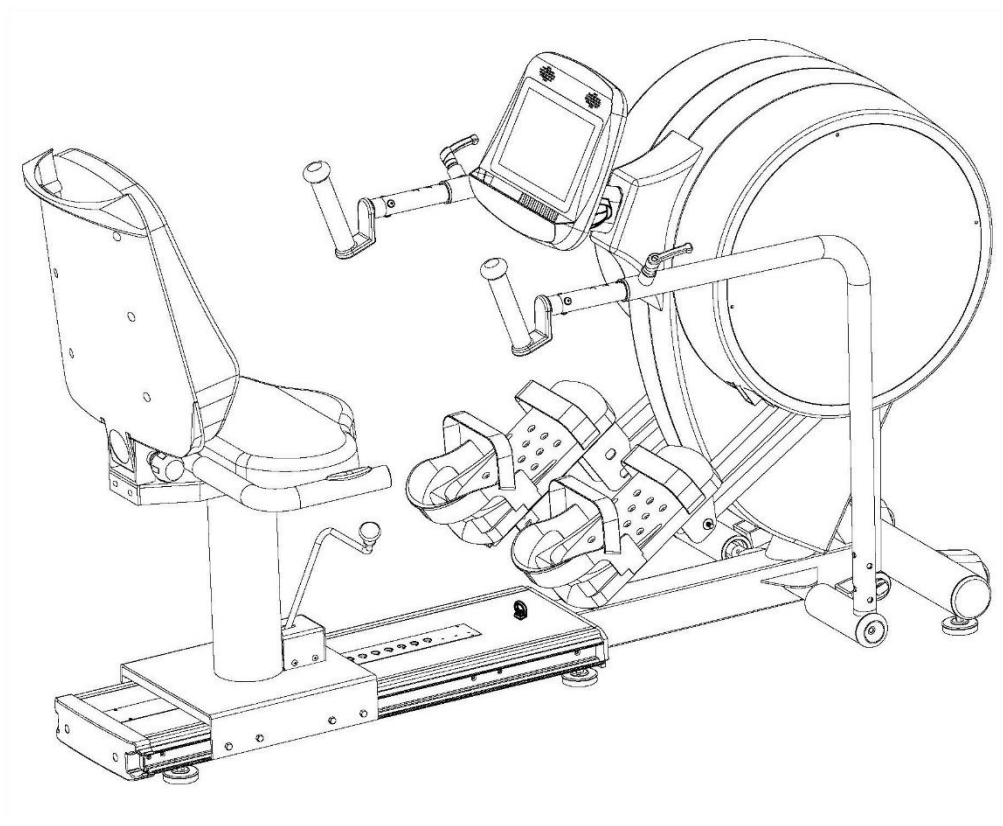




OWNER'S MANUAL V1



**HealthCare International, Inc.
PO Box 1509 Langley, WA 98260**

www.HCIFitness.com

P: (360)-321-7090

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Safety Precautions

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.



**NOTE: MAXIMUM WEIGHT CAPACITY FOR THE
PHYSIOSTEP PRO IS 500 LBS. (227 KGS)**

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **PhysioStep PRO** from HCI Fitness. We believe that you have purchased one of the highest quality and affordable stepper cross trainers on the market today. Prior to using your new **PhysioStep PRO** please review the owner's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – www.HCIFitness.com for information on all of our products.

Warranty Information

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

Serial #: _____ **Purchase Date:** _____

3 Year Parts Warranty, One Year Labor, Lifetime Main Frame

NOTE

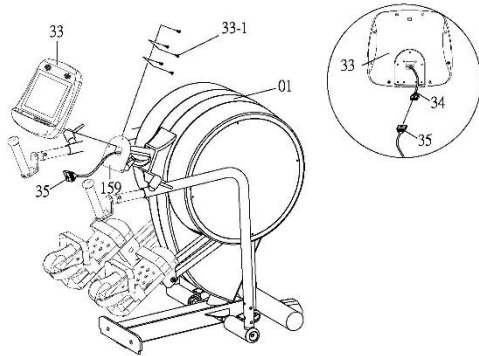
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

TOOL SET:

Tool	QTY
(185) 8mm Allen Wrench Tool	1
(188) 19*90*3T Wrench Tool	1

Assembly Instruction:

Step 1

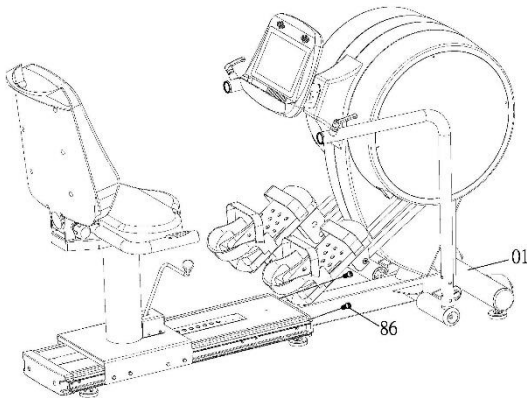


Assembling the Console Display

Connect the control wire (34) [behind the computer (33)] and the control wire (35) [from the computer post (159)] firmly as the drawing shows.

Attach the computer (33) to the computer post (159) using the bolt (33-1).

Step 2

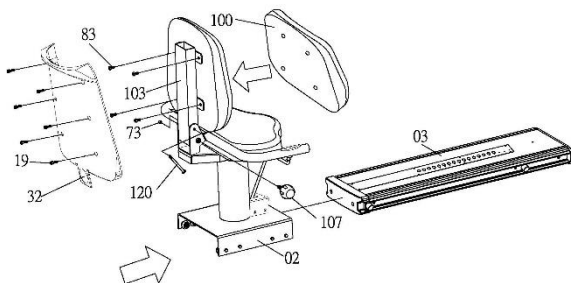


Connecting Seat to the Frame

1. Attach the levelers to the base.
2. Release the StepLock
3. Attach the seat rail to the main frame using hex bolt (86).
4. Slide the seat base onto the rail.
5. Screw in the rubber seat stops.
6. Adjust the levelers.
7. Optional – Screw in wheel chair mount.

