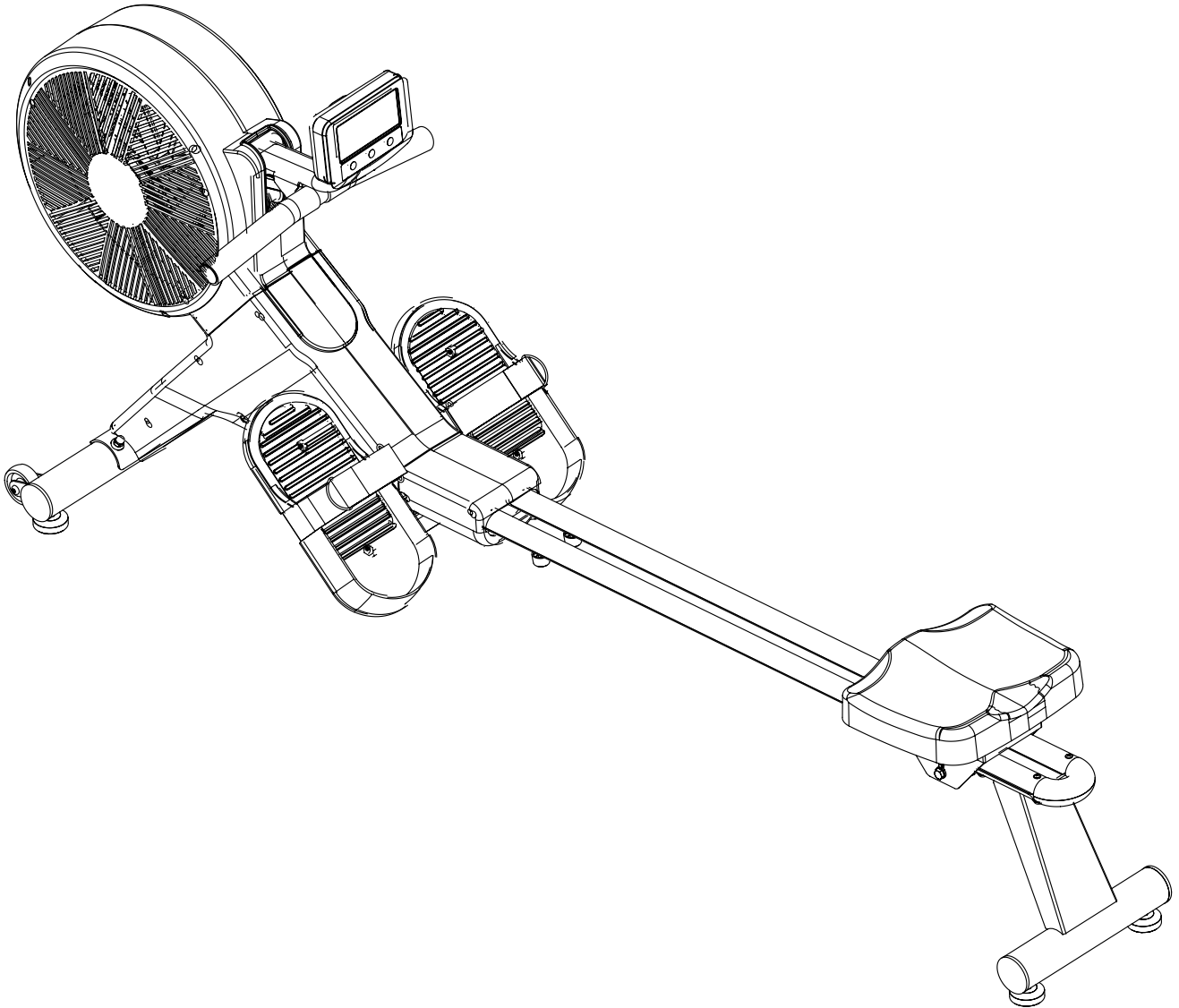




ASSEMBLY MANUAL >



CONQUEST

Record serial number

Elite Conquest Rowing Machine

Thank you for purchasing the **Elite Conquest 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 Conquest 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 defect or a missing part, please contact us for a replacement.

SERVICE & WARRANTY

For service and warranty assistance please visit:

www.elitefitness.co.nz/service

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

(09) 258 9067

Elite Fitness HQ

28 Morrin Road. Saint Johns
Auckland, New Zealand

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0800 2 438 348

www.elitefitness.co.nz

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IMPORTANT SAFETY INSTRUCTIONS

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.
- 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.
- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- Not for therapeutic use.

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).
- 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: 120KG

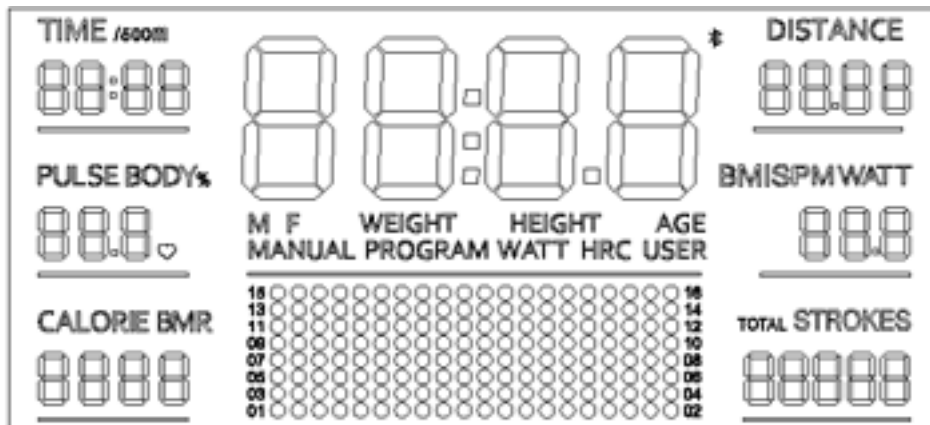
Dimensions: 2050 X 485 X 855 MM

Shipping Weight: 37.5KG

Net Weight: 33.1KG

Power Requirements: 220-240 V

CONSOLE



DISPLAY INFORMATION

1. In the main display area when in motion:
 - Scan mode: Console will display each function every 6 seconds, TIME->DISTANCE ->PULSE SPM(/WATT)->CALORIE->STROKES(/TOTAL STROKES).
 - Pressing the “Display-ALT” key lets you to select and lock on to a particular function you want.
2. Press “ENTER” key to changeover display from SPM /WATT to STROKES /TOTAL STROKES when exercising.
4. Resistance levels: 16

FUNCTION	DESCRIPTION	SPECS
TIME	The time of each workout ,when starting exercise.	0M:00S ~ 99M:59s
TIME/500m	The time of each 500 meters at the current pulp velocity.	0M:00S ~ 99M:59s
DISTANCE	The distances of each workout ,when starting exercise.	0.0 ~ 9999 KM
PULSE	Heart beat.	40-240 BPM
CALORIE	The calorie burned of each workout, when starting exercise.	0 ~ 9999KCAL
SPM	The strokes per minute, when starting exercise.	0 ~ 999 RPM
STROKES	The strokes of each workout, when staring exercise.	0~9999
TOTAL	The total strokes of all workout.	0~99999

CONSOLE PROGRAMS:

PROGRAM 1	MANUAL MODE	The resistance changed by manual adjustment.
PROGRAM 2~11	PROGRAM MODE	Pre-programmed auto adjustment with presented feedback.
PROGRAM 12:	BODY FAT	Body fat percentage and body mass index goal dependent.
PROGRAM 13:	WATT MODE	The motion mode by watt target controlled.
PROGRAM 14~17	H.R.C MODE	Heartbeat target value controlled by user goal heart rate target, 65% ,75%,85%, user-defined.
PROGRAM 18~21	USER MODE	The motion mode controlled by user - defined resistance value.
	RECOVERY MODE	The level of heartbeat recovery.
	Bluetooth and APP	Optional Bluetooth & APP.
	Wireless pulse	Wireless pulse receiver.

KEY FUNCTIONS:

UP Key: Upward selector of the PROGRAMS; Adjusting upward when in the Setting Mode; Adjusted / increasing the resistance level.

DOWN Key: Downward selector of the PROGRAM; Adjusting downward when in the Setting Mode; Adjusted / decreasing the resistance level.

