

TAURUS

Assembly and operating instructions



TF-IC90PRO

Indoor Cycle IC90 Pro

Dear Customer,

Thank you for deciding for a high-quality training equipment of the brand Taurus, the brand that makes athlete's hearts beat faster. Taurus offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, treadmills and rowing machines. Taurus equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit www.sport-tiedje.com or www.taurus-fitness.de.

SAFETY NOTICE



Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is suitable for home use, semi-professional use (e. g., hospitals, clubs, hotels, schools, etc.) as well as for commercial or professional use (e. g., commercial gyms).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

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1.1 Technical data

Packaging dimensions (L x W x H): approx. 114 cm x 26 cm x 80 cm (gross: 62 kg)

Set-up dimensions (L x W x H): approx. 114 cm x 54 cm x 112 cm (gross: 55 kg)

Maximum user weight: 150 kg /330 lbs

1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health.
- + The equipment may only be used for its intended purpose; that means for indoor cycle training of adult persons.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + The equipment is NOT equipped with a free wheel system. That means: When the flywheel is rotating, the pedals rotate as well. In order to avoid any knee injuries, do not try to stop the equipment by applying a backwards pressure on the pedals. Also, do not try to take off your feet from the rotating pedals. The movement can only be stopped by pressing the emergency brake or by a controlled reduction of the cadence.
- + Use this indoor cycle only with high pedal rotations or in standing position, once you have worked out at low pedal rotations.
- + Keep your hands and other objects well clear of moving parts.
- + Do not turn the pedal cranks manually. Keep your hands well clear of the drive mechanism.
- + Make sure that nobody is in the range of motion of the equipment while exercising.

- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.
- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.

1.3 Set-up place

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during the training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 metre). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be levelled out.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 metres) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorised service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original Taurus spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).

- + The equipment may be cleaned of dust, dirt, and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (i. e., sweat) get into the openings of the equipment (i. e., display).

2.2 Faults and troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and a replacement is usually sufficient. Please use the following overview to see the four most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

Error	Cause	Solution
Squeaking or cracking noise	Loose or too fixed screw joint	Check screw joint or lubricate
Cracking in the pedals	Loose pedals	Tighten pedals
Machine is wobbling	Machine is not levelled	Align feet
Handlebar/saddle is wobbling	Loose screws	Tighten screws

2.3 Maintenance and service calendar

The indoor cycle has to be cleaned with a moist towel (no solvents!) after every training session in order to avoid any damages from body perspiration. The following routine works have to be done in the given intervals:

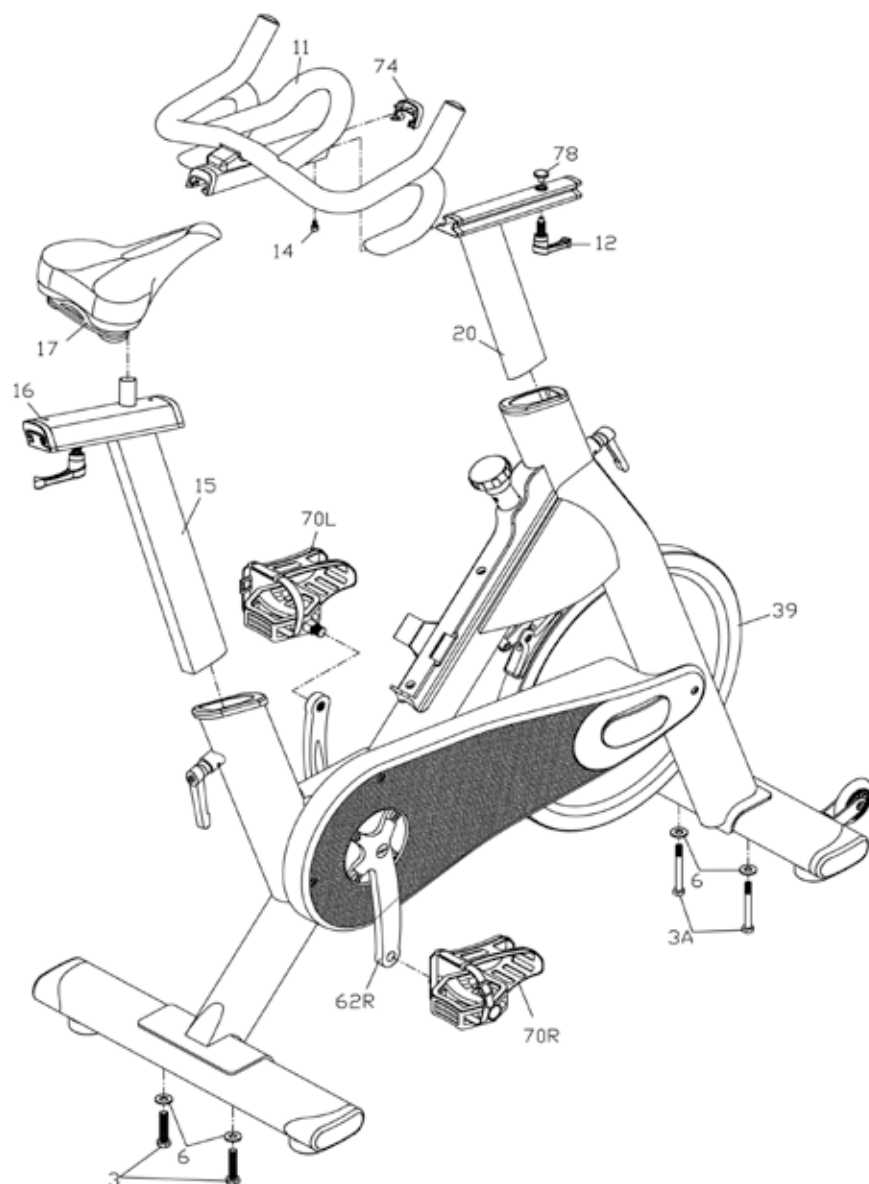
Part	Weekly	Monthly	2x a year	Annually
Check screws		I		
Check the brake for wear and lubricate* if required	I			
Lubricate saddle and seat post with silicone gel		I		
Check the belt tension		I		