Attaching the back seat (100) to the back seat fixed frame (103) using the Bolt (83).

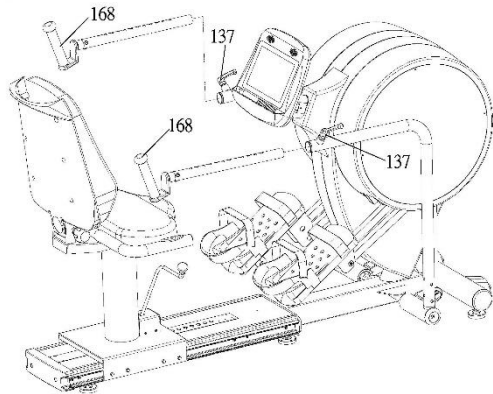
Step 3



Assembling the Seat

1. Attach the handle bars to the seat base.
2. Attach the seat back mast (103).
3. Unscrew bolts from the seat back (100).
4. Place AA batteries in heart rate transmitter.
5. Attach the seat back (100) to the seat back mast (103).
6. Attach the seat back cover (32) to the seat back using bolts (19).

Step 4



Assembling the Rotatable Handles

The rotating handle set (168) can be adjusted the angle freely and using the rotating pop-lock (137) to fixed desired length.

Please note:

Connect the power adaptor to the unit and power on before use.

Quick Tips

AC Adaptor:

The **PhysioStep PRO** does need to be plugged into a standard electrical outlet. The AC adaptor connects at the rear base of the unit, at ground level, on the end of the unit that is beneath the seat. The display is powered by the adaptor and does not need batteries.

Levelers:

There are levelers in the front of the unit, beneath the shroud. Please adjust the levelers to stabilize the unit on your floor.

Seat Adjustments:

The **PhysioStep PRO** seat position can be adjusted forward and backward by pulling the long yellow bar located on the right side of the seat. The handle on the left of the seat allows the seat to swivel for easy access. In addition you can adjust the tilt of the **PhysioStep PRO** seat back by pulling the knob located on the back cushion support.



Quick Start:

If you would like to start a simple workout, press the Start Button and use the arrows to set the resistance. It will automatically start you at level 1.

Heart Rate:

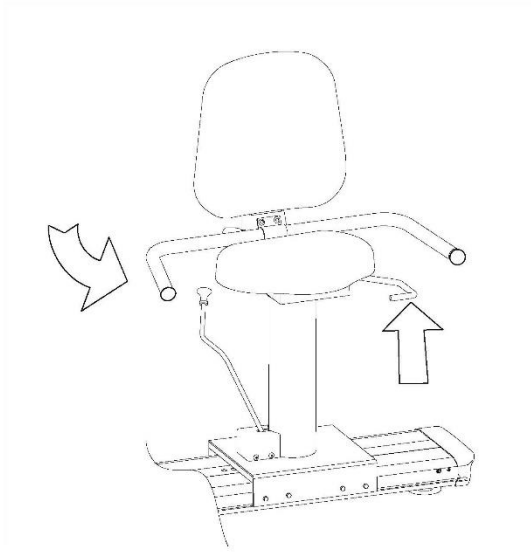
If you would like to monitor your heart rate while using the **PhysioStep PRO**, simply use any chest belt. There is a wireless heart rate receiver in the display and it will automatically connect with all common brands of chest belts (i.e. Polar, Garmin etc). If you don't already have one, local sporting goods stores are a good place to purchase. The Polar FT1 is one model that works well.

USB Workout Summary Report:

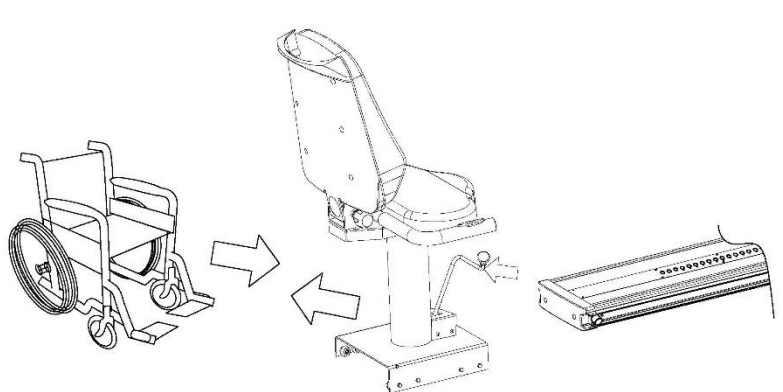
The **PhysioStep PRO** features a USB workout summary report. The USB slot is located on the back of the display. Simply insert a USB into the back of the display before you start your work out and press the **REPORT** button when you are finished with your workout. Please view **page 17** for more detail.

The USB workout summary feedback reports total time, total calories, total distance, as well as Averages and Peaks for METS, WATTS, Heart Rate, Steps Per Minute, and Speed

Operating Adjustments:

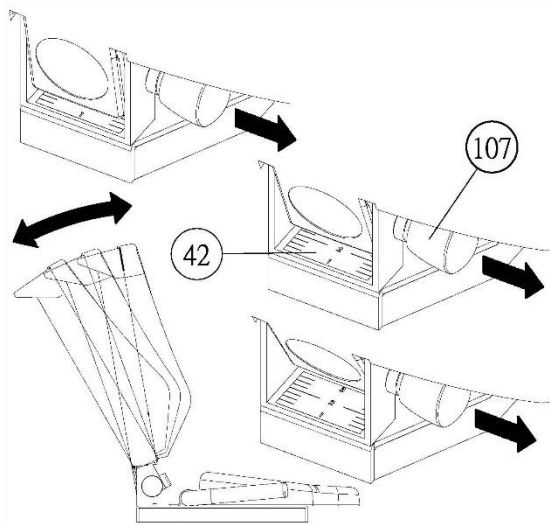


1. **Swivel Seat:** Pull up on the yellow, horizontal seat handle, and swivel to rotate the seat right or left, up to 90 degrees. Release the handle to lock into position.

