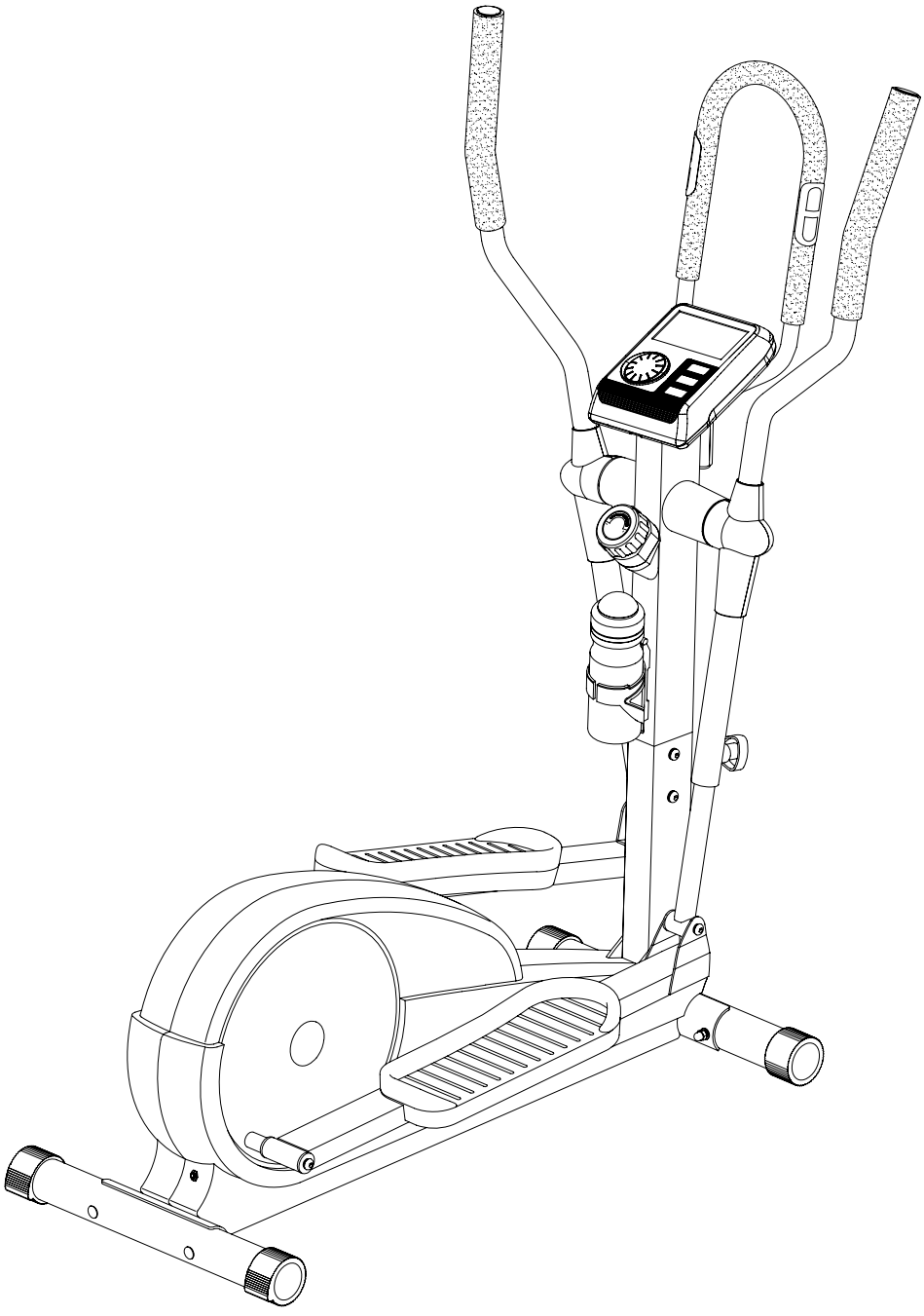
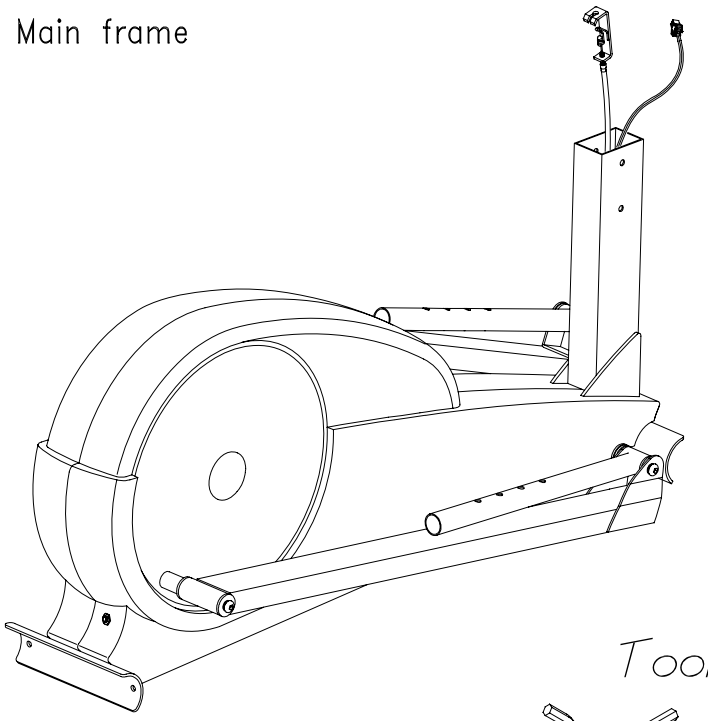
Bruks- og monteringsanvisning til Abilica WinElip 1.0

