

**SERIAL NO. KL2620-UK**

# **V-fit**



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**AEROBIC TRAINING CYCLE-ATC-16/3**

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*Assembly & User Manual*

**Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use**



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*Protect the environment by not disposing of this product with household waste.*

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# General Information

## Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

## Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 01535 637711 or  
Fax:- 01535 637722 or  
Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)  
Website: [www.benysports.co.uk](http://www.benysports.co.uk)

**CUSTOMER SUPPORT** is open from 9.00am to 5.00pm from Monday to Friday

### **Beny Sports Co. UK Ltd.**

Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire.  
BD20 7BW

## Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME  
YOUR ADDRESS  
YOUR PHONE NUMBER  
PRODUCT MAKE OR BRAND  
PRODUCT MODEL  
PRODUCT SERIAL NUMBER  
DATE OF PURCHASE  
NAME OF RETAILER  
PART NUMBERS REQUIRED

## Guarantee

**Beny Sports Co. UK Ltd.** guarantee's its product range for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- Provide parts for the purchaser to effect repair.
- Repair the product, returned to our warehouse (at the purchaser's cost).
- Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

## Customer Support

Tel:- 01535 637711 or  
Fax:- 01535 637722 or  
Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)  
Website: [www.benysports.co.uk](http://www.benysports.co.uk)

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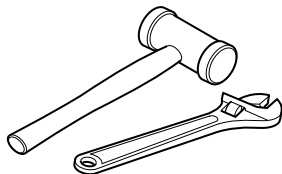
**Beny Sports Co. UK Ltd.**  
Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
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BD20 7BW



# Before you Start

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## Tools



*If required, all of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.*

## Prepare the Work Area

*It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.*

## Work with a Friend

*You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.*

## Open the Carton.

*Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.*

## Unpack the Components

*Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.*

*Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.*

*In any event, please do not return the product to your retailer before contacting us first.*



# Safety

*Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.*

- \* Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- \* For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- \* Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- \* Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- \* Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use.*
- \* Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*



## Warning

*If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced*

## Storage and Use

*Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.*

## Weight Limit

*Your product is suitable for users weighing:  
286 LBS / 20.3 Stones / 130KG or less.*

## Conformity

*This product conforms to:  
BS EN ISO 20957-1 and BS EN957-10 Class (H) - HOME USE - Class (C).  
It is NOT suitable for therapeutic purposes.*



# Exercise information

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## **Beginning**

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

*Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.*

## **Aerobic Fitness**

*Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.*

*Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.*

*Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.*



# Exercise Information

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## Warm Up

*A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.*

## Aerobic Exercise Session

*Those new to exercise should exercise no more than every other day to start with.*

*As your fitness level increases, increase this to 2 in every 3 days.*

*When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.*



## Note

*Incorrect or excessive training may damage your health. Please read the exercise information first.*

## Exercising in your Target Zone

*To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.*

*People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.*

## Target Zone

*To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.*





# Exercise Information

## Target Zone (cont)

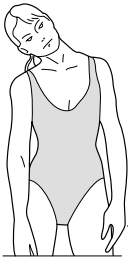
<b>USERS AGE</b>	<b>UNCONDITIONED TARGET ZONE - A</b>	<b>CONDITIONED TARGET ZONE - B</b>
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

## Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

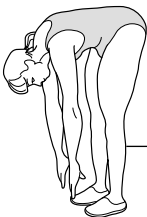
## Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



### Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



### Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

# Exercise Information

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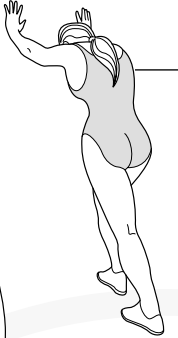


## Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

## Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



## Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.

## Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



## Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





# Exercise Information

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## Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

### Week 1 & 2

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 4 minutes at 'A'  
Rest 1 minute  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute

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### Week 3 & 4

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Rest 1 minute  
Exercise 3 minutes at 'A'  
Exercise slowly 2 minutes

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### Week 5 & 6

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 6 minutes at 'A'  
Rest 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

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### Week 7 & 8

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

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### Week 9 & beyond

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Repeat entire cycle 2 or 3 times

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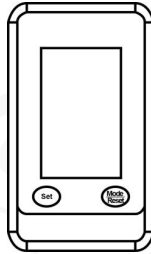
*This is only a suggested programme and may not suit every individual's needs.*



# Exercise Monitor Instruction



## EXERCISE MONITOR USER INSTRUCTIONS



The Exercise Monitor supplied with your product has been specially designed to help you plan and view your exercise performance.

