

# AVIRON FIT BIKE

## USER MANUAL



# AVIRON ACTIVE

## END BORING WORKOUTS

We're thrilled you've chosen the Aviron Fit Bike. For the best experience, please review the instruction manual before use.

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# BEFORE STARTING

## Safety Instructions

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**Please read all instructions before assembling or using the equipment to ensure safety and protection.**

**Consult Your Physician:** Consult your physician before using the equipment. If you feel faint, dizzy, or experience pain, stop and seek medical attention immediately. It's recommended to consult with a fitness professional for proper use of equipment. The equipment is not recommended for children under 10.

**Mounting and Dismounting:** Exercise caution when mounting and dismounting the bike.

**Adjustments:** To prevent injury, adjust the seat and handlebars posts based on your height before exercising, ensuring all knobs and latches are fully tightened. Avoid adjusting during use. If needed, dismount the bike first before readjusting. Never extend the saddle or handlebar posts beyond the STOP mark.

**Avoid Hazards:** Keep your hands, loose clothing, shoelaces, and accessories away from any moving parts. Do not insert objects or body parts into any of the openings on the equipment.

**Weight Capacity:** The maximum recommended weight capacity for the equipment is 350 lb / 159 kg.

# BEFORE STARTING

## **Location**

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**Setup:** Assemble and operate the equipment on a solid, level surface, maintaining at least 2 ft (61 cm) of clear space on all sides.

**Usage:** Do not use the equipment outdoors, near swimming pools, or in areas with high temperature or humidity.

## **Electrical safety**

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**Grounded Outlet:** To reduce the risk of burns, fire, electric shock, or injury, connect the equipment to a properly grounded outlet.

Disconnecting: Always disconnect the equipment before cleaning or maintenance.

**Power Adapter:** Use only the Aviron-supplied power adapter to ensure safe and reliable operation. Using unauthorized adapters may damage the equipment, create safety hazards, and void the warranty. Ensure the power adapter is in good condition before use, and contact our technical support for replacements or questions.

## **Warm-up**

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**Warm-up Routine:** Warm up for 5 to 10 minutes before exercising to gradually increase heart rate and blood flow, loosening joints and muscles.

**Appropriate Attire:** Remove jewelry, including rings, chains, and pins, and always wear suitable clothing and footwear.