Art. 555 051

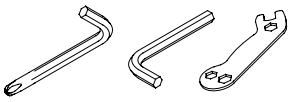


Parts List

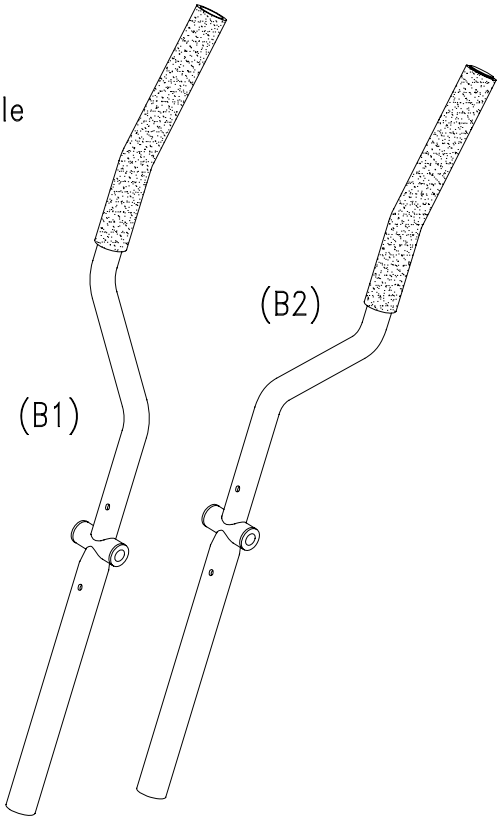
A Main frame



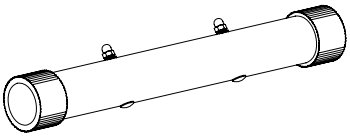
Tools



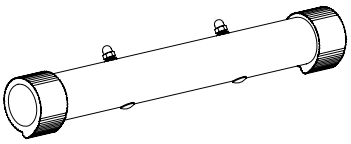
B Side handle bar



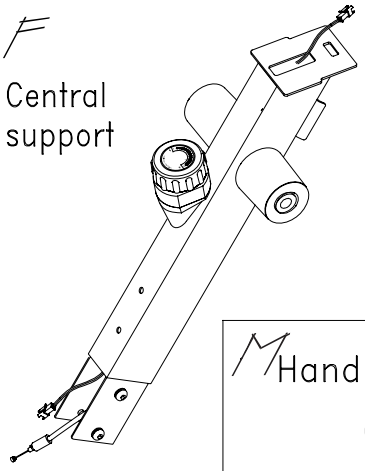
C Front tube



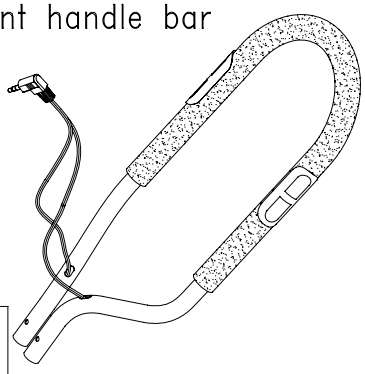
D Rear tube



F Central support

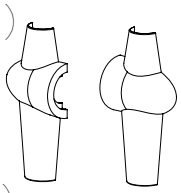


E Front handle bar

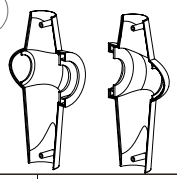


M Handlebar Joint Cover

(M1)

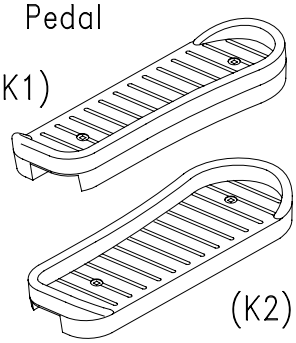


(M2)



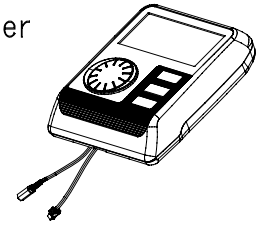
K Pedal

(K1)

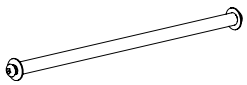


(K2)

G Computer



H Axle

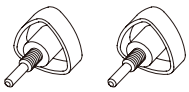


L (L1) Screw M6x45L (L2) Nut M6 (L4) Washer M6

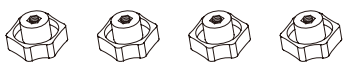
(L3) Washer M6

(L5) Smallhandlebar Bracket

(L6) Knob

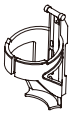


(L7) Knob



N

(N1) Bottle holder



(N2) Screw

(N3) Bottle

(L8) Screw M4X18L

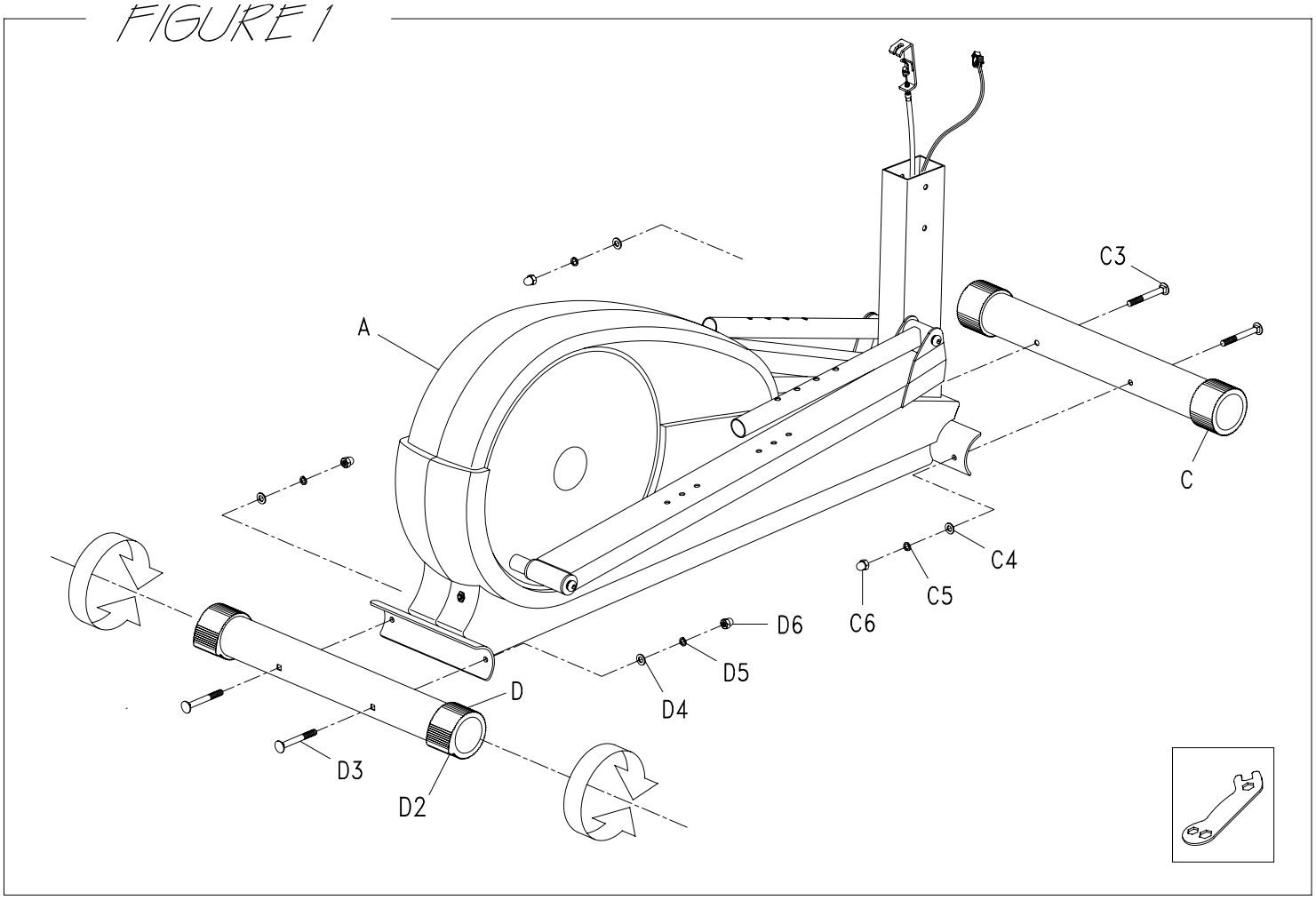


FIGURE 1

ASSEMBLY FOR FRONT FOOT & REAR FOOT

Step 1. Assemble the front foot(C) with the base frame(A) by using the bolts(C3), washers(C4), spring washers(C5) and nuts(C6).

