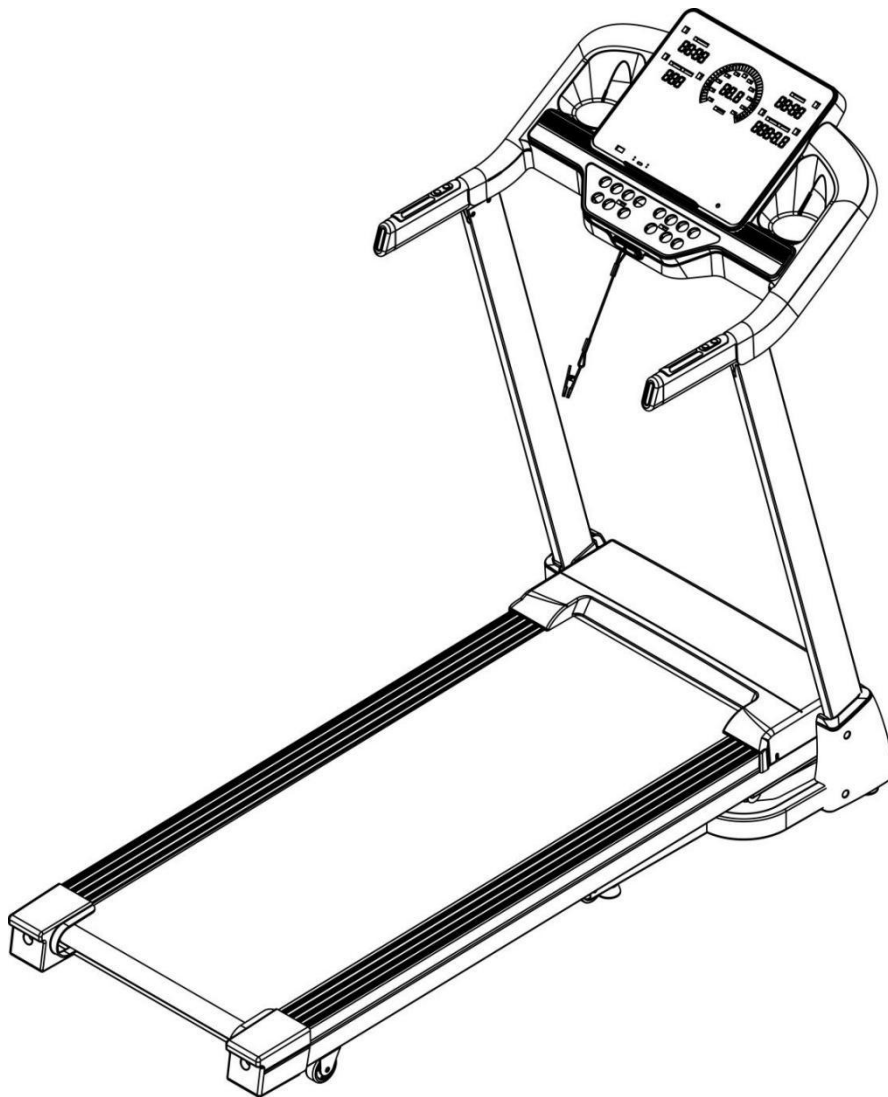




REPFORCE

K12420C User Manual



Please read carefully before installing and using the electric treadmill
All instructions in the instruction sheet and keep this instruction sheet properly.
The pictures in the manual are for reference only, subject to the actual product

catalogue

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safety precautions

Warning: Before starting any exercise program, it is recommended that you first consult a professional doctor, especially if you are over 35 years old or have a history of health problems. We are not responsible for any resulting injuries.

Do not turn on the power until the electric treadmill is fully installed and the motor protective cover is covered.

matters need attention

1. Before using the treadmill, make sure that the clip of the safety switch is clipped to the clothes or belt.

Please do not insert any other items into any part of the equipment, which will damage the equipment.

3, put the electric treadmill in a clean and flat place, do not put the electric treadmill on the thick carpet, so as not to affect the circulation of the air under the electric treadmill, do not put the electric treadmill near the water or outdoor use.

4, when people stand on the running belt, please do not turn on. After the power is turned on, there may be a pause at the beginning of the running belt movement, and the person must stand on the plastic skids on both sides of the electric treadmill until the running belt moves.

5, exercise can not wear too long, too loose clothes, in case of hanging on the electric treadmill, usually wear rubber sole running shoes.

6, electric treadmill in use, do not let children or pets close.

Any strenuous exercise should only be done 40 minutes after a meal.

8, this fitness equipment for adults to use, minors in the use of electric treadmills need to be accompanied by adults.

9, the first time to use the electric treadmill, be sure to grasp the handrail with your hand, until you feel comfortable after you can release the handrail.

10. The treadmill is an indoor equipment and should not be used outdoors. Place clean and level, pay attention to moisture, pay attention to the electric treadmill for special equipment, do not modify it for other purposes.

11, the power cord of the electric treadmill is dedicated, if the power cord is damaged, please buy from the dealer, or contact the company directly.

If the electric treadmill suddenly accelerates or the speed of the electric treadmill automatically increases due to a problem with the electronic system, please immediately unplug the safety switch and the electric treadmill will stop immediately.

13, do not in the middle of the power line wiring, extend the power line or replace the power line plug, in the power line stacked heavy objects or power line close to the high temperature heat source, prohibit the use of multi-hole socket, otherwise it will cause fire due to poor contact, or electric shock injury accident.

14. When the machine is not used for a long time, it is necessary to cut off the power supply. When cutting off the power supply, do not pull the power cord; grab the power plug and pull it off, so as not to break part of the core wire in the power cord. Plug the power cord plug into the power socket with safety grounding. The power cord of the electric treadmill is dedicated. If the power cord is damaged, please contact the manufacturer as soon as possible.