RESET Key: Returns to PROGRAM 1 during any point of exercise; Clears all training values, except the user-defined of U1-U4, WATT and PULSE.

START/STOP Key: To start or stop the rowing motion.

RECOVERY Key: Monitoring the level of heartbeat recovery.

ENTER Key: To changeover display from SPM /WATT to STROKES /TOTAL STROKES when in a rowing motion

Display-ALT Key: Allows you to select and begin a particular function you desire.;

MANUAL MODE (PROGRAM 1):



1. Press “START/STOP” key to begin rowing, or press “ENTER” key for the setting mode.
2. In setting mode, press the “ENTER” key to choose setting items while the window begins flashing the various features - TIME,DISTANCE,CALORIE,STROKES,AGE.
3. Press “UP” or “DOWN” key to upward or downward adjusted, and press “ENTER” key to next function.
4. Computer automatically exits the setting status when all operations are complete, user can press “START/STOP” key in the setting status to start exercise.
5. Adjust the resistance value level during the exercise, by pressing the “UP” or “DOWN” key.
6. When any of setting feature has counted down to 0, the motion will STOP and produce a beeping sound.
7. Press “START/STOP” key to complete your exercise.

PROGRAM MODE (PROGRAM 2-12)



1. Press “UP” or “DOWN” key to select a desired function.
2. Press “START/STOP” key to begin workout, or press “ENTER” key for setting mode.
3. In setting status, press the “ENTER” key to choose setting items while the window begins flashing the various features - TIME,DISTANCE,CALORIE,STROKES,AGE;
4. Press “UP” or “DOWN” key to upward or downward adjusted, and press “ENTER” key to next setting.
5. Computer automatically exits the setting status when all operations are complete, user can press “START/STOP” key in the setting status to start exercise.
6. The resistance value level is automatically adjusted during the selected program, or user can press “UP” “DOWN” for manual adjustment.
7. When any of setting feature has counted down to 0, the motion will STOP and produce a beeping sound.
8. Press “START/STOP” key to complete your exercise.

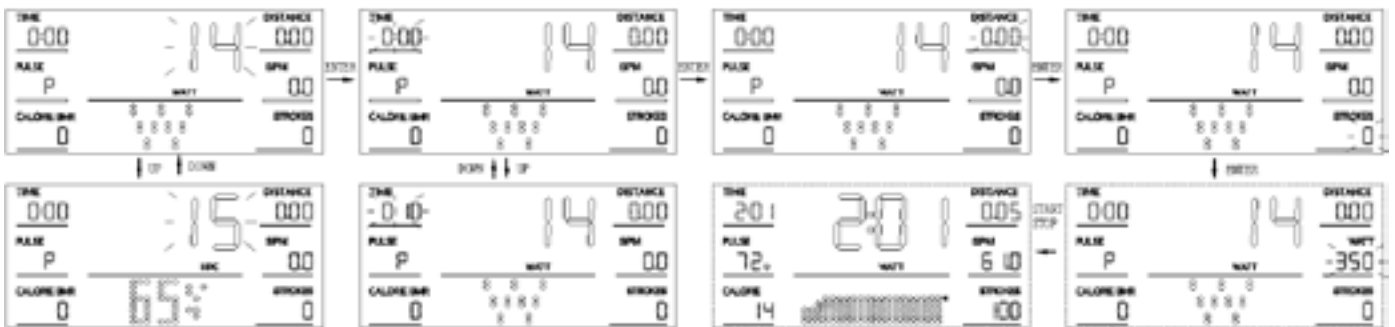
BODY FAT (PROGRAM 13)



1. Press “ENTER” key into setting mode.
2. In setting status, press “ENTER” key to choose setting items while the window begins flashing the various features - GENDER→HEIGHT→WEIGHT→AGE.
 - Press “UP” or “DOWN” key to upward or downward adjusted, and press “ENTER” key to next function.
 - Press “START/STOP” key to start test and hold the pulse sensor firmly. Then the display will show your body fat in 8 seconds later - B.M.I. (Body Mass Index).

NOTE: You should keep your body relaxed and your heart rate calm.

WATT MODE (PROGRAM 14)



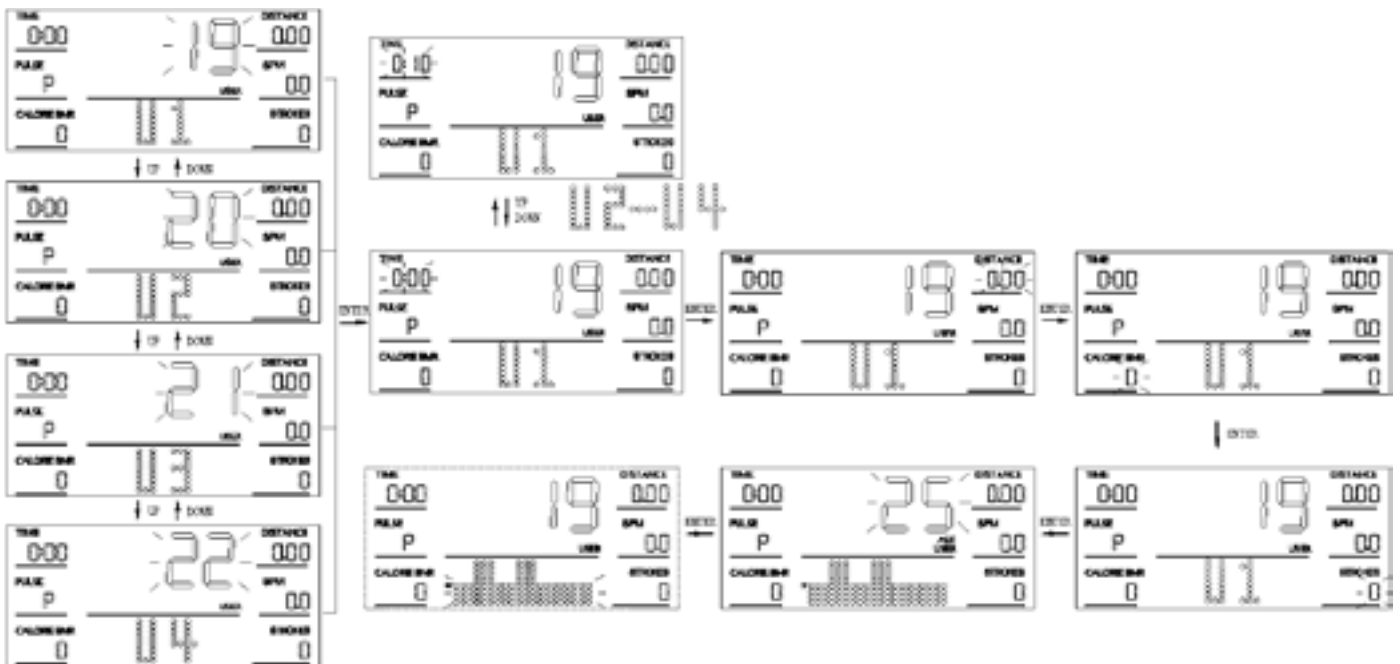
1. Press “ENTER” key into setting mode;
2. In setting status, press “ENTER” key to choose setting items while the window begins flashing the various features - TIME→DISTANCE→WATT;
3. Press “UP” or “DOWN” key to upward or downward adjusted, and press “ENTER” key to next setting.
4. Press “START/STOP” key to begin,
5. The resistance value level is automatically adjusted during motion to meet the desired WATT target value, or user can press “UP” “DOWN” for manual adjustment.
6. When any of setting feature has counted down to 0, the motion will STOP and produce a beeping sound.
7. Press “START/STOP” key to complete your exercise.

H.R.C MODE (PROGRAM 15-18)



1. Press "UP" or "DOWN" key to select a desired function.
 2. Press "START/STOP" key to begin exercise, or press "ENTER" key into setting mode.
 3. In setting status, press "ENTER" key to choose setting items while the window begins flashing the various features - TIME→DISTANCE→CALORIE→STROKES→AGE (only PROGRAM 15-17) → T.H.R (only PROGRAM 18);
 4. Press "UP" or "DOWN" key to upward or downward adjusted, and press "ENTER" key to next function.
 5. Press "START/STOP" key to begin.
 6. The resistance value level is automatically adjusted during motion to meet the desired T.H.R target value, or user can press "UP" "DOWN" for manual adjustment.
 7. When any of setting feature has counted down to 0, the motion will STOP and produce a beeping sound.
 8. Press "START/STOP" key to complete your exercise.
- NOTE: You must be hold the pulse sensor in during the exercise.

