

**R2.3 MAGNETIC
ROWING MACHINE**



ENGLISH MANUAL

IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment.
2. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
3. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
4. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only.
6. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meter of free space all around it.
7. Before using the equipment, check that the nuts and bolts are securely tightened.
8. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
9. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
10. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
11. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 120kg. Braking ability is independent of speed.
12. The equipment is not suitable for therapeutic use.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

















PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	29	Bolt M8*55	2
2	Front foot tube frame	1	30	Bolt M10*95	1
3	Rear foot tube frame	1	31	Bolt M8*20	8
4	Slide tube frame	1	32	Bolt M6*15	1
5	Tension tube	1	33	Computer	1
6	Seat cushion limiting plate	1	34	Bolt M5*15	3
7	Seat cushion mounting plate	2	35	Bolt ST4.2*30	6
8	Screw ST4.2*9.5	1	36	Bolt ST4.2*30	4
9	Double-thread screw Φ 12*80	1	37	Flat washer Φ 12	1
10	Hanging ring bolt Φ 8*112	1	38	Flat washer Φ 6	2
11	Magnetic wheel 3KG	1	39	Flat washer Φ 8	16
12	deep groove ball bearing 608-2RS	6	40	Spring Washer 6	1
13	deep groove ball bearing 6000-2RS	2	41	Spring Washer 8	10
14	Pulley casing	1	42	Type c buckle ϕ 9.3*1.0	2
15	Pulley spacer	6	43	left protective cover	1
16	Pull rod M6*51	4	44	Right protective cover	1
17	Pull rod limiting plate	4	45	Water bottle box	1
18	Open end wrench S17-19	1	46	Armrest fixing pad	1
19	Allen Wrench S=5	1	47	cushion pad	1
20	Battery	2	48	pedal	2
21	Wrench with screw driver S13/14/15	1	49	Belt PJ686/270J	1
22	Screw M6	4	50	Ribbon pulley Φ 45*35	1
23	Screw M8	3	51	Foam L=210mm	2
24	Screw M10*1.0	4	52	Foot pedal adjusting belt	2
25	Screw M10*1.0	4	53	Bottom wire 500mm	2
26	Bolt M8*125*25	3	54	Resistance Knob (assembly)	1
27	Bolt M12*160*20	4	55	Pullback device	1
28	Bolt M6*60	1	56	Seat cushion tube wheel Φ 40*92	3

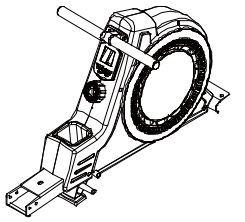
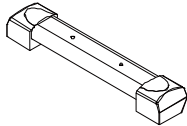
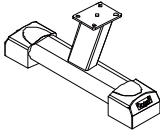
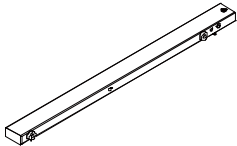
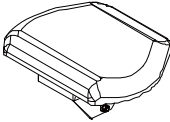
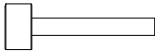
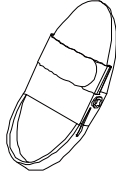

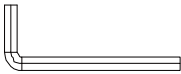
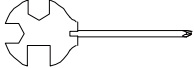


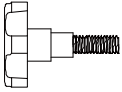
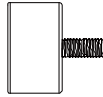
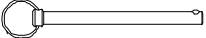
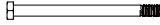
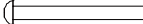
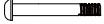




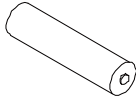
PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
57	Seat cushion	1	63	Knob M12	1
58	Front left foot tube sleeve	1	64	Foot pad $\Phi 25 \times 18$	4
59	Front right foot tube sleeve	1			
60	Rear foot tube sleeve	2			
61	Circular tube plug	2			
62	Sensor fixing clip	1			

TOOL BAG

	#19 S=5	1PC
	#21 S13/14/15	1PC
	#18 S17-19	1PC
	#64 $\phi 25 \times 18$	1PC
	#63 M12	1PC
	#9 $\phi 12 \times 80$	1PC
	#10 $\phi 8 \times 112$	1PC
	#27 M12*160*20	4PCS
	#30 M10*95*25	1PC
	#29 M8*55*20	2PCS
	#32 M6*15	1PC
	#31 M8*20	4PCS
	#37 $\phi 12$	1PC
	#39 $\phi 8$	6PCS
	#38 $\phi 6$	1PC
	#41 M8	6PCS

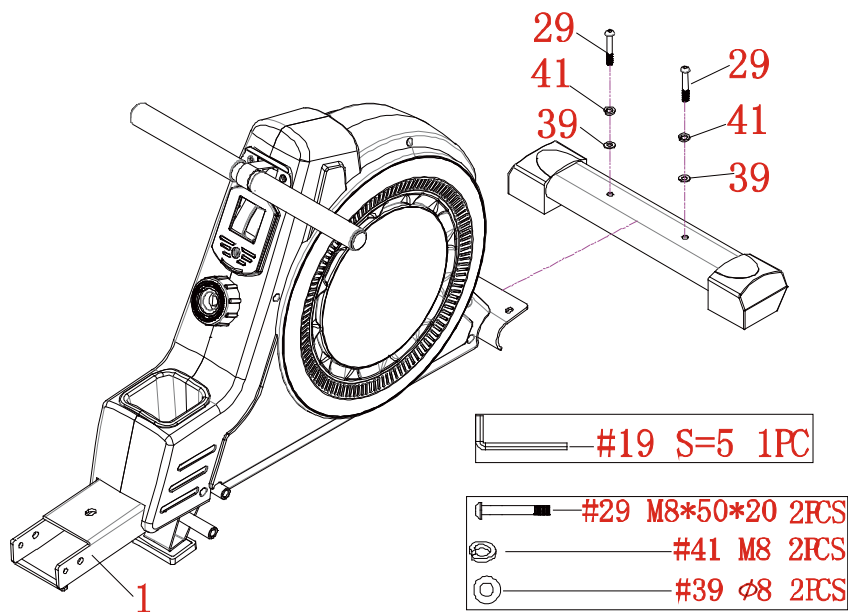
ASSEMBLY INSTRUCTION

 1	 2	 3	 4	 57	 9
 48	 18	 19	 21	 39	 41
 63	 64	 10	 27	 30	 29
 32	 31	 37	 38	 20	

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	64	foot pad	Φ25*18	1
2	Front foot tube frame		1	10	Hanging ring bolt	Φ8*112	1
3	Rear foot tube frame		1	27	Bolt	M12*160*20	4
4	Slide tube frame		1	30	Bolt	M10*95	1
57	Seat cushion		1	29	Bolt	M8*55	2
48	Foot pedal		2	32	Bolt	M6*15	1
18	Open end wrench	S17-19	1	31	Bolt	M8*20	4
19	Allen Wrench	S=5	1	37	Flat washer	Φ12	1
21	Allen Wrench	S13、14、15	1	38	Flat washer	Φ6	1
9	Double thread screw	Φ12*80	1	39	Flat washer	Φ8	6
63	Knob M12	M12	1	41	Spring washer	8	6
20	battery		2				

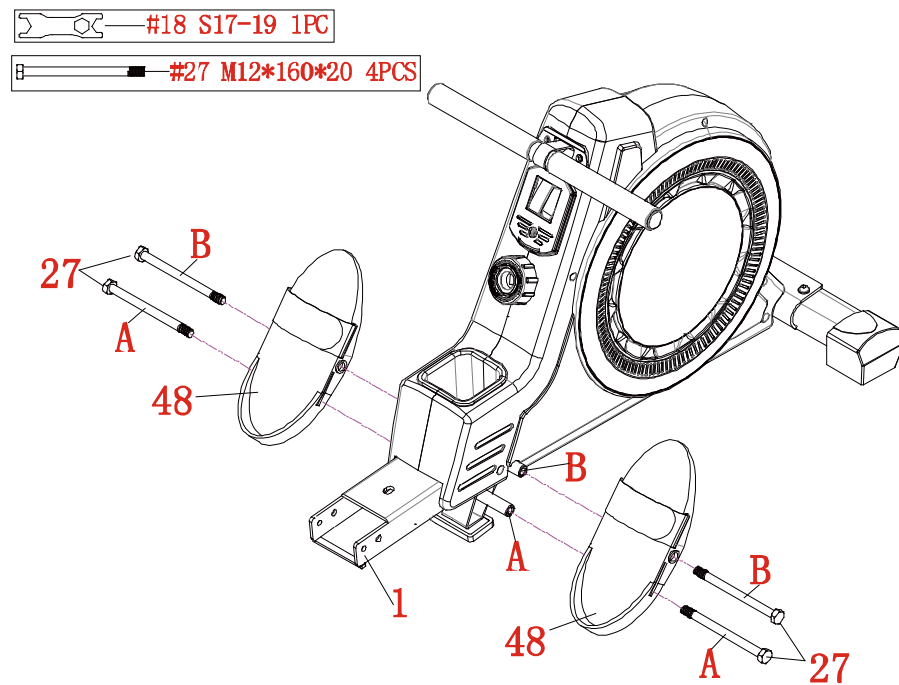
STEP 1

Use the Allen Wrench (19) lock the main frame (1) onto the front foot tube frame (2) with bolt (29), Washer (39), Spring Washer (41).



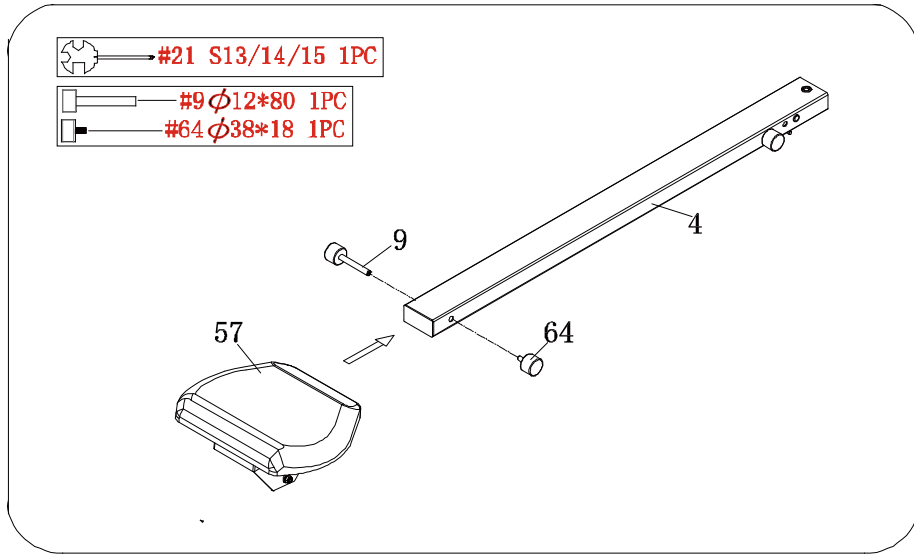
STEP 2

1. Use the open end wrench (18) lock the 2pcs Bolt (27) on the A position of the Main Frame (1).
2. Install the 2pcs hex bolts (27) through the pedals (48) to the B position of the main frame (1). The bottom of the pedals should be placed on the A position bolts.
3. After finish the bolts assembly, put the bottom of the pedals on the A position bolt to support it.



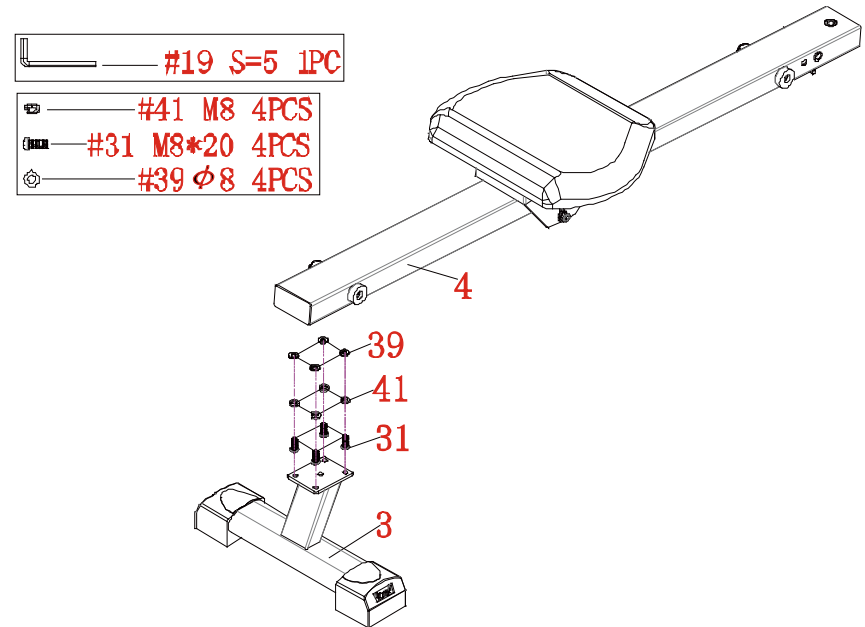
STEP 3

1. Install the seat cushion (57) into the slide tube (4).
2. Insert the bolt (9) into the hole of the slide tube (4), and screw the foot pad (64) tightly to sliding tube (4).



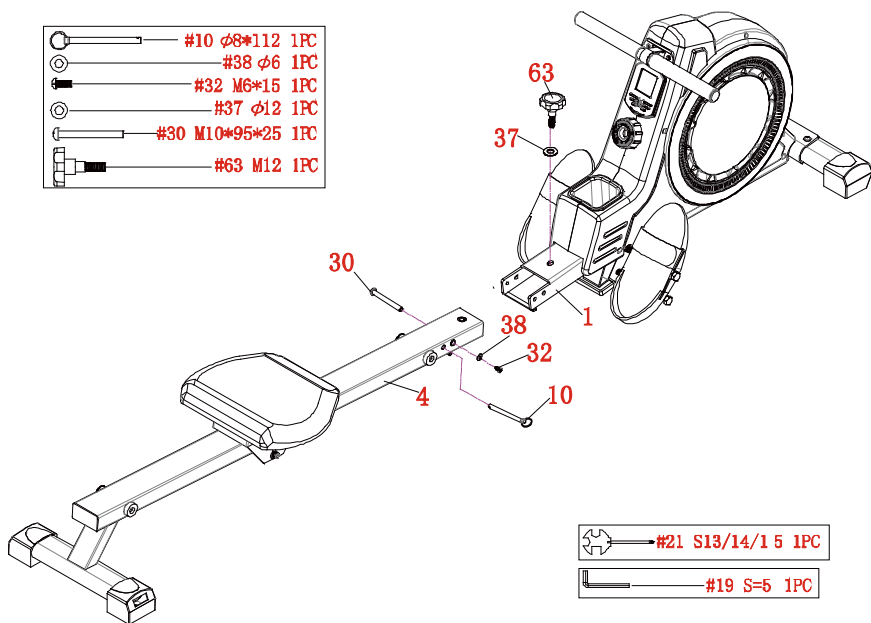
STEP 4

Use the Allen Wrench (19), Bolt (31), spring washer (41) and flat washer (39) to lock the rear foot tube (3) to the sliding tube (4).



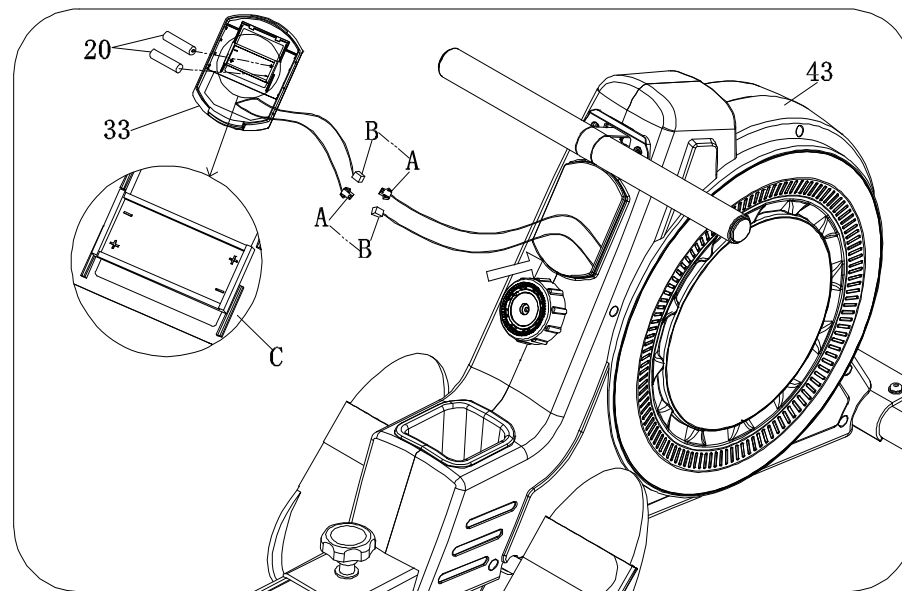
STEP 5

1. Lock the bolt (30) and the flat washer (38) and bolt (32) to the sliding tube (4) with main frame (1), insert the hanging ring bolt (10).
2. Fix the knob (63) and the flat washer (37) to the main frame (1) and the sliding tube (4).

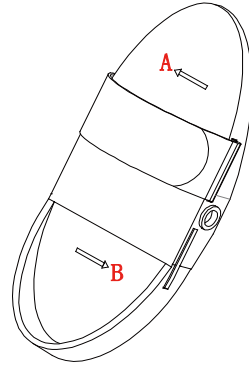


STEP 6

1. Take off computer (33) from protective cover (43).
2. After taking off the computer (33), put the dry battery (20) into the battery case, the positive pole of the battery is installed at the positive pole of the computer (33) as shown at C of computer (33) in the figure
3. Connect the wire A/B of computer (33) with the wire B/A which inside protective cover (43).
4. Put the computer back into protective cover (43).

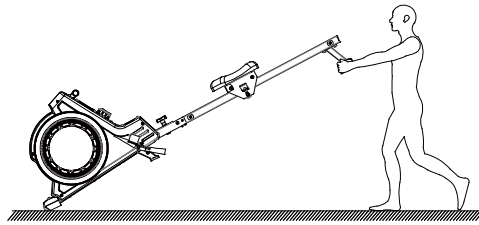


ADJUSTMENT GUIDE



PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.

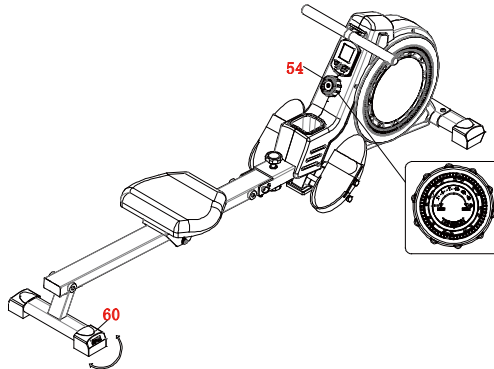


MOVING THE MACHINE

The front foot tube frame have transport wheel on the front of it, lift up the rear foot tube frame, you can move the machine to the position you want.

CAUTION!

Moving parts, such as the seat, can cause injury. Keep hands clear of the sliding rail during use!



ADJUSTING THE BALANCE AND RESISTANCE

Adjust the resistance knob (34) clockwise to increase the resistance and counterclockwise to reduce the resistance.

If the ground is uneven, the frame can be adjusted to a horizontal state through rotating the wheel on the side of the rear foot sleeve as the left picture.

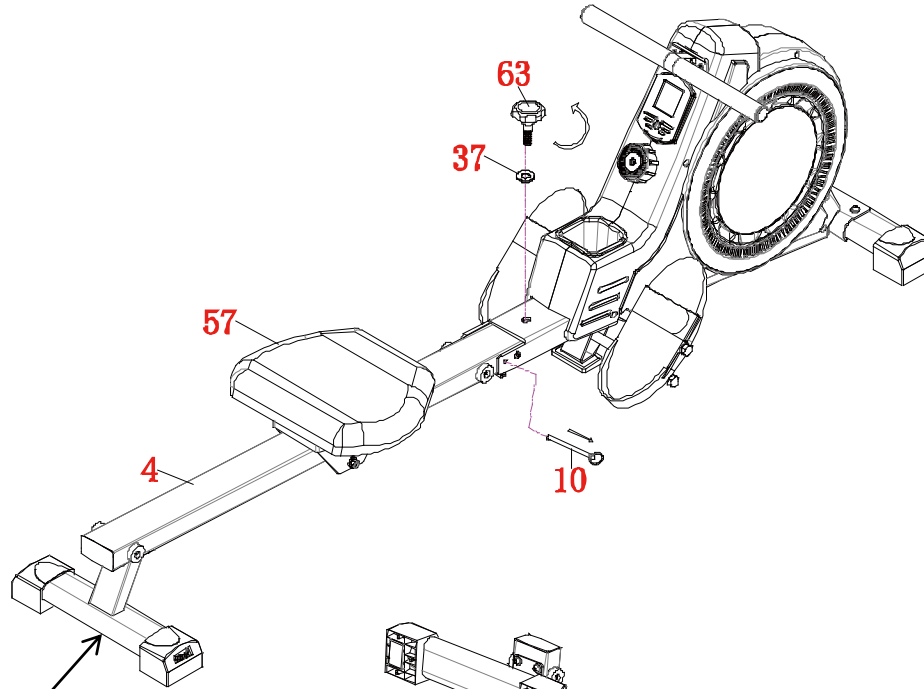
STORAGE GUIDE

As shown in the above figure, when the product is not in use, the slide tube can be folded up to avoid occupying space.

