

fuel

SIXTEEN



OWNER'S MANUAL
PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE
OPERATING YOUR TREADMILL!

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 its 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.
12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
13. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
14. Children being supervised not to play with the appliance

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.

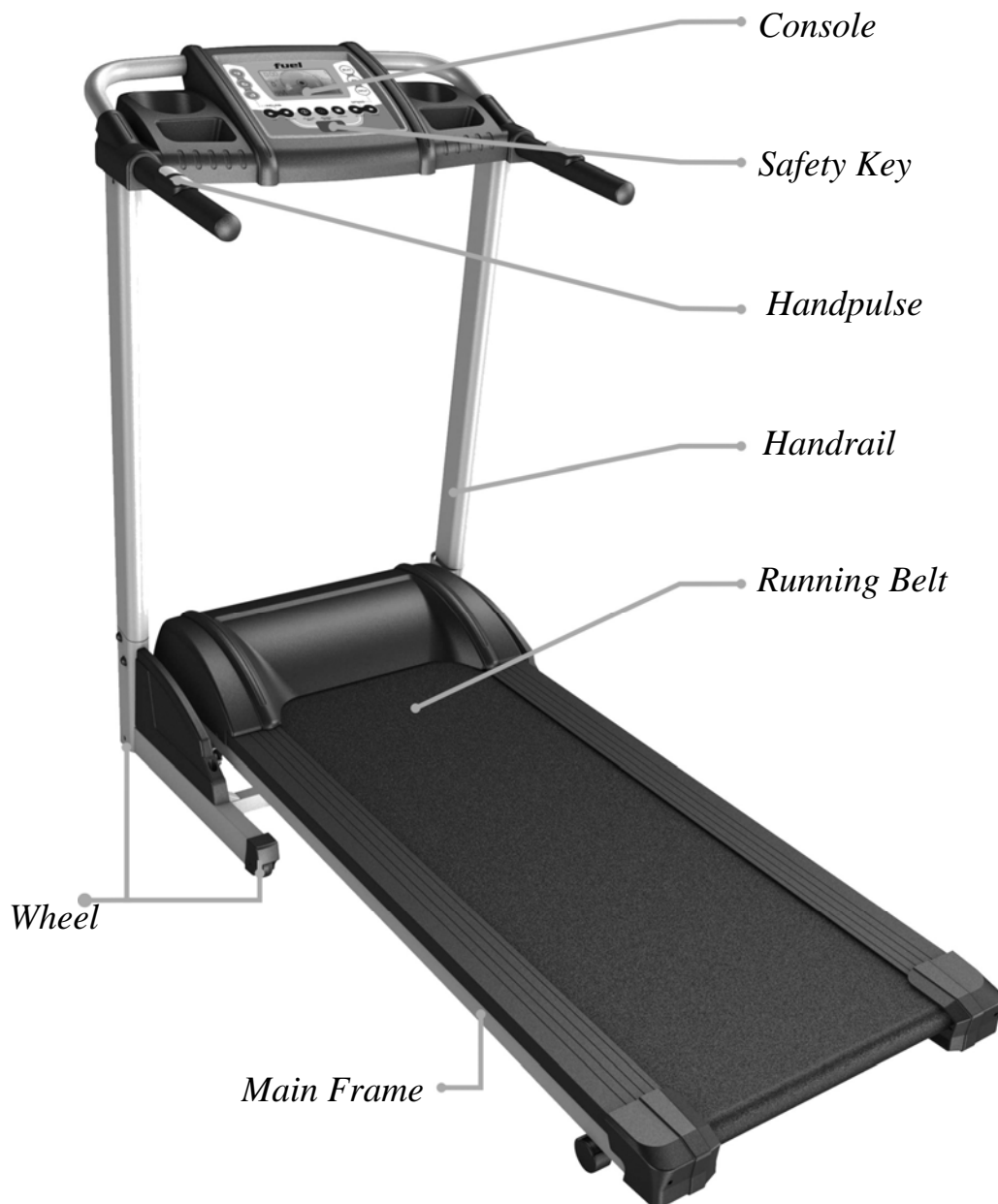
CAUTION!! Please be careful when opening this unit.

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

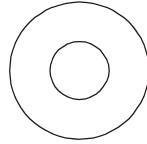
- Drive Motor: 2.0 HP
- Speed Range: 1.0 –16 kmph
- Running Surface: 420 m/m x 1200 m/m
- Incline Level: 0-12 Levels
- Folding Design: Yes



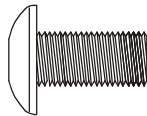
➤ **MAX.USER WEIGHT 120 KGS**

*ASSEMBLY
PACK
CHECK
LIST*

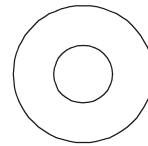
ASSEMBLY PACK CHECK LIST



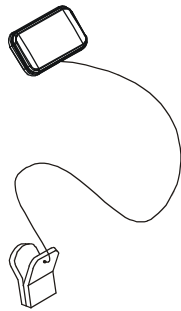
#90. $\text{Ø}8 \times \text{Ø}18 \times 1.5\text{T}$
Flat Washer (8pcs)



