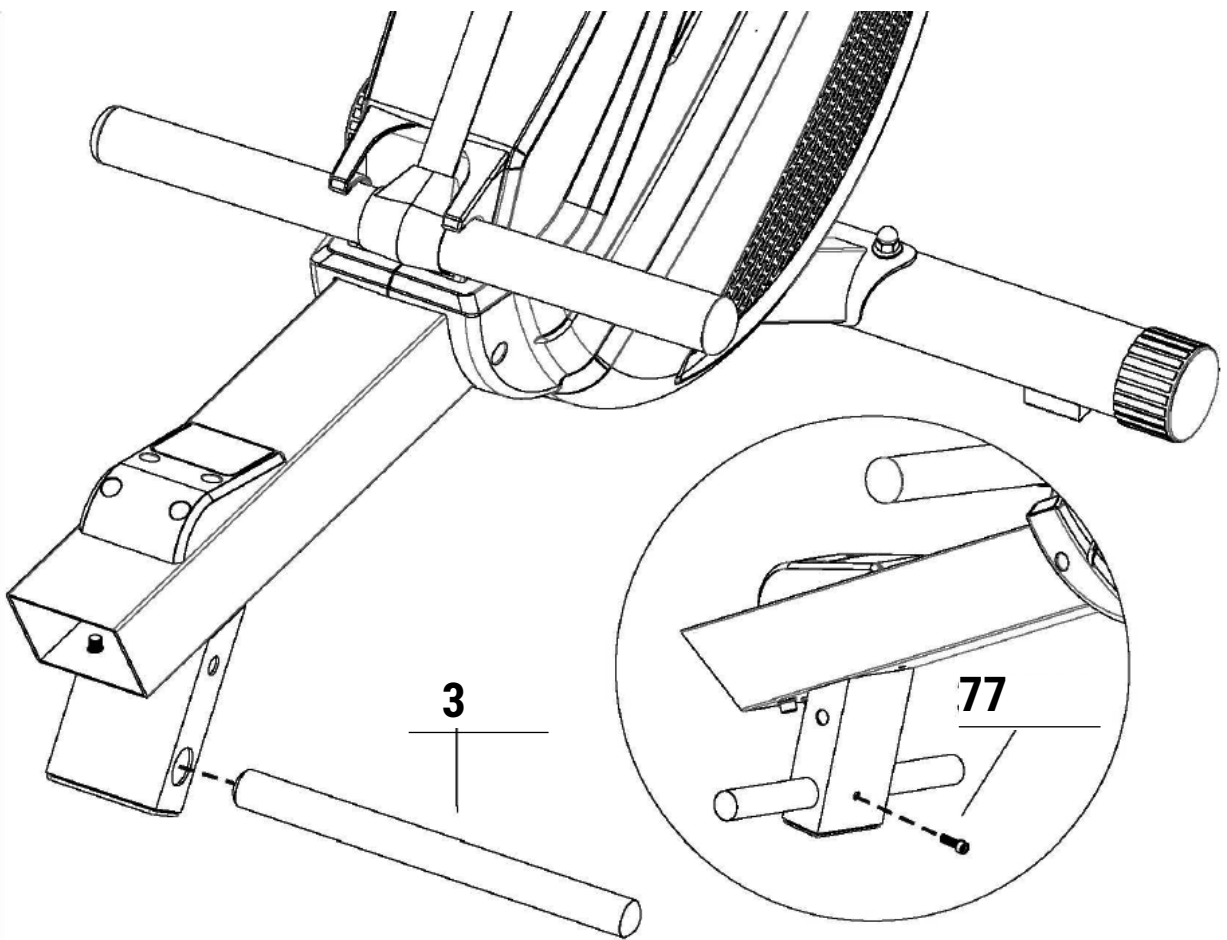
- a) Remove 2 x Bolt [81] from Front Stabiliser [4] with the tool provided.
- b) Assemble the Front Stabiliser [4] with 2 x Bolt [81] and 2 x Nut [61] and 2 x Washer [85].
- c) Remove the Safety Strap Holder and discard.
- d) Place the handle bar in it's holder.