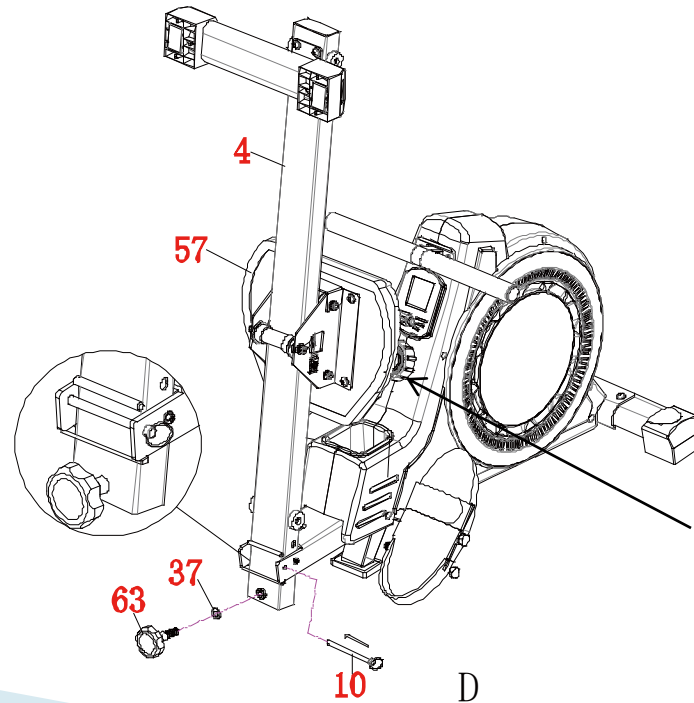
The operation is as follows:

1. Unscrew the knob (63) and the flat washer (37), pull out the loop pin (10) as shown in Figure C.

2. Fold up the slide tube (4) to the vertical angle (The seat cushion slides when the slide tube is turned up) when the sliding tube (4) is rotated to the vertical angle, use the hanging ring pin (10) to insert into the hole to fix it. Fix the knob (63) and flat washer (37) onto the sliding tube, as shown in Figure D.



Notice!
After the sliding tube is folded up, the head or the body is easy to collide with it!



Notice!
The seat cushion will slide down when the sliding tube is folded. Please note!

EXERCISE COMPUTER

Button Function:

MODE: press this button to select the function.

---Keep pressing this button for 3 seconds to clear all time, times count, Calories data.

Functional operation:

1. **SCAN:** Press the MODE button into scan state, the computer will automatically scan, time, times, calories, total number of times, and every scan interval is 6 seconds.
2. **TIME:** Show the time from the computer start to the end.
3. **Times Count (CNT):** Show the number of times from the computer start to the end.
4. **CAL:** Show the total calories from the computer start to the end.
5. **Total number of times (TOT.CNT):** Count all times after installing the battery.
If there is without any movement signal, the computer display will close automatically after 4 minutes, and will wake up when there is movement signal or any button is operated.
6. **Average speed (REPS/MIN):** Show the average number of movements per minute.

Scope description:

Function	Scanning interval	Every 6 seconds
	TIME	0:00—99:0059
	TIMES COUNT	0—9999 times
	CALORIES	0—999.9AL.
	TOTAL NUMBER OF TIMES	0—9999 times
Battery	2 piece of battery	
Working temperature	0—40 degree	
storage temperature	-0 degree —+60 degree	

INTERSPORT ATHLETICS SA

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**R2.3 ΜΑΓΝΗΤΙΚΗ
ΚΩΠΗΛΑΤΙΚΗ**



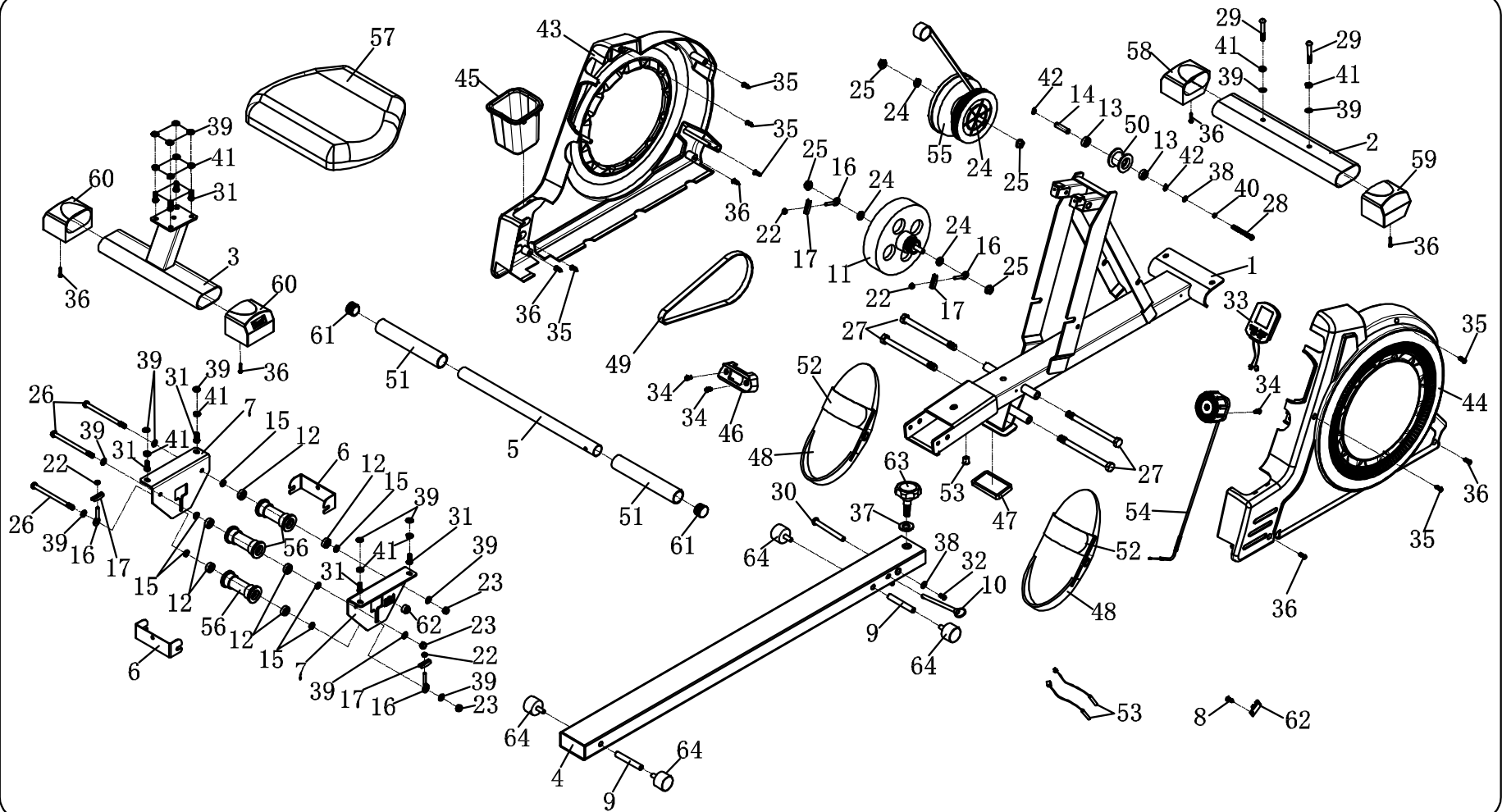
GREEK MANUAL

ΣΗΜΑΝΤΙΚΕΣ ΟΔΗΓΙΕΣ ΑΣΦΑΛΕΙΑΣ

Παρακαλούμε φυλάξτε αυτό το εγχειρίδιο σε ασφαλές μέρος για να μπορείτε να ανατρέξετε εύκολα σε αυτό.

1. Είναι σημαντικό να διαβάσετε ολόκληρο το εγχειρίδιο πριν συναρμολογήσετε και χρησιμοποιήσετε το μηχάνημα.
2. Ασφαλής και αποτελεσματική χρήση μπορεί να επιτευχθεί μόνο αν το μηχάνημα συναρμολογηθεί, συντηρείται και χρησιμοποιείται σωστά. Είναι στην ευθύνη σας να διασφαλίσετε ότι όλοι οι χρήστες του μηχανήματος έχουν ενημερωθεί για όλες τις προειδοποιήσεις και τις προφυλάξεις.
3. Πριν ξεκινήσετε οποιοδήποτε πρόγραμμα εξάσκησης πρέπει να συμβουλευτείτε το γιατρό σας για να εξακριβώσετε αν βρίσκεστε σε οποιαδήποτε ιατρική ή φυσική κατάσταση που θα μπορούσε να θέσει την υγεία ή την ασφάλειά σας σε κίνδυνο, ή που θα σας εμπόδιζε να χρησιμοποιείτε το μηχάνημα σωστά. Η συμβουλή του γιατρού σας είναι ουσιώδης αν παίρνετε φάρμακα που επηρεάζουν τους παλμούς της καρδιάς σας, την πίεσή σας ή τα επίπεδα χοληστερίνης.
4. Να δίνετε σημασία στα σήματα του σώματός σας. Λανθασμένη ή υπερβολική εξάσκηση μπορεί να κάνει κακό στην υγεία σας. Σταματήστε την εξάσκηση αν αισθανθείτε κάποιο από τα παρακάτω συμπτώματα: πόνος, σφίξιμο στο στήθος, αρρυθμία, υπερβολικό λαχάνιασμα, πονοκέφαλο, ζαλάδα ή αίσθημα ναυτίας. Αν αισθανθείτε κάποια από τις παραπάνω καταστάσεις, πρέπει να συμβουλευτείτε το γιατρό σας πριν συνεχίσετε με το πρόγραμμα εξάσκησης σας.
5. Κρατάτε τα παιδιά και τα ζώα μακριά από το μηχάνημα. Το μηχάνημα έχει σχεδιαστεί μόνο για χρήση από ενήλικες.
6. Χρησιμοποιείτε το μηχάνημα σε σταθερή επίπεδη επιφάνεια με ένα προστατευτικό κάλυμμα για το πάτωμα ή το χαλί σας. Για να είστε σίγουροι για την ασφάλειά σας, το μηχάνημα πρέπει να έχει το λιγότερο 0.5 μέτρα γύρω από αυτό.
7. Πριν χρησιμοποιήσετε το μηχάνημα, ελέγξτε ότι τα μπουλόνια και τα παξιμάδια είναι σφιγμένα με ασφάλεια.
8. Η ασφάλεια του μηχανήματος μπορεί να διασφαλιστεί μόνο αν το ελέγχετε τακτικά για ζημιές ή φθορές.
9. Να χρησιμοποιείτε πάντοτε το μηχάνημα όπως σας υποδεικνύουμε. Αν βρείτε ελαττωματικά εξαρτήματα ενώ συναρμολογείτε ή ελέγχετε το μηχάνημα, ή ακούτε ασυνήθιστους θορύβους να προέρχονται από το μηχάνημα κατά τη διάρκεια της χρήσης, σταματήστε αμέσως. Μη χρησιμοποιήσετε το μηχάνημα μέχρι να επιδιορθωθεί το πρόβλημα.
10. Να φοράτε κατάλληλα ρούχα όταν χρησιμοποιείτε το μηχάνημα. Αποφεύγετε να φοράτε φαρδιά ρούχα που μπορεί να πιαστούν στο μηχάνημα ή που μπορούν να περιορίσουν ή να εμποδίσουν την κίνηση.
11. Το μηχάνημα έχει ελεγχθεί και πιστοποιηθεί σε EN957 τάξης H.C. Κατάλληλο μόνο για οικιακή χρήση. Μέγιστο βάρος χρήστη: 120 κιλά. Η ικανότητα φρεναρίσματος είναι ανεξάρτητη από την ταχύτητα.
12. Το μηχάνημα δεν είναι κατάλληλο για θεραπευτική χρήση.
13. Πρέπει να προσέχετε όταν σηκώνετε ή μετακινείτε το μηχάνημα ώστε να μην τραυματίσετε την πλάτη σας. Χρησιμοποιείτε πάντα τις κατάλληλες τεχνικές ανύψωσης και / ή να ζητάτε βοήθεια αν το κρίνετε απαραίτητο.

ΑΝΑΛΥΤΙΚΟ ΔΙΑΓΡΑΜΜΑ ΣΥΝΑΡΜΟΛΟΓΗΣΗΣ



















ΛΙΣΤΑ ΕΞΑΡΤΗΜΑΤΩΝ

NO.	ΠΕΡΙΓΡΑΦΗ	QTY	NO.	ΠΕΡΙΓΡΑΦΗ	QTY
1	Main frame	1	29	Bolt M8*55	2
2	Front foot tube frame	1	30	Bolt M10*95	1
3	Rear foot tube frame	1	31	Bolt M8*20	8
4	Slide tube frame	1	32	Bolt M6*15	1
5	Tension tube	1	33	Computer	1
6	Seat cushion limiting plate	1	34	Bolt M5*15	3
7	Seat cushion mounting plate	2	35	Bolt ST4.2*30	6
8	Screw ST4.2*9.5	1	36	Bolt ST4.2*30	4
9	Double-thread screw Φ12*80	1	37	Flat washer Φ12	1
10	Hanging ring bolt Φ8*112	1	38	Flat washer Φ6	2
11	Magnetic wheel 3KG	1	39	Flat washer Φ8	16
12	deep groove ball bearing 608-2RS	6	40	Spring Washer 6	1
13	deep groove ball bearing 6000-2RS	2	41	Spring Washer 8	10
14	Pulley casing	1	42	Type c buckle φ9.3*1.0	2
15	Pulley spacer	6	43	left protective cover	1
16	Pull rod M6*51	4	44	Right protective cover	1
17	Pull rod limiting plate	4	45	Water bottle box	1
18	Open end wrench S17-19	1	46	Armrest fixing pad	1
19	Allen Wrench S=5	1	47	cushion pad	1
20	Battery	2	48	pedal	2
21	Wrench with screw driver S13/14/15	1	49	Belt PJ686/270J	1
22	Screw M6	4	50	Ribbon pulley Φ45*35	1
23	Screw M8	3	51	Foam L=210mm	2
24	Screw M10*1.0	4	52	Foot pedal adjusting belt	2
25	Screw M10*1.0	4	53	Bottom wire 500mm	2
26	Bolt M8*125*25	3	54	Resistance Knob (assembly)	1
27	Bolt M12*160*20	4	55	Pullback device	1
28	Bolt M6*60	1	56	Seat cushion tube wheel Φ40*92	3

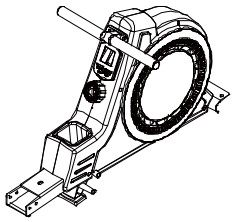
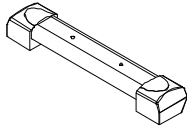
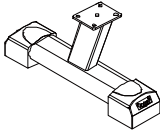
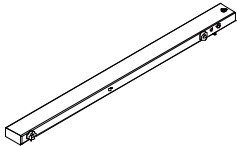
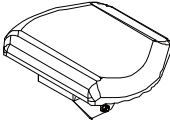
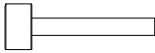
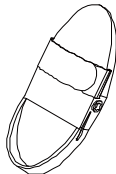
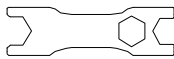
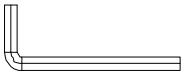
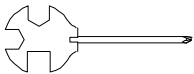


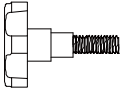
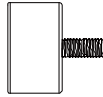
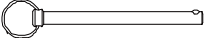
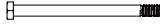
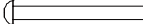
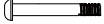




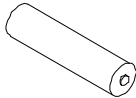
ΛΙΣΤΑ ΕΞΑΡΤΗΜΑΤΩΝ

NO.	ΠΕΡΙΓΡΑΦΗ	QTY	NO.	ΠΕΡΙΓΡΑΦΗ	QTY
57	Seat cushion	1	63	Knob M12	1
58	Front left foot tube sleeve	1	64	Foot pad Φ25*18	4
59	Front right foot tube sleeve	1			
60	Rear foot tube sleeve	2			
61	Circular tube plug	2			
62	Sensor fixing clip	1			

ΕΡΓΑΛΕΙΑ

	#19 S=5 1PC
	#21 S13/14/15 1PC
	#18 S17-19 1PC
	#64 ø25*18 1PC
	#63 M12 1PC
	#9 ø12*80 1PC
	#10 ø8*112 1PC
	#27 M12*160*20 4PCS
	#30 M10*95*25 1PC
	#29 M8*55*20 2PCS
	#32 M6*15 1PC
	#31 M8*20 4PCS
	#37 ø12 1PC
	#39 ø8 6PCS
	#38 ø6 1PC
	#41 M8 6PCS

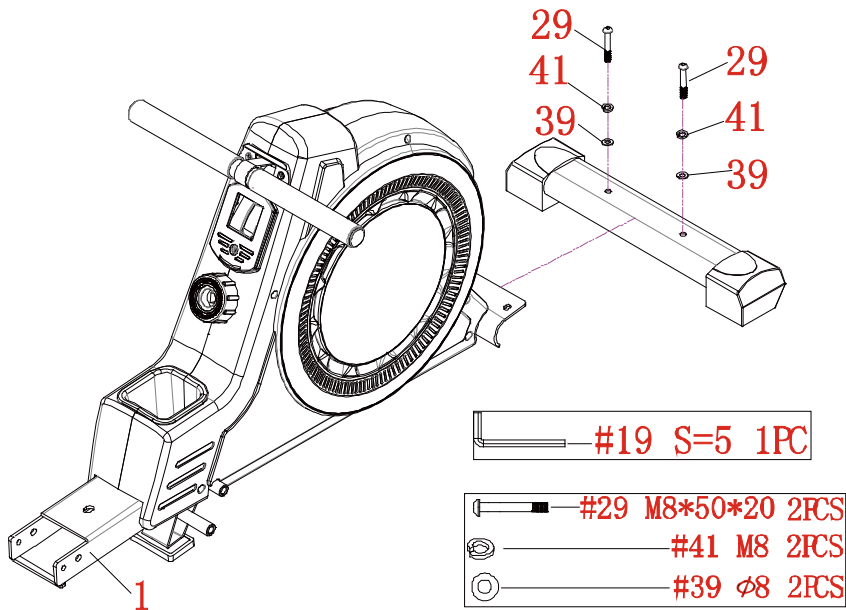
ΟΔΗΓΙΕΣ ΣΥΝΑΡΜΟΛΟΓΗΣΗΣ

 1	 2	 3	 4	 57	 9
 48	 18	 19	 21	 39	 41
 63	 64	 10	 27	 30	 29
 32	 31	 37	 38	 20	

Νο.	Περιγραφή	Χαρακτ.	Τμχ.	Νο.	Περιγραφή	Χαρακτ.	Τμχ
1	Main frame		1	64	foot pad	Φ25*18	1
2	Front foot tube frame		1	10	Hanging ring bolt	Φ8*112	1
3	Rear foot tube frame		1	27	Bolt	M12*160*20	4
4	Slide tube frame		1	30	Bolt	M10*95	1
57	Seat cushion		1	29	Bolt	M8*55	2
48	Foot pedal		2	32	Bolt	M6*15	1
18	Open end wrench	S17-19	1	31	Bolt	M8*20	4
19	Allen Wrench	S=5	1	37	Flat washer	Φ12	1
21	Allen Wrench	S13、14、15	1	38	Flat washer	Φ6	1
9	Double thread screw	Φ12*80	1	39	Flat washer	Φ8	6
63	Knob M12	M12	1	41	Spring washer	8	6
20	battery		2				

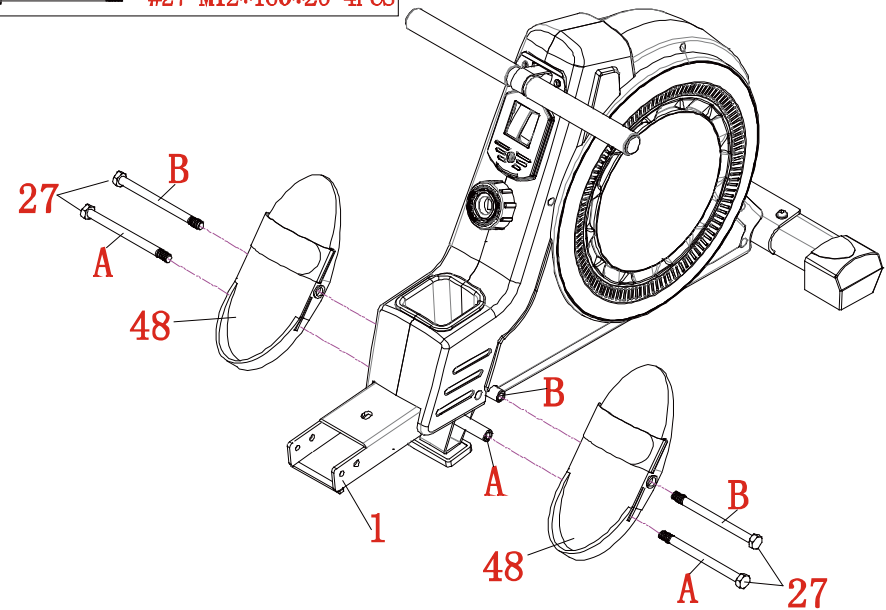
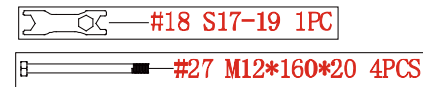
ΒΗΜΑ 1

Χρησιμοποιήστε το κλειδί Allen (19) & προσαρμόστε στο κύριο πλαίσιο (1) τον εμπρόσθιο σταθεροποιητή (2) χρησιμοποιώντας βίδες (29), ροδέλες (γκρόβερ) (41) & ίσιες ροδέλες (39).



