



COMFORT 3



COMFORT 5



COMFORT 7



COMFORT 8i



COMFORT R

## 健身車使用手冊



使用本使用手冊之前，請閱讀健身車指南。



# 重要注意事項



請妥善保存本說明書

使用運動產品時，請務必遵守基本注意事項，包括以下各點：使用本健身車之前，請閱讀所有指示；業主應負責確保皆已充分告知本健身車的所有使用者所有的警告及注意事項。閱讀本使用手冊後，若您有任何問題，請洽詢當地的經銷商。



## 警告

組裝或使用本健身車之前，請詳閱並保存所有說明書。強烈建議您採取以下安全說明。

- 小心：若您感到胸痛、噁心、暈眩或呼吸困難，請立即停止運動，並請教醫師此症狀之情況後，才可繼續使用。
- 健身車的使用方式僅限於本使用手冊內所敘述的使用方式，請勿使用非製造商建議的配件。
- 本健身車若未正常運作或出現損壞時，請勿使用。請洽詢授權的經銷商，進行檢查或修理。
- 請勿在未著合適鞋類的情況下，使用健身車。切勿赤腳操作健身車。
- 請勿穿著易受健身車任何活動零件卡住的任何衣服。
- 雙手與雙腳請隨時避免接觸活動零件，以免受傷。切勿用手轉踏板曲柄。
- 須等候踏板完全停止後，才可從健身車下來。
- 在您以較慢的速度完成練習之前，請勿以高 RPM 站著騎健身車。
- 請勿將任何物體、雙手或雙腳插入任何開口，或讓雙手、雙臂或雙腳暴露於傳動機構或健身車其他潛在的活動零件之下。
- 正在使用氣霧（噴霧）產品或氧氣受限的情況下，請勿操作本器具。
- 於兒童、病人或身心障礙者附近使用時，須嚴密看管。
- 使用健身車時，兒童及寵物須至少遠離 3 公尺 / 10 英尺。
- 請確定調整桿（座椅及扶手全長）正確固定，不會在運動時干擾活動。

# 組裝



## ⚠ 警告

在組裝過程中，應特別注意幾個部分；務必正確遵照組裝指示且確認所有零件均已牢固鎖緊。若未正確遵照組裝指示，可能使健身車的某些零件未鎖緊而導致鬆脫，且可能引起惱人的噪音。為防止對健身車造成損壞，請務必檢視組裝指示，並採取改正措施。

繼續進行之前，請找出  
位於前穩定器管上的健身車序號，然後填入以下的空格內。

請在下方方框內輸入您的序號及型號：

序號：

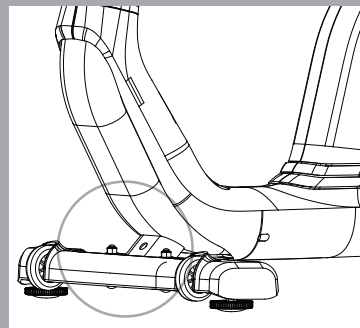
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型號： HORIZON

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»致電要求保養服務時，請提出您的序號及型號。

序號位置



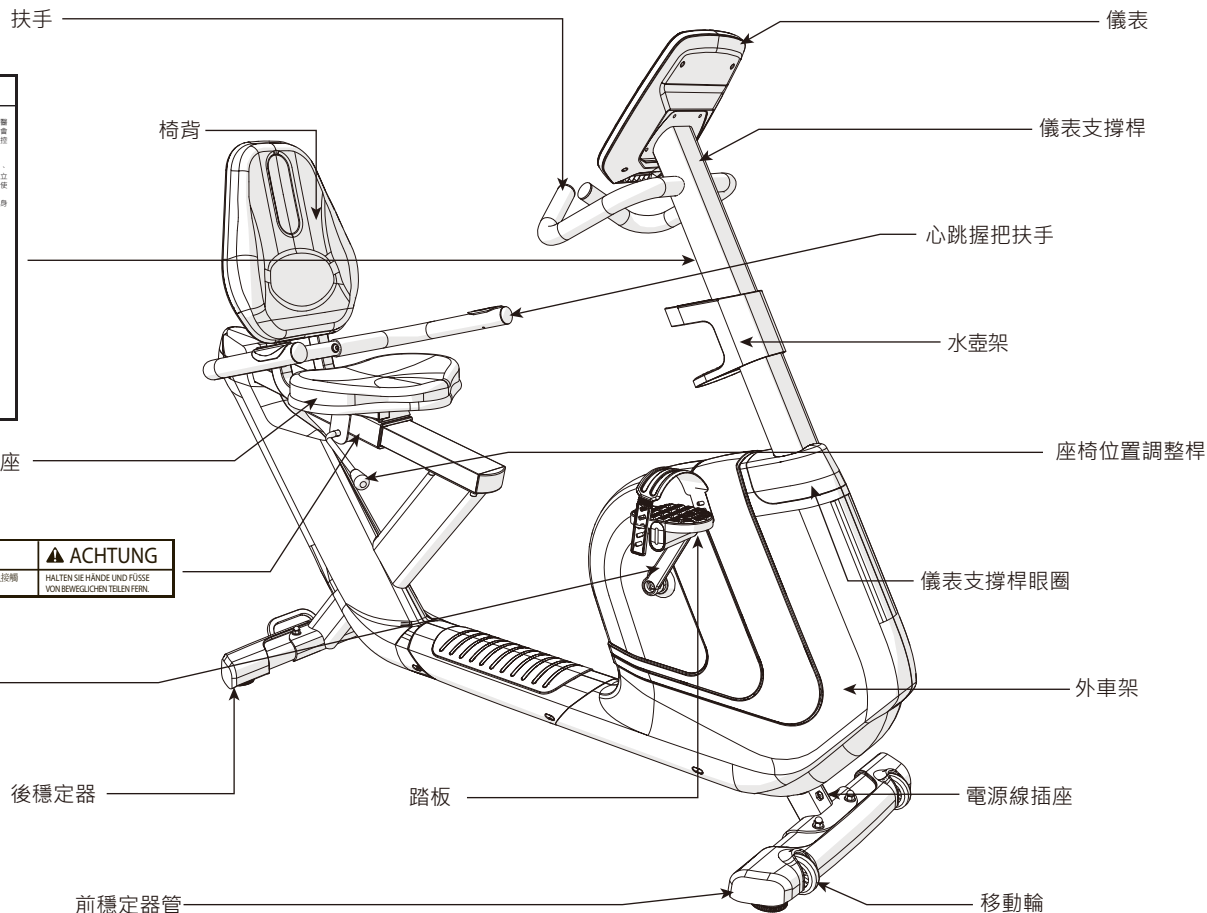


Comfort R

**警告**

在使用本設備之前，請先向醫  
生諮詢。錯誤使用設備可能會  
造成身體嚴重受傷。心臟缺陷  
者請勿使用本設備。  
運動時可能會造成身體嚴重  
受傷或死亡。若您感到不適，  
或對 運動時呼吸困難，請立  
即停止運動。使用時請閱讀保  
固手冊。  
請讀取並瞭解本說明。本健身  
車適用於家庭使用。  
請勿將本健身車用於商業部  
門或康樂場所內。

|                       |                                                            |
|-----------------------|------------------------------------------------------------|
| <b>小心</b>             | <b>ACHTUNG</b>                                             |
| 雙手與雙腳請一同時避免接觸<br>活動零件 | HALTEN SIE HÄNDE UND FÜSSE<br>VON BEWEGLICHEN TEILEN FEIN. |



### 所需的工具：

- ☐ 13/15mm 平頭扳手 / 螺絲起子
- ☐ 5mm L 型扳手
- ☐ 6mm L 型扳手

### 隨附的零件：

- ☐ 1 個外車架
- ☐ 1 台儀表
- ☐ 1 支儀表支撐桿
- ☐ 1 個儀表支撐桿眼圈
- ☐ 1 個水壺架
- ☐ 1 支前穩定器管
- ☐ 1 支後穩定器管
- ☐ 1 個座椅底座
- ☐ 1 個椅背
- ☐ 1 個座椅框架
- ☐ 1 個座椅框架套
- ☐ 1 支心跳握把扶手
- ☐ 2 個踏板，包含踏板帶
- ☐ 1 條音源轉接線
- ☐ 1 條電源線
- ☐ 1 套五金螺絲包

## 斜躺健身車 預先組裝

### 拆開包裝

請在您要使用產品之處拆開產品包裝。將健身車紙箱放在水平且平坦的表面上。建議您在放置的地板上方放一層保護層，切勿倚著側邊拆開紙箱。

### 重要注意事項

在進行每個組裝步驟時，應確定所有螺帽及螺栓已定位且部分鎖緊。建議您在所有螺栓都裝上裝置後才完全鎖緊。

多個零件已預先潤滑，有助於組裝及使用。請勿擦除潤滑油。若您不清楚要使用何種潤滑油，建議您使用腳踏車專用的鋰基潤滑油。

### 需要協助嗎？

若您有任何疑問或發現零件短缺，請洽詢您的當地經銷商。聯絡資訊位在手冊背面或保固卡上。

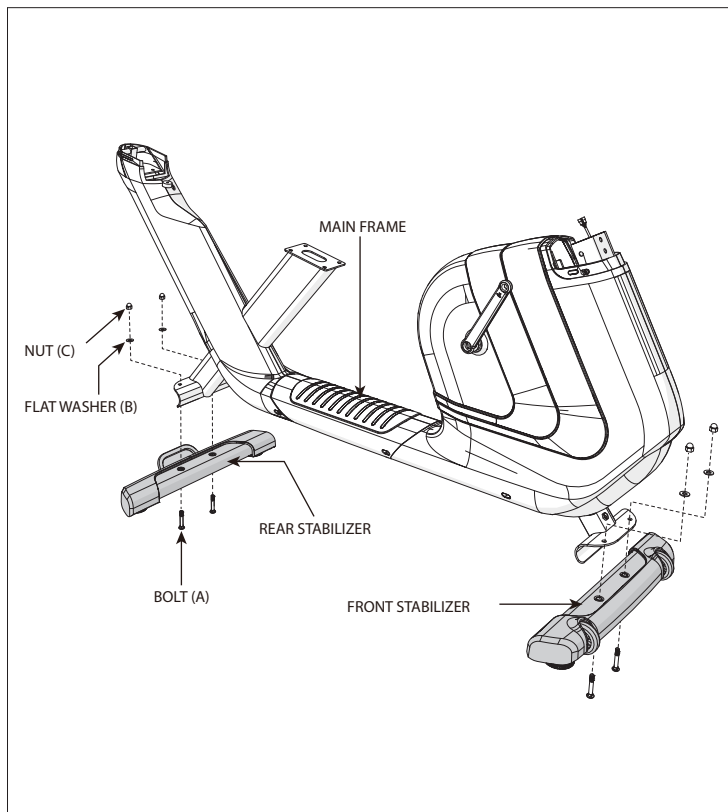


舒適  
斜躺健身車

## 斜躺健身車組裝步驟 1



舒適  
斜躺健身車



步驟 1 使用的五金包：

 **BOLT (A)**  
M8x55 mm  
Qty: 4

 **FLAT WASHER (B)**  
ø8xø1.8x2.0T mm  
Qty: 4

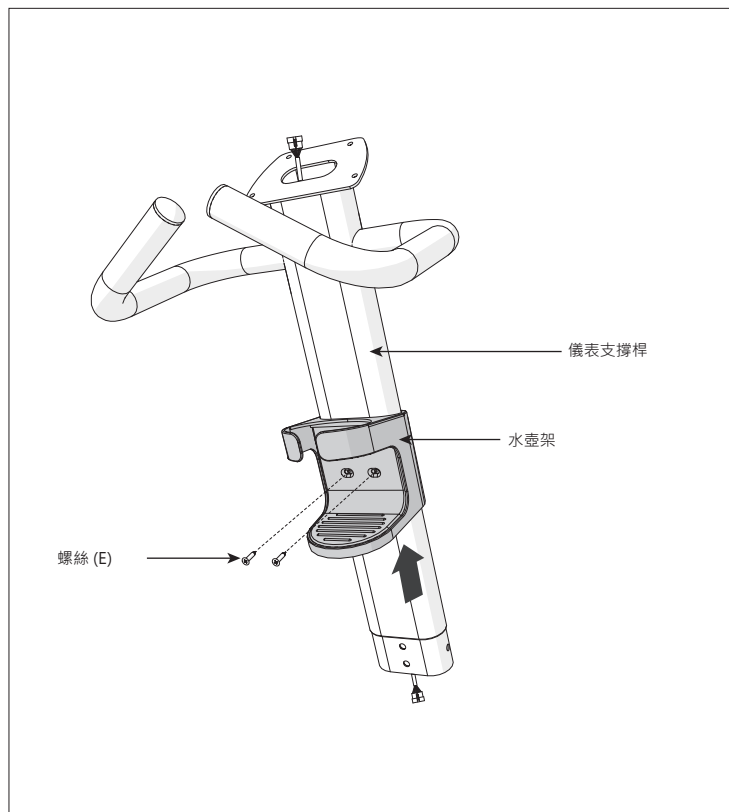
 **SPRING WASHER (C)**  
M8x1.0T mm  
Qty: 4

 **NUT (D)**  
M8  
Qty: 4

- A 打開步驟 1 使用的五金螺絲包。
- B 使用 2 顆螺栓 (A)、2 個平墊圈 (B)、2 個彈簧墊圈 (C) 及 2 個螺帽 (D)，將後穩定器裝上外車架。
- C 使用 2 顆螺栓 (A)、2 個平墊圈 (B)、2 個彈簧墊圈 (C) 及 2 個螺帽 (D)，將前穩定器裝上外車架。

註：提起健身車有助於組裝。首先固定穩定器然後再插入螺栓也有助於更輕鬆的組裝健身車。

## 斜躺健身車組裝步驟 2



### 步驟 2 使用的五金包：



- A 打開步驟 2 使用的五金螺絲包。
- B 將水壺架滑上儀表支撐桿，並對齊水壺架中的螺絲孔與儀表支撐桿中的孔。
- C 使用 2 顆螺絲 (E) 裝上水壺架。

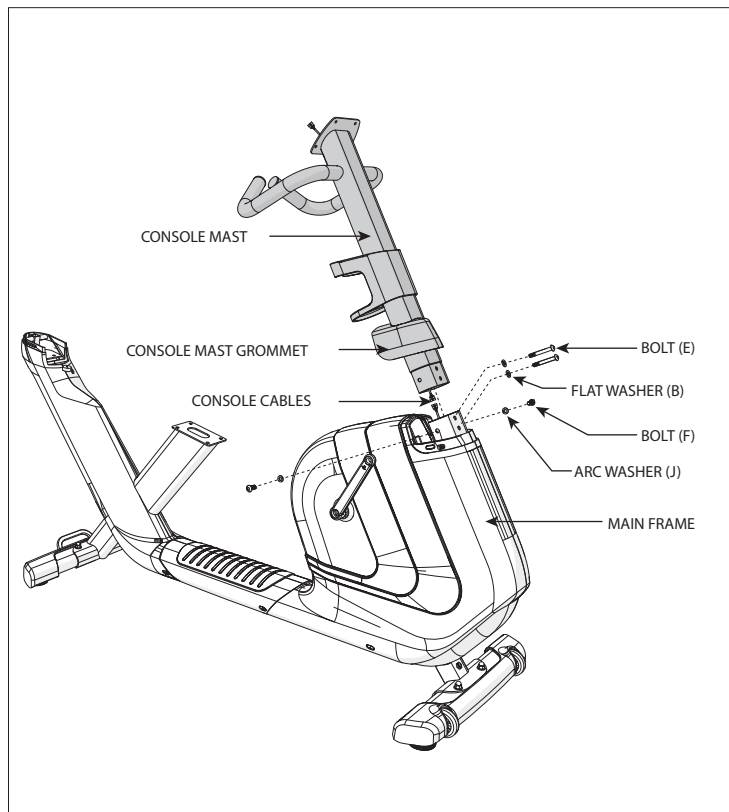


舒適  
斜躺健身車

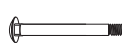
## 斜躺健身車組裝步驟 3



舒適  
斜躺健身車



步驟 3 使用的五金包：



**BOLT (E)**  
M8x60 mm  
Qty: 2



**FLAT WASHER (B)**  
Φ9xΦ18x2.0T mm  
Qty: 2



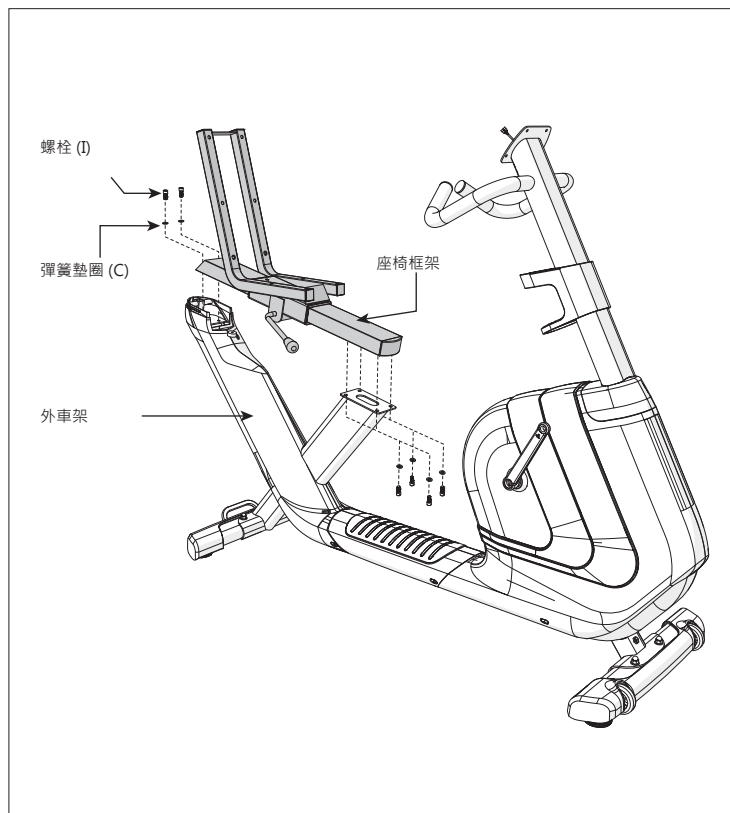
**BOLT (F)**  
M8X18 mm  
Qty: 2



**ARC WASHER (J)**  
Φ20X2.0T mm  
Qty: 2

- A 打開步驟 3 使用的五金螺絲包。
- B 從底部將儀表支撐桿眼圈套上儀表支撐桿。
- C 連接儀表線，然後小心將所有電線塞入外車架內。將儀表支撐桿滑入外車架。
- D 使用側邊的 2 顆螺栓 (G) 及前側的 4 顆螺栓 (F) 與 4 個平墊圈 (B) 裝上儀表支撐桿。
- E 將儀表支撐桿眼圈套上外車架。

## 斜躺健身車組裝步驟 4



步驟 4 使用的五金包：



螺栓 (I)  
M8X18 mm  
數量：6



彈簧墊圈 (C)  
M8x2.0T mm  
數量：6

- A 打開步驟 4 使用的五金螺絲包。
- B 如圖示使用 6 顆 圓柱頭螺絲 (I) 與 6 顆 彈簧墊圈 (C)  
· 將座椅框架裝上外車架。

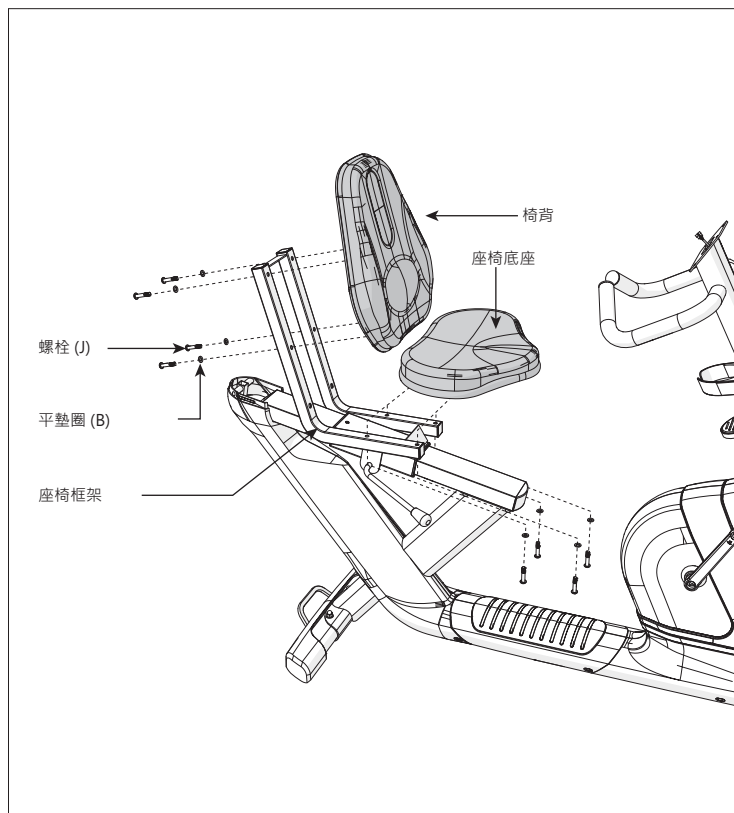


舒適  
斜躺健身車

## 斜躺健身車組裝步驟 5



舒適  
斜躺健身車



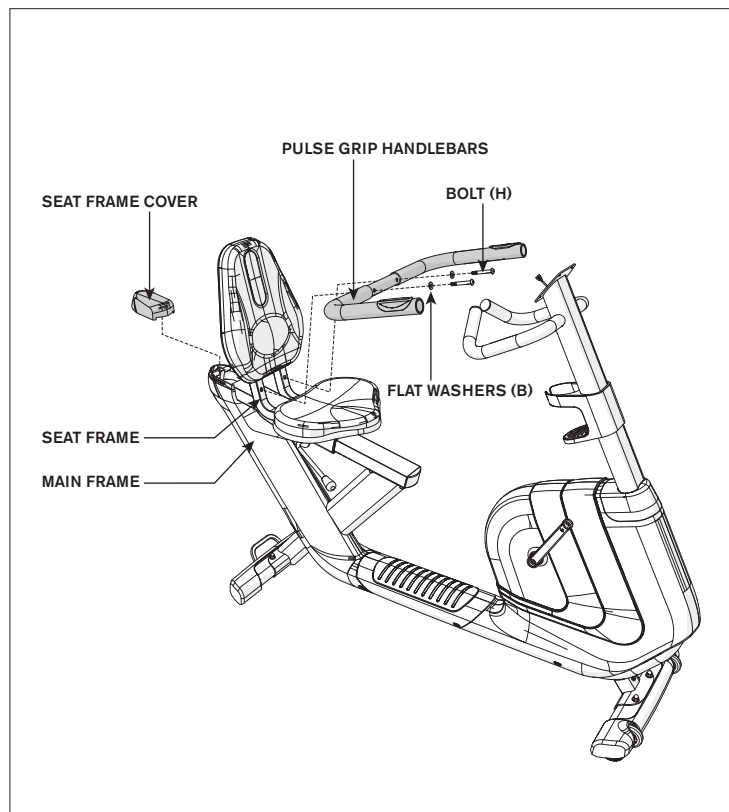
### 步驟 5 使用的五金包：

螺栓 (J)  
M8x45 mm  
數量：8

平墊圈 (B)  
Φ9xΦ18x2.0T mm  
數量：8

- A 打開步驟 5 使用的五金螺絲包。
- B 使用 4 顆螺栓 (J) 及 4 個平墊圈 (B)，將座椅底座裝上座椅框架。
- C 使用 4 顆螺栓 (J) 及 4 個平墊圈 (B)，將椅背裝上座椅框架。

## 斜躺健身車組裝步驟 6



步驟 6 使用的五金包：

 **BOLT (H)**  
60 mm  
Qty: 2

 **FLAT WASHER (B)**  
Ø9xØ18x2.0T mm  
Qty: 2

- A 打開步驟 6 使用的五金螺絲包。
- B 使用 2 顆螺栓 (K) 及 2 個弧形墊圈 (H)，將心跳握把扶手裝上座椅框架。
- C 如圖所示，將座椅框架套裝上外車架。
- D 將心跳握把扶手中的心律電線接上外車架上的心律線。