15、 This treadmill is for home use only **and has a maximum weight of 100KG.**

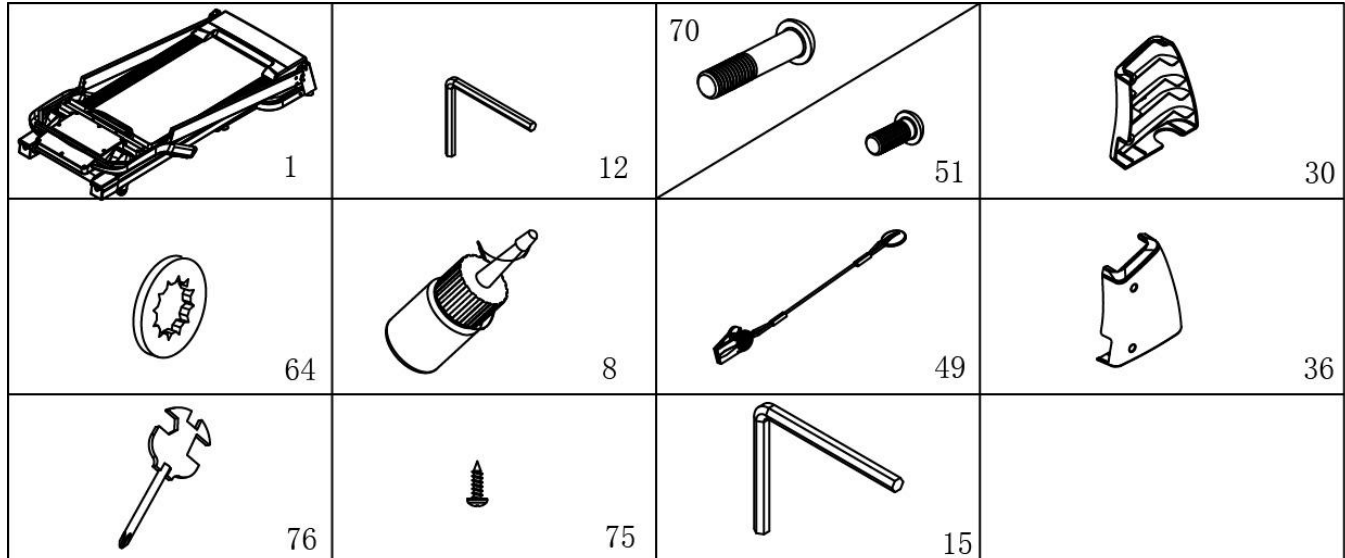
16、 The safety zone behind the treadmill is: 1000*2000 mm.

Position of the running platform

Place the treadmill on a level floor. Leave 2 meters of space behind the treadmill, with 1 meter each side reserved. Leave 30 centimeters in front for folding the treadmill and running power cables. Do not place the treadmill near ventilation openings. Avoid placing the treadmill in garages, open courtyards, areas near water, or outdoors.

assembly manual

The figure below shows the parts installed on the whole machine. Open the packing box and you can take out the following parts.



Parts list:

serial number	name	specification	quantity	serial number	name	specification	quantity
1	Main frame group		1	64	internal teeth serrated lock washer	8	6
12	5#Allen wrench		1	8	oil bottle		1
70	Hexagon socket pan head screws	M8*35	2	49	safe lock		1
51	Hexagon socket pan head screws	M8*14	4	36	Right bottom cover		1
30	Left Bottom Cover		1	75	Cross recessed pan head self-tapping and self-drilling screws with washer	4.2*19	4
76	Cross wrench		1	15	6#Allen wrench		1

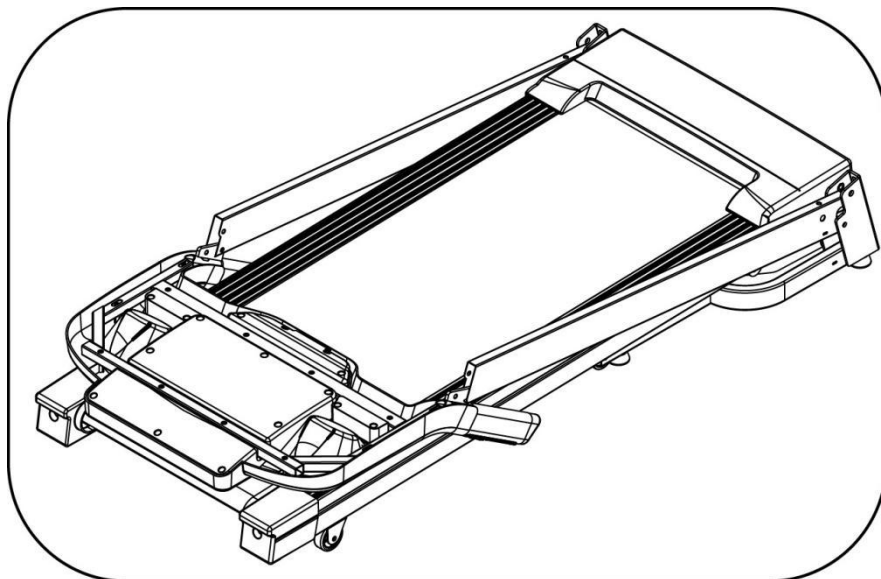
Installation tools:

5#Allen wrench 5mm 1pcs, with cross wrench 1pcs

Note: Do not plug in the power supply until installation is complete.

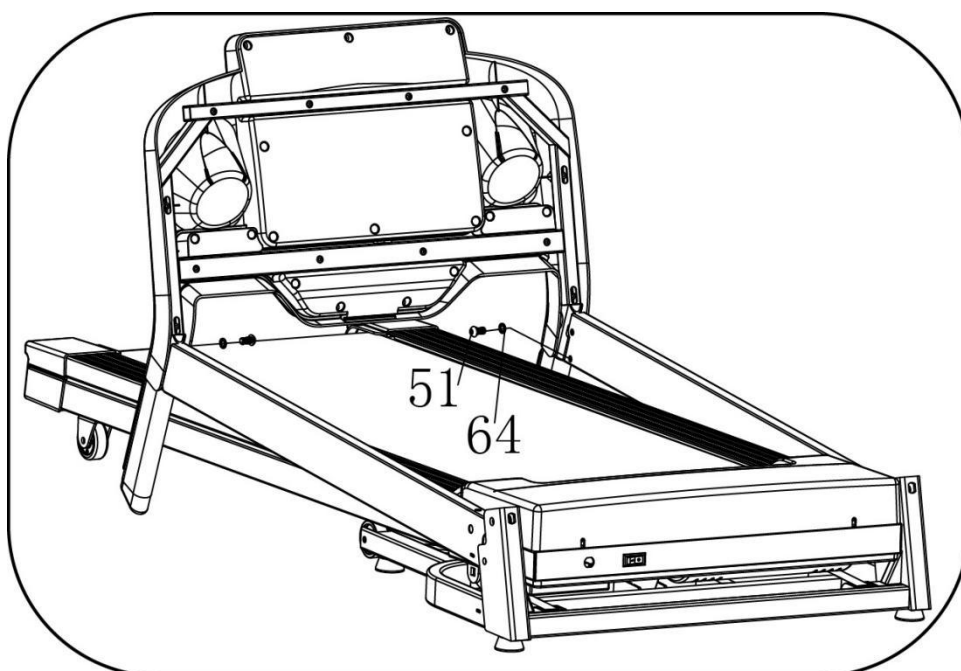
assembly manual

Assembly Step1:



Open the packing box, take out the above parts from the box, and lay the main parts on the ground.

