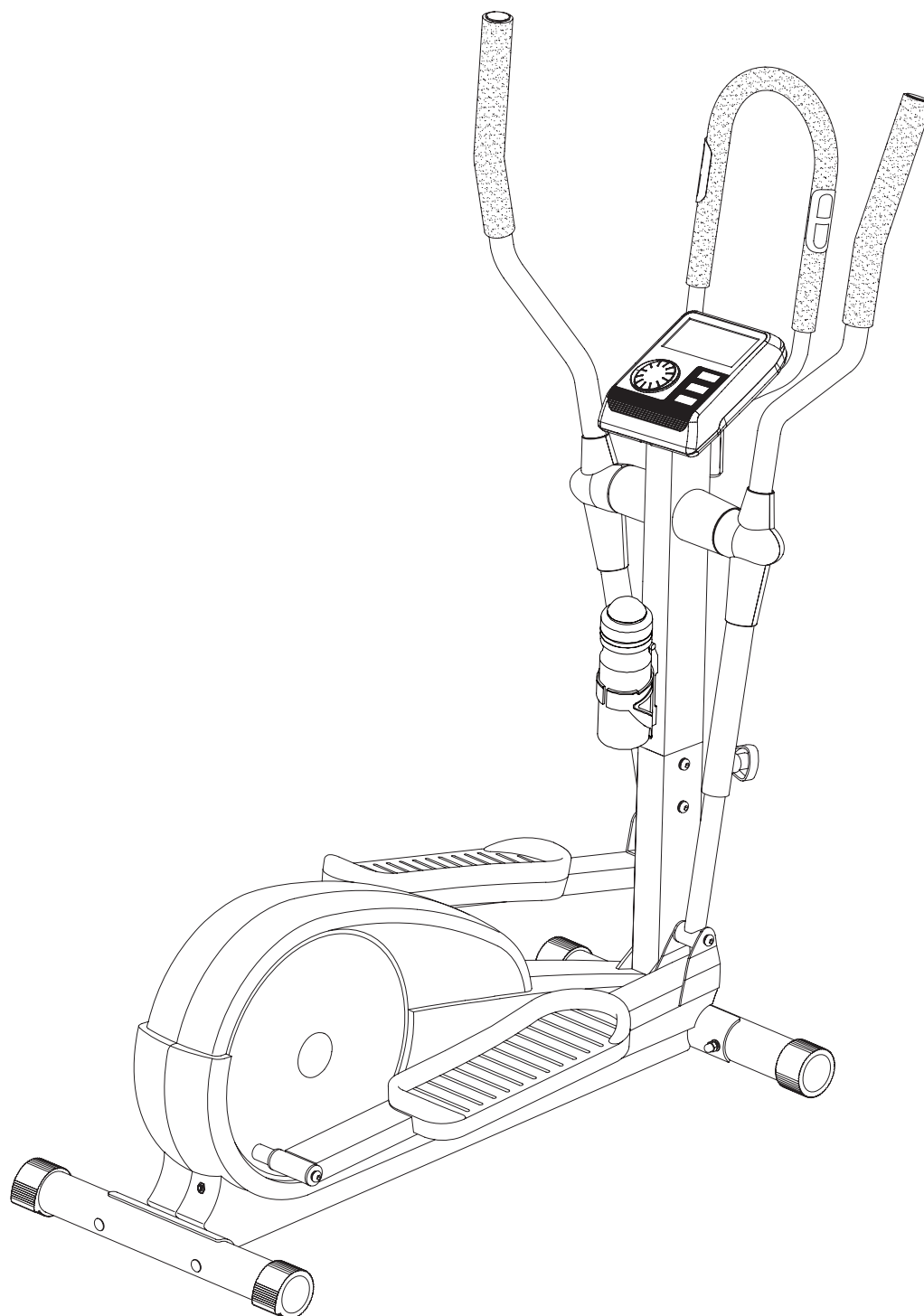




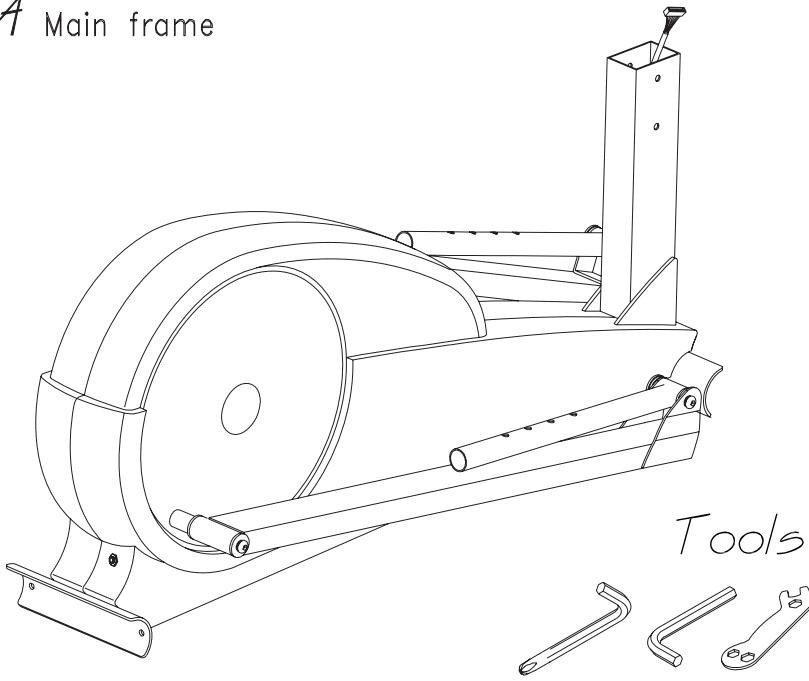
Bruks- og monteringsanvisning til Abilica WinElip 2.0

