

SPIRIT



CE850+ Elliptical OWNER'S MANUAL

Please carefully read this entire manual before operating your new elliptical.

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IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock disconnect your elliptical from the electrical outlet prior to cleaning and/or service work.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the elliptical on a flat level surface with access to a 230-volt grounded outlet with only the elliptical plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS 1m m² OR BETTER, WITH ONLY ONE OUTLET ON THE END. The elliptical should be the only exercise equipment in the circuit in which it is connected. **DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS, OR IN ANY WAY MODIFY THE CORD SET.** A serious shock or fire hazard may result along with computer malfunctions.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- Do not operate elliptical on deeply padded, plush or shag carpet. Damage to both carpet and elliptical may result.
- Keep children away from the elliptical. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the elliptical if it has a damaged cord or plug. If the elliptical is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Please make sure that power-supply cord and adapter placed in dry area and kept away from heat.
- Do not attempt to use your elliptical for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your elliptical. Quality athletic shoes are recommended to avoid leg fatigue.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- This exercise equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the exercise equipment by a person responsible for their safety.

- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Close supervision is necessary when this exercise equipment is used by, on, or near children, invalids, or disabled persons.
- To mount and dismount the equipment safely, one foot-platform should be in the lowest position.
- The appliance is only to be used with the power supply unit provided with the appliance.

- **WARNING** – Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

- **WARNING** – The equipment shall be installed on a stable base and properly leveled.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!

NEVER remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your elliptical may be affected.

Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this elliptical to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Circuit Breakers: Some circuit breakers used in homes are not rated for high inrush currents that can occur when a elliptical is first turned on or even during use. If your elliptical is tripping the house circuit breaker (even though it is the proper current rating) but the circuit breaker on the elliptical itself does not trip, you will need to replace the home breaker with a high inrush type. This is not a warranty defect. This is a condition we as a manufacture have no ability to control. This part is available through most electrical supply stores.

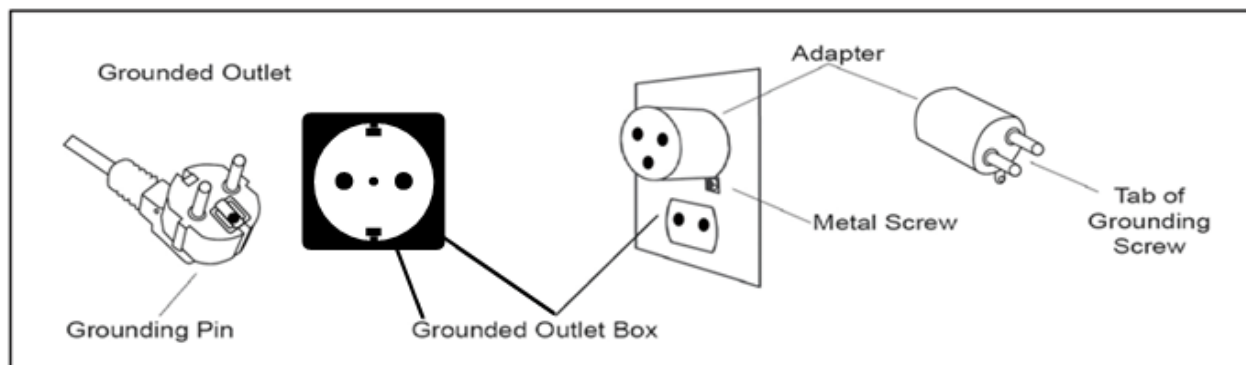
Examples: Grainger part # 1D237, or available online at www.squared.com part #QO120HM. The electrical outlet used should have a dedicated 5 amp circuit breaker.

Grounding Instructions

This product must be grounded. If the elliptical's electrical system should malfunction or breakdown grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

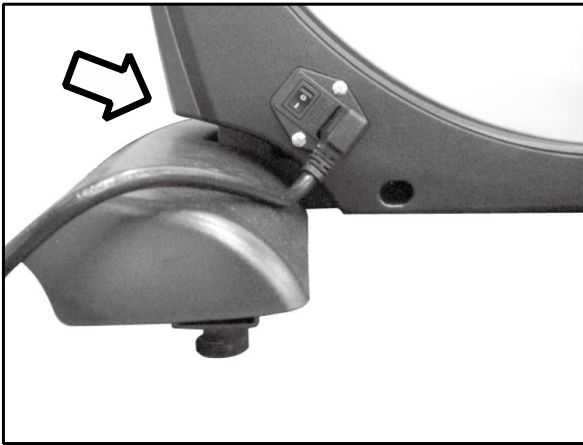
DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 230-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this elliptical without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in resistance and incline do not occur immediately. Set your desired resistance on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your elliptical during an electrical storm. Surges may occur in your facility or household power supply that could damage elliptical components. Unplug the elliptical during an electrical storm as a precaution.
- Use caution while participating in other activities while pedaling on your elliptical; such as watching television, reading, etc. These distractions may result in serious injury.
- Always hold on to a handrail or hand bar while making control changes (incline, resistance, etc.).
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact your dealer.



POWER CONNECTOR - FRONT, LEFT SIDE OF UNIT

Elliptical Lubrication

1. Pour 2c.c of the lubricant under the middle of the rail. You must lubricate the rails every three months.
2. If you feel the exercise is not smooth or you hear noise during your exercise, lubricate the middle rail with 2 c.c.of the lubricant.

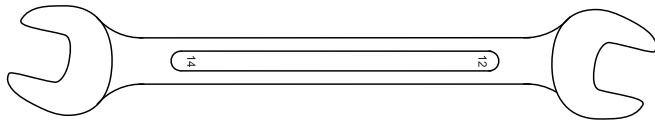


ASSEMBLY INSTRUCTIONS

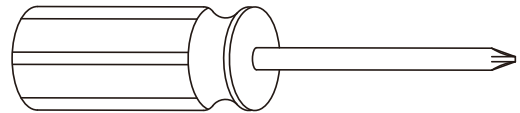
PRE-ASSEMBLY

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

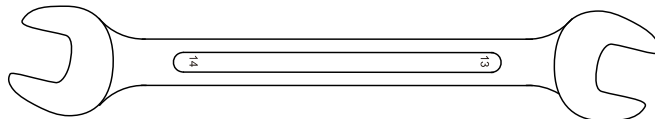
Assembly Tools



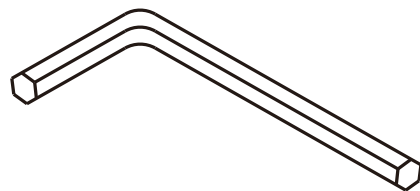
#195. 12/14 mm
Double Open End Wrench (1 pc)



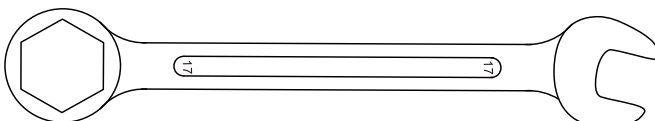
#192. Phillips Head Screw driver (1 pc)



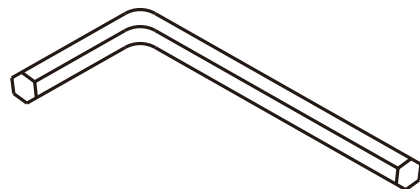
#194. 13/14 mm
Double Open End Wrench (1 pc)