Assembly Step2:

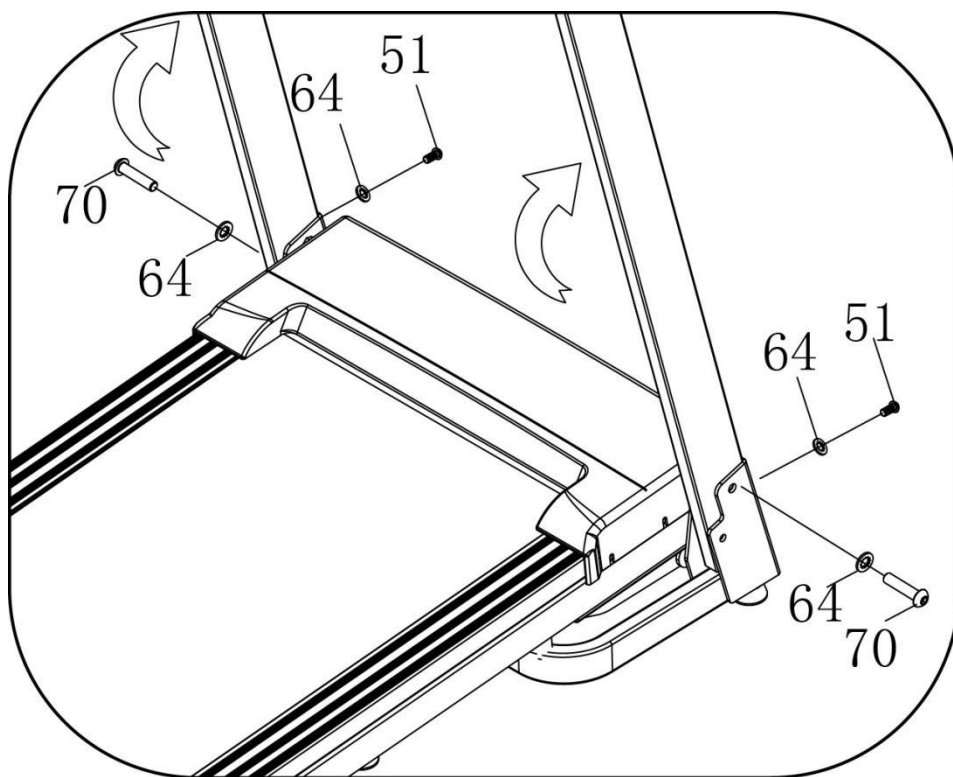


1、Hold the electronic watch holder assembly (5) by hand and fold it in the direction of arrow. When folding, be careful not to press the upper and lower lines of the electronic watch.

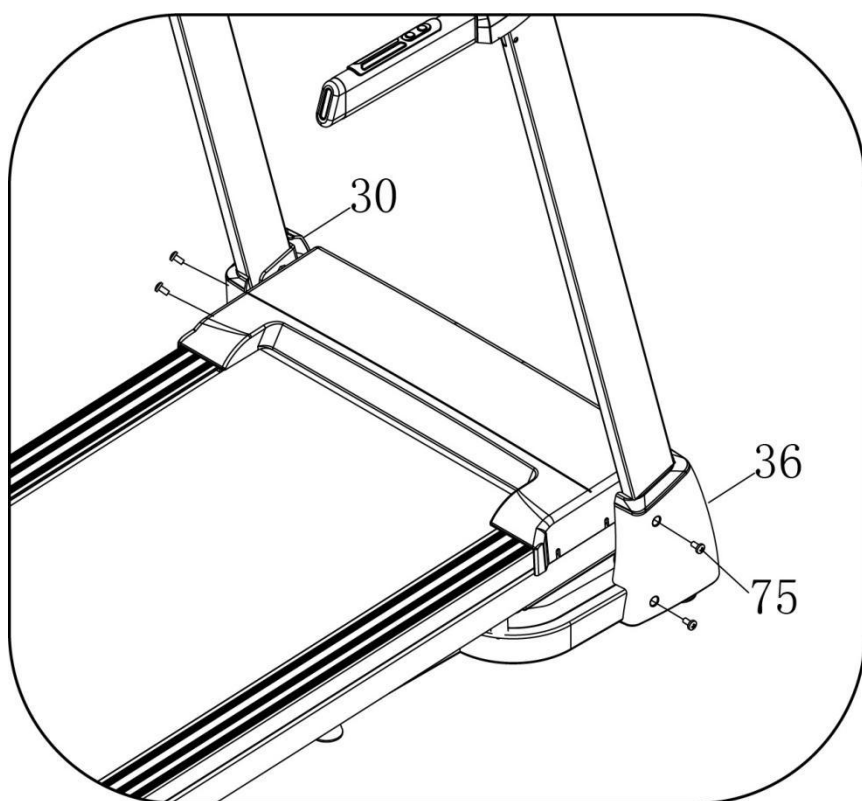
2、Using an Allen wrench(12),lightly lock the electronic watch stand to the left and right column sets with Allen pan head screws (51) and female serration lock washers (64). Left view:

assembly manual

assembly step 3:



Assembly Step 4:



1、 Fold the column upward in the direction to the left

2、 Use 5#hexagon socket wrench (12), thread hexagon socket head screw (70) and internal serration lock washer (64) through base and right column, and lock gently on base.

3、 Using the Allen wrench (12), lock the right column group gently to the base with the Allen pan head screw (51) and the female serration lock washer (64).