* Lubrication only for felt brakes.

3.1 Assembly

- A. Please make sure that there is enough space around the equipment while doing the assembly.**
- B. Please use the given tools for assembly.**
- C. Please check before the assembly whether all required parts are available (see exploded drawing with all single parts (marked with numbers)).**

Overview



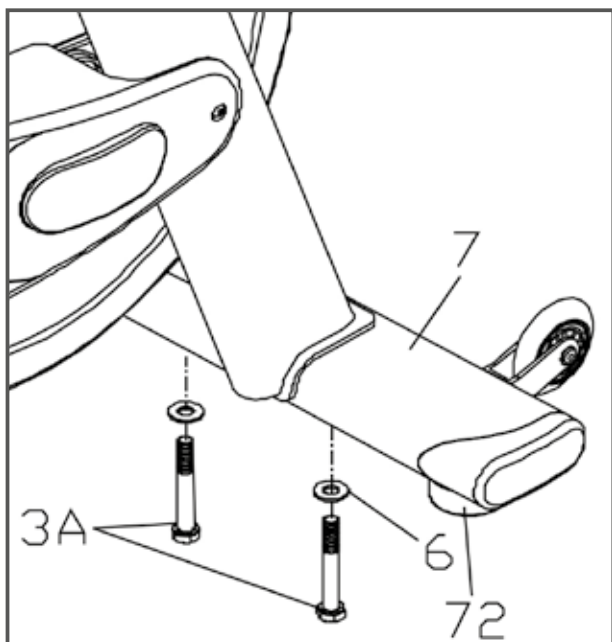
- 3. Fixing screws
(rear standpipe)
- 3A. Fixing screws
(front standpipe)
- 6. Washers
- 11. Handlebar
- 12. Adjusting lever
- 14. Sliding controller stopper
- 15. Seat post (bottom)
- 16. Seat post (on top)
- 17. Saddle
- 20. Connecting rod
- 39. Flywheel
- 62R. Pedal crank arm
- 70R. Pedal (right)
- 70L. Pedal (left)
- 74. End cap (connecting rod)
- 78. Rotary screw
(Adjusting lever)

Step 1: Assembly of the front and rear base

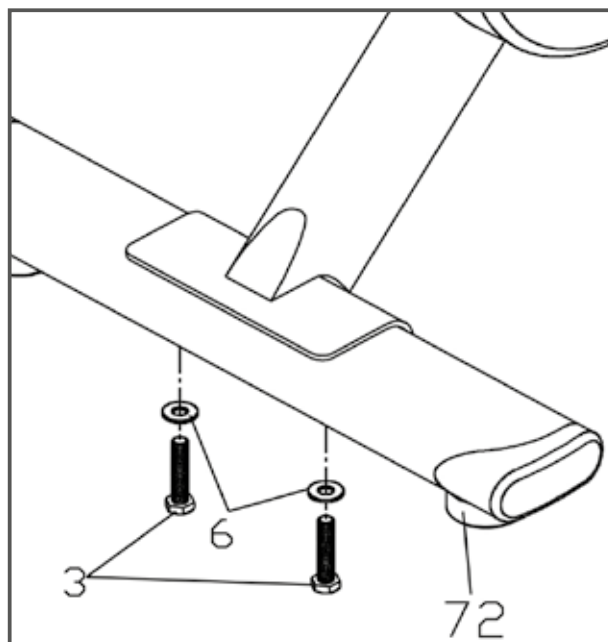
Mount the front base (7) on the main frame (1) with the screws (3A) and the washers (6). Make sure that the transport wheels point outwards.