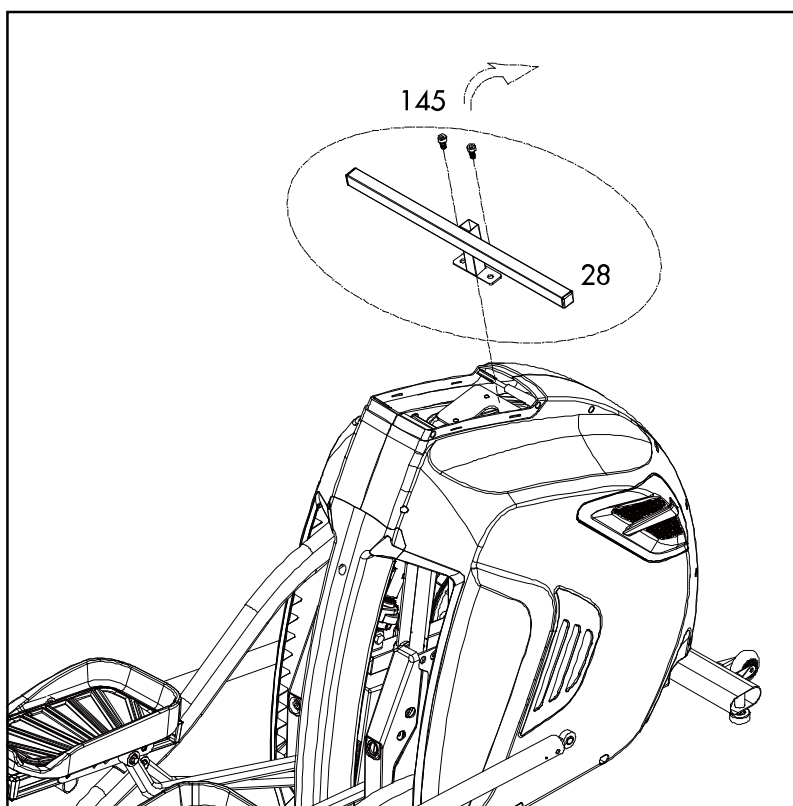
#193. M8 L Allen Wrench (1 pc)



#201. 17mm Open End Combination
Spanner Wrench (1 pc)

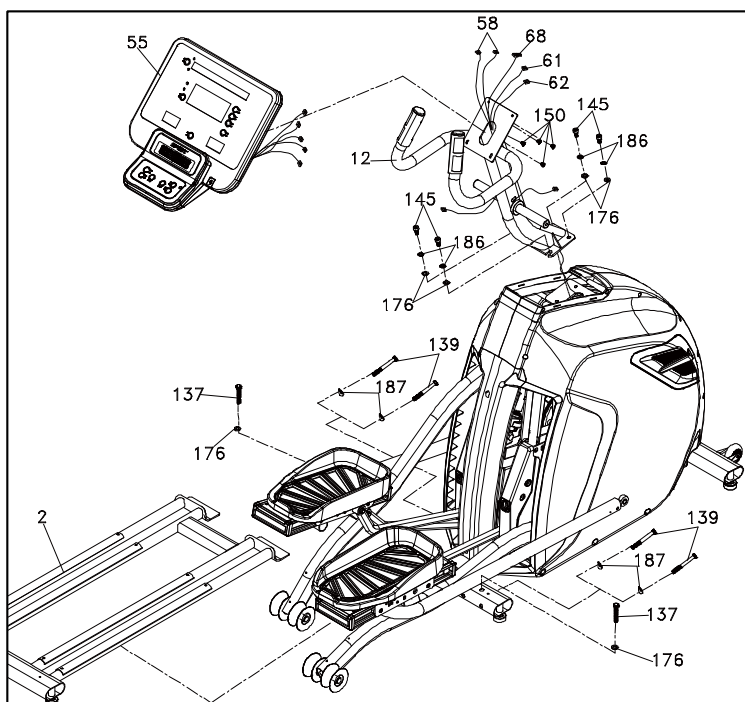


#200. M12 L Allen Wrench (1 pc)



STEP 0

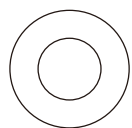
1. Use the Allen Wrench (No.193) to release 2 Socket Head Cap Bolts (No.145), which are attached to the Main Frame for securing the Mast Tube, to remove and dispose the Side Back (No.28).



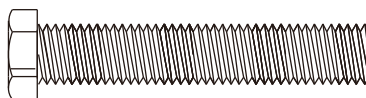
STEP 1

1. Place 2 Flat Washers (No.176) against 2 Hex Head Bolts (No.137) and hand-tighten them through the top of the Rear Stabilizer Tube (Main Frame), into the Rear Rail Assembly (No.2) by using the Wrench (No.194).
2. Place 4 Curved Washers (No.187) against 4 Hex Head Bolts (No.139) and hand-tighten them through the Front of the Rear Stabilizer Tube, into the Rear Rail Assembly (No.2) by using Wrench (No.194).
3. Pierce 14P Computer Cable (No.68) from bottom of the console mast tube through it and pull out of the top. Use 4 Socket Head Cap Bolts (No.145), 4 Spring Washers (No.186) and 4 Flat Washers (No.176) to secure.
4. Untie the Computer Cable (No.68) , connect 2 Handpulse W/Cable Assembly (No.58) and Handle Wire (Upper), Resistance/ Incline (White/Red) (No.61/62) with the Console Assembly (No.55) respectively. Then place the Console on top of the Mast and use Phillips Head Screw Driver (No.192) to tighten 4 Phillips Head Screws (No.150) to secure.

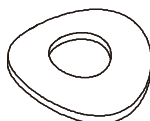
HARDWARE



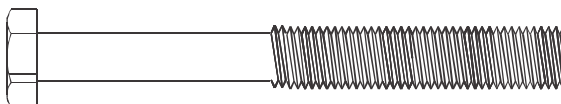
#176. 3/8" x 19 x 1.5T
Flat Washer (6 pcs)



#137. 3/8" x 2-1/4" Hex Head Bolt (2 pcs)



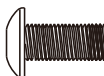
#187. 3/8" x 23 x 2T
Curved Washer (4 pcs)



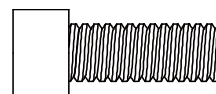
#139. 3/8" x 3-3/4" Hex Head Bolt (4 pcs)



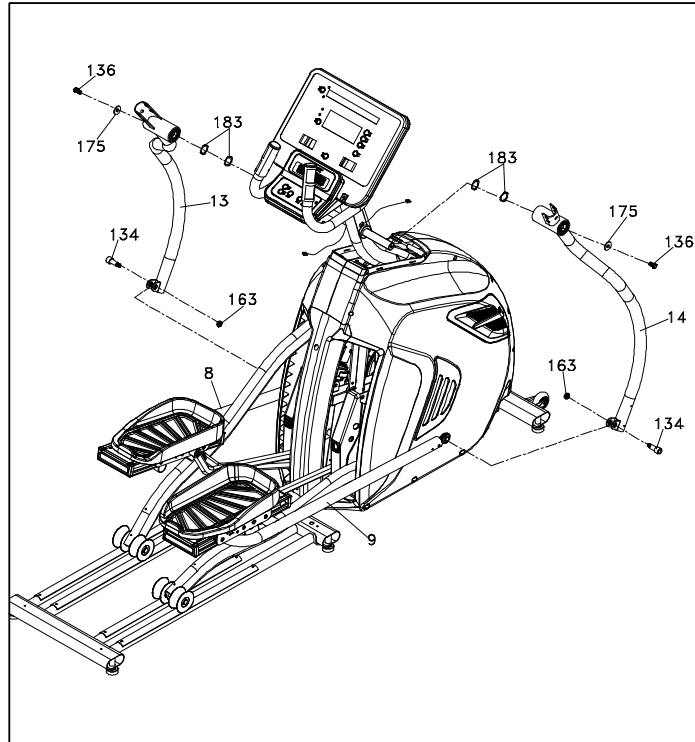
#186. 3/8" x 2T
Spring Washer (4 pcs)



