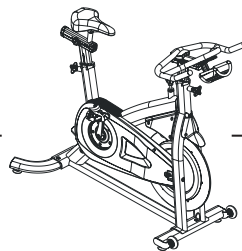


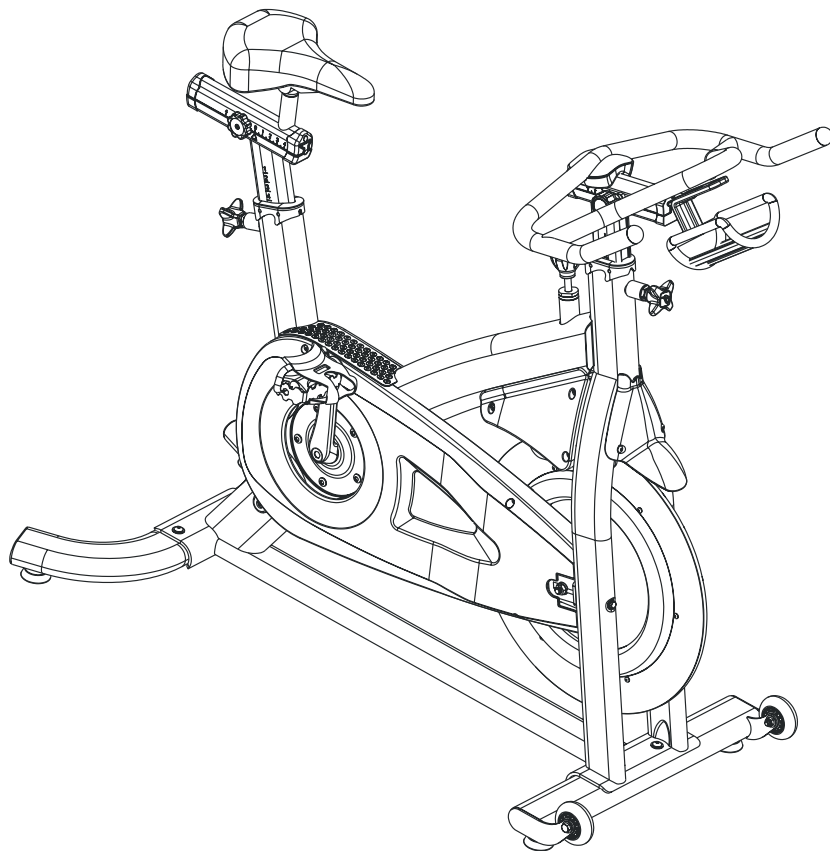
**S** **SPIRIT**  
COMMERCIAL

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**CIC800** FITNESS BIKE

OWNER'S MANUAL



# ***TABLE OF CONTENTS***

5	IMPORTANT SAFETY INSTRUCTIONS
6	IMPORTANT OPERATION INSTRUCTIONS
6	PRODUCT REGISTRATION
8	CIC800 ASSEMBLY INSTRUCTIONS
18	GENERAL MAINTENANCE
20	MANUFACTURER'S LIMITED WARRANTY

*Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.*



Congratulations on your new Indoor Cycle and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality group indoor cycle from Spirit Fitness. Your new indoor cycle was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this indoor cycle is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,  
Spirit Fitness

NAME OF DEALER \_\_\_\_\_

DEALER PHONE # \_\_\_\_\_

PURCHASE DATE \_\_\_\_\_

# IMPORTANT SAFETY INSTRUCTIONS

## WARNING

- Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds until you have ridden the bike for some time and are comfortable riding at slower pedal speeds.
- The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur. Do not attempt to remove your feet from pedals while they are moving.
- Wait for flywheel to coast to a stop before dismounting the bike. If you want to stop the flywheel, push down on the resistance/brake knob.
- Serious injury or death may occur from over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate for your level of fitness.
- Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
- In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
- Do not attempt to perform dip movements on handlebars.
- Never drop or insert any object into any opening of the bike.
- Only use the bike on a stable, level floor.
- Follow instructions for safe use of the equipment including proper seat position, handlebar position, and use of foot positioning system of pedals. Do not attempt to pull up handlebar post and seat post over the 'MAX.' level
- For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.
- Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately or the equipment should not be used until it is repaired.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.

- Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.
- User Weight Limit: 350 lb

SAVE THESE INSTRUCTIONS - THINK SAFETY!

## IMPORTANT OPERATION INSTRUCTIONS

NEVER expose the bike to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).

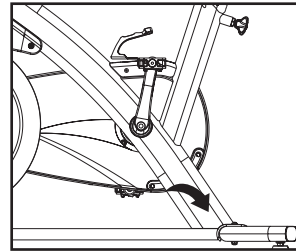
### **WARNING**

This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm.

## RECORD YOUR SERIAL NUMBER

Please record the serial number of this fitness product in the space provided below.

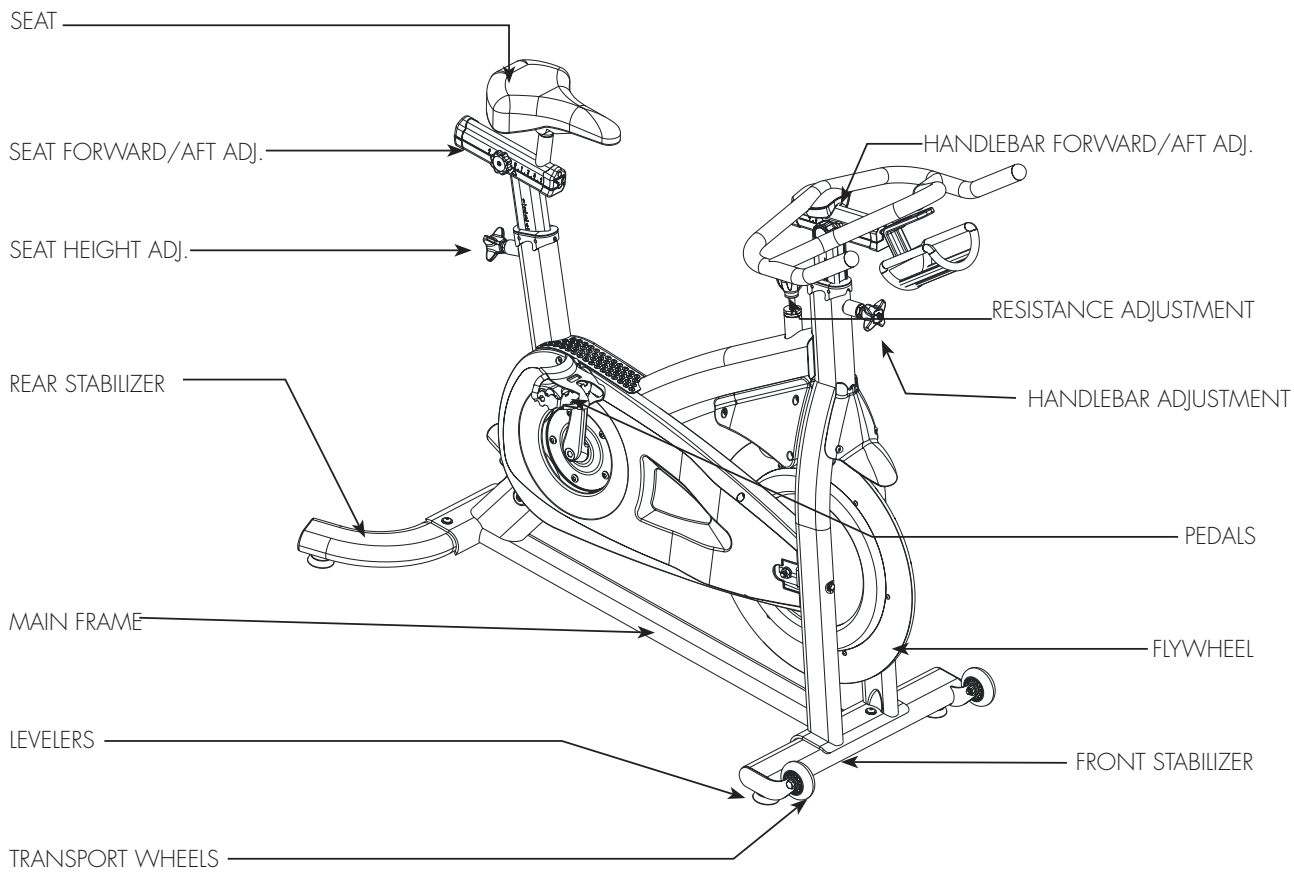
Serial Number Location



Serial Number: \_\_\_\_\_

## REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to Spirit Fitness.



# **CIC800** PRE-ASSEMBLY

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## **UNPACKING**

1. Cut the straps, then along the dotted line on the bottom of the box; lift the box over the unit and unpack.
2. Locate the hardware package. The hardware is separated into six steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