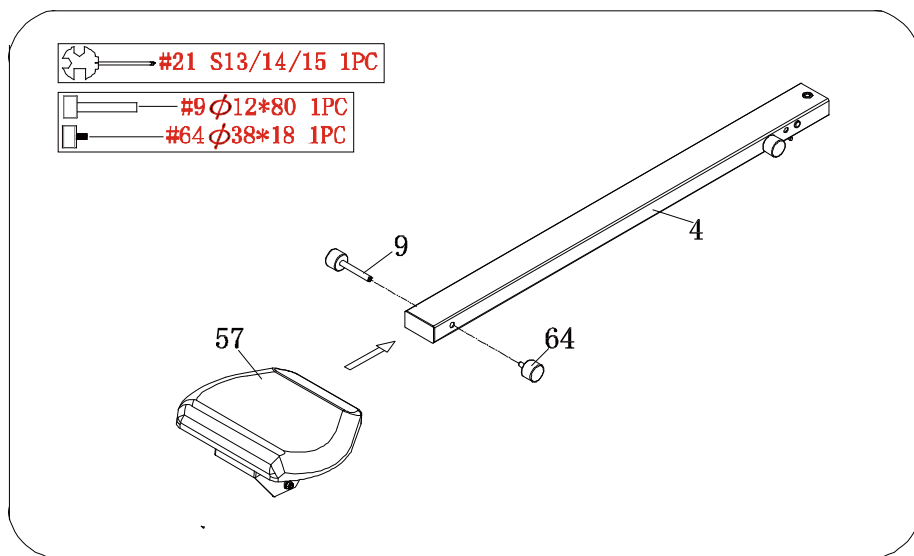
ΒΗΜΑ 2

1. Χρησιμοποιήστε το κλειδί (18) & περάστε τα μπουλόνια (27) στη θέση A του κύριου πλαισίου (1) μέσα από τα πεντάλ.
2. Τοποθετήστε τα μπουλόνια (27) μέσω των πεντάλ (48) στη θέση B του κύριου πλαισίου (1). Το κάτω μέρος των πεντάλ πρέπει να τοποθετηθεί στα μπουλόνια θέσης A.
3. Αφού τοποθετήσετε τα τέσσερα μπουλόνια, τοποθετήστε το κάτω μέρος των πεντάλ στη θέση A και έπειτα βιδώστε.



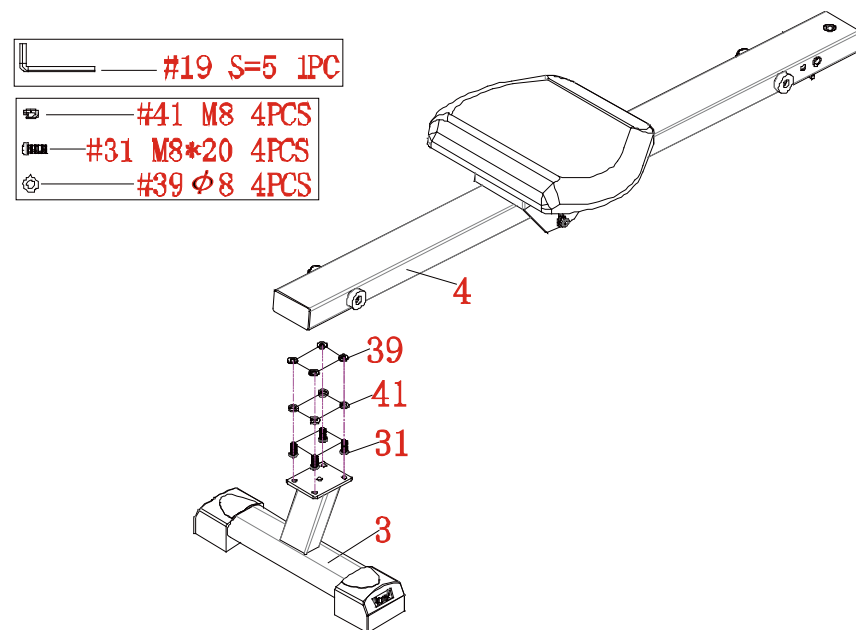
ΒΗΜΑ 3

1. Εγκαταστήστε το μαξιλάρι του καθίσματος (57) στο σωλήνα ολίσθησης (4).
2. Εισάγεται το μπουλόνι(9) μέσα από την οπή του σωλήνα ολίσθησης (4), και βιδώστε τον αποστάτη (64) πάνω στον σωλήνα (4).



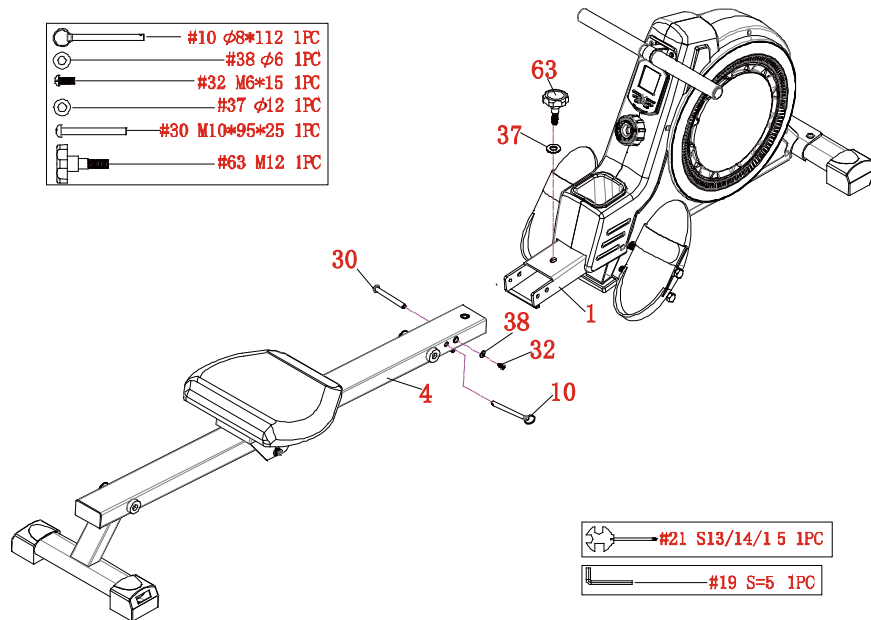
ΒΗΜΑ 4

Χρησιμοποιήστε το κλειδί Allen (19), βίδες (31), ροδέλες (γκρόβερ) (41) και ίσιες ροδέλες (39) για να προσαρμόσετε τον πίσω σταθεροποιητή (3) στο πλαίσιο του σωλήνα (4).



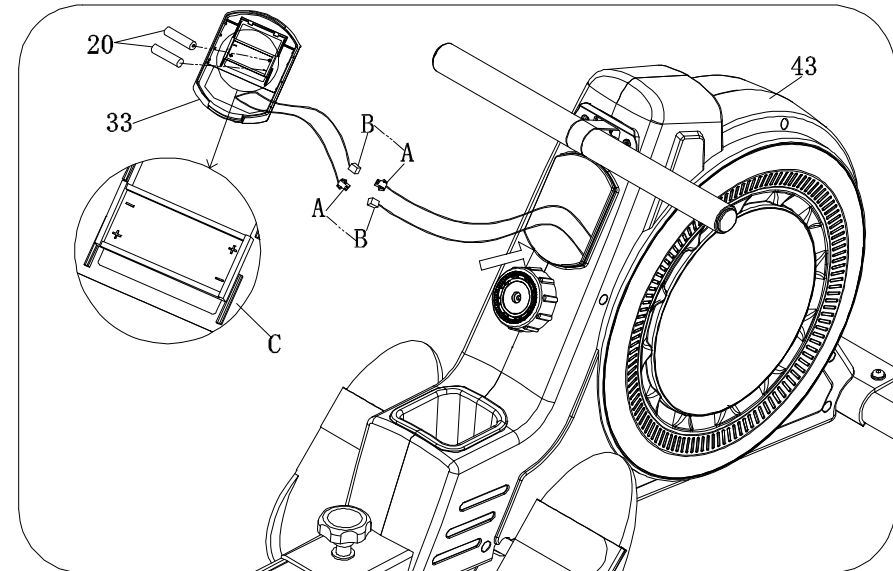
ΒΗΜΑ 5

1. Τοποθετήστε το μπουλόνι (30), επίπεδη ροδέλα (38) & παξιμάδι (32) στον άξονα (4) & συνδέστε τον με το κύριο πλαίσιο (1), τέλος εισάγετε τον πείρο ανάρτησης (10).
2. Τοποθετήστε την βίδα ρύθμισης (63) με επίπεδη ροδέλα (37) στο κύριο πλαίσιο (1) & σφίξτε την πάνω στον άξονα (4).

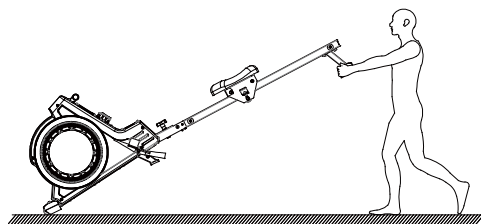
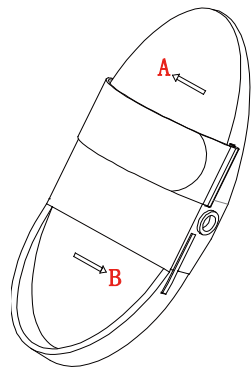


ΒΗΜΑ 6

1. Βγάλτε το κομπιούτερ (33) από το προστατευτικό κάλυμμα (43).
2. Αφού αφαιρέσετε τον κομπιούτερ (33) τοποθετήστε την μπαταρία (20) μέσα στην θήκη της μπαταρίας, ο θετικός πόλος της μπαταρίας είναι εγκατεστημένος στον θετικό πόλο του κομπιούτερ (33) όπως φαίνεται στο σχήμα στην απεικόνιση C.
3. Συνδέστε το καλώδιο A/B του κομπιούτερ (33) με το καλώδιο B/A το οποίο βρίσκεται μέσα στο προστατευτικό κάλυμμα (43).
4. Επανατοποθετήστε πάλι το κομπιούτερ στο προστατευτικό κάλυμμα (43).

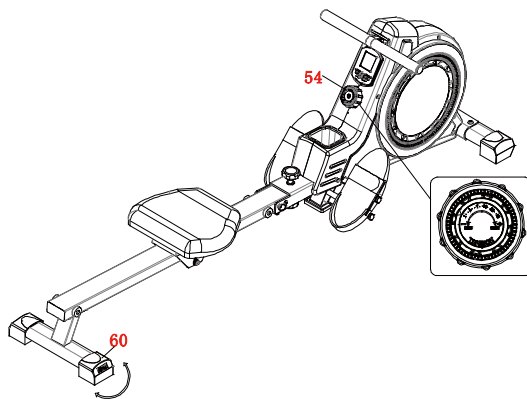


ΟΔΗΓΟΣ ΡΥΘΜΙΣΗΣ



ΠΡΟΣΟΧΗ !

Τα κινούμενα μέρη, όπως το κάθισμα, μπορεί να προκαλέσουν τραυματισμό. Κρατήστε τα χέρια μακριά από την συρόμενη ράγα κατά τη χρήση!.



ΡΥΘΜΙΖΟΜΕΝΟΙ ΙΜΑΝΤΕΣ

Οι ιμάντες των πεντάλ είναι ρυθμιζόμενοι και έτσι μπορούν να προσαρμοστούν σε κάθε μέγεθος ποδιού.

ΜΕΤΑΦΟΡΑ ΤΟΥ ΜΗΧΑΝΗΜΑΤΟΣ

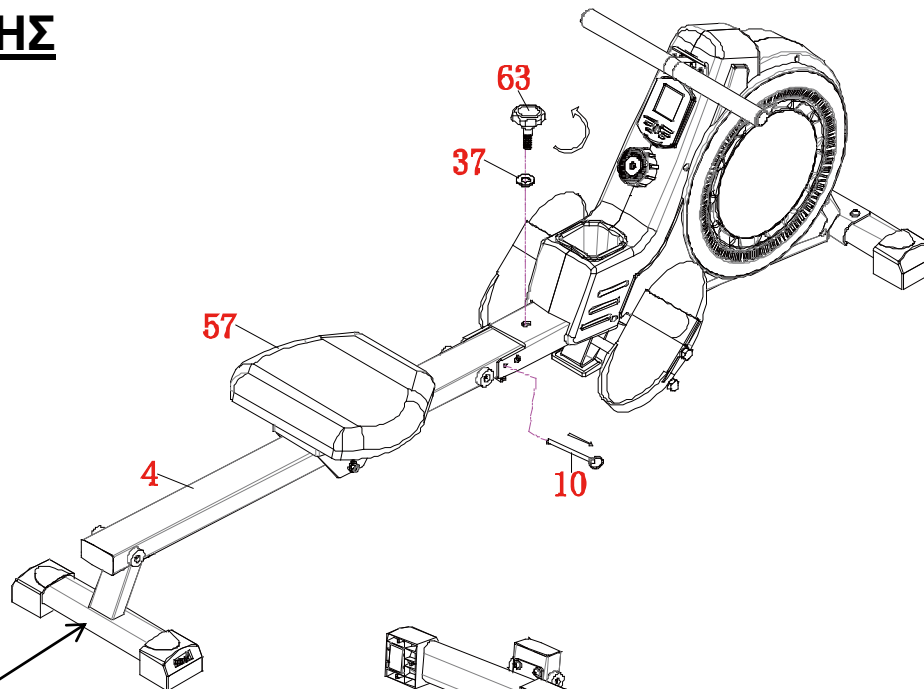
Το πλαίσιο του εμπρόσθιου σταθεροποιητή περιλαμβάνει ροδάκια στο μπροστινό μέρος του, σηκώστε εύκολα τον πίσω σταθεροποιητή & έτσι μπορείτε να μετακινήσετε το μηχάνημα σε όποια θέση θέλετε.

ΡΥΘΜΙΣΗ ΤΗΣ ΑΝΤΙΣΤΑΣΗΣ

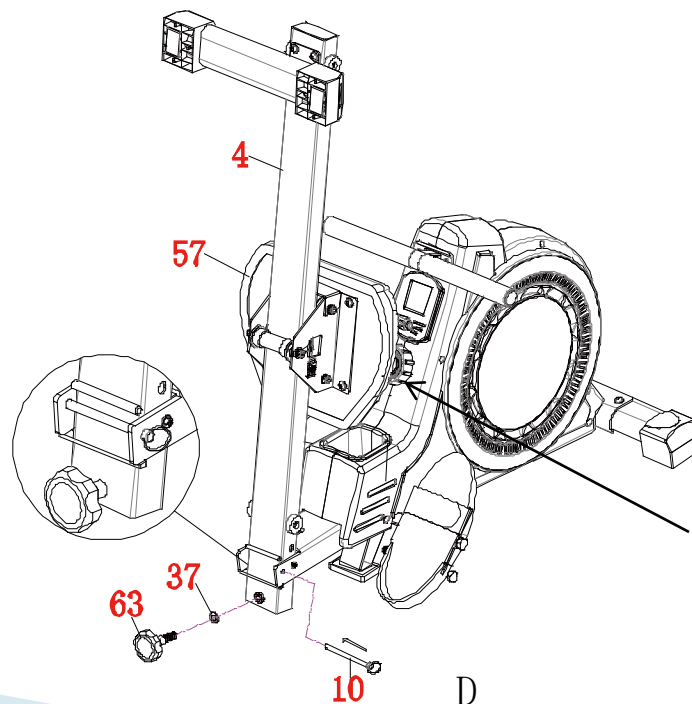
Μπορείτε να περιστρέψετε το κουμπί ελέγχου της έντασης (34) δεξιόστροφα "+" για μεγαλύτερη αντίσταση, ή αριστερόστροφα "-" για μικρότερη αντίσταση κατά την διάρκεια της εξάσκηση σας. Αυτό πάντα εξαρτάται από την φυσική κατάσταση του χρήστη. Εάν το έδαφος δεν είναι ομοιόμορφο & το πλαίσιο δεν πατάει σε σταθερή επιφάνεια, μπορείτε εύκολα να ρυθμίσετε το μηχάνημα ώστε να είναι σταθερό περιστρέφοντας τους αποστάτες στο πίσω μέρος του σταθεροποιητή αριστερή εικόνα.

ΟΔΗΓΟΣ ΑΠΟΘΗΚΕΥΣΗΣ

Ξεβιδώστε την βίδα ρύθμισης (63) & την ροδέλα (37) από το κύριο πλαίσιο (4) & έπειτα αφαιρέστε τον πείρο (10) σχήμα Γ. Μετά τραβήξτε το πλαίσιο του σκελετού (4) προς τα πάνω & επανατοποθετήστε τον πείρο (10), την βίδα (63) & την ροδέλα (37) ώστε το πίσω μέρος να ασφαλίσει σε διπλωμένη θέση σχήμα Δ. (Σημείωση: Βεβαιωθείτε ότι τα καλώδια του αισθητήρα δεν ακουμπούν κατά την δίπλωση του πλαισίου προς το εμπρόσθιο τμήμα).



Προσοχή! Όταν το πλαίσιο (4) διπλωθεί προς τα πάνω, τότε είναι πολύ εύκολο να συγκρουστεί με το κύριο σώμα!



Προσοχή! Το μαξιλάρι του καθίσματος γλιστρά προς τα κάτω μόλις ο άξονας (4) διπλωθεί

ΕΝΔΕΙΞΕΙΣ ΚΟΜΠΙΟΥΤΕΡ

ΛΕΙΤΟΥΡΓΙΕΣ ΠΛΗΚΤΡΩΝ:

MODE(ΕΠΙΛΟΓΗ): Πατήστε για να επιλέξετε λειτουργία. Κρατήστε πατημένο για 3 δευτερόλεπτα για να μηδενήσετε όλες τις λειτουργίες. (δεν μπορείτε να επανεκκινήσετε μία μόνο λειτουργία)

ΛΕΙΤΟΥΡΓΙΕΣ:

SCAN(ΣΑΡΩΣΗ): Εναλλάσσεται αυτόματα σε κάθε λειτουργία κάθε 6 δευτερόλεπτα.

Αυτόματη ενεργοποίηση / απενεργοποίηση

Ενώ ο χρήστης αρχίζει την άσκηση, στην οθόνη θα εμφανιστεί αυτόματα η τιμή της ρύθμισης.

Μόλις σταματήσετε να ασκείτε πάνω από 4 λεπτά η οθόνη θα απενεργοποιηθεί.

Όταν ο χρήστης ξαναρχίσει την άσκηση, η τιμή της ρύθμισης θα αρχίσει να μετράει από το σημείο που είχε σταματήσει.

**** Πατήστε το πλήκτρο mode για 3 δευτερόλεπτα, όλες οι τιμές λειτουργίας εκτός από το χιλιόμετρητή θα επανέλθουν στο μηδέν.**

TIME(ΧΡΟΝΟΣ): Εμφανίζει αθροιστικά τον χρόνο εξάσκησης έως 99:59 λεπτά.

COUNT: Εμφανίζει τις μετρήσεις από 0 έως 9999.

TOTAL/COUNT: Εμφανίζει τον συνολικό αριθμό επαναλήψεων από 0 έως 9999.

AVERAGE/SPEED (REPS/MIN) Εμφανίζει την τρέχουσα κίνηση ανά λεπτό από 0.0 έως 3000.

CALORIES: Εμφανίζει τις θερμίδες που έχετε καταναλώσει σε κάθε προπόνηση μέχρι 999.9CAL.

(Τα παραπάνω δεδομένα μπορούν να χρησιμοποιηθούν μόνο ως σύγκριση μεταξύ των ασκήσεων και όχι για ιατρικούς λόγους).

ΣΗΜΕΙΩΣΗ

1. Όταν σταματήσετε την εξάσκηση, θα εμφανιστεί ένα σήμα "stop" στην επάνω αριστερή γωνία.
2. Αν δε μεταδοθεί κάποιο σήμα στο κομπιούτερ για 4 λεπτά, η οθόνη θα σβήσει αυτόματα και οι τιμές όλων των λειτουργιών θα αποθηκευθούν. Ανάψτε το μόνιτορ πατώντας το κουμπί mode ή κάνοντας πετάλι.
3. Όλες οι τιμές θα συνεχίσουν να μετρούν από την προηγούμενη εξάσκηση.
4. Αν οι ενδείξεις δεν εμφανίζονται καλά στο μόνιτορ, παρακαλούμε επανατοποθετήστε την μπαταρία.
5. Είδος μπαταρία (LR44) τμχ. 1 .

Περιγραφή πεδίου:

Επιλογές	Διαστήματα σάρωσης	Κάθε 6 δευτερόλεπτα.
	Χρόνος	0:00—99:0059
	Μετρήσεις χρόνου	0—9999 times
	Θερμίδες	0—999.9AL.
	Συνολικός αριθμός μετρήσεων	0—9999 times
Μπαταρία	2 τεμάχια	
Λειτουργία σε θερμοκρασία	0—40	
Αποθήκευση σε θερμοκρασία	- 0 έως +60	

ΕΓΓΥΗΣΗ ΚΩΠΗΛΑΤΙΚΟΥ ΜΗΧΑΝΗΜΑΤΟΣ

Η εγγύηση ισχύει για δύο (2) έτη από την ημερομηνία αγοράς του προϊόντος

- Η εγγύηση καλύπτει τυχόν κατασκευαστικό λάθος.
 - Η τυχόν αντικατάσταση ανταλλακτικού είναι στην κρίση των τεχνικών.
 - Η συναρμολόγηση, ο έλεγχος, επιβαρύνει χρηματικά τον καταναλωτή.
 - Η επίσκεψη του τεχνικού πέραν των 14 ημερολογιακών ημερών από την ημερομηνία αγοράς επιβαρύνει χρηματικά τον καταναλωτή με την εκάστοτε χρέωση από την εταιρεία.
 - Εκτός ορίων του service το μηχάνημα θα αποστέλλεται στο κεντρικό service.
1. Βλάβη μέσα σε 14 ημέρες από την ημερομηνία αγοράς θα παραλαμβάνετε μέσω μεταφορικής από τον χώρο του πελάτη. Σε αυτή την περίπτωση τα έξοδα μεταφοράς βαρύνουν την εταιρεία.
(Εφόσον είναι υπαιτιότητα της συσκευής).
 2. Βλάβη μετά τις 14 ημέρες από την ημερομηνία αγοράς θα μεταφέρετε από τον πελάτη στην μεταφορική εταιρεία. Τα έξοδα μεταφοράς από την μεταφορική μέχρι το service και το αντίστροφο βαρύνουν την εταιρεία. (Εφόσον είναι υπαιτιότητα της συσκευής).
- Η εγγύηση ισχύει μόνο για τον πρώτο αγοραστή του προϊόντος.
 - Η εγγύηση ισχύει μόνο εάν το προϊόν λειτουργεί σε σπίτι-εσωτερικό χώρο και όχι σε γυμναστήρια, συλλόγους, κοινόχρηστους, εξωτερικούς χώρους κ.α.
 - Η επισκευή οποιασδήποτε βλάβης πραγματοποιείται το συντομότερο δυνατόν.
 - Κάθε απαίτηση αποζημίωσης του πελάτη, είτε λόγω έλλειψης ανταλλακτικών είτε λόγω καθυστέρησης επισκευής, δεν είναι δυνατή.
 - Τα έξοδα μεταφοράς του προϊόντος από ή προς το συνεργείο της αντιπροσωπείας θα επιβαρύνουν τον πελάτη εφόσον είναι υπαιτιότητα του.