Mount the rear base (2) on the main frame (1) with the screws (3) and the washers (6).

Front

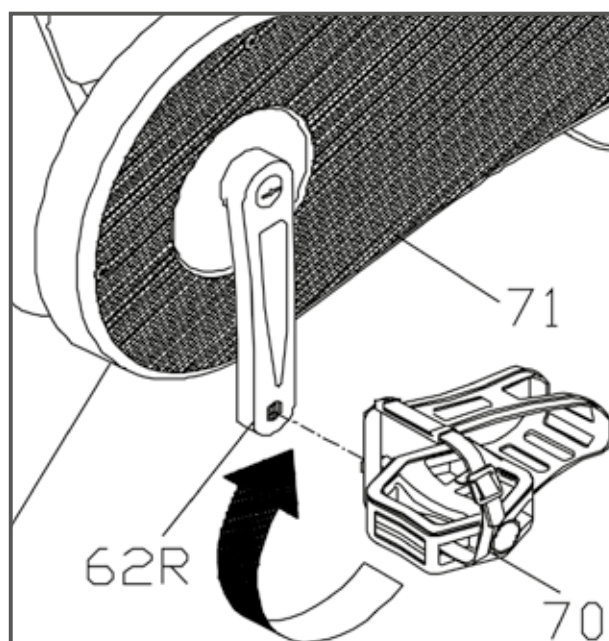


Back



Step 2: Assembly of the pedals

Screw the pedals (70R, 70L) very carefully clockwise respectively anticlockwise to the pedal crank arms (62R, 62L). A bit of lubricating grease or oil facilitates the screwing and might avoid damages to the thread. The right as well as the left pedal are marked with the letters R (= right) or L (= left). The right pedal crank arm is located at the same side like the belt cover (71).

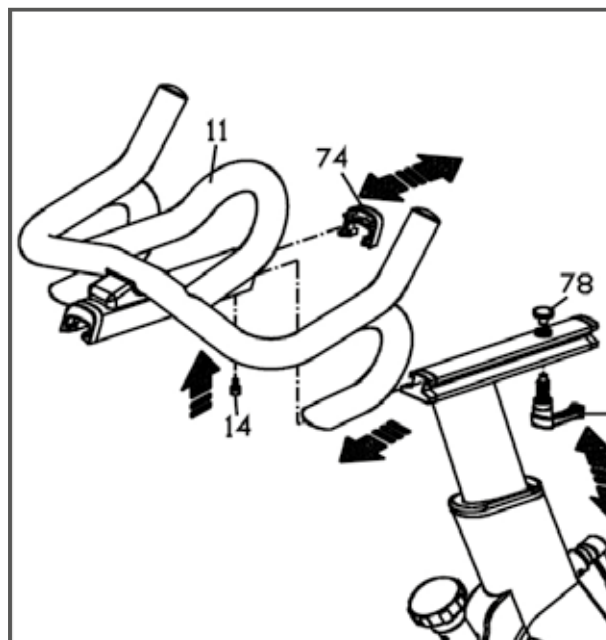
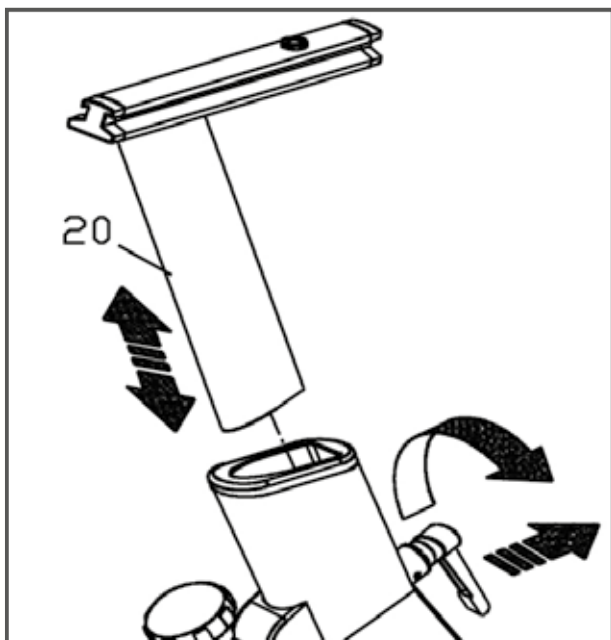


Step 3: Assembly of the handlebar

Put the connecting rod (20) in the given opening of the main frame. Turn the adjusting lever (18) clockwise and pull it out down.

Position the handlebar (11) on the connecting rod (20). Mount it with the screws (5), the washer (4), and the adjusting lever (12) in the desired horizontal and vertical position.