Step 2. Assembly the rear foot(D) with the base frame(A) by using the bolts(D3), washer(D4), spring washers(D5) and nuts(D6).

** After completing firure1, if the floor / equipment is not even, turn the adjustable-end cap(D2) to the desired level in order to balance the frame.

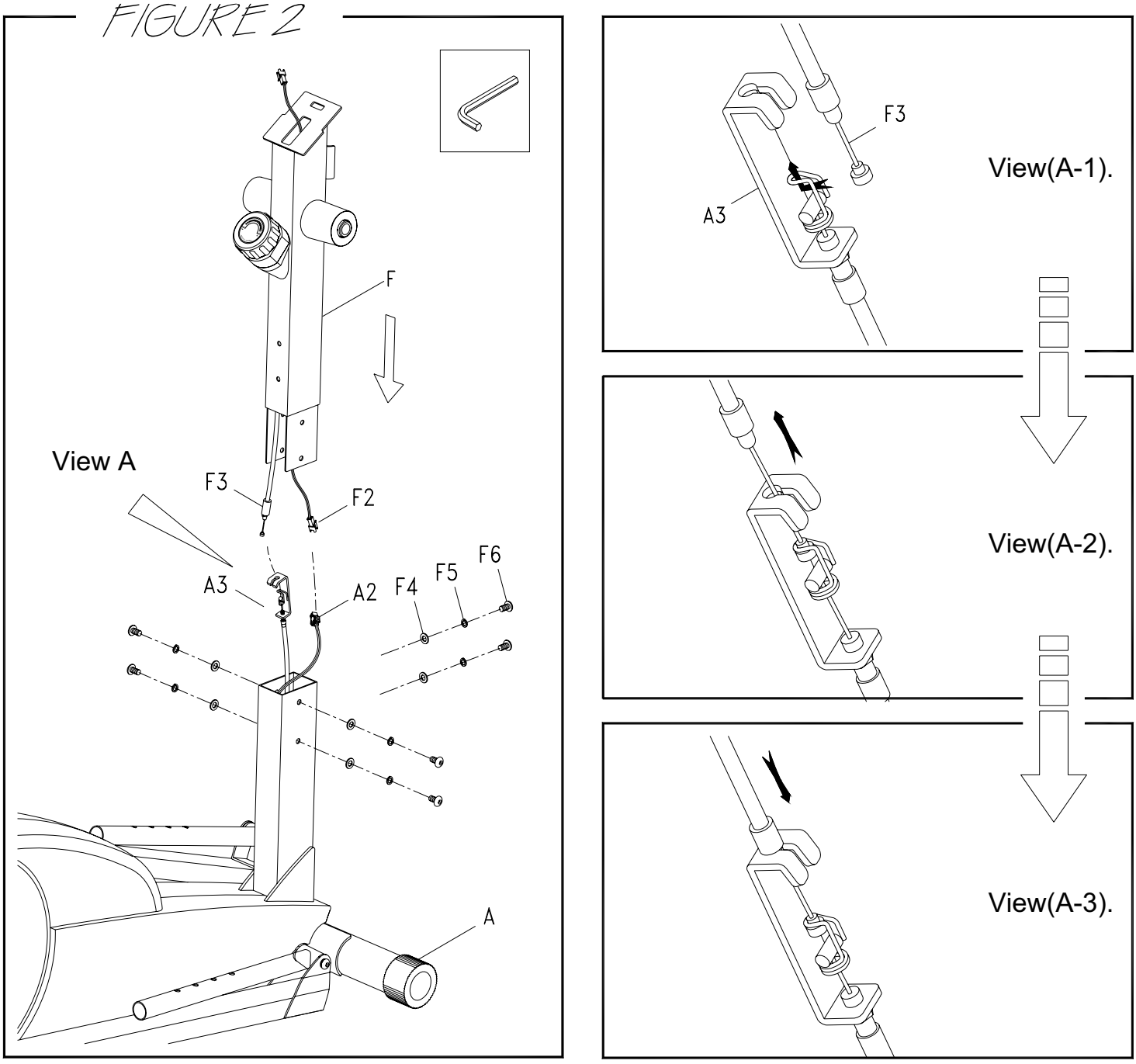


FIGURE 2

ASSEMBLY FOR CENTRAL TUBE

Step 1. Connect the sensor wire(A2) and the computer cable(F2).

Step 2. Equip the cable of tension control(F3) in the slot of tension cable plastic bracket(A3) as shown in view(A-1).

Fit together the large and small brass barrels and tighten by turing with your fingers as shown in view(A-2).

It should look like view(A-3).

Step 3. Assemble support tube(F) with the base frame(A) by bolts(F6), spring washers(F5) and washers(F4).

** ATTENTION: Take care when pushing the tubes together that the cables and wires are not pinched.

FIGURE 3

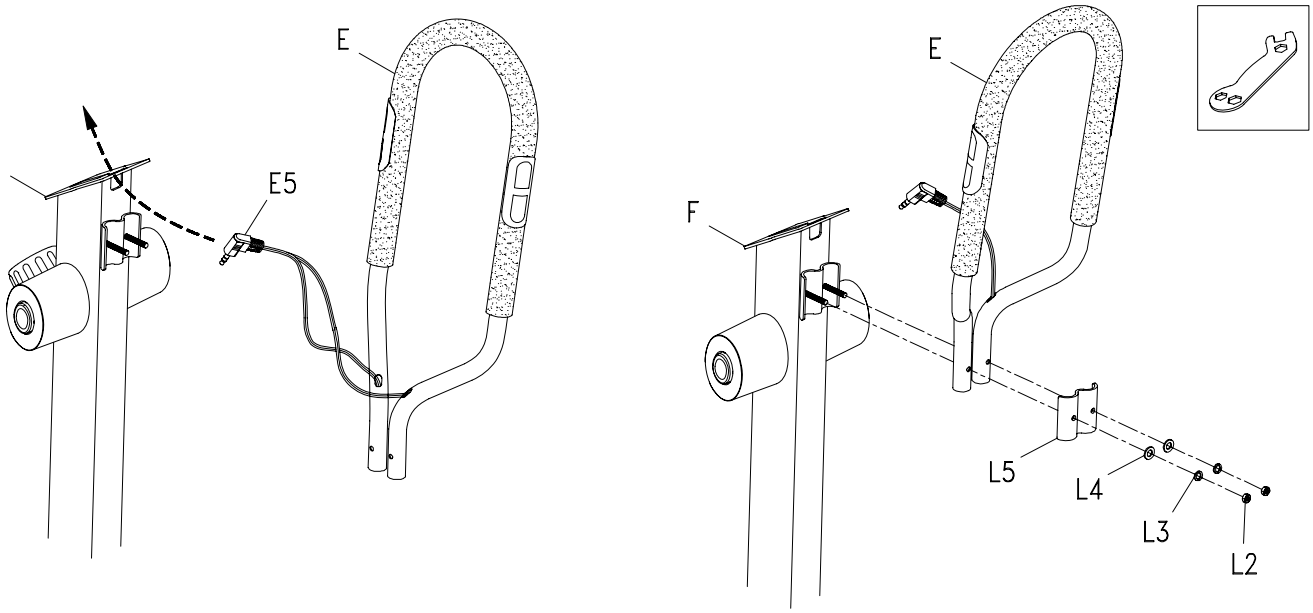


FIGURE 3

ASSEMBLY FOR SMALL HANDLE BAR

Step 1. Assembly the small handle bar(E) with bracket(L5), washers(L4), spring washers(L3) and screws(L2).