註：在組裝把手前，請確定把手的位置正確，且心律脈搏握把朝上而電線朝下。

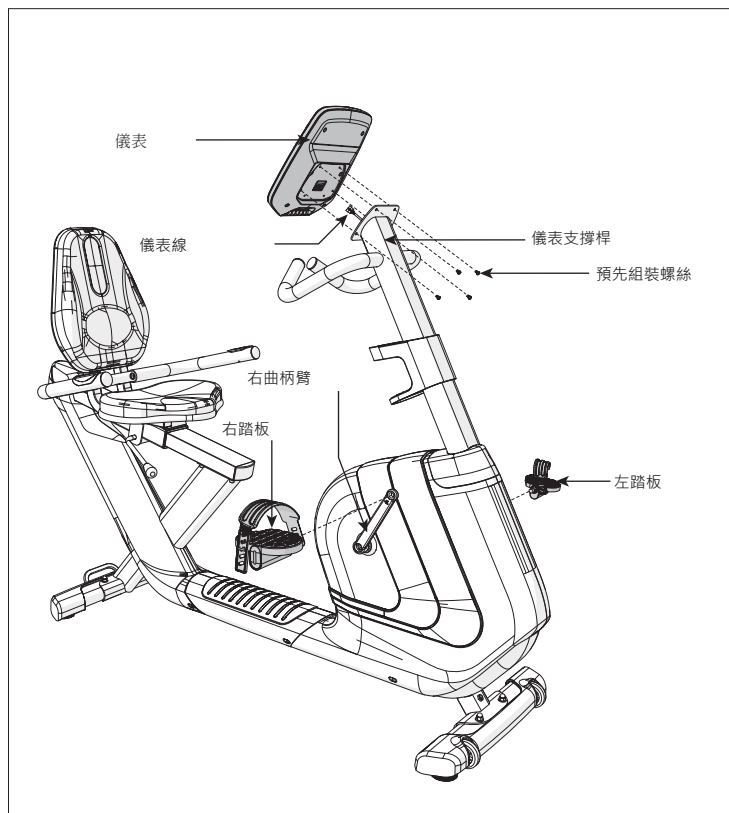


舒適  
斜躺健身車

## 斜躺健身車組裝步驟 7



舒適  
斜躺健身車



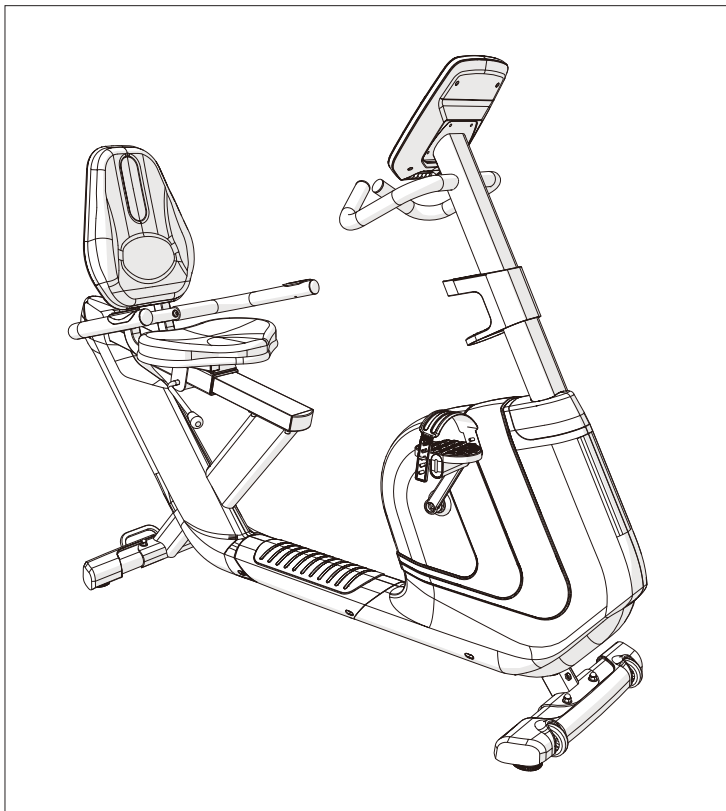
### 步驟 7 使用的五金包：



- A 步驟 7 使用的五金包為預先安裝。
- B 將右踏板裝上右曲柄臂，然後使用隨附的 13mm/15mm 平頭扳手順時針鎖緊右踏板。
- C 將左踏板裝上左曲柄臂，然後使用隨附的 13mm/15mm 平頭扳手逆時針鎖緊左踏板。（註：左曲柄臂為反向螺紋，因此必須逆時針鎖緊。反向鎖緊會損壞踏板或曲柄臂或是兩者。）
- D 連接儀表線並小心塞入儀表支撐桿。
- E 使用 4 顆預先組裝螺絲，將儀表組裝上儀表支撐桿。

註：您可能需要 15mm 的扳手組裝踏板。  
組裝時請小心不要夾傷。

## 斜躺健身車組裝



完成組裝！

Comfort R

整體尺寸：165 x 64 x 135 cm

淨重：47公斤 / 103磅

毛重：54公斤 / 119磅

最大使用重量：136公斤 / 300磅



舒適  
斜躺健身車



舒適  
直立  
健身車

## SMART DEVICE AND READING RACK

### ⚠ WARNING

Consult a physician prior to using any exercise equipment. Possibility of serious injury if equipment is used improperly. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. Stop exercising if you feel pain, heat, dizzy or short of breath. Read Owner's Manual before using. Keep children off and away from this equipment. This machine is designed for home use only, do not use for club or therapeutic purposes.

Konsultieren Sie einen Arzt, bevor Sie mit dem Training beginnen. Bei unangemessenem Gebrauch kann es zu ernsthaften Verletzungen kommen. Herzfrequenzüberwachungssysteme können ungenau sein. Übermäßiges Training kann zu ernsthaften Verletzungen oder zum Tod führen. Beenden Sie Ihr Training, wenn Sie Schmerzen, Übelkeit, Schwindel oder Atemnot verspüren. Lesen Sie vor der Ersteinrichtung die Bedienungsanleitung. Halten Sie Kinder vom Trainingsgerät fern. Nur für den Heimgebrauch.

HANDLEBARS

TOWEL HOOK

SEAT

ACCESSORY TRAY  
(COMFORT 8i ONLY)

SEAT POST TUBE

POWER CORD SOCKET

REAR STABILIZER

FRONT STABILIZER TUBE

CONSOLE

HEART RATE GRIP

CONSOLE MAST

WATER BOTTLE HOLDER

SEAT POSITION  
ADJUSTMENT KNOB

SEAT HEIGHT ADJUSTMENT KNOB

PEDALS

CONSOLE MAST GROMMET

MAIN FRAME

CRANK

TRANSPORT WHEELS

( COMFORT 8i SHOWN )

所需的工具：

- ☐ 13/15mm 平頭扳手 / 螺絲起子
- ☐ 5mm L 型扳手

隨附的零件：

- ☐ 1 個外車架
- ☐ 1 台儀表
- ☐ 1 支儀表支撐桿
- ☐ 1 個儀表支撐桿眼圈
- ☐ 1 個水壺架
- ☐ 1 支前穩定器
- ☐ 1 支後穩定器
- ☐ 1 個座椅
- ☐ 1 支座管
- ☐ 2 個踏板，包含踏板帶
- ☐ 1 條音源轉接線
- ☐ 1 條電源線
- ☐ 1 套五金螺絲包
- ☐ 1 個配件架 ( 僅限 Comfort 8i )

## 直立健身車 預先組裝

### 拆開包裝

請在您要使用產品之處拆開產品包裝。將健身車紙箱放在水平且平坦的表面上。建議您在放置的地板上方放一層保護層，切勿倚著側邊拆開紙箱。

### 重要注意事項

在進行每個組裝步驟時，應確定所有螺帽及螺栓已定位且部分鎖緊。建議您在所有螺栓都裝上裝置後才完全鎖緊。

多個零件已預先潤滑，有助於組裝及使用；請勿擦除潤滑油。若您不清楚要使用何種潤滑油，建議您使用腳踏車專用的鋰基潤滑油。

### 需要協助嗎？

若您有任何疑問或發現零件短缺，請洽詢您的當地經銷商。聯絡資訊位在手冊背面或保固卡上。

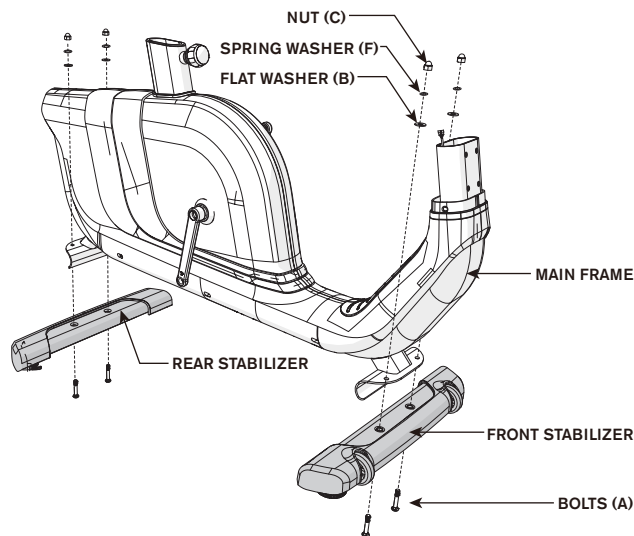


舒適  
直立  
健身車

# UPRIGHT BIKE ASSEMBLY STEP 1

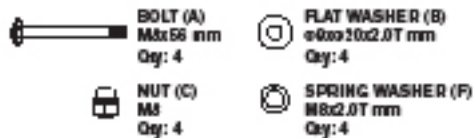


舒適  
直立  
健身車



COMFORT 3 SHOWN

## HARDWARE FOR STEP 1 :



- A Open HARDWARE FOR STEP 1.
- B Attach the REAR STABILIZER to the MAIN FRAME using 2 BOLTS (A), 2 FLAT WASHERS (B), 2 SPRING WASHERS (F) and 2 NUTS (C).
- C Attach the FRONT STABILIZER to the MAIN FRAME using 2 BOLTS (A), 2 FLAT WASHERS (B), 2 SPRING WASHERS (F) and 2 NUTS (C).

Note: Lifting up the machine will help your assembly. First put in place the stabilizer and then insert the bolts will also make your assembly easier.

# UPRIGHT BIKE ASSEMBLY STEP 1-2 (COMFORT 8i ONLY)



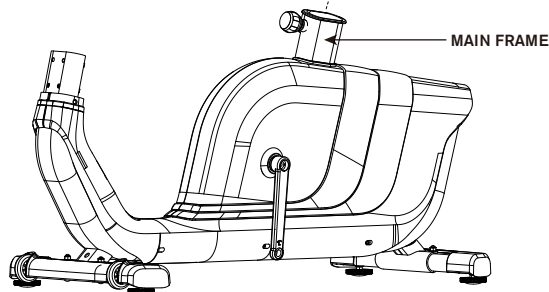
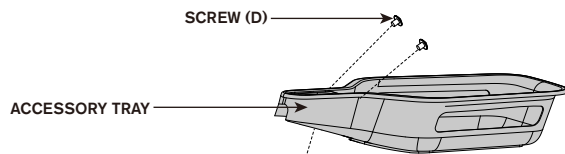
舒適  
直立  
健身車

## HARDWARE FOR STEP 1-2 :



**SCREW (D)**  
**M4x12 mm**  
**Qty: 2**

- A Open HARDWARE FOR STEP 1-2.
- B Carefully slide the ACCESSORY TRAY to the MAIN FRAME.
- C Attach and tighten the ACCESSORY TRAY to the MAIN FRAME using 2 SCREWS (D).

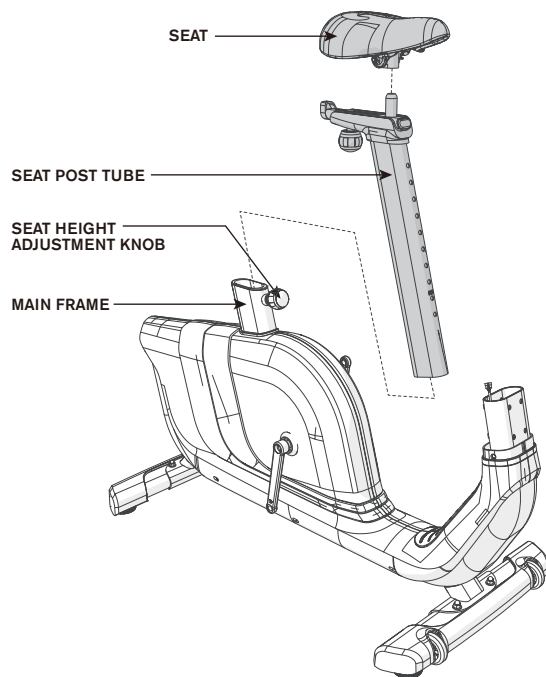


COMFORT 8i SHOWN

## UPRIGHT BIKE ASSEMBLY STEP 2



舒適  
直立  
健身車



COMFORT 3 SHOWN

Note: There is no hardware needed at this step.

- A Attach the SEAT to the SEAT POST TUBE and tighten the SEAT NUTS by using 13mm wrench. (You may need additional 13mm wrench to make the seat assembly more easier.)
- B Loosen the SEAT HEIGHT ADJUSTMENT KNOB by turning it two half turns counter-clockwise.
- C Then pull the SEAT HEIGHT ADJUSTMENT KNOB outward while sliding the SEAT POST TUBE into the MAIN FRAME.

Note: While assembling the SEAT please make sure the seat is in right position. Tilt up the front of the SEAT might help you gain a more stable ridding experience.

## UPRIGHT BIKE ASSEMBLY STEP 3



舒適  
直立  
健身車

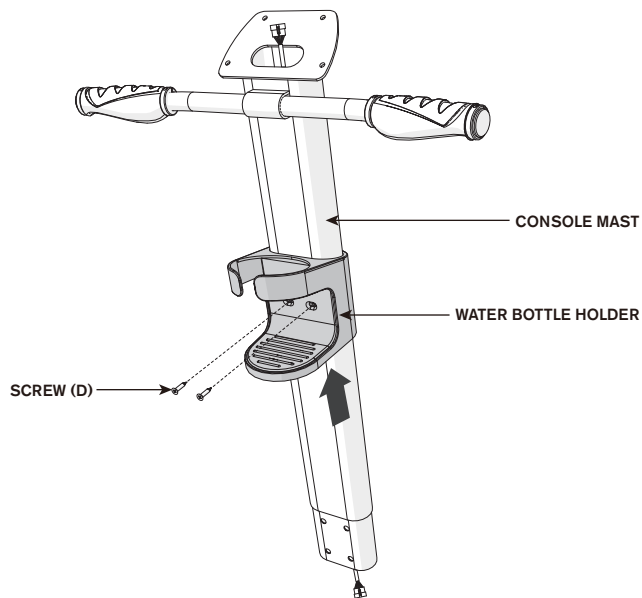
### HARDWARE FOR STEP 3 :



**SCREW (D)**  
**M4x12 mm**  
**Qty: 2**

- A Open HARDWARE FOR STEP 3.
- B Slide WATER BOTTLE HOLDER up CONSOLE MAST and align screw holes in WATER BOTTLE HOLDER with holes in CONSOLE MAST.
- C Attach the WATER BOTTLE HOLDER using 2 SCREWS (D).

Note: Be careful not to pinch any cable while assembling.

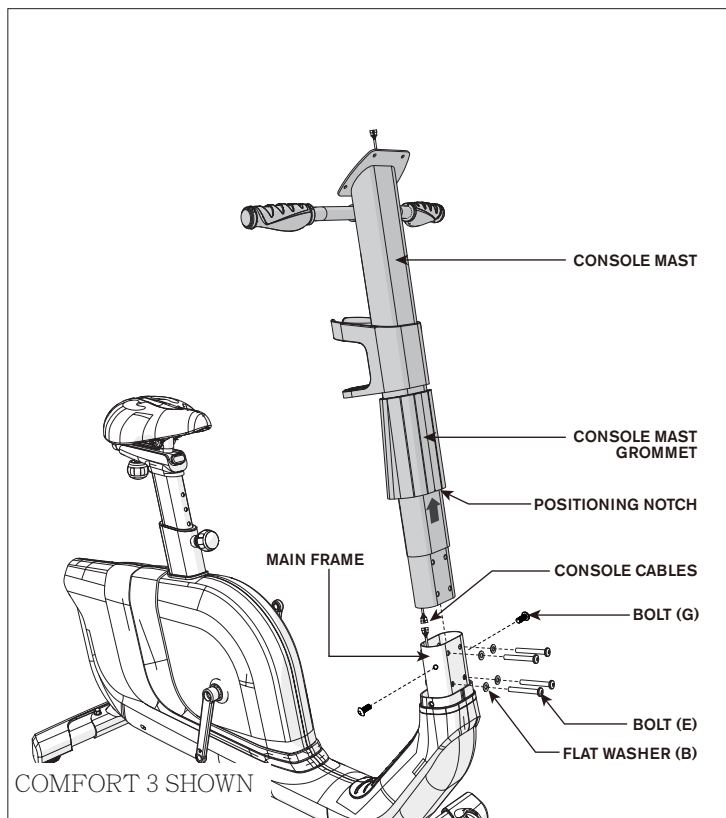


COMFORT 3 SHOWN

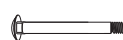
## UPRIGHT BIKE ASSEMBLY STEP 4



舒適  
直立  
健身車



### HARDWARE FOR STEP 4 :



**BOLT (E)**  
M8x60 mm  
Qty: 4



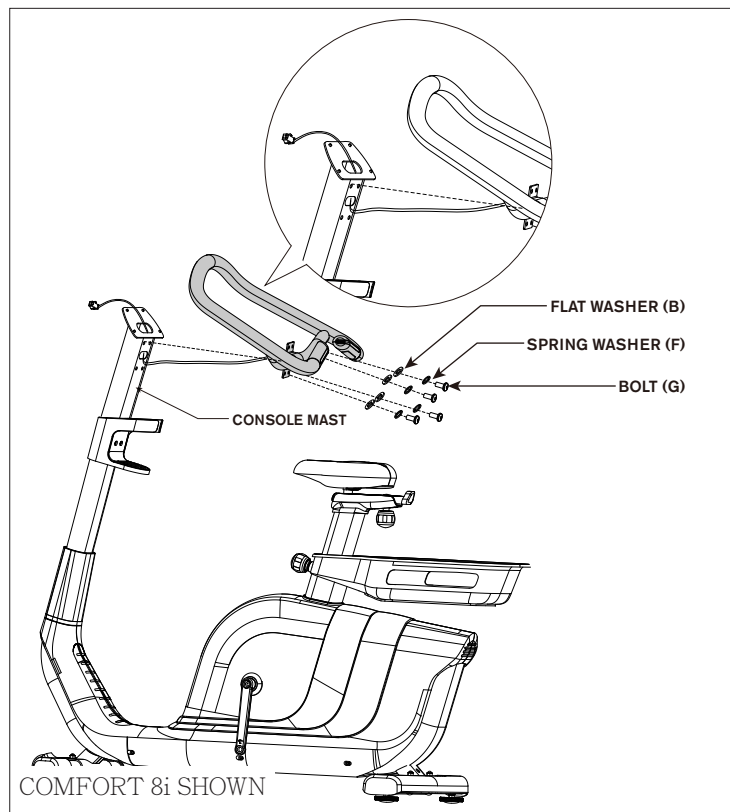
**FLAT WASHER (B)**  
Ø9xØ20x2.0T mm  
Qty: 4



**BOLT (G)**  
M8x15 mm  
Qty: 2

- Open HARDWARE FOR STEP 4.
- Slide CONSOLE MAST GROMMET from the bottom up the CONSOLE MAST with the small POSITIONING NOTCH facing forward.
- Attach CONSOLE CABLES and carefully tuck all cables into MAIN FRAME. Slide CONSOLE MAST into MAIN FRAME.
- Attach the CONSOLE MAST using 2 BOLTS (G) from the sides and 4 BOLTS (E), 4 FLAT WASHERS (B) .
- Slide CONSOLE MAST GROMMET down over MAIN FRAME.

## UPRIGHT BIKE ASSEMBLY STEP 4-2 (FOR COMFORT 7, 8i ONLY)



### HARDWARE FOR STEP 4-2 :



**BOLT (G)**  
M8x15 mm  
Qty: 4



**FLAT WASHER (B)**  
Φ9xΦ18x2.0T mm  
Qty: 4



**SPRING WASHER (I)**  
M8x2.0T mm  
Qty: 4

- A Open HARDWARE FOR STEP 4-2.
- B Holding HANDLEBAR close to CONSOLE MAST and feed the HANDLEBAR WIRES through the hole in the CONSOLE MAST and out the top of the CONSOLE MAST.
- C Attach handlebar to CONSOLE MAST using 4 BOLTS(G), 4 SPRING WASHERS (F) and 4 FLAT WASHERS (B).

Note: You may need extra help to route the heart rate cable and tighten the handlebar.

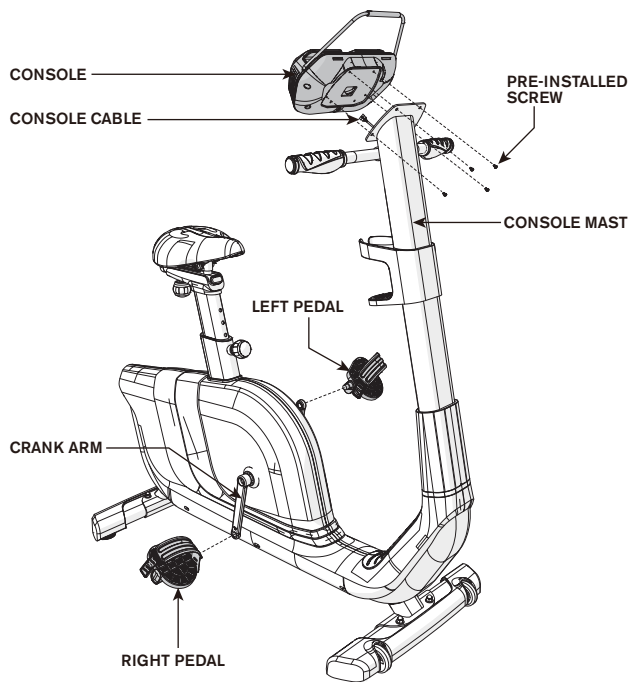


舒適  
直立  
健身車

## UPRIGHT BIKE ASSEMBLY STEP 5



舒適  
直立  
健身車



COMFORT 3 SHOWN

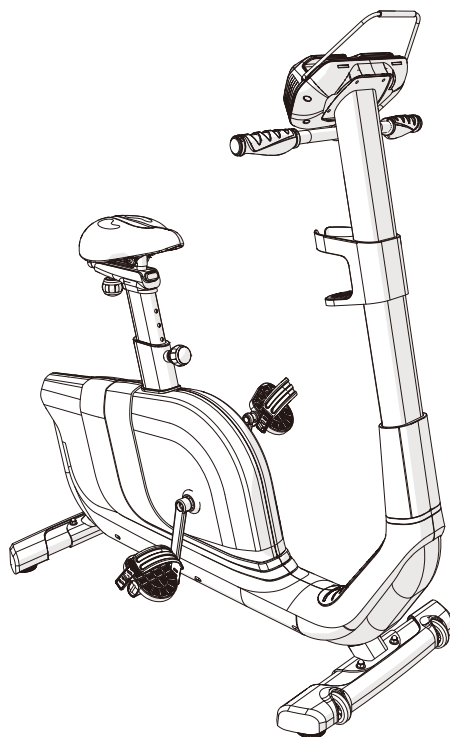
### HARDWARE FOR STEP 5 :



- A HARDWARE FOR STEP 5 is pre-installed.
- B Attach the RIGHT PEDAL to the RIGHT CRANK ARM, tightening it clockwise with the provided 13mm/15mm flat wrench.
- C Attach the LEFT PEDAL onto the left crank arm, tightening it counter-clockwise with the provided 13mm/15mm flat wrench. (NOTE: The left crank arm is reversed threaded so it is very important that it is tightened counter-clockwise. Tightening it the opposite way can damage the pedal or the crank arm or both.)
- D Connect the CONSOLE CABLE and carefully tuck into the CONSOLE MAST.
- E Attach the CONSOLE to the CONSOLE MAST using 4 PRE-INSTALLED SCREWS.

Note: You may need a 15mm wrench to assemble the pedal. Please be care not to pinch yourself when assembling.

