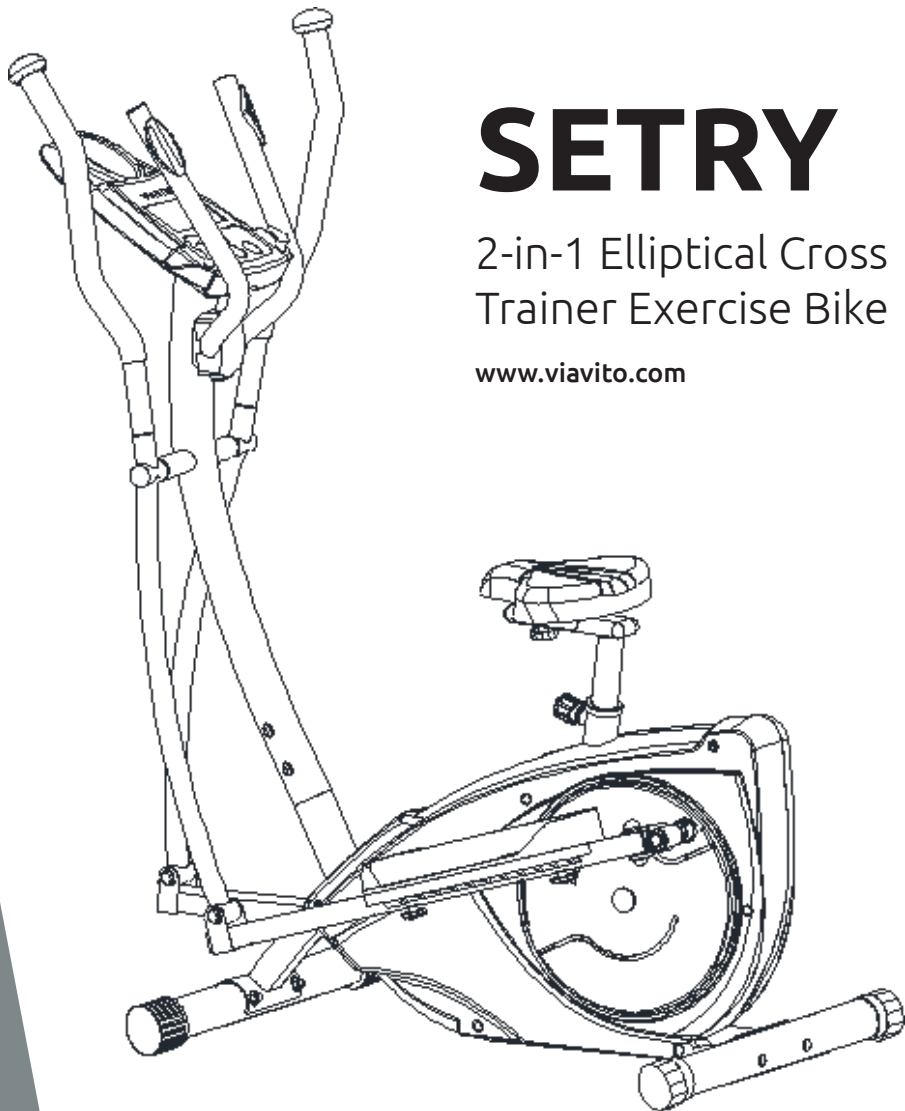




Owner's Manual.



# SETRY

2-in-1 Elliptical Cross  
Trainer Exercise Bike

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



# Congratulations on purchasing your very own **SETRY** 2-in-1 Elliptical Cross Trainer Exercise Bike.

You have chosen a high quality, safe and innovative product, and we are certain it will keep you entertained for hours.

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

For more information, or if you require any assistance please email us at [support@viavito.com](mailto:support@viavito.com)

## Manual Contents.

Safety Information **03/04**

---

Machine Assembly **05/12**

Contents Checklist 05  
Assembly Instructions 06/12

---

Console Instructions **13/19**

Button Functions 13  
Display Functions 14  
Operation 15/16  
Training in Program Mode 17  
Training in Manual Mode 17  
Training in User Program Mode 18  
Training in H.R.C Mode 19  
Training in Watt Mode 19  
Training in Body Fat Mode 19

---

Conditioning Guidelines **20/26**

Why Exercise? 20  
Target Heart Rate 21  
Beginners Guide to Exercise 22  
Workout Tips 22  
How to Begin 23  
How Hard Should You Work? 23  
Tips For Stretching 24  
Warm-Up and Cool-Down 25/26

---

Customer Support **27/28**

Contact Information 27  
Manufacturers Warranty 28

---

Space Required **29**

---

Replacement Parts **30/36**

Parts List 30/35  
Exploded Diagram 36

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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 keep it away from moisture and water.
- 04** Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt etc.
- 05** Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 06** DO NOT use aggressive cleaning products such as detergents to clean the machine, only use the supplied tools to assemble the machine. Remove drops of sweat from the machine immediately after finishing training.
- 07** This machine is not suitable for therapeutic or medical purpose.
- 08** Only do training on the machine as per instructions. Use only original spare parts for any necessary repairs.
- 09** This machine can be used by only one person at a time.
- 10** Wear training clothes and shoes which are suitable for fitness training with the machine.
- 11** WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- 12** People such as children and disabled persons should only use the machine in the presence of another person who can give aid and advice.
- 13** The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with a computer console which can adjust the resistance. Reduce the resistance by pressing the 'down' resistance key. Increase the resistance by pressing the 'up' resistance key.

