

STAIR CLIMBER

OWNER'S MANUAL



Product May Vary Slightly From Pictured.

CAUTION:

Before operating the equipment, please make sure to carefully read the instruction manual.



WARNING

Regular inspections and maintenance are necessary for the safe use of this equipment. For safety reasons, if any component malfunctions are detected, please stop using the equipment immediately until it is repaired.

TABLE OF CONTENT

Safety Instruction	2	Incline Adjustment	21
Before You Begin	3	Handlebar Angle Adjustment	22
Hardware Identification Chart	4	Folding Instruction	23 - 24
Assembly Instruction	5 - 9	Belt Adjustment Instruction	25
Beginner Instruction	10	Product Parts Drawing	26
Monitor Instruction	11 - 20	Parts List	27 - 30

SAFETY INSTRUCTION

1. To reduce the risk of serious injury, read the following Safety Instructions before using the **STAIR CLIMBER**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **STAIR CLIMBER** for the first time.
3. Read all warnings and cautions posted on the **STAIR CLIMBER**.
4. The **STAIR CLIMBER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
5. We recommend that two people be available for assembly of this product.
6. Keep children away from the **STAIR CLIMBER**. Do not allow children to use or play on the **STAIR CLIMBER**. Keep children and pets away from the **STAIR CLIMBER** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **STAIR CLIMBER** on a solid level surface. Do not position the **STAIR CLIMBER** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **STAIR CLIMBER**.
10. Before using, inspect the **STAIR CLIMBER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Failure to follow all warnings and instructions could result in serious injury or death.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **STAIR CLIMBER**.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAIR CLIMBER**, loss of balance may result in a fall and bodily injury.
16. The **STAIR CLIMBER** should not be used by persons weighing over 297 lbs /135 kgs.
17. The **STAIR CLIMBER** should have the training area of 23.63 inch / 60 cm surrounded the product

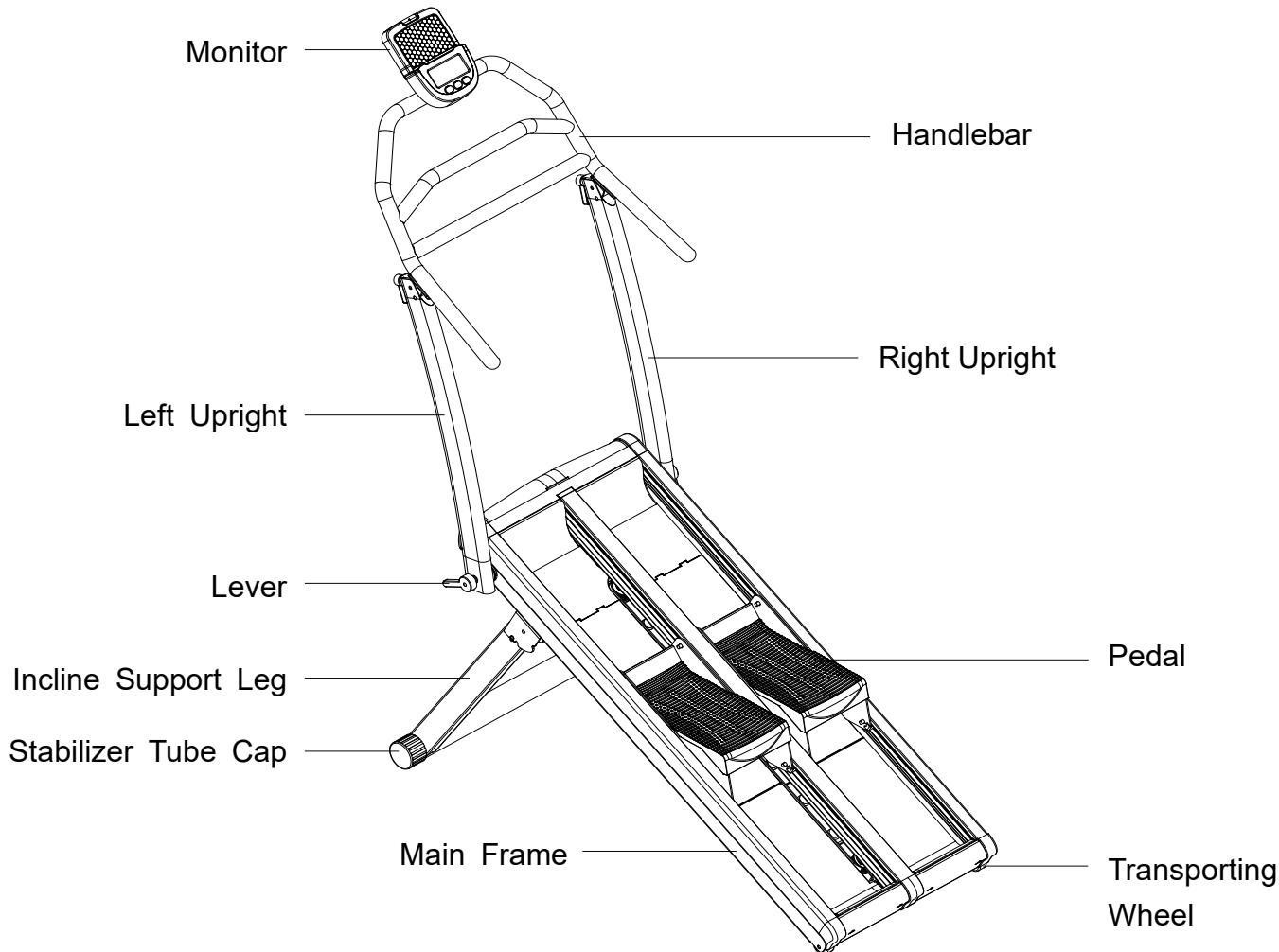
BEFORE YOU BEGIN

Thank you for choosing the **STAIR CLIMBER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise.

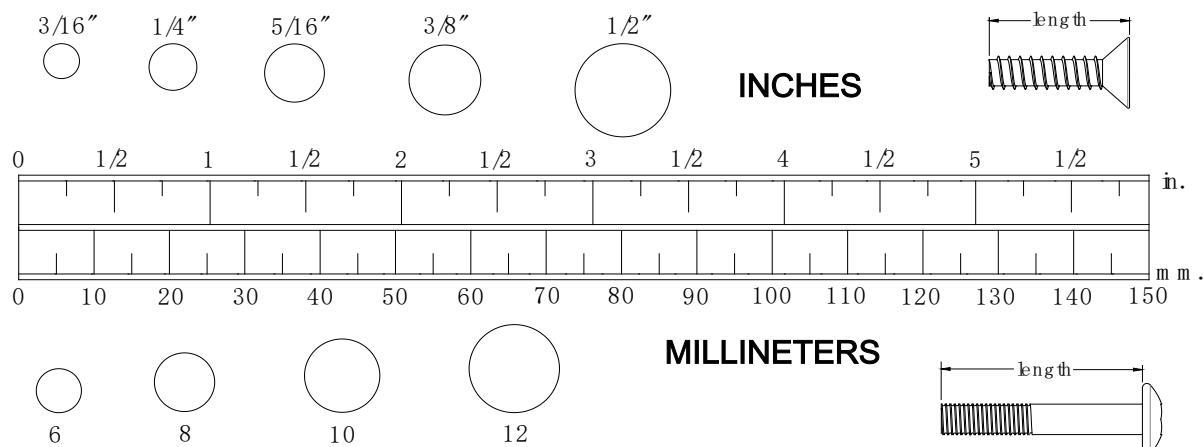
The **STAIR CLIMBER** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Read this manual carefully before using the **STAIR CLIMBER**.



HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure you have all the following fasteners. Some fasteners may be already attached to the product.