Η ΕΓΓΥΗΣΗ ΔΕΝ ΙΣΧΥΕΙ

- Όταν η βλάβη προήλθε από κακή χρήση ή κακή συντήρηση.
- Επίσης η εγγύηση δεν καλύπτει αναλώσιμα & υλικά τριβής όπως πλαστικά μέρη, πετάλια, μετασχηματιστές, μάντες, αφρώδη μέρη, καλώδια τα οποία φθείρονται από την χρήση ή άλλης αιτίας.
- Η εγγύηση δεν καλύπτει βλάβη από υπαιτιότητα μη εξουσιοδοτημένων ατόμων για την επισκευή.
- Η εγγύηση δεν καλύπτει βλάβη που προήλθε από κακή συναρμολόγηση.
- Για να ισχύει η εγγύηση πρέπει να συνοδεύεται από την απόδειξη αγοράς.

Σε όλες τις παραπάνω περιπτώσεις ο χρήστης επιβαρύνεται με το κόστος επίσκεψης και ανταλλακτικών.

- Η εταιρεία και ο εισαγωγέας δεν ευθύνονται για τυχόν τυπογραφικά λάθη.
- Το προϊόν έχει έγκριση κυκλοφορίας στην Ευρωπαϊκή Κοινότητα, CE

INTERSPORT ATHLETICS SA	
18-20 SOROU	
15125	MAROUSI
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R2.3 APARAT DE VÂSLIT



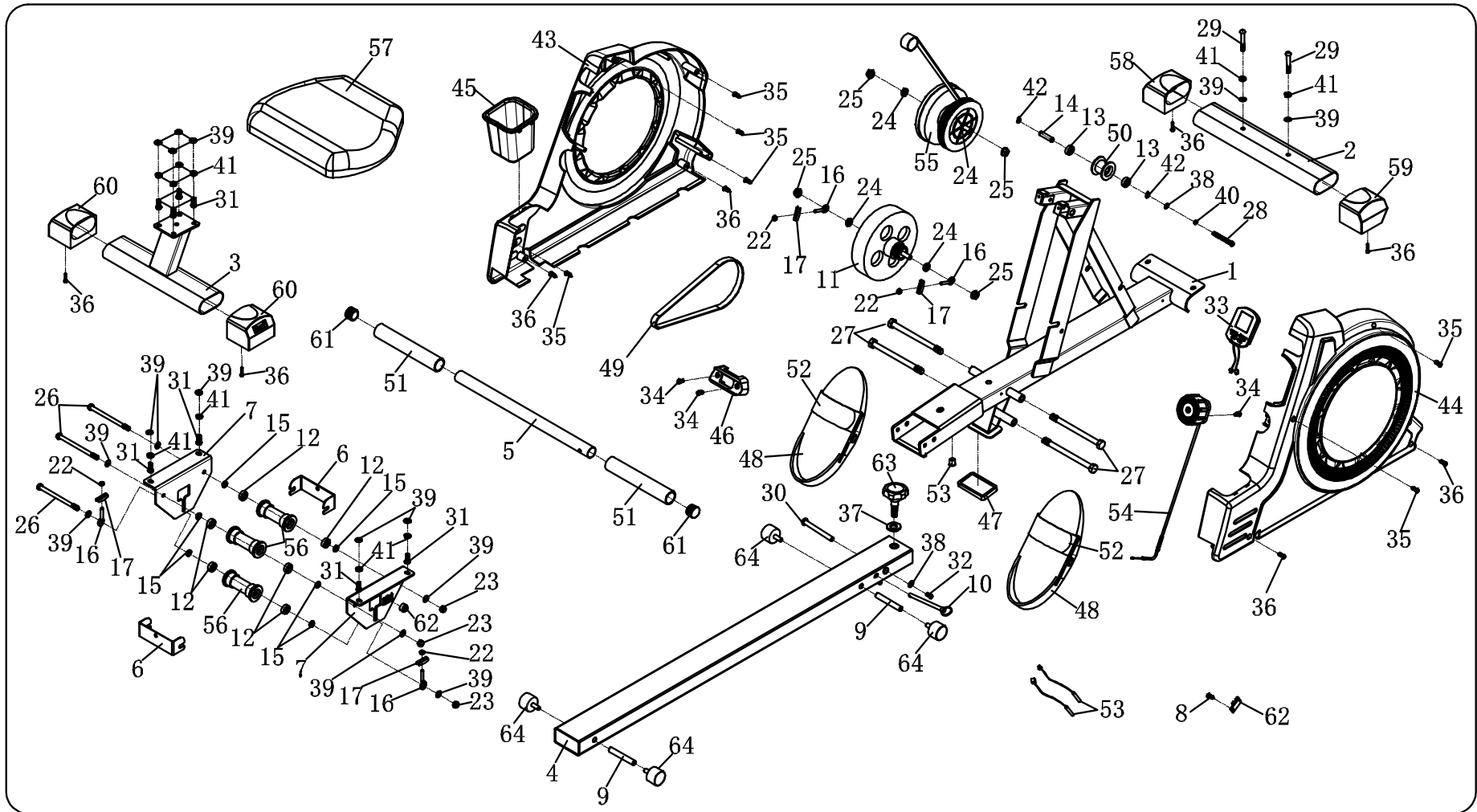
ROMANIAN MANUAL

INSTRUCȚIUNI DE SIGURANȚĂ IMPORTANTE

Vă rugăm să păstrați acest manual într-un loc sigur, astfel încât să puteți avea acces la el cu ușurință.

1. Este important să citiți întregul manual înainte să asamblați și să folosiți echipamentul. Utilizarea sigură și eficientă poate fi realizată numai în cazul în care echipamentul este asamblat, întreținut și utilizat în mod corespunzător. Este responsabilitatea dumneavoastră să vă asigurați că toți utilizatorii echipamentului sunt informați cu privire la toate avertismentele și măsurile de precauție.
2. Înainte de a începe orice program de exerciții trebuie să vă consultați cu medicul dumneavoastră pentru a stabili dacă aveți vreo condiție medicală sau fizică care ar putea să vă pună în pericol sănătatea sau siguranța sau care v-ar putea împiedica să utilizați în mod corespunzător echipamentul. Sfatul medicului dumneavoastră este esențial dacă luați medicamente care vă afectează ritmul cardiac, tensiunea arterială sau nivelul colesterolului.
3. Acordați importanță semnalelor corpului dvs. Antrenamentul excesiv sau efectuat în mod eronat vă poate afecta sănătatea. Puneți capăt antrenamentului dacă simțiți vreunul dintre următoarele simptome: durere, senzație de strângere în piept, aritmie, gâfâit excesiv, durere de cap, amețeli sau greață. Dacă aveți una dintre aceste senzații, consultați-vă medicul înainte de a continua programul de exerciții fizice.
4. Țineți copiii și animalele departe de aparat. Aparatul este proiectat pentru a fi utilizat doar de către adulți.
5. Folosiți echipamentul pe o suprafață plană, stabilă, cu un înveliș de protecție pentru podea sau un covor.
6. Pentru a fi siguri de siguranța dumneavoastră, aparatul trebuie să fie la cel puțin 0,5 metri în jurul acestuia.
7. Înainte de a utiliza aparatul, verificați dacă buloanele și piulițele sunt bine strânse.
8. Siguranța aparatului poate fi garantată doar dacă verificați în mod regulat dacă a suferit pagube și/sau deteriorări.
9. Folosiți întotdeauna aparatul conform indicațiilor. Dacă găsiți vreo componentă defectă în timp ce îl asamblați sau verificați aparatul sau dacă auziți zgomote neobișnuite de la aparat în timpul utilizării acestuia, opriți-vă imediat. Nu utilizați aparatul până când nu se repară problema.
10. Purtați îmbrăcăminte potrivită când utilizați aparatul. Evitați hainele largi care se pot prinde de aparat sau care pot restricționa sau bloca mișcarea.
11. Aparatul a fost testat și are certificatul EN957 clasa H.C. Potrivit numai pentru uz casnic. Greutatea maximă a utilizatorului: 120 kg. Capacitatea de frânare este independentă de viteză.
12. Aparatul nu este adecvat pentru utilizare terapeutică.
13. Trebuie să aveți grijă când ridicați sau mutați aparatul ca să nu vă răniți spatele. Utilizați întotdeauna tehnicile adecvate de ridicare și/sau solicitați ajutor dacă considerați necesar.
14. Toate piesele detașabile (de ex. pedale, scaun ... etc) necesită întreținere săptămânală. Verificați totul înainte de utilizare. Dacă vreun accesoriu a fost rupt sau slăbit, vă rugăm să îl înlocuiți imediat. Puteți utiliza aparatul atunci când acesta va fi din nou în bună formă.

SCHEMĂ ANALITICĂ DE ASAMBLARE



















LISTA COMPONENTELOR

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	29	Bolt M8*55	2
2	Front foot tube frame	1	30	Bolt M10*95	1
3	Rear foot tube frame	1	31	Bolt M8*20	8
4	Slide tube frame	1	32	Bolt M6*15	1
5	Tension tube	1	33	Computer	1
6	Seat cushion limiting plate	1	34	Bolt M5*15	3
7	Seat cushion mounting plate	2	35	Bolt ST4.2*30	6
8	Screw ST4.2*9.5	1	36	Bolt ST4.2*30	4
9	Double-thread screw Φ 12*80	1	37	Flat washer Φ 12	1
10	Hanging ring bolt Φ 8*112	1	38	Flat washer Φ 6	2
11	Magnetic wheel 3KG	1	39	Flat washer Φ 8	16
12	deep groove ball bearing 608-2RS	6	40	Spring Washer 6	1
13	deep groove ball bearing 6000-2RS	2	41	Spring Washer 8	10
14	Pulley casing	1	42	Type c buckle ϕ 9.3*1.0	2
15	Pulley spacer	6	43	left protective cover	1
16	Pull rod M6*51	4	44	Right protective cover	1
17	Pull rod limiting plate	4	45	Water bottle box	1
18	Open end wrench S17-19	1	46	Armrest fixing pad	1
19	Allen Wrench S=5	1	47	cushion pad	1
20	Battery	2	48	pedal	2
21	Wrench with screw driver S13/14/15	1	49	Belt PJ686/270J	1
22	Screw M6	4	50	Ribbon pulley Φ 45*35	1
23	Screw M8	3	51	Foam L=210mm	2
24	Screw M10*1.0	4	52	Foot pedal adjusting belt	2
25	Screw M10*1.0	4	53	Bottom wire 500mm	2
26	Bolt M8*125*25	3	54	Resistance Knob (assembly)	1
27	Bolt M12*160*20	4	55	Pullback device	1
28	Bolt M6*60	1	56	Seat cushion tube wheel Φ 40*92	3

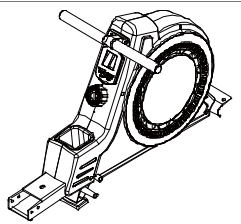
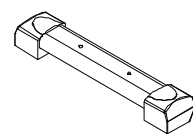
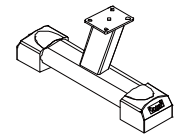
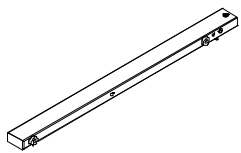
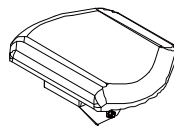
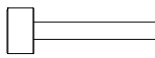
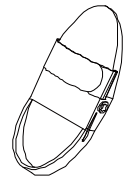

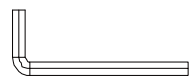
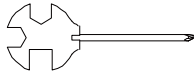


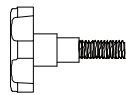
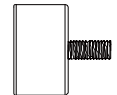
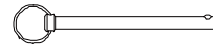
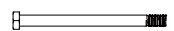
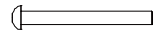
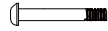




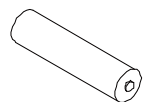
LISTA COMPONENTELOR

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
57	Seat cushion	1	63	Knob M12	1
58	Front left foot tube sleeve	1	64	Foot pad $\Phi 25 \times 18$	4
59	Front right foot tube sleeve	1			
60	Rear foot tube sleeve	2			
61	Circular tube plug	2			
62	Sensor fixing clip	1			

Unelte

	#19 S=5	1PC
	#21 S13/14/15	1PC
	#18 S17-19	1PC
	#64 $\Phi 25 \times 18$	1PC
	#63 M12	1PC
	#9 $\Phi 12 \times 80$	1PC
	#10 $\Phi 8 \times 112$	1PC
	#27 M12*160*20	4PCS
	#30 M10*95*25	1PC
	#29 M8*55*20	2PCS
	#32 M6*15	1PC
	#31 M8*20	4PCS
	#37 $\Phi 12$	1PC
	#39 $\Phi 8$	6PCS
	#38 $\Phi 6$	1PC
	#41 M8	6PCS

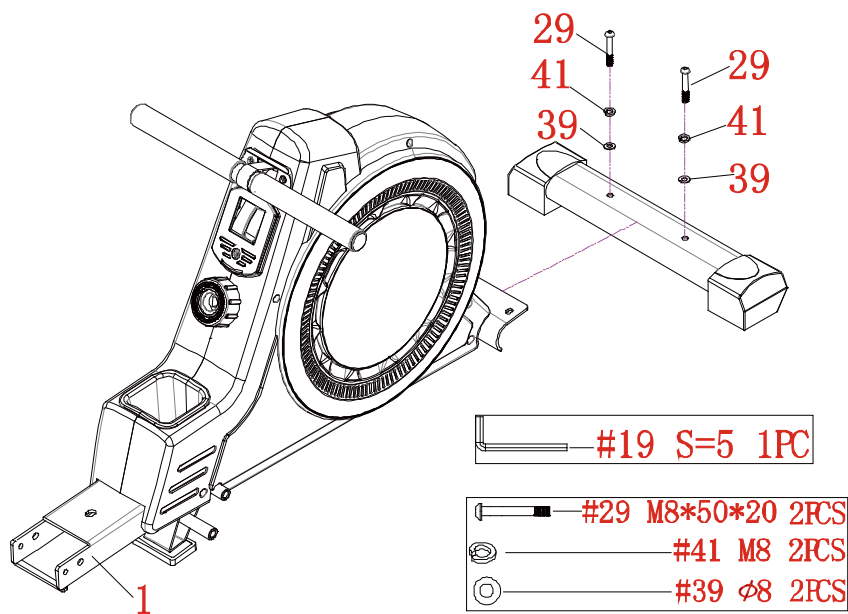
INSTRUCȚIUNI DE MONTARE

 1	 2	 3	 4	 57	 9
 48	 18	 19	 21	 39	 41
 63	 64	 10	 27	 30	 29
 32	 31	 37	 38	 20	

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	64	foot pad	Φ25*18	1
2	Front foot tube frame		1	10	Hanging ring bolt	Φ8*112	1
3	Rear foot tube frame		1	27	Bolt	M12*160*20	4
4	Slide tube frame		1	30	Bolt	M10*95	1
57	Seat cushion		1	29	Bolt	M8*55	2
48	Foot pedal		2	32	Bolt	M6*15	1
18	Open end wrench	S17-19	1	31	Bolt	M8*20	4
19	Allen Wrench	S=5	1	37	Flat washer	Φ12	1
21	Allen Wrench	S13、14、15	1	38	Flat washer	Φ6	1
9	Double thread screw	Φ12*80	1	39	Flat washer	Φ8	6
63	Knob M12	M12	1	41	Spring washer	8	6
20	battery		2				

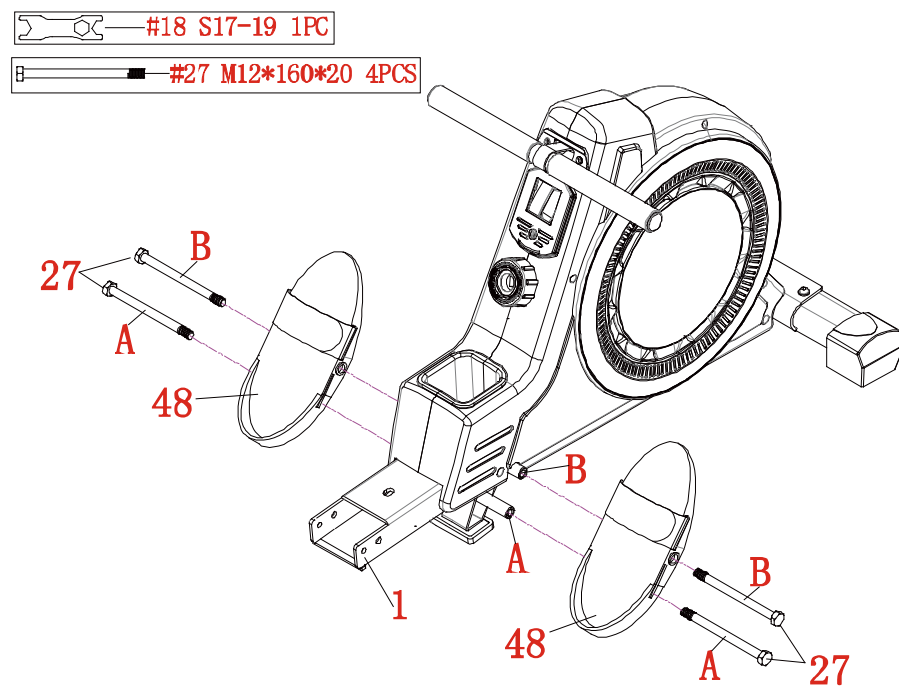
PASUL 1

Folosiți cheia Allen (19) & adaptați pe rama principală (1) stabilizatorul frontal (2) folosind șuruburi (29), șaibe (grover) (41) & șaibe plate (39).



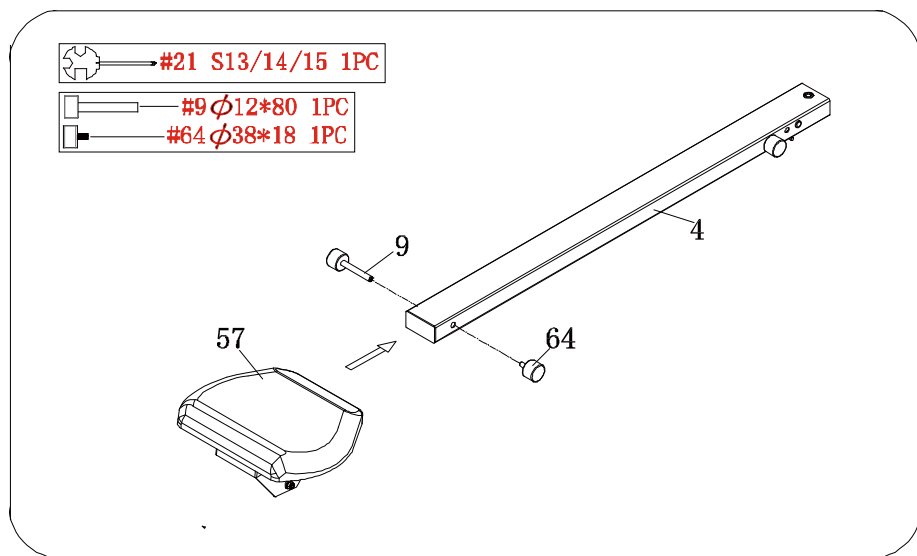
PASUL 2

1. Folosiți cheia (18) & introduceți bolțurile (27) pe poziția A a ramei principale (1) prin pedale.
2. Montați bolțurile (27) prin pedale (48) pe poziția B a ramei principale (1). Partea inferioară a pedalelor trebuie fixată pe bolțurile la poziția A.
3. După ce montați cele patru bolțuri, fixați partea inferioară a pedalelor pe poziția A și apoi înșurubați.