- 14 The maximum user's weight is 120kg.
- 15 This machine is for indoor, home use only.
- 16 **WARNING:** the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. bearings, connection points.
- 17 Please examine the equipment carefully before you use it, especially the components most susceptible to wear, e.g. handlebar, cranks, pedals and the connection points frequently.
- 18 Please stop using the equipment immediately if there are any defective components and keep it out of use before you replace the components or it is repaired by a qualified engineer.
- 19 Unsupervised children should be kept away from the equipment at all times.
- 20 **WARNING!** Excessive or Inappropriate use or of this machine such as while under the influence of drugs or alcohol or not in line with instructions may result serious injury or death.
- 21 Make sure there is sufficient free space around the exerciser when you set it up.
- 22 Please note that an improper and excessive work-out may be harmful to your health.
- 23 When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.

**Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.**



#### RECYCLING INFORMATION

Used electrical and electronic equipment (WEEE) should not be mixed with general household waste. For proper treatment, recovery and recycling, please take this product to designated collection points where it will be accepted free of charge. Alternatively, in some countries you may be able to return your products to your local retailer upon purchase of an equivalent new product. Disposing of this product correctly will help save valuable resources and prevent any potential negative effects on human health and the environment, which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point. Penalties may be applicable for incorrect disposal of this waste, in accordance with your national legislation



#### SAFETY STANDARDS

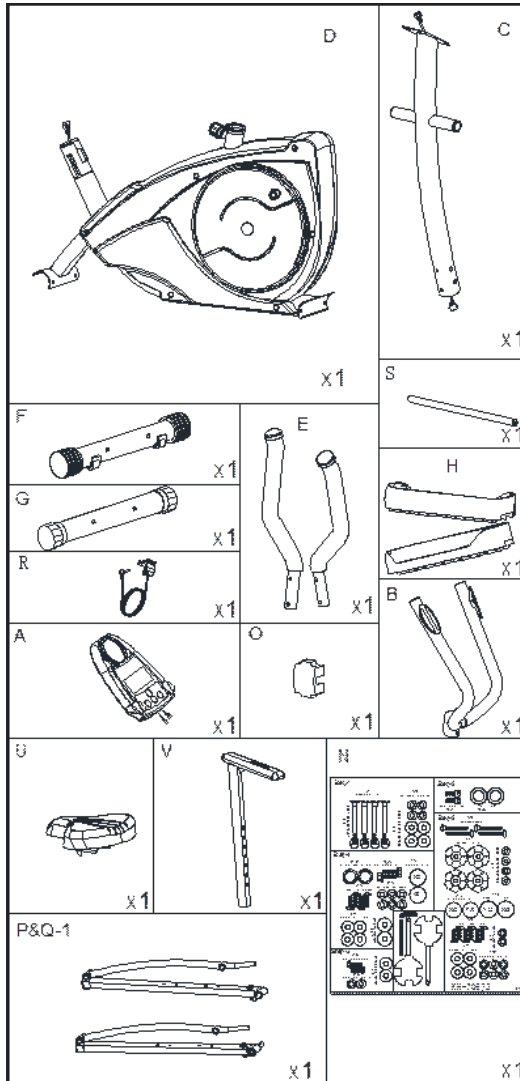
This equipment meets the requirements of European safety directives such as: the Electromagnetic Compatibility (EMC) Directive and the Low Voltage Directive (LVD).



# Machine Assembly.

## Contents Checklist

Make sure you have the following parts:



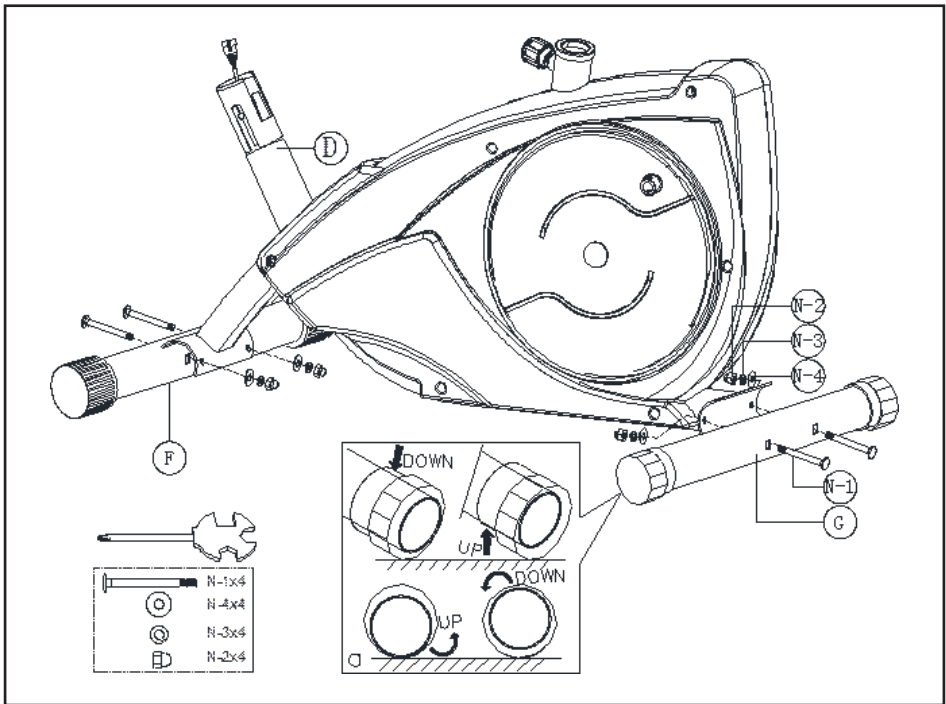
## Assembly Instructions

### Step One.

**01** Assemble the front stabiliser (F) and rear stabiliser (G) onto the main frame (D) by using the square neck bolt (N-1),

the curved washer (N-4), the spring washer (N-3), and the cup nut (N-2)