USER MODE (PROGRAM 19-22)



1. Press "UP" or "DOWN" key to select U1-U4 mode on the computer.
2. Press "START/STOP" key to begin exercise, or press "ENTER" key into setting mode.
3. In setting status, press "ENTER" key to choose setting items while the window begins flashing the various features - TIME→DISTANCE→CALORIE→STROKES→AGE →Resistance Value;
4. Press "UP" or "DOWN" key to upward or downward adjusted, and press "ENTER" key to next function.
5. Press "START/STOP" key to begin.
6. The resistance value level is automatically adjusted to match program design, or user can press "UP" "DOWN" for manual adjustment.
7. When any of setting feature has counted down to 0, the motion will STOP and produce a beeping sound.
8. Press "START/STOP" key to complete your exercise.

RECOVERY MODE

When exercising, first test your pulse by holding the handlebars. Then press the "RECOVERY" key to enter the pulse recovery function. The display will then show a 1 minute count-down as well as your pulse rate. Keep a hold of the pulse sensor until it counts down to zero. Then, the display will pop up with your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. The fastest recovery F1 show the best.



BEST STATE : F1=1.0

WELL : 1.0 < F2 <2.0

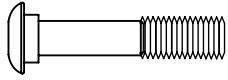



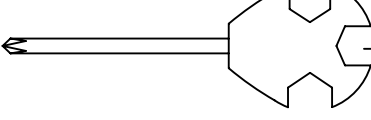
GOOD : 2.0 < F3 <2.9

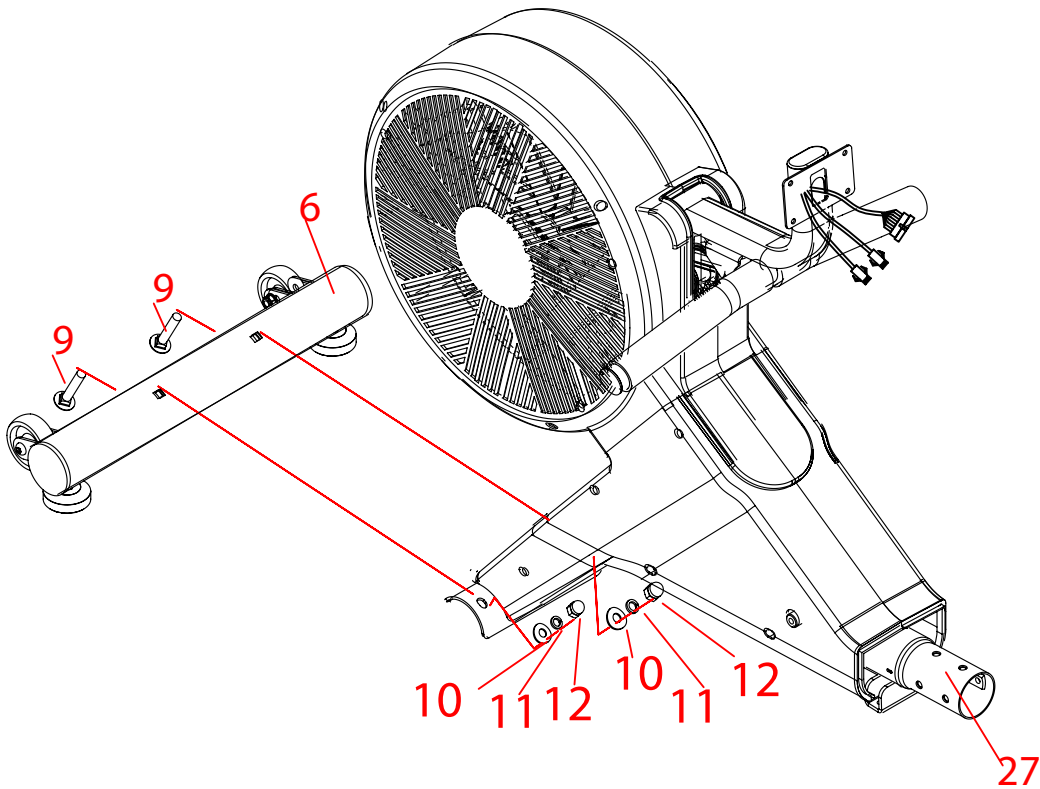
ORDINARY : 3.0 < F4 <3.9

Relatively poor : 4.0 < F5 <5.9

BAD : F6=6.0

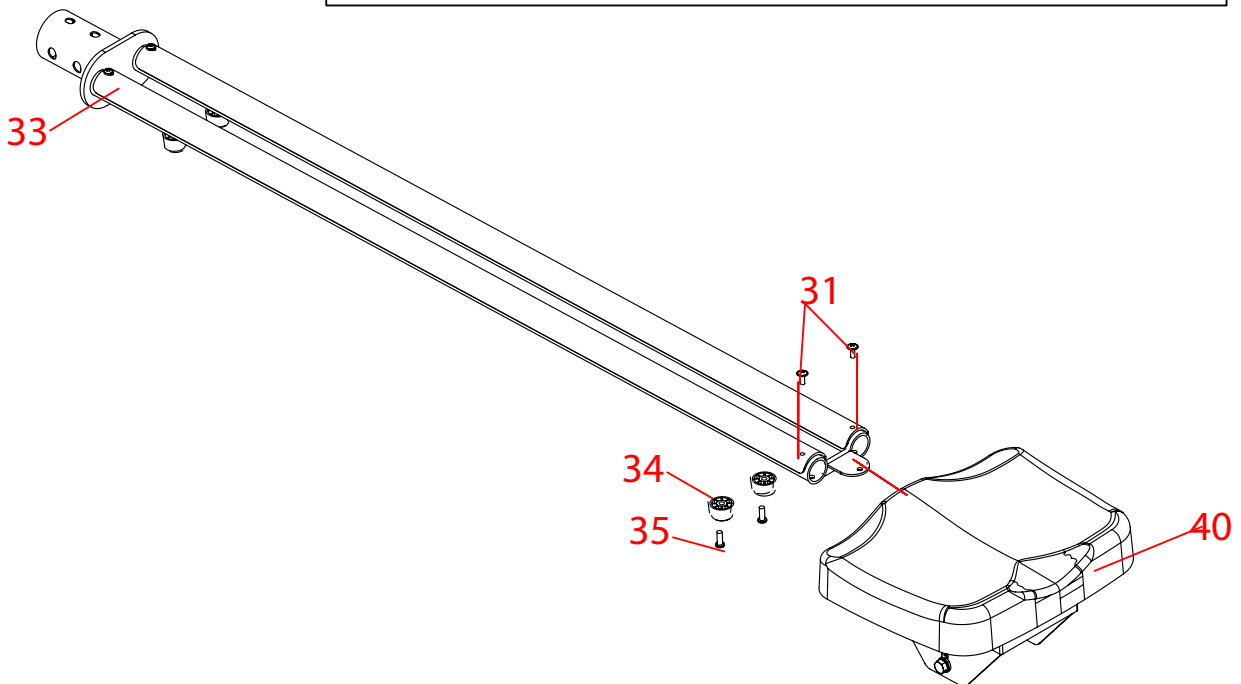
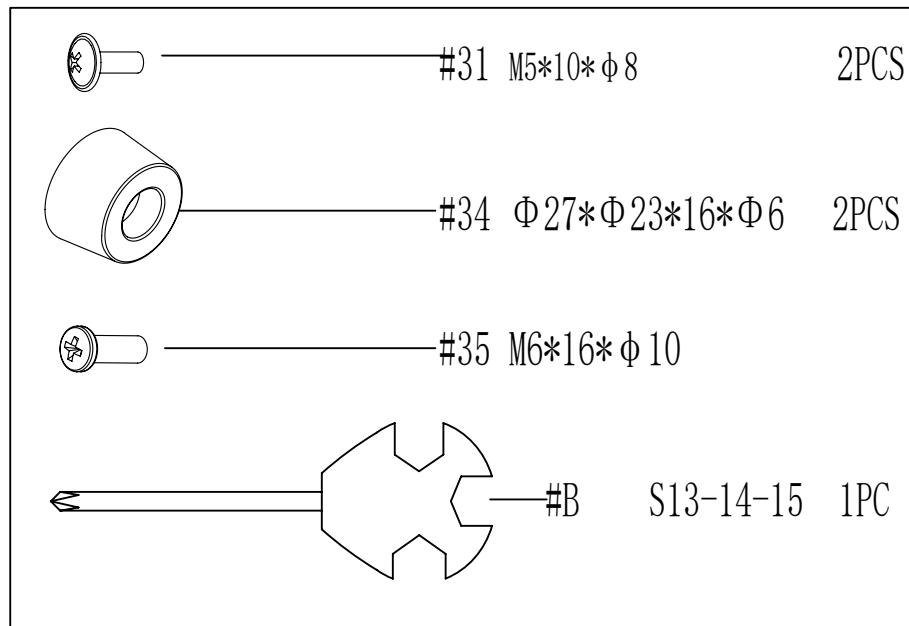
ASSEMBLY INSTRUCTIONS