Art. 555 055



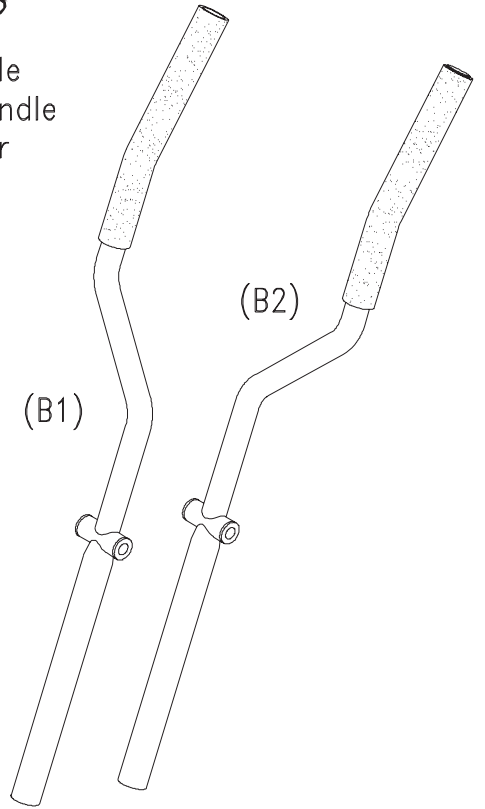
Parts List

A Main frame

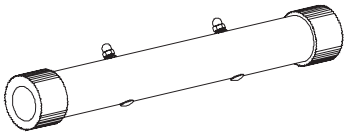


B

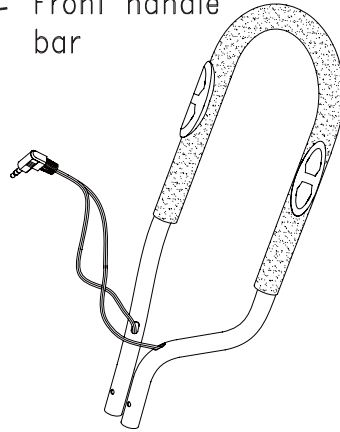
Side handle bar



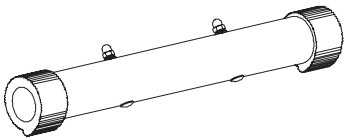
C Front tube



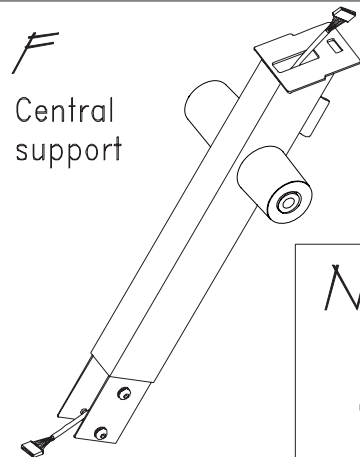
E Front handle bar



D Rear tube



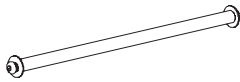
F Central support



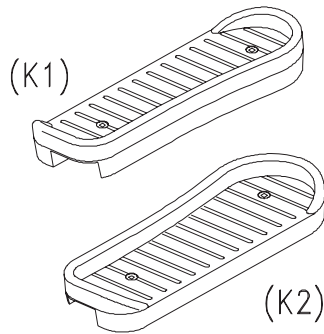
N Adapter



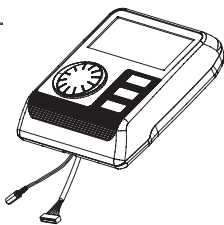
H Alex



K Pedal



G Computer



M

(M1) Bottle holder



(M2) Screw



(M3) Bottle



N

Handlebar Joint Cover

(N1)



(N2)



(L1) Screw M6x45L (L2) Nut M6 (L3) Washer M6



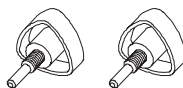
(L4) Washer M6



(L5)



(L6) Knob



(L7) Knob



(L8) Screw M4X18L



FIGURE 1

ASSEMBLY FOR CENTRAL TUBE

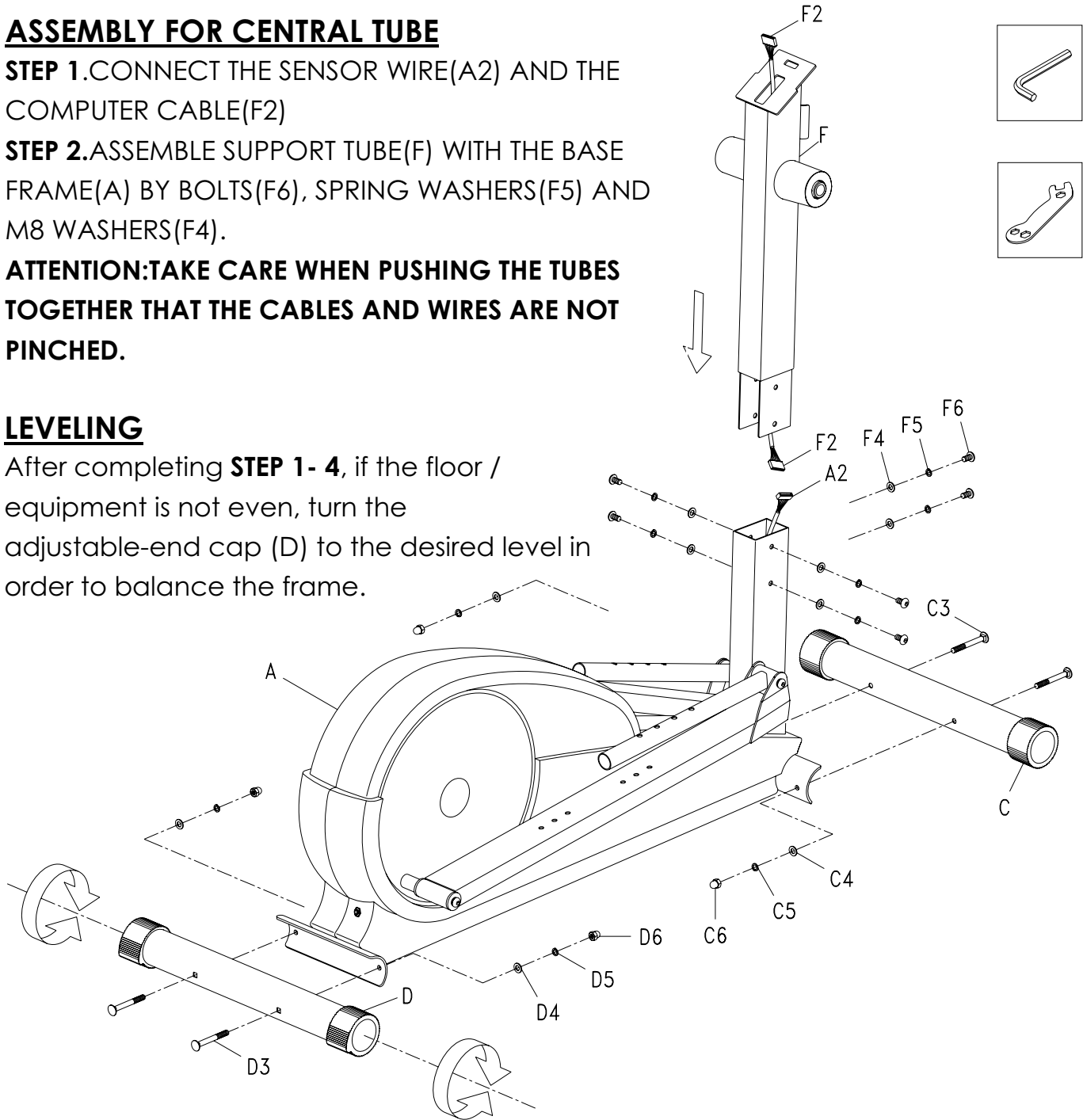
STEP 1.CONNECT THE SENSOR WIRE(A2) AND THE COMPUTER CABLE(F2)

STEP 2.ASSEMBLE SUPPORT TUBE(F) WITH THE BASE FRAME(A) BY BOLTS(F6), SPRING WASHERS(F5) AND M8 WASHERS(F4).

ATTENTION:TAKE CARE WHEN PUSHING THE TUBES TOGETHER THAT THE CABLES AND WIRES ARE NOT PINCHED.

LEVELING

After completing **STEP 1 - 4**, if the floor / equipment is not even, turn the adjustable-end cap (D) to the desired level in order to balance the frame.



ASSEMBLY FOR FRONT FOOT & REAR FOOT

STEP 3.

ASSEMBLE THE FRONT FOOT(C) WITH THE BASE FRAME(A) BY USING THE BOLTS(C3), WASHERS(C4), SPRING WASHERS(C5) AND NUTS(C6).