#150. M5 x 10m/m
Phillips Head Screw (4pcs)



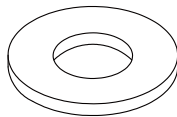
#145. 3/8"X3/4" Socket
Head Cap Bolt (4 pcs)



STEP 2

1. Locate Left and Right Lower Swing Arms (No.13, 14) together with 4 Wave Washers (No. 183) onto Left and Right Shafts of the console mast tube then tighten with 2 Hex Head Bolts (No.136) and two Flat Washers (No.175) by using the Wrench (No.194).
2. Untie the Rod End Bearing on Left Connecting Arm (No.8) and pierce a Hex Head Bolt (No.134) through the rod end holes and rod end bearing then tighten with and Nyloc Nut (No.163) by using the Wrench (No.200) and Wrench (No.201). Repeat for the Right Connecting Arm (No.9) and right Lower Handle Bar (No.14).

HARDWARE



#175. 3/8" × 30 × 2.0T
Flat Washer (2 pcs)



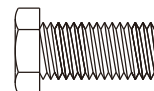
#163 M10 x8T
Nyloc Nut (2 pcs)



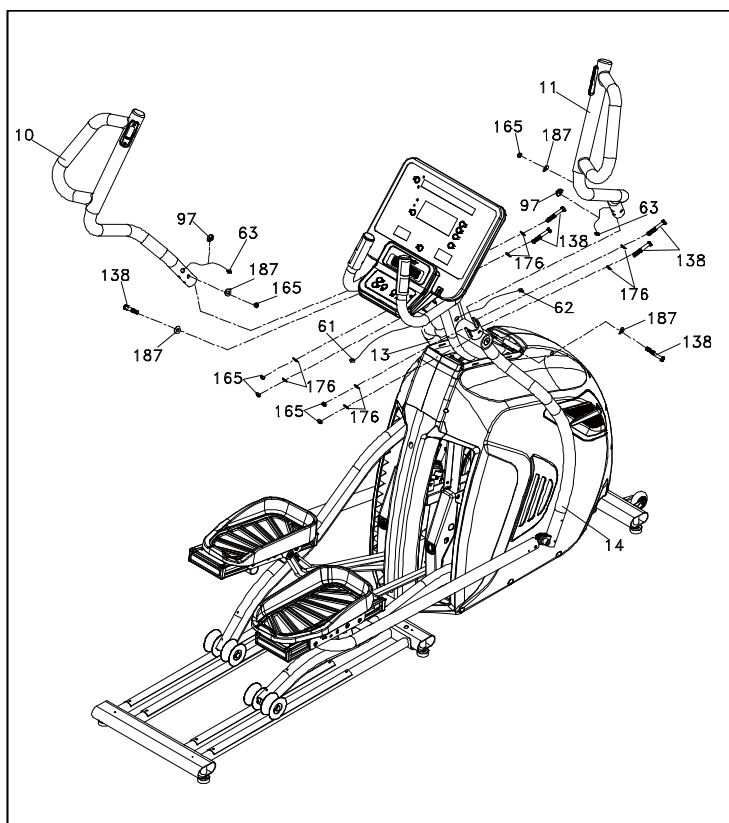
#183. ø25 Wave Washer
(4 pcs)



#134. M10 × 1.5 Bolt
(2 pcs)



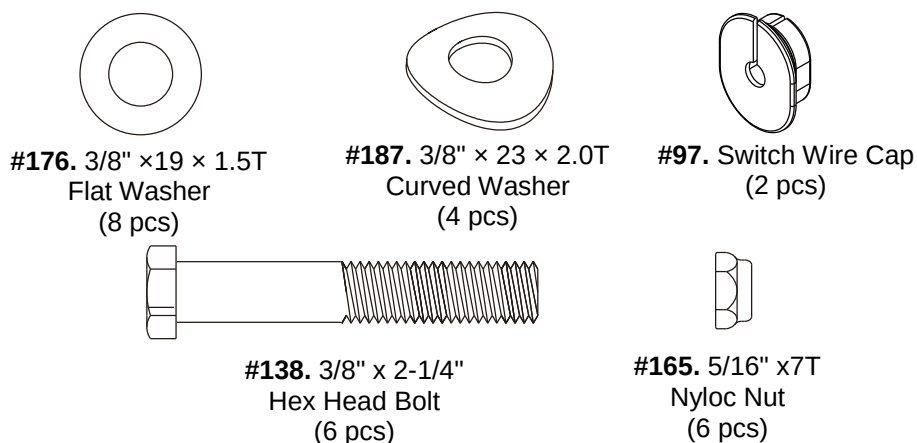
#136. 3/8" x 3/4"
Hex Head Bolt
(2 pcs)

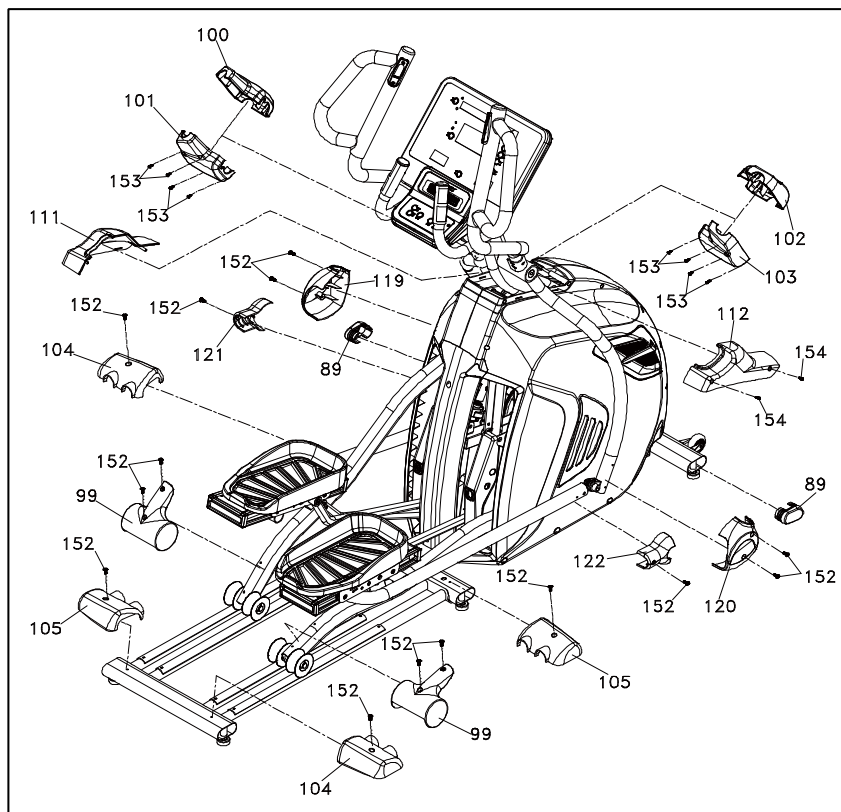


STEP 3

1. Insert Left Upper Swing Arm (No.10) onto Left Lower Swing Arm (No.13) and secure with 3 Hex Head Bolts (No.138), 4 Flat Washers (No.176), 2 Curved Washers (No.187) and 3 Nyloc Nuts (No.165) by using Wrench (No.194) and Wrench (No.195). Repeat for the Right Upper Swing Arm (No.11) and Right Lower Swing Arm (No.14).
2. Connect Handle Wire (Upper), Resistance (White, 61) and Handle Wire (Upper), Incline (Red, 62) to 2 Handle Wires (Lower), Resistance/Incline (No.63) respectively and shove the excessive wires into the console mast tube. Finally, plug the Switch Wire Caps (No.97) onto the console mast tube to secure the wires.