## **TOOLS INCLUDED:**

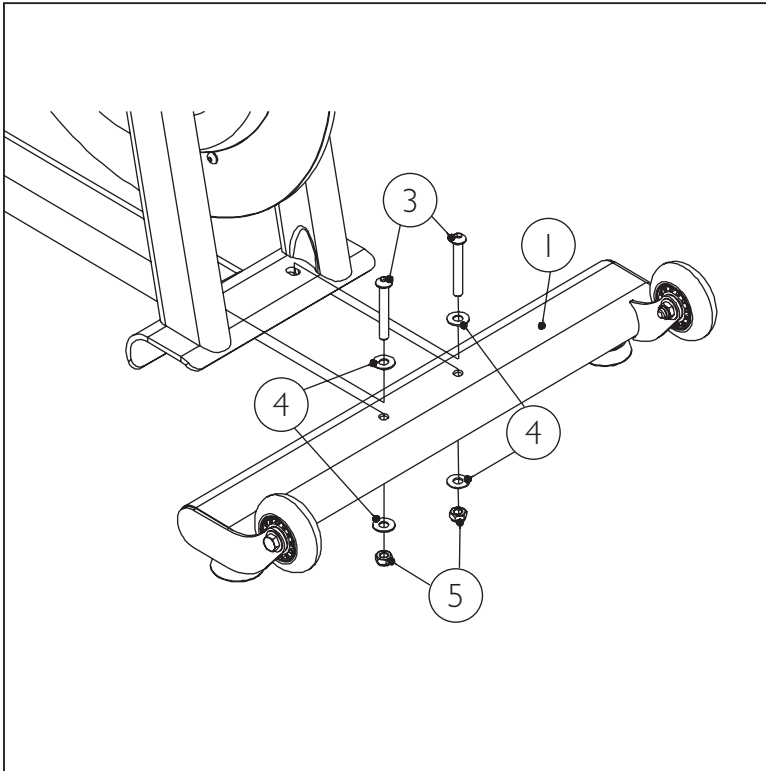
- 4mm Allen Wrench
- 5mm Allen Wrench
- 13/17mm Combination Wrench

## **PARTS INCLUDED:**

- 1 Main Frame
- 1 Front Stabilizer
- 1 Rear Stabilizer
- 1 Adjustment Handle
- 1 Water Bottle Holder
- 1 Handlebar Post
- 1 Handlebar
- 2 Foot Pedals
- 1 Hardware Kit



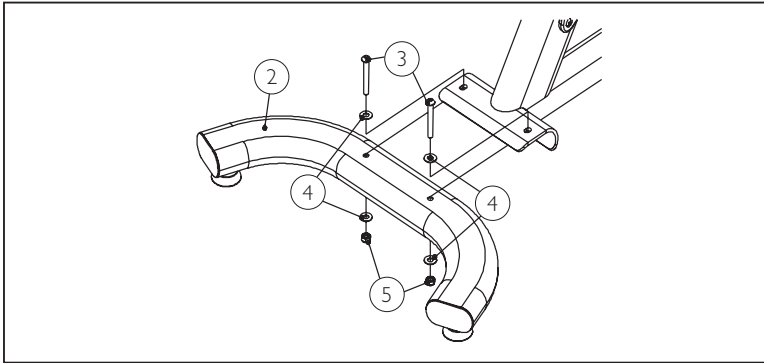
# CIC800 STEP ONE



HARDWARE FOR STEP 1			
PART	TYPE	DESCRIPTION	QTY
3	SCREW	M5X1.25X5.5L	2
4	FLAT WASHER	M8	4
5	NYLON NUT	M8X1.25	2

1. Gather **HARDWARE FOR STEP 1**.
2. Position the **FRONT STABILIZER (1)** on the **FRAME BRACKET** as showed in the figure. Make sure the **TRANSPORT WHEELS** are facing up and toward the front of the bike.
3. Attach the **STABILIZER** with 2 **HEX SCREWS (3)**, 4 **FLAT WASHERS (4)** and 2 **NYLON NUTS (5)**. Do not over tightened as the deformation of stabilizer may occur.
4. Make sure the **LEVELING FEET** with nut are fully screwed into the **STABILIZER**

