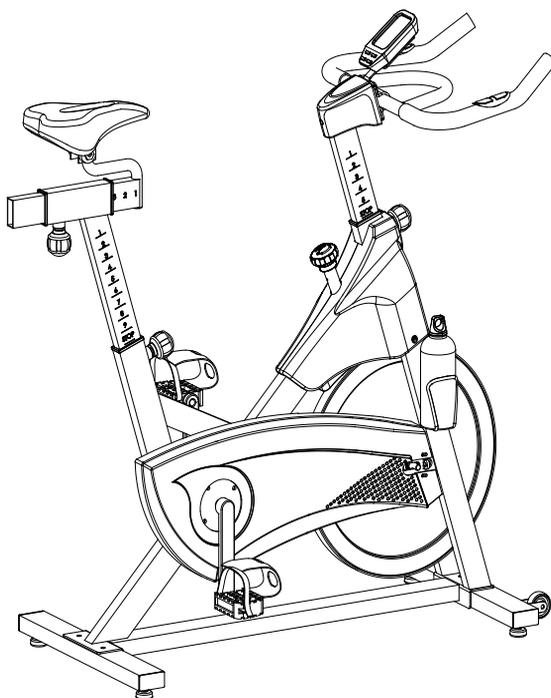


**SERIAL NO: KL 2924-UK**

# V-fit



## **S2020 Indoor Studio Cycle**

☎ **Call FREEPHONE 0800-3-101-202 for  
CUSTOMER SUPPORT (UK ONLY)**

If anything is wrong with your order, or if you have any questions or queries relating to the assembly or operation of this product, please get in touch by e-mail ([support@bensports.co.uk](mailto:support@bensports.co.uk)) or, by calling our FREEPHONE Number 0800-3-101-202 (for the UK)

or

+44 (0) 1535-637711 (outside the UK),  
so we have the opportunity to resolve any problems



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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:- 0800 3 101 202 or  
+44 (0) 1535 637711

Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)  
Website: [www.benysports.co.uk](http://www.benysports.co.uk)

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

Beny Sports Co. UK Ltd.  
Unit 8 Riparian Way,  
The Crossings Business Park,  
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:- 0800 3 101 202 or  
+44 (0) 1535 637711  
Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)  
Website: [www.benysports.co.uk](http://www.benysports.co.uk)

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

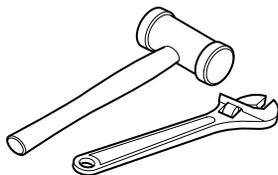
Beny Sports Co. UK Ltd.  
Unit 8 Riparian Way,  
The Crossings Business Park,  
Cross Hills,  
West Yorkshire.  
BD20 7BW



# 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:  
330 LBS / 23.5 Stones / 150KG 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

---

## **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

---

## 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)

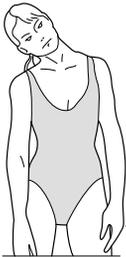
<b>USERS AGE</b>	<b>UNCONDITIONED TARGET ZONE - A</b>	<b>CONDITIONED TARGET ZONE - B</b>
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115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

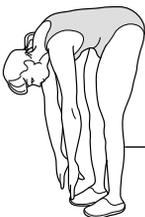
## Warm Up and Cool Down Exercises

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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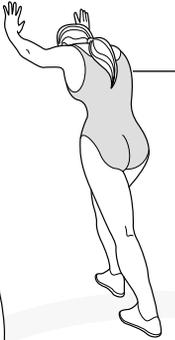


## Shoulder Lift

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

---

### 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

---

### 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

---

### 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

---

### 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

---

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



# Exercise Monitor Instruction

## EXERCISE MONITOR USER INSTRUCTIONS

Your Exercise Monitor has been specially designed to help you plan and view your exercise performance.



