



***MOTORIZED  
TREADMILL***



*User's Manual*

# SAFETY HINTS

## IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

### SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.

Also, please note the following safety precautions:

**DANGER:** To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
  - a-To disconnect, turn all controls to the off position, then remove plug from outlet.
  - b-Use the treadmill only for it is intended use as described in this manual.
  - c-Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
  - d-Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
  - e-Start your program slowly and very gradually increase your speed and distance.
  - f-Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
  - g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
  - h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

**WARNING:** Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

**CAUTION!! Please be careful when opening this unit.**

## **INTRODUCTION**

The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

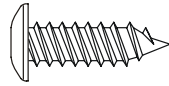
## **SPECIFICATIONS**

- Horsepower Continuous : 2.0 hp
- Recommended Speed Range: 1 – 16 Km/h
- Incline level: Power/0-12 position
- Striding Surface: 510 X 1400 mm
- Folding Design: Yes

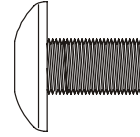


# ASSEMBLY PACK CHECK LIST

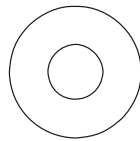
## ASSEMBLY PACK CHECK LIST



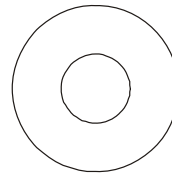
**#74.** 3.5 × 12 m/m  
Sheet Metal Screw (4pcs)



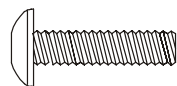
**#99.** 5/16" × 1/2"  
Button Head Socket Bolt (14pcs)



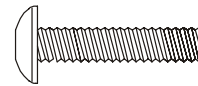
**#100.** 5/16" × 18 × 1.5T  
Flat Washer (6pcs)



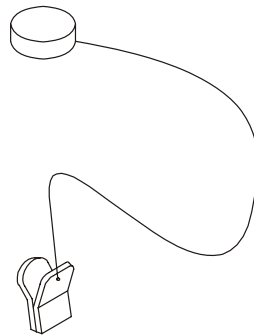
**#101.** 5/16" × 23 × 1.5T  
Curved Washer (8pcs)



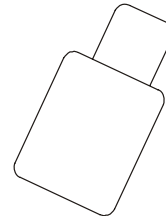
**#125.** M5 × 25m/m  
Phillips Head Screw (2pcs)



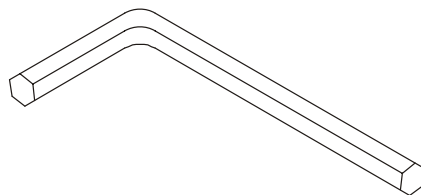
**#126.** M5 × 35m/m  
Phillips Head Screw (2pcs)



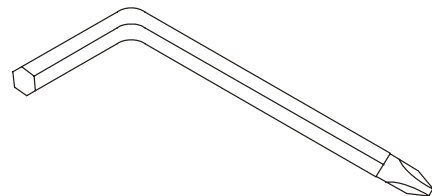
**#44.** Safety Key (1pc)



**#104.** Lubricant (1pc)



**#103.** M6 (66 × 88)  
Allen Wrench (1pc)

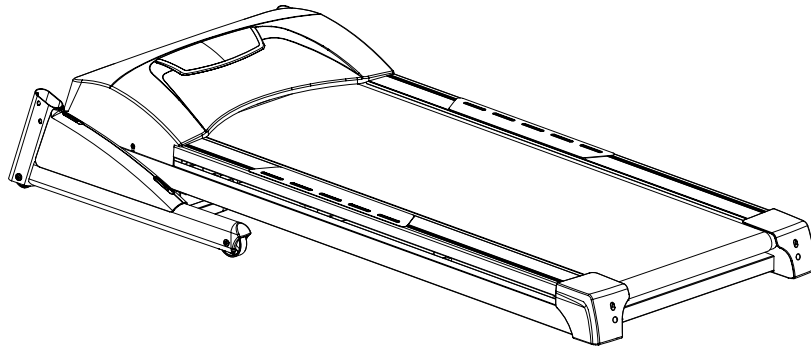


**#102.** Combination M5 Allen Wrench &  
Phillips Head Screw Driver (1pc)

# ASSEMBLY DRAWING

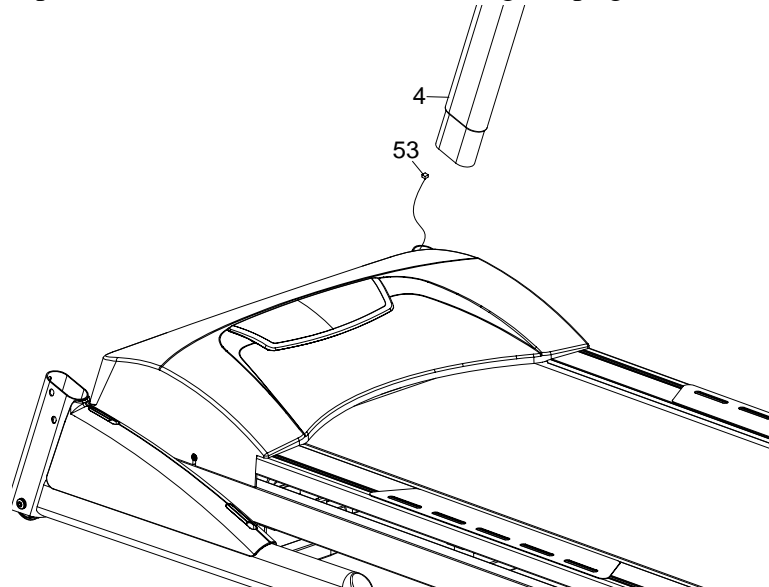
## Step 1.