	#9	M8*73*20*H5	2PCS
	#10	d8*Φ20*2*R30	2PCS
	#11	d8	2PCS
	#12	M8*H16*S13	2PCS
	#B	S13-14-15	1PC








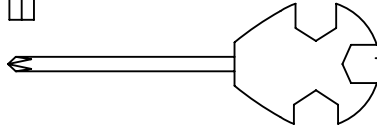
STEP 1

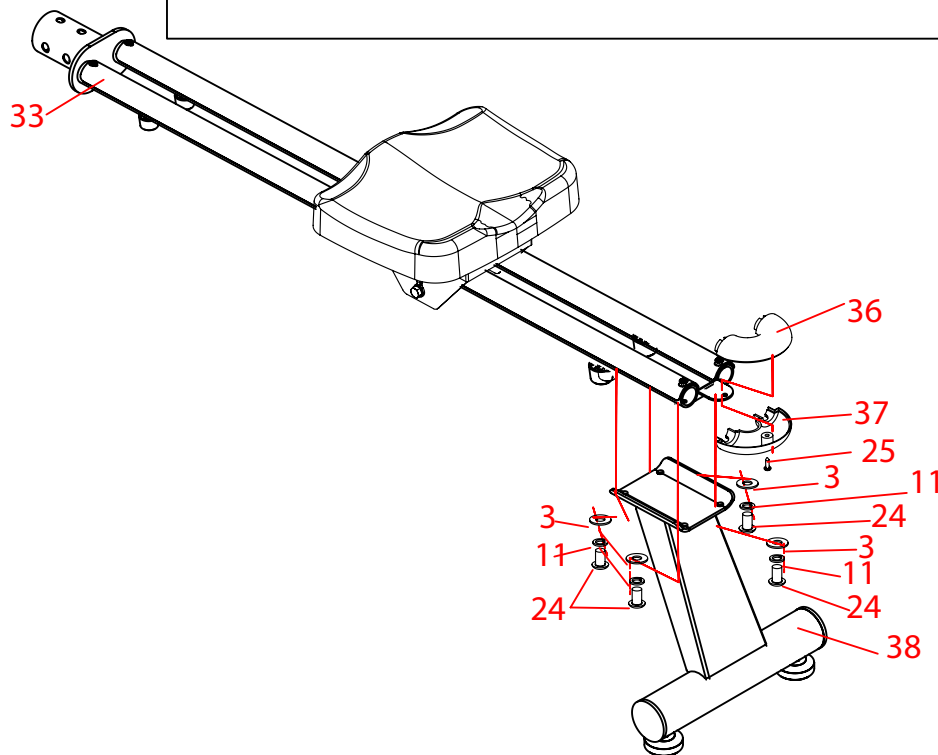
- Remove the bolts (9), arc washers (10), spring washers (11) and cap nuts (12) from the main frame (27) using the wrench (B).
- Then attach front bottom tube (6) to main frame (27) using the bolts (9), arc washers (10), spring washers (11) and cap nuts (12) with the wrench (B).



STEP 2





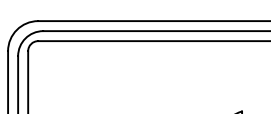
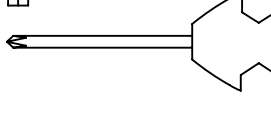
- Remove the bolts (31) from rail (33) using the wrench (B).
- Insert the seat (40) into rail (33).
- Secure the rail piece (32) into the rail (33) with the bolt (31) using the wrench (B).
- Secure the limiter (34) to the rail (33) with the bolts (35) using the wrench (B).

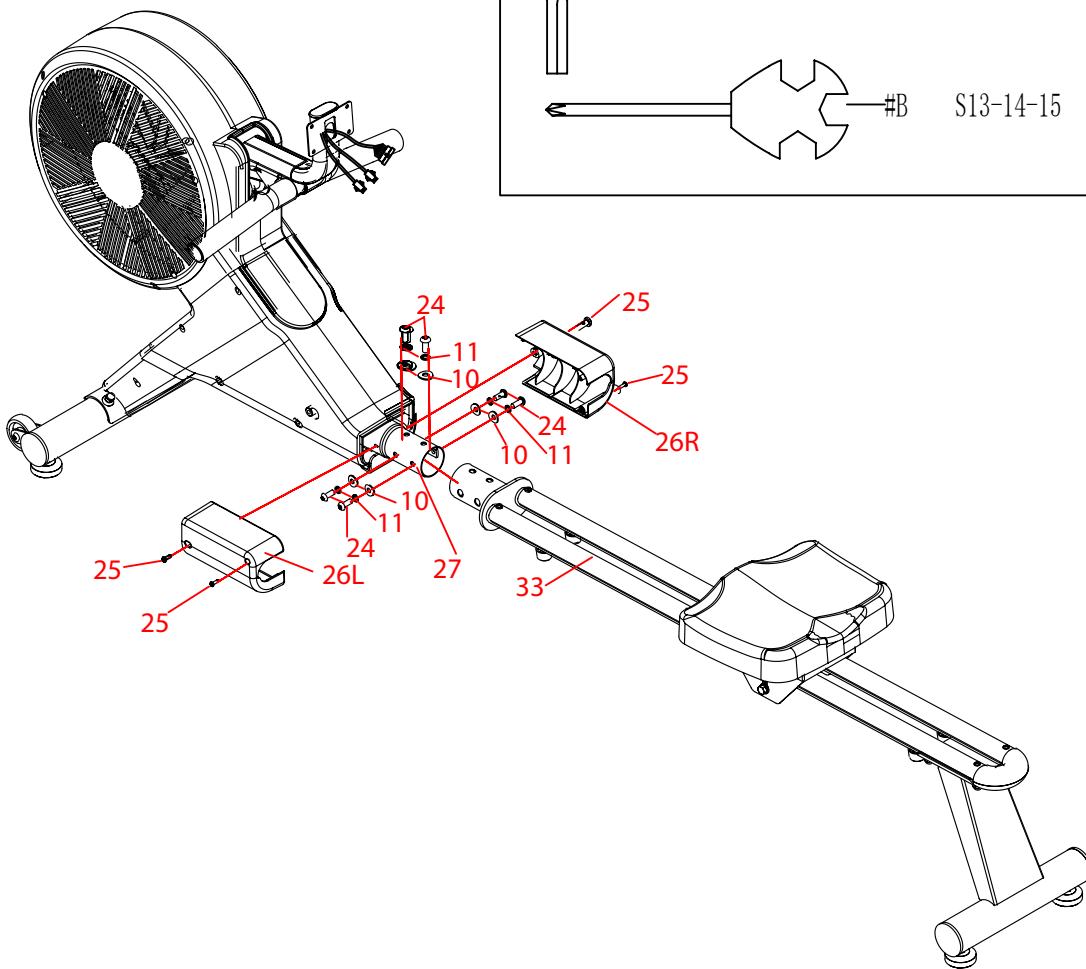
	#3	d8*Φ16*1.5	4PCS
	#11	d8	4PCS
	#24	M8*20*S5	4PCS
	#25	ST4.2*16*Φ8	1PCS
	#A	S5	1PC
	#B	S13-14-15	1PC