### EXERCISE MONITOR FUNCTIONS AND OPERATING SPECIFICATIONS

<b>SCAN</b>	CHANGING FROM FUNCTION TO FUNCTION	SHOWS EACH FUNCTION EVERY 6 SECONDS
<b>RPM</b>	CRANKSHAFT REVOLUTIONS PER MINUTE	RPM
<b>SPEED</b>	REPRESENTATIVE SPEED- KM/H	Kilometres per Hour
<b>TIME</b>	MINUTES AND SECONDS- COUNT UP / DOWN	0.00- 99.00 Minutes and Seconds
<b>DISTANCE</b>	EXERCISE DISTANCE KM- COUNT UP / DOWN	0.00-99.50 Kilometres
<b>CALORIE BURN</b>	COMPUTED THEORETICAL CALORIE BURN*	0.00-9990 Kcal THEORETICAL *
<b>PULSE</b>	ACTUAL EXERCISE PULSE RATE**	POLAR Compatible Receiver Built-In**

POWER SOURCE	1 x CR2032(3v) POWER CELL
STORAGE TEMPERATURE	- 10°C - +60°C
NORMAL OPERATING TEMPERATURE	0°C - +40°C

### USING YOUR EXERCISE MONITOR

To provide ease of use, there are two touch sensitive / induction reactive buttons on your Exercise Monitor: SET, MODE / RESET.  
To reset this Exercise Monitor, press and hold the MODE / RESET button for 3 seconds and all functions will be set to zero.

Press the MODE button to manually move through each of the Exercise Monitor's functions in turn These are – SCAN, RPM, SPEED, TIME, DISTANCE, CALORIES and PULSE. If you press the MODE button until you reach the SCAN mode then release it, the SCAN function will become operative and the RPM / SPEED display will change approx EVERY 6 SECONDS to show each function in turn.

START to exercise or press the MODE button and the Exercise Monitor will begin to register the various functions.

You are able to set Exercise Targets in the following functions: TIME, DISTANCE & CALORIE BURN. To set targets for these functions, press the SET button when the function is active on the LCD screen and this will enable you to programme TIME, DISTANCE and CALORIE BURN to count down from your set targets. When the target has been achieved, an alarm will sound for 8 seconds to indicate completion.

The PULSE function on your exercise monitor is Polar™ Chest Belt compatible. Press the MODE button until you reach the PULSE function. Wear the Chest Belt (NOT Supplied) in accordance with the Belt user instructions and with the sensor facing forwards towards the Exercise Monitor. When you are exercising, your PULSE value will be visible in the PULSE window.

NOTE: - Please refer to the guide in your Assembly and Training Manual for information and guidance on Exercise Pulse Limits.

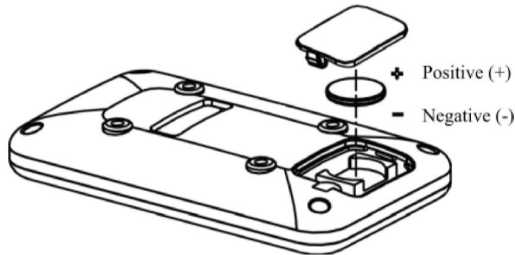


# Exercise Monitor Instruction

## BATTERY INSTALLATION

To fit the necessary CR2032 BATTERY - (NOT SUPPLIED) to your Exercise Monitor, remove the BATTERY COVER at the REAR of the monitor. Carefully fit the battery by fitting between the exposed contacts in the battery compartment. Ensure that all batteries are fitted with the '+' / '-' ends matching the outline on the sticker or in the battery compartment. For this Exercise Monitor the Positive (+) side of the Battery should face UP. Failure to fit the battery correctly may result in damage to your Exercise Monitor that is not covered by guarantee.

To conserve BATTERY power the Exercise Monitor will shut down after approximately 4 minutes of inactivity.



PLEASE DISPOSE OF OLD BATTERIES CAREFULLY AND CONSIDERATELY.



### CUSTOMER NOTICE - EXERCISE MONITOR CABLE CONNECTION

In most cases where there is an apparent failure of your Exercise Monitor to work, it is due to incorrect fitment of the Exercise Monitor cable connections. So, please ensure that there is NO GAP between the connectors on the Exercise Monitor cables when finally assembled.

For Jack Plug fittings, push together the Male and Female ends to make initial contact. Push again to make final connection. When fitted correctly, the Jack Plug faces touch each other.

For 2-Pin fittings, ensure that you carefully line up the contacts in both of the connectors and then push firmly together ensuring that the clips lock together.

Before contacting our Customer Support Team (see contact details below), please re-check all cable connections, disconnecting and re-making where necessary.

Should you encounter any difficulty with the operation of your Exercise Monitor that is not solved by re-connection, please return it to us at the address below for inspection.