## MONITOR FUNCTION SPECIFICATIONS

<b>SCAN</b> (AUTOMATICALLY SCANS EACH FUNCTION)	Every 6 Seconds
<b>TIME</b> (MINUTES AND SECONDS - COUNT UP / DOWN)	0.00 - 99.59 Minutes and Seconds
<b>DISTANCE</b> (EXERCISE DISTANCE KM - COUNT UP / DOWN)	0.0 - 99.5 Kilometres
<b>CALORIE BURN</b> (COMPUTED THEORETICAL CALORIE BURN*)	0.00 - 999.9 Kcal THEORETICAL*
<b>PULSE</b> (ACTUAL EXERCISE PULSE RATE**) + <b>RECOVERY</b>	30 - 230 Beats per Minute**
<b>SPEED</b> (REPRESENTATIVE SPEED - KM/H)	0.00 - 999.9 Kilometres per Hour
<b>RPM</b> (Pedal Crank Rotations per Minute)	Displayed Figure 0 – 999 rpm

## MONITOR OPERATING METHOD & SPECIFICATIONS

<b>POWER SOURCE</b>	2 x AA (1.5v) POWER CELLS
<b>STORAGE TEMPERATURE</b>	-10°C - +60°C
<b>OPERATING TEMPERATURE</b>	0°C - +40°C
<b>SET</b>	Press SET key to increase value. Press and hold the key to increase value faster.
<b>MODE/ENTER</b>	Choose each function by pressing MODE/ENTER key.
<b>RESET</b>	Press the RESET key once to reset the current function figures. Press and hold the RESET key for 2 seconds to reset all function figures.
<b>RECOVERY</b>	After the console detects a pulse signal, press the RECOVERY key to enter recovery mode to monitor heart rate recovery ability.



# Exercise Monitor Instruction

## USING YOUR EXERCISE MONITOR

*START to exercise or press the ENTER/ENTER key and the Exercise Monitor will begin to register the various functions.*

*The Exercise Monitor will enter SLEEP Mode is there is no signal detected for 4 minutes*

*You are able to set Exercise Targets in the following functions: - TIME, DISTANCE, CALORIE BURN and HEART RATE. To set targets for these functions, press the SET key when the function is active on the LCD screen. This will enable you to programme TIME, DISTANCE, CALORIE BURN and HEART RATE to count down from your set targets.*

*MOISTEN your HANDS slightly before using the Pulse Function to ensure good contact is made on the Sensor Pads. Failure to do this may result in a bad connection and erratic Pulse readings. A representative reading, which should not be used for medical or therapeutic reasons, will show after approximately 5 seconds. The readings will stabilise after approximately 10 seconds.*

## RECOVERY

*The RECOVERY key will only be valid if a pulse is detected. TIME will show "0:60" (seconds) and counts down to 0. The screen will show F1 to F6 after the countdown.*

*For Heart Rate Recovery Levels see the chart below. Press the RECOVERY key again to return to the start.*

<b>F1 - Outstanding</b>	<b>F2 - Excellent</b>	<b>F3 - Good</b>	<b>F4 - Fair</b>	<b>F5 - Below Average</b>	<b>F6 - Poor</b>
-------------------------	-----------------------	------------------	------------------	---------------------------	------------------

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

## BATTERY INSTALLATION

*To fit the necessary BATTERIES - (NOT SUPPLIED) to your Exercise Monitor, remove the BATTERY COVER at the REAR of the monitor.*

*Carefully fit the batteries by fitting between the exposed contacts in the battery compartment. Ensure that batteries are fitted with the '+' / '-' ends matching.*

*Failure to fit batteries correctly may result in damage to your Exercise Monitor that is not covered by our guarantee.*

