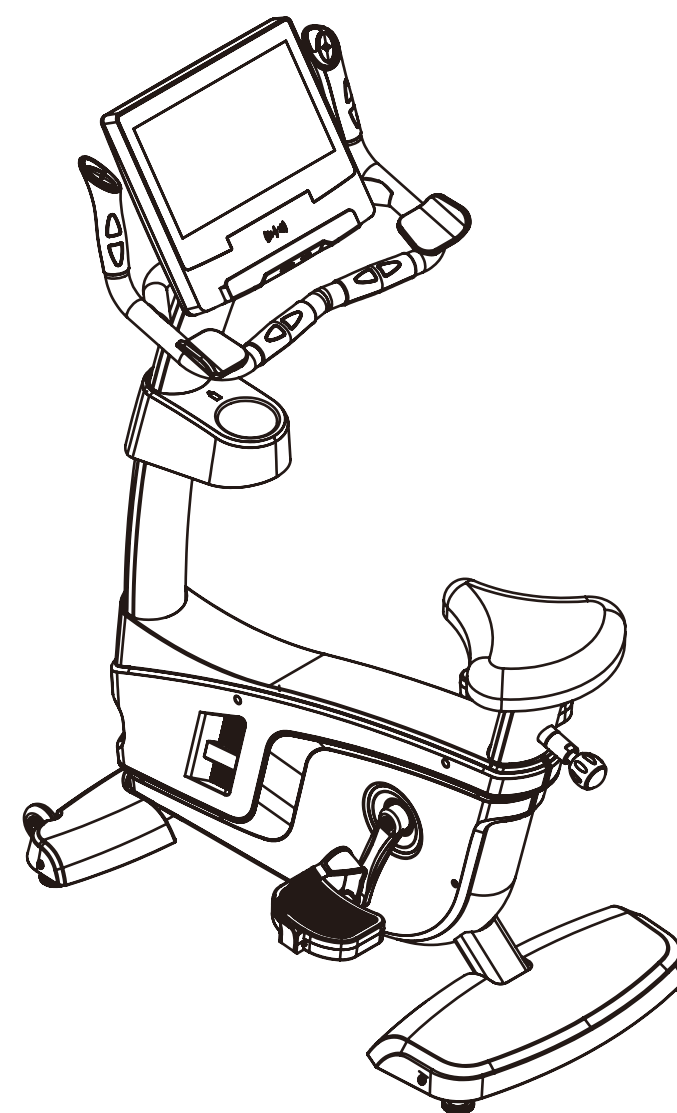




RU970

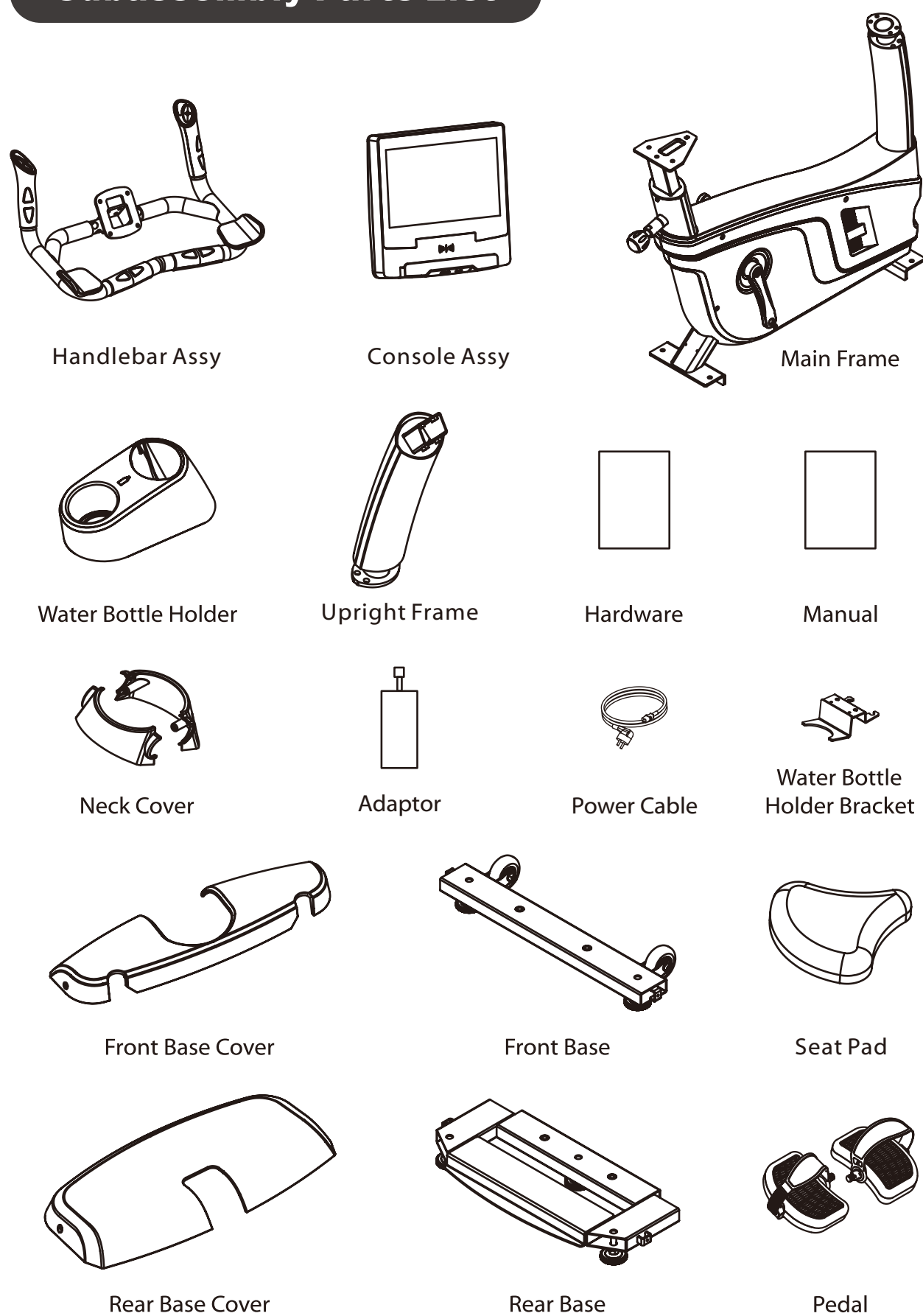