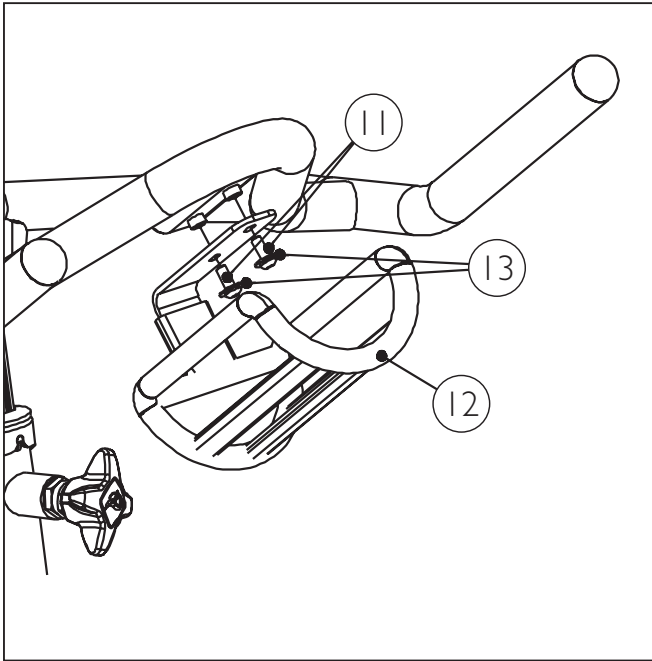
# CIC800 STEP TWO



HARDWARE FOR STEP 2			
PART	TYPE	DESCRIPTION	QTY
3	SCREW	M8X1.25X55L	2
4	FLAT WASHER	M8	4
5	NYLON NUT	M8X1.25	2

1. Gather **HARDWARE FOR STEP 2**.
2. Position the **REAR STABILIZER (2)** on the **FRAME BRACKET** as showed in the figure.
3. Attach the **STABILIZER** with 2 **HEX SCREWS (3)**, 4 **FLAT WASHERS (4)** and 2 **NYLON NUTS (5)**. Do not over tightened as the deformation of stabilizer may occur.
4. Make sure the **LEVELING FEET** with nut are fully screwed into the **STABILIZER**

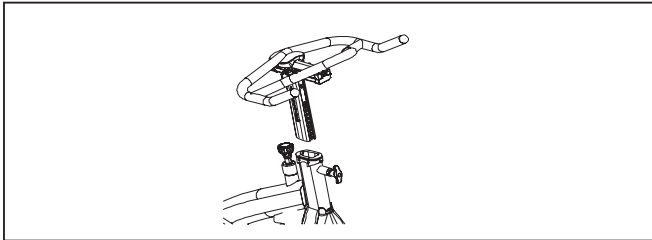
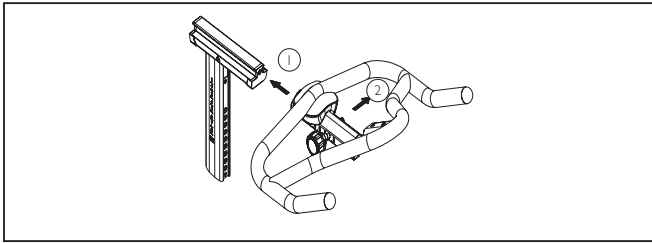
# CIC800 STEP THREE



HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
11	SCREW	M6X1.0"x1.5L	2
13	FLAT WASHER	M6	2

1. Gather **HARDWARE FOR STEP 3**.
2. Assemble the **BOTTLE HOLDER (12)** with 2 **SOCKET HEX SCREWS (11)** and 2 **FLAT WASHER (13)**