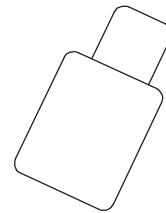
#89. $5/16" \times \text{UNC}18 \times 15\text{L}$
Button Head Socket Bolt (14pcs)



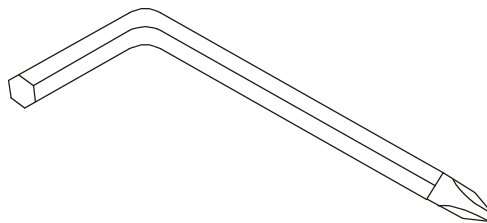
#91. $\text{Ø}8 \times \text{Ø}23 \times 1.5\text{T}$
Curved Washer (6pcs)



#36. Quadrate Safety Key (1pc)



#94. Lubricant (1pc)

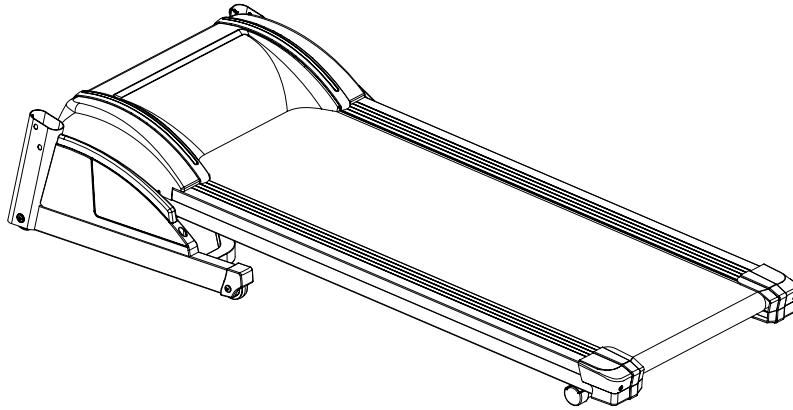


#92. Combination M5 Allen Wrench
& Phillips Head Screw Driver (1pc)

ASSEMBLY

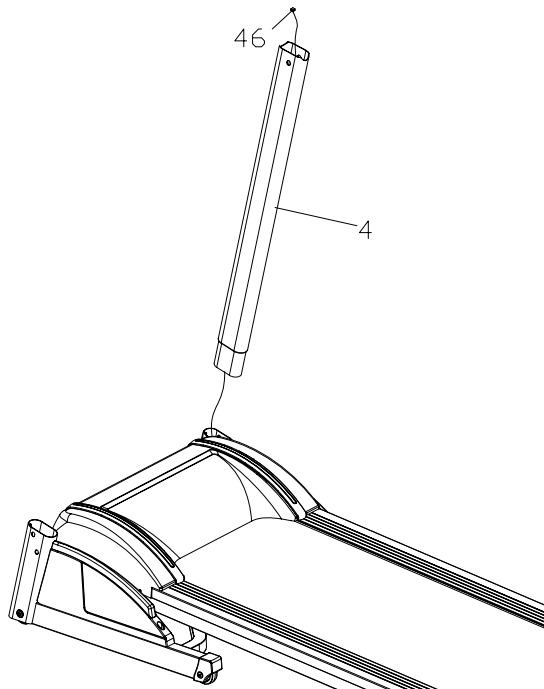
Step 1.

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



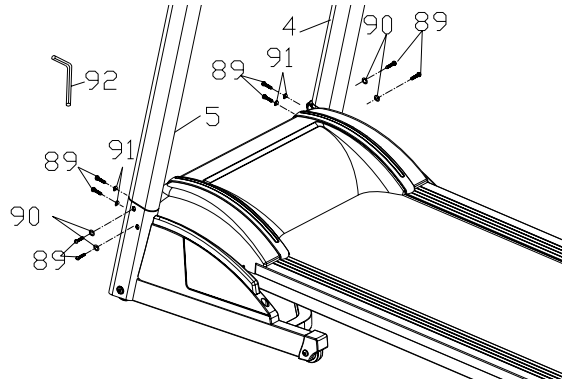
Step2.

Thread 10P Computer Cable (Lower) (46) through Right Upright (4).