Please make sure that you do not exceed the safety lines on the connecting rod. Then put the end cap (74) on the connecting rod.

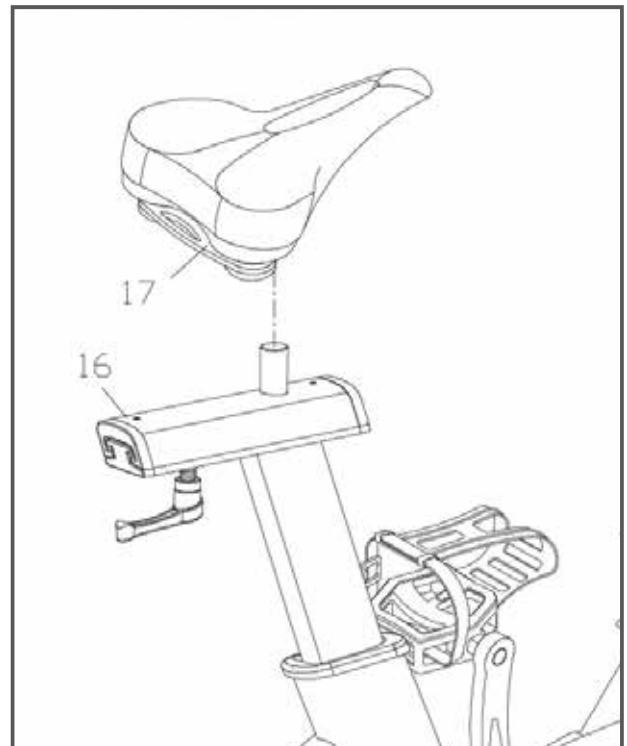
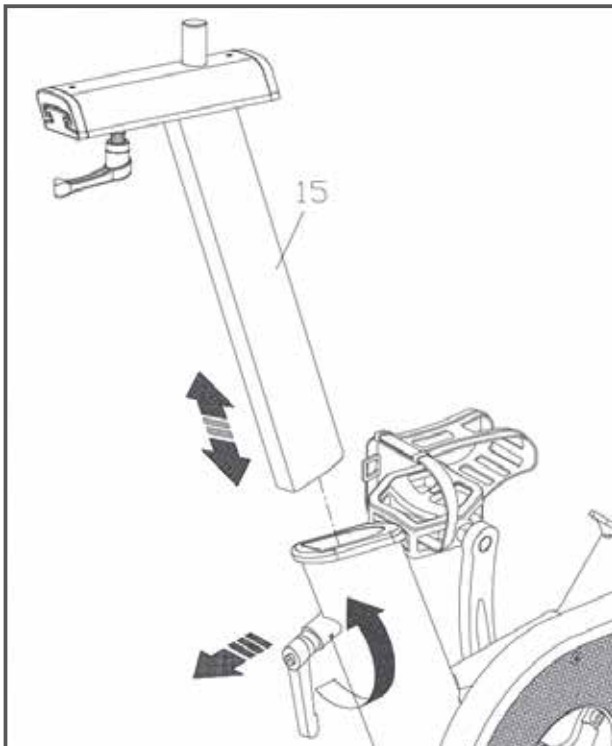


Step 4: Assembly of the saddle

Put the seat post (15) in the given opening of the main frame. Adjust the seat post to the desired horizontal and vertical position by means of the adjusting levers (12,18).

Please make sure that you do not exceed the safety lines on the seat post, when you do the adjustments.

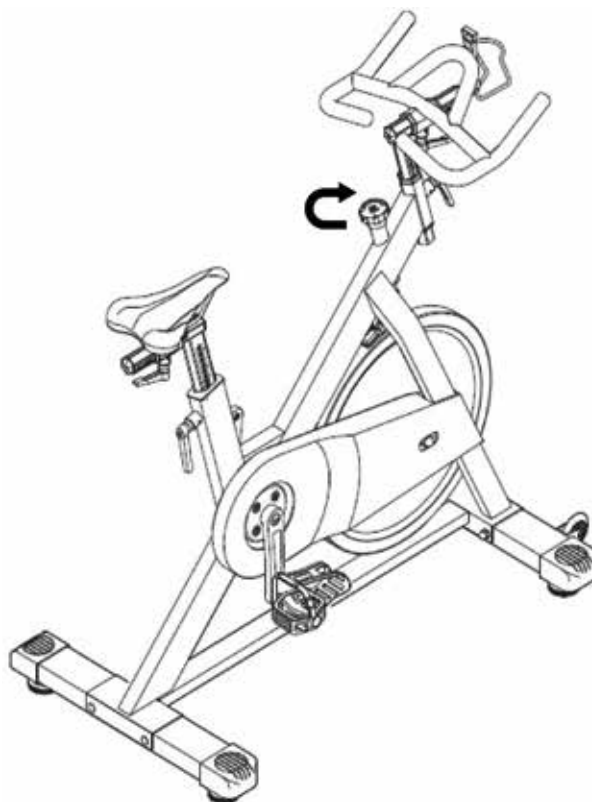
Put the saddle (17) on the seat post (16).