# UPRIGHT BIKE ASSEMBLY



COMFORT 3 SHOWN

## ASSEMBLY COMPLETE!

### Comfort 3

Overall Dimension: 120 x 55 x 134 cm

Net Weight: 35.5 kg / 78 lbs

Gross Weight: 41 kg / 90 lbs

Max. User Weight: 136 kg / 300 lbs

### Comfort 5

Overall Dimension: 120 x 55 x 134 cm

Net Weight: 37 kg / 81.5 lbs

Gross Weight: 42.5 kg / 93.5 lbs

Max. User Weight: 136 kg / 300 lbs

### Comfort 7

Overall Dimension: 120 x 55 x 136 cm

Net Weight: 39 kg / 86 lbs

Gross Weight: 44.5 kg / 98 lbs

Max. User Weight: 136 kg / 300 lbs

### Comfort 8i

Overall Dimension: 132 x 55 x 140 cm

Net Weight: 42 kg / 92.5 lbs

Gross Weight: 47.5 kg / 104.5 lbs

Max. User Weight: 136 kg / 300 lbs



舒適  
直立  
健身車



# 健身車操作

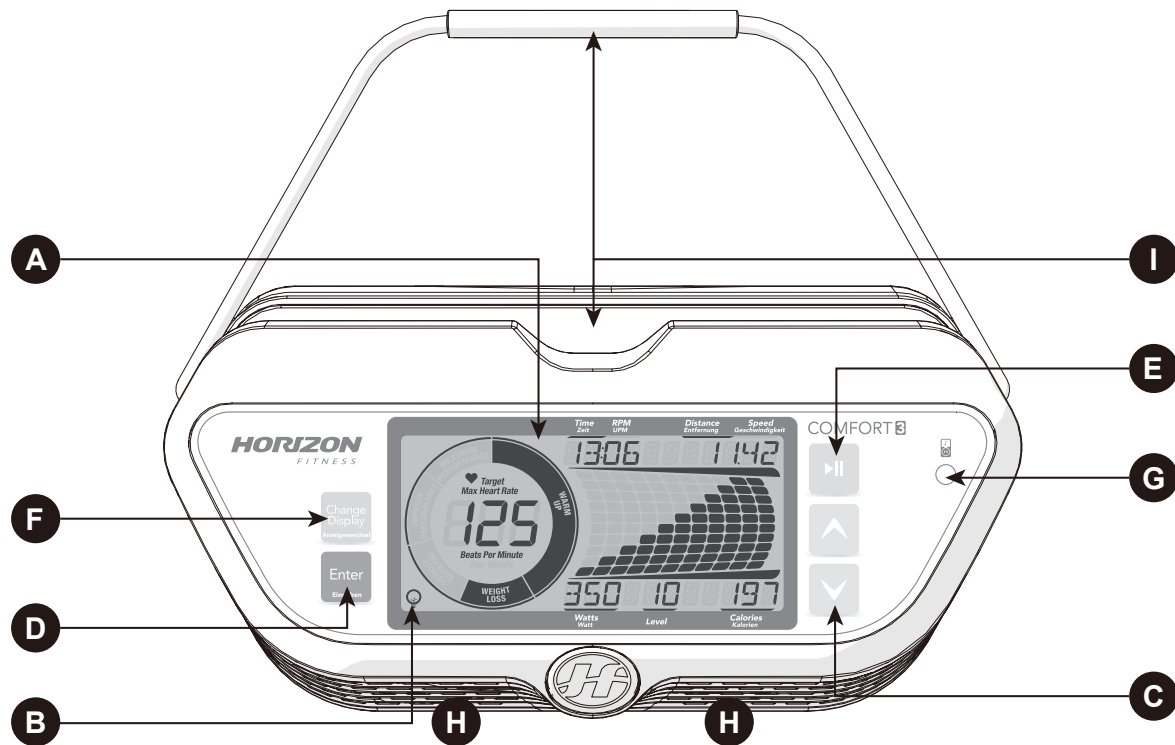


本節將說明如何使用您的健身車儀表組及設定計畫。  
健身車指南中的基本操作一節，將提供以下相關之說明內容：

- 健身車的放置位置
- 電源 / 接地說明
- 座椅放置
- 搬動健身車
- 調整健身車的水平
- 使用心律功能



Comfort 3  
圖示



## COMFORT 3 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

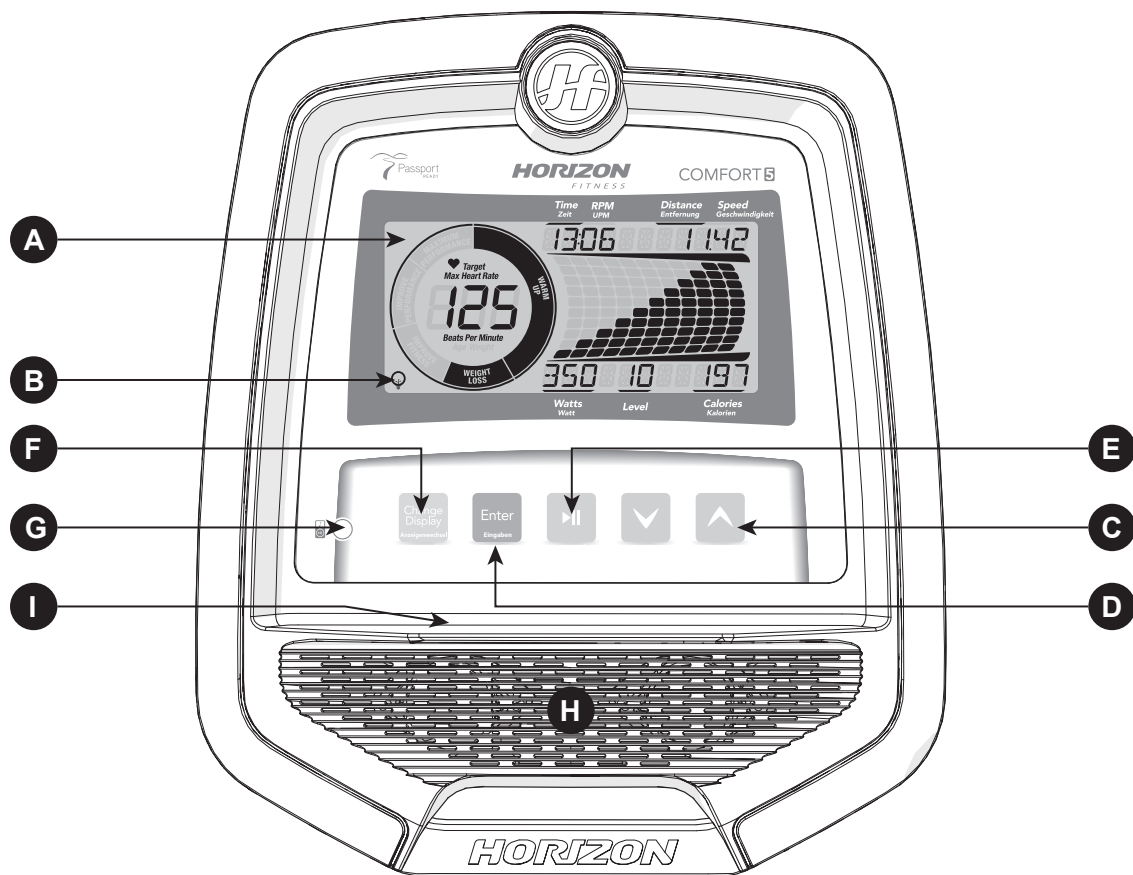
- A) LCD DISPLAY WINDOWS: Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Workout Profile.
- B) ENERGY SAVER: to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) ▼ ▲ ARROW BUTTONS: used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) ENTER BUTTON: used to confirm setting of workout program or user profile.
- E) ▶ || START AND STOP BUTTON: press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) CHANGE DISPLAY BUTTON: used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt.(lower bar displayed)
- G) AUDIO IN JACK: use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) SPEAKER: play music through speakers when connected to your media player.
- I) SMART DEVICE AND READING RACK: holds your smart phone, tablet or reading materials.



Comfort 3  
圖示



## Comfort 5 圖示



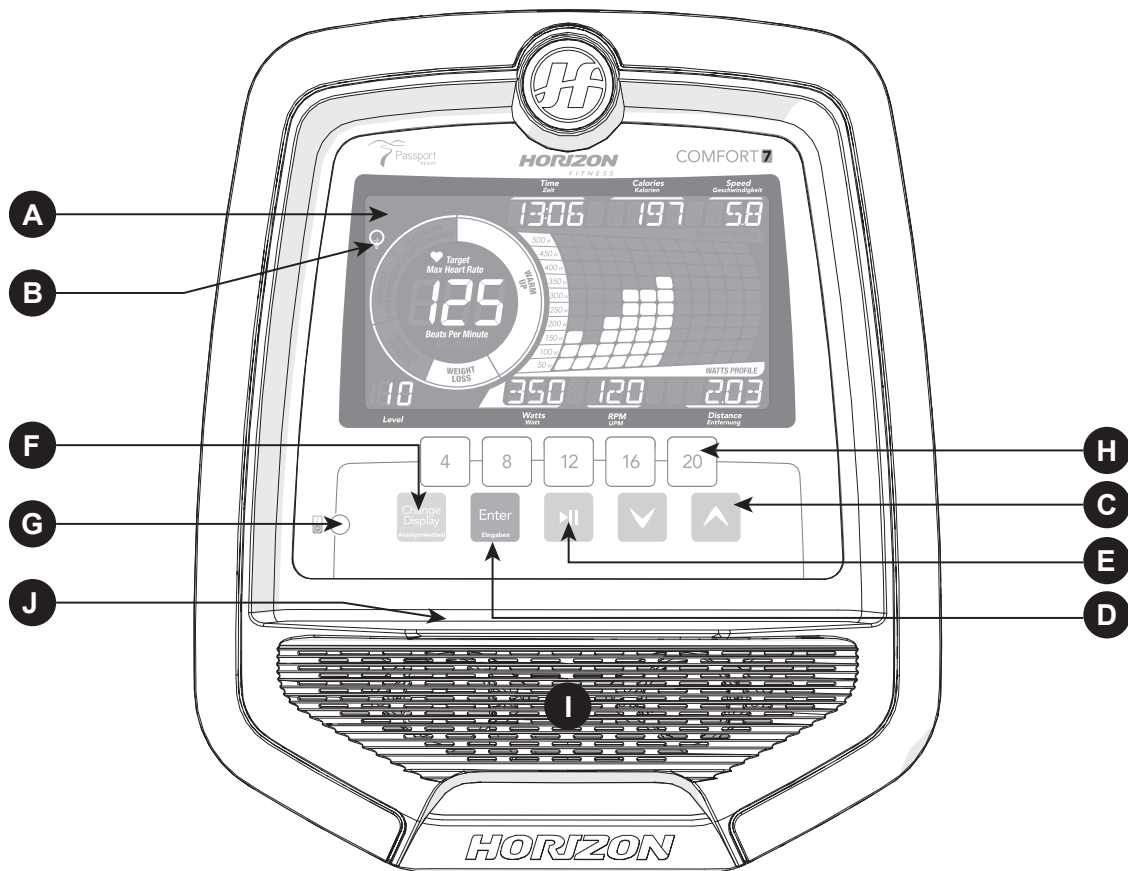
## COMFORT 5/R 儀表組的操作

註：在儀表組面上有一層薄的透明塑膠保護片，使用前請將該保護片撕除。

- A) LCD 顯示視窗：時間、距離、卡路里、速度、RPM、阻力大小、心律、卡路里、功率、心律輪、數據圖。
- B) 節能裝置：為將耗電量降至最低，您的機器將會自動進入節能模式（進入待機模式 15 分鐘後），之後只要一觸碰按鈕即可迅速喚醒。
- C) ▼▲ 方向按鈕：使用上下方向按鈕選擇計畫，並在運動時設定儀表或變更阻力。
- D) ENTER 按鈕：用於確認運動計畫或使用者數據圖的設定。
- E) ▶|| 開始及停止按鈕：按下此按鈕後可開始運動、暫停您的健身活動，或於暫停後恢復運動。按住3秒鐘可重設儀表組。
- F) 變更顯示按鈕：用於瀏覽顯示模式及健身運動回饋。按下可切換顯示欄位及變更阻力（顯示上扶手）的數據圖顯示模式或目前運動功率（顯示下扶手）的功率數據圖。  
  
（註：使用向上方向按鈕可啟動 Passport 同步程序，如需詳細資訊請參閱第 51 頁）。
- G) 音源輸入插孔：用於連接手機或 MP3 以利用整合式喇叭播放您的健身運動音樂。
- H) 喇叭：連接媒體播放器時，可透過喇叭播放音樂。
- I) 智慧裝置及閱讀架：可放置您的智慧手機、平板電腦或閱讀書籍。



Comfort 5  
圖示



## COMFORT 7 CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

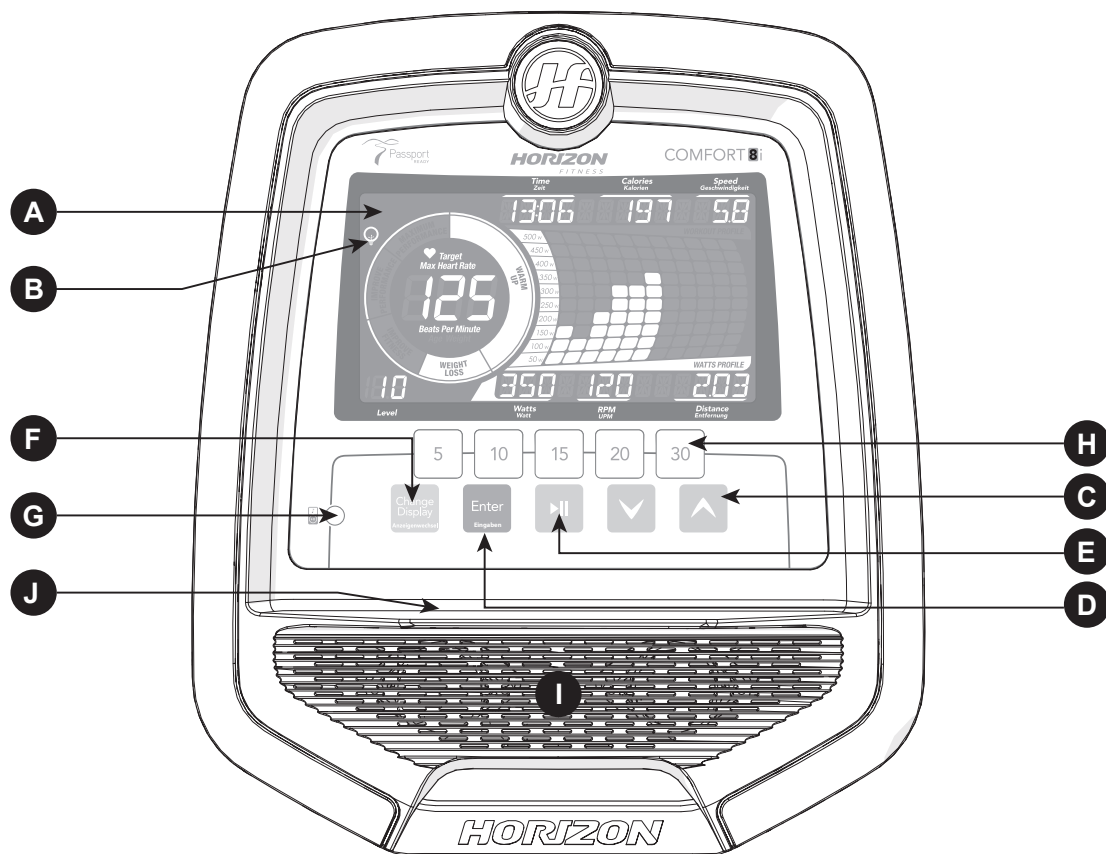
- A) LCD DISPLAY WINDOWS: Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Profile.
- B) ENERGY SAVER: to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) ▼▲ ARROW BUTTONS: used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) ENTER BUTTON: used to confirm setting of workout program or user profile.
- E) ▶|| START AND STOP BUTTON: press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) CHANGE DISPLAY BUTTON: used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt (lower bar displayed).  
  
(Note: use with arrow button up to activate Passport sync process, see page 51 for more details).
- G) AUDIO IN JACK: use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) RESISTANCE DIRECT BUTTON: use the direct button to chose your desired workout resistance.
- I) SPEAKER: play music through speakers when connected to your media player.
- J) SMART DEVICE AND READING RACK: holds your smart phone, tablet or reaing materials.

Note: Comfort 7 console comes with touch keys. For better console operation you need to touch these keys softly. If you press too hard it will effect your operation experience.





Comfort 8i  
圖示



## COMFORT 8i CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LCD DISPLAY WINDOWS: Time, Distance, Calories, Speed, RPM, Resistance Level, Heart Rate, Calories, Watts, HR Wheel, Profile.
- B) ENERGY SAVER: to minimize energy consumption, your machine will enter energy saver mode automatically (after entering stand-by mode for 15 mins) and can be quickly woken up with a touch of a button.
- C) ▼▲ ARROW BUTTONS: used up and down arrow button to select program, set up your console or change resistance while exercising.
- D) ENTER BUTTON: used to confirm setting of workout program or user profile.
- E) ▶|| START AND STOP BUTTON: press to begin exercising, pause your workout or resume exercising after pause. Hold for 3 seconds to reset the console.
- F) CHANGE DISPLAY BUTTON: used to scroll through display modes and workout feedbacks. Press to switch display column and change between profile display mode for resistance(upper bar displayed) or watt profile for your current workout watt (lower bar displayed).  
  
(Note: use with arrow button up to activate Passport sync process, see page 51 for more details).
- G) AUDIO IN JACK: use to connect with your cellphone or MP3 to play your workout music with integrated speaker.
- H) RESISTANCE DIRECT BUTTON: use the direct button to chose your desired workout resistance.
- I) SPEAKER: play music through speakers when connected to your media player.
- J) SMART DEVICE AND READING RACK: holds your smart phone, tablet or reaing materials.

Note: Comfort 8i console comes with touch keys. For better console operation you need to touch these keys softly. If you press too hard it will effect your operation experience.

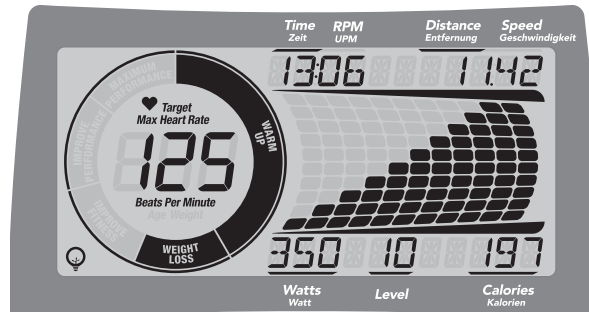


Comfort 8i  
圖示

## COMFORT 3 顯示



## COMFORT 5 顯示



### 顯示視窗

- 時間：以分鐘 / 秒數顯示：顯示您運動的剩餘時間，或已運動的時間數。
- RPM：每分鐘旋轉數。
- 距離：以英里顯示。顯示您運動已前進的距離或剩餘距離。
- 速度：以MPH顯示。表示車輪目前的移動速度。
- 功率：顯示目前使用者的功率輸出。您的健身運動功率效能也會列入計算並在右側顯示為點陣數據圖。
- 級數：顯示目前的阻力大小。
- 卡路里：運動中所燃燒的總卡路里數。
- 心律：以 BPM (每分鐘心跳數) 顯示，用於監控您的心律。
- 最大心律：顯示您的最大心律。變更顯示按鈕可切換您的

最大心律及目前的心律。最大心律的計算方式為  $(220 - \text{年齡}) \times 0.85$ 。

- 心律輪：在進行健身運動時顯示您目前的活動區域。使用此心律輪時，您可確定您的健身運動級別是否符合您的目標。
  - 暖身：最大心律的 0-60%。
  - 減重：最大心律的 60-70%。
  - 改善體能：最大心律的 70-80%。
  - 提升表現：最大心律的 80-90%。
  - 最佳表現：最大心律的 90-100%。
- 節能裝置：指示健身車進入節能模式，以減少耗電（如需詳細資訊，請參閱第 51 頁。

## COMFORT 7 DISPLAYS



## COMFORT 8i DISPLAYS



## DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **RPM:** Revolutions Per Minute.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH. Indicates how fast the wheels are moving.
- **WATTS:** Displays current user power output.
- **LEVEL:** Shows the current level of resistance.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate.
- **MAXIMUM HEART RATE:** Shows your maximum heart rate. The Change Display button switches between your MAXIMUM HEART RATE and your current HEART RATE. The MAXIMUM HEART RATE is calculated as  $(220 - \text{age}) \times 0.85$ .

- **HEART RATE WHEEL:** Displays your current activity zone during your workout. With this Heart rate wheel you can be certain if your exercise level fits your workout goal.  
 WARM UP: 0-60% of maximum heart rate.  
 WEIGHT LOSS: 60-70% of maximum heart rate.  
 IMPROVE FITNESS: 70-80% of maximum heart rate.  
 IMPROVE PERFORMANCE: 80-90% of maximum heart rate.  
 MAXIMUM PERFORMANCE: 90-100% of maximum heart rate.
- **WATT SCALE AND PROFILE DISPLAY:** shows your current workout watt. ex. 50W dot will light up to show when reaching or selecting 25-50 watt. You may use change display key to switch back to workout profile display. Note: Scale will only show up to 400w in Watts programs to reflect your target watt range of 25-400 watt.
- **ENERGY SAVER:** Indicates when the machine is in Energy Saver mode to conserve power consumption (see page 51 for more detail information).



Comfort 7  
Comfort 8i



## 開始使用

### 快速啟動

- 1) 確定電源已開啟。
- 2) 按下 START / STOP ►► 開始 MANUAL 模式的運動。
- 3) 按下 ▲ ▼ 調整健身運動時的阻力級別。

### 開始健身運動

- 1) 選擇使用者1 / 使用者2 / 來賓。
- 2) 選擇體重。
- 3) 選擇年齡。
- 4) 選擇您所需的計畫。
- 5) 選擇性別（僅限在體能測試計畫中）。
- 6) 選擇計畫設定、時間、級別等
- 7) 按下開始 / 停止 ►► 開始健身運動。

註：儀表將儲存您的設定供使用者 1 及 2 在下次健身運動時使用。

## 清除選擇 / 重設儀表組

按住 START/STOP (開始 / 停止) ►► 鍵 3 秒鐘。

## 完成您的健身運動

當您結束健身運動時，健身車會停止並發出嗶聲。您可拔除健身車的電源或讓健身車在 15 分鐘內進入節能模式。

## 計畫資訊

Comfort 3：10 種計畫（手動 / 間歇 / 比賽 / 減重 / 上下坡 / 踩踏頻率 / 隨機 / 持續功率 / THR 區 / 自訂）

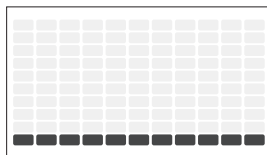
Comfort 5：12 種計畫（手動 / 間歇 / 比賽 / 減重 / 上下坡 / 踩踏頻率 / 隨機 / 持續功率 / THR 區 / % THR / 自訂1 / 自訂2）

Comfort 7：14 種計畫（手動 / 間歇 / 比賽 / 體能測試 / 減重 / 強化減重 / 上下坡 / 踩踏頻率 / 隨機 / 持續功率 / THR 區 / % THR / 自訂1 / 自訂2）

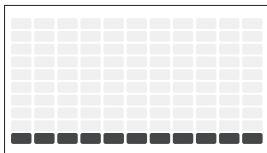
Comfort 8i：16 種計畫（手動 / 間歇 / 比賽 / 體能測試 / 減重 / 強化減重 / 上下坡 / 踩踏頻率 / 隨機 / 持續功率 / 間歇功率 / THR 區 / % THR / 肌力訓練 / 自訂1 / 自訂2）

Comfort R：12 種計畫（手動 / 間歇 / 比賽 / 減重 / 上下坡 / 踩踏頻率 / 隨機 / 持續功率 / THR 區 / % THR / 自訂1 / 自訂2）

- 1) 手動：可調整喜好的阻力大小，無須預設計畫。於健身運動時，手動調整阻力大小。使用者可利用（上下箭頭）及 ENTER 設定時間與阻力。



- 2) 間歇：在您整個健身運動中，藉由提高或降低阻力大小訓練您的心臟及身體肌肉，進一步改善您的力量、速度及耐力。計畫採用計時制，提供 16 種難度供您選擇。使用者可利用（上下箭頭）及 ENTER 設定時間與阻力。