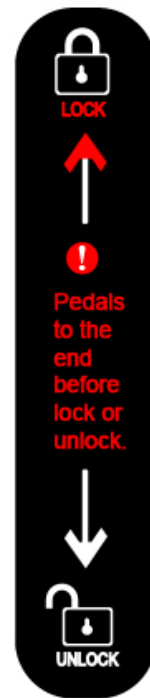
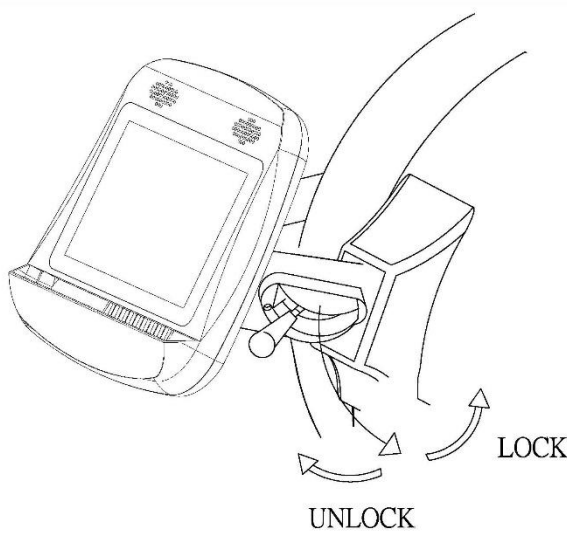


2. **Wheelchair Access:** Pull back on the seat adjustment lever to adjust the seat position. Continue to slide the seat off the rail to allow for wheelchair access.

Operating Adjustments:

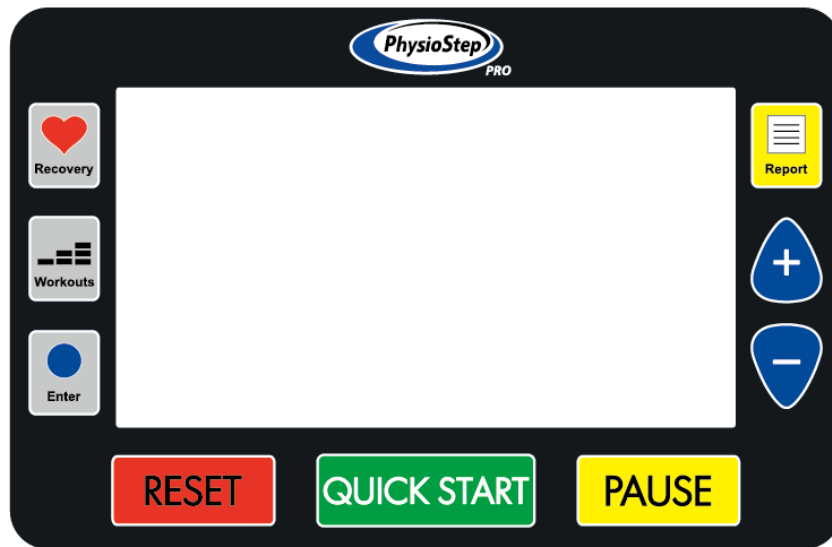


3. **Seatback Adjustments:** Pull out the back seat knob to adjust the angle of seat back.



4. **Pedal Locker:** User steps on pedal to the end before lock or unlock the device. This action is to ensure a user safety.

PhysioStep PRO Display Console



Button Functions

1. QUICK START BUTTON

1.1. Pressing the **QUICK START** button starts a manual workout.

2. ENTER BUTTON

2.1. The **ENTER** button selects programs and confirms data entry.

3. [+] / UP BUTTON

3.1. Press the **[+]** button to increase values.

3.2. Holding the **[+]** button will rapidly increase values.

4. [-] / DOWN BUTTON

4.1. Press the **[-]** button to decrease values.

4.2. Holding the **[-]** button will rapidly decrease values.

5. WORKOUTS BUTTON

5.1. Before you start your workout, press the **WORKOUTS** button to choose a preset program. Continue to press the **WORKOUTS** button to cycle through the programs.

5.2. If you have already started a workout, press **RESET** twice then use the **WORKOUTS** button as explained above.

6. RECOVERY BUTTON

6.1. The recovery function is only available when using a HR monitor.

6.2. Press the **RECOVERY** button to enter the cool down mode.

6.3. When in the recovery mode, all other buttons are disabled.

7. PAUSE BUTTON

- 7.1. While exercising press the **PAUSE** button to pause your workout. The display will show “Press **QUICKSTART** to resume or **RESET** for workout summary”.
- 7.2. Press the **QUICKSTART** button to resume your workout.
- 7.3. Press the **RESET** button to view your workout summary.
- 7.4. In the Report Mode, the **PAUSE** button will return you to the last step.

8. RESET BUTTON

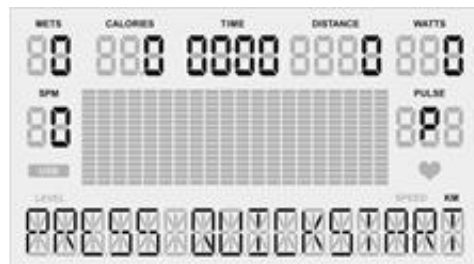
- 8.1. To end your workout and view your workout summary press the **RESET** button.
- 8.2. Holding down the **RESET** button for 3 seconds will reset the display.