**WE REGRET THAT ARE UNABLE TO REPLACE ANY DAMAGED OR FAULTY UNITS BEFORE INSPECTION BY US.**

We reserve the right to repair or replace the Exercise Monitor at our discretion.

### Beny Sports Co. UK Ltd.

Unit 8 Riparian Way, The Crossings, Cross Hills, West Yorkshire. BD20 7BW

Tel: - 01535 637711

Fax: - 01535 637722

e-mail: - [support@benysports.co.uk](mailto:support@benysports.co.uk)

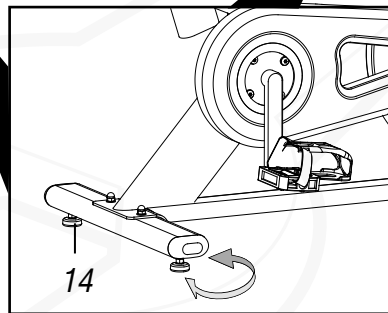
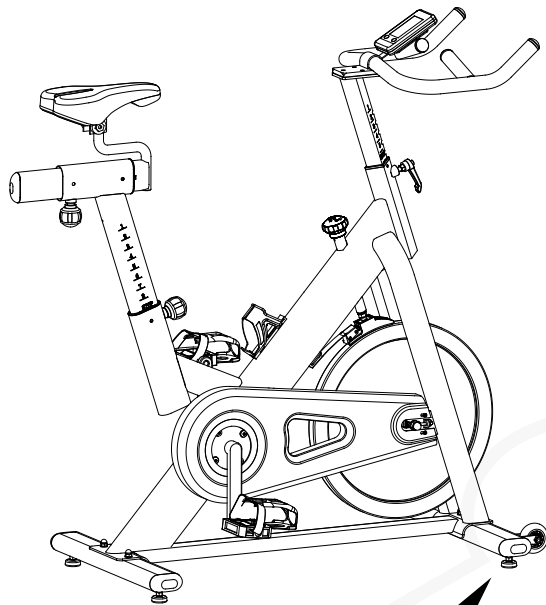
**CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday**

# Assembly & Adjustments



## LEVELLING THE CYCLE

For security and stability, your Training Cycle has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Training Cycle is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of damaging flooring or slipping in use. If you need to make a fine adjustment, simply turn the adjustable knobs (14) on the stabilisers to compensate for uneven floors.



# Assembly & Adjustments



## Note

In accordance with BS EN 957, the braking (resistance) system on this cycle is speed independent.

The flywheel can be stopped by pushing down on the brake knob if emergency.

## RESISTANCE ADJUSTMENT

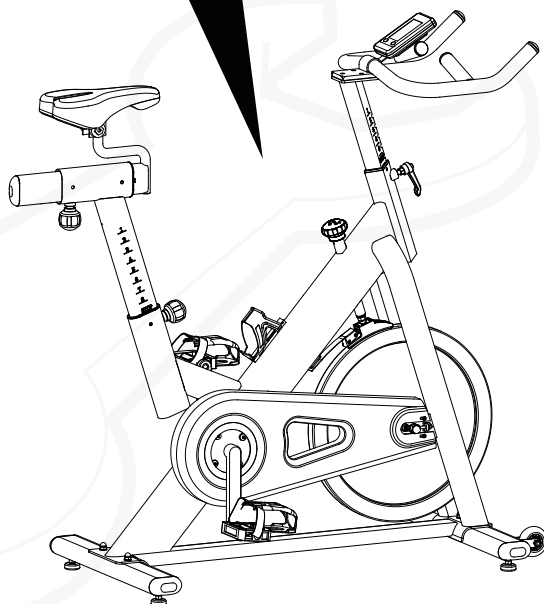
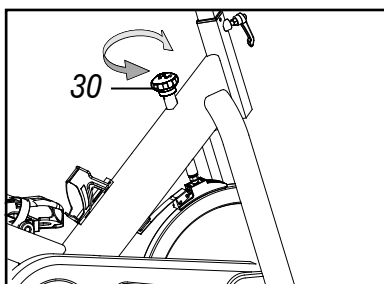
To increase the intensity of your workout, simply adjust the tension knob (30). Turning clockwise will increase the resistance created by the brake Pad.

To stop the flywheel quickly, push down on the Brake Knob (30).



## Note

For your safety, always make sure the flywheel is locked by full tightening brake knob while it is without using.