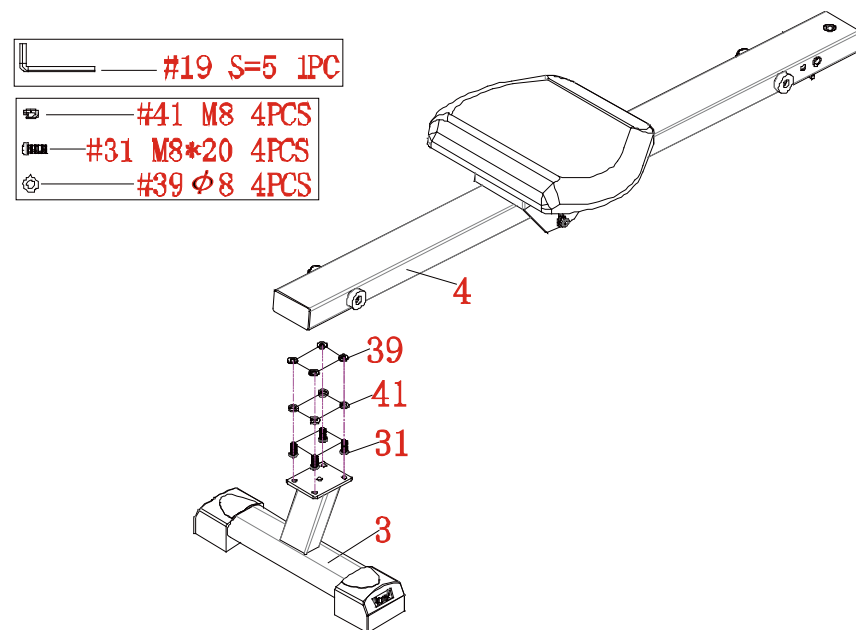
PASUL 3

1. Montați pernuța scaunului (57) pe bara de alunecare (4).
2. Introduceți a securiza bolțul (9) prin gaura barei de alunecare (4), și înșurubați distanțatorul(64) pe bară (4)



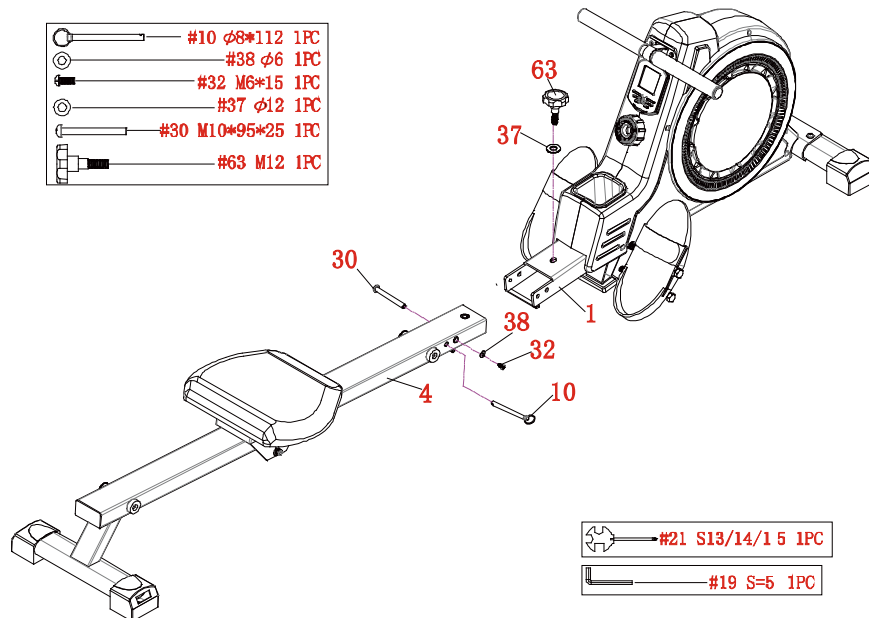
PASUL 4

Folosiți cheia Allen (19), șuruburi (31), șaibe (grover) (41) și șaibe plate (39) pentru a adapta stabilizatorul din spate (3) în cadrul barei (4).



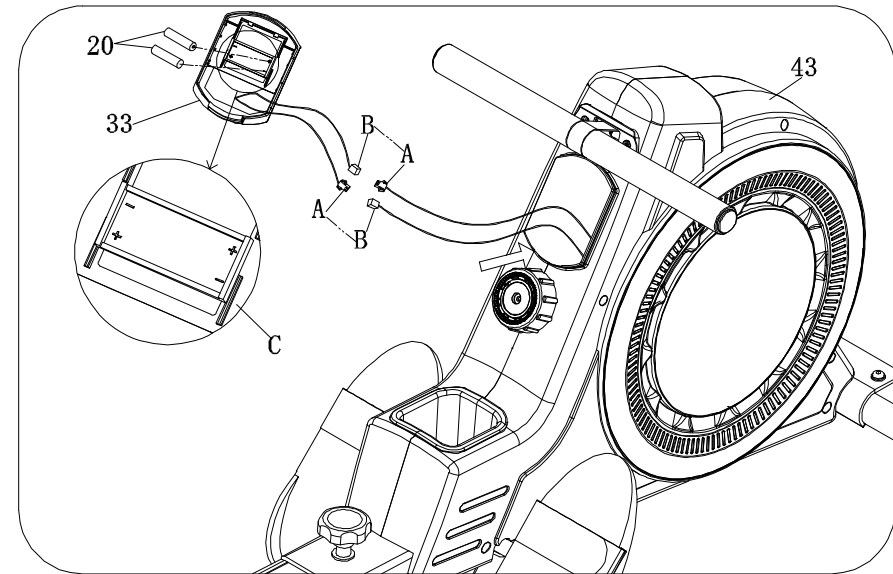
PASUL 5

2. Apoi montați bolțul (30), șaiba dreaptă (38) & șaiba (32) pe axă (4) & conectați-l cu cadrul principal (1), în final introduceți bolțul de suspensie (10).
3. Montați șurubul de reglare (63) cu o șaibă nivelată (37) pe cadrul principal (1) & strângeți ferm pe axă (4).

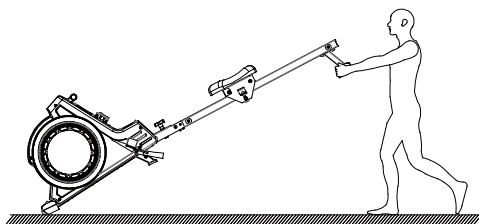
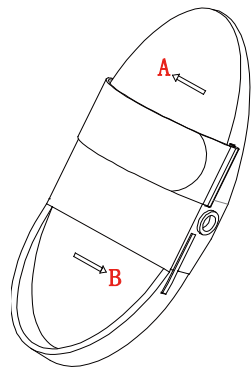


PASUL 6

1. Scoateți computerul (33) de pe capacul de protecție (43).
2. După ce scoateți computerul (33), puneți bateria uscată (20) în carcasa bateriei, polul pozitiv al bateriei este instalat la polul pozitiv al computerului (33) așa cum se arată la C al computerului (33) în figură
3. Conectați firul A / B al computerului (33) cu firul B / A care se află în interiorul capacului de protecție (43).
4. Puneți computerul înapoi în capacul de protecție (43).

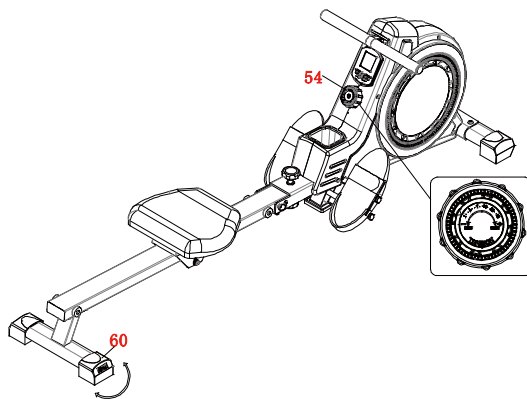


GHID DE REGLARE



Atenție!

Părțile mobile, cum ar fi scaunul, pot provoca traumatism. Țineți mâinile departe de șina glisantă pe durata utilizării



CURELE REGLABILE

Curele pedalelor sunt reglabile și se pot adapta la fiecare mărime de picior.

TRANSPORTUL APARATULUI

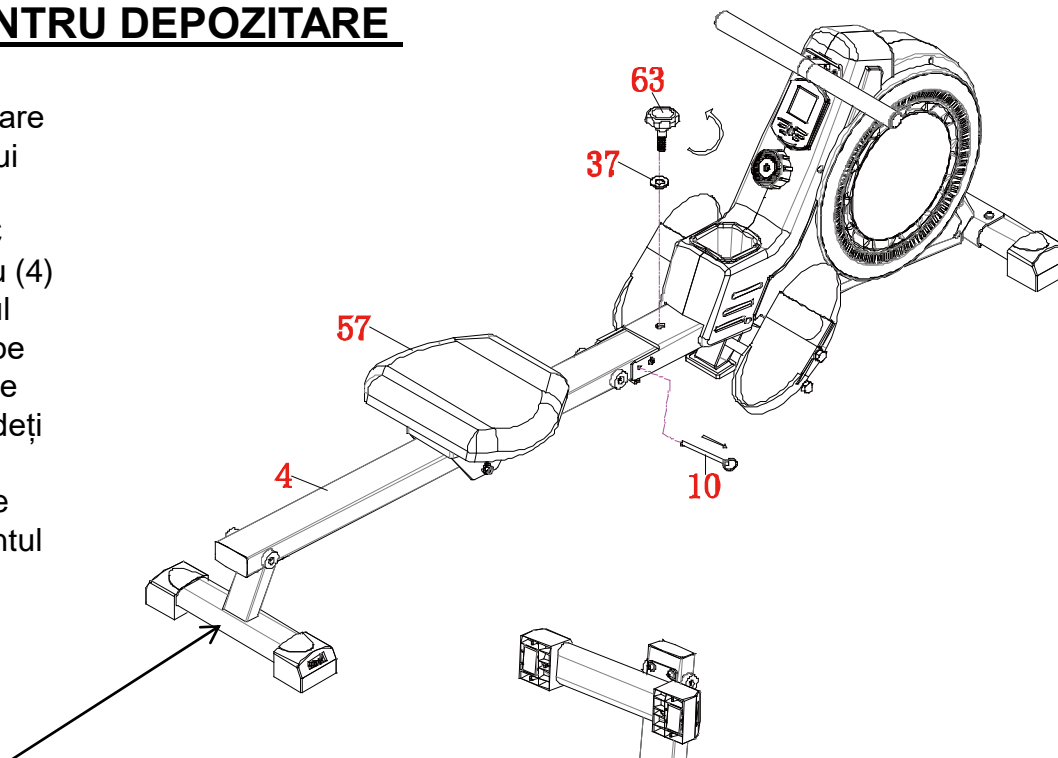
Cadrul fixatorului frontal cuprinde roțile pe partea sa frontală, ridicați ușor stabilizatorul din spate & așa puteți muta aparatul în orice poziție doriți.

REGLAREA REZISTENȚEI

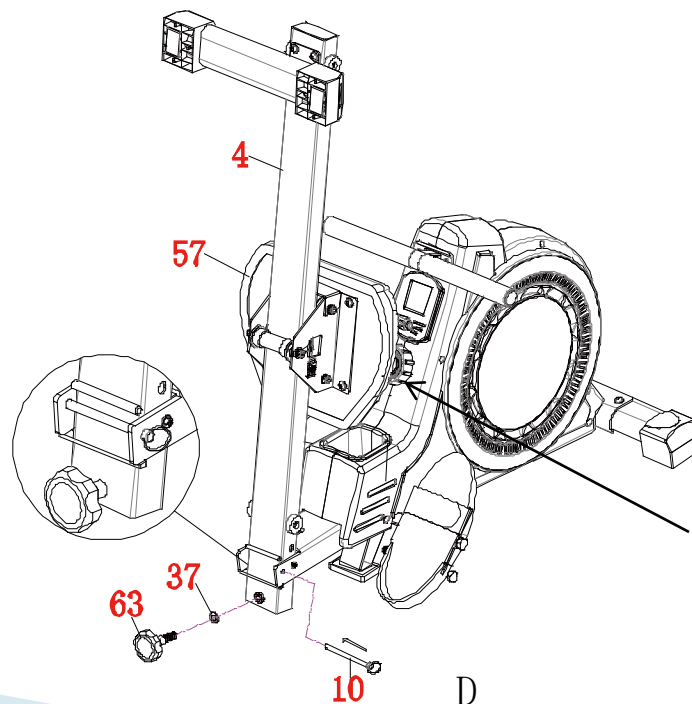
În timpul exercițiului puteți roti butonul de reglare a intensității (34) de la "+" pentru o mai mare rezistență a pedalelor sau de la "-" pentru o rezistență mai mică. Acest lucru depinde întotdeauna de starea fizică a utilizatorului. Dacă terenul nu este omogen & rama nu stă pe o suprafață stabilă, puteți ușor să reglați aparatul ca să fie stabil prin rotirea distanțatorilor pe partea posterioară al stabilizatorului conform imaginii din stânga.

STRÂNGEREA PENTRU DEPOZITARE

Deșurubați șurubul de reglare (63) și șaibe (37) al cadrului principal (4) și îndepărtați știftul (10), Vedeți Figura C apoi trageți scheletul cadru (4) în sus și reintroduceți știftul (10) de reglare (63) și șaibe (37) astfel încât încuietorile din spate să fie îndoite Vedeți Figura D.
(Notă: Asigurați-vă că firele senzorilor nu ating segmentul din față în timpul plierii cadrului).



Atenție!Când cadrul (4) este înduplecat spre sus, atunci este ușor să se lovească de rama principală!



Atenție!Pernuța scaunului alunecă spre jos în momentul în care axa (4) este pliată.

INDICAȚIILE CALCULATORULUI

FUNCȚIILE BUTONULUI:

MOD: Apăsați pentru a selecta modul. Țineți apăsat timp de 4 secunde pentru a reporni toate funcțiile. (nu puteți reporni doar o singură funcție)

FUNCȚII:

SCAN (SCANARE): Comută automat la fiecare funcție la fiecare 6 secunde.

Pornire / oprire automată

În timp ce utilizatorul începe exercițiul, pe ecran va apărea automat valoarea setată. De îndată ce opriți exercițiul după 256 de secunde, ecranul se va dezactiva. Când utilizatorul repornește exercițiul, valoarea de setare va fi reluată din punctul în care a fost oprită.

** Apăsați butonul timp de 2 secunde, toate valorile, în afara kilometrajului, vor reveni la zero.

TIME (TIMP): Afișează cumulativ timpul de exercițiu până la 99:59 minute.

Count: Afișează pașii de la 0 la 9999.

Total/count: Afișează pașii totali de la 0 la 9999.

Count/mint Afișează rotația curentă pe minut de la 0.0 la 3000.

CALORIES (CALORII): Afișează calorii consumate la fiecare exercițiu până la 999.9CAL. (Datele de mai sus pot fi utilizate doar ca o comparație între exerciții și nu în scopuri medicale)

NOTĂ

1. Când opriți exercițiul, în colțul din stânga sus va apărea un semnal „stop”.
2. Dacă pe calculator nu se transmite niciun semnal timp de 4 minute, afișajul se va dezactiva în mod automat, iar valorile tuturor funcțiilor vor fi salvate.
3. Porniți monitorul apăsând pe buton sau pedalând. Toate valorile (în afara vitezei) vor continua de la exercițiul anterior.
4. Dacă indicatoarele nu apar corect pe monitor, vă rugăm să reintroduceți bateria pentru a avea rezultate bune.
5. Tipul bateriei: (LR44) 1buc.

Descriere camp:

Opțiuni	SCANARE	fiecare 6 secunde.
	TIMP	0:00—99:0059
	Count	0—9999 times
	CALORII	0—999.9AL.
	Total/count:	0—9999 times
Bateriei		2buc
Operare la temperatură		0—40
Depozitare la temperatură		- 0 éως +60

GARANȚIA APARATULUI DE VÂSLIT

Garanția este valabilă doi (2) an de la data achiziției produsului

- Garanția acoperă orice eroare de fabricație.
 - Eventuala înlocuire a unei piese de schimb este la latitudinea tehnicianului.
 - Costul asamblării și al verificării sunt acoperite de consumator.
 - Vizita tehnică după 14 zile calendaristice de la data achiziționării va fi plătită de către consumator, care va achita taxa cerută de firmă.
 - Dacă se depășesc limitele service-ului, aparatul va fi trimis la service-ul central.
1. În cazul defectării în termen de 14 zile de la data cumpărării, produsul va fi preluat printr-o firmă de transport de la locația clientului. În acest caz, costurile de transport sunt suportate de companie.
(Dacă este o defecțiune a dispozitivului).
 2. În cazul defectării după 14 zile de la data cumpărării produsul va fi transportat de către client la firma de transport. Costurile transportului de către firma de transport până la service și viceversa sunt acoperite de către companie. (Dacă este o defecțiune a dispozitivului).
- Garanția se aplică numai primului cumpărător al produsului.
 - Garanția se aplică numai dacă produsul funcționează în casă - în interior și nu în săli de sport, cluburi, zone de folosință comună, în aer liber etc.
 - Repararea oricărei defecțiuni se realizează cât mai repede posibil.
 - Nu este posibilă cererea de despăgubire a clientului, fie din cauza lipsei pieselor de schimb, fie din cauza unei întârzieri a reparării.
 - Costurile de transport de la compania de transport la service și invers sunt acoperite de client.(Dacă aceasta este o defecțiune client).

GARANȚIA NU ESTE VALABILĂ

- Când deteriorarea a fost cauzată de utilizarea incorectă sau de întreținerea necorespunzătoare.
- De asemenea, garanția nu acoperă consumabile și materiale de fricțiune, cum ar fi piese de plastic, pedale, transformatoare, curele, piese cu burete, care se uzează prin utilizare sau din altă cauză.
- Garanția nu acoperă pagubele produse de persoane neautorizate pentru reparații.
- Garanția nu acoperă daunele rezultate din asamblarea necorespunzătoare.
- Pentru a fi valabilă garanția, trebuie să se prezinte dovada achiziției.

În toate aceste cazuri, utilizatorul plătește vizita și piesele de schimb.

- Compania și importatorul nu sunt responsabili pentru eventualele erori tipografice.
- Produsul are o autorizație de introducere pe piață în Comunitatea Europeană, CE

Date de contact

Contact normal deschis	INTERSPORT România
Țara	România
Denumirea companiei	SC GENCO TRADE SRL
Adresa 1	Strada Biharia, numărul 67-77, Sector 1
Adresa 2	-
Codul Poștal	013981
Orașul	București
Județul	-
Țara	România
Telefon	+40 21 201 11 80
Fax	+40 21 201 11 87
Internet	www.intersport.ro
E-mail	office@genco.ro
Mențiuni	-

**R2.3 ГРЕБЕН ТРЕНАЖОР
С МАГНИТНО**



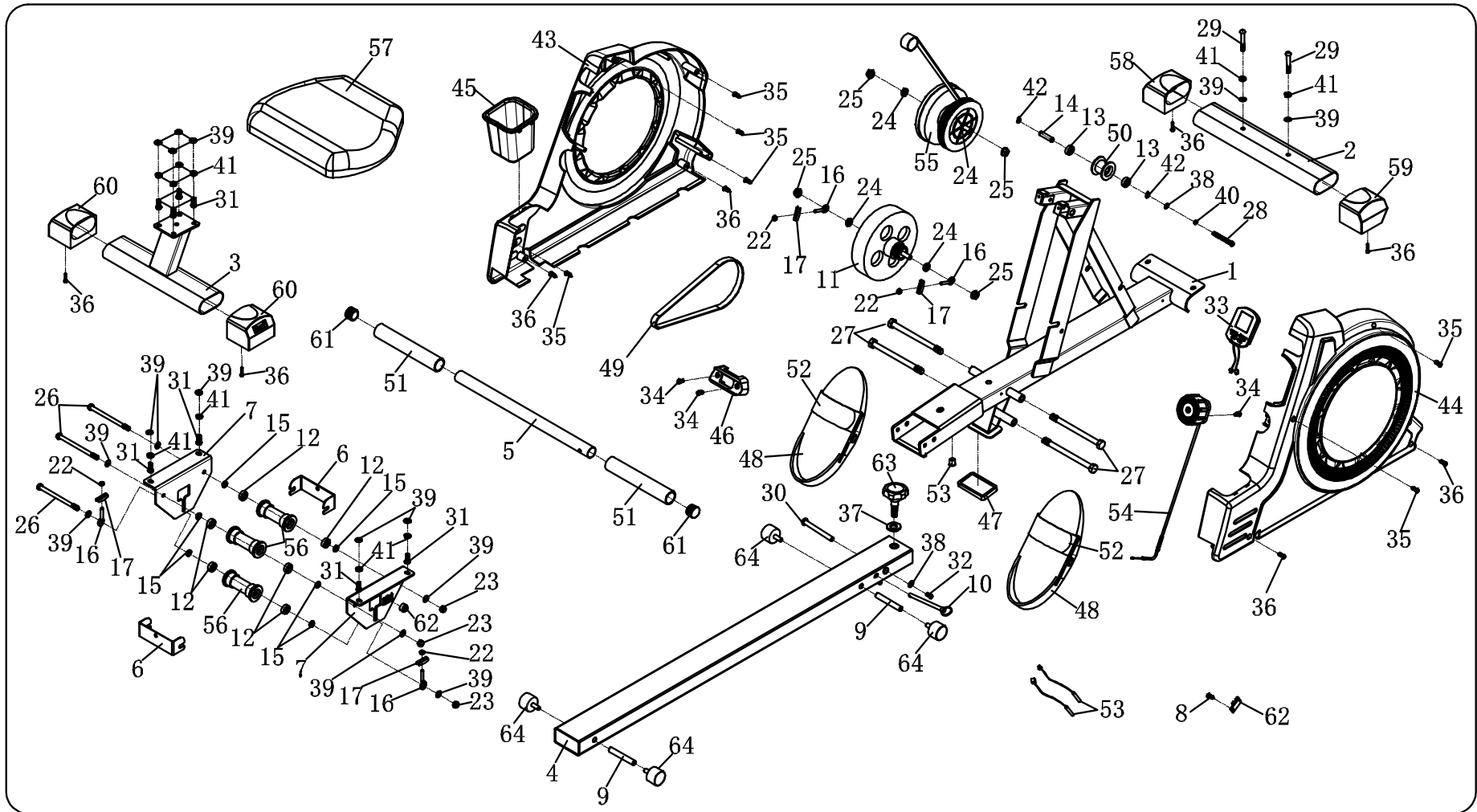
BULGARIAN MANUAL

ВАЖНИ ИНСТРУКЦИИ ЗА БЕЗОПАСНОСТ

Моля, съхранявайте това ръководство на сигурно място, за да можете лесно да го използвате в бъдеще.