9. REPORT BUTTON

- 9.1. Enables the USB workout report export function in summary mode.

Quick Start –Sit, Start, & Step!

1. Adjust your seat and handles to a comfortable position allowing your legs and arms to use the full range of motion.
2. Press the **QUICK START** button.
3. Start Stepping! You can use **[+] / [-]** buttons to adjust the resistance level at any time during your workout.



OR

Select a Workout Program

1. Press the **WORKOUTS** button to view programs.
2. To scroll through the different programs continue to press the **WORKOUTS** button.
3. Then press the **Enter** button to select your desired workout program.
4. Follow the steps described in the next section to start your desired workout.

*If you have not selected anything after 5 minutes the display will automatically power off.

Setup your Workout Programs

Before starting your workout make sure that your seat is comfortably adjusted.

NOTE: Use the **WORKOUTS** button to cycle through programs. Press the **WORKOUTS** button again to view the next workout. Press **ENTER** to select your desired workout.

User Setup:

After selecting your desired workout the first step is to enter your user information. This step will be the same for all workouts.

*Use the **PAUSE** button to return to the previous step when entering user info.*

Gender: Use the **[+] / [-]** buttons to change Male (**M**) or Female (**F**).

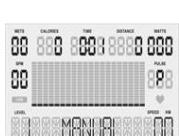
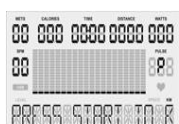
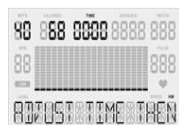
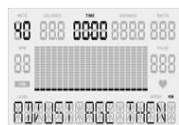
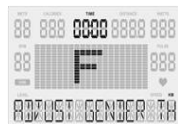
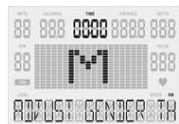
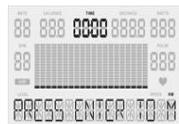
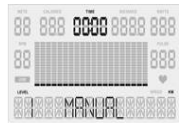
Press the **ENTER** button to set gender.

Age: Use the **[+] / [-]** buttons to change your age.

Press the **ENTER** button to set age.

Weight: Use the **[+] / [-]** buttons to change your weight.

Press the **ENTER** button to set weight.



1. Basic Programs

Manual, Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.

1.1. **User Setup** - You will be prompted gender, age, weight, and time.

Use the **PAUSE** button to return to the previous step when entering user info.

1.2. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

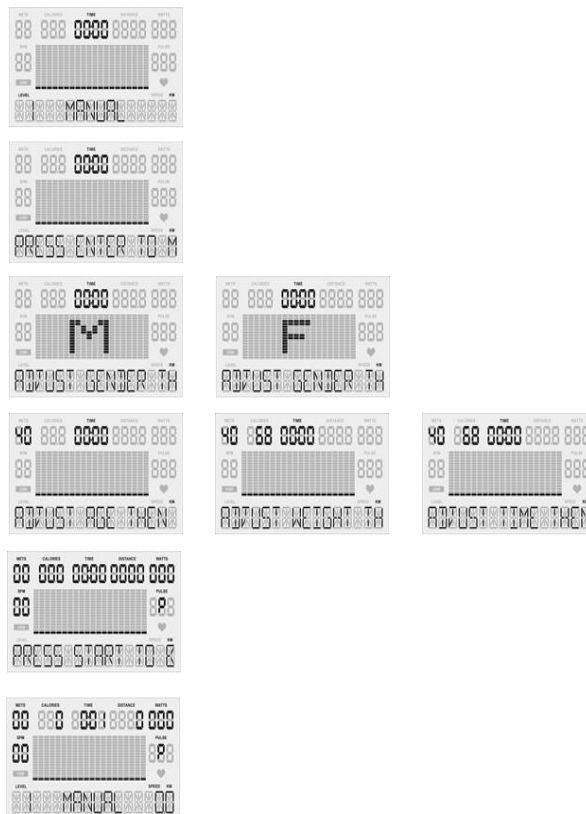
1.2.1.1. Press the **ENTER** button to set workout time.

1.3. Once your user information has been entered press **Quick Start!**

1.4. In the basic programs you can use the **[+] / [-]** buttons to change the resistance level.

1.5. Once your workout is complete a 3 minute Cool Down will begin.

Basic Programs Screens



2. Heart Rate Programs (HR 65% / HR 85%) *Requires HR Monitor

2.1. **User Setup** - You will be prompted gender, age, weight, time, & HR.

Use the **PAUSE** button to return to the previous step when entering user info.

2.1.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

2.1.1.1. Press the **ENTER** button to set workout time.

2.1.2. **Pulse:** Use the **[+] / [-]** buttons to change your target heart rate.