Step 2. Slide the hand pulse sensors(E5) through the hole of support tube(F) and getting out from the top of the support tube.

FIGURE 4

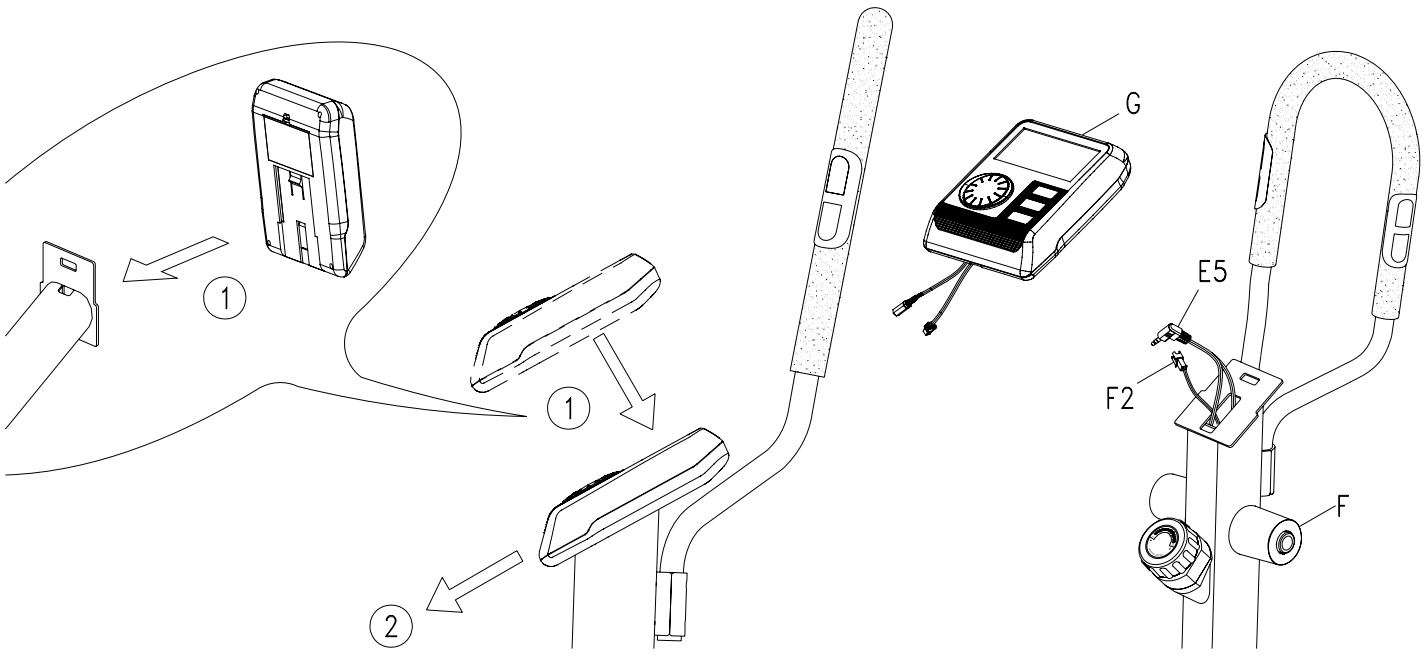


FIGURE 4

ASSEMBLY FOR COMPUTER

Step 1. Connect the sensor wires(F2 & E5) with the computer(G).

Step 2. Attach the computer on the top of the support tube and then, push the computer downward as diresti on 2.

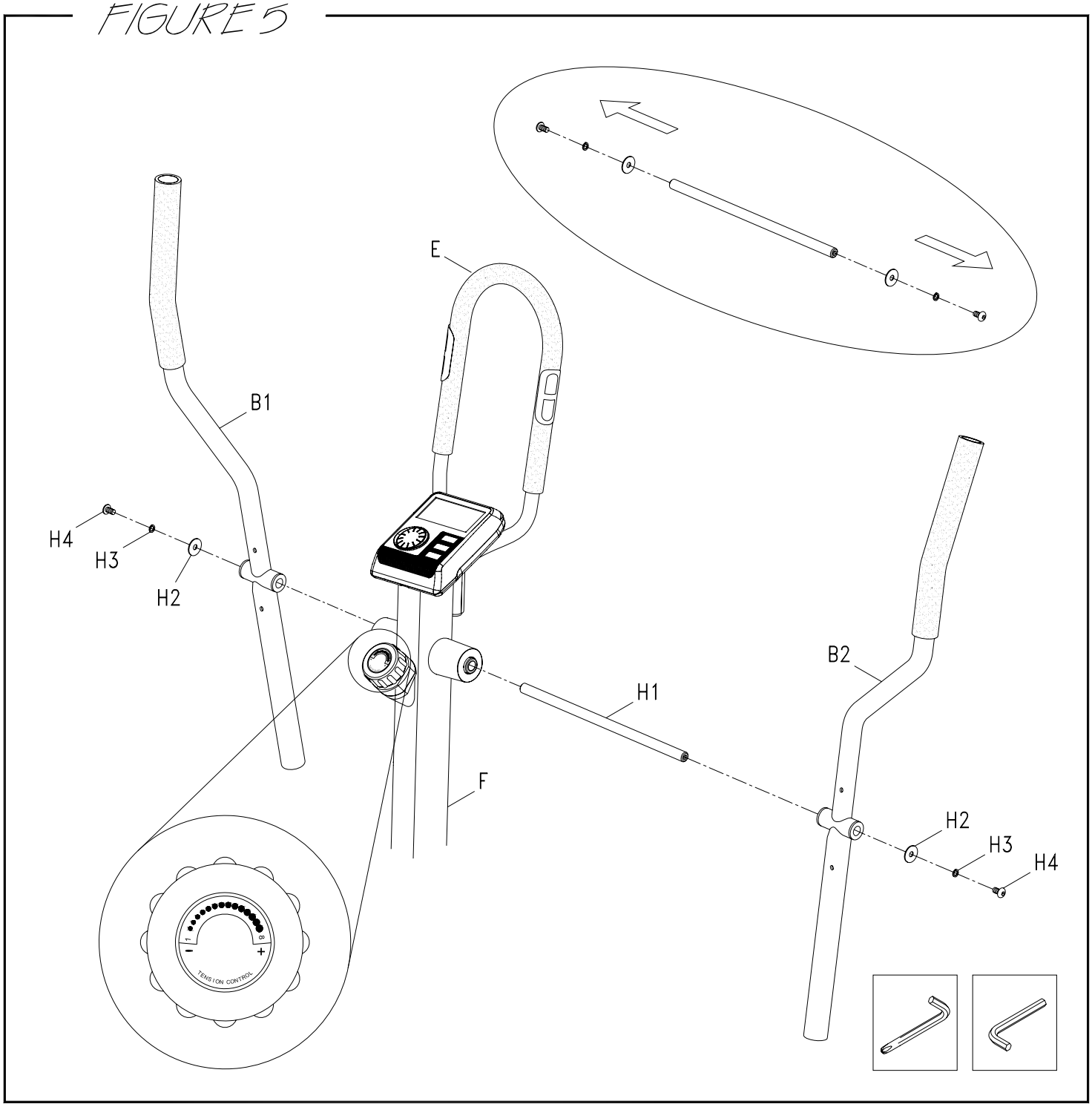


FIGURE 5

ASSEMBLY FOR HANDLE BAR

Step 1. Take off the bolts(H4), spring washers(H3) & washers(H2) from the axle tube(H1) before assembly.