**02** Adjust the leg leveler height by turning the wheel on rear foot cap

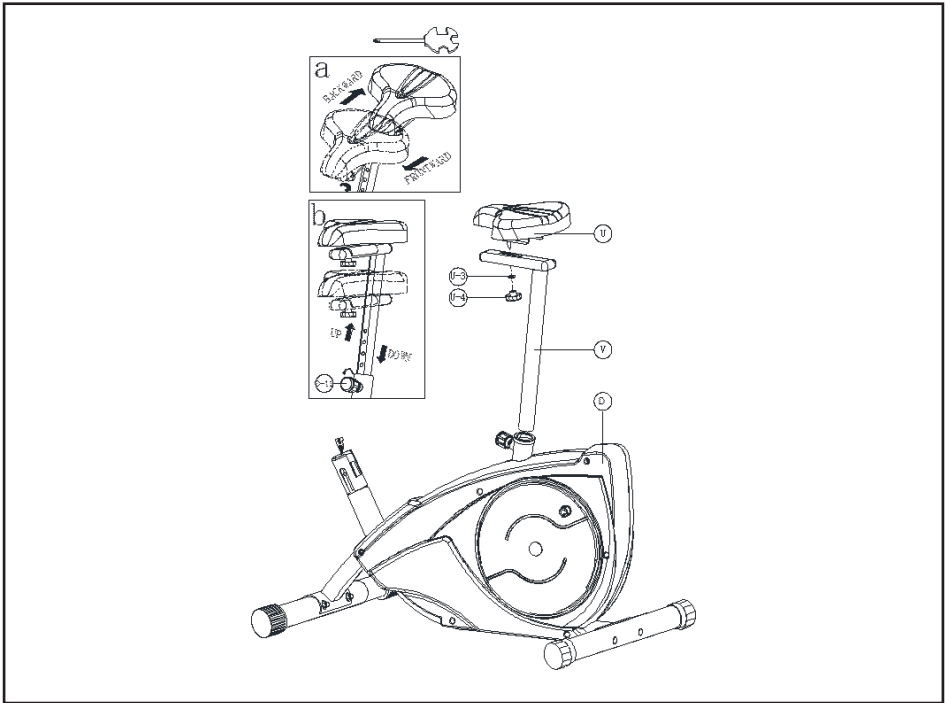


**Attention:** Please follow these assembly instructions step by step to assemble this bike:

## Step Two.

**01** Fix the seat (U) onto seat post (V) using flat washer (U-3) and knob (U-4)

**02** Insert the seat post(V) into main frame and fix by knob

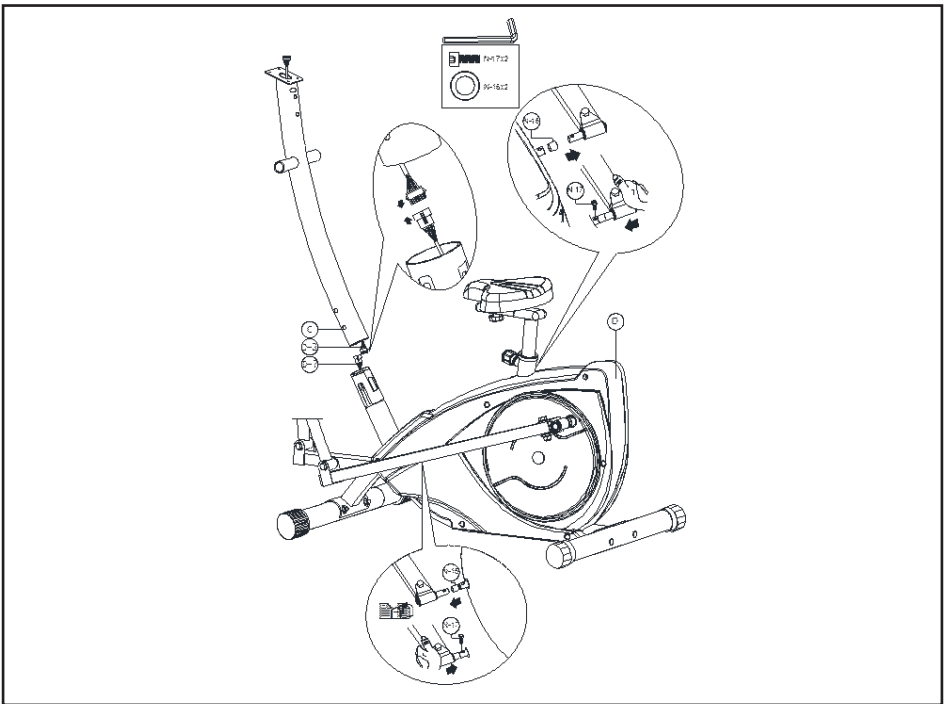


## Step Three.

**01** Connect the upper computer cable (C-3) to the lower computer (D-7), then insert the handlebar post (C) on the main frame