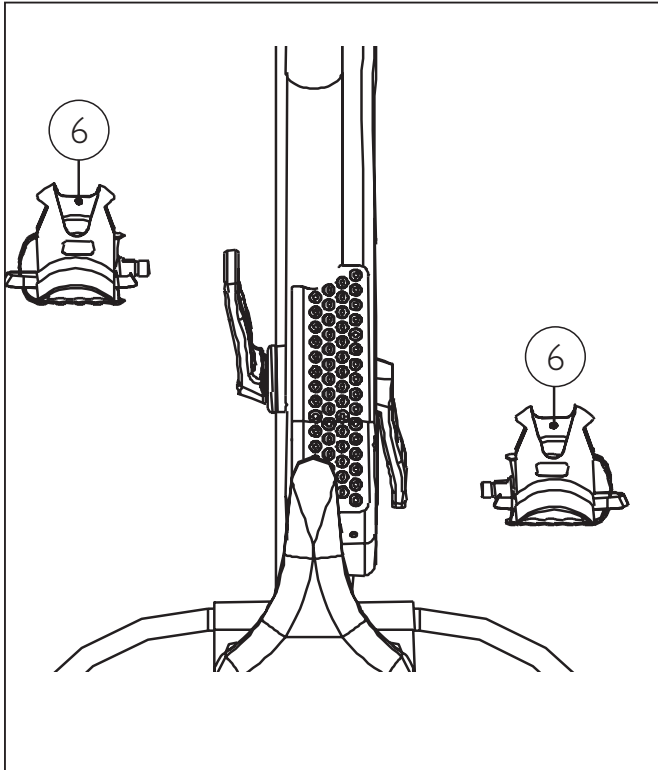
# CIC800 STEP FOUR



1. Gather **HARDWARE FOR STEP 4**.
2. Pull out the **SAFETY PIN (2)** and slide the **HANDLEBAR** onto the **POST (11)**.
3. Insert the **HANDLEBAR ASSEMBLY** into the **FRAME TUBE** and tighten firmly with **Star-POP PIN**

# CIC800 STEP FIVE

## NO HARDWARE FOR STEP 5



1. Remove pedals from the components box.
2. Look at the end of the pedal axle and notice each pedal is marked with an R and L on the spindle. It is indicated which side of bike the pedal is intended to assemble.
3. Locate the pedal marked R on the spindle on the right side of crank (Chain guard side). Turn clockwise to tighten firmly. If possible, apply some grease to the threads before engaging to the crank.
4. Locate the pedal marked L on the spindle on the left side of crank. Turn counter-clockwise to tighten firmly. If possible, apply some grease to the threads before engaging to the crank.

# **INDOOR CYCLE SETUP**

## **LEVELERS**

Place the cycle on a level area, if at all possible. If the cycle needs leveling, turn the levelers clockwise or counterclockwise until the base is stable and does not rock.

## **ADJUSTMENT KNOBS**

All four adjustment levers function the same way. Turn the knob clockwise to tighten and counterclockwise to loosen.

## **SEAT**

The pitch of the saddle can be adjusted to accommodate all users. Loosen the horizontal bolt under the seat to adjust the pitch, then retighten.

## **TRANSPORTATION**

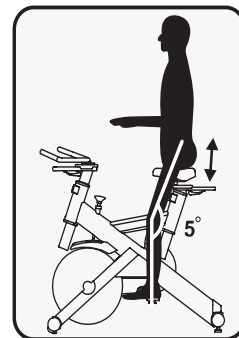
The indoor cycle is equipped with two transport wheels, which are engaged when the rear of the CIC800 indoor cycle is lifted.

Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

## ADJUSTMENT OF SEAT POSITION

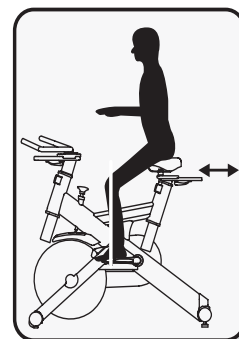
### SEAT HEIGHT ADJUSTMENT

1. Standing next to the bike, adjust the seat until it is about hip height.
2. Rotate the crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee, about 5 degrees.
4. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat height. If your leg is bent too much, you will need to raise the seat height.
5. Dismount the bike. Then loosen the knob on the seat post and adjust up or down as necessary.
6. When the seat is in the desired position, tighten the knob to secure the seat post.
7. Note the final position mark on the seat post for future reference.