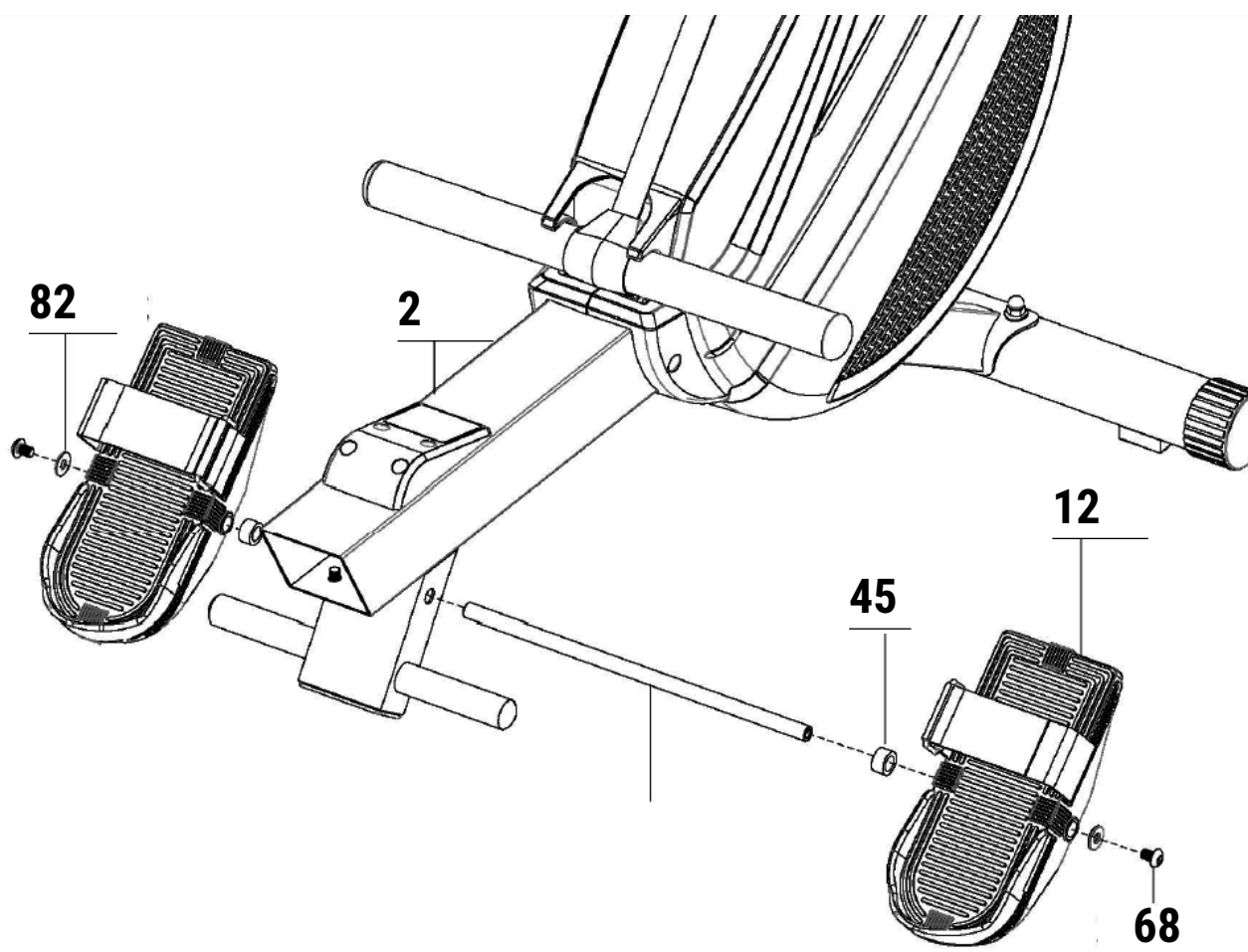
## **STEP 6**

- a) Remove Bolt [77] from Metal Support [3] with the tool provided.
- b) Insert the Metal Support [3] through main frame [2] .
- c) Assemble the Metal Support [3] with Bolt [77] and tighten firmly.