Take out the Treadmill from the carton and lay it aside on the smooth ground.



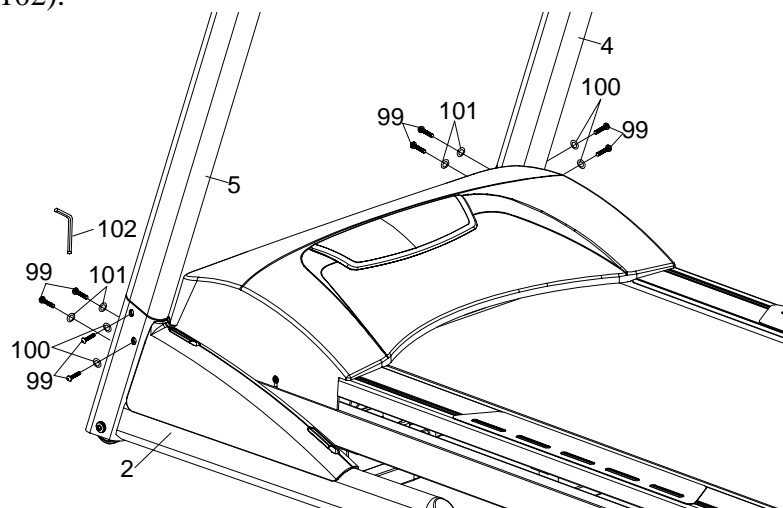
## Step 2.

Connect the Computer Cable (Lower)(53) with the Right Upright (4).



## Step 3.

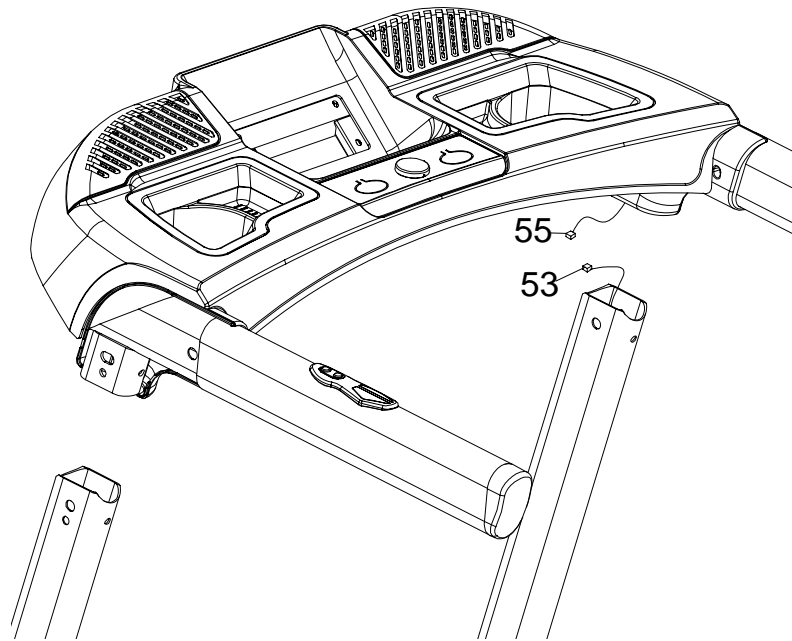
Insert the Uprights (L, R)(5,4) into the Frame Base (2) with the 8pcs of 5/16" x 1/2" Button Head Socket Bolts (99), 4pcs of 5/16" x 18 x 1.5T Flat Washers (100) and 4pcs of 5/16" x 23 x 1.5T Curved Washers (101) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



# ASSEMBLY DRAWING

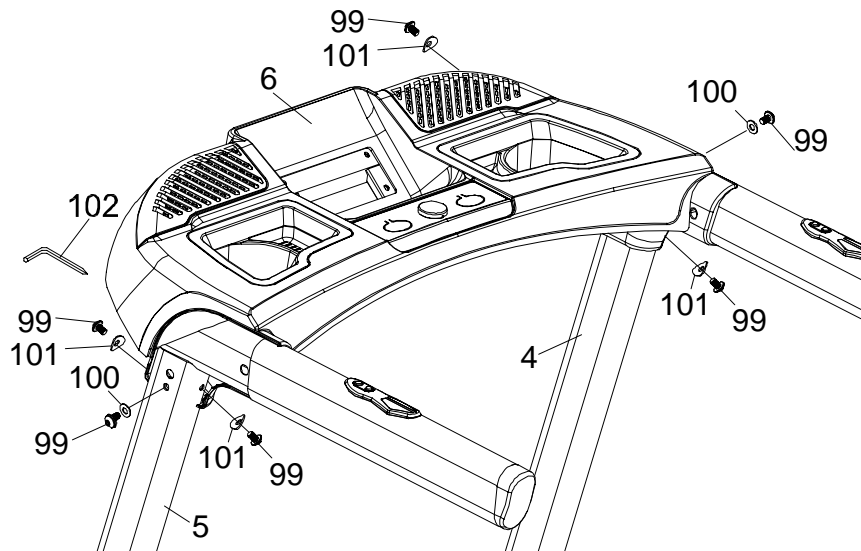
## Step 4.

Connecting the Computer Cable (Middle) (55) with the Computer Cable (Lower)(53).