(Shown as percentage [65% or 85%] of full target heart rate)

2.1.2.1. Press the **ENTER** button to set your target heart rate.

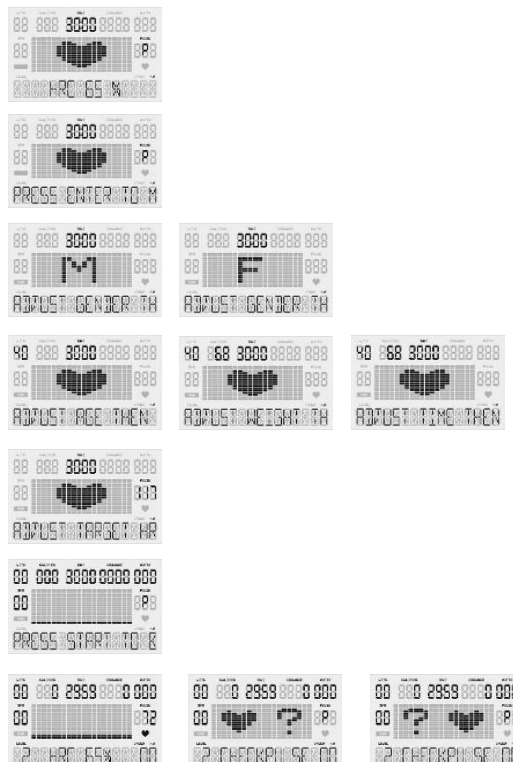
2.2. Once your user information has been entered press **Quick Start!**

2.3. If your heart rate cannot be detected, the screen will show [? ♥] and reset to the home screen.

2.4. In the Heart Rate programs your resistance level will automatically increase or decrease to help reach your target heart rate.

2.5. Once your workout is complete a 3 minute Cool Down will begin.

Heart Rate Programs Screens



3. Constant Programs (SPM / WATTS)

3.1. **User Setup** - You will be prompted gender, age, weight, time & constant.

Use the **PAUSE** button to return to the previous step when entering user info.

3.1.1. **Set Time:** Use the **[+]** / **[-]** buttons to set workout time. (Counting Down)

3.1.1.1. Press the **ENTER** button to set workout time.

3.1.2. **Set SPM / WATTS:** Use the **[+]** / **[-]** buttons to change your constant metric.

3.1.2.1. Press the **ENTER** button to set your constant metric.

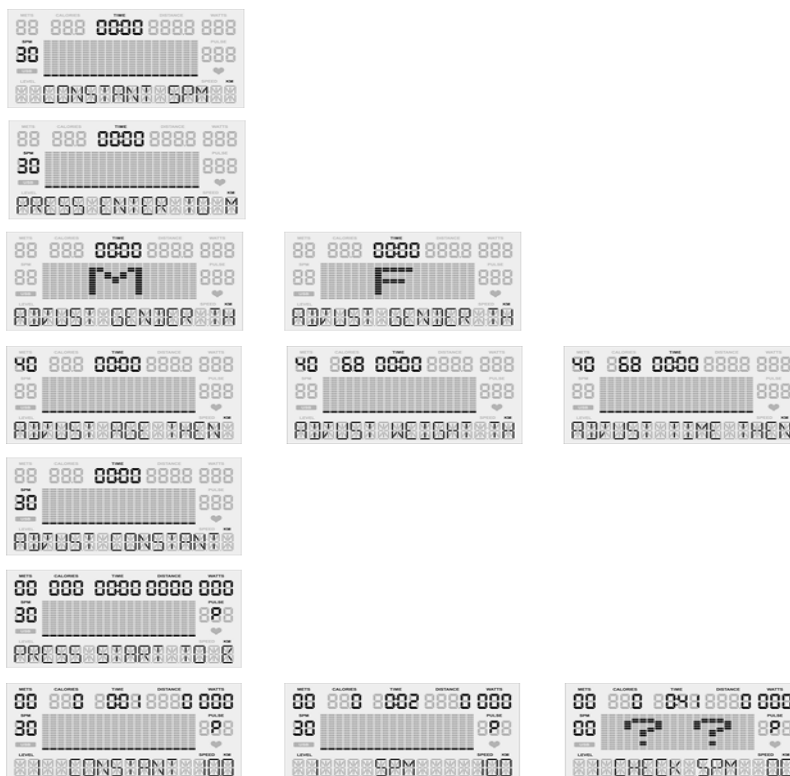
3.2. Once your user information has been entered press **Quick Start!**

3.3. If you are not using the machine, the screen will show "[?] Check SPM"

3.4. In the constant programs your resistance level will automatically increase or decrease to maintain constant SPM or WATTS.

3.5. Once your workout is complete a 3 minute Cool Down will begin.

Constant Programs Screens



4. Goal Set Programs (Calories / Distance)

4.1. **User Setup** - You will be prompted gender, age, weight, time, & goal.

Use the **PAUSE** button to return to the previous step when entering user info.

4.1.1. **Set Time:** Use the **[+]** / **[-]** buttons to set workout time. (Counting Down)

4.1.1.1. Press the **ENTER** button to set workout time.

4.1.2. **Set Calories / Distance:** Use the **[+]** / **[-]** buttons to change your goal.

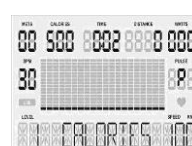
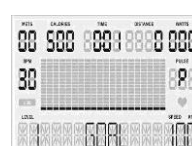
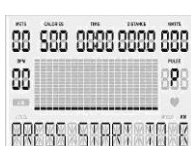
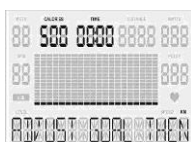
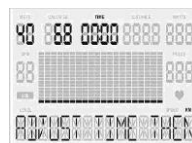
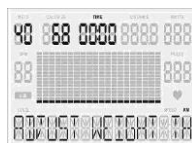
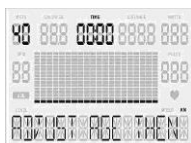
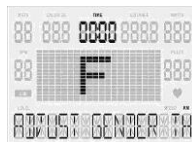
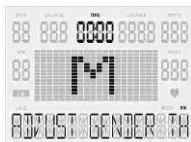
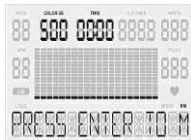
4.1.2.1. Press the **ENTER** button to set your goal.

4.2. Once your user information has been entered press **Quick Start!**

4.3. In the Goal programs your workout will complete once your goal is reached. Use the **[+]** / **[-]** buttons to change the resistance level.