HARDWARE





STEP 4

1. Secure the Left Connecting Arm Cover B (No.121) onto the Left Connecting Arm with Phillips Head Screw (No.152) by using the Phillips Head Screw Driver (No.192) then secure the Left Connecting Arm Cover A (No.119) with 2 Phillips Head Screws (No.152) onto the Lower Handle Bar. Repeat the same way for the Right Connecting Arm Cover B (No.122) and Right Connecting Arm Cover A (No.120) onto the Right Connecting Arm and Right Lower Handle Bar, respectively.
2. Secure 2 Slide Wheel Covers (No.99) on both left and right Pedal arms with 4 Phillips Head Screws (No.152) by using Phillips Head Screw Driver (No.192).
3. Use Phillips Head Screw Driver (No.192) with 4 Phillips Head Screws (No.152) to secure 2 Rear Stabilizer Covers (A) (No.104) and 2 Rear Stabilizer Cover (B) (No.105) on both left and right sides of rear tube of rear rail assembly.
4. Match the Left and Right Console Mast Covers (No.111, 112) with Left and Right side cases respectively and secure with 2 Sheet Metal Screws (No.154) by using the Phillips Head Screw Driver (No.192).
5. Match the Front Handle Bar Cover (No.100) and Rear Handle Bar Cover (No.101) with each other on Left Lower Handle Bar and use Phillips Head Screw Driver to tighten 4 Sheet Metal Screws (No.153). Do the same for Right Front Handle Bar Covers (No.102) and Rear Handle Bar Cover (No.103). (Be carefeul not to pinch the wire)
6. Plug in both Oval End Caps (No.89) onto both ends of the front stabilizer tube.

HARDWARE



#152. M5 ×15m/m
Phillips Head Screw
(14 pcs)



#153. 3.5 × 12m/m
Phillips Head Screw
(8pcs)



#154. 4 × 15m/m
Phillips Head Screw
(2pcs)

Getting on / off your elliptical

IMPORTANT

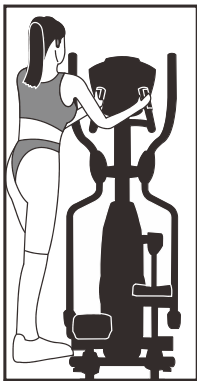
The elliptical comes with two Dual Action Handles and a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the elliptical.

First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

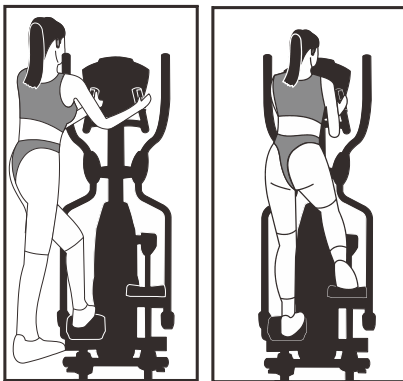
*Caution should always be taken when getting on and off any exercise machine.
Please follow the safety steps below.*



Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.



Important

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

Correct Position



Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain. Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.



The elliptical can be used in forward or reverse motion.



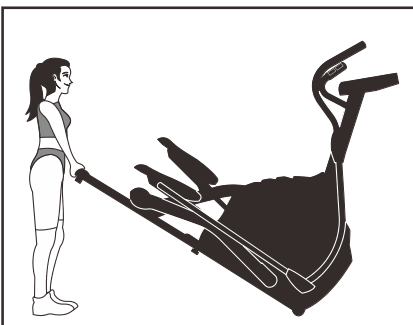
When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.

MOVING YOUR ELLIPTICAL

The elliptical can be easily moved from room to room.



1. At the rear of the machine squat down and grasp the rear stabilizer bar.



2. Lift the rear of the machine using your legs until the wheels in the front engage with the ground.

OPERATION OF YOUR CONSOLE



POWER

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off, the Dot Matrix Message Center will show the software version (i.e.: VER 1.0). The LED Data Display Windows show the distance in miles and shows the total hours of use. The odometer will remain displayed for only a few seconds then the console will go to the start up display. The Dot Matrix Message Center will be scrolling through the different profiles of the programs and will be scrolling the start up message. You may now begin to use the console.

Quick Start

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the Up and Down buttons. The Dot Matrix Message Center will show a ¼ mile (0.4km) track display or just the bottom row lit at first, depending on how the display button has been set (see Basic information below). As you increase the workload, more rows will light indicating a harder workout. The elliptical will get harder to pedal as the rows increase. The Dot Matrix Message Center has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

There are 20 levels of resistance – displayed as 10 rows of lights - available for plenty of variety. The first 5 levels are very easy workloads, and the changes between levels are set to a good progression. For deconditioned users. Levels 5-10 are more challenging but the increases from one level to the next remain small. Levels 10-15 start getting tough as the levels jump more dramatically. Levels 15-20 are extremely hard and are good for short interval peaks and elite athletic training.

BASIC INFORMATION

The Dot Matrix Message Center, or Profile Window, will display the workout Profile. The LED Data Display Windows displays pertinent exercise data. There is a Stride window for pedal speed and a Level window indicating machine resistance.

The LED Data Display Window will initially be displaying Distance, Calories, Pulse and Time Elapsed information. When the Up/Down Scan key is pressed the next set of information will appear: Speed, Watts, METs, Time Remaining. Pressing the Up/Down Scan button, the Scan mode is activated and the LED Data Display Window will show each set of data for four seconds then switch to the next set of data in a continuous loop. Pressing the Up/Down Scan button again will bring you back to the beginning.

The Stop key button actually has several functions. Pressing the Stop key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone, or any of the many things that could interrupt your workout, this is a great feature. To resume your workout during Pause just press the Start key. If the Stop key is pressed twice during a workout, the program will end and the console will return to the start-up screen. If the Stop key button is held down for 3 seconds, the console will perform a complete Reset. During data entry for a program the Stop key performs a Previous Screen function. This allows you to go back one step in the programming each time you press the Stop key button.

The Program Key is used to preview each program. When you first turn the console on, you may press Program key to preview what the program profile looks like. If you decide that you want to try a program, press the Enter key to select the program and enter into the data set-up mode.

1/4 MILE / 0.4 KM TRACK

The 1/4-mile track (0.4 km) will be displayed around the dot matrix window. The flashing dot indicates your progress. In the center of the track there is a lap counter for reference.

HEART RATE WINDOW

The Pulse (Heart Rate) window will display your current heart rate in beats per minute during the workout. You must use both left and right stainless steel sensors to pick up your pulse. Pulse values are displayed anytime the computer is receiving a Grip Pulse signal. You may use the Grip Pulse feature while in Heart Rate Control. The CE850 will also pick up wireless heart rate transmitters that are Polar compatible, including coded transmissions.

TO TURN ELLIPTICAL OFF

The display will automatically turn off (go to sleep) after 30 minutes of inactivity. This function is called sleep mode. In sleep mode, the elliptical will power down most everything except for a minimum of circuitry for detecting button presses and the safety button so it will start up again if these are activated. There is only a tiny amount of current used in sleep mode (about the same as your TV when it is turned off) and it is perfectly fine to leave the main power switch on in sleep mode. Of course you may also remove the safety button or turn off the main power switch to power down the elliptical.