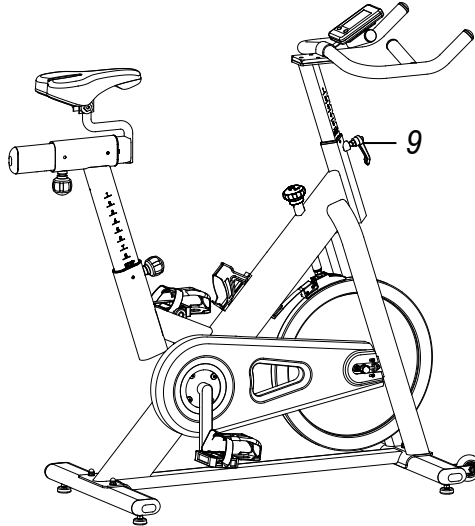


# Assembly & Adjustments



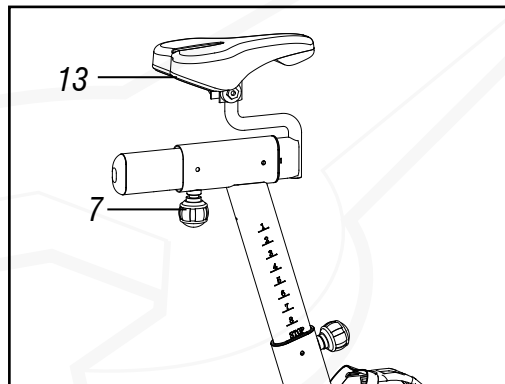
## HANDLEBAR ADJUSTMENT

To adjust the user height of the Handlebar (17&18), unscrew the L Shape Knob (9) a few turns until the knob can be pulled out to alter the position of the handlebar to the desired setting.



## SEAT ADJUSTMENT

In addition to the vertical and lateral adjustment, the saddle (13) angle can be adjusted by slackening the nuts on either side of the seat rails, selecting the required position and re-tightening.





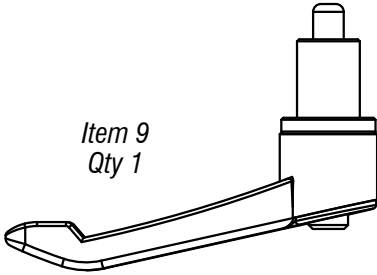
# Assembly & Adjustments



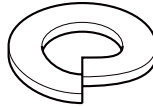
## ACCESSORY FITMENT LIST

*The are all the accessories you will need to complete the assembly of your product.*

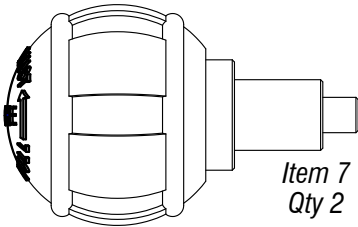
*The following accessories are supplied in a pack and should be checked before attempting assembly.*



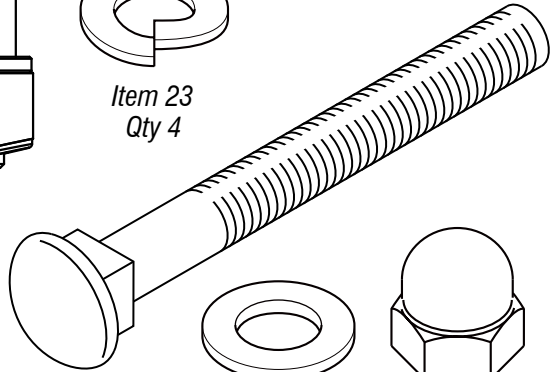
*Item 9  
Qty 1*



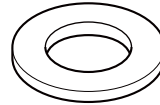
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Qty 4*



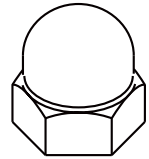
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Qty 2*



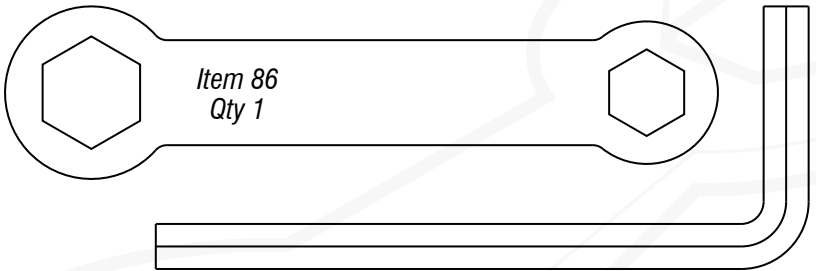
*Item 3  
Qty 4*



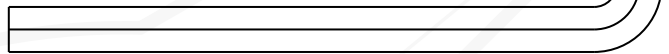
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Qty 4*