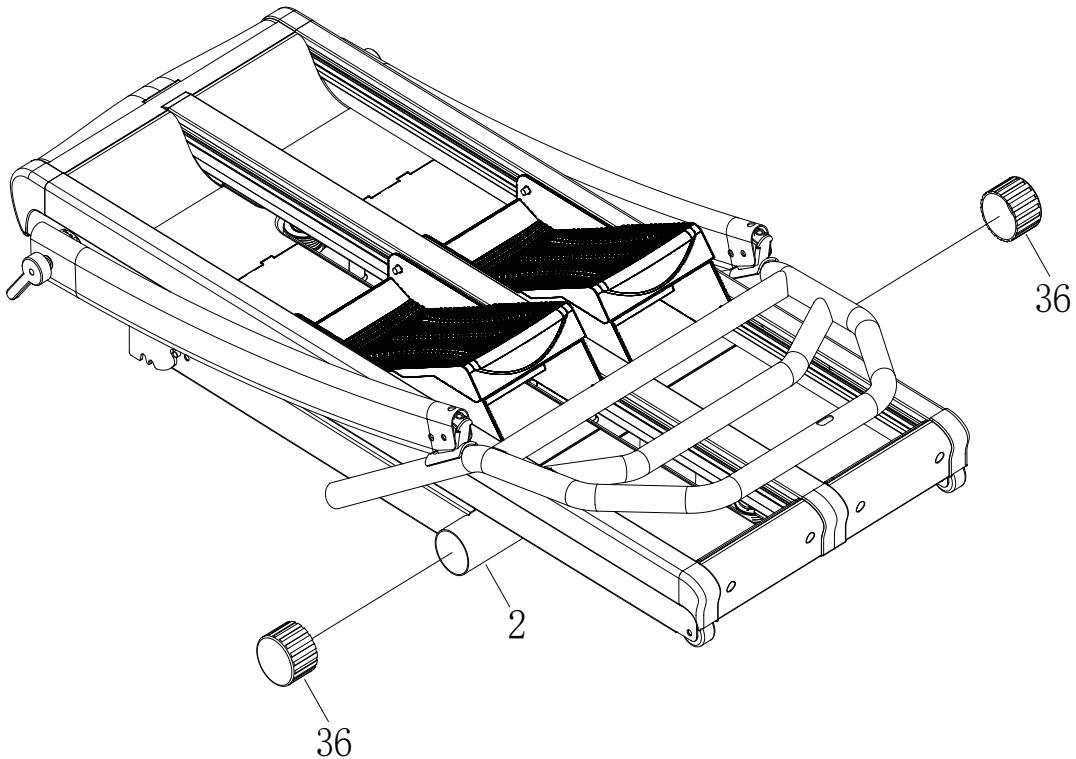
Parts Drawing	Parts No.	Description	Qty
	36	Stabilizer Tuber Cap	2
	147	Quick-release Lever	2
	128	Allen Wrench 6 mm	1

ASSEMBLY INSTRUCTION

STEP 1

Open the carton and take out the **STAIR CLIMBER** from carton box.

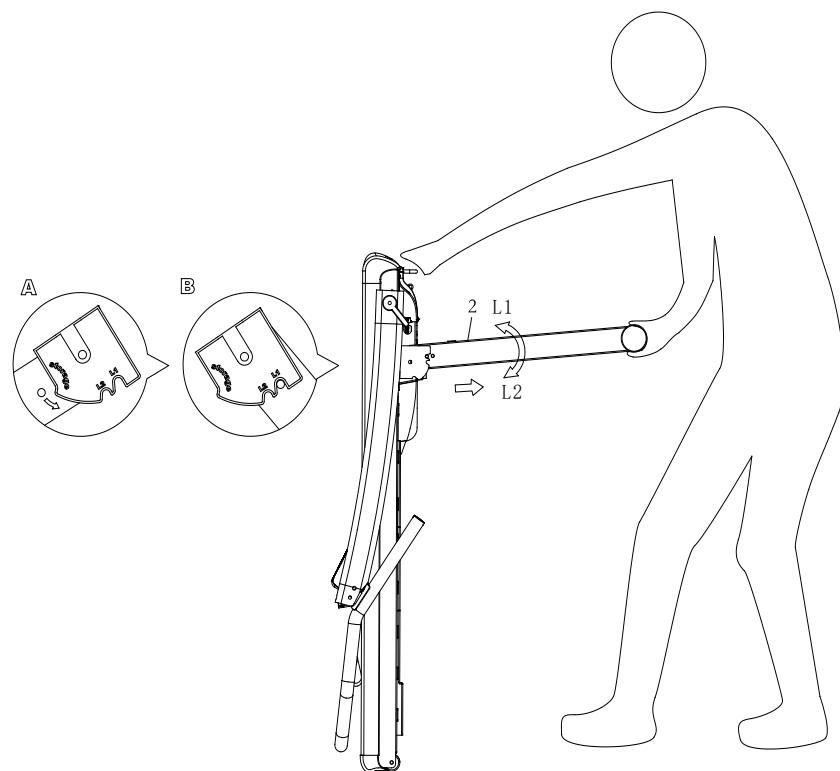
Attached the **Stabilizer Tuber Cap (36)** to the **Incline Support Leg (2)**.



ASSEMBLY INSTRUCTION

STEP 2

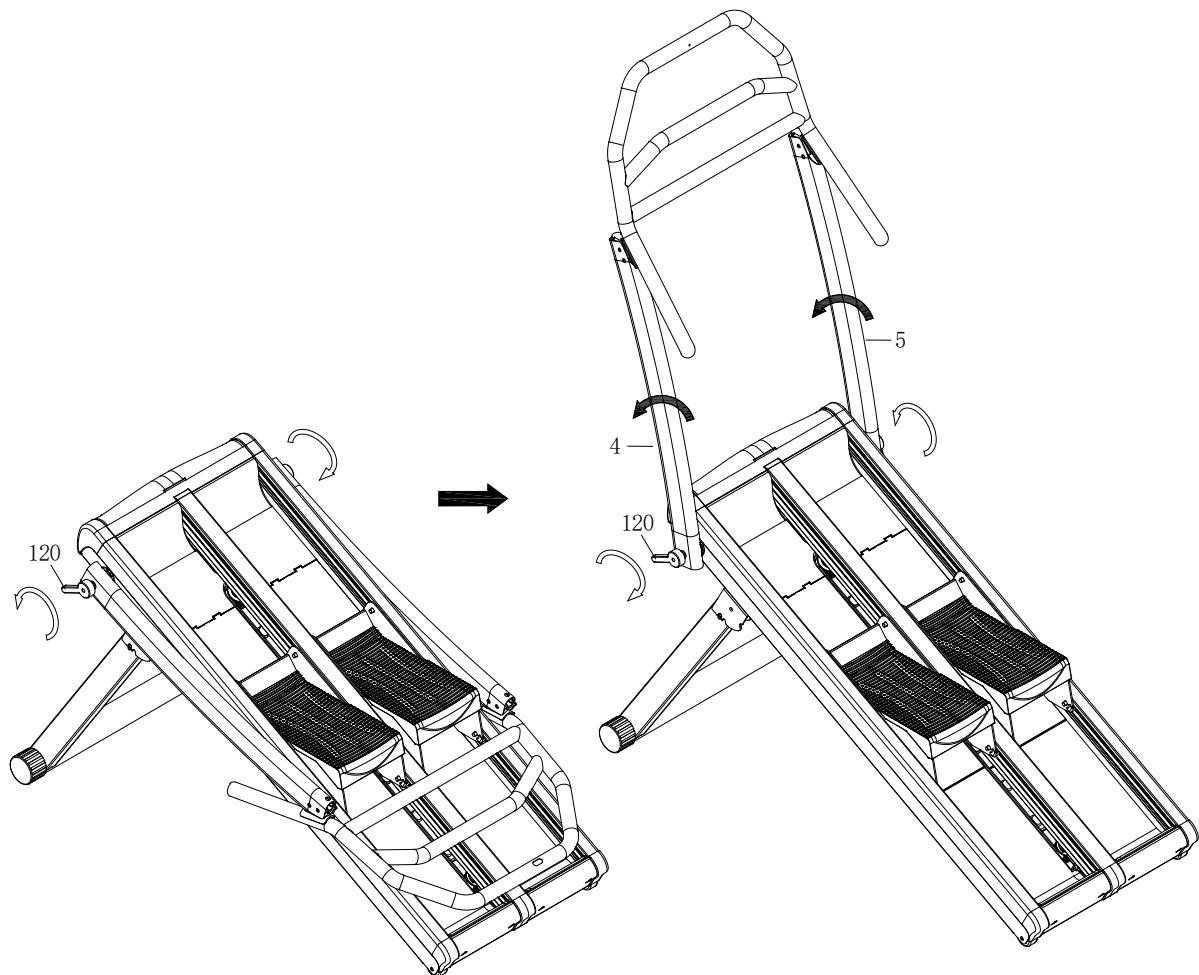
Lift up the machine, then pull out the **Incline Support Leg (2)** and move the latch from storage position to L1 locking position.