STEP 3

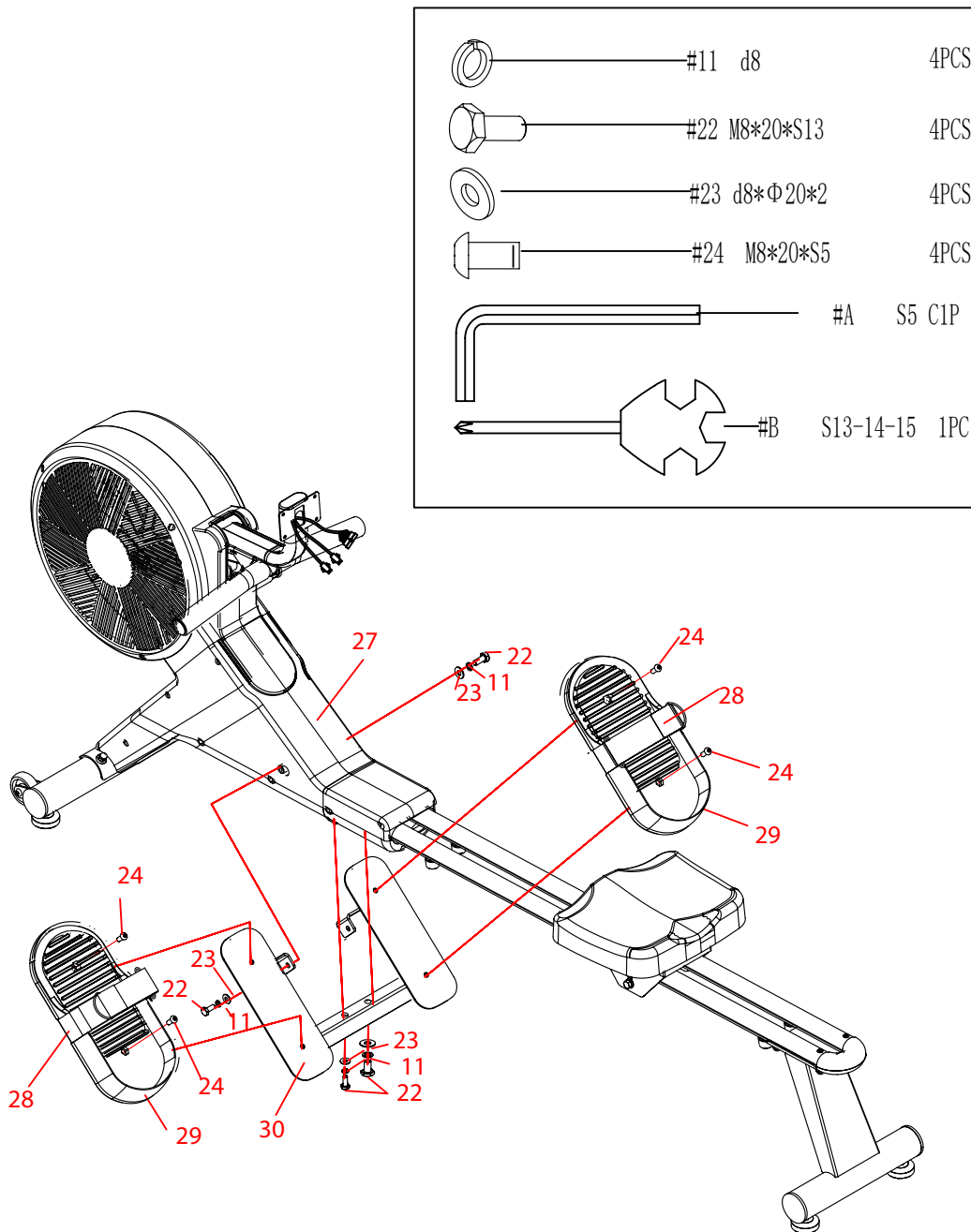
- Remove screws (25) from the upper rail and the lower cover (36&37) using the wrench (B).
- Attach the upper rail and the lower cover (36&37) to the rail (33) with the screw (25) using the wrench(B);
- Secure the rear supporter (38) to the bottom of the rail (33) with the washers (3), spring washers (11) and bolts (24) using the spanner (A).

	#10	d8*Φ20*2*R30	6PCS
	#11	d8	6PCS
	#24	M8*20*S5	6PCS
	#25	ST4.2*16*Φ8	4PCS
	#A	S5	1PC
	#B	S13-14-15	1PC



STEP 4

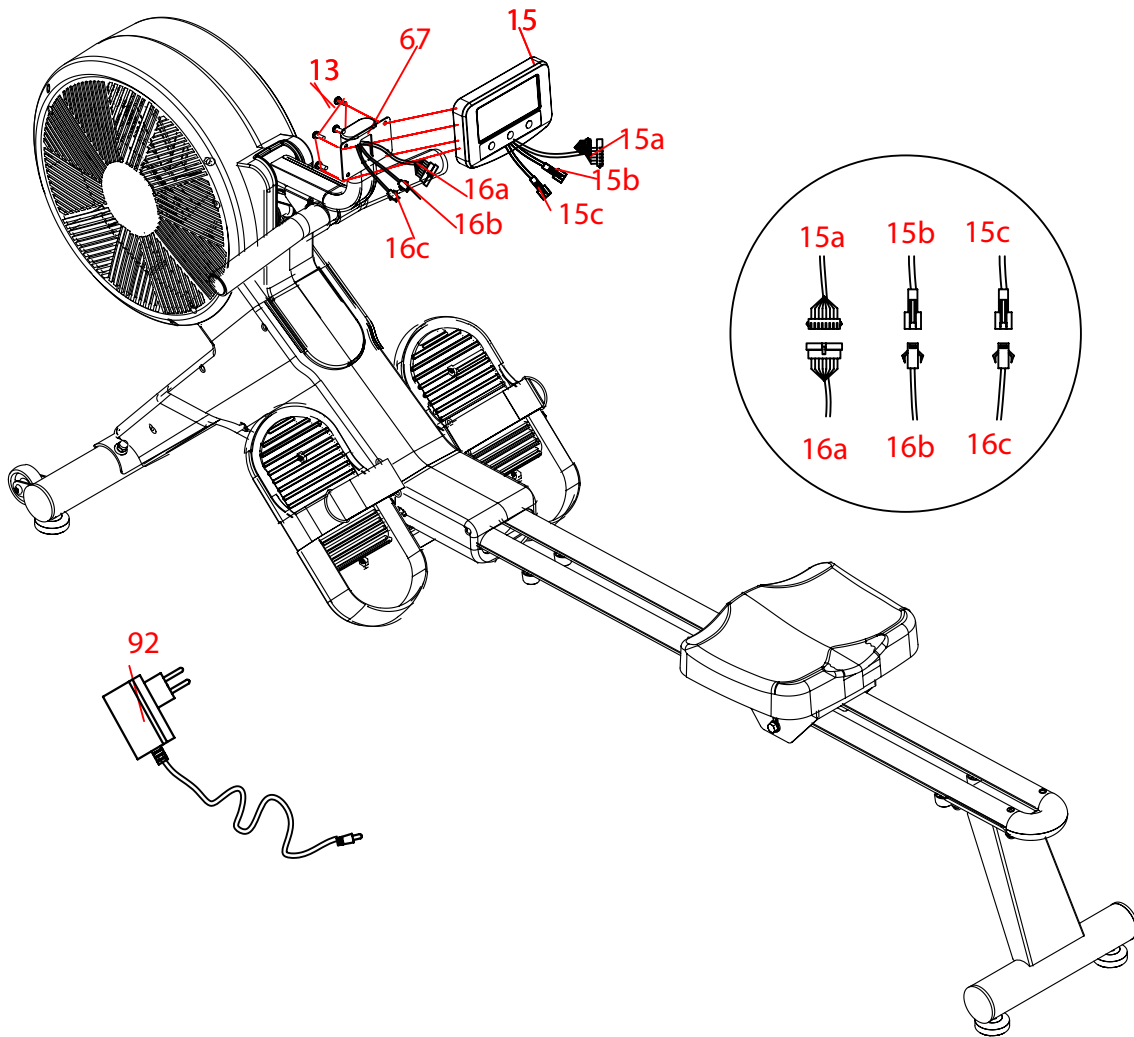
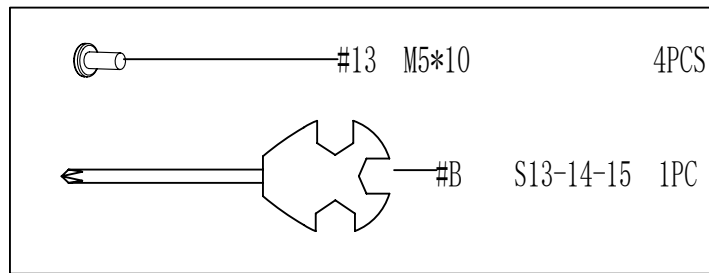
- Remove the arc washers (10), spring washers (11) and bolts (24) from main frame (27) using the spanner (A), then remove screws (25) from the cover (26L/R) and main frame (27) using the wrench(B).
- Attach the rail (33) into the main frame (27), then secure them with the arc washers (10), spring washers (11) and bolts (24) using the spanner (A);
- Secure the cover (26L/R) to the main frame (27) using the screws (25) with the wrench (B).