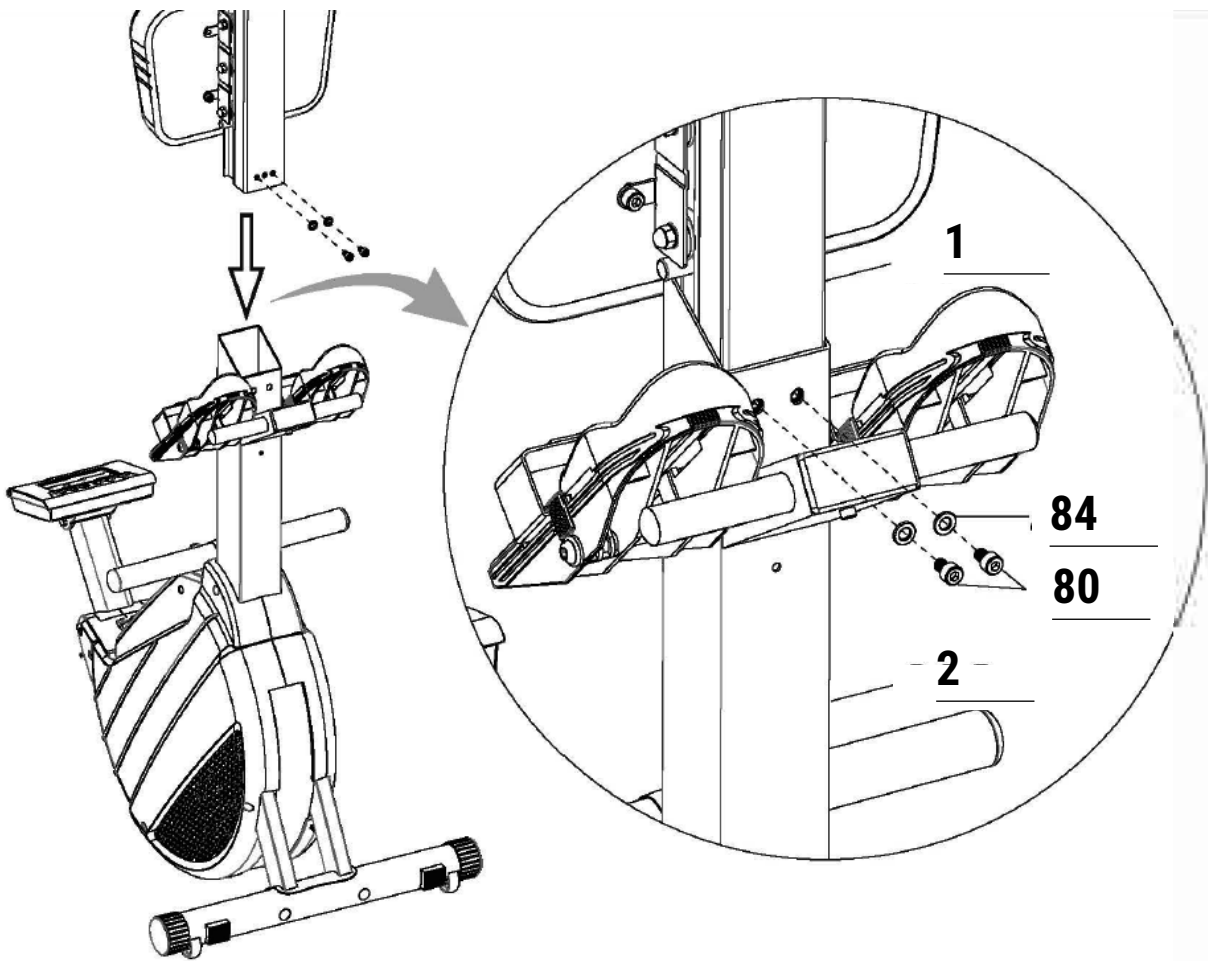
## **STEP 7**

- a) Insert the foot pedal bar [12] through Main Frame [2] as shown in the diagram below.
- b) Assemble the left & right foot pedal [18] and foot pedal bar [12] with 2 x Plastic Ring [45] and 2 x Nut [68] and 2 x washer [82] .



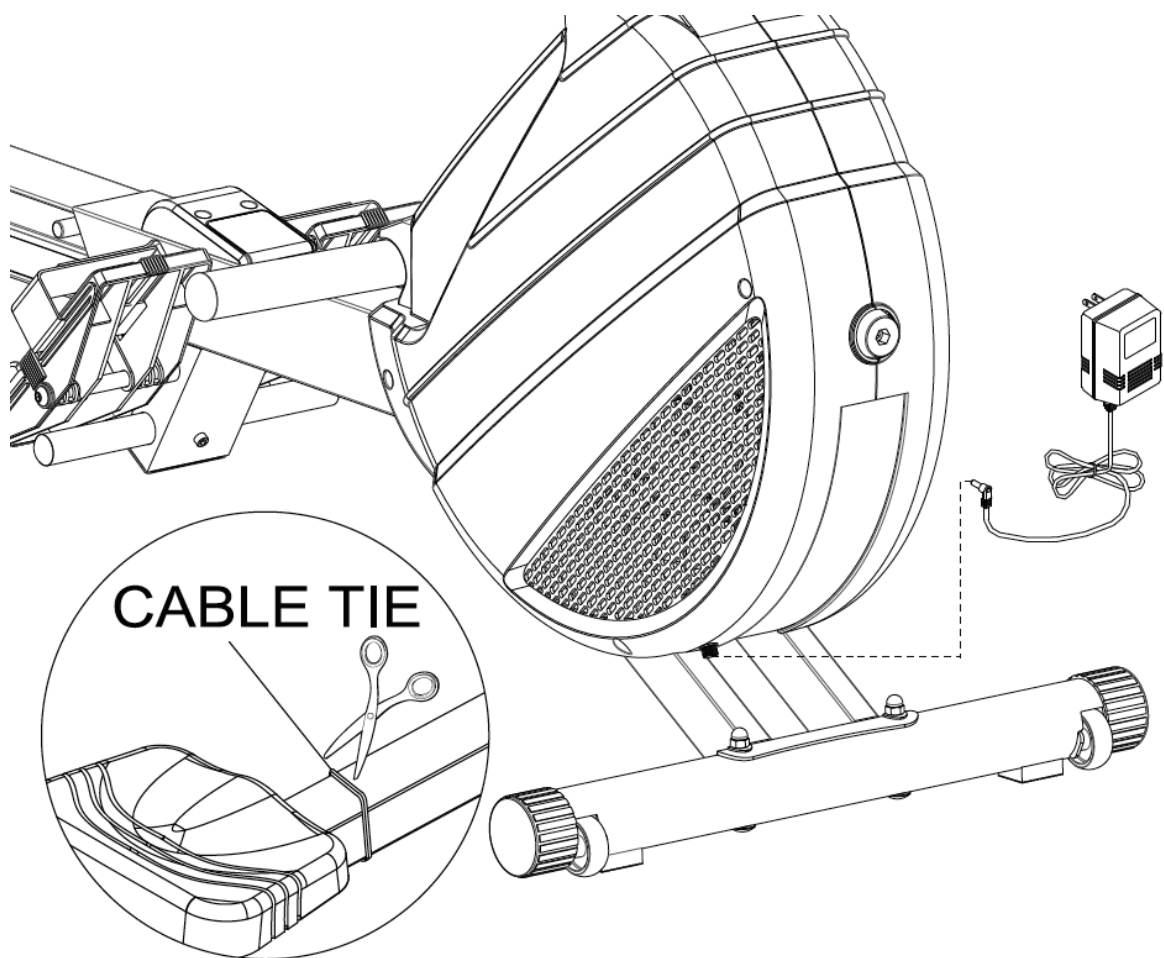
## **STEP 8**

- a) Lift the Main frame upright [2] as shown below.
- b) Remove 2 x Bolt [80] and 2 x Washer [84] from Aluminium Beam [1] with the tool provided.
- c) Assemble the Aluminium Beam [1] with the 2 x Bolt [80] and 2 x Washer [84] then tighten firmly.