ASSEMBLY INSTRUCTION

STEP 3

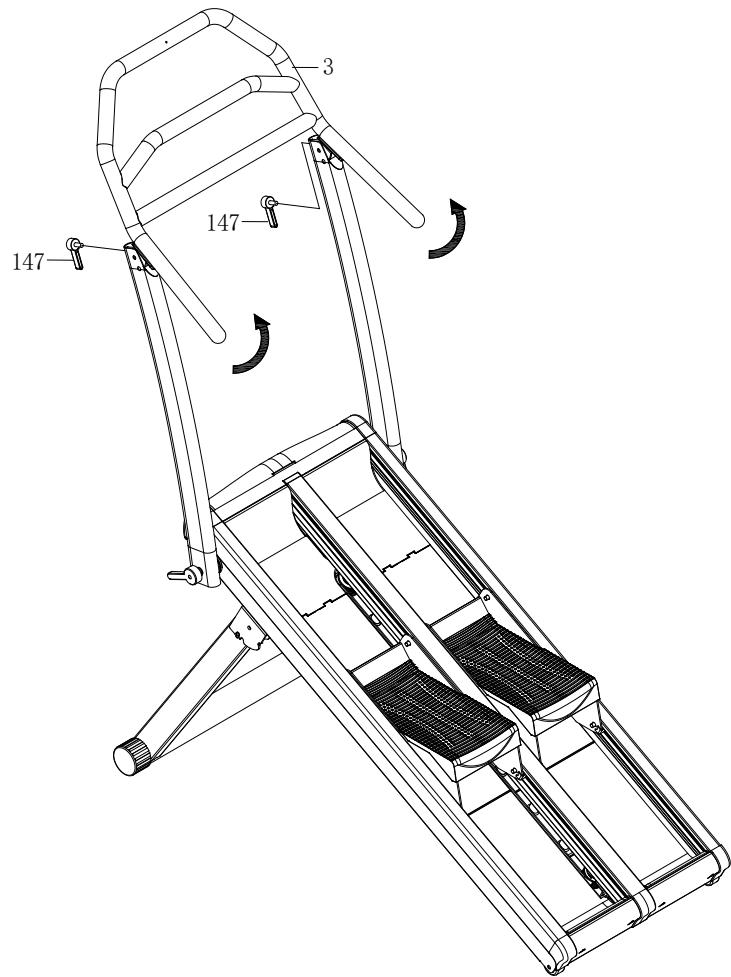
Turn the **Lever (120)** on both sides three turns counterclockwise to loosen it, then grab the **Left/Right Upright (4/5)** with both hands and pull it up until they lock into position, and then tighten the **Lever (120)** on both sides. Tighten the **Lever (120)** clockwise



ASSEMBLY INSTRUCTION

STEP 4

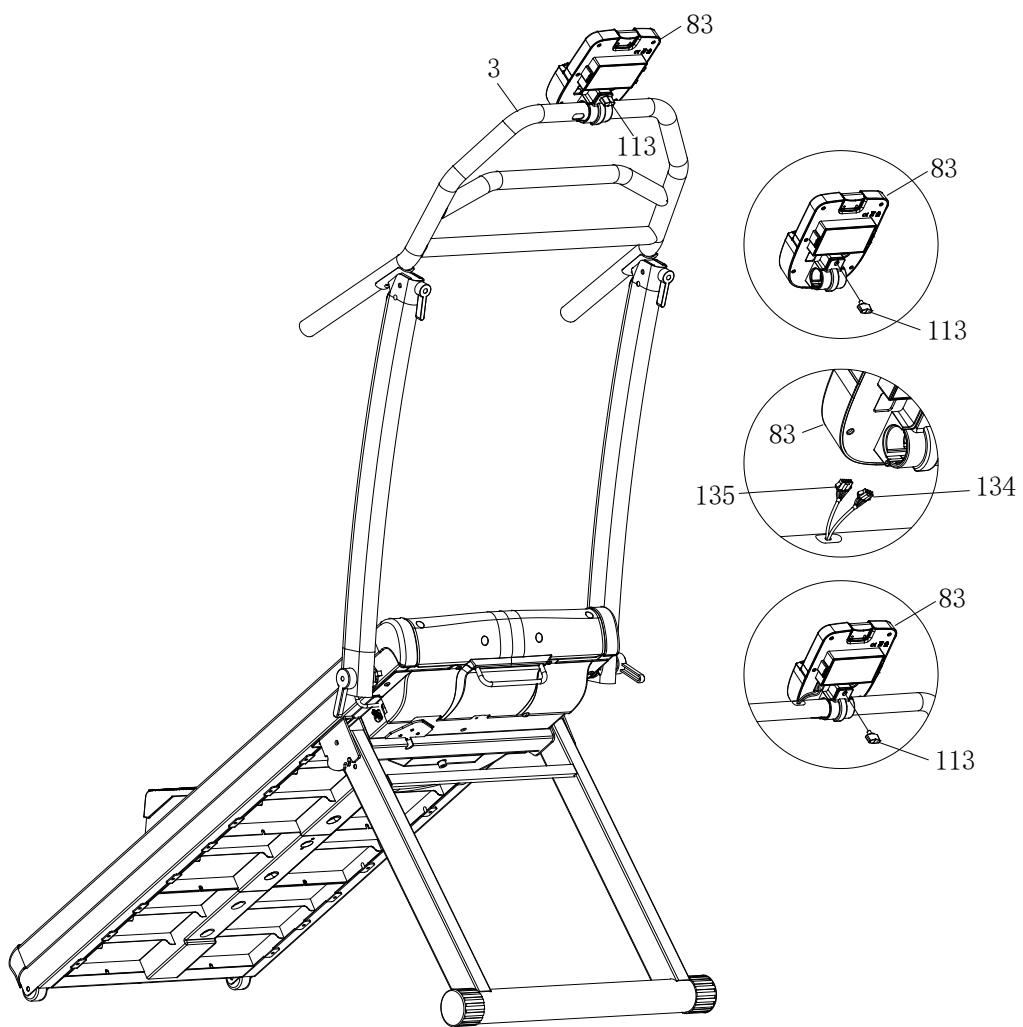
Lift the **Handlebar (3)** upward into position, then use the **Quick-release Lever (147)** to secure the **Handlebar (3)** onto the left and right uprights.