Step 2. Push axle tube(H1) into the middle of the tube welded at right angles to supporting tube(F).

Step 3. Push on handle bar(B2) & (B1) from each side.

** ATTENTION: The handles must be positioned after assembly so that the upper ends are bent outwards.

Step 4. There are 8 setting to change the level of resistance. 1 is the lightest tension setting. 8 is the heaviest tension setting.

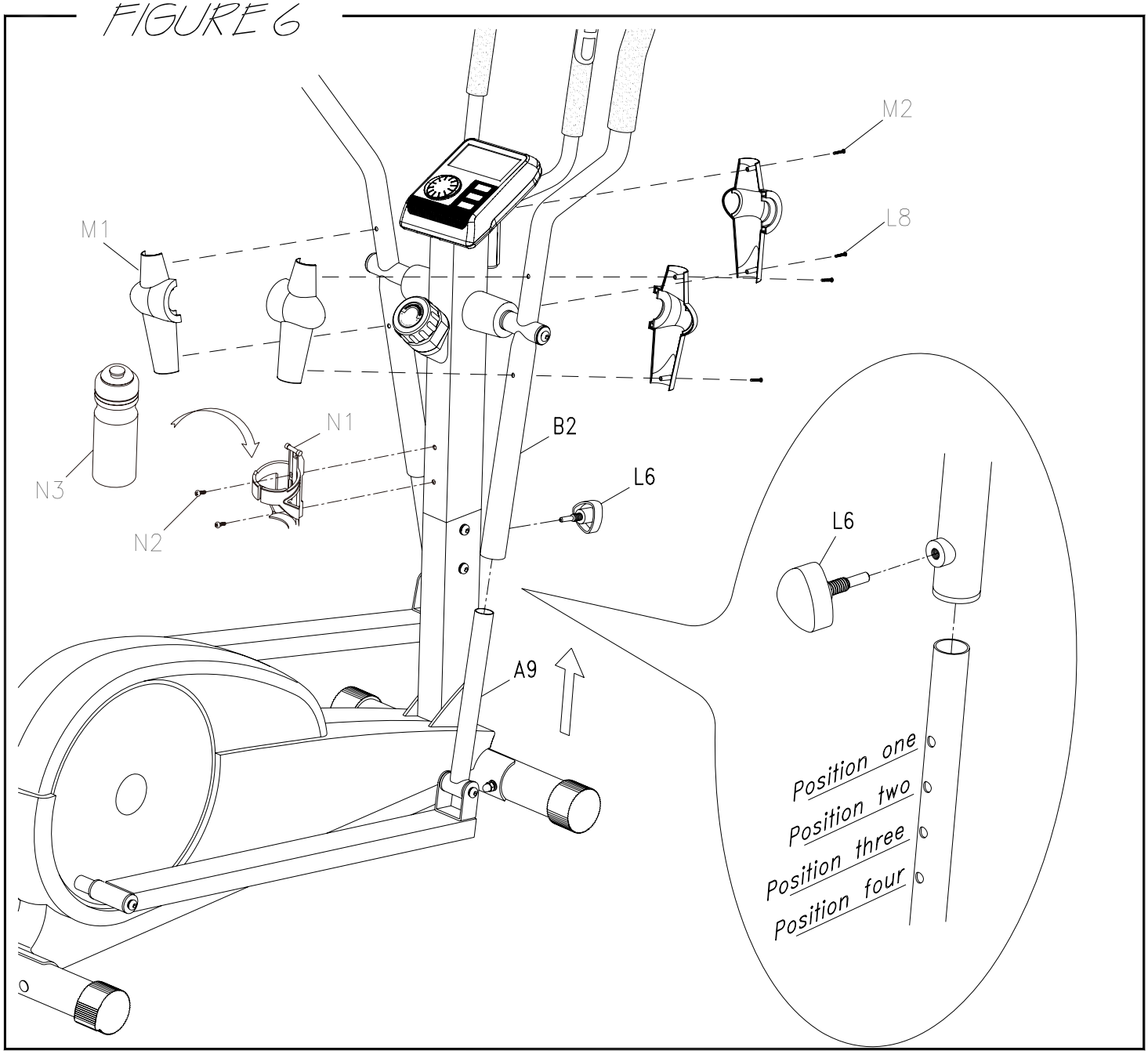


FIGURE 6

CONNECTING TUBE ASSEMBLY

Step 1. Equip the connection tube(A9) with the handle bar(B2) and fix by knob(L6).

Step 2. The same procedure as left side.

** 4 section height adjusting.

ASSEMBLY FOR SIDE HANDLEBAR JOINT COVERS

Step 1. Connect right side handlebar joint covers(M1&M2) onto side handle bar(B2) and secure with screws(L8).

Repeat Step 1 on left side handlebar joint covers.

ASSEMBLY THE WATER BOTTLE

Equip the bottle holder(N1) with central tube by screw(N2). Then, put the water bottle(N3) into the bottle holder.