## **STEP 9**

- a) Cut the CABLE TIE.
- b) Connect the AC Adaptor Cable into the main power socket.



## CONGRATULATIONS

Assembly of your **Elite R7 Rowing Machine** is now complete! Be sure to fully inspect your machine before using it for the first time.

# **WARNING**

Failure to visually check and test and tech the assembly before use can cause damage to the **Elite R7 Rowing machine** and serious injury to users and bystanders and can also compromise the effectiveness of your exercise program.

# ADJUSTMENT GUIDE & STORAGE INSTRUCTIONS

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## MOVING THE MACHINE

Position yourself as shown in Fig 1 and hold up the rower with two hands. Slowly tip the rower towards the front and hold up to support the weight.

Once balanced (see Fig 2), you can transport the bike to the desired location with ease.

FIG. 1



FIG. 2



## STORAGE

When not in use, you can fold up the machine to save the space. The rowing machine does not fold, so to store it simply lift the rower to its upright position.

- 1) Position yourself at the end of the rower as shown in FIG 3 and take a firm grip of the ALUMINIUM BEAM and lift up.
- 2) Midway to the upright position, use your left hand to take grip of the REAR STABILISER and continue lifting the rower.
- 3) Just before the upright position holding the REAR STABILISER, gently lower the MAIN COVER to the floor.

**WARNING:** In the upright position, the rowing machine be knocked over so place it in a safe location to avoid injury or damage.

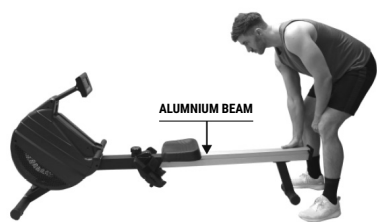


FIG. 3



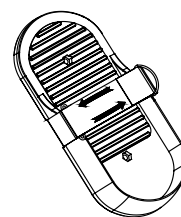
FIG. 4



FIG. 5

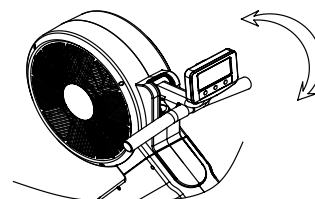
## PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalised to fit the user's foot size.



## COMPUTER ANGLE ADJUSTMENT

The rotation angle of computer post can be adjusted to obtain the best view of the Computer LCD screen.



## CARE AND MAINTENANCE

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### **WARNING**

At least once a year, the cover on your rowing machine should be removed and any dust or debris vacuumed up to maintain the smooth operation of the drive system. Contact the Elite Fitness Service Department for further information on servicing your rowing machine.

Prolong the life of your rower by performing periodic maintenance checks. Not only does this ensure your machine is in full working order to ensure they continue to run smoothly and reliably, but it will save you service costs in the long run.

#### **Cleaning**

General cleaning of the unit after use will protect the rowers powder-coated framework and prevent unnecessary corrosion stains and damage to the structural components from sweat and perspiration. During this time check for any cracks and damage.

#### **Guide Rail:**

This area needs attention every week. It needs to be kept free of dust and debris. If the wheels roll over dust and debris it ingrains itself in either the wheel or the rail itself. Over time this will pit the wheels or guide rail making for a bumpy workout.

#### **Chain:**

If you have a chain attached to your rowing handle once every 6 months you should give it a light oiling. The chain should be free of build-up before re-greasing if it is dirty use an automotive degreaser and paper towel to remove the build-up.

To oil the chain; pull the chain to its full extent and while holding the handle use a clean paper towel to rub lubricant along the length of the chain. 3 in 1 oil or 20W motor oil are recommended. About 1 teaspoon of lubricant is plenty.

#### **Adjust the End cap & How to fold the unit**

To fold the aluminium rail, pull out the lock pin from the joint. Secure the rail by the lock pin.

#### **Correct Exercising Position**

When exercising, hold the handlebar tightly and relax your back. Try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experiencing a surging type feeling, adjust the tension down to a more comfortable setting.





# LIMITED WARRANTY

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## Warranty Registration

It is recommended you register your warranty online at [www.elitefitness.co.nz/service/online-forms/warranty](http://www.elitefitness.co.nz/service/online-forms/warranty) to ensure you receive the correct user maintenance information for your product before use. This will enable you to receive any additional or helpful information from the manufacturer or Elite Fitness Equipment about your product.

## Warranty Range

Damage in correct maintenance and normal operations (not factitious factors). Warranty card to the original purchaser, shall not be transferred.

## Warranty Time

### HOME USE

- 10 Year Frame
- 1 Year Parts and Labour

*The following conditions are not under warranty range:*

- As a result of abuse, neglect, accident, or unauthorized modification;
- The damage due to incorrect adjustment of the machine;

## Repair and Maintenance Service

Please contact our Elite Fitness Service Department at [eliteservice@elitefitness.co.nz](mailto:eliteservice@elitefitness.co.nz) or visit [www.elitefitness.co.nz](http://www.elitefitness.co.nz) for any service related issues or advice on preventative maintenance servicing procedures.

# CONSOLE



## OPERATION:

POWER ON: Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.