**02** Assemble the pedal axle cover (N-16) on the pedal axle

**03** Fix the pedal axle onto main frame using bolt (N-17)

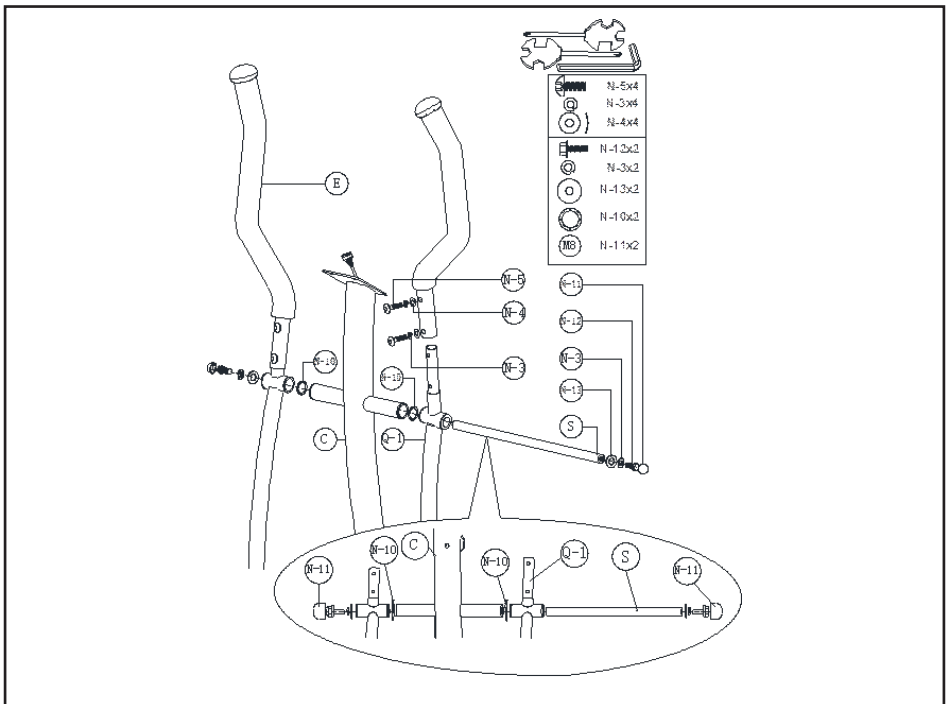




## Step Four.

**01** Connect the movable handlebar support (E) to the handlebar support (Q-1) by using the bolt (N-5), the flat washer (N-3) and the waved washer (N-4)

**02** Joint the moving handlebar(E) with front post (C) through swing axle (S) by using Waved washer (N-10), Bolt(N-3), flat washer (N-13), spring washer (N-3) and cap the bolt cover (N-11)

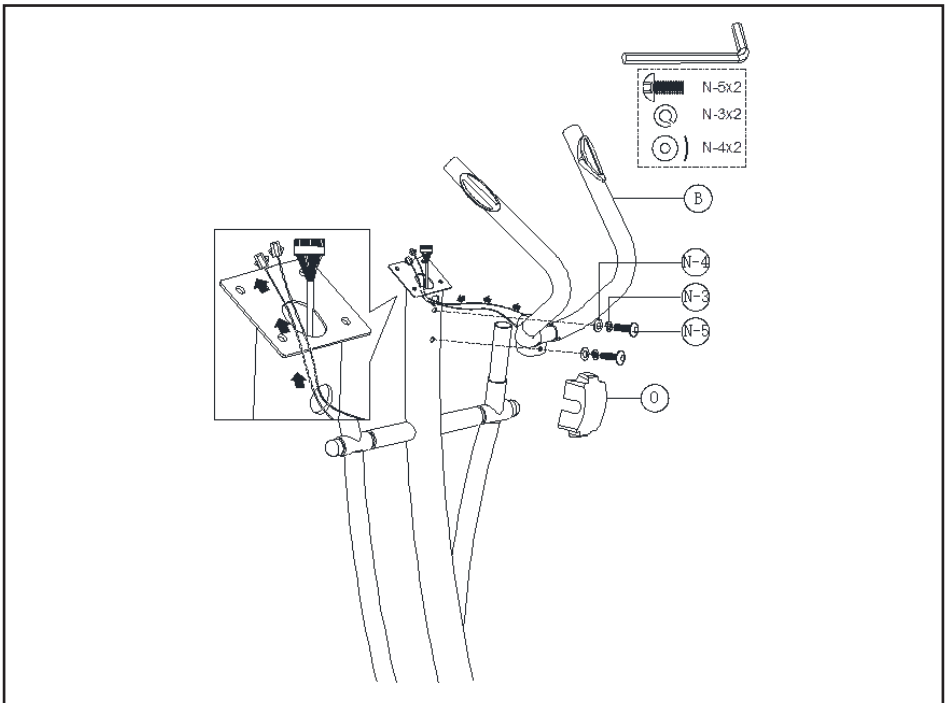


## Step Five.

**01** Assemble the fixed handlebar (B) and the cover (O) on the handlebar post (C) by using the curved washer (N-4),

the spring washer (N-3) and the Allen bolt (N-5)