ASSEMBLY INSTRUCTION

STEP 5

Unscrew the **Monitor Knob (113)** attached to the **Monitor (83)**. Connect together the **Sensor Wire (134)**, the **Pull Cord Motor Sensor Wire (135)** to the **Monitor (83)**. Installed on the **Handlebar (3)** and locked with a **Monitor Knob (113)**. Adjust the **Monitor (83)** to appropriate readout angle during your exercise



BEGINNER INSTRUCTION

Please place the **Stair Climber** on a flat and stable ground away from direct sunlight. Strong ultraviolet rays may cause the plastic to fade. Please place this equipment in an area with cool temperature and low humidity. At least 60 centimeters of space must be reserved in front, rear, left and right of the equipment. This area must be free of any obstacles and provide users with a clear route to leave the equipment.

1. Place one foot on the lower pedal first, then the other foot on the higher side.
2. Wake up the Monitor, hold the handlebars, and start exercising.
3. When exercising, you should not step on the pedal to the bottom. Instead, you should change your feet when the pedal is almost touching the bottom (the extent of changing feet varies depending on your individual height and training method), so that the pedal does not touch the bottom until End of rest or exercise.
4. When exercising, you should use your own weight to fall freely and then change your foot to step on the other side of the pedal. It is strictly forbidden to push back with both hands against the handlebars and deliberately exert force on the pedal.
5. Please hold the handlebars throughout the exercise to ensure personal safety

MONITOR INSTRUCTION

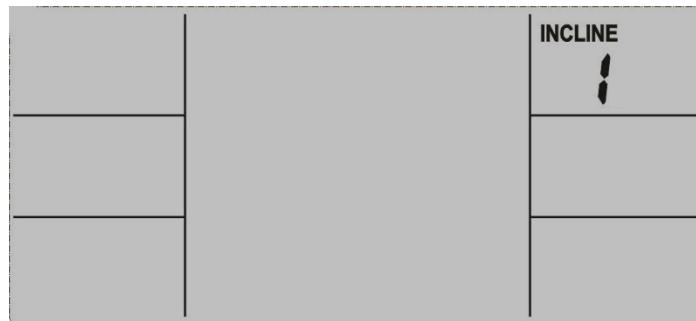
We recommend that you use this monitor console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the monitor console can become an important source of motivation and interest which will help keep you on track.



I. INITIAL SETUP

POWER ON:

- Start pedaling or press any buttons to turn on the monitor.
- All windows displayed for 1 second and there's a beep sound when monitor is turned on.
- Monitor goes into standby mode when there's no activity for over 4 seconds.
- After powering on, the display will show the incline selection options INCLINE 1 to INCLINE 2. Other settings will not be displayed. After setting the incline, the display will switch to the standby screen.



POWER OFF:

- When there is no activity more than 4 minutes, monitor will automatically enter sleep mode.

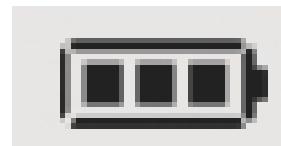
BEEP SOUND:

- There's 1 short beep sound when pressing any buttons.
- 2 short beep sounds represent no activation on monitor.
- No beep sound when long pressing any buttons.

MONITOR INSTRUCTION

BATTERY:

- 0 progress bar: battery is below 2.2 voltage
- 3 progress bar: battery is above 2.2 voltage



The motor consumes a large amount of power instantaneously. If the voltage drops below 2.2V during motor operation and then returns to above 2.2V after the motor completes its operation, the battery indicator does not return to full. Additionally, when the battery indicator shows 0 bars, the motor resistance adjustment function is locked.

BLUETOOTH:

- Download iConsole app and connect to a smart device.
- When the Bluetooth signal is turned on, the Bluetooth icon appears on the monitor window.

II. BUTTON FUNCTIONS

ENTER & MODE:

- Under standby mode, press the button to switch to different training programs in below sequence: LX (Incline Level) → Time Countdown → Step Countdown → Elevation Countdown → Calorie Countdown.
- After completing the value setting under any of the training programs, press this button to continue to the next step.
- Long press this button for over 3 seconds, all training data will be clear. Noted that data under Total Steps will not be clear.
- There's 1 short beep sound every time pressing this button.

UP BUTTON:

- Under different training programs, press this button to increase the preset values.
- Press this button for 1 time, preset value will increase by 1 unit. Hold and long press this button, preset value will add up automatically.
- Press this button in choose different incline levels (L1 & L2).
- Increase resistance by pressing this button during the training.

DOWN BUTTON:

- Under different training programs, press this button to decrease the preset values.
- Press this button for 1 time, preset value will decrease by 1 unit. Hold and long press this button, preset value will lower down automatically.
- Press this button in choose different incline levels (L1 & L2).
- Decrease resistance by pressing this button during the training.

MONITOR INSTRUCTION

III. CONSOLE DISPLAY

TIME:

- Display the total workout time accumulated under any training programs, except for Time Countdown Program.
- Display range: 00:00 ~ 99:59 (minutes:seconds).
- Display remaining time under Time Countdown Program, and there's 4 beep sounds when time countdowns to zero.

CLIMB/min:

- Display the workout distance reached in 1 minute for the current training.
- Display range: 0 ~ 9999 climb/min.

ELEVATION:

- Display the workout distance accumulated under any training programs, except for Elevation Countdown Program.
- Display range: 0 ~ 9999 meters or 0 ~ 9999 feet.
- Display remaining distance under Elevation Countdown Program, and there's 4 beep sounds when time countdowns to zero.
- Under Elevation Countdown Program, pre-set value increases/ decreases by 10 meters/ 1 feet everytime when pressing UP/ DOWN button.

SPM (Step Rate):

- Display the numbers of steps reached in 1 minute for the current training.
- Display range: 0 ~ 99 steps/min.

INCLINE:

- Display incline level from level 1/ level 2.
- Calories consumed are different under different incline level setting. Level 1 has lowest calories consumed, and Level 2 has highest calories consumed.
- Incline level flashes after the monitor is power on. Press UP/DOWN buttons to choose the corresponding incline level. To know the correct incline level, please find the incline level markings on the **Incline Support Leg (2)** as illustrated.
- If the incline level on **Incline Support Leg (2)** is adjusted to different level during the exercise, please long press MODE button for over 5 seconds and wait until incline level flashes. Press UP/DOWN buttons to choose the new incline level.

MONITOR INSTRUCTION

- After powering on, the display will show the incline selection options INCLINE 1 to INCLINE 2. Other settings will not be displayed. After setting the incline, the display will switch to the standby screen.
- To change incline level during the training, long press MODE button or re-install batteries.

LEVEL:

- Display resistance level from Level 1 to Level 32.
- Level 1 is the lowest resistance for training, and Level 32 is the highest resistance for training.
- When starting the workout, press UP/ DOWN button to adjust resistance level.

STEPS:

- Display the workout steps accumulated under any training programs, except for Step Countdown Program.
- Display range: 0 ~ 9999 steps.
- Display remaining steps under Step Countdown Program, and there's 4 beep sounds when step countdowns to zero.
- Under Step Countdown Program, pre-set value increases/ decreases by 10 steps everytime when pressing UP/ DOWN button.

TOTAL STEPS:

- Display the accumulated total steps from all your current and past trainings.
- Display range: 0 ~ 9999 steps.
- To clear the data, remove the battery and re-install.

CALORIES:

- Display the total calories accumulated during the workout, except for Calories Countdown Program.
- Display range: 0 ~ 9999 Kcals.
- Display remaining calories under Calories Countdown Program, and there's 4 beep sounds when calories countdowns to zero.
- Under Calories Countdown Program, pre-set value increases/ decreases by 10 kcal everytime when pressing UP/ DOWN button.

PROGRAM:

- 9 programs in total, including Time Countdown (P0), Elevation Countdown (P0), Calories Countdown (P0), Step Countdown (P0), Pre-set Program 1 (P1), Pre-set Program 2 (P2), Pre-set Program 3 (P3), Pre-set Program 4 (P4), and Pre-set Program 5 (P5).