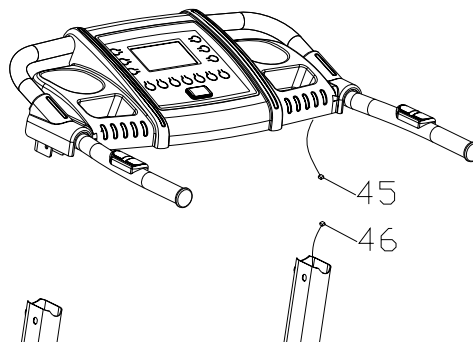
Step 3

1. Install the Right and Left Upright (4,5) into the Frame Base (2).
2. Secure the Right and Left Upright (4,5) to the Frame Base (2) with the 8pcs of 5/16" × 15m/m Button Head Socket Bolts (89), 4pcs of 5/16"× 18 × 1.5T Flat Washers (90) and 4pcs of 5/16"× 23 × 1.5T Curved Washers (91) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (92).



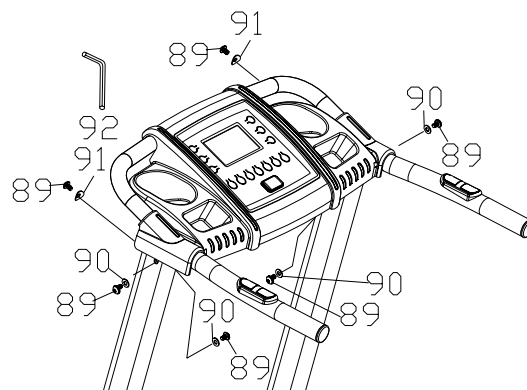
Step 4.

Connect the 10P Computer Cable (Upper) (45) and the 10P Computer Cable (Lower)(46).



Step 5.

1. Insert the Console Support (6) into the Right and Left Upright (4,5).
2. Secure the Console Support (6) and the Right and Left Upright (4,5) with the 6pcs of 5/16" × 15m/m Button Head Socket Bolts (89), 4pcs of 5/16"×18×1.5T Flat Washers (90) and 2pcs of 5/16" × 23 × 1.5T Curved Washers (91) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (92).



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

COMPUTER OPERATION INSTRUCTIONS



The Console

“START\STOP” key

Pressing this key, the treadmill starts at speed 1.0 km/h. While running, pressing this key, the treadmill stops slowly.

“Clear/SET” key

When the treadmill is not moving, pressing this key clears all data. Pressing once again, the distance and calorie can be altered. You can press FAST "↑" or SLOW "↓" to set time, distance and calorie then press “START\STOP” key to start the treadmill at 1 km/h. When the data reaches “0”, the treadmill stops.

“MODE” key

When data is cleared, press this key to select a program. There are 24 programs to be selected with each program lasts for 30 seconds. Speed can be set to change automatically every minute or five minutes. The buzzer sounds three time at the end of the program.

“SPEED” keys

Press “SPEED ↑” or “SPEED ↓” to adjust the treadmill speed.

“INCLINE” keys

Press “INCLINE ↑” or “INCLINE ↓” to adjust the incline level of the treadmill.

“Quick Speed” keys

Press one of these keys to select “walk”, “jog” or “run” speed whichever you desire. The maximum speed is 16 km/h.

“Quick Incline” keys

Press one of these keys to select incline level “3”, “6” or “9” whichever you desire. The highest incline level is 12.

“Safety Switch”

In case of emergency, pulling off the safety switch stops the treadmill.

At the start

Plug in the power cord onto the proper wall outlet and turn on the power switch of the treadmill. Make sure the safety switch is on as the treadmill will not start without putting it on. When the power is on, all lights on the display will be lit instantly.

Calibration Mode

In ready mode, pulling off the safety key, the display shows E0. Pressing and hold MODE key then putting on the safety key, the unit enters engineering mode.

1. Press Clear/SET key to change the set value (wheel size 46, minimum speed 1KM, maximum speed 16 KM, incline level 12)
2. When finish setting, press Clear/SET key to enter calibration mode then press START key to run speed and incline calibration. The unit returns to ready mode automatically when calibration ends.
3. Please do not change the engineering mode setting values otherwise the speed or the incline value alters.

Quick Start Operation

1. Press START / STOP key to wake up the console display (if it is not on). Note: Replacing the safety switch will also wake up the control console.
2. Press START / STOP key and the treadmill starts at speed 1.0 km/h. Then use speed keys “ ↑ ” or “ ↓ ” adjust to the desired speed. You can also use quick speed keys “ WALK ” , “ JOG ” or “ RUN ” for speed adjustment. The speed ranges between 1 km/h and 16 km/h.
3. To let the treadmill slow down, press speed “ ↓ ” or quick speed keys “ WALK ” , “ JOG ” or “ RUN ” until reaching the desired speed.
4. During the workout, press START / STOP key to pause.
5. During the workout, press CLEAR / SET key once resets all data except speed, then the treadmill enters manual mode.
6. Pressing START/STOP key ends the workout. Quick-Start Operation.

The Incline feature

- The incline is adjustable at any time after workout.
- The range of the incline level is 0 to 12.
- Press “ INCLINE ↑ ” or “ INCLINE ↓ ” to adjust the incline level of the treadmill. There are three quick incline keys “ 3 ” , “ 6 ” or “ 9 ” for incline level adjustment.
- The incline level is displayed on the console.
- Turning off the console keeps the incline level unchanged.