UPRIGHT BIKE

ASSEMBLY GUIDE

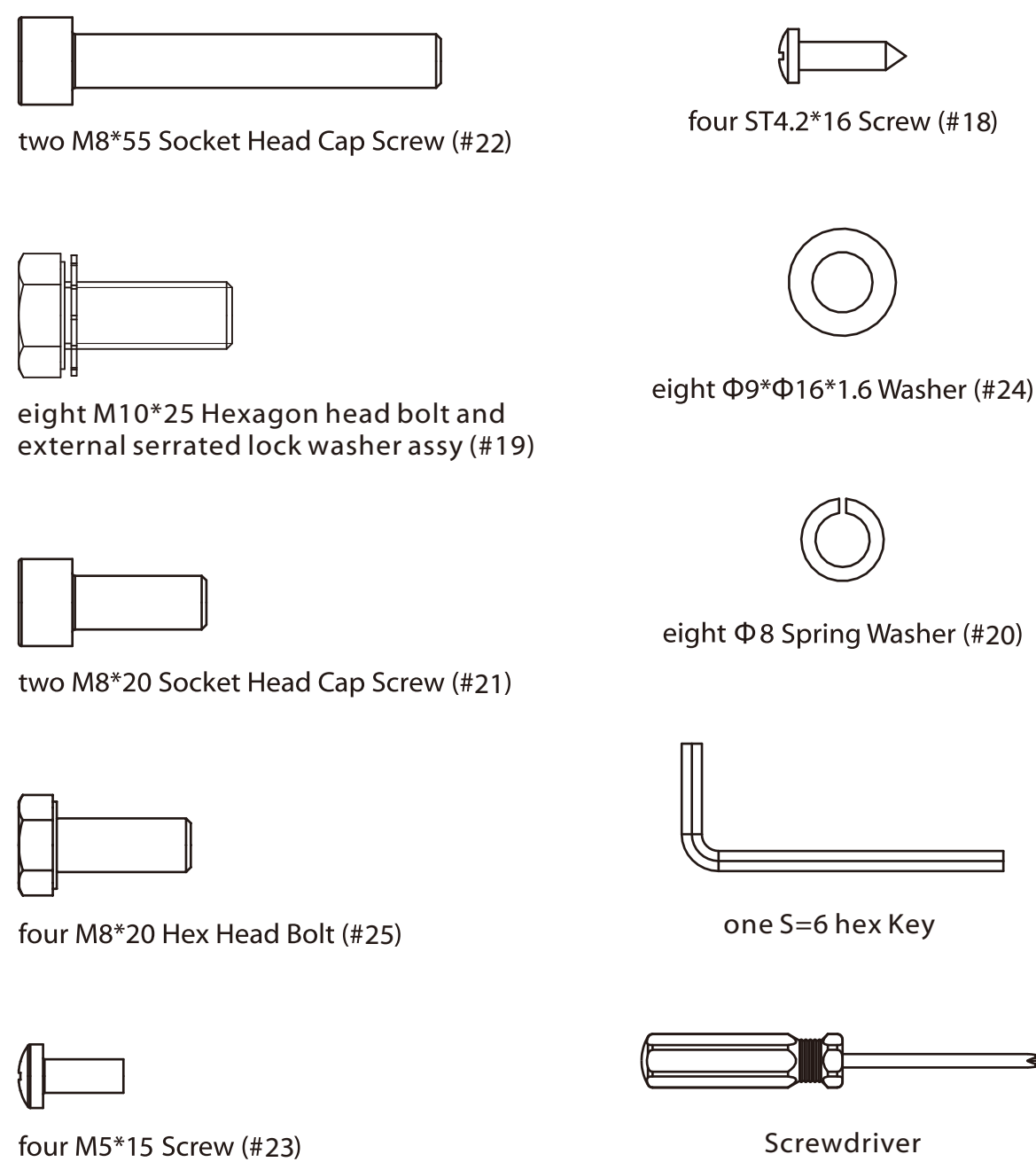
24M Rev H

CAUTION! Read all precautions and instructions in this manual before using this equipment.