MONITOR INSTRUCTION

IV. PROGRAMS

The console has 9 programs: Time Countdown, Elevation Countdown, Calories Countdown, Step Countdown, Pre-set Program 1, Pre-set Program 2, Pre-set Program 3, Pre-set Program 4, and Pre-set Program 5.

Press MODE button to choose workout program according to the following sequence: Time Countdown → Elevation Countdown → Calories Countdown → Step Countdown → Pre-set Program 1 → Pre-set Program 2 → Pre-set Program 3 → Pre-set Program 4 → Pre-set Program 5

NOTE: Make sure the console is in standby mode in order to choose any programs for the training.

TIME COUNTDOWN:

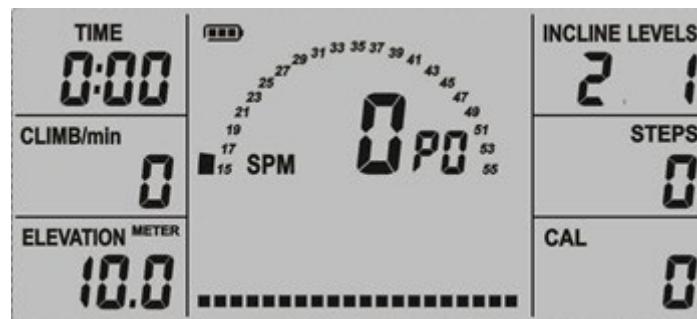
- To enter the Time Countdown Program, press MODE button until TIME window flashes and center window display shows P0.
- Press UP/ DOWN buttons to increase/ decrease target time. Press ENTER button to confirm the setting and begin the exercise.
- When time counts down to zero, TIME window flashes and there are 4 beep sound in the meantime. Value under TIME window starts to count up after reaching to zero.
- To change to a different training program during Time Countdown Program, long press MODE button to re-active the console.
- The workout setting range is 1:00 ~ 99:00 (minutes:seconds).



MONITOR INSTRUCTION

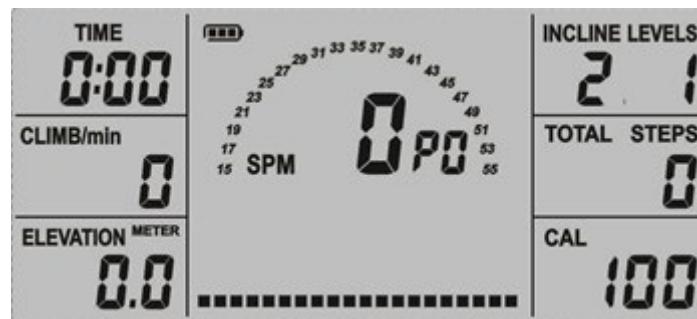
ELEVATION COUNTDOWN:

- To enter the Elevation Countdown Program, press MODE button until ELEVATION window flashes and center window display shows P0.
- Press UP/ DOWN buttons to increase/ decrease target elevations. Press ENTER button to confirm the setting and begin the exercise.
- When elevation counts down to zero, ELEVATION window flashes and there are 4 beep sound in the meantime. Value under ELEVATION window starts to count up after reaching to zero.
- To change to a different training program during Elevation Countdown Program, long press MODE button to re-active the console.
- The workout setting range is 10 ~ 9990 meters or 0.1 ~ 9999 feet.



CALORIES COUNTDOWN:

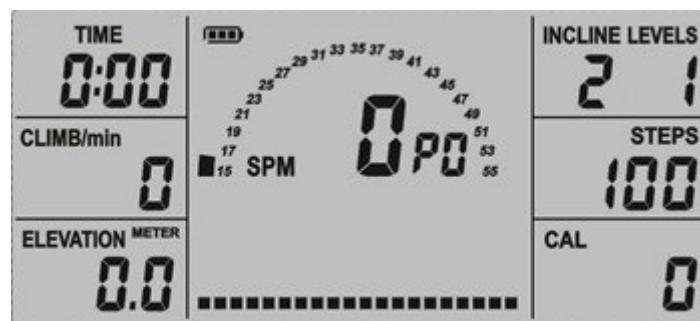
- To enter the Calories Countdown Program, press MODE button until CALORIE window flashes and center window display shows P0.
- Press UP/ DOWN buttons to increase/ decrease target calories. Press ENTER button to confirm the setting and begin the exercise.
- When calorie counts down to zero, CALORIE window flashes and there are 4 beep sound in the meantime. Value under CALORIE window starts to count up after reaching to zero.
- To change to a different training program during Calories Countdown Program, long press MODE button to re-active the console.
- The workout setting range is 10 ~ 9990 Kcal.



MONITOR INSTRUCTION

STEP COUNTDOWN:

- To enter the Step Countdown Program, press MODE button until STEPS window flashes and center window display shows P0.
- Press UP/ DOWN buttons to increase/ decrease target steps. Press ENTER button to confirm the setting and begin the exercise.
- When step counts down to zero, STEPS window flashes and there are 4 beep sound in the meantime. Value under STEPS window starts to count up after reaching to zero.
- To change to a different training program during Step Countdown Program, long press MODE button to re-active the console.
- The workout setting range is 10 ~ 9990 steps.



PRE-SET PROGRAM 1:

- To enter the Pre-set Program 1, press MODE button until center window display shows P1. Press ENTER button to confirm the setting and begin the exercise.
- All window displays show current training data, and matrix display shows different resistance levels for each session.
- Default training duration is 20 minutes. Each session lasts for 1 minute.
- To change to a different training program during P1 Program, long press MODE button to re-active the console.

P1	1	1	17	17	1	1	17	17	1	1	17	17	1	1	17	17	1	1	17	17
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MONITOR INSTRUCTION

PRE-SET PROGRAM 2:

- To enter the Pre-set Program 2, press MODE button until center window display shows P2. Press ENTER button to confirm the setting and begin the exercise.
- All window displays show current training data, and matrix display shows different resistance levels for each session.
- Default training duration is 20 minutes. Each session lasts for 1 minute.
- To change to a different training program during P2 Program, long press MODE button to re-active the console.

P2	1	1	9	9	1	1	17	1	1	9	9	1	1	17	1	1	9	9	1



PRE-SET PROGRAM 3:

- To enter the Pre-set Program 3, press MODE button until center window display shows P3. Press ENTER button to confirm the setting and begin the exercise.
- All window displays show current training data, and matrix display shows different resistance levels for each session.
- Default training duration is 20 minutes. Each session lasts for 1 minute.
- To change to a different training program during P3 Program, long press MODE button to reactive the console.



MONITOR INSTRUCTION

PRE-SET PROGRAM 4:

- To enter the Pre-set Program 4, press MODE button until center window display shows P4. Press ENTER button to confirm the setting and begin the exercise.
- All window displays show current training data, and matrix display shows different resistance levels for each session.
- Default training duration is 20 minutes. Each session lasts for 1 minute.
- To change to a different training program during P4 Program, long press MODE button to re-active the console.



PRE-SET PROGRAM 5:

- To enter the Pre-set Program 5, press MODE button until center window display shows P5. Press ENTER button to confirm the setting and begin the exercise.
- All window displays show current training data, and matrix display shows different resistance levels for each session.
- Default training duration is 20 minutes. Each session lasts for 1 minute.
- To change to a different training program during P5 Program, long press MODE button to reactive the console.