STEP 4.

ASSEMBLY THE REAR FOOT(D) WITH THE BASE FRAME(A) BY USING THE BOLTS(D3), WASHER(D4), SPRING WASHERS(D5) AND NUTS(D6).

FIGURE 2

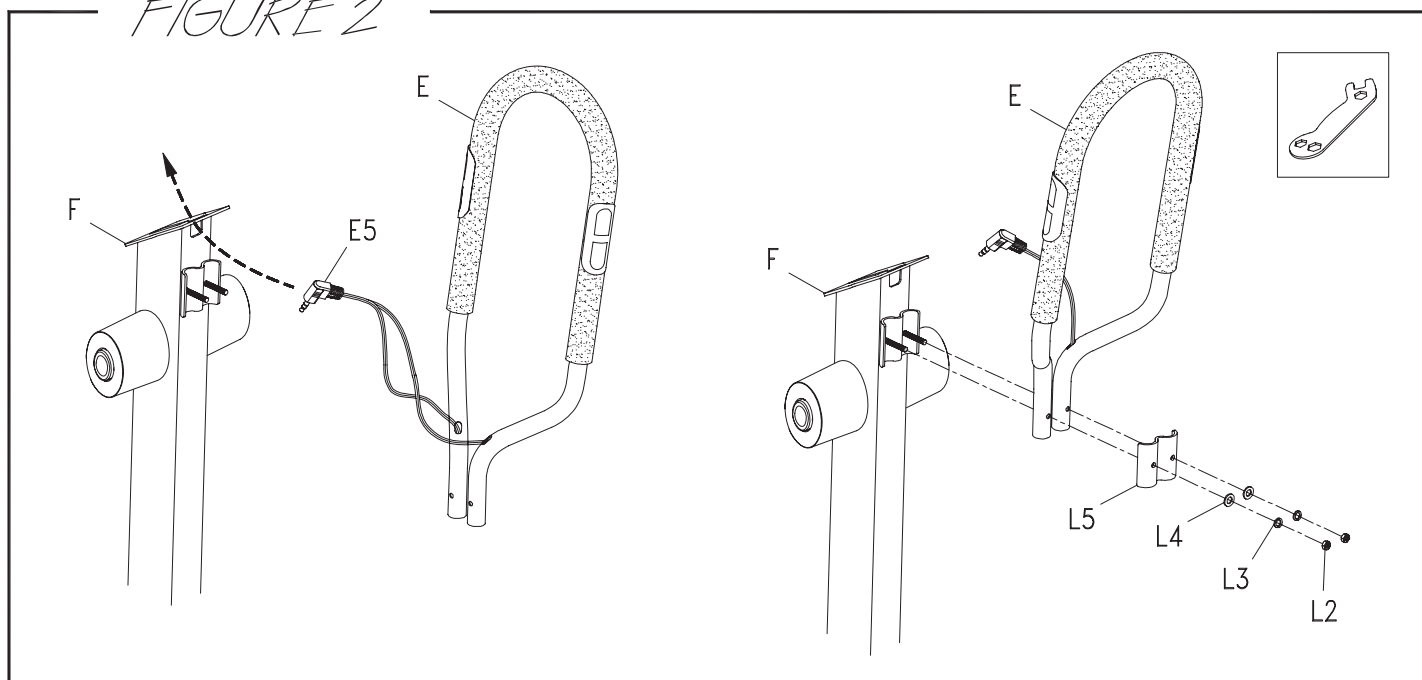


FIGURE 2- ASSEMBLY FOR SMALL HANDLE BAR

STEP 1.ASSEMBLY THE SMALL HANDLE BAR(E) WITH CLAMP(L5), M6 WASHERS(L4), SPRING WASHERS(L3) & SCREWS(L2)

STEP 2.SLIDE THE HAND PULSE SENSORS(E5) THROUGH THE HOLE OF SUPPORT TUBE(F) AND GETTING OUT FROM THE TOP OF THE SUPPORT TUBE.

FIGURE 3

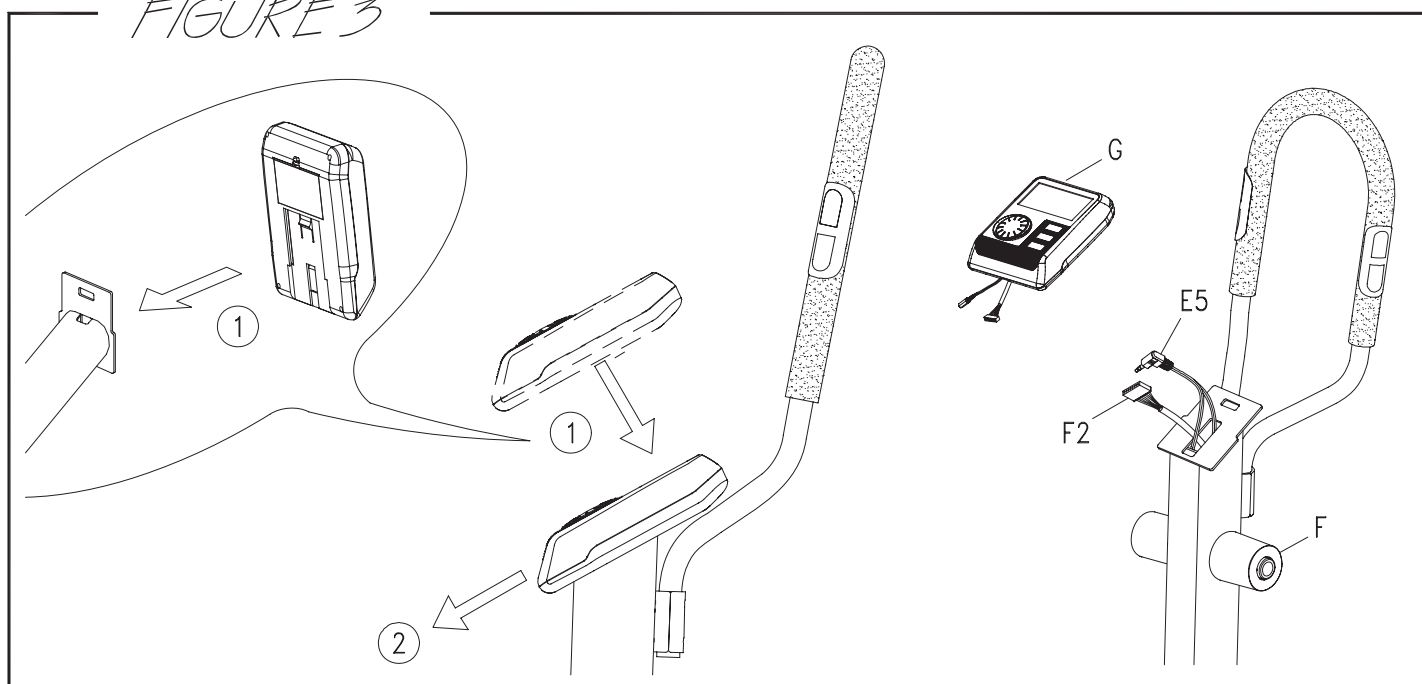


FIGURE 3- ASSEMBLY FOR COMPUTER

STEP 1.CONNECT THE SENSOR WIRES WITH THE COMPUTER CABLE

STEP 2.ATTACH THE COMPUTER ON THE TOP OF THE SUPPORT TUBE AND THEN, PUSH THE COMPUTER DOWNWARD AS DIRECTION 2.

