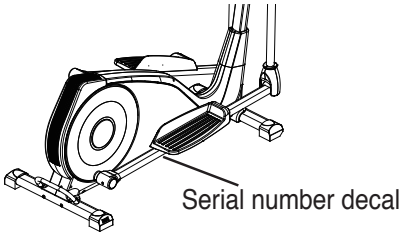
NordicTrack®

fitness. life. style.

USER'S MANUAL

Model No. : NTIVEL74014.0
Serial No. : _____



Write the serial number in the space above for reference.

QUESTIONS ?

If you have questions, or if there are missing parts, please contact us:

UK
Call: 08457 089 009
From Ireland: 053 92 36102

Website: www.iconsupport.eu

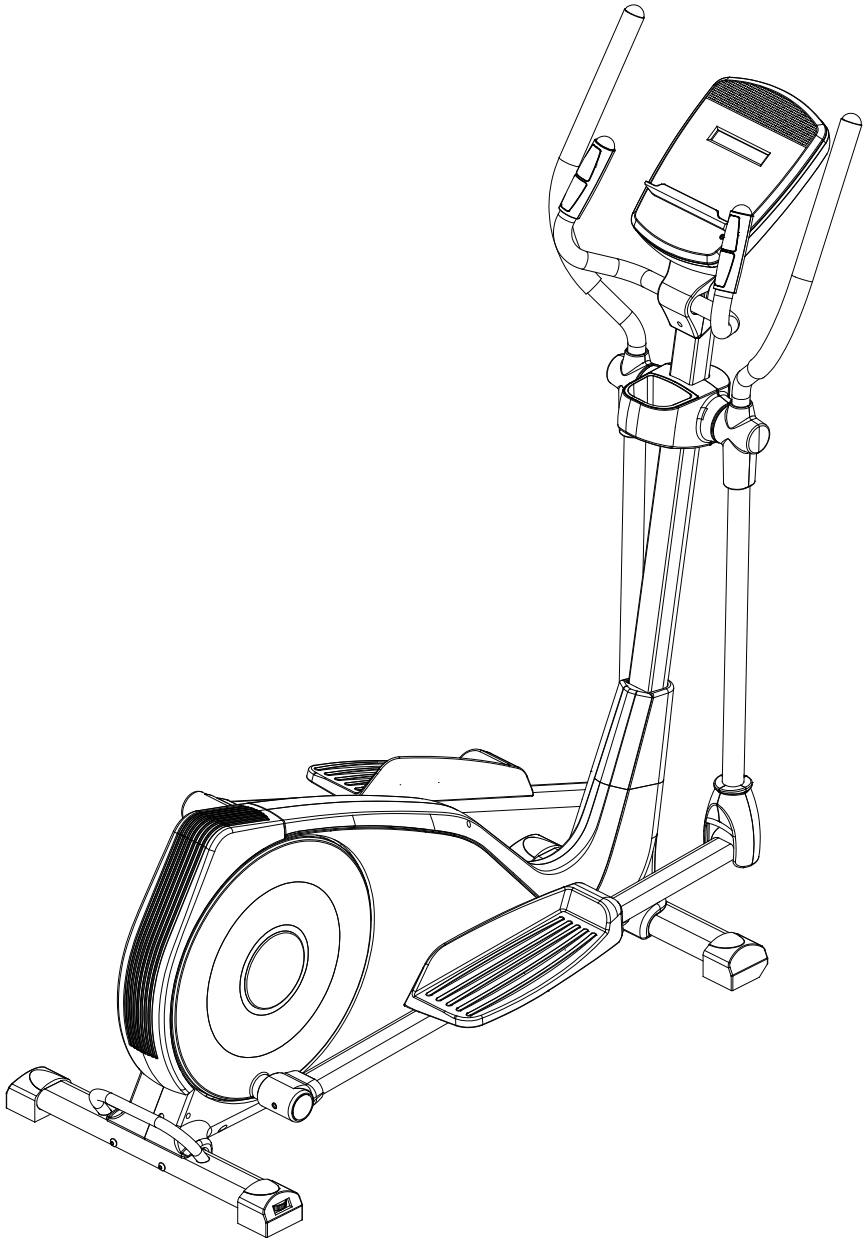
E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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IMPORTANT PRECAUTIONS

⚠ WARNING : To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. Use the elliptical only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.

4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.

5. Keep the elliptical indoors, away from moisture and dust. Place the elliptical on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side.

6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

7. Keep children under age 12 and pets away from the elliptical at all times.

8.The elliptical should not be used by persons weighing more than 250 lbs. (115 kg).

9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.

10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.

11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

12. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.

13. Keep your back straight while using the elliptical; do not arch your back.

14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

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BEFORE YOU BEGIN

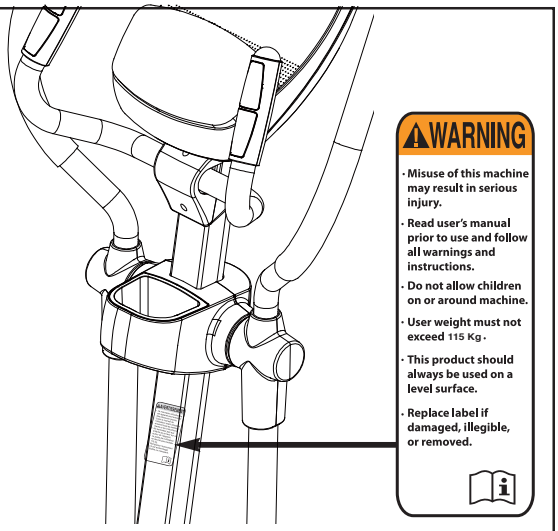
Thank you for purchasing the NordicTrack® E 5.0. The elliptical provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is **NTIVEL74014.0** and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



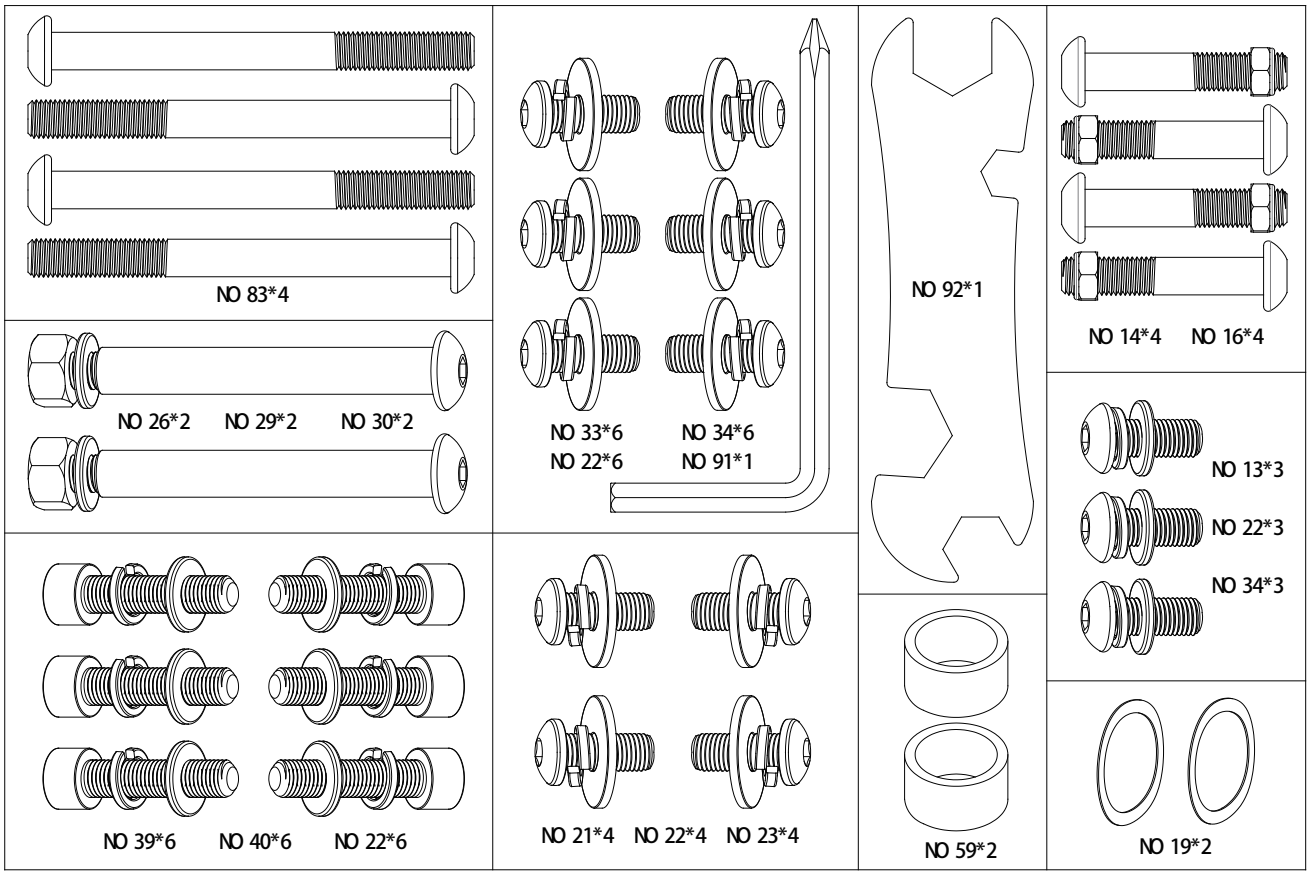
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ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable  wrench.

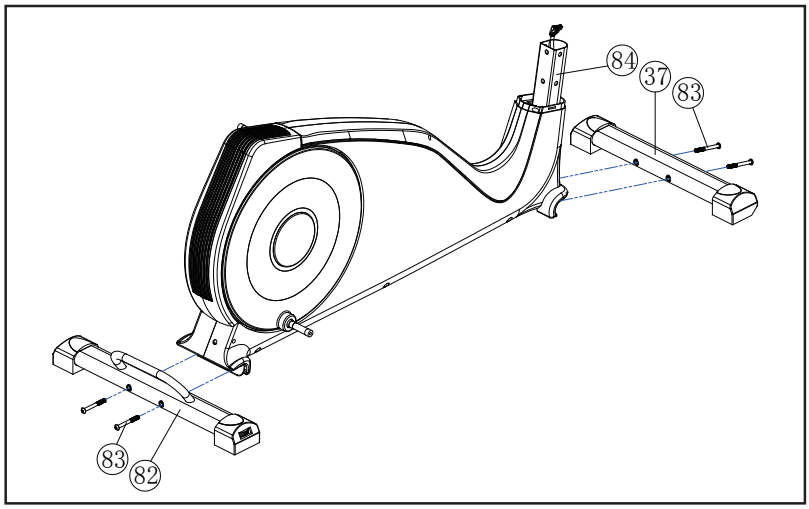
As you assemble the exercice bike, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly.
Note: If a part is not in the hardware kit, check to see if it has been preassembled.



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STEP 1

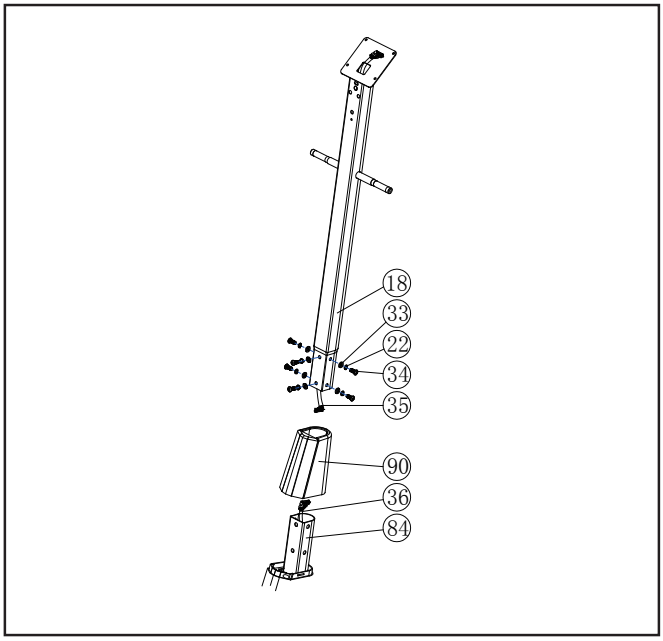
Fasten front stabilizer (37) with 2 Allen bolts (83) from the underside of stabilizer. Fasten Rear stabilizer (82) with 2 Allen bolts (83).



STEP 2

I. Carefully lift the Handlebar Post (18) until it is vertical. Put the front plastic cover (90) into the Handlebar post (18). Connect the Upper Computer Cable (35) and the Lower Computer Cable (36).

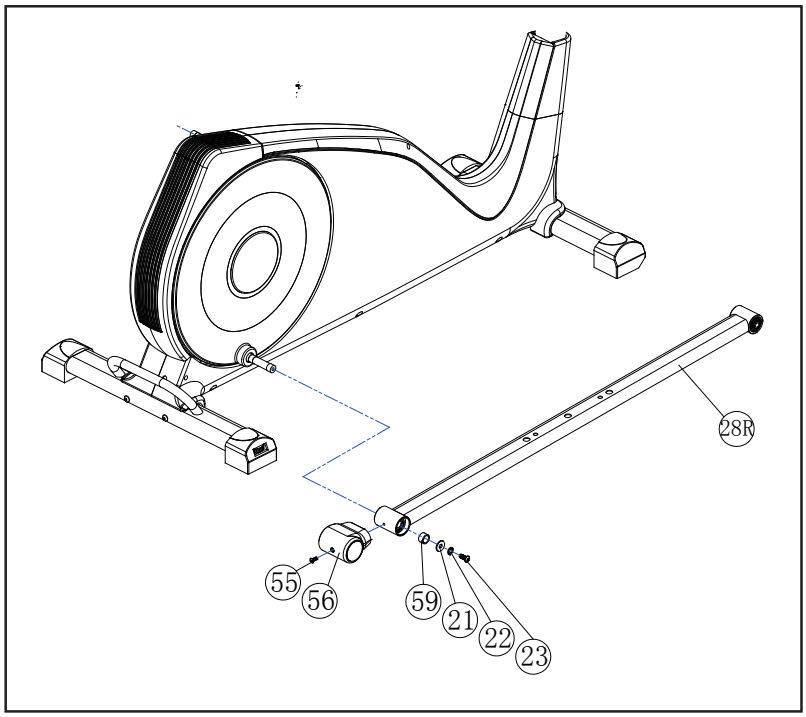
II. Fit the Allen Bolt (34),spring washer (22) and curved washers (33) and align handlebar post so it is straight. Then tighten the Allen bolts fully.



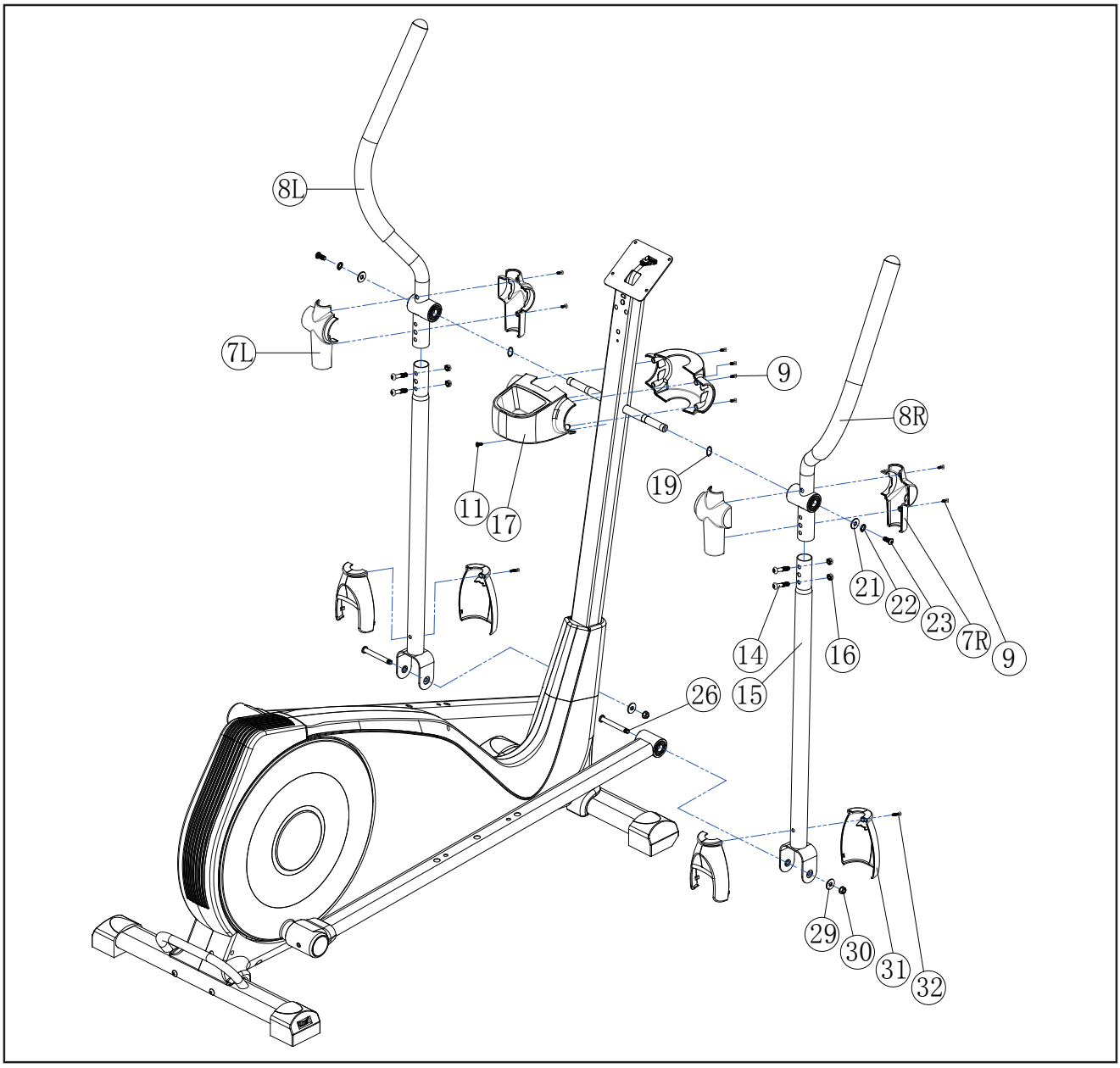
STEP 3

Apply grease from packet to the axle then slide footplate support bar (28R) onto the axle.
Fasten the footplate to the axle by placing spacer (59) on the end of the axle and attach with Allen bolt (23), spring washer (22) and flat washer (21).
Once secure attach plastic cover (56) to the footplate with screw (55).

Repeat for left side



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STEP 4

I. Add grease to handlebar axle then slide wave washer (19) onto handlebar axle. Then slide the upper swing bar right (8) onto the axle and secure with Allen bolts (23) and curved washer (21) and spring washer (22).
Once complete right side repeat for left side.

II. Fit the lower swing bar Left and Right (15) by slotting them into the upper swing bar Left and Right (8) and loosely fit 4 Allen bolts (14) and 4 nut (16).

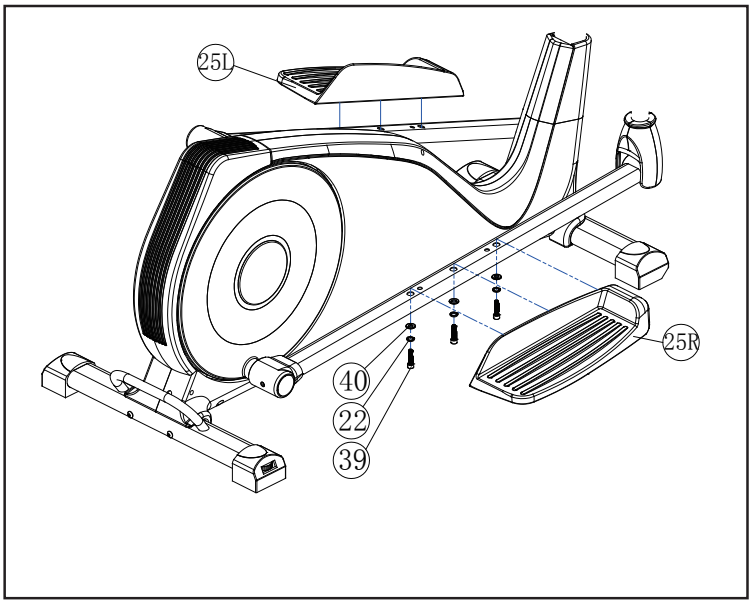
III. Fasten footplate support bars (28R+L) parallel (don't incline) to the lower swing bars (15R+L) and secure it with Allen bolts (26),washers (29) and nylon lock nuts (30). Then put the plastic cover (31) onto the footplate support bar left and right with screw (32) attached to cover.

IV. Put the plastic cover (7) onto swing bar left and right with screws (9),Secure the plastic cover (17) with screws (9) and (11)

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STEP 5

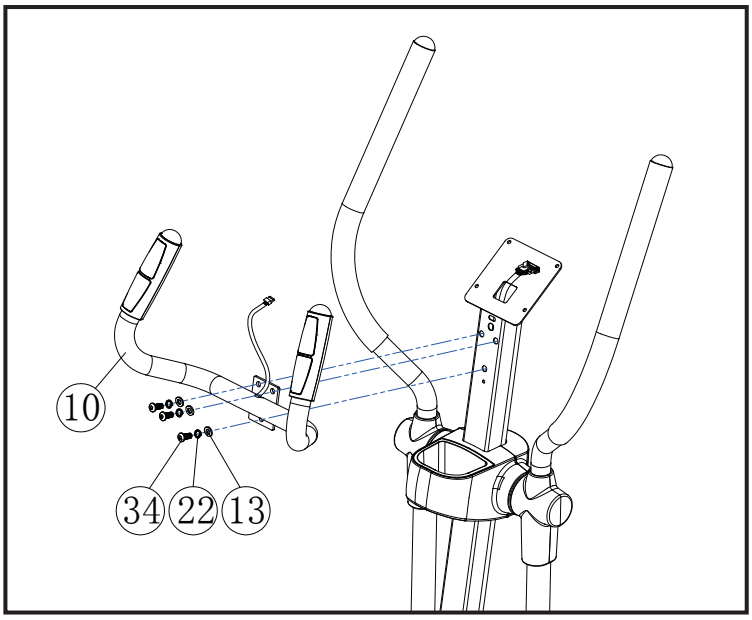
Fasten right footplate (25R) with Allen bolts (39),spring pad (22),washer (40) from the right
footplate support bar and secure it tightly. Do the same for the left pedal.



STEP 6

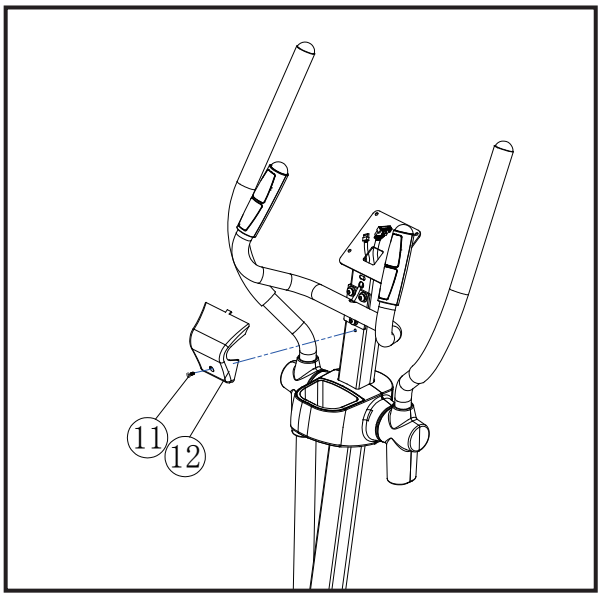
Fasten Handle Bar (10) to Handlebar Post and secure it with Allen Bolt (34), Curved washer (13) and spring pad(22).

Thread the pulse wire from handlebar through the hole above where the handlebar is attached to the upright and feed up to top of upright



STEP 7

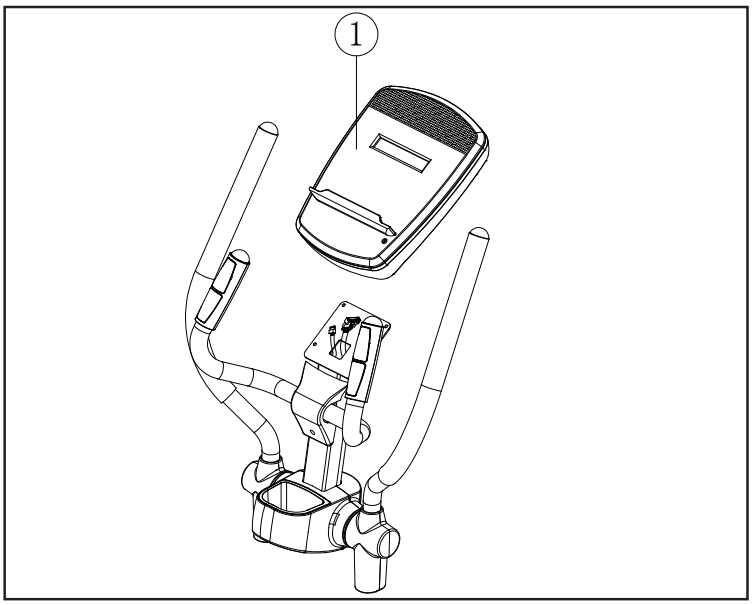
Fasten pulse bar cover (12) to handlebar post and secure with screws (11) and make sure the tab fits on the cover fits in the hole.



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STEP 8

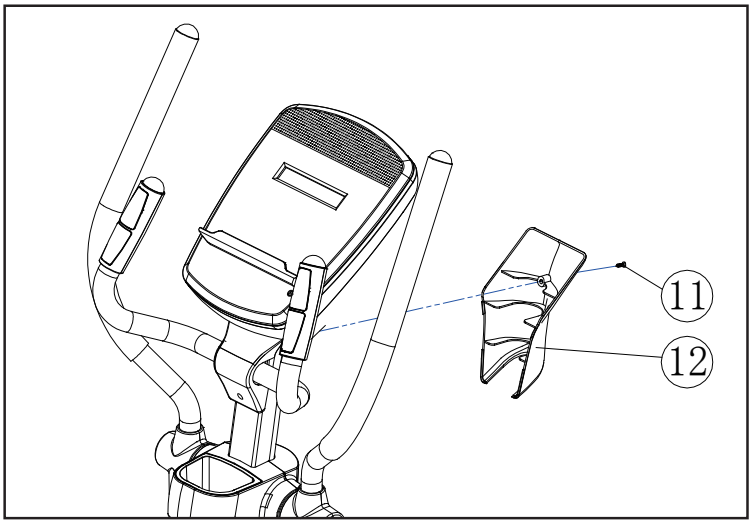
Connect the Upper Computer Cable and two hand pulse cable (6) with the cable on the back of computer (1).Sit the computer (1) onto its bracket and secure in place using the 4 screws.



STEP 9

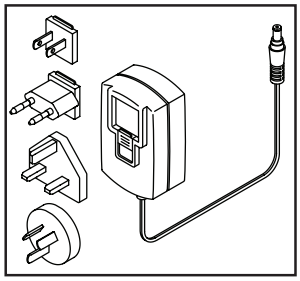
Secure plastic cover (12) onto the handlebar post with a screw(11).
You need to plug the power adapter to start using the product. See below how to do it.

Note:
Before using the machine, make sure all the screws are fasten tightly.



HOW TO PLUG IN THE POWER ADAPTER IMPORTANT :

If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.



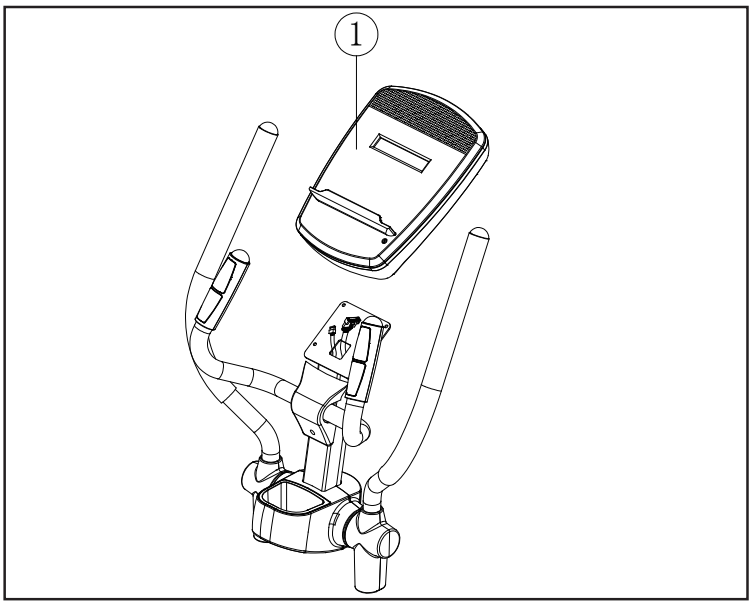
Plug the power adapter into the receptacle on the frame of the elliptical. Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

Now your machine is ready for use.

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STEP 8

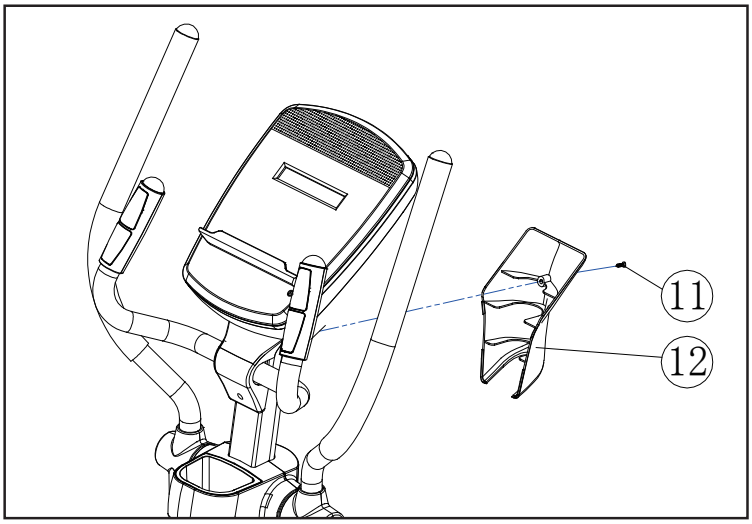
Connect the Upper Computer Cable and two hand pulse cable (6) with the cable on the back of computer (1).Sit the computer (1) onto its bracket and secure in place using the 4 screws.



STEP 9

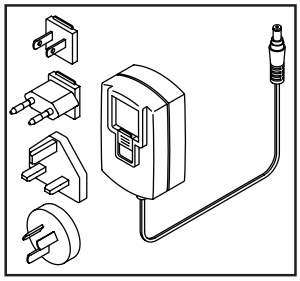
Secure plastic cover (12) onto the handlebar post with a screw(11).
You need to plug the power adapter to start using the product. See below how to do it.

Note:
Before using the machine, make sure all the screws are fasten tightly.



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Now your machine is ready for use.

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FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the optional chest heart rate monitor **(see page 21 for information about the optional chest heart rate monitor)**.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a calorie, distance, or time goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 15. **To use an onboard workout,** see page 18. **To use a set-a-goal workout,** see page 19. **To use an iFit workout,** see page 20. **To use the sound system,** see page 21. **To change console settings,** see page 22.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

   Press the Home button or press either the Speed button or the Calorie button repeatedly to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

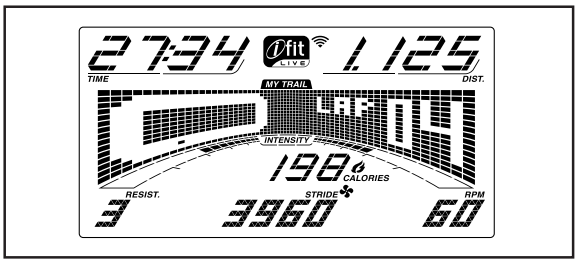
3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons or by pressing one of the numbered Resistance buttons.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the Display button repeatedly until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

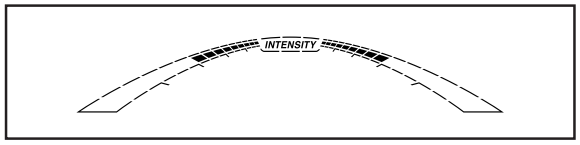
Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

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Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

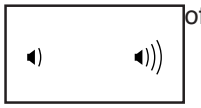


Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 22 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



Change the volume level of the console by pressing the volume increase and decrease buttons.

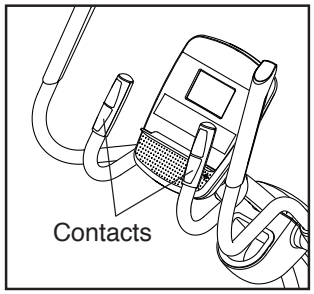


5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor **(see page 21 for information about the optional chest heart rate monitor)**.

Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

Note: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

HOW TO USE AN ONBOARD WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.

To select an onboard workout, press the Speed button or the Calorie button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

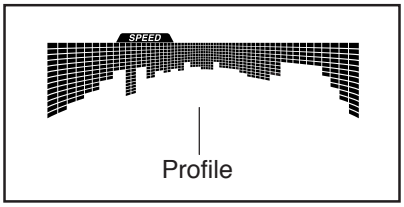
The display will also show the maximum pedaling speed (rpm) and the maximum resistance level.

3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target rpm (speed) are programmed for each segment. Note: The same resistance level and/or target rpm may be programmed for consecutive segments.

The resistance level and the target rpm for the first segment will appear in the matrix.

During the workout, the profile on the speed tab will show your progress. The flashing segment



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of the profile represents the current segment of the workout. The height of the flashing segment indicates the target rpm for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 17.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Set a calorie, distance, or time goal.**

   To set a calories, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments.

   You can manually change the resistance of the pedals as desired during the workout by pressing the Resistance buttons.

   Note: If you manually change the resistance level during a calorie goal workout, the length of the workout may adjust automatically to ensure that you meet your calorie goal.

   . **Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.**

   The workout will continue in this way until the calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 17.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 19).

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HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Insert the iFit module into the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

   IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

3. **Select a user.**

   If more than one user is registered on your iFit account, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 19).

   For more information about the iFit workouts, please see www.iFit.com.

   When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

   Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

   See step 3 on page 18.

   During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 22). To stop the workout at any time, stop pedaling.The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 15.

   The My Trail tab will show a map of the trail or it will show a track and the number of laps you complete.

   During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 16.

8. **When you are finished exercising, the console will turn off automatically.**

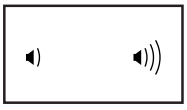
   See step 6 on page 17.

For more information about the iFit mode, go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and



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HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Insert the iFit module into the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

   IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

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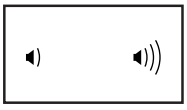
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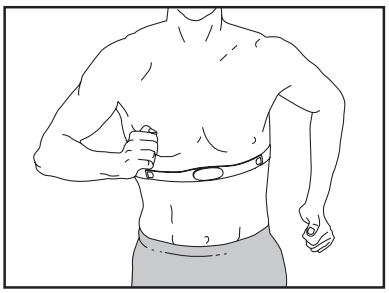
Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and



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decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL CHEST HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor and receiver, please see the front cover of this manual.**

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

   To select the settings mode, press and hold the Settings button until the settings information appears in the display.

   The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

2. **Navigate the settings mode.**

   While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeatedly to select the desired optional screen.

   The lower section of the display will show instructions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. **Change settings as desired.**

   Units—The currently selected unit of measurement will appear in the display. To change the unit of measurement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

   Demo—The console features a display demo mode, designed to be used if the elliptical is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

   Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

   Trainer Voice—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

   Default Menu—The default menu will appear when you press the Home button. Press the Enter button repeatedly to select the manual mode or the iFit menu as the default menu.

   Check Status—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press the Settings button.

   Send/Receive—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

4. **Exit the settings mode.**

   Press the Settings button to exit the settings mode.

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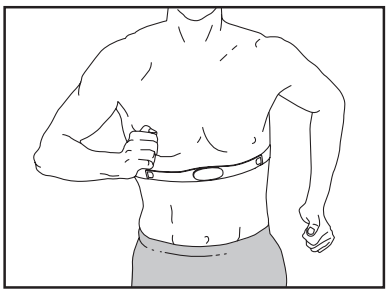
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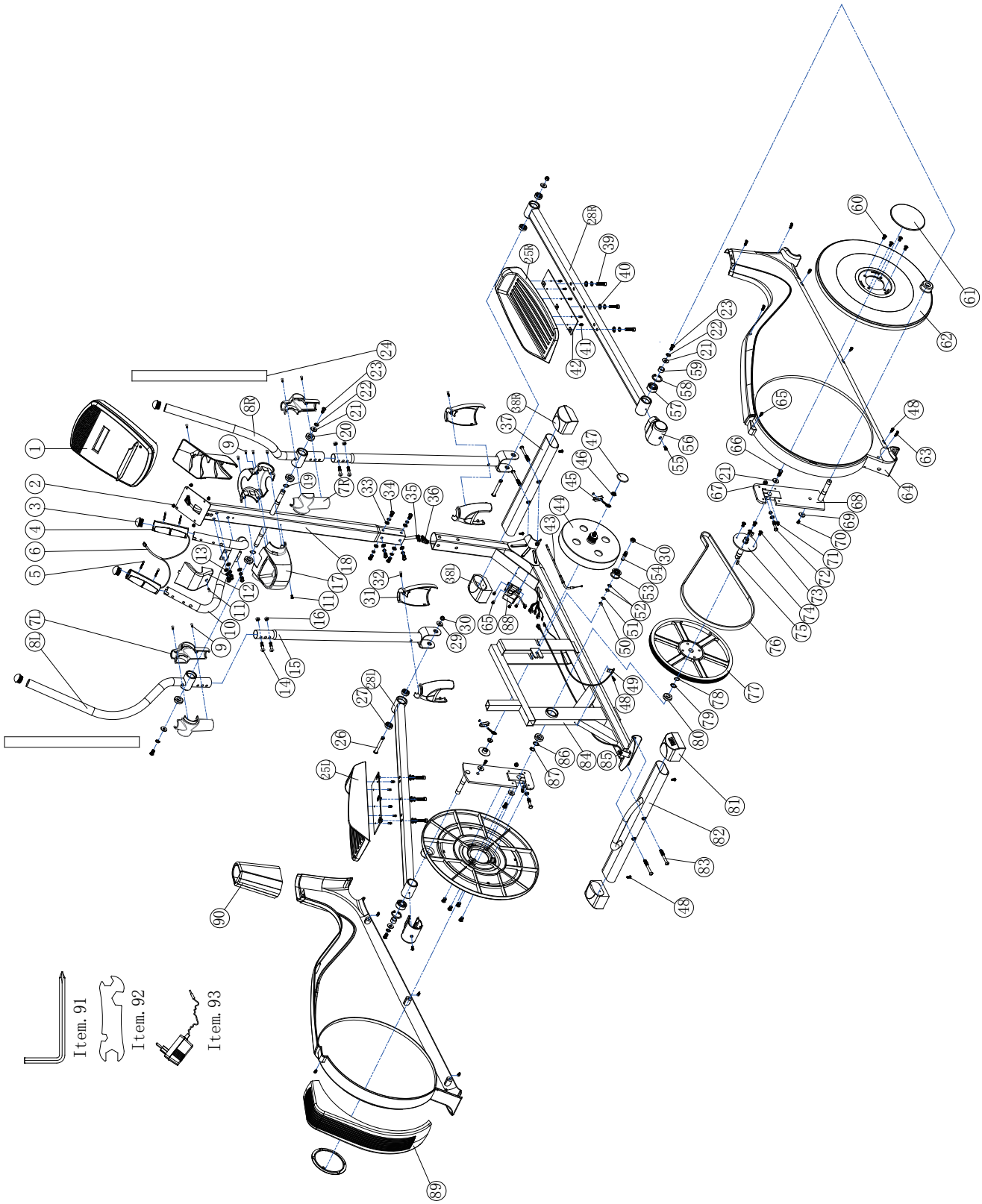
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EXPLODED DRAWING—Model No. NTIVEL74014.0



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PART LIST—Model No. NTIVEL74014.0

Item	Qty.	Description
1	1	Computer
2	4	Screw
3	4	End Cap Φ32
4	2	Hand pulse pads Φ32
5	4	screw M2.5*33
6	2	Hand pulse cable 550mm
7	2	Center Shaft Plastic Cover L
8	2	Handrail welding
9	8	Self- tapping screw M4*15
10	1	Handlebar welding
11	3	screw M5*15
12	1	computer rack
13	3	Washer Φ8*Φ16*1.5T
14	4	Allen Bolt M8*43
15	2	Lower Swing Bar welding
16	4	Nut M8
17	1	Central shaft cover
18	1	Handlebar Post
19	2	Wave Washer Φ17*Φ22*0.5T
20	4	Bearing 6203-2RS
21	6	Wsher Φ8*Φ24*2T
22	21	Spring Washer Φ8
23	4	Allen Bolt M8*20
24	2	Foam Φ32*3T*510mm
25	2	Footplate
26	2	Allen Bolt M10*82
27	4	Bearing 6200-2RS
28	2	Footplate Support Bar
29	2	Washer Φ10*Φ19*2T
30	3	Nut M10
31	2	Plastic Cover
32	2	Self- tapping screw M4.5*20
33	6	Washer Φ8*Φ19*1.5T
34	9	Allen Bolt M8*20 5mm
35	1	Upper computer cable 1100mm
36	1	Lower computer cable 900mm
37	1	Front stabilizer
38	1	Front End Cap
39	6	Allen Bolt M8*35
40	8	Washer Φ8*Φ16*2T
41	10	Screw M5*12
42	2	Footplate welding
43	1	Wire 520mm
44	1	Fly Wheel Φ280*105*32
45	2	Chain Adjuster Set
46	2	Flange Screw
47	2	Axle Cap
48	11	Drill Screw M5*15
49	1	Sensor with Cable 800mm
50	1	C-Sharp Clip Φ8
51	1	Curved Washer Φ10*Φ15*0.5T
52	2	Washer Φ10*Φ15*1.0T
53	1	Oppress Pole
54	1	Axis Φ10*42
55	2	Screw M5*7.5
56	2	Crank Connect Cover
57	2	Bearing 2203-2RS
58	2	C-Sharp Clip Φ40
59	2	Tube Spacer Φ17.5*Φ22*12mm
60	8	Allen Bolt M6*15mm
61	2	Plastic Cover
62	2	Round Cover
63	4	Self- tapping screw M4.5*25
64	1	Chain Cover
65	6	Drill Screw M5*20
66	2	Hexagon Screw M8*20
67	2	Nut M8
68	2	Cross
69	2	Washer Φ5*Φ14*1.5T
70	2	Self- tapping screw M4.5*15
71	2	Allen Bolt M6*15mm
72	2	Hexagon Screw M8*50
73	4	Allen Bolt M8*12mm
74	1	Round Metal Plate welding
75	2	C-Sharp Clip
76	1	Belt 550J6
77	1	Belt Wheel Φ350*20.1
78	1	Curved Washer Φ20*Φ25*0.5T
79	1	Washer Φ20*Φ25*1.0T
80	2	Bearing 6004-2RS
81	2	Real End Cap
82	1	Front stabilizer
83	4	Allen Bolt M8*90mm
84	1	Main Frame
85	1	DC Cable
86	1	Washer Φ20*Φ25*2T
87	1	C-Sharp Clip
88	1	Motor
89	1	Plastic Cover
90	1	Plastic Cover
91	1	Allen key wrench 5mm
92	1	Allen key wrench 6mm
93	1	Combination wrench
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