4、 The left side is the same as the right side, such as the left view:

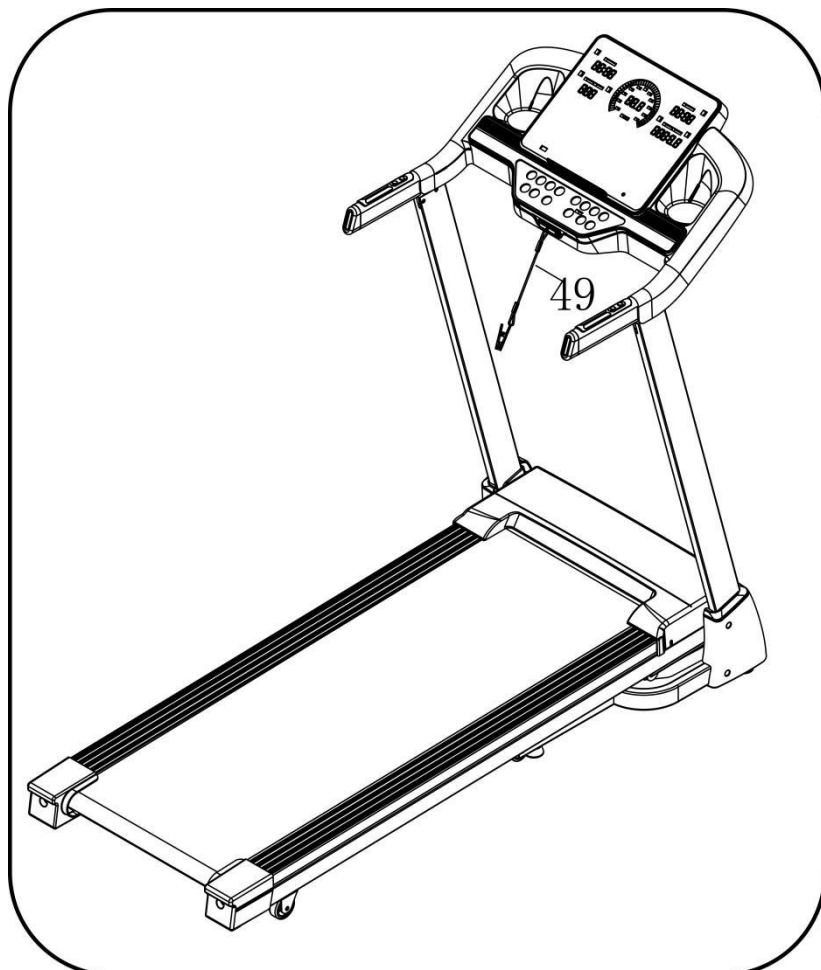
Note: Keep your hands on the column during the locking process to avoid falling down and injuring yourself.

1. Secure the right base cover (36) to the right column and base using the Phillips recessed pan head tapping screws (75) with Phillips wrench (76)

2. The left side is the same as the right side, such as the left view:

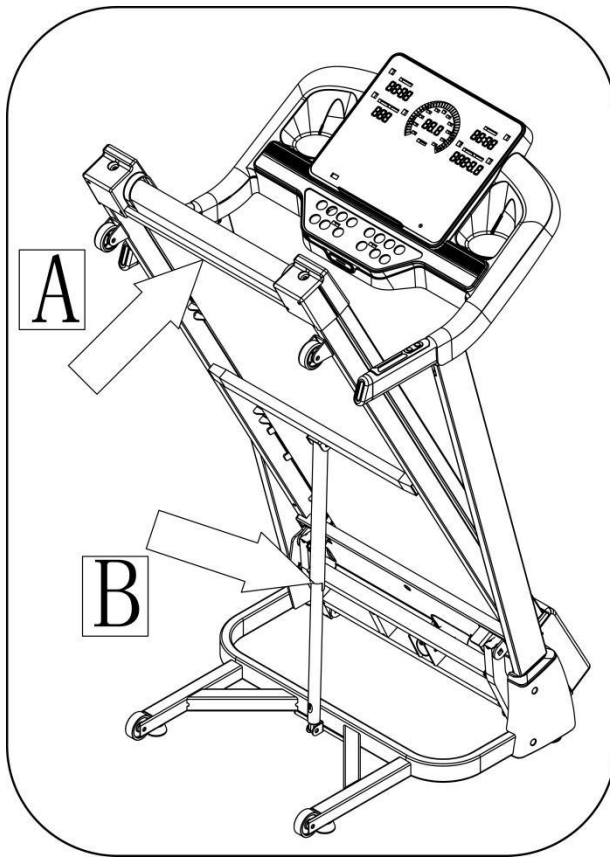
assembly manual

assembly step 5:



1. Place the safety lock (49) on the electronic watch.

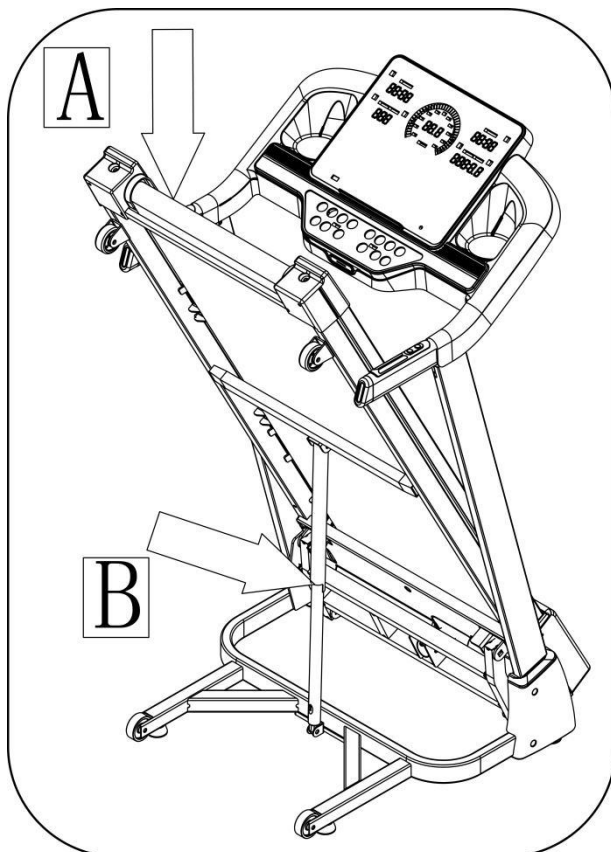
Folding Step



1、 Hold position A with both hands and lift the machine up, and push it up slightly until you hear the sound of pressure rod sleeve against pressure rod B.

Note: The cable assembly needs to be pulled out when folding

Put down the machine



1. Hold position A with both hands and lift the machine slightly upward, and kick the pneumatic rod sleeve slightly until the sleeve moves. Pull down the main frame with your hands and let the frame fall slowly. People and pets leave the machine to avoid any injury.

technical parameters

The pictures and parameters of this product are reserved for technical improvement.