FIGURE 4

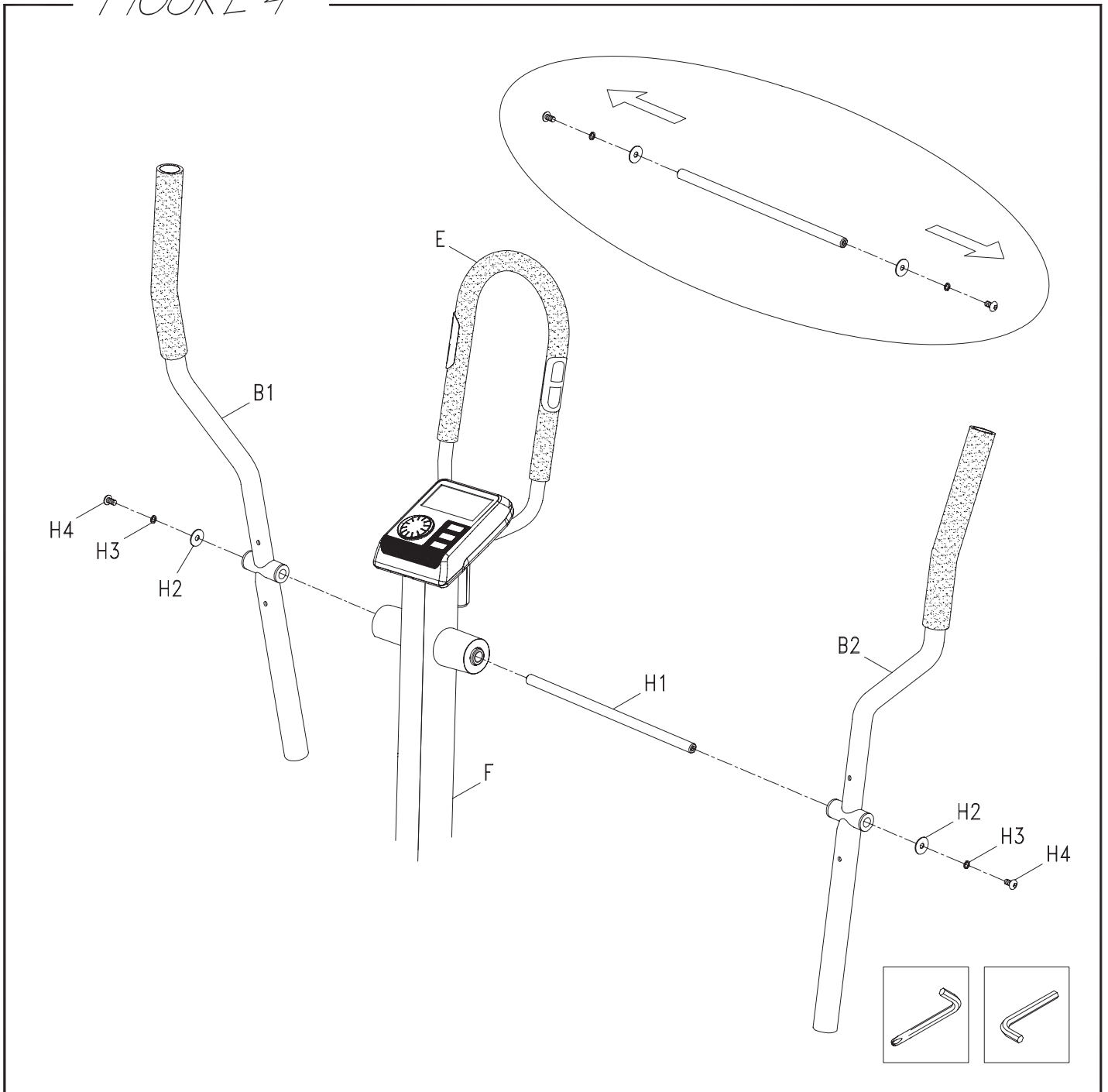


FIGURE 4 HANDLE BAR ASSEMBLY

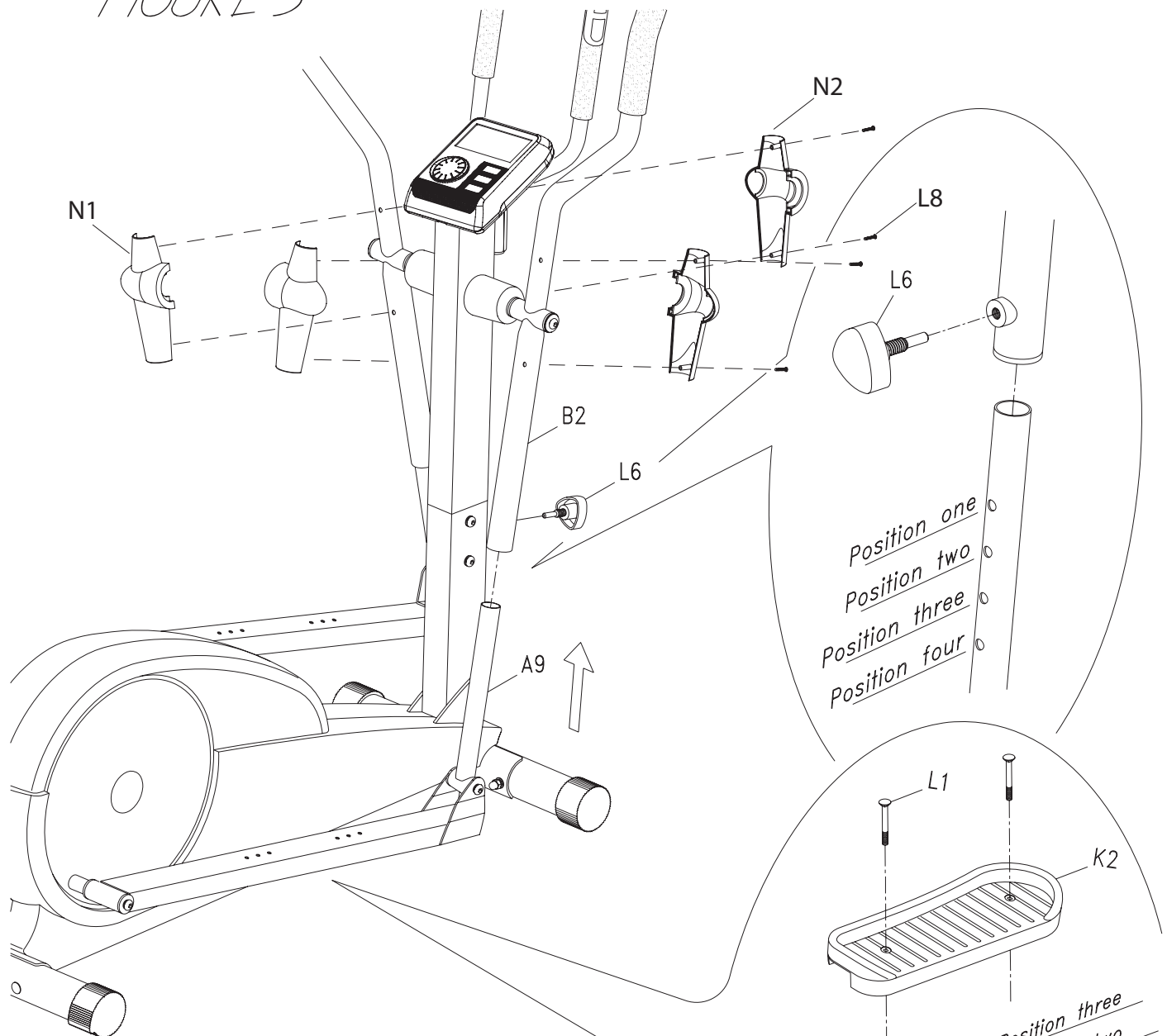
STEP 1. TAKE OFF THE BOLT(H4), SPRING WASHER(H3) & WASHER(H2) FROM THE AXLE TUBE(H1) BEFORE ASSEMBLY.