**PLEASE DISPOSE OF OLD BATTERIES CAREFULLY AND CONSIDERATELY**

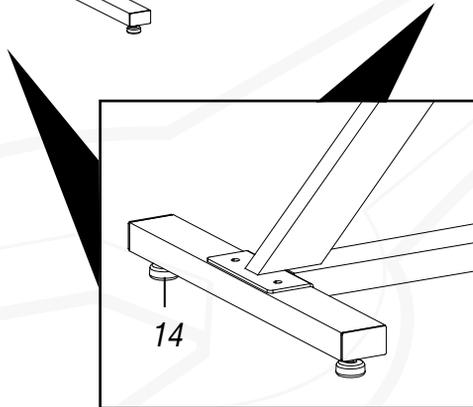
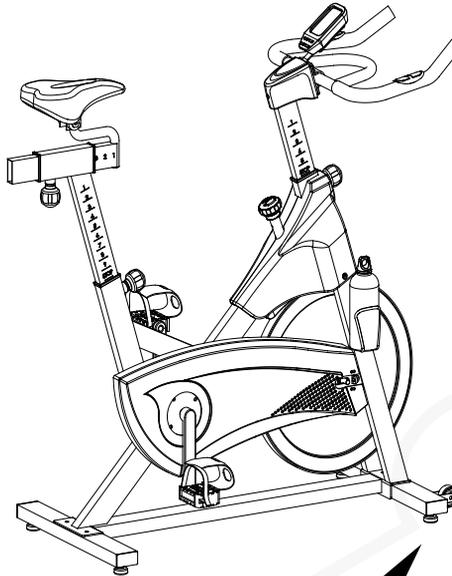


# Assembly & Adjustments



## 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 Foot Pads (14) on the stabilisers to compensate for uneven floors.



# Assembly & Adjustments



## Note

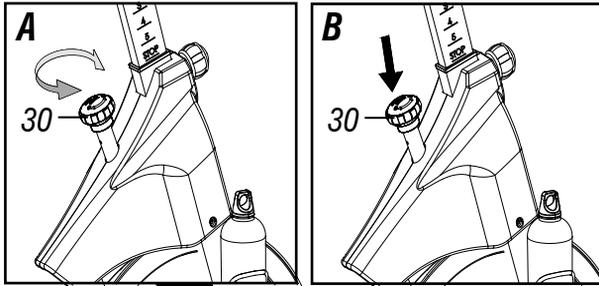
In accordance with BS EN 957, the braking (resistance) system on this cycle is speed independent.

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

## RESISTANCE ADJUSTMENT

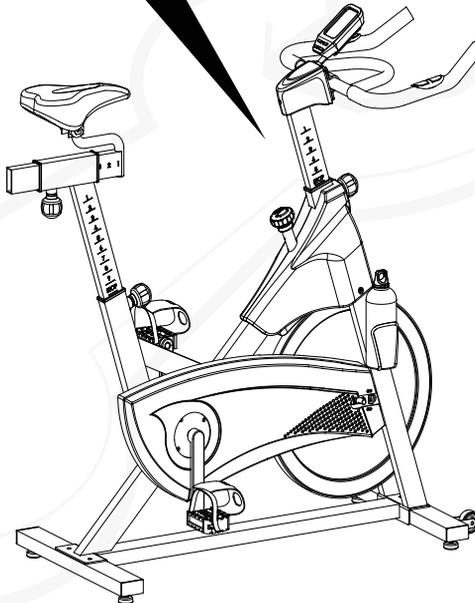
To increase the intensity of your workout, simply adjust the Brake Knob (30). Turning clockwise will increase the resistance created by the brake Pad.

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.

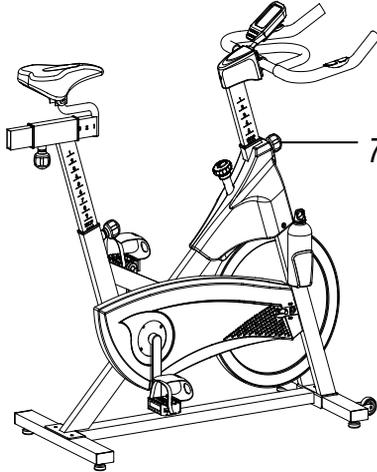


# Assembly & Adjustments



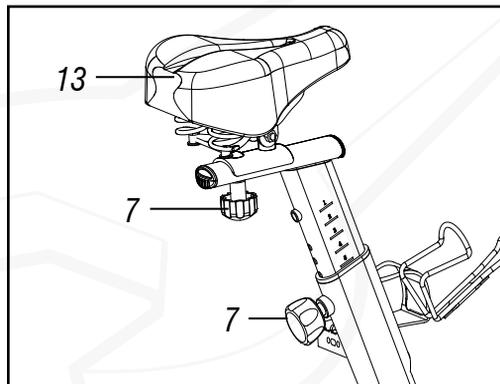
## HANDLEBAR ADJUSTMENT

To adjust the user height of the Handlebar (18), unscrew the Adjuster Knob (7) a few turns until it 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.