## Step 5.

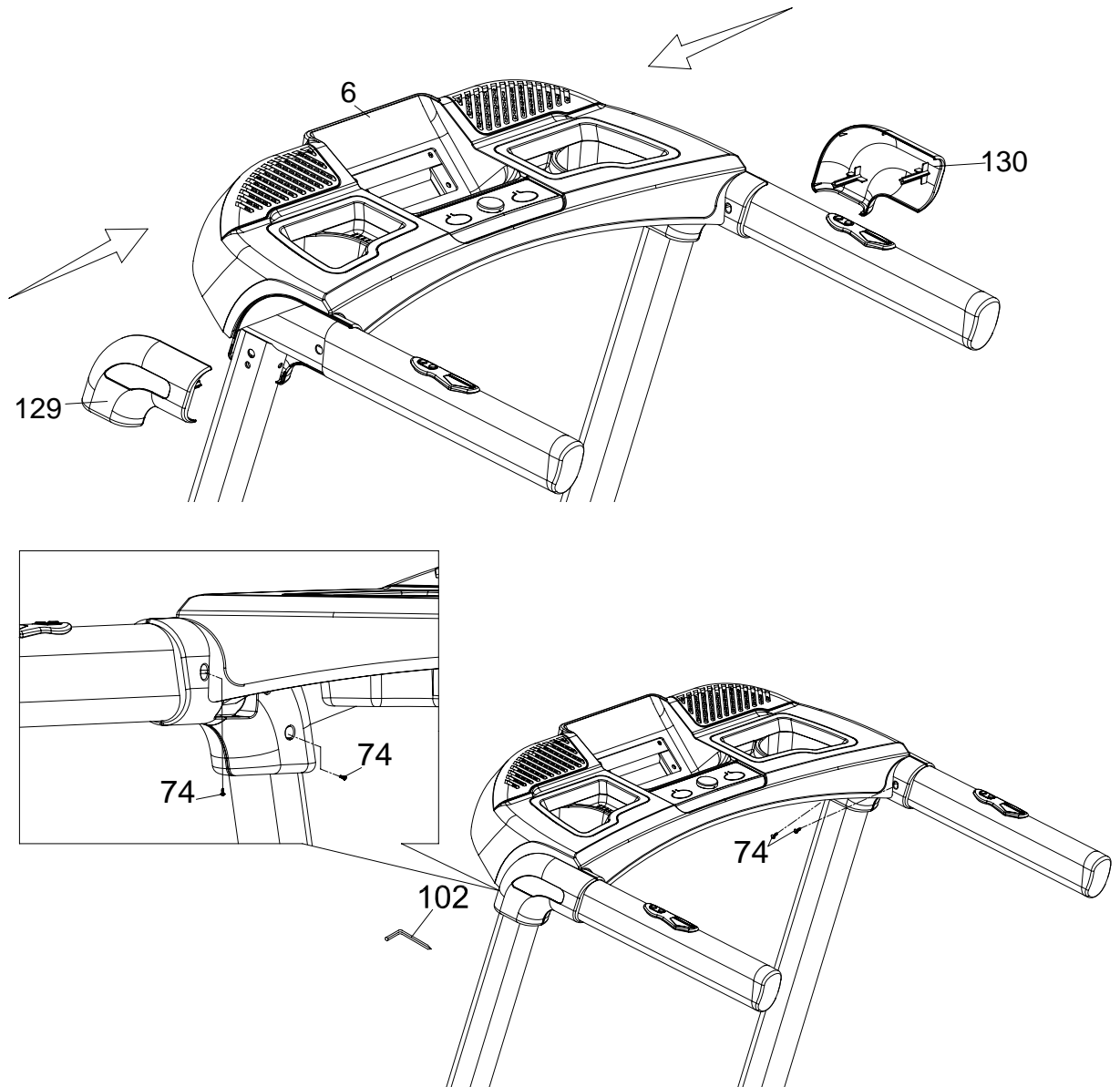
Install the Console Support (6) into the Uprights (L,R) (5,4) with the 6pcs of 5/16" × 1/2" Button Head Socket Bolts (99) , 2pcs of 5/16" × 18 × 1.5T Flat Washers (100) and 4pcs of 5/16" × 23 × 1.5T Curved Washers (101) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



# ASSEMBLY DRAWING

## Step 6.

Install the Outer Handlebar Covers (L & R) (129 & 130) on the Console Support (6) with the 4pcs of 3.5 × 12 m/m Sheet Metal Screws (74) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.