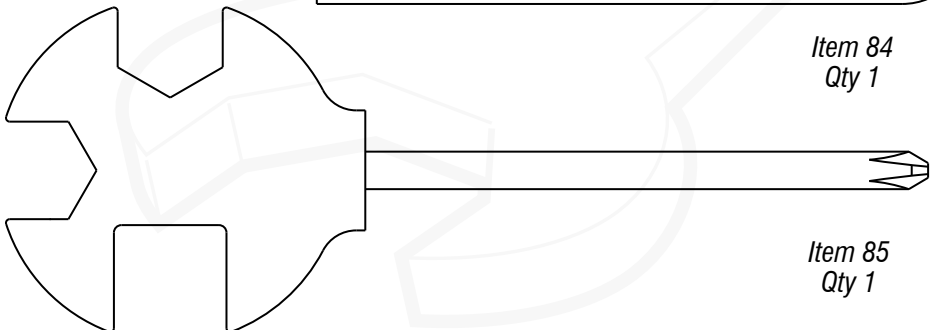
*Item 6  
Qty 4*



*Item 86  
Qty 1*

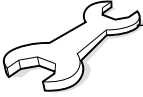


*Item 84  
Qty 1*



*Item 85  
Qty 1*

# Assembly & Adjustments



**Beny Sports Co. UK Ltd**  
Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
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BD20 7BW

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Tel:- 01535 637711 or

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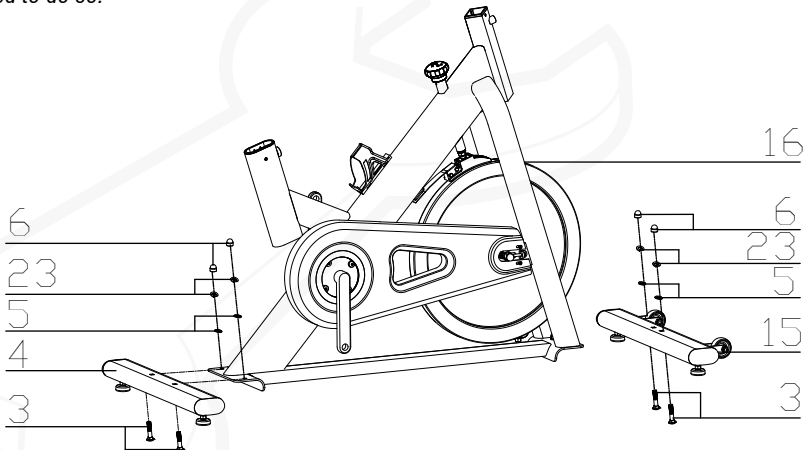
CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday



## Note

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

- 1 Attach the Front and Rear Stabilisers (15 & 4) to the Main Frame (16) using 4 x M8 x 55mm Carriage Bolts (3), 4 x M8 Flat Washers (5), 4 x M8 Spring Washers (23) and 4 x M8 Dome Nuts (6). Securely tighten all 4 Bolts.



# Assembly & Adjustments

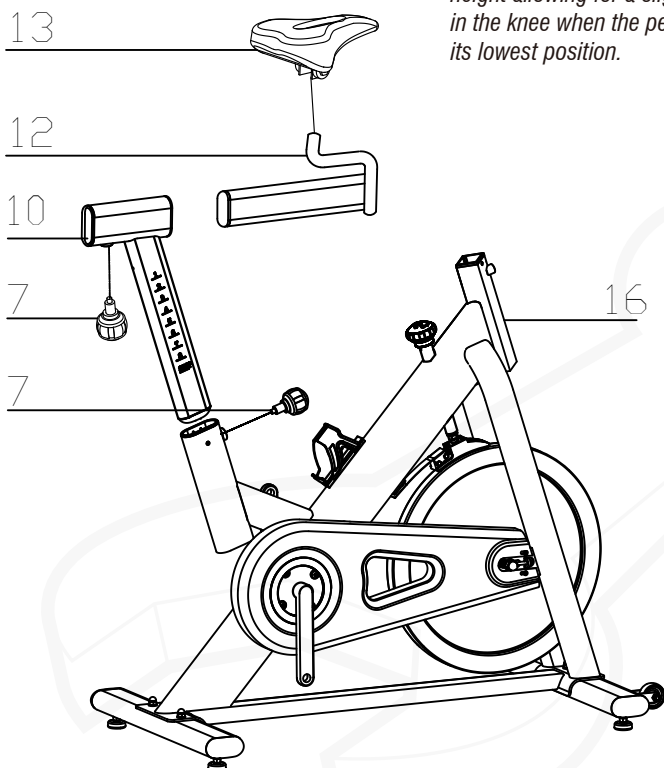


- 2** Remove the Pop-Pin Knob(7) from underneath the Saddle Post (10). Fasten the Saddle (13) to the post of the Saddle Support Bar (12) with the Wrench, then insert the Saddle Support Bar (12) to Saddle Post (10) and adjust the horizontal distance with the Pop-Pin Knob(7). Pull the Pop-Pin Knob(7) out of the Main Frame(16), then insert the Saddle Post(10) into the post of the Main Frame(16). Tighten the Pop-Pin Knob (7) to set the Saddle (13) at the desired height.