## DISPLAY FUNCTIONS

FUNCTION	DESCRIPTION	SPECS
SPM	The strokes per minute, when starting exercise.	0 ~ 999 RPM
TIME/500m	The time of each 500 metre at the current stroke velocity.	0M:00S ~ 99M:59s
METERS	The distances of each workout ,when starting exercise.	0.0 ~ 9999M
PULSE	Heart rate during each workout.	30-230 BPM
CALORIE	The calories burned of each workout, when starting exercise.	0 ~ 9999KCAL
STROKES	The strokes of each workout, when starting exercise.	0~9999
STROKES	The strokes of each workout, when starting exercise.	0~9999
WATTS	Workout power consumption.	0~999

## KEY FUNCTIONS

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FUNCTION	DESCRIPTION
UP	In settings, adjusting up will increase the resistance levels.
DOWN	In settings, adjusting down decrease the resistance levels.
ENTER	Confirm setting or selection.
RESET	In Ready Mode, press the UP key + DOWN key at the same time and the computer will reboot.
START/ STOP KEY	Press start to start rowing. Press Stop to Display Workout Feedback
RECOVERY	Track user heart rate during recovery

## MANUAL WORKOUT

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1. At the home screen, press UP or DOWN to choose MANUAL and press ENTER to confirm.
2. Press START/STOP to start your workout immediately.
3. If you would like to set personal targets for your workout, press the UP and DOWN keys to input your personal settings and press ENTER to confirm.
4. Press START/STOP to start your workout.
5. Once you reach your set target, the computer will alarm and stop.
6. Press START/STOP to finish your workout. The exercise values will remain.
7. Press RESET to go back to the workout selection menu.

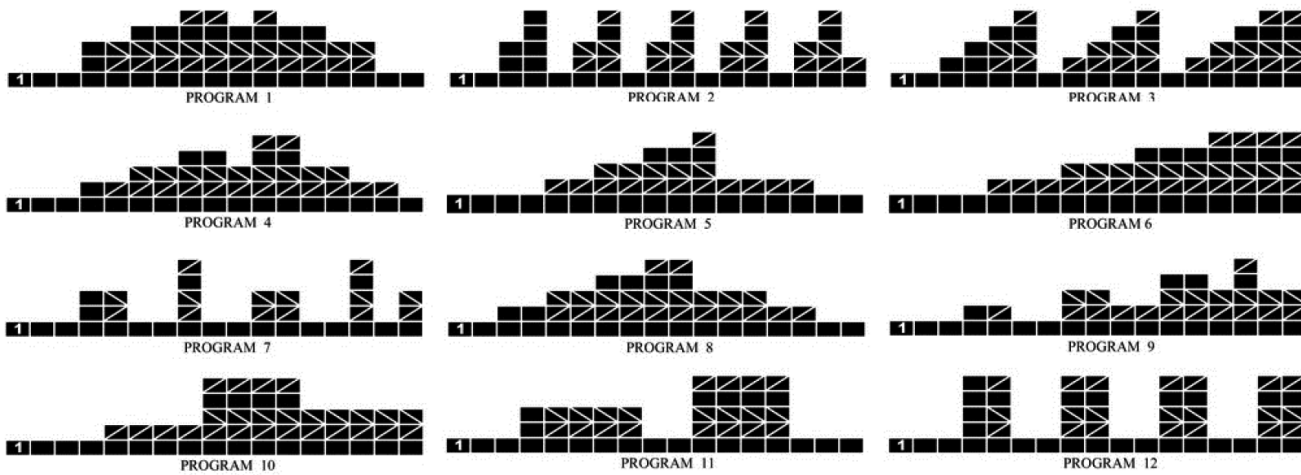
## SELECTING A PROGRAM

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1. Press the UP and DOWN keys to choose and press ENTER to confirm.
2. Press the UP and DOWN keys to choose one of the 12 pre-set programs and press ENTER to confirm.
3. Press START/STOP to start your workout.
4. You can adjust the level of resistance on the rower by pressing the UP and DOWN keys.
5. Press START/STOP to finish your workout. The exercise values will remain.
6. Press RESET to go back to the workout selection menu.



# PRE-SET PROGRAMS

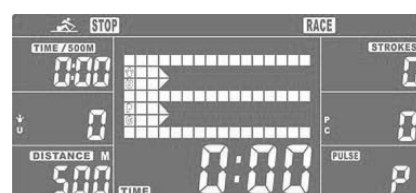


1. Press the UP and DOWN keys to choose and press ENTER to confirm.
2. Press the UP and DOWN keys to choose one of the 12 pre-set programs and press ENTER to confirm.
3. Press START/STOP to start your workout.
4. You can adjust the level of resistance on the rower by pressing the UP and DOWN keys.
5. Press START/STOP to finish your workout. The exercise values will remain.
6. Press RESET to go back to the workout selection menu.
  - Interval Programs: P2 - P3 - P7 - P12
  - Increasing resistance level programs P6 - P9 - P11
  - Increasing and decreasing resistance levels programs: P1 - P4 - P5 - P8 - P10

# RACE PROGRAM

In this program, the user can race against the computer.

1. Press the UP and DOWN keys to choose RACE and press ENTER to confirm.
2. Press the UP and DOWN keys to choose SPM and press ENTER to confirm.
3. Press the UP and DOWN keys to choose your desired rowing METRES and press ENTER to confirm.
4. Press the UP and DOWN keys to adjust the resistance level and press ENTER to confirm.
5. Press START/STOP to start your workout, the console will display USER and PC workout status.
6. Press START/STOP to finish your workout. The exercise values will remain.
7. Press RESET to go back to the workout selection menu.