4.4. Once your workout is complete a 3 minute Cool Down will begin.

Goal Set Programs Screens



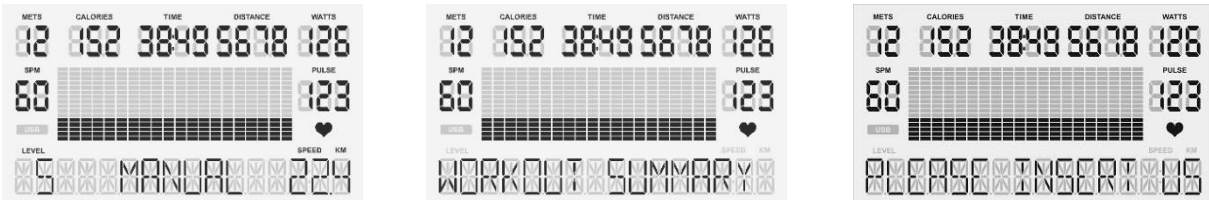
Cool Down Mode

1. After completing your workout program a 3 **minute cool down** will automatically start.
2. Press the **PAUSE** button to pause your cool down, and **QUICK START** to resume your cool down.
3. Press the **RESET** button to skip the cool down and view workout summary.

Workout Summary Mode

** After cool down mode, the display shows workout summary**

1. The workout summary mode displays your personal data as shown below: Total Time, Distance, and Calories; as well as Average METs, WATTS, Steps per Minute (SPM) and Pulse.



Export Workout Summary to USB

USB Slot Located on Back of Display

Quickly Enter Workout Summary by Pressing: Pause, Reset, Report.

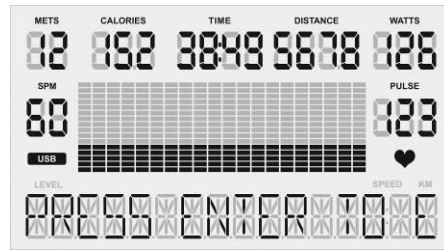
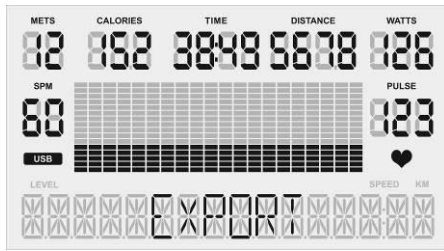
1. Insert your USB into the USB slot on the back of the display.
2. When the USB is correctly inserted the display will show the symbol "USB."
3. When you have completed your workout and are on the Workout Summary Mode screen, press the **REPORT** button to begin the export process.
4. Press the **ENTER** button twice to set your Workout ID.



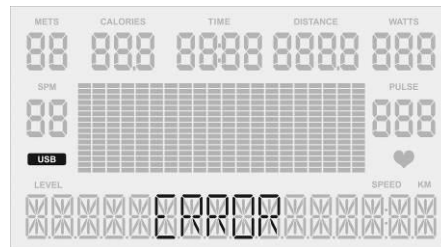
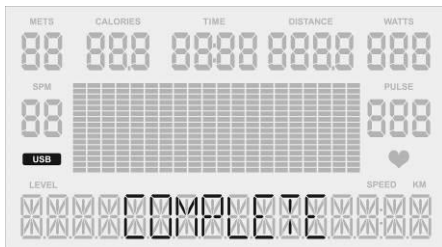
5. Use the **[+] / [-]** buttons to scroll through values (a-z and #0-9). Press the **ENTER** button to select a value and move to the next space.
6. Set your ID by pressing the **ENTER** button until you reach the last space.

PLEASE NOTE: At any time you can press **PAUSE** to return to the previous step.

7. After you have set your personal ID, press **ENTER** to select the date (Day / Month / Year). Use the **[+] / [-]** buttons to scroll through the values [a-z and #0-9]. Once the date is selected, press the **ENTER** button to confirm and complete.



8. Once the date is complete, the display will show the messages “Export” and “Press **Enter** to Export Data”. Press the **ENTER** button to export your workout summary report to USB. Saving your workout summary will take a few seconds.
9. Your workout summary report will be saved in a .csv file that you can open in excel. The display will read “Complete” when it has been exported successfully.
10. If there is an error during the data export, the display will read “Error.” If this happens, press the **PAUSE** button to return to the previous step and export again.



Sleep

Mode

- If you do not use the unit for five minutes the display will automatically power off.
- In sleep mode, the LCD monitor will be powered off; any buttons or USB functions will be disabled.
- To wake the unit – start using the machine again and it will power on.

Recovery Mode

**Requires HR Monitor*

1. At any time during a workout program you can press the **RECOVERY** button to enter the recovery mode to see how quickly your body returns to its resting heart rate.
2. Once in the recovery mode the user’s peak heart rate is displayed on the top left with the active heart rate below. You will have 1 minute to monitor your heart rate in recovery mode.
3. When the recovery is complete, the screen will display: Excellent (F1.0), Very Good (F2.0), Good (F3.0), Satisfactory (F4.0), Sufficient (F5.0) or Fail (F6.0) based on the rate of recovery.
4. P0 = the user’s heart rate when the recovery mode was initiated.
P1 = the user’s heart rate after completing the recovery mode.