## Note

Set the saddle at an appropriate height allowing for a slight bend in the knee when the pedal is at its lowest position.



# Assembly & Adjustments



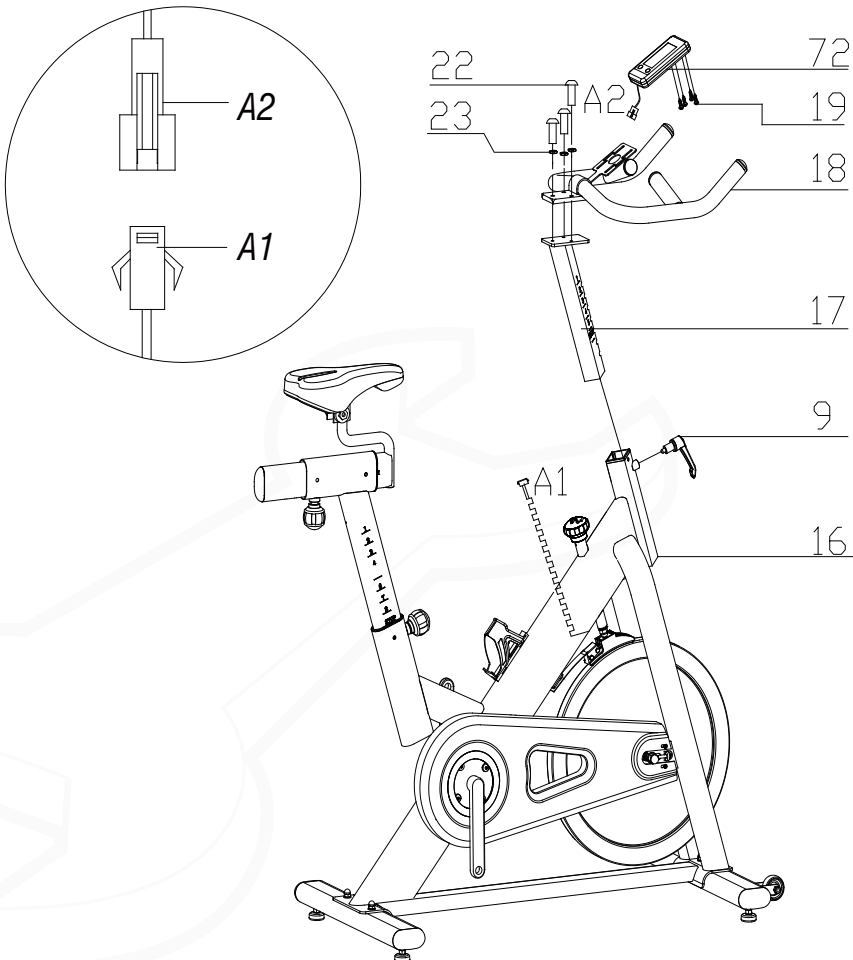
**3**

Remove the 3 x M8 x 20mm Allen Bolts (22), 3 x M8 Spring Washers (23) from the Handlebar (18).

Assemble the Handlebar Support (17) to the Handlebar (18) using the fittings previously removed. Securely tighten all 3 Bolts.

Insert the assembled Handlebar & Support into the Main Frame (16). Select the desired height and lock with L Shape Knob (9).

Fit the Exercise Monitor (72) to the Handlebar (18) using 4 x M5 x 10mm Allen Bolts (19). Then connect the Sensor Wire (A1) to the back of the Monitor (A2).