Overall size (mm)	1434*665*1246MM	uses electrical	According to the nameplate on the frame
Unstacking size (mm)	816*665*1259MM	maximum power output	According to the nameplate on the frame
Runner size (mm)	420*1150	range of speed	0.8-14KM/H
Net weight of machine	Approximately 44KG		
Single window blue backlight display	Speed Time Distance Calories Body Fat		

Subject to change without notice.

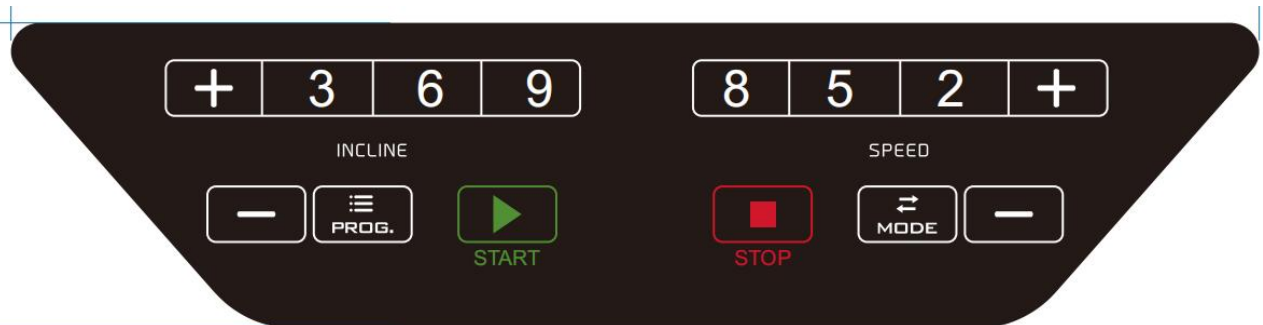
grounding instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a 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. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

K12420C electronic watch function description



一、 Key Description:

1. **Function keys:** start, stop/pause, P program key, M mode key, speed +/-, slope +/-, speed shortcut keys 2, 5, 8, slope shortcut keys 3, 6, 9.
2. **Function key description:**

A "Start" key: Start when the treadmill stops, press this key to start the treadmill.

B "Stop" key: press this key to pause the treadmill when the treadmill is running; press this key to

return to standby when the treadmill is paused.

C P program key: In standby mode, press P program key to select P1-P15 program and U1-U3,FAT.

D M mode key: In standby mode, press M key to select countdown, countdown distance, countdown calorie mode.

E "Speed +" and "Speed-" are speed adjustment keys for adjusting speed or setting parameters.

F Speed shortcut keys: 2, 5, 8: used to quickly adjust the speed.

G "Slope +" and "Slope-" are slope plus or minus keys for adjusting lift or setting parameters.

H Slope shortcuts: 3, 6, 9: Used to quickly adjust the slope.

Second, the safety lock function:

When the motor is running, pull off the safety lock to stop the motor and prohibit the treadmill from starting.

Third,heart rate detection function

When the treadmill is powered on and the heart rate detection device is held in hand, the electronic watch heart rate display window will display the heart rate value.

This data is for reference only and cannot be considered medical data.

4. Body fat test procedure:

1: When the treadmill is stopped, press the Program button to select the Body Fat Test Program to enter the Body Fat Test.

2: After entering the body fat test function, the window displays: F1, indicating that the input is gender at this time. Users can set gender by adding or subtracting.

4: Press the mode key, the window displays: F2, indicating that the age setting is entered. Users can adjust their age by adding or subtracting.

5: Press the mode key, the window displays: F3, which means entering the set height, the user can adjust the height with the plus or minus key.

6: Press the mode key, the window displays: F4, which means to enter the set weight, the user can adjust the weight with the plus or minus key.

7: Press the mode key, the window displays: F5, which means entering the body fat test function. At this time, please put your hand on the test heartbeat sensor on the armrest, and the window will display the body fat value of the tested person within 8 seconds.

Parameter display and setting range (attached table 1)

parameter categories	default	setting range	remark
Family Name (F1)	1 (male)	1-2	1= male 2= female
Age (F2)	25 years old	10-99 years of age	
Height (F3)	170 cm	100-220(cm)	
Weight (F4)	70(kg)	20-150 kg	

Body fat index control (Table 2)

Body fat index (BMI)	degree of obesity
FAT<19	thinnish
19>FAT≤25	normal
25>FAT≤29	superheavy
>30	obesity

Special note: this data is only used as sports reference, not as medical data.

V. Display range of each value:

	initial	sets initial values	setting range	indication range
Time (min: s)	0:00	Program 30:00	5:00-99:00	0:00-99:59
speed	0.0	N/A	N/A	0.8-14.0KM
Ascension	0.0	N/A	N/A	0-15%
distance	0.0	1.0	0.5-99.9	0.0-99.9
calorie	0	50	10-9999	0-9999

6. 15 built-in P program data tables with 20 segments

number of segments program		Set time/20 time periods = running time of upper and lower time periods																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	INCL	1	1	2	2	2	3	3	3	2	2	1	2	2	1	1	3	3	2	2	2
P2	SPEED	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P2	INCL	1	2	2	2	2	3	3	2	2	2	2	2	3	3	3	4	4	3	2	2
P3	SPEED	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P3	INCL	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P4	SPEED	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P4	INCL	2	3	3	2	2	3	3	3	2	2	2	2	4	4	4	6	6	3	2	2
P5	SPEED	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P5	INCL	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2
P6	SPEED	2	4	4	4	5	6	8	8	6	7	8	8	6	4	4	2	5	4	3	2
P6	INCL	3	5	5	5	4	4	4	3	3	3	3	4	4	4	3	3	3	4	3	2
P7	SPEED	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P7	INCL	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P8	SPEED	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P8	INCL	4	5	5	5	6	6	6	7	8	9	9	9	10	10	10	12	12	8	6	3
P9	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P9	INCL	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9	9	7	4	2
P10	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P10	INCL	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10	10	8	6	3
P11	SPEED	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P11	INCL	4	5	3	2	6	6	2	2	2	2	2	4	5	6	3	2	5	5	2	0
P12	SPEED	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P12	INCL	1	2	3	2	3	5	5	0	0	2	3	5	7	3	3	5	6	5	3	3

P13	SPEED	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P13	INCL	3	3	5	6	5	3	3	7	5	3	2	0	0	5	5	3	2	3	2	1
P14	SPEED	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P14	INCL	4	4	4	4	3	3	6	6	6	7	7	8	8	9	9	6	6	5	4	4
P15	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P15	INCL	3	3	3	4	4	5	5	5	4	4	4	4	5	5	3	3	3	2	2	2

VII: Custom Mode (USER)

U-1,U-2,U-3 are user self-setting program modes. The user setting time is divided into 20 segments.