**02** Feed the upper computer cable and hand pulse cable out from the handlebar post

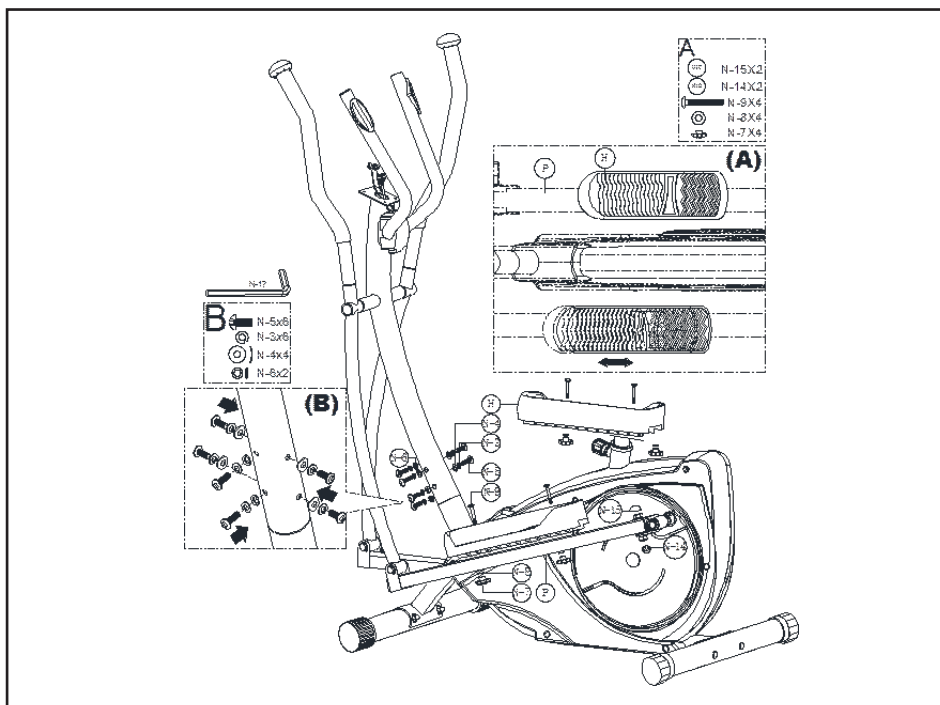


## Step Six.

**01** Fix the pedal (H) onto the pedal support tube (P) by using bolt (N-9), knob (N-7) and flat washer (N-8) (Fig A)

**02** Cap the bolt cover (N-14) and (N-15)

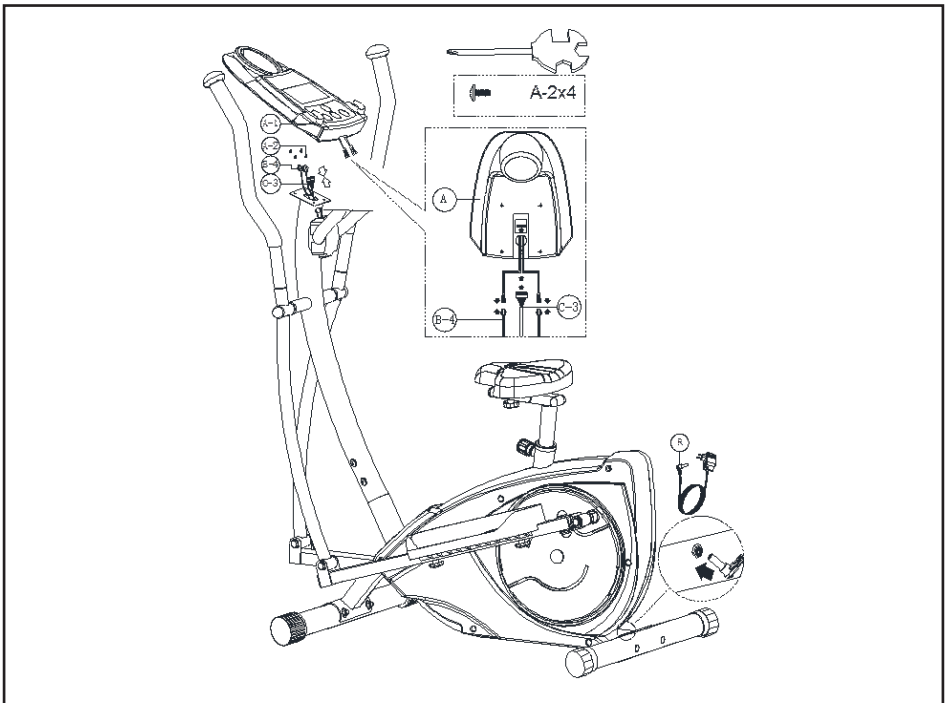
**03** Insert the handlebar post into the support of main frame by using bolt (N-5), spring washer (N-3) and curved washer (N-4) and coned washer (N-6) (Fig B)



## Step Seven.

**01** Connect the upper computer cable (C-3) and the handle pulse cable (B-4) with the computer (A-1), then fix the computer (A-1) on the handlebar post

by using the screws(A-2) Connect the adaptor (R) to hole of frame on the rear of the bike





# Console Instructions.

## Buttons Functions

<b>UP</b>	To make upward adjustment to each function data or increase training resistance.
<b>DOWN</b>	To make downward adjustment to each function data or decrease training resistance.
<b>MODE</b>	To set function value for TIME, DIST, CAL, PULSE in the SLEEP mode and confirm all settings.
<b>START/STOP</b>	To start or stop workout.
<b>RESET</b>	Return to the main menu in the STOP mode and clean all preset values to zero.
<b>RECOVERY</b>	To test heart rate recovery status. After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2... to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)
<b>BODY FAT</b>	Press this button to start body fat measurement.