### SEAT FORWARD/AFT ADJUSTMENT

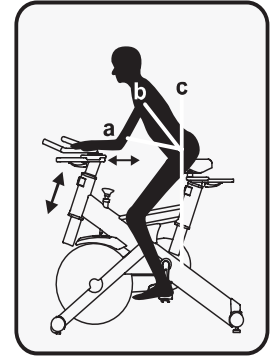
1. Sit on the bike with the crank arms in the 3 and 9 o'clock positions. A proper forward/aft position (for road bike training) of the seat is achieved when the small bump at the top of your shin is above the pedal axle.
2. Dismount the bike. Loosen the knob under the seat and slide the seat forward or backward as desired; tighten the knob.



## HANDLE BAR ADJUSTMENT

### HANDLEBAR HEIGHT ADJUSTMENT

1. The handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening the knob on the handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the knob to secure the handlebar post. Note the final position mark on the handlebar post for future reference.



### ADJUSTMENT OF HANDLEBAR'S FORWARD/AFT POSITION

1. Loosen the knob under the handlebar and slide the handlebar forward or backward as desired. A suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
2. Tighten the knob to secure the handlebar assembly.



## RESISTANCE ADJUSTMENT

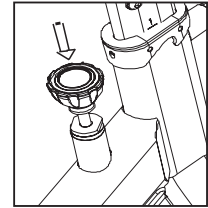
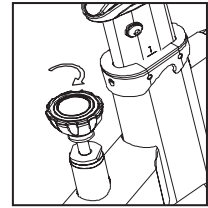
Resistance can be adjusted easily at any time while riding to change the intensity of workout. Turn the knob clockwise (+) to increase resistance. Turn the knob counterclockwise (-) to decrease resistance.

## EMERGENCY BRAKE

In case of emergency or before dismounting the indoor cycle, presses directly **DOWN** on the resistance knob to stop the flywheel and pedal.

## PEDAL STRAP ADJUSTMENT

Place the ball of your feet in the toe clip till the front of the shoe is snugly in the cage. Then tighten the strap of toe clip around your shoe by pulling up on the strap until cage of toe clip fits snugly around the shoe.



## **BELT TENSION ADJUSTMENT**

The belt tension had been set before shipping. It should not need to be adjusted when first using. However, you may need to make the minor tension adjustment over time.

*NOTE: Make sure you adjust both side equally, either tighten or loosen the belt tension so that the flywheel keep in alignment with the frame.*

### **TIGHTEN THE BELT TENSION**

Move the crank arms back and forth. If there is more than 1/4" (0.64cm) movement in the crank before flywheel starts turning, you will need to adjust the belt.

1. Loosen the two-flanged nut(A) on either side of flywheel.
2. Moving the flywheel forward by evenly tightening clockwise the 2 hex bolts(B), which go through the frame tube until there is approximately 1/4" (0.64cm) of slack in the belt.
3. Re-tighten the two-flanged nut on either side of flywheel and then put back the safety cover.

## **GENERAL MAINTENANCE**

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
  - a. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently. We cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
  - b. The crank arm nut needs to be retightened.
  - c. If squeaks or other noises persist, check that the unit is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a 14mm wrench (or adjustable wrench) to adjust the levelers.

## SANITIZING YOUR SPIRIT FITNESS EQUIPMENT

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.

## MAINTENANCE SCHEDULE

Part	Recommended Action	Frequency	Cleaner
Pedals	Ensure that pedals are tight in crank arms, that all screws on pedals are tight, and that the pedal straps are not frayed.	Before each Use	N/A
Frame	Wipe down using a clean, soft damp cloth	Daily	Water
Flywheel	Wipe down using a clean, soft damp cloth	Weekly	Water
Brake Pad	Check for wear	Monthly	N/A

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

# INDOOR CYCLE WARRANTY – EFFECTIVE SEPTEMBER 24, 2021

Spirit Fitness warrants all its Indoor Cycle parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

Warranty	Frame	Parts	Labor	Wear Items*
Commercial (Health Clubs, YMCA, Community Centers, dues paying facilities)	10 Years	3 Years	1 Year	1 Year
Commercial (non-dues paying facilities)	15 Years	3 Years	1 Year	1 Year
Residential	Lifetime	3 Years	1 Year	1 Year

\*Wear Items include items such as grips, end caps, and toe cage straps.

\*Prisons and correctional facilities are excluded from warranty coverage.

