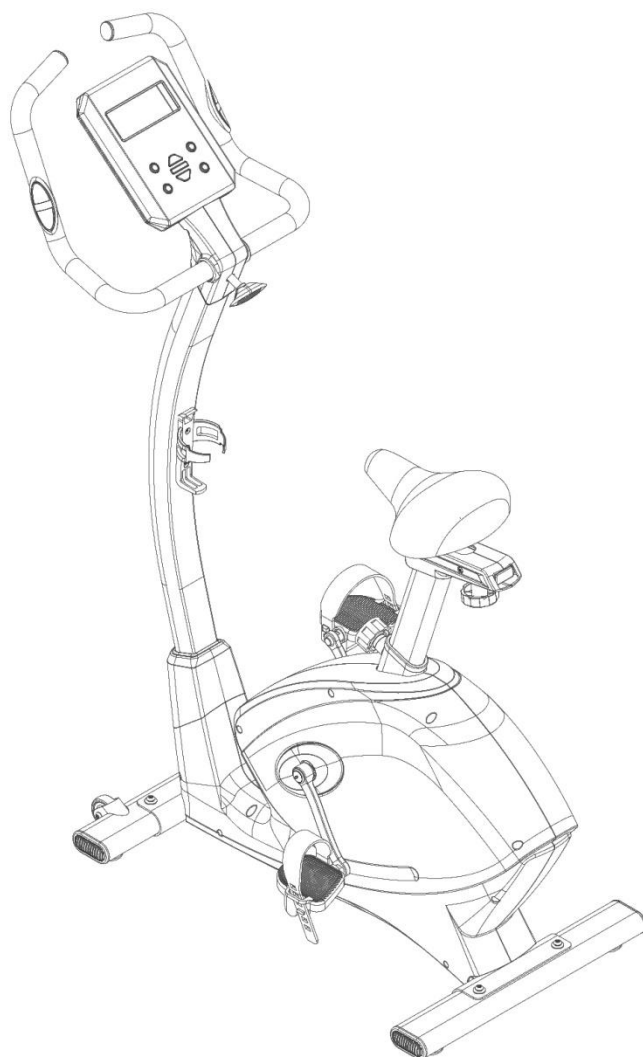


# XPLORER ARROW

SOBNI BIKIKL

## PRIRUČNIK ZA KORISNIKE



## Mjere opreza

OPREZ: Ovaj sobni bicikl je dizajniran da pruži maksimalnu sigurnost tijekom korištenja, ali ipak je potrebno sljediti neka pravila da bi izbjegli ozljede i oštećenja:

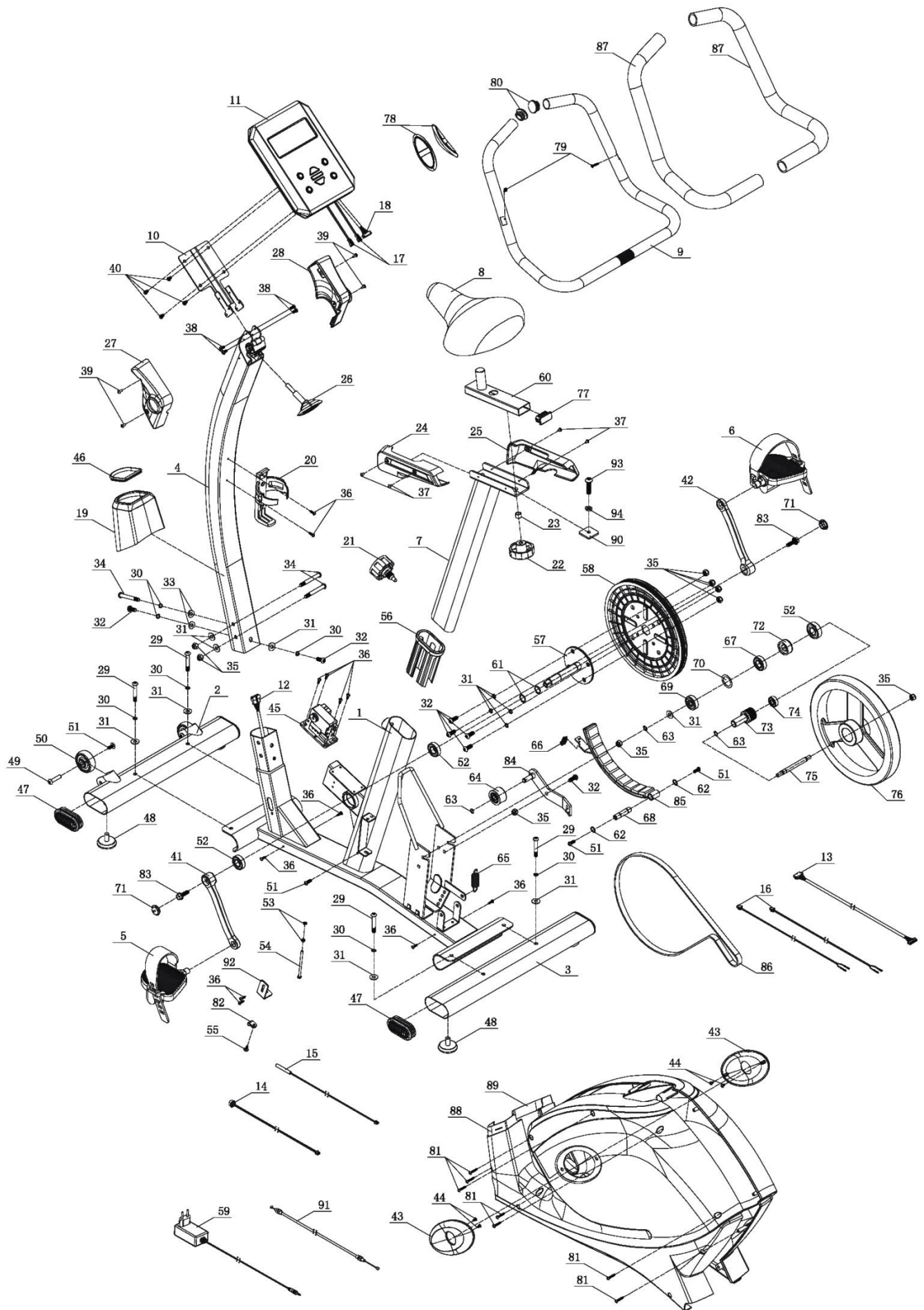
- Prije korištenja proučite ovaj dokument.
- Držite djecu i kućne ljubimce dalje od ove sprave, i ne puštajte ih blizu bez nadzora.
- Provjeravajte sve dijelove redovito i zamijenite ih po potrebi.
- Postavite sobni bicikl na ravnu površinu, a barem 1m slobodnog prostora sa svih strana. Da bi zaštitili pod od oštećenja, preporučujemo da koristite podmetač ispod sprave.
- Držite sobni bicikl u interijeru, što dalje od vlage ili prašine. Dobro je imati ventilaciju u sobi u kojoj se nalazi.
- Nosite prigodnu odjeću i obuću tijekom vježbanja. Izbjegavajte opuštenu i široku odjeću, jer bi mogla zapeti u spravi.
- Maksimalna težina korisnika za ovu spravu je 120kg! Ako niste u tom rangu, predlažemo da kupite drugi model sobnog bicikla.
- Ova sprava je namjenjena da ju koristi samo jedna osoba. Nikad ne pokušavajte vježbati sa 2 ili više osobe odjednom!
- Ako osjećate bol ili vrtoglavicu tijekom vježbanja, odmah prestanite s vježbom i kontaktirajte doktora.

Ako se oporavljate od bolesti ili imate sljedeće simptome, posavjetujte se sa svojim doktorom prije nego počnete koristiti sobni bicikl:

- Bolovi ili utrnulost u zglobovima
- Anamorfni artritis, reuma ili bol u kostima
- Osteoporoza ili druge abnormalnosti
- Srčana bolest, krvna bolest, hipertenzija i slično
- Problemi sa disanjem
- Dijabetes ili slične bolesti

**Ako imate bilo kakve simptome bolesti, čak i ako nisu spomenuti iznad, savjetujte se sa svojim doktorom prije nego počnete vježbati.**

# Kompletna shema svih djelova

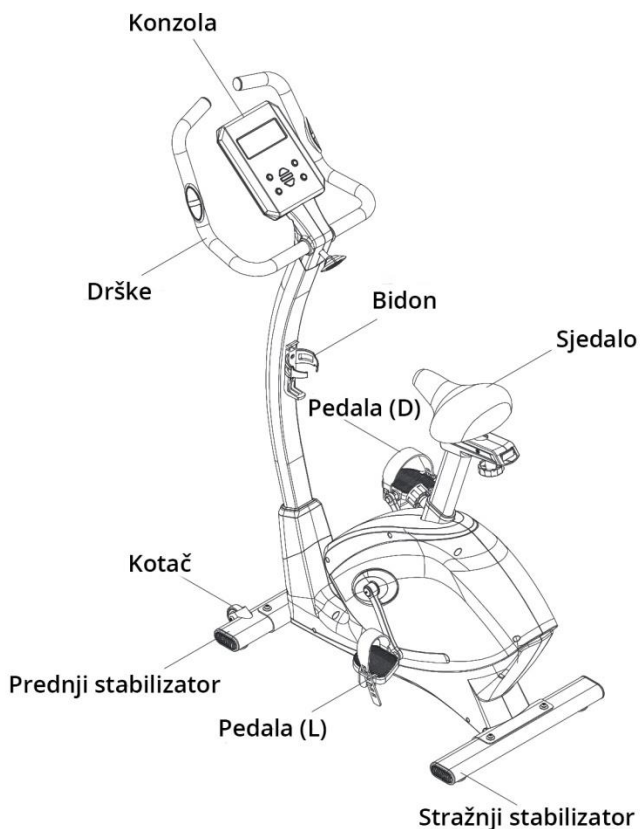


## Tablica svih djelova

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
9	Main frame		1	34	Allen C.K.S. half thread screw	M8×65×20	3
2	Front stabilizer		1	35	Hex self-locking nut	M8	9
3	Rear stabilizer		1	36	Philips C.K.S. self-tapping screw	ST4×16	12
4	Upright post		1	37	Philips pan head full thread screw	M4×6	4
5	Pedal(L)		1	38	Philips pan head full thread screw	M5×10	4
6	Pedal(R)		1	39	Philips pan head full thread screw	M4×10	4
7	Saddle post		1	40	Philips pan head full thread screw	M5×10	4
8	Saddle		1	41	Crank(L)		1
9	Handlebars		1	42	Crank®		1
10	Console fixed piece		1	43	Crank cover		2
11	Console		1	44	Philips C.K.S. self-tapping screw	ST4×12	4
12	Magnetic sensor wire		1	45	Magnetic motor		1
13	Console communication wire		1	46	Upright post decoration strip		1
14	Power communication wire		1	47	End cap		4
15	Magnetic sensor		1	48	Feet pad	Φ47×10.5×M10×20	4
16	Handle pulse connection wire		2	49	Hex nut	Φ8×33×M6×15	2
17	Console outset		2	50	Wheels	Φ55×25.8	2
18	Console connection wire		1	51	Allen C.K.S. full thread screw	M6×15	5
19	Upright post cover		1	52	Deep groove ball bearing	6203-2RS	3
20	Bottle holder		1	53	Hex nut	M5	2
21	Rotary hand bolt	Φ56×M16×P1.5	1	54	Allen C.K.S. full thread screw	M5×80	1
22	Handlebar rotary knob		1	55	Philips C.K.S. self-tapping screw	ST4×12	1
23	Bushing	Φ10.5×Φ14×10	1	56	Saddle post bushing		1
24	Saddle cover(L)		1	57	Crank axle	Φ17×154.3	1
25	Saddle cover(R)		1	58	Belt pulley	Φ263×19	1
26	T-shaped rotary knob	M8×30	1	59	Power adapter		1
27	Handlebar cover(L)		1	60	Saddle adjustment		1
28	Handlebar cover(R)		1	61	Circlip shaft	Φ17	2
29	Allen C.K.S. half thread screw	M8×50×20	4	62	Circlip shaft	Φ12	2
30	Spring washer	Φ8	7	63	Circlip shaft	Φ10	3
31	Flat washer	Φ8.5×Φ20×t1.5	8	64	Tension pulley	Φ38×22	1
32	Allen C.K.S. full thread screw	M8×20	7	65	Tension spring		1
33	Curved washer	Φ8.5×R25×t2.0	2	66	Brake tension spring		1

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
67	Deep groove ball bearing	6003-2RS	1	80	Round end cap	Φ25×t1.5	2
68	Magnetic control fixed axle	Φ12×50	1	81	Philips C.K.S. self-tapping screw	ST4×25	7
69	Deep groove ball bearing	6300-2RS	1	82	Fixed magnet set		1
70	Flat washer	Φ34×Φ25×t1.0	1	83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
71	Crank cover		2	84	Tension pulley		1
72	Unidirectional needle bearing	Φ35×Φ17×16	1	85	Magnetic control fixed axle		1
73	Small belt pulley set	Φ30×64	1	86	Motor belt	440PJ6	1
74	Deep groove ball bearing	6000-2RS	1	87	Foam grip	Φ22×t3.0×680	2
75	Flywheel axle	Φ10×109.5	1	88	Motor cover (L)		1
76	Flywheel	Φ280/6 kg	1	89	Motor cover (R)		1
77	Square end cap	20×40×t1.5	1	90	Saddle locking piece		1
78	Handle pulse set		2	91	Brake wire		1
79	Philips C.K.S. self-tapping screw	ST4×20	2	92	Sensor wire fixed piece		1

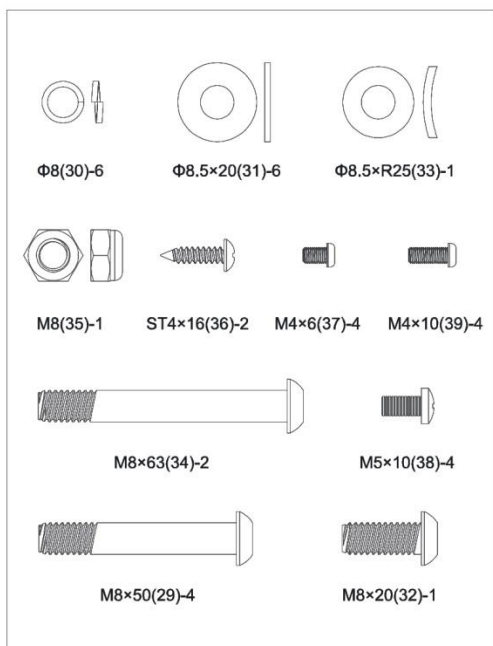
## Informacije o proizvodu



### Specifikacije:

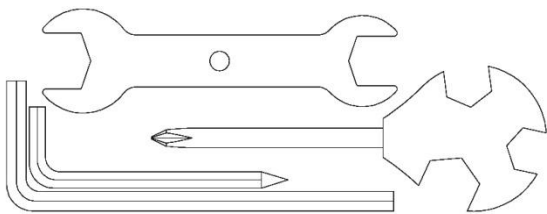
Dimenzije	1100x530x1400mm
Max težina korisnika	120kg
Stupnjevi otpora	8
Zamašnjak	φ280/6kg

### Popis vijaka i matica:



NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	Φ8	7
31	Flat washer	Φ8.5×Φ20×t1.5	7
32	Allen C.K.S. full thread screw	M8×20	2
33	Curved washer	Φ8.5×R25×t2.0	2
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4

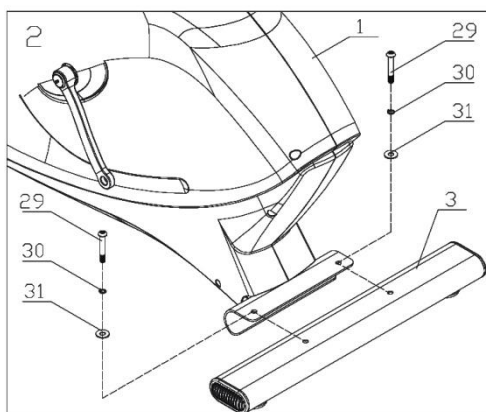
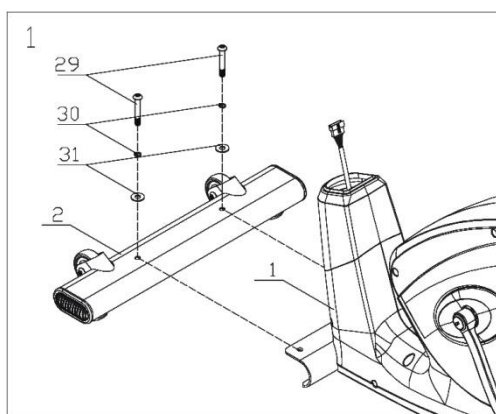
## Popis alata:



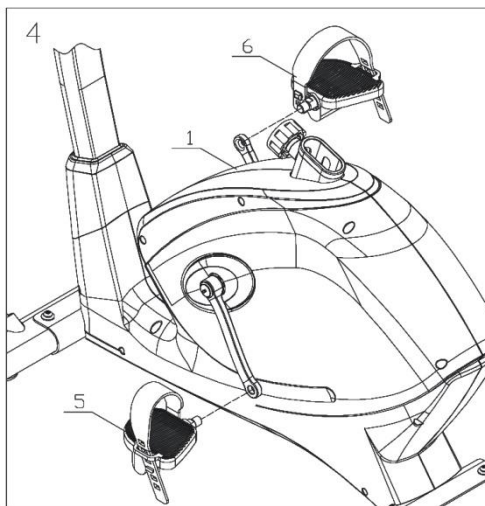
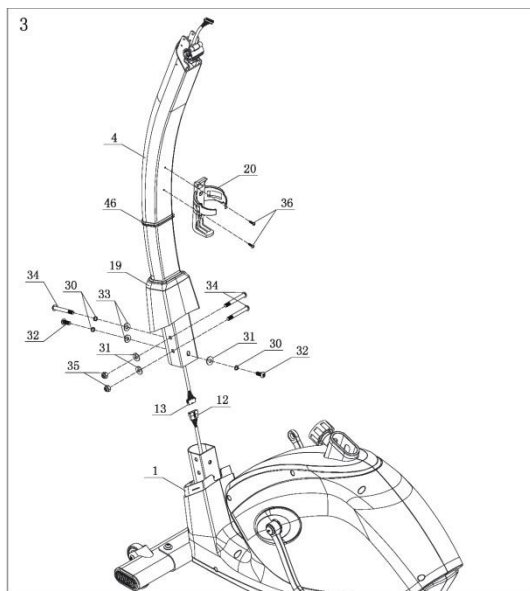
NAME	SPECIALIZED	QTY
L-shape wrench	5×35×80S	1
L-shape wrench	6×40×120	1
wrench	15#&17#	1
wrench		1

## Upute za sastavljanje

1. Spojite prednji stabilizator (2) na glavni okvir (1) sa vijcima (31, 30, 29).
2. Spojite stražnji stabilizator (3) na glavni okvir (1) sa vijcima (31, 30, 29).

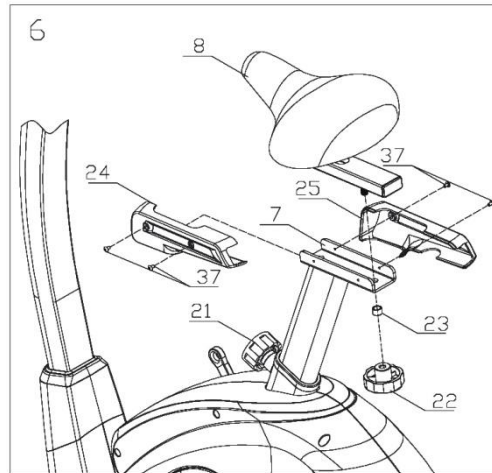
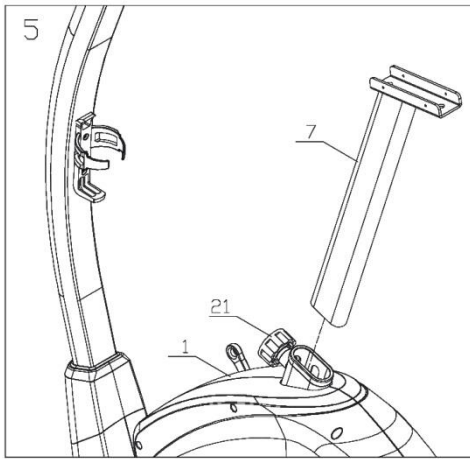


3. Spojite dekoraciju (46) na stup (4). Zatim postavite zaštitni dio (19) na stup (4). Spojite žicu od motora (12) sa žicom od konzole (13). Sada možete spojiti stup (4) na glavni okvir (1) sa vijcima (30, 31, 32, 33, 34, 35). Spojite bidon (20) na stup (4) sa vijcima (36).
4. Spojite lijevu pedalu (5) i desnu pedalu (6) na glavni okvir (1) i zategnite vijke.



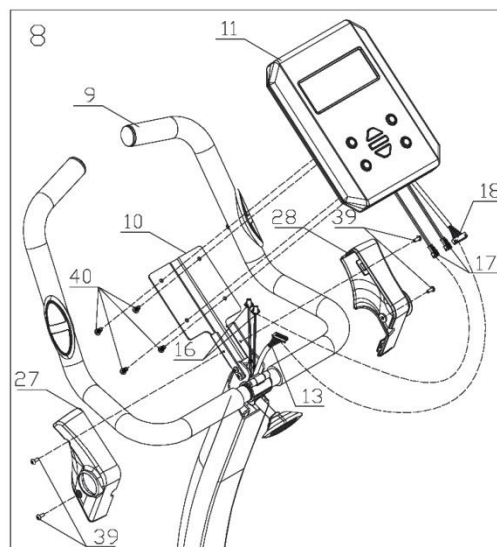
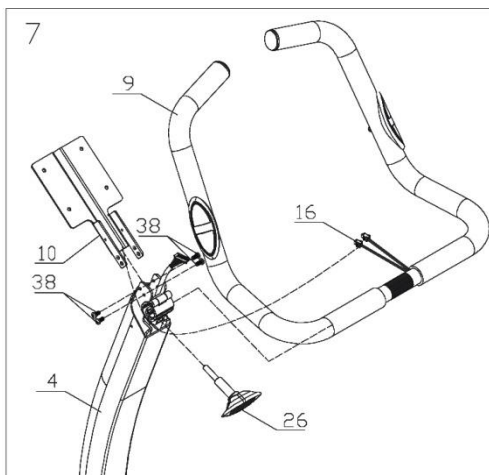
**5.** Otpustite ručni vijak (21), postavite stup od sjedala (7) na glavni okvir (1) i zatim opet zategnite ručni vijak (21).

**6.** Postavite sjedalo (8) na stup od sjedala (7) i koristite ručni vijak (22) i maticu (23) ali nemojte zategnuti do kraja. Namjestite sjedalo (8) i spojite lijevo i desno zaštitno kućište (24, 25) na stup od sjedala (7) i koristite vijke (37). Na kraju zategnite ručni vijak (22).