Heart Rate Control feature

Heart Rate Control window displays your heart beats per minute during your workout. You must use both stainless steel sensor to display your heart beat. The heart beat signal is displayed on the heart rate window.

Calorie Display

This display shows the cumulated calorie consumption anytime during your workout.

Note: This is only a rough guide for comparison among different workouts and cannot be used for medical purposes.

Incline Feature

- Incline may be adjusted anytime after belt movement.
- The incline range is from 0 to 12 levels.

Folding and unfolding of the treadmill

Folding

First, hold the rear frame with your hand and pull up until you hear a click which means the folding system has been locked. The deck cannot be moved reversely.

Unfolding

When you feel like to workout, move the treadmill to an open and wide area.

Transport

Carefully pull up the rear roller portion, grasp adjustment base of both side and move the treadmill.

Programmable Operation

This treadmill provides 24 programs(P1,P2,P3.....P24,please see attachment). Fourteen of them (P1-P14)have only preset speed program while the last 10 (P15-24) have combinational speed and incline both programmed. Be aware of the last 10 programs which are designed for the advanced users so that children under age of 16are not recommended. Each preset program has a maximum speed to display for the selected workout. The specific segment of the speed shows on the display window. Each program has its specific speed variations.

Selecting an item

- Make sure that the treadmill is in stop mode then press clear/set' key to enter setting mode. Press "MODE" key to select the wanted program (P1,P2,.... P24) then press 'START/STOP' key to start the program with the preset values.
- Speed window shows the preset speed value of the selected program.

Each program lasts 30 minutes. The speed varies every minute but can be changed manually or automatically. The buzzer sounds three times for three seconds before program ends then treadmill stops.

Error Messages:

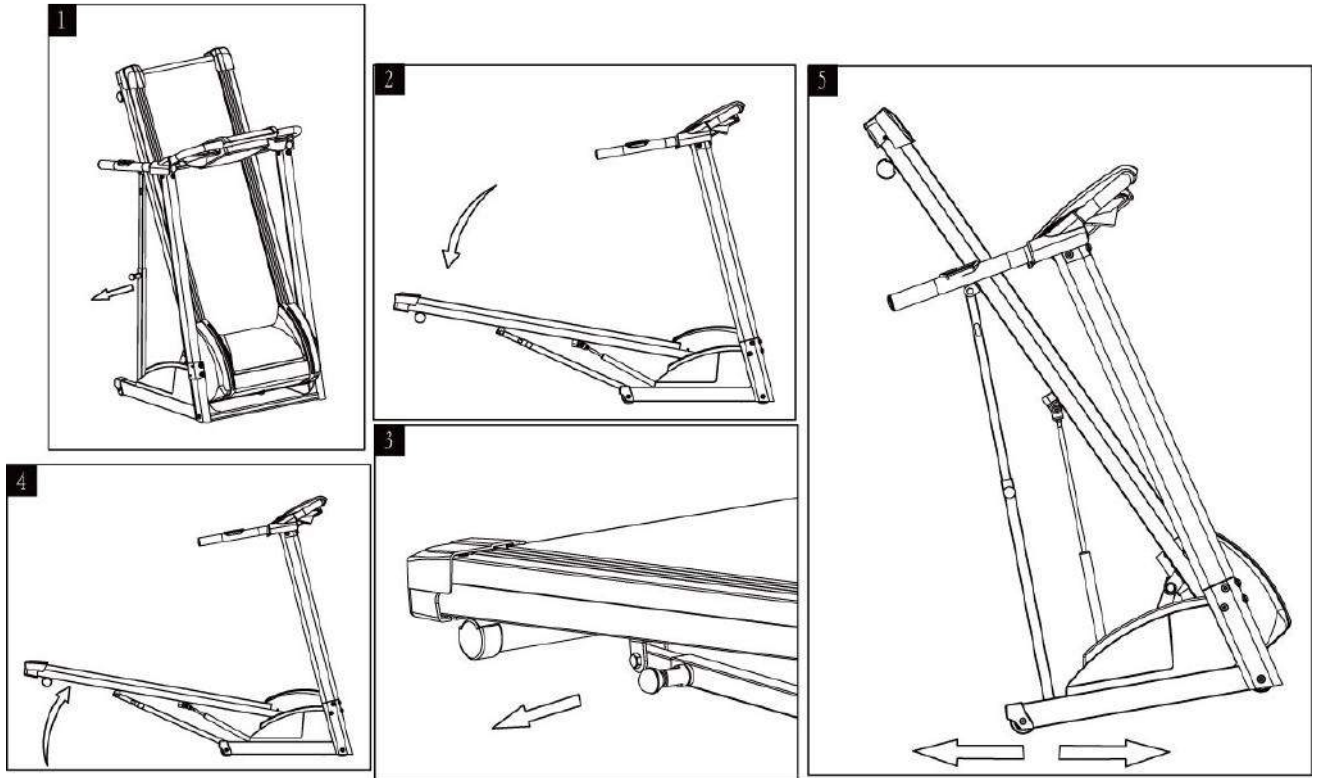
E0: Safety switch open, please replace the safety switch.