Using Optional Heart Rate Monitors

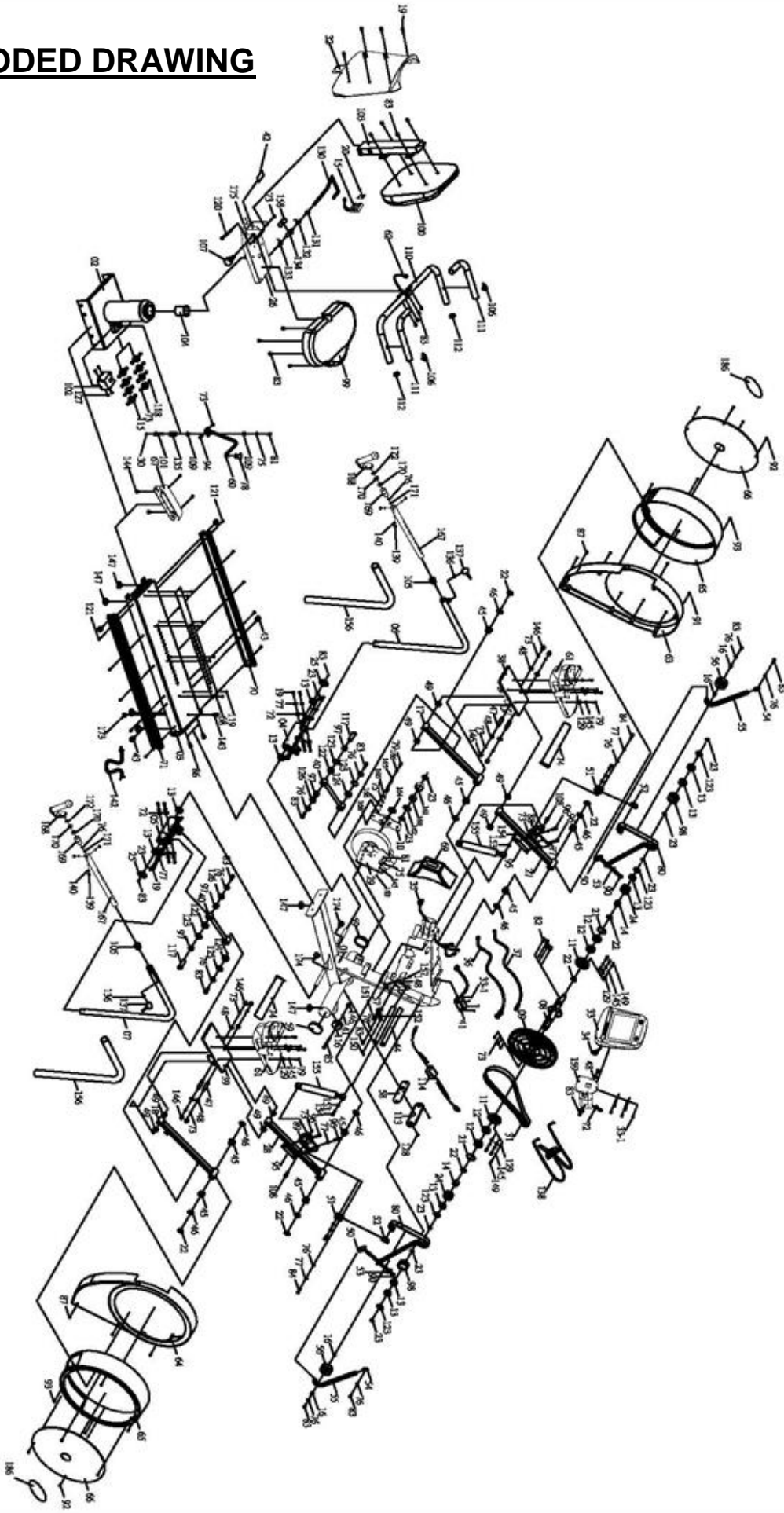
1. Chest Strap

- 1.1. In order to ensure the chest strap is working correctly please refer to the manufacturer's instructions. In general, the chest strap must remain wet to accurately work. Moistening the electrodes is very important. Be sure to fasten the strap correctly below your pectoral muscle.

General Maintenance

1. **Cleaning** - Use soap and warm water or antibacterial wipes to clean your unit.
2. **Tightening** - Periodically inspect your unit to insure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