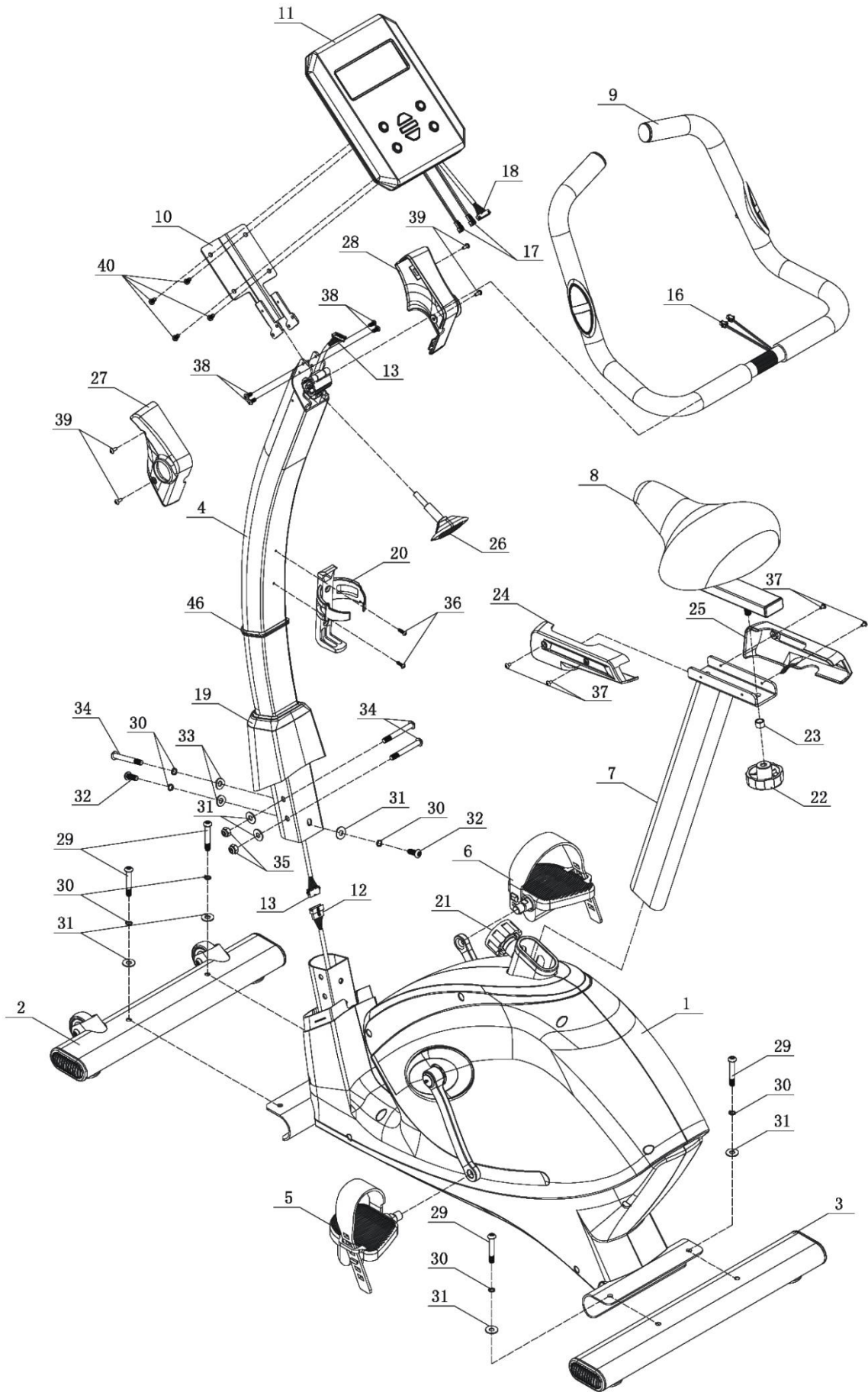


**7.** Unutar stupa (4) je žica za mjerenje pulsa (16). Spojite ju sa ručkama (9) i zatim spojite sve na stup. Zategnite sa ručnim vijkom (26).

**8.** Spojite žice od konzole (13, 18) i žicu za mjerenje pulsa sa konzolom (16, 17). Zatim učvrstite konzolu (11) na podnožje (10) sa vijcima (40). Spojite lijevo i desno zaštitno kućište (27, 28) preko ručki (9) na stup (4) i učvrstite vijcima (39).



# Kompletna shema svih djelova za sastavljanje





## Tablica djelova za sastavljanje:

br.	NAZIV	SPECIFIKACIJE	kom	br.	NAZIV	SPECIFIKACIJE	kom
1	Main frame		1	23	Bushing	Φ10.5×Φ14×10	1
2	Front stabilizer		1	24	Saddle cover(L)		1
3	Rear stabilizer		1	25	Saddle cover(R)		1
4	Upright post		1	26	T-shaped rotary knob	M8×30	1
5	Pedal(L)		1	27	Handlebar cover(L)		1
6	Pedal(R)		1	28	Handlebar cover(R)		1
7	Saddle post		1	29	Allen C.K.S. half thread screw	M8×50×20	4
8	Saddle		1	30	Spring washer	Φ8	7
9	Handlebars		1	31	Flat washer	Φ8.5×Φ20×t1.5	7
10	Console fixed piece		1	32	Allen C.K.S. full thread screw	M8×20	2
11	Console		1	33	Curved washer	Φ8.5×R25×t2.0	2
12	Magnetic sensor wire		1	34	Allen C.K.S. half thread screw	M8×65×20	3
13	Console communication wire		1	35	Hex self-locking nut	M8	2
16	Handle pulse connection wire		2	36	Philips C.K.S. self-tapping screw	ST4×16	2
17	Console outset		2	37	Philips pan head full thread screw	M4×6	4
18	Console connection wire		1	38	Philips pan head full thread screw	M5×10	4
19	Upright post cover		1	39	Philips pan head full thread screw	M4×10	4
20	Bottle holder		1	40	Philips pan head full thread screw	M5×10(镀黑锌)	4
21	Rotary hand bolt	Φ56×M16×P1.5	1	46	Upright post decoration strip		1
22	Handlebar rotary knob		1				

## Funkcije računala

### Zaslon:

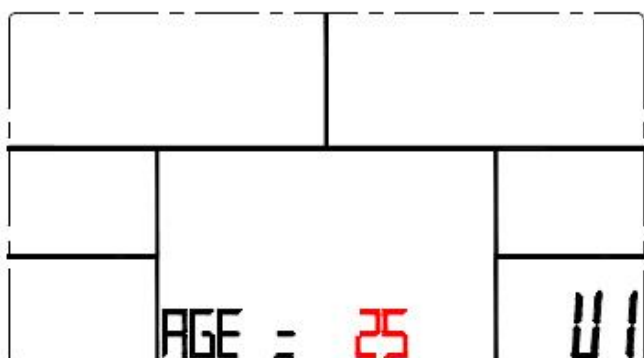
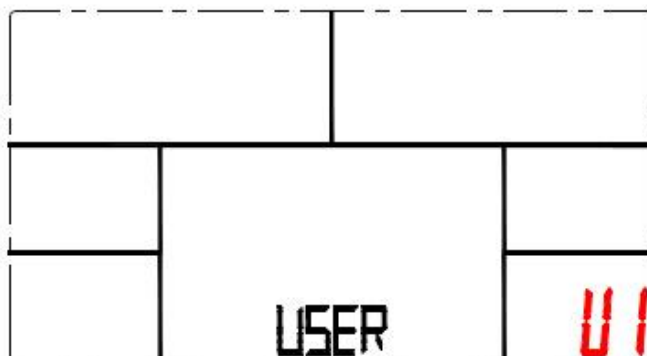
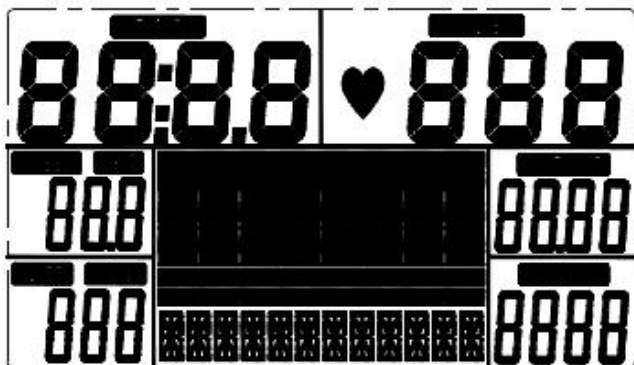
Funkcija	Opis
TIME	Prikaz vremena tijekom vježbe. Raspon: 0:00 - 99:59
SPEED	Prikaz vrijednost brzine tijekom vježbanja. Raspon: 0,0 - 99,9
DISTANCE	Prikaz udaljenosti tijekom vježbe. Raspon: 0,0 - 99,9
CALORIES	Prikaz potrošenih kalorija tijekom vježbe. Raspon: 0 - 999
PULSE	Prikaz vrijednosti pulsa tijekom vježbe. Zvučni signal će se aktivirati ako je puls iznad zadane vrijednosti.
RPM	Okretaji u minuti. Raspon: 0 - 999
WATTS	Prikaz potrošene snage tijekom vježbe. Raspon: 0 - 350
MANUAL	Način rada sa ručnim postavkama.
PROGRAM	Izbor između 12 predefiniranih programa/načina rada.
USER	Način rada gdje korisnik namješta vrijednost otpora.
H.R.C.	Mjerenje otkucaja srca.
WATT	Način rada gdje korisnik namješta potrošnju snage.

## Tipke:

Funkcija	Opis
Reset	Držite tipku 2 sekunde i računalo će se ponovno pokrenuti u korisničkm načinu rada. Pritisnite jednom da se vratite na glavni izbornik kada se vježba ne izvodi.
Body fat	Provjerite približnu vrijednost masnoće u tijelu, Body mass Index (BMI)
Up	Izaberite način vježbanja, povećajte numeričku vrijednost.
Recovery	Provjerite vrijednost otkucaja srca.
Down	Izaberite način vježbanja, smanjite numeričku vrijednost.
Mode	Potvrdite izbor ili vrijednost.
Start/Stop	Započnite ili zaustavite vježbu.

## Upravljanje

Spojite spravu na stuju i uključite je. LCD će se upaliti i prvo će prikazati vrijednost promjera kotača. Nakon toga ulazi u namještanje profila korisnika (U1 - U4: dob, spol, visina, težina). Ako prođe 4 minute bez interakcije, računalo će prijeći u Stand-by način rada. Pritisnite bilo koju tipku da "probudite" računalo.



## Ručne postavke

Kada ste u glavnom izborniku, pritisnite tipku START/STOP i ući ćete direktno u način rada s ručnim postavkama.

1. Pritisnite Up ili Down da odabrete program, odaberite MANUAL i pritisnite tipku MODE da potvrdite odabir.
2. Pritisnite tipke TIME, DISTANCE, CALORIES, PULSE da bi postavili željene vrijednosti. Pritisnite tipku MODE da potvrdite odabir.
3. Pritisnite tipku START/STOP da počnete s vježbom.
4. tijekom vježbe pritisnite tipke UP ili DOWN da mijenjate vrijednosti otpora (1 do 32).
5. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.



## Predefinirani programi

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite PROGRAM, pritisnite tipku MODE da potvrdite odabir. Odaberite između P01-P12 programa i pritisnite tipku MODE da potvrdite odabir.
2. Tipkama UP i DOWN namjestite željenu vrijednost vremena.
3. Pritisnite tipku START/STOP da počnete s vježbom.
4. Tijekom vježbe pritisnite tipke UP ili DOWN da namjestite vrijednost otpora (1 do 32).
5. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.



## Korisnički program

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite USER PROGRAM, pritisnite tipku MODE da potvrdite odabir.
2. Tipkama UP i DOWN namjestite vrijednosti otpora za svaki segment (potrebno je namjestiti ukupno 20 segmenata).
3. Držite tipku MODE 2 sekunde da završite ili da izađete.
4. Koristite tipke UP i DOWN da namjestite vrijeme.
5. Pritisnite tipku START/STOP za početak vježbe.
6. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.
7. Tijekom vježbanja tipkama UP i DOWN možete mijenjat vrijednost otpora (1 do 32).

## Otkucaji srca

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite H.R.C., pritisnite tipku MODE da potvrdite odabir.
2. Pritisnite UP i DOWN tipkeda odaberete između H.R.C. 55%, H.R.C. 75%, H.R.C. 90% ili H.R.C. AG (početna vrijednost 100).
3. Koristite tipke UP i DOWN da namjestite vrijeme.
4. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.
5. Ako nema otkucaja srca tijekom vježbanja, čuti ćete zvučni alarm.



## Potrošnja energije

1. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite WATT, pritisnite tipku MODE da potvrdite odabir.
2. Tipkama UP i DOWN namjestite željenu vrijednost potrošnje energije (početna vrijednost 120) i pritisnite tipku MODE da potvrdite odabir.
3. Koristite tipke UP i DOWN da namjestite vrijeme.
4. Pritisnite tipku START/STOP tijekom vježbanja da zaustavite vježbu. Pritisnite tipku RESET da se vratite u glavni izbornik.
5. Tipkama UP i DONE možete mijenjati WATT vrijednost tijekom vježbanja.

## Tjelesna masnoća

1. Pritisnite tipku BODY FAT kad se vježba ne izvodi. Držite čvrsto ručke na mjestu gdje se nalazi sensor za otkucaje srca.
2. LCD zaslon će prikazati "- - - - -". Nakon 8 sekundi će se prikazati postotak tjelesne masnoće, BMI, i simboli debljine.
3. Prikazati će se sljedeći simboli u situacijama objašnjenim ispod:  
"E-1" znači da korisnik nije pravilno postavio ruku na sensor.  
"E-4" znači da je postotak tjelesne mase i BMI iznad raspona mjerenja.

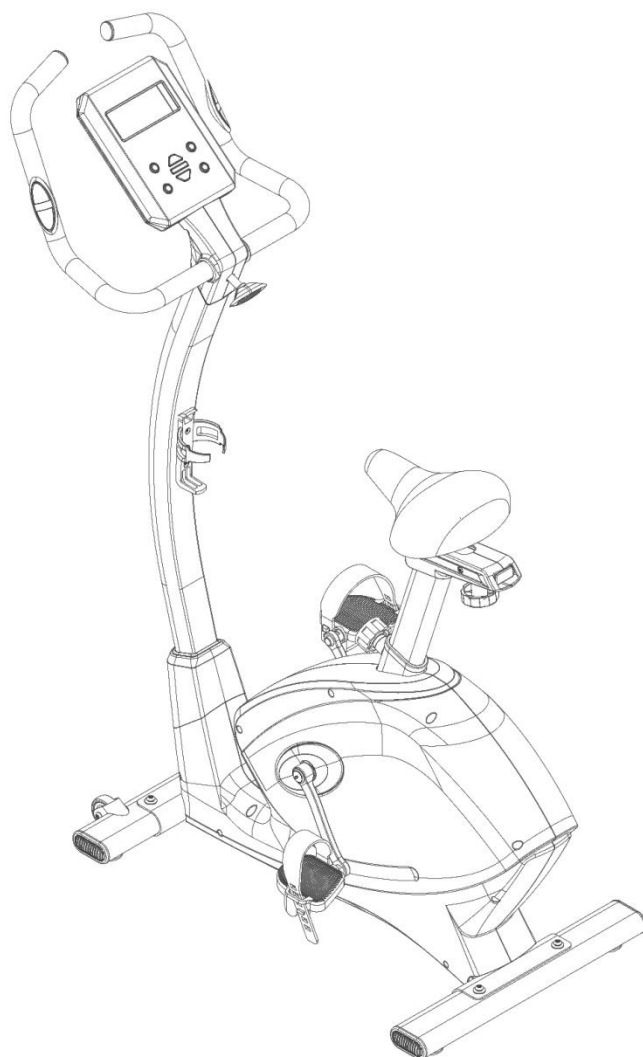
BMI	LOW-nisko	LOW/MID- srednje nisko	MID - srednje	MID/HIGH - visoko
Raspon	<20	20-24	24,1-26,5	>26,5

Simbol	-	+	▲	◆
Postotak masnoće	Nizak	Srednje nizak	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

# XPLORER ARROW

SOBNI BIKIKL

## PRIRUČNIK ZA KORISNIKE



## Mere opreza

OPREZ: Ovaj sobni bicikl je dizajniran da pruži maksimalnu sigurnost tokom korišćenja, ali ipak je potrebno slediti neka pravila da bi izbegli ozlede i oštećenja:

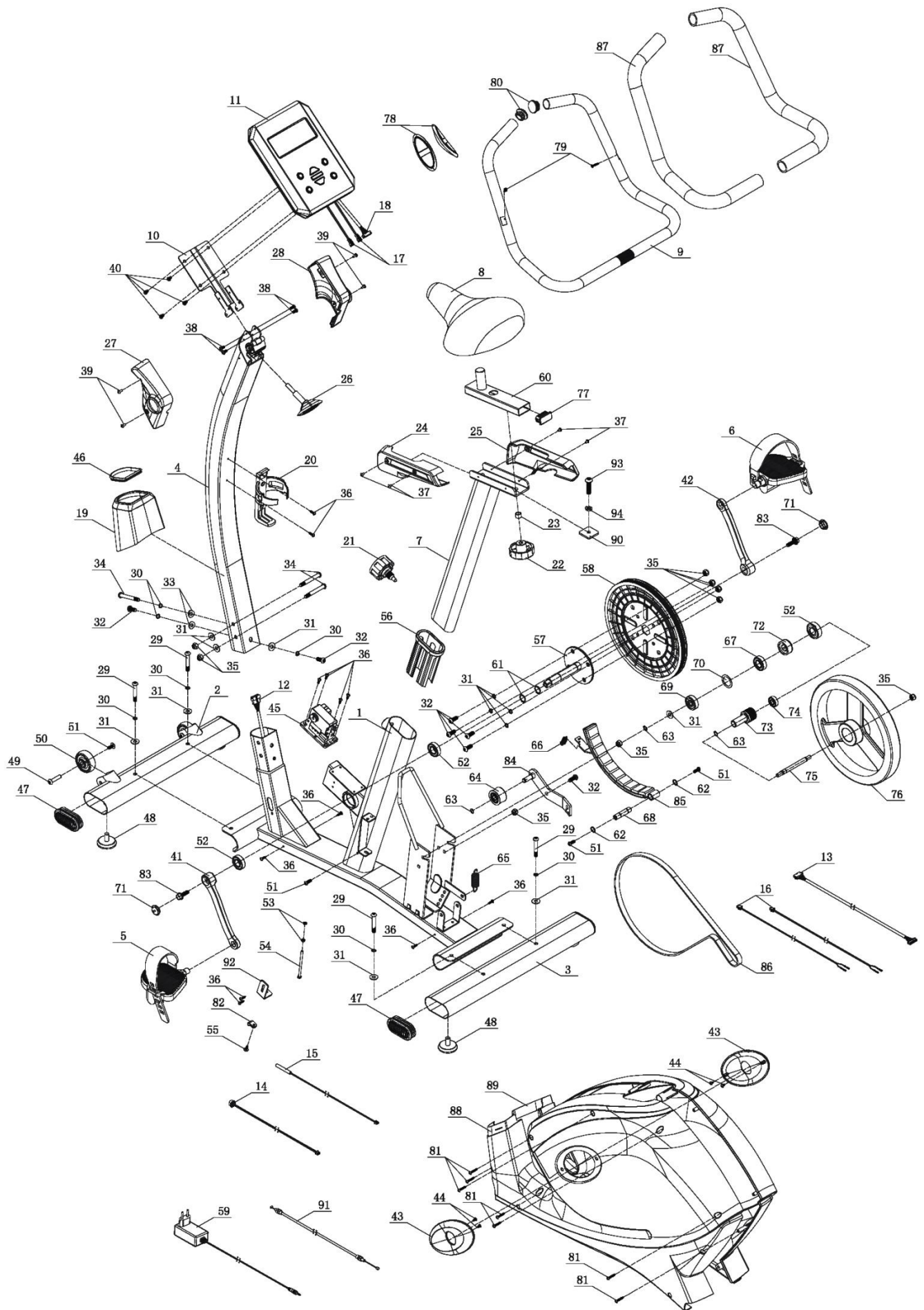
- Pre korišćenja proučite ovaj dokument.
- Držite decu i kućne ljubimce dalje od ove sprave, i ne puštajte ih blizu bez nadzora.
- Proveravajte sve delove redovno i zamenite ih po potrebi.
- Postavite sobni bicikl na ravnu površinu, a barem 1m slobodnog prostora sa svih strana. Da bi zaštitili pod od oštećenja, preporučujemo da koristite podmetač ispod sprave.
- Držite sobni bicikl u interijeru, što dalje od vlage ili prašine. Dobro je imati ventilaciju u sobi u kojoj se nalazi.
- Nosite prigodnu odeću i obuću tokom vežbanja. Izbegavajte opuštenu i široku odeću, jer bi mogla zapeti u spravi.
- Maksimalna težina korisnika za ovu spravu je 120kg! Ako niste u tom rangu, predlažemo da kupite drugi model sobnog bicikla.
- Ova sprava je namenjena da je koristi samo jedna osoba. Nikad ne pokušavajte da vežbate sa 2 ili više osoba odjednom!
- Ako osećate bol ili vrtoglavicu tokom vežbanja, odmah prestanite s vežbom i kontaktirajte doktora.

Ako se oporavljate od bolesti ili imate sledeće simptome, posavetujte se sa svojim doktorom pre nego što počnete koristiti sobni bicikl:

- Bolovi ili utrnulost u zglobovima
- Anamorfni artritis, reuma ili bol u kostima
- Osteoporoza ili druge abnormalnosti
- Srčana bolest, krvna bolest, hipertenzija i slično
- Problemi sa disanjem
- Dijabetes ili slične bolesti

**Ako imate bilo kakve simptome bolesti, čak i ako nisu spomenuti iznad, savetujte se sa svojim doktorom pre nego što počnete sa vežbom.**

# Kompletna šema svih delova



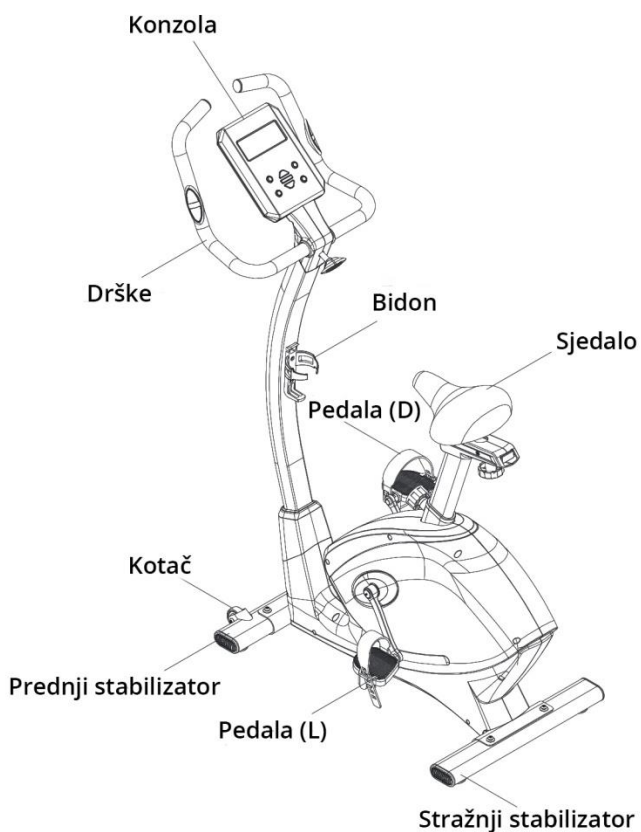


## Tablica svih delova

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
9	Main frame		1	34	Allen C.K.S. half thread screw	M8×65×20	3
2	Front stabilizer		1	35	Hex self-locking nut	M8	9
3	Rear stabilizer		1	36	Philips C.K.S. self-tapping screw	ST4×16	12
4	Upright post		1	37	Philips pan head full thread screw	M4×6	4
5	Pedal(L)		1	38	Philips pan head full thread screw	M5×10	4
6	Pedal(R)		1	39	Philips pan head full thread screw	M4×10	4
7	Saddle post		1	40	Philips pan head full thread screw	M5×10	4
8	Saddle		1	41	Crank(L)		1
9	Handlebars		1	42	Crank®		1
10	Console fixed piece		1	43	Crank cover		2
11	Console		1	44	Philips C.K.S. self-tapping screw	ST4×12	4
12	Magnetic sensor wire		1	45	Magnetic motor		1
13	Console communication wire		1	46	Upright post decoration strip		1
14	Power communication wire		1	47	End cap		4
15	Magnetic sensor		1	48	Feet pad	Φ47×10.5×M10×20	4
16	Handle pulse connection wire		2	49	Hex nut	Φ8×33×M6×15	2
17	Console outset		2	50	Wheels	Φ55×25.8	2
18	Console connection wire		1	51	Allen C.K.S. full thread screw	M6×15	5
19	Upright post cover		1	52	Deep groove ball bearing	6203-2RS	3
20	Bottle holder		1	53	Hex nut	M5	2
21	Rotary hand bolt	Φ56×M16×P1.5	1	54	Allen C.K.S. full thread screw	M5×80	1
22	Handlebar rotary knob		1	55	Philips C.K.S. self-tapping screw	ST4×12	1
23	Bushing	Φ10.5×Φ14×10	1	56	Saddle post bushing		1
24	Saddle cover(L)		1	57	Crank axle	Φ17×154.3	1
25	Saddle cover(R)		1	58	Belt pulley	Φ263×19	1
26	T-shaped rotary knob	M8×30	1	59	Power adapter		1
27	Handlebar cover(L)		1	60	Saddle adjustment		1
28	Handlebar cover(R)		1	61	Circlip shaft	Φ17	2
29	Allen C.K.S. half thread screw	M8×50×20	4	62	Circlip shaft	Φ12	2
30	Spring washer	Φ8	7	63	Circlip shaft	Φ10	3
31	Flat washer	Φ8.5×Φ20×t1.5	8	64	Tension pulley	Φ38×22	1
32	Allen C.K.S. full thread screw	M8×20	7	65	Tension spring		1
33	Curved washer	Φ8.5×R25×t2.0	2	66	Brake tension spring		1