MONITOR INSTRUCTION

V. ENGINEERING MODE

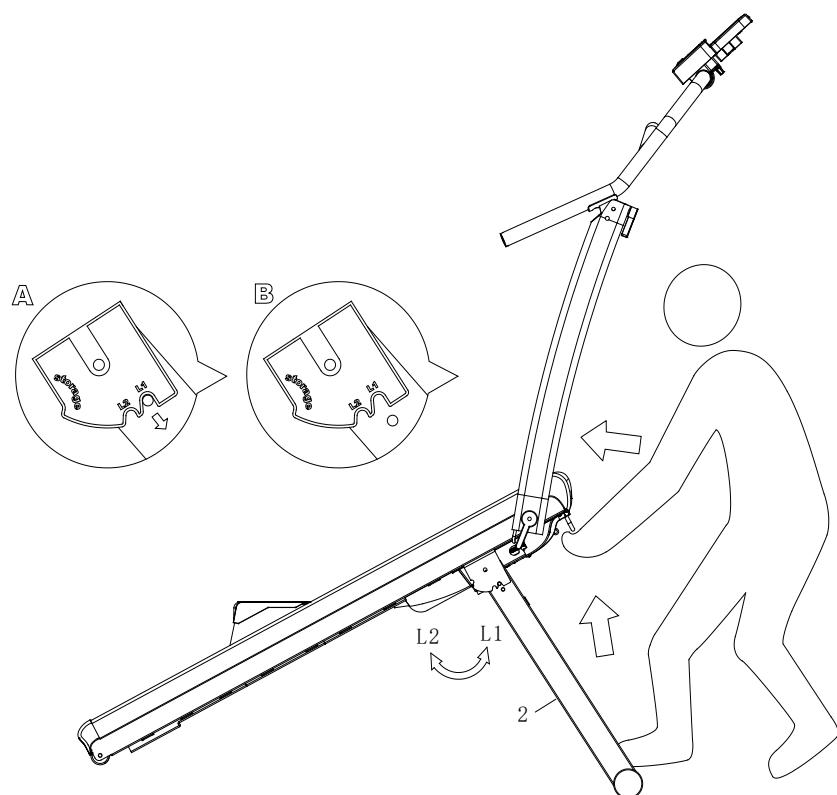
- Hold and long press for 3 seconds on both MODE and UP buttons to enter factory setting mode.
- STEP/min window displays software version number.
- ELEVATION window displays Meter or Feet. Press UP or DOWN button to adjust distance unit.
- Hold and press MODE + DOWN for 3 seconds to enter motor adjustment mode. LX Indicates the level number. CAL displays the ADC value. Press the UP or DOWN button to adjust the level, and then press MODE button again to switch to ADC value adjustment.

INCLINE ADJUSTMENT

To adjust the incline angle of **STAIR CLIMBER**, firstly use your foot to step on bottom of the **Incline Support Leg (2)** and lift up the main frame with 2 hands.

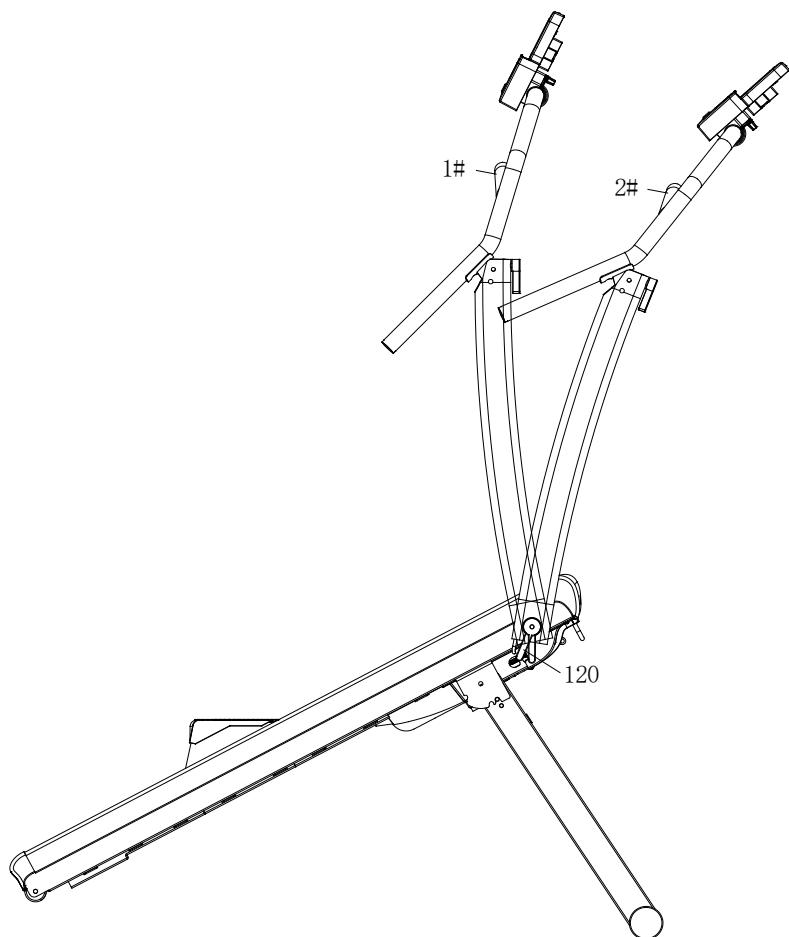
Note: Push the main frame slightly forward when lifting the machine, it will make it easier to lift.

Secondly, move the latch out of the locking position to ideal incline level. There are 2 incline levels in total at L1 & L2.



HANDLEBAR ANGLE ADJUSTMENT INSTRUCTION

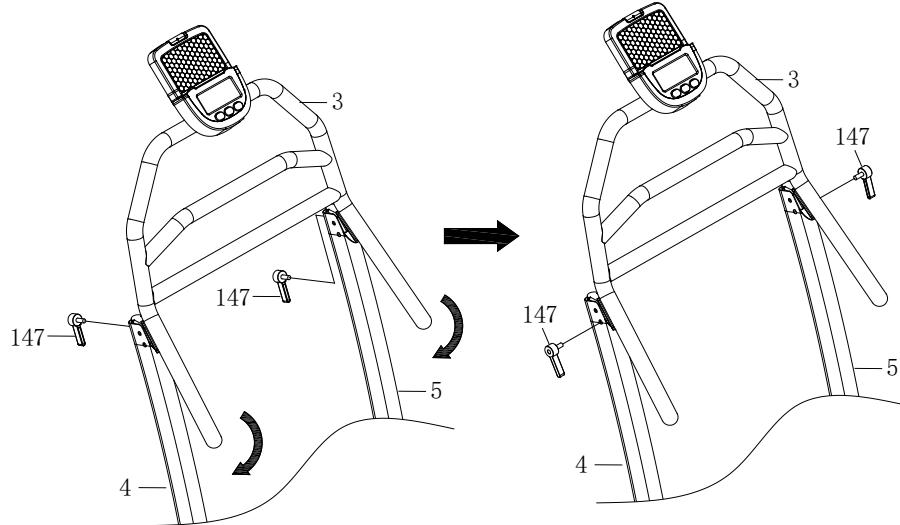
To adjust the handlebar angle of **STAIR CLIMBER**, first, loosen the **Lever (120)** on both sides by rotating it counterclockwise three times, grab the Left/Right Handlebar and move it to the 1# or 2# position, and then tighten the **Lever (120)** clockwise. The handlebars have two positions, just choose the position you want.



FOLDING INSTRUCTION

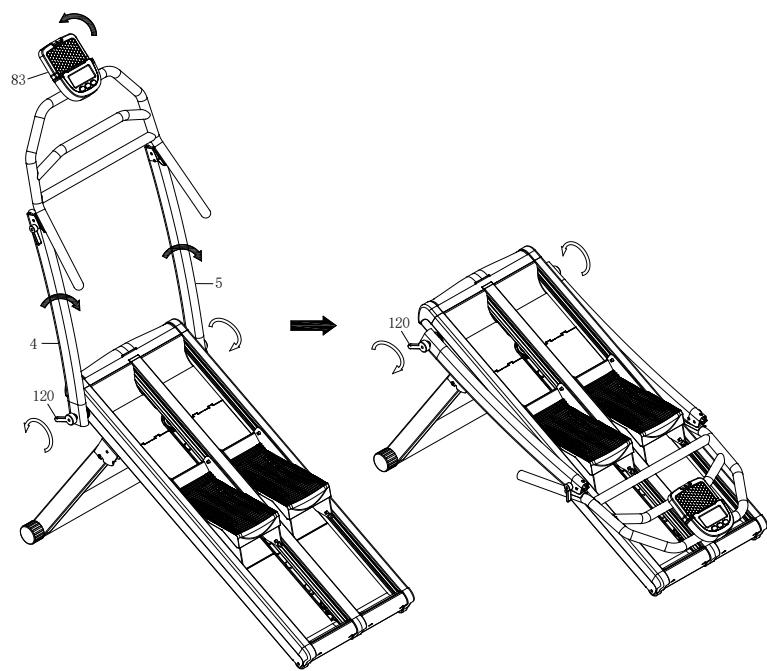
To fold the **STAIR CLIMBER**, firstly, fold the handlebar of the **STAIR CLIMBER**.