STEP 5

- Remove the spring washers (11), bolts (22) and washers (23) from main frame (27) using the wrench (B).
- Attach the pedal plate (30) to main frame (27) with the spring washers (11), bolts (22) and washers (23) using the wrench (B).
- Secure the pedal (29) into the pedal plate (30) with bolts (24) using the spanner (A).

Attention: The pedal strap (28) should be placed in the long groove, which is at the bottom of the pedal (29), and the pedal (29) must not restrict the pedal strap (28), so that the pedal strap (29) can be adjusted by pulling up and down.



STEP 6

- Pull out the trunk wire (16a/16b/16c) from the computer post (67), then connect the wires to the computer wires (15a/15b/15c), then places these wires into the computer post (67) once done.
- Secure the computer (15) on the computer post (67) with bolts (15) using the wrench (B).
- Insert the adapter line (38) to the power point positioned on the front of the main frame, then plug the adapter into an outlet.

Attention: Cut off the power source when don't use it long time.

CONGRATULATIONS

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

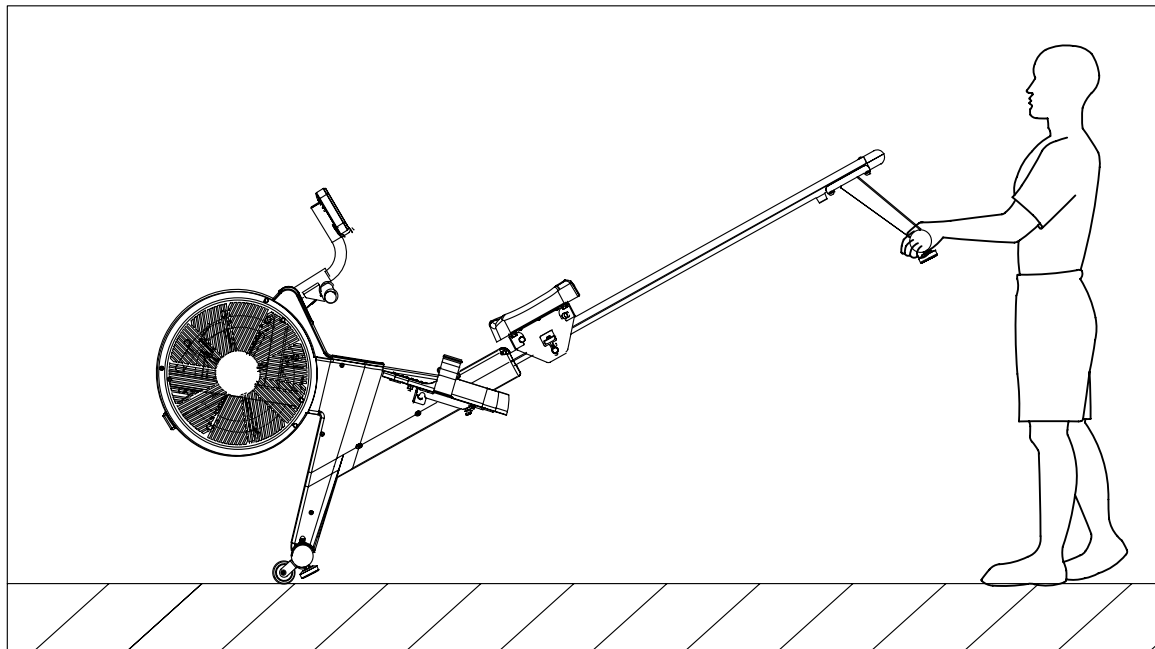
WARNING

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

ADJUSTMENT GUIDE & STORAGE INSTRUCTIONS

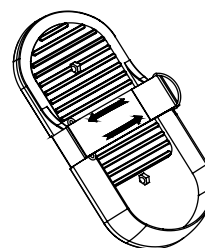
MOVING THE MACHINE

Lift up the Rear supporter (38) until the transportation wheels on the Front bottom tube (6) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



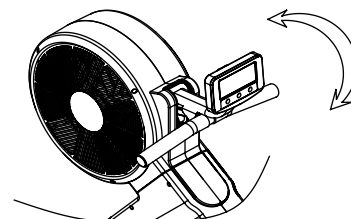
PEDAL ADJUSTMENT

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



COMPUTER ANGLE ADJUSTMENT

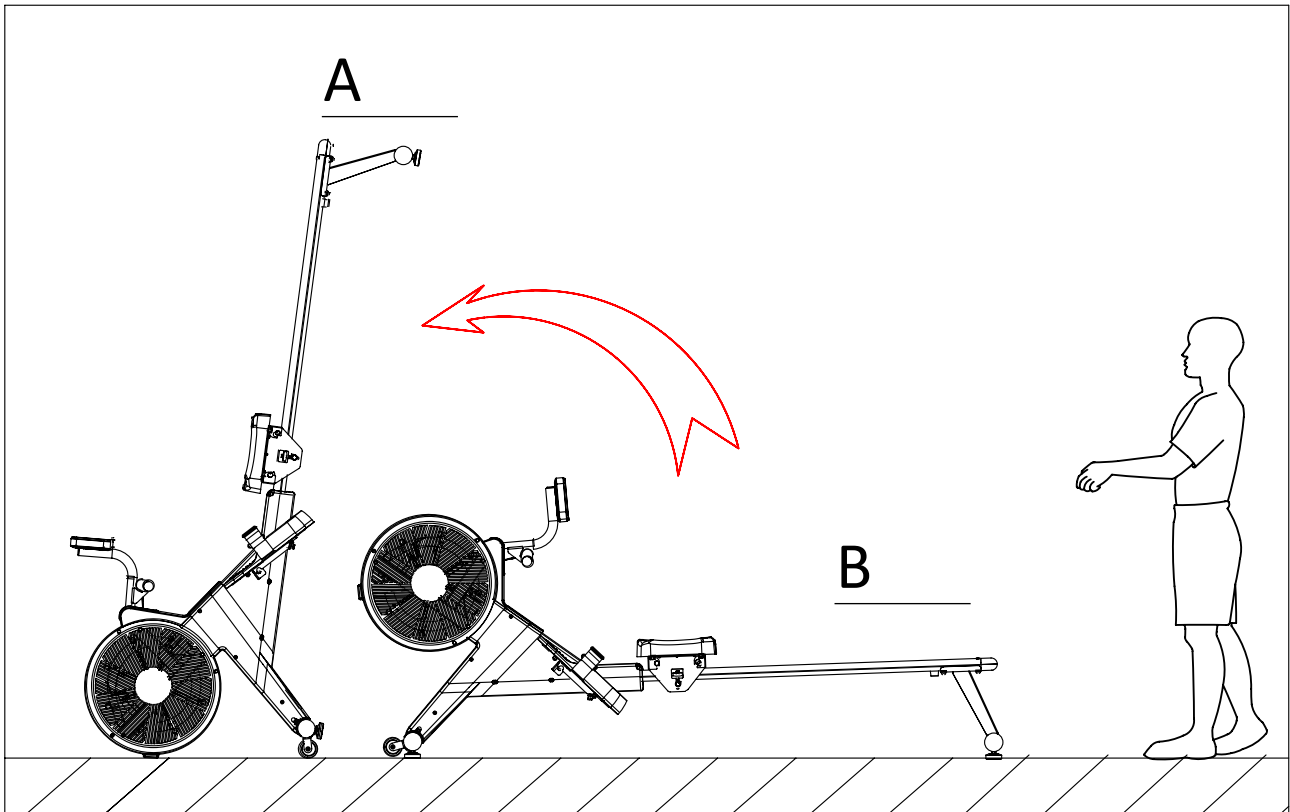
The rotation angle of computer post can be adjusted to obtain the best view of the Computer LCD screen.