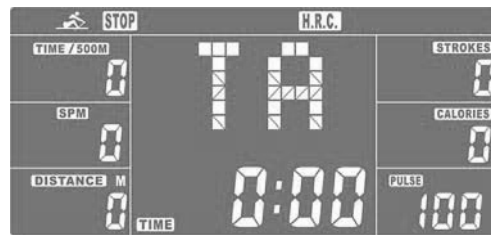
# HEART RATE (H.R.C) PROGRAM

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In this program, the rower reacts to your pulse as measured by the NECESSARY chest belt. This program allows you to row efficiently and safely within your set heart rate zone.

You can choose between:

- HRC55: Ideal for beginners
  - HRC75: Ideal for experienced users and athletes
  - HRC90: Suitable for competitive athletes.
  - TAG: The computer uses your age to calculate a target pulse rate, which you can adjust. Never select a target pulse that is higher than your age-determined maximum pulse rate.
1. Press the UP and DOWN keys to choose H.R.C and press ENTER to confirm.
  2. Press the UP and DOWN keys to choose one of the H.R.C programs and press ENTER to confirm. With the TARGET program press UP or DOWN to set a value and press ENTER to confirm.
  3. Press START/STOP to start your workout and once you've finished your workout Press START/STOP again.
  4. Press RESET to go back to the workout selection menu.



Note:

- The computer sets a paddle resistance that keeps you rowing within your target pulse rate.
- If you are rowing and go below your preset pulse rate, the resistance will automatically increase one level every 30 seconds. If you go above your preset pulse rate, the resistance will decrease one level every 15 seconds.
- If you have already reached the lowest level "1" and your pulse rate is still higher than your preset value, then after 30 seconds an alarm will go off and the program will end.

## USER PROGRAM

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Here you can design your own program.

1. Press the UP and DOWN keys to choose USER PROGRAM and press ENTER to confirm.
2. The first bar will be displayed and press the UP and DOWN keys to choose your resistance, confirm by pressing enter. The next bar will be displayed and continue this process for up to 16 bars. To finish your profile or quit settings, hold on pressing ENTER.
3. Select the desired time with the UP and DOWN buttons and press ENTER to confirm.
4. Press START/STOP to start your workout and once you've finished your workout Press START/STOP again.
5. Press RESET to go back to the workout selection menu.

# RECOVERY PROGRAM

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It is recommended to end an intensive rowing session with a recovery phase.

1. Press the RECOVERY and wear the chest belt again.
2. TIME will show counting down from 60 seconds.
3. Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown.



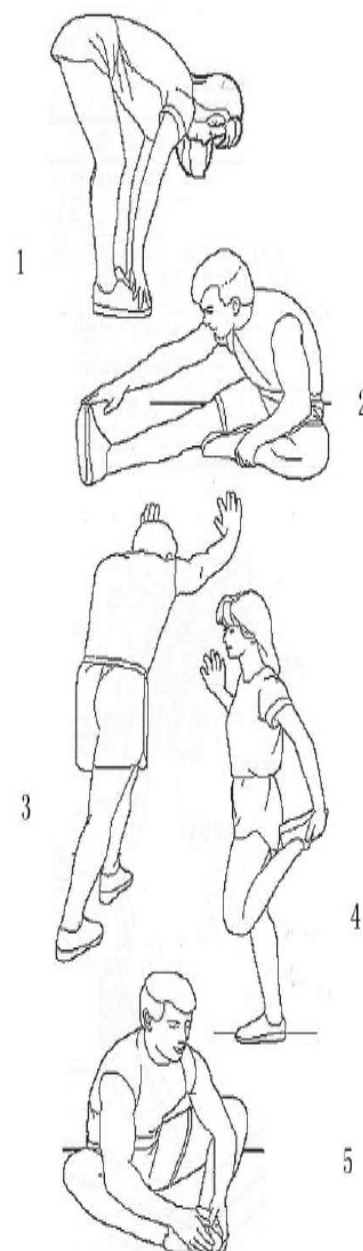
1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 4.9	BELOW AVERAGE
6.0	POOR

## WARM-UP EXERCISE

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Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
- Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
- Quadriceps Stretches Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
- Sartorius (Inner Muscles of the Thigh) Muscle
- Stretches Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).



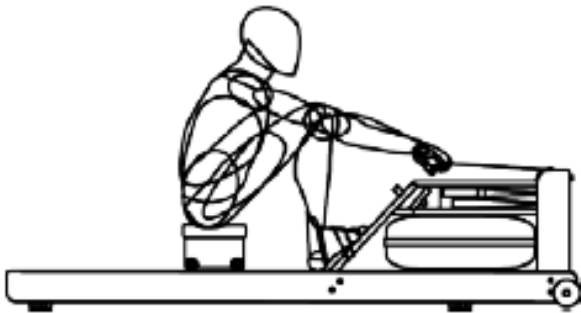


## ROWING TECHNIQUES

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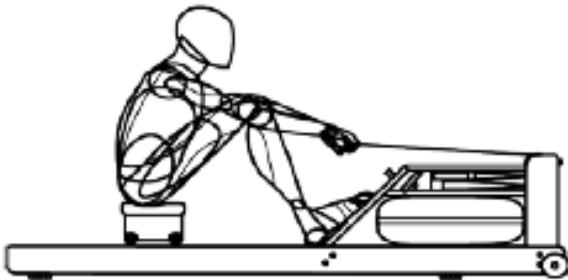
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

The Rowing Action is comprised of both fast (drive phase) and slow (recovery phase) movements. It is important to combine these 2 movements into a rhythm in order to create a smooth, flowing, unhurried Rowing Action. The diagrams below show 3 basic movements of the rowing action.