# PRODUCT OVERVIEW AND SPECIFICATIONS

## **Bike**

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**Frame:** Reinforced Steel

**Resistance Control:** 160-level electromagnetic system (EMS)

**Chain:** Z1 Stainless steel

**Footprint (LxW):** 42.5 x 20.5 in / 108 x 52 cm

**Maximum Dimensions (LxWxH):** 62.5 x 22 x 60.5 in / 159 x 56 x 154 cm

**Total Weight (with screen):** 139 lb / 63 kg

**Operating Temperature Range:** 14 °F to 122 °F / -10 °C to 50 °C

**Storage Temperature Range:** -4 °F to 158 °F / -20 °C to 70 °C

**Output:** 0 - 1500 W

**Adapter:** 24V, 6.3A

**User Height Range:** 5 ft 1 in to 6 ft 8 in / 155 to 203 cm

**User Maximum Weight:** 350 lb / 159 kg

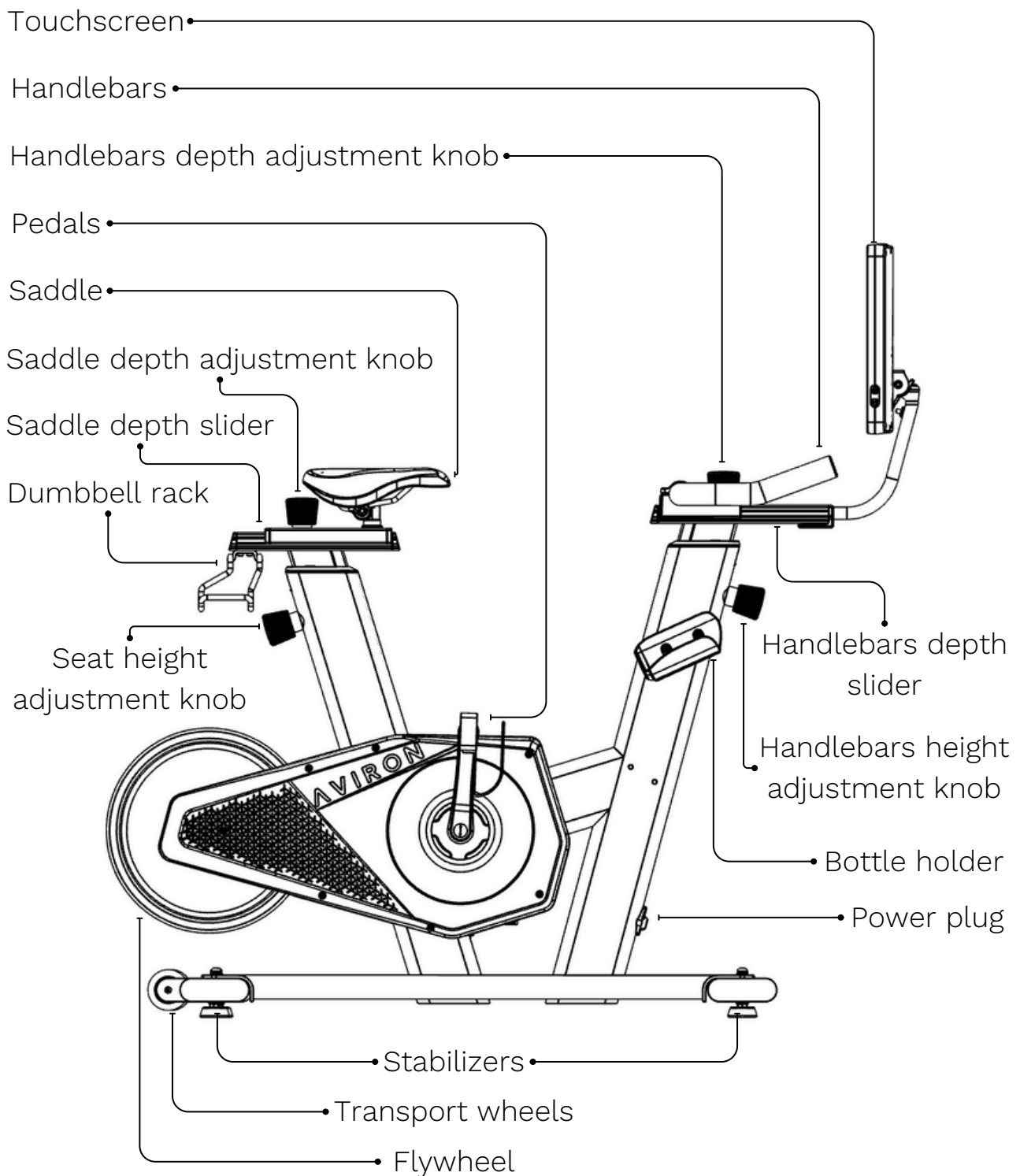
## **Recommended Space Requirement**

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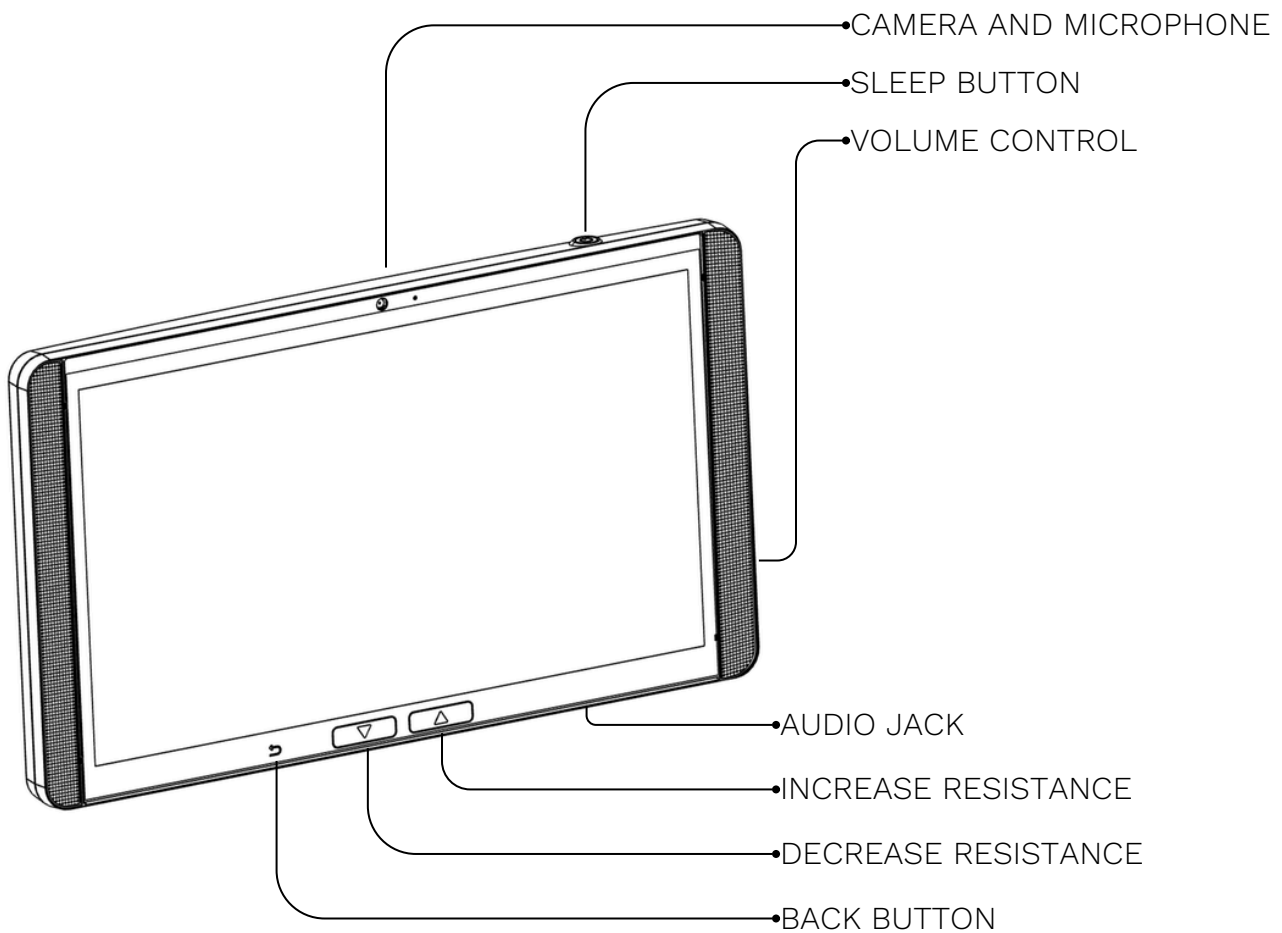
**Dimensions (LxWxH):** 62.5 x 33.5 x 84 in / 159 x 85 x 214 cm

# PRODUCT OVERVIEW AND SPECIFICATIONS

## Bike Parts Details



# **Touchscreen Details**



ETHERNET PORT LOCATED AT REAR

LCD: 21.5" 1080P Touchscreen @ 60Hz

Processor: RockChip RK3399 Dual Cortex-A72 (up to 2.0GHz) + Quad Cortex-A53 (up to 1.5GHz)

Graphics processor: ARM Mali - T864 GPU

RAM Memory: 4GB LPDDR4

Storage: 32 Gb eMMC flash

OS: Android

WIFI: 802.11 b/g/n/ac

Ethernet: 10/100/1000 Mbps

Bluetooth: 5.1

Camera: 2.0 MP

Speakers: 2 x 10 watt

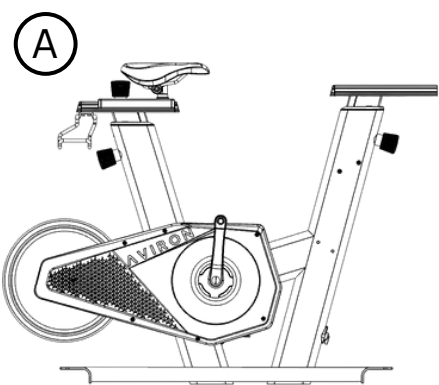
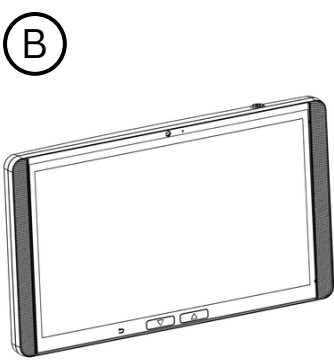
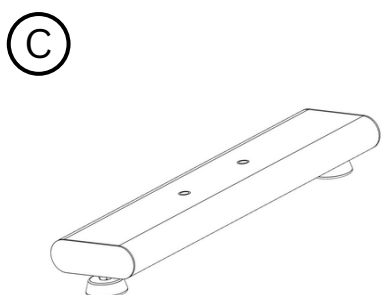
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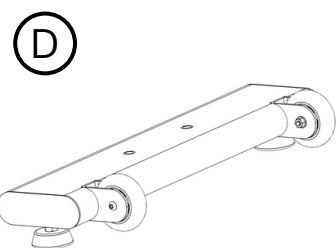
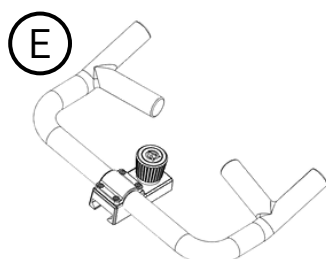
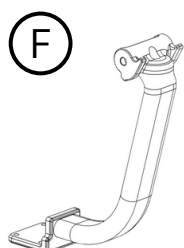
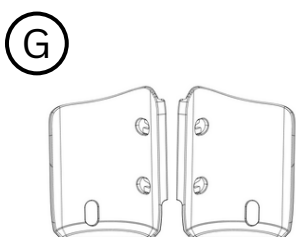


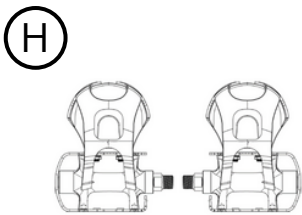
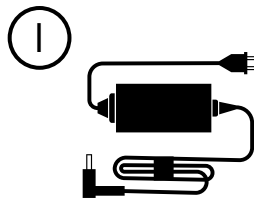
# PARTS AND TOOLS

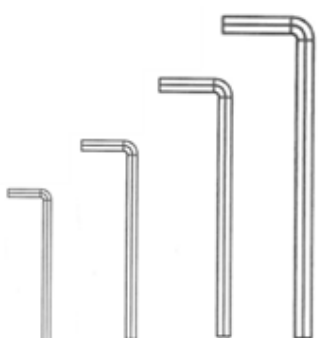
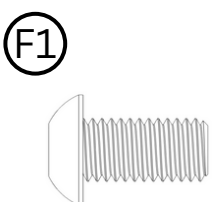
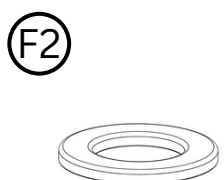
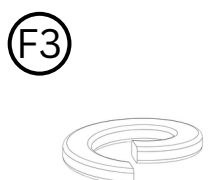
<b>PARTS</b>	A	MAIN FRAME
	B	TOUCHSCREEN
	C	FRONT STABILIZER
	D	REAR STABILIZER
	E	HANDLEBARS ASSEMBLY
	F	TOUCHSCREEN SUPPORT TUBE
	G	BOTTLE HOLDERS (R and L)
	H	PEDALS (R and L)
	I	POWER ADAPTER
<b>TOOLS</b>	1	ALLEN KEY M2.5
	2	ALLEN KEY M4
	3	ALLEN KEY M5
	4	ALLEN KEY M6
	5	COMBINATION WRENCH M13-15
<b>FASTENERS</b>	F1	BUTTON HEAD HEX SCREW M8 X 20MM
	F2	WASHER M8 X 17 X 1T
	F3	LOCK WASHER M8 X 14 X 1.5T
	F4	SOCKET HEAD CAP BOLT M5 X 10MM
	F5	SOCKET HEAD CAP BOLT M8 X 80MM
	F6	NYLON NUT M8