1. Важно е да прочетете цялото ръководство преди да пристъпите към сглобяване и използване на уреда. Сигурната и ефективна употреба може да се постигне само ако уредът е сглобен и се поддържа и използва правилно. Ваша отговорност е да се уверите, че всички потребители на уреда са информирани за всички предупреждения и предпазни мерки.
2. Преди да започнете каквато и да е тренировъчна програма, трябва да се консултирате с Вашия лекар, за да определите дали се намирате в каквото и да е медицинско или физическо състояние, което би могло да изложи на риск Вашето здраве или безопасност или да предотврати правилното използване на уреда. Съветът на Вашия лекар е от съществено значение, ако приемате лекарства, които влияят на сърцето, кръвното налягане или нивата на холестерол.
3. Обръщайте внимание на сигналите на тялото. Неправилното или прекомерно упражняване може да е вредно за вашето здраве. Спрете упражнението, ако получите някой от следните симптоми: болка, стягане в гърдите, аритмия, прекомерно задъхване, главоболие, замаяност или гадене. Ако изпитате някое от тези състояния, трябва да се консултирате с Вашия лекар, преди да продължите тренировъчната си програма.
4. Пазете децата и животните далеч от уреда. Уредът е предназначена само за възрастни.
5. Използвайте уреда на стабилна, равна повърхност със защитно покритие за пода или килима. За да сте сигурни в безопасността си, уредът трябва да бъде поне на 0,5 метра около нея.
6. Преди да използвате уреда, проверете дали болтовете и гайките са здраво затегнати.
7. Безопасността на уреда може да бъде гарантирана само ако правите редовни проверки за повреди и / или износване.
8. Винаги използвайте уреда според указанията. Ако откриете дефектни части при сглобяването или приверката на уреда, или когато чуете необичайни шумове от уреда по време на употреба, спрете незабавно. Не използвайте уреда, докато проблемът не бъде разрешен.
9. Носете подходящо облекло, когато използвате уреда. Избягвайте да носите широки дрехи, които могат да се захванат за уреда или да ограничат или блокират движението.
10. Уредът е тестван и сертифициран в клас H.C. EN957 Подходящ е само за домашна употреба. Максимално тегло на потребителя: 120 кг. Спирачният капацитет не зависи от скоростта.
11. Уредът не е подходящ за терапевтична употреба.
12. Внимавайте, когато повдигате или премествате уреда, така че да не нараните гърба си. Винаги използвайте подходящите техники за повдигане и / или поискайте помощ, ако смятате, че е необходимо.
13. Всички подвижни части (например педали, седалка ... и т.н.) се нуждаят от седмична поддръжка. Проверете всичко преди употреба. Ако някой аксесоар е счупен или разхлабен, моля, сменете го незабавно. Можете да използвате своя елиптичен велосипед, когато е отново в добро състояние.

АНАЛИТИЧНА СХЕМА ЗА СГЛОБЯВАНЕ



















СПИСЪК НА ЧАСТИТЕ

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	29	Bolt M8*55	2
2	Front foot tube frame	1	30	Bolt M10*95	1
3	Rear foot tube frame	1	31	Bolt M8*20	8
4	Slide tube frame	1	32	Bolt M6*15	1
5	Tension tube	1	33	Computer	1
6	Seat cushion limiting plate	1	34	Bolt M5*15	3
7	Seat cushion mounting plate	2	35	Bolt ST4.2*30	6
8	Screw ST4.2*9.5	1	36	Bolt ST4.2*30	4
9	Double-thread screw Φ 12*80	1	37	Flat washer Φ 12	1
10	Hanging ring bolt Φ 8*112	1	38	Flat washer Φ 6	2
11	Magnetic wheel 3KG	1	39	Flat washer Φ 8	16
12	deep groove ball bearing 608-2RS	6	40	Spring Washer 6	1
13	deep groove ball bearing 6000-2RS	2	41	Spring Washer 8	10
14	Pulley casing	1	42	Type c buckle ϕ 9.3*1.0	2
15	Pulley spacer	6	43	left protective cover	1
16	Pull rod M6*51	4	44	Right protective cover	1
17	Pull rod limiting plate	4	45	Water bottle box	1
18	Open end wrench S17-19	1	46	Armrest fixing pad	1
19	Allen Wrench S=5	1	47	cushion pad	1
20	Battery	2	48	pedal	2
21	Wrench with screw driver S13/14/15	1	49	Belt PJ686/270J	1
22	Screw M6	4	50	Ribbon pulley Φ 45*35	1
23	Screw M8	3	51	Foam L=210mm	2
24	Screw M10*1.0	4	52	Foot pedal adjusting belt	2
25	Screw M10*1.0	4	53	Bottom wire 500mm	2
26	Bolt M8*125*25	3	54	Resistance Knob (assembly)	1
27	Bolt M12*160*20	4	55	Pullback device	1
28	Bolt M6*60	1	56	Seat cushion tube wheel Φ 40*92	3

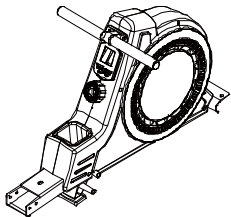
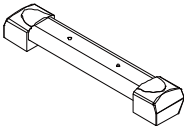
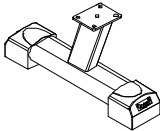
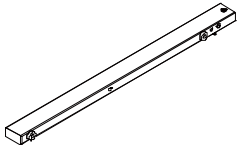
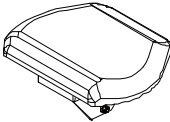
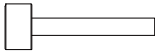
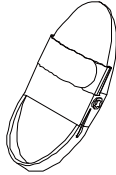


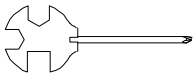


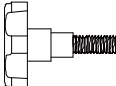
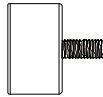
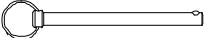

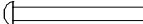
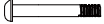




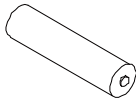
СПИСЪК НА ЧАСТИТЕ

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
57	Seat cushion	1	63	Knob M12	1
58	Front left foot tube sleeve	1	64	Foot pad $\Phi 25*18$	4
59	Front right foot tube sleeve	1			
60	Rear foot tube sleeve	2			
61	Circular tube plug	2			
62	Sensor fixing clip	1			

инструменти

	#19 S=5	1PC
	#21 S13/14/15	1PC
	#18 S17-19	1PC
	#64 $\Phi 25*18$	1PC
	#63 M12	1PC
	#9 $\Phi 12*80$	1PC
	#10 $\Phi 8*112$	1PC
	#27 M12*160*20	4PCS
	#30 M10*95*25	1PC
	#29 M8*55*20	2PCS
	#32 M6*15	1PC
	#31 M8*20	4PCS
	#37 $\Phi 12$	1PC
	#39 $\Phi 8$	6PCS
	#38 $\Phi 6$	1PC
	#41 M8	6PCS

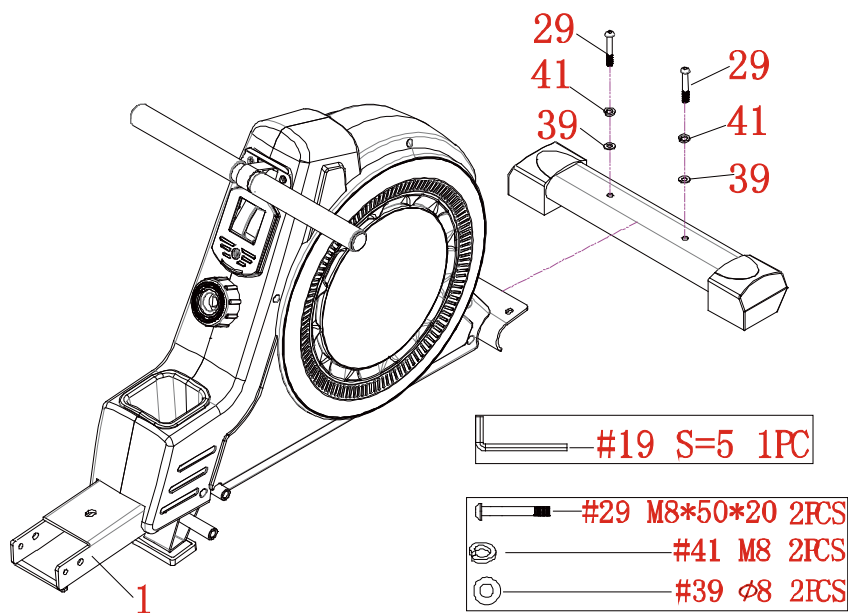
ИНСТРУКЦИИ ЗА МОНТАЖ

 1	 2	 3	 4	 57	 9
 48	 18	 19	 21	 39	 41
 63	 64	 10	 27	 30	 29
 32	 31	 37	 38	 20	

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	64	foot pad	Φ25*18	1
2	Front foot tube frame		1	10	Hanging ring bolt	Φ8*112	1
3	Rear foot tube frame		1	27	Bolt	M12*160*20	4
4	Slide tube frame		1	30	Bolt	M10*95	1
57	Seat cushion		1	29	Bolt	M8*55	2
48	Foot pedal		2	32	Bolt	M6*15	1
18	Open end wrench	S17-19	1	31	Bolt	M8*20	4
19	Allen Wrench	S=5	1	37	Flat washer	Φ12	1
21	Allen Wrench	S13、14、15	1	38	Flat washer	Φ6	1
9	Double thread screw	Φ12*80	1	39	Flat washer	Φ8	6
63	Knob M12	M12	1	41	Spring washer	8	6
20	battery		2				

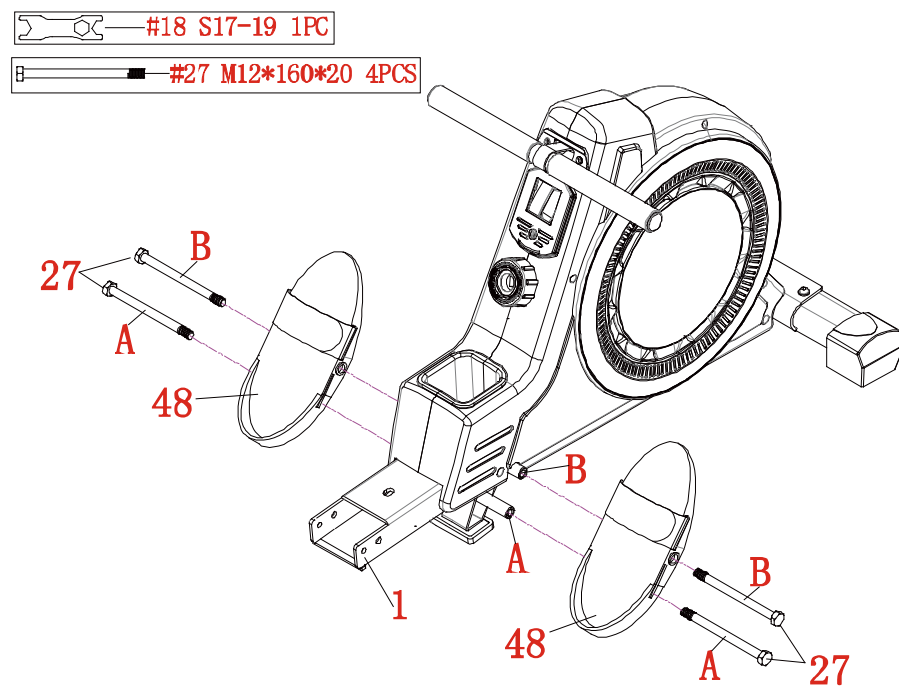
СТЪПКА 1

Използвайте гаечен ключ Аллен (19) и прикрепете към основната рамка (1) предния стабилизатор (2) с помощта на винтове (29), шайби (гровер) (41) и прави шайби (39).



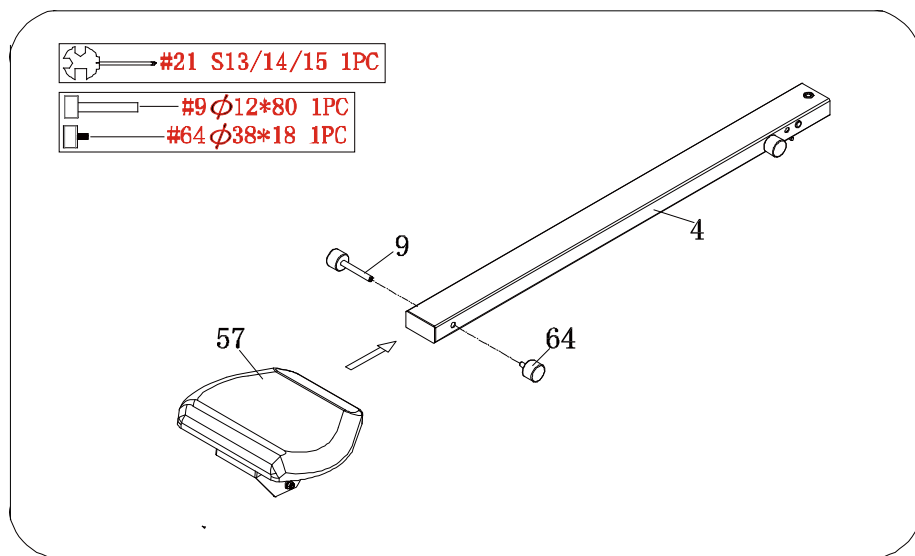
СТЪПКА 2

1. Използвайте ключа (18) и прекарайте болтовете (27) в позиция А на основната рамка (1) през педалите.
2. Монтирайте болтовете (27) през педалите (48) в позиция В на основната рамка (1). Долната част на педалите трябва да бъде монтирана на болтовете в позиция А. 3. След като поставите четирите болта, поставете долната част на педалите в позиция А и след това затегнете.



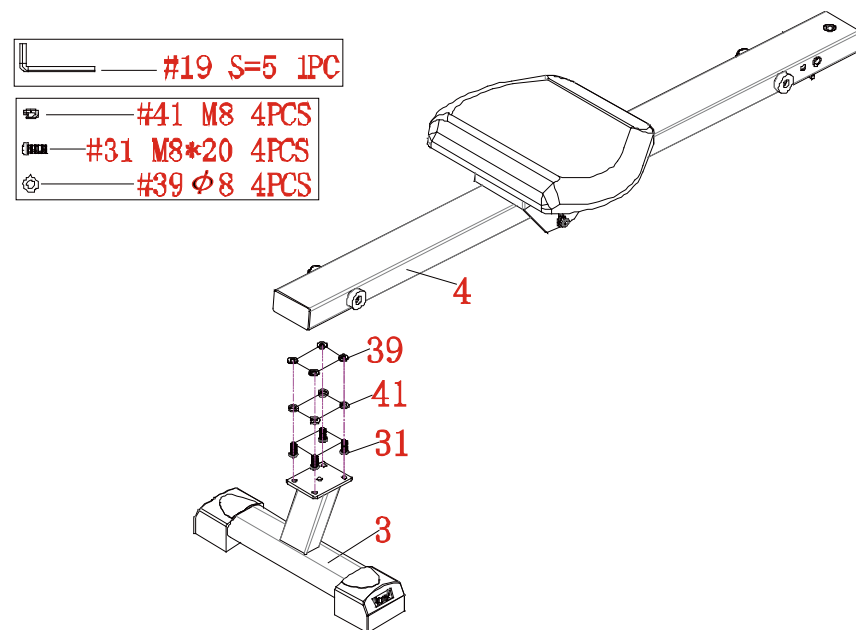
СТЪПКА 3

1. Поставете възглавницата на седалката (57) върху плъзгащата се тръба (4).
2. Поставете болта (9) през отвора към плъзгащата се тръба (4), и завийте подложката за крака (64) към тръбата (4).



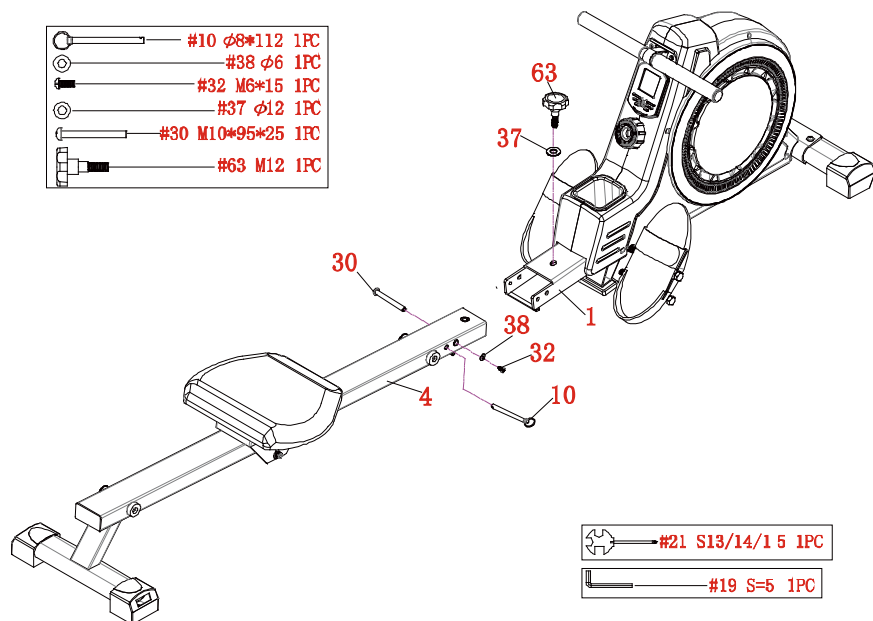
СТЪПКА 4

Използвайте гаечен ключ Аллен (19), винтове (31), шайби (гровер) (41) и прави шайби (39), за да монтирате задния стабилизатор (3) към рамката на тръбата (4).



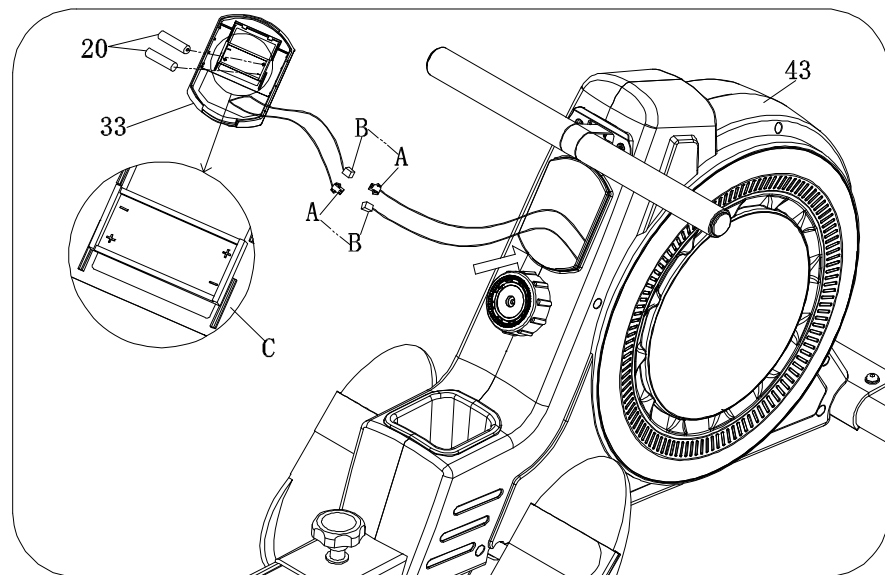
СТЪПКА 5

1. След това поставете болта (30), плоската шайба (38) и гайката (32) върху оста (4) и я прикрепете към основната рамка (1), накрая поставете щифта за окачване (10).
1. Поставете регулиращия винт (63) с плоска шайба (37) към основната рамка (1) и я затегнете върху оста (4).

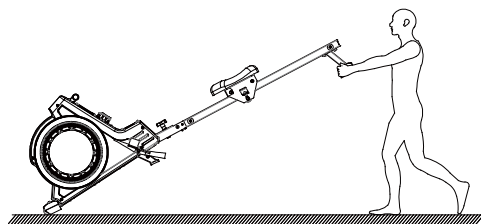
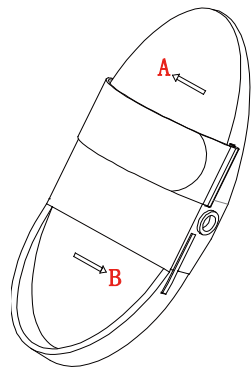


СТЪПКА 6

1. Свалете компютъра (33) от защитния капак (43).
2. След като извадите компютъра (33), поставете сухата батерия (20) в кутията на батерията, положителният полюс на батерията е инсталиран на положителния полюс на компютъра (33), както е показано на С на компютъра (33) на фигурата
3. Свържете проводника А / В на компютъра (33) с проводника В / А, който е вътре в защитния капак (43).
4. Поставете компютъра обратно в защитен капак (43).



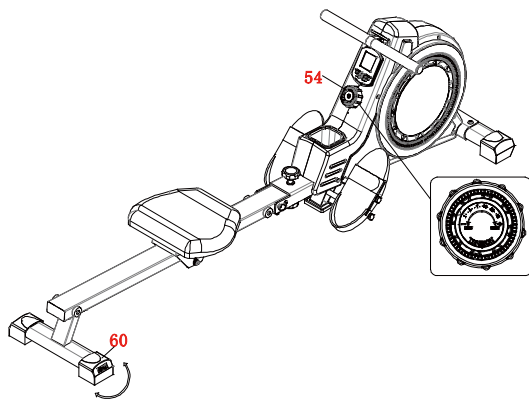
РЪКОВОДСТВО ЗА РЕГУЛИРАНЕ



Внимание!