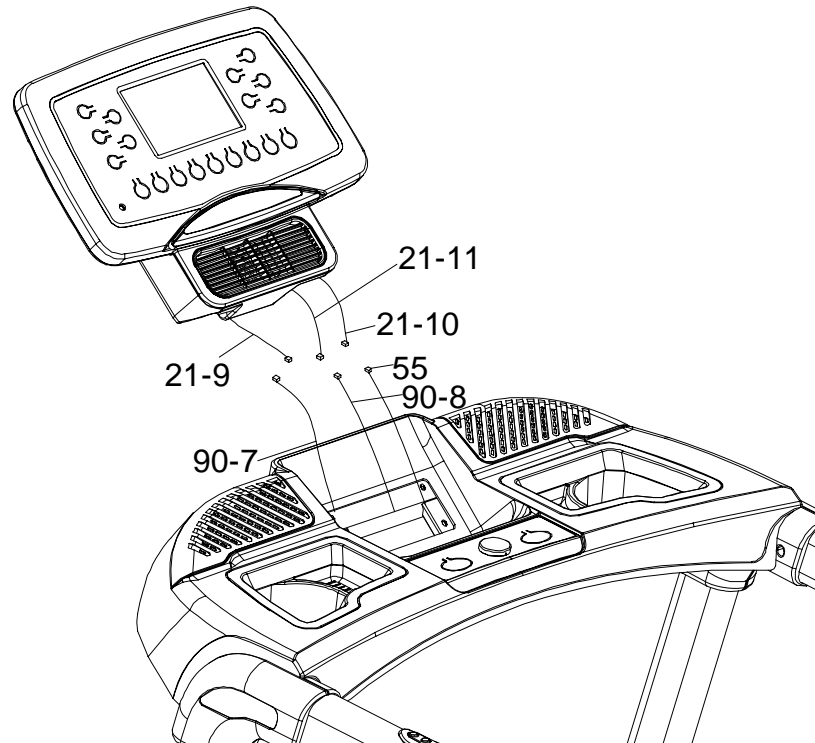
# ASSEMBLY DRAWING

## Step 7.

Connect the Computer Cable (Middle) (55) with the Computer Cable (21-10).

Connect the Connecting Cable (90-7) with the Connecting Cable (21-9).

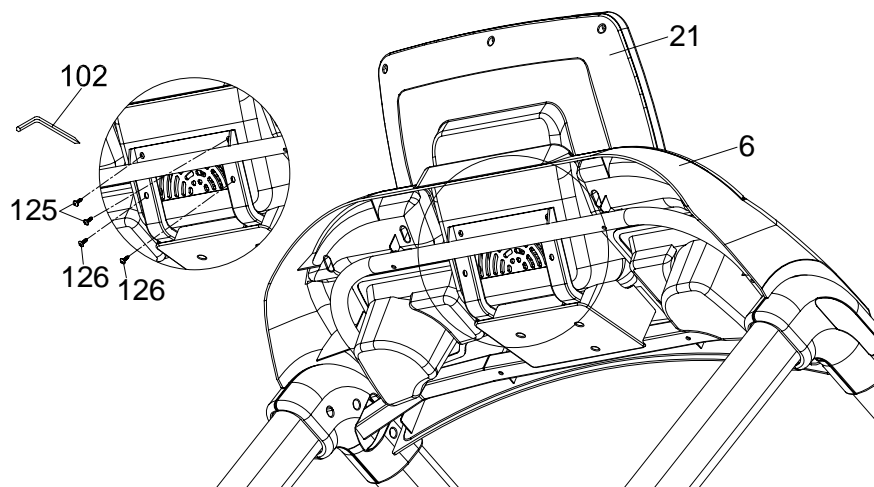
If there is HR receiver or Speaker, connect 5-Pin HR receiver upper cable (21-11) and 5-Pin HR receiver upper cable (90-8).



## Step 8.

1. Insert the Console Assembly (21) into the Console Support (6).

2. Install the Console Assembly (21) and the Console Support (6) with the 2pcs of M5×25mm Phillips Head Screws (125) and 2pcs of M5×35mm Phillips Head Screws (126) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.



**NOTE:** Please Tighten All Screw After All Components Assembly Complete.



## COMPUTER OPERATION INSTRUCTIONS



After turning on and put on the safety key, the console will show up welcome greeting then display total running mileage, hours, program version and then enter ready mode. When total mileage accumulates to 100 km total running time to 150 hours, the system will show a lubrication prompt. After this prompt is shown two times, the message will be deleted automatically.

### Displaying Windows

**TIME** : Accumulated running time from 00:00~99:59 or count-down time from 10~99:00.

**SPEED** : Showing the running speed of the tread belt from 1KM/h(0.6MPH)~16KM/h(10MPH)

**DISTANCE** : Accumulated running distance from 0.1~99.99KM.

**CALORIES** : Showing the fat burnt from 0.1~999.9 calories.

**INCLINE** : Showing 16 incline levels from 0~15.

**PULSE** : Showing the heart rate value either wearing heart rate monitor stripe or gripping hand pulse sensor, the heart rate value is displayed in this window.

**LAPS** : Displaying track with one circle stands for 0.4KM(1/4M) with value from 0~99.

## **Button Function:**

**START** : Press this button, while running, to start the treadmill after displaying 3, 2, 1, GO.

**STOP** : Press this button to gradually stop the treadmill and end the workout.

**FAST** : Press this button to increase workout speed. Press once each time increases 0.1KM/h(0.1MPH). The increment can be adjusted between 0.1 and 1 while setting the treadmill factor.

**SLOW** : Press this button to decrease workout speed. Press once each time decreases 0.1KM/h(0.1MPH). The increment can be adjusted between 0.1 and 1 while setting the treadmill factor.

**UP** : Press this button while running to increase the incline. Press once each time increases one incline level.

**DOWN** : Press this button while running to decrease the incline. Press once each time decreases one incline level.

**ENTER** : Press this button to enter setting the parameter. While setting, press this button again to accept and enter next step. Press this button while running to switch the dot matrix window between speed and incline profiles.

**FAN** : This function is optional. Press this button to the fan on/off.

**PROGRAM** : Press this button to choose training mode. There are four modes: MANUAL, RANDOM PROGRAM, USER and HRC (Heart Rate Control).

**SELECT** : While running RANDOM PROGRAM, you can keep on pressing this button to generate new programs until there is the program you want.

**Speedy button for speed** : There are five speedy buttons for speed: 2KM/h(MPH), 4 KM/h(MPH), 6 KM/h(MPH), 8 KM/h(MPH) and 10 KM/h(MPH) for speedy setting.

**Speedy button for incline** : There are five speedy buttons for incline: 2, 4, 6, 8 and 10 for speedy setting.

**Audio Input**: This function is optional. It plays the audio signal by the speaker through the internal amplifier.

**SAFETY KEY**: Put on this key after turning on the power to function the treadmill. Taking off this key automatically shuts down the treadmill.