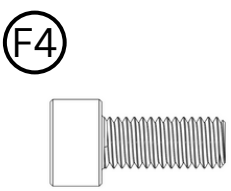

# PARTS AND TOOLS

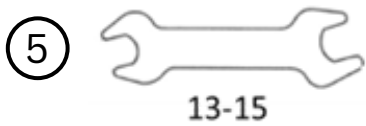





10mm

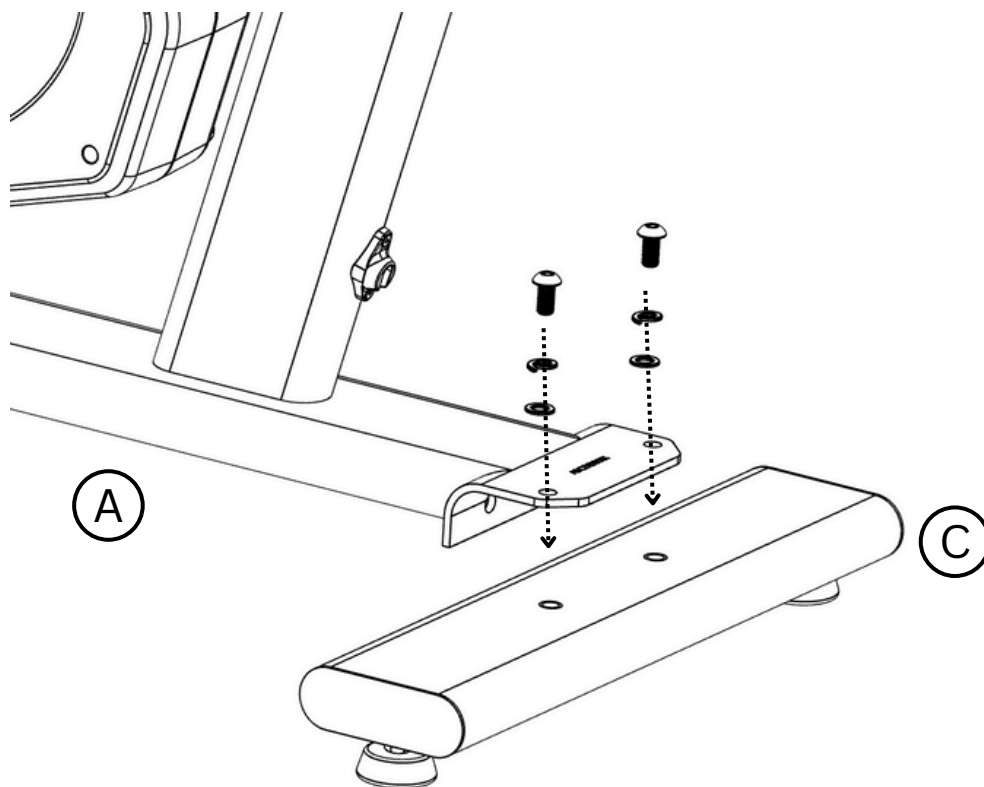
20mm

80mm

8

# ASSEMBLY INSTRUCTIONS

## Step 1



### Parts:

(A) (C)

### Tools:

(4)

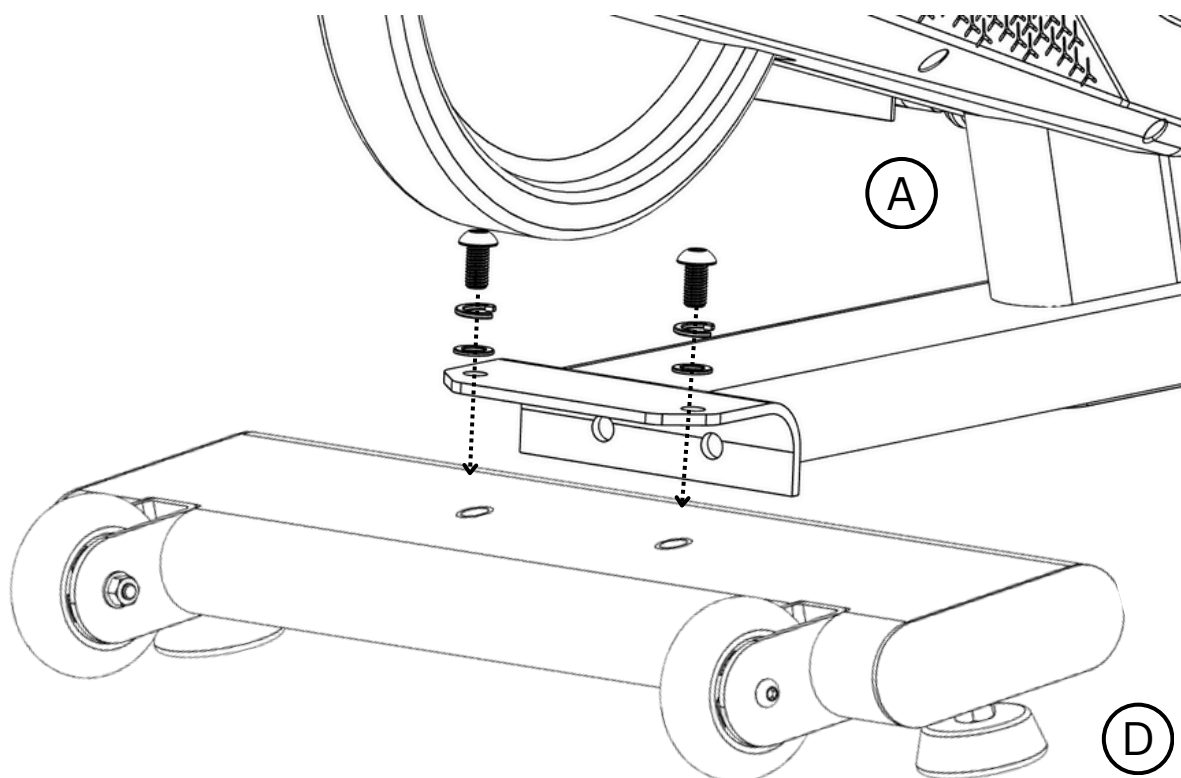
### Fasteners:

(F1) (F2) (F3)

Place the Front Stabilizer (C) on the ground as shown. Position the front of the Main Frame (A) over the Stabilizer and secure it with 2x washers (F2), 2x lock washers (F3) and 2x M8 screws (F1) using the M6 Allen Key. NOTE: Front and back stabilizers can be swapped as per user's preference.

# ASSEMBLY INSTRUCTIONS

## Step 2



### Parts:

(A) (D)

### Tools:

(4)

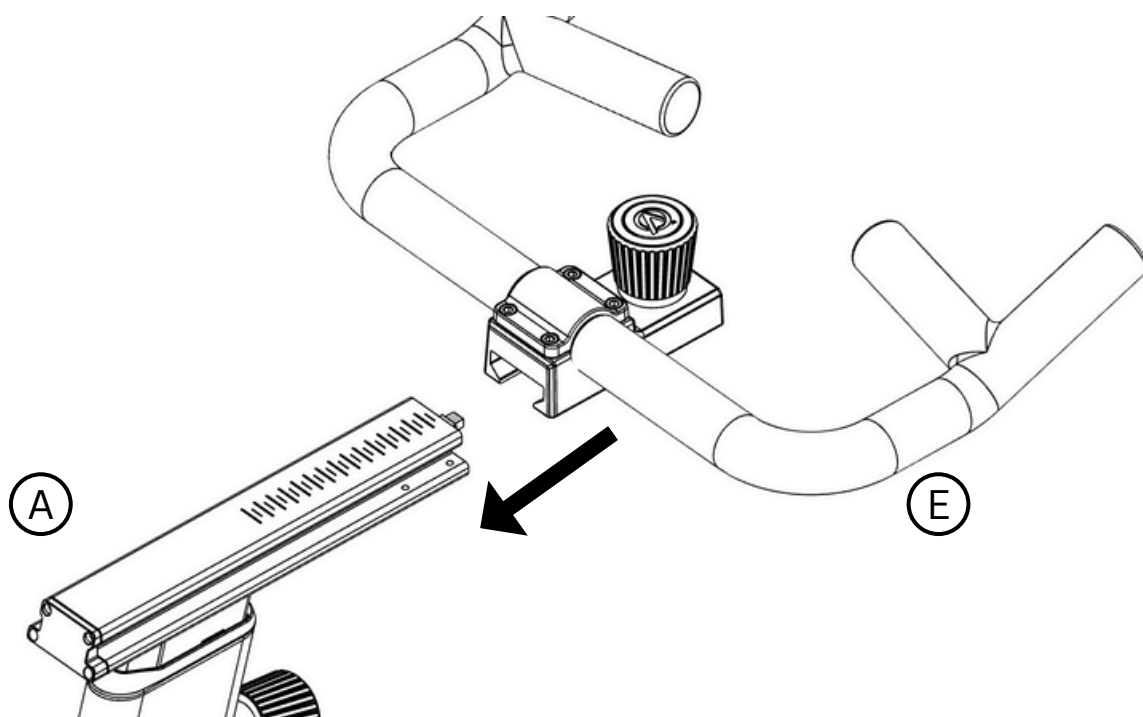
### Fasteners:

(F1) (F2) (F3)

Place the Rear Stabilizer (D) on the ground as shown. Position the back of the Main Frame (A) over the Stabilizer and secure it with 2x washers (F2), 2x lock washers (F3) and 2x M8 screws (F1) using the M6 Allen Key. NOTE: Front and back stabilizers can be swapped as per user's preference.