## NORMAL RESPONSIBILITIES OF THE CONSUMER

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase, or completed online to validate the manufacturer's limited warranty.
2. Proper use of the fitness equipment in accordance with the instructions provided in this manual.
3. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
4. Damages to the fitness equipment finish during shipping, installation or following installation.
5. Routine maintenance of this unit as specified in this manual.

## EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness equipment not requiring component replacement, or fitness equipment not in non-dues paying facility or household use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in prisons and correctional facilities
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

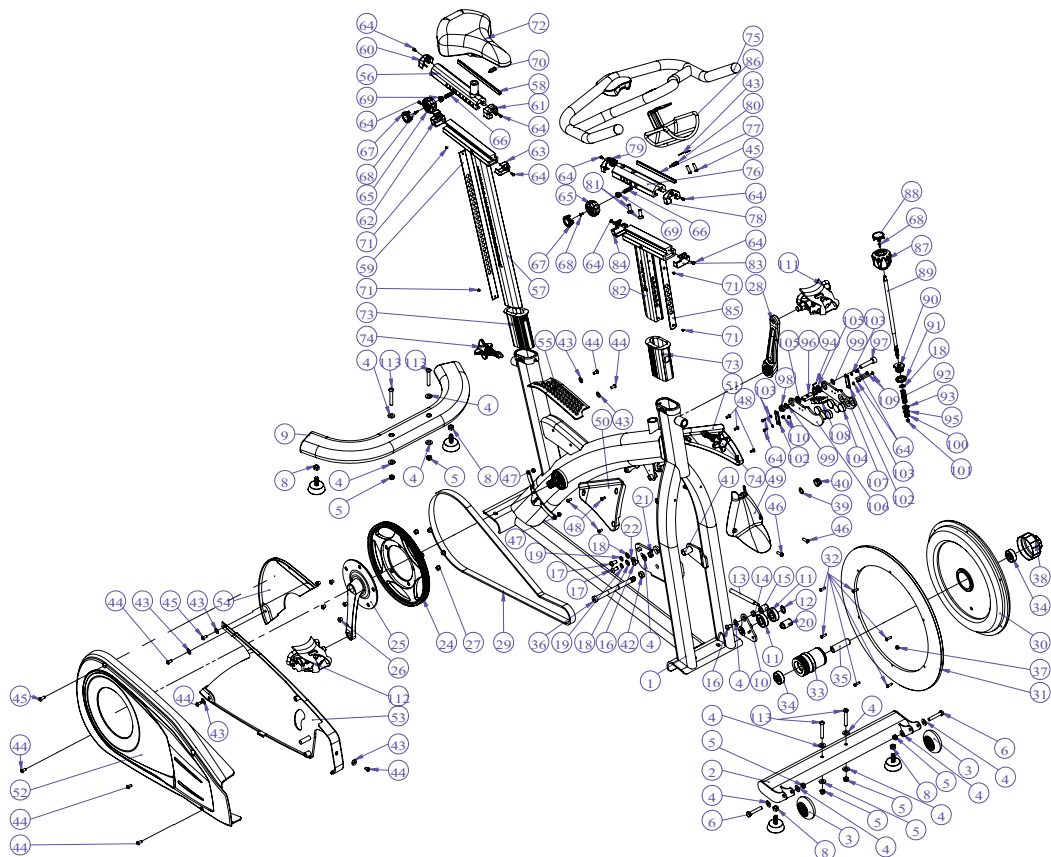
## SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.

*Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Manufacturing, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.*