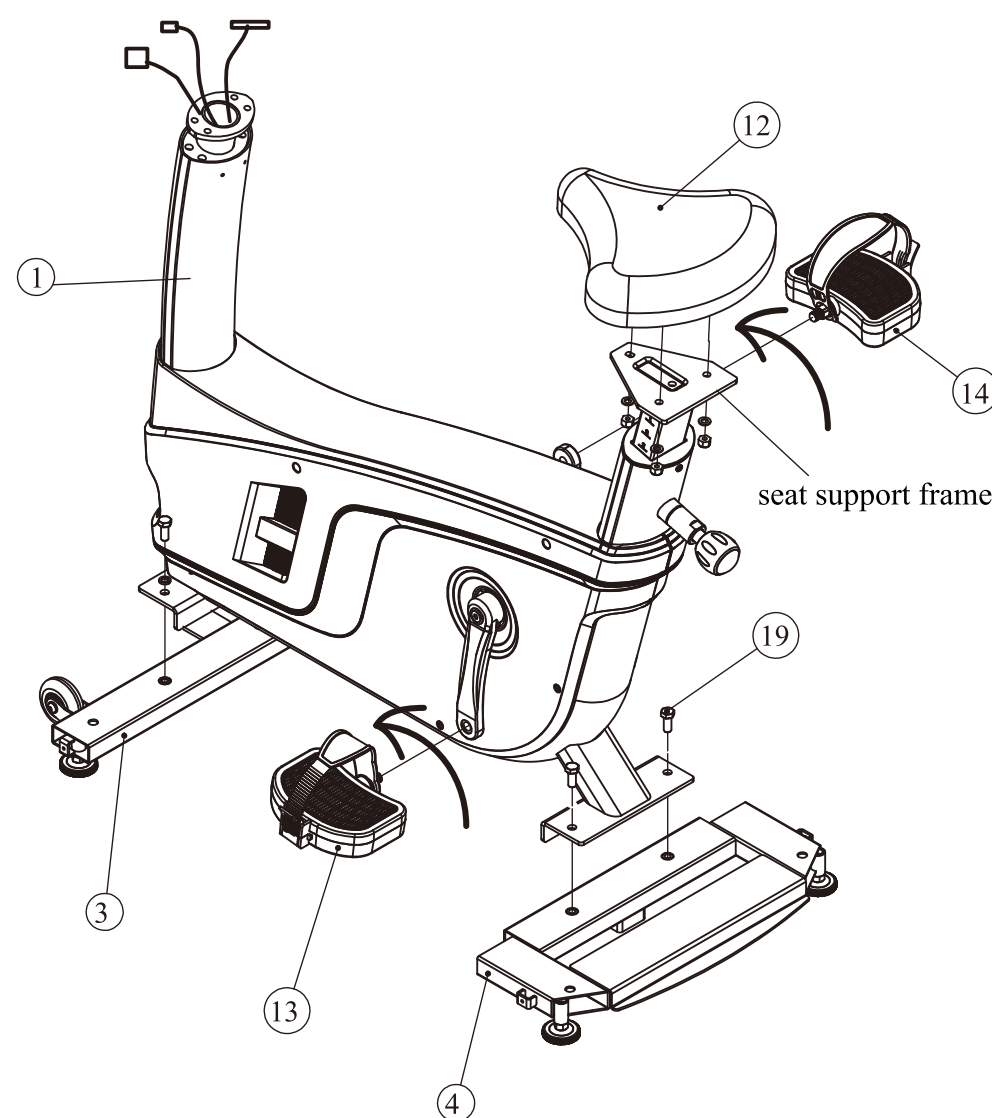
Subassembly Parts List



Hardware List

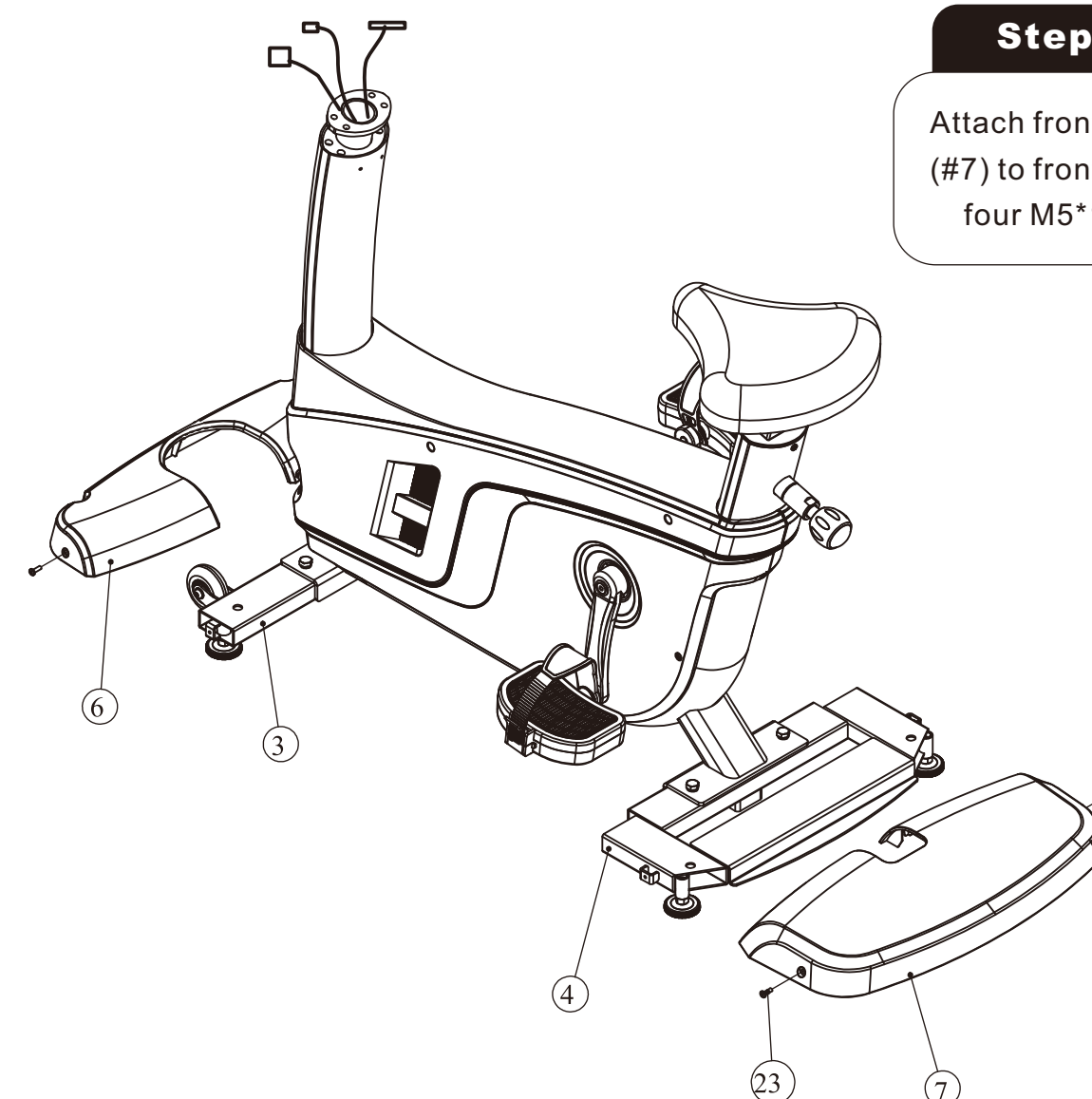


Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength



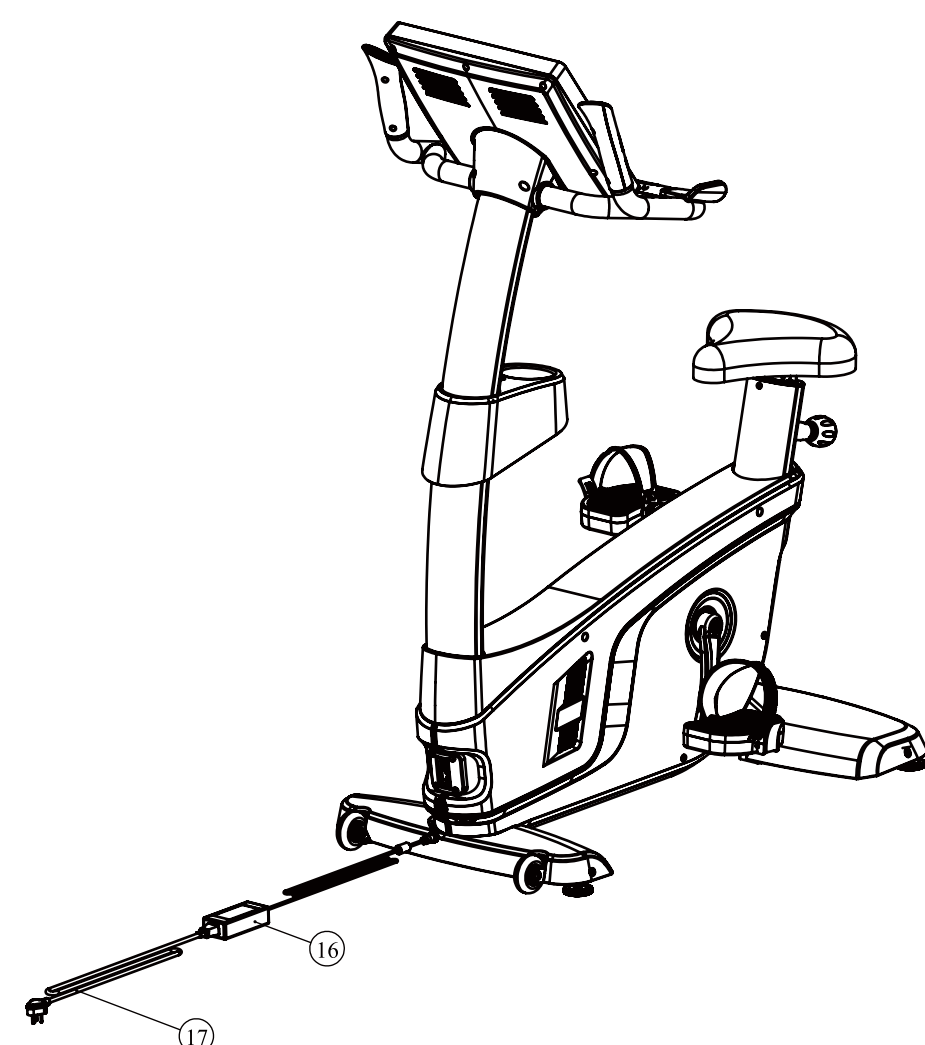
Step 1