E1: Receive no RPM signal from front roller after 10 second. Error message will be prompted and the machine shuts down automatically.

FUNCTIONS

Mode	Time (m)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	P-1		1	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P-2		1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2	2	1	1	
P-3		2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	
P-4		2	6	6	6	6	6	6	6	4	4	4	4	4	4	5	5	5	5	5	5	5	5	3	3	3	3	3	3	3	1	
P-5		3	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2	
P-6		3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	3	3	3	3	3	3	3	1	
P-7		4	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	
P-8		4	5	5	5	6	6	6	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5	
P-9		5	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	
P-10		6	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	
P-11		6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	8	9	9	9	8	8	8
P-12		7	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	
P-13		8	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	
P-14		9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	2	2	1	1	
P15	spd	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	3	6	5	4	2	
	inc	3	4	5	6	3	4	5	6	5	4	3	4	5	6	3	4	5	6	3	4	3	4	5	6	3	4	5	6	5	4	
P16	spd	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
	inc	2	4	6	8	10	10	10	8	6	4	2	4	6	8	10	10	10	8	6	4	2	4	6	8	10	10	10	8	6	4	
P17	spd	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6	
	inc	3	7	7	9	10	9	7	7	3	3	3	7	7	9	10	9	7	7	3	3	3	7	7	9	10	9	7	7	3	3	
P18	spd	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	
	inc	7	5	3	5	9	4	2	4	6	8	10	10	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0	
P19	spd	2	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	
	inc	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	
P20	spd	3	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	
	inc	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3	1	3	5	7	9	10	9	7	5	3	
P21	spd	2	3	3	3	3	3	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	6	6	6	6	6	7	7	
	inc	0	3	3	3	3	3	3	3	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	0	
P22	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
	inc	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
P23	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	8	6	6	6	6	6	5	5	
	inc	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	
P24	spd	3	4	4	4	4	4	4	4	7	7	7	7	7	7	7	12	12	12	12	12	12	12	12	3	3	3	3	3	3	1	
	inc	0	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	0	

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.
(As shown in Figure. 5)

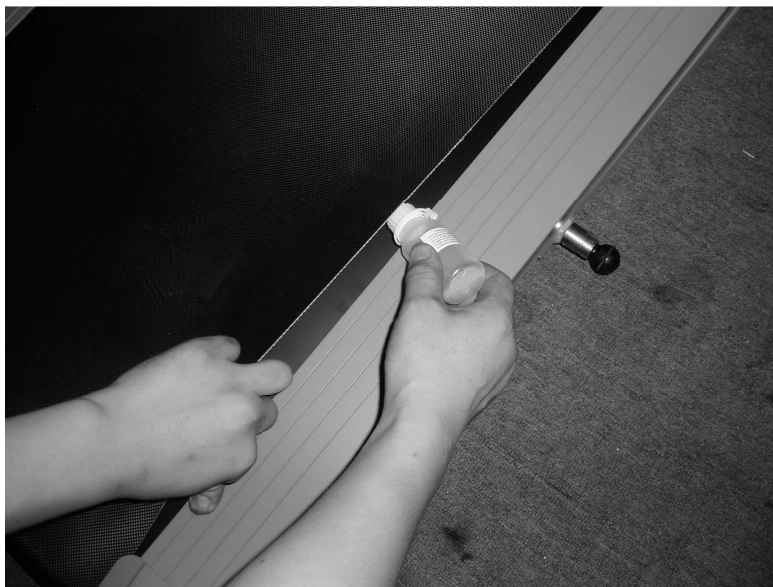
➤ BELT TRACKING ADJUSTMEANT



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 **M5** Allen wrench provided, turn left rear roller adjustment as indicated below clockwise no more the 1/4" of a turn. Remove **M5** 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

LUBRICATION IS EXTREMELY IMPORTANT – FAILURE TO LUBRICATE AS PER INSTRUCTIONS WILL RESULT IN DAMAGE TO THIS MACHINE



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. If it's necessary, it's better to lubricate half a bottle when user open carton to use at first time.

2. We suggest if user doesn't apply lubricant at first time, after the first 25 hours of use (2-3 months) need to apply one half bottle of lubricant.

3. Every 100 hours or 300 km of use apply one half bottle of lubricant per exact situation.

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.

