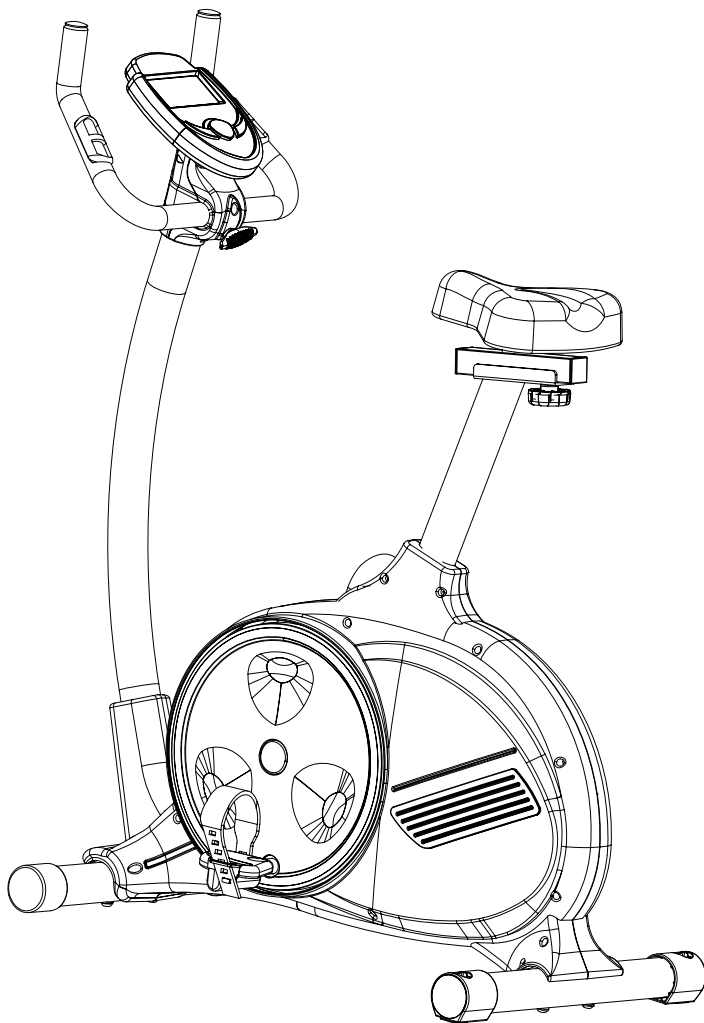


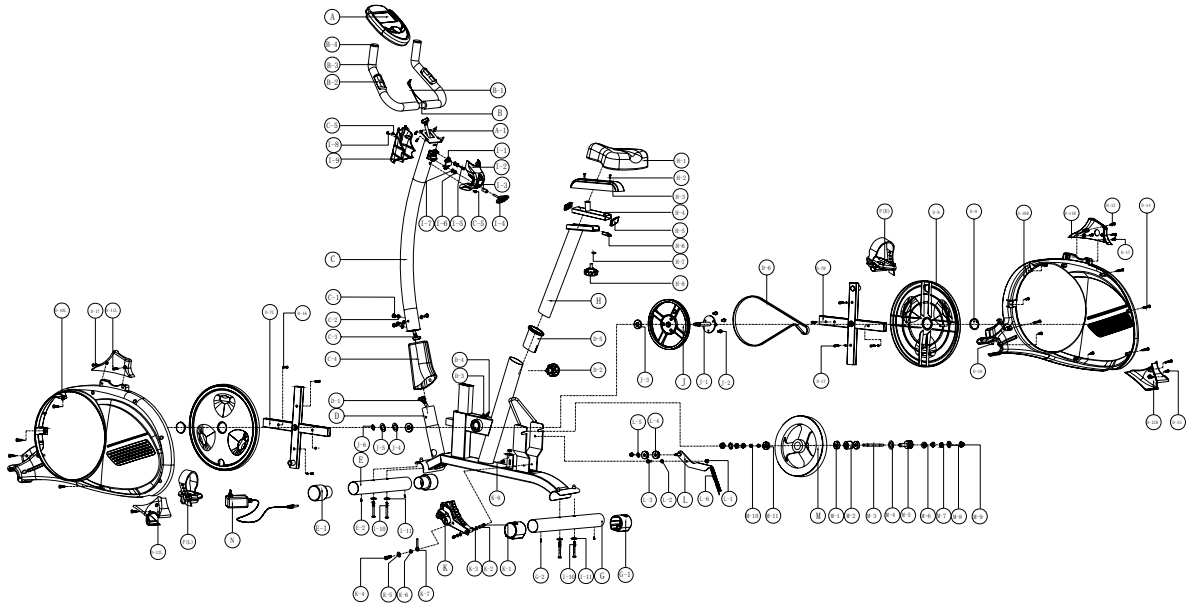
4919.502 BodyShape Ergometer Sprint

GB



ASSEMBLY INSTRUCTION



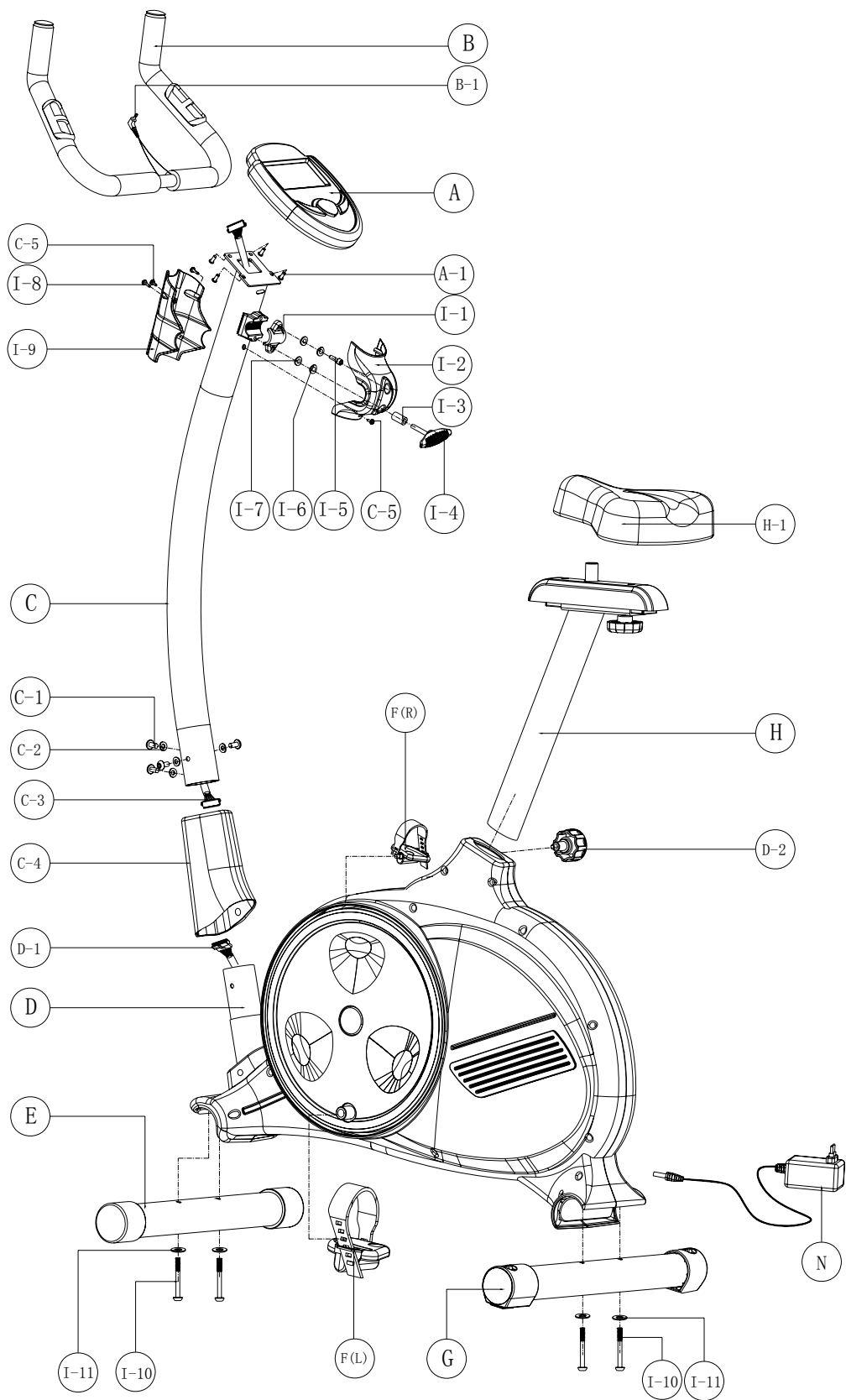


PART LIST

No.	Description	Spec.	Q'ty
A	Computer		1PCS
A-1	Screw for computer	M5×10L	4PCS
B	Handlebar		1PCS
B-1	Handle pulse wire	550+550, L2	1PCS
B-2	Hand pulse	WP1007-12B	1SET
B-3	Foam grip	550×Φ20×7.0 m/m	2PCS
B-4	End cap	Φ7/8"	1PCS
C	Handlebar post		1PCS
C-1	Cone Hex. Screw	M8×P1.25×16L(6m/m)	4PCS
C-2	Semicircular washer	Φ8×Φ19×2t	4PCS
C-3	Cable (upper)	1050L	1PCS
C-4	Cover for handlebar post	(ABS)	1PCS
C-5	Cone cross screw	M5×14L	2PCS
D	Main Frame		1SET
D-1	Cable (lower)	1100L 12P	1PCS
D-2	Knob for seat post	707A M16×P1.5×22L	1PCS
D-3	Screw	M3×8L	2PCS
D-4	Sensor	800L	1PCS
D-5	Seat post sleeve	(PP)	1PCS
D-6	Belt	J6 1059m/m	1PCS
D-7	Cross Frame		1SET
D-8	Round disc	(ABS)	2PCS
D-9	Cover for Round disc	(ABS)	2PCS