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
67	Deep groove ball bearing	6003-2RS	1	80	Round end cap	Φ25×t1.5	2
68	Magnetic control fixed axle	Φ12×50	1	81	Philips C.K.S. self-tapping screw	ST4×25	7
69	Deep groove ball bearing	6300-2RS	1	82	Fixed magnet set		1
70	Flat washer	Φ34×Φ25×t1.0	1	83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
71	Crank cover		2	84	Tension pulley		1
72	Unidirectional needle bearing	Φ35×Φ17×16	1	85	Magnetic control fixed axle		1
73	Small belt pulley set	Φ30×64	1	86	Motor belt	440PJ6	1
74	Deep groove ball bearing	6000-2RS	1	87	Foam grip	Φ22×t3.0×680	2
75	Flywheel axle	Φ10×109.5	1	88	Motor cover (L)		1
76	Flywheel	Φ280/6 kg	1	89	Motor cover (R)		1
77	Square end cap	20×40×t1.5	1	90	Saddle locking piece		1
78	Handle pulse set		2	91	Brake wire		1
79	Philips C.K.S. self-tapping screw	ST4×20	2	92	Sensor wire fixed piece		1

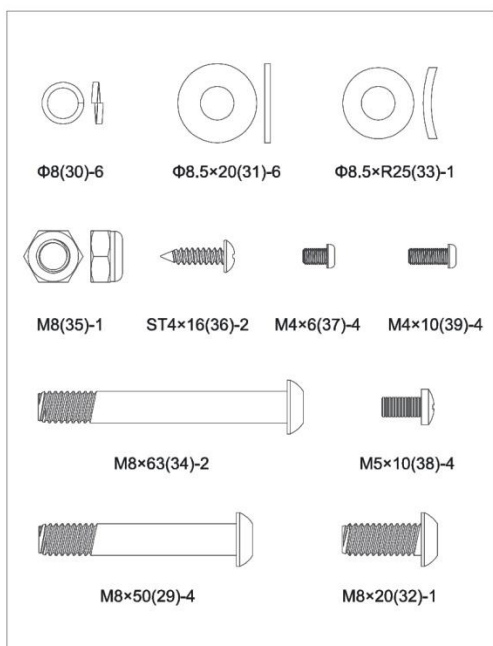
## Informacije o proizvodu



### Specifikacije:

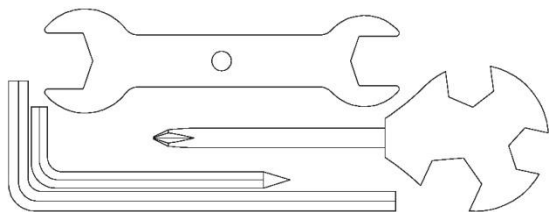
Dimenzije	1100x530x1400mm
Max težina korisnika	120kg
Stepen otpornosti	8
Zamajac	φ280/6kg

### Popis vijaka i matica:



NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	φ8	7
31	Flat washer	φ8.5×φ20×t1.5	7
32	Allen C.K.S. full thread screw	M8×20	2
33	Curved washer	φ8.5×R25×t2.0	2
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4

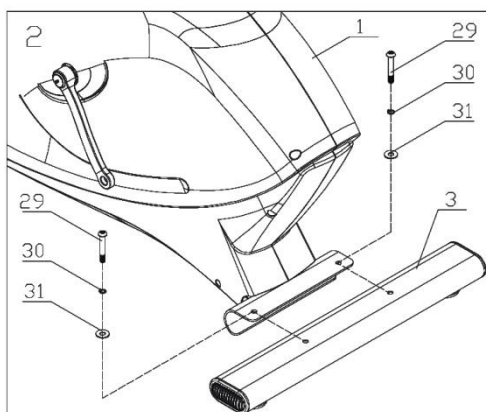
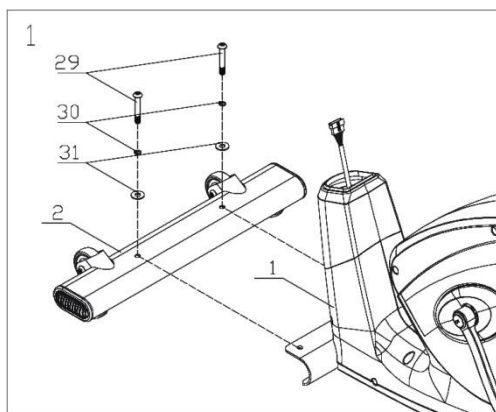
## Popis alata:



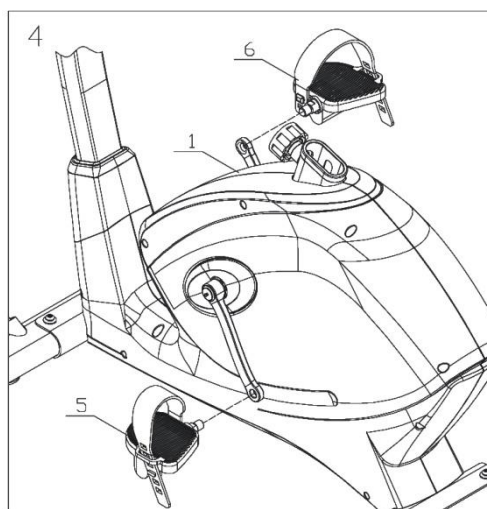
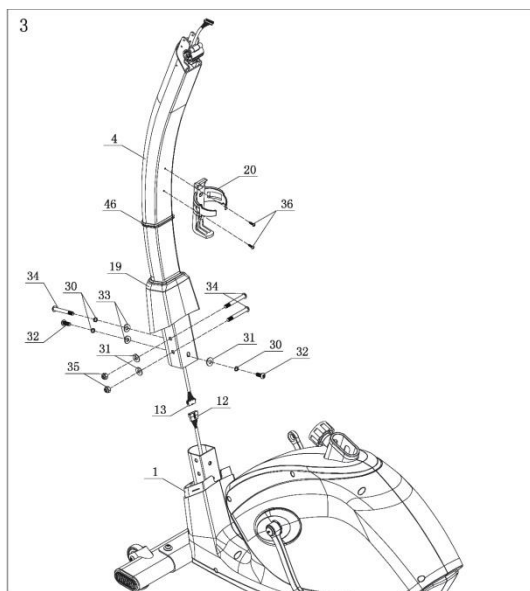
NAME	SPECIALIZED	QTY
L-shape wrench	5×35×80S	1
L-shape wrench	6×40×120	1
wrench	15#&17#	1
wrench		1

## Uputstvo za sastavljanje

1. Spojite prednji stabilizator (2) na glavni okvir (1) sa zavrtnjima (31, 30, 29).
2. Spojite stražnji stabilizator (3) na glavni okvir (1) sa zavrtnjima (31, 30, 29).

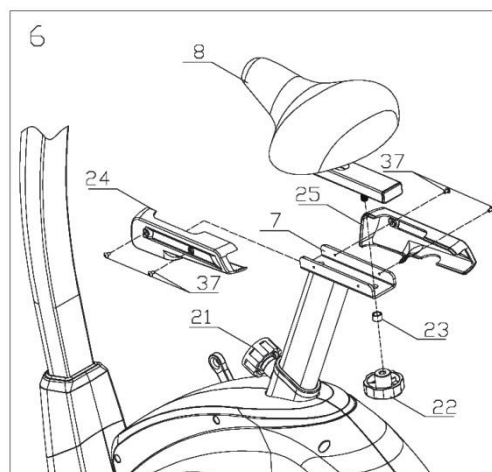
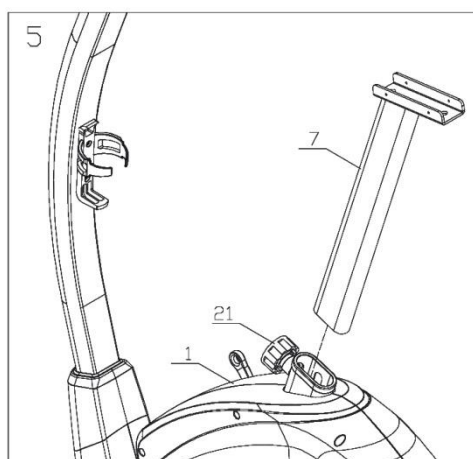


3. Spojite dekoraciju (46) na stub (4). Zatim postavite zaštitni deo (19) na stub (4). Spojite žicu od motora (12) sa žicom od konzole (13). Sada možete spojiti stub (4) na glavni okvir (1) sa zavrtnjima (30, 31, 32, 33, 34, 35). Spojite bidon (20) na stub (4) sa zavrtnjima (36)
4. Spojite levu pedalu (5) i desnu pedalu (6) na glavni okvir (1) i zategnite zavrtnje.



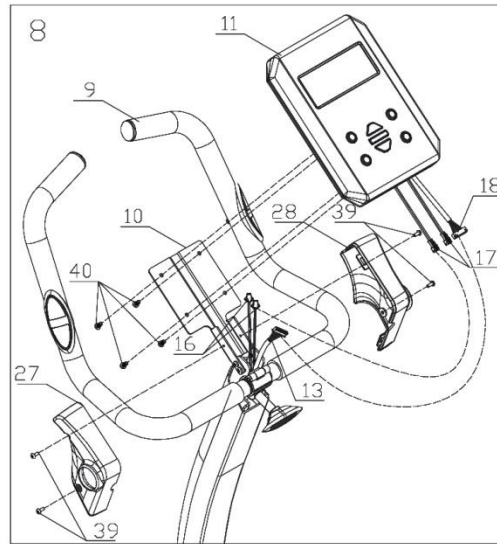
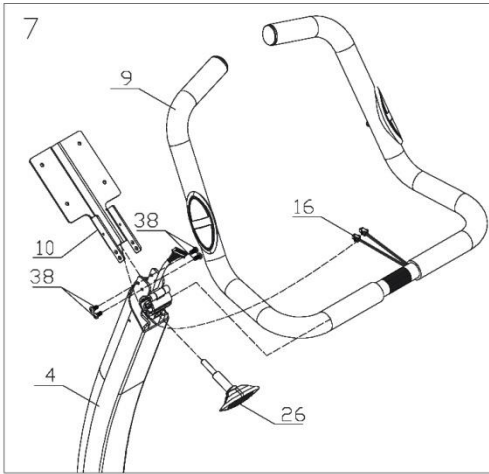
**5.** Otpustite ručni zavrtnj (21), postavite stub od sedišta (7) na glavni okvir (1) i zatim opet zategnite ručni zavrtnj (21).

**6.** Postavite sedište (8) na stub od sedišta (7) i koristite ručni zavrtnj (22) i maticu (23) ali nemojte zategnuti do kraja. Namestite sedište (8) i spojite levo i desno zaštitno kućište (24, 25) na stub od sedišta (7) i koristite zavrtnje (37). Na kraju zategnite ručni zavrtnj (22).

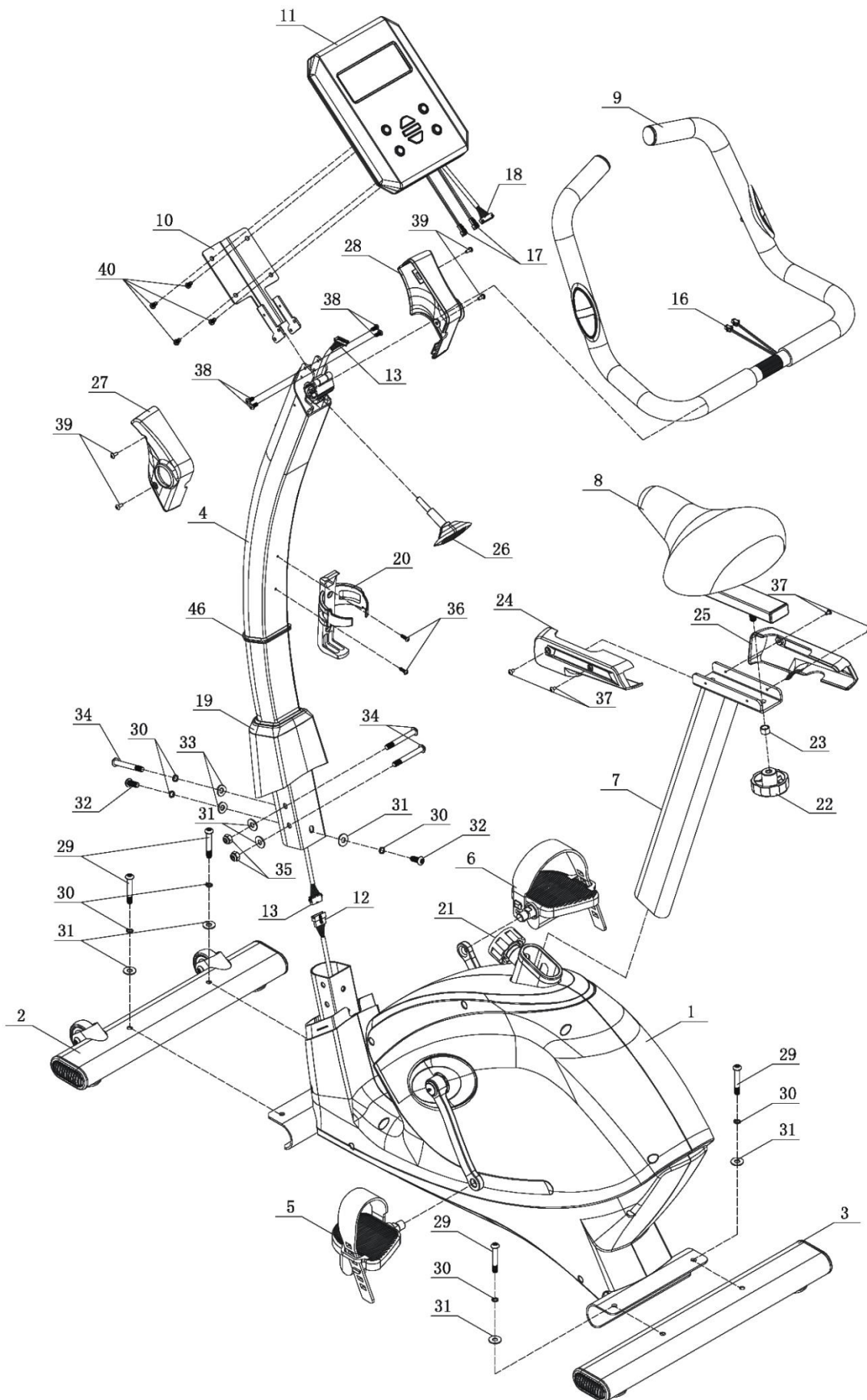


**7.** Unutar stuba (4) je žica za merenje pulsa (16). Spojite je sa ručkama (9) i zatim spojite sve na stub. Zategnite sa ručnim zavrtnjem (26). Spojite podnožje za konzolu (10) na stub (4) sa zavrtnjima (38).

**8.** Spojite žice od konzole (13, 18) i žicu za merenje pulsa sa konzolom (16, 17). Zatim učvrstite konzolu (11) na podnožje (10) sa zavrtnjima (40). Spojite levo i desno zaštitno kućište (27, 28) preko ručki (9) na stub (4) i učvrstite zavrtnjima (39).



**Kompletna šema svih delova za sastavljanje**



Tablica delova za sastavljanje:

br.	NAZIV	SPECIFIKACIJE	kom	br.	NAZIV	SPECIFIKACIJE	kom
1	Main frame		1	23	Bushing	Φ10.5×Φ14×10	1
2	Front stabilizer		1	24	Saddle cover(L)		1
3	Rear stabilizer		1	25	Saddle cover(R)		1
4	Upright post		1	26	T-shaped rotary knob	M8×30	1
5	Pedal(L)		1	27	Handlebar cover(L)		1
6	Pedal(R)		1	28	Handlebar cover(R)		1
7	Saddle post		1	29	Allen C.K.S. half thread screw	M8×50×20	4
8	Saddle		1	30	Spring washer	Φ8	7
9	Handlebars		1	31	Flat washer	Φ8.5×Φ20×t1.5	7
10	Console fixed piece		1	32	Allen C.K.S. full thread screw	M8×20	2
11	Console		1	33	Curved washer	Φ8.5×R25×t2.0	2
12	Magnetic sensor wire		1	34	Allen C.K.S. half thread screw	M8×65×20	3
13	Console communication wire		1	35	Hex self-locking nut	M8	2
16	Handle pulse connection wire		2	36	Philips C.K.S. self-tapping screw	ST4×16	2
17	Console outset		2	37	Philips pan head full thread screw	M4×6	4
18	Console connection wire		1	38	Philips pan head full thread screw	M5×10	4
19	Upright post cover		1	39	Philips pan head full thread screw	M4×10	4
20	Bottle holder		1	40	Philips pan head full thread screw	M5×10(鍍黑鋅)	4
21	Rotary hand bolt	Φ56×M16×P1.5	1	46	Upright post decoration strip		1
22	Handlebar rotary knob		1				

## Funkcije računara

### Zaslon:

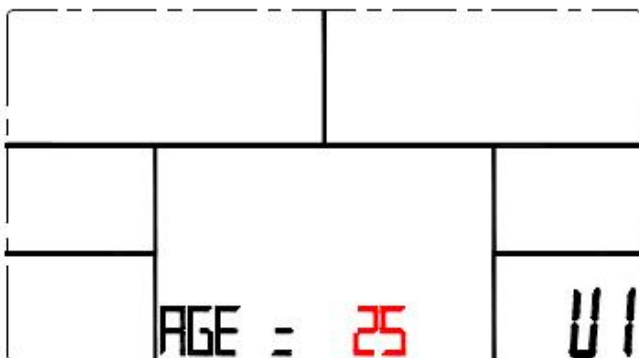
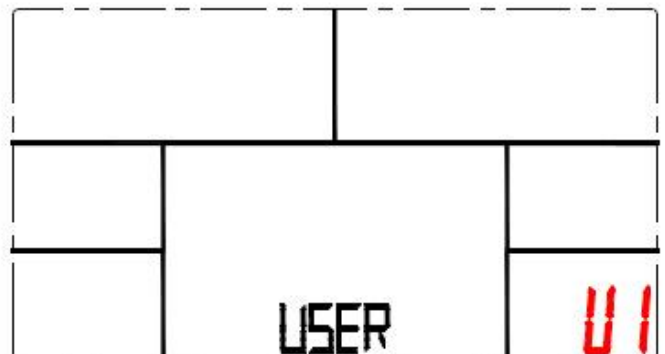
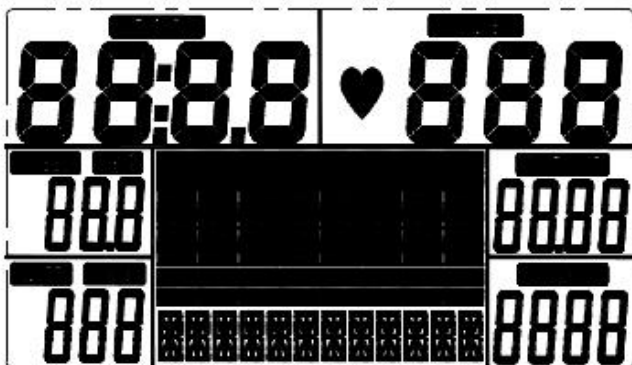
Funkcija	Opis
TIME	Prikaz vremena tokom vežbe. Raspon: 0:00 - 99:59
SPEED	Prikaz vrednost brzine tokom vežbanja. Raspon: 0,0 - 99,9
DISTANCE	Prikaz udaljenosti tokom vežbe. Raspon: 0,0 - 99,9
CALORIES	Prikaz potrošenih kalorija tokom vežbe. Raspon: 0 - 999
PULSE	Prikaz vrednosti pulsa tokom vežbe. Zvučni signal će se aktivirati ako je puls iznad zadate vrednosti.
RPM	Okretaji u minuti. Raspon: 0 - 999
WATTS	Prikaz potrošene snage tokom vežbe. Raspon: 0 - 350
MANUAL	Način rada sa ručnim podešavanjima.
PROGRAM	Izbor između 12 predefinisanih programa/načina rada.
USER	Način rada gde korisnik namešta vrednost otpora.
H.R.C.	Merenje otkucaja srca.
WATT	Način rada gde korisnik namešta potrošnju snage.

### Tipke:

Funkcija	Opis
Reset	Držite tipku 2 sekunde i računar će se ponovno pokrenuti u korisničkom načinu rada. Pritisnite jednom da se vratite na glavni meni kada se vežba ne izvodi.
Body fat	Proverite približnu vrednost masnoće u telu, Body mass Index (BMI)
Up	Izaberite način vežbanja, povećajte numeričku vrednost.
Recovery	Proverite vrednost otkucaja srca.
Down	Izaberite način vežbanja, smanjite numeričku vrednost.
Mode	Potvrdite izbor ili vrednost.
Start/Stop	Započnite ili zaustavite vežbu.

### Upravljanje

Spojite spravu na stuju i uključite je. LCD će se upaliti i prvo će prikazati vrednost prečnika točka. Nakon toga ulazi u nameštanje profila korisnika (U1 - U4: godine, pol, visina, težina). Ako prođe 4 minute bez interakcije, računar će preći u Stand-by način rada. Pritisnite bilo koju tipku da "probudite" računar.





## Ručna podešavanja

Kada ste u glavnom meniju, pritisnite tipku START/STOP i ući ćete direktno u način rada s ručnim podešavanjima.

6. Pritisnite Up ili Down da odabrete program, odaberite MANUAL i pritisnite tipku MODE da potvrdite odabir.
7. Pritisnite tipke TIME, DISTANCE, CALORIES, PULSE da bi postavili željene vrednosti. Pritisnite tipku MODE da potvrdite odabir.
8. Pritisnite tipku START/STOP da počnete s vežbom.
9. Tokom vežbe pritisnite tipke UP ili DOWN da menjate vrednosti otpora (1 do 32).
10. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.



## Predefinisani programi

6. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite PROGRAM, pritisnite tipku MODE da potvrdite odabir. Odaberite između P01-P12 programa i pritisnite tipku MODE da potvrdite odabir.
7. Tipkama UP i DOWN namestite željenu vrednost vremena.
8. Pritisnite tipku START/STOP da počnete s vežbom.
9. Tokom vežbe pritisnite tipke UP ili DOWN da namestite vrednost otpora (1 do 32).
10. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.



### **Korisnički program**

8. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite USER PROGRAM, pritisnite tipku MODE da potvrdite odabir.
9. Tipkama UP i DOWN namestite vrednosti otpora za svaki segment (potrebno je namestiti ukupno 20 segmenata).
10. Držite tipku MODE 2 sekunde da završite ili da izađete.
11. Koristite tipke UP i DOWN da namestite vreme.
12. Pritisnite tipku START/STOP za početak vežbe.
13. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.
14. Tokom vežbanja tipkama UP i DOWN možete menjati vrednost otpora (1 do 32).