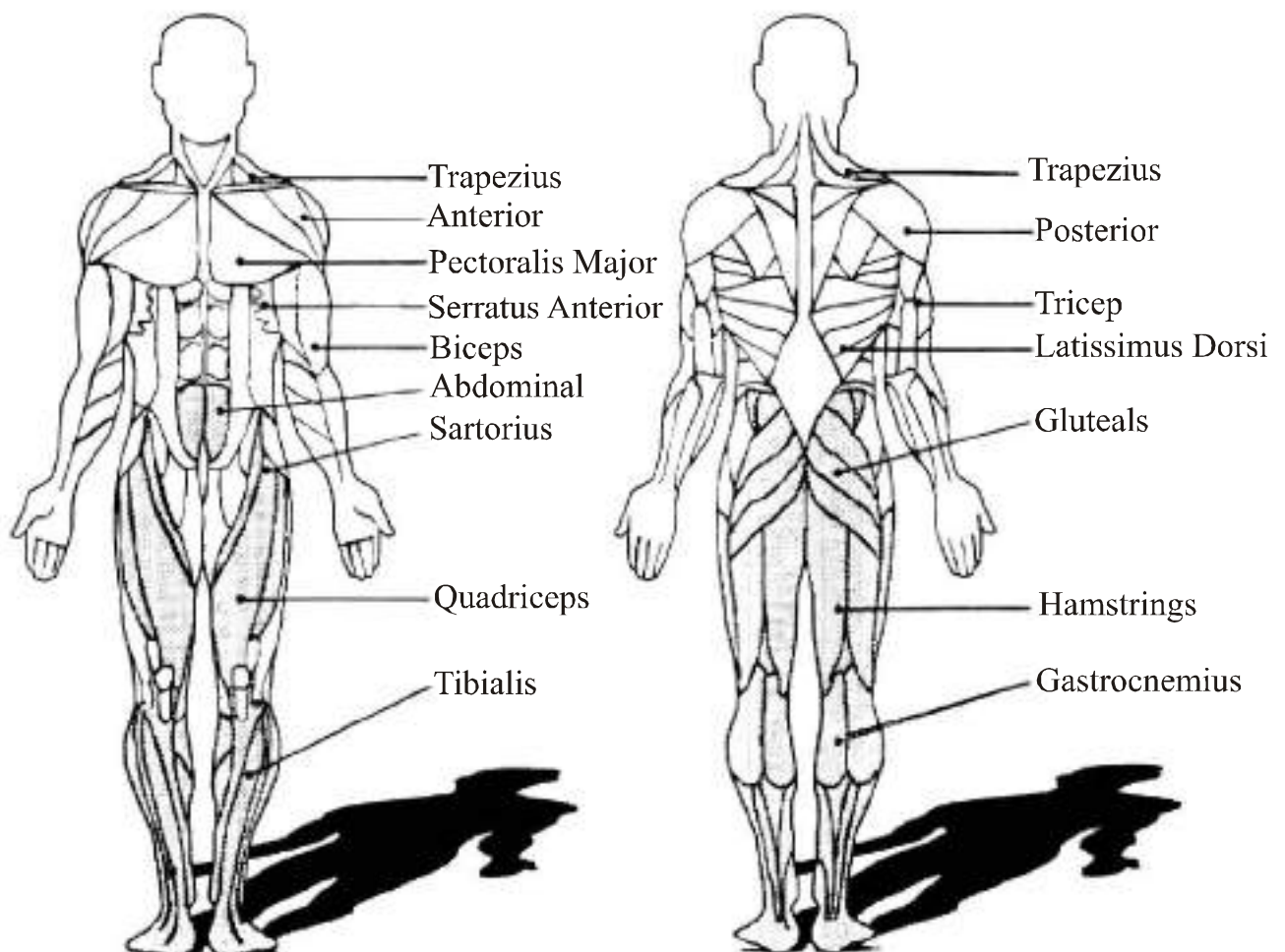
WEIGHT TRAINING

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

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.



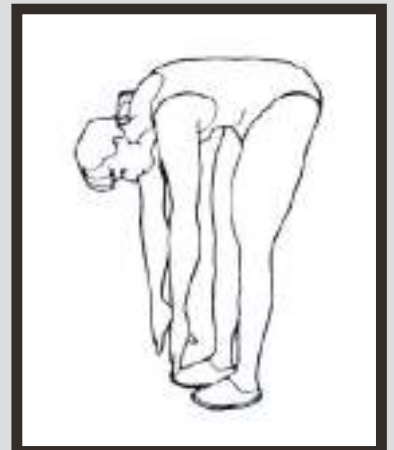
Inner Thigh Stretch

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



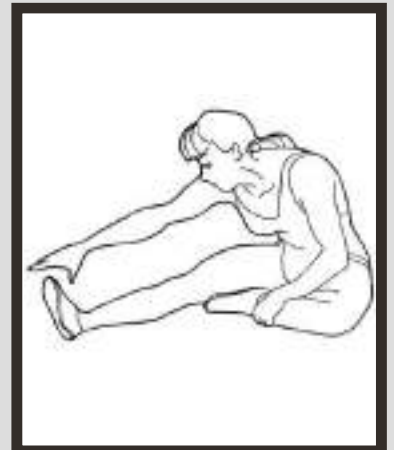
Toe Touches

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.