D-10	Chain cover	(ABS)	1SET
D-11	Cover (Front)	(ABS)	1SET
D-12	Cover	(ABS)	1SET
D-13	Cone cross screw	M4×30L	2PCS
D-14	Cone cross screw	M4×50L	4PCS
D-15	Cross screw	3/16" (#10) ×3/4" 35#	10PCS
D-16	Flat washer	Φ5×Φ16×1t	8PCS
D-17	Cone cross screw	M4×14L	12PCS
D-18	Cone cross screw	M4×40L	1PCS
E	Front stabilizer	Φ60×1.5T×400L	1PCS
E-1	Transportation wheel	(Nylon -6)	2PCS
E-2	Cone cross screw	M3×8 35#	2PCS
F	Pedal	E16(9/16")	1SET
G	Rear stabilizer	Φ60×1.5t×500L	1PCS
G-1	Adjustable end cap	Φ60	2PCS
G-2	Cross screw	3/16" (#10) ×3/4" 35#	2PCS
H	Seat post	70*30*1.5T*460L	1SET
H-1	Seat	V17	1PCS
H-2	Cone cross screw	M5×12L 30#	2PCS
H-3	Slider cover	(ABS)	1PCS
H-4	Slider		1PCS
H-5	End cap	20*40 PP	2PCS
H-6	Slider fixed set		1PCS
H-7	Flat washer	Φ14.3×Φ25×2t	1PCS
H-8	Horizontal Knob	7/16" ×20L	1PCS
I-1	Metal cover	4.0t (Q235)	1PCS
I-2	Handlebar cover	(ABS)	1PCS
I-3	Bushing	Φ7×Φ12×40mmL(Q235)	1PCS