# Assembly & Adjustments

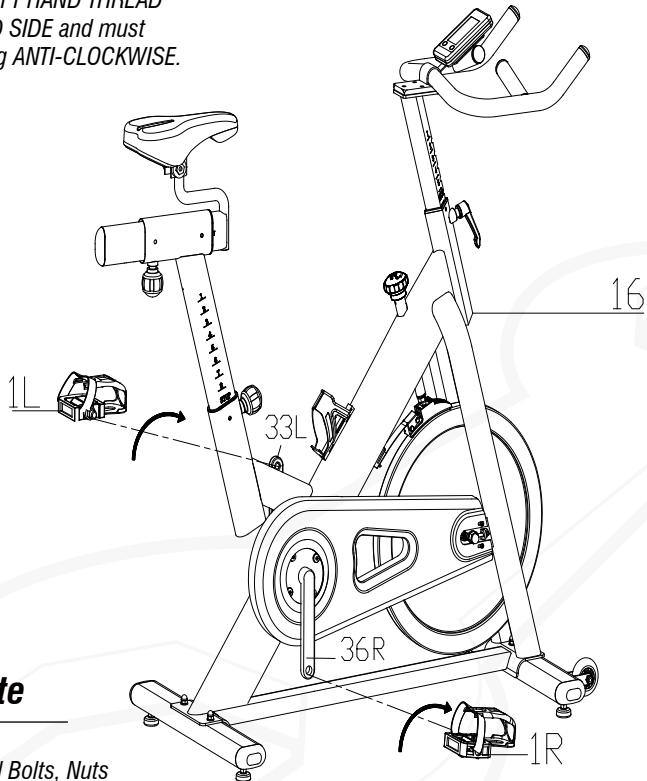


- 4** Assemble the Left and Right Pedals (1L/R) to the Pedal Cranks (33L/36R) accordingly with Multi-functional Wrench. Both Pedals **MUST** be tightened securely otherwise damaged may occur to the crank.



## Note

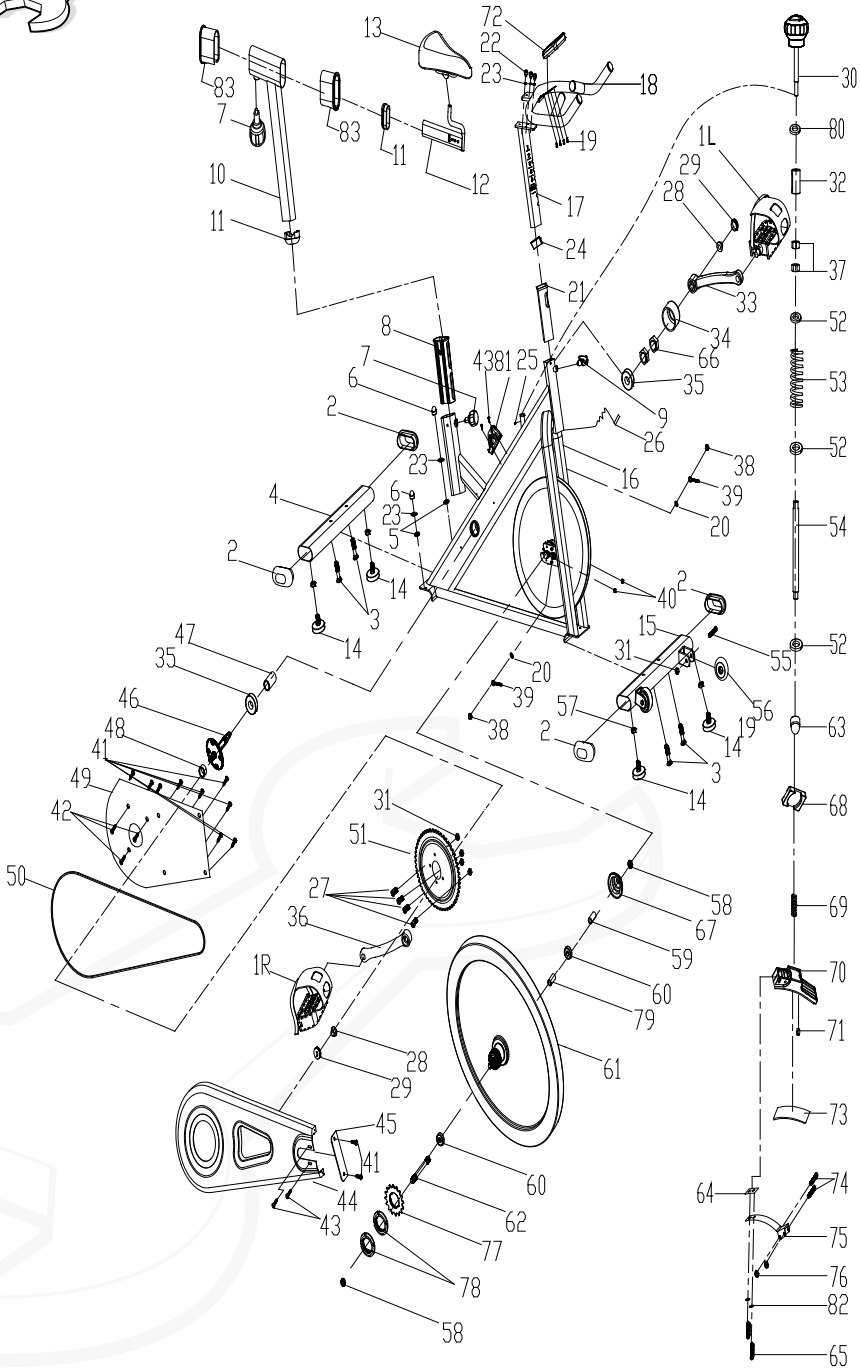
One Pedal is supplied with a **RIGHT HAND THREAD** for the **RIGHT HAND SIDE** of the cycle and must be fitted by turning **CLOCKWISE**. The other Pedal is supplied with a **LEFT HAND THREAD** for the **LEFT HAND SIDE** and must be fitted by turning **ANTI-CLOCKWISE**.