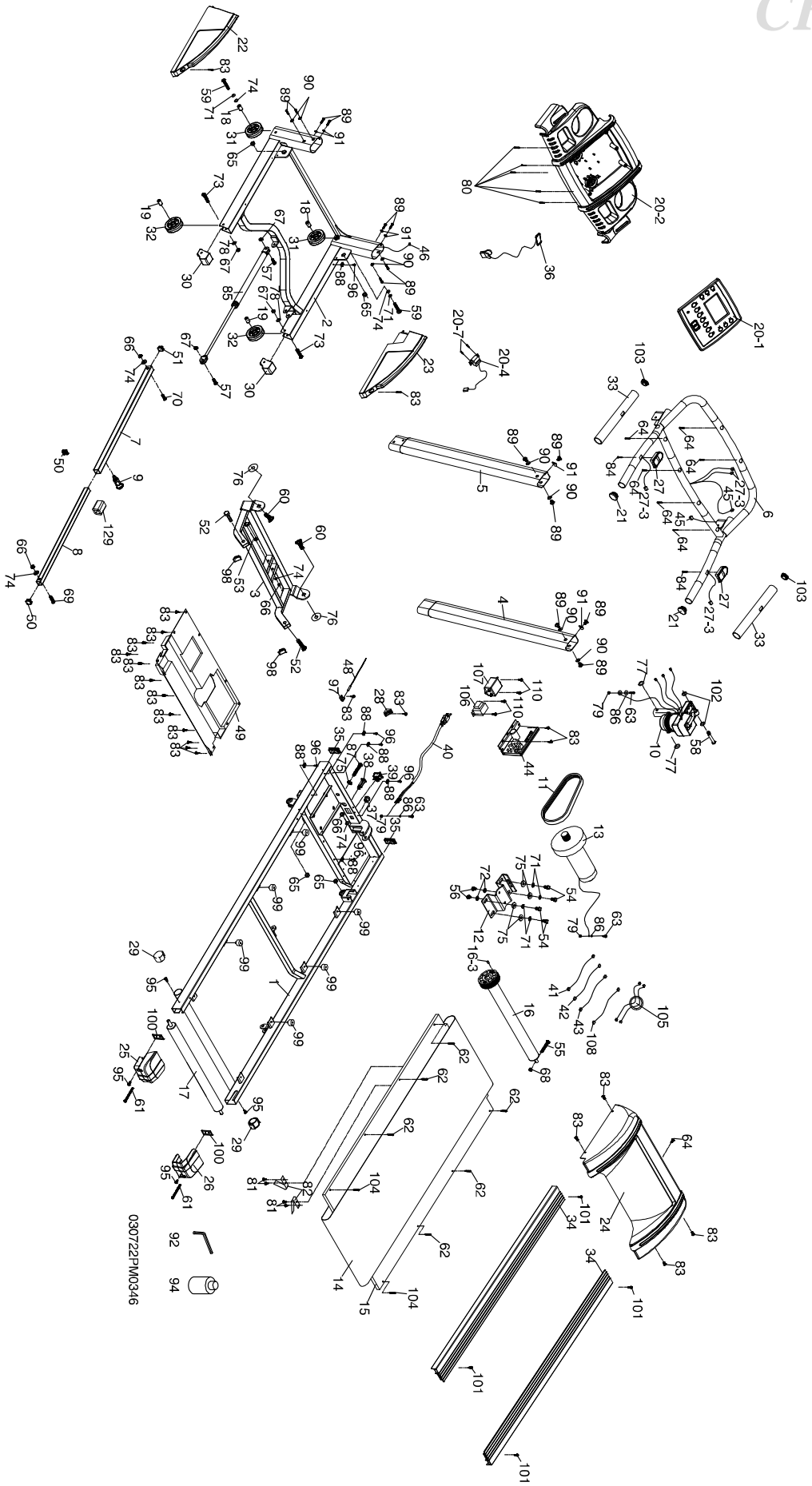


Hamstring Stretches

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.