### **Otkucaji srca**

6. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite H.R.C., pritisnite tipku MODE da potvrdite odabir.
7. Pritisnite UP i DOWN tipke da odaberete između H.R.C. 55%, H.R.C. 75%, H.R.C. 90% ili H.R.C. AG (početna vrednost 100).
8. Koristite tipke UP i DOWN da namestite vreme.
9. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.
10. Ako nema otkucaja srca tokom vežbanja, čućete zvučni alarm.



## Potrošnja energije

6. Pritisnite tipke UP ili DOWN da birate među načinima rada i odaberite WATT, pritisnite tipku MODE da potvrdite odabir.
7. Tipkama UP i DOWN namestite željenu vrednost potrošnje energije (početna vrednost 120) i pritisnite tipku MODE da potvrdite odabir.
8. Koristite tipke UP i DOWN da namestite vreme.
9. Pritisnite tipku START/STOP tokom vežbanja da zaustavite vežbu. Pritisnite tipku RESET da se vratite u glavni meni.
10. Tipkama UP i DONE možete menjati WATT vrednost tokom vežbanja.

## Telesna masnoća

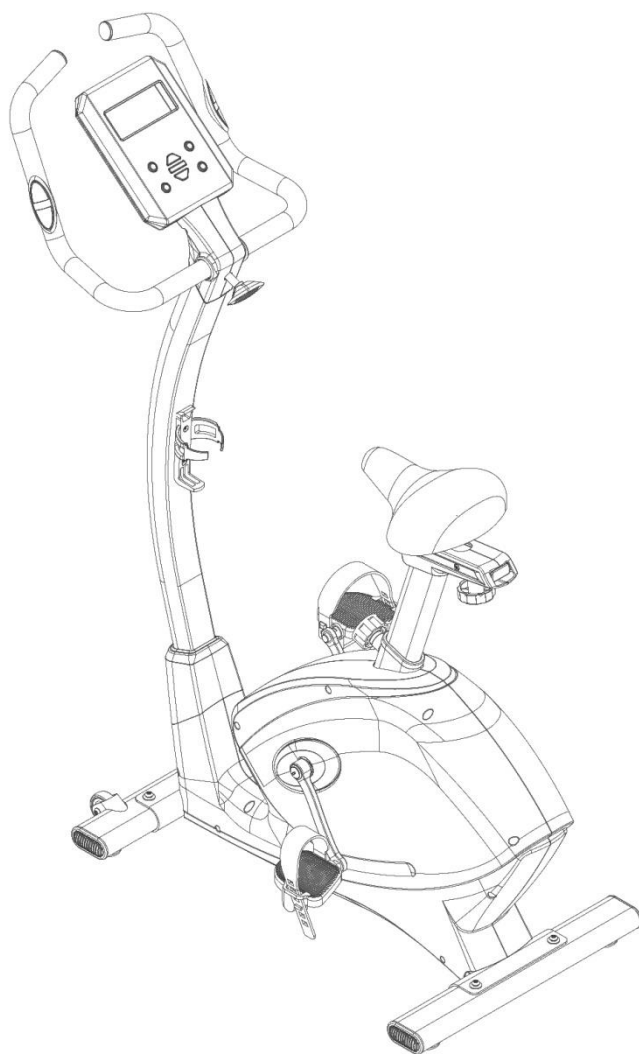
4. Pritisnite tipku BODY FAT kad se vežba ne izvodi. Držite čvrsto ručke na mestu gde se nalazi senzor za otkucanje srca.
5. LCD ekran će prikazati "- - - - -". Nakon 8 sekundi će se prikazati procenat telesne masnoće, BMI, i simboli debljine.
6. Prikazaće se sledeći simboli u situacijama objašnjenim ispod:  
 "E-1" znači da korisnik nije pravilno postavio ruku na senzor.  
 "E-4" znači da je procenat telesne mase i BMI iznad raspona merenja.

BMI	LOW-nisko	LOW/MID- srednje nisko	MID - srednje	MID/HIGH - visoko
Raspon	<20	20-24	24,1-26,5	>26,5

Simbol	-	+	▲	◆
Procenat masnoće	Nizak	Srednje nizak	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

# XPLORER ARROW SOBNO KOLO

## UORABNIŠKI PRIROČNIK



## Varnostni ukrepi

POZORILLO: To sobno kolo je zasnovano tako, da nudi kar najvišjo varnost v času uporabe, vendar je kljub temu potrebno upoštevati nekaj pravil, da se izognete nepotrebni poškodbam in kvarom.

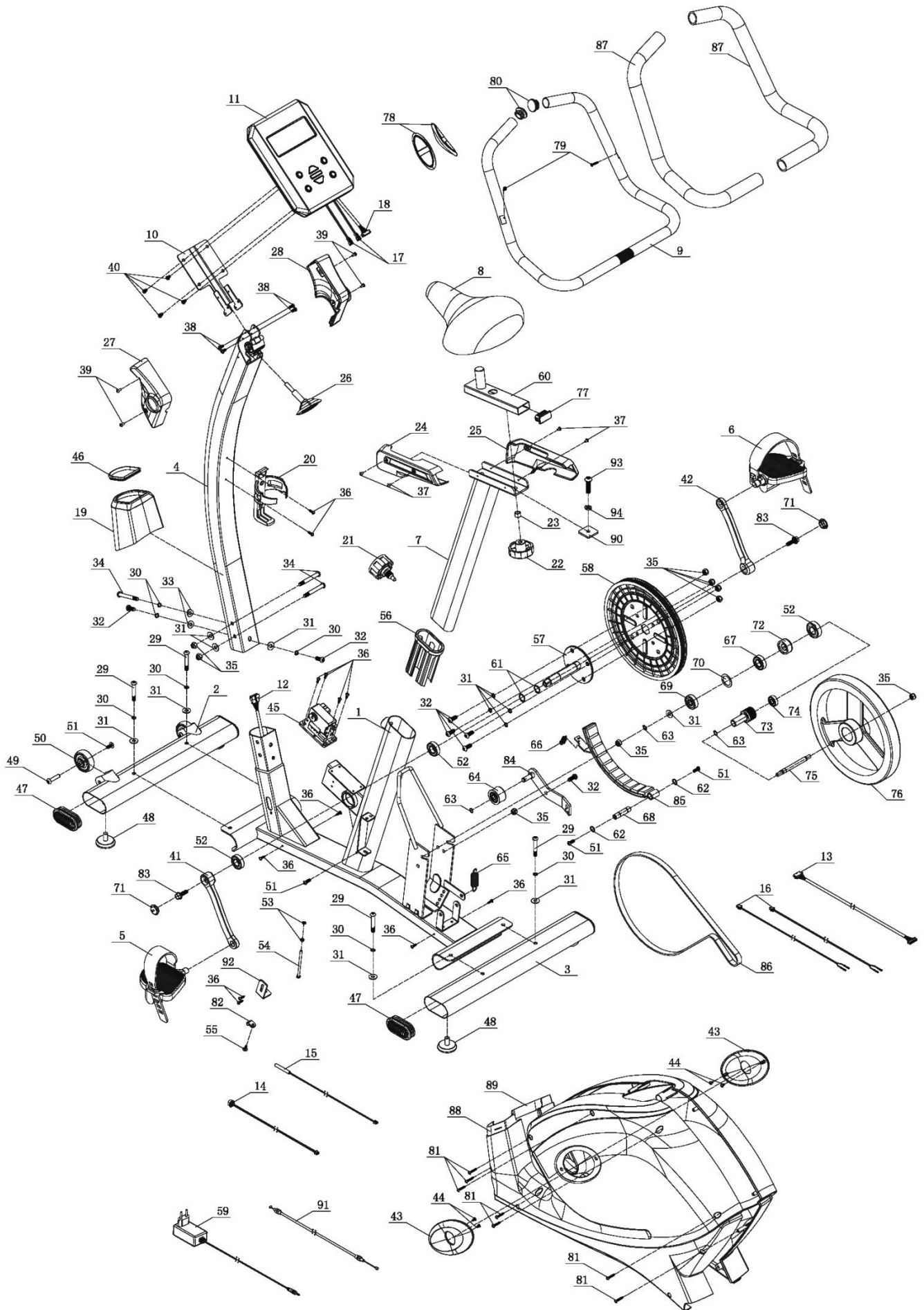
- Pred uporabo preučite ta navodila.
- Otroke in hišnje ljubljence ne pustite blizu naprave brez nadzora.
- Redno preverjajte vse sestavne dele i njih po potrebi zamenjajte.
- Sobno kolo postavite na ravno površino z vsaj 1m prostora na vseh straneh. Za zaščito tal priporočamo, da kolo postavite na preprogo.
- Sobno kolo naj bo v suhem prostoru brez vlage in prahu. V prostoru, kjer vadite je dobro imeti prezračevanje.
- Pri vadbi nosite udobno obleko in obutev ter se izogibajte pretirano širokim oblačilom, da se z njim ne bi zpletli z napravo.
- Največja dovoljena teža uporabnika je 120kg! Če presegate to težo se prosimo odločite za drugi model sobnega kolesa.
- To napravo lahko koristi le ena oseba hkrati. Nikoli ne poskušajte uporabljati napravo dve ali več oseb hkrati!
- Če pri vadbi začutite slabost ali vrtoglavico, takoj prenehajte z vadbo in se posvetujte z svojim zdravnikom.

Če se rehabilitirate po bolezni ali če imate naslednje simptome, se pred vadbo s tem sobnim kolesom posvetujte s svojim zdravnikom.

- Bolečine in otrdelost sklepov
- Anamorfni artritis, reuma ali bolečine v kosteh
- Osteoporoza ali druga odstopanja
- Bolezni srca, krvno bolezen, hipertenzijo ali podobno
- Težave z dihanjem
- Dijabetes ali podobne bolezni

**Če imate kakršnekoli simptome bolezni, tudi tiste, ki zgoraj niso omenjene, se pred vadbo posvetujte s svojim zdravnikom.**

# Shema svih delov

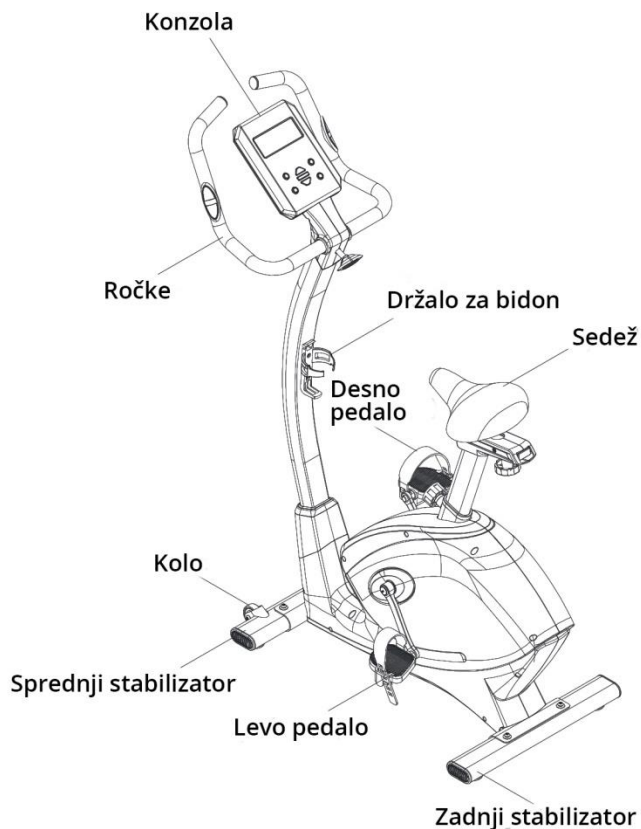


## Tabela vseh delov

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
9	Main frame		1	34	Allen C.K.S. half thread screw	M8×65×20	3
2	Front stabilizer		1	35	Hex self-locking nut	M8	9
3	Rear stabilizer		1	36	Philips C.K.S. self-tapping screw	ST4×16	12
4	Upright post		1	37	Philips pan head full thread screw	M4×6	4
5	Pedal(L)		1	38	Philips pan head full thread screw	M5×10	4
6	Pedal(R)		1	39	Philips pan head full thread screw	M4×10	4
7	Saddle post		1	40	Philips pan head full thread screw	M5×10	4
8	Saddle		1	41	Crank(L)		1
9	Handlebars		1	42	Crank®		1
10	Console fixed piece		1	43	Crank cover		2
11	Console		1	44	Philips C.K.S. self-tapping screw	ST4×12	4
12	Magnetic sensor wire		1	45	Magnetic motor		1
13	Console communication wire		1	46	Upright post decoration strip		1
14	Power communication wire		1	47	End cap		4
15	Magnetic sensor		1	48	Feet pad	Φ47×10.5×M10×20	4
16	Handle pulse connection wire		2	49	Hex nut	Φ8×33×M6×15	2
17	Console outset		2	50	Wheels	Φ55×25.8	2
18	Console connection wire		1	51	Allen C.K.S. full thread screw	M6×15	5
19	Upright post cover		1	52	Deep groove ball bearing	6203-2RS	3
20	Bottle holder		1	53	Hex nut	M5	2
21	Rotary hand bolt	Φ56×M16×P1.5	1	54	Allen C.K.S. full thread screw	M5×80	1
22	Handlebar rotary knob		1	55	Philips C.K.S. self-tapping screw	ST4×12	1
23	Bushing	Φ10.5×Φ14×10	1	56	Saddle post bushing		1
24	Saddle cover(L)		1	57	Crank axle	Φ17×154.3	1
25	Saddle cover(R)		1	58	Belt pulley	Φ263×19	1
26	T-shaped rotary knob	M8×30	1	59	Power adapter		1
27	Handlebar cover(L)		1	60	Saddle adjustment		1
28	Handlebar cover(R)		1	61	Circlip shaft	Φ17	2
29	Allen C.K.S. half thread screw	M8×50×20	4	62	Circlip shaft	Φ12	2
30	Spring washer	Φ8	7	63	Circlip shaft	Φ10	3
31	Flat washer	Φ8.5×Φ20×t1.5	8	64	Tension pulley	Φ38×22	1
32	Allen C.K.S. full thread screw	M8×20	7	65	Tension spring		1
33	Curved washer	Φ8.5×R25×t2.0	2	66	Brake tension spring		1

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
67	Deep groove ball bearing	6003-2RS	1	80	Round end cap	Φ25×t1.5	2
68	Magnetic control fixed axle	Φ12×50	1	81	Philips C.K.S. self-tapping screw	ST4×25	7
69	Deep groove ball bearing	6300-2RS	1	82	Fixed magnet set		1
70	Flat washer	Φ34×Φ25×t1.0	1	83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
71	Crank cover		2	84	Tension pulley		1
72	Unidirectional needle bearing	Φ35×Φ17×16	1	85	Magnetic control fixed axle		1
73	Small belt pulley set	Φ30×64	1	86	Motor belt	440PJ6	1
74	Deep groove ball bearing	6000-2RS	1	87	Foam grip	Φ22×t3.0×680	2
75	Flywheel axle	Φ10×109.5	1	88	Motor cover (L)		1
76	Flywheel	Φ280/6 kg	1	89	Motor cover (R)		1
77	Square end cap	20×40×t1.5	1	90	Saddle locking piece		1
78	Handle pulse set		2	91	Brake wire		1
79	Philips C.K.S. self-tapping screw	ST4×20	2	92	Sensor wire fixed piece		1

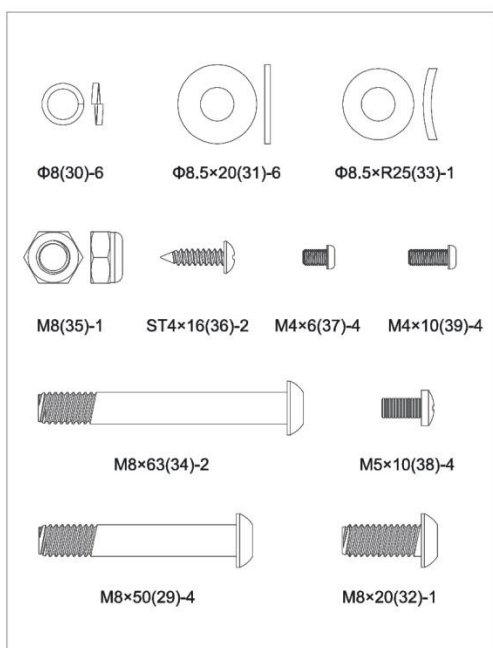
## Shema sestavnih delov



## Specifikacije:

Mere	1100x530x1400mm
Max. teža uporabnika	120kg
Stopnje odpora	8
Vztrajnik	φ280/6kg

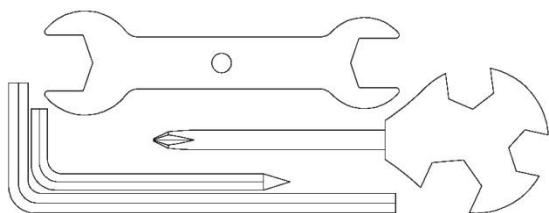
## Popis vijakov in matic



NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	Φ8	7
31	Flat washer	Φ8.5×Φ20×t1.5	7
32	Allen C.K.S. full thread screw	M8×20	2
33	Curved washer	Φ8.5×R25×t2.0	2
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4



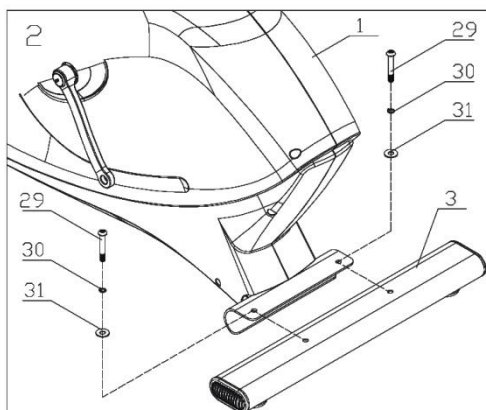
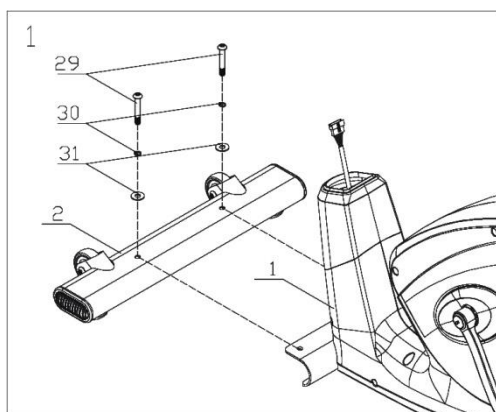
## Popis orodja:



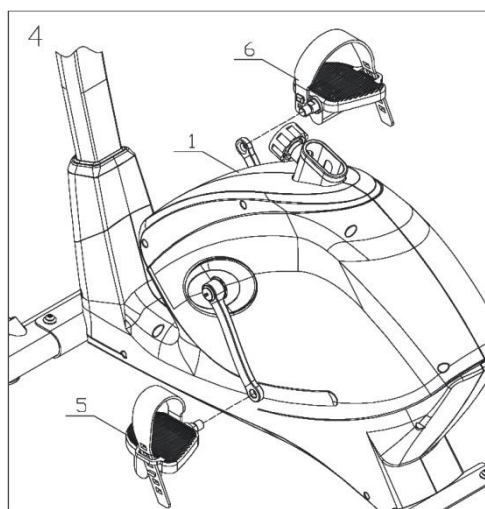
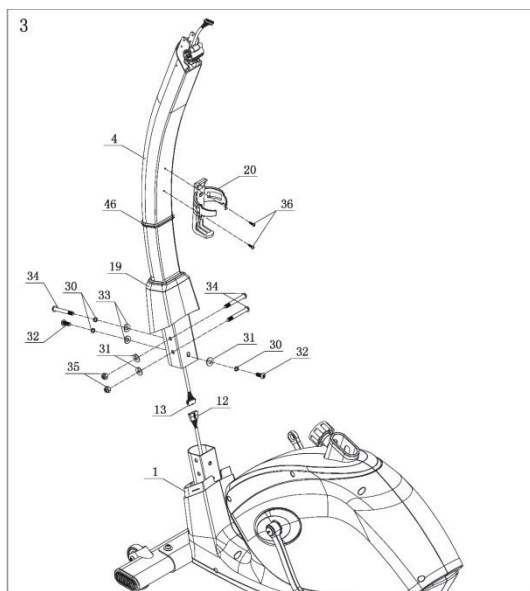
NAME	SPECIALIZED	QTY
L-shape wrench	5×35×80S	1
L-shape wrench	6×40×120	1
wrench	15#&17#	1
wrench		1

## Navodila za sestavljanje

1. Povežite sprednji stabilizator (2) na glavni okvir (1) z vijaki (31, 30, 29).
2. SPovežite zadnji stabilizator (3) na glavni okvir (1) z vijaki (31, 30, 29).

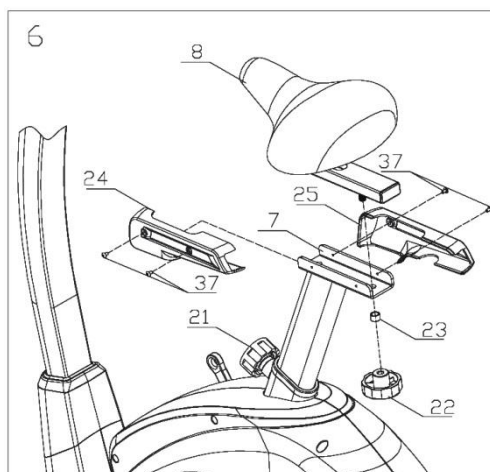
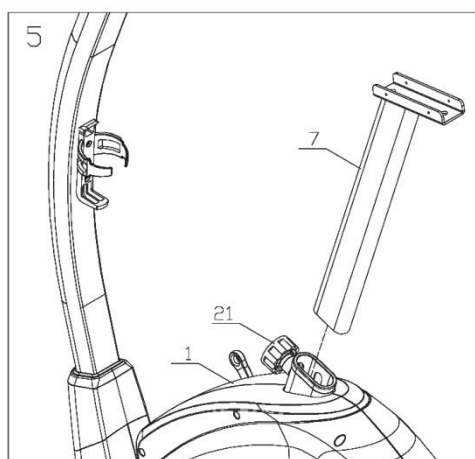


3. Postavite zaslonko (46) na stolp (4). Potem postavite zaščitni del (19) na stolp (4). povežite žico od motorja (12) z žico konzole (13). Sedaj lahko priklopite stolp (4) na glavni okvir (1) z vijaki (30, 31, 32, 33, 34, 35). Pričvrstite držalo za bidon (20) na stolp (4) z vijaki (36).
4. Privijte levi pedal (5-levi navoj!) in desni pedal (6) na glavni okvir (1) in pričvrstite vijake.



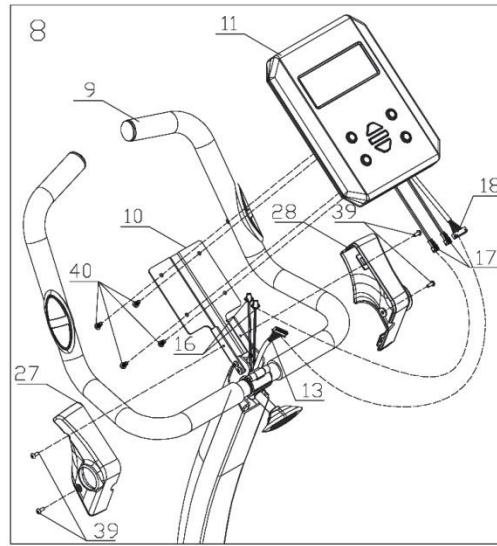
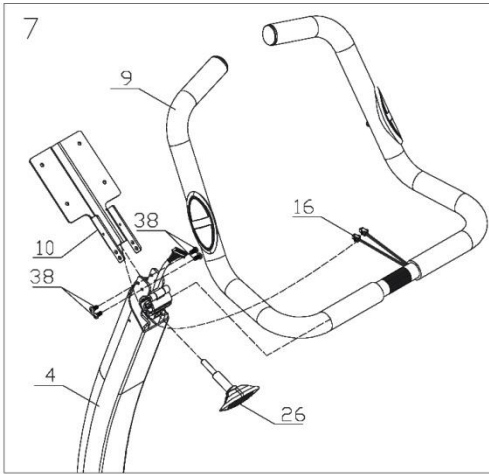
**5.** Odpustite ročni vijak (21), postavite sedežno oporo (7) na glavni okvir (1) in potem pričvrstite vijake, nato privijte ročni vijak (21).