## **Speedy Start (P0MANUAL mode)**

Press START button to speedily start the treadmill after turning on the power and putting on the safety key. Both speed and incline will be at the lowest value. The user has to adjust them to the desire levels manually.

There are two modes in using the MANUAL mode. One is the speedy start as described above to use the preset parameters and accumulate the counts. The other is the count-down mode as procedures below.

- A. Use PROMGGRAM button to choose PO MANUAL then press ENTER to set parameters. First is setting weigh. Use FAST/SLOW buttons to adjust the weigh and press ENTER for next setting.
- B. Now the AGE will be displayed. Use FAST/SLOW buttons to select the correct value then press ENTER for next setting.
- C. Choose one of count-down factors TIME, DISTANCE, CALORIES and use SELECT to confirm then press ENTER to set the value. You can press SELECT to return to select the factor again.
- D. Now the selected factor and the value will be displayed. Use FAST/SLOW buttons to select the proper value and press START to start the treadmill and finish the setting.
- E. You can press STOP button to return to the previous step or START to start the treadmill.

## **RANDOM PROGRAM**

This mode which is a profile includes speed and incline automatically generated by the program. The user can continually choose the profiles until the one which is satisfied. It can also save the USER mode and make adjustments until a most suitable profile is reached. The operation is as follows:

- A. Use PPROGRAM button to select RANDOM PROGRAM mode and press ENTER to profile selection.
- B. Now the dot matrix will display speed profile for 5 seconds then switch to incline profile for another 5 seconds and recycle. Press ENTER to select the profile and forward to enter next parameter. Press SELECT button to generate new profile. This step can be continued until ENTER is pressed.
- C. Now the value of the weight is displayed. Use FAST/SLOW buttons to adjust the weight and press ENTER for next setting.
- D. Now the value of the age will be displayed. Use FAST/SLOW buttons to adjust the age and press ENTER for next setting.
- E. Now the preset time 20:00 will be displayed. Use FAST/SLOW buttons to adjust for proper time duration and press START to start the treadmill.
- F. The profile can be saved as an USER profile when the workout is finished. The USER can be adjusted whenever is necessary.

## **USER mode**

This mode provides five personal profiles. Follow the procedures as below.

- A. Use PROGRAM to select the USER mode. The program will automatically one without a profile. If five profiles are saved. The program will ask you if you want to override. Use UP/DOWN buttons to switch the user names. Use NAME to enter the user name with FAST/SLOW buttons to enter characters A~Z. There are no more than 7 characters to enter. Press STOP after entering the last character and exit.
- B. Now the value of the weight is displayed. Use FAST/SLOW buttons to adjust the weight and press ENTER for next setting.
- C. Now the value of the age will be displayed. Use FAST/SLOW buttons to adjust the age and press ENTER for next setting.
- D. Now the preset time 30:00 will be displayed. Use FAST/SLOW buttons to adjust for proper time duration and press ENTER to set profile.
- E. Now the dot matrix window will display the SPEED blinking the first row. Use FAST/SLOW buttons to adjust and press ENTER for next segment. There are 20 segments in a profile. The segment will blink while setting. After finishing 20 segments, press ENTER to set incline profile.
- F. Now the dot matrix window will display the incline blinking the first row. Use FAST/SLOW buttons to adjust and press ENTER for next segment. There are 20 segments in a profile. The segment will blink while setting. After finishing 20 segments, press START to begin the workout.

## **HRC (Heart Rate Control mode)**

Wearing HR stripe is recommended to use this mode. The transmitter is an optional part. If it is not installed, the user will grab the hand pulse sensor throughout this mode. The program will ask for heart rate value when hands are released from the sensor. When there is no heart rate value for a certain of time, the program stops.

There are two modes for HRC program.

HRC1 adjusts the speed to keep the heart rate at the target value.

HRC2 adjusts the incline to keep the heart rate at the target value.