PROGRAMMABLE FEATURES

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your Age and Weight. Entering your Age ensures that the Heart Rate bar graph shows the correct number. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your Age. Otherwise the workout settings could be too high or low for you; entering your Weight aides in calculating a more correct calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

STRIDE LENGTH ADJUSTMENT

The elliptical has a unique adjustable stride length feature that will further increase the variety of your workouts. When the stride setting is at its lowest (shortest) position the stride length will be 18 inches. This setting is used when pedaling slowly, during quick bursts at very high resistance, and to closely simulate a walking motion. The highest (longest) setting is 24 inches and closely simulates the longer stride of a running motion. The stride adjustment can also be used to select a stride length that is comfortable for you. The stride length can also be computer controlled in some programs. The stride length can be controlled by buttons on the left swing arm and also can be automatically adjusted during the built-in workout programs.

MANUAL

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer. To start the Manual program follow the instructions below.

1. Using the Program button select Manual then press the Enter key.
2. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys, then press Enter to continue.
4. The next setting is Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key.

NOTE: At any time during the editing of data you can press the Stop key to go back one level, or screen.

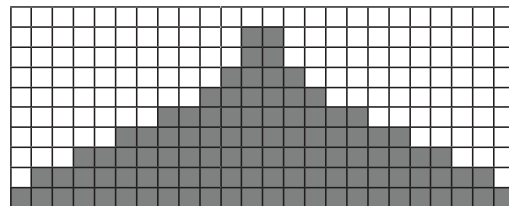
6. The program automatically starts you at level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the work load at any time press the Up key; the Down key will decrease the workload. At the same time, you can to control stride length at any time press the stride up/down keys.
7. When the program ends you may press Start to begin the same program again or Stop to exit the program.

PRESET PROGRAMS

The elliptical has ten different programs that have been designed for a variety of workouts. These ten programs have factory preset work level profiles for achieving different goals.

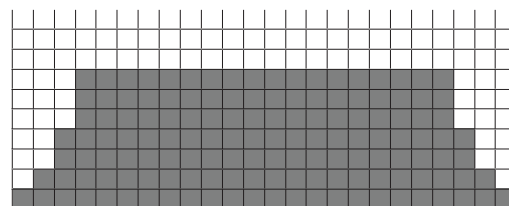
HILL

This program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort.



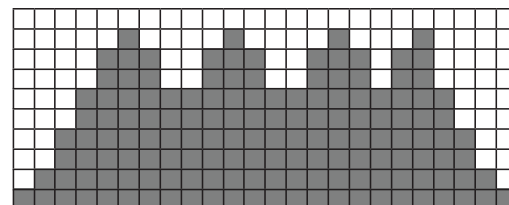
FATBURN

This program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time.



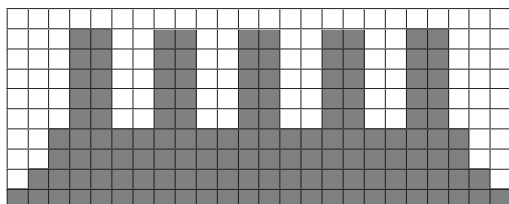
CARDIO

This program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity.



INTERVAL

This program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.



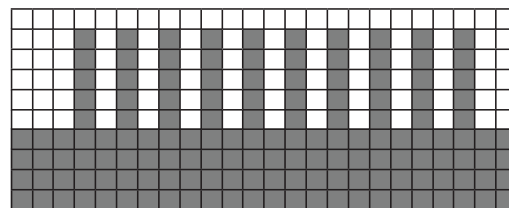
PROGRAMMING PRESET PROGRAMS

1. Using the Program button select your desired program then press the Enter button.
2. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys, then press Enter to continue.
4. Next is Time. You may adjust the Time and press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (at the top of the hill). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will change the workload settings of the entire profile, although the profile picture on the screen will not change. The reason for this is so that you can see the entire profile at all times. If the profile picture is changed it will look distorted and not a true representation of the actual profile. When you make a change to the workload, the Dot Matrix Message Center will show the current column, and program maximum, levels of work.
8. During the program you will be able to scroll through the data in the LED Data Display Windows by pressing the Up/Down Scan key next to the LED Data Display Windows.
9. When the program ends the LED Data Display Window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

HIIT PROGRAM

The HIIT, or High Intensity Interval Training, program takes advantage of the latest trend in fitness. During the program you will perform short bursts of high intensity sprinting followed by short rest periods. HIIT is a fully customizable interval training program. You can enter the number of intervals, time of each interval Sprint and Rest periods and the work intensity of the levels.

1. Using the Program button choose the HIIT program then press Enter. The Dot Matrix Message Center will ask you to enter your Age. You may enter your Age, using the Up and Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
2. You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys then press enter to continue.
3. Next you are asked for the number of Intervals you want to do. The default is 10 and the range available is 3 to 15. One interval equals 1 Sprint and 1 Rest segment.
4. Now you are asked to adjust the Sprint Level. This is the resistance level you will experience during the Sprint segments of the program. Adjust the level and then press Enter.
5. Now you are asked to adjust the Rest Level. This is the resistance level you will experience during the Rest segments of the program. Adjust the level and then press Enter.
6. Next is entering the Interval time. The Dot Matrix Message Center shows: Sprint Time:30 and Rest Time:30. The Sprint Time will be blinking. You may use the Up and Down keys to adjust the Sprint time from 20 to 60 seconds then press Enter. The time for the Rest period will blink and you can adjust the time using the up and down keys and press Enter.
7. The LED Data Display Window will now display the total time for the HIIT workout; now press Start to begin. There is a 3-minute warm-up period before the first Sprint begins. The resistance level during warm-up is set to 5 but can be adjusted manually.
8. The Dot Matrix Message Center in the HIIT program is a speed indication display, not a power or resistance display. During the Sprint the Dot Matrix Message Center will show a blinking LED at the first Sprint segment. That is the target speed LED and indicates 90 pedal rpm. As you pedal faster the lights below the target speed LED light up the faster you go. When you exceed 90 rpm the target LED will move up showing you are past the target speed. You should maintain at least 90 rpm throughout the Sprint segments. The rest segments of the HIIT program are set to resistance level 5 and you can pedal at any speed you choose as your heart rate recovers. You can manually adjust the resistance levels during the Sprint and Rest segments.
9. At the end of the last Sprint there is a 2-minute cool-down period. You can bypass this by pressing the Stop key and the workout summary will be displayed.



FITNESS TEST PROGRAM

The VO2 program is based on the YMCA protocol and is a sub-maximal test that uses pre-determined, fixed work levels that are based on your heart rate readings as the test progresses. The test will take anywhere between 6 to 15 minutes to complete, depending on your level of fitness. The test ends when your heart rate reaches 85% of maximum at any time during the test or your heart rate is between 110 bpm and 85% at the end of two consecutive stages. At the end of the test a VO2max score will be given. VO2max stands for Volume of Oxygen uptake which is a measurement of how much oxygen you need to perform a known amount of work. The YMCA protocol uses two to four, 3 minute stages of continuous exercise (see charts below). You will be asked to choose either, "Male" or "Female" at the beginning of the test. This choice determines which test parameters will be used during the test as shown in the charts below. If you are a de-conditioned male, you may want to choose the option for "Female" to assist in the correct calculations. Similarly, if you are a very conditioned female, you may want to choose the option for "Male."