**6.** Postavite sedež (8) na sedežno oporo (7) in uporabite ročni vijak (22) in matico (23) toda ne še trdno pričvrstite. Postavite sedež (8) in povežite levo ter desno ohišje (24, 25) na sedežno oporo (7) ter uporabite vijake (37). Na koncu dobro pričvrstite ročni vijak (22).



**7.** Znotraj stolpa (4) je žica za mjerenje pulsa (16). Povežite jo z ročkama (9) in potem povežite vse na stolp. Zategnite z ročnim vijakom (26). Povežite podnožje za konzolo (10) na stolp (4) z vijaki (38).

**8.** Povežite žice konzole (13, 18) in žico za merjenje pulza s konzolo (16, 17). Potem konzolo pritrdite (11) na podnožje (10) z vijaki (40). Povežite levo in desno zaščitno ohišje (27, 28) preko ročk (9) na stolp (4) in privijte z vijaki (39).



## Shema vseh sestavnih delov

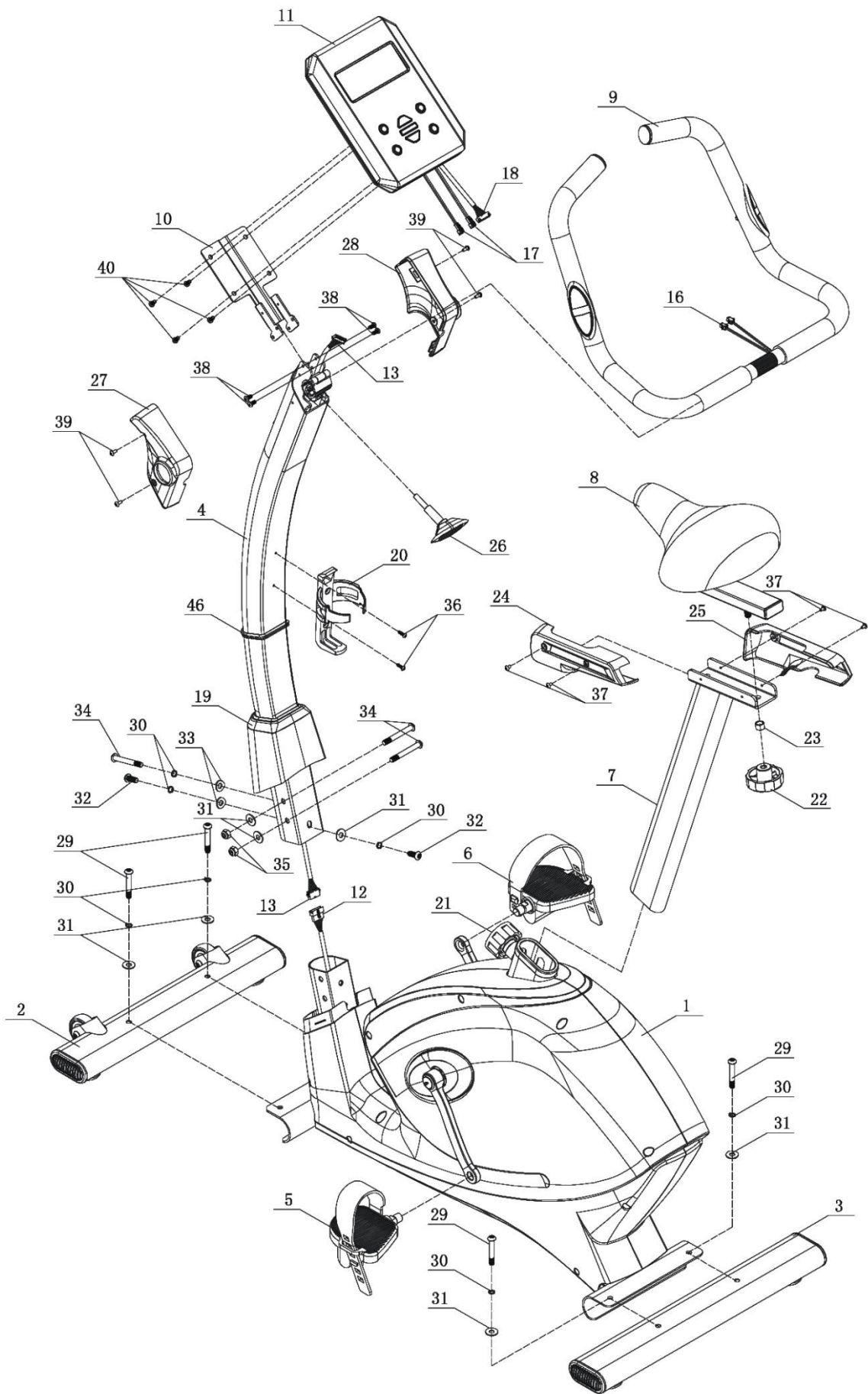


Tabela sestavnih delov:

br.	NAZIV	SPECIFIKACIJE	kom	br.	NAZIV	SPECIFIKACIJE	kom
1	Main frame		1	23	Bushing	Φ10.5×Φ14×10	1
2	Front stabilizer		1	24	Saddle cover(L)		1
3	Rear stabilizer		1	25	Saddle cover(R)		1
4	Upright post		1	26	T-shaped rotary knob	M8×30	1
5	Pedal(L)		1	27	Handlebar cover(L)		1
6	Pedal(R)		1	28	Handlebar cover(R)		1
7	Saddle post		1	29	Allen C.K.S. half thread screw	M8×50×20	4
8	Saddle		1	30	Spring washer	Φ8	7
9	Handlebars		1	31	Flat washer	Φ8.5×Φ20×t1.5	7
10	Console fixed piece		1	32	Allen C.K.S. full thread screw	M8×20	2
11	Console		1	33	Curved washer	Φ8.5×R25×t2.0	2
12	Magnetic sensor wire		1	34	Allen C.K.S. half thread screw	M8×65×20	3
13	Console communication wire		1	35	Hex self-locking nut	M8	2
16	Handle pulse connection wire		2	36	Philips C.K.S. self-tapping screw	ST4×16	2
17	Console outset		2	37	Philips pan head full thread screw	M4×6	4
18	Console connection wire		1	38	Philips pan head full thread screw	M5×10	4
19	Upright post cover		1	39	Philips pan head full thread screw	M4×10	4
20	Bottle holder		1	40	Philips pan head full thread screw	M5×10(鍍黑鋅)	4
21	Rotary hand bolt	Φ56×M16×P1.5	1	46	Upright post decoration strip		1
22	Handlebar rotary knob		1				

## Funkcije računalnika

### Zaslon:

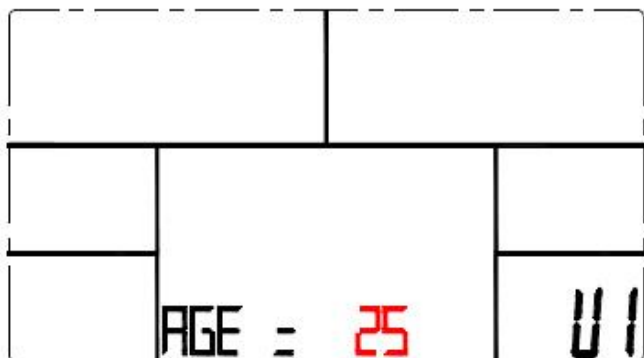
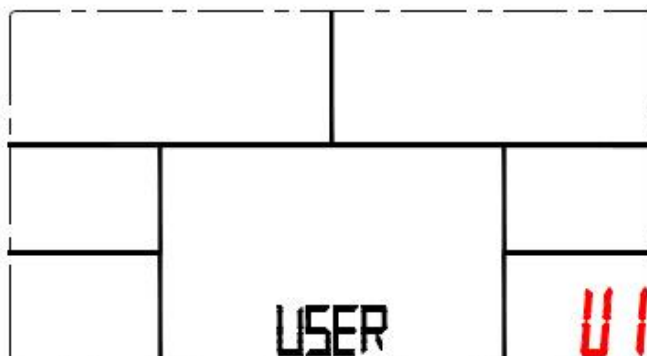
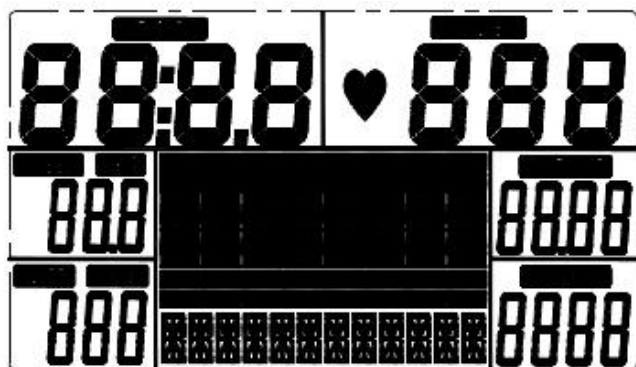
Funkcija	Opis
TIME	Prikaz časa vadbe. Razpon: 0:00 - 99:59
SPEED	Prikaz vrednosti hitrosti pri vadbi. Razpon: 0,0 - 99,9
DISTANCE	Prikaz prevožene razdalje. Razpon: 0,0 - 99,9
CALORIES	Prikaz porabe kalorij. Razpon: 0 - 999
PULSE	Prikaz vrednosti pulsa pri vadbi. Zvočni signal se bo aktiviral, ko je pulz nastavljen na mejo.
RPM	Obrati v minuti. Razpon: 0 - 999
WATTS	Prikaz porabe energije pri vadbi. Razpon: 0 - 350
MANUAL	Način dela z ročnim postavitvami.
PROGRAM	Izbor med 12 prednastavljenimi programi/načini dela.
USER	Način dela, kjer uporabnik nastavlja vrednosti opora.
H.R.C.	Merjenje srčnega utripa.
WATT	Način dela, kjer uporabnik nastavlja porabo moči.

### Tipke:

Funkcija	Opis
Reset	Držite tipko 2 sekundi in računalnik se bo ponovno zagnal v uporabniškem načinu dela.. Pritisnite enkrat, da se vrnete na glavni izbornik, v mirovanju.
Body fat	Preverite približno vrednost maščob v telesu. Body mass Index (BMI)
Up	Izberite način vadbe, povečajte številko vrednosti.
Recovery	Preverite srčni pulz.
Down	Izberite način vadbe, zmanjšajte številko vrednosti.
Mode	Potrdite izbor ali vrednost.
Start/Stop	Začnite ali končajte vajo.

## Upravljanje

Priklopite napravo na elektriko. LCD se bo prižgal in najprej pokazal vrednosti premer koles. Za tem se vstopi v nastavljanje profila uporabnika (U1 - U4: dob, spol, višina, teža). Če 4 minute ni interakcije, se računalnik preklopi v stanje Stand-by. Pritisnite katerokoli tipko da "prebudite" računalnik.



## Ročne postavke

Ko v glavnem naborniku pritisnete tipko START/STOP, vstopite neposredno v ročni način dela s postavkami.

11. Pritisnite Up ali Down da izberete program, izberite MANUAL in pritisnite tipko MODE da potrdite izbor.
12. Pritisnite tipke TIME, DISTANCE, CALORIES, PULSE, da bi nastavili željene vrednosti. Pritisnite tipko MODE da potrdite izbor.
13. Pritisnite tipko START/STOP, da začnete z vadbo.
14. Med vadbo pritisnite tipki UP ali DOWN, da menjate vrednosti odpora (1 do 32).
15. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.



## Prednastavljeni programi

11. Pritisnite tipki UP ali DOWN da izberete med način dela in izberete PROGRAM, pritisnite tipko MODE da potrdite izbor. Izberite med P01-P12 programi in pritisnite tipko MODE, da potrdite izbor.
12. S tipkama UP in DOWN nastavite željeno vrednost časa.
13. Pritisnite tipko START/STOP, da začnete z vadbo.
14. Med vadbo pritisnite tipki UP ali DOWN, da nastavite vrednosti odpora (1 do 32).
15. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.





## Uporabniški program

15. Pritisnite tipki UP ali DOWN da izberete med načinom dela in izberite USER PROGRAM, pritisnite tipko MODE, da potrdite izbor.
16. S tipkama UP in DOWN nastavite vrednosti odpora za svak segment (potrebno je nastaviti skupaj 20 segmentov).
17. Držite tipko MODE 2 sekundi, da zaključite ali izstopite.
18. Uporabite tipki UP in DOWN, da nastavite čas.
19. Pritisnite tipko START/STOP za začetek vadbe.
20. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.
21. Med vajo s tipkama UP in DOWN lahko menjate vrednosti odpora (1 do 32).

## Srčni utrip

11. Pritisnite tipki UP ali DOWN, da izberete med načinom dela in izberite H.R.C., pritisnite tipko MODE, da potrdite izbor.
12. Pritisnite UP in DOWN tipki, da izberete med H.R.C. 55%, H.R.C. 75%, H.R.C. 90% ali H.R.C. AG (začetna vrednost 100).
13. Uporabite tipki UP in DOWN, da nastavite čas.
14. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.
15. Če med vajo ni zaznan srčni utrip, boste zaslišali zvočni signal.



## Poraba energije

11. Pritisnite tipki UP ali DOWN, da izberete med načinom dela in izberite WATT, pritisnite tipko MODE, da potrdite izbor.
12. S tipkama UP in DOWN nastavite željeno vrednost porabe energije (začetna vrednost 120) in pritisnite tipko MODE, da potrdite izbor.
13. Uporabite tipki UP in DOWN, da nastavite čas.
14. Pritisnite tipko START/STOP med vadbo, da zaustavite vajo. Pritisnite tipko RESET, da se vrnete v glavni nabornik.
15. S tipkama UP in DOWN lahko menjate WATT vrednosti med vadbo.

## Telesna maščoba

7. Pritisnite tipko BODY FAT , v mirovanju. Čvrsto držite ročke na mestu senzorjev za srčni utrip.
8. LCD zaslon bo prikazal "- - - - -". Po 8 sekundah se bo prikazal odstotek telesne maščobe, BMI, in simbol debelosti.
9. Prikazali se bodo naslednji simboli::

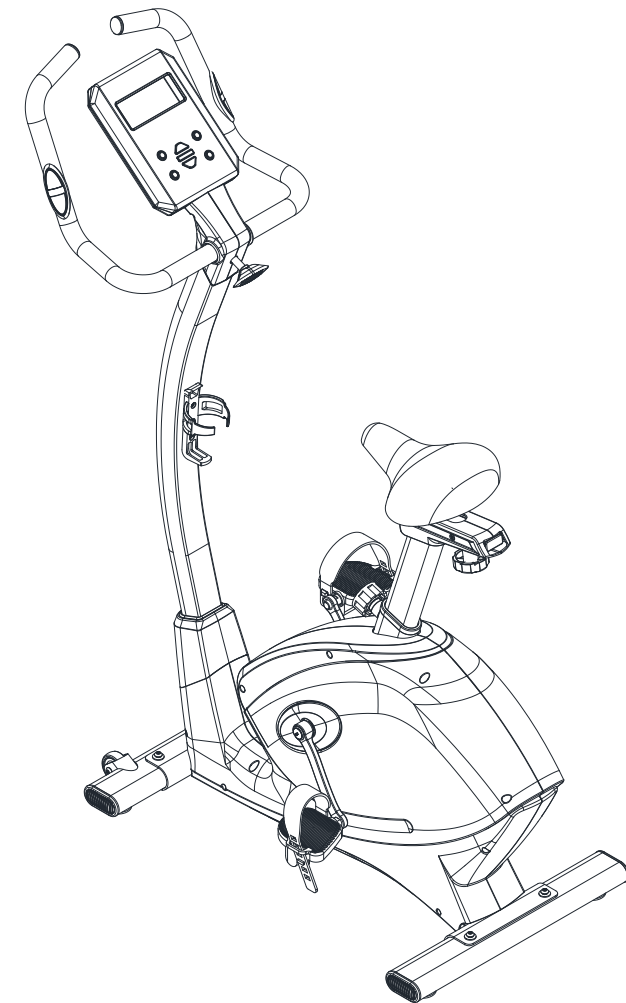
"E-1" pomeni, da uporabnik ni pravilno postavil roko na senzor.

"E-4" pomeni, da je odstotek telesnih maščob in mase BMI iznad razpona merjenja.

<b>BMI</b>	LOW-nizko	LOW/MID- srednje nizko	MID - srednje	MID/HIGH - visoko
<b>Razpon</b>	<20	20-24	24,1-26,5	>26,5

Simbol	-	+	▲	◆
Odstotek maščobe	Nizek	Srednje nizek	Srednji	Visoki
Muško	<13%	13% - 25,9%	26% - 30%	>30%
Žensko	<23%	23% - 35,9%	36% - 40%	>40%

# ELLIPTICAL TRAINER OWNER'S MANUAL



Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual

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## Precautions

**WARNING:** This elliptical trainer has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical trainer. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the elliptical trainer are adequately informed of all precautions. Use the elliptical trainers only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical trainer is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the elliptical trainer on a level surface, with at least 1.0 m of clearance on each side of elliptical trainer. To protect the floor or carpet from damage, place a mat under the elliptical trainer.
- ◆ Keep the elliptical trainer indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the elliptical trainer.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical trainer. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120kg of weights. Please choose our other series of elliptical trainers.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your elliptical trainer works abnormal, do not use it immediately.
- ◆ No more than one person should operate the elliptical trainer at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

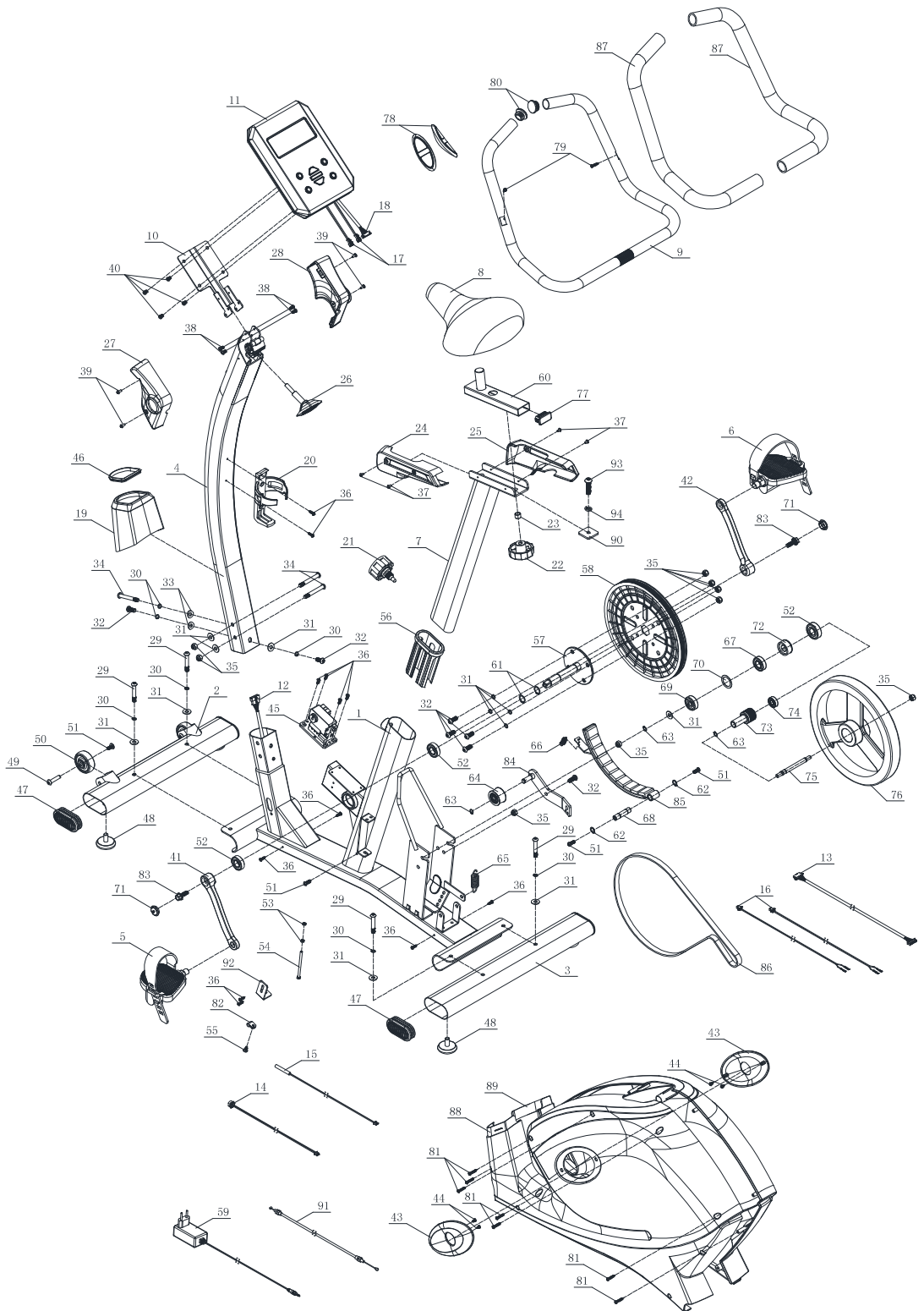
## Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this elliptical trainer.