Press MODE for each segment. When setting speed, press the speed addition/subtraction key to set the expected speed of the corresponding segment. The range is 0.8KM/H-14KM/H. Use the speed shortcut key to quickly select. Press MODE key to enter the next segment after selection. When setting the lift, press the lift plus or minus key to set the slope expected by the customer, ranging from 0 to 15 segments, or use the lift shortcut key to quickly select, and press the MODE key to enter the next segment after selection. Save settings and exit setup mode when the last segment of setup is complete.

error code

issues	Possible causes	Solution
-----	Safety lock falls off	1.Put away the safety key; 2.Replace the safety lock switch or magnetic sensor in the electronic watch. If it is not possible to replace the electronic watch;
E01	communication failure	1. Check whether the connector of the core wire connected to the controller of the electronic watch is loose, whether the wire is damaged; whether the connection sequence of the core wire is correct. 2, the controller may be defective, check and replace the controller. 3, the electronic control IC may not be inserted in place, check and plug it in; The transformer may be damaged, check and replace the transformer.
E02	Explosion protection or motor abnormality	1,check whether the power supply voltage is lower than 50% of the normal voltage, please use the correct voltage specifications to retest; 2,check whether the motor line is connected, re-connect the motor line, if not replace the motor; 3. Check whether the controller has odor,IGBT is broken down and short circuit, and replace the controller;
E03	no sensing signal	Check whether the photoelectric sensor is aligned with the hole on the optical disk on the motor, check whether the photoelectric sensor wire is damaged, and whether the terminal of the photoelectric sensor wire and the speed terminal on the controller are firmly connected.
E04	Ascension learning or self test failure	1. Check whether the lifting motor signal line is plugged and replug the signal. Wire joints make it reliable; 2. Check whether the AC cable of the lifting motor is plugged correctly. AC line and controller logo correctly inserted; 3. Check whether the connecting wire of the motor is damaged open circuit, and replace the connecting wire. or lift motor; 4. Replace the lower controller; 5. After all the checks, press the learning key on the controller to re-learn.
E05	overcurrent protection	1. The possible reason is that the rated load exceeds the load, resulting in excessive current. Self-protection, restart can be; 2. A certain part of the treadmill is stuck, causing the motor to stop and load. Overweight, excessive current, system self-protection, stop treadmill and restart Run or add oil. 3. Check whether there is an overcurrent sound or a burnt smell when the motor is running. Replace the motor; 4. Check whether the controller smells burnt and replace the controller;
E06	Ascension sensor no signal	1. Check whether the lifting signal wire is damaged. 2. Whether the lifting signal line terminal and the lifting signal terminal on the controller are firmly connected.

		3. Check whether the lifting power cord is damaged. 4. Whether the lifting power line terminal and the lifting terminal on the controller are firmly connected.
Electronic watch does not display	The upper control is not energized or damaged	1. First check whether the overload protector trips, and press trips; 2. Check the power switch, overload protector and power line to the lower control. Whether the transformer is connected well, ensure the connection is good; 3. Check whether the power cable from the electronic meter to the lower control is plugged in and removed. Column check the electronic meter to the lower control line of the connection, ensure that Each wire core is completely plugged in, or the communication cord is defective (damaged). Or broken), need to re-connect or replace the cable. 4, transformer broken, replace the transformer

getting start

Preparation:

If you are over 35 or have health problems and this is your first workout, be sure to consult a doctor or professional before using.

Before using the electric treadmill, please stand by and familiarize yourself with how to control it-such as starting, stopping and speed adjustment, etc., until you are familiar with it. Then stand on the plastic skids on both sides of the treadmill and grab the handrails with both hands. Turn the machine to a low speed of 1 ~ 2MPH. Stand straight, look forward, and use one foot to "roll" a few times on the running belt. Then stand on the running belt and move with it. After feeling comfortable, slowly increase the speed to 2 - 3MPH. Maintain this speed for about 10 minutes, and then slowly let the machine stop.

Exercise:

Stand by and familiarize yourself with how to control it--such as adjusting speed and gradient--until you're familiar with it. Walk at a steady pace for about 1 km and record the time taken. This may take 15-25 minutes. At 3MPH, the 0.6 mile takes about 12 minutes. After you can easily do this a few times, gradually increase the speed and slope so that you can get a good workout for 30 minutes. Before you walk through the exercise routine, be clear that you can't be impatient. This exercise is for your own health for a lifetime, not overnight magic.

Amount of exercise:

Shortcuts-Exercising for 15-20 minutes is a great way to save time.

Warm up at 3MPH for 2 minutes, then increase the speed to 3.4 MPH and 3.8 MPH for 2 minutes each. Then increase the rate by 0.2 MPH every 2 minutes until you feel faster breathing but no difficulty. Maintain this speed and reduce it by 0.2 MPH if you feel suffocated. Allow four minutes to slow down. If you find it difficult to increase the intensity of your exercise by increasing the speed, use a slow increase in the slope. A slight increase in the slope will greatly increase the intensity of the exercise.

A way to burn calories-This way you will actually burn calories.

Warm up at 2.5 to 3MPH for 5 minutes, then increase the speed by 0.2 MPH every 2 minutes until you feel challenging to continue at a certain speed for 45 minutes. To intensify exercise, maintain this pace during an hour of television programming, increase it by 0.2 MPH for each commercial break, and then return to the previous pace for the next program, so that calories are fully consumed during commercial breaks and subsequent increases in heart rate. Allow four minutes to slow down.

Frequency of exercise:

Aim for 3-5 sessions/week, 15-60 minutes per session. It's better to schedule your workouts first, rather than work out according to your preferences. You can control the intensity of your exercise by adjusting the speed and slope. We recommend that you don't set the incline at first; however, increasing the incline of the treadmill is an effective method when you want to increase the intensity of your workout.

Safe exercise measures

Consult a professional before exercising. He or she can recommend frequency, intensity, and time appropriate for your age and physical condition. If you feel chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise, stop immediately! Consult a professional before continuing your exercise.

If you regularly use an electric treadmill, you can choose the speed of normal walking or jogging when selecting the speed.