1. Attach front base (#3) and rear base (#4) to main frame (#1) using:
four M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
2. Attach the seat pad (#12) to the seat support frame using:
three $\Phi 9 \times \Phi 16 \times 1.6$ washer
three M8 nut
3. Attach left pedal (#13) and right pedal (#14) to the main frame (#1) lock tightly.



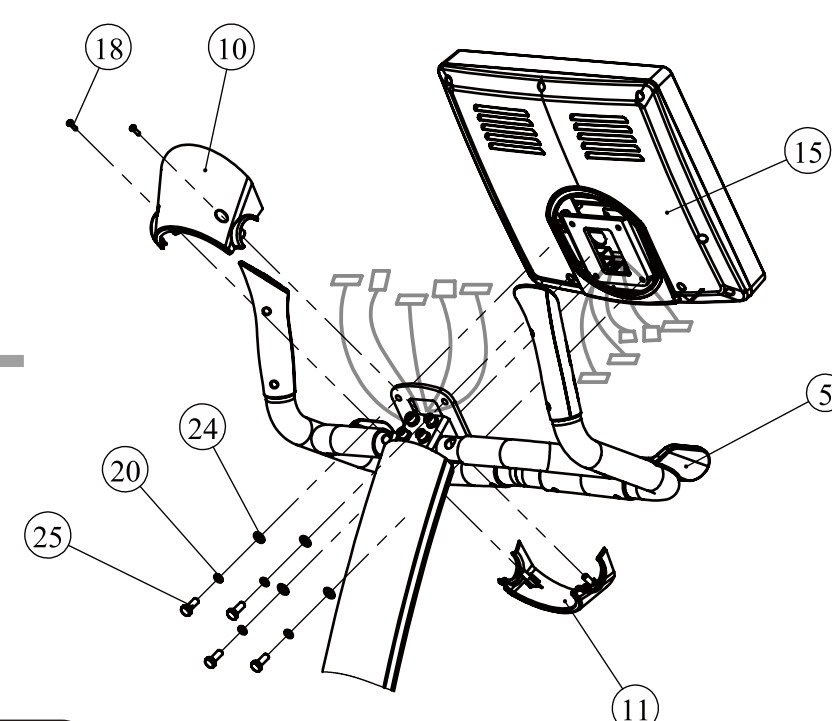
Step 2

- Attach front base cover (#6) and rear base cover (#7) to front base (#3) and rear base (#4) using:
four M5*15 screw (#23)