STORAGE

When not in use, you can stand up the machine to save the space .

Attention: The seat will slip when the rower is placed horizontally.



CARE AND MAINTENANCE



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

Warranty Registration

It is recommended you register your warranty online at 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

— 1 Year Parts and Labour

The following conditions are not under warranty range:

- A) As a result of abuse, neglect, accident, or unauthorised modification;
- B) 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 or visit www.elitefitness.co.nz for any service related issues or advice on preventative maintenance servicing procedures.

WARM-UP EXERCISE

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)

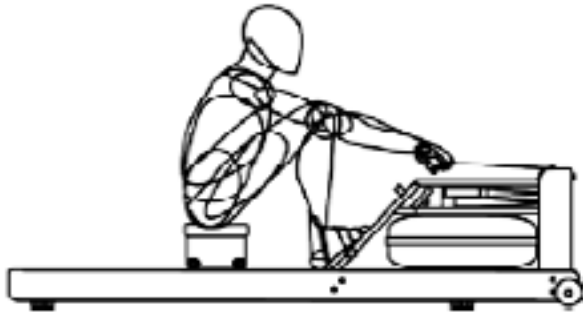
- Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
- Hamstrings Stretches (Seated) Sitting 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

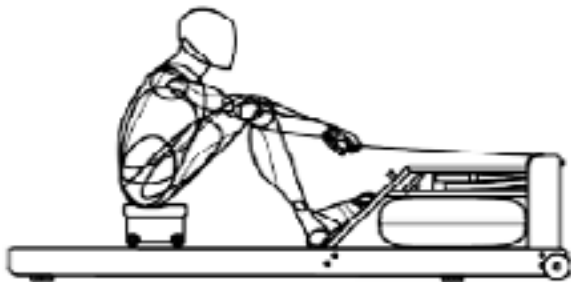
The Rowing Action uses 84% of your muscle mass; from the tips of the fingers holding the handle, to the balls of the feet connected to the footboard, all the muscles between these 2 points contribute to the Rowing Action.

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.



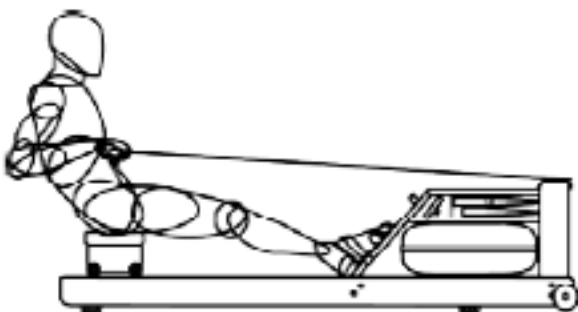
CATCH POSITION

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
	VO2 Max (Maximum Effort)										
	90%	180	176	171	167	162	158	153	149	140	135
	Anaerobic (Hardcore Training)										
	80%	160	156	152	148	144	140	136	132	124	120
	Aerobic (Cardio Training/Endurance)										
	70%	140	137	133	130	126	123	119	116	109	105
Weight Control (Fitness/Fat Burn)											
60%	120	117	114	111	108	105	102	99	93	90	
Moderate Activity (Maintenance/Warm up)											
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)

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

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

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

Example: $220 - 39 = 181 \text{ bpm}$

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




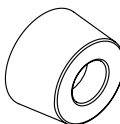

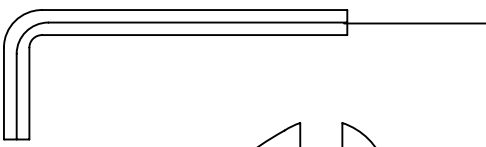
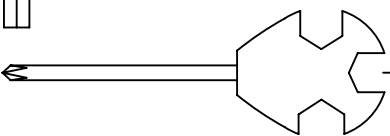
$181 \times 65\% (0.65) = 118 \text{ bpm}$ (Lower Training Limit)

PARTS LIST

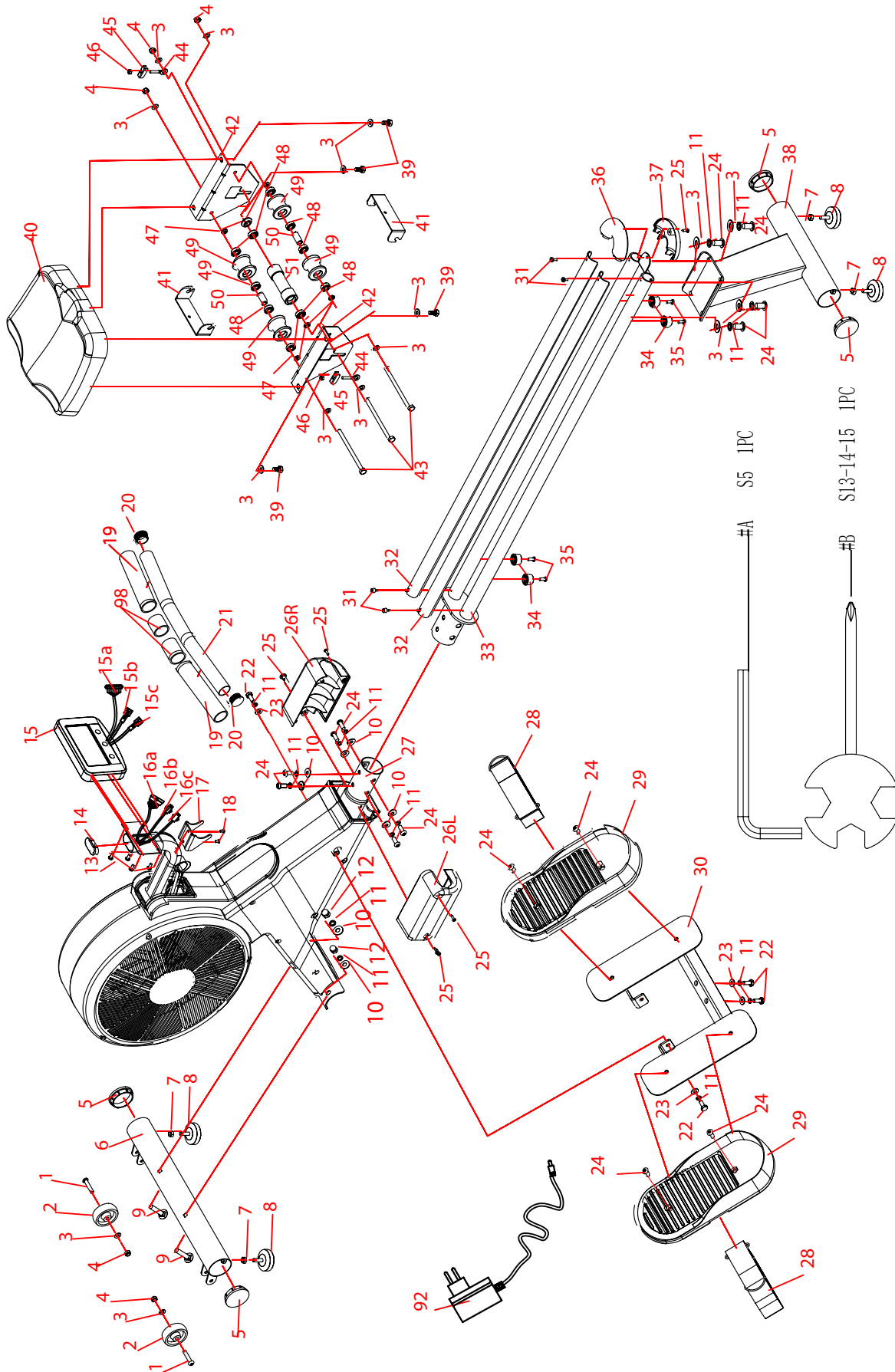
PART NO.	DESCRIPTION	Q'TY
1	Bolt M8*42*15*S6	2
2	Transportation Wheel	2
3	Washer d8*Φ16*1.5	16
4	Nylon nut M8*H7.5*S13	6
5	End cap Φ60.5*17	4
6	Front bottom tube	1
7	Nut M8	4
8	Adjustable foot pad φ52*18	4
9	Bolt M8*73*20*H5	2
10	Arc washer d8*Φ20*2*R30	8
11	Spring washer d8	12
12	Cap nut M8	2
13	Bolt M5*10	4
14	End cap	1
15	Computer	1
16	Trunk wire	2
17	Handlebar holder	1
18	Bolt M5×10×Φ8.5	2
19	Foam grip	2
20	End cap Φ32*17	2
21	Handlebar	1
22	Bolt M8*20*S13	4
23	Washer d8*Φ20*2	5
24	Bolt M8*20*S5*φ13	11
25	Screw ST4.2*16*Φ8	22
26L/R	Cover	1 pair
27	Main frame	1
28	Pedal strap	2
29	Pedal	2
30	Pedal plate	1
31	Bolt M5*10	4
32	Rail piece	2
33	Rail	1
34	Limiter	4
35	Bolt M6*16*φ10	4
36	Rail upper cover	1
37	Rail lower cover	1
38	Rear supporter	1
39	Bolt M8*16*S14	4
40	Seat	1
41	U baffle plate	2