3.2 Equipment setting

Adjusting the brake resistance:

The brake resistance can be adjusted in very precise levels by means of the brake adjusting knob (26). In order to increase the brake resistance, the brake adjusting knob is turned clockwise; however turning anticlockwise reduces the brake resistance.



Operating the emergency brake:

The knob for adjusting the brake voltage serves as emergency brake as well. Use this safety measure whenever it is required to get off the machine and/or to stop the flywheel of the machine.

In order to use the emergency brake, when it is required, push the emergency brake or the voltage control knob (30) firmly down.



Setting

Please take a moment to set the indoor cycle and adjust it to your body. You increase the comfort and the safety of your training. The indoor cycle offers diverse saddle and handlebar adjusting possibilities. Use these adjusting possibilities for an optimal sitting comfort and a maximum training efficiency. A false posture during the training might cause avoidable pains and might increase the risk of injury.

Adjusting the handlebar position

Handlebar height

- The height of the handlebar can be individually adjusted.
- Start with the adjustment of the handlebar post to the sitting height. A higher adjustment of the handlebar post provides a more upright sitting; a lower adjustment offers a more bent over posture.
- In order to adjust the height of the handlebar, pull the adjusting levers of the handlebar post up and push the bar up or down as desired. Push the adjusting lever down to the locked position to secure the handlebar post again.
- Do not make any adjustments beyond the stop markings.

Horizontal adjustment

- Release the upper adjusting lever on the handlebar post and push the handlebar forwards or backwards as desired.
- The horizontal adjustment should be done so that you can comfortably grasp the handlebar with a slight bending of the elbow.
- Do not make any adjustments beyond the stop markings.

Hand position

- In order to avoid a one-sided strain of muscles, ligaments, and joints, the hand position should be continuously changed during longer training sessions. The handlebar offers different grip possibilities.

Adjusting the saddle position

Saddle height

- Stand beside the seat post and adjust the saddle at hip-height.
- Rotate the pedal crank so that the pedals are in the vertical 12-6-o'clock position.
- Place one foot in the lower pedal and get on the indoor cycle. Your knee should be slightly bent.

- When your leg is stretched too much or the foot does not touch the pedal, the saddle needs to be lowered. When your leg is bent too much, the saddle needs to be adjusted to a higher position.
- Get off the indoor cycle for adjusting the height and release the adjusting lever of the seat post. Then push the seat post up or down as required.
- When the saddle is at the desired position, adjust the adjusting lever to the locked position to secure the seat post.
- Do not make any adjustments beyond the stop markings.

Horizontal adjustment

- Sit down on the indoor cycle and rotate the pedal crank in the 3-9-o'clock position. When the knee joint of the leg, which points forwards, is directly above the pedal axle, the horizontal adjustment of the seat is correct.
- Otherwise, get off the bike to adjust the saddle forwards or backwards in horizontal direction. Release the adjusting lever on the saddle and push the seat forwards or backwards as desired. Tighten the lever again.
- Do not make any adjustments beyond the stop markings.

ATTENTION

- **For safety reasons, do not pedal backwards when a brake resistance is set.**
- **The machine is NOT equipped with a free wheel system. That means: When the flywheel is rotating, the pedals rotate as well. In order to avoid knee injuries, do not try to stop the machine by pressing backwards on the pedals. Do not try to take off your feet from the rotating pedals. The movement can only be stopped by using the emergency brake or by controlled reduction of the cadence.**

4.1 10 tips for effective indoor cycle training

1. Set goals

What would you like to achieve with your training? Weight regulation, improved stamina, prevent risk of disease, more flexibility, cardiovascular training, etc.. In order to achieve your long-term training goal, set individual partial goals, i. e., weekly or monthly goals.

2. Concentrate on the training

Try to only dedicate yourself to your training session and do not be distracted.

3. Position yourself correctly while exercising

When you do the movement, your upper body should always be slightly moved forward and the back should be kept straight. Avoid any evasive movements in hip and back.

4. Correct breathing / appropriate load level

Do not overexert yourself physically and mentally by starting with resistance levels that are too high. Start slowly and increase the resistance steadily. Aim for regular and calm breathing.

5. Keep yourself properly hydrated

Drink, drink, drink! Have a drinking bottle close by during your workout.

6. Sufficient recovery periods

Allow your body and your muscles enough time to recover after your workout. Only a relaxed muscle will be fully operational again.