## Display Functions

<b>TIME</b>	Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 01:00 to 99:00.
<b>SPEED</b>	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
<b>RPM</b>	Displays the Rotation Per Minute. Display range 0~15~999
<b>DISTANCE</b>	Accumulates total distance from 00:00 up to 99.99 KM or ML. The user may preset target distance data by pressing UP/DOWN button. Each incensement is 0.1KM or ML.
<b>CALORIES</b>	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.
<b>PULSE</b>	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
<b>WATTS</b>	Display current workout watts. Display range 0~999.

## Operation

- 01** Power on, LCD will display segment for 2 seconds with long beep sound. (FIGURE 1), and display wheel diameter (FIGURE 2) then enter calendar setting mode.

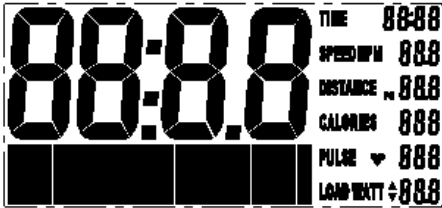


Fig. 1



Fig. 2

- 02** Press MODE >> Then use the UP /DOWN buttons to set year / month / day / clock (FIGURE 3) ; screen will enter personal data set-up mode. (FIGURE 4)



Fig. 3

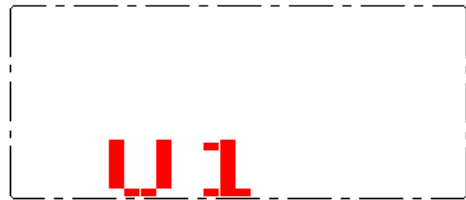


Fig. 4

- 03** The screen will show U1 first, there are 4 user profiles that can be set-up to allow for personalised data feedback. The monitor will require you to input personal data of age, sex, height and weight step by step. Please use UP/ DOWN/ MODE buttons to set-up all data. After setting up, the monitor will skip to stand-by mode.



Fig. 5



Fig. 6

04 'Manual' is flashing in standby mode, (FIGURE 6). Press UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT (FIGURE 6 ~10) and press MODE for confirmation.



Fig. 7



Fig. 8



Fig. 9



Fig. 10



## Training in Program Mode

- 01** In PROGRAM mode, press UP and DOWN button to select program P01, P02, P03...~P12, the selected program will be show on screen for 2 seconds (FIGURE 11) then display program profile accordingly (FIGURE 12).



Fig. 11



Fig. 12

- 02** LOAD 1 (preset value) is flashing after training program selected, press UP and DOWN button to select level from 1 to 16 then press MODE button for confirmation. (FIGURE 13-14) Load level can be adjusted during training.

## Training in Manual Mode

- 01** In MANUAL mode, press the UP and DOWN buttons to select load level from 1 to 16, the preset level is 1. (FIGURE 13).



Fig. 13



Fig. 14

02 After load level is selected, you may set the values for TIME, DISTANCE, CALORIES and PULSE by pressing UP and DOWN buttons then press MODE to confirm (FIGURE 14~17). Press the START button to start training.



Fig. 14



Fig. 15



Fig. 16



Fig. 17

## Training in User Program Mode

After USER PROGRAM is selected, you may set your preferred program profile by pressing UP, DOWN and MODE buttons for each flashing column. There are 20 segments, if you want to quit during setting, hold down the MODE button for 2 seconds to quit, the previous setting profile will be saved for unfinished segments.

## Training in H.R.C Mode

In the H.R.C. mode, the console system has heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage using the UP and DOWN buttons for training. (FIGURE 19).

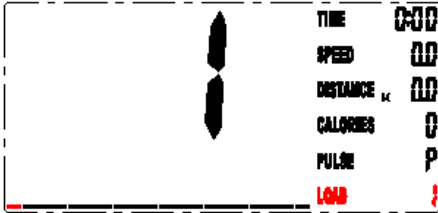


Fig. 18



Fig. 19

## Training in Watt Mode

The preset watt value 120 is flashing on screen in WATT setting mode, select UP and DOWN to set target value from 10 to 350. Press the START button to start training.

## Training in Body Fat Mode

You may test and get BODY FAT feedback when the computer is in STOP mode. Please follow the steps as below:

**Step 1** - Press BODY FAT button, and hold on handgrip to start body fat testing.

**Step 2** - The symbol "-----" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage and BMI. After BODY FAT testing, press BODYFAT button to reset the computer back to the previous mode. All the BMI & BODY FAT data figures are a rough guide and are not for medical use.

**Note:** After you stop training or if no signal is received for over 4 minutes, the screen will switch to 'off' mode and display room temperature, clock, and calendar (FIGURE 20).

Switch KM & Miles by button on the back of console: **power off, switch KM or Miles, then power on.**



Fig. 20



# 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.

<b>AGE</b>	<b>TRAINING ZONE - MIN - MAX (BPM)</b>
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 have not exercised for over a year
- If you are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness.

## Workout Tips

- Always perform a warm-up and stretching exercises before your work-out 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 work-out. Seated cycling works mainly the quadriceps (thighs) and hamstrings
- 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 work-out 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 on the previous page will tell 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 cardio-vascular 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 minimize 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 in each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



Side 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.

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

Viavito Ltd

Sabichi House

5 Wadsworth Road

Perivale, Middlesex

UB6 7JD

Email: **[support@viavito.com](mailto:support@viavito.com)**

**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>



## Manufacturers Warranty

viavito ltd warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 12 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.