# CIC800 Exploded Drawing



## CIC800 PARTS LIST

No.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
1	Frame	1	21	Flywheel fixed plate casing A $\phi$ 16x $\phi$ 12x6.3L	1
2	Front stabilizer assembly	1	22	Flywheel fixed plate casing B $\phi$ 12x $\phi$ 8x6.3L	1
3	Transportation wheel	2	23	Bottom bracket set	1
4	Flat washer SUS304 M8(D19*d8.5*1.0t)	14	24	Sprocket / pulley	1
5	Nylon nut SUS304 M8*P1.25	4	25	Right crank	1
6	Hex screw M8*1.25*45L	2	26	Lock screw	5
7	Hex nut $\phi$ 3/8"*16T*8t	4	27	Lock screw	5
8	Leveler foot	4	28	Left crank	1
9	Rear stabilizer assembly	1	29	Belt 5PK 1515L	1
10	Idler pulley arm assembly	1	30	Flywheel set	1
11	Bearing-6203ZZ	2	31	Aluminum Ring	1
12	C type clip	1	32	Flat cross head screw SUS304 M5*P0.8*16L	6
13	Screw M10*130L	1	33	Hub set	1
14	Idler pulley casing	1	34	Bearing (6301RS NBK)	2
15	Idler pulley positioning nut	1	35	Flywheel axis casing B	1
16	Hex-socket head screw M8*P1.25*12L	2	36	Flywheel AXIS	1
17	Hex-socket head screw SUS304 M8*P1.25*16L	2	37	Permanent magnet	1
18	Flat washer SUS304 M8(D16*d8.1*1.6t)	3	38	Hub protect guard	1
19	Spring washer (CP)SW8*1.7t	2	39	Flat washer (CP) $\phi$ 12x $\phi$ 18x1t	1
20	Flywheel fixed Positioning nut $\phi$ 20x34L	1	40	Nylon nut M12x1.75	1



No.	DESCRIPTION	QTY
41	Flywheel axis casing A	1
42	Flywheel axis casing C	1
43	Flat washer SUS304 M $\phi$ 16* $\phi$ 6.5*1.0	8
44	Hex-socket head screw SUS304 M6*P1.0*12L	2
45	Hex-socket head screw SUS304 M6*P1.0*14L	1
46	Hex-socket head screw SUS304 M6*P1.0*20L	1
47	Cap nut SUS304 M6*P1.0	2
48	Hex-socket head screw SUS304 M5*P0.8*10L	1
49	Front sweat guard	1
50	Sweat guard (right)	1
51	Sweat guard (left)	1
52	Chain guard	1
53	Inner chain guard (front)	1
54	Inner chain guard (back)	1
55	Anti-slide board	1
56	Seat slider welding assembly	1
57	Seat post assembly	1
58	Seat adjustment taut block	1
59	Seat post panel	1
60	Up sweat guard(back)	1

No.	DESCRIPTION	QTY
61	Up sweat guard(front)	1
62	Down sweat guard(back)	1
63	Down sweat guard(front)	1
64	Flat cross head screw SUS304 M4*P0.7*8L	2
65	Adjustable knob	2
66	Knob screw (UCP) $\phi$ 9*27.5L	2
67	Brake knob-cover	2
68	Flat cross head screw (UCP)M4*P0.7*10L	3
69	Knob bolt block	2
70	Pop pin knob( short)	1
71	Flat cross head screw SUS304 M3*P0.5*6L	4
72	Saddle	1
73	Bushing (seat post/handlebar)	2
74	Star-type pop pin knob	2
75	Handlebar	1
76	Adjustment handlebar block(up)	1
77	Handlebar adjustment taut block	1
78	Up sweat guard(front) (wider)	1
79	Up sweat guard(back) (wider)	1
80	Pop pin knob(long)	1

No.	DESCRIPTION	QTY
81	Flat hex screw SUS304 M8*P1.25*25L	2
82	Handlebar Post assembly	1
83	Down sweat guard(front) (wider)	1
84	Down sweat guard(back) (wider)	1
85	Handlebar post panel	1
86	Water bottle holder	1
87	Brake Knob	1
88	Brake knob cover	1
89	Brake rod	1
90	Brake fixed knob	1
91	Aluminium gasket	1
92	Compression spring	1
93	Square plastic bushing	1
94	Torsion spring 2.0	1
95	PE washer $\phi 8.2 * \phi 18 * 2.0t$	1
96	Brake adjustment block	1
97	Hex-socket screw SUS304	1
98	Nylon nut SUS304 M10*P1.5	1
99	Flat washer SUS304 M10(D16*d10.2*1.0t)	2
100	Nylon nut SUS304 M8*P2.0	1

No.	DESCRIPTION	QTY
101	Nylon nut SUS304 M5*P0.8	1
102	Brake block connection piece	2
103	Copper bushing	4
104	Permanent magnet	6
105	Bearing LF-1910ZZ	2
106	Brake block (right)	1
107	Brake block (left)	1
108	Brake gasket assembly	1
109	Flat cross head screw SUS304 M4*P0.7*40L	40
110	Nylon nut SUS304 M4*P0.7	2
111	Pedal	1
/112		
113	Hex-socket head screw SUS304 M8*P1.25*54L	54