1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
  2. Have anamorphic arthritis, rheumatic and gout.
  3. Have osteoporosis and other abnormality.
  4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension ).
  5. Have breath obstacle.
  6. Using the manpower pulse adjust machine or insert into the body machine.
  7. Have sarcomata.
  8. Have thrombus or other symptoms.
  9. Have diabetes or be caused by diabetes feeling obstacle.
  10. Have skin trauma.
  11. Hyperpyrexia caused by sick(38 °C or over 38 °C).
  12. Abnormal back bone or back bone bending.
  13. Pregnant or catamenia.
  14. Feel physical abnormality, need convalesce.
  15. Body condition is not very well.
  16. The aim is to healing.
  17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

**Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical trainer before using your elliptical trainer.**

## 2. Explosive view



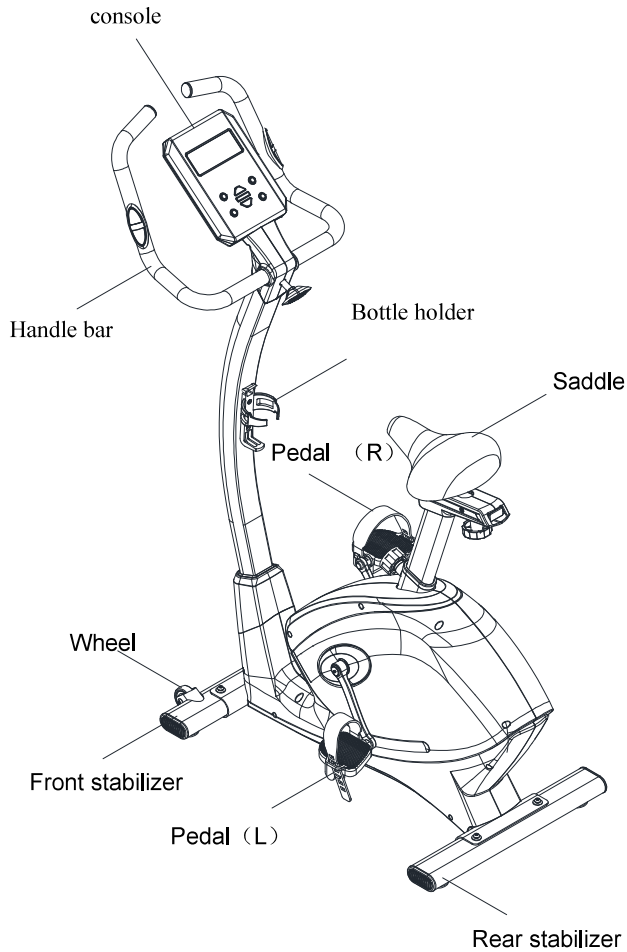
### 3. Spare parts list:

No.	Name	Specification	qty	No.	Name	Specification	qty
9	Main frame		1	34	Allen C.K.S. half thread screw	M8×65×20	3
2	Front stabilizer		1	35	Hex self-locking nut	M8	9
3	Rear stabilizer		1	36	Philips C.K.S. self-tapping screw	ST4×16	12
4	Upright post		1	37	Philips pan head full thread screw	M4×6	4
5	Pedal(L)		1	38	Philips pan head full thread screw	M5×10	4
6	Pedal(R)		1	39	Philips pan head full thread screw	M4×10	4
7	Saddle post		1	40	Philips pan head full thread screw	M5×10	4
8	Saddle		1	41	Crank(L)		1
9	Handlebars		1	42	Crank®		1
10	Console fixed piece		1	43	Crank cover		2
11	Console		1	44	Philips C.K.S. self-tapping screw	ST4×12	4
12	Magnetic sensor wire		1	45	Magnetic motor		1
13	Console communication wire		1	46	Upright post decoration strip		1
14	Power communication wire		1	47	End cap		4
15	Magnetic sensor		1	48	Feet pad	Φ47×10.5×M10×20	4
16	Handle pulse connection wire		2	49	Hex nut	Φ8×33×M6×15	2
17	Console outset		2	50	Wheels	Φ55×25.8	2
18	Console connection wire		1	51	Allen C.K.S. full thread screw	M6×15	5
19	Upright post cover		1	52	Deep groove ball bearing	6203-2RS	3
20	Bottle holder		1	53	Hex nut	M5	2
21	Rotary hand bolt	Φ56×M16×P1.5	1	54	Allen C.K.S. full thread screw	M5×80	1
22	Handlebar rotary knob		1	55	Philips C.K.S. self-tapping screw	ST4×12	1
23	Bushing	Φ10.5×Φ14×10	1	56	Saddle post bushing		1
24	Saddle cover(L)		1	57	Crank axle	Φ17×154.3	1
25	Saddle cover(R)		1	58	Belt pulley	Φ263×19	1
26	T-shaped rotary knob	M8×30	1	59	Power adapter		1
27	Handlebar cover(L)		1	60	Saddle adjustment		1
28	Handlebar cover(R)		1	61	Circlip shaft	Φ17	2
29	Allen C.K.S. half thread screw	M8×50×20	4	62	Circlip shaft	Φ12	2
30	Spring washer	Φ8	7	63	Circlip shaft	Φ10	3
31	Flat washer	Φ8.5×Φ20×t1.5	8	64	Tension pulley	Φ38×22	1
32	Allen C.K.S. full thread screw	M8×20	7	65	Tension spring		1
33	Curved washer	Φ8.5×R25×t2.0	2	66	Brake tension spring		1

No.	Name	Specification	qty	No.	Name	Specification	qty
67	Deep groove ball bearing	6003-2RS	1	80	Round end cap	Φ25×t1.5	2
68	Magnetic control fixed axle	Φ12×50	1	81	Philips C.K.S. self-tapping screw	ST4×25	7
69	Deep groove ball bearing	6300-2RS	1	82	Fixed magnet set		1
70	Flat washer	Φ34×Φ25×t1.0	1	83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2

71	Crank cover		2	84	Tension pulley		1
72	Unidirectional needle bearing	Φ35×Φ17×16	1	85	Magnetic control fixed axle		1
73	Small belt pulley set	Φ30×64	1	86	Motor belt	440PJ6	1
74	Deep groove ball bearing	6000-2RS	1	87	Foam grip	Φ22×t3.0×680	2
75	Flywheel axle	Φ10×109.5	1	88	Motor cover (L)		1
76	Flywheel	Φ280/6 kg	1	89	Motor cover (R)		1
77	Square end cap	20×40×t1.5	1	90	Saddle locking piece		1
78	Handle pulse set		2	91	Brake wire		1
79	Philips C.K.S. self-tapping screw	ST4×20	2	92	Sensor wire fixed piece		1

## Product instruction

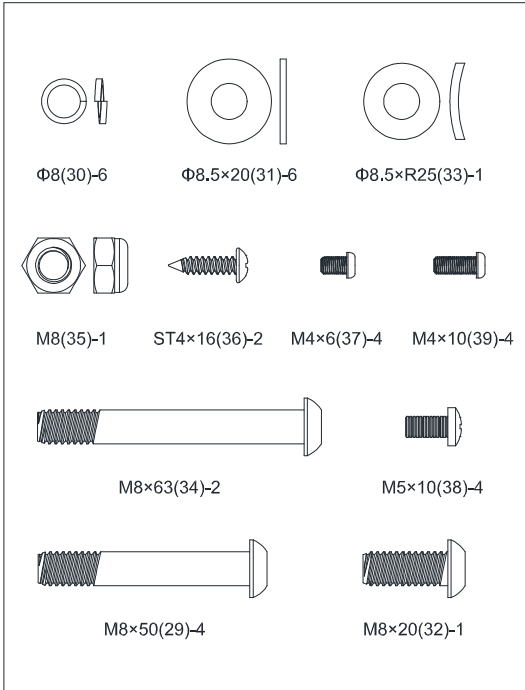


## Specification:

Model No,	B51
DIMENSION	Fold: 1100x530x1400mm
Max. upload	120KG
RESISTANCE FRAGMENT	8

FLYWHEEL	Single way, $\Phi 280/6\text{kg}$
UP&DOWN	6 level ,152.4 distance
FRONT&BACK	70mm distance

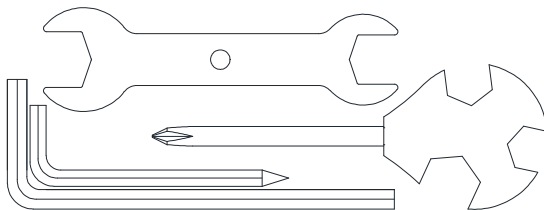
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.



### Screw bag list:

NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8 $\times 50 \times 20$	4
30	Spring washer	$\Phi 8$	7
31	Flat washer	$\Phi 8.5 \times \Phi 20 \times t1.5$	7
32	Allen C.K.S. full thread screw	M8 $\times 20$	2
33	Curved washer	$\Phi 8.5 \times R25 \times t2.0$	2
34	Allen C.K.S. half thread screw	M8 $\times 65 \times 20$	3
35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4 $\times 16$	2
37	Philips pan head full thread screw	M4 $\times 6$	4
38	Philips pan head full thread screw	M5 $\times 10$	4
39	Philips pan head full thread screw	M4 $\times 10$	4

### Hardware list:

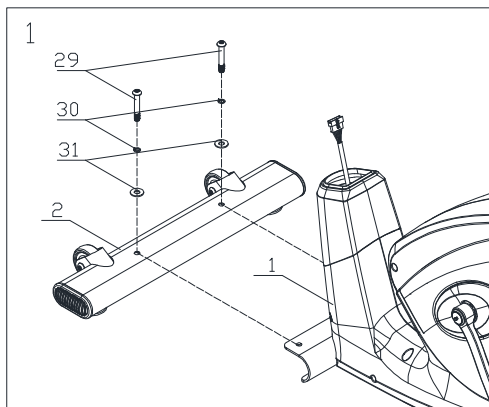


NAME	SPECIALIZED	QTY
L-shape wrench	5 $\times 35 \times 80\text{S}$	1
L-shape wrench	6 $\times 40 \times 120$	1
wrench	15#&17#	1
wrench		1

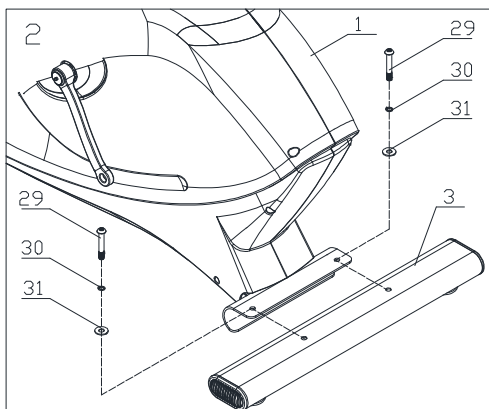


## 4. Assembly instruction

**Step 1:** Attach the front stabilizer (2) to the main frame (1) with flat washer(31), spring washer(30) and Allen C.K.S. half thread screw(29).

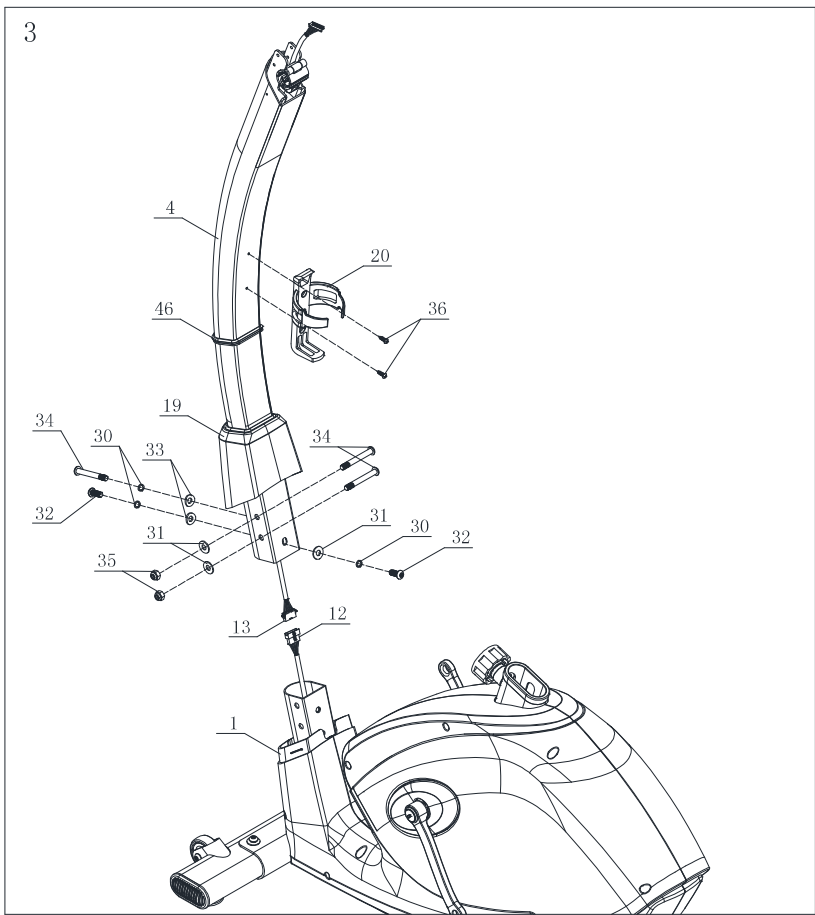


**Step 2:** Attach the rear stabilizer (3) to the main frame (1) with flat washer(31), spring washer(30) and Allen C.K.S. half thread screw(29).



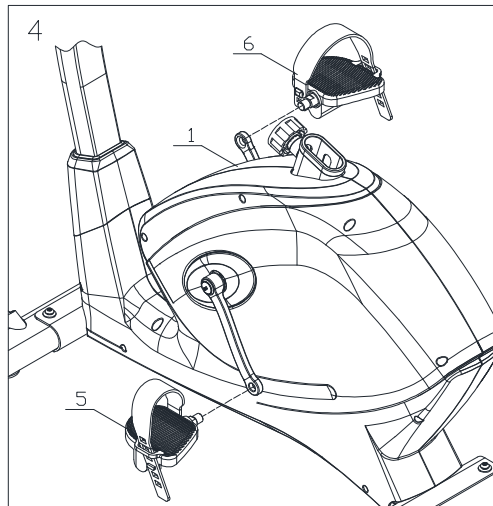
**Step 3:**

1. Attach the Upright post decoration strip(46) to the upper upright post(4),take upright post cover(19) off from the main frame(1) and cover it on the upper upright post.(4)
  2. Connect Motor communication wire (12) and Console communication wire (13).
  3. Attach upper upright post(4) to the main frame(1) with Curved washer(33), spring washer(30), Allen C.K.S. half thread screw(34) and flat washer(31), spring washer(30), Allen C.K.S. full thread screw(32) and flat washer(31),Allen C.K.S. half thread screw(34), Hex self-locking nut(35), Curved washer (33), Spring washer (30), Allen C.K.S. full thread screw (32).
  4. Attach upright post cover(19) and Upright post decoration strip(46) to the main frame(1).
  5. Attach bottle holder(20) to upper upright post(4) with Philips pan head full thread screw(36).
- Tip: Put the communication wires and resistance adjust knob wire into the upright post,and make sure all screws are in the hexagonal hole before tighten all the bolts.



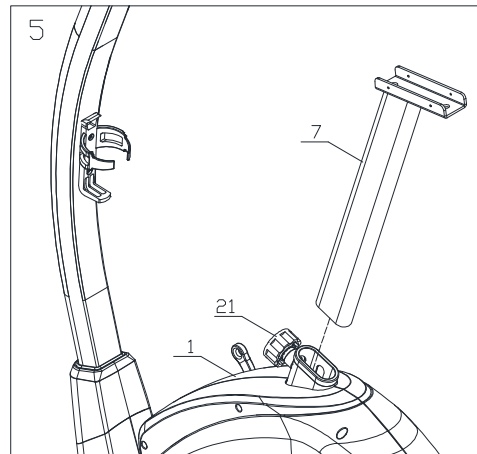
**Step 4:**

Attach the Pedal(L)(5) and Pedal(R)(6) to the Main frame(1), then tighten the bolts.



**Step 5:**

1. Loose the Rotary hand bolt(21), attach the Saddle post (7) to the Main frame(1), then tighten the Rotary hand bolt(21).

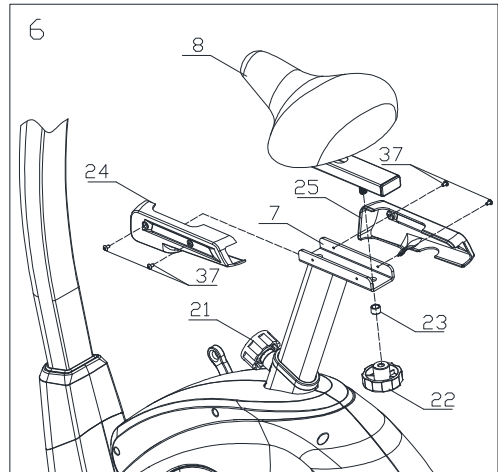


**Step 6:**

1. Attach the saddle(8) to the saddle post(7), use the handlebar rotary knob(22) and bushing(23) to tighten, but do not lock it.

2. Adjust the saddle(8) to the correct position, then attach the saddle cover(L)(24) and saddle cover(R)(25) to the saddle post(7), and use Philips pan head full thread screw(37) to tighten them.

3. Finally lock the knob (22).

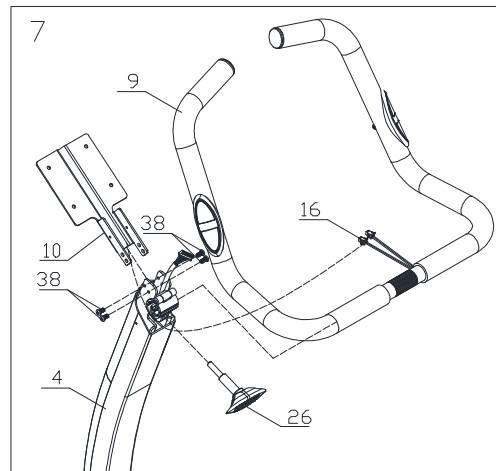


**Step 7:**

1. Handle pulse connection wire (16) through the Upright post(4), and attach the Handlebars(9) to Upright post(4), tighten with T-shaped rotary knob(26).

2. Attach Console fixed piece(10) to the Upright post(4), tighten with Philips C.K.S. full head screw(38).

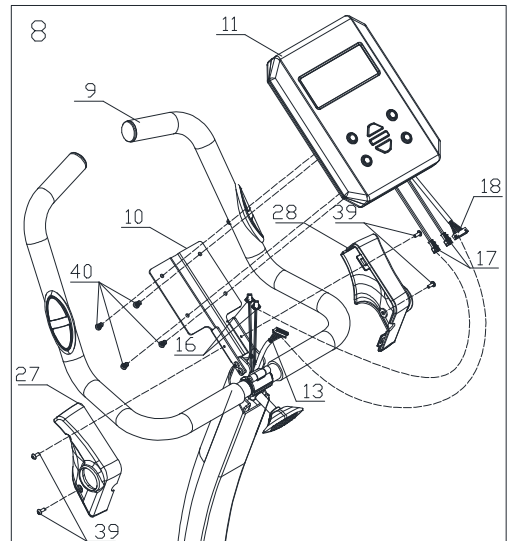
Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



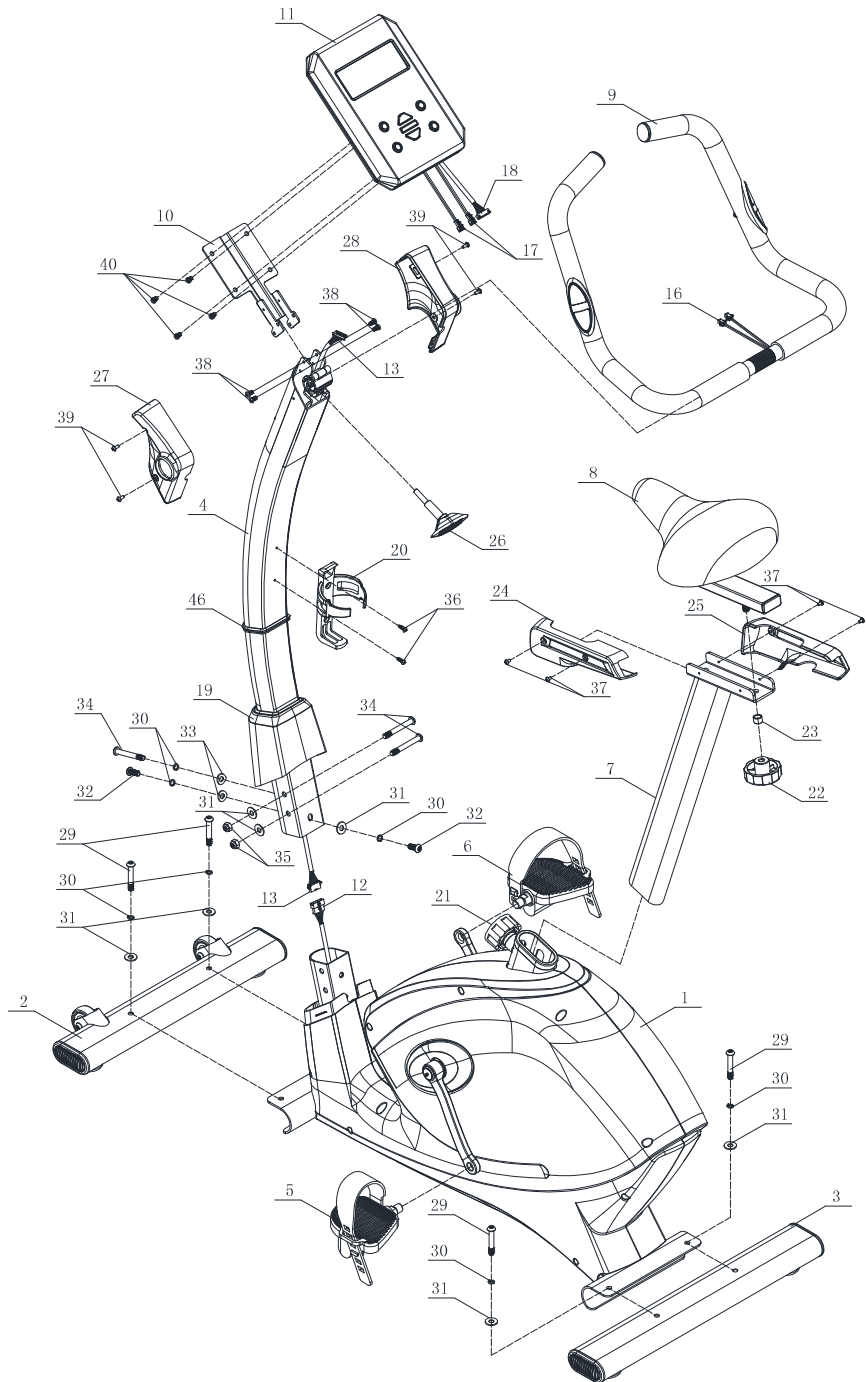
**Step 8:**

1. Connect the Console communication wire(13) and Console connection wire(18),connect the Handle pulse connection wire(16) and Console outset(17).
2. Attach the Console(11) to the Console fixed piece(10),tighten with Philips C.K.S. full head screw(40).
3. Attach the Handlebar cover(L)(27) and Handlebar cover(R)(28) through the Handlebars(9) to the Upright post(4),tighten with Philips C.K.S. full head screw(39).

Tip: Make sure all screws are in the hexagonal hole before tighten all the bolts.



## 5. Half drawing and list



## Part list:

NO.	NAME	SPECIFICATION	QTY	NO.	NAME	SPECIFICATION	QTY
1	Main frame		1	23	Bushing	Φ10.5×Φ14×10	1
2	Front stabilizer		1	24	Saddle cover(L)		1
3	Rear stabilizer		1	25	Saddle cover(R)		1
4	Upright post		1	26	T-shaped rotary knob	M8×30	1
5	Pedal(L)		1	27	Handlebar cover(L)		1
6	Pedal(R)		1	28	Handlebar cover(R)		1
7	Saddle post		1	29	Allen C.K.S. half thread screw	M8×50×20	4
8	Saddle		1	30	Spring washer	Φ8	7
9	Handlebars		1	31	Flat washer	Φ8.5×Φ20×t1.5	7
10	Console fixed piece		1	32	Allen C.K.S. full thread screw	M8×20	2
11	Console		1	33	Curved washer	Φ8.5×R25×t2.0	2
12	Magnetic sensor wire		1	34	Allen C.K.S. half thread screw	M8×65×20	3
13	Console communication wire		1	35	Hex self-locking nut	M8	2
16	Handle pulse connection wire		2	36	Philips C.K.S. self-tapping screw	ST4×16	2
17	Console outset		2	37	Philips pan head full thread screw	M4×6	4
18	Console connection wire		1	38	Philips pan head full thread screw	M5×10	4
19	Upright post cover		1	39	Philips pan head full thread screw	M4×10	4
20	Bottle holder		1	40	Philips pan head full thread screw	M5×10(镀黑锌)	4
21	Rotary hand bolt	Φ56×M16×P1.5	1	46	Upright post decoration strip		1
22	Handlebar rotary knob		1				

## Exercise Recommendations and guidelines

### Warm-up

5-10 minutes warm-up is required before exercising.

### Breath

Do not hold your breath when exercising. Sniffing with nose and breathing out with mouth when doing relaxation exercises. Action should be coordinated with breathing. If breathing too rapidly, exercise should be stopped.

### Frequency

The same parts of the muscle exercise should have 48 hours of rest. In other word, the same parts of muscle should be trained in every other day.

### Body Load

Physical training should be determined by individual state. Then exercise step by step. Muscle soreness is normal during the first period of exercising. Pain will eased if keep exercising.

### Relaxation exercises

5-minutes relaxation exercises are needed after exercising, especially relaxation exercises on leg muscle to avoid long-term muscle condensation situation and to maintain muscle elasticity.

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## Diet

To protect the digestive system, exercise should be taken one hour after meal. and at least half an hour before eating. Less water during training, especially avoid drinking a lot of water, so as not to increase the heart and kidney burden.

## Stretching exercises

No matter how fast you walk, it is supposed to do stretching exercises at first. Warm-up muscles are more easily to stretch. Walking for 5 to 10 minutes to warm up and then do stretching exercises as the figure shows for 5 times, each leg for ten seconds or more. Do it again after finishing training.