FIGURE 7

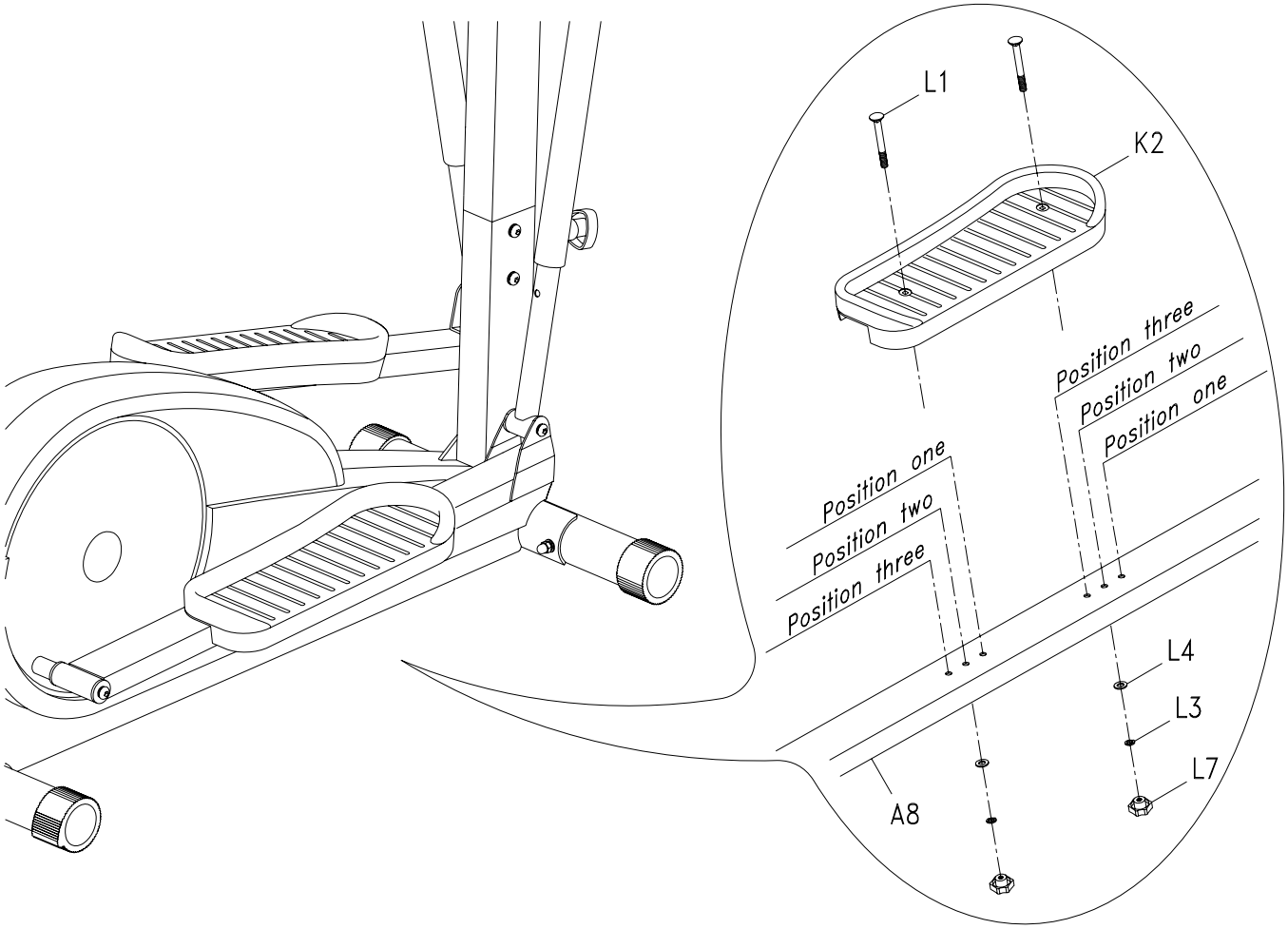


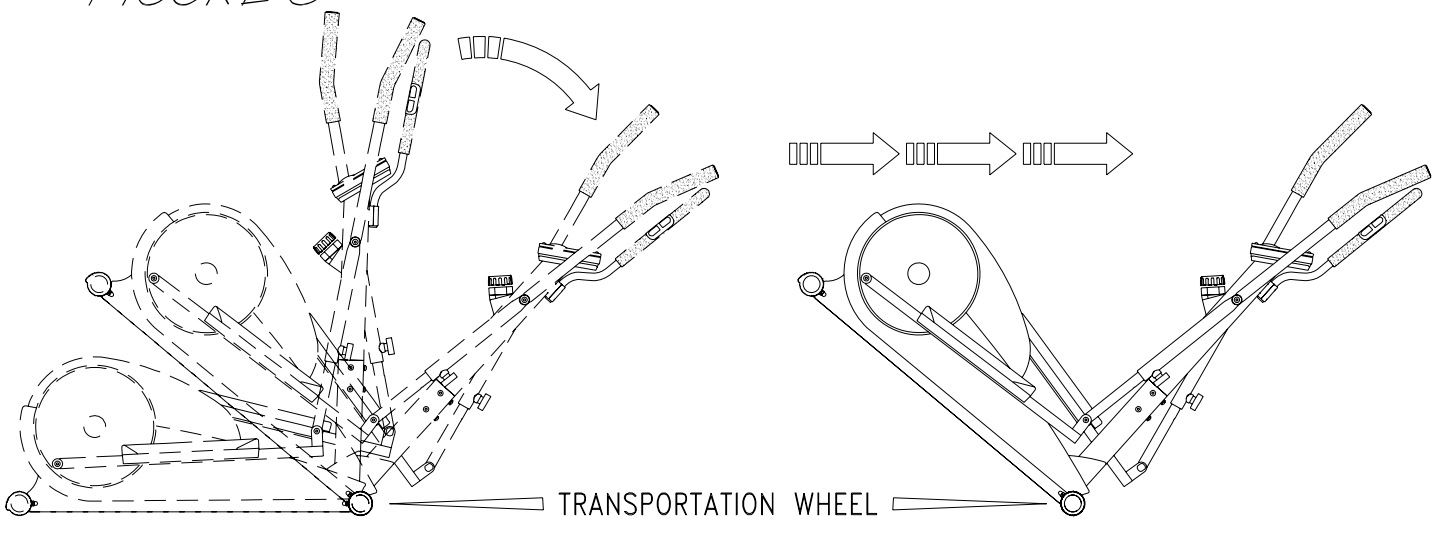
FIGURE 7 FOOT REST ASSEMBLY

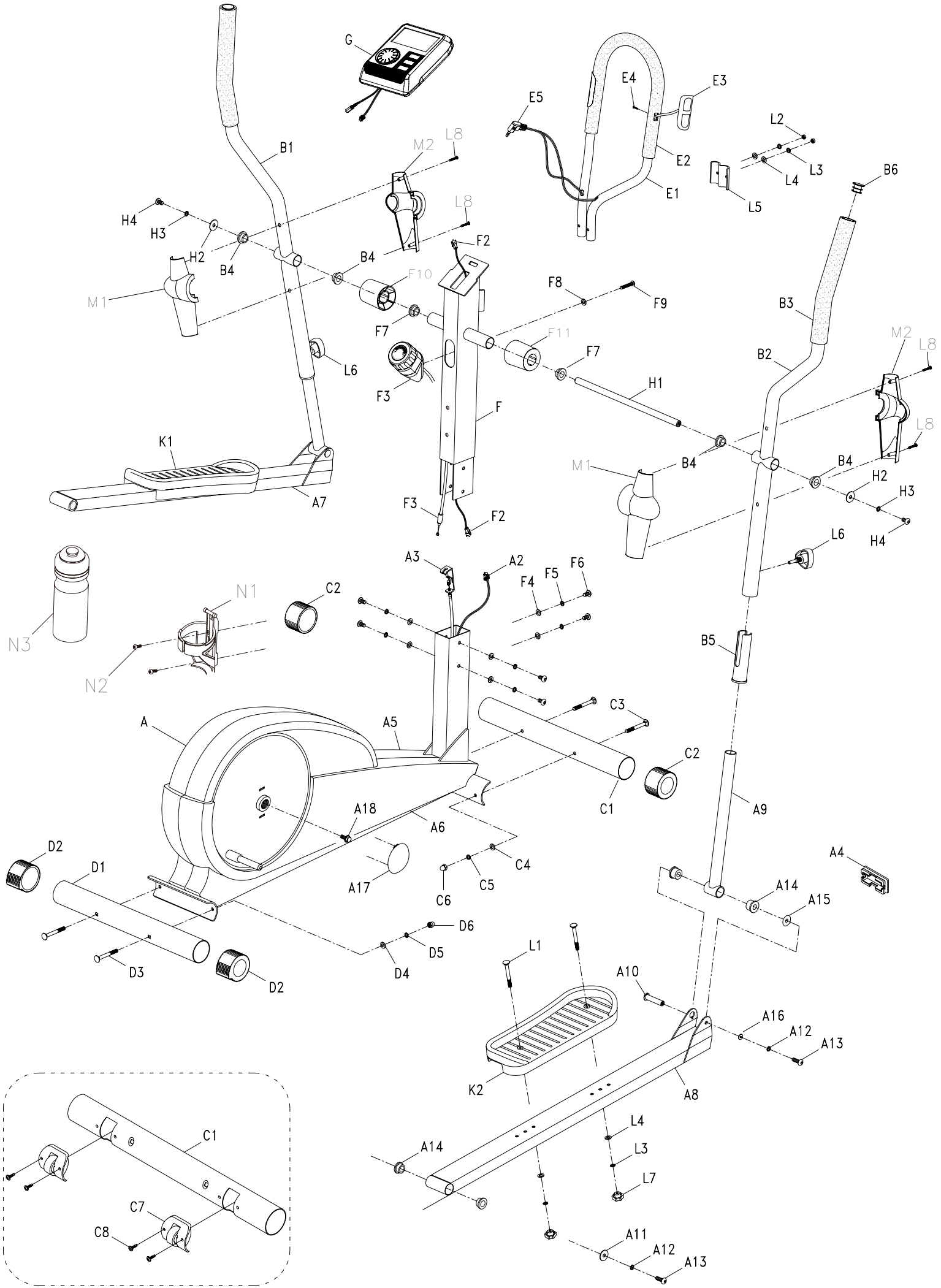
Assemble the foot rest(K2) by screws(L1), washers(L4), spring washers(L3) and star knob nut(L7). There are 3 sections adjusting for the moving track.