STEP 2. PUSH AXLE TUBE(H1) IN TO THE MIDDLE OF THE TUBE WELDED AT RIGHT ANGLES TO SUPPORTING TUBE(F).

STEP 3. PUSH ON HANDLE BAR (B2) & (B1) FROM EACH SIDE.

ATTENTION: THE HANDLES MUST BE POSITIONED AFTER ASSEMBLY SO THAT THE UPPER ENDS ARE BENT OUTWARDS.

FIGURE 5



**FIGURE 5- ASSEMBLY FOR
CONNECTING TUBE**

STEP 1. EQUIP THE CONNECTION TUBE (A9) WITH THE HANDLE BAR (B2) AND FIX BY KNOB (L6).

** TION HEIGHT ADJUSTING.

STEP 2. ASSEMBLE THE FOOTREST (K2) BY SCREW (L1), WASHER (L4), SPRING WASHER (L3) AND STAR KNOB NUT (L7). THERE ARE 3 SECTIONS

ADJUSTING FOR THE MOVING TRACK. IF YOU FIND THE END CAP OF THE FRONT TUBE AND REAR TUBE ARE NOT NESTLE AGAINST THE GROUND, YOU CAN CHANGE THE ANGLE OF THE END CAP OF REAR TUBE (D2).

STEP 3. CONNECT RIGHT SIDE HANDLEBAR JOINT COVERS (N1 & N2) ONTO SIDE HANDLEBAR (B2) AND SECURE WITH SCREWS (L8). REPEAT STEP 3 ON LEFT SIDE HANDLEBAR JOINT COVERS.

FIGURE 6 ASSEMBLY THE WATER BOTTLE

EQUIP THE BOTTLE HOLDER(M1) WITH THE MACHINE BY SCREW(M2).

THEN. PUT THE BOTTLE(M3) INTO THE BOTTLE HOLDER.

ASSEMBLY THE ADAPTOR

THE MACHINE IS AVAILABLE BY USING ELECTRICITY ADAPTOR.