Подвижните части, като седалката, могат да причинят наранявания.

Дръжте ръцете си далеч от плъзгащата се релса, когато използвате уреда!



КАИШИ ЗА РЕГУЛИРАНЕ

Кайшите на педалите са регулируеми, така че да могат да се регулират в зависимост от размера на крака.

ТРАНСПОРТИРАНЕ НА УРЕДА

Рамката на предния стабилизатор включва колела в предната част, повдигнете лесно задния стабилизатор и така можете да транспортирате уреда на желаното място.

DİRENÇ AYARI

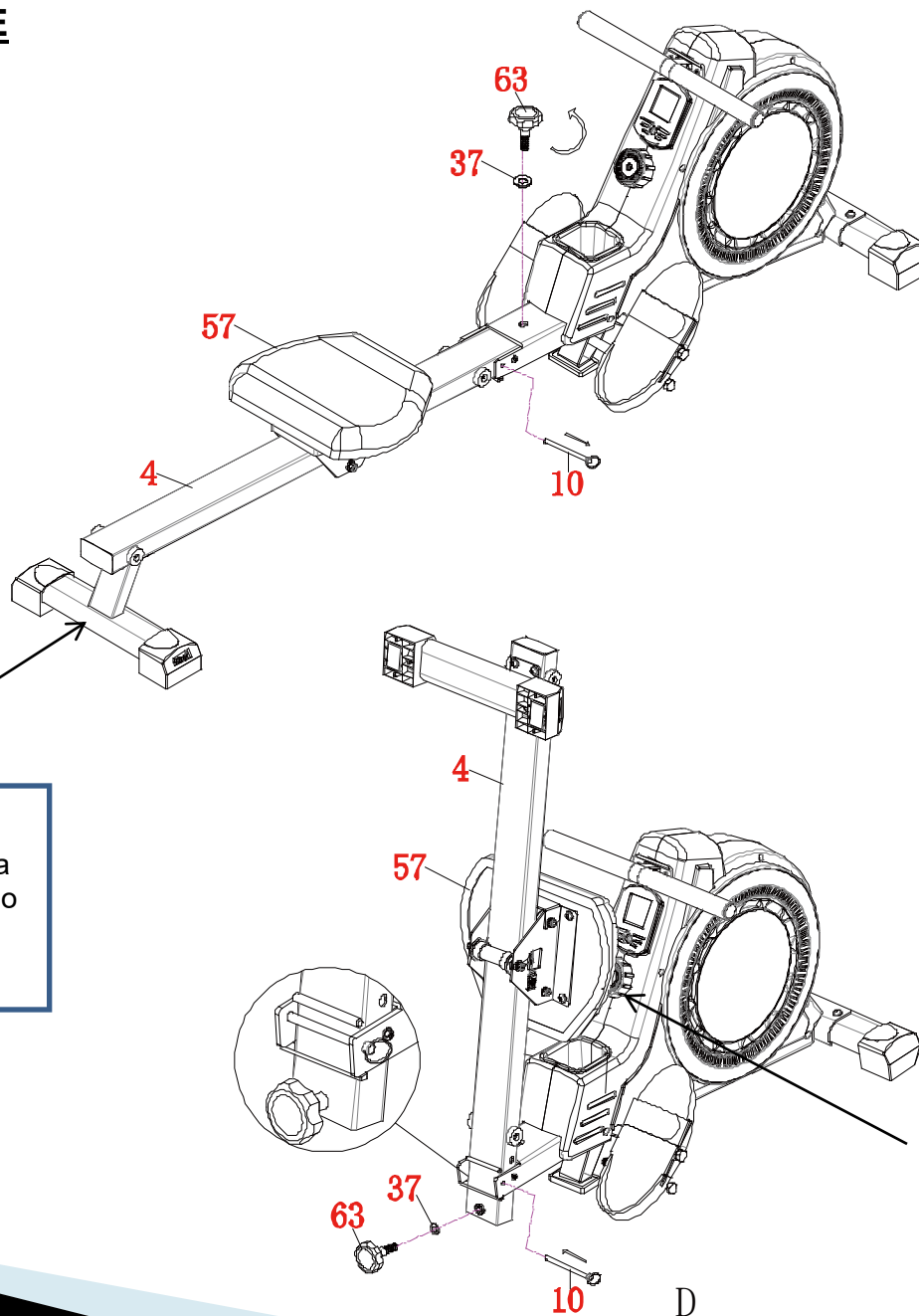
Direnç ayarı düğmesini (34) (“+” pedaldaki direnci artırmak için) veya (“-” pedaldaki direnci azaltmak için) egzersiz sırasında arzu ettiğiniz yöne çevirebilirsiniz.

Ако земята не е равномерна и рамката не лежи върху стабилна повърхност, можете лесно да регулирате уреда, за да е стабилен, като завъртите дистанционерите в задната част на стабилизатора – лява картина.

СГЪВАНЕ ЗА СЪХРАНЕНИЕ

Развийте регулиращия винт (63) & шайба (37) от основната рамка (4) и извадете щифта (10), (Вижте фигура С), след това издърпайте рамката на скелета (т.4) нагоре и поставете щифта (10), винт (63) & шайба (37) така че задната част да се заключи в сгънато положение. (Вижте фигура D)
(Забележка: Уверете се, че кабелите на сензора не се допират, когато сгъвате рамката напред).

Внимание! Когато рамката (4) е сгъната нагоре, е много лесно да се сблъска с основното тяло!



Внимание! Възглавницата на седалката се плъзга надолу веднага щом оста (4) се сгъне.

ИНДИКАТОРИ НА КОМПЮТЪРА

ФУНКЦИИ НА БУТОНА:

РЕЖИМ: Натиснете, за да изберете функция. Задръжте за 3 секунди, за да рестартирате всички функции.

(не можете да рестартирате само една функция)

ФУНКЦИИ:

СКАНИРАНЕ: Автоматично превключва към всеки режим на всеки 6 секунди

Автоматично включване / изключване

Когато потребителят започне упражнението, на екрана ще се появи автоматично брояча на настройката със съответната стойност. Веднага щом спрете да тренирате за повече от 240 секунди, екранът ще се изключи. Когато потребителят рестартира упражнението, броячът на настройката ще започне да брои от точката, в която е била спряна.

** Натиснете бутона за 3 секунди и всички стойности, освен одомертъра, ще бъдат нулирани.

ВРЕМЕ: Показва общото време на тренировка за 99:59 минути

Брой: Показва стъпки от 0 до 9999.

Общо /брой: Показва общите стъпки от 0 до 9999.

Брой/мин Показва текущото въртене в минута от 0.0 до 3000.

КАЛОРИИ: Показва калориите, които сте изразходвали при всяка тренировка до 999.9CAL. (Горните данни могат да се използват само като сравнение между тренировките и не по медицински причини)

ВНИМАНИЕ

Когато спрете тренировката, в горния ляв ъгъл ще се появи "стоп" сигнал.

Ако в продължение на 4 минути не се предава сигнал към компютъра, екранът автоматично ще се изключи и стойностите на всички функции ще бъдат запазени.

Включете монитора, като натиснете бутона или завъртите педалите. Всички стойности (освен скоростта) ще продължат да се броят от предишната тренировка.

Ако индикаторите не се появяват правилно на монитора, моля, сменете батерията за по-добри резултати.

Тип батерия: (LR44) (бр 1.)

Описание на полето:

Опции	СКАНИРАНЕ	всеки 6 секунди
	ВРЕМЕ	0:00—99:0059
	Брой	0—9999 times
	КАЛОРИИ	0—999.9AL.
	Общо /брой	0—9999 times
батерия	(бр 2.)	
Работа при температура	0—40	
Съхранение при температура	- 0 έως +60	

ГАРАНЦИЯ НА ГРЕБЕН ТРЕНАЖОР С МАГНИТНО НАТОВАРВАНЕ

Гаранцията е валидна за Две (2) години от датата на покупката

- Гаранцията покрива всички производствени грешки.
 - Подмяната на резервни части е по преценка на техника.
 - Сглобяването и проверката са за сметка на потребителя.
 - Посещението на техник след 14-те календарни дни от датата на покупката ще бъде начислено на потребителя с валидната такса на компанията.
 - Извън границите на сервизната услуга уредът ще се изпраща в основното сервизно помещение.
1. Уреди, повредени в рамките на 14 дни от датата на покупката, ще се получават от транспортна компания от местоположението на клиента. В този случай транспортните разходи се поемат от дружеството.
(Ако става дума за неизправност на уреда).
 2. Уреди, повредени след 14 дни от датата на покупката ще се транспортират от клиента в транспортната компания. Транспортните разходи от транспортната компания до сервизното помещение и обратно са за сметка на компанията.
(Ако става дума за неизправност на уреда).
- Гаранцията важи само за първия купувач на продукта.
 - Гаранцията важи само ако продуктът работи в дом - на закрито и не във фитнес зала, спортни зали, клубове, помещения на открито и др.
 - Ремонтирайте всички повреди възможно най-скоро.
 - Искове за обезщетение на клиента, поради липса на резервни части или поради забавяне на ремонта, не се приемат.
 - Транспортните разходи от транспортната компания до сервизната зала и обратно са за сметка на клиента. (Ако това е неизправност на потребителя).

ГАРАНЦИЯТА НЕ ВАЖИ

- Когато повредата е причинена от неправилна употреба или лоша поддръжка.
- Освен това, гаранцията не покрива консумативи и фрикционни материали като пластмасови части, педали, трансформатори, ремъци, дунапренови части, които са повредени от употреба или по друга причина.
- Гаранцията не покрива щети поради виновност на неупълномощени за извършването на ремонт лица.
- Гаранцията не покрива повреди, причинени от лошо сглобяване.
- За да важи, гаранцията трябва да бъде придружена от доказателство за покупка.

Във всички горепосочени случаи потребителят поема разходите за посещение и резервни части.

- Компанията и вносителят не носят отговорност за евентуални печатни грешки.
- Продуктът е одобрен за търговия в Европейската общност, CE CE

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**R2.3 MANYETİK
KONDİSYON KÜREĞİ**



TURKISH MANUAL

ÖNEMLİ GÜVENLİK TALİMATLARI

Lütfen bu kılavuzu her zaman yanınızda bulundurunuz.

1. Bu ekipmanı monte etmeden ve kullanmadan önce, bu kılavuzun tümünü okumanız önemlidir. Ekipmanın doğru bir şekilde monte edilmesi, bakımının yapılması ve kullanılması durumunda ancak güvenli ve etkin bir şekilde kullanılabilir. Tüm kullanıcının tüm uyarılar ve önlemler hakkında bilgi verilmesi, sizin sorumluluğunuzdadır.
2. Herhangi bir egzersiz programına başlamadan önce, sağlığını ve güvenliğini riske sokabilecek ya da ekipmanı uygun bir şekilde kullanmanızı engelleyebilecek herhangi bir tıbbi ya da fiziksel durumunuzu tespit etmek için, doktorunuza danışmanız gerekmektedir. Kalp atışı hızınızı, kan basıncınızı ya da kolesterol seviyenizi etkileyen bir tedavi görüyorsanız, doktorunuzun tavsiyesi gereklidir.
3. Vücudunuzun verdiği tepkilere dikkat ediniz. Yanlış yada fazla egzersiz sağlığınıza zarar verebilir. Aşağıdaki bulgulardan biriyle karşılaşmanız durumunda, egzersiz yapmayı bırakın: ağrı, göğüs ağrısı, düzensiz kalp atışı, nefesin fazla kesilmesi, bayılma hissi, baş dönmesi ya da bunaltı hissi. Eğer bu durumlardan herhangi birini tecrübe ediyorsanız, egzersiz programınızı devam etmeden önce, doktorunuza danışmanız gerek.
4. Çocukları ve evcil hayvanları ekipmandan uzak tutunuz. Bu ekipman sadece yetişkinlerin kullanımı için tasarlanmıştır.
5. Bu ekipmanı sert ve düz bir yüzey üzerinde, zemin ya da halı için koruyucu bir örtü ile birlikte kullanınız. Güvenliği sağlamak için ekipmanın çevresi ile her yönden 0,5 metre boşluğu olmalıdır.
6. Ekipmanı kullanmadan önce, civataların ve somunların doğru şekilde sıkıldığından emin olunuz.
7. Ekipmanın güvenliğini, düzenli olarak hasar olup olmadığını kontrol ederek sağlayabilirsiniz.
8. Ekipmanı, her zaman belirtildiği şekilde kullanınız. Eğer ekipmanı monte ederken ya da kontrol ederken herhangi bir hasarlı parçanın bulunması ya da kullanım sırasında ekipmandan herhangi bir olağan dışı ses duyarsanız, hemen durdurun. Sorun çözülmeden ekipmanı kullanmayınız.
9. Ekipmanı kullanırken uygun giysiler giyiniz. Ekipmana takılabileceğinden veya hareketi sınırlandırıp, engelleyebileceğinden ötürü bol giysiler giymekten kaçınınız.
10. Ekipman, H.C sınıfına tabi olarak maksimum kullanıcı ağırlığı olarak 120kg için test edilmiştir. Fren özelliği, hızdan bağımsızdır.
11. Ekipman terapötik kullanım için uygun değildir.
12. Sırtınıza zarar vermemek için, ekipmanı taşıırken ya da kaldırırken gerekli özen gösterilmelidir.
13. Tüm sokülebilir parçalar için (örn. Pedalar, oturaklar vb.) haftalık bakım gereklidir. Ekipmanı kullanmadan önce her şeyi kontrol ediniz. Herhangi bir parça kırılmış veya gevşemişse, lütfen hemen değiştiriniz.

















PARÇA LİSTESİ

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	29	Bolt M8*55	2
2	Front foot tube frame	1	30	Bolt M10*95	1
3	Rear foot tube frame	1	31	Bolt M8*20	8
4	Slide tube frame	1	32	Bolt M6*15	1
5	Tension tube	1	33	Computer	1
6	Seat cushion limiting plate	1	34	Bolt M5*15	3
7	Seat cushion mounting plate	2	35	Bolt ST4.2*30	6
8	Screw ST4.2*9.5	1	36	Bolt ST4.2*30	4
9	Double-thread screw Φ 12*80	1	37	Flat washer Φ 12	1
10	Hanging ring bolt Φ 8*112	1	38	Flat washer Φ 6	2
11	Magnetic wheel 3KG	1	39	Flat washer Φ 8	16
12	deep groove ball bearing 608-2RS	6	40	Spring Washer 6	1
13	deep groove ball bearing 6000-2RS	2	41	Spring Washer 8	10
14	Pulley casing	1	42	Type c buckle ϕ 9.3*1.0	2
15	Pulley spacer	6	43	left protective cover	1
16	Pull rod M6*51	4	44	Right protective cover	1
17	Pull rod limiting plate	4	45	Water bottle box	1
18	Open end wrench S17-19	1	46	Armrest fixing pad	1
19	Allen Wrench S=5	1	47	cushion pad	1
20	Battery	2	48	pedal	2
21	Wrench with screw driver S13/14/15	1	49	Belt PJ686/270J	1
22	Screw M6	4	50	Ribbon pulley Φ 45*35	1
23	Screw M8	3	51	Foam L=210mm	2
24	Screw M10*1.0	4	52	Foot pedal adjusting belt	2
25	Screw M10*1.0	4	53	Bottom wire 500mm	2
26	Bolt M8*125*25	3	54	Resistance Knob (assembly)	1
27	Bolt M12*160*20	4	55	Pullback device	1
28	Bolt M6*60	1	56	Seat cushion tube wheel Φ 40*92	3

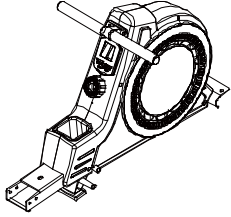
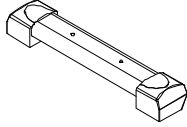
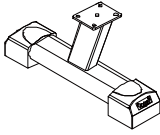
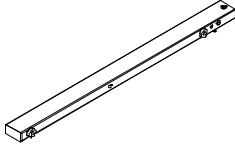
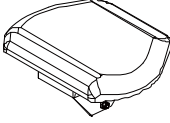
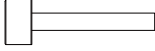
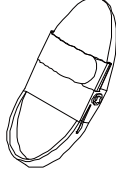


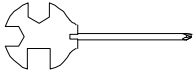


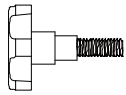
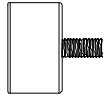
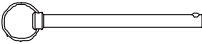

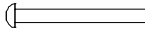
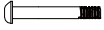




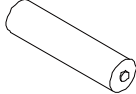
PARÇA LİSTESİ

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
57	Seat cushion	1	63	Knob M12	1
58	Front left foot tube sleeve	1	64	Foot pad $\Phi 25 \times 18$	4
59	Front right foot tube sleeve	1			
60	Rear foot tube sleeve	2			
61	Circular tube plug	2			
62	Sensor fixing clip	1			

Aletleri

	#19 S=5	1PC
	#21 S13/14/15	1PC
	#18 S17-19	1PC
	#64 $\Phi 25 \times 18$	1PC
	#63 M12	1PC
	#9 $\Phi 12 \times 80$	1PC
	#10 $\Phi 8 \times 112$	1PC
	#27 M12*160*20	4PCS
	#30 M10*95*25	1PC
	#29 M8*55*20	2PCS
	#32 M6*15	1PC
	#31 M8*20	4PCS
	#37 $\Phi 12$	1PC
	#39 $\Phi 8$	6PCS
	#38 $\Phi 6$	1PC
	#41 M8	6PCS

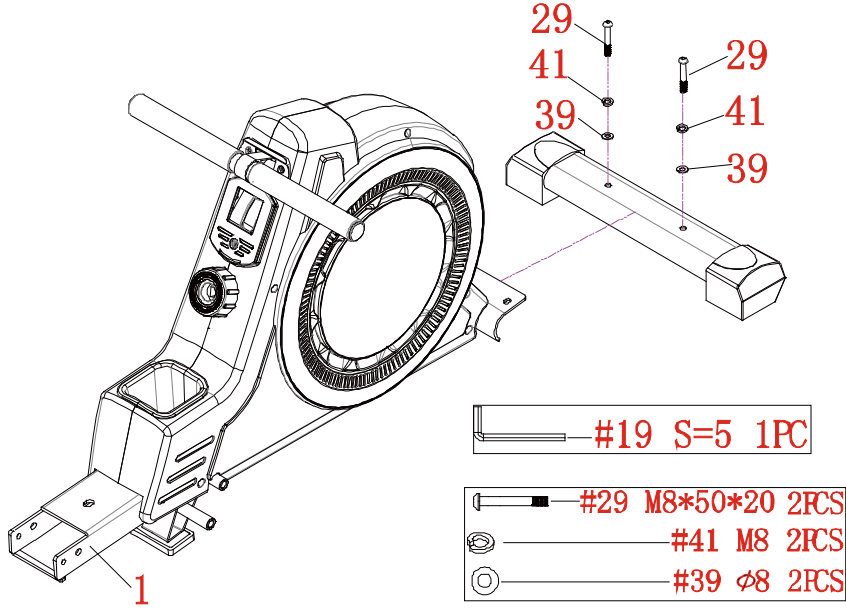
MONTAJ TALİMATLARI

 1	 2	 3	 4	 57	 9
 48	 18	 19	 21	 39	 41
 63	 64	 10	 27	 30	 29
 32	 31	 37	 38	 20	

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main frame		1	64	foot pad	Φ25*18	1
2	Front foot tube frame		1	10	Hanging ring bolt	Φ8*112	1
3	Rear foot tube frame		1	27	Bolt	M12*160*20	4
4	Slide tube frame		1	30	Bolt	M10*95	1
57	Seat cushion		1	29	Bolt	M8*55	2
48	Foot pedal		2	32	Bolt	M6*15	1
18	Open end wrench	S17-19	1	31	Bolt	M8*20	4
19	Allen Wrench	S=5	1	37	Flat washer	Φ12	1
21	Allen Wrench	S13、14、15	1	38	Flat washer	Φ6	1
9	Double thread screw	Φ12*80	1	39	Flat washer	Φ8	6
63	Knob M12	M12	1	41	Spring washer	8	6
20	battery		2				

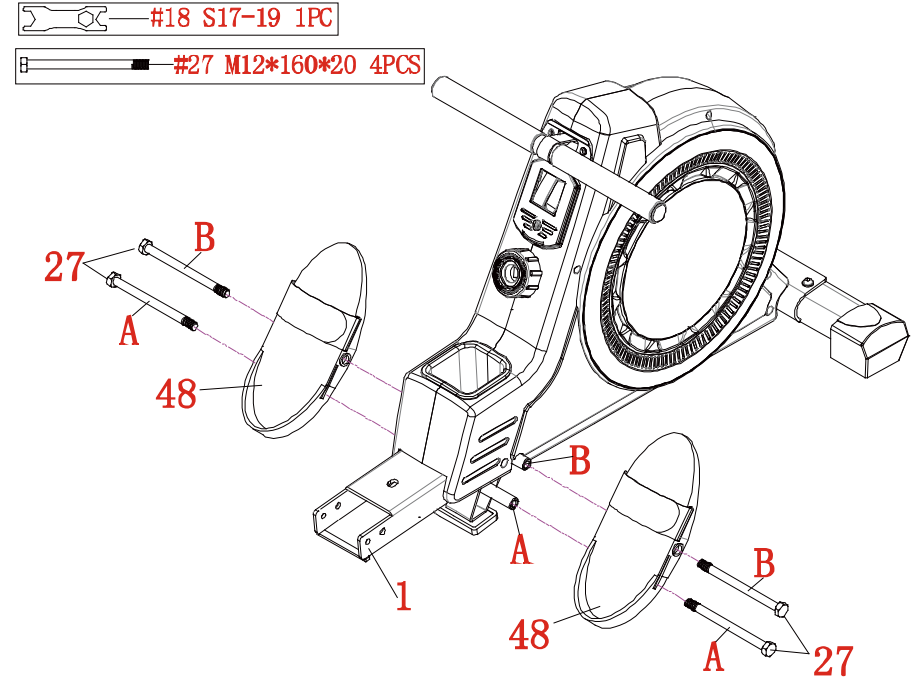
1.ADIM

Allen anahtarını kullanın (19) & vida (29), rondela (grover) (41) & düz rondela (39) kullanarak ana bölüme (1) ön stabilizatörü (2) yerleştirin.