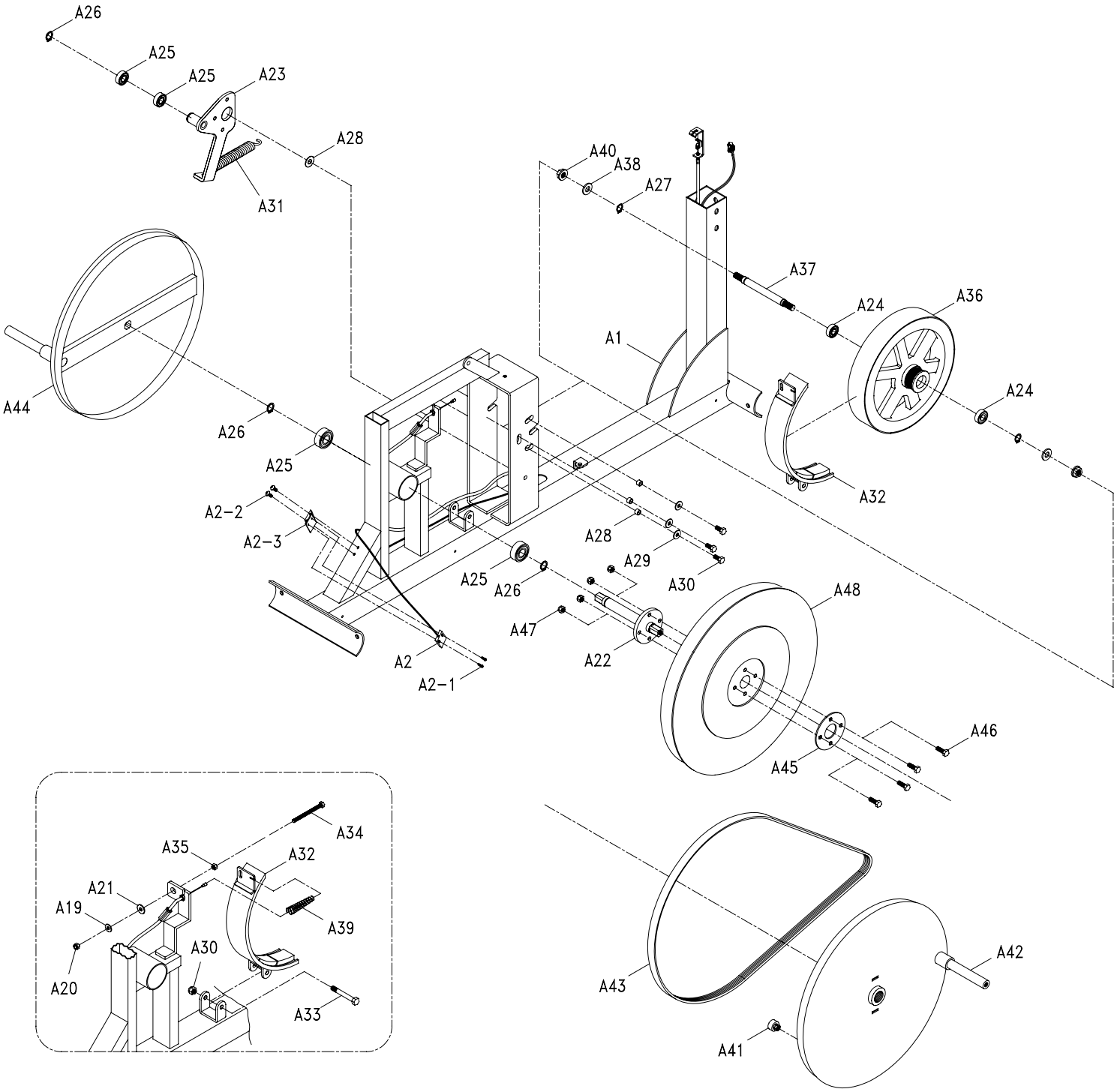
FIGURE 8 HOW TO MOVE THE MACHINE

Hold the small handle bar and push downfard. Then, move the machine by the transportroller attaching on the front foot.

FIGURE 8




G
B1
M2
L8
H4
H3
H2
B4
M1
L6
K1
A7
F2
F10
F8
F9
F7
F11
F3
F
H1
B3
B2
B6
E4
E3
E5
E2
E1
L2
L3
L4
L5
B5
A9
A4
A14
A15
A3
A2
F5
F6
F4
C2
N1
N2
N3
A
A5
C3
C1
A18
A6
A17
C4
C5
C6
D2
D1
D3
D6
D5
D4
L1
A10
A16
A12
A13
K2
A8
L7
A11
C7
C8


A26
A25
A25
A23
A28
A31
A40
A38
A27
A37
A24
A36
A1
A44
A26
A25
A24
A32
A2-2
A2-3
A28
A29
A30
A25
A26
A48
A47
A22
A2
A2-1
A46
A45
A34
A35
A32
A21
A19
A39
A30
A20
A33
A42
A43
A41

PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	BASE FRAME	1	B1	HANDLE BAR(L)	1
A2	SENSOR WIRE	1	B2	HANDLE BAR(R)	1
A2-1	TAPPING SCREW	2	B3	HANDLEBAR FOAM GRIPS	2
A2-2	TAPPING SCREW	2	B4	PLUG AXLE SUPPORT	4
A2-3	FIXING PLATE	1	B5	PLASTIC INSERT	2
A3	TENSION CONNECTOR	1	B6	HANDLE BAR END CAP	2
A4	END CAP	2	C1	FRONT FOOT	1
A5	CHAIN COVER(L)	1	C2	FRONT FOOT COVER	2
A6	CHAIN COVER(R)	1	C3	CARRIAGE BOLT M8*70mm	2
A7	FOOTREST SUPPORT(L)	1	C4	WASHER M8	2
A8	FOOTREST SUPPORT(R)	1	C5	SPRING WASHER M8	2
A9	CONNECTING TUBE	2	C6	CAP NUT M8	2
A10	PEDAL TUBE WELDMENT SHAFT	2	C7	TRANSPORT ROLLER UNIT	2
A11	WASHER	2	C8	SCREW M8*16mm	4
A12	SPRING WASHER M8	4	D1	REAR FOOT	1
A13	ALLEN HEAD BOLT M8*20mm	4	D2	REAR FOOT COVER	2
A14	BUSHING	8	D3	CARRIAGE BOLT M8*70mm	2
A15	WAVE SPRING	2	D4	WASHER M8	2
A16	WAHER M8	2	D5	SPRING WASHR M8	2
A17	TURNING PLATE COVER	2	D6	CAP NUT M8	2
A18	SCREW	2	E1	SMALL HANDLE BAR	1
A19	FLAT WASHER	1	E2	HANDLEBAR FOAM GRIPS	1
A20	NUT	1	E3	HAND PULSE	2
A21	WASHER	1	E4	SCREW M8*16mm	2
A22	WHEEL AXLE	1	E5	HAND PULSE SENSOR	1
A23	CRANK	1	F1	SUPPORT TUBE	1
A24	BEARING	2	F2	COMPUTER CABLE	1
A25	BEARING	4	F3	TENSION CONTROL	1
A26	CLIP	3	F4	WASHER	3
A27	CLIP	1	F5	SPRING WASHER M8	3
A28	BUSHING	2	F6	SCREW M8*15mm	3
A29	FLAT WASHER	3	F7	BUSHING	2
A30	SCREW	2	F8	WAHSER	1
A31	SPRING	1	F9	SCREW	1
A32	HOUSING FOR MAGNET	1	F10	HANDLEBAR JOINT COVERS	1
A33	SCREW	1	F11	HANDLEBAR JOINT COVERS	1
A34	SCREW	1	G	COMPUTER	1
A35	BOLT	1	H1	AXLE SUPPORT	1
A36	FLY WHEEL	1	H2	WASHER M8*28mm	2
A37	WHEEL AXLE	1	H3	SPRING WASHR M8	2
A38	FLAT WASHER	2	H4	ALLEN HEAD BOLT M8*15mm	2
A39	SPRING	1	K1	FOOT REST(L)	1
A40	BOLT	6	K2	FOOT REST(R)	1
A41	MAGNET	1	L1	SCREW M6*45mm	4
A42	TURNING PLATE	1	L2	NUT M6	2
A43	DRIVING BELT	1	L3	SPRING WASHER M6	6
A44	TURNING PLATE	1	L4	WASHER M6*12mm	6
A45	ROUND PLATE	1	L5	SMALL HANDLE BAR BRACKET	1
A46	SCREW	1	L6	SCREW M8*15mm	2
A47	BOLT	4	L7	STAR KNOB NUT	4
A48	DRIVING PULLEY	1	L8	SCREW M4	4
N1	BOTTLE HOLDER	1	M1	HANDLEBAR JOINT COVERS	2
N2	SCREW	2	M2	HANDLEBAR JOINT COVERS	2
N3	WATER BOTTLE	1			

FUNCTION BUTTON :

MODE	Press "mode" (round) button to select each function display on the main screen and the same one blinking on the bottom field.
UP/DOWN	To turn the button clockwise or anticlockwise for function datas setting on TIME, DISTANCE, CALORIES, PULSE.
RESET	The user may use reset key for single reset each function: TIME, DISTANCE, CALORIES, PULSE, or hold on for 4 seconds to reset all function values while presetting. (when the user replace batteries, all function values may also be reset to zero.)
RECOVERY	Press the button to have recovery function work after exercising for a while.
TOTAL RESET	Press the button to reset all function datas.

FUNCTIONS

SCAN	Automatically Scans Through Each Function In Sequence Of Every 6 Seconds. The Display loop Is SCAN-SPEED-RPM(IF HAVE)-TIME-DISTANCE-CALORIE-PULSE-SCAN on the mainscreen.
SPEED	DISPLAYS CURRENT TRAINING SPEED, THE MAXIMUM IS 99.9KM/ML.
RPM(IF HAVE)	Displays Current Rotation Per Minute. RPM and SPEED will Switch To Another Displayevery 6 Seconds after Exercise Starts.
TIME	Accumulates Total Working Time From 00:00 Up To 99:59. You May Also Preset The Targettime Before training By Turning The Round Button. Each Setting Is 1:00 Minute. As Soonas The Target Time Is Achieved, time Starts To Count Up Immediately And The Monitor Starts To Alarm For 8 Seconds.
DISTANCE	Accumulates Training Distance From 0.00 To The Maximum 99.99km/ml With Each Incre-ment 0.01km/ml. you May Also Preset The Targetdistance Before Training By Turningthe Round Button. Each Setting Is 0.5 km/ml. As Soon As The Target Distance Is Achieved,distance Starts Counting Up Immediately And The monitor Starts To Alarm For 8 Seconds.
CALORIE	Accumulates Calories Consupmtion During Training From 0 To The Maximum 9999 Calwith Each Increment 1 Cal. You May Also Preset The Target Calorie Before Training Byturning The Round Button. Each Setting Is 10 Cal. As Soon As The Target Calorie Is Achieved, Calorie Starts Counting Up Immediately And The Monitor starts To Alarmfor 8 Seconds. (This Data Is A Rough Guide For Comparison Of Different Exercise Sessions which Can Not Be Used In Medical Treatment)
PULSE	The Monitor Will Display The User's Heart Rate While Exericing. You Will See Your Current Heart Rate (Bpm) display On The Lcd During Exercising. Whenyou Start To Exercise,you Have To Hold On Grips With Both Hands,after 30 Seconds Toto Max. 1 Minute, The Pulse Figure Will Display On The Lcd. If You Hold On The Grip Withone Hand Only, The Pulse Figure Display Will Become Unstable. For The Pulse Readoutaccuracy Reason, We'll Suggest You To Hold On Both Hands During Exercising. You May Also Preset Target Pulse To Assist Training. As Soon As Your Current Heart Rate Isexceed The Target Figure, The Monitor Starts To Alarm To Remind The User.
RECOVERY	After Exercising For A Period Of Time, Keep Holding On Grips And Press "Recovery"button,the Monitor will Stop All The Function Display Except "Time" Which Will Keepcounting From 00:60 - 00:59 - 00:58 - down To 00:00. As Soon As 00:00 Is Achieved,thebottom Area Of Lcd Will Show Your Heartrate Status with Grade F1,f2, To F6. F1 Is Thebest, And F6 Is The Worst.the User May Keep Exercising To Improve the Heart Rate Statusstatus (Recovery Result) Day By Day From F6 Up To F1. ** Press the "recovery" button again o return to the main frame display.

NOTE :

1. Without any singnal been transmitted into the monitor for 4 minutes, the monitor will shut off and have room temperature display. You may press mode button or start pedalling to have all function data appear back again.
2. Battery spec: r6p sum3 aa 1.5v x 2 pcs