## Note

**FULLY TIGHTEN** all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.

# Assembly & Adjustments



# Assembly & Adjustments



<b>PART No.</b>	<b>DESCRIPTION</b>	<b>QTY</b>			
1	PEDAL (L/R)	2	47	CRANK AXLE LONG SPACER	1
2	END CAP	4	48	CRANK AXLE SHORT SPACER	1
3	M8 x 55mm CARRIAGE BOLT	4	49	INNER CHAIN COVER	1
4	REAR STABILISER	1	50	CHAIN	1
5	M8 FLAT WASHER	4	51	CHAIN WHEEL	1
6	M8 DOME NUT	4	52	WASHER	1
7	POP-PIN KNOB	2	53	SPRING	1
8	SEATPOST INSERT	1	54	SCREW ROD	1
9	L SHAPE KNOB	1	55	M8 x 40mm ALLEN BOLT	2
10	SADDLE POST	1	56	TRANSPORT WHEEL	2
11	END CAP	2	57	M8 NUT	4
12	SADDLE POST BAR	1	58	M12 FIXING NUT	2
13	SADDLE	1	59	FLYWHEEL AXLE SPACER	1
14	ADJUSTABLE KNOB	4	60	BEARING	2
15	FRONT STABILISER	1	61	FLYWHEEL	1
16	MAIN FRAME	1	62	FLYWHEEL SHAFT	1
17	HANDLEBAR POST	1	63	M10 DOME NUT	1
18	HANDLEBAR	1	64	FLAT WASHER	1
19	M5 x 10mm ALLEN BOLT	4	65	M5 x 10mm ALLEN BOLT	2
20	M12 FLAT WASHER	2	66	M20 FIXING NUT	2
21	PLASTIC SLEEVE	1	67	FLYWHEEL COVER	1
22	M8 x 20mm ALLEN BOLT	3	68	SPRING COVER	1
23	M8 SPRING WASHER	7	69	SPRING	1
24	END CAP	1	70	PLASTIC FRAME	1
25	M6 x 6mm ALLEN BOLT	1	71	BRAKE PLASTIC HOUSING	1
26	SENSOR WIRE	1	72	MONITOR	1
27	M8 x 16mm ALLEN BOLT	4	73	BRAKE BLOCK PAD	1
28	M10 CRANK ARM NUT	2	74	M5 x 30mm ALLEN BOLT	2
29	CRANK END CAP	2	75	BRAKE BLOCK TENSION PLATE	1
30	TENSION KNOB	1	76	M5 LOCK NUT	2
31	M8 LOCK NUT	6	77	CHAIN WHEEL	1
32	TENSION KNOB SLEEVE	1	78	M33 LOCK NUT	2
33	LEFT CRANK	1	79	FLYWHEEL AXLE SPACER	1
34	CRANK COVER	1	80	M10 WASHER	1
35	BEARING	2	81	BOTTLE HOLDER	1
36	RIGHT CRANK	1	82	M5 SPRING WASHER	2
37	M10 NUT	2	83	SADDLEPOST INSERT	2
38	M12 NUT	2	84	SCREW DRIVER	1
39	M6 x 58mm ADJUSTMENT BOLT	2	85	ALLEN WRENCH	1
40	M6 NUT	2	86	SPANNER	1
41	M4 x 19mm SCREW	11			
42	M4 x 19mm SCREW	3			
43	M5 x 13mm SCREW	4			
44	OUTER CHAIN COVER	1			
45	LITTLE CHAIN COVER	1			
46	CRANK AXLE	1			



## Note

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately

# V-fit



## **Beny Sports Co. UK Ltd.**

*Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire  
BD20 7BW*

## **CUSTOMER SUPPORT**

*is open from 9.00am to 5.00pm from Monday to Friday*



*Tel: 01535 637711*



*Fax: 01535 637722*



*E-mail: [support@benysports.co.uk](mailto:support@benysports.co.uk)*



*Website: [www.benysports.co.uk](http://www.benysports.co.uk)*