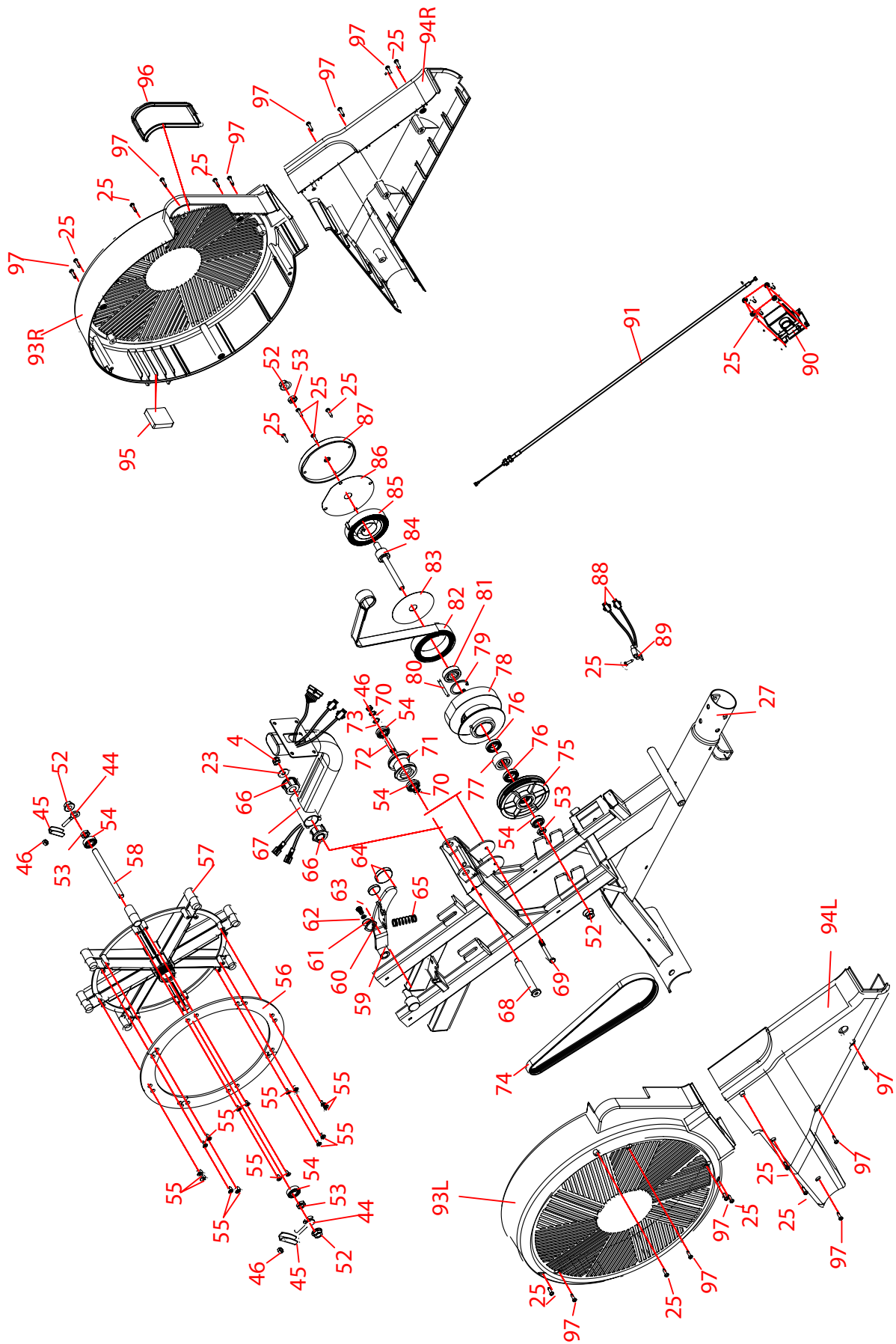
PART NO.	DESCRIPTION	Q'TY
42	Left support plate of seat	2
43	Bolt M8*135*15*S14	3
44	Chain bolt M6*40*Φ10*2.5	4
45	Chain U seat	4
46	Nylon nut M6*H6*S10	5
47	Spacer d8*Φ15*4	6
48	Bearing 608Z	10
49	Roller Φ45*38*Φ22	4
50	Spacer Φ14*Φ8.3*30	2
51	Roller Φ33*106*Φ22	1
52	Nut M10*1*H9.5*S15	4
53	Nut M10*1*H5*S17	4
54	Bearing 6000-2RS	5
55	Screw ST4.2*13*φ7	16
56	Aluminium sheet	4
57	Fan	1
58	Flywheel shaft	1
59	Magnetic plate	1
60	Wave washer d12*Φ15.5*0.3	1
61	Washer d6*Φ16*1.5	1
62	Spring washer d6	1
63	Bolt M6*12*S10	1
64	Magnet Φ24*5	2
65	Spring Φ1.2*Φ15*48*N9	1
66	Bushing Φ32*3.3*Φ28*16*Φ14	2
67	Computer post	1
68	Knob Φ14*81.5*M8*S6	1
69	Bolt M6*55*15*S10	1
70	Washer d10	2
71	Pulley Φ45*35	1
72	Fixing Axle for Mesh Belt	1
73	Wave washer d10	1
74	Belt	1
75	Belt plate	1
76	Bearing 16003-2RS	2
77	Bearing φ35*d17*16	1
78	Mesh Belt Wheel	1
79	Washer d35	1
80	Fixing Axle for Mesh Belt	1
81	Bearing 6300-2RS	1
82	Mesh Belt	1

PART NO.	DESCRIPTION	Q'TY
83	PC Board for Mesh Belt Wheel	1
84	Axle for Mesh Belt Wheel	1
85	Volute Spring	1
86	Outer PC Board	1
87	Outer Cover for Mesh Belt Wheel	1
88	Sensor	2
89	Sensor holder	1
90	Motor	1
91	Tension wire	1
92	Adapter	1
93L/R	Front cover	1 pair
94L/R	Rear cover	1 pair
95	Support pad of Housing	1
96	Rubber ring	1
97	Screw ST4.2*16*φ8	12
A	Spanner S5	1
B	Wrench S13-14-15	1

	#3	d8*Φ16*1.5	4PCS
	#11	d8	4PCS
	#24	M8*20*S5	4PCS
	#34	Φ27*Φ23*16*Φ6	2PCS
	#35	M6*16*Φ10	2PCS
	#A	S5	1PC
	#B	S13-14-15	1PC

EXPLODED DRAWING







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