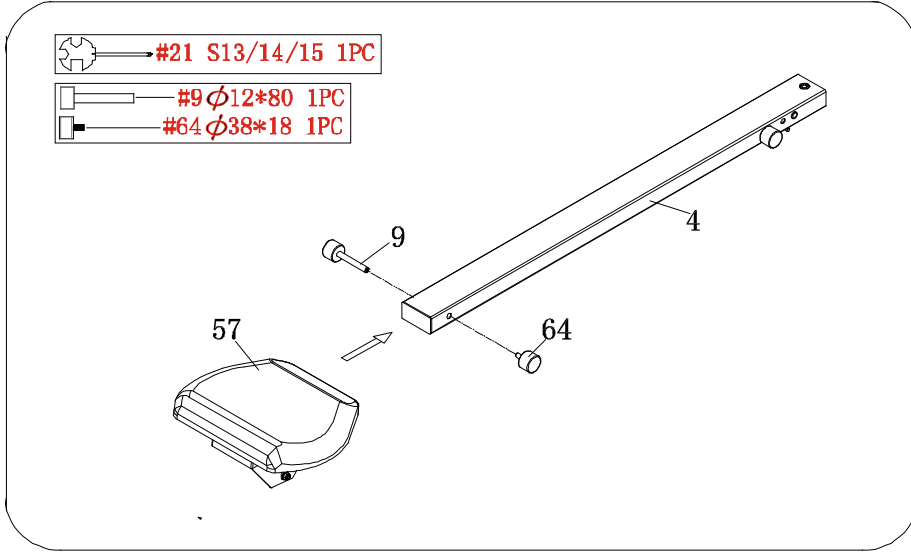
2.ADIM

1. Anahtarı kullanın (18)& civataları (27) ana bölümün A yerine(1) pedalların içinden geçirin.
2. Civataları (27) pedalların içinden (48) ana bölümün (1) B yerine yerleştirin. Pedalların alt kısmı A yerli civatalara yerleştirilmeli. 3. Dört civatayı yerleştirdikten sonra sonar pedalların alt kısmını A yerine yerleştirip vidalayın.



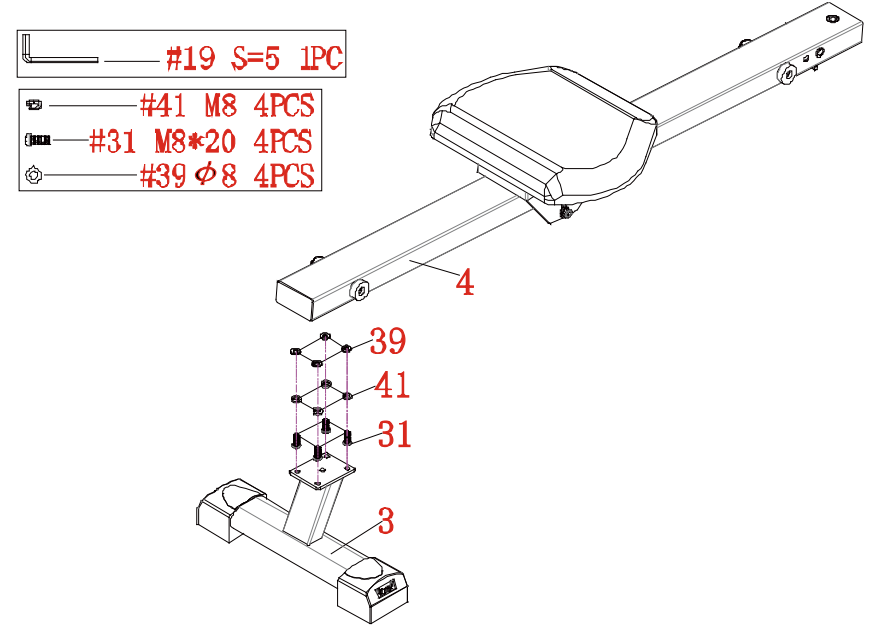
3.ADIM

1. Oturma yastığını (57) kayma borusuna (4) yerleştirin.
2. Cıvatayı (9) sürgülü borunun (4) deliğine sokun ve ayak pedini (64) sürgülü boruya (4) sıkıca vidalayın.



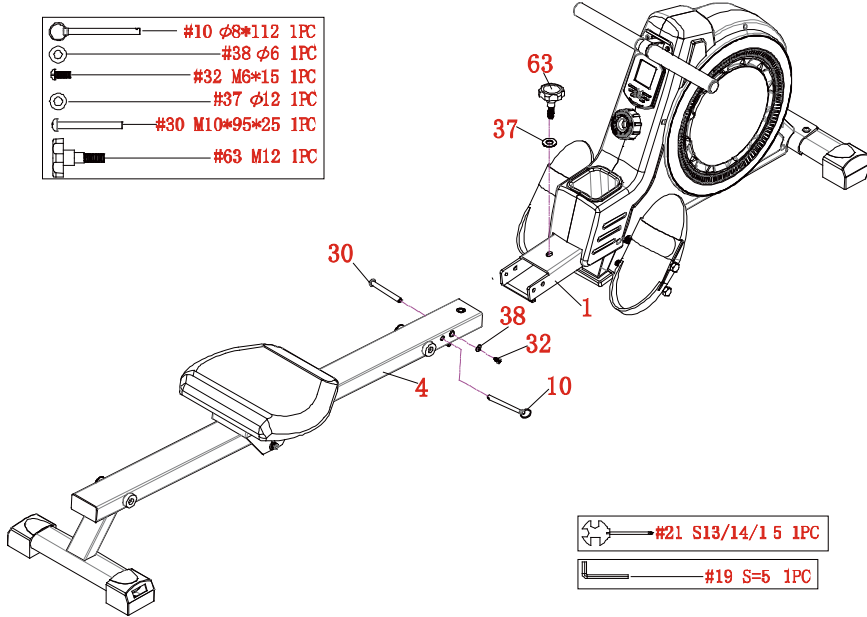
4.ADIM

- Allen anahtarını (19), vida (31), rondela (grover) (41) & düz rondela (39) kullanarak boruya (4) arka stabilizatörü (3) yerleştirin.



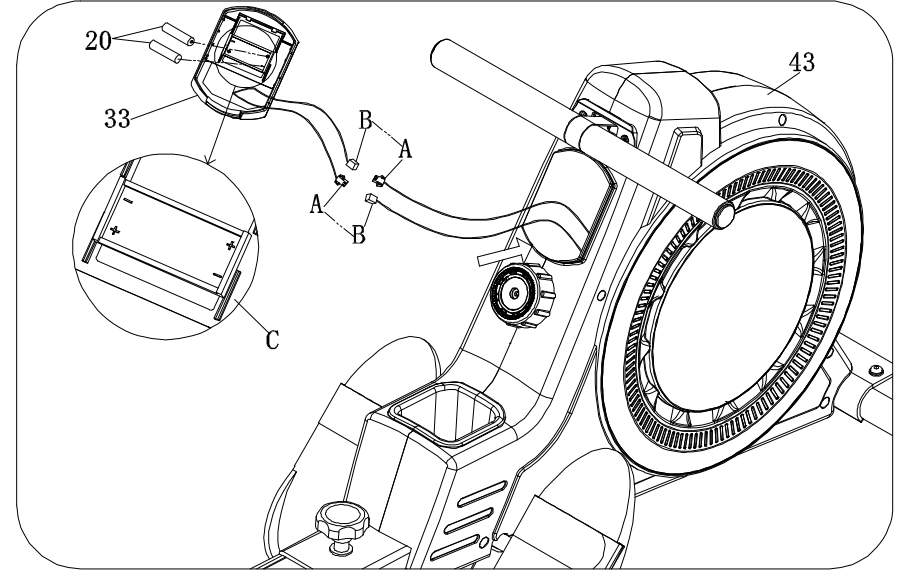
5.ADIM

1. Sonra civatayı (30), düz rondela (38) & somun (32) eksene (4) yerleştirin & ve ana bölümü ile bağlayın (1), Son olarak süspasyon tapasını yerleştirin (10).
2. Ayarlama vidasını (63) düz rondela ile (37) ana bölüme yerleştirin (1) & eksenin üzerinde sıkıştırın (4).

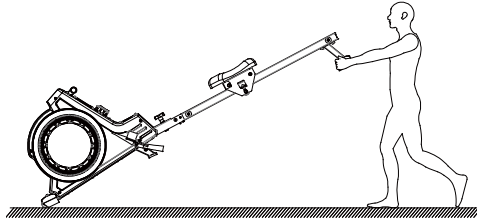
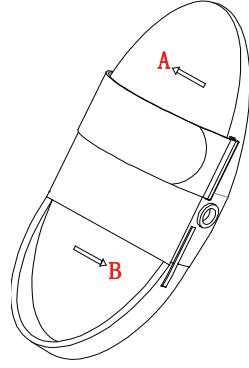


6.ADIM

1. Bilgisayarı (33) koruyucu kapaktan (43) çıkarın.
2. Bilgisayarı (33) çıkardıktan sonra kuru pili (20) pil kutusuna koyun, pilin artı kutbu bilgisayarın (33) C'sinde gösterildiği gibi bilgisayarın (33) artı kutbuna takılır. Şekilde
3. Bilgisayarın (33) A/B kablosunu koruyucu kapağın (43) içindeki B/A kablosuyla bağlayın.
4. Bilgisayarı koruyucu kapağa (43) geri koyun.

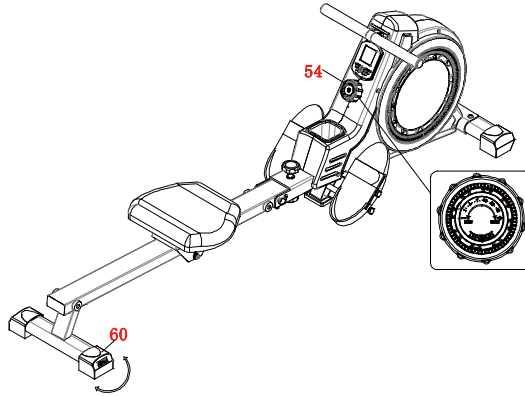


AYARLAMA KILAVUZU



Dikkat!

Koltuk gibi sabit olmayan kısımlar yaralamaya neden olabilir. Kullanım boyunca ellerinizi sürme rayından uzak tutun!



AYARLANABİLİR KEMERLER

Pedalların kemerleri ayarlanabilir ve her bacak boyuna uyabilir.

ALET TAŞIMASI

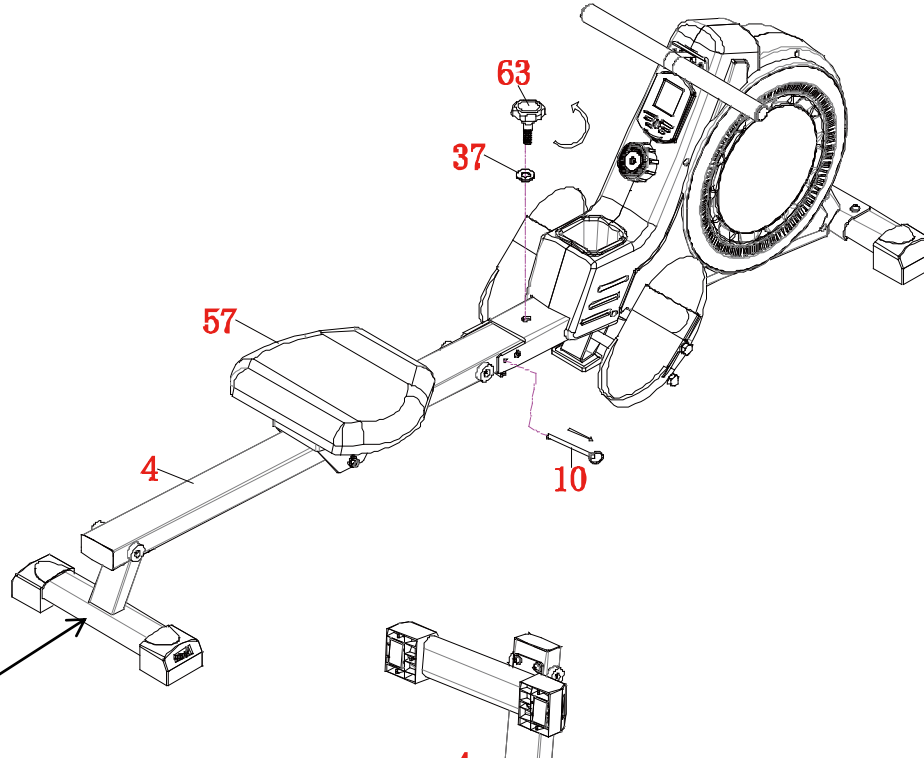
Ön stabilizatörün ön tarafında tekerler var, arka stabilizatörü kolayca kaldırın & aleti istediğiniz herhangi yere taşıyabilirsiniz

DİRENÇ AYARI

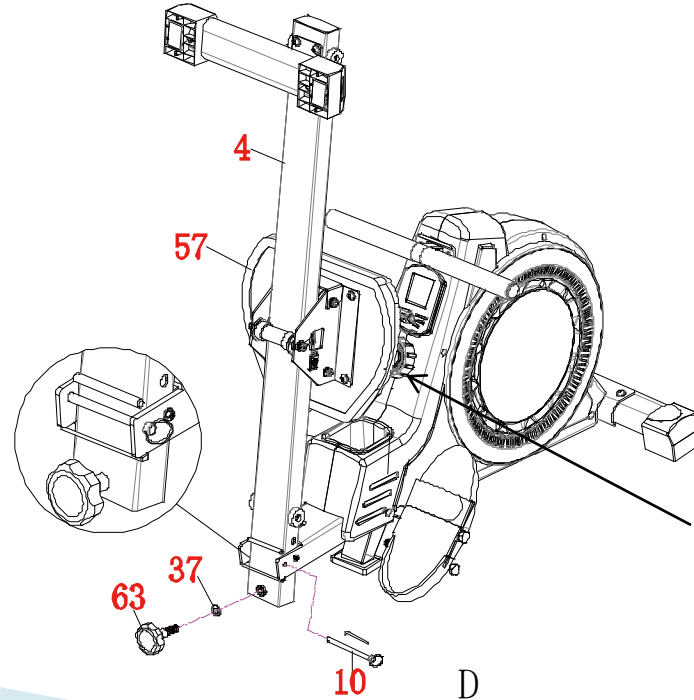
Direnç ayarı düğmesini (34) (“+” pedaldaki direnci artırmak için) veya (“-” pedaldaki direnci azaltmak için) egzersiz sırasında arzu ettiğiniz yöne çevirebilirsiniz. Zemin düz ve sabit değilse sol resimdeki stabilizatörün arkasındaki dönekleri döndürerek aleti sabit haline getirmeniz kolaydır.

KATLAMA VE DEPOLAMA

Ana gövdede (4) bulunan ayar somununu (63) & düz rondela (37) çözünüz ve emniyet pimini (10) çıkarınız, C Şekiline bakın. ardından destek gövdesini (4) yukarıya doğru kaldırınız, ekipmanın arka kısmı katlanılmış şekilde sabit durması için emniyet pimini(10) ayar somununu (63) & düz rondela (37) tekrardan takınız. D Şekiline bakın (Dikkat: Sensör kablolarının hasar görmesini önlemek için, destek gövdesini katlıyorken ana gövde ile temas etmediklerinden emin olunuz).



Dikkat! (4) kısmı yukarıya doğru katlanırsa ana beden ile çarpışması çok kolaydır!



Dikkat! (4) eksenini katlandığında oturma yastığı aşağıya doğru kayar.

BİLGİSAYAR TALİMATLARI

DÜĞME FONKSİYONLARI:

MODE: Fonksiyonları seçmek için bu butona basınız. Fonksiyonları sıfırlamak için, bu butonu 3 saniye basılı tutunuz. (Sadece tek bir fonksiyonu sıfırlayamazsınız.)

FONKSİYONLAR:

SCAN: Gösterge her 6 saniyede bir sonraki diyagrama göre değişir.
Otomatik açma / kapama.

Kullanıcı egzersizi yapmaya başlarken , ekran antreman değerini otomatik olarak gösterecektir, egzersize 240 saniye ara verildiğinde ekran kapanacaktır ve tüm antreman değerleri bilgisayar hafızasında saklanacaktır. Kullanıcı tekrar egzersiz yapmaya başladığında, ekran tekrar açılacaktır.

**3 saniye boyunca düğmeyi basılı tutunuz ve yol ölçer seçeneği haricinde tüm değerler sıfırlanacaktır.

TIME: Toplam egzersiz süresini 99:59'a Kadar toparlayarak gösterir.

Count: Egzersiz sırasında atılan adım sayısını 0'dan 9999'a Kadar toplayarak gösterir.

Total/count: Egzersiz sırasında atılan toplam adım sayısını 0'dan 9999'a Kadar toplayarak hesaplar.

Count/mint: Geçerli dönüşü dakika başı 0.0'dan 3000'e Kadar toplayarak hesaplar.

CALORIES: Egzersiz sırasında yakılan kalorileri toplayarak gösterir. Azami değer 999.9CAL kadardır. (Bu veriler farklı egzersizler arasında kıyaslama yapma amaçlı kabaca bir kılavuz olup,tıbbi maksatlı kullanılamaz).

NOT

- Egzersiz sonlandırdığınızda, sol üst köşede "stop" göstergesi görünecektir.
- 4 dakika içinde her hangi bir sinyal alınmadığında, ekran otomatik olarak kapanacak ve tüm fonksiyonların değerleri kaydedilecektir.
- Mönitorun açılması için tuşuna basınız veya pedalleri çeviriniz. (Hız dışındaki) tüm değerler bir önceki egzersiziniz dikkate alınarak sayılmaya devam edecektir.
- Göstergeler ekranda iyi görünmüyorsa,daha iyi sonuçlar elde etmek için lütfen pili değiştiriniz.
- Batarya tipi: (LR44) (2adet).

Tarif:

Seçenekler	SCAN	her 6 saniyede
	TIME	0:00—99:0059
	Count	0—9999 times
	CALORIES	0—999.9AL.
	Total/count	0—9999 times
Batarya tipi	2 adet	
Sıcaklıkta kullanım	0—40	
Sıcaklıkta saklayın	- 0 éωç +60	

KONDİSYON KÜREĞİ GARANTİSİ

Ürünün satın alındığı tarihten iki (2) yıl boyunca geçerlidir.

- Garanti herhangi bir üretim hatasını kapsar.
 - Yedek parçanın değiştirilmesi teknisyenlerin takdirine bağlıdır.
 - Montaj,kontrol tüketici tarafından karşılanır .
 - Ürünün satın alındığı tarihten 14 gün sonra teknisyen tarafından bakımı için şirket tarafından gösterilecek ücret, tüketici tarafından karşılanır.
 - Servisin olmadığı alanlarda, ürün ana servise gönderilecektir.
1. Ürün satın alındığı tarihinden itibaren 14 gün içinde gerçekleşen bir hasarda müşterinin evinden kargo ile teslim alınacaktır. Bu durumda kargo maliyetleri şirket tarafından karşılanır. (Cihaz kaynaklı bir arıza ise).
 2. Ürünün satın alındığı tarih üzerinden 14 gün geçmesi durumunda yaşanan bir hasarda, ürün kargo şirketine müşteri tarafından ulaştırılacaktır. Ürünün kargo şirketinden servis merkezine gönderilme masrafları şirket tarafından karşılanacaktır. (Cihaz kaynaklı bir arıza ise).
- Garanti yalnızca ürünün ilk alıcısı için geçerlidir.
 - Garanti sadece ürünün (spor salonlarında, kulüplerde, ortak alanlarda değil) ev ürünü olarak kullanılması durumunda geçerlidir.
 - Hasar mümkün olan en kısa süre içinde onarılır.
 - Gerek yedek parça eksikliği gerekse onarımda yaşanan gecikmeyle ilgili olarak müşteri hiçbir tazminat talebinde bulunamaz.(İstemci kaynaklı bir arıza ise).

GARANTİ, GEÇERLİ DEĞİLDİR

- Hasarın kötü kullanım veya yetersiz bakım kaynaklı olması durumunda, geçerli değildir .
- Garanti, plastik parça, kemer, pedal, transformatör gibi sarf malzemelerin kötü kullanımdan veya başka bir nedenden dolayı zarar görmelerini kapsamaz.
- Garanti cihazın yetkisiz kişiler tarafından onarımını veya bakımını sırasında verdiği hasarı kapsamaz.
- Garanti kötü montajdan oluşan hasarı kapsamaz.
- Garantinin geçerli olması için ürüne alışveriş fişinin/faturasının da eşlik etmesi gerekir.

Yukarıdaki tüm durumlarda, teknik servisin ziyaretinin ve yedek parça masraflarının maliyeti kullanıcıya aittir.

- Şirket ve ithalatçı yazım hatalarından sorumlu değildir.
- Ürün, Avrupa Topluluğu'nda,(CE) pazarlama onayına sahiptir.

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