Workload chart for male or very fit female:

1st Stage				300 kgm/min					
HR		< 90			90 - 105			> 105	
2nd Stage		900 kgm/min			750 kgm/min			- 600 kgm/min	
HR	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135	HR <120	HR 120-135	HR >135
3rd stage	1350 kgm/min	1200 kgm/min	1050 kgm/min	1200 kgm/min	1050 kgm/min	900 kgm/min	1050 kgm/min	900 kgm/min	750 kgm/min

Workload chart for female or de-conditioned male

1st Stage			150 kgm/min	
Heart Rate	HR<80	HR: 80-90	HR: 90-100	HR>100
2nd Stage	750 kgm/min	600 kgm/min	450 kgm/min	300 kgm/min
3rd Stage	900 kgm/min	750 kgm/min	600 kgm/min	450 kgm/min
4th Stage	1050 kgm/min	900 kgm/min	700 kgm/min	600 kgm/min

FITNESS TEST PROGRAMMING

1. Using the Program button choose Fitness Test and press Enter.
2. The Dot Matrix Message Center will display Gender. Use the Up and Down arrows if you need to change, then press Enter. The choice of gender determines which workload chart will be used for the test.
3. The Dot Matrix Message Center will ask you to enter your Age. You may adjust the age setting, using the Up and Down buttons then press the Enter button to accept the new number and proceed on to the next screen.
4. You are now asked to enter your Weight. You may adjust the weight number using the Up and Down buttons then press Enter to continue.
5. Now press Start to begin the test.

Before the test:

- Make sure you are in good health; check with your physician before performing any exercise if you are over the age of 35 or persons with pre-existing health conditions.
- Make sure you have warmed up and stretched before taking the test.
- Do not take in caffeine before the test.
- Hold the hand grips gently, do not tense up.

During the test:

- The console must be receiving a steady heart rate for the test to begin. You may use the hand pulse sensors or wear a heart rate chest strap transmitter.
- You must maintain a steady 50 RPM pedal speed. If your pedal speed drops below 48 RPM or goes above 52 RPM the console will emit a steady beeping sound until you are within this range.
- You may scroll through the various data readings in the LED Data Display Windows by pressing the Up/Down Scan button next to the LED Data Display Windows.
- The LED Data Display Windows will always display your pedal speed on the right side to help you maintain 50RPM.
- The data shown during the test is:
 - a. **Work in KGM** is actually an abbreviated form of kg-m/min. which is a work measurement of kilogram-force meter/minute
 - b. **Work in Watts** (1 watt is equal to 6.11829727787 kg-m/min.)
 - c. **HR** is your actual heart rate; **TGT** is the target heart rate to reach to end the test.
 - d. **Time** is the total elapsed time of the test.

After the test:

- Cool down for about one to three minutes.
- Take note of your score because the console will automatically return to the start-up mode after a few minutes.

What your score means:

VO2max Chart for males and very fit females

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	>60	>56	>51	>45	>41	>37
good	52-60	49-56	43-51	39-45	36-41	33-37
above average	47-51	43-48	39-42	35-38	32-35	29-32
average	42-46	40-42	35-38	32-35	30-31	26-28
below average	37-41	35-39	31-34	29-31	26-29	22-25
poor	30-36	30-34	26-30	25-28	22-25	20-21
very poor	<30	<30	<26	<25	<22	<20

VO2max Chart for females and de-conditioned males

	18-25 years old	26-35 years old	36-45 years old	46-55 years old	56-65 years old	65+ years old
excellent	56	52	45	40	37	32
good	47-56	45-52	38-45	34-40	32-37	28-32
above average	42-46	39-44	34-37	31-33	28-31	25-27
average	38-41	35-38	31-33	28-30	25-27	22-24
below average	33-37	31-34	27-30	25-27	22-24	19-22
poor	28-32	26-30	22-26	20-24	18-21	17-18
very poor	<28	<26	<22	<20	<18	<17

CUSTOM USER DEFINED PROGRAMS

The Custom Program allows you to build and save a custom program.

1. Using the Program button choose Custom program then press the Enter button to begin programming
2. Enter your name in the Dot Matrix Message Center, the letter "A" will be blinking. Use the Up/Down buttons to select the appropriate first letter of your name (pressing the Up button will switch to the letter "B"; pressing the Down button will switch to letter "Z"). Press Enter when the desired letter is displayed. Repeat this process until all of the characters of your name have been programmed (maximum 7 characters). When finished press Stop.
3. If there is a program already stored you will have an option to run the program as it is or delete the program and build a new one. The Dot Matrix Message Center will ask: Run Program? Use the Up/Down arrows to select "Yes" or "No". If you select No, you will then be asked if you want to delete the currently saved program. It is necessary to delete the current program if you want to build a new one.
4. The Dot Matrix Message Center will ask you to enter your Age. You may enter your age, using the Up/Down buttons, then press the Enter button to accept the new value and proceed on to the next screen.
5. You are now asked to enter your Weight. You may adjust the Weight value using the Up/Down buttons, then press Enter to continue.
6. Next is Time. You may adjust the Time and press Enter to continue.
7. Now you are asked to adjust the Max Level and Max Stride. This is the peak exertion level you will experience during the program. Adjust the level and then press Enter.
8. Now the first column will be blinking and you are asked to adjust the resistance level for the first segment (SEGMENT > 1) of the workout by using the Up button. When you finish adjusting the first segment, or if you don't want to change, then press Enter to continue to the next segment.
9. The next segment will show the same workload resistance level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty-four segments have been set.
10. After saving the program the Dot Matrix Message Center says "New Program Saved" then will give you the option to start or modify the program. Pressing Stop will exit to the start up screen.

HEART RATE PROGRAMS

Before we get started, a word about Heart Rate:

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 85% is for strengthening the cardio vascular system. This 60% to 85% is the zone to stay in for maximum benefit.

For someone who is 40 years old their target heart rate zone is calculated:

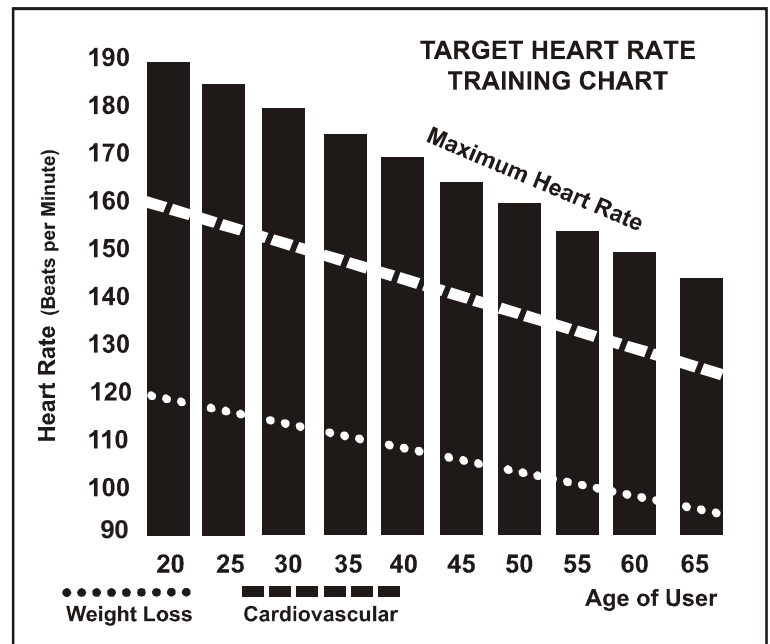
$220 - 40 = 180$ (maximum heart rate)
 $180 \times .6 = 108$ beats per minute (60% of maximum)
 $180 \times .85 = 153$ beats per minute (85% of maximum)

So for a 40 year old the training zone would be 108 to 153 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Spirit Fitness machines you may use the heart rate monitor feature without using the Heart Rate program. However, when using the heart rate monitor feature in conjunction with the Heart Rate programs, the machine will automatically adjust speed or incline to maintain the desired heart rate..



RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING A HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



Note: The transmitter is automatically activated when it detects activity from the user's heart.

Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

ERRATIC OPERATION

Caution! Do not use this elliptical for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Electric fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
 - b. The crank arm nut needs to be retightened
 - c. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, 2 on the bottom of the middle stabilizer and 2 underneath the rail assembly. Use a 14mm wrench (or adjustable wrench) to adjust the levelers.

WARNING

The effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

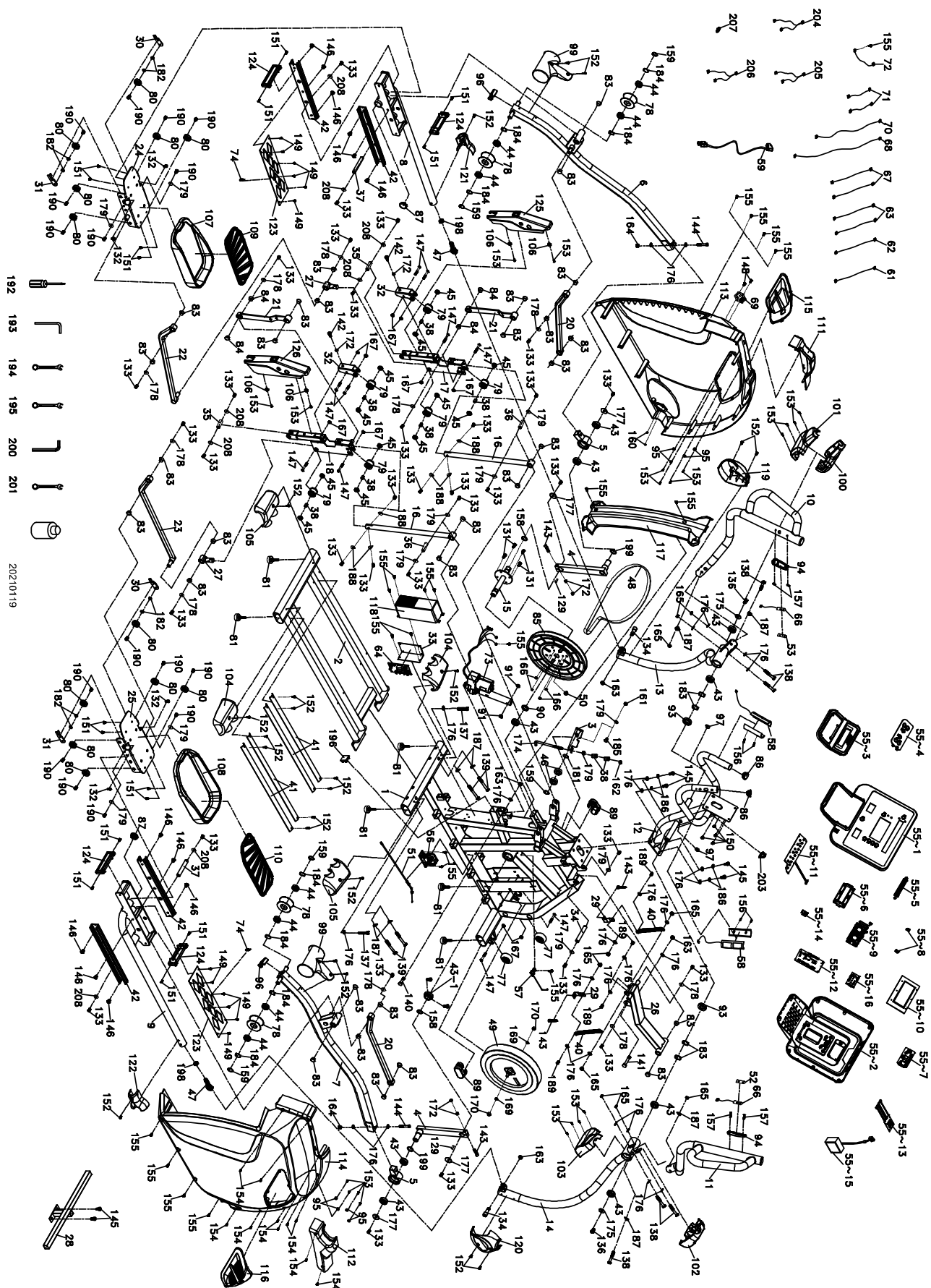
- i. Replace defective components immediately and/or keep the equipment out of use until repair.
- ii. The components which are most susceptible to wear: Belt · PU wheel · Bearing · Idler.

ENGINEERING MODE

Maintenance Menu in console software: To enter the Maintenance Mode, press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds. Press the Enter key to access the menu below:

1. Key Test (Will allow you to test all the keys to make sure they are functioning)
2. Display Test (Tests all the display functions)
3. Function
 - Units - Sets the display to read out in Imperial (miles, pounds, feet, etc.) or Metric (kilometers, kilograms, meters, etc.) display measurements
 - Pause mode (have five minutes)
 - Odometer Reset (Resets the odometer)
 - Sleep mode
 - Beep sound (Control Beep)
 - CAB Protocol or CSAFE Protocol
4. Service
 - Motor test
 - Stride test
 - Sensor test
 - Csafe test
5. Exit

EXPLODED VIEW DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Rear Rail Assembly	1
3	Idler Wheel Assembly	1
4	Crank Arm Assembly	2
5	Bushing Housing, Pedal Arm	2
6	Pedal Arm (L)	1
7	Pedal Arm (R)	1
8	Connecting Arm (L)	1
9	Connecting Arm (R)	1
10	Seat Handle Bar (L)	1
11	Swing Arm (R)	1
12	Console Mast	1
13	Lower Handle Bar (L)	1
14	Lower Handle Bar (R)	1
15	Crank Axle	1
16	Swing Assembly	2
17	Slider Adjustment (L)	1
18	Slider Adjustment (R)	1
20	Joint Assembly	2
21	Adjusting Lever	2
22	Left Driving Assembly	1
23	Right Driving Assembly	1
24	Left Pedal Base	1
25	Right Pedal Base	1
26	Moving Range Adjusting Assembly	1
27	connecting Component	2
28	Side Back	1
29	Fixing Piece	2
30	Adjustment Wheel Fixing Plate(L)	2
31	Adjustment Wheel Fixing Plate(R)	2
32	Wheel Base	2
33	Control Fixing Plate	1
34	Incline Rotate Axle	1
35	Ø17 × 34L Rotate Axle A	2
36	Ø17 × 41L Rotate Axle B	2
37	Pedal Axle	2
38	Ø11.9 × Ø8.5 × 15m/m Rod End Sleeve	8
40	Spring	2
41	32 × 11 × 2.5T × 625m/m Aluminum Rail	4
42	Aluminum Track	4
43	6005 Bearing	9
43-1	6005-2RS Bearing	1