# ASSEMBLY INSTRUCTIONS

## Step 3



### Parts:

(A) (E)

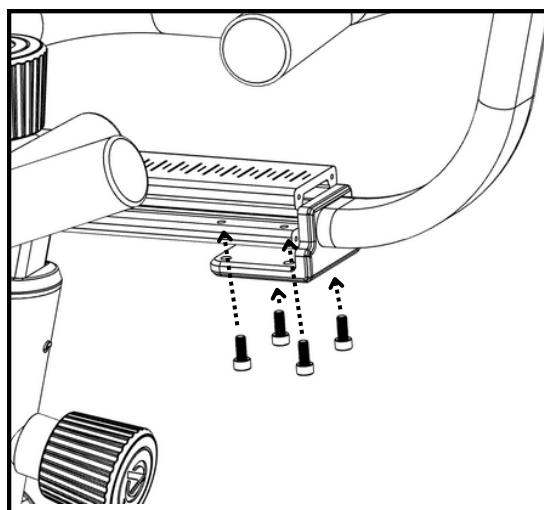
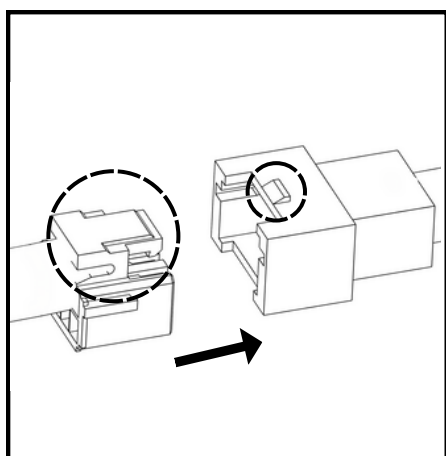
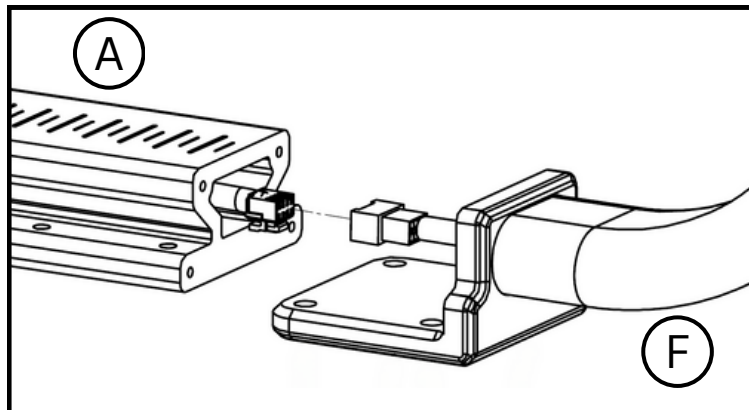
### Tools:

### Fasteners:

Position the Handlebars Assembly (E) near the end of the handlebars post in the Main Frame (A). Then slide the Handlebars Assembly (E) to the position 0 and secure it in place using the adjustment knob.

# ASSEMBLY INSTRUCTIONS

## Step 4



### Parts:

(A) (F)

### Tools:

(2)

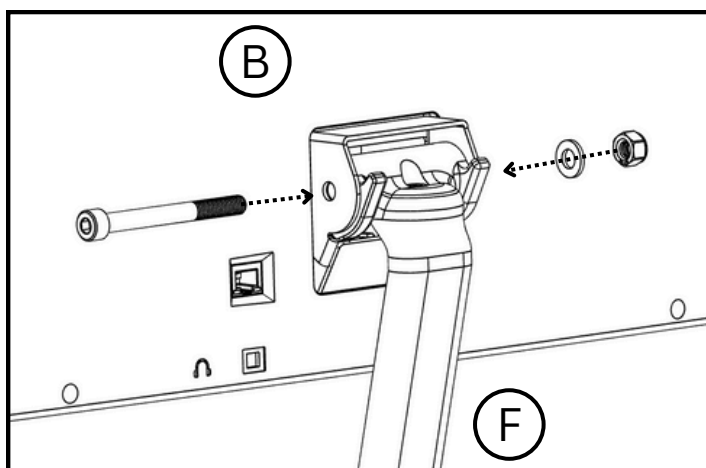
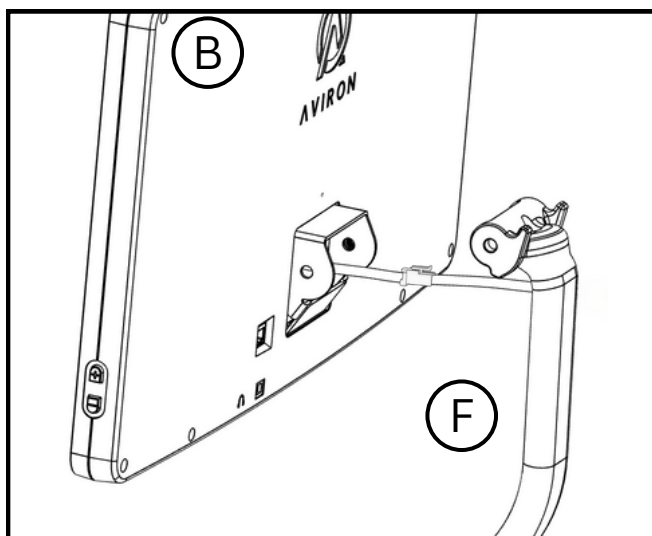
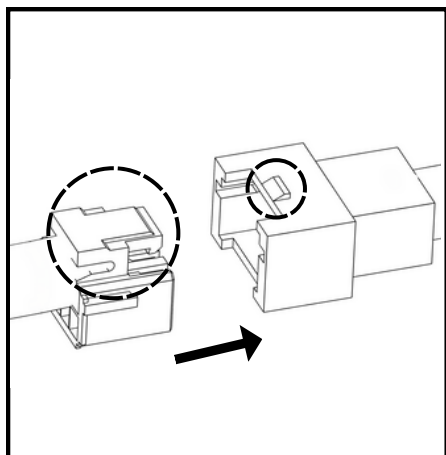
### Fasteners:

(F4)

Raise the handlebars post to level 8 - See page 22 for Handlebars Height Adjustment. Position the Touchscreen Support Tube (F) near the end of the handlebars post in the Main Frame (A) and connect the internal wires. Ensure the wires are properly adjusted inside the post groove to prevent pinching. Secure the assembly with 4x M5 screws (F4) using the M4 Allen Key.

# ASSEMBLY INSTRUCTIONS

## Step 5



### Parts:

(B) (F)

### Tools:

(4) (5)

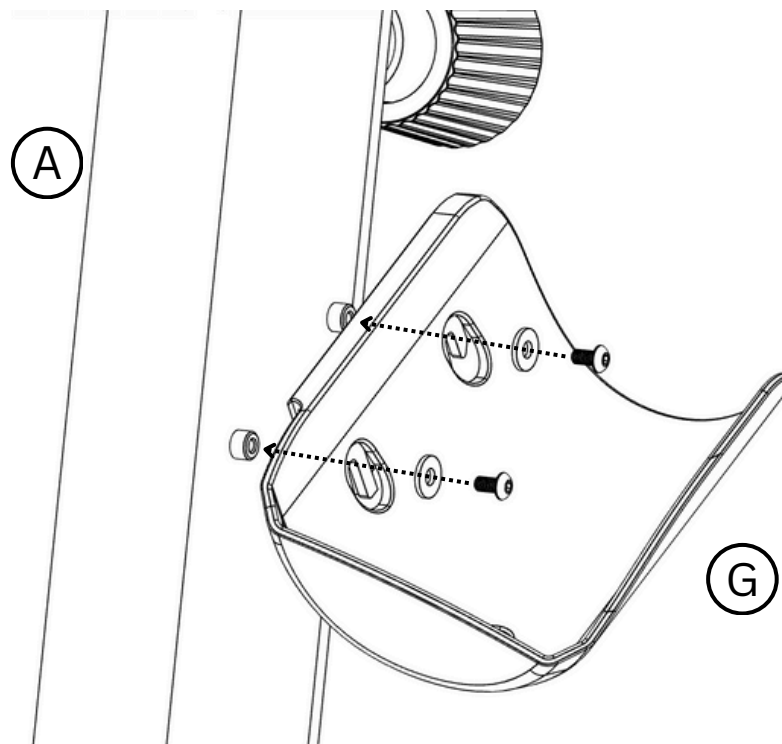
### Fasteners:

(F5) (F6) (F2)

Position the Touchscreen (B) near the Touchscreen Support Tube (F) and connect the internal wires. Store any excess wire inside the screen groove to prevent pinching. Secure the assembly with 1x M8 bolt (F5), 1x washer (F2) and 1x M8 nut (F6) using the M6 Allen Key and the combination wrench. Ensure the screen is firmly attached but can still tilt.