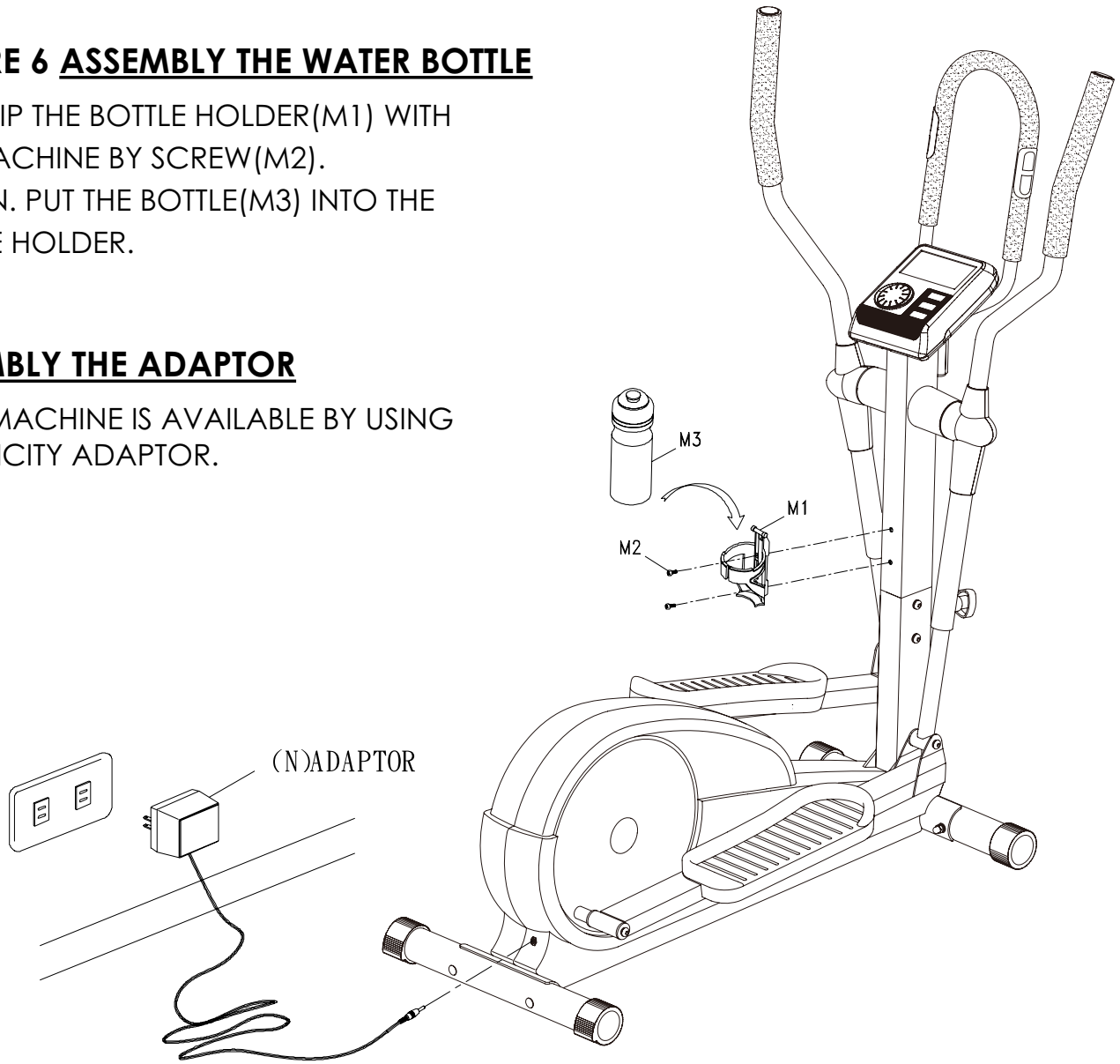


FIGURE 7

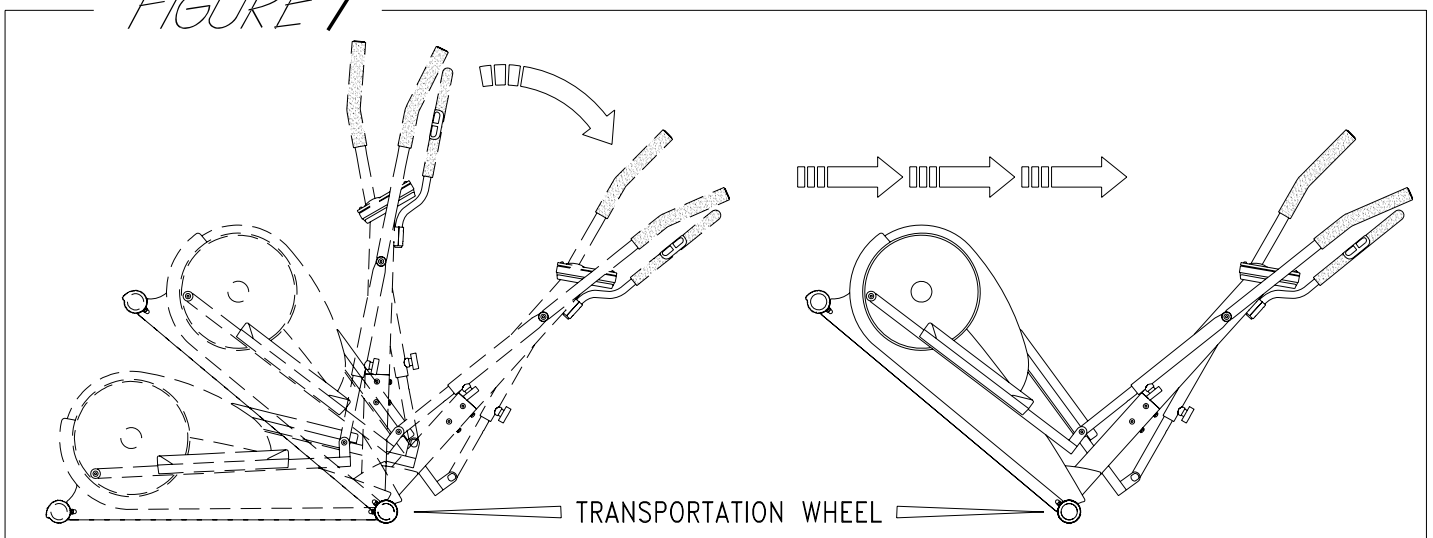
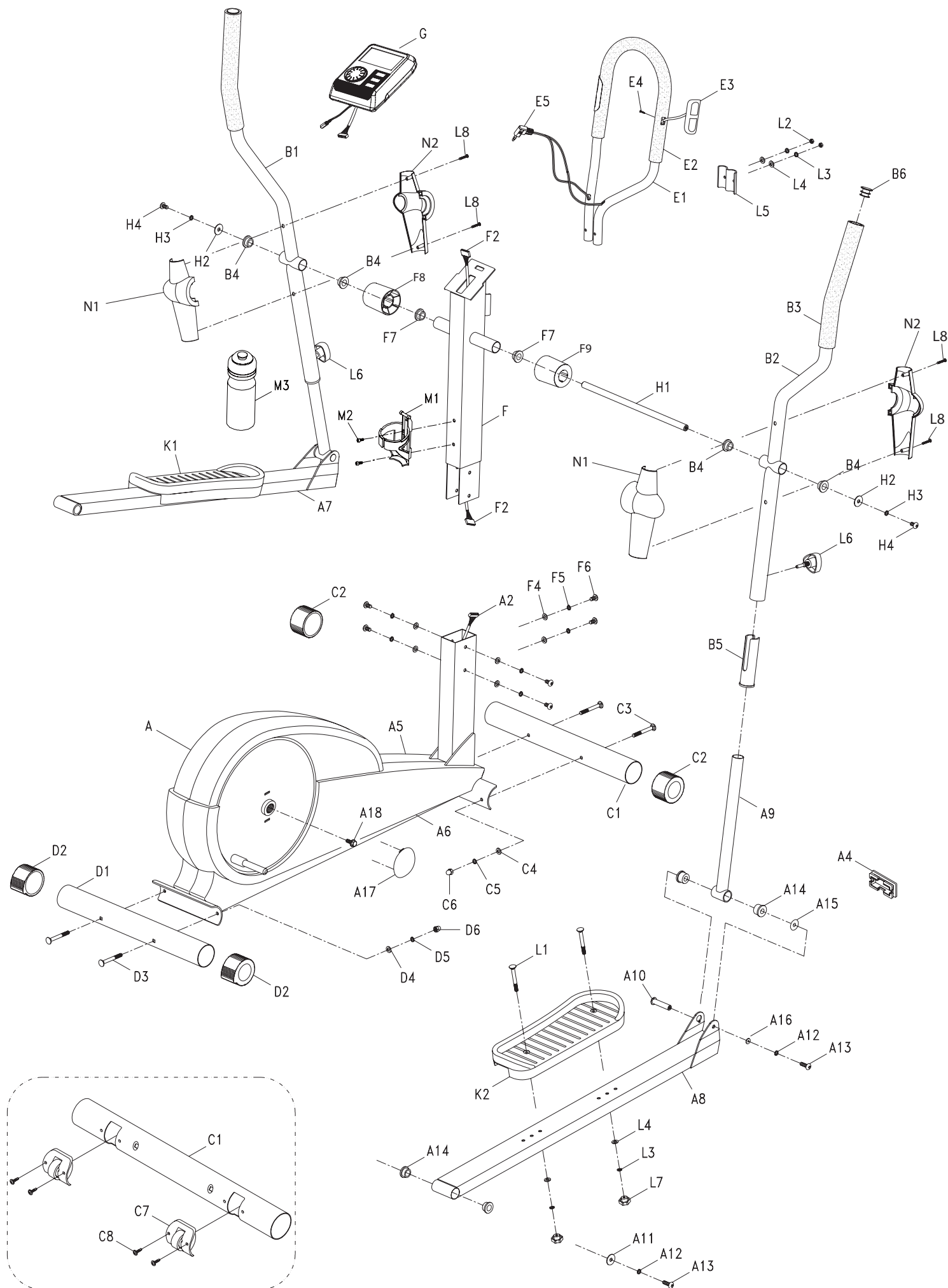
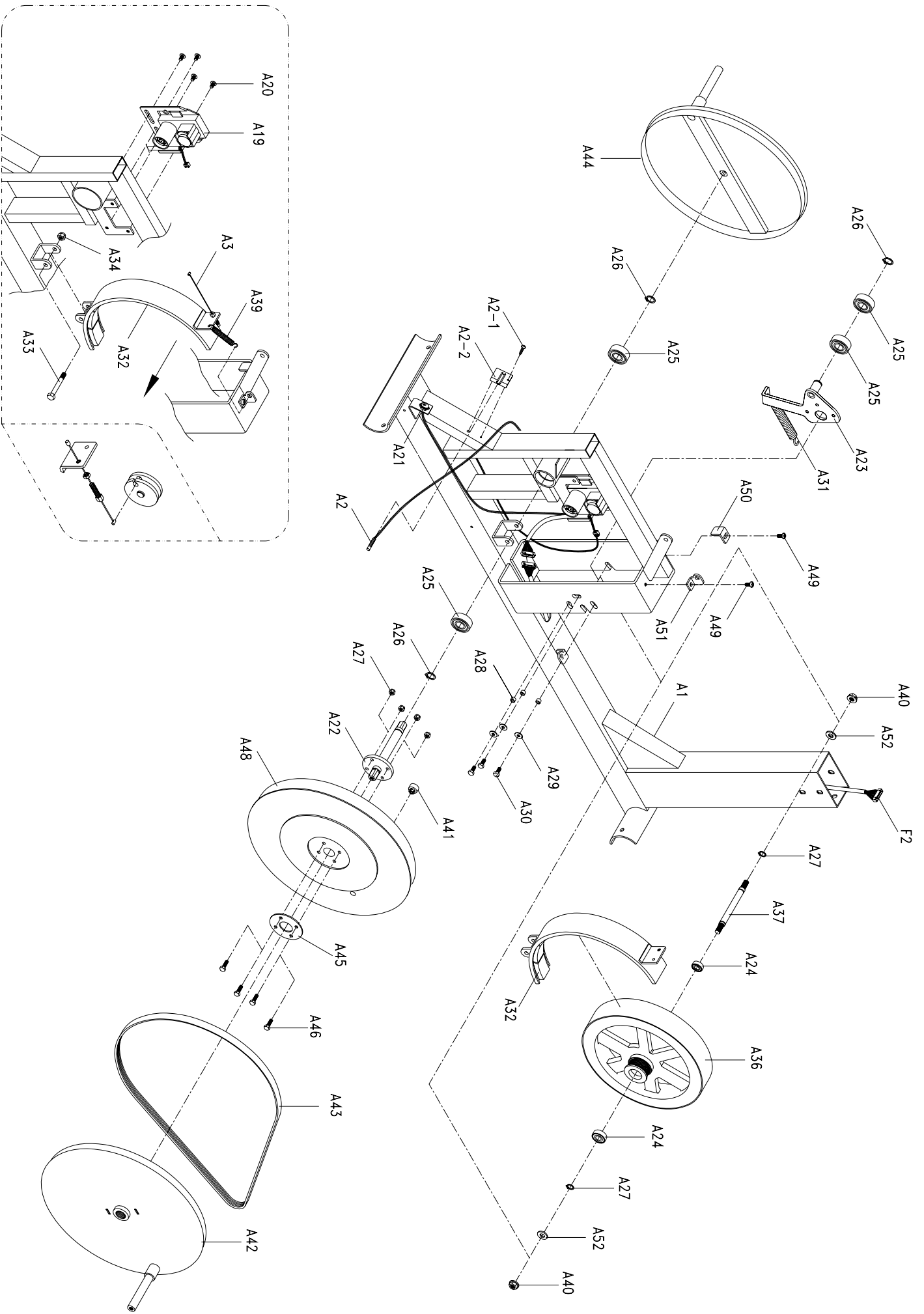