OVERVIEW CHART



030722PM0346

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	Drive 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	Sleeve for Frame Base Front Wheel	2
19	Rear Wheel Sleeve	2
20	Console	1
20~1	Console Top Cover	1
20~2	Console Bottom Cover	1
20~4	300m/m_Safety Switch Module W/Cable	1
20~7	Ø3 × 10L_ Sheet Metal Screw	2
21	Button Head Plug	2
22	Frame Base Cover (L)	1
23	Frame Base Cover (R)	1
24	Motor Top Cover	1
25	Rear Adjustment Base (L)	1
26	Rear Adjustment Base (L)	1
27	Handpulse Assembly	2
27~3	1000m/m_Hand Pulse Sensor Assembly W/Cable	2
28	Motor Cover Anchor	1
29	Indentation End Cap	2
30	Wheel Cover	2
31	Frame Base Front Wheel	2
32	Frame Base Rear Wheel	2
33	Handgrip Foam	2
34	Foot Rail	2
35	□25 × 50m/m_Square End Cap	2
36	800m/m_Quadrate Safety Key	1
37	Grommet	1
38	Breaker	1
39	On/Off Switch	1
40	Power Cord	1
41	350m/m_Connecting Wire (White)	1

PARTS LIST

NO.	DESCRIPTION	Q'TY
42	350m/m_Connecting Wire (Black)	1
43	100m/m_Connecting Wire (Black)	1
44	Controller	1
45	900m/m_10P Computer Cable (Upper)	1
46	1900m/m_10P Computer Cable (Lower)	1
48	1000m/m_Sensor W/Cable	1
49	Frame Cover	1
50	□21.8 × 21.8m/m_Square End Cap	2
51	□25.4 × 25.4m/m_Square End Cap	1
52	1/2" × UNC12 × 1-1/4" _Hex Head Bolt	2
53	3/8" × UNC16 × 3-1/4" _Hex Head Bolt	1
54	3/8" × UNC16 × 3/4" _Hex Head Bolt	4
55	M8 × P1.25 × 60L _Hex Head Bolt	1
56	M8 × P1.25 × 12L _Hex Head Bolt	2
57	5/16" × UNC18 × 1" _Button Head Socket Bolt	2
58	3/8" × UNC16 × 1-3/4" _Hex Head Bolt	1
59	3/8" × UNC16 × 2" _Flat Head Socket Bolt	2
60	1/2" × UNC12 × 28L _Carriage Bolt	2
61	1/4" × UNC20 × 60L _Socket Head Cap Bolt	2
62	M6 × P1.0 × 20L _Flat Head Socket Screw	6
63	M5 × P0.8 × 10L _Phillips Head Screw	3
64	Ø5 × 16L _Tapping Screw	7
65	1/2" × UNC12 × 8.0T _Nyloc Nut	4
66	3/8" × UNC16 × 7.0T _Nyloc Nut	4
67	5/16" × UNC18 × 7.0T _Nyloc Nut	4
68	M8 × P1.25 × 7.0T _Nyloc Nut	1
69	3/8" × UNC16 × 1-1/2" _Hex Head Bolt	1
70	3/8" × UNC16 × 45L _Hex Head Bolt	1
71	Ø10 × 2.0T _Split Washer	6
72	Ø8 × 1.5T _Split Washer	2
73	5/16" × UNC18 × 1-3/4" _Button Head Socket Bolt	2
74	Ø10 × Ø19 × 1.5T _Flat Washer	6
75	Ø10 × Ø25 × 2.0T _Flat Washer	5
76	Ø50 × Ø13 × 3.0T _Nylon Washer (B)	2
77	Ø10 × Ø25 × 3.0T _Nylon Washer (A)	2
78	Ø8 × Ø18 × 1.5T _Flat Washer	2
79	M5 _Star Washer	3
80	Ø3.5 × 12L _Sheet Metal Screw	5
81	Ø4 × 12L _Sheet Metal Screw	4
82	Belt Guide	2
83	Ø5 × 16L _Tapping Screw	22
84	Ø4 × 25L _Sheet Metal Screw	2
85	Cylinder	1
86	Ø5 × 1.5T _	3
87	3/8" × UNC16 × 2-1/2" _Hex Head Bolt	1
88	Wire Tie Mount	6
89	5/16" × UNC18 × 15L _Button Head Socket Bolt	14

PARTS LIST

NO.	DESCRIPTION	Q'TY
90	Ø8 × Ø18 × 1.5T_Flat Washer	8
91	Ø8 × Ø23 × 1.5T_Curved Washer	6
92	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
94	Lubricant	1
95	Ø5 × 19L_Tapping Screw	4
96	Ø3.5 × 16L_Tapping Screw	6
97	Sensor Rack	1
98	15 × 30m/m_Square End Cap	2
99	Rubber Foot	6
100	Rear Roller Cover	2
101	Ø5 × 25L_Tapping Screw	4
102	Ø10 × Ø25 × 0.8T_Nylon Washer	2
103	Round Cap	2
104	M6 × P1.0 × 25L_Flat Head Socket Screw	2
105	400m/m_Connecting Cable Of Motor	1
106	Choke	1
107	Filter	1
108	200m/m_Connecting Wire (White)	1
110	Ø4 × 16L_Tapping Screw	4
129	□21.4 × 25.4m/m_Square End Cap	1

FOR PARTS AND SERVICE ON THIS PRODUCT CONTACT

Bernsport Ltd
19A Orbit Drive
Albany
Auckland

Phone: 09 477 6020

Email: orders@bernsport.co.nz

Web: www.bernsportfittnessequipment.co.nz