(Comfort 3、5、R)

| 間隔   |    |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|------|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|      | 熱身 |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |    |    |    |
| 秒    | 60 | 60 | 60 | 60 | 30        | 60 | 60 | 30 | 30 | 60 | 30 | 60 | 30 | 60 | 60 | 30 | 30 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間   | 1  | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |    |    |    |    |    |    |    |
| 級數1  | 1  | 2  | 2  | 3  | 5         | 1  | 1  | 5  | 5  | 1  | 5  | 1  | 1  | 5  | 5  | 1  | 3  | 2  | 2  | 1  |    |    |    |    |    |    |    |
| 級數2  | 1  | 2  | 2  | 3  | 6         | 2  | 2  | 6  | 6  | 2  | 6  | 2  | 2  | 6  | 6  | 2  | 3  | 2  | 2  | 1  |    |    |    |    |    |    |    |
| 級數3  | 1  | 2  | 2  | 4  | 7         | 3  | 3  | 7  | 7  | 3  | 7  | 3  | 3  | 7  | 7  | 3  | 4  | 2  | 2  | 1  |    |    |    |    |    |    |    |
| 級數4  | 1  | 2  | 2  | 5  | 8         | 4  | 4  | 8  | 8  | 4  | 8  | 4  | 4  | 8  | 8  | 4  | 5  | 2  | 2  | 1  |    |    |    |    |    |    |    |
| 級數5  | 2  | 3  | 5  | 6  | 9         | 5  | 5  | 9  | 9  | 5  | 9  | 5  | 5  | 9  | 9  | 5  | 6  | 5  | 3  | 2  |    |    |    |    |    |    |    |
| 級數6  | 2  | 3  | 5  | 7  | 10        | 6  | 6  | 10 | 10 | 6  | 10 | 6  | 6  | 10 | 10 | 6  | 7  | 5  | 3  | 2  |    |    |    |    |    |    |    |
| 級數7  | 2  | 3  | 5  | 8  | 11        | 7  | 7  | 11 | 11 | 7  | 11 | 7  | 7  | 11 | 11 | 7  | 8  | 5  | 3  | 2  |    |    |    |    |    |    |    |
| 級數8  | 2  | 3  | 5  | 9  | 12        | 8  | 8  | 12 | 12 | 8  | 12 | 8  | 8  | 12 | 12 | 8  | 9  | 5  | 3  | 2  |    |    |    |    |    |    |    |
| 級數9  | 3  | 4  | 5  | 10 | 13        | 9  | 9  | 13 | 13 | 9  | 13 | 9  | 9  | 13 | 13 | 9  | 10 | 5  | 4  | 3  |    |    |    |    |    |    |    |
| 級數10 | 3  | 4  | 8  | 11 | 14        | 10 | 10 | 14 | 14 | 10 | 14 | 10 | 10 | 14 | 14 | 10 | 11 | 8  | 4  | 3  |    |    |    |    |    |    |    |
| 級數11 | 3  | 6  | 10 | 12 | 15        | 11 | 11 | 15 | 15 | 11 | 15 | 11 | 11 | 15 | 15 | 11 | 12 | 10 | 6  | 3  |    |    |    |    |    |    |    |
| 級數12 | 3  | 6  | 10 | 13 | 16        | 12 | 12 | 16 | 16 | 12 | 16 | 12 | 12 | 16 | 16 | 12 | 13 | 10 | 6  | 3  |    |    |    |    |    |    |    |

(Comfort 7)

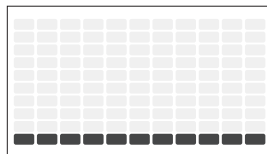
|       |    | 間隔 |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
|-------|----|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
|       |    | 熱身 |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |    |    |  |
| 秒     | 區間 | 60 | 60 | 60 | 60 | 30        | 60 | 60 | 30 | 30 | 60 | 30 | 60 | 60 | 30 | 30 | 60 | 60 | 30 | 30 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |  |
| 級數 1  | 1  | 2  | 3  | 4  | 5  | 6         | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |  |
| 級數 2  | 1  | 2  | 2  | 3  | 6  | 2         | 2  | 6  | 6  | 2  | 6  | 2  | 6  | 2  | 6  | 2  | 6  | 2  | 6  | 2  | 6  | 2  | 6  | 2  | 6  | 2  | 6  |  |
| 級數 3  | 1  | 2  | 2  | 4  | 7  | 3         | 3  | 7  | 7  | 3  | 7  | 3  | 7  | 3  | 7  | 3  | 7  | 3  | 7  | 3  | 7  | 3  | 7  | 3  | 7  | 3  | 7  |  |
| 級數 4  | 1  | 2  | 2  | 5  | 8  | 4         | 4  | 8  | 8  | 4  | 8  | 4  | 8  | 4  | 8  | 4  | 8  | 4  | 8  | 4  | 8  | 4  | 8  | 4  | 8  | 4  | 8  |  |
| 級數 5  | 2  | 3  | 5  | 6  | 9  | 5         | 5  | 9  | 9  | 5  | 9  | 5  | 9  | 5  | 9  | 5  | 9  | 5  | 9  | 5  | 9  | 5  | 9  | 5  | 9  | 5  | 9  |  |
| 級數 6  | 2  | 3  | 5  | 7  | 10 | 6         | 6  | 10 | 10 | 6  | 10 | 6  | 10 | 6  | 10 | 6  | 10 | 6  | 10 | 6  | 10 | 6  | 10 | 6  | 10 | 6  | 10 |  |
| 級數 7  | 2  | 3  | 5  | 8  | 11 | 7         | 7  | 11 | 11 | 7  | 11 | 7  | 11 | 7  | 11 | 7  | 11 | 7  | 11 | 7  | 11 | 7  | 11 | 7  | 11 | 7  | 11 |  |
| 級數 8  | 2  | 3  | 5  | 9  | 12 | 8         | 8  | 12 | 12 | 8  | 12 | 8  | 12 | 8  | 12 | 8  | 12 | 8  | 12 | 8  | 12 | 8  | 12 | 8  | 12 | 8  | 12 |  |
| 級數 9  | 3  | 4  | 5  | 10 | 13 | 9         | 9  | 13 | 13 | 9  | 13 | 9  | 13 | 9  | 13 | 9  | 13 | 9  | 13 | 9  | 13 | 9  | 13 | 9  | 13 | 9  | 13 |  |
| 級數 10 | 3  | 4  | 8  | 11 | 14 | 10        | 10 | 14 | 14 | 10 | 14 | 10 | 14 | 10 | 14 | 10 | 14 | 10 | 14 | 10 | 14 | 10 | 14 | 10 | 14 | 10 | 14 |  |
| 級數 11 | 3  | 6  | 10 | 12 | 15 | 11        | 11 | 15 | 15 | 11 | 15 | 11 | 15 | 11 | 15 | 11 | 15 | 11 | 15 | 11 | 15 | 11 | 15 | 11 | 15 | 11 | 15 |  |
| 級數 12 | 3  | 6  | 10 | 13 | 16 | 12        | 12 | 16 | 16 | 12 | 16 | 12 | 16 | 12 | 16 | 12 | 16 | 12 | 16 | 12 | 16 | 12 | 16 | 12 | 16 | 12 | 16 |  |
| 級數 13 | 5  | 9  | 13 | 14 | 17 | 13        | 13 | 17 | 17 | 13 | 17 | 13 | 17 | 13 | 17 | 13 | 17 | 13 | 17 | 13 | 17 | 13 | 17 | 13 | 17 | 13 | 17 |  |
| 級數 14 | 5  | 9  | 13 | 15 | 18 | 14        | 14 | 18 | 18 | 14 | 18 | 14 | 18 | 14 | 18 | 14 | 18 | 14 | 18 | 14 | 18 | 14 | 18 | 14 | 18 | 14 | 18 |  |
| 級數 15 | 5  | 9  | 13 | 16 | 19 | 15        | 15 | 19 | 19 | 15 | 19 | 15 | 19 | 15 | 19 | 15 | 19 | 15 | 19 | 15 | 19 | 15 | 19 | 15 | 19 | 15 | 19 |  |
| 級數 16 | 5  | 9  | 13 | 17 | 20 | 16        | 16 | 20 | 20 | 16 | 20 | 16 | 20 | 16 | 20 | 16 | 20 | 16 | 20 | 16 | 20 | 16 | 20 | 16 | 20 | 16 | 20 |  |



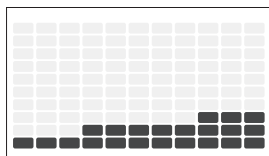
3) 比賽：此項暖身遊戲為模擬賽車。您可藉由以更快或更慢的速率踩踏踏板，控制車輛加速及減速。試著避開障礙物並維持在賽道上行駛，您的剩餘機會將顯示在上方 LCD，共 10 點，且每次碰撞到障礙物都將取消一點。您只有 11 次機會跑完全程，請格外小心。



- 4) 體能測試：測試您目前的體能狀況。在測試期間維持 RPM 在 60 與 80 之間，本計畫在測試期間會按照嵌入圖表自動變更阻力。試著一直保持 RPM 直到無法跟上，儀表將查詢表格並提供您目前的體能狀況評估。



- 5) 減重：藉由提高及降低阻力大小促進減重的效果，同時讓您維持在脂肪燃燒區。計畫採用計時制，提供 16 種難度供您選擇。使用者可利用（上下箭頭）及 ENTER 設定時間與阻力。在進行運動時和之後請飲用足夠的水分，進一步加強減重結果。



(Comfort 3、5、R)

| 秒     | 減重 |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 熱身 |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|       | 60 | 60 | 60 | 60 | 60        | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1  | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級數 1  | 1  | 2  | 2  | 3  | 3         | 3  | 4  | 4  | 5  | 5  | 5  | 4  | 4  | 3  | 3  | 3  | 2  | 2  | 1  |    |
| 級數 2  | 1  | 2  | 2  | 3  | 4         | 4  | 5  | 5  | 6  | 6  | 6  | 6  | 5  | 5  | 4  | 4  | 3  | 2  | 2  | 1  |
| 級數 3  | 1  | 2  | 2  | 4  | 5         | 5  | 6  | 6  | 7  | 7  | 7  | 7  | 6  | 6  | 5  | 5  | 4  | 2  | 2  | 1  |
| 級數 4  | 1  | 2  | 2  | 5  | 6         | 6  | 7  | 7  | 8  | 8  | 8  | 8  | 7  | 7  | 6  | 6  | 5  | 2  | 2  | 1  |
| 級數 5  | 2  | 3  | 5  | 6  | 7         | 7  | 8  | 8  | 9  | 9  | 9  | 9  | 8  | 8  | 7  | 7  | 6  | 5  | 3  | 2  |
| 級數 6  | 2  | 3  | 5  | 7  | 8         | 8  | 9  | 9  | 10 | 10 | 10 | 10 | 9  | 9  | 8  | 8  | 7  | 5  | 3  | 2  |
| 級數 7  | 2  | 3  | 5  | 8  | 9         | 9  | 10 | 10 | 11 | 11 | 11 | 11 | 10 | 10 | 9  | 9  | 8  | 5  | 3  | 2  |
| 級數 8  | 2  | 3  | 5  | 9  | 10        | 10 | 11 | 11 | 12 | 12 | 12 | 12 | 11 | 11 | 10 | 10 | 9  | 5  | 3  | 2  |
| 級數 9  | 3  | 4  | 5  | 10 | 11        | 11 | 12 | 12 | 13 | 13 | 13 | 13 | 12 | 12 | 11 | 11 | 10 | 5  | 4  | 3  |
| 級數 10 | 3  | 4  | 8  | 11 | 12        | 12 | 13 | 13 | 14 | 14 | 14 | 14 | 13 | 13 | 12 | 12 | 11 | 8  | 4  | 3  |
| 級數 11 | 3  | 6  | 10 | 12 | 13        | 13 | 14 | 14 | 15 | 15 | 15 | 15 | 14 | 14 | 13 | 13 | 12 | 10 | 6  | 3  |
| 級數 12 | 3  | 6  | 10 | 13 | 14        | 14 | 15 | 15 | 16 | 16 | 16 | 16 | 15 | 15 | 14 | 14 | 13 | 10 | 6  | 3  |



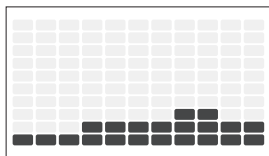
(Comfort 7)

| 減重    |    |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
|-------|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
|       | 熱身 |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |  |
| 秒     | 60 | 60 | 60 | 60 | 60        | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |  |
| 區間    | 1  | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |  |
| 級數 1  | 1  | 2  | 2  | 3  | 3         | 3  | 4  | 4  | 5  | 5  | 5  | 5  | 4  | 4  | 3  | 3  | 3  | 2  | 2  | 1  |  |
| 級數 2  | 1  | 2  | 2  | 3  | 4         | 4  | 5  | 5  | 6  | 6  | 6  | 6  | 5  | 5  | 4  | 4  | 3  | 2  | 2  | 1  |  |
| 級數 3  | 1  | 2  | 2  | 4  | 5         | 5  | 6  | 6  | 7  | 7  | 7  | 7  | 6  | 6  | 5  | 5  | 4  | 2  | 2  | 1  |  |
| 級數 4  | 1  | 2  | 2  | 5  | 6         | 6  | 7  | 7  | 8  | 8  | 8  | 8  | 7  | 7  | 6  | 6  | 5  | 2  | 2  | 1  |  |
| 級數 5  | 2  | 3  | 5  | 6  | 7         | 7  | 8  | 8  | 9  | 9  | 9  | 9  | 8  | 8  | 7  | 7  | 6  | 5  | 3  | 2  |  |
| 級數 6  | 2  | 3  | 5  | 7  | 8         | 8  | 9  | 9  | 10 | 10 | 10 | 10 | 9  | 9  | 8  | 8  | 7  | 5  | 3  | 2  |  |
| 級數 7  | 2  | 3  | 5  | 8  | 9         | 9  | 10 | 10 | 11 | 11 | 11 | 11 | 10 | 10 | 9  | 9  | 8  | 5  | 3  | 2  |  |
| 級數 8  | 2  | 3  | 5  | 9  | 10        | 10 | 11 | 11 | 12 | 12 | 12 | 12 | 11 | 11 | 10 | 10 | 9  | 5  | 3  | 2  |  |
| 級數 9  | 3  | 4  | 5  | 10 | 11        | 11 | 12 | 12 | 13 | 13 | 13 | 13 | 12 | 12 | 11 | 11 | 10 | 5  | 4  | 3  |  |
| 級數 10 | 3  | 4  | 8  | 11 | 12        | 12 | 13 | 13 | 14 | 14 | 14 | 14 | 13 | 13 | 12 | 12 | 11 | 8  | 4  | 3  |  |
| 級數 11 | 3  | 6  | 10 | 12 | 13        | 13 | 14 | 14 | 15 | 15 | 15 | 15 | 14 | 14 | 13 | 13 | 12 | 10 | 6  | 3  |  |
| 級數 12 | 3  | 6  | 10 | 13 | 14        | 14 | 15 | 15 | 16 | 16 | 16 | 16 | 15 | 15 | 14 | 14 | 13 | 10 | 6  | 3  |  |
| 級數 13 | 5  | 9  | 13 | 14 | 15        | 15 | 16 | 16 | 17 | 17 | 17 | 17 | 16 | 16 | 15 | 15 | 14 | 13 | 9  | 5  |  |
| 級數 14 | 5  | 9  | 13 | 15 | 16        | 16 | 17 | 17 | 18 | 18 | 18 | 18 | 17 | 17 | 16 | 16 | 15 | 13 | 9  | 5  |  |
| 級數 15 | 5  | 9  | 13 | 16 | 17        | 17 | 18 | 18 | 19 | 19 | 19 | 19 | 18 | 18 | 17 | 17 | 16 | 13 | 9  | 5  |  |
| 級數 16 | 5  | 9  | 13 | 17 | 18        | 18 | 19 | 19 | 20 | 20 | 20 | 20 | 19 | 19 | 18 | 18 | 17 | 13 | 9  | 5  |  |

(Comfort 8i)

| 減重    |    |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
|-------|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
|       | 熱身 |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |  |
| 秒     | 60 | 60 | 60 | 60 | 60        | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |  |
| 區間    | 1  | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |  |
| 級數 1  | 1  | 3  | 3  | 4  | 4         | 4  | 6  | 6  | 7  | 7  | 7  | 7  | 6  | 6  | 4  | 4  | 4  | 3  | 3  | 1  |  |
| 級數 2  | 1  | 3  | 3  | 4  | 6         | 6  | 7  | 7  | 9  | 9  | 9  | 9  | 7  | 7  | 6  | 6  | 4  | 3  | 3  | 1  |  |
| 級數 3  | 1  | 3  | 3  | 6  | 7         | 7  | 9  | 9  | 10 | 10 | 10 | 10 | 9  | 9  | 7  | 7  | 6  | 3  | 3  | 1  |  |
| 級數 4  | 1  | 3  | 3  | 7  | 9         | 9  | 10 | 10 | 12 | 12 | 12 | 12 | 10 | 10 | 9  | 9  | 7  | 3  | 3  | 1  |  |
| 級數 5  | 3  | 4  | 7  | 9  | 10        | 10 | 12 | 12 | 13 | 13 | 13 | 13 | 12 | 12 | 10 | 10 | 9  | 7  | 4  | 3  |  |
| 級數 6  | 3  | 4  | 7  | 10 | 12        | 12 | 13 | 13 | 15 | 15 | 15 | 15 | 13 | 13 | 12 | 12 | 10 | 7  | 4  | 3  |  |
| 級數 7  | 3  | 4  | 7  | 12 | 13        | 13 | 15 | 15 | 16 | 16 | 16 | 16 | 15 | 15 | 13 | 13 | 12 | 7  | 4  | 3  |  |
| 級數 8  | 3  | 4  | 7  | 13 | 15        | 15 | 16 | 16 | 18 | 18 | 18 | 18 | 16 | 16 | 15 | 15 | 13 | 7  | 4  | 3  |  |
| 級數 9  | 4  | 6  | 7  | 15 | 16        | 16 | 18 | 18 | 19 | 19 | 19 | 19 | 18 | 18 | 16 | 16 | 15 | 7  | 6  | 4  |  |
| 級數 10 | 4  | 6  | 12 | 16 | 18        | 18 | 19 | 19 | 21 | 21 | 21 | 21 | 19 | 19 | 18 | 18 | 16 | 12 | 6  | 4  |  |
| 級數 11 | 4  | 9  | 15 | 18 | 19        | 19 | 21 | 21 | 22 | 22 | 22 | 22 | 21 | 21 | 19 | 19 | 18 | 15 | 9  | 4  |  |
| 級數 12 | 4  | 9  | 15 | 19 | 21        | 21 | 22 | 22 | 24 | 24 | 24 | 24 | 22 | 22 | 21 | 21 | 19 | 15 | 9  | 4  |  |
| 級數 13 | 7  | 13 | 19 | 21 | 22        | 22 | 24 | 24 | 25 | 25 | 25 | 25 | 24 | 24 | 22 | 22 | 21 | 19 | 13 | 7  |  |
| 級數 14 | 7  | 13 | 19 | 22 | 24        | 24 | 25 | 25 | 27 | 27 | 27 | 27 | 25 | 25 | 24 | 24 | 22 | 19 | 13 | 7  |  |
| 級數 15 | 7  | 13 | 19 | 24 | 25        | 25 | 27 | 27 | 28 | 28 | 28 | 28 | 27 | 27 | 25 | 25 | 24 | 19 | 13 | 7  |  |
| 級數 16 | 7  | 13 | 19 | 25 | 27        | 27 | 28 | 28 | 30 | 30 | 30 | 30 | 28 | 28 | 27 | 27 | 25 | 19 | 13 | 7  |  |

- 6) 強化減重 (僅限 COMFORT 7 & 8i) : 藉由增加及降低阻力促進減重的效果, 同時讓您維持在脂肪燃燒區。計畫採用計時制, 提供 15 種難度供您選擇, 且本計畫的強度比減重計畫更高。使用者可利用 (上下箭頭) 及 ENTER 設定時間與阻力。在進行運動時和之後請飲用足夠的水分, 進一步加強減重結果。



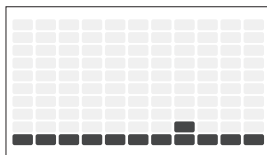
(Comfort 7)

|       | 強化減重 |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|------|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 熱身   |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
| 秒     | 60   | 60 | 60 | 60 | 60        | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1    | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級數 1  | 1    | 2  | 2  | 3  | 4         | 3  | 4  | 5  | 5  | 3  | 4  | 6  | 6  | 5  | 4  | 3  | 3  | 2  | 2  | 1  |
| 級數 2  | 2    | 3  | 3  | 3  | 5         | 4  | 5  | 6  | 6  | 4  | 5  | 7  | 7  | 6  | 5  | 4  | 3  | 3  | 3  | 2  |
| 級數 3  | 2    | 3  | 4  | 4  | 6         | 5  | 6  | 7  | 7  | 5  | 6  | 8  | 8  | 7  | 6  | 5  | 4  | 4  | 3  | 2  |
| 級數 4  | 2    | 4  | 4  | 5  | 7         | 6  | 7  | 8  | 8  | 6  | 7  | 9  | 9  | 8  | 7  | 6  | 5  | 4  | 4  | 2  |
| 級數 5  | 3    | 4  | 5  | 6  | 8         | 7  | 8  | 9  | 9  | 7  | 8  | 10 | 10 | 9  | 8  | 7  | 6  | 5  | 4  | 3  |
| 級數 6  | 3    | 5  | 6  | 6  | 9         | 8  | 9  | 10 | 10 | 8  | 9  | 11 | 11 | 10 | 9  | 8  | 6  | 5  | 3  | 2  |
| 級數 7  | 4    | 6  | 7  | 7  | 10        | 9  | 10 | 11 | 11 | 9  | 10 | 12 | 12 | 11 | 10 | 9  | 7  | 7  | 6  | 4  |
| 級數 8  | 4    | 6  | 7  | 8  | 11        | 10 | 11 | 12 | 12 | 10 | 11 | 13 | 13 | 12 | 11 | 10 | 8  | 7  | 6  | 4  |
| 級數 9  | 4    | 7  | 8  | 9  | 12        | 11 | 12 | 13 | 13 | 11 | 12 | 14 | 14 | 13 | 12 | 11 | 9  | 8  | 7  | 4  |
| 級數 10 | 5    | 7  | 9  | 9  | 13        | 12 | 13 | 14 | 14 | 12 | 13 | 15 | 15 | 14 | 13 | 12 | 9  | 9  | 7  | 5  |
| 級數 11 | 5    | 8  | 9  | 10 | 14        | 13 | 14 | 15 | 15 | 13 | 14 | 16 | 16 | 15 | 14 | 13 | 10 | 9  | 8  | 5  |
| 級數 12 | 6    | 9  | 10 | 11 | 15        | 14 | 15 | 16 | 16 | 14 | 15 | 17 | 17 | 16 | 15 | 14 | 11 | 10 | 9  | 6  |
| 級數 13 | 6    | 9  | 11 | 12 | 16        | 15 | 16 | 17 | 17 | 15 | 16 | 18 | 18 | 17 | 16 | 15 | 12 | 11 | 9  | 6  |
| 級數 14 | 6    | 10 | 11 | 12 | 17        | 16 | 17 | 18 | 18 | 16 | 17 | 19 | 19 | 18 | 17 | 16 | 12 | 11 | 10 | 6  |
| 級數 15 | 7    | 10 | 12 | 13 | 18        | 17 | 18 | 19 | 19 | 17 | 18 | 20 | 20 | 19 | 18 | 17 | 13 | 12 | 10 | 7  |

(Comfort 8i)

|       | 減重強化 |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|------|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 熱身   |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
| 秒     | 60   | 60 | 60 | 60 | 60        | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1    | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級數 1  | 1    | 3  | 3  | 4  | 6         | 4  | 6  | 7  | 7  | 4  | 6  | 9  | 9  | 7  | 6  | 4  | 4  | 3  | 3  | 1  |
| 級數 2  | 3    | 4  | 4  | 4  | 7         | 6  | 7  | 9  | 9  | 6  | 7  | 10 | 10 | 9  | 7  | 6  | 4  | 4  | 4  | 3  |
| 級數 3  | 3    | 4  | 6  | 6  | 9         | 7  | 9  | 10 | 10 | 7  | 9  | 12 | 12 | 10 | 9  | 7  | 6  | 6  | 4  | 3  |
| 級數 4  | 3    | 6  | 6  | 7  | 10        | 9  | 10 | 12 | 12 | 9  | 10 | 13 | 13 | 12 | 10 | 9  | 7  | 6  | 6  | 3  |
| 級數 5  | 4    | 6  | 7  | 9  | 12        | 10 | 12 | 13 | 13 | 10 | 12 | 15 | 15 | 13 | 12 | 10 | 9  | 7  | 6  | 4  |
| 級數 6  | 4    | 7  | 9  | 9  | 13        | 12 | 13 | 15 | 15 | 12 | 13 | 16 | 16 | 15 | 13 | 12 | 9  | 9  | 7  | 4  |
| 級數 7  | 6    | 9  | 10 | 10 | 15        | 13 | 15 | 16 | 16 | 13 | 15 | 18 | 18 | 16 | 15 | 13 | 10 | 10 | 9  | 6  |
| 級數 8  | 6    | 9  | 10 | 12 | 16        | 15 | 16 | 18 | 18 | 15 | 16 | 19 | 19 | 18 | 16 | 15 | 12 | 10 | 9  | 6  |
| 級數 9  | 6    | 10 | 12 | 13 | 18        | 16 | 18 | 19 | 19 | 16 | 18 | 21 | 21 | 19 | 18 | 16 | 13 | 12 | 10 | 6  |
| 級數 10 | 7    | 10 | 13 | 13 | 19        | 18 | 19 | 21 | 21 | 18 | 19 | 22 | 22 | 21 | 19 | 18 | 13 | 13 | 10 | 7  |
| 級數 11 | 7    | 12 | 13 | 15 | 21        | 19 | 21 | 22 | 22 | 19 | 21 | 24 | 24 | 22 | 21 | 19 | 15 | 13 | 12 | 7  |
| 級數 12 | 9    | 13 | 15 | 16 | 22        | 21 | 22 | 24 | 24 | 21 | 22 | 25 | 25 | 24 | 22 | 21 | 16 | 15 | 13 | 9  |
| 級數 13 | 9    | 13 | 16 | 18 | 24        | 22 | 24 | 25 | 25 | 22 | 24 | 27 | 27 | 25 | 24 | 22 | 18 | 16 | 13 | 9  |
| 級數 14 | 9    | 15 | 16 | 18 | 25        | 24 | 25 | 27 | 27 | 24 | 25 | 28 | 28 | 27 | 25 | 24 | 18 | 16 | 15 | 9  |
| 級數 15 | 10   | 15 | 18 | 19 | 27        | 25 | 27 | 28 | 28 | 25 | 27 | 30 | 30 | 28 | 27 | 25 | 19 | 18 | 15 | 10 |