FIGURE 7 HOW TO MOVE YOUR MACHINE

STEP 1.HOLD THE SMALL HANDLE BAR AND PUSH DOWNFARD AS DIRECTION 1.

STEP 2.MOVE THE MACHINE BY THE TRANSPORT ROLLER ATTACHING ON THE FRONT FOOT.





Parts list

P/N	DESCR	PTION	Q'TY	P/N	DESCRIPTION	Q'TY
A1	BASE FRAME		1	B2	HANDLE BAR(R)	1
A2	SENSOR WIRE		1	B3	HANDLEBAR FOAM GRIPS	2
A3	TENSION CONNECTOR		1	B4	PLUG AXLE SUPPORT	4
A4	END CAP		2	B5	PLASTIC INSERT	2
A5	CHAIN COVER(L)		1	B6	HANDLE BAR END CAP	2
A6	CHAIN COVER(R)		1	C1	FRONT FOOT	1
A7	FOOTREST SUPPORT(L)		1	C2	FRONT FOOT COVER	2
A8	FOOTREST SUPPORT(R)		1	C3	CARRIAGE BOLT M8*70mm	2
A9	CONNECTING TUBE		2	C4	WASHER M8	2
A10	PEDAL TUBE WELDMENT SHAFT		2	C5	SPRING WASHER M8	2
A11	WASHER		2	C6	CAP NUT M8	2
A12	SPRING WASHER M8		4	C7	TRANSPORT ROLLER UNIT	2
A13	ALLEN HEAD BOLT M8*20mm		4	C8	SCREW M8*16mm	4
A14	BUSHING		8	D1	REAR FOOT	1
A15	WAVE SPRING		2	D2	REAR FOOT COVER	2
A16	WAHER M8		2	D3	CARRIAGE BOLT M8*70mm	2
A17	TURNING PLATE COVER		2	D4	WASHER M8	2
A18	SCREW		2	D5	SPRING WASHR M8	2
A19	SCREW		4	D6	CAP NUT M8	2
A20	MOTOR		1	E1	SMALL HANDLE BAR	1
A21	DC CORD		1	E2	HANDLEBAR FOAM GRIPS	1
A22	AXLE		1	E3	HANDL PULSE	2
A23	PRESSING PULLEY		1	E4	SCREW M8*16mm	2
A24	BEARING		2	E5	HAND PULSE SENSOR	1
A25	BEARING		2	F1	SUPPORT TUBE	1
A26	C CLIP		3	F2	COMPUTER CABLE	1
A27	C CLIP		2	F3	TENSION CONTROL	1
A28	PIPE		3	F4	WASHER	3
A29	WASHER		3	F5	SPRING WASHER M8	3
A30	SCREW		3	F6	SCREW M8*15mm	3
A31	SPRING		1	F7	BUSHING	2
A32	MAGNET HOUSING		1	F8	HANDLEBAR JOINT COVERS	1
A33	SCREW		1	F9	HANDLEBAR JOINT COVERS	1
A34	NUT		1	G	COMPUTER	1
A36	FLYWHEEL		1	H1	AXLE SUPPORT	1
A37	AXLE		1	H2	WASHER M8*28mm	2
A38	WASHER		2	H3	SPRING WASHR M8	2
A39	SPRING		1	H4	ALLEN HEAD BOLT M8*15mm	2
A40	NUT		2	K1	FOOT REST(L)	1
A41	MAGNET		1	K2	FOOT REST(R)	1
A42	TURNING PLATE (RIGHT)		1	L1	SCREW M6*45mm	4
A43	BELT		1	L2	NUT M6	2
A44	TURNING PLATE(LEFT)		1	L3	SPRING WASHER M6	6
A45	FIXING PLATE		1	L4	WASHER M6*12mm	6
A46	SCREW		4	L5	SMALL HANDLE BAR BRACKET	1
A47	NUT		4	L6	KNOB	2
A48	TENSION PULLEY		1	L7	STAR KNOB NUT	4
A49	SCREW		2	L8	SCREWS M4	4
A50	L TYPE FIXING PLATE		1	M1	BOTTLE HOLDER	1
A51	L TYPE FIXING PLATE		1	M2	SCREW	2
A52	WASHER		2	M3	BOTTLE	1
B1	HANDLE BAR(L)		1	N1	HANDLEBAR JOINT COVERS	1
				N2	HANDLEBAR JOINT COVERS	1
				N	ADAPTOR	1



Initial operating process: (After the computer is power on with adaptor connection)

- Step One** Turn the "MODE" button to clockwise or anti-clockwise direction to select training mode in MANUAL, PROGRAM (12 profiles), USER (user defined profile), or TARGET HEART RATE control (4 different ratings).
- Step Two** Turn the "MODE" button to clockwise or anti-clockwise direction to adjust training LOAD/ DIFFICULTY level from 1 to 16 in MANUAL, PROGRAM and USER mode . (Exclude TARGET HEART RATE CONTROL mode)
- Step Three** Turn the "MODE" button to clockwise or anti-clockwise direction to set function datas. When each function data has been preset, press "MODE" to enter setting.
Presetting training function datas available :
 TIME: Preset area is from 00:00 to 99:00, each increment is 1:00 (minute).
 DISTANCE: Preset area is from 0.00 to 99.90, each increment is 0.10 km or ml.
 CALORIE: Preset area is from 0 to 990, each increment is 10 cal.
 WATT: Preset area is from 10 to 350, each increment is 10 watt. (In MANUAL mode only)
 PULSE: Preset area is form 30 to 240, each increment is 1 BPM. (Not available in TARGET H.R. training mode)
- Step Four** Press "START/STOP" button to start training.