1. First, unscrew the **Quick-release Lever (147)**, then press the **Handlebar (3)** down into position. Lock the **Handlebar (3)** by inserting the **Quick-release Lever (147)** into the side holes of the **Left/Right Upright (4/5)**.



Secondly, fold the uprights of the **STAIR CLIMBER**.

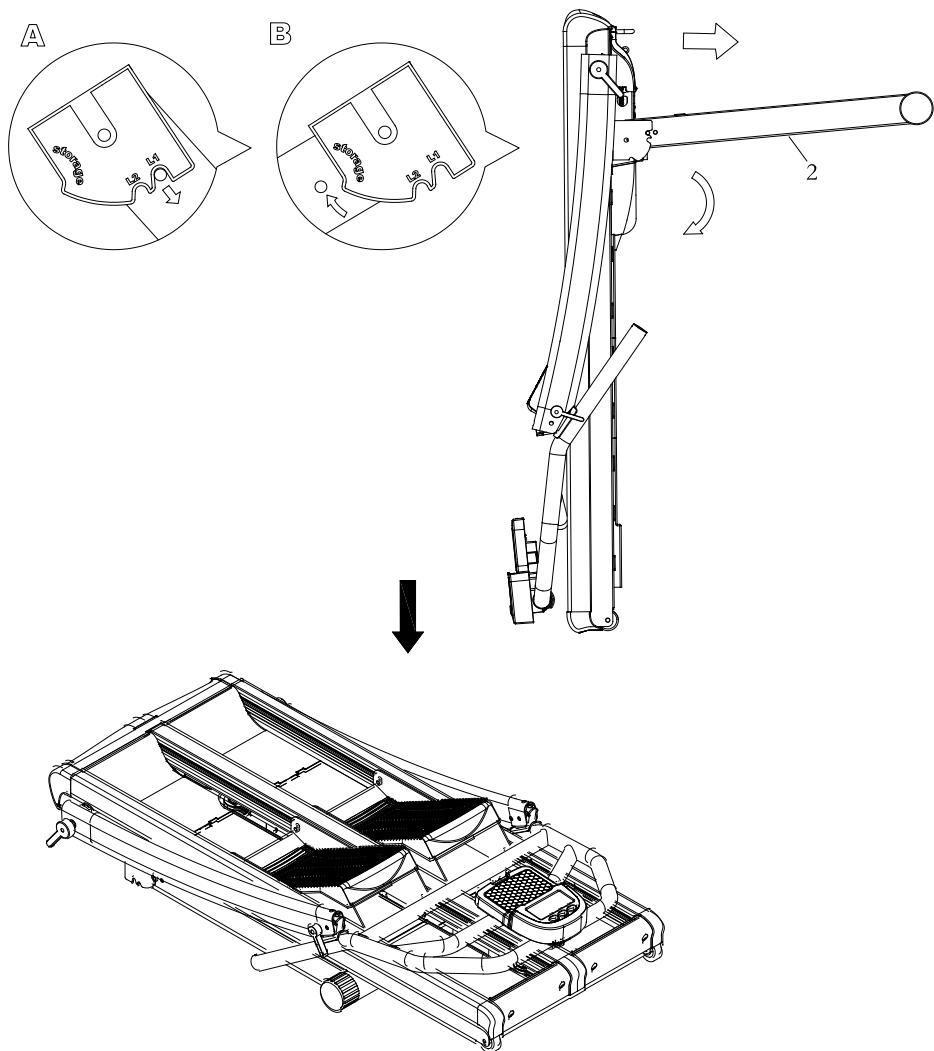
2. Rotate the **Monitor (83)** about half a turn as shown below. Then, turn the **Lever (120)** on both sides counterclockwise for four turns to loosen the **Left/Right Upright (4/5)**. Grip the **Left/Right Upright (4/5)** and fold it down onto the machine. Finally, tighten it by turning the **Lever (120)** clockwise.



FOLDING INSTRUCTION

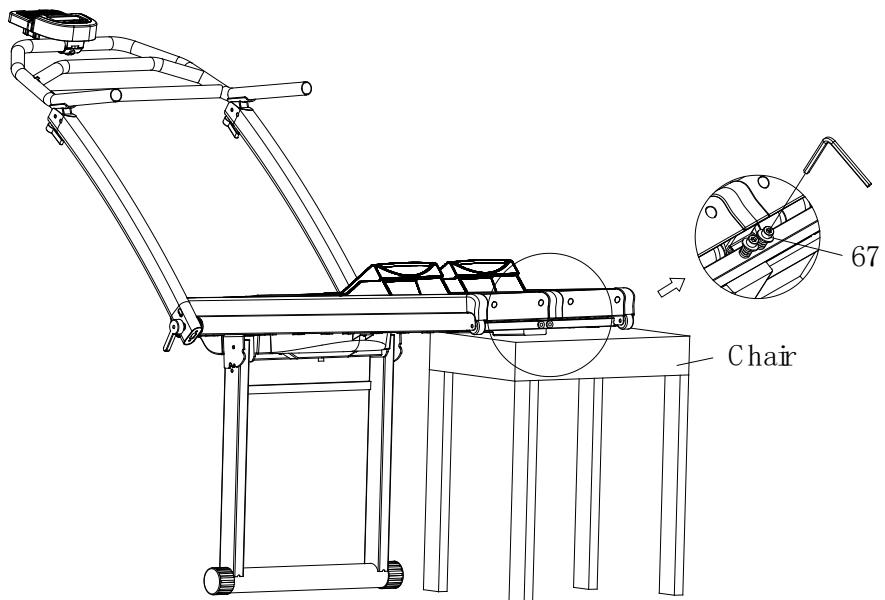
Thirdly, fold the **Incline Support Leg (2)**.

3. Stand the **STAIR CLIMBER** upright, then pull out the **Incline Support Leg (2)**, move the **Stopper Pin** on the **Incline Support Leg (2)** out of the grooves. Refit the locking pin into the storage groove.
4. Based on the above step, the **STAIR CLIMBER** is completely folded.