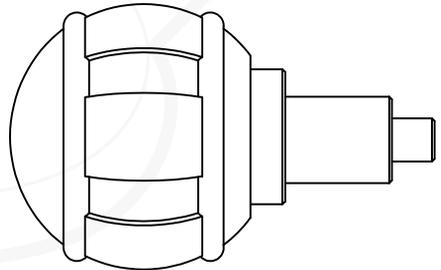
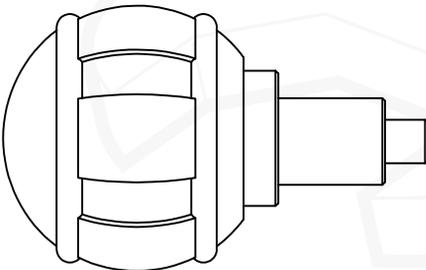
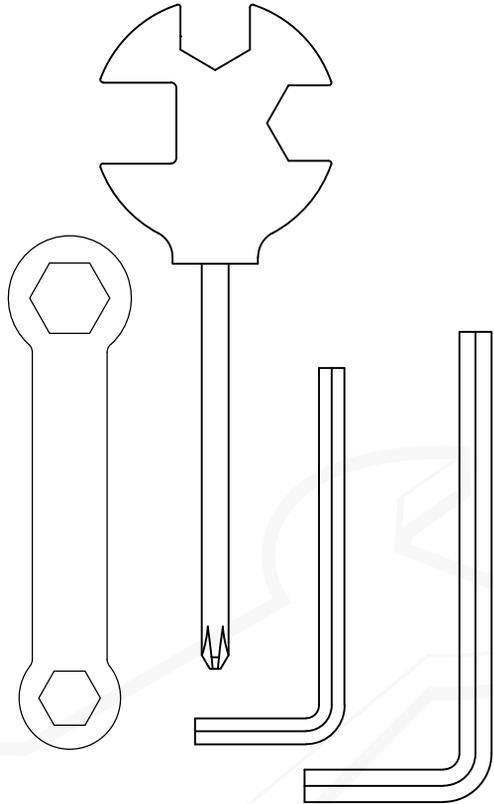
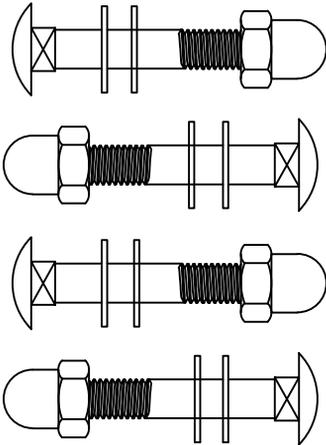
# Assembly & Adjustments



## 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.*



# Assembly & Adjustments



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

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.

Tel:- 0800 3 101 202 or  
+44 (0) 1535 637711

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

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

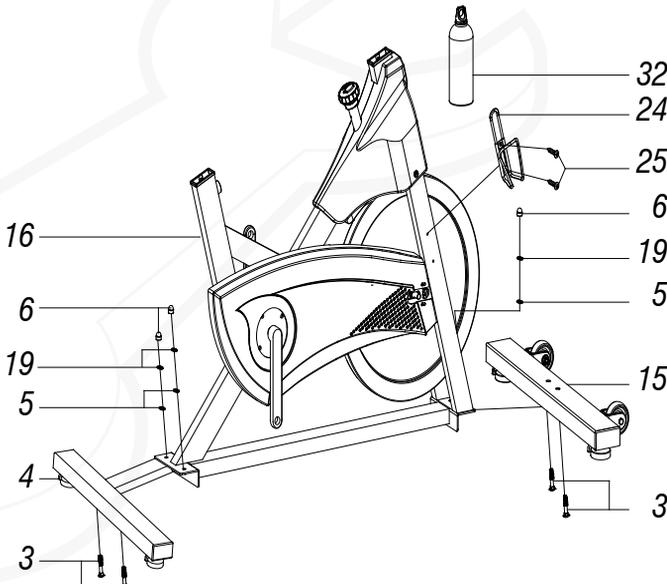
CUSTOMER SUPPORT is open from 9.00am to 5.00pm from Monday to Friday