Training Mode Instruction:

To start your training :

Training in MANUAL mode -

As soon as you press START/STOP button without any presetting (functions and programs), the monitor starts working in Manual mode.

Training without preset Time:

Each unit of the profile switches forth to another per 0.1 km or ml of counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

Ech unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

During training in Manual mode, you may adjust tension difficulty from 1 to 16 if you did not preset WATT function data.

If you have preset WATT, tension level will be auto-adjusted depends on current speed and Watt values you are working out.

There will be three different symbols show up to help your training:



You need to slow down the training speed.



You need to speed up the training.

----- This is to remind you current WATT is OVER SPEC, and you need to speed up or slow down training speed accordingly.

** When the WATT is over spec, monitor has Bi-Bi-Bi/second to remind you. If you keep training in this mode for over 1 minute, the monitor has an ALARM with Bi-Bi-Bi-Bi-Bi-Bi sounds for 30 seconds, and the monitor will STOP automatically. The tension level is dropped to 1 now, and preset WATT data is zero.

Training with 12 profiles -

Turn the "MODE" button to clockwise or anti-clockwise direction to select training profiles from P1 - P12. After selection, press MODE to enter setting.

Training without preset Time:

Each unit of the profile switches forth to another per 0.1 km or ml of counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

Ech unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

During training in Program mode, you may adjust tension difficulty to the seletece program profile.

Training with USER -

Turn the "MODE" button to clockwise or anti-clockwise direction to select USER for training mode. You may use the "MODE" button to set your profile. After setting, press MODE for over 2 seconds to quit setting mode.

Training without preset Time:

Each unit of the profile switches forth to another per 0.1 km or ml of counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Training with preset Time:

Ech unit of the profiles switches forth to another per preset TIME divided by 16.

Tension difficulty adjustment:

During training, you may also adjust tension difficulty to the current training profile unit.

Training in TARGET H.R. control -

The tension difficulty will be auto-adjusted according to your current heart rate figures. If your heart rate figures is less the target, the tension difficulty will be adjusted upward one level per 30 seconds, up to the maximum level 16. If your heart rate figures is achieved at the target or higher, tension difficulty will be dropped one level immediately. And, tension difficulty will keep dropped one level per 15 seconds until level 1 if your current heart rate figures is still over (or equal to) the target. If the tension difficulty has dropped to level one and your heart rate figures is still higher (or equal to) the target for 30 seconds, the system will STOP immediately, and ALARM for 6 beeps to remind you as the protection action.

Target Pulse with different percentage selected -

You may turn the "MODE" button to clockwise or anti-clockwise direction to select different heart rate target percentage for training. There are 3 fixed percentage of the maximum heart rate which is calculated by the monitor according to the input AGE data. (Age is required to be input in training with this mode if you did not preset personal data initially). Three heart rate target percentage : 55% , 75%, 90%. Before setting target percentage or figures, please refer your body and healthy condition and take your doctor's advice to select a proper one. *Example* - If you input age of 30, the target figure will be 104, this figure is 55% of the maximum heart rate figure which is 190. The proper figure calculated by the monitor compared to age of 30. The same formula and calculation on 75%, and 90%.

Target Pulse figures input by yourself -

Turn the "MODE" button to set target heart rate figures.

After heart rate target is preset, press START/STOP to start training. The tension difficulty will be fixed on level one initially, and adjust itself compares your actual heart rate figures during all the training.

To stop your training:

Training with PRESET function data:

As soon as one of the preset function data (Time, or Distance, or Calories) counts down to zero, (pulse figures excluded) the monitor has 8 beeps sound to remind you. The monitor will stop working immediately. You may press START/STOP button to start monitor working. The function which has been zero achieved will count from zero, others will count from previous data before stop.

Interrupt training:

You may press START/STOP button to stop computer working during training any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing RESET button for over 2 seconds, all function data will be delete to zero.

Function Buttons:

START/STOP To start or stop training.

MODE 1. To select each function of Time, Distance, Pulse, Watt for presetting.
2. To enter all personal data and function data setting.

UP/DOWN Turn the MODE button clockwise or anti-clockwise to have upward or backward setting.

RESET 1. To reset each function of Time, Distance, Pulse, Watt function figures.
2. To reset program setting and back to initial selection mode with Manual, Program, User, or Target Heart Rate all blinking display.

RECOVERY To act pulse recovery function work.

Functions:

- TIME** *Count Up* - The monitor starts counting up from 00:00 up to 99:59 during training.
Count Down - The monitor will count down from the preset Time to 00:00.
- SPEED** Displays the current SPEED from 0.0 to maximum 99.9 km or ml.
- DISTANCE** *Count Up* - The monitor accumulates total workout distance from 0.00 to the max. 99.90 km or ml during training.
Count Down - The monitor will count down from the preset Distance to 0.00.
- CALORIES** *Count Up* - The monitor accumulates the calories consumption from 0 to the max. 990 cal, during training.
Count Down - The monitor will count down from the preset Calories to 0. This data is a rough guide for comparison of different exercise sessions that can not be used for medical treatment purpose.
- PULSE** The user may have heart rate figures display after holding both hands on handgrip sensors. The heart rate figure displays area is from 0 to 240 BPM. You may set target pulse to assist training in Manual, Program, or User mode. Or, you may select fixed target heart rate percentage for training.
Alarm - Training in Manual, Program, or User mode, if you have set target, when current heart rate figures is exceed to the target, the monitor will start to beep to remind you.
Load tension adjustment - Please refer the paragraph of *Training in Target H.R. control mode* for more clear understanding.
- RECOVERY** After exercising for a period of time, keep holding on handgrip sensor or wearing on the chest transmitter, and press "RECOVERY button, all function display will stop except "Time" which will count down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is achieved, the monitor display will show your heart rate recovery status with grade F1, F2, F3F6. F1 is the best, and F6 is the worst. You may keep training to improve your heart rate recovery status day by day from F6 up to F1.
** Press the RECOVERY button again to return the main display.

Note:

1. When there is no signal been transferred into the monitr for 4 minutes, the monitor display will shut off automatically, and all previous training datas will be stored. You may press any button to wake up the monitor display.
2. If the monitor display is improper, please remove power supply and re-plug again.
3. The monitor can be power on with AC adaptor input only.