7) 上下坡：藉由逐漸提高及降低阻力大小，逐漸提高及降低心律，維持理想體重。



(Comfort 3、5、R)

|       |    | 上下坡 |    |    |    |      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|-----|----|----|----|------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       |    | 熱身  |    |    |    | 計畫區段 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
| 秒     | 區間 | 60  | 60 | 60 | 60 | 30   | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 60 | 60 | 60 | 60 |
| 級數 1  | 1  | 2   | 3  | 4  | 5  | 6    | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 級數 2  | 1  | 2   | 2  | 3  | 2  | 3    | 4  | 5  | 4  | 3  | 2  | 1  | 2  | 3  | 2  | 1  | 2  | 1  | 1  | 1  | 1  |
| 級數 3  | 2  | 2   | 3  | 3  | 3  | 4    | 5  | 6  | 7  | 8  | 7  | 6  | 5  | 4  | 2  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 4  | 2  | 3   | 3  | 4  | 4  | 5    | 6  | 7  | 8  | 9  | 8  | 7  | 6  | 5  | 3  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 5  | 3  | 4   | 4  | 4  | 5  | 6    | 7  | 8  | 9  | 10 | 9  | 8  | 7  | 6  | 3  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 6  | 3  | 5   | 4  | 5  | 6  | 7    | 8  | 9  | 10 | 10 | 10 | 9  | 8  | 7  | 4  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 7  | 4  | 5   | 5  | 5  | 7  | 7    | 8  | 8  | 9  | 9  | 10 | 10 | 9  | 8  | 4  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 8  | 4  | 5   | 5  | 5  | 8  | 8    | 9  | 9  | 10 | 10 | 11 | 11 | 10 | 9  | 4  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 9  | 4  | 5   | 5  | 5  | 9  | 9    | 10 | 10 | 11 | 11 | 12 | 12 | 11 | 10 | 5  | 4  | 3  | 1  | 1  | 1  | 1  |
| 級數 10 | 4  | 5   | 6  | 6  | 10 | 10   | 11 | 11 | 12 | 12 | 13 | 13 | 12 | 11 | 6  | 5  | 4  | 1  | 1  | 1  | 1  |
| 級數 11 | 4  | 5   | 7  | 7  | 11 | 11   | 12 | 12 | 13 | 13 | 14 | 14 | 13 | 12 | 6  | 5  | 4  | 1  | 1  | 1  | 1  |
| 級數 12 | 4  | 5   | 8  | 8  | 12 | 12   | 13 | 13 | 14 | 14 | 15 | 15 | 14 | 13 | 7  | 6  | 5  | 1  | 1  | 1  | 1  |
| 級數 13 | 4  | 5   | 9  | 9  | 13 | 13   | 14 | 14 | 15 | 15 | 16 | 16 | 15 | 14 | 7  | 6  | 5  | 1  | 1  | 1  | 1  |
| 級數 14 | 4  | 5   | 9  | 9  | 14 | 14   | 15 | 15 | 16 | 16 | 17 | 17 | 16 | 15 | 8  | 7  | 6  | 1  | 1  | 1  | 1  |

(Comfort 7)

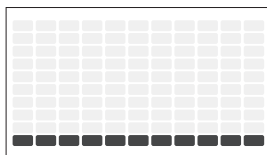
|       |    | 上下坡 |    |    |    |      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|-----|----|----|----|------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       |    | 熱身  |    |    |    | 計畫區段 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
| 秒     | 區間 | 60  | 60 | 60 | 60 | 30   | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 60 | 60 | 60 | 60 |
| 級數 1  | 1  | 2   | 3  | 4  | 5  | 6    | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 級數 2  | 1  | 2   | 2  | 3  | 2  | 3    | 4  | 5  | 4  | 3  | 2  | 1  | 2  | 3  | 2  | 1  | 2  | 1  | 1  | 1  | 1  |
| 級數 3  | 2  | 2   | 3  | 3  | 3  | 4    | 5  | 6  | 7  | 8  | 7  | 6  | 5  | 4  | 2  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 4  | 2  | 3   | 3  | 4  | 4  | 5    | 6  | 7  | 8  | 9  | 8  | 7  | 6  | 5  | 3  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 5  | 3  | 4   | 4  | 4  | 5  | 6    | 7  | 8  | 9  | 10 | 9  | 8  | 7  | 6  | 3  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 6  | 3  | 5   | 4  | 5  | 6  | 7    | 8  | 9  | 10 | 10 | 10 | 9  | 8  | 7  | 4  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 7  | 4  | 5   | 5  | 5  | 7  | 7    | 8  | 8  | 9  | 9  | 10 | 10 | 9  | 8  | 4  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 8  | 4  | 5   | 5  | 5  | 8  | 8    | 9  | 9  | 10 | 10 | 11 | 11 | 10 | 9  | 4  | 3  | 2  | 1  | 1  | 1  | 1  |
| 級數 9  | 4  | 5   | 5  | 5  | 9  | 9    | 10 | 10 | 11 | 11 | 12 | 12 | 11 | 10 | 5  | 4  | 3  | 1  | 1  | 1  | 1  |
| 級數 10 | 4  | 5   | 6  | 6  | 10 | 10   | 11 | 11 | 12 | 12 | 13 | 13 | 12 | 11 | 6  | 5  | 4  | 1  | 1  | 1  | 1  |
| 級數 11 | 4  | 5   | 7  | 7  | 11 | 11   | 12 | 12 | 13 | 13 | 14 | 14 | 13 | 12 | 6  | 5  | 4  | 1  | 1  | 1  | 1  |
| 級數 12 | 4  | 5   | 8  | 8  | 12 | 12   | 13 | 13 | 14 | 14 | 15 | 15 | 14 | 13 | 7  | 6  | 5  | 1  | 1  | 1  | 1  |
| 級數 13 | 4  | 5   | 9  | 9  | 13 | 13   | 14 | 14 | 15 | 15 | 16 | 16 | 15 | 14 | 7  | 6  | 5  | 1  | 1  | 1  | 1  |
| 級數 14 | 4  | 5   | 9  | 9  | 14 | 14   | 15 | 15 | 16 | 16 | 17 | 17 | 16 | 15 | 8  | 7  | 6  | 1  | 1  | 1  | 1  |



|       | 上下坡 |    |    |    |      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
|-------|-----|----|----|----|------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
|       | 熱身  |    |    |    | 計畫區段 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |  |
| 秒     | 60  | 60 | 60 | 60 | 30   | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 60 | 60 | 60 | 60 |  |
| 區間    | 1   | 3  | 4  | 6  | 7    | 9  | 10 | 12 | 13 | 15 | 16 | 18 | 19 | 21 | 22 | 24 | 25 | 27 |    |  |
| 級數 1  | 1   | 1  | 3  | 3  | 1    | 3  | 4  | 6  | 4  | 3  | 1  | 3  | 4  | 3  | 1  | 1  | 1  | 1  |    |  |
| 級數 2  | 1   | 3  | 3  | 4  | 3    | 4  | 6  | 7  | 6  | 4  | 3  | 1  | 3  | 4  | 3  | 1  | 1  | 1  |    |  |
| 級數 3  | 3   | 3  | 4  | 4  | 4    | 6  | 7  | 9  | 10 | 12 | 10 | 9  | 7  | 6  | 3  | 1  | 1  | 1  |    |  |
| 級數 4  | 3   | 4  | 4  | 6  | 6    | 7  | 9  | 10 | 12 | 13 | 12 | 10 | 9  | 7  | 4  | 1  | 1  | 1  |    |  |
| 級數 5  | 4   | 6  | 6  | 6  | 7    | 9  | 10 | 12 | 13 | 15 | 13 | 12 | 10 | 9  | 4  | 4  | 3  | 1  |    |  |
| 級數 6  | 4   | 7  | 6  | 7  | 9    | 10 | 12 | 13 | 15 | 15 | 15 | 13 | 12 | 10 | 6  | 4  | 3  | 1  |    |  |
| 級數 7  | 6   | 7  | 7  | 7  | 10   | 10 | 12 | 12 | 13 | 13 | 15 | 15 | 13 | 12 | 6  | 4  | 3  | 1  |    |  |
| 級數 8  | 6   | 7  | 7  | 7  | 12   | 12 | 13 | 13 | 15 | 15 | 16 | 16 | 15 | 13 | 6  | 4  | 3  | 1  |    |  |
| 級數 9  | 6   | 7  | 7  | 7  | 13   | 13 | 15 | 15 | 16 | 16 | 18 | 18 | 16 | 15 | 7  | 6  | 4  | 1  |    |  |
| 級數 10 | 6   | 7  | 9  | 9  | 15   | 15 | 16 | 16 | 18 | 18 | 19 | 19 | 18 | 16 | 9  | 7  | 6  | 1  |    |  |
| 級數 11 | 6   | 7  | 10 | 10 | 16   | 16 | 18 | 18 | 19 | 19 | 21 | 21 | 19 | 18 | 9  | 7  | 6  | 1  |    |  |
| 級數 12 | 6   | 7  | 12 | 12 | 18   | 18 | 19 | 19 | 21 | 21 | 22 | 22 | 21 | 19 | 10 | 9  | 7  | 1  |    |  |
| 級數 13 | 6   | 7  | 13 | 13 | 19   | 19 | 21 | 21 | 22 | 22 | 24 | 24 | 22 | 21 | 10 | 9  | 7  | 1  |    |  |
| 級數 14 | 6   | 7  | 13 | 13 | 21   | 21 | 22 | 22 | 24 | 24 | 25 | 25 | 24 | 22 | 12 | 10 | 9  | 1  |    |  |

(Comfort 8i)

- 8) 踩踏頻率：屬特殊健身車訓練計畫，可提升您的耐力並增加持久力。本計畫將逐漸增加阻力大小，並提示您以低速 (L)、中速 (M) 或高速 (H) 踩踏踏板，協助您達到健身目標。



| 秒     | 踩踏頻率 |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
|-------|------|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 暖身   |   |   |   | L  | M  | L  | H  | M  | L  | H  | M  | L  | H  | M  | L  |    |    |    |    |
| 區間    | 1    | 2 | 3 | 4 | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級數 1  | 2    | 1 | 1 | 2 | 3  | 2  | 3  | 1  | 2  | 3  | 1  | 2  | 3  | 1  | 2  | 3  | 2  | 1  | 1  | 1  |
| 級數 2  | 1    | 1 | 1 | 2 | 4  | 3  | 4  | 2  | 3  | 4  | 2  | 3  | 4  | 2  | 3  | 4  | 2  | 1  | 1  | 1  |
| 級數 3  | 1    | 1 | 1 | 2 | 5  | 4  | 5  | 3  | 4  | 5  | 3  | 4  | 5  | 3  | 4  | 5  | 2  | 1  | 1  | 1  |
| 級數 4  | 1    | 1 | 1 | 3 | 6  | 5  | 6  | 4  | 5  | 6  | 4  | 5  | 6  | 4  | 5  | 6  | 3  | 1  | 1  | 1  |
| 級數 5  | 1    | 2 | 3 | 3 | 7  | 6  | 7  | 5  | 6  | 7  | 5  | 6  | 7  | 5  | 6  | 7  | 3  | 3  | 2  | 1  |
| 級數 6  | 1    | 2 | 3 | 4 | 8  | 7  | 8  | 6  | 7  | 8  | 6  | 7  | 8  | 6  | 7  | 8  | 4  | 3  | 2  | 1  |
| 級數 7  | 1    | 2 | 3 | 4 | 9  | 8  | 9  | 7  | 8  | 9  | 7  | 8  | 9  | 7  | 8  | 9  | 4  | 3  | 2  | 1  |
| 級數 8  | 1    | 2 | 3 | 5 | 10 | 9  | 10 | 8  | 9  | 10 | 8  | 9  | 10 | 8  | 9  | 10 | 5  | 3  | 2  | 1  |
| 級數 9  | 1    | 1 | 1 | 2 | 11 | 10 | 11 | 9  | 10 | 11 | 9  | 10 | 11 | 9  | 10 | 11 | 2  | 1  | 1  | 1  |
| 級數 10 | 1    | 1 | 1 | 2 | 12 | 11 | 12 | 10 | 11 | 12 | 10 | 11 | 12 | 10 | 11 | 12 | 2  | 1  | 1  | 1  |
| 級數 11 | 2    | 2 | 2 | 3 | 13 | 12 | 13 | 11 | 12 | 13 | 11 | 12 | 13 | 11 | 12 | 13 | 2  | 1  | 1  | 1  |
| 級數 12 | 3    | 3 | 3 | 4 | 14 | 13 | 14 | 12 | 13 | 14 | 12 | 13 | 14 | 12 | 13 | 14 | 3  | 1  | 1  | 1  |
| 級數 13 | 3    | 4 | 4 | 5 | 15 | 14 | 15 | 13 | 14 | 15 | 13 | 14 | 15 | 13 | 14 | 15 | 3  | 3  | 2  | 1  |
| 級數 14 | 3    | 4 | 5 | 6 | 16 | 15 | 16 | 14 | 15 | 16 | 14 | 15 | 16 | 14 | 15 | 16 | 4  | 3  | 2  | 1  |

(Comfort 3、5、R)



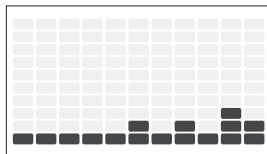
(Comfort 7)

| 歩路頻率  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 暖身 |    |    |    | L  | M  | L  | H  | M  | L  | H  | M  | L  | H  | M  | L  | 緩和 |    |    |    |
| 秒     | 60 | 60 | 60 | 60 | 90 | 45 | 90 | 30 | 45 | 90 | 30 | 45 | 90 | 30 | 45 | 90 | 60 | 60 | 60 | 60 |
| 区間    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級数 1  | 2  | 1  | 1  | 2  | 3  | 2  | 3  | 1  | 2  | 3  | 1  | 2  | 3  | 1  | 2  | 3  | 2  | 1  | 1  | 1  |
| 級数 2  | 1  | 1  | 1  | 2  | 4  | 3  | 4  | 2  | 3  | 4  | 2  | 3  | 4  | 2  | 3  | 4  | 2  | 1  | 1  | 1  |
| 級数 3  | 1  | 1  | 1  | 2  | 5  | 4  | 5  | 3  | 4  | 5  | 3  | 4  | 5  | 3  | 4  | 5  | 2  | 1  | 1  | 1  |
| 級数 4  | 1  | 1  | 1  | 3  | 6  | 5  | 6  | 4  | 5  | 6  | 4  | 5  | 6  | 4  | 5  | 6  | 3  | 1  | 1  | 1  |
| 級数 5  | 1  | 2  | 3  | 3  | 7  | 6  | 7  | 5  | 6  | 7  | 5  | 6  | 7  | 5  | 6  | 7  | 3  | 3  | 2  | 1  |
| 級数 6  | 1  | 2  | 3  | 4  | 8  | 7  | 8  | 6  | 7  | 8  | 6  | 7  | 8  | 6  | 7  | 8  | 4  | 3  | 2  | 1  |
| 級数 7  | 1  | 2  | 3  | 4  | 9  | 8  | 9  | 7  | 8  | 9  | 7  | 8  | 9  | 7  | 8  | 9  | 4  | 3  | 2  | 1  |
| 級数 8  | 1  | 2  | 3  | 5  | 10 | 9  | 10 | 8  | 9  | 10 | 8  | 9  | 10 | 8  | 9  | 10 | 5  | 3  | 2  | 1  |
| 級数 9  | 1  | 1  | 1  | 2  | 11 | 10 | 11 | 9  | 10 | 11 | 9  | 10 | 11 | 9  | 10 | 11 | 2  | 1  | 1  | 1  |
| 級数 10 | 1  | 1  | 1  | 2  | 12 | 11 | 12 | 10 | 11 | 12 | 10 | 11 | 12 | 10 | 11 | 12 | 2  | 1  | 1  | 1  |
| 級数 11 | 2  | 2  | 2  | 3  | 13 | 12 | 13 | 11 | 12 | 13 | 11 | 12 | 13 | 11 | 12 | 13 | 2  | 1  | 1  | 1  |
| 級数 12 | 3  | 3  | 3  | 4  | 14 | 13 | 14 | 12 | 13 | 14 | 12 | 13 | 14 | 12 | 13 | 14 | 3  | 1  | 1  | 1  |
| 級数 13 | 3  | 4  | 4  | 5  | 15 | 14 | 15 | 13 | 14 | 15 | 13 | 14 | 15 | 13 | 14 | 15 | 3  | 3  | 2  | 1  |
| 級数 14 | 3  | 4  | 5  | 6  | 16 | 15 | 16 | 14 | 15 | 16 | 14 | 15 | 16 | 14 | 15 | 16 | 4  | 3  | 2  | 1  |
| 級数 15 | 3  | 5  | 6  | 7  | 17 | 16 | 17 | 15 | 16 | 17 | 15 | 16 | 17 | 15 | 16 | 17 | 4  | 3  | 2  | 1  |
| 級数 16 | 4  | 6  | 7  | 8  | 18 | 17 | 18 | 16 | 17 | 18 | 16 | 17 | 18 | 16 | 17 | 18 | 5  | 3  | 2  | 1  |

(Comfort 8i)

| 歩路頻率  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 暖身 |    |    |    | L  | M  | L  | H  | M  | L  | H  | M  | L  | H  | M  | L  | 緩和 |    |    |    |
| 秒     | 60 | 60 | 60 | 60 | 90 | 45 | 90 | 30 | 45 | 90 | 30 | 45 | 90 | 30 | 45 | 90 | 60 | 60 | 60 | 60 |
| 区間    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級数 1  | 3  | 1  | 1  | 3  | 4  | 3  | 4  | 1  | 3  | 4  | 1  | 3  | 4  | 1  | 3  | 4  | 3  | 1  | 1  | 1  |
| 級数 2  | 1  | 1  | 1  | 3  | 6  | 4  | 6  | 3  | 4  | 6  | 3  | 4  | 6  | 3  | 4  | 6  | 3  | 1  | 1  | 1  |
| 級数 3  | 1  | 1  | 1  | 3  | 7  | 6  | 7  | 4  | 6  | 7  | 4  | 6  | 7  | 4  | 6  | 7  | 3  | 1  | 1  | 1  |
| 級数 4  | 1  | 1  | 1  | 4  | 9  | 7  | 9  | 6  | 7  | 9  | 6  | 7  | 9  | 6  | 7  | 9  | 4  | 1  | 1  | 1  |
| 級数 5  | 1  | 3  | 4  | 4  | 10 | 9  | 10 | 7  | 9  | 10 | 7  | 9  | 10 | 7  | 9  | 10 | 4  | 4  | 3  | 1  |
| 級数 6  | 1  | 3  | 4  | 6  | 12 | 10 | 12 | 9  | 10 | 12 | 9  | 10 | 12 | 9  | 10 | 12 | 6  | 4  | 3  | 1  |
| 級数 7  | 1  | 3  | 4  | 6  | 13 | 12 | 13 | 10 | 12 | 13 | 10 | 12 | 13 | 10 | 12 | 13 | 6  | 4  | 3  | 1  |
| 級数 8  | 1  | 3  | 4  | 7  | 15 | 13 | 15 | 12 | 13 | 15 | 12 | 13 | 15 | 12 | 13 | 15 | 7  | 4  | 3  | 1  |
| 級数 9  | 1  | 1  | 1  | 3  | 16 | 15 | 16 | 13 | 15 | 16 | 13 | 15 | 16 | 13 | 15 | 16 | 3  | 1  | 1  | 1  |
| 級数 10 | 1  | 1  | 1  | 3  | 18 | 16 | 18 | 15 | 16 | 18 | 15 | 16 | 18 | 15 | 16 | 18 | 3  | 1  | 1  | 1  |
| 級数 11 | 3  | 3  | 3  | 4  | 19 | 18 | 19 | 16 | 18 | 19 | 16 | 18 | 19 | 16 | 18 | 19 | 3  | 1  | 1  | 1  |
| 級数 12 | 4  | 4  | 4  | 6  | 21 | 19 | 21 | 18 | 19 | 21 | 18 | 19 | 21 | 18 | 19 | 21 | 4  | 1  | 1  | 1  |
| 級数 13 | 4  | 6  | 6  | 7  | 22 | 21 | 22 | 19 | 21 | 22 | 19 | 21 | 22 | 19 | 21 | 22 | 4  | 4  | 3  | 1  |
| 級数 14 | 4  | 6  | 7  | 9  | 24 | 22 | 24 | 21 | 22 | 24 | 21 | 22 | 24 | 21 | 22 | 24 | 6  | 4  | 3  | 1  |
| 級数 15 | 4  | 7  | 9  | 10 | 25 | 24 | 25 | 22 | 24 | 25 | 22 | 24 | 25 | 22 | 24 | 25 | 6  | 4  | 3  | 1  |
| 級数 16 | 6  | 9  | 10 | 12 | 27 | 25 | 27 | 24 | 25 | 27 | 24 | 25 | 27 | 24 | 25 | 27 | 7  | 4  | 3  | 1  |

9) 隨機：計畫採用特殊設計的圖表，將模擬隨機變更的阻力。



(Comfort 3、5、R)

|       | 熱身 |    |    |    | 隨機 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 秒     | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 級數 1  | 1  | 1  | 2  | 2  | 1  | 3  | 5  | 2  | 4  | 7  | 2  | 3  | 6  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 2  | 1  | 2  | 2  | 3  | 2  | 4  | 6  | 3  | 5  | 8  | 3  | 4  | 7  | 2  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 3  | 2  | 2  | 3  | 3  | 3  | 5  | 7  | 4  | 6  | 9  | 4  | 5  | 8  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 4  | 2  | 3  | 3  | 4  | 4  | 6  | 8  | 5  | 7  | 10 | 5  | 6  | 9  | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 5  | 3  | 4  | 4  | 4  | 5  | 7  | 9  | 6  | 8  | 11 | 6  | 7  | 10 | 5  | 3  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 6  | 3  | 5  | 4  | 5  | 6  | 8  | 10 | 7  | 9  | 12 | 7  | 8  | 11 | 6  | 4  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 7  | 4  | 5  | 5  | 5  | 7  | 9  | 11 | 8  | 10 | 13 | 8  | 9  | 12 | 7  | 4  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 8  | 4  | 5  | 5  | 5  | 8  | 10 | 12 | 9  | 11 | 14 | 9  | 10 | 13 | 8  | 4  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 9  | 4  | 5  | 5  | 5  | 9  | 11 | 13 | 10 | 12 | 15 | 10 | 11 | 14 | 9  | 5  | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 10 | 4  | 5  | 6  | 6  | 10 | 12 | 14 | 11 | 13 | 16 | 11 | 12 | 15 | 10 | 5  | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |

|       | 熱身 |    |    |    | 隨機 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
|-------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 秒     | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 級數 1  | 1  | 1  | 2  | 2  | 1  | 3  | 5  | 2  | 4  | 7  | 2  | 3  | 6  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 2  | 1  | 2  | 2  | 3  | 2  | 4  | 6  | 3  | 5  | 8  | 3  | 4  | 7  | 2  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 3  | 2  | 2  | 3  | 3  | 3  | 5  | 7  | 4  | 6  | 9  | 4  | 5  | 8  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 4  | 2  | 3  | 3  | 4  | 4  | 6  | 8  | 5  | 7  | 10 | 5  | 6  | 9  | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 5  | 3  | 4  | 4  | 4  | 5  | 7  | 9  | 6  | 8  | 11 | 6  | 7  | 10 | 5  | 3  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 6  | 3  | 5  | 4  | 5  | 6  | 8  | 10 | 7  | 9  | 12 | 7  | 8  | 11 | 6  | 4  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 7  | 4  | 5  | 5  | 5  | 7  | 9  | 11 | 8  | 10 | 13 | 8  | 9  | 12 | 7  | 4  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 8  | 4  | 5  | 5  | 5  | 8  | 10 | 12 | 9  | 11 | 14 | 9  | 10 | 13 | 8  | 4  | 3  | 2  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 9  | 4  | 5  | 5  | 5  | 9  | 11 | 13 | 10 | 12 | 15 | 10 | 11 | 14 | 9  | 5  | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 10 | 4  | 5  | 6  | 6  | 10 | 12 | 14 | 11 | 13 | 16 | 11 | 12 | 15 | 10 | 5  | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 11 | 4  | 5  | 7  | 7  | 11 | 13 | 15 | 12 | 14 | 17 | 12 | 13 | 16 | 11 | 6  | 5  | 4  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 12 | 4  | 5  | 8  | 8  | 12 | 14 | 16 | 13 | 15 | 18 | 13 | 14 | 17 | 12 | 6  | 5  | 4  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 13 | 4  | 5  | 9  | 9  | 13 | 15 | 17 | 14 | 16 | 19 | 14 | 15 | 18 | 13 | 7  | 6  | 5  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |
| 級數 14 | 4  | 5  | 9  | 9  | 14 | 16 | 18 | 15 | 17 | 20 | 15 | 16 | 19 | 14 | 7  | 6  | 5  | 1  | 1  | 1  | 1  | 1  | 1  | 1  |