# ASSEMBLY INSTRUCTIONS

## Step 6



### Parts:

(A) (G)

### Tools:

(1)

### Fasteners:

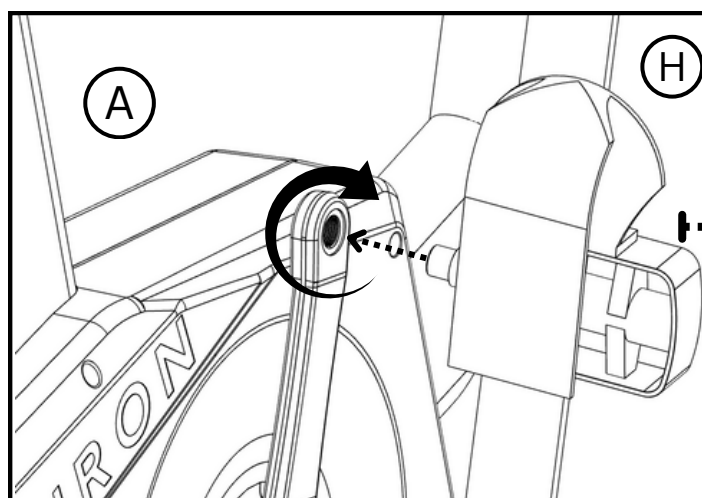
Pre-installed

Remove the pre-installed screws and washers from the Main Frame (A) using the M2.5 Allen Key. Position the Bottle Holder (G) on each side of the handlebars post, as shown. Secure each holder with the previously removed screws and washers.

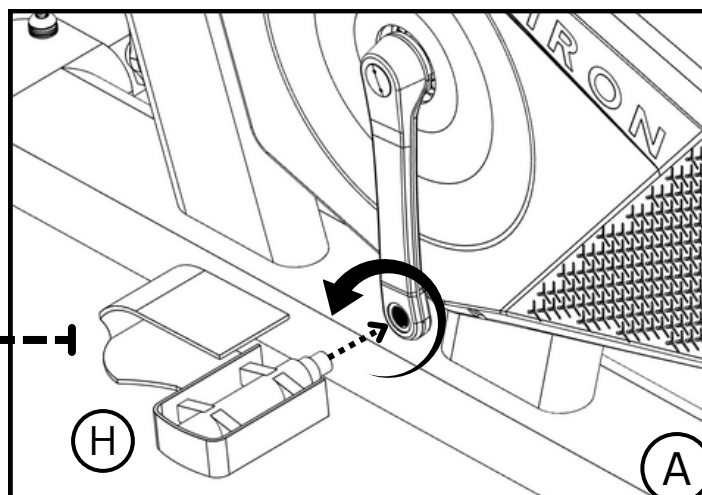


# ASSEMBLY INSTRUCTIONS

## Step 7



Ensure that the  
toe cage faces  
forward



### Parts:

(A) (H)

### Tools:

(5)

### Fasteners:

Position the Pedals (H) close to each crank on the Main Frame (A) as shown. Secure by threading the pedals into each crank. For the right pedal, thread clockwise and tighten fully using the combination wrench. The left pedal is reverse-threaded. Thread counterclockwise and tighten fully using the combination wrench.

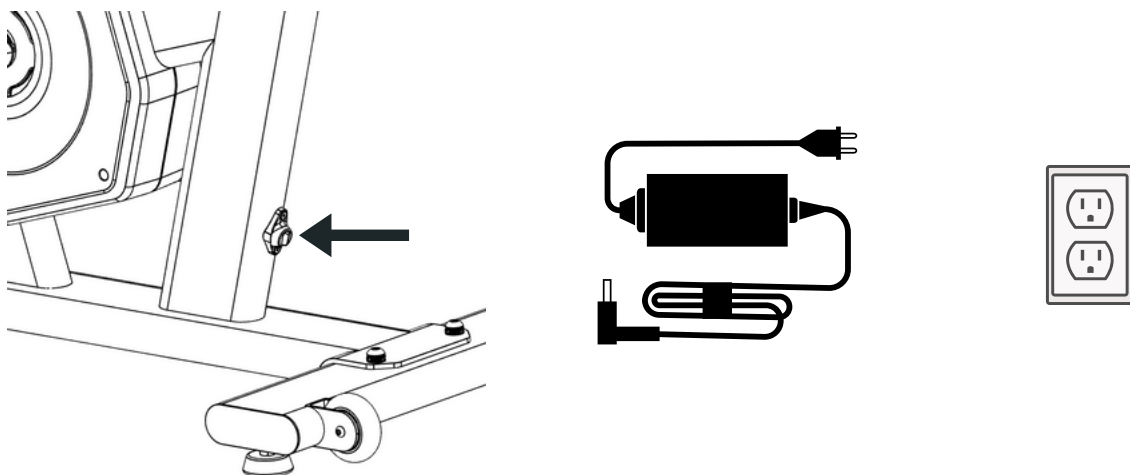
**NOTE:** Align pedal threads carefully to avoid stripping, which can cause damage and pose a safety hazard.

# CONNECTING TO A NETWORK

Once the bike is assembled, you can connect to your network by plugging in an Ethernet cable into the port located at the rear of the touchscreen, or you can follow the instructions below for Wi-Fi connection.

Note: For commercial memberships, follow the instructions on "Accessing Admin and System Settings" to log in as an admin and access the system settings.

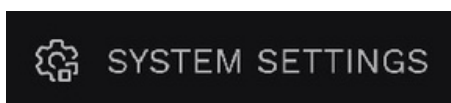
**1.** Connect the bike to the power cable via the power plug. The touchscreen will power on automatically.



**2.** Select the gear icon located at the bottom left of the screen.

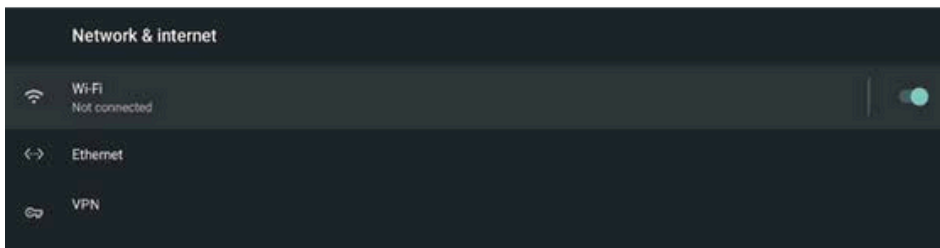
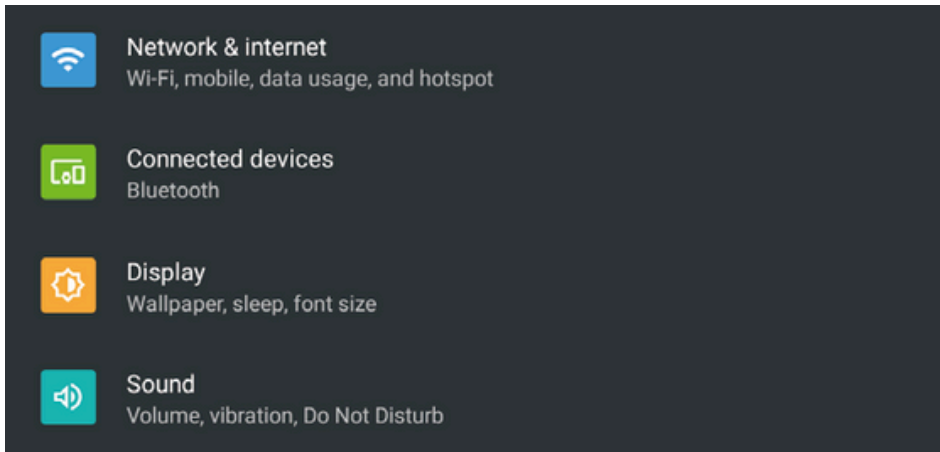


**3.** Select "SYSTEM SETTINGS".



# CONNECTING TO A NETWORK

4. Select “Network & Internet” and then Wi-Fi.



5. Enable Wi-Fi by switching the toggle icon at the right to the “ON” position.



6. Select your preferred network and enter the password.

NOTE: To connect to a hidden network, click "Add network," enter the network name and password, then select "Advanced options." Scroll to the bottom, and under "Hidden network," select "Yes."