## Note

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

- 1 Attach the Rear Stabiliser Tube (4) to the Main Frame (16) using 2 x M8 x 45mm Carriage Bolts (3), 2 x M8 Flat Washers (5), 2 x M8 Spring Washers (19) and 2 x M8 Dome Nuts (6). Attach the Front Stabiliser Tube (15) to the Main Frame with the same 2 x M8 x 45mm Carriage Bolts (3), 2 x M8 Flat Washers (5), 2 x M8 Spring Washers (19) and 2 x M8 Dome Nuts (6). Fix the Bottle Cage (24) to the Main Frame using 2 x Screws (25).



# Assembly & Adjustments

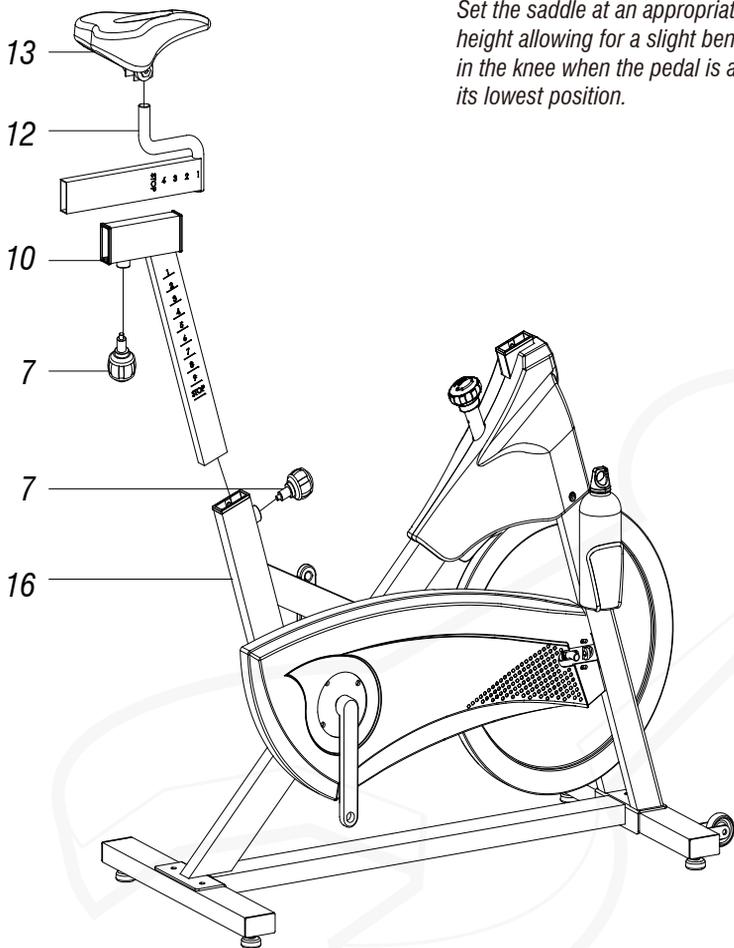


- 2** Slide the Saddle Post (10) into the Main Frame (16) and secure at the desired height with Knob (7). Slide the Saddle Axis (12) into the Saddle Post (10) and secure at the desired reach with 1 x Knob (7). Place Saddle (13) on the Saddle Axis and securely tighten.