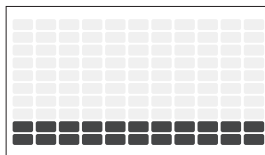
(Comfort 7)

|       | 隨機 |    |    |    |    |    |    |      |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|------|----|----|----|----|----|----|----|----|----|
|       | 熱身 |    |    |    |    |    |    | 計畫區段 |    |    |    |    |    |    | 緩和 |    |    |
| 秒     | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60   | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8    | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 級數 1  | 1  | 1  | 3  | 3  | 1  | 4  | 7  | 3    | 6  | 10 | 3  | 4  | 9  | 1  | 1  | 1  | 1  |
| 級數 2  | 1  | 3  | 3  | 4  | 3  | 6  | 9  | 4    | 7  | 12 | 4  | 6  | 10 | 3  | 3  | 1  | 1  |
| 級數 3  | 3  | 3  | 4  | 4  | 4  | 7  | 10 | 6    | 9  | 13 | 6  | 7  | 12 | 4  | 3  | 1  | 1  |
| 級數 4  | 3  | 4  | 4  | 6  | 6  | 9  | 12 | 7    | 10 | 15 | 7  | 9  | 13 | 6  | 4  | 1  | 1  |
| 級數 5  | 4  | 6  | 6  | 6  | 7  | 10 | 13 | 9    | 12 | 16 | 9  | 10 | 15 | 7  | 4  | 4  | 3  |
| 級數 6  | 4  | 7  | 6  | 7  | 9  | 12 | 15 | 10   | 13 | 18 | 10 | 12 | 16 | 9  | 6  | 4  | 3  |
| 級數 7  | 6  | 7  | 7  | 7  | 10 | 13 | 16 | 12   | 15 | 19 | 12 | 13 | 18 | 10 | 6  | 4  | 3  |
| 級數 8  | 6  | 7  | 7  | 7  | 12 | 15 | 18 | 13   | 16 | 21 | 13 | 15 | 19 | 12 | 6  | 4  | 3  |
| 級數 9  | 6  | 7  | 7  | 7  | 13 | 16 | 19 | 15   | 18 | 22 | 15 | 16 | 21 | 13 | 7  | 6  | 4  |
| 級數 10 | 6  | 7  | 9  | 9  | 15 | 18 | 21 | 16   | 19 | 24 | 16 | 18 | 22 | 15 | 7  | 6  | 4  |
| 級數 11 | 6  | 7  | 10 | 10 | 16 | 19 | 22 | 18   | 21 | 25 | 18 | 19 | 24 | 16 | 9  | 7  | 6  |
| 級數 12 | 6  | 7  | 12 | 12 | 18 | 21 | 24 | 19   | 22 | 27 | 19 | 21 | 25 | 18 | 9  | 7  | 6  |
| 級數 13 | 6  | 7  | 13 | 13 | 19 | 22 | 25 | 21   | 24 | 28 | 21 | 22 | 27 | 19 | 10 | 9  | 7  |
| 級數 14 | 6  | 7  | 13 | 13 | 21 | 24 | 27 | 22   | 25 | 30 | 22 | 24 | 28 | 21 | 10 | 9  | 7  |

(Comfort 8i)

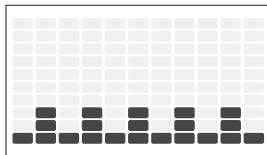
10)持續功率：此健身運動計畫會自動調整阻力，使您維持在設定的功率範圍內，並維持所需的運動強度。

- 1) 使用 ▲▼ 選擇持續功率計畫，並按下 ENTER。
- 2) 使用 ▲▼ 設定時間，並按下 ENTER。
- 3) 使用 ▲▼ 選擇所需的功率，並按下 ENTER。
- 4) 按下 START ►|| 後，開始計畫。



11) 間歇功率計畫 ( 僅限 COMFORT 8i ) : 可讓您選擇高功率值和低功率值。間歇功率計畫可在高低功率值之間切換，是專為密集與有效率的健身運動設計。

- 1) 使用選擇持續功率計畫，並按下 enter。
- 2) 使用設定時間，並按下 enter。
- 3) 選擇所需的低功率目標，並按下 enter。
- 4) 選擇所需的高功率目標，並按下 enter。
- 5) 按下 START ►|| 後，開始計畫。

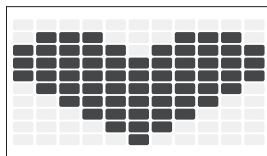


註：功率計畫與 RPM 相關。阻力會根據您的踩踏速度自動變化，並確定您保持以目標功率進行健身運動。請勿踩踏踏板過慢或過快。若您不在目標區域，LCD 將在 RPM 欄位旁顯示箭頭符號，提醒您調整自己的速度。向上箭頭代表提升您的 RPM，而向下箭頭則代表減緩您運動的速度。

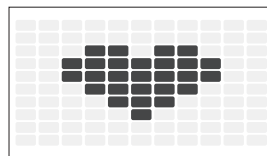


12) THR 區：模擬您喜好運動的強度，同時自動調整計畫阻力以維持設定目標的心律範圍。（建議在選擇此計畫後使用肩帶；您可另行向經銷商購買肩帶）

- 1) 使用 ▲▼ 選擇 THR 區計畫，並按下 ENTER。
- 2) 使用 ▲▼ 選擇時間，並按下 ENTER。
- 3) 心律視窗將會閃爍，顯示出每分鐘 80 次跳動的心律預設目標。使用 ▲▼（在心律訓練圖表中）選擇您的目標心律，並按下 ENTER。
- 4) 按下 START ►■ 後開始進行。

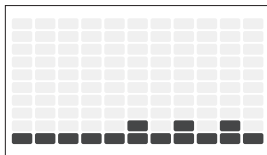


13) % THR：藉由維持最佳燃燒脂肪的運動量達到減重的效果，同時調整阻力並維持在目標心律區。首先請設定您的個人資料（您的健身車會自動計算您的最大健身運動心律），然後再選擇您要根據最大心律健身的百分比。（建議在選擇此計畫後使用肩帶；您可另行向經銷商購買肩帶）



註：心律計畫是您心律目標的基準。阻力將根據您踩踏的速度自動變化，並確定您保持以目標心律進行健身運動。請勿踩踏踏板過慢或過快。若您不在目標區域，LCD 將在 RPM 欄位旁顯示箭頭符號，提醒您調整自己的速度。向上箭頭代表提升您的 RPM，而向下箭頭則代表減緩您運動的速度。

14) 肌力訓練 (僅限 COMFORT 8i) : 協助您利用預設的健身運動計畫逐漸增加肌力。計畫採用計時制, 提供 20 種難度供您選擇。使用者可利用 (上下箭頭) 及 ENTER 設定時間與阻力。



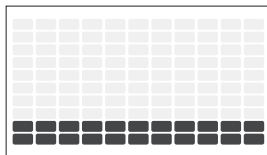
(Comfort 8i)

| 肌力訓練  |    |    |    |    |           |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       | 熱身 |    |    |    | 計畫區間 - 重複 |    |    |    |    |    |    |    |    |    |    |    | 緩和 |    |    |    |
| 秒     | 60 | 60 | 60 | 60 | 60        | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 |
| 區間    | 1  | 2  | 3  | 4  | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 級數 1  | 1  | 1  | 3  | 3  | 1         | 4  | 1  | 4  | 1  | 4  | 1  | 4  | 1  | 4  | 1  | 4  | 3  | 3  | 1  | 1  |
| 級數 2  | 1  | 1  | 3  | 3  | 3         | 4  | 3  | 6  | 3  | 4  | 3  | 6  | 3  | 4  | 3  | 6  | 3  | 3  | 1  | 1  |
| 級數 3  | 1  | 1  | 3  | 3  | 4         | 4  | 3  | 4  | 4  | 3  | 4  | 4  | 3  | 4  | 4  | 3  | 3  | 3  | 1  | 1  |
| 級數 4  | 1  | 3  | 3  | 4  | 6         | 6  | 3  | 6  | 6  | 3  | 6  | 6  | 3  | 6  | 6  | 3  | 4  | 3  | 3  | 1  |
| 級數 5  | 3  | 4  | 4  | 4  | 4         | 7  | 4  | 7  | 4  | 7  | 4  | 7  | 4  | 7  | 4  | 7  | 4  | 4  | 4  | 3  |
| 級數 6  | 3  | 4  | 6  | 6  | 6         | 9  | 6  | 9  | 6  | 9  | 6  | 9  | 6  | 9  | 6  | 9  | 6  | 6  | 4  | 3  |
| 級數 7  | 4  | 6  | 7  | 9  | 9         | 12 | 7  | 12 | 9  | 10 | 7  | 12 | 9  | 10 | 7  | 12 | 9  | 7  | 6  | 4  |
| 級數 8  | 4  | 6  | 7  | 9  | 12        | 12 | 9  | 12 | 12 | 9  | 12 | 12 | 9  | 12 | 12 | 9  | 9  | 7  | 6  | 4  |
| 級數 9  | 6  | 9  | 10 | 10 | 12        | 15 | 12 | 15 | 12 | 15 | 12 | 15 | 12 | 15 | 12 | 15 | 10 | 10 | 9  | 6  |
| 級數 10 | 6  | 9  | 10 | 10 | 15        | 15 | 12 | 15 | 15 | 12 | 15 | 15 | 12 | 15 | 15 | 12 | 10 | 10 | 9  | 6  |
| 級數 11 | 6  | 10 | 12 | 13 | 15        | 18 | 15 | 18 | 15 | 18 | 15 | 18 | 15 | 18 | 15 | 18 | 13 | 12 | 10 | 6  |
| 級數 12 | 6  | 10 | 12 | 13 | 18        | 18 | 15 | 18 | 18 | 15 | 18 | 18 | 15 | 18 | 18 | 15 | 13 | 12 | 10 | 6  |
| 級數 13 | 7  | 12 | 13 | 15 | 18        | 21 | 18 | 21 | 18 | 21 | 18 | 21 | 18 | 21 | 18 | 21 | 15 | 13 | 12 | 7  |
| 級數 14 | 7  | 12 | 13 | 15 | 21        | 21 | 18 | 21 | 21 | 18 | 21 | 21 | 18 | 21 | 21 | 18 | 15 | 13 | 12 | 7  |
| 級數 15 | 9  | 13 | 16 | 18 | 21        | 24 | 21 | 24 | 21 | 24 | 21 | 24 | 21 | 24 | 21 | 24 | 18 | 16 | 13 | 9  |
| 級數 16 | 9  | 13 | 16 | 18 | 24        | 24 | 21 | 24 | 24 | 21 | 24 | 24 | 21 | 24 | 24 | 21 | 18 | 16 | 13 | 9  |
| 級數 17 | 9  | 15 | 16 | 18 | 25        | 25 | 22 | 25 | 25 | 22 | 25 | 25 | 22 | 25 | 25 | 22 | 18 | 16 | 15 | 9  |
| 級數 18 | 10 | 15 | 18 | 19 | 27        | 27 | 24 | 27 | 27 | 24 | 27 | 27 | 24 | 27 | 27 | 24 | 19 | 18 | 15 | 10 |
| 級數 19 | 10 | 16 | 19 | 21 | 28        | 28 | 25 | 28 | 28 | 25 | 28 | 28 | 25 | 28 | 28 | 25 | 21 | 19 | 16 | 10 |
| 級數 20 | 12 | 18 | 21 | 22 | 30        | 30 | 25 | 30 | 30 | 25 | 30 | 30 | 25 | 30 | 30 | 25 | 22 | 21 | 18 | 12 |



15)自訂 1 與 2：自訂健身運動，預設時間為 15 分鐘。（Comfort 3 沒有自訂 2 選項）

- 1) 請先進入計畫設定，設定檔顯示畫面將引導您完成所有健身計畫欄位。
- 2) 使用上下箭頭變更阻力，並按下 enter 確認。儀表將顯示您目前的區間編號，並引導您由區間 1 進行至區間 15。
- 3) 完成所有設定後，按下 START ►即可開始健身運動。



## 心律訓練

瞭解正確訓練強度的第一步驟為找出您的最大心律（最大心律=220-您的年齡）。以年齡提供您最大心律的平均統計預測，對大多數的人而言是最佳方式，特別針對剛開始訓練心律的人。判定您個人最大心律最精準的方式係經由心臟醫師進行臨床測試，或經由運動生理醫師透過最大應力測試。若您的年齡已過 40 且體重超重，並經常久坐多年，或具家族心臟病史，則建議您接受臨床測試。本圖表提供年齡為 30 歲、以 5 種不同心律區運動的心律範圍。例如：30 歲的最大心律為  $220-30=190$  BPM 及 90% 的最大心律為  $190 \times 0.9 = 171$  BPM。

| 目標心率區          | 健身運動時間   | 範例 THR 區<br>(年齡30) | 您的<br>THR 區 | 建議               |
|----------------|----------|--------------------|-------------|------------------|
| 極困難<br>90-100% | < 5 分鐘   | 171-190 BPM        |             | 適合個人及運動員訓練       |
| 困難<br>80-90%   | 2-10 分鐘  | 152-171 BPM        |             | 較短時間的健身運動        |
| 中度<br>70-80%   | 10-40 分鐘 | 133-152 BPM        |             | 中度長時間的健身運動       |
| 輕鬆<br>60-70%   | 40-80 分鐘 | 114-133 BPM        |             | 較長時間且經常重複較短時間的運動 |
| 很輕鬆<br>50-60%  | 20-40 分鐘 | 104-114 BPM        |             | 重量管理且快速復原        |

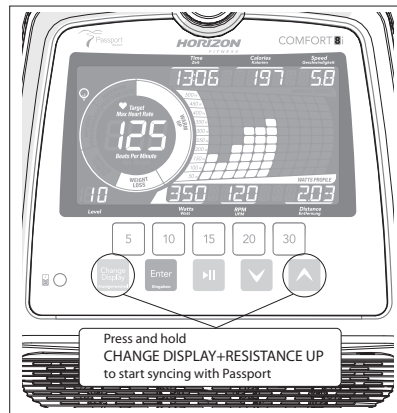
## 使用您的媒體播放器



- 1) 將隨附的音源轉接線連接至儀表上的音源輸入插孔和媒體播放器上的耳機插孔。
- 2) 使用您的媒體播放器按鈕調整歌曲的設定。
- 3) 不使用時，請拆除音源轉接線。

## 將健身車與 PASSPORT 同步 (COMFORT 3 未隨附此線)

- 1) 按下 Passport 遙控器上的方向鍵，捲動至設定圖示，然後按下 Select。
- 2) 請依照螢幕上的提示，按住設備儀表組上的提高阻力及變更顯示按鈕約 3-5 秒。
- 3) 同步成功後，健身車的訊息列將從 RF Sync 變更為 Passport Ready。
- 4) 螢幕上顯示的訊息將通知您同步是否成功或失敗。



## 節能模式

本健身車配備節能模式。啟動節能模式時，顯示畫面將在無活動 15 分鐘後自動進入待機模式（節能模式）。本功能會透過停用大部分的健身車電源節省電力，直到按下儀表上的任意鍵。您可利用工程選單開啟或關閉此功能。



## 工程模式：

若要進入工程選單，請按住 ▲ 及 ▼ 約 3-5 秒。

### 切換英制與公制模式

使用 ▲ 及 ▼ 箭頭鍵瀏覽 Eng2，並按下 Enter。使用 Enter 鍵瀏覽 P0。使用 ▲ 及 ▼ 箭頭鍵切換標準（英制）與公制。

### 切換顯示語言

使用 ▲ 及 ▼ 箭頭鍵瀏覽 Eng2，並按下 Enter。使用 Enter 鍵瀏覽 P1。按下 ENTER 選擇語言模式，使用箭頭鍵選擇所需的語言。

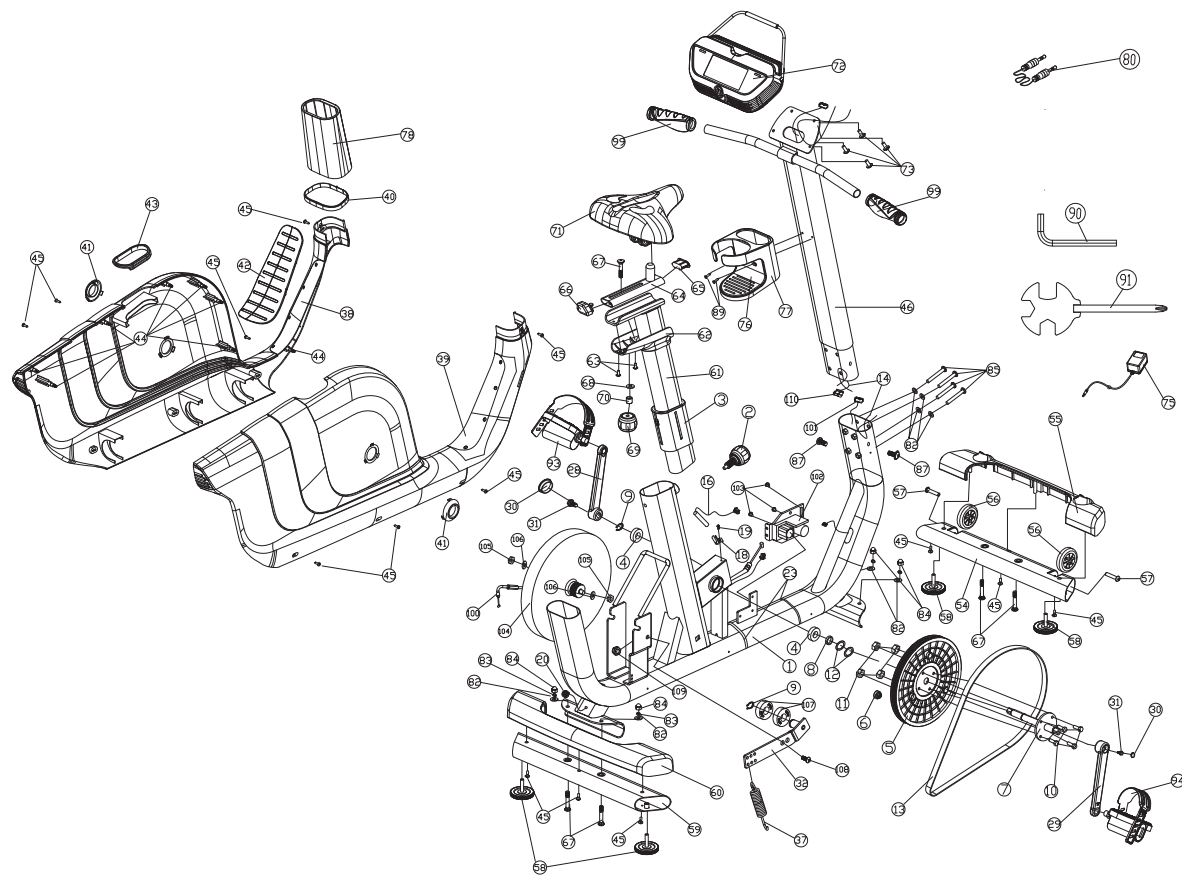
按住 STOP ► 3-5 秒即可離開 ENG2。再次按住 STOP ► 3-5 秒即可離開工程選單。

### 開啟 / 關閉節能功能

使用 ▲ 及 ▼ 箭頭鍵瀏覽 Eng2，並按下 Enter。使用 Enter 鍵瀏覽 P5。

按下 ENTER 選擇節能模式，使用 ▲ 及 ▼ 箭頭鍵選擇 ENRGY SAVE ON（節能開啟）或 OFF（關閉）。按住 STOP ► 3-5 秒即可離開 ENG2。再次按住 STOP ► 3-5 秒即可離開工程選單。