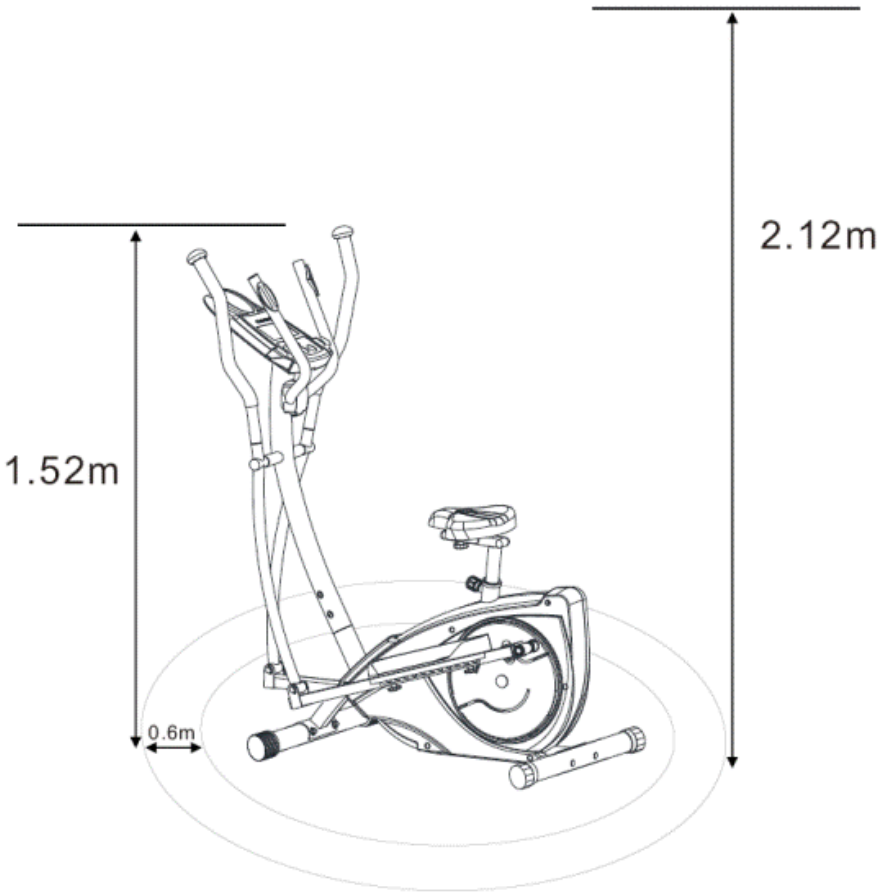
In the event of the machine requiring a repair, this may need to be performed at a viavito authorised repair centre.

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



# Space Required.

0.6 Meter minimum radius of free space is required to use this machine.



# Replacement Parts.

## Parts List

No.	DESCRIPTION	SPECIFICATION	QTY
A	Computer Set		
A-1	Computer	SM-6351-71	1
A-2	Bolt	M5*0.8*10L	4
B	Fixing Bar Set		
B-1	Fixed Handlebar		1
B-2	Foam	D23x4Tx450L	1
B-3	Half Ball Cap	D25.4*31L	2
B-4	Handle Pulse Cable	600L	2
B-5	Handle Pulse Sensor	PE18	2
B-6	Screw	ST4x1.41x20L	2
C	Handlebar Post Set		
C-1	Handlebar Post		1
C-2	Bushing	D19.15x(D25.6x32)xL(17+3)	2
C-3	Upper Computer Cable	900L	1
D	Main Frame Set		
D-1	Main Frame		1
D-2	Inner Tube	D56*97	1
D-3	Motor		1
D-4	Screw	ST4.2*1.4*15L	2
D-5	Sensor Cable	L:100L W/sensor	1
D-6	Bolt	M5*0.8*12L	1
D-7	Lower Computer Cable	1100L	1
D-8	Tension Cable	D1.2*230L	1
D-9	Bearing	#6003ZZ	2
D-10	Electric Cable	150L	1
D-11	Small Knob	D38xM16*1.5xD8x23	1
D-12	Insert Plug	D51*D39.2*160L	1

No.	DESCRIPTION	SPECIFICATION	QTY
E	Handlebar Set		
E-1	Right Handlebar	D31.8*560*143.2*1.5T	1
E-2	Left Handlebar	D31.8*560*143.2*1.5T	1
E-3	Mushroom Cap	D1 1/4"*45 L	2
E-4	Foam	D30*4T*440L	2
F	Front Stabilizer Set		
F-1	Front Stabilizer	D60x500Lx1.5T	1
F-2	Round Foot Cap	D60xD67x43	2
F-3	Foot Cap	D60x54.5L	2
F-4	Screw	ST4*1.41*12L	4
G	Rear Stabilizer Set		
G-1	Rear Stabilizer	D60x1.5Tx480L	1
G-2	Foot Cap (12 angle)	D60xD75x50L	2
H	Pedal Set	395*120*70	1 sets
H-1	Left Pedal	395*120*70	1
H-2	Right Pedal	395*120*70	1
I	Crank Set		
I-1	Crank		2
I-2	Anti-loosen Nut	M10*1.25*10T 8.8grade	2
I-3	Side Cap	D36x14	2
I-4	Round Cover	D346*25	2
J	Chain Cover Set		
J-1	Upper Decorative Cover	Match tube of D50.8	1
J-2	Round Ring for Chain Cover	84*82.5*9T	1
J-3	Left Chain Cover	800*75*520, D50.8	1
J-4	Right Chain Cover	800*75*520, D50.8	1
J-5	Screw	ST4.2x1.4x20L	9