## Note

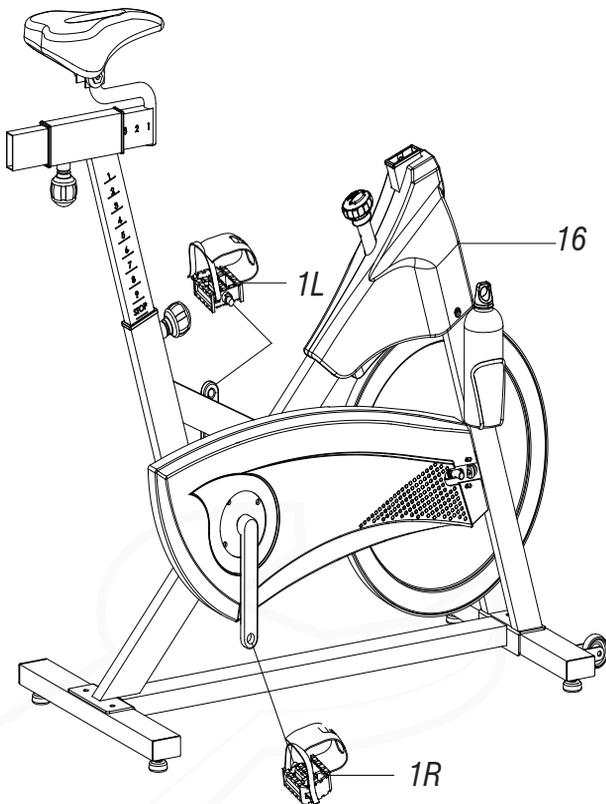
Set the saddle at an appropriate height allowing for a slight bend in the knee when the pedal is at its lowest position.



# Assembly & Adjustments



- 3** The Pedals (1L and 1R) are marked “L” and “R” for Left and Right. Fit them to their appropriate Crank Arm. The Right Crank Arm is on the right hand side of the cycle as you sit on it.



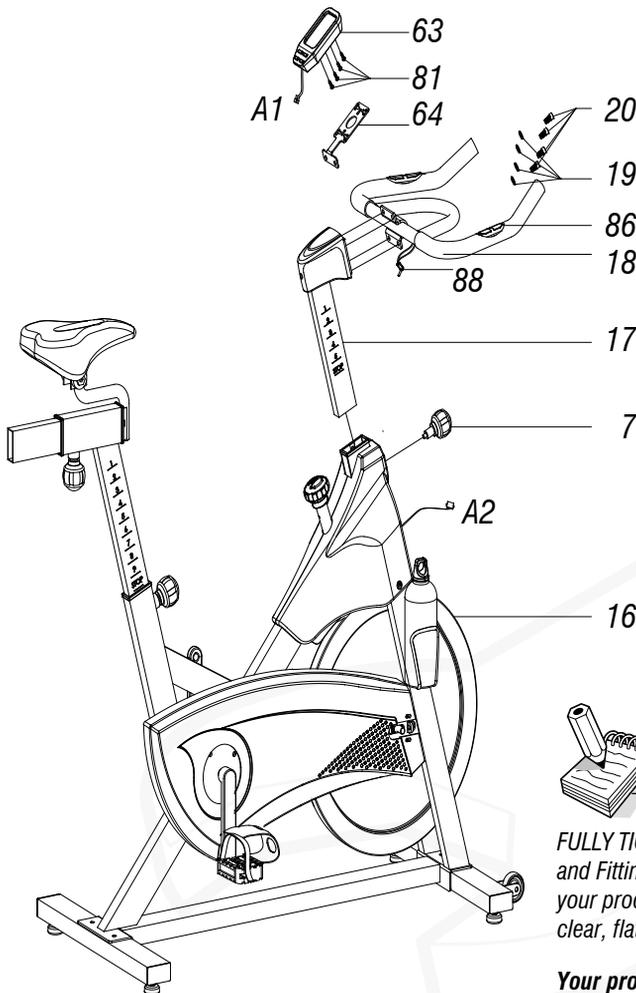
## Note

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**.