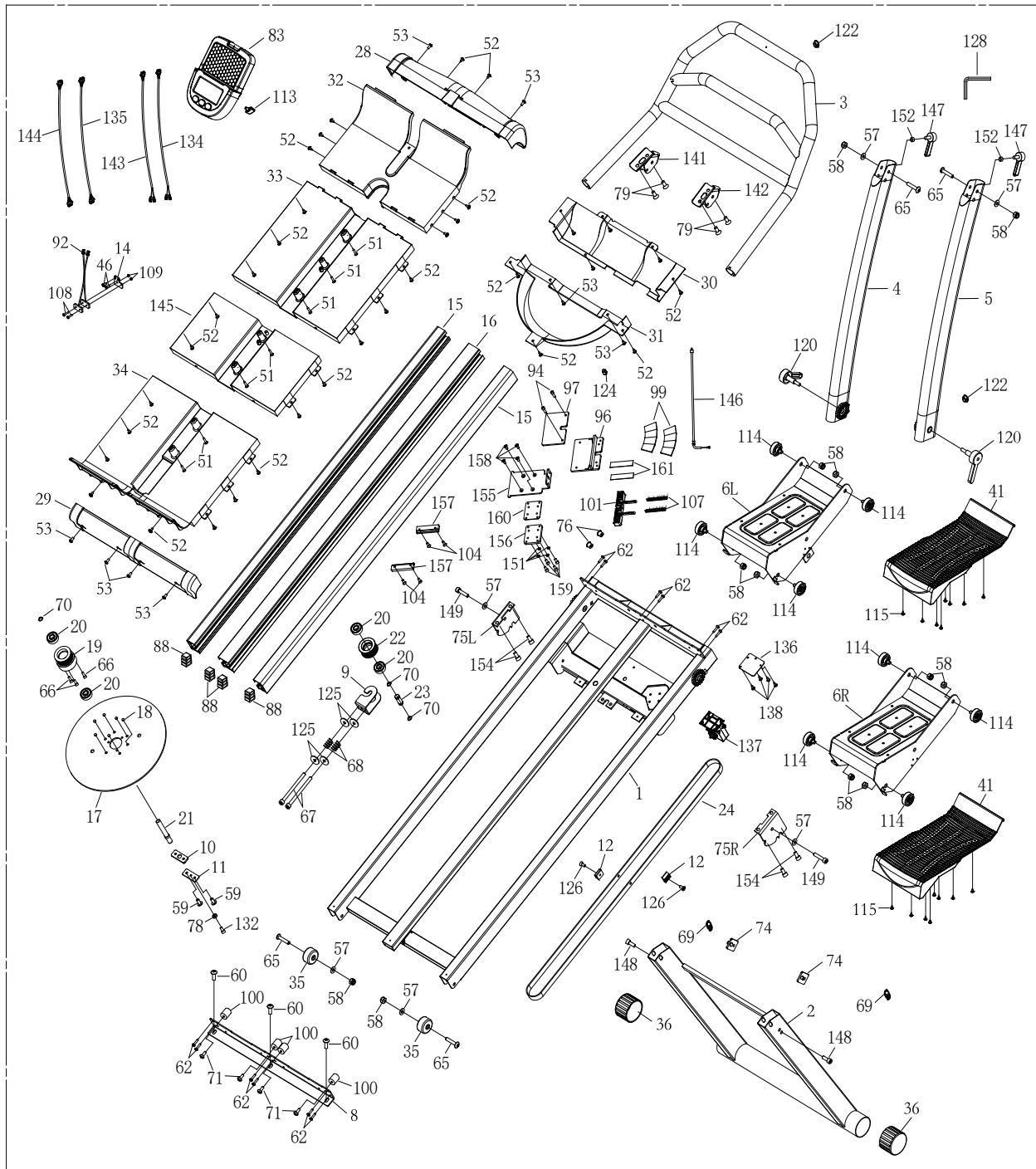


BELT ADJUSTMENT INSTRUCTION

When the **STAIR CLIMBER** with the abnormal noise due to the belt tightness, you can use the supplied **6mm Allen Wrench** to adjust the tightness of the **Socket Head Cap Screws M8X90 (67)** and clockwise or counterclockwise to eliminate the abnormal sound. Before adjustment, the **STAIR CLIMBER** can be erected as shown in the figure to facilitate adjustment.



PRODUCT PARTS DRAWING



PARTS LIST

Parts No.	Description	Qty
1	Aluminum Rail Frame	1
2	Incline Support Leg	1
3	Handlebar	1
4	Left Upright	1
5	Right Upright	1
6L	Left Pedal Support Plate	1
6R	Right Pedal Support Plate	1
8	Bottom Rail Holder	1
9	Drive Pulley Holder (U-shaped)	1
10	Upper Axle Holder	1
11	Bottom Axle Holder	1
12	Belt Clip	2
14	Sensor Holder	1
15	Side Aluminum Rail	2
16	Center Aluminum Rail	1
17	Magnetic Control Disc	1
18	Round Shaped Magnet	6
19	Belt Pulley	1
20	Bearing 6201ZZ	4
21	Axle	1
22	Small Pulley	1
23	Axle of Small Pulley	1
24	Drive Belt	1
28	Front Cover	1
29	Rear Cover	1
30	Upper Back Cover	1
31	Lower Back Cover	1
32	Upper Frame Cover	1
33	Middle Frame Cover (Long)	1

Parts No.	Description	Qty
34	Lower Frame Cover	1
35	Transporting Wheel	2
36	Stabilizer Tube Cap	2
41	Pedal	2
46	Phillips Pan Head Self-Tapping Screw ST4.2x16mm	2
51	Phillips Pan Head Self-Drilling Screw ST4.2x16mm	7
52	Phillips Rounded Washer Head Self-Drilling Screw ST4.2x12mm	34
53	Phillips Pan Head Screw M5x10mm	8
57	Flat Washer M8	6
58	Nylon Nut M8	12
59	Button Head Cap Screw M8x15mm	2
60	Button Head Cap Screw M8x12mm	3
62	Phillips Pan Head Self-Tapping Screw ST4.2x25mm	12
65	Button Head Cap Screw M8x40mm	4
66	Socket Head Cap Screw M5x12mm	3
67	Socket Head Cap Screw M8x90mm	2
68	Pression Spring	2
69	Extension Spring § 1.5	2
70	C Ring Φ12	3
71	Button Head Cap Screw M6x12mm	4
74	Stopper Pin	2
75L	Left Incline Adjustment Bracket	1
75R	Right Incline Adjustment Bracket	1
76	Wire Plug	2
78	Hex Nut M6	1
79	Hex Head Cap Screw M8x15mm	4
83	Monitor	1
88	Rail Cushion	4
92	Square-shaped Sensor	1
94	Socket Head Cap Screw M5x25mm	2
96	Magnet Holder	1

Parts No.	Description	Qty
97	Upper Magnet Holder	1
99	Trapezoid-Shaped Magnet	8
100	Cushion with Screw Hole	4
101	Magnetic Control Holder	1
104	Phillips Flat Head Screw M5x8mm	4
107	Compression Spring Ø0.9	2
108	Phillips Pan Head Screw M3x20mm	2
109	Hex Nut M3	2
113	Monitor Knob M6	1
114	Roller	8
115	Phillips Rounded Washer Head Self-Tapping Screw ST3.0x6mm	16
120	Lever	2
122	Oval Wire Plug	2
124	Wire Plug Protector	1
125	Plastic Washer	4
126	Hex Head Cap Screw, M6x16mm	2
128	Allen Wrench 6mm	1
132	Socket Head Cap Screw, M6x16mm	1
134	Upper Sensor Wire	1
135	Upper Sensor Wire of Pulling Motor	1
136	Pulling Motor Bracket	1
137	Pulling Motor	1
138	Phillips Rounded Washer Head Self-Drilling Screw, ST4.2x16mm	4
141	Left Handlebar Fixing Plate	1
142	Right Handlebar Fixing Plate	1
143	Bottom Sensor Wire	1
144	Bottom Sensor Wire of Pulling Motor	1
145	Middle Frame Cover (Long)	1
146	Electric Adjustment Wire	1
147	Quick-release Lever	2

Parts No.	Description	Qty
148	Socket Head Cap Screw M8x25mm	2
149	Socket Head Cap Screw M8x50mm	2
151	Spring Washer M5	4
152	Threaded sleeve for Quick-release Lever	2
154	Socket Head Cap Screw M8x16mm	4
155	Magnet Holder Bracket	1
156	Magnet Holder Plate	1
157	Plastic Sliding Block	2
158	Phillips Flat Head Screw M5x8mm	4
159	Socket Head Cap Screw M5x10mm	4
160	Magnet Holder Adjustment Plate	1
161	PET Washer	2