I-4	T-Knob	M7×P1.0×65L(ABS)	1PCS
I-5	Round Hex. Screw	M7×P1.0×30L. 30#	1PCS
I-6	Spring washer	Φ7×2t 65Mn	2PCS
I-7	Flat washer	Φ7×Φ12×1t Q235	2PCS
I-8	Round cross screw	M3×14L	2PCS
I-9	Handlebar cover	(ABS)	1PCS
I-10	Cone Hex. Screw	M8×P1.25×75L	4PCS
I-11	Flat washer	Φ8×Φ16×2t Q235	4PCS
J	Axle set	Φ232	1SET
J-1	Axle	FP-B930 152L	1PCS
J-2	Hex. Screw	M8×P1.25×12L×5t	3PCS
J-3	Bearing	6203(RS)	2PCS
J-4	Wave washer	Φ17.5×Φ25×0.3t	1PCS
J-5	Flat washer	Φ17.5×Φ25×0.3t	1PCS
J-6	C type	Φ17 65Mn	1PCS
K	Motor		1SET
K-1	Hex. Screw	M6×P1.0*16L 30#	2PCS
K-2	Spring washer	Φ6 65Mn	2PCS
K-3	Flat washer	Φ6×Φ13×1t Q235	2PCS
K-4	Screw	M8*22L	1PCS
K-5	Flat washer	Φ8×Φ19×2t	1PCS
K-6	Bushing	Φ10×Φ14×16mmL	1PCS
K-7	Tensioned Hardwire set steel	M6*Φ18*63L	1PCS
L	Idler clamping		1PCS
L-1	Nylon nut	M8 30#	2PCS
L-2	Flat washer	Φ8×Φ16×1t Q235	1PCS
L-3	Hex. Screw	M8×P1.25×20L	1PCS
L-4	Bearing	6300RS	2PCS
L-5	Bushing	Φ10×Φ14×6mmL (Q235)	1PCS
L-6	Idler spring	ODΦ16×Φ2.0×45T(65Mn)	1PCS
M	Flywheel	Φ280*32W(9kg)	1PCS
M-1	Bearing	6003RS	2PCS
M-2	One way bearing	*(KR-6003)	1PCS
M-3	Axle for flywheel	3/8"-26×145L(45#)	1PCS
M-4	Flat washer	Φ30×Φ34×1t Q235	1PCS
M-5	Pulley	J8×Φ34 (Q235)	1PCS
M-6	Bearing	6000RS	1PCS
M-7	Nut	3/8"-26×4.5T 30#	4PCS
M-8	Star washer	Φ10×Φ17×1t 30#	2PCS
M-9	Pattern nut	3/8"-26 30#	2PCS
M-10	Bushing	Φ10×14×9mmL(Q235)	2PCS
M-11	Bearing	6300RS	1PCS
N	Adapter	230V 50HZ, 9VDC 500mA	1PCS