If you have no experience or are unsure of the most appropriate test speed, refer to the following guidelines:

0.6- 1.9mph	a person of poor constitution.
1.9- 2.8 mph	sedentary or inactive person
2.8-3.8MPH	constant walker
3.8- 4.7 mph	fast walker
4.7- 5.6mph	jogger
5.6-7.5MPH	moderate runner

Please note:3.8 MPH orless is appropriate for walkers;5MPH or more is appropriate for runners.

Safe exercise measures

It's best to stretch before exercising. Warm muscles stretch more easily, so warm up for 5 to 10 minutes. Then stop and stretch as follows-do five stretches of 10 seconds or more on each leg, and do it again at the end of the workout.

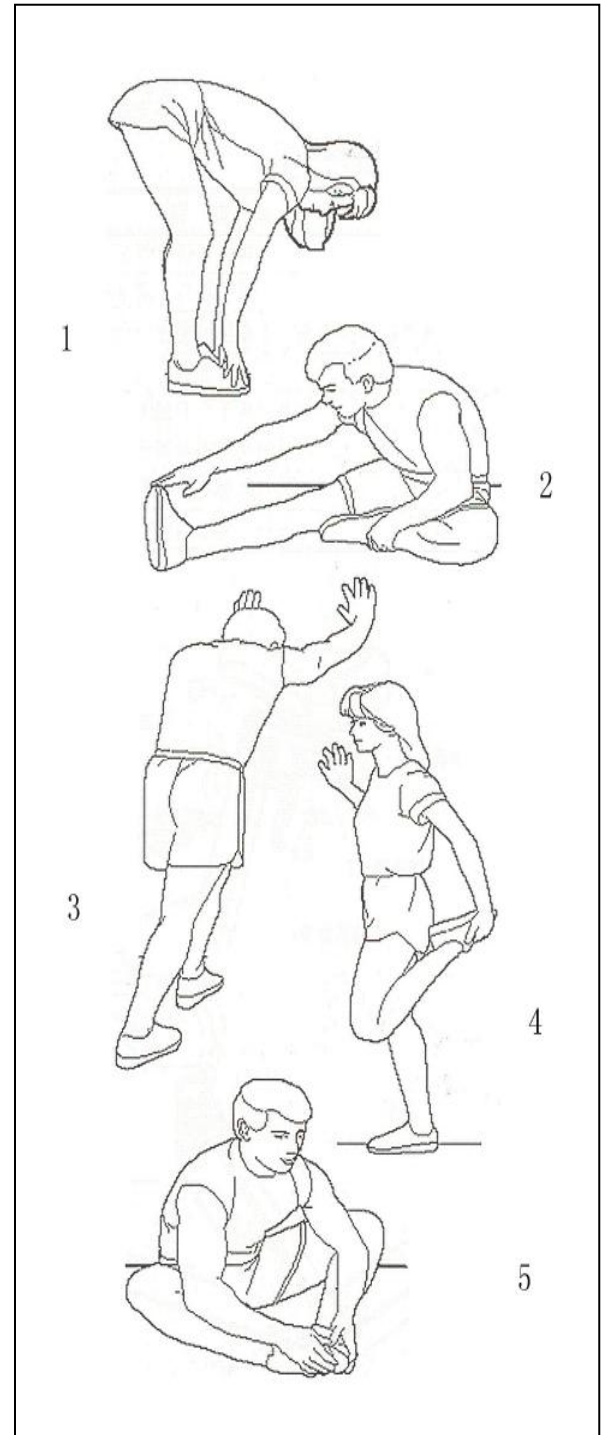
1. Stretch downward: bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and touch your toes with your hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring extension: sit on a clean seat cushion and straighten one leg. Bring the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and foot tendon extension: two on the wall or tree stand, one foot behind. Keep your hind legs upright on your heels and lean toward a wall or tree. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4 quadriceps stretch:hold the wall or table with your left hand to master balance, then stretch your right hand backward, grab the right heel and slowly pull it toward the hips until you feel the muscles in front of your thighs are tense. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Stretching of sartorius muscles (muscles on the inside of the thigh): feet facing each other, knees facing outward. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).



maintenance Guide

WARNING: Always unplug the electric treadmill before cleaning or maintaining the product.

Cleanliness: A thorough cleaning will extend the life of your electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed sides of the belt. This will reduce the accumulation of impurities under the belt. Make sure your sneakers are clean and avoid wearing out your board and belt by carrying foreign objects under your belt. The surface of the running belt must be cleaned with a soapy damp cloth. Please be careful not to splash water on the electrical components and under the running belt.

Warning: Make sure to unplug the power supply of the electric treadmill before moving the motor cover. Open the motor protective cover at least once a year to clean the motor

Special lubricant for running belt and electric running

The electric treadmill has pre-greased the tread board and belt. The friction between the running belt and the running board has a great influence on the service life and performance of the electric treadmill, so it is necessary to apply lubricating oil regularly. We recommend regular inspection of the panels. If the panel is damaged, please contact our customer service center.

We recommend applying grease between the treadmill belt and the treadmill according to the following schedule:

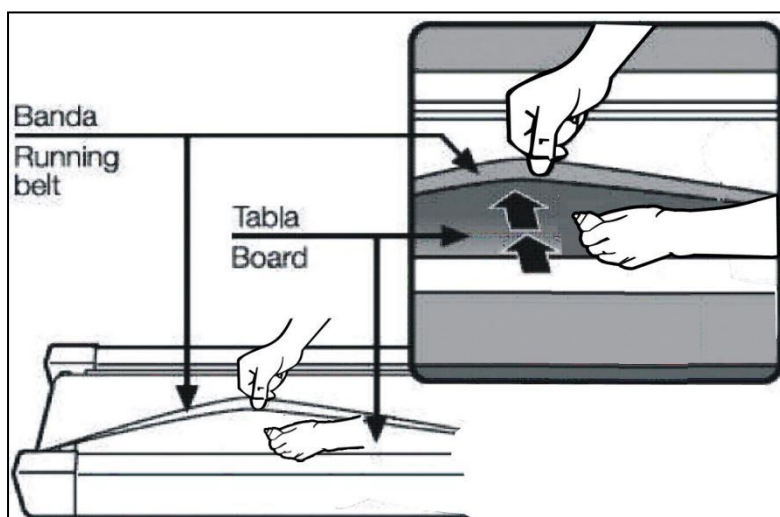
lightweight users (less than 3 hours per week) once a year;

Middle-weight users (3-5 hours per week) Once every 6 months;

Heavy users (more than 5 hours per week) Once every three months.