### 1. Stretch downwards

Bending the knees slightly and bending the body forward slowly to relax the back and shoulder. Try to touch the toes with your hands. Keep for 10 to 15 seconds then relax. Repeat 3 times. (see Figure 1)

### 2. Hamstring stretching

Sitting on a clean seat. Keep one leg straight and the other inward. Try to touch the toes with your hands, Keep for 10 to 15 seconds then relax. Repeat 3 times for each leg. (see Figure 2)

### 3. Leg and Achilles tendon stretching

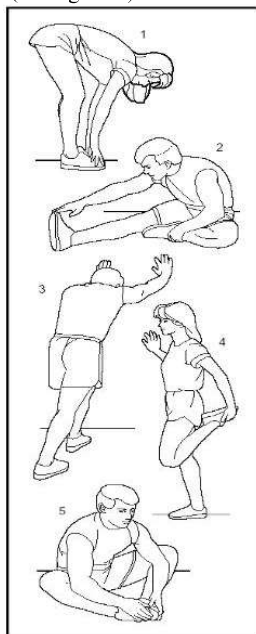
Two hand on the wall or tree, one foot on the back and keep the heel on floor then lean over the wall. Keep for 10 to 15 seconds then relax. Repeat 3 times for each leg. (see Figure 3)

### 4. Quadriceps stretching

Keep balance with left hand on the wall or desk. Stretch your right hand backwards then seize the right ankle and slowly pull it towards your hips until you feel your thigh muscles are tense. Keep for 10 to 15 seconds then relax. Repeat 3 times for each leg. (see figure 4)

### 5. Sartorius (the inner thigh muscles) stretching

Sit down with knees outward and sole facing against sole. Hands grasp feet and pull feet toward groin. Keep for 10 to 15 seconds then relax. Repeat for 3 times. (see figure 5)





---

## Computer operation

### Display function

ITEM	DESCRIPTION
TIME	Display the time numerical value during exercise. Range 0:00 ~ 99:59
SPEED	Display the speed numerical value during exercise. Range 0.0 ~ 99.9
DISTANCE	Display the distance numerical value during exercise. Range 0.0 ~ 99.9
CALORIES	Display the burned calories during exercise. Range 0 ~ 999
PULSE	Display the pulse numerical value during exercises. Sound the alarm when over preset target pulse.
RPM	No group of rotation. Range 0 ~ 999
WATTS	Display the consumed power rate during exercise. Range 0 ~ 350
MANUAL	Manual Setting Mode
PROGRAM	Application Mode ( 12 programs for your choice.)
USER	User exercising mode. User set the resistance graphics.
H.R.C.	Target heart rate training mode.
WATT	Watt control training mode.

### Button function:

ITEM	DESCRIPTION
<b>Reset</b>	. Press the button in 2 seconds, computer will reboot and start from user setting. Press the button to return to the main menu in stop mode or setting the exercising numerical value.
<b>Body fat</b>	Test the body fat percentage, body mass index (BMI)
<b>Up</b>	Select the training mode, and increase numerical value
<b>Recovery</b>	Test heart rate recovery status.
<b>Down</b>	Select the training mode, and decrease numerical value
<b>Mode</b>	Confirm the setting value or choice.
<b>Start/ Stop</b>	Start or stop working.

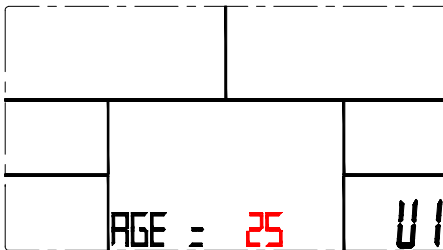
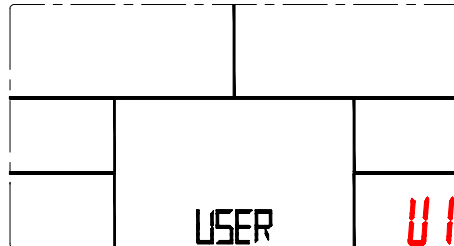
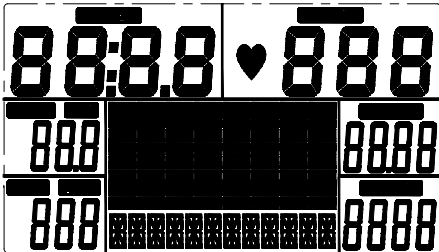
## Operation

Power on-

1. Plug in, speed meter will boot and LCD display for 2 seconds. Then show the wheel diameter value, and then enter the user setting mode (set U1 ~ U4 user group, age, gender, height, body weight).

4 minutes without pedals or heartbeat signal input, speed meter will enter power saving mode.

Press any key to wake up the speed meter.



## Manual Setting Mode

Under the main screen, press START/STOP button, it will enter into manual setting mode directly.

1. Press UP or DOWN to select sports program, select MANUAL and press MODE button to enter.

2. Press button to set TIME, DISTANCE, CALORIES, PULSE value, press MODE button to confirm.

3. Press START/STOP button to start.

4. During the exercise, press UP or DOWN button to resistance values (1 to 32).

5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



## Application training mode

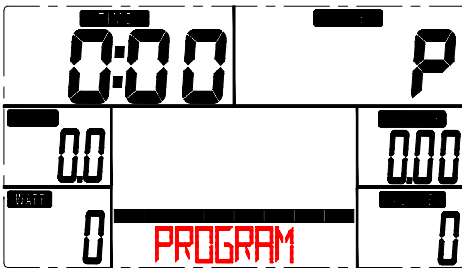
1. Press UP or DOWN button to select exercising program, select the PROGRAM and press MODE button to enter. Choose P01 ~ P12 graphics, then press MODE button to confirm.

2. Press UP or DOWN button to set the time numerical value.

3. Press START/STOP button to start.

4. Press UP or DOWN button to set resistance values (1 to 32) during exercise.

5. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.



### User Program Training Mode

1. Press UP or DOWN button to select exercising program, select the USER PROGRAM and press MODE button to enter.
2. Press UP or DOWN button set resistance values of each field, press MODE button to enter the next set. (a total of 20 field need to set)
3. Press MODE button for 2 seconds to complete or exit.
4. Press UP or DOWN button to set the time value.
5. Press START/STOP button to start.
6. Press START/STOP button again to suspend movement. Press RESET button to return to the main display.
7. Press UP or DOWN button to set resistance values (1 to 32).

### Heart Rate Control Training Mode

1. Press UP or DOWN button to select exercising program, select H.R.C. and press MODE button to enter.
2. Press UP or Down button to select: H.R.C. 55% H.R.C. 75% H.R.C. 90% or H.R.C.T AG (H.R.) (default: 100).
3. Press UP or DOWN button to set the time value.
4. Press START/STOP button to start or stop the setting. Press RESET button to return to the main display.
- 5.If there is no heartbeat signal during exercise, speed meter will stop and alarm to remind.



### WATT Control Training Mode

1. Press UP or DOWN button to select exercising program, select WATT and press MODE button to enter.

2. Press UP or DOWN button to set the target WATT value (the default value is 120). Press MODE button to confirm.
3. Press UP or DOWN button to set the time value during exercise.
4. Press START/STOP button to start or stop moving. Press RESET button to return to the main screen.
5. User can press UP or DOWN button to adjust WATT value during exercising.

### Heart Rate Recovery Status Test

1. After a period of time of exercising, the user needs to keep holding the hand grip, and press RECOVERY button to test.
2. All function display will stop except "TIME" starts counting down from 00:60 to 00:00.
3. The LCD will display the heart rate recovery status by F1, F2... F6. F1 is the best status, and F6 is the worst. Then press RECOVERY button to return to the main display.
4. During the test, press RECOVERY button again, the console will return to the previous display.

1.0	Best
1.0 < F < 2.0	Better
2.0 < F < 2.9	Good
3.0 < F < 3.9	normal
4.0 < F < 5.9	worse
6.0	worst

### BODY FAT Mode

1. User can press BODY FAT button for BODY FAT testing when the bike doesn't work. Hold the handgrip tightly.
2. The LCD will display "- - - - -". And then it will display body fat percentage, body mass index, obesity symbols after 8 seconds.
3. It will show other symbols in following situations:

"E-1" shows that users do not put the thumb on the right position of the handgrip.

"E-4" shows that the body fat percentage and body mass index are beyond the range of the system setting.

1. After the test, press BODY FAT button to return to the former setting and continue to exercise.

### B.M.I.:

B.M.I	Low	Low/Mid	Mid	Mid/High
Range	<20	20-24	24.1-26.5	>26.5

### BODY FAT:

Symbol	—	+	▲	◆
body fat percentage	Low	Low/Mid	Mid	Mid/High
Sex				
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

Note:

- 
1. This speed meter requires the use of 9V, 500 mA or 9V, 1000 mA transformer.
  2. 4 minutes after stop moving, speed meter will enter into power saving mode. All the settings and exercise values will be saved until next time.
  3. The speed meter display abnormal, please pull out the transformer and insert again.

**Warranty applies only while the following conditions:**

It remains in the possession of the original purchaser and proof of purchase is demonstrated.

It has been subject to accident, misuse, abuse, improper service or unauthorized modifications.

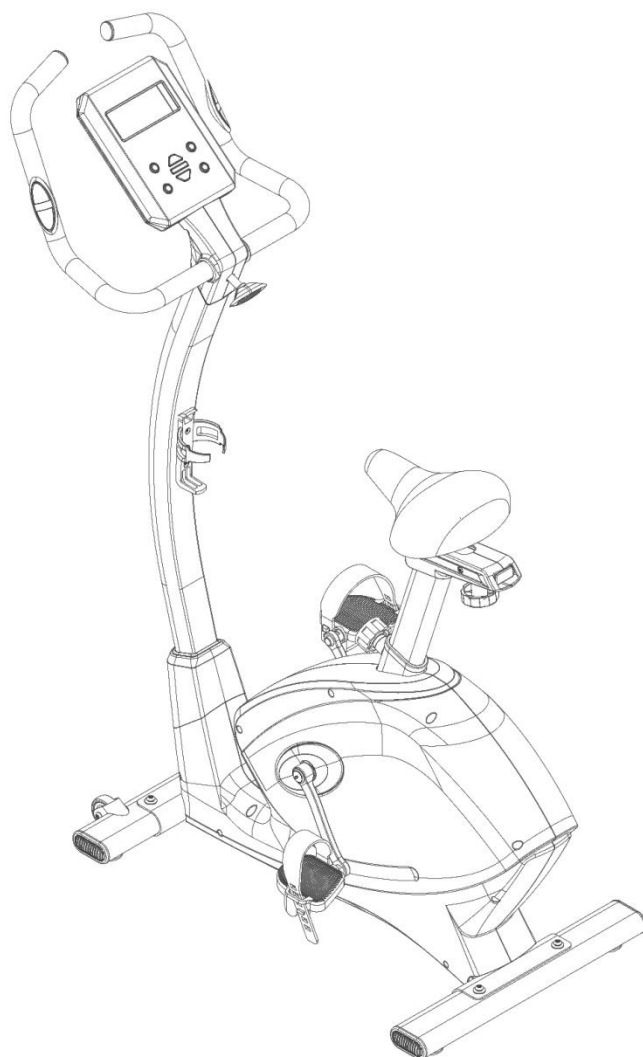
Claims are made within 12 months manufacturer's warranty period.

This warranty is for home use only. Under no circumstances is this elliptical warranted for commercial use.

If your product needs service, please contact your local distributor. The entire product is guaranteed for 1 year.

# XPLORER ARROW SOBNI BIKIKL

## PRIRUČNIK ZA KORISNIKE



## **măsuri de precauție**

**ATENȚIE:** Această bicicletă staționară este conceput pentru a oferi siguranță maximă în timpul utilizării, dar încă mai trebuie să respecte anumite reguli pentru a se evita rănirea și deteriorarea:

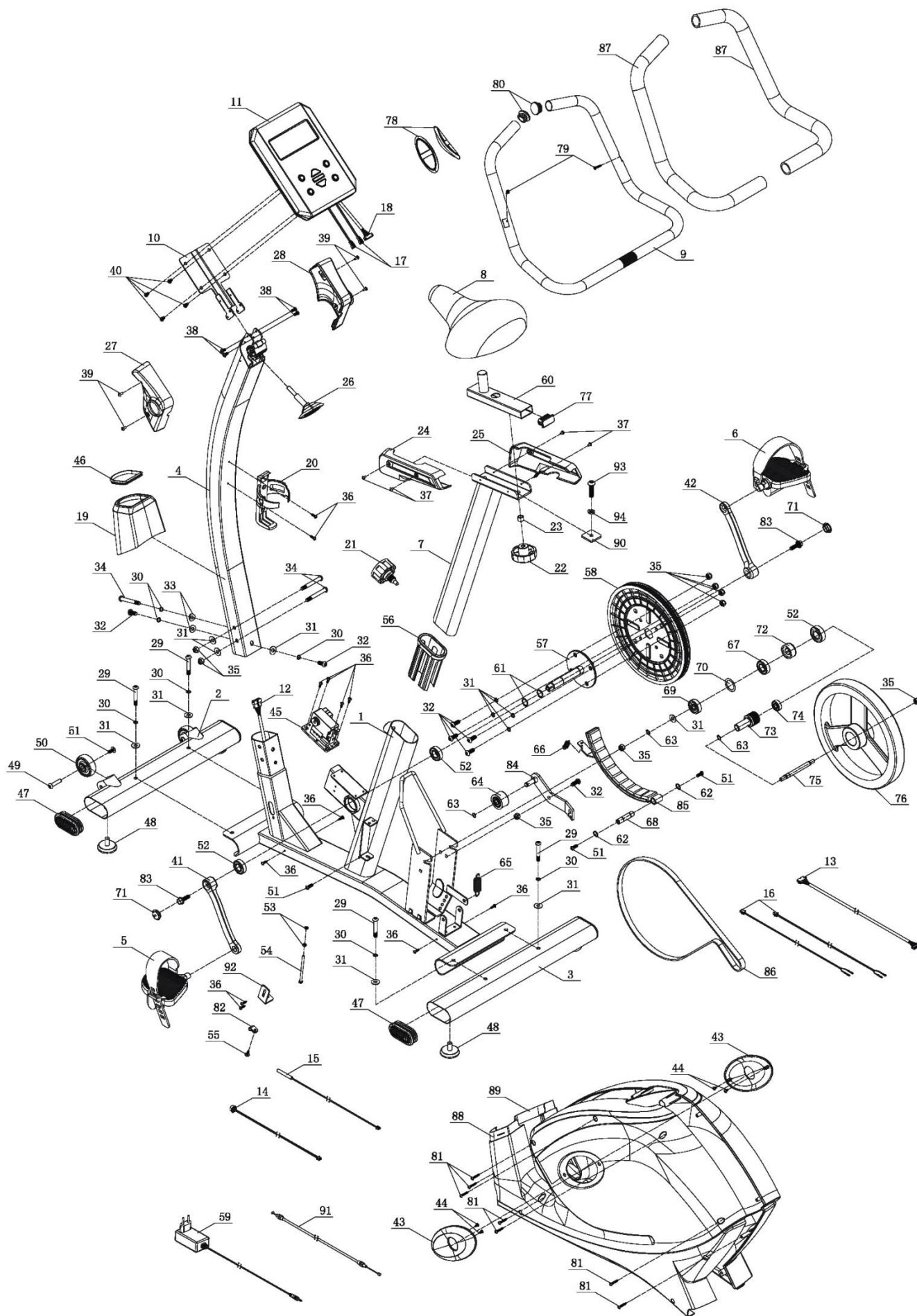
- Înainte de a utiliza se referă la acest document.
- Țineți copiii și animalele de companie departe de aceste dispozitive, și nu-i lăsa-le aproape fără supraveghere.
- Verificați toate piesele în mod regulat și înlocuiți-le dacă este necesar.
- Se pune bicicleta exerciții pe o suprafață plană, și cel puțin 1 metru de spațiu liber pe toate laturile. Pentru a proteja podeaua de daune, vă recomandăm dacă utilizați shim sub reconciliere.
- Păstrați exercițiu biciclete în interior, departe de umezeală sau praf. Este bine de ventilație în camera în care se află.
- Purtați îmbrăcăminte și încălțăminte adecvată atunci când își exercită. Evitați hainele largi sau în vrac, pentru că s-ar putea bloca în reconcilierea.
- Greutatea maximă a utilizatorului pentru acest dispozitiv este 120 kg! Dacă nu sunteți în acest interval, vă sugerăm să vă cumpărați un al doilea model de biciclete exercițiu.
- Acest aparat este destinat că acesta beneficiază doar o singură persoană. Nu încercați niciodată să lucreze cu 2 sau mai multe persoane în același timp!
- Dacă vă simțiți durere sau amețeli în timp ce exercitarea, opriți exercițiul și să consulte un medic.

Dacă sunteți în convalescență după o boală sau aveți următoarele simptome, consultați medicul dumneavoastră înainte de a utiliza bicicleta staționară:

- Durere sau senzație de amorțeală la nivelul articulațiilor
- artrita Anamorfic, reumatism sau dureri osoase
- Osteoporoza sau alte anomalii
- boli cardiace, boli de sânge, hipertensiune, etc.
- probleme respiratorii
- Diabetul sau boli, cum ar fi

**Dacă aveți orice simptome ale bolii, chiar dacă nu sunt menționate mai sus, consultați medicul dumneavoastră înainte de a începe să-și exercite.**

# O diagramă completă a tuturor părților



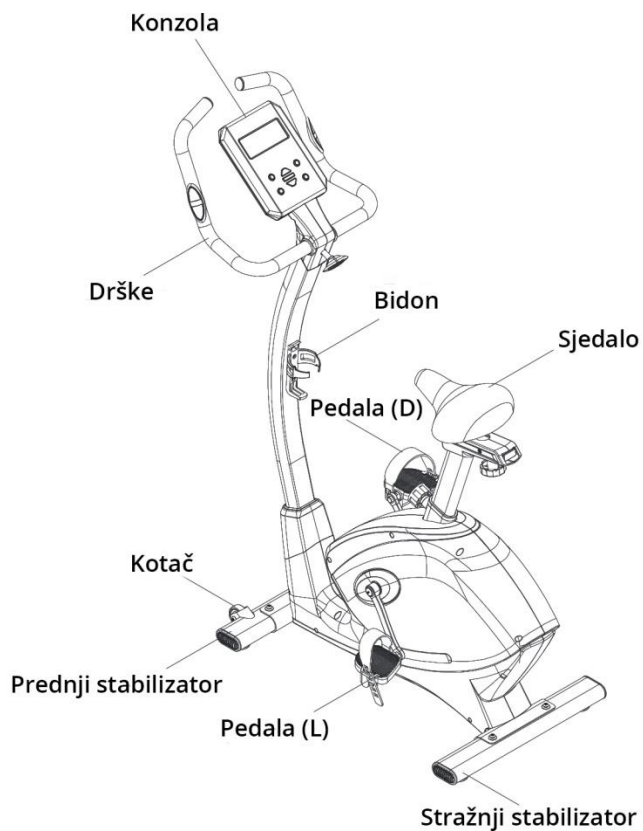


## Tabel de piese

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
9	Main frame		1	34	Allen C.K.S. half thread screw	M8×65×20	3
2	Front stabilizer		1	35	Hex self-locking nut	M8	9
3	Rear stabilizer		1	36	Philips C.K.S. self-tapping screw	ST4×16	12
4	Upright post		1	37	Philips pan head full thread screw	M4×6	4
5	Pedal(L)		1	38	Philips pan head full thread screw	M5×10	4
6	Pedal(R)		1	39	Philips pan head full thread screw	M4×10	4
7	Saddle post		1	40	Philips pan head full thread screw	M5×10	4
8	Saddle		1	41	Crank(L)		1
9	Handlebars		1	42	Crank®		1
10	Console fixed piece		1	43	Crank cover		2
11	Console		1	44	Philips C.K.S. self-tapping screw	ST4×12	4
12	Magnetic sensor wire		1	45	Magnetic motor		1
13	Console communication wire		1	46	Upright post decoration strip		1
14	Power communication wire		1	47	End cap		4
15	Magnetic sensor		1	48	Feet pad	Φ47×10.5×M10×20	4
16	Handle pulse connection wire		2	49	Hex nut	Φ8×33×M6×15	2
17	Console outset		2	50	Wheels	Φ55×25.8	2
18	Console connection wire		1	51	Allen C.K.S. full thread screw	M6×15	5
19	Upright post cover		1	52	Deep groove ball bearing	6203-2RS	3
20	Bottle holder		1	53	Hex nut	M5	2
21	Rotary hand bolt	Φ56×M16×P1.5	1	54	Allen C.K.S. full thread screw	M5×80	1
22	Handlebar rotary knob		1	55	Philips C.K.S. self-tapping screw	ST4×12	1
23	Bushing	Φ10.5×Φ14×10	1	56	Saddle post bushing		1
24	Saddle cover(L)		1	57	Crank axle	Φ17×154.3	1
25	Saddle cover(R)		1	58	Belt pulley	Φ263×19	1
26	T-shaped rotary knob	M8×30	1	59	Power adapter		1
27	Handlebar cover(L)		1	60	Saddle adjustment		1
28	Handlebar cover(R)		1	61	Circlip shaft	Φ17	2
29	Allen C.K.S. half thread screw	M8×50×20	4	62	Circlip shaft	Φ12	2
30	Spring washer	Φ8	7	63	Circlip shaft	Φ10	3
31	Flat washer	Φ8.5×Φ20×t1.5	8	64	Tension pulley	Φ38×22	1
32	Allen C.K.S. full thread screw	M8×20	7	65	Tension spring		1
33	Curved washer	Φ8.5×R25×t2.0	2	66	Brake tension spring		1

br.	Naziv	Specifikacije	kom	br.	Naziv	Specifikacije	kom
67	Deep groove ball bearing	6003-2RS	1	80	Round end cap	Φ25×t1.5	2
68	Magnetic control fixed axle	Φ12×50	1	81	Philips C.K.S. self-tapping screw	ST4×25	7
69	Deep groove ball bearing	6300-2RS	1	82	Fixed magnet set		1
70	Flat washer	Φ34×Φ25×t1.0	1	83	Allen C.K.S. full thread screw	5/16-18UNC-1"	2
71	Crank cover		2	84	Tension pulley		1
72	Unidirectional needle bearing	Φ35×Φ17×16	1	85	Magnetic control fixed axle		1
73	Small belt pulley set	Φ30×64	1	86	Motor belt	440PJ6	1
74	Deep groove ball bearing	6000-2RS	1	87	Foam grip	Φ22×t3.0×680	2
75	Flywheel axle	Φ10×109.5	1	88	Motor cover (L)		1
76	Flywheel	Φ280/6 kg	1	89	Motor cover (R)		1
77	Square end cap	20×40×t1.5	1	90	Saddle locking piece		1
78	Handle pulse set		2	91	Brake wire		1
79	Philips C.K.S. self-tapping screw	ST4×20	2	92	Sensor wire fixed piece		1

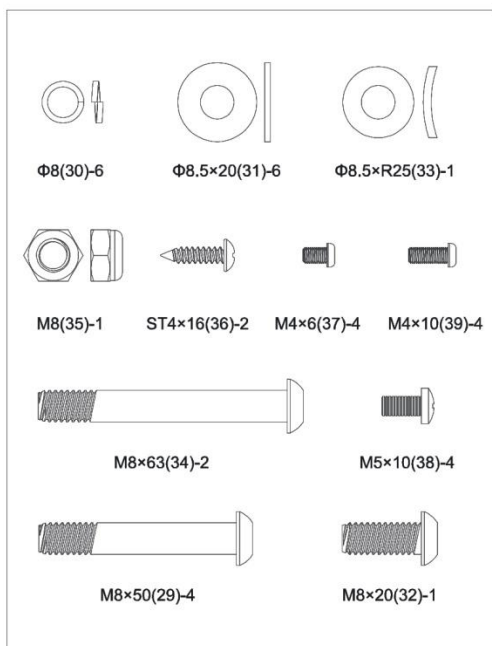
## Informații despre produs



### Specificații:

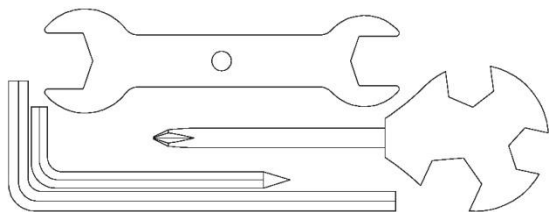
dimensiuni	1100x530x1400mm
Greutate utilizator Max	120 kg
Nivelurile de rezistență	8
volantului	φ280/6 kg