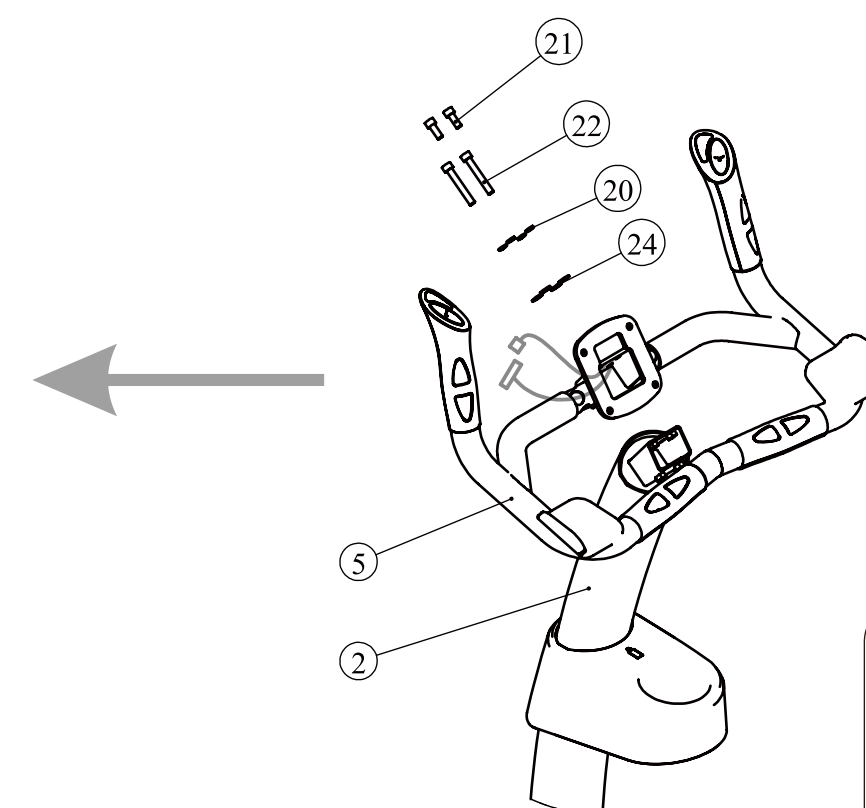
Step 6

Attach adaptor (#16) and power cable (#17).



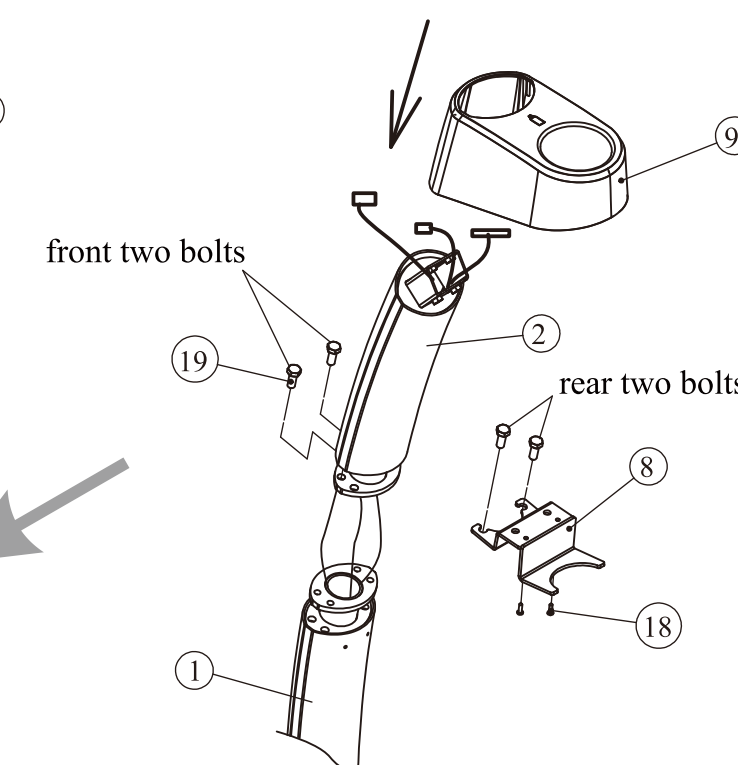
Step 5

1. Attach console assy (#15) to handlebar (#5) using:
four $\Phi 9 \times \Phi 16 \times 1.6$ washer (#24)
four $\Phi 8$ spring washer (#20)
four M8*20 hex head bolt (#25)
2. Attach five cables plug correctly put extra lines into the console cover, keep cables in order.
3. Attach front scarf (#10) and rear scarf (#11) to handlebar (#5) using:
two st4.2*16 screw (#18)



Step 4

- Attach handlebar (#5) to upright frame (#2) using:
four $\Phi 9 \times \Phi 16 \times 1.6$ washer (#24)
four $\Phi 8$ spring washer (#20)
two M8*20 socket head cap screw (#21)
two M8*55 socket head cap screw (#22)



Step 3

1. Three cables totally, put three cables through upright frame (#2) using the leading wire.
2. Attach upright frame (#2) to main frame (#1) using:
two M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
lock front two bolts
3. Fixing bottle support frame (#8) to main frame (#1) using:
two M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
lock rear two bolts
4. Put water bottle holder (#9) through upright frame (#2), fix it using:
two ST4.2*16 screw (#18)