7. Choose a diversified programme

Demand different muscle groups at a different intensity during your training. Use different grip and body positions (standing, sitting).

8. Creating the right workout

Every training session should have a warm-up phase, a cool-down phase, and a targeted stretching. It increases the physical and mental performance and prevents injuries and sore muscles.

9. Workout journal

Keep a record of your training sessions. Note the date, resting pulse, active pulse, recovery pulse, resistance level, time, distance, calories burnt, and fitness level.

10. Reward yourself

Do something good for you and your body after the training or after achieving a partial goal. Go to the sauna or a swimming pool. Mix a protein shake or enjoy a delicious salad.

4.2 Designing a workout

We recommend two to three training sessions a week. You should do a warm-up of approx. 5 minutes before every training. The training should be finished with a cool-down and a special stretching.

Warm-Up approx. 5 min.

Dynamic movement of big muscle groups at low intensity. The body core temperature is not increased and the metabolic process is quicker stimulated.

WEEK 1 + 2				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	20 min.	Slow speed, without resistance	30 min.	Moderate speed, keep resistance low
Wed	20 min.	Slow speed, without resistance	30 min.	Moderate speed, keep resistance low
Fri	20 min.	Slow speed, without resistance	30 min.	Moderate speed, keep resistance low

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	25 min.	Slow speed, without resistance	35 min.	Vary the speed, keep resistance low
Wed	25 min.	Slow speed, without resistance	35 min.	Vary the speed, keep resistance low

WEEK 3 + 4				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Fri	25 min.	Slow speed, without resistance	35 min.	Vary the speed, keep resistance low

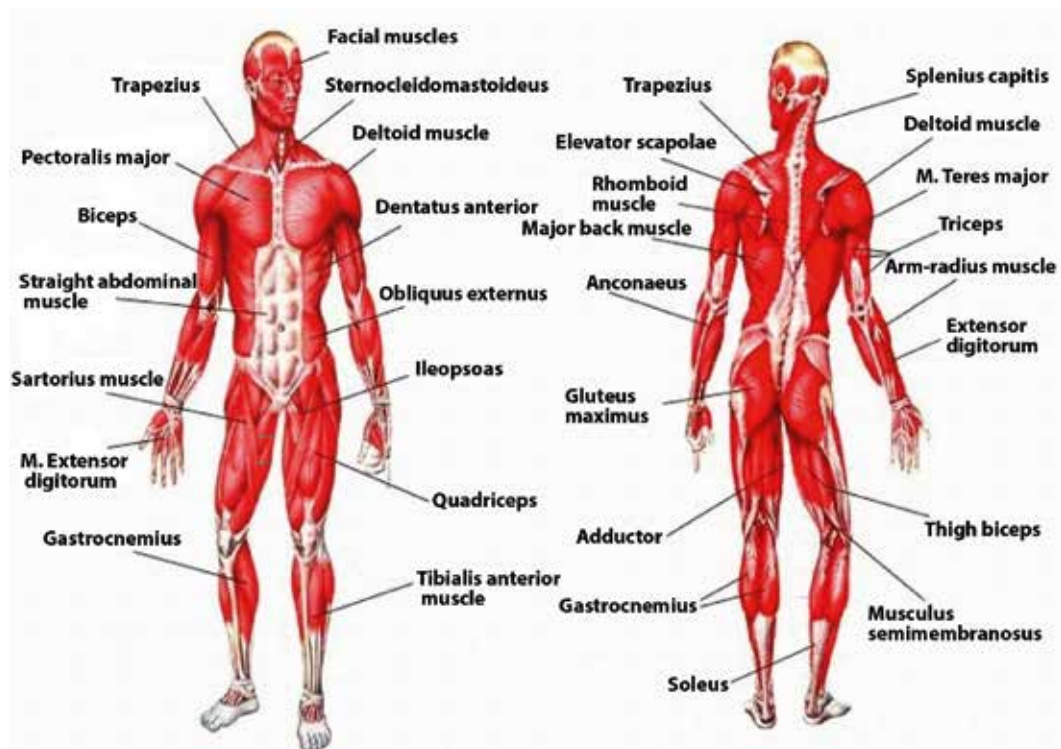
WEEK 5 + 6				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	30 min.	Moderate speed, keep resistance low	40 min.	Vary the speed, keep resistance low
Wed	30 min.	Moderate speed, keep resistance low	40 min.	Vary the speed, keep resistance low
Fri	30 min.	Moderate speed, keep resistance low	40 min.	Vary the speed, keep resistance low

WEEK 7 + 8				
	Beginner		Advanced	
Days	Duration	Intensity	Duration	Intensity
Mon	35 min.	Vary the speed, keep resistance low	45 min.	Vary the speed, increase resistance
Wed	35 min.	Vary the speed, keep resistance low	45 min.	Vary the speed, increase resistance
Fri	35 min.	Vary the speed, keep resistance low	45 min.	Vary the speed, increase resistance

Cool-Down approx. 5 min.