# ACCESSING ADMIN AND SYSTEM SETTINGS

## **NOTE:**

Only applicable with the Touchscreen model AND Commercial membership (for commercial use).

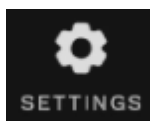
1. Select “Add Profile” on the login screen.
2. Select the “Sign In” option.



3. Enter “admin” as the Email address.
4. Enter the Machine ID as the password.

NOTE: The Machine ID information can be found in three places:

- a. On a white sticker found underneath the touchscreen.
- b. On a white sticker found on the touchscreen original box.
- c. At the “Account Information” page.
  - Login with ‘Guest’.
  - Tap the gear icon at the bottom left corner.



- Tap “Account Information” on the menu.



5. Tap the “Sign In” button
6. Once logged, tap the gear icon at the bottom left of the screen.

# SETTING UP YOUR BIKE

## **Stabilizers Adjustment (Leveling)**

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Only operate the Aviron Fit Bike on a level surface. Adjust the height pads under the front and rear stabilizers by turning the rubber pad counterclockwise to increase height and clockwise to decrease it. Ensure the bike is stable and firmly seated on the floor.

## **Moving the Bike**

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To move the bike, lift and tilt it onto the transport wheels, either at the front or back. If lifting from the rear (flywheel section), we recommend having a second person to help maintain balance and avoid back injury. Carefully roll the bike to the new location, then re-adjust the stabilizer pads accordingly.

## **Handlebars and Seat Adjustment**

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Adjust the handlebar and seat to the appropriate height for your body before each workout. This minimizes knee and back strain, ensuring greater comfort and performance during your ride.

### **CAUTION:**

- Do not exceed maximum adjustment marks (STOP) on seat and handlebars posts.
- Remove any weights from the weight rack before making any seat adjustments.

# SETTING UP YOUR BIKE

## Seat Height Adjustment

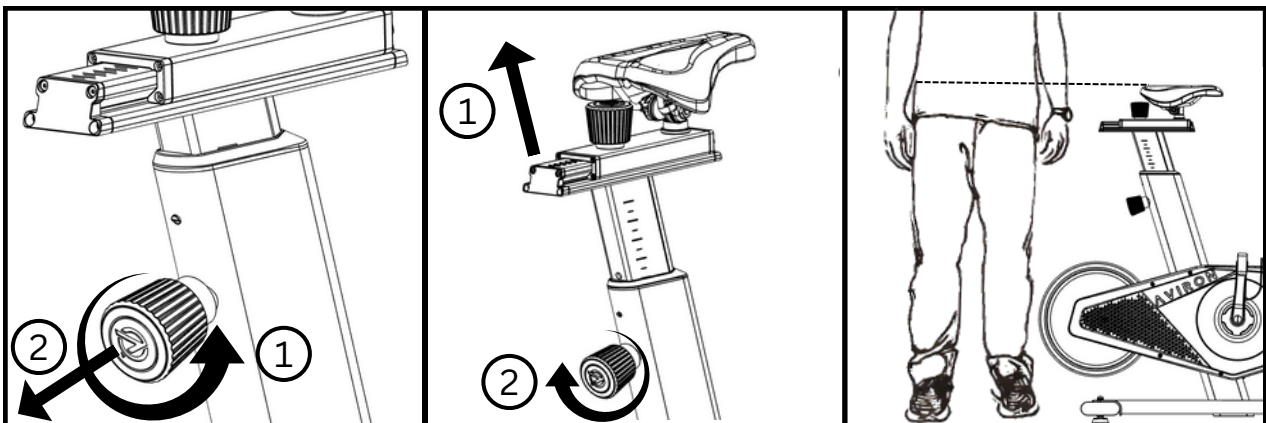
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Step 1: Loosen the knob at the back of the seat post by turning it counterclockwise. Once the silver nut is visible, pull the knob to disengage the lock pin.

Step 2: Adjust the saddle to the correct height by keeping the adjustment knob disengaged from the lock pin. Release the knob once the desired height is set. For optimal performance, set the saddle height parallel to the top of your hip bone when standing beside the bike.

Step 3: Once your saddle height is set, ensure the knob pin is re-engaged before tightening. Tighten the knob by turning it clockwise. Ensure there is no lateral or vertical movement of the post before mounting the bike.

NOTE: For a comfortable ride, ensure your leg has a slight bend at the knee during the downstroke position while seated. If your knee is too bent or overextended, repeat Step 2.



# SETTING UP YOUR BIKE

## Seat Depth Adjustment

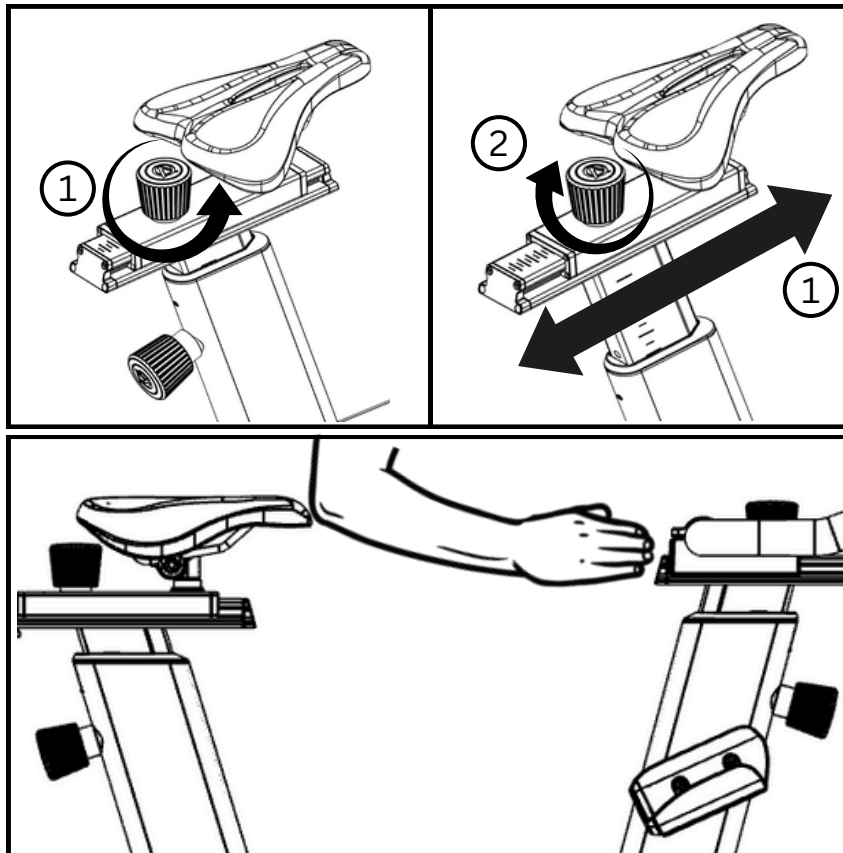
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Step 1: Loosen the knob at the back of the seat by turning it counterclockwise.

Step 2: Adjust the seat depth to a comfortable position.

Recommendation: Place your forearm between the saddle and the handlebar. If your fingers touch the handlebars, you have the correct seat depth setting.

Step 3: Tighten the knob to ensure there is no movement of the seat slider before mounting the bike.