EXPLODED DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	35	Control Wire	1
2	Seat Base Frame	1	36	Power Inlet	1
3	Rail-Board	1	37	Sensor Wire	1
4	Moving Handle Set Post(L)	1	38	Bracket For Pedal(L)	1
5	Moving Handle Set Post(R)	1	39	Bracket For Pedal(R)	1
6	Moving Handle(L)	1	40	Connecting Parts	2
7	Moving Handle(R)	1	41	Lower Control Board	1
8	Axle of Pulley	1	42	Seat Indicator	1
9	Belt Pulley	1	43	Fix Cushion M6	4
10	Idler Support	1	44	Dual Action Handle Shaft	2
11	Bracket For Bearing Set	2	45	Bushing ϕ 38* ϕ 31* ϕ 25*20L	8
12	Ball Bearing 6205ZZ	4	46	Washer ϕ 25.2* ϕ 38*1t	20
13	Ball Bearing 6004ZZ	10	47	Shaft For Pedal Bracket	4
14	One way Bearing 2520	2	48	Washer ϕ 8.5* ϕ 26*2t	16
15	Battery Holder	1	49	Bushing ϕ 19.1* ϕ 25.5* ϕ 30.5*15L	8
16	Bushing ϕ 12.5* ϕ 15*6t	4	50	Cap For Spring	2
17	Lower Pedal Arm (L)	1	51	Belt Fixer	2
18	Lower Pedal Arm (R)	1	52	Belt Holder	2
19	Hexagonal Bolt M8*15L	22	53	Belt Support Plate	2
20	Wireless Hand Pulse Board	1	54	Cap For Spring	2
21	C-ring R-52	2	55	Spring	2
22	C-ring S-25	7	56	Pulley For Spring	2
23	C-ring S-20	10	57	Adjust Fix Cushion 3/8-16*42L	2
24	Wheel For Belt	2	58	Input Socket	1
25	Pedal Foot Cover	2	59	Roller Cap	2
26	Seat Support Frame	1	60	Movement Level	1
27	Upper Pedal Arm (L)	1	61	Pedal	2
28	Upper Pedal Arm (R)	1	62	Pulse Sensor Wire	1
29	Magnetic Flywheel	1	63	Chain Cover (L)	1
30	POM Gasket	1	64	Chain Cover (R)	1
31	Belt	1	65	Ornament Cover	2
32	Backseat Cover	1	66	Acrylic Cover (L/R)	2
33	Computer	1	67	Back Covered	1
33-1	"+" Bolt M5*10L	9	68	Decorated Tin Plate	1
34	Control Wire (Computer)	1	69	Ornament Cover -Computer Post	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
70	Aluminum Rail(L)	1	105	Place Controller	1
71	Aluminum Rail(R)	1	106	Handheld Pulse Sensor Plate	2
72	Curved Washer ,18.8x9x1.5t	17	107	Grey Knob(22mm)	1
73	Nylon Nut M8	24	108	Hexagonal Bolt M8*35L	2
74	Pedal Strap	2	109	Sleeve Bearing STK-F 1006-18	2
75	Plate Washer SW6	9	110	Seat Handle	1
76	Washer $\phi 8.2 * \phi 16 * 1.6t$	16	111	Handle Sponge ID31.8*460L	2
77	Spring Washer SW8	30	112	Round Plug OD31.8	2
78	Level Head	1	113	Socket Cover	1
79	Inside Hexagonal Screw M6*25L	12	114	Adapter	1
80	Wheel Belt (20-640)	2	115	Roller	8
81	Hex Bolt M6*20L	5	116	Front Stabilizer Roller	2
82	Hexagonal Bolt M8*20L	4	117	Axle	2
83	Mushroom Head Bolt M8*15L	27	118	Interval Tube for Roller	8
84	Hexagonal Bolt M8*35L	4	119	Set Screw M4*12L	8
85	Hexagonal Bolt 3/8"-16*2 1/2"L	2	120	Mushroom Head Hex Bolt M8*100L	1
86	Hex Bolt M12*25L	2	121	Set Screw M5*12L	10
87	"+" Bolt M5*8L	6	122	Spherical Bearing	2
88	Belt Holder Set (L)	1	123	C-ring R-42	6
89	Belt Holder Set (R)	1	124	Ball Bearing 6003ZZ	2
90	"+" Bolt M3*15L	4	125	C-ring R-35	2
91	"+" Bolt ST4*30L	5	126	Bushing $\phi 9 * \phi 17 * 19.4 * 22 * 5.5L$	2
92	"+" Bolt ST4*15L	8	127	Mushroom Screw M5*10L	4
93	"+" Bolt ST4*20L	8	128	"+" Bolt M5*15L	2
94	Hex Head Bolt M8*35L	1	129	Washer $\phi 6.2 * D13 * 1.2t$	26
95	Belt Holder Plank	2	130	Swivel Handle	1
96	Inside Hexagonal Screw M8*40L	6	131	Located Tube	1
97	Bushing- $\phi 18.2 * \phi 22 * 15L$	4	132	Scroll Spring(L)	1
98	Belt Holder Idler	2	133	Scroll Spring(R)	1
99	Seat	1	134	Located Pin	1
100	Back seat	1	135	Compress Spring	1
101	Located Pin	1	136	Hand Fixed Block	2
102	Level Base Cover	1	137	Rotary hand I920-8/3"	2
103	Back seat fixed	1	138	Tension Knob	1
104	POM Bushing	1	139	Mushroom Head Hex Bolt M5*12L	6

PARTS LIST

No.	Description	Qty	No.	Description	Qty
140	Washer 13*6.2*1	6	175	Round End Cap	2
141	Nylon Nut 3/8'-16UNC*11t	2	176	Leg Sheath	2
142	Wheel Chair Fixed Band	2	177	Leg Stabilizer Plate	2
143	Wheel Chair Mount	1	178	POP Knob	2
144	Mushroom Screw M5*10L	4	179	Seat Belt -R	1
145	Spring Washer SW6	18	180	Retractable Seat Belt -L	1
146	Nut Cover M8	11	181	Seat Belt -R/End Cap	1
147	Adjust Fix Cushion (60*15)	7	182	Mushroom Head Bolt M12*30L	2
148	Stoppage Screw M5*5L	7	183	Spring Washer SW12	2
149	Inside Hexagonal Screw M6*15L	18	184	Nut M12	2
150	Spring	2	185	8m/m L Type Tool	1
151	Mushroom Screw M4	2	186	PhysioStep PRO Sticker	2
152	Fixed Pin	2	187	Hand Grip	2
153	Washer ϕ 6.6*D16*1t	2	188	Wrench 19*90*3T	1
154	Mushroom Head Hex Bolt M6*10L	2			
155	Cylinder	2			
156	Sponge ψ 38.1*920L*3t	2			
157	Nut 3/8-17*8t	2			
158	Stopper Plate 25L*10W*3t	1			
159	Computer Post	1			
160	Ball Bearing 6204ZZ-SKF	1			
161	Idler - ϕ 53x ϕ 43x ϕ 50x ϕ 47x24L	1			
162	C-ring R-47	1			
163	Nut M6	4			
164	C-ring S-40	1			
165	Spring Fixed Welding Plate	1			
166	Nut M6	4			
167	Round Tube with Numbers	2			
168	Rotatable Handle	2			
169	Bearing Base	2			
170	Ball Bearing 6001ZZ	4			
171	Hexagonal Screw M8*12L	2			
172	R-ring R-28	2			
173	Nut -1/2"-12	1			
174	Cushion M8*45L	2			