## COMFORT 3 EXPLODED VIEW



## COMFORT 3 PARTS LIST

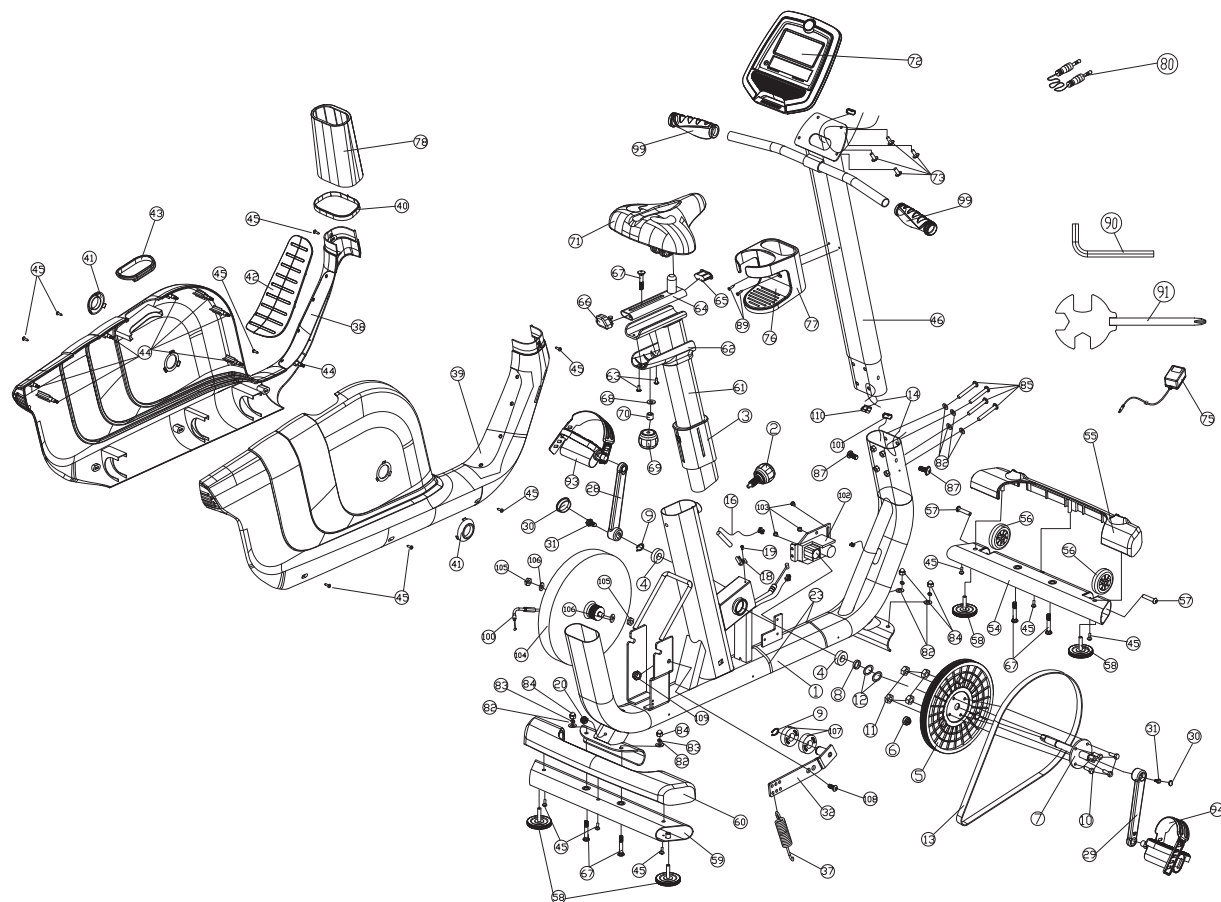
| NO. | DESCRIPTION                                    | SPECIFICATIONS       | QTY |
|-----|------------------------------------------------|----------------------|-----|
| 1   | MAIN FRAME                                     |                      | 1   |
| 2   | SEAT HEIGHT ADJUSTMENT KNOB                    | PAZ161525A           | 1   |
| 3   | INNER BUSHING                                  | PDZ153100            | 1   |
| 4   | BEARING                                        | 6003ZZ               | 2   |
| 5   | DRIVE PULLEY                                   | NEA24020A            | 1   |
| 6   | MAGNET                                         | Ø15X7T,1400GS        | 1   |
| 7   | TRANSMISSION SHAFT                             | NBZ18065A            | 1   |
| 8   | SPACER                                         | NBO175226            | 1   |
| 9   | C-CLIP                                         | FOR Ø 17             | 2   |
| 10  | ALLEN HEX SCREW                                | M6XP1.0X15           | 4   |
| 11  | NYLON NUT                                      | M6                   | 4   |
| 12  | WAVE WASHER                                    | Ø22XØ17.5X0.3T       | 2   |
| 13  | BELT                                           | 430J6                | 1   |
| 14  | TWIST TIE                                      | 100MM                | 3   |
| 16  | SENSOR CABLE                                   | FBG300SM2P           | 1   |
| 18  | ROUND SENSOR FIXING PLASTIC                    | PAMP1152             | 1   |
| 19  | ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW | ST4.0X16             | 1   |
| 20  | POWER CORD                                     | FDF6002P             | 1   |
| 23  | ZIP TIE                                        | 4.8X300              | 3   |
| 28  | LEFT CRANK                                     | NBZ124170L,L170MM    | 1   |
| 29  | RIGHT CRANK                                    | NBZ124170R,L170MM    | 1   |
| 30  | CRANK COVER                                    |                      | 2   |
| 31  | HEX FLANGE SCREW                               | M8X1.25X20MM,12.9,13 | 2   |
| 32  | IDLE WHEEL FIXING PLATE                        |                      | 1   |
| 37  | IDLE WHEEL FLEXING SPRING                      | NCD2378              | 1   |

| NO. | DESCRIPTION                      | SPECIFICATIONS | QTY |
|-----|----------------------------------|----------------|-----|
| 38  | LEFT SHROUD                      | PDC11985464L   | 1   |
| 39  | RIGHT SHROUD                     | PDC11985464R   | 1   |
| 40  | CONSOLE MAST DECORATIVE RING     | PEZ12280       | 1   |
| 41  | CRANK DECORATIVE RING            | PEZ582315      | 2   |
| 42  | RUBBER STEP-THROUGH PAD          | PDC2131056     | 1   |
| 43  | SEAT POST SUPPORT TUBE PAD       | PDA1147626     | 1   |
| 44  | CLIP                             | PCA7258A       | 8   |
| 45  | TRUSS PHILIPS SELF TAPPING SCREW | ST4X16         | 14  |
| 46  | CONSOLE MAST                     |                | 1   |
| 54  | FRONT STABILIZER                 |                | 1   |
| 55  | FRONT STABILIZER COVER           | PDC55398A      | 1   |
| 56  | TRANSPORTATION WHEEL             | PBKXD-083      | 2   |
| 57  | TRUSS HEX SCREW                  | M8X40          | 2   |
| 58  | LEVELER                          | PCG60508A      | 4   |
| 59  | REAR STABILIZER                  |                | 1   |
| 60  | REAR STABILIZER COVER            | PDC55398       | 1   |
| 61  | SEAT POST                        |                | 1   |
| 62  | SEAT POST COVER                  | PEZ184854      | 1   |
| 63  | ROUND HEAD PHILIPS SCREW         | M5X5           | 2   |
| 64  | SEAT SUPPORTING SHAFT            |                | 1   |
| 65  | END CAP                          | PDC4020        | 1   |
| 66  | TOWEL HOOK                       | PAZ425375      | 1   |
| 67  | CARRIAGE SCREW                   | M8X56          | 5   |
| 68  | FLAT WASHER                      | Ø25XØ9X2.0T    | 1   |
| 69  | KNOB                             | PCZ43650       | 1   |

| NO. | DESCRIPTION                | SPECIFICATIONS  | QTY |
|-----|----------------------------|-----------------|-----|
| 70  | SPACER                     | NBO1031514      | 1   |
| 71  | SEAT PAD                   |                 | 1   |
| 72  | CONSOLE                    |                 | 1   |
| 73  | TRUSS PHILIPS SCREW        | M5X12           | 4   |
| 75  | POWER ADAPTOR              |                 | 1   |
| 76  | BOTTLE HOLDER A            | PDA1447112      | 1   |
| 77  | BOTTLE HOLDER B            | PDA109119       | 1   |
| 78  | CONSOLE MAST GROMMET       | PDC17971214     | 1   |
| 80  | AUDIO CABLE                |                 | 1   |
| 82  | FLAT WASHER                | 20X9X2.0T       | 8   |
| 83  | SPRING WASHER              | M8X2.0T         | 4   |
| 84  | NUT                        | M8              | 4   |
| 85  | TRUSS HEX SCREW            | M8X60           | 4   |
| 89  | COUNTER SINK PHILIPS SCREW | M4X12           | 2   |
| 90  | HEX WRENCH                 | 5MM,L,65MMX25MM | 1   |
| 91  | "PLUS" WRENCH              | SEA131415       | 1   |
| 93  | LEFT PEDAL                 | PCZ15863L       | 1   |
| 94  | RIGHT PEDAL                | PCZ15863R       | 1   |
| 99  | HAND GRIP                  | PCJ135222       | 2   |
| 100 | ADJUSTMENT CABLE           | FBZ535          | 1   |
| 101 | LOWER CONSOLE CABLE        | FBG7009P        | 1   |
| 102 | MOTOR                      | FBC4-2 150MM    | 1   |
| 103 | ROUND HEAD PHILIPS SCREW   | M6X10           | 3   |
| 104 | FLY WHEEL                  |                 | 1   |
| 105 | ALLEN FLANGE SCREW NUT     | 3/8"X26 ( 15)   | 2   |

| NO. | DESCRIPTION          | SPECIFICATIONS | QTY |
|-----|----------------------|----------------|-----|
| 106 | WASHER               | 18X10X2.0T     | 2   |
| 107 | BEARING              | 6203ZZ         | 2   |
| 108 | FLAT HEAD HEX SCREW  | M10X20MM       | 1   |
| 109 | NYLON NUT            | M10            | 1   |
| 110 | MIDDLE CONSOLE CABLE | FBG9009P       | 1   |
| 87  | TRUSS HEX SCREW      | M8X15          | 2   |

## COMFORT 5 EXPLODED VIEW



## COMFORT 5 PARTS LIST

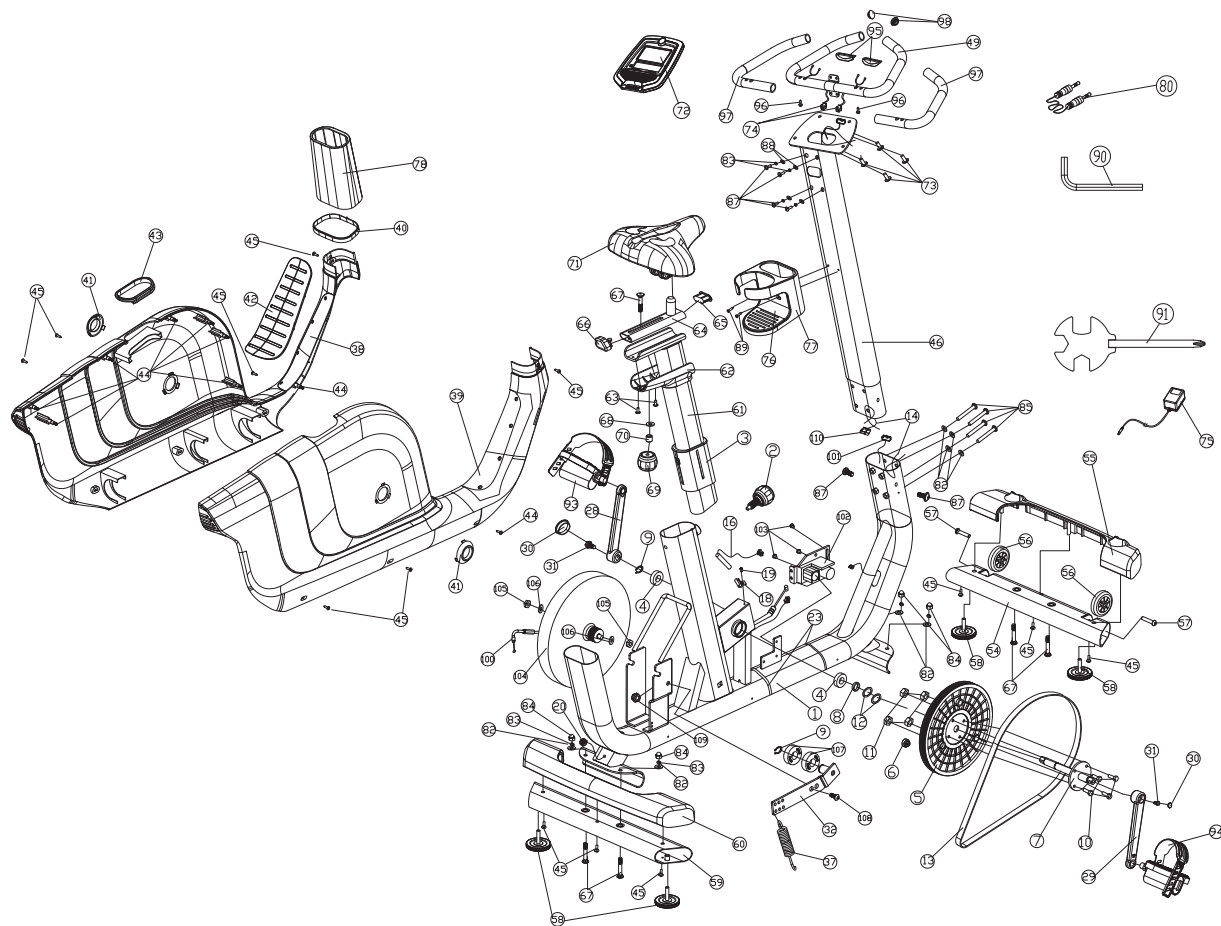
| NO. | DESCRIPTION                                    | SPECIFICATIONS       | QTY |
|-----|------------------------------------------------|----------------------|-----|
| 1   | MAIN FRAME                                     |                      | 1   |
| 2   | SEAT HEIGHT ADJUSTMENT KNOB                    | PAZ161525A           | 1   |
| 3   | INNER BUSHING                                  | PDZ153100            | 1   |
| 4   | BEARING                                        | 6003ZZ               | 2   |
| 5   | DRIVE PULLEY                                   | NEA24020A            | 1   |
| 6   | MAGNET                                         | Ø15X7T,1400GS        | 1   |
| 7   | TRANSMISSION SHAFT                             | NBZ18065A            | 1   |
| 8   | SPACER                                         | NBO175226            | 1   |
| 9   | C-CLIP                                         | FOR Ø 17             | 2   |
| 10  | ALLEN HEX SCREW                                | M6XP1.0X15           | 4   |
| 11  | NYLON NUT                                      | M6                   | 4   |
| 12  | WAVE WASHER                                    | Ø22XØ17.5X0.3T       | 2   |
| 13  | BELT                                           | 430J6                | 1   |
| 14  | TWIST TIE                                      | 100MM                | 3   |
| 16  | SENSOR CABLE                                   | FBG300SM2P           | 1   |
| 18  | ROUND SENSOR FIXING PLASTIC                    | PAMP1152             | 1   |
| 19  | ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW | ST4.0X16             | 1   |
| 20  | POWER CORD                                     | FDF6002P             | 1   |
| 23  | ZIP TIE                                        | 4.8X300              | 3   |
| 28  | LEFT CRANK                                     | NBZ124170L,L170MM    | 1   |
| 29  | RIGHT CRANK                                    | NBZ124170R,L170MM    | 1   |
| 30  | CRANK COVER                                    |                      | 2   |
| 31  | HEX FLANGE SCREW                               | M8X1.25X20MM,12.9,13 | 2   |
| 32  | IDLE WHEEL FIXING PLATE                        |                      | 1   |
| 37  | IDLE WHEEL FLEXING SPRING                      | NCD2378              | 1   |

| NO. | DESCRIPTION                      | SPECIFICATIONS | QTY |
|-----|----------------------------------|----------------|-----|
| 38  | LEFT SHROUD                      | PDC11985464L   | 1   |
| 39  | RIGHT SHROUD                     | PDC11985464R   | 1   |
| 40  | CONSOLE MAST DECORATIVE RING     | PEZ12280       | 1   |
| 41  | CRANK DECORATIVE RING            | PEZ582315      | 2   |
| 42  | RUBBER STEP-THROUGH PAD          | PDC2131056     | 1   |
| 43  | SEAT POST SUPPORT TUBE PAD       | PDA1147626     | 1   |
| 44  | CLIP                             | PCA7258A       | 8   |
| 45  | TRUSS PHILIPS SELF TAPPING SCREW | ST4X16         | 14  |
| 46  | CONSOLE MAST                     |                | 1   |
| 54  | FRONT STABILIZER                 |                | 1   |
| 55  | FRONT STABILIZER COVER           | PDC55398A      | 1   |
| 56  | TRANSPORTATION WHEEL             | PBKXD-083      | 2   |
| 57  | TRUSS HEX SCREW                  | M8X40          | 2   |
| 58  | LEVELER                          | PCG60508A      | 4   |
| 59  | REAR STABILIZER                  |                | 1   |
| 60  | REAR STABILIZER COVER            | PDC55398       | 1   |
| 61  | SEAT POST                        |                | 1   |
| 62  | SEAT POST COVER                  | PEZ184854      | 1   |
| 63  | ROUND HEAD PHILIPS SCREW         | M5X5           | 2   |
| 64  | SEAT SUPPORTING SHAFT            |                | 1   |
| 65  | END CAP                          | PDC4020        | 1   |
| 66  | TOWEL HOOK                       | PAZ425375      | 1   |
| 67  | CARRIAGE SCREW                   | M8X56          | 5   |
| 68  | FLAT WASHER                      | Ø25XØ9X2.0T    | 1   |
| 69  | KNOB                             | PCZ43650       | 1   |

| NO. | DESCRIPTION                | SPECIFICATIONS  | QTY |
|-----|----------------------------|-----------------|-----|
| 70  | SPACER                     | NBO1031514      | 1   |
| 71  | SEAT PAD                   |                 | 1   |
| 72  | CONSOLE                    |                 | 1   |
| 73  | TRUSS PHILIPS SCREW        | M5X12           | 4   |
| 75  | POWER ADAPTOR              |                 | 1   |
| 76  | BOTTLE HOLDER A            | PDA1447112      | 1   |
| 77  | BOTTLE HOLDER B            | PDA109119       | 1   |
| 78  | CONSOLE MAST GROMMET       | PDC17971214     | 1   |
| 80  | AUDIO CABLE                |                 | 1   |
| 82  | FLAT WASHER                | 20X9X2.0T       | 8   |
| 83  | SPRING WASHER              | M8X2.0T         | 4   |
| 84  | NUT                        | M8              | 4   |
| 85  | TRUSS HEX SCREW            | M8X60           | 4   |
| 89  | COUNTER SINK PHILIPS SCREW | M4X12           | 2   |
| 90  | HEX WRENCH                 | 5MM,L,65MMX25MM | 1   |
| 91  | "PLUS" WRENCH              | SEA131415       | 1   |
| 93  | LEFT PEDAL                 | PCZ15863L       | 1   |
| 94  | RIGHT PEDAL                | PCZ15863R       | 1   |
| 99  | HAND GRIP                  | PCJ135222       | 2   |
| 100 | ADJUSTMENT CABLE           | FBZ535          | 1   |
| 101 | LOWER CONSOLE CABLE        | FBG7009P        | 1   |
| 102 | MOTOR                      | FBC4-2,150MM    | 1   |
| 103 | ROUND HEAD PHILIPS SCREW   | M6X10           | 3   |
| 104 | FLY WHEEL                  | NCZ111274       | 1   |
| 105 | ALLEN FLANGE SCREW NUT     | 3/8"X26( 15)    | 2   |

| NO. | DESCRIPTION          | SPECIFICATIONS | QTY |
|-----|----------------------|----------------|-----|
| 106 | WASHER               | 18X10X2.0T     | 2   |
| 107 | BEARING              | 6203ZZ         | 2   |
| 108 | FLAT HEAD HEX SCREW  | M10X20MM       | 1   |
| 109 | NYLON NUT            | M10            | 1   |
| 110 | MIDDLE CONSOLE CABLE | FBG9009P       | 1   |
| 87  | TRUSS HEX SCREW      | M8X15          | 2   |

## COMFORT 7 EXPLODED VIEW



## COMFORT 7 PARTS LIST

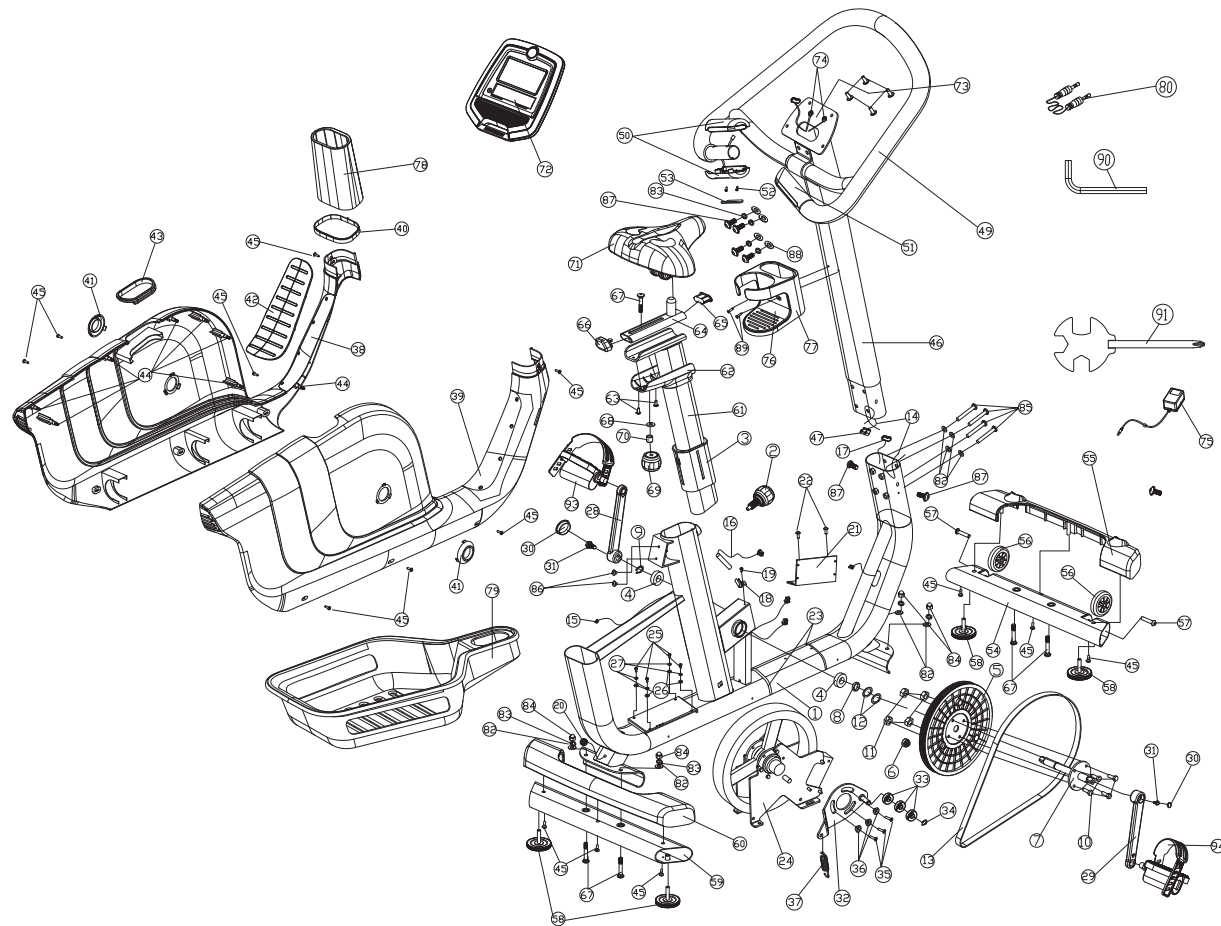
| NO. | DESCRIPTION                                    | SPECIFICATIONS       | QTY |
|-----|------------------------------------------------|----------------------|-----|
| 1   | MAIN FRAME                                     |                      | 1   |
| 2   | SEAT HEIGHT ADJUSTMENT KNOB                    | PAZ161525A           | 1   |
| 3   | INNER BUSHING                                  | PDZ153100            | 1   |
| 4   | BEARING                                        | 6003ZZ               | 2   |
| 5   | DRIVE PULLEY                                   | NEA24020A            | 1   |
| 6   | MAGNET                                         | Ø15X7T,1400GS        | 1   |
| 7   | TRANSMISSION SHAFT                             | NBZ18065A            | 1   |
| 8   | SPACER                                         | NBO175226            | 1   |
| 9   | C-CLIP                                         | FOR Ø 17             | 2   |
| 10  | ALLEN HEX SCREW                                | M6XP1.0X15           | 4   |
| 11  | NYLON NUT                                      | M6                   | 4   |
| 12  | WAVE WASHER                                    | Ø22XØ17.5X0.3T       | 2   |
| 13  | BELT                                           | 430J6                | 1   |
| 14  | TWIST TIE                                      | 100MM                | 3   |
| 16  | SENSOR CABLE                                   | FBG300SM2P           | 1   |
| 18  | ROUND SENSOR FIXING PLASTIC                    | PAMP1152             | 1   |
| 19  | ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW | ST4.0X16             | 1   |
| 20  | POWER CORD                                     | FDF6002P             | 1   |
| 23  | ZIP TIE                                        | 4.8X300              | 3   |
| 28  | LEFT CRANK                                     | NBZ124170L,L170MM    | 1   |
| 29  | RIGHT CRANK                                    | NBZ124170R,L170MM    | 1   |
| 30  | CRANK COVER                                    |                      | 2   |
| 31  | HEX FLANGE SCREW                               | M8X1.25X20MM,12.9,13 | 2   |
| 32  | IDLE WHEEL FIXING PLATE                        |                      | 1   |
| 37  | IDLE WHEEL FLEXING SPRING                      | NCD2378              | 1   |

| NO. | DESCRIPTION                      | SPECIFICATIONS | QTY |
|-----|----------------------------------|----------------|-----|
| 38  | LEFT SHROUD                      | PDC11985464L   | 1   |
| 39  | RIGHT SHROUD                     | PDC11985464R   | 1   |
| 40  | CONSOLE MAST DECORATIVE RING     | PEZ12280       | 1   |
| 41  | CRANK DECORATIVE RING            | PEZ582315      | 2   |
| 42  | RUBBER STEP-THROUGH PAD          | PDC2131056     | 1   |
| 43  | SEAT POST SUPPORT TUBE PAD       | PDA1147626     | 1   |
| 44  | CLIP                             | PCA7258A       | 8   |
| 45  | TRUSS PHILIPS SELF TAPPING SCREW | ST4X16         | 14  |
| 46  | CONSOLE MAST                     |                | 1   |
| 49  | HAND GRIP                        |                | 1   |
| 54  | FRONT STABILIZER                 |                | 1   |
| 55  | FRONT STABILIZER COVER           | PDC55398A      | 1   |
| 56  | TRANSPORTATION WHEEL             | PBKXD-083      | 2   |
| 57  | TRUSS HEX SCREW                  | M8X40          | 2   |
| 58  | LEVELER                          | PCG60508A      | 4   |
| 59  | REAR STABILIZER                  |                | 1   |
| 60  | REAR STABILIZER COVER            | PDC55398       | 1   |
| 61  | SEAT POST                        |                | 1   |
| 62  | SEAT POST COVER                  | PEZ184854      | 1   |
| 63  | ROUND HEAD PHILIPS SCREW         | M5X5           | 2   |
| 64  | SEAT SUPPORTING SHAFT            |                | 1   |
| 65  | END CAP                          | PDC4020        | 1   |
| 66  | TOWEL HOOK                       | PAZ425375      | 1   |
| 67  | CARRIAGE SCREW                   | M8X56 20       | 5   |
| 68  | FLAT WASHER                      | Ø25XØ9X2.0T    | 1   |

| NO. | DESCRIPTION                             | SPECIFICATIONS  | QTY |
|-----|-----------------------------------------|-----------------|-----|
| 69  | KNOB                                    | PCZ43650        | 1   |
| 70  | SPACER                                  | NBO1031514      | 1   |
| 71  | SEAT PAD                                |                 | 1   |
| 72  | CONSOLE                                 |                 | 1   |
| 73  | TRUSS PHILIPS SCREW                     | M5X12           | 4   |
| 74  | HAND GRIP HR SENSOR CABLE               | FBG6002PA       | 2   |
| 75  | POWER ADAPTOR                           |                 | 1   |
| 76  | BOTTLE HOLDER A                         | PDA1447112      | 1   |
| 77  | BOTTLE HOLDER B                         | PDA109119       | 1   |
| 78  | CONSOLE MAST GROMMET                    | PDC17971214     | 1   |
| 80  | AUDIO CABLE                             |                 | 1   |
| 82  | FLAT WASHER                             | 20X9X2.0T       | 8   |
| 83  | SPRING WASHER                           | M8X2.0T         | 8   |
| 84  | NUT                                     | M8              | 4   |
| 85  | TRUSS HEX SCREW                         | M8X60           | 4   |
| 87  | TRUSS HEX SCREW                         | M8X15           | 6   |
| 88  | FLAT WASHER                             | Ø18XØ9X2.0T     | 4   |
| 89  | COUNTER SINK PHILIPS SCREW              | M4*12           | 2   |
| 90  | HEX WRENCH                              | 5MM,L,65MMX25MM | 1   |
| 91  | "PLUS" WRENCH                           | SEA131415       | 1   |
| 93  | LEFT PEDAL                              | PCZ15863L       | 1   |
| 94  | RIGHT PEDAL                             | PCZ15863R       | 1   |
| 95  | HAND GRIP HR SENSOR                     | FBO9838         | 2   |
| 96  | TRUSS PHILIPS SELF TAPPING SCREW ST4X25 | ST4X25          | 2   |
| 97  | FOAM GRIP                               | FAE31825605     | 2   |

| NO. | DESCRIPTION              | SPECIFICATIONS | QTY |
|-----|--------------------------|----------------|-----|
| 98  | TRUSS END CAP            | Ø31.8X1.5      | 2   |
| 100 | ADJUSTMENT CABLE         | FBZ535         | 1   |
| 101 | LOWER CONSOLE CABLE      | FBG7009P       | 1   |
| 102 | MOTOR                    | FBC4-2,150MM   | 1   |
| 103 | ROUND HEAD PHILIPS SCREW | M6X10          | 3   |
| 104 | FLY WHEEL                |                | 1   |
| 105 | ALLEN FLANGE SCREW NUT   | 3/8"X26( 15)   | 2   |
| 106 | WASHER                   | 18X10X2.0T     | 2   |
| 107 | BEARING                  | 6203ZZ         | 2   |
| 108 | FLAT HEAD HEX SCREW      | M10X20MM       | 1   |
| 109 | NYLON NUT                | M10            | 1   |
| 110 | MIDDLE CONSOLE CABLE     | FBG9009P       | 1   |