### Listă de nuci și șuruburi:



NO.	NAME	SPECIFICATION	QTY
29	Allen C.K.S. half thread screw	M8×50×20	4
30	Spring washer	Φ8	7
31	Flat washer	Φ8.5×Φ20×t1.5	7
32	Allen C.K.S. full thread screw	M8×20	2
33	Curved washer	Φ8.5×R25×t2.0	2
34	Allen C.K.S. half thread screw	M8×65×20	3
35	Hex self-locking nut	M8	2
36	Philips C.K.S. self-tapping screw	ST4×16	2
37	Philips pan head full thread screw	M4×6	4
38	Philips pan head full thread screw	M5×10	4
39	Philips pan head full thread screw	M4×10	4

## Listă de instrumente:

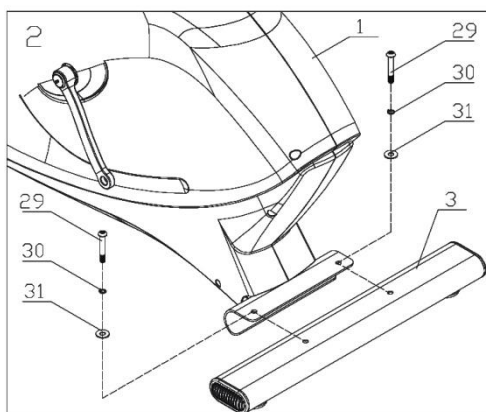
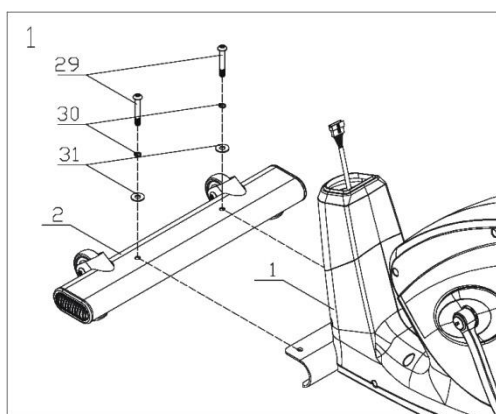


NAME	SPECIALIZED	QTY
L-shape wrench	5×35×80S	1
L-shape wrench	6×40×120	1
wrench	15#&17#	1
wrench		1

## instrucțiuni de asamblare

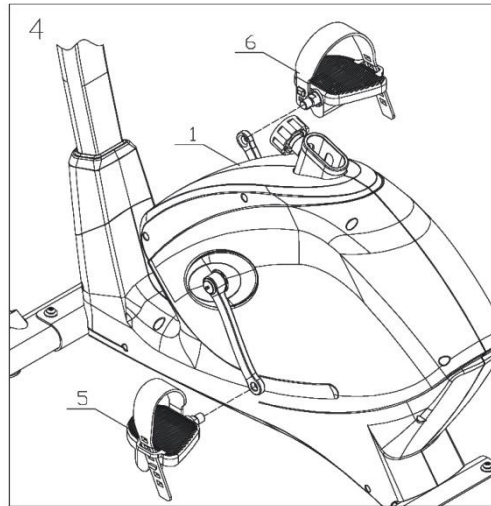
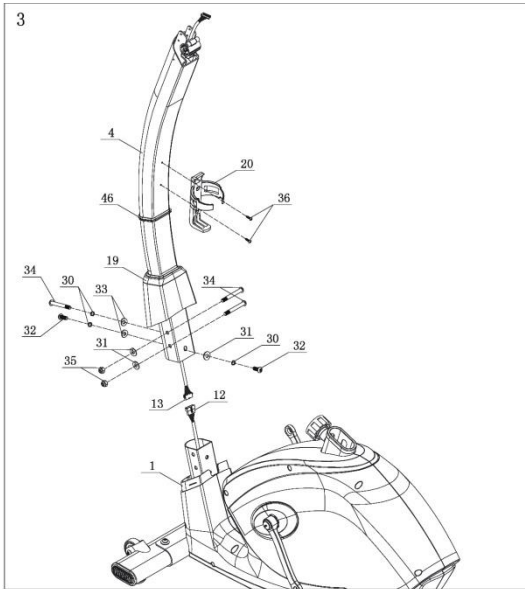
**în primul rând** Conectați stabilizatorul frontal (2) la cadrul principal (1) cu șuruburi (31, 30, 29).

**în al doilea rând** Conectarea stabilizatorului spate (3) la cadrul principal (1) cu șuruburi (31, 30, 29).



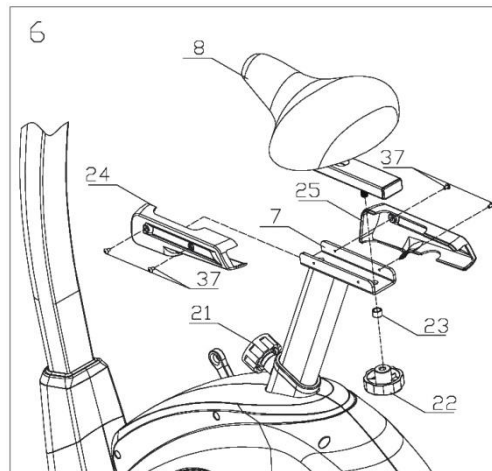
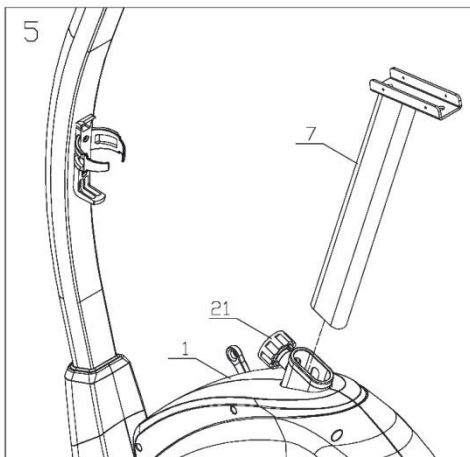
**treilea** Conectați decorul (46), pe stâlpul (4). Apoi setați elementul protector (19), pe stâlpul (4). Conectați firele motorului (12), cu un fir de la consola (13). Acum vă puteți conecta coloana (4) la cadrul principal (1) cu șuruburi (30, 31, 32, 33, 34, 35). Conectați sticla (20) în coloana (4) cu șuruburi (36).

**4a** Conectați pedala din stânga (5) și pedala dreapta (6) la cadrul principal (1) și strângeți șuruburile.



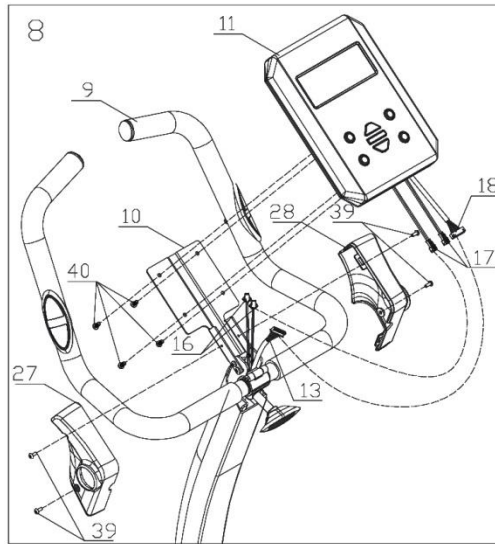
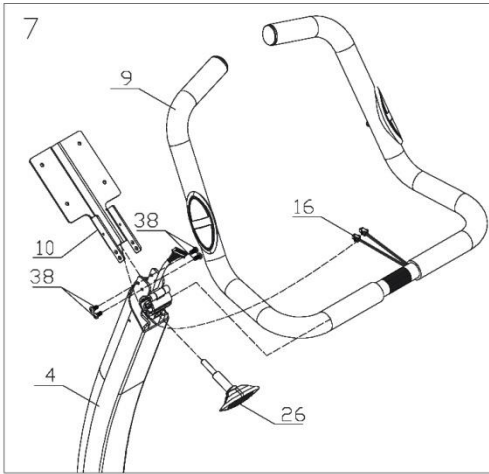
**a 5-** Slăbiți șurubul de mână (21), setați coloana de scaune (7) la cadrul principal (1) și apoi din nou strângeți șurubul de mână (21).

**a 6-** Așezați scaunul (8), în coloana de locuri (7) și de a folosi șurubul de mână (22) și piulița (23), dar nu strângeți tot drumul. Ajustați scaunul (8) și conectați carcasa de protecție din stânga și dreapta (24, 25) pe stâlpul scaunului (7) și cu ajutorul șuruburilor (37). În cele din urmă strângeți șurubul de mână (22).

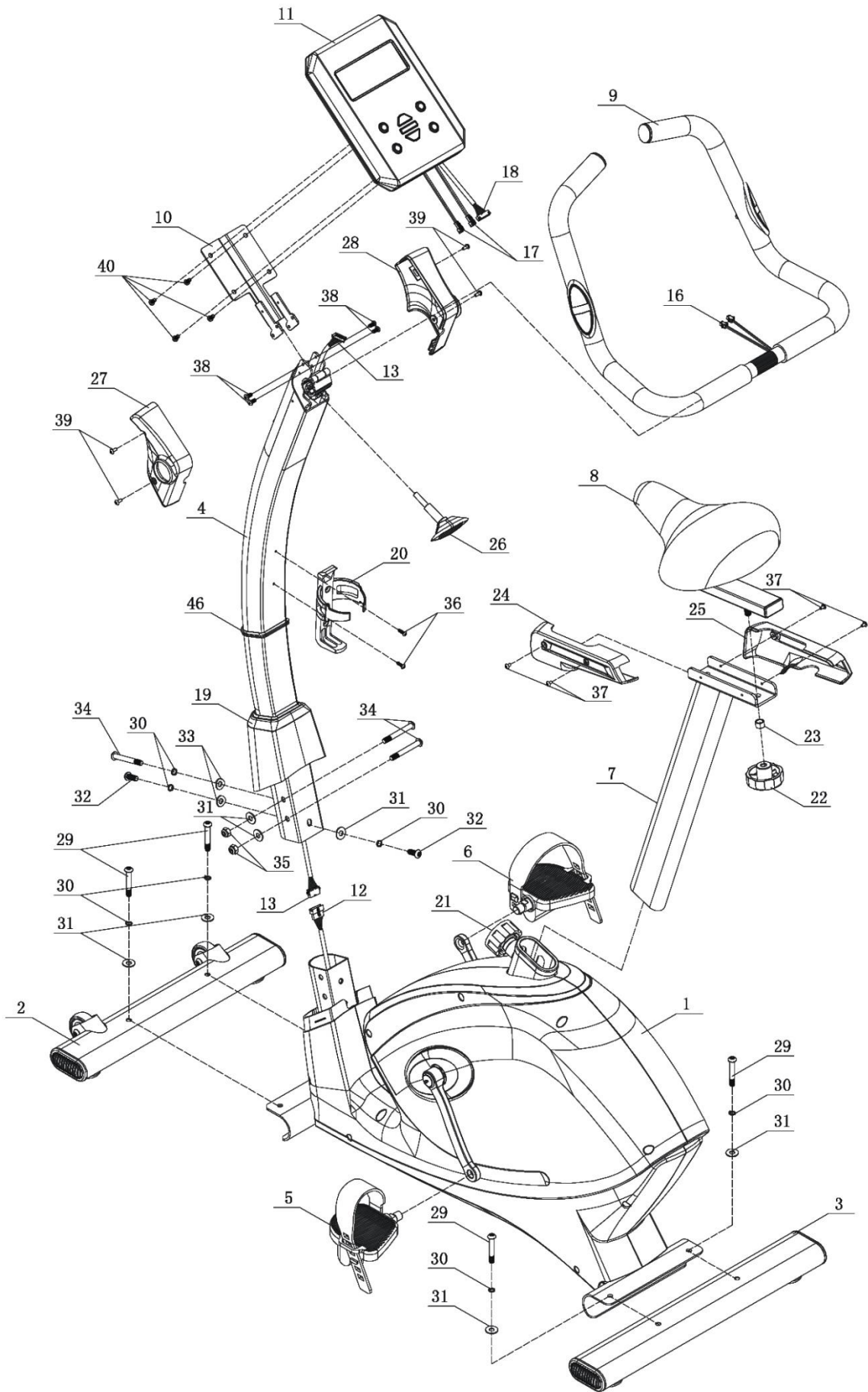


**a 7-** În coloana (4) este un fir de măsurare puls (16). Conectați-l cu mânerul (9) și apoi conectați toate pol. Strângeți manual șurubul (26). Conectați suportul de soclu (10), pe stâlpul (4) cu șuruburi (38).

**a 8-** Conectați suportul de sârmă (13, 18) și sârmă pentru a măsura pulsul cu consola (16, 17). Apoi fixează suportul (11) la capacul (10) cu șuruburi (40). Conectați dreapta și din stânga carcasa de protecție (27, 28) peste mânerul (9), pe stâlpul (4) și fixați cu șuruburi (39).



**O diagramă completă a tuturor părților pentru asamblare**



**Ansamblul placă părților:**

br.	NAZIV	SPECIFIKACIJE	kom	br.	NAZIV	SPECIFIKACIJE	kom
1	Main frame		1	23	Bushing	Φ10.5×Φ14×10	1
2	Front stabilizer		1	24	Saddle cover(L)		1
3	Rear stabilizer		1	25	Saddle cover(R)		1
4	Upright post		1	26	T-shaped rotary knob	M8×30	1
5	Pedal(L)		1	27	Handlebar cover(L)		1
6	Pedal(R)		1	28	Handlebar cover(R)		1
7	Saddle post		1	29	Allen C.K.S. half thread screw	M8×50×20	4
8	Saddle		1	30	Spring washer	Φ8	7
9	Handlebars		1	31	Flat washer	Φ8.5×Φ20×t1.5	7
10	Console fixed piece		1	32	Allen C.K.S. full thread screw	M8×20	2
11	Console		1	33	Curved washer	Φ8.5×R25×t2.0	2
12	Magnetic sensor wire		1	34	Allen C.K.S. half thread screw	M8×65×20	3
13	Console communication wire		1	35	Hex self-locking nut	M8	2
16	Handle pulse connection wire		2	36	Philips C.K.S. self-tapping screw	ST4×16	2
17	Console outset		2	37	Philips pan head full thread screw	M4×6	4
18	Console connection wire		1	38	Philips pan head full thread screw	M5×10	4
19	Upright post cover		1	39	Philips pan head full thread screw	M4×10	4
20	Bottle holder		1	40	Philips pan head full thread screw	M5×10(鍍黑鋅)	4
21	Rotary hand bolt	Φ56×M16×P1.5	1	46	Upright post decoration strip		1
22	Handlebar rotary knob		1				

## calculator funcții

### afișare:

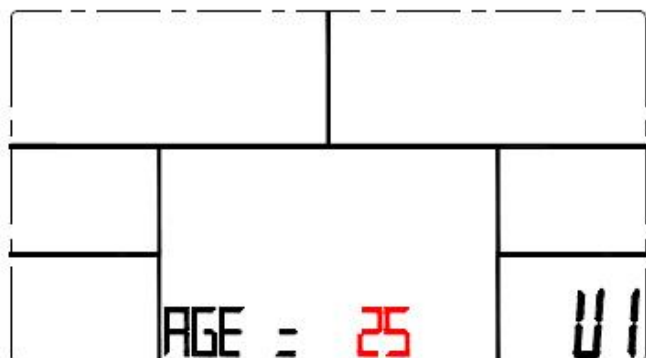
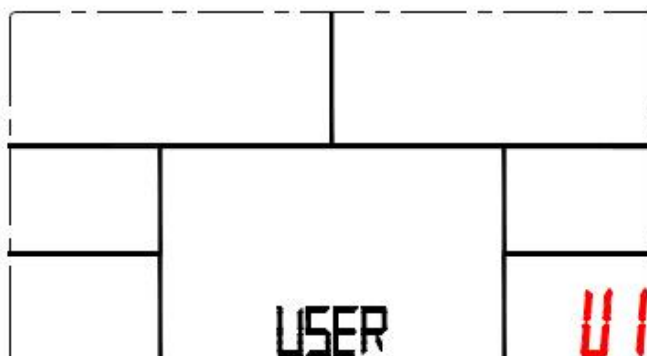
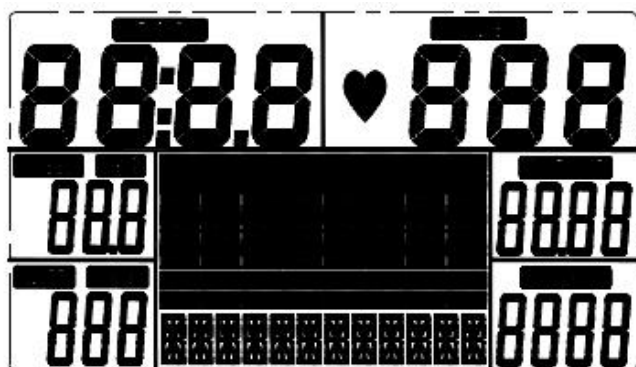
funcție	descriere
TIME	Doar timpul în timpul exercițiului. Interval: 0:00 - 99:59
SPEED	Viteza de valoare numai în timpul exercițiului. Interval: 0.0-99.9
DISTANTA	udaaljenosti Numai în timpul exercițiului. Interval: 0.0-99.9
CALORII	Numai calorile arse în timpul vježne. Interval: 0-999
PULSE	Numai valoarea pulsului în timpul exercițiului. Buzzer va fi activat dacă pulsul deasupra valorii de referință.
RPM	Rpm. Interval: 0-999
WATTS	consumate de putere în timpul exercițiului. Interval: 0-350
MANUAL	Modul cu reglare manuală.
PROGRAMUL	Alegerea între 12 programe predefinite / moduri.
USER	Modul în care utilizatorul plasează valoarea rezistenței.
HRC	Măsurarea frecvenței cardiace.
WATT	Modul în care utilizatorul reglează consumul de energie.

### chei:

funcție	descriere
restabili	Țineți apăsat butonul timp de 2 secunde, iar calculatorul va reporni în modul korisničkm. Apăsați o dată pentru a reveni la meniul principal atunci când exercitarea nu se execută.
țesutului adipos din organism	Verificați valoarea aproximativă a grăsimii corporale, indicele de masa corporala (IMC)
în sus	Alege o modalitate de a-și exercita, crește valoarea numerică.
recuperare	Verificați frecvența cardiacă.
jos	Alege o modalitate de a-și exercita, reduce valoarea numerică.
mod	Confirmați selectarea sau valoare.
Start / Stop	Porni sau opri exercițiul.

## administrare

Conectați dispozitivul să se închine și porniți-l. LCD se va aprinde, iar primul va arăta valoarea diametrului roții. Apoi intră în profilul de reglare (U1 - U4: vârstă, sex, înălțime, greutate). Dacă trece timp de 4 minute, cu nici o interacțiune, computerul comută la modul stand-by. Pritisnikte orice buton pentru a „trezi în sus” „calculator.





## setări manuale

Din meniul principal, apăsați butonul START / STOP și veți intra direct în modul cu reglare manuală.

1. Apăsați sus sau în jos pentru a alege programul, selectați MANUAL și apăsați butonul MODE pentru a confirma selecția.
2. Apăsați TIME, DISTANTA, CALORII, PULSE pentru a seta valoarea dorită. Apăsați butonul MODE pentru a confirma selecția.
3. Apăsați START / STOP introductivă cu exerciții.
4. În timpul exercițiilor SUS presa sau JOS pentru a modifica valoarea rezistenței (1-32).
5. Apăsați butonul START / STOP în timpul antrenamentului pentru a opri practica. Apăsați butonul RESET pentru a reveni la meniul principal.



## programe predefinite

1. Apăsați UP sau DOWN pentru a comuta între modurile și selectați PROGRAM, apăsați butonul MODE pentru a confirma selecția. Alegeți între programul P01-P12 și apăsați butonul MODE pentru a confirma selecția.
2. UP și DOWN pentru a seta valoarea dorită în funcție de timp.
3. Apăsați START / STOP pentru a începe exercițiul.
4. În timpul exercițiilor SUS sau JOS apăsați pentru a regla valoarea rezistenței (1-32).
5. Apăsați butonul START / STOP în timpul antrenamentului pentru a opri practica. Apăsați butonul RESET pentru a reveni la meniul principal.



### program de utilizator

1. Apăsăți UP sau DOWN pentru a comuta între modurile și selectați un program de utilizator, apăsați butonul MODE pentru a confirma selecția.
2. Utilizați sus și în jos setați valoarea locului de rezistență pentru fiecare segment (este necesar să se stabilească un total de 20 de segmente).
3. Țineți apăsat butonul MODE timp de 2 secunde pentru a termina sau pentru a ieși.
4. Utilizați sus și în jos pentru a seta ora.
5. Apăsăți START / STOP pentru a începe exercitarea.
6. Apăsăți butonul START / STOP în timpul antrenamentului pentru a opri practica. Apăsăți butonul RESET pentru a reveni la meniul principal.
7. În timpul exercițiului tastele sus și în jos puteți schimba valoarea rezistenței (1-32).

### ritmul cardiac

1. Apăsăți UP sau DOWN pentru a comuta între modurile și selectați HRC, apăsați butonul MODE pentru a confirma selecția.
2. Apăsăți sus și în jos tipkeda alege dintre HRC 55% HRC 75%, 90% sau HRC HRC AG (valoarea inițială este de 100).
3. Utilizați sus și în jos pentru a seta ora.
4. Apăsăți butonul START / STOP în timpul antrenamentului pentru a opri practica. Apăsăți butonul RESET pentru a reveni la meniul principal.
5. Dacă nu există nici un ritm cardiac în timpul antrenamentului, veți auzi o alarmă sonoră.



### consumul de energie

1. Apăsăți UP sau DOWN pentru a comuta între modurile și selectați WATT, apăsați butonul MODE pentru a confirma selecția.
2. Utilizați sus și în jos a seta valoarea dorită a consumului de energie (implicit 120) și apăsați butonul MODE pentru a confirma selecția.
3. Utilizați sus și în jos pentru a seta ora.
4. Apăsăți butonul START / STOP în timpul antrenamentului pentru a opri practica. Apăsăți butonul RESET pentru a reveni la meniul principal.
5. Utilizați UP și DONE poate schimba valoarea WATT în timpul antrenamentului.

## țesutului adipos din organism

1. Apăsați BODY FAT când exercitarea nu se execută. Păstrați un mâner ferm pe localizarea senzorului pentru ritmul cardiac.
2. Ecranul LCD va afișa " - - - - - ". După 8 secunde va arăta procentul de grăsime corporală, IMC, și simboluri în grosime.
3. Se afișează următoarele simboluri în situațiile explicate mai jos:  
„ E-1 „înseamnă că utilizatorul nu este plasat corect mâna pe senzor.  
„ E-4 „înseamnă procentul de greutate corporală și greutatea este peste intervalul de măsurare.

IMC	LOW low-	LOW / Mid-medie scăzută	MID - mediu	MID / HIGH - ridicată
<b>deschidere</b>	<20	20-24	24.1-26.5	> 26,5

simbol	-	+	▲	◆
Procentul de grăsime	scăzut	medie scăzută	mijloc	mare
masculin	<13%	13% - 25,9%	26% - 30%	> 30%
femeie	<23%	23% - 35,9%	36% - 40%	> 40%