We recommend that you purchase lubricants from your local dealer or contact us directly.

Note: Any other repairs must be carried out by professionals.



belt adjustment

1. In order to better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it.

If the running belt is too loose, there will be slippage during running; if it is too tight, it may reduce the motor performance and increase the wear of the roller and running belt. When the running belt is tight, you can lift the running belt from the treadmill by hand about 50 - 75 mm.

Running belt alignment:

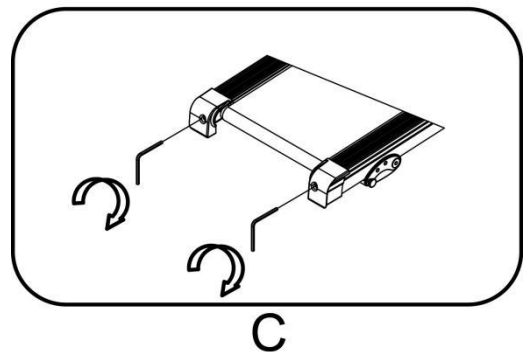
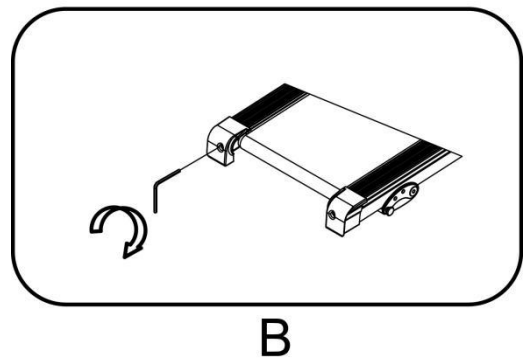
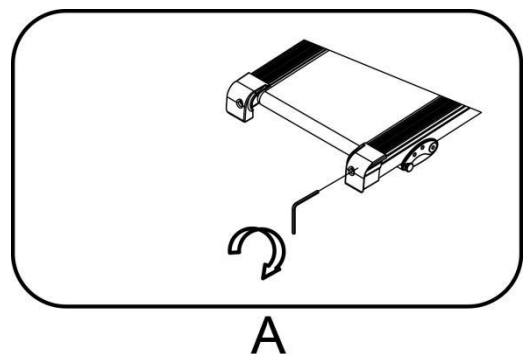
Place the electric treadmill on a level surface. Run the electric treadmill at approximately 6-8 km/h and observe the belt deviation.

If the running belt is inclined to the right, pull out the safety lock and power switch, rotate the adjusting bolt on the right clockwise for 1/4 turn, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt. Repeat until the running belt is centered. Figure A.

If the running belt is inclined to the left, pull out the safety lock and power switch, rotate the left adjusting bolt clockwise for 1/4 turn, insert the power switch and safety lock, make the treadmill run, and observe the deviation of the running belt.

Repeat until the running belt is centered. panel B

The running belt will gradually relax after the above adjustment or after a period of use, and needs to be adjusted. Unplug the safety lock and power switch, rotate the adjusting bolts on the left and right sides clockwise for 1/4 turn, insert the power switch and safety lock to make the treadmill run, and then stand on the running belt to confirm the tightness. Repeat the above steps until the running band is properly tightened. panel C



[illegible]

Explosive Details

serial	name	specification	quantity	serial	name	specification	quantity
1	Main frame assembly		1	43	spacer sleeves		8
2	Base frame assembly		1	44	magnet ring		1
3	Right pillar assembly		1	45	Brown Single Branch		1
4	Lift frame assembly		1	46	Hexagon socket pan head screws	M8*25	1
5	Electronic watch stand		1	47	Hexagon socket pan head screws	M8*42	1
6	standard spring washer	5	2	48	Cross recessed countersunk tapping	ST4.2*45	4
7	rubber pad		8	49	safe lock		1
8	oil bottle		1	50	hexagon socket cap screws	M8*65	3
9	front drum		1	51	Hexagon socket pan head screws	M8*14	8
10	rear roller		1	52	Hexagon socket pan head screws	M8*40	4
11	pneumatic rod		1	53	Hexagon socket pan head screws	M10*42	1
12	5#Allen wrench	5mm	1	54	Flat head square neck	M10*45	4
13	DC motor		1	55	Plain washers, grade C	8	2
14	running board		1	56	Electronic watch cover		1
15	6#Allen wrench	6mm	1	57	cross recessed pan head screw	M5*8	8
16	idler wheel		2	58	Hexagon lock nuts with non-metallic inserts, type	M8	14
17	waist tube plug		2	59	internal teeth serrated lock washer	M10	5
18	motor top cover		1	60	Cross recessed pan head tapping screws with pad	ST4.2*12	7
19	Cross recessed pan head tapping screws	ST4.2*25	4	61	Cross recessed pan head tapping screws with washer	ST4.2*15	12
20	rightside bar		1	62	Hexagon lock nuts with non-metallic inserts, type1	M10	5
21	Leftrear corner guard		1	63	internal teeth serrated lock washer	5	2
22	Rightrear corner guard		1	64	internal teeth serrated lock washer	8	19
23	standard spring washer	10	2	65	lift motor		1
24	multi-wedge belt		1	66	leftside bar		1
25	Power cord buckle		1	67	standard spring washer	8	2
26	running belt		1	68	cross recessed pan head tapping screw	ST4.2*13(scraping pin end)	18
27	foot pad		4	69	hexagon socket countersunk head screw	M8*35	8
28	Ring protectorA		2	70	Hexagon socket pan head screws	M8*35	4
29	carrying wheel		2	71	Left pillar assembly		1
30	Left Bottom Cover		1	72	motor lower cover		1
31	standard power cord		1	73	cushion pad	φ20*25*M6	2
32	powerswitch		1	74	Hexagon socket pan head screws	M10*12	2
33	sponge sheath		2	75	Cross recessed pan head tapping screws with washer	ST4.2*19	11
34	keyboard plate		1	76	Cross wrench		1
35	electronic watch bottom cover		1	77			

36	Right bottom cover		1	78			
37	Safety lock base		1				
38	Pulse device with speed adjustment key		1				
39	Pulse device with ascending and subtracting keys		1				
40	control circuit board		1				
41	lowerline of electronic watch		1				
42	upper line of electronic table		1				

Note: If there are slight differences between the color and structure of the pictures in this manual and the real thing, please refer to the real thing. The company reserves the right to improve the product. No further notice will be given!