# Assembly & Adjustments



- 4** Put Handlebar Post (17) into the Main Frame (16) with the remaining Knob (7) and adjust the height to suit. Fix the Handlebar (18) using 4 sets of M8 x 16 Allen Bolts (20) and M8 Spring Washers (19). Fix the Monitor Bracket (64) onto the Handlebar using the Screw supplied. Slip the Monitor (63) onto the Monitor Bracket, then insert the Sensor Plug (A2) into the Sensor Input (A1) of the Monitor, and connect the Hand Pulse Wire (88) to the back of the the Monitor.

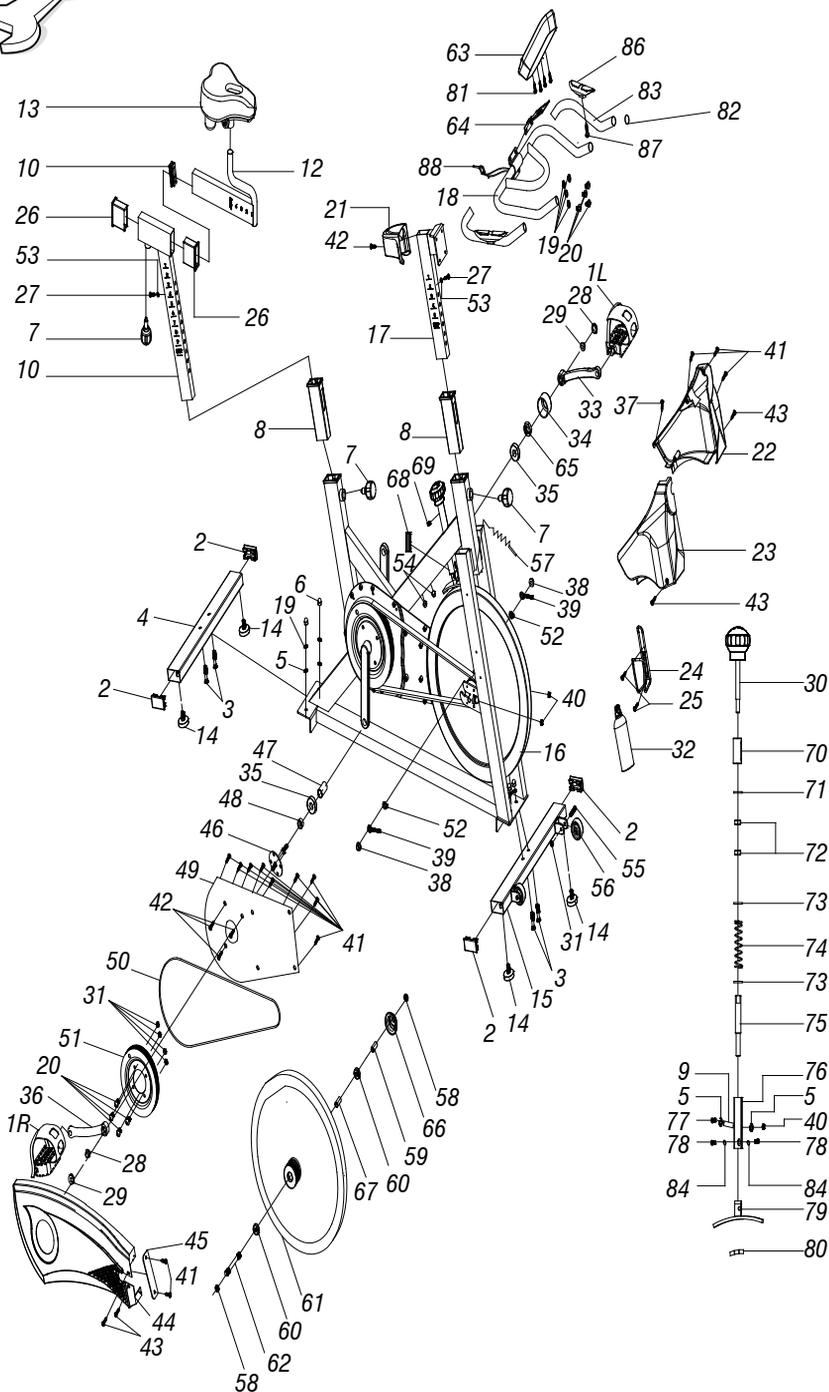


## Note

FULLY TIGHTEN all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear, flat surface before doing so.