# SETTING UP YOUR BIKE

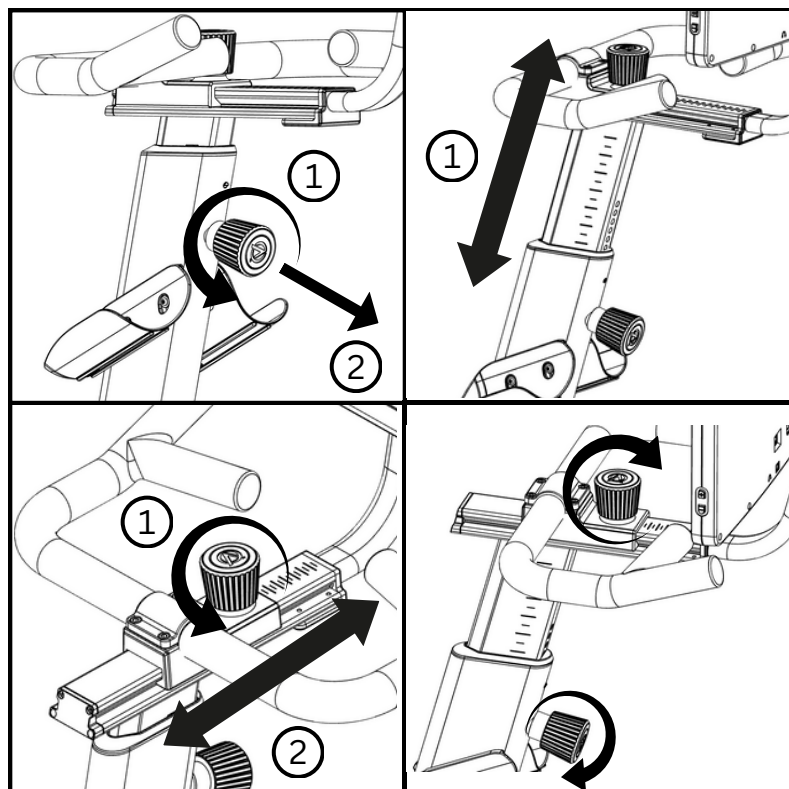
## Handlebars Height and Depth Adjustment

Step 1: Begin with the handlebars set at the same height as the seat and the depth at the 0 mark.

Step 2: Loosen the knob at the front of the handlebars post by turning it counterclockwise. Once the silver nut is visible, pull the knob to disengage the lock pin.

Step 3: Adjust the handlebars height to your comfort. If the handlebars feel too close, adjust its depth by loosening the knob near the handlebar. Note: Raising the handlebars will also move them further away.

Step 4: Once you find your most comfortable handlebar height and depth positions, tighten both knobs. Ensure there is no vertical or lateral movement in the handlebar slider and post.



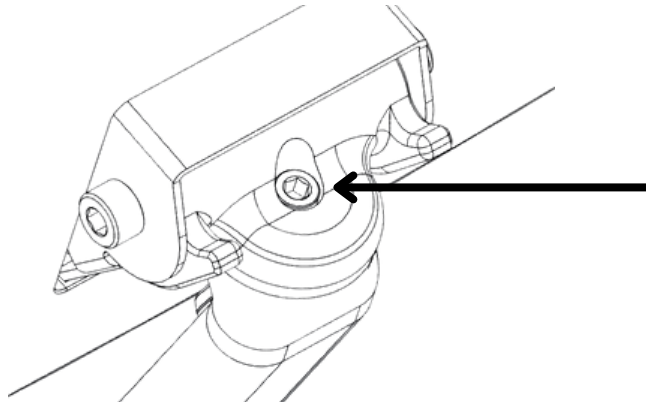


# SETTING UP YOUR BIKE

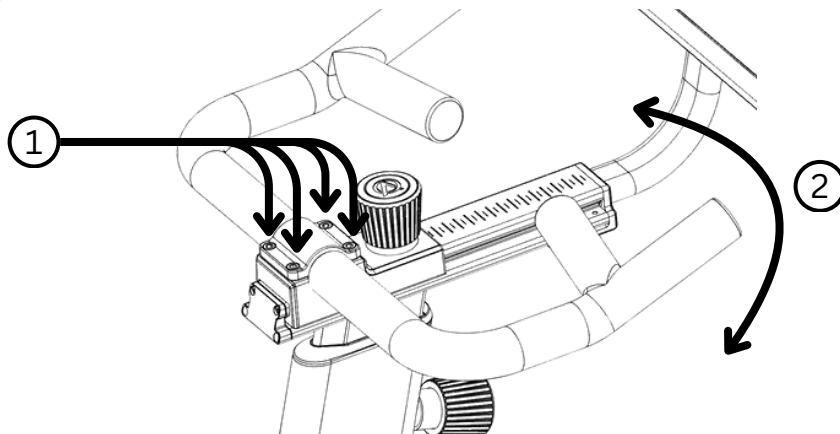
## Additional Setup

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- **Screen rotation:** If your screen isn't rotating properly or is too loose, use the M5 Allen Key to adjust the pivoting screw at the center of the rotational bracket on the Console Tube.



- **Handlebars angle:** Use the M5 Allen Key to loosen the handlebars clamp screws. Adjust the angle to your preference, then tighten the clamp.



## Completing Your Setup / Proper Position

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Once your bike is properly adjusted, ensure the following:

- Your arms are slightly bent.
- Your hands can rest on the handlebars without reaching.
- Your leg is slightly bent at the bottom of the stroke.

# CARE AND MAINTENANCE



## **CAUTION:**

- To ensure safe operation and optimal bike performance, regularly check for wear, and any damage, and perform minor maintenance procedures (see list below).
- Replace any damaged or defective parts immediately and do not use the bike until repairs are completed.
- Use only original manufacturer parts. Unauthorized changes or modifications will void the warranty.
- Always unplug the bike before cleaning or performing maintenance.
- Any service beyond the described procedures must be performed by an authorized technician.

## **Before Each Workout**

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1. Check the entire unit for any signs of wear or damage.
2. Check and tighten all bolts and screws.
3. Check for firmware and software updates.
4. Ensure the bike is stable and leveled.
5. Ensure the pedals are tighten using the M13-15 combination wrench.
  - To tighten the pedals, turn the right pedal clockwise and the left pedal counterclockwise to 26 lb-ft (35 N•m) of torque.
6. Ensure the seat is parallel to the ground. Use a wrench (included) to tighten the seat nuts underneath the saddle.
7. Ensure all adjustment knobs (4) are tightened and secure to prevent any unintentional movement.

# CARE AND MAINTENANCE

## **After Each Workout or Day of a Workout**

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1. Wipe the touchscreen using a damp microfiber cloth.
2. Wipe and disinfect the saddle and handlebars with an alcohol-free or ammonia-free solution.

## **Annual Care and Maintenance**

---

Replace pedals. Ensure their tightness torque of 26 lb-ft/35 N•m.

Recommendation: For a smooth and quiet ride, replace the chain and chain tensioner every year.

# TERMS AND CONDITIONS

## **General Policies**

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Aviron Interactive Inc. ("Aviron") aims to satisfy you (the "customer") completely. Plans and specifications are interpreted as required, but Aviron takes no responsibility that the information provided is suitable for the intended purpose. Aviron reserves the right to accept or refuse any order as part of its policy of continuous equipment improvement. All information supplied by Aviron is believed to be accurate, but Aviron is not liable for errors or misinterpretations.

## **Exclusion of incidental, consequential, and certain other damages**

To the maximum extent permitted by applicable law, in no event shall Aviron or its suppliers nor anyone else involved in the production or delivery of this equipment be liable for any indirect, special, consequential, punitive, or incidental damages whatsoever (including, but not limited to, damages for loss of profits or loss of data or confidential or other information, for business interruption, loss of business information, and the like) arising out of or related to this agreement or the use or inability to use such equipment, the provision of or failure to provide support or other services, information, software, and related content through the Aviron equipment or otherwise arising out of the use of the Aviron equipment, or otherwise under or in connection with any provision of this license, even in the event of the fault, tort (including negligence), misrepresentation, strict liability, breach of contract or breach of warranty of Aviron or any supplier, and even if Aviron has been advised of the possibility of such damages. In no event shall Aviron's liability hereunder, if any, exceed the purchase price paid by the customer for the Aviron equipment.

# WARRANTY

Warranty is applicable to factory and certified dealer repairs unless approved by Aviron. All equipment and parts in need of servicing must be repaired by a certified dealer or be shipped back to Aviron at the customer's expense to comply with the Aviron Limited Warranty unless approved by Aviron. Aviron is not required to provide the customer with a substitute during the warranty period or at any time. The equipment is automatically registered after activating it on the Aviron network. Aviron will not be responsible for dismantling, reassembly or reinstallation charges.

To obtain service you must:

- Contact our support department if you are having trouble with your equipment. Aviron equipment or parts may not be returned without written permission from Aviron.
- Arrange for delivery of your Aviron equipment or parts to Aviron's premises.
- All shipments must be shipped prepaid, insured, and properly packaged, preferably in the original packaging and accompanied by a letter outlining the defect.

For further information, please visit our website:

[www.avironactive.com/support/general/warranty/](http://www.avironactive.com/support/general/warranty/)

## Conformity Certifications



# FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.


This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1.This device may not cause harmful interference.
- 2.This device must accept any interference received, including interference that may cause undesired operation.