No.	DESCRIPTION	SPECIFICATION	QTY
J-6	Cross Screw	ST4.2*20L	
K	Fixing Plate for Magent Set		1
K-1	Fixing Plate for Magnet		4
K-2	Spring	D1.0*55L	
K-3	Nylon Nut	M6*1*6T	1
K-4	Flat Washer	D13*D6.5*1.0T	1
K-5	Nylon Washer	D6*D19*1.5T	2
K-6	Nut	M6*1*6T	2
K-7	Bolt	M6*65L	2
K-8	Nylon Nut	M8*1.25*8T	2
K-9	Bolt	M8*52L,thread 15MM	
K-10	Magnet	39.5*10*25	1
K-11	Plate for Magnet	40*3*3	2
L	Fixing plate for idle wheel set		1
L-1	Fixing plate for idle wheel		
L-2	Spring	D3*D17*59L	1
L-3	Plastic Flat Washer	D10*D24*0.4T	1
L-4	Flat Washer	D50*D10*3.0T	1
L-5	Bolt	M8*1.25*30L,8.8grade	2
L-6	Flat Washer	D30*D8.2*3.0T	1
L-7	Nylon Nut	M10*1.5*10T	1
L-8	Idle Wheel	D42xD38x24	1
L-9	Nut	M8*1.25*6T	1
L-10	Nylon Nut	M8*1.25*8T	2
M	Belt Wheel Set		1
M-1	Waved Washer	D17*D22*0.3T	1
M2	Flat Washer	D23*D17.2*1.5T	1



<b>No.</b>	<b>DESCRIPTION</b>	<b>SPECIFICATION</b>	<b>QTY</b>
M-3	C-Clip	ST4.2*20L	2
M-4	Belt	1118L PJ5	1
M-5	Belt Wheel	D280*19	1
M-6	Crank Axle		1
M-7	Round Magnet	M02	1
M-8	Bolt	M6*1.0*15L-8.8grade	4
M-9	Nylon Nut	M6x1.0x6T	4
N	Hardware Board		
N-1	Square neck Bolt	M8x1.25x75L,8.8grade	4
N-2	Domed Nut	M8x1.25x15L,8.8grade	4
N-3	Spring Washer	D15.4xD8.2x2T	18
N-4	Curved Washer	D22xD8.5x1.5T	14
N-5	Allen Bolt	M8x1.25x20L ,8.8grade	12
N-6	Coned Washer	D14*D8*4	2
N-7	Club Knob	D40*M6*12	4
N-8	Flat Washer	D14xD6.5x0.8T	4
N-9	Square Neck Bolt	M6*1*45L	4
N-10	Waved Washer	D26*D19.5*0.3T	2
N-11	Screw Cover	D29*21(M8)	2
N-12	Bolt	M8x1.25x25	2
N-13	Flat Washer	D25xD8.5x2T	2
N-14	Screw Cover	D28*17(M10)	2
N-15	Screw Cover	D30*17(M12)	2
N-16	Pedal Axle Cover	D30*11L	2
N-17	Round Screw	M8*1.25*16L	2
0	Protective Cover	114*76*43	1
P	Pedal Assemble Set		

No.	DESCRIPTION	SPECIFICATION	QTY
P-1	Pedal welding tube		
P-2	Square cap	30*60*15	1
P-3	Nylon nut	M10*1.5*10T	4
P-4	Flat washer	D20*D11*2.0T	
P-5	Bushing	D19.15x(D25.6x32)xL(17+3)	1
P-6	Bushing	D29*D11.9*9T	1
P-7	C-clip	D21.5xD17.5x1.2T	2
P-8	Joint		2
P-9	Flat washer	D24*D13.5*2.5T	2
P-10	Ladder bolt	M10*1.5*58L 8.8grade	2
P-11	Pedal axle	D19*128.5L	
Q	Moveable supporting tube sets		1
Q-1	Moveable support tube		2
Q-2	Bushing	D19.15x(D25.6x32)xL(17+3)	1
Q-3	Front pedal axle	D19x72L	
Q-4	C-clip	D21.5xD17.5x1.2T	1
Q-5	Waved washer	D26*D19.5*0.3T	1
R	Adaptor	Output:9V,500mA	1
S	Axle	D19x334.5(M8x1.25)	2
T	Fly Wheel Set		1
T-1	Fly Wheel	D260x77L	1
T-2	Fly Wheel Axle	D10x120L(3/8"-26UNF)	1
T-3	Fixing Ring	D13*D10*1.9T	1
T-4	Nut	D9.5x4T(3/8"-26UNFx4T)	2
T-5	Anti-loosen Nut	3/8"-26UNF*6.5T	1
T-6	Nut	D9.5x5T(3/8"-26UNFx5T)	1
T-7	Bearing	#6000ZZ	1

<b>No.</b>	<b>DESCRIPTION</b>	<b>SPECIFICATION</b>	<b>QTY</b>
U	Seat adjustable sets		
U-1	Seat	LS-A16	1
U-2	Seat adjustable tube		1
U-3	Flat washer	D25xD8.5x2T	1
U-4	Knob	D60x32L(M8x1.25)	1
U-5	Flat washer		3
U-6	Nylon Nut		3
V	Seat post sets		
V-1	Oval end cap	25*50*28L	2
V-2	Seat welding set		1

## Exploded Diagram