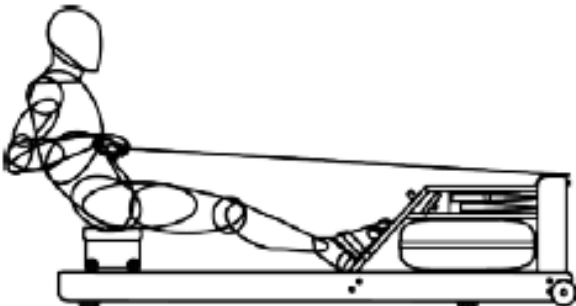
### CATCH POSITION

Sitting tall, arms straight reaching forward, shoulders relaxed, head up, eyes looking forward, legs compressed and shins vertical.



### DRIVE PHASE

Drive back with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



### RELEASE POSITION

Legs straight, handle drawn to chest, sitting back just past the vertical, torso firm, shoulders relaxed, head up and eyes looking forward.

Allow yourself the first few rowing sessions to practice the correct positions and phases as well as the correct ratio and rhythm of the rowing action. With regular rowing, the technique will become easier and you will soon experience the physiological benefits of rowing.

# TRAINING STAGES

		Exercise Zone									
		AGE									
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	<b>VO2 Max (Maximum Effort)</b>										
	90%	180	176	171	167	162	158	153	149	140	135
	<b>Anaerobic (Hardcore Training)</b>										
	80%	160	156	152	148	144	140	136	132	124	120
	<b>Aerobic (Cardio Training/Endurance)</b>										
	70%	140	137	133	130	126	123	119	116	109	105
	<b>Weight Control (Fitness/Fat Burn)</b>										
	60%	120	117	114	111	108	105	102	99	93	90
	<b>Moderate Activity (Maintenance/Warm up)</b>										
50%	100	98	95	93	90	88	85	83	78	75	

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$  (Theoretical Maximum Heart Rate)

$\text{TMHR} \times 85\% =$  (Upper Training Limit) bpm (Beats per Minute)

$\text{TMHR} \times 65\% =$  (Lower Training Limit) bpm

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

Example:  $220 - 39 = 181$  bpm

$181 \times 85\% (0.85) = 154$  bpm (Upper Training Limit)

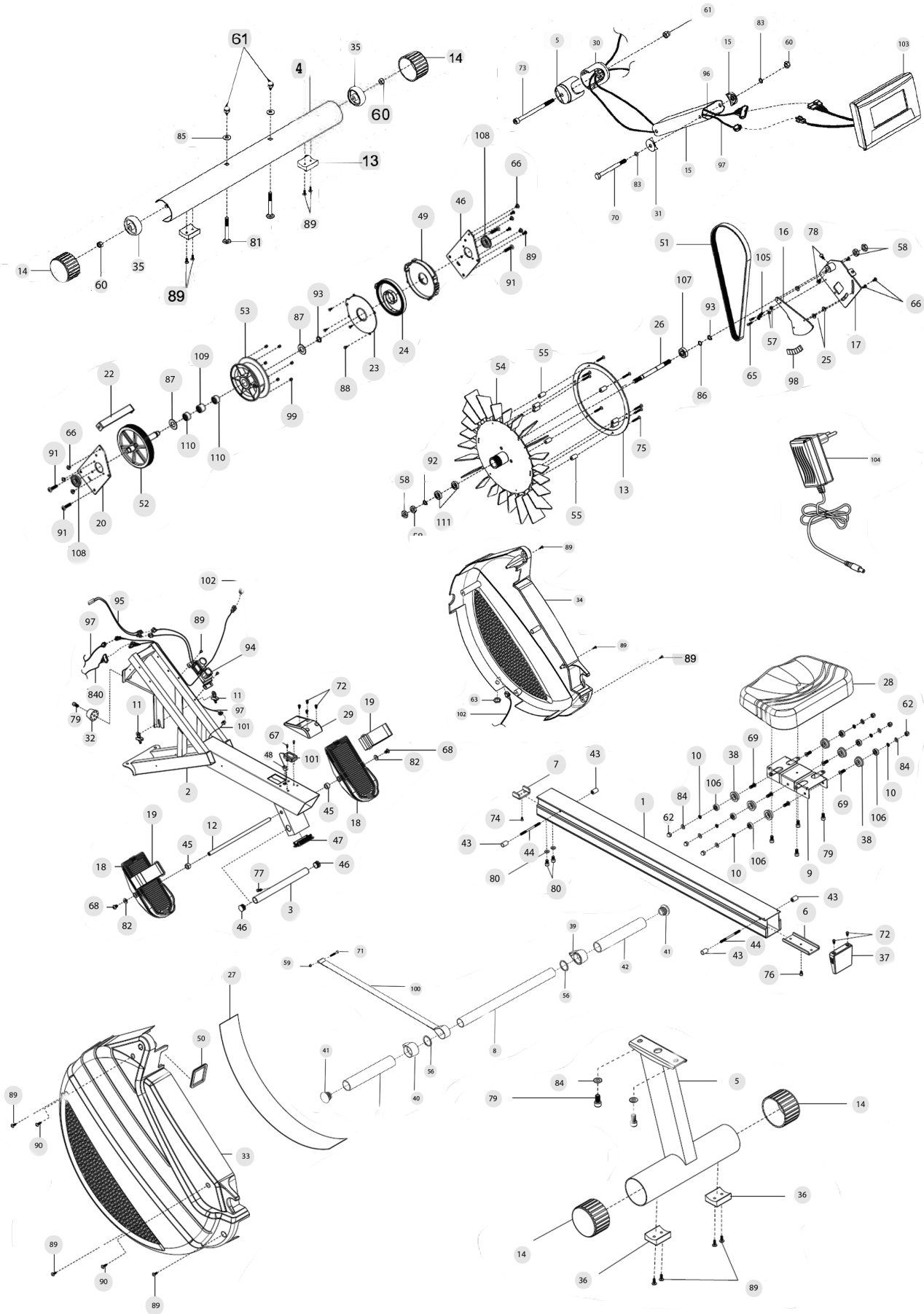
$181 \times 65\% (0.65) = 118$  bpm (Lower Training Limit)