COMFORT 8i EXPLODED VIEW



## COMFORT 8i PARTS LIST

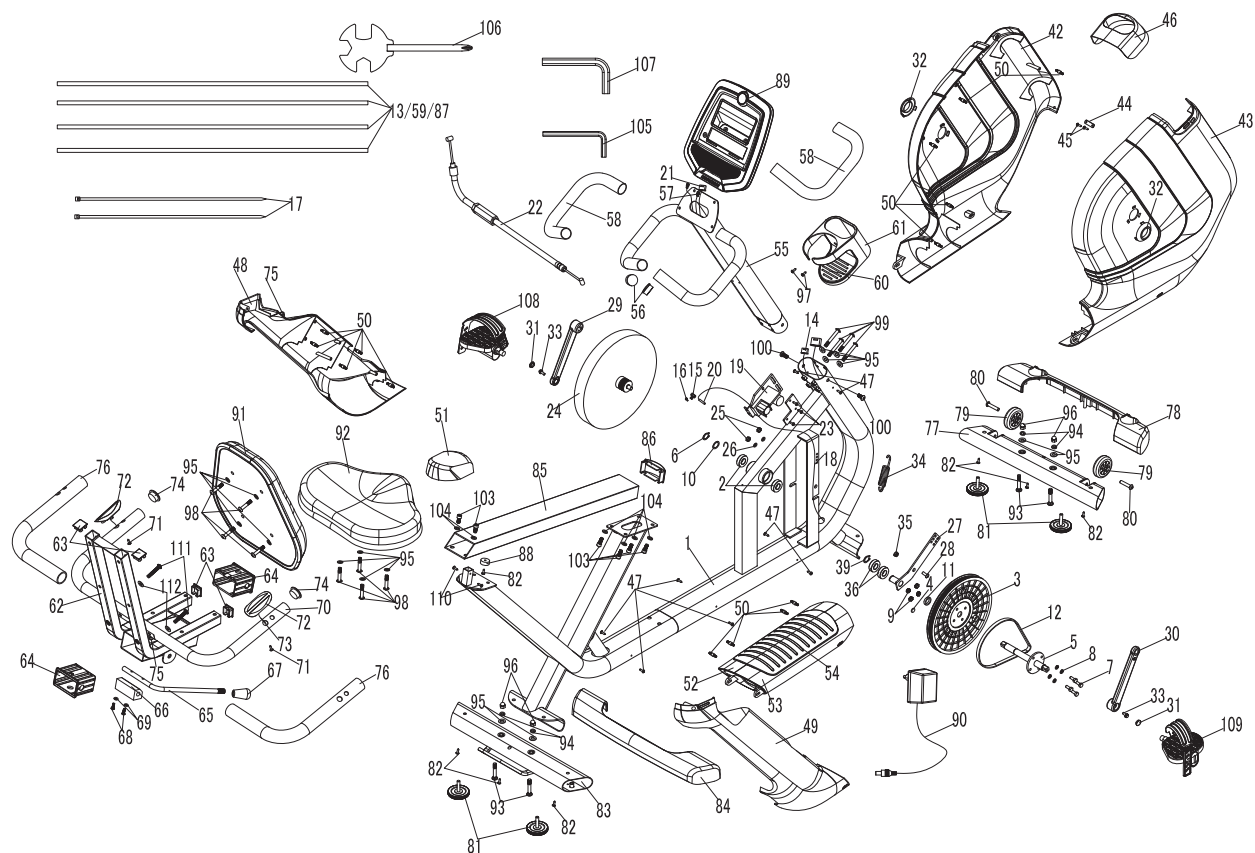
| NO. | DESCRIPTION                                    | SPECIFICATIONS    | QTY |
|-----|------------------------------------------------|-------------------|-----|
| 1   | MAIN FRAME                                     |                   | 1   |
| 2   | SEAT HEIGHT ADJUSTMENT KNOB                    | PAZ161525A        | 1   |
| 3   | INNER BUSHING                                  | PDZ153100         | 1   |
| 4   | BEARING                                        | 6003ZZ            | 2   |
| 5   | DRIVE PULLEY                                   | NEA24020A         | 1   |
| 6   | MAGNET                                         | Ø15X7T,1400GS     | 1   |
| 7   | TRANSMISSION SHAFT                             | NBZ18065A         | 1   |
| 8   | SPACER                                         | NBO175226         | 1   |
| 9   | C-CLIP                                         | FOR Ø 17          | 1   |
| 10  | ALLEN HEX SCREW                                | M6XP1.0X15        | 4   |
| 11  | NYLON NUT                                      | M6                | 4   |
| 12  | WAVE WASHER                                    | Ø22XØ17.5X0.3T    | 2   |
| 13  | BELT                                           | 430J6             | 1   |
| 14  | TWIST TIE                                      | 100MM             | 3   |
| 15  | INDUCTION LOWER CONTROLLER CONNECTING WIRE     | FBG1502P          | 1   |
| 16  | SENSOR CABLE                                   | FBG300SM2P        | 1   |
| 17  | LOWER CONSOLE CABLE                            | FBG7005P          | 1   |
| 18  | ROUND SENSOR FIXING PLASTIC                    | PAMP1152          | 1   |
| 19  | ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW | ST4.0X16          | 1   |
| 20  | POWER CORD                                     | FDF6002P          | 1   |
| 21  | LOWER CONTROL BOARD                            | FBZAC-11          | 1   |
| 22  | TRUSS PHILIPS SELF TAPPING SCREW               | Ø4X12             | 2   |
| 23  | ZIP TIE                                        | 4.8X300           | 3   |
| 24  | INDUCTION FLY WHEEL                            | NCZ26540E( 8.5KG) | 1   |
| 25  | ROUND HEAD HEX SCREW                           | M6XP1.0X15        | 4   |

| NO. | DESCRIPTION                             | SPECIFICATIONS       | QTY |
|-----|-----------------------------------------|----------------------|-----|
| 26  | WASHER                                  | Ø15XØ7X2.0T          | 4   |
| 27  | SPRING WASHER                           | M6X1.5T              | 4   |
| 28  | LEFT CRANK                              | NBZ124170L,1170MM    | 1   |
| 29  | RIGHT CRANK                             | NBZ124170R,1170MM    | 1   |
| 30  | CRANK COVER                             |                      | 2   |
| 31  | HEX FLANGE SCREW                        | M8X1.25X20MM,12.9,13 | 2   |
| 32  | IDLE WHEEL FIXING PLATE                 |                      | 1   |
| 33  | BEARING                                 | 6000ZZ               | 3   |
| 34  | C-CLIP                                  | Ø10                  | 1   |
| 35  | COUNTER SINK PHILIPS SCREW              | M5X25                | 3   |
| 36  | SLEEVE                                  | NBO9715              | 3   |
| 37  | IDLE WHEEL FLEXING SPRING               | NCD2378              | 1   |
| 38  | LEFT SHROUD                             | PDC11985464L         | 1   |
| 39  | RIGHT SHROUD                            | PDC11985464R         | 1   |
| 40  | CONSOLE MAST DECORATIVE RING            | PEZ12280             | 1   |
| 41  | CRANK DECORATIVE RING                   | PEZ582315            | 2   |
| 42  | RUBBER STEP-THROUGH PAD                 | PDC2131056           | 1   |
| 43  | SEAT POST SUPPORT TUBE PAD              | PDA1147626           | 1   |
| 44  | CLIP                                    | PCA7258A             | 8   |
| 45  | TRUSS PHILIPS SELF TAPPING SCREW ST4X16 | ST4X16               | 14  |
| 46  | CONSLOE MAST                            |                      | 1   |
| 47  | MIDDLE CONSOLE CABLE                    | FBG9005P             | 1   |
| 49  | HAND GRIP                               |                      | 1   |
| 50  | LEFT HAND GRIP HR SENSOR SET            | FBO51237L            | 1   |
| 51  | RIGHTT HAND GRIP HR SENSOR SET          | FBO51237R            | 1   |

| NO. | DESCRIPTION                           | SPECIFICATIONS | QTY |
|-----|---------------------------------------|----------------|-----|
| 52  | ROUND HEAD PHILIPS SELF TAPPING SCREW | ST3X12         | 4   |
| 53  | FOAM STICKER                          | FAF6941851     | 2   |
| 54  | FRONT STABILIZER                      |                | 1   |
| 55  | FRONT STABILIZER COVER                | PDC55398A      | 1   |
| 56  | TRANSPORTATION WHEEL                  | PBKXD-083      | 2   |
| 57  | TRUSS HEX SCREW                       | M8X40          | 2   |
| 58  | LEVELER                               | PCG60508A      | 4   |
| 59  | REAR STABILIZER                       |                | 1   |
| 60  | REAR STABILIZER COVER                 | PDC55398       | 1   |
| 61  | SEAT POST                             |                | 1   |
| 62  | SEAT POST COVER                       | PEZ184854      | 1   |
| 63  | ROUND HEAD PHILIPS SCREW              | M5X5           | 2   |
| 64  | SEAT SUPPORTING SHAFT                 |                | 1   |
| 65  | END CAP                               | PDC4020        | 1   |
| 66  | TOWEL HOOK                            | PAZ425375      | 1   |
| 67  | CARRIAGE SCREW                        | M8X56          | 5   |
| 68  | FLAT WASHER                           | Ø25XØ9X2.0T    | 1   |
| 69  | KNOB                                  | PCZ43650       | 1   |
| 70  | SPACER                                | NBO1031514     | 1   |
| 71  | SEAT PAD                              |                | 1   |
| 72  | CONSOLE                               |                | 1   |
| 73  | TRUSS PHILIPS SCREW                   | M5X12          | 4   |
| 74  | HAND GRIP HR SENSOR CABLE             | FBG6002PA      | 2   |
| 75  | POWER ADAPTOR                         |                | 1   |
| 76  | BOTTLE HOLDER A                       | PDA1447112     | 1   |

| NO. | DESCRIPTION                      | SPECIFICATIONS  | QTY |
|-----|----------------------------------|-----------------|-----|
| 77  | BOTTLE HOLDER B                  | PDA109119       | 1   |
| 78  | CONSOLE MAST GROMMET             | PDC17971214     | 1   |
| 79  | ACCESSORY                        | PAZ577298       | 1   |
| 80  | AUDIO CABLE                      |                 | 1   |
| 82  | FLAT WASHER                      | 20X9X2.0T       | 8   |
| 83  | SPRING WASHER                    | M8X2.0T         | 8   |
| 84  | NUT                              | M8 HEIGHT 15MM  | 4   |
| 85  | TRUSS HEX SCREW                  | M8X60           | 4   |
| 86  | TRUSS PHILIPS SELF TAPPING SCREW | M4X12           | 2   |
| 87  | TRUSS HEX SCREW                  | M8X15           | 6   |
| 88  | FLAT WASHER                      | Ø18XØ9X2.0T     | 4   |
| 89  | COUNTER SINK PHILIPS SCREW       | M4X12           | 2   |
| 90  | HEX WRENCH                       | 5MM,L.65MMX25MM | 1   |
| 91  | "PLUS" WRENCH                    | SEA131415       | 1   |
| 93  | LEFT PEDAL                       | PCZ15863L       | 1   |
| 94  | RIGHT PEDAL                      | PCZ15863R       | 1   |

# COMFORT R EXPLODED VIEW



## COMFORT R PARTS LIST

| NO. | DESCRIPTION                                    | SPECIFICATIONS                           | QTY |
|-----|------------------------------------------------|------------------------------------------|-----|
| 1   | MAIN FRAME                                     |                                          | 1   |
| 2   | BEARING                                        | 6003ZZ                                   | 2   |
| 3   | DRIVE PULLEY                                   | Ø240X19T,6,NEA24020A                     | 1   |
| 4   | MAGNET                                         | Ø15X7T,1400GS                            | 1   |
| 5   | TRANSMISSION SHAFT                             | NBZ18065A (180MM)                        | 1   |
| 6   | C-CLIP                                         | FOR Ø 17                                 | 1   |
| 7   | ALLEN HEX SCREW                                | M6XP1.0X15, 8.8                          | 4   |
| 8   | SPRING WASHER                                  | M6X1.5T                                  | 4   |
| 9   | NYLON NUT                                      | M6                                       | 4   |
| 10  | WAVE WASHER                                    | Ø22XØ17.5X0.3T                           | 1   |
| 11  | BUSHING                                        | NBO175226                                | 1   |
| 12  | BELT                                           | 380J6                                    | 1   |
| 13  | TWIST TIE                                      | 1000MM                                   | 2   |
| 14  | HAND GRIP HR MAIN CABLE                        | FBG24003P CORD:2400MM                    | 1   |
| 15  | ROUND SENSOR FIXING PLASTIC                    | PAMP1152                                 | 1   |
| 16  | ROUND HEAD PHILIPS DRILLING SELF TAPPING SCREW | ST4.0X16                                 | 1   |
| 17  | ZIP TIE                                        | 3.2X300                                  | 2   |
| 18  | POWER CORD                                     | FDF7003P 700MM                           | 1   |
| 19  | MOTOR                                          | FBC4-2 INCLUDE LOWER CONTROL WIRE 250MM  | 1   |
| 20  | SPEED SENSOR CABLE                             | FDZ2502P CORD: 250MM                     | 1   |
| 21  | MIDDLE CONSOLE CABLE                           | FBG7009P CORD:700MM                      | 1   |
| 22  | ADJUSTMENT CABLE                               | FBZ450A                                  | 1   |
| 23  | TRUSS PHILIPS SCREW                            | M6X10                                    | 3   |
| 24  | FLY WHEEL                                      | NCZ111 SIGLE INNER FLY WHEEL 7KG (111MM) | 1   |

| NO. | DESCRIPTION                      | SPECIFICATIONS         | QTY |
|-----|----------------------------------|------------------------|-----|
| 25  | ALLEN HEX FLANGE SLIP SCREW NUT  | 3/8"X26,7.0T( 15)      | 2   |
| 26  | FLAT WASHER                      | Ø18XØ10X2.0T           | 2   |
| 27  | IDLE WHEEL FLEXING PLATE         | NAZ19348               | 1   |
| 28  | TRUSS HEX SCREW                  | M10X20MM,10.9          | 1   |
| 29  | LEFT CRANK                       | NBZ124170L,170MM-9/16" | 1   |
| 30  | RIGHT CRANK                      | NBZ124170R,170MM-9/16" | 1   |
| 31  | CRANK COVER                      |                        | 2   |
| 32  | CRANK DECORATIVE RING            | PEZ582315              | 2   |
| 33  | ALLEN HEX FLANGE SLIP SCREW      | M8X1.25X18MM,12.9,13   | 2   |
| 34  | IDLE WHEEL FLEXING SPRING        | NCD2578                | 1   |
| 35  | NYLON NUT                        | M10(14)                | 1   |
| 36  | BEARING                          | 6203ZZ                 | 2   |
| 39  | C-RING CLIP                      | FOR Ø 17               | 1   |
| 42  | LEFT SHROUD                      | PCD683607L             | 1   |
| 43  | RIGHT SHROUD                     | PCD683607R             | 1   |
| 44  | CONNECTING PLATE                 | NAB32102               | 1   |
| 45  | TRUSS PHILIPS SCREW              | Ø4X20                  | 2   |
| 46  | CONSOLE MAST GROMMET             | PDB154130              | 1   |
| 47  | TRUSS PHILIPS SELF TAPPING SCREW | Ø4X20                  | 8   |
| 48  | REAR SUPPORT TUBE LEFT COVER     | PDC908172L             | 1   |
| 49  | REAR SUPPORT TUBE RIGHT COVER    | PDC908172R             | 1   |
| 50  | CLIP-SHORT                       | PCA7258A (Ø8X28.5)     | 14  |
| 51  | REAR SUPPORT TUBE TOP COVER      | PCZ141111              | 1   |
| 52  | BASE TUBE LEFT COVER             | PAZ450103L             | 1   |
| 53  | BASE TUBE RIGHT COVER            | PAZ450103R             | 1   |

| NO. | DESCRIPTION                                 | SPECIFICATIONS       | QTY |
|-----|---------------------------------------------|----------------------|-----|
| 54  | RUBBER STEP-THROUGH PAD                     | PDC340150            | 1   |
| 55  | CONSOLE MAST                                |                      | 1   |
| 56  | TRUSS END CAP                               | Ø31.8X1.5 ROUND TUBE | 2   |
| 57  | UPPER HAND GRIP HR CABLE                    | FBC7003P             | 1   |
| 58  | FOAM GRIP                                   | 31.8X2.5TX420MM      | 2   |
| 59  | TWIST TIE                                   | 1000MM               | 1   |
| 60  | BOTTLE HOLDER A                             | PDA1447112           | 1   |
| 61  | BOTTLE HOLDER B                             | PDA109119            | 1   |
| 62  | SEAT FRAME BASE ASSEMBLY                    |                      | 1   |
| 63  | END CAP                                     | PAB303015            | 4   |
| 64  | BUSHING                                     | PCZ865170            | 2   |
| 65  | SEAT ADJUSTMENT HANDLE                      | NBZ236190 (Ø12X500)  | 1   |
| 66  | BRAKE PLASTIC BLOCK                         | PAZ8031              | 1   |
| 67  | HANDLE PLASTIC CAP                          | PCZ6028              | 1   |
| 68  | TRUSS HEX SCREW                             | M6X20                | 2   |
| 69  | WASHER                                      | SCA166515-BK         | 2   |
| 70  | REAR HANDLEBAR WELDING SET                  |                      | 1   |
| 71  | COUNTER SINK PHILIPS SELF TAPPING SCREW     | ST4.0X25             | 2   |
| 72  | HAND GRIP HR SENSOR                         | FBO9838              | 2   |
| 73  | HAND GRIP HR SENSOR CABLE FOR THE HANDLEBAR | FBG6703P             | 1   |
| 74  | TRUSS END CAP                               | Ø31.8,1.5T TUBE      | 2   |
| 75  | CORD CAP                                    | PAR139115            | 2   |
| 76  | FOAM GRIP                                   | Ø31.8X2.5TX490MM     | 2   |
| 77  | FRONT STABILIZER ASSEMBLY                   |                      | 1   |
| 78  | FRONT STABILIZER COVER                      | PDC55398A            | 1   |

| NO. | DESCRIPTION                | SPECIFICATIONS   | QTY |
|-----|----------------------------|------------------|-----|
| 79  | TRANSPORTATION WHEEL       | PBKXD-083        | 2   |
| 80  | TRUSS HEX SCREW            | M8X40 10         | 2   |
| 81  | LEVELER                    | PCG60508A (38MM) | 4   |
| 82  | TRUSS PHILIPS SCREW        | M4X16            | 7   |
| 83  | REAR STABILIZER ASSEMBLY   |                  | 1   |
| 84  | REAR STABILIZER COVER      | PDC55398         | 1   |
| 85  | SEAT RAIL                  | 40X80X2.0TX700   | 1   |
| 86  | ARC END CAP                | PAZ8040          | 1   |
| 87  | TWIST TIE                  | 1000MM           | 1   |
| 88  | SEAT STOP                  | PCFP1155         | 1   |
| 89  | CONSOLE                    |                  | 1   |
| 90  | POWER ADAPTOR              | 9V,1A            | 1   |
| 91  | BACKREST PAD               | SB-R2-2          | 1   |
| 92  | SEAT PAD                   | SB-R2-1          | 1   |
| 93  | CARRIAGE SCREW             | M8X56 20MM       | 4   |
| 94  | SPRING WASHER              | M8X2.0T          | 4   |
| 95  | FLAT WASHER                | Ø18XØ9X2.0T      | 16  |
| 96  | NUT                        | M8 HIGHT:15MM    | 4   |
| 97  | COUNTER SINK PHILIPS SCREW | M4X12            | 2   |
| 98  | COUNTER SINK HEX SCREW     | M8X45            | 8   |
| 99  | TRUSS HEX SCREW            | M8X60            | 4   |
| 100 | TRUSS HEX SCREW            | M8X18            | 2   |
| 101 | ARC WASHER                 | Ø18XØ9X2.0T      | 2   |
| 103 | CKS HEX SCREW              | M8X18            | 6   |
| 104 | SPRING WASHER              | M8X2.0T          | 6   |

| NO. | DESCRIPTION              | SPECIFICATIONS      | QTY |
|-----|--------------------------|---------------------|-----|
| 105 | HEX WRENCH               | 5MM                 | 1   |
| 106 | "PLUS" WRENCH            | SEA131415           | 1   |
| 107 | HEX WRENCH               | 6MM (65X25)         | 1   |
| 108 | LEFT PEDAL               | JD-3A               | 1   |
| 109 | RIGHT PEDAL              | JD-3A               | 1   |
| 110 | TRUSS SELF TAPPING SCREW | Ø4X12               | 2   |
| 111 | COUNTER SINK HEX SCREW   | M10X65 (ALL THREAD) | 2   |
| 112 | ARC WASHER               | Ø20XØ10.5X2.0T      | 2   |

#### D: Entsorgungshinweis

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

#### GB: Waste Disposal

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

#### F: Remarque relative à la gestion des déchets

Les produits Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sont recyclables. A la fin de sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

#### NL: Verwijderingsaanwijzing

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

#### E: Informaciones para la evacuación

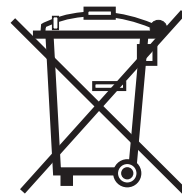
Los productos de Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

#### I: Indicazione sullo smaltimento

I prodotti Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

#### PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).







# EXERCISE BIKE OWNER' S MANUAL

Comfort Upright bike and Recumbent Bike Owner' s Manual 06019' 13 Rev. 2.0 © 2013 Horizon Fitness