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

# UL 4200a-23 Notice

This product contains non-replacement batteries. The battery type is MS621 Lithium with a nominal voltage of 3V. Please follow the local regulations for properly disposing of used batteries, ensuring recycling or disposal. Keep away from children. Do not dispose of batteries in household trash or incinerate them. Used batteries have the potential to cause severe injury or even death. If needed, please contact your local poison control center for information on treatment. Avoid forcing discharge, recharge, disassembly, or exposure to heat exceeding the manufacturer's specified temperature rating. Doing so could lead to injury from venting, leakage, or explosion, resulting in chemical burns. Non-rechargeable batteries are not to be recharged.

<b>⚠ WARNING</b>	
<ul style="list-style-type: none"><li>• <b>INGESTION HAZARD:</b> This product contains a button cell or coin battery.</li><li>• <b>DEATH</b> or serious injury can occur if ingested.</li><li>• A swallowed button cell or coin battery can cause <b>Internal Chemical Burns</b> in as little as <b>2 hours</b>.</li><li>• <b>KEEP</b> new and used batteries <b>OUT OF REACH of CHILDREN</b></li><li>• <b>Seek immediate medical attention</b> if a battery is suspected to be swallowed or inserted inside any part of the body.</li></ul>	

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## **IC Warning:**

This device contains license-exempt transmitter(s)/receiver(s)/ that comply with Innovation, Science, and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- This device may not cause interference and
- This device must accept any interference, including interference that may cause undesired operation of the device.

**Radiation Exposure:** This equipment complies with Canadian radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This device and its antenna(s) must not be co-located or operated in conjunction with any other antenna or transmitter.

## **Déclaration de l'ISED Canada:**

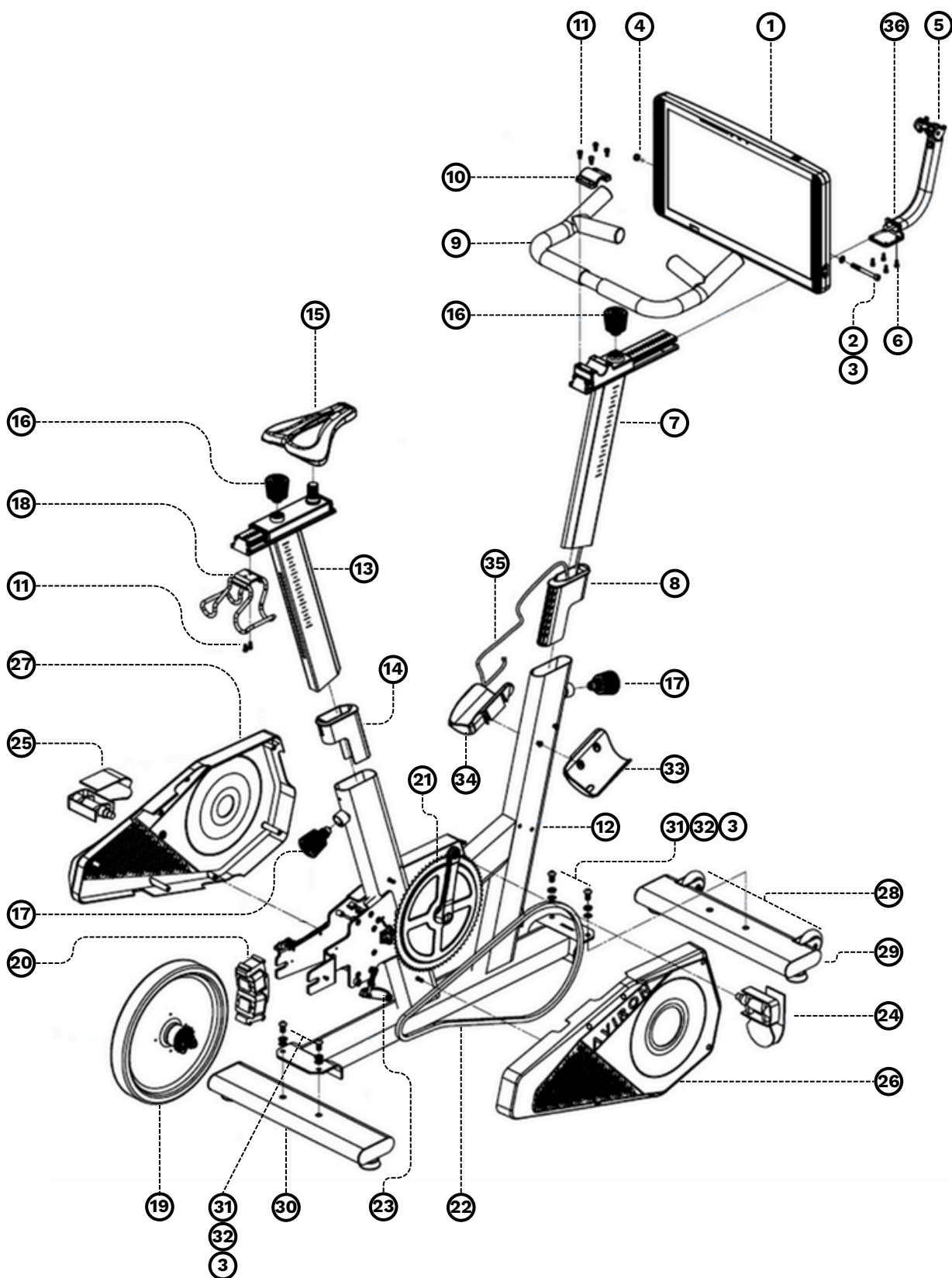
Cet appareil contient des émetteurs/récepteurs exempts de licence conformes aux RSS exempts de licence d'Innovation, Sciences et Développement économique Canada. L'opération est soumise aux deux conditions suivantes:

- Cet appareil ne doit pas causer d'interférences et
- Cet appareil doit accepter toute interférence, y compris les interférences pouvant provoquer un fonctionnement indésirable de l'appareil.

**Exposition Aux Radiations:** Cet équipement est conforme aux limites d'exposition aux radiations du Canada pour un environnement non contrôlé. Pour maintenir la conformité aux directives d'exposition RF d'IC, cet appareil et ses antennes ne doivent pas être co-localisés ou utilisés conjointement avec une autre antenne ou un autre émetteur.



# EXPLODED DIAGRAM & PARTS LIST



# EXPLODED DIAGRAM & PARTS LIST

#	PART NAME	QTY	#	PART NAME	QTY
<b>1</b>	TOUCHSCREEN	1	<b>19</b>	FLYWHEEL	1
<b>2</b>	SOCKET HEAD CAP BOLT M8 X 80MM	1	<b>20</b>	EMS SYSTEM	1
<b>3</b>	WASHER M8 X 17 X 1T	5	<b>21</b>	PEDAL CRANK	2
<b>4</b>	NYLON NUT M8	1	<b>22</b>	CHAIN	1
<b>5</b>	TOUCHSCREEN SUPPORT TUBE	1	<b>23</b>	CHAIN TENSIONER	1
<b>6</b>	SOCKET HEAD CAP BOLT M5 X 10MM	4	<b>24</b>	RIGHT PEDAL	1
<b>7</b>	HANDLEBARS POST	1	<b>25</b>	LEFT PEDAL	1
<b>8</b>	HANDLEBARS POST SLEEVE	1	<b>26</b>	RIGHT COVER	1
<b>9</b>	HANDLEBARS	1	<b>27</b>	LEFT COVER	1
<b>10</b>	HANDLEBARS TOP COVER	1	<b>28</b>	TRANSPORT WHEELS	2
<b>11</b>	SOCKET HEAD CAP BOLT M6 X 20MM	6	<b>29</b>	FRONT STABILIZER	1
<b>12</b>	MAIN FRAME	1	<b>30</b>	REAR STABILIZER	1
<b>13</b>	SEAT POST	1	<b>31</b>	BUTTON HEAD HEX SCREW M8 X 20MM	4
<b>14</b>	SEAT POST SLEEVE	1	<b>32</b>	LOCK WASHER M8 X 14 X 1.5T	4
<b>15</b>	SADDLE	1	<b>33</b>	RIGHT BOTTLE HOLDER	1
<b>16</b>	DEPTH ADJUSTMENT KNOBS	2	<b>34</b>	LEFT BOTTLE HOLDER	1
<b>17</b>	HEIGHT ADJUSTMENT KNOBS	2	<b>35</b>	COMMUNICATION WIRE A	1
<b>18</b>	DUMBBELL RACK	1	<b>36</b>	COMMUNICATION WIRE B	1

# ENDING BORING WORKOUTS



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Rev. 20241002