**Your product is now ready to use.**

# Assembly & Adjustments



# Assembly & Adjustments



<b>PART No.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
1	Pedal	2
2	End Cap 60 x 30mm	5
3	Carriage Bolt M8 x 45mm	4
4	Rear Stabiliser Tube	1
5	Flat Washer M8	1
6	Domed Nut M8	1
7	Adjuster Knob	3
8	Plastic Post Sleeve	2
9	Brake Knob Tube	1
10	Vertical Saddle Post	1
11	Oval Tube Cap	1
12	Horizontal Saddle Post	1
13	Saddle	1
14	Foot Pad	1
15	Front Stabiliser Tube	1
16	Main Frame	1
17	Handlebar Post	1
18	Handlebar	2
19	Spring Washer M8	8
20	Allen Bolt M8 x 16mm	8
21	Handlebar Cover	1
22	Top Frame Cover L	1
23	Top Frame Cover R	1
24	Bottle Cage	1
25	Self-Tapping Screw M5 x 19mm	2
26	Saddle Post Sleeve	2
27	Screw	2
28	Crank Set Nut	1
29	Crank End Cap	1
30	Brake Knob	1
31	Locknut M8	6
32	Bottle	1
33	Crank Arm L	1
34	Crank Set Cover	1
35	Crank Set Bearing	2
36	Crank Arm R	1
37	Self-Tapping Screw M3 x 12mm	1
38	Nut M12	2
39	Eye Bolt M6 x 54mm	2
40	Nut M6	3
41	Self-Tapping Screw M4 x 19mm	14
42	Set-Screw M4 x 19mm	5
43	Self-Tapping Screw M5 x 13mm	2
44	Outer Chain Cover	1
45	Chain Cover End Plate	1
46	Crank Axle	1

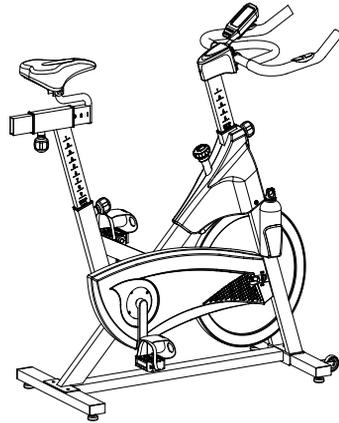
47	Spacer Long	1
48	Spacer - Short	3
49	Inner Chain Cover	1
50	Drive Belt	7
51	Drive Wheel	1
52	Flat Washer M12	2
53	Spring Washer M4	2
54	Square End Cap	2
55	Nylon Nut	2
56	Allen Bolt M8 x 40mm	2
57	Sensor	1
58	Nut M12	2
59	Spacer Tube M12	1
60	Flywheel Bearing	2
61	Flywheel	1
62	Flywheel Spindle	1
63	Exercise Monitor	1
64	Monitor Bracket	1
65	Nut M20	1
66	Flywheel Cover Trim	1
67	Flywheel Axle Spacer	1
68	Bolt M6 x 6mm	1
69	Brake Knob Guide Sleeve	1
70	Brake Knob Guide Spacer	1
71	Washer M10	1
72	Nut M10	2
73	Washer øM20	2
74	Spring	1
75	Resistance / Brake Rod	1
76	Resistance / Brake Assembly	1
77	Bolt M6 x 35mm	1
78	Bolts M6 x 12mm	2
79	Resistance / Brake Block Pad	1
80	High Gauss Magnet	3
81	Set Screw M5 x 10mm	4
82	End Cap ø25mm	2
83	High Density Foam Grip	2
84	Spring Washer M6	2
85	Plastic Ring øM20	2
86	Hand Pulse Pad	2
87	Self-Tapping Screw M4.2 x 25mm	2
88	Hand Pulse Wire	1



## Note

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

# V-fit



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## **CUSTOMER SUPPORT**

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