KEY NO.	DESCRIPTION	Q'TY
44	6003_Bearing	8
45	608ZZ_Bearing	12
46	6203-C3_Bearing	2
47	Rod End Bearing	2
48	Drive Belt	1
49	Flywheel	1
50	Magnet	1
51	Steel Cable(250L)	1
52	Handgrip Resistance Label (STRIDE)	1
53	Handgrip Resistance Label (LEVEL)	1
55	Console Assembly	1
55~1	Console Top Cover	1
55~2	Console Bottom Cover	1
55~3	Console Inner Cover	1
55~4	Key Board	1
55~5	Deflector Fan Grill	1
55~6	Wind Duct	1
55~7	End Cap	1
55~8	Fan Grill Anchor	2
55~9	500m/m_Fan Assembly	1
55~10	Console Display Board	1
55~11	Main Key Board	1
55~12	Interface Board	1
55~13	Bluetooth	1
55~14	USB charging module	1
55~15	W/Receiver, HR	1
55~16	CASFE Board	1
56	Gear Motor	1
57	850m/m_Sensor W/Cable	1
58	850m/m_Handpulse W/Cable Assembly	2
59	Power Cord	1
61	450m/m_Handle Wire (Upper), Resistance(White)	1
62	450m/m_Handle Wire (Upper), Incline(Red)	1
63	900m/m_Handle Wire (Lower), Resistance/Incline	2
64	Incline Controller	1
66	Resistance Button W/Cable	2
67	1250m/m_Connecting Wire, Controller(Red)	2
68	2250m/m_Computer Cable	1
69	AC Electronic Module	1
70	650m/m_Computer Cable	1
71	80m/m_Connecting Wire (White)	2
72	200m/m_Ground Wire	1
73	Incline Motor	1
74	Conductive Terminal	2

KEY NO.	DESCRIPTION	Q'TY
77	Ø65_Transportation Wheel	2
78	Ø78_Slide Wheel , Urethane	4
79	Ø40_Adjustment Transportation Wheel	6
80	Ø38_Slide Wheel , Urethane	12
81	Ø35 × 10m/m_Rubber Foot	6
83	WFM-1719-12_Bushing	30
84	J4FM-1719-09_Bushing	4
85	Ø330_Drive Pulley	1
86	Ø32(1.8T)_Button Head Plug	2
87	Ø38 × 2.5T_Pedal End Cover	2
89	Ø40 × Ø80_Oval End Cap	2
90	Spacer Bushing	1
91	Ø25 × Ø10 × 3T_Nylon Washer (A)	2
93	Ø45 × Ø35 × Ø26 × 10T_Isolator	2
94	Handle Switch Bracket	2
95	Speaker Grill Anchor	8
96	Oval End Cap	2
97	Switch Wire Cap	2
99	Slide Wheel Cover	2
100	Front Handle Bar Cover (L)	1
101	Rear Handle Bar Cover (L)	1
102	Front Handle Bar Cover (R)	1
103	Rear Handle Bar Cover (R)	1
104	Rear Stabilizer Cover (A)	2
105	Rear Stabilizer Cover (B)	2
106	End Cap Stopper	4
107	Pedal (L)	1
108	Pedal (R)	1
109	Pedal Foam (L)	1
110	Pedal Foam (R)	1
111	Console Mast Cover(L)	1
112	Console Mast Cover(R)	1
113	Side Case(L)	1
114	Side Case(R)	1
115	Side Case Plate(L)	1
116	Side Case Plate(R)	1
117	Side Case Rear Shroud	1
118	Circuit Cover	1
119	Connecting Arm Cover (L)(A)	1
120	Connecting Arm Cover (R)(A)	1
121	Connecting Arm Cover (L)(B)	1
122	Connecting Arm Cover (R)(B)	1
123	Frame Cover	2
124	Aluminum Axle End Cap	4

KEY NO.	DESCRIPTION	Q'TY
125	Left Slider Cover	1
126	Right Slider Cover	1
129	7 × 7 × 19L_Woodruff Key	2
130	3/8" × 2" Flat Head Socket Bolt	6
131	1/4" × 3/4" Hex Head Bolt	4
132	1/4" × 1/2" Hex Head Bolt	4
133	5/16" × 1/2" Hex Head Bolt	34
134	M10 × P1.5 × 14L_Bolt	2
136	3/8" × 3/4" Hex Head Bolt	2
137	3/8" × 2-1/4" Hex Head Bolt	2
138	3/8" × 2-1/4" Hex Head Bolt	6
139	3/8" × 3-3/4" Hex Head Bolt	4
140	Ø10 × 40L_Incline Set Screws	1
141	Ø10 × 62L_Incline Set Screws	1
142	M8 × 20L_Socket Head Cap Bolt	2
143	M8 × 40L_Socket Head Cap Bolt	4
144	3/8" × 2-1/4" Socket Head Cap Bolt	2
145	3/8" × 3/4" Socket Head Cap Bolt	6
146	5/16" × 1/2" Button Head Socket Bolt	12
147	5/16" × 1-3/4" Button Head Socket Bolt	10
148	M4 × 12L_Phillips Head Screw	2
149	M5 × 6L_Phillips Head Screw	12
150	M5 × 10L_Phillips Head Screw	4
151	M5 × 10L_Phillips Head Screw	16
152	M5 × 15L_Phillips Head Screw	22
153	Ø3.5 × 12L_Sheet Metal Screw	20
154	Ø4 × 15L_Sheet Metal Screw	10
155	5 × 19L_Tapping Screw	21
156	Ø3 × 20L_Tapping Screw	4
157	M5 × 20L_Flat Head Socket Screw	4
158	Ø25_C Ring	2
159	Ø17_C Ring	5
160	M4 × 5T_Nyloc Nut	2
161	M8 × 7T_Nyloc Nut	1
162	M8 × 9T_Nyloc Nut	1
163	M10 × 8T_Nyloc Nut	4
164	3/8" × 11T_Nyloc Nut	2
165	3/8" × 7T_Nyloc Nut	10
166	1/4" × 8T_Nyloc Nut	4
167	5/16" × 7T_Nyloc Nut	10
169	3/8" × UNF26 × 4T_	2
170	3/8" × UNF26 × 11T_	2
171	3/8" × 7T_Nut	12
172	M8 × 6.3T_Nut	6

KEY NO.	DESCRIPTION	Q'TY
174	M8 × 155L_J Bolt	1
175	3/8" × 30 × 2.0T_Flat Washer	2
176	Ø3/8" × Ø19 × 1.5T_Flat Washer	34
177	Ø5/16" × Ø35 × 1.5T_Flat Washer	4
178	Ø8.5 × Ø26 × 2.0T_Flat Washer	10
179	Ø5/16" × Ø23 × 1.5T_Flat Washer	12
181	Ø17 × Ø23.5 × 1T_Flat Washer	1
182	Ø8 × Ø16 × 2T_Flat Washer	8
183	Ø25_Wave Washer	4
184	Ø17 × 0.5T_Wave Washer	8
185	M8 × 20L_Carriage Bolt	1
186	Ø10 × 2T_Spring Washer	4
187	Ø3/8" × 23 × 2T_Curved Washer	8
188	Ø5/16" × 23 × 1.5T_Curved Washer	6
189	3/8" × 19L_Hex Head Bolt	4
190	5/16" × 15L_Hex Head Bolt	16
192	Phillips Head Screw Driver	1
193	L Allen Wrench	1
194	13/14m/m_Double Open-End Wrench	1
195	12/14m/m_Double Open-End Wrench	1
196	38 × 38L_Square End Cap	1
198	M14 × 7m/m_Luck Nut	2
199	Rubber Pad	2
200	M12_L Allen Wrench	1
201	Open End Combination Spanner Wrench	1
203	Bolt Access Cap	1
204	100m/m_Connecting Wire (White)	1
205	100m/m_Connecting Wire (Black)	1
206	100m/m_Connecting Wire (Green)	1
207	TV Adapter	1
208	Ø5/16" × Ø23 × 3T_Flat Washer	8