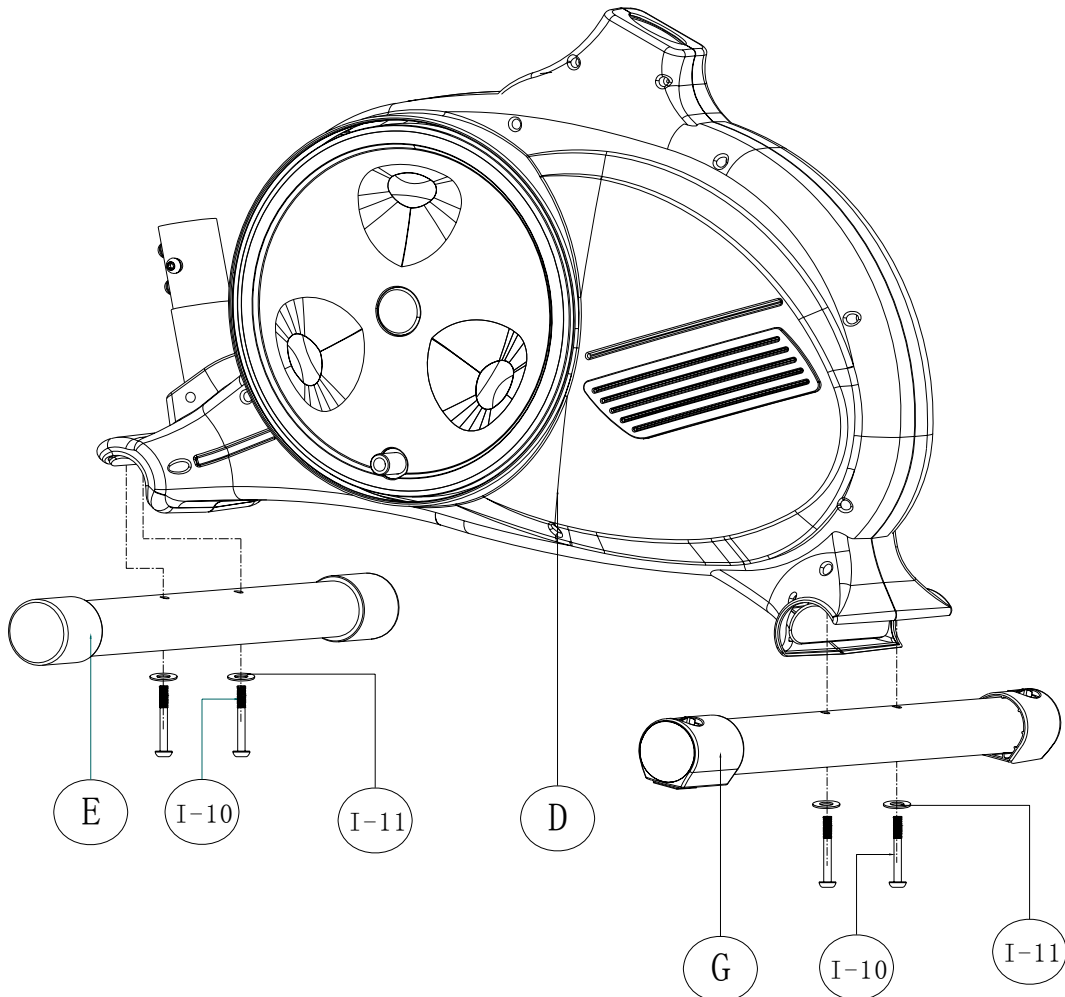
Assembly Instruction



Step 1

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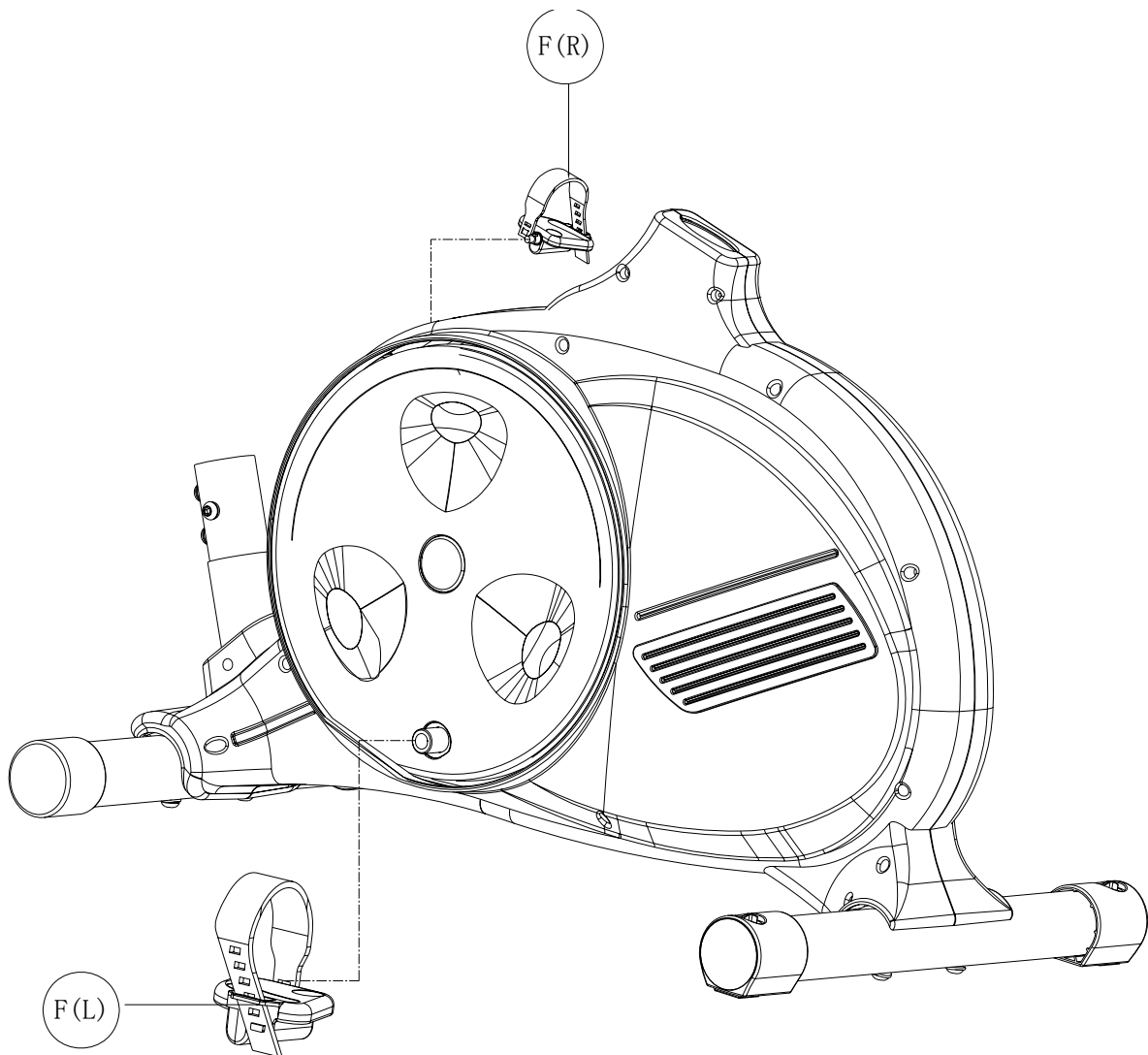
1. Loose the pre-assembly screws on the front / rear stabilizer (E/G).
2. Fasten front and rear stabilizers each with 4 screws (I-10) and washers (I-11) to the base construction.
After assembly the bike can be adjusted to slightly uneven ground by adjusting the height of the foot caps in the back.
The pre-assembled transportation wheels in the front allow easy manoeuvring of the bike:



Step 2

GB

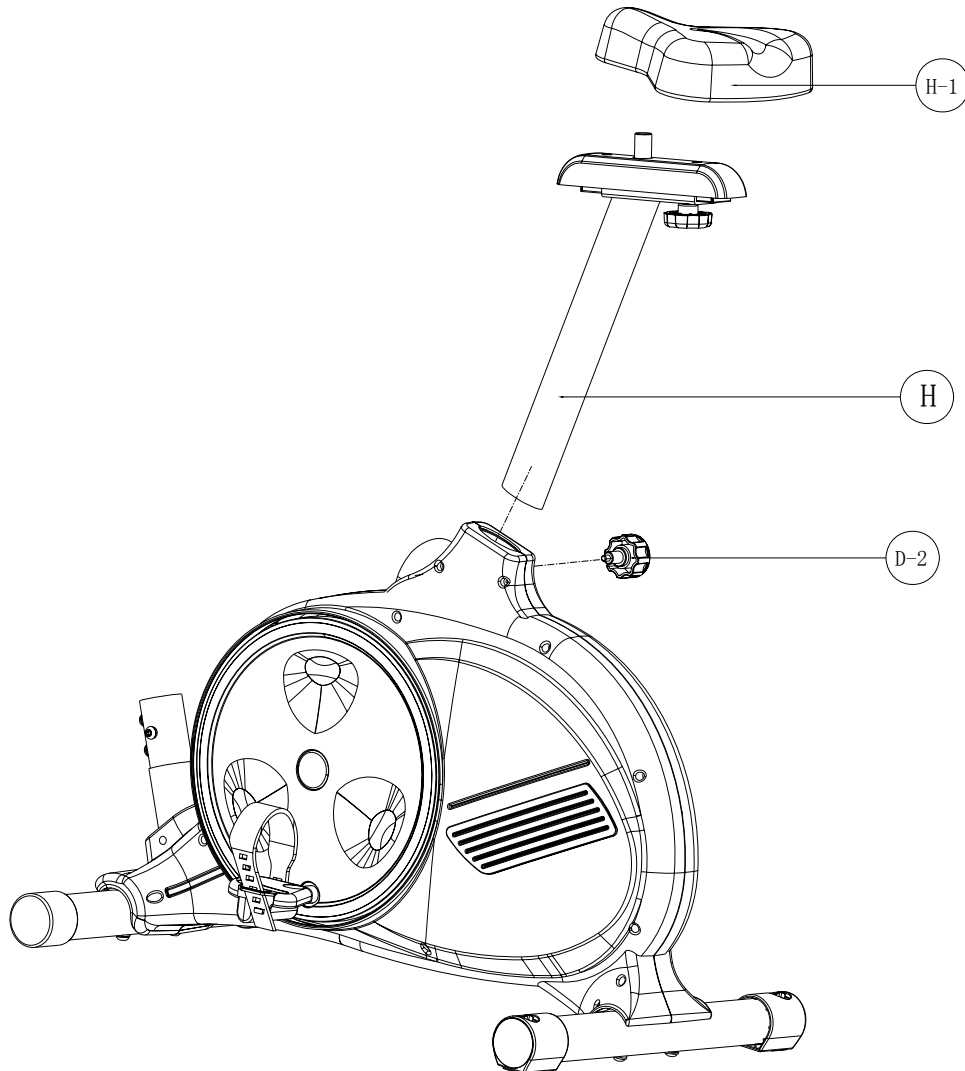
1. Screw the pedals (F(R) / F(L)) onto the crank. The pedals are marked with R and L at the screw.
2. Tighten the left pedal anti-clockwise, the right pedal clockwise.