Finish the training at low resistance and at slow speed. Allow your body to gently slow back down.

4.3 Stretching exercises for leg & chest muscles



1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



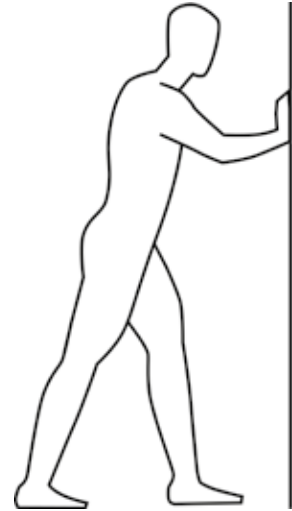
2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



4. Exercise: Stretching the chest muscles (pectoralis major)

- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs



All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.

We hope you enjoy your workout and have a lot of success!

4.4 Workout journal

[illegible]

Distance



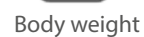
Resistance level



Ø Pulse



I feel ...



Taurus training fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Model	Use	Full warranty	Frame
IC90 Pro	Home use	36 months	30 years
	Semiprofessional use	24 months	
	Professional use	12 months	

Repair costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

The terms of use are defined as follows:

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

Proof of purchase and serial number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you have trouble finding the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside the warranty period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication




Many problems can be solved just by speaking to us as your contract partner. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

6 DISPOSAL



At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

	<p>Sport-Tiedje floor mat size L</p> <p>Art. No. ST-FM-L</p>
	<p>Fitness Equipment care kit</p> <p>Art. No. HF-500</p>
	<p>Taurus SPD combi pedal system</p> <p>Art. No. TF-SPD</p>

8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

SERVICE-HOTLINE

DE	DK	FR
 +49 4621 4210-0  +49 4621 4210-699  service@sport-tiedje.de Mo. - Fr. 8:00 - 18:00 Sa. 9:00 - 18:00	 80 90 16 50  +49 4621 4210-945  info@t-fitness.dk Ma. - Fr. 8:00 - 18:00 Lø. 9:00 - 18:00	 +33 (0) 172 770033  +49 4621 4210-933  service-france@sport-tiedje.fr Lun. - Ven. 8:00 - 18:00 Sam. 9:00 - 18:00
NL	UK	INT
 +31 172 619961  info@fitshop.nl Ma. - Do. 9:00 - 17:00 Vr. 9:00 - 21:00 Za. 10:00 - 17:00	 +44 141 876 3972  orders@powerhousefitness.co.uk Mon. - Fri. 9:00 - 17:00	 +49 4621 4210-0  service-int@sport-tiedje.de Mon - Fri 8:00 - 18:00 Sat 9:00 - 18:00

8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand / category:

Model name:

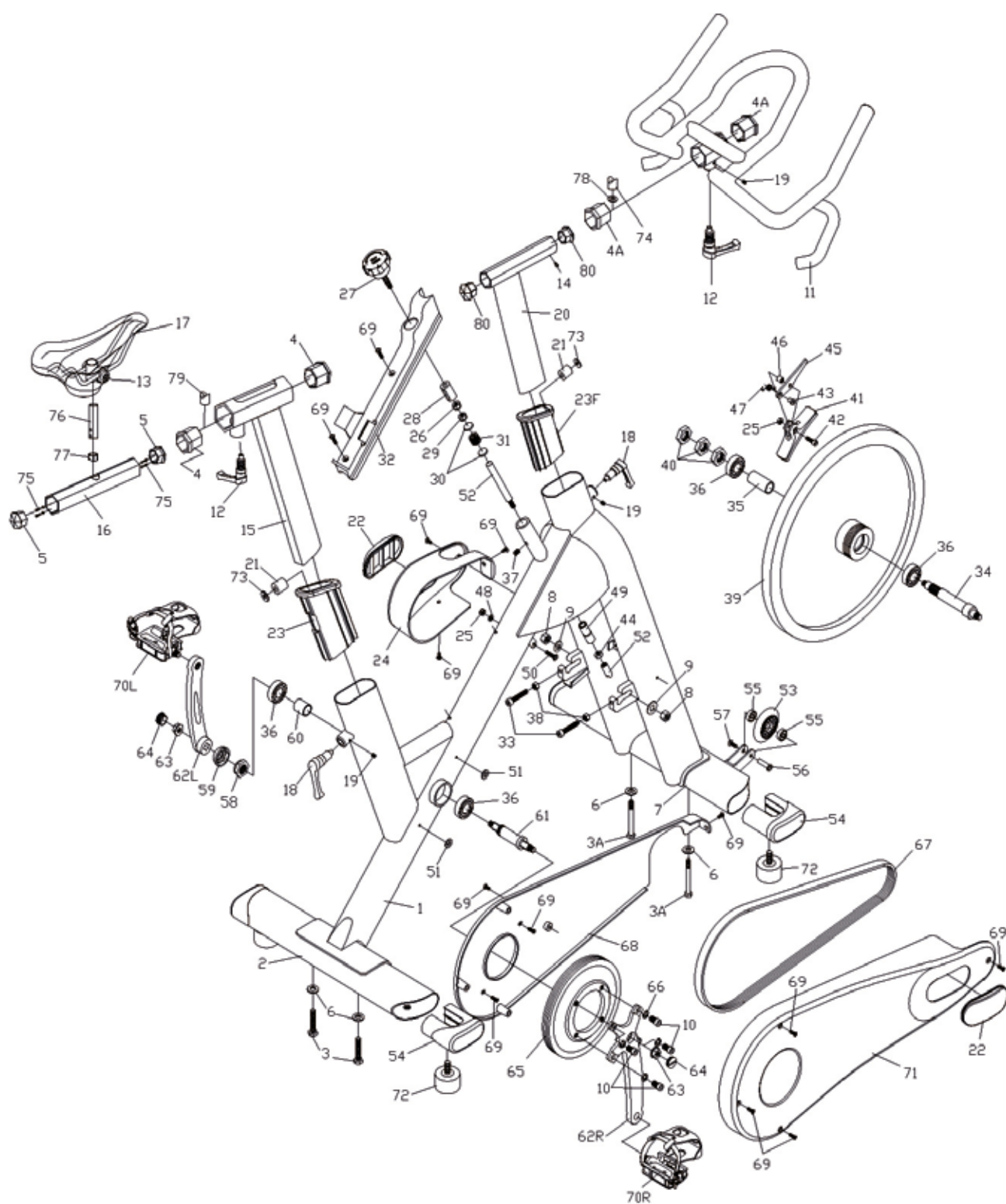
8.3 Part list

No.	Description	Qty.
1	Main Frame	1
2	Rear Ground Tube	1
3	Rear Ground Tube Fixed Bolts	2
3A	Front Ground Tube fixed bolts	2
4	Handlebar & Slider fix plate	1
5	bolts	4
6	Washer	4
7	Front Ground Tube	1
8	Fly Wheels Fixed Nut	2
9	Washer	2
10	bolts	4
11	Handle Bar	1
12	Lock lever for HB and seat silder	2
13	Handlebar Slider	1
14	Slider's safety stoper	4
15	Seat Post	1
16	Saddle slider	1
17	Saddle	1
18	Lock Lever For Stem & Post	2
19	Set Screw	2
20	Stem	1
21	Locking Piece	2
22	Pop cover	2
23F/23	Plastic Sleeve for H/T and S/T	2
24	Left Cover	1
25	Nut	1
26	Nut	1
27	Adjust Knob	1
28	Floating Piece	1
29	Nut	2
30	Round steel plate	2

No.	Description	Qty.
31	Spring	1
32	Integrated Plastic Bottle Cage	1
33	Axles Adjusting Bolts	2
34	Fly Wheels Axle	1
35	Spacer	1
36	B.B & Fly Wheel Axle's Bearing	4
37	Floating piece set screw	1
38	Nut	3
39	Fly Wheel	1
40	Lock Nut	3
41	Brake pad	1
42	Brake pad fixed screw	1
43	Bush	1
44	Nut	1
45	Brake Arm	1
46	Spacer	1
47	Lift spring	1
48	Washer	1
49	Seal Plug	1
50	Brake arms fixed Bolt	1
51	Washer	2
52	Stud	1
53	PU Moving Wheel	2
54	Grounds End Cap	4
55	Bearing 608ZZ	4
56	Nut	2
57	Bolt	2
58	Axle Lock Nut	1
59	Dusty Cover	1
60	Spacer	1
61	B.B Axle	1

No.	Description	Qty.
63	Flange Nut	2
64	Plastic cap	2
65	Driving Pulley	1
66	washer	4
67	Belt	1
68	Inner Cover	1
69	Screw	13
70 R/L	WPD-E14 pedals with sealed bearing	1
71	Outer Chain Cover	1
72	Ground Tube's Adjusting Pad	4
73	Washer	2
74	HB(F) & Saddle Slider's (R) End Cap	2
75	HB(R) & Saddle Slider's (F) End Cap	2
76	Stem(F) & Post Slider's (R) End Cap	2
77	Stem(R) & Post Slider's (F) End Cap	2
78	Stem/Post Slider's Locking Piece	2

8.4 Exploded drawing


















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www.sport-tiedje.com/en/stores

Notes

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Indoor Cycle IC90 Pro