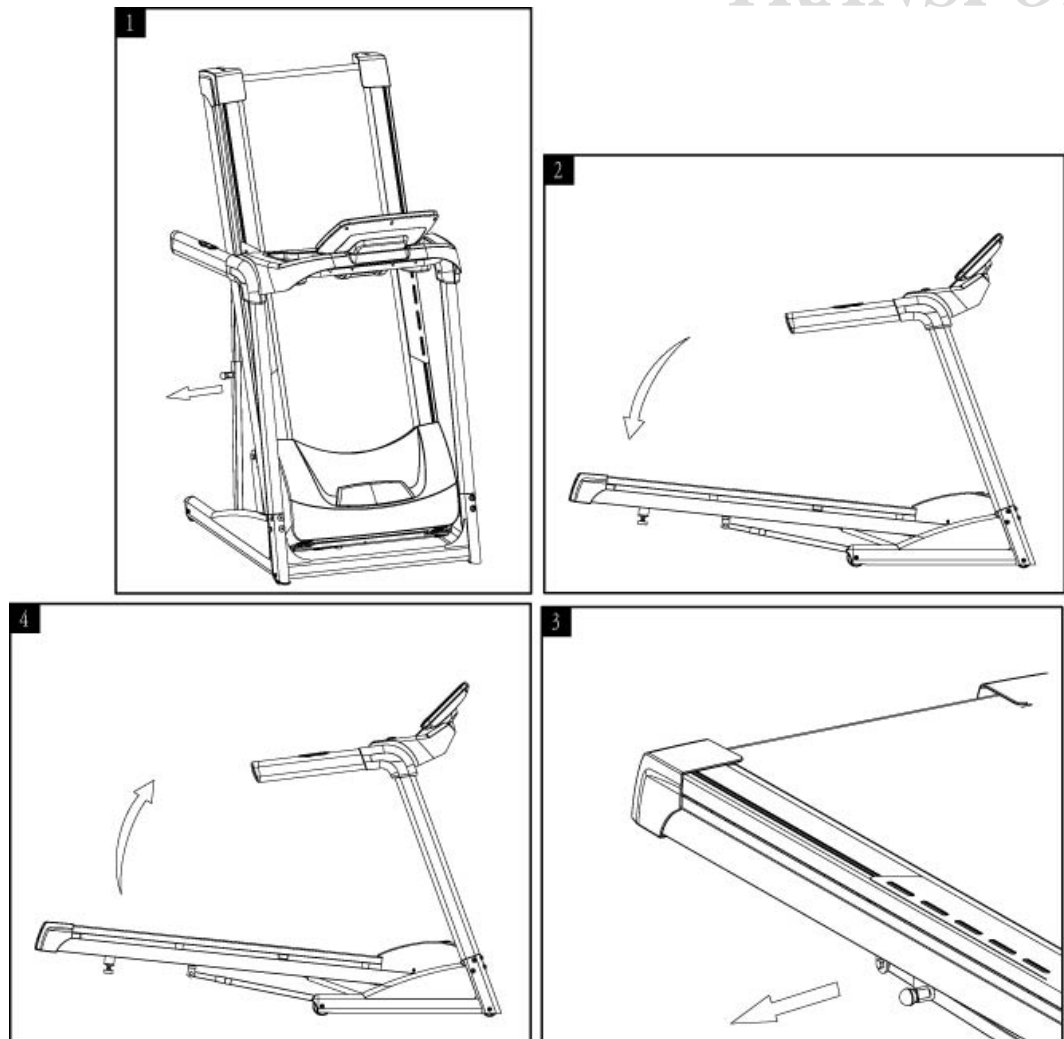
## **Operation procedures are as follows**

- A. Use PROGRAM to select HRC program. Press ENTER button to enter this mode and use SELECT button to switch between two modes. Press ENTER button to set parameters.
- B. Now the value of the weight is displayed. Use FAST/SLOW buttons to adjust the weight and press ENTER for next setting.
- C. Now the preset time 30:00 will be displayed. Use FAST/SLOW buttons to adjust for proper time duration and press ENTER to set next parameter.
- D. Now the value of the age will be displayed. Use FAST/SLOW buttons to adjust the age and press ENTER for next setting.
- E. To change the target heart rate value, the target heart rate value will be in the range of 55%~85% value calculated by the program according to the age you have entered. You can increase or decrease the target value as what fits you. Consulting your physician to determine the proper value before setting is recommended. Press START to begin your workout.

## **Error Message**

**LOST SPEED:** The signal of RPM speed has been lost. Check the imbedded magnet in front roller and the sensor together with the proper connection of the cable.

# UNFOLDING FOLDING TRANSPORT



## ➤ UNFOLDING

Pull locking knob and hold running deck and lower down to the floor.  
(As shown Figure 1\_2.)

## ➤ FOLDING

Pull the locking knob with right hand, left hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob. (As shown in Figure 3\_4)

## ➤ TRANSPORT

Before moving the treadmill, convert the treadmill to the storage as described above. Make sure that the Locking Knob is closer fully over the frame guide.

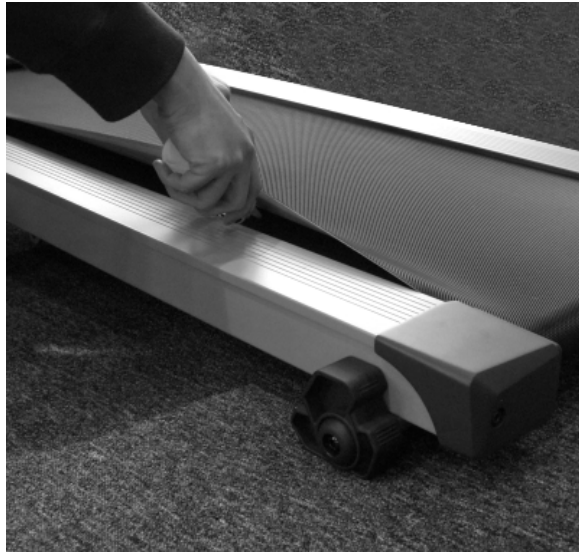
- 1). Hold the upper ends of the handrails. Place one foot on the base .
- 2). Tilt the treadmill back until it rolls freely on the rear wheels. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.
- 3). Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

## ➤ **BELT TRACKING ADJUSTMEANT**



If during use you notice that walking belt either shifts to the right or the left of center, first remove "Safety Key" and unplug equipment from AC power source. Using M6 Allen wrench provided, turn left rear roller adjustment as indicated below clockwise no more the 1/4" of a turn. Remove M6 Allen wrench, insert "Safety Key" and insert AC power cord into AC outlet. Turn on your treadmill and observe after running a few minutes to see if problem has been corrected. This may take several adjustments, so repeat the above procedure.

## ➤ TREADMILL LUBRICATION



Your treadmill should require little maintenance other than periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

### **HOW TO CHECK TREADBELT FOR PROPER LUBRICATION?**

Lift one side of the treadbelt and feel the top surface of the treadboard.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

### **HOW TO APPLY LUBRICANT?**

1. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

**NOTE:** DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

### **IMPORTANT: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION LUBRICATION SCHEDULE.**

1. After the first 25 hours of use (2-3 months) apply one half bottle of lubricant.
2. Every 50 hours of use (5-8 months) apply one half bottle of lubricant.

## AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

## WEIGHT TRAINING

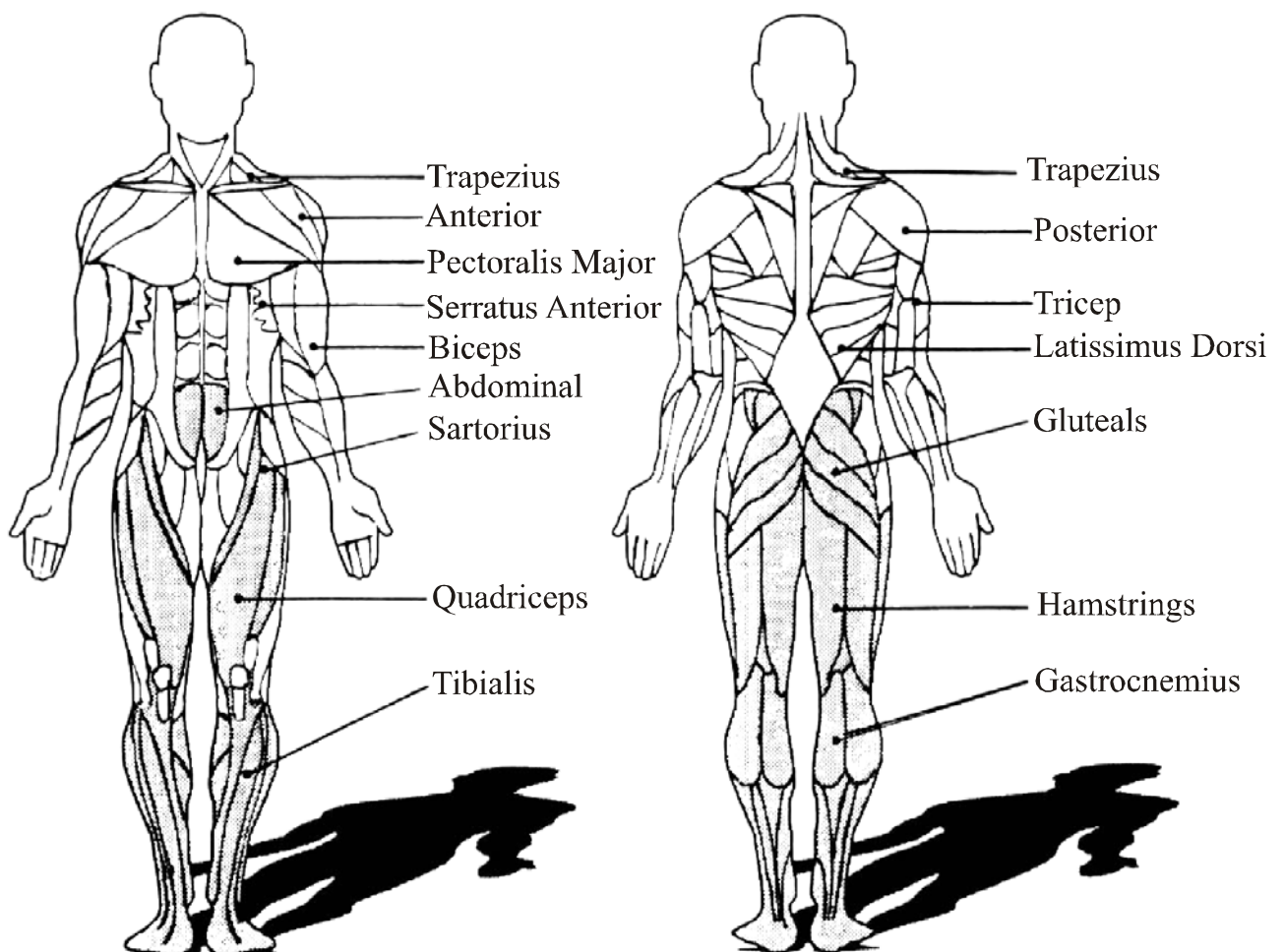
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

## MUSCLE CHART

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### CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.





# WARM UP

## Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



## Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts



## Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



## Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.





# PARTS LIST

NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Locking Knob	1
10	Incline Motor	1
11	Drive Belt	1
12	Motor Bracket	1
13	Motor	1
14	Running Belt	1
15	Running Deck	1
16	Front Roller W/Pulley	1
16~3	Magnet	1
17	Rear Roller	1
18	Deck Cross Brace	1
19	Wheel Sleeve	2
20	Rear Wheel Sleeve	2
21	Console Assembly	1
21~1	Console Top Cover	1
21~2	Console Bottom Cover	1
21~3	Top Book Rack	1
21~6	Fan	1
21~7	2.5 × 32m/m_Sheet Metal Screw	4
21~9	350m/m_Connecting Cable	1
21~10	350m/m_Computer Cable (Upper)	1
21~12	Amplifier Controller (Optional)	1
21~13	Amplifier Cable (Optional)	1
21~14	300m/m_Computer Cable	1
21~16	200m/m_Ground Wire	1
22	Console Locking Tube	2
23	Frame Base Cover (L)	1
24	Frame Base Cover (R)	1
25	Motor Top Cover	1
26	Rear Adjustment Base (L )	1
27	Rear Adjustment Base (R )	1
28	Speed/Hand Pulse Complex	1
29	Incline/Hand Pulse Complex	1
30	Breaker	1
31	On/Off Switch	1
32	Frame Base End Cap	2
33	Frame Base Front Wheel	2
34	Frame Base Rear Wheel	2
35	Cushion	6
36	Handgrip Foam	2
37	Foot Rail	2
38	Non-Slip Rubber	2
40	Motor Cover Anchor	5
41	□21.4 × 21.4m/m_Square End Cap	1
42	□25.4 × 25.4m/m_Square End Cap	1
43	□30 × 60m/m_Square End Cap	2