Step 3

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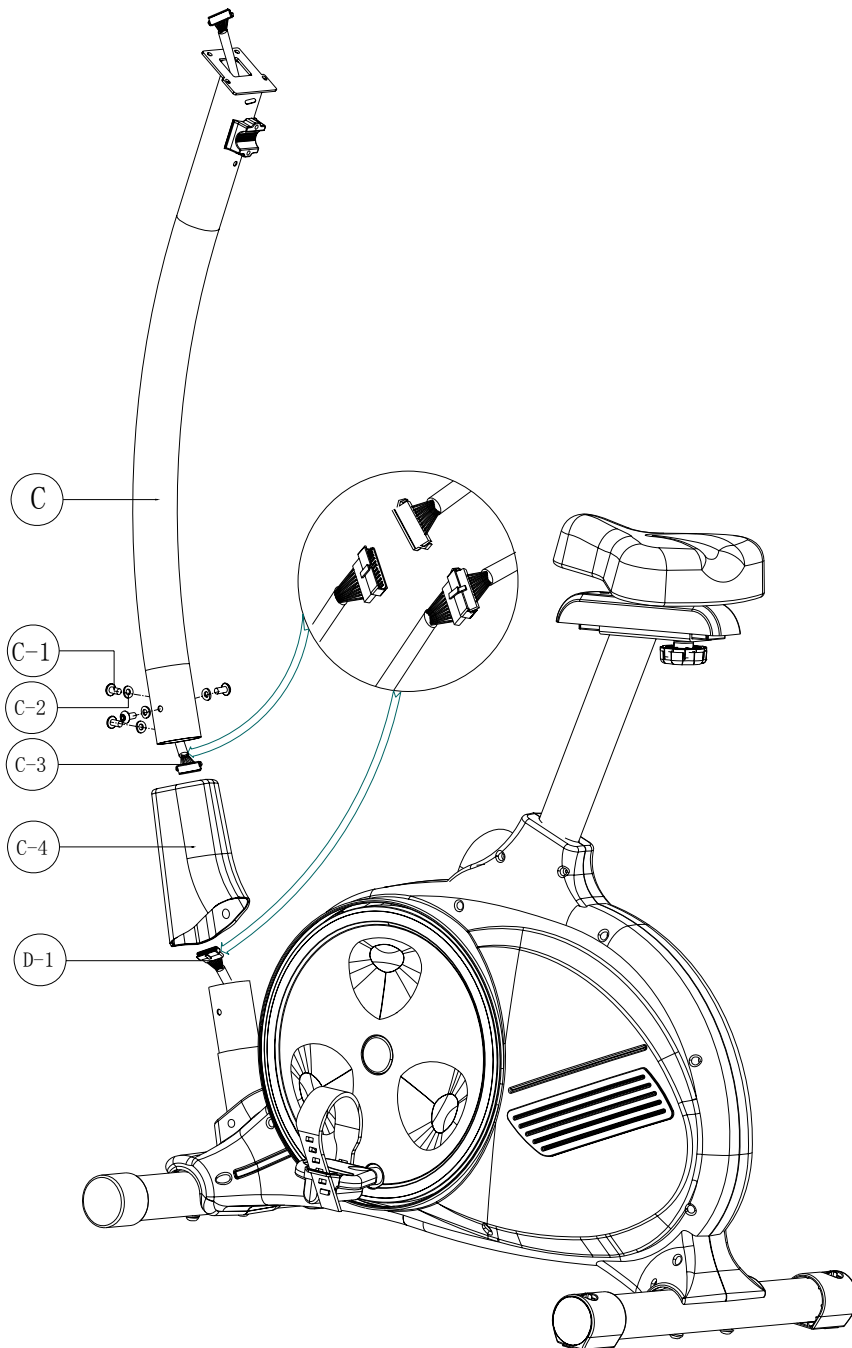
1. Assemble the saddle (H-1) with horizontal slider for seat post.
2. Insert the saddle pole (H) in the main frame, choose the desired position and tighten the knob (D-2).
Ensure that the knob is always tightened.



