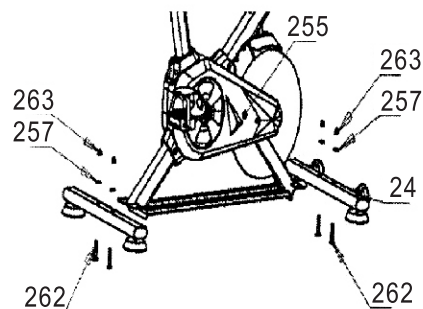


ASSEMBLING INSTRUCTION

Attention: Please tighten the screws after all assembled according the instruction.

First step:

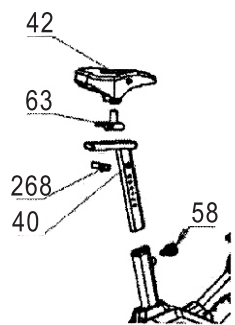
Open the outer carton, removed the above parts from the carton, then let the main frame on the floor.



1. using open end wrench, bolt(262) with washer(257)、cap nut(263), then assemble the front foot tube (24)、 rear foot tube(255), then the main frame assembled.

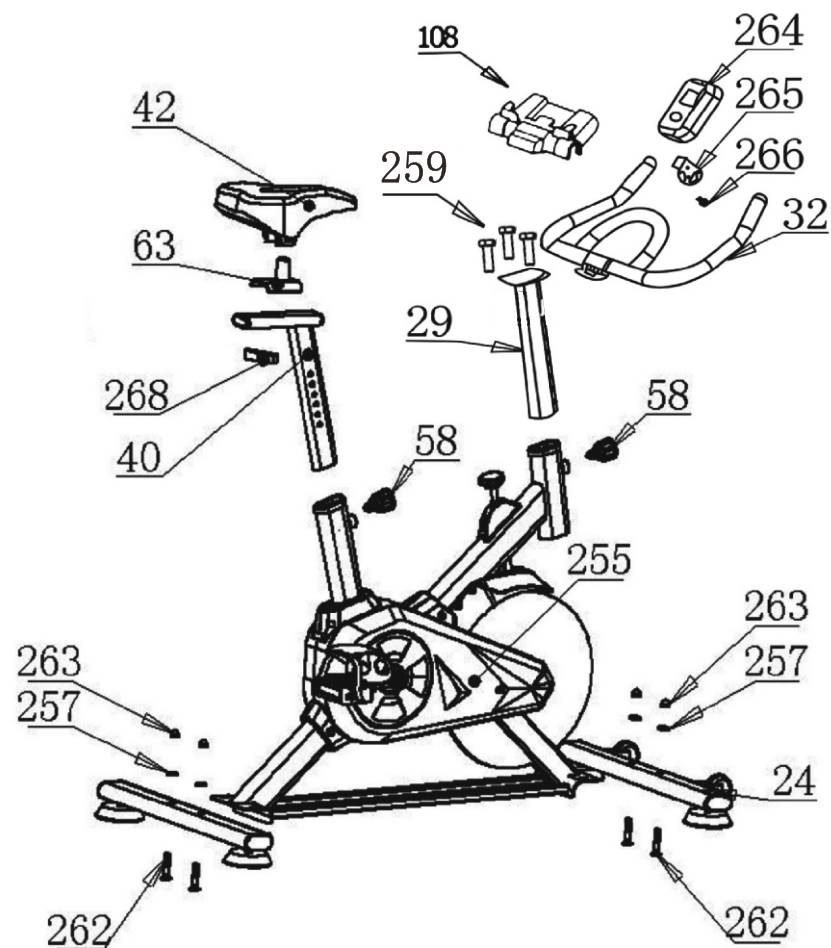
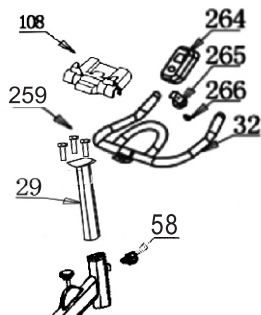
Second step:

1. insert cushion lifting pipe(40) into main frame (255) with knob(58).
2. Connect the cushion(42) with the cushion soleplate (63), use knob(268) with the cushion ;lifting pipe(40).
3. Tight the left and right pedal into the main frame(255). please remind the left and right, then according the thread direction tighten them)



Third step:

1. insert the lifting pipe(29) into the main frame (255), use knob(58).
2. Handlebar(32)、 spring washer (258)、 flat washer(259) Screw.
3. Digital watch(264) into digital watch tower (265), then use bolt(266) tighten them.



PART LIST

NO.	DESCRIPTION	SIZE	QTY
262	Carrage bolt	M8X40	4
257	Washer	∅8	4
263	Cap nut	M8	4
	Rear foot tube		1
	Adjustable foot screw		4
255	Main frame		1
R	Right pedal		1
24	Front foot tube		1
58	Knob		2
L	left pedal		1
268	Knob		1
40	Cushion lifting pipe		1
63	Cushion soleplate		1
42	Cushion		1
108	Mobile phone holder		1
29	Lifting pipe		1
32	handlebar		1
266	Bolt	ST4.2x32	1
265	Digital watch tower		1
264	Digital watch		1
259	Screw		4

ATTENTIONS

1. Before doing any exercise, it is recommended that you should consult a doctor in the first time.
2. Check whether all bolts locking on the equipment.
3. Don't put the equipment exposed to damp down, this will lead to failure.
(Any failure and damage is caused by the above reasons, we are not responsible for it.)
4. Before you start, please wear your jogging suit and sneakers.
5. Any strenuous exercise only can begin after 40 minutes after a meal.
6. In order to prevent injury, please to warm up your body before exercise.
7. People who with high blood pressure should consult a physician before exercise.
8. Don't insert any other items to the any part of the equipment, that will damage to the machine.

MAINTENANCE INSTRUCTIONS

1. Warranty scope
Warranty scope: under the condition of product in normal maintenance, normal use at times of non-artificial damage.
2. Warranty period
Household
Steel frame warranty for three years
Other parts warranty for twelve months
3. The following is beyond the scope of the warranty:
 - (1) Due to abuse, negligence, accident, or modified without authorization and cause damage.
 - (2) Due to not normal maintenance that cause damage.
 - (3) Other irregularities and the resulting damage.