# PARTS LIST

NO.	DESCRIPTION	Q'TY
44	800m/m_Safety Key	1
45	Power Socket	1
46	3/8" × 7T_Nut	3
47	Sensor Rack	1
48	Power Cord	1
49	150m/m_Connecting Wire (White)	1
50	150m/m_Connecting Wire (Black)	1
51	10cm × 764 × 764_Connecting Wire (Black)	1
52	Controller	1
53	2100m/m_Computer Cable (Lower)	1
55	700m/m_Computer Cable (Middle)	1
56	1000m/m_Sensor W/Cable	1
58	1/2" × 1" _Hex Head Bolt	2
59	3/8" × 92m/m_Button Head Socket Bolt	1
60	3/8" × 1-3/4" _Hex Head Bolt	1
61	3/8" × 1-1/2" _Hex Head Bolt	2
62	3/8" × 3/4" _Hex Head Bolt	4
63	M8 × 60m/m _Hex Head Bolt	1
64	M8 × 12 m/m _Hex Head Bolt	2
65	5/16" × 1" _Button Head Socket Bolt	2
66	3/8" × 4-1/2" _Socket Head Cap Bolt	1
67	3/8" × 2" _Flat Head Socket Bolt	4
68	1/2" × 1-1/4" _Carriage Bolt	2
69	M8 × 80m/m _Socket Head Cap Bolt	2
70	M8 × 25m/m _Flat Head Countersink Bolt	6
71	Motor Bottom Cover	1
73	5 × 16m/m_Tapping Screw	13
74	3.5 × 12 m/m_Sheet Metal Screw	28
75	1/2" × 8T_Nyloc Nut	4
76	3/8" × 7T_Nyloc Nut	6
77	5/16" × 7T_Nyloc Nut	2
78	M8 × 8T_Nyloc Nut	1
79	3/8" × 2T_Split Washer	6
80	M8 × 1.5T_Split Washer	2
81	M5_Split Washer	3
82	3/8" × 19 × 1.5T_Flat Washer	6
83	3/8" × 25 × 2T_Flat Washer	4
84	5 × 13 × 1.0T_Flat Washer	10
85	Ø50 × Ø13 × 3T_Nylon Washer	4
86	Ø10 × Ø25 × 3T_Nylon Washer	3
87	Ø6.5 × Ø25 × 1.5T_Concave Washer	8
88	M5_Star Washer	3
89	5 × 2T_Speed Nut Clip	2
90	Beverage Holder Assembly	1
90~1	Beverage Holder	1
90~3	300m/m_Safety Switch Module W/Cable	1
90~5	3 × 10m/m_Sheet Metal Screw	2
90~7	150m/m_Computer Cable	1
90~8	150m/m_Computer Cable	1
91	4 × 12m/m_Sheet Metal Screw	12
92	Belt Guide	2
93	5 × 16m/m_Tapping Screw	30
95	Cylinder	1
96	M8 × 50m/m _Flat Head Countersink Bolt	2
99	5/16" × 1/2" _Button Head Socket Bolt	14

# PARTS LIST

NO.	DESCRIPTION	Q'TY
100	5/16" × 18 × 1.5T_Flat Washer	6
101	5/16" × 23 × 1.5T_Curved Washer	8
102	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
103	M6 (66 × 88)_Allen Wrench	1
104	Lubricant	1
105	Adjustable Foot Pad	2
106	Beverage Holder Cover	1
111	3.5 × 16m/m_Tapping Screw	5
112	Wire Tie Mount	5
113	Top Motor Cover Plate	1
114	Console Speaker Cover (L)	1
114~2	Speaker W/Cable (L) (Optional)	1
114~3	Speaker Grill Anchor (Optional)	3
114~4	3 × 10m/m_Sheet Metal Screw (Optional)	3
115	Console Speaker Cover (R)	1
115~2	Speaker W/Cable (R) (Optional)	1
115~3	Speaker Grill Anchor (Optional)	3
115~4	3 × 10m/m_Sheet Metal Screw (Optional)	3
116	3 × 10 m/m_Sheet Metal Screw	2
125	M5 × 25m/m_Phillips Head Screw	2
126	M5 × 35m/m_Phillips Head Screw	2
128	M5 × 12m/m_Phillips Head Screw	7
129	Outer Handlebar Cover (L)	1
130	Outer Handlebar Cover (R)	1
131	Bottom Inner Handlebar Cover (R)	1
132	Bottom Inner Handlebar Cover (L)	1
133	Top Inner Handlebar Cover (L)	1
134	Top Inner Handlebar Cover (R)	1
135	3 × 75m/m_Sheet Metal Screw	2
136	Handgrip End Cap	2
137	Choke	1
138	Filter	1
139	400m/m_Connecting Cable Of Motor	1
140	4 × 19m/m_Sheet Metal Screw	4
141	Chest Strap (Optional)	1
142	200m/m_Connecting Wire (White)	1
143	Receiver, HR (Optional)	1
144	1000m/m_Connecting Cable (Lower)	1
147	300m/m_Ground Wire	1
148	Copper Foil	1
149	Audio Cable (Optional)	1
150	Drink Bottle (Optional)	1