# PARTS LIST

PART NO.	DESCRIPTION	Q'TY	PART NO.	DESCRIPTION	Q'TY
2	Main Frame	2	46	Plug	5
3	Metal Support	16	47	Plug	6
4	Stabiliser- Front	6	48	Cable Plug	10
5	Stabiliser- Rear	4	49	Return Spring- Holder	4
6	Rear Threaded Plate	1	50	Strap Slot Trim	2
7	Front Threaded Plate	4	51	Poly "V" Drive Belt	1
8	Handle Bar	4	52	Drive Pulley	4
9	Seat Carriage	2	53	Strap Drum	4
10	Ring	8	54	Fan Set	5
11	Belt Adjustment Set	12	55	Plastic Bushing	16
12	Foot Pedal Bar	2	56	Plastic Washer	4
13	Aluminium Ring	4	57	Nut - M4	1
14	Standard Cap	1	58	Nut - 3/8	1
15	Computer Arm	1	59	Nut -3/16	1
16	Magnet Holder	2	60	Nut - M8	1
17	Magnet Bracket	1	61	Nut - M8	1
18	Foot Pedal	2	62	Nut - M8	1
19	Foot Strap	2	63	Nut - 1/2"-26UNF	1
20	Bearing Bracket- Left	2	64	Bolt-m4x8mm	2
21	Bearing Bracket- Right	1	65	Bolt· m4x12mm	1
22	Bearing- Top	4	66	Bolt - m5x6mm	2
23	Return Spring- Cover	5	67	Bolt-m4x8mm	1
24	Return Spring	11	68	Bolt· m8x12mm	1
25	Bushing	22	69	Bolt - m8x20mm	1
26	Fly Wheel Shaft	1 pair	70	Bolt m8x90mm	2
27	Mesh	1	71	Bolt· 3/16" x 1¼"	1
28	Seat	2	72	Bolt m5x10mm	1
29	Receiver Cover	2	73	Bolt· m8x120mm	1
30	Computer Arm- Pivot	1	74	Bolt - m4x10mm	1
31	Computer Arm- Spacer	4	75	Bolt - m4x25mm	1
32	Support Pad	2	76	Bolt· m6x8mm	2
33	Main Cover- Left	1	77	Bolt - m6x20mm	1
34	Main Cover- Right	4	78	Bolt - m5x8mm	1
35	Transportation Wheel	4	79	Bolt m8x16mm	1
36	Stabiliser Foot	1	80	Bolt - m8 x 12mm	1
37	End Cap	1	81	Bolt· m8 x 70mm	1
38	Seat Carriage- Roller	1	82	Washer· m8x020x2T	1
39	Strap Cover- Right	4			
40	Strap Cover- Left	1			
41	Plug	2			
42	Foam Grip	2			
43	Seat Carriage Stopper	3			
44	Double End Bolt	4			

PART NO.	DESCRIPTION	Q'TY
83	Washer· m8x020x1T	1
84	Washer· M8x016x1.5T	1
85	Washer· M8x019x1.5T	1
86	Washer· 3/8"	1
87	Washer· M16x031x0.5T	1
88	Screw· M3x10mm	2
89	Screw· M4x12mm	1
90	Screw· M4x12.7mm	1
91	Screw-¼ "x 1¼"	1
92	Retaining Ring	1
93	Retaining Ring	1 pair
94	Motor with Cable	1 pair
95	Sensor with Cable - 2Pin	1
96	Computer Cable - 3Pin	1
97	Computer Cable - 3Pin	12
98	Magnet	6
99	Magnet	6
100	Drive Strap	1
101	Chest Band Reciever	2
102	AC Adaptor Cable with Nut	1
103	Computer	1
104	AC Adaptor	1
105	Spring	1
106	Bearing - 608ZZ	6
107	Bearing - 6000	1
108	Bearing - 6201ZZ	2
109	Bearing - Fc166	1
110	Bearing Hk1612	2
111	Bearing - 6900	2

# EXPLODED DRAWING





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