Step 4

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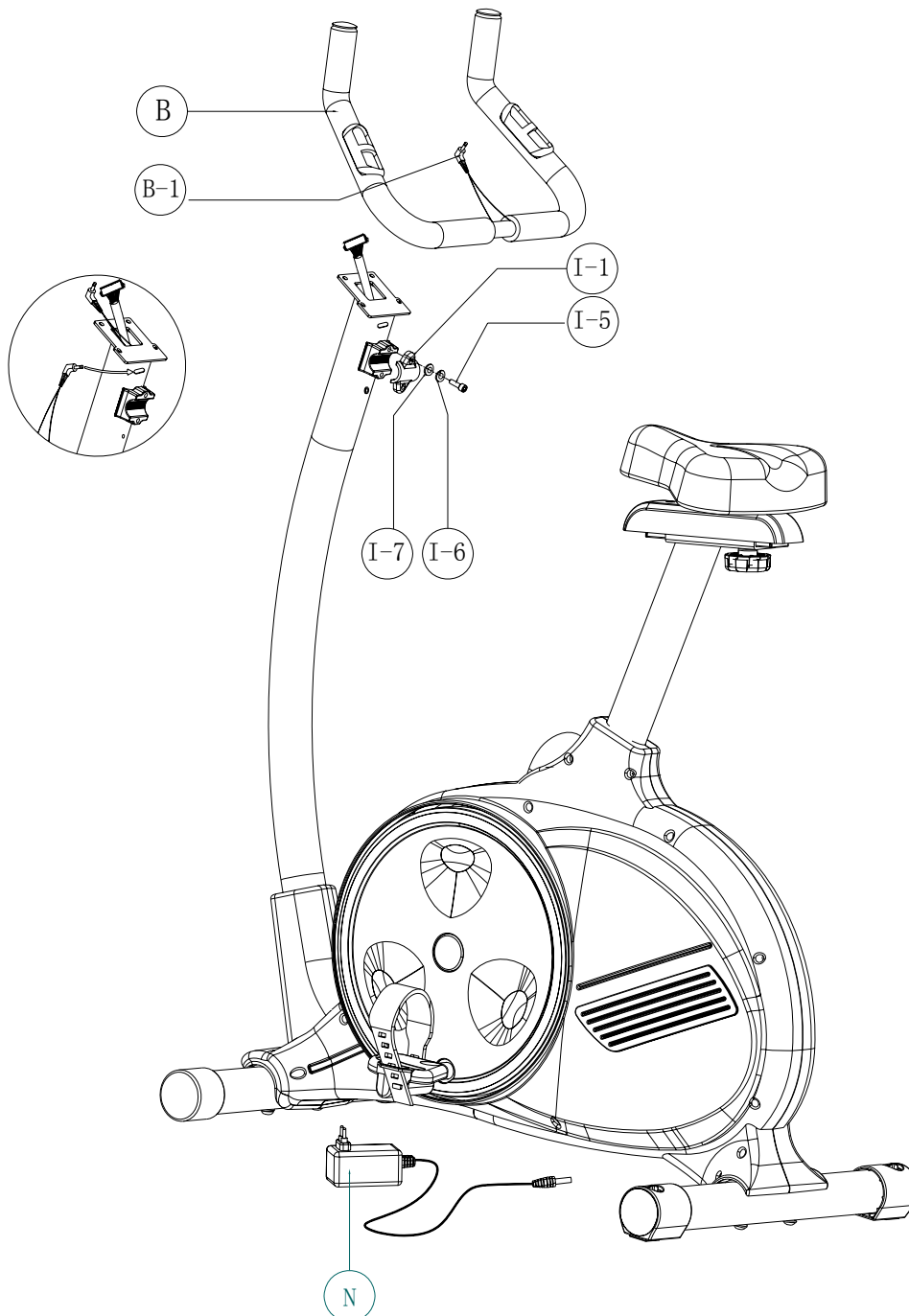
1. Connect the computer cable (C-3 / D-1).
2. First, loosen the pre-assembled screws. Then, put the handlebar post (C) into the cover and main frame and fix it with 4 hexagon screws (C-1) and washers (C-2).



Step 5

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1. Place handlebar (B) on the handlebar fixture, and put the metal cover (I-1) on the top of handlebar.
 2. Then assemble the upper screw (I-5), spring washer (I-6), and flat washer (I-7).
 3. Place the plastic cover (I-2) on the handlebar and insert T-shape knob (I-4) into the metal cover and assemble with the lower spring washer, flat washer. Please ensure it is tightened very well.
- Make sure the handlebar is located right position by adjusting both upper and lower screws together



Step 6

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1. Connect the computer cable (C-3) insert the computer (A) socket.
2. Mount the computer to the hold of the handlebar pole with the enclosed screws (A-1) and connect the computer cables.
3. Plug the delivered of hand-on pulse wire (B-1) in the socket at the computer (A